

The Saheeh International Quran Translation

نَسَاؤُكُمْ حَرْثُكُمْ فَاتُوا حَرْثَكُمْ أَنْزِلْ شَيْئًا مِّنْ سَمَاءٍ وَقَدْ مَوَّالٌ لَّأَنفُسِكُمْ وَاتَّقُوا اللَّهَ وَاعْلَمُوا
أَنَّكُمْ مِّمَّنْ لَّا تُقَاتُونَ وَبَشِّرِ الْمُؤْمِنِينَ

Your wives are a place of sowing of seed for you, so come to your place
of cultivation however you wish and put forth [righteousness] for
yourselves. And fear Allah and know that you will meet Him. And give
good tidings to the believers.