



群众

AzZumur

الزُّمَر

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 这本经是由大能的和大智的安拉降下的。

1. The revelation of the Book (Quran) is from Allah, the All Mighty, the All Wise.

تَنْزِيلُ الْكِتَابِ مِنَ اللَّهِ الْعَزِيزِ الْحَكِيمِ ﴿١﴾

2. 我的确以真理降这本经给你(穆圣), 所以你要事奉安拉, 并要对他忠诚顺服。

2. Indeed, We have sent down the Book to you (Muhammad) with truth, so worship Allah, being sincere to Him in religion.

إِنَّا أَنْزَلْنَا إِلَيْكَ الْكِتَابَ بِالْحَقِّ فَاعْبُدِ اللَّهَ مُخْلِصًا لَهُ الدِّينَ ﴿٢﴾

3. 的确, (你们)只应对安拉忠诚顺服, 而那些人却在安拉之外另求保护者。(他们)说: “我们事奉它们, 只为他们能使我们接近安拉。”的确安拉必将在他们的歧异上加以判断。安拉决不引导那些撒谎的和忘恩负义的人。

3. Is it not for Allah, the pure religion. And those who take protectors other than Him, (they say): “We do not worship them but that they may bring us near to Allah.” Indeed, Allah will judge between them concerning that wherein they differ. Indeed, Allah does not guide him who is a liar, ingrate.

أَلَا لِلَّهِ الدِّينُ الْخَالِصُ ۗ وَالَّذِينَ اتَّخَذُوا مِنْ دُونِهِ أَوْلِيَاءَ مَا نَعْبُدُهُمْ إِلَّا لِيُقَرِّبُونَا إِلَى اللَّهِ زُلْفَىٰ ۚ إِنَّ اللَّهَ سَحْكُمُ بَيْنَهُمْ فِي مَا هُمْ فِيهِ يَخْتَلِفُونَ ۗ إِنَّ اللَّهَ لَا يَهْدِي مَنْ هُوَ كَاذِبٌ كَفَّارٌ ﴿٣﴾

4. 如果安拉希望(他自己)有一个儿子,他可能已由他所造化的当中选出(他所欢喜的。)光荣归(主)他,他是独一的、绝对的安拉。

4. If Allah had intended to take a son, He could have chosen from what He created, whatever He willed. Be He glorified. He is Allah, the One, the Omnipotent.

لَوْ أَرَادَ اللَّهُ أَنْ يَتَّخِذَ وَلَدًا
لَأَصْطَفَىٰ مِمَّا سَخَّلَ مَا يَشَاءُ
سُبْحَانَهُ ۗ هُوَ اللَّهُ الْوَاحِدُ
الْقَهَّارُ ﴿١٠١﴾

5. 他以真理造化诸天与大地,他使昼夜循环,他也使日月服从(他的规律),它们各自循着一个规定的时期运行,难道他还不是大能的、多恕的吗?

5. He created the heavens and the earth with truth. He wraps the night over the day and wraps the day over the night. And He has subjected the sun and the moon. Each running (on a fixed course) for an appointed term. Is not He the All Mighty, the Oft Forgiving.

خَلَقَ السَّمَوَاتِ وَالْأَرْضَ
بِالْحَقِّ ۗ يُكَوِّرُ اللَّيْلَ عَلَى
النَّهَارِ وَيُكَوِّرُ النَّهَارَ عَلَى
اللَّيْلِ ۗ وَسَخَّرَ الشَّمْسَ
وَالْقَمَرَ ۗ كُلٌّ يَجْرِي
لِأَجَلٍ مُّسَمًّى ۗ أَلَا هُوَ
الْعَزِيزُ الْغَفُورُ ﴿١٠٢﴾

6. 他由一个人造化你们(全体),并由它(那人)造化它的配偶。他并为你们降下八头成对的家畜。他在你们母亲的子宫中造化你们,在三重的黑暗中,造化复造化,这就是你们的主,安拉。他就是(万物的)主宰,除他以外无神。那么,你们为何撇开他(拜偶像)呢?

6. He created you from a single soul, then He made from him his mate, and He has provided for you from the cattle eight kinds. He creates you in the wombs of your mothers, creation after creation, in three veils of darkness. Such is Allah, your Lord, His is the sovereignty. There is no god except Him. So how are you

خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ ثُمَّ
جَعَلَ مِنْهَا زَوْجَهَا وَأَنْزَلَ
لَكُمْ مِنْ الْأَنْعَامِ ثَمَنِيَّةَ
أَزْوَاجٍ ۗ تَخْلُقُكُمْ فِي بُطُونِ
أُمَّهَاتِكُمْ ۗ خَلْقًا مِنْ بَعْدِ
خَلْقٍ فِي ظُلُمَاتٍ ثَلَاثٍ ۗ
ذَٰلِكُمْ اللَّهُ رَبُّكُمْ لَهُ الْمُلْكُ
لَا إِلَهَ إِلَّا هُوَ ۗ فَآفَىٰ

turned away.

تُصْرَفُونَ ﴿٦﴾

7. 如果你们忘恩负义，安拉确实无求于你们，他不喜欢他的仆人忘恩负义。如果你们知道感恩，他就喜欢你们。负重担的人不能负担旁人的负担。然后，你们的归宿是你们的主。他将把你们(在今世)所做过的告诉你们。他熟知(人们)心中的一切。

7. If you disbelieve, then indeed, Allah is free from need of you. And He does not approve disbelief for His slaves. And if you are grateful, He is pleased with it for you. And no laden soul will bear another's load. Then to your Lord is your return, then He will surely inform you of what you used to do. Indeed, He is Aware of what is in the breasts.

إِنْ تَكْفُرُوا فَإِنَّ اللَّهَ غَنِيٌّ
عَنْكُمْ وَلَا يَرْضَىٰ لِعِبَادِهِ
الْكُفْرَ وَإِنْ تَشْكُرُوا يَرْضَهُ
لَكُمْ وَلَا تَزِرُ وَازِرَةٌ وِزْرَ
أُخْرَىٰ ثُمَّ إِلَىٰ رَبِّكُمْ
مَرْجِعُكُمْ فَيُنَبِّئُكُمْ بِمَا
كُنْتُمْ تَعْمَلُونَ ۚ إِنَّهُ عَلِيمٌ
بِذَاتِ الصُّدُورِ ﴿٧﴾

8. 当一些患难降到一个人时，他就呼求他的主，向他忏悔。但是当他赐给他恩典时，他就忘了他们从前所祈求的了，并为安拉设置对手，以便他能由安拉的道上误导(人们)。你说：“你们在忘恩负义中享受一会儿吧，你们的确是(地狱之)火的享有者。”

8. And when adversity touches man, he calls upon his Lord, turning to Him (repentant). Then when He bestows upon him a favor from Himself, he forgets that for which he had called upon before, and he sets up rivals to Allah to mislead (others) from His way. Say: “Enjoy your disbelief for a little while. Indeed, you are of the companions of the Fire.”

﴿٨﴾ وَإِذَا مَسَّ الْإِنْسَانَ ضُرٌّ
دَعَا رَبَّهُ مُخِيبًا إِلَيْهِ ثُمَّ إِذَا
خَوَّلَهُ نِعْمَةً مِّنْهُ نَسِيَ مَا
كَانَ يَدْعُوًا إِلَيْهِ مِنْ قَبْلُ
وَجَعَلَ لِلَّهِ أَنْدَادًا لِّيُضِلَّ
عَنْ سَبِيلِهِ ۗ قُلْ تَمَتَّعْ
بِكُفْرِكَ قَلِيلًا إِنَّكَ مِنْ
أَصْحَابِ النَّارِ ﴿٩﴾

9. 在夜间虔诚地俯伏或站立礼拜，留心后世，和把希望寄托在他的主的慈悯上的人，（跟那些不信的人一样吗？）你说：“那些知道（的人）和那些不知道的人相等吗？”只有那些被赋予理解的人才会留意。

9. Is he, who is obedient in the hours of the night, prostrating and standing, fearing the Hereafter and hoping for the mercy of his Lord, (like one who disbelieves). Say: "Are equal those who know and those who do not know." Only those of understanding will pay heed.

أَمَّنْ هُوَ قَنِيتُ ءَانَاءَ اللَّيْلِ
سَاجِدًا وَقَائِمًا مَحْذَرُ
الْآخِرَةِ وَيَرْجُوا رَحْمَةَ رَبِّهِ ۝
قُلْ هَلْ يَسْتَوِي الَّذِينَ
يَعْلَمُونَ وَالَّذِينَ لَا يَعْلَمُونَ ۝
إِنَّمَا يَتَذَكَّرُ أُولُو الْأَلْبَابِ ﴿١٠﴾

10. 你（替我）说：“我的有信仰的仆人们啊！敬畏你们的主，那些在今世做善事的人有善（果）（在等待他们）。安拉的大地是辽阔的！坚忍的人一定会获得不可胜计的回赐！”

10. Say: "O My slaves those who have believed, fear your Lord. For those who do good in this world there is good, and Allah's earth is spacious. Indeed, those who are patient will be given their reward in full, without reckoning."

قُلْ يَاعِبَادِ الَّذِينَ ءَامَنُوا
اتَّقُوا رَبَّكُمْ لِلَّذِينَ أَحْسَنُوا
فِي هَذِهِ الدُّنْيَا حَسَنَةٌ ۝
وَأَرْضُ اللَّهِ وَاسِعَةٌ ۝ إِنَّمَا يُؤَفِّقُ
الصَّابِرُونَ أَجْرَهُمْ بِغَيْرِ
حِسَابٍ ﴿١١﴾

11. 你说：“我的确受命事奉安拉，并对他虔敬忠诚。”

11. Say (O Muhammad): "Indeed, I am commanded to worship Allah, sincere to Him in religion."

قُلْ إِنِّي أُمِرْتُ أَنْ أَعْبُدَ اللَّهَ
مُخْلِصًا لَهُ الدِّينَ ﴿١٢﴾

12. “我已被命成为首先服从安拉的人。”

12. "And I am commanded that I should be first of those who surrender."

وَأُمِرْتُ لِأَنْ أَكُونَ أَوَّلَ
الْمُسْلِمِينَ ﴿١٣﴾

13. 你说：“如果我不服从我的主，我的确怕那大日子的刑罚。”

13. Say: “Indeed I fear, if I should disobey my Lord, the punishment of a great Day.”

قُلْ إِنِّي أَخَافُ إِنْ عَصَيْتُ رَبِّي عَذَابَ يَوْمٍ عَظِيمٍ ﴿١٣﴾

14. 你说：“我(只)奉事安拉，并对他虔敬忠诚。”

14. Say: “Allah (alone) do I worship, sincere to Him in my religion.”

قُلِ اللَّهُ أَعْبُدُ مُخْلِصًا لَهُ دِينِي ﴿١٤﴾

15. “那么你们就在他(主)之外奉事你们所喜欢的吧。”你说：“在复活日失落他们自己和他们的亲人的人是损失的人。难道那不是(真正)明显的损失吗？”

15. “So worship what you will other than Him.” Say: “Indeed, the losers are those who will lose themselves and their families on the Day of Resurrection. Is that not, it is the manifest loss.”

فَاعْبُدُوا مَا شِئْتُمْ مِّنْ دُونِهِ ۗ قُلْ إِنَّ الْخَاسِرِينَ الَّذِينَ خَسِرُوا أَنفُسَهُمْ وَأَهْلِيهِمْ يَوْمَ الْقِيَامَةِ ۗ أَلَا ذَٰلِكَ هُوَ الْخَسِرَانُ الْمُبِينُ ﴿١٥﴾

16. 在他们的上面有层层火伞，在他们的下面有层层火毡。安拉确以此警告他的仆人。“我的仆人啊！你们要敬畏我！”

16. They shall have above them, coverings of fire, and beneath them coverings (of fire). That is with what Allah does warn His slaves. “O My slaves, then fear Me.”

لَهُمْ مِّنْ فَوْقِهِمْ ظُلَلٌ مِّنَ النَّارِ وَمِن تَحْتِهِمْ ظُلَلٌ ۗ ذَٰلِكَ يُخَوِّفُ اللَّهُ بِهِ عِبَادَهُ ۗ يَعْبَادِ فَاتَّقُونِ ﴿١٦﴾

17. 那些远避大偶不拜它们，并归向安拉的人，有许多佳音(报)给他们，你就向我的仆人们报佳音吧。

17. And those who put away false gods lest they should worship them, and turn in repentance to Allah, for them are good tidings. So give good tidings to My slaves.

وَالَّذِينَ اجْتَنَبُوا الطَّاغُوتَ أَنْ يَعْبُدُوهَا وَأَنَابُوا إِلَى اللَّهِ لَهُمُ الْبُشْرَى ۗ فَبَشِّرْ عِبَادِ ﴿١٧﴾

18. 那些听并遵循其中最好的(忠言)的人，他们是安拉所引导的人。他们也是具有理解力的人。

18. Those who listen to the word then follow the best of it. Such are those whom Allah has guided, and such are those who possess understanding.

الَّذِينَ يَسْتَمِعُونَ الْقَوْلَ
فَيَتَّبِعُونَ أَحْسَنَهُ ۗ أُولَٰئِكَ
الَّذِينَ هَدَاهُمُ اللَّهُ ۗ وَأُولَٰئِكَ
هُمْ أُولُوا الْأَلْبَابِ ﴿١٨﴾

19. 一个人被判的刑罚已经要执行时，那时你还能从火中搭救他吗？

19. Is then someone (to be guided), against whom is justified the decree of punishment. Can you then save him who is in the Fire.

أَفَمَنْ حَقَّ عَلَيْهِ كَلِمَةُ
الْعَذَابِ أَفَأَنْتَ تُنقِذُ مَنْ فِي
النَّارِ ﴿١٩﴾

20. 但是那些敬畏他们的主的人，他们将享有为他们建造的楼上之楼；在它们的下面有河水流过。这是安拉应许下的诺言，安拉是从不爽约的。

20. But those who have feared their Lord, for them are chambers, above them chambers built high, underneath which rivers flow. A promise of Allah. Allah does not fail in (His) promise.

لَيْكِنِ الَّذِينَ اتَّقَوْا رَبَّهُمْ هُمْ
غُرْفٌ مِّنْ فَوْقَهَا غُرْفٌ مَّبْنِيَةٌ
تَجْرِي مِنْ تَحْتِهَا الْأَنْهَارُ ۗ وَعَدَ
اللَّهُ لَا يَخْلِفُ اللَّهُ الْمِيعَادَ ﴿٢٠﴾

21. 你没看见安拉由天空下雨，并使它流入大地，汇集成泉，然后他以它生出各种不同颜色的穡稼，然后使它枯萎，因而你看到它变黄，然后他使它化为粉碎吗？的确，在这当中，对于有理解的人的确是一项提示。

21. Have you not seen that Allah sends down water from the sky and causes it to flow as water springs in the earth, then He produces thereby crops of varying colors, then they dry, then you see them turned yellow, then He makes them chaff. Indeed, in that is a reminder for

أَلَمْ تَرَ أَنَّ اللَّهَ أَنْزَلَ مِنَ
السَّمَاءِ مَاءً فَسَلَكَهُ يَنْبِيعَ
فِي الْأَرْضِ ثُمَّ يُخْرِجُ بِهِ
زَرْعًا مُّخْتَلِفًا أَلْوَانُهُ ثُمَّ
يَهْبِجُ فَتَرَاهُ مُصْفَرًّا ثُمَّ
يَجْعَلُهُ حُطَبًا ۗ إِنَّ فِي
ذَٰلِكَ لَذِكْرًا لِأُولِي

those of understanding.

الْأَلْبَبِ ﴿١٦﴾

22. 一个人，他的心胸(因接受)伊斯兰而被安拉展开，因而他(能)追随他的主的光，(他会跟心胸狭窄的不信者一样吗?)所以，为那些因不赞念安拉而心变硬的人们悲伤吧!他们是在明显的迷误当中。

22. So is he whose breast Allah has opened to Islam, then he is upon a light from his Lord (like him who is in darkness). So woe to those whose hearts are hardened against remembrance of Allah. Those are in manifest error.

أَفَمَنْ شَرَحَ اللَّهُ صَدْرَهُ
لِلْإِسْلَامِ فَهُوَ عَلَى نُورٍ مِّن
رَّبِّهِ ۗ فَوَيْلٌ لِّلْقَاسِيَةِ قُلُوبِهِمْ
مِّن ذِكْرِ اللَّهِ ۗ أُولَٰئِكَ فِي
ضَلَالٍ مُّبِينٍ ﴿١٦﴾

23. 安拉(现在)已经降下了一本最完美的，首尾一致的天经，(它是)时常重复的，使那些畏惧他们的主的人毛骨悚然，以便他们的身心变得柔和而纪念安拉。那就是安拉的引导，他以它引导他所意欲的人。他(主)任由其迷失的人是得不到引导的。

23. Allah has sent down the best statement, a Book (Quran), its parts resembling each other, repeating. Shiver from it the skins of those who fear their Lord (when they hear it). Then soften their skins and their hearts at the remembrance of Allah. That is the guidance of Allah, He guides therewith whom He wills. And whomever Allah sends astray, then for him there is not any guide.

اللَّهُ نَزَّلَ أَحْسَنَ الْحَدِيثِ
كِتَابًا مُّتَشَبِهًا مَّثَانِيَ تَقْشَعِرُّ
مِنْهُ جُلُودُ الَّذِينَ يَخْشَوْنَ
رَبَّهُمْ ثُمَّ تَلِينُ جُلُودُهُمْ
وَقُلُوبُهُمْ إِلَىٰ ذِكْرِ اللَّهِ ۗ ذَٰلِكَ
هُدَىٰ اللَّهِ يَهْدِي بِهِ ۗ مَنْ
يَشَاءُ ۗ وَمَن يُضَلِّلِ اللَّهُ فَمَا
لَهُ مِن هَادٍ ﴿١٧﴾

24. 试问在复活日要对(火狱的)重刑保护他自己和他的脸的人，跟无需受刑的人一

24. Is then he who will confront with his face the worst of the punishment on the Day

أَفَمَنْ يَتَّقِي بِوَجْهِهِ سُوءَ
الْعَذَابِ يَوْمَ الْقِيَامَةِ ۗ وَقِيلَ

样吗?犯罪者将被告告诉:“你们尝你们所应得的吧!”

of Resurrection (like him who is saved). And it will be said to the wrongdoers: “Taste what you used to earn.”

لِلظَّالِمِينَ ذُوقُوا مَا كُنْتُمْ تَكْسِبُونَ ﴿٢٤﴾

25. 在他们以前的那些人(也曾)不信(先知),因此惩罚从他们意想不到的地方降临他们。

25. Those before them denied, so the punishment came upon them from where they did not perceive.

كَذَّبَ الَّذِينَ مِنْ قَبْلِهِمْ فَآتَاهُمُ الْعَذَابُ مِنْ حَيْثُ لَا يَشْعُرُونَ ﴿٢٥﴾

26. 安拉就是这样使他们在今世尝试羞辱,而后世的惩罚却会更大。如果他们知道的话!

26. So Allah made them taste humiliation in the life of the world. And the punishment of the Hereafter will be greater, if only they knew.

فَأَذَاقَهُمُ اللَّهُ الْخِزْيَ فِي الْحَيَاةِ الدُّنْيَا ۗ وَالْعَذَابُ الْآخِرَةُ أَكْبَرُ ۖ لَوْ كَانُوا يَعْلَمُونَ ﴿٢٦﴾

27. 我确已在古兰中为人们举出了各种比喻,以便他们能够留意。

27. And certainly, We have put forth for mankind in this Quran all kinds of similitudes, that they might remember.

وَلَقَدْ ضَرَبْنَا لِلنَّاسِ فِي هَذَا الْقُرْآنِ مِنْ كُلِّ مَثَلٍ لَعَلَّهُمْ يَتَذَكَّرُونَ ﴿٢٧﴾

28. (这是)一本阿拉伯文的古兰,其中没有任何歪曲,以便他们能够敬畏。

28. An Arabic Quran, without any deviance, that they might fear (Allah).

قُرْءَانًا عَرَبِيًّا غَيْرَ ذِي عِوَجٍ لَعَلَّهُمْ يَتَّقُونَ ﴿٢٨﴾

29. 安拉给你们举一个比喻:一个人属于几个争吵的合伙人的主人,和一个完全属于一个主人的人,他

29. Allah puts forth a similitude, a man belonging to many disputing partners, and a man (belonging) exclusively to one man.

ضَرَبَ اللَّهُ مَثَلًا رَجُلًا فِيهِ شُرَكَاءُ مُتَشَاكِسُونَ وَرَجُلًا سَلَمًا لِرَجُلٍ هَلْ يَسْتَوِيَانِ

们的情形一样吗?赞美安拉!但是他们大多数都不知道。

Are the two equal in similitude. Praise be to Allah. But most of them do not know.

مَثَلًا أَحْمَدُ لِلَّهِ بَلْ أَكْثَرُهُمْ
لَا يَعْلَمُونَ ﴿٦٦﴾

30. 的确(有一天)你会死亡,的确(有一天)他们也会死亡。

30. Indeed, you will die and indeed, they will die.

إِنَّكَ مَيِّتٌ وَإِنَّهُمْ مَيِّتُونَ ﴿٦٧﴾

31. 然后,在复活日,你们(全体)都将在你们的主的跟前互相辩论。

31. Then indeed, on the Day of Resurrection, before your Lord you will dispute.

ثُمَّ إِنَّكُمْ يَوْمَ الْقِيَامَةِ عِنْدَ رَبِّكُمْ تَخْتَصِمُونَ ﴿٦٨﴾

32. 谁比向安拉撒谎和当真理降临到他时不信的人更不义?难道地狱中没有不信者的住处吗?

32. So who does greater wrong than him who utters a lie against Allah, and denies the truth when it has come to him. Is not in Hell the home for disbelievers.

﴿٦٩﴾ فَمَنْ أَظْلَمُ مِمَّنْ كَذَبَ عَلَى اللَّهِ وَكَذَبَ بِالصِّدْقِ إِذْ جَاءَهُ ۗ أَلَيْسَ فِي جَهَنَّمَ مَثْوًى لِّلْكَافِرِينَ ﴿٧٠﴾

33. 谁带来真理(指使者)和确信其中的(指信仰者),这些人就是敬畏的。

33. And he who has brought the truth and has confirmed it, such are those, the righteous.

وَالَّذِي جَاءَ بِالصِّدْقِ وَصَدَّقَ بِهِ ۗ أُولَٰئِكَ هُمُ الْمُتَّقُونَ ﴿٧١﴾

34. 在他们的主的跟前,他们将得到他们所向往的一切,这就是给行善的人的回赐。

34. They will have whatever they desire with their Lord. That is the reward of those who do good.

هُم مَّا يَشَاءُونَ عِنْدَ رَبِّهِمْ ۗ ذَٰلِكَ جَزَاءُ الْمُحْسِنِينَ ﴿٧٢﴾

35. 以便安拉能抹除他们所做过的最坏(行为),并按照他们所作

35. That Allah may remove from them the worst of what they did, and reward them their

لِيُكَفِّرَ اللَّهُ عَنْهُمْ أَسْوَأَ الَّذِي عَمِلُوا وَيَجْزِيَهُمْ أَجْرَهُمْ

过的最好的行为给他们回赐。

due for the best of what they used to do.

بِأَحْسَنِ الَّذِي كَانُوا
يَعْمَلُونَ ﴿٣٥﴾

36. 难道安拉还不足以作他的仆人们的保护者吗?但是他们却用他以外的(伪神)来恐吓你。安拉使他迷误的人,他就没有引导。

36. Is not Allah sufficient for His slave (Muhammad). And they frighten you with those (whom they worship) other than Him. And whom Allah sends astray, then for him there is not any guide.

أَلَيْسَ اللَّهُ بِكَافٍ عَبْدَهُ
وَيُخَوِّفُونَكَ بِالَّذِينَ مِنْ
دُونِهِ ۗ وَمَنْ يُضِلِّ اللَّهُ فَمَا
لَهُ مِنْ هَادٍ ﴿٣٦﴾

37. 安拉所引导的人,没有(谁)能误导他。难道安拉不是大能的、掌还报的主吗?

37. And whomever Allah guides, so for him there is not any misleader. Is not Allah All Mighty, the Owner of Retribution.

وَمَنْ يَهْدِ اللَّهُ فَمَا لَهُ مِنْ
مُضِلٍّ ۗ أَلَيْسَ اللَّهُ بِعَزِيزٍ ذِي
أَنْتِقَامٍ ﴿٣٧﴾

38. 如果你问他们,是谁造化天地,他们一定会说:“安拉。”你说:“你们可曾想过,如果安拉有意给我一些损伤,你们在安拉之外所祈求的(伪神们)能消除他(主)加给我的痛苦吗?或者,他愿意对我施与慈悯,它们能制止他的慈悯吗?”你说:“对于我安拉是足够了!信赖他(主)的人(把他们

38. And if you ask them: “Who created the heavens and the earth.” Surely, they will say: “Allah.” Say: “Then have you thought what you call upon other than Allah, if Allah intended for me some harm, could they remove from me His harm, or if He intended for me some mercy, could they restrain His mercy.” Say: “Sufficient for me

وَلَيْن سَأَلْتَهُمْ مَنْ خَلَقَ
السَّمَوَاتِ وَالْأَرْضَ
لَيَقُولُنَّ اللَّهُ ۗ قُلْ أَفَرَأَيْتُمْ
مَا تَدْعُونَ مِنْ دُونِ اللَّهِ إِنْ
أَرَادَنِيَ اللَّهُ بِضُرٍّ هَلْ هُنَّ
كَشِفَتُ ضُرَّهُ أَوْ أَرَادَنِي
بِرَحْمَةٍ هَلْ هُنَّ
مُمْسِكَتُ رَحْمَتِهِ ۗ قُلْ
حَسْبِيَ اللَّهُ ۗ عَلَيْهِ يَتَوَكَّلُ

的)信赖(寄托给)他。”

is Allah. In Him trust those who put their trust.”

﴿٢٨﴾ اَلْمُتَوَكِّلُونَ

39. 你说：“我的族人啊！你们随你们的意去做，我也做(我)的，不久你们就会知道了。”

39. Say: “O my people, work according to your position. Indeed, I (too) am working. So soon you will come to know.”

قُلْ يَتَقَوِّمِ اَعْمَلُوا عَلَيَّ
مَكَانَتِكُمْ اِنِّي عَمِلٌ
فَسَوْفَ تَعْلَمُونَ ﴿٢٩﴾

40. “惩罚降给谁，谁就会得到持久的惩罚。”

40. “To whom will come a disgracing punishment, and on whom will descend an everlasting punishment.”

مَنْ يَأْتِيهِ عَذَابٌ مُّخْزِيهِ
وَيَحِلُّ عَلَيْهِ عَذَابٌ مُّقِيمٌ ﴿٤٠﴾

41. 我的确为了(指导)人类以真理降下这部天经给你。谁被引导，只对他自己有益；而谁迷误，也只伤害他自己。你不是他们的监护者。

41. Indeed, We sent down to you (Muhammad) the Book for mankind in truth. Then whoever is guided, it is for his soul. And whoever goes astray, so he goes astray only for his detriment. And you are not a warder over them.

اِنَّا اَنْزَلْنَا عَلَيْكَ الْكِتَابَ
لِلنَّاسِ بِالْحَقِّ فَمَنْ
اَهْتَدَىٰ فَلِنَفْسِهِ وَاَنْ
ضَلَّ فَاِنَّمَا يَضِلُّ عَلَيْهَا
وَمَا اَنْتَ عَلَيْهِمْ بِوَكِيلٍ ﴿٤١﴾

42. 安拉在人们死亡时取走他们的灵魂，也在人们睡眠中尚未死亡时取走他们的灵魂。他(主)留下那些他已宣布死亡的(人的灵魂)，而遣回其余的直到一规定的时期。

42. Allah takes away the souls at the time of their death. And those who do not die (He takes their souls) during their sleep. Then He keeps those (souls) for which He has decreed death, and

اَللّٰهُ يَتَوَفَّى الْاَنْفُسَ حِيْنَ
مَوْتِهَا وَالَّتِي لَمْ تَمُتْ فِي
مَنَامِهَا فَيُمْسِكُ الَّتِي
قَضَىٰ عَلَيْهَا الْمَوْتَ وَيُرْسِلُ
الْاُخْرَىٰ اِلَىٰ اَجَلٍ مُّسَمًّى ﴿٤٢﴾

在这当中对于能思维的人的确有种种的迹象。

sends the others for a term appointed. Indeed, in that are signs for a people who reflect.

إِنَّ فِي ذَلِكَ لَآيَاتٍ لِّقَوْمٍ
يَتَفَكَّرُونَ ﴿٤٢﴾

43. 他们在安拉之外找求情者吗?你说: “甚至它们没有权力,也没有才智吗?”

43. Or have they taken others than Allah as intercessors. Say: “Even though they do not have power over anything, and have no understanding.”

أَمْ اتَّخَذُوا مِنْ دُونِ اللَّهِ
شُفَعَاءَ قُلُوبِ أَوْلَو كَانُوا لَا
يَمْلِكُونَ شَيْئًا وَلَا
يَعْقِلُونَ ﴿٤٣﴾

44. 你说: “一切求情的(大权)都属于安拉。他是诸天与大地的主宰。然后你们将被带回到他那里。”

44. Say: “To Allah belongs intercession entirely. His is the sovereignty of the heavens and the earth. Then to Him you will be returned.”

قُلْ لِلَّهِ الشَّفَعَةُ جَمِيعًا لَهُ
مُلْكُ السَّمَوَاتِ وَالْأَرْضِ
ثُمَّ إِلَيْهِ تُرْجَعُونَ ﴿٤٤﴾

45. 当安拉被单独提到时,那些不信后世的人心就收缩(变狭窄)了;但是当他(主)以外的(伪神)被提起时,(看啦!)他们就开心了!

45. And when Allah the One is mentioned, are filled with disgust the hearts of those who do not believe in the Hereafter. And when those (whom they worship) other than Him are mentioned, behold, they rejoice.

وَإِذَا ذُكِرَ اللَّهُ وَحْدَهُ
أَشْمَأَزَّتْ قُلُوبُ الَّذِينَ لَا
يُؤْمِنُونَ بِالْآخِرَةِ وَإِذَا
ذُكِرَ الَّذِينَ مِنْ دُونِهِ إِذَا
هُمْ يَسْتَبْشِرُونَ ﴿٤٥﴾

46. 你说: “安拉啊!诸天与大地的造化主!知道目不能见的和能见的主!是你在你的仆人之间判决他们所争论的(是非)。”

46. Say: “O Allah, Creator of the heavens and the earth, Knower of the unseen and the witnessed, You will judge between Your slaves about that

قُلِ اللَّهُمَّ فَاطِرَ السَّمَوَاتِ
وَالْأَرْضِ عَلِيمِ الْغَيْبِ
وَالشَّهَادَةِ أَنْتَ تَحْكُمُ بَيْنَ
عِبَادِكَ فِي مَا كَانُوا فِيهِ

wherein they used to differ.”

سَخْتَلِفُونَ ﴿٤٦﴾

47. 如果犯罪者拥有世上的一切，并再加多一倍，他们也会以它作为复活日的痛苦刑罚的赎金，（但是他们的赎金却不被接受）。而他们也不曾料到那（惩罚）却会从安拉那里显现给他们。

47. And if that those who did wrong had what is in earth all together and the like of it with it, they would offer it to ransom (themselves) thereby from the worst of the punishment on the Day of Resurrection. And there will become apparent to them from Allah what they had not been reckoning.

وَلَوْ أَنَّ لِلَّذِينَ ظَلَمُوا مَا فِي الْأَرْضِ جَمِيعًا وَمِثْلَهُ مَعَهُ لَافْتَدَوْا بِهِ مِنْ سُوءِ الْعَذَابِ يَوْمَ الْقِيَامَةِ وَبَدَا لَهُمْ مِنَ اللَّهِ مَا لَمْ يَكُونُوا يَحْتَسِبُونَ ﴿٤٧﴾

48. 他们（生前）所做过的罪恶，都将显现给他们，他们过去所嘲笑的，也将包围他们。

48. And there will become apparent to them the evils that which they earned, and they will be encircled by that which they used to ridicule.

وَبَدَا لَهُمْ سَيِّئَاتُ مَا كَسَبُوا وَحَاقَ بِهِمْ مَا كَانُوا بِهِ يَسْتَهْزِءُونَ ﴿٤٨﴾

49. 当一个人受到伤害（患难）时，他就向我求救；但是当我赐予他恩典时，他就说：“这完全是由于（我的）知识而获得的。”不是的，这只不过是一项试验。但是他们大多数不知道。

49. Then when an affliction touches man, he calls upon Us, then when We bestow on him a favor from Us. He says: “This is given to me only because of (my) knowledge.” Nay, but it is a trial, but most of them do not know.

فَإِذَا مَسَّ الْإِنْسَانَ ضُرٌّ دَعَانَا ثُمَّ إِذَا خَوَّلْنَاهُ نِعْمَةً مِنَّا قَالَ إِنَّمَا أُوتِيتُهُ عَلَىٰ عِلْمٍ ۗ بَلْ هِيَ فِتْنَةٌ وَلَٰكِنَّا أَكْثَرُهُمْ لَا يَعْلَمُونَ ﴿٤٩﴾

50. 在他们以前的那些人已经说过相同的话了，他们所做过的一切都对他们无益，

50. Certainly, the same was said by those before them. So it did not avail them (anything) whatever they had earned.

قَدْ قَالَهَا الَّذِينَ مِنْ قَبْلِهِمْ
فَمَا أَغْنَىٰ عَنْهُمْ مَا كَانُوا
يَكْسِبُونَ ﴿٥٠﴾

51. 而他们所得的恶果打击了他们。这些人中的犯罪者，他们所得的恶果，不久也将会打击他们，他们决不能逃避。

51. Then the evils of what they earned overtook them. And those who did wrong among these (people), will be overtaken by the evils of that which they earned. And they will not be able to escape.

فَأَصَابَهُمْ سَيِّئَاتُ مَا كَسَبُوا
وَالَّذِينَ ظَلَمُوا مِنْ هَٰؤُلَاءِ
سَيُصِيبُهُمْ سَيِّئَاتُ مَا كَسَبُوا
وَمَا هُمْ بِمُعْجِزِينَ ﴿٥١﴾

52. 难道他们不知道安拉随意扩大或限制他所意欲的人的供养吗？对于有信仰的人其中确有种种迹象。

52. Do they not know that Allah extends the provision for whom He wills, and straitens (it for whom He wills). Indeed, in that are signs for the people who believe.

أَوَلَمْ يَعْلَمُوا أَنَّ اللَّهَ يَبْسُطُ
الرِّزْقَ لِمَنْ يَشَاءُ وَيَقْدِرُ ۗ إِنَّ
فِي ذَٰلِكَ لَآيَاتٍ لِّقَوْمٍ
يُؤْمِنُونَ ﴿٥٢﴾

53. 你(替我)说：“我的仆人们啊！(我们当中)那些不知珍惜自己的人啊！你们不要对安拉的慈悯绝望，安拉的确恕饶一切的罪过。他是多恕的、大慈的。”

53. Say: “O My slaves who have transgressed against themselves. Do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, it is He who is Oft Forgiving, Most Merciful.”

﴿٥٣﴾ قُلْ يَا عِبَادِيَ الَّذِينَ
أَسْرَفُوا عَلَىٰ أَنْفُسِهِمْ لَا
تَقْنَطُوا مِنْ رَحْمَةِ اللَّهِ ۗ إِنَّ
اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا ۗ
إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ ﴿٥٣﴾

54. “你们应当归向你们的主，并在惩罚降临到你们以前归顺他。因为在这以后你们就将不会被援助了。”

54. “And turn in repentance to your Lord, and surrender to Him, before that there comes upon you the punishment, then you will not be helped.”

وَأَنِيبُوا إِلَىٰ رَبِّكُمْ وَأَسْلِمُوا لَهُ مِنْ قَبْلِ أَنْ يَأْتِيَكُمُ الْعَذَابُ ثُمَّ لَا تُنصَرُونَ ﴿٥٤﴾

55. “你们要在惩罚于不知不觉间突然降临你们以前，追随由你们的主降给你们的最好的(引导)。”

55. “And follow the best of what is sent down to you from your Lord, before that there comes upon you the punishment suddenly, while you do not perceive.”

وَاتَّبِعُوا أَحْسَنَ مَا أُنزِلَ إِلَيْكُمْ مِنْ رَبِّكُمْ مِنْ قَبْلِ أَنْ يَأْتِيَكُمُ الْعَذَابُ بَغْتَةً وَأَنْتُمْ لَا تَشْعُرُونَ ﴿٥٥﴾

56. 免得任何人会说：“啊！我的悲伤是由于我曾经忽略了安拉，并曾属于嘲弄的人。”

56. Lest a soul should say: “Alas, woe to me, over what I neglected (my duty) in regard to Allah, and that I was indeed among those who mocked.”

أَنْ تَقُولَ نَفْسٌ يَحْسَرْتُنِي عَلَىٰ مَا فَرَطْتُ فِي جَنْبِ اللَّهِ وَإِنْ كُنْتُ لَمِنَ السَّخِرِينَ ﴿٥٦﴾

57. 或说：“倘若安拉曾经引导了我，我一定已经是敬畏的人了。”

57. Or should say: “If only Allah had guided me, I would have been among the righteous.”

أَوْ تَقُولَ لَوْ أَنَّ اللَّهَ هَدَانِي لَكُنْتُ مِنَ الْمُتَّقِينَ ﴿٥٧﴾

58. 或者在看到惩罚时会说：“倘若我能有另一次的机会，我就会成为行善的人了。”

58. Or should say, when he sees the punishment: “If only I had another chance, then I could be among those who do good.”

أَوْ تَقُولَ حِينَ تَرَىٰ الْعَذَابَ لَوْ أَنَّ لِي كَرَّةً فَأَكُونَ مِنَ الْمُحْسِنِينَ ﴿٥٨﴾

59. (安拉会告诉他们：) “是的，我的启示曾到达你，但是你确曾不信它们，你曾是高傲的、不信的人。”

59. Yes, certainly there came to you My revelations, so you denied them and were arrogant, and you were among the disbelievers.

بَلَىٰ قَدْ جَاءَكَ ءَايَاتِي
فَكَذَّبْتَ بِهَا وَاسْتَكْبَرْتَ
وَكَنتَ مِنَ الْكٰفِرِيْنَ ﴿٥٩﴾

60. 在复活日，你(穆圣)将看到那些向安拉撒谎的人，他们的脸将变成黑色。地狱中难道没有高傲的人的住处吗？

60. And on the Day of Resurrection you will see those who lied against Allah, their faces blackened. Is there not in Hell an abode for the arrogant.

وَيَوْمَ اَلْقِيَمَةِ تَرَى الَّذِيْنَ
كَذَّبُوْا عَلٰى اَللّٰهِ وُجُوْهُهُمْ
مُّسَوَّدَةٌ ؕ اَلَيْسَ فِيْ جَهَنَّمَ
مَثْوٰى لِّلْمُتَكَبِّرِيْنَ ﴿٦٠﴾

61. 而安拉却将拯救敬畏的人，并置他们于胜利的地方，他们遭不到不幸，他们也不会忧伤。

61. And Allah will deliver those who feared Him to their places of success (Paradise). Evil shall not touch them, nor shall they grieve.

وَيُنَجِّيْ اَللّٰهُ الَّذِيْنَ اتَّقَوْا
بِمَفٰازَتِهِمْ لَا يَمَسُّهُمْ
اَلْسُوْءُ وَلَا هُمْ يَحْزَنُوْنَ ﴿٦١﴾

62. 安拉是万物的造化者，也是一切事务的监护者。

62. Allah is the Creator of all things, and He is Guardian over all things.

اَللّٰهُ خَلِقُ كُلِّ شَيْءٍ وَهُوَ
عَلٰى كُلِّ شَيْءٍ وَكِيْلٌ ﴿٦٢﴾

63. 诸天与大地的锁匙都属于他，那些不信安拉的启示的人，他们的确是损失的。

63. To Him belong the keys of the heavens and the earth. And those who disbelieve in the revelations of Allah, such are those who are the losers.

لَهُ مَقَالِيْدُ السَّمٰوٰتِ
وَالْاَرْضِ ۗ وَالَّذِيْنَ كَفَرُوْا
بِءَايٰتِ اَللّٰهِ اُوْلٰئِكَ هُمُ
اَلْخٰسِرُوْنَ ﴿٦٣﴾

64. 你说：“你们这些无知的人啊！你们命我拜安拉以外的(伪神

64. Say (O Muhammad,): “Is it other than Allah you

قُلْ اَفَغَيْرَ اَللّٰهِ تَأْمُرُوْنِيْۤ اَعْبُدُ
اَيُّهَا الْجٰهِلُوْنَ ﴿٦٤﴾

)吗?”

order me to worship, O you ignorant ones.”

65. 它(启示)确已降给你和你以前的(先知们), (说道:) “如果你(为安拉)添附任何伙伴, 你的(善)功就会毫无结果, 而你一定也会属于亏损的(人)。”

65. “And certainly, it has been revealed to you, and to those before you. If you associate (with Allah), your deeds will surely be in vain, and you will surely be among the losers.”

وَلَقَدْ أُوحِيَ إِلَيْكَ وَإِلَى الَّذِينَ مِنْ قَبْلِكَ لَئِنْ أَشْرَكْتَ لَيَحْبَطَنَّ عَمَلُكَ وَلَتَكُونَنَّ مِنَ الْخَاسِرِينَ ﴿٦٥﴾

66. 不, 你应当奉事安拉, 并成为(一个)感恩戴德的人。

66. “But worship (only) Allah, and be among the grateful.”

بَلِ اللَّهِ فَاعْبُدْ وَكُنْ مِنَ الشَّاكِرِينَ ﴿٦٦﴾

67. 他们不了解(按照他所应享的尊敬去敬事)安拉。在复活日整个的大地将在他的掌握当中, 诸天也将在他的右手中被卷起来。光荣归他!他是远高于你们为他所添附的(伙伴)。

67. And they have not appraised Allah with His true appraisal. While the entire earth shall be in His grasp on the Day of Resurrection, and the heavens shall be folded up in His right hand. Glorified is He and High Exalted above what they associate as partners (to Him).

وَمَا قَدَرُوا اللَّهَ حَقَّ قَدْرِهِ وَالْأَرْضُ جَمِيعًا قَبْضَتُهُ يَوْمَ الْقِيَامَةِ وَالسَّمَوَاتُ مَطْوِيَّاتٌ بِيَمِينِهِ سُبْحَانَهُ وَتَعَالَىٰ عَمَّا يُشْرِكُونَ ﴿٦٧﴾

68. 号角一声吹响, 那时一切在诸天与大地的都将昏迷, 除了安拉所愿意的在外。然后另一次号角将被吹响, 那时, (看啦!)

68. And the trumpet will be blown, and will fall dead whoever is in the heavens and whoever is in the earth, except him whom Allah wills. Then it will

وَنُفِخَ فِي الصُّورِ فَصَعِقَ مَنْ فِي السَّمَوَاتِ وَمَنْ فِي الْأَرْضِ إِلَّا مَنْ شَاءَ اللَّهُ ثُمَّ نُفِخَ فِيهِ أُخْرَىٰ فَإِذَا هُمْ

他们都将站立着等待(审判)(或:开始看见真理)。

be blown a second time, then behold, they will be standing, looking on.

قِيَامٌ يَنْظُرُونَ ﴿٦٨﴾

69. 大地闪亮着它的主的光辉,(行为的)纪录被(公开)陈列。先知们和见证人们都被带到,并在他们之间以真理(公平)裁判。他们(一点)也不会被亏待。

69. And the earth will shine with the light of its Lord, and the Book will be set up, and will be brought forward the prophets and the witnesses, and it will be judged between them with truth, and they will not be wronged.

وَأَشْرَقَتِ الْأَرْضُ بِنُورِ رَبِّهَا
وَوُضِعَ الْكِتَابُ وَجِئَتْ
بِالنَّبِيِّينَ وَالشُّهَدَاءِ وَقُضِيَ
بَيْنَهُمْ بِالْحَقِّ وَهُمْ لَا
يُظْلَمُونَ ﴿٦٩﴾

70. 每一个人都将按照他所曾做过的(行为)被赐予全部的回报,(安拉)深知他们所做的一切。

70. And each soul will be paid in full for what it did. And He is best Aware of what they do.

وَوُفِّيَتْ كُلُّ نَفْسٍ مَّا عَمِلَتْ
وَهُوَ أَعْلَمُ بِمَا يَفْعَلُونَ ﴿٧٠﴾

71. 不信的人将被成群地赶入地狱,等到他们到达那里时,它的门就会被启开,它的管理者会对他们说:“使者们不曾(由你们当中)到达你们,向你们诵读你们的主的启示和警告你们今日的集会吗?”他们将会回答道:“是的,(他们的确到达了。)”对不信者所判决的惩罚确已实践了。

71. And those who disbelieved will be driven to Hell in groups. Until, when they reach it, its gates will be opened. And its warders will say to them: “Did there not come to you messengers from among yourselves, reciting to you the revelations of your Lord and warning you of the meeting of this Day of yours.” They will say: “Yes.”

وَسِيقَ الَّذِينَ كَفَرُوا إِلَى
جَهَنَّمَ زُمَرًا ۖ حَتَّىٰ إِذَا
جَاءُوهَا فَتِحَتْ أَبْوَابُهَا
وَقَالَ لَهُمْ خَزَنَتُهَا أَلَمْ يَأْتِكُمْ
رُسُلٌ مِّنكُمْ يَتْلُونَ عَلَيْكُمْ
آيَاتِ رَبِّكُمْ وَيُنذِرُونَكُمْ
لِقَاءَ يَوْمِكُمْ هَذَا قَالُوا بَلَىٰ
وَلَكِن حَقَّتْ كَلِمَةُ الْعَذَابِ
عَلَى الْكَافِرِينَ ﴿٧١﴾

But the word of punishment has been justified against the disbelievers.

72. 、(他们被告诉:)“你们进入地狱的门, 并居住在其中吧。高傲的人的归宿是这样的不幸。”

72. It will be said (to them): “Enter you the gates of Hell to abide therein.” So (what) an evil abode for the arrogant.

قِيلَ ادْخُلُوا أَبْوَابَ جَهَنَّمَ خَالِدِينَ فِيهَا فَبئسَ مَثْوَى الْمُتَكَبِّرِينَ ﴿٧٢﴾

73. 敬畏他们的主的人将成群结伴地被送入乐园, 等到他们到达它那里时, 它的门就会被启开, 它的管理者将会对他们说: “祝你们平安! 你们是善人, 所以你们进入它并居住在其中吧。”

73. And those who feared their Lord will be led to the Garden in groups. Until, when they reach it, and its gates will be opened, and its warders will say to them: “Peace be upon you. You have done well, so enter it to abide eternally.”

وَسِيقَ الَّذِينَ اتَّقَوْا رَبَّهُمْ إِلَى الْجَنَّةِ زُمَرًا حَتَّى إِذَا جَاءُوهَا وَفُتِحَتْ أَبْوَابُهَا وَقَالَ لَهُمْ خَزَنَتُهَا سَلَامٌ عَلَيْكُمْ طِبْتُمْ فَادْخُلُوهَا خَالِدِينَ ﴿٧٣﴾

74. 他们将说: “万赞归主, 他的确实践了他对我们的约, 并已给我们继承了乐土, 并使我们随心所欲地居住在天园中。行善的人的回赐是多么的优异呀!”

74. And they will say: “Praise be to Allah, who has fulfilled for us His promise, and has made us inherit the land. We can dwell in the Garden wherever we will.” So bounteous is the reward of workers.

وَقَالُوا الْحَمْدُ لِلَّهِ الَّذِي صَدَقَنَا وَعْدَهُ وَأَوْرَثَنَا الْأَرْضَ نَتَبَوَّأُ مِنَ الْجَنَّةِ حَيْثُ نَشَاءُ فَنِعْمَ أَجْرُ الْعَامِلِينَ ﴿٧٤﴾

75. 你将看到(主的)(权威的)宝座周围环绕着天仙们, 他们赞颂

75. And you will see the angels surrounding the Throne from all round, glorifying the

وَتَرَى الْمَلَائِكَةَ حَافِينَ مِنْ حَوْلِ الْعَرْشِ يُسَبِّحُونَ

着他们的主。他们被(公平地)以真理裁判,并将说:“万赞归主,众世界的主。”

praises of their Lord. And it will be judged between them with truth, and it will be said: “All the Praises are for Allah, the Lord of the worlds.”

حَمْدِ رَبِّهِمْ وَقُضِيَ بَيْنَهُمْ
بِالْحَقِّ وَقِيلَ الْحَمْدُ لِلَّهِ رَبِّ
الْعَالَمِينَ ﴿٧٥﴾

