



仁主

ArRahman

الرَّحْمَنُ

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 最仁慈的主，

1. The Beneficent.

الرَّحْمَنُ ①

2. 他曾传授古兰，

2. Has taught the Quran.

عَلَّمَ الْقُرْآنَ ②

3. 他曾造化人，

3. He has created man.

خَلَقَ الْإِنْسَانَ ③

4. 他曾教导他(人)词令(说话的技巧)

4. He has taught him speech.

عَلَّمَهُ الْبَيَانَ ④

5. 日与月(都)在计算好的(轨道上运行)

5. The sun and the moon adhere to a schedule.

الشَّمْسُ وَالْقَمَرُ بِحُسْبَانٍ ⑤

6. 星辰和草木都崇拜(他)，

6. And the stars and the trees, prostrate.

وَالنَّجْمُ وَالشَّجَرُ يَسْجُدَانِ ⑥

7. 他曾升高了苍天，他也制定了衡量，

7. And the heaven, He raised high, and He has set the balance.

وَالسَّمَاءَ رَفَعَهَا وَوَضَعَ الْمِيزَانَ ⑦

8. 以便你们不至在衡量上过份，

8. That you do not transgress within the balance.

أَلَّا تَطْغَوْا فِي الْمِيزَانِ ⑧

9. 你们要维持公平的衡量，而不短少斤

9. And establish the weight with justice and

وَأَقِيمُوا الْوَزْنَ بِالْقِسْطِ

两。

do not make deficient the balance.

وَلَا تُخْسِرُوا الْمِيزَانَ ﴿١﴾

10. 是他为万物(他的造化物)展开了大地。

10. And the earth He has laid (out) for the creatures.

وَالْأَرْضَ وَضَعَهَا لِلْأَنْعَامِ ﴿٢﴾

11. 其中有(各种)果实和长有鞘串的枣树，

11. Therein are fruits and palm trees with sheathed fruit.

فِيهَا فَكِهَةٌ وَالنَّخْلُ ذَاتُ الْأَكْمَامِ ﴿٣﴾

12. 和有壳的谷类及芬芳的花草。

12. And corn with husk and grain.

وَالْحَبُّ ذُو الْعَصْفِ وَالرَّيْحَانُ ﴿٤﴾

13. 你们要否认你们的主的那一项恩典呢？

13. So which of the favors of your Lord would you deny.

فَبِأَيِّ آيَاتِ رَبِّكُمَا تُكَذِّبَانِ ﴿٥﴾

14. 他用像作陶器一样的泥土造化人。

14. He created man from dry rotten clay like the potter's.

خَلَقَ الْإِنْسَانَ مِنْ صَلْصَلٍ كَالْفَخَّارِ ﴿٦﴾

15. 他用(无烟的)火焰造化精灵。

15. And He created jinns from a smokeless flame of fire.

وَخَلَقَ الْجَانَّ مِنْ مَّارِجٍ مِنْ نَارٍ ﴿٧﴾

16. 你们要否认你们的主那一项恩典呢？

16. So which of the favors of your Lord would you deny.

فَبِأَيِّ آيَاتِ رَبِّكُمَا تُكَذِّبَانِ ﴿٨﴾

17. 他是两个东方和两个西方的主，

17. Lord of the two Easts, and Lord of the two Wests.

رَبُّ الْمَشْرِقَيْنِ وَرَبُّ الْمَغْرِبَيْنِ ﴿٩﴾

18. 你们要否认你们的主的那一项恩典呢？

18. So which of the favors of your Lord would you deny.

فَبِأَيِّ آيَاتِ رَبِّكُمَا تُكَذِّبَانِ ﴿١٠﴾

18. He made the two seas meet together.

18. He made the two seas meet together.

﴿١٨﴾

19. 他使两水自由流动，汇合。

19. He let loose the two seas that they may meet together.

﴿١٩﴾ مَرَجَ الْبَحْرَيْنِ يَلْتَقِيَانِ

20. 但在它们之间有一条它们不能逾越的界限。

20. Between them is a barrier, which they do not transgress.

﴿٢٠﴾ بَيْنَهُمَا بَرْزَخٌ لَا يَبْغِيَانِ

21. 你们要否认你们的主的那一项恩典呢？

21. So which of the favors of your Lord would you deny.

﴿٢١﴾ فَبِأَيِّ آءِ الْآءِ رَبِّكُمَا تُكذِّبَانِ

22. 从它们当中产生了珍珠和珊瑚。

22. From them come out pearls and corals.

﴿٢٢﴾ مَخْرُجٌ مِنْهُمَا اللُّؤْلُؤُ وَالْمَرْجَانُ

23. 你们要否认你们的主的那一项恩典呢？

23. So which of the favors of your Lord would you deny.

﴿٢٣﴾ فَبِأَيِّ آءِ الْآءِ رَبِّكُمَا تُكذِّبَانِ

24. 耸立在海面上，如山的巨舰是属于他（主的）的。

24. And His are the ships raised up high in the sea like mountains.

﴿٢٤﴾ وَ لَهُ الْجَوَارِ الْمُنشَآتُ فِي الْبَحْرِ كَالْأَعْلَامِ

25. 你们要否认你们的主的那项恩典呢？

25. So which of the favors of your Lord would you deny.

﴿٢٥﴾ فَبِأَيِّ آءِ الْآءِ رَبِّكُمَا تُكذِّبَانِ

26. 地上的一切都将逝去。

26. Everyone that is thereon will perish.

﴿٢٦﴾ كُلُّ مَنْ عَلَيْهَا فَانٍ

27. 只有你的（尊贵的、光荣的）主的真容亘古常存。

27. And there will remain the Countenance of your Lord, Owner of Majesty and Honor.

﴿٢٧﴾ وَيَبْقَى وَجْهُ رَبِّكَ ذُو الْجَلَلِ وَالْإِكْرَامِ


28. 你们要否认你们的主的那一项恩典呢?

28. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ


29. 在诸天与大地的万物都向他(主)乞求(它的所需), 他每天都在执行权力[或: 都在处理(新的)事务]。

29. Whoever is in the heavens and the earth asks Him. Every day He is in (bringing) a matter.

يَسْأَلُهُ مَنْ فِي السَّمَوَاتِ
وَالْأَرْضِ كُلَّ يَوْمٍ هُوَ فِي
شَأْنٍ


30. 你们要否认你们的主的那一项恩典呢?

30. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ


31. 不久我就将处置你们, 你们两大群体(人与精灵)啊!

31. We shall soon attend you, O you two burdens (jinn and men).

سَنَفْرُغُ لَكُمْ أَيُّهَ الثَّقَلَانِ



32. 你们要否认你们的主的那一项恩典呢?

32. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ



33. 你们精灵和人类的群体啊! 如果你们有力量穿过诸天与大地的(一切)区域(界限), 那么你们就穿过(它们)吧!(不过)除非(我)准许, 你们决不能穿过。

33. O company of jinn and men, if you have the power to escape across the bounds of the heavens and the earth, then escape. You shall not escape, except with authority (from Allah).

يَمَعَشَرِ الْجِنَّ وَالْإِنْسِ إِنْ
أَسْتَطَعْتُمْ أَنْ تَنْفُذُوا مِنْ
أَقْطَارِ السَّمَوَاتِ وَالْأَرْضِ
فَأَنْفُذُوا لَا تَنْفُذُونَ إِلَّا
بِسُلْطَنِ


34. 你们要否认你们的主的那一项恩典呢?

34. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ


35. 火焰和(熔铜)的火花将被降给你们两者(人类和精灵), 那时你们将不被援助。

35. There shall be sent upon you a flame of fire and smoke, then you will not be able to defend yourselves.

يُرْسَلُ عَلَيْكُمَا شُوَاظٌ مِّنْ نَّارٍ وَنُحَاسٌ فَلَا تَنْتَصِرَانِ ﴿٣٥﴾

36. 你们要否认你们的主的那一项恩典呢?

36. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٣٦﴾

37. 那时天将支离破碎, 变得像玫瑰色的红皮革一样的红。

37. Then when the heaven bursts and becomes red like red leather.

فَإِذَا أَنْشَقَّتِ السَّمَاءُ فَكَانَتْ وَرْدَةً كَالدِّهَانِ ﴿٣٧﴾

38. 你们要否认你们的主的那一项恩典呢?

38. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٣٨﴾

39. 在那天, 不论人或精灵将不被询问他的罪过。

39. Then on that Day none will be questioned of his sin, man, nor jinn.

فَيَوْمَئِذٍ لَا يُسْأَلُ عَنْ ذَنْبِهِ إِنْسٌ وَلَا جَانٌّ ﴿٣٩﴾

40. 你们要否认你们的主的那一项恩典呢?

40. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٤٠﴾

41. 犯罪的人将由他们(脸上)的记号被认出, 他们将被抓住前额的毛发和脚。

41. The criminals shall be recognized by their marks, and they shall be seized by the forelocks and the feet.

يُعْرَفُ الْمُجْرِمُونَ بِسِيمَاهُمْ فَيُؤْخَذُ بِالنَّوَصِي وَالْأَقْدَامِ ﴿٤١﴾

42. 你们要否认你们的主的那一项恩典呢?

42. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٤٢﴾

43. 这就是犯罪者所否认的火狱。

43. This is that Hell which the criminals deny.

هَذِهِ جَهَنَّمُ الَّتِي يُكَذِّبُ بِهَا الْمُجْرِمُونَ ﴿٤٣﴾

44. 他们将徘徊在它的当中，和在滚烫的液体当中。

44. They will go around between it and the hot boiling water.

يَطُوفُونَ بَيْنَهَا وَبَيْنَ حَمِيمٍ ءَانَ ﴿٤٤﴾

45. 你们要否认你们的主的那一项恩典呢？

45. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٤٥﴾

46. 那些骇怕站在他们的主的(审判席)前面的人，(他们)将获得两个乐园。

46. And for him who fears to stand before his Lord are two gardens.

وَلِمَنْ خَافَ مَقَامَ رَبِّهِ جَنَّاتٍ ﴿٤٦﴾

47. 你们要否认你们的主的那一项恩典呢？

47. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٤٧﴾

48. (这)两个(乐园)都是草木扶疏(有种果木和美好的东西)。

48. Full of lush green branches.

ذَوَاتَا أَفْنَانٍ ﴿٤٨﴾

49. 你们要否认你们的主的那一项恩典呢？

49. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٤٩﴾

50. 其中都有两个喷泉流着，

50. Wherein are two springs of running water.

فِيهَا عَيْنَانِ تَجْرِيَانِ ﴿٥٠﴾

51. 你们要否认你们的主的那一项恩典呢？

51. So which of the favors of your Lord would you deny.

فَبِأَيِّ ءَالَآءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٥١﴾

52. 其中有各种成双成对的果子。

52. Wherein are two kinds of every fruit.

فِيهِمَا مِنْ كُلِّ فَاكِهَةٍ زَوْجَانِ



53. 你们要否认你们的主的那一项恩典呢？

53. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ الرَّبِّ كُفِرْتُمْ



54. (他们)躺在垫以锦绣的躺椅上，两个园子都近在手边。

54. Reclining upon carpets lined with silk brocade, and the fruits of the two Gardens will be near at hand.

مُتَّكِئِينَ عَلَى فُرُشٍ بَطَائِنُهَا مِنْ إِسْتَبْرَقٍ وَجَنَّةِ الْأَجْنَّتَيْنِ دَانٍ



55. 你们要否认你们的主的那一项恩典呢？

55. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ الرَّبِّ كُفِرْتُمْ



56. 其(乐园)中有目光柔顺的美女，以前没有人或精灵接触过她们。

56. Therein are those of modest gaze, whom neither will have touched man before them, nor jinn.

فِيهِنَّ قَصِيرَاتُ الْبَطْنِ لَمْ يَطْمِثْنَهُنَّ إِنْسٌ قَبْلَهُمْ وَلَا جَانٌّ



57. 你们要否认你们的主的那一项恩典呢？

57. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ الرَّبِّ كُفِرْتُمْ



58. (她们)好象宝石和珍珠(一般美丽)。

58. As they are like rubies and coral.

كَأَنَّهُنَّ الْيَاقُوتُ وَالْمَرْجَانُ



59. 你们要否认你们的主的那一项恩典呢？

59. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ الرَّبِّ كُفِرْتُمْ



60. 回赐给善人的除

60. Is there any

هَلْ جَزَاءُ الْإِحْسَانِ إِلَّا

了美好的之外，还有什么？

reward for good other than good.

الْإِحْسَانُ ﴿٦٠﴾

61. 你们要否认你们的主的那一项恩典呢？

61. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٦١﴾

62. 在两个(乐园)之外，还有另两个乐园。

62. And besides these two, there will be two other gardens.

وَمِنْ دُونِهِمَا جَنَّتَانِ ﴿٦٢﴾

63. 你们要否认你们的主的那一项恩典呢？

63. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٦٣﴾

64. (这两个乐园)都是葱翠茂密的。

64. Dark green with foliage.

مُدَّهَامَّتَانِ ﴿٦٤﴾

65. 你们要否认你们的主的那一项恩典呢？

65. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٦٥﴾

66. 其中有两个潺潺的流泉。

66. Wherein are two springs, gushing.

فِيهِمَا عَيْنَانِ نَضَّاخَتَانِ ﴿٦٦﴾

67. 你们要否认你们的主的那一项恩典呢？

67. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٦٧﴾

68. 其中有果子，枣子和石榴。

68. Wherein are fruit, and dates and pomegranates.

فِيهِمَا فَاكِهَةٌ وَنَخْلٌ وَرُمَّانٌ ﴿٦٨﴾

69. 你们要否认你们的主的那一项恩典呢？

69. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ رَبِّكُمَا تُكَذِّبَانِ ﴿٦٩﴾

70. 其中有贞洁的美女。

70. Wherein are good (and) beautiful women.

فِيهِنَّ خَيْرَاتٌ حِسَانٌ ﴿٧٠﴾

71. 你们要否认你们的主的那一项恩典呢？

71. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ رَبِّكُمَا تُكذِّبَانِ ﴿٧١﴾

72. 在亭子中有被小心看顾的美女。

72. Fair ones, close guarded in pavilions.

حُورٌ مَّقْصُورَاتٌ فِي الْخِيَامِ ﴿٧٢﴾

73. 你们要否认你们的主的那一项恩典呢？

73. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ رَبِّكُمَا تُكذِّبَانِ ﴿٧٣﴾

74. 以前没有人或精灵接触过她们。

74. Whom neither will have touched man before them, nor jinn.

لَمْ يَطْمِثْنِٔنَّ إِنْسٌ قَبْلَهُمْ وَلَا جَانٌّ ﴿٧٤﴾

75. 你们要否认你们的主的那一项恩典呢？

75. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ رَبِّكُمَا تُكذِّبَانِ ﴿٧٥﴾

76. 她们躺在绿色的垫褥和华美的地毯上。

76. Reclining on green cushions, and beautiful fine carpets.

مُتَكِّينَ عَلَى رَفْرَفٍ خُضْرٍ وَعَبَقَرٍ حِسَانٍ ﴿٧٦﴾

77. 你们要否认你们的主的那一项恩典呢？

77. So which of the favors of your Lord would you deny.

فَبِأَيِّ آءِ رَبِّكُمَا تُكذِّبَانِ ﴿٧٧﴾

78. 赞美你的尊贵的和光荣的主的尊名！

78. Blessed be the name of your Lord, the Owner of Majesty and Honor.

تَبْرَكَ اسْمُ رَبِّكَ ذِي الْجَلَلِ وَالْإِكْرَامِ ﴿٧٨﴾

