



叩头

AsSajada

السَّجْدَة

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 阿立甫、俩目、敏目。

1. Alif. Lam. Mim

الم ﴿١﴾

2. 这本确实无疑的经典是由众世界的主颁降的。

2. The revelation of the Book, there is no doubt in which, is from the Lord of the worlds.

تَنْزِيلُ الْكِتَابِ لَا رَيْبَ فِيهِ مِنْ رَبِّ الْعَالَمِينَ ﴿٢﴾

3. 可是他们却说：“是他伪造它的吧？”不是的，它是来自你的主的真理，以便你能警告一群在你以前没有警告者到达过的人民，也许他们能够获得引导。

3. Or do they say: “He (Muhammad) has invented it.” But it is the truth from your Lord, that you may warn a people to whom has not come any warner before you, perhaps they will be guided.

أَمْ يَقُولُونَ افْتَرَاهُ ۗ بَلْ هُوَ الْحَقُّ مِنْ رَبِّكَ لِتُنذِرَ قَوْمًا مَّا أَتَاهُمْ مِنْ نَذِيرٍ مِّنْ قَبْلِكَ لَعَلَّهُمْ يَهْتَدُونَ ﴿٣﴾

4. 安拉在六天中造化了天地，以及其间的万物，然后登上(权威的)宝座。在他之外，你们没有保护者或求情者，你们难道还不纪念(他)吗？

4. Allah it is He who has created the heavens and the earth and whatever is between them in six days. Then He established himself above the Throne. You do not have, other than Him, any protecting

اللَّهُ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ وَمَا بَيْنَهُمَا فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَىٰ عَلَى الْعَرْشِ ۗ مَا لَكُمْ مِنْ دُونِهِ مِنْ وَلِيٍّ وَلَا شَفِيعٍ ۗ أَفَلَا

تَذَكَّرُونَ ﴿٤﴾

friend, nor an intercessor. Will you then not remember.

5. 他规划从诸天到大地的一切事务。然后，在(某)一天当中(一切的事务)都将上升到他(那里)。这一天的长度照你们的计算是一千年。

5. He administers the ordinance from the heavens to the earth, then it ascends to Him in a Day, the measure of which is a thousand years of that which you count.

يُدَبِّرُ الْأَمْرَ مِنَ السَّمَاءِ إِلَى الْأَرْضِ ثُمَّ يَعْرُجُ إِلَيْهِ فِي يَوْمٍ كَانَ مِقْدَارُهُ أَلْفَ سَنَةٍ مِّمَّا تَعُدُّونَ ﴿٥﴾

6. 这就是深知隐秘的(不可见的)、公开的(可见的)、大能的、大慈的主。

6. Such is the Knower of the invisible and the visible, the All Mighty, the Merciful.

ذَٰلِكَ عَلِيمٌ الْغَيْبِ وَالشَّهَادَةِ الْعَزِيزُ الرَّحِيمُ ﴿٦﴾

7. 他使他所造化的每一件事物美好，他以泥土开始造人。

7. Who made good all things that He created, and He began the creation of man from clay.

الَّذِي أَحْسَنَ كُلَّ شَيْءٍ خَلَقَهُ وَبَدَأَ خَلْقَ الْإِنْسَانِ مِنْ طِينٍ ﴿٧﴾

8. 然后，他(主)以一滴不受重视的液体造化他的后裔。

8. Then He made his progeny from an extract of despised fluid.

ثُمَّ جَعَلَ نَسْلَهُ مِنْ سُلَالَةٍ مِّنْ مَّاءٍ مَّهِينٍ ﴿٨﴾

9. 然后他(按照应有的比例)形成他，并把他的(主)的灵吹进他的当中，他又给你们听觉、视觉和感觉(的官能)，而你们却很少感谢!

9. Then He fashioned him and breathed into him of His Spirit, and appointed for you hearing and sight and hearts. Little is that you thank.

ثُمَّ سَوَّاهُ وَنَفَخَ فِيهِ مِنْ رُّوحِهِ وَجَعَلَ لَكُمُ السَّمْعَ وَالْأَبْصَرَ وَالْأَفْئِدَةَ قَلِيلًا مَّا تَشْكُرُونَ ﴿٩﴾

10. 他们说：“(什么话!)当我们已经消失在地下时,那时我们还会被重新造化吗?”不然,他们不信会见他们的主!

10. And they say: “When we are lost in the earth, will we indeed be in a creation renewed.” But they are disbelievers in the meeting with their Lord.

وَقَالُوا أَإِذَا ضَلَلْنَا فِي
الْأَرْضِ أَأَيْنَا لَفِي خَلْقٍ
جَدِيدٍ بَلْ هُمْ بِلِقَاءِ رَبِّهِمْ
كَافِرُونَ ﴿١٠﴾

11. 你说：“负责管你们的死亡的天仙将会使你们死亡。然后你们将被带回到你们的主(那里)。”

11. Say: “The angel of death will take your souls, he has charge over you, then you shall be brought back to your Lord.”

﴿١١﴾ قُلْ يَتَوَفَّكُم مَّلَكُ الْمَوْتِ
الَّذِي وُكِّلَ بِكُمْ ثُمَّ إِلَىٰ
رَبِّكُمْ تُرْجَعُونَ ﴿١١﴾

12. 如果你能看见那些有罪的人在他们的跟前垂下他们的头说道：“我们的主啊!我们已看见了,我们已听到了,求你现在送我们回(到尘世)去吧!(这一回)我们一定会作善事,我们(现在)的确信仰了。”

12. And if you could see when the criminals will lower their heads before their Lord. (saying): “Our Lord, we have seen and we have heard so send us back, we will do righteous deeds, we do indeed believe.”

وَلَوْ تَرَىٰ إِذِ الْمُجْرِمُونَ
نَاكِسُوا رُءُوسِهِمْ عِنْدَ رَبِّهِمْ
رَبَّنَا أَبْصَرْنَا وَسَمِعْنَا
فَارْجِعْنَا نَعْمَلْ صَالِحًا إِنَّا
مُقِنُونَ ﴿١٢﴾

13. 如果我曾经愿意,我一定能给每一个人引导,但是我对作恶者的话已经实现了,我一定会以精灵和人一同填满地狱。

13. And if We had so willed, We could have given every soul its guidance, but the word from Me (about evil doers) will come true, that I will surely fill Hell with the jinns and mankind together.

وَلَوْ شِئْنَا لَأَتَيْنَا كُلَّ نَفْسٍ
هُدًىٰ وَلَٰكِن حَقَّ الْقَوْلُ
مِنِّي لِأَمْلَأَنَّ جَهَنَّمَ مِنَ
الْجِنَّةِ وَالنَّاسِ أَجْمَعِينَ ﴿١٣﴾

14. “现在你们尝试吧!由于你们忘了你们在这一天(跟我)的会见,我(现在)也忘记了你们。为了你们所曾做过的尝试永恒的惩罚吧!”

14. So taste (the evil of your deeds) because of your forgetting the meeting of this Day of yours. Surely, We will forget you (too), and taste the everlasting punishment for what you used to do.

فَذُوقُوا بِمَا نَسِيتُمْ لِقَاءَ
يَوْمِكُمْ هَذَا إِنَّا نَسِينَاكُمْ
وَذُوقُوا عَذَابَ الْخُلْدِ بِمَا
كُنْتُمْ تَعْمَلُونَ ﴿١٤﴾

15. 只有那些信仰我的启示的人,当他们被提醒(我的启示)时,他们就俯伏叩头,并赞念他们的主(安拉)。他们也不自高自大。

15. Only those believe in Our revelations who, when they are reminded of them fall down prostrate and glorify the praises of their Lord, and they are not arrogant.

إِنَّمَا يُؤْمِنُ بِآيَاتِنَا الَّذِينَ
إِذَا ذُكِرُوا بِهَا خَرُّوا سُجَّدًا
وَسَبَّحُوا بِحَمْدِ رَبِّهِمْ وَهُمْ
لَا يَسْتَكْبِرُونَ ﴿١٥﴾

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16. 当他们在畏惧与希望中祈求他们的主时,他们体不沾床,他们使用我已赐给他们的(财物于善举)。

16. Their sides slip away from their beds, they supplicate their Lord in fear and hope. And of that what We have bestowed on them, they spend.

تَتَجَافَى جُنُوبُهُمْ عَنِ
الْمَضَاجِعِ يَدْعُونَ رَبَّهُمْ
خَوْفًا وَطَمَعًا وَمِمَّا رَزَقْنَاهُمْ
يُنْفِقُونَ ﴿١٦﴾

17. 没有人知道我为他们(在天园中)藏着什么样令他们目畅心怡的(福泽),作为他们所做过的(善行的)回赐。

17. So no soul knows what is kept hidden for them as comfort of the eyes. A reward for what they used to do.

فَلَا تَعْلَمُ نَفْسٌ مَّا أُخْفِيَ
لَهُمْ مِنْ قُرَّةِ أَعْيُنٍ جَزَاءً بِمَا
كَانُوا يَعْمَلُونَ ﴿١٧﴾

18. 那么信仰的人象背叛的人(一样)吗?他们是不相等的。

18. Is then he who is a believer like him who is a disobedient. They are not equal.

أَفَمَنْ كَانَ مُؤْمِنًا كَمَنْ
كَانَ فَاسِقًا لَّا يَسْتَوُونَ

19. 至于那些信仰并作善行的人，给他们的居处是天园，那是一项对他们所做过的(善行的)款待。

19. As for those who believe and do righteous deeds, for them are the Gardens of Retreat. A welcome (in reward) for what they used to do.

أَمَّا الَّذِينَ ءَامَنُوا وَعَمِلُوا الصَّالِحَاتِ فَلَهُمْ جَنَّاتُ الْمَأْوَىٰ نُزُلًا بِمَا كَانُوا يَعْمَلُونَ ﴿١٨﴾

20. 但是那些背叛的人，他们的居处是火(狱)，每当他们希望离开那里时，他们就会(被强迫)回到其中，并将对他们说：“你们尝试火刑吧，那是你们曾经不信的。”

20. And as for those who disobeyed, so their refuge is the Fire. Whenever they desire to get out of it, they are brought back into it, and it will be said to them: “Taste the punishment of the Fire that which you used to deny.”

وَأَمَّا الَّذِينَ فَسَقُوا فَمَأْوَاهُمُ النَّارُ كُلَّمَا أَرَادُوا أَنْ يَخْرُجُوا مِنْهَا أُعِيدُوا فِيهَا وَقِيلَ لَهُمْ ذُوقُوا عَذَابَ النَّارِ الَّتِي كُنتُمْ بِهِ تَكذِبُونَ ﴿٢٠﴾

21. 我一定会使他们在受到更大的惩罚之前使他们尝试较近的(即今世的)刑罚，以便他们或许能够(忏悔和)回头。

21. And surely We will make them taste of the nearer punishment before the greater punishment, perhaps that they will return.

وَلَنُذِيقَنَّهُمْ مِنَ الْعَذَابِ الْأَدْنَىٰ دُونَ الْعَذَابِ الْأَكْبَرِ لَعَلَّهُمْ يَرْجِعُونَ ﴿٢١﴾

22. 还有谁比他的主的启示向他提起时而避开的人更不义?我确将报复有罪的人。

22. And who does greater wrong than him who is reminded of the verses of his Lord, then he turns away from them. Indeed, We shall take vengeance on the criminals.

وَمَنْ أَظْلَمُ مِمَّن ذُكِّرَ بِآيَاتِ رَبِّهِ ثُمَّ أَعْرَضَ عَنْهَا إِنَّا مِنَ الْمُجْرِمِينَ مُنتَقِمُونَ ﴿٢٢﴾

23. 我的确在以前赐经典给姆撒，所以你不要怀疑它，我并曾使它作为以色列子孙的引导。

23. And certainly, We gave Moses the Book, so do not be in doubt of his receiving it, and We appointed it a guidance for the Children of Israel.

وَلَقَدْ ءَاتَيْنَا مُوسَى
الْكِتَابَ فَلَا تَكُنْ فِي مِرْيَةٍ
مِّن لِّقَائِهِ ۗ وَجَعَلْنَاهُ هُدًى
لِّبَنِي إِسْرَائِيلَ ﴿٢٣﴾

24. 只要他们坚忍，并确信我的启示，我就从他们当中委派一些人作领袖，奉我的命令引导他们(以色列的子孙)。

24. And We made from among them leaders, guiding by Our command when they were patient. And they used to believe with certainty in Our signs.

وَجَعَلْنَا مِنْهُمْ أُمَمَةً يَهْتَدُونَ
بِأَمْرِنَا لَمَّا صَبَرُوا ۗ وَكَانُوا
بِعَايَتِنَا يُوقِنُونَ ﴿٢٤﴾

25. 你的主确将在复活日，在他们之间裁判他们所曾(互相)争论的歧见。

25. Indeed, your Lord, He will judge between them on the Day of Resurrection about that wherein they used to differ.

إِنَّ رَبَّكَ هُوَ يَفْصِلُ بَيْنَهُمْ
يَوْمَ الْقِيَامَةِ فِيمَا كَانُوا
فِيهِ يَخْتَلِفُونَ ﴿٢٥﴾

26. 我在他们之前毁灭了多少世代，他们行走在这些人的故居上，这难道对于他们不是一项引导吗？这当中确有迹象，他们还没有听到吗？

26. Is it not a guidance for them, how many have We destroyed before them among the generations, they do walk amid their dwelling places. Indeed, in that are signs. Will they not then listen.

أَوَلَمْ يَهْدِ لَهُمْ كَمَا أَهْلَكْنَا
مِن قَبْلِهِمْ مِّنَ الْقُرُونِ
يَمْشُونَ فِي مَسْكِنِهِمْ ۗ إِنَّ فِي
ذَلِكَ لَآيَاتٍ ۗ أَفَلَا
يَسْمَعُونَ ﴿٢٦﴾

27. 他们没看见我驱使水至(寸草不生的)荒土，然后我在那里生长谷物，供给他们的牲口和他们自己食

27. Have they not seen that We drive the water to the barren land, then bring forth therewith crops from which their cattle eat,

أَوَلَمْ يَرَوْا أَنَّا نَسُوقُ الْمَاءَ
إِلَى الْأَرْضِ الْجُرْزِ فَنُخْرِجُ
بِهِ زَرْعًا تَأْكُلُ مِنْهُ

用吗?他们还没有看见吗?

and they themselves.
Will they not then see.

أَنْعَمُ لَهُمْ وَأَنْفُسُهُمْ أَفَلَا
يُبْصِرُونَ ﴿٢٧﴾

28. 他们说:“如果你是诚实的,(告诉我们)审判(你们的胜利)在什么时候到来?”

28. And they say:
“When will be this judgment, if you should be truthful.”

وَيَقُولُونَ مَتَى هَذَا
الْفَتْحِ إِنْ كُنْتُمْ صَادِقِينَ
﴿٢٨﴾

29. 你说:“在审判(我们胜利)的那天,不信者的信仰将对他们无益,他们也不被给予宽限。”

29. Say: “On the day of the judgment, no benefit will it be, to those who disbelieve, their belief (then), neither will they be reprieved.”

قُلْ يَوْمَ الْفَتْحِ لَا يَنْفَعُ
الَّذِينَ كَفَرُوا إِيمَانُهُمْ وَلَا هُمْ
يُنظَرُونَ ﴿٢٩﴾

30. 因此你要避开他们,并且等候,他们也一定在等候着。

30. So withdraw from them (O Muhammad), and await. Indeed, they are waiting (too).

فَاعْرِضْ عَنْهُمْ وَأَنْتَظِرْ إِنَّهُمْ
مُنْتَظِرُونَ ﴿٣٠﴾

