

you. Indeed, they did not wrong Us; rather they wronged their own souls.

This is the beginning of a detailed list of Allah's blessings to the Children of Israel:

﴿And [remember] when We delivered you from the people of Pharaoh﴾ that is, from Pharaoh and his people and troops, who prior to that had been ﴿subjecting you﴾ that is, they had been using and abusing them

﴿to grievous torment﴾ that is, the harshest possible torment
 ﴿slaughtering your sons﴾ for fear of your numbers increasing
 ﴿and letting your womenfolk live﴾ that is, not killing them; thus you were caught between being slain or being subject to hard labour, left alive as if a favour was being done to you by the people who looked down at you, which is the ultimate humiliation. But Allah blessed them by saving them completely and drowning their enemy while they were looking on, so that they might rejoice.

﴿in that﴾ that is, in saving you (from Pharaoh)
 ﴿was a great trial﴾ that is, a test
 ﴿from your Lord﴾. This is one of the things that require you to give thanks to Him and to obey His commands.

Then Allah mentions His blessing to them when He appointed for Moosâ forty nights in order to send down to him the Torah which was filled with great blessings and benefits, but they could not wait until the completion of that appointed time; rather they began worshipping the calf in his absence.

﴿and thus became transgressors﴾, fully aware of your transgression, as proof had already been established against you, which made it a greater offence and a more grievous sin. Then Allah commanded you on the lips of His Prophet Moosâ to repent, and to kill the guilty ones