



裹在衣服中的人

AlMuzzammil

الْمُزَّمِّل

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 你(穆圣)这裹在衣服中的人啊!

1. O you wrapped up
in garments.

يَا أَيُّهَا الْمُزَّمِّلُ ﴿١﴾

2. 你要在长夜中(以礼拜)保持警醒, 除了少许(的时间)——

2. Stand (in prayer) at
night except a little.

قُمِ اللَّيْلَ إِلَّا قَلِيلًا ﴿٢﴾

3. (那是)它的一半或者稍微少一点,

3. Half of it, or lessen
from it a little.

نِصْفَهُ أَوْ أَنْقُصْ مِنْهُ قَلِيلًا ﴿٣﴾

4. 或是稍微多一点。并且要平心静气(不徐不急)地诵读古兰。

4. Or add to it, and
recite the Quran with
measured recitation.

أَوْ زِدْ عَلَيْهِ وَرَتِّلِ الْقُرْآنَ
تَرْتِيلًا ﴿٤﴾

5. 不久我就会降给你有份量的话。

5. Indeed, We shall
send down upon you a
heavy word.

إِنَّا سَنُلْقِي عَلَيْكَ قَوْلًا
ثَقِيلًا ﴿٥﴾

6. 的确, 夜间(不眠)是意识最敏锐(最能够领悟)和言语最清醒(正确)的时间。

6. Indeed, the rising
by night is more
effective for controlling
the self, and more
suitable for words.

إِنَّ نَاشِئَةَ اللَّيْلِ هِيَ أَشَدُّ
وَطَعًا وَأَقْوَمُ قِيلًا ﴿٦﴾

7. 的确, 你在白天有冗长的日常工作。

7. Indeed, for you in
the day is a prolonged
occupation.

إِنَّ لَكَ فِي النَّهَارِ سَبْحًا
طَوِيلًا ﴿٧﴾

8. 所以你要纪念你的主的尊名，并全心全意献身给他。

8. And remember the name of your Lord, and devote yourself to Him with complete devotion.

وَأَذْكُرِ اسْمَ رَبِّكَ وَتَبَتَّلْ إِلَيْهِ تَبْتِيلًا ﴿٨﴾

9. 他是东方和西方的主，除他之外无神。所以你要以他作为你的监护者。

9. The Lord of the east and the west, there is no god except Him, so take Him as a Defender.

رَبُّ الْمَشْرِقِ وَالْمَغْرِبِ لَا إِلَهَ إِلَّا هُوَ فَاتَّخِذْهُ وَكِيلًا ﴿٩﴾

10. 你要忍耐他们所说的闲话，并要彬彬有礼地(令人愉快地)离开他们。

10. And be patient over what they say, and depart from them, a noble departure.

وَأَصْبِرْ عَلَىٰ مَا يَقُولُونَ وَأَهْجُرْهُمْ هَجْرًا جَمِيلًا ﴿١٠﴾

11. 让我(单独)对付那些(在今世)富有而不信的人，并容忍他们一会儿。

11. And leave Me and those who deny, the prosperous ones, and give them respite a little.

وَذَرْنِي وَالْمُكَذِّبِينَ أُولِي النَّعْمَةِ وَمَهَلْهُمُ قَلِيلًا ﴿١١﴾

12. 我有桎梏(捆绑他们)，和有火(焚烧他们)，

12. Indeed, with us are heavy shackles, and a blazing Fire.

إِنَّ لَدَيْنَا أَنْكَالًا وَحَجِيمًا ﴿١٢﴾

13. 和噎(死人)的食物，以及严峻的刑罚。

13. And food that chokes and a painful punishment.

وَطَعَامًا ذَا غُصَّةٍ وَعَذَابًا أَلِيمًا ﴿١٣﴾

14. 在那天大地和山岳都会摇动。群山将会像一堆散沙。

14. On the Day, the earth and the mountains will be in violent shake, and the mountains will become a heap of pouring sand.

يَوْمَ تَرْجُفُ الْأَرْضُ وَالْجِبَالُ وَكَانَتِ الْجِبَالُ كَثِيبًا مَّهِيلًا ﴿١٤﴾

15. (世人啊!)我已派

15. Indeed, We have sent to you a messenger

إِنَّا أَرْسَلْنَا إِلَيْكُمْ رَسُولًا

给你们一位使者作你们的见证，就如同我派遣过一位使者到法老那里一样。

(Muhammad) as a witness over you, just as We sent to Pharaoh a messenger.

شَهِدًا عَلَيْكُمْ كَمَا أَرْسَلْنَا
إِلَىٰ فِرْعَوْنَ رَسُولًا ﴿٥﴾

16. 但是法老不服从使者。因此我以极严厉的方法袭击了他们。

16. But Pharaoh disobeyed the messenger. So We seized him with a firm seizure.

فَعَصَىٰ فِرْعَوْنُ الرَّسُولَ
فَأَخَذْنَاهُ أَخْذًا وَبِيلًا ﴿٦﴾

17. 如果你们不信(安拉)，那么，你们怎么能在那使儿童变成白发苍苍的(老)人的那天保护你们自己呢？

17. Then how will you protect yourselves, if you disbelieve, on the Day that will make the children white haired (old).

فَكَيْفَ تَتَّقُونَ إِن كَفَرْتُمْ
يَوْمًا يَجْعَلُ الْوِلْدَانَ شِيبًا ﴿٧﴾

18. 在那天，天会纷纷崩碎裂，他(主)的约一定会实现。

18. The heaven will break apart there from. His promise has to be fulfilled.

السَّمَاءُ مُنْفَطِرٌ بِهِ ۗ كَانَ
وَعْدُهُ مَفْعُولًا ﴿٨﴾

19. 这的确是一项提醒，所以让愿意(归信)的人择取一条朝向他的主的(正)道吧。

19. Indeed, this is an admonition. So whoever wills, let him take a path to his Lord.

إِنَّ هَذِهِ تَذْكِرَةٌ ۗ فَمَنْ
شَاءَ اتَّخَذْ إِلَىٰ رَبِّهِ سَبِيلًا ﴿٩﴾

20. 你的主知道你如何彻夜警醒礼拜，差不多三分之二的夜，或者(有时)是半夜，或是三分之一一个夜，一部分跟你在一起的人也是如此。安拉测度昼夜(的长短)，他知道

20. Indeed, your Lord knows that you stand (in prayer) nearly two thirds of the night, and half of it, and one third of it, and (so do) a group of those with you, And Allah measures the night and the day. He knows

إِنَّ رَبَّكَ يَعْلَمُ أَنَّكَ تَقُومُ
أَدْنَىٰ مِنْ ثُلُثِي اللَّيْلِ وَنِصْفَهُ
وَأُثُلُثَهُ ۗ وَطَآئِفَةٌ مِّنَ الَّذِينَ
مَعَكَ ۗ وَاللَّهُ يُقَدِّرُ اللَّيْلَ
وَالنَّهَارَ ۗ عَلِمَ أَن لَّنْ نَّحْصُوهُ

你们不能够计算它，所以他恕饶了你们。因此你们要诵读古兰中对你们容易的(部分)。他知道你们当中有生病的人，而其它人有的在大地上奔波，寻求安拉的恩典，还有其它的人在安拉的道上战斗。因此你们要诵读古兰中对你们容易的(部分)，并守拜功，纳天课，以及借给安拉一项体面的借贷。不论你们为自己作下什么样的善行，你们一定会在安拉那里找到它，那是更好和更多的回赐。你们也要寻求安拉的恕饶。安拉确实是多恕的、大慈的。

that you will not be able to do it (pray all night), so He has turned to you in forgiveness. So recite what is easy for you of the Quran. He knows that there will be sick among you, and others traveling in the land seeking from Allah's bounty, and others fighting in the cause of Allah. So recite what is easy for you from it. And establish the prayer and give the poor due, and loan Allah a goodly loan. And whatever you may send forward for yourselves of good, you shall find it with Allah. That is better and greater in reward. And seek forgiveness from Allah. Indeed Allah is All Forgiving, All Merciful.

فَتَابَ عَلَيْكُمْ^ط فَاقْرَءُوا مَا تَيَسَّرَ مِنَ الْقُرْآنِ^ج عَلِمَ أَنْ سَيَكُونُ مِنْكُمْ مَرْضَى^٧ وَآخَرُونَ يَضْرِبُونَ فِي الْأَرْضِ يَبْتَغُونَ مِنْ فَضْلِ اللَّهِ^٧ وَآخَرُونَ يُقَاتِلُونَ فِي سَبِيلِ اللَّهِ^ط فَاقْرَءُوا مَا تَيَسَّرَ مِنْهُ^ع وَأَقِيمُوا الصَّلَاةَ^ع وَآتُوا الزَّكَاةَ^ع وَأَقْرِضُوا اللَّهَ قَرْضًا حَسَنًا^ع وَمَا تُقَدِّمُوا لِأَنْفُسِكُمْ مِنْ خَيْرٍ تَجِدُوهُ عِنْدَ اللَّهِ هُوَ خَيْرًا وَأَعْظَمَ أَجْرًا^ط وَاسْتَغْفِرُوا اللَّهَ^ط إِنَّ اللَّهَ غَفُورٌ رَحِيمٌ ﴿٢٠﴾

