



伊布拉欣

Ibrahim

إِبْرَاهِيمَ

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、拉。(这是)一本我已经降给你的天经，以便你凭他们的主的恩许，引导人类由黑暗进入光明，到达那大能的，应受一切赞美的(主)的道。

1. Alif. Lam. Ra. (This is) a Book which We have revealed to you (Muhammad) that you might bring mankind out from darknesses into the light, by the permission of their Lord, to the path of the All Mighty, the Owner of Praise.

الرَّ كِتَابٌ أَنْزَلْنَاهُ إِلَيْكَ لِتُخْرِجَ النَّاسَ مِنَ الظُّلُمَاتِ إِلَى النُّورِ بِإِذْنِ رَبِّهِمْ إِلَى صِرَاطِ الْعَزِيزِ الْحَمِيدِ ﴿١﴾

2. 诸天与大地的一切都属于安拉。那些不信的人将遭到可怕的刑罚!

2. Allah it is, to whom belongs all that is in the heavens and all that is on the earth. And woe unto the disbelievers from severe punishment.

اللَّهُ الَّذِي لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ ۗ وَوَيْلٌ لِّلْكَافِرِينَ مِنْ عَذَابٍ شَدِيدٍ ﴿٢﴾

3. 那些爱今世甚于后世、从安拉的道上妨碍他人、并企图使它歪曲的人，这些人确已深深迷误。

3. Those who love the life of this world over the Hereafter, and hinder (people) from the path of Allah and seek therein crookedness, such are

الَّذِينَ يَسْتَحِبُّونَ الْحَيَاةَ الدُّنْيَا عَلَى الْآخِرَةِ وَيَصُدُّونَ عَن سَبِيلِ اللَّهِ وَيَبْغُونَهَا عِوَجًا ۗ أُولَٰئِكَ فِي

in error, far away.

ضَلَّلَ بِعِيدٍ ﴿٢﴾

4. 我派遣在语言上能为他的族人所接受的人作为使者(通晓其本族语言的使者)。以便他能对他们解说清楚。然后安拉随他的意,让那些人迷误,和随他的意引导那些人。他是大能的、大智的。

4. And We have not sent any messenger except in the language of his people, that he might state (the message) clearly for them. Then Allah sends astray whom He wills, and guides whom He wills. And He is the All Mighty, the All Wise.

وَمَا أَرْسَلْنَا مِنْ رَّسُولٍ إِلَّا
بِلِسَانٍ قَوْمِهِ لِيُبَيِّنَ لَهُمْ
فِيضِلُّ اللَّهُ مَنْ يَشَاءُ
وَيَهْدِي مَنْ يَشَاءُ ۗ وَهُوَ
الْعَزِيزُ الْحَكِيمُ ﴿٤﴾

5. 我确曾派遣姆撒(摩西)带同我的启示(迹象), (并命令他道:)“把你的族人由黑暗引导到光明,并提醒他们安拉的日子。”的确,其中对坚贞不变和知恩感德的人有种种启示。

5. And indeed We sent Moses with Our signs, (saying) that: “Bring out your people from darkneses into light. And remind them of the days of Allah.” Certainly, in that are sure signs for each steadfast, thankful.

وَلَقَدْ أَرْسَلْنَا مُوسَى
بِآيَاتِنَا أَنْ أَخْرِجْ قَوْمَكَ
مِنَ الظُّلُمَاتِ إِلَى النُّورِ
وَذَكِّرْهُمْ بِأَيَّامِ اللَّهِ ۗ إِنَّ
فِي ذَلِكَ لَآيَاتٍ لِكُلِّ
صَبَّارٍ شَكُورٍ ﴿٥﴾

6. 那时姆撒对他的族人说:“你们要记住安拉对你们的恩典,他那时曾把你们由法老的人民中拯救出来,他们使你们遭受非常的痛苦,屠杀你们的儿子,和让你们的妇女活着。此中有你们的主的重大的考

6. And when Moses said to his people: “Remember Allah’s favor upon you when He saved you from Pharaoh’s people who were afflicting you with dreadful torment, and were slaughtering your sons and letting your women live. And

وَإِذْ قَالَ مُوسَى لِقَوْمِهِ
أَذْكُرُوا نِعْمَةَ اللَّهِ
عَلَيْكُمْ إِذْ أَنْجَاكُمْ مِنْ
ءَالِ فِرْعَوْنَ يَسُومُونَكُمْ
سُوءَ الْعَذَابِ وَيَذبحُونَ
أَبْنَاءَكُمْ وَيَسْتَحْيُونَ

验。”

in that was for you
a tremendous trial
from your Lord.”

نِسَاءَكُمْ^٦ وَفِي ذَالِكُمْ
بَلَاءٌ مِّن رَّبِّكُمْ عَظِيمٌ ﴿٦﴾

7. 那时，你们的主（对你们）宣示：“如果你们是知感的，我一定会给你们更多的（恩典）。倘若你们显示出是忘恩负义的，我的刑罚确实是严厉的。”

7. And when your Lord proclaimed: “If you are grateful, I will surely increase you (in favor), and if you deny, indeed, My punishment is severe.”

وَإِذْ تَأَذَّنَ رَبُّكُمْ لَئِن شَكَرْتُمْ لَأَزِيدَنَّكُمْ^٧ وَلَئِن كَفَرْتُمْ إِنَّ عَذَابِي لَشَدِيدٌ ﴿٧﴾

8. 姆撒（摩西）说：“如果你们和大地上的一切的人一起显示出忘恩负义，安拉的确是无所求的和受赞美的。”

8. And Moses said: “If you disbelieve, you and whoever is on the earth together, then certainly, Allah is indeed Self Sufficient, Owner of all Praise.”

وَقَالَ مُوسَىٰ إِن تَكْفُرُوا أَنْتُمْ وَمَن فِي الْأَرْضِ جَمِيعًا
فَارَبَّ اللَّهِ لَعَنِيَّ حَمِيدٌ ﴿٨﴾

9. （众人啊！）那些在你们以前的人——努赫、阿德，和撒姆德族人和那些在他们之后来临的人们的故事，还没有到达你们吗？除了安拉之外，无人知道。他们的使者带了明白的证据到达他们，但是他们用手堵着嘴说：“我们不信降给你们的（使命），我们也非常怀疑你们叫我们（去做）的事

9. Has there not reached you the news of those before you, the people of Noah, and Aaad, and Thamud, and those after them. None knows them but Allah. To them came their messengers with clear proofs, but they thrust their hands into their mouths, and said: “Indeed, we disbelieve in that with which you have been sent, and indeed we are in grave

أَلَمْ يَأْتِكُمْ نَبَأُ الَّذِينَ مِن قَبْلِكُمْ قَوْمِ نُوحٍ وَعَادٍ وَثَمُودَ^٩ وَالَّذِينَ مِن بَعْدِهِمْ لَا يَعْلَمُهُمْ إِلَّا اللَّهُ^٩ جَاءَتْهُمْ رُسُلُهُم بِالْبَيِّنَاتِ فَرَدُّوا أَيْدِيَهُمْ فِي أَفْوَاهِهِمْ وَقَالُوا إِنَّا كَفَرْنَا بِمَا أُرْسِلْتُمْ بِهِ وَإِنَّا لَفِي شَكٍّ مِّمَّا

。”

10. 他们的使者们说：“你们对于诸天与大地的造化者安拉怀疑吗？是他召唤你们，以便他可以宽恕你们的罪恶，和给你们一段时间的宽限。”他们说：“你不过是和我们一样的（凡）人罢了！你企图使我们背弃我们先人所曾崇拜的（神祇）。那么，你就显示出一个明确；的证据给我们吧！（如果你是对的）。”

doubt of that to which you invite us.”

10. Their messengers said: “Can there be any doubt about Allah, the Creator of the heavens and the earth. He calls you that He may forgive you of your sins and give you respite for a term appointed.” They said: “You are not but mortals like us. You wish to turn us away from what our fathers used to worship. Then bring to us a clear authority.”

تَدْعُونَنَا إِلَيْهِ مُرِيبٍ ﴿١٠﴾

﴿١٠﴾ قَالَتْ رُسُلُهُمْ أَفِي اللَّهِ شَكٌّ فَاطِرِ السَّمَوَاتِ وَالْأَرْضِ يَدْعُوكُمْ لِيَغْفِرَ لَكُمْ مِّنْ ذُنُوبِكُمْ وَيُؤَخِّرَكُمْ إِلَىٰ أَجَلٍ مُّسَمًّى ۚ قَالُوا إِنْ أَنْتُمْ إِلَّا بَشَرٌ مِّثْلُنَا تُرِيدُونَ أَنْ تَصُدُّونَا عَمَّا كَانَتْ يَعْبُدُ ءَابَاؤُنَا فَآتُونَا بِسُلْطٰنٍ مُّبِينٍ ﴿١١﴾

11. 他们的使者们对他们说：“诚然，我们只是象你们一样的（凡）人。但是安拉的确赐予他所喜爱的仆人仁惠，除非安拉允许，我们不能显示给你们证据。一切信仰者都应当信赖安拉。

11. Their messengers said to them: “We are not but mortals like yourselves, but Allah bestows favor upon whom He wills of His slaves. And it is not ours that we bring you an authority, except by the permission of Allah. And upon Allah let those who believe put their trust.”

قَالَتْ لَهُمْ رُسُلُهُمْ إِنْ نَحْنُ إِلَّا بَشَرٌ مِّثْلُكُمْ وَلٰكِنَّ اللَّهَ يَمُنُّ عَلَىٰ مَن يَشَاءُ مِّنْ عِبَادِهِ ۗ وَمَا كَانَتْ لَنَا أَنْ نَأْتِيَكُمْ بِسُلْطٰنٍ إِلَّا بِإِذْنِ اللَّهِ ۗ وَعَلَىٰ اللَّهِ فَلْيَتَوَكَّلِ الْمُؤْمِنُونَ ﴿١١﴾

12. “我们怎么会不信赖安拉呢?他确已对我们指引了我们的道,我们一定会忍受一切你们所能加给我们的伤害,就让信赖者信赖安拉吧!”

12. “And what is it with us that we should not put our trust upon Allah, and indeed He has guided us our ways. And we shall certainly bear with patience of what hurt you may cause us. And upon Allah let those who trust put their trust.”

وَمَا لَنَا أَلَّا نَتَوَكَّلَ عَلَى
اللَّهِ وَقَدْ هَدَانَا سُبُلَنَا^ع
وَلَنَصْبِرَنَّ عَلَى مَا
ءَاذَيْتُمُونَا^ع وَعَلَى اللَّهِ
فَلْيَتَوَكَّلِ الْمُتَوَكِّلُونَ ﴿١٢﴾

13. 不信的人对他们的使者们说:“我们一定会把你们赶出我们的土地,除非你们返回我们的宗教。”那时他们的主启示了他们:“我一定会消灭犯罪的人, ”

13. And those who disbelieved said to their messengers: “We will surely drive you out from our land, or you must return to our religion.” So their Lord revealed to them: “Surely, We shall destroy the wrong doers.”

وَقَالَ الَّذِينَ كَفَرُوا
لِرُسُلِهِمْ لَنُخْرِجَنَّكُمْ مِّنْ
أَرْضِنَا أَوْ لَتَعُوذُنَّ فِي
مِلَّتِنَا^ط فَأَوْحَىٰ إِلَيْهِمْ رَبُّهُمْ
لَنُهْلِكَنَّ الظَّالِمِينَ ﴿١٣﴾

14. “我也一定使你们在他们之后居留该地。”这(诺言)是给那些畏惧站在我跟前(被审讯)人和畏惧我的刑罚的那些人的。

14. “And surely, We shall make you dwell in the land after them. That is for him who fears standing before Me and fears My threat.”

وَلَنَسْكِنَنَّكُمُ الْأَرْضَ مِنْ
بَعْدِهِمْ^ع ذَلِكَ لِمَنْ
خَافَ مَقَامِي وَخَافَ وَعِيدِ ﴿١٤﴾

15. 他们寻求(他们的主的)协助(或决定),而每一个顽强的暴徒都是失望的。

15. And they sought victory (from their Lord), and was bought to a complete loss every obstinate, arrogant

وَأَسْتَفْتَحُوا وَخَابَ كُلُّ
جَبَّارٍ عَنِيدٍ ﴿١٥﴾

dictator.

16. 地狱就在他们的
前面，他们将被饮以
沸腾的脏水(脓水)。

16. Beyond him there
is Hell, and he will
be made to drink of
festering water.

مِّنْ وَرَائِهِ جَهَنَّمُ وَيُسْقَىٰ مِنْ
مَّاءٍ صَدِيدٍ ﴿١٦﴾

17. 他们一口一口地
饮下它，但难于把它
咽下，死亡会从各方
面降临，可是他们又
死不了。在他们的前
面(还)有(更)严厉的
刑罚(痛苦)。

17. He will sip it
unwillingly, and not
quite swallow it, and
death will come to him
from every side, yet
he will not die. And
beyond him will be a
great punishment.

يَتَجَرَّعُهُ وَلَا يَكَادُ
يُسِيغُهُ وَيَأْتِيهِ الْمَوْتُ مِنْ
كُلِّ مَكَانٍ وَمَا هُوَ بِمَيِّتٍ
عَلَىٰ
وَمِنْ وَرَائِهِ عَذَابٌ
غَلِيظٌ ﴿١٧﴾

18. 那些不信他们的
主的人的比喻是：他
们的工作和灰尘一样
，在一个大风暴的日
子被风猛烈吹散。他
们一点也不能控制他
们所获得的。这就是
极端的(失败)(深深地
迷误)。

18. The parable of
those who disbelieve
in their Lord is (that)
their deeds are like
ashes, which the wind
blows furiously on
a stormy day. No
power have they over
anything that they
have earned. That is
the straying, far
away.

مَثَلُ الَّذِينَ كَفَرُوا بِرَبِّهِمْ
أَعْمَلُهُمْ كَرَمَادٍ اشْتَدَّتْ بِهِ
الرِّيحُ فِي يَوْمٍ عَاصِفٍ لَّا
يَقْدِرُونَ مِمَّا كَسَبُوا عَلَىٰ
شَيْءٍ ۗ ذَٰلِكَ هُوَ الضَّلَالُ
الْبَعِيدُ ﴿١٨﴾

19. 你们不曾看到安
拉以真理造化了诸天
与大地吗?如果他愿意
，他会消灭你们，并
产生新的造化(来代替
你们)吗?

19. Have you not
seen that Allah has
created the heavens
and the earth in truth.
If He wills, He
could take you away
and bring in a new
creation.

أَلَمْ تَرَ أَنَّ اللَّهَ خَلَقَ
السَّمَوَاتِ وَالْأَرْضَ بِالْحَقِّ ۗ
إِنْ يَشَاءُ يُذْهِبْكُمْ وَيَأْتِ بِخَلْقٍ
جَدِيدٍ ﴿١٩﴾

20. 这对于安拉并不是一件大事。

20. And that is not at all difficult for Allah.

وَمَا ذَٰلِكَ عَلَى اللَّهِ بِعَزِيزٍ



21. 他们全体将出现在他们的主的跟前，那时弱者将会对傲慢者说：“我们确曾是追随你们的，你们能因此使我们逃避一些来自安拉的惩罚吗？”他们会回答说：“如果安拉曾经引导了我们，我们就引导你们了。无论我们是悲伤焦急或是忍耐，对于我们都是一样的，因为我们是罪无可逭的。”

21. And they shall appear before Allah all together, then the weak ones will say to those who were arrogant: “Indeed, we were following you, so can you avail us against the punishment of Allah any thing.” They will say: “If Allah had guided us, we would have guided you. It is all the same for us, whether we rage or have patience. For us (there is) not any place of refuge.”

وَبَرَزُوا لِلَّهِ جَمِيعًا فَقَالَ الضُّعَفَاءُ لِلَّذِينَ اسْتَكْبَرُوا إِنَّا كُنَّا لَكُمْ تَبَعًا فَهَلْ أَنْتُمْ مُّغْنُونَ عَنَّا مِنْ عَذَابِ اللَّهِ مِنْ شَيْءٍ قَالُوا لَوْ هَدَانَا اللَّهُ لَهَدَيْنَاكُمْ سَوَاءٌ عَلَيْنَا أَجْرَعْنَا أَمْ صَبَرْنَا مَا لَنَا مِنْ مَّحِيصٍ



22. 当大事已定时，撒旦会说：“安拉确曾许给你们一个真实的诺言，我也给过你们(我的诺言)，不过我对你们(的诺言)失信了，我除了呼喊你们之外，对你们无权，那时你们响应了我，所以你们不要责备我，而要责备你们自己。我不能帮助你们

22. And Satan will say when the matter has been decided: “Indeed, Allah promised you the promise of truth. And I (too) promised you, then I betrayed you. And I did not have over you any authority except that I invited you and you responded to me. So do not blame me,

وَقَالَ الشَّيْطَانُ لَمَّا قُضِيَ الْأَمْرُ إِنَّ اللَّهَ وَعَدَكُمْ وَعَدَ الْحَقِّ وَوَعَدْتُكُمْ فَأَخْلَفْتُكُمْ وَمَا كَانَ لِي عَلَيْكُمْ مِنْ سُلْطَانٍ إِلَّا أَنْ دَعَوْتُكُمْ فَاسْتَجَبْتُمْ لِي فَلَا تَلُومُونِي وَلُومُوا أَنْفُسَكُمْ

，你们也不能帮助我。我否认你们以前把我与安拉联系在一起(的行为)。对于作恶的人的确有一项严厉(痛苦)的刑罚。”

and blame yourselves. I cannot help you, and you cannot help me. Indeed, I disbelieved in that which you ascribed to me before. Indeed, the wrong doers, for them is a painful punishment.”

مَا أَنَا بِمُصْرِخِكُمْ وَمَا
أَنْتُمْ بِمُصْرِخِيَّ إِنِّي
كَفَرْتُ بِمَا أَشْرَكْتُمُونِ
مِنْ قَبْلُ إِنَّ الظَّالِمِينَ
لَهُمْ عَذَابٌ أَلِيمٌ ﴿٢٢﴾

23. 而那些信仰并作善事的人将在他们的主的恩许下进入下有诸河流动的乐园，永远居在其中。他们在那里的祝词将是“平安”。

23. And those who believed and did righteous deeds will be admitted to gardens underneath which rivers flow, abiding therein with the permission of their Lord. Their greeting therein will be: “Peace.”

وَأَدْخِلَ الَّذِينَ ءَامَنُوا
وَعَمِلُوا الصَّالِحَاتِ جَنَّاتٍ
تَجْرَى مِنْ تَحْتِهَا الْأَنْهَارُ
خَالِدِينَ فِيهَا بِإِذْنِ رَبِّهِمْ
تَحِيَّتُهُمْ فِيهَا سَلَامٌ ﴿٢٣﴾

24. 你们看见安拉如何作出比喻吗?良言有如佳木，它的根是稳固的，它的枝干凌空。

24. Have you not seen how Allah sets forth a parable. A good saying like a good tree, its root sets firm, and its branches (reaching) into sky.

أَلَمْ تَرَ كَيْفَ ضَرَبَ اللَّهُ مَثَلًا
كَلِمَةً طَيِّبَةً كَشَجَرَةٍ طَيِّبَةٍ
أَصْلُهَا ثَابِتٌ وَفَرْعُهَا فِي
السَّمَاءِ ﴿٢٤﴾

25. 它在它的主的允许之下四季结果。安拉为人类举出比喻、以便他们警惕。

25. Giving its fruit at all times, by the permission of its Lord. And Allah sets forth parables for mankind that perhaps they will reflect.

تُؤْتِي أَكْلَهَا كُلَّ حِينٍ بِإِذْنِ
رَبِّهَا وَيَضْرِبُ اللَّهُ الْأَمْثَالَ
لِلنَّاسِ لَعَلَّهُمْ
يَتَذَكَّرُونَ ﴿٢٥﴾

26. 恶言就如坏树一样，它从地面上连根拔起，毫不稳固。

26. And the parable of an evil saying is like an evil tree, uprooted from above the earth, not possessing any stability.

وَمَثَلُ كَلِمَةٍ خَبِيثَةٍ كَشَجَرَةٍ خَبِيثَةٍ اجْتُثَّتْ مِنْ فَوْقِ الْأَرْضِ مَا لَهَا مِنْ قَرَارٍ ﴿٢٦﴾

27. 安拉将以坚定的话在今世与后世使那些信仰的人坚定，安拉也任由那些作恶的人迷误，安拉做他所愿意做的事。

27. Allah keeps firm those who believe, by a firm saying, in the life of this world and in the Hereafter. And Allah will cause to go astray those who are wrong doers. And Allah does what He wills.

يُثَبِّتُ اللَّهُ الَّذِينَ ءَامَنُوا بِالْقَوْلِ الثَّابِتِ فِي الْحَيَاةِ الدُّنْيَا وَفِي الْآخِرَةِ وَيُضِلُّ اللَّهُ الظَّالِمِينَ وَيَفْعَلُ اللَّهُ مَا يَشَاءُ ﴿٢٧﴾

28. 你不曾看见那些人以忘恩负义换取安拉的恩典，并带领着他们的族人进入毁灭的居处(火狱)。

28. Did you not see at those who have exchanged Allah's favor with ingratitude, and settled their people to the abode of ruin.

۞ أَلَمْ تَرَ إِلَى الَّذِينَ بَدَّلُوا نِعْمَتَ اللَّهِ كُفْرًا وَأَحَلُّوا قَوْمَهُمْ دَارَ الْبَوَارِ ﴿٢٨﴾

29. 他们将进入地狱，它是一个最恶劣的居所。

29. Hell, in which they will (enter to) burn, and an evil place to settle in.

جَهَنَّمَ يَصَلَوْنَهَا وَيَبْسَوْنَ الْقَرَارِ ﴿٢٩﴾

30. 他们为了安拉设置许多敌对的(伪神)以便把人们由正道上误导。你说：“(你们)享受吧!你们的归宿的将是火(狱)。”

30. And they set up rivals to Allah that they may mislead (people) from His path. Say: “Enjoy for a while, then certainly, your journey's end will be to the Fire.”

وَجَعَلُوا لِلَّهِ أُنْدَادًا لِيُضِلُّوا عَنْ سَبِيلِهِ ۗ قُلْ تَمَتَّعُوا فَإِنَّ مَصِيرَكُمْ إِلَى النَّارِ ﴿٣٠﴾

31. 你告诉我的有信仰的仆人们，叫他们谨守拜功，并在那既无交易也无友谊的日子来到以前，公开地或秘密地(在慈善方面)使用我赐给他们的用度。

31. Say (O Muhammad) to My those slaves who have believed that they should establish prayer and spend from what We have provided them, secretly and publicly, before that there comes a day in which there will be no bargaining, nor friendship.

قُلْ لِعِبَادِيَ الَّذِينَ ءَامَنُوا يُقِيمُوا الصَّلَاةَ وَيُنْفِقُوا مِمَّا رَزَقْنَاهُمْ سِرًّا وَعَلَانِيَةً مِّن قَبْلِ أَن يَأْتِيَ يَوْمٌ لَا بَيْعَ فِيهِ وَلَا خِلَالٌ ﴿٣١﴾

32. 是安拉造化了诸天与大地，并从天空降下雨水，以它产生果食供养你们。是他使船只服役于你们，以便它们在他的命令之下川航海洋，他也曾为你们驯服河流。

32. Allah is He who has created the heavens and the earth, and He sent down water from the sky, producing thereby of the fruits as provision for you. And He has made the ships to be of service to you, that they may sail through the sea by His command, and He has made rivers to be of service to you.

اللَّهُ الَّذِي خَلَقَ السَّمَوَاتِ وَالْأَرْضَ وَأَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجَ بِهِ مِنَ الثَّمَرَاتِ رِزْقًا لَّكُمْ ۗ وَسَخَّرَ لَكُمُ الْفُلْكَ لِتَجْرِيَ فِي الْبَحْرِ بِأَمْرِهِ ۗ وَسَخَّرَ لَكُمُ الْأَنْهَارَ ﴿٣٢﴾

33. 他也使日月在它们的轨道上不停地运行，为你们服务。他也使昼夜为你们服务。

33. And He has made to be of service to you the sun and the moon, constantly pursuing their courses. And He has made of service to you, the night and the day.

وَسَخَّرَ لَكُمُ الشَّمْسَ وَالْقَمَرَ دَآبِّينِ ۗ وَسَخَّرَ لَكُمُ اللَّيْلَ وَالنَّهَارَ ﴿٣٣﴾

34. 他赐给你们向他
所要求的一切，你们
算一算安拉的恩典，
你们一定不能算得出（
它）的，人确实是生来
就是作恶的、忘恩的
。

34. And He gave you
from all that you asked
of Him. And if you
would count the
blessings of Allah,
never will you be able
to count them.
Certainly, man is
indeed a wrong doer,
exceedingly ungrateful.

وَأَاتَكُمْ مِنْ كُلِّ مَا
سَأَلْتُمُوهُ وَإِنْ تَعُدُّوا نِعْمَتَ
اللَّهِ لَا تُحْصُوهَا إِنَّ
الْإِنْسَانَ لَظَلُومٌ كَفَّارٌ ﴿١٢﴾

35. 那时伊布拉欣（亚
伯拉罕）祈求道：“我
的主啊！求你使这个城
平安，并莫使我和我的
子孙奉祀偶像。

35. And when Abraham
said: “O my Lord,
make this city
(Makkah) secure, and
keep me and my sons
away from worshipping
idols.”

وَإِذْ قَالَ إِبْرَاهِيمُ رَبِّ اجْعَلْ
هَذَا الْبَلَدَ آمِنًا وَاجْنُبْنِي
وَبَنِيَّ أَنْ نَعْبُدَ الْأَصْنَامَ ﴿١٣﴾

36. “我的主啊！它们
（偶像）确已使许多人
迷误了。谁追随我，
他就是属于我的（同道
），而不服从我的人（
我只有留待你裁夺了）
。你的确是多恕的、
大慈的。

36. “O my Lord, they
indeed have led astray
many among mankind.
So whoever follows me,
then he is indeed of me.
And whoever disobeys
me, then You are
certainly Oft Forgiving,
Most Merciful.”

رَبِّ إِنَّهُمْ أَضَلَّلَنِي كَثِيرًا مِنْ
النَّاسِ فَمَنْ تَبِعَنِي فَإِنَّهُ
مِنِّي وَمَنْ عَصَانِي فَإِنَّكَ
غَفُورٌ رَحِيمٌ ﴿١٤﴾

37. “我们的主啊！我
已使我的一些后人们
居住在圣寺附近的荒
谷中。我的主啊！以便
他们能经常礼拜，因
而使一些人的心能倾
向他们，并供给他们
果实，以便他们能知

37. “O our Lord, I
have indeed settled
some of my offspring
in an uncultivated
valley near your sacred
House. O our Lord,
that they may establish
prayer. So make the
hearts among the

رَبَّنَا إِنِّي أَسْكَنْتُ مِنْ ذُرِّيَّتِي
بُؤَادٍ غَيْرِ ذِي زَرْعٍ عِنْدَ
بَيْتِكَ الْمُحَرَّمِ رَبَّنَا لِيُقِيمُوا
الصَّلَاةَ فَاجْعَلْ أَفْئِدَةً
مِنَ النَّاسِ تَهْوِي إِلَيْهِمْ

恩感德。

people affectionately inclined toward them, and provide for them from the fruits that they might be thankful.”

وَأَرْزُقَهُمْ مِّنَ الثَّمَرَاتِ لَعَلَّهُمْ يَشْكُرُونَ ﴿٢٧﴾

38. “我们的主啊!你确知我们所隐瞒的和公开的。无论是在诸天或大地,没有事瞒得过安拉。”

38. “O our Lord, certainly You know that which we conceal and that which we proclaim. And is not hidden from Allah anything on the earth, nor in the heavens.”

رَبَّنَا إِنَّكَ تَعْلَمُ مَا نُخْفِي وَمَا نُعْلِنُ ۗ وَمَا يَخْفَىٰ عَلَى اللَّهِ مِنْ شَيْءٍ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ ﴿٢٨﴾

39. “赞美安拉,他在我老迈之年赐予我伊斯马义(以实马利)和伊斯哈格(艾萨克)。我的主确是听见祈祷的、(主)

39. “All the praises be to Allah who has given me, in my old age, Ishmael and Isaac. Surely, my Lord is indeed the All Hearer of supplication.”

الْحَمْدُ لِلَّهِ الَّذِي وَهَبَ لِي عَلَى الْكِبَرِ إِسْمَاعِيلَ وَإِسْحَاقَ ۚ إِنَّ رَبِّي لَسَمِيعُ الدُّعَاءِ ﴿٢٩﴾

40. “我的主啊!求你使我和我的子孙成为谨守拜功的人吧!我的主啊!求你接受我的祈祷吧!”

40. “O my Lord, make me to establish prayer, and from my offspring (also). O our Lord, and accept my supplication.”

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي ۚ رَبَّنَا وَتَقَبَّلْ دُعَاءِ ﴿٣٠﴾

41. “我们的主啊!求你在审计开始的那一天恕饶我,我的父母和有信仰的人吧!”

41. “O our Lord, forgive me and my parents and the believers on the day when the reckoning will be established.”

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ﴿٣١﴾

42. 你不要以为安拉忽视(不注意)歹人的

42. And do not think that Allah is

وَلَا تَحْسَبَنَّ اللَّهَ غَافِلًا

行为，他只宽限他们到凝视(恐怖)的那一天。

unaware of what the wrong doers do. He merely gives them respite until a day wherein eyes will stare in horror.

عَمَّا يَعْمَلُ الظَّالِمُونَ
إِنَّمَا يُؤَخِّرُهُمْ لِيَوْمٍ
تَشْخَصُ فِيهِ الْأَبْصَارُ ﴿٤٢﴾

43. 他们慌慌忙忙地仰着头向前跑，他们的双眼直瞪，他们的心空空洞洞。

43. (They will be) hastening forward, their heads lifted up, their gaze not returning towards them, and their hearts as empty.

مُهْطِعِينَ مُقْنِعِي رُءُوسِهِمْ
لَا يَرْتَدُّ إِلَيْهِمْ طَرْفُهُمْ
وَأَفْئِدَتُهُمْ هَوَاءٌ ﴿٤٣﴾

44. 你(穆圣)要警告人类那一天。那一天(安拉的)怒恼将降临到他们，(那时)不义的人们会说：“我们的主啊!求你宽延我们，(即使)一个短暂的期限，我们一定会服从你的呼唤，并追随使者们!”(什么!)难道你们在这以前不曾发誓说过，你们不会灭亡吗?”

44. And warn mankind of a day when the punishment will come upon them, then those who did wrong will say: “Our Lord, relieve us for a little while. We will answer Your call and will follow the messengers.” (It will be answered): “And had you not sworn before (that there) would not be any decline for you.”

وَأَنْذِرِ النَّاسَ يَوْمَ يَأْتِيهِمُ
الْعَذَابُ فَيَقُولُ الَّذِينَ
ظَلَمُوا رَبَّنَا أَخْرِنَا إِلَىٰ أَجَلٍ
قَرِيبٍ نُّجِبْ دَعْوَتَكَ وَنَتَّبِعِ
الرُّسُلَ ۗ أَوْلَمْ تَكُونُوا
أَقْسَمْتُمْ مِّن قَبْلُ مَا لَكُم
مِّن زَوَالٍ ﴿٤٤﴾

45. 你们住在亏负了自己的那些人的地方，你们已清楚我如何对待他们，我并为你们举出了许多例子。

45. “And you dwelt in the dwellings of those who wronged themselves (of old) and it became clear to you how We dealt with them. And We put forth parables for you.”

وَسَكَنْتُمْ فِي مَسَاكِنِ الَّذِينَ
ظَلَمُوا أَنْفُسَهُمْ وَتَبَيَّنَ
لَكُمْ كَيْفَ فَعَلْنَا بِهِمْ
وَضَرَبْنَا لَكُمْ الْأَمْثَالَ ﴿٤٥﴾

46. 他们(对你)策划了他们的阴谋。即使他们的阴谋能震撼山岳，但是他们的阴谋却在安拉(的注视之下)。

46. And indeed, they plotted their plot, and their plot was with Allah. And even though their plot was such whereby the mountains should be moved.

وَقَدْ مَكَّرُوا مَكْرَهُمْ وَعِنْدَ
اللَّهِ مَكْرُهُمْ وَإِنْ كَانَ
مَكْرُهُمْ لِيَتْرُولَ مِنْهُ الْجِبَالُ



47. 世人啊!你们不要以为安拉会对他的使者们爽约。安拉是大能的，掌果报的主。

47. So do not think that Allah will fail to keep His promise to His messengers. Certainly, Allah is All Mighty, All Able of Retribution.

فَلَا تَحْسَبَنَّ اللَّهَ مُخْلِفَ
وَعْدِهِ ۗ رُسُلَهُ ۗ إِنَّ اللَّهَ عَزِيزٌ
ذُو أَنْتِقَامٍ



48. 当大地与诸天行将变成另一个大地与诸天时，他们(人们)将出现在独一的，大能(不可抗拒)的安拉的跟前。

48. The day when the earth will be changed to another earth, and the heavens (also) and they will come forth to Allah, the One, the Irresistible.

يَوْمَ تُبَدَّلُ الْأَرْضُ غَيْرِ
الْأَرْضِ وَالسَّمَوَاتُ وَبَرَزُوا
لِلَّهِ الْوَاحِدِ الْقَهَّارِ



49. 你将在那一天看到有罪的人们被桎梏拴在一起。

49. And you will see the criminals on that day bound together in shackles.

وَتَرَى الْمُجْرِمِينَ يَوْمَئِذٍ
مُقْرَنِينَ فِي الْأَصْفَادِ



50. 他们(穿)柏油的衣，他们的脸被火所遮复。

50. Their garments of pitch (tar), and fire covering their faces.

سَرَابِيلُهُمْ مِنْ قَطْرِ
النَّارِ وَتَغْشَىٰ وُجُوهُهُمُ النَّارُ



51. 以便安拉能按照各人的功过来还报他。安拉确实是计算神速的。

51. That Allah may recompense each soul for what it has earned. Truly, Allah is swift at reckoning.

لِيَجْزِيَ اللَّهُ كُلَّ نَفْسٍ مَّا
كَسَبَتْ ۗ إِنَّ اللَّهَ سَرِيعُ
الْحِسَابِ



52. 这是一项对全人类的明白的启示，以便他们能由此得到警告，并让他们知道他是唯一的安拉，以便有理性的人留意。

52. This is a proclamation for mankind and that they may be warned by it, and that they may know that He is only One God, and that those of understanding may take heed.

هَذَا بَلَّغٌ لِلنَّاسِ وَلِيُنذَرُوا
بِهِ، وَلِيَعْلَمُوا أَنَّمَا هُوَ إِلَهُ
وَاحِدٌ وَلِيَذَّكَّرَ أُولُو الْأَلْبَابِ

