

Welcome to Our Open House
欢迎莅临介绍伊斯兰教开放日
Islam 101

One GOD, One humanity, one code-of-conduct for human life and morality
人类的生活和道德只依遁一个真主、一种人类的品性、一套行为的准则

Islam means “Peace”, “Submission” or total “Surrender” of oneself to God
「伊斯兰」解作“和平”、“顺从”或是完全“依服”于真主

All Prophets were like brothers, they were teaching the same belief
– Oneness of God, throughout history of mankind
所有圣人都像是兄弟一样, 他们在人类历史的长河中传播着同一个信仰 ---
认主独一

Followers of Islam in the world – the second largest in number
伊斯兰教信徒的人数在全世界排行第二

What is Islam?
什么是伊斯兰教?

Incorrect approach
不正确的途径

Islamic news/ media
伊斯兰教的新闻 / 媒体
Islamic stereotypes
伊斯兰教的定型
Islamic geography
伊斯兰教的地理
Islamic history
伊斯兰教的历史
Islamic poetry
伊斯兰教的詩文
Islamic politics
伊斯兰教的政治
Islamic festivals
伊斯兰教的节日

Correct approach
正确的途径

Allah – The Creator
安拉 – 创造主
Purpose of Human Life
人类生活的目的
Morality for Humanity
人性的道德
Peace in worldly life
世俗生活中的和平
Salvation in Hereafter
後世的拯救

Human need for religion

人类需要宗教信仰

- Faith and spirituality have been proven to relieve stress and increase life expectancy

信仰和灵性已被证明可以缓解压力并延长人的预期寿命

- Soul of the universe – remembrance of the Creator

宇宙的灵魂 — 思念创造主

- Manual of human life (role-model for every walk of life)

人类生活方式的手册(生活各阶层的楷模)

- Success in the world

现世获得成功

- Correct relationship with the Creator and the creation

与创造主及其他被造物之间的恰当关系

- Mercy for mankind – success in everlasting life Hereafter

对人类施以慈悯 — 永恒的后世获得成功

Human need for religion

人类需要宗教信仰

- How to thank our Creator and Sustainer?

如何感谢创造和养育我们的主宰？

- How to benefit from the infinite treasures of GOD Almighty?

如何从全能的真主赐予的无数珍宝之中获得俾益？

- How to bring peace and happiness in every walk of life?

如何将和平和幸带给每个阶层的人？

- How to become an ideal human being and excel in good deeds?

如何成为一个理想及行善超卓的人？

- How to repent and ask forgiveness for our mistakes – Is there a 2nd chance?

如何为我们的过错忏悔并求取原谅 – 是否有第二次机会？

- How to overcome our bad habits and build a noble character for success?

如何戒除恶习、养成高尚的品格，以来达至成功？

- How to achieve high stations of everlasting joy in the life hereafter?

如何达取后世中崇高的品位，以获得永恒的快乐？

Who is Allah, God, Lord

谁是安拉、真主、主宰

- He is Allah, there is no god except Him, the All-Knower of the unseen and the seen. He is the Most Beneficent, the Most Merciful
祂是安拉，除祂外，再没有应受崇拜的主。祂全知一切看不见之物和看得见之物。祂是普慈的，特慈的
- He is Allah, there is no god except Him, the King, the Holy, the One Free from all defects, the Giver of security, the Watcher over His creatures, the All-Mighty, the Compeller, the Supreme. Glory be to Allah! (High is He) above all that they associate as partners with Him
祂是安拉，除祂外，再没有应受崇拜的主。祂是主权的主，圣洁的主，赐安宁的主，保佑的主，监护万物的主，全能的主，强大的主，至尊的主。赞美安拉超绝！至高无上的祂 [安拉] 超绝于他们所崇拜的偶像
- He is Allah, the Creator, the Inventor of all things, the Bestower of forms. To Him belong the Best Names. All that is in the heavens and the earth glorify Him. And He is the All-Mighty, the All-Wise [The Holy Qur' an, 59: 22-24]
祂是安拉，创造者，制造者，赋形者，一切最美的名称都是祂的。天地间的一切都赞颂祂。祂是全能的，最睿智的。[古兰经^[1] 59: 22-24]

¹ 马 仲刚译本

Is there GOD?
真主真的存在吗？

- *Mind, intellect, logic, philosophy and science*

思维、才智、逻辑、哲学和科学

- *Universe has a cause and is by-design*

宇宙的存在是有其原因和刻意设计的

- *Universe has a perfect-order and fine-tuning*

宇宙是按照经过精确的微调而达至完美的秩序运行

- *The Moral Argument – Existence of GOD*

道德层面上的论据 – 真主是存在的

- *Science cannot guide morality*

科学不能主导道德

- *Science cannot prove love, mercy, or charity*

科学不能证明爱、仁慈、慈善

- *“We will show them Our signs in the horizons and within themselves until it becomes clear to them that it is the truth” [The Holy Qur’an, 41:53]*

我将把我的迹象显示给天地万物, 显示给他们自己, 直到他们明白《古兰经》确是真理。[古兰经 [\[2\]](#) 41:53]

² 马 仲刚译本

Science and Signs of One GOD 独一真主存在的科学依据和迹象

- Universe, galaxies, stars and motion

宇宙、银河系、星体以及它们运行的规律

- Past, present and future, human call at the time of crisis

过去、现在和将来、人们在危机时刻而作出呼求

- Rain and life on earth 地球上的降雨和生命

- Unique signs of every human (face, fingerprints, eye iris, DNA/ genetic coding, writing and signature)

每个人都有独一无二的特征(面容、指纹、眼膜、脱氧核糖核酸 (DNA) / 遗传编码、字迹和签名)

- Miracles inside human body 人体内的奇迹

- Have not the unbelievers then beheld that the heavens and the earth were a mass all sewn up, and then We unstitched them, and of water fashioned every living thing? Will they not believe? And We have placed on the earth firm mountains, lest it should shake with them, and We placed therein broad highways for them to pass through, that they may be guided. And We have made the heaven a roof, safe and well-guarded. Yet they turn away from its signs (i.e. sun, moon, winds, clouds, etc.). And He it is Who has created the night and the day, and the sun and the moon, each in an orbit floating [The Holy Qur'an 21: 30-33]

难道不信仰者不知道吗？天地原是联结的整体，然后，我使其分开。我用水创造一切生命。难道他们不相信吗？我在大地上稳固地安置群山，以免他们随大地而摇荡。我在大地上开辟宽阔的道路，以便他们获得引导。我把天造成一个安全的华盖，但他们仍然忽视天的迹象[如日月风云等]。是祂创造了昼夜和日月，各在自己的轨道上运行。[古兰经 [3](#)]” 21: 30-33]

³ 马 仲刚译本

The Loving and Merciful Allah
博爱和仁慈的安拉

- *The Creator, the Evolver and Sustainer of all that exists*
万物的创造主、发衍者和维持者
- *The Most Gracious and the Most Kind* 最亲仁的和最慈爱的
- *The Almighty and the Most Powerful* 全能的和最强大的
- *The Eternal and Everlasting* 永恒的和永存的
- *The All-Knowing, All-Seeing and Ever-listening*
无所不知的、无所不见的、无所不闻的
- *The Unique and incomparable* 独一无二的和无可匹比的
- *The Highest and the Most Exalted* 最高上的和最崇高的
- *The Most Beneficent, and Most Forgiving* 最普慈的和最宽容的
- *The Most Generous and the Most Gracious* 最慷慨和最亲仁的
- “Truly, Allah is full of Bounty to mankind, yet most of mankind give no thanks” [The Holy Qur’an 40:61]
“的确, 安拉对人们是有宏恩的, 但多数人是不感谢的” [古兰经^[4] 40:61]
- “And to Allah belong the best names, so invoke Him by them” [The Holy Qur’an 7:180]
“一切美好的名字都属安拉, 所以你们用它祈祷” [古兰经^[5] 7:180]

⁴ 马金鹏译本

⁵ 马金鹏译本

Why are there problems in the world?

为什么世界上有难题存在呢 ？

- “GOD does not do the least bit of injustice to anyone but people wrong themselves” [The Holy Qur’ an 10:44]
“真主的确毫不亏待人们, 但人们却亏待自己” [古兰经^[6]10:44]
- “Verily, the (human) self is inclined to evil, except when my Lord bestows His Mercy” [The Holy Qur’ an 12:53]
“人性的确是怂恿人作恶的, 除非我的主所怜悯的人 ” [古兰经^[7]12:53]
- “Indeed, Satan induces [dissension] among them. Indeed, Satan is ever, to mankind, a clear enemy” [The Holy Qur’ an 17:53]
“魔鬼确已在他们当中挑拨引起争论, 魔鬼对于人类的确是一个公开的敌人” [古兰经^[8]17:53]
- “Evil (sins and disobedience) has appeared on land and sea because of what the hands of men have earned (by oppression and evil deeds, etc.), that Allah may make them taste a part of that which they have done, in order that they may return (by begging forgiveness)” [The Holy Qur’ an 30:41]
“由于人们亲手所犯的罪恶, 恶果已显现于陆地和海洋, 以便祂 [安拉] 使祂们 [在今世]尝试一些他们所犯罪恶的惩罚, 以便他们悔过自新” [古兰经^[9]30:41]
- “... And We test you with evil and with good as trial; and to Us you will be returned” [The Holy Qur’ an 21:35]
“... 我将以祸福考验你们, 你们都将归到我这里来” [古兰经^[10]21:35]

⁶ 马坚译本

⁷ 马坚译本

⁸ 全道章译本

⁹ 马仲刚译本

¹⁰ 马仲刚译本

Problems in the world and solutions

世界上的难题及其解决方法

- “Anything bad that happens to you is a consequence of your own deeds, and He (Allah) overlooks many (of your sins)” [The Holy Qur’ an 42:30]
“无论你们遭受何种不幸，都是由于你们亲手作恶 [的缘故]。（安拉）已宽恕（你们）许多罪恶 ” [古兰经^[11]42:30]
- “O mankind! Your rebellion will only harm yourselves. You may enjoy the worldly life but to Us you will all return and We will let you know all that you had done” [The Holy Qur’ an 10:23]
“人们啊！ 你们的叛逆只能伤害你们自己，只是今世生活短暂的享受，最后，你们都将归到我这里来，我将把你们曾经所做的告诉你们” [古兰经^[12]10:23]
- “If the people of the towns had but believed and feared Allah, We should indeed have opened out to them (All kinds of) blessings from heaven and earth; but they rejected (the truth), and We brought them to book for their misdeeds” [The Holy Qur’ an 7:96]
如果各城镇的人已经信仰，并敬畏安拉，我一定会为他们从地上和天上开放(各种各样的)福祉。但是他们不信(使者)，所以我就因他们所做过的(罪行)而惩罚他们。[古兰经^[13]7:96]

¹¹ 马仲刚译本

¹² 马仲刚译本

¹³ 全道章译本

Prophets and Scriptures

圣人和经典

- Some of the prophets acknowledged in Islam: Adam, Noah, Abraham, Ishmael, Isaac, Jacob, Joseph, Moses, Aaron, David, Solomon, Zakaria, John, Jesus and Muhammad (peace be upon them all)

一些伊斯兰教确认的圣人包括：亚当、挪亚、亚伯拉罕、以实玛利、艾萨克、雅各布、约瑟、摩西、亚伦、戴维、所罗门、撒嘉利亚、约翰、耶稣及穆罕默德（求主赐他们平安）

- Say: "We believe in GOD, and in what has been revealed to us and what was revealed to Abraham, Ishmael, Isaac, Jacob, and the Tribes, and in (the Books) given to Moses, Jesus, and the prophets, from their Lord; We make no distinction between one and another among them, and to GOD do we bow our will" [The Holy Qur'an 3:84]

你说：“我们确信真主，确信我们所受的启示，与易卜拉欣、易司马仪、易司哈格、叶尔孤白和各支派所受的启示，与穆萨、尔撒和众先知（圣人）所受赐于他们的主的经典，我们对于他们中的任何人，都不加以歧视，我们只归顺祂” [古兰经^[14]3:84]

- Muslims believe in all Prophets of GOD, and that the source of all divine books is one GOD

穆斯林相信所有真主的圣人，和所有天启的经典中都源自独一的真主。

¹⁴ 马坚译本

Prophets' mission in the Qur'an
古兰经中圣人们的使命

- Message for Prophet Adam (peace be upon him) [The Holy Qur'an 20: 123-126]
亚当圣人的启示(求主赐他平安) [古兰经 20: 123-126]
- Message of Prophet Noah (peace be upon him) [The Holy Qur'an 71: 10-13]
挪亚圣人的启示(求主赐他平安) [古兰经 71: 10-13]
- Message of Prophet Abraham (peace be upon him) [The Holy Qur'an 26: 78-89]
亚伯拉罕圣人的启示(求主赐他平安) [古兰经 26: 78-89]
- Message of Prophet Joseph (peace be upon him) [The Holy Qur'an 12: 39-40]
约瑟圣人的启示(求主赐他平安) [古兰经 12:39-40]
- Message of Prophet Moses (peace be upon him) [The Holy Qur'an 26: 24-26]
摩西圣人的启示(求主赐他平安) [古兰经 26: 24-26]
- Message of Prophet Jesus (peace be upon him) [The Holy Qur'an 19: 30-36] 耶稣圣人的启示(求主赐他平安) [古兰经 19: 30-36]
- Message of Prophet Muhammad (peace be upon him) [The Holy Qur'an 7:158]
穆罕默德圣人的启示(求主赐他平安) [古兰经 7:158]

Who is Prophet Muhammad?

谁是穆罕默德圣人？

- MICHAEL H. HART in his book on Ratings of Men ranked Mohammed first in the list, who contributed towards the benefit and uplift of mankind
在米高·哈特的书中关于世界伟人的排名表中，穆罕默德排行第一位，他致力于造福及提升人类
- “My choice of Muhammad to lead the list of the world’s most influential persons may surprise some readers and may be questioned by others, but he was the only man in history who was supremely successful on both the religious and secular levels”
我选择穆罕默德作为世界上最具影响力的人物之首，一些读者可能会感到惊讶，另一些或会提出质疑。但是，他是历史上唯一一个在宗教和世俗的层面都取得超卓成就的人
- (M.H. Hart, THE 100: A RANKING OF THE MOST INFLUENTIAL PERSONS IN HISTORY, New York, 1978, p. 33) (米高·哈特, 100 位于历史上最具影响力人物排行榜, 纽约, 1978 年, 第 33 页)

Who is Prophet Muhammad?

谁是穆罕默德圣人？

- Descendant of Ishmael, the first son of Abraham
亚伯拉罕的第一个儿子以实玛利的后代
- Born in Mecca, Saudi Arabia, in the year 570 C.E.
公元 570 年，出生于沙特阿拉伯麦加城
- Received first revelation from Allah at the age 40 through the angel Gabriel
在 40 岁的时候，通过天使加百列，初次接受安拉的启示
- Died in the year 632 C.E, after preaching Islam for 23 years
在传播伊斯兰教长达 23 年后，死于公元 632 年
- Say (O Muhammad SAW): "O mankind! Verily, I am sent to you all as the Messenger of Allah" [The Holy Qur' an, 7:158]
你（穆罕默德）说：“人们啊！我确是安拉派来教化你们全体的使者” [古兰经^[15]7:158]
- Muslims respect him and love him as a prophet but never as a GOD, or part of God or son of God
穆斯林以他作为圣人而尊敬他和爱戴他，但绝非视他为真主，或真主的部分，或真主的儿子

¹⁵ 马仲刚译本

- “He must be called the Savior of Humanity. I believe that if a man like him were to assume the dictatorship of the modern world, he would succeed in solving its problems in a way that would bring it much needed peace and happiness” [George Bernard Shaw]

“他一定要被称为人类的拯救者，我相信像他这样的人如果统治当今的世界，他会成功地解决世界上的问题，从而给世界带来极需要的和平和幸福”〔乔治·伯纳·德肖〕

LAMARTINE, the renowned historian, speaking on the essentials of human greatness wonders:

著名的历史学家拉马丁，就人类历史上伟人所必备的素质做过论述：

- “If greatness of purpose, smallness of means and astounding results are the three criteria of human genius, who could dare to compare any great man in modern history with Muhammad?”

“倘若以目标伟大、方式简单及效果惊人作为人中之杰的三个准则，试问谁敢将现代历史上的伟人与穆罕默德相比呢？”

- “Philosopher, orator, apostle, legislator, warrior, conqueror of ideas, restorer of rational dogmas, of a cult without images

〔穆罕默德〕是一位哲学家，演说家，倡导者，立法者，战士，思想的征服者，合理教条的恢复者，其崇拜不涉及任何画像

- The founder of twenty terrestrial empires and of one spiritual empire, that is MUHAMMAD

穆罕默德创立了大地上 20 个帝国和一个精神上的帝国

- As regards all the standards by which Human Greatness may be measured, we may well ask

我们可能会问, 就所有衡量伟人的标准而论

- IS THERE ANY MAN GREATER THAN HE?

有谁比他更伟大呢？

(Alphonse de Lamar tine, HISTOIRE DE LA TURQUIE, Paris, 阿尔方斯·德·拉马丁, 土耳其的历史, 巴黎 1854, Vol. II, pp 276-277)

The Holy Qur'an 神圣的古兰经

- Qur'an printed in Europe, China, India, Middle East, USA and other places... EXACTLY the SAME. Not a single word or letter in the Qur'an has been changed in the last 14 centuries
无论在欧洲、中国、印度、中东、美国和其他地方刊印的古兰经, 内容完全一致。在过去的 14 个世纪里, 古兰经中没有一个字或字母曾经修改过
- Complete code of life and a living miracle across space and time.
一部完整的生命法典并是穿越所有时空活现于今世的神迹
- Hundreds of thousands of people, including small children, have memorized this book from cover to cover
数以十万计的人, 包括小孩子, 都已将这本经典从头到尾, 牢记于脑海中
- Scientific facts regarding the creation of the universe, birth of human being, formation of clouds, movement of sun and moon in orbits and other scientific facts which were not known to mankind at the time of its revelation
在古兰经中所记载有关宇宙的创造、人类的诞生、云的形成、太阳和月亮在其轨道中的运行及其他科学事实, 在其启示的时候是当时人类仍然未知的科学事实

Qur' an, Science and Human Life

古兰经, 科学和人类生活

- Teaches how to live our personal and marital life in this world
教导我们在这世界上, 个人和夫妻间应该如何生活
- Teaches how to prepare for our next life
教导我们怎么为来世做准备
- Provides how to manage home, business community all the way to country level
提供如何管理家庭、商界, 一直到国家的层次
- Full of Prophecies, revealed 1400 years back, that have come true
充满了 1400 年前启示的预言, 现今已全部一一实现了
- Full of explanation of scientific matters that now Scientists are telling us are true 充满了科学现象的解释, 而现在被科学家一一给我们证实了
- Human Embryonic Development 人类胚胎的发育
- Formation of clouds 云的形成
- Skin and the sensors underneath it 皮肤和皮肤下的感觉细胞
- Rivers & Oceans and Waves in oceans 河流, 海洋和海洋里的波浪
- Formation of mountains, and many more 山的形成及其他更多的现象
- Origin of Universe, etc. 宇宙的起源 ... 等等
- SCIENCE IS TELLING US TODAY, WHAT ALLAH TOLD US 1400 YEARS BACK 今天科学才能解释到的现象, 早在 1400 年以前, 安拉 ^[16]已经启示了给我们

¹⁶ 「安拉」是阿拉伯文的译音, 意思是唯一创造宇宙万物的主宰

Mind, Reason and Hereafter

思维, 推理和后世

- Five Senses, Logic and Revelation
五大感官, 逻辑推理和启示
- The realm of logic, reason, intellect and mind
逻辑、推理、智力和思维的领域
- The seen-system of the universe, worldly life, cause and effect, science and engineering, math, geography, biology, technology and inventions ...
宇宙的可见体系, 世俗生活, 因果关系, 科学和工程, 数学, 地理, 生物, 科技和发明...
- Out of scope, but real questions?
超出范围, 但是真正的问题?
- What happens at death and in the grave?
死后和在坟墓中会发生什么?
- Are there Paradise and Hellfire?
有天堂和火狱吗?
- Is there a Day of Judgment?
有审判日吗?

Ultimate Justice in Life Hereafter

终极的公义实现于后世

- The worldly life is an exam
世俗生活是一种考验
- 4 witnesses recording every action and word
每一言行都有 4 个见证者记录
- We will be raised again with Body and Soul
我们将会复活，并有肉体 and 灵魂
- This world will end and everlasting life in the New World will start
这个世界终将灭亡，但永恒的生命会在另一个新世界开始
- Correct faith and good deeds lead to Paradise
正确的信仰和良好的行为导入天堂
- Incorrect faith or bad deeds lead to Hellfire
错误的信仰或恶劣的行为导入火狱

Qur' an, Healing and Spirituality 古兰经，治疗和灵性

- Qur' an has Verses with special healing effects
古兰经一些章节有特殊疗效
- Repentance and seeking forgiveness could clean up past mistakes and guilt and erase sins from the book of deeds 忏悔和寻求宽恕可以清除以往的过失和罪过, 并且会将罪恶从行为记录册上抹掉
- Real Life is Hereafter and the worldly life is its preparation
真正的生活是在后世, 而今世的生活只是准备
- Patience brings great rewards
耐心会带来巨大的恩赐
- Devotion in prayers establishes a strong connection with the Creator of the entire universe
虔诚的祈祷促进建立与整个宇宙的创造主强大的联系

More world problems?
世界上有更多的问题存在?

- Violence 暴力
- Disbelief 不信
- Homelessness 无家可归
- Poverty 贫穷
- Suicides 自杀
- Drugs abuse 滥用药物
- Immorality 道德败坏
- Shamelessness 无耻
- Greed and lust 贪婪和情欲
- Addictions 上瘾
- High rate of divorce 高離婚率
- Breakup of families 家庭破裂

An Ideal Believer 一个完美的信士

- No depression 不沮丧
- No drugs 不吸毒
- No violence 不暴力
- No suicide 不自杀
- No Arrogance, jealousy, greed, show-off
不自大、不嫉妒、不贪婪、不炫耀
- No hatred, malice, lies, cursing or slandering
没有仇恨、没有怨恨、不撒谎、不诅咒、不诽谤

Believer is never a loser
信士绝不会是一个失败者

- Imagine a believer who always remembers and seeks help from his Creator, praises Allah by his tongue, in his heart, expresses gratitude for His bounties, is patient in hardships. He supplicates in all earnestness and always has good intentions. He follows the ways of the beloved Prophet (peace be upon him) in his outward appearance and in his manners, conduct and etiquette. He is getting rewards at every step

想象一下，一个信士，总是记念及寻求创造主的帮助，口中及心中赞颂安拉，感激祂的赏赐，遇到困境时有耐心。他的祈求总是恳切的和好意的。他跟随着受人爱戴的圣人(求主赐他平安)的外观衣着、待人接物及品行礼仪。他的每一步都将得到赏赐

- The human heart has hidden treasures of matchless jewels. If found and applied, ordinary people on the street can become means of guidance to their communities, fountains of light, flag-bearers of justice and mercy, making the world a cradle of learning and illuminating the universe with divine knowledge

人类内心隐藏着无与伦比的财宝。如果发现并加以利用，即使街上的平民百姓，也能成为社区的倡导者，引导找到光亮的源泉，成为正义和仁爱的旗手，使整个世界变成学习的摇篮，并用来自主宰的知识照亮整个宇宙

Human Rights in Islam

伊斯兰教的人权

- Universal brotherhood, no racism

四海之内皆兄弟，绝无种族歧视

- “O mankind! We have created you from a male and a female, and made you into races and tribes, that you may identify one another. Surely, the noblest of you, in Allah’s sight is the one who is most pious of you. Surely, Allah is All-Knowing, All-Aware” [The Holy Qur’an 49:13]

“人类啊! 我确由一男一女造化了你们, 并使你们成为民族和部落, 以便你们能彼此识别。的确, 在安拉看来你们当中最高贵的就是你当中最正直的(人)。安拉是全知的、全晓的 ” [古兰经^[17] 49:13]

- Respect for human life: “...if anyone saved a life, it would be as if he saved the life of all mankind...” [Qur’an 5:32]

尊重人命 : “.. 谁救了一命, 也好像救了所有人的命一样..” [古兰经^[18] 5:32]

¹⁷ 全道章译本

¹⁸ 全道章译本

- Serve Humanity: Islam's mission is to serve humanity. Islam teaches us to help the needy without any discrimination of color, creed, race, nationality or religion. "The entire humanity is Allah's family, and Allah loves him most from among His family, who benefits the family most" [saying of Prophet Muhammad, peace be upon him]

服务人类: 伊斯兰教的使命就是服务人类。伊斯兰教训导我们要帮助那些有需要的人, 不分肤色、信仰、种族、国籍和宗教都一视同仁。“全人类都是安拉的大家庭, 而大家庭中安拉最爱的人就是对大家庭最有裨益的人” [圣训]

Human Rights in Islam

伊斯兰教的人权

- *“And We have not sent you, [O Muhammad], except as a mercy to the worlds” [The Holy Qur’an 21:107]*
我派遣你 [穆圣], 只为了慈悯众世界 [古兰经^[19] 21:107]
- *“Do not oppress the orphans, and do not reject the beggars” [The Holy Qur’an 93: 9–10]*
所以你不要苛待孤儿, 也不要斥逐乞求者 [古兰经^[20] 93: 9–10]
- *Teachings of Prophet Muhammad [peace be upon him]*
圣人穆罕默德的教导 [求主赐他平安]
- *Allah will not show Mercy to him who does not show mercy to others.*
对别人不仁慈的人, 安拉对他也不会仁慈
- *He is not a perfect Muslim who eats his fill while his neighbor goes hungry*
邻居挨饿, 自己却吃得饱满的人, 不是一个完美的穆斯林
- *Taking care of widows and orphans, (reward equivalent to) continuous night worship, or continuous fasting.*
照顾寡妇和孤儿, (报酬等同于) 不间断的夜间崇拜, 或不间断的斋戒

¹⁹ 马仲刚译本

²⁰ 全道章译本

- *Blessings are with your elders*
祝福是跟随着你们的长者的
- *Paradise lies under the feet of the mother.*
天堂在母亲的脚下
- *visiting the sick – 70,000 angels would pray for the believer*
探望病者的信士, 会有 70,000 位天使为他祈祷
- *Even a smile or kind word is charity*
甚至一个微笑或是一句亲切的问候都是善功
- *There is reward in kindness to every living thing – animal or human*
善待每种生物, 不论是动物或人类, 都将获得赏赐

The Muslim Women

穆斯林妇女

- Islam gives a very high and honorable status to woman and set her rights and duties according to her personality. Islam gave woman that dignity which no other ideology or faith has ever given
伊斯兰教给与妇女很崇高和荣誉的地位，并且根据她的个人特点，给予她权利和义务。伊斯兰教给予妇女的那份尊贵，从来没有在其他的意识形态和宗教信仰中获得过

Muslim women 穆斯林妇女

Dress modestly 衣着端庄

Hijab/ veil from strange men 戴头巾

Respected by all 受所有人尊重

Honored by all 受所有人敬重

Equal rights 有平等权利

- (not treated as an object and never looked at with lust)
(不会将她们看作是被利用的，也绝不会用色欲的眼光注视她们)
- From a small flower-like daughter, a pious sister, a loving wife, a merciful mother, to a distinguished grand-mother (a fountain of love, mercy and purity) – a great contribution to human society.
由一个娇小、像花朵一样的女儿，一个虔诚的姐妹，一个深情的妻子，一个仁慈的母亲，到一个德高望重的祖母(慈爱和纯洁的泉源)，对人类社会作出巨大的贡献
- First convert to Islam was a woman 第一个改信伊斯兰教的人是女性

What does Islam give to humanity?

伊斯兰教给人类带来了什么呢？

- Justice for all 公平正义
- Peace and happiness 和平和幸福
- Tolerance 宽容
- Protection of minorities 保护少数民族
- End of racism 消除种族歧视
- Life of obedience、responsibility and accountability
生活中体现服从、有责任感和有担当
- Forgiveness 懂得宽恕
- True repentance wipes out bad deeds
以真切的忏悔来消除罪行

What does Islam give to humanity?
伊斯兰教给人类带来了什么呢？

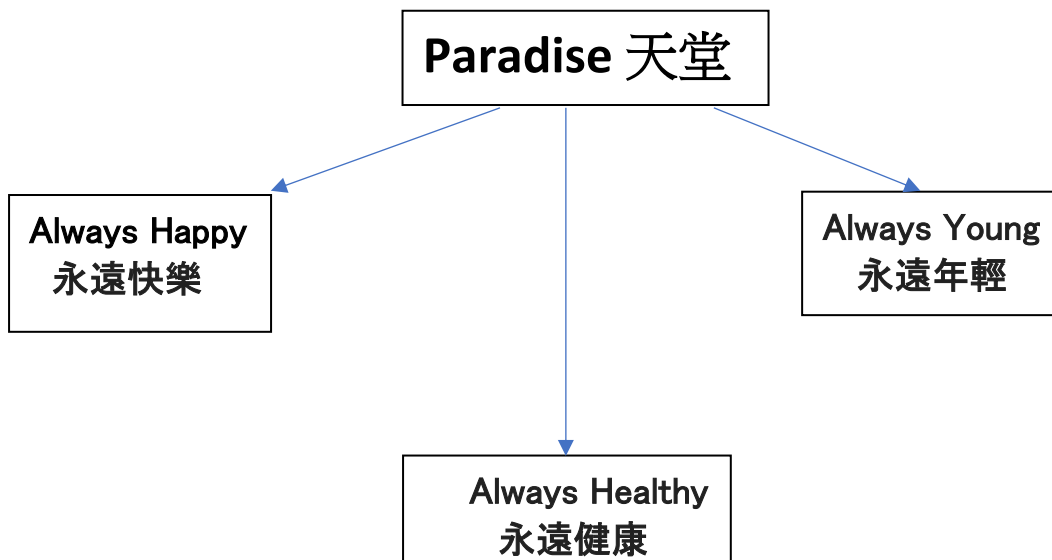
- Way out of depression and sadness
摆脱抑郁和悲痛的方法
- Equal opportunity for preparation to life Hereafter
有平等机会来为后世做准备
- Eternal doors of happiness
有通往幸福的永恒之门
- Connects mankind to the Creator – who has all power, knowledge, treasures and mercy
将人类与拥有所有权能、知识、珍宝和慈爱的创造者联系起来
- “If the people of those towns had believed and had the piety (fear of GOD), certainly, We should have opened for them blessings from the heaven and the earth” [Qur’ an 7:96]
“如果各城镇的人已经信仰，并敬畏安拉，我一定会为他们从天上和地上开放(各种各样的)福祉” [古兰经 ^[21]7:96]

²¹ 全道章译本

Paradise – Believer' s destination

天堂 – 信士的归宿

- Everlasting life 永生
- Great kingdom 伟大的天国
- All beautiful 一切都美好
- Great quantity 丰裕无缺
- Outstanding quality 质量卓越
- Forever enjoyment 永远的享受



What does a Muslim believe?

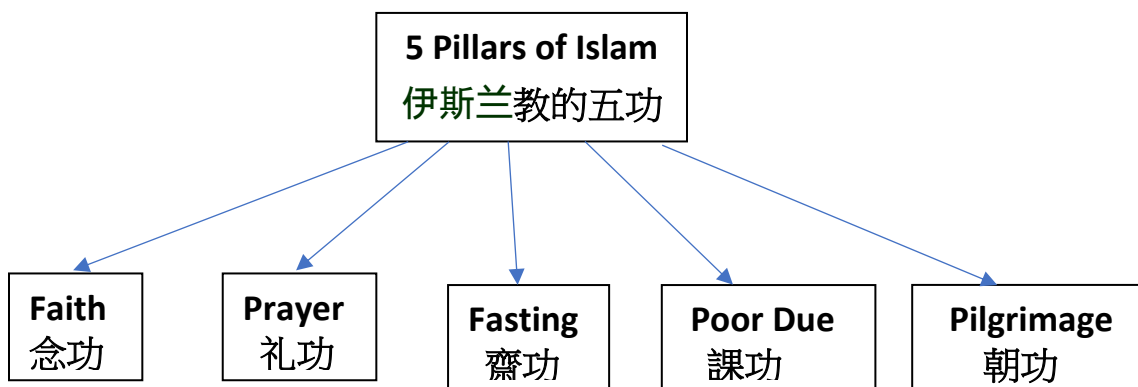
穆斯林信仰什么呢？

- I believe in Allah (GOD Almighty), His Angels, His Books, His Prophets, the Day of Judgment, and in the fact that destiny, good or bad, is from Allah, and in the resurrection after death
我信安拉(全能的真主), 祂的天使, 祂的经典, 祂的圣人, 审判日, 前定和死后复生
- There is no one worthy of worship except Allah, and Muhammad (peace be upon him) is the Messenger of Allah
除了安拉以外再没有值得崇拜的, 和穆罕默德(求主赐他平安)是安拉的差使
- Forgiveness and Mercy of GOD 宽恕和仁慈的真主
- “Your Lord is full of mercy all-embracing...” [The Holy Qur’ an 6:147]“你们的主, 是有广大的慈恩的 ...” [古兰经 ^[22]6:147]
- “O My slave! Verily, as long as you worship Me and have hope in Me, I shall forgive you for what you have done; O My slave! If you meet Me with an earthful of sins, but do not associate any partner with Me, I would grant you a forgiveness as great as the whole world” [sacred Hadith, Ahmad]
“我的仆人啊！肯定地, 只要你崇拜我, 并寄望于我, 我必会宽恕你的所作所为; 我的仆人啊！倘若你见我时, 罪恶滔天, 但是你不将我举匹偶, 我会给予你大若整个世界的宽恕” [圣训]

²² 马坚译本

One GOD, One Humanity, One Religion
唯一的真主，统一的人类，单一个宗教

- Islam – universal religion for all mankind
伊斯兰教 – 全人类的普世宗教
- Islam – peace, submission to the will and commands of GOD
伊斯兰教 – 和平，顺从真主的旨意和诫命
- Islam – natural progression and perfection of all divine revelations
伊斯兰教 – 作为 所有来自真主的启示的自然延伸并臻完美
- “... This day, I have perfected your religion for you, completed My Favor upon you, and have chosen for you Islam as your religion”
[The Holy Qur’ an 5:3]
- “... 今天，我已为你们成全你们的宗教，我已完成我所赐你们的恩典，我已选择伊斯兰做你们的宗教 ” [古兰经^[23]5:3]



²³ 马坚译本

For More Information
更多的信息

- Review the Holy Qur'an 查看古兰经
- Visit your local mosque 到访当地的清真寺
- Contact a Muslim neighbor 与穆斯林邻居接触
- Attend an Islam 101 presentation 参加伊斯兰 101 介绍会
- Our goal is to educate people to produce better believers, law abiding responsible citizens with high morals and characters living peacefully in the society as community members having strong faith, performing good deeds, and have a sense of accountability to Almighty Allah

我们的目标是教育人们成为优良的信士，守法的、负责任的和道德人格高尚的公民，作为社会一份子在其中和平地生活，有坚定的信仰，多作善举，并对全能的安拉有责任感

Prayer for humanity

为人类祈祷

O GOD! You are the Most Gracious and the Most Kind

真主啊！你是最亲仁的和最慈爱的

O GOD! You are the Almighty and the Most Powerful

真主啊！你是全能的和最强大的

O GOD! You are Eternal and Everlasting

真主啊！你是永恒的和永存的

O GOD! the All-Knowing, All-Seeing and Ever-listening

真主啊！你是无所不知的，无所不见的和无所不闻的

O GOD! You are the Highest and the Most Exalted

真主啊！你是最高上的和最崇高的

O GOD! You are the Light of the heavens of the earth

真主啊！你是宇宙的明灯

O GOD! You are the Most Beneficent, and Most Forgiving

真主啊！你是最普慈的和最宽容的

O GOD! You have the most beautiful names

真主啊！你拥有最美好的尊名

O GOD! we are needy, we are weak, we are poor, we are sinners and we have shortcomings

真主啊！我们是有所需的，我们是虚弱的，我们是贫穷的，我们是有罪的和我们是有很多缺点的

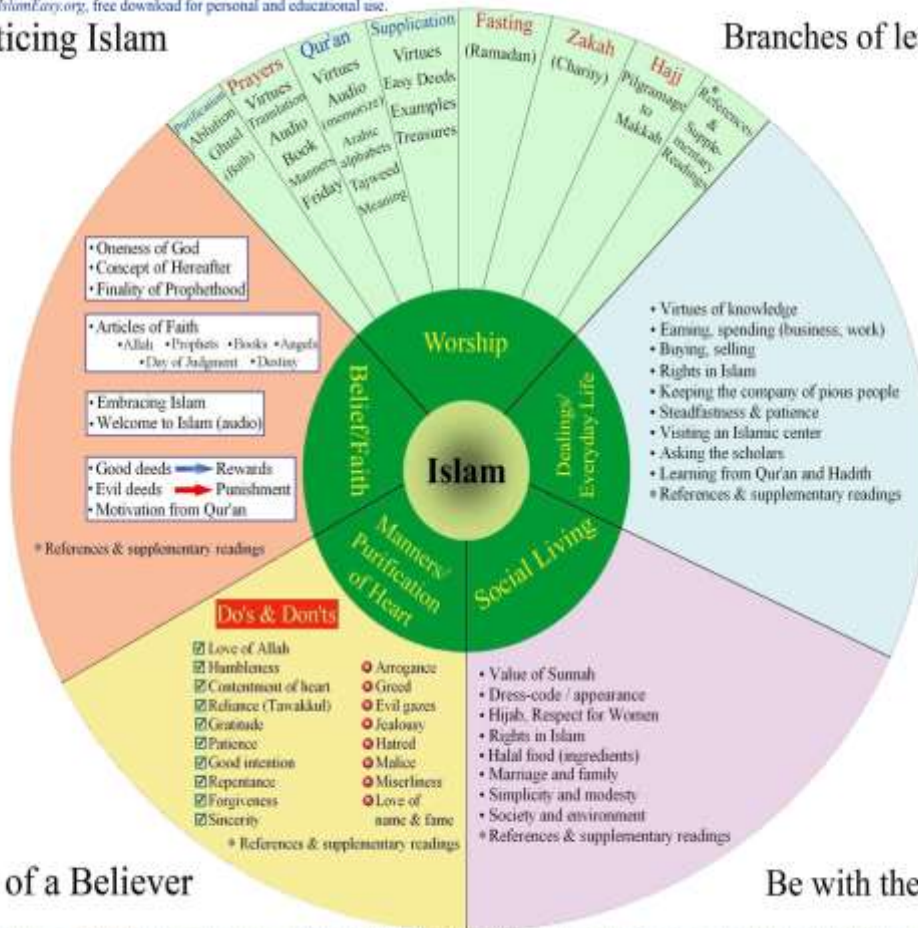
O GOD! Give us peace and Guide us all to the straight path

真主啊！赐予我们和平，并指引我们走向正道。



Practicing Islam

Branches of learning



Life of a Believer

Be with the pious

* The purpose of this chart is to encourage new Muslims to learn necessary readings in every aspect of Islam and refer to scholars for guidance. For a comprehensive coverage of various branches of learning, the scholarly reader is requested to refer to the books of Fiqh (jurisprudence).