

## 高处

## AlAaraf

## الْأَعْرَافِ

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、刷德。

1. Alif. Lam. Mim. Sad.

الْمَصِّ ﴿١﴾

2. 这是降给你(穆圣)的经典,所以,从此以后你不要再心情烦重。以便你可以用它来警惕和教导信仰的人们。

2. (This is) a Book sent down unto you (O Muhammad). So let there not be in your breast impediment therefrom, that you may warn thereby, and a reminder for the believers.

كِتَابٌ أَنْزَلْنَا إِلَيْكَ فَلَا يَكُنْ فِي صَدْرِكَ حَرَجٌ مِّنْهُ لِتُنذِرَ بِهِ وَذِكْرَىٰ لِلْمُؤْمِنِينَ ﴿٢﴾

3. 你说:“(世人啊!)你们要遵从你们的主降给你们的(启示),不要在他(主)之外顺从任何保护者。你们很少参悟。”

3. Follow (O mankind) that which has been sent down to you from your Lord, and do not follow besides Him any protecting friends. Little it is you remember.

اتَّبِعُوا مَا أَنْزَلْنَا إِلَيْكُمْ مِّن رَّبِّكُمْ وَلَا تَتَّبِعُوا مِن دُونِهِ أَوْلِيَاءَ ۗ قَلِيلًا مَّا تَذَكَّرُونَ ﴿٣﴾

4. 我曾毁灭了多少城市!我的惩罚是突然间在夜晚,或是当他们午睡时降临他们的。

4. And how many a township have We destroyed. So Our torment came on them by night, or while they slept at noon.

وَكَمْ مِّن قَرْيَةٍ أَهْلَكْنَاهَا فَجَاءَهَا بَأْسُنَا بَيِّنًا أَوْ هُمْ قَائِلُونَ ﴿٤﴾

5. 当我的惩罚降到他们时，他们只说了一声：“我们曾是作恶的人！”

5. So no cry did they utter, when Our torment came upon them, but that they said: "Indeed, we were wrong doers."

فَمَا كَانَ دَعْوَاهُمْ إِذْ  
جَاءَهُمْ بِأَسْنَاءِ إِلَّا أَنْ قَالُوا  
إِنَّا كُنَّا ظَالِمِينَ ﴿٥﴾

6. 那时，我一定会询问那些获得我的消息的人们，我也会询问我的使者们。

6. Then surely, We shall question those to whom (Our message) had been sent, and surely, We shall question the messengers.

فَلَنَسْأَلَنَّ الَّذِينَ أُرْسِلَ  
إِلَيْهِمْ وَلَنَسْأَلَنَّ  
الْمُرْسَلِينَ ﴿٦﴾

7. 我一定会以（我的）真知来述他们全部的故事，因为我是常在的。

7. Then surely, We shall narrate unto them (the whole account) with knowledge, and indeed We were not absent.

فَلَنَقُصَّنَّ عَلَيْهِمْ بِعِلْمٍ وَمَا  
كُنَّا غَائِبِينَ ﴿٧﴾

8. 天秤在那天是真实（而精确）的，那些（善功）份量重的人，他们是成功的（人）。

8. And the weighing on that Day will be the true (weighing). Then those whose scale will be heavy, so they are those who will be the successful.

وَالْوَزْنُ يَوْمَئِذٍ الْحَقُّ فَمَنْ  
ثَقُلَتْ مَوَازِينُهُ فَأُولَئِكَ  
هُمْ الْمُفْلِحُونَ ﴿٨﴾

9. 那些（善功）份量轻的人，是因为他们不信我的启示，而亏负了他们自己。

9. And those whose scale will be light, so they are those who will lose their own selves, for what injustice they used to do with Our revelations.

وَمَنْ خَفَّتْ مَوَازِينُهُ  
فَأُولَئِكَ الَّذِينَ خَسِرُوا  
أَنْفُسَهُمْ بِمَا كَانُوا بِآيَاتِنَا  
يُظْلِمُونَ ﴿٩﴾

10. 我的确在大地上安置了你们，并为你

10. And surely, We gave you authority on

وَلَقَدْ مَكَّنَّاكُمْ فِي الْأَرْضِ

们在其中置下了生活的所需。而你们却很少知感。

the earth, and We appointed for you therein livelihoods. Little are the thanks that you give.

وَجَعَلْنَا لَكُمْ فِيهَا مَعِيشَةً  
قَلِيلًا مَّا تَشْكُرُونَ ﴿١٠﴾

11. 我造化了你们，然后给你们形体，然后我对天使们说：“你们向亚当叩头。”除了伊布厉斯，全都叩头了。它是不属于叩头的。

11. And surely, We created you, then We fashioned you, then We said to the angels: “Fall prostrate before Adam.” So they fell prostrate except Iblis. He was not of those who prostrated.

وَلَقَدْ خَلَقْنَاكُمْ ثُمَّ  
صَوَّرْنَاكُمْ ثُمَّ قُلْنَا لِلْمَلَائِكَةِ  
اسْجُدُوا لِآدَمَ فَسَجَدُوا إِلَّا  
إِبْلِيسَ لَمْ يَكُن مِّنَ  
السَّاجِدِينَ ﴿١١﴾

12. 他(安拉)说道：“当我命令你们叩头时，什么(事)阻止了你们叩头呢？”它说：“我比他优越，你用火造化我，而却用土造化他。”

12. He (Allah) said: “What prevented you that you did not prostrate when I commanded you.” He (Iblis) said: “I am better than him. You created me from fire and him You created from clay.”

قَالَ مَا مَنَعَكَ إِلَّا تَسْجُدَ إِذْ  
أَمَرْتُكَ ۗ قَالَ أَنَا خَيْرٌ مِّنْهُ  
خَلَقْتَنِي مِن نَّارٍ وَخَلَقْتَهُ  
مِن طِينٍ ﴿١٢﴾

13. 他(主)说：“你从这里下去吧。你不应在这里自高自大，所以你下去吧。你是属于卑贱的。”

13. He (Allah) said: “Then get you down from here. It is not for you to be arrogant herein, so get out. Indeed, you are of those humiliated.”

قَالَ فَاهْبِطْ مِنْهَا فَمَا يَكُونُ  
لَكَ أَنْ تَتَكَبَّرَ فِيهَا فَاخْرُجْ  
إِنَّكَ مِنَ الصَّاغِرِينَ ﴿١٣﴾


14. 它说：“求你宽容我到他们复活的那天。”

14. He (Iblis) said: “Reprieve me till the day when they are raised (from the dead).”

قَالَ أَنْظِرْنِي إِلَى يَوْمِ يُبْعَثُونَ ﴿١٤﴾


15. 他（安拉）说：  
“你是属于被宽容的。”

15. He (Allah) said:  
“You are indeed of those rerieved.”

قَالَ إِنَّكَ مِنَ الْمُنظَرِينَ  



16. 它说：“由于你已使我迷失（正道），我一定会埋伏在你的正道上伺候他们。”

16. He (Iblis) said:  
“Because you have sent me astray, I shall surely sit in ambush for them on Your straight path.”

قَالَ فِيمَا أُغْوَيْتَنِي لَأَقْعُدَنَّ لَهُمْ صِرَاطَكَ الْمُسْتَقِيمَ  



17. 那时，我（魔鬼）将由他们的前、后、左、右到达他们，你（主）将会发现他们大多数对你忘恩负义（不知感谢）。”

17. “Then I shall come upon them, from before them, and from behind them, and from their right, and from their left. And You will not find most of them thankful (unto You).”

ثُمَّ لَأَتِيَنَّهُمْ مِنْ بَيْنِ أَيْدِيهِمْ وَمِنْ خَلْفِهِمْ وَعَنْ أَيْمَنِهِمْ وَعَنْ شَمَائِلِهِمْ ۗ وَلَا تَجِدُ أَكْثَرَهُمْ شَاكِرِينَ  


18. 他（安拉）说：“你从这里被贬责和被驱逐出去。如果他们当中任何人听从你，我必定用你们全体填塞火狱。”

18. He (Allah) said:  
“Get out from here, disgraced, rejected. As for whoever of them will follow you, surely I will fill hell with you, all together.”

قَالَ أَخْرَجْ مِنْهَا مَذْمُومًا مَّدْحُورًا ۗ لَمَنْ تَبِعَكَ مِنْهُمْ لَأَمْلَأَنَّ جَهَنَّمَ مِنْكُمْ أَجْمَعِينَ  


19. 亚当啊！你和你的妻子住在乐园中，并随你们俩的意在那里吃（喝）吧。但是，不要接近这棵树，否则，你们就会成为不义的人。”

19. “And O Adam, dwell you and your wife in the Garden and eat thereof as you both wish, and approach not this tree, or you both will become of the wrong doers.”

وَيَقَادِمُ أَسْكُنِ أَنْتَ وَزَوْجُكَ الْجَنَّةَ فَكُلَا مِنْ حَيْثُ شِئْتُمَا وَلَا تَقْرَبَا هَذِهِ الشَّجَرَةَ فَتَكُونَا مِنَ الظَّالِمِينَ  


20. 但是，撒旦（魔鬼）向他们耳语（唆使他们俩），以便它能使他俩隐蔽的羞体显露出来，并说：“你们的主禁止你们俩（吃）这棵树（的果实），只是不愿你们变成天仙或永生之体。”

20. Then Satan whispered to them both that he might uncover unto them that which was hidden from them of their shame (private parts), and he said: "Your Lord did not forbid you (eating) from this tree, except that you should become angels or become of the immortals."

فَوَسْوَسَ لَهُمَا الشَّيْطَانُ لِيُبْدِيَ لَهُمَا مَا وُورِيَ عَنْهُمَا مِنْ سَوْءَاتِهِمَا وَقَالَ مَا نَهَاكُمَا رَبُّكُمَا عَنْ هَذِهِ الشَّجَرَةِ إِلَّا أَنْ تَكُونَا مَلَائِكِينَ أَوْ تَكُونَا مِنَ الْخَالِدِينَ ﴿٢٠﴾

21. 它并对他们俩发誓，说它是他俩的（诚挚的）忠告者。

21. And he swore to them both (saying): "Indeed, I am, to you both, among the sincere well wishers."

وَقَاسَمَهُمَا إِنِّي لَكُمَا لَمِنَ النَّاصِحِينَ ﴿٢١﴾

22. 因此，它用欺骗使他俩失足，当他尝了那树（的果实）时，他俩的羞体对他们变得显著了。他俩开始用园中的叶子遮盖他们的身体。他们的主对他俩说：“我难道不曾禁止你们碰那棵树，并告诉你们撒旦是你们的公开的敌人吗？”

22. So he misled them both with deception. Then when they tasted of the tree, their shame (private parts) became manifest to them, and they both began to cover themselves with leaves from the Garden. And their Lord called out to them both: "Did I not forbid you both from that tree, and tell you both that Satan is an open enemy to you both."

فَدَلَّلَهُمَا بِغُرُورٍ فَلَمَّا ذَاقَا الشَّجَرَةَ بَدَتْ لَهُمَا سَوْءَاتُهُمَا وَطَفِقَا مَخْصِفَانِ عَلَيْهِمَا مِنْ وَرَقِ الْجَنَّةِ وَنَادَاهُمَا رَبُّهُمَا أَلَمْ أَنْهَكُمَا عَنْ تِلْكَ الشَّجَرَةِ وَأَقُلُّ لَكُمَا إِنَّ الشَّيْطَانَ لَكُمَا عَدُوٌّ مُبِينٌ ﴿٢٢﴾

23. 他们说：“我们的主啊！我们已亏负了我们自己，如果你不宽恕我们，也不怜悯我们，我们一定是损失的人。”

23. They both said: “Our Lord, we have wronged ourselves. And if You forgive us not, and bestow (not) upon us Your mercy, we shall certainly be of the losers.”

قَالَ رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ



24. 他（安拉）说：“你们（从这里）下去吧，你们将相互为敌（你们当中的一些人将是另一些人的仇敌）。在地上有你们的居所、生计和一段时间（的享受）”

24. He (Allah) said: “Go down (from here), one of you an enemy to the other. And for you, on earth there will be a dwelling and provision, for a while.”

قَالَ أَهْبِطُوا بَعْضُكُمْ لِبَعْضٍ عَدُوٌّ ۗ وَلَكُمْ فِي الْأَرْضِ مُسْتَقَرٌّ وَمَتَعٌ إِلَىٰ حِينٍ



25. 他（主）说：“你们将在那里生，你们也将在那里死。不过，（最后）你们将从那里被取走。”

25. He (Allah) said: “Therein shall you live, and therein shall you die, and from it you shall be brought out (resurrected).”

قَالَ فِيهَا تَحْيَوْنَ وَفِيهَا تَمُوتُونَ وَمِنْهَا تُخْرَجُونَ



26. 亚当的子孙啊！我已赐给你们衣服遮盖你们的羞体，并给你们作为装饰。但是抑制罪恶的衣服却是最好的。这是安拉的启示，以便你们能够记得。

26. O Children of Adam, indeed We have sent down to you garment to cover your shame (yourselves and private parts), and as an adornment. And the garment of righteousness, that is better. Such are among the signs of Allah, that they may remember.

يَبْنِيٰٓءَ آدَمَ ۚ قَدْ أَنْزَلْنَا عَلَيْكُمْ لِبَاسًا يُورِي سَوَءَٰتِكُمْ وَرِيشًا ۗ وَلِبَاسُ التَّقْوَىٰ ذَٰلِكَ خَيْرٌ ۗ ذَٰلِكَ مِنْ ءَايَاتِ اللَّهِ لَعَلَّهُمْ يَذَّكَّرُونَ



27. 亚当的子孙啊!你们不要让撒旦引诱你们,象他使你们的祖先离开乐园一样,扯下他们(天真)的衣服,使他们曝露出他们的羞体。它(魔鬼)看见你们,它和它的部属也一样,而你们却看不见他们。我已使魔鬼只成为那些不信的人的朋友。

27. O Children of Adam, let not Satan deceive you, as he caused your parents to get out from the Garden, stripping them of their garments, to show them their shame (private parts). Surely, he sees you, he and his tribe, from where you see them not. Indeed, We have made the devils protecting friends for those who do not believe.

يَبْنِي ۡءَادَمَ لَا يَفْتِنَنَّكُمْ  
الشَّيْطَانُ كَمَا أَخْرَجَ  
أَبَوَيْكُمْ مِّنَ الْجَنَّةِ يَنْزِعُ  
عَنَّهُمَا لِبَاسَهُمَا لِيُرِيَهُمَا  
سَوْءَهُمَا ۗ إِنَّهُ يَرَئِكُمْ هُوَ  
وَقَبِيلُهُ مِمَّنْ حَيْثُ لَا تَرَوْنَهُمْ ۗ  
إِنَّا جَعَلْنَا الشَّيَاطِينَ أَوْلِيَاءَ  
لِلَّذِينَ لَا يُؤْمِنُونَ ﴿٧٧﴾

28. 当他们做任何可耻的行为时,他们就說:“我们发现我们的祖先曾这么做。”并說:“安拉也命令过我们这些。”你说:“的确,安拉从不命令人做可耻的事。你们以你们所不知道的说安拉吗?”

28. And when they commit an indecent act, they say: “We found our fathers upon it, and Allah has commanded us of it.” Say: “Indeed, Allah does not command any indecency. Do you say about Allah that which you do not know.”

وَإِذَا فَعَلُوا فَحِشَةً قَالُوا  
وَجَدْنَا عَلَيْهَا آبَاءَنَا وَاللَّهُ  
أَمَرْنَا بِهَا ۗ قُلْ إِنَّا لَنَرَى اللَّهَ لَا  
يَأْمُرُ بِالْفَحْشَاءِ ۗ أَتَقُولُونَ  
عَلَى اللَّهِ مَا لَا تَعْلَمُونَ ﴿٧٨﴾

29. 你说:“我的主命人公正。你们在任何礼拜的地方要(专心地)面向着他和祈求他,在宗教上对他虔诚信服。因为他曾使你们出生,所以,你

29. Say (O Muhammad): “My Lord has commanded justice. And that you set upright your faces (towards Him) at every place of worship, and call upon Him, making

قُلْ أَمَرَ رَبِّي بِالْقِسْطِ ۗ  
وَأَقِيمُوا وُجُوهَكُمْ عِندَ  
كُلِّ مَسْجِدٍ وَادْعُوهُ  
مُخْلِصِينَ لَهُ الدِّينَ ۗ كَمَا

们也将回返（他那里）。”

religion sincere for Him. Such as He brought you into being, so shall you return (unto Him).”

بَدَأَكُمْ تَعُودُونَ ﴿٦٦﴾

30. 他已引导了一部份人，（至于）另一部分的人，（由于他们所犯的错误）他已判决他们停留在错误当中。他们选择魔鬼代替安拉作为他们的（朋友和）保护者，并且以为他们获得了引导。

30. A group He has guided, and (another) group deserved straying upon them. Surely, they are those who took the devils for protecting supporters, instead of Allah, and they think that they are guided.

فَرِيقًا هَدَىٰ وَفَرِيقًا حَقَّ عَلَيْهِمُ الضَّلَالَةُ إِنَّهُمْ اتَّخَذُوا الشَّيَاطِينَ أَوْلِيَاءَ مِن دُونِ اللَّهِ وَمَحْسَبَاتٍ أَنَّهُم مُّهْتَدُونَ ﴿٦٦﴾

31. 亚当的子孙们啊！每逢作礼拜时，你们都要穿戴整齐，吃（饱）和喝（足），但不要浪费。安拉是不喜爱浪费者的。

31. O Children of Adam, take your adornment at every place of worship, and eat, and drink, and waste not by extravagance. Certainly, He (Allah) does not love the extravagant.

﴿٦٧﴾ يَا بَنِي آدَمَ خُذُوا زِينَتَكُمْ عِندَ كُلِّ مَسْجِدٍ وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ ﴿٦٧﴾

32. 你说：“谁曾禁止过安拉供给他的仆人的饰物和他供应的美品呢？”你说：“它们在今世对信仰者是合法的。但在审判日是专给信仰者的。”我这样对那些有知识的人详细解释我的启示。

32. Say: (O Muhammad): “Who has forbidden the adornment of Allah which He has brought forth for His slaves and the good things of provision.” Say: “They are for those who believe, in the life of this world, (and) exclusively on the Day of

قُلْ مَنْ حَرَّمَ زِينَةَ اللَّهِ الَّتِي أَخْرَجَ لِعِبَادِهِ وَالطَّيِّبَاتِ مِنَ الرِّزْقِ قُلْ هِيَ لِلَّذِينَ ءَامَنُوا فِي الْحَيَاةِ الدُّنْيَا خَالِصَةً يَوْمَ الْقِيَامَةِ ۗ كَذَٰلِكَ نُفَصِّلُ الْآيَاتِ



Resurrection.” Thus, do We explain in detail the revelations for a people who have knowledge.

لِقَوْمٍ يَعْلَمُونَ ﴿٣٣﴾

33. 你说：“我的主只禁止那些表露在外和隐藏在内的丑行，和罪恶及非法的迫害，以及你们未经(安拉)授权而给安拉添附的(伙伴)，和说一些有关安拉而你们却毫无所知的事。”

33. Say (O Muhammad): “My Lord has only forbidden indecencies, what is apparent of them, and what is secret, and sin, and oppression without right, and that you associate with Allah that for which He has not sent down authority, and that you say about Allah that which you do not know.”

قُلْ إِنَّمَا حَرَّمَ رَبِّي  
الْفَوَاحِشَ مَا ظَهَرَ مِنْهَا وَمَا  
بَطَّنَ وَالْإِثْمَ وَالْبَغْيَ بِغَيْرِ  
الْحَقِّ وَأَنْ تُشْرِكُوا بِاللَّهِ مَا  
لَمْ يُنَزَّلْ بِهِ سُلْطَانًا وَأَنْ  
تَقُولُوا عَلَى اللَّهِ مَا لَا  
تَعْلَمُونَ ﴿٣٣﴾

34. 每一个民族都有其规定的期限。当他们的期限到了时，他们不能(使它)延缓片刻，也不能提早。

34. And to every nation is a term appointed, then when their term is reached, neither can they delay (it) an hour, nor can they advance (it).

وَلِكُلِّ أُمَّةٍ أَجَلٌ فَإِذَا جَاءَ  
أَجَلُهُمْ لَا يَسْتَأْخِرُونَ سَاعَةً  
وَلَا يَسْتَقْدِمُونَ ﴿٣٤﴾

35. 亚当的子孙们啊！无论什么时候，当你们自己的使者到达你们，对你们讲述(传达)我的启示时，那些敬畏和改正(其生活)的人，他们将是无忧无虑的。

35. O Children of Adam, whenever there come to you messengers from amongst you, narrating to you My revelations, then whosoever fears (Allah), and becomes righteous, so there shall be no fear upon them,

يَبْنِي ءَادَمَ إِمًّا يَأْتِيَنَّكُمْ  
رُسُلٌ مِّنْكُمْ يَقُصُّونَ عَلَيْكُمْ  
ءَايَاتِي ۖ فَمَنْ اتَّقَى وَأَصْلَحَ  
فَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ

nor shall they grieve.

تَحْزَنُونَ ﴿٢٥﴾

36. 但是那些不信我们的启示，并对它们轻视的人，他们是火（狱）的伴侣，永远居住在那里。

36. And those who deny Our revelations and turn away in arrogance from them, those are the dwellers of the Fire. They shall abide therein.

وَالَّذِينَ كَذَّبُوا بِآيَاتِنَا  
وَاسْتَكْبَرُوا عَنْهَا أُولَٰئِكَ  
أَصْحَابُ النَّارِ هُمْ فِيهَا  
خَالِدُونَ ﴿٢٦﴾

37. 谁还比对安拉捏造谎言和不信他的迹象的人更不义呢？(至于这些人，)他们(在天命中)被规定的份额(命运)一定会到达他们，直到我的使者(死亡的天仙)们降临集合他们(使他们死亡)时，他们(使者)会说：“你们在安拉之外所祈求的(伪神)在那里呀？”他们将会回答道：“它们已经弃我们而去了。”他们将对他们自己作证：“他们是不信的人。”

37. So who does greater wrong than he who invents against Allah a lie, or denies His revelations. For such, will reach them their appointed portion of the Decrees. Until, when Our messengers (the angels of death) come to them to take their souls, they (the angels) will say: “Where (now) are those whom you used to call besides Allah.” They will say: “They have departed from us.” And they will testify against themselves that they were disbelievers.

فَمَنْ أَظْلَمُ مِمَّنِ افْتَرَىٰ عَلَىٰ  
اللَّهِ كَذِبًا أَوْ كَذَّبَ بِآيَاتِهِ  
أُولَٰئِكَ يَنَالُهُمْ نَصِيبُهُم مِّنَ  
الْكِتَابِ حَتَّىٰ إِذَا جَاءَهُمْ  
رُسُلُنَا يَتَوَفَّوْنَهُمْ قَالُوا أَيْنَ مَا  
كُنْتُمْ تَدْعُونَ مِن دُونِ  
اللَّهِ قَالُوا ضَلُّوا عَنَّا  
وَشَهِدُوا عَلَىٰ أَنفُسِهِمْ أَنَّهُمْ  
كَانُوا كَافِرِينَ ﴿٢٧﴾

38. 他(主)将说：“你们跟那些在你们以前死去的人们和精灵们进入火(狱)中

38. He (Allah) will say: “Enter you in the (company of) nations who had passed away before you, of the jinn

قَالَ ادْخُلُوا فِي أُمَمٍ قَدْ  
خَلَتْ مِن قَبْلِكُمْ مِّن

吧。每逢一群(族)人进入(火狱)时，他们就咒骂他们的(先逝去的)姊妹民族，直到他们一个跟着一个全都进入火中。最后的一群(族)人谈到最先的一群(族)人道：“我们的主啊！是这些人误导了我们，所以求你给他们受双重的火刑吧。”他(主)将说：“你们全都加倍。不过，你们不知道。”

and mankind, into the Fire.” Every time a nation enters, it curses its sister (nation), until when they have all been made to follow one another therein, the last of them will say to the first of them: “Our Lord, these led us astray, so give them double punishment of the Fire.” He will say: “For each one there is double (torment), but you do not know.”

الْجِنَّ وَالْإِنْسِ فِي النَّارِ ۗ  
كُلَّمَا دَخَلَتْ أُمَّةٌ لَعَنَتْ  
أُخْتَهَا ۗ حَتَّىٰ إِذَا آدَرَكُوا  
فِيهَا جَمِيعًا قَالَتْ أُخْرَبُهُمْ  
لِأُولَهُمْ رَبَّنَا هَؤُلَاءِ  
أَضَلُّونَا فَفَاتِهِمْ عَذَابًا  
ضِعْفًا ۗ مِّنَ النَّارِ ۗ قَالَ لِكُلِّ ضِعْفٌ  
وَلٰكِن لَّا تَعْلَمُونَ ﴿٢٨﴾

39. 然后，最先的一群(族)人将会对最后的一群(族)人说道：“你们并不比我們好，所以，你们为你们所做的尝受惩罚吧！”

39. And the first of them will say to the last of them: “Then you had no favor over us, so taste the punishment for what you used to earn.”

وَقَالَتْ أُولَهُمْ لِأُخْرَبُهُمْ  
فَمَا كَانَ لَكُمْ عَلَيْنَا مِنْ  
فَضْلٍ فَذُوقُوا الْعَذَابَ بِمَا  
كُنْتُمْ تَكْسِبُونَ ﴿٢٩﴾

40. 那些不信我的启示和藐视它们的人，天堂的门也决不会对他们开放，他们也决不能进入乐园，除非到骆驼能够穿过针眼时。我是这样回报罪恶的人。

40. Surely, those who deny Our revelations and turn away in arrogance from them, the gates of heaven will not be opened for them, and they will not enter the Garden until the camel goes through the eye of

إِنَّ الَّذِينَ كَذَّبُوا بِآيَاتِنَا  
وَأَسْتَكْبَرُوا عَنْهَا لَا تُفْتُحُ  
لَهُمْ أَبْوَابُ السَّمَاءِ وَلَا  
يَدْخُلُونَ الْجَنَّةَ حَتَّىٰ يَلْجَ  
الْجَمَلُ فِي سَمِّ الْخِيَاطِ ۗ

the needle. And thus do We recompense the criminals.

وَكَذَلِكَ  
الْمُجْرِمِينَ ﴿٤١﴾  
نَجْزِي

41. 他们将得到一张地狱的火床，在他们上面是重重的(地狱之火)的被盖，我是这样回报作恶的人。

41. Theirs will be the bed of Hell, and over them coverings (of Hell). And thus do We recompense the wrong doers.

هُمْ مِّنْ جَهَنَّمَ مِهَادٌ وَمِنْ  
فَوْقِهِمْ غَوَاشٍ ۚ وَكَذَلِكَ  
نَجْزِي الظَّالِمِينَ ﴿٤٢﴾

42. 至于那些信仰而作善行的人，我不使任何人负担他能力以外的，他们将是乐园的伴侣，他们将永远居住在其中。

42. And those who believed and did righteous deeds, no burden do We place on a soul beyond its capacity. Such are companions of the Garden. They will abide eternally therein.

وَالَّذِينَ ءَامَنُوا وَعَمِلُوا  
الصَّالِحَاتِ لَا نُكَلِّفُ نَفْسًا  
إِلَّا وُسْعَهَا أُولَٰئِكَ أَصْحَابُ  
الْجَنَّةِ هُمْ فِيهَا خَالِدُونَ ﴿٤٣﴾

43. 我将除去任何可能潜伏在他们心中的怨憾，在他们的下面是流动的诸河。他们将说：“赞颂安拉，他已引导了我们到这里。如果安拉不曾引导我们，我们决不能真正地引入正道。我们的主的使者们确实带给我们真理了。”他们并将听到一个声音(说道)：“(看啦!)乐园就在你们的前面，你们已因

43. And We shall remove whatever rancor may be in their breasts. Rivers will flow beneath them. And they will say: “All praise be to Allah, who has guided us to this. And we could not truly have been led aright, were it not that Allah had guided us. Indeed, the messengers of our Lord did come with the truth.” And it will be called out to them that: “This is the

وَنَزَعْنَا مَا فِي صُدُورِهِمْ مِّنْ  
غِلٍّ تَجْرِي مِنْ تَحْتِهِمُ الْأَنْهَارُ  
وَقَالُوا الْحَمْدُ لِلَّهِ الَّذِي  
هَدَانَا لِهَذَا وَمَا كُنَّا  
لِنَهْتَدِيَ لَوْلَا أَنْ هَدَانَا اللَّهُ  
لَقَدْ جَاءَتْ رُسُلُ رَبِّنَا  
بِالْحَقِّ ۗ وَنُودُوا أَنْ تِلْكَ  
الْجَنَّةُ أُورِثْتُمُوهَا بِمَا كُنْتُمْ

为你们的行为继承了它。”

Garden. You are made to inherit it for what you used to do.”

تَعْمَلُونَ ﴿٤٣﴾

44. 乐园的伴侣们将对火(狱)的伙伴们喊道：“我们的确已发现了我们的主对我们的诺言是真实的。你们是否也发现你们的主的诺言真实？”他们将会说：“是的。”但是将有二个声音在他们当中喊道：“安拉的天谴是降在犯罪者身上。”

44. And the dwellers of the Garden will call out to the dwellers of the Fire (saying): “We have indeed found that which our Lord promised us (to be) the truth. So have you (too) found that which your Lord promised the truth.” They shall say: “Yes.” Then an announcer among them will call out that: “The curse of Allah shall be upon the wrongdoers.”

وَنَادَىٰ أَصْحَابُ الْجَنَّةِ  
أَصْحَابَ النَّارِ أَنْ قَدْ وَجَدْنَا  
مَا وَعَدَنَا رَبُّنَا حَقًّا فَهَلْ  
وَجَدْتُمْ مَا وَعَدَ رَبُّكُمْ حَقًّا  
قَالُوا نَعَمْ ۖ فَأَذَّنَ مُؤَذِّنٌ  
بَيْنَهُمْ أَنْ لَعْنَةُ اللَّهِ عَلَى  
الظَّالِمِينَ ﴿٤٤﴾

45. 他们从安拉的道上阻碍(人们)，和使它歪曲。他们是不信末日的人。”

45. Those who hinder (people) from the path of Allah and would seek to make it deviant, and they are disbelievers concerning the Hereafter.

الَّذِينَ يَصُدُّونَ عَنِ سَبِيلِ  
اللَّهِ وَيَبْغُونَهَا عِوَجًا وَهُمْ  
بِالْآخِرَةِ كَافِرُونَ ﴿٤٥﴾

46. 在他们之间会有一重帷幕，而在高处将有一些能由他们的特征(记号)，可以识别的人。他们将对乐园的伴侣们喊道：“祝你们平安。”他

46. And between them will be a barrier. And on AlAaraf (the Heights) will be men who would recognize all by their marks. And they will call out to the companions of the Garden that: “Peace be

وَبَيْنَهُمَا حِجَابٌ ۖ وَعَلَى  
الْأَعْرَافِ رِجَالٌ يَعْرِفُونَ كُلًّا  
بِسِيمَتِهِمْ ۖ وَنَادَوْا أَصْحَابَ  
الْجَنَّةِ أَنْ سَلِّمُوا عَلَيْهِمْ ۖ لَمْ

他们没有进入(乐园),  
虽然他们希望(进入乐园)。

on you.” (And at that time) they (men on Al-Aaraf) will not yet have entered it, although they will hope (to enter it).

يَدْخُلُوهَا وَهُمْ يَطْمَعُونَ



47. 当他们的眼睛转到火(狱)的伙伴时,他们将会说:“我们的主啊!求你不要使我们跟犯罪的人在一起吧!”

47. And when their eyes are turned towards the companions of the Fire, they will say: “Our Lord, do not place us with the wrongdoing people.”

\* وَإِذَا صُرِفَتْ أَبْصَارُهُمْ تِلْقَاءَ أَصْحَابِ النَّارِ قَالُوا رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ



48. 住在高处的人对他们可由其特征识别的人们说:“你们所累积的(财富)和你们引以自傲的(事物)对你们有什么用呀?”

48. And the companions on Al-Aaraf will call unto men whom they would recognize by their marks, saying: “Of what benefit to you were your gathering (of wealth), and that in which you were arrogant.”

وَنَادَى أَصْحَابُ الْأَعْرَافِ رِجَالًا يَعْرِفُونَهُمْ بِسِيمَانِهِمْ قَالُوا مَا أَغْنَىٰ عَنْكُمْ جَمْعُكُمْ وَمَا كُنْتُمْ تَسْتَكْبِرُونَ



49. “(瞧啊!)这不是你们曾经发誓说(安拉)决不会对他们慈悯赐福的人吗?”(他们已受通知):“你们进入乐园吧。你们既无恐惧,也无忧虑。”

49. Are they those, of whom you swore that Allah would not show them mercy. (Unto them it has been said): “Enter you the Garden. No fear shall be upon you nor shall you grieve.”

أَهْتُولَاءِ الَّذِينَ أَقْسَمْتُمْ لَا يَنَالُهُمُ اللَّهُ بِرَحْمَةٍ ۚ أَدْخُلُوا الْجَنَّةَ لَا خَوْفٌ عَلَيْكُمْ وَلَا أَنتُمْ تَحْزَنُونَ



50. 火(狱)的居民将对(乐)园的居民喊

50. And the companions of the Fire will call to the

وَنَادَى أَصْحَابُ النَّارِ

道：“给我们倒点水，或是（给我们）一些安拉供应给你们的东西吧。”他们将会说：“这两种东西都是安拉对那些不信的人禁止的。”

companions of the Garden (saying) that: “Pour on us some water or something of what Allah has provided you.” They (the dwellers of the Garden) will say: “Indeed, Allah has forbidden both to the disbelievers.”

أَصْحَابَ الْجَنَّةِ أَنْ أَفِيضُوا عَلَيْنَا مِنَ الْمَاءِ أَوْ مِمَّا رَزَقَكُمُ اللَّهُ قَالُوا إِنَّ اللَّهَ حَرَّمَهُمَا عَلَى الْكَافِرِينَ ﴿٥١﴾

51. 谁拿他们的宗教作为儿戏和消遣，谁被今世的生活所欺骗。今天，我将象他们忘记他们今天的聚会一样地忘记他们。（这）也由于他们曾不信我的迹象。

51. Those who took their religion as an amusement and play, and the life of the world deceived them. So this day, We shall forget them, just as they forgot meeting of this Day of theirs. And as they used to repudiate Our signs.

الَّذِينَ اتَّخَذُوا دِينَهُمْ لَهْوًا وَلَعِبًا وَغَرَّتَهُمُ الْحَيَاةُ الدُّنْيَا فَالْيَوْمَ نَنْسَهُمْ كَمَا نَسُوا لِقَاءَ يَوْمِهِمْ هَذَا وَمَا كَانُوا بِآيَاتِنَا يَجْحَدُونَ ﴿٥١﴾

52. 我确曾降给他们一本我以真知灼见解释的经典，那是给一切有信仰的人的一项引导和慈悯。

52. And certainly, We have brought to them a Book which We have explained in detail with knowledge, a guidance and a mercy for a people who believe.

وَلَقَدْ جِئْنَاهُمْ بِكِتَابٍ فَصَّلْنَاهُ عَلَىٰ عِلْمٍ هُدًى وَرَحْمَةً لِّقَوْمٍ يُؤْمِنُونَ ﴿٥٢﴾

53. 他们只在等待它（预言）的实践吗？在它（实践）降临的那天，那些在以前不理睬它（古兰）的人将说：

53. Are they waiting except for its fulfillment. On the day when comes the fulfillment thereof,

هَلْ يَنْظُرُونَ إِلَّا تَأْوِيلَهُ ۚ يَوْمَ يَأْتِي تَأْوِيلَهُ يَقُولُ الَّذِينَ نَسُوهُ مِنْ قَبْلُ قَدْ

“我们的主的使者们确曾带给我们真理。我们现在可有求情者替我们说项吗?或是我们能被送回尘世,以便我们能行我们过去所未行过的(善行)吗?他们亏负了他们自己,而他们所捏造的事物不顾他们了。

those who were forgetful thereof before will say: “Indeed, the messengers of our Lord did come with the truth. So are there any intercessors for us, so they might intercede for us. Or could we be sent back, so that we might do other than what we used to do.” Indeed, they have lost their own selves, and has gone away from them that which they used to fabricate.

جَاءَتْ رُسُلُ رَبِّنَا بِالْحَقِّ  
فَهَلْ لَنَا مِنْ شُفَعَاءَ  
فَيَشْفَعُوا لَنَا أَوْ نُرَدُّ فَنَعْمَلْ  
غَيْرَ الَّذِي كُنَّا نَعْمَلُ قَدْ  
خَسِرُوا أَنْفُسَهُمْ وَضَلَّ عَنْهُمْ  
مَا كَانُوا يَفْتَرُونَ



54. 你们的主是安拉,他在六天当中造化了诸天和大地,并稳固地确立在(权威的)宝座之上。他使夜遮盖昼,(并使它们)循环追踪。他也使太阳、月亮和星星都服从他的命令。一切造化和命令(的大权)都属于他。赞美安拉,众世界的主。

54. Indeed, your Lord is Allah, He who created the heavens and the earth in six days, then He firmly established on the Throne. He covers the night with the day, which is to follow it in haste. And the sun, and the moon, and the stars, He has made subservient by His command. Surely, His is the creation and the command. Blessed be Allah, the Lord of the worlds.

إِنَّ رَبَّكُمْ اللَّهُ الَّذِي خَلَقَ  
السَّمَوَاتِ وَالْأَرْضَ فِي سِتَّةِ  
أَيَّامٍ ثُمَّ اسْتَوَى عَلَى  
الْعَرْشِ يُغْشِي اللَّيْلَ النَّهَارَ  
يَطْلُبُهُ حَثِيثًا وَالشَّمْسَ  
وَالْقَمَرَ وَالنُّجُومَ مُسَخَّرَاتٍ  
بِأَمْرِهِ ۗ أَلَا لَهُ الْخَلْقُ وَالْأَمْرُ ۗ  
تَبَارَكَ اللَّهُ رَبُّ الْعَالَمِينَ






55. 你们要谦恭地和秘密地祈求你们的主，安拉不喜欢过份的人。

55. Call upon your Lord humbly and in secret. Surely, He does not love those who trespass beyond bounds.

أَدْعُوا رَبَّكُمْ تَضَرُّعًا وَخُفْيَةً  
إِنَّهُ لَا يُحِبُّ الْمُعْتَدِينَ



56. 你们不要在大地已经安顿就绪之后，制造混乱。要在敬畏和希望中祈求他（主）。安拉的慈悯是邻近善人的。

56. And do not cause corruption in the earth after its reformation. And call on Him with fear and hope. Surely, Allah's mercy is near to those who do good.


وَلَا تُفْسِدُوا فِي الْأَرْضِ  
بَعْدَ إِصْلَاحِهَا وَأَدْعُوهُ  
خَوْفًا وَطَمَعًا إِنَّ رَحْمَتَ اللَّهِ  
قَرِيبٌ مِّنَ الْمُحْسِنِينَ



57. 是他遣风在他的慈悯之前传报佳音。直到它们携带了重重的（雨云）时，我驱使它（雨云）到一块没有生机的地方，使（雨）水降落在那里，并以它产生各种各样的果实。“我就是这样使死的复活，或许你们能够留意”。

57. And it is He who sends forth the winds as good tidings in advance of His mercy. Until when they carried a cloud heavy (with rain), We drive it to a land that is dead. Then We cause water to descend thereon. Then We bring forth therewith fruits of every kind. Thus shall We bring forth the dead, that you may take heed.

وَهُوَ الَّذِي يُرْسِلُ الرِّيحَ  
بُشْرًا بَيْنَ يَدَيْ رَحْمَتِهِ  
حَتَّىٰ إِذَا أَقْلَّتْ سَحَابًا ثِقَالًا  
سُقْنَهُ لِبَلَدٍ مَّيِّتٍ فَأَنْزَلْنَا بِهِ  
الْمَاءَ فَأَخْرَجْنَا بِهِ مِنْ كُلِّ  
الشَّمَرَاتِ ۚ كَذَٰلِكَ نُخْرِجُ  
الْمَوْتَىٰ لَعَلَّكُمْ  
تَذَكَّرُونَ



58. 沃壤的植物奉它的主的恩准而生长，而瘠土只长出恶（果），我如此为知感

58. And the good land, comes forth its vegetation by the permission of its Lord.

وَالْبَلَدُ الطَّيِّبُ يَخْرِجُ نَبَاتَهُ  
وَالبَدِيءُ يَخْرِجُ نَبَاتَهُ  
بِإِذْنِ رَبِّهِ ۗ وَالَّذِي خَبُثَ لَا

的人们重复表达(我的)迹象。

And that which is sterile, come forth nothing except sparsely. Thus do We explain the signs for a people who give thanks.

يَخْرُجُ إِلَّا نَكِدًا كَذَلِكَ  
نُصِرْفُ الْآيَاتِ لِقَوْمٍ  
يَشْكُرُونَ ﴿٥٨﴾

59. 我派努赫(挪亚)到他的族人当中,他说:“我的族人啊!你们要崇拜安拉,除他之外,你们没有其它的神。我替你们害怕那个可怕的日子刑罚。”

59. Indeed, We sent Noah to his people, so he said: “O my people, worship Allah. You do not have any god other than Him. Certainly, I fear for you the punishment of a great day.”

لَقَدْ أَرْسَلْنَا نُوحًا إِلَىٰ قَوْمِهِ  
فَقَالَ يَنْقَوْمِ اعْبُدُوا اللَّهَ مَا  
لَكُمْ مِّنْ إِلَهِ غَيْرُهُ إِنِّي  
أَخَافُ عَلَيْكُمْ عَذَابَ يَوْمٍ  
عَظِيمٍ ﴿٥٩﴾

60. 他的族人的领袖们说道:“啊!我们看你的确是在明显的错误中。”

60. The chieftains of his people said: “Indeed, we see you in plain error.”

قَالَ الْمَلَأُ مِنْ قَوْمِهِ إِنَّا  
لَنَرُكَ فِي ضَلَالٍ مُّبِينٍ ﴿٦٠﴾

61. 他说:“我的族人啊!我没有错,不过,我是一位来自众世界的主的使者。”

61. He said: “O my people, there is no error in me, but I am a messenger from the Lord of the worlds.”

قَالَ يَنْقَوْمِ لَيْسَ بِي ضَلَالَةٌ  
وَلَكِنِّي رَسُولٌ مِّن رَّبِّ  
الْعَالَمِينَ ﴿٦١﴾

62. 我传达我的主的使命(启示)给你们,和给你们忠告,并从安拉那里知道一些你们不知道的。

62. “I convey unto you the messages of my Lord and give sincere advice to you. And I know from Allah that which you do not know.”

أُبَلِّغُكُمْ رِسَالَاتِ رَبِّي وَأَنْصَحُ  
لَكُمْ وَأَعْلَمُ مِنَ اللَّهِ مَا لَا  
تَعْلَمُونَ ﴿٦٢﴾

63. 你们可感到奇怪,会有一项来自你

63. “Or do you wonder that there has

أَوْعَجِبْتُمْ أَنْ جَاءَكُمْ ذِكْرٌ

们的主的提示，假手于一个你们自己的人降临到你们，以便他能警告你们，和以便你们能够敬畏，和获得慈悯吗？”

come to you a reminder from your Lord through a man from amongst you, that he may warn you, and that you may fear (Allah), and that you may receive mercy.”

مِّن رَّبِّكُمْ عَلَى رَجُلٍ مِّنكُمْ  
لِيُنذِرَكُمْ وَلِتَتَّقُوا وَلَعَلَّكُمْ  
تُرْحَمُونَ ﴿٣٣﴾

64. 但是他们不信他，所以我在方舟中救出了他和那些跟他在一起的。但是我却以洪水淹没了那些不信我的迹象的人。他们确是盲目无知的人群。

64. Then they denied him, so We saved him and those with him in the ship, and We drowned those who denied Our revelations. Indeed, they were a blind people.

فَكَذَّبُوهُ فَأَنْجَيْنَاهُ وَالَّذِينَ  
مَعَهُ فِي الْفُلِكِ وَأَغْرَقْنَا  
الَّذِينَ كَذَّبُوا بِآيَاتِنَا ۗ  
إِنَّهُمْ كَانُوا قَوْمًا عَمِينَ ﴿٣٤﴾

65. 我向阿德族人派遣了他们的弟兄扈德（希伯）。他说：“我的族人啊！你们要奉事安拉，除他之外，你们无神。你们还不敬畏吗？”

65. And unto Aad (We sent) their brother, Houd. He said: “O my people, worship Allah. You do not have any god other than Him. Will you then not fear (Allah).”

﴿٣٥﴾ وَإِلَىٰ عَادِ أَخَاهُمْ هُودًا ۗ  
قَالَ يٰقَوْمِ اعْبُدُوا اللَّهَ مَا  
لَكُمْ مِّنْ إِلَٰهٍ غَيْرُهُ ۗ أَفَلَا  
تَتَّقُونَ ﴿٣٥﴾

66. 他族人中的不信者的领袖们说：“啊！我们看你是愚蠢的。我们认为你是一个说谎的人。”

66. The chieftains of those who disbelieved among his people said: “Indeed, we see you in foolishness, and indeed, we think you of the liars.”

قَالَ الْمَلَأُ الَّذِينَ كَفَرُوا  
مِن قَوْمِهِ إِنَّا لَنَرُنَاكَ فِي  
سَفَاهَةٍ وَإِنَّا لَنَظُنُّكَ مِنَ  
الْكَذِبِينَ ﴿٣٦﴾

67. 他说：“我的族

67. He said: “O my people, there is no

قَالَ يٰقَوْمِ لَيْسَ بِي سَفَاهَةٌ

人啊!我不是愚蠢的。不过,我却是一位来自众世界的主的使者。

foolishness in me, but I am a messenger from the Lord of the worlds.”

وَلَيْكِنِّي رَسُولٌ مِّن رَّبِّ  
الْعَالَمِينَ ﴿٧٧﴾

68. 我只对你们传达我的主的使命,我是你们的忠实的劝告者。

68. “I convey unto you the messages of my Lord, and I am for you a trustworthy adviser.”

أُبَلِّغُكُمْ رِسَالَتِ رَبِّي  
وَأَنَا لَكُمْ نَاصِحٌ أَمِينٌ ﴿٧٨﴾

69. 你们可感到奇怪,会有一项来自你们的主的提示,假手一个你们自己的人降临到你们,以便他能警告你们吗?你们应当记得他(主)在努赫族人之后,使你们成为代位者,并在各民族中,赐给你们一个魁梧的身材。纪念安拉的恩典,你们也许可以成功。”

69. “Or do you wonder that there has come to you a reminder from your Lord through a man from amongst you, that he may warn you. And remember when He made you successors after the people of Noah, and increased you in stature among the creation. So remember the bounties of Allah, that you may be successful.”

أَوْعَجِبْتُمْ أَن جَاءَكُمْ ذِكْرٌ  
مِّن رَّبِّكُمْ عَلَى رَجُلٍ مِّنكُمْ  
لِيُنذِرَكُمْ ۖ وَأَذْكُرُوا إِذْ  
جَعَلَكُمْ خُلَفَاءَ مِن بَعْدِ قَوْمِ  
نُوحٍ وَزَادَكُمْ فِي الْخَلْقِ  
بَضْطَةً ۗ فَادْكُرُوا ءَالَآءَ  
اللَّهِ لَعَلَّكُمْ تَفْلِحُونَ ﴿٧٩﴾

70. 他们说:“你到我们这里来,可是教我们只奉事安拉,而放弃我们祖先所崇拜的吗?如果你是诚实的,拿出你用以恫吓我们的来。”

70. They said: “Have you come to us that we should worship Allah alone and forsake that which our fathers used to worship. Then bring upon us that wherewith you have threatened us if you are of the truthful.”

قَالُوا أَجِئْتَنَا لِنَعْبُدَ اللَّهَ  
وَحْدَهُ وَنَذَرَ مَا كَانَ  
يَعْبُدُ ءَابَاؤُنَا ۗ فَآتِنَا  
بِمَا تَعِدُنَا إِن كُنْتَ مِنَ  
الصَّادِقِينَ ﴿٨٠﴾

71. 他说：“惩罚和恼怒已经由你们的主降临你们了，你们还要跟我争论你们和你们祖先未经安拉授权所取的一些名子吗？那么，（你们）等着吧，我也跟你们一同等待。”

71. He said: "Surely defilement and wrath from your Lord have befallen upon you. Do you dispute with me about names which you have named, you and your fathers, Allah has not sent down for which any authority. Then await, I am indeed with you among those who wait."

قَالَ قَدْ وَقَعَ عَلَيْكُمْ مِّن رَّبِّكُمْ رِجْسٌ وَغَضَبٌ ۗ أَتُجَادِلُونَنِي فِي أَسْمَاءِ سَمَّيْتُمُوهَا أَنتُمْ وَاَبَاؤُكُمْ ۗ مَا نَزَّلَ اللَّهُ بِهَا مِن سُلْطٰنٍ ۚ فَانْتَظِرُوا إِنِّي مَعَكُمْ مِنَ الْمُنْتَظِرِينَ ﴿٧١﴾

72. 我以我的慈悯拯救了他和那些跟他在一起的人们。我也根绝了那些不信我的启示和不信仰的人们。

72. So We saved him and those with him by a mercy from Us, and We cut the roots of those who denied Our revelations, and they were not believers.

فَأَنجَيْنَاهُ وَالَّذِينَ مَعَهُ بِرَحْمَةٍ مِنَّا وَقَطَعْنَا دَابِرَ الَّذِينَ كَذَّبُوا بِآيَاتِنَا وَمَا كَانُوا مُؤْمِنِينَ ﴿٧٢﴾

73. 我对撒姆德族人派遣了他们的弟兄沙礼赫（马士撒拉）。他说：“我的族人啊！你们要崇拜安拉，除他之外，你们无神。现在在一个明白的证据已由你们的主来到你们，这是一头安拉的母驼，这是给你们的一个迹象。所以你们要让它在安拉的大地

73. And to (the tribe of) Thamud (We sent) their brother Salih. He said: "O my people, worship Allah. You do not have any god other than Him. Indeed there has come to you a clear sign from your Lord. This is the she camel of Allah unto you as a sign. So leave her to graze in Allah's earth, and do not touch

وَالِى ثَمُودَ أَخَاهُمْ صٰلِحًا ۗ قَالَ يٰقَوْمِ اعْبُدُوا اللَّهَ مَا لَكُمْ مِّنْ إِلٰهٍ غَيْرُهُ ۗ قَدْ جَاءَتْكُمْ بَيِّنَةٌ مِّن رَّبِّكُمْ ۗ هَذِهِ نَاقَةُ اللَّهِ لَكُمْ ءَايَةٌ ۗ فَذُرُوهَا تَأْكُلْ فِي أَرْضِ

上吃草，而不要伤害它，以免你们会受到严厉的惩罚。

her with harm lest there seize you a painful punishment.”

اللَّهُ وَلَا تَمْسُوهَا بِسُوءٍ  
فَيَأْخُذْكُمْ عَذَابٌ أَلِيمٌ ﴿٧٣﴾

74. “你们也应当记得他如何在阿德的族人之后使你们成为代位者，和使你们居住在大地上。你们在平原上建大厦，在山中开凿窑洞。你们要纪念安拉的恩典，不要在地上作恶，为非作歹。”

74. “And remember when He made you successors after Aad and gave you habitations in the earth. You take for yourselves palaces from its plains, and carve out homes in the mountains. So remember the bounties of Allah, and do not go about in the land making corruption.”

وَأَذْكُرُوا إِذْ جَعَلْنَا خُلَفَاءَ مِنْ بَعْدِ عَادٍ وَبَوَّأْنَاكُمْ فِي الْأَرْضِ تَتَّخِذُونَ مِنْ سُهُولِهَا قُصُورًا وَتَنْحِتُونَ الْجِبَالَ بُيُوتًا ۖ فَادْكُرُوا آيَاتِ اللَّهِ وَلَا تَعْتُوا فِي الْأَرْضِ مُفْسِدِينَ ﴿٧٤﴾

75. 他的族人中一些高傲者的领袖们，对那些被视为无权无势的人——他们当中的那些信仰者——说：“你们确实知道沙礼赫是来自他的主的一位使者吗？”他们说：“我们信仰已经降给他的（天启）。”

75. The chieftains of those who were arrogant among his people said to those who had been oppressed, those who believed among them: “Do you know that Salih is sent forth from his Lord.” They said: “Surely we, in that which he has been sent with, believe.”

قَالَ الْمَلَأُ الَّذِينَ اسْتَكْبَرُوا مِنْ قَوْمِهِ لِلَّذِينَ اسْتَضَعِفُوا لِمَنْ ءَامَنَ مِنْهُمْ أَتَعْلَمُونَ أَنْ صَالِحًا مُرْسَلٌ مِّن رَّبِّهِ ۗ قَالُوا إِنَّا بِمَا أُرْسِلَ بِهِ مُؤْمِنُونَ ﴿٧٥﴾

76. 那群高傲的人说：“我们不信你们所信仰的。”

76. Those who were arrogant said: “Indeed we, in that which you have believed, are disbelievers.”

قَالَ الَّذِينَ اسْتَكْبَرُوا إِنَّا بِالَّذِي ءَامَنْتُمْ بِهِ

77. 于是他们残害了那母驼，并反抗他们的主的命令。他们说：“沙礼赫啊！如果你确是一位（安拉的）使者，拿出你用以恫吓我们的来。”

77. So they hamstrung the she camel, and they were insolent toward the command of their Lord. And they said: “O Salih, bring upon us that which you threaten us, if you are of those sent (from Allah).”

فَعَقَرُوا النَّاقَةَ وَعَتَوْا عَنْ أَمْرِ رَبِّهِمْ وَقَالُوا يَصْلِحُ أَتِنَا بِمَا تَعِدُنَا إِنْ كُنْتَ مِنَ الْمُرْسَلِينَ ﴿٧٧﴾

78. 于是地震袭击了他们，他们在清晨时僵卧在他们的家中。

78. Then the earthquake seized them, so they lay prostrate (dead) in their dwelling places.

فَأَخَذَتْهُمُ الرَّجْفَةُ فَأَصْبَحُوا فِي جِثْمِينَ ﴿٧٨﴾

79. 于是沙礼赫离开了他们，并说道：“我的族人啊！我确已对你们传达了我的主（派我传达的）消息（使命），我也曾给你们忠告，但是你们却是不喜爱忠告的人。”

79. Then he (Salih) turned from them and said: “O my people, I have indeed conveyed to you the message of my Lord, and I have given you good advice, but you do not like good advisers.”

فَتَوَلَّى عَنْهُمْ وَقَالَ يَاقَوْمِ لَقَدْ أَبْلَغْتُكُمْ رِسَالَاتِ رَبِّي وَنَصَحْتُ لَكُمْ وَلَكِنْ لَا تُحِبُّونَ النَّصِيحِينَ ﴿٧٩﴾

80. 我也曾派遣鲁特（罗得）。他对他的族人说：“你们可曾犯过前人从来未犯过的淫行吗？”

80. And Lot, when he said to his people: “Do you commit an indecency, such as not any one ever did before you among the worlds (people).”

وَلُوطًا إِذْ قَالَ لِقَوْمِهِ أَتَأْتُونَ الْفَاحِشَةَ مَا سَبَقَكُمْ بِهَا مِنْ أَحَدٍ مِنَ الْعَالَمِينَ ﴿٨٠﴾

81. 由于你们贪恋男色胜于女色，你们确实是一群放肆无度的人。”

81. “Indeed, you come unto men with lust instead of women. Nay but, you are a people who exceed all bounds.”

إِنَّكُمْ لَتَأْتُونَ الرِّجَالَ  
شَهْوَةً مِّنْ دُونِ النِّسَاءِ  
بَلْ أَنْتُمْ قَوْمٌ مُّسْرِفُونَ



82. 他的族人只能回答道：“把他们赶出你们的城市，这些人确实是希望洁净的人。”

82. And his people had no answer except that they said: “Drive them out of your town. They are indeed a people who keep (pretend) to be pure.”

وَمَا كَانَ جَوَابَ  
قَوْمِهِ إِلَّا أَنْ قَالُوا  
أَخْرِجُوهُمْ مِّنْ قَرْيَتِكُمْ  
إِنَّهُمْ أَنَاسٌ يَّتَطَهَّرُونَ



83. 而我拯救了他和他的家人，只是除了他的妻，她是属于那些落在后头的人。

83. So We saved him and his household, except his wife, she was of those who remained behind.

فَأَنْجَيْنَاهُ وَأَهْلَهُ إِلَّا امْرَأَتَهُ  
كَانَتْ مِنَ الْغَابِرِينَ



84. 我给他们降了一场大雨，看看那些作恶的人后果如何！

84. And We rained down on them a rain (of stones). Then see how was the consequence of the criminals.

وَأَمْطَرْنَا عَلَيْهِمْ مَطَرًا فَأَنْظَرُوا  
كَيْفَ كَانَ عَاقِبَةُ  
الْمُجْرِمِينَ



85. 我对麦德扬人派遣了他们的兄弟舒爱伯(叶忒罗)。他说：“我的族人啊！你们要崇拜安拉，除他之外，你们无神。现在，一个明白的证据已由你们的主到达你

85. And to Midian (We sent) their brother Shuaib. He said: “O my people, worship Allah. You do not have any god other than Him. Indeed, there has come to you a clear sign from your

وَالِى مَدْيَنَ أَخَاهُمْ شُعَيْبًا  
قَالَ يَاقَوْمِ اعْبُدُوا اللَّهَ مَا  
لَكُمْ مِّنْ إِلَهِ غَيْرُهُ قَدْ  
جَاءَتْكُمْ بَيِّنَةٌ مِّنْ رَبِّكُمْ  
فَأَوْفُوا الْكَيْلَ



们了。你们要给人公平的衡量，不要克扣他们应得的东西，也不要在大地上已经安顿就绪之后在地上为非作歹。如果你们有信仰的话，那将对你们最好。

Lord. So give full measure and weight, and do not deprive people in their goods. And do not cause corruption in the earth after its reformation. That will be better for you, if you are believers.”

وَالْمِيزَانَ وَلَا تَبْخُسُوا  
النَّاسَ أَشْيَاءَهُمْ وَلَا  
تُفْسِدُوا فِي الْأَرْضِ بَعْدَ  
إِصْلَاحِهَا ذَٰلِكُمْ خَيْرٌ  
لَّكُمْ إِنْ كُنْتُمْ مُؤْمِنِينَ



86. 你们不要潜伏在每一条道路上恐吓远行的人，也不要安拉的道上阻碍信仰的人，和企图使它歪曲。”并且要记住你们从前(的人口)是多么少，他如何使你们增多，并看看那些为非作歹的人的后果如何。

86. “And do not sit on every path, threatening, and hindering from the way of Allah those who believe in Him. And seeking to make it deviant. And remember when you were few, then He multiplied you. And see how was the consequence of those who did corruption.”

وَلَا تَقْعُدُوا بِكُلِّ صِرَاطٍ  
تُوعِدُونَ وَتَصُدُّونَ عَنِ  
سَبِيلِ اللَّهِ مَنْ ءَامَنَ بِهِ  
وَتَبْغُونَهَا عِوَجًا وَاذْكُرُوا  
إِذْ كُنْتُمْ قَلِيلًا فَكَثَّرَكُمْ  
وَأَنْظُرُوا كَيْفَ كَانَ

عَاقِبَةُ الْمُفْسِدِينَ



87. 假如你们当中有一部分人信仰曾经降给我的(启示)，和有一部分人不信，你们要耐心等待，直到安拉在我们之间作出决断。因为他是善于决断的。”

87. “And if there is a party of you who has believed in that I have been sent with, and a party that has not believed, so be patient until Allah judges between us. And He is the best of judges.”

وَإِنْ كَانَ طَآئِفَةٌ مِّنْكُمْ  
ءَامَنُوا بِالَّذِي أُرْسِلْتُ بِهِ  
وَطَآئِفَةٌ لَّمْ يُؤْمِنُوا فَاصْبِرُوا  
حَتَّىٰ يَحْكُمَ اللَّهُ بَيْنَنَا وَهُوَ  
خَيْرُ الْحَاكِمِينَ



88. 他的族人中那些高傲者的首脑们说道：“舒爱伯啊！我们一定要把你和那些信仰你的人赶出我们的城市，除非你们返回我们的宗教。”他说：“即使我憎恶它，（也要返回它吗）？”

88. The chieftains of those who were arrogant among his people said: "We shall certainly drive you out, O Shuaib, and those who believe with you from our township, or else you shall return to our religion." He said: "Even if we were unwilling."

﴿۸۸﴾ قَالَ الْمَلَأُ الَّذِينَ اسْتَكْبَرُوا مِنْ قَوْمِهِ لَنُخْرِجَنَّكَ يَشْعِيبُ وَالَّذِينَ ءَامَنُوا مَعَكَ مِنْ قَرْيَتِنَا أَوْ لَتَعُودَنَّ فِي مِلَّتِنَا قَالَ أَوْلَوْ كُنَّا كَرِهِينَ ﴿۸۸﴾

89. 如果我们在他（安拉）把我们从它（邪教）那儿救出来之后，重回你们的宗教，我们就确实对安拉捏造谎言了。除非安拉愿意如此，我们决不可能重回（你们的宗教）。我们的主的知识包罗万有。我们信赖安拉。我们的主啊！求你在我们与我们的族人之间判断，因为你是最善于作决断的。”

89. "Indeed, we should have invented against Allah a lie if we returned to your religion after when Allah has rescued us from it. And it is not for us that we return to it, except that Allah, our Lord, should so will. Our Lord comprehends all things in knowledge. Upon Allah do we put our trust. Our Lord, judge between us and our people in truth. And You are the best of those who give judgment."

﴿۸۹﴾ قَدْ افْتَرَيْنَا عَلَى اللَّهِ كَذِبًا إِنْ عُدْنَا فِي مِلَّتِكُمْ بَعْدَ إِذْ نَجَّلَنَا اللَّهُ مِنْهَا وَمَا يَكُونُ لَنَا أَنْ نَعُودَ فِيهَا إِلَّا أَنْ يَشَاءَ اللَّهُ رَبُّنَا وَسِعَ رَبُّنَا كُلَّ شَيْءٍ عِلْمًا عَلَى اللَّهِ تَوَكَّلْنَا رَبَّنَا افْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ خَيْرُ الْفَاتِحِينَ ﴿۸۹﴾

90. 他的族人当中不信者的首领们说：“如果你们追随舒爱

90. And the chieftains of those who disbelieved among his people said: "If you

﴿۹۰﴾ وَقَالَ الْمَلَأُ الَّذِينَ كَفَرُوا مِنْ

伯，你们就一定是失败的。”

follow Shuaib, indeed you shall then be the losers.”

قَوْمِهِ لَئِنِ اتَّبَعْتُمْ شُعَيْبًا  
إِنَّكُمْ إِذَا لَخَسِرُونَ ﴿١٠﴾

91. 于是，地震突袭了他们，清晨他们被发现僵卧在他们的家中。

91. Then the earthquake seized them, so they lay prostrate (dead) in their dwelling places.

فَأَخَذَتْهُمُ الرَّجْفَةُ فَأَصْبَحُوا  
فِي دَارِهِمْ جَثْمِينَ ﴿١١﴾

92. 不信舒爱伯的人变得好象从不曾在其中住过似的，那些不信舒爱伯的人才是失败的人。

92. Those who denied Shuaib became as if they had never dwelt therein. Those who denied Shuaib, it was they who were the losers.

الَّذِينَ كَذَّبُوا شُعَيْبًا كَأَن لَّمْ  
يَغْنَوْا فِيهَا الَّذِينَ كَذَّبُوا  
شُعَيْبًا كَانُوا هُمُ  
الْخَاسِرِينَ ﴿١٢﴾

93. 于是舒爱伯离开了他们，说道：“我的族人啊！我已对你们传达了我的主的消息（使命），我也给了你们忠告。那么，我将如何哀悼这一群不信（真理）的人呢？”

93. Then he (Shuaib) turned away from them and said: “O my people, indeed I have conveyed to you the message of my Lord, and I have given you good advice. Then how could I grieve for a people who disbelieved.”

فَتَوَلَّى عَنْهُمْ وَقَالَ يَاقَوْمِ  
لَقَدْ أَبْلَغْتُكُمْ رِسَالَاتِ رَبِّي  
وَنَصَحْتُ لَكُمْ فَكَيْفَ  
ءَأْسَىٰ عَلَىٰ قَوْمٍ كَافِرِينَ ﴿١٣﴾

94. 每逢我派遣先知到任何城镇，我总要使它的人民蒙受贫穷和困苦，以便他们能够谦卑。

94. And We did not send unto a township any prophet, except that We seized its people with tribulation and adversity, that they may humble themselves.

وَمَا أَرْسَلْنَا فِي قَرْيَةٍ مِّن نَّبِيٍّ  
إِلَّا أَخَذْنَا أَهْلَهَا بِالْبَأْسَاءِ  
وَالضَّرَّاءِ لَعَلَّهُمْ  
يَضَّرَّعُونَ ﴿١٤﴾

95. 然后我变恶(艰难困苦)为善(安逸),直到他们富裕。他们说:“我们的祖先的确受过了痛苦和欢乐。”当他们还没有发现时,我惩罚了他们。

95. Then We changed in place of the evil plight, the good, until they grew affluent and they said: "Indeed, our fathers were touched by suffering and affluence." Then We seized them suddenly while they did not perceive.

ثُمَّ بَدَّلْنَا مَكَانَ السَّيِّئَةِ  
الْحَسَنَةَ حَتَّىٰ عَفَوْا وَقَالُوا  
قَدْ مَسَّ ءَابَاءَنَا الضَّرَّاءُ  
وَالسَّرَّاءُ فَأَخَذْنَهُمْ بَغْتَةً  
وَهُمْ لَا يَشْعُرُونَ ﴿١٥﴾

96. 如果各城镇的人已经信仰,并敬畏安拉,我一定舍为他们从天上和地上开放(各种各样的)福祉。但是他们不信(使者),所以我就因他们所做过的(罪行)而惩罚他们。

96. And if only the people of the townships had believed and feared (Allah). Certainly, We would have opened for them blessings from the heaven and the earth. But they denied (the messengers). So We seized them for what they used to earn.

وَلَوْ أَنَّ أَهْلَ الْقُرَىٰ ءَامَنُوا  
وَاتَّقَوْا لَفَتَحْنَا عَلَيْهِم  
بَرَكَاتٍ مِّنَ السَّمَاءِ وَالْأَرْضِ  
وَلَٰكِن كَذَّبُوا فَأَخَذْنَهُمْ  
بِمَا كَانُوا يَكْسِبُونَ ﴿١٦﴾

97. 那么,这些城镇中的人民不怕在他们熟睡时我降给他们的怒恼(惩罚)么?

97. Then, did the people of the townships feel secure from coming to them of Our punishment by night while they were asleep.

أَفَأَمِنَ أَهْلُ الْقُرَىٰ أَن  
يَأْتِيَهُمْ بَأْسُنَا بَيِّنًا وَهُمْ  
نَائِمُونَ ﴿١٧﴾

98. 或是不怕在白天当他们玩耍之际我的惩罚(突然)降临吗?

98. Or, did the people of the townships feel secure from coming to them of Our punishment in the daytime while they were at play.

أَوْ أَمِنَ أَهْلُ الْقُرَىٰ أَن  
يَأْتِيَهُمْ بَأْسُنَا ضُحًى وَهُمْ  
يَلْعَبُونَ ﴿١٨﴾

99. 他们不怕安拉的计划么?除了(注定)失败的人之外,没有人不怕安拉的计划。

99. Then, did they feel secure against the plan of Allah. So none feels secure from the plan of Allah, except the people who are the losers.

أَفَأَمِنُوا مَكْرَ اللَّهِ ۚ فَلَا يَأْمَنُ مَكْرَ اللَّهِ إِلَّا الْقَوْمُ الْخَاسِرُونَ ﴿١١﴾

100. 对于那些在前人之后继承大地的人,这难道不是一项指导的教训吗?如果我愿意的话,我会由于他们的罪恶而惩罚他们和封闭他们的心,使他们不能听见。

100. Is it not a guiding (lesson) to those who inherit the earth after its (previous) possessors, that if We so willed, We could have afflicted them for their sins. And We seal over their hearts so they do not hear.

أَوَلَمْ يَهْدِ لِلَّذِينَ يَرِثُونَ الْأَرْضَ مِنْ بَعْدِ أَهْلِهَا أَنْ لَوْ نَشَاءُ أَصْبَنَهُمْ بِذُنُوبِهِمْ ۚ وَنَطْبَعُ عَلَى قُلُوبِهِمْ فَهُمْ لَا يَسْمَعُونَ ﴿١٢﴾

101. 这就是那些城市。我把它的一些故事叙述给你(穆圣)。使者们确曾带了明白的证据到达他们,但是因为他们以前曾经不信过,所以他们不会信。因此,安拉封闭了不信者的心。

101. Such were the townships, We relate unto you (O Muhammad) some stories of them. And indeed, there came to them their messengers with clear proofs, but they were not such as to believe in that which they had rejected before. Thus does Allah seal over the hearts of the disbelievers.

تِلْكَ الْقُرَىٰ نَقِصُ عَلَيْكَ مِنْ أَنْبَاءِهَا ۚ وَلَقَدْ جَاءَتْهُمْ رُسُلُهُم بِالْبَيِّنَاتِ فَمَا كَانُوا لِيُؤْمِنُوا بِمَا كَذَّبُوا مِنْ قَبْلُ ۚ كَذَلِكَ يَطْبَعُ اللَّهُ عَلَى قُلُوبِ الْكَافِرِينَ ﴿١٣﴾

102. 我未曾发现他们大多数的人是忠于他们的誓约的。但是我却发现他们大多数是犯罪的人。

102. And We did not find most of them (true) to (their) covenant. And indeed, We found most of

وَمَا وَجَدْنَا لِأَكْثَرِهِمْ مِنْ عَهْدٍ ۗ وَإِنْ وَجَدْنَا أَكْثَرَهُمْ لَفَاسِقِينَ ﴿١٤﴾

them transgressors.

103. 然后，我在他们之后派遣了姆撒（摩西），携带我的迹象到法老和他们的酋长们当中去，但是他们拒绝了它们。看吧，那些为非作歹的人结果如何！

103. Then after them, We sent Moses with our signs to Pharaoh and his chiefs, but they dealt unjustly with them (Our signs). So see how was the consequence of those who did corruption.

ثُمَّ بَعَثْنَا مِنْ بَعْدِهِمْ مُوسَىٰ بِآيَاتِنَا إِلَىٰ فِرْعَوْنَ وَمَلَئِهِ فَظَلَمُوا بِهَا ۗ فَانظُرْ كَيْفَ كَانَتْ عَاقِبَةُ الْمُفْسِدِينَ



104. 姆撒说：“法老啊！我是众世界的主的一位使者，

104. And Moses said: “O Pharaoh, indeed I am a messenger from the Lord of the worlds.”

وَقَالَ مُوسَىٰ يَا فِرْعَوْنُ إِنِّي رَسُولٌ مِّن رَّبِّ الْعَالَمِينَ



105. 是一位不说其它，只说安拉的真理的人。我带了你们的主的明白的证据来到你们。所以，让以色列的子孙们跟我一齐走（离开）。”

105. “It is (only) right for (me) that I do not speak about Allah except the truth. Indeed, I have come to you with a clear proof from your Lord. So let the Children of Israel go with me.”

حَقِيقٌ عَلَىٰ أَن لَّا أَقُولَ عَلَىٰ اللَّهِ إِلَّا الْحَقَّ ۚ قَدْ جِئْتُكُمْ بِبَيِّنَةٍ مِّن رَّبِّكُمْ فَأَرْسِلْ مَعِيَ بَنِي إِسْرَائِيلَ



106. 他（法老）说：“如果你的确携带了迹象到来，把它显示出来，如果你是诚实的人。”

106. He (Pharaoh) said: “If you have come with a sign, then bring it forth, if you should be of the truthful.”

قَالَ إِن كُنتَ جِئْتَ بِآيَةٍ فَآتِ بِهَا إِن كُنتَ مِنَ الصَّادِقِينَ



107. 那时他（姆撒）掷出了他的手杖，（罗！）它就明显地是

107. So he (Moses) flung down his staff, then behold, it was a serpent manifest.

فَأَلْقَىٰ عَصَاهُ فَإِذَا هِيَ ثُعْبَانٌ مُّبِينٌ



一条大蛇(它就突然变成一条大蛇)。

108. 他又伸出他的手, 看啦! 那手在所有的观众(看来)就是光亮洁白的。

109. 法老族人中的领袖们说: “这人确实是一个老练的术士。”

110. “他企图把你们从你们的土地上赶走, 那么你的计划是什么呢?”

111. 他们说: “(暂且)把他和他的兄弟搁置一时(暂不理睬), 并派招募官到各城市的人民中去,

112. “把(我们)所有的老练术士都带到你的跟前。”

113. (于是), 术士们来到法老那里, 他们说: “如果我们胜利了, 我们当然会有赏赐。”

114. 他说: “是啊! 你们一定会成为(我的)

108. And he drew forth his hand (from his bosom), then behold, it was white for the beholders.

109. The chiefs of Pharaoh's people said: “Indeed, this is a sorcerer well versed.”

110. “He intends that he drives you out from your land. So what do you instruct.”

111. They said (to Pharaoh): “Put him off (a while), and his brother, and send into the cities gatherers.”

112. “Who will bring you all well versed sorcerers.”

113. And the sorcerers came to Pharaoh. They said: “Indeed for us is a reward if we are the victors.”

114. He (Pharaoh) said: “Yes, and surely

وَنَزَعَ يَدَهُ فَإِذَا هِيَ بَيْضَاءُ  
لِلنَّظِيرِينَ ﴿١٠٨﴾

قَالَ الْمَلَأُ مِنْ قَوْمِ فِرْعَوْنَ  
إِنَّ هَذَا لَسَاحِرٌ عَلِيمٌ  
﴿١٠٩﴾

يُرِيدُ أَنْ يُخْرِجَكُمْ مِنْ  
أَرْضِكُمْ فَمَاذَا تَأْمُرُونَ ﴿١١٠﴾

قَالُوا أَرْجِهْ وَأَخَاهُ وَأَرْسِلْ فِي  
الْمَدَائِنِ حَاشِرِينَ ﴿١١١﴾

يَأْتُوكَ بِكُلِّ سَاحِرٍ عَلِيمٍ  
﴿١١٢﴾

وَجَاءَ السَّحَرَةُ فِرْعَوْنَ  
قَالُوا إِنَّ لَنَا لَأَجْرًا إِنْ  
كُنَّا نَحْنُ الْغَالِبِينَ ﴿١١٣﴾

قَالَ نَعَمْ وَإِنَّكُمْ لَمِنْ

亲信。”

you shall be among those nearest (to me).”

الْمُقْرَبِينَ ﴿١١٤﴾

115. 他们说：“姆撒啊！你（先）扔呢？还是我们先扔呢？”

115. They said: “O Moses, either that you throw (first) or that shall we be the (first) throwers.”

قَالُوا يَمُوسَىٰ إِمَّا أَنْ تُلْقِيَ وَإِمَّا أَنْ نَكُونَ نَحْنُ الْمُلْقِينَ ﴿١١٥﴾

116. 姆撒说：“你们先扔。”当他们扔出时，他们障了众人的眼，并把恐惧投入他们（心中）。因为他们显示了一项伟大的魔术。

116. He (Moses) said: “Throw.” So when they threw, they bewitched the eyes of the people, and struck terror into them, and they produced a great magic.

قَالَ أَلْقُوا ۗ فَلَمَّا أَلْقَوْا سَحَرُوا أَعْيُنَ النَّاسِ وَاسْتَرْهَبُوهُمْ وَجَاءُوا بِسِحْرٍ عَظِيمٍ ﴿١١٦﴾

117. 我启示姆撒道：“扔出你的手杖。”那时，（哪！）它吞没了他们所幻化的（蛇）。

117. And We inspired to Moses (saying) that: “Throw your staff.” So behold, it swallowed up what they were falsifying.

﴿١١٧﴾ وَأَوْحَيْنَا إِلَىٰ مُوسَىٰ أَنْ أَلْقِ عَصَاكَ ۗ فَإِذَا هِيَ تَلْقَفُ مَا يَأْفِكُونَ ﴿١١٧﴾

118. 因此，真理已被确定了，他们所作的一切都属于无效。

118. So the truth was established, and was made vain that which they were doing.

فَوَقَعَ الْحَقُّ وَبَطَلَ مَا كَانُوا يَعْمَلُونَ ﴿١١٨﴾

119. 因此，他们被击败了，他们谦卑地屈服了，

119. So they were defeated there and then, and they were returned disgraced.

فَغَلِبُوا هُنَالِكَ وَانْقَلَبُوا صَاغِرِينَ ﴿١١٩﴾

120. 那些术士们倒身下拜。

120. And the sorcerers fell down prostrate.

وَأَلْقَى السَّحَرَةُ سَجْدِينَ ﴿١٢٠﴾



121. 他们喊道：“我们信仰众世界的主，

121. They said: “We believe in the Lord of the worlds.”

قَالُوا ءَامَنَّا بِرَبِّ الْعَالَمِينَ



122. “姆撒和哈仑的主。”

122. “The Lord of Moses and Aaron.”

رَبِّ مُوسَىٰ وَهَارُونَ

123. 法老说：“在我准许你们以前，你们就信仰他了吗？这一定是你们预先计划好的一项把城中的人民赶走的诡计。你们不久就会知道(后果)。

123. Pharaoh said: “You have believed in Him before that I give you permission. Surely, this is the plot that you have contrived in the city, that you may drive out therefrom its people. But soon you shall know.”

قَالَ فِرْعَوْنُ ءَامَنْتُمْ بِهِ قَبْلَ أَنْ ءَاذَنَ لَكُمْ ۗ إِنَّ هَذَا لَمَكْرٌ مَّكْرْتُمُوهُ فِي الْمَدِينَةِ لِتُخْرِجُوا مِنْهَا أَهْلَهَا ۗ فَسَوْفَ تَعْلَمُونَ

124. “我一定要斩掉你们相对的手和脚。我并将把你们全都钉死在十字架上。”

124. “Surely, I shall have your hands and your feet cut off on opposite sides. Then I shall crucify you all.”

لَأَقْطَعَنَّ أَيْدِيَكُمْ وَأَرْجُلَكُمْ مِّنْ خِلْفٍ ۖ ثُمَّ لَأُصَلِّبَنَّكُمْ أَجْمَعِينَ

125. 他们说：“对我们(来说)，我们就要回到我们的主了。”

125. They said: “We shall surely return to our Lord.”

قَالُوا إِنَّا إِلَىٰ رَبِّنَا مُنْقَلِبُونَ



126. 你只是因为当我们的主的迹象到达我们时，我们信仰了它们而报复我们吗？我们的主啊！求你赐给我们坚忍吧，并使我们作为穆斯林(顺从你的意旨)而死吧”

126. “And you do not take vengeance on us except that we have believed in the signs of our Lord when they came to us. Our Lord, shower upon us perseverance and cause us to die as those who

وَمَا تَنْقِمُ مِنَّا إِلَّا أَنْ ءَامَنَّا بِبَيِّنَاتٍ مِّنَ رَبِّنَا لَمَّا جَاءَتْنَا ۗ رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

have submitted (to You).”

127. 法老的人民的首脑们说：“你能让姆撒和他的族人在陆地上为非作歹，并废弃你和你的神祇们吗？”他说：“我将杀死他们的男孩，只让他们的妇女活着，我们对他们有权。”

127. And the chiefs of Pharaoh's people said: "Will you leave Moses and his people to cause corruption in the land, and to abandon you and your gods." He said: "We will kill their sons, and let live their women. And indeed we are in power over them."

وَقَالَ الْمَلَأُ مِنْ قَوْمِ فِرْعَوْنَ  
أَتَذُرُ مُوسَى وَقَوْمَهُ  
لِيُفْسِدُوا فِي الْأَرْضِ وَيَذَرَكَ  
وَأَهْلِكَ ۗ قَالَ سَنَقْتِلُهُمْ  
أَبْنَاءَهُمْ وَنَسْتَحْيِي نِسَاءَهُمْ  
وَإِنَّا فَوْقَهُمْ قَاهِرُونَ ﴿١٢٧﴾

128. 姆撒对他的族人说：“你们要祈求安拉的相助，在坚忍中（等待），因为大地是安拉的，他随他的欢喜（以它）作为（世袭的）遗产赐给他的仆人。正直的人的结果是最好的。”

128. Moses said to his people: "Seek help in Allah and be patient. Indeed, the earth is Allah's, He gives it as a heritage to whom He wills of His slaves. And the (blessed) end is for those who fear (Allah)."

قَالَ مُوسَى لِقَوْمِهِ اسْتَعِينُوا  
بِاللَّهِ وَأَصْبِرُوا ۗ إِنَّ  
الْأَرْضَ لِلَّهِ يُورِثُهَا مَنْ يَشَاءُ  
مِنَ عِبَادِهِ ۗ وَالْعَاقِبَةُ  
لِلْمُتَّقِينَ ﴿١٢٨﴾

129. 他们说：“在你来到我们以前和自你来到我们之后，我们受尽了艰难困苦。”他说：“那也许是你主将要毁灭你们的敌人，并让你们成为地上的代位者，以便他（主）能观察你们的行为如何。”

129. They (Children of Israel) said: "We suffered harm before that you came to us, and after when you have come to us." He said: "It may be that your Lord will destroy your enemy and make you successors on the earth, so He may see

قَالُوا أُوذِينَا مِنْ قَبْلِ أَنْ  
تَأْتِيَنَا وَمِنْ بَعْدِ مَا جِئْتَنَا ۗ  
قَالَ عَسَىٰ رَبُّكُمْ أَنْ يُهْلِكَ  
عَدُوَّكُمْ وَيَسْتَخْلِفَكُمْ  
فِي الْأَرْضِ فَيَنْظُرَ كَيْفَ

how you act.”

تَعْمَلُونَ ﴿١٢٩﴾

130. 我以多年的干旱和歉收来惩罚法老的人民，以便他们能够留意。

130. And indeed, We seized Pharaoh's people with years (of droughts) and shortness of fruits, that they might receive admonition.

وَلَقَدْ أَخَذْنَا آلَ فِرْعَوْنَ بِالسِّنِينَ وَنَقْصِ مِّنَ الثَّمَرَاتِ لَعَلَّهُمْ يَذَّكَّرُونَ ﴿١٣٠﴾

131. 但是当幸福降临时，他们就说：“这是我们应得的。”当他们遭到不幸(灾难)时；它们就把它诿罪于姆撒和那些跟他一道的人(说他们不祥)。其实他们的凶兆只在安拉那里。不过他们大多数不知道。

131. So whenever prosperity came to them, they said: "This is ours." and if a calamity afflicted them, they attributed it to evil omens of Moses and those with him. Behold, their evil omens are only with Allah, but most of them do not know.

فَإِذَا جَاءَتْهُمْ الْحَسَنَةُ قَالُوا لَنَا هَذِهِ ۗ وَإِن تُصِيبِهِمْ سَيِّئَةٌ يَطَّيَّرُوا بِمُوسَىٰ وَمَنْ مَّعَهُ ۗ أَلَا إِنَّمَا طَّيَّرَهُمْ عِنْدَ اللَّهِ وَلَكِنَّ أَكْثَرَهُمْ لَا يَعْلَمُونَ ﴿١٣١﴾

132. 他们(对姆撒)说：“无论你显示什么迹象来迷惑我们，我们都不会信你。”

132. And they said: "whatever of a sign you may bring to us, to work your sorcery on us therewith, we shall not believe in you."

وَقَالُوا مَهْمَا تَأْتِنَا بِهِ مِنْ آيَةٍ لِّتَسْحَرَنَا بِهَا فَمَا نَحْنُ لَكَ بِمُؤْمِنِينَ ﴿١٣٢﴾

133. 因此我对他们降下了洪水，蝗虫、虱子、蛙和血一连串明白的迹象。但是他们持续高傲，而成为有罪的人。

133. Then We sent on them the flood, and the locusts, and the lice, and the frogs, and the blood, as manifest signs. Yet they remained arrogant, and they

فَأَرْسَلْنَا عَلَيْهِمُ الطُّوفَانَ وَالْجَرَادَ وَالْقُمَّلَ وَالضَّفَادِعَ وَالْدَّمَ ۗ آيَاتٍ مُّفَصَّلَاتٍ فَاسْتَكْبَرُوا وَكَانُوا قَوْمًا

were a criminal people.

مُجْرِمِينَ ﴿١١٣﴾

134. 每当惩罚降临到他们时，他们说：

“姆撒啊！请你凭他（主）对你的诺言，为我们求你的主：如果你能免除我们的惩罚，我们就一定信仰你，并让以色列的子孙和你一同离去。”

134. And when the punishment fell on them, they said: “O Moses, pray for us unto your Lord, because He has a covenant with you. If you will remove from us the punishment, we shall indeed believe in you, and we will let the Children of Israel go with you.”

وَلَمَّا وَقَعَ عَلَيْهِمُ الرِّجْزُ  
قَالُوا يَا مُوسَى ادْعُ لَنَا رَبَّكَ  
بِمَا عَاهَدَ عِنْدَكَ لِيُنْزِلَ  
كَشْفَتَ عَنَّا الرِّجْزَ لِنُؤْمِنَ  
لَكَ وَلِنُرْسِلَنَّ مَعَكَ بَنِي  
إِسْرَائِيلَ ﴿١١٤﴾

135. 但是，每当我为他们免除了他们必需完成的一段期限的惩罚时，（瞧吧！）他们就要食言背信了。

135. Then when We removed from them the punishment for a fixed term which they had to reach, behold, they broke their covenant.

فَلَمَّا كَشَفْنَا عَنْهُمْ الرِّجْزَ  
إِلَى أَجَلٍ هُمْ بَلِغُوهُ إِذَا هُمْ  
يَنْكُثُونَ ﴿١١٥﴾

136. 所以我对他们厉行还报，把他们淹死在海中。因为他们不信我的启示，和不注意它们。

136. Then We took retribution from them. So We drowned them in the sea, because they denied Our revelations and were heedless of them.

فَأَنْتَقَمْنَا مِنْهُمْ فَأَغْرَقْنَاهُمْ  
فِي الْيَمِّ بِأَنَّهُمْ كَذَّبُوا بِآيَاتِنَا  
وَكَانُوا عَنْهَا غَافِلِينَ ﴿١١٦﴾

137. 我教一群被认为卑弱的（被贬低的）人成为东西两方的土地的继承人，那是我曾经赐福的地方。真宰对以色列子孙的美好

137. And We made to inherit the people who were oppressed, the eastern parts of the land and the western parts thereof, that (land) whereon We put

وَأَوْرَثْنَا الْقَوْمَ الَّذِينَ  
كَانُوا يُسْتَضْعَفُونَ  
مَشْرِقَ الْأَرْضِ وَمَغْرِبَهَا

诺言已履行了，因为他们有耐心和坚持。我把法老和他的人民所兴建的全都消灭了。

our blessing. And the good word of your Lord was fulfilled for the Children of Israel, for they had endured with patience. And We destroyed all that Pharaoh and his people had built, and that which they had erected.

الَّتِي بَرَكْنَا فِيهَا وَتَمَّتْ  
كَلِمَتُ رَبِّكَ الْحُسْنَىٰ عَلَىٰ  
بَنِي إِسْرَائِيلَ بِمَا صَبَرُوا  
وَدَمَّرْنَا مَا كَانَ يَصْنَعُ  
فِرْعَوْنُ وَقَوْمُهُ وَمَا  
كَانُوا يَعْرِشُونَ ﴿١٣٧﴾

138. 我使以色列的子孙们渡过了(红)海，他们到达一群崇奉偶像的人。他们说：

“姆撒啊！请你替我们造一个象他们拥有的神祇一样的神。”他说：“你们是无知的人。”

138. And We brought the Children of Israel across the sea, then they came upon a people devoted to idols of theirs (in worship). They said: “O Moses, make for us a god same as they have gods.” He said: “You are indeed an ignorant people.”

وَجَوَزْنَا بِبَنِي إِسْرَائِيلَ  
الْبَحْرَ فَأَتَوْا عَلَىٰ قَوْمٍ  
يَعْكُفُونَ عَلَىٰ أَصْنَامٍ لَهُمْ  
قَالُوا يَا مُوسَىٰ اجْعَلْ لَنَا  
إِلَهًا كَمَا لَهُمْ آلِهَةٌ قَالَ  
إِنَّكُمْ قَوْمٌ تَجْهَلُونَ ﴿١٣٨﴾

139. 这些人，他们所追随的将被毁灭，他们所做的也将成空。

139. “Indeed, these people will be destroyed for that which they are engaged in. And vain is that which (idols worship) they are doing.”

إِنَّ هَٰؤُلَاءِ مُتَّبِعُونَ مَا هُم فِيهِ  
وَيَبْطِلُونَ مَا كَانُوا يَعْمَلُونَ ﴿١٣٩﴾

140. 他说：“(什么!)我应当为你们在安拉之外另找出一位神吗？而他却使你们优于一切的人！”

140. He said: “Is it other than Allah I should seek for you as a god. And He has favored you above

قَالَ أَغَيْرَ اللَّهِ أَبْغِيكُمْ  
إِلَهًا وَهُوَ فَضَّلَكُمْ عَلَىٰ

the nations.”

الْعَلَمِينَ ﴿١٤٠﴾

141. (安拉说道) “那时，我把你们从法老的人民中拯救出来，他们使你们蒙受严重的痛苦，他们杀死你们的男孩，而让你们的妇女活着。那是来自你们的主的一项重大的考验。”

141. And (remember) when We saved you from Pharaoh's people, who were afflicting you with dreadful torment, slaughtering your sons, and letting your women live. And in that was a tremendous trial from your Lord.

وَإِذْ أَنْجَيْنَاكَ مِنْ آلِ فِرْعَوْنَ يَسُومُونَكَ سُوءَ الْعَذَابِ يُقْتُلُونَ أَبْنَاءَكُمْ وَيَسْتَحْيُونَ نِسَاءَكُمْ وَفِي ذَلِكَ بَلَاءٌ مِّن رَّبِّكُمْ عَظِيمٌ ﴿١٤١﴾

142. 我指定姆撒（独处）三十夜，并（外加）十夜（来完成这期限）。他完成了他的主所指定的四十夜的期限。姆撒（在他登山之前）命令他的兄弟哈仑（亚伦）道：“在我的族人中代理我，行正道，不要跟随那些为非作歹的人的道。”

142. And We appointed for Moses thirty nights, and added to them ten. So he completed the term appointed by his Lord of forty nights. And Moses said to his brother Aaron: “Take my place among my people, and act righteously, and do not follow the path of those who create corruption.”

﴿١٤٢﴾ وَوَعَدْنَا مُوسَىٰ ثَلَاثِينَ لَيْلَةً وَأَتَمَّمْنَا بِعَشْرِ فِتْمٍ مِّقَاتُ رَبِّهِ أَرْبَعِينَ لَيْلَةً وَقَالَ مُوسَىٰ لِأَخِيهِ هَارُونَ أَخْلُفْنِي فِي قَوْمِي وَأَصْلِحْ وَلَا تَتَّبِعْ سَبِيلَ الْمُفْسِدِينَ ﴿١٤٢﴾

143. 当姆撒到达我指定的地点时，他的主对他说话。他说：“我的主啊！求你显示（出你自己）给，以便我能瞻仰你。我安拉说：“你没有办法（直接）看到我的，不过，

143. And when Moses came to the place appointed by Us, and his Lord spoke to him, he said: “My Lord, show me, that I may look at You.” He said: “Never can you see Me, but look at the

وَلَمَّا جَاءَ مُوسَىٰ لِمِيقَاتِنَا وَكَلَّمَهُ رَبُّهُ قَالَ رَبِّ أَرِنِي وَلَٰكِنِ أَنْظِرْ إِلَيْكَ قَالَ لَنْ نَرِنِي وَلَٰكِنِ أَنْظِرْ إِلَى الْجَبَلِ فَإِنِ

看那座山吧。如果它仍旧矗立在原来地方，那么你就可以看到我。”当他的主在那山上显示出他的光辉时，他使它化作灰尘，而姆撒也晕倒在地上。当他神志复苏时，他说：“光荣归你，我向你忏悔，我是首先(真正)信仰的人。”

mountain, so if it remains firm in its place, then you shall see Me.” Then when his Lord manifested His glory to the mountain, He sent it crashing down, and Moses fell down unconscious. Then when he recovered his senses, he said: “Glory be to You, I turn to You in repentance, and I am the first of those who believe.”

أَسْتَقَرَّ مَكَانَهُ فَسَوْفَ  
تَرِنِي ۚ فَلَمَّا تَجَلَّى رَبُّهُ  
لِلْجَبَلِ جَعَلَهُ دَكًّا وَخَرَّ  
مُوسَىٰ صَعِقًا ۚ فَلَمَّا أَفَاقَ  
قَالَ سُبْحَانَكَ تُبْتُ  
إِلَيْكَ وَأَنَا أَوَّلُ الْمُؤْمِنِينَ



144. 他(安拉)说：“姆撒啊！我以我(给你的)使命和我(曾经对你说过)的话，选拔你在其他人之上，所以你要坚持我赐给你的(经典或恩典)，并成为知感的人。”

144. He said: “O Moses, indeed I have chosen you above mankind by My messages and by My speaking (to you). So hold that which I have given you, and be among those who give thanks.”

قَالَ يَمُوسَىٰ إِنِّي  
أَصْطَفَيْتُكَ عَلَى النَّاسِ  
بِرِسَالَتِي وَبِكَلِمِي فَخُذْ مَا  
ءَاتَيْتُكَ وَكُن مِّنَ  
الشَّاكِرِينَ



145. 我为他在(诫)板上制订了(各种事情的)诫律，那是一切事物的教诲和解释。(并说)：“你要牢牢地掌握它们，和命令你的族人坚守其(教训)中的最好

145. And We wrote for him, on the tablets, the lesson to be drawn from all things, and the explanation of all things. (We said): “Hold unto these with firmness, and command your people to hold on

وَكَتَبْنَا لَهُ فِي الْأَلْوَابِ مِن  
كُلِّ شَيْءٍ مَّوْعِظَةً  
وَتَفْصِيلًا لِّكُلِّ شَيْءٍ  
فَخُذْهَا بِقُوَّةٍ وَأْمُرْ قَوْمَكَ

的（部分），我不久就会显示给你们那些邪恶者的居所。”

to the best in it. I shall show you the abode of the disobedient.”

يَأْخُذُوا بِأَحْسَنِهَا سَأُورِيكُمْ  
دَارَ الْفَاسِقِينَ ﴿٤٥﴾

146. 我将使那些在地上行为高傲，藐视正义的人群避开我的启示，即使他们看见每一个迹象，他们也不会信仰它。如果他们看见公正之道，他们不会以它作（他们的）道；如果他们看见错误之道，他们却以它作为（他们的）道。这是因为他们不信我的启示，并且不注意它们。

146. I shall turn away from My signs those who behave arrogantly in the earth, without any right. And if they see each and every sign, they shall not believe therein. And if they see the way of righteousness, they will not adopt that way. And if they see the way of error, they will adopt that way. That is because they have denied Our revelations and were heedless from them.

سَأَصْرِفُ عَنْ آيَاتِيَ الَّذِينَ  
يَتَكَبَّرُونَ فِي الْأَرْضِ بِغَيْرِ  
الْحَقِّ وَإِنْ يَرَوْا كُلَّ آيَةٍ  
لَا يُؤْمِنُونَهَا وَإِنْ يَرَوْا  
سَبِيلَ الرُّشْدِ لَا يَتَّخِذُوهُ  
سَبِيلًا وَإِنْ يَرَوْا سَبِيلَ  
الْغِيِّ يَتَّخِذُوهُ سَبِيلًا ذَلِكَ  
بِأَنَّهُمْ كَذَّبُوا بِآيَاتِنَا  
وَكَانُوا عَنْهَا غَافِلِينَ ﴿٤٦﴾

147. 那些不信我的迹象和后世约会的人，他们的功行是徒劳无益的。他们除了所做过的（罪）之外，他们将一无所获（得不到任何回报）。

147. And those who denied Our revelations and the meeting of the Hereafter, vain are their deeds. Shall they be recompensed except what they used to do.

وَالَّذِينَ كَذَّبُوا بِآيَاتِنَا  
وَلِقَاءِ الْآخِرَةِ حَبِطَتْ  
أَعْمَلُهُمْ هَلْ تُجْزَوْنَ إِلَّا  
مَا كَانُوا يَعْمَلُونَ ﴿٤٧﴾

148. 姆撒的族人当他不在时，用他们的装饰品造了一个小牛的偶像（去崇拜）。它是发出一种牛鸣的声音

148. And the people of Moses made, after him (his absence), from their ornaments, a calf (for worship), an image

وَاتَّخَذَ قَوْمُ مُوسَى مِنْ  
بَعْدِهِ مِنْ حُلِيِّهِمْ عِجْلًا



的驱壳。他们难道看不出它既不能跟他们讲话，也不能指示他们(任何)道吗?他们以它为神(崇拜它)，他们是做罪的人。

having a lowing sound. Did they not see that it could neither speak to them nor guide them to the way. They took it (for worship) and they were wrong doers.

جَسَدًا لَهُدُ خَوَارُءٌ أَلَمْ يَرَوْا  
أَنَّهُ لَا يُكَلِّمُهُمْ وَلَا يَهْدِيهِمْ  
سَبِيلًا ۚ اتَّخَذُوهُ وَكَانُوا  
ظَالِمِينَ ﴿١٤٨﴾

149. 当他们忏悔并发觉他们错误时，他们说：“如果我们的主不对我们慈悯，并恕饶我们，我们一定会属于那些损失的人。”

149. And when they regretted the consequences thereof, and saw that they had indeed gone astray, they said: “If our Lord does not have mercy on us, and (does not) pardon us, we shall indeed be among the losers.”

وَلَمَّا سَقَطَ فِي أَيْدِيهِمْ  
وَرَأَوْا أَنَّهُمْ قَدْ ضَلُّوا قَالُوا  
لَئِن لَّمْ يَرْحَمْنَا رَبُّنَا وَيَغْفِرْ  
لَنَا لَنَكُونَنَّ مِنَ  
الْخَاسِرِينَ ﴿١٤٩﴾

150. 当姆撒愤怒而忧伤地回到他的族人时，他说：“你们在我离开你们时所做的事真是罪恶的。你们希望你们的主的宣判快点降临吗?”他扔下诫板，并抓着兄弟的头，把他拖到他的面前。他(哈仑)说：“我母亲的儿子啊!那些人欺我软弱，并且几乎杀了我。你不要(以我的不幸)使敌人称快，你也不要把我列入这群有罪的人

150. And when Moses returned to his people, angry (and) grieved, he said: “Evil is that which you have done in my place after me (my absence). Did you make haste to (bring on) the judgment of your Lord.” And he put down the tablets, and he seized his brother by the head, dragging him towards him. He (Aaron) said: “O son of my mother, indeed the people judged me weak and were about to kill

وَلَمَّا رَجَعَ مُوسَىٰ إِلَىٰ  
قَوْمِهِ غَضْبَانَ أَسِفًا قَالَ  
بِئْسَمَا خَلَفْتُمُونِي مِن  
بَعْدِي ۖ أَعْجَلْتُمُ أَمْرَ رَبِّكُمْ ۗ  
وَأَلْقَى الْأَلْوَاحَ وَأَخَذَ بِرَأْسِ  
أَخِيهِ تَجْرُوهَ ۖ إِلَيْهِ قَالَ ابْنَ أُمَّ  
إِنَّ الْقَوْمَ اسْتَضَعُّوُنِي  
وَكَادُوا يَقْتُلُونَنِي فَلَا تُشْمِتْ

当中。”

me. So make not the enemies rejoice over me, nor put me amongst the people who are wrong doers.”

بِ الْأَعْدَاءِ وَلَا تَجْعَلْنِي  
مَعَ الْقَوْمِ الظَّالِمِينَ ﴿١٥١﴾

151. 他（姆撒祈祷）道：“我的主啊！求你恕饶我和我的兄弟，并使我们进入你的慈悯当中，因为你是慈中至慈的。”

151. He (Moses) said: “O my Lord, forgive me and my brother, and make us enter into Your mercy. And you are the Most Merciful of those who show mercy.”

قَالَ رَبِّ اغْفِرْ لِي وَلِإِخِي  
وَأَدْخِلْنَا فِي رَحْمَتِكَ وَأَنْتَ  
أَرْحَمُ الرَّاحِمِينَ ﴿١٥١﴾

152. 那些拜牛犊的人，将遭受他们的主的怒恼，并在今世蒙羞。我就是这样还报那些捏造谎言的人。

152. Certainly, those who took the calf (for worship), wrath will come upon them from their Lord, and humiliation in the life of the world. And thus do We recompense those who fabricate lies.

إِنَّ الَّذِينَ اتَّخَذُوا الْعِجْلَ  
سَيَنَاهُمْ غَضَبٌ مِّن رَّبِّهِمْ  
وَذَلَّةٌ فِي الْحَيَاةِ الدُّنْيَا  
وَكَذَلِكَ نَجْزِي الْمُفْتَرِينَ ﴿١٥٢﴾

153. 不过，那些做错了事，在事后忏悔，并信仰的人，此后，安拉对他们确实是多恕的、至慈的。

153. And those who committed evil deeds, then repented after that and believed, verily, your Lord, after that, is indeed Oft Forgiving, Most Merciful.

وَالَّذِينَ عَمِلُوا السَّيِّئَاتِ ثُمَّ  
تَابُوا مِنْ بَعْدِهَا وَءَامَنُوا إِنَّ  
رَبَّكَ مِنْ بَعْدِهَا لَغَفُورٌ  
رَّحِيمٌ ﴿١٥٣﴾

154. 当姆撒的愤怒平息时，他拾起诫板。在那上面写着的是给

154. And when the anger of Moses subsided, he took up the tablets, and in

وَلَمَّا سَكَتَ عَن مُوسَى  
الْغَضَبُ أَخَذَ الْأَلْوَابِحَ وَفِي

那些敬畏他们的主的人的引导和慈悯。

their inscription was guidance and mercy for those who are fearful of their Lord.

نُسَخَّتْهَا هُدًى وَرَحْمَةً لِّلَّذِينَ هُمْ لِرَبِّهِمْ يَرْهَبُونَ ﴿١٥٤﴾

155. 姆撒选择了七十名他的族人到我约见的地方。当他们被剧烈的地震所侵袭时，他祈祷道：“我的主啊！如果你曾意欲的话，你可能在老早以前就已经毁灭了他们和我。你是否会由我们当中的无知的人所做的事而毁灭我们呢？这只不过是你在考验（我们）罢了。你以它使那些你所愿意的人迷误，和引导你所意欲的人进入正道。你是我们的保护者，求你宽恕我们，慈悯我们，因为你是恕中最恕的。”

155. And Moses chose from his people seventy men for an appointment with Us. So when they were seized with a violent earthquake, he said: “O My Lord, if it had been Your will, You could have destroyed them before, and me. Would You destroy us for the deeds of the foolish ones among us. It is nothing but Your trial. You lead astray by which, whom You will, and guide whom You will. You are our protector, so forgive us and have mercy on us. And You are the best of those who forgive.”

وَآخْتَارَ مُوسَىٰ قَوْمَهُ سَبْعِينَ رَجُلًا لِّمِيقَاتِنَا فَلَمَّا أَخَذَتْهُمُ الرَّجْفَةُ قَالَ رَبِّ لَوْ شِئْتَ أَهْلَكْتَهُم مِّن قَبْلُ وَإِيَّيَّ أَتُهْلِكُنَا بِمَا فَعَلَ السُّفَهَاءُ مِنَّا إِن هِيَ إِلَّا فِتْنَتُكَ تُضِلُّ بِهَا مَن تَشَاءُ وَتَهْدِي مَن تَشَاءُ أَنْتَ وَلِيْنَا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ الْغَافِرِينَ ﴿١٥٥﴾

156. “并求你为我们规定在今世和后世都是美满的，因为我们已归依了你。”他（主）说：“我以惩罚打击我所意欲的人，而我的慈悯却包罗万物。我将（特别）为那

156. And ordain for us good in this world, and in the Hereafter. Certainly, we have turned unto You. He said: “My punishment, I afflict therewith whom I will, and My mercy embraces all

• وَأَكْتُبُ لَنَا فِي هَذِهِ الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ إِنَّا هُدَّنَا إِلَيْكَ قَالَ عَذَابِي أُصِيبُ بِهِ مَن أَشَاءُ

些敬畏的、纳天课的  
和信仰我的迹象的人  
规定它(我的慈悯)。

things. So I shall  
ordain it for those  
who fear (Me), and  
give the poor due,  
and those, they who  
believe in Our  
revelations.”

وَرَحْمَتِي وَسِعَتْ كُلَّ شَيْءٍ  
فَسَأَكْتُبُهَا لِلَّذِينَ يَتَّقُونَ  
وَيُؤْتُونَ الزَّكَاةَ وَالَّذِينَ  
هُم بِآيَاتِنَا يُؤْمِنُونَ ﴿١٥٦﴾

157. 那些追随使者——  
那目不识丁的先知——  
的人。会在他们自己的  
诫律(妥拉), 和福音书  
(音机尔)中发现有关他  
(穆圣)的记述他将命令  
他们公正, 并禁止他们  
罪恶, 他使一切美好的  
(东西)对他们合法, 和  
禁止他们(使用)不洁净  
(东西); 他将释去他们  
的重担和他们的桎梏。  
所以, 哪些信仰他、尊  
崇他、协助他和追随与  
他一起下降的光亮的人,  
他们是成功的。

157. Those who follow  
the Messenger, the  
unlettered Prophet  
(Muhammad), he  
whom they find written  
with them in the Torah  
and the Gospel. He  
commands them that  
which is right, and  
forbids them from what  
is wrong. And he makes  
lawful for them the good  
things, and he prohibits  
for them the evil things,  
and he relieves from them  
their burden, and the  
shackles that are upon  
them. So those who  
believe in him, and  
honor him, and help  
him, and follow the light  
which is sent down with  
him, it is they who are  
the successful.

الَّذِينَ يَتَّبِعُونَ الرَّسُولَ  
النَّبِيَّ الْأُمِّيَّ الَّذِي  
يَجِدُونَهُ مَكْتُوبًا عِنْدَهُمْ فِي  
التَّورَةِ وَالْإِنْجِيلِ يَأْمُرُهُمْ  
بِالْمَعْرُوفِ وَيَنْهَاهُمْ عَنِ  
الْمُنْكَرِ وَحُجِّلَ لَهُمُ  
الطَّيِّبَاتِ وَمُحْرَمٌ عَلَيْهِمُ  
الْخَبِيثَاتِ وَيَضَعُ عَنْهُمْ  
إِصْرَهُمْ وَالْأَغْلَالَ الَّتِي كَانَتْ  
عَلَيْهِمْ ۗ فَالَّذِينَ ءَامَنُوا  
بِهِ وَعَزَّرُوهُ وَنَصَرُوهُ  
وَاتَّبَعُوا النُّورَ الَّذِي أُنزِلَ  
مَعَهُ ۗ أُولَٰئِكَ هُمُ  
الْمُفْلِحُونَ ﴿١٥٧﴾

158. 你说：“众人啊！我是被派遣给你们全体的安拉的使者。诸天和大地的主权都属于他。除他之外无神。他赋予生命和死亡。所以要信仰安拉和他的使者——那位不识字的先知，他信仰安拉和他（安拉）的话，你们要追随他（穆圣），以便你们能被引导。

158. Say (O Muhammad): “O mankind, indeed I am the Messenger of Allah to you all, Him to whom belongs the dominion of the heavens and the earth. There is no god but Him. He gives life and causes death. So believe in Allah, and His Messenger, the unlettered Prophet, who believes in Allah and His words, and follow him so that you may be guided.

قُلْ يَتَأْتِيهَا النَّاسُ إِنِّي  
رَسُولُ اللَّهِ إِلَيْكُمْ جَمِيعًا  
الَّذِي لَهُ مُلْكُ السَّمَوَاتِ  
وَالْأَرْضِ ۗ لَا إِلَهَ إِلَّا هُوَ  
يُحْيِي وَيُمِيتُ ۗ فَآمِنُوا  
بِاللَّهِ وَرَسُولِهِ النَّبِيِّ الْأُمِّيِّ  
الَّذِي يُؤْمِنُ بِاللَّهِ  
وَكَلِمَاتِهِ ۗ وَاتَّبِعُوهُ  
لَعَلَّكُمْ تَهْتَدُونَ ﴿١٥٨﴾

159. 在姆撒的族人中，有一部分人以真理引导（人们），并主持公道。

159. And among the people of Moses, is a community, who guide with truth and by it they establish justice.

وَمِنْ قَوْمِ مُوسَىٰ أُمَّةٍ  
يَهْدُونَ بِالْحَقِّ وَبِهِ  
يَعْدِلُونَ ﴿١٥٩﴾

160. 我把他们分成十二个部族，当他的族人向他要求水时，我启示姆撒道：“用你的手杖击那岩石。”从那里涌出了十二道泉水。每一部落都知道他们自己取水的地方。我使白云荫蔽他们并降给他们满纳（甘

160. And We divided them into twelve tribes (as distinct) nations. And We inspired to Moses, when his people asked him for water, (saying) that: “Strike with your stick the stone.” So there gushed forth out of it twelve springs. Each (group

وَقَطَعْنَاهُمْ اثْنَتَيْ عَشْرَةَ  
أَسْبَاطًا أُمَمًا ۗ وَأَوْحَيْنَا إِلَىٰ  
مُوسَىٰ إِذِ اسْتَسْقَاهُ قَوْمُهُ  
أَنْ أَضْرِبْ بِعَصَاكَ  
الْحَجَرَ ۗ فَانْبَجَسَتْ مِنْهُ  
اثْنَتَا عَشْرَةَ عَيْنًا ۗ قَدْ عَلِمَ

露)和鹌鹑，(并说:)"吃我供给你们的美品。"(但是他们背叛了)，他们没有伤害到我，但他们却伤害了他们自己。

of) people did indeed know their drinking place. And We shaded over them with the clouds, and We sent down for them the manna and the quails (saying): "Eat of the good things with which We have provided you. And they wronged Us not, but they used to wrong themselves.

كُلُّ أَنَسٍ مَّشَرْتَهُمْ  
وَوَضَّلْنَا عَلَيْهِمُ الْغَمَمَ  
وَأَنْزَلْنَا عَلَيْهِمُ الْمَنَّاءَ  
وَالسَّلْوَىٰ كُلُوا مِن  
طَيِّبَاتِ مَا رَزَقْنَاكُمْ وَمَا  
ظَلَمُونَا وَلَكِن كَانُوا  
أَنْفُسَهُمْ يَظْلِمُونَ ﴿٦١﴾

161. 那时他们被告诉道：“你们就住在这个城市里，并随心所欲地在这里吃吧。你们要说饶恕我们(或卸去我们的重担)，和(谦卑地)俯首进入那门，我就会恕饶你们的罪过，我也将增加那些为善者的(福份)。

161. And when it was said to them: "Dwell in this township and eat therefrom wherever you wish, and say repentance, and enter the gate prostrate. We shall forgive you your sins, We shall increase (reward) for those who do good."

وَإِذْ قِيلَ لَهُمْ اسْكُنُوا هَذِهِ  
الْقَرْيَةَ وَكُلُوا مِنْهَا حَيْثُ  
شِئْتُمْ وَقُولُوا حِطَّةٌ وَادْخُلُوا  
الْبَابَ سُجَّدًا نَّغْفِرْ لَكُمْ  
خَطِيئَتِكُمْ سَنَزِيدُ  
الْمُحْسِنِينَ ﴿٦٢﴾

162. 但是他们当中的犯罪者以其它的话改变了(我)已经赐给他们的话。所以，由于他们犯罪，我从天上降给他们瘟疫。

162. Then those who did wrong among them, changed the word to other (word), that which had been said to them. So We sent down upon them wrath from heaven for the wrong that they

فَبَدَّلَ الَّذِينَ ظَلَمُوا مِنْهُمْ  
قَوْلًا غَيْرَ الَّذِي قِيلَ لَهُمْ  
فَأَرْسَلْنَا عَلَيْهِمْ رِجْزًا مِّنَ  
السَّمَاءِ بِمَا كَانُوا

were doing.

يَظْلِمُونَ ﴿١١٢﴾

163. 你（穆圣）问问他们那滨海的城市，那时他们违犯了安息日的规定。因为在他们守安息那天，他们的鱼成群地游到他们面前，但是在他们不守安息日（而公开捕渔）的那天，它们没有来。我曾这样地对它们作了一次试验，因为他们已（热衷于）犯罪。

163. And ask them (O Muhammad) about the township that was by the sea, when they transgressed in (the matter of) the sabbath. When their fish came to them on their sabbath day openly, and the day they had no sabbath, they did not come to them. Thus, did We try them because they were disobedient.

وَسَأَلَهُمْ عَنِ الْقَرْيَةِ الَّتِي  
كَانَتْ حَاضِرَةَ الْبَحْرِ إِذْ  
يَعْدُونَ فِي السَّبْتِ إِذْ  
تَأْتِيهِمْ حِيَتَانُهُمْ يَوْمَ  
سَبْتِهِمْ شُرْعًا وَيَوْمَ لَا  
يَسْبِتُونَ<sup>١</sup> لَا تَأْتِيهِمْ<sup>٢</sup>  
كَذَلِكَ نَبْلُوهُمْ بِمَا كَانُوا  
يَفْسُقُونَ ﴿١١٣﴾

164. 那时，他们当中的一些人说：“你为什么要对那些安拉要毁灭的，或是要以可怕的刑罚惩罚的人们加以劝告呢？”他们（宣道者）说：“（我们）是为了免于受你们的主的谴责，或许他们能够敬畏他。”

164. And when a community among them said: “Why do you preach to a people whom Allah is about to destroy or punish them with a severe punishment.” They said: “To offer an excuse before your Lord, and perhaps they may fear (Allah).”

وَإِذْ قَالَتْ أُمَّةٌ مِّنْهُمْ لِمَ  
تَعِظُونَ قَوْمًا<sup>١</sup> اللَّهُ مُهْلِكُهُمْ  
أَوْ مُعَذِّبُهُمْ عَذَابًا شَدِيدًا<sup>٢</sup>  
قَالُوا مَعذِرَةٌ إِلَىٰ رَبِّكُمْ  
وَلَعَلَّهُمْ يَتَّقُونَ ﴿١١٤﴾

165. 当他们忘记那已降给他们的警告时，我救出那些禁人作恶的人，但是，我却以严刑处罚那些作恶的

165. Then, when they forgot what they had been reminded with, We rescued those who forbade from evil, and We seized

فَلَمَّا نَسُوا مَا ذُكِّرُوا بِهِ  
أَجْنِبْنَا الَّذِينَ يَنْهَوْنَ عَنِ  
السُّوْءِ وَأَخَذْنَا الَّذِينَ

人们。

those who did wrong with a severe punishment because they were disobedient.

ظَلَمُوا بِعَذَابٍ بَعْيسٍ بِمَا  
كَانُوا يَفْسُقُونَ ﴿١٦٥﴾

166. 当他们高傲地违背了他们所曾被禁止的事时，我对他们说道：“你们变成被轻视和被厌恶的猿猴。”

166. So when they were insolent about that which they had been forbidden from, We said to them: “Be you apes, despised.”

فَلَمَّا عَتَوْا عَنْ مَا نُهُوا عَنْهُ  
قُلْنَا لَهُمْ كُونُوا قِرَدَةً  
خَاسِيَةً ﴿١٦٦﴾

167. 那时你们的主宣布，他将对他们现出一批用酷刑折磨他们的人，直到复活日。你的主的确是报应神速的，（不过），他也的确是多恕的、至慈的。

167. And when your Lord proclaimed that He would certainly raise against them, till the Day of Resurrection, those who would afflict them with humiliating punishment. Surely, your Lord is indeed swift in retribution, and indeed He is Oft Forgiving, Most Merciful.

وَإِذْ تَأَذَّنَ رَبُّكَ لَيَبْعَثَنَّ  
عَلَيْهِمْ إِلَى يَوْمِ الْقِيَامَةِ  
مَنْ يَسُومُهُمْ سُوءَ  
الْعَذَابِ إِنَّ رَبَّكَ لَسَرِيعُ  
الْعِقَابِ وَإِنَّهُ لَغَفُورٌ  
رَحِيمٌ ﴿١٦٧﴾

168. 我曾使他们在大地四散分离，成为许多部族。他们当中一些是正直的，也有一些是远不如它的（即不义的），我会以种种祸福来考验他们，以便他们或许可以回头向善。

168. And We have divided them in the earth as nations. Among them some are righteous, and some among them are other than that. And We have tested them with good things and evil things that perhaps

وَقَطَّعْنَاهُمْ فِي الْأَرْضِ أُمَّمًا  
مِنْهُمْ الْأَصْلِحُونَ وَمِنْهُمْ  
دُونَ ذَلِكَ وَنَلَوْنَاهُمْ  
بِالْحَسَنَاتِ وَالسَّيِّئَاتِ  
لَعَلَّهُمْ يَرْجِعُونَ ﴿١٦٨﴾



they might return (to Our obedience).”

169. 在他们之后，继之以一个(罪恶的)一代，他们承受了天经。他们(为他们自己)攫取了今世的浮名虚利，并且说道：“我们将被恕饶。”如果(再有)类似的机会，他们一定还会攫取它(浮名虚利)。难道他们在经典上订立的约不曾叫他们除了真理之外，不要(随便)妄说安拉吗？他们已研究过经典的内容。对于敬畏的人，后世的家是更好的，你们不理解吗？

169. Then succeeded after them a generation, which inherited the book. They took the vanities of this lower life, and saying: “It will be forgiven for us.” And if there came to them an offer like it, they would (again) take it. Has not the covenant of the book been taken from them, that they would not speak about Allah but the truth. And they have studied that which is therein. And the abode of the Hereafter is better for those who fear (Allah). Do not you then understand.

فَخَلَفَ مِنْ بَعْدِهِمْ خَلْفٌ  
وَرِثُوا الْكِتَابَ يَأْخُذُونَ  
عَرَضَ هَذَا الْأَدْنَى  
وَيَقُولُونَ سَيُغْفَرُ لَنَا وَإِن  
يَأْتِيَهُمْ عَرَضٌ مِثْلَهُ يَأْخُذُوهُ  
أَلَمْ يُؤْخَذْ عَلَيْهِمْ مِيثَاقُ  
الْكِتَابِ أَن لَّا يَقُولُوا عَلَى  
اللَّهِ إِلَّا الْحَقَّ وَدَرَسُوا مَا فِيهِ  
وَالدَّارُ الْآخِرَةُ خَيْرٌ  
لِّلَّذِينَ يَتَّقُونَ أَفَلَا  
تَعْقِلُونَ ﴿١٦٩﴾

170. 至于那些坚持经典和谨守拜功的人，我决不淹没行善者的报酬。

170. And those who hold fast to the Book, and establish worship, certainly, We shall not waste the reward of those who do righteous deeds.

وَالَّذِينَ  
يُمَسِّكُونَ  
بِالْكِتَابِ وَأَقَامُوا الصَّلَاةَ إِنَّا  
لَا نُنْصِيعُ أَجْرَ الْمُصْلِحِينَ  
﴿١٧٠﴾

171. 当我们在他们的上面摇撼山岳时，它

171. And when We raised the mountain

﴿١٧١﴾ وَإِذْ نَتَقْنَا الْجَبَلَ فَوْقَهُمْ

好象一层(云的)天篷,他们以为它将落在他们的头上。我说:“抓紧了我已经赐给你们的(经典),并且要牢记其中的(教训),以便你们或可敬畏。”

above them, as if it had been a canopy, and they thought that it was about to fall on them (and We said): “Hold that which We have given you firmly, and remember that which is therein, so that you may fear (Allah).”

كَأَنَّهُ زُلَّةٌ وَظُنُونًا أَنَّهُ وَقَعَ  
بِهِمْ خُذُوا مَا آتَيْنَاكُمْ بِقُوَّةٍ  
وَأَذْكُرُوا مَا فِيهِ لَعَلَّكُمْ تَتَّقُونَ



172. 那时你的主从亚当的子孙、的腰部产生出他们的后代,并使他们为自己作证。我说:“我难道不是你们的主吗?”他们说:“的确,是的,我们作证!”(这是为了)免得你们在复活日说:“我们不清楚这个。”

172. And when your Lord brought forth from the Children of Adam, from their loins, their descendants, and made them testify as to themselves, (saying): “Am I not your Lord.” They said: “Yes, we do testify.” lest you should say on the Day of Resurrection: “Indeed, we were unaware of this.”

وَإِذْ أَخَذَ رَبُّكَ مِنْ بَنِي آدَمَ  
مِنْ ظُهُورِهِمْ ذُرِّيَّتَهُمْ  
وَأَشْهَدَهُمْ عَلَىٰ أَنفُسِهِمْ  
أَلَسْتُ بِرَبِّكُمْ ۗ قَالُوا بَلَىٰ  
شَهِدْنَا ۗ أَنْ تَقُولُوا يَوْمَ  
الْقِيَامَةِ إِنَّا كُنَّا عَنْ هَذَا  
غَافِلِينَ



173. 或可免得你们说:“那只是我们的祖先在从前曾为安拉添附过伙伴,而我们是他们的后代。你会因为那些作伪的人(信奉伪神的人)所做过的而毁灭我们吗?”

173. Or lest you should say: “It was only our fathers who ascribed partners (to Allah) before, and we were descendants after them. Would You then destroy us because of that which the unrighteous did.”

أَوْ تَقُولُوا إِنَّمَا أَشْرَكَ  
ءَابَاؤُنَا  
مِنْ قَبْلُ وَكُنَّا ذُرِّيَّةً مِّنْ  
بَعْدِهِمْ ۗ أَفَتُهْلِكُنَا بِمَا  
فَعَلَ  
الْمُبْطِلُونَ



174. 我这样详细地解

174. And thus do We

وَكَذَٰلِكَ نَفْصَلُ  
الْآيَاتِ

释我的启示，以便他们能够回头。

explain in details the revelations. And perhaps they may return.

وَلَعَلَّهُمْ يَرْجِعُونَ ﴿١٧٤﴾

175. 你对他们叙述我把我的迹象降给那人的故事，但是他唾弃了它(那迹象)，于是撒旦就克服了他，而他就(因此)走入了迷途。

175. And recite (O Muhammad) to them the story of him to whom We gave Our signs, then he turned away from them, so Satan followed him up, then he became of those who went astray.

وَأْتَلُ عَلَيْهِمْ نَبَأَ الَّذِي  
ءَاتَيْنَاهُ ءَايَاتِنَا فَآنَسَلَخَ مِنْهَا  
فَاتَّبَعَهُ الشَّيْطَانُ فَكَانَ مِنَ  
الْغَاوِينَ ﴿١٧٥﴾

176. 如果我曾经有意；我会以它们(迹象)提高他，但是他却倾向于大地(尘世)，并随着他自己的贪欲。他的比喻就是狗。假如你打它，它就伸出它的舌头，若是你不睬它，它(也)伸出它的舌头。那就是那些不信我的迹象的人的比喻。你就对他们叙述这故事，或许他们有所反省。

176. And if We had so willed, We would surely have raised him by those (signs), but he clung to the earth and followed his own vain desire. So his likeness is as the likeness of a dog. If you drive him away, he hangs out with his tongue, or you leave him, he hangs out his tongue. Such is the likeness of the people who deny Our revelations. So narrate the stories, that they may reflect.

وَلَوْ شِئْنَا لَرَفَعْنَاهُ بِهَا  
وَلَكِنَّهُ أَخْلَدَ إِلَى  
الْأَرْضِ وَاتَّبَعَ هَوَاهُ فَمَثَلُهُ  
كَمَثَلِ الْكَلْبِ إِنْ تَحْمِلَ  
عَلَيْهِ يَلْهَثُ أَوْ تَتْرَكَهُ  
يَلْهَثُ ذَٰلِكَ مَثَلُ الْقَوْمِ  
الَّذِينَ كَذَّبُوا بِءَايَاتِنَا  
فَاقْصُصِ الْقَصَصَ لَعَلَّهُمْ  
يَتَفَكَّرُونَ ﴿١٧٦﴾

177. 不信我的启示，并亏负他们自己的人，(他们)的比喻就是如此。

177. Evil as an example are the people who denied Our revelations, and

سَاءَ مَثَلًا الْقَوْمِ الَّذِينَ  
كَذَّبُوا بِءَايَاتِنَا وَأَنْفُسَهُمْ

used to wrong their own selves.

كَانُوا يَظْلِمُونَ ﴿١٧٧﴾

178. 安拉引导的人，他确是在正道上，而他使其迷误的人，他的确就是失败的人。

178. He whom Allah guides, then he is the rightly guided, and he whom He sends astray, so such are they who are the losers.

مَنْ يَهْدِ اللَّهُ فَهُوَ الْمُهْتَدِي ۗ  
وَمَنْ يَضِلَّ فَأُولَٰئِكَ هُمُ  
الْخَاسِرُونَ ﴿١٧٨﴾

179. 我已为地狱驱策了很多精灵和人类。他们有心不能理解，有眼不能视，有耳不能听，他们和畜牲一样。不，他们（比畜牲）更坏，他们是不留意的。

179. And certainly, We have created for Hell many of the jinn and mankind. They have hearts with which they do not understand, and they have eyes with which they do not see, and they have ears with which they do not hear. They are like the cattle. Rather, they are even more astray. Such are they who are the heedless.

وَلَقَدْ ذَرَأْنَا لِجَهَنَّمَ كَثِيرًا  
مِّنَ الْجِنِّ وَالْإِنسِ ۗ لَهُمْ  
قُلُوبٌ لَّا يَفْقَهُونَ بِهَا  
وَهُمْ أَعْيُنٌ لَّا يُبْصِرُونَ بِهَا  
وَهُمْ آذَانٌ لَّا يَسْمَعُونَ بِهَا ۗ  
أُولَٰئِكَ كَالْأَنْعَامِ بَلَّ هُمُ  
أَضَلُّ ۗ أُولَٰئِكَ هُمُ  
الْغَافِلُونَ ﴿١٧٩﴾

180. 最美好的名子都属于安拉，那么你就以此称呼他吧。但要避免与那些亵渎他的尊名的人在一起，他们将因为他们所作的被还报。

180. And to Allah belong the most beautiful names. So call on Him by them. And leave those who blaspheme concerning His names. They will soon be requited for what they used to do.

وَلِلَّهِ الْأَسْمَاءُ الْحُسْنَىٰ فَادْعُوهُ  
بِهَا ۗ وَذَرُوا الَّذِينَ يُلْحِدُونَ  
فِي أَسْمَائِهِ ۗ سَيُجْزَوْنَ مَا  
كَانُوا يَعْمَلُونَ ﴿١٨٠﴾

181. 在我所已造化的那些人当中，有一个

181. And among those whom We created, is a

وَمِمَّنْ خَلَقْنَا أُمَّةٌ يَّهْدُونَ

以真理指导(他人),  
并建立公道的民族。

nation who guides with  
the truth, and thereby  
they establish justice.

بِالْحَقِّ وَبِهِ يَعْدِلُونَ



182. 那些不信我的启  
示的人,我将在他们  
不知不觉中逐步地把  
他们导于毁灭。

182. And those who  
deny Our revelations,  
We shall gradually  
seize them with  
punishment from where  
they do not know.

وَالَّذِينَ كَذَّبُوا بِآيَاتِنَا  
سَنَسْتَدْرِجُهُم مِّنْ حَيْثُ لَا  
يَعْلَمُونَ



183. 我将赐给他们缓  
延,因为我的计划是  
强有力的。

183. And I respite  
them, certainly My  
scheme is strong.

وَأْمَلِي لَهُمْ إِنَّا كِيدِي  
مَتِينٌ



184. 难道他们不思考  
吗?他们的同伙(穆圣)  
没有疯狂。他确是一  
位(神志)清醒的警告  
者。

184. Do they not  
reflect that there is  
no madness in their  
companion  
(Muhammad). He is  
not but a plain warner.

أَوْلَمْ يَتَفَكَّرُوا مَا بِصَاحِبِهِمْ  
مِّنْ جِنَّةٍ إِنْ هُوَ إِلَّا نَذِيرٌ  
مُّبِينٌ



185. 他们没有思考过  
诸天与大地的支配权  
以及安拉所造化的万  
物吗?(他们没有想到)  
那也许是他们的大限  
临头了吗?在这以后,  
他们将信仰什么言词  
(或事实)呢?

185. Do they not  
look in the dominion  
of the heavens and the  
earth, and that which  
Allah has created of  
all things, and that it  
may be that their own  
term has drawn near.  
Then in what message  
after this will they  
believe.

أَوْلَمْ يَنْظُرُوا فِي مَلَكُوتِ  
السَّمَوَاتِ وَالْأَرْضِ وَمَا  
خَلَقَ اللَّهُ مِنْ شَيْءٍ وَأَنْ  
عَسَى أَنْ يَكُونَ قَدِ اقْتَرَبَ  
أَجَلُهُمْ فَبِأَيِّ حَدِيثٍ  
بَعْدَهُ يُؤْمِنُونَ



186. 那些安拉使他们  
迷误的人,(他们)是  
没有引导的。他将任

186. Whoever Allah  
sends astray, then there  
is no guide for him.  
And He leaves them

مَنْ يُضِلِّ اللَّهُ فَلَا هَادِيَ  
لَهُ وَيَذَرُهُمْ فِي طُغْيَانِهِمْ

由他们在顽抗中盲目彷徨。

187. 他们问你(最后的)时刻将在什么时候才降临?你说:“这个知识是属我的主所(独)有,只有他才能宣布它什么时候实现。它在天地之间是重大的,它只(在你们不知不觉时)突然降临。”他们问你,好象你对此很熟悉似的。你说:“这知识唯独在安拉那里,不过大多数人不知道。”

188. 你说:“除非安拉愿意,我无权对我自身造福或加害。如果我有目不可见的(主的)知识,我一定会有大量的财富,而没有噩运会接触到我了。我只是一位警告者和一位对有信仰者传达喜讯的人而已。”

in their transgression to wander blindly.

187. They ask you about the Hour (Day of Resurrection): “When will be its appointed time.” Say: “The knowledge thereof is with my Lord only. None will manifest it at its proper time but He. Heavy it will be in the heavens and the earth. It shall not come upon you except all of a sudden.” They ask you as if you could be well informed thereof. Say: “The knowledge thereof is with Allah only, but most of mankind do not know.

188. Say (O Muhammad): “I possess no power for myself to benefit, nor to hurt, except that which Allah wills. And if I had knowledge of the unseen, I should have secured abundance of good, and adversity would not have touched me. I am not except a warner, and a bringer

يَعْمَهُونَ ﴿١٨٦﴾

يَسْأَلُونَكَ عَنِ السَّاعَةِ أَيَّانَ مُرْسَلُهَا ۗ قُلْ إِنَّمَا عِلْمُهَا عِنْدَ رَبِّي ۗ لَا يُجَلِّئُهَا لَوَقْتَهَا إِلَّا هُوَ ۗ ثَقُلَتْ فِي السَّمَوَاتِ وَالْأَرْضِ ۗ لَا تَأْتِيكُمُ إِلَّا بَغْتَةً ۗ يَسْأَلُونَكَ كَأَنَّكَ حَفِيٌّ عَنْهَا ۗ قُلْ إِنَّمَا عِلْمُهَا عِنْدَ اللَّهِ وَلَٰكِنَّ أَكْثَرَ النَّاسِ لَا

يَعْلَمُونَ ﴿١٨٧﴾

قُلْ لَّا أَمْلِكُ لِنَفْسِي نَفْعًا وَلَا ضَرًّا إِلَّا مَا شَاءَ اللَّهُ ۗ وَلَوْ كُنْتُ أَعْلَمُ الْغَيْبِ لَاسْتَكْرَثْتُ مِنَ الْخَيْرِ وَمَا مَسَّنِيَ السُّوءُ ۗ إِنْ أَنَا إِلَّا نَذِيرٌ وَبَشِيرٌ لِّقَوْمٍ يُؤْمِنُونَ

of good tidings unto a people who believe.”

۱۸۸

189. 是他把你们由一个人造化出来，并由它（人或相同的物质）造化了他的配偶，以便他能够从她获得安适。当他们结合后，她负起了一项轻微的负担（怀孕），并在（不知不觉中）孕育了它。当她的身子日渐沉重时，他们俩向他们的主安拉祈求（道）：“如果你赐给我们一个健全的宁馨儿，我们一定会知恩感德。”

189. He it is who has created you from a single soul, and He has created from him his mate, that he might take rest in her. Then when he covered her, she carried a light burden, so she went about with it. Then when it became heavy, they both prayed unto Allah, their Lord: “If you give us a good child, we shall indeed be among the grateful.”

هُوَ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ وَجَعَلَ مِنْهَا زَوْجَهَا لِيَسْكُنَ إِلَيْهَا فَلَمَّا تَغَشَّهَا حَمَلَتْ حَمْلًا خَفِيفًا فَمَرَّتْ بِهِ فَلَمَّا أَثْقَلَتْ دَعَوَا اللَّهَ رَبَّهُمَا لَئِنْ ءَاتَيْتَنَا صَالِحًا لَنُكُونَنَّ مِنَ الشَّاكِرِينَ

۱۸۹

190. 当他赐给他们一个宁馨儿时，他们就为了他（主）赏赐他们的（恩典）替他（主）添附伙伴。但是安拉是崇高的，远在他们所添附的伙伴们之上。

190. Then when He gave them a good child, they ascribed to Him partners in that which He had given to them. Exalted is Allah above all that they join (with Him).

فَلَمَّا ءَاتَاهُمَا صَالِحًا جَعَلَا لَهُ شُرَكَاءَ فِيمَا ءَاتَاهُمَا فَتَعَلَىٰ اللَّهُ عَمَّا يُشْرِكُونَ

۱۹۰

191. 他们以那些不能造化的（伪神）添附给安拉作为伙伴。而它们自身却是被造的。

191. Do they associate as partners (to Allah) those who do not create a thing, and they are (themselves) created.

أَيُّشْرِكُونَ مَا لَا يَخْلُقُ شَيْئًا وَهُمْ يُخْلَقُونَ

۱۹۱

192. 它们不能帮助他们，它们也不能自

192. And they are not able to help them,

وَلَا يَسْتَطِيعُونَ لَهُمْ نَصْرًا

助。

nor can they help themselves.

وَلَا أَنفُسَهُمْ يَنْصُرُونَ



193. 如果你们邀请它们同趋引导，它们不会追随你们。无论你们祈求它们，或是你们缄默，那都是一样的。

193. And if you call them to guidance, they will not follow you. It is the same for you whether you call them or you keep silent.

وَإِنْ تَدْعُوهُمْ إِلَىٰ الْهُدَىٰ لَا يَتَّبِعُوكُمْ سَوَاءَ عَلَيْكُمْ أَدَعَوْتُمُوهُمْ أَمْ أَنْتُمْ صَامِتُونَ



194. 你们在安拉之外祈求的那些(伪神)实际上和你们是一样的，也是(主的)仆人们。(你们试试)祈求它们，让它们回答你们，如果你们是诚实的。

194. Indeed, those you call upon besides Allah are slaves like you. So call upon them then let them answer you, if you are truthful.

إِنَّ الَّذِينَ تَدْعُونَ مِنْ دُونِ اللَّهِ عِبَادٌ أَمْثَلُكُمْ فَادْعُوهُمْ فَلْيَسْتَجِيبُوا لَكُمْ إِنْ كُنْتُمْ صَادِقِينَ



195. 它们有脚能走吗？或是有手能持(物)吗？或是有目可视吗？或是有耳可闻吗？你说：“求你们的(所谓的安拉的)伙伴，然后对我攻击，不必给我宽容。

195. Do they have feet by which they walk, or do they have hands by which they hold, or do they have eyes by which they see, or do they have ears by which they hear. Say: “Call upon your (so called) partners (of Allah), then plot against me, and give me no respite.”

أَلَهُمْ أَرْجُلٌ يَمْشُونَ بِهَا أَمْ لَهُمْ أَيْدٍ يَبْطِشُونَ بِهَا أَمْ لَهُمْ أَعْيُنٌ يُبْصِرُونَ بِهَا أَمْ لَهُمْ آذَانٌ يَسْمَعُونَ بِهَا قُلْ ادْعُوا شُرَكَاءَكُمْ ثُمَّ كِيدُوا فَلَا تُنظِرُونِ



196. 我的保护者是安拉，他降下经典，他

196. “Indeed, my protecting friend is

إِنَّ وَلِيَّيَ اللَّهُ الَّذِي نَزَّلَ



对正人友善。

Allah, who has sent down the book. And He is an ally to the righteous.”

الْكِتَابَ ۖ وَهُوَ يَتَوَلَّى  
الصَّالِحِينَ ﴿١١٦﴾

197. 但是你们在他之外祈求的(伪神)，是没有力量帮助你们和它们自己的。”

197. “And those whom you call upon besides Him, they are not able to help you, nor can they help themselves.”

وَالَّذِينَ تَدْعُونَ مِنْ دُونِهِ  
لَا يَسْتِطِيعُونَ نَصْرَكُمْ  
وَلَا أَنْفُسَهُمْ يَنْصُرُونَ  
﴿١١٧﴾

198. 如果你求它们引导，它们听不到，你看到它们在看着你，但是它们却是视而不见的。

198. And if you call them to guidance, they do not hear. And you will see them looking towards you, yet they do not see.

وَإِنْ تَدْعُوهُمْ إِلَى الْهُدَىٰ لَا  
يَسْمَعُوا ۖ وَتَرَاهُمْ يَنْظُرُونَ  
إِلَيْكَ وَهُمْ لَا يُبْصِرُونَ ﴿١١٨﴾

199. (穆罕默德啊!) 你要坚守恕道，奖掖美德，离开无知的人。

199. Show forgiveness, and enjoin kindness, and turn away from the ignorant.

خُذِ الْعَفْوَ وَأْمُرْ بِالْعُرْفِ  
وَأَعْرِضْ عَنِ الْجَاهِلِينَ  
﴿١١٩﴾

200. 如果一个来之魔鬼的提示伤害了你，你应当寻求安拉的保护，因为他是能听的和能知的主。

200. And if an evil whisper comes to you from the Satan, then seek refuge with Allah. Indeed, He is All Hearer, All Knower.

وَإِمَّا يَنْزَغَنَّكَ مِنَ  
الشَّيْطَانِ نَزْغٌ فَاستَعِذْ بِاللَّهِ  
إِنَّهُ سَمِيعٌ عَلِيمٌ ﴿١٢٠﴾

201. 那些敬畏安拉的人，当撒旦的魔力烦扰他们时，他们就记起安拉的引导。那时，他们就会看清

201. Indeed, those who fear (Allah), when an evil thought touches them from Satan, they do remember (Allah),

إِنَّ الَّذِينَ اتَّقَوْا إِذَا  
مَسَّهُمْ طَافٌ مِّنَ الشَّيْطَانِ  
تَذَكَّرُوا فَإِذَا هُمْ مُبْصِرُونَ

(真像)了。

then they become seers.



202. 他们的兄弟们 (魔鬼) 把他们投入更深的错误当中, (它们) 从不停止。

202. And their brothers, they (the devils) plunge them further into error, then they do not stop short.

وَإِخْوَانُهُمْ يَمُدُّوهُمْ فِي الْغَيِّ  
ثُمَّ لَا يُقْصِرُونَ ﴿٢٢﴾

203. 如果你不带给他们一节经文, 他们说: “你为什么 not 造一节呢?” 你说: “我只是遵从我的主启示给我的。这 (古兰经) 是来至你们的主的启示, 和给信仰者的引导和慈悯。”

203. And when you do not bring them a sign, they say: “Why have you not brought it.” Say: “I follow only that which is revealed to me from my Lord. This (Quran) is insight from your Lord, and a guidance, and a mercy for a people who believe.”

وَإِذَا لَمْ تَأْتِهِمْ بِآيَةٍ قَالُوا  
لَوْلَا آجْتَبَيْتَهَا قُلْ إِنَّمَا  
أَتَّبِعُ مَا يُوحَىٰ إِلَيَّ مِنْ رَبِّي  
هَذَا بَصَائِرُ مِنْ رَبِّكُمْ  
وَهُدًى وَرَحْمَةٌ لِّقَوْمٍ  
يُؤْمِنُونَ ﴿٢٣﴾

204. 当古兰被诵读时, 你们要聆听它, 并保持肃静, 以便你们也许可以获得慈悯。

204. And when the Quran is recited, so listen to it, and be silent, that you may receive mercy.

وَإِذَا قُرِئَ الْقُرْآنُ  
فَاسْتَمِعُوا لَهُ وَأَنْصِتُوا  
لَعَلَّكُمْ تُرْحَمُونَ ﴿٢٤﴾

205. 你 (穆圣) 要在清晨与黄昏时分谦卑而小声地在你的心中纪念你的主。你不要不留意。

205. And remember your Lord within yourself, with humility and fear, and without loudness in words, in the mornings and the evenings. And do not be of those who are neglectful.

وَأذْكُرْ رَبَّكَ فِي نَفْسِكَ  
تَضَرُّعًا وَخِيفَةً وَدُونَ الْجَهْرِ  
مِنَ الْقَوْلِ بِالْغُدُوِّ وَالْآصَالِ  
وَلَا تَكُن مِّنَ الْغَافِلِينَ ﴿٢٥﴾

206. 那些与你的主同在的（天仙们）不会高傲地不拜他（主）。他们赞美他并对他礼拜。

206. Indeed, those (angels) who are with your Lord, do not turn away out of arrogance, from His worship, and they glorify His praise, and to Him they prostrate themselves.

[AsSajda](#)

إِنَّ الَّذِينَ عِنْدَ رَبِّكَ لَا  
يَسْتَكْبِرُونَ عَنْ عِبَادَتِهِ  
وَيُسَبِّحُونَهُ  
وَلَهُ

يَسْجُدُونَ ﴿٢٠٦﴾

