$$\frac{\partial u}{\partial t} - \frac{\partial^{2}u}{\partial x^{2}} - \frac{\partial^{2}u}{\partial y^{2}} = b$$

$$\int_{\rho} \int_{\rho} \int_{\rho$$

$$\Rightarrow u(t)(x)(z) = \frac{1}{4j+1}b(t)(x)(y) + \frac{u(t-1)(x)(y)}{4j+1}$$