



## 区别

## AlFurqan

## الْفُرْقَان

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 赞美真宰!他降给他的仆人(穆圣)(是非的)区别,以便他能成为各民族的警告者。

1. Blessed is He who has sent down the Criterion upon His servant that he may be a warner to all mankind.

تَبَارَكَ الَّذِي نَزَّلَ الْفُرْقَانَ عَلَى عَبْدِهِ لِيَكُونَ لِلْعَالَمِينَ نَذِيرًا ﴿١﴾

2. 诸天与大地的主权都属于他(主),他没有子嗣,在主权上他也没有任何伙伴。他造化了万物,并规定了它们应得的份(定份)。

2. He is to whom belongs the sovereignty of the heavens and the earth, and who has not taken a son, nor there is a partner to Him in the sovereignty, and He has created every thing, then has ordained its destiny.

الَّذِي لَهُ مُلْكُ السَّمَوَاتِ وَالْأَرْضِ وَلَمْ يَتَّخِذْ وَلَدًا وَلَمْ يَكُن لَّهُ شَرِيكٌ فِي الْمُلْكِ وَخَلَقَ كُلَّ شَيْءٍ فَقَدَرَهُ تَقْدِيرًا ﴿٢﴾

3. 但是他们却在他之外择取了不能造化一物,而它们自身却是被造化的(伪神),它们对自身既不能为害,也不能造福,它们也无权掌管(他人的)生死或复活。

3. And they have taken other than Him gods which do not create anything and they are (themselves) created, and they do not possess for themselves any harm, nor benefit, and they do not possess (any

وَأَتَّخَذُوا مِنْ دُونِهِ ءَالِهَةً لَا يَخْلُقُونَ شَيْئًا وَهُمْ يُخْلَقُونَ وَلَا يَمْلِكُونَ لِأَنْفُسِهِمْ ضَرًّا وَلَا نَفْعًا وَلَا يَمْلِكُونَ مَوْتًا وَلَا حَيَاةً وَلَا

power) over death, nor life, nor resurrection.

نُشُورًا ﴿٢﴾

4. 但是那些不信的人说：“这(古兰)只是他(穆圣)伪造的谎言，并且有其它的人在帮他。”因此，他们已做了一宗不义的(事)，和(捏造了)一项谎言。

4. And those who disbelieve say: “This (Quran) is not except a falsehood that he has invented, and another people have helped him with it.” So certainly, they have produced an injustice and a lie.

وَقَالَ الَّذِينَ كَفَرُوا إِنَّ هَذَا إِلَّا إِفْكٌ افْتَرَاهُ وَأَعَانَهُ عَلَيْهِ قَوْمٌ ءَاخِرُونَ ۗ فَقَدْ جَاءُوا ظُلْمًا وَزُورًا ﴿٤﴾

5. 他们并说：“(这是一个由他(的助手)写下来的优美的古代神话，他们是在早晨与晚上口授给他的。”

5. And they say: “Legends of the ancient people, which he has written down, so they are dictated to him morning and evening.”

وَقَالُوا أَسَاطِيرُ الْأَوَّلِينَ ۗ  
أَكْتَتَبَهَا فَهِيَ تُمْلَىٰ عَلَيْهِ  
بُكْرَةً وَأَصِيلًا ﴿٥﴾

6. 你说：“这(古兰)是他(主)降下的，他是知道诸天与大地之间的秘奥的主。他确实是多恕的、大慈的。”

6. Say: “This has been sent down by Him, who knows the secret within the heavens and the earth. Indeed, He is All Forgiving, All Merciful.”

قُلْ أَنْزَلَهُ الَّذِي يَعْلَمُ السِّرَّ فِي  
السَّمَوَاتِ وَالْأَرْضِ ۗ إِنَّهُ  
كَانَ غَفُورًا رَحِيمًا ﴿٦﴾

7. 他们又说：“这是什么样的使者？他和常人一样吃饭和在街道上行走。为什么没有派遣一位天仙到他那里，同他一道作为警告者呢？”

7. And they say: “What is this messenger that he eats food and he walks in the markets. Why was not sent down to him an angel, so he would be a warner with him.”

وَقَالُوا مَا لِي هَذَا الرَّسُولِ  
يَأْكُلُ الطَّعَامَ وَيَمْشِي  
فِي الْأَسْوَاقِ ۗ لَوْلَا أَنْزَلَ  
إِلَيْهِ مَلَكٌ فَيَكُونُ مَعَهُ  
نَذِيرًا ﴿٧﴾

8. “或是(为什么没有)降给他财宝呢?或是为什么他没有一个供他食用的林园呢?”作恶的人说:“你们追随的只不过是一个中了(魔术的)迷的人。”

8. “Or (why is not) is bestowed on him a treasure, or (why) does he (not) have a garden that he may eat from it.” And the wrongdoers say: “You do not follow but a man bewitched.”

أَوْ يُلْقَىٰ إِلَيْهِ كَنْزٌ أَوْ تَكُونُ لَهُ جَنَّةٌ يَأْكُلُ مِنْهَا ۚ وَقَالَ الظَّالِمُونَ إِن تَتَّبِعُونَ إِلَّا رَجُلًا مَّسْحُورًا ﴿٨﴾

9. 你看,他们怎样对你设下(一些)比方!所以他们全都迷误了,而不能找到一条(自新)之道。

9. See, how they bring forth similitudes for you, so they have gone astray, then they cannot find a way.

أَنْظُرْ كَيْفَ ضَرَبُوا لَكَ الْأَمْثَلَ فَضَلُّوا فَلَا يَسْتَطِيعُونَ سَبِيلًا ﴿٩﴾

10. 赞美真宰,如果他(主)愿意的话,他会给你比这个下面有诸河流过的林园更好的,他可以给你宫室。

10. Blessed is He who, if He willed, could have made for you better than that, gardens underneath which rivers flow, and He could make for you palaces.

تَبَارَكَ الَّذِي إِنْ شَاءَ جَعَلَ لَكَ خَيْرًا مِّنْ ذَلِكَ جَنَّاتٍ تَجْرِي مِنْ تَحْتِهَا الْأَنْهَارُ وَيَجْعَلْ لَكَ قُصُورًا ﴿١٠﴾

11. 不然,他们不信(复活)时间,而我已为那些不信这时间的人准备了烈火。

11. But they have denied the Hour. And We have prepared for those who deny the Hour a blazing Fire.

بَلْ كَذَّبُوا بِالسَّاعَةِ ۖ وَأَعْتَدْنَا لِمَنْ كَذَّبَ بِالسَّاعَةِ سَعِيرًا ﴿١١﴾

12. 当它(地狱的火)从远处看见他们时,他们将会听到它的怒吼,和它发出的悲鸣。

12. When it (the Fire) sees them from a distant place, they will hear its raging and roaring.

إِذَا رَأَتْهُمْ مِّنْ مَّكَانٍ بَعِيدٍ سَمِعُوا لَهَا تَغِيظًا وَزَفِيرًا ﴿١٢﴾

13. 当他们被锁在一起，被扔进其中的一个狭隘的地方时，他们将祈求(立刻被)毁灭!

13. And when they are thrown therein, a narrow place, bound in chains, they will call therein for death.

وَإِذَا أُلْقُوا مِنْهَا مَكَانًا ضَيِّقًا  
مُقْرَنِينَ دَعَوْا هُنَالِكَ  
ثُبُورًا ﴿١٣﴾

14. (但他们被告知道：)“不要在这天祈求一次的毁灭，而要祈求多次的毁灭!”

14. (It will be said): “Do not call today for one death, and call for many deaths.”

لَا تَدْعُوا الْيَوْمَ ثُبُورًا  
وَاحِدًا وَادْعُوا ثُبُورًا كَثِيرًا  
﴿١٤﴾

15. 你说：“这样好呢?还是对敬畏的人许下的永恒的乐园好呢?这是对对他们的一项回赐，也是一个归宿。”

15. Say: “Is that better or the Garden of Eternity which is promised to the righteous.” It will be their recompense and the final destination.

قُلْ أَدْلِكَ خَيْرٌ أَمْ جَنَّةُ  
الْخُلْدِ الَّتِي وُعدَ  
الْمُتَّقُونَ ۚ كَانَتْ لَهُمْ  
جَزَاءً وَمَصِيرًا ﴿١٥﴾

16. “他们在其(乐园)中有一切他们所向往的，他们将永远居住在(其中)。这是一项可以向你的主祈求的必定实践的约。”

16. For them will be therein whatever they desire, abiding forever. It is upon your Lord a promise that must be fulfilled.

هُمْ فِيهَا مَا يَشَاءُونَ  
خَالِدِينَ ۚ كَانَتْ عَلَىٰ رَبِّكَ  
وَعْدًا مَّسْئُولًا ﴿١٦﴾

17. 那天他将集中他们，和那些崇拜安拉以外(之物)的人在一起，他将问(那些伪神)道：“是你们引导我的仆人走入迷途，还是他们自己由正道迷失呢?”

17. And on the Day He will gather them and that which they worship other than Allah. Then He will say: “Did you mislead these servants of Mine, or did they (themselves) stray from the path.”

وَيَوْمَ يَحْشُرُهُمْ وَمَا  
يَعْبُدُونَ مِنْ دُونِ اللَّهِ  
فَيَقُولُ ءَأَنْتُمْ أَضَلَلْتُمْ  
عِبَادِي هَتُولَاءِ أَمْ هُمْ  
ضَلُّوا السَّبِيلَ ﴿١٧﴾

18. 他们(将会)说:  
“赞美你!我们是不该在你之外选择其它的保护者。不过你确曾赐给他们和他们的祖先舒适的(生活),直到他们忘记了警告和成为(没有价值和)被毁灭的人群。”

18. They will say: “Glorified be You, it was not right for us that we would take other than You any guardian. But You provided comforts (of life) for them and their forefathers, until they forgot the admonition. And they became a people ruined.”

قَالُوا سُبْحٰنَكَ مَا كَانَ  
يُنْبَغِي لَنَا اَنْ نَّتَّخِذَ مِنْ  
دُونِكَ مِنْ اَوْلِيَاءَ وَلٰكِنْ  
مَتَّعْتَهُمْ وَاٰبَاءَهُمْ حَتّٰى  
نَسُوا الذِّكْرَ وَكَانُوا قَوْمًا  
بُورًا ﴿١٨﴾

19. (安拉会说道: )  
“它们(伪神)将否认你们所说的(指他们以前说伪神是他们的主的话),所以你们既不能避开(你们的刑罚),也不能得到协助。你们当中谁作恶,我就使他尝试重大的刑罚。”

19. So certainly, they (false gods) will deny you in what you say, then you will not be able to avert (punishment), nor get help. And whoever does wrong among you, We shall make him taste a great punishment.

فَقَدْ كَذَّبُوْكُمْ بِمَا  
تَقُوْلُوْنَ فَمَا  
تَسْتَطِيْعُوْنَ صَرْفًا وَّلَا  
نَصْرًا وَّمَنْ يَظْلِمْ مِّنْكُمْ  
نُذِقْهُ عَذَابًا كَبِيْرًا ﴿١٩﴾

20. 我在你以前派遣的使者们没有一个是吃食物和不在街道上行走的。我已使你们当中的一些人作为另一些人的考验,看看你们可能坚忍?你的主是看见万物的主。

20. And We did not send before you (O Muhammad) any among the messengers, but indeed, they verily ate food and walked in the markets. And We have made some of you a trial for others. Will you be steadfast, and your Lord is ever Seer.

وَمَا اَرْسَلْنَا قَبْلَكَ مِنْ  
الْمُرْسَلِيْنَ اِلَّا اِنَّهُمْ  
لَيَاْكُلُوْنَ الطَّعَامَ  
وَيَمْشُوْنَ فِي الْاَسْوَاقِ  
وَجَعَلْنَا بَعْضَكُمْ لِبَعْضٍ  
فِتْنَةً اَتَصْبِرُوْنَ وَّكَانَ  
رُبُّكَ بَصِيْرًا ﴿٢٠﴾

21. 那些不希望会见我的人说：“为什么不派遣天仙们给我们，或是(为什么)我们没见到我们的主？”他们的确是妄自尊大，而且傲慢无度的。

21. And those who do not expect the meeting with Us say: “Why are angels not sent down to us, or (why) do we (not) see our Lord.” Certainly, they have become arrogant within themselves and are scornful with great insolence.

﴿ وَقَالَ الَّذِينَ لَا يَرْجُونَ لِقَاءَنَا لَوْلَا أُنزِلَ عَلَيْنَا الْمَلَائِكَةُ أَوْ نَرَى رَبَّنَا لَقَدِ اسْتَكْبَرُوا فِي أَنْفُسِهِمْ وَعَتَوْا عُتْوًا كَبِيرًا ﴾

22. 当他们看到天仙们的那一天，对于有罪的人那不是一宗好消息。他们将会说：“(但愿这里)有一重屏障。”

22. The day when they will see the angels, there will not be rejoicing that day for the criminals, and they (angels) will say: “A barrier, forbidden (to you).”

﴿ يَوْمَ يَرَوْنَ الْمَلَائِكَةَ لَا بُشْرَى يَوْمَئِذٍ لِلْمُجْرِمِينَ وَيَقُولُونَ حِجْرًا مَّحْجُورًا ﴾

23. 我将着手处理他们所做过的行为(善功)，并将使它(善功)像浮尘一样地散失。

23. And We shall turn to what they have done of deeds, then make them as scattered dust.

﴿ وَقَدِمْنَا إِلَىٰ مَا عَمِلُوا مِنْ عَمَلٍ فَجَعَلْنَاهُ هَبَاءً مَّنْثُورًا ﴾

24. 那天，乐园的居民将会在更好的居所，并享有更美好的休息(之所)。

24. The dwellers of Paradise on that Day have the best abode, and the fairest resting place.

﴿ أَصْحَابُ الْجَنَّةِ يَوْمَئِذٍ خَيْرٌ مُّسْتَقَرًّا وَأَحْسَنُ مَقِيلًا ﴾

25. 那天，天和云将炸成粉碎，天仙们将大批下降。

25. And the day when the heaven with the clouds will split open and the angels will be sent down in successive descent.

﴿ وَيَوْمَ تَشَقُّ السَّمَاءُ بِالْغَمَمِ وَتُنزَلُ الْمَلَائِكَةُ تَنْزِيلًا ﴾

26. 那天，主权将完全属于仁主(拉曼)，对于不信的人那将是一个艰难的日子。

26. The sovereignty on that Day will be the true, belonging to the Beneficent. And it will be a harsh Day for the disbelievers.

الْمَلِكُ يَوْمَئِذٍ الْحَقُّ  
لِلرَّحْمَنِ وَكَانَ يَوْمًا عَلَى  
الْكَافِرِينَ عَسِيرًا ﴿٢٦﴾

27. 为非作歹的人在那天将会(后悔地)咬他们(自己)的手，说道：“啊!我真希望曾与使者选择同一的(正道)!”

27. And on that Day, the wrongdoer will bite on his hands, he will say: “Would that I had taken a way along with the Messenger.”

وَيَوْمَ يَعَضُّ الظَّالِمُ عَلَى  
يَدَيْهِ يَقُولُ يَلَيْتَنِي  
أَتَّخَذْتُ مَعَ الرَّسُولِ سَبِيلًا ﴿٢٧﴾

28. “啊!我真伤心啊!我真希望不曾以这样的(误导者)作为朋友!”

28. “O, woe to me, would that I had not taken so and so as a friend.”

يَوَيْلَتِي لَيْتَنِي لَمْ  
أَتَّخِذْ فُلَانًا خَلِيلًا ﴿٢٨﴾

29. “他的确曾在(安拉的)提示到达我之后，误导我走入歧途!啊!那魔鬼永远是人类的欺骗者。”

29. “Certainly, he led me astray from the reminder after when it had reached me. And Satan was ever to man, a betrayer.”

لَقَدْ أَضَلَّنِي عَنِ الذِّكْرِ  
بَعْدَ إِذْ جَاءَنِي وَكَانَ  
الشَّيْطَانُ لِلْإِنْسَانِ خَذُولًا ﴿٢٩﴾

30. 使者将会说：“我的主啊!我的族人确实曾视这古兰不值一文(可讥笑的或可弃的)，”

30. And the Messenger will say: “O my Lord, indeed my people had taken this Quran as (an object) abandoned.”

وَقَالَ الرَّسُولُ يَا رَبِّ إِنَّ  
قَوْمِي اتَّخَذُوا هَذَا الْقُرْآنَ  
مَهْجُورًا ﴿٣٠﴾

31. 我是这样为每一位先知从有罪的人群中安置一些敌人，不过你的主的引导和协

31. And thus have We made for every prophet an enemy from among the criminals. And

وَكَذَلِكَ جَعَلْنَا لِكُلِّ نَبِيٍّ  
عَدُوًّا مِّنَ الْمُجْرِمِينَ وَكَفَى

助是足够的。

sufficient is your Lord as a guide and a helper.

بَرِّكَ هَادِيًا وَنَصِيرًا ﴿٦﴾

32. 那些不信的人说：“为什么古兰不作一次降给他呢？”我就是这样降的，以便我可以藉此加强你们的(信)心，我已妥当地安排了它。

32. And those who disbelieve say: “Why has not the (entire) Quran been sent down to him all at once.” Thus (it is), that We may strengthen thereby your heart. And We have revealed it gradually, in stages.

وَقَالَ الَّذِينَ كَفَرُوا لَوْلَا نُزِّلَ عَلَيْهِ الْقُرْآنُ جُمْلَةً وَاحِدَةً ۗ كَذَلِكَ لِنُثَبِّتَ بِهِ فُؤَادَكَ ۗ وَرَتَّلْنَاهُ تَرْتِيلًا ﴿٣٢﴾

33. (每当)他们向你提出(古怪)问题时，我就降给你真理和最好的解释。

33. And no similitude do they bring to you, but We bring to you the truth and the better explanation.

وَلَا يَأْتُونَكَ بِمَثَلٍ إِلَّا جِئْنَاكَ بِالْحَقِّ وَأَحْسَنَ تَفْسِيرًا ﴿٣٣﴾

34. 那些人将面向地狱被(拖来)集合，他们将处于最恶劣的地位，并迷误(难返)。

34. Those who will be gathered on their faces to Hell, those are the worst in plight and farther astray from the path.

الَّذِينَ تُحْشَرُونَ عَلَىٰ وُجُوهِهِمْ إِلَىٰ جَهَنَّمَ أُولَٰئِكَ شَرٌّ مَّكَانًا وَأَضَلُّ سَبِيلًا ﴿٣٤﴾

35. 在这以前，我的确降给姆撒(摩西)经典，并派他的兄弟哈仑(亚伦)作他的助手。

35. And certainly, We gave Moses the Scripture, and We appointed with him his brother Aaron as a counselor.

وَلَقَدْ ءَاتَيْنَا مُوسَىٰ الْكِتَابَ وَجَعَلْنَا مَعَهُ أَخَاهُ هَارُونَ وَزِيرًا ﴿٣٥﴾

36. 我命令道：“你们俩到那些不信我的启示的人群中去。”

36. Then We said: “Go both of you to the people who have denied Our signs.” Then We

فَقُلْنَا أَذْهَبَا إِلَىٰ الْقَوْمِ الَّذِينَ كَذَّبُوا بِآيَاتِنَا



随即我就彻底地毁灭了那些(人们)。

destroyed them, a total destruction.

فَدَمَّرْنَاهُمْ تَدْمِيرًا ﴿٣٦﴾

37. 努赫(挪亚)的族人, 当他们不信我的使者们时, 我淹死了他们, 并使他们成为世人的一个迹象。我也为(一切)为非作歹的人准备下了痛苦的刑罚。

37. And the people of Noah, when they denied the messengers, We drowned them and We made them a sign for mankind. And We have prepared for the wrongdoers a painful punishment.

وَقَوْمَ نُوحٍ لَّمَّا كَذَّبُوا  
الرُّسُلَ أَغْرَقْنَاهُمْ وَجَعَلْنَاهُمْ  
لِلنَّاسِ آيَةً ۗ وَأَعْتَدْنَا  
لِلظَّالِمِينَ عَذَابًا أَلِيمًا ﴿٣٧﴾

38. (我也毁灭了)阿德人、撒姆德人和拉司的居民, 以及他们之间的许多代人。

38. And the Aad and the Thamud and the companions of the Rass, and many generations in between them.

وَعَادًا وَثَمُودًا وَأَصْحَابَ  
الرَّسِّ وَقُرُونًا بَيْنَ ذَلِكَ  
كَثِيرًا ﴿٣٨﴾

39. 我已以实例警告过(他们)每一伙人, 我也完全绝灭了(他们)每一伙人。

39. And each, We presented to them examples (as warnings) and each (of them) We destroyed to utter ruin.

وَكُلًّا ضَرَبْنَا لَهُ الْأَمْثَالَ  
وَكُلًّا تَبَّرْنَا تَتْبِيرًا ﴿٣٩﴾

40. 他们(不信的人)必然已经经过那曾被降以不祥之雨的城市(的废墟), 难道他们不曾(亲眼)看到它吗?不, 他们不希望被复活。

40. And certainly, they have passed by the town which was rained with an evil rain. Can then it be that they have not seen it. But they are not expecting for resurrection.

وَلَقَدْ أَتَوْا عَلَى الْقَرْيَةِ الَّتِي  
أَمْطَرْنَا مَطَرًا سَوِيًّا ۗ أَفَلَمْ  
يَكُونُوا يَرَوْنَهَا ۗ بَلْ  
كَانُوا لَا يَرْجُونَ  
نُشُورًا ﴿٤٠﴾

41. 当他们看见你时, 他们对你不外是嘲

41. And when they see you, (O Muhammad) they take you not

وَإِذَا رَأَوْكَ إِن يَتَّخِذُونَكَ

笑：“他就是安拉派来作使者的那个人吗？”

except as a mockery. (Saying): “Is this the one whom Allah has sent as a messenger.”

إِلَّا هُزُواً أَهَذَا الَّذِي بَعَثَ  
اللَّهُ رَسُولاً ﴿٤١﴾

42. “设若我们不是对我们的神祇坚定，他可能已经误导我们叛离它们了！”当他们见到刑罚时，他们不久就会知道谁更乖离正道。

42. “He had almost led us astray from our gods, if it was not that we had remained firm with regard to (worshipping) them.” And soon they will know when they see the punishment, who is farther astray from the path.

إِنْ كَادَ لَيُضِلَّنَا عَنْ  
ءَالِهَتِنَا لَوْلَا أَنْ صَبَرْنَا  
عَلَيْهَا ۗ وَسَوْفَ يَعْلَمُونَ  
حِينَ يَرَوْنَ الْعَذَابَ مَنْ  
أَضَلُّ سَبِيلًا ﴿٤٢﴾

43. 你可曾看到以他自己的私欲当作神祇的人吗？你能够成为他的监护者吗？

43. Have you seen him who has taken his desire as his god. Then would you be responsible for him.

أَرَأَيْتَ مَنْ اتَّخَذَ إِلَهَهُ  
هُوَنَهُ أَفَأَنْتَ تَكُونُ عَلَيْهِ  
وَكَيلًا ﴿٤٣﴾

44. 或是，你以为他们大部分都能倾听或了解吗？他们只像牲口一样，不，他们是从正道上迷误更深的。

44. Or do you think that most of them hear or understand. They are not except like the cattle. But they are even farther astray from the path.

أَمْ تَحْسَبُ أَنَّ أَكْثَرَهُمْ  
يَسْمَعُونَ أَوْ يَعْقِلُونَ ۗ  
إِنْ هُمْ إِلَّا كَالْأَنْعَامِ بَلْ هُمْ  
أَضَلُّ سَبِيلًا ﴿٤٤﴾

45. 你不曾留心你的主，他如何展开阴影吗？如果他愿意，他能使它静止不变。而我却以太阳作为它的指标。

45. Have you not turned your vision toward your Lord, how He lengthens out the shadow. And if He willed, He could have made it stationary.

أَلَمْ تَرَ إِلَىٰ رَبِّكَ كَيْفَ مَدَّ  
الظِّلَّ ۗ وَلَوْ شَاءَ لَجَعَلَهُ  
سَاكِنًا ثُمَّ جَعَلْنَا الشَّمْسَ  
عَلَيْهِ دَلِيلًا ﴿٤٥﴾

Then We made the sun a guide upon it.

46. 然后我逐渐地收回它(阴影)。

46. Then We withdraw it unto Us, a gradual withdrawal.

ثُمَّ قَبَضْنَاهُ إِلَيْنَا قَبْضًا  
يَسِيرًا ﴿٤٦﴾

47. 他(主)使夜作你们的遮盖，用睡眠供你们休息，使白天让人们复苏。

47. And He it is who has made for you the night as a garment, and the sleep as a repose, and He has made the day as the return to life.

وَهُوَ الَّذِي جَعَلَ لَكُمْ الَّيْلَ  
لِبَاسًا وَالنَّوْمَ سُبَاتًا وَجَعَلَ  
الْهَارَ نُشُورًا ﴿٤٧﴾

48. 是他在他的仁慈之前降下风作为喜讯的前驱，我也从天空降下洁净的(雨)水，

48. And He it is who sends the winds as heralds of good tidings, before His mercy (rainfall), and We send down from the sky pure water.

وَهُوَ الَّذِي أَرْسَلَ الرِّيحَ  
بُشْرًا بَيْنَ يَدَيْ رَحْمَتِهِ  
وَأَنْزَلْنَا مِنَ السَّمَاءِ مَاءً  
طَهُورًا ﴿٤٨﴾

49. 以便我以它使死地复苏，以便我能给我所造化的人与畜作饮料。

49. That We may bring to life with it the dead land, and We give it to drink to those We created, numerous livestock and mankind.

لِنُحْيِيَ بِهِ بَلَدَةً مَيِّتًا  
وَنُسْقِيَهُ مِمَّا خَلَقْنَا أَنْعَمًا  
وَأُنَاسٍ كَثِيرًا ﴿٤٩﴾

50. 我确在他们当中重复它(启示)以便他们能留意。但是大多数人除了忘恩负义之外什么都不同意。

50. And certainly, We have repeated it among them that they may remember, then most of the people decline except ingratitude.

وَلَقَدْ صَرَّفْنَاهُ بَيْنَهُمْ  
لِيَذَّكَّرُوا فَأَبَى أَكْثَرُ النَّاسِ  
إِلَّا كُفُورًا ﴿٥٠﴾

51. 如果我乐意的话，我可能已向每一城

51. And if We had willed, We could

وَلَوْ شِئْنَا لَبَعَثْنَا فِي كُلِّ

市派遣一位警告者。

certainly have raised  
in each township a  
warner.

قَرِيَّةٍ نَذِيرًا ﴿٥١﴾

52. 所以你不要听从不信的人，而要用它(古兰)对他们努力奋斗。

52. So do not obey the disbelievers, and strive against them with it (Quran), the great striving.

فَلَا تُطِعِ الْكَافِرِينَ  
وَجَاهِدْهُمْ بِهِ جِهَادًا  
كَبِيرًا ﴿٥٢﴾

53. 是他使两水自由流动，一个甜而可口，另一个咸而苦，他在它们两者之安置了一个界限和一条(不可侵越的)屏障。

53. And He it is who has let loose the two seas, this one palatable sweet, and the other bitter salty, and He has set between them a partition, and an insurmountable barrier.

﴿٥٣﴾ وَهُوَ الَّذِي مَرَجَ الْبَحْرَيْنِ  
هَذَا عَذْبٌ فُرَاتٌ وَهَذَا  
مِلْحٌ أُجَاجٌ وَجَعَلَ بَيْنَهُمَا  
بَرْزَخًا وَحِجْرًا مَّحْجُورًا ﴿٥٣﴾

54. 他(主)由水造化人，并为他们规定了血统和婚姻的关系，你的主(对万物)是永远大能的。

54. And He it is who has created man from water, then has appointed for him kindred by blood and kindred by marriage. And your Lord is All Powerful.

﴿٥٤﴾ وَهُوَ الَّذِي خَلَقَ مِنَ الْمَاءِ  
بَشَرًا فَجَعَلَهُ نَسَبًا وَصِهْرًا  
وَكَانَ رَبُّكَ قَدِيرًا ﴿٥٤﴾

55. 但是他们却在安拉之外奉事既不能有益于他们也不能对他们有害的东西。不信的人永远是反对其主的(魔鬼的)助手。

55. And they worship other than Allah that which does not benefit them, nor harm them. And the disbeliever is a helper (to Satan) against his Lord.

﴿٥٥﴾ وَيَعْبُدُونَ مِن دُونِ اللَّهِ مَا  
لَا يَنْفَعُهُمْ وَلَا يَضُرُّهُمْ  
وَكَانَ الْكَافِرُ عَلَىٰ رَبِّهِ  
ظَهِيرًا ﴿٥٥﴾

56. 我只派你作为喜讯和警告的传达者。

56. And We have not sent you except as a

﴿٥٦﴾ وَمَا أَرْسَلْنَاكَ إِلَّا مُبَشِّرًا

bearer of good tidings  
and a warner.

وَنَذِيرًا ﴿٥٦﴾

57. 你说：“我除了（希望）每一个人都能择取一条向主的（正道）之外，不因它向你们要求任何报酬。”

57. Say: “I do not ask of you for this any recompense, except that whoever wills, that he may take a path to his Lord.”

قُلْ مَا أَسْأَلُكُمْ عَلَيْهِ مِنْ أَجْرٍ إِلَّا مَنْ شَاءَ أَنْ يَتَّخِذَ إِلَىٰ رَبِّهِ سَبِيلًا ﴿٥٧﴾

58. 你应当信赖永生不灭的主，并赞念他。他是足以知道他的仆人们的罪过的。

58. And trust upon him who is Ever Living, who does not die. And glorify His praise. And sufficient is He to be aware of the sins of His servants.

وَتَوَكَّلْ عَلَىٰ الْحَيِّ الَّذِي لَا يَمُوتُ وَسَبِّحْ بِحَمْدِهِ وَكَفَىٰ بِهِ بُذُوبِ عِبَادِهِ خَبِيرًا ﴿٥٨﴾

59. 他在六天当中造化了诸天与大地以及其间的一切，然后他（主）登上（权威的）宝座。他是仁主（拉曼）。所以，关于主的事你要问问对他（主）清楚的人。

59. He who created the heavens and the earth and whatever is between them in six days. Then He established (Himself) on the Throne. The Beneficent, so ask about Him anyone well informed.

الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ وَمَا بَيْنَهُمَا فِي سِتَّةِ أَيَّامٍ ثُمَّ اسْتَوَىٰ عَلَىٰ الْعَرْشِ الرَّحْمَنُ فَسْأَلْ بِهِ خَبِيرًا ﴿٥٩﴾

60. 当有人对他们说“你们应当向仁主拉曼叩头”时，他们说：“谁是至仁的主（拉曼）？难道我们应该向你命令我们的任谁叩头吗？”这更增加了他们（对真理）的厌恶。

60. And when it is said to them: “Prostrate to the Beneficent.” They say: “And what is the Beneficent. Shall we fall down in prostration to that which you command us.” And it increases them in hatred. **AsSajda**

وَإِذَا قِيلَ لَهُمْ اسْجُدُوا لِلرَّحْمَنِ قَالُوا وَمَا الرَّحْمَنُ أَنَسْجُدُ لِمَا تَأْمُرُنَا وَزَادَهُمْ نُفُورًا ﴿٦٠﴾

61. 赞美他，他在天空造化星宿，并在其中安置了一盏明灯(太阳)和一个发光的月亮。

61. Blessed is He who has placed in the heaven mansions of the stars and placed therein a great lamp and a moon giving light.

تَبَارَكَ الَّذِي جَعَلَ فِي  
السَّمَاءِ بُرُوجًا وَجَعَلَ فِيهَا  
سِرَاجًا وَقَمَرًا مُنِيرًا ﴿٦١﴾

62. 他为了衷心纪念(他)的人和衷心感激(他)的人，使昼夜循环。

62. And He it is who has appointed the night and the day in succession, for him who desires that he should remember, or desires thankfulness.

وَهُوَ الَّذِي جَعَلَ اللَّيْلَ  
وَالنَّهَارَ خِلْفَةً لِّمَنۢ أَرَادَ أَن  
يَذَّكَّرَ أَوْ أَرَادَ شُكُورًا ﴿٦٢﴾

63. 仁主(拉曼)的仆人在地上谦卑行走的人。当无知的人向他们(恶声)致意时，他们(信仰者)说：“祝你们平安！”

63. And the slaves of the Beneficent are those who walk upon the earth humbly. And when the ignorant people address them, they say: “Peace.”

وَعِبَادُ الرَّحْمَنِ الَّذِينَ  
يَمْشُونَ عَلَى الْأَرْضِ هَوْنًا  
وَإِذَا خَاطَبَهُمُ الْجَاهِلُونَ  
قَالُوا سَلَامًا ﴿٦٣﴾

64. 他们在漫漫长夜中向他们的主站立和叩头(礼拜)。

64. And those who spend night before heir Lord, prostrating and standing.

وَالَّذِينَ يَبِيتُونَ لِرَبِّهِمْ  
سُجَّدًا وَقِيَامًا ﴿٦٤﴾

65. 这些人说：“我们的主啊！求你把地狱的惩罚为我们移开，它的惩罚的确是非常痛苦的。”

65. And those who say: “Our Lord, avert from us the punishment of Hell. Indeed, its punishment is anguish.”

وَالَّذِينَ يَقُولُونَ رَبَّنَا  
اصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ  
إِنَّ عَذَابَهَا كَانَ غَرَامًا ﴿٦٥﴾

66. 以它作为居处或是休息其中，确实是大凶恶了。

66. “Indeed it is evil as an abode and as a place to dwell.”

إِنَّهَا سَاءَتْ مُسْتَقَرًّا وَمُقَامًا ﴿٦٦﴾

67. 那些人当他们在旁人身上使用时，他们既不浪费，也不吝啬，而一直是在两者之间(适中合度)。

67. And those who when they spend are neither extravagant, nor miserly, and between those (two extremes) there is a medium (way).

وَالَّذِينَ إِذَا أَنْفَقُوا لَمْ يُسْرِفُوا  
وَلَمْ يَقْتُرُوا وَكَانَ بَيْنَ  
ذَلِكَ قَوَامًا ﴿٧﴾

68. 那些人只祈求安拉，不祈求其它的伪神。除非为了正当的理由，他们也不杀死安拉已经禁止(杀害)的生命，也不犯奸淫。谁犯了这些，他就要面对惩罚，

68. And those who do not call upon along with Allah any other god, nor kill a soul, which Allah has forbidden, except in (course of) justice, nor commit adultery. And he who does this shall meet the penalty.

وَالَّذِينَ لَا يَدْعُونَ مَعَ  
اللَّهِ إِلَهًا ءَاخَرَ وَلَا يَقْتُلُونَ  
الْأَنْفُسَ الَّتِي حَرَّمَ اللَّهُ إِلَّا  
بِالْحَقِّ وَلَا يَزْنُونَ ۗ وَمَنْ  
يَفْعَلْ ذَلِكَ يَلْقَ أَثَامًا ﴿٨﴾

69. (而且还要)在复活日加倍对他的惩罚，他将羞辱地永远住在其(火狱)中，

69. His punishment shall be doubled on the Day of Resurrection, and he shall abide therein humiliated.

يُضَعَفُ لَهُ الْعَذَابُ يَوْمَ  
الْقِيَامَةِ وَيَخْلُدُ فِيهِ مُهَانًا ﴿٩﴾

70. 除非他们悔悟，信仰，并作善行。对于这些(悔过的)人，安拉将以他们的善功代替他们的罪行。安拉是多恕的、大慈的。

70. Except those who repent and believe and do righteous deeds, then for those Allah will replace their evil deeds with good deeds. And Allah is Oft Forgiving, Merciful.

إِلَّا مَنْ تَابَ وَءَامَنَ  
وَعَمِلَ صَالِحًا  
فَأُولَئِكَ يُبَدِّلُ اللَّهُ  
سَيِّئَاتِهِمْ حَسَنَاتٍ ۗ وَكَانَ  
اللَّهُ غَفُورًا رَحِيمًا ﴿١٠﴾

71. 无论谁忏悔并行善，那么他就确是向安拉悔罪了。

71. And whoever repents and does righteous deeds, then indeed, he repents

وَمَنْ تَابَ وَعَمِلَ صَالِحًا  
فَإِنَّهُ يُتُوبُ إِلَى اللَّهِ مَتَابًا

towards Allah with true repentance.



72. 那些人不作假证，如果他们遇到无聊的事物时，他们就庄重地走开。

72. And those who do not bear witness to falsehood and when they pass by what is vain, pass by like dignified people.

وَالَّذِينَ لَا يَشْهَدُونَ  
الزُّورَ وَإِذَا مَرُّوا بِاللَّغْوِ مَرُّوا  
كِرَامًا ﴿٧٢﴾

73. 那些人，当他们的被他们的主的启示提醒时，他们不会像聋子和瞎子一样无动于衷。

73. And those, when they are reminded of the revelations of their Lord, do not fall at them deaf and blind.

وَالَّذِينَ إِذَا ذُكِّرُوا  
بِآيَاتِ رَبِّهِمْ لَمْ يَسْمَعُوا  
عَلَيْهَا صُمًّا وَعُمْيَانًا ﴿٧٣﴾

74. 那些人祈祷道：“我们的主啊！求你从我们妻室和子女赐给我们安慰，并使我们成为敬畏的人们的榜样吧！”

74. And those who say: “Our Lord, grant us among our wives and our children the comfort of our eyes, and make us leaders for the righteous.”

وَالَّذِينَ يَقُولُونَ رَبَّنَا هَبْ  
لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ  
أَعْيُنٍ  
وَأَجْعَلْنَا  
لِلْمُتَّقِينَ إِمَامًا ﴿٧٤﴾

75. 这些人由于他们的坚忍将被报以高位，他们将在那里(天堂)获得欢迎和平安的祝福。

75. Such are those who will be rewarded with high palaces because of their patience. And they will be welcomed wherein with greetings and salutations.

أُولَئِكَ تُجْرُونَ  
الْغُرَفَةَ  
بِمَا صَبَرُوا وَيُلَقَّوْنَ فِيهَا  
تَحِيَّةً وَسَلَامًا ﴿٧٥﴾

76. 他们将永远地居住在那里(天堂)。(那是一个多么美好的居停和安息之所！)

76. Abiding eternally therein, an excellent abode and resting place.

خَالِدِينَ فِيهَا حَسَنَاتٍ  
مُسْتَقَرًّا وَمُقَامًا ﴿٧٦﴾

77. 你(对不信者)说：“如非为了你们的

77. Say: “What would My Lord care for you if you do not invoke

قُلْ مَا يَعْبُؤُا بِكُمْ رَبِّي لَوْلَا



祈求，我的主不会理你们，你们确曾不信(真理)，所以(你们的报应就要降临了。(你们很快就会受到你们无从逃避的还报)。”

Him. Then indeed, you have denied, so soon will be the inevitable (punishment).”

دُعَاؤُكُمْ ۗ فَقَدْ كَذَّبْتُمْ  
فَسَوْفَ يَكُونُ لِيَزَامَا ﴿٧٧﴾

