Sẽn suud fãa yaa rãam, la sẽn suud fãa me yaa haraam, la ned ning sẽn yũ a rãam dũni pʋgẽ, n maan kaalem tɩ yẽnda yaa sẽn yũud rãam, n ka tuubi, a ka yũud-a laahr raar ye

Yii a ɭbn ʿƲmar nengẽ, (Wẽnd yard be n yiibã yĩnga), a yeelame: Wẽnd Tẽn-tʋʋmã (Wẽnd pʋʋsg la A tɩlgr be a yĩnga) yeelame: «Sẽn suud fãa yaa rãam, la sẽn suud fãa me yaa haraam, la ned ning sẽn yũ a rãam dũni pʋgẽ, n maan kaalem tɩ yẽnda yaa sẽn yũud rãam, n ka tuubi, a ka yũud-a laahr raar ye».

[Naṣʋn Ṣahɩɩhʋn (Gom-sikdem sẽn manege)] [رواه مسلم وأخرج البخاري الجملة الأخيرة منه]

Nabiyaamã (Wẽnd pʋʋsg lɑ A tɩlgr be ɑ yĩngɑ) vẽnegdame n wilgdẽ, tɩ bũmb fãa sẽn lut yamã la a loogd ne-a, yẽ yaa rãam, n suuda, zem tɩ yaa yũubu, maa rɩɩbo, maa bõn-fõogdɩ, maa sẽn ka rẽ, la bũmb fãa sẽn suudi la a loogd ne yam, Wẽnd gɩdg-a lame, (A Naam yɩ wagelle n zẽke) a kɩdg la a wʋsg fãa. La ned ning sẽn wa n yũ bõn-suugi wã, n kell n duum ne a yũubu, n ka tuubi, halɩ n tʋg n ki, yẽ soaba sõmba ne Wẽnd sɩbgre, ne Wẽnd sẽn na n mõng-a rãamã yũub arzãnã pʋga.

http://www.sunnah.global/hadeeth/mos/show/58259