

Al-Ma'tsūrat (马图拉特报) Evening Edition

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Q.S. Al-Fatihah, 'The Opening,' 1:1-7

In the Name of Allah, Most Gracious, Most Merciful
奉至仁至慈的真主之名

Praise be to Allah, Lord of the Worlds,
一切赞颂全归真主，众世界的主，

Most Gracious, Most Merciful,
至仁至慈的主，

Master of the Day of Judgment;
报应日的主，

You 'alone' we worship and You 'alone' we ask for help.
我们只崇拜你，只求你祐助

Guide us to the straight path,
求你引领我们正路，

(1) بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
bismi llāhi r-raḥmāni r-raḥīm

(2) الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ
al-ḥamdu li llāhi rabbi l-'ālamīn

(3) الرَّحْمَنِ الرَّحِيمِ
ar-raḥmāni r-raḥīm

(4) مَلِكِ يَوْمِ الدِّينِ
māliki yawmi d-dīn

(5) إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ
iyyāka na'budu wa iyyāka nasta'īn

(6) اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ
ihdina ṣ-ṣirāṭa l-mustaḳīm

(7) صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ
ṣirāṭa l-ladhīna an'amta 'alayhim ḡhayri l-maghḍūbi 'alayhim wa la ḍ-ḍāllīn

the Path of those You have blessed—not those You are displeased with, or those
who are astray.

你所祐助者的路，不是受谴怒者的路，也不是迷误者的路。

Q.S. Al-Baqara, 'The Cow,' 2:1-5

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

(1) أَلَمْ

alif. lām. mīm.

(2) ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِّلْمُتَّقِينَ
dhālika l-kitābu lā rayba fīhi hudal-li l-muttaqīn

This is the Book! There is no doubt about it—a guide for those mindful 'of Allah',
这部经，其中毫无可疑，是敬畏者的向导。

(3) الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ
al-ladhīna yu'minūna bi l-ḡhaybi wa yuqīmūna ṣ-ṣalāta wa mimmā razaqnāhum yunfiqūn

who believe in the unseen, establish prayer, and donate from what We have provided for them,
他们确信幽玄，谨守拜功，并分舍我所给与他们的。

(4) وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنزِلَ إِلَيْكَ وَمَا أُنزِلَ مِن قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ
wa l-ladhīna yu'minūna bi mā unzila ilayka wa mā unzila min qablika wa bi l-ākhirati hum yūqinūn

and who believe in what has been revealed to you 'O Prophet' and what was revealed before you,
and have sure faith in the Hereafter.

他们确信降示你的经典，和在你以前降示的经典，并且笃信後世。

أُولَئِكَ عَلَىٰ هُدًى مِنْ رَبِّهِمْ وَأُولَئِكَ هُمُ الْمُفْلِحُونَ (5)

ulā'ika 'alā hudam-mi'r-rabbihim wa ulā'ika humu l-mufliḥūn

It is they who are 'truly' guided by their Lord, and it is they who will be successful.

这些人，是遵守他们的主的正道的；这些人，确是成功的。

Q.S. Al-Baqara, 'The Cow,' 2:255-257

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ (255)

allāhu lā ilāha illā huwa l-ḥayyu l-qayyūm; lā ta'khudhuhū sinatun wa lā nawm; lahū mā fī s-samāwāti wa mā fī l-arḍ; man dha l-ladhī yashfa'u 'indahū illā bi idhnihi; ya'lamu mā bayna aydihim wa mā khalfahumwa lā yuḥīṭuna bi shay'im-min 'ilmihī illā bi mā shā'; wasī'a kursiyyuhu s-samāwāti wa l-arḍ, wa lā ya'ūduhū ḥifdhuhumā wa huwa l-'aliyyu l-'adhīm

Allah! There is no god 'worthy of worship' except Him, the Ever-Living, All-Sustaining. Neither drowsiness nor sleep overtakes Him. To Him belongs whatever is in the heavens and whatever is on the earth. Who could possibly intercede with Him without His permission? He 'fully' knows what is ahead of them and what is behind them, but no one can grasp any of His knowledge—except what He wills 'to reveal'. His seat encompasses the heavens and the earth, and the preservation of both does not tire Him. For He is the Most High, the Greatest.

真主，除他外绝无应受崇拜的；他是永生不灭的，是维护万物的；瞌睡不能侵犯他，睡眠不能克服他；天地万物都是他的；不经他的许可，谁能在他那里替人说情呢？他知道他们面前的事，和他们身後的事；除他所启示的外，他们绝不能窥测他的玄妙；他的知觉，包罗天地。天地的维持，不能使他疲倦。他确是至尊的，确是至大的。

لَا إِكْرَاهَ فِي الدِّينِ قَدْ تَبَيَّنَ الرُّشْدُ مِنَ الْغَيِّ فَمَنْ يَكْفُرْ بِالطَّاغُوتِ وَيُؤْمِنْ بِاللَّهِ فَقَدِ اسْتَمْسَكَ بِالْعُرْوَةِ الْوُثْقَىٰ لَا انْفِصَامَ لَهَا وَاللَّهُ سَمِيعٌ عَلِيمٌ (256)

lā ikrahā fī d-dīni qat-tabayyana r-rushdu mina l-ghayy;

fa man yakfur bi ṭ-ṭāghūti wa yu'min bi llāhi faqad istamsaka bi l-'urwati l-wuthqā la'nfiṣāma lahā, wa llāhu samī'un 'alīm

Let there be no compulsion in religion, for the truth stands out clearly from falsehood. So whoever renounces false gods and believes in Allah has certainly grasped the firmest, unfailing hand-hold. And Allah is All-Hearing, All-Knowing.

對於宗教，绝无强迫；因为正邪确已分明了。谁不信恶魔而信真主，谁确已把握住坚实的、绝不断折的把柄。真主是全聪的，是全知的。

اللَّهُ وَلِيُّ الَّذِينَ آمَنُوا يُخْرِجُهُمْ مِنَ الظُّلُمَاتِ إِلَى النُّورِ وَالَّذِينَ كَفَرُوا أَوْلِيَاؤُهُمُ الطَّاغُوتُ يُخْرِجُونَهُمْ مِنَ النُّورِ إِلَى الظُّلُمَاتِ أُولَئِكَ أَصْحَابُ النَّارِ هُمْ فِيهَا خَالِدُونَ (257)

allāhu waliyyu l-ladhīna āmanū yukhrijuhum mina dh-dhulumāti ila n-nūr, wa l-ladhīna kafarū awliyā'uhumu ṭ-ṭāghūtu yukhrijūnahum mina n-nūri ila dh-dhulumāt; ulā'ika aṣḥābu n-nārihum fihā khālidūn

Allah is the Guardian of the believers—He brings them out of darkness and into light. As for the disbelievers, their guardians are false gods who lead them out of light and into darkness. It is they who will be the residents of the Fire. They will be there forever.

真主是信道的人的保佑者，使他们从重重黑暗走入光明；不信道的人的保佑者是恶魔，使他们从光明走入重重黑暗。这些人，是火狱的居民，他们将永居其中。

Q.S. Al-Baqara, 'The Cow,' 2:284-286

لِلَّهِ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ وَإِنْ تُبْدُوا مَا فِي أَنْفُسِكُمْ أَوْ تُخْفُوهُ يُحَاسِبْكُمْ بِهِ اللَّهُ فَيَغْفِرُ لِمَنْ يَشَاءُ وَيُعَذِّبُ مَنْ يَشَاءُ وَاللَّهُ عَلَى كُلِّ شَيْءٍ قَدِيرٌ (284)

li llāhi mā fi s-samāwāti wa mā fi l-arḍ, wa in tubdū mā fi anfusikum aw tukhfūhu yuḥāsibkum bihi llāh;
fa yaghfiru li man yashā'u wa yu'adhhibu man yashā'u wa llāhu 'alā kulli shay'in qadīr

To Allah 'alone' belongs whatever is in the heavens and whatever is on the earth. Whether you reveal what is in your hearts or conceal it, Allah will call you to account for it. He forgives whoever He wills, and punishes whoever He wills. And Allah is Most Capable of everything.

天地万物，都是真主的。你们的心事，无论加以表白，或加以隐讳，真主都要依它而清算你们。然後，要赦宥谁，就赦宥谁；要惩罚谁，就惩罚谁。真主對於万事是全能的。

أَمَّا الرَّسُولُ بِمَا أُنْزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نَفَرَقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ (285)

āmana r-rasūlu bimā unzila ilayhi mi'r-rabbiḥi wa l-mu'minūn; kullun āmana bi llāhi wa malā'ikatihī wa kutubihī wa rusulih, lā nufarriqu bayna aḥadim-mi'r-rusulih; wa qālū sami'nā wa aṭa'nā ghufṛānaka rabbanā wa ilayka l-maṣīr

The Messenger 'firmly' believes in what has been revealed to him from his Lord, and so do the believers. They 'all' believe in Allah, His angels, His Books, and His messengers. 'They proclaim,' 'We make no distinction between any of His messengers.' And they say, 'We hear and obey. 'We seek' Your forgiveness, our Lord! And to You 'alone' is the final return.'

使者确信主所降示他的经典，信士们也确信那部经典，他们人人都确信真主和他的众天神，一切经典和众使者。（他们说）：我们對於他的任何使者，都不加以歧视。他们说：我们听从了，我们恳求你赦宥；我们的主啊！你是最後的归宿。

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِكْرَامًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ (286)

lā yukallifu llāhu nafsan illā wus'ahā; lahā mā kasabat wa 'alayhā ma'ktasabat. rabbanā lā tu'ākhidhnā in nasīnā aw akhta'nā. rabbanā wa lā taḥmil 'alaynā iṣṣan kamā ḥamaltahū 'ala l-ladhīnā min qablinā. rabbanā wa lā tuḥammilnā mā lā ṭāqata lanā bih. wa'fu 'annā wa'ghfir lanā wa'rḥamnā. anta mawlānā fa'nṣurnā 'ala l-qawmi l-kāfirīn.

Allah does not require of any soul more than what it can afford. All good will be for its own benefit, and all evil will be to its own loss. 'The believers pray,' 'Our Lord! Do not punish us if we forget or make a mistake. Our Lord! Do not place a burden on us like the one you placed on those before us. Our Lord! Do not burden us with what we cannot bear. Pardon us, forgive us, and have mercy on us. You are our 'only' Guardian. So grant us victory over the disbelieving people.'

真主只依各人的能力而加以责成。各人要享受自己所行善功的奖赏，要遭遇自己所作罪恶的惩罚。我们的主啊！求你不要惩罚我们，如果我们遗忘或错误。求你不要使我们荷负重担，犹如你使古人荷负它一样。我们的主啊！求你不要使我们担负我们所不能胜任的。求你原谅我们，求你赦宥我们，求你怜悯我们。你是我们的保佑者，求你援助我们，以对抗不信道的民众。

Q.S. Al-Ikhlās, 'The Sincerity,' 112:1-4

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Say: He is Allah, the One and Only:
你说：他是真主，是独一的主；

قُلْ هُوَ اللَّهُ أَحَدٌ (1)

qul huwa llāhu aḥad

Allah—the Sustainer 'needed by all'.
真主是万物所仰赖的；

اللَّهُ الصَّمَدُ (2)

allāhu ṣ-ṣamad

He has never had offspring, nor was He born.
他没有生产，也没有被生产；

لَمْ يَلِدْ وَلَمْ يُولَدْ (3)

lam yalid wa lam yūlad

And there is none comparable to Him.”
没有任何物可以做他的匹敌。

وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ (4)

wa lam yakul-lahū kufuwan aḥad

Q.S. Al-Falaq, ‘The Daybreak,’ 113:1-5

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Say: I seek refuge with the Lord of the Dawn
你说：我求庇于曙光的主，

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ (1)

qul a‘ūdhu bi rabbi l-falaq

From the mischief of created things;
免遭他所创造者的毒害；

مِنْ شَرِّ مَا خَلَقَ (2)

min sharri mā khalaq

From the mischief of Darkness as it overspreads;
免遭黑夜笼罩时的毒害；

وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ (3)

wa min sharri ghāsiqin idhā waqab

From the mischief of those who practise secret arts;
免遭吹破坚决的主意者的毒害；

وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ (4)

wa min sharri n-naffāthāti fi l-‘uqad

And from the mischief of the envious one as he practises envy.
免遭嫉妒时的毒害。

وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ (5)

wa min sharri ḥāsīdin idhā ḥasad

Q.S. An-Nas, ‘Mankind,’ 114:1-6

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Say: I seek refuge with the Lord and Cherisher of Mankind,
你说：我求庇于世人的主宰，

قُلْ أَعُوذُ بِرَبِّ النَّاسِ (1)

qul a‘ūdhu bi rabbi n-nās

The King (or Ruler) of Mankind,
世人的君王，

مَلِكِ النَّاسِ (2)

maliki n-nās

The God (or Judge) of Mankind
世人的神明，

إِلَهِ النَّاسِ (3)

ilāhi n-nās

From the mischief of the Whisperer (of Evil), who withdraws (after his whisper),-
免遭潜伏的教唆者的毒害，

مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ (4)

min sharril-waswāsi l-khannās

(The same) who whispers into the hearts of Mankind,-
他在世人的胸中教唆，

الَّذِي يُوسْوِسُ فِي صُدُورِ النَّاسِ (5)

al-ladhī yuwaswisu fī ṣudūri n-nās

Among Jinns and among men.
他是属于精灵和人类的。

مِنَ الْجِنَّةِ وَالنَّاسِ (6)

mina l-jinnati wa n-nās

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ لَا شَرِيكَ لَهُ، لَا إِلَهَ إِلَّا هُوَ وَإِلَيْهِ النُّشُورُ

amsaynā wa amsā l-mulku li llāh, wa l-ḥamdu li llāhi lā sharika lah, lā ilāha illā huwa wa ilayhi n-nushūr

We have set this evening, and the dominion has risen this morning (evening), unto Allah. Praise be to Allah, no partner hath He. There is no god but He and unto Him is the Resurrection

我们迎来了傍晚，国权也归于真主；一切赞颂全归真主，祂独一无二；除祂外绝无应受崇拜者，最终我们都将归于祂。

أَمْسَيْنَا عَلَى فِطْرَةِ الْإِسْلَامِ وَعَلَى كَلِمَةِ الْإِخْلَاصِ، وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ، وَعَلَى
مِلَّةِ آبَائِنَا إِبْرَاهِيمَ، حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ

amsaynā ‘alā fīṭrati l-Islām, wa ‘alā kalimati l-ikhḷāṣ, wa ‘alā dīni nabiyyinā Muḥammadin ṣalla Llāhu ‘alayhi wa sallam,
wa ‘alā millati abinā Ibrāhima ḥanīfan wa mā kāna mina l-mushrikīn

We have set this evening on the innate disposition [fītra] of Islam, on the Word of Pure Faith, on the religion of our prophet Muḥammad, ṣalla Llāhu ‘alayhi wa sallam, and on the confession of our forefather Ibrāhīm – a pure monotheist – and he was not among the idolaters.

我们在这傍晚依然坚守伊斯兰的天性，坚守纯正信仰的言语（清真言），坚守我们先知穆罕默德（愿真主赐他平安）的宗教，坚守我们祖先易卜拉欣的信仰——他是正信的顺主者，绝不属于以物配主的人。

اَللّٰهُمَّ اِنِّیْ اَمْسِیْتُ مِنْكَ فِیْ نِعْمَةٍ وَعَافِیَةٍ وَسِتْرٍ، فَاتِّمِّمْ عَلَیَّ نِعْمَتَكَ وَعَافِیَّتَكَ وَسِتْرَكَ فِی الدُّنْیَا وَالْآخِرَةِ

allāhumma innī amsaytu minka fī nī‘atin wa ‘āfiyatin wa sitr, fa atimma ‘alayya nī‘ataka wa ‘āfiyataka wa sitraka fi
d-dunyā wa l-ākhirā

O Allah! I have risen this morning (evening) with blessings, wellbeing, and covering protection from Thee; so complete upon me Thy blessings, Thy (granting of) wellbeing, and Thy covering protection in this life and in the Hereafter.

真主啊！我今晨（或今夜）是在您的恩典、健康和平安掩护中度过的。请在今世和后世中，圆满地赐予我您的恩典、健康和平安掩护。

اَللّٰهُمَّ مَا اَمْسَى بِيْ مِنْ نِّعْمَةٍ اَوْ بِاَحَدٍ مِنْ خَلْقِكَ ، فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ ،
فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ

allāhumma mā amsā bī min nī‘atin aw bi aḥadin min khalqika fa minka waḥdaka lā sharika lak, fa laka l-ḥamdu wa
laka sh-shukr

O Allah! On this evening whatsoever blessings are mine or belong to anyone of Thy creation are from Thee alone; no partner hast Thou. All praise and thanks are Thine.

真主啊！今夜我所拥有的任何恩典，或是您所造化的任何众生所拥有的恩典，全都来自于您，唯独您，没有任何伙伴。所有的赞颂与感谢全归于您。

يَا رَبِّ لَكَ الْحَمْدُ كَمَا يَنْبَغِي لِجَلَالِ وَجْهِكَ وَلِعَظِيمِ سُلْطَانِكَ

yā rabbi laka l-ḥamdu kamā yanbaghī li jalāli wajhika wa ‘adhīmi sulṭānik

O my Lord! Praise be to Thee as befits Thy majestic Countenance and Thy tremendous Sovereignty.

我的主啊！一切赞颂全归于您，正如您尊贵的尊容与伟大的主权所应得的那般。

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا رَسُولًا

raḍītu bi llāhi rabban, wa bi l-islāmi dīnan, wa bi muḥammadin nabiyyan wa rasūlā

I am pleased with Allah as [my] Lord, with Islam as [my] religion, and with Muḥammad, ṣalla Llāhu ‘alayhi wa sallam, as Prophet and Messenger.

我的主啊！一切赞颂全归于您，正如您尊贵的尊容与伟大的主权所应得的那般。我满足于真主为我的主，满足于伊斯兰为我的宗教，满足于穆罕默德（愿真主赐他平安）为我的先知和使者。

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ عَدَدَ خَلْقِهِ وَرِضَا نَفْسِهِ وَزِنَةَ عَرْشِهِ وَمَدَادَ كَلِمَاتِهِ

subḥāna llāhi wa bi ḥamdih, 'adada khalqihī wa riḍā nafsihī wa zinata 'arshihi wa midāda kalimātih

Glory and praise be to Allah, [as great as] the number of His creatures, the extent of His satisfaction, the weight of His throne, and the ink [it would take to record] His Words.

赞颂真主并称颂祂的光荣：数量如祂所造的万物之多，程度如祂自我喜悦之深，重量如祂宝座之重，数量如书写祂言辞所需的墨水之多。

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

bismi llāhi l-ladhī lā yaḍurru ma'a smihī shay'un fi l-arḍi wa lā fi s-samā'i wa huwa s-samī'u l-'alīm

In the Name of Allah, with Whose Name nothing on earth or in the heavens can harm; and He is the All-Hearing, All-Knowing.

奉真主之名，以祂之名，在天地间一切皆无法造成伤害；祂是全听的，全知的。

اللَّهُمَّ إِنَّا نَعُوذُ بِكَ مِنْ أَنْ نُشْرِكَ بِكَ شَيْئًا نَعْلَمُهُ، وَنَسْتَغْفِرُكَ لِمَا لَا نَعْلَمُهُ

allāhumma innā na'ūdhu bika min an nushrika bika shay'an na'lamuhū wa nastaghfiruka li mā lā na'lamuh

O Allah! We seek refuge in Thee from associating with Thee anything we know, and we seek Thy forgiveness for that which we know not.

真主啊！我们寻求您的庇护，免于有意地以任何我们知道的事物与您相配；对于我们所不知道的（隐藏的）以物配主之事，我们向您求饶恕。

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

a'ūdhu bi kalimāti llāhi t-tāmmāti min sharri mā khalaq

I seek refuge in the perfect Words of Allah from the evil of that which He hath created.

我寻求真主完美言辞的庇护，免受祂所造之物的罪恶。

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْبُخْلِ وَالْجُبْنِ، وَضَلَعِ الدَّيْنِ، وَغَلَبَةِ الرِّجَالِ

allāhumma innī a'ūdhu bika mina l-hammi wa l-ḥazan, wa 'ajzi wa l-kasal, wa l-bukhl wa l-jubni, wa dhala'i d-dayn wa ghalabati r-rijāl

O Allah! I seek refuge in Thee from worry and grief, from inability and sloth, from stinginess and cowardice, and from the burden of debt and the tyranny of men.

真主啊！我寻求您的庇护，免于忧虑与悲伤，免于无能与懒惰，免于吝啬与懦弱，免于债务的重担与世人的压迫。

اللَّهُمَّ عَافِنِي فِي بَدَنِي، اللَّهُمَّ عَافِنِي فِي سَمْعِي، اللَّهُمَّ عَافِنِي فِي بَصَرِي لَا إِلَهَ إِلَّا أَنْتَ

allāhumma 'āfinī fi badanī, allāhumma 'āfinī fi sam'ī, allāhumma 'āfinī fi baṣarī, lā ilāha illā anta

O Allah, grant me the health of my body. O Allah, grant me the health of my hearing. O Allah, grant me the health of my eyesight.

真主啊！求您赐予我身体的健康；真主啊！求您赐予我听觉的健康；真主啊！求您赐予我视力的健康。除您外，绝无应受崇拜的主宰。

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ، وَأَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ، لَا إِلَهَ إِلَّا أَنْتَ

allāhumma innī a'ūdhu bika mina l-kufri wa l-faqr, wa a'ūdhu bika min 'adhābi l-qabr, lā ilāha illā anta

O Allah, I seek refuge in Thee from disbelief and poverty. O Allah, I seek refuge in Thee from the torment of the grave. There is no god but Thou.

真主啊！我寻求您的庇护，免于不信道与贫困；真主啊！我寻求您的庇护，免受坟墓的惩罚。除您外，绝无应受崇拜的主宰。

Sayyid Al-Istigfaar, “The Master of Seeking Forgiveness”

اَللّٰهُمَّ اَنْتَ رَبِّيْ، لَا اِلٰهَ اِلَّا اَنْتَ، خَلَقْتَنِيْ وَاَنَا عَبْدُكَ، وَاَنَا عَلٰى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، اَعُوْذُ بِكَ
مِنْ شَرِّ مَا صَنَعْتُ، اَبُوْءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَ اَبُوْءُ بِذَنْبِيْ، فَاغْفِرْ لِيْ فَاِنَّهُ لَا يَغْفِرُ الذُّنُوْبَ اِلَّا اَنْتَ

allāhumma anta rabbī lā ilāha illā anta khalaqtanī wa ana ‘abduka wa ana ‘alā ‘ahdika wa wa‘dika ma’sata’t. a‘ūdhu
bika min sharri mā ṣana’t. abū’ulaka bi ni‘matika ‘alayya wa abū’u bi dhanbī fa’ghfir lī fa innahū lā yaghfirudh-dhunū ba illā anta

O Allah! Thou art my Lord; there is no god save Thee. Thou hast created me and I am Thy servant, and I keep my covenant with Thee and my pledge unto Thee as much as I have might. I seek refuge in Thee from the evil of what I have wrought. I acknowledge Thy blessings upon me and I admit my wrongdoing; so forgive me, for none forgiveth wrongdoings but Thou.

真主啊！您是主，除您外，绝无应受崇拜的主宰。是您创造了我，而我是您的仆人。我尽我所能坚守与您之间的约定和承诺。我寻求您的庇护，免于我自身行为的罪恶。我承认您赐予我的恩典，我也承认自己的罪过。请您赦宥我，因为除了您，没有任何人能赦宥罪过。

سُبْحَانَكَ اَللّٰهُمَّ وَبِحَمْدِكَ اَشْهَدُ اَنْ لَا اِلٰهَ اِلَّا اَنْتَ اَسْتَغْفِرُكَ وَاَتُوْبُ اِلَيْكَ

subhānaka llāhumma wa bi ḥamdik, ashhadu al-lā ilāha illā anta astaghfiruka wa atūbu ilayk

Glory and praise be to Thee, Allah! I bear witness that there is no god but Thou. I seek Thy forgiveness and repent unto Thee.

真主啊！赞颂您，您是无瑕的，所有赞美全归于您。我作证：除您之外，绝无应受崇拜的主宰。我向您求饶恕，并向您悔过。

اَللّٰهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلٰى سَيِّدِنَا مُحَمَّدٍ عَبْدِكَ وَرَسُوْلِكَ النَّبِيِّ الْاُمِّيِّ وَعَلٰى اٰلِهِ وَصَحْبِهِ وَسَلِّمْ تَسْلِيْمًا
عَدَدَ مَا اَحَاطَ بِهِ عِلْمُكَ وَخَطَّ بِهِ قَلَمُكَ وَاَحْصَاهُ كِتَابُكَ

allāhumma ṣalli wa sallim wa bārik ‘alā sayyidinā muḥammad, ‘abdika wa rasūlik, al-nabiyy al-ummiyy, wa ‘alā ālihī
wa ṣaḥbiḥī wa sallim taslīman ‘adada mā aḥāṭa bihī ‘ilmuk, wa khaṭṭa bihī qalamuk, wa aḥṣāhu kitābuk.

O Allah, send Your prayers, peace, and blessings upon our master, Muhammad, Your servant and Messenger, the unlettered Prophet; and upon his family and companions. And grant abundant peace, as numerous as that which Your knowledge encompasses, what Your Pen has inscribed, and what Your Book has enumerated.

真主啊！请您赐福、赐平安并降下吉庆于我们的领袖穆罕默德——您的仆人和使者，这位不识字的先知——也赐福于他的家属与圣门弟子，并降下完美的平安，数量等同于您知识所包罗、笔所记录、天经所统计的一切。

وَارْضَی اللّٰهُمَّ عَنْ سَادَاتِنَا اَبِيْ بَكْرٍ وَعُمَرُ وَعُثْمَانُ وَعَلِيٌّ وَعَنِ الصَّحَابَةِ اَجْمَعِيْنَ , وَعَنِ التَّابِعِيْنَ وَتَابِعِيْهِمْ
بِاِحْسَانٍ اِلٰى يَوْمِ الدِّیْنِ

wa-rḍa allāhumma ‘an sādatinā abī bakr, wa ‘umar, wa ‘uthmān, wa ‘alī, wa ‘ani al-ṣaḥābati ajma’in, wa ‘ani al-tābi’in wa tābi’ihim bi-iḥsānin ilā yawm al-dīn

And O Allah, be pleased with our masters, Abu Bakr, Umar, Uthman, and Ali, and with all the Companions, and with the Successors and those who followed them in excellence until the Day of Judgment.

真主啊！也请您喜悦我们的领袖们：艾卜·伯克尔、欧麦尔、奥斯曼和阿里；以及所有圣门弟子，众追随者，以及那些以优美方式追随他们的人，直到复生日。

سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُوْنَ وَسَلَامٌ عَلٰى الْمُرْسَلِيْنَ وَالْحَمْدُ لِلّٰهِ رَبِّ الْعَالَمِيْنَ

subhāna rabbika rabbil-‘izzati ‘ammā yaṣifūn. wa salāmun ‘ala al-mursalīn. wal-ḥamdu lillāhi rabbil-‘ālamīn.

Exalted is Your Lord, the Lord of Might, above what they describe.
And peace be upon the Messengers.
And all praise is due to Allah, Lord of the worlds

超绝于他们的描述的是你的主——尊严的主！
愿平安降临于众使者。
一切赞颂全归于真主——全世界的养育者。

Q.S. Ali-Imran, 'Family of Imran,' 3:26-27

قُلِ اللَّهُمَّ مُلْكُ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ وَتُعِزُّ مَنْ تَشَاءُ وَتُذِلُّ مَنْ تَشَاءُ
بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ (26)

quli allāhumma mālika al-mulki, tu'tī al-mulka man tashā', watanzi'u al-mulka mimman tashā',
watu'izzu man tashā', watudhillu man tashā'. biyadika al-khayr, innaka 'alā kulli shay'in qadīr.

Say: "O Allah! Lord of Power (And Rule), Thou givest power to whom Thou pleasest, and Thou strippest off power from whom Thou pleasest: Thou enduest with honour whom Thou pleasest, and Thou bringest low whom Thou pleasest: In Thy hand is all good. Verily, over all things Thou hast power.

你说：真主啊！国权的主啊！你要把国权赏赐谁，就赏赐谁；你要把国权从谁手中夺去，就从谁手中夺去；你要使谁尊贵，就使谁尊贵；你要使谁裨贱，就使谁裨贱；福利只由你掌握；你对于万事，确是全能的。

تُولِجُ اللَّيْلَ فِي النَّهَارِ وَتُؤَلِّجُ النَّهَارَ فِي اللَّيْلِ وَتُخْرِجُ الْحَيَّ مِنَ الْمَمِيتِ وَتُخْرِجُ الْمَمِيتَ مِنَ الْحَيِّ وَتَرْزُقُ
مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ (27)

tūliju al-layla fī al-nahār, watūliju al-nahāra fī al-layl, watukhriju al-ḥayya mina al-mayyit,
watukhriju al-mayyita mina al-ḥayy, watarzuqu man tashā'u bighayri ḥisāb.

Thou causest the night to gain on the day, and thou causest the day to gain on the night; Thou bringest the Living out of the dead, and Thou bringest the dead out of the Living; and Thou givest sustenance to whom Thou pleasest, without measure.

你使夜入昼，使昼入夜；你从无生物中取出生物，从生物中取出无生物；你无量地供给你所意欲的人。

O Allah, You know that these hearts

真主啊！您知道这些心灵，

اللَّهُمَّ إِنَّكَ تَعْلَمُ أَنَّ هَذِهِ الْقُلُوبَ

Allāhumma innaka ta'lamu anna hādhihi al-qulūba,

have gathered upon Your love,

已经因对您的热爱而聚集，

قَدْ اجْتَمَعَتْ عَلَىٰ مَحَبَّتِكَ

qad ijtama'at 'alā maḥabbatika,

and have met upon Your obedience,

因服从您而相会，

والتفتت على طاعتك

waltaqat 'alā ṭā'atika,

and have united upon Your call,

因呼唤您之道而团结一致，

وَتَوَحَّدَتْ عَلَىٰ دَعْوَتِكَ

watawaḥḥadat 'alā da'watic,

and have pledged to support Your Sacred Law.

并约定要支持您的教法。

وَتَعَاهَدَتْ عَلَىٰ نُصْرَةِ شَرِيعَتِكَ

wata'ahadat 'alā nuṣrati shari'atik.

So strengthen, O Allah, their bond,

真主啊，请您巩固它们之间的联系，

فَوَثِّقْ اللَّهُمَّ رَابِطَتَهَا

fawath-thiq allāhumma rābiṭatahā,

and perpetuate their affection,

延续它们之间的友爱，

وَأَدِّمْ وَدَّهَا

wa adim wuddahā,

and guide them in their paths,

引导它们走在您的道路上，

وَاهْدِهَا سُبُلَهَا

wahdiḥa subulahā,

and fill them with Your light that never fades.

以您那永不熄灭的光照亮它们，

وَامْلَأْهَا بِنُورِكَ الَّذِي لَا يَخْبُو

wamla'hā binūrik alladhī lā yakhbū,

And expand their breasts with the overflowing of faith in You,

以对您信仰的洪恩开闊它们的胸襟，

وَأَشْرَحْ صُدُورَهَا بِفَيْضِ الْإِيمَانِ بِكَ

washraḥ ṣudūrahā bifaidi al-īmāni bika

and with beautiful reliance upon You.
并以美好的托靠充实它们。

And keep them alive with Your knowledge,
以对您的认识让它们的生命充满意义，

and cause them to die upon martyrdom in Your path.
并使它们在您的道路上为信仰而殉道。

Indeed, You are the best Protector and the best Helper.
您确是最好的主宰，最好的援助者。

O Allah, Aameen
真主啊，阿敏！

وَجَمِيلِ التَّوَكُّلِ عَلَيْكَ
wajamīli al-tawakkuli ‘alayk,

وَأَحْيَاهَا بِمَعْرِفَتِكَ
wa aḥyihā bima‘rifatik,

وَأَمَتَهَا عَلَى الشَّهَادَةِ فِي سَبِيلِكَ
wa amit’hā ‘ala al-shahādati fī sabīlik.

إِنَّكَ نِعَمَ الْمَوْلَى وَنِعَمَ النَّصِيرِ
innaka ni‘ma al-mawlā wa ni‘ma al-naṣīr.

اللَّهُمَّ آمِينَ
Allāhumma āmīn.

وَصَلَّى اللَّهُ عَلَى سَيِّدِنَا مُحَمَّدٍ وَعَلَى آلِهِ وَصَحْبِهِ وَسَلَّمَ
wa ṣallāllāhu ‘alā sayyidinā Muḥammad, wa ‘alā ālihi wa ṣaḥbihi wa sallam.

May Allah send prayers and peace upon our master, Muhammad, and upon his family and companions.
愿真主赐福和平安于我们的领袖穆罕默德，以及他的家属与圣门弟子们。

And all praise is due to Allah, Lord of the worlds."
一切赞颂全归真主——全世界的养主。

وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ
wal-ḥamdu lillāhi rabbil-‘ālamīn.

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For all future readers, I sincerely hope your fluency in leading the Al-Ma’tsuurat prayer on the end of Ashr prayer (or whatever time you are reading The Evening Supplication Prayer.) Thank You.

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