



## 时间

## AdDahr

## الدَّهْرُ

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 人类不是曾有过一段时期，那时他们曾是不值一提的东西吗？

1. Has there (not) come upon man a period of time when he was not a thing (even) to be mentioned.

هَلْ أَتَى عَلَى الْإِنْسَانِ حِينٌ مِّنَ الدَّهْرِ لَمْ يَكُن شَيْئًا مَّذْكُورًا ﴿١﴾

2. 我的确由一滴浓厚的精液造化了人。我为了教化(试验)他，所以我给他听觉和视觉。

2. Indeed, We created man from a sperm drop mixture, that We may try him, then We made him hearing, seeing.

إِنَّا خَلَقْنَا الْإِنْسَانَ مِن نُّطْفَةٍ أَمْشَاجٍ نَّبْتَلِيهِ فَجَعَلْنَاهُ سَمِيعًا بَصِيرًا ﴿٢﴾

3. 我已引导了他正道，他是知感的，或是忘恩负义的(随他的便了)。

3. Indeed, We guided him to the way, whether be he grateful or be he ungrateful.

إِنَّا هَدَيْنَاهُ السَّبِيلَ إِمَّا شَاكِرًا وَإِمَّا كَفُورًا ﴿٣﴾

4. 我为不信的人准备了锁链、桎梏和烈火。

4. Indeed, We have prepared for the disbelievers chains, and collars, and a blazing Fire.

إِنَّا أَعْتَدْنَا لِلْكَافِرِينَ سَلَاسِلًا وَأَغْلَالًا وَسَعِيرًا ﴿٤﴾

5. 正真的人，他们将饮一杯混合了樟脑的饮料。

5. Indeed, the righteous shall drink from a cup whose mixture is of camphor.

إِنَّ الْأَبْرَارَ يَشْرَبُونَ مِن كَأْسٍ كَانَ مِزَاجُهَا كَافُورًا ﴿٥﴾

6. (那是)安拉的仆人们在那里饮用的,使它大量流出的喷泉。

6. A spring of which the slaves of Allah shall drink, making it gush forth abundantly.

عَيْنًا يَشْرَبُ بِهَا عِبَادُ اللَّهِ  
يُفَجِّرُونَهَا تَفْجِيرًا ﴿٦﴾

7. (因为)他们实践了(他们的)誓约,他们并畏惧那灾难遍布的那一天。

7. (Those) who fulfill (their) vows, and they fear a Day whose evil shall be wide spread.

يُوفُونَ بِالنَّذْرِ وَيَخَافُونَ  
يَوْمًا كَانَ شَرُّهُ مُسْتَطِيرًا ﴿٧﴾

8. 他们也为了敬爱他(安拉)而供给穷人、孤儿和俘虏饮食。

8. And who feed with food, for the love of Him, the poor, and the orphan, and the captive.

وَيُطْعِمُونَ الطَّعَامَ عَلَى  
حُبِّهِ مِسْكِينًا وَيَتِيمًا  
وَأَسِيرًا ﴿٨﴾

9. (说道:)"我们只是为了安拉供给你们饮食,我们不希望由你们获得报酬或感谢。

9. (Saying) "We feed you only for the sake of Allah, we neither seek from you any reward, nor thanks."

إِنَّمَا نُطْعِمُكُمْ لِوَجْهِ اللَّهِ لَا  
نُرِيدُ مِنْكُمْ جَزَاءً وَلَا  
شُكْرًا ﴿٩﴾

10. 毫无疑问我们将畏惧我们的主,(在审判日的那一天),那将是愁眉苦脸不堪忍受的一天。

10. "Indeed, we fear from our Lord a Day, frowning, distressful."

إِنَّا نَخَافُ مِنْ رَبِّنَا يَوْمًا  
عَبُوسًا قَمَطِرِيرًا ﴿١٠﴾

11. 所以安拉将把他们从那天的灾难当中拯救出来,并使他们(容光)焕发和(身心)愉快。

11. So Allah shall save them from the evil of that Day and give them radiance and joy.

فَوَقَّهْمُ اللَّهُ شَرَّ ذَلِكَ الْيَوْمِ  
وَلَقَّهْمُ نَضْرَةً وَسُرُورًا ﴿١١﴾

12. 并由于他们是坚忍的,赏给他们乐园和丝绸的衣服,

12. And will reward them for what patiently they endured, garden and silk garments.

وَجَزَّئُهُمْ بِمَا صَبَرُوا جَنَّةً  
وَحَرِيرًا ﴿١٢﴾

13. 躺在(园中的)高椅上，他们既受不到太阳(的酷热)，也没有严寒。

13. Reclining therein upon high couches, they will not see therein (burning) sun, nor (freezing) cold.

مُتَّكِنِينَ فِيهَا عَلَى الْأَرَائِكِ  
لَا يَرَوْنَ فِيهَا شَمْسًا وَلَا  
زَمْهَرِيرًا ﴿١٣﴾

14. 它(乐园)的浓荫靠近他们，成串的果实低垂。

14. And the shades thereof shall cover upon them, and its fruits shall hang low within their reach.

وَدَانِيَةً عَلَيْهِمْ ظِلُّهَا وَذُلَّتْ  
قُطُوفُهَا تَدْلِيًا ﴿١٤﴾

15. 他们将轮回传递银樽和水晶杯。

15. And there shall be passed round among them, vessels of silver, and goblets of crystal.

وَيُطَافُ عَلَيْهِمْ بِآنِيَةٍ مِّنْ  
فِضَّةٍ وَأَكْوَابٍ كَانَتْ قَوَارِيرًا  
﴿١٥﴾

16. 那是像水晶一样的透亮(但却是)用银制成的。他们将按照(他们的所需)斟酌它的多寡。

16. Crystal (clear glass made) from silver, which will have been filled in due measure.

قَوَارِيرًا مِّنْ فِضَّةٍ قَدَّرُوهَا  
تَقْدِيرًا ﴿١٦﴾

17. 他们将被赐给一杯用姜水调和的，

17. And they will be given to drink therein a cup whose mixture is of ginger.

وَيُسْقَوْنَ فِيهَا كَأْسًا كَانَ  
مِزَاجُهَا زَنْجَبِيلًا ﴿١٧﴾

18. (其中流着一种)名叫莎尔莎碧尔喷泉的水。

18. A fountain therein (Paradise) named Salsabil.

عَيْنًا فِيهَا تُسَمَّى سَلْسَبِيلًا  
﴿١٨﴾

19. 侍候他们的是一群青春永驻的青年，如果你看到他们，你一定会以为他们是散置的明珠。

19. And round about them will (serve) boys of everlasting youth. When you see them, you would think them scattered pearls.

وَيَطُوفُ عَلَيْهِمْ وِلْدَانٌ  
مُّخَلَّدُونَ إِذَا رَأَيْتَهُمْ حَسِبْتَهُمْ  
لُؤْلُؤًا مَّنشُورًا ﴿١٩﴾



20. 当你张望时，你将看到幸福和一个伟大的王国。

20. And when you look there, you would see delight, and a great kingdom.

وَإِذَا رَأَيْتَ ثُمَّ رَأَيْتَ نَعِيمًا  
وَمُلْكًا كَبِيرًا ﴿٢٠﴾

21. 他们身上(穿)的将是绿色的织锦长袍，他们也将戴着银手镯，他们的主将赐给他们纯净的饮料。

21. Upon them shall be the garments of fine green silk, and rich brocade. And they shall be adorned with bracelets of silver. And their Lord shall give them to drink a pure wine.

عَلَيْهِمْ ثِيَابٌ سُنْدُسٍ خُضْرٌ  
وَإِسْتَبْرَقٌ وَحُلُوعًا أُسَاوِرٌ مِنْ  
فِضَّةٍ وَسَقَنَهُمْ رَبُّهُمْ شَرَابًا  
طَهُورًا ﴿٢١﴾

22. 他们将被告诉道：“这的确是给你们的回赐，你们的努力被接受了。”

22. Indeed, this is for you a reward, and your endeavors have been appreciated.

إِنَّ هَذَا كَانَ لَكُمْ جَزَاءً  
وَكَانَ سَعْيَكُمْ مَشْكُورًا ﴿٢٢﴾

23. 我曾逐步地颁降将古兰给你(穆圣)。

23. Indeed, it is We who have sent down to you (O Muhammad) the Quran in stages.

إِنَّا نَحْنُ نَزَّلْنَا عَلَيْكَ  
الْقُرْآنَ أَنْ تَنْزِيلًا ﴿٢٣﴾

24. 所以你要对你的主的命令(判决)坚忍、服从，(耐心地等待)，并且不要顺从他们当中的罪人和忘恩的人，

24. So be patient for the command of your Lord, and do not obey from among them, sinner or disbeliever.

فَاصْبِرْ لِحُكْمِ رَبِّكَ وَلَا تُطِعْ  
مِنْهُمْ ءَاثِمًا أَوْ كَفُورًا ﴿٢٤﴾

25. 和在晨昏时纪念你的主的尊名。

25. And remember the name of your Lord, morning and evening.

وَاذْكُرْ اسْمَ رَبِّكَ بُكْرَةً  
وَأَصِيلًا ﴿٢٥﴾

26. 你也要在夜间的一部分时间向他(主)匍匐叩头，并在漫长的

26. And during the night, prostrate before Him, and glorify Him

وَمِنَ اللَّيْلِ فَاسْجُدْ لَهُ

夜间赞美他。

a long (part of the) night.

وَسَبِّحْهُ لَيْلًا طَوِيلًا ﴿٢٦﴾

27. 这些人的确只爱转瞬即逝的今世，而把痛苦的大日子(审判日)置于脑后。

27. Indeed, these (disbelievers) love the quickly attainable (world), and leave behind them a heavy Day.

إِنَّ هَؤُلَاءِ مُحِبُّونَ  
الْعَاجِلَةَ وَيَذُرُونَ وَرَاءَهُمْ  
يَوْمًا ثَقِيلًا ﴿٢٧﴾

28. 我曾造化了他们，我也曾赋予他们强健的体格。但是，当我愿意时，我能以类似的(造化)完全代替他们。

28. It is We who have created them, and We have strengthened their forms. And when We will, We can replace with others like them with a complete replacement.

نَحْنُ خَلَقْنَاهُمْ وَشَدَدْنَا  
أَسْرَهُمْ وَإِذَا شِئْنَا بَدَّلْنَا  
أَمْثَلَهُمْ تَبْدِيلًا ﴿٢٨﴾

29. 这的确是一个提醒，谁愿意就让他择取一条通到他的主的(正)道。

29. Indeed, this is a reminder. So whoever wills, let him take the way to his Lord.

إِنَّ هَذِهِ تَذْكِرَةٌ فَمَنْ شَاءَ  
اتَّخَذَ إِلَىٰ رَبِّهِ سَبِيلًا ﴿٢٩﴾

30. 但是，除了安拉愿意，你们是不会的，安拉是全知的和睿智的。

30. And you cannot will except that Allah wills. Indeed, Allah is All knowing, All Wise.

وَمَا تَشَاءُونَ إِلَّا أَنْ يَشَاءَ  
اللَّهُ إِنَّ اللَّهَ كَانَ عَلِيمًا  
حَكِيمًا ﴿٣٠﴾

31. 他使他所意欲的人进入他的慈悯，他也为犯罪者准备了严峻的刑罚。

31. He admits whom He wills into His mercy. And the wrongdoers, He has prepared for them a painful punishment.

يُدْخِلُ مَنْ يَشَاءُ فِي رَحْمَتِهِ  
وَالظَّالِمِينَ أَعَدَّ لَهُمْ عَذَابًا  
أَلِيمًا ﴿٣١﴾

