



陆格曼

Luqman

لُقْمَن

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. 这是智慧的经典的章节，

2. These are revelations of the wise Book.

تِلْكَ آيَاتُ الْكِتَابِ الْحَكِيمِ

﴿٢﴾

3. 是对行善的人的引导和慈悯。

3. A guidance and a mercy for the righteous people.

هُدًى وَرَحْمَةً لِّلْمُحْسِنِينَ

﴿٣﴾

4. 那些人是守拜功、纳天课，并坚信后世的人。

4. Those who establish the prayer and give the poor-due and they, about the Hereafter, they have faith with certainty.

الَّذِينَ يُقِيمُونَ الصَّلَاةَ وَيُؤْتُونَ الزَّكَاةَ وَهُمْ بِالْآخِرَةِ هُمْ يُوقِنُونَ

﴿٤﴾

5. 这些(人)遵从他们的主的引导，这些人成功的(人)。

5. Those are on guidance from their Lord, and those are they who will be successful.

أُولَئِكَ عَلَىٰ هُدًى مِّن رَّبِّهِمْ وَأُولَئِكَ هُمُ الْمُفْلِحُونَ

﴿٥﴾

6. 人群中有些没有(天经)知识的人交换无稽的闲谈，以便(把人

6. And among mankind is he who purchases idle talks, that he may mislead from the way

وَمِنَ النَّاسِ مَن يَشْتَرِي لَهْوَ الْحَدِيثِ لِيُضِلَّ عَن سَبِيلِ

们)由安拉的道上误导，并拿它(天经)当作笑柄。这些人得到的是羞辱的刑罚。

of Allah without knowledge, and takes it by way of mockery. Those, for them will be a humiliating punishment.

اللَّهُ بِغَيْرِ عِلْمٍ وَيَتَّخِذَهَا
هُزُوءًا ۗ أُولَٰئِكَ لَهُمْ عَذَابٌ
مُّهِينٌ ﴿١﴾

7. 当有人对他诵读我的启示时，他就高傲地避开了，好象他不曾听到它们，好象他的两耳都聋了，所以你要对他宣告一个痛苦的刑罚的消息。

7. And when Our verses are recited to him, he turns away in arrogance as if he had not heard them, as if there were a deafness in his ears. So give him tidings of a painful punishment.

وَإِذَا تُتْلَىٰ عَلَيْهِ آيَاتُنَا وَكَلَّمَ
مُسْتَكْبِرًا كَأَن لَّمْ يَسْمَعْهَا
كَأَنَّ فِي أُذُنَيْهِ وَقْرًا ۗ فَبَشِّرْهُ
بِعَذَابِ الْيَمِّ ﴿٧﴾

8. 那些信仰并做善事的人，他们得到的是快乐的天园，

8. Indeed, those who believe and do righteous deeds, for them are the gardens of delight.

إِنَّ الَّذِينَ ءَامَنُوا وَعَمِلُوا
الصَّالِحَاتِ لَهُمْ جَنَّاتُ
النَّعِيمِ ﴿٨﴾

9. 他们将住在其中。安拉的诺言是真实的，他是大能的、大智的。

9. They will abide therein. A promise of Allah in truth. And He is the All Mighty, the All Wise.

خَالِدِينَ فِيهَا ۗ وَعَدَ اللَّهُ حَقًّا
وَهُوَ الْعَزِيزُ الْحَكِيمُ ﴿٩﴾

10. 你们可以看到，他不需支柱造化诸天，他在大地上放置稳固的山岳，以免它跟你们一起动摇。他并在它上面散布各种动物。我也从天空降下雨来，并使各种优良的生物在其中生长。

10. He has created the heavens without pillars that you see, and He has set on the earth firm mountains lest it should shake with you, and He has dispersed therein every moving (living) creature. And We send down from the sky

خَلَقَ السَّمَوَاتِ بِغَيْرِ عَمَدٍ
تَرَوْنَهَا ۗ وَأَلْقَىٰ فِي الْأَرْضِ
رَوْسِيَ أَن تَمِيدَ بِكُمْ وَبَثَّ
فِيهَا مِن كُلِّ دَابَّةٍ ۗ وَأَنزَلْنَا
مِنَ السَّمَاءِ مَاءً فَأَنبَتْنَا فِيهَا

water, and We cause to grow therein (plants) of every goodly kind.

مِنْ كُلِّ زَوْجٍ كَرِيمٍ ﴿١٠﴾

11. 这就是安拉的造化。你们现在能显示给我(你们)在他之外(所崇拜的)其它的(伪神)曾经造化了些什么吗?没有,作恶的人是在明显的错误当中。

11. This is the creation of Allah. Then show me what have they created, those (you worship) other than Him. But the wrongdoers are in error manifest.

هَذَا خَلْقُ اللَّهِ فَأَرُونِي مَاذَا خَلَقَ الَّذِينَ مِنْ دُونِهِ ۗ بَلِ الظَّالِمُونَ فِي ضَلَالٍ مُّبِينٍ ﴿١١﴾

12. 我曾赐给陆格曼智慧,(说道:)“你要对安拉感激。”任何人知感是对他自己(有益),倘若任何人忘恩负义,安拉确是无求的、受一切赞美的。

12. And certainly, We had given Luqman wisdom, (saying), that give thanks to Allah. And whoever gives thanks, so indeed he gives thanks for (the good of) his ownself. And whoever is ungrateful, then indeed, Allah is Free of need, Owner of Praise.

وَلَقَدْ ءَاتَيْنَا لُقْمَانَ الْحِكْمَةَ أَنِ اشْكُرْ لِلَّهِ ۚ وَمَنْ يَشْكُرْ فَإِنَّمَا يَشْكُرُ لِنَفْسِهِ ۗ وَمَنْ كَفَرَ فَإِنَّ اللَّهَ غَنِيٌّ حَمِيدٌ ﴿١٢﴾

13. 那时陆格曼劝诫他的儿子道:“我的儿啊!不要为安拉添附伙伴。信奉多神确实是严重的罪恶。”

13. And when Luqman said to his son, while he was advising him: “O my son, do not associate (partners) with Allah. Indeed, association (with Allah) is a tremendous wrong.”

وَإِذْ قَالَ لُقْمَانُ لِابْنِهِ وَهُوَ يَعِظُهُ يَا بُنَيَّ لَا تُشْرِكْ بِاللَّهِ ۚ إِنَّ الشِّرْكَ لَظُلْمٌ عَظِيمٌ ﴿١٣﴾

14. 我已命人对他的父母孝顺。他的母亲在疲弱中孕育着他,他又需两年,断奶。(

14. And We have enjoined upon man about his parents. His mother carried him in

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ حَمَلَتْهُ أُمُّهُ وَهْنًا عَلَىٰ وَهْنٍ

我说：)“你们要对我
和你的父母知恩感德
，你们的归宿是我。

weakness upon
weakness, and his
weaning is in two
years, so give thanks to
Me and to your
parents. Unto Me is the
journeying.

وَفَصَّلُهُ فِي عَامَيْنِ أَنْ
أَشْكُرَ لِي وَلِوَالِدَيْكَ إِلَيَّ
الْمَصِيرُ ﴿٤﴾

15. “倘若他们勉强
你把你所不知道的(东
西)添附作我的伙伴，
你不要服从他们。不
过在今世仍要(关怀地
)侍奉他们，并追随归
依我的人的道。你们
终将回到我这里，我
将会告诉你们所做过
的一切。”

15. And if they strive
with you for that you
associate with Me (as
partners) that of which
you have no knowledge,
then do not obey them,
and accompany them
in the world kindly,
and follow the way of
him who turns in
repentance to Me.
Then to Me will be
your return, then I
shall tell you of what
you used to do.

وَأِنْ جَهَدَاكَ عَلَى أَنْ
تُشْرِكَ بِي مَا لَيْسَ لَكَ بِهِ
عِلْمٌ فَلَا تُطِعْهُمَا
وَصَاحِبَيْهِمَا فِي الدُّنْيَا
مَعْرُوفًا ۗ وَاتَّبِعْ سَبِيلَ مَنْ
أَنَابَ إِلَيَّ ۚ ثُمَّ إِلَيَّ مَرْجِعُكُمْ
فَأُنَبِّئُكُمْ بِمَا كُنْتُمْ
تَعْمَلُونَ ﴿٥﴾

16. “我的儿啊！”(
陆格曼说，)“即使一
粒芥子的重量，即使
它是(藏)在岩石中，
或是藏在天地间的(任
何所在)，安拉都会把
它显示出来。因为安
拉是深知秘奥的、洞
悉的。

16. (Luqman said): “O
my son, indeed, if it
should be (equal to) the
weight of a grain of
mustard seed, then
should be in a rock, or
in the heavens, or in
the earth, Allah will
bring it forth. Indeed,
Allah is Subtle,
Aware.”

يَبْنِي إِنَّهَا إِنْ تَكُ مِثْقَالَ
حَبَّةٍ مِّنْ خَرْدَلٍ فَتَكُنْ فِي
صَخْرَةٍ أَوْ فِي السَّمَوَاتِ أَوْ
فِي الْأَرْضِ يَأْتِ بِهَا اللَّهُ ۗ إِنَّ
اللَّهَ لَطِيفٌ خَبِيرٌ ﴿٦﴾

17. “我的儿啊!你要
保持礼拜，劝人行善

17. “O my son,
establish the prayer

يَبْنِي أَقِمِ الصَّلَاةَ وَأْمُرْ

和禁止人为非作歹，并对任何降临到你的(不幸)坚忍。这些的确都是(需要)很大决心的事。

18. “你不要对人们(骄傲地)掉转你的脸，也不要在地上横行霸道。因为安拉不喜爱任何高傲的大言不惭的人。

19. “你要举止雍容，言语温文。的确一切声音中最粗鲁的声音就是驴叫。”

20. 你们没看到安拉已使天地间的万物都驯服于你们，并在明中或暗中大量地供给你们他的恩赏吗?但是在人们当中仍有一些没有知识、没有引导和没有一本启发他们的经典的人在争论安拉。

and enjoin kindness and forbid iniquity, and bear with patience upon whatever may befall you. Indeed, that is of firmness in (the conduct of) affairs.”

18. “And do not turn your cheek in scorn toward people, nor walk in the land exultantly. Indeed, Allah does not love each self-conceited boaster.”

19. “And be moderate in your walking, and lower your voice. Indeed, the harshest of all sounds is the voice of the donkey.”

20. Do you not see that Allah has subjected for you whatever is in the heavens and whatever is on the earth, and He has bestowed upon you His favors, apparent and hidden. And among mankind is he who disputes about Allah without knowledge, and without guidance, and without an enlightening Book.

بِالْمَعْرُوفِ وَأَنَّهُ عَنِ الْمُنْكَرِ
وَأَصْبِرْ عَلَىٰ مَا أَصَابَكَ إِنَّ
ذَلِكَ مِنَ عَزْمِ الْأُمُورِ ﴿٧﴾

وَلَا تُصَعِّرْ خَدَّكَ لِلنَّاسِ
وَلَا تَمْشِ فِي الْأَرْضِ مَرَحًا
إِنَّ اللَّهَ لَا يُحِبُّ كُلَّ مُخْتَالٍ
فَخُورٍ ﴿٨﴾

وَأَقْصِدْ فِي مَشْيِكَ
وَأَغْضُضْ مِنْ صَوْتِكَ إِنَّ
أَنْكَرَ الْأَصْوَاتِ لَصَوْتُ
الْحَمِيرِ ﴿٩﴾

أَلَمْ تَرَوْا أَنَّ اللَّهَ سَخَّرَ لَكُمْ
مَا فِي السَّمَوَاتِ وَمَا فِي
الْأَرْضِ وَأَسْبَغَ عَلَيْكُمْ
نِعْمَهُ ظَهْرَةَ وَبَاطِنَةً ۗ وَمِنَ
النَّاسِ مَنْ تُجَادِلُ فِي اللَّهِ
بِغَيْرِ عِلْمٍ وَلَا هُدًى وَلَا
كِتَابٍ مُنِيرٍ ﴿١٠﴾

21. 如果有人告诉他们“追随安拉已经降下的(经典或启示)”时,他们说:“不,我们遵循我们祖先(所遵循)的。”(什么!)甚至连魔鬼召唤他们到烈焰的刑罚中(也要遵循)吗?

21. And when it is said to them: “Follow that which Allah has sent down,” they say: “But we shall follow that upon which we found our fathers.” Even if Satan has been inviting them to the punishment of the blaze.

وَإِذَا قِيلَ لَهُمْ اتَّبِعُوا مَا أَنْزَلَ اللَّهُ قَالُوا بَلْ نَتَّبِعُ مَا وَجَدْنَا عَلَيْهِ ءِآبَاءَنَا ؕ أُولَٰئِكَ كَانَ الشَّيْطَانُ يَدْعُوهُمْ إِلَىٰ عَذَابِ السَّعِيرِ ﴿٢١﴾

22. 谁全心全意归信安拉,并且是一个行善的人,他的确已抓住了最牢固的手把,一切事务的结局都归于安拉。

22. And whoever surrenders his face to Allah, and he is a doer of good, then certainly he has grasped the firm handhold. And to Allah will be the outcome of all matters.

﴿٢٢﴾ وَمَنْ يُسْلِمْ وَجْهَهُ إِلَى اللَّهِ وَهُوَ مُحْسِنٌ فَقَدِ اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَىٰ وَإِلَى اللَّهِ عَاقِبَةُ الْأُمُورِ ﴿٢٢﴾

23. 倘若任何人不信,莫让他的不信使你忧伤。他们的归宿是我,那时我将把他们所做过的(行为)告诉他们。安拉熟知(人们)心中的一切。

23. And whoever disbelieves, so let not grieve you (O Muhammad) his disbelief. To Us is their return, then We shall surely inform them of what they used to do. Indeed, Allah is Aware of what is in the breasts (of men).

﴿٢٣﴾ وَمَنْ كَفَرَ فَلَا يَحْزُنكَ كُفْرُهُ ۗ إِلَيْنَا مَرْجِعُهُمْ فَنُنَبِّئُهُم بِمَا عَمِلُوا ۗ إِنَّ اللَّهَ عَلِيمٌ بِذَاتِ الصُّدُورِ ﴿٢٣﴾

24. 我赐给他们(今世)片刻的欢乐(享受),然后我将驱使他们去受重刑。

24. We give them comfort for a while, then We shall drag them to a severe punishment.

﴿٢٤﴾ نُمَتِّعُهُمْ قَلِيلًا ثُمَّ نَضْطَرُّهُمْ إِلَىٰ عَذَابٍ غَلِيظٍ ﴿٢٤﴾

25. 如果你问他们：
“是谁造化了天地？”
他们一定会说：“安拉。”你说：“赞美安拉！”但是他们大多不知道。

25. And if you (O Muhammad) ask them: “Who created the heavens and the earth.” They would certainly say: “Allah.” Say: “All the praises be to Allah.” But most of them do not know.

وَلَيْنِ سَأَلْتَهُمْ مَنْ خَلَقَ
السَّمَوَاتِ وَالْأَرْضَ لَيَقُولُنَّ
اللَّهُ ۗ قُلِ الْحَمْدُ لِلَّهِ ۗ بَلْ
أَكْثَرُهُمْ لَا يَعْلَمُونَ ﴿٢٥﴾

26. 天地间的万物都属于安拉。安拉确实是无求的、最应受赞美的。

26. To Allah belongs whatever is in the heavens and the earth. Indeed, Allah, He is Free of need, the Owner of Praise.

لِلَّهِ مَا فِي السَّمَوَاتِ
وَالْأَرْضِ ۗ إِنَّ اللَّهَ هُوَ الْغَنِيُّ
الْحَمِيدُ ﴿٢٦﴾

27. 如果地上所有的树都是笔，海洋都是墨水，和再给它加上七大洋的(供应)，安拉的话也不能被写完。安拉是大能的、大智的。

27. And if all the trees in the earth were to become pens, and the ocean (ink), replenished after that with seven (more) oceans, the words of Allah would not be exhausted. Indeed, Allah is All Mighty, All Wise.

وَلَوْ أَنَّ مَا فِي الْأَرْضِ مِنْ
شَجَرَةٍ أَقْلَمٌ وَالْبَحْرُ يَمُدُّهُ
مِنْ بَعْدِهِ سَبْعَةُ أَنْهَارٍ مَا
نَفِدَتْ كَلِمَاتُ اللَّهِ ۗ إِنَّ اللَّهَ
عَزِيزٌ حَكِيمٌ ﴿٢٧﴾

28. 你们的造化，你们的复活，只不过和(造化和复活)一个人一样。安拉是能听的、能见的。

28. Neither creating you all, nor raising you all (from the dead) is but as (the creation and the raising of) a single soul. Indeed, Allah is All Hearer, All Seer.

مَا خَلَقَكُمْ وَلَا بَعَثَكُمْ إِلَّا
كَنَفْسٍ وَاحِدَةٍ ۗ إِنَّ اللَّهَ
سَمِيعٌ بَصِيرٌ ﴿٢٨﴾

29. 你没看见安拉使夜进入昼中，和他使昼进入夜中；他驯伏

29. Have you not seen that Allah causes the night to enter into the

الْمَتَرِ أَنَّ اللَّهَ يُوَلِّجُ اللَّيْلَ فِي
النَّهَارِ وَيُوَلِّجُ النَّهَارَ فِي

日月，使它们各自循其轨道运行，直到规定的时期；和安拉是熟知你们所做的吗？

day, and causes the day to enter into the night, and has subjected the sun and the moon, each running (its course) to an appointed term, and that Allah is All Aware of whatever you do.

أَلَيْلٍ وَسَخَرِ الشَّمْسِ
وَالْقَمَرَ كُلٌّ يَجْرِي إِلَىٰ أَجَلٍ
مُّسَمًّى وَأَنَّ اللَّهَ بِمَا
تَعْمَلُونَ خَبِيرٌ ﴿٢٦﴾

30. 这因为安拉是真实的，和因为你们在他之外所祈求的都是虚假的，和因为安拉是至高的、至大的。

30. That is so because Allah, He is the Truth, and that what they call other than Him is falsehood, and that Allah, He is the Sublime, the Great.

ذَٰلِكَ بِأَنَّ اللَّهَ هُوَ الْحَقُّ وَأَنَّ
مَا يَدْعُونَ مِن دُونِهِ الْبَطْلُ
وَأَنَّ اللَّهَ هُوَ الْعَلِيُّ الْكَبِيرُ
﴿٢٧﴾

31. 你没看见船舶藉安拉的慈悯航行海洋，以便他能对你们显示他的迹象吗？对于坚忍和知感的人，在这当中确有种种迹象。

31. Have you not seen that the ships sail through the sea by the favor of Allah, that He may show you of His signs. Indeed, in that are signs for every steadfast, grateful (person).

أَلَمْ تَرَ أَنَّ الْفُلْكَ تَجْرِي فِي
الْبَحْرِ بِنِعْمَتِ اللَّهِ لِيُرِيكُمْ
مِّنْ ءَايَاتِهِ ۗ إِنَّ فِي ذَٰلِكَ
لَآيَاتٍ لِّكُلِّ صَبَّارٍ شَكُورٍ
﴿٢٨﴾

32. 当浪象天篷似地盖着他们时，他们呼求安拉，对他全心全意地信仰。但是当他把他们救上陆地时，他们当中就有一些人（在真与伪之间）采取折中之道了。除了（那些）离经叛道，忘恩负义

32. And when enshrouds them a wave like the canopy, they call to Allah, making sincere for Him their faith. Then when He delivers them to land, then some among them follow the middle ways. And none denies Our

وَإِذَا غَشِيَهُم مَّوْجٌ كَالظُّلُمِ
دَعَاؤُا اللَّهِ مُخْلِصِينَ لَهُ الدِّينَ
فَلَمَّا نَجَّاهُمْ إِلَى الْبَرِّ فَمِنْهُمْ
مُقْتَصِدٌ ۗ وَمَا تَجْحَدُ بِءَايَاتِنَا
إِلَّا كُلُّ خَتَّارٍ كَفُورٍ ﴿٢٩﴾

的(人)之外，没有人不信我的迹象！

signs except every treacherous ungrateful.

33. 人类啊！你们要敬畏你们的主，并畏惧(那即将降临的)日子，那时父亲不能对他的儿子有任何益处，儿子也不能对他的父亲有任何裨益。的确，安拉的诺言是真实的，所以不要让今世生活蒙骗了你们，也不要让骗徒借安拉来蒙骗你们。

33. O mankind: "Fear your Lord and fear a Day when no father shall avail for his son, nor a son, he shall avail for his father anything. Indeed, Allah's promise is the truth. So let not deceive you the life of the world, nor let deceive you about Allah the deceiver (Satan)."

يَأْتِيهَا النَّاسُ اتَّقُوا رَبَّكُمْ
وَاحْشَوْا يَوْمًا لَا تَجْزِي
وَالِدٌ عَنِ وَلَدِهِ وَلَا مَوْلُودٌ
هُوَ جَارٍ عَنِ وَالِدِهِ شَيْئًا
إِنَّ وَعْدَ اللَّهِ حَقٌّ فَلَا
تَغُرَّنَّكُمُ الْحَيَاةُ الدُّنْيَا
وَلَا يَغُرَّنَّكُم بِاللَّهِ الْغُرُورُ



34. 时间的知识是跟安拉在一起的，(只有安拉知道。)是他降雨和知道在子宫中的是什么。没有人会知道他自己在明天将做些什么。也没有人知道他自己在将死在何处，安拉确是全知的、熟悉(万事万物)的。

34. Indeed, Allah, with Him is knowledge of the Hour. And He sends down the rain. And He knows that which is in the wombs. And no soul knows what it will earn tomorrow. And no soul knows in what land it will die. Indeed, Allah is All Knower, All Aware.

إِنَّ اللَّهَ عِنْدَهُ عِلْمُ السَّاعَةِ
وَيُنزِلُ الْغَيْثَ وَيَعْلَمُ مَا فِي
الْأَرْحَامِ وَمَا تَدْرِي نَفْسٌ
مَّاذَا تَكْسِبُ غَدًا وَمَا
تَدْرِي نَفْسٌ بِأَيِّ أَرْضٍ
تَمُوتُ إِنَّ اللَّهَ عَلِيمٌ خَبِيرٌ

