



## 扈德

## Houd

## هُودًا

奉大仁大慈的安拉尊名

In the name of Allah, Most Gracious, Most Merciful.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 阿立甫、俩姆、拉。这是经文完美(确实无讹)的和解释详尽的经典。它是来自睿智的、全知的(主的)。

1. Alif. Lam. Ra. (This is) a Book, the verses whereof are perfected, then explained in detail, from All-Wise, Well Informed.

الرَّ كِتَابٌ أَحْكَمَتْ ءَايَاتُهُ  
ثُمَّ فَصَّلَتْ مِنْ لَدُنِّ حَكِيمٍ  
خَيْرٍ ﴿١﴾

2. 你说：“(它教导)你们莫拜安拉之外的。我确实是由他差遣对你们传警告和报喜讯的(使者)。

2. That you do not worship except Allah. Indeed, I am to you, from Him a warner and a bringer of good tidings.

أَلَّا تَعْبُدُوا إِلَّا اللَّهَ إِنِّي لَكُمْ  
مِّنْهُ نَذِيرٌ وَنَشِيرٌ ﴿٢﴾

3. “(并劝导)你们去寻求你们的主的恕饶，和向他忏悔。他会使你们享受美好的生活，直到规定的时间。他也以他的恩典赐给每一位应获恩典的人。倘若你们避开，那么我就为你们害怕那‘大日子’的刑罚。

3. And that you seek forgiveness of your Lord, then you turn in repentance to Him. He will let you enjoy a fair provision for a term appointed. And He will bestow His bounty on everyone who merits favor. And if you turn away, then indeed, I fear for

وَأَنْ أَسْتَغْفِرُوا رَبَّكُمْ ثُمَّ  
تُوبُوا إِلَيْهِ يُمَتِّعْكُمْ مَّتَعًا  
حَسَنًا إِلَىٰ أَجَلٍ مُّسَمًّى  
وَيُؤْتِ كُلَّ ذِي فَضْلٍ  
فَضْلَهُ ۗ وَإِنْ تَوَلَّوْا فَإِنِّي  
أَخَافُ عَلَيْكُمْ عَذَابَ يَوْمٍ

you the punishment of a great Day.

كَبِيرٍ ﴿٣﴾

4. “你们的归宿是安拉，他是全能于万时万物。”

4. Unto Allah is your return. And He is Powerful over every thing.

إِلَى اللَّهِ مَرْجِعُكُمْ وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ ﴿٤﴾

5. 看啦！他们现在掩闭了(折合起)他们的心胸，以便他们可以对他(主)隐瞒(心事)。即使他们用他们的衣裳遮掩他们自己，他也知道他们所隐瞒的和公开的。他确实深知(人们)心中(的秘密)。

5. Behold, indeed they fold up their breasts, that they may hide from Him. Behold, (even) when they cover themselves with their garments, He (Allah) knows what they conceal and what they proclaim. Indeed, He is the All Knower of what is (secret) in the breasts.

أَلَا إِنَّهُمْ يَتَّخِذُونَ صُدُورَهُمْ لِيَسْتَخْفُوا مِنْهُ أَلَا حِينَ يَسْتَغْشُونَ ثِيَابَهُمْ يَعْلَمُ مَا يُسِرُّونَ وَمَا يُعْلِنُونَ إِنََّّهُمْ عَلِيمٌ بِذَاتِ الصُّدُورِ ﴿٥﴾

6. 大地上没有一个生物不仰赖安拉的供养。他知道它的居所和贮藏之所，一切都在清楚的记录中。

6. And there is not any living creature on the earth but that upon Allah is its provision. And He knows its definite abode and its temporary deposit. All is in a clear Book.

﴿٦﴾ وَمَا مِنْ دَابَّةٍ فِي الْأَرْضِ إِلَّا عَلَى اللَّهِ رِزْقُهَا وَيَعْلَمُ مُسْتَقَرَّهَا وَمُسْتَوْدَعَهَا كُلٌّ فِي كِتَابٍ مُبِينٍ ﴿٦﴾

7. 他在六天中造化了诸天与大地，他的权威宝座原在水上，以便他能考验你们，看你们当中谁是行为最好的。倘若你(穆圣)对他们说：“你们一定会在死后复活。”

7. And it is He who created the heavens and the earth in six days, and His Throne was upon the water, that He might test you, which of you is best in deed. And if you (O Muhammad)

وَهُوَ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ فِي سِتَّةِ أَيَّامٍ وَكَانَ عَرْشُهُ عَلَى الْمَاءِ لِيَبْلُوكُمْ أَيُّكُمْ أَحْسَنُ عَمَلًا وَلَئِنْ قُلْتَ

信的人们一定会说：  
“这显然只不过是魔术罢了！”

were to say: “Indeed, you shall be raised up after death.” Those who disbelieve will surely say: “This is not but an obvious magic.”

إِنَّكُمْ مَّبْعُوثُونَ مِنْ بَعْدِ  
الْمَوْتِ لَيَقُولَنَّ الَّذِينَ  
كَفَرُوا إِنْ هَذَا إِلَّا سِحْرٌ  
مُبِينٌ ﴿٧﴾

8. 如果我展缓对他们的惩罚到一个预计的时期，他们就会说：“什么阻止了它？”当那天它（惩罚）确实地降到他们时，他们就不能逃避它了，他们所曾嘲弄的就会包围了他们。

8. And if We delay from them the punishment until a determined period, they will surely say: “What withholds it.” Behold, on the day it comes to them, it will not be averted from them, and will surround them that which they used to mock at.

وَلَيْنَ أَخْرَجْنَا عَنْهُمْ الْعَذَابَ  
إِلَىٰ أُمَّةٍ مَّعْدُودَةٍ لَيَقُولَنَّ  
مَا تَحْسِبُهُ إِلَّا يَوْمَ يَأْتِيهِمْ  
لَيْسَ مَصْرُوفًا عَنْهُمْ  
وَحَاقَ بِهِمْ مَا كَانُوا بِهِ  
يَسْتَهْزِئُونَ ﴿٨﴾

9. 如果我使人尝试一下我的仁慈，然后再由他那里撤回它。（看啦！）他就显示失望和忘恩负义。

9. And if We give man a taste of mercy from Us, and then We withdraw it from him. Indeed, he is despairing, ungrateful.

وَلَيْنَ أَذَقْنَا الْإِنْسَانَ مِنَّا  
رَحْمَةً ثُمَّ نَزَعْنَاهَا مِنْهُ إِنَّهُ  
لَيَكْفُرُ ﴿٩﴾

10. 倘若我在他遭遇困难之后，使他尝试一下（我的）恩典，他一定会说：“所有的不幸都离开我了！”（瞧吧！）他又会得意忘形和骄傲了。

10. And if We let him taste of favor after harm has touched him, he is sure to say: “The ills have gone from me.” Indeed, he is exultant, boastful.

وَلَيْنَ أَذَقْنَاهُ نِعْمَاءَ بَعْدَ  
ضُرَّاءَ مَسَّتْهُ لَيَقُولَنَّ ذَهَبَ  
السَّيِّئَاتُ عَنِّي إِنَّهُ لَفَرِحٌ  
فَخُورٌ ﴿١٠﴾

11. 那些坚忍并作善

11. Except those who are patient and do

إِلَّا الَّذِينَ صَبَرُوا وَعَمِلُوا

行的人就不同了，他们是获得恕饶和大赏的。

righteous deeds. Those, theirs will be forgiveness and a great reward.

الْصَّلِحَاتِ أَوْلَتِكَ لَهُمْ  
مَغْفِرَةٌ وَأَجْرٌ كَبِيرٌ ﴿١١﴾

12. 你会因为他们说“为什么不降给他财富，或是(派遣)一位天仙和他一同下降”而放弃已经降给你的任何一部份的(启示)和心中感到窘迫吗?你只是传达警告的，安拉是综理万事万物的。

12. Then (O Muhammad), would you possibly give up some of what is revealed to you, and your breast feels straitened by it, because they say: “Why has not been sent down to him a treasure, or come with him an angel.” You are only a warner. And Allah is Trustee over all things.

فَلَعَلَّكَ تَارِكُ بَعْضَ مَا  
يُوحَىٰ إِلَيْكَ وَضَائِقٌ بِهِ  
صَدْرُكَ أَنْ يَقُولُوا لَوْلَا  
أُنزِلَ عَلَيْهِ كَنْزٌ أَوْ جَاءَ مَعَهُ  
مَلَكٌ ۚ إِنَّمَا أَنْتَ نَذِيرٌ ۚ وَاللَّهُ  
عَلَىٰ كُلِّ شَيْءٍ وَكِيلٌ ﴿١٢﴾

13. 他们或许说：“他伪造它。”你说：“如果你们是诚实的，那么你们就仿造十章和它一样的，并在安拉之外祈求任何你们所能找得到的(任何伪神来帮助你们)吧。”

13. Or do they say: “He (Muhammad) has invented it (Quran).” Say: “Then bring ten surahs like unto it, invented, and call upon whomever you can other than Allah, if you are truthful.”

أَمْ يَقُولُونَ افْتَرَاهُ ۗ قُلْ  
فَاتُوا بِعَشْرِ سُورٍ مِّثْلِهِ  
مُفْتَرِيَةٍ وَاَدْعُوا مَنْ  
أَسْتَطَعْتُمْ مِّنْ دُونِ اللَّهِ إِنْ  
كُنْتُمْ صَادِقِينَ ﴿١٣﴾

14. 如果它们(伪神们)不回答你们的祈求，那时你们就该知道这项启示是凭了安拉的知识降下的，和除他

14. “Then if they do not answer you, then know that this (revelation) is sent down with the knowledge of Allah,

فَالِئِمَّا يَسْتَجِيبُوا لَكُمْ  
فَاعْلَمُوا أَنَّمَا أُنزِلَ بِعِلْمِ اللَّهِ  
وَأَنَّ لَا إِلَهَ إِلَّا هُوَ ۗ فَهَلْ

之外无神，那么你们会成为顺服的(穆斯林)吗?

and that there is no god except Him. Would you then be those who surrender.”

أَنْتُمْ مُسْلِمُونَ ﴿١٤﴾

15. 喜爱今世生活和它的装饰的人，我将按照他们的行为(在今世)偿付给他们，一毫也不减少。

15. Whoever desires the life of the world and its adornments, We shall pay in full to them (the wages for) their deeds therein. And they will have no diminution therein.

مَنْ كَانَ يُرِيدُ الْحَيَاةَ الدُّنْيَا وَزِينَتَهَا نُوفِّ إِلَيْهِمْ أَعْمَالَهُمْ فِيهَا وَهُمْ فِيهَا لَا يُبْخَسُونَ ﴿١٥﴾

16. 这些人是那些在后世除了火之外一无所有的人，他们在此(今世)的一切营谋都将成虚，他们所做一切也都无结果。

16. They are those for whom there is nothing in the Hereafter, except Fire. And lost is what they did therein, and worthless is that which they used to do.

أُولَئِكَ الَّذِينَ لَيْسَ لَهُمْ فِي الْآخِرَةِ إِلَّا النَّارُ وَحَبِطَ مَا صَنَعُوا فِيهَا وَبِطِلٌ مَّا كَانُوا يَعْمَلُونَ ﴿١٦﴾

17. 难道信赖他的主的明证，和一位来自他(主)的见证者诵读它(古兰)和它以前的姆撒的经典，作为一项引导和一种天惠的人(跟那些不信的人相等)吗?这些是信仰其中(启示)的人，而各民族中不信(它)的人们，火(狱)就是许给他们的地方。所以你不要对它有任何怀疑。这确实是来自你的

17. So is he who is upon a clear proof from his Lord (like aforementioned). And a witness from Him recites it. And before it was the Book of Moses, guidance and mercy. Those believe in it (Quran). And whoever disbelieves in it among the factions, then the Fire will be his promised destination. So be not you in

أَفَمَنْ كَانَ عَلَىٰ بَيِّنَةٍ مِّن رَّبِّهِ وَيَتْلُوهُ شَاهِدٌ مِّنْهُ وَمِنْ قَبْلِهِ كَتَبَ مُوسَىٰ إِمَامًا وَرَحْمَةً ۗ أُولَئِكَ يُؤْمِنُونَ بِهِ ۗ وَمَنْ يَكْفُرْ بِهِ ۗ مِنَ الْأَحْزَابِ ۗ فَالْنَّارُ مَوْعِدُهُ ۗ فَلَا تَكُ فِي مِرْيَةٍ مِّنْهُ ۗ إِنَّهُ الْحَقُّ مِن رَّبِّكَ وَلَٰكِن

主的真理，但是大多数的人不信。

doubt about it. Indeed, it is the truth from your Lord, but most of mankind do not believe.

أَكْثَرُ النَّاسِ لَا يُؤْمِنُونَ



18. 谁还比那些给安拉捏造谣言的人犯更大的罪呢？他们将被送回到他们的主的面前，见证人将说：“这些就是给他们的主造谣的人”。现在，安拉的怒恼降在那些作罪（不义）的人的身上了。

18. And who is more unjust than he who invents a lie about Allah. Those will be brought before their Lord, and the witnesses will say: "These are they who lied against their Lord." Behold, the curse of Allah is upon the wrong doers.

وَمَنْ أَظْلَمُ مِمَّنِ افْتَرَىٰ عَلَىٰ  
اللَّهِ كَذِبًا ۗ أُولَٰئِكَ  
يُعْرَضُونَ عَلَىٰ رَبِّهِمْ  
وَيَقُولُ الْأَشْهَادُ هَٰؤُلَاءِ  
الَّذِينَ كَذَبُوا عَلَىٰ رَبِّهِمْ ۗ  
أَلَا لَعْنَةُ اللَّهِ عَلَى الظَّالِمِينَ



19. 那些在安拉的道上阻碍（他人）并企图使它（主道）歪曲的人，他们是不信后世的人！

19. Those who hinder (others) from the path of Allah, and seek a crookedness therein. And they are disbelievers in the Hereafter.

الَّذِينَ يَصُدُّونَ عَنِ  
سَبِيلِ اللَّهِ وَيَبْغُونَهَا عِوَجًا  
وَهُمْ بِالْآخِرَةِ هُمْ كَافِرُونَ



20. 这些人无从在地上逃避（或是妨碍安拉的设计），除了安拉，他们没有任何保护者，他们的刑罚将被加倍！他们既不能听，也不能见！

20. They will not be able to escape (from Allah's punishment) on the earth. And for them, other than Allah, there are not any protecting friends. The punishment for them will be doubled. They were not able to

أُولَٰئِكَ لَمْ يَكُونُوا  
مُعْجِزِينَ فِي الْأَرْضِ وَمَا  
كَانَ لَهُمْ مِنْ دُونِ اللَّهِ مِنْ  
أَوْلِيَاءَ ۗ يُضَعَّفُ لَهُمْ  
الْعَذَابُ ۗ مَا كَانُوا  
يَسْتَطِيعُونَ السَّمْعَ وَمَا

hear, nor did they see.

كَانُوا يُبْصِرُونَ ﴿٢٠﴾

21. 这些人是亏负自己的人，他们所捏造的(伪神)已经遗弃了他们。

21. They are those who have lost their own selves, and has vanished from them that which they used to invent.

أُولَئِكَ الَّذِينَ خَسِرُوا أَنْفُسَهُمْ وَضَلَّ عَنْهُمْ مَا كَانُوا يَفْتَرُونَ ﴿٢١﴾

22. 无疑地，这些人在后世是损失最多的人。

22. Without a doubt they are those, in the Hereafter, they will be the greatest losers.

لَا جَرَمَ لَهُمْ فِي الْآخِرَةِ هُمْ الْآخْسَرُونَ ﴿٢٢﴾

23. 而那些信仰，作善行并谦恭事主的人，他们将是乐园的伙伴，永远居住其中。

23. Certainly, those who believe and do righteous deeds and humble themselves before their Lord. They will be the companions of the Garden. They will abide therein forever.

إِنَّ الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ وَأَخْبَتُوا إِلَىٰ رَبِّهِمْ أُولَئِكَ أَصْحَابُ الْجَنَّةِ هُمْ فِيهَا خَالِدُونَ ﴿٢٣﴾

24. 这两种人的比喻就象瞎子和聋子跟能视能听的人相比。他们能相提并论吗?你未因此而留意吗?

24. The similitude of the two parties is as the blind and the deaf and the seer and the hearer. Are they equal in similitude. Will you not then take heed.

مَثَلُ الْفَرِيقَيْنِ كَالْأَعْمَىٰ وَالْأَصْمَىٰ وَالْبَصِيرِ وَالسَّمِيعِ ۚ هَلْ يَسْتَوِيَانِ مَثَلًا ۚ أَفَلَا تَذَكَّرُونَ ﴿٢٤﴾

25. 我确曾派遣努赫对他的族人说：“我确实是你们的一位坦率的警告者”。

25. And indeed, We sent Noah to his people (he said): “Surely, I am a plain warner to you.”

وَلَقَدْ أَرْسَلْنَا نُوحًا إِلَىٰ قَوْمِهِ ۖ إِنِّي لَكُمْ نَذِيرٌ مُّبِينٌ ﴿٢٥﴾

26. 你们不要拜安拉之外的，我确实替你们畏惧那痛苦的日子<sup>ط</sup>的惩罚。

26. That you worship none, but Allah. Surely, I fear for you, the punishment of a painful day.

أَنْ لَا تَعْبُدُوا إِلَّا اللَّهَ إِنِّي أَخَافُ عَلَيْكُمْ عَذَابَ يَوْمٍ  
الِيمِ ﴿٣٦﴾

27. 但是他的族人中不信者的领袖们说：“我们认为你只不过是和我们一样的常人罢了，除了我们当中最下贱的人们不加思索地信你之外，我们也没有看见有任何人追随你，我们看不出你们比我们优越。我们认为你们是一群说谎的人。”

27. So the chiefs, those who disbelieved among his people, said: “We do not see you but a mortal like ourselves. And we do not see you being followed except by those who are the lowest of us, immature in judgment. And we do not see in you any merit above us. In fact we think you as liars.”

فَقَالَ الْمَلَأُ الَّذِينَ كَفَرُوا مِنْ قَوْمِهِ مَا نَرَنكَ إِلَّا بَشَرًا مِثْلَنَا وَمَا نَرَنكَ أَتْبَعَكَ إِلَّا الَّذِينَ هُمْ أَرَادُوا بِادِّئَارِ الرَّأْيِ وَمَا نَرَى لَكُمْ عَلَيْنَا مِنْ فَضْلٍ بَلْ نَظُنُّكُمْ كَذِبِينَ ﴿٣٧﴾

28. 他说：“我的族人啊！请你们想一想。如果我信赖来自我的主的明证，和曾经有一项来自他（主）的慈悯降临到我，但是它（慈惠）对你们又隐微难懂，而你们又厌恶它时，我们能强迫你们接受它吗？”

28. He said: “O my people, see you, if I should be upon a clear evidence from my Lord, and He has given me a mercy from Himself, and it has been made obscure to you. Shall we force it upon you while you have a hatred for it.”

قَالَ يَبْقَوْمِ أَرَأَيْتُمْ إِنْ كُنْتُ عَلَىٰ بَيِّنَةٍ مِّن رَّبِّي وَءَاتَنِي رَحْمَةً مِّن عِنْدِهِ فَعَمِيَتْ عَلَيْكُمْ أَنْزِلُكُمْ هَا وَنُتْمَ هَا كَرِهُونَ ﴿٣٨﴾

29. 我的族人啊！我不向你们要求财物（作为报酬），我的报酬只来自安拉。我决不会赶

29. “And O my people, I ask of you no wealth for it. My recompense is not but

وَيَبْقَوْمِ لَا أَسْأَلُكُمْ عَلَيْهِ مَالًا إِنْ أَجْرِيَ إِلَّا عَلَى اللَّهِ



走那些信仰的人，因为他们确会见到他们的主。我看你们只是一群无知的人。

with Allah, and I am not going to drive away those who have believed. Indeed, they will meet their Lord. But I see you a people that are ignorant.”

وَمَا أَنَا بِطَارِدِ الَّذِينَ ءَامَنُوا  
إِنَّهُمْ مُلْقُوا رَبِّهِمْ وَلِيكِنِّي  
أَرَأَيْكُمْ قَوْمًا تَجْهَلُونَ ﴿٦٦﴾

30. “我的族人啊！如果我赶走了他们，谁来帮助我应付安拉？你们还不能因此留意吗？”

30. “And O my people, who will help me against Allah if I drove them away. Then will you not give a thought.”

وَيَقَوْمٍ مَّنْ يَنْصُرُنِي مِنَ اللَّهِ  
إِنْ طَرَدْتَهُمْ ءَأَفَلَا تَذَكَّرُونَ ﴿٦٧﴾

31. “我不向你们说我拥有安拉的宝藏，我也不知道目不能见的，我也不自称是一位天仙，我也不说你们眼中所看不起的人们，安拉就不会赐予他们福泽。安拉最知道他们心灵深处的。（如果那样做）我就属于犯罪的人了。”

31. “And I do not say to you that with me are the treasures of Allah, nor do I have knowledge of the unseen, nor do I say that I am an angel, nor do I say of those whom your eyes look down upon that Allah will never grant them any good. Allah knows best of what is in their souls. Indeed, I would then be among the wrong doers.”

وَلَا أَقُولُ لَكُمْ عِنْدِي  
خَزَائِنُ اللَّهِ وَلَا أَعْلَمُ الْغَيْبَ  
وَلَا أَقُولُ إِنِّي مَلَكٌ وَلَا  
أَقُولُ لِلَّذِينَ تَزْدَرِي  
أَعْيُنُكُمْ لَنْ يُؤْتِيَهُمُ اللَّهُ خَيْرًا  
اللَّهُ أَعْلَمُ بِمَا فِي أَنفُسِهِمْ  
إِنِّي إِذَا لَمِنَ الظَّالِمِينَ ﴿٦٨﴾

32. 他们说：“努赫啊！你已与我们争论了，而且争得太多了。如果你是诚实的人，现在你就把恐吓我们的（惩罚）显示给我们

32. They said: “O Noah, surely, you have disputed with us, then much have you prolonged the dispute with us, so bring upon

قَالُوا يَنْسُوحُ قَدْ جَدَلْتَنَا  
فَأَكْثَرْتَ جِدَالَنَا فَأْتِنَا بِمَا  
تَعِدُنَا إِنْ كُنْتَ مِنَ

吧!”

us that with which you threaten us, if you are of the truthful.”

الصّٰدِقِيْنَ ﴿٣٢﴾

33. 他说：“如果安拉愿意，只有他(主)会把它显示给你们，那时你们将无从逃避。

33. He said: “Only Allah will bring it upon you if He wills, and you will not escape.”

قَالَ اِنَّمَا يَاتِيْكُمْ بِهِ اَللّٰهُ اِنْ شَاءَ وَمَا اَنْتُمْ بِمُعْجِزِيْنَ ﴿٣٣﴾

34. “如果安拉愿意使你们迷误，即使我愿意给你们忠告，而我的忠告也将对你们无用。他是你们的主！你们都将回到他(主)那里！”

34. “And my advice will not benefit you, even if I wish to advise you, (and) if Allah should intend to keep you astray. He is your Lord, and to Him you will be returned.”

وَلَا يَنْفَعُكُمْ نٰصِحِيْ اِنْ اَرَدْتُ اَنْ اَنْصَحَ لَكُمْ اِنْ كَانَ اَللّٰهُ يُرِيْدُ اَنْ يُغْوِيَكُمْ ۗ هُوَ رَبُّكُمْ وَاِلَيْهِ تُرْجَعُوْنَ ﴿٣٤﴾

35. 他们或许会说：“他伪造了它(启示)吧？”你说：“如果我伪造了它，我的罪由我承担！而我对于你们罪行却是无关的！”

35. Or do they say: “He (Muhammad) has invented it (Quran).” Say: “If I have invented it, then upon me will be my crimes, and I am free of what you commit.”

اَمْ يَقُوْلُوْنَ اَفْتَرٰهُ ۗ قُلْ اِنْ اَفْتَرَيْتُهُ فَعَلَيْ اِجْرَامِيْ وَاَنَا بَرِيْءٌ مِّمَّا تُجْرَمُوْنَ ﴿٣٥﴾

36. 努赫曾得启示：“除了那些已经信仰的人之外，你的族人中再没有信仰的人了，因此不要再为他们的(罪恶)行为悲伤。

36. And it was revealed to Noah that: “No one will believe from your people except those who have believed already. So be not distressed because of what they have been doing.”

وَاُوْحِيَ اِلَى نُوْحٍ اَنْهٗ لَنْ يُؤْمِنَ مِنْ قَوْمِكَ اِلَّا مَنْ قَدْ ءَامَنَ فَلَا تَبْتَسِسْ بِمَا كَانُوْا يَفْعَلُوْنَ ﴿٣٦﴾

37. 你要在我的看顾和我的启示之下建造一艘方舟，不要再为那些有罪的人向我说话(求情)了。因为他们就要被(洪水)淹死了”。

37. “And build the ship under Our eyes and Our inspiration, and do not address Me on behalf of those who have wronged. Surely, they will be drowned.”

وَأَصْنَعِ الْفُلَكَ بِأَعْيُنِنَا  
وَوَحِينَا وَلَا تَخْطِبْنِي فِي  
الَّذِينَ ظَلَمُوا إِنَّهُمْ مُغْرَقُونَ



38. 他开始造舟，每次他的族人的首领们经过他的时候，他们就嘲笑他，他说：“如果你们现在嘲笑我们，我们也会对你们报以相似的嘲笑。”

38. And he built the ship, and whenever the chiefs of his people passed by him, they made a mockery of him. He said: “If you mock at us, so do we indeed mock at you, just as you mock.”

وَيَصْنَعُ الْفُلَكَ وَكُلَّمَا  
مَرَّ عَلَيْهِ مَلَأٌ مِنْ قَوْمِهِ  
سَخِرُوا مِنْهُ ۗ قَالَ إِنْ  
تَسَخَرُوا مِنَّا فَإِنَّا نَسْخَرُ  
مِنْكُمْ كَمَا تَسْخَرُونَ



39. “你们不久就会知道谁会遭受羞辱的惩罚，谁会受到持久的痛苦！”

39. “Then soon you will know who it is to whom will come a punishment that will disgrace him, and upon whom will fall a lasting punishment.”

فَسَوْفَ تَعْلَمُونَ مَنْ يَأْتِيهِ  
عَذَابٌ يُخْزِيهِ وَيَحِلُّ عَلَيْهِ  
عَذَابٌ مُقِيمٌ



40. 等到我的命令到达时，水从四面八方涌了出来。我说：“你装载每种(动物)一双(一雄一雌)同你的家属和信仰的人们上船，除了判词已对他们宣布过的那些人在外。”但是只有少数

40. Until when Our command came to pass and the oven gushed forth (with water). We said: “Embark therein, of each kind two (male and female), and your household, except him against whom the word has gone forth already,

حَتَّىٰ إِذَا جَاءَ أَمْرُنَا وَفَارَ  
التَّنُورُ قُلْنَا أَحْمِلْ فِيهَا مِنْ  
كُلِّ زَوْجَيْنِ اثْنَيْنِ  
وَأَهْلَكَ إِلَّا مَنْ سَبَقَ عَلَيْهِ  
الْقَوْلُ وَمَنْ ءَامَنَ وَمَا ءَامَنَ

人随同他信仰。

and those who believe.” And none believed with him, except a few.

مَعَهُ إِلَّا قَلِيلٌ ﴿٤٠﴾

41. 因此他说：“奉安拉的尊名，你们上船吧，不论它是航行或停泊。我的主确是多恕的、大慈的！”

41. And he (Noah) said: “Embark therein. In the name of Allah is its moving course and its resting anchorage. Surely, my Lord is Oft Forgiving, Most Merciful.”

﴿٤١﴾ وَقَالَ أَرْكَبُوا فِيهَا بِسْمِ اللَّهِ مَجْرِبَهَا وَمُرْسَلَهَا إِنَّ رَبِّي لَغَفُورٌ رَّحِيمٌ ﴿٤١﴾

42. 于是那船在如山的巨浪中和他们一同漂浮(移动)，努赫呼唤他(在岸上)的儿子(他已与努赫及其余的人分开了)。“我的儿子啊!跟我一道上船吧，不要同不信仰的人们在一起！”。

42. And it sailed with them amidst waves like mountains, and Noah called out to his son, and he was at a distance (from the rest): “O my son, come ride with us, and do not be with the disbelievers.”

وَهِيَ تَجْرِي بِهِمْ فِي مَوْجٍ كَالْجِبَالِ وَنَادَى نُوحٌ ابْنَهُ وَكَانَ فِي مَعَزِلٍ يَبْنِي أَرْكَبْ مَعَنَا وَلَا تَكُنْ مَعَ الْكَافِرِينَ ﴿٤٢﴾

43. 他的儿子回答说：“我即将上山避水。”他(努赫)说：“今天除了安拉慈悯的人之外，无人能从安拉的天命中得救。”巨浪冲到他们之间，他的儿子(同那些不信的人)被淹没了。

43. He (son) said: “I shall take refuge on a mountain, it will protect me from the water.” He (Noah) said: “There is no protector this day from the decree of Allah, except for whom He has mercy.” And a wave came in between them, so he was among those who were drowned.

قَالَ سَأُوَى إِلَىٰ جَبَلٍ يَعْصِمُنِي مِنَ الْمَاءِ قَالَ لَا عَاصِمَ الْيَوْمَ مِنْ أَمْرِ اللَّهِ إِلَّا مَنْ رَحِمَ وَحَالَ بَيْنَهُمَا الْمَوْجُ فَكَانَ مِنَ الْمُغْرَقِينَ ﴿٤٣﴾

44. (那时天命降临)道：“大地啊!吸掉水吧，苍天啊!止住(雨吧)!”水降低了，大事已定了。方舟停泊在朱地山。(天命)说道：“那些为非作恶(不义)的人消逝了。”

44. And it was said: “O earth, swallow up your water, and O sky, withhold (rain).” And the water was made to subside. And the decree was fulfilled. And it (the ship) came to rest upon (the mount) Al-Judi, and it was said: “A far removal for wrong doing people.”

وَقِيلَ يَا أَرْضُ ابْلَعِي مَاءَكِ  
وَيَسْمَاءُ أَقْلَبِي وَغِيضَ  
الْمَاءِ وَقُضِيَ الْأَمْرُ وَاسْتَوَتْ  
عَلَى الْجُودِيِّ <sup>ط</sup> وَقِيلَ بَعْدًا  
لِلْقَوْمِ الظَّالِمِينَ ﴿٤٤﴾

45. 努赫呼求他的主说：“我的主啊!我的儿子的确是我的家属。你的诺言确实是真实的。你是最公平的裁判者。”

45. And Noah called upon his Lord, so he said: “My Lord, surely, my son is of my household. And surely, Your promise is true, and You are the Most Just of Judges.”

وَنَادَى نُوحٌ رَبَّهُ فَقَالَ  
رَبِّ إِنَّ ابْنِي مِنْ أَهْلِي وَإِنَّ  
وَعْدَكَ الْحَقُّ وَأَنْتَ أَحْكَمُ  
الْحَكَمِينَ ﴿٤٥﴾

46. 他说：“努赫啊!他不是你的家属，他是属于有罪的人，你不要向我、求你所不知道的。我忠告你以免你成为一个无知的人!”

46. He (Allah) said: “O Noah, indeed, he is not of your household. Indeed, his conduct was other than righteous. So do not ask Me for that about which you have no knowledge. Indeed, I advise you, lest you be among the ignorant.”

قَالَ يَنْتُوخُ إِنَّهُ لَيْسَ مِنْ  
أَهْلِكَ <sup>ط</sup> إِنَّهُ عَمَلٌ غَيْرُ  
صَالِحٍ <sup>ط</sup> فَلَا تَسْأَلْنِي مَا لَيْسَ  
لَكَ بِهِ عِلْمٌ <sup>ط</sup> إِنِّي أَعْظَمُكَ أَنْ  
تَكُونَ مِنَ الْجَاهِلِينَ ﴿٤٦﴾

47. 他(努赫)说：“我的主啊!我确实求你的保护，以免我向你

47. He (Noah) said: “My Lord, indeed, I seek refuge with You,

قَالَ رَبِّ إِنِّي أَعُوذُ بِكَ أَنْ  
أَسْأَلَكَ مَا لَيْسَ لِي بِهِ

祈求我所不知道的。  
除非你宽恕我和对我  
仁慈，我一定是损失的。  
”

that I should ask You  
that of which I have no  
knowledge. And unless  
You forgive me and  
have mercy upon me, I  
would indeed be  
among the losers.”

عِلْمٌ وَإِلَّا تَغْفِرَ لِي  
وَتَرْحَمَنِي أَكُن مِّنَ  
الْخَاسِرِينَ ﴿٤٧﴾

48. (天命降下了)说  
道：“努赫啊！带着我  
赐给的平安下(船)去  
吧，祝福你和与你同  
来的那一些人。有些  
民族将会由与你同来  
的人中繁衍出来，(另  
外也将有一些民族)我  
也将赐他们享乐一段  
时期。然后我将降给  
他们严刑峻罚。”

48. It was said: “O  
Noah, disembark with  
peace from Us, and  
blessings upon you and  
upon nations  
(descending) from  
those with you. And  
(other) nations (of  
them) We shall give  
enjoyment for a while,  
then will reach them  
from Us a painful  
punishment.”

قِيلَ يٰنُوحُ اهْبِطْ بِسَلَامٍ  
مِّنَّا وَبَرَكَاتٍ عَلَيْكَ وَعَلَىٰ  
أُمَّرٍ مِّمَّن مَّعَكَ وَأُمَمٌ  
سَنَمَتِعُهُمْ ثُمَّ يَمَسُّهُمْ مِنَّا  
عَذَابٌ أَلِيمٌ ﴿٤٨﴾

49. 这是我对你(穆圣  
)启示的一些人所未见  
的消息，你与你的族  
人以前都不知道它们  
。所以你要忍耐，善  
果是属于敬畏的人的  
。

49. That is of the  
news of the unseen  
which We have  
revealed to you  
(Muhammad). You did  
not know it, (neither)  
you, nor your people  
before this. So have  
patience. Indeed, the  
(good) end is for those  
who fear (Allah).

تِلْكَ مِنْ أَنْبَاءِ الْغَيْبِ  
نُوحِيهَا إِلَيْكَ ۗ مَا كُنْتَ  
تَعْلَمُهَا أَنْتَ وَلَا قَوْمُكَ مِنْ  
قَبْلِ هَذَا ۗ فَاصْبِرْ ۗ إِنَّ  
الْعَاقِبَةَ لِلْمُتَّقِينَ ﴿٤٩﴾

50. 我对阿德(族人派  
遣了)他们的兄弟扈德  
。他说：“我的族人  
啊！你们要奉事安拉！

50. And to (the tribe  
of) Aaad (We sent)  
their brother, Houd.  
He said: “O my people,

وَإِلَىٰ عَادٍ أَخَاهُمْ هُودًا ۗ قَالَ  
يَقَوْمِ اعْبُدُوا اللَّهَ مَا لَكُمْ

在安拉之外你们无神。  
你们只是捏造。

worship Allah. You do not have any god other than Him. You are not but inventors (of lies).”

مِّنْ إِلَهِ غَيْرِهِ ۗ إِنَّ أَنْتُمْ إِلَّا مُفْتَرُونَ ﴿٥١﴾

51. 我的族人啊!我不因此向你们要求报酬。我的报酬只来自造化我的主，你们还不因此而领悟吗?

51. “O my people, I ask you of no reward for it. My reward is not except from Him who created me. Will you then not understand.”

يَقَوْمٍ لَا أَسْأَلُكُمْ عَلَيْهِ أَجْرًا ۗ إِنِّي أَجْرِي إِلَّا عَلَى الَّذِي فَطَرَنِي ۗ أَفَلَا تَعْقِلُونَ ﴿٥١﴾

52. “我的族人啊!你们要祈求你们的主的恕饶，并向他忏悔。他将由天上倾下丰富的雨量，并以力量增加你们的力量。所以你们不要再背叛和犯罪。”

52. “And O my people, ask forgiveness of your Lord, then turn to Him (in repentance). He will send (from) the sky upon you abundant rain, and will add unto you strength to your strength. And do not turn away as criminals.”

وَيَقَوْمٍ أَسْتَغْفِرُوا رَبَّكُمْ ثُمَّ تُوبُوا إِلَيْهِ يُرْسِلِ السَّمَاءَ عَلَيْكُمْ مِدْرَارًا وَيَزِدْكُمْ قُوَّةً إِلَى قُوَّتِكُمْ وَلَا تَتَوَلَّوْا مُجْرِمِينَ ﴿٥٢﴾

53. 他们说：“扈德啊!你并不曾显示给我们明白的证据，我们不会由于你的话而放弃我们的神祇!我们也不是你的信仰者。”

53. They said: “O Houd, you have not brought us clear evidence, and we shall not leave our gods on your (mere) saying, and we are not believers in you.”

قَالُوا يَا هُودُ مَا جِئْتَنَا بِبَيِّنَةٍ وَمَا نَحْنُ بِتَارِكِي آلِهَتِنَا عَنْ قَوْلِكَ وَمَا نَحْنُ لَكَ بِمُؤْمِنِينَ ﴿٥٣﴾

54. “我们只能说你已经着了我们的众神中一位神祇的魔。”他说：“我求安拉作证，你们也来作证，

54. “We say nothing but that some of our gods have possessed you with evil.” He said: “Indeed, I take Allah as witness, and you

إِن نَّقُولُ إِلَّا أَعْرَضْنَا عَنْ بَعْضِ آلِهَتِنَا بِسُوءِ ۗ قَالَ إِنِّي أُشْهِدُ اللَّهَ وَأَشْهَدُوا أَنِّي بَرِيءٌ مِّمَّا

我与你们在安拉之外  
为他(主)所添附的(伪  
神)无关!

(too) bear witness that  
I am free from that  
which you ascribe as  
partners (to Allah).”

تَشْرِكُونَ ﴿٥٤﴾

55. 你们一齐安排计  
谋对付我吧，并不要  
对我姑息。

55. “Other than Him.  
So plot against me all  
together, then do not  
give me any respite.”

مِنْ دُونِهِ ۖ فَكِيدُونِي جَمِيعًا  
ثُمَّ لَا تَنْظُرُونَ ﴿٥٥﴾

56. “我已经信赖安  
拉了，他是我的主，  
也是你们的主！  
没有一种动物，安拉  
不抓牢了它们的额毛(  
没有一种生物不受安  
拉的控制)。的确，我  
的主是在正道上。

56. “Indeed, I have  
put my trust in Allah,  
my Lord and your  
Lord. There is not of  
a moving creature but  
He has grasp of its  
forelock. Indeed, My  
Lord is on the  
straight path.”

إِنِّي تَوَكَّلْتُ عَلَى اللَّهِ رَبِّي  
وَرَبِّكُمْ ۚ مَا مِنْ دَابَّةٍ إِلَّا هُوَ  
عَآخِذٌ بِنَاصِيَتِهَا ۚ إِنَّ رَبِّي  
عَلَى صِرَاطٍ مُسْتَقِيمٍ ﴿٥٦﴾

57. 如果你们背弃，  
我(至少)已经对你们  
传达了其所奉遣的使  
命。我的主将使另外  
一族人来代替你们，  
而你们却一点也不能  
妨碍他。我的主确是  
万物的监护者。”

57. “So if you turn  
away, then indeed, I  
have conveyed to you  
that which I have been  
sent with to you. And  
my Lord will replace  
you with people other  
than yourselves. And  
you will not harm Him  
at all. Indeed, my Lord  
is Guardian over all  
things.”

فَإِنْ تَوَلَّوْا فَقَدْ أَبْلَغْتُكُمْ مَا  
أُرْسِلْتُ بِهِ ۚ إِلَيْكُمْ  
وَيَسْتَخْلِفُ رَبِّي قَوْمًا غَيْرَكُمْ  
وَلَا تَضُرُّونَهُ شَيْئًا ۚ إِنَّ رَبِّي  
عَلَى كُلِّ شَيْءٍ حَفِيظٌ ﴿٥٧﴾

58. 当我(主)的天命  
到达时，我以我的特  
慈拯救了扈德和那些  
同他在一起的已经信  
仰的人。我把他们从

58. And when Our  
command came, We  
saved Houd and those  
who believed with him  
by a mercy from Us.  
And We saved them

وَلَمَّا جَاءَ أَمْرُنَا نَجَّيْنَا هُودًا  
وَالَّذِينَ ءَامَنُوا مَعَهُ بِرَحْمَةٍ  
مِّنَّا وَنَجَّيْنَاهُمْ مِّنْ عَذَابٍ



浩劫中拯救出来。

from a severe punishment.



59. 那就是阿德族人。他们不信他们的主的启示，不服从他(主)的使者，并追随每一个骄横的、敌对真理的人。

59. And such were Aad. They rejected the signs of their Lord, and disobeyed His messengers, and followed the command of every obstinate tyrant.

وَتِلْكَ عَادٌ جَحَدُوا بِآيَاتِ رَبِّهِمْ وَعَصَوْا رُسُلَهُ وَاتَّبَعُوا أَمْرَ كُلِّ جَبَّارٍ عَنِيدٍ ﴿٥٩﴾

60. 我已使怒恼在今世和复活日跟随着他们。(瞧吧!)由于阿德人不信他们的主!扈德的族人阿德人消逝了。

60. And they were followed in this world with a curse and on the Day of Resurrection. Behold, indeed Aad disbelieved in their Lord. Behold, a far removal for Aad, the people of Houd.

وَأَتَّبَعُوا فِي هَذِهِ الدُّنْيَا لَعْنَةً وَيَوْمَ الْقِيَامَةِ ۗ أَلَا إِنَّ عَادًا كَفَرُوا رَبَّهُمْ ۗ أَلَا بُعْدًا لِعَادٍ قَوْمِ هُودٍ ﴿٦٠﴾

61. 我对撒姆德人派遣了他们自己的弟兄沙里赫。他说：“我的族人啊!奉事安拉吧，除他之外，你们没有其它的神。他由大地(的泥土)造化了你们，并使你们安居在那里。所以，(你们应当)祈求他的恕饶，并向他忏悔。我的主是近(人)的、回应的。”

61. And to Thamud (We sent) their brother Salih. He said: “O my people, worship Allah. You do not have any god other than Him. It is He who has brought you forth from the earth, and has settled you therein. So ask forgiveness of Him, then turn to Him (in repentance). Indeed, my Lord is Near, Responsive.”

﴿٦١﴾ وَإِلَىٰ ثَمُودَ أَخَاهُمْ صَالِحًا ۚ قَالَ يَا قَوْمِ أَعْبُدُوا اللَّهَ مَا لَكُمْ مِنْ إِلَهِ غَيْرُهُ ۗ هُوَ أَنشَأَكُمْ مِنَ الْأَرْضِ وَاسْتَعْمَرَكُمْ فِيهَا فَاسْتَغْفِرْهُ ۗ ثُمَّ تَوَبُّوا إِلَيْهِ ۚ إِنَّ رَبِّي قَرِيبٌ مُجِيبٌ ﴿٦١﴾

62. 他们说：“沙里

62. They said: “O Salih, indeed you have

قالوا يَصلحُ قد كنتَ فينا

赫啊!你曾经是我们当中众望所归的人,你是不是叫我们不拜我们先人所崇拜的呢?我们确实怀疑你对我们所召唤的事。”

been among us as a figure of hope before this. Do you (now) forbid us to worship of what our forefathers have worshipped. And indeed, we are really in grave doubt about that to which you invite us.”

مَرَجُوا قَبْلَ هَذَا أَتَنَّهُنَا  
أَنْ نَعْبُدَ مَا يَعْبُدُ آبَاؤُنَا  
وَإِنَّا لَفِي شَكٍّ مِمَّا تَدْعُونَا  
إِلَيْهِ مُرِيبٍ ﴿١٢﴾

63. 他说:“我的族人啊!你们可曾想过,如果我遵循来自我的主的明证,他已赐给我他的慈悯,如果我不服从他,谁还能从他那里拯救我呢?那时你们除了使我损失之外,还能给我什么呢?”

63. He said: “O my people, do you see, if I am upon a clear evidence from my Lord, and there has come to me from Him a mercy, then who will save me from Allah if I disobeyed Him. So you would not increase me but in loss.”

قَالَ يَلْقَوْمٍ أَرَأَيْتُمْ إِنْ  
كُنْتُ عَلَىٰ بَيِّنَةٍ مِّن رَّبِّي  
وَأَتَانِي مِنْهُ رَحْمَةٌ فَمَنْ  
يَنْصُرُنِي مِنَ اللَّهِ إِنْ  
عَصَيْتُهُ ۗ فَمَا تَزِيدُونَنِي غَيْرَ  
تَحْسِيرٍ ﴿١٣﴾

64. 我的族人啊!这是安拉的母驼,(它是给你们的一个迹象。任它在安拉的大地上自由饮食,不要使它受到伤害,以免一项眼前的灾难即将降到你们!”

64. “And O my people, this is the she-camel of Allah, a sign to you, so let her pasture on Allah’s earth, and do not touch her with harm, lest a near punishment should seize you.”

وَيَلْقَوْمٍ هَذِهِ نَاقَةُ اللَّهِ  
لَكُمْ آيَةٌ فَذُرُّوهَا  
تَأْكُلُ فِي أَرْضِ اللَّهِ وَلَا  
تَمْسُوهَا بِسُوءٍ فَيَأْخُذَكُمْ  
عَذَابٌ قَرِيبٌ ﴿١٤﴾

65. 但是他们残杀了它,因此他(沙里赫)说:“你们在家中享受三天(的生活)吧!这

65. Then they hamstrung her. So he said: “Enjoy yourselves in your dwelling-place

فَعَقَرُوهَا فَقَالَ تَمَتَّعُوا فِي  
دَارِكُمْ ثَلَاثَةَ أَيَّامٍ ۖ ذَٰلِكَ

是一项确实无讹的诺言。”

three days. This is a promise not to be denied.”

وَعَدُّ غَيْرُ مَكْذُوبٍ ﴿١٥﴾

66. 当我的命令到达时，我以特别的慈悯从那天的耻辱中拯救了沙里赫和那些归信的人。你们的主，他是全权的、大能的。

66. So when Our command came, We saved Salih and those who believed with him by a mercy from Us, and from the ignominy of that day. Indeed, your Lord, He is the All-Strong, the All Mighty.

فَلَمَّا جَاءَ أَمْرُنَا نَجَّيْنَا صَالِحًا وَالَّذِينَ ءَامَنُوا مَعَهُ بِرَحْمَةٍ مِنَّا وَمِن خِزْيِ يَوْمِئِذٍ إِنَّ رَبَّكَ هُوَ الْقَوِيُّ الْعَزِيزُ ﴿١٦﴾

67. 一声巨响震慑了不义的人们，于是他们就在他们的家中僵卧在地上(死了)。

67. And the (awful) cry overtook those who had wronged, so they lay prostrate (dead) in their dwellings.

وَأَخَذَ الَّذِينَ ظَلَمُوا الصَّيْحَةَ فَأَصْبَحُوا فِي دِيرِهِمْ جَثَمِينَ ﴿١٧﴾

68. 好象他们从来不曾在那里居住过一样。(啊!)撒姆德人不信他们的主!(啊!)撒姆德人消逝了!

68. As though they had not dwelt therein. Behold, indeed Thamud disbelieved in their Lord. Behold, a far removal for Thamud.

كَأَن لَّمْ يَغْنَوْا فِيهَا ۗ أَلَا إِنَّ تَمُودًا كَفَرُوا رَبَّهُمْ ۗ أَلَا بُعْدًا لِتَمُودَ ﴿١٨﴾

69. 我的使者们带了喜讯降临到伊布拉欣(亚伯拉罕)，他们说：“祝你平安。”他回答说：“祝你们平安。”并立即会出烤牛犊来款待他们。

69. And indeed, Our messengers came to Abraham with good news. They said: “Peace.” He said: “Peace,” then delayed not to bring a roasted calf.

وَلَقَدْ جَاءَتْ رُسُلُنَا إِبْرَاهِيمَ بِالْبَشْرَى قَالُوا سَلَامًا ۗ قَالَ سَلَامٌ ۗ فَمَا لَبِثَ أَنْ جَاءَ بِعِجْلٍ حَنِيدٍ ﴿١٩﴾

70. 当他看到他们的手不伸向它(食物)时

70. Then when he saw their hands not

فَلَمَّا رَأَى أَيْدِيَهُمْ لَا تَصِلُ

，他们对他们感到怀疑，并有一点畏惧他们。他们说：“你不要怕，我们是被遣派到鲁特族人的。”

reaching to it, he mistrusted them and conceived a fear of them. They said: “Fear not, indeed, we have been sent to the people of Lot.”

إِلَيْهِ نَكِرَهُمْ وَأَوْجَسَ مِنْهُمْ خِيفَةً قَالُوا لَا تَخَفْ إِنَّا أُرْسِلْنَا إِلَىٰ قَوْمِ لُوطٍ ﴿٧٠﴾

71. 他的妻子就站在那儿，她笑了，我就赐给她伊斯哈格(以萨)及他的后人雅谷的喜讯。

71. And his wife was standing by, so she laughed. Then We gave her good tidings (of the birth) of Isaac, and after Isaac, Jacob.

وَأَمْرَاتُهُ قَائِمَةٌ فَضَحِكَتْ فَبَشَّرْنَاهَا بِإِسْحَقَ وَمِنْ وَرَاءِ إِسْحَقَ يَعْقُوبَ ﴿٧١﴾

72. 她说：“哎呀！试看我已是一个老妇，而我的丈夫也是一个老人，我还会怀胎生子吗？那真是一件奇事了。”

72. She said: “woe unto me, shall I bear a child and I am an old woman, and this, my husband is an old man. Surely, this is indeed a strange thing.”

قَالَتْ يَتُوبِلَيَّ ءَأَلِدُ وَأَنَا عَجُوزٌ وَهَذَا بَعْلِي شَيْخًا إِنَّ هَذَا لَشَيْءٌ عَجِيبٌ ﴿٧٢﴾

73. 他们说：“你对安拉的命令感到惊奇吗？你们全家人啊！愿安拉赐给你们他的慈悯和赐福。他实是受一切赞颂，和光荣尊贵的主。”

73. They said: “Do you wonder at the command of Allah. The mercy of Allah and His blessings be upon you, O people of the house. Surely, He is All Praiseworthy, All Glorious.”

قَالُوا أَتَعْجَبِينَ مِنْ أَمْرِ اللَّهِ رَحْمَتُ اللَّهِ وَبَرَكَاتُهُ عَلَيْكُمْ أَهْلَ الْبَيْتِ إِنَّهُ حَمِيدٌ مَجِيدٌ ﴿٧٣﴾

74. 当畏惧已在伊布拉欣(心中)消逝和喜讯降临到他时，他就开始向我(的使者——天仙们)替鲁特的族人

74. Then when the fear had gone away from Abraham, and the glad news had reached him, he began to argue with Us on

فَلَمَّا ذَهَبَ عَنْ إِبْرَاهِيمَ الرَّوْعُ وَجَاءَتْهُ الْبُشْرَىٰ يُجَادِلُنَا فِي قَوْمِ لُوطٍ ﴿٧٤﴾

辩解了。

behalf of the people of Lot.

75. 伊布拉欣确实是温和、仁慈和悔悟的。

75. Surely, Abraham was, without doubt forbearing, compassionate, oft-turning (to Allah).

إِنَّ إِبْرَاهِيمَ لَحَلِيمٌ أَوَّهٌ مُّْنِيبٌ



76. 伊布拉欣啊！你不要管这件事。你的主的命令确已发出了，不可抗拒的惩罚就要降临他们了！

76. (It was said): “O Abraham, desist from this. Indeed, your Lord’s command has gone forth. And indeed, there will come to them a punishment which cannot be turned back.”

يَا إِبْرَاهِيمُ أَعْرِضْ عَنْ هَذَا ۖ إِنَّهُ قَدْ جَاءَ أَمْرُ رَبِّكَ ۖ وَإِنَّهُمْ آتِيهِمْ عَذَابٌ غَيْرُ مَرْدُودٍ



77. 当我的使者(天仙)们来到鲁特时。他是悲愁的，不知道如何去保护他们。他说：“这是一个悲惨的日子。”

77. And when Our messengers (the angels) came to Lot, he was anguished for them, and felt for them discomfort. And he said: “This is a distressing day.”

وَلَمَّا جَاءَتْ رُسُلُنَا لُوطًا سِئَاءَ بِهِمْ وَضَاقَ بِهِمْ ذَرْعًا وَقَالَ هَذَا يَوْمٌ عَصِيبٌ



78. 他的族人蜂涌到他那里，他们以前曾犯过可恶的行为。他说：“我的族人啊！这些是我的女儿们，(如果你们要结婚的话)她们对你们比较纯洁！你们要畏惧安拉，不要使我在我的客人们面前丢人！难道你们当中

78. And his people came to him, rushing to him. And before (this), they had been doing evil deeds. He said: “O my people, here are my daughters, they are purer for you. So fear Allah, and do not disgrace me concerning my guests.

وَجَاءَهُمْ قَوْمُهُمْ مِّرْعُونَ إِلَيْهِ ۖ وَمِنْ قَبْلُ كَانُوا يَعْمَلُونَ السَّيِّئَاتِ ۚ قَالَ يَاقَوْمِ هَٰؤُلَاءِ بَنَاتِي هُنَّ أَطْهَرُ لَكُمْ فَاتَّقُوا اللَّهَ وَلَا تُخْزُونِ فِي ضَيْفِي ۗ أَلَيْسَ مِنْكُمْ رَجُلٌ

连一个正直的人也没有吗？”

Is there not among you a right-minded man.”

رَشِيدٌ ﴿٧٨﴾

79. 他们说：“你明知我们不需要你的女儿们，你深知我们想要的是什么！”

79. They said: “Surely, you know that we do not have any right to your daughters, and indeed you know what we want.”

قَالُوا لَقَدْ عَلِمْتَمَا لَنَا فِي  
بَنَاتِكَ مِنْ حَقِّ وَإِنَّكَ لَتَعْلَمُ  
مَا نُرِيدُ ﴿٧٩﴾

80. 他说：“但愿我有力量能制止你们，或是我可以依靠一些强大的支持。”

80. He said: “If only that I had strength against you, or I could seek refuge in some powerful support.”

قَالَ لَوْ أَنَّ لِي بِكُمْ قُوَّةً أَوْ  
ءَاوِيَ إِلَىٰ رُكْنٍ شَدِيدٍ ﴿٨٠﴾

81. 他们（使者们）说：“鲁特啊！我们实是你的主的使者们！他们无法接近你！趁着部份的夜晚在时，同你的家人走开吧！莫让你们当中有人回顾，但是除了你的妻在外（她将留在后面），对那些人所发生的事一定也会发生在她身上。清晨是他们的大限，清晨不是快来了吗？”

81. They (the angels) said: O Lot, indeed we are messengers from your Lord. They shall never reach you. So travel with your family in a part of the night, and let not any of you turn around, except your wife. Indeed, will afflict her, that which will afflict them. Indeed, their promised hour is morning. Is not the morning near.”

قَالُوا يَلُوطُ إِنَّا رُسُلُ رَبِّكَ  
لَنْ يَصِلُوا إِلَيْكَ فَأَسْرِ  
بِأَهْلِكَ بِقِطْعٍ مِنَ اللَّيْلِ  
وَلَا يَلْتَفِتْ مِنْكُمْ أَحَدٌ  
إِلَّا أَمْرَاتَكَ إِنَّهُ مُصِيبُهَا مَا  
أَصَابَهُمْ ۚ إِنَّ مَوْعِدَهُمُ  
الصُّبْحُ ۚ أَلَيْسَ الصُّبْحُ  
بِقَرِيبٍ ﴿٨١﴾

82. 当我的命令实现时，我使它们（这城市）天翻地覆，并向他们除下一层又一层的象烧过的陶土一样

82. So when Our command came, We turned it (the township) upside down, and We rained upon it stones of

فَلَمَّا جَاءَ أَمْرُنَا جَعَلْنَا  
عَلَيْهَا سَافِلَهَا وَأَمْطَرْنَا  
عَلَيْهَا حِجَارَةً مِنْ سِجِّيلٍ

坚硬的石头。

layered baked clay.

مَنْصُودٍ ﴿٨٢﴾

83. 它们带着你的主的（惩罚的）烙印，落在离作恶的人们不远的地方。

83. Marked from your Lord. And it (punishment) is not far off from the wrong doers.

مُسَوَّمَةٌ عِنْدَ رَبِّكَ وَمَا هِيَ مِنَ الظَّالِمِينَ بِبَعِيدٍ ﴿٨٣﴾

84. 对麦德扬（米甸）人（我派遣了）他们的兄弟舒爱伯。他说：“我的族人啊！你们要奉事安拉，除他之外你们无神。你们不要在衡量上克扣，我看你们兴旺，不过我为你们害怕那一天的刑罚将会把（你们）团团围住。

84. And to the Midian (We sent) their brother Shueyb. He said: “O my people, worship Allah. You do not have any god other than Him. And do not decrease from the measure and weight. Indeed, I see you in prosperity, and indeed, I fear for you the punishment of a day that will encompass (you) all around.”

﴿٨٤﴾ وَإِلَى مَدْيَنَ أَخَاهُمْ شُعَيْبًا قَالَ يَتَقَوْمِ اعْبُدُوا اللَّهَ مَا لَكُمْ مِنْ إِلَهٍ غَيْرُهُ وَلَا تَنْقُصُوا الْمِكْيَالَ وَالْمِيزَانَ إِنِّي أَرَانَكُمْ يُخَيْرٍ وَإِنِّي أَخَافُ عَلَيْكُمْ عَذَابَ يَوْمٍ مُّحِيطٍ ﴿٨٤﴾

85. 我的族人啊！（你们应当）公平地给人十足的衡量，不要克扣别人应得的东西，也不要在地面上存心为恶。

85. “And O my people, give full measure and weight in justice, and reduce not people in respect of their goods. And do not go about in the land creating corruption.”

وَيَتَقَوْمِ أَوْفُوا الْمِكْيَالَ وَالْمِيزَانَ بِالْقِسْطِ وَلَا تَبْخَسُوا النَّاسَ أَشْيَاءَهُمْ وَلَا تَعْتَوْا فِي الْأَرْضِ مُفْسِدِينَ ﴿٨٥﴾

86. 留存那里的东西对你们是最好的，如

86. “That which Allah leaves (with you) is better for you if you

بَقِيَّتُ اللَّهِ خَيْرٌ لَّكُمْ إِنْ

果你们信仰的话。我不是你们的监护者。”

are believers. And I am not a guardian over you.”

كُنْتُمْ مُؤْمِنِينَ ۚ وَمَا أَنَا عَلَيْكُمْ بِحَفِيظٍ ﴿٨٦﴾

87. 他们说：“舒爱伯啊！是否你的祈祷命令你，叫我们放弃我们的先人所崇拜的，或 是叫我们不随心所欲地去处理我们的财产吗？的确，你是温和而正直的。”

87. They said: “O Shueyb, does your prayer command you that we should leave off that which our fathers used to worship, or that what we do with our wealth as we please. Indeed you are the forbearing, the guide to right behavior.”

قَالُوا يَشْعِبُ أَصْلَوْتِكَ تَأْمُرُكَ أَنْ نَتْرِكَ مَا يَعْبُدُ آبَاؤُنَا أَوْ أَنْ نَفْعَلَ فِي أَمْوَالِنَا مَا نَشَاءُ ۗ إِنَّكَ لِأَنْتَ الْحَلِيمُ الرَّشِيدُ ﴿٨٧﴾

88. 他说：“我的族人啊！你们想想，如果我有来自我的主的明白的证据（可资遵循），他也赐给我美好的食物（我如何能言行不符呢？），我不愿做我所禁止你们（去做）的事，我只希望尽我所能改善（你们）。我的成功只来自安拉，我仰赖他，并一心向他。”

88. He said: “O my people, do you see, if I am upon a clear evidence from my Lord, and He has provided me from Him a fair provision. And I do not intend that, in opposition to you, to do that what I forbid you from. I intend not but reform as much as I am able. And my success is not except from Allah. Upon Him I trust, and unto Him I turn.”

قَالَ يَقَوْمِ أَرَأَيْتُمْ إِنْ كُنْتُ عَلَىٰ بَيِّنَةٍ مِّن رَّبِّي وَرَزَقَنِي مِنْهُ رِزْقًا حَسَنًا ۚ وَمَا أُرِيدُ أَنْ أُخَالِفُكُمْ إِلَىٰ مَا أَنهَكُم عَنْهُ ۚ إِنْ أُرِيدُ إِلَّا الْإِصْلَاحَ مَا اسْتَطَعْتُ ۚ وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ ۗ عَلَيْهِ تَوَكَّلْتُ وَإِلَيْهِ أُنِيبُ ﴿٨٨﴾

89. 我的族人啊！莫要由于你们反对我而

89. “And, O my people, let not (your)

وَيَقَوْمٍ لَا تَجْرِمَنَّكُمْ شِقَاقِي



使你们犯罪，免得你们会遭到努赫（挪亚）的、扈德（希伯）的或沙里赫（马士撒拉）的族人们类似的命运。鲁特（罗得）的族人距离你们并不是年深日久的。

opposition to me lead you (to any crime) that there befall you, similar to that which befell the people of Noah, or the people of Houd, or the people of Salih. And the people of Lot are not far off from you.”

أَنْ يُصِيبَكُمْ مِثْلُ مَا  
أَصَابَ قَوْمَ نُوحٍ أَوْ قَوْمَ  
هُودٍ أَوْ قَوْمَ صَالِحٍ وَمَا قَوْمُ  
لُوطٍ مِّنْكُمْ بِبَعِيدٍ ﴿٨١﴾

90. 所以你们应当祈求你们的主的恕饶，并向他忏悔，我的主确是最仁慈和博爱的。”

90. “And ask forgiveness of your Lord, then turn unto Him (in repentance). Surely, my Lord is Most Merciful, Most Loving.”

وَاسْتَغْفِرُوا رَبَّكُمْ ثُمَّ  
تُوبُوا إِلَيْهِ إِنَّ رَبِّي رَحِيمٌ  
وَدُودٌ ﴿٨٢﴾

91. 他们说：“舒爱伯啊！你所说的我们多不明白！事实上我们认为你是我们当中的弱者！如果不是为了你的家庭，我们或许已经用石头击杀你了！你对我们不是强大的。”

91. They said: “O Shueyb, we do not understand much of what you say, and indeed we do see you weak among us. And if (it was) not for your family, we would certainly have stoned you. And you are not powerful against us.”

قَالُوا يَشْعِيبُ مَا نَفَقَهُ  
كَثِيرًا مِّمَّا تَقُولُ وَإِنَّا لَنَرُّكَ  
فِينَا ضَعِيفًا وَلَوْلَا رَهْطُكَ  
لَرَجَمْنَاكَ وَمَا أَنْتَ عَلَيْنَا  
بِعَزِيزٍ ﴿٨٣﴾

92. 他说：“我的族人啊！那么是否我的家庭对你们比安拉更重要呢？你们已经把他扔

92. He said: “O my people, is my family more to be honored by you than Allah. And you cast Him behind your back. Indeed, my

قَالَ يَنْقَوْمِ أَرْهَطِي أَعَزُّ  
عَلَيْكُمْ مِّنْ اللَّهِ  
وَآتَخَذْتُمُوهُ وَرَاءَكُمْ ظَهْرِيًّا ﴿٨٤﴾

在你们的背后（不睬不理）了。我的主确实包围了你们的行为。

Lord is surrounding all that you do.”

إِنَّ رَبِّي بِمَا تَعْمَلُونَ  
مُحِيطٌ ﴿٩٢﴾

93. 我的族人啊！你们能做什么就做什么吧。我也一定做（我的）。不久你们就会知道耻辱的刑罚会降给谁，和谁是说谎的人了！你们等着瞧吧，我也跟你们一同在等着！”

93. “And O my people, work according to your ability. Indeed, I am working (on my way). You will soon know to whom will come the punishment that will disgrace him, and who is a liar. And watch you, indeed, I (too) am watching with you.”

وَيَقَوْمٍ أَعْمَلُوا عَلَيَّ  
مَكَانَتِكُمْ إِنِّي عَمِلٌ ۗ  
سَوْفَ تَعْلَمُونَ مَنْ يَأْتِيهِ  
عَذَابٌ يُخْزِيهِ وَمَنْ هُوَ  
كَذِبٌ ۗ وَارْتَقِبُوا إِنِّي  
مَعَكُمْ رَقِيبٌ ﴿٩٣﴾

94. 当我的命令到达时，我以（特别的）怜悯拯救了舒爱伯和那些跟他在一起的信仰者。霹雳一声震慑（制服）了不义的人们，于是他们就在他们的家中僵卧在地上（死了）。

94. And when Our command came, We saved Shueyb and those who believed with him by a mercy from Us. And the (awful) cry seized those who had wronged. And by morning, they lay prostrate in their dwellings.

وَلَمَّا جَاءَ أَمْرُنَا نَجَّيْنَا شُعَيْبًا  
وَالَّذِينَ ءَامَنُوا مَعَهُ بِرَحْمَةٍ  
مِّنَّا وَأَخَذَتِ الَّذِينَ ظَلَمُوا  
الصَّيْحَةَ فَأَصْبَحُوا فِي  
دِيَرِهِمْ جَثْمِينَ ﴿٩٤﴾

95. 就如同他们从来不曾在那里居住过似的。（瞧吧！）麦德扬人不是象撒姆德人一样的消逝了吗？

95. As if they had never prospered there. Behold, a far removal for Midian, just as Thamud had been removed afar.

كَأَن لَّمْ يَغْنَوْا فِيهَا ۗ أَلَا بُعْدًا  
لِّمَدْيَنَ كَمَا بَعِدَتِ ثَمُودُ  
﴿٩٥﴾

96. 我确实派了姆撒(摩西)带同我的迹象和明显的权力,

96. And indeed, We sent Moses with Our signs and a clear authority.

وَلَقَدْ أَرْسَلْنَا مُوسَىٰ بِآيَاتِنَا  
وَسُلْطٰنٍ مُّبِينٍ ﴿١٦﴾

97. 到法老和他的酋长们那里。但是他们却听从法老的命令,而法老的命令却都是不正确的。

97. To Pharaoh and his chiefs, but they did follow the command of Pharaoh, and the command of Pharaoh was no right guide.

إِلَىٰ فِرْعَوْنَ وَمَلَئِهِ  
فَاتَّبَعُوا أَمْرَ فِرْعَوْنَ وَمَا أَمْرُ  
فِرْعَوْنَ بِرَشِيدٍ ﴿١٧﴾

98. 他(法老)将在复活日走在他的人民的前头,并带领着他们进入火狱中(如同牛群被引到水源一样)。而这(烁石流金的)火的源头(火狱)实在是不聿的。

98. He will precede his people on the Day of Resurrection, and he will lead them into the Fire. And evil indeed is the place to which they are led.

يَقْدُمُ قَوْمَهُ يَوْمَ الْقِيٰمَةِ  
فَأَوْرَدَهُمُ النَّارَ ۗ وَبِئْسَ  
الْوَرْدُ الْمَوْرُودُ ﴿١٨﴾

99. 天谴将在今世与复活日跟随着他们,即将赐给他们的礼物就是不幸。

99. And a curse is made to follow them in this (world) and on the Day of Resurrection. Evil is the gift (that will be) given (to them).

وَأَتَّبَعُوا فِي هٰذِهِ لَعْنَةً وَيَوْمَ  
الْقِيٰمَةِ ۗ بِئْسَ الرِّفْدُ  
الْمَرْفُودُ ﴿١٩﴾

100. 这是一些(古代已被毁灭)的城市的消息。我对你(穆圣)叙述。它们当中有些仍然存在,另一些已经被(时间的镰刀所)刈除了。

100. That is from the news of the townships (destroyed), We relate it to you (Muhammad). Some of them are standing and (some already) mown down.

ذٰلِكَ مِنْ اَنْبَاءِ الْقُرَىٰ  
نَقُصُّهُ عَلَيْكَ ۗ مِنْهَا قَائِمٌ  
وَحَصِيْدٌ ﴿٢٠﴾

101. 我没有亏待他们，是他们亏待了他们自己；当安拉的命令到达时，他们在安拉以外所祈求的神祇不能(对他们)有一点点的益处。除了毁灭之外，他们也不能(对他们)有任何帮助。

101. And We did not wrong them, but they did wrong to themselves. So their gods, on whom they called upon other than Allah, did not avail them any thing when the command of your Lord came. And they increased nothing to them other than ruin.

وَمَا ظَلَمْنَاهُمْ وَلَكِنْ ظَلَمُوا  
أَنْفُسَهُمْ ۖ فَمَا أَغْنَتْ عَنْهُمْ  
ءَالِهَتُهُمُ الَّتِي يَدْعُونَ مِنْ  
دُونِ اللَّهِ مِنْ شَيْءٍ لَمَّا جَاءَ  
أَمْرُ رَبِّكَ ۗ وَمَا زَادُوهُمْ غَيْرَ  
تَتَبِيرٍ ﴿١١﴾

102. 这就是你的主的惩罚，他当它们在罪恶中时，惩罚了这些城市。他的惩罚确实是痛苦的和严厉的。

102. And such is the seizure of your Lord when He seizes the townships while they are doing wrong. Indeed, His seizure is painful, severe.

وَكَذَٰلِكَ أَخَذَ رَبُّكَ إِذَا  
أَخَذَ الْقَرْيَ وَهِيَ ظَالِمَةٌ إِنَّ  
أَخْذَهُ أَلِيمٌ شَدِيدٌ ﴿١٢﴾

103. 对于那些畏惧后世惩罚的人，这是一个迹象，那就是人类被集中在一起的那一天，那就是被见证的那一天。

103. Indeed, in that there is a sure sign for those who fear the punishment of the Hereafter. That is a Day whereon mankind will be gathered together, and that is a Day (that will be) witnessed.

إِنَّ فِي ذَٰلِكَ لَآيَةً لِّمَنْ خَافَ  
عَذَابَ الْآخِرَةِ ۗ ذَٰلِكَ يَوْمٌ  
مَّجْمُوعٌ لَّهُ النَّاسُ وَذَٰلِكَ  
يَوْمٌ مَّشْهُودٌ ﴿١٣﴾

104. 我只延缓它到规定的期限。

104. And We do not delay it except for a term appointed.

وَمَا تُؤَخِّرُهُ إِلَّا لِأَجَلٍ  
مَّعْدُودٍ ﴿١٤﴾

105. 当那一天到来时，除了他(主)的准许

105. The day (when) it comes, no soul shall

يَوْمَ يَأْتِ لَا تَكَلِّمُ نَفْسٌ

之外将没有人说话，  
他们(被集中的人)当  
中有些将是不幸的，  
有些将是幸福的。

speaking except by His  
(Allah's) permission.  
So some among them  
will be wretched, and  
(others) blessed.

إِلَّا بِإِذْنِهِ ۚ فَمِنْهُمْ شَقِيٌّ  
وَسَعِيدٌ ﴿١٠٥﴾

106. 那些不幸的人将  
在烈火当中，他们在  
其中只有叹息和呜咽  
。

106. So as for those  
who were wretched,  
they shall be in the  
Fire. For them therein  
will be sighing and  
wailing.

فَأَمَّا الَّذِينَ شَقُوا فِي النَّارِ  
لَهُمْ فِيهَا زَفِيرٌ وَشَهِيقٌ ﴿١٠٦﴾

107. 除非你的主愿意  
，他们将在那里一直  
居留到地老天荒。你  
的主确实是为所欲为  
的主宰。

107. They will dwell  
therein, so long as the  
heavens and the earth  
endure, except that  
which your Lord wills.  
Indeed, your Lord is  
doer of what He wills.

خَالِدِينَ فِيهَا مَا دَامَتِ  
السَّمَوَاتُ وَالْأَرْضُ إِلَّا مَا  
شَاءَ رَبُّكَ ۚ إِنَّ رَبَّكَ فَاعِلٌ  
لِّمَا يُرِيدُ ﴿١٠٧﴾

108. 除非你的主愿意  
，那些幸福的人也将  
居住在乐园中直到天  
长地久，这是一个没  
有间断的恩赏。

108. And as for those  
who were blessed,  
they shall be in the  
Garden, dwelling  
therein, so long as the  
heavens and the earth  
endure, except that  
which your Lord wills.  
A gift without an end.

۞ وَأَمَّا الَّذِينَ سُعِدُوا فِي  
الْجَنَّةِ خَالِدِينَ فِيهَا مَا دَامَتِ  
السَّمَوَاتُ وَالْأَرْضُ إِلَّا مَا  
شَاءَ رَبُّكَ ۗ عَطَاءٌ غَيْرَ مَجْدُودٍ  
﴿١٠٨﴾

109. 所以你不要怀疑  
这些人所崇拜的，他  
们除了崇拜他们先人  
以前所崇拜的之外，  
什么都不拜。我一定  
要(全部)偿还他们应  
得之份，而没有(丝毫

109. So do not be in  
doubt (O Muhammad)  
as to what these  
(pagans) worship. They  
worship nothing except  
what their fathers  
worshipped before.

فَلَا تَكُ فِي مِرْيَةٍ مِّمَّا يَعْبُدُ  
هَؤُلَاءِ ۚ مَا يَعْبُدُونَ إِلَّا  
كَمَا يَعْبُدُ آبَاؤُهُمْ مِنْ قَبْلُ  
وَإِنَّا لَمُوفُونَ نَصِيحِهِمْ غَيْرَ

)减少。

And indeed, We shall repay them in full their portion without diminution.

مَنْقُوصٍ ﴿١٠٦﴾

110. 我将经典赐给了姆撒(摩西)，可是人们却在其中制造分歧。如果不是你的主从前说过一句话，那事就已经在他们之间判决了。而他们对于它却疑虑不安。

110. And indeed, We gave Moses the Book, but there arose disagreements about it. And if it had not been for a word that had already gone forth from your Lord, it would have been judged between them. And indeed, they are in grave doubt concerning it.

وَلَقَدْ ءَاتَيْنَا مُوسَى  
الْكِتَابَ فَآخْتَلَفَ فِيهِ  
وَلَوْلَا كَلِمَةٌ سَبَقَتْ مِنْ رَبِّكَ  
لَقُضِيَ بَيْنَهُمْ وَإِنَّهُمْ لَفِي  
شَكٍّ مِنْهُ مُرِيبٍ ﴿١١٠﴾

111. 你们的主一定会按照他们的行为(全部)偿还他们，他熟知他们所做的。

111. And indeed, to each your Lord will certainly repay in full for their deeds. Indeed, He is All Aware of what they do.

وَإِنَّ كُلًّا لَّمَّا لِيُوفَّيْنَهُمْ رَبُّكَ  
أَعْمَلَهُمْ إِنَّهُ بِمَا يَعْمَلُونَ  
خَبِيرٌ ﴿١١١﴾

112. 因此，你和那些跟你一同归向安拉的人，要象你所被命令的一样遵循正道，和不要放肆。他确实明察你们的作为。

112. So stand firm on the straight path as you are commanded, and those who turn (unto Allah) with you, and transgress not. Indeed, He is All-Seer of what you do.

فَاسْتَقِمَّ كَمَا أُمِرْتَ وَمَنْ  
تَابَ مَعَكَ وَلَا تَطْغَوْا إِنَّهُ  
بِمَا تَعْمَلُونَ بَصِيرٌ ﴿١١٢﴾

113. 你们也不要倾向那些为非作歹的人，以免火会接触到你们，你们在安拉之外没

113. And do not incline toward those who do wrong, lest the Fire should touch you, and

وَلَا تَرْكَنُوا إِلَى الَّذِينَ ظَلَمُوا  
فَتَمَسَّكُمُ النَّارُ وَمَا لَكُمْ

有保护者，以后你们也不会得助。

you do not have other than Allah any protecting friends, then you would not be helped.

مَنْ دُونَ اللَّهِ مِنْ أَوْلِيَاءَ ثُمَّ لَا تُنصَرُونَ ﴿١١٣﴾

114. 你们要在一天的两头和夜晚来临时礼拜。善行的确可以涤除罪恶。这是给那些留心的人的提醒。

114. And establish the prayer at the two ends of the day and in some hours of the night. Indeed, the good deeds drive away the evil deeds. That is a reminder for those who are mindful (of Allah).

وَأَقِمِ الصَّلَاةَ طَرَفِي النَّهَارِ وَزُلْفًا مِنْ أَلَيْلٍ إِنَّ الْحَسَنَاتِ يُذْهِبْنَ أَلْسِيئَاتِ ذَلِكَ ذِكْرَى لِلذَّاكِرِينَ ﴿١١٤﴾

115. 你(穆圣)要坚忍，因为安拉决不湮没善人的回赐。

115. And be patient, for indeed, Allah does not allow to be lost the reward of those who do good.

وَأَصْبِرْ فَإِنَّ اللَّهَ لَا يُضِيعُ أَجْرَ الْمُحْسِنِينَ ﴿١١٥﴾

116. 为什么在你以前的许多世代中能判别(是非)的人不能禁止人们在大地上为非作歹呢?除了我从他们当中拯救了的少数人外。那些不义的人却在大地以他们所得的财富追求享乐。他们是犯罪的人。

116. So why were there not, among the generations before you, who possessed remnant (wisdom), prohibiting from corruption on earth, except a few of those We saved from among them. And they followed those who did wrong in what they had been luxuriating in, and they were criminals.

فَلَوْلَا كَانَ مِنَ الْقُرُونِ مِنْ قَبْلِكُمْ أُولُوا بَقِيَّةٍ يَنْهَوْنَ عَنِ الْفَسَادِ فِي الْأَرْضِ إِلَّا قَلِيلًا مِمَّنْ أَجَيْنَا مِنْهُمْ ۗ وَاتَّبَعَ الَّذِينَ ظَلَمُوا مَا أُتْرِفُوا فِيهِ وَكَانُوا مُجْرِمِينَ ﴿١١٦﴾

117. 如果一个城的人民行为善良，你的主

117. And your Lord would not destroy

وَمَا كَانَ رَبُّكَ لِيُهْلِكَ

不会为了简单的罪行而毁灭它。

the towns unjustly, while their people were reformers.

الْقَرَىٰ بِظُلْمٍ وَأَهْلِهَا  
مُصْلِحُونَ ﴿١١٧﴾

118. 如果你的主愿意的话，他会使人类成为一族。但是他们仍将不断地分歧。

118. And if your Lord had so willed, He could surely have made mankind as one nation, but they will not cease to disagree.

وَلَوْ شَاءَ رَبُّكَ لَجَعَلَ النَّاسَ  
أُمَّةً وَاحِدَةً ۗ وَلَا يَزَالُونَ  
مُخْتَلِفِينَ ﴿١١٨﴾

119. 除了你的主已经慈悯的那些人之外，他是为了这点而造化他们。你的主的话已经实践了：“我的确将以精灵和人一齐填满地狱。”

119. Except whom your Lord has bestowed mercy. And for that did He create them. And the word of your Lord has been fulfilled. “Surely, I shall fill Hell with the jinns and mankind all together.”

إِلَّا مَن رَّحِمَ رَبُّكَ ۗ وَلِذَلِكَ  
خَلَقَهُمْ ۗ وَتَمَّتْ كَلِمَةُ رَبِّكَ  
لَأَمْلَأَنَّ جَهَنَّمَ مِنَ الْجِنَّةِ  
وَالنَّاسِ أَجْمَعِينَ ﴿١١٩﴾

120. 我对你所叙述的那些有关使者们的故事是为了用来安定你的心。在这当中有真理和劝勉给你，对于信仰者们这也是一项提醒。

120. And all that We relate to you (O Muhammad) of the news of the messengers is that by which We make firm your heart. And in this has come to you the truth, and an admonition, and a reminder for the believers.

وَكُلًّا نَّقْصُ عَلَيْكَ مِنۢ نَّبَأِ  
الرُّسُلِ مَا نُثَبِّتُ بِهِ فُؤَادَكَ  
وَجِئْنَاكَ فِي هَذِهِ الْحَقِّ  
وَمَوْعِظَةً وَذِكْرَىٰ لِّلْمُؤْمِنِينَ ﴿١٢٠﴾

121. 你对那些不信的人说：“尽你们的能力去做吧，我们也做我们的。”

121. And say to those who do not believe: “Work according to your ability. We indeed are working (too).”

وَقُلۡ لِّلَّذِينَ لَا يُؤْمِنُونَ  
اعْمَلُوا عَلٰٓىٰ مَكَانَتِكُمْ اِنَّا  
عَمَلُونَ ﴿١٢١﴾



122. “你们等着!我们也一定等待着。”

122. “And wait. We indeed are waiting (too).”

وَانتَظِرُوا إِنَّا مُنْتَظِرُونَ ﴿١٢٢﴾

123. 诸天与大地的目不能见的(事物)都属于安拉,每一件事都要回到他那里(寻求决定)。所以你们要崇拜他,并且信赖他,你的主不会忽视你们所作所为。

123. And to Allah belongs the unseen of the heavens and the earth, and to Him all matters will be returned. So worship Him and put your trust in Him. And your Lord is not unaware of what you do.

وَلِلَّهِ غَيْبُ السَّمَوَاتِ  
وَالْأَرْضِ وَإِلَيْهِ يُرْجَعُ الْأَمْرُ  
كُلُّهُ فَاعْبُدْهُ وَتَوَكَّلْ عَلَيْهِ  
وَمَا رَبُّكَ بِغَافِلٍ عَمَّا  
تَعْمَلُونَ ﴿١٢٣﴾

