



# 岩区

# AlHijr

# الْحِجْر

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、拉。这是天经(古兰)的章句，(它)是平白易懂的读本(经典)。

1. Alif. Lam. Ra. These are the verses of the Book and a clear Quran.

الرَّ تِلْكَ آيَاتُ الْكِتَابِ وَقُرْآنٍ مُّبِينٍ ﴿١﴾

2. 不信仰的人们也许会热烈地希望他们是穆斯林。

2. Perhaps those who disbelieve will wish if they were Muslims.

رُبَّمَا يَوَدُّ الَّذِينَ كَفَرُوا لَوْ كَانُوا مُسْلِمِينَ ﴿٢﴾

3. 让他们去吃喝和享受(人生)吧，也让虚伪的希望去诱惑他们吧，他们不久就会知道了。

3. Leave them to eat and enjoy, and let false hope distract them. Soon they will come to know.

ذَرَّهُمْ يَأْكُلُوا وَيَتَمَتَّعُوا وَيُلْهِمُ الْأَمَلُ فَسَوْفَ يَعْلَمُونَ ﴿٣﴾

4. 我从未毁灭过任何城市(或人群)，不曾(在事前)使(它)知道它有一个天命(的期限)。

4. And We did not destroy any township but that for it there was a known decree.

وَمَا أَهْلَكْنَا مِنْ قَرْيَةٍ إِلَّا وَهِيَ كِتَابٌ مَعْلُومٌ ﴿٤﴾

5. 没有人能提早它，也不能延缓它。

5. Any nation will not precede its term, nor will they ever postpone it.

مَا تَسْبِقُ مِنْ أُمَّةٍ أَجَلَهَا وَمَا يَسْتَأْخِرُونَ ﴿٥﴾

6. 他们说：“你这被赐给提示(古兰)的人啊！你真是个疯子！”

6. And they say: “O you upon whom the admonition has been sent down, surely you are indeed a mad man.”

وَقَالُوا يَا أَيُّهَا الَّذِي نُزِّلَ عَلَيْهِ  
الذِّكْرُ إِنَّكَ لَمَجْنُونٌ ﴿٦﴾

7. “如果你是诚实的(说实话的人)，为什么你不为我们召采天仙？”

7. Why do you not bring to us the angels if you are among the truthful.

لَوْ مَا تَأْتِينَا بِالْمَلَائِكَةِ إِنْ  
كُنْتَ مِنَ الصَّادِقِينَ ﴿٧﴾

8. 除非为了真理，我不派天仙下降，(如果天仙们降临了，)他们(不信者)就得不到姑容了。

8. We do not send down the angels except with truth, and they (the disbelievers) would not then be reprieved.

مَا نُنزِّلُ الْمَلَائِكَةَ إِلَّا بِالْحَقِّ  
وَمَا كَانُوا إِذَا مُنْظَرِينَ ﴿٨﴾

9. 我自己降下这提示(古兰)，我确实是它的监护者。

9. Certainly We, It is We who have sent down the admonition (the Quran), and certainly We are indeed its guardian.

إِنَّا نَحْنُ نَزَّلْنَا الذِّكْرَ وَإِنَّا لَهُ  
لَحَافِظُونَ ﴿٩﴾

10. 我的确在你以前的古代的人群中派遣过使者。

10. And surely, We sent (messengers) before you (O Muhammad) among the factions of the former people.

وَلَقَدْ أَرْسَلْنَا مِنْ قَبْلِكَ فِي  
شِعَابِ الْأَوَّلِينَ ﴿١٠﴾

11. 从来没有使者到达他们时，他们不嘲笑他的。

11. And never came to them any messenger except that they did ridicule him.

وَمَا يَأْتِيهِمْ مِنْ رَسُولٍ إِلَّا  
كَانُوا بِهِ يَسْتَهْزِءُونَ ﴿١١﴾

12. 虽然我使它(劝告)进入犯罪者的心中。

12. Thus do We make it enter into the hearts of the criminals.

كَذَلِكَ نَسْلُكُهُ فِي قُلُوبِ  
الْمُجْرِمِينَ ﴿١٢﴾

13. 他们不会信仰它的，古人的先例早已摆在前面。

13. They would not believe in it, and indeed the example of the former people has gone before.

لَا يُؤْمِنُونَ بِهِ <sup>ط</sup> وَقَدْ خَلَتْ  
سُنَّةُ الْأَوَّلِينَ ﴿١٣﴾

14. 即使我为他们从天上开一道门，他们也在其中不断地攀升，

14. And (even) if We opened to them a gate from the heaven and they continued therein to ascend.

وَلَوْ فَتَحْنَا عَلَيْهِم بَابًا مِّنَ  
السَّمَاءِ فَظَلُّوا فِيهِ يَعْرَجُونَ  
﴿١٤﴾

15. 他们一定会说：“我们眼花缭乱了，不然，我们是被(魔术所)迷惑的人。”

15. They would say: “Our eyes have only been dazzled. Nay, but we are a people bewitched.”

لَقَالُوا إِنَّمَا سُكِّرَتْ أَبْصَارُنَا  
بَلْ نَحْنُ قَوْمٌ مَّسْحُورُونَ ﴿١٥﴾

16. 我在天上设置了星宿的宫座(黄道十二宫等)，我为了观看者使它们美化。

16. And indeed, We have set within the heaven mansions of stars, and We have beautified it for the beholders.

وَلَقَدْ جَعَلْنَا فِي السَّمَاءِ  
بُرُوجًا وَزَيَّنَّاهَا لِلنَّاظِرِينَ  
﴿١٦﴾

17. 我也保护了它，免于受诅咒的魔鬼的(侵犯)。

17. And We have guarded it from every accursed devil.

وَحَفِظْنَاهَا مِنْ كُلِّ شَيْطَانٍ  
رَّجِيمٍ ﴿١٧﴾

18. 谁希望偷听，他就会被明显的火焰所追逐。

18. Except him who steals the hearing (eavesdrop), he is then pursued by a clear flaming fire.

إِلَّا مَنِ اسْتَرَقَ السَّمْعَ  
فَاتَّبَعَهُ رَشَاهُ مِّنْهُنَّ  
﴿١٨﴾

19. 我展开大地，在它上面安置了山岳，并在其中适当(平衡)

19. And the earth, We have spread it out, and We have placed therein firm mountains, and

وَالْأَرْضَ مَدَدْنَاهَا وَأَلْقَيْنَا  
فِيهَا رَوَاسِيَ وَأَنْبَتْنَا فِيهَا مِنْ

地生产了各种(你们所需要的)东西。

We have caused to grow therein of all kinds of things in due proportion.

كُلِّ شَيْءٍ مَّوْزُونٍ ﴿١٦﴾

20. 我也给你们和那些你们没有供养的人们, 提供了生计。

20. And We have made for you therein means of livelihood, and (for) those for whom you are not providers.

وَجَعَلْنَا لَكُمْ فِيهَا مَعِيشَ  
وَمَنْ لَسْتُمْ لَهُ بِرَازِقِينَ ﴿٢٠﴾

21. 没有一样东西不是(大量地)储存在我这里。而我只降给规定的数量。

21. And there is not any thing, but that with Us are its treasuries. And We do not send it down except in a known measure.

وَإِنْ مِّنْ شَيْءٍ إِلَّا عِنْدَنَا  
خَزَائِنُهُ وَمَا نُنزِلُ إِلَّا  
بِقَدَرٍ مَّعْلُومٍ ﴿٢١﴾

22. 我也降下惠风, 然后从上空降下雨水给你们饮用, 而你们却不是它(雨)的贮藏者。

22. And We send the winds fertilizing, then We send down water from the sky, then We give you drink from it. And you are not the guardians of its stores.

وَأَرْسَلْنَا الرِّيحَ لَوَاقِحَ  
فَأَنْزَلْنَا مِنَ السَّمَاءِ مَاءً  
فَأَسْقَيْنَكُمُوهُ وَمَا أَنْتُمْ لَهُ  
بِخَازِنِينَ ﴿٢٢﴾

23. 的确, 是我使生, 也是我使死, 而我也继承者。

23. And certainly We, We it is who give life, and cause death, and We are the Inheritors.

وَإِنَّا لَنَحْنُ نُحْيِي وَنُمِيتُ  
وَنَحْنُ الْوَارِثُونَ ﴿٢٣﴾

24. 我确知你们当中哪些人(竭力)向前, 和哪些人落后。

24. And certainly, We know the preceding (generations) among you, and certainly We know those who will come later.

وَلَقَدْ عَلِمْنَا الْمُسْتَقْدِمِينَ  
مِنْكُمْ وَلَقَدْ عَلِمْنَا  
الْمُسْتَأْخِرِينَ ﴿٢٤﴾

25. 无疑地, 你的主将会把他们集中在一

25. And indeed, your Lord, it is He who

وَإِنَّ رَبَّكَ هُوَ يَجْمَعُهُمْ  
إِنَّهٗ

起，因为他(主)是大智的、全知的。

will gather them. Indeed, He is All Wise, All Knowing.

حَكِيمٌ عَلِيمٌ ﴿٢٥﴾

26. 我的确用陶土和黑色的稀泥造人。

26. And indeed, We created man from sounding clay, from mud molded into shape.

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ مِنْ صَلْصَلٍ مِنْ حَمَإٍ مَسْنُونٍ ﴿٢٦﴾

27. 我也曾用火焰造化精灵。

27. And the jinn, We had created before, from the fire of a scorching wind.

وَالْجَانَّ خَلَقْنَاهُ مِنْ قَبْلُ مِنْ نَارِ السَّمُومِ ﴿٢٧﴾

28. 那时你的主对天仙们说：“我就要用陶土和黑色的稀泥造人口”

28. And when your Lord said to the angels: “Indeed I will create a man from sounding clay, from mud molded into shape.”

وَإِذْ قَالَ رَبُّكَ لِلْمَلَائِكَةِ إِنِّي خَلِقُ بَشَرًا مِنْ صَلْصَلٍ مِنْ حَمَإٍ مَسْنُونٍ ﴿٢٨﴾

29. 因此当我形成他，并把我的灵吹入他时，你们要向他匍匐叩头。

29. “So when I have fashioned him and have breathed into him of My Spirit, then fall down, to him in prostration.”

فَإِذَا سَوَّيْتُهُ وَنَفَخْتُ فِيهِ مِنْ رُوحِي فَقَعُوا لَهُ سَاجِدِينَ ﴿٢٩﴾

30. 因此天仙们全体匍匐叩头了。

30. So the angels fell prostrate, all of them together.

فَسَجَدَ الْمَلَائِكَةُ كُلُّهُمْ أَجْمَعُونَ ﴿٣٠﴾

31. 可是依怖厉斯却不然，他拒绝与他们一同叩头。

31. Except Iblis. He refused to be with those who prostrated.

إِلَّا إِبْلِيسَ أَبَى أَنْ يَكُونَ مَعَ السَّاجِدِينَ ﴿٣١﴾

32. 他(安拉)说: “依怖厉厮啊!你为什么  
不随同他们叩头呢?”

32. He (Allah) said:  
“O Iblis, what is  
(matter) with you that  
you are not with those  
who prostrate.”

قَالَ يَا إِبْلِيسُ مَا لَكَ إِلَّا  
تَكُونَ مَعَ السَّاجِدِينَ ﴿٢٢﴾

33. 它(依怖厉厮)说:  
“我是不能向你用  
陶土和黑色的稀泥所  
造化的人叩头的。”

33. He said: “Never  
would I prostrate to  
a man whom You  
created from sounding  
clay, from mud molded  
into shape.”

قَالَ لَمْ أَكُنْ لِأَسْجُدَ لِبَشَرٍ  
خَلَقْتَهُ مِنْ صَلْصَلٍ مِنْ  
حَمِئٍ مَسْنُونٍ ﴿٢٣﴾

34. 他(安拉)说: “  
那么,你就从这里出  
去吧,你是被驱逐的(或:  
被诅咒的)。”

34. He (Allah) said:  
“Then get out from  
here. Indeed, you are  
rejected.”

قَالَ فَأَخْرِجْ مِنْهَا فَإِنَّكَ  
رَجِيمٌ ﴿٢٤﴾

35. “降给你的天谴  
是直到裁判日的。”

35. “And indeed, the  
curse shall be upon  
you until the Day of  
Recompense.”

وَإِنَّ عَلَيْكَ اللَّعْنَةَ إِلَى يَوْمِ  
الَّذِينَ ﴿٢٥﴾

36. 它(依怖厉厮)说:  
“我的主啊!求你宽  
容我直到(死者)复活  
的那天。”

36. He said: “My  
Lord, then relieve me  
until the day they will  
be resurrected.”

قَالَ رَبِّ فَأَنْظِرْنِي إِلَى يَوْمِ  
يُبْعَثُونَ ﴿٢٦﴾

37. 他(安拉)说: “  
你被宽容了。”

37. He (Allah) said:  
“So indeed, you are of  
those relieved.”

قَالَ فَإِنَّكَ مِنَ الْمُنْظَرِينَ  
﴿٢٧﴾

38. “直到指定的时  
日。”

38. “Until the Day of  
the appointed time.”

إِلَى يَوْمِ الْوَقْتِ الْمَعْلُومِ  
﴿٢٨﴾

39. 它(依怖厉厮)说:  
“我的主啊!由于你

39. He said: “My Lord,  
because You have sent  
me astray, I shall

قَالَ رَبِّ بِمَا أَغْوَيْتَنِي

置我于迷误，我一定会在地上他们(人)粉饰错误之道，我将误导他们的每一个人。

indeed adorn (the path of error) for them on the earth, and I shall indeed mislead them all.”

لَأُزَيِّنَنَّ لَهُمْ فِي الْأَرْضِ  
وَلَأُغْوِيَنَّهُمْ أَجْمَعِينَ ﴿٦٦﴾

40. “除了他们当中你的那些十全十美的虔诚的仆人在外。”

40. “Except your sincere slaves among them.”

إِلَّا عِبَادَكَ  
الْمُخْلِصِينَ ﴿٦٧﴾

41. (安拉)说：“这(我的虔诚的仆人的道)才是我的正道。”

41. He said: “This is the path to Me, (leading) straight.”

قَالَ هَذَا صِرَاطٌ عَلَيَّ  
مُسْتَقِيمٌ ﴿٦٨﴾

42. “你对我的仆人们无权，除非那些自暴自弃并追随你的人。”

42. “Certainly My slaves, you shall have no authority over them, except those who may follow you from among the misguided.”

إِنَّ عِبَادِي لَيْسَ لَكَ عَلَيْهِمْ  
سُلْطَنٌ إِلَّا مَنْ اتَّبَعَكَ مِنْ  
الْغَاوِينَ ﴿٦٩﴾

43. 地狱的确是为他们全体许下的地方。

43. “And certainly, Hell is the promised place for them all.”

وَأَنَّ جَهَنَّمَ لَمَوْعِدُهُمْ  
أَجْمَعِينَ ﴿٧٠﴾

44. 它有七个门，每一个门有一指定的部分。

44. “There are seven gates in it. To each gate, a portion of them has been designated.”

لَهَا سَبْعَةُ أَبْوَابٍ لِكُلِّ بَابٍ  
مِنْهُمْ جُزْءٌ مَّقْسُومٌ ﴿٧١﴾

45. 敬畏的人将在乐园和泉水当中。

45. Indeed, the righteous will be amidst gardens and springs.

إِنَّ الْمُتَّقِينَ فِي جَنَّاتٍ  
وَعُيُونٍ ﴿٧٢﴾

46. (他们的欢迎词将是)：“平安和安全地进入它们。”

46. (It will be said): “Enter therein, in peace, security.”

أَدْخُلُوهَا بِسَلَامٍ ءَامِنِينَ ﴿٧٣﴾

47. 我并将除去他们心中怨懣，(他们将像)兄弟们一样地坐在(尊严的)高椅上相对(欢笑)。

47. And We shall remove whatever is in their breasts of resentment. As brothers, (they will rest) on raised couches, facing each other.

وَتَزَعَنَا مَا فِي صُدُورِهِمْ مِّنْ غِلٍّ إِخْوَانًا عَلَىٰ سُرُرٍ مُّتَقَابِلِينَ ﴿٤٧﴾

48. 他们在那里将不会感到疲劳，他们也(永远)不会被撵开。

48. No fatigue shall touch them therein, nor shall they be driven out of it.

لَا يَمَسُّهُمْ فِيهَا نَصَبٌ وَمَا هُمْ مِنْهَا بِمُخْرَجِينَ ﴿٤٨﴾

49. 你告诉我的仆人们，我确是多恕的、大慈的。

49. Inform (O Muhammad) to My slaves that I am the Oft Forgiving, the Most Merciful.

﴿٤٩﴾ نَبِيٌّ عَبْدِي أَيُّ أَنَا  
الْغَفُورُ الرَّحِيمُ ﴿٤٩﴾

50. 而我的刑罚也是最痛苦的。

50. And that My punishment, it is the painful punishment.

وَأَنَّ عَذَابِي هُوَ الْأَعْدَابُ الْأَلِيمُ ﴿٥٠﴾

51. 你告诉他们有关伊布拉欣的客人们的故事。

51. And inform them about Abraham's guests.

وَنَبِّئُهُمْ عَنِ ضَيْفِ إِبْرَاهِيمَ ﴿٥١﴾

52. 当他们进入他的地方说“平安”时，他(伊布拉欣)说：“我们骇怕你们！”

52. When they entered upon him and said: “Peace.” He said: “Indeed we are afraid of you.”

إِذْ دَخَلُوا عَلَيْهِ فَقَالُوا سَلَامًا قَالَ إِنَّا مِنكُمْ وَجِلُونَ ﴿٥٢﴾

53. 他们说：“不要怕，我们给你(报告)一个天赋聪颖的儿子的喜讯。”


53. They said: “Do not be afraid, indeed we give you good tidings of a boy possessing knowledge.”

قَالُوا لَا تَوْجَلْ إِنَّا نُبَشِّرُكَ بِغُلَامٍ عَلِيمٍ ﴿٥٣﴾



54. 他说：“当我年已老迈时，你们来给我报告(得子的)好消息吗？那么，你们会给我什么好消息呢？”

54. He said: Do you give me good tidings of (a son) when old age has overtaken me. Of what then do you give good tidings.”

قَالَ أَبَشِّرْتُمُونِي عَلَىٰ أَنْ  
مَسَّنِيَ الْكِبَرُ فَبِمَ تُبَشِّرُونَ  



55. 他们说：“我们据实地给你报喜讯，所以不要绝望！”

55. They said: “We bring you good tidings in truth. So do not be of the despairing.”

قَالُوا بَشِّرْنَا بِالْحَقِّ فَلَا  
تَكُن مِّنَ الْقَانِطِينَ  



56. 他说：“除了那些迷误的人之外，谁会对他的主的仁慈绝望？”

56. He said: “And who despairs of the mercy of his Lord, except those who are astray.”

قَالَ وَمَنْ يَقْنَطُ مِن رَّحْمَةِ  
رَبِّهِ إِلَّا الضَّالُّونَ  



57. 他(伊布拉欣)又说：“(安拉的)使者们啊！你们的任务是什么呢？”

57. He said: “What is then your business, O messengers.”

قَالَ فَمَا خَطْبِكُمْ أَيُّهَا  
الْمُرْسَلُونَ  


58. 他们说：“我们被派往罪恶的人群，

58. They said: “Indeed, we have been sent to a criminal people.”

قَالُوا إِنَّا أُرْسِلْنَا إِلَىٰ قَوْمٍ  
مُّجْرِمِينَ  


59. 但鲁特(罗得)的家人不包括在内，我们将拯救他们全体。

59. “Except the family of Lot. Indeed, we will save them all.

إِلَّا عَالَ لُوطٍ إِنَّا لَمُنَجُّوهُمْ  
أَجْمَعِينَ  


60. “只除他的妻子。(安拉说)：我(主)已(规定)将她归入那些留在后面的人当中。”

60. “Except his wife. We have decreed that she shall be of those who remain behind.”

إِلَّا امْرَأَتَهُ قَدَرْنَا<sup>ۗ</sup> إِنَّمَا لَمِنَ  
الْغَابِرِينَ  


61. 当使者们到达鲁特(罗得)的家中时，

61. Then when the messengers came to the family of Lot.

فَلَمَّا جَاءَ ءَالَ لُوطٍ  
الْمُرْسَلُونَ ﴿٦١﴾

62. 他说：“你们是陌生的人。”

62. He said: “Indeed, you are people unknown (to me).”

قَالَ إِنَّكُمْ قَوْمٌ مُنْكَرُونَ  
﴿٦٢﴾

63. 他们说：“不，我们是为了他们所(嘲笑的)争论的事到你这里来的。”

63. They said: “But, we have brought to you that about which they have been in doubt.”

قَالُوا بَلْ جِئْنَاكَ بِمَا كَانُوا فِيهِ يَمْتَرُونَ ﴿٦٣﴾

64. 我们已给你带来真理，我们确实是说实话的。”

64. “And we have come to you with truth, and indeed we are truthful.”

وَأَتَيْنَاكَ بِالْحَقِّ وَإِنَّا لَصَادِقُونَ ﴿٦٤﴾

65. “所以，你同你的家人夜间出走吧。你要殿后(压队)，不让你们当中的任何人回顾，向你们被命令的地方前进。”

65. “So travel with your family in a part of the night, and you follow behind them. And let not anyone among you look back, and go on to where you are commanded.”

فَاسْرِبْ بِأَهْلِكَ بِقِطْعٍ مِّنَ اللَّيْلِ وَاتَّبِعْ أَدْبَرَهِمْ وَلَا يَلْتَفِتْ مِنْكُمْ أَحَدٌ وَامْضُوا حَيْثُ تُؤْمَرُونَ ﴿٦٥﴾

66. 我使他明白这命令，那些(犯罪的)人将在清晨时被根绝。

66. And We conveyed to him this decree that the root of those (sinners) was to be cut off in the early morning.

وَقَضَيْنَا إِلَيْهِ ذَلِكَ الْأَمْرَ أَنَّ دَابِرَ هَؤُلَاءِ مَقْطُوعٌ مُّصْبِحِينَ ﴿٦٦﴾

67. 那城中的居民(为了新来的客人的新闻)兴高采烈地来到(鲁特的家)。

67. And the people of the city came rejoicing.

وَجَاءَ أَهْلُ الْمَدِينَةِ يَسْتَبْشِرُونَ ﴿٦٧﴾

68. 他(鲁特)说：“  
这些人是我的客人，  
不要使我丢脸。”

68. He (Lot) said:  
“Indeed, they are my  
guests. So do not  
humiliate me.”

قَالَ إِنَّ هَؤُلَاءِ ضَيْفِي فَلَا  
تَفْضَحُونِ ﴿٦٨﴾

69. “并要敬畏安拉  
，及不要使我蒙羞。”

69. “And fear Allah  
and do not disgrace  
me.”

وَاتَّقُوا اللَّهَ وَلَا تُخْزُونِ ﴿٦٩﴾

70. 他们说：“我们  
不曾禁止你款待外人  
吗？”

70. They said: “Have  
we not forbidden you  
from (guarding)  
people.”

قَالُوا أَوْلَمْ نَنْهَكَ عَنِ  
الْعَلَمِينَ ﴿٧٠﴾

71. 他说：“这些是  
我的女儿们，如果你  
们一定要(做你们所想  
做)的话。”

71. He said: “These  
are my daughters, if  
you must be doing  
(so).”

قَالَ هَؤُلَاءِ بَنَاتِي إِنْ كُنْتُمْ  
فَاعِلِينَ ﴿٧١﴾

72. 以你的生命作证  
，他们的确是在癫狂  
中盲目彷徨。

72. By your life (O  
Muhammad), indeed,  
they were in their  
wild intoxication,  
wandering blindly.

لَعَمْرُكَ إِنَّهُمْ لَفِي سَكْرَتِهِمْ  
يَعْمَهُونَ ﴿٧٢﴾

73. 所以猛烈的爆炸  
在清晨以前突然袭击  
了他们。

73. Then the awful cry  
seized them at the time  
of sunrise.

فَأَخَذَتْهُمُ الصَّيْحَةُ مُشْرِقِينَ  
﴿٧٣﴾

74. 我使这城市天翻  
地覆，并向他们降下  
像烧过的陶土一样的(硫磺)石雨。

74. So We turned the  
highest (part) of it  
(city) to its lowest, and  
rained upon them  
stones of baked clay.

فَجَعَلْنَا عَلَيْهَا سَافِلَهَا  
وَأَمْطَرْنَا عَلَيْهِمْ حِجَارَةً مِّنْ  
سِجِّيلٍ ﴿٧٤﴾

75. 对于领悟这些征  
兆的人，这当中确有  
迹象。

75. Indeed, in that are  
sure signs for those  
who, by signs, do  
understand.

إِنَّ فِي ذَلِكَ لَآيَاتٍ  
لِّالْمُتَوَسِّمِينَ ﴿٧٥﴾

76. 它(那城市)至今  
仍在大路边上。

76. And indeed, they  
(the towns) are  
(situated) on an  
established road.

وَإِنَّهَا لَبِسَبِيلٍ مُّقِيمٍ ﴿٧٦﴾

77. 对于信仰的人其  
中确是一个迹象。

77. Indeed, in that is a  
sure sign for those  
who believe.

إِنَّ فِي ذَلِكَ لَآيَةً لِّلْمُؤْمِنِينَ

﴿٧٧﴾

78. 林中人也是不义  
的人。

78. And indeed the  
dwellers in the wood  
were wrongdoers.

وَإِنْ كَانَ أَصْحَابُ الْأَيْكَةِ

لَظَالِمِينَ ﴿٧٨﴾

79. 所以我也惩罚了  
它们。它们(两地)的  
遗迹都清楚可见地在  
宽敞的大道上。

79. So We took  
vengeance on them.  
And indeed, both  
(towns) are (located)  
on a clear highway.

فَأَنْتَقَمْنَا مِنْهُمَا

لِبِأَمَامٍ مُّبِينٍ ﴿٧٩﴾

80. 岩区的居民们也  
不信我的使者们。

80. And certainly,  
did the companions of  
AlHijr (Thamud) deny  
the messengers.

وَلَقَدْ كَذَّبَ أَصْحَابُ الْحِجْرِ

الْمُرْسَلِينَ ﴿٨٠﴾

81. 我也降给了他们  
我的迹象，但是他们  
避开了它们。

81. And we gave  
them Our signs, but  
they turned away from  
them.

وَأَاتَيْنَاهُمْ ءَايَاتِنَا فَكَانُوا

عَنْهَا مُعْرِضِينَ ﴿٨١﴾

82. 他们曾经在山上  
开凿窑屋，并(自以为  
)安全。

82. And they used  
to carve dwellings from  
the mountains, feeling  
secure.

وَكَانُوا يَنْحِتُونَ مِنَ الْجِبَالِ

بُيُوتًا ءَامِنِينَ ﴿٨٢﴾

83. 可是剧烈的爆炸  
在一个清晨制伏了他  
们。

83. So the awful cry  
seized them at the  
morning hour.

فَأَخَذَتْهُمُ

الصَّيْحَةُ

مُصْبِحِينَ ﴿٨٣﴾

84. 他们过去(以这样的技艺和谨慎)所做的对他们是无用了!

84. So did not avail them that which they used to earn.

فَمَا أَغْنَىٰ عَنْهُمْ مَا كَانُوا يَكْسِبُونَ ﴿٨٤﴾

85. 我以真理造化了诸天、大地与其间的一切。那时间(复活日)是一定要来的,所以你(穆圣)要大度宽容。

85. And We have not created the heavens and the earth and all that is between them except with truth. And indeed, the Hour is surely coming, so forgive (O Muhammad), with a gracious forgiveness.

وَمَا خَلَقْنَا السَّمَوَاتِ وَالْأَرْضَ وَمَا بَيْنَهُمَا إِلَّا بِالْحَقِّ وَإِنَّ السَّاعَةَ لَأَتِيَةٌ فَاصْفَحِ الصَّفْحَ الْجَمِيلَ ﴿٨٥﴾

86. 的确你的主是尽知万物的造化主。

86. Indeed, your Lord, He is the Creator, All Knowing.

إِنَّ رَبَّكَ هُوَ الْخَلَّاقُ الْعَلِيمُ ﴿٨٦﴾

87. 我已赐于你时常诵读的七节和伟大的古兰。

87. And indeed, We have given you seven of the oft-repeated (verses) and the great Quran.

وَلَقَدْ ءَاتَيْنَاكَ سَبْعًا مِّنَ الْمَثَانِي وَالْقُرْءَانَ الْعَظِيمَ ﴿٨٧﴾

88. 你的双眼不要注视我已赐给他们当中某些家庭所享受的,也不要为他们忧虑,而却要对信仰者温和珍爱。

88. Do not extend your eyes ambitiously towards that which We have bestowed on different kinds of people of them (the disbelievers), nor grieve over them, and lower your wings (in kindness) for the believers.

لَا تَمُدَّنَّ عَيْنَيْكَ إِلَىٰ مَا مَتَّعْنَا بِهِ أَزْوَاجًا مِّنْهُمْ وَلَا تَحْزَنْ عَلَيْهِمْ وَأخْفِضْ جَنَاحَكَ لِلْمُؤْمِنِينَ ﴿٨٨﴾

89. 并说：“我(穆圣)确实是一个坦率的传警告的人。”

89. And say: "Indeed, I am most certainly a clear warner."

وَقُلْ إِنِّي أَنَا النَّذِيرُ  
الْمُبِينُ ﴿٨٩﴾

90. 就像我(主)对那些(把经典任意)分割的人所降给的(警告)一样。

90. Just as We had sent down on those who divided (scripture into fragments).

كَمَا أَنْزَلْنَا عَلَى الْمُقْتَسِمِينَ ﴿٩٠﴾

91. 那些把古兰割成片段的人们，

91. Those who have made the Quran into pieces.

الَّذِينَ جَعَلُوا الْقُرْآنَ عِضِينَ ﴿٩١﴾

92. 凭你的主(作证)，我一定会审问他们每一个人，

92. So, by your Lord, We shall certainly question them all.

فَوَرَبِّكَ لَنَسْأَلَنَّهُمْ أَجْمَعِينَ ﴿٩٢﴾

93. (审问他)所做过的一切行为。

93. About what they used to do.

عَمَّا كَانُوا يَعْمَلُونَ ﴿٩٣﴾

94. 所以你要公开宣布你所被命令的，并离开那些拜偶像的人。

94. So proclaim that which you are commanded, and withdraw from the idolaters.

فَأَصْدَعْ بِمَا تُؤْمَرُ وَأَعْرِضْ عَنِ الْمُشْرِكِينَ ﴿٩٤﴾

95. 我将保卫你(对抗)那些(嘲笑你的)人。

95. Indeed, We will suffice you against those who scoff.

إِنَّا كَفَيْنَاكَ الْمُسْتَهْزِئِينَ ﴿٩٥﴾

96. 那些与安拉同时设立其它神祇的人，他们不久就会知道。

96. Those who adopt, along with Allah, another god. Then soon they will come to know.

الَّذِينَ تَجْعَلُونَ مَعَ اللَّهِ إِلَهًا ءَاخَرَ ۖ فَسَوْفَ يَعْلَمُونَ ﴿٩٦﴾

97. 我深知你心中对他们所说的是如何的苦恼。

97. And indeed, We know that your breast is straitened of what they say.

وَلَقَدْ نَعَلْمُ أَنَّكَ يَضِيقُ  
صَدْرُكَ بِمَا يَقُولُونَ ﴿١٧﴾

98. 你要赞念你的主，并属于那些向他叩头的人。

98. So glorify the praises of your Lord and be of those who prostrate themselves (to Him).

فَسَبِّحْ بِحَمْدِ رَبِّكَ وَكُن مِّنَ  
السَّاجِدِينَ ﴿١٨﴾

99. 你要事奉你的主，直到那不可避免的(无疑的)日子(或：死亡)降临到你。

99. And worship your Lord until there comes unto you the certainty (death).

وَأَعْبُدْ رَبَّكَ حَتَّىٰ يَأْتِيَكَ  
الْيَقِينُ ﴿١٩﴾

