

it is better for him

فَمَنْ كَانَ
مِنْكُمْ مَرِيضاً

as substitute to feed a
poor person each day

إِنْ كُنْتُمْ تَعْلَمُونَ

if you only knew

كَمَا كُتِبَ عَلَى
الَّذِينَ مِنْ قَبْلِكُمْ

So whoever
among you is ill

وَإِنْ تَصُومُوا خَيْرٌ لَّكُمْ

But to fast
is best for you

فِدِيَةٌ طَعَامٌ مِسْكِينٌ

And whoever
volunteers excess

فَهُوَ خَيْرٌ لَهُ

as it was decreed
upon those before you

فَمَنْ تَطَوَّعَ خَيْرًا