



# 蜜蜂

# AnNahal

# النحل

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 安拉的命令就将到达了。你们不要在这个时候要求加快(实现)它。光荣归他(主)，他是远在他们所设置的(伪神)之上。

1. The command of Allah will come to pass, so do not seek to hasten it. Glorified be He and Exalted above what they associate (with Him).

أَتَىٰ أَمْرُ اللَّهِ فَلَا تَسْتَعْجِلُوهُ  
سُبْحٰنَهُ وَتَعَالَىٰ عَمَّا يُشْرِكُونَ ﴿١﴾

2. 他派天仙们奉他的命令带同灵感。(或启示)下降给他(所喜爱)的仆人。说道：“你们要警告世人，除我之外无神，所以你们要敬畏我。”

2. He sends down the angels, with the Spirit of His command, upon whom He wills of His slaves, (saying) that: “Warn that there is no god except Me, so fear Me.”

يُنزِلُ الْمَلٰٓئِكَةَ بِالرُّوحِ مِنْ أَمْرِهِ عَلَىٰ مَنْ يَشَاءُ مِنْ عِبَادِهِ أَنْ أَنْذِرُوا أَنَّهُ لَا إِلٰهَ إِلَّا أَنَا فَاتَّقُونِ ﴿٢﴾

3. 他以真理造化了诸天与大地。他远比他们所设置的(伪神)崇高。

3. He created the heavens and the earth with truth. Exalted is He above what they associate (with Him).

خَلَقَ السَّمٰوٰتِ وَالْاَرْضَ بِالْحَقِّ تَعَالَىٰ عَمَّا يُشْرِكُونَ ﴿٣﴾

4. 他曾由一滴精液造化了人，(瞧啊!)他(人)却变成了一个公开的对头。

4. He created man from a drop of fluid, then behold, he is an open disputer.

خَلَقَ الْاِنْسَانَ مِنْ نُّطْفَةٍ فَاِذَا هُوَ خَصِيْمٌ مُّبِيْنٌ ﴿٤﴾

5. 他也曾造化家畜，你们由它们得到温暖的衣着和(其它的)利益，你们也食它们的乳和肉。

5. And the cattle, He has created them, for you, in them there is warmth (clothing), and (other) benefits, and from them you eat.

وَالْأَنْعَمَ خَلَقَهَا لَكُمْ فِيهَا دِفْءٌ وَمَنْفَعٌ وَمِنْهَا تَأْكُلُونَ ﴿٥﴾

6. 当你们带着它们回家和领着它们出去(牧放)时，它们会给你们一种得意与光彩之感。

6. And for you in them is beauty, when you bring them (home in the evening), and when you take them out (to pasture).

وَلَكُمْ فِيهَا جَمَالٌ حِينَ تُرْتَحُونَ وَحِينَ تَسْرَحُونَ ﴿٦﴾

7. 它们负着你们的重载到你们必须(要弄到)精疲力竭才能到达的地区。你们的主的确是仁惠与最慈悯的。

7. And they carry your loads to a land you could not reach except with great difficulty to yourselves. Truly, your Lord is indeed Kind, Most Merciful.

وَتَحْمِلُ أَثْقَالَكُمْ إِلَىٰ بَلَدٍ لَّمْ تَكُونُوا بَلِغِيهِ إِلَّا بِشِقِّ الْأَنْفُسِ إِنَّ رَبَّكُمْ لَرءُوفٌ رَّحِيمٌ ﴿٧﴾

8. (他也造化了)马、骡和驴子以便你们骑乘和作为装饰。他也造化(其它)你们所不知道的东西。

8. And (He created) horses and mules and donkeys that you may ride them, and as adornment. And He creates that which you have no knowledge.

وَالْخَيْلَ وَالْبِغَالَ وَالْحَمِيرَ لِتَرْكَبُوهَا وَزِينَةً وَيَخْلُقُ مَا لَا تَعْلَمُونَ ﴿٨﴾

9. 安拉指引正道，但有些道却不是正直的。如果安拉愿意，他就会已经引导了你们全体。

9. And upon Allah is the straight path. And among them (side ways) are those deviating. And if He had willed, He could have guided you, all together.

وَعَلَىٰ اللَّهِ قَصْدُ السَّبِيلِ وَمِنْهَا جَائِرٌ وَلَوْ شَاءَ لَهَدَاكُمْ أَجْمَعِينَ ﴿٩﴾

10. 是他为你们由天空降下雨水，你们由它得到饮料，植物也凭它生长，你们也靠它来畜牧(你们的牲口)。

10. He it is who sends down water from the sky, from it is drink for you, and from it (grows) foliage on which you pasture (your cattle).

هُوَ الَّذِي أَنْزَلَ مِنْ  
السَّمَاءِ مَاءً لَكُمْ مِنْهُ  
شَرَابٌ وَمِنْهُ شَجَرٌ فِيهِ  
تُسِيمُونَ ﴿١٠﴾

11. 他(主)用它为你们生产谷类、橄榄、枣树、葡萄和各种果子，在这当中，对于那些沉思默想的人们确是有一种迹象。

11. He causes to grow for you with it (water) the crops, and the olives, and the date palms, and the grapevines, and of all kinds of fruits. Indeed, in that is a sure sign for a people who reflect.

يُنْبِتُ لَكُمْ بِهِ الزَّرْعَ  
وَالزَّيْتُونَ وَالنَّخِيلَ  
وَالْأَعْنَابَ وَمِنْ كُلِّ  
الثَّمَرَاتِ إِنَّ فِي ذَلِكَ لَآيَةً  
لِقَوْمٍ يَتَفَكَّرُونَ ﴿١١﴾

12. 他使(为你们约束)昼夜和日月服从你们(为你们服务)，也命令星辰顺服于你们，对于有理解的人们，这当中的确也有许多迹象。

12. And He has subjected for you the night, and the day, and the sun, and the moon. And the stars are made subservient by His command. Indeed, in that are sure signs for a people who understand.

وَسَخَّرَ لَكُمْ الَّيْلَ وَالنَّهَارَ  
وَالشَّمْسَ وَالْقَمَرَ وَالنُّجُومَ  
مُسَخَّرَاتٍ بِأَمْرِهِ إِنَّ فِي  
ذَلِكَ لَآيَاتٍ لِقَوْمٍ  
يَعْقِلُونَ ﴿١٢﴾

13. 他在大地上为你们造化了各种不同颜色(与品质)的东西，对于留意的人们，其中也确有一些迹象。

13. And that which He has scattered for you on the earth of diverse colors. Indeed, in that is a sure sign for a people who remember.

وَمَا ذَرَأَ لَكُمْ فِي الْأَرْضِ  
مُخْتَلِفًا أَلْوَانُهُ إِنَّ فِي  
ذَلِكَ لَآيَةً لِقَوْمٍ  
يَذْكُرُونَ ﴿١٣﴾

14. 他也约束海洋(使它们)为你们服务, 以便你们由其中吃到新鲜的肉, 和从其中获得你们所佩戴的饰物。你们也看见船只在那里乘风破浪, 以便你们能寻求他(安拉)的恩典, 和好让你们知感。

14. And He it is who has subjected the sea that you may eat from it tender meat, and bring forth from it ornaments which you wear. And you see the ships plowing through it, and that you may seek of His bounty, and that you may be grateful.

وَهُوَ الَّذِي سَخَّرَ الْبَحْرَ  
لِتَأْكُلُوا مِنْهُ لَحْمًا طَرِيًّا  
وَتَسْتَخْرِجُوا مِنْهُ حِلْيَةً  
تَلْبَسُونَهَا وَتَرَى الْفُلَّكَ  
مَوَاجِرَ فِيهِ وَلِتَبْتَغُوا مِنْ  
فَضْلِهِ  
وَلَعَلَّكُمْ  
تَشْكُرُونَ ﴿١٤﴾

15. 他曾在地上安置(稳固的)山岳, 以免它(大地)随你们摇动, 以及(布下)河流和道路, 以便你们能循求(正道)。

15. And He has placed on the earth firm mountains lest it should shake with you, and streams and roads that you may be guided.

وَأَلْقَى فِي الْأَرْضِ رَوَاسِيَ  
أَنْ تَمِيدَ بِكُمْ وَأَنْهَارًا  
وَسُبُلًا لَّعَلَّكُمْ تَهْتَدُونَ ﴿١٥﴾

16. 以及各种记号和标志, 和(在长途旅行时)你们也可利用星辰找寻引导。

16. And landmarks, and by the stars they are guided.

وَعَلَّمَتِ<sup>ج</sup> وَبِالنَّجْمِ هُمْ  
يَهْتَدُونَ ﴿١٦﴾

17. 那么, 造物主和那些不能造化的(伪神)一样吗? 你们不因而留意吗?

17. Is He then who creates like him who does not create. Will you then not be reminded.

أَفَمَنْ سَخَّرَ لَكُمْ لَمْ يَخْلُقْ<sup>ط</sup>  
أَفَلَا تَذَكَّرُونَ ﴿١٧﴾

18. 如果你们去计算安拉的恩典, 你们决不能数得出它们。的确, 安拉是大恕的、大慈的。

18. And if you should count the favors of Allah, you could not enumerate them. Indeed, Allah is Forgiving, Merciful.

وَإِنْ تَعُدُّوا نِعْمَةَ اللَّهِ لَا  
تُحْصَوْنَ<sup>ط</sup> إِنَّ اللَّهَ لَغَفُورٌ  
رَّحِيمٌ ﴿١٨﴾

19. 安拉确知你们隐瞒的是些什么和你们显示的是什么。

19. And Allah knows what you conceal and what you proclaim.

وَاللَّهُ يَعْلَمُ مَا تُسْرُونَ وَمَا تُعْلِنُونَ ﴿١٩﴾

20. 他们在安拉之外祈求的那些不能造化任何东西(的伪神)，它们自身是被造化的。

20. And those whom they call upon other than Allah, they have not created anything, and they (themselves) are created.

وَالَّذِينَ يَدْعُونَ مِنْ دُونِ اللَّهِ لَا يَخْلُقُونَ شَيْئًا وَهُمْ يُخْلَقُونَ ﴿٢٠﴾

21. (它们是)死的，不是活的。它们也不知道什么时候它们会(奉命)复活。

21. (They are) dead, not living. And they do not perceive when they will be raised.

أَمْوَاتٌ غَيْرُ أَحْيَاءٍ وَمَا يَشْعُرُونَ أَيَّانَ يُبْعَثُونَ ﴿٢١﴾

22. 你们的主是独一无二的主，那些不信后世的人，他们的心拒绝知道(真理)，因为他们是自高自大的。

22. Your god is One God. Then those who do not believe in the Hereafter, their hearts refuse (to know), and they are arrogant.

إِلَهُكُمْ إِلَهٌُ وَاحِدٌ ۖ فَالَّذِينَ لَا يُؤْمِنُونَ بِالْآخِرَةِ قُلُوبُهُمْ مُنْكَرَةٌ وَهُمْ مُسْتَكْبِرُونَ ﴿٢٢﴾

23. 无疑地，安拉确知他们隐瞒的是什么和显示的是什么，他的确不喜欢自高自大的人。

23. Undoubtedly, that Allah knows what they conceal and what they proclaim. Indeed, He does not love the arrogant.

لَا جَرَمَ أَنْ يَكْفُرَ اللَّهُ يَعْلَمُ مَا يُسْرُونَ وَمَا يُعْلِنُونَ ۗ إِنَّهُ لَا يُحِبُّ الْمُسْتَكْبِرِينَ ﴿٢٣﴾

24. 当有人问他们“你们的主曾经降下了些什么”时，他们说：“古代的故事。”

24. And when it is said to them: “What is it that your Lord has sent down.” They say: “Legends of the former people.”

وَإِذَا قِيلَ لَهُمْ مَآذًا أَنْزَلَ رَبُّكُمْ قَالُوا أَسَاطِيرُ الْأَوَّلِينَ ﴿٢٤﴾

25. 让他们在审判日扛着他们全部的负担，和那些被他们误导的没有知识的人的(一部分)负担吧。他们所负担的是多么不幸啊!

25. That they may bear their burdens (of their sins) in full on the Day of Resurrection, and of the burdens of those whom they mislead without knowledge. Behold, evil is that which they bear.

لِيَحْمِلُوا أَوْزَارَهُمْ كَامِلَةً يَوْمَ الْقِيَامَةِ وَمِنْ أَوْزَارِ الَّذِينَ يُضِلُّونَهُمْ بِغَيْرِ عِلْمٍ ۗ أَلَا سَاءَ مَا يَزُرُونَ



26. 那些在他们以前的人曾经阴谋过，但是安拉从他们的基础上摧毁了他们的建筑，他们的屋顶由他们的头上塌了下来，天谴在他们不能察觉的时候降到他们。

26. Certainly, those before them plotted, so Allah came at their building from the foundations, then the roof fell upon them from above them, and the punishment came to them from where they did not perceive.

قَدْ مَكَرَ الَّذِينَ مِنْ قَبْلِهِمْ فَأَتَى اللَّهُ بُنْيَانَهُمْ مِنَ الْقَوَاعِدِ فَخَرَّ عَلَيْهِمُ السَّقْفُ مِنْ فَوْقِهِمْ وَأَتَاهُمُ الْعَذَابُ مِنْ حَيْثُ لَا يَشْعُرُونَ



27. 然后，在复活日，他(主)将使他们蒙受羞辱，并说：“我的伙伴们在哪里呀？你们曾经为了他们而反对(我的引导)。”那些被赋予知识的人将说：“这一天，不信的人确实是蒙羞与不幸了。”

27. Then on the Day of Resurrection, He will disgrace them and will say: “Where are My those (so called) partners, you used to oppose (guidance) for whose sake.” Those who were given knowledge will say: “Indeed, disgrace, this day, and evil are upon the disbelievers.”

ثُمَّ يَوْمَ الْقِيَامَةِ تُخْزِيهِمْ وَيَقُولُ أَيْنَ شُرَكَائِي الَّذِينَ كُنْتُمْ تُشْفِقُونَ فِيهِمْ قَالَ الَّذِينَ أُوتُوا الْعِلْمَ إِنَّ الْخِزْيَ الْيَوْمَ وَالسُّوءَ عَلَى الْكَافِرِينَ



28. 当那些人正在亏负他们自己时，天仙们取去了他们的性命，那时他们就要顺从了，说道：“我不曾作罪。”（天仙们将回答道：）“不然，安拉深知你们所做的一切。”

28. Those whom the angels take in death, (while) they are doing wrong to themselves. Then, they will make full submission (saying): “We were not doing any evil.” Yes, indeed, Allah is Knower of what you used to do.

الَّذِينَ تَتَوَفَّاهُمُ الْمَلَائِكَةُ ظَالِمِي أَنْفُسِهِمْ فَأَلْقَوْا السَّلَامَ مَا كُنَّا نَعْمَلُ مِنْ سُوءٍ بَلَىٰ إِنَّ اللَّهَ عَلِيمٌ بِمَا كُنْتُمْ تَعْمَلُونَ ﴿٢٨﴾

29. “所以你们就由地狱之门进去，住在其中吧！自高自大者的居所确实是邪恶的。”

29. So enter the gates of Hell, to abide for ever therein. Then evil indeed is the lodging of the arrogant.

فَادْخُلُوا أَبْوَابَ جَهَنَّمَ خَالِدِينَ فِيهَا فَلَبِئْسَ مَثْوَى الْمُتَكَبِّرِينَ ﴿٢٩﴾

30. （天仙们）问敬畏的人道：“你们的主降下了些什么？”他们说：“全是好的。”对那些做好事的人，在今世有善报，而后世的家确实更好。敬畏者的家的确是非常优越的。

30. And (when) it is said to those who fear (Allah): “What is it that your Lord has sent down.” They say: “Good.” For those who do good in this world there is a good (reward), and the home of the Hereafter is better. And excellent indeed is the abode of the righteous.

﴿٣٠﴾ وَقِيلَ لِلَّذِينَ اتَّقَوْا مَاذَا أَنْزَلَ رَبُّكُمْ قَالُوا خَيْرًا لِلَّذِينَ أَحْسَنُوا فِي هَذِهِ الدُّنْيَا حَسَنَةٌ وَالَّذِينَ فِي الْأٰخِرَةِ خَيْرٌ وَلَنِعْمَ دَارُ الْمُتَّقِينَ ﴿٣٠﴾

31. 他们将进入（永恒的）伊甸乐园，在他们的下面流着（欢乐的）河流，他们在其中将得到他们所向往的一

31. Gardens of Eden which they will enter, beneath which rivers flow, they will have therein whatever they wish. Thus does Allah

جَنَّاتُ عَدْنٍ يَدْخُلُونَهَا يُجْرَىٰ مِنْ تَحْتِهَا الْأَنْهَارُ هُمْ فِيهَا مَا يَشَاءُونَ ﴿٣١﴾ كَذٰلِكَ

切。安拉就是这样回  
赐敬畏的人。

reward the righteous.

تَجْزِي اللَّهُ الْمُتَّقِينَ ﴿٢١﴾

32. 当那些人在清静  
美好(的情况中)时,  
天仙们取去了他们的  
性命,天仙们(对他们  
)说:“祝你们平安!  
由于你们(在世间)所  
做的(善事),你们进  
入乐园吧!”

32. Those whom the  
angels take in death,  
(while) in a state of  
purity. They say:  
“Peace be upon you.  
Enter the Garden  
because of what you  
used to do.”

الَّذِينَ تَتَوَفَّيهِمُ الْمَلَائِكَةُ  
طَيِّبِينَ يَقُولُونَ سَلَامٌ  
عَلَيْكُمْ ادْخُلُوا الْجَنَّةَ بِمَا  
كُنْتُمْ تَعْمَلُونَ ﴿٢٢﴾

33. 他们(邪恶的,或  
没有信仰的人)要等到  
天仙们降临到他们,  
或是你的主的命令降  
临到他们(时才信)吗?  
在他们以前的那些人  
就曾这样做过。安拉  
没有亏负过他们,而  
是他们亏负了自己。

33. Do they (the  
disbelievers) await  
except that the angels  
should come to them,  
or your Lord's  
command should come  
to pass. Thus did those  
before them. And  
Allah wronged them  
not, but they used to  
wrong themselves.

هَلْ يَنْظُرُونَ إِلَّا أَنْ تَأْتِيَهُمُ  
الْمَلَائِكَةُ أَوْ يَأْتِيَ أَمْرُ  
رَبِّكَ كَذَلِكَ فَعَلَ الَّذِينَ  
مِنْ قَبْلِهِمْ وَمَا ظَلَمَهُمُ اللَّهُ  
وَلَكِنْ كَانُوا أَنْفُسَهُمْ  
يَظْلِمُونَ ﴿٢٣﴾

34. 他们往日行为的  
恶果即将降临到他们  
,他们所曾嘲笑的也  
将包围着他们。

34. So that the evils,  
of what they did,  
overtook them, and  
surrounded them that  
which they used to  
ridicule.

فَأَصَابَهُمْ سَيِّئَاتُ مَا عَمِلُوا  
وَحَاقَ بِهِمْ مَا كَانُوا بِهِ  
يَسْتَهْزِءُونَ ﴿٢٤﴾

35. 拜偶像的人说:  
“如果安拉愿意,我  
们和我们的先人决不  
会在他之外拜任何神  
。我们也不会未奉他

35. And those who  
associate (others with  
Allah) say: “If Allah  
had willed, we would  
not have worshipped  
other than Him any

وَقَالَ الَّذِينَ أَشْرَكُوا لَوْ  
شَاءَ اللَّهُ مَا عَبَدْنَا مِنْ  
دُونِهِ مِنْ شَيْءٍ نَحْنُ وَلَا



的命令而禁止任何事物。”在他们之前的那些人曾如此说过。使者们的使命除了传达明白的天启之外还有什么呢？

thing. (Neither) we, nor our fathers. Nor would we have forbidden without His (command) any thing.” Thus did those before them. So is there (anything) upon the messengers except clear conveyance.

ءَابَاؤُنَا وَلَا حَرَمْنَا مِنْ  
دُونِهِ مِنْ شَيْءٍ كَذَلِكَ  
فَعَلَ الَّذِينَ مِنْ قَبْلِهِمْ  
فَهَلْ عَلَى الرَّسْلِ إِلَّا الْبَلْغُ  
الْمُبِينُ ﴿٢٥﴾

36. 我的确在每一个民族中派遣一位使者。(说道：)“你们要崇拜安拉，远避魔鬼。”他们当中有一些人是受到安拉的引导，也有一些人的迷误是咎由自取。所以你们去周游大地，并看看那些不信(使者)的人有什么后果。

36. And certainly, We raised in every nation a messenger, (saying) that: “Worship Allah and avoid the Evil One.” Then among them were those whom Allah guided, and among them were those upon whom the straying was justified. So travel in the land, then see how was the end of those who denied.

وَلَقَدْ بَعَثْنَا فِي كُلِّ أُمَّةٍ  
رَسُولًا أَنْ أَعْبُدُوا اللَّهَ  
وَأَجْتَنِبُوا الطَّاغُوتَ فَمِنْهُمْ  
مَنْ هَدَى اللَّهُ وَمِنْهُمْ مَنْ  
حَقَّتْ عَلَيْهِ الضَّلَالَةُ فَسِيرُوا  
فِي الْأَرْضِ فَانظُرُوا كَيْفَ  
كَانَ عَاقِبَةُ الْمُكَذِّبِينَ ﴿٢٦﴾

37. 即使你希望他们获得正确的引导，安拉也不引导那些误导他人的人。他们也没有相劝者。

37. (Even) if you (Muhammad) are eager for their guidance, still Allah assuredly does not guide those whom He sends astray. And for them there are not any helpers.

إِنْ تَحْرِيصَ عَلَى هُدَاهُمْ فَإِنَّ  
اللَّهَ لَا يَهْدِي مَنْ يُضِلُّ وَمَا  
لَهُمْ مِنْ نَاصِرِينَ ﴿٢٧﴾

38. 他们指安拉起最重的誓道：“安拉不

38. And they swear by Allah their most

وَأَقْسَمُوا بِاللَّهِ جَهْدَ

会使死者复活。”不然，这是他(主)所许下的确实的诺言。但是大多数的人不知道。

binding oaths (that) Allah will not resurrect him who dies. Yes, it is a promise (binding) upon Him in truth, but most of mankind do not know.

أَيْمَانِهِمْ لَا يَبْعَثُ اللَّهُ مَنْ  
يَمُوتُ بَلَىٰ وَعَدًّا عَلَيْهِ حَقًّا  
وَلَكِنَّ أَكْثَرَ النَّاسِ لَا  
يَعْلَمُونَ ﴿٢٨﴾

39. (他们必定被复活), 以便他把他们所曾争论的显示给他们, 和使那些不信的人们知道他们确是说谎的人。

39. That He may make clear to them that wherein they differ, and that those who disbelieved may know that indeed they were liars.

لِيُبَيِّنَ لَهُمُ الَّذِي اخْتَلَفُوا  
فِيهِ وَلِيَعْلَمَ الَّذِينَ كَفَرُوا  
أَنَّهُمْ كَانُوا كَذِبِينَ ﴿٣٩﴾

40. 的确当我造化任何我所愿意(造化)的事物时, 我对它说“有”, 它就都有了。

40. Indeed, Our word unto a thing, when We intend it, is only that We say unto it: “Be” And it is.

إِنَّمَا قَوْلُنَا لِشَيْءٍ إِذَا أَرَدْنَاهُ  
أَنْ نَقُولَ لَهُ كُنْ فَيَكُونُ ﴿٤٠﴾

41. 对于那些在安拉的道上遭受压迫之后离乡背井(迁居)的人(穆哈吉临), 我一定在今世给他们一个好的家园, 而后世的回赐确实更大, 如果他们能知道。

41. And those who emigrated for (the cause of) Allah after what they had been wronged, We will surely settle them in this world in a good (place). And surely the reward of the Hereafter is greater, if (only) they could know.

وَالَّذِينَ هَاجَرُوا فِي اللَّهِ مِنْ  
بَعْدِ مَا ظَلَمُوا لَنُبَوِّئَنَّهُمْ فِي  
الدُّنْيَا حَسَنَةً ۗ وَلَا أَجْرُ  
الْآخِرَةِ أَكْبَرُ ۚ لَوْ كَانُوا  
يَعْلَمُونَ ﴿٤١﴾

42. 那些人都是竖忍的, 并且信赖他们的主。

42. Those who remain steadfast, and put their trust in their Lord.

الَّذِينَ صَبَرُوا وَعَلَىٰ رَبِّهِمْ  
يَتَوَكَّلُونَ ﴿٤٢﴾

43. 在你以前我也曾派遣了许多使者，(他们)都是人。我赐给他们天启，如果你们不知道，可以去问那些有过提示的人。

43. And We did not send (as Our messengers) before you except men to whom We inspired. So ask those who possess knowledge if you do not know.

وَمَا أَرْسَلْنَا مِنْ قَبْلِكَ إِلَّا رِجَالًا نُوحِيَ إِلَيْهِمْ فَسْأَلُوا أَهْلَ الذِّكْرِ إِنْ كُنْتُمْ لَا تَعْمُونَ ﴿٤٣﴾

44. (他们带着)明白的证据和经典(到来)，我已降给你(穆圣)这项提示，以便你能使人们明白已经降给他们的(启示)，和以便他们去思维。

44. With clear proofs and Books. And We have sent down unto you (O Muhammad) the reminder (the Quran) that you may make clear to mankind what is sent down to them, and that they might reflect.

بِالْبَيِّنَاتِ وَالزُّبُرِ وَأَنْزَلْنَا إِلَيْكَ الذِّكْرَ لِتُبَيِّنَ لِلنَّاسِ مَا نُزِّلَ إِلَيْهِمْ وَلَعَلَّهُمْ يَتَفَكَّرُونَ ﴿٤٤﴾

45. 那些阴谋罪恶行为的人，能够保险安拉不会让大地吞没他们，或是怒恼不会从他们不太留心的地方降临他们吗？

45. Then, do those who plot evil deeds feel secure that Allah will (not) cause the earth to swallow them, or the punishment will (not) come upon them from where they do not perceive.

أَفَأَمِنَ الَّذِينَ مَكَرُوا السَّيِّئَاتِ أَنْ يَخْسِفَ اللَّهُ بِهِمُ الْأَرْضَ أَوْ يَأْتِيَهُمُ الْعَذَابُ مِنْ حَيْثُ لَا يَشْعُرُونَ ﴿٤٥﴾

46. 或是他不会当他们在旅途中突袭(惩罚)他们，而他们却不能逃避吗？

46. Or that He would (not) seize them in the midst of their going to and fro, so there can be no escape for them.

أَوْ يَأْخُذَهُمْ فِي تَقْلِبِهِمْ فَمَا هُمْ بِمُعْجِزِينَ ﴿٤٦﴾

47. 或是他无需突袭他们，而使他们慢慢

47. Or that He would (not) seize them with a gradual wasting (of life

أَوْ يَأْخُذَهُمْ عَلَى تَخَوُّفٍ فَإِنَّ

地丧失吗?你的主确是(充满了)仁爱与慈惠的。

and wealth). But indeed, your Lord is Kind, Merciful.

رَبِّكُمْ لَرءُوفٌ رَّحِيمٌ ﴿٤٧﴾

48. 他们没看到安拉所造化的万物, 它们的影子如何向右边和左边倾侧向安拉叩拜, 和它们是谦卑的吗?

48. And have they not seen at what Allah has created among things, (how) their shadows incline to the right and (to) the left, making prostration to Allah, and they are in utter submission.

أَوَلَمْ يَرَوْا إِلَىٰ مَا خَلَقَ اللَّهُ مِنْ شَيْءٍ يَتَفَيَّؤُا ظِلَّهٗ عَنِ الِّيمِينِ وَالشَّمَايِلِ سُجَّدًا لِلَّهِ وَهُمْ دَاخِرُونَ ﴿٤٨﴾

49. 在诸天与大地的一切, 不论它们是有生命的被造物或是天仙, 都向安拉叩拜, 他们都不是高傲的。

49. And to Allah makes prostration whatever is in the heavens and whatever is on the earth, of living creatures, and the angels, and they are not arrogant.

وَلِلَّهِ يَسْجُدُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ مِنْ دَابَّةٍ وَالْمَلَائِكَةُ وَهُمْ لَا يَسْتَكْبِرُونَ ﴿٤٩﴾

50. 他们全都畏惧在他们之上的主, 并做他们所被命去做的(事)。

50. They fear their Lord from above them, and they do what they are commanded. [AsSajda](#)

يَخَافُونَ رَبَّهُمْ مِّنْ فَوْقِهِمْ وَيَفْعَلُونَ مَا يُؤْمَرُونَ ﴿٥٠﴾

51. 安拉曾经说过: “你们不要(拜)两个神, (宇宙间)只有一位独一无二的神。所以要敬畏我。”

51. And Allah said: “Do not take for yourselves two gods. He (Allah) is only One God. So you fear only Me.”

﴿٥١﴾ وَقَالَ اللَّهُ لَا تَتَّخِذُوا إِلِهَيْنِ اثْنَيْنِ ۗ إِنَّمَا هُوَ إِلَهٌ وَاحِدٌ فَإِيتَىٰ فَارْهَبُونَ ﴿٥١﴾

52. 诸天与大地的一切都属于他(主), “顺从”也是永远属于

52. And to Him belongs what is in the heavens and the earth, and religion is His for

وَلَهُ مَا فِي السَّمَوَاتِ وَالْأَرْضِ وَلَهُ الدِّينُ وَاصِبًا ۗ

他的。那么你们还会敬畏安拉之外的吗？

ever. Will you then fear other than Allah.

أَفَغَيْرَ اللَّهِ تَتَّقُونَ ﴿٥٢﴾

53. 你们所享有的恩典都来自安拉。当你们遭到不幸时，你们只向他(主)祈求救助。

53. And whatever of blessings you have, it is from Allah. Then, when harm touches you, so unto Him you cry for help.

وَمَا بِكُمْ مِنْ نِعْمَةٍ فَمِنَ اللَّهِ ۗ ثُمَّ إِذَا مَسَّكُمُ الضُّرُّ فَإِلَيْهِ تَجْرُونَ ﴿٥٣﴾

54. 然后，当他为你们消除灾难时，(看啦!)你们当中的一部分人就为他们的主添附伙伴了。

54. Then, when He removed the harm from you, behold, a group among you attribute partners with their Lord.

ثُمَّ إِذَا كَشَفَ الضُّرَّ عَنْكُمْ إِذَا فَرِيقٌ مِّنْكُمْ بِرَبِّهِمْ يُشْرِكُونَ ﴿٥٤﴾

55. 以致，他们否认(不感激)我赐给他们的恩典。那么你们就享受吧!不久你们就会知道了。

55. So they deny that which We have bestowed on them. So enjoy yourselves for a while, then soon you will know.

لِيَكْفُرُوا بِمَا ءَاتَيْنَاهُمْ ۖ فَتَمَتَّعُوا ۗ فَسَوْفَ تَعْلَمُونَ ﴿٥٥﴾

56. 他们(甚至)分配一部分我所赐予他们维生的(财物)给他们所不知道的(偶像)!凭安拉作证!你们一定会被(安拉)质问有关你们所捏造的一切(伪神)。

56. And they assign, to what they do not know (false deities), a portion of that which We have provided them. By Allah, you will indeed be asked about what you used to invent.

وَيَجْعَلُونَ لِمَا لَا يَعْلَمُونَ نَصِيبًا مِّمَّا رَزَقْنَاهُمْ ۗ تَاللَّهِ لَتُسْأَلُنَّ عَمَّا كُنتُمْ تَفْتَرُونَ ﴿٥٦﴾

57. 他们把女儿分配给安拉!光荣归主，而他们却为自己(选取)他们所喜悦的(男孩)。

57. And they assign daughters for Allah. Be He glorified. And for themselves what they desire.

وَيَجْعَلُونَ لِلَّهِ الْبَنَاتِ وَهُمْ يُسَبِّحُونَ ۗ وَلَهُمْ مَا يَشْتَهُونَ ﴿٥٧﴾

58. 当他们当中的某人获得女(孩)的出生(的消息)时, 他的脸变黑了, 他内心充满了愤怒!

58. And when news is brought to one of them (of the birth) of a female, his face becomes dark, and he is filled with grief.

وَإِذَا بُشِّرَ أَحَدُهُم بِالْأُنثَىٰ  
ظَلَّ وَجْهُهُ مُسْوَدًّا وَهُوَ  
كَظِيمٌ ﴿٥٨﴾

59. 他为了他所获得的恶耗而躲避他的族人!他(自我反问)将含羞忍辱地留下她, 或是把她埋葬在泥土中呢?啊!他们所决断的是多么邪恶啊!

59. He hides himself from the people because of the evil of that which he has been informed. (Asking himself), shall he keep her with dishonor, or bury her in the ground. Certainly, evil is whatever they decide.

يَتَوَارَىٰ مِنَ الْقَوْمِ مِنْ سُوءِ  
مَا بُشِّرَ بِهِ ۚ أَيُمْسِكُهُ عَلَىٰ  
هُونٍ أَمْ يَدُسُّهُ فِي  
الْطُّرَابِ ۗ أَلَا سَاءَ مَا  
يَحْكُمُونَ ﴿٥٩﴾

60. 那些不信后世的人的比喻是恶劣的, 而安拉的却是至高无上的。他是大能的、大智的。

60. For those who do not believe in the Hereafter is an evil similitude. And for Allah is the highest similitude. And He is the All Mighty, the All Wise.

لِلَّذِينَ لَا يُؤْمِنُونَ بِالْآخِرَةِ  
مَثَلُ السَّوۜءِ ۗ وَلِلَّهِ الْمَثَلُ  
الْأَعْلَىٰ ۚ وَهُوَ الْعَزِيزُ  
الْحَكِيمُ ﴿٦٠﴾

61. 如果安拉要由于人们的罪行而惩罚他们, 他将不会(在地上)留下一个活着的被造物。但是他宽限了他们一段规定的时期。当他们的期限到达时, 他们决不能使它延迟片刻, 也不能提前(

61. And if Allah were to seize mankind for their wrong doing, He would not leave on it (the earth) any living creature, but He reprieves them to an appointed term. Then when their term comes, neither can they delay an hour nor can they

وَلَوْ يُؤَاخِذُ اللَّهُ النَّاسَ  
بِظُلْمِهِم مَّا تَرَكَ عَلَيْهَا مِنْ  
دَابَّةٍ وَّلٰكِن يُّؤَخِّرُهُمْ إِلَىٰ  
أَجَلٍ مُّسَمًّى ۗ فَاِذَا جَاءَ  
أَجَلُهُمْ لَا يَسْتَخِرُونَ

它)。

advance.

سَاعَةً وَلَا يَسْتَقْدِمُونَ ﴿٦١﴾

62. 他们把他们(自己)所厌恶的归诸安拉,而他们却赤口白舌地编造假话,说给他们的都是好东西。其实,给他们的无疑的是火(狱),他们将是被弃的。

62. And they assign to Allah that which they dislike (for themselves), and their tongues assert the lie that the better things will be theirs. Assuredly that, theirs will be the Fire, and that they will be abandoned to it.

وَجَعَلُوا لِلَّهِ مَا يَكْرَهُونَ وَتَصِفُ أَلْسِنَتُهُمُ الْكَذِبَ أَنَّ لَهُمُ الْحُسْنَىٰ لَا جَرَمَ أَنَّ لَهُمُ النَّارَ وَأَنَّهُمْ مُّفْرَطُونَ ﴿٦٢﴾

63. 凭安拉作证,我曾派遣我的使者到你以前的人群中去,但是魔鬼却使他们对他们的行为自以为是,今天它仍是他们保护者,他们将受到最痛苦的刑罚。

63. By Allah, We did indeed send (messengers) to the nations before you, but Satan made their deeds fair seeming to them. So he is their patron this day, and theirs will be a painful punishment.

تَاللَّهِ لَقَدْ أَرْسَلْنَا إِلَىٰ أُمَمٍ مِّن قَبْلِكَ فَزَيَّنَ لَهُمُ الشَّيْطَانُ أَعْمَلَهُمْ فَهُوَ وَلِيُّهُمُ الْيَوْمَ وَهُمْ عَذَابٌ أَلِيمٌ ﴿٦٣﴾

64. 我已降给你这天经,只为了使你能对他们清楚解释他们所持的异见,和作为给那些信仰的人一项引导与仁慈。

64. And We have not sent down the Book (the Quran) to you except that you may make clear unto them that in which they differ, and (as) a guidance, and a mercy for a people who believe.

وَمَا أَنْزَلْنَا عَلَيْكَ الْكِتَابَ إِلَّا لِتُبَيِّنَ لَهُمُ الَّذِي اخْتَلَفُوا فِيهِ وَهُدًى وَرَحْمَةً لِّقَوْمٍ يُؤْمِنُونَ ﴿٦٤﴾

65. 安拉由天空降雨,并以它使已死的大

65. And Allah sends down from the sky

وَاللَّهُ أَنْزَلَ مِنَ السَّمَاءِ مَاءً

地复活，对于那些留心听从的人，此中确有一种迹象。

water, then He revives therewith the earth after its death. Indeed, in this is a sure sign for a people who listen.

فَأَحْيَا بِهِ الْأَرْضَ بَعْدَ مَوْتِهَا  
إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ  
يَسْمَعُونَ ﴿١٥﴾

66. 在家畜当中也有一项给你们教训，我给你们饮用从它们腹中的，由血液与废物之间提炼出来的可口而纯净的乳汁。

66. And indeed, for you in the cattle there is a lesson. We give you to drink of that which is in their bellies, between excretions and the blood, pure milk, palatable to the drinkers.

وَإِنَّ لَكُمْ فِي الْأَنْعَامِ لَعِبْرَةً  
نُسْقِيكُمْ مِمَّا فِي بُطُونِهِمْ مِنْ  
بَيْنِ فَرْثٍ وَدَمٍ لَبَنًا خَالِصًا  
سَائِغًا لِلشَّارِبِينَ ﴿١٦﴾

67. 你们也从枣树和葡萄树的果子得到醇酒和美好的营养。(看啦!)在这当中对于领悟的人确有一迹象。

67. And from the fruits of date palm and grapevines, you take intoxicants out of them, and a good provision. Certainly, in that is a sure sign for a people who have wisdom.

وَمِنْ ثَمَرَاتِ النَّخِيلِ  
وَالْأَعْنَابِ تَتَّخِذُونَ مِنْهُ  
سَكَرًا وَرِزْقًا حَسَنًا إِنَّ فِي  
ذَلِكَ لَآيَةً لِّقَوْمٍ يَعْقِلُونَ ﴿١٧﴾

68. 你的主启示蜜蜂道：“你们在山上树上和在人们(人)的建筑物上造巢吧。”

68. And your Lord inspired to the bee, (saying) that: “Set up hives in the mountains, and in the trees, and in that which they erect (the trellises).”

وَأَوْحَىٰ رَبُّكَ إِلَى النَّحْلِ أَنْ  
اتَّخِذِي مِنَ الْجِبَالِ بُيُوتًا  
وَمِنَ الشَّجَرِ وَمِمَّا يَعْرِشُونَ ﴿١٨﴾

69. “然后你们(蜜蜂)就吃各种果实吧！并

69. “Then eat of all the fruits, and follow

ثُمَّ كُلِي مِنْ كُلِّ الثَّمَرَاتِ



(恭顺地)遵循你们的主的道。”它们的身体中流出颜色不同的饮料(或:流质),其中对人们有(益寿延年)疗治之效。对于有思想的人们,其中确有迹象。

the ways of your Lord, made smooth (for you).” There comes forth from their bellies a drink of varying colors, wherein is healing for mankind. Certainly, in this is a sure sign for a people who give thought.

فَاسْأَلِكُمْ سُبُلَ رَبِّكُمْ ذُلًّا ۚ  
يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ  
مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ  
لِلنَّاسِ ۗ إِنَّ فِي ذَلِكَ لَآيَةً  
لِقَوْمٍ يَتَفَكَّرُونَ ﴿٦٦﴾

70. 安拉造化你们,然后使你们死亡。你们当中有一些人是在老年时返为衰弱。致使他们在(有了)知识之后,又变得无知懵懂。安拉是全知的、大能的。

70. And Allah has created you, then He causes you to die, and among you is he who is brought back to a feeble age, so that he will not know a thing after having known (much). Indeed, Allah is All Knowing, All Powerful.

وَاللَّهُ خَلَقَكُمْ ثُمَّ يَتَوَفَّاكُمْ ۗ  
وَمِنْكُمْ مَنْ يُرَدُّ إِلَىٰ أَرْدَلٍ  
الْعُمُرِ لِكَيْ لَا يَعْلَمَ بَعْدَ  
عِلْمٍ شَيْئًا ۗ إِنَّ اللَّهَ عَلِيمٌ  
قَدِيرٌ ﴿٧٠﴾

71. 安拉使你们当中一部分人在生活财富方面比另一部分优越。那些生活优越的人却不把他们的财富分给他们右手所统辖的人(奴仆),以便他们在这上面能跟他们平等。他们是否否认安拉的恩典吗?

71. And Allah has preferred some of you above others in provision. Then, those who are preferred do not hand over their provision to those (slaves) whom their right hands possess, so they become equal (partners) in it. Is it then the bounty of Allah that they deny.

وَاللَّهُ فَضَّلَ بَعْضَكُمْ عَلَىٰ  
بَعْضٍ فِي الرِّزْقِ ۗ فَمَا  
الَّذِينَ فَضَّلُوا بَرَادِي  
رِزْقِهِمْ عَلَىٰ مَا مَلَكَتْ  
أَيْمَانُهُمْ فَهُمْ فِيهِ سَوَاءٌ ۗ  
أَفَبِنِعْمَةِ اللَّهِ تَجْحَدُونَ ﴿٧١﴾

72. 安拉从你们当中赐给你们妻室，并由你们的妻室当中赐给你们儿孙，他也供应你们美好的东西作粮食。而他们却相信虚假的(神)，不信安拉的恩典吗？

72. And Allah has made for you from among yourselves wives, and has made for you, from your wives, sons and grandsons, and has made provision for you of good things. Is then in falsehood that they believe, and in the bounty of Allah that they disbelieve.

وَاللَّهُ جَعَلَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا وَجَعَلَ لَكُمْ مِنْ أَزْوَاجِكُمْ بَنِينَ وَحَفَدَةً وَرَزَقَكُمْ مِنَ الطَّيِّبَاتِ ۚ أَفَبِالْبَاطِلِ يُؤْمِنُونَ وَبِنِعْمَتِ اللَّهِ هُمْ يَكْفُرُونَ ﴿٧٢﴾

73. 他们(还要)在安拉之外拜那些没有从诸天与大地供应他们的生计、也没有任何权力的(伪神)吗？

73. And they worship other than Allah that which has no control over provision for them, (with) anything from the heavens and the earth, nor are they able.

وَيَعْبُدُونَ مِنْ دُونِ اللَّهِ مَا لَا يَمْلِكُ لَهُمْ رِزْقًا مِنْ السَّمَوَاتِ وَالْأَرْضِ شَيْئًا وَلَا يَسْتَطِيعُونَ ﴿٧٣﴾

74. 你们不要给安拉假设相似的。安拉知道，你们不知道。

74. So do not make up any similitudes for Allah. Indeed, Allah knows and you do not know.

فَلَا تَضْرِبُوا لِلَّهِ الْأَمْثَالَ ۚ إِنَّ اللَّهَ يَعْلَمُ وَأَنْتُمْ لَا تَعْلَمُونَ ﴿٧٤﴾

75. 安拉设下了(两个人的)比喻：一个是受制于他人的奴隶，他对任何事物都无能为力；另一个是我曾赐给他可观的供养人。他私下和公开地使用它们，这两人相等吗？赞美安拉，他们大多

75. Allah sets forth a parable (of two men), a slave owned (by another), he has no power over anything, and him (the other one) on whom we have bestowed from Us a good provision, so he spends thereof secretly

﴿٧٥﴾ ضَرَبَ اللَّهُ مَثَلًا عَبْدًا مَمْلُوكًا لَا يَقْدِرُ عَلَى شَيْءٍ وَمَنْ رَزَقْنَاهُ مِنَّْا رِزْقًا حَسَنًا فَهُوَ يُنْفِقُ مِنْهُ سِرًّا وَجَهْرًا ۗ هَلْ يَسْتَوِينَ ۚ الْحَمْدُ لِلَّهِ ۚ

数不知道。

and openly. Can they be equal. Praise be to Allah. But most of them do not know.

بَلْ أَكْثَرُهُمْ لَا يَعْلَمُونَ



76. 安拉又设下了(另外)两人的比喻: 其中一人是哑巴, 对任何事物都无能为力, 而他对他的主人却是个累赘(令人生厌的负担), 无论他派他到哪(里去办事), 他都(办)不好, 这样的人能跟一个劝人行事公平和遵循正道的人相等吗?

76. And Allah sets forth a parable of two men, one of them dumb, he has no power over anything, and he is a burden to his master. Whichever way he (master) directs him, he brings no good. Is he equal with him, and who enjoins justice, and he (himself) is on a straight path.

وَضَرَبَ اللَّهُ مَثَلًا رَجُلَيْنِ أَحَدُهُمَا أَبْكَمُ لَا يَقْدِرُ عَلَى شَيْءٍ وَهُوَ كَلٌّ عَلَى مَوْلَاهُ أَيْنَمَا يُوَجِّههُ لَا يَأْتِ بِخَيْرٍ هَلْ يَسْتَوِي هُوَ وَمَنْ يَأْمُرُ بِالْعَدْلِ وَهُوَ عَلَى صِرَاطٍ مُسْتَقِيمٍ

77. 诸天与大地的奥秘都属于安拉, (审判的)时间只是像一霎眼, 或是更快。安拉确实是有权于万物的。

77. And to Allah belongs the unseen of the heavens and the earth. And the matter of the Hour is not but as a twinkling of the eye, or it is nearer. Indeed, Allah has Power over all things.

وَلِلَّهِ غَيْبُ السَّمَوَاتِ وَالْأَرْضِ وَمَا أَمْرُ السَّاعَةِ إِلَّا كَلَمَحٍ الْبَصْرِ أَوْ هُوَ أَقْرَبُ إِنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

78. 安拉使你们由你们母亲的子宫中生产, 你们什么都不知道。他给你们听觉、视力和心智, 以便你们能(对安拉)知恩感德。

78. And Allah has brought you out from the wombs of your mothers, (while) not knowing anything, and He made for you hearing, and sight, and hearts that you

وَاللَّهُ أَخْرَجَكُمْ مِنْ بُطُونِ أُمَّهَاتِكُمْ لَا تَعْلَمُونَ شَيْئًا وَجَعَلَ لَكُمْ السَّمْعَ وَالْأَبْصَرَ وَالْأَفْئِدَةَ لَعَلَّكُمْ

might give thanks.

تَشْكُرُونَ ﴿٧٨﴾

79. 他们没看到鸟类在空中服从(安拉的命令)飞翔吗?除了安拉(的大能)之外没有支持它们的,这些对于那些有信仰的人确有种种迹象。

79. Do they not see at the birds held (flying) in the midst of the sky. None holds them except Allah. Indeed, in that are sure signs for a people who believe.

أَلَمْ يَرَوْا إِلَى الطَّيْرِ  
مُسَخَّرَاتٍ فِي جَوِّ السَّمَاءِ  
مَا يُمْسِكُهُنَّ إِلَّا اللَّهُ ۗ إِنَّ فِي  
ذَلِكَ لَآيَاتٍ لِّقَوْمٍ

يُؤْمِنُونَ ﴿٧٩﴾

80. 安拉使你们的家作为你们的居所,他也以牧畜的皮革作为你们的(流动的)房子(帐篷),当你们迁移或你们(在旅途中)停留时,你们会发觉它们是轻便(而易于携带)的。他也以它们的毛和它们的绒以及它们的鬃,供你们作服饰(的原料)和一时的舒适(享受)。

80. And Allah has made for you in your homes an abode, and has made for you from the skins of the cattle dwelling (tents), which you find light (to carry) on the day when you travel, and on the day when you camp. And of their wool, and their fur, and their hair, (are) furnishings and commodities for a while.

وَاللَّهُ جَعَلَ لَكُمْ مِنْ  
بُيُوتِكُمْ سَكَنًا وَجَعَلَ لَكُمْ  
مِّن جُلُودِ الْأَنْعَامِ بُيُوتًا  
تَسْتَخِفُّونَهَا يَوْمَ ظَعْنِكُمْ  
وَيَوْمَ إِقَامَتِكُمْ ۖ وَمِنْ  
أَصْوَابِهَا وَأَوْبَارِهَا  
وَأَشْعَارِهَا أَثْنَا وَمِئْتًا إِلَىٰ

حِينٍ ﴿٨٠﴾

81. 安拉也从他所造化的(东西)中赐给你们荫蔽,他也(在群山中)赐给你们隐避之所,他也赐给你们(御寒)防热的衣服,和防身的甲冑。他是这样对

81. And Allah has made for you, of that which He has created, shade (from the sun). And He has made for you resorts in the mountains. And He has made for you garments

وَاللَّهُ جَعَلَ لَكُمْ مِمَّا خَلَقَ  
ظِلَالًا وَجَعَلَ لَكُمْ مِنَ  
الْجِبَالِ أَكْنَانًا وَجَعَلَ  
لَكُمْ سَرَابِيلَ تَقِيكُمُ الْحَرَّ

你们完成了他的恩典，以便你们能顺服。

to protect you from the heat, and coats (of armor) to protect you from your (mutual) battle. Thus does He perfect His favor upon you, that you might submit (to Him).

وَسَرَابِيلَ تَقِيكُم بَأْسَكُمْ  
كَذَلِكَ يُتِمُّ نِعْمَتَهُ  
عَلَيْكُمْ لَعَلَّكُمْ تُسْلِمُونَ



82. 倘若他们避开，你的责任只是宣扬明白的(启示)。

82. So if they turn away (O Muhammad), then upon you is only to convey (the message) in a clear way.

فَإِنْ تَوَلَّوْا فَإِنَّمَا عَلَيْكَ  
الْبَلَّغُ الْمُبِينُ



83. 他们认识了安拉的恩典，然后他们却又否认了它们。他们大部分都是忘恩负义的人。

83. They recognize the favor of Allah, then they deny it. And most of them are disbelievers.

يَعْرِفُونَ نِعْمَتَ اللَّهِ ثُمَّ  
يُنْكِرُونَهَا وَأَكْثَرُهُمُ  
الْكَافِرُونَ



84. 我将在那一天从所有各民族中复活一人作证，那时不信者将不许(发言)，他们也不准祈求恕饶。

84. And the Day when We shall raise from each nation a witness, then permission will not be granted (to put forward excuses) to those who disbelieved, nor will they be allowed to repent.

وَيَوْمَ نَبْعَثُ مِنْ كُلِّ أُمَّةٍ  
شَهِيدًا ثُمَّ لَا يُؤْذَنُ  
لِلَّذِينَ كَفَرُوا وَلَا هُمْ  
يُسْتَعْتَبُونَ



85. 当犯罪的人见到惩罚时，它就不能对他们减轻了，他们也得不到延缓。

85. And when those who did wrong will see the punishment, then it will not be lightened for them, nor will they be reprieved.

وَإِذَا رَأَوْا الَّذِينَ ظَلَمُوا  
الْعَذَابَ فَلَا تُخَفَّفُ عَنْهُمْ  
وَلَا هُمْ يُنظَرُونَ



86. 当那些(给安拉添附伙伴的)人见到他们的伪神时,他们会说:“我们的主啊!这些是我们在你之外曾经祈求过的伙伴。”那时它们就会反驳他们道:“你们的确是说谎的人!”

86. And when those who associated partners (with Allah) will see those partners of theirs, they will say: “Our Lord, these are our partners whom we used to call besides you.” But they will throw back at them (their) word (and say): “Surely, you indeed are liars.”

وَإِذَا رَأَى الَّذِينَ أَشْرَكُوا  
شُرَكَاءَهُمْ قَالُوا رَبَّنَا  
هَؤُلَاءِ شُرَكَائُنَا الَّذِينَ  
كُنَّا نَدْعُوا مِنْ دُونِكَ  
فَأَلْقُوا إِلَيْهِمُ الْقَوْلَ إِنَّكُمْ  
لَكَاذِبُونَ ﴿٨٦﴾

87. 那一天它们(伪神)将会向安拉矢志顺从。而他们(人)过去所捏造的(伪神们)将会遗弃他们。

87. And they will offer unto Allah submission that day, and will have vanished from them what they used to invent.

وَأَلْقُوا إِلَى اللَّهِ يَوْمَئِذٍ السَّلَمَ  
وَضَلَّ عَنْهُمْ مَا كَانُوا  
يَفْتَرُونَ ﴿٨٧﴾

88. 那些不信安拉并在安拉的路上阻碍(他人)的人,我将对他们罚上加罚,因为他们曾为非作歹。

88. Those who disbelieved and hindered (others) from the path of Allah, for them We will increase punishment over punishment, for that they used to spread corruption.

الَّذِينَ كَفَرُوا وَصَدُّوا عَنِ  
سَبِيلِ اللَّهِ زِدْنَاهُمْ عَذَابًا  
فَوْقَ الَّذِي كَانُوا  
يُفْسِدُونَ ﴿٨٨﴾

89. 我将在那一天从所有各民族中复活他们当中的一人对他们作证,我亦将叫你(穆圣)对这些人作证,我已降给你解释万事万

89. And the Day when We shall raise from each nation a witness against them from amongst themselves, and We shall bring you (O Muhammad) as a

وَيَوْمَ نَبْعَثُ فِي كُلِّ أُمَّةٍ  
شَهِيدًا عَلَيْهِمْ مِنْ أَنْفُسِهِمْ  
وَجِئْنَا بِكَ شَهِيدًا عَلَيَّ

物的经典。(它是)对信服者的引导、仁爱 and 佳音。

witness against these. And We have sent down to you the Book as clarification for all things, and a guidance, and a mercy, and good tidings for those who have submitted (to Allah).

هٰؤُلَاءِ ۚ وَنَزَّلْنَا عَلَيْكَ  
الْكِتَابَ تَبَيِّنًا لِّكُلِّ شَيْءٍ  
وَهُدًى وَرَحْمَةً وَنُشْرَى  
لِلْمُسْلِمِينَ ﴿٨١﴾

90. 安拉命令人公平、行善、对亲属周济。他禁止邪淫和罪恶的行为，及暴虐。他劝戒你们，以便你们能留意。

90. Indeed, Allah enjoins justice and kindness, and giving (their due) to near relatives, and forbids from lewdness, and abomination, and rebellion. He admonishes you that you may take heed.

۞ إِنَّ اللَّهَ يَأْمُرُ بِالْعَدْلِ  
وَالْإِحْسَانِ وَإِيتَايِ ذِي  
الْقُرْبَىٰ وَيَنْهَىٰ عَنِ  
الْفَحْشَاءِ وَالْمُنْكَرِ وَالْبَغْيِ  
يَعِظُكُمْ لَعَلَّكُمْ  
تَذَكَّرُونَ ﴿٨٢﴾

91. 当你们已经缔约，就要实践安拉的约；在你们已经确定了誓言之后，不要毁约，那时你们已求安拉作你们的保证。安拉知道你们所做的一切。

91. And fulfill the covenant of Allah when you have covenanted, and do not break the oaths after you have confirmed them, and indeed you have appointed Allah as a surety for yourselves. Indeed, Allah knows what you do.

وَأَوْفُوا بِعَهْدِ اللَّهِ إِذَا  
عَاهَدْتُمْ وَلَا تَنْقُضُوا  
الْأَيْمَانَ بَعْدَ تَوْكِيدِهَا  
وَقَدْ جَعَلْتُمُ اللَّهَ عَلَيْكُمْ  
كَفِيلًا ۚ إِنَّ اللَّهَ يَعْلَمُ مَا  
تَفْعَلُونَ ﴿٨٣﴾

92. 你们不要像已把纱线搓紧，然后又把它拆散的妇人一样。你们用誓言在你们之

92. And do not be like her who unravels her yarn, after it has become strong, into pieces. You take your

وَلَا تَكُونُوا كَالَّتِي نَقَضَتْ  
غَزْلَهَا مِنْ بَعْدِ قُوَّةٍ أَنْكَاثًا

间从事欺骗，以便一族人能比另一族人强大。安拉以此来试验你们，他一定会在复活日对你们阐明你们所异议的。

oaths as (means of) deception among yourselves, lest a nation may be more numerous than (another) nation. Allah only tries you thereby. And He will certainly make clear to you, on the Day of Resurrection, that wherein you used to differ.

تَتَّخِذُونَ أَيْمَانَكُمْ دَخَلًا  
بَيْنَكُمْ أَنْ تَكُونَ أُمَّةٌ هِيَ  
أَرْبَىٰ مِنْ أُمَّةٍ ۗ إِنَّمَا  
يَبْلُوكُمُ اللَّهُ بِهِ ۗ وَلِيُبَيِّنَ  
لَكُمْ يَوْمَ الْقِيَامَةِ مَا كُنْتُمْ  
فِيهِ تَخْتَلِفُونَ ﴿١٢﴾

93. 如果安拉愿意的话，他一定早就使你们成为一族。但是他随他的意任人迷误，和随他的意引导人。不过你们一定会被(叫去)询问你们所做过的(事)。

93. And if Allah had willed, He could have made you (all) one nation, but He sends astray whom He wills and guides whom He wills. And you shall certainly be asked of what you used to do.

وَلَوْ شَاءَ اللَّهُ لَجَعَلَكُمْ أُمَّةً  
وَّاحِدَةً وَلَٰكِن يُضِلُّ مَنْ  
يَشَاءُ وَيَهْدِي مَنْ يَشَاءُ ۗ  
وَلَتُسْأَلُنَّ عَمَّا كُنْتُمْ تَعْمَلُونَ ﴿١٣﴾

94. 不要以你们的誓言在你们之间从事欺骗，以免(一些人的)脚在已经站稳之后再失足。你们会因为在安拉的路上阻碍(人们)而尝试罪恶(的后果)，你们一定会受很大的惩罚。

94. And do not make your oaths as (means of) deception among yourselves, lest a foot may slip after having been firm, and you may have to taste the evil (consequences) because of hindering (others) from the path of Allah. And yours should be a great punishment (in Hereafter).

وَلَا تَتَّخِذُوا أَيْمَانَكُمْ دَخَلًا  
بَيْنَكُمْ فَتَرِلَّ قَدَمٌ بَعْدَ  
ثُبُوتِهَا وَتَذُوقُوا السُّوَاءَ بِمَا  
صَدَدْتُمْ عَنِ سَبِيلِ اللَّهِ ۗ  
وَلَكُمْ عَذَابٌ عَظِيمٌ ﴿١٤﴾



95. 你们不要以廉价出卖安拉的约。如果你们知道的话，安拉所有的(奖赏)对于你们是更好的。

95. And do not barter the covenant of Allah for a small gain. Indeed, that which is with Allah is better for you, if you only knew.

وَلَا تَشْتَرُوا بِعَهْدِ اللَّهِ ثَمَنًا قَلِيلًا ۗ إِنَّمَا عِنْدَ اللَّهِ هُوَ خَيْرٌ لَّكُمْ إِن كُنْتُمْ تَعْلَمُونَ



96. 你们所有的终将消失，安拉所有的却是持久的，我一定会按照那些坚忍的人的最好的行为赐给他们回赐。

96. Whatever is with you, will be exhausted, and whatever is with Allah will remain. And We will certainly reward those, who are steadfast, their recompense according to the best of what they used to do.

مَا عِنْدَكُمْ يَنْفَدُ ۖ وَمَا عِنْدَ اللَّهِ بَاقٍ ۗ وَلَنَجْزِيَنَّ الَّذِينَ صَبَرُوا أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ



97. 不论男女，只要他行善，并且信仰，我一定使他过一个快乐的生活，我将按照他们的最好的行为给他们回赐。

97. Whoever acts righteously, among male or female, while he (or she) is a believer. Then indeed, We will give to him (or her) a good life. And We will certainly reward them their recompense to the best of what they used to do.

مَنْ عَمِلَ صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْتَىٰ وَهُوَ مُؤْمِنٌ ۖ فَلَنُحْيِيَنَّهٗ حَيٰوةً طَيِّبَةً ۖ وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ



98. 当你诵读《古兰经》时，你要寻求安拉的保护，免于那被驱逐的撒旦(所扰)。

98. So when you recite the Quran, seek refuge with Allah from Satan the outcast.

فَإِذَا قَرَأْتَ الْقُرْءَانَ فَاسْتَعِذْ بِاللَّهِ مِنَ الشَّيْطٰنِ الرَّجِيمِ



99. 它(魔鬼)对那些信仰并依赖他们的主的人是无权的。

99. Indeed, there is for him no authority over those who believe and put trust in their Lord.

إِنَّهُ لَيْسَ لَهُ سُلْطَانٌ عَلَى الَّذِينَ ءَامَنُوا وَعَلَىٰ رَبِّهِمْ يَتَوَكَّلُونَ ﴿٩٩﴾

100. 它只对那些以它为保护者(朋友)的人和为安拉设置伙伴的人有权。

100. His authority is only over those who make a friend of him, and those who ascribe partners to Him (Allah).

إِنَّمَا سُلْطَانُهُ عَلَى الَّذِينَ يَتَوَلَّوْنَهُ وَالَّذِينَ هُمْ بِهِ مُشْرِكُونَ ﴿١٠٠﴾

101. 当我以一个启示代替另一启示时，安拉最清楚他所降下的。他们说：“你只是一个伪造者。”可是他们大多数不知道。

101. And when We change a revelation in place of (another) revelation, and Allah knows best what He sends down, they say: “You (O Muhammad) are only a fabricator.” But most of them do not know.

وَإِذَا بَدَّلْنَا ءَايَةً مَّكَانَ ءَايَةٍ ۗ وَاللَّهُ أَعْلَمُ بِمَا يُنزِّلُ قَالُوا إِنَّمَا أَنْتَ مُفْتَرٍ ۚ بَلْ أَكْثَرُهُمْ لَا يَعْلَمُونَ ﴿١٠١﴾

102. 你说：“圣灵确实地已由你的主带来了天启，以便他能使那些信仰的人坚定，并作那些归顺(安拉)的人的引导和佳音。”

102. Say: “The Holy Spirit (Gabriel) has brought it down from your Lord with truth, that it may make firm (the faith of) those who believe, and a guidance and good tidings for those who submitted (to Allah).”

قُلْ نَزَّلَهُ رُوحُ الْقُدُسِ مِن رَّبِّكَ بِالْحَقِّ لِيُثَبِّتَ الَّذِينَ ءَامَنُوا وَهُدًى وَبُشْرَىٰ لِلْمُسْلِمِينَ ﴿١٠٢﴾

103. 我知道他们会说：“那只不过是一个人教导他的。”他们

103. And certainly, We know that they say: “It is only a human being who

وَلَقَدْ نَعْلَمُ أَنَّهُمْ يَقُولُونَ إِنَّمَا يُعَلِّمُهُ بَشَرٌ ۗ لِّسَانُ

所指的那人的母语是外国的，而这(《古兰经》)却明明白白地是阿拉伯语文。

teaches him.” The tongue of him at whom they falsely hint is foreign, and this (the Quran) is clear Arabic tongue.

الَّذِي يُلْحِدُونَ إِلَيْهِ  
أَعْجَمِيٌّ وَهَذَا لِسَانٌ  
عَرَبِيٌّ مُبِينٌ ﴿١٣﴾

104. 那些不信安拉迹象的人，安拉决不引导他们，他们所得到的将是严厉的刑罚。

104. Indeed, those who do not believe in the revelations of Allah, Allah will not guide them, and for them will be a painful punishment.

إِنَّ الَّذِينَ لَا يُؤْمِنُونَ  
بِعَايَةِ اللَّهِ لَا يَهْدِيهِمُ اللَّهُ  
وَلَهُمْ عَذَابٌ أَلِيمٌ ﴿١٤﴾

105. 只有那些捏造谎言的人不信安拉的启示，他们是说谎者。

105. Only they invent falsehood, who do not believe in Allah's revelations. And it is they who are the liars.

إِنَّمَا يَفْتَرِي الْكَذِبَ الَّذِينَ  
لَا يُؤْمِنُونَ بِعَايَةِ اللَّهِ  
وَأُولَئِكَ هُمُ  
الْكَاذِبُونَ ﴿١٥﴾

106. 谁在他信了安拉之后又不信——非是在被强迫之下(放弃信仰)，而他的心中仍然坚决信仰的人——

106. Whoever disbelieves in Allah after his belief, except him who is forced thereto and whose heart is still content with faith. But as for those who open their breasts to disbelief, upon them is wrath from Allah. And for them will be a great punishment.

مَنْ كَفَرَ بِاللَّهِ مِنْ بَعْدِ  
إِيمَانِهِ إِلَّا مَنْ أُكْرِهَ  
وَقَلْبُهُ مُطْمَئِنٌّ بِالْإِيمَانِ  
وَلَكِنْ مَنْ شَرَحَ بِالْكُفْرِ  
صَدْرًا فَعَلَيْهِمْ غَضَبٌ  
مِّنَ اللَّهِ وَلَهُمْ عَذَابٌ  
عَظِيمٌ ﴿١٦﴾

这些人是对不信展开他们的心胸(欢迎)的人。降给他们的是安拉的怒恼，而他们得到的就是重大的痛苦。

107. 那是因为他们喜爱今世的生活胜于后世，安拉决不引导不信的人。

107. That is because they love the life of the world over the Hereafter, and that Allah does not guide the people who disbelieve.

ذَلِكَ بِأَنَّهُمْ اسْتَحَبُّوا  
الْحَيَاةَ الدُّنْيَا عَلَى الْآخِرَةِ  
وَأَنَّ اللَّهَ لَا يَهْدِي الْقَوْمَ  
الْكَافِرِينَ ﴿١٧﴾

108. 这些（人）是心、耳和眼都已遭安拉封闭了的人。这些人是不留意的人。

108. They are those, Allah has set a seal upon their hearts, and their hearing (ears), and their sight (eyes). And it is they who are the heedless.

أُولَئِكَ الَّذِينَ طَبَعَ اللَّهُ  
عَلَى قُلُوبِهِمْ وَسَمْعِهِمْ  
وَأَبْصَرِهِمْ وَأُولَئِكَ هُمُ  
الْغَافِلُونَ ﴿١٨﴾

109. 无疑地，他们在后世将是亏损的。

109. Assuredly, it is they, in the Hereafter, they will be the losers.

لَا جَرَمَ أَنَّهُمْ فِي الْآخِرَةِ  
هُمُ الْخَاسِرُونَ ﴿١٩﴾

110. 那时，你的主一定会向着那些被迫害之后迁徙的人，和（为了信仰）奋斗和坚忍的人。此后，你的主的确是多恕的、至慈的。

110. Then indeed, your Lord, for those who emigrated after that they had been persecuted, and then fought and were steadfast, indeed, your Lord after that is (for them) Oft Forgiving, Most Merciful.

ثُمَّ إِنَّ رَبَّكَ لِلَّذِينَ  
هَاجَرُوا مِنْ بَعْدِ مَا فُتِنُوا  
ثُمَّ جَاهَدُوا وَصَبَرُوا إِنَّ  
رَبَّكَ مِنْ بَعْدِهَا لَغَفُورٌ  
رَحِيمٌ ﴿٢٠﴾

111. 有一天每一个人都会（起来）为他自己辩解。每一个人都曾按照他所曾做过的被全部偿付，没有人会

111. On the Day when every soul will come pleading for itself, and every soul will be repaid in full for what it did, and

\* يَوْمَ تَأْتِي كُلُّ نَفْسٍ  
تُجَادِلُ عَنْ نَفْسِهَا وَتُوَفَّى  
كُلُّ نَفْسٍ مَّا عَمِلَتْ وَهُمْ

被亏待。

112. 安拉单一个比喻：一个和平而安静的城市，它的粮食大量地来自各地，但是它对安拉的恩典不知感激，因此安拉使它尝受饥荒和恐惧。这是由于他们(它的人民)过去所做的。

113. 的确曾有一位使者已由他们本族当中降临到他们，但是他们却不信他，因此当他们不义时惩罚(灾难)降临到他们。

114. 所以，你们要吃安拉所供应给你们的合法的和美好的粮食。如果你们事奉他，你们就要感谢他的恩典。

115. 他只禁止你们(吃)自死的肉、血和猪的肉，以及凭安拉以外

they will not be wronged.

112. And Allah sets forth a parable, a township that was secure, well content, its provision coming to it in abundance from every side, but it denied the bounties of Allah, so Allah made it taste the extreme of hunger and fear because of what they used to do.

113. And indeed, there had come to them a messenger from among themselves, but they had denied him, so the punishment seized them while they were wrong doers.

114. Then eat of what Allah has provided you, lawful (and) good. And thank the bounty of Allah if it is He whom you worship.

115. He has only forbidden to you carrion, and blood, and swine flesh, and that

لَا يُظْلَمُونَ ﴿١١١﴾

وَضَرَبَ اللَّهُ مَثَلًا قَرْيَةً  
كَانَتْ ءَامِنَةً مُطْمَئِنَّةً  
يَأْتِيهَا رِزْقُهَا رَغَدًا مِّنْ كُلِّ  
مَكَانٍ فَكَفَرَتْ بِأَنْعُمِ اللَّهِ  
فَأَذَقَهَا اللَّهُ لِبَاسَ الْجُوعِ  
وَالْخَوْفِ بِمَا كَانُوا  
يَصْنَعُونَ ﴿١١٢﴾

وَلَقَدْ جَاءَهُمْ رَسُولٌ مِّنْهُمْ  
فَكَذَّبُوهُ فَأَخَذَهُمُ الْعَذَابُ  
وَهُمْ ظَالِمُونَ ﴿١١٣﴾

فَكُلُوا مِمَّا رَزَقَكُمُ اللَّهُ  
حَلَالًا طَيِّبًا وَأَشْكُرُوا  
نِعْمَتَ اللَّهِ إِنَّ كُنْتُمْ إِيَّاهُ  
تَعْبُدُونَ ﴿١١٤﴾

إِنَّمَا حَرَّمَ عَلَيْكُمُ الْمَيْتَةَ  
وَالدَّمَ وَلَحْمَ الْخِنزِيرِ وَمَا

的名字所屠宰的(牲口), 倘若是迫不得已, 不是存心违叛, 也不过分, 那么安拉是多恕的、至慈的。

over which has been invoked (a name) other than Allah. Then him who is obliged (to do so), without disobedience, and not going to excess, then indeed, Allah is Oft Forgiving, Most Merciful.

أَهْلًا لِّغَيْرِ اللَّهِ بِهِ ۗ فَمَنِ  
أَصْطَرَّ غَيْرَ بَاغٍ وَلَا عَادٍ  
فَابْتَغِ اللَّهَ غَفُورًا رَّحِيمًا



116. 你们不要用你们的舌头说谎, 说这是合法的和这是被禁止的, 因而对安拉捏造谎话。对安拉说谎的人不会成功。

116. And do not say, about what your own tongues put forth falsely. "This is lawful, and this is forbidden," so that you invent against Allah a lie. Indeed, those who invent against Allah a lie will not prosper.

وَلَا تَقُولُوا لِمَا تَصِفُ  
أَلْسِنَتُكُمُ الْكَذِبَ هَذَا  
حَلَالٌ وَهَذَا حَرَامٌ لِّتَفْتَرُوا  
عَلَى اللَّهِ الْكَذِبَ ۗ إِنَّ الَّذِينَ  
يَفْتَرُونَ عَلَى اللَّهِ الْكَذِبَ لَا  
يُفْلِحُونَ



117. 那(谎言)只有一点短暂的享受, 而他们所得到的却是痛苦的刑罚。

117. A brief enjoyment (will be theirs), and they will have a painful punishment.

مَتَاعٌ قَلِيلٌ وَهُمْ  
عَذَابٌ أَلِيمٌ



118. 我对犹太人禁止了我以前对你提过的那些东西。我没有亏待他们, 但是他们却亏待了他们自己。

118. And to those who are Jews, We have forbidden that which We have mentioned to you (O Muhammad) before. And We did not wrong them, but they used to wrong themselves.

وَعَلَى الَّذِينَ هَادُوا حَرَّمْنَا  
مَا قَصَصْنَا عَلَيْكَ مِنْ قَبْلُ ۗ  
وَمَا ظَلَمْنَهُمْ وَلَكِنْ  
كَانُوا  
أَنْفُسَهُمْ يَظْلِمُونَ



119. 对于那些在无意中犯罪，而事后忏悔，并改邪归正的人，此后你的主(对他们)是多恕的、至慈的。

119. Then indeed, your Lord, for those who do evil in ignorance, then repent after that and do righteous deeds, indeed your Lord, thereafter, is Oft Forgiving, Most Merciful.

ثُمَّ إِنَّ رَبَّكَ لِلَّذِينَ  
عَمِلُوا السُّوءَ بِجَهْلَةٍ ثُمَّ  
تَابُوا مِنْ بَعْدِ ذَلِكَ  
وَأَصْلَحُوا إِنَّ رَبَّكَ مِنْ  
بَعْدِهَا لَغَفُورٌ رَحِيمٌ ﴿١١٩﴾

120. 伊布拉欣确实是一个模范。他服从安拉，天性正直(虔诚信仰)，他也不是拜偶像的(人)。

120. Indeed, Abraham was a whole community (by himself), obedient to Allah, exclusively devoted. And he was not of those who associated (others with Allah).

إِنَّ إِبْرَاهِيمَ كَانَ أُمَّةً قَانِتًا  
لِلَّهِ حَنِيفًا وَلَمْ يَكُ مِنَ  
الْمُشْرِكِينَ ﴿١٢٠﴾

121. 他感激安拉的恩典，他(主)选择了他，并引导他到正道。

121. Thankful for His bounties. He (Allah) chose him, and He guided him to a straight path.

شَاكِرًا لِالْأَنْعُمِ ۗ أَحْتَبَهُ  
وَهَدَنَاهُ إِلَى صِرَاطٍ مُسْتَقِيمٍ  
﴿١٢١﴾

122. 我给他今世的美满和使他在后世属于正人之列。

122. And We gave him good in the world. And certainly, in the Hereafter, he shall be among the righteous.

وَأَتَيْنَاهُ فِي الدُّنْيَا حَسَنَةً ۗ  
وَإِنَّهُ فِي الْآخِرَةِ لَمِنَ  
الصَّالِحِينَ ﴿١٢٢﴾

123. 后来我启示了你(穆圣)，说道：“你们要追随(天性正直的)伊布拉欣的道，他不属于拜偶像的。”

123. Then, We inspired you (O Muhammad, saying) that: “Follow the religion of Abraham, exclusively devoted. And he was

ثُمَّ أَوْحَيْنَا إِلَيْكَ أَنْ اتَّبِعْ  
مِلَّةَ إِبْرَاهِيمَ حَنِيفًا ۗ وَمَا  
كَانَ مِنَ الْمُشْرِكِينَ ﴿١٢٣﴾

not of those who associated (others with Allah).

124. 安息日只是规定给那些对它持异议的人的，安拉将在复活日对于他们所异议的在他们之间判决。

124. The Sabbath was only prescribed for those who differed in it. And indeed, your Lord will judge between them on the Day of Resurrection about that wherein they used to differ.

إِنَّمَا جُعِلَ السَّبْتُ عَلَى الَّذِينَ اٰخْتَلَفُوا فِيهِ وَإِنَّ رَبَّكَ لَيَحْكُمُ بَيْنَهُمْ يَوْمَ الْقِيٰمَةِ فِيمَا كَانُوا فِيهِ سَخْتَلِفُونَ ﴿١٢٤﴾

125. 你应当以智慧与善意劝告(所有的人)归向你的主的道，并用最好的方式和他们理论。安拉的确最清楚谁从他的道上迷失和谁获得引导。

125. Call (O Muhammad) to the way of your Lord with wisdom and good instruction, and argue with them in a way that is better. Indeed your Lord, He knows best of him who has gone astray from His way, and He is best Aware of those who are guided.

اٰدْعُ اِلَى سَبِيْلِ رَبِّكَ بِالْحِكْمَةِ وَالْمَوْعِظَةِ الْحَسَنَةِ وَجَدِلْهُمْ بِالَّتِي هِيَ اَحْسَنُ اِنَّ رَبَّكَ هُوَ اَعْلَمُ بِمَنْ ضَلَّ عَنْ سَبِيْلِهِ وَهُوَ اَعْلَمُ بِالْمُهْتَدِيْنَ ﴿١٢٥﴾

126. 如果轮到你们(占上风)实行报复，你们就按照你们所受过的亏待惩罚他们。倘若你们忍耐，对于忍耐的人那确是更好的。

126. And if you punish, then punish with the like of that wherewith you were afflicted. And if you endure patiently, that is indeed the best for those who are patient.

وَإِنْ عَاقَبْتُمْ فَعَاقِبُوا بِمِثْلِ مَا عُوقِبْتُمْ بِهِ وَلَئِنْ صَبَرْتُمْ لَهُوَ خَيْرٌ لِلصَّابِرِيْنَ ﴿١٢٦﴾



127. 你(穆圣)也要忍耐。你的忍耐是有赖于安拉(的相助)。你不要为他们忧虑,也不要因为他们的阴谋而苦恼。

127. And endure you patiently (O Muhammad), and your patience is not but from Allah. And do not grieve over them, and be not in distress because of what they plot.

وَأَصْبِرْ وَمَا صَبْرُكَ إِلَّا بِاللَّهِ  
وَلَا تَحْزَنْ عَلَيْهِمْ وَلَا تَكُ  
فِي ضَيْقٍ مِّمَّا يَمْكُرُونَ



128. 安拉确实与那些敬畏的人和行善(做好事)的人同在。

128. Indeed, Allah is with those who fear (Him) and those who do good.

إِنَّ اللَّهَ مَعَ الَّذِينَ اتَّقَوْا  
وَالَّذِينَ هُمْ مُحْسِنُونَ

