



得与失

AtTaghabun

التَّغَابُنُ

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 在诸天与大地的一切都赞美安拉的光荣。主权属于他，赞颂全归他，他全能于万物。

1. Glorifies to Allah whatever is in the heavens and whatever is on the earth. To Him belongs the dominion and to Him belongs the praise, and He has power over all things.

يُسَبِّحُ لِلَّهِ مَا فِي السَّمَوَاتِ
وَمَا فِي الْأَرْضِ لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ
شَيْءٍ قَدِيرٌ ﴿١﴾

2. 他曾造化了你们，然后你们当中就有不信的和信仰的(人)，安拉是看得见你们的行为的。

2. He it is who created you, then among you is the disbeliever, and among you is the believer. And Allah is All Seer of whatever you do.

هُوَ الَّذِي خَلَقَكُمْ مِنْكُمْ
كَافِرٌ وَمِنْكُمْ مُؤْمِنٌ وَاللَّهُ
بِمَا تَعْمَلُونَ بَصِيرٌ ﴿٢﴾

3. 他曾以真理造化诸天和大地，也曾形成你们，并使你们的形体优美，(你们最后的)归宿是回到他那里。

3. He has created the heavens and the earth with truth, and has shaped you, and made good your shapes, and to Him is the journeying.

خَلَقَ السَّمَوَاتِ وَالْأَرْضَ
بِالْحَقِّ وَصَوَّرَكُمْ فَأَحْسَنَ
صُورَكُمْ وَإِلَيْهِ الْمَصِيرُ ﴿٣﴾

4. 他知道在诸天和大地的一切，他也知

4. He knows whatever is in the heavens and

يَعْلَمُ مَا فِي السَّمَوَاتِ

道你们隐藏的和公开的(是些什么)。安拉熟知(人们)心中的(秘密)。

the earth. And He knows whatever you conceal and whatever you reveal. And Allah is All Knower of what is in the breasts.

وَالْأَرْضِ وَيَعْلَمُ مَا تُسْرُونَ
وَمَا تَعْلِنُونَ ۚ وَاللَّهُ عَلِيمٌ
بِذَاتِ الصُّدُورِ ﴿٤﴾

5. 从前那些不信者的故事不曾到达你们吗?他们尝受了他们的行为的恶果,他们将获得一项痛苦的刑罚。

5. Has not reached you the news of those who had disbelieved before, so they tasted the evil results of their deeds. And for them is a painful punishment.

أَلَمْ يَأْتِكُمْ نَبُؤُا الَّذِينَ كَفَرُوا
مِن قَبْلُ فذَاقُوا وَبَالَ
أَمْرِهِمْ وَهُمْ عَذَابٌ أَلِيمٌ ﴿٥﴾

6. 那是因为使者们不断地带同了明白的证据到达他们,而他们说:“就只是一些凡人来引导我们吗?”因此他们不信而避开,其实安拉是无求(于他们)的,安拉是自足的、受赞美的。

6. That was because their messengers came to them with clear signs, but they said: “Shall human beings guide us.” So they disbelieved and turned away, and Allah was not in need. And Allah is Free of need, Praiseworthy.

ذَٰلِكَ بِأَنَّهُ كَانَتْ تَأْتِيهِمْ
رُسُلُهُم بِالْبَيِّنَاتِ فَقَالُوا
أَبَشْرٍ يَهْدُونَنَا فَكَفَرُوا وَتَوَلَّوْا ۗ
وَاسْتَغْنَى اللَّهُ ۚ وَاللَّهُ غَنِيٌّ
حَمِيدٌ ﴿٦﴾

7. 不信的人认为他们不会被复活。你说:“是的,凭我的主,你们一定会被复活。然后你们一定会被告诉你们所做过的,这对于安拉是容易的。”

7. Those who disbelieve claim that they will never be resurrected. Say: “Yes, by my Lord, you will certainly be resurrected, then you will surely be informed of what you did. And that is easy for Allah.”

زَعَمَ الَّذِينَ كَفَرُوا أَنْ لَنْ
يُبْعَثُوا ۗ قُلْ بَلَىٰ وَرَبِّي لَتُبْعَثُنَّ
ثُمَّ لَتُنَبَّؤُنَّ بِمَا عَمِلْتُمْ ۚ
وَذَٰلِكَ عَلَى اللَّهِ يَسِيرٌ ﴿٧﴾

8. 所以,你们要信仰安拉,他的使者和

8. So believe in Allah and His Messenger and

فَعَامِنُوا بِاللَّهِ وَرَسُولِهِ

我已降给你们的光亮(古兰)。安拉是熟知你们的行为。

the light (the Quran) that We have sent down. And Allah is All Aware of what you do.

وَالنُّورِ الَّذِي أَنْزَلْنَا ۗ وَاللَّهُ
بِمَا تَعْمَلُونَ خَبِيرٌ ﴿٨﴾

9. 那天，他将在一个集合的日子召集你们。那将是一个(你们)互显得失(或：显示缺点)的日子。那些信仰安拉并作善事的人，他(主)将抹去他们的罪行，他也将使他们进入下面有诸河流动的乐园，永远地居住在其中。那将是无上的成功。

9. The day when He will gather you for the Day of Gathering, that will be a Day of mutual Loss and Gain. And whoever believes in Allah and does righteous deeds, He will remove from him his evil deeds and admit him into Gardens, underneath which rivers flow, to abide therein forever. That is the great success.

يَوْمَ تَجْمَعُكُمْ لِيَوْمِ الْجَمْعِ ۗ
ذَلِكَ يَوْمُ التَّغَابُنِ ۗ وَمَنْ
يُؤْمِنُ بِاللَّهِ وَيَعْمَلْ صَالِحًا
يُكَفِّرْ عَنْهُ سَيِّئَاتِهِ وَيُدْخِلْهُ
جَنَّاتٍ تَجْرِي مِنْ تَحْتِهَا
الْأَنْهَارُ خَالِدِينَ فِيهَا أَبَدًا ۗ
ذَلِكَ الْفَوْزُ الْعَظِيمُ ﴿٩﴾

10. 但是那些不信仰和信我的启示的人，他们将是火(狱)的伙伴，永远居住在其中，那是邪恶的归宿。

10. And those who disbelieve and deny Our revelations, such are the companions of the Fire, abiding therein. And worst indeed is the destination.

وَالَّذِينَ كَفَرُوا وَكَذَّبُوا
بِعَايَاتِنَا أُولَٰئِكَ أَصْحَابُ
النَّارِ خَالِدِينَ فِيهَا ۗ وَسَاءَ
الْمَصِيرُ ﴿١٠﴾

11. 除非安拉准许，没有灾难发生。论谁信仰安拉，他(主)就引导他的心。安拉知道一切事物。

11. No affliction can ever befall except by permission of Allah. And whoever believes in Allah, He guides his heart, and Allah is All Knower of all things.

مَا أَصَابَ مِنْ مُصِيبَةٍ إِلَّا
بِإِذْنِ اللَّهِ ۗ وَمَنْ يُؤْمِنُ بِاللَّهِ
يَهْدِ قَلْبَهُ ۗ وَاللَّهُ بِكُلِّ شَيْءٍ
عَلِيمٌ ﴿١١﴾

12. (所以)你们要服从安拉和他的使者。倘若你们避开, 我的使者的责任只是明白地传达我的启示。

12. And Obey Allah and obey the Messenger, but if you turn away, then upon Our Messenger is only to convey clearly.

وَأَطِيعُوا اللَّهَ وَأَطِيعُوا الرَّسُولَ فَإِن تَوَلَّيْتُمْ فَإِنَّمَا عَلَى رَسُولِنَا الْبَلْغُ الْمُبِينُ ﴿١٣﴾

13. 安拉, 除他之外无神。让信仰的人仰赖安拉吧。

13. Allah, there is no god except Him. And upon Allah let the believers put their trust.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ وَعَلَى اللَّهِ فَلَيتَوَكَّلِ الْمُؤْمِنُونَ ﴿١٣﴾

14. 有信仰的人啊! 的确, 在你们的妻室和儿女中有(一些是)你们的敌人。你们要小心他们!倘若你们能原谅(他们的过失), 并宽恕与容忍(他们)。安拉的确是多恕的、大慈的。

14. O you who have believed, indeed, among your wives and your children there are enemies to you, so beware of them. And if you pardon and overlook and forgive, then indeed, Allah is All Forgiving, All Merciful.

يَا أَيُّهَا الَّذِينَ ءَامَنُوا إِنَّ مِنْ أَرْوَاجِكُمْ وَأَوْلَادِكُمْ عَدُوًّا لَّكُمْ فَأَحْذَرُوهُمْ وَإِن تَعَفَّوْا وَتَصَفَّحُوا وَتَغْفِرُوا فَإِنَّ اللَّهَ غَفُورٌ رَّحِيمٌ ﴿١٤﴾

15. 你们的财富和你们的子女只是一项考验。但是与安拉同在, 才是最高的回赐。

15. Your wealth and your children are only a trial. And Allah has with Him an immense reward.

إِنَّمَا أَمْوَالُكُمْ وَأَوْلَادُكُمْ فِتْنَةٌ وَاللَّهُ عِنْدَهُ أَجْرٌ عَظِيمٌ ﴿١٥﴾

16. 所以, 你们要尽其可能地敬畏安拉。你们要恭听、服从和施舍, 那会对你们更好。那些摒除贪吝的

16. So fear Allah as much as you can, and listen and obey and spend, that is better for your own selves. And whoever is saved

فَاتَّقُوا اللَّهَ مَا اسْتَطَعْتُمْ وَأَسْمَعُوا وَأَطِيعُوا وَأَنْفِقُوا خَيْرًا لِأَنْفُسِكُمْ وَمَنْ

人，才是成功的人。

from the greed of his own self. Then such are those who are truly successful.

يُوقَ شُحَّ نَفْسِهِ فَأُولَئِكَ هُمُ الْمُفْلِحُونَ ﴿١١﴾

17. 如果你们贷给安拉一笔体面的贷款，他就将为你们使它加倍。并将恕饶你们。安拉是万应的、宽大的。

17. If you loan Allah a goodly loan, He will double it for you and will forgive you. And Allah is Appreciative, Forbearing.

إِنْ تَقْرَضُوا اللَّهَ قَرْضًا حَسَنًا يَضْعِفَهُ لَكُمْ وَيَغْفِرْ لَكُمْ وَاللَّهُ شَكُورٌ حَلِيمٌ ﴿١٧﴾

18. 他是知道可见的和不可见的、大能的、睿智的(主)。

18. Knower of the Invisible and the Visible, the All Mighty, the All Wise.

عَلِمُ الْغَيْبِ وَالشَّهَادَةِ الْعَزِيزُ الْحَكِيمُ ﴿١٨﴾

