



# 信仰者

# AlMominoon

# الْمُؤْمِنُونَ

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 信仰者的确是成功的。

1. Certainly, successful are the believers.

قَدْ أَفْلَحَ الْمُؤْمِنُونَ ﴿١﴾

2. 他们是在礼拜中谦恭的人，

2. Those who are humble in their prayers.

الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ ﴿٢﴾

3. 避免空谈的人，

3. And those who turn away from vain conversation.

وَالَّذِينَ هُمْ عَنِ اللَّغْوِ مُعْرِضُونَ ﴿٣﴾

4. 纳天课的人，

4. And those who pay poor due.

وَالَّذِينَ هُمْ لِلزَّكَاةِ فَاعِلُونَ ﴿٤﴾

5. 在女色上慎行的人，

5. And those who guard their private parts.

وَالَّذِينَ هُمْ لِأُفْرُوجِهِمْ حَافِظُونَ ﴿٥﴾

6. 除了他们的妻子们或是他们右手所辖的(俘虏)之外，对于这些人他们是不受谴责的。

6. Except from their wives or that their right hands possess, then indeed, they are not blameworthy.

إِلَّا عَلَىٰ أَزْوَاجِهِمْ أَوْ مَا مَلَكَتْ أَيْمَانُهُمْ فَإِنَّهُمْ غَيْرُ مَلُومِينَ ﴿٦﴾

7. 但是谁企图超过那限度，他就是犯法(

7. Then whoever seeks beyond that, so it is

فَمَنْ ابْتَغَىٰ وَرَاءَ ذَلِكَ

过份)的人。

they who are the transgressors.

فَأُولَٰئِكَ هُمُ الْعَادُونَ ﴿٧﴾

8. 那些遵守他们的付托与他们的契约的人，

8. And those who, to their trusts and their covenants, are faithfully true.

وَالَّذِينَ هُمْ لِأَمْتِنَتِهِمْ وَعَهْدِهِمْ رَاعُونَ ﴿٨﴾

9. 和谨守他们的拜功的人，

9. And those who guard over their prayers.

وَالَّذِينَ هُمْ عَلَىٰ صَلَوَاتِهِمْ يُحَافِظُونَ ﴿٩﴾

10. 这些人就是继承者，

10. It is those who are the inheritors.

أُولَٰئِكَ هُمُ الْوَارِثُونَ ﴿١٠﴾

11. 他们将继承天堂，并将(永远)居留在那里。

11. Who shall inherit paradise. They shall abide therein forever.

الَّذِينَ يَرِثُونَ الْفِرْدَوْسَ هُمْ فِيهَا خَالِدُونَ ﴿١١﴾

12. 我确由泥土的精华造化人类。

12. And certainly, We created man from an extract of clay.

وَلَقَدْ خَلَقْنَا الْإِنْسَانَ مِن سُلَالَةٍ مِّن طِينٍ ﴿١٢﴾

13. 然后使他成为一滴种子(精液)放置在一个安全的住处。

13. Then We placed him as a (sperm) drop in a firm lodging.

ثُمَّ جَعَلْنَاهُ نُطْفَةً فِي قَرَارٍ مَّكِينٍ ﴿١٣﴾

14. 然后我使这精液变成凝结的血块，然后我使那血块变成一团肉，然后再由这团肉造出骨骼，包上肌肉，然后我把它造化成为另一个生物。所以赞美安拉，(他是)最优秀的造化者。

14. Then We fashioned the drop into a clot, then We fashioned the clot into a lump (of flesh), then We fashioned the lump into bones, then We clothed the bones with flesh, then We brought it forth as another creation. So blessed be Allah, the best of

ثُمَّ خَلَقْنَا النُّطْفَةَ عَلَقَةً فَخَلَقْنَا الْعَلَقَةَ مُضْغَةً فَخَلَقْنَا الْمُضْغَةَ عِظْمًا فَكَسَوْنَا الْعِظْمَ لَحْمًا ثُمَّ أَنْشَأْنَاهُ خَلْقًا آخَرَ فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ ﴿١٤﴾

	creators.	
15. 然后。你们必定会死亡。	15. Then indeed you, after that, will surely die.	ثُمَّ إِنَّكُمْ بَعْدَ ذَلِكَ لَمَيِّتُونَ 
16. 在复活日，你们又将被复活。	16. Then indeed you, on the Day of Judgment, will be raised.	ثُمَّ إِنَّكُمْ يَوْمَ الْقِيَامَةِ تُبْعَثُونَ 
17. 我在你们之上造化了七条轨道，我对于造化决不疏忽。	17. And certainly, We have created above you seven heavens, and We are not unaware of the creation.	وَلَقَدْ خَلَقْنَا فَوْقَكُمْ سَبْعَ طَرَائِقَ وَمَا كُنَّا عَنِ الْخَلْقِ غَافِلِينَ 
18. 我从天上按照(应得的)分量降下水来，我并使它留存在土地中；如果我愿意，我也能收回它(水)。	18. And We sent down from the sky water in a measured amount, then We gave it lodging in the earth. And indeed, We certainly have Power over taking it away.	وَأَنْزَلْنَا مِنَ السَّمَاءِ مَاءً بِقَدَرٍ فَأَسْكَنَّهُ فِي الْأَرْضِ <sup>ط</sup> وَإِنَّا عَلَىٰ ذَهَابٍ بِهِ لَقَادِرُونَ 
19. 我以它生长你们的枣园和葡萄园，其中有大量的果实，你们也食用(它们的果子)。	19. Then We brought forth for you therewith gardens of date-palms and grapevines, wherein is much fruit for you, and from which you eat.	فَأَنْشَأْنَا لَكُمْ بِهِ جَنَّاتٍ مِّنْ نَّخِيلٍ وَأَعْنَابٍ لَّكُمْ فِيهَا فَوَاكِهُ كَثِيرَةٌ وَمِنْهَا تَأْكُلُونَ 
20. 我也在西奈山长出了一种树，它生产油，供食者作调味之用。	20. And a tree that springs forth from Mount Sinai, that grows oil and relish for those who eat.	وَشَجَرَةً تَخْرُجُ مِنْ طُورِ سَيْنَاءَ تَنْبُتُ بِالذَّهْنِ وَصَبْغٍ لِلَّالِكِينَ 

21. 家畜方面对你们(也)有一项教训。我使你们食用它们腹中的奶汁，(此外)它们对你们还有很多(其它)益处，你们也吃它们的肉，

21. And indeed, in the cattle there is surely a lesson for you. We give you to drink (milk) of what is in their bellies. And for you in them there are many benefits, and of them you eat.

وَإِنَّ لَكُمْ فِي الْأَنْعَامِ لَعِبْرَةً ۗ  
نُسْقِيكُمْ مِمَّا فِي بُطُونِهَا  
وَلَكُمْ فِيهَا مَنَافِعُ كَثِيرَةٌ وَمِنْهَا  
تَأْكُلُونَ ﴿٢١﴾

22. 你们也骑它们和乘船。

22. And on them and on the ship you are carried.

وَعَلَيْهَا وَعَلَى الْفُلِّ تُحْمَلُونَ  
﴿٢٢﴾

23. 我派遣努赫到他的族人当中。他说：“我的族人啊!你们要奉事安拉!除他之外你们设有其它的神!你们难道还不敬畏吗?”

23. And certainly, We sent Noah to his people, so he said: “O my people, worship Allah. You do not have any god other than Him. Will you then not fear (Him).”

وَلَقَدْ أَرْسَلْنَا نُوحًا إِلَىٰ  
قَوْمِهِ فَقَالَ يَا قَوْمِ اعْبُدُوا  
اللَّهَ مَا لَكُمْ مِنْ إِلَهِ غَيْرُهُ ۗ  
أَفَلَا تَتَّقُونَ ﴿٢٣﴾

24. 他的族人中的不信者的领袖们说道：“他不过是像你们一样的凡人罢了，他希望使他自己比你们优越，如果安拉曾经愿意(派使者)，他一定会派下天仙们。我们从来不曾从我们的祖先那里听到过(像他所说的)这件事。”

24. But the chiefs of those who disbelieved among his people said: “This is not but a human being like you, he seeks that he could make himself superior to you. And if Allah had willed, He surely would have sent down angels. We have not heard of this among our fathers of old.”

فَقَالَ الْمَلَأُوا الَّذِينَ كَفَرُوا  
مِنْ قَوْمِهِ مَا هَذَا إِلَّا بَشَرٌ  
مِثْلُكُمْ يُرِيدُ أَنْ يَتَفَضَّلَ  
عَلَيْكُمْ وَلَوْ شَاءَ اللَّهُ  
لَأَنْزَلَ مَلَائِكَةً مَّا سَمِعْنَا  
بِهَذَا فِي آبَائِنَا الْأَوَّلِينَ ﴿٢٤﴾

25. (有些人说：) “他只是一个疯了的人，对他权忍一时(或观察一下)。”

25. He is not but a man in whom is a madness, so wait regarding him for a while.

إِنَّ هُوَ إِلَّا رَجُلٌ بِهِ جِنَّةٌ  
فَتَرَبَّصُوا بِهِ حَتَّىٰ حِينٍ ﴿٢٥﴾

26. 努赫说：“我的主啊！求你相助我，他们不相信我。”

26. He said: “My Lord, help me because they have denied me.”

قَالَ رَبِّ أَنْصُرْنِي بِمَا  
كَذَّبُونِ ﴿٢٦﴾

27. 因此我(主)对他启示道：“在我的看顾下和照我的启示造一艘船。然后当我的命令降临和洪水泛滥时，你把每一种(动物)的一对和你的家人载上船，除了已被宣判(遭难)的人，你不要为犯罪的人向我求情，他们必将(在洪水中)被淹死。”

27. So We inspired him that: “Make the ship within Our sight and Our inspiration. Then, when Our command comes and the oven boils over, then take on board of every (kind) two spouses, and your household, except those against whom the word has already gone forth, of them. And do not address Me for those who have done wrong. Indeed, they will be drowned.”

فَأَوْحَيْنَا إِلَيْهِ أَنْ اصْنَعِ  
الْفُلَّكَ بِأَعْيُنِنَا وَّوْحَيْنَا  
فَإِذَا جَاءَ أَمْرُنَا وَفَارَ  
التَّنُورُ فَاسْلُكْ فِيهَا مِنْ كُلِّ  
زَوْجَيْنِ اثْنَيْنِ وَأَهْلَكَ  
إِلَّا مَن سَبَقَ عَلَيْهِ  
الْقَوْلُ مِنْهُمْ وَلَا تَخْطِبْنِي  
فِي الَّذِينَ ظَلَمُوا إِنَّهُمْ  
مُغْرَقُونَ ﴿٢٧﴾

28. 当你和那些与你同舟的人已经登上船时，你要说：“赞美安拉，他已把我们从犯罪的人中救出来了。”

28. “Then when you are firmly seated, you and whoever is with you, in the ship, then say, praise be to Allah who has saved us from the wrong doing people”

فَإِذَا اسْتَوَيْتَ أَنْتَ وَمَنْ  
مَعَكَ عَلَى الْفُلِّ فَقُلِ  
الْحَمْدُ لِلَّهِ الَّذِي نَجَّانَا  
مِنَ الْقَوْمِ الظَّالِمِينَ ﴿٢٨﴾

29. 并说：“我的主啊！求你使我在一个被赐福的(地方)登陆，因为你是最善于使(我们)登陆的。”

29. And say: “My Lord, cause me to land at a blessed landing place, and You are the best of those who bring to landing.”

وَقُلْ رَبِّ أَنْزِلْنِي مُنْزَلًا مُّبَارَكًا وَأَنْتَ خَيْرُ الْمُنْزِلِينَ ﴿٢٩﴾

30. 在这当中(对于领悟的人)确有迹象，我确是这样磨练(考验)人类。

30. Indeed, in that are sure signs. And indeed, We are ever putting (mankind) to the test.

إِنَّ فِي ذَلِكَ لَآيَاتٍ وَإِنْ كُنَّا لَمُبْتَلِينَ ﴿٣٠﴾

31. 然后，我在他们之后产生另一代(新人)。

31. Then We raised after them another generation.

ثُمَّ أَنْشَأْنَا مِنْ بَعْدِهِمْ قَرْنًا ءآخِرِينَ ﴿٣١﴾

32. 那时我也在他们当中对他们派遣一位使者。(对他们说道：)“你们要奉事安拉！除他之外你们无神，你们难道还不对他(主)敬畏吗？”

32. And We sent among them a messenger of their own, (saying) that: “Worship Allah, you do not have any god other than Him. Will you then not fear (Him)”

فَأَرْسَلْنَا فِيهِمْ رَسُولًا مِنْهُمْ أَنْ اعْبُدُوا اللَّهَ مَا لَكُمْ مِنْ إِلَهِ غَيْرُهُ ۗ أَفَلَا تَتَّقُونَ ﴿٣٢﴾

33. 他的族人中的领袖们不信，并且不信后世的相会，而我却曾赐给他们在今世的生活富裕。他们说：“他只不过是象你们一样的(凡)人，他吃你们所吃的，他喝你们所喝的。

33. And the chiefs of his people said, those who had disbelieved and denied the meeting of the Hereafter and to whom We had given the luxuries in the worldly life: “This is not but a human being like you. He eats of that from which you eat, and drinks of what you drink.”

وَقَالَ الْمَلَأُ مِنْ قَوْمِهِ الَّذِينَ كَفَرُوا وَكَذَّبُوا بِلِقَاءِ الْآخِرَةِ وَأَتْرَفْنَاهُمْ فِي الْحَيَاةِ الدُّنْيَا مَا هَذَا إِلَّا بَشَرٌ مِثْلُكُمْ يَأْكُلُ مِمَّا تَأْكُلُونَ مِنْهُ وَيَشْرَبُ مِمَّا تَشْرَبُونَ ﴿٣٣﴾

34. “如果你们服从一个和你们一样的(凡人),你们一定会成为亏损的人。”

34. “And if you should obey a man like yourselves, indeed, you would then be sure losers.”

وَلَيْنَ اطَّعْتُمْ بِشَرًّا مِّثْلَكُمْ  
إِنْ كُنْتُمْ إِذَا لَخَسِرُونَ ﴿٢٤﴾

35. “他许过你们当你们死亡并变成灰尘与骨骼之后,你们会被复活吗?”

35. “Does he promise you that when you are dead and you have become dust and bones that you shall be brought forth.”

أَيَعِدُّكُمْ أَنْكُمْ إِذَا مِتُّمْ وَكُنْتُمْ  
تُرَابًا وَعِظْمًا أَنْكُمْ  
مُخْرَجُونَ ﴿٢٥﴾

36. “不可能!你们所被许的是不可能的。”

36. “How far, how far is that which you are promised.”

﴿ هَيَّاتَ هَيَّاتَ لِمَا  
تُوعَدُونَ ﴿٢٦﴾

37. “除了我们在今世的生命之外,没有其它的生命(后世),我们死,我们生,但是我们决不会被复活!”

37. “It is not but our life of the world, we die and we live, and we shall not be raised.”

إِنَّ هِيَ إِلَّا حَيَاتُنَا الدُّنْيَا  
نَمُوتُ وَنَحْيَا وَمَا نَحْنُ  
بِمَبْعُوثِينَ ﴿٢٧﴾

38. “他只是一个为安拉捏造谎言的人,我们不会相信他!”

38. “He is not but a man who has invented against Allah a lie. And we will not believe in him.”

إِنَّ هُوَ إِلَّا رَجُلٌ افْتَرَىٰ عَلَيَّ  
اللَّهِ كَذِبًا وَمَا نَحْنُ لَهُ  
بِمُؤْمِنِينَ ﴿٢٨﴾

39. 他(那先知)说:“我的主啊!求你相助我,因为他们不信我。”

39. He said: “O my Lord, help me because they denied me.”

قَالَ رَبِّ انصُرْنِي بِمَا  
كَذَّبُونَ ﴿٢٩﴾

40. 他(安拉)说:“只需片刻时间,他们就会后悔了。”

40. He (Allah) said: “In a little, they will surely be regretful.”

قَالَ عَمَّا قَلِيلٍ لَيُصْبِحُنَّ  
نَادِمِينَ ﴿٣٠﴾

41. 然后惩罚公平地突击他们。我使他们变得像劫后余灰(灰烬)一样。所以作恶的人消逝了!

41. So an awful cry seized them in truth, then We made them as (plant) stubble. So a far removal for wrongdoing people.

فَأَخَذْتَهُمُ الصَّيْحَةَ بِالْحَقِّ  
فَجَعَلْنَاهُمْ غُثَاءً ٤١  
لِلْقَوْمِ الظَّالِمِينَ ﴿٤١﴾

42. 然后,我(主)又在他们之后建立了其它的世代。

42. Then We brought forth after them other generations.

ثُمَّ أَنْشَأْنَا مِنْ بَعْدِهِمْ قُرُونًا  
ءَاخَرِينَ ﴿٤٢﴾

43. 没有一族人能加速他们的时限,他们也不能延缓(它)。

43. Never can precede any nation its term, nor can they delay it.

مَا تَسْبِقُ مِنْ أُمَّةٍ أَجَلَهَا وَمَا  
يَسْتَأْخِرُونَ ﴿٤٣﴾

44. 然后我继续派遣我的使者。每逢一族的使者到达其族人时,他们就不信他。所以我使他们相继(遭受灾难),我使他们成为故事。所以不信的人民消逝了!

44. Then We sent Our messengers in succession. Whenever there came to a nation their messenger, they denied him, so We caused them to follow one another (to disaster) and We made them mere tales. A far removal for a people who do not believe.

ثُمَّ أَرْسَلْنَا رُسُلَنَا تَتْرًا ٤٤  
مَا جَاءَ أُمَّةً رَسُولًا كَدَّبُوهُ  
فَاتَّبَعْنَا بَعْضُهُمْ بَعْضًا  
وَجَعَلْنَاهُمْ أَحَادِيثَ ٤٤  
لِقَوْمٍ لَا يُؤْمِنُونَ ﴿٤٤﴾

45. 然后,我遣下姆撒(摩西)和他的兄弟哈仑(亚伦),带同我的迹象和明显的权威,

45. Then We sent Moses and his brother Aaron with Our signs and a manifest authority.

ثُمَّ أَرْسَلْنَا مُوسَىٰ وَأَخَاهُ  
هَارُونَ بِآيَاتِنَا وَسُلْطٰنٍ  
مُّبِينٍ ﴿٤٥﴾

46. 到法老和他的酋长们那里去。但是这些人行为傲慢,他们是自大的人群。

46. To Pharaoh and his chiefs, but they were arrogant and were a people self-exalting.

إِلَىٰ فِرْعَوْنَ وَمَلَئِهِ  
فَأَسْتَكْبَرُوا وَكَانُوا قَوْمًا  
عَالِينَ ﴿٤٦﴾



47. 他们说：“我们应当相信两个和我们一样的人吗？而他们的族人却是我们的奴隶。”

47. So they said: “Shall we believe in two mortals like ourselves, and their people are slaves to us.”

فَقَالُوا أَنْتُمْ مِنْ لِبَشَرَيْنِ مِثْلِنَا  
وَقَوْمُهُمَا لَنَا عَبِيدُونَ ﴿٤٧﴾

48. 因此他们不信他俩，而他们变成了被毁灭的人。

48. So they denied them both, then became of those who were destroyed.

فَكَذَّبُوهُمَا فَكَانُوا مِنَ  
الْمُهْلَكِينَ ﴿٤٨﴾

49. 我赐给姆撒经典，以便他们能获得引导。

49. And certainly, We gave Moses the Scripture that they may be guided.

وَلَقَدْ آتَيْنَا مُوسَى الْكِتَابَ  
لَعَلَّهُمْ يَهْتَدُونَ ﴿٤٩﴾

50. 我使马尔嫣(马利亚)的儿子(尔撒——耶稣)和他的母亲成为一个迹象。我赐给他们两人高原上的居处，(那是)一个宁静而有泉水的地方。

50. And We made the son of Mary and his mother a sign, and We gave them refuge on a high ground, a place of security and water springs.

وَجَعَلْنَا ابْنَ مَرْيَمَ وَأُمَّهُ  
آيَةً وَآوَيْنَهُمَا إِلَى رِبْوَةٍ  
ذَاتِ قَرَارٍ وَمَعِينٍ ﴿٥٠﴾

51. 使者们啊！你们吃(一切)美好和纯净的东西，并致力于正道吧，我是确知你们所做的。

51. O (you) messengers, eat from the good things, and do righteous deeds. Indeed, I am Aware of what you do.

يَأْتِيهَا الرُّسُلُ كُلُّوا مِنْ  
الطَّيِّبَاتِ وَأَعْمَلُوا صَالِحًا  
إِنِّي بِمَا تَعْمَلُونَ عَلِيمٌ ﴿٥١﴾

52. 你们的宗教是一个宗教，我是你们的(唯一的)主。所以要(唯独)敬畏我。

52. And indeed, this religion of yours is one religion, and I am your Lord, so fear Me.

وَإِنَّ هَذِهِ أُمَّتُكُمْ أُمَّةً  
وَاحِدَةً وَأَنَا رَبُّكُمْ فَاتَّقُونِ  
﴿٥٢﴾

53. 但是人们分割了他们的(统一的)宗教

53. But they (mankind) have divided their

فَتَقَطَّعُوا أَمْرَهُمْ بَيْنَهُمْ زُبُرًا  
﴿٥٣﴾

成为宗派，每一派人只喜欢他们自己所有的(教条或习俗)。

affair among them into sects. Each faction rejoicing in what they have.

كُلُّ حِزْبٍ بِمَا لَدَيْهِمْ  
فَرِحُونَ ﴿٥٣﴾

54. 那么，就任他们沉迷在他们的错误之中一段时间吧。

54. So leave them in their error until a time.

فَذَرَّهُمْ فِي غَمَرَتِهِمْ حَتَّىٰ  
حِينٍ ﴿٥٤﴾

55. 他们可曾想过(我)为了什么赐给他们(丰富)的财产和子嗣?

55. Do they think that because We have granted them with abundance of wealth and sons.

أَتَحْسَبُونَ أَنَّمَا نُمِدُّهُم بِهِ  
مِن مَّالٍ وَبَنِينَ ﴿٥٥﴾

56. 我会急于赐给他们一切的美好东西吗? 不，他们不了解。

56. We hasten for them with good things. But they do not perceive.

نُسَارِعُ لَهُمْ فِي الْخَيْرَاتِ بَلْ  
لَا يَشْعُرُونَ ﴿٥٦﴾

57. 的确，那些由于畏惧他们的主，生活在敬畏中的人，

57. Indeed, those who are apprehensive from fear of their Lord.

إِنَّ الَّذِينَ هُمْ مِنْ خَشْيَةِ  
رَبِّهِمْ مُشْفِقُونَ ﴿٥٧﴾

58. 和那些信仰他们的主的启示的人，

58. And those who believe in the revelations of their Lord.

وَالَّذِينَ هُمْ بِآيَاتِ رَبِّهِمْ  
يُؤْمِنُونَ ﴿٥٨﴾

59. 和那些不为他们的主添附(伙伴)的人，

59. And those who do not assign partners with their Lord.

وَالَّذِينَ هُمْ بِرَبِّهِمْ لَا  
يُشْرِكُونَ ﴿٥٩﴾

60. 和那些(在施舍上)心怀畏惧而施令的人，因为他们就将回到他们的主了。

60. And those who give that which they give with their hearts full of fear, because they will return to their Lord.

وَالَّذِينَ يُؤْتُونَ مَا آتَوْا  
وَقُلُوبُهُمْ وَجَلَةٌ أَنَّهُمْ إِلَىٰ رَبِّهِمْ  
رَاجِعُونَ ﴿٦٠﴾

61. 这些人竞作善行，他们是、最先获得善报的人。

61. It is those who hasten in good deeds and those who are foremost in them.

أُولَئِكَ يُسْرِعُونَ فِي الْخَيْرَاتِ  
وَهُمْ لَهَا سَابِقُونَ ﴿٦١﴾

62. 我不使任何人负担其力所不及的。我有一份记录：它会说出真象，他们决不会被亏待。

62. And We do not lay a burden on a soul beyond his capacity, and with Us is a record which speaks with truth, and they will not be wronged.

وَلَا نُكَلِّفُ نَفْسًا إِلَّا وُسْعَهَا  
وَلَدَيْنَا كِتَابٌ يَنْطِقُ بِالْحَقِّ  
وَهُمْ لَا يُظْلَمُونَ ﴿٦٢﴾

63. 但是他们的心对于这(古兰)却是恍惚无知(不注意)的。此外他们在观有的行为之外还有其它的行为。

63. But their hearts are in ignorance of this (Quran), and they have deeds, other than that (disbelief) which they are doing.

بَلْ قُلُوبُهُمْ فِي غَمْرَةٍ مِّنْ هَذَا  
وَهُمْ أَعْمَلُ مِنْ دُونِ ذَلِكَ  
هُمْ لَهَا عَمَلُونَ ﴿٦٣﴾

64. 直到我使他们当中那些富裕的人受到惩罚时，那时，他们就求助了，

64. Until, when We seize their affluent ones with the punishment, behold, they will groan in supplication.

حَتَّىٰ إِذَا أَخَذْنَا مُتْرَفِيهِمْ  
بِالْعَذَابِ إِذَا هُمْ يَجْعَرُونَ ﴿٦٤﴾

65. (他们将会被告诉道：)“在这天不要呼求，你们是一定不会被我援助的。

65. “Do not groan in supplication this day. Assuredly, you will not be helped by Us.”

لَا تَجْعَرُوا الْيَوْمَ إِنَّكُمْ مِنَّا لَا  
تُنصَرُونَ ﴿٦٥﴾

66. “我的启示确已对你们详述过，但是你们却曾掉头不顾，

66. “Indeed, My verses were recited to you, but you used to turn back on your heels.”

قَدْ كَانَتْ آيَاتِي تُتْلَىٰ عَلَيْكُمْ  
فَكُنْتُمْ عَلَىٰ أَعْقَابِكُمْ  
تَنْكِبُونَ ﴿٦٦﴾

67. “高傲地、胡乱地谈论它，象说神话

67. “In arrogance regarding it (the

مُسْتَكْبِرِينَ بِهِ سَمِرًا

似地消磨长夜。”

Quran), talking nonsense, telling fables (at night).”

تَهْجُرُونَ ﴿٧٧﴾

68. 难道他们不曾深思(安拉)的话, 或是不曾降给他们祖先的(启示)已经降给他们了吗?

68. Then have they not pondered over the word (the Quran), or has there come to them that which had not come to their fathers of old.

أَفَلَمْ يَدَّبَّرُوا الْقَوْلَ أَمْ جَاءَهُمْ مَا لَمْ يَأْتِ آبَاءَهُمُ الْأَوَّلِينَ ﴿٧٨﴾

69. 或是他们不认识他们的使者, 因而不信他呢?

69. Or did they not recognize their messenger, so they reject him.

أَمْ لَمْ يَعْرِفُوا رَسُولَهُمْ فَهُمْ لَهُ مُنْكَرُونَ ﴿٧٩﴾

70. 或者他们说他是疯子?不然, 他已带给他们真理, 不过他们大多数痛恨真理。

70. Or do they say: “There is a madness in him.” But he brought them the truth, and most of them are averse to the truth.

أَمْ يَقُولُونَ بِهِ جِنَّةٌ بَلْ جَاءَهُمُ بِالْحَقِّ وَكَثَرْتَهُمْ لِلْحَقِّ كَرَهُونَ ﴿٨٠﴾

71. 如果真理跟他们的愿望(私欲)一致, 那么诸天与大地以及其间的万物都将混乱了。不然, 我已把对他们的提示降给了他们, 但他们却避开了(降给)他们的提示。

71. And if the truth had followed their desires, truly the heavens and the earth and whoever is therein would have been corrupted. But We have brought them their reminder, then they from their reminder turn away.

وَلَوْ اتَّبَعَ الْحَقُّ أَهْوَاءَهُمْ لَفَسَدَتِ السَّمَوَاتُ وَالْأَرْضُ وَمَنْ فِيهِنَّ بَلْ أَتَيْنَهُمْ بِذِكْرِهِمْ فَهُمْ عَنِ ذِكْرِهِمْ مُعْرِضُونَ ﴿٨١﴾

72. 难道你曾向他们要求过一些报酬吗?事实上你的主的报酬是

72. Or do you (O Muhammad) ask them for some recompense, but the recompense of

أَمْ تَسْأَلُهُمْ خَرْجًا فَخَرَاجُ رَبِّكَ خَيْرٌ ۗ وَهُوَ خَيْرُ

最好的，他是最好的  
给养者。

your Lord is better, and  
He is the best of those  
who give sustenance.

الرَّزَقِينَ ﴿٧٢﴾

73. 你的确叫他们趋  
向正道。

73. And indeed, you  
(O Muhammad) call  
them to the straight  
path.

وَإِنَّكَ لَتَدْعُوهُمْ إِلَىٰ صِرَاطٍ  
مُّسْتَقِيمٍ ﴿٧٣﴾

74. 那些不信后世的  
人的确是离经叛道的  
。

74. And indeed, those  
who do not believe in  
the Hereafter are  
surely deviating from  
the path.

وَإِنَّ الَّذِينَ لَا يُؤْمِنُونَ  
بِالْآخِرَةِ عَنِ الصِّرَاطِ  
لَنَكِبُونَ ﴿٧٤﴾

75. 即使我怜悯他们  
，并除去他们的灾难  
，他们仍会固执地盲  
目徘徊在他们的放肆  
当中。

75. And even if We  
had mercy on them  
and removed what is  
upon them of the  
distress, they would  
persist in their  
transgression  
wandering blindly.

﴿٧٥﴾ وَلَوْ رَحِمْنَاهُمْ وَكَشَفْنَا مَا  
بِهِمْ مِنْ ضُرٍّ لَّلَجُوا فِي  
طُغْيَانِهِمْ يَعْمَهُونَ ﴿٧٥﴾

76. 我已使他们遭受  
惩罚，但是他们既不  
对他们的主恭顺(地叩  
拜)，他们也不谦卑，

76. And certainly, We  
seized them with  
punishment, but they  
did not humble  
themselves to their  
Lord, nor did they  
supplicate with  
submission.

وَلَقَدْ أَخَذْنَاهُمْ بِالْعَذَابِ  
فَمَا أَصْتَكَاؤُا لِرَبِّهِمْ وَمَا  
يَتَضَرَّعُونَ ﴿٧٦﴾

77. 直到我对他们启  
开了前往烈刑的门。  
那时，哪！他们就在那  
里绝望了。

77. Until when We  
have opened upon them  
the door of severe  
punishment, behold,  
they will be plunged  
in despair therein.

حَتَّىٰ إِذَا فَتَحْنَا عَلَيْهِم بَابًا  
ذَا عَذَابٍ شَدِيدٍ إِذَا هُمْ  
فِيهِ مُبْلِسُونَ ﴿٧٧﴾

78. 是他为你们造化了听、视、感觉和理解(心智)(的官能)。你们是很少感谢的。

78. And He it is who has created for you hearing (ears), and sight (eyes), and hearts (intellect). Little is what you thank.

وَهُوَ الَّذِي أَنْشَأَ لَكُمْ السَّمْعَ وَالْأَبْصَرَ وَالْأَفْئِدَةَ قَلِيلًا مَّا تَشْكُرُونَ ﴿٧٨﴾

79. 他曾使你们散居大地(繁殖)，你们也将集中到他(那里)。

79. And He it is who has dispersed you on the earth, and to Him you shall be gathered.

وَهُوَ الَّذِي ذَرَأَكُمْ فِي الْأَرْضِ وَإِلَيْهِ تُحْشَرُونَ ﴿٧٩﴾

80. 是他使生和致死，昼夜的循环也由于他。你们难道还了解吗？

80. And He it is who gives life and causes death, and His is the alternation of the night and the day. Will you then not understand.

وَهُوَ الَّذِي يُحْيِي وَيُمِيتُ وَلَهُ اخْتِلَافُ اللَّيْلِ وَالنَّهَارِ أَفَلَا تَعْقِلُونَ ﴿٨٠﴾

81. 相反的，他们却说了与古人相似的话。

81. But they say the like of that what the ancient (people) said.

بَلْ قَالُوا مِثْلَ مَا قَالَ الْأَوَّلُونَ ﴿٨١﴾

82. 他们说：“什么！当我们。死亡变成尘土与枯骨时，我们还能复活吗？”

82. They said: “Is it that when we are dead and have become dust and bones, shall we indeed be raised again.”

قَالُوا أَإِذَا مِتْنَا وَكُنَّا تُرَابًا وَعِظْمًا أَأِنَّا لَمَبْعُوثُونَ ﴿٨٢﴾

83. “这些以前已经许给我们和我们的祖先了！这只不过是古人的神话罢了！”

83. “Certainly, we have been promised, we and our fathers this before. This is not but the legends of the ancient (people).”

لَقَدْ وَعَدْنَا نَحْنُ وَءَابَاؤُنَا هَذَا مِنْ قَبْلُ إِنْ هَذَا إِلَّا أَسْطِيرُ الْأَوَّلِينَ ﴿٨٣﴾

84. 你说：“大地和其中的一切生物属于谁？如果你们知道的话

84. Say: “To whom belongs the earth and whoever is therein, if

قُلْ لِمَنِ الْأَرْضُ وَمَنْ فِيهَا إِنْ كُنْتُمْ تَعْلَمُونَ ﴿٨٤﴾

, (说出来)!”

you have knowledge.”

85. 他们会说：“属于安拉!”你说：“那么为什么你们还不纪念(他)呢?”

85. They will say: “To Allah.” Say: “Will you then not remember.”

سَيَقُولُونَ لِلَّهِ ۗ قُلْ أَفَلَا تَذَكَّرُونَ ﴿٨٥﴾

86. 你说：“谁是七重天的主和权威宝座的主?”

86. Say: “Who is Lord of the seven heavens and Lord of the Tremendous Throne.”

قُلْ مَنْ رَبُّ السَّمَوَاتِ  
السَّبْعِ وَرَبُّ الْعَرْشِ الْعَظِيمِ ﴿٨٦﴾

87. 他们会说：“属于安拉。”你说：“你们难道还不敬畏(他)吗?”

87. They will say: “To Allah (all that belongs).” Say: “Will you then not fear (Him).”

سَيَقُولُونَ لِلَّهِ ۗ قُلْ أَفَلَا تَتَّقُونَ ﴿٨٧﴾

88. 你说：“万物的支配权是掌握在谁的手中?他保护(万物),而(自己)却没有保护吗?(说呀),如果你们知道。”

88. Say: “Who is in whose hand is the sovereignty of every thing and He protects, while there is no protection against him, if you should know.”

قُلْ مَنْ مِنْ بِيَدِهِ مَلَكُوتُ  
كُلِّ شَيْءٍ وَهُوَ يُجِيرُ وَلَا  
يُجَارُ عَلَيْهِ إِنْ كُنْتُمْ  
تَعْلَمُونَ ﴿٨٨﴾

89. 他们会说：“属于安拉。”你说：“那么你们怎么会被蒙骗了呢?”

89. They will say: “To Allah (all that belongs). Say: “How then are you deluded.”

سَيَقُولُونَ لِلَّهِ ۗ قُلْ فَأَنِي  
تُسْحَرُونَ ﴿٨٩﴾

90. 不然,我已降给他们真理,但是他们确在撒谎。

90. But We have brought them the truth, and indeed they are certainly liars.

بَلْ أَتَيْنَهُم بِالْحَقِّ وَإِنَّهُمْ  
لَكَاذِبُونَ ﴿٩٠﴾

91. 安拉无子,也没有任何神与他同列。(

91. Allah has not taken any son, nor is there along with Him any

مَا اتَّخَذَ اللَّهُ مِنْ وَلَدٍ وَمَا

如果有许多神的话),  
看啦, 每一个神都会  
拿去(管理)它所造化的,  
并且有些一定已  
降服了其它的!光荣归  
安拉!他们在他们所添附  
的(伪神)之上。

god, else each god  
would have assuredly  
taken away that what  
he created, and some  
of them would  
assuredly have  
overcome others.  
Glorified be Allah above  
all that they attribute.

كَانَ مَعَهُ مِنْ إِلَهِ إِذَا  
لَذَهَبَ كُلُّ إِلَهٍ بِمَا خَلَقَ  
وَلَعَلَّا بَعْضُهُمْ عَلَى بَعْضٍ  
سُبْحَانَ اللَّهِ عَمَّا  
يَصِفُونَ ﴿١١﴾

92. 他知道什么是隐  
瞒的, 和什么是公开  
的, 他们比他们添附给  
他的(伪神)高多了(高  
不可及)。

92. Knower of the  
invisible and the  
visible. So exalted be  
He over all that they  
ascribe as partners (to  
Him).

عَلِمَ الْغَيْبِ وَالشَّهَادَةِ  
فَتَعَلَّىٰ عَمَّا يُشْرِكُونَ ﴿١٢﴾

93. 你说: “我的主  
啊!如果你一定要(在  
我有生之年)把(你)许  
给他们的(惩罚)显示  
给我,

93. Say (O  
Muhammad): “My  
Lord, if You should  
show me that which  
they are promised.”

قُلْ رَبِّ إِمَّا تُرِيئِي مَا  
يُوعَدُونَ ﴿١٣﴾

94. “我的主啊!那么  
就(求你)不要把我归  
入犯罪的人群中。”

94. “My Lord, then do  
not make me among  
the wrongdoing  
people.”

رَبِّ فَلَا تَجْعَلْنِي فِي الْقَوْمِ  
الظَّالِمِينَ ﴿١٤﴾

95. 我确实能够显示  
给你我所许给他们的(  
惩罚)。

95. And indeed, We  
certainly have Power  
over that We can show  
you what We have  
promised them.

وَإِنَّا عَلَىٰ أَنْ نُرِيكَ مَا  
نَعِدُهُمْ لَقَدِيرُونَ ﴿١٥﴾

96. 你要以善去恶。  
我清楚他们所说的。

96. Repel the evil  
with that which is  
better. We are best  
Aware of that which  
they allege.

ادْفَعْ بِالَّتِي هِيَ أَحْسَنُ  
الَّذِي سَاءَ مَا كُنَّا نَعْمَلُ  
بِمَا  
يَصِفُونَ ﴿١٦﴾



97. 并说：“我的主啊！我求你保护我不受魔鬼们的暗示所诱惑。

97. And say: “My Lord, I seek refuge in You from the suggestions of the evil ones.”

وَقُلْ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ ﴿١٧﴾

98. “我的主啊！我也求你扩佑，莫让它们接近我。”

98. “And I seek refuge in You, my Lord, lest they be present with me.”

وَأَعُوذُ بِكَ رَبِّ أَنْ تَحْضُرُونِ ﴿١٨﴾

99. 直到死亡降临到他们当中的一人时，他才说：“我的主啊！求你使我回返（今世的生命）吧，

99. Until, when death comes to one of them, he says: “My Lord, send me back.”

حَتَّىٰ إِذَا جَاءَ أَحَدَهُمُ الْمَوْتُ قَالَ رَبِّ ارْجِعُونِ ﴿١٩﴾

100. “以便我能够在我所遗留的（未竟的事情）中行善。”不成！那只不过是他说的一句（轻诺寡信的）话。在他们的后面有一重隔障，直到他们被复活的那天。

100. “That I might do righteousness in that which I have left behind.” No, it is merely a word that he speaks. And behind them is a barrier until the day when they will be raised.

لَعَلِّي أَعْمَلُ صَالِحًا فِيمَا تَرَكْتُ كَلَّا إِنَّهَا كَلِمَةٌ هُوَ قَائِلُهَا وَمِنْ وَرَائِهِمْ بَرْزَخٌ إِلَىٰ يَوْمِ يُبْعَثُونَ ﴿٢٠﴾

101. 当号角被吹响时，他们彼此间将不再有亲属关系，也不互相询问了。

101. Then when the trumpet is blown, then there will be no kinship among them that day, nor will they ask of one another.

فَإِذَا نُفِخَ فِي الصُّورِ فَلَا أَنْسَابَ بَيْنَهُمْ يَوْمَئِذٍ وَلَا يَتَسَاءَلُونَ ﴿٢١﴾

102. 那时，那些在天秤上（善果）重的人，他们就是成功的。

102. Then those whose scales are heavy, so it is they, who are the successful.

فَمَنْ ثَقُلَتْ مَوَازِينُهُ فَأُولَٰئِكَ هُمُ الْمُفْلِحُونَ ﴿٢٢﴾

103. 但是那些在天秤上(德行)轻的人,他们都是亏损(失败)的人,他们永远住在火狱里面。

103. And those whose scales are light, so it is they, those who have lost their own selves, in Hell will they abide.

وَمَنْ حَفَّتْ مَوَازِينُهُ  
فَأُولَٰئِكَ الَّذِينَ خَسِرُوا  
أَنْفُسَهُمْ فِي جَهَنَّمَ خَالِدُونَ



104. 火将烧他们的脸,他们将在其中(痛苦地)龇牙咧嘴。

104. The fire will burn their faces, and they therein will grin with disfigured lips.

تَلْفَحُ وُجُوهَهُمُ النَّارُ وَهُمْ  
فِيهَا كَالِحُونَ



105. “我的启示没有对你们诵读过吗?而你们却不信它们。”

105. (It will be said): “Were not My verses recited to you, then you used to deny them.”

أَلَمْ تَكُنْ ءَايَاتِي تُتْلَىٰ عَلَيْكُمْ  
فَكُنْتُمْ بِهَا تُكذِّبُونَ



106. 他们将会说:“我们的主啊!我们的不幸压倒了我们,我们是一群迷误的人!”

106. They will say: “Our Lord, our evil fortune overcame us, and we were a people astray.”

قَالُوا رَبَّنَا غَلَبَتْ عَلَيْنَا  
شِقْوَتُنَا وَكُنَّا قَوْمًا  
ضَالِّينَ



107. “我们的主啊!领我们离开这里吧,如果我再回到(罪恶),那么,我们就真是为非作歹的人了!”

107. “Our Lord, bring us out of this, then if we were to return (to evil), then indeed we shall be wrongdoers.”

رَبَّنَا أَخْرِجْنَا مِنْهَا فَإِنْ عُدْنَا  
فإِنَّا ظَالِمُونَ



108. 他(主将会)说:“你们从这里走开吧!不要向我说话!”

108. He will say: “Remain you in it with ignominy, and do not speak to Me.”

قَالَ أَحْسَبُوا فِيهَا وَلَا  
تُكَلِّمُونِ



109. “我的仆人中曾经有一些人祈祷道:‘我们的主啊!我们信

109. Indeed, there was a party of My slaves who said: “Our Lord, we have believed, so

إِنَّهُ كَانَ فَرِيقٌ مِّنْ عِبَادِي  
يَقُولُونَ رَبَّنَا ءَامَنَّا فَاغْفِرْ

仰，所以求你宽恕我们，并对我们慈悯，你是无上的慈悯者，

forgive us, and have mercy on us, and You are the best of those who are merciful.”

لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ  
الرَّحِيمِينَ ﴿١٠﴾

110. “但是你们却把他们当作笑柄，直到它们(嘲笑)使你们忘记了纪念我，而你们仍然嘲笑他们。

110. “So you took them in mockery until they made you forget My remembrance, and you used to laugh at them.”

فَاتَّخَذْتُمُوهُمْ سِخْرِيًّا حَتَّى  
أَنْسَوُكُمْ ذِكْرِي وَكُنْتُمْ مِنْهُمْ  
تَضْحَكُونَ ﴿١١﴾

111. “我确已因他们的坚忍在这天我回赐了他们，他们确实是胜利的。”

111. “Indeed, I have rewarded them this day for their patience. Indeed, they are those who are successful.”

إِنِّي جَزَيْتَهُمُ الْيَوْمَ بِمَا  
صَبَرُوا إِنَّهُمْ هُمُ الْفَائِزُونَ ﴿١٢﴾

112. 他(主)将会说：“你们在地上居留了多少年？”

112. He will say: “How long did you stay on earth, counting by years.”

قَالَ كَمْ لَبِثْتُمْ فِي الْأَرْضِ  
عَدَدَ سِنِينَ ﴿١٣﴾

113. 他们将会说：“我们逗留了一天或不及一天，请你去问那些主计的(记录者)吧。”

113. They will say: “We stayed a day or part of a day. So ask of those who keep account.”

قَالُوا لَبِثْنَا يَوْمًا أَوْ بَعْضَ  
يَوْمٍ فَسْأَلِ الْعَادِينَ ﴿١٤﴾

114. 他(主)将会说：“如果你们知道的的话，你们只不过停留了片刻罢了。”

114. He will say: “You stayed not but a little, if indeed you had known.”

قَالَ إِنْ لَبِثْتُمْ إِلَّا قَلِيلًا لَوْ  
أَنْتُمْ كُنْتُمْ تَعْلَمُونَ ﴿١٥﴾

115. “你们可曾以为我造化你们是无所为的，而你们也不会被带回到我这里来吗？”

115. “Did you then think that We had created you without any purpose, and that you would not be

أَفَحَسِبْتُمْ أَنْمَّا خَلَقْنَاكُمْ  
عَبَثًا وَأَنْتُمْ إِلَيْنَا لَا

brought back to Us”

تُرْجَعُونَ ﴿١١٥﴾

116. 安拉是至高的，（他是）主宰，（他是）真实的，除他之外无神，（他是）尊贵的权威的主！

116. So exalted be Allah, the Sovereign, the Truth. There is no god except Him, the Lord of the Noble Throne.

فَتَعَلَى اللَّهِ الْمَلِكُ الْحَقُّ لَا إِلَهَ إِلَّا هُوَ رَبُّ الْعَرْشِ الْكَرِيمِ ﴿١١٦﴾

117. 谁在安拉之外同时祈求任何没有凭证的伪神。他的审计只在他的主那里。不信的人确是不会成功的。

117. And whoever invokes any other god along with Allah, for which he has no proof. Then his reckoning is only with his Lord. Indeed, the disbelievers will not be successful.

وَمَنْ يَدْعُ مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ فَإِنَّمَا حِسَابُهُ عِنْدَ رَبِّهِ إِنَّهُ لَا يُفْلِحُ الْكَافِرُونَ ﴿١١٧﴾

118. 你要说：“我的主啊！（求你赐给我）恕饶和慈悯吧！因为你是无上的慈悲者。”

118. And (O Muhammad) say: “My Lord, forgive and have mercy, for You are the best of those who are merciful.”

وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ ﴿١١٨﴾

