



## 夜行

## Allsra

## الْأَسْرَى

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 光荣归主。他(主)确在夜间把他的仆人(穆圣)由神圣不可侵犯的礼拜寺(麦加圣寺)带到我曾赐福其四邻的远方(耶路撒冷)的礼拜寺,以便我可以显示我的一些迹象给他。他确实是无所不闻、无所不见的。

1. Glorified be He who took for a journey His servant (Muhammad) by night from the Sacred Mosque to the Farthest Mosque, that the surroundings whereof We have blessed, that We might show him of Our signs. Indeed, He (Allah) is the All Hearer, the All Seer.

سُبْحَانَ الَّذِي أَسْرَى بِعَبْدِهِ لَيْلًا مِّنَ الْمَسْجِدِ الْحَرَامِ إِلَى الْمَسْجِدِ الْأَقْصَا الَّذِي بَرَكْنَا حَوْلَهُ لِنُرِيَهُ مِنْ آيَاتِنَا إِنَّهُ هُوَ السَّمِيعُ الْبَصِيرُ ﴿١﴾

2. 我曾赐给姆撒(摩西)经典,并以它作为以色列子孙的引导(说道):“不要在我之外选择(你们的)保护者。”

2. And We gave Moses the Scripture, and We made it a guidance for the Children of Israel, (saying): “That do not take other than Me as a guardian.”

وَأَتَيْنَا مُوسَى الْكِتَابَ وَجَعَلْنَاهُ هُدًى لِّبَنِي إِسْرَائِيلَ إِلَّا تَتَّخِذُوا مِن دُونِي وَكِيلاً ﴿٢﴾

3. “你们是那些(在方舟中)和努赫(挪亚)一同被我救出来的人

3. (They were) the descendants of those whom We carried (in the ship) with Noah.

ذُرِّيَّةٍ مِّنْ حَمَلْنَا مَعَ نُوحٍ إِنَّهُ كَانَ عَبْدًا شَكُورًا ﴿٣﴾

的后代。他确是一位知恩感德的仆人。”

Indeed, he was a grateful servant.



4. 我在经典中曾对以色列的子孙(清楚地)宣布：“你们将在地上作恶两次，并且一定会狂傲自大。”

4. And We decreed for the Children of Israel in the Scripture that indeed you would cause corruption on the earth twice, and you would surely be elated with mighty arrogance.

وَقَضَيْنَا إِلَىٰ بَنِي إِسْرَائِيلَ فِي الْكِتَابِ لَتُفْسِدُنَّ فِي الْأَرْضِ مَرَّتَيْنِ وَلَتَعْلُنَّ عُلُوًّا كَبِيرًا ﴿٤﴾

5. 当两次(恶行)的预言中的第一次的(预言)实现时，我派遣了我的强大的仆人对付你们，他们蹂躏了你们的家园。那是一个必然实践的预言(警告)。

5. Then when the (time of) promise came for the first of the two, We sent against you servants of Ours, of great might. So they entered the very innermost parts of your homes. And it was a promise fulfilled.

فَإِذَا جَاءَ وَعْدُ أُولَاهُمَا بَعَثْنَا عَلَيْكُمْ عِبَادًا لَنَا أُولَىٰ بِأْسٍ شَدِيدٍ فَجَاسُوا خِلَالَ الدِّيَارِ وَكَانَ وَعْدًا مَّفْعُولًا ﴿٥﴾

6. 然后我又赐你们机会战胜他们，我增加你们的财富和子女，并使你们人口增多。

6. Then We gave back to you a return (victory) over them, and We helped you with wealth and sons and We made you more numerous in manpower.

ثُمَّ رَدَدْنَا لَكُمُ الْكُرَّةَ عَلَيْهِمْ وَأَمَدَدْنَاكُمْ بِأَمْوَالٍ وَبَنِينَ وَجَعَلْنَاكُمْ أَكْثَرَ نَفِيرًا ﴿٦﴾

7. 如果你们行好，你们就是对你们自己行好；如果你们作恶，它也(一样)对他们自己(作恶)。所以当

7. (Saying): “If you do good, you do good for yourselves, and if you do evil, so it is for them (who do it).” Then, when the final (second)

إِنْ أَحْسَنْتُمْ أَحْسَنْتُمْ لِأَنْفُسِكُمْ وَإِنْ أَسَأْتُمْ فَلَهَا ﴿٧﴾ فَإِذَا جَاءَ وَعْدُ الْآخِرَةِ

第二次的预言实现时，(我使另一族人侵犯你们)，他们使你们满脸忧伤。并像他们上次侵入一样地侵入(你们的)庙堂，并且完全摧毁他们所征服的。

promise came, (We raised against you other enemies) to disfigure your faces, and to enter the temple as they entered it the first time, and to destroy what they took over, with (utter) destruction.

لَيْسْتُمْ أُولَئِكَ  
وَجُوهَكُمْ  
وَلَيْدَ خُلُوعِ الْمَسْجِدِ كَمَا  
دَخَلُوهُ أَوَّلَ مَرَّةٍ وَلِيَتَّبِعُوا مَا  
عَلَّمُوا تَتَّبِعُوا ﴿٧﴾

8. 你们的主也许(仍可)对你们示以慈悯，如果你们恢复(你们的罪恶)，我也将恢复(我的惩罚)，我已使地狱成为那些不信的人的监牢。

8. It may be that your Lord will have mercy upon you. And if you revert (to sin), We shall revert (to punishment). And We have made Hell a prison for the disbelievers.

عَسَىٰ رَبُّكُمْ أَن يَرْحَمَكُمْ وَإِنْ  
عُدْتُمْ عُدْنَا وَجَعَلْنَا جَهَنَّمَ  
لِلْكَافِرِينَ حَصِيرًا ﴿٨﴾

9. 这《古兰经》确是导人朝向完美的正道，并给行为良好的信仰者报喜讯，他们将获得堂皇的回赐。

9. Indeed, this Quran guides to that which is most just, and gives good tidings to the believers who do righteous deeds that theirs will be a great reward.

إِنَّ هَذَا الْقُرْآنَ يَهْدِي  
لِلَّتِي هِيَ أَقْوَمُ وَيُبَشِّرُ  
الْمُؤْمِنِينَ الَّذِينَ يَعْمَلُونَ  
الصَّالِحَاتِ أَنَّ لَهُمْ أَجْرًا  
كَبِيرًا ﴿٩﴾

10. 对于那些不信后世的人，我(确)已为他们准备下了一项痛苦的刑罚。

10. And that those who do not believe in the Hereafter, We have prepared for them a painful punishment.

وَأَنَّ الَّذِينَ لَا يُؤْمِنُونَ  
بِالْآخِرَةِ أَعْتَدْنَا لَهُمْ عَذَابًا  
أَلِيمًا ﴿١٠﴾

11. 人类求祸，就好像他们求福一样。人

11. And man supplicates for evil as

وَيَدْعُ الْإِنْسَانَ بِالشَّرِّ



总是轻率的。

he supplicates for good. And man is ever hasty.

دُعَاةُهُ بِالْخَيْرِ ط وَكَانَ  
الْإِنْسَانُ عَجُولًا ﴿١١﴾

12. 我使夜与昼作为两个迹象，当我抹去夜的迹象(黑暗)时，我使光明作为昼的迹象，以便你们能寻求你们的主的恩典，和你们可以由此知道年岁的数目和计算。我已清楚地解释了一切事物。

12. And We have made the night and the day as two signs. Then We have obscured the sign of the night, and made the sign of the day radiant that you may seek the bounty of your Lord, and that you may know the numbers of the years, and the account (of time). And every thing We explained in details.

وَجَعَلْنَا اللَّيْلَ وَالنَّهَارَ آيَاتَيْنِ ط  
فَمَحَوْنَا آيَةَ اللَّيْلِ وَجَعَلْنَا  
آيَةَ النَّهَارِ مُبْصِرَةً لِّتَبْتَغُوا  
فَضْلًا مِّن رَّبِّكُمْ وَلِتَعْلَمُوا  
عَدَدَ السِّنِينَ وَالْحِسَابِ ج  
وَكُلَّ شَيْءٍ فَصَّلْنَاهُ  
تَفْصِيلًا ﴿١٢﴾

13. 我把每个人的行为拴在他的颈上，我将在复活日为他拿出一本帐来。他将看到(它)被展开。

13. And to every man, We have fastened his fate to his neck. And We shall bring forth for him on the Day of Resurrection a book which he will find spread open.

وَكُلَّ إِنْسَانٍ أَلْزَمْنَاهُ طَبِئْرَهُ  
فِي عُنُقِهِ ط وَنُخْرِجُ لَهُ يَوْمَ  
الْقِيَامَةِ كِتَابًا يَلْقَاهُ  
مَنْشُورًا ﴿١٣﴾

14. (他将被告诉说：)  
“读你(自己)的纪录，今天你自己就足以作为自己的审计人。”

14. (It will be said):  
“Read your book. Sufficient is your own self this Day against you as a reckoner.”

أَقْرَأْ كِتَابَكَ كَفَىٰ بِنَفْسِكَ  
الْيَوْمَ عَلَيْكَ حَسِيبًا ﴿١٤﴾

15. 谁被引导，只是为了他自己而被引导

15. Whoever is guided, so he is

مَنْ أَهْتَدَىٰ فَإِنَّمَا يَهْتَدِي

，谁走入歧途，也将自食其果。没有一个担负者可以担负他人的担子。我也不使任何(人或城市)受惩罚，直到我派遣一位使者(给予警告)。

guided only for his own self. And whoever goes astray, so he goes astray only against it (his own self). And no bearer of burdens will bear another's burden. And We would never punish until We have sent a messenger.

لِنَفْسِهِ ۖ وَمَنْ ضَلَّ فَإِنَّمَا يَضِلُّ عَلَيْهَا ۚ وَلَا تَزِرُ وَازِرَةٌ وِزْرَ أُخْرَىٰ ۗ وَمَا كُنَّا مُعَذِّبِينَ حَتَّىٰ نَبْعَثَ رَسُولًا



16. 当我要毁灭一个城市时，我(首先)对他们当中富裕的人们下命令行善，而他们后来却在那里作恶。所以(惩罚的)判决就对它实现了，那时我就完全毁灭了它。

16. And when We intend to destroy a town, We command its affluent, so they commit abomination therein, then the word (decree) is justified against it, then We destroy it, a (complete) destruction.

وَإِذَا أَرَدْنَا أَنْ نُهْلِكَ قَرْيَةً أَمَرْنَا مُتْرَفِيهَا فَفَسَقُوا فِيهَا فَحَقَّ عَلَيْهَا الْقَوْلُ فَدَمَّرْنَاهَا تَدْمِيرًا



17. 我在努赫之后已毁灭了多少世代!你的主对他的仆人们的罪恶是深知的和明察的。

17. And how many have We destroyed from the generations after Noah. And Sufficient is your Lord of the sins of His servants as Knower, All Seer.

وَكَمْ أَهْلَكْنَا مِنَ الْقُرُونِ مِنْ بَعْدِ نُوحٍ ۗ وَكَفَىٰ بِرَبِّكَ بِذُنُوبِ عِبَادِهِ خَبِيرًا بَصِيرًا



18. 谁希求眼前的(享受)，我就随意地赶快赐给我所意欲的人，然后我就为他们安排了地狱，他将羞辱地被驱入其中。

18. Whoever should desire what hastens away (worldly life), We hasten for him therein what We will, for whom We intend. Then We have appointed for him Hell. He will (enter

مَنْ كَانَ يُرِيدُ الْعَاجِلَةَ عَجَّلْنَا لَهُ فِيهَا مَا نَشَاءُ لِمَنْ نُرِيدُ ثُمَّ جَعَلْنَا لَهُ جَهَنَّمَ يَصَلُّهَا مَذْمُومًا

to) burn therein, condemned, rejected.

مَدْحُورًا ﴿١٨﴾

19. 这些人希望后世，并且为它尽力奋斗，这些人是有信仰的人，他们的努力将受到回赐。

19. And whoever desires the Hereafter and strives for it with the effort due to it, while he is a believer, then it is those whose effort shall be appreciated.

وَمَنْ أَرَادَ الْآخِرَةَ وَسَعَىٰ لَهَا سَعِيهَا وَهُوَ مُؤْمِنٌ فَأُولَٰئِكَ كَانَ سَعِيهِمْ مَّشْكُورًا ﴿١٩﴾

20. 我由你的主的恩赏中赐给所有的人——  
——  
这些人和那些人(是一样的)。你的主的恩赏是没有限制(保留)的。

20. To each We bestow, these and (as well as) those, from the bounty of your Lord. And the bounty of your Lord can not be restricted.

كُلًّا نُّمِدُّ هُنُوًا وَهُنُوًا مِن عَطَاءِ رَبِّكَ وَمَا كَانَ عَطَاءُ رَبِّكَ مَحْظُورًا ﴿٢٠﴾

21. 看看我曾如何使一些人优越于另一些人，后世的确是品级更高和更为优越的。

21. Look how We have exalted some of them above others, and the Hereafter will be greater in degrees and greater in preference.

أَنْظُرْ كَيْفَ فَضَّلْنَا بَعْضَهُمْ عَلَىٰ بَعْضٍ وَلِلْآخِرَةِ أَكْبَرُ دَرَجَاتٍ وَأَكْبَرُ تَفْضِيلًا ﴿٢١﴾

22. 你们不要把其它的任何伪神与安拉同列，以免你们遭受谴责和遗弃。

22. Do not make with Allah any other god, lest you will sit in humiliated, forsaken.

لَا تَجْعَلْ مَعَ اللَّهِ إِلَهًا آخَرَ فَتَقْعُدَ مَذْمُومًا مَّخْذُولًا ﴿٢٢﴾

23. 你的主已命令你们只崇拜他，不崇拜他以外的任何(伪神)，并要对父母行孝，无论他们当中一位或两位达到了高龄，(并与你们同住，不要对

23. And your Lord has decreed that you worship none except Him, and (show) kindness to parents. If they attain old age (while) with you, one of them or both of

﴿٢٣﴾ وَقَضَىٰ رَبُّكَ أَلَّا تَعْبُدُوا إِلَّا إِيَّاهُ وَبِالْوَالِدَيْنِ إِحْسَانًا ۖ إِمَّا يَبُلُغَنَّ عِنْدَكَ الْكِبَرَ أَحَدُهُمَا أَوْ كِلَاهُمَا فَلَا



他们说轻蔑的话，也不要呵斥他们，而要以尊敬的言语对他们说话。

them, do not say to them a word of disrespect, nor shout at them, and speak to them a gracious word.

تَقُلْ لَهُمَا أَفٍّ وَلَا تَنْهَرَهُمَا  
وَقُلْ لَهُمَا قَوْلًا كَرِيمًا



24. 你们要对他们谦卑敬爱，并说：“我的主啊！（求你）恩待他们，就像他们在（我）童年时抚育我一样。”

24. And lower unto them the wing of submission through mercy, and say: “My Lord, have mercy on them both as they did care for me (when I was) little.”

وَأَخْفِضْ لَهُمَا جَنَاحَ الذُّلِّ  
مِنَ الرَّحْمَةِ وَقُلْ رَبِّ  
أَرْحَمُهُمَا كَمَا رَبَّيَانِي صَغِيرًا



25. 你们的主最明白你们心中（所想的）是什么，如果你们是善良的，那么，他（主）对向他（忏悔）的人是永远宽恕的。

25. Your Lord is best aware of what is within yourselves. If you should be righteous, then indeed He is ever Forgiving to those who turn (to Him).

رَبُّكُمْ أَعْلَمُ بِمَا فِي نُفُوسِكُمْ  
إِنْ تَكُونُوا صَالِحِينَ فَإِنَّهُ  
كَانَ لِلْأَوَّابِينَ غَفُورًا



26. 你们要给亲属和急需的人，以及（离乡背井的）远行人他们所得的，也不要挥霍中浪费（你们的财富）。

26. And give to the near of kin his right, and the needy, and the wayfarer, and do not squander (your wealth) extravagantly.

وَأَاتِ ذَا الْقُرْبَىٰ حَقَّهُ  
وَالْمَسْكِينِ وَابْنَ السَّبِيلِ وَلَا  
تَبْذِرْ تَبْدِيرًا



27. 浪费金钱的人的确是魔鬼的弟兄，魔鬼是对他的主忘恩负义的。

27. Indeed, the squanderers are brothers of Satan, and Satan is ever ungrateful to his Lord.

إِنَّ الْمُبْذِرِينَ كَانُوا إِخْوَانَ  
الشَّيْطَانِ وَكَانَ الشَّيْطَانُ  
لِرَبِّهِ كَفُورًا



28. 倘若你(必须)避开他们(需求的人), 寻求你所希望的来自你的主的慈悯, 那时(你就要)对他们说温和合理的话。

28. And if you have to turn away from them (needy), awaiting mercy from your Lord, which you expect, then speak to them a word of kindness.

وَأِمَّا تُعْرِضَنَّ عَنْهُمْ أَبْتِغَاءَ رَحْمَةٍ مِّن رَّبِّكَ تَرْجُوهَا فَقُلْ لَهُمْ قَوْلًا مَّيْسُورًا ﴿٢٨﴾

29. 不要把你的手绑在你的脖子上(吝啬), 也不要把它伸展到它的极点(尽情花费), 以免你被指责(浪费了你的财富)和窘困。

29. And Do not keep your hand fastened to your neck, nor outspread it altogether widespread, for you will then be sitting rebuked, destitute.

وَلَا تَجْعَلْ يَدَكَ مَغْلُولَةً إِلَىٰ عُنُقِكَ وَلَا تَبْسُطْهَا كُلَّ الْبَسِطِ فَتَقْعُدَ مَلُومًا مَّحْسُورًا ﴿٢٩﴾

30. 你的主确实扩大他所意欲的人的生计, 他也紧缩(他所意欲的人的生计)。他确知他的仆人们, 并看得见(他们)。

30. Indeed, your Lord enlarges the provision for whom He wills, and straitens (it for whom He wills). Indeed, He is All Knower, All Seer of His servants.

إِنَّ رَبَّكَ يَبْسُطُ الرِّزْقَ لِمَن يَشَاءُ وَيَقْدِرُ ۗ إِنَّهُ كَانَ بِعِبَادِهِ خَبِيرًا بَصِيرًا ﴿٣٠﴾

31. 你们不要为了怕贫穷而杀害你们的子女, 我将供应他们的生计, 也供给你们。杀死他们确是一项大罪。

31. And do not kill your children for fear of poverty. We provide for them and for you. Indeed, the killing of them is a great sin.

وَلَا تَقْتُلُوا أَوْلَادَكُمْ خَشْيَةَ إِمْلَاقٍ ۗ نَحْنُ نَرْزُقُهُمْ وَإِيَّاكُمْ ۗ إِنَّ قَتْلَهُمْ كَانَ خِطْئًا كَبِيرًا ﴿٣١﴾

32. 你们也不要接近奸淫, 它的确是可耻的(行为)和罪恶之道。

32. And do not come near to adultery. Indeed, it is an abomination and an evil way.

وَلَا تَقْرَبُوا الزَّانِيَةَ ۗ إِنَّهُ كَانَ فَحِشَةً وَسَاءَ سَبِيلًا ﴿٣٢﴾



33. 除非为了正当的原因，你们不要杀害安拉已经禁止(伤害)的生命。任何人被屈杀，我已授权他的继承人(要求抵罪或是原谅)，但他(在报复时)不可超越偿命的界限。他的确是受到协助的。

33. And do not kill a person, whom Allah has forbidden, except by right. And him who is killed wrongfully, We indeed have granted his heir the authority (of retribution), so let him not exceed limits in taking life. He shall be surely helped (by the law).

وَلَا تَقْتُلُوا النَّفْسَ الَّتِي حَرَّمَ اللَّهُ إِلَّا بِالْحَقِّ وَمَنْ قُتِلَ مَظْلُومًا فَقَدْ جَعَلْنَا لَوْلِيهِ سُلْطٰنًا فَلَا يُسْرِفُ فِي الْقَتْلِ إِنَّهُ كَانَ مَنْصُورًا



34. 不要接近孤儿的财产，除非是为了改善它，直到他达到成年。并要履行诺言。你们所作的每一个诺言都会(在审计日)被询问的。

34. And do not go near the wealth of the orphan, except in a way that is the best until he comes to his strength (maturity). And fulfill the covenant. Indeed, the covenant, will be questioned about.

وَلَا تَقْرَبُوا مَالَ الْيَتِيمِ إِلَّا بِالَّتِي هِيَ أَحْسَنُ حَتَّىٰ يَبْلُغَ أَشُدَّهُ وَأَوْفُوا بِالْعَهْدِ إِنَّ الْعَهْدَ كَانَ مَسْئُولًا



35. 当你量时要量满，也要公平地称秤，(对于你们)这在最后是更好的。

35. And give full measure when you measure, and weigh with a balance that is straight. That is fair, and better in consequence.

وَأَوْفُوا الْكَيْلَ إِذَا كِلْتُمْ وَزِنُوا بِالْقِسْطَاسِ الْمُسْتَقِيمِ ذَٰلِكَ خَيْرٌ وَأَحْسَنُ تَأْوِيلًا



36. 人啊!不要追求你一无所知的(言行或事物)，因为你的听觉，视觉或是心的(感觉)，全都将(在审计日)被询问。

36. And do not follow that of which you have no knowledge. Indeed, the hearing, and the sight, and the heart, each of these shall be called to account.

وَلَا تَقْفُ مَا لَيْسَ لَكَ بِهِ عِلْمٌ إِنَّ السَّمْعَ وَالْبَصَرَ وَالْفُؤَادَ كُلُّ أُولَٰئِكَ كَانَ عَنْهُ مَسْئُولًا



37. 你也不要在大地上傲慢横行。你不能踏碎大地，也不能伸长得与山岳齐高。

37. And do not walk upon the earth in arrogance. Indeed, you can never tear the earth (apart), and never can you reach to the mountains in height.

وَلَا تَمْشِ فِي الْأَرْضِ مَرَحًا  
إِنَّكَ لَنْ تَخْرِقَ الْأَرْضَ  
وَلَنْ تَبْلُغَ الْجِبَالَ طُولًا



38. 所有的那些罪恶在你的主看来都是可憎的。

38. All such (things), its evil is hateful in the sight of your Lord.

كُلُّ ذَلِكَ كَانَ سَيِّئُهُ عِنْدَ  
رَبِّكَ مَكْرُوهًا



39. 这是(一部分)你的主所曾降给你(穆圣)的智能，不要以其它的伪神与安拉联系在一起，以免你被轻蔑无助地掷入火狱。

39. That is from what your Lord has revealed to you (O Muhammad) from the wisdom. And do not take with Allah any other god, lest you are thrown into Hell, blameworthy, abandoned.

ذَلِكَ مِمَّا أَوْحَىٰ إِلَيْكَ رَبُّكَ  
مِنَ الْحِكْمَةِ ۗ وَلَا تَجْعَلْ مَعَ  
اللَّهِ إِلَهًا ءَاخَرَ فَتُلْقَىٰ فِي  
جَهَنَّمَ مَلُومًا مَّدْحُورًا



40. 你们的主可曾赐给你们儿子，而在天仙中为他自己选取女儿吗？你们的确说出了最可恶的话！

40. Has your Lord then chosen you for (having) sons, and has taken (for Himself) daughters from among the angels. Indeed, you utter a dreadful saying.

أَفَأَصْفَنكُمْ رَبُّكُم بِالْبَنِينَ  
وَاتَّخَذَ مِنَ الْمَلَائِكَةِ إِنثًا  
إِنَّكُمْ لَتَقُولُونَ قَوْلًا عَظِيمًا



41. 我已在这《古兰经》中反复申述(劝诫)，好使你们注意，但是它只增加了他们(对真理)的厌恶。

41. And indeed, We have fully explained in this Quran that they may take admonition, but it does not increase them except in aversion.

وَلَقَدْ صَرَّفْنَا فِي هَذَا  
الْقُرْآنِ لِيَذَكَّرُوا وَمَا  
يَزِيدُهُمْ إِلَّا نُفُورًا



42. 你说：“假如像他们所说的，有(另外的)神祇与他(主)同在，那么，它们一定会寻求方法对付宝座之主(真宰)。”

42. Say (O Muhammad): “If there had been (other) gods along with Him, as they say, then they would have sought a way to the Lord of the Throne.”

قُلْ لَوْ كَانَ مَعَهُ ءِٰهَةٌ كَمَا  
يَقُولُونَ إِذَا لَّابَتَغَوْا إِلَىٰ ذِي  
الْعَرْشِ سَبِيلًا ﴿٤٢﴾

43. 光荣归主!他是崇高的，高于他们所说的。

43. Glory be to Him, and He is high above what they say, Exalted, Great.

سُبْحٰنَهُ وَتَعَالَىٰ عَمَّا  
يَقُولُونَ عُلُوًّا كَبِيرًا ﴿٤٣﴾

44. 七重天与大地以及其中的万物，都赞颂他的光荣，没有一物不赞颂他(的尊崇)，但是你们却不了解他们的赞颂。他确是宽仁的、多恕的。

44. Glorify Him the seven heavens and the earth and whatever is therein. And there is not any thing but glorifies His praise, but you do not understand their glorification. Indeed, He is ever Clement, Forgiving.

تُسَبِّحُ لَهُ السَّمٰوٰتُ الَّسَبْعُ  
وَالْاَرْضُ وَمَنْ فِيهِنَّ ؕ وَاِنْ مِنْ  
شَيْءٍ اِلَّا يُسَبِّحُ بِحَمْدِهِ  
وَلٰكِنْ لَا تَفْقَهُونَ  
تَسْبِيحَهُمْ ؕ اِنَّهٗ كَانَ حَلِيْمًا  
غَفُوْرًا ﴿٤٤﴾

45. 当你诵读《古兰经》时，我在你与那些不信后世的人之间放置了一重看不见的帐幕。

45. And when you recite the Quran, we place between you and those who do not believe in the Hereafter, a hidden barrier.

وَإِذَا قَرَأْتَ الْقُرْءَانَ جَعَلْنَا  
بَيْنَكَ وَبَيْنَ الَّذِيْنَ لَا يُؤْمِنُوْنَ  
بِالْآخِرَةِ حِجَابًا مَّسْتُورًا ﴿٤٥﴾

46. 我也在他们的心上放上一层罩，以免他们了解它(古兰)；并使他们耳聋。当你在古兰中独一地纪念

46. And We have placed upon their hearts coverings, lest they should understand it, and in their ears a deafness. And when

وَجَعَلْنَا عَلَىٰ قُلُوْبِهِمْ اَكِنَّةً اَنْ  
يَفْقَهُوْهُ وَفِيْ اَازَانِهِمْ وَقْرًا ؕ  
وَإِذَا ذَكَرْتَ رَبَّكَ فِي الْقُرْءَانِ



你的主时，他们憎恶地背转身跑开了。

you make mention of your Lord alone in the Quran, they turn on their backs in aversion.

وَحَدَّهُ وَلَوْ عَلَىٰ أَدْبَرِهِمْ  
نُفُورًا ﴿٤٦﴾

47. 当他们倾听你(诵经)时，我深知他们为什么要听它和当他们在私下商议时(他们所说的)。(看啦!)那邪恶的(人)说：“你们只不过追随一个中了魔的人罢了。”

47. We know best of what they listen to, when they listen to you and when they take secret counsel. When the wrong doers say: “You follow none but a man bewitched.”

نَحْنُ أَعْلَمُ بِمَا يَسْتَمِعُونَ  
بِهِ إِذْ يَسْتَمِعُونَ إِلَيْكَ وَإِذْ  
هُمْ نَجْوَىٰ إِذْ يَقُولُ الظَّالِمُونَ  
إِنْ تَتَّبِعُونَ إِلَّا رَجُلًا  
مَّسْحُورًا ﴿٤٧﴾

48. 看他们对你作了什么样的比喻。他们全部迷误了，找不出一条路(出)来。

48. Look how they put forward for you similitudes. So they have gone astray, then they can not find a way.

أَنْظُرْ كَيْفَ ضَرَبُوا لَكَ  
الْأَمْثَالَ فَضَلُّوا فَلَا  
يَسْتَطِيعُونَ سَبِيلًا ﴿٤٨﴾

49. 他们说：“(什么!)当我们已变成枯骨与尘埃时，还会被复活(成为)一个新生命吗?”

49. And they say: “When we are bones and fragments, shall we really be resurrected (to be) a new creation.”

وَقَالُوا أَإِذَا كُنَّا عِظْمًا  
وَرُفَاتًا أَإِنَّا لَمَبْعُوثُونَ خَلْقًا  
جَدِيدًا ﴿٤٩﴾

50. 你说：“你们将变成石或铁。”

50. Say (O Muhammad): “Be you stones or iron.”

﴿٥٠﴾ قُلْ كُونُوا حِجَارَةً أَوْ  
حَدِيدًا ﴿٥٠﴾

51. “或是一些在你们的心中认为更硬的东西。”那时他们会说：“谁将使我们复活?”你说：“最初造

51. “Or some created thing that is yet greater in your breasts.” Then they will say: “Who shall bring us back (to

أَوْ خَلْقًا مِّمَّا يَكْبُرُ فِي  
صُدُورِكُمْ ۚ فَسَيَقُولُونَ مَنْ  
يُعِيدُنَا ۚ قُلِ الَّذِي فَطَرَكُمْ

化你们的主。”那时他们将对你摇他们的头，并说：“那将是什么时候？”你说：“它可能不远了。”

life).” Say: “He who created you in the first instance.” Then they will shake their heads at you, and say: “When will it be.” Say: “perhaps that it is near.”

أَوَّلَ مَرَّةٍ فَسَيُنْغِضُونَ إِلَيْكَ  
رُءُوسَهُمْ وَيَقُولُونَ مَتَى  
هُوَ قُلْ عَسَى أَنْ يَكُونَ  
قَرِيبًا ﴿٥١﴾

52. “那一天，他将召唤你们，那时你们也将以赞颂他来回答他的召唤，你们也将认为你们只不过(在坟墓中)逗留了片刻时间。”

52. On the day (when) He will call you, then you will answer with His praise, and you will think that you had not stayed (in the world) except for a little.

يَوْمَ يَدْعُوكُمْ  
فَتَسْتَجِيبُونَ بِحَمْدِهِ  
وَتَظُنُونَ إِنْ لَبِثْتُمْ إِلَّا قَلِيلًا ﴿٥٢﴾

53. 你对我的仆人们说，叫他们说最温和的话。魔鬼确已在他们当中挑拨引起争论，魔鬼对于人类的确是一个公开的敌人。

53. And say to My servants to speak that which is best. Indeed, Satan sows discord among them. Indeed, Satan is to mankind a clear enemy.

وَقُلْ لِعِبَادِي يَقُولُوا الَّتِي  
هِيَ أَحْسَنُ إِنَّ الشَّيْطَانَ  
يَنْزِعُ بَيْنَهُمْ إِنَّ الشَّيْطَانَ  
كَانَ لِلْإِنْسَانِ عَدُوًّا مُبِينًا ﴿٥٣﴾

54. 你们的主最知道你们，如果他愿意，他就慈悯你们。或者他若愿意，他也会惩罚你们。我未派你(穆圣)作他们的监护者。

54. Your Lord knows you best. If He wills, He will have mercy upon you, or if He wills, He will punish you. And We have not sent you (O Muhammad) over them as a guardian.

رَبُّكُمْ أَعْلَمُ بِكُمْ إِنَّ يَشَاءُ  
يَرْحَمَكُمُ أَوْ إِنْ يَشَاءُ يُعَذِّبْكُمْ  
وَمَا أَرْسَلْنَاكَ عَلَيْهِمْ  
وَكَيلًا ﴿٥٤﴾

55. 你的主深知在诸天与大地之间的万物

55. And your Lord knows best of whoever

وَرَبُّكَ أَعْلَمُ بِمَنْ فِي

，我确曾使一些先知高于另一些先知，我曾赐给达武德(戴维)赞美诗(翟布尔)。

is in the heavens and the earth. And indeed, We have preferred some of the prophets above others, and to David We gave the Psalms.

السَّمَوَاتِ وَالْأَرْضِ ۗ وَلَقَدْ فَضَّلْنَا بَعْضَ النَّبِيِّينَ عَلَى بَعْضٍ ۗ وَءَاتَيْنَا دَاوُدَ زُبُورًا



56. 你说：“你们去祈求他(主)以外的那些你们以为(是神的)吧，它们既没有力量消除你们的灾难，也不能改变它们(灾难)。”

56. Say: “Call unto those whom you claim (to be gods) other than Him. For they have no power to remove the adversity from you, nor to shift it.”

قُلْ اَدْعُوا الَّذِيْنَ زَعَمْتُمْ مِّنْ دُونِهِ ۗ فَلَا يَمْلِكُوْنَ كَشْفَ الضَّرِّ عَنْكُمْ وَلَا تَحْوِيْلًا



57. 他们所祈求的那些，它们自己却在寻求向主之道，它们互相竞争谁更接近他们的主，并希望(得到)他的慈悯，和畏惧他的怒恼(惩罚)——那确实是一件应当提防的事。

57. Those unto whom they call upon, are themselves seeking to their Lord the means of access, as to which of them should be the nearest, and they hope for His mercy and they fear His punishment. Surely, punishment of your Lord is to be feared.

اُولٰٓئِكَ الَّذِيْنَ يَدْعُوْنَ يَبْتَغُوْنَ اِلٰى رَبِّهِمْ اَلْوَسِيْلَةَ اَيْهُمْ اَقْرَبُ وَيَرْجُوْنَ رَحْمَتَهُ ۗ وَيَخَافُوْنَ عَذَابَهُ ۗ اِنَّ عَذَابَ رَبِّكَ كَانَ مَحْذُوْرًا



58. 没有一个城市我不在复活日以前加以毁灭，或是以严格的刑罚去惩罚它。这是被写在天经上的。

58. And there is not any township but that We shall destroy it before the Day of Resurrection, or punish it with a severe punishment. This is written down in the

وَ اِنْ مِّنْ قَرْيَةٍ اِلَّا لَخْنُ مُهْلِكُوْهَا قَبْلَ يَوْمِ اَلْقِيٰمَةِ اَوْ مُعَذِّبُوْهَا عَذَابًا شَدِيْدًا ۗ كَانَ ذٰلِكَ فِي



59. 除了古代的人不信它们(迹象)之外，没有能阻止我颁降迹象的。我曾赐给撒姆德人母驼作为明证，但他们亏待了它。除了作为警告之外，我不为其它目的降下迹象。

59. And nothing prevented Us from sending signs but that the people of old denied them. And We gave Thamud the she-camel, a clear sign, but they wronged her. And We do not send the signs except to cause (people to) fear.

وَمَا مَنَعَنَا أَنْ نُرْسِلَ  
بِالْآيَاتِ إِلَّا أَنْ كَذَّبَ بِهَا  
الْأَوَّلُونَ ۚ وَءَاتَيْنَا ثَمُودَ  
النَّاقَةَ مُبْصِرَةً فَظَلَمُوا بِهَا ۚ  
وَمَا نُرْسِلُ بِالْآيَاتِ إِلَّا  
تَخْوِيفًا ﴿٥٩﴾

60. 那时，我对你说过：“你的主的确包围了人类，我所显示给你的化境，不过是对人们的一项试验，（就像）在《古兰经》中（提到过的）被诅咒的树一样。我要使他们畏惧，但那却增加了他们的放肆（叛逆）。”

60. And (O Muhammad) when We said to you: “Indeed, your Lord has encompassed mankind.” And We did not make the vision which We have shown you except as a trial for mankind, and the tree accursed in the Quran. And We warn them, but it does not increase them except in greater transgression.

وَإِذْ قُلْنَا لَكَ إِنَّ رَبَّكَ  
أَحَاطَ بِالنَّاسِ ۚ وَمَا جَعَلْنَا  
الرُّءْيَا الَّتِي أَرَيْنَاكَ إِلَّا فِتْنَةً  
لِّلنَّاسِ وَالشَّجَرَةَ الْمَلْعُونَةَ  
فِي الْقُرْآنِ ۚ وَخُوفُهُمْ فَمَا  
يَزِيدُهُمْ إِلَّا طُغْيَانًا كَبِيرًا ﴿٦٠﴾

61. 那时，我对天仙们说：“向亚当叩头。”除了依怖厉斯之外他们都叩头了。它说：“我对一个你用泥土造化的人叩头吗？”

61. And when We said to the angels: “Prostrate unto Adam,” so they fell prostrate except Iblis. He said: “Shall I prostrate to one whom

وَإِذْ قُلْنَا لِلْمَلَائِكَةِ  
اسْجُدُوا لِآدَمَ فَسَجَدُوا إِلَّا  
إِبْلِيسَ قَالَ ءَأَسْجُدُ لِمَنْ  
صَلَّاهُ مِنْ بَنِي آدَمَ ۚ قَالَ سَلَّمَ  
عَلَيْهِمْ يَوْمَئِذٍ فَاصْتَبَقُوا  
وَصَارَ آدَمُ مِنَ الْخَالِقِينَ ﴿٦١﴾

You created from clay.”

خَلَقْتَ طِينًا ﴿٦١﴾

62. 他(进一步)说:  
“请你告诉我,这就是你使他比我光荣的人吗?如果你宽容我到复活日,我一定会使他的子孙毁灭,除了少数在外。”

62. He (Iblis) said: “See You, this one whom You have honored above me, if You give me respite until the Day of Resurrection, I will surely seize his offspring, (all) except a few.”

قَالَ أَرَأَيْتَكَ هَذَا الَّذِي كَرَّمْت عَلَىٰ لَيْنٍ أَخْرَجْتَنِي إِلَىٰ يَوْمِ الْقِيَامَةِ لِأَحْتَنِكْ بِذُرِّيَّتِهِ إِلَّا قَلِيلًا ﴿٦٢﴾

63. 安拉说:“你去吧,今后他们当中任何人追随你,火狱一定是你们的回报,一项充分的回报。”

63. He (Allah) said: “Go, so whoever of them follows you, then indeed Hell will be your recompense, an ample recompense.”

قَالَ أَذْهَبُ فَمَنْ تَبِعَكَ مِنْهُمْ فَإِنَّ جَهَنَّمَ جَزَاؤُكُمْ جَزَاءً مَّوْفُورًا ﴿٦٣﴾

64. “尽可能地用你的声音去愚弄他们,和以你的骑兵和你的步兵去对付他们,跟他们共享财富和子女,并对他们许下诺言吧。”撒旦对他们的诺言只不过是欺骗。

64. “And entice whoever you can among them, with your voice, and make assaults on them with your cavalry and your infantry, and be a partner with them in wealth and children, and promise them.” And Satan does not promise them except deceit.

وَأَسْتَفْزِرُ مِنْ أَسْتَطَعْتَ مِنْهُمْ بِصَوْتِكَ وَأَجْلِبُ عَلَيْهِمْ بِخَيْلِكَ وَرَجِلِكَ وَشَارِكُهُمْ فِي الْأَمْوَالِ وَالْأَوْلَادِ وَعِدَّهُمْ ۗ وَمَا يَعِدُهُمُ الشَّيْطَانُ إِلَّا غُرُورًا ﴿٦٤﴾

65. “你对于我的仆人们无权。你的主足以作为他们的监护者

65. “Indeed, My servants, you have no authority over them.

إِنَّ عِبَادِي لَيْسَ لَكَ عَلَيْهِمْ سُلْطَانٌ ۗ وَكَفَىٰ

。”

66. 你们的主为你们使船在海上平稳地航行，以便你们能够寻求他的恩典。他的确是对你们至慈的。

67. 当你们在海上遭遇危难时，除了他(主)之外，那些你们所祈求的(伪神)都不见了。可是当他把你们平安地带回陆地时，你们就背弃了他。人永远是忘恩负义的！

68. (当你们踏上陆地时)你们可是觉得安全了，以为他(主)不会使大地吞没你们，或是他不会降给你们一阵狂烈的风暴，那时你们将找不到一位保护者吗？

69. 或是你们能感到安全，以为他不会再度使你们回到那里(海中)，并因你们忘恩负义降给你们一个大风暴把你们淹死，那时

And sufficient is your Lord as a Guardian.”

66. (O mankind), your Lord is He who drives for you the ship upon the sea that you may seek of His bounty. Indeed, He is ever Merciful towards you.

67. And when distress touches you at sea, those whom you call upon vanish except Him. But when He brings you safe to land, you turn away. And man is ever ungrateful.

68. Then do you feel secure that He will not cause a part of the land to swallow you, or send upon you a sand-storm, then you will not find a protector for you.

69. Or do you feel secure that He will (not) return you into that (the sea) a second time, and send upon you a hurricane of wind, then drown you

بَرِّبِكَ وَكَيْلًا ﴿١٥﴾

رَبِّكُمْ الَّذِي يُزِيحُ لَكُمْ  
الْفُلُوكَ فِي الْبَحْرِ لِتَبْتَغُوا  
مِنْ فَضْلِهِ ۗ إِنَّهُ كَانَ  
بِكُمْ رَحِيمًا ﴿١٦﴾

وَإِذَا مَسَّكُمُ الضُّرُّ فِي الْبَحْرِ  
ضَلَّ مَنْ تَدْعُونَ إِلَّا إِلَٰهًا  
فَلَمَّا نَجَّكُم إِلَى الْبَرِّ أَعْرَضْتُمْ  
وَكَانَ الْإِنْسَانُ كَفُورًا ﴿١٧﴾

أَفَأَمِنْتُمْ أَنْ تَخْسِفَ بِكُمْ  
جَانِبَ الْبَرِّ أَوْ يُرْسِلَ  
عَلَيْكُمْ حَاصِبًا ثُمَّ لَا  
تَجِدُوا لَكُمْ وَكَيْلًا ﴿١٨﴾

أَمْ أَمِنْتُمْ أَنْ يُعِيدَكُمْ فِيهِ  
تَارَةً أُخْرَىٰ فَيُرْسِلَ عَلَيْكُمْ  
قَاصِفًا مِّنَ الرِّيحِ فَيُغْرِقَكُمْ



你们在其中找不到任何援助来对抗我吗？

for your ingratitude. Then you will not find for yourselves any avenger therein against Us.

بِمَا كَفَرْتُمْ ثُمَّ لَا تَجِدُوا لَكُمْ  
عَلَيْنَا بِهِ تَبِيعًا ﴿٦١﴾

70. 我确已赐给亚当的子孙光荣，我在陆上与海中(以牲畜和船舶)负载他们，给他们美好与纯净的粮食。并且赐予他们特别的恩典，(使他们)优越于大部分我所造化的。

70. And indeed, We have honored the children of Adam, and We have carried them on the land and the sea, and We have provided them with good things, and We have preferred them above many of those whom We created, (a sure) preference.

﴿٦٠﴾ وَلَقَدْ كَرَّمْنَا بَنِي آدَمَ  
وَحَمَلْنَاهُمْ فِي الْبَرِّ وَالْبَحْرِ  
وَرَزَقْنَاهُمْ مِّنَ الطَّيِّبَاتِ  
وَفَضَّلْنَاهُمْ عَلَىٰ كَثِيرٍ  
مِّمَّنْ خَلَقْنَا تَفْضِيلًا ﴿٦١﴾

71. 那天我将召集每一个民族和他们的领袖们，那时，谁的纪录递到他的右手，他们就会读它们，他们一点也不会受到不公平的对待(亏负)。

71. The day (when) We shall summon all mankind with their leaders (or their record of deeds). Then whoever is given his book in his right hand, such will read their book and they will not be wronged a shred.

يَوْمَ نَدْعُوا كُلَّ أُنَاسٍ  
بِإِمَامِهِمْ فَمَنْ أُوتِيَ كِتَابَهُ  
بِيَمِينِهِ فَأُولَٰئِكَ يَقْرَءُونَ  
كِتَابَهُمْ وَلَا يُظْلَمُونَ  
فَتِيلًا ﴿٦٢﴾

72. 但是那些在今世盲目的人，也将会在后世盲目，并且是录乖离正道的。

72. And whoever is blind (to see the truth) in this (life), he will be blind in the Hereafter, and even farther astray from the path.

وَمَنْ كَانَ فِي هَذِهِ  
أَعْمَىٰ فَهُوَ فِي الْآخِرَةِ  
أَعْمَىٰ وَأَضَلُّ سَبِيلًا ﴿٦٣﴾

73. 他们确曾希望引诱你(穆圣)离开我已

73. And indeed, they were about to tempt

وَأَن كَادُوا لَيَفْتِنُونَكَ عَنِ

启示给你的，以便使你在那些启示之外对我伪造一些其它的(教诲)。那时他们就会把你当作他们的朋友了。

you away from that which We have revealed (the Quran) to you, that you should invent against Us other than it, and then they would surely have taken you a friend.

الَّذِي أَوْحَيْنَا إِلَيْكَ  
لِتَفْتَرِيَ عَلَيْنَا غَيْرَهُ وَإِذَا  
لَا تَخْذُوكَ خَلِيلًا ﴿٧٣﴾

74. 如非我已使你坚定，你很可能已经有点倾向他们了(跟他们妥协了)。

74. And if that We had not strengthened you, indeed, you might have inclined to them a little.

وَلَوْلَا أَنْ ثَبَّتْنَاكَ لَقَدْ كِدْتَ  
تَرَكُنْ إِلَيْهِمْ شَيْئًا قَلِيلًا ﴿٧٤﴾

75. 在那情形之下，我就会使你在生前和死后尝试双重的(惩罚)。那时，你决找不到任何援助者来对付我。

75. Then, We should have made you taste a double (punishment) in this life and a double (punishment) after death, then you would have found none to help you against Us.

إِذَا لَأَذَقْنَاكَ ضِعْفَ  
الْحَيَاةِ وَضِعْفَ الْمَمَاتِ ثُمَّ  
لَا تَجِدُ لَكَ عَلَيْنَا نَصِيرًا ﴿٧٥﴾

76. 他们希望你不能在那地方(麦加)安居，以便他们能把你从那里赶走，在你离开之后，他们也不能(在那里)久留。

76. And indeed, they were about to scare you off the land that they might drive you out from there. And then they would not have stayed (there) after you but a little.

وَإِنْ كَادُوا لَيَسْتَفِزُّوكَ  
مِنَ الْأَرْضِ لِيُخْرِجُوكَ مِنْهَا  
وَإِذَا لَّا يَلْبَثُونَ خِلْفَكَ  
إِلَّا قَلِيلًا ﴿٧٦﴾

77. (这就是)我在你以前(向世人)派遣使者们的的方法。你决不可能在我的方法中找出任何更变。

77. (Such was Our) way for those whom We had sent before you (O Muhammad) among the messengers. And you will not find any

سُنَّةَ مَنْ قَدْ أَرْسَلْنَا قَبْلَكَ  
مِنْ رُسُلِنَا وَلَا تَجِدُ لِسُنَّتِنَا  
تَحْوِيلًا ﴿٧٧﴾

change in Our way.

78. 谨守午后到黑夜之间的拜功。并在黎明时(诵读)古兰，在黎明时诵读古兰是被见证的。

78. Establish prayer from the decline of the sun to the darkness of the night, and (recite) the Quran at dawn. Indeed, (reciting) the Quran at dawn is ever witnessed.

أَقِمِ الصَّلَاةَ لِذُلُوكِ  
الشَّمْسِ إِلَى غَسَقِ اللَّيْلِ  
وَقُرْءَانَ الْفَجْرِ إِنَّ قُرْءَانَ  
الْفَجْرِ كَانَ مَشْهُودًا ﴿٧٨﴾

79. 在部分的夜中要以它(礼拜)保持清醒，这是给你(额外)增加的(副功拜)。你的主也许会因此把你提升到值得赞美的地位。

79. And at night, wake up and pray with (Quran) it, an additional prayer for you. It may be that your Lord will raise you to an honored position.

وَمِنَ اللَّيْلِ فَتَهَجَّدْ بِهِ نَافِلَةً  
لَكَ عَسَىٰ أَنْ يَبْعَثَكَ رَبُّكَ  
مَقَامًا مَّحْمُودًا ﴿٧٩﴾

80. 你说：“我的主啊!(求你)使我好好的进入(圣城)和好好地带我离开(它)，并求你由你的仁慈赐给我支持的力量。”

80. And say: “My Lord, cause to enter me with a true entrance, and to exit me with a true exit. And grant me from Your presence a supporting authority.”

وَقُلْ رَبِّ أَدْخِلْنِي مُدْخَلَ  
صِدْقٍ وَأَخْرِجْنِي مُخْرَجَ  
صِدْقٍ وَأَجْعَلْ لِي مِنْ لَدُنْكَ  
سُلْطٰنًا نَّصِيرًا ﴿٨٠﴾

81. 并说：“真的已经来了，假的已经消失了。假的是必然消失的。”

81. And say: “Truth has come and falsehood has vanished away. Indeed, falsehood is ever bound to vanish.”

وَقُلْ جَاءَ الْحَقُّ وَزَهَقَ  
الْبَطْلُ إِنَّ الْبَطْلَ كَانَ  
زَهُوقًا ﴿٨١﴾

82. 我使古兰下降，那是对信仰者的治疗和慈悯。它只对不义的人增加损失。

82. And We send down of the Quran that which is a healing and a mercy for those

وَنُنزِّلُ مِنَ الْقُرْءَانِ مَا هُوَ  
شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا



who believe. And it does not increase but loss to the wrong doers.

يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا



83. 当我赐恩于人时，他就掉头不顾而去，并且厌恶。而当不幸接触到他时，他就陷于绝望。

83. And when We bestow favor upon man, he turns away and drifts off to one side. And when evil touches him, he is in despair.

وَإِذَا أَنْعَمْنَا عَلَى الْإِنْسَانِ أَعْرَضَ وَتَوَّأَ بِجَانِبِهِ وَإِذَا مَسَّهُ الشَّرُّ كَانَ يَئُوسًا



84. 你说：“每一个人都照他自己的方式做事，你的主深知谁是在正道上。”

84. Say: “Each one does according to his rule of conduct. And your Lord knows best him who is best guided on the way.”

قُلْ كُلٌّ يَعْمَلُ عَلَى شَاكِلَتِهِ فَرَبُّكُمْ أَعْلَمُ بِمَنْ هُوَ أَهْدَى سَبِيلًا



85. 他们问你圣灵(或天启的媒介)。你说：“圣灵是受命于我的主的。你们已被赐给少许的知识。”

85. And they ask you about the soul. Say: “The soul is by the command of my Lord. And you have not been given of the knowledge except a little.”

وَيَسْأَلُونَكَ عَنِ الرُّوحِ قُلِ الرُّوحُ مِنْ أَمْرِ رَبِّي وَمَا أُوتِيتُمْ مِنَ الْعِلْمِ إِلَّا قَلِيلًا



86. 如果我愿意，我一定可以收回我所降给你的(启示)，那时你就不可能找到任何监护者(在这件事上)帮助你反对我。

86. And if We willed, We could surely take away that which We have revealed to you, then you would not find for you in that respect a defender against Us.

وَلَيْنَ شَيْئًا لَنَذْهَبَنَّ بِالَّذِي أَوْحَيْنَا إِلَيْكَ ثُمَّ لَا تَجِدُ لَكَ بِهِ عَلَيْنَا وَكِيلًا



87. 不过那只是你的主的慈悯，他对你的恩典(实在是)很大的。

87. Except as a mercy from your Lord. Indeed, His kindness upon you is ever great.

إِلَّا رَحْمَةً مِّن رَّبِّكَ إِنَّ فَضْلَهُ كَانَ عَلَيْكَ

88. 你说：“如果(所有的)人类和精灵联合一致去仿作和这古兰相似的(经文)，即使他们互相帮助，他们也是不能作出相似的(经文)。”

88. Say: “Surely, if men and jinn were to get together in order to produce the like of this Quran, they will not (be able to) produce the like of it, even if some of them were helpers to others.”

قُلْ لِّئِنِ اجْتَمَعَتِ الْإِنْسُ  
وَالْجِنُّ عَلَيَّ أَنْ يَأْتُوا بِمِثْلِ  
هَذَا الْقُرْآنِ لَا يَأْتُونَ  
بِمِثْلِهِ وَلَوْ كَانَتْ بَعْضُهُمْ  
لِبَعْضٍ ظَهِيرًا ﴿٨٨﴾

89. 我确已在《古兰经》中对世人说明各种比喻，但是大多数的人不信。

89. And indeed, We have fully explained for mankind in this Quran of every (kind of) similitude, but most mankind refuse (anything) except disbelief.

وَلَقَدْ صَرَّفْنَا لِلنَّاسِ فِي  
هَذَا الْقُرْآنِ مِنْ كُلِّ مَثَلٍ  
فَأَبَى أَكْثَرُ النَّاسِ إِلَّا  
كُفُورًا ﴿٨٩﴾

90. 他们说：“非到你能为我们使一股泉水由地底涌出来，我们决不信你；

90. And they say: “We shall never believe you until you cause to gush forth for us from the earth a spring.”

وَقَالُوا لَنْ نُؤْمِنَ بِكَ حَتَّى  
تَفْجُرَ لَنَا مِنَ الْأَرْضِ  
يَنْبُوعًا ﴿٩٠﴾

91. “或是你有一个枣树和葡萄的园子，并且你能使河流在它们当中涌出来，

91. “Or that there be for you a garden of date-palms and grapes, and cause to gush forth rivers in their midst, abundantly.”

أَوْ تَكُونَ لَكَ جَنَّةٌ مِّنْ  
خَيْلٍ وَعِينٍ فَتُفَجِّرَ الْأَنْهَارَ  
خِلَالَهَا تَفْجِيرًا ﴿٩١﴾

92. 或是像你所说的，你使天一块一块地向我们掉下来，或者

92. “Or you cause the heaven to fall, as you have claimed,

أَوْ تُسْقِطَ السَّمَاءَ كَمَا

你把安拉同天仙们（面对面地）显示在我们的面前，

upon us in pieces, or you bring Allah and the angels before (us) face to face.”

زَعَمْتَ عَلَيْنَا كِسْفًا أَوْ تَأْتِي  
بِاللَّهِ وَالْمَلَائِكَةِ قَبِيلًا ﴿١٢﴾

93. “或是你有一间黄金的房子，或是你能升天，即使那样，我们也绝不相信你的升霄，除非你能使一本我们可以读的经典降下给我们。”你说：“光荣归主！”（难道你们不知道）我只不过是一位血肉之躯（人）、的使者吗？”

93. “Or that there come to be for you a house of gold, or you ascend up into heaven, and (even then) we will never believe in your ascension until you bring down to us a book that we can read.” Say (O Muhammad): “Glory be to my Lord. Am I (anything) but a man, (sent as) a Messenger.”

أَوْ يَكُونُ لَكَ بَيْتٌ مِّنْ  
زُحْرَفٍ أَوْ تَرَقَى فِي السَّمَاءِ  
وَلَنْ نُؤْمِنَ لِرُقِيِّكَ حَتَّى  
تُنزِلَ عَلَيْنَا كِتَابًا نَقْرُوهُ ۗ قُلْ  
سُبْحَانَ رَبِّيَ هَلْ كُنْتُ إِلَّا  
بَشَرًا رَسُولًا ﴿١٣﴾

94. 在引导到达人们之后，没有能阻止他们信仰的，除非他们说：“难道安拉派遣了一个（像我一样的）人作（他的）使者吗？”

94. And nothing prevented mankind from believing when the guidance came to them except that they said: “Has Allah sent a human being as messenger.”

وَمَا مَنَعَ النَّاسَ أَنْ يُؤْمِنُوا  
إِذْ جَاءَهُمُ الْهُدَىٰ إِلَّا أَنْ  
قَالُوا أَبَعَثَ اللَّهُ بَشَرًا رَسُولًا ﴿١٤﴾

95. 你说：“如果天仙能在地上安然行走，我（主）必然从天上降给他们一位天仙作为使者。”

95. Say: “If there were in the earth angels walking in peace, We would surely have sent down to them from the heavens an angel as messenger.”

قُلْ لَوْ كَانَتْ فِي الْأَرْضِ  
مَلَائِكَةٌ يَمْشُونَ  
مُطْمَئِنِّينَ لَنَزَّلْنَا عَلَيْهِم  
مِّنَ السَّمَاءِ مَلَكًا  
رَّسُولًا ﴿١٥﴾



96. 你说：“安拉在你我之间作证就够了。对于他的仆人，他的确是深知的、明察的。”

96. Say: “Sufficient is Allah as a witness between me and you. Indeed He is, of His servants, the Knower, the Seer.”

قُلْ كَفَىٰ بِاللَّهِ شَهِيدًا بَيْنِي  
وَبَيْنَكُمْ ۚ إِنَّهُ كَانَ  
بِعِبَادِهِ خَبِيرًا بَصِيرًا ﴿٩٦﴾

97. 蒙安拉引导的人，他就被引导(在正道上)；安拉使他迷误的人，你决不能在他(主)之外为他们找到任何保护者。我将在复活日集合他们——使他们俯首垂面，并使他们又瞎、又哑、又聋，他们的住处将是火狱，每一次当它(火势)降低时，我就增加(它的)火焰。

97. And he whom Allah guides, so he is rightly guided. And he whom He sends astray, you will never then find for them protectors other than Him. And We shall assemble them on the Day of Resurrection on their faces, blind, and dumb, and deaf. Their refuge is Hell. Whenever it abates, We shall increase them in blazing fire.

وَمَنْ يَهْدِ اللَّهُ فَهُوَ الْمُهْتَدِ  
وَمَنْ يَضِلَّ فَلَنْ نجدَهُمْ  
أَوْلِيَاءَ مِنْ دُونِهِ ۗ وَنَحْشُرُهُمْ  
يَوْمَ الْقِيَامَةِ عَلَىٰ وُجُوهِهِمْ  
عُمِيًّا وَنُكْمًا وَصُمًّا  
مَّأْوَنَهُمْ جَهَنَّمُ ۗ كُلَّمَا  
خَبَتْ زِدْنَاهُمْ سَعِيرًا ﴿٩٧﴾

98. 那就是他们的报应，因为他们不信我的迹象，并说：“(什么话!)当我们变成枯骨与尘埃时，那时，我们还能被复活成为一个新的被造物(生命)吗?”

98. That is their recompense because they disbelieved in Our verses and said: “Is it, when we are bones and fragments, shall we be raised up as a new creation.”

ذَٰلِكَ جَزَاؤُهُمْ بِأَنَّهُمْ كَفَرُوا  
بِعَايَتِنَا وَقَالُوا أَإِذَا كُنَّا  
عِظْمًا وَرُفَاتًا أءِنَّا  
لَمَبْعُوثُونَ خَلْقًا جَدِيدًا ﴿٩٨﴾

99. 他们不知道安拉曾造化了诸天与大地，也能够造化和他们相似的，并为他们规

99. Have they not seen that Allah, who created the heavens and the earth has Power over

﴿٩٩﴾ أَوَلَمْ يَرَوْا أَنَّ اللَّهَ الَّذِي  
خَلَقَ السَّمَوَاتِ وَالْأَرْضَ

定了一个无疑的期限吗?但是不义的人除了忘恩负义之外,(一点也)不信。

that He can create the like of them. And He has decreed for them an appointed term, whereof there is no doubt. But wrong doers refuse except disbelief.

قَادِرٌ عَلَىٰ أَنْ يَخْلُقَ مِثْلَهُمْ  
وَجَعَلَ لَهُمْ أَجَلَآ لَا رَيْبَ  
فِيهِ فَأَبَى الظَّالِمُونَ إِلَّا  
كُفُورًا ﴿١١﴾

100. 你说:“如果你们掌握了我的主的慈悯的宝库。你们一定仍会因为怕使用它(慈悯)而克扣了(它们)。人是小气的。”

100. Say: “If you owned the treasures of the mercy of my Lord, behold, you would surely hold them back for fear of spending.” And man is ever grudging.

قُلْ لَوْ أَنْتُمْ تَمْلِكُونَ خَزَائِنَ  
رَحْمَةِ رَبِّي إِذًا لَأَمْسَكْتُمْ  
خَشْيَةَ الْإِنْفَاقِ ۗ وَكَانَ  
الْإِنْسَانُ قَتُورًا ﴿١٠﴾

101. 当姆撒(摩西)到达以色列子孙时,我的确给了他九项明显的迹象。(你去)问问他们吧。那时法老对他说:“姆撒啊!我认为你确实是中了魔了。”

101. And indeed, We gave to Moses nine clear signs. Ask then the Children of Israel, when he came to them, then Pharaoh said to him: “Indeed, I consider you, O Moses, one bewitched.”

وَلَقَدْ ءَاتَيْنَا مُوسَىٰ تِسْعَ  
ءَايَاتٍ بَيِّنَاتٍ فَمَسَّ عَلَىٰ  
إِسْرَائِيلَ إِذْ جَاءَهُمْ فَقَالَ  
لَهُ فِرْعَوْنُ إِنِّي لَأَظُنُّكَ  
يَمُوسَىٰ مَسْحُورًا ﴿١٠﴾

102. 他(姆撒)说:“你的确知道,这些(迹象)是诸天与大地的主降下作为明证的。法老啊!我认为你确实是要被毁灭的!”

102. He (Moses) said: “Certainly, you know that no one has sent down these (signs) except the Lord of the heavens and the earth as evidence. And indeed I think of you, O Pharaoh, as doomed.”

قَالَ لَقَدْ عَلِمْتَ مَا أَنزَلَ  
هَٰؤُلَاءِ إِلَّا رَبُّ السَّمَوَاتِ  
وَالْأَرْضِ بِصَايِرٍ وَإِنِّي  
لَأَظُنُّكَ يَافِرِعَوْنُ مَثْبُورًا ﴿١٠﴾

103. 他(法老)希望把他们从地面上除去,但是我却淹死了他和所有同他在一起的人。

103. So he intended to scare them away from the land, then We drowned him and those with him, all together.

فَأَرَادَ أَنْ يَسْتَفِزَّهُمْ مِنَ الْأَرْضِ فَأَغْرَقْنَاهُ وَمَنْ مَعَهُ جَمِيعًا ﴿١٠٣﴾

104. 此后,我对以色列的子孙说:“你们就居住这块土地上吧,然后当后世的约来到时,我会使你们全体(从各民族的集体中)出现。”

104. And We said, after him, to the Children of Israel: “Dwell in the land, then when the promise of the Hereafter comes to pass, We shall bring you forth as one gathering.

وَقُلْنَا مِنْ بَعْدِهِ لِبَنِي إِسْرَائِيلَ اأَسْكُنُوا الْأَرْضَ فَإِذَا جَاءَ وَعْدُ الْآخِرَةِ جِئْنَا بِكُمْ لَفِيفًا ﴿١٠٤﴾

105. 我以真理降下它(古兰),它已随同真理下降。我派你只是作为报佳音和传警告的(使者)。

105. And with truth have We sent it (Quran) down, and with truth has it descended. And We have not sent you but a bearer of good tidings and a warner.

وَبِالْحَقِّ أَنْزَلْنَاهُ وَبِالْحَقِّ نَزَلَ وَمَا أَرْسَلْنَاكَ إِلَّا مُبَشِّرًا وَنَذِيرًا ﴿١٠٥﴾

106. 这一部古兰,我已分(成章节),以便你能间歇地向人们诵读它,我已使它陆陆续续地下降。

106. And (it is) a Quran that We have divided (into parts), that you may recite it to mankind at intervals. And We have sent it down as a successive revelation.

وَقُرْءَانًا فَرَقْنَاهُ لِتَقْرَأَهُ عَلَى النَّاسِ عَلَى مُكْثٍ وَنَزَّلْنَاهُ تَنْزِيلًا ﴿١٠٦﴾

107. 你说:“你们可能信它,你们或者也可能不信它。当它被诵读给那些以前被赋

107. Say: “Believe in it, or do not believe.” Indeed, those who were given knowledge

قُلْ ءَامِنُوا بِهِ أَوْ لَا تُؤْمِنُوا إِنَّ الَّذِينَ أُوتُوا الْعِلْمَ مِنْ



予知识的人时，他们就崇敬地俯伏叩头。

”

before it, when it is recited to them, they fall down upon their faces in prostration.

قَبْلَهُ إِذَا يُتْلَى عَلَيْهِمْ مَحْرُورًا  
لِلْأَذْقَانِ سُجْدًا ﴿١٧﴾

108. 他们说：“光荣归主，我们的主的诺言必然是要实现的。

”

108. And they say: “Glory be to our Lord. Surely, the promise of our Lord must be fulfilled.”

وَيَقُولُونَ سُبْحَانَ رَبِّنَا إِنْ كَانَ وَعْدُ رَبِّنَا لَمَفْعُولًا ﴿١٨﴾

109. 他们流着泪叩头，并加深了他们的谦卑。

109. And they fall down upon their faces, weeping, and it increases them in humility. AsSajda

وَيَحْرُورًا لِلْأَذْقَانِ يَبْكُونَ وَيَزِيدُهُمْ خُشُوعًا ﴿١٩﴾

110. 你说：“你们称呼他为安拉，或是称呼他拉曼(大仁的主)。你无论喊他什么名字，一切最美好的名字全是属于他的。”你(穆圣)既不要在礼拜时大声(朗诵)，也不要低声(默念)，而要采取两者之间的(适中音度)。

110. Say: “Call upon Allah, or call upon the Beneficent. By whichever (name) you call upon. To Him belong the best names. And (O Muhammad), do not recite (too) loudly in your prayer, and be not (too) quiet in it, but seek between it a way.”

قُلِ ادْعُوا اللَّهَ أَوْ ادْعُوا الرَّحْمَنَ أَيًّا مَا تَدْعُوا فَلَهُ الْأَسْمَاءُ الْحُسْنَىٰ وَلَا تَجْهَرْ بِصَلَاتِكَ وَلَا تُخَافِتْ بِهَا وَابْتَغِ بَيْنَ ذَلِكَ سَبِيلًا ﴿٢٠﴾

111. 你说：“一切赞美都属于安拉，他没有任何子嗣，在(他的)主权中也没有伙伴，也没有任何可以使他免于屈辱的保护者，(所以)你要赞颂他的伟大。”

111. And say: “Praise be to Allah, who has not taken to Himself a son, and He has no partner in the sovereignty, and He has no (need of a) protector out of weakness. And magnify

وَقُلِ الْحَمْدُ لِلَّهِ الَّذِي لَمْ يَتَّخِذْ وَلَدًا وَلَمْ يَكُن لَّهُ شَرِيكٌ فِي الْمُلْكِ وَلَمْ يَكُن لَّهُ وِليٌّ مِّنَ الدُّنْيَا وَكَبْرَهُ

Him with all  
magnificence.”

تَكْبِيرًا

