



## 曳引者

## AnNaziat

## النَّازِعَات

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 凭那些大力曳引的，

1. By those (angels) who pull out with violence.

وَالنَّازِعَاتِ غَرْقًا ﴿١﴾

2. 和那些急速前进的，

2. And those who draw out gently.

وَالنَّشِيطَاتِ نَشْطًا ﴿٢﴾

3. 和那些轻快滑翔的，

3. And those who glide about swiftly.

وَالسَّابِحَاتِ سَبْحًا ﴿٣﴾

4. 和那些在竞赛中领先的，

4. Then hasten out as in race (to carry commands).

فَالسَّابِقَاتِ سَبْقًا ﴿٤﴾

5. 和那些掌握事务的作证。

5. Then conduct the affairs.

فَالْمُدَبِّرَاتِ أَمْرًا ﴿٥﴾

6. 那天震动的将会震动。

6. The Day when the quake shall cause a violent jolt.

يَوْمَ تَرْجُفُ الرَّاجِفَةُ ﴿٦﴾

7. 继续的（震动）将随之而来。

7. Which is followed by another jolt.

تَتَّبِعُهَا الرَّادِفَةُ ﴿٧﴾

8. 那天人心惶惶（心在痛苦地跳动）。

8. Hearts on that Day shall tremble with fear.

قُلُوبٌ يَوْمَئِذٍ وَاجِفَةٌ ﴿٨﴾

9. 那时（人们的）眼向下垂视。

9. Their eyes humbled.

أَبْصَرُهَا خَشِيعَةٌ ﴿٩﴾

10. 他们说：“我们真会恢复（我们）以前的状况吗？”

10. They say: “Shall we really be restored to our former state.”

يَقُولُونَ أَإِنَّا لَمَرْدُودُونَ فِي  
الْحَافِرَةِ ﴿١٠﴾

11. “甚至在我们成为朽骨之后吗？”

11. “What, when we shall have become hollow, rotten bones.”

أَإِذَا كُنَّا عِظْمًا خِرَّةً ﴿١١﴾

12. 他们说：“那样（的回复）将是很大的损失。”

12. They say: “It would then be a return with sheer loss.”

قَالُوا تِلْكَ إِذًا كَرَّةٌ خَاسِرَةٌ ﴿١٢﴾

13. 的确，那只需大吼一声：

13. Then only, it would be a single shout.

فَإِنَّمَا هِيَ زَجْرَةٌ وَاحِدَةٌ ﴿١٣﴾

14. 那时，看啦，他们就会被唤醒了。

14. Then they will be suddenly upon earth alive.

فَإِذَا هُمْ بِالسَّاهِرَةِ ﴿١٤﴾

15. 姆撒的故事可曾传达给你？

15. Has there reached you the story of Moses.

هَلْ أَتَاكَ حَدِيثُ مُوسَىٰ ﴿١٥﴾

16. 那时，他的主曾在土洼圣谷中唤他：

16 When his Lord called out to him in the sacred valley of Tuwa.

إِذْ نَادَاهُ رَبُّهُ بِالْوَادِ  
الْمُقَدَّسِ طُوًى ﴿١٦﴾

17. “你到法老那里去吧，他已经背叛了。”

17. Go to Pharaoh, indeed he has become rebellious.

أَذْهَبْ إِلَىٰ فِرْعَوْنَ إِنَّهُ  
طَغَىٰ ﴿١٧﴾

18. 你对他（法老）说：“你愿意净化你自己吗？”

18. Then say: “Would you (be willing) to that you purify yourself.”

فَقُلْ هَلْ لَّكَ إِلَىٰ أَنْ تَزَكَّىٰ  
﴿١٨﴾

19. “我将引导你到你的主，以便你能畏惧他。”

19. “And I may guide you to your Lord, so you may have fear (of Him).”

وَأَهْدِيكَ إِلَىٰ رَبِّكَ فَتَخْشَىٰ ﴿١٩﴾

20. 后来他（姆撒）

20. Then he (Moses)

فَأَرَاهُ الْآيَةَ الْكُبْرَىٰ ﴿٢٠﴾

把伟大的迹象显示给他（法老）。

showed him the great sign.

21. 但是他（法老）不信，并且不服从。

21. But he (Pharaoh) denied and disobeyed.

فَكَذَّبَ وَعَصَى ﴿٢١﴾

22. 然后他匆忙地转身离开，

22. Then, he turned back striving hard.

ثُمَّ أَدْبَرَ يَسْعَى ﴿٢٢﴾

23. 然后集合了（他的人民），并向（他们）宣布，

23. Then gathered he and summoned.

فَحَشَرَ فَنَادَى ﴿٢٣﴾

24. 说道：“我是你们最高的主宰。”

24. Then he proclaimed: "I am your Lord, the highest."

فَقَالَ أَنَا رَبُّكُمُ الْأَعْلَى ﴿٢٤﴾

25. 安拉惩罚了他，并以他作为后世和今世的惩罚的榜样。（或：以后世和今世的惩罚惩罚他）。

25. So Allah seized him (and made) an example for the after (life) and the former.

فَأَخَذَهُ اللَّهُ نَكَالَ الْأَخِرَةِ وَالْأُولَى ﴿٢٥﴾

26. 对于畏惧的人，其中确有一种教训。

26. Indeed, in this is a lesson for him who fears.

إِنَّ فِي ذَلِكَ لَعِبْرَةً لِّمَنْ يَخْشَى ﴿٢٦﴾

27. 在万物中，是你们较难造化呢？还是他（安拉）所建立（造化）的天呢？

27. Are you harder to create, or is the heaven, He built it.

ءَأَنْتُمْ أَشَدُّ خَلْقًا أَمِ السَّمَاءُ بَنَاهَا ﴿٢٧﴾

28. 他（安拉）提高了它（天）的高度，并使他完美。

28. He raised its vault high, then proportioned it.

رَفَعَ سَمَكَهَا فَسَوَّيْنَاهَا ﴿٢٨﴾

29. 他使它夜晚黑暗，并由它现出了白昼的光辉。

29. And He covered its night (with darkness), and He brought forth its day (with light).

وَأَغْطَشَ لَيْلَهَا وَأَخْرَجَ ضُحَاهَا ﴿٢٩﴾

30. 此后，他展开了大地。

30. And the earth, after that, He spread out.

وَالْأَرْضَ بَعْدَ ذَلِكَ دَحَاهَا



31. 他从那里产生出它的水和它的牧草。

31. He brought out, from within it, its water and its pasture.

أَخْرَجَ مِنْهَا مَاءَهَا وَمَرْعَاهَا



32. 他使山岳稳固，

32. And the mountains, He fixed firmly.

وَالْجِبَالَ أَرْسَاهَا



33. （并供应）你们和你们的牲口的粮食。

33. A sustenance for you and for your cattle.

مَتَاعًا لَكُمْ وَلِأَنْعَامِكُمْ



34. 但是，当那大难来临时，

34. Then, when there comes the greatest catastrophe.

فَإِذَا جَاءَتِ الطَّامَةُ الْكُبْرَى



35. 那时人就会想起他所全力争取的（功果）了。

35. The Day when man shall remember what he strove for.

يَوْمَ يَتَذَكَّرُ الْإِنْسَانُ مَا سَعَى



36. 火狱将明显地呈现在看到它的人（的面前）。

36. And Hell shall be laid open for (every) one who sees.

وَبُرِّزَتِ الْجَحِيمُ لِمَنْ يَرَى



37. 那时，那些背叛的人，

37. Then as for him who had rebelled.

فَأَمَّا مَنْ طَغَى



38. 和贪图今世的人，

38. And preferred the life of the world.

وَأَثَرَ الْحَيَاةِ الدُّنْيَا



39. 火狱就是他们的家。

39. Then indeed, Hell shall be his abode.

فَإِنَّ الْجَحِيمَ هِيَ الْمَأْوَى



40. 那些畏惧站在他们的主跟前（受审问）而抑制他们自己，和远离罪恶的欲念的

40. And as for him who had feared to stand before his Lord and restrained himself

وَأَمَّا مَنْ خَافَ مَقَامَ رَبِّهِ  
وَنَهَى النَّفْسَ عَنِ الْهَوَى

人，

from evil desires.



41. 乐园就是他们的家。

41. Then indeed, Paradise shall be his abode.

فَإِنَّ الْجَنَّةَ هِيَ الْمَأْوَى ﴿٤١﴾

42. 他们问你：“（复活的）时间什么时候来到？”

42. They ask you (O Muhammad), about the Hour. When is its appointed time.

يَسْأَلُونَكَ عَنِ السَّاعَةِ أَيَّانَ مُرْسَسُهَا ﴿٤٢﴾

43. （他们问你：）“关于它（复活的时间），你有什么可以提醒（我们）的？”

43. In what (position) are you of mentioning it.

فِيمَ أَنْتَ مِنْ ذِكْرِهَا ﴿٤٣﴾

44. 关于它（时间的知识）是属于你的主的。

44. With your Lord is the (knowledge) term thereof.

إِلَىٰ رَبِّكَ مُنْتَهَىٰ ﴿٤٤﴾

45. 你只是对那些畏惧它（时间）的人的一位警告者。

45. You are only a warner (to him) who fears it.

إِنَّمَا أَنْتَ مُنذِرٌ مَّن تَخْشَىٰهَا ﴿٤٥﴾

46. 那天，当他们看到它时，（它就）好像只是逗留了一晚，或是一个（短暂的）清晨。

46. On the day when they see it, it will be as if they had not stayed except for an evening or the morning thereof.

كَأَنَّهُمْ يَوْمَ يَرَوْنَهَا لَمْ يَلْبَثُوا إِلَّا عَشِيَّةً أَوْ ضُحًىٰ ﴿٤٦﴾

