



塔哈

Taaha

طه

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 塔哈。

1. Ta. Ha.

طه ﴿١﴾

2. 我不曾为了使你烦恼而降古兰给你。

2. We have not sent down to you (Muhammad) the Quran that you should be distressed.

مَا أَنْزَلْنَا عَلَيْكَ الْقُرْآنَ لِتَشْقَى ﴿٢﴾

3. 而是为了提醒那些畏惧(安拉)的人。

3. But as a reminder for those who fear (Allah).

إِلَّا تَذَكِرَةٌ لِمَنْ تَخَشَى ﴿٣﴾

4. (它是)一项来自造化大地和高高在上的诸天的主的启示。

4. A revelation from Him who created the earth and the high heavens.

تَنْزِيلًا مِّمَّنْ خَلَقَ الْأَرْضَ وَالسَّمَوَاتِ الْعُلَى ﴿٤﴾

5. 仁主(拉曼)是(稳固地)安置在(权威的)宝座上。

5. The Beneficent, (He is) on the Throne, established.

الرَّحْمَنُ عَلَى الْعَرْشِ اسْتَوَى ﴿٥﴾

6. 在诸天当中和在地上,和在它们之间的一切,以及在泥土之下的一切都属于他。

6. To Him belongs whatever is in the heavens, and whatever is on the earth, and whatever is between them, and whatever is beneath the soil.

لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ وَمَا بَيْنَهُمَا وَمَا تَحْتَ الثَّرَى ﴿٦﴾

7. 如果你高声说话
(他当然知道), 他也
确实知道你们心中的
秘密和更隐秘的(思
想)。

7. And if you speak
out aloud, then indeed
He knows the secret
and (what is yet) more
hidden.

وَأَن تَجْهَرُ بِالْقَوْلِ فَإِنَّهُ
يَعْلَمُ السِّرَّ وَأَخْفَى ﴿٧﴾

8. 安拉!除了他之外
无神, 他的名字是最
美丽的。

8. Allah, there is no
god except Him. His
are the most beautiful
names.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ لَهُ
الْأَسْمَاءُ الْحُسْنَى ﴿٨﴾

9. 姆撒(摩西)的故
事到达你了吗?

9. And has there come
to you the story of
Moses.

وَهَلْ أَتَكَ حَدِيثُ مُوسَى
﴿٩﴾

10. 那时, 他看见了
火, 他对他的家人
说: “你们等一等,
我确实看见了火, 也
许我可以为你们从那
里取来一些燃烧着的
木头, 或是从火得到
引导。”

10. When he saw a
fire, so he said to his
family: “Wait, indeed,
I see a fire, perhaps I
may bring to you
from it some burning
brand, or I may find
guidance at the fire.”

إِذْ رَأَى نَارًا فَقَالَ لِأَهْلِهِ
امْكُثُوا إِنِّي آنستُ نَارًا لَّعَلِّي
آتِيكُمْ مِنْهَا بِقَبَسٍ أَوْ أَجْدُ
عَلَى النَّارِ هُدًى ﴿١٠﴾

11. 但当他到达火边
时, 一个声音叫道:
“姆撒啊!

11. Then when he
came to it, he was
called: “O Moses”

فَلَمَّا أَتَاهَا نُودِيَ يَمُوسَى
﴿١١﴾

12. “我确是你的
主, 所以你要脱下你
的鞋子, 因为你在
‘土洼圣谷’ 当中。

12. “Indeed, I am
your Lord, so take off
your shoes. Indeed,
you are in a sacred
valley of Tuwa.”

إِنِّي أَنَا رَبُّكَ فَاحْلَعْ نَعْلَيْكَ
إِنَّكَ بِالْوَادِ الْمُقَدَّسِ طُوًى ﴿١٢﴾

13. “我已选择了
你, 所以(你要)恭听
(我所)降给你的(启

13. “And I have chosen
you, so listen to that
which is inspired.”

وَأَنَا آخَرْتُكَ فَاسْتَمِعْ لِمَا
يُوحَى ﴿١٣﴾

示)。

14. “的确，我是安拉，除我之外无神。所以你应当(只)事奉我，并为了赞念我而保持礼拜。”

14. “Indeed, I am Allah, there is no god except Me, so worship Me and establish prayer for My remembrance.”

إِنِّي أَنَا اللَّهُ لَا إِلَهَ إِلَّا أَنَا
فَاعْبُدْنِي وَأَقِمِ الصَّلَاةَ
لِدِكْرِي ﴿١٤﴾

15. “那‘时间’的确要来了，但是我却无意将它保持秘密，以便每一个人都能按他的努力而获得他的回赐。”

15. “Indeed, the Hour is coming. I will keep it hidden, so that every soul may be recompensed for what it strives.”

إِنَّ السَّاعَةَ آتِيَةٌ أَكَادُ
أُخْفِيهَا لِتُجْزَىٰ كُلُّ نَفْسٍ
بِمَا تَسْعَىٰ ﴿١٥﴾

16. “所以不要让那些不信它(时间)并追随其私欲的人阻止你，以免你遭受毁灭。”

16. “So do not let him turn you away from it who does not believe in it, and follows his desire, lest you then perish.”

فَلَا يَصُدَّنَّكَ عَنْهَا مَنْ لَّا
يُؤْمِنُ بِهَا وَاتَّبَعَ هَوَاهُ فَتَرْدَىٰ ﴿١٦﴾

17. “姆撒啊!在你右手中拿的是什么呀?”

17. “And what is that in your right hand, O Moses.”

وَمَا تِلْكَ بِيَمِينِكَ يَا مُوسَىٰ
﴿١٧﴾

18. 他说：“那是我的手杖，我依仗它，用它打下饲料供我的羊群，它对我还有其它用途。”

18. He (Moses) said: “This is my staff, I lean upon it, and I shake down leaves with it for my sheep, and for me there are other uses with it.”

قَالَ هِيَ عَصَايَ أَتَوَكَّأُ
عَلَيْهَا وَأَهْشُ بِهَا عَلَىٰ غَنَمِي
وَلِي فِيهَا مَخَارِبٌ أُخْرَىٰ ﴿١٨﴾

19. 他(安拉)说：“姆撒啊!掷出它!”

19. He (Allah) said: “Throw it down, O Moses.”

قَالَ أَلْقِهَا يَا مُوسَىٰ ﴿١٩﴾

20. 他就掷出了它。(看啦!)它变成了一活动的蛇。

20. So he threw it down, then behold, it was a serpent, moving swiftly.

فَأَلْقَاهَا فَإِذَا هِيَ حَيَّةٌ تَسْعَى



21. 他(安拉)说:“抓住它,不要怕,我将(立刻)使它回复它原先的形状。”

21. He (Allah) said: “Seize it and do not fear. We shall return it to its former state.”

قَالَ خُذْهَا وَلَا تَخَفْ
سَنُعِيدُهَا سِيرَتَهَا الْأُولَى



22. 现在把你的手夹在你的腋下,它就会变成洁白、发光而没有伤害。(那是)另一个迹象,

22. “And draw in your hand to your side, it will come out white without disease, another sign.”

وَأَضْمُ يَدَكَ إِلَى جَنَاحِكَ
تَخْرُجُ بَيْضَاءَ مِنْ غَيْرِ سُوءٍ
آيَةٌ أُخْرَى



23. “以便我向你显示一些我更大的奇迹。”

23. “That We may show you of Our greater signs.”

لِنُرِيكَ مِنْ آيَاتِنَا الْكُبْرَى



24. “你到法老那里去;他实在是过份了。”

24. “Go to Pharaoh. Indeed, he has transgressed.”

أَذْهَبَ إِلَى فِرْعَوْنَ إِنَّهُ طَغَى



25. 他(姆撒)说:“我的主啊!求你扩展我的胸怀。”

25. He said: “My Lord, open up for me my chest.”

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي



26. “使我的工作对我容易。”

26. “And ease for me my task.”

وَيَسِّرْ لِي أَمْرِي



27. “并解开我的舌结,”

27. “And untie the knot from my tongue.”

وَأَحْلِلْ عُقْدَةَ مِنِّ لِسَانِي



28. “以便他们可以了解我所说的。”

28. “That they may understand my

يَفْقَهُوا قَوْلِي



	speech.”	
29. “并求你在我的家人中赐给我一位助手，	29. “And appoint for me an assistant from my family.”	وَأَجْعَلْ لِي وَزِيرًا مِّنْ أَهْلِي ﴿٢٩﴾
30. “我的兄弟哈仑(亚伦)。	30. “Aaron, my brother.”	هَارُونَ أَخِي ﴿٣٠﴾
31. “以他来增加我的力量，	31. “Increase through him my strength.”	أَشْدُدْ بِهِ أَزْرِي ﴿٣١﴾
32. “并让他分担我的工作。	32. “And let him share in my task.”	وَأَشْرِكْهُ فِي أَمْرِي ﴿٣٢﴾
33. “以便我们能多多地赞颂你，	33. “That we may glorify You much.”	كَيْ نُسَبِّحَكَ كَثِيرًا ﴿٣٣﴾
34. “和多多地纪念你。	34. “And remember You much.”	وَنَذْكُرَكَ كَثِيرًا ﴿٣٤﴾
35. “因为你是时时看到我们的。”	35. “Indeed, You are ever seeing at us.”	إِنَّكَ كُنْتَ بِنَا بَصِيرًا ﴿٣٥﴾
36. 他(安拉)说：“姆撒啊!你的祈求已应许了。	36. He (Allah) said: “Indeed, you have been granted your request, O Moses.”	قَالَ قَدْ أُوتِيتَ سُؤْلَكَ يَمُوسَىٰ ﴿٣٦﴾
37. “(从前)在另一个时候我的确已对你显示过我的恩典。	37. “And indeed, We have done favor upon you another time.”	وَلَقَدْ مَنَنَّا عَلَيْكَ مَرَّةً أُخْرَىٰ ﴿٣٧﴾
38. “那时我启示了你母亲。	38. “When We inspired to your mother that which is inspired.”	إِذْ أَوْحَيْنَا إِلَىٰ أُمِّكَ مَا يُوحَىٰ ﴿٣٨﴾
39. “说道：‘(把这孩子)放进箱柜中，并让它漂浮在(尼罗河)水中，以便河水将他	39. (Saying): “That put him into the chest, then put it into the river, then the river shall cast it onto the bank. There	أَنْ أَقْدِفِيهِ فِي التَّابُوتِ فَاقْدِفِيهِ فِي الْيَمِّ فَلْيُلْقِهِ

冲到岸上，他将被一个我的敌人和他的敌人拾去。但我会使我的爱罩覆着你，以便你能在我的看顾之下被抚养长大。’

shall take him an enemy to Me and an enemy to him. And I bestowed upon you love from Me, and that you would be brought up under My sight.”

الْيَمُّ بِالسَّاحِلِ يَأْخُذُهُ عَدُوٌّ
لِي وَعَدُوٌّ لَهُ ۗ وَالْقِيَتُ
عَلَيْكَ مَحَبَّةً مِنِّي وَلِتُصْنَعَ
عَلَى عَيْنِي ﴿٤٠﴾

40. “那时！你的姊姊边走边说：‘我可以介绍一位愿意（看护和）抚养他的人吗？’因此我又使你重回到你的母怀，以便她眉开眼笑，愉快无忧。以后你确曾杀了一个人，但我把你从忧愁中救出来。我并以种种磨练采试验你。然后你又曾与麦德扬（米甸）人相处了若干年。然后，你遵天命（前定）来到这里，姆撒啊！

40. “When your sister went and she said: ‘Shall I direct you to someone who will be responsible for him.’ So We restored you to your mother, that she might cool her eyes and she might not grieve. And you did kill a man, then We saved you from great distress, and We tried you with a trial. Then you stayed (some) years among the people of Midian. Then you came (now) at (the time) ordained, O Moses.”

إِذْ تَمْشِي أُخْتُكَ فَتَقُولُ
هَلْ أَذْلكُمْ عَلَيَّ مَنْ يَكْفُلُهُ ۗ
فَرَجَعْنَاكَ إِلَى أُمِّكَ كَيْ تَقَرَّ
عَيْنَهَا وَلَا تَحْزَنَ ۗ وَكُنْتَ
نَفْسًا فَجْجِينِكَ مِنَ الْغَمِّ
وَفَتَنَّاكَ فُتُونًا ۗ فَلَبِثْتَ سِنِينَ
فِي أَهْلِ مَدْيَنَ ثُمَّ جِئْتَ عَلَيَّ
قَدْرٍ يَمُوسَى ﴿٤١﴾

41. “我已选择了你（作为我的使者）。

41. “And I have chosen you for Myself.”

وَأَصْطَفَيْتَكَ لِنَفْسِي ﴿٤١﴾

42. “你和你的兄弟带同我的迹象去吧，你们不要忽略了对我的纪念。

42. “Go, you and your brother, with My signs, and do not slacken in My remembrance.”

أَذْهَبْ أَنْتَ وَأَخُوكَ بِآيَاتِي
وَلَا تَنِيَا فِي ذِكْرِي ﴿٤٢﴾

43. “你们两人都到

43. “Go both of you to Pharaoh. Indeed, he

أَذْهَبَا إِلَى فِرْعَوْنَ إِنَّهُ طَغَى

法老那儿去吧，他确实是过份了。

has transgressed.”



44. “不过要对他说温和的话，他或者可能留意，或畏惧(安拉)。”

44. “Then speak to him a gentle speech, that perhaps he may take heed or fear (Allah).”

فَقُولَا لَهُ قَوْلًا لَّيِّنًا لَّعَلَّهُ
يَتَذَكَّرُ أَوْ يَخْشَى ﴿٤٤﴾

45. 他们(姆撒与哈仑)说：“我们的主啊！我们怕他会伤害我们，或是更加横暴。”

45. They (Moses and Aaron) said: “Our Lord, indeed, we fear that he may commit excesses against us, or that he may transgress all bounds.”

قَالَا رَبَّنَا إِنَّنَا نَخَافُ أَنْ
يَفْرُطَ عَلَيْنَا أَوْ أَنْ يَطْغَى ﴿٤٥﴾

46. 他(主)说：“不要怕，我与你们同在，我听到与看见(每一件事)。”

46. He (Allah) said: “Do not fear, indeed, I am with you both, I hear and I see.”

قَالَ لَا تَخَافَا إِنِّي مَعَكُمَا
أَسْمَعُ وَأَرَى ﴿٤٦﴾

47. “你们两人都到他那里去，并说：‘我们确实是由你的主派来的使者。所以，请你让以色列的子孙随我们一同出走，并不得折磨他们。我们确已带了你的主的迹象而来！祝所有追随引导的人都享平安！’

47. So go you both to him and say: “Indeed, we are messengers of your Lord, so send with us the Children of Israel, and do not punish them. We have indeed come to you with a sign from your Lord. And peace will be upon him who follows the guidance.”

فَأْتِيَاهُ فَقُولَا إِنَّا رَسُولَا
رَبِّكَ فَأَرْسِلْ مَعَنَا بَنِي
إِسْرَائِيلَ وَلَا تُعَذِّبْهُمْ قَدْ
جِئْنَاكَ بِآيَةٍ مِنْ رَبِّكَ
وَالسَّلَامُ عَلَى مَنْ اتَّبَعَ
أَهْدَى ﴿٤٧﴾

48. “‘我们已被启示，惩罚已在等待那些不信和背弃的人。’”

48. “Indeed, it has been revealed to us that the punishment will be upon him who denies and turns away.”

إِنَّا قَدْ أُوحِيَ إِلَيْنَا أَنَّ
الْعَذَابَ عَلَى مَنْ كَذَّبَ

49. (法老)说：“姆撒啊！谁是你们两人的主啊？”

49. He (Pharaoh) said: “Who then is your Lord, O Moses.”

قَالَ فَمَنْ رَبُّكُمَا يَمُوسَىٰ

50. 他说：“我们的主就是赋予万物天性与形态，并给予引导的主。”

50. He said: “Our Lord is He who gave to every thing its nature, then guided (it).”

قَالَ رَبُّنَا الَّذِي أَعْطَىٰ كُلَّ شَيْءٍ حَلْقَهُ ثُمَّ هَدَىٰ ﴿٥٠﴾

51. 他(法老)说：“那么以前各代的人情况如何呢？”

51. He said: “What then is the state of the generations of old.”

قَالَ فَمَا بَالُ الْقُرُونِ الْأُولَىٰ ﴿٥١﴾

52. 他回答道：“那知识是在我的主那里(纪录在册)，我的主从不错误，也不忘记。”

52. He said: “The knowledge thereof is with my Lord in a Record. My Lord does not err, nor does He forget.”

قَالَ عَلِمَهَا عِنْدَ رَبِّي فِي كِتَابٍ لَا يَضِلُّ رَبِّي وَلَا يَنْسَىٰ ﴿٥٢﴾

53. 他已为你们把大地造化得好象摇篮，为你们在其中展开道路，并从天空降下雨水，用它生产各种不同的植物，

53. “(He it is) who has made for you the earth as a bed (spread), and made for you in it roadways, and sent down water from the sky. ”Then We brought forth through it species of diverse plants.

الَّذِي جَعَلَ لَكُمُ الْأَرْضَ مَهْدًا وَسَلَكَ لَكُمْ فِيهَا سُبُلًا وَأَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجْنَا بِهِ أَزْوَاجًا مِّنْ نَّبَاتٍ شَتَّىٰ ﴿٥٣﴾

54. (供你们)吃和牧放牲口，在这当中对于有理解的人的确有种种迹象。

54. Eat you and pasture your cattle. Indeed, in that there are certainly signs for those of understanding.

كُلُوا وَارْعَوْا أَنْعَمَكُمُ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّأُولِي الْأَلْبَابِ ﴿٥٤﴾

55. 我由它(土)造化了你们，我也将使你们返回(它的当中)，我将再使你们由它出现(复活)。

55. From it We created you, and into it We shall return you, and from it We shall bring you out another time.

﴿ مِنْهَا خَلَقْنَاكُمْ وَفِيهَا نُعِيدُكُمْ وَمِنْهَا نُخْرِجُكُمْ تَارَةً أُخْرَى ﴾

56. 我已向他(法老)显示了我的迹象，但是他不信并且不留意。

56. And indeed, We showed him (Pharaoh) Our signs, all of them, but he denied and refused.

﴿ وَلَقَدْ أَرَيْنَاهُ آيَاتِنَا كُلَّهَا فَكَذَّبَ وَأَبَى ﴾

57. 他说：“姆撒啊！你是来用你的魔术把我们赶出我们的土地的吗？”

57. He said: “Have you come to us that you drive us out of our land with your magic, O Moses.”

﴿ قَالَ أَجِئْتَنَا لِتُخْرِجَنَا مِنْ أَرْضِنَا بِسِحْرِكَ يَا مُوسَى ﴾

58. “那么，我们一定也能显出和它相似的魔术，在你我之间订个互相遵守的日期，在一个(彼此)方便的地方(比试)。”

58. “Then we will surely bring you magic the like thereof. So make between us and you an appointment, which we shall not fail to keep, (neither) we, nor you, in an open wide place.”

﴿ فَلَنَأْتِيَنَّكَ بِسِحْرٍ مِّثْلِهِ ۖ فَاجْعَلْ بَيْنَنَا وَبَيْنَكَ مَوْعِدًا لَا نُخْلِفُهُ نَحْنُ وَلَا أَنْتَ مَكَانًا سُوًى ﴾

59. 他(姆撒)说：“你的约会(比赛的日期)将是节日那天(庙会日)。当旭日高升时(早晨)，让人们集合起来。”

59. He (Moses) said: “Your appointment shall be the day of the festival, and let the people be assembled at mid morning.”

﴿ قَالَ مَوْعِدُكُمْ يَوْمُ الزَّيْنَةِ وَأَنْ تُحْشَرَ النَّاسُ ضُحًى ﴾

60. 于是法老离开了，并作好一切计划，

60. So Pharaoh withdrew, then he devised his plot, then

﴿ فَتَوَلَّى فِرْعَوْنُ فَجَمَعَ

然后回来(赴约)。

came.

كَيْدَهُ ثُمَّ أَتَى ﴿٦﴾

61. 姆撒对他们说：“你们要遭殃了！你们不要为安拉造谣，以免他(立刻)断然地以惩罚毁灭你们。造谣者必然失败！”

61. Moses said to them (magicians): “Woe unto you, do not invent a lie against Allah, lest He should destroy you by a punishment. And surely, he will fail who invents a lie.”

قَالَ لَهُمْ مُوسَىٰ وَيْلَكُمْ لَا تَفْتَرُوا عَلَى اللَّهِ كَذِبًا فَيُسْحِتَكُمْ بِعَذَابٍ ۗ وَقَدْ خَابَ مَنْ افْتَرَىٰ ﴿٦﴾

62. 他们为了此事议论纷纷，不过他们保持他们的商谈秘密。

62. So they disputed their affair among themselves, and they kept secret the private counsel.

فَتَنَزَعُوا أَمْرَهُم بَيْنَهُمْ وَأَسْرُوا النَّجْوَىٰ ﴿٧﴾

63. 他们说：“这两人一定是(老练的)魔术师，他们想以他们的魔术把你们赶出你们的国土，并摧毁你们的优良传统。”

63. They said: “Indeed, these are two magicians, they intend that they drive you out from your land with their magic, and do away with your exemplary traditions.”

قَالُوا إِنَّ هَٰذَيْنِ لَسَاحِرَانِ يُرِيدَانِ أَنْ يُخْرِجَاكَ مِنْ أَرْضِكَ بِسِحْرِهِمَا وَيَذْهَبَا بِطَرِيقَتِكُمُ الْمُثَلَىٰ ﴿٨﴾

64. “所以你们要安排你们的计划，然后整队出发，今天谁占上风，谁就一定成功。”

64. “So resolve upon your plot, then come in rank. And certainly he will succeed this day who is uppermost.”

فَاجْمِعُوا كَيْدَكُمْ ثُمَّ آتُوا صَفًّا ۚ وَقَدْ أَفْلَحَ الْيَوْمَ مَنْ اسْتَعْلَىٰ ﴿٩﴾

65. 他们说：“姆撒啊！你先掷呢，还是我们先掷？”

65. They said: “O Moses, either that you throw, or that we will be the first who throw.”

قَالُوا يَمْوَسَىٰٓ اِِمَّا أَنْ تُلْقِيَ وَإِمَّا أَنْ نَكُونَ أَوْلَ مَنْ أَلْقَىٰ ﴿١٠﴾

66. 他说：“你们(先)掷!”那时,(看啦!)他们的绳子和他们手杖,由于他们的魔术使他看起来似乎开始活动了!

66. He said: "Rather, you throw." Then behold, their ropes and their staffs appeared to him, from their magic, as though they moved (like snakes).

قَالَ بَلْ أَلْقُوا^ط فَإِذَا حِبَاهُمْ
وَعَصِيهْمَ تُخَيِّلُ إِلَيْهِ مِنْ
سِحْرِهِمْ أَنَّهُ تَسَعَى ﴿٦٦﴾

67. 因此:姆撒心中感到(一点)恐惧。

67. So Moses conceived a fear within himself.

فَأَوْجَسَ فِي نَفْسِهِ خِيفَةً
مُوسَى ﴿٦٧﴾

68. 我(主)说：“不要怕!你一定占上风。”

68. We said: "Do not fear, indeed, it is you who will prevail."

قُلْنَا لَا تَخَفْ إِنَّكَ أَنْتَ
الْأَعْلَى ﴿٦٨﴾

69. “把你右手中的杖掷出去,它会吞下他们所假造的。他们只不过是玩了一点魔术师的手法,魔术师无论做什么都是不会成功的。”

69. "And throw what is in your right hand, it will swallow up what they have crafted. What they have crafted is only a trick of a magician. And the magician will not succeed wherever he is."

وَأَلْقِ مَا فِي يَمِينِكَ تَلْقَفْ مَا
صَنَعُوا^ط إِنَّمَا صَنَعُوا كَيْدُ
سِحْرِ^ط وَلَا يُفْلِحُ السَّاحِرُ
حَيْثُ أَتَى ﴿٦٩﴾

70. 因此魔术师们都倒身下拜,他们说：“我们信仰哈仑和姆撒的主。”

70. So the magicians fell down in prostration. They said: "We have believed in the Lord of Aaron and Moses."

فَأَلْقَى السَّحْرَةَ سُجَّدًا قَالُوا
ءَامَنَّا بِرَبِّ هَارُونَ وَمُوسَى ﴿٧٠﴾

71. 他(法老)说：“你们在我批准你们之前就信仰他了吗?他一定是你们的首领,他

71. He (Pharaoh) said: "Believe you in him before that I give permission to you. Indeed, He is your

قَالَ ءَامَنْتُمْ لَهُ قَبْلَ أَنْ
ءَاذَنَ لَكُمْ^ط إِنَّهُ لَكَبِيرُكُمْ

曾经教过你们魔术!所以我一定要砍掉你们相对的手和脚,并把你们钉在枣树干上,那时你们就会确实知道我们当中谁的惩罚较严厉,和较持久。”

chief who taught you magic. So surely, I shall cut off your hands and your feet on opposite sides, and I shall surely crucify you on the trunks of palm trees, and you shall know for certain which of us is more severe in (giving) punishment and more enduring.”

الَّذِي عَلَّمَكُمُ السِّحْرَ
فَلَأَقْطَعَنَّ
أَيْدِيَكُمْ
وَأَرْجُلَكُمْ مِّنْ
خَلْفٍ
وَلَأَصْلَبِنَكُمْ فِي
جُدُوعِ
النَّخْلِ وَلَتَعْلَمَنَّ
أَيُّنَا أَشَدُّ
عَذَابًا وَأَبْقَى ﴿٧١﴾

72. 他们说:“我们对你(法老)决不会比已经到达我们的明证(真理),或是比对造化我们的(主)更为喜爱!因此判你所愿意判决的吧,你只能结束(我们)今世的生命。”

72. They said: “We shall never prefer you above what has come to us of the clear proofs, and (above) Him who created us. So decree whatever you will decree. You can only decree (regarding) this life of the world.”

قَالُوا لَنْ نُؤْتِرَكَ عَلَىٰ مَا
جَاءَنَا مِنْ
الْبَيِّنَاتِ
وَالَّذِي فَطَرَنَا ۗ فَاقْضِ مَا
أَنْتَ قَاضٍ ۗ إِنَّمَا تَقْضِي
هَذِهِ الْحَيَاةَ الدُّنْيَا ﴿٧٢﴾

73. “我们已经信仰了我们的主,他会恕饶我们的过失和你强逼我们施行的魔术。安拉是最好的和最持久的。”

73. “Indeed, We have believed in our Lord, that He may forgive us our faults, and that upon which you have compelled us, of the magic. And Allah is better and more enduring.”

إِنَّا ءَامَنَّا بِرَبِّنَا لِيَغْفِرَ لَنَا
خَطِيئَتَنَا وَمَا أَكْرَهْتَنَا عَلَيْهِ
مِنَ السِّحْرِ ۗ وَاللَّهُ خَيْرٌ وَأَبْقَى ﴿٧٣﴾

74. 谁带罪来到他的主,他所得的一定是地狱,他在其中求生

74. Indeed, he who comes to his Lord as a criminal, then

إِنَّهُ مَن يَأْتِ رَبَّهُ مُجْرِمًا

不得，求死不能。

surely, for him is Hell. He will neither die therein nor live.

فَإِنَّ لَهُ جَهَنَّمَ لَا يَمُوتُ فِيهَا
وَلَا يَحْيَىٰ ﴿٧٤﴾

75. 信仰并作善行的人来到他(主)，他们就得到崇高的品位。

75. And he who comes to Him as a believer, who has indeed done righteous deeds. Then for such there will be the high ranks (in the Hereafter).

وَمَنْ يَأْتِهِ مُؤْمِنًا قَدْ عَمِلَ
الصَّالِحَاتِ فَأُولَٰئِكَ لَهُمُ
الدَّرَجَاتُ الْعُلَىٰ ﴿٧٥﴾

76. (给他们的将是)永恒的乐园，下面流着诸河，他们将永久居住其中。这就是那些洁身自爱(的人)的回赐。

76. Gardens of Eden, beneath which rivers flow, wherein they will abide forever. And that is the reward for those who purify themselves.

جَنَّاتُ عَدْنٍ تَجْرِي مِنْ
تَحْتِهَا الْأَنْهَارُ خَالِدِينَ فِيهَا
وَذَٰلِكَ جَزَاءُ مَنْ تَزَكَّىٰ ﴿٧٦﴾

77. 我确曾启示姆撒，说道：“你把我的仆人们在夜间带走吧，并为他们从海里开出一条干路，不要怕被(法老)赶上，也不要畏惧！”

77. And indeed, We inspired to Moses, (saying): “That travel by night with My slaves, then strike for them a dry path through the sea, you will not fear being overtaken (by Pharaoh), nor be afraid (of drowning).”

وَلَقَدْ أَوْحَيْنَا إِلَىٰ مُوسَىٰ أَنْ
أَسْرِ بِعِبَادِي فَاصْرَبْ لَهُمْ
طَرِيقًا فِي الْبَحْرِ يَبَسًا لَا
تَخَفُ دَرَكًا وَلَا تَخْشَىٰ ﴿٧٧﴾

78. 那时法老带着他的军队追赶他们，于是海水淹没了他们(法老的大军)。

78. So Pharaoh pursued them with his forces, then covered them of the sea water that which did cover them.

فَاتَّبَعَهُمْ فِرْعَوْنُ فَجَمَدِيهِمْ
فَغَشَّيْهُمْ مِّنَ الْيَمِّ مَا غَشَّيْهُمْ
﴿٧٨﴾

79. 法老误导了他的人民，而没有引导他们(正道)。

79. And Pharaoh led his people astray, and he did not guide.

وَأَضَلَّ فِرْعَوْنُ قَوْمَهُ وَمَا هَدَىٰ ﴿٧٩﴾

80. 以色列的子孙啊！我确曾把你们从你们的敌人中救出，我并与你们在(西奈)山的右边订了约，我把甘露(满喇)和鹌鹑降给你们。

80. O Children of Israel, indeed, We delivered you from your enemy, and We made a covenant with you on the right side of the mount, and We sent down to you the manna and the quails.

يَبْنِي إِسْرَائِيلَ قَدْ أَجْجَيْنَاكَ مِنْ عَدُوِّكَمَّ وَوَعَدْنَاكَ جَانِبَ الطُّورِ الْأَيْمَنِ وَنَزَّلْنَا عَلَيْكُمُ الْمَنَّاءَ وَالسَّلْوَىٰ ﴿٨٠﴾

81. (并说道)：“吃我给你们的好东西吧，但不要过份，以免我的怒恼会降到你们。那些遭我怒恼的人必定会灭亡！”

81. (Saying): “Eat from the good things with which We have provided you, and do not transgress therein, lest My anger should descend upon you. And he upon whom My anger descends has then indeed fallen.”

كُلُوا مِنْ طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَلَا تَطْغَوْا فِيهِ فَيَحِلَّ عَلَيْكُمْ غَضَبِي وَمَنْ يَحْلِلْ عَلَيْهِ غَضَبِي فَقَدْ هَوَىٰ ﴿٨١﴾

82. “的确，我也恕饶那些忏悔、信仰和作善行，并于此后谨守正道的人。”

82. “And indeed, I am Most Forgiving towards him who repents and believes and does righteous deeds, then keeps to the right way.”

وَإِنِّي لَغَفَّارٌ لِّمَنْ تَابَ وَءَامَنَ وَعَمِلَ صَالِحًا ثُمَّ اهْتَدَىٰ ﴿٨٢﴾

83. (当姆撒到达山上时，安拉说：)“姆撒啊！什么事使你匆忙地离开你的族人啊？”

83. (It was said): “And what has made you hasten from your people, O Moses.”

﴿٨٣﴾ وَمَا أَعْجَلَكَ عَنْ قَوْمِكَ يَمُوسَىٰ ﴿٨٣﴾

84. 他回答说：“我的族人紧跟着我的踪迹，我急急投奔你，我的主啊！为的是使你喜悦。”

84. He said: “They are those (close) upon my footsteps. And I hastened to You, my Lord, that You might be pleased.”

قَالَ هُمْ أَوْلَاءِ عَلَيَّ أَتْرَى
وَعَجَلْتُ إِلَيْكَ رَبِّ لِتَرْضَى



85. 他(安拉)说：“我当你不在时已试验过你的族人，萨迷理已经误导了他们。”

85. He said: “Then indeed, We have tried your people in your absence, and AsSamiri has misled them.”

قَالَ فَإِنَّا قَدْ فَتَنَّا قَوْمَكَ مِنْ
بَعْدِكَ وَأَضَلَّهُمُ السَّامِرِيُّ



86. 因此姆撒怀着愤怒与忧伤回到他的族人当中。他说：“我的族人啊！你们的主不曾对你们许下一个美好的约吗？你们可是觉得这约实现的时间对你们太长了？或是你们希望你们的主的怒恼降给你们，因此你们就不遵守你们向我立的约吗？”

86. So Moses returned to his people, angry (and) sad. He said: “O my people, did your Lord not promise you a fair promise. Did then the promise seem too long to you (in fulfillment), or did you desire that wrath from your Lord should descend upon you, so you broke your promise to me.”

فَرَجَعَ مُوسَىٰ إِلَىٰ قَوْمِهِ
غَضِبْنَ أَسْفَاً قَالَ يٰقَوْمِ
أَلَمْ يَعِدْكُمْ رَبُّكُمْ وَعَدًّا
حَسَنًا أَفَطَالَ عَلَيْكُمْ
الْعَهْدُ أَمْ أَرَدْتُمْ أَنْ يَحِلَّ
عَلَيْكُمْ غَضَبٌ مِّن رَّبِّكُمْ
فَأَخْلَفْتُم مَّوْعِدِي



87. 他们说：“违背跟你的约并非出于我们自愿。但是我们被命负担人们的饰物的重担，我们把它们扔(到火中)，那是萨迷理建议的(或：萨迷理也一样)。”

87. They said: “We did not break the promise to you by our own will, but we were laden with burdens of ornaments of the people, so we threw them (in the fire), and that was what AsSamiri suggested.”

قَالُوا مَا أَخْلَفْنَا مَوْعِدَكَ
بِمَلِكِنَا وَلَكِنَّا حَمِلْنَا أَوْزَارًا
مِّن زِينَةِ الْقَوْمِ فَقَذَفْنَاهَا
فَكَذَلِكَ أَلْقَى السَّامِرِيُّ



88. (那时)他(萨迷理)为他们(族人)(从火中)铸造出一个牛犊(的形象)。它发出一种空洞的声音。因此他们(萨迷理和他的随从者)说：“这是你们的神，也是姆撒的神，不过(姆撒)已经忘记了！”

89. 难道他们还看不出它不能回答他们一句话，它也无能伤害他们，或有益于他们吗？

90. 哈仑在这以前确已对他们说过：“我的族人啊！你们只是被这(牛犊)所诱惑。由于你们的主是最仁慈的(拉曼)，所以你们要跟随我，并服从我的命令。”

91. 他们说：“我们决不中止作为它的崇拜者，除非(等到)姆撒回返我们当中。”

92. 他(姆撒)说：“哈仑啊！当你看到他们正在犯错时，你为什

88. Then he brought out (of the fire) for them, a statue of a calf, which had a lowing (sound). So they said: “This is your god and the god of Moses, but he (Moses) has forgotten.”

89. Did they not see that it could not return to them a word (for answer), and it had no power for them to harm, nor to benefit.

90. And Aaron indeed had said to them before: “O my people, you are only being tried by this. And indeed, your Lord is the Beneficent, so follow me and obey my order.”

91. They said: “We shall never cease being devoted to it (the calf) until Moses returns to us.”

92. He (Moses) said: “O Aaron, what prevented you when you saw them going

فَأَخْرَجَ لَهُمْ عِجْلًا جَسَدًا
لَهُمْ خُورًا فَقَالُوا هَذَا
إِلَهُكُمْ وَإِلَهُ مُوسَىٰ فَنَسِيَ



أَفَلَا يَرَوْنَ إِلَّا يَرْجِعُ إِلَيْهِمْ
قَوْلًا وَلَا يَمْلِكُ لَهُمْ ضَرًّا وَلَا



وَلَقَدْ قَالَ لَهُمْ هَارُونُ مِن
قَبْلُ يَتَّقُوا اللَّهَ إِنَّمَا قُتِلْتُمْ بِهِ
وَإِنَّ رَبَّكُمْ الرَّحْمَنُ
فَاتَّبِعُونِي وَأَطِيعُوا أَمْرِي



قَالُوا لَنْ نَبْرَحَ عَلَيْهِ عَاكِفِينَ
حَتَّىٰ يَرْجِعَ إِلَيْنَا مُوسَىٰ



قَالَ يَبْهَرُونَ مَا مَنَعَكَ إِذْ
رَأَيْتَهُمْ ضَلُّوا



么趑趄不前?

astray.”

93. “你不追随我了?你也不服从我的命令了吗?”

93. “That you did not follow me. Have you then disobeyed my order.”

أَلَا تَتَّبِعُنِي أَفْعَصَيْتَ
أَمْرِي ﴿١٣﴾

94. 他(哈仑)回答道:“我母亲的儿子啊!(请你)不要抓住我的胡子,也不要抓住我的头(发)!我确实怕你会说:‘你已经在以色列的子孙中造成了分裂,和你不等待我的指示!’”

94. He (Aaron) said: “O son of my mother, Seize (me) not by my beard nor by my head. Indeed, I feared that you would say, you caused division among the Children of Israel, and you have not respected my word.”

قَالَ يَبْنَؤُمَّ لَا تَأْخُذْ بِلِحْيَتِي
وَلَا بِرَأْسِي إِنِّي خَشِيتُ أَنْ
تَقُولَ فَرَّقْتَ بَيْنَ بَنِي
إِسْرَائِيلَ وَلَمْ تَرْقُبْ قَوْلِي ﴿١٤﴾

95. 他(姆撒)说:“萨迷理啊!你有什么话说?”

95. He (Moses) said: “Then what have you to say, O Samiri.”

قَالَ فَمَا خَطْبُكَ
يَسْمِيرِي ﴿١٥﴾

96. 他回答道:“我见到他们所没看见的,因此从使者的脚印中抓了一把(尘土),并把它掷进(牛犊)。那是我的心灵驱使我的。”

96. He said: “I saw that what they did not see. So I took a handful (dust) from the footprint of the messenger, then I threw it (in the fire). And thus did my soul suggest to me.”

قَالَ بَصُرْتُ بِمَا لَمْ يَبْصُرُوا
بِهِ فَقَبَضْتُ قَبْضَةً مِّنْ أَثَرِ
الرَّسُولِ فَنَبَذْتُهَا
وَكَذَلِكَ سَوَّلَتْ لِي
نَفْسِي ﴿١٦﴾

97. 他(姆撒)说:“你离开吧!在今世你要(对你的族人常)说:‘不要碰我。’你还有一个(将来受惩罚的)约是不能逃避的约。”

97. He (Moses) said: “So go away. Then indeed, for you in this life it is to say, touch me not. And indeed, there is for you a promise which will not

قَالَ فَادْهَبْ فَإِنَّ لَكَ فِي
الْحَيَاةِ أَنْ تَقُولَ لَا مِسَاسَ
وَإِنَّ لَكَ مَوْعِدًا لَّنْ يُخْلَفُهُ
وَأَنْظُرْ إِلَى إِلْهِكَ الَّذِي

你看看你所崇拜的神吧，我一定会在烈火中烧(化)它，并将它抛弃在海中！”

be broken. And look at your god, that to which you have been devoted. We will certainly burn it, then we will surely scatter its dust in the sea.”

ظَلَّتْ عَلَيْهِ عَاكِفًا لَّنُحَرِّقَنَّهُ
ثُمَّ لَنَنْسِفَنَّهُ فِي الْيَمِّ نَسْفًا



98. 你们主是独一的安拉，除他之外无神，他的知识包含万有。

98. Your god is only Allah, Whom, there is no deity except Him. He has encompassed all things in knowledge.

إِنَّمَا إِلَهُكُمُ اللَّهُ الَّذِي لَا
إِلَهَ إِلَّا هُوَ وَسِعَ كُلَّ
شَيْءٍ عِلْمًا



99. 我这样地对你(穆圣)叙述以下的故事，我并亲自赐给你一项提示(古兰)。

99. Thus do We relate to you (Muhammad) from the news of what has preceded of old. And indeed, We have given you from Us a reminder.

كَذَلِكَ نَقُصُّ عَلَيْكَ مِنْ
أَنْبَاءِ مَا قَدْ سَبَقَ وَقَدْ
ءَاتَيْنَاكَ مِنْ لَدُنَّا ذِكْرًا



100. 谁避开它(古兰)，他就会在复活日身负(罪恶的)重担。

100. Whoever turns away from it, then indeed he will bear on the Day of Resurrection a burden.

مَنْ أَعْرَضَ عَنْهُ فَإِنَّهُ يَحْمِلُ
يَوْمَ الْقِيَامَةِ وِزْرًا



101. 他们将居留在这(情况)当中。(这是)在复活日给他们的罪恶的担子。

101. Abiding in it. And evil will be the load for them on the Day of Resurrection.

خَالِدِينَ فِيهِ وَسَاءَ لَهُمْ يَوْمَ
الْقِيَامَةِ حِمْلًا



102. 那天喇叭将会被吹响。那天，我将集中(因为恐怖而)眼睛发蓝(黯然无光)的有

102. The day when the Trumpet will be blown. And We shall gather criminals that day,

يَوْمَ يُنْفَخُ فِي الصُّورِ وَنَحْشُرُ
الْمُجْرِمِينَ يَوْمَئِذٍ زُرْقًا



罪的人。

their eyes turned blue with terror.

103. 他们将低声地互相谈话：“你们逗留不过十天。”

103. They shall whisper among themselves: “You stayed not except ten (days in the world).”

يَتَخَفْتُونَ بَيْنَهُمْ إِنْ لَبِثْتُمْ إِلَّا عَشْرًا ﴿١٣﴾

104. 我最知道他们会说些什么，当时他们当中品德高尚的人说：“你们只不过停留了一天罢了！”

104. We know well what they will say, when the best among them in conduct will say: “You stayed not except a day.”

نَحْنُ أَعْلَمُ بِمَا يَقُولُونَ إِذْ يَقُولُ أَمْثَلُهُمْ طَرِيقَةً إِنْ لَبِثْتُمْ إِلَّا يَوْمًا ﴿١٤﴾

105. 他们问你关于山(的问题)，你说：“我的主将把它们(连根拔起，像灰尘似地)粉碎播散。

105. And they ask you about the mountains. Say: “My Lord will blow them away with a blast.”

وَيَسْأَلُونَكَ عَنِ الْجِبَالِ فَقُلْ يَنْسِفُهَا رَبِّي نَسْفًا ﴿١٥﴾

106. “他将使它们成为空旷的荒原。

106. “Then He shall leave them as plains, smooth.”

فَيَذَرُهَا قَاعًا صَفْصَفًا ﴿١٦﴾

107. “你在其中(大地)看不到曲折或起伏。”

107. “Wherein you will see neither curve nor ruggedness.”

لَا تَرَى فِيهَا عِوَجًا وَلَا أَمْتًا ﴿١٧﴾

108. 那天他们将跟随召唤者，他们(召唤者)没有欺骗。一切声音都在仁主(拉曼)之前静肃(无声)，除了他们轻微的脚步声或耳语之外，你不会听到一点声音。

108. That Day, they shall follow the summoner, no crookedness (can they show) to him. And the voices shall humble before the Beneficent, so you will hear nothing but a faint murmur.

يَوْمَئِذٍ يَتَّبِعُونَ الدَّاعِيَ لَا عِوَجَ لَهُ وَخَشَعَتِ الْأَصْوَاتُ لِلرَّحْمَنِ فَلَا تَسْمَعُ إِلَّا هَمْسًا ﴿١٨﴾

109. 在那天除了仁主(拉曼)所允许的, 和他们的话被他(主)接受的人之外求情是无用的。

109. That Day, no intercession shall benefit, except the one for whom the Beneficent has given permission, and whose word is acceptable to Him.

يَوْمَئِذٍ لَا تَنْفَعُ الشَّفَعَةُ إِلَّا
مَنْ أَذِنَ لَهُ الرَّحْمَنُ وَرَضِيَ
لَهُ قَوْلًا ﴿١٠٩﴾

110. 他知道他们以前的和以后的(一切), 而他们却不能以(他们的)知识理解它(安拉所知道的)。

110. He (Allah) knows what is before them and what is behind them, and they cannot encompass it with (their) knowledge.

يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا
خَلْفَهُمْ وَلَا يُحِيطُونَ بِهِ
عِلْمًا ﴿١١٠﴾

111. (所有的)脸都将在永生的, 自足的(主)的跟前显示谦卑。背负罪过的人(在那天)确是失败的。

111. And faces shall be humbled before the Ever Living, the Eternal. And indeed, he will be a failure who carries (a burden of) wrongdoings.

﴿١١١﴾ وَعَنْتِ الْوُجُوهُ لِلْحَيِّ
الْقَيُّومِ وَقَدْ خَابَ مَنْ
حَمَلَ ظُلْمًا ﴿١١١﴾

112. 作任何善行并有信仰的人是不怕不公平或被克扣(他的报酬)。

112. And he who does any righteous deeds, and he is a believer then he will have no fear of injustice, nor curtailment (of his reward).

وَمَنْ يَعْمَلْ مِنَ الصَّالِحَاتِ
وَهُوَ مُؤْمِنٌ فَلَا يَخَافُ
ظُلْمًا وَلَا هَضْمًا ﴿١١٢﴾

113. 我这样降下了阿拉伯文的古兰, 并在其中展示了(一些)警告, 以便他们能够敬畏(安拉), 或是它可以使他们留意。

113. And thus have We sent it down as a Quran in Arabic, and We have explained in details therein of the warnings, that perhaps they may fear (Allah),

وَكَذَلِكَ أَنْزَلْنَاهُ قُرْءَانًا
عَرَبِيًّا وَصَرَّفْنَا فِيهِ مِنَ
الْوَعِيدِ لَعَلَّهُمْ يَتَّقُونَ أَوْ

or that it may cause them to remember.

مُحَدِّثُ هُمْ ذِكْرًا ﴿١١٣﴾

114. 安拉是至高的，(他是)主宰和真理。在启示对你完成之前，你不要匆忙为古兰(作结论)。只说：“我的主啊！求你增进我的知识吧！”

114. So exalted be Allah, the Sovereign, the Truth. And do not hasten (O Muhammad) with the Quran before that its revelation has been completed to you, and say: “My Lord, increase me in knowledge.”

فَتَعَلَى اللَّهِ الْمَلِكُ الْحَقُّ ۗ وَلَا تَعْجَلْ بِالْقُرْآنِ مِنْ قَبْلِ أَنْ يُقْضَىٰ إِلَيْكَ وَحْيُهُ ۗ وَقُلْ رَبِّ زِدْنِي عِلْمًا ﴿١١٤﴾

115. 我在以前确曾和亚当立约，但是他忘了，可是我并没有发现他存心不服从(或：我发现他没有坚定的宗旨)。

115. And indeed, We made a covenant with Adam before, but he forgot, and We did not find in him determination.

وَلَقَدْ عَاهَدْنَا إِلَىٰ آدَمَ مِنْ قَبْلِ فَنَسِيَ وَلَمْ نَجِدْ لَهُ عَزْمًا ﴿١١٥﴾

116. 那时我对天仙们说：“你们向亚当叩头”，除了依怖厉厮拒绝之外，他们都叩头了。

116. And when We said to the angels: “Fall prostrate before Adam.” So they fell prostrate (all) except Iblis. He refused.

وَإِذْ قُلْنَا لِلْمَلَائِكَةِ اسْجُدُوا لِآدَمَ فَسَجَدُوا إِلَّا إِبْلِيسَ أَبَىٰ ﴿١١٦﴾

117. 因此，我说：“亚当啊！这(魔鬼)确是你和你的妻的敌人，不要让他把你们俩人逐出乐园，而使你们陷于痛苦。”

117. So We said: “O Adam, indeed, this is an enemy to you and to your wife. So let him not drive you out from the Paradise, so you would suffer.”

فَقُلْنَا يَتَّعَدُمُ إِنَّ هَذَا عَدُوٌّ لَكَ وَلِزَوْجِكَ فَلَا يُخْرِجَنَّكَ مِنَ الْجَنَّةِ فَتَشْقَىٰ ﴿١١٧﴾

118. “(你在)其中(乐园中)不会感到饥饿，

118. “Indeed, there is (enough provision) for you, that you will not

إِنَّ لَكَ أَلَّا تَجُوعَ فِيهَا وَلَا

也不致裸露。

be hungry therein, nor you will be unclothed.”

تَعْرَى ﴿١١٨﴾

119. “你也不会干渴，也不会被日晒。”

119. “And indeed, you will not suffer from thirst therein, nor from the sun's heat.”

وَأَنَّكَ لَا تَظْمَأُ فِيهَا وَلَا تَصْحَى ﴿١١٩﴾

120. 但是魔鬼悄悄地对他说道：“亚当啊！我可以指引你到那永生的树和那不朽的国吗？”

120. Then Satan whispered to him, he said: “O Adam, shall I lead you to the tree of eternal life and a kingdom that will not waste away.”

فَوَسَّوَسَ إِلَيْهِ الشَّيْطَانُ قَالَ يَتَّبِعُ هَلْ أَدُلُّكَ عَلَى شَجَرَةِ الْخُلْدِ وَمُلْكٍ لَّا يَبْلَى ﴿١٢٠﴾

121. 结果他们俩都吃了它(那树上的果子)，所以他俩的羞体对他们变得明显了，他们开始用园中的叶子遮盖他俩的身体。亚当违背了他的主，被(魔鬼)引入了歧途。

121. Then they both ate of that (tree), so their shameful parts became apparent to them, and they began to cover themselves with the leaves of the Paradise. And Adam disobeyed his Lord, so he went astray.

فَأَكَلَا مِنْهَا فَبَدَتَ لَهُمَا سَوْءَاتُهُمَا وَطَفِقَا مَخْصِفَانِ عَلَيْهِمَا مِنْ وَرَقِ الْجَنَّةِ وَعَصَى آدَمُ رَبَّهُ فَغَوَى ﴿١٢١﴾

122. 后来他的主选择了他，恕饶了他，并给他引导。

122. Then his Lord chose him, and turned to him in forgiveness and guided (him).

ثُمَّ اجْتَبَاهُ رَبُّهُ فَتَابَ عَلَيْهِ وَهَدَى ﴿١٢٢﴾

123. 他(主)说：“你们一齐从这里出去吧！你们当中一个是另一个的敌对。倘若我的引导到达你们，那么，谁追随我的引导，他就不会迷误，

123. He said: “Go down, both of you, from it (Paradise), all together, some of you will be an enemy to others. Then if there comes to you from Me a guidance, then

قَالَ أَهْبِطَا مِنْهَا جَمِيعًا بَعْضُكُمْ لِبَعْضٍ عَدُوٌّ فَأَمَّا يَا تَيْنِكُمْ مِّنِّي هُدًى فَمَنِ اتَّبَعَ هُدَايَ فَلَا يَضِلُّ وَلَا

也不会痛苦。

whoever follows My guidance, he will then not go astray, nor fall into misery.”

يَشْقَى ١١٣

124. “但是，谁离避我的引导(提示)，他的生计必受限制，我并将在复活日使他盲目地复活。”

124. And whoever turns away from My remembrance, indeed then for him is a life of hardship, and We shall gather him on the Day of Resurrection blind.”

وَمَنْ أَعْرَضَ عَن ذِكْرِي فَإِنَّ لَهُ مَعِيشَةً ضَنْكًا وَنَحْشُرُهُ يَوْمَ الْقِيَمَةِ أَعْمَى ١١٤

125. 他(有罪的人)会说：“我的主啊!为什么你要使我瞎着眼被集合(复活)?而我(以前)原是看得见的。”

125. He will say: “My Lord, why have you raised me blind, and indeed I was seeing (in the world).”

قَالَ رَبِّ لِمَ حَشَرْتَنِي أَعْمَى وَقَدْ كُنْتُ بَصِيرًا ١١٥

126. 他(安拉)会说：“当我的启示到达了你们时，你却忘记了它们。所以今天你们也被忘记了。”

126. He (Allah) will say: “Thus did Our revelations come to you, but you did forget them. And thus, this Day you will be forgotten.”

قَالَ كَذَلِكَ أَتَتْكَ آيَاتُنَا فَنَسِيَهَا ۖ وَكَذَلِكَ الْيَوْمَ تُنسى ١١٦

127. 放纵(不自制)而不信他的主的启示的人，我就是这样报偿他，后世的刑罚确是非常严厉和更持久的。

127. And thus do We recompense him who transgresses and does not believe in the signs of his Lord. And the punishment of the Hereafter is far more severe and more enduring.

وَكَذَلِكَ نَجْزِي مَنْ أَسْرَفَ وَلَمْ يُؤْمِنْ بِآيَاتِ رَبِّهِ ۚ وَلَعَذَابُ الْآخِرَةِ أَشَدُّ وَأَبْقَى ١١٧

128. 这难道不是对你们的引导，(让他们知

128. Is it not then a guidance for them (to

أَفَلَمْ يَهْدِ لَهُمْ كَمَا أَهْلَكْنَا

道)我在他们以前曾毁灭了多少世代,而他们却在那些人的废墟上(来回)行走吗?在这当中对于有理解的人的确有许多迹象。

know) how many of the generations, before them, We have destroyed, in whose dwellings they walk. Surely, in that are indeed signs for those of understanding.

قَبْلَهُمْ مِنَ الْقُرُونِ يَمْشُونَ فِي مَسْكِنِهِمْ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِأُولِي الْأَلْبَابِ

129. 如果不是你的主曾经说过的一句话,和已经规定了期限,它(他们的惩罚)必然已经降临了。

129. And if it was not for a word that went forth before from your Lord, the judgment would have come to pass, and (if not) a term already fixed.

وَلَوْلَا كَلِمَةٌ سَبَقَتْ مِنْ رَبِّكَ لَكَانَ لِزَامًا وَأَجَلٌ مُّسَمًّى

130. 所以你(穆圣)对他们所说的(话)要忍耐,并要在日出之前,及日落以前赞念你的主。以及在夜间的一部分时间和白昼的两头纪念他以便你能够得到(精神上的)愉快。

130. So bear patiently (O Muhammad), over what they say, and glorify the praise of your Lord before the rising of the sun and before its setting. And some hours of the night glorify Him, and at the two ends of the day, that you may find acceptance.

فَاصْبِرْ عَلَىٰ مَا يَقُولُونَ وَسَبِّحْ بِحَمْدِ رَبِّكَ قَبْلَ طُلُوعِ الشَّمْسِ وَقَبْلَ غُرُوبِهَا وَمِنْ آنَاءِ اللَّيْلِ فَسَبِّحْ وَأَطْرَافَ النَّهَارِ لَعَلَّكَ تَرْضَىٰ

131. 不要对那些我赐给各种人今世生活的荣华眼红。我是用它来试验他们的。你的主的供应是更好的和更持久的。

131. And do not strain your eyes towards that by which We have given enjoyment to various groups of them, the splendor of the life of this world, that We

وَلَا تَمُدَّنَّ عَيْنَيْكَ إِلَىٰ مَا مَتَّعْنَا بِهِ أَزْوَاجًا مِنْهُمْ زَهْرَةَ الْحَيَاةِ الدُّنْيَا لِنَفْتِنَهُمْ فِيهِ وَرِزْقُ رَبِّكَ خَيْرٌ وَأَبْقَىٰ

may test them thereby.
And the provision of
your Lord is better and
more enduring.

132. 你要命你的族人
礼拜，并要持续不
断。我不要求你供应
(我)，我供应你。善
果是给正直的人的。

132. And enjoin upon
your household prayers
and be steadfast
therein. We do not ask
of you a provision. We
provide for you. And
the (best) outcome is
for righteousness.

وَأْمُرْ أَهْلَكَ بِالصَّلَاةِ
وَأَصْطَبِرْ عَلَيْهَا ۗ لَا نَسْأَلُكَ
رِزْقًا ۗ نَحْنُ نَرْزُقُكَ ۗ وَالْعَاقِبَةُ
لِلتَّقْوَى ۝۱۳۲

133. 他们说：“为什
么他不从他的主那儿
现给我们一个奇迹
呢？”难道过去的经典
中(所提到)的明白的
证据还没有到达他们
吗？

133. And they say:
“Why does he not
bring to us a sign from
his Lord.” Has there
not come to them the
proof of what is in the
former scriptures.”

وَقَالُوا لَوْلَا يَأْتِينَا بِعَايَةٍ مِّنْ
رَّبِّهِمْ ۗ أَوَلَمْ تَأْتِهِم بَيِّنَةٌ مَّا فِي
الْصُّحُفِ الْأُولَى ۝۱۳۳

134. 如果我曾在它(天
启)以前就已惩罚了他
们，他们可能会说：
“我们的主啊！为什么
你不曾派遣一位使者
给我们，如果那样，
我们就会在我们受辱
与现丑之前追随你的
启示了。”

134. And if indeed, We
had destroyed them
with a punishment
before this, they would
assuredly have said:
“Our Lord, why did
You not send to us a
messenger, so we could
have certainly followed
Your revelations,
before that we were
humiliated and we were
disgraced.”

وَلَوْ أَنَّا أَهْلَكْنَاهُمْ بِعَذَابٍ
مِّن قَبْلِهِ لَقَالُوا رَبَّنَا لَوْلَا
أَرْسَلْتَ إِلَيْنَا رَسُولًا فَنَتَّبِعَ
ءَايَاتِكَ مِن قَبْلِ أَنْ نَذِلَّ
وَنُخْزَى ۝۱۳۴

135. 你说：“每一个
人都在等，所以你们

135. Say: “Each one is
waiting, so wait you.

قُلْ كُلٌّ مُتَرَبِّصٌ فَتَرَبَّصُوا ۝۱۳۵

也等吧。不久你们会知道谁是在正道上，谁是获得引导的人了。”

Then soon you shall know who are the people on the straight path, and who are guided.”

فَسَتَعْلَمُونَ مَنْ أَصْحَابُ
الصِّرَاطِ السَّوِيِّ وَمَنِ
أَهْتَدَى

