

*We have commanded man to be good to his parents: his mother struggled to carry him and struggled to give birth to him—his bearing and weaning took a full thirty months. When he has grown to manhood and reached the age of forty he [may] say,*

**‘Lord, help me to be truly grateful for Your favors to me and to my parents; help me to do good work that pleases You; make my offspring good. I turn to You; I am one of those who devote themselves to You.’**

*We accept from such people the best of what they do and We overlook their bad deeds. They will be among the people of Paradise—the true promise that has been given to them. (46:15-16)*

# God, help me to do good!



وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ إِحْسَانًا  
حَمَلَتْهُ أُمُّهُ كُرْهًا وَوَضَعَتْهُ كُرْهًا وَحَمْلُهُ  
وَفِصَالُهُ ثَلَاثُونَ شَهْرًا حَتَّىٰ إِذَا بَلَغَ  
أَشُدَّهُ وَبَلَغَ أَرْبَعِينَ سَنَةً قَالَ رَبِّ  
أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي  
أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ  
أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي  
دُرِّيَّتِي إِنَّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ  
الْمُسْلِمِينَ (46:15) أُولَئِكَ الَّذِينَ  
نَتَقَبَّلُ عَنْهُمْ أَحْسَنَ مَا عَمِلُوا  
وَتَتَجَاوَزُ عَنْ سَيِّئَاتِهِمْ فِي أَصْحَابِ  
الْجَنَّةِ وَعَدَّ الصَّدَقِ الَّذِي كَانُوا  
يُوعَدُونَ (46:16)