



## 上升之露

## AlMaarij

## الْمَعَارِجِ

奉大仁大慈的安拉尊名

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

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1. 一个人(询问者)询问即将降临的惩罚。

1. A questioner asked for a punishment about to befall.

سَأَلَ سَائِلٌ بِعَذَابٍ وَاقِعٍ ﴿١﴾

2. (那是)降给不信者的, 是无人能够逃避(或抗拒)的,

2. Upon the disbelievers, of it there is no preventer.

لِلْكَافِرِينَ لَيْسَ لَهُ دَافِعٌ ﴿٢﴾

3. 来自上升之路的主的、安拉的(惩罚)。

3. From Allah, the Owner of the ways of ascent.

مِّنَ اللَّهِ ذِي الْمَعَارِجِ ﴿٣﴾

4. 天仙们和圣灵在一日之间升到他那里。那一天的长度是(尘世的)五万年。

4. Ascend the angels and the Spirit to Him in a Day whose measure is fifty thousand years.

تَعْرُجُ الْمَلَائِكَةُ وَالرُّوحُ إِلَيْهِ فِي يَوْمٍ كَانَ مِقْدَارُهُ خَمْسِينَ أَلْفَ سَنَةٍ ﴿٤﴾

5. 所以你(穆圣)要忍耐, 好好地忍耐着。

5. So be patient, a gracious patience.

فَاصْبِرْ صَبْرًا جَمِيلًا ﴿٥﴾

6. 他们以为它(惩罚)是遥远的。

6. Indeed, they see it far off.

إِنَّهُمْ يَرَوْنَهُ بَعِيدًا ﴿٦﴾

7. 但是我看它却是近(在眼前)的。

7. And We see it near.

وَنَرْنَهُ قَرِيبًا ﴿٧﴾

8. 在那天，天空将会像熔化了的铜汁一样。

8. The Day when the sky will be like murky oil.

يَوْمَ تَكُونُ السَّمَاءُ كَالْهَلِ  


9. 山岳将会像(片片飞散的)绒毛，

9. And the mountains will be like carded wool.

وَتَكُونُ الْجِبَالُ كَالْعِهْنِ  



10. 知友不相通问，

10. And no friend will ask of a friend.

وَلَا يَسْأَلُ حَمِيمٌ حَمِيمًا  


11. (虽然)他们将会互相看到。有罪的人将会希望(献出)他的孩子(作为赎金)，把他自己从那一天的苦难中赎出来。

11. Though they will be shown to each other. The criminal will wish that he could be ransomed from the punishment of that Day by his children.

يُبْصِرُونَهُمْ<sup>ع</sup> يَوْدُ الْمُجْرِمُ لَوْ  
يَفْتَدِي مِنْ عَذَابِ يَوْمِئِذٍ  
بِبْنِيهِ  


12. 和(用)他的妻室及他的兄弟，

12. And his wife, and his brother.

وَصَاحِبَتِهِ وَأَخِيهِ  


13. 和跟他住在在一起的近亲们，

13. And his kinsfolk who gave him shelter.

وَفَصِيلَتِهِ الَّتِي تُؤْوِيهِ  


14. 以及地上的一切可以，拯救他的人(来赎取他们自己)。

14. And whoever is on the earth, all, then it might save him.

وَمَنْ فِي الْأَرْضِ جَمِيعًا ثُمَّ  
يُنْجِيهِ  


15. 决不可能！等待他的是熊熊的烈火，

15. Nay, indeed, it is the flame of the blazing Fire.

كَلَّا إِنَّهَا لَنَاطِ  


16. 剥去他的皮(直到头顶)。

16. That will eat up the very flesh.

نَزَّاعَةً لِّلشَّوَى  


17. 它召唤那些转身逃避的人，

17. Calling him who drew away and turned his back.

تَدْعُوا مَنْ أَدْبَرَ وَتَوَلَّى  


18. 和聚敛(财富)的人

18. And collected (wealth) then guarded

وَجَمَعَ فَأَوْعَى  


以及吝啬的守财奴们。  
。

it.

19. 人确实是被造成急躁(没有耐性)的,

19. Indeed, man has been created impatient.

﴿۱۱﴾ إِنَّ الْإِنْسَانَ خُلِقَ هَلُوعًا



20. 当他遇到不幸时, 他就悲伤愤怒,

20. When affliction befalls him, (he is) discontented.

﴿۱۲﴾ إِذَا مَسَّهُ الشَّرُّ جَزُوعًا

21. 当他被赐以财富时, 他就变得吝啬小气。

21. And when good touches him, (he is) stingy.

﴿۱۳﴾ وَإِذَا مَسَّهُ الْخَيْرُ مَنُوعًا

22. 只有(虔诚)礼拜的人, 他们不如此。

22. Except those who are the performers of prayer.

﴿۱۴﴾ إِلَّا الْمُصَلِّينَ

23. 他们是持续礼拜的人,

23. Those who are steadfast in their prayer.

﴿۱۵﴾ الَّذِينَ هُمْ عَلَى صَلَاتِهِمْ دَائِمُونَ

24. 在他们的财产中有一项固定的部分,

24. And those in whose wealth there is a known right.

﴿۱۶﴾ وَالَّذِينَ فِي أَمْوَالِهِمْ حَقٌّ مَّعْلُومٌ

25. 是给乞求的和(为了某些原因)不去乞讨的穷人的;

25. For the beggar and the deprived.

﴿۱۷﴾ لِلسَّائِلِ وَالْمَحْرُومِ

26. 他们是相信审判日的,

26. And those who believe in the Day of Recompense.

﴿۱۸﴾ وَالَّذِينَ يُصَدِّقُونَ بِيَوْمِ الدِّينِ

27. 及畏惧他们的主的惩罚的人;

27. And those who are fearful of the punishment of their Lord.

﴿۱۹﴾ وَالَّذِينَ هُمْ مِّنْ عَذَابِ رَبِّهِمْ مُشْفِقُونَ

28. 的确，他们的主的惩罚不是(一件)等闲的事，(无人能感到安全)；

28. Indeed, the punishment of their Lord, none can feel secure.

إِنَّ عَذَابَ رَبِّهِمْ غَيْرُ مَأْمُونٍ  
﴿٢٨﴾

29. 和(保持贞洁)洁身自爱的人，

29. And those who guard their private parts (chastity).

وَالَّذِينَ هُمْ لِأَفْوَاجِهِمْ  
حَافِظُونَ ﴿٢٩﴾

30. 除非是他们的妻室和他们右手所辖的(俘虏)，对于(她们)他们是不受谴责的，

30. Except from their wives or those whom their right hands possess, then indeed (in their case) they are not blameworthy.

إِلَّا عَلَىٰ أَزْوَاجِهِمْ أَوْ مَا  
مَلَكَتْ أَيْمَانُهُمْ فَإِنَّهُمْ غَيْرُ  
مُلُومِينَ ﴿٣٠﴾

31. 不过那些在这(范围)之外寻求(性欲)的人就是过份的了；

31. But whoever seeks beyond that, then those are they who are the transgressors.

فَمَنْ أَتَبَعَىٰ وَرَاءَ ذَٰلِكَ  
فَأُولَٰئِكَ هُمُ الْعَادُونَ ﴿٣١﴾

32. 和那些忠于所托和契约的人，

32. And those who keep their trusts, and their promises.

وَالَّذِينَ هُمْ لِأَمْتِنَتِهِمْ  
وَعَهْدِهِمْ رَاعُونَ ﴿٣٢﴾

33. 和那些正直作证的人，

33. And those who stand firm in their testimonies.

وَالَّذِينَ هُمْ بِشَهَادَتِهِمْ  
قَائِمُونَ ﴿٣٣﴾

34. 和那些谨守他们的拜功的人，

34. And those who guard their prayer.

وَالَّذِينَ هُمْ عَلَىٰ صَلَاتِهِمْ  
مُحَافِظُونَ ﴿٣٤﴾

35. 这些人都是(乐)园中的享受尊荣的人。

35. Such shall be in the Gardens, honored.

أُولَٰئِكَ فِي جَنَّاتٍ مُّكْرَمُونَ  
﴿٣٥﴾

36. 那些不信的人是

36. So, what is (the matter) with those who

فَمَا لِالَّذِينَ كَفَرُوا قِبَلَكَ

怎么一回事啊?他们急急忙忙地奔向你,

disbelieve, hastening (from) before you.

مُهْطِعِينَ ﴿٣٦﴾

37. 从(你的)右边和左边, 成群结队地?

37. From the right and from the left, in groups.

عَنِ الْيَمِينِ وَعَنِ الشِّمَالِ

عِزِينَ ﴿٣٧﴾

38. 他们每一个都渴望进入乐园吗?

38. Does every person among them desire that he will be admitted into the garden of delight.

أَيُّطَمَعُ كُلُّ امْرِئٍ مِّنْهُمْ  
أَنْ يُدْخَلَ جَنَّةَ نَعِيمٍ ﴿٣٨﴾

39. 决不可能!他们知道我曾用那些(卑贱的)物质造化我们!

39. Nay, indeed, We have created them from that which they know.

كَلَّا ط إِنَّا خَلَقْنَهُمْ مِّمَّا  
يَعْلَمُونَ ﴿٣٩﴾

40. 但是, 不然, 我以东方和西方的主作证, 我能

40. Not so, I swear by the Lord of the easts and the wests, We indeed have the power.

فَلَا أُقْسِمُ بِرَبِّ الْمَشْرِقِ  
وَالْمَغْرِبِ إِنَّا لَقَدِيرُونَ ﴿٤٠﴾

41. 以比他们更好的人来代替他们, 我是决不失败的。

41. Over that We can replace (them) with better than them, and We are not to be outdone.

عَلَىٰ أَنْ نُبَدِّلَ خَيْرًا مِّنْهُمْ  
وَمَا نَحْنُ بِمَسْبُوقِينَ ﴿٤١﴾

42. 所以, 任他们置身于空谈和嬉戏当中, 直到他们遭遇到他们曾经被许给的。

42. So leave them to converse vainly, and amuse themselves, until they meet the Day of theirs which they are being promised.

فَذَرَهُمْ خَوْضًا وَيَلْعَبُوا  
حَتَّىٰ يُلَاقُوا يَوْمَهُمُ الَّذِي  
يُوعَدُونَ ﴿٤٢﴾

43. 那天他们将会突然从坟墓中涌出。好象他们是被射向箭靶一样。

43. The Day when they emerge from the graves in haste as if they are racing towards a goal.

يَوْمَ تَخْرُجُونَ مِنَ الْأَجْدَاثِ  
سِرَاعًا كَأَنَّهُمْ إِلَىٰ نُصْبٍ  
يُوفَضُونَ ﴿٤٣﴾

44. 他们的眼光垂视，耻辱(四面)笼罩着他们!这就是他们被许给的日子。

44. Their eyes downcast, humiliation covering them. That is the Day which they had been promised.

خَشِيعَةً أَبْصَرُهُمْ تَرَهِقُهُمْ  
ذِلَّةٌ ذَلُّوا يَوْمَ الَّذِي  
كَانُوا يُوعَدُونَ ﴿٤٤﴾

