

الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تَحْمِلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۖ وَاعْفُ عَنَّا وَارْحَمْنَا ۚ
 أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٨٦﴾ (سورة البقرة: ٢٨٦)

- 2:286. Allah does not place on any soul a burden greater than it can bear. For it is what it has earned, and against it is what it has committed. Our Lord, do not hold us accountable if we forget or fall into error. Our Lord, do not lay on us a burden like that which You laid on those who came before us. Our Lord, do not lay on us a burden greater than we have strength to bear. Pardon us, forgive us and have mercy on us; You are our Protector, so help us against the disbelieving people.

When Allah revealed the words «Whether you disclose what is in your minds or conceal it, Allah will call you to account for it» (2: 284), the Muslims were distressed by it because they thought that they would be called to account for whatever entered their minds of persistent or passing thoughts. So in this verse, Allah told them that He does not place on any soul a burden greater than it can bear; in other words, (whatever burden He places upon an individual) is within his capability and He does not overburden him or make things too difficult for him. Allah (ﷻ) says elsewhere:

«...He... has not imposed any hardship on you in religion...» (*al-Hajj* 22: 78)

In principle, the commands and prohibitions are not too difficult for people to adhere to; rather they are nourishment for the soul, a remedy for the body and protection from harm. Allah (ﷻ) enjoined these things for His slaves out of mercy and kindness, yet despite that, if something is too hard to adhere to for some reason, He grants concessions to make it easier, by waiving it either completely or partially, as in the case of the concessions made for those who are sick or travelling, and so on.