



城市

AlBalad

أَلْبَدَّ

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 我以此城作证，

1. Nay, I swear by this city (Makkah).

لَا أُقْسِمُ بِهَذَا الْبَلَدِ ﴿١﴾

2. 你是这城中的一位自由人（可以自由居住）。

2. And you (Muhammad) are free of restriction in this city.

وَأَنْتَ حِلٌّ بِهَذَا الْبَلَدِ ﴿٢﴾

3. 并以生养者和被生养者（即父母与子女）作证，

3. And (by) the father and that which was born (of him).

وَوَالِدٍ وَمَا وَلَدَ ﴿٣﴾

4. 我确曾造化人于艰难困苦（和奋斗）之中。

4. Indeed, We have created man in hardship.

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي كَبَدٍ ﴿٤﴾

5. 他以为没有谁对他有权（能对付他）吗？

5. Does he think that no one will have power over him.

أَحْسَبُ أَنْ لَنْ يَقْدِرَ عَلَيْهِ أَحَدٌ ﴿٥﴾

6. 他说：“我曾挥霍了大量的钱财！”

6. He says, “I have squandered heaps of wealth.”

يَقُولُ أَهْلَكْتُ مَالًا لُبَدًا ﴿٦﴾

7. 他以为没有谁可以看得见他吗？

7. Does he think that no one has seen him.

أَحْسَبُ أَنْ لَمْ يَرَهُ أَحَدٌ ﴿٧﴾

8. 我不曾为他们造化一双眼睛，

8. Have We not made for him two eyes.

أَلَمْ نَجْعَلْ لَهُ عَيْنَيْنِ ﴿٨﴾

9. 一条舌头和两片嘴唇，

9. And a tongue and two lips.

وَلِسَانًا وَشَفَتَيْنِ ﴿٩﴾

10. 并指示他两条大路吗？

10. And We have shown him the two ways (good and evil).

وَهَدَيْنَاهُ النَّجْدَيْنِ ﴿١٠﴾

11. 但是，他未试走过上坡路（力争上游）。

11. But he has not made effort through the steep pass.

فَلَا أَقْتَحَمَ الْعُقْبَةَ ﴿١١﴾

12. 要怎样才能对你表达（解释）什么是上坡路呢？

12. And what do you know what the steep pass is.

وَمَا أَدْرَاكَ مَا الْعُقْبَةُ ﴿١٢﴾

13. （那就是）释放奴隶，

13. It is the freeing of a neck from bondage.

فَكَرْبَةَ ﴿١٣﴾

14. 或是在一个灾荒的日子给人饮食，

14. Or feeding on a day of severe hunger.

أَوْ إِطْعَمٌ فِي يَوْمٍ ذِي مَسْغَبَةٍ ﴿١٤﴾

15. （供养）有亲属关系的孤儿，

15. An orphan of nearly related.

يَتِيمًا ذَا مَقْرَبَةٍ ﴿١٥﴾

16. 或是一个困苦的穷人，

16. Or a needy lying in the dust.

أَوْ مَسْكِينًا ذَا مَتْرَبَةٍ ﴿١٦﴾

17. 和那些信仰并互相劝勉忍耐及互相劝勉怜悯的人。

17. Then being among those who have believed, and advised one another to patience, and advised one another to mercy.

ثُمَّ كَانَ مِنَ الَّذِينَ ءَامَنُوا وَتَوَاصَوْا بِالصَّبْرِ وَتَوَاصَوْا بِالرَّحْمَةِ ﴿١٧﴾

18. 这些（人）都是右手边（有福进入乐园）的人。

18. Those are the people of the right hand.

أُولَئِكَ أَصْحَابُ الْيَمِينَةِ ﴿١٨﴾

19. 但是，那些不信
我的启示的人，他们
是左手边的（薄福的
）人。

19. And those who
disbelieved in Our
revelations, they are
the people of the left
hand.

وَالَّذِينَ كَفَرُوا بِآيَاتِنَا هُمْ
أَصْحَابُ الْمَشْأَمَةِ ﴿١٩﴾

20. 他们的顶上将是
火的穹庐（帐篷）。

20. Over them the
fire will be closed in.

عَلَيْهِمْ نَارٌ مُّؤَصَّدَةٌ ﴿٢٠﴾

