



夏夫

Qaaf

ق

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 夏夫，凭这光荣的古兰。

1. Qaaf. By the glorious Quran.

ق وَالْقُرْآنِ الْمَجِيدِ



2. 但是，他们奇怪从他们当中降临了一位警告者。所以不信的人说：“这是一件奇怪的事！”

2. But they wonder that there has come to them a warner from among themselves, so the disbelievers say: “This is a strange thing.”

بَلْ عَجِبُوا أَنْ جَاءَهُمْ مُنْذِرٌ مِنْهُمْ فَقَالَ الْكٰفِرُونَ هٰذَا شَيْءٌ عَجِيبٌ



3. “(什么，)当我们死后，并化为尘土时，(我们还会复活吗?)这可能是一个渺茫的回程。”

3. “Is it when we are dead and have become dust. That is a far return.”

أَإِذَا مِتْنَا وَكُنَّا تُرَابًا ۗ ذٰلِكَ رَجْعٌ بَعِيدٌ



4. 我(主)知道大地取走(埋葬)了他们多少人，我有一本确实无讹的记录。

4. Surely, We know what the earth diminishes from them, and with Us is a Book preserved.

قَدْ عَلِمْنَا مَا تَنْقُصُ الْأَرْضُ مِنْهُمْ وَعِنْدَنَا كِتَابٌ حَفِيفٌ



5. 当真理到达他们时，他们不信它，所以他们陷于混乱当中

5. But they have denied the truth when it came to them, so

بَلْ كَذَّبُوا بِالْحَقِّ لَمَّا جَاءَهُمْ فَهُمْ فِي أَمْرٍ مَّرِيجٍ



。

they are in a confused state.



6. 他们没有看看他们头上的青天，我如何造化它，装饰它，和没有一点裂缝吗？

6. Have they not then looked at the heaven above them, how we made it, and adorned it, and there are not any rifts in it.

أَفَلَمْ يَنْظُرُوا إِلَى السَّمَاءِ فَوْقَهُمْ كَيْفَ بَنَيْنَاهَا وَزَيَّنَّاهَا وَمَا لَهَا مِنْ فُرُوجٍ ﴿٦﴾

7. 和我所展开的大地，和我在其间所安置的山岳，以及我在其中所生长的各种美丽的东西，

7. And the earth We spread out, and We set in it firm mountains, and We caused to grow in it (things) of every beautiful kind.

وَالْأَرْضَ مَدَدْنَاهَا وَأَلْقَيْنَا فِيهَا رَوَاسِيَ وَأَنْبَتْنَا فِيهَا مِنْ كُلِّ زَوْجٍ بَهِيجٍ ﴿٧﴾

8. 供每一个悔罪的仆人的沉思和忠告(观察和提醒)。

8. An insight and a reminder for every penitent slave.

تَبْصِرَةً وَذِكْرَى لِكُلِّ عَبْدٍ مُنِيبٍ ﴿٨﴾

9. 我由天空降下了甘霖(吉庆的雨)，我以它使园林和供人收割的谷类增长，

9. And We sent down from the sky blessed water, then We produced thereby gardens and harvest grain.

وَنَزَّلْنَا مِنَ السَّمَاءِ مَاءً مُبْرَكًا فَأَنْبَتْنَا بِهِ جَنَّاتٍ وَحَبَّ الْحَصِيدِ ﴿٩﴾

10. 和长着成串果子的高大的枣树(生长)，

10. And lofty palm trees having fruit arranged in clusters.

وَالنَّخْلَ بَاسِقَاتٍ لَهَا طَلْعٌ نَضِيدٌ ﴿١٠﴾

11. 作为(我的)仆人们的供养。我以它(雨)使死地(新)生，这就是复活。

11. A provision for the slaves. And We give life thereby to a dead land. Thus will be the resurrection.

رِزْقًا لِلْعِبَادِ وَأَحْيَيْنَا بِهِ بَلَدَةً مَيِّتًا كَذَلِكَ الْخُرُوجُ ﴿١١﴾

12. 远在他们以前，

12. The people of Noah

كَذَبَتْ قَبْلَهُمْ قَوْمُ نُوحٍ

努赫的族人就曾不信，拉司的居民和撒姆德人也(不信)。

denied before them, and the dwellers of Rass and Thamud.

وَأَصْحَابُ الرَّسِّ وَثَمُودُ ﴿١٢﴾

13. 阿德和法老的人民及鲁特的同胞们(也都不信)。

13. And Aad and Pharaoh and the brethren of Lot.

وَعَادٌ وَفِرْعَوْنُ وَإِخْوَانُ لُوطٍ ﴿١٣﴾

14. 森林中的居民和土霸的人民，他们全都曾不信先知们。所以，我所许下的(约)就降临了。

14. And the dwellers of Aiykah and the people of Tubba. Every one denied the messengers, so My threat proved true.

وَأَصْحَابُ الْأَيْكَةِ وَقَوْمُ تُبَّعٍ كُلٌّ كَذَّبَ الرُّسُلَ فَحَقَّ وَعِيدِ ﴿١٤﴾

15. 难道是我厌倦了第一次的造化吗?不是的，是他们对新的造化仍在怀疑。

15. Were We then worn out by the first creation. But they are in doubt about a new creation.

أَفَعِينَا بِالْخَلْقِ الْأَوَّلِ بَلْ هُمْ فِي لَبْسٍ مِّنْ خَلْقٍ جَدِيدٍ ﴿١٥﴾

16. 我确曾造化人，我知道他的灵魂对他所悄悄建议的(心中所起的欲念)，因为我比(他的)。颈上的静脉更接近他。

16. And indeed We created man and We know what his soul whispers to him, and We are nearer to him than his jugular vein.

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ وَنَعْلَمُ مَا تُوَسَّوَسُ بِهِ نَفْسُهُ وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ الْوَرِيدِ ﴿١٦﴾

17. (每一个人都有)两个录事的天仙，一个在右边(记善功)，一个在左边(记恶行)。

17. When the two receivers (angels) receive (him), seated on the right hand and on the left.

إِذْ يَتَلَقَى الْمُتَلَقِيَانِ عَنِ الْيَمِينِ وَعَنِ الشِّمَالِ قَعِيدٌ ﴿١٧﴾

18. 他所说的每一个字，他身边有一位观察者(随时准备纪录他的言行)。

18. He does not utter any word but there is with him an observer, ever ready.

مَا يَلْفِظُ مِنْ قَوْلٍ إِلَّا لَدَيْهِ رَقِيبٌ عَتِيدٌ ﴿١٨﴾

19. 死亡的昏迷真正降临了，(他被告诉道：)“这就是你试图逃避的。”

19. And the agony of death has come with the truth. That is what you were trying to escape from.

وَجَاءَتْ سَكْرَةُ الْمَوْتِ بِالْحَقِّ ۗ ذَٰلِكَ مَا كُنْتَ مِنْهُ تَحِيدُ ﴿١٩﴾

20. 喇叭将被吹响，那就是被警告的日子。

20. And the trumpet is blown. That is the threatened Day.

وَنُفِخَ فِي الصُّورِ ۗ ذَٰلِكَ يَوْمُ الْوَعِيدِ ﴿٢٠﴾

21. 每一个人都会到来，每人都有一个驱策的天仙和一个见证的天仙跟他一同到来。

21. And every soul will come, with it a driver and a witness.

وَجَاءَتْ كُلُّ نَفْسٍ مَّعَهَا سَاقِبٌ وَشَهِيدٌ ﴿٢١﴾

22. (恶人将被告诉)：“你不曾注意这(审判日)，我们现在已为你除去(你的)遮蔽，你的眼光在今天是锐利的。”

22. Indeed, you were in heedlessness of this. So We have removed from you your covering, so your sight, this day, is very sharp.

لَقَدْ كُنْتَ فِي غَفْلَةٍ مِّنْ هَٰذَا فَكَشَفْنَا عَنْكَ غِطَاءَكَ فَبَصَرُكَ ٱلْيَوْمَ حَدِيدٌ ﴿٢٢﴾

23. 他的伙伴(魔鬼)将会对他说：“这是我已准备好的(口供或记录)!”

23. And his companion (angel) will say, this is what I have ready (as testimony).

وَقَالَ قَرِينُهُ هَٰذَا مَا لَدَىٰ عَتِيدٍ ﴿٢٣﴾

24. (判决将是：)“把他们双方(恶人和魔鬼)都扔进地狱，(他们)每一个都是忘恩负义的、背叛的，

24. Cast into Hell every stubborn disbeliever.

ٱلْقِيَا فِي جَهَنَّمَ كُلَّ كَفَّارٍ عَنِيدٍ ﴿٢٤﴾

25. “(每一个都是)妨碍善行的、放肆的、

25. Hinderer of good, transgressor, doubter.

مَنَاعٍ ٱللَّخِيرِ مُعْتَدٍ مُّرِيبٍ ﴿٢٥﴾

怀疑的。”



26. 谁在安拉之外设置其它的(伪)神，就把他投入烈刑中。

26. He who had made up with Allah another god, so cast him into the severe punishment.

الَّذِي جَعَلَ مَعَ اللَّهِ إِلَهًا
ءَاخَرَ فَأَلْقِيَاهُ فِي الْعَذَابِ
الشَّدِيدِ ﴿٢٦﴾

27. 他的伙伴将会说：“我的主啊！我不曾导使他放肆、妄为，是他自己堕入迷途。”

27. His (devil) companion will say: “Our Lord, I did not cause him to rebel, but he (himself) was in extreme error.”

﴿٢٧﴾ قَالَ قَرِينُهُ رَبَّنَا مَا
أَطَغَيْتُهُ وَلَكِنْ كَانَ فِي
ضَلَالٍ بَعِيدٍ ﴿٢٧﴾

28. 他(主)将说：“在我的跟前不许互相争论，我已经预先警告过你们了。”

28. He (Allah) will say: “Do not dispute in My presence. While I had already sent to you the threat.”

قَالَ لَا تَخْتَصِمُوا لَدَيَّ وَقَدْ
قَدَّمْتُ إِلَيْكُمْ بِالْوَعِيدِ ﴿٢٨﴾

29. “我所决定的判词决不能改变，我对我的仆人不会有一点不公平。”

29. “The word (decree) cannot be changed with me, nor am I unjust to My servants.”

مَا يُبَدَّلُ الْقَوْلُ لَدَيَّ وَمَا
أَنَا بِظَلَمٍ لِلْعَبِيدِ ﴿٢٩﴾

30. 那天我(主)将会问火狱道：“你被装满了吗？”它将会说：“还有(要来的)吗？”

30. The Day We shall say to Hell: “Have you been filled.” And it will say: “Is there any more.”

يَوْمَ نَقُولُ لِجَهَنَّمَ هَلِ
أَمْتَلَاتِ وَتَقُولُ هَلْ مِنْ
مَزِيدٍ ﴿٣٠﴾

31. 乐园将被带近敬畏的人，不远了。

31. And Paradise shall be brought near to the righteous, not far off.

وَأَزَلَفَتْ الْجَنَّةُ لِلْمُتَّقِينَ غَيْرَ
بَعِيدٍ ﴿٣١﴾

32. “这(乐园)是许给你们的，许给每一个

32. This is what you were promised, to

هَذَا مَا تُوْعَدُونَ لِكُلِّ

归向(主)和守(法度)的人，

every such returning
(to Allah), heedful.

أَوَابٍ حَفِيفٍ ﴿٣٢﴾

33. “(和)在暗中敬畏仁主(拉曼)，并怀着悔罪的心到达他的人。

33. Who feared the Beneficent, unseen, and came with a heart returning (in repentance).

مَنْ خَشِيَ الرَّحْمَنَ بِالْغَيْبِ
وَجَاءَ بِقَلْبٍ مُنِيبٍ ﴿٣٣﴾

34. “你们在平安中进入它(乐园)吧，这是永生的日子!”

34. Enter it in peace. This is the Day of eternal life.

أَدْخُلُوهَا بِسَلَامٍ ۗ ذَٰلِكَ يَوْمُ
الْخُلُودِ ﴿٣٤﴾

35. 这里有他们所希望的一切，而在我的前面还有更多的。

35. They shall have whatever they desire therein, and with Us is more.

هُم مَّا يَشَاءُونَ فِيهَا وَلَدَيْنَا
مَزِيدٌ ﴿٣٥﴾

36. 我在他们以前毁灭了多少代比他们更强大的人，以至他们在地上辗转(寻觅)。可有任何地方可(供他们)逃避吗?

36. And how many a generation We destroyed before them, who were stronger than these in power, and they ransacked in the lands. Is there any place of refuge.

وَكَمْ أَهْلَكْنَا قَبْلَهُمْ مِّنْ
قَرْنٍ هُمْ أَشَدُّ مِنْهُمْ بَطْشًا
فَنَقَّبُوا فِي الْبِلَادِ هَلْ مِن
مَّحِيصٍ ﴿٣٦﴾

37. 这的确是对于有心的人，或是听取的人和(为真理)作证的人的一项提示。

37. Indeed, in that there is a reminder for every such who has a heart, or who gives ear (listens), and he is present (heedful).

إِنَّ فِي ذَٰلِكَ لَذِكْرٍ لِّمَنْ
كَانَ لَهُ قَلْبٌ أَوْ أَلْقَى
السَّمْعَ وَهُوَ شَهِيدٌ ﴿٣٧﴾

38. 我确在六天中造化了诸天与大地和它们之间的一切，不感一点疲劳。

38. And certainly We created the heavens and the earth and what is between them in six days, and nothing of fatigue

وَلَقَدْ خَلَقْنَا السَّمَوَاتِ
وَالْأَرْضَ وَمَا بَيْنَهُمَا فِي
سِتَّةِ أَيَّامٍ وَمَا مَسَّنَا مِن

touched Us.

لُغُوبٍ ﴿٢٨﴾

39. 所以你(穆圣)要忍耐他们所说的一切,并且要在日出和日没之前赞念你的主,

39. So bear with patience over what they say, and glorify your Lord with His praise before the rising of sun and before its setting.

فَاصْبِرْ عَلَىٰ مَا يَقُولُونَ
وَسَبِّحْ بِحَمْدِ رَبِّكَ قَبْلَ
طُلُوعِ الشَّمْسِ وَقَبْلَ
الْغُرُوبِ ﴿٢٩﴾

40. 在夜间的一部分时间(也)赞念他,和在(规定的)叩拜之后(赞念他),

40. And in the night glorify Him and after the prostrations.

وَمِنَ اللَّيْلِ فَسَبِّحْهُ
وَأَدْبَرَ السُّجُودِ ﴿٣٠﴾

41. 并聆听那天(审判日)呼唤者从邻近的地方的呼唤。

41. And listen to the Day when the caller shall call out from a nearby place.

وَأَسْتَمِعُ يَوْمَ يُنَادِ الْمُنَادِ
مِن مَّكَانٍ قَرِيبٍ ﴿٣١﴾

42. 那天他们将真切地听到一声(可怕的)爆炸,那就是复活的日子。

42. The Day they will hear the blast in truth. That is the Day of the coming out (of the dead).

يَوْمَ يَسْمَعُونَ الصَّيْحَةَ
بِالْحَقِّ ذَٰلِكَ يَوْمُ الْخُرُوجِ
﴿٣٢﴾

43. 我的确赋予生和死,你们最后的归宿是回到我这里。

43. Indeed, It is We who bestow life and give death and to Us is the journeying.

إِنَّا نَحْنُ نُحْيِي - وَنُمِيتُ وَإِلَيْنَا
الْمَصِيرُ ﴿٣٣﴾

44. 那天大地将被裂成粉碎,他们将慌忙奔出(坟墓),这就是一个大集会,这对于我是(十分)容易的。

44. On the Day the earth shall split asunder from them, rushing out of it in haste. That is a gathering easy for Us.

يَوْمَ تَشَقَّقُ الْأَرْضُ عَنْهُمْ
سِرَاعًا ذَٰلِكَ حَشْرٌ عَلَيْنَا
يَسِيرٌ ﴿٣٤﴾

45. 我熟知他们所说

45. We know best of what they say, and you

نَحْنُ أَعْلَمُ بِمَا يَقُولُونَ وَمَا

的，你没有强迫他们(信教)，所以你要以古兰去提醒畏惧我的警告的人。

are not a tyrant over them. So remind by the Quran him who fears My warning.

أَنْتَ عَلَيْهِمْ بِجَبَّارٍ فَذَكِّرْ
بِالْقُرْآنِ مَنْ يَخَافُ وَعِيدِ

