



离婚

AtTalaq

الطَّلَق

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 先知啊!
当你们休妻时，你们要依照她们(法定)的期限离异，并(准确地)计算期限。你们要畏惧你们的主安拉。不要把她们从她们的屋子中赶出去，她们也不应(自动)离开，除非她们犯了公开的不道德的行为。这些是安拉订下的限(法)度。谁超越了安拉的限(法)度，他就确实亏待了他自己。你们(离婚者)不知道，安拉也许会在今后使一个新的情况(如复合)出现。

1. O Prophet, when you divorce women, so divorce them for their (prescribed waiting) periods, and count the period. And fear Allah, your Lord. Do not expel them out of their (husbands') houses, nor should they (themselves) leave, except in case they commit a clear indecency. And these are the limits of Allah. And whoever transgresses the limits of Allah will certainly wrong his own self. You know not, Allah may bring about after this a matter (of reconciliation).

يَا أَيُّهَا النَّبِيُّ إِذَا طَلَّقْتُمُ
النِّسَاءَ فَطَلِّقُوهُنَّ
لِعَدَّتِهِنَّ وَأَحْصُوا الْعِدَّةَ
وَاتَّقُوا اللَّهَ رَبَّكُمْ لَا
تُخْرِجُوهُنَّ مِنْ بُيُوتِهِنَّ
وَلَا تَخْرُجْنَ إِلَّا أَنْ يَأْتِيَنَّ
بِفَحِشَةٍ مُبَيِّنَةٍ وَتِلْكَ
حُدُودُ اللَّهِ وَمَنْ يَتَعَدَّ
حُدُودَ اللَّهِ فَقَدْ ظَلَمَ نَفْسَهُ
لَا تَدْرِي لَعَلَّ اللَّهَ يُحْدِثُ
بَعْدَ ذَلِكَ أَمْرًا ﴿١١﴾

2. 当她们完满了规定的期限时，你们应

2. Then when they have reached their

فَإِذَا بَلَغْنَ أَجَلَهُنَّ

善意地挽留她们，或是善意地跟她们分手，并要在你们当中请两个公平的证人(男方女方各一人)向安拉据实作证。这就是给信仰安拉与末日的人的忠告。对于那些敬畏安拉的人，他(主)会给他一条出路，

term, either retain them in a fair manner, or part with them in a fair manner. And call to witness two just men from among you, and establish testimony for Allah. This you are admonished with, whoever believes in Allah and the Last Day. And whoever fears Allah, He will appoint for him a way out.

فَأَمْسِكُوهُنَّ بِمَعْرُوفٍ أَوْ
فَارِقُوهُنَّ بِمَعْرُوفٍ وَأَشْهِدُوا
ذَوَى عَدْلٍ مِّنكُمْ وَأَقِيمُوا
الشَّهَادَةَ لِلَّهِ ذَٰلِكُمْ
يُوعَظُ بِهِ مَن كَانَ
يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الْآخِرِ
وَمَن يَتَّقِ اللَّهَ يَجْعَلْ لَهُ
مَخْرَجًا ﴿٢﴾

3. 他(主)从意想不到(来源)供应他。谁信赖安拉，他(安拉)就使他满足。安拉一定会完成他的命令。安拉的确已为万物规定了(应有的)尺度(即“前定”)。

3. And He will provide for him from where he could not imagine. And whoever trusts in Allah, then He is sufficient for him. Indeed, Allah brings to fulfillment His decrees. Indeed, Allah has appointed for everything a measure.

وَيَرْزُقُهُ مِّنْ حَيْثُ لَا
تَحْتَسِبُ وَمَن يَتَوَكَّلْ عَلَى
اللَّهِ فَهُوَ حَسْبُهُ إِنَّ اللَّهَ
بَلِغُ أَمْرِهِ قَدْ جَعَلَ اللَّهُ
لِكُلِّ شَيْءٍ قَدْرًا ﴿٣﴾

4. 至于你们当中那些已经超过了行经(即月经停止了)年龄的妇女，如果你们对她们有任何怀疑，她们规定(等待)的期限是三个月。那些还没有月经的也是一样。那些有孕的，她们的期限是等到她们分娩。谁敬

4. And those who have despaired of menstruation among your women, if you are in doubt, then their (waiting) period is three months, and those who have not menstruated yet. And for those who are pregnant, their term is when they

وَالَّتِي يَئِسْنَ مِنَ الْمَحِيضِ
مِن نِّسَائِكُمْ إِنِ ارْتَبْتُمْ
فَعِدَّتُهُنَّ ثَلَاثَةُ أَشْهُرٍ وَالَّتِي
لَمْ يَحِضْنَ وَأُولَاتُ الْأَحْمَالِ
أَجَلُهُنَّ أَن يَضَعْنَ حَمْلَهُنَّ
وَمَن يَتَّقِ اللَّهَ يَجْعَلْ لَهُ مِنْ

畏安拉，他将使他们的
事情容易。

deliver their burden.
And whoever fears
Allah, He will make
his matter easy for
him.

أَمْرِهِ يُسْرًا ﴿٤﴾

5. 那是安拉降给你们
的法令。谁敬畏安
拉，他(主)就会抹除他的
罪恶，并将扩大他的
回赐。

5. That is the command
of Allah, which He
has sent down to you.
And whoever fears
Allah, He will remove
from him his evil
deeds, and will enhance
reward for him.

ذَٰلِكَ أَمْرُ اللَّهِ أَنزَلَهُ إِلَيْكُمْ ۚ
وَمَن يَتَّقِ اللَّهَ يَكْفِرْ عَنهُ
سَيِّئَاتِهِ وَيُعْظِمْ لَهُ أَجْرًا

6. 你们要按照自身
的(财富)能力让妇女们
住在你们所住的屋宇
中，你们不要伤害她
们，以致使她们生活
窘困。如果她们有孕
，你们就要供给她们
费用直到她们分娩。
如果她们为你们的孩
子哺乳，你们就要给
她们报酬。并要公平
地互相磋商。如果你
们彼此为难，那就让
其他的妇人替他(孩子
的父亲)喂(孩子)。

6. Lodge them (in the
waiting period) where
you (yourselves) live,
according to your
means, and do not
harm them, so as to
oppress them. And if
they are pregnant, then
spend on them until
they deliver their
burden. Then if they
suckle (the child) for
you, then give them
their wages, and confer
among yourselves in
kindness. And if you
make difficulties (for
each other) then
another (woman)
would suckle him.

أَسْكِنُوهُنَّ مِّنْ حَيْثُ
سَكَنْتُمْ مِّنْ وُجْدِكُمْ وَلَا
تُضَارُّوهُنَّ لِيُضَيِّقُوا عَلَيْهِنَّ ۚ
وَإِن كُنَّ أُولَاتٍ حَمَلٍ
فَأَنْفِقُوا عَلَيْهِنَّ حَتَّىٰ يَضَعْنَ
حَمْلَهُنَّ ۚ فَإِن أَرْضَعْنَ لَكُمْ
فَأَتُوهُنَّ أَجُورَهُنَّ ۖ وَأْتَمِرُوا
بَيْنَكُمْ بِمَعْرُوفٍ وَإِن تَعَاَسَرْتُم
فَسْتَرْضِعُوا لَهُنَّ أُخْرَىٰ ﴿٥﴾

7. 让有财产的人照
他们的财产去花费。

7. Let the one with
means spend according

لِيُنْفِقَ ذُو سَعَةٍ مِّنْ سَعَتِهِ ۖ

而财力有限的人，就让他照安拉已经给他的去花费。安拉不要任何人负担超过他(主)所赐给他的。在困难之后，安拉就会赐给容易。

to his means, and he whose provision is restricted upon him, so let him spend from what Allah has given him. Allah does not burden a person beyond what He has given him. Allah will bring about ease after hardship.

وَمَنْ قُدِرَ عَلَيْهِ رِزْقُهُ
فَلْيُنْفِقْ مِمَّا آتَاهُ اللَّهُ لَا
يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا مَا
آتَاهَا سَيَجْعَلُ اللَّهُ بَعْدَ
عُسْرٍ يُسْرًا ﴿٧﴾

8. 多少城市曾反对它的主和使者们的命令，然后我(主)叫它去受一项严格的审算，并对它施以可怕的惩罚。

8. And how many a town rebelled against the command of its Lord and His messengers, so We called it to a severe account and punished it with a terrible punishment.

وَكَأَيِّنْ مِنْ قَرْيَةٍ عَتَتْ عَنْ
أَمْرِ رَبِّهَا وَرُسُلِهِ فَحَاسَبْنَاهَا
حِسَابًا شَدِيدًا وَعَذَّبْنَاهَا
عَذَابًا نُكَرًا ﴿٨﴾

9. 所以它尝到了它的行为的后果，它的行为的后果就是亏损。

9. So that it tasted the evil consequence of its affair, and the outcome of its affair was loss.

فَذَاقَتْ وَبَالَ أَمْرِهَا وَكَانَ
عَاقِبَةُ أَمْرِهَا خُسْرًا ﴿٩﴾

10. 安拉为他们(在后世)准备了一项严厉的刑罚，所以你们要敬畏安拉。有理解力的人啊!有信仰的人啊!安拉确已降给你们一项提示，

10. Allah has prepared for them a severe punishment (in Hereafter). So fear Allah, O you men of understanding who have believed. Indeed, Allah has sent down to you an admonition.

أَعَدَّ اللَّهُ لَهُمْ عَذَابًا شَدِيدًا
فَاتَّقُوا اللَّهَ يَأْتُوا بِالْأَلْبَابِ
الَّذِينَ ءَامَنُوا قَدْ أَنْزَلَ اللَّهُ
إِلَيْكُمْ ذِكْرًا ﴿١٠﴾

11. 一位使者，他向你们诵读明白(易懂)的安拉的启示，以便他能引导那些信仰和行善的人从黑暗深处进入光明。信仰安拉并作善行的人，他(主)将使他进入下面有诸河流动的乐园，永远在其中居住。安拉已赐给他一项最优越的供应。

11. A Messenger (Muhammad), who recites to you the verses of Allah, clearly guided, that He may bring out those who believe and do righteous deeds from darkness into light. And whoever believes in Allah and does righteousness, He shall admit him into Gardens underneath which rivers flow, they shall abide therein forever. Allah has for such a one an excellent provision.

رَسُولًا يَتْلُوا عَلَيْكُمْ آيَاتِ
اللَّهِ مُبَيِّنَاتٍ لِّيُخْرِجَ الَّذِينَ
آمَنُوا وَعَمِلُوا الصَّالِحَاتِ
مِنَ الظُّلُمَاتِ إِلَى النُّورِ وَمَنْ
يُؤْمِنُ بِاللَّهِ وَيَعْمَلْ صَالِحًا
يُدْخِلْهُ جَنَّاتٍ تَجْرِي مِنْ
تَحْتِهَا الْأَنْهَارُ خَالِدِينَ فِيهَا
أَبَدًا قَدْ أَحْسَنَ اللَّهُ لَهُ
رِزْقًا ﴿١١﴾

12. 安拉造化了七重天和类似的地，天命(安拉的命令)从它们当中下达，以便你们能知道安拉全能于万物，和安拉的知识包罗万有。

12. It is Allah who has created seven heavens and of the earth, the like of them. (His) command descends among them, so that you may know that Allah has power over all things, and that Allah encompasses all things in knowledge.

اللَّهُ الَّذِي خَلَقَ سَبْعَ
سَمَوَاتٍ وَمِنَ الْأَرْضِ مِثْلَهُنَّ
يَتَنَزَّلُ الْأَمْرُ بَيْنَهُنَّ لِتَعْلَمُوا
أَنَّ اللَّهَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ
وَأَنَّ اللَّهَ قَدْ أَحَاطَ بِكُلِّ
شَيْءٍ عِلْمًا ﴿١٢﴾

