



黎明

AlFajr

أَلْفَجْر

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 凭黎明，

1. By the dawn.

وَأَلْفَجْرٍ ﴿١﴾

2. 和十夜，

2. And the ten nights.

وَلَيَالٍ عَشْرٍ ﴿٢﴾

3. 和奇数（单数和双数），

3. And the even and the odd.

وَالشَّفَعِ وَالْوَتْرِ ﴿٣﴾

4. 和消逝的夜，

4. And the night when it departs.

وَاللَّيْلِ إِذَا يَسِرُّ ﴿٤﴾

5. 对于有理解的人，其中确有一项盟誓（庄严的誓词和证据）。

5. Is there in that an oath for one with sense.

هَلْ فِي ذَلِكَ قَسَمٌ لِذِي حِجْرٍ ﴿٥﴾

6. 你没有注意过你的主如何对待阿德部族，

6. Have you not considered how your Lord dealt with Aad.

أَلَمْ تَرَ كَيْفَ فَعَلَ رَبُّكَ بِعَادٍ ﴿٦﴾

7. 和拥有许多高大柱子的伊拉姆人，

7. Iram of lofty pillars.

إِرَمَ ذَاتِ الْعِمَادِ ﴿٧﴾

8. 像那樣的人，在別的城市裡還沒有被創造過的——

8. That, the like of which had never been created in the lands.

الَّتِي لَمْ يُخْلَقْ مِثْلُهَا فِي الْبِلَادِ ﴿٨﴾

9. 和在山谷中丛石为家的撒姆德人，

9. And Thamud who had carved out the rocks in the valley.

وَتَمُودَ الَّذِينَ جَابُوا الصَّخْرَ
بِالْوَادِ ﴿١﴾

10. 和拥有大军的法老吗？

10. And Pharaoh of the stakes.

وَفِرْعَوْنَ ذِي الْأَوْتَادِ ﴿٢﴾

11. 他们都曾在这些土地上放肆（背叛安拉），

11. (All), who did transgress beyond bounds in the lands.

الَّذِينَ طَغَوْا فِي الْبِلَادِ ﴿٣﴾

12. 并作恶多端。

12. And spread therein much corruption.

فَاكْثَرُوا فِيهَا الْفَسَادَ ﴿٤﴾

13. （因此）你的主对他们倾下他的惩罚（性）的灾难。

13. So your Lord poured on them a scourge of punishment.

فَصَبَّ عَلَيْهِمْ رَبُّكَ سَوْطَ
عَذَابٍ ﴿٥﴾

14. 你的主是在时时守望着的。

14. Indeed, your Lord is ever watchful (in ambush).

إِنَّ رَبَّكَ لِبِالْمِرْصَادِ ﴿٦﴾

15. 至于人，每当他的主试验他，赐给他光荣和恩典时，他就（得意忘形地）说道：“我的主已经恩宠我了。”

15. Then as for man, when his Lord tries him, so He honors him and blesses him, then he says: “My Lord has honored me.”

فَأَمَّا الْإِنْسَانُ إِذَا مَا ابْتَلَاهُ
رَبُّهُ فَأَكْرَمَهُ وَنَعَّمَهُ
فَيَقُولُ رَبِّي أَكْرَمَنِ ﴿٧﴾

16. 但是当他（主）试验他，限制他的生计时，他就（失望地）说：“我的主已羞辱我了。”

16. But when He tries him and restricts for him his provision, then he says: “My Lord has humiliated me.”

وَأَمَّا إِذَا مَا ابْتَلَاهُ فَقَدَرَ
عَلَيْهِ رِزْقَهُ فَيَقُولُ رَبِّي
أَهْنَنِ ﴿٨﴾

17. 不是的，那只是因为你们不礼遇孤儿！

17. Nay, but you do not honor the orphan.

كَلَّا بَلْ لَا تَكْرُمُونَ الْيَتِيمَ
﴿٩﴾

18. 你们也不互相鼓励供养穷人！

18. And you do not encourage upon the feeding of needy.

وَلَا تَحْضُونَ عَلَىٰ طَعَامِ الْمَسْكِينِ ﴿١٨﴾

19. 你们并且贪婪地吞没了遗产，

19. And you devour the inheritance devouring greedily.

وَتَأْكُلُونَ الْتَرَاتِ أَكْلًا لَّمًّا ﴿١٩﴾

20. 你们也过分地喜爱财富。

20. And you love the wealth with immense love.

وَتُحِبُّونَ أَمْالَ حُبًّا جَمًّا ﴿٢٠﴾

21. 不！当大地被一击，再击，击成粉碎时，

21. Nay, when the earth is leveled, pounded, crushed.

كَلَّا إِذَا دُكَّتِ الْأَرْضُ دَكًّا دَكًّا ﴿٢١﴾

22. 你的主（的裁判）将和一排一排的天仙降临。

22. And your Lord comes, and the angels (standing in) rank upon rank.

وَجَاءَ رَبُّكَ وَالْمَلَكُ صَفًّا صَفًّا ﴿٢٢﴾

23. 那天，地狱被带近了，在那天人将会回忆过去，但是那回忆怎会对他有益呢？

23. And Hell on that Day is brought. That Day man shall remember, and what (good) to him will be the remembrance.

وَجِئَاءَ يَوْمِئِذٍ بِجَهَنَّمَ يَوْمِئِذٍ يَتَذَكَّرُ الْإِنْسَانُ وَأَنَّىٰ لَهُ الذِّكْرَىٰ ﴿٢٣﴾

24. 他会说：“啊！但愿我曾为我的（后世的）生命作下（准备）善功。”

24. He will say: “Would that I had provided in advance for this life of mine.”

يَقُولُ يَلَيْتَنِي قَدَّمْتُ لِحَيَاتِي ﴿٢٤﴾

25. 在那天没有任何惩罚会像他（主）的惩罚一样。

25. Then on that Day, no one can punish as His punishment.

فِيَوْمِئِذٍ لَا يُعَذِّبُ عَذَابَهُ أَحَدٌ ﴿٢٥﴾

26. 没有谁能捆绑得像他（主）绑的一样

26. And no one can bind as His binding.

وَلَا يُوثِقُ وَثَاقَهُ أَحَدٌ ﴿٢٦﴾

。

27. （正直的人将被告诉道：）“你，平安满足的生灵啊！

27. O peaceful and fully satisfied soul.

يَأْتِيهَا النَّفْسُ الْمُطْمَئِنَّةُ



28. “你回到了你的主，在他（主）的喜悦中（获得了）满足。

28. Return to your Lord, well pleased, and well pleasing (in the sight of your Lord).

أَرْجِعِي إِلَىٰ رَبِّكَ رَاضِيَةً



29. “你加入我的众仆当中吧！

29. So enter among My servants.

فَادْخُلِي فِي عِبَادِي



30. “你进入我的乐园吧！”

30. And enter My Paradise.

وَادْخُلِي جَنَّتِي

