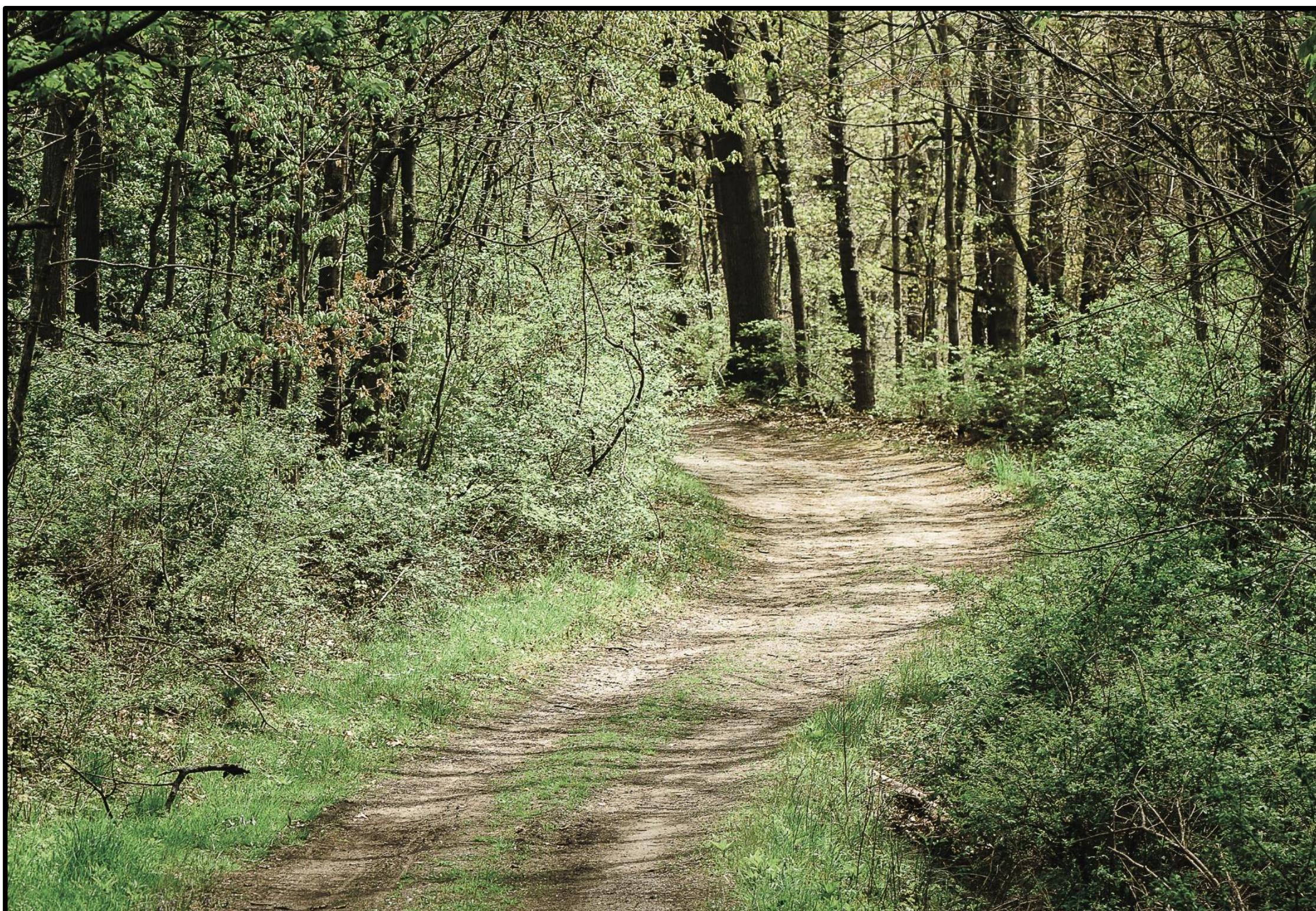


# Ulendo wa Iye Opatsa Moyo

## Kusindikiza 5.1



*Maphunziro Okwanira a Dziko lonse Okonzekeretsa Atsogoleri a Chikhristu ku Moyo wa chiyero cha Munthu*



72 Ransom Avenue NE  
Grand Rapids, Michigan 49503 USA



# Ulendo wa Iye Opatsa Moyo

Kusindikiza 5.1

*Maphunziro Okwanira a Dziko lonse Okonzekeretsa Atsogoleri a Chikhritu pa Moyo wa Chiyero cha Munthu*



72 Ransom Avenue NE

Grand Rapids, Michigan 49503 USA

## ***Ulendo wa Iye Opatsa Moyo***

### **Kusindikiza 5.1**

*Maphunziro okwanira a dziko lonse okonzekeretsa atsogoleri a Chikhritsua pa moyo wa chiyero cha munthu*

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# M'mene Tingagwiritsire Ntchito Maphunzirowa

*Ulendo wa Iye Opatsa Moyo unatanthauzidwa mu zilankhulo zambiri ndi kuphunzitsidwa mu zikhaliidwe zambiri. Ndikofunikira kwa a LIFE International kuti bukuli likhale lolandiridwa mosavuta ku chikhaliidwe chilichonse ndi mu nyengo zonse.*

Moonjzera zofunikira ku zamkatizi kuti ziphunzitsidwe, pali “Maphunziro a nthawi yovomerezeka” ndipo “Kuphunzira Kumathandizira” mwa ichi zimatsogolera kuthandizira pophunzitsa ndi kulimbikitsa atenga mbali pa kukambirana. M'musimu muli zofotokozerza zithandizo zimenezi:

**Nthawi za Maphunziro Ovomerezeka: Izi ndi nthawi zoyikika za kuphunzitsa phunziro kwa munthu aliyense. Ndi nthawi yovomerezeka kwa thunthu ya maphunziro kuphatikizirapo chochika za phunziro, ndi zokambirana.**

Dziwani kuti ngakhale maphunziro amapangidwa ndi kuperkedwa pano mosiyani, sipafunika kukhala lamulo logawikana pakati pa maphunziro osiyana. (Phunziro 2 lamalizika, ndipo tsopano Phunziro lachitatu layambika.”). Mndandanda wa maphunziro suyenera kuchepetsedwa, chifukwa pali kuyenderana kwabwino kwa zokhumba ndi maphunziro, koma maphunziro ena akhoza kuphatikizana mwa chikhaliidwe ndi kukhala chimodzi munthawi yopitilira ya kuphunzira ndi kukambirana.

## Kuphunzira Kumathandiza

Ma bokosi amenewa amaoneka mu buku lonse kusiyanitsidwa ndi zofunika za mkatimu. Kuphunzira kumathandiza popereka ziganizo za phunziro ndi kuganiza za mafunso othekera kufunsidwa polimbikitsa zokambirana pakati pa atenga mbali nthawi zambiri amanyamula zitsanzo za mmene zinthu ziyenera kunenedwera. Kumbukirani kuyima kaye ndi kuyembekezera mayankho pamene mwafunsa funso.

**Zochitika Zakumapeto:** “Maphunziro ena amathandiza” pounikira ku zochitikachitika zoyenera kugwiritsidwa ntchito mka mwa phunziro. Malangizo a zochitika zimenezi zafotokozedwa mwa tsatanetsatane kumapeto kwa mutu ulionse.

Bukuli liri muzonse mlozo wa maphunziro a inu monga ophunzira otenga mbali komanso mlozo wa chiphunzitso chimene muzizagwiritsa ntchito pamene mukuphunzitsa ena mu bukuli. Lembani ma notsi , lembani maganizo omwe amabwera kwa inu pamene mukugwira ntchito pa zimene zikhala zikuperekedwa. Masamba ena ali ndi mipata kunsi kwake ( yotchedwa "Zolemba) pa cholina chimenechi. Chifukwa inuyo mwaphunzitsidwa choncho mutha kuphunzitsa ena, lembani ziganizo za mmene mungapangire bukuli kukhala lanu ndi nkhani zanu ndi ziganizo zanu kuti zikhale zamoyo pamene muyima kutsogolo kwa kalasi ndi kuwatsogolera iwo kukusintha kumene kumachokera kuku mveka kwabwino kwa moyo wa mtima wa Atate.



# Ndondomeko za Pemphero la Mtsogolo

## Kufotokozera ndi Kuunikira

Muntawi ya phunziroli, mtsogoleri opangitsa ndi atenga mbli onse adzakhala ndi mwayi kukumana wina ndi mzake ndi kukambirana zochitika za pemphero pa zimene akukumana nazo palipano, komanso kukambirana mwayi wa mapemphero opembedzera asanayambe komanso munthawi ya Ulendo wa mapunziro a iye Opatsa Moyo.

Nthawi yovomerezeka ya phunziroli: Mphindi 60

### Mu Phunziroli Atengambali Adza:

- Adzazifotokozera wokha kugulu ndi kupereka maonekedwe achidule a machitidwe a pemphero a panthawiyo, la iwo eni ndi magulu omwe alinawo.
- Adzazindikira zolina za kutenga nawo mbali mu Ndondomeko ya Pemphero la Mtsogolo.
- Adzazindikira mmene ulendo wawo wa pemphero ungagwiritsidwere ntchito pokwanirtsza zolina za Mulungu.

### Kufotokozera

Ife tikukhala mumasiku ndi munthawi yimene kutsika kwa moyo wa munthu ndi tchimo lo chotsa mimba likuononga mayiko athu. Mu magulu alionse a wantru kuchokera kunthawi yosabadwa kufikira ku ukalamba tikuona kutsika ndi kuonongeka kwa iwo olengedwa mu chifaniziro cha Mulungu. Ngakhale kuti izi zikuchitika kwambiri mu Mpingo kuposa kudziko lapansi.

Kuonongeka kwa moyo wa munthu kumaswa mtima wa Atate wantru wakumwamba, koma Mzimu wa Mulungu ukudzutsa Mpingo ku chiyero cha moyo wa munthu polimbana ndi iwo amene Iye adawalenga mu chifaniziro Chake. Kukhululukira ndi Chiombolo zilipo ku dziko lonse kudzera mu kukhetra mwazi wa Yesu ndipo Mulungu akutiyitanira ife kuti tilumikizane naye mu ntchito Yake yakuombola! Mulungu akuombora, kuchilitsa ndi kubwezeretsa mitima ndi miyoyo yomwe yinapwetekedwa ndi kutaya mimba, ndipo tikhoza kulumikizana Naye mu ntchito yopereka moyo.

## *Ulendo wa Mwayi wa Maphunziro a Iye Opatsa Moyo*

*Ulendo wa Iye Opatsa Moyo ndi maphunziro adziko lonse opangidwa kukaphunzitsa ndi kukonzekeletsatso goleri ku chiyero cha moyo wa munthu. Maphunzirowa ndi ochokera m'Baibulo choncho ndi olandilidwa ku chigawo chilichonse cha dziko lapansi.*

### **Ndondondomeko ya Pemphero la Mtsogolo**

*"Ndipo anthu anga otchedwa dzina Langa akadzichepetsa nakapemphera, nakafuna nkhopo Yanga, nakatembenuka, kuleka njira zavo zoyipa, pamenepondidzamvera m'mwamba ndi kukhululukira choipa chawo ndi kuchilitsa dziko law." (2 Mbiri 7:14)*

Chimodzi mwa chovuta pa kupambana kwa Ulendo wa Iye Opatsa Moyo ndi kukhazikitswa kwa pemphero la zochitika. Pafupifupi masiku makumi atatu asanapangidwe masiku a Ulendo wa Maphunziro a Iye Opatsa Moyo, Ndondomeko ya Pemphero la Mtsogolo limachitika ndi cholinga chopanga pemphero lo pembedzera mogwirizana ndi iwo amene azikhala nawo pa maphunziro otsatira, ndi kugwirizana ndi cholinga cha Mulungu pa zochitika zopereka moyo mkatikati mwa dera.

Pemphero, kupembedzera, ndi kulambira ndi zida za uzimu zimene Mulungu anapereka ku mpingo kuti ukayime motsutsana ndi machenjelero a Mdani ndi malingaliro ake a iye amene amafuna kuphimba ntchito ya Mulungu (Aefeso 6:10-20). Pemphero limakonzekeletsatso mtima wa Ulendo wa Iye Opatsa Moyo ndi kuphunzitsa atenga mbali kuti akalindire choonadi cha m'baibulo chokhudza chiyero cha moyo wa munthu.

Ku Luka 3:4-6 timaona Yohane M'batizi akukonza njira ya Ambuye Yesu. Momwemonso, Ndondomeko ya Pemphero la Mtsogolo lidzakonzekeletsatso njira – kudzera mu pemphero – ku mau a choonadi kuti akavumbulutsidwe ku mitima ya anthu a Mulungu kuti kusinthu kukachitike.

### **Chidziwitso Cha Kakhaliwe:**

Kulimbikitsa zokambiranana pakati pa atenga mbali ndi atsogoleri apangitsa, onse otengambali a Ndondomeko ya Pemphero ayenera kakhala mozungulira ngati nkotheka. Ngati malo kapena gulu aona kuti ndi zovuta, cholinga ndichotii tikhale ndi anthu ochuluka oyang'anana wina ndi mzake mmene kungakhakhaliire, pewani mizere yowongoka pamene atengambali akuyang'ana kumbuyo kwa munthu wina.

### **Ntchito:**

1. Opangitsa ndi utsogoleri ukhoza kuzifotokozerwa wokha ku gulu, kupereka mbiri yawo mwachidule ya iwo eni, monga dzina, kokhalira (ngati akukhala kosiyana ndi opangitsa) mogwirizana ndi pemphero.
2. Itanirani atengambali kuti adzifotokozerwa okha ku gulu, ndi kupereka mbiri yomweyo monga anachitira opangitsa.
3. Itanirani atengambali kuti ayankhe mafunso otsatirawa kuti akaphunzire za zochitika za pemphero zimene zikuchitika pakati pa atengambali, kumadera ndi kumipingo:

- Kodi ndi mtundu wanji za zinthu zomwe mumapemphelera? Mwatsogoleredwa motani kuti mupemphere?
  - Nchifukwa chiyani mumapemphera? Kodi mumakhulupilira chiyani kuti pemphero lidzakwaniritsa?
  - Kodi ndi udindo wanji womwe Malemba amaonetsera mu zochitika zanu za pemphero
4. Kambiranani monga gulu lalikulu ndi mayankho osiyanasiyana ku mafunso amenewa. Kumbukirani kuti palibe mayankho olondora ; zokambirana zimenezi zidzayala maziko a zochitika za tsiku lotsatira ndi theka.

## Zolinga za Ndondomeko ya Pemphero la Mtsogolo

Kuphunzira kupemphera , ( “1. Weramitsani mutu wanu pansi. 2. Tsekani maso anu. 3. Gwadani.” Ndi zina zotero”) izi sizolina za Ndondomeko ya Pemphero la Mtsogolo. Cholina chathu choyamba ndi kukambira za chifukwa chomwe kupemphelera Ulendo wa Mapunziro a Iye Opatsa Moyo kuli kofunikira, ndi kuzindikira pamodzi za Chimene tiyenera kupemphelera mogwirizana ndi chochitika cha mtsogolo.

Mulungu wadzutsa atengambali pa Ulendo wa Mapunziro a Iye Opatsa Moyo kuka khazika malo a ulamuliro ndi utsogoleri , ndi kuti pali mayitanidwe a pamwamba pa iwo kuti akateteze chiyero cha moyo wa munthu. Pamene inu, atengambali a Ndondomeko ya Pemphero la Mtsogolo atha kugawana mayitanidwewa, cholina cha Ndondomeko ya Pemphero la Mtsogolo ndi kukonzekeretsa ndi kutumiza gulu la opembedzera, mmalo mwa atengambali a Ulendo wa Mapunziro a Iye Opatsa Moyo, ndi kupemphelera chochitikacho.

Pomaliza pa Ndondome ya Pemphero la Mtsogolo, atengambali adza:

1. Adzazindikira kuti ndi kuhala othekera kufotokozena zosowa za pemphero lo pembedzera monga gawo loyamba la Ulendo wa mapunziro a Iye Opatsa Moyo.
2. Khalani okonzekeretsedwa kuti anenenso poyambira pa mapunziro a Baibulo a chiyero cha moyo wa munthu.
3. Khalani olandira masomphenya ndi otumidwa kukapembedzera, musanayambe, munthawi ya zochitika ndi mukamaliza Ulendo wa mapunziro a Iye Opatsa Moyo.
4. Khazikitsani ndondomeko ya pemphero, ndipo kenako yambani kupemphera pamodzi.
5. Zindikirani:
  - a. Maziko a moyo wa M’baibulo
  - b. Njira zomwe moyo wa munthu unatsikira pa dziko lonse ndi kudera lanu, kuphatikizapo kuchotsa mimba.
  - c. Zamkati mwa Ulendo wa mapunziro a Iye Opatsa Moyo.

6. Patsidwani mwayi ozindikira kusinthika kwa munthu.

Maphunziro ndi kuzindikira ndi zamtengo wapatali po konzekeretsa Opembedzera kuti agwiritse ntchito udindo wawo umene Mulungu anawapatsa. Mapemphero anu atha kukhala ofunikira kwambiri, ndipo mitima yanu idzasunthika pa kubwelerakonso mochuluka ku mapemphero pamene inu mukuphunzira za zosowa zomwe zili ndi inu. Ichi ndi chifukwa chomwe zambiri mwa Ndondomeko za Pemphero la Mtsogolo zidzaperekedwa ndi kukambira zinthu zomwe dziko lanu likukumana nazo ndi kukonza njira zolimba zolimbikitsira opembedzera anu moyambilira mwa Ulendo waa maphunziro a Iye Opatsa Moyo. Inu munayitanidwa kukhala nawo mu Ndondomeko ya Pemphero la Mtsogolo chifukwa munazindikirika kuti ndinu munthu amene amakhulupilira pemphero, ndi kuonetsera mu ulendo wanu wa tsiku ndi tsiku, mphamvu ya pemphero . Ndondomeko za Pemphero la Mtsogolo ndi mwayi osonkhana ndi opembedzera a maganizo ofanana amene amafuna kukwaniritsa zinthu zomwe zimabwera.

## Otsatira Khristu Aliyense ali Paulendo

Maphunzirowa ndi otchedwa Ulendo wa Iye Opatsa Moyo chifukwa mbali iliyonse yapadera ya ulendo wa moyo wa mtsogoleri wa Uthenga wa Uthenga Wabwino ndi ulendo womvetsetsa mtima wa Mulungu okhudza moyo wa munthu, ndi kuphunzira kugawana mtima Wake ndi okhulupilira ena. Munthu aliyense payekha ali pa malo osiyana ndi ena pa ulendowu, koma pa nthawi yomwe Ulendo wa maphunziro a Iye Opatsa moyo apangidwa, opangitsa anaphunzira mokwanira zimene iye wazindikira kufunika kwake kwa kusonkhana atsogoleri amuzigawo kuti awakonzekeretsa iwo ku utumiki opatsa moyo mkatktati mwa madera awo ndi mayiko.

Ulendowu, ngakhale kuti, si wa azibusa okha kapena atsogoleri a mipingo ! Otsatira aliyense wa Khristu adatsogoleredwa ndi Mzimu wa Mulungu kuti akhale nawo muzinthu zina zochitika zopatsa moyo ( Ngakhale okhulupilira atsopano ali nazo zowerengeka- pakuyankha kuyitana kwa Mulungu popereka miyoyo yawo kwa Iye.) Monga okhulupilira akamakula, ndi kuphunzira kuzindikira mau a Mzimu wa Mulungu, iwo atha kuzindikira bwino pamene Iye akutsogolera, mwachangu, ndi nthawi zina kuwakakamizitsa iwo ku ntchito kuti atenepo mbali mwa iwo okha pa maulendo.

## Ntchito:

1. Opangitsa Ndondomeko ya Pemphero la Mtsogolo akhoza kutenga mphindi khumi kugawira ulendo wake wa kuzindikira kufunika kwa chiyero cha moyo wa munthu ndi mogwirizana ndi Uthenga Wabwino. Dziwani: *Umboniwu siutanthauza kusunga nkhani ya kutembenuka kwa opangitsa, koma kuunikira nthawi yomwe Mulungu anavumbulutsira kufunika kwenikweni kwa moyo wa munthu.*
2. Opangitsa ayenera kuyankha mafunsowa ku gulu :
  - Kodi Mulungu anayika chiyani pa mtima wako?
  - Kodi payambira panu padali potani musanayambe kutsogozedwa ndi Mzimu Oyera potenga gawo lofunikirali?

- Kodi ndi chifukwa chiyani mukupangitsa Ulendo wa maphunziro a Iye Opatsa Moyo ? Kodi mukuganiza kuti zikakwaniritsidwa bwanji ku dera lanu?

Njira yosavuta kwa inu “ kulora kuunika kwanu kuwale pa ena” ndi pofotokozena mbiri ya ulendo wanu. Khulupilirani Mlungu kuti Iye adzagwiritsa ntchito nkhanu yanu pokwaniritsa cholinga Chake mu miyoyo ya anthu ena, ndikuti athanso kukuphunzitsa iwe chinhu china chatsopano pofotokozena mbiriyo! Ithanso kukhala yosavuta kumva kuti nkhanu za anthu ena ndi zambiri kuposera za iwe mwini : Zakakamiza kwambiri, zopatsa mphamvu kwambiri, yoombora kwambiri, ndi zolimbikitsa kwambiri. Koma sizoona. Nkhani yanu ndi yokakamiza mwapadera ndi yopatsa mphamvu. Ndi nkhanu iliyonse tomwe mwaonjezapo imakumana ndi Yesu ndipo idzakhala yoombora ndi yolimbikitsa kwa ena, chifukwa aliyense wa ife anakwezedwa payekha pa mtunda wautali ndi matope kumapazi athu ndi kutiika pa mwala. ( Masalmo 40)!

## Chiyero cha Moyo wa Munthu

*Munthawi ya maphunziro, atengambali adzakambirana choonadi chakuti munthu ndi wapaderadera pakati pa zolengedwa zonse chifukwa amuna ndi akazi anapangidwa mu chifaniziro cha Mulungu. Moyo wa munthu aliyense ndi ofanana ndi kuti ndi ofunuikira kwambiri ndipo ali ndi imfa yachilengwe, chifukwa anthu analengedwa mu chifaniziro cha Mulungu.*

Nthawi yovomerezeka pa phunziroli ndi : mphindi 60

### Mu Phunziroli Atengambali Adza:

1. Adzaphunzira zimene Baibulo limanena za kufunikira kwa moyo wa munthu.
2. Adzafotokozena chifukwa chomwe moyo wa munthu uli ofunikira.
3. Adzazindikira kuti munthu aliyense –mwamuna kapena mkazi—ndi ofanana pa maso pa Mulungu.

### Ntchito

1. Gawani magalu asanu ofanana.
2. Gulu lirlonse laling'ono liwerenge ndime zotsatirazi ndi kukambirana zimene iwo akuganiza kuti kodi Mulungu akutiphunzitsa chiyani pa chilengedwe Chake ndi kufunikira kwake kwa moyo wa munthu.
  - **Genesis 1:27:** “Ndipo Mulungu adalenga munthu mu chifaniziro Chake, mu chifaniziro cha Mulungu adamlenga iye; adalenga iwo mwamuna ndi mkazi”
  - **Masalmo 139:13-16** “Pakuti inu mudalenga imso zanga, mudandiumba ndisanabadwe ine; ndikuyamikani chifukwa kuti chipangidwe change ndi choopsa ndi chodabwitsa, ntchito zanu ndi zodabwitsa, moyo wanga uchidziwa ichi bwino ndithu; thupi langa silinabisikira inu popangidwa ine mobisika, poomedewa ine monga mmunsi mwake mwa dziko lapansi; ndisanaumbidwe ine maso Anu anandipenya ziwalo zanga zonse zinalembewa mu buku mwanu, masiku akuti ziumbidwe panalibe chimodzi mwa icho.”
  - **Yeremiya 1:5** “Ndisanakulenge iwe m'mimba ndinakupatula iwe, ndinakupatula kuti ukhale m'neneri wa mitundu ya anthu.”

- **Genesis 9:7** “Inu mubalane muchulukane, muswane padziko lapansi nimuchulukane mmenemo.”
  - **Yohane 3:16-17** “Pakuti Mulungu anakonda dziko lapansi koteru kuti, anapatsa mwana wake wobadwa yekha kuti yense wakukhulupilira Iye, asatayike koma akhale nawo moyo wosatha mwa Iye. Pakuti Mulungu sanatume mwana wake kudziko lapansi kuti akaweruze dziko lapansi, koma kuti dziko lapansi likapulumutsidwe ndi Iye.”
3. Yikani munthu wina kuchokera pa gulu lirilonse kuti alembe mfundo kuchokera pa zokambirana.
  4. Bwelerani ku gulu lonse ndi kufunsa olemba kuchokera ku gulu lirilonse laling’ono kugawa zokambirana zawo ku gulu lalikulu.

## Kufotokozeria

Baibulo limaphunzitsa kuti Mulungu adalenga munthu mu chifaniziro ndi muchikhaldwe cha Mulungu: Choncho Mulungu adalenga munthu mu chifaniziro chake, mu chifaniziro cha Mulungu adalenga iwo mwamuna ndi mkazi,” (Genesis 1:26–27). Choonadi chimenechi ndi maziko a cha moyo ndi chogwirika pa chitetezo cha moyo wa munthu pa mulingo ulionse. **Moyo wa munthu- onse mwamuna ndi mkazi- ndi ofanana ndipo ali ndi kufunikira kopambana, kuchokera ku chiganizo cha imfa ya chilengedwe chifukwa anthu analengedwa mu chifaniziro cha Mulungu.**

“Ambuye Mulungu adaumba munthu kuchokera kudothi ndipo adampumira m’mphuno mwake mpweya wa moyo, ndipo munthu anakha wamoyo” (Genesis 2:7). Munthu ndi wapaderadera chifukwa Mulungu adapumira moyo mwa iye –izi si zoona ku zolengedwa zina za moyo. Munthu anapatulidwa kuchokera ku zinyama, chifukwa cha uzimu wathu ndi chifukwa tili ndi chikumbumtima, zonse mwa izi zimachokera mwa Mulungu.

Amuna ndi Akazi ndi anzeru, amamvaimva, amoyo, ndi anthu auzimu amene sadzaleka kupezeza; zizindikiro zonsezi zimaonetsera makalidwe ochokera kwa Mulungu. Chifaniziro cha Mulungu chimaonekeranso ku makhalidwe okoma amene timatenga: chikondi, chikhulupiliro, chilungamo, chiyero, kudekha, kukoma mtima, kudzichepetsa, kukhululukira, chifundo, ndi chisomo.

Baibulo limanena momveka bwino za ulamuliro wa Mulungu wosatha pa chilengedwe Chake chonse, koma zimapanga kusiyana kwapadera kwa munthu— Amuna ndi akazi chifukwa ndife tokha amene tili olengedwa mu chifaniziro cha Mulungu. ( Kusiyana kumeneku sikuna sungidwe kwa okhawo otsatira Khristu, koma zinapitilira kwa munthu wina aliyense.) Mulungu adapanga yense wa ife ndi cholinga ( Masalmo 100:3, Masalmo 139:13-16a), ndipo ali ndi cholinga ndi miyoyo yathu, chimene chidayamba pa kupangidwa kwathu—nthawi yoyamba ya kupezeza kwathu. ( Yeremiya 1:4-5).

## Ntchito

1. Gawani magulu a anthu 3-5 pa gulu lirilonse.
2. Yikani munthu m’modzi pa gulu lirilonse kuti alembe mfundo zofunikira za zokambirana pa gulu laling’ono.
3. Gulu lirilonse likambirane mayankho awo pa mafunso otsatirawa okambirana:
  - Kodi mungafotokozeria bwanji chiyero cha moyo wa munthu ? lembani tqanthauzo mwachidule.

- Kodi njira zina ndi ziti zimene chiyero cha moyo wa munthu chimasokonezedwa motani ku madera /dziko lanu?
  - Ndi chiyani chikanachitika pofotokozerwa mavuto amenewa?
  - Nanga inu mukadanena chiyani za udindo wa thupi la Khristu pofotokozerwa zisokonezo zimenezi?
  - Kodi zilipo zisokonezo za chiyero cha moyo wa munthu kunja kwa udindo wa Mpingo kuti mufotokozere?
4. Bwelerani ku gulu lalikulu ndi kufunsa olemba kuchokera ku gulu lirilonse laling'ono kuti agawe zokambirana zawo ndi gulu lalikulu.

## Munthu wina Aliyense ndi Ofunikira Mofanana

Kufunikira kwathu kwa Mulungu kumakhala chimodzimodzi zilibi kanthu kuti pali kusiyana kotani pakati pa ife kaya ndi mwamuna, kapena mkazi, msinkhu, khungu, chikhalidwe, dera lochokera, mtundu, chipembedzo, chilankhulo, fuko, mulingo wakuzindikira, miyambo ya chikhalidwe, mulingo, kapena ndi zinthu zina. Moyo wa munthu aliyense unapangidwa mu chifaniziro cha Mulungu ndipo mwa ichi ziyenera kulemekezedwa, kupatsidwa ulemu, kutetizedwa, kusungidwa, kulangizidwa, ndi kusamalidwa—osati kuchotseredwa ulemu, kusawerengedwa, kutsitsidwa, kuyikidwa kumbali, kuonongedwa, kubalalitsidwa, kapena kuphedwa.

Moyo wa munthu aliyense ndi ofunikira kuchokera panthawi ya kulengedwa, ndi kufunikira kwathu kumapitilira mpaka moyo wathu wonse. Muchitidwe osokoneza motsutsana ndi onyozeaka, ofooka, olumala, kapena okalamba ndi chimodzimodzi ndi mchitidwe onyezetsa Mulungu kudzera mu kusokoneza kulimbana ndi mwana yemwe ali m'mimba.

Amuna ndi akazi onsewa amanyamula chifaniziro cha Mulungu, choncho amuna ndi akazi ndi ofanana pa ulemu wan ndipo ndi oyenera. M'modzi ndi chifaniziro cha Mulungu mwamuna ndi winayo ndi chifaniziro cha Mulungu mkazi. Ngakhale kuti amuna ndi akazi ali ndi maudindo osiyana m'banja, milingo yosiyanaya mphamvu zakuthupi, ndi njira zosiyanaya zoganizira, ndi kumva za zinthu zosiyanaya, koma onsewa ndi onyamula chifaniziro cha Mulungu ndipo ndi ofunikira mofanana.

Chinthu chamanyazi kumayiko ambiri ndi chakuti chikhalidwe chawo ndi miyambo zimaonetsera kuti akazi ndi ofunikira pang'ono kusiyana ndi amuna. Pomuchitira mkazi monga ofunikira pang'ono kusiyana ndi mwamuna, zachotsa ulemu kwa munthu yemwe adapangidwa mu chifaniziro cha Mulungu. Amuna a Chikhristu, makamaka kumayiko kumene amuna ali ndi mphamvu zambiri ndi ulamuliro, ayenera kutsogolera njira ndi kuonetsera mchitidwe oyenera wa akazi powachitira amuna awo mofanana ndi akazi ena onse – imene ili njira ya umulungu ndi yolemekezekwa ndi yaulemu.

# Munda wa Otumikirako Opangidwa ndi Kutayamimba

*Kutaya Mimba kulipo ndipo kukuchitika ku mtundu ulionse ku dziko lapansi, ndipo chiwerengero chake ndi pafupifupi 56 million ana osabadwa amatayidwa pa dziko lonse lapansi pachaka. Ngakhale kuti ndi mwachidzikire kutaya mimba ndipo ndi chisokonezo chachikulu pa chiyero cha moyo wa munthu, moyo wa munthu watsitsidwa ku dziko lonse lapansi ndiponso suukuwerengedwa mwa njira zina. Mu nthawi ya phunziroli, atangambali adzakambira za nkhani ya dziko lonse ya kutaya mimba komanso ndi kutsimikizira njira zimene moyo wa munthu unachepetsedwera mkatikati mwa madera awo, ndi mtundu wawo.*

Nthawi yovomerezeka ya phunziro ili: Mphindi 60

## Mu Phunziroli Atengambali Adza:

- Adzazindikira kuti kutaya mimba ndi kulakwira Mulungu komanso mwana osabadwayo.
- Adzazindikira njira zimene kutaya mimba kuma tsogolera kumacheptsya ndi kuononga moyo wa munthu.
- Adzamvetsetsa mayankho a Baibulo pa kutaya mimba.

### KUPHUNZIRA KUMATHANDIZIRA

Muphunziroli, limbikitsani zokambira pounikira mayankho awo ndi gulu kuchokera ku zokambirana zammbuyo pa funso ili. "Kodi zisokonezo za chiyero cha munthu mu dera lanu\ ku dziko?" Perekani mwayi ku gulu kuti apereke maganizo oonjezera ngati pali zisokonezo zina zimene sizinatchulidwe mmbuyomu.

## Kufotokoza

Mu Yohane 10:10, Yesu anati, "Siikudza mbala koma kuti akaphe kuba ndi kuononga." Ichi ndi choonadi cha uzimu kumbuyo kwa njira zambiri, zimene moyo wa munthu unachepetsedwera ku dziko lapansi: kudera mu ukapolo, Kutseka, kuzunza, kuchitidwa chipongwe, ndi kupha, zimene zimakhalebe kulakwira moyo wa munthu. Zikwi mazanamazana a anthu amaphedwa pa dziko lonse lapansi chaka ndi chaka. Dziko linaonanso kuonongeka kwakukulu kwa moyo wa munthu mu zaka zino zotsiriza ( ndi mu mbiri yonse ya munthu ) zatsatira za kuphana: kuonongdwa kwa magulu a anthu akuluakulu, nthawi zina zikwizikwi za anthu.

Pali chiontsro chomwe chaonetsera poyerza zinthu zothandiza kwambiri ndi kuonetsera bwino kufulumira kwa kuonongeka kwa moyo womwe tikuulankhula...

## KUPHUNZIRA KUMATHANDIZIRA

1. Gwiritsani ntchito zinthu zonyamulia ( monga poto, chitin, keni, kapena, mtsuko) ndi pafupifupi 6,000 zonyamulira timipira ting' onoting' ono ( kapena ma mabo ang' onoang' ono, timiyala ting' onoting' ono kapena nyemba zouma.). Zisiyanitseni mu makapu asanu ndipo kapu iliyonse ikhale ndi zinthu zotsatirazi:
  - 12 (1,174,000 miyoyo: Rwanda genocide)
  - 20 (2,000,000 miyoyo s: Cambodia genocide)
  - 130 (13,000,000 miyoyo: the Holocaust/Shoah)
  - 200 (20,000,000 miyoyo: Stalin regime)
  - 5,600 (560,000,000 miyoyo: (kutaya mimba padzikolonse mu zaka 10 zapitazo)
2. Zonyamulira mipira ndi zonyamulira ziyenera kubisidwa ndipo zisaonekere kuti tichepetse kuonongeka.
3. Nenani: "Ine ndipita kukaonetsera kuyipa kwake kwa kutaya mimba ndi pamene tikusiyantsa ndi zinthu zina zimene zimalimbana ndi chiyero chomwe chinapangidwa muchifaniziro cha Mulungu."
4. Funsani atengambali kuti atseke maso awo ndi kumvetsera.
5. Nenani: "Kumveka kwa mau a mpira amagwera mu mbiya { kapena, ndi zina zotero} zomwe zikuyimira 100,000 miyoyo yotayika." Ponyani chonyamulira mpira mu m'mbiya.
6. Nenani: "Iyi ndi miyoyo yomwe inatayika munthawi ya nkhondo mu dziko la Rwanda mu chaka cha 1994." Tsirani zonyamulira mipira khumi ndi iwiri mu mumbiya.
7. Nenani : "Iyi ndi miyoyo yomwe inatayika munthawi ya nkhondo yaku mayiko aku Asia ku Cambodia mu zaka za 1970." Ponyani zotengera mipira 20 mu mbiya.
8. Nenani : "Iyi ndi miyoyo yomwe inatayika mu nthawi ya nkhondo yaku r Germany's Hitler." Ponyani zonyamulira 130 mu mbiya."
9. Nenani : "Iyi ndi miyoyo yomwe inatayika nkhondo ya e Soviet Union ku Stalin" Ponyani zonyamula mipira 200 mu mbiya.
10. Nenani : "Iyi ndi miyoyo yomwe inatayika potaya mimba mu zaka khumi zapitazo," Ponyani zonyamulira mipira 5,600 mu mbiya.
11. Mutatha kuyima, tsogolerani pemphero kupempha chikhululukiro cha Mulungu chifukwa cha tchimo la kutaya mimba.

12. Pakuomba mkota pa pemphero, gawani kuti kuchotsa mimba kumamaliza miyoyo anthu oposera 56 million pa dziko lonse lapansi pachaka. Tiyenera kulanditsa miyoyo yimeneyi yomwe yimapititsidwa kuyimfa ” (Miyambo 24:11).

*Zitha kukhala zosagwirika kutenga timabo 6,000 kapena nyemba zouma. M'malo mwake mumangogwiritsa ntchito 600 nyemba zouma kapena zonyamulira mipira ndi makeni awiri azitsulo ndi kutsiramo nyemba kuchokera mu keni yina kufikira yinzake. Muyenera kutsira keni yimodzi kuyinzake maulendo asanu ndi anayi kumveketsa mau ofanana ndi kutsira nyemba zokwana 5,600. Dziwani kuti kumveka kwa mau kwakukulu kudzachokera mu zitsulo kupita ku chotengera cha chitsulo.*

Ife taonapo kuti pamene moyo wamunthu suukulemekezedwa, atsogoleri andale, magulu a anthu, ndi madera onse alowa nawo muzikhaliidwe zochuluka zoononga. Koma chimene chimatsalira kwambiri ndi nkhondo yina yosaoneka yomwe yimapha anthu ambiri pachaka kusiyana ndi zitsanzo zina zonse zakale zomwe zaphatikizidwa. Kutaya mimba kumaononga miyoyo ya anthu 56 million padziko lonse pachaka.

Monga m'mene dziko limayikira kumbuyo zinthu zamanyazi zimene zimachitika ndi mayiko owazungulira, ife mwachilungamo tabwelera ku kupha kwa kutaya mimba ndi zotsatira zake mu mabanja athu, madera anthu, ndi mayiko athu. Ngati zili zoona kuti moyo wamunthu onse ndi ofunikira mofanana pa maso pa Mulungu, ndiye kuti iwo amene amavomereza chikhulupiliro cha mwa Yesu sayenera kuyang'anira kumbali kuyipa kwakukulu kwa kutaya mimba. Koma osati kungoona kokha, tiyenera kuchitapo kanthu m'malo mwa iwo amene sangathe kuziteteza okha. “Landitsani iwo amene akutsogoleredwa ku infa.” Miyambo 24:11.

## Kuonongeka kwa Chiyero cha Moyo wa Munthu

Pali njira zambiri zomwe moyo wa munthu ukhoza kuchepetsedwa ndi kuonongedwa pa nthawi ya moyo wake:

- Khanda: Kupha, kusowa chitetezo, kutayidwa
- Ukhanda: Mchitidwe ogonana mokakamiza, kuzembetsa anthu
- Chinyamata: Ukapolo, kuzunza:
- Bambo/ Mayi:Uhule, kugwililira
- Kuukalamba: Kunanidwa ,kuzipha

Chinthu choypa kwambiri pa milandu imeneyi, ngakhale kuti ndi kutaya mimba: kupha ana osabadwa, kusowa kwa chitetezo kwambiri ndi kusowa chilungamo kwa moyo wa munthu.

### **KUPHUNZIRA KUMATHANDIZIRA**

Limbikitsani zokambirana pofunsa gulu pa zimene akudziwa za kuchotsa mimba ku dziko lawo. Kodi kutaya mimba ndi kolakwika ku dziko lanu? Ngati ndi choncho pali malamulo otani—ngati alipo – ali m'madera? Kodi ndi anthu angati amene amachotsa mimba ku dera lanu/ dziko pa chaka?

Phunziroli lisanayambe, fufuzani mayankho a mafunso awa kuti mutsogolere zokambira ndi mfundo zogwirika.

## Kutaya Mimba Kumayiko

Pali chidwi chachikulu pa dziko lonse lapansi chomwe chagwira polimbana ndi chiyero cha munthu ndi kwa osabadwa. Abungwe la za umoyo pa dziko lonse a World Health Organization anapereka chiwerengero kuti chaka chilichonse mimba zokwana 210,000,000 zimatengedwa , ndi chiwerengero cha ana osabadwa 56,000,000 amatayidwa po chotsa mimba chaka chilichonse. Ndi kuposera mimba zokwana 100 zimatayidwa pa mphindi iliyonse. Zimene zikupang itsa padziko lapansi kukhala malo oopsa kwambiri kwa mwana kuti akhale m'mimba mwa mayi ake – malo okhawo omwe Mulungu adapanga kukhala malo otetezeza kwa mwana kukhalamo.

Chifukwa zimachitika munthu asanabadwe, kutaya mimba kudzakhala nthawi yoyambilira yomwe moyo wa munthu akhoza kukhala pa chiopsezo. Pamene dera lilora kuti ana osabadwa aziphedwa munjira yo taya mimba, ndipamene mudzaona moyo wa munthu ukuchepetsedwa ndi dera limenero pa mulingo ulionse wa moyo wa munthu. Nkhakhale kuti ngati maonedwe a dziko atengera kuvomereza kufunikira kwa mwana osabadwa, ndi chimodzimodzi kuti kufunika kwa mwana obadwayo adzavomerezewa. Ngati maonedwe adziko angatitsogolere ife ku kuteteza mwana osabadwa, ndi mwachidziwikire kuti ifenso tidzateteza makanda omwe akubadwa ( pamodzi ndi ana, achinyamata, aakulu, ndi okalamba).

## **KUPHUNZIRA KUMATHANDIZIRA**

Limbikitsa kukambirana pofunsa gulu kuti tikuphunzirapo chiyani kuchokera mu Baibulo za momwe tingayankhire ku kutaya mimba.

## **Yankho la Baibulo Lokhudza Kutaya Mimba**

Chifukwa maonedwe a Mulungu pa ana osabadwa-- ndi kuti iwo ndi amatengo wapatali, ofunikira, ndinso anthu—zimene sizoona kudziko lapansi, miyoyo ya ana ochuluka yaonongedwa isanayambe kuzindikira kuti Mulungu ali ndi cholinga ndi miyoyo yawo. Moonjezerapo, miyoyo yochuluka ya amuna ndi akazi – komanso iwo amene ali nawo pa ubwenzi---asinthidwa molakwika ndi kutaya mimba kumeneko. Monga otsatira Khristu, tikufunsidwa kuchitapo kanthu pa zifukwa zambiri.

## **KUPHUNZIRA KUMATHANDIZIRA**

Yitanirani atengambali kuti awerenge mavesi am'Baibulo, kenako kambiranani ndi gulu mmene vesi ilionse yaonetsera mfundo zimene zitha kutsogolera mayankho athu pa kutaya mimba.

### **1. MULUNGU AKUTIYINATIRA IFE KUKHALA OTETEZA A ANTHU OSOWA CHITETEZO.**

*"Yankhulirani iwo amene sangathe kudzilankhulira okha, chifukwa cha ufulu wa iwo amene ndi osaukitsitsa. Yankhulanu ndi kuweruza mwa chilungamo; tetezani ufulu wa osauka ndi ososwa." Miyambo 31:8-9*

*"Pali zinthu zisanu ndi chimodzi zimene Mulungu amadana nazo, zisanu ndi ziwiri zimene zili zosankomera Iye: kuyang'ana monyada, lilime lonama, manja amene amakhetsa mwazi wa osalakwa, mtima wamakhalidwe onyenga, mapazi othamangira kukachita choipa, mboni yonama yomwe yimanama mabodza ndi munthu amene amabweretsa mkangano kudera." Miyambo 6:16-19*

Mulungu mwini ndi mtetezi wa amasiye ndi Tate kwa iwo amene alibe tate ( Masalmo68:5). Iye amaonetsera kukoma mtima, chilungamo, ndi chiyero ku dziko lapansi ( Yeremiya 9:24), ndipo Iye anatipanga ife, onyamula chifaniziro Chake, kukachita chimodzimodzi. Mulungu amayembekezera anthu ake kuteteza ndi kusamalira iwo akusowa ndi iwo omwe alibe mau, kuphatikizirapo iwo amene ndi anthu olungama omwe asanabadwe.

### **2. MULUNGU AMATIFOTOKOZERA IFE KUTI CHIKHULUPIIRO CHOPANDA NTCHITO NDI CHAKUFA.**

*"Kodi ndi chabwino chotani abale anga, ngati munthu amanena kuti ali ndi chikhulupiliro, koma alibe ntchito zake? Kodi chikhulupiliro chotero chingamupulumutse? Tayerekezani mbale kapena mulongo alibe zovala ndi chakudy. Ngati wina mwa inu amanena naye kuti muka ndikukufunira iwe zabwino pita ukafunde ndi kukhuta, koma osachitapo kanthu za zosowa zakuthupi, kodi ndi chabwino chanji chimenechi? Mwa njira yomweyi chikhulupiliro pa chokha ndipo sichikuyenderana ndi ntchito ndi chakufa." ( Yakobo 2: 14-17*

Chifukwa Mulungu ndi wamphamvu, palibe moyo umene unapezeka mwa ngozi. Chifukwa kuti moyo wa munthu ndi oyera, Mwana aliyense ndi wapamwamba pa maso Pake . Ife ndi makhulupilira icchi, choncho tiyenera kuchitapo kanthu, pakuti Baibulo limatifotokozeria ife kuti chikhulupiliro chopanda ntchito zake ndi chakufa.

### **3. MULUNGU AMATIPATSA IFE UTUMIKI WA CHIYANJANO.**

*"Zonse zimenezi ndi zochokera kwa Mulungu, amene anatiyanjanitsa ife kwa iye mwini kudzera mwa Khristu ndi kutipatsa ife utumiki wa chiyanjanitsa: ndi kuti Mulungu amayanjanitsa dziko lapansi kwa iye yekha mwa Khristu, osawerengera machimo ochitidwa ndi ndi anthu. Ndipo anapereka uthenga kwa ife uthenga wa chiyanjano." 2Akorinto 5: 18-19*

Ubale wathu ndi Mulungu unapangidwa bwino kudzera mu mphamu ya chiombolo cha kufa ndi kuuka kwa Yesu Khristu. Ife tsopano tili ndi mwayi ogawana Uthenga wake ndi anthu ena, kuphatikizapo iwo amene akukumana, kapena iwo amene anapanga kale, chisankho cha kutaya mimba. Mulungu akuputiliza kuyanjanitsa anthu kwa iye mwini kudzera kwa Yesu Khristu, ndipo Iye anatisankha ife monga atumiki a chiyanjanitso!

## Kuomba Nkota

Zochitika za Chikhaldwe ndi miyambo zapangitsa khungu anthu okhulupilira mofanana ndi osakhulupilira. Madera ambiri akhala akukhutitsidwa pa kutayika kwa moyo wa munthu kudzera mu kutaya mimba, ndipo kuonongeka kwa dziko lathu kamba ka kushedwa kwa ana osabadwa osalakwa kwakhala kwakukulu kwambiri: miyoyo 56 million yimatayika chaka chilichonse, miyoyo yambiri yosawerengeka yatayidwa, chiwerengero cha wonongedwa, ndipo madera, atsitsidwa. Pamene sitikuzindikira kufunika kwa moyo wa munthu timakhala pa ngozi yochitira ena, kuphatikizirapo ana osabadwa popanda umunthu ndi ulemu omwe amayenera monga onyamura chifaniziro cha Mulungu.

Kuonongeka kwa dziko lathu kukuchulukirabe--- konse kunja kwa mpingo ndi mkaati mwa mpingo—ndipo kulakwa kolakwira munthu munzathu kukukula kwambiri ndi molimbika. Tidapamga nawo zochitika zomwe zinali zosayenera kutengera ku mibadyo wamba yapitayo, ndipo tilibe chikayiko kuti posachedwapa tikumana ndi zoypa zakale zosaganizilidwa kufikira, ndi pokhapokha maphunziro a Baibulo a moyo wa munthu atengedwa ndi munthu aliyense, mabanja, madera , ndi mayiko. Mulungu alemekazeke chifukwa Mzimu wake Oyera akudzutsa mpingo wa Yesu Khristu ndi a zibus ake kumtima Wake wa kumoyo. Nthawi ikadalipobe ya chifundo ndi chisomo Chake kuti atiombole ife.

Gawo 4

## ***Ulendo wa Kuunkira Maphunziro***

### ***a Iye Opatsa Moyo***

*Monga mwa cholinga cha Ndondomeko ya Pemphero la Mtsogolo ndi kupanga pemphero lopembedzera pothandizira Ulendo wa Maphunziro a Iye Opatsa Moyo, phunziroli lidza pereka Ndondomeko za Pemphero la Mtsogolo kwa atengambali ndi kuunikira kwachidule kwa zamkatimu zimene zidzaperekedwa kwa atengambali a Ulendo wa Maphunziro a Iye Opatsa Moyo.*

**Nthawi Yovomerezeka pa Phunziroli:** mphindi 90

## Mu Phunziroli Atengambali Adza:

- Adzazindikira mafundo zolimba za zamkati mwa Ulendo wa Iye Opatsa Moyo kuti akamvetsetse zimene Ulendo wa Iye Opatsa Moyo atengambali pa maphunziro adzafotokozeredwa mu nthawi ya maphunziro.
- Adzindikira mafundo zikuluzikulu za Makati mwa Ulendo wa Maphunziro a Iye Opatsa Moyo zomwe zidzawadziwitsa za zopembedzera zawo.

## Kufotokozerera

*Ulendo wa Maphunziro wa Iye Opatsa Moyo* umaperekwa kusinthika kwa chiyero cha moyo wa munthu chimene chimalunjika pa zinthu zokhazikika zimene Akhristu amakumana nazo, monga zowakonzekeretsa iwo pogawa Uthenga wa moyo kuti madera awo akasinthike. Maziko a Baibulo adzakonzekeretsa Ulendo wa maphunziro a Iye Opatsa Moyo kuti atengambali akalankhule ndi mabanja awo, mipinga, madera za nkhanzi zogwirizana ndi chiyero cha moyo wa munthu.

### KUPHUNZIRA KUMATHANDIZIRA

Pa phunziroli, limalimbikitsa kukambirana pofunsa mafunso ena ofotokozerera poonetsera kufunikira kwa Ulendo wa Maphunziro a Iye Opatsa Moyo mkatikati mwa dera, kapena dziko . Kodi mpingo wakudera umachita motani pamene mwana wachichepere wapezeka ndi mimba? Kodi abusa amachita chiyani kapena sachita chiyani? Kodi abusa amayankhapo bwanji pa izi? Kodi mbali ya mpingo wakudera imakhala yotani? Kodi munamvapo uthenga mu mpingo mwanu wotchedwa kutaya mimba? Nanga mauthenga ena okhudza zomwe zimazunza moyo monga kuzembetsa ana, kapena kuzunza mamuna kapena mkazi?

## Kodi Chimachitika ndi chiyani pa nthawi ya Ulendo wa Maphunziro a Iye Opatsa Moyo?

Mtsogoleri wa Uthenga:

- Onani ndi kumva mtima wa Mulungu Atate molingana ndi chiyero cha moyo wa munthu.
- Zindikirani kuya kwa kukhudzidwa kwa moyo wa munthu mkatikati mwa mpingo ndi mayiko .
- Kodi pali zovuta potenga mbali pobwezeretsa chiyero cha moyo wa munthu.
- Zindikirani mwayi wa kukhululukidwa kwa munthu ndi kuchilitsidwa.
- Akonzekeretsedwa ku chulukitsa ndi kulimbikitsa udindo – ndi kufunikira – kwa pemphero.
- Akulimbikitsidwa ndi kukonzekeretsedwa kukaphunzitsa maphunziro a Ulendo wa Iye Opatsa Moyo kwa ena.

## *Magawo a Maphunziro a Ulendo wa Iye Opatsa Moyo*

Mu tsatanetsatane wa maphunziro ofunikira ndi olimbikitsa, atengambali adzaphunzira za maziko a Baibulo a kufunikira ndi ulemu wa moyo wa munthu, ndipo adzapeza chidziwitso chomwe angagwiritse ntchito kuti akagwirizane ndi zoonadi chotero mu miyoyo yavo ndi mu mautumiki. Pamene zoonadi zimenezi zikufalikira m'mabanja onse ndi kumipingo ndiye kuti zotsatira zakusintha zidzachuluka mkatikati mwa madera awo ndi kuchita monga kanthu kamenbe kamapereka moyo kamene kadzafalikira pakati pa mayiko ndi m'madera.

Mfundu zotsatirazi ndi zikuluzikulu kuchokera ku mutu ulionse wa maphunziro a Ulendo wa Iye Opatsa Moyo. Pounikira zipangizozi zidzapereka Ndondomeko ya Pemphero la Mtsogolo la atengambali ndi kuunikira kokwanira kwa zamkati zomwe zitsaphunzitsidwe munthawi ya maphunziro a Ulendo wa Iye Opatsa Moyo.

### **MUTU 1: ULENDWA MTSOGOLERI – MFUNDO ZAZIKULU**

- Gawo limodzi la padera la moyo wa ulendo wa mtsogoleri wa Wachikhristu ndi ulendo wakumvetsetsa mtima wa Atate wokhudza chinthu za noyo wa munthu, ndi kuphunzira kugawana mtima wa Mulungu ndi okhulupilira ena.
- Mulungu analankhula kale—ndipo akupiliza kulankhula – kwa anthu Ake kudzera mu njira zosiyanasiyana monga , Mumalemba, Mzimu Oyera, Mwa anthu ena , zizindikiro ndi maloto koma njira zina.
- Chifukwa Mulungu amafuna kulankhula kwa munthu aliyense, aliyense ayenera kuyembekezera Mulungu kulankhula ndipo ayenera kuphunzira kuzindikira mau Ake ndi kumvetsetsa zimene Iye akunena.

### **MUTU 2: KAONEDWE KA BAIBULO – MFUNDO ZAZIKULU**

- Akiyense ali ndi kaonedwe ka dziko: magulu a zikhulupiliro ndi zolina zimene timaonera zenizeni ndi kupanga nzeru za dziko lapansi
- Kaonedawe ka munthu wa dziko lapansi amakhazikika pakupanga chiganizo cha mmoyo kuphatikizapo chiganizo chotaya mimba kapena kunyamula mwanayo ndi kumulera.
- Kaonedwe ka dziko la Chikhristu limatsimikizira kufunika kwa moyo wonse wa munthu ndi umunthu onse wathunthu wa mwana osabadwa.

### **MUTU 3: CHIYERO CHA MOYO WA MUNTHU – MFUNDO ZAZIKULU**

- Munthu ndi wapaderada pa zolengedwa zonse chifukwa amuna ndi akazi analengedwa mu chifaniziro cha Mulungu.
- Moyo wonse wa munthu ndi ofunikira mofanana ndi wa mulingo oyenera kuchokera ku lingaliro la imfa ya chilengedwe, chifukwa munthu anapangidwa mu chifaniziro cha Mulungu.
- Kuchepetsedwa kwa moyo wa munthu kwapangitsa kuphedwa kwa anthu zikwi mazanamazana ndi kupangitsa kuonongeka kosaneneka kwa dziko lonse la pansi.

- Tiyenera Kulemekeza moyo wa munthu monga Mulungu amachitira, ndi kusankha kukhala opatsa moyo mu kaonedwe kathu ndi mayankho a kwa anthu onse, kuphatikizirapo ana osabadwa.

## **MUTU 4: KHALANI OPATSA MOYO – MFUNDO ZAZIKULU**

- Yesu Khristu adabwera kudzapereka moyo ochuluka ku dziko lapansi, ndipo ndi chitsanzo Chake ndikuti ophunzira Ake ayenera kutsatira.
- Kukhala opatsa moyo ndi makhalidwe ofunikira kwambiri a moyo wa munthu—mmene timakhalira tsiku ndi tsiku.
- Chiombolo cha Khristu pa mtima wa munthu payekha chinapangitsa mtima wa munthu ameneyo kuonetsera mtima Wake ( wa Yesu) kwa anthu ena.
- Anthu oomboledwa amaonetsera mtima wa Khristu pa anthu ena kudzera mu kuganiza kwa maomboledwe, kumva kwa maomboledwe, kuona kwa maomboledwe, mau a maomboledwe ndi zochitika za maomboledwe.

## **MUTU 5: MAZIKO A UTUMIKI WA UZIMU – MFUNDO ZAZIKULU**

- Chilakolako cha pa Ambuye chimasinthu miyoyo yathu ndi kutitsogolera ku utumiki wamphamvu ndi wobweretsa kusintha.
- Ife tiyenera kulora Mulungu kukonzekeretsa mitima yathu ku utumiki.
- Kulingalira ndi kuphunzira mau a Mulungu kumatitumikira ife monga poyambira pa maziko a utumiki onse.
- Ife tinapangidwa kuti tikalambire Mulungu, ndipo kulambira kumatibweretsa ife chifupi ndi Mulungu.
- Mulungu amafuna ife kulumikizana Naye kudzera mu pemphero.
- Nkhondo za uzimu zimatikonzekeretsa ife kumvetsetsa bwino Mulungu, mdani wathu, ndi ife eni.
- Ulaliki umayimira kuvomereza kuti ndi Mulungu Yekha ndi amene akhoza kukumana ndi zosowa zonse za munthu.

## **MUTU 6: KAPANGIDWE KA UKWATI NDI BANJA LA MULUNGU – MFUNDO ZAZIKULU**

- Mulungu ndiye amene analenga lamulo la ukwati.
- Amuna ndi akazi onsewa amatsogozedwa ndi Mulungu kuti agonjerane wina ndi mzake.
- Lamulo la Mulungu kwa mwamuna ndi kukonda akazi awo ndipo lamulo Lake kwa akazi ndi kulemekeza amuna awo.
- Ukwati wa pakati pa mwamuna m'modzi ndi mkazi m'modzi ndiko kofunika kwa banja la Chikhristu.
- Ana sikitundu wa abambo ndi amayi koma iwo ndi ofanana chimodzimodzi ndipo ndi ofanana ndi Mulungu.

## **MUTU 7: KUGONANA KWA M'BAIBULO – MFUNDO ZAZIKULU**

- Kugonana kwa M'baibulo ndi kwa mwamuna ndi mkazi kusangala pogonana monga mphatso ya bwino Mulungu yomwe Mulungu adayipanga ndipo iyenera kuchitika mkatı mwa ukwati.
- Kugonana kwa M'baibulo ndi kwa mwamuna ndi mkazi okhala molingana ndi mfundo za Baibulo za chiyero cha kugonana.
- Cholina cha Mulungu pa mwamuna ndi mkazi a pa ukwati ndi oti abereke ana, ogwirizana pamodzi (kukhala "thupi limodzi"), ndi kupanga chifaniziro cha Mulungu pa dziko lapansi.
- Potenga nawo mbali pogonana kunja kwa mfundo za Baibulo ndi tchimo ndipo zimapangitsa zotsatira zolakwika za uzimu, mamvaimva, ndi akuthupi.

## **MUTU 8:KUCHULUKANA KWA ANTHU – MFUNDO ZAZIKULU**

- Mulungu amalenga moyo wa munthu mu mimba: ana ndi mdalitso.
- Moyo wa munthu umayamba panthawi yomwe akumana, pamene umuna umakumana ndi dzira la wa mkazi.
- Mulungu ndi wamphamu pakukumana kwa anthu ndi kupangidwa kwa mwana, choncho palibe mwana yemwe ndi wosakonzekera kapena osaufunikira ndi Mulungu.
- Machitidwe ogonana amabweretsa zotsatira za kuthupi, mamvaimva ndi mgwirizano wa uzimu pakati pa mwamuna ndi mkazi.
- Kugonana kwa anthu kumapanga mwana pokumana ndi umuna.
- Munthu aliyense amapangidwa pa nthawi yogonana ndipo ndi munthu osiyana, ndi wapaderadera kuchokera kwa bamboo kapena mayi ake.
- Mulungu amalenga moyo wa munthu m'mimba; ana ndi mdaliso.
- Chisankho cha banja lokwatirana poyika malire nambala ya ana obadwa ( popanda kugwiritsa ntchito zoletsa pobereka) ndi chabwino ndi chisankho cha uzimu, komanso ndi zogwirika.

## **MUTU 9: NDONDOMEKO ZOTAYIRA MIMBA – MFUNDO ZAZIKULU**

- Kuchotsa mimba ndi zinthu zadala, zosokoneza, ndipo ndi zoononga munthu wa moyo.
- Kuchotsa mimba ndi mankhwala kumachitika kudzera pogwiritsa ntchito mankhwala omwe nthawi zambiri amatengedwa mwa mapilisi ngakhale nthawi zina majakisoni amagwiritsidwa ntchito.
- Kuchotsa mimba kwa operechoni ndi njira yochotsera mimba yimene mwana amachotsedwa muchiberekero pogwiritsa ntchito njira za operechoni.
- Njira zambiri za kutaya mimba zimachitika kunja kwa chilolezo chomwe chinakhazikitsidwa ndi a chipatala.

## **MUTU 10: KUTAYA MIMBA KUKACHITIKA –MFUNDO ZAZIKULU**

- Zotsatira zopitilira za kutaya mimba ( kuposera pa imfa ya mwana) akufikira patali ndipo zimakhudza kholo, banjalo ndi achibale a mwana wotayidwa, mpingo, dera, ndi ena ambiri.
- Kutaya mimba kutha kukhudza madera onse amoyo—kuthupi, ku uzimu, mamvaimva, ndi maubale, a mkazi ndi mwamuna omwe apanganawo chiganizo cha kutaya mimba.
- Mulungu amadziwa za tchimo lirilonse kuphatikizapo kutaya mimba, ngakhale kuti zimachitika mwamseli. Iye amakhala okonzeka kukhululukira tchimo la kutaya mimba ndi kuchilitsa mabala ake.
- Kuvomereza, kulapa, ndi kukhululukira ena ndi magawo ovutirapo pa njira yakubwezeretsedwa kuchoka ku kutaya mimba.

## **MUTU 11: KULAPA, KUKHULULUKIRA, NDI KUCHILITSA – MFUNDO ZAZIKULU**

- Chofunikira chachikulu cha mwamuna ndi mkazi aliyense wobadwa ndi kukhululukidwa.
- Tchimo lokhazikika limatsogolera okhulupilira kuchoka mwa changu pa maso pa Mulungu ndi kukagonjetsedwa ndi kukaweruzidwa.
- Kulapa ndi kusinthika kwa makhalidwe a munthu pa tchimo ndi kwa Mulungu. Zimaphatikizapo zinthu zonse kusinthika kwa mtima ndi malingaliro.
- Ntchito ya Khristu pa Mtanda inapanga chikhululukiro ndi machilitso kwa iwo amene alapa ndi kubwelera kwa Yesu.

## **MUTU 12: MAGAWO OTSATIRA – MFUNDO ZAZIKULU**

- Ife tiyenera kufunafuna mtima wa Mulungu kuti tizindikire malingaliro omwe ali nawo pa ife ndi utumiki.
- Ndi zofunikira kugawana ndi kupemphera ndi anthu ena pa zimene tamamva kuti Mulungu akulankhula kwa ife kuti tipeze chitsimikizo ndi njira yoyenera.

## Nkhondo za Uzimu ndi Pemphero Lopembedzera

*Munthawi ya phunziroili, atengambali adzakhala ndi mwayi wokambirana monga gulu pa udindo waukulu pa nkhondo za uzimu ndi pemphero pa moyo ndi utumiki wa okhulupikira. Phunziroli ndi kuphatikizapo kuunikira kwakukulu kwa njira zosiyanasiyana zimene okhulupilira amagwiritsa ntchito popemphera, koma sizikutanthauza kutumikira mabubu a malangizo awamba. Atengambali adzayitanidwa kugawa ziganizo ndi chidziwitso chawo pamene analowa nawo mu nkhondo ya uzimu ndi kupemphera pa moyo wawo wonse. .*

**Nthawi yovomerezeka ya phunziroli:** mphindi 45

### Mu Phunziroli Atengambali Adza:

- Zindikira kufunikira kwa kuzindikira ndi kuchita nkhondo za uzimu.
- Zindikira mitundu yosiyanasiyana ndi cholinga cha pemphero.

#### KUPHUNZIRA KUMATHANDIZIRA

Pa gawo limeneli, limbikitsani zokambirana po funsa gulu za nkhondo za uzimu. Mafunso ena ndi kuphatikizapo: "Kodi munakumanazo bwanji zenizeni za nkhondo za uzimu?" "Kodi munagwidwa bwanji ku moyo wa uzimu?" "Kodi chipambano munachipeza bwanji munthawi ya nkhondo za uzimu?"

### Nkhondo Yathu Si Yolimbana Ndi Thupi ndi Mwazi

*Pomaliza, tadtzilimbikani mwa Ambuye ndi m'kulimba kwa mphamu yake. Tabvalani zida zonse za Mulungu, kuti mukakhoze kuchilimika pokana machenjelero a mdiyerekezi. Pakuti kulimbana kwati sitilimba ndi thupi ndi mwazi, koma nawo maukulu ndi maulamuliro ndi akuchita zolimbika a dziko lapansi a mdima uno ndi auzimu a choyipa muzakumwamba. Mwa ichi mudzitengere zida zonse za Mulungu, kuti mudzakhoze kuyima chitsutsile pofika loyipa, ndipo mutachita zonse mudzachilimika. Chifukwa chake chilimikani, mutazimangira mchiuno mwanu ndi choonadi, mutavalaso chapachifuwa chilungamo; ndipo mutaziveka mapazi anu ndi makonzedwe a Uthenga Wabwino wa mtendere; koposa zonse mutazitengeranso chikopa cha chikhulupiliro, chimene mudzakhoze kuzima nacho mivi yonse yoyaka moto waoipayo. Mutengeso chisoti cha cha chipulumutso, ndi lupanga la uzimu ndilo Mau a Mulungu; mwa pemphero ndi pembedzero lonse mupemphere nthawi zonse mwa Mzimu, ndipo pochezera pamene pochezera pamene pochezera ndi kupembedzelera oyera*

*mtima onse, ndi ine ndemwe, kuti andipatse mau m'kunditsekulira mkamwa molimbika, kuti ndi zindikiritse anthu chinsinsicho cha Uthenga Wabwino, chifukwa cha mmene ndili mtumiki wa m'maunyoro, kuti m'menemo ndikalankhule molimbika, monga ndiyenera kulankhula. m-\*6074a*

/ v.Aefeso 6:10-20

Dziko lathu ndilathupi—titha kuliona, kuliyesu, ndi kulikhudza ilo. Komanso liri ndi mbali ya uzimu. Malemba amafotokoza kuti Mulungu ndi Mzimu, ndipo tili ndi mizimu, ndi pali zamoyo za uzimu zotchedwa angelo, zina mwa izo zinagwa ndi Satana nasandulika mizimu yoipa. Mu Baibulo, zimatchedwa ziwanda, ndipo zamoyo zimenezi zimagwira ntchito pa dziko lapansi. Nkhondo pakati pa Mulungu ( ndi angelo ake ankhondo ) ndi Satana ( ndi mizimu yake yoipa) zili pankhondo yopitilira yotchedwa nkhondo ya uzimu .

Yohane 10:10 amanena kuti, “Siyikudza mbala koma kuti akabe kupha ndi kuononga; ( Yesu anadza) kuti akhale ndi moyo, ndikukhala nawo ochuluka.” Ndime imeneyi imaonetsera zwnizeni za nkhondo yosaoneka yomwe imachitika motizungulira tsiku ndi tsiku. Pamene tiyang’ana maso athu pa zinthu za uzimu za dziko lapansi, zimakhala zoonekeratu kuti kutaya mimba ndi chida champhamvu kubwalo la mdani wathu kukwaniritsira cholinga chake. Kuba, kupha, ndi kuononga. Ndi kuzindikira kumene, tsopano limabwera vumbulutso lakuti kulimbana kwathu ndi kutaya mimba ndi kutsitsidwa kwa moyo wa munthu ndi kumene kuyenera kuchitika pa mawondo athu, mu pemphero.

## Pemphero Lopembedzera

*“...Inu monga miyala yamoyo, mumangidwa nyumba ya uzimu, kuti mukhale ansembe oyera mtima, akupereka nsembe zauzimu, zolandirika pamaso pa Mulungu mwa Khristu.Koma inu ndinu mbadwa zosankhika ansembe achifumu, mtundu oyera mtima, anthu amwini wake, koteru kuti mukalalikire zoposazo, za Iye amene anakuyitanani, mutuluke m'mdima ndipo mulowe mkuunika kwake kodabwitsa.” 1 Petro 2:5, 9*

Exodo 40 ndi buku la Levitiko amafotokozerla lamulo la wansembe monga munthu amene amapembedzera pamaso pa Mulungu m’malo mwa dziko. Gavo loyamba lokonzekera lopatsidwa kwa wansembe ndi Mulungu ndi kuyeretsa mtima wake, kuyimira kutsuka baseni kunja kwa Chihema Chokomanako. Exodo 39 imakambanso za chovala chapadera chimene wansembe ayenera kuvala. Chimodzi mwazinthu zake zinali chapachifuwa, wophimbidwa ndi miyala khumi ndi iwiri, ndi mwala ulionse umayimira mtundu wa Israel. Miyala imeneyi imayimira kunyamula mtundu wa Israel pa mtima pake pamene wansembe akubwera pamaso pa Ambuye. Mwanjirayi wansembe ankapembedzera m’malo mwa mtundu, pamene iye akupereka nsembe ya chiombolo pa machimo a mtundu wose, ndi kuzibweretsa pa maso pa Mulungu zopembedzera za anthu.

Mwa njira yomwego, chifukwa aliyense wa ife ndi chiwaalo cha unsembe, mukuyitanidwa kukapembedzera maphunziro a Ulendo wa Iye Opatsa Moyo ndi kunyamulira pamaso pa Mulungu maphunziro a atengambali a Ulendo wa Iye Opatsa Moyo. Ndikofunikira kuti mukuzikonzekeretsa nokha pa ntchito yimeneyi kuchokera ku udindo wa kulimbikika mtima ndi chiyero, pozitsuka nokha kudzena mu bkuvomereza ndi kulapa. Inu mutha kuyamba ndi kumufunsa Mulungu kuti asanthule mtima wako ndi kukuyeretsa chinachilichonse choyipa chosayeretsedwa cha chisokonezo cha moyo munthawi yakumbuyo, ndi kumupemptha Mzimu. Oyera kuti akudzodze iwe pamene mubweretsa anthu anu ndi zochitikazi pa maso pa Mulungu mu pemphero.

## Mavesi a M'baibulo okhudza Kupembedzera

Mau a Mulungu ananyamula zitsanzo zambiri za amuna ndi akazi okhala ma mapemphero opembedzera. Mavesi amenewa atha bkugwira ntchito monga osonkhezera moto pamene tikhoza kuumbirapo ma pemphero athu, ndipo atha kugwira ntchito monga olimbikitsa potikumbutsa ife kuti pemphero lopembedzera lakhala liri lofunikira ndi lokwanira kwa okhulupilira.

*"Ndidandaulira inu tsono poyambayamba, kuti achitike mapembedzero, mapemphero, mapembezo, mayamiko, chifukwa cha anthu onse...." 1 Timoteo 2:1*

*"Mwa pemphero lonse ndi pembedzero mupemphere nthawi yonse mwa Mzimu, ndipo pochezera pamenepo chichezelere ndi kupembedzera oyera mtima wonse...." Aefeso 6:18*

*"Ndayika alonda pa malinga ako Yerusalemu iwo sadzakhala chete usana kapena usiku, inu akukumbutsa Yehova musakhale chete, ndipo musamulore lye akhale chete kufikira lye atakhazikitsa nayika Yerusalemu akhale tamando m'dziko lapansi.." Yesaya 62:6-7*

## Kuyitanira ku Kuvomereza ndi Kulapa

*Mu nthawi ya phunziroli, atenga mbali adzapatsidwa mwayi wovomereza machimo awo kuphatikizirapo kutaya mimba kumene kunali kusokoneza chiyero cha munthu. Mulungu amafuna kubwezeretsa mabala a mumtima mwa amuna ndi akazi, ndi kumvetsetsa ndi kuvomereza tchimo muderali zitha kukhalitsa atenga mbali kukhala oyenera kugwidwa ndi mdani pamene akupembedzera m'malo mwa maphunziro a atengambali a Ulendo wa Iye Opatsa Moyo.*

**Nthawi yovomerezeka ya phunziroli:** mphindi 60

### Mu Phunziroli Atengambali Adza:

- Adzayankha, mwanjira iliyonseyo yomwe akumasuka nayo poyankha, kuyitanidwa kukuvomereza, tchimo lomwe likhoza kutchinga zochitika zavo za pemphero lo pembedzera.
- Adzayikiza atengambali anzawo mu mapemphero monga Mulungu agwilira ntchito mu mitima ndi mumiyoyo yawo ndi kukhala poulura tchimo losayanjanitsika ndi kuwatsogolera iwo kukulapa.
- Itanilani Mzimu Oyera kuwayandikizitsa chifupi ndi mtima wa Mulungu kudzera kukuvomereza ndi kulapa.

#### **MAPHUNZIRO AMATHANDIZIRA**

Kumbutsani atengambali pa zokambiranana zavo zoyambilira za chisokonezo cha chiyero cha moyo wa munthu mu dera lawo, ndi mdziko lawo. Tengani mphindi zingapo kuti aonenso mndandanda wa omwe unapangidwa munthawi yokambiranana ndi kuyitanira atengambali kuti amapange ntchito yoonjezera ngati pali zisokonezo zina zimene sizina tchulidwe kale payamba.

### Kufotokozena

Mu Mau Ake, Mulungu analonjeza zenizeni ndi machilitso osatha kuchokera ku tchimo lirilonse, kuphatikizapo tchimo la kutaya mimba. Mulungu akuzitchula Yekha Mulungu amene amatichilitsa ife” (Exodo 15:26) ndipo ndi M’modzi “amene amakhululukira machimo athu onse ndi kuchilitsa nthenda zathu zonse (Masalmo 103: 3). Iye amafunitsitsa kuti ife tikhale ndi moyo ochuluka (Yohane 10:10) moyo wathunthu, wachiyembekezo, ndi wachimwemwe.

Pamene tibwelera kwa Iye kuti tipeze thandizo., Iye amatikhululukira ife ndi kutisinha mbali ya moyo wathu yimene inalamulidwapo ndi tchimo. Mulungu amafunitsitsa kutibwezeretsa I mabala a mtima wa amuna ndi akazi otaya mimba.

## Kupeza Machilitso Moyo Utachepetsedwa

Kumbukirani kuti palibe tchimo lomwe silinavomerezedwe liri ndi mphamvu yoononga miyoyo yathu. Taganizirani za Mfumu Davide amene tchimo lake lidatsogolera imfa ya mwana wake ( 2 Samuel 12: 1—23). Pamene adzalapa tchimo lake, iye adakhululukidwa ndi kubwezeretsedwa. Malingaliro a Mulungu ndi cholinga cha moyo wa Davide si kunali kuonongedwa ndi tchimo la Davide, ngakhale kuti sakadakumana nalo ngati akadabwelera ku zimene Mulungu anaperekwa chikhululukiro Chake ( Masalmo 51: 1—17).

Baibulo limatiphunzitsa ife kuti mtima wa Mulungu ndiotani pa ife, ngakhale pakati pa tchimo lathu: “Ambuye ndi wachifundo ndi wachisomo; osapsa mtima msanga, okhazikika mu chikondi. Iye sadzaweruz nthawi zonse, kapena kusunga mkwiyo Wake nthawi zonse, Iye samatichitira ife momga tchimo lathu liyenera, kapena kutibwezera ife molingana ndi zolakwa zathu. Monga kuliri kotalikirana kumwamba ndi dziko la pansi, chikondi chake ndi chachikulu pa iwo amene amamuopa Iye” (Masalmo 103: 8—11).

Malonjezo amenewa a Mulungu ndi oona kwa ochimwa, ndipo kumuchimwira. Kuvomoereza ndi kulapa ( zimene zimalimbikitsidwa ndi kuopa Mulungu koyenera) ndi kovuta kuti mulandire chikhululukiro cha Mulungu. Pamene tivomoreza machimo athu, kapena kupereka chikhululukiro kwa iwo amene anatilakwira ife, Kenako Mulungu, amachilitsa mtima osweka, ndi kuchilitsa mabala awo, (Masalmo 147:3). Pamene Mulungu akhoza kuchilitsa anthu nthawi yomweyo, ndi zachidziwikire kuti anthu amalandira machilitso monga ulendo. Pakuonongeka kwakukulu kwa chiyero cha moyo wa munthu – monga kutaya mimba, kugwililira, nkhanza, ndi kugonana pachibale—machilitso kuchokera ku mabala amenewo kutha kubwera mumagawo, mwa panthawi, chifukwa cha kuzama ndi kukhalitsa kwa zotsatira za machimo amenewa.

Mulungu amaombola ndi kusintha madera a moyo yathu amene adalamulidwa ndi tchimo. Mulungu akuyembekezera kukhululukira ena mwa ife amene tichita tchimo limene miyoyo ya anthu ena yachepetsedwa, ngati tili ofuna kudzichepeta tokha kuvomoreza machimo athu . Zimene ife tiyenera kuchita ndi kubwelera kwa Iye ndi kulandira thandizo Lake. Mtanda wa Yesu Khristu ndi njira yokhayo ya machilitso okwanira ku mtima ku mtima wopwetekedwa kwambiri !

## Kuvomoreza Kumabweretsa Machilitso

Chifukwa kutaya mimba kukwala kwambiri mu mayiko onse, munanatha kupangapo zotayamimba kapena kukhala nawo pa zokambirana za kutaya mimba. Kutaya mimba kwa inu mwana kunachitika musanayambe kukhala otsatira wa Yesu Khristu, kapena zabwera mutalandira kale chipulumutso chanu.

Chifukwa munayitanidwa kukhapembedzera maphunziro a Ulendo wa Iye Opatsa Moyo umene udzayang’ana pa kuchepetsedwa kwa moyo wa munthu -- mudzakhala msampha wa machitidwe a mdani ngati mukunyamula tchimo losakonzeka kapena losavomereza mu dera limeneli. Kutaya mimba, kugonana mokakamiza, kugwirtsa ntchito zithunzi zolaula, kugonana amuna kapena akazi okhaokha, kugonana pachibale, nkhanza, kukaniidwa, uhule, kugwiliridwa, kuzembetsa anthu, ndi zina za zisokonezo zomwe zili ndi kuthekera kubweretsa mavuto mu moyo wa okhulupilira ngati machimo amenewa sakuperekedwa kwa Ambuye.

Kuti tipembedzere kuchokera pa malo thanzi la uzimu ndi kulimbika mtima, inu mudzapatsidwa mwayi kufika pamaso pa Mulungu ndi kupempha chikhululukiro pa tchimo lirilonse la pa moyo wanu, kuphatikizapo tchimo lakutaya mimba. Moonjezerapo inu mudzayitanidwa kutsatira njira za Yakobo 5:16 imene ikunena kuti, choncho muvomerezane machimo anu kwa wina ndi mzake ndi kupemphelerana wina ndi mzake kuti muchilitsidwe. Pemphero la olungama ndi lamphamvu ndipo limachita kwakukulu.” Pamene tivomereza machimo athu kwa Ambuye ali okhulupirika Iye kutikhululukira. Pamene tivomerezana machimo anthu kwa wina ndi mzake, ndi kupemphera pamodzi, Mulungu samangoti khululukira ife; koma ndife ochilitsidwa!

## NTCHITO

1. Gawani gulu awiriawiri ( mwamuna ndi mwamuna ndipo mkazi ndi mkazi).
2. Werengani pamodzi Yakobo 5:16 . Yitanirani munthu m'modzi kuti agawane ndi mzake machimo awo a kutaya mimba, kapena zisokonezo zina za chiyero cha moyo wa munthu, ( monga zongolankhula, zakuthupi, kapena kugonana mokakamiza, kukanidwa, uhule, kugonana mozembetsana, kuzunzana, ndi zina zotero). Pamene mugawana, zitha kukhala zothandiza poulura kuti mwina inu muchita zinthuzo kapena munakhuzidwa pokuchitirani.
3. Kuzomereza kukachitika, mzanu kenako atha kupemphelera mzake amene wavomereza, kupempha chikhulukiro choperkedwa ndi Mulungu, ndi kuyitanira machilitso pa moyo wa munthuyo ( molingana ndi chitsanzo cha Yakobo 5:16).
4. Sinthanani mizere ndi kubwereza. Dziwani: Ngati wina wa atengambali ndi osamasuka kuvomereza, pemphero lichitikibe.
5. Kuunikirana ndi kulambira kwa kachetechete kutha kugwiritsidwa ntchito pa chiyambi chanu ngati nkoyenera.
6. Yitanirani atengambali kuti agwane nkhani kapena mau ochokera kwa Ambuye, ngati nthawi ikulora. ( Nkhani zimenezi, zitha kukhala zopweteka, zitha kukhala zolimbikitsa kwambiri kwa atengambali ena.)
7. Nthawi yokwanira yikapatsidwa ya kuvomereza ndi kupemphera, tsekani ndi kulambira ndi kutamanda Mulungu pa chifundo, ubwino, ndi chisomo Chake!

## Kutumidwa Kukapemphera

*Kudzwera mu machitachita awo pa Ndondomeko ya Pemphero la Mtsogololi, atengambali mbali akonzekeretsedwa ndipo akonzeka ku ntchito yofunikira ya kupembezera maphunziro a Ulendo wa lye Opatsa Moyo. Ntchito ya chizindikiro cha kutumidwa chitha kulimbikitsa opembedzera aliyense kulimbika ndi kukhala ndi mphamvu pa ulendo wa pemphero.*

**Nthawi yovomerezewa pa pahunziroli: mphindi 45**

### Mu Phunziroli Atengambali Adza:

- Adzayankha pa kuyitanidwa kukavomereza ntchito ya kupembezera maphunziro a Ulendo wa Iye Opatsa Moyo.
- Adzalandira kuchokera kwa mtsogoleri opangitsa ntchito yawo ya kupembezera.

*"Ndipo ndinafunafuna munthu pakati pawo womanganso linga, ndi kuyimira dziko poppasuka pamaso panga, kuti ndisaliononge koma ndinapeza palibe."*  
Ezekiel 22:30

### Kufotokozeria

Mulungu akulankhula pano kwa mneneli za machimo a Yerusalem, makamaka za kukhetsa mwazi wa anthu osalakwa. Iye adalankhulanso za machimo opembedza milungu yachilendo, kelekelera iwo otsenderezewa, amayi osiyidwa ndi ana opanda bamboo, ndi kuwachitira makolo mopanda ulemu. Mu nthawi ya Ezekiel, Mulungu ankalankhula za chiweruzo pa mtundu wawo, pokhapokha akadapeza wansembe wopembedzera amene akadamanga linga ndi kuliymira pa mpata pamaso pa Mulungu m'malo mwa anthu wonse. Chifuniro cha Mulungu ndi kuonjezera chifundo ndi chisomo kuti asakaliononge dziko.

Lero tikukumananso nkhani zomwezo za chiyero cha moyo wa munthu, ndi enanso alimbiri. Uthenga Wabwino ndi wakuti mu kuunika kwa mtanda wa Yesu Kristu ife tikukhala munyengo ya chisomo cha Mulungu, ndipo Iye akuombola ndi kulanditsa zimene mdani analanda, mogwirizana ndi kufunikira ndi ulemu wa moyo wa munthu!

Monga opembedzera munayitanidwa kukonza njira ya Ambuye kuka kwaniritsa cholinga Chake mdziko. Kuyitana kwa tsopanoku kopembedzera maphunziro a ulendo wa Ife Opatsa Moyo, ndi ntchito yapadera ndipo palibe ngakhale m'modzi mwa ife sayenera kupeputsidwa. Mdani wathu samafuna choonadi cha chiyero wa moyo wa munthu kuti chikamveka! Monga Yohane M'batizi, yemwe anakonza njira ya Ambuye, inu mudzakhala mukuyanjana ndi okhulupilira pa

dziko lonse lapansi kukapemphera mogwirizana ndi zimene Ambuye amafunira kuchita padziko lapansi ndi mzinda uno mogwirizana ndi chiyero cha moyo wa munthu!

## Kuyitanidwa

Ngati muvomereza ntchito yapaderayi ya kupembezera chochitikachi, mudzakhala mukulowa mu nkhondo yayikulu yolinbana ndi mzi mu wa imfa ndi chionongeko. Mdani samafuna mpingo wanu kuti ukhale malo otetezeka kwa atsikana oyembekezera kuti abwere kudzathandizidwa ndi kuthandizira. Mdani samafuna kuti mpingo wanu ukhale malo kumene chikumbumtima chpangitsa amuna ndi akazi kupeza chikhululukiro, ndi kutumizindwa mwa ufulu kuchomera ku ukapolo wa tchimo ndi manyazi. Mdani samafuna ukwati, banja, kapena khomo lanu kukhala lolimba.

*Mdani sadzafuna zinthu zimenezi, koma chofuniro chachikulu cha Ambuye!* Machilitso, chiombolo, ndi moyo wochuluka ndi zipatso zothekera pa maphunziro Aulendo wa Iye Opatsa Moyo, kuti ukakhale kudera kwa mwezi wathunthu. Ntchito yanu yidzakhala kulima ndi kusamalira nthaka kudzera mu kupembedzera atengambali, opangitsa, gulu lophunzitsa, malo, nyengo, komanso chinachilichonse chimene Ambuye angayike pa mtima panu!

## Ntchito

1. Ndondomeko ya Pemphero la Mtsogolo opangitsa atha kupanga malo—mu chipinda chimwe agwiritse ntchito—amene akuyang’anidwa ndi anthu, (mwachitsanzo, atsogoleri a ulemu wawo) kapena awiriawiri ( mwachitsanzo, azibusa ndi akazi awo).
2. Ndondomeko ya Pemphero la Mtsogolo atengambali atha kuyitanidwa kubwera patsolo kukhala ndi gulu lomwe liripo lopemphera ( Pamalo opanda anthu kuti akhale odzozedwa ndi mafuta, ndi kutumidwa kutchito yapaderayi ya pemphero ( Atengambali ena samasankha kubwera patsolo kuti atumidwe.)
3. Gulu lopemphera lidzatumiza Ndondomeko ya Pemphero Lamtsogo kwa atengambali pa ntchito yo pembedzera maphunziro a Ulendo wa Iye Opatsa Moyo, Pemphero lotumidwa litha kukhala madalitso ( onani chitsanzo m’musimu). Sizifunika khula lalitali kapena la munthu payekha.
4. Ndondomeko ya Pemphero la Mtsogolo likatumizidwa kukapemphelera, opangitsa atha kulowelerapo pa gulu pa zochitika zomaliza asanafike kumapeto kwa Ndondomeko ya Pemphero la Mtsogolo: ndi kugwira ntchito pamodzi kukapanga ndondomeko ya pemphero la mutsogolo mwa maphunziro la Ulendo wa Pempohero la Iye Opatsa Moyo.

## Chitsanzo cha Pemphera Lotumiza:

*Atate wathu Wakumwamba, mu dzina ndi mu ulamuliro wa Ambuye Yesu Khristu, Ine ndikudzodza mtumiki wanu(dzina), monga wansembe opembedzra akutumidwa kukayima pampata wa kubwezeretsa chiyero cha moyo wa munthu pakati pa anthu anu olengedwa mu chifaniziro Chanu. Ndi chifukwa cha Uthenga wa kufunikira kwa moyo kuti akamere mizu mumitima ya Atsogoleri anu ndi M’mpingo. Ndikupemphera kuti mudzawateteza iwo, monga atumiki anu odzodzodwa, ndi mabanja awo kuchokera kuzimene zimabwera za oyipayo ndi kuti muwadzadze iwo ndi Mzimu Oyera tsiku ndi tsiku, kuti akazindikire kupemphelera ntchito imeneyi. Ndikupemphera kuti muwagwiritse ntchito iwo kuti abweretse ulemelero kwa mwana Wanu Yesu kuti akakulitse ufumu Wanuwa kumwamba pa dziko lino la pansi. Amen!*

## Ndondomeko ya Pemphero la Mtsogolo ndi Pemphero Lopembedzera

*Kuti mukwaniritse cholinga cha pemphero lopereka mphamu za maphunziro a Ulendo wa Iye Opatsa Moyo, atengambali adzakhala ndi nthawi yokambirana ndi kupanga ndondomeko. Phunziro limeneli lidzapereka nthawo yopatsa moyo kuti atengambali apereke ndondomeko yaho pamaso pa Atate Wa kumwamba, ndikuyamba kupembedzera maphunziro a Ulendo wa Iye Opatsa Moyo.*

**Nthawi yovomerezeka pa phunziroli:** mphindi 60

### Mu Phunziroili Atengambali Adza:

- Adzapanga ndondomeko yopemphera nthawiyo yisanakwane ( kwa pafupifupi sabata limodzi), panthawi yake, ndi kumapeto kwa maphunziro a Ulendo wa Iye Opatsa Moyo.
- Adzapanga, ngati angakonde, zotsogolera pemphero zomwe zitha kugawidwa pakati pa atengambali kukatsogolera mphamu ya pemphero chifukwa cha maphunziro a Ulendo wa Iye Opatsa Moyo.
- Khalani ndi mapemphero opembedzera.

*"Chitani khama mkupemphera, nimudikire momwemo ndi chiyamiko, ndi kutipemphelera ifenso pomwepo kuti Mulungu atitsekulire ife pakhomo pa mau kuti tilankhule chinsinsi cha Khristu chimenenso ndikhalira mndende kuti ndichionetse ichi monga ndiyenera kulankhula." Akolose 4:2-4*

### Kupanga Ndondondomeko ya Pemphero la Mtsogolo la Maphunziro a Ulendo wa Iye Opatsa Moyo

Kusonkhana kwa tsopanoku “otsogolera” amafotokozerwa mwayi opambana wopembedzera m’mwalo mwa msokhano wobwera wa atsogoleri a Uthenga. Zochitika zanu za pemphero zidzayala maziko kuti Mulungu agwire ntchito mumitima ndi malingaliro a iwo amuna ndi akazi ndipo adzakometsa nthaka kuti mbeu zibzalidwepo akatha maphunziro a Ulendo wa Iye Opatsa Moyo.

Ndikofunikira kuti zikhale za dziko lonse munthawi ya masabata angapo, ndikupereka malo nthawi zonse kwa Mzimu Oyera kuti atsogolere zochitika zanu, ndi kukhazikitsa ndondomeko ya zimene opembedzera adzayang'anepo monga, munthawi, zisanachitike, ndipo zikatha kuchitika pa maphunziro a Ulendo wa Iye Opatsa Moyo. Kumapeto kwake, lingalirani mafunso okambiranu otsatirawa:

- Kodi ndindani munthu ochokera pa gulu ili adzafuna ndi kulora kudzipereka monga oyang'anira, kupangitsa gulu kukhala lolumikizika kuposa masabata angapo?
- Kodi gulu litha kukumana pa mukumano womwe wakonzedwa pa masabata angapo? Mochuluka bwanji? Nanga masiku, ndthawi ndi malo ake ndi otani?
- Kodi ndondomeko zina ndi njira zomwe zikhoza kutengedwa kuti zitsogolere zochitika za pemphero?
- Kodi zidzakhala zofunikira kupanga ndi kugawa pemphero la tsiku ndi tsiku? ( Ndondomeko ikuphatikizidwa kuti ilandilidwe.)

Mapemphero ena organizidwa ndi kuphatikizapo:

- Pempherani kuti Mulungu adzayitana atengambali osankhidwa ndi kuti akayankhe.
- Pempherani kuti Mulungu adzakonze ndi kusamalira miti ya atengambali.
- Pempherani ndi kutsutsa mayesero a mdani ndi kuchepetsa zochitika za maphunziro a Ulendo a Iye Opatsa Moyo kudzera mu zisokonezo za ulendo, matenda, za iye mwini, zokhudza banja ndi zina zotero.
- Pemphelerani zochitika za maphunziro a *Ulendo wa Iye Opatsa Moyo*: chitetezo, kutseguka kwa mtima, kusinthika, ndi ochita zinthu momasuka, ndi zina zambiri.
- Pempherani kuti maphunziro a *Ulendo wa Iye Opatsa Moyo* ukabale zipatso mu miyoyo ndi pa malo a zochitika a atengambali.

Kutenga nthawi ndi kukambiranu mafunso awa zidzapindulitsa gulu lanu lomwe lasonkhana komanso atengambali a maphunziro a Ulendo wa Iye Opatsa Moyo. Zina mwa zopindula ndi kuphatikizapo:

- Pemphero lolunjika ndi lamgwirizano
- Kutsogolera pemphero la munthu payekha
- Ntchito ya oyang'anira amene akhoza kuyankha mafunso ndi kusungabe kulumizika
- Kusunga mbiri yolumikizirana ndi LIFE International *Global Prayer Shield*
- Kukhazikitsa ndondomeko ndi mbiri yabwino ya msonkhano omwe ukubwera.

## Ntchito

1. Gawini magulu ang'ono ang'ono a anthu 3 -5 lirilonse. *Dziwani: Opangitsa atha kuperekira thandizo lofunikira pa mfundo yimeneyi po gawa gulu molingana ndi zigawo, makamaka ngati madera a makomo a atengambali anatalikirana.*
2. Gulu laling'ono likambirane mayankho awo pa funso lokambirana la m'mbuyo.
3. Sankhani mulembi kuchokera pa gulu lirilonse kuti alembe mfundo zikuluzikulu, mayankho, ndi njira zochokera pa zokambirana.
4. Fikiraniso gulu lalikulu ndi kuyitana munthu m'modzi kuchokera ku gulu lirilonse laling'ono kugawa maganizo awo ndi gulu lalikulu.
5. Lipoti la munthu likaperekedwa, gulu lonse litha kukambirana mayankho osiyanasiyana kuti apange ndondomeko ya pemphero la mtsogolo la maphunziro a *Ulendo wa Iye Opatsa Moyo*.
6. Chimodzimodzi, m'modzi mwa gulu lopangitsa liyenera kulemba mfundo zikuluzikulu zomaliza kuchokera ku zokambirana za gulu lalikulu kuti akatsogolere ndondomeko.

Ndondomeko ikapangidwa, nthawi yotsala yitha kukhala yapemphero: kumalingilira ntchito yomwe yachitika mumasiku angapo apitawo, kuti akadzodze ndondomeko yomwe yinapangidwa ndi kupembedzera m'malo mwa atengambali a maphunziro a *Ulendo wa Iye Opatsa Moyo*. Khalani ndi nthawi ndi kuunikira ndi kulambira, musanazipereke nokha kuzochitika za pemphero. Ichi ndi chifukwa choke mulipano!

## Kuombankota

Kudzera mu pemphero timaonetsera kumvera kwa Atate wathu Wakumwamba ndi kunena kuti “Inde” ku ntchito yake yoombola kudziko. Atsogoleri a Uthenga amasankhidwa ndi Mulungu monga abusa ku nkosa Zake. Monga Aroni ndi Huri anakweza manja a Mose pa nthawi ya nkondo ya Israeli ndi Ameleki, choncho inunso, “mutha kukweza manja” a abale ndi alongo anu amene posachedwa adzakhala akukumana mu derail kuti akakonzekeretsedwe kuti akayankhe pa kutsika kwa moyo wa munthu mu madera ndi mudziko lawo.

Kupembedzera kwanu kokhulupilirika mu nthawi yotsogolera ku maphunziro a *Ulendo wa Iye Opatsa Moyo*, ndipo nkhole nthawi yochepera ndi yopitilirapo, yidzayala maziko oyenera ndi kukonza njira ya Ambuye ku mitima ndi malingaliro a atengambali ya maphunziro *Ulendo wa Iye Opatsa Moyo*. Inu muthanso kuyembekezera kulandira madaliso osefukira a Mulungu pamene akusintha moyo wanu muchifaniziro cha Mwana Wake Yesu Khristu, amene anaumba ife tonse ndi ubale weniweni ndi Atate Wake, chiyambi cha mphamvu zonse ndi ulamuliro.



# Ulendo wa Iye Opatsa Moyo

## KUPHUNZIRA KUMATHANDIZIRA

Mukatha kolandira atengambali, ganizirani pofunsa mafunso otsatirawa:

1. Kodi Mulungu amalankhula?
2. Ngati Mulungu amalankhua, kodi inuyo mumamva?

## Kufotokoza

## Kulandirana ndi Kupemphera

Mzimu Oyera adzalankhula kwa ife munjira yapadera kudzera mu bukuli. Ntchito yathu ndi kumvetsera ku liu la Mulungu ndi kumvetsetsa zimene amatiitanira ife kukachita zimene tidzaphunzire. Iye amafuna ife tiphunzire, kulimbikitsidwa, ndipo kenako ndi kutengapo mbali.

Maziko a maphunziro anayalidwa kwa mwezi umodzi wapitawo, munthawi ya Ndondomeko ya Pemphero Lamtsogolo, ndipo maziko amenewo anakhazikitsidwa mu masabata angapo, kuchokera pamenepe kudzera mu kudzipereka kwa kupembedzera atengambali onse amene akupanga nawo. Mdani wathu, mdani wa Mulungu ndi wamoyo amayima motsutsana ndi zochitikazi, choncho Ndondomeko ya Pemphero Lamtsogolo linali loyimirapo dziko lonse polimbana ndi mdaniyo. Opembedzera anu anayima mogwirizana ndi iye opatsa moyo, kupemphera, kuteteza miyoyo yanu, mabanja anu, ndi malo anu pamene mukudzipereka kuti mukhale nawo pa maphunziro amenewa.

Moonjezera pa Ndondomeko ya Pemphero la Mtsgolo, kulumikizana kwa atengambali, kunasonkhanitsidwa kukapemphelera inuyo maka maka! Mdani amadana ndi zimene mwabwelera kuno kudzaphunzira, koma wamkulu ndi Iye amene ali mwa inu kuposa iye amene ali kudzik!

### **KUPHUNZIRA KUTHANDIZIRA**

Funsani atengambali ndani mwa iwo anapanga nawo Ndondomeko ya Pemphero Lamtsogolo. Yitanilani iwo kuti ayankhe limodzi mwa mafunso ambiri otsatirawa:

1. Kodi mungafotokoze zimene zidachitika munthawi yomwe munali pamodzi?
2. Kodi pemphero lidasonkhanitsidwa bwanji pa Ndondomeko ya Pemphero Lamtsogolo?
3. Kodi ndani akupemphera palipano? Nanga akupemphelera zhiyani ?

Mubuku la phunziro ili inu mudzaphunzira za:

1. Maziko a Moyo

- Kumva Liu la Mulungu
- Kaonedwe ka Baibulo pa Moyo wa Munthu

2. Iye Opatsa Moyo

- Kukhala Oomboledwa
- Kukhala ndi Khristu
- Ukwati ndi Banja

3. Chodabwitsa cha Moyo

- Kugonana kwa M'baibulo
- Kugonana kwa Zamoyo
- Kupangidwa kwa Khanda la Munthu
- Kukonzekera kwa Banja

4. Kutsitsidwa kwa Moyo

- Kutaya Mimba ndi Zotsatira Zake
- Nkhani Zokhudza Moyo pa Dziko Lонсе

5. Kubwezeretsedwa Kwa Moyo

- Kulapa ndi Kukhululukidwa
- Machilitso ndi Kukonzekanso
- Kutenga Gawo Lotsatira

## **MAPHUNZIRO AMATHANDIZIRA**

Ndikofunikira kudziwa kuti maphunziro amenewa anakhazikika pa Malemba ndipo ndi ogwirizana ndi kaonedwe ka Baibulo pa dziko lapansi. Chifukwa cha maziko amenewa, kutanthauza kuti choonadi chaonetsera mkatikati mwa maphunzirowa kuti atha kufotokozedwa ndi kugwiritsidwa ntchito ku chikhaliidwe chilichonse chifukwa choonadi chimaonetsera chikhaliidwe ndi momwemonso Baibulo limaonetsera chikhaliidwe.

## **MAPHUNZIRO AMATHANDIZIRA**

Atengambali ayenera kumvetsetsa zolina zikuluzikulu za maphunziro a *Ulendo wa Iye Opatsa Moyo*:

1. **Kusinthika:** Atengambali adzakumana ndi kusinthika kwa munthu payekha kobwera ndi Mzimu wa Mulungu.
2. **Kugwiritsa Ntchito:** Atengambali adzakonzeretsedwa kukhala m'moyo wa maphunziro tsiku ndi tsiku ndi kuyamba kugawira ena, ndiponso kukaphunzitsa magulu ena ndi buku la Ulendo wa Iye Opatsa Moyo.
3. **Kuchuluka:** Atengambali adzazindikira momwe Mulungu amawayitanira iwo potengambali pa kulapa pa kutsitsidwa kwa moyo wa munthu pamene iwo ayitanidwa kukagwira ntchito, makamaka kupanga utumiki wa iye opatsa moyo kapena kuthandizira ena kukhazikitsa utumiki wawo iye onatsa moyo ku madera awo

# Ulendo wa Mtsogoleri wa Chikhristu

“Koma atadza Iyeyo Mzimu wa choonadi, adzatsogolera inu mu choonadi chonse. Pakuti sadzalankhula za Iye mwini koma zinthu zilizonse adzazimva adzazilankhula, ndipo zinthu zomwe zilinkudza adzakulalikirani inu.”

**Yohane 16:13**

## **Mu Mutu umenewu Ophunzira Adza:**

1. Adzamvetsetsa mmene ungagwitsidwire ntchito kuti ukakwiniritse zolina cha Mulungu
2. Adzazindikira njira zimene Mulungu amalankhulira kwa anthu Ake.
3. Adzaonetsera mmene Mulungu akuwayitanira ndi kuyankhapo pa zinthu zokhudza moyo wa munthu.

## **Mfundu Zazikulu**

- Gawo lapadera la ulendo wa moyo wa mtsogoleri wa Chikhristu ndi ulendo omvetsetsa mtima wa Atate mogwirizana ndi nkhanzi zokhudza moyo wa munthu ndi kuphunzira mmene angagawire mtima Wake ndi okhulupilira ena.
- Mulungu amalankhula nthawi zonse – ndipo akupitilizabe kulankhula kwa anthu ena kudzera munjira zosiyanasiyana monga, Malembao, Mzimu Oyera, anthu ena, zizindikiro ndi maloto, ndi komanso ndi zina zotero.
- Chifukwa kuti Mulungu amafunitsitsa kulankhulana ndi munthu aliyense, munthu wina aliyense amayenera kuyembekezera Mulungu kuti alankhule ndipo munthuyu ayenera kuphunzira kuzindikira liu Lake ndi kumvetsetsa zimene akunena.

## **Maumboni a M’malemba**

Yohane 16:13, Masalmo 40, Mateyu 5:13, Mateyu 5:14, 2 Timoteo 3:16-17, Yohane 16:13, 2 Samuyeli 12:1-15, Machitidwe

Liti?

5:33-40, Machitidwe 9:10-19, Genesis 28:10-22, Genesis 37:6-11, Daniel 7, Mateyu 1:18-21, Genesis 41, Daniel 2,  
Mateyu 27:19

## KUPHUNZIRA KUMATHANDIZIRA

### Nthawi yovomerezeka ya phunziro ili: mphindi 45

Mutu uwu ofotokozerwa ndi mwayi wa atengambali kuti aphanzire kuchokera kwa wina ndi mzake za momwe Mulungu wakhala akugwilira ntchito mu miyoyo yavo. Mulungu akhoza kugwiritsa ntchito nkhaniya ya munthu wina aliyense mwapadera kuti akayikize moyo mwa anthu ena.

Lorani mphindi zingapo kwa atengambali kuti agawane nkhani yavo ndi munthu oyandikana nawo. Kulimbikitsa zokambirana, ndi kufunsa atengambali: Kodi Mulungu analankhula motani kwa inu? Taganizirani za nthawi pamene Mulungu analankula momveka bwino kwa inu. Kodi adalankhula bwanji? Nanga munadziwa bwanji kuti ndi Mulungu?

Kenako, perekani nthawi kwa atengambali kumphera mwakachetechete kumupempha Mulungu kudzionetsera Yekha kwa iwo ndi Chikondi Chake pa anthu Ake. Limbikitsani iwo kumupempha Mulungu kuti azionetsere Yekha mochuluka kwa iwo mu nthawi yamaphunziroyi, ndi kuwaonetsera iwo momwe ulendo wa moyo wawo ungagwiritsidwire ntchito polimbikitsa ena.

Ntchito ya kuyenda kuchokera malo ena ndi kupita kwina timautcha ulendo, ndipo timalankhulanso za moyo monga ulendo. "Ulendo wa moyo." Ulendo ulionse wa munthu umayambira pa mene mayai watenga mimba ndipo umapangidwa mu tsiku losawerengedwa la zochitika za tsiku ndi tsiku. Pamene moyo wathu watha, ndiye kuti ulendo wakwiniritsidwa, buku latsekeda, ndi nkhanzi ya ulendo wa padziko umakhala umboni kwa iwo amene amabwera kumbuyo kwathu. Gawo lapadera la ulendo wa moyo wa Mtsogoleri wa Chikhritu ndi ulendo wopita kukumvetsetsa mtima wa Mulungu mogwirizana ndi bkhani zokhudza moyo wa munthu ndi kuphunzira momwe angagawirane mtima Wake ndi okhulupilira ena.

Gawo limeneli la ulendo umafunikira inuyo kuyenda kuchokere awa ndi kukamvetsetsa enanso. Kuti mukonzekere ulendo, ndi kofunikira kudziwa za chinthu china chake chokhudza kokafikira. Inu mudzafunikire mapu a njira kuti mugwiritsse ntchito pamene mukuyenda, mwina mwake ukhoza kupeze ka kuti mwalephera. Buku ili lidzagwira ntchito monga mapu anjira yanu, ndipo adzathandizira kukonzekeretsa, kupeleka mphamvu, ndi kukutumiza iwe, ndi kuzindikira ndi kumvetsetsa mtima wa Mulungu ndi chikondi cha wanhu—aliyense amene adalengedwa ndi Mulungu mu chifaniziro Chake. Ulendo wanu ukhoza kukhala wautali kuposera wakale mmene zinthu zimachitikira kwa inu. Zitha kukhala zochitika pamene mukukumana ndi kusinthika ndi kukhala iye opatsa moyo.

Munthu aliyense ali ndi nkhanzi yokamba, ndipo palibe nkhanzi ziwiri zomwe ndi zofanana. Ndi kuthamanga kudzera mu nkhanzi zofunikira za munthu ndi kugwirizana pamodzi ndi nkhanzi zophumba za ukwati, banja, dera, ndi chikhalidwe ndi nyengo zina zambiri za paderia. Mitu yina ya nkhanzi za moyo wanu ndi zodzala ndi kulimba mtima ndi za machitidwe olimbikitsa—zokumana nazozimene zidakulimbikitsani inu, kapena zokweza ena. Mitu yina ndi yokhumudwitsa kapena yomvetsa chisoni, yokhudza anthu, malo, ndi zochitika zimene inu mumafunitsitsa mutaziiwala. Zinthu zina zimapeze ka mu zimene timazipeza mwa chikumbu mtima, ndipo zina mwa nkhanzi zimenezi zili ndi mphamvu yosintha dziko ku mibadyo mibadyo yomwe yikubwera.

## Kodi Nkhani Yanu ndi Yotani?

Zitha kukhala zosavuta nthawi zina pakumva ngati nkhanzi za anthu ena zili "zoposa" nkhanzi yanu: kusiyana kwambiri, yolimbikitsa kwambiri, yoombola kwambiri, yolimbikitsa kwambiri. Koma sizoona kwenikweni. Nkhani yanu ndi yapaderadera kukhudza kwambiri, yolimbikitsa kwambiri. Ndipo nkhanzi iliyonse yomwe yimaphatikizirapo kukumana ndi Yesu yidzakhala yoombola ndi yolimbikitsa kwa ena, chifukwa aliyense wa ife anakwezedwa payekha kuchokera kutali ndi mumatope ndi kuti mapazi athu akakhale pa thanthwe. (Masalmo 40)!

Inu ndi mchere wa dziko lapansi (Mateyu 5:13); osataya "kukoma kwake"! Inu ndinu kuunika kwa dziko lapansi (Mateyu 5:14); osabisa kuunika kwanu pansi pa dengu! Njira yosavuta kwa inu kuti kuunika kwanu kudziwala pamaso pa anthu ena ndi pofotokozeria ulendo wa moyo wanu. Dalira Mulungu kuti Iye adzagwiritsse ntchito nkhanzi yanu kukakwiniritsa zolina Zake mu miyoyo ya anthu ena, ndi kuti Iye akaphunzitse inu chinthu china chake chatsopano poyifotokozeria iyo!

**ZOLEMBA**

# Mulungu Akulankhula Kwa Ife Lero Lino

## KUPHUNZIRA KUMATHANDIZIRA

Pa phunziro limeneli, inu mutha kulimbitsa zokambirana pofunsa mafunso: Kodi njira zimene Mulungu amalankhulira kwa ife ndi zotani lerolino? Ndi mwanjira zanji zomwe Mulungu analankhu nanu kudzera mu Malemba? Perekani chitsanzo pa momwe Mulungu adakulankhulirani kudzera mwa Mzimu Oyera? Lembani mayankho a atengambali pa bolodi kuti onse azitha kuona.

Pamene tikhala atcheru ku liu la Mulungu ndi machawi a Mzimu Wake, maganizo athu ndi zolingalira za moyo ndi za anthu ena zidzakhala zotsimikizika. Nthawi zina Mulungu amatsogolera ku kayesa zikhulupiliro zathu ndi zolina kuti azibweretse chifupi mogwirizana ndi Mulungu. Pamene tizolowerana ndi njira zimene Mulungu amalankhulira kwa otsatira Ake, ife timakhala ozindikira mau Ake mkatikati mwa phokoso la moyo wathu wa tsiku ndi tsiku.

## Mulungu Amalankhula Kudzera mu Malemba

Njira yoyambilira yomwe Mulungu amalankhulira kwa ife masiku anon di kudzera mu Malemba Ake, Baibulo. Mau a Mulungu ndi ofunikira mu nyengo iliyonse ya moyo wathu ndi nthawi yina iliyonse. "Lemba lirilonse adaliuzira Mulungu, ndipo lipindulitsa; pa chipunzitso, chitsutsano, chikonzero, ndi mchilangizo cha mchilungamo; kuti munthu akhale oyenera okonzeka kuchita ntchito iliyonse yabwino" (2 Timeo 3:16-17). Pamene Mulungu alankhula kudzera mu Malemba Ake, ife tiyenera kumvetsera ndi kumvera malamulo Ake.

## Mulungu Amalankhula Kudzera Mwa Mzimu Wake Oyera

Mulungu amalankhula kwa anthu Ake kudzera mwa Mzimu Wake Oyera . Yohane 16:13 amati , "Koma pamene Mzimu wa choonadi adzafika, adzatsogolera inu ku choonadi chonse. Iye sadzalankhula za Iye mwini; Iye adzalankhula zimene adzamva ndipo adzakuuzani inu zimene zilinkudza." Kodi Mulungu Mzimu Oywera amalankhula kwa anthu okhulupilira mosiyana bwanji kuchokera kwa munthu ndi munthu mzake: ife titha kumva Mzimu akuyankhala mu mau okweza mu malingaliro athu kapena kudzera mu masautso ndi mumamvaimva.

Pamene Mzimu wa Mulungu alankhula kwa okhulupilira, tiyenera kulandira kulankhula kumeneku ndi kusianitsa ndi mau olembedwa Ake a Mulungu. Ngati Mulungu Mzimu akulankhula kwa ife, chilichonse chimene amalankhula Iye chidzagwirizana ndi choonadi cha Mulungu chovumbulutsidwa mu Malemba. Mzimu ndi Mau nthawi zonse zimayenda limodzi mwa njirayi.

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ZOLEMBA

## **Mulungu Amalankhula Kudzera Mwa Anthu Ena**

### **KUPHUNZIRA KUMATHANDIZIRA**

Mu chigawo chimenechi, limbikitsani atengambali kukambirana ndi kufunsa mafunso: Kodi Mulungu wakulankhulanu nmotani kudzera mwa anthu ena ? Nanga Mulungu adakulankhulanipo kudzera mu zizindikiro ndi maloto?

Nthawi zina Mulungu amalankhula kudzera mwa anthu ena. Baibulo ndi lodzala ndi zitsanzo za Mulungu kulankhula kwa munthu kudzera mwa anthu ena. Chitsanzo chomodzi chidziwikirathu mu Baibulo ndi pamene Mulungu adatuma muneneri Natani kuti akalankhulane ndi mfumu Davide zokhudzana ndi tchimo lake la chigololo ndi Betsheba ndi kuphedwa kwa mwamuna wake, Uliyam Hiti, (2 Samuel 12:1-15). Chitsanzo china ndi mmene mphunzitsi wa Lamulo Gamaliyeli analangizira atsogoleri a chipembedzo cha Chiyuda kuti asiye Atumwi a Yesu Khristu kuti apewe kulimbana ndi Mulungu, chimene chinalora kuthekera kwa kuti malingaliro awo ndi zochitika zavo zinali za kwa Mulungu ( Machitidwe 5:33-40). Chitsanzo chachitatu ndi pamene Mulungu adatumiza Hananiya kuyika manja pa Saulo kuti apenyeso ndi kuti adzazidwe ndi Mzimu Oyera ( Machitidwe 9: 10—19). Mulungu akulankhulabe lerolino, ndipo nthawi zina amasankha kulankhula kwa inu ndi ine kudzera mwa anthu ena.

### **Mulungu Amalankhula Kudzera Zizindikiro ndi Maloto**

Nthawi zina Mulungu amalankhula kwa anthu kudzera mu zizindikiro ndi maloto. Baibulo liri ndi zitsanzo zambiri za momwe Mulungu amalankhulira mwanjira yimeneyi. Mulungu adalankhula mu maloto kwa makolo ake a Yakobo (Genesis 28:10-22) ndi kwa Yosefe (Genesis 37:6-11), kwa muneneri Daniel (Daniel 7), kwa Yosefe—mwamuna wake wa Maliya —za kubadwa kwa Yesu (Mateyu 1:18-21), ndi kwa ena ambiri.

Maloto nthawi zambiri ndi achinsi ndi osokoneza komanso ovuta kutanthauzira. Mulungu adagwiritsa ntchito maloto ndi kumasulira kwawo polumikizana ndi Falao (Genesis 41), Nebuchadnezzar (Daniel 2), ndi mkazi wa Pontiyo Pilato (Mateyu 27:19). Mulungu amapitilira kuyankhula kwa anthu lelolino kudzera mu zizindikiro ndi maloto amene amafunikira nthawi nzeru zochokera kwa Mulungu nthawi zonse kuti amvetsetse.

## **Kodi Mulungu Akunena Chiyani Kwa Inu ?**

Chifukwa kuti timadziwa kuti Mulungu akulankhulabe masikuano, funso loyenera kufunsa siloti kodi Mulungu alankhula kwa ine? Komabe: Ine ndikumvetsera kwa Mulungu kuti ndimve zimene Iye akunena? , Mulungu amalankhula kwa anthu Ake, ndi pali zinyhu zambiri zimene Iye amafuna Iwe ndi Ine tidziwe: Kufunikira kwathu ndi kufunikira kwa mayitanidwe athu kuti akhale kuunika kwa dziko lapansi .....Pali mauthenga amabiri omwe Mulungu amafuna inu kuti muve kuchokra kwa Iye. Kodi Iye akunenan chiyani kwa kwa iwo? Kodi Mulungu amafuna inu kuti mumuyankha kwa ?

## **Kuunikira Mafunso**

1. Kodi Mulungu adalankhula bwanji kwa inu ndi kukutsogolerani mu moyo wanu?
2. Kodi Mulungu angagwiritse bwanji nkhani yanu mu miyoyo ya anthu ena?
3. Kodi njira zina ndi zotani zimene Mulungu amalankhulira kwa anthu ena ?
4. Kodi Mulungu akunena chiyani kwa inu za mtima Wake pa moyo wa munthu?

#### **KUPHUNZIRA KUMATHANDIZIRA**

Tsimikizirani atengambali kukhala tcheru momwe Mulungu adzalankhulire kwa iwo munthawi iyi ya maphunziro ndi kuyankha momvera.

Munthawi ya pemphero la chete atengambali afunse Mulungu pa zimene akunena kwa iwo za mtima Wake pa moyo wa munthu. Taganizirani kuti akuyembekezera ndi kumvetsera ku liu Lake ndi kulemba zimene Iye alankhula nawo.

Malizani pofunsa m'modzi kapena awiri a iwokuti apemphere. Kenako afunseninso iwo za mafunso atatu ofotokozeria: Kodi Mulungu amalankhula? Ngati Mulungu amalankhula kodi inu mukumvetsera? Ngati Mulungu amalankhula kwa inu kodi mukumvetsera pa zimene akunena kwa inu?

Mutu 2

## Momwe Baibulo Limaonera Dziko

"Ndipo iye ali oyamba wa zonse, ndipo zonse zigwirizana pamodzi ndi lye."

**Akolose 1:17**

### **Mu Mutu Umenewu Ophunzira Adza:**

1. Adzamvetsetsa momwe kuona kwa dziko kumatsogolerera moyo wa munthu.
2. Siyanitsani momwe dziko limaonera Baibulo ndi maonedwe ena.
3. Adzsindikira njira zomwe dziko limaonera Baibulo ndi kuti ziyanera kugwiritsidwa ntchito mu zochitika pa moyo w munthu.

### **Mfundu Zazikulu**

- Munthu aliyense ali ndi kaonedwe ka dziko: gulu la zikhulupiliro ndi zolina kuzimene timaonera zenizeni ndi kupanga chithunzithunzi cha dziko lapansi.
- Kaonedwe ka munthu waku dziko ndi chiyambi chakupanga chiganizo m'moyo.
- Kaonedwe a Chikhristu kumatsimikizira kufunika kwa moyo wonse wa munthu ndi umunthu wonse wa mwana wosabadwa.

### **Maumboni a M'malemba**

Akolose 1:17, Miyambo 14:12, Exodus 2:1-10, Genesis 2:7, Psalm 127:3-5, Yob 10:8-12, Jeremiah 1:5,

Mateyu 1:18

### **KUPHUNZIRA KUMATHANDIZIRA**

**Nthawi yovomerezeka pa phunziroli:** mphindi 65

Musanapereke tanthauzo kwa atengambali a kaonedwe ka dziko, apatseni mwai kuti afotokoze paokha.

## KUPHUNZIRA KUMATHANDIZIRA

Malizitsani ntchito 1 ( onani ku zakumapeto za mutu umenewu ).

Kaonedwe ka dziko ndi tsanamira za momwe timaonera zenizeni ndi kukhala ndi chithunzithunzi cha dziko. Ife tonse tili ndi maonedwe adziko amene amapangitsa momwe tionera zinthu, momwe tiganizira, momwe timachitira, ndi momwe timakhala. Kuona kwa munthu ndi chiyambi chukumvetsetsa chenicheni ndi popanga chiganizo ndipo zimakhala zofunikira kwambiri.

Kuona kwanu kuli ngati kuyang'ana dziko kudzera mu magalasi awiri akuda. Chilichonse chomwe mumaona chimakhala chakuda mofiilira. Ngati munakhalapo moyo wanu wose ndi kuvala magalasi okuda mofiilira, zikanakhala zovuta kuti mukaliganizire dziko kuti ndi silofilira! Izi ndi zimene kuona kwa dziko kumachitira: yimaonetsera mitundu ya dziko mogwirizana ndi mtundu wa magalasi omwe mukuyang'anirapo.

Ndizovuta kwa inu kuti mumvetsetse kuti munthu wina aliyense payekha akuvala magalasi oonera dziko, kaya amadziwa kapena sadziwa. Mtundu wanu, banja lanu, chikhaliidwe chanu, ndi njira za chikhulupiliro zonse zimapanga kaonedwe ka dziko. Kuona kwanu kwa dziko, mwa njira yina kumatsoglera momwe moyo wanu umakhalira. Kodi udindo wanu ndi waotani pa anthu osowa pokhala makatikati mwa dera lanu? Yankho lanu limatsogozana ndi momwe mumaonera dziko. Kodi mumakhulupilira kuti ana amabadwa mu uchimo, kapena mumakhulupilira kuti anawo amabadwa motengera ubwino ndi kuonongeka ndi machitachita a dziko? Yankho lanu limatsogozedwa ndi momwe muonera dziko.

Kumbukirani kuti magalazi a tintedi amapangitsa mitundu pa zilizonse zomwe mumaziona, ndi pakumvetsetsa kuti muli ndi maonedwe adziko ndi pamene mutha kuyamba kuzindikira zimene dziko limaonera kudzera pa magalasi a munthu wina mmene amaoneranso. Inu muthanso kuchepetsa kaonedwe kanu ka dziko: sinthani, tengerani, kakamizani, kapena mutha kuyikapo chatsopano! Ndi zimenezo pamapeto pake, kodi chimachitika ndi chiyani pamene tatengedwa mu banja la Mulungu: ife timalowa malo a kaonedwe kopanda Mulungu ndi njira yokhazikika mwa Khristu poyang'ana dziko. Kumene mau a Mulungu amakhala magalasi atsopano mwa amene titha kuonera dziko tsopano.

## Chiyambi cha Momwe Baibulo Limaonera Dziko

Momwe dziko lionera Baibulo ndi kuonjezera kaonedwe kuchokera ku kaonedwe komwe ndi kowala ndi kotsogoleredwa ndi Mau a Mulungu. Kumakhudza dera lirilonse la moyo, kuchokera kundalama kupita ku zikhaliidwe, kuchokera kun dale kupita ku za luso. Kwa Akhristu Baibulo liyenera kuhudza ganizo linalirilonse lomwe timapanga, ganizo lirilonse lomwe timakhala nalo ndi mfundo zonse zomwe timagwira.

Ndikofunikira kudziwa kuti Akhristu onse ali ndi kaonedwe kawo ka dziko, koma si Akhristu onse ali ndi kaonedwe ka Baibulo. Timafunikira kaonedwe ka dziko ka Baibulo chifukwa timafunika kumaona moyo ndi dziku kuchokera ku maonedwe a Mulungu. Ngati tiona zenizeni mosiyana ndi momwe Mulungu amaonera—ngati mavala magalasi osiyana—sitidzaona zinthu monga momwe zilili. “ Pali njira yooneka yolunjika koma potsilizira pake imatsoglera ku imfa. “( Miyambo 14:12). Kaonedwe ka Baibulo kamatisoglera ife kukakhulupilira ku zikhaliidwe zokwanira, zozizwa, ulemu wa munthu, ndi kuthekera kwa kuomboledaw.

Kumbukirani, ngakhale kuti, timasunga kaonedwe ka Baibulo pa dziko lapansi, “ timangoonba chithunzithunzi monga pa galasi; kenako tidzaona maso ndi maso” (1 Akorinto 13:12a). OKaonedwe kathu pa dziko sikudzakhala ka bwino munthawi ya makhalidwe a moyo wathu Padziko lapansi. Ayi kufikira titakafika kumwamba ndi pamene tidzaone bwino mokwanira.

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### *ZOLEMBA*

Kaonedwe ka Baibulo pa dziko lapansi kumapikisanan ndi maonedwe ena osiyanasiyana amene sagwiritsa ntchito Baibulo monga maziko awo. Zolakwika za kaonedwe kosachokera ku Baibulo zitha kuoneka kukhazikika kwa chikhulupiliro choti chinthu chili chonse chili ndi mzimu ndi moyo -mitengo, miyala, nyama, anthu, dzuwa, mwezi, mlengalenga, nyenyези, ndi zina zotero. Mfundu ya kaonedwe kotero kumatsogolera kukulambira mizimu ku dziko la chilengedwe, kusiyana ndi kulambira Mulungu m'modzi oona yekhayo. Anthu amakhala ndi mantha ndi mizimu ndi kuyesera kupeza mphamvu ndi ulamuliro kudzera mu zopereka ndi nsembe, zithumwa kapena matsenga. Njira ya kaonendwe kosachokera mu Baibulo kutha kukhala mfundu yoyanga'anirapo potsutsa chikhulupiliro chimene ndi Mulungu, ndipo m'malo mwake amakweza anthu ngati chinthu chapamwamba chosintha zinthu zachilengedwe. Malingana ndi kuona kwa dziko, munthu ndiye pothera pa ulamuliro onse wa pa zinthu zonse, kuphatikizapo pamene moyo wa munthu wina ukutha.

Kaonedwe ka Baibulo pa dziko lapansi, ngakhale, ndi kaonedwe ka dziko ndi moyo kuchokera poyimira pa munthu ndi Mulungu wa ulemelero amene adziulula Yekha kwa ife kudzera Muchilengedwe, Baibulo ndi Yesu Khristu. Kwa Akhristu Mulungu ndiye pachimake penipeni pa moyo, ndipo choonadi cha Baibulo ndi chiyambi cha momwe timakhalira. Moyo ulionse wa okhulupilira ndi yankho la kulambira Mulungu.

Chifukwa kuona kwa Baibulo pa dziko limakhazikika pa zimene Baibulo limanena za nkhanzi zazikulu za moyo, ndikofunikira kubweretsa mafunso onse ku Mau a Mulungu—Kodi Malemba amati chiyani za izi?

### **Kodi Baibulo Limanena Chiyani za Mulungu?**

Kuona kwathu kwa Mulungu kumasintha monga m'mene timaonera dziko. Malemba amatifotokozeria ife zinthu zambiri za momwe Mulungu alili ndi makhalidwe Ake. Choyamba Baibulo limatitsimikizira kuti Mulungu alipo ndipo amabwezera mphotho kwa iwo amena amamufuna Iye (Aheb. 11:6). Iye ndi Ambuye, olamuliora zinthu zonse, chifukwa cha ulemelero Wake (Akol. 1:16-17). Iye ndi wa nthawi zonse (Chiv. 4:8) olamulira (Masal. 103:18) ndi osasinha (Aheb. 13:8). Mulungu ndi oyera (1Petro 1:16), wachisomo, wangwiyo, ndi wachifundo. (Masalm 116:5) Iye ndi olungama (Masalm 89:14), wokhululuka, okoma mtima, omva chifundo (Nehemiya 9:17). Iye ndi Mbuye, ndipo palibenzo wina (Yesaya 45:5)!

### **Kodi Baibulo limanena chiyani za Chilengedwe?**

Mulungu, anagwiritsa ntchito chilichonse chosaonekera, chinabweretsa chilichonse chooneka monga momwe chilili. Chilengedwe chimavumbulutsira Mulungu (Masal. 19) ndipo zimabweretsa ulemelero kwa Iye (Yesaya 43:7). Cholengedwa chonse chinali chabwino poyamba, koma tsopano ndi chosalungama chifukwa cha kulowa kwa tchimo (Gen. 3:16-19). Kuyipa kwa kanthawi kumeneku kudzzaomboledwa ndi Mulungu. (Arom. 8:19-22). Kuona kwa Baibulo kumatsimikizira kuti Mulungu ndi wolamulira ndipo ndi wamphamvu Mbuye za zolengedwa zonse, ndipo amazipitiliza zolengedwa Zake. Munthu anapatsidwa ulamuliro pa zolengdwa za Mulungu, (Gen. 1:26) kuyang'anira, kudyetsa ndi kusamalira monga oyimira wa Olenga.

### **Kodi Baibulo limanena Chiyani za Munthu?**

Mulungu anatilenga ife mu chivanizilo ndi muchikhaldwe Chake (Gen. 1:27). Chifukwa amuna ndi akazi analengedwa mu chifaniziro cha Mulungu, iwo ndi opangidwa a pamwamba pa zolengedwa za Mulungu zonse (Masalm 139:13-16). Anthu ali ndi mzimu (Arom. 8:16). Ife tinalengedwa kuti titumikire Mulungu (Yohane 12:26). Mulungu, Mulengi wathu, amakonda anthu onse ndi kupereka njira ya chiombolo kuchoka

ku uchimo. (Yohane 3:16). Kukhala ndi maonedwe a Baibulo pa malo athu ndi ubale zimatithandiza ife kukwaniritsa udindo wathu wa kaganizidwe ndi kukhala ndi Mulungu.

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*ZOLEMBA*

## **Kodi Baibulo limanena chiyani za Zabwino ndi Zoyipa?**

Ngakhale kuti amuna ndi akazi onse adalengedwa mu chifaniziro cha Mulungu, kulowa kwa tchimo kudziko lapansi kunabweretsa kulakwika kwakukulu pa zolengedwa za Mulungu, makamaka anthu. (Rom. 5:12). Mulungu adakhazikitsa lamulo Lake, omwe ndi okwanira ndi amene tidzaweruzidwe nawo ( Mulaliki 12: 13—14. ) Baibulo ndi laulamuliro pa ife kuti tidziwe zimene Mulungu adanena pa zabwino ndi zoipa ( Masalm. 119:11). Tchimo limapangitsa kudziwa zimene ndi zabwino ndi osazichita izo ( Yakobo 4:17). Baibulo limatifotokozeria ife kuti tonse tinachimwa ( Aroma 3: 23), choncho tili akufa ku uzimu ndipo talekanitsidwa ndi Mulungu. (Aef. 2:1-3). Pachifukwa chimenechi ife ndife osakwanitsa kuonetsera chifaniziro cha Mulungu ndi chkhaliidwe Chake ( Aroma 1:18—32.) Chifukwa cha uchimo, ife mwachilengedwe ndife olimbana ndi Mulungu ndipo ndife otalikirana ndi Iye ( Aroma 8: 7, Aef 2: 1—3) choncho zisankho ndi zochita zathu ndi zokhudzidwa ndi tchimo nthawi zonse. Anthu atha kusankha kuchita zinthu zabwino, koma kaonedwe ka Baibulo pa dziko, kumatithandizira kusianitsa pakati pa zabwino ndi zabwino mopitilira, zomwe ndi cholinga cha Kukondweretsa Mulungu.

## **Kodi Baibulo limati Chiyani za Olimba ndi Ofooka?**

Malemba amaonetsera Mulungu amene amatetezera mopitilira omwe ndi ofooka ndi opanda mphamvu ( Masalmo 68:5) ndipo monga onyamula chifaniziro cha Mulungu ife tiyenera kuteteza ofooka ( Masalmo 82:3). Moyo wa munthu aliyense analngedwa mu chifaniziro cha Mulungu ndipo pa chifukwachi, tonse ndife ofunika mofanana—wamkulu ndi wachinyamata, wodwala ndi wathanzi wolimba ndi ofooka. Mulungu adalonjeza kukumbira kuti inu mudathandizira munthu wina wosowa pamenen inunso musowa thandizo ( Masalmo 41:1 ) Ife tikulimbikitsidwa kuthandizira ofooka. ( Machitidwe 20: 35).

## **Kodi Baibulo limati chiyani za Kutaya Mimba ndi Kuchepetsa Moyo?**

Baibulo silikunena poyerza kutaya mimba; liu loti kutaya mimba silikupezeza mu Malemba. Koma Baibulo lili ndi zambiri zokamba zokhudza moyo ndi imfa. Potengera pa chiyambi cha moyo, Baibulo silionetsera za kuyima, mimba, ndi kubadwa monga magwo osiya na pa kapangidwe ka moyo, m'malo mwake onse ndi mbali imodzi ya koyambilira kwa moyo, kuyambira pa kuyima mimba. Malemba amakamba za nthawi yakuyima mimba ( Masalmo 51: 5), mimba ( Masalmo 139:13), ndi kubadwa ( Luk. 1: 31; 2: 6-7) pa nkhani ya "moyo" osangoti kuthekera kwa chinthu china chake chokhala ndi moyo. Moyo wa munthu unalengedwa ndi Mulungu ( Gen 1: 26-27), ndipo amakaniza kupha moyo wa munthu ( Exodo 20: 3). Baibulo limatifotokozeria ife kuti Mulungu amadana ndi iwo amene amakhetsa mwazi wa osalakwa ( Miyambo 6: 16-19). Malemba amatilimbikitsa ife kuhala olanditsa ofooka ndi kuwaombola iwo kuchokera manja a oipa ( Masalmo 82: 4), ndi kuombola iwo amene atsogoleredwa ku imfa ( Miyambo 24: 11). Kuyenera kwa munthu sikumasinthana ndi kutembali kwa munthu kudera kapena pamulingo wa kuzunzika kumene akukumana nako—moyo wa munthu ndi ofunikira chifukwa umanyamula chifaniziro cha Mulungu. Mwana osabadwa, mamuna kapena mkazi olumala, kapena okalamba sachepetsa chifaniziro cha Mulungu ndipo sikuti amafunkira pang'ono kusiyana ndi anthu ena pamaso pa Mulungu.

## Momwe Baibulo Limaonera dziko – Nchifukwa chiyani Timakufuna

Ife timnakumana ndi maonedwe a dziko otsutsana nefe tsiku ndi tsiku. Ife timapwetekedwa nthawi ndi nthawi ndi pa kaonedwe ka mfundo zovuta, monga Mulungu, dziko, moyo wa munthu, zabwino ndi zoipa, zamphamvu ndi zoooka, ndi kufunika kwa moyo wa munthu zimenen ndi zosatheka ndi maonedwe a Baibulo. Kuona kwathu kwa dziko kuma fotokozerwa mayankho athu ambiri ku mafunso ambiri ofunkira: Kodi moyo wa munthu amayamba liti? Kodi moyo wa munthu umayamba bwanji? Kodi ndi ndani yemwe amasankha kuti moyo wa munthu uyambe ndi nthawi yomaliza ya moyo wa munthu? Baibulo—ndi kaonedwe ka dziko kumene kumaumba – kumatilangiza ife kuti Mulungu amakhala nawo pa zinthu zonse za moyo wa munthu, ndipo ndi Mulungu Yekha amene amasankha chiyambi ndi chimaliziro cha moyo ulionse. Kwa iwo amene sazindikira kukaonedwe ka dziko kameneka, iwo nthawi zambiri amakhulupilira kuti ali ndi ufulu opanga chiganizo cho maliza moyo potengera mfundo monga, mbiri yabwino, kukhala bwino kapena machitidwe a chikhaliidwe ndi mfundo zawo.

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ZOLEMBA

## Momwe Baibulo Limaonera Dziko pa Kuchepetsa Moyo wa Munthu

Moyo wa munthu ndi woyerwa chifukw auna lengedwa mu chifaniziro cha Mulungu ndipo ndi opatulidwa pa zolengedwa zina. Inu munali munthu kuyambira pa nthawi yomwe munapangidwa mu mimba mwa mayi anu. Sikuti munali munthu osayenera, kuti panthawi ya mtsogolo mudzhale munthu wathunthu. Inu munaumbidwa ngati munthu, munthu opangidwa mu chifaniziro cha Mulungu. Izi ndi kuphatikizapo aliyense—Akhristu ndi omwe si Akhristu ndi chimodzimodzi. Palibe wina woposa kapena wochepera pa munthu mzake, palibe kusina ndi munthu aliyense.

Chifukwa kufunika kwathu kunabwera kuchokera pa mfundu yakuti ife tonse ndife anthu olengedwa ndi Mulungu mu chifaniziro Chake, kutanthauza kuti tonse ndife ofanana. Chilichonse chomwe nzeru zathu zingasunge, akaunti ya banki yathu, zikhaliidwe zathu, mtundu wathu, zaka zathu, kuthekera kwathu, mayimidwe athu—ife tonse tili ndi kuyenera kofanana. Chifukwa Mulungu ameneyu watipatsa kufunika, kupeze ka mwa munthu wina aliyense, sizingatayike.

Palibe angasinthe—osati msinkhu, ngozi, matenda, kapena imfa. Kudziwa kwathu sikudzaonjezera, kapena kuchotserapo pa izi. Chifaniziro cha Mulungu—chomwe chinasindikiza chifaniziro Chake chimene tonse timanyamula—sizingafafanizidwe. Ngakhale tchimo lidasokoneza chifaniziro, tikunyamulabe chikhaliidwe cha Mulungu.

Chifukwa Kayini adapha Abelo, moyo wa munthu unapitilirabe kuonongedwa ndi kuchepetsedwa mu njira zosadziwika mwa mayina osiyansiyana : kupha, ukapolo, nkhondo, kuyeretsa kwa chikhaliidwe, kuzembetsedwa kwa munthu, uhule, usillikali wa ana, kupha, kuchepetsa chiwerengero, kuphana mwa chifundo, nkhondo, mabodza, kuonongerana mbiri, udani, kusankhana mitundu, kusalana, kuchitirana zosayenera, kugonana mokakamiza, mndandanda ukupitilirabe.... Ndipo zimaswa mtima wa Mulungu, chifukwa ndi kuzunza pa chifaniziro Chake.

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**ZOLEMBA**

## **Zakumapeto: Momwe Baibulo Limaonera Dziko**

### **Ntchito 1 ( mphindi 5-10 )**

Dziwani: Kudalira kusunga nthawi, mutha kugwiritsa ntchito chisankho chimodzi kapena zonse za zotsatirazi.

### **Njira Yoyamba: (Magalasi a mitundumitundu )**

1. Bwerani okonzeka ndi makamaka ndi mitindu iwiri ya magalasi a mitundumitundu ( mukhozaso kugwiritsa ntchito mafoni a galasi la mitundumitundu, mapepala a pulasitiki, kapena chinthu chilichonse mtundu woonekera chomwe mukhoza kumayang'anirapo ). Dziwani: ndikofunikira kuti izi ndi mitundu iwiri yosiyana, osati mitundi iwiri yofanana ( mwachitsanzo, mutha kugwiritsa ntchito magalasi a yelo ndi mtundu wina wofiila, koma osati lina lofilirako ndi lina loderapo).
2. Funsani: “Pamene mumva liu loti kuona kwa ‘dziko’ kodi ndi chiyani chimafika ku malingaliro anu? Kodi mungafotokozere bwabji kuona kwa “dziko” Landirani mayankho koma sanaperekabe tanthauzo la kaonedwe ka dziko.
3. IKani awiri awiri, a magalasi adzuwa a mitundumitundu ( kapena kuyang’anira pa pepara la pulasitiki). Funsani, “ Kodi chipind a chidzaoneka bwanji kwa ine pamene ndavala magalasi adzuwa amenewa?”
4. Funsani munthu wina kuti avale mtundu wina wa magalasi adzuwa a mitundumitundu. Funsani: Kodi chipindacho chidzaoneka bwanji kwa munthu ameneyu?”
5. Funsani: “Fotokozani kwa ine kuti ndi chifukwa chiyani awiri mwa ife tikuona zinthu mosiyana?”
6. Funsani: “Kodi kuyang’ana mu chipinda kudzera ku magalasi adzuwa a mitundumitundu kumafanana bwanji ndi momwe timakhalira momwe dziko limaonera?” kapena “ kodi zikusiyana bwanji pakati pa mowe timaonera mchipinda kufanana ndi momwe Akhristu ndi omwe Sali Akhristu amaonera dziko?”

### **Njira Yachiwiri (Nkhani )**

1. Fotokozerani nkhanzi ( makamaka yochokera ku zimene munthu adakumana nazo ) zimene zimaonetsera momwe anthu awiri atha kumaonera pa chinthu chimodzi koma kumona mosiyana. Onani chitsa chili m’musimu.
2. Funsani moyenera, mafunso otsegula ndi otsekera kuthandizira kukhazikitsa kumvetsetsa kwa momwe dziko lionera monga:
  - “Chifukwa chiyani anthu a munkhani yanga amaonera chinthu chimodzi koma mosiyana?”
  - “Kodi chimawapangitsa iwo ndi chiyani kupanga zinthu zosiyana motero?”
  - “Nanga zimafanana bwanji pamene ine monga Mkhristu ndi maona chinthu china mosiyana kwambiri kuyerekeza ndi munthu wina amene Sali Mkhristu”

### **Nkhani ya Chitsanzo:**

Banja lina linkayenda kudzera mu Oregon, yimodzi mwa mayiko aku United States. Ndi dera la la maonekedwe obiliwira, ndipo miteongo idaphimba mapiri ndi Nyanja ndi mitsinje yokongola. Pamene ankayenda, mamuna analankhula nthawi zambiri za kaonekedwe kobiliwira ndi kokongola momwe analili, koma yankho la mkazi wake linali losagwira mtima: Eya, ndi abwino, koma zonse zikuoneka ngati zouma ndi zosasangalatsa." Iye anasokonezekwa ndi yankho lake. Atatha kuyenda kwa maola angapo, iye kenako anazindikira kuti mkaziyo adavala magalasi a blauni, pamene mwamuna sanavale mtundu ulionse wa magalsi, zomwe zinapereka kwa iwo zinthu ziwiri zosiyana pa kaonedwe kosiyanpa malo ofanana.

### **Ntchito 2 ( mphindi 45)**

1. Kugwiritsa ntchito chati chopanda kanthu cha kaonedwe ka dziko ( onani m'musimu), pangani chati yayikulu yopanda kanthu kuti ilembewemo mukatha ntchito ya gulu laling'ono. Gwiritsani ntchito njira yilionse yomwe mulinayo pafupi, pepala, bolodi, chikwangwani, pepala la mulingo wabwino, mfundo zamphambvu ndi zina zotero.
2. Funsani: "Kodi mungafotokozere bwanji kaonedwe kanu ka dziko? Lorani omvetsera kuyankha Mfunso kuchokera ku kuona kwawo kwa Chikhristu \ Baibulo monga abusa ndi atsogoleri a Mipingo.
3. Funsani: "Kodi njira zina zikuluzikulu zoonera dziko zomwe zikupezeza mu dziko lanu ndi ziti?" mutha kufunsa zipembedzo zina zikuluzikulu kapena ma Sukulu a pamwamba\ zopereka nzeru\ za sayansi. Mukatha kukambirana mwa chidule, fotokozera chilichonse chomwe si chochokera mu Baibulo poonera dziko chiyenera kuyikidwa ku mtundu wa zinthu zosachokera mu Baibulo polionera dziko.

### **Ntchito ya Gulu Laling'ono**

4. Gawani gulu lalikulu mu magulu awiri kapena anayi ( anthu 5-10 pa gulu lirilonse), ndipo perekani matchati osalembewa akaonedwe ka dziko omwe a mutchati chomwe chili m'musimu. Dziwani kuti musalembe mndandanda wa "kutaya mimba" pa tchaticho pakalipano.
5. Langizani theka la magulu aang'ono kuti angolembamo "Momwe Baibulo Limaonera dziko" mu bokosi poyankha mafunso ogwirizana mu bokosi la kumanzere. Theka lina la magulu liyenera kulemba zokhazo "Kuona kosachokera mu Baibulo" Magulu ayenera kumangotenga ma miniti pa chinthu mu bokosimo ( mphindi 10 zonse ). Kuwalimbikitsa iwo kupitilira kudutsa mu chinthu chilichonse mwachangu, mutha kulengeza mphindi ziwiri zilizonse zikatha.

### **Ntchito ya Gulu**

6. Mphindi khumi zikatha, yitanani magulu onse pamodzi. Funsani magulu omwe anapatsidwa ntchito ya “Momwe Baibulo Limaonera Dziko: Malingana ndi Baibulo, Kodi Mulungu ndi Ndani? Kodi gulu lanu linalemba zotani?” Lembani mayanklho a omvetsera. Pitilizani kutsika ndi tchati, kulemba mayankho pa kaonedwe kosachokera mu Baibulo.
7. Mzere oyamba ukamaliza, nenani, “Kuona kwathu kwa Mulungu kudzakhudza momwe tiganizira za dziko.” Pitilizani kumalizitsa tchati monga mu gawo 5.
8. Malizitsani tchati, pogwiritsa ntchito ndondomeko yomweyo potsatira mizere ya atsogoleri. Mafunso a chitsanzo amaperekedwa kuti athandizire kupereka mphamvu ku zokambirana pakati pa atengambali. ( Izi zilinso mu zolemba)::
  - Moyo wa Munthu (Kodi moyo wa munthu udayambira bkuti? Kodi moyo umayambira pati? Kodi kufunika kwa moyo wa munthu nkotani kusina ndi mbali zina za chilengedwe?)
  - Chabwino ndi Choyipa ( Kodi kaonedwe kalikonse kadziko kamazindikira bwanji pa chomwe ndi chabwino ndi choyipa?)
  - Mphamvu ndi Kufooka ( Kodi Baibulo limatiphunzitsa ife chiyani za maubale pakati pa iwo amene ndi olimba ndi ofooka ( amasiye , osiiyidwa, ndi ena otwero?) (Kodi kaonedwe kake ndi kotani pa zinyama ndi anthu pa iwo amene ndi olimba ndi ofooka?)
  - Pa mfundo yimeneyi onjezeranipo “Kutaya mimba,” pa mzere omaliza. Ichi chidzachitika pamodzi osati mumagulu ang’onoang’ono. ( Ngati kaonedwe ka Baibulo kamatiphunzitsa kuti ife tiyenera kuteteza ofooka kodi vuto ndi chiyani pa kaonedwe ka Baibulo? Mvetsetsani za nyama ndi anthu pa kaonedwe kadziko pa olimba ndi ofooka, kodi adzona bwanji pa kutaya mimba?)
9. Pomaliza, ombani nkota mwanjira iyi:
  - Momwe timaonera Mulungu ndimomwenso tidzamvetsetsera chilengedwe.
  - Kumvetsetsa kwathu pa chilengedwe ndipo zimasintha kaonedwe kathu pa moyo wa munthu.
  - Kaonedwe kathu ka dziko pa moyo wa munthu kudzalimbikitsa momwe timadziwira zabwino ku zoipa.
  - Chiyambi chathu pa zabwino ndi zoipa kudzakakamiza kaonedwe kathu pa ubale pakati pa dera lolimba ndi lofooka.
  - Momwe timaonera ubale wathu pakati pa olimba ndi ofooka zidzatitsogolera ife kukaonedwe kathu pa kutaya mimba.
  - Ngati kuona kwathu kwa dziko pa Mulungu ndi kusachokera mu Baibulo, ndiye kuti zidzakhala zosavuta kufika pa kuomba mkota kuti tili ndi ufulu kudziwa kuti amene ali ndi ufulu ndipo ndi ndani amene alibe m’malo mongoperekha chiganizo pa iye Olenga moyo umenewo.
10. Kukambira kukangotha, inu tuyenera kupereka zolemba lomalizika.

<b>Kutsutsa Kaonedwe</b>	<b>Kaonedwe ka Baibulo</b>	<b>Kaonedwe kusachokera ku Baibulo</b>
<b>Mulungu</b>  Kodi Mulungu ndi ndani\ chiyani?		
<b>Dziko\ Chilengedwe</b>  Kodi dziko linadapangidwa bwanji? Ali ndi ulamuliro ndi ndani?		
<b>Moyo wa Munthu</b>  Kodi moyo udachokera kuti? Nanga moyo udayamba liti?  Kodi kufunikira kwa moyo wa munthu ndi chiyani kuyerekeza ndi zinthu zina zonse zolengedwa?		

<b>Chabwino ndi Choipa</b>  Kodi kaonedwe kalikonse ka dziko kamakakamira bwanji pa zimene ndi zabwino ndi zoipa?  Kodi amasankha ndi ndani zomwe ndi zabwino?		
<b>Olimba ndi Ofooka</b>  Kodi kaonedwe kalikonse kadziko kamamvetsetsa motani pa ubale wa pakati pa olimba ndi ofooka?		
<b>Kuchotsa Mimba ndi Kuchepetsa Moyo</b>  Kodi kaonedwe ka dziko kalikonse kamanena chiyani za kuchotsa mimba ndi kuchepetsedwa kwa moyo wa munthu?		

## Chiyero cha Moyo wa Munthu

"Ndipo Mulungu adalenga munthu mu chifaniziro Chake , mu chifaniziro cha Mulungu adalenga iwo mwamuna ndi mkazi"  
**Genesis 1:27**

### **Mu mutu umenewu Ophunzira Adza:**

1. Adzaphunzira zimene Baibulo limanena za kufunikira kwa moyo wa munthu.
2. Fotokozani chifukwa chomwe moyo wa munthu uli ofunikira.
3. Adzazindikira kuti munthu wina aliyense—mwamuna kapena mkazi, chilichonse cha pa dziko—ndi cha mulingo ofanana pamaso pa Mulungu.
4. Adzazindikira njira zomwe kuchepetsedwa kulikonse kwa moyo wa munthu kumatsogolera kwakuya kwa kuonongeka kwa moyo wa munthu.
5. Adzamvetsetsa mayankho a M'baibulo a kutaya mimba ndi zina zochepletsa moyo wa munthu.

### **Mfundu Zazikulu**

- Munthu ndi wapaderadera pa zolengedwa zonse chifukwa amuna ndi akazi analengedwa mu chifaniziro cha Mulung.
- Moyo onse wa munthu ndi oyenera ndipo ndipo ndi ofunika mopambana kuchokera ku chiyambi cha mimba kukafikira ku imfa ya chile ngedwe, chifukwa munthu anapangidwa mu chifaniziro cha Mulungu.
- Kupetsedwa kwa moyo wa munthu kudatsogolera ku imfa kwa anthu million mazanamazana ndi kupangitsa kuonongeka kosaneneka pa dziko lonse lapansi.
- Tiyenera Kulemekeza moyo wa munthu monga achitira Mulungu ndikusankha kukhala opatsa moyo mukaonedwe kathu ndi mu mayankho kwa anthu onse kuphatikizapo mwana osabadwa.

## Maumboni a M'malemba

Genesis 1:26-27, Genesis 2:7, Masalmo 100:3, Masalmo 139:13-16a, Yeremiya 1:4-5, Genesis 1:27, Genesis 1:31a, Exodo 20:13, Miyambo 6:17, Masalmo 139:13-14, Masalmo 139:15-16, Yeremiya 1:5, Genesis 1:27, Yohane 10:10, Miyambo 24:11, Mateyu 25:40, Miyambo 31:8-9, Masalmo 68:5, Yeremiah 9:24, Yakobo 2:14-17, 2 Akorintho 5:18-19

### KUPHUNZIRA KUMATHANDIZIRA

**Nthawi yovomerezeka pa phunziro ili:** mphindi 60-90

Yambani ndi mafunso amenewa: "Kodi mau chiyero amatanthauza chiyani? Pamene mukumwa za mau amenewa, kodi ndi chiyani chomwe chimabwera mu malingaliro anu?"

Ganizirani po tsegula phunziro ili ndi kufotokozerwa mwa sewero pofotokozeranso nkhani ya chilengedwe cha Mulungu kuchokera ku Genesis 1. Afunseni atengambali momwe Mulungu adalengera kuwala, ndipo yembekezerani mayankho awo; "Iye adalankhula ndipo zinaoneka, kapena mayankho ofanana. Funsani mwa chimodzichimozi chokhudzana ndi nyenyenyezi, zomera ndi zinyama, ndipo pomalizira munthu. Yembekezerani mayankho awo aliyense akatha kuyankhapo. Tsindikani momwe Mulungu adapangira munthu kuchokera kudothi la padziko. Ichi chinali chosiyana pa gawo linalirilonse la cholengedwa Chake. Kuchokera pa chiyambi mwamuna ndi mkazi anali opatulika pa magawo onse a zolengedwa; iwo anali "oyera" opatsidwa moyo ndi Mzimu wa Mulungu po pumira mwa iwo.

Baibulo limatiphunzitsa kuti Mulungu adalenga munthu mu chifaniziro ndi muchikhaldwe cha Mulungu: "Ndipo Mulungu adalenga munthu mu chifaniziro Chake, mu chifaniziro cha Mulungu adalenga iwo mwamuna ndi mkazi" (Genesis 1:27). Maziko a mfundo yoona yimeneyi ndi yamoyo ndi maziko ogwirika pa kukwezedwa ndi kutetezedwa kwa moyo wa munthu mu nthawi iliyonse ndi mulingo onse. **Moyo wa munthu onse ndi oyenera mofanana ndipo ndi ofunikira kwambiri, kuchokera kuchiyambi cha mimba kufikira ku imfa ya chilengedwe, chifukwa munthu anapangidwa mu chifaniziro cha Mulungu.**

"Ndipo Yehova Mulungu adaumba munthu ndi dothi lapansi nauzira mpweya m'mphuno mwake munthuyo anakhala wamoyo." (Genesis 2:7). Munthu ndi wapaderadera chifukwa Mulungu adauzira moyo mwa iye – izi sizili choncho ndi zolengedwa zina zonse za moyo. Anthu ndi opatalidwanso kuchokera ku zinyama chifukwa cha kumvetsetsa kwa uzimu ndi chifukwa tili ndi chikumbumtima, zonse mwa izi zimachokera kwa Mulungu.

Amuna ndi akazi ndi anzeru, amamvaimva, amakhalidwe, ndi amoyo wa uzimu umene sudzaleka kupezeke; zonsezi ndi kudzionetsera kwa makhalidwe ochokera kwa Mulungu. Chifaniziro cha Mulungu chimaonekeranso makhalidwe alionse osiyana omwe timatengera, chikondi, kukhulupirika, chilungamo, ungwiro, kudekha, kukoma mtima, kudzichepetsa, kukhululukira, chifundo, ndi chisomo.

Baibulo limanena bwino za ulamuliro wa Mulungu pa zolengedwa Zake, koma zimapanga kusiyana kwapadera pa munthu—mwamuna ndi mkazi—pakuti ndife tokhafe amoyo lengedwa mu chifaniziro cha Mulungu. (Kusiyana kumeneku sikunasungidwe kwa otsatira okhawo a Khristu, koma kuphatikizirapo mtundu wa munthu wina aliyense.) Mulungu adapanga yense wa ife mu chifaniziro Chake, ndi cholinga (Masalmo 100:3, Masalmo 139:13-16a), ndipo ali ndi cholinga pa miyoyo yathu chomwe chidayambira pa kutenga mimba—nthawi yoyamba ya kupezeke kwathu (Yeremiya 1:4-5).

## Kodi Baibulo Limanena Chiyani za Kufunikira kwa Moyo wa Munthu?

### **Moyo wa munthu ndi ofunikira chifukwa Mulungu adalenga munthu mu chifaniziro Chake.**

"Mulungu adalenga munthu mu chifaniziro Chake, mu chifaniziro cha Mulungu adalenga iwo mwamuna ndi mkazi" (Genesis 1:27). Choonadi chimenechi cha Baibulo chimakhazikitsa kufunikira kwakukulu kwa moyo wa munthu aliyense. Kufunika kwathu sikopanda mphamvu, monga ndalamu za zitsulo. Kufunika kwathu kunakhazikika mu kusowa, monga siliva ndi golide. Kufunika kwathu kunachokera mwa M'modzi yemwe tidapangidwako mwa chifaniziro chake.

### **Moyo wa munthu ndi ofunikira chifukwa Mulungu adalengeza za munthu kukhala wabwino kwambiri.**

"Mulungu adaona zonse zimene adazipanga ndipo zinali za bwino" (Genesis 1:31a). Izi zimatengera chomwe adalengeza za ubwino wa cholengedwa cha Mulungu kuphatikizapo kupangidwa kwa munthu.

### **Moyo wa munthu ndi ofunikira chifukwa Mulungu amaletsa ndipo sakondwera ku chotsa moyo wa munthu.**

Lamulo la chisanu ndi chimodzi limati, "Inu musaphe" (Exodo 20:13). Miyambo 6:17 amati Ambuye amadana ndi manja omwe amakhetsa mwazi wa osalakwa."

### **Moyo wa munthu ndi ofunikira chifukwa Mulungu amalenga moyo ulionse wa munthu.**

"Pakuti inu munalenga imso zanga; munandiumba ndisanabadwe ine; ndikuyamikani ine chifukwa chipangidwe change ndi choopsa ndi chodabwitsa; ntchito zanu ndi zodabwitsa, moyo wanga uchidziwa bwino" (Masalmo 139:13-14).

**Moyo wa munthu ndi ofunikira chifukwa Mulungu amatidziwa ife kuchokera tisanabadwe, anafunitsitsa za chilengedwe chathu, ndipo ali ndi cholinga ndi miyoyo yathu.**

“Thupi langa silinabisikira inu popangidwa ine mobisika, poomedewa ine monga mmusi mwake mwa dziko lapansi; ndisanaumbidwe ine maso anu anandipenya , ziwalo zanga zonse zinalembewa mumabuku anu masiku akuti ziumbidwe palibe chimodzi mwa icho” (Psalm 139:15-16). “Ndisana kulenge iwe m’mimba ndinakudziwa, ndipo usanabadwe ndinakupatula iwe ndinakuyika kuti ukhale m’neneri wa mitundu ya anthu” (Yeremiya 1:5).

## Munthu Aliyense wa Moyo Ndi Ofunika Mofanana

Kufunikira kwathu kwa Mulungu kumakhala chimodzimodzi kaya pali kusiyana kotani pakati pathu mu maonekedwe, musinkhu, khungu, kochokera kuchikhaliidwe chathu, mtundu, chipembedzo, chilankhulo, dziko, mulingo wa nzeru, m'mene timakhalira, olemera kapena osauka, kapena ndi zinthu zina. Moyo wa munthu aliyense analengedwa mu chifaniziro cha Mulungu, ndipo choncho ayenera kulemekezedwa, kusamalidwa mwa ulemu, kutetezedwa, kusamalidwa—osati kuchotsedwa ulemu, osawerengedwa, osafunikira, oyang'aniridwa kumbali, oonongedwa, kuphedwa.

Moyo wa munthu aliyense ndi ofunika kuchokera pa nthawi ya kutenga mimba ndipo kufunikira kwathu kumapitilira mpaka moyo wathu wonse. Mchitidwe osokoneza kulimbana ndi ofooka, ofook, olumala, kapena okalamba, kapena ana osabadwa, ndi mulandu kwa Mulungu.

"Mulungu adalenga munthu mu chifaniziro Chake, mu chifaniziro cha Mulungu adalenga iwo mwamuna ndi mkazi" (Genesis 1:27). Amuna ndi Akazi onsewa amanyamula chifaniziro cha Mulungu, choncho amuna ndi akazi ndi ofanana mu ulemu ndipo ndi oyenera. Ngakhale amuna ndi akazi ali ndi maudindo osiyana m'banja, mulingo osiyana wa mphamu za kuthupi, ndi njira zosiyana za kaganizidwe ndi kamvedwe pa chinthu chilichonse, iwo onsewa amanyamura chifaniziro cha Mulungu, mwa ichi onsewa ndi ofunika mofanana.

Kuchitira akazi monga ufunikira pang'ono kusiyana ndi amuna ndi vuto lalikulu mu mayiko ambiri. Kuchitira mkazi mwa njira ina ilionse ngati kuti ndi ofunika pang'ono kusiyana ndi mwamuna ndi kusowa ulemu ndi kuchepetsa munthu wamoyo opangidwa mu chifaniziro cha Mulungu. Amuna a Akhristu makamaka mu mayiko kumene amuna ali ndi mphamu zochuluka ndi ulamuliro, ayenera kutsogolera njira pakuonetsera mchitidwe wabwino kwa akazi ndi kuwachitira moyenera akazi awo mofanana ndi akazi ena onse—mwanjira ya umulungu, ndi kuwachitira ulemu.

## Kutaya mimba: Nkhondo Yayikulu pa Mbiri Yadziko

### KUPHUNZIRA KUMATHANDIZRA

Funsani mafunso: "Kodi moyo wa munthu ukuchepetsedwa bwanji mu dziko lanu?" Lorani zokambiran zachidule.

Mu Yohane 10:10, Yesu anati, "Siikudza mbala koma kuti ikhabe, ndi kupha, ndi kuononga." Ichi ndi choonadi cha uzimu kumbuyo kwa njira zambiri zimene anthu akuchepetsedwa ku dziko: kudzera mu ukapolo, kupsinja, kuzunza, nkhanza, ndi kuphana, komwe kumakhalabe mulandu molimbana ndi moyo wa munthu. Anthu zikwi mazanamazana amaphedwa kuphatikizirapo munthu payekha padziko lonse lapansi chaka chilichonse. Dziko lapansi laonanso kuonongeka kwakukulu kwa moyo wa munthu mu zaka zangothazi ( ndi mumbiri ya moyo wonse wa munthu) monga zotsatira za nkhondo: mndandanda wa kuonongedwa kwa magulu akuluakulu a anthu, nthawi zina anthu ma million.

### KUPHUNZIRA KUMATHANDIZRA

Malizitsani Ntchito 1 (onani zakumapeto komalizira kwa mutu umenewu).

- Nkhondo yaku Rwanda (1994): 1,174,000 anthu achi Tutsi ndi Hutu
- Nkhondo yaku Cambodia (1975–1979): 2,000,000 anthu achi Khmer
- The Holocaust/Shoah (1933–1945): 13,000,000 Europeans, kuphatikizapo 6,000,000 Jews
- The Stalin regime (1941–1953): 20,000,000 Soviets

Ife tinaona kuti pamene moyo wa munthu sukulemekezedwa moyenera, atsogoleri a ndale, magulu a anthu, ndi madera akhala nawo pa kuonongeka kwakukulu kwa zikhaliidwe. Koma chimene chimatsalira kwambiri ndi nkhondo yosaonekera, yomwe imapha anthu ambiri pa chaka kusiyana ndi zitsanzo zonse zakale zomwe zaphatikizidwa. Ndi Kutayamimba, ndipo kutaya mimba kutha miyoyo yochuluka kuposa anthu 56 million padziko lonse lapansi pa chaka.

Monga dziko nthawi zambiri limayika kumbuyo pa zolakwika zomwe zimachitidwa mu mayiko oyandikana nawo, ife tatembenkira kutali ndi zoyipa za kutaya mimba ndipo zotsatira zake mkatı mwa mabanja athu, madera, ndi mayiko. Ngati zilizoona kuti moyo wa munthu wonse ndi ofunikira mofanana pa maso pa Mulungu ndiye kuti iwo amene avomereza chikhulupiliro chawo mwa Yesu Khristu sayenera kuyang'anira kumbali pa choipa chachikulu cha kutaya mimba. Koma kungo tembunukira kumbali sikokwanira. Tiyenera kuona choipa cha chikulu chimenechi ndipo tiyeneranso kuchitapo kanthu m'malo mwa iwo amene sangathe kuziteteza okha. "Landitsani iwo amene atsogoleredwa ku imfa," atero Miyambo 24:11.

## Kuchepetsa Moyo wa Munthu pa Milingo Yonse

Kupha ndi kutaya mimba ndi mchitidwe woopsa kwambiri pa moyo wa munthu, zonsezi zimabweretsa imfa ya munthu. Kupha kukhoza kuchitika nthawi yiliyonse munthu akabadwa, koma chifukwa kutaya mimba kumachitika munthu asanabadwe, kudzakhala gawo loyambilira lomwe moyo wa munthu utha kukhala pa chiopsezo, ndipo kumagwira munthu pa nthawi yomwe alibe chitetezo cha moyo. Koma pali njira zambiri zimene moyo wa munthu utha kuchepetsedwa mu magawo onse akukula.

- **Khanda:** Kupha mwana mofuna, kusowa chitetezo, kukanidwa
- **Kuchibwana :** kugonana mokakamiza, kuzembetsa munthu, usilikali wa ana
- **Kutha msinkhu:** Ukapololo, nkhanza, kugulitsidwa kubanja
- **Mwamuna ndi mkazi :** Uhule, kugwililira, kuzembetsa munthu
- **Ukalamba :** Kukanidwa, kupha mwachifundo

Milandu yonseyi yolimbana ndi moyo wa munthu yili ndi mizu mu kuchepetsa moyo wa munthu komwe kumachitika pamene mwana wosabadwa aphedwa, munthawi yaku taya mimba. Ngati titengera kaonedwe ka dziko, komwe kumazindikira kufunikira kwa kwa anthu osabadwa, ndi chimodzimodzi kuti tidzamvetsetsa kufunikira kwa anthu amene anabadwa kale. Nati kaonedwe kathu kadziko kumatitsogolera ife mu kutengapo mbali poteteza ana osabadwa, kuteteza kwathu pa khanda lobadwa( pamodzi ndi ana, othamsinkhu, amuna ndi akazi, ndi okalamba ) iwo adzatsatira mwa chilengedwe.

Ichi sichilungamo kwenikweni tikayang'ana kumambuyo. Ngakhale kuti timazindikira kufunikira kopatsidwa kwa mwana wa zaka 5, ife tiyenerabe kumvetstsa kufunikira kwa khanda la miyezi 5 alim'mimba. Ngakhale kuti timakhulupilira kuti Mulungu amakonda mkazi ( monganso m'mene akondera mwamuna), ife tiyenerabe kulephera kuzindikira zenizeni zakuti Iye amakonda mwana wamkazi wosabadwayo monganso mwana wamwamuna osabadwa. Ngakhale kuti timqzindikira kuti Mulungu amasamala okalamba amasiye ( omwe amadalira anthu ena pa chisamaliro chake), tikhozabe kutayilira pa chifukwa chakuti Iye amasala mofanana ndi payekha mwa osabadwa.

Ife timakhala mudziko kumene chiwerengero ndi chokhuzidwa polekanitsidwa ndipo chili pangozi: Amasiye, anthu olumala, amayi amasiye, othawa nkhondo. Ngati Mulungu amachitira moyo wa munthu aliylene mofanana kuchokera munthawi ya kutenga mimba, ndipo kenako chitetezo cha moyo wa munthu chimayenera kuyamba ndi chitetezo pa iwo omwe sanabadwe. Ndipo ngati tivomerezana ndi Mulungu kuti ngati mwana wosabadwa ndi osafunikira, ndipo kuteteza kwa anthu ena ososwa chitetezo kudzatsatirando. Ngati mwana wosabadwa ndi ofunikira, ndiyе kuti wamasiye ndi ofunikira. Ngati mwana wosabadwa ndi ofunikira, ndiyе kuti munthu olumala ndi ofunikira. Ngati mwana wosabadwa ndi ofunikira, ndiyе kuti akazi amasiye ndi ofunikira. Ngati mwana wosabadwa ndi ofunikira ndiyе kuti othawa nkhondo ndi ofunikira.

Magulu onsewa osowa chisamaliro, pamodzi ndi ena ambiri, ndi ofunikira chitetezo. Baibulo limakamba zambiri za odwala, anjala, amndende—choncho tiyenera kupeza njira kuchita zinthu zimene tingathe kuchita pa ang'ono mwa iwo" (Matetu 25:40). Koma chifukwa moyo wa munthu aliylene, umayambira pa kutenga mimba, ife tonse tinalipo osabawa ndi thawi yomwe tisanabadwe—m'mimba muyenera kukhala malo otyambilira a moyo kumene kufunikira konse ndi chitetezo ziyenera kuyambira.

## Yankho La Baibulo pa Kuchepetsedwa kwa Moyo wa Munthu

Kaonedwa ka Mulungu pa mwa wosabadwa ndi moyo wa munthu wonse—kuti ife tonse ndife onyamula chifaniziro cha Mulungu ndipo amulingo ofanana—sizikuwerengedwa kuti ndi zoona ndi anthu ambiri pa dziko lapansi, miyo ya anthu mamillion yinaonongeka asanakhale ndi

mwayi ozindikira cholinga cha Mulungu pa moyo wawo wa thunthu. Monga otsatira Khristu tikuwerengedwa kuti tichitepo kanthu pa zifukwa zambiri.

### **1. Mulungu anatiyitana ife kukhala oteteza opanda chiteteko.**

Yankhulirani iwo amene sangathe kuzilankhulira okha, ndi nufulu kwa onse osauka, yankhulanu ndi kuweruza molungama; tetezani ufulu wa osauka ndi osowa.

Miyambo 31:8-9

Pali zinthu zisanu ndi chimodzi zomwe Ambuye amadana nazo, zisanu ndi ziwiri zomwe ndi zolakwika kwa Iye: maso oipa, lilime lonama, manja okhetsa mwazi wosalakwa, mtima obweretsa machenjelero oipa, mapazi amene amafulumira kuthamangira ku choipa, mboni yonama, ndi munthu osonkhezera mkangano kudera.

Miyambo 6:16-19

Mulungu mwini ndiye mtetezi wa amayi amasiye, ndi tate kwa opanda tate, (Masalmo 68: 5). Iye amaonetsera kukoma mtima, chilungamo, ndi ungwiro, pa wina aliyense (Yeremiya 9:24), ndipo Iye anatipanga ife monga chifaniziro Chake—kunyamura kukachita chimodzimodzi.

Mulungu amayembekezera anthu Ake kuteteza ndi kusamalira iwo osowa ndi iwo osiyidwa ndi iwo opanda liu, kuphatikirapo anthu alungama kwambiri: iwo amene sanabadwe.

### **2. *Mulungu amatifotokozeru kuti chikhulupiliro chopanda ntchito ndi chakufa.***

Kodi chabwino ndi chiti, abale anga, ngati munthu akanena ndilinacho chikhulupiliro koma alibe ntchito zake? Kodi chikhulupilirocho chikhoza kumpulumutsa? Mbale kapena mulongo akakhala mu usiwa nichikamsowa chakudya chatsiku lake ndipo wina wa inu akanena nawo mukani ndi mtendere mukafunde, ndi kuhuta osawapatsa iwo zosowa zapathupi; kupindula kwake nchiyan? Momwemonso chikhulupiliro chikapanda kukhala nazo ntchito chikhala chakufa mkiati mwake.

Yakobo 2:14-17

Chifukwa Mulungu ndi olamulira, palibe moyo wangozi. Chifukwa moyo wa munthu ndi oyera, mwana wina aliyense ndi wapamwamba pa maso pa Mulungu. Ife timakhulupilira ichi, ndipo tiyenera kuchitapo kanthu, pakuti Baibulo limanena kuti, “chikhulupiliro chaponda ntchito ndi chakufa.

### **3. *Mulungu amatipatsa ife utumiki wa chiyanjano.***

Zonse zimenezi ndi zochokera kwa Mulungu, amene anatiyanjanitsa ife kwa Iye mwini kudzera mwa Khristu ndi kutipatsa ife utumiki wa chiyanjanitso, kuti Mulungu akuyuanjanitsa dziko kwa Iye mwini mwa Khristu, osawerengera zochimwa zawo. Ndipo Iye adapereka kwa ife utumiki waa chiyanjitso.

2 Akorinto 5:18-19

Ubale wantru ndi Mulungu unapangidwa bwino kudzera mu mphamu ya chiombolo cha imfa ndi kuuka kwa Khristu Yesu. Ife tsopano tili ndi Liti?

mwayi wakugawa Uthenga Wake -- kuphatikirapo choonadi choonadi chimene Mulungu amaonera bwino moyo wa munthu aliyense—ndi ena, kupatikizirapo iwo amene akukumana, kapena iwo amene adapanga kale chiganizo chotaya mimba. Mulungu akupitilira kuyanjanitsa anthu kwa Iye mwini kudzera mwa Yesu Khristu ndipo Iye adatisankha ife monga atumiki a chiyanjanits!

## Kuombankota

Madera ambiri akhala akukhutisidwa ndi kuonongedwa kwa moyo wa munthu kudzera ku kutaya mimba. Kuonongeka chifukwa cha kuphedwa kwa ana posalakwa omwe ndi osabadwa, akhala osawerengeka: ,iyoyo 56 million—ana a amuna ndi aakazi—amatayidwa chaka ndi chaka, miyoyo yosawerengeka yinatsekeda, chiwerengero chochuluka chinaonongedwa, ndipo madera ayang'aniridwa pansi. Pamene sitikuzindikira kufunikirea kwenikweni kwa moyo wa munthu, ndipo zimalemekeza Mulengi wawo, ife tili pangozi pa kuchitira moyo ulionse wa munthu, popanda ulemu ndi ulemu omwe iwo amafunikira monga onyamula chifaniziro cha Mulungu.

Kuonongeka kwa dziko lathu kukukula, ndi milandu yolimbana ndi anthu anzathu, onse amuna ndi akazi, akukula mu mlingo ndi mkulimbika mtima. Ife takhala nawo pazochitika zomwe ndi zosayenera pa mibadyo yapitayo, ndipo sitikukayikira tidzakumananazo posachedwa zinthu zoipa ndi zosaneneka kufikira, ndi pokhapokha, maphunziro a Baibulo la moyo latengeredwa ndi anthu, mabanja, ndi madera , ndi mayiko.

## Kuunira Mafunso

1. Chifukwa chiyani moyo wa munthu aliyense ndi ofunikira mofanana ndipo ndi ofunika kopambana?
2. Kodi malemba akugwirizana nazo bwanji zoteteza moyo wa munthu, kuphatikizirapo moyo omwe uli m'mimba?
3. Kodi njira zina zomwe moyo wa munthu ukuchepetsedwera ku dera kapena ku dziko lanu?
4. Kodi njira yimodzi yogwirika yomwe mungatetezere ana wosabadwa?

## Zakumapeto: *Chiyero cha Moyo wa Munthu*

### Ntchito 1 ( mphindi 10 )

1. Gwiritsani ntchito chotengera cha chitsulo ( monga safulya, keni, baketi, kapena mtsuko) ndi pafupifupi kunyamula timipira 6,000 ( kapena timabo ting'oning'ono, timiyala tating'ono, kapena nyemba zouma"). Zilekanitseni izo mu makapu asanu, kapu imodzi izikwanira zinthu zotsatirazi:

- a. **12** (1,174,000 miyoyo: Rwanda genocide)
  - b. **20** (2,000,000 miyoyo: Cambodia genocide)
  - c. **130** (13,000,000 miyoyo: the Holocaust/Shoah)
  - d. **200** (20,000,000 miyoyo: Stalin regime)
  - e. **5,600** (560,000,000 miyoyo : kutaya mimba padziko lonse lapansi muzaka 10 zapitazi )
2. Zanyamula mipira ndi zolandilira ziyenera kubisidwa posaonekera, kuti muchepetse chisokonezo.”
3. Nenani: “Ine ndionetsera mwachidule kukula kwa vuto la kutaya mimba ndi pamene tikusianitsa ndi zinthu zoipa zina zimene zimakhudza molimbana ndi cholengedwa mu chifaniziro cha Mulungu.”
4. Funsani atengambali kutseka maso awo ndi kumvetswera.
5. Nenani: “Phokoso la BB tikugwera mu mbiya ( kapena mu keni ) kuyimira miyoyo yotayika 100,000.” Thirani BB m’modzi mu mtsuko.
6. Nenani: “Iyi ndi miyoyo yomwe idatayika munthawi ya nkhondo mu mayiko aku Africa a Rwanda mu chaka cha 19 94” Thirani 12 BB m’mutsuko.
7. Nenani: “Tiyi ndi miyoyo yomwe yinaonongedwa mu mayiko aku Asi a ku Cambodia mu zaka za 1970s.” Thirani 20 BBs mu mtsuko.
8. Nenani: “Iyi ndi moyoyo yotayika munthawi ya nkhondo ya Holocaust under Germany’s Hitler.” Thirani 130 BBs mumtsuko.
9. Nenani: “Iyi ndi miyoyo yomwe inatayika mu nkhondo ya Soviet Union under Stalin” Thirani 200 BBs mu mtsuko.
10. Nenani : “Iyi ndi miyoyo yotayika pa kutaya mimba kwa zaka 10 zapitazo.” Thirani 5,600 BBs mu mtsuko.
11. Mutamumira, tsogolerani pemphero ndi kumfunsa Mulungu za kukhululukidwa pa tchimo la kutaya mimba.
12. Pampapeto pa pemphero, gawanani kuti kutaya mimba kwaononga miyoyo yoposera anthu 56 million padziko lonse lapansi pa chaka. Tiyenera kuombola iwo amene akutsogoleredwa ku imfa” ( Miyambo 2Pampapeto pa pemphero, gawanani kuti kutaya mimba kwaononga miyoyo yoposera anthu 56 million padziko lonse lapansi pa chaka. Tiyenera kuombola iwo amene akutsogoleredwa ku imfa” ( Miyambo 24 :11 ).

\* Sizingathe kukhala zogwirika potenga mamabo 6,000 kapena nyemba zouma. M’malo mwake mutha kugwiritsa ntchito 600 nyemba zouma kapena zonyamulira mipira ndi makeni a chitsulo awiri kutsanulira nyemba kuchokera mu keni lina ku linzake. Muntha kutsira keni limodzi kupititsa ku linzake maulendo asanu ndi anayi kuti mufananize phokoso la nyemba 5,600 zomwe mukutsira. Dzivani kuti phokoso lalikulu kwambiri lidzafika kuchokera mu chinhu cha chitsulo chomwe chikutsanura mu chotengera cha chitsulo.

# Kukhala Iye Opatsa Moyo

“Siikudza mbala koma kuti ikabe, ndi kupha ndi kuononga ;

Ndadza Ine kuti akhale ndi moyo ndi kukhala nawo ochuluka.”

**Yohane 10:10**

## **Mu mutu umenewu Ophunzira Adza:**

1. Adzazindikira kusiyana pakati pa “ makhaldwe “otenga—moyo” ndi makhaldwe “opatsa moyo.”
2. Zindikirani njira zomwe anthu angakhalire opatsa moyo.
  - Yesu Khristu adabweretsa moyopo wosatha kudziko, ndipo ndi chitsanzo Chake kuti ophunzira Ake ayenera kutsatira.
  - Kukhala opatsa moyo moyo ofunikira kwambiri kukhala ndi momwe timakhalira tsiku ndi tsiku.
  - Chiombolo cha Khristu pa mtima wa munthu zimapangitsa munthu ameneyo kuonetsera mtima wa Yesu kwa anthu ena.
  - Anthu oomboledwa amaonetsera mtima wa Khristu kwa anthu ena kudzera mukuganiza koomboledwa, kumva koomboledwa, kuona koombole dwa, mau oomboledwa, ndi machitidwe oomboledwa.

## **Maumboni a Mumalemba**

Yohane 10:10, Yakobo 3:9-10, Yohane 8:29, 1 Akorinto 2:16, Aroma 12:2, Yohane 15:4, 1 Atesalonika 5:17,

Yakobo 1:19, Yohane 8:47, Mateyu 18:9, 1 Timoteo 6:11, Miyambo 18:21, Akolose 4:5-6, Miyambo 4:20-27

**KUPHUNZIRA KUMATHANDIZIRA**

**Nthawi yovomerezeka pa phunziro ili:** mphindi 60

Kaonedwe koyenera ka Baibulo kuyenera kuphatikiza choonadi cha kuti moyo wa munthu ulionse ( ndi ophatikiza zonse mwamuna ndi mkazi pa mulingo ulionse wa moyo, kuphatikizapo ana osabadwa) ndi oyera ndipo ndiofunikira mopitilira. Yesu adabwera ndi kubweretsa moyo wochuluka ndipo tinayitanidwa kukagawa moyo umenewo ndi anthu ena. Tiyenera kukhala m'moyo munthawi zonse umene ndi wopatsa moyo kwa wina aliyense mu miyoyo yathu, ndipo tinafunidwa kuka lemekeza Mulungu muganizo lirilonse, liu lirilonse, ndi machitidwe—“ ...chilichonse mumachita, chitani zonse ku ulemelero wa Mulungu.” 1 Akorinto 10: 31

## Kodi zimatanthauzanji Kukhala Iye Opatsa Moyo?

Chitsanzo chapamwamba pa zimene zikutanthauza kukhala iye opatsa moyo ndi moyo womwe Yesu adakhala. Machitidwe aakulu mu mbiri ya opatsa moyo kunachitika pamene Mulungu adatuma mwana Wake kudzafa pamtanda chifukwa cha machimo athu. Mchitidwe umodzi okhawo wa chiombolo pa moyo wa munthu unali osaonekaoneka ndi mchitidwe wa mphamu woperekwa moyo mu mbiri ya munthu. Umenewo ndi makhaldwe omwe tiyenera kuonetsera kwa akazi, amuna, ndi ana—obadwa ndi osabadwa, ofunika kapena osafunika, ofuna ndi osafuna, okonda, kapena osakondedwa—pa mulingo ulionse ndi pa msinkhu wina ulionse wa moyo. Momwe timaganizira, kumvera, kulankhulira, kuona, ndi kuchita, kumaula mulingo wathu kwa ena, ndikuonetsera kufikira pa mulingo umene njira ya makhalidwe athu yakhala ndi chilengedwe cho patsa moyo.

Nthawi zina ana amabadwa ndi mavuto omwe akhoza kapena kusakonzeka ndi opereshoni kapena ndi chisamaliro chamtundu ulionse wa chipatala. Anthu ena sangathe kuyenda, ndipo amafunika ndodo kapena njinga. Munthu wina yemwe mumamudziwa atha kukhala munthu osokonekera muubongo, kapena osautsika pakumva, ndipo sangathe kuteteza maganizo, ndi nkhawa bwinobwino. Mwina mtundu wa khungu lanu, kapena inu ndinu mmodzi wa khungu lofanana naye, kapena ndinu kulu lina lake la anthu, lopangitsa kuti inu musakhale ofunika kwa anthu ena monga momwe Mulungu amakuonerani. Kukhala iye opatsa moyo kutanthauza kuti tiyenera kuchitira anthu onse—posatengera msinkumulinga wa m, kuthekera kapena kulumala, zachikhaldwe kapena za chuma, amuna ndi akazi,, Akhristu ndi osakhululpilira—ndi ulemu chifukwa cha iwo monga anthu amene amanyamula cgifaniziro cha Mulungu, ngakhale iwo amene samafuna kumakhala nawo .

Chifukwa cha machitidwe a mphamu a Mulungu po patsa moyo pa ife, tinalamulidwa kukhala opatsa moyo pa anthu ena mwa njira yomweyo. Kukhala opatsa moyo ndi nkhani yoposera maphunziro a Baibulo kuti ikakambidwe ndi kulalikidwa; uyenera kukhala moyo wathu, ndipo yiyanera kukhala yosintha momwe ife timakhalira m'moyo wathu wa tsiku ndi tsiku. Koma mayitanidwe a Mulungu ndi kupatsa moyo mu dera lirilonse la moyo wathu kuti nthawi zina uzionetsera kupililira kumene yense wa ife amalimbana nako. Tiyenera kukhala osamala kuti machitidwe athu asamakorane ndi mau athu ndi zikhulupiliro.

Timayamika Ambuye ndi Atate nalo, nalonso timatembelera athu okhala monga mwa mafanizidwe a Mulungu, mochokera mkamwa momwemo' mutuluka chiyamika ndi thembelero, abale anga izi siziyanera kutero.

Yakobo 3:9-10

Tsopano timapereka chikondi cha Khristu kwa anthu, timadziwa kuti ngati tigwiritsa kwa apabanja pathu ndi iwo omwe atiyandikira ife? Nchifukwa chiyani dziko losakhulupilira limaganizira zotengera zikhulupiliro zathu ndi makhalidwe a moyo wathu ngati tikuchepetsa Akhristu anazthu ndi mau athu ndi zochitika? Kodi tipereka bwanji uthenga wopatsa moyo kwa amuna ndi akazi kukumana ndi mimba zosakonzekera pamene nthawi yomwego kufotokozerwa uthenga otenga moyo kudzera mumkwiyo kapena mau audani pa iwo amene amalimbikitsa zotayamimba monga njira yoyenera kudutsa?

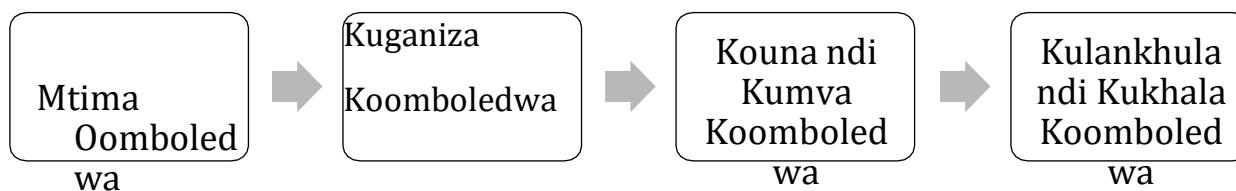
Pamene inu ndi ine tilemekeza moyo wa munthu monga Mulungu amachitira, tidzachitira munthu aliyense amene tikumana naye tidzamchitira chikondi mwa njira yopatsa moyo. Pamene tichita, timamuthandiza munthu ameneyo kumvetsetsa chikondi cha Mulungu, kukhululukidwa, ndi chisomo, kusiyana ndi kuunjika pa iwo zamanyazi zotenga moyo, chilango, ndi mkwiyo. Ndi mphamvu ndi nzeru zomwe zimabwera kudzera mu kukghazikika kwa kupezeaka kwa Mzimu wa Mulungu, inu mudzatha kukhala iye opatsa moyo kwa wina aliyense yemwe Mulungu wabweretsa ku moyo wanu, posatengera tchimo lomwe linaononga kale lawo kapena maganizo amene atha kumawaononga palipano. Pokhala opatsa moyo muli ndi nmwayi waukulu kufotokozerwa munthu ameneyo kwa Yesu Khristu ndi ku chikhululukiro ndi machilitso operekedwa ndi Mulungu kudzera mwa Mwana Wake.

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**ZOLEMBA**

## Mtima Oomboledwa

Kulandira chisomo ndi chifundo chochuluka mu miyoyo yathu kudzera muntchito ya Yesu pa mtanda zimatikakamiza ife kuchitira anthu ena otizungulira ife mukhalidwe lomwel—ndi chisomo ndi chifundo. Mtima woomboledwa umadziwa ndipo umamvetsetsa kuzama kwa tchimo lake, ndi kudzadza kwa chikhululukiro cha Mulungu. Pamene mtima wa munthu waomboledwa ndi Khristu umapita mu ndondomeko womwe umayika maziko a malingaliro athu, maso, makutu kamwa ndi manja pokhala opatsa moyo monga Khrstu.



Kusintha komwe kumachitika pamene Khristu waombola mtima wa munthu umapangitsa munthu ameneyo kuonetsera mtima wa Khristu kwa anthu ena. Ife timayamba kumvrtsetsa mtima wa chifundo wa Khristu kwa anthu ena, poyang'anira ubale wake ndi Mulungu Atate. Uwu ndi ubale umene tiyenera kuufuna kuti timatengera, pakulora Mzimu Oyera kukhazikitsa mtima wamwewo mkatı mwathu wa Atate omwe Khristu alinawo.

Malemba amafotokozerwa bwino za chifuniro chomwe Yesu adaki nacho pokondweretsa Atate Ake. Mu Yohane 8: 29, Yesu a dafotokozerwa chidwi Chake pakukondweretsa Atate Ake ndi chilichonse adachita: Iye amene adandituma Ine ali ndi ine; Iye sadandisiye ndekha, pakuti ndimachita nthawi zonse chimene chimamukondweretsa Iye. Pamene tikula mukulakalaka kwathu pokondweretsa Atate, timaphunzira zambiri za Iye ndi kumvetsetsa kwathu pa Mulungu ndi kozama. M'mene ife timamvetsetsera Mulungu ndi momwemonso timamvetsetserano anthu ena ndi ife eni.

## Kuganiza Moomboledwa

Kuganiza koomboledwa kumabadwa kuchokera ku mtima oomboledwa. Zonse mtima malingaliro zimasinthika mu chifaniziro cha Khristu ngati tili anthu oona opatsa moyo. Momwe mumaganizira za anthu ena kumakhazikitsa malo omwe zonse za zochita zanu zimachitikira. Kodi muli ndi chikondi pa anthu amene amalankhula zoipa zainu? Kodi mumakhudzikira za moyo wochuluka wa munthu kuposera inu mumakhudzikira za kupeza njira yanu? Yense wa ife tiyenera kumaganizira za kuomboledwa kwa munthu aliyense amene tikumana naye tsiku lirilonse.

Baibulo limanena bwino kuti tikhoza kukhazikitsa mtima wa Khristu mu miyoyo yathu. "Ndani wadziwa mtima wa Ambuye kuti akamlangize

Iye ?" Koma ife tili ndi mtima wa Khristu" ( 1 Akorinto 2: 16). Chifukwa cha chimenechi tikhoza kukonzekeretsedwa kumvetsetsa choonadi cha uzimu ndi nzeru mwanjira yomweyo yomwe Khristu amawadziwira iwo. Vesi lina lamphamu mu phunziro ili, likupezeka ku Aroma 12: 2. " Ndipo musafanizidwe ndi makhalidwe a pansi pano koma mukhale osandulika mwakukonzanso kwa mtima wanu. Kuti muzindikire chimene chili chifuniro cha Mulungu chabwino ndi chokondweretsa ndi changwiyo."

Kuganiza kwathu kudzaomboledwa ndipo kudzakula mu kumvetsetsa kwathu kwa chifuniro cha Mulungu pokhala ndi nthawi ndi Mulungu tsiku ndi tsiku kuwerenga Mau Ake, kupemphera, kulamhkula ndi Iye ndi kumvetsera kwa Iye kulankhula kwa ife. Momwe timakhalira ndi nthawi ndi Ambuye ndi momwe mitima yathu idzasinthikire mu chikhalidwe Chake. Ife tiyenera kukhala mwa Khristu ( Yohane 15: 4) ndipo pempherani mosalekeza ( 1 Atesalonika 5: 17) kuti tikasinthe mitima yathu.

### **KUPHIZIRA KUMATHANDIZIRA**

Tsogolerani zokambira ndi gulu lonse za njira zomwe tingakhalire opatsa moyo mu kaganizidwe kathu

### **Kumva Moomboledwa**

Bibaubulo limatifikotozera ife kuti; aliyense akhale otsera khuti, odekha polankhula ( Yakobo 1: 19)—awa ndi maziko a kuomboledwa kwa kumvetsera. Kumvetsera koomboledwa ndi kupanganso chisankho chosamvetsera ku zolankhula zili zonse zosayenera, zilibe kanthu kuti akulankhulayo ndi ndani. Ichi chitha kukhala kusemphana nthawi zina, koma makamaka kukhala monga Khristu. Kuchokapo pa zokambiranira zimene sizikuonetsera Khristu zimene zikhoza kukhala za mphamu ndi zomasula, osati kwa inu eni, koma kwa iwonso omwe akuonelera. Ife tiyenera kukhala anthu osunga zipata a zomwe timalora kuti zilowe mumalingaliro athu kudzera mu zomwe timamva.

Ngati timvetsera kwa nthawi yayitali ku mau ena ( mongo mau okopa a satana ndi chikondi cha pa pauchimo ( kupoze momwe timamvera ku mau a Mulungu, ife tidzakha osayenenera pakumva mau a Mulungu. Yohane 8: 40 imanena kuti" iye amene ali ndi Mulungu amamva zimene Ambuye wanena. Chifukwa chomwe simumvelera ndi chakuti inu si muli akake Mulungu. "Iyi ndi nkhanu yamphamva yopangidwa ndi Yesu kwa atsoleri a chipembedzo mwe anakopeka, iwo adamudziwa Mulungu, koma muzenizeni iwo anakutali ndi iye. Iwo amatayanthawi kuyesera kuchita nawo matsenga a chipembedzo, koma ubale wawo ndi Mulungu unatayika kale kale. Momwe mmene timakhalira ndi Ambuye ndi momwemonso tidzazindikilira ndi kudziwa kwa zenizeni pa Mau Ake. Makutu athu adzaphunzitsidwa kukhala tcheru ndi okonzekera kumva mau Ake kuposera ena onse. Kuti tikhale opatsa moyo kwa anthu ena, tiyenera kukhala ndi kuthekera kwakumva mau a Atate, Olenga moyo, Iye amene amatidzadza ife ndi moyo.

### **KUPHUNZIRA KUMATHANDIZIRA**

Tsogolerani zokambira ndi gulu lonse za njira zomwe tingakhalire opatsa moyo mu mumva kwathu.

## Kaonedwe Koomboledwa

Ndipo ngati diso lako likuphundwitsa ulikolowole, nulitaye. Ndikwabwino kuti ulowe m'moyo ndi ndiso limodzi koposa kuponyedwa mugehena wa moto uli ndi maso awiri.

Mateyu 18:9

Uku ndi kuyitana kwa changu kutengapo mbali! Mu dziko lathu ndi kophweka kwambiri kuona zinthu zosayenera. Dziko lakhala loonongeka ndi zinthu zathupi zolungama ndi kugwiritsa ntchito matupi achikoka kuti agulitse katundu, kupititsa patsogolo makanema, ndi kugwira malingaliro ndi mitima yathu ndi zinthu zosachokera kwa Ambuye. Ili ndi yesero la onse amuna ndi akazi, ndipo tonse tiyenera kukhala ndi mwambo pa zimene timaona, timawerenga ndi kuonera, pa kina a intaneti, ma kanema.

Pamene tilora zithunzi zosayenera kulowa mu maganizo athu kudzera mu maso athu, zimakhudza ubale wathu ndi Mulungu. Kuphatikizirapo, timakhala okhuzidwa mumakhalidwe, mu ubongo, mu maubale, ndi kuuzimu. Zimene tikuona zitha kutipangitsa kuchotsa moyo mu maganizo athu, kalankhulidwe, ndi zochitika pa anthu ena. Ndi zosakwanira kungotseka maso athu. Tiyenera katalikirana ndi zithunzi zosayenera pamodzi ndi zinthu zina zonse zomwe zimabweretsa tchimo, ndi kulondola chilungamo (1 Timoteo 6: 11). Awa ndi maziko okopa a kaonedwe koomboledwa.

Kaonedwe koomboledwa ndi kofunika mu kukambirana ndi ena. Anthu makamaka akazi\ amuna athu, ana, ndi okondedwa athu—atha kuzindikira mitima yathu mwanjira yomwe ife timayang'anira pa iwo. Iwo atha kuzindikira kudzera mu kuonetsetsa kwathu kuti kaya tikuwatsimikizira iwo, kukondwera mwa iwo, ndi kuwalalitsa iwo... ndipo iwo athanso kuyona mosiyana. Maso athu akhoza kuomboledwa pa mene tikutenga nthawi yathu ndi Mulungu ndipo adzatipatsa ife maso Ake.

### KUPHUNZIRA KUMATHANDIZIRA

Funsani atengambali kutembenikira kwa munthu oyandikira naye, kwa iwo akambirane njira zokhalira opatsa moyo mu kaonedwe kowo. Odzipereka atha kugawira maganizo awo ku gulu lalikulu, KAPENA, mutha kufunsa funso ili ku gulu lonse ndi kukhala ndi zokambira za aliyense mu kalasi kutengapo mbali.



## Kulankhula Koomboledwa

Lilime liri ndi mphamvu ya moyo ndi imfa....

Miyambo 18:21

Njira yina yomwe anthu ena angafotokozere bwino kumene timatengera nthawi yathu ndi kudzera mu kalankhulidwe kathu. Makhalidwe a kulankhula kopatsa—moyo kumayenda kuchokera m'mtima kufikira ku malingaliro, kenako kumatuluka kudera mu mau athu. Malemba amaena kuti lilime ndi lamphamvu ndi ndilakutha kupereka moyo kapena imfa. Nthawi iliyonse yomwe mutsegula pakamwa panu kuti mulankhule kwa munthu wina, ndipo moyenera kusankha kupereka moyo kapena kuchotsa moyo ndi kulankhula kwanu. Pamene tisankha mau amene amalimbikitsa, amatsimikizira, kapena amakweza, kapena kudzudzula mwachikondi, pamene po tikupereka moyo kwa athu ena. Pamene tisankha mau amene amagwetsa anthu pansi, kapena omwe amatiika ife pa mwamba pa onse, tikutsitsa kapena kuchotsa moyo kwa iwo. Pambali pa zochitika zanu, pokhala opatsa moyo ndi mau anu, ndi njira imodzi yamphamvu kwambiri yomwe dziko lizadziwire Yesu.

Akolose 4:5-6 amatipatsa ife chitsogozo choonjezera momwe tingalankhulire moombola anthu ena otizungulira: "Muyende yende mu nzeru ndi iwo akunja; kuchita machawi nthawi ingatayike; mau anu akhale mu chisomo okoleletsa kuti mukadziwe inu mayankhidwe anu akwa yense akatani." Chisomo ndi mchere ziyanera kukhala mugawo la momwe tamalankhulira kwa ena. Izi zimafuka kukhala okonzekera mu nthawi ya mtsogolo, kuyembekezera mtundu wa zokambirana zomwe tikumane nazo mu ntchito ndi mu utumiki womwe timachita tsiku lirilonse. Nzeru ndi yopezeka kudzera mukukhala ndi nthawi yokwanira ndi Mulungu ndi kuyiphe kuchokera kwa Iye. "Kupanga mwayi ulionse" omwe umafunkira dongsolo ndi kumvetsera kwa chidwi pa zomwe Mzimu Oyera akutsogolera. Mwanjirayi titha kupililiza kukula monga opatsa—moyo pamene tilankhula kwa iwo amene Mulungu wawayika patsogolo pathu tsiku ndi tsiku.

### KUPHUNZIRA KUMATHANDIZIRA

Tsogolerani zokambira ndi gulu lonse pa njira zimwe tingakhalire opatsa –moyo mu kulankhula kwathu.

## Kukhala Koomboledwa

Pomaliza, ife tifunika kuganizira momwe timakhalira tsiku ndi tsiku monga opatsa –moyo. Zochitika zoomboledwa ndi zisonyezo zolunjika pa ubale wathu ndi Mulungu. Ngati miyoyo yathu siikusintha anthu ena ndi Uthenga, ndi mwachidziwikire kuti ife eni ake sitinakhudzidwe ndi Uthenga. Koma ngati taomboledwa, tizidzafotokozera anthu ochuluka monga tingathere za Yesu, ndi kukhala munjira yomwe yimaonetsera chikondi Chake!

Ife tinalengedwa kuti tizilambira Mulungu ndi kubweretsa ulemelero kwa Iye nthawi zonse. Uku ndi kupereka –moyo kwa Mulungu ndi kupereka –moyo kwa anthu ena, ndipo ndi chinthu chopatsa—moyo kwambiri chomwe tingachione kwa ife eni. Pokhala mwanjira imeneyi timakwaniritsa mapangidwe omwe Mulungu adapangira miyoyo yathu. Pamene mukugwira ntchito pobweretsa mbali iliyonse ya moyo wanu pa kugonjera Khristu, ndi kulora ntchito Yake yoombola kukasinthia dera lirilonse la moyo wanu, zochitika zanu zidzaonekera pomwepo. Zochitika zopatsa—moyo za anthu a Mulungu ndi zomwe dziko likusowa.

## Kuombankota

Mwana wanga, tamvera mau Anga; tchera makutu ku zonena zanga. Asachoke kumaso ako, uwasunge mkatı mwa mtima wako. Pakuti ali moyo kwa womwe awapeza. Nalamitsa thupi lawo lonse. Tchinjiriza mtima wako koposa zonse uzisunga, pakuti magwero amoyo atulukamo. Tasiya mkamwa mokhota uyike patali milomo yopotoka. Maso ako ayang'ane mtsogolo; zikope zako zipenye moongoka. Sinkhasinkha bwino mayendedewe a mapazi ako; njira zako zonse zikon zeke. Usapatuke kudzanja lamanja, kapena ku lamanzere; suntha phazi lako kusiya zoyipa.

Miyambo 4:20-27

### **KUPHUNZITSA KUMATHANDIZIRA (Tsekulani zokambirana ndi kalasi lonse kapena gawani mu magulu ngati kalasi ndi lalikulu)**

Funsa atengambali kuganizira mafunso awa—monga m'mene timakambirana kukhala monga opatsa—moyo:

- Kodi Mulungu amalankhula kwa inu?
- Mukumvetsera?
- Ngati Iye akulankhula ndipo inu mukumvetsera, kodi akunena chiyani kwa inu?
- Kodi mulipati palipano mu ulendo wanu?
- Kodi ndi madera ati a moyo wanu omwe akufunika kuomboledwa kwa thunthu kuti inu mukakhale opatsa—moyo?

Nthawi ndiyotalikitsa kwa anthu a Mulungu kukachita mosadzikonda ndi kudzipereka nsembe ndi kachitidwe koombala. Anthu a Mulungu atha kusintha dziko ku ulemelero Wake ngati tisankha ku kachita zimenezo! Yesu Khritsu adabwera ndi kubweretsa moyo wosatha, ndipo ngati tilandira moyo womwe Iye amapereka kwa ife, mitima yathu idzaomboledwa. Kuchokera ku mtima oomboledwa kumabwera mtima wa Khristu, ndipo Iye adzatitsogolera ife ku zokambirana zopatsa—moyo ndi anthu ena. Pamene tisankha zomwe ndi zabwino Ambuye adzadzutsa asilikali ankhondo opatsa—moyo kuti akabweretse moyo ku mabanja awo, kwa oyandikana nawo, ku dera lawo, ndi kumayiko awo.

## **Kuunikira Mafunso**

1. Kodi zikutanthauza chiyani kukhala opatsa—moyo?
  2. Pamen mtima wa munthu ndi oomboledwa ndi Khristu, kodi zotsatira zake ndi zotani pa moyo wake wa kunja?
  3. Kodi tili pachiopsezo chanji ngati timvetsera kwambiri ku mau ena kusiyanda ndi Liu la Mulungu?
  4. Kodi Akolose 4:5-6 amati chiyani pa kulankhula koomboledwa?
- 

### ***ZOLEMBA***

## Maziko a Utumiki wa Uzimu

“Koma tili nacho chuma ichi mu zotengera za dothi kuti bukulu oposa wa mphamvu ukhale wa Mulungu osati ochokera kwa ife.”

**2 Akorinto 4:7**

### **Mu Mutu umenewu Ophunzira Adza:**

1. Adzafotokozeria maziko a kumanga ubale ndi Mulungu.
2. Adzafotokozeria ubale pakati pa maziko asanu ndi imodzi ndi chiyero cha moyo wa munthu.
3. Adzafotokozeria momwe nkhani ya M’baibulo ya Daniel ndi chitsanzo cholimba cha momwe ubale ndi Mulungu zimatsogolelera kukuchulukitsa kusintha mu utumiki.

### **Mfundu Zazikulu**

- Ubale ndi Mulungu umasintha moyo wathu ndi kutitsogolera ku kusintha kwa mphamvu mu utumiki.
- Ife tiyenera kulora Mulungu kukonzekeretsa mitima yathu ku utumiki.
- Kulingalira pa kuphunzira Mau a Mulungu kumatitumikira ife ku maziko oyambilira a utumiki onse.

### **KUPHUNZIRA KUMATHANDIZIRA**

#### **Nthawi yovomerezeka ya phunziro ili : 2.5 Hours**

- Ife tinapangidwa kukalambira Mulungu, ndipo kulambira kumatibweretsa ife kufupi ndi Mulungu.
- Mulungu amafuna kuti ife tizilumikizana Naye kudzera mu pemphero.
- Nkhondo za uzimu zimatikonzeretsa ife kukumvetsetsa bwino Mulungu, adani athu, ndi ife eni.
- Ulaliki umayimira kuzindikira kuti ndi Mulungu yeka amene atha kukumana ndi zosowa zochuluka za anthu.

***Maumboni a mu Malemba: Konzekeretsani Mtima Wanu***

Aefeso 5:25-26, 1Yohane 1:9, Masalmo 139:23, Deuteronomy 6:5, Afilipi 2:6-8, Masalmo 66:17-18, Mateyu 6:14-15, Aefeso 4:11-13, 2 Akorinto 9:12, Luka 16:9, Afilipi 1:21-26, 1 Akorinto 6:20, 1 Samuel 15:22-23, Yohane 14:21

***Maumboni a mu Malemba: Omangika pa Mau a Mulungu***

Aheberi 4:11-13, PMiyambo 2:1-5, 1 Petro 1:23, Aroma 10:17, Mateyu 4:3-4, Aroma 15:4, Masalmo 119:18, Masalmo 119:105, Aefeso 6:17

***Maumboni a mu Malemba: Kuyamba ndi Kulambira***

2 Mbiri 20, 1 Akorinto 10:31, Aroma 12:1, Masalmo 89:1-2, 1 Petro 2:9, Yohane 15:4-5, Aheberi 12:2-3, Akolose 2:6-7

***Maumboni a mu Malemba: Kudalira pa Pemphero***

Masalmo 25:4-5, 1 Samuel 2:1-10, Exodus 33:13, Aefeso 1:3-14, Yakobo 1:5-8, Mateyu 5:44, Mlaliki 4:12b, Aheberi 3:7-8a, Aefeso 3:20

***Maumboni a mu Malemba : Kuchita Nkhondo ya Uzimu***

1 Petro 5:8, Zakaliya 4:8, Yohane 10:10, Aefeso 6:12, Akolose 2:15, Chibvumbulutso 20:10, Genesis 3:1, Aroma 8:37, 1 Yohane 5:4-5, Agalatiya 2:20, 1 Akorinto 1:30, Luka 9:1-2, Yoshua 1:5, 9, Aroma 8:38-39

***Maumboni a mu Malemba: Kukhala mu Uthenga***

Yohane 10:10, Luka 4:43, Mateyu 10:42, Yohane 6:51, Aroma 2:4

## **KUPHUNZIRA KUMATHANDIZIRA**

Malizitsani ntchito 1 (onani ku za kumapeto cha komalizira kwa mutu umenewu ).

Monga onyamula- chifaniziro cha Khristu timaonetsera machitidwe Ake. Ambiri mwa okumana ndi Yesu anaonetsera kwa anthu ena za Iye akuyankha zosowa zawo—zosowa zawo za kuthupi, zosowa za moyo wawo ndi zosowa zawo za uzimu. Pamene tikufunitsitsa kumutsanza Khristu Yesu ndi kuonetsera chilengedwe Chake kudziko ife tiyenera kusamalitsa kwambiri pa zosowa za anthu omwe tikukumana nawo, ndi osangozindikira zosowa zawo, koma tuyenera kuyankhapo poonetsera ntchito yothandiza. Ngati munthu ali ndi njala, tiyenera kumudyetsa iwo. Ngati wina ali ndi ludzu tiyenera kumpatsa madzi.

Chinthu china cha Yesu chimene tiyenera kuonetsera ndi ubale Wake ndi Mulungu Atate. Ngati ife tifunitsitsadi kusintha miyoyo ya anthu ena makamaka pamene zifika pankhani yokhudza moyo ndi imfa, tiyenera kuchita chomwecho pa malo amene tikhaza kuonetsera mtima wa Atate ndi kuyandikirana kwa Yesu ndi Iye( Mulungu). Pamene tifuna Mulungu ndi kukhala mwa Khristu timakumana ndi chikondi cha Mulungu ndipo timakhala osinthika. Kaganizidwe kathu kamasintha, makhalidwe athu amasintha, ndipo momwe timaonera dziko kumasinthanso. Momga mowe timathera kulandira chikondi cha Mulungu ndi momwemonso timakonzekelera ndi kukonzekeretsedwa, ife timalumikizitsidwa kukonda anthu ena omwe atizungulira ife.

### ***Daniel: Chitsanzo cha mu Baibulo cha Mphamvu yo Khazikika ya Mulungu***

Daniel anakhala ndi nthawi yochuluka pa maondo, kupemphera kwa Mulungu katatu pa tsiku. Iye adapanga nthawi yake ndi Mulungu kukhala chisankho capamwamba. Iye adapatsidwa ulamuliro ndi mfumu yaku Babulo mfumu Daliyo—kuyang'anira ufumu wake wonse, choncho ngakhale pakati pa zinthu zomwe zinali zofunikira kwambiri, iye adapezabe nthawi yopemphera.

Alangizi a Mfumu Dalio adayisokoneza mfumu poyilamulira kuti anthu azimulambira iye mwini—lamulo a langizi lidadziwa kuti Danieli sadzamvera. Chifukwa choti Danieli adali odzipereka kwa Mulungu, iye adakana kugwadira maondo aka kwa mfumu, ndipo iye adaponyedwa mu dzenje la mikango kuti aonongedwe, koma mikango siinamupwetekw iye—Danieli adadalira kwathunthu Mulungu kumphamvu Yake yokhazikika. Danieli adapereka moyo wake kwa Mulungu ndipo Mulungu adamteteza iye pamaso pa imfa yeniyeni. Tsiku lotsatira, Mfumu Daliyo adalamulira kuti dzenje la mikango litsekulidwe—nzosangalatsa kwa iye—adapeza Danieli wamoyo ndi wosapwetekedwa. Mfumu idayika Danieli kukhala oyang'anira dziko lonse ndipo adapatsidwa ulamulira wa pamwamba pa maulamuliro onse.

Kodi nzeru za Danieli zidachokera kuti? Chikhulupiyo chake chidachokera kuti? Kodi zonzezi zidayambira kuti?

Idachokera ku nthawi zitatu za kupemphera pa tsiku—tsiku kufika tsiku kupita—kuti Danieli adatayanthawi yake ndi Mulungu. Iye adakhazikitsa ubale wapafupi otere ndi Mulungu woti ngakhale mikango siidamupweteka iye. Chifukwa cha ubalewu Danieli adapatsidwa ulamuliro pa dziko lonse. Ife tikuona chitsanzo cha Danieli pa kusintha komwe titha kukhala nako kudziko pamene tiyamba kukhala ndi nthawi yokwanira ndi Mulungu.

## **Ubale Tisanayambe Kusintha**

Mtima okonzekeretsedwa ku utumiki ndi womwe ndi odzipereka kwathunthu, odzichepetsa, olapa, okhululukira, oo lava manja, ndi omvera. "...Khristu adakonda mpingo ndi kudzipereka Yekha m'malo mwake kuti akampatule atamuyeretsa ndi kumusambitsa madzi ndi mau" ( Aefeso 5:25-26 ). Kutitithandizane ndi Mulungu mu ntchito Yake, tiyenera kukhala ofuna kuyamba ndi kudziyeretsa ndi kumulora Iye kukonza mitima yathu.



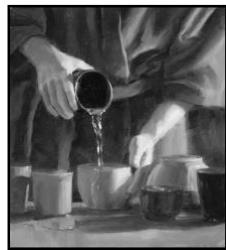
JMongo chotengera cha dothi chinaumbidwa mosamalitsa ndi kuumbidwa mwa luso, aliyense wa ife ndi wapaderadera ndipo adaumbidwa ndi dzanja la Atate, ndipo tidapangidwa muchifaniziro Chake.



Ambuye adazindikira madera a moyo wathu amene akufunikira kuyeretsedwa, ndipo Iye alipamenepo kuthandizira kuyeretsa madera amemewo. Iyi ndi ndondomeko yopitilira: Ife timayitanidwa nthawi zonse kubwelera ku malo a ubale ndi Khristu, kuti akativumbulutsire zinthu zimene tikufuna kugwirapo ntchito.



Kapu ikangoyeretsedwa, Mbuye akhoza kudzadzamo ndi zinthu zina zabwino.  
Iye amatipatsa ife mphamvu ndi kutipatsa ife zonse zomwe tifuna kuti tikwaniritse ntchito yomwe adayika pa ife.



Mulungu nthawi zonse amatipatsa ife mwayi wodabwitsa kukatsanulira mwa ena: kukatumikira ku zosowa zawo, kuwasamalira iwo, kubweretsa Madzi a Moyo mwa iwo.



Chinthu china chodabwitsa chimachitika pamene tatsanulira mwa anthu ena: iwo amayamba kutsanulira mwa iwo oyandikana nawo. Utumi wa Mulungu umachuluka kudzera ku mpingo Wake pamene tikukhulupirika kugawa moyo Wake kwa anthu ena.

## Maziko Asanu ndi Imodzi a Utumiki wa Uzimu

Otsatira aliyense wa Yesu Khristu amafunika kumakhala ndi nthawi yodzipereka ndi Mulungu musanayambe kupereka chisamaliro ndi kulangiza ena. Nzeru ya njirayi ndi zotsatira za umboni womwe amanga. Pamene tifuna chifupi ndi Mulungu, timakhala osinthikwa cha ubale wa umulungu, ndipo Mulungu atha kugwira ntchito mwa mphamvu kudzera mwa ife kuti tikhale ndi kusintha pa miyoyo ya anthu ena. Zitatha zonse anthu ena samatifuna ife, iwo amafuna Mulungu, pamene anthu apeza Mulungu kudzera nwa inu kapena ine, Ife ndife akhala pakati chabe, Mulungu ndi Yekhayo amene atha kuwathandiza iwo. Kuyenda muchiyanjano ndi Mulungu zinatipangitsa ife kutumikira ku zossowa za anthu ena ndi kuyankhula ,mau a mlangizi, ndi okhudzidwa moli bika. Izzi ndi kudzera mu kudziwa kwathu kwa kukhulpirika kwa Mulungu kuti titha kulankhula choonadi chake mu moyo wa munthu.

Pali ziphunzitso zisanu ndi chimodzi za uzimu zikuluzikulu za chikhulupiliro cha Akhristu zimene zimapanga maziko a utumiki oona wa mphamvu, kuphatikizirapo utumiki kwa iwo amene miyoyo yawo yapwetekedwa ndi kuchepetsedwa kwa moyo wa munthu.

1. Konzani Mtima Wanu
2. Kumanga pa Mau a Mulungu
3. Kuyamba ndi Kulambira
4. Kudalira pa Pemphero
5. Kuchita Nkho ya Uzimu
6. Khalani mu Uthenga

Pamene otsatira aliyense wa Khristu amachita mwambo umenewu, zofunikira ndi chikhulupiliro chawo cha uzimu mwa Mulungu chimakhazikika ndi kuumbika. Kwa iwo amene ali pa utsogoleri wa utumiki, maziko amenewa a uzimu ndi ofunikira amene amasunga maso okhazikika pa Khristu, omwe ndi ofunikira pa utumiki wa mphamvu.

### KUPHUNZIRA KUMATHANDIZIRA

Malizitsani ntchito 2 (onani zakumapeto cha komalizira kwa mutuwu).

## Maziko 1: Konzani Mtima Wanu

Ulendo wokhala opatsa—moyo umayamba ndi mtima wathu. Ubale wathu ndi Atate ndi kusinthiska mu utumiki umadalira pa kupililira kuyitanira Mzimu Oyera kukayesa mitima yathu ndi kutionetsera ife dera lomwe tifuna chikhululukiro cha Atate ndi kubwezeretsedwa.

Ngati tibvomereza machimo athu ali okhulpirika ndi olungama Iye kuti atikhululukire machimo athu ndi kutisambitsa kutichotsera chosalungama chilichonse.

Mphamvu zathu zidzatchingidwa ngati mitima yathu ndi yodzala ndi zowawa, kuukira, ndi tchimo. Monga Davide, pamene tifuilira kwa Mulungu kuti asanthule mtima wathu, Iye amagwira ntchito mwa ife posintha mtima wathu kuonetsera makhalidwe Ake ochuluka.

Mundisanthule, Mulungu, nimudziwe mtima wanga , mundiyese nimudziwe zolingalira zanga.

Masalmo 139:23

### **Kuchokera ku Mtima wo Gawikana ku Mtima Opembedza**

Pamene tilora chinthu chachiwiri cha ulemu kulimbana ndi kudzipereka kwathu pa Ambuye Yesu Khristu, chilangizo chomwe timapereka kwa anthu ena chidzaonongeka, pamene umunthu wathu ukula mu chikhulupiliro. Ngati tikufuna kukhala Akhristu opambana ndi atumiki amphanvu, tiyenera kuzindikira ndi kuchotsa mafano omwe amatipangitsa ife kusatumikira Mulungu Yekha. Mulungu amatifotokozeria ife kuti tikanize chizolowezi cha munthu cha uchimo ndi Lamulo lalikulu: "Ndipo muzikonda Yehova Mulungu wanu ndi mtima wanu wonse; ndi moyo wanu wonse; ndi mphamvu yanu yonse" (Deuteronomy 6:5).

### **Kuchokera ku Mtima Odzitukumula ku Mtima Odzichepetsa**

Kudzichepetsa ndi njira ya Mulungu. Sikuti mwina ndi kuzitsitsa wekha kapena kuzida wekha, koma ndi zinthu zochitika zitatu zochitika modzidzimutsa:

1. Kukondwera mwa Mulungu momwe aliri
2. Kukondwera mwa momwe ife tiliri
3. Kukhala ofuna kuyika pambali ufului wathu chifukwa cha anthu ena.

Chitsanzo cha Yesu pa kudzichepetsa ndi chitsanzo cholimbitsitsa chomwe tilinacho. Makhalidwe anu ayenera kukhala ofanana ndi amenewo a Yesu Khristu:

Mukhale nawo mtima mkati mwanu, umene unalinso mwa Khristu Yesu, ameneyo pokhala nawo maonekedwe a umulungu, sanachiyeze cholanda kukhala ofanana ndi Mulungu, koma anazikhuthula Yekha , natenga maonekedwe a kapolo; nakhala m'mafanizidwe a anthu, ndipo pepezedwa m'maonekedwe ngati munthu adadzichepetsa Yekha nakhala omvera kufikira imfa, ndiyo imfa yapa mtanda!

Afilip 2:5-8

### **Kuchokera ku Mtima Osalapa ku Mtima Olapa**

Pamene tikana tchimo mu miyoyo yathu kapena kuganizira za chikhaldwe chimenecho kapena tchimo la M'baibulo ndi chooledwa, timamanga malire pakati pa ife eni ndi Mulungu. Njira yokhayo yochotsera malire amenewo ndi kulapa. Olemba masalmo adamvetsetsa mo mwe tchimo limasokonezera ubale wathu ndi Mulungu: "Ndinapfulira kwa Iye pa kamwa panga; ndipo ndinamkuza ndi lilime langa; ndikadasekera zopanda pake mumtima mwanga Ambuye sakadamvera;" (Masalmo 66: 17—18). Mulungu sangakhale mbali ya tchimo. Kapena sangalekelere, ngakhale kuti titha Liti?

kuonetsera ngati kuti palibepo mu moyo wathu.

### **Kuchokwera ku Mtima Osakhululukira ku Mtima Okhululuka**

Yesu adanena bwino pa za kusakhululukira. Iye adati. "Pakuti ngati mukhululukira anthu zolakwa zawo, adzakhululukira inunso Atate wanu wakumwamba. Koma ngati simukhululukira anthu zolakwa zawo, Atate wanunso sadzakhululukira zolakwa zanu." ( Mateyu 6: 14—15). Ngati simudakhululukire ena omwe akulakwirani inu, simungathe kulumikizitsa uthenga wonse wa chikondi chikhululukiro cha Mulungu. Chikhululukiro chimapangitsa kuthekera koona olakwa monga munthu ofanana ndi ifeyo: ochimwa amafunikiranso chikondi ndi chikhululukiro cha Mulungu.

### **Kuchokera ku Mtima Waumbombo ku Mtima Opatsa Moolowa Manja**

Mulungu ndi munthu opatsa moolowa manja kudziko lapansi ndipo Iye amafuna ife tikhale olowa kwa Iye ndi kwa anthu ena. Kukhala opatsa—moyo kumatanthauza kuti timagwiritsa ntchito mphatso za Mulungu zomwe Iye adatipatsa kuposera phindu lathu. Mphatso zathu za uzimu ndi zomangilira thupi la Khristu( Aefeso 4;11—13). Zina mwa zinthu zathu ndi kuperekera zofuna za anthu a Mulungu ( 2 Akorinto 9:12), ndi zina ndi zobweretsera anthu kwa Khristu ( Luka 16: 9). Ngakhale miyoyo yathu tikukhala nayo monga mphatso kwa anthu ena ( Afilipi 1: 21—26), ndipo tiyenera Kulemekeza Mulungu ndi matupi athu ( 1 Akorinto 6:20).

### **Kuchokera ku Mtima Owukira ku Mtima Omvera**

Makhalidwe oukira mu mtima wa munthu ndi muzu wa machimo onse olimbana ndi Mulungu. Kumvera ndi chida chofunikira pa ubale wathu ndi onse anthu ndi Mulungu. Mfumu Sauli adanyozera malangizo a Mulungu, adana za izi, ndipo anayesera kulambira Mulungu. Samueli adamdzudzula iye nati,

Kodi Yehova akondwera ndi nsembe zophsereza ndi nsembe zophera, monga ndi kumvera Mau a Yehova? Taonani kumvera ndiko kokoma koposa nsembe, kutchera khutu koposa mafuta ankhosa za mphongo.

Pakuti kupanduka kulingati choipa chakuchita nyanga ndi mtima wa liuma ulingati kupembedza milungu yachabe ndi maula, popeza inu munakaniza Mau a Yehova, lyenso adakaniza inu kuti musakhalenso mfumu.

1 Samueli 15:22-23

Kulambira kwathu, umboni wathu, mapemphero athu, ndi mautumiki athu, onse ndi opanda tanthauzo ngati sitikuonetsera chikondi cha Mulungu pomumvera Iye. Ngati timufotokozerza Iye chinthu chimodzi, koma tisiya njira yina, ndiye kuti tapanga kulambira kwathu ndi utumiki wathu osayenera. Yesu adafotokozerza ophunzira Ake nati,; iye wakukhala nawo malamulo anga ndi kuwasunga iyeyu ndiye ondikonda Ine; koma ondikonda Ine adzakondedwa ndi Atate wanga ndipo ine ndidzamkonda, ndipo ndidzadzionetsera ndekha kwa iye." ( Yohane 14: 21). Kumvera malamulo a Mulungu ndi njira yogwirika kwambiri kwa ife kuonetsera kugonjera kwa chifuniro chathu ku chifuniro cha Mulungu.

## **Kuombankota**

Kudzipereka, kudzichepetsa, olapa, okhululukira, opereka molowa manja, ndi omvera ndi makhalidwe amtima okonzekeretsedwa ku utumiki.

Mulungu adzakumana ndi yense wa ife pamene tili pa ulendo wathu opita ku Kufanana ndi Khristu, ndipo ndi Mulungu amene amayeretsa munthu aliyense wa ife kuti tikhale chotengera choyenera pa cholinga Chake.

## **Maziko 2: Kumanga pa Mau a Mulungu**

Chifukwa chathu choyambilira chomwe timawerengera Baibulo ndi kuti tidziwe bwino Mulungu. Pamene tifika pomudziwa Iye ndi njira zake, ife tidzakula mu chikondi cha chilengedwe cha Iye. Pamene tikula mu chikondi, chokhumba chathu chokhala chifupi Naye ndipo kumumvera Iye kumakula. Kudzera mu ndondomekoyi ndi Mzimu Wake timasinthika kukufanana ndi Yesu Khristu. Thawi yomwe timakhala nayo yowerenga ndi kulingalira mu Baibulo zimatithandiza kubereka chifupi ndi Mulungu amene timamufuna monga chosowa chathu, ngati tingakhale ndi kusintha kwina kulikonse pa dziko lapansi.

Chikhulupiliro cha Chikhristu chimapezeka pa Mau a Mulungu, amene ndi amoyo ndi ochitachita, okuthwa koposa lupanga lakuthwa konsekone... nazindikiritsa zolingilira ndi zitsimikizo za mtima." ( Aheberi 4: 12).

Chifukwa chake, tichite change chakulowa mumpumulo, kuti wina angagwe mu chitsanzo cha kusamvera; pakuti Mau a Mulungu ali amoyo ndi ochitachita ndi akuthwa koposa lupanga lakuthwa konsekone na pyoza kufikira kugawira bmoyo ndi mzimu ndi zifundo ndi mafuta am'mafupa nazindikiritsa zolingilira ndi zitsimikizo za mtima; ndipo palibe cholengedwa chosaonekera pamaso Pake, koma zonse zikhala za pam'mbalambanda ndi zovundukuka pamsao Pa ke pa Iye amene tichita naye.

Aheberi 4:11-13

Kukhala okhulupilira okhwima, Mau a Mulungu ndi ofunika kuti ife tidziwe monga momwe tingakhalire monga otsatira Khristu. Baibulo limatifotokozeria ife kukhala ndi malamulo a Mulungu monga chuma.

Mwana wanga, ukalandira Mau anga ndi kusunga Malamulo Anga, kutchelera makutu ako ku nzeru, kulozetsa mtima wako kukuzindikira ukuyitananso luntha ndi kupfulira kuti ukazindikire; ukayifunafuna ngati siliva ndi kuyipwayira ngati chuma chobisika, pompo uzazindikira kuopa Yeho va ndi kumudziwadi Mulungu.

Miyambo 2:1-5

### **Mau a Mulungu amapulumutsa ndi Kuchilita.**

Anthu munyengo zosiyansiyana amafuna zambiri kusiyana ndi chitsimikizo cha munthu chokha kuti alandire machilitso munyengo zosiyansiyana. Ngati iwo saliokhulupilira, amafunikira chipulumutso cha machimo awo. Osakhulupilira ndi okhulupilira onsewa amafunikira machilitso kuchokera kukusweka ndi kupambana Satana, mdani amene amaopseza kukaononga tonsefe. Pamene tikutumikira, titha ku pereka zimene tinalandira: chipulumutso, chipambano, ndi machilitso omwe adabwera kwa ife kudzera mu Mau a Mulungu.

Inu amene mudabadwanso osati ndi mbeu yoonongeka, komanso yosaola mwa Mau a Mulungu a Moyo ndi okhalitsa.

1 Petro 1:23

## **Mau a Mulungu amaonjezera chikhulupiliro ndi madalitso.**

Kudzera mu kulingalira pa Mau a Mulungu, titha kumanga chikhulupiliro chathu ndi kupeza nzeru zomwe zimatithandizira ife kukafikira anthu ena. Kumvetsera kunkhani zo kuzunzika kwa anthu ndi ngozi, zitha kubweretsa zofoketsa zochuluka, koma Mau a Mulungu amalimbikitsa mitima yathu ndi kutithandiza ife kuona chithunzi chachikulu pakati pa zowawa za tsopano, Mulungu amatikonda ife ndipo ndi wa ife.

Chomwecho, chikhulupiliro chidza ndi mbiri ndi mbiri yidza mwa Mau a Khristu.

Aroma 10:17

## **Mau a Mulungu ndi amphanvu ndi owononga mphamvu ya Satana.**

Mdani amatsutsa ndi kunamizira aliyense wa ife tsiku ndi tsiku, koma Mau a Mulungu amatipatsa ife kulimbika mtima pokaniza oyipayo ndi kubweretsa chipambano pa nkhondo yathu a uzimu. Kuti tikhale amphanvu, tiyenera kutseka pakamwa pa mdani wonama, ndipo palibe chinthu chimene chingamuthamangitse iye monga Mau a Mulungu.

Ndipo oyesayo anafika nanena kwa Iye, " Ngati muli mwana wa Mulungu, tauzani miyala iyi kuti isanduke mikate; koma Iye anayan kha nati: kwalembedwa munthu sadzakhala ndi moyo ndi mkate wokha koma ndi Mau onse akutuluka mkamwa mwa Mulungu."

Mateyu 4:3-4

## **Mau a Mulungu ndi ofanana ndi a tanthauzo kwa okhulupilira aliyense.**

Baibulo linalembedwera inu: kukulimbikitsani ndi kukupatsani inu chiyembekezo (Aroma15:4 ). Choncho, zilibi kanthu kaya mwasankha kuwerenga Baibulo mwanjira yanji, kumbukira nthawi zonse kuti muziwerenga ndi kupemphera, mwanokha, ndi momvera. Funsani Mulungu kukupatsani mzimu womvetsetsa ( Masalmo 119: 18), ndi kulora Mau Ake kuhala amunthu pawekha. Tengani nthawi ndi kulingalira pa iwo ndi kuwagwiritsa ntchito pa moyo wanu.

### **Kugwiritsa ntchito Mau a Mulungu ndi Munthu amene ali Mmumasautso**

*Khalani otsogozedwa ndi Mzimu Oyera.*

Pamene munthu amene ali mumasautso abwera kwa inu, funsani Ambuye zimene Iye akufuna kulankhula kwa munthu ameneyu. Kenako mvetserani kwa Mulungu kuti alankhule. Ngati mavesi abwera mumalingaliro anu, khulupilirani kuti Mzimu wa Mulungu akukutsogolerani inu. Mdani sadzalora kuti mulankhule choonadi cha Mulungu kwa munthu amene akanathandizidwa nazo! Mzimu oyera adzakutsogolerani inu ndi chifundo ndi kuzindikira. Kudzera mu Mau a Mulungu, Mzimu Oyera umabweretsa chitsutso, chiyembekezo, machilitso, mtendere, ndi chilimbikitso.

*Khalani ozindikira.*

Mau a Mulungu ndi nyali younikira kumapazi athu, ndi kuunika kwa panjira yathu ( Masalmo 119:105). Nyali yimabalitsa mdima; sikuyenera kugwiritsidwa ntchito ngati osakanikirana oti ndi kumaofunsa mafunso. Lorani Mau a Mulungu kubvumbulutsa ndi kupangira njira yoyendamo, ndipo musaziike mu mayesero kuonetsera kuwala mumaso a munthu ndi cholinga choonetsera khungu lawo la uzimu. Mau a Mulungu alinso “ lupanga la mzimu ” (Aefeso 6:17). Pamene agwiritsidwa ntchito ndi luso lupanga litha kumthamangitsira kutali mdani, koma pamene muchita mosasamala, mumavulaza munthu yemwe mufuna kumulanditsayo. Mau a Mulungu ndi chida cha mphamvu chomenyera Satana, koma ayenera kugwiritsidwa ntchito bwino ndi mwa ukadaulo ndi anthu omwe mufuna kuwatumikira.

## **Kuombankota**

Mulungu adatilembera ife Mau Ake mu Baubulo. Choncho timadalira pa iwo kuti atipatse ife chilichonse timafuna pa ubale wathu wa chikondi ndi kukhulupirika ndi Iye, mu moyo wathu, ndi potumikira ena. Pamene titsogozedwa ndi Mzimu Oyera kulankhula chilimbikitso, kudzudzula, ndi chiyembekezo cha choonadi cha Mulungu, timazipezekeretsa tokha kugwa mu chikondi chochuluka ndi Iye amene Malemba amavumbulutsa kwa ife, ndi kuti sitingathe kuthandiza kupititsa chikondi Chake chachikulu kwa anthu ena.

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*ZOLEMBA*

### **Maziko 3: Kuyamba ndi Kulambira**

Munthawi ya ulamuliro wake wolimba monga mfumu ya Yuda, Mfumu Yehosofati adazindikira kuti padali makamu a akulu ankhondo atatu adasonkhana kuti akaononge Israeli. Ngakhale kuti adali mfumu ya mphamvu, 2 Mbiri 20 imatifotokozerwa ife kuti adachita mantha. Iye adalingalira, kuti "Kodi ndi ngagonjetse bwanji makamu ankhondo olimba atatuwa a adani? Kuchuluka kwavo kudzatigwera ife! Sindingathe kupulumutsa anthu athu." Iye adanena zoona. Iye sadakatha kupulumutsa anthu ake kuchokera ku chipongwe chimenechi. Koma Yehosofati adadziwa kuti padali njira zambiri pa nyengo kusiyana ndi vuto lomwe lidalio. Padali Mulungu.

Yehosofati adasonkhanitsa anthu ake, ndi kuyamba kulengeza kukula kwake, kukhulupirika kwake, ndi ubwino wake wa Mulungu m'mene udaliri. Iwo adazindikira kuti Mulungu anali alipo nthawi zonse ndipo adawakumbutsa anthu pa zomwe Mulungu adachita kumbuyoko. Yehosofati adakumbukira nthawi zomwe Mulungu adapambana nkhondo, ngakhale kuti nyengo zimaoneka zosatheka. Kenako mfumu yimeneyi idalengeza kwa Mulungu. Ife sitikudziwa zimene tingachite, koma maso athu ali pa Inu." Ndipo Mulungu adayankha kudzera mwa Mneneri Wake, "Musaope kapena kuchita mantha chifukwa cha unyinjiwu wa ankhondo. Pakuti nkhondoyi siyanu, koma ndiya Mulungu." 2 Mbiri 20: 15).

Tsiku lotsatira, Yehosofati adayika patsogolo gulu lake lolambira patsogolo pa khamu la nkhondo, ndipo pamene adayamba kuyenda, iwo adalemekeza Mulungu. "Ndipo poyamba iwo kuyimba, ndi Kulemekeza Yehova anayika olalira alalire a Amoni, a Moabu ndi amphiri la Seiri, akudzera a Yuda ndipo adawakantha. Pakuti ana a Amoni, ndi Amoabu adaukira okhala m'phiri la Seiri kuwapha ndi kuwaononga psiti; ndipo atatha okhala mu Seiri, adasandulikirana ndi kuonongana okhaokha ( 2 Mbiri 20:22-23). Yehosofati adadziwa kuti sakadapambana nkhondo payekha, koma Mulungu adalonjeza kugwira ntchito. *Kuyamba ndi kulambira kunali chiyambi cha chipambano.*

Pamene telengeza choonadi molimba mtima kuti moyo wa munthu aliyense ndi oyera, timalowa mu nkhondo ya uzimu ndi kudziyika tokha molunjika pa malo amdani. Maso a Satana ndi cholinga chake ndi kuononga chifaniziro cha Mulungu. Iyi ndi nkhondo yayikulu yomwe mdani alinayo polimbana ndi Mulungu, nkhondo yomwe yiposera nkhondo ya Davide ndi Goliatu. Ntchito yathu yoyamba ndi kugwada pansi modziche petsa kugwadiru M'modzi Yekhayo yemwe ali ndi mphamvu yogenjetsa mache njelero a mdani.

### **Kulambira ndi Chiyani?**

Nthawi zambiri timayikira malire polemekeza kungokhala mayimbidwe. Kuyimba malemekezo ndi njira yimodzi yomwe tikhoza kulemekezera Mulungu. Koma kulambira ndi monga mowe timakhali ndi moyo wathu monga choperekwa kwa Mulungu. Kulambira kumapezekwa mukachitidwe kathu kamapemphero ooneka onyozeke, mu mau okoma omwe timayankhula kwa nwina amene ali osowa, ndi nthawi yomwe timatenga ndi mabanja athu. Pali njira zosawerengeka zolambilira Mulungu ndipo nyimbo ndi imodzi mwa iwo.

Kulambira kuma khudza zonse kukweza za zimene Mulungu ali ( makhalidwe a mitima yathu) ndi ntchito zomwe zimafotokozerwa chikondi chathu cha pa Mulungu ( khalidwe lathu ). China chilichonse chimene chimalemekeza ndi kukondweletsa Mulungu ndi kulambira. Baibulo limafotokozerwa ganizoli munjirayi: " Chifukwa chake ngakhale mudya, ngakhale mumwa, ngakhale muchita kanthu kena chitani zonse ku ulemelero wa Mulungu."

( 1 Akorinto 10: 31). Ngati tiganizira zopereka kwa Mulungu chilichonse chomwe tili pa nthito yake, Mau a Mtumwi Paulo amatifotokoza ife kuonetsera chimene timatanthauza: "Chifukwa chake ndikupemphani inu abale mwazifundo za Mulungu kuti mupereke matupi anu nsembe ya moyo, yopatulika, yokondweretsa Mulungu ndiko kupembedza kwanu koyenera." ( Aroma 12: 1).

## Chifukwa Chiyani Kulambira kuli Kofunikira?

Ife timalambira Mulungu mu miyoyo yathu pa zifukwa zambiri. Timalambira Mulungu chifukwa Mulungu ndi oyenera malambiro, chifukwa tinapangidwa kuti timulambire Iye, chifukwa zimapangitsa anthu kuyandikirana ndi Mulungu, chifukwa kulambira ndi nkhondo ya uzimu, ndi chifukwa kulambira kumamanga chikhulupiliro chathu.

*Mulungu ndi oyenera!*

Chifukwa chachikulu cha kulambira ndi chomwe chiyenera kukhala poyambilira ndi chifukwa cha chomwe Mulungu ali—umunthu ndi makhalidwe amomwe Mulungu ali Payekha. Iye ndi oyenera kulemekezedwa ndi kukwezedwa pa malo alionse ndi nthawi iliyonse. Timalambirano Mulungu pa zomwe Iye adachita mu mbiri yonse ya dziko, zimene akuchita lero lino pa miyoyo yathu, ndi zomwe Iye adzachite mtsogolo. Zilibe kanthu kaya pali mavuto otani Mulungu ayenera kulemekezedwa.

Ndidzayimbira za chifundo za Yehova nthawi zonse; pakawa panga ndidzadziwitsira za chikhulupiriko Chanu kumibadwo mibadwo; pakuti ndinati, chifundo adzachimanga kosaleka, mudzakhazika chikhulupiriko Chanu m'mwamba mwenimweni.

Masalmo 89:1-2

### *Tinapangidwa ku kalambira.*

Tinalengedwa kuti tikadziwe Mulungu ndi kukondwera Naye muzonse mu nthawi yino ndi yamuyaya. Tinapangidwa ndi kumangidwa—kuti tikalumikizike kwa Mulungu ndi kumukweza Iye. Ife sitingakhutitsidwe moona popanda kulambira Mulungu ndipo miyoyo yathu yimadzidwa ndi chimwemwe pamene tikwaniritsa cholinga chathu.

Koma inu ndinu m'badwo osankhika, ansembe a chifumu; mtundu oyera mtima, anthu a mwini wake, koteru kuti mukalalikire zopsazo za Iye amene adakuyitanani kuyi mutuluke mumdima mulowe kuunika kwake kodabwitsa.

1 Petero 2:9

### *Khalani ndi anthu oyenda chifupi ndi Mulungu.*

Ngati tizengereza nthawi ya kulambira kwathu ndi Ambuye, tikoza kupereka kochepa kathu ko mwe tilinako, mphamu zamalire, chikondi chosapitilira, ndi ntchito zosalungama. Sitidzakhala okwanira pa ife tokha. Anthu amafuna zomwe Mulungu Yekha atha kupereka, mphamu zopitilira, chikondi chopitilira, ndi ntchito zolungama. Iye adzakhala okwanira nthawi zonse. Tisanayambe kutumikira kwa ena, tiyenera kudzazidwa ndi Mulungu mwini kudzera mu kulambira.

“Khalani mwa Ine, ndi Ine mwa inu. Monga nthambi siyingathe kubala zipatso payokha ngati siyikhala mwa mpesa; motero inunso ngati simukhala mwa Ine. Ine ndine mpesa, inu ndinu nthambi Zake, wakukhala mwa Ine ndi Ine mwa iye, ameneyo abala chipatso chambiri, pakuti kopanda Ine, simungathe kuchita kanthu.”

Yohane 15:4-5

### *Kulambira kumapambana nkhondo.*

Kulambira kumatipangitsa ife maso athu kutembenuka ku nyengo zathu ndi kuyika maso athu pa Yekhayo amene amakhala pampando ndi mphamu ndi chifundo. Zimatipangitsa ife kusunga pamene utumiki wathu ukukhumudwitsa, ndipo kumatilimbikitsa ife kupilira pamene tikuchitidwa chipongwe, kusekedwa ndi kuchititsidwa manyazi.

Yesu ameneyo, chifukwa cha chimwemwe choyikidwacho pamaso pake, anapilira mtanda, nanyoza manyazi nakhala pa dzanja lamanja la Mpando wa Chifumu wa Mulungu; pakuti taligalirani Iye amene adapilira ndi ochimwa otsutsana Naye koteru kuti mungaleme ndi kukomoka m'moyo mwani.

Aheberi 12:2-3

Tisanayike phazi lathu pa malo ankhondo, tiyenera kuchita monga Mfumu Yehosofati adachitira: kulambira Yekhayo amene adali ndi mphamu zonse ndi ulamuliro. Mulungu adzatimera nkhondo, Iye adzabweretsa chipambano chathu ndi cha Iye mwini.

### *Kulambira kumamangilira chikhulupiliro chathu.*

Kulambira ndi mtima wonse kumapangitsa ife kukhulupilira Mulungu ndi kuyika kulimbika kwathu konse mwa malonjezano Ake. Makamaka, pamene tikulankhula ndi anthu paokha omwe madza kwa ife pofuna chithandizo ndi chiganizo cha imfa ndi moyo, sitikhalanso tikumva kusowa thandizo, ndi osatsimikizika pa zimene tima nena pothandiza. Titha kudutsa pa chiyembekezo chopambana chomwe chimadza kuchokera kukulambira Mulungu, amene zifundo Zake ndi zatsopano mamawa alionse.

Chifukwa chake, monga momwe munalandira Khristu Yesu Ambuye tuyende mwa Iye, ozika mizu ndi omangika kwa Iye; ndi okhazikika mu chikhulupiliro monga mudaphunzitsidwa ndi kuchuluka chiyamiko.

Akolose 2:6-7

## **Kodi Kulambira Kumatikhudza Bwanji Ife ?**

Pamene tilambira Mulungu chifukwa kuti ndi oyenera malemekezo onse, kulambira kumatisintha ife mu njira zofunikira. Kulambira kumasintha maganizo athu, zochitika zathu, ndi machitidwe athu.

### ***Kulambira kumasintha maganizo athu: MUTU***

Mabodza ndi choonadi ndi nkhondo zokhazikira pa chidwi chathu, ndipo nkhondo zimenezo zimachitika mu malingaliro athu. Mabodza mafikira maganizo monga, "Mulungu ndi osakwanira. Iye sangathe kundikhululukira ine. Iye samasamala za ine. Mabodza amenewa amatchinga mphamvu za Mulungu, chifundo ndi chikondi. Ndi kupanga chisankho chomaliza cho lambira, ngakhale kuti tidzagonjetsa mabodza. Paliponse pamene tisankha kulambira Mulungu, timayika chidwi chathu pa Iye, ndipo Iye ndi choonadi. Pamene tiperekwa chidwi chathu ku choonadi, kumalowa mozama kwambiri ndi kuzika mizu mwa ife, ndipo kusintha kumeneko, ndi kudzudzula maganizo athu. Pamene tisankha kunena kuti, "Zikomo kwambiri, Mulungu, kuti Inu ndi wamkulu koposa vuto limene ndi kukumana nalo. Zikomo kuti mwakhululukira ngakhale tchimo limeneli. Zikomo chifukwa Mumandikonda ine, ndi kuti Mumawakonda anthu omwe ali pamoyo wanga, pamenepo mabodza amasuluka. Chifukwa kulambira kumagwirizana ndi kulankhula choonadi za Mulungu, kuli ndi mphamvu ya ukonza kaganizidwe kathu, mogwirananso ndi choonadi.

### ***Kulambira kumasintha kamvedwe kathu: MTIMA***

Pamene tikweza Mulungu Atate wathu, timayamba kutsegula zinthu zina zonse zomwe zimalimbana ndi chidwi chathu, ndipo timayika chidwi chathu pa Iye. Mayina Ake ndi njira Zake. Pamene tichita timakumbukira kuti Iye amatikonda ife zilibi kanthu kaya chinachitika nchiyani, ndi mantha athu adasuluka. Timabweretsa patsogolo pa malingaliro athu omwe kuti Iye ndi opatsa, ndi mtetezi wathu, ndipo mantha athu amasungunuka. Timakumbirkanso malonjezano Ake oti Iye amasamala za ife, ndipo adatitsimikizira ife kuti adzapanga zinthu zonse kubwera chifukwa cha ubwino wathu, ndipo nkhawa zathu zathawa. Pamene tikhala pamalo olambira moona, timazindikira kuti m'malo mokumva kuopsezeda ndi mantha ndi nkhawa, tsopano tikumva kutetezedwa, kulimbika mtima, ndi mtendere.

### ***Kulambira kumasintha zochita zathu: MANJA***

Ngakhale monga Akhristu, nthawi zambiri timaonetsera kutali malilime akuthwa ndi manja aatali. Ife sitimaonetsera chikondi kwa ena monga Khristu adatikodera ife, ndipo zimaonetsera mitima yathu kudzera mu mau athu ndi muzochitika zathu. Ngakhale kuti pamene tila mbira Mulungu, Iye amadzionetsera Yekha kwa ife. Iye amatidzadza ife ndi chikondi Chake kufikira titasefukira ndi kutayikira. Pamene kulambira kumasintha ndi ukonza zochitika zathu, timadzipezekeretsa tokha kufuna kutsanulira chikondi pa wena. Pamene tikufuna ena akonde, ife timakhala monga Yesu, amene amafuna kutsanulira chikondi Chake pa ife. Pamene iye atidzadza ife ndi chikondi Chake chachikulu, momwe ifenso timagawana chikondi Chake ndi anthu omwe Iye adayikiza pa ife pogwiritsa ntchito makutu athu, lilime lolungama, thandizo logwirika, nthawi yoyenera, ndi mapemphero opitilira chifukwa cha phindu lawo. Zochitika za chikondi ndi zotsatira za ntchito ya Mulungu mkati mwathu.

## Kuombankota

Timakhala ndi moyo ndi kulambira Mulungu mu zochitika zonse za pa moyo, kuchokera ku zinthu wamba, ntchito za tsiku ndi tsiku kukafikira za muzochitika zapamwamba kwambiri zomwe zimachitika mu nthawi ya moyo wa munthu. Kudzera mu kuyitana kwa Mulungu pa ife ku chiombolo ndipo yankho lathu kwa Iye pa kulambira timayandikira chifupi ndi Mulungu, ndipo Iye amayandikira kwa ife. Pamene timamuona Iye bwino, timazindikira momwe Mulungu amachitira pokumana ndi zosowa zomwe anthu alinazo ndi momwe tingawathandizire iwo kuyankhapo pa mavuto awo. Pamene tichepetsedwa ndi chikondi cha Mulungu, timayamba kukonda moona iwo amene timayesera kuwathandiza. Podziwa momwe ife timakondedwera, tsopano ndife mfulu kubelera ndi kulora Mulungu kuchita ntchito Zake za chiombolo mu miyoyo ya anthu athu, ndipo ndi pamene nkhondo yagonjetsedwa.

Pamene tikumana ndi vuto lalikulu ( monga Mfumu Yehosofati adachitira) tiyeni nthawi yomweyo tiyambe kulambira Mulungu. Ndipo pamene titumikira kwa ena, tiyeni titero ndi miyoyo yomwe yapanga kachitidwe kolambira Mulungu kukhala chinthu choyambilira. Pame ne tilambira Iye mumzimu ndi mchoonadi, tikhoza kutsimikizilidwa kuti Iye adzawakonda anthu kudzera mwa ife ndi kupeza chipambano.

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*ZOLEMBA*

## **Maziko 4: Kudalira Pemphero**

Pemphero ndi kulumikizana pakati pa Mulungu ndi ife. Ndi gawo lofunikira la kukula kwa ubale ndi Iye.

Iye akutitanira ife kutsanula mitima yathu kwa Iye, kumufunsa Ife mafunso athu ozama kuonetsera kukhumudwa kwathu ndi maloto, ndi ngakhale kupumula mwa kachetechete pa kupeze ka Kwake. Momwemo Iye amatifotokozeria ife, chomwe chili pamtima Pake. Ili ndi pemphero lonse. Inu mumalankhula ndi Mulungu, ndipo Mulungu amalankhula ndi inu.

## **Kodi Mumapemphera Motani?**

Pamene tizindikira kuti kudzera mupemphero timapeza njira yolowera pamaso pa kupeze ka Mulungu, timaphunzira za Iye, ndi kudziwika ndi Iye, sitimaonanso pemphero monga ntchito "yomwe tiyenera kuchita." Pemphero ndi chida chofunikira cha ubale ndi Mulungu. Tili ndi ntchito yopemphera monga Akhristu, chifukwa Mulungu amatilamulira ife mu Malemba kuti tipemphera, koma pamene tizindikira kuti pemphero ndi limodzi mwa njira zoyambilira zomwe tingadziwire Mulungu bwino, ntchito yathu yaku pemphera itha kukhala chokhumba chathu chachikulu. Mu ndondomeko yakupemphera, timazindikira kuti kudziwa ndi kukonda Mulungu kwambiri ndi zenizeni, koma mwina zotsatira zosayembekezeka. Pamene pemphero ndi kukambirana ndi Mulungu—kuyankhula ndi kumvetsera, chimene aliyense atha kuchita popanda kulangizidwa—ndi zothandiza kukumbukira zinthu zina zofunikira za tsogolera.

### **Pemphelerani Zinthu Zonse.**

Mulungu amadziwa kuchuluka kwa tsitsi la m'mutu mwanu. Iye amasamala za chilichonse chomwe chimakhudza inu. Monga kukonda ko chuluka ndi kholo losamalira, Mulungu amamvetsera mwa chifundo. Iye amakondwea mwa inu. Chifunikira si monga mulankhulira koma kuti chomwe mwalankhula.

### **Khalani oona mtima.**

Mulungu amakuyitanirani inu kugawa moona mtima nkhondo zanu, chimwemwe, ndi zovuta. Kukhala oona mtima ndi Mulungu kumamanga chikhulupiliro ndipo ndi gawo lofunikira lokula mwachifupi ndi Iye.

### **Gwirtsani Ntchito Mau a Mulungu.**

Njira yodabwitsa popemphera ndi kutsatira pemphero lanu iwo omwe adalembewa mu Baibulo, monga pemphero la Mfumu Davide (Masalmo 25: 4-5), Hana (1 Samueli 2: 1-10), Moses (Exodo 33: 13), kapena Paulo (Aefeso 1: 3-14).

### **Khulupilirani kuti Iye amamva ndipo amakuyankhani inu.**

Ubale ndi kulumizikizana ndi Mulungu zimachokera pa chikhulupiliro. Pamene mupemphera khulupilirani Mulungu kuti wamva ndipo wakuyankhani inu (Yakobo 1: 5-8).

### **Pemphelerani adani anu.**

Mulungu amafunitsitsa anthu onse kubwera ku chikhulupiliro cha kupulumutsa mwa Yesu Khristu. Tsanzirani Yesu, amene adapemphelera adani Ake pamene Iye amakumana ndi imfa ya pamtanda: " Atate khululukirani iwo chifukwa sadziwa chimene akuchita" ( Luka 13: 34). Yesu adapemphelera adani Ake chifukwa amawatenga anthu kukhala ofunikira nthawi zonse kwa iwo amene amawapatsa moyo Wake: "Koma Ine ndinena kwa inu, kondanani nawo adani anu ndi kuwapemphelera iwo akuzunza inu, ( Mateyu 5:44).

### **Mudzipemphelere nokha ndi anthu ena.**

Mulungu amakonda kukhala ndi nthawi ya payekha ndi inu; ndinkhani yofunikira yakukhala pa ubale ndi Iye. Ndipo Iye amafunanso kukumana nanu pa gulu la okhulupilira. "Chingwe cha nkhosi zitatu sichiduka msanga." ( Mlaliki 4: 12b).

### **Mvetserani kwa Mulungu.**

Timamvetsera ku zimene Mulungu amanena mu Mau Ake, Baibulo. Koma Mulungu akutiyitanira ife kukamvetsera kwa Iye mu pemphero. Kuti, monga Mzimu Oyera, anena: Lero, ngati mudzamva Mau Ake, musaumitse mitima yanu" ( Aheberi 3: 7—8a ).

## Kuombankota

Pamene mutumikira ena, ndi kuusa moyo ndi cha chimwemwe podziwa kuti simulinokha. Mulungu, Mlangizi wabwino, alinanu. Mulungu bwathu wa nzeru ndi wamphamvu amakhala okonzeka kulumikizana ndi chikondi chake chonse kwa ife ndi kwa ena. Pamene mulankhula ndi kumvetsera kwa Mulungu, Iye adzakutsogolerani inu ndi kukupatsani zinthu zonse zomwe mumafuna potumikira kwa anthu omwe Iye amabweretsa ku njira yanu. Iye adzachita koposaposatu zonse zimene tizipempha, kapena tiziganiza monga mwa mphamvu yakuchita mwa ife ( Aefeso 3: 20)

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## **Maziko 5: Kuchita Nkhondo Yauzimu**

Dziko lathu ndi loooneka mwathupi—tikhoza kulizindikira ndi maso athu, kumva, kulawa, kukhudzika, ndi kununkhiza. Komanso liri ndi gawo la uzimu. Malemba amabvumbulutsa kuti Mulungu ndi Mzimu, tilinso ndi mizimu, ndipo ndi anthu auzimu otchedwa angelo, ena mwa iwo adagwa ndi Satana nasandulika mizimu yoipa. Mu Baibulo iwo amatchedwa ziwanda. Dziko la uzimu ndi lenileni, ndipo anthu auzimu amenewa—angelo ndi ziwanda—amagwira ntchito pa dziko lapansi. Mkangano pakati pa Mulungu ( ndi angelo Ake a nkhondo) ndi Satana ( ndi mizimu yake yoipa ) zili pa nkhondo yopitilira yotchedwa *nkhondo ya uzimu*.

Nkhondo ya uzimu ndi yeniyeni ndipo yikuchitika nthawi zonse. Ena amayesa kuti ndi matsenga kapena umbuli kukhulupilira mwa oipayo. Ena amaona kutali kwambiri ndi mphamvu ndi mamva imva pa kuopa Satana ndi dziko la uzimu. Mwina ndi zanzeru kapena amapereka mayankho ku

zenizeni za zinthu zosaoneka koma ndi anthu amachitachita. Pamene mulowa malo a nkhondo ya uzimu mukulimba ndi mdani amene amabuma ngati mkango ayendayenda ndi kufuna funa wina akamlikwire." (1 Petro 5:8).

Pamene Khristu adafa pamtanda, Satana adagonjetsedwa. Magaizo aka oononga chifaniziro cha Mulungu anakhumudwitsidwa. Kuchokera nthawi yimeneyo, chinyengo chake chachikulu oipayo chomwe adatsala nacho ndi kulavulira ku nkhopo ya Mulungu popangazilizonse zomwe akanatha kuchepetsa chifaniziro cha Mulungu kudzera mu kluchepetsa moyo wa munthu omwe udalengedwa mu chifaniziro cha Mulungu. Pamene anthu a Mulungu ayima pa chiyero cha moyo wa munthu, kubweretsa mabodza a mdani kukuunika, nkhondo yake yimagonja pa njira zomwe Satana adayika pothamangira kwa Mulungu.

## Chifukwa chiyani ndi Kofunikira Kuchita Nkhondo Yauzimu?

Nkhondo ya uzimu ndi yofunikira chifukwa Malemba amafotokoza kuti pali nkhondo zomwe ziyenera kumenyedwa, "sikhamu la ankhondo, si mphamvu, koma Mzimu Wanga ati Yehova wamakamu" (Zakaliya 4: 6). Ngati muli ndi chikayiko china chilichonse za zenizeni za nkhondo ya uzimu ku dziko lapansi lerolino, werengani Malemba, khulupilirani pa zimene zinalembedwa pamenepo, ndi kufunsa Mulungu akuthandizeni inu kuona zimene zikuchitika pamene mukukhala. Pano pali zifukwa ziwiri zimene nkhondo za pa moyo wamunthu kuti ziyenera kuchitika mu ulamuliro wa uzimu.

### Inu simungapambane nkhondo ya moyo poyinyozera iyo.

Satana amafuna kuononga moyo wa munthu m'mene angathere, kuphatikizirapo miyoyo ya ana osabadwa. Kudzera mu imfa ya mwana osabadwa, iye amafunanso kuononga kholo, kuthupi, kamvedwe, ndi moyo wa uzimu. Muli ndi mwayi woyima pa mpata kulimbana ndi mdani wathu osaoneka, ndi kulankhula choonadi ndi chiyembekezo pamene iye aponya mabodza ake, chisokonezo, ndi kutaya mtima kwa amuna ndi akazi amene amakumana ndi mavuto a mimba zosakonzekera. Kuchokera pa malo otetezeaka a ubale ndi Mulungu mumachita nkhondo, ndi chifukwa Khristu adapambana zonse zoopsa za Satan, inunso mudzapambana.

[Yesu adati.] "Siikudza mbala koma kuti ikabe, ndi kupha ndi kuononga; Ndadza Ine kuti akhale ndi moyo ndi kukhala nawo ochuluka."

Yohane 10:10

## **Sungapambane nkhondo ya pa Moyo polimbana ndi mdani olakwika.**

Kodi ndi ndani makamaka amene ndi mdani wa moyo ? Kodi ndi atate kapena amayi, ochotsa mimba kapena omuthandizira ake, kapena si abwenzi, kapena antjhu apa banja lanu, amene anamulimbikitsa mkazi kusankha kutaya mimba. Ngakhale kuti onse akupanga zisankho za uchimo, polimbikitsa kutaya mimba, iwo si adani. Onsewa adakhulupilira mabodza okhudzana ndi Mulungu, bodza lokuti Iye siwamphamvu kwambiri, siwachifundo, kapena osakwanira pothandiza mu nyengo yimeneyi. Mdani wanu ndi mdani wa iwo akulingalira za kutaya mimba ndi adani a Mulungu, Satana amene amatsutsana ndi Mulungu ndi tchito Yake pa munthu.

Chifukwa kuti kulimbana kwathu sitilimbana nawo mwazi ndi thupi komatu nawo maukulu ndi maulamuliro ndi akuchita zolimbika a dziko lapansi a mdima uno ndi a mzimu wa choyipa mu zakumwamba.

Afefeso 6:12

## **Kodi Tikufunika Kudziwa Chiyani Pochita Nkhondo ya Uzimu?**

### **Dziwani Mulungu, Msilikali—Wamkulu**

Palibe winga monga Mulungu. Palibe wina angafanane Naye. Iye atha kugwetsa mdani Wake ndi Liu limodzi, koma amasankha kusatero, Iye amatiphunzitsa ife timenye nkhondo pamodzi ndi Iye, ndipo njira zake zosakhazikia ndi zosaonekera. Iwo amaonjezerapo pemphero, kulankhula choonadi, mwachikondi, kugonjetsa choipa ndi chabwino, kupereka chikhululukiro ndi machilitso.

Yesu adamvetsetsa nkhondo ya uzimu kuchokera ku kaonedwe ka munthu, chifukwa Iye anakumanapo ndi moyo monga munthu. Ngakhale kuti mu nkhondo iliyonse, Yesu adapambana nkhondo pakati pa ufumu wa Satana wa mdima ndi ufumu wa Yesu wa kuuniqa, Nkhondo yayikulu ya Satana kunali kupachika Mwana wa Mulungu. Kunalinso kugonjetsedwa kwakukulu kwa Satana, patatha masiku atatu Yesu adauka kwa akufa. Kudzera kukupachikidwa ndi kuuka Kwake, Ambuye Yesu adalipira mulandu wa machimo a munthu ndipo adagonjetsa Satana ndi ufumu wake kosatha ndipo inali nkhondo yayikulu ndipo Yesu adapambana modetsa nkhawa.

Atavula maukulu ndi maulamuliro [Yesu] adawaonetsera poyer, nawagonjetsera nako, pamtanda.

Akolose 2:15

### **Dziwani Satana, Mdani Wanu**

Satana siofanana, ndipo sanali ofanana, ndi Mulungu. Iye adali mngelo olengedwa amene adaukira polimbana ndi Mulungu ndipo adatsitsidwa kuchokera kumwamba. Satana ndi wogonjetsedwa amene alibe mphamvu kusiyana ndi Mulungu, ndipo tsiku lina Mulungu adzamuponya iye mu Nyanja ya moto (Chibvumbulutso 20:10).

Mulungu amafuna kuti inu muzigonjetsa mdani wanu. Pochita izi, muyenera kuzindikira njira za Satana ndi kudziwa mfundo za Mulungu. Molingana ndi Genesis 3: 1, mdaniyu ndi wochenjera kwambiri, kuposera nyama zonse zolengedwa.” Satana amagwiritsa ntchito machenjelero osiyanasiyana potengera monwe anthu alili, ndi nyengo zomwe akufuna kufikira, koma ndi kudziwa, mudzapeza kuti, iye ali ndi mabodza ambiri. Akapeza bodza lomwe lagwira ntchito, iye amalgiwiritsa ntchito nthawi ndi nthawi kuti atigwetse ife pansi.

*Machenjelero ena a Satana ndi kuphatikizapo:*

1. *Kulimbana ndi mbiri yako—“Inu mukudziwa inu mudzalephera monga mtogoleri.”*
2. *Kulimbana ndi chikhaldwe cha Mulungu—“Mulungu samasamala za inu. Iye adzakusiyani nokha.”*
3. *Kusuntha maso anu – ‘Mukutaya nthawi yambiri pa pemphero lobowa. Muyenera mukhale ndi zinthu zina zosangalatsa.’*
4. *Kudula maubale anu—“Mulungu sadalankhu ndi inu kwa miyezi tsopano. Nchifukwa chiyani mukuzivuta ndi kupemphera?”*
5. *Kukuchotserani chuma chanu—“Mulibe zimene ndi zofunikira. Ndipo mumangotopa pachabe.”*

Kumbukirani kuti mayesero ndi zovuta sizimangokhala za chipembedzo cha satana. Koma, nthawi zonse ndi nkhanzi ya kuzindikira ndi pemphero. Satana amalimbana nanu ndi mabodza, ndi chinyengo chake nthawi zambiri ndi machenjelero oyenda mwa pang'onopang'ono. Nkhondo za uzimu zimafotokozedwa ndi kulimbana mumalingaliro. Kuganiza molakwika kumayamba pang'onopang'ono ndipo nthawi zambiri kumapita mosazindikirika, koma zolakwika zomwe mumakhulupilira, nthawi zambiri pamasowa chikumbu mtima, kumayala maziko a zime ne mumamva ndi chisankho chimene mumapanga. Timayenera kumaona ndi kusianitsa mwachangu choonadi kuchokera ku mabodza.

### **Muzidziwe Nokha, Wankhondo Wamphamu**

Masiku ano Satana akupitilirabe kutiopseza ife. Koma chifukwa cha chipambano cha Yesu pa mtanda, ifenso tili ndi chipambano! Ife sitilinso ozunzidwa, ndife opambana! Ndife oposa agonjetsi ( Aroma 8:37). Koma izi zikutheka bwanji? Mulungu amanena kuti tikhoza kugonjetsa adani athu chifukwa tili mwa Khristu, ndi chifukwa Khristu adatipatsa ife mphamu ndi ulamuliro. Ili ndi gawo la chisomo chimene timalandira panthawi yomwe takhulupilira Iye.

Pakuti chilichonse chobadwa mwa Mulungu chiliraka dziko la pansi ndipo ichi ndi chilako tilaka nacho dziko la pansi; ndicho chikhulupiliro chathu. Koma ndani iye olilaka dziko lapansi? Koma iye okhulupilira kuti Yesu ndiye Mwana wa Mulungu.

1 Yohane 5:4-5

Pamene mukhulupilira mwa Khristu Yesu, inu mudapachikidwa pamodzi ndi Iye ( Agalatiya 2:20). Munaukanso pamodzi ndi Iye, ngakhale machimo anu anali chikhaliire akufa. Khristu amene ali mwa inu, ndipo pa nthawi yomweyo inu muli mwa Khristu ( 1 Akorinto 1:30). Chilichonse chomwe alinacho, mumakhala nacho ndi mpata olowamonso. Iye ndi wangwiyo, inunso ndinu angwiyo. Iye ndi wopambana kotheratu pa mdani wathu pa mdani wathu, inu ndinu opambanan nthawi zonse. Chilichonse chomwe Mulungu adachita mwa Khritu mutu wa mpingo, Iye adachitira ife, thupi.

Yesu adakonzekeretsa ophunzira Ake pa chilichonse ndikuphatikirapo nkhondo. Iye amatulutsa ziwanda, ndi kutumiza ophunzira Ake kukachita chimodzimodzi. Iye amayembekezera inu , monga ophunzira ansiku ano, kukala okonzekeretsedwa ndi ku lowa nawo mu nkhondoyi .

Ndipo Iye adayitana pamodzi khumi ndi awririwo, nawapatsa mphamu ndi ulamuliro pa ziwanda zonse , ndi zakuchilitsa nthenda, ndipo adawatumu kukalakira za Ufumu wa Mulungu ndi kuchilitsa anthu odwala.

Luka 9:1-2

Kukwera kwa Yesu, Mau omwe adawasiyira ndi kuphatikizapo malangizo olandira mphamu. Kudzera mwa Mzimu Oyera tili ndi mphamu zonse ndipo tiyenera kugonjetsa mdani wathu. Ndikofunikira kuti aliyense wa ife, komanso mpingo onse alandire mphatso yamphamvuyi ndi ulamuliro. Ndi mphamu ndi ulamuliro wa Mulungu Yekha zimatitsogolera ife, ndipo palibe malo akuopa kapena kaonedwe kochepa ka mphamu yathu mwa

Khristu.

## Nkhondo za Uzimu Zimafunikira Mphamvu ndi Kulimbika Mtima

Monga ophunzira a Khristu kudziko amalamulidwa ndi mdani wathu, tili mu nkhondo yayikulu ya pakati pa moyo – ndi imfa. Koma palibe chifukwa chochitira mantha. Mulungu adatityitana ife kukakhala asilikali a mphamvu, ndipo amatikonzeretsa nthawi zonse iwo a mene Iye wawayitana. Zimatengera kulimba mtima kukumana ndi zokhoma, moyo—ukumana ndi zipsinjo pamene mukulankhula kwa anthu za kufunikira kwa moyo wa munthu. Zimatengera kulimba mtima kukhala wachifundo, ndipo zikutengeranso kulimba mtima kulankhla choonadi. Koma utha kukhala wamphamvu ndi olimbika mtima, chifukwa

Palibe munthu adzatha kuyima pamaso pako masiku onse a moyo wako monga ndinakhala ndi mose momwemonso Ndiddzakhala ndi iwe; sindidzakusowa, sindidzakusiya.... Kodi sindidakulamulira iwe, khala wa mphamvu nulimbike mtima usaope kapena kutenga nkawa, pakuti Yehova Mulungu wako ali ndi iwe kulikonde umukako.

Yoshwa 1:5, 9

Chifukwa muli ndi malonjezano a Mulungu ndi kupezeka Kwake, mutha kukhala olimbika mtima. Zimatengera kulimba mtima kukana ndi kusuntha. Pamene tuyima mwa mphamvu polimbana ndi mdani, kukana kulambira mabodza ake ndi zolimbana nazo zake, iye ayenera kuthawa (Yakobo 4:7). Makamaka pamene Paulo adatifotokozeria ife mu Aefeso kubvala zida zonse za Mulungu, akutilimbitsa ife mwa kanayi konse kuti tiyime mwa mphamvu. Izi zikupereka tanthauzo pamene mukumbukira kuti mdani adagonjetsedwa kale ndipo ndi wakuba wachabechabe—iye akhoza kungokubera chipambano chako ngati uthawa nkhondo. Zimene mungachite ndi kuyima mwamphamvu ndi kumukumbutsa iye kuti mukudziwa kuti inu ndi opambana ndipo iye adzachoka.

## Kuombankota

Nkhondo za uzimu zikuchitika tsopano. Pamene ukukhala was phokoso ndi wamachitachita poonetsera moyo wa munthu, mdani adzalimbana nanu panokha ku gawo lanu lofooka. Koma izi ndizimene mudabadwira—kukhala msilikali wa mtanda. Inu simuyenera kuopa nkhondo ya uzimu; Mulungu adakulonjezanu inu kuti mudzapambana. Ngakhale kuti, palibe madulira kuti mukhale wankhondo waluso, tuyenera kuphunzira. Mukamatero musamayiwale kuti:

Pakuti ndakopeka mtima kuti ngakhale imfa ngakhale moyo, ngakhale angelo, ngakhale ma ufumu, ngakhale zinthu ziliko, ngakhale zinthu zilinkudza, nhakhale zimphamvu, ngakhale utali, ngakhale kuya, ngakhale cholengedwa china chilichonse sicingadzakhoze kutisianitsa ife ndi chikondi cha Mulungu chimene chili mwa Khristu Yesu Ambuye wathu.

Aroma 8:38-39

## **Maziko 6: Kukhazikika Mu Uthenga**

Yesu adadza kutibweretsera ife moyo—ochuluka ndi osatha (Yhane 10:10); choonadi chimenecho chili pamtima pake pa Uthenga. Choncho pogawa “Uthenga Wabwino umenewu” (Luka 4:43) wa Yesu –kulalikira –kukutanthauza kuti tiyenera kugawira moyo omwe Iye amapereka ndi moyo omwe Iye anafuna kuti munthu aliyense autenge. Ngati chikondi chimatilimbikitsa ife kufotokozerena za Yesu, ndiye kuti chikondi chimenecho chiytenera kutilimbikitsa ife kuphatikizirapo choonadi cha momwe Mulungu amaonera moyo wa munthu wina aliyense ofunikira kuphatikizirapo mwana osabadwa.

Nthawi yomwe mumayikiza mwa anthu ena iyenera kukhala yokika ndi Mulungu. Mulungu akugwira ntchito pa miyoyo yawo, ngakhale kuti simungathe kuyiona. Pachifukwa ichi mudzafunika kukhala ofunitsitsa za kumvetsera, kusamalira, ndi kulankhula mau a chiyembekezo kwa anthu ena. Kumbukirani kuti mau ofunikira kwambiri a chiyembekezo omwe mungapereke kwa anthu ena ndi choonadi chakuti Mulungu amawakonda iwo, zilibi kanthu kaya nyengo zawo ndi zovuta bwanji. Iye amaona kusautsidwa kwawo ndipo Iye alipo chifukwa cha iwo.

Pokhazikika mu Uthenga wa Yesu Khristu inu mutha kuonetsera chisamaliro kwa ena powakonda iwo monga momwe Yesu akadawakondera. Ichi ndi chilengedwe chopatsa—moyo, ndipo ndi zothandizira kwambiri kwa anthu munthawi mavuto.

### **Kodi Zikutanthauzanji Kukhazikika mu Uthenga?**

Mtima was Uthenga wa Yesu ndi Uthenga Wabwino wakuti Mulungu amatikonda ife kwambiri ndi kuti adatuma Mwana Wake Yekhayo kufa m'malo mwathu, kuti tikathe kuona moyo Wake ndi chikondi chosatha! Nkhani yayikulu yimeneyi ndi yoona kwa munthu yense: kuuzimu, mamvaimva, muubongo, chikhaliwe, ndi kuthupi. Mulungu amationa ife mosiyana kuposera makolo athu, mabanja athu, kapena madera athu momwe amationera. Posatengera zimene tidachita nyengo zathu, kapena zimene ena amtiganizira ife, chikondi cha Mulungu ndi chosasinthia, Iye amationa ife monga ana Ake okondeka, ndipo amatifunira ife kukhala odziwika ndi ife monga Atate wathu wakumwamba.

Monga otsatira wa Yesu, tiyenera kubweretsa Uthenga umenewu wa chikondi kwa iwo amene dziko limaona kuti alibe ulemu, ndi kuonetsera kwa iwo chikondi cha Atate wathu ndi mau athu ndi zochitika zathu. Chikondi cha Yesu chinali chosiyana kwa anthu, kusiyana ndi atsogoleri a chipembedzo a amasiku Ake. Atsogoleri a chipembedzo amakhudzika kwambiri ndi maulemu awo, koma Yesu amakhuzidwa kwambiri ndi ulemu wa Atate Wake. Imfa Yake ya pamtanda inali njira yotipatsira ife moyo, kuti tizikhala mu Uthenga tsiku nditsiku.

### **Chifukwa chiyani Ndikofunikira Kukhazikika mu Uthenga?**

Ndi Mulungu Yekha amene angathe kukumana ndi zosowa za munthu.

Pomvetsera kwa munthu amene ndi osowa, kufunafuna njira, kupereka malangizo kwa munthu payekha, ndi kupereka chisamaliro cholnjika ndi chogwirika, timathandizira kupeputsa zovuta za nyengo zawo. Pamene tichita ndi kunena zinthu zimene Mulungu adayika mumitima yathu ndi mumalingaliro, timakhala mu Uthenga.

Nthawi zina, chifukwa cha kuchuluka kwa mavuto a munthu, mitima yawo yofewa ndi yomasuka poganicira zosowa zawo za uzimu, kufuna chikhululuko, ndi kuzindikira cholinga cha Mulungu cha pa moyo wawo. Mwamuna kapena mkazi akhoza kumasisima. Sindingathe kuchoita izi pa

ndekha. Payenera kukhala zochuluka zopita kumoyo kusiyana ndi nyengo zanga zosowa chiyembekezo! Pamene munthu afika kumapeto kuthera nzeru, iwo amakhala okonzeka kulantira choonadi cha Atate. Chifukwa ndi Atate wokonda Yekhayo amene akhoza kukumana ndi zosowa zochiluka za munthu moona ndi mokwanira.

Mulungu amafuna chikondi Chake kufotokozeredwa kwa anthu.

Pamene mulankhula kwa munthu wina, ndi kofunikira kukumbukira kuti Mulungu amawakonda iwo kwambiri. Iye amawafunira iwo zabwino, ndi kuphatikizapo chipulumutso, moyo watanthauzo ndi ubale wapafupi ndi Iye. Monga obadwanso onyamula—chifaniziro cha Mulungu, munatumidwa ndi kulamulidwa kupereka Uthenga Wake wa chikondi. Ndi mwayi wanu ndi udindo wanu kugawa choonadi chimenechi ndi anthu omwe Mulungu adawayika pa moyo wanu.

Mulungu ali ndi njira zodabwitsa zowadzutsira anthu. Iye amadziwa zomwe munthu wina amafuna atamva, ndipo amabweretsa munthu oyenera ku moyo wake. Inu mudzadabwitsidwa momwe moyo wanu, nyengo, ndi zochitika za tsiku ndi tsiku ndi Mulungu molumikizana ndi mbiri ya munthu wina, nyengo, ndi kofunikira chilimbikitso. Palibe chosokonekera ndi Mulungu.

## Kuombamkota

Timapatsidwa mwayi kawiri kawiri za kufotokozerwa mtima wa Mulungu ndi monga kukhala manja Ake, kufikira iwo osowa. Ngakhale zilichoncho, imakhalabe ntchito ya Mulungu kumukoka munthu ameneyo kwa Iye Mwini ndi kumutsogolera iye kukulapa kudzera mu kukoma mtima Kwake. (Aroma 2:4). Chilichonse chimene mumachita osati zomwe mumangonena, ndi kuonetsera ndi kufotokozerwa chikondi cha Mulungu. Kukhazikika mu Uthenga zimatanthauza kukhala okoma mtima, kuchita zimene tingathe kukumana ndi zosowa za anthu ena, ndi kusamalira za miyoyo yavo. Ndipo zimatanthauza kugawa chiyembekezo chomwe tili nacho mwa Khristu, njira yomwe yoperekedwa kwa anthu ena ubwino wa Uthenga ku dera lirilonse la miyoyo yavo. Ndi munthu wina aliyense mungakumane naye pa tsiku lonse, muli ndi mwayi otumikira Uthenga wa Mulungu wa chikondi ndi chiyembekezo kudzera mu mau ndi ntchito zanu—ndipo kumeneko ndi kukhazikika mu Uthenga.

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## ZOLEMBA

**Zakumapeto: Maziko a Utumiki wa Uzimu**

**Ntchito 1 (mphindi 30 )**

1. Sankhani odzipereka asanu kuti abwere kutsogolo kwa chipinda.
2. Perekani chimodzi cha zojambula zadothi, zopangidwa mwa ndondomeko, kwa odzipereka aliyense.
3. Afunseni iwo kuyika zojambula mu ndondomeko yoyenera.  
Osapereka malangizo apadera; osanenaponso chilichonse.
4. Akangozindikira zimene akuganiza ndondomeko yoyenera ndi, kufunsa atengambali otsala ngati akuganiza kuti ndondomeko ndi yolo ndora.  
Ngati iwo anena kuti “ayi” ndiye kuti muwafunse kuti alankhule kuthandizira odzipereka.
5. Pamene aliyense wavomereza za ndondomeko, afunseni za chojambula kuti chikuyira zinthu zanji.
6. Alimbikitseni iwo pa ntchito yawo ya bwino. Kenako, ngati nkofunika konzaninso ndondomeko ya zojambula.
7. Mangilirani pa zimene atengambali alankhulapo kale ndi zojambula ndipo kenako pitilizani kufotoko zera chitsanzo chza maziko a uzimu a LIFE International monga zafotokozedwa koyambilira kwa mutu.

## **Zakumapeto: Maziko a Utumiki wa Uzimu**

### **Ntchito 2**

#### **Ntchito ya Utumiki wa Uzimu**

##### **Kufotokozera**

Poyambilira pa phunziro ili, tinayang'ana pakukhala ndi ubale wathanzi ndi Khristu kuti tikakhale ndi utumiki wamphamvu ndi osintha. Timautcha kuti ubale tisanayambe kusintha.

Tikugwira ntchito ndi inu kuonetsera Maziko a Uzimu 6 omwe atha kuthandiza kupanga ubale wochuluka ndi Atate. Maziko a Uzimu 6 wa ndi kuphatikizapo:

- Kukonza Mtima Wanu
- Kumanga pa Mau a Mulungu
- Kuyamba ndi Kulambira
- Kudalira pa Pemphero
- Kuchita Nkhondo ya Uzimu
- Kukhazikika mu Uthenga

##### **Gawo Loyamba:**

Munagawidwa mu magulu 6 ndi gulu lirilonse linapatsidwa imodzi mwa Maziko a Uzimu 6. Chonde tengani mphindi \_\_\_\_ ndi kuunikira ntchito yomwe mwapatsidwa ya Maziko a Uzimu ndi kuyankha mafunso otsatirawa:

- 1) Kodi mfundo zitatu zofunikira kwambiri ndi ziti zomwe mumafuna munthu wina adziwe za Maziko a Uzimuwa?

- 2) Ngati mutati mwapanga mtsutso ndi Maziko ena a Uzimu, bwerani ndi zifukwa zomwe mukhulupilira kuti zikadapingitsa kuti Maziko awa a Uzimu kukhala ofunikira kwambiri?
- 3) Kodi zinthu zogwirika zikanakhala ziti zomwe zikadalimbikitsa munthu wina kutenga ntchito yanu ya Maziko a Uzimu kukhala gawo lamphamvu kwambiri pa miyoyo yawo?
- 4) Kodi Maziko a Uzimu awa ndi ofunikira bwanji pa kukhala opatsa—moyo? Nanga ndi ofunikira ku utumiki ulionse wa kupatsa—moyo?

Khalani okonzeka kukambirana mayankho anu pa mafunso apamwambawa gulu lonse.

**Gawo Lachiwiri:**

Tengani mphindi \_\_ kuti aliyense aunikire Maziko a Uzimu ena 5. Sankhani mfundo imodzi yayikulu yomwe mukukhlupilira kuti ndi chinthu chofunikira kwambiri chimene mukufuna munthu wina adziwe za Maziko a Uzimu alionse.

## Momwe Mulungu Anakonzera Banja

“Pachifukwa chimenechi mwamuna adzasiya atate ake ndi amayi ake nakaziphatika kwa mkaziwake, ndipo awiriwa adzakhala thupi limodzi.” Chinsinsi ichi nchachikulu—  
koma ndinena ine za Khristu ndi Mpingo

**Aefeso 5: 31-32**

### **Mu Mutu umenewu Ophunzira Adza:**

1. Adzafotokozena kufunikira kwa ukwati monga “pangano.”
2. Adzazindikira njira zomwe ukwati umaonetsera Mulungu.
3. Adzasonyeza njira za maukwati awo a chikhaliwe kapena miyambo kuti itha kuhala yosiyana kuchokera ku kaonedwe komwe dziko limaonera Baibulo.
4. Adzazindikira maudindo a mwamuna ndi akazi pa wina ndi mzake.
5. Adzazindikira njira zomwe ana ndi oposa akapolo kapena katundu wa makolo awo.

### **Mfundu Zazikulu**

- Mulungu ndiye olenga malamulo a ukwati.
- Amuna ndi akazi onsewa amatsogoleredwa ndi Mulungu kugonjera kwa wina ndi mzake.
- Malamulo a Mulungu kwa amuna ndiwoti akonde akazi awo ndipo lamulo Lake kwa akazi ndi Kulemekeza amuna awo.
- Ukwati pakati pa mwamuna m’modzi ndi mkazi m’modzi ndi ofunikira kwambiri mu banja la Chikhristu.
- Ana sikitundu wa mayi ndi bambo, koma ndionyamulanso chifaniziro cha Mulungu mofanana.

## Maumboni a Malemba

Aefeso 5:31-32, Genesis 2:18, Genesis 2:22-24, Marko 10:9, Aefeso 5:21-33, Miyambo 22:6,  
Deuteronomie 6:5-7, Aefeso 6:4, Masalmo 127:3-5, Mateyu 18:6, Mateyu 18:10, Miyambo 24:11

### KUPHUNZIRA KUMATHANDIZIRA

**Nthawi yovomerezeka ya phunziroli:** 3 Hours

Kuchuluka kwa zamkamu za mutu umenewu zidzabweretsedwa kudzera mu ntchito pa zokha. Pamene atengambali atchula yimodzi mwa mfundo za mkaati mwa mutu, monga otsogolera onetsetsani kuti mwatsindika pa mfundo yimeneyo. Otsogolera ayenera kupanga zokambirana pa mfundo zilizonse pa mutu umenewu zimene atengambali sanazitchule.

## Ukwati Udapangidwa ndi Mulungu

Malingana ndi Baibulo, Mulungu mwini adayamba kukonzekera ukwati mu Munda wa Edeni, pamene adayika pamodzi adamu ndi Hava pa ukwati. Mu Genesis 2:18—kwanthawi yoyamba ya Chilengedwe—Mulungu adati chinachake sichidalibwino: chifukwa chakuti munthu amene Iye adapanga adali yekha.

“Ndipo nthitiyo adayichotsa Yehova Mulungu mwa Adamu adayipanga mkazi, ndipo adanka nayo kwa Adamu. Ndipo Adamu adati; uyu tso pano ndi fupa la mafupa anga, ndi mnofu wa mnofu wa; ndipo adzatchedwa mkazi, chifukwa adamtenga mwa mwamuna ; chifukwa chake mwamuna adzasiya atate wake ndi amake nadzaphatikana ndi mkazi, ndipo adzakhala thupi limodzi.”

Genesis 2:22-24

*Mulungu adasankha kupanga mkazi kwa Adamu, ndipo Mulungu adamberetsa iye kwa Adamu. Kukhala mwamuna ndi mkazi sichinali chikonzekero chakuti mwamuna ndi mkazi adazipangira okha ndi kulowamo mwa iwo okha.*

Ukwati ndi pangano loyera pamaso pa Mulungu, ndipo ndimgwirizano wofotokozedwa ndi Malemba monga ubale omwe unapangidwa kukhala nthawi yonse ya moyo. Izi zinatsimikiziridwa ndi Yesu amene adati ku Marko 10:9 , “Chifukwa chake chimene Mulungu wachiyika pamodzi, munthu wina asachilekanitse.” Muchikhaliidwe cha Chiyuda, anthu a Mulungu amasayinira mgwirizano wolemba wa ukwati kutsimikizira pangano limeneli. Mwambo wa ukwati unapangidwa kukhala oonetsera pagulu la kudzipereka kwa mabanja ku ubala wa pangano. Koma simwambo umene umakhala ndi tanthauzo kwambiri mu ukwati; ndi pangano pakati pa Mulungu ndi amuna. Ukwati ndi gulu—lozindikirika lodzipereka la pangano la Baibulo ndi Mulungu ndi wina ndi mzake.

## Umbeta si Tembelero

Ndizomveka bwino kuchokera mu mavesi olembedwa m'mwambamo kuti Mulungu adakhazikitsa lamulo la ukwati. Koma pali amuna ndi akazi akuluakulu ambiri lerolino omwe ndi osakwatiwa—muzifukwa zambiri iwo adakwatiwapo koma amuna kapeza akazi awo adamwalira, kapena mabanja awo adatha polekana. Nthawimbiri, munthu amatha kukhala payekha pazifikwa zina—iwo sadapeze munthu oyenera, kapena adapwetekedwa mu ubale wawo wakale ndipo ali ndi mantha kukumanaso ndi zowawa zina, kapena mwina amangofuna kuthana ndi munthu wina, kugawirana mbali iliyonse ya moyo wawo. Ena amakhutitsidwa kukhala osakwatiwa, koma ena amaunitsitsa atakwatiwa ndi kumva kukhumudwitsidwa pokhala paokha.

Kaya ndi chifukwa chotani chokupangitsani kukhala pa umbeta, mpingo utha kukhala malo ovuta kupeza dera lanu. Anthu ambiri samazindikira, pokhapokha atakhala pa umbeta, koma titayang'anitsitsa kwambiri, ndi zodziwikirathu kuti chikhaliidwe chathu cha Chikhristu chimalemekeza ukwati. Uthenga ndi omveka bwino nthawi zonse ndipo sizodzidzimutsa. Koma anthu apa umbeta amazimva bwino kwambiri: ndinu osakwanira kufikira mutakwatiwa ndi kukhala ndi mwana. Kumeneko sikukhala ndi mkhalidwe opatsa –moyo.

Baibulo limasulira bwino kuti pali mwayi wa kukhala mbeta. Makamaka, pali amuna atatu otsogolera mu Chipangano Chatsopano. Mtumwi Paulo, Yohane ( M'batizi) ndi Yesu adali osakwatira, amuna osakwatira mu msinkhu woti akadakwatira –kuchita zosephana ndi mu nthawi ya Ayuda.

Ukwati si mapeto a ubale omwe tiyenera kuukhumba—kuyiana kumeneko ndi kochokera ku ubale wathu ndi Mulungu. Umbeta sumayenera kuyang'aniridwa pansi monga wachiri pa zabwino.

Kwenikweni, onse okwatiwa ndi apa umbeta amachitira umboni ku Uthenga. Zitsanzo za pangano la ukwati ndi malonjezano omwe Mulungu adapanga kwa ife mwa Khristu. Umbeta umafotokozena kuti ndi kukwaniritsa kwa Uthenga chifukwa umalunjika pa ubale wathu ndi Yesu. Umenewo ndiwo ukwati weniweni, wathu wa banjala losatha ndi cholinga chofikira kumapeto.

## Ukwati wa Chikhristu

Aefeso 5:32 amanena kuti mu ukwati “ mwamuna adzasiya atate wake ndi amake, nakziphatika kwa mkazi wake, ndipo awiriwo adzakhala thupi limodzi.” Ichi ndi chinsisi chachikulu—koma ndi kulankhula za Khristu ndi mpingo.” Mgvirizano wa mwamuna ndi mkazi umaonetsera chifaniziro cha Mulungu, popanga chithunzithunzi cha ubale weniweni pakati pa Yesu Khristu ndi otsatira Ake, mpingo. Ubale umenewo ndi Khristu—ndi omwe udzakhala kwa tuyaya, ndipo ukwati wa Chikhristu uneranso kukhala olimba ndi wamuyaya.

### **KUPHUNZIRA KUMATHANDIZIRA**

Funsani atengambali kulingalira pa mafunso otsatirawa: Kodi ukwati umaonetsera bwanji chilengedwe ch Mulungu monga atatu mwa munthu m'modzi? Nanga ndi njira zina ziti zomwe ukwati umaonetsera chifaniziro cha Mulungu? Lorani mphindi zingapo kukambiranu.

Ukwati ndi kuonetsera kwa chilengedwe cha Mulungu monga atatu mwa m'modzi: Atate, Mwana, ndi Mzimu Oyera. Pamene mwamuna ndi mkazi abwera pamodzi ndi Mulungu kukhala pati pa banja lawo ndi pangano la ukwati, iwo amaonetse chifaniziro cha Mulungu.

Ukwati umaonekera monga ngati kuti munthu amaupanga iyeyo – chinthu chomwe chiyenera kusungidwa mwa chinchisinsi pakati pa mwamuna ndi mkazi. Koma ukwati ulinso ndi chilengedwe, zochitika za pagulu monga mwa chilengedwe, ndi kudziwika kwa kuzindikira kwa udindo wa Mulungu osunga pangano.

Ukwati—si mwambo wamba—ndi kutanthauza kukonzekera kuonetsera chifaniziro cha Mulungu, ndi umboni wa chisomo chokwanira pa miyoyo yathu.

## **Ma Udindo a Mwamuna ndi Mkazi**

### **KUPHUNZIRA KUMATHANDIZIRA**

Malizitsani ntchito 1 (onani zakumapeto za mutu umenewu).

Ngakhale kuti amuna ndi akazi ali ndi mulingo ofanana pa maso pa Mulungu, Baibulo limapereka maudindo enienieni kwa mwamuna ndi ena kwa mkazi. Aefeso 5:21-33 amapereka njira kwa amuna ndi akazi mu banja la Chikhristu. Kulengeza koyambilira—kwa onse mwamuna ndi mkazi – ndi kugonjerana wina ndi mzake ndi kulolerana ndi Khristu (v21). Mkazi akulangizidwa kugonjera iyemwini kwa mwamuna wake monga momwe amachitira kwa Ambuye (v22), ndi kumulemekeza iye (v33). Mwamuna akulamulidwa kukonda mkazi wake monga Khristu adakondera mpingo (v25), momga momwe akondera thupi lake (v28) ndi monga momwe azikondera mwini (v33).

Kulumikizana kwa kugonjera, pamodzi ndi mwamuna kumaonetsera chikondi ndipo mkazi ndi kuonetsera ulemu, kudzakhazikitsa maziko oyenera a chisangalaro ndi madalatso okhazikika mu ukwati, monga Mulungu akuputiliza ntchito ya bwino yomwe adayiyamba ndi kuyifikitsa kumapeto mu ubale wa ukwati.

## Banja la Chikhristu

### KUPHUNZIRA KUMATHANDIZIRA

Funsani atengambali kulingalira mafunso otsatirawa: Malingana ndi kaonedwe ka Baibulo pa dziko, kodi makolo awachitire motani ana? Nanga asawachitire motani? Kodi ana atani potengera makolo awo? Lorani mphindi zingapo zokambirana.

Ukwati ndi ofunikira ku banja la Chikhristu: mwamuna m'modzi ndi mkazi m'modzi ophatikana pamodzi pa maso pa Mulungu kwa moyo wonse. Pa ukwati oyambilira, Mulungu adabweretsa pamodzi Adamu ndi Hava mu ubale wapangano, ndipo adawalangiza iwo kukhala okhulupirika ndi kuchulukana, alidzadze dziko, ndi kuligonjetsa ilo. Kuchulukana uku zinali zotsatira kudzera mu kuberekana, mu zotsatira za mgwirizano wa kugonana kwa chilengedwe.

Chikhali chilichonse cha munthu chidatenera ndi kuzindikira mgwirizano wa banja, kukwanirtsa malamulo ndi kuyembekezera momwe banja limenelo liyenera kukhalira kuti akapange dera la thanzi. Koma pamakhala nthawi mu chikalidwe chilichonse pamene chiyembekezo cha dera ndi chosiyana pa kaonedwe ka Baibulo pa dziko. Tikufunika kuumba ma ukwati ndi mabanja ndi kuteteza molimbana ndi chikondi, chifundo, ndi kukoma mtima kwa chitsanzo cha Chikhristu kukhala cholowa m'malo mwa ulamuliro, kuukira, ndi manthu omwe abwera ku maukwati ndi mabanja ambiri kudziko lonse lapansi.

Chiwerengero cha mabanja opangidwa ndi abambo ndi amayi (omwe sadakwatrepo) ana awo owabereka adzakhala ochepera. Koma chifukwa chakuti ichi ndi chitsanzo cha chikhaliidwe, sizikutanthauza kuti chilichonse ndi chochepa, kusiyana ndi zabwino zanu ndi zabanja lanu.

Pali mabanja ambiri odabwitsa omwe ali ndi kholo limodzi—amayi kapena abambo—ndipo ngakhale ichi chimapangitsa ntchito yopitilira kwa kholo lomwe liri lokha, Mulungu amafuna banja limeneli kukula pamodzi ku kupanga chikondi Chake. Pali kukula kwa mabanja ambiri omwe akubwera pamodzi mumpingo, kumene m'modzi kapena onse anali ndi mumaukwati kale ndipo chifukwa cha imfa kapena kusiyidwa, ndi zifukwa zochokera ku maukwati akale ndi kulowa mu ukwati watsopano. Nthawi zambiri amabwera ndi ana, kuchokera kumaukwati akale ndipo zovuta zazikulu ku makolo amenewa ndi kuwakonda ana onsewa mofanana, choncho si ana ako koma ana athu.

Ndipo pali mabanja omwe alibe ana—kaya pochita kusankha kapena pa zifukwa zina. Kwa mabanja omwe amafunitsitsa kukhala ndi mwana koma sizikutheka, izi zikhoza kukhala zokhumudwitsa. Pali zisankho, kuphatikizirapo kutenga mwana amene zitha kutheka kuti akulanditsidwa ku kutayidwa mwa kutaya mimba.

Uthenga wabwino ndi wakuti nyengo zanu – kaya mwachikhaliidwe kapena zosachokera kuchikhaliidwe—ndi zodziwika ndi Atate wanu ndipo amakuwerengerani inu kwathunthu, monga mwa banja lina lirilonse.

Miyambo 22:6 amati, "Phunzitsa mwana poyamba njira yake, ndipo angakhale atakalamba sadzachokamo." Uwu ndi udindo wa kholo lirilonse: amayi ndi abambo. "Muzikonda Ambuye Mulungu wanu, ndi mtima wanu wonse ndi moyo wanu wonse, ndi mphamvu zanu zonse. Ndipo mau awa omwe ndikulamulirani lero wa adzakhala pa mtima panu. Ndipo mudziwaphunzitsa iwo mwa change kwa ana anu ndi kuwalankhula ndi poyenda inu panjira,

ndi pogona inu pansi ndi pouka inu.” (Deuteronomy 6:5-7 (ESV), adatsindika moonjezera ).

Mbeu yomwe timabzala mu mitima ya ana athu—chifunikira kwambiri ndi chikondi cha Mulungu ndi mau Ake—adzamera, kukula, ndi kuonetsera ntchito yake. Ichi ndichifukwa chake ndi kofunikira kwambiri kuti tinabzala Mau a Mulungu mumitima ya ana athu kuchokera ku msinkhu ulionse wakoyambilira.

## Tate wa Chikhristu

Nthawi zambiri mwamuna amakhalaso ndi ntchito ndi udindo wakukhala tate. Kuchokera kwa tate timaphunzira kuopa Mulungu, kufunikira kwa kuwerenga malemba, ndi makhalidwe omwe amatithandizira ife kupambana m'moyo. Baibulo limati, Atate ayenera kulangiza ana ake mwachangu munjira za Ambuye, pa kukula kwavo kwa uzimu ndi makhalidwe a bwino. Ndi ntchito ya tate –osati sukulu osati madera, osatinso ntchito ya mpingo—kubweretsa ana mu mwambo ndi mumalangizo a Ambuye (Aefeso 6: 4). “Kodi zimatanthauzanji kukhala mwamuna?” Kodi zimatanthauzanji kutumikira Mulungu? Kodi ndimakonda bwanji mkazi wanga? Kodi ndimatsogolera bwanji khomo langa? “Kodi ndingalele bwanji ana anga? Kodi ndingatumikire bwanji mpingo wanga?” Kodi ndingatumikire bwanji dera langa?” Mayankho a amafunso ofunikirawa atha kupezeka kudzera mu chitsanzo cha tate wa umulungu.

Mwamu wa Chikhristu ndi tate athakukhala chida cha chisomo manja a Mulungu mkati mwa banja. Amuna ayenera kudziwa mayitanidwe omwe alinawo ndi chithandizo chachikondi ndi maubale a akazi awo, ndi kupanga mabanja okhazikika pa Mulungu ndi kudzutsa m'badwo otsatira wa amuna ndi akazi omwe adzakulitse Ufumu wa Mulungu.

## Mayi wa Chikhristu

Akazi ambiri adzakumana ndi mdalitso wakukhala mayi. Mayi ali ndi udindo wapadera ndi wovuta pa miyoyo ya ana awo. Udindo wa mayi umayamba ngakhale mwana asanabadwe, pamene Mulungu akukulitsa chikhaliidwe Chake mwa mayi, kufunikira, ndi mfundo zoti adzapatsire kwa ana ake. Kufunikira kwa udindo wa mayi kumapitilira pa kubadwa kwa mwana ndi kumapitilira pamene mwana akupitilira kukula. Amayi a tha kupidira kukhala chiyambi cha kutsogolera ndi nzeru ngakhale pamene ana awo akula ndi kuti ali ndi ana a iwpo okha. Pamene udindo wa mayi umasinta mzaka zonse, chikondi, chisamaliro, kuumbika, ndi chilimbikitso chopatsidwa ndi mayi siciyenera kutha.

## Mphatso ya Ana

Mau a Mulungu amanena kuti, "Ana ndi cholowa chochokera kwa Mulungu, chipatso cha m'mimba ndicho mphoto yake. Ana a ubwana wake wa munthu akunga mivi mdzanja la chiphona; odala munthu amene adzadza nayo mphodo lake, sadzachita manyazi iwo pakuti pakulankhula nawo adani akuchipata." (Masalmo 127:3-5). Yesu adati, "Koma yense amene adzakhumudwitsa kamodzi ka tiana iti—iwo amene akhulupilira ine ---kumuyenera kuti mphero yayikulu ikakolowekedwe mkhosi mwake namizidwe pokuya panyanja." (Mateyu 18:6). Iye anatinso, "Yang'anirani kuti musanyoze m'modzi mwa ang'ono awa pakuti ndinena kwa inu kuti angelo awo apenya chipenyere nkhopre ya Atate Anga akumwamba" (Mateyu 18:10).

Makolo alibe ulamuliro wakuzunza ana awo—kaya kuthupi, mu kamvedwe, kapena kugonana nawo. Makolo sayenera kuchitira ana awo monga ndi akapolo, kapena ngati akatundu. Yense wa iwo adapangidwa mu chifaniziro cha Mulungu, iwo ndi amulingo ofanana monga makolo awo ndipo Khristu adafa chifukwa cha machimo awo monga momwe adafera inunso.

Monga makolo ndife oyambilira oyitanidwa kuteteza ana athu : kuteteza miyoyo yawo ndi kuwateteza iwo ku kupwetekedwa kapena kuwateteza iwo kwa omwe akufuna kuwapweteka iwo. Pali ambiri amene amafuna ata chita zopweteka kwa ana a misinkhu yonse, koma ochotsa mimba ndiwo adani oyambilira a ana osabadwa. Iwo amakhala ndi moyo wawo poononga miyoyo ya ana. Miyambo 24:11 amati, "Omwe atengedwa kuti akafe muwapulumutse; omwe ati aphedwe usaleke kuwalanditsa." Imfa ndi yomwe yasungidwa kwa ana ambiri osakonzekera, ana osabadwa—ndi iwo amene agulitsidwa ku uhule ndi kugulitsidwa kuti apeze phindu—ngati amayi ndi abambo sayimilira, ndi kuteteza ana awo—iwo amene Mulungu awatcha iwo cholowa ndi mphotho.

## Kuombankota

Muchikhaldwe chilichonse, dera, ndi dziko lonse, banja limasunga zinthu zapadera zofunikira. Chikondi cha Mulungu, kusamalira, ndi kupereka kwa ife—ndi kudziko—kudzera mabanja. Mapangidwe a Mulungu pa banja, ndi zosafanana, ndipo ndi zosalowetsedwe m'malo mwa malamulo ena alionse, palibe paliponse kwa anthu kukhala bwino pamodzi mwa mtendere, moyo wautali, kukonda ma ubale. Poyesera kuchepetsa ndi kuononga mabanja, oipayo amafuna kuononga chinthu chokoma chomwe Mulungu adalenga. Ndipo madalitso a akulu a Mulungu—pambali pa chipulumutso—ndi moyo wa munthu pa okha, amene chiyambi chake ndi ukwati.

Kudzera ku ukwati titha kuphunzira za chikondi chopanda malire, ulemu olemekezeka, momwe tingakhululukire, ndi momwe tingakhululukidwire. Titha kuona zobwera zathu, ndi kukula kuchokera ku chidziwitsocho. Tikhoza kupanga mtima otumikira, ndi kuyandikira chifupi ndi Mulungu. Titha kuteteza kulimbana ndi kutaya mimba—kuyankhula za moyo osabadwa wa munthu—ndipo tikhoza kuzutsa banja limene limalemekeza Mulungu ndi kubweretsa kusinthika kwa moyo kwa iwo amene timawafikira.

## Kuunikira Mafunso

1. Kodu ukwati umaonetsera bwanji chilengedwe cha Mulungu?
2. Kodi kulengeza koyamba kwa mwamuna pa mkazi wake? Nanga mkazi pa mwamuna wake?

3. Mulungu atalumikizitsa Adamu ndi Hava ku ukwati, kodi adawauza chiyani zoti achite?
  4. Kodi ndi ndani oyambilira yemwe ali ndi udindo olera ana mu mwambo ndi muchilangizo cha Mulungu?
  5. Nchifukwa chiyani atate ndi amayi sayenera kuchitira ana awo monga akapolo ndi ngati akatundu?
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### ***ZOLEMBA***

Zakumapeto: Momwe Mulungu adapangira Banja

## Ntchito 1 (1 Hour)

### *Ntchito ya Gulu (mphindi 20 )*

1. Atengambali agawane mu magulu anayi ( magulu awiri a amuna ndi magulu awiri a akazi ).
2. Perekani malangizo otsatirawa ku gulu limodzi la amuna ndi limodzi la akazi ( mutatha kupereka zowerenga 1 kwa iwo):
  - Santhulani vesi ili pamodzi: Amuna, kondani akazi anu, monga Khristu adakondera mpingo ndi kudzipereka Yekha m'malo mwake" ( Aefeso 5: 25).
  - Molingana ndi vesi ili, lembani mndandanda wa momwe **Yesu adakondera mpingo wake ndi kutumikira ophunzira ake** kodi omwe adali maziko a mpingo ndi ndani. ( Lembani mndandanda wu ndi cholembera pa chipepara chachikulu chosalembedwapo).
  - Kumbukiranim kuti uwu **si** mndandanda wa momwe amuna ayenera kukondera akazi awo. Uwu ndi mndandanda **okhawo** wa zitsanzo za M'baibulo za momwe Khristu adakondera mpingo.
3. Perekani malangizo otsatirawa ku gulu lotsarila la amuna ndi la akazi ( mutatha kupereka zowerenga 2 kwa iwo)
  - Santhulani vesi ili pamodzi: " Tsopano monga mpingo umagonjera kwa Khristu, momwemonso akazi ayenera kugonjera amuna awo mu zinthu zonse" ( Aefeso 5:24).
  - Molingana ndi vesi limeneli, lembani mndandanda wa **momwe mpingo umagonjera Khristu.** (Lembani mndandanda umenewu pa chipepala chachikulu.)
  - Kumbukirani, kuti uwu **si** mndandanda wa momwe akazi ayenera kugonjera amuna awo. Uwu ndi mndandanda **okhawo** wa zitsanzo za M'baibulo wa momwe mpingo umagonjera Khristu.

### ***Kufotokoza kwa Gulu (mphindi 30 )***

6. Mutatha kusonkhanitsa magulu pamodzi, **Gulu 1** amuna ndi akazi atha kufotokoza mndandanda wawo.
7. Magulu nonse atatha kufotokoza, gulu lalikulu litha kukambirana zinthu zofanana ndi zosiyana za mkatimwa mndandanda.
8. **Gulu 2** amuna ndi akazi atha kufotokoza mndandanda wawo.
9. Magulu wonse atatha kukambirana, gulu lalikulu likambirane zinthu zofanana ndi zosiyana pa mndandanda wanu.

### ***Mau omaliza ndi pemphero (mphindi 10 )***

#### **Kumaliza**

Magulu akatha kufotokoza mndandanda wawo, gulu lalikulu litha kukambirana zomwe iwo apeza kuchokera mu Baibulo pa nkhani ya ukwati ndi banja, ndi momwe angafotokoza tanthauzo lawo loyambilira la ukwati ndi banja.

## **ZOWERENGA 1**

### **Gulu #1 ( gulu limodzi laling'ono la amuna ndi akazi )**

1. Santhulani vesi ili pamodzi: Amuna, kondani akazi anu, monga Khristu adakondera mpingo ndi kudzipereka yekha m'malo mwake" (Aefeso 5 : 25).
2. Pangani mndandanda wa zitsanzo za Baibulo za momwe Yesu adakondera mpingo ndi kutumikira ophunzira Ake. ( Panga mndandanda umenewu ndi cholembra ndi chipepala chachikulu chosaleembedwapo chomwe mwapatsidwa).
3. Kumbukirani, kuti uwu SI mndandanda wa mowe amuna ayenera kukondera akazi awo. Uwu ndi mndandanda WOKHAWO wa zitsanzo za M'baibulo za momwe Khristu adakondera mpingo.
4. Sankhani uyimira kuchokera pa gulu lanu laling'ono amene adzawerenge mndandanda wanu ku gulu lalikulu.

## **ZOWERENGA 2**

### **Gulu #2 (gulu limodzi la amuna ndi akazi )**

1. Santhulani vesi ili pamodzi: “ Tsopano monga mpingo gonjerani Khristu, monga akazi ayenera kugonjera amuna awo mu zinthu zonse” ( Aefeso 5: 24).
2. Pangani mndandanda wa zitsanzo za Baibulo za momwe mpingo umagonjera Khristu. ( Pangani mndandanda umenewu ndi cholembra ndi chipepala chachikulu chomwe mwapatsidwa)
3. Kumbukirani kuti, uwu SI mndandanda wa momwe akazi ayenera kugonjera amuna awo. Uwu ndi mndandanda WOKHAWO wa zitsanzo za M’baibulo wa momwe mpingo uyenera kugonjera Khristu.
4. Sankhani oyimira kuchokera ku gulu lanu laling’ono amene adzawerenge mndandanda wanu ku gulu lalikulu.

# Mchitidwe Wogonana wochokera mu Baibulo

“Chifukwa chake mwamuna adzasiya atate wake ndi amake nadzadziphatika kwa mkazi wake, ndipo adzakhala thupi limodzi.”

**Genesis 2:24**

## **Mu Mutu umenewu Ophunzira Adza:**

1. Adzafotokozeru machitidwe ogonana.
2. Adzafotokozeru maonedwe a mchitidwe ogonana wa umulungu wochokera mu Baibulo.
3. Adzazindikira cholinga cha kugonana kwa pangano la ukwati.
4. Adzamvetsetsa maudindo apadera a amuna ndi akazi momwe aliyense angafotokozeru machitidwe awo ogonana munjira ya Baibulo.
5. Tchulani chotsatira chimodzi kapena zambiri za makhalidwe ogonana osachokera ku Baibulo.
6. Adzalemba mindandanda ingapo ya malangizo a Baibulo pokhala moyo wogonana wa chiyero.

## **Mfundu Zazikulu**

- Mchitidwe wogonana wa M'baibulo ndi kusangalatsana mwamuna ndi mkazi pa kugonana monga mphatso yabwino yomwe Mulungu adayirenga ndipo ndi yoyenera kuchitika mkiati mwa ukwati.
- Mchitidwe wogonana ndi kukhala mwamuna ndi mkazi molingana ndi mfundo za Baibulo pa kugonana mwa chiyero.
- Cholina cha Mulungu kwa mwamuna ndi mkazi pa ukwati ndi kuberekana ( kubereka ana ), mophatikana ( kukhala thupi limodzi”), kufanizitsa Mulungu padzikola lapansi.
- Kupanga zogonana kunja kwa mfundo za Baibulo ndi tchimo ndipo zimapangitsa uzimu, kamvedwe, ndi zotsatira zakuthupi.

## **Maumboni a Mumalemba**

Genesis 2:24, 1 Akorinto 10:31, 1 Timoteo 3:15, Genesis 4:1, Luka 1:34, Genesis 1:27-28, Miyambo 5:15-19, 1 Atesalonika 4:3, 7, Malaki 2:14-15, Masalmo 139:13, Aroma 8:5-8, 1 Yohane 1:9, Aheberi 13:4, Mateyu 5:28, 1 Akorinto 6:13b, 18a, 2 Akorinto 10:5, Job 31:1, 1 Samueli 16:7, Afilipi

## KUPHUNZIRA KUMATHANDIZIRA

**Nthawi yovomerezeka ya phunziroli ndi:** 2 Hours

**Ndizofunikira kwambiri kusamalira bwino chida mu mutu umenewu, ndipo musadumphire kapena kungodutsirapo.**

**Ndi zothandiza kwqambiri kuyamba phunziro ili powakumbutsa atengambali pa mafunso a koyambira kwa maphunzirowa : Kodi Mulungu amalankhula?** Ngati amalankhula ndipo mukumvetsera, kodi akukuuzani inu kuchita chiyani?

**Zitha kukhalanso zothandiza kwambiri pokumbutsa atengambali pa nkhani ya phunziro lodzidzimutsa ndi mau amene adzagwiritsidwe ntchito mu phunziro ili.** Ndikunena chinthu chimene ndi chosavuta monga nkhani zotsatirazi, zimene zitha kukonzekeretsa atengambali pa phunziro ili: "Tidzakhala tikulankhula za phunziro lodzidzimutsa mu phunziro ili, ndipo tizigwiritsa ntchito mau a zachiipatala poyer a koma kwakulu ndi kufotokoza kuberekana kwa munthu. Mulungu ndiye olenga ndi opanga kugonana, ndipo chilichonse chomwe adapanga ndi chabwino! Stifunike kukhumudwitsidwa polankhula za kugonana kwa anthu."

### **Gawo 1: Mchitidwe Wogonana wa M'baibulo**

Mulungu adapanga kugonana kuchitira ubwino kwa ife ndi kuulemelerwa—ndi mdalitso wochokera kwa Iye kwa ife. Ndi zabwino kwa ife chifukwa zimalora mwamuna ndi mkazi kulumikizana ndi Mulungu pa kupanga moyo watsopano—mwana. Kugonana ndi kwabwinonso kwa ife chifukwa zimalora mwamuna ndi mkazi kumangika pamodzi mukufotokoza ubale wa kuthupi, panthawi yomwe iwo akhala thupi limodzi. Kugonana ndi kochokera ku ulemelero wa Mulungu, chifukwa machitidwe alionse apa moyo ayenera kuchitika monga yankho la kulambira kwa Mulungu ( 1 Akorinto 10:31). Mchitidwe wogonana wa M'baibulo wa mwamuna ndi mkazi pogwiritsa ntchito kuthekera kwawo pogonana monga momwe Mulungu adalengera ndi momwe zimafunikira kugwiritysidwira ntchito.

### **KUPHUNZIRA KUMATHANDIZIRA**

Atengambali atembenukira kwa mzawo ndi kukambirana mwa chidule mafunso atatuwa ( mu magulu a anthu 2 -3):

1. Chifukwa chiyani mukuganiza kuti phunziro ili ndi lovuta kulikamba?
2. Nchifukwa chiyani sitiyenera kukamba za mchitidwe wogonana mu mpingo?
3. Ndikuti ndipo ndi kuchokera kwayani komwe mufuna ana anu akaphunzilire za mchitidwe wa ma ubwenzi ogonana?

Atatha kukhala ndi nthawi yokambira mafunso, zitha kukhala zothandiza kukhala ndi odzipereka ena kugawana maganizo awo ndi zounikira zawo ndi gulu lalikulu. Khalani omasuka kutenga nthawi ya zokambirana ndi mayankho ochokera ku gulu lalikulu.

### **KUPHUNZIRA KUMATHANDIZIRA**

Funsani mafunso otsatirawa ndi kulora mphindi zingapo za zokambirana:

*"Kodi Mulungu adapanga motani kuti kugonana kukhale kotikomera ife?"*

*"Ndi mwa njira ziti mukuganiza kuti Mulungu adapanga kugonana kukhale kobweretsa ulemelero Wake?"*

Pazifukwa zosiyanasiyana, nkhani yagonana ndi yovuta nthawi zambiri kwa anthu kuyiyankhla, posatengera ndi zikhaliidwe zina. Okhulupilira amakhala osafuna kulankhula zogonana chifukwa palibe munthu wina amene adawaphunzitsa iwo kutero mwaulemu ndi modekha. Nthawi zina kusafuna kwathu kulankhla kapena kuphunzitsa za zogonana ndi chifukwa cha manyazi pokhala ndi kugonana kolakwika mwanjira yina, ndipo chikumbumtima chathu chimatifotokozerwa ife kuti timasowa ulamuliro wophunzitsa pa nkhani yimeneyi. Pazifukwa izi, ndi koyenera kuvomereza machimo athu ndi kupempha Mulungu kuti atikhululukire.

Kukambirana za zogonana zitha kumveka zokhumudwitsa, koma chifukwa Mulungu adalenga zinthu zonse -kuphatikizirapo kugonana—anthu Ake ali ndi ufulu ndi ulamuliro wolankhula pa nkhani yimeneyi ndi kulimbika mtima ndi mopanda manyazi. Mkatı mwa mabanja awo, amuna ndi akazi, pamodzi ndi makolo ndi ana, ndi omasuka kulankhula za zogonana. Ndi bwino kuti ana aziphunzira za zogonana kuchokera kwa makolo awo mu zokambirana, zimene zimalemekeza Mulungu ndi kapangidwe Kake pa kachitidwe kogonana ka anthu kusiyana ndi njira yakudziko kuchokera kwa mabwenzi, kwa oyandikana nawo, kusukulu, kapena malo antchito a munthu wina.

Otsatira Khristu, abusa, ndi atsogoleri mumpingo athanso kulankhula ndi ulamuliro zokhudza kugonana mkatı mwa mpingo. Anthu a Mulungu ndi oyang'anira choonadi chokhudza kugonana, chifukwa mpingo wa Mulungu wa moyo ndi "mzati ndi maziko a choonadi" ( 1 Timoteo 3:15). Lamulo lokhalo la padziko lapansi lomwe liri ndi mayitanidwe, ulamuliro, ndi chuma zimalengeza molimbika ndi kubwezeretsa kufunka ndi chiyero cha moyo wa munthu ndi mchitidwe ogonana mwaulemu wa M'baibulo ndi mpingo—thupi la moyo la Khristu."

## **KODI KUGONANA NDI CHIYANI?**

Mchitidwe ogonana ( kapena kuti kugonana) ndi kubwera pamodzi kwa mwamuna ndi mkazi kuti akachuluke ( kuberekana ) ku mgwirizano wa ukwati. Mchitidwe ogonana umapereka njira ya banja kuonetsera chikondi ndi ubale wa mamvaimva popereka ndi kulandira chisangalaro kwa wina ndi mzake. Zimachitika ndi mwamuna kuluwetsa chida chake ku chida cha mkazi wake (kubumbu). Munthawi ya mgwirizano umenewu mwamuna amatulutsa umuna mwa mkazi wake. Ngati umuna wathira fetereza ku dzira la mkazi wake moyo watsopano wa munthu umayambika, ndipo mimba yimayamba.

Kuchulukana kwa anthu ndi zotsatira za kugonana, ngakhale kuti kugonana sikumangobweretsa mimba. Mulungu adapanso kugonana kukhala zosangalatsa ndi zatanthauzo kwa mwamuna ndi mkazi kugawana, ndipo chilakolako chogonana ndi chimodzi chachikulu cha cholakalaka cha munthu chomwe timachidziwa. Mulungu adapanga kugonana kuti kuzichitika mwa ukulu pakati pa mwamuna ndi mkazi okwadirana. Ichi ndichifukwa chake mwamuna adzasiya atate ake ndi amake nakaziphaticha kwa mkazi wake, ndipo amakhala thupi limodzi ( Genesis 2:24). Pamene Mulungu apereka ana ku banja, iwo amapereka kufotokozerwa kwapadera ndi chikumbutso cha ubale wa thupi limodzi omwe unamangika ndipo amadalitsa mwamuna ndi mkazi pamodzi mu moyo wawo wonse wa ukwati.

Matanthauzidwe ena a Baibulo amagwiritsa ntchito mau oti “kudziwa” kufotokozerwa za kugonana, ndipo kugonana ndi njira yozama kwambiri kwa munthu wina kudziwana ndi munthu winano. “Ndipo mwamunayo adadziwa mkazi wake Hava ndipo adatenga pakati nnabala Kaini” ( Genesis 4:1). Amayi ake a Yesu sadathe kuzindikira kuti akhala ndi pakati bwanji ndi kuberekwa mwana wa mwamuna popanda kugonana. Ndipo Maria adati kwa mngero, ‘Kodi zingatheke bwanji chifukwa sindidziwa mwamuna” ( Luka 1:34). Kugonana kumalora mwamuna ndi mkazi kudziwana wina ndi mzake choncho mwa ubale amakhala thupi limodzi.” Kugonana ndi koposa thupi—komanso ndi kamvedwe ka uzimu ndi mwa ubale.

## **KODI MACHITIDWE WOGONANA A M'BAIBULO NDI CHIYANI?**

Mchitidwe wogonana wa M'baibulo umalemekeza kugonana monga momwe Mulungu amachitira. Ndi mphatso yochokera kwa Mulungu yomwe adapereka kwa ife kutitira ife ubwino. Baibulo limatsimikizira za ubale ogonana pakati pa mwamuna ndi mkazi kukhala osangalala kuthupi, ukhutitsidwa mumamvaimva, ndipo zatanthauzo ku uzimu. Pamene mphatso iyi yochokera kwa Mulungu igwiritsidwa ntchito bwino yimabweretsa ulemelero kwa Iye.

***Kugonana mkati mwa Ukwati Ndi Mphatso Yabwino yochokera kwa Mulungu.***

### **KUPHUNZIRA KUMATHANDIZIRA**

Tsogolerani atengambali kukambirana momwe Baibulo limaonetsera kuti kugonana ndi mphatso yabwino yochokera kwa Mulungu.

Mchitidwe wogonana wa M'baibulo umazindikira kuti anthu ndi chifaniziro cha Mulungu, ndikuti kugonana, monga zinapangidwa ndi Mulungu ndi koposera kulumikizana kwa ziwalo, monga kukumana kwa zinyama.

Genesis 1:27-28 amati : “Mulungu adalenga munthu muchifaniziro Chake, muchifaniziro cha Mulungu adalenga iwo mwamuna ndi mkazi. Ndipo Mulungu adawadalitsa iwo nati kwa iwo. Mubalane,

muchulukane, mulidzadze dziko lapansi, muligonjetse; ndipo mulamulire pa nsomaba za mnyanja ndi pa mbaleme za mlengalenga ndi pa zamoyo zonse zakukwawa padziko lapansi.” Baibulo silinagawe kugonana kuchokera kukuchulukana kudzera mu kugonana kuti sikumabereka ana. Chonsecho kuchuluka kudziko pokhala ndi ana ambiri ndi zomwe Mulungu akulamulira mu nkhani yimeneyi. Moonjezerapo, chitetezo cha pangano la ukwati lidzapanga malo amene ubale wogonana utha kunetsedwa ndi kusangalatsa kwathunthu mwamuna ndi mkazi.

Imwa madzi a mchitsime mwako, ndi madzi oyenda a mkasupe mwako, kodi magwero ako ayenera kumwazika kunja ndi mitsinje ya madzi mumakwalala? Ikhale ya iwe wekha, si ya alendo okhala nawe; adalitsike kasupe wako; ukondwere ndi madzi okula nayo; ngati mbawala yokonda ndi chikhomma cha chisomo, mayere ake akukwanire nthawi zonse , ukondwe ndi chikondi chake osaleka.

MiyambO 5:15-19

### ***Kugonana kwa mkati mwa Ukwati Kuyenera Kukhala Oyera ndi Olungama***

#### **KUPHUNZIRA KUMATHANDIZA**

Funsani atengambali kugawira zitsanzo zochokera mu chipunxitso ch Baibulo chakuti kugonana mkati mwa banja ndi koyerwa ndi kopatuluda.

Mchitidwe ogonana wa M'baibulo ndi kukhala molingana ndi mfundo za M'baibulo chifukwa cha kugonana kwa chiyero. Baiobulo limaperekwa zonse malangizo abwibo ndi oyipa pa zochitika zogonana. Pali zikhaliidwe zomwe ndi zololedwa ndi kuyembekezereka kuchitika, ndi zikhaliidwe zimene tiyenera kupewa. Chifukwa kuti kugonana ndi mphatso yochokera kwa Mulungu, Iye amazilandira momasuka pakugwira ntchito mkatikati mwa mapangidwe Ake ndi madalitso. Mchitidwe ogonana wa M'baibulo si odetsedwa kapena chinthu china chake chimene tiyenera kuchita nacho manyazi. Koma chifukwa cha makhalidwe athu a uchimo amaononga ndipo amatsitsa madera ena onse a moyo wathu, umaononga ndi kutsitsa mchitidwe ogonana. Tiyenera kuziyang'anira tokha nthawi zonse kuti tikhale oleretsedwa po gonana.

“Pakuti ichi ndi chifuniro cha Mulungu: chiyeretso chanu kuti mudzipatule kudama .....Pakuti Mulungu sayitana ife titsate chidetso, koma chiyeretso.”

1 Atesalonika 4:3, 7

Koma mukuti, “Nchifukwa ninji?” Chifukwa kuti Yehova adali mboni pakati pa iwe ndi mkazi wa ubwana wako, amene unamchitira chosakhulupirika chinkana iye ndiye mzako mkazi wa pangano lako. Ndipo sanatero kodi wina umtsalira mzimu? Ndipo winayo adatero bwanji? Adatero pofuna mbeu ya Mulungu, koma sungani mzimu wanu ndipo asamchitire monyenga mkazi wa ubwana wake ndi m'modzi yense.

Malaki 2:14-15

### ***Kugonana mkati mwa ukwati Kumaonetsera Mulungu Kudziko lapansi.***

#### **KUPHUNZIRA KUMATHANDIZIRA**

Atengambali agawane momwe kugonana mkati mwa banja kumavumbulutsira Mulungu kudziko lapansi.

Mchitidwe ogonana wa M'baibulo akutanthauza kupanga chifaniziro cha Mulungu olengayo. Chikhalidwe choyamba cha Mulungu chimene timachiona mu Malemba ndi kukhala olenga wa dziko lonse. Baibulo limanenanso bwino za kutenga nawo mbali kwa Mulungu pantchito yopitilira yolenga anthu mu mimba ya amayi: Pakuti inu mudalenga imso zanga munandumba ndisanabadwe ine" (Masalmo 139: 13). Pa chifukwa ichi, pamene mwamuna ndi mkazi akuchita zogonana ndipo Mulungu amatsekula mimba ya mkazi, ndipo iwo amakhala olenga pamodzi ndi Mulungu pa moyo watsopano wa munthu. Mkazi amapereka dzira, mwamuna amapereka mbeu, ndipo Mulungu Mwini amapereka madzi a moyo watsopano! Madalitso otani amenewo! Mbusa wina adati, "Pamene moyo wamunthu watsopano upangidwa, dziko lonse limasinthika chifukwa chinthu china chafika poonekera chomwe kunalibe kale ndipo tsopano chikhala kosatha. Monga momwe Mulungu adalengera dziko lonse kopanda kanthu, choncho Iye adalenga moyo wamunthu watsopano. Mwamuna ndi mkazi amapereka zinthu zothandizira thupi la mwana, ndipo Mulungu amalenga moyo.

### **NCHIFUKWA CHIYANI MULUNGU ADALENGA KUGONANA?**

#### **KUPHUNZIRA KUMATHANDIZIRA**

Musanafotozere gawo ili, muthu kuganizira kuti atengambali akambilane monga gulu Nchifukwa chiyani Mulungu adalenga chakudya. Chakudya ndi choyambilira kupereka nthanzi ndi kusunga matupi athu, koma Mulungu adapanganso kudya mosangalala. Atengambali atatha kulingalira za chakudya, ndi pamene angayankhe funsoli: "Chifukwa chiyani Mulungu adalenga kugonana"

Cholinga cha kugonana kwa mwamuna ndi mkazi ndi zonse kuchulukana (kubereka ana) ndi nophatikana (kukhala thupi limodzi). Mchitidwe ogonana ndi wodabwitsa ndipo ndi mphatso yolenga kuchokera kwa Mulungu. Iye amafuna kuti zochitikazi zizichitika mobwereza bwereza. Iye adapanga onse mwamuna ndi mkazi mwanjira yoti awiri ayenera kukumana pa,xi ndo kukhala thupi limodzi, Pamene akhala ogwirizana wina ndi mzake kuti agonane.

Kunena monenetsa, Mulungu adayikako mwanzeru chisangalalo ku zochitika zimene ndi zabwino kwa ife kuchita: kudya, kumwa, kugona, kugonana ndi zina zotero. Pakudya, kupereka thanzi ku matupi athu ndicho cholinga chodyera. Kugona ndi kosangalatsa, koma kusangalatsa sicholinga choyambilira cha kugona; kukonzanso matupi athu ndicho cholinga cha kugona. Kugonana ndi kokondweretsa, koma kusangalatsa sicholinga choyambilira cha kugonana; kuchulukana ndi kuumbika ndicho cholinga chake cha kugonana.

Monga mmene amuna ndi akazi nthawi zambiri amadya molakwika, kumwa, kogana – pokhala odzimbida, oledzera, kapena waulesi—momwemonso amalakeitsa pogonana: kugwiritsa ntchito kalikonse kuti musangalatsidwe pakumana ndi munthu wina kusiyana ndi akazi awo. Kuti amuna ndi akazi akalandire maditso okwanira omwe Mulungu amafuna kuwaptopsa iawo kudzera kukugonana, ndi kofunikira kugwiritsa ntchito mwa njira yopitilira mu chipangidwe cha Mulungu. Mgkhale kuti mamuna ndi mka ndi anthu awiri osiyana, Mulungu adawalenga iwo kukhala ndi kuthekera kulumikizana pamodzi mu ukwati., monga thupi limodzi mumathera ambiri angagwirizane ndi Iye modzipereka.

## **AMUNA NDI MCHITIDWE NOGONANA**

### **KUPHUNZIRA KUMATHANDIZIRA (Maganizo ogwirizana ndi maumboni a M'malemba—kukonzekeretsa aphunzitsi**

Atengambali alingalire momwe mchitidwe ogonana ndi osiyana pakati pa amuna ndi akazi mu zikhaldidwe zawo. Mafunso ena okambirana: Kodi ndi zikhaldidwe zanji ndi ma udindo amene akuyembekera mwamuna ndi zomwe akuyembekezera mkazi? Kodi anganene kuti zimenezi ndi kaonedwe ka Baibulo? Kodi akuganiza kuti maonedwe amenewa ndi ochokera kuti?

Amuna adapangidwa ndi kupatsidwa ntchito yo tsogolera, kutumikira, ndi kuteteza mabanja awo, ndi kupanga chikhaldidwe, chikhaldidwe cha umulungu. Pamene amuna ndi omvera kukakwanirtska udindo wawo opatsidwa ndi Mulungu, kenako Dziko lonse lapansi ndi lodalitsika. Akazi adzamva kukondedwa ndi kutetezeaka, ndipo adzalimbikitsidwa kukhala akazi a Mulungu amene Iye amafuna kuti akhale. Ana aakazi adzamva kukondedwa ndi kutetezeaka ndipo sadzafunanso chitetezo m'manja mwa alendo. Ana a amuna adzaleledwa pa chitsanzo cha umulungu—ndipo chifukwa adzafuna kukhala monga atate awo—amakondanso kukula ndi kukhala amuna a umulungu. Amuna a u mulungu amakhala ndi kukhudza kwakukulu pa akazi awo, akazi, ana a akazi, ndi ana a amuna ndipo zotsatira zake ali ndi kukhudza kosawerengeka pa madera athu ndi mchikhaldidwe.

Pamene amuna akana udindo wawo—opatsidwa ndi Mulungu, komabe, gawo liri lonse la moyo—kuchokera kubanja kupita ku boma—zimayamba kuyenda molakwika. Sizimayenera kudabwitsa kuti zimakhala choncho mwa njira zina za Satana pa kuchepetsa banja ndi dera, ndi kufoketsa amuna. Cholina chake ndi kubalalitsa nkhosa, pochotsapo abusa—amuna. Ndipo mu mbiri yonse ya dziko, chimodzi mwa chida champhamu ku malo ake popweteka amuna kwakhala kuli kugwiritsa ntchito molakwika kogonana. Mwamuna amene ndi osakonzekera kuthana ndi mayesero ogonana ndi munthu amene ali pa chiopsezo chachikulu cha kugwa mu tchimo la kugonana. Mwamuna amene akuyendayenda atanyamula katundo osavomereza, ntchimo losakhululukidwa logonana ndi munthu amene samakonda kuchita nkhondo ya uzimu.

### **AKAZI NDI MCHITIDWE OGONANA**

Mulungu atalenga Adamu, munthu oyambilira, Iye adati kuti “sikudali kwabwino kuti mwamuna akhale yekha” choncho Mulungu ada;lenga mkazi: Hava. Iyi inali nthawi yokhayi yomwe Mulungu adati chinachake sichidalibwino pa zolengedwa Zake zonse. Mulungu adalenga Hava kukhala mzake, othangatira, ndi chiyambi cha mphamu kwa Adamu. Mulungu adalenganso amuna ndi akazi kukhala achikoka kwa wina ndi mzake. Chinthu chimodzi cholimbititsa cha chikoka pa mwamuna kwa mkazi ndi maonekedwe ake, ndipo ndi chisoneyeo chimodzi cha makhalidwe opitilira amapangidwe a Mulungu ndi nkhani yakuti zikhaldidwe zosiyana ndi magulu a anthu amapeza maonekedwe osiyana a makopedwe! Akazi amakondera chikoka chimenechi kuchokera kwa amuna awo—kukhala okhumba ndi kukopeka (ingowerengani Nyimbo ya Solomoni). Koma kwa amuna kusiyana ndi akazi awo ayenera kusunga ulemu—mu zonse maonekedwe ndi makhalidwe. Pamene akazi alibe udindo wa maganizo ndi zolakalaka amuna, iwo sayenera kudzionetsera wokha monga chida cha zilakolako.

Mulungu adalenga amuna ndi akazi kukwaniritsana wina ndi mzake, ndipo njira yoyambilira yomwe mwamuna ndi mkazi amapeza kukwaniritsana ndi kudzera mu machitidwe ogonana. Koma akazi ndi amuna ayenera kusamala kuzindikira chilengedwa ndi kukhala ndi chokhumba choyenera ndi kuyankha kwa wina ndi mzake mwa njira yolemekeza Mulungu. Zotsatira za kulephera Kulemekeza chipangidwe cha Mulungu kuphatikizirapo tchimo logonana, matenda, kusweka mtima, mimba zosakonzekera, ndi – kutaya mimba.

Akazi adalengedwa ndi chosowa chopatsidwa ndi Mulungu kuti azikondedwa ndi kusilidwa. Atsikana achichepere amakonda kumauzinda ndi atate awo kuti ndi okongola, ndiponso akazi amafuna kudziwa kuti amuna awo akuwasunga iwo. Ndi zovuta kuzindikira kuti atsikana ena ndi akazi amayendetsedwa kwambiri ndi chosowa chimenechi kuti nthawi zina iwo adzapereka kugonana posinthana ndi kukhudzana kwa thupi ndi mau okhumba kuchokera kwa amuna. Mulungu amasamala ana ake aakazi kwambiri kuti adatuma mwana Wake kudzafa chifukwa cha iwo. Ndipo Mulungu amafuna amuna—atate, abale, amuna, ndi ana aamuna—kulemekeza akazi kwambiri ndi kusamala iwo monga amtengo wapatali.

Zikhaldwe zina sizimazindikira mapangidwe odabwitsa a Mulungu pa zosangalatsa akazi pogonana; iwo amapita patali popweteka maliseche a mkazi kupewa chokonderetsa chopatsidwa ndi Mulungu. Motsutsana ndi izi, ndi zikhaldwe zimene zimalimbikitsa chiyembekezo chakuti mkazi adzalowa pa ukwati aliодziwa kale pa zogonana. Timaphunzira kuchokera ku Malemba ngakhale kuti zimenezi ndi zopitilira ndi mapangidwe a Mulungu pa kukula kwa kugonana mu ukwati.

## **Gawo 2: Mchitidwe Ogonana osachokera ku Baibulo**

### **Kusokoneza ndi Kachitidwe Kolakwika Pogonana**

#### **KUPHUNZIRA KUMATHANDIZIRA**

Funsani atengambali kulemba mndandanda wa zosokoneza ndi kuchita molakwika pa kugonana zimene akhoza kuziganizira.

Lorani mphindi zosachepera 5 za ntchito imeneyi.

Chikhaldwe cha tchimo logonana ndi kulepheretsa chilichonse chomwe ndi chabwino, chokhonze, ndi choonadi chokhudza kuchulukana ndi kuphatikana kwa cholinga cha kugonana kwa pangano la ukwati. Atsogoleri a mpingo amakumana ndi anthu mkati ndi kunja kwa mpingo amene amasokoneza kugonana ndi mchitidwe wogonana mwa njira zambiri:

- Kugonana kunja kwa ukwati
- Kugwirilira ( kuchita zogonana mokakamiza)
- Zithunzi zolaula (kuonetsa zithunzi zogonan, kulemba, kapena zinthu zina zopangidwa kudzutsa chilakolako chogonana)
- Kugonana ndi zinyama
- Kukhala ndi maubwenzi ambiri ogonana nawo
- Chilakolako cha kugonana
- Mitala

- Kumenya mkazi ndi kuvulaza mkazi
  - Uhule
  - Kugona mozembetsedwa kapena ukapolo
  - Kugonana kwapachibale
  - Kugonana mwankhanza
  - Kugonana amuna okhaokha/ akaziokhaokha
  - Kuyalutsana
  - Kugonana moopsezedwa
  - Kugonana mopweteka ndi moopsezedwa
  - Kugonana ndi ana
  - Kumuonera momubisalira pa zogonana
- 

### **Kodi Zotsatira za Mchitidwe Ogonana Osachokera ku Baibulo ndi Zotani.**

#### ***Kusintha kwa Uzimu***

##### **KUPHUNZITSA KUMATHANDIZIRA**

**“Kodi ndi zotsatira zanji za uzimu za mchitidwe ogonana osachokera ku Baibulo amene mungawazindikire?”**

Chokhumba cha Satana ndi kutsogolera munthu aliyense payekha kumuchotsa ndi kumupitsa kutali ndi Mulungu. Iye adzakwaniritsa izi pogwiritsa njira yina iliyonse mmene angathere. Tchimo logonana ndi lamphamvu kwambiri—ndipo ndiloononga—njira yolekanitsira munthu kwa Mulungu. Munthu atatha kuchita tchimo logonana, Satana adzagwiritsa ntchito chikumbumtima, manyazi, kutsutsika, ndi kuweruzidwa kutchinga kulapa ndi kumulimbikitsa kuti akachitenso. Ngati munthu ali paubale ndi Mulungu. Satana amasangalatsidwa kulepheretsa ubale umenewo momwe angathere. Ngati munthuyo samdziwa Ambuye, mdani amasangalatsidwa kutchinga ubale wake wamtsogolo ndi Mulungu. Pa nthawi zonse, Satana adzayesera kumuyesa wa tchimo logonana kutchimo lambiri, kumponya iye mudzenje limene likuoneka lovuta kutulukamo.

#### ***Kusintha kwa ubale ndi Mamvaimva***

##### **KUPHUNZIRIA KUMATHANDIZIRA**

**“Kodi ndi zotsatira zanji za ubale ndi mamvaimva osachokera kuchikhalidwe cha Baibulo mungathe kuzindikira?”**

Monga onyamula—chifaniziro cha Mulungu, tinapangidwa kuti tikakonde ndi kukondedwa. Mnjala ndi mu ubale wathu, kugonana kutha kukhala njira yokhayo yolandilira chikondi chomwe timafuna. Ngakhale, iwo amene amachita tchimo logonana, amatha kuzindikira kuti sikugonana kokha sikumawathandiza kupeza chikondi: nthawi zambiri zimatsogolera kukupwetekedwa, kukusemphana, ndi kuonongedwa kwa ubale. Mchitidwe ogonana unapangidwa ndi Mulungu kumangilira mwamuna ndi mkazi pamodzi.

Mkati mwa kukhazikika kwa ukwati, omwe waumbika umalimbikitsidwa nthawi ndi nthawi kudzera mu ubale opezeka mu ubale wa mchitidwe ogonana. Mchitidwe ogonana mu ukwati umalumikizitsa mwamuna ndi mkazi mu kamvedwe ndi mochulukira, ndipo zimalimbikitsa chikondi cha ubale wawo.

Kuumbika kwa mamvedwe amapangidwa munthawi ya ubale wa kunja kwa ukwati, ngakhale kuti ndi osatetedza ndipo umalamulidwa ndi pangano la ukwati. Izi zikutanthauza kuti pamene zovuta za ubale zosazembeka zidzuka, winayo ndi omasuka kuthawa, kumusya winayo akulimbana ndi mabala akusweka mtima. Kusweka kwa mchitidwe ogonana ubale osakwatirana utha kukhumudwitsidwa kwambiri, kuti munthu wamabala amatha kusiya kapena kuyika zotchinga kuziteteza okha kuzopweteka mu maubale a mtsogolo.

Utatha ubale wamchitidwe ogonana, mwamuna kapena mkazi amavutika kupewa kuyerekeza ndi mzake yemwe alinaye ndi mzake wakale. Moonjezera mbale wa mzakeyo amene amachita naye mchitidwe ogonana nthawi yakale, athanso kuvutika kusiyanitsa kwa mzake yemwe anali naye kale.

Choopsa china kwa anthu omwe amachita mchitidwe ogonana asanakwatirane ndi kwakuti mchitidwe ogonana utha kukhala chidwi chawo chonse pa ubwenzi wawo. Utha kukhala mlowa m'malo mwa kulumikizana, kuumbuka kopanda mchitidwe ogonana ndi zochitika za pa ubale. Mchitidwe ogonana utha kupanganso kuzama kwa ubale kusiyana ndi kupezeka mu ubale. Mwamuna kapena mkazi atha kukhulupilira kuti chifukwa kuti akumagonana iye amadziwika bwino ndi mzake pamene, makamaka ubale woona weniweni patha kukhala kuti palibepo. Ubale womwe ungakhalepo utha kukhala wathupi, ndi wogonana.

## **Kusintha kwa Thupi**

### **KUPHUNZIRA KUMATHANDIZRA**

“Kodi ndi zotsatira zanji zathupi pa mchitidwe ogonana osachokera ku Baibulo mungathe kuzindikira?”

#### **Mimba**

Molingana ndi m'mene Mulungu adapangira, cholina choyambilira cha kugonana ndi kuchulukana. Pachifukwa ichi ubale ogonana nthawi zambiri mwachilengedwa umabweretsa mimba, kaya mufana kapena ayi, ndi momwe zidakonzedwera. Ngati mimba siikufunika, zikutsatira kuti kugonana kuyenera kupewedwa. Ngakhale kuti, chifukwa anthu amafuna kuona ubale, njira zopewera mimba zimagriversidwa ntchito mopitilira. Kupatulapo zobayabaya, ndi kumwa mapilitsi ndi zosakwanira kwenikweni kupewa mimba, ndipo mimba imabwera mosiyana kwambiri ndi zokhumba za banja. Zotsatira zake banja limasiyidwa ndi chiganizo kuti mwina adzabereke mwanayo kapena

### **KUPHUNZIRA KUMATHANDIZIRA**

Malizitsani ntchito 2.  
achotse mimbayo.

### **KUPHUNZIRA KUMATHANDIZIRA**

Funsani atengambali momwe amaphunzitsira ena kukhala mchitidwe ogonana woyerwa ndi wangwiyo? Kodi zakhala zokwanira bwino motani? Kodi iwo akugani bwanji kuti kutha kusintha kuti tikhale okwanira pothandizira anthu ena kukhala mumoyo woyerwa ndi wangwiyo pa mchitidwe ogonana?

#### **Matenda opatsirana pogonana**

Matenda opatsirana pogonana, ndi matenda ochokera kutizilombo tomwe timatengedwa pogonana ndi munthu wina amene ali ndi tizirombo. Matenda amenewa amatha kupangidwa ndi tizirombo. Matendawa amapangidwa ndi tizilombo kupatikizirapo, gonoliya, chindoko, chizono. Matenda amenewa akhoza kuchizika ndi mankhwala ngati chithandizo chayamba mofulumira. Matenda amenewa opangidwa ndi tizilombo kuphatikizapo kutupa kwa chiwindi B, tizilonda tozungulira malo obisika, HIV, HPY. Tizimbo topatsiranati sitingathe kuchilitsidwa, koma zizindikiro zawo, zitha kuthandizidwa ndi mankhwala. Zakumapeto kwa mutu umenewu ukupereka zofotokozerza zoonjzera za matenda opatsirana pogonanawa.

Matenda opatsirana pogonana amafalitsidwa nthawi zambiri pogonana, koma atha kupatsirana kudzera mu kugonana kwina kulikonse kapena kugundana kwa khungu. Nthawi zambiri tizirombo timeneti timalowa mthupi la munthu kudzera mu kugawana kwas timadzi totuluka mthupi kudzera pa mchitidwe ogonana. Matenda ena amafala kudzera mu kugundana kwa khungu lomwe liri ndi

mabala ndi munthu yemwe ali ndi matenda. Nthawi zambiri, matenda opatsirana pogonana atha kufalitsidwa munjira zosagonana monga kudzera mu kuchezerana pogawana masingano ogwiritsidwa ntchito pobayira, kapena kuchokera kwa mayi wa matenda ndi kupatsira mwana wake munthawi ya kubereka.

Pali matenda oposera 25 omwe amafala kudzera mu mchitidwe ogonana. Mu ukwati, pakati a abwenzi amene alibe mbiri yogonana ndi ena, palibe chiopsezo cha kutenga matenda opatsirana pogonana. Kunja kwa ukwati, ngakhale, chiopsezo chotenga matenda opatsirana pogonana chimakula kwambiri pamene maubwenzi ogonana nawo akuchuluka. Njira yokhayo yopewera kwathunthu matenda opatsirana pogonana ndi pochita mchitidwe ogonana ndi mwamuna kapena mkazi wa iye yekha, poganizira kuti munthu ameneyo alibe matenda.

### Gawo 3: Tingakhale bwanji Achiyero ndi Angwiyo pa Mchitidwe Ogonana

Mulungu amafuna anthu kukhala a chiyero ndi angwiyo pa mchitidwe ogonana; ichi ndi chokhumba Chake pa wina aliyense. Tiyenera kukana moyo wathu wakale wa uchimo ndi kukhala molingana ndi Mzimu. Iwo amene ali monga mwa thupi asamalira zinthu zathupi koma iwo amene ali monga mwa Mzimu, asamalira zinthu za Mzimu; pakuti chisamaliro cha thupi chili imfa, koma chisamaliro cha Mzimu chili moyo ndi mtendere; Chifukwa chisamaliro cha thupi chidana ndi Mulungu, pakuti sichigonja ku chilamulo cha Mulungu, pakuti sikhoza kutero, ndipo iwo amene ali mthupi sangathe kukonderetsa Mulungu” ( Aroma 8:5-8). Ife tiyeneranso kulapa ndi kulantira chikhululukiro cha Mulungu pa machimo athu—machimo ogonana akuphatikizilidwapo. Baibulo limati, “Ngati tivomereza machimo athu ali okhulupirika ndi olungama Iye kuti atikhululukire machimo athu ndi kutisambitsa kuti chotsera chosalungama chilichonse” ( 1 Yohane 1:9).

#### *Lemekezani Ukwati*

Molingana ndi Mau a Mulungu, ukwati umayenera ulemu waukulu: “Ukwati uyenera kulemekezedwa ndi onse, ndipo pogona pakhale posadetsedwa, pakuti adama ndi achigololo adzawerezidwa ndi Mulungu” ( Aheberi 13: 4 ). “ Palibe wachigololo” alibe cholinga chabwino kwa Mulungu—onse osakwatira ndi okwatira, ndipo Yesu adati, iye amene wakuyang’ana mkazi wakumkhumba pamenepe watha kuchita naye chigololo m’mtima mwake ( Mateyu 5:28). Kuchita chigololo kumaononga pogona pa ukwati ndipo zimaonga lumbiro la ukwati. Chigololo chimaononganso ubale wa mkatи mwa banja pakati pa ana ndi makolo.

#### *Thawani Dama*

Dziko lathu limaperekа mchitidwe ukula wa dama, nthawi zambiri mkatи mwa makomo athu; palibe njira zachidule zoonongera matupi athu. Baibulo limati , “Koma thupi siliri la chigololo koma la Ambuye ndiye Ambuye wathupi.” “Thwawani dama.” ( 1 Akorinto 6: 13b, 18a).

Dziwani ntchito ya mneni yomwe Mtumwi Paulo adagwiritsa ntchito pofokozena momwe tingayankhire pa mchitidwe wadama: Tiyenera kulithawa. Akutanthauza kuti tithawe mchitidwe ogonana, kusuntha mwachangu. Paulo sakutifotokozena ife kuti titembenuze mitu yathu kapena titseke maso, kapena kufumbata manja anthu. Iye akutiua ife kuti tithawe!

### ***Tiyike Maganizo onse kwa Khristu***

Pamene titha dama, tiyenera kuma linga kulimbana ndi yesero lakuchimwa potenga ganizo lathu lonse ku limanga mwa Khristu ( 2 Akorinto 10: 5). Yobu adati adapanga pangano ndi maso ake kuti asapenye mwa chilakolako pa mkazi wachichepere" ( Yobu 31:1). Ichi chiyenera kukhala chitsanzo chathu cha kukhala wangwiro pa kugonana: pa kupangana pangano kupewa mchitidwe ulionse wa dama.

Mayesero ali pafupi monga foni yathu, kapena kompyuta yathu. Taganizirani kuti kupanga zilakolako kwachulukira paliponse, koma makamaka pa masamba a intaneti. Maphunziro amaonetsera kuti kuposera azibusa okwana 60% akuvutika ndi mapologalamu a pa intaneti. Onse amuna ndi akazi amalowa mumayesero, a zilakolako, ndi mudama kudzera mu ntchimo ili lachinsisi.

Kumbukirani kuti pamene mwamuna ayika chidwi chake pa maonekedwe ena, Mulungu amayang'ana mtima (1 Samuel 16:7). Iye sasangalatsidwa ndi zokamba zomwe mumayankhula potengerana ndi dama ; Iye amakhudzika ndi kudzipereka kwanu. Mu mau ena mau a ulemu wa mwamuna okhudza ukwati adzakhala opanda tanthauzo pa maso pa machitidwe ake a chigololo pa zochitika za kutseka zitseko.

Nkhondoyi yimayamira mumtima. Ngati muperekira ganizo lirilonse kwa Ambuye. Iye adzaperekira mphamvu zomwe mumafuna pakupewa tchimo logonana. "Chotsalira abale, zinthu zilizonse zonna, zilizonse zolemekezeza zilizonse zolunga, zilizonse zoyeru ziliznse zokongora, zilizonse zomveka zokoma, ngati kuli chokoma mtima china kapena chitamando china , zilingilireni izi."

## **Kuombankota**

Kugonana kwa ulemu wa M'baibulo ndi njira yoyambilira yopewera mulandu olimbana ndi Mulungu wa dama. Ndipo monga kugonana nthawi zonse kumatsogolera ku mimba, kusunga ulemu wogonana wa M'baibulo udzathandiziranso kutumikira ndi kusunga kusatayamimba zosayembekera. Kuti tikhale amuna ndi akazi a Mulungu tinapangidwa kukhala ndi kutsogolera pa nkhanzi za ulemu wogonana ndi kuteteza moyo wa munthu, tiyenera kufuna moyambilira kugonjera Khristu.

Tifunike kusinthika kwa mtima komanso kuumika kwa chikhaliwe, ndi kudzera mwa Khristu Yekha ndi komwe mitima yathu angasinthikire. Ndi kugonjera kwathunthu kokhako ndi kumene tingakhalire odzichepetsa, omvera, atsogoleri onga Khristu amene Mulungu amafuna kuti tikhaliire. Sitimayenera kungodziwa za Khristu, tiyenera kudziwa Khristu moona mtima. Ndipo pamene tidziwa Khristu moona mtima, ndi kudziwa mtima Wake, tikhoza kutsanzira bwino Iye ndi kuonetsera chifaniziro Chake kudziko lopwetekedwali.

Tikhoza kumudziwa Khristu pophunzira Mau Ake mu dera ndi okhulupilira ena, kukhala ndi nthawi ndi Iye mu pemphero, kumvetsera Mau Ake, ndi kuchita zimene amatiua ife kuchita. Ndi kudzera mu

Liti?

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chidziwitso cha kumudziwa Iye ndi ubale ndi Iye umene udzakhale bwino wosavuta kuuzindikira ndi kuziteteza tokha kulimbana ndi mayesero a Satana kugwiritsa ntchito kugonana kopatsidwa ndi Mulungu pakuyika msampha umene mwanjira yina utha kutikola ife ndi kutigonjetsa.

Kumbukirani kuti, Baibulo limatifotokozeria ife kuti: "Sichinakugwereni inu chiyeso koma cha umunthu, koma Mulungu ali okhulupirika amene sadzalora inu kuyesedwa koposa kumene mukhoza, koma pamodzi ndi chiyeso, adzayikanso populumukirapo, kuti mudzakhoze kupilirako." (1 Akorinto 10:13). Mulungu adapereka njira yopulumukira pa yesero lina lirilonse mudzakumane nalo. Simuyenera kugwa mu msampha wa mdani.

## **Kuunikira Mafunso**

1. Kodi cholina cha kugonana kwa chilengedwe ndi zotsatira za kugonana ndi zotani ?
  2. Kodi zotsatira za amuna ndi akazi okwaniritsa maudindo awo opatsidwa ndi Mulungu mkatı mwa ukwati ndi banja?
  3. Kodi Mulungu anganene chiyani mu Baibulo pa za dama?
  4. Kodi zotsatira zina za kugonana kunja kwa malangizo a Baibulo ndi zotani?
  5. Kodi ndi magawo otani amene wina angatenge kusunga ungwiro wakugonana?
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**ZOLEMBA**

## **Zakumapeto: Mchitidwe Ogonana wa M'baibulo**

### **Ntchito 1 ( mphindi 20 )**

#### **Mchitidwe Oontsera poyer Matenda Opatsirana Pogonana**

1. Phunziro lisanayambe, mwapadera funsani mtengambali m'modzi mosafuna kusatenga nawo mbali pa zochitika.
2. Mtengambali aliyense wapatsidwa khadi la chidziwitso. Chimodzi mwa chidziwitso chili ndi kadontho kofiira kakang'ono koyikidwa pa kona pake.
3. Fotokozerani kwa atengambali kuti, ayenera kuzungulira mu chipinda ndi kufunsa anthu anayi kulemba mayina awo pa khadi lawo. Iwo adzakhala ndi mphindi zitatu zotenga mayina a anthu atatu.
4. Mtengambali akatha kukhala ndi mayina anayi, funsani aliyense kukhala pansi.
5. Funsani atengambali omwe ali ndi madontho ofiira kuti ayimilire. Munthu ameneyo akadziwika fotokozerani kuti dontho lofiira likuyimira Matenda opatsirana pogonana.
6. Funsani munthu ameneyo kuwerenga mayina apa khadi lake. Pamene anthu ayitanidwa ayenera kuyimilira.
7. Padzakhala anthu asanu oyimilira. Funsani atengambali okhala pansi kuti ayimilire ngati ali ndi ndi anthu asanu oyimilirawa pa mndandanda wawo.
8. Bwerezani ichi kufikira onse koma ngati pali munthu amene sanachite nawo angoyimilirabe.
9. Funsani atengambali: "Ngati dontho lofiira kuyimira Matenda opatsirana pogonana, kodi mukuganiza kuti cholinga cha ntchito yimeneyi ndi chiyani?"
10. Zimakhala zachidziwikire kuti ngati muli anzau ambiri opanga nawo zogonana, simumangopanga zogonana ndi munthu ameneyo, koma ndi wina aliyense munthu amene adapanga naye zogonana ndi ena otero.
11. Otsogolera abweretse kutsogolo kwa chipinda munthu yemwe sanachitepo nawo mu zochitikazi.
12. Funsani gulu kuti kodi kufunikira kwa munthu ameneyu ndi chiyani?
13. "Munthu ameneyu amadziletsa pa za kugonana. Munthu ameneyu ali 100% kuzisunga kuti iye sadzakhudzidwa ndi mtundu wina ulionse wa matenda opatsirana pogonana kapena chiopsezo cha kukhala ndi mimba, chifukwa munthu ameneyu amapewa zakugonana."

#### **Kufala kwa Matenda opatsirana pogonana**

**Funsani:** Kodi Matenda opatsirana pogonana amafala bwanji? are Sexually Transmitted Infections contracted?

Aloren iwo akambirane njira zomwe anthu a chikhaliwe chawo amakhulupilira kuti , Matenda Opatsirana pogonana amafalitsidwa. Ngakhale kuti munthawi yokambirana mudzamva zikhulupiliro zina

zinapangidwe mu zonna, zitha kukhala bwino atzigawa poyer; osatenga zolelakwika zilizonse za zikhulupiliro. Atatha zokombiran, mutha kutsogolera ophunzira pa nkha ni ya matenda opatsirana pogonana ndi momwe iwo amafalikilira.

**Funsani:** Kodi ndi matenda ati opatsirana ppogonana omwe iwo akudziwa. Mutha kulemba mndandanda wake pa bolodi.

**Funsani:** Kodi mukudziwa maonekedwe awiri akuluakulu a matenda opatsirana pogonana? ( tizilombo)

Pangani tchati chozindikilira monga chomwe chili m'musimu ndi kupereka mwayi kwa atengambali kuyankhula ngati pali tizilombo kapena chilengedwe cha thupi lake pamene mukuzilembamo.

Bacterial	Viral
Chlamydia Gonorrhea Syphilis  - - - - -	Hepatitis B Herpes HIV HPV  - - -

# **Ena mwa Matenda opatsirana pogonana odziwika ndi Zizindikiro zawo<sup>1</sup>**

## ***Oyambika ndi Tizilombo***

**Mauka**. Palibe zizindikiro zomwe zikhoza kuchitika poyambilira, makamaka kwa akazi. Kenako zizindikiro za akazi kuphatikizirapo kuyabwa kuchida cha amayi, chikasu, kutuluka chikazi chosanunkha, kumva ululu pogonana, ndi kufuna kukodza pafupipafupi, kapena kumva kupweteka pokodza. Akazi atha kumataya magazi munthawi ya kusamba kwawo, kapena kuwawa kwa pang'onopang'ono ku malo obisika. Zizindikiro za amuna ndi kuphatikizapo kuwawa pamene akukodza mikaka yamadzi, mkodzo wamitundumitundu otuluka kuchokera ku chida cha abambo.

**Chindoko (or “GC”)**. Amuna atha kukhala ndi mikodzo yolimba ndi yachikasu yochokera kuchida cha abambo, ndi kumva kupweteka pokodza kapena sangakhalenso ndi zizindikiro. Kutseguka kwa chida cha abambo zitha kukhala mabala. Chindoko sichimabweretsa zizindikiro mwa akazi ambiri. Pamene zizindikiro zioneke, akazi atha kukhala ndi zoyer, wobiliwira, kapena chikasu, zochokera ku chida cha amayi, kumvakuwawa pokodza, kusamba kwakasinthesintha, kapena kutaya magazi kwambiri munthawi ya kusamba. Nthawi zina malungo ndi kupweteka kwa m'mimba kumachitika. Chindoko chitha kupangitsa zilonda zapakhosi amene amakhala ndi kugonana kwa kukamwa, kapenango zopweteka kobibira kwa anthu amene amapanga zogonana kobibirako.

**Chizonono**. Zizindikiro zoyambilira ndi kuphatikizirapo tizilonda tofiira . zilonda zitha kuonekera pamene mwakhudzidwa munthawi yagonana, kuphatikizirapo maliseche anu, kobibira, lilireme ndi pakhos. Mphechepeche mumatuluka zotupa. Miyezi ingapo ikadutsa, mutha kukhala ndi malungo, zilonda zapakhosi, ndi kupweteka kwa mutu, osamva njala kapena kumva ululu wa m;mbondo. Zokandakanda zitha kuonekera m'manja mwanu ndi mabala kumapazi anu. Zikatha kudusa zizindikiro izi, simungakhalenso ndi zizindikiro zilizonse kwa zaka zochuluka. Pamene zizindikiro zibwelera, tizilombo titha kukhudza ubongo, msana, ndi khungu ndi mafupa.

## ***Oyamba ndi Tizilombo***

**Kutupa kwa Ziwindi B**. Zizindikiro zake ndi kuphatikizirapo kuyabwa kwa minyewa, malungo, kutopa, kusakhumba zakudya, mutu kupweteka, kuodzera. Pamene matenda apitilira, mumakhala ndi mkodzi wakuda, kupepuka, bibi lamitundutumitundu, maso achikasu, ndi khungu, ndi mwachizolowezi kumbali ya chiwindi. Kutupa kwa chiwindi B, litha kukhala vuto ngati zingapangitse kulephera kwa chiwindi kapena kansa ya kuchiwindi.

**Zilonda zotuluka mozungulira maliseche**. Zizindikiro zikuyamba ndi kuyabwa kuzungulira chida chanu. Timabala ting'onoting'ono timapangidwa kumaloko ndipo kenako timaphulika. Pamene izi zichitika mumava kuotcha makamaka pamene mukukodza. Ndipo zilonda zimasandulika ziphsera. Munthawi yoyamba kutuluka, mumatha kukhala ndi maliseche otupa, malungo, kuyabwa kwathupi. Koma ena samakhala ndi zizindikiro zodziwika zotero. Matendawa akhoza kukhala moyo wako onse, kupita kwanthawi ululu wake umapita kochepa pang'ono ndi pang'ono.

**HIV**. Ndi kachilombo kamene kamayambitsa AIDS. Amafoketsa mphamvu za thupi lanu zolimbana ndi matenda. Pamene asilikali athupi lanu afooka, matenda amayamba kukhazikika kufikira sungathenso kumenyana nawo. Zizindikiro zitha kutenga zaka kuti zione kere, ndipo zitha kuphatikizirapo matenda osadziwika, kutopa kosaneneka, kutuluka thukuta usiku, ndi kutsika kwa sikelo.

**Human Papillomavirus (HPV)**. HPV atha kupangitsa kukula kwa kufewa, thupi lamitundumitundu tomwe timatuluka kumalo obisika tiziphuphu take nditosapweteka, koma titha kukhala tosautsa, chifukwa cha momwe timaonekera. Nthawi zina tizilombo toyambitsa tiziphuphuto tomwe titha kuoneka ndi maso athu. Pali kulumikizana pakati mitundu yina ya HPV ndi Khansa ya mchiberekero; ichi ndi chifukwa chokhalira ndi bulachi yopukutira kumalo obisikawo ndi kofunikira kwambiri.

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<sup>1</sup> Material in this section on most common STIs and their symptoms are taken and adapted from "Types of STIs," STIs (Sexually Transmitted Infections) - Common STIs and tips on prevention, College of Family Physicians of Canada, <http://www.cfpc.ca/english/cfpc/programs/patient%20education/sti/default.asp?s=1>.

## Kuberekana kwa Anthu

“Pakuti inu mudalenga imso zanga;  
Mudandiumba ndisanabadwe ine.”

**Masalmo 139:13**

### **Mu Mutu umenewu Ophunzira Adza:**

1. Adzamvetsetsa za thupi la mwamuna ndi mkazi, nthawi ya kusamba ndi momwe mimba yimayambira.
2. Adzafotokozenza za dzira, kukhazikika kwake, ndi fetereza.
3. Adzagwira magawo oyambilira a moyo ndi kudziwa momwe angafotokozere izo kwa munthu wina.
4. Adzazindikira kuti moyo ndi mphatso yochokera kwa Mulungu.
5. Adzaphunzira kufotokozenza njira zikuluzikulu zolelera .

### **Mfundu Zikuluzikulu**

- Mulungu adalenga moyo wa munthu mumimba; ana ndi mdalitso.
- Moyo wa munthu umayamba panthawi ya kutenga mimba, pamene umuna umayika fetereza kudzira lamkazi.
- Munlungu ndi olamulira pa kutenga mimba ndi pa kukula kwa khanda, choncho palibe mwana osakonzekera, kapena osafunika ndi Mulungu.
- Mchitidwe wogonana umabweretsa zotsatira za kuthupi, mamvaimva, ndi mgwirizano wa uzimu wa mwamuna ndi mkazi.
- Kugonana kwa anthu, kumapangidwa pa kutenga mimba, zimatengera ndi kachitidwe ka umuna wa bambo.
- Munthu ndi munthu osiyana, olekanitsidwa kwa amayi ake.
- Chiganizo cha anthu okwatira chochepetsa chiwerengero cha ana ( popanda ndi kugwiritsa ntchito njira zolera) ndi zoyenera ndipo chiganizo cha uzimu, komanso chogwirika.

### **Maumboni a M’malemba**

Masalmo 139:13, Deuteronomy 28:4, 11, Masalmo 127:3-5, Yesaya 40:11, Genesis 1:27-28, Mateyu 1:20,  
Yesaya

Liti?

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49:1, Masalmo 139:13-16a, Masalmo 127:3-5a, Marko 10:13-14, 16, Masalmo 82:3-4, Masalmo 139:13-16a, Genesis 5:1,

Yokobo 3:9, Genesis 29:31, Rute 4:13, Yeremiya 1:5, Luka 1:41-44, Masalmo 51:5, Genesis 25:21, Agalatiya 1:15a,

Luka 1:24-25, Genesis 22:17, Genesis 9:1, Marko 9:42, Aroma 5:8, Deuteronomy 10:18

### **KUPHUNZIRA KUMATHANDIZIRA**

**Nthawi yovomerezeka pa phunziro ili:** 3 Hours

**Phunziro ili ndi**

**kuphatikizapo:**

**Maphunziro a mpoyo**

**wa Munthu,**

**kuberekana kwa**

**Munthu, Kukula kwa**

**Khanda**

Nthawi yoyesera ndi chitchati kapena zithunzi za mu  
buku la atsogoleri.

## Gawo Loyamba: Maphunziro a

### Moyo wa Munthu Kaonedwe ka

#### Dziko pa Mimba

##### **KUPHUNZIRA KUMATHANDIZIRA**

Mafunso okambirana:

- Kodi banja ku chikhalidwe chanu makamaka momwe amachitira akazindikira kuti iwo ali ndi mimba, atatha kukonzekera kukhala ndi mwana?
- Kodi amayi amachita mosiyana ndi abambo ake?
- Kodi ndi mtundu wanji wa chisangalalo, zikhaldidwe, kapena zipembedzo, zomwe zimachitika pa mimba?
- Kodi zikhaldidwe zimenezi zimakhala chimodzimodzi kwa mwana wamkazi monga achitira kwa mwana wamwamuna?
- Kodi ana a amuna amachitiridwa mosiyana bwanji ndi ana a akazi?
- Ngati machitidwe a pa mimba **yofunidwayo ali a osangalatsa (“Tikhala ndi mwana!”)** kodi anthu amapanga motanni ngati mwana ndi osayembekezera ndi osafunika?

Mu kaonedwa ka dziko, mimba imaoneka nthawi zambiri monga chinthu cholandiridwa kapena ayi, potengerana ndi kuti ngati mwanayo akufunika. Ngati mwanayo ngosafunika ndiye kuti mimbayo ikuoneka kukhala vuto -ndipo moyo wa mwanayo nthawi zambiri umaonongedwa ndi kutaya mimba. Koma, ngati mwanayo ndi ofunika, ndiye kuti mimbayo ikuoneka kukhala chobweretsa chisangalaro. Mu zinthu zonsezi, mwana ndi munthu, kaonedwe kathu kokha pa mwanayo ndi kosiyanu.

Kaonedwe ka dziko lopanda uzimu, iwo, amaona kuti mimba zosafunikira monga vuto zimene zifunike kukonzedwa ndi kutaya mimba ngati yankho lofulumira pa vuto lomwe lachitikalo.

Kuona koteru kumalora munyengo zomwe mkazi, mwachitsanzo, atha kusankha kutaya mwana osabadwayo pa nthawi ya masabata 25 a mimba yake, munjira yomweyo, gulu la madotolo aluso amagwira ntchito yeteteza moyo wa mwana osabadwoyo pa nthawi yomweyo ya moyo, pa masabata 25. Mwa njira yina moyo wamwana ndiyekuti watha ndipo mwa inanso palibe chotayika kapena chomwe mungapeze populumutsa moyo wamwana.

Mu mayiko ena munthu amatha kulipilitsidwa ndi milandu iwiri yakhupha, mkazi wamimba ndi mwana wake osabadwa, ngakhale kuti mkazi yemweyo anali paulendo okataya mimba moloredwa.

## Kaonedwe ka Baibulo pa Mimba

### KUPHUNZIRA KUMATHANDIZIRA

Mafunso okambirana:

- Kodi mukuganiza kuti Mulungu amamva bwanji pa mimba?
- Kodi mukuganiza kuti Mulungu amamva bwanji pa mwana wamkazi kusiyana ndi mwana wamwamuna?
- Kodi ndi pa nthawi yanji pa mimba pa mene Mulungu amayamba kusangalatsidwa pa moyo wa munthu?

(Unikani kuchokera pa mutu wa Chiyero cha Moyo wa Munthu)

Kaonedwe ka Baibulo pa mimba kumayima pa kusiyana kwakukulu pa kaonedwe ka dziko. Mulungu ndi amene akulamulira nthawi ndi kulpitilira kwa mimba, kaya ndi yokonzekera kapena yosafunika ndi makolo. Kaonedwe ka Baibulo pa mimba amanena kuti kaya mwana akufunika kapena sakufunika ndi makolo ake alibe kuthera koyenera payekha. Pakuti makolo kusankha imfa ya mwana kudzera mu kutaya mimba ndi kosaloredwa, chifukwa akuziyika wokha ku udindo wa Mulungu.

Kusiyana ndi kaonedwe ka dziko pa mwana osafunikira monga chiphsinjo kwa makolo, Baibulo limati ana ndi mdalitso kuchokera kwa Mulungu ( Deteronomy 28:4-11; Masalmo 127:3-5; Yesaya 40:11). Komabe pali mavuto enieni ndi ofunikira okumana ndi makolo pa kusakonzekera kapena mwana osafunikira wosabadwa; izi ziyenera kufotokozedwa ndi chifundo ndi chisoni. Koma zotsatira za mimba siziyenera kubweretsa zotsatira za kuononga moyo wa mwana wosabadwa wosalakwa.

## Zimene Baibulo Limaphunzitsa za Mimba ndi Ana

### KUPHUNZIRA KUMATHANDIZIRA

M'malo mongowerenga zipangizo zoonjezera ku mfundu zilizonse zotsatirazi, zitha kukhala zothandiza kwa atengambali kuwerenga ndime zoonjezerazi ndi kukambirana zimene zikuwakhudza pa zimene vesi yiliyonse yikunena za zomwe Baibulo likuphunzitsa pa mimba ndi ana.

Mulungu amagwiritsa ntchito mimba kulenga moyo wa munthu mu chifaniziro Chake.

Mimba ndi mphatso kwa munthu ndipo ndi njira yokhayo kwa ife kukwanirtsa malingaliro a Mulungu pa munthu kuti adzadze dziko ndi kulisamalira m'malo mwa Iye. Kuchokera panthawi yomwe munthu wapangidwa pakuthira fetereza ( kutchedwa pamene mzimayi atenga mimba), iye amalengedwa mu chifaniziro cha Mulungu. Ngakhale tchimo lachepetsa moyo wa munthu, timanyamulabe chifaniziro cha Mulungu.

Ndipo Mulungu adaelenga munthu muchifaniziro Chake, mchifanizo cha Mulungu adamlenga iye, adalenga iwo mwamuna ndi mkazi; ndipo Mulungu adadalitsa iwo, ndipo adati kwa iwo; mubalane, muchulukane, mudzadze dziko lapansi, muligonjetse, mulamulire pa nsomba za mnyanja ndi pa mbalame zamlengalenga ndi pa zamoyo zonse za kukwawa pa dziko la pansi."

Mwana osabadwa ndi munthu wathunthu.

Mu Mateyo 1:20, mngelo akufotokoza za mwana wosabadwa Yesu monga mwana: "Yosefe, mwana wa Davide, usaope kudzitengera wekha Maria mkazi wako pakuti ocho cholandirika kwa iye chili cha Mzimu Oyera." Mneneri Yesaya adalankhula za iye mwini: "Mulungu adandiyitana ine kuchokra mumimba; Kuchokera mu thupi la mayi anga adanditchula Ine" (Yesaya 49:1) Moonjezera, Mulungu ali ndi cholinga kwa mwana wina aliyense osabadwa, kuphatikizirapo kudziwa kutalika kwa moyo wake ndi cholinga chake chenicheni.

Ndisanaumbidwe ine maso anu adandipenya, ziwalo zanga zonse zinalembewa m'bukhu mwanu masiku akuti ziumbike, pakanalibe chimodzi cha izo.

Masalmo 139:16

Mulungu ndi olamulira pa kutenga mimba ndipo amayang'anira kukula kwa khanda.

Mulungu amalenga moyo wa munthu aliyense. Iye amayang'anira kukula kwa mwana osabadwa aliyense, ndipo amadziwa mwana aliyense osabadwa mwa ubale.

Pakuti inu mdalenga imso zanga, mudandiumba ndisanabadwe ine, ndikuyamkani chifukwa kuti chipangidwe change ndi choopsa ndi chodabwitsa, ntchito Zanu ndi zodabwitsa moyo wanga uchidziwa ichi bwino ndithu. Thupi langa silinabisikira inu popangidwa ine mobisika, poombedwa ine m'musi mwake mwa dziko lapansi. Ndisanaumbidwe ine, maso Anu adandipenya, ziwalo zanga zonse zidalembewa mbukhu mwanu, masiku akuti ziumbidwe pakalibe chimodzi cha izo.

Masalmo 139:13-16a (NASB)

Ana ndi mdalitso.

Pamene ana adzafunike nthawi yambiri ndi mphamvu, ndipo amabweretsa mavuto ku mabanja, koma ndi mda;litso ochokera kwa Mulungu. Makamaka, Baibulo limati, Akazi a Chiheberi omwe adalibe ana ankaganiza kuti adachita chinthu cholakwika kapena adali otembeleredwa.

Taonani ana ndiwo cholandira cha kwa Yehova, chipatso cha mimba ndicho mphoto yake, ana a ubwana wake wa munthu akunga mivi mudzanja la chiphona, odala amene adadzadza nayo mphondo yake; sadzachita manyazi iwo pakulankhula nawo adani a kuchipata.

Masalmo 127:3-5

Mulungu amalemekeza ana onse, olowa ndi otuluka m'mimba.

Mulungu amakonda ndi Kulemekeza anthu a msinkhu ulionse wa moyo, kuphatikizirapo ana osabadwa ndi makanda. Yesu mwini adali mwana osabadwa mu mimba ya Maria, Iye adakumana ndi kubadwa kwa chilengedwe, ndi kukula kuchokera ku ukhanda kufikira ku ukulu. Munthawi ya utumiki wake kudzikola pansi, Yesu mofuna adacheza ndi ana, ngakhale pamene ophunzira Ake adaganiza kuwachotsa iwo. Iye adagwiritsa ntchito chakudya cha mwana m'modzi kukhadyetsa chikhamu cha anthu. Iye adatuluka kukachilita ana, kuwamasula iwo kuziwanda, komanso kuwadzutsa iwo kuakufa. Yesu sadagwiritsa ntchito ana ngati osokoneza, koma adawagwiritsa ntchito iwo monga chitsanzo cha chikhulupiliro ndi Liti?

kuwalandira iwo monga mwamsangala ndi monthunhtumira. Komanso, Khristu adafera machimo a anthu onse amene adzakhulupilire mwa Iye, kuphatikizirapo ana ndi akuluakulu a mtundu ulionse. Kufunikira kwa moyo wa mwana wa Mulungu unali dipo loombolera ochimwa, zimene zimaonetsera momwe Mulungu amalemekezera anthu onse.

Ndipo anali nkudzanato tiana kwa Iye kuti akatikhudze, ndipo ophunzirawo adawadzudzula, koma pamene Yesu adaona adakwiya, ndipo adati kwa iwo lorani tiana tidze kwa ine musatiletse pakuti ufumu wa Mulungu ndi watotere. Ndipo iye adatiyangata natidalitsa, ndi kuyika manja ake pa ito.

Marko 10:13-14, 16

Ife tiyenera kuteteza ndi Kulemekeza ana, onse olowa ndi kutuluka mumimba.

Timateteza ndi Kulemekeza anthu onse, kupathikizirapo obadwa ndi ana osabadwa, chifukwa ndi onyamula chifanizirp cha Mulungu. Monga otsanza Mulungu, amene ndi mtetezi wa opanda chitetezo, tinayitanidwa kukachita chimodzimodzi.

Ana onse ndi ofooka ndi opanda chitetezo, koma ana osabadwa ndi osowaetsetsa ndi opanda chitetezo. Zobwera kulimbana ndi tianthu tating'ono timeneti tiyenera kuliza beru kwa ife kuti athamangire ku chitetezo chawo.

Weruzano osauka ndi amasiye; weruzani molungama ozunzika ndi osowa. Pulumutsani osauka ndi aumphawi. Alanditseni mundzanja la oipa.

Masalmo 82:3-4

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*ZOLEMBA*

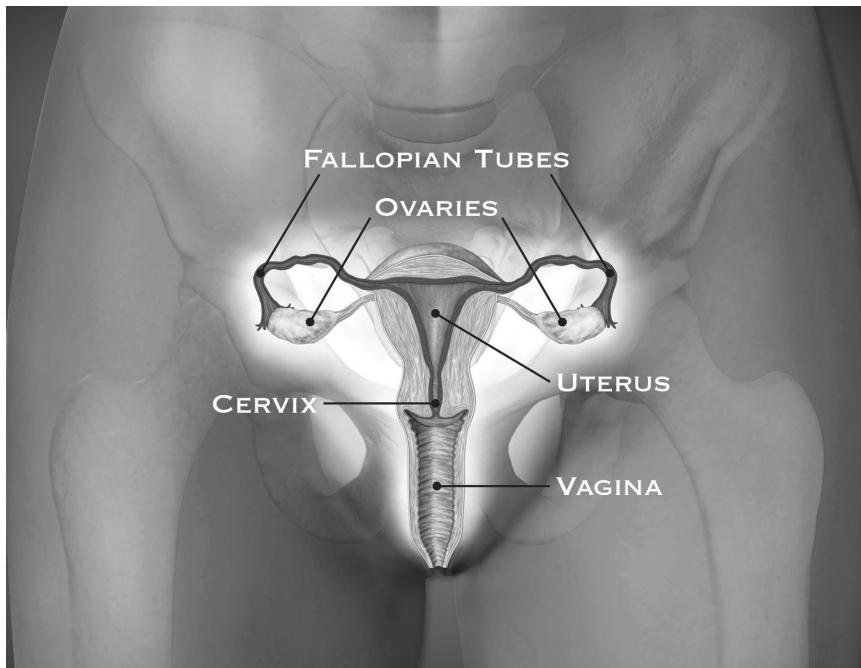
## Gawo Lachiwiri: Ndondomeko Yodabwitsa ya

### Kuchulukana kwa Anthu

Mchitidwe ogonana omabweretsa zotsatira za kuthupi, mamvaimva, ndi mgwirizana wa mkazi ndi mwamuna. Mgwirizano umenewo uli ndi kuthekera kokhala thupi limodzi kudzera mu kubereka mwana watsopano—chixindikiro chodziwika pa mgwirizano pakati pa mwamuna ndi mkazi. Kwa mwamuna ndi mkazi kugwirizana ndi Mulungu mu kulenga kwa moyo wa munthu kudzera mu mchitidwe ogonana kudzera mu mphatso ya chifanifani. Munthawi yakutenga mimba. Munthu wapadera—thupi, moyo ndi mzimu -zimabwera poonekera. Umene kunalibe kale monga munthu ameneyu ndipo sadzapezekanso munthu wina ngati ameneyu. Anthu ndi chinthu chapamwamba cholengedwa ndi Mulungu pa dziko lapansi chifukwa tinapangidwa mu chifaniziro Chake.

Ndikofunikira kumvetsetsa ndondomeko ya kuchulukana kumene Mulungu adapanga. Ichi ndi kuphatikizapo kudziwa dzina ndi ntchito ya ziwalo za thupi lathu zomwe zili ndi uduindo pa kuchulukana. Tidzayamba ndi ziwalo zogwiritsa ntchito pogonana za mkazi.

### Ziwalo Zobelekera za Azimayi



### **Chida cha Amayi ( bumbu)**

Chida cha amayi ndi mnofu otanuka mu thupi la munthu wamkazi umene umapitilira ku dzenje kulowa ku khomo la chiberekero, kukafikira kumalo a chibelekero.

## **Chibelekero**

Chiberekero, chomwe chimatchedwa mimba, ndi malo omwe amaoneka mozondoka. Kukula kwa chiberekero cha munthu wamkulu ndi kuposera 7.6cm (3in.) kutilika kwake 5.1 cm (2in.) m'mbali mwake ndi 2.5 cm (1in.) kufufuma kwake. Chinayikidwa kumusi kwa mphechepeche pakati pa mahipi amkazi. Kumusi kwake kumatseka ndi khomo la chibelekero kupita ku chida cha amayi (bumbu) zimene zimatsogolera kunja kwa thupi la munthu wamkazi. Pamwamba chiberekero chinalumikizidwa ndi njira zodutsa mu thumba la mazira, zomwe zimapita ku mazira. Chiberekero ndi nyumba ya mwana wosabadwa. Zotchinjiriza chiberekero zinapangidwa ndi minofu ndipo yili ndi kuthekera kotanuka ndi kukula kwa mwana. Minofu imeneyi imafungatira ndi kumukankhira mwanayo pansi panthawi yakubereka.

## **Thumba la Mazira**

Thumba la mazira likupezeka mu chinena mu mbali zonse za chiberekero. Thumba lirilonse la mazira ndi lokula ndi maonekedwe oposera 4cm kutilika kwake. Thumba la mazira liri ndi ntchito ziwiri: iwo amapanga mazira ndi chikazi. Chikazi chimene chimateteza maonekedwe a thupi la mkazi (mabere, tsitsi la mthupi, maonekedwe athu, ndi zina zotero.) ndi kuthandizira kusamba ndi mimba.

## **Dzira**

Mazira amapangidwa ndi thumba la mazira mwamkazi asanabadwe. Pakubadwa, mkazi amakhala ndi mazira onse omwe adzakhala nawo nthawi zonse; thupi lake silidzapanga ambiri mwa iwo. Dzila limodzi ndi kanthu kamodzi ndipo kadzira kamodzi kamakhala ndi zamkati molandilira mbewu mokwanira 23—imodzi mwa DNA ya munthu wamkazi, kapena kuti mmene zifuna kukhalira za kaonekedwe ka chinthu. Molandilira mbeumu mumasunga mbiri yonse ya mayi, zimene zimaphatikinana ndi mbiri ya abambo pa mene umuna ulowa mudzira mu nthawi ya kutenga mimba.

## **Njira za Mazira**

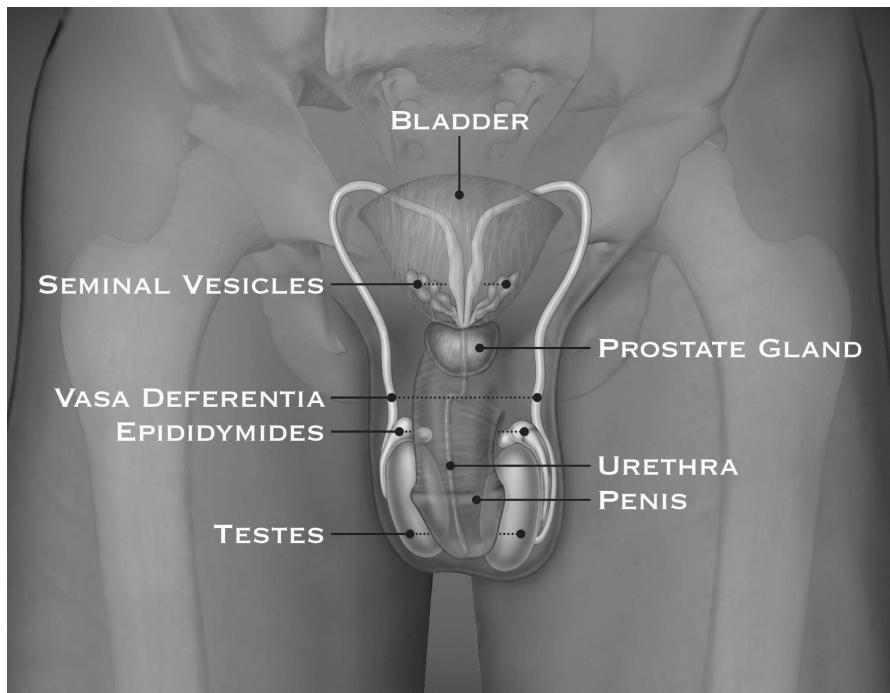
Njira ziwiri za mazira zinalumikizika pamwamba pa pambali zonse za chibelekero ndipo zili ndi dzala-zomwe zimalozera kufikira ku thumba la mazira. Zimagwira ntchito monga njira zomwe mazira amadutsira kuchokera ku thumba la mazira kupita ku chibelekero.

## **Ndondomeko Yakusamba**

Mwezi ulionse, mitsempha ya kuubongo—imatumiza kagulu ka mauthenga kuyamba, kusyanitsa, ndi kulumikizitsa ndondomeko yonse ka kubereka. Timagulu timemeti timatakasa thumba la mazira kutumiza limodzi mwa mazira opitilira 40,000 omwe analipo kuyambira nthawi yakubadwa—kuchuluka koposa momwe zingafunikire munthawi ya zaka za kubereka mwana. Timagulu timeneti timalimbitsano ndi kukonzekeretsa ndi kuyala mu chiberekero kuti mimba itheke.

Mimba imafunika timagulu tambiri toonjezera, tomwe timafotokozerwa chiberekero kukhala okonzekera, ndi kukonzekera kusamalira moyo watsopano. Ngati mimba siyikuchitika, chiberekero chidza tseka malo ake, ndi kutulutsa magazi kudzera mu nthawi ya kusamba. Kutuluka mwa magazi amenewa kudzera ku chida cha amayi (bumbu) kumapitilira kwa masiku kuyambira atatu mpaka masiku asanu ndi awiri. Ndondomekoyi imabwerezedwa kamodzi pa mwezi. Zimasiyana kwa mkazi ndi mkazi mzake, ndi ndondomeko ya masiku mozungulira 26 mpaka masiku 32, potengera ndi thupi lake ndi zochitika zina.





## Ziwalo Zoberekera za Mwamu

### Chida cha Abambo (Mbolo)

Chida cha abambo ndi chida cha kunja chomwe amagwiritsa ntchito pogonana. Moonjezerapo chimagwira ntchito poyambilira monga chida cha kuchulukitsira mu mchitidwe wa kugponana pa mwamuna okhwima, chida cha abambo chimagwiranso ntchito potayira mkodzo kutuluka mthupi.

### Thumba la umuna ( Machende )

Thumba la umuna ( matumba a umuna ) ndi chida cha mwamuna chomwe chimagwira ntchito pogonana. Thumba la umuna limapanga umuna, umuna otulukawo umene umagwirizana ndi dzira la mkazi ndi kupanga kamwana, kupangidwa koyambilira kwa moyo wa munthu. Mwa mwamuna wathanzi yemwe wafika pamsinkhu otha kugonana, matumba awiri a umuna amapanga ndi kusunga ma million a umuna. Matumba aumuna amoneka ngati dzira ndipo amakula kuposera ma inces awiri ( 5.1 cm ) mu litali lake ndi inch imodzi ( 2.5 cm ) mulifupi. Tumba la umuna limasungika mu mphechepeche, thumba lakunja kwa khungu lotsamirapo chida cha abambo.

### Njira ya umuna

Njira ya umuna ndi dzenje limodzi, timatchubu tolimba ndi tozungulira tomwe tinalumikizidwa ku thumba lirilonse la umuna ndi kutumiza umuna. Umuna utatha kupangidwa mu thumba la umuna, umakhwima mu njira ya umuna kufikira utatumizidwa panthawi yakuthira umuna.

### Njira Zotumiza Umuna

Njira zotumiza umuna ndi timatchubu tolimikizidwa ku njira za umuna kupita ku njira yamkodzo ndi kutumiza umuna kuchokera ku thumba la umuna munthawi yakuthira.



## Momwe Moyo wa Munthu Umayambira

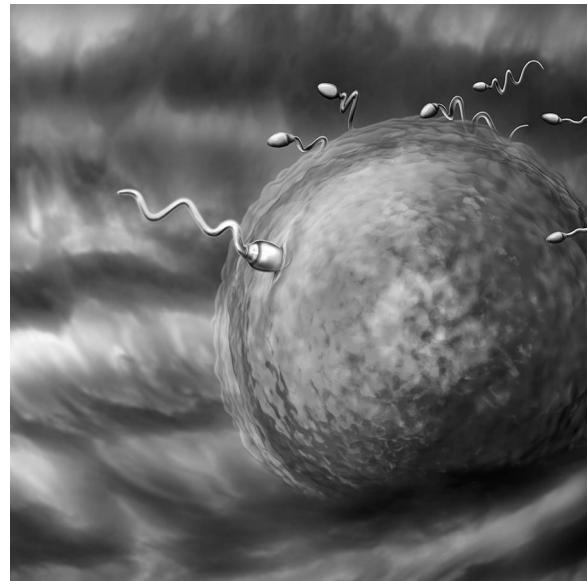
Kwa masabata awiri mkazi atatha kuyamba kusamba, thumba la mazira litatumiza dzira. Izi zimatchedwa kusamba. Dzira limayenda mu njira ya dzira kumene limakayembezero kuthiridwa fetereza ndi umuna.

Mukuyembekezero kugonana, chida cha mwamuna chimatupa ndi magazi ndi kukhala cholimba ndipo chimadzuka. Chida cha mwamuna chimalowetsedwa ku chida cha mkazi ndipo kugonana kumayambika. Pakatktati pakugonana, nthawi yakukoma, minofu ya chida chabambo zimafufuma ndi mwamphamvu amapopera umuna mu chida cha mkazi ndi ndondomeko yomwe yimatchedwa kuthira. Umuna ochuluka umatumizidwa kuchokera ku chida cha abambo kulowa ku chida cha mayi ( bumbu) ndi kusambira kupita ku khomo lachibelekero, kuthandizidwa ndi chikazi.

Pa umuna oposera mamallion omwe atumizidwa, ndi umuna mazana ndi womwe umakafikira dzira ndi kuyesera kulowa pa gawo lapamwamba ndi cholinga chithira fetereza, koma umuna umodzi wokha udzapambana. Umuna ukangolowana ndi dzira ndipo dzira limayamba kusintha kupewetsa kulowedwa ndi umuna wina. Ndondomekoyi yimatchedwa kuyima kwa mimba. Mkazi tsopano ali ndi mimba.

Pamene umuna walowa mudzira, chida chotchedwa DNA kuchokera kwa kholo lirilonse zimalumikizana ndi kupanga munthu wapaderadera wotchedwa mwana. Uku ndi kusiyana kwa kukhala kwa chinthu cha moyo, ndi wapaderadera kotheratu kuchokera kwa makolo ake ( ngakhale mtundu wa magazi umakhala osiyana ndi magazi a mayi ake.) Ma DNA aochokera kwa kholo lirilonse zimalumikizana pamodzi ndi kupanga 46 DNA ndi kupanga munthu wa moyo. Tsatanetsatane wa kukula kwa munthu—kugonana, mtundu wa maso, mtundu wa tsitsi, zidindo za dzala ndi zina zambiri—zimadziwika pa nthawi yimeneyi.

Selo imodziyi imagawidwa ndi kukhala ma selo awiri pakatha maola 24-30, ndi kugawidwanso mumasero anayi pakatha maola 15. Kugawidwa kwa maselo kumapitilira ndi kukula mwachangu. Pamene khanda likula limayenda kudzera mu njira ya dzira ndi kudutsa kupita ku chibelekero pa nthawi ya masiku awiri mpaka asanu. Pa tsiku lachisanu kapena chisanu ndi chimodzi, atha kukakhala pa chiberekero ndi kupilizabe kukula monga khand. Makhalidwe a chibelekero chidzasamalira moyo watsopano kufikira kupangidwa kwa sengwa yomwe yidzathandizire moyo wa khanda kufikira nthawi yakubadwa.



## Mimba ya Munjira ya Chiberekero

Pafupifupi 12% ya makanda adzalephereka kukhazikika ndi kufikira ku chiberekero. Munjira zosiyana siyana dzira lothiridwa fetereza lidzakhala munjira ya chiberekero. Izi zimatcedwa mimba ya munjira ya chibelekero ndipo ndi nyengo yoopsa kwambiri. Pamene khanda limeneli likula lidzapangitsa kutaya magazi kwambiri ndi kupereka chiopsezoo kwa moyo wa mayi ndipo zimapangitsa imfa yamwana. Popanda kulowelerapo akatswiri a za umoyo kukachotsa chithumba cha mazira ( pamodzi ndi khandalo), kwenikweni munthu m'modzi—mwana —anthu awiri—onse mwana ndi amake—adzafa.

Operelechoni yochotsa mimba yamnjira ya chiberekero kumabweretsa kuongeka kwa moyo wa munthu, koma izi sizifanana ndi kuchotsa mimba, chifukwa cholinga cha operechoni imeneyi ndi kupulumutsa moyo ( wa amayi ), osati kuononga moyo wa mwana. Ndikofunikira kuzindikira kuti mu mimba ya munjira ya chiberekero, mwana sangathe kupulumuka.

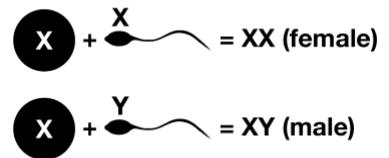
## Momwe Mwana Amazindikilikira Munthawi Yothira Fetereza

Mkatikati mwa 46 DNA ya munthu awiri ndi ma DNA a mtundu wa mwana, alionse andapangidwa monga ma X kapena Y. Kwa mkazi, ma DNA ndi ma X + X. Kwa mwamuna mwa DNA qawiriwa ndi X + Y. Koyambilira kwa mimba, selo yobelekera ( dzira la mkazi ndi umuna wa mwamuna) umanyamula mbali imodzi ya DNA yomwe yimaphatikizidwa ndi wina ndi mzake kukapanga ma XX or XY ziwiriziwiri.

Dzira limodzi lirilonse limanyamula X DNA wamkazi; dzira lirilonse ndiye kuti ndi "lalikazi." Selo iliyonse ya umuna wa munthu imanyamula mwina wamkazi X DNA kapena mwamuna m'modzi Y DNA. Choncho umuna ulionse utha kukhala "waukazi" kapena "waumuna." **TMtundu wa munthu watsopano umapangidwa pa nthawi ya fetereza umadziwika kwambiri ndi umuna .** Ngati umuna womwe walowa mu dzira wanyamura DNA ya X, zotsatira za munthuyu zidzakhala wamkazi ( X+ X ). Ngati umuna womwe walowa mu njira wanyamula DNA ya Y zotsatira za munthu ameneyo adzakhala mwamuna ( X +Y.).

Pamene anthu ambiri samamvetsetsa izi za ku Biology , akazi amakhala ndi udindo odziwa mtundu wa mwana amene watengedwa, chifukwa iwo ndi amene amabereka ana. Amuna omwe samasangalatsidwa kuti ndi mwana wamkazi amene watengedwa, m'malo mwa mwana wamwamuna, mwa chitsanzo, sayenera kupereka udindo kwa mkazi. Ngakhale kuti ndi umuna omwe umadziwa mtundu wa mwana, zitha kukhala zolakwika kuti amuna ndi amene ali ndi ulamuliro pa mtundu wa mwana. Iwo satero. Kumbukirani ma umuna million amatumizidwa pa nthawi ya kuthira kumodzi kokha, ndipo selo iliyonse ya umuna yimanyamula DNA yimodzi yayikazi kapena selo DNA ya yimuna—osati onse.

Tiyenera kukumbukira tonse kuti Mulungu akukhuzidwa pa kupangidwa kwa moyo wa munthu aliyense: Mwamuna kapena mkazi, aliyense wa ife adapangidwa mu chifaniziro cha Mulungu: mwamuna ndi mkazi. Mulungu ndiye olenga wa munthu aliyense, mwamuna ndi mkazi, ndipo amawalemekeza ndi kukonda munthu aliyense mofanana.



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## ZOLEMBA

## **Gawo Lachitatu : Kukula kwa Khanda la Munthu**

Kunena kuti mwana yemwe ali mumimba mwa mayi ndi "gawo" la mayiyo ndi zosalondola. Ndi zosiyana, ndi munthu wa moyo amene akukula ndi mayi. Ndi "kosatheka" moyo—ndi moyo—ndipo uli ndi kuthekera kwakukulu.

### **KUPHUNZIRA KUMATHANDIZIRA**

Funsani atengambali kugawana mu magulu a athu 2-3 ndi kuyankha mafunso otsatirawa, pogwiritsa ntchito buku ili( mu chitchati cha moyo mumimba ) monga umboni:

- Kodi chimachitika nchiyani pa nthawi yomwe umuna walowa mu dzira?
- Ndi pa msinkhu wanji womwe mtima wakhanda umayamba kugunda ?
- Ndi pa msinkhu wanji omwe ziwalo zamkati zamayamba kugwira ntchito?
- Kodi kusiyana kwake ndi kotani pakati pa inu ndi aka "kakang'onoka?"

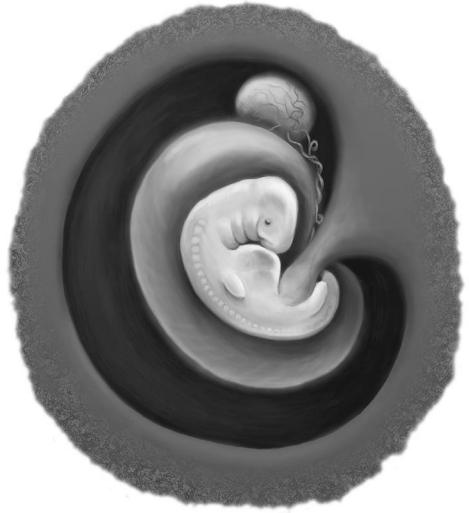
Mutatha kupereka kumagulu mphndi 5-10 kuti amalizitse ntchito, funsani mafunso mokweza ndipo akambirané mayankho monga gulu lalikulu asanapitilize phunziro ili.

Kumvetsetsa ndondomeko ya biology ya kukula kwa khanda la munthu kumatithandizira ife kuyamikira za kulengedwa modabwitsa kwa moyo wa munthu, ndi kulimbikitsa kulambira Mulungu ulenmga moyo.

Mu zikhaldidwe zambiri mimba nthawi zambiri yimayikidwa mu tsiku lomwe watenga mimba, limene ndi tsiku loyamba la mimba ndilo tsiku lomaliza la mkazi la kusamba. Kuthira fetereza ndi kuti dzira likhazikike zimatenga masiku 14, kapena masabata awiri a mimba. Pa nthawi yomwe kusamba kwachedwa, ndipo akhala ndi mimba, mwana watsopano amapangidwa amadziwa kwa "masabata asanu" ngakhale kuti fetereza adathiridwa masabata atatu apitawo. Nthawi ya mimba imanayedewa mu magawo atatu: loyamba sabata 1—13; lachiwiri masabata 14—26; lachitatu masabata 27—40.

## **Masabata anayi (Mwezi Umodzi )**

Ziwalo zambiri ndi maonekedwe athupi zimayamba  
kupangidwa kuphatikizirapo ubongo ndi msana, mtima, mimba,  
ndi matumbo, mitsempha, maso, ndi makutu. Ngakhale kuti ndi  
amayi kale, ngakhale kuti mkazi sakuganizirapo kuti ali ndi  
mimba. Mtima wa mwana udzayamba kugunda mu masiku  
angapo.



## **Masabata Asanu ndi Atatu ( Miyezi Iwiri )**

Kugunda kwa mtima wakhanda kutha kumamveka tsopano pa kumveka kwa kulira, ndipo ma selo a magazi amazungulira thupi lonse. Ziwalo zikulu zikulu tsopano zimayamba kupangika. Zizindikiro za kaonekedwe zimayamba kuoneka ndipo manja ndi miyendo zimapitilira kukula. Ngakhale kuti ndi zosamveka ndi mayi ake, thupi la khanda ndi nthiti zimayamba kuyenda .

- Khanda tsopano latenga ziwalo zonse zoposa 90% za ziwalo zomwe zimapezeka mwa munthu wamkulu.
- Mchombo tsopano ukuonekera.
- Pa kachitidwe komasuka pogwira ntchito ya ubongo yayamba kuoneka.
- Mazira ndi thunba la umuna zimayamba kupangidwa.
- Mapapo alipo.
- Koyambira lilime, nkhama, ndi zikope zimaoneka.
- Chipumi ndi chachikulu ndipo ziwalo zakunja zimasiyanitsidwa ku zamwamuna kapena mkazi.
- Makutu akunja Amayamba kuoneka.



## **Masabata Khumi ndi awiri (Miyezi Itatu )**

Khanda tsopano likudziwika kuti ndi khanda, ndipo posachedwapa atha kuyamba kuyamwa chala chake chachikulu. Zonse ziwalo zofunikira zamkati zapangidwa, ndipo zikugwira ntchito. Imodzi mwa ntchito ya nsengwa yimene tsopano yakonzedwa mokwanira, ndi kupereka zakudya zathanzi, mpweya wa m'magazi kupita kutghupi la mwana. Magazi athanzi amenewa amazungulira kudzera mu mitsempha ndi mu minyewa kupita ku mchombowomwe walumikizitsa mwana ku nsengwa.

- Imso zimayamba kupanga mikodzo.
- Mutu umazungulira ndi kutenga theka la khanda.
- Ntchito ya fupa tsopano ilimkati mu mafupa ambiri.
- Zikope zimatsekeda kuteteza maso.
- Ziwalo zobisika zimasiyanitsidwa.
- Ubongo tsopano umalamulira kayendedwe ka minofu, monga zimaonekera po yasamula ndi kuyamwa.



## **Masabata Khumi ndi Asanu ndi Chimodzi (Miyezi Inayi )**

Kayendedwe kamwana tsopano katha kumamveka ndi mayi ake, pamene zochitika za thupi la mwana zikukula mochuluka ndi mwamphamvu. Mochedwe mumimba, siku kuyendayenda kokha kumene kukhoza kumamveka, zitha kumaoneka pamene mwana asuntha ndi kutembenuka kumasintha malo. M'malo momazondoka mkatı, mutu wamwana tsopano ndi odzuka moongoka kusiyana ndi momwe unalili. Maso ake asunthidwira kutsogolo kwa nkhopre yaek, ndipo makutu ake akuyandikira kumalo ake amalizira. Ma million a amzira amakula mwakhandalo, ndipo chiberekero chimapezekwa. Pamene mtsikana wamng'onoyu wabadwa, thupi lake thupi lake lonse lidzasunga mazira onse amene sadzapangidwanso, ndipo akupangidwa tsopano—kwa miyezi isanu asanabadwe!

- Pakamwa pa mwana pamapanga zizindikiro zoyamwa ndipo amayamba kumeza zimadzi.
- Kupangidwa kwa mano kukumachitika tsopano.
- Khungu lake likukhalabe loonekera.
- Kumeza ndi kuyenda kwa pamtima kulipo.
- Chiwindi ndi ndulu zimayamba kugwira ntchito.
- Mutu wa mwana ndi thupi zimatenga malo awo oyenera.
- Mtima tsopano ukugunda ka 110—180 kapumudwe kake pa mphindi imodzi ndi kupopa magazi okwana 23.7 litres tsiku lirilonse.



## **Mabata Makhumi Awiri ( Miyezi Isanu )**

Ngakhale kuti khandili lakhala liri lapadera la munthu kuchokera nthawi yakutenga mimba, kusiyana kwa kapangidwe kakunja katha kuoneka mu madindo a zala zake, ndi zala zaku phazi. Tsitsi lakumutu litha kumaoneka, ndi mitsempha, ndi mafuta, khungu ndi kufewetsa khungu la thupi la mwana. Mwana ndi mwachidziwikire amakhazikitsa nthawi yogona ndi kudfzuka pa nthawi imeneyi, ndipo atha kupeza malo okoma omwe atha kuyamba kuodzera. Tsopano ziwalo zobisika za mwana zapangidwa, ndipo mtundu wamwana utha kudziwika. Ndipo chifukwa cha kapangidwe ka thupi ndi ndondomeko tsopano zili m'malo mwake, mphamvu zonse za mwana zimayenda kukapeza sikel.

- Ophunzira ena adaomba nkota ndi kuti khanda litha kumva kupweteka pa nthawi yimeneyi.
- Khungu limakhala losaonekera kwambiri pamene mafuta amayamba kuyikidwamo.
- Mwana amayamba kukankha ndi kumamenya mwamphamvu ndipo amayi ake amazimva zimenezi!
- Zikope ndi sidze zimayamba kuonekera.
- Kuphethira ndi matsinya zoonekera zimakhazikika.
- Mwana tsopano atha kuyamwa chala chake.
- Pamene mapapo sakukula kwambiri kulora kupulumuka kunja kwa mimba, kupuma monga kuyenda kumakhala kwa nthawi zonse.
- Kuchuluka kwa madzi, mwana kumatembenuka mbali ndi mbali ndi kupita chakutsogolo ndi kumbuyo.



## **Masaba Makhumi awiri ndi Anayi (Miyezi Isanu ndi Umodzi)**

Makutu a mwana tsopano atha kumva zinthu zakunja kwa mimba, phokoso lalikulu litha kumufikira iye ngakhale kuti amake sangamu iye akukuwa. Ndati mutatenga kudzera m'mimba pa kumvetsera phokosolo mutha



kumuona iye akumwetulira ndi kudumphadumphu kunja kwa mimba. Mwana tsopano wafika pa mulingo wakuti atha kukhala bwino kunja kwa mimba, ngati angapatsidwe chisamaliro chachikulu. Mwana wmng'ono odziwika kukapulumuka amayesera kubadwa nthawi isanakwane mumsabata 22; Iye adabadwa nthawi yisanakwane kutula mu mimba!

- Maso akumagwira ntchito kwathunthu.
- Zikope ndi sidze zapangidwa kotheratu.
- Kukula kofulumira kwa ubongo kumapitilira.
- Mapapo akukula mwachangu.
- Kuyenda mofulumira kwa maso, komwe kumayenderana ndi kulota, kutha kuonedwa

### **Masabata Makumi awiri ndi Asanu ndi Atatu (Miyezi Isanu ndi Iwiri )**

Ngati mudzayike khutu lanu pa mimba ya mzimayi oyembekezera, mudzatha kumva kugunda kwa mtima wamwana. Ndipo ngakhale mapapo a mwana sanakulitsitse, adzatha kupulumuka atapatsidwa mwayi obadwa pa nthawi yimeneyi. Ana ambiri amakhala pa malo osokonekera pa nthawi yimeneyi ya mimba, zimene zikutanthauza kuti akhalira miyendo—kapena kumusi poyambilira, m'malo molunjikitsa mutu pansi malo akubadwa. Padakali nthawi yambiri yakuti mwana atha kusintha malo ake, komabe, ana ambiri amazungulira mu masaba ochepe.

- Mndandanda—wa ubongo ndi ofanana ndi iwo amene ali ndi nthawi yokwanira.
- Ngakhale kuti akufuna kulira kufikira atabadwa, maso ake amayamba kupanga misozi.
- Ubongo wamwana tsopano umalamulira kayendedwe ka kupuma kwake, ndi kufunda kwa thupi.
- Zikope zikumaphethira, ndipo maso amwana atha kumaona kuwala.
- Mwana amayamba kupanga mafizo kudzera mu kuphidiguka ndi kuponya miyendo ndi kutambasula miyendo.



- Mafuta ambiri akuyikizidwa, ndipo khungu la mwana ameneyu likumasalala, kumasiya mankhwinya.

### **Masabata Makumi Atatu ndi Awiri (Miyezi Isanu ndi Itatu 8)**

Mayendedwe a mwana tsopano adzakula ndi kumatembenuka pang'onopang'ono pamene akulozetsa mutu pansi kumalo akubadwa. Mankhwinya ambiri apa khungu adzachoka pa nkhopre pake. Panthawi yomwe azibadwa masabata asanu ndi atatu kuyambira tsopano sikero yake yatsopano idzakhala yochuluka kuposera kawiri!

- Ngakhale mapapo aake ali osakhwima, kupuma mwankono kukuchitika.
- Ngakhale mafupa anapangidwa mokwanira, koma akadali ofewa.
- Khungu la mwana ndilogwirika.
- Zikhadabo za kumanja ndi zakumapazi, zimakula.
- Mutu wamwana tsopano waphimbidwa ndi tsitsi.



### **Masabata Makumi Atatu ndi Asanu ndi Umodzi ( Miyezi Isanu ndi Inayi)**

Mwana tsopano wazungulira kufika pamalo akubadwira, mutu wake utazondoka kuyang'ana kukhommo la chibelekero, kumeneko adzakhala kufikira nthawi yakubadwa. Kusintha kumeneko nthawi zambori kumalora mayi kumapuma mosavuta kwambiri, koma chifukwa mwana wakhazikika m'musi pafupi ndi chikhodzodzo, amayi adzafunike kumakodza pafupi pafupi mafuta oonjezera amene mwana akuyika—pafupifupi theka la kg pa sabata—zidzathandizira iye kukhazikika kwa thupi lake atabadwa iye. Kulemera kwa thupi lake pakubadwa lidzakhala ndi mafuta okwana 15%.

- Maso ake amatseguka nthawi yomwe wadzuka, ndipo amatseka akamagona.
- Mwana adzazindikira kuwala ndipo adzatembukira komwe kumachokera kuwala.



- Makutu akunja amwana apangidwa mokwanira.
- Mwana tsopano atha kumagwira bwinobwino.

### **KUPHUNZIRA KUMATHANDIZIRA**

Potsatira kukula kwa khanda kumeneku atengambali akhale awiriawiri. Lorani mphindi 10 kwa munthu oyambilira kufotokoza kuberekana kwa anthu ndi kukula kwa khanda pogwiritsa ntchito chitchati. Zikatha mphindi 10, lorani atengambali asinthane kulora mzawo winayo apangekonso kwa mphindi 10. Onse atatha kukhala mwayi oyesera kuphunzitsa, tengani chidwi cha gulu ndi kuwafunsa iwo mowe amamvera ndi kufotokoza ngati ali ndimafunso.

## **Gawo Lachinayi: Ntchito Zakulera**

### **KUPHUNZIRA KUMATHANDIZIRA**

Ndikofunikira kuyamba phunziro ili ndi pemphero. Ili ndi phunziro lomwe likadali lousa maphokoso kuzikhaliwe zambiri, ndipo phokoso limeneli litha kutsogolera kukusagwirizana ndipo litha kutchinga ntchito yomwe Mulungu akufuna kuti ikwaniritsidwe mu miyoyo mu nthawi ya maphunziro amenewa. Pemphelerani mtendere, kumveka bwino kwa maganizo ndi kumveka bwino kwa Mzimu wa Mulungu munthawi ya zokambiranazi. Kumbukirani nthawi zonse ndi kukumbutsa atengambali, ngati musowekera nzeru muphunziro lina lirilonse—kuphatikizirapo ntchito zakulera—Mulungu ndiokonzeka kukupatsani inu nzeru zake ndi kukutsogolerani.

Mabanja a Chikhristu, chisankho cha kuchepetsa ana kapena mpata pakubwadwa kwa ana kuyenera kumaonekera osati pazochitika zokha, koma monga mwa chikhaliwe kupanga chisankho cha uzimu pamene akupemphera ndi kufanfunu chifuniro cha Mulungu pa miyoyo yawo.

Munthu wamchifaniziro cha Mulungu amapangidwa pa kuthira fetereza/ kutenga mimba pa nthawi yomwe umuna umagwirizana ndi dzira. Mulungu amalumikizitsa maumunthu kuchokera kwa bamboo ndi mayi pa kupanga munthu wapadera, munthu watsopano pa nthawi yakutenga mimba. Panthawi yakubzala ( pamene kakanda kakukhazikika kukhomma la chiberekero,) munthu ali ndi moyo kwa nthawi yoposera sabata. Choncho, ngati njira yakulera ilepheretsa kukhazikika kwa munthu wapadera ameneyu, kuchotsa mimba kofulumira kwachitika, uku kumatchedwa kutaya mimba—kupangitsa, kuchititsa. Njira zambiri zakulera zomwe zalembedwa m'musimu zikuganiziridwa kuti zimachita izi.

### **KUPHUNZIRA KUMATHANDIZIRA**

Afunseni atengambali kuti ndi njira zanji zakulera zomwe adamvapo. Zomwe zikugwiritsidwa ntchito ku mayiko awo?

### ***Njira Zisanu zoyambilira Zakulera***

#### ***Mchitidwe Osachotsa Mimba***

1. *Kutchinjiriza kulera—asanayanbe kugonana, mwamuna kapena mkazi amadzutsa chinthu choonekera ndi kutchinga umuna kuti usafikire dzira. Makondomu ndi zovala azimayi kumaliseche awo, ndi zitsanzo ziwiri zotchinjiriza kulera.*
2. *Njira zachilengedwe ndi kuzindikira nthawi ya kusamba—mwamuna ndi mkazi amagwira ntchito pamodzi kusunga umuna kuti usalowe mu thupi la mkazi munthawi ya masiku oyandikirana ndi kusamba. Nthawi zambiri ndi kupewa kugonana masiku amenewo. Njira yachilengedwe ndi yomanga mikanda mchiuno, ndi zitsanzo ziwiri za kulera mwachilengedwe.*

Kuzindikira kwa masiku, ndi njira yosavuta, ndi yamakono, njira yomwe idakhazikitsidwa ndi kuyesedwa ndi Institute of Reproductive Health mu 2001. Kuchokera ku njira za maphunziro akubereka, pozindikira masiku a mwezi ulionse amene mzimayi angatengere mimba ngati angamagonane mosaziteteza. Ngati mzimayi safuna kutenga mimba iye ndi mwamuna wake

amapewa kugonana mosaziteteza mu pasiku a nambala 8 mpaka 19 a kusamba kwake. Mzimayi atha kugwiritsa ntchito chingwe cha mikanda, kumuthandizira iye kuyimitsa masiku a kusamba kwake kuti asatenge mimba. Chingwe cha mikanda ndi chosavuta kugwiritsa ntchito ndipo chilibe vuto lina lirilonse, choncho njirayi imasangalatsa iwo amene amakhuzidwa ndi vuto lakubwera kamba ka njirayo, kapena kukhuzidwa ndi mankhala othandizira kutaya mimba, pa njira zina zakulera.

### ***Kuthekera Kotaya Mimba***

3. *Kachida kolowetsa Kokodzera l*—Kanthu kakang'ono, nthawi zambiri kamaoneka mwa T, kamasunga kopa kapena ma homonzi, kamayikidwa ku njira yachibelekero ndi akatswiri a za umoyo. Kanthu kameneka kamatumiza mankhwala amene amatha kuchepetsa mphamvu ya umuna, kamene kamapewetsa kutenga mimba, kapena kamatha kuthinitsa njira yamkodzo, zimene zimatha kupewetsa kukhazikika kwa khanda.
4. *Njira Zamankhwala akulera*—Mwanthawi ndi nthawi, mkazi amatenga makhwala, kuletsa kuyenda kwa dzira komwe kumapewetsa kutenga mimba. Ndi kotheka, ngakhale kuti amakhulupilira kuti ndi zosadalirika, pa kudutsa kea dzira, kuti zichitike pamene mkazi akutenga mankhwala akulera. Izi zikutanthauza kuti pamene mkazi akutenga mankhwala akulera, dzira limatha kutumizidwa ndi kuthiridwa fetereza. Ngati izi zichitika, pali zinthu ziwiri zothekera kubwera. Khanda litha kulephera kukhazikika poyenera. Njira yina yotsatira ndiyakuti khanda limakhazikika muchibelekero ndipo mimba imatha kupidilira. Njira zamankhwala zakulera ndi majakisoni ndi zitsanzo ziwiri za mankhwala akulera.
5. *Kulera kwa Pangozi* —Kufikira masiku atatu mpaka asanu mutagonana, mankhwala akulera atha kugwiritsidwa ntchito kuti asokoneze kayendedwe kadzira ( ngati kuyenda kwa dzira sikunachitike) kapena ngati njira yankodzo siyinalandire dzira lomwe lakumana ndi umuna. Ngati dzira ndi umuna zakumana kale, ndipo kulera kukupewetsa kukhazikika, ndiye kuti kuchotsa mimba kofulumira kumadzachitika. Njira B ndi ella ndi zitsanzo za kulera kwa pangozi. Njira B ya mankhwala akulera amasunga mankhwala otchedwa levonorgestrel—njira zodziwika zomwe amayikamo mu njira zina zakulera. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3138379/>

### **KPHUNZIRA KUMATHANDIZIRA**

Ngati mwafunsidwa molunjika kaya ndi njira ziti zomwe ndi zolondola / zolakwika/ zabwino/ zoypa/ kapena zam'baibulo/ zosachokera kubaibulo, funsani atengambali ngati dzira lomwe lakumana ndi umuna kapena kakhana kaonongedwa. Aloren iwo akambiran mayankho othekera.

## Kuombankota

Mimba ndi ndondomeko ya kakulidwe ka khanda zimatikumbutsa ife kuti tidapangidwa moopsa ndi modzabwitsa ( Masalmo 139: 14). Mulungu ndi amene adapanga mwana aliyense osabadwa, ndipo chilengedwe chake chodabwitsa ndi chidwi cha tsatanetsatane aliyense amatipatsa ife chithunzithunzi cha mtima Wake pa ife monga chilengedwe Chake. Titha kuona pakutiganizira ife—ndi kudzera mu kapangidwe ka ife mu chifaniziro Chake—kuti amatilemekeza ife kwambiri kusiyana ndi chamoyo china chilichonse pa dziko lapansi.

Pakuti inu mudalenga imso zanga, mudandiumba ndisanabadwe ine. Ndikuyamikani Inu chifukwa kuti chipangidwe change ndi choopsa ndi chodabwitsa ntchito zanu ndi zodabwitsa moyo wanga uchidziwe ichi ndithu.

Masalmo 139:13-14 NLT

## Kuunikira Mafunso

1. Kodi dziko limaona bwanji za mimba kusiyana ndi kaonedwe ka Baibulo pa mimba?
2. Kodi magawo oyambilira a ziwalo za kubelekera za mzimayi ndi ziti? Nanga mwana?
3. Fotokozerani kuyenda kwa dzira, kathiridwe ka fetereza, ndi kukhazikika. Fotokozani momwe mimba yimayambira.
4. Lembani mindandanda iwiri kapena itatu ya ulendo wa khanda yomwe yinalembedwe pa gayo loyambilira la moyo wa khanda ndi kufotokozena momwe munga fotokozere kwa munthu wina.
5. Kodi chikhulupiliro chanu panokha pa kulera ndi chiyani? Nchifukwa chiyani anthu ambiri amafuna kulamuliro pa kuthekera kwavo pa kubereka ana?

## **Zakumapeto: Malemba Oonjezera Okhudza Mimba ndi Ana**

“Uwu ndi mbadwo wa Adam. Pamene Mulungu adalenga munthu Iye adawapanga iwo mu chifaniziro cha Mulungu.” *Genesis 5:1*

“Ndi lilime timalemekeza nalo Mulungu Atate wathu, ndi lomwe timatembelera nalo anthu amene adapangidwa mu chifaniziro cha Mulungu.” *Yakobo 3:9*

“Pamene Yehova anaona kuti anamuda Leya, adatsekula mu mimba mwake koma Lakelo dali ouma. *Genesis 29:31*

Momwemonso Boazi adatenga Rute nakhala iye mkazi wake. Ndipo adalowa kwa iye, nalora Yehova kuti ayime ndipo adabala mwana wa mwamuna.” *Ruth 4:13*

“Ndisanakulenge iwe m’mimba ndidakudziwa, ndipo usanabwadwe ndinakupatula iwe, ndidakuyika ukhale m’neneri wa mitundu ya anthu.” *Yeremiya 1:5*

“Ndipo panali pamene Elizabeti anamva kulankhula kwake kwa Maria mwana wosabadwayo adatsalirima m’mimba mwake ndipo Elizabeti adadzazidwa ndi Mzimu Oyera. Nakweza mau ndi mfuwu waukulu nati; odalitsika iwe mwa akazi ndipo ndi chodalitsika chipatso cha mimba yako, ndipo ichi chichokera kuti kudza kwa ine, ndi kuti adze kwa ine amake wa Ambuye wanga ? Pakuti ona, pamene mau a mkulunkhula kwako analowa mmakutu mwanga, mwana anatsalima ndi msangalaro m’mimba mwanga.” *Luka 1:41-44*

“Onani ndinabadwa mu mphulupulu, ndipo mayi wanga adandilandira mu zoipa.” *Masalmo 51:5*

“Ndipo Isake adampembedzera mkazi wake kwa Yehova, popeza dali ouma; ndipo Yehova adalora kupembedzera kwake, ndipo Rabeka mkazi wake adatenga pakati.” *Genesis 25:21*

“Koma pamene adakondweretsa Mulungu amene adandipatula ndisanabadwe nandiyitana ine ndi chisomo Chake...” *Agalatiya 1:15a*

“Ndipo anatha masiku awa, Elizabeti mkazi wake anayima nazibisa miyezi isanu nati. Ambuye wandichitira chotero, m’masiku amene iye adandi penyera, kuchotsa manyazi anga pakati pa anthu.”

*Luka 1:24-25*

“Ndipo Mulungu anadalitsa Nowa ndi ana ake, nati kwa iwo mubalane, muchulukane, mudzadze dziko lapanmsi.”

*Genesis 9:1*

“Ndipo yense amene adzalakwitsa kamodzi ka tiana timeneto—tukukhulupilira Ine—kuli kwabwino kwa iye makamaka kuti mwala waukulu wa mphero ukolowekedwe mkhosi mwake, naponyedwe iye m’nyanja.”

*Marko 9:42*

“Aweruzira ana a masiye ndi mkazi wa masiye, ndipo akonda mlendo ndi kumpatsa chakudya ndi chovala.”

*Deuteronomy 10:18*

## Ndondomeko ya Kutaya Mimba

"Omwe atengedwa kuti akafe; uwapulumutse, omwe ati aphedwe usaleke kuwalanditsa."

**Miyambo 24:11**

### **Mu Mutu umenewu Ophunzira Adza:**

- 1 Adzazindikira momwe kutaya mimba ndi mulandi wolimba ndi Mulungu komanso kulimbana ndi mwana osabadwayo.
- 2 Adzafotokozena njira, zotsatira zake, ndi kuopsa kwa kutaya mimba.

### **Mfundu Zazukulu**

- Kutaya mimba ndi zadala, kuukira, ndi kuononga kwa moyo wa munthu mosagwirizana ndi chilengedwe.
- Kutaya mimba mwa mankhwala kumapitilira kudzera mu kugwiritsa ntchito mankhwala amene ammwedwa munjira ya mapilitsi, ngakhale majakisoni nthawi zina amagwiritsidwa ntchito.
- Kutaya mimba kwa operechoni ndi njira ya kutayira mimba pochotsa khandalo kuchokera mu chibelekero pogwiritsa ntchito njira za chipatala.
- Njira zambiri za kutayidwa kwa mimba zimachitikira kunja kwa njira zosavomerezeka ndi njira zomwe azachipatala adakhazikitsa.

### **Maumboni a M'malemba**

Miyamba 24:11, Exodus 20:13, Deuteronomy 19:10, Miyambo 6:16-17, Yeremiya 7:30-34, Miyambo 24:11; Psalm 82:3, Deuteronomy 30:19-20a

## **KUPHUNZIRA KUMATHANDIZIRA**

### **Nthawi yovomerezeka pa phunziro ili ndi : mphindi 60**

Zidzakhala zofunikira kwambiri pa kuyamba phunziro ili ndi pemphero. Kuphunzira tsatanetsatane wa kuonongedwa kwa moyo kudzera mu kutaya mimba momwe chimapsinjira. Pemphelerani kulimbana ndi zolimbana zina zilizonse zochokera kwa mdani, ndi kupemphelera kumveka bwino kwa maganizo ndi kuzindikira Mzimu wa Mulungu pa momwe atengambali angakhuzidwire pa nkhani imeneyi. Nthawi zonse kumbukirani ndi kukumbutsa atengambali kuti Mulungu amakhululukira tchimo lina lirilonse, kuphatikizapo tchimo lakutaya mimba.

## Mulandu wa Kutaya Mimba

Pa mwana opwetekedwa m'malo oti akhoza kutetezadwa pa dziko lapansi, kutaya mimba ndi chinthu chimodzi. Kakang'onong'ono, kusowa chithandizo, kamwana kosowa chitetezo, kutaya mimba sizokhudza ufulu ochulukana kapena chinsisi, kapena ziganizo za malamulo.....ndi zokhudza imfa, kuonongedwa kwa moyo wake wochepa.

Monga munawerenga kale, kutaya mimba ndi chinthu chachikulu kwambiri choononga moyo padziko lapansi lero lino ... mongoyerekeza miyoyo yamtengo wapatali 56 million, yomwe idapangidwa mu chifaniziro cha Mulungu, imaphedwa chaka ndi chaka.

Kutaya mimba ndi mulandu kwa Mulungu. Ndi kulimbana ndi chifaniziro cha Mulungu ndi Satana. Ife monga onyamula chifaniziro cha Mulungu, sitienera kukhala chete pamene kukula kwa mchitidwe oipa kukuchitika. Mutu umenewu udzakuthandizani inu kukhala odziwa za ntchito ya mdani. Pamene tikuyandikirana ndi mutu umenewu, chonde khalani ndi chidwi pa iwo okuzungulirani, ichi ndi chofunikira, chipangizo cholemera chomwe chidfzakhala chovuta cuti ena mwa inu achigwire. Pitilirani ndi pemphero ndi mtima wachifundo.

Chifukwa cuti Mulungu amalemekeza moyo wina ulionse, ndipo amatenga mbali pa kulengedwa kwa munthu aliyense payekha. Mtima wake umasweka pamene ambiri onyamu chifaniziro Chake omwe ndi oononge mosavuta ndi osowa chitetezo, mwanaosabadwa, amaphedwa mosasamala. Kuphedwa kwa ana ndi kulakwa pamaso pa Mulungu ndipo zimayitana mkwiyo Wake (Yeremiyah 7: 30—34). Ndipo Mulungu amatiyitanira ife kukhala opulumutsa iwo amene akuphedwa (Miyambo 24:11; Masalmo 82:3).

## Kodi Kutaya Mimba ndi Chiyani?

### KUPHUNZIRA KUMATHANDIZIRA

Mafunso Okambira:

- Kodi kutaya mimba ndi chiyani?

Kutaya mimba kumafokozedwa monga kuonongedwa kwa mimba pa kuchotsa kapena kuonongeka kwa khanda kuchokera ku chibelekero nthawi yake yokhala ndi moyo pa kokha isanakwane. Ntayo nthawi zambiri imadziwika cuti kuchoka kwa mimba mwadzidzidzi, pamene khanda limafa monga mwa zotsatira za chilengedwe kapena mu zochitika za mwangozi. Kutaya mimba kumanenedwa cuti kupitilira ngati zachitika mwadala ndi mofuna.

Poganizira malamulo osiyanasiyana okhudza kutaya mimba, mulingo wake ndi wokhwima kwambiri ndi omwe anthu amafuna cuti aziwalora, kutaya mimba kumachitika ku dziko lina lirilonse pa dziko lapansi. Mu mayiko otukuka kwambiri, kutaya mimba amatha kuwalora kwa mbiri, ngakhale cuti kuswa lamulo ndipo amachitika kawirikawiri mkaati mwa mfundo za chipatala zomwe adakhazikitsa. Mu mayiko ena, kumene kutaya mimba kukwera ndi achidwi kwambiri, kapena kumene chisamaliro cha za umoyo ndi chodura kwambiri, pa kutaya mimba, ndipo kutaya mimba kutha kukhala njira yodziwika yomwe anthu amayichita kunja kwa chipatala.

# Ndondomeko Zotayira Mimba

## KUPHUNZIRA KUMATHANDIZIRA

Funsa atengambali bkufotokozena gulu ndondomeko zotayira mimba zomwe iwo adamvapo zomwe zikugwiritsidwa ntchito kumayiko awo.

Pamene atengambali akutchula njira zosiyansiyana zotayira mimba zomwe iwo akudziwa zomwe inu mungazilembe pa bolodi ndi kupanga magawo atatu ( mankhala, operechoni, ndi xosintha sintha). Alimbikitseni iwo kuganiza mochuluka momwe angathere, koma sipakufikira kulowa mwatsatanetsatane palipano. Ingolembani maganizo awo pa bolodi ndi kupitiliza ndi nkhanu yotsatirayi.

Pali mitundu yitatu yoyambilira ya kupitilira kutaya mimba: mankhala ( zomweso zimadziwika kuti ndi zachipatala) operechoni, ndi zakasinthasinha. Njira ya mankhala akutaya mimba si ndondomeko ya oparechoni yimene mankhala aku famase amagwiritsidwa ntchito, pa kubweretsa imfa ya khanda. Njira ya oparechoni ndi ndondomeko yomwe yi machotsa khanda ndi kansengwa kuchokera ku chibelekero. Njira yachitatu ndi njira Yakasinthasinha pa kutaya mimba, ndi kuphatikizana kwa kutaya mimba kwa mankhala, komwe matupi achilendo malowetsedwa ku khomo la chibelekero ndi/ kugwiritsa ntchito zikakamizo za kunja kwa thupi la mayi wa mimba.

### Njira za Mankhwala

Kutaya mimba kopitilira pogwiritsa ntchito mankhala omwe amatengedwa munjira ya mapilitsi, kudzera mumajakisoni nthawi zina amagwiritsidwa ntchito. Mankhwala amenewa amagwira ntchito mwa njira zambiri, pakubweretsa imfa pa kakanda komwe kakukula. Mankhala omwe amabweretsa zotsatira za imfa pa khandam amadziwika ndi kuti kutaya mimba mwa mankhwala.

Pali mitundi itatu ya mankhala oyambilira omwe amagwiritsidwa ntchito potaya mimba ya za chipatala, **mifepristone, misoprostol, ndi methotrexate.** Mifepristone ndi dzina la mtundu wa mankhala amene ndi odziwka kudziko lonse lapansi, monga RU-486, Mifeprex, kapena Mifegyne. Misoprostol ndi dzina la mankhala lomwe limadziwika ndi kuti Cytotec. Mankhwala ena osadziwika kwambiri omwe amagwiritsa ntchito a chipatala potaya mimba, methotrexate, nthawi zambira amagwiritsidwa ntchito mogwirizana ndi misoprostol.

Kulamulira kwa mankhala kumasiyana ndi mayiko ndi madera. Ena mwa mankhwala omwe amagwiritsidwa ntchito potaya mimba amapezeka kwambiri pa mtengo otsika, zimene zimalimbikitsa akazi ena kuzithandizira okha, ndi popanda thandizo la waza umoyo, kapena munthu wina monga zamba.

Zotsatira zolakwika za kutaya mimba kwa mankhwala ndi kuphatikizirapo ululu, kupweteka kwakukulu, kutuluka kwa magazi ku chida cha amayi, kudwala kwa m'mimba, kupweteka kwa mutu, tulo, kutentha kwathupi, kunjenjemera, kutopa, kusanza, kutsugula m'mimba, kuphwanya mthupi, ndi malungo. Kuvutika kophatikinana ndi zoipa, kutaya magazi kwambiri, kumafuna kupatsidwa magazi, kutaya mimba kosakwanira,( zinthu zina kutsalira mu chibelekero), kutaya mimba kopitilira kumafunkira kutaya mimba kwa operechoni, ndi -simwa nthawi zonse, koma nthawi zina ndi imfa.

### Njira za Operechoni

Kutaya mimba kwa operechoni ndi njira ya kutaya mimba komwe khanda limachotsedwa kuchokera ku chibelekero pogwiritsa ntchito njira za chipatala. Njira zinayi zoyambilira zotayira mimba ndi kukolopa ( pochotsa mpweya) kupereka chiyembekezo, kukulitsa, ndi kuchotsedwa kwa zinthu zoyipa, kuchotsedwa kwa zoipa za m'mimba. Njira yina yotchedwa kukulitsa ndi kuchapa zimagwiritsidwa ntchito mosiyana.

Mu nthawi ya mimba, khomo lachibelekero limakhala lotseka kwambiri pokhapokha mkazi akupita kobereka. Kuti apeze njira ya kuchibelekero munthawi ya operechoni iliyonse, khomo la chibelekero chidzafunika kukulitsidwa kudzera njira za zipangizo za za umoyo kapena mankhwala. Atatha kukulitsa njira yachibelekero, njira zosiyansiyana zotayira mimba mwa operechoni zonse zimafunikira zipangizo zomwe ndi kukachotsa khanda. Njira yoyambilira ya kutaya mimba imangofunikira kuchapamo, kotchedwa kachitsulo kochapira, komwe kamagwiritsidwa ntchito yopeputsa chibelekero. Kenako kutaya mimba kochedwerapo kudzafunikire zida zoonjezera, monga forceps ndi curette, kuti akachotse khanda lokulalo kuchotsa mpweya kumachitika nthawi zambiri monga gawo lomaliza la kutaya mimba kulikonse kwa operechoni kuti mukatsimikizire kuti zonse zotsalira zachotsedwa kuchokera ku chibelekero.

Zotsatira zolakwika pa operechoni nthawi zambiri ndi kuphatikizirapo, ululu ndi kupweteka kwambiri, kutayika kwa magazi kuchokera kuchida cha amayi, kutsekula m'mimba, ndi kuphwanya kwa mthumi, kusanza, nthawi zambiri zimaphatikizirana ndi kuthana ndi kusazindikira. Kusokonekera kophatikizirapo zolakwika, kutaya magazi kwambiri, kupwetekedwa kwa khomo la chibelekero, kusokonekera kwa katulukidwe ka mikonzo, ndi kutaya mimba kosakwanira.

Njira yina ya ndondomeko ya operechoni ndi yodziwika ndi kuti kukhazikitsa kotaya mimba ndi ndondomeko yomwe njira za mankhwala zimabayidwa kudzera mumimba ya mzimayi wa mimba, kulowa ku chikazi chomwe chimazingulira ndi kuteteza kukula kwa khanda. Chifukwa khanda limapuma ndipo anazunguliridwa ndi chikazi, ndipo tsopano cha tsiridw mankhwala. Ndipo tsopano njirayi idzatentha ka khandako. Njira zodziwika kwambiri pogwiritsa ntchito njirazi ndi kuphatikizirapo; saline, hyperosmolar urea, and synthetic prostaglandins.)

Kukhazikika kwa kutaya mimba, ngakhale zikuchuluka koma mosiyana, zimachiti kwambiri mu nthawi gawo loyamba, lachiwiri, ndi gawo lachitatu lomwe ndi kupililira masabata 27. Zakhala zikukula ndi zodziwika kumayiko otukuka, chifukwa ndondomeko zina zimapezeka zimapereka chiopsezo chochepa kwa mayi.

#### Njira zosinthesinthia

Pali njira zambiri za kutayira mimba zomwe zimachitika kunja kwa njira zokhazikitsidwa ndi a zachipatala pa zifukwa zambiri: kupezeaka, mtengo wake, malamulo ake, chikhaliidwe ndi kaonedwe kappa banja pa kutaya mimba, ndi zina zambiri. Njira zimenezi za kutaya mimba zitha kukhala zopitilira kwa munthu aliyense pa yekha, zimene ndondomeko zake zimachitidwa ndi mzimayi wa mimba payekha, komanso zitha kumachitika ndi munthu wina ( amene alibe maphunziro a zachipatala, monga azamba, achibale, ndi mabwenzi). Pali njira zitatu za kutaya mimba kosinthesinta: kutaya mimba kwa kasinthesinta ndi kulowetsa matupi a chilendo ku chibelekero ndi kugwiritsa ntchito kukumiza ku ziwalo zanja. Mwanga mwa ndondomekozilizonse za kutaya mimba, ululu, kupweteka kwambiri, ndi kutuluka magazi ku chida cha mayi, zitha kuchitika. Zotsatira zovuta ndi kuphatikizirapo kutaya magazi kwambiri komwe kumafunikira kuthiridwa magazi, kuvulala ku khomo la chibelekero , kutaya mimba kopitilira ndi mimba zopitilira. Zambiri mwa njira zotayira mimbazi ndi zoopsa kwambiri ndipo zimabweretsa chiopsezo chachikulu, ku nkhanzi ya za thanzi ndi moyo wa mkazi wamimba. Zambiri mwa zitsamba ndi kukonzekera kwa mankhwala ndi chizolowezi cha chilengedwe ndipo zimapweteka mkaziyo molunjika. Kulowetsa thupi lachilendo ku chibelekero zitha kupangitsa khomo la chibelekero ndi njira ya mkodzo zimakhala pa chiopsezo chachikulu ndipo pakutero, zikakamizo zakunja zimabweretsa chiopsezo chachikulu kuthupi la mkazi wa mimba.

### *Mankhwala Otayira Mimba*

Mankhwala otayira mimba nthawi zambiri ndi mankhwala a zitsamba kapena kukonzekera kwa mankhwala omwe mzimayi wa mimba adzalowetsa kuti apitilize kutaya mimba. Kukonzekera kumeneku kumagwira ntchito potakasa kufufuna kwa chibelekero, kapena kufewetsa khomo la chibelekero chopita kukusamba ndi kuphulika kwa khanda. Kukonzekera kwa mankhwala ndi kuphatikizirapo dong quai (angelica sinensis), pennyroyal, cotton root bark, tansy (mugwort), black cohosh, juniper, rue ( ruta), ginger, celery seed, birthwort, ndi vitamin C mochuluka. Kukonzekera mankhwala ndi kuphatikizirapo bleach, turpentine, ndi acid.

### *Kutaya Mimba—Kolowetsa dzanja la munthu wachilendo.*

Pali zotsatira ziwiri zolowetsa dzanja lachendo—monga chinangwa, ndodo, waya, singano, minga, kapena fupa la nkhuku—kuchibelekero. Chotsatira choyambilira ndi kuphulitsa chikodzodzo chimene chimazungulira ndi kuteteza kukula kwa khanda. Pamene chikhodzodzochi chaphulika, khandalo lidzafa ndipo thupi la mkazi lidzataya khanda lakufalo. Chotsatira china ndi chakuti zikhodzodzo zikaphulika thupi lachilendo limagwira ntchito yoboola khandalo palokha ndi kupangitsa imfa yake –yomwe yidzapangitsa mu thupi la mkazi kutaya khanda lakufalo.

### *Kugwiritsa ntchito mphamu zakunja*

Njira zosiyanasiyana za mphamu za kunja zakhala zikugwiritsidwa ntchito kupililiza kutaya mimba, kusintha mulingo wokwamira, kwa zaka zikwizikwi. Mphamu zochuluka zimenezi zakhala zili zikhulupiliro ku zikhaldwe zina pobweretsa kutayika kwa mimba. Molunjika kwambiri—monga kumenyedwa, kupondedwa m'mimba mwa mkazi wamimba—zakhalanso zikugwiritsidwa ntchito, ngakhale kuziponya kwa mkazi wamimba kuchokera pa nyumba yosanja, kuti apitilize kutaya mimba. Uthenga osokonekera pa mzimayi wa mimba ndi njira yina munthawi yomwe munthu amakanikiza, ndi kupangitsa mkazi wamimba kuti mwanayo afe ndi kupangitsa kuti mikodzo ifwamphuke.

## Kuombankota

Kaya ndi lamulo kapena silamulo kudziko lina, kutaya mimba kukumachitika kudziko lonse lapansi, pamene anthu ena ndi osautsidwa kwambiri kusiyana ndi anthu ena pa kutaya mimba, chifukwa cha masautso awo, ndi kofunikira kudziwa kuti, kutaya mimba kumakhalabe yesero, ngati sichoncho ndi okopa, ndi chisankho cha anthu ma million a amuna ndi akazi okumana ndi mimba zosafunika ndi zosayembekezera. Tiyenera kukonzekera kuteteza makhalidwe ogonana mosayenera mkatı mwa banja ndi kukhala okonzeka kuthandizira iwo amene anapwetekedwa ndi kuyesera kupanga zogonana kunja kwa malamulo a Mulungu.

Ndichitsa lero umboni kumwamba ndi dziko lapansi zitsutse inu, ndayika tsono pamaso panu moyo ndi imfa, mdalitso ndi tembelero, potero sankhani moyo kuti mukhale ndi moyo inu ndi mbeu zanu, kukonda Yehova Mulungu wanu, kumvera Mau Ake ndi kum'mamatira Iye pakuti lye ndiye moyo wanu ndi masiku anu ochuluka, kuti mukakhale mdziko limene Yehova adalumbilira makolo anu, Abrahamu, Isake ndi Yakobo, kuwapatsa ili.

Deuteronomy 30:19-20 NLT

### KUPHUNZIRA KUMATHANDIZIRA

Malizani ndi pemphero ndi kupempha chikhululukiro m'malo mwa anthu onse pa kuonongeka kwa moyo. Pemphelerani chipulumutso ndi machilitso. Pemphelerani mpingo kuti uyankhe mu kumvera ndi kuteteza miyoyo ya ana osabadwa. Pempherani kuti Mulungu akavumbulutsire kwa wina aliyense alipano pa zimene angachite zimene Iye akukuyitanirani inu lero kuti muchite.

## Akatha kutaya Mimba

"Yehova, mwamva chikhumbo cha ozunzika;  
Mudzakhazikitsa mtima wawo, mudzachereza khutu lanu."

**Masalmo 10:17**

### **Mu Mutu umenewu Ophunzira Adza:**

1. Adzazindikira zotsatira za nthawi—yayitali za kutaya mimba pa moyo wa munthu.
2. Adzamvetsetsa choonadi cha Malemba omwe adazika mizu pa chisankho chotaya mimba.
3. Adzazindikira njira ya Baibulo pa kubwezeretsedwa atataya mimba.

### **Mfundu Zazikulu**

- Kupilira pa zotsatira za kutaya mimba, zimafikira kwambiri ndi kukhudza makolo, omwe mulinawo ndi apatali a mwana wotayidwayo, mpingo, dera, ndi ena ambiri.
- Kutaya mimba kutha kukhudza madera onse a moyo—thupi, uzimu, mamvaimva, ndi maubale—a mkazi ndi mwamuna amene apanga nawo pa chiganizo chotaya mimba.
- Mulungu akudziwa za tchimo lina lirilonse, kuphatikizapo kutaya mimba, ngakhale kuti lachitika mobisa. Iye amakhala okonzeka kukhululukira cholakwa cha kutaya mimba ndi kuchilitsa mabala ake.
- Kuvomereza, kulapa, ndi kukhululukira ena, ndi magawo ovuta panjira ya kubwezeretsedwa kuchokera ku kutaya mimba.

### **Maumboni a M'malemba**

Masalmo 10:17, Yohane 10:10, Masalmo 103:8-11, Mateyu 6:6, 1 Yohane 3:20, Masalmo 34:18, Masalmo 10:17-18, Exodus

15:26, Masalmo 103:3, Masalmo 103:2-5, 12-14, 2 Akorinto 5:17, Ezekiel 36:26, 1 Yohane 1:9, Yakobo 5:16, Mateyu 6:14-15, Akolose 3:13, Ezekiel 18:32, Maliro 3:32-33, 2 Petro 3:9, Acts 17:30, 2 Mbiri 7:14

## KUPHUNZIRA KUMATHANDIZIRA

**Nthawi yovomerezeka ya Phunziro ili ndi :** mphindi 90 (Nthawi zochepera – tengani nthawi yomwe mufuna koma khalani ndi tcheru )

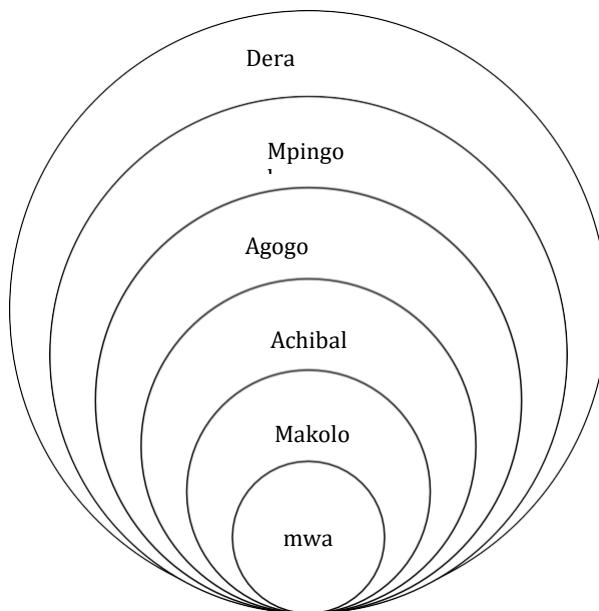
Zidzakhala zofunikira kuyamba phunziro ili ndi pemphero, kufunsa Mulungu kutsekula maso ndi mitima yathu kuti tizimva Mau Ake pamene Iye akuvumbulutsa madera a mumiyoyo yathu amaena afunike kuchilitsidwa ndi kubwezeretsedwa. Pamene mukuphunzitsa phunziro ili, ndi zofunikira kwambiri kusunga kuzindikira momwe Mzimu Oyera akuyendera mu mitima ya amuna ndi akazi. Ngakhale kuti nthawi yopemphera yidzaperekedwa mu nthawi ya phunziro lotsatira, pa kulapa, kukhululukidwa ndi kuchilitsidwa, ndi zoyenera kuti atengambali amve kumasuka ndi kuonetsera kumva kwawo ndi kuvomerezana kwa wina ndi mzake, pamene amayi ndi abambo akadali ku magulu awo osiyansiyan. Inu moyenera kumasuka pa kulora nthawi ya kuvomereza pakati pa atengambali, munthawi yamaphunziro.

Kutaya mimba ndi kuonanga kwa dala ndipo ndi zosagwirizana ndi chilengedwe cha mwana wosabadwa, ndipo mchitidwe wakutaya mimba umasokoneza chilengedwe chozindikiridwa ndi makolo a mwana. M'malo mokhala m'modzi amene amapanga, mayi ndi m'modzi tsopano amene waononga moyo. M'malo mokhala munthu m'modzi woteteza, tate ndi amene akuchotsa. Munthu aliyense alumikizika kukutaya mimba amaona kusowa. Kusowa kumeneku kumaoneka kosiyanan kwa munthu aliyense, ndipo

#### **KUPHUNZIRA KUMATHANDIZIRA**

Chinthu chozungulira mogwirana chimaonetsera kukula kwa kukhudza kutaya mimba. Ndi kugwira ntchito ndi mzako ooneka moyandikana nawo. Atengambali athakuyang'ana pa kufotokozerwa ndi kulemba njira zomwe aliyense walemba anthu omwe amakhuzidwa ndi kutaya mimba. Atatha kuzindikira kuti kuonongekwa kwakukulu ndi kuzunzika kwa mwana otayidwa—amene wataya moyo wake—atenga mbali atenge mphindi 10 ndi kulemba zotsatira za kuonongeka kumeneko pa munthu aliyense pa anthu asanu, kapena magulu, makolo, abale, magogo, mpingo, ndi dera. Potsatira ntchito iyi ya mphindi zisanu, odzipereka atha kugawa mayankho ena ndi gulu lalikulu, ndipo mutha kulemba mayankho awo pa bolodi.

sizing yendere limodzi ndi anthu ozindikira kuthupi, mukamvedwe, kapena kuzizindikiro za ubale.



*Zotsatira Zoonongeka Zopitilira pa Kutaya Mimba*

Mwana otayidwa kwambiri: amataya moyo wake. Mayi amataya mwana wake pamodfzi ndi kusafikira pa kukhala mayi. Pamene bambo, sadzaonanso mimba ndi mwanjira yomweyoso mayi, iye amakhudzidwanso kwambiri, pamene mwana wake watayidwa, kuphatikizirapo mphoto ya utate ndi kulera mwana. Abale a mwana wotayidwa—onse omwe alipo ndi abale amtsogolo ndi alongo, amataya mwayi ogawana moyo wawo ndi zokumana nazo mu njira zozama. Agogo a mwana wotayika ngakhale iwo amene adapanga nawo chiganizo cha

kutaya mimba amakhudzidwa kwambiri, kuphatikizirapo mtundu womwe udapanga kuthekera kwa kukhala ndi ana ndi zidzukulu.

Zotsatira zopitilira za kutaya mimba zimafikira patali, ngakhale kwa iwo amene amamva cuti sanatengepo mbali, ambiri a iwo sadzadziwa zimene atayapo. Koma pali chiyembekezo kwa mwamuna ndi mkazi amene ataya mimba—chiyembekezo chchikulu kusiyana ndi kuya kwa chikumbumtima kapena kuzindikira za zimene munthu akhoza kukumana nazo. Mulungu amadziwa kale za chiganizo chawo cha kutaya mimba: zotsatira, tsatantsatane, ndi ululu. Iye adakonza kutenga chinthu chomwecho chimene Satana adafuna kuchigwiritsa ntchito molakwika kkoma chidagwiritsidwa ntchito mwa bwino. Ngakhale cuti kubwezeretsedwa kudzatenga nthawi, Mulungu akulonjeza machilitso, kukhululukira, ndi chiyembekezo kwa iwo amene adakhuzidwa ndi kutaya mimba, ndi kufunafuna Iye pa chipombolo. Chiyembekezo cha kubwezeretsedwa pa kutaya mimba, ndi uthenga ovuta umene ukhoza kuperekedwa kwa iwo amene adataya ana awo. Kutaya mimba simathero ankhani. Koma makamaka kutha kukhala chiyambi chatsopano!

### **KUPHUNZIRA KUMATHANZIRA**

Pa phunziro lotsatirali, tipeza cuti kugawa amuna pa gulu limodzi, ndi akazi pa gulu lina ( cuti chinsinsi chithe kusungidwa ) ndi zothandi nthawi ambiri.

### **Zotsatira za Kutaya Mimba**

Kuphunzira za zotsatira za nthawi yayitali ya kutaya mimba zitha kukhala gawo loyambilira pa njira yopita kuchilitsidwa kwa mkazi ndi mwamuna. Mkazi amene amafuna kukhala ndi ana, sangathe kudziwa cuti chiberekero chake chidakhuzidwa ndi kutaya mimba kwa kale. Ndipo mwamuna sangathe kumvetsa kutalikirana komwe amava pakati pa iye ndi Mulungu ndi zogwirizananso ndi kutenga mbali pa kutaya mimba. Mayi amene adataya mwana wake, sangathe kupeza kulumikizika cuti maubale ndi mamvaimva ake ena ndi zovuta pa zimene akukumana nazo zili ndi maziko pa kutaya mimba kwak.

Pamene akazi ndi amuna amva za mavuto a kutaya mimba kwakale amene akukumana nawo, amazindikira nthawi zonse za mavuto omwewo ma moyo wawo.

#### **Zotsatira za Thupi**

Moonjezera pa zotsatira zatsopano za kutaya mimba, zotsatira zina zimatha kuonekera mwa nthawi yayitali muta taya mimba. Kupwetekedwa kwa chibelekero pa nthawi ya kutaya mimba zitha kubweretsa vuto la kubereka mtsogolo, kuphatikizirapo kuchoka kwa mimba, ndi kuvutika pa kutenga mimba. Ndikofunikira kwambiri kumvetsetsa, ngakhale cuti kuchoka kwa mimba kumatha kuchitikanso pa zifukwa zina zimene ndi zosagwirizana ndi kutaya mimba kopitilira. Choncho, pamene kutaya mimba kopitilira kutha kusonkhezera ziopsezo za mtsogolo za kuchoka kwa mimba, si zose mimba zomwe zimachoka chifukwa cha kuta mimba kwa kale.

Komanso maphunziro ambiri apadziko lonse, zimalumikizana ndi kupitilira kwa kutaya mimba ndi

Cancer ya m'mabere. Maphunziro amenewa amanena kuti kutaya mimba kumayimitsa kukula kwa maselo ndipo zimasokoneza kayendedwe ka chilemgedwe ka zakudya za m'mabere, mapene ma selo a m'mabere amatetezedwa ku cancer pamene aloredwa kukula kufikira nthawi yonse ya mimba.

Molingana ndi maphunziro amenewa, kutaya mimba kumatha kuchotsa chitetezo cholimbana ndi cancer ya mchiberekero chomwe chimatengedwa pa nthawi yokwanira ya mimba. Ngakhale kuti, maphunziro ena adalephera kulumikizitsa pakati pa kutaya mimba ndi cancer ya m'mabere.

### KUPHUNZIRA KUMATHANDIZIRA

Kumbutsani atengambali kuti munthu atha kumakhala ndi munthu amene ali ndi matenda opatsirana pogonana kwa zaka zambiri koma osadziwa. Zitha kutenga zaka popanda kuonekera kwa zizindikiro za kunja. Momwemonso mamvedwe a uzimu, ndi zotsatira za ubale wa kutaya mimba sungathe kuonekera kwa zaka zambiri, ngakhale kuti munthuyu akufuna machilitso.

1. Mutatha kufotokozerwa mwa chidule za zotsatira zakuthupi za kutaya mimba, gawani atengambali mumagulu atatu. M'modzi pa gulu lawo afotokozerwa kuti addzakhala ndi mphindi zisanu, kuti alembe njira zosata zakuthupi zimene kutaya mimba kumatikhudzira ife.
2. gulu 1 lilembe mndamdanda wa zotsatira za **uzimu**; Gulu 2, **zotsatira za kamvedwe**; ndi Gulu 3, zotsatira za **ubale**.  
(Mogwirizana ndi phunziro ili mutha kukonza pepala lalikulu losalembedwa limene likhoza kugwiritsidwa ntchito ndi gulu lirilonse.)
3. Mphindi zisanu zikatha, oyimira ochokera kugulu lirilonse atha kufotokozerwa mndandanda wawo ku gulu lalikulu.
4. Akatha kufotokozerwa konse, mutha kumalizitsa zokambirana potchula zotsatira zina zomwe magulu alibe mu mndandanda wawo.

## **KUPHUNZIRA KUMATHANDIZIRA**

Aphunzitsi odziwa adapeza kuti magawo awiri a patsamba limeneli, amagwira bwino monga kukambirana kwa magulu ang'onoang'ono kumene gulu limagwiritsa ntchito phunziro ili ndi kupereka kauniuni wa maganizo awo ku gulu lonse.

### **Zotsatira za Moyo wa Uzimu**

Kutata mimba ndi kuphatikizaponso kusamera Mau a Mulungu mwadala, makamaka lamulo Lake lolimbana ndi kutenga moyo wolungama. Kutenga moyo olungama—monga momwe zimachitikira potaya mimba—ndi kupha, ndiponso ndi tchimo. Pali zotsatira zambiri za kuuzimu p[ a mulandu wakupha, ndipo ndi Mulungu Yekha amene atha kuchotsa chikumbumtima chochotsa moyo kudzera mu kutaya mimba .

Mu chiganizo chotaya mimba, mayi ndi bamboo amaontsera kusowa kwa kudalirana mu ulamuliro wa Mulungu ndi sankho chake choperekayo kwa anthu yense payekha, m'mimba. Ndipo iwonso samadalira kuthekera kwake kwabwino, kuperweka kwake, ndi chitetezo. Atatha kutaya mimba, munthu popanda kuganizapo amambvetsetsa kuti iye walakwira kudalira kumeneku ndipo amayamba kumaona ngati Mulungu ndi osayenera.

Iwo amapanga mgwirano osalankhulana ndi Satana amene amafuna kupha mwana wawo.( Yohane 10:10a). Ndipo iye amafunanso kupha amayi ndi abambo, kuononga ubale wawo wa wina ndi mzake ndi okondedwa awo, kusokoneza mabanja omwe alinawo ndi apadatali, ndi kuchepetsa ubale wawo ndi Mulungu. Atatha kuwanamiza iwo atakhulupilira kuti kutaya mimba ndi chiganizo chotyi kutaya mimba ndi chisabkho choyenera, ndipo iwo ataya mwana wawoyo, ndipo adzagwiritsa ntchito zochitika zavo kuwatsutsa iwo. Zotsatira zake nthawi zambiri ndi kulekanitsidwa ndi Mulungu, kwakukulu kulu chifaniziro chawo chaonongedwa ndipo akuzunzika kwambiri.

Akazi nthawi zina amatha kukhala osafuna kutaya mimba, choncho amachita kukakamizidwa kuti ataye mimba ndi anzawo: tate wa mwana, makolo awo, dera kapena ulamuliro wakuboma, ndi ena otero.

Kuthekera kwa moyo otaya mimba mu nkhani zotere, zizimafotokozedwa bwino, koma zotsatira za uzimu zitha kukhala zoonongeka kwambiri.

### **Zotsatira za Kamvedwe**

Zotsatira za chiganizo chotaya mimba chili ndi kuthekera koonanga mamvedwe a thanzi la munthu ndi makhaldidwe abwino. Zotsatira zolakwika pa kamvedwe ka munthu katha kukhala kovuta kusiyana ndi zotsatira za kamvedwe katsopano. Zotsatira za kuthupi zitha kukhala zolemetsa ndipo zitha kupanga mabala osatha ngati sakuzindikirika ndi kuthana nazo. Zowawa za munthu oteroyo, atatha kutaya mimba amakhala okhumudwitsa nthawi zambiri kwa munthu payekha, komanso ndi anthu omuzungulira iye.

Pali kukula kwa zinthu pa zimene amamva, ndipo ambiri amakhazikika mu mantha, manyazi, ndi kutsutsika. Zomvaimva akatha kutaya mimba zimagravirika mu njira imodzi kapena ziwiri zosiyana: mwana zitha kukhala zopsinja, ndi zosapsinja, zimakhala zosasalidwa, zofotokozedwa kudzera mu zophilika za kamvedwe. Zonsezi zimabweretya mavuto, chifukwa zimatenga mphamvu zochuluka kuti muteteze kapena kubisa zinthu zosafunikirazi, ndi kusiya mphamvu zochepa za zinthu zina.

Zina mwa zotsatira zodziwikiratu za cisankho chotaya mimba ndi kuphatikizapo:

- Mkwiylo
- Manyazi
- Kupsinjika
- Kukwiya
- Kukanidwa
- Nkhawa
- Kutsutsidwa ndi kudzimvera chisoni
- Kusatonthozeka, ndi chisoni chopitilira
- Kumaoneka ngati akudwala nthwi zambiri

Kuphatikizana kwa zotsatira za mamvedwe amenewa nthawi zina zitha kupangitsa nthawi kwa munthu payekha kamvedwe ka munthu payekha kukhala momasuka ndi kuononga zinthu zofunikira kuganiza zinthu zochotsa monga zenizeni.

#### Zotsatira za Ubale

Chinthu chosafunikira chimene chima pweteka pa ubale nthawi zambiri ndi chomwe chimapangitsidwa ndi mwamuna kapena mkazi kuti ataye mwana ndi kusokoneza ndi kusowekera kudalirana. Kwa mkazi, iye wasokoneza udindo wake opatsidwa ndi Mulungu oteteza ndi kusamalira mwana wake, ndi kulephera kwake po kwaniritsa udindo wake, waononga chikhulupiliro mwa iye mwini. Kwa mwamuna, kutaya mimba ndi kudziukira iye mwini. Potenga nawo mbali pa kutaya mimba, chisankho cha mwamuna kunyozera udindo wa oteteza ndi opatsa zimaononga chikhulupiliro mwa iye mwini. Kusowa kwa chikhulupiliro, kwa onse mwamuna ndi mkazi, kumachepetsa ubale wina ulionse ndipo zitha kubweretsa kuonongeka kwakukulu kwa ubale, monga, ( pamphani zimenezi: "Kodi ndi kuonongeka kotani kumene kungabweretse zotsatira ku ubale?")

- Zokhumudziwitsa zokhudza mchitidwe ogonana: kupewa zogonana, kupanga zogonana ndi anthu ambiri, mitala, kugonana amuna/ akazi okhaokha
- Kuvuta kusunga maubale apafupi
- Kukhala pawekha
- Kusowa kukhala pamodzi ndi ana, nkhanza kwa ana, kusasamala ana

Kusowa kwa chikhulupiliro kumeneku kukhoza kuonjezereka mochluluka koposa malire a mkazi kapena ubale wapafupi ndi mwamuna, monga; ukwati ndi banja, kupatikizirapo mpingo, ndi dera lake lalikulu. Sizapafupipafupi za kutaya mimba kwa pakathawi kwa mkazi payekha ( akazi makamaka) kukumana ndi kuonongeka kwa chikhulupiliro pa ubale ulionse—pamodzi ndi iwo apa utsogoleri kapena a pamaudindo olamulira. Nkhani yimeneyi ndi kusowa kwa chikhulupiliro zitha kulowa mumpingo ndi kumadera, zonsezi pamene zimakhala zosaonekera, ndi zosadziwika, kapena kusamvetsetseka. Ndi zovuta kwa atsogoleri ampingo kuzindikira zotsatira zapatali kuzififikasi za kutaya mimba mumpingo mwawo kuti akayankhe mwachangu pazofunikira za uzimu za anthu.

Pamene zotsatira za kusamvera choonadi chomwe chidabumbulutsidwa mu Mau a Mulungu za moyo wa mwana osabadwa m'mimba zimabweretsa zotsatira zosabwelera, koma kwa iwo amane adalapa machimo awo amalandira chikhululukiro cha Mulungu ndipo popita kwa nthawi atha kuona kuchilitsidwa kwa umunthu wawo wonse—thupi, moyo, ndi mzimu.

## **Njira yopita Kukubwezeretsedwa kuchokera ku Kutaya Mimba**

Machilitso enieni ndi osatha kuchokera ku tchimo, kuphatikiza kutaya mimba ndi zotheka. "Yehova ndiye wasoni zokoma ndi wachisomo, osakwoya msanga ndi wachifundo chachikulu. Sadzatsutsana nawo kunthawi zonse, ndipo sadzasunga mkwiyo wake kosatha. Sanatichitira momga mwa zolakwa zathu, kapena kutibwezera monga mwa mphulupulu zathu. Pakuti monga m'mwamba mutualikirana ndi dziko lapansi, motero chifundo chake chikulira iwo akumuopa Iye." (Masalmo 103:8-11).

Kuti mulandire machilitso kuchokera ku tchimo la kutaya mimba, tiyenera kubwelera kwa Mulungu kuti tipeze thandizo. Kutaya mimba ndi tchimo loyambilira lolimba ndi Mulungu lisanakhale tchimo lolimbana ndi anthu ena, kuphatikizapo mwana wosabadwa, amene moyo wake wathedwa. Iwo amene adatenga nawo mbali pa chisankho chotaya mimba ayenera kulengeza za mgwirizano wawo woyambilira ndi mdani, amene adawakopa iwo kutiya mimba idali njira yokhayo yotherana ndi mavuto obwera kamba ka mwana osakonzekera. Mayi ndi bambo ayenera kusankha kukhulupilira mu choonadi cha Mulungu ndi kudziika okha kuchoonadi.

Baibulo lidayala bwino mfundu zoombola zimene zimapereka chiyembekezo, ndi kuthandizira kwa mkazi amene adataya mwana ndipo kwa mwamuna yemwe sadachite nawo pa chisankho chawo.

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### **ZOLWMBA**

## **Mulungu amadziwa ndipo amamvetsera kwa mwamuna ndi mkazi omwe adataya mimba kale.**

Yesu amanena kwa Mulungu Atate monga "Atate anu, amene amaona zimene zachitika mseri," (Matero 6:6). Momwenso, Baibulo limati, "Mulungu ndi wamkulu koposa mitima yathu, ndipo amadziwa chilichonse" ( 1 Yohane 3:20). Iye amadziwiratu zimene zidachitika. Iye amadziwa kutaya mimba kwa mkaziyo ndi kutenga mbali kwa mwamun, sizokhazo zomwe amadziwa, amadziwanso amene amalimbikitsa kapena kulondora mkazi kuti ataye mimba. Amadziowanso momwe ochotsa mimba adamchitira mkazi. Iye amadziwanso chifukwa chomwe tate sadayime ndi kuteteza mwana wake osabadwa. Iye amadziwa za ubale wamwana wotayidwayo. Mulungu, ndi Mulungu Yekha, amadziwa chinachilichonse cha kutaya mimba kumeneku.

Mulungu alipafupi ndi wa mtima osweka (Masalmo 34:18). Ngati atate ndi a mayi a mwana wotayidfwayo afuulira kwa Mulungu, Iye adzawamva iwo.

Yehova mwamva chikhumbo cha ozunzika, mudfzakhazikitsa mtima wawo, mudzatchereza khutu lanu. Kuti muweruze mlandu wa amasiye ndi okhalira mphanthi, kuti munthu wadzikko lapansi angaonjeze kuopsa.

Masalmo 10:17-18

## **Mulungu amafuna kukhululukira ndi kuchilitsa mwamuna ndi mkazi omwe adataya mimba kale.**

Mulungu amadzitchula Yekha Ambuye amane amatichilitsa ife (Exodo 15:26), amakhululukira machimo athu onse, ndipo amachilitsa nthenda zathu zonse ( Masalmo 103:3). Iye amafuna kuti ife tikhale ndi moyo wochuluka (Yohane10:10); ndithudi zizi zikutanthauza moyo wonse, wachiyembekezo, ndi chimwemwe. Palibe tchimo lomwe silidamvomerezewo lomwe liri ndi mphamvu yakuononga moyo wathu. Kutaya mimba—chisankho cha amayi cha kutaya mimba ndi kwa atate tchimo la abambo kulimbikitsa, kapena kuthandizira – ndi tchimo lomwe Mulungu adzakhululukire chifukwa cha mwazi omwe Yesu adakhetsa chifukwa cha iwo. Iye amafuna kuwakhululukira iwo, ndipo amafunanso kuti iwo adzikhululukire okha ndi anthu ena. Iye amafunanso kuwachilitsa iwo paliponse pamene adapwetekedwa. Mvetserani ku mtima wa Atate pa wina aliyense amene akuzunzika ndi zotsatira za uchimo, kuphatikizapo tchimo la kutaya mimba.

Lemekeza Yehova moyo wanga,

Ndi kusayiwala zokoma zake zonse  
atichitirazi. — amene akhululukira  
mphulupulu zako zonse, nachilitsa  
nthenda zako zonse. Amene aombola  
moyo wako ungaonongeke,  
nakumveke kolona wachifundo ndi  
nsoni zokoma. Amene akhutitsa  
mkamwa mwako ndi zabwino  
nabweza ubwana wako unge  
mphungu. Monga kum'mawa  
kutanimpha ndi kumadzulo  
momwemonso adatisyanitsa kutali  
kuzolakwa zathu. Monga Atate  
achitira ana ake chifundo Yehova  
achitira chifundo akumuopa Iye.  
Popeza adzawa mapangidwe a anthu,  
akumbukira kuti ife ndife fumbi.

Masalmo 103:2-5, 12-14

Chifukwa chake ngati munthu aliyense ali mwa Khristu, ali olengedwa mwatsopano, zinthu zakale zapita, taonani zakhala zatsopano!

2 Akorinto 5:17

Ndipo ndidzakupatsani mtima watsopano, ndi kulonga mkatı mwanu mzimu watsopano; ndidzakuchotsani mtima wa mwala mthupi ndi kukupatsani mtima wa mnofu.

Ezekiel 36:26

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## ZOLEMBA

### KUPHUNZIRA KUMATHANDIZRA

Atengambali akhale pa gulu aganizire za nthawi ya pa miyoyo yawo pamene ana awo adamenyana wina ndi mzake ndi kupwetekana kwambiri. Pamene ana apwetekana makolo nthawi zambiri amadandaula ndi kudzuka ndi kukaona maubale amenewo atabwezeretsedwa. Funsani atengambali, "ndi gawo lanji lomwe mungatenge kuti ubale wa ana amenewo ubwezeretsedwe ndi mtendere ubwerelenso m'banja?" Lembani mndandanda wa mayankho awo pa bolodi. Gulu likangolemba mndandanda wa magawo awo akubwezeretsa, lumikizitsani pa zimene Mulungu amafuna pa kubwezeretsa ndi kutichiritsa ife ku mulandu wina ulionse olimbana ndi Iye, kuphatikizirapo tchimo la kutaya mimba.

Monga makolo a ana amene akumenyana amafunira kubwezeretsa, momwemonso Mulungu amafuna kutibwezeretsa ife pamene tachimwa:

1. Ana amavomereza kwa makolo awo, monga momwe timabvomerezera machimo athu kwa Mulungu ( 1 Yohane 1: 9).
2. Ana amavomereza zolakwika zomwe alakwirana wina ndi mzake ( Yakobo 5: 16).
3. Ana ayenera kukhululukirana wina ndi mzake, monganso ifenso tinalamulidwa kukhululukira ena ( Mateyu 6: 14—15).

### Kuvomereza ndi Kukhululukira

Kuvomereza machimo athu (kuphatikizirapo tchimo la kutaya mimba) ndi kukhululukira ena amene iwo amene anachita nawo pakuti ndi magawo ofunkira kuti tikhululukidwe ndi Mulungu ndi kubwezeretsa ubale wabwino ndi Mulungu. Akangopanga chisankho cha kukhulupilira Mau a Mulungu—kuti amadziwa za machimo awo ndipo ndi okonzeka kuwakhululukira iwo—amuna ndi akazi omwe adataya mimba kale, ayenera kutsatira malangizo a Mulungu.

### Vomerezani tchimo lanu kwa Mulungu

1 Yohane 1:9 amatifotokoza ife kuti "ngati tivomereza machimo athu, ali okhulupirika Iye Liti?

kutikhululukira ife machimo athu ndi kutichotsera chosalungama chilichhonse." Ngakhale mdani adzapitiliza kutikumbutsa ife za machimo athu, tiyenera kuphunzira kukhala mu ufulu wa kukhululukidwa ndi Mulungu. Ife tiyenera kukana yesero lopitilira la Mdiyerekezi potitsutsa ife pa tchimo lakale lomwe Mulungu adakhululukira kale.

### **Vomerezanani tchimo kwa Wina ndi Mzake ndi Kuchilitsidwa**

Yakobo 5:16 akuti: "Chifukwa chake muvomerezane wina ndi mzake machimo anu ndipo mupemphelerane wina kwa mzake kuti muchilitsidwe. Pemphero la munthu olungama likhoza kuchita kwakukulu m'machitidwe ake." Ndime imeneyi siganizo wamba, koma ndi lamulo. Tonsefe tiyenera kuvomerezana machimo kwa wina ndi mzake, ndi kupemphelerana wina ndi mzake ndi kulandira machilitso pa machimo athu. Kuvomereza kumeneku sikuyenera kulengezedwa pagulu, koma ndi kofunikira kuti lidzayankhulidwa mokweza kwa wina ndi mzake. Molingana ndi ndime yimeneyi yochokera kwa Yakobo, machiritso paokha ndi cholinga chenicheni cha kuvomereza machimo.

### **Khululukirani Ena Omwe Anachita nawo**

Mateyu 6:14-15 amati "pakuti ngati mukhululukira anthu zolakwa zaho, adzakhululukira inu Atate wanu wa kumwamba, koma ngati simukhululukira anthu zolakwa zaho, Atate wanunso sadzakhululukira inu zolakwa zanu. Amuna ndi akazi omwe adataya mimba kale adzavutika kuti akhululukire ngati iwo sadayambe kulandira chikhululukiro cha Mulungu chifukwa cha machimo awo. Koma monga momwe tinalamulidwira kuvomereza ,achimo athu kwa wina ndi mzake, ife tikulamulidwa "kulorelana wina ndi mzake kukhululukirana eni nokha ngati wina alinacho chifukwa pamzake, monganso Ambuye adakhululukira inu terono inunso" ( Akolose 3: 13).

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**ZOLEMBA**

## Kuombankota

Ngakhale kuti pali zotsatira nthawi zonse pa machimo athu, komanso pali chiyembekezo. Mulungu adati, "Pakuti sindikondwera nayo imfa ya wakufayo ati Ambuye Yehova, chifukwa chake bwelerani nimukhale ndi moyo!" ( Ezekiel 18:32). Baibulo limatiphunzitsa ife kuti ngakhale kuti Mulungu, amalilitsa, koma adzachitira chisoni monga mwa kuchuluka kwa chifundo Chake; Pakuti samasautsa dala koma ngakhale kumvetsa ana a anthu chisoni." ( Maliro 3:32—33). Cholina chake chachikulu chanenedwa ku 2 Petro 3:9. Ambuye sazengereza nalo lonjezano, monga ena achiyesa chizengerezo, komatu aleza mtima kwa inu posafuna kuti ena aonongek, koma kuti onse afike kukulapa." Ndipo tsopano akulamulira anthu onse kulikonseko kuti alape." ( Machitidwe 17:30) kuti abweretse kubwezeretsa, machilitso, ndi unthunthu.

Kutaya mimba kumapaha ana ndipo zimakhudza aliyense amene zamufikira. Ndipo kuonongedwa kwa utate ndi umayi ndi kwenikweni ndipo ndi kwakukulu. Ngakhale, Mulungu ndi wamkulu kuposera kutaya mimba. Zimene Mulungu akuyankhula kwa ife lerolino ndi zomwe adanena kwa anthu Ake kalekale:

Ndipo anthu anga otchedwa dzina Langa, akadzichepetsa nakapemphera nakafuna nkhopo Yang, nakatembenuka kuleka njira zawa zoipa, pamene po ndidzamvera m'mwamba ndi kuhululukira choipa chawo ndi kuchilitsa dziko lawo.

2 Mbiri 7:14

U dindo wathu ndi kudzichepetsa tokha, kupemphera, kufuna nkhopo ya Mulungu, ndi kutembenukira kuchoka ku zolakwa zathu, kuphatikizirapo tchimo la kutaya mimba. Pakuyankhapo, Mulungu adati Iye adzamvera, kuhululukira, ndi kuchilitsa. Mulungu amafunitsitsa kuti titembenukire kwa Iye ndi mitima yathu yonse. Palibe bala lomwe Iye sangachilitse, ndipo palibe tchimo lomwe sangakhululukire, ngati titembenukira kwa Iye ndi kumufunsa Iye. Ndi chisomo Chake, amuna ndi akazi atha kupeza machilitso okwanira m'moyo uno ndi machilitso kwanira mu zaka zikubwera kutsogolo.

### KUPHUNZIRA KUMATHANDIZIRA

1. Atengambali afunse Mulungu kuti awavumbulutsire iwo zimene akufuna kuti avomereze kwa Iye.
2. Lorani mthawi yomvetsera mwakachetechete pamene akuyembekezera Mulungu kuti ayankhepo.
3. Pakatha mphindi zingapo, itanirani atengambali kuvomereza machimo awo kwa wina ndi mzake ndi kwas Mulungu.

## Kuunikira Mafunso

1. Kodi njira zina ndiziti zimene kutaya mimba kumatha kuhudza moyo wa munthu payekha?
2. Fotokozerani zina zochitika kuthupi ndi ziopsezo za uzimu za kutaya mimba.
3. Ngakhale patha kuhala zifukwa pa munthu kuti asankhe kutaya mimba,  
kodi mizu ya uzimu pa chisankho cha kutaya mimba?
4. Kodi magawo a Baibulo ndi otani pa kubwezeretsa atatha kutaya mimba?

5. Kodi Mulungu akunena chiyani pa zakukhululukira? Kodi kupereka Kwake pa chikhululukiro ndi zonna poa tchimo la kutaya mimba?
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***ZOLEMBA***

## Kulapa, Kukhululukira, ndi Machilitso

“...Ndipo anthu anga, otchedwa dzina Langa, akadzichepetsa, nakapemphera, nakafuna nkhopo yanga, nakatembenuka kuleka njira zavo zoipa, pamene po ndidzamvera m’mwamba, ndi kukhululukira choipa chawo ndi kuchilitsa dziko lawo.”

**2 Mbiri 7:14**

### **Mu Mutu umenewu Ophunzira Adza:**

1. Adzazindikira za tc himo la Davide ndi kulapa kwake atafikiridwa.
2. Adzafotokozena zotsatira za kusalemekeza Mulungu pa moyo wa Mkhristu, pa banja lawo, ndi dera lawo.
3. Adzaunikira magawo atatu akulapa.
4. Adzazindikira udindo wa okhulupilira monga akazembe a Khristu: kuthandizira ena kubwezeretsa ulema wawo kudzera kukulapa, kukhululukira ndi machilitso.

### **Mfundu Zazikulu**

- Chosowa chachikulu cha mwamuna aliyense ndi mkazi chomwe adabadwa nacho ndi kukhululukira ndi kuya njnitsidwa ndi Atate.
- Chikhalidwe chokhazikika pa uchimo chimatsogolera mwachangu okhulupilira kupita kutali ndi Mulungu, kukagonjetsedwa ndi kuchititsidwa manyazi.
- Kulapa ndi kusintha makhalidwe a munthu wina pa tchimo ndi kupita kwa Mulungu. Ndi kuphatikizapo zinthu zonse mtima ndi moyo.
- Ntchito ya Khristu pa mtanda inabweretsa kukhululukira ndi machilitso othekera kwa izo amene alapa ndi kutembenkira kwa Yesu, ndi kulora kuti ulema uyenera kubwezeretsedwa.

### **Mumboni a M’mumalemba**

2 Mbiri 7:14, 2 Samueli 11:1-27, Machitidwe 13:22, Masalmo 51:17, Yohane 3:16, 1 Yohane, 3:4, Yesaya 59:2, 2 Akorinto 7:10, 1 Yohane 1:8, Masalmo 51, Aheberi 8:12, 1 Yohane 1:9, Aroma 3:24, Yesaya 53:5

## **KUPHUNZIRA KUMATHANDIZIRA**

**Nthawi yovomerezeka pa phunziro ili:** mphindi 20 zophunzitsa; nthwi yautumiki monga momwe ingafunikire.

Ndi mwadziwikireni kuti kusintha kukuchitika mu mitima ya atengambali. Cholinga cha phunziro ili ndi kuyitanira nthawi younikira munthu polora kuti mtengambali aliyense payekha, kusanthura mtima wawo, fikirani chamanyazi chilichonse chimene chikuwalepheretsa iwo kutumikira mwa mphamvu, ndi kudalira chikhululukiro chochokera kwa Mulungu,bwelerani kukusamvera kwanu, ndi kuyamba njira yawo yopita kokabwezereta.

## Nkhani ya Davide ndi Bateseba (2 Samuel 11:1-27)

Ndipo kunali kumadzulo Davide adauka pakama wake, nayenda pa tsindwi la nyumba ya mfumu. Ndipo iye ali patsindwipo adaona mkazi alinkusamba, ndipo mkaziyo adali ochitiotsa kaso pomuyangana. Ndipo Davide adatumiza munthu, nafunsa za mkaziyo. Ndipo wina adati, sindiye Beteseba, mwana wa Eliamu, mkazi wa Uliyam Hiti? Ndipo Davide adatumiza mithenga namtenga iye, iye adabwera kwa iye, ndipo adagona naye, pakuti adachoka mumsambo, ndipo adabweleranso kunyumba yake. Ndipo mkaziyo adayima, natumiza munthu nauza Davide kuti, ndili ndi pakati.

Davide adatumiza kwa Yoabu, nati unditumizire Uliam Hiti. Ndipo Yoabu adatumiza Ulia kwa Davide. Ndipo pakufika kwa iye uliya uja, Davide adafunsa kuti; Yoabu akibwanji? Nanga anthu alibwani? Ndi nkondo ilibwanji? Ndipo Davide adauza Ulia, kuti utsikire kunyumba yako, nu tsuke mmapazi ako. Ndipo uliya dachoka ku nymba yachifumu, ndipo adamtsata munyu ndi mphatso ya Mfum. Koma Uliya adagona pa khomo la mfumu pamodzi ndi anyamata onse a mbuyewake, osatsikira kunyumba yake. Ndipo pamene adauza Davide kuti, Uliya sadatsikire kunyumba yake, Davide adanena ndi Uliya, kodi sunabwere kuulendo? Chifukwa ninji sunatsikira ku nyumba yako? Uliya ananena ndi Davide Likasalo, ndi Israeli, ndi Yuda, alikukhala mumisasa, ndi mbuye wanga Yoabu, ndi anyamata a mbuye wanga alikugona kuthengo, potero ndikapite ine kodi kunyumba yanga kuti ndidye, ndimwe, ndigone ndi mkazi wanga? Pali inu pali moyo wanu sindidzachita chinthuchi.

Davide namtumizanso Uliya kubwerera ku nkondo, ndipo adamfotokozerwa Msilikali wake wamkulu kuyi uliya patsogolo ndipo pamene adani alimbika, mumulekelere iye, kuti agonjetsedwe, naphedwe—zimene ndi zomwezo zinachitika. Ndipo Uliya daphedwa ndi Davide adatenga mkazi wake Beteseba kukhala mkazi wake, ndipo adambalira Davide mwana wamwamuna amene adabelekera limodzi. Ndipo Mneneri Nataniyeri adamyendera mfumu Davide namfotokozerwa iye fanizo lomwe lidavumbulutsa manyazi a Davide, ndipo chomwe adachita pamaso pa Ambuye. Mfumu Davide adavomereza ndi kulapa tchimo lake, ndipo Nataniyeri adamfotokozerwa iye kuti, Mulungu wamukhululukira iye. Ngakhale kuti, Mulungu adakhululukira Davide, ndi kubwezeretsa ulemu wake, zotsatira za kumanda zidabwera kwa Davide pa kusalemekeza Mulungu, kwa Beteseba, ndi udindo wake monga m'busa osankhidwa ndi Mulungu.

Mu nkhani yimeneyi, tikuphunzira kuti Davide, amene adasankhidwa ndi kudzozedwa ndi Mulungu kukhala mfumu ya Israeri, adapezeka olakwa pa kusilira, chigolo, ndi kupha. Machimo amenewa adachitidwa ndi mtsogoleri wadziko ndi wa uzimu wa anthu osankhidwa a Mulungu! Ngakhale znali choncho, Davide akadabwera kukhala odziwika monga “munthu wapamtima pa Mulungu” (Machitidwe 13: 22).

Kodi ichi chinakhala bwanji? Zidali chifukwa chakuti Davide adafikiridwa za tchimo lake. Pamene Mulungu amadana ndi tchimo, zimene zimafunikira kwa Iye ndi zimene timachita tikachita uchimo. Davide adayankha molondola pa tchimo lake kudzera mu kulapa kwake. Iye adaconetsera mtima wonthunthumira ndi wosweka (Masalmo 51: 17).

Payankha pa kulapa kwa Mfumu Davide, Mulungu adakumana ndi chosowa chofunikira kwambiri kwa anthu onse: kukhululukira.

Chifukwa Mulungu amadziwa bwino za chosowa chimenechi, Iye adasunthika potumiza Mwana Wake Yesu Khristu kufa m'malo mwathu, mwa Iye adapereka chikhululukiro cha machimo athu. Kukhululukira kunali—ndipo kuli—chosowa chachikulu kwambiri cha munthu, ndipo palibenso wina woyenera kukumana

ndi chosowa chimenecho kuposa Ambuye wathu ndi Mpulumutsi Yesu Khristu ( Yohane 3:16). Ndipo pamene kukhululukira kudaperekedwa kwa ulele kwa ife, tikulamulidwa kukhululukira ena. Yesu amatitsogolera ife kukhululukira kwakukulu iwo amene atilawkira ife, ndipo Mzimu Oyera amatipatsa ife mphamvu zokulitsa chikhululukiro kwa anthu ena.

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## **ZOLEMBA**

## Ntchimo la Mchitidwe Ogonana Kwenikweni ndi Loononga

Pa mizu yake, tchimo ndi kuukira chilamulo la Mulungu (1 Yohane 3:4), ndi kuphwanya lamulo la Mulungu kumatsogolera kokalekana ndi Iye (Yesaya 59: 2). Kwa otsatira Yesu, palibe kanthu kamene kamatsogolera kukugonjetsedwa kwakukulu, kusiyana ndi manyazi, kutsutsidwa, kusokonezeka, ndi kukhazikika kochokera kukuukira pangano ndi Mulungu kudzera ku tchimo. Ngati tilephera kuthana ndi tchimo lathu bwino, zoonongeka sizidzakhala za ife tokha, koma kwa anzathu, ana athu, mabanja athu apatali, mipingo yathu ndi madera athu.

Ntchimo limapanga chotchinga pakati pa Mulungu ndi ife, ndipo limaononga munthu nthawi zonse. Machimo obisa, makamaka machimo achilengedwe chogonana, atha kukhala oononga ndithu. Kugonana kwadzadza dziko lomwe tikukhala ndipo lapanga malo akekake amene Akhristu ambiri mwa nthawi amakhalamo—cape akuchita pakali pano—mu ukapolo kapena ukhuzidwa pa tchimo logonana. Tchimo logonana, likasiyidwa osathana nalo, limabweretsa kulakwa ndi manyazi amene amamanga kulimbika mtima kwa okhulupilira, ndi ulamuliro ndi kutisunga ife kuti tisakhale pa utsogoleri wabwino.

Tchimo logonana ndi kuphatikizapo, kugona ndi akazi ena apadera, chizolowezi chogonana, chigololo, zithunzi zolaula, zachikoka, kugonana muzunza, kugwililira, ndi zina zotero. Ena mwqa machimowa ogonana amabweretsa mimba, zimene zimatsogolera ku tchimo lakumanda la kutaya mimba. Monga mwa zotsatira za machimo ogonana, ambiri apwetekedwa. Ambiri akhala okhuzidwa pa nkhanza za kugonana, monga kugwiliridwa. Ena akhala ali ndi mimba ndipo amakakamizidwa kukataya mimba. Ena ataya mimba chifukwa cha kusowa nzeru. Ena adataya mimba chifukwa amaona ngati aliokha, osauka, ndi osowa thandizo. Ena adayamba zogonana kuyambira nthawi ya ubwana wawo. Ena adayikidwa poyerapanga zogonana molakwika zimene zidapangitsa kukhala mu zimenezo mu nthawi ya moyo wawo ya zizolowezi zogonana, kapena zikhaldwe zopanda thanzi.

### KUPHUNZIRA KUMATHANDIZIRA

Funsani atengambali kukambirana momwe nkhani ya mfumu Davide yidaperekera chiyembekezo kwa okhulupilira amene amalimbana ndi tchimo logonana.

Nkhani ya Mfumu Davide yimaperekera chiyembekezo kwa okhulupilira amene amalimbana ndi tchimo logonana ndi zotsatira zake. Mu ubale wake ndi Betiseba, Davide adanama, adapanga chigololo, ndipo adapha, komanso adakhululukidwa. Ulemu dabwezeretsedwa kwa iye ndi kubanja lake ndi Mulungu. Ichi chimaonetsera kwa ife kuti palibe tchimo loposa mphamu yokhululuka ndi ulamuliro wa Yesu Khristu, amene adaperekera moyo wake kukabwezeretsa ulemu wathu ndi kutiyanjanitsa ife, mabanja athu, ndi madera athu kwa Mulungu.

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### ZOLEMBA

## Kulapa

"Pakuti chisoni cha kwa Mulungu, chitembenuzira mtima ku chipulumutso chosamvetsanso chisoni....."

2 Akorinto 7:10

Pakati pa zinthu zomwe Mulungu amafunira Mpingo ndi kudzutsa m'badwo wobwezeretsedwa ndi woomboledwa kuchokera kukuonongedwa ndi tchimo logonana. Kuti Iye akachite izi, ife tiyenera kulapa. Kulapa zimatanthauza kusintha chikhalidwe cha munthu ndi kupita kwa Mulungu. Uku ndi kusintha kumene kuyenera kuchitika kwa zonse, mtima ndi malingaliro. Kulapa ndi koposa kudzimera chisoni. Ngakhale Yudas Sikalioti adali ndi chikumbu mtima adapereka Yesu Khristu, koma adakhalebe mu tchimo m'malo mo tembenukira kwa Mulungu. Kulapa si kudziletsa ku tchimo limenelo kwa kanthawi, ndi kutembenuka kwathunthu ku tchimo limenelo. Kulapa sikuphimba chikhalidwe chathu cha uchimo. Davide adayesera kubisa tchimo lake, koma Mulungu adalionetsera ilo. Kulapa koona kumafunikira chikhalidwe chabwino pa tchimo, khalidwe labwino pa iwemwini, ndi chikhalidwe chabwino kwa Mulungu:

### Gawo 1: Zindikirani Kulakwa Kwanu ndi Manyazi

1 Yohane 1:8 amatifotokozena ife kuti "ngati tinena kuti tilibe uchimo, tizinyenga tokha, ndipo mwa ife mulibe choonadi." Gawo loyamba pa kulapa limafunikira kumvetsetsa kuti ndife ochimwa, mwa ichi ndife amanyazi chifukwa cha kulekanitsidwa ndi Mulungu.

### KUPHUNZIRA KUMATHANDIZIRA

Funsani atengambali kukambirana kuti ndi liti kapena motani momwe Davide adazindikilira kulakwa kwake, ndi zimene adalemba pofotokozena ife kuti adakhulupilira kuti Mulungu adamukhululukira iye.

### Gawo 2: Khulupilirani Kuti Mulungu Adzakukhululukirani Inu

Gawo lachiwiri la kulapa limafunikira kukhulupilira kuti Mulungu adzatikhululukira ife. Mu Masalmo 51, Mfumu Davide adalemba, " Mundichitre chifundo ine, Mulungu, monga mwa nsoni zanu zokoma; ndi chifundo chanu chosatha, fafanizani kulakwa kwanga, (v1). Kulapa sikungozindikira machimo athu, komanso ndi kuzindikira kuti, Mulungu ndi ofuna ndipo ndi wakutha kukhululukira machimo athu. Ife tidalonjezedwa mu Aheberi 8: 12 kuti, Mulungu adzakhululukira zolakwa zathu ndipo sadzakumbukiranso machimo athu."

### Gawo 3: Tembenukani Kumachimo ndi Kupita kwa Mulungu

Pamene tazindikira kuti tikuyima olakwa pamaso pa Mulungu, ndipo latipatsa manyazi ife, koma ndiwakutha kutibwezeretsa ife ndi ulemu wathu. Ife timabwera kwa Mulungu Atate kudzera mwa Yesu Khristu amene ndi Mulungu Mwana. 1 Yohane 1:9 amati, " Ngati tivomoreza machimo athu, ali okhulupirika ndi olungama Iye kuti atikhululukire machimoathu ndi kutisambitsa kutichotsera chosalungama chathu chonse." Aroma 3:24 amatifotokozena ife kuti, chifukwa Khristu adalipira mulandu wa machimo athu, "Ife tinalungamitsidwa kwa ulele kudzera mwa Iye, ndipo tsopano tikuyima ulungama pamaso pa Mulungu.

### KUPHUNZIRA KUMATHANDIZIRA

Funsani atengambali momwe Davide adaonetsera kulapa koona.

## Kukhululukira ndi Kubwezeretsedwa

Mu nkhanzi ya Mfumu Davide, ndi zoonadi kuti kuchita chigololo ndi Batiseba ndi kuphedwa kwa mwamuna wake. Koma m'malo momakhala mu ukapolo wa tchimo lake, atafikiridwa ndi choonadi, Davide adazindikira ndi kuvomereza tchimo lake. Iye adalapa.

Mu Masalmo 51 Davide adati, " Pa inu inu nokha [Mulungu] ndinachimwa, ndipo ndinachichita choipacho pamaso pa inu." Pamene Davide adazindikira tchimo lake, Mulungu adamkhululukira iye. Ndipo momwe adachitira ndi Davide, Choncho Mulungu adzakhululukiranso machimo athu. Kubwezeretdwa ndi kukhululukidwa kwathu ndi kwathunthu, ndi popanda malire. Ntchito ya Yesu pa mtanda, kudfapereka chikhululukiro cha machimo athu, ndipo ndi maziko a kuchilitsidwa kwathu kwa thunthu, ndi kubwezeretsedwa. Yesaya 53:5 imati, "Koma Iye adalasidwa chifukwa cha zolakwa zathu natundudzidwa chifukwa cha mphulupulu zathu, chilango chotitengera ife mtendere chinamgwera Iye, ndipo ndi mikwingwirima yake ife tachilitsidwa.

## Kuombankota

Kulakwa kwanu kwakukulu kukhoza kukhala umboni wanu waukulu. Palibe paliponse mu Chipangano Chatsopano pamene okhulupilira a Yesu adatchedwapo ochimwa. M'malo mwake, timatchedwa oyera mtima, atumiki, ansembe, ndi ana. Aka ndi kaonekedwe kathu katsopano. Tithakukhala kuti tidapwetekedwapo, koma siife osayenera. Ndife ansembe otumikira mu ufumu wa Mulungu. Ndi zodabwitsa kwambiri kuti Ambuye adzatikhululukira ife titatha kumchitsa manyazi Iye nthawizambiri. Ichi ndi chozizwa chachikulu pa kukhululukira: kulephera si mathero kwa Mulungu! Zilibi kanthu kuti tataya mtima chotani pa kulephera kwathu, kapena manyazi athu azama motani Iye ndi wokonzeka kutikhululukira ife, ndipo ndiofunitsitsa kutitumiza mu utumiki Wake.

### KUPHUNZIRA KUMATHANDIZIRA

Mukatha kuphunzitsa ndikofunikira kulora nthawi yotumikira kudzera mu pemhero. Izi ziyenera kuchitika munjira yoti atengambali amenewa akulimbikitsidwa kwambiri.

Payenera kukhala mwayi wa zotsatirazi:

Nthawi ya maumboni ya momwe Mulungu akugwilira ntchito kapena momwe wachitira mu miyoyo yaho Nthawi yovomereza ( mwamseri ndi munthu wina)

Kutumikirana wina ndi mzake mu pemhero

Nthawi yakudzodza atsogoleri amenewa pa utumiki wopatsa—moyo ( ndi mafuta ngati nkoyenera) Nthawi ya kuyamika ndi kukondwera

## **Kuunikira Mafunso**

1. Kodi zotsatira zina za uchimo ndi zotani pa moyo wa okhulupilira?
  2. Nchifukwa chiyani tchimo lakugonana limakhala loonanga maka pa Akhristu?
  3. Kulandira chikhululukiro kuchokera kwa Mulungu, kodi ndi chiyani chomwe mungachite pa nthawi yoyambilira ?
  4. Kodi ndi magawo ati omwe Mfumu Davide adatenga pa tchimo lake ndi Betiseba kuti abwezeretsedwe?
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## **ZOLEMBA**

## Magawo Otsatira

"Pamenepo ndinapemphera kwa Mulungu wa Kumwamba., "Ndipo ndidati kwa Mfumu, chikakukomera Mfumu, ndi mtima wanu ukamkomera kapolo wanu, munditumize ku Yuda kumudzi wa manda a makolo anga kuti ndi umange."

where my ancestors are buried so that I can rebuild it."

**Nehemiya 2:4-5**

### **Mu Mutu umenewu Ophunzira Adza:**

1. Adzakhala ndi mwati omvetsera pemphero. Lembani ndi kugawana ndi ena zimene Mulungu wabvumbulutsa.
2. Pangani poyambira ndi ndondomeko ya ntchito yomwe idzagwira ntchito motsogolera magawo otsatira kuti achitidwe potsatira maphunziro amenewa.

### **Mfundu Zazikulu**

- Ife tiyenera kufunafuna mtima wa Mulungu kuzindikira ndondomeko zomwe alinazo kwa ife ndi utumiki.
- Ndikofunikira kugawana ndi kupemphera ndi ena pa zimene timamva pa zimene Mulungu akulankhula kwa ife mwa chitsimikizo ndi kukhulupirika.

### **Maumboni a M'malemba**

Nehemiya 2 & 3

## **MKPHUNZIRA KUMATHANDIZIRA**

**Nthawi yovomerezeka pa phunziro ili ndi: mphindi 90**

### **Zpangizo zomwe zikufunika**

- Chiposita chachikulu ndi ndondomeko yokonzedwa moyenera
- Zolembra

### **Zopereka kwa Ophunzira**

- Zopereka 12. 1: Malangizo a Gulu Laling'ono: Magawo Otsatira

### **Kufotokoza kwa Otsogolera**

Tsegulani phunziro ili pofunsa mafunso omwewo atatu omwe mudayamba nawo pa tsiku loyamba: Kodi Mulungu amayankhula? Ngati amalankhula, kodi mukumamvetsera? Ngati mumamvetsera kodi akunena chiyani? Fotokozerani atengambali kuti adzakhala ndi nthawi yomvetsera ndi kulemba zimene akuwafotokoza iwo kuchita pa zimene iwo aphunzira.

Mneneri Nehemiya ndi chitsanzo cha utsogoleri chimene chiyenera kuumbidwa moyandikirana. Mtima wake udasunthika kwambiri pamene iye adazindikira chosowa chenicheni cha anhu ake. Pamene iye adamvetsetsa zimene Mulungu adamfotokozera iye kuchita, iye adachita momvera. Iye adakonza ndondomeko ndipo mosakha; litsa adachitapo kanthu kukwaniritsa zimene Mulungu adamuyitanira iye kuti achite.

Pali mwayi waukulu ndi wambiri wa ife kuti tikhale nawo mumaphunziro, maphunziro. Izimapereka zinthu zoyenera, koma mwina zitha kutenga nthawi pa kulingalira, kodi Mulungu akutiyitanira ife kuchita pazimene timaphunzira. Kukopa kwakukulu sikuti kuli m'mumphuniro koma kudzera pa zimene timachita ndi zomwe taphunzira.

Ulendo wa opatsa moyo, umene aliyense wa ife akuyendamo, ndi chiyambi chabe. Inu mwatsimikilidwa muphunziro ili lonse kuti mumvetsera ku Mau a Mulungu, ndi kumfunsa Iye pa zimene akukuyitanirani inu kuti muchite. Monga Nehemiya toyenera kuyankha momvera. Tiyenera kutsatira chitsanzo cha Mnenerichi:

1. **Mvetserani:** Khalani ndi nthawi yomvetsera kwa Mulungu ndi kuzindikira zimene akutiyitanira ife kuti tichite pa zimene taphunzira.
2. **Kumvera : Yankhani** momvera poganizira momwe tingakwanilitsire zimene adatiitanira ife kuchita.
3. **Kuchita :** Mukangotenga gawo loyamba kundondomekoyi ya Mulungu mu ntchito.

Ngati Nehemiya adalemba ndondomeko yake ikanaoneka motere:

*Chiyani?*

Kumanganso malinga a Yerusalem

*Nehemiya 2:1-5*

*Motani ?*

1. APemphani chilolezo ndi thandizo lochekra kwa a Mfumu.
2. Yenderani malinga.
3. Sonkhanitsani antchito .
4. Yambani kumanganso

*Nehemiya 2:7*

*Ndani ?*

Mndandanda wa mayina onse otenga nawo mbali.

*Nehemiya 3*

*Kuti ?*

Tsatsasatane wa chiwerengero cha ogwira ntchito omwe adali okhozidwa pa gawo lomanganso.

Liti?

Tsiku lenileni silinalembewe koma Baibulo linalemba kuti Nehemaya adayipatsa Mfumu nthawi. Mulungu akulankhula. Tiyenera kumvetsera. Tiyenera kuyankha momvera pazimene adatiyitanira ife kuchita.

*Nehemya 2:6*

**KUPHUNZIRA KUMATHANDIZIRA**

Malizitsani ntchito 1 (onani zakumapeto kwa mutu umenewu)

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**ZOLEMBA**

## **Zakumapeto: Magawo Otsatira**

### **Ntchito 1**

#### **Kumvetsera kwa Mulungu (Mphindi 5 )**

1. Fotokozani kuti adzatenga mphindi zisanu mwakachetechete, kumvetsera pemphero. Afunseni iwo kutenga mapepala ena ndi zolembera akhale nazo m'manja pamene akumvetsera kwa Mulungu.
2. Langizani atengambali kuti alembe zowakhudza zochokera kwa Mulungu kukatumikira ndi uthenga wa moyo mudzikolo lawo ( kapena kuposera apo). Kodi ndi chiyani chokondweretsa chomwe Mulungu adawalimbikitsa nacho pa nthawi ya masiku akumbuyoku? Ngakhale kuti sadali otsimikizika pa izi ngati zokhudza zimenezi ndi zochokera kwa Mulungu, atha kuzilemba zimenezi pa zolingalirapo ndi kupemphelera.
3. Lorani kuti akhale chete kwa mphindi zisanu pamene mtengambali aliyense akumvetsera ndi kulemba.

#### **Kupanga ndondomeko ( mphindi 45 )**

1. Akatha nthawi yachete, gawani atengambali mumagulu anayi kapena asanu ( kapena magulu asakhale aakulu koposera anthu 8), ndi kuwafunsa iwo kugawana wina ndi mzake chilichonse chimene Ambuye walankhula kwa iwo.
  - Ndizofunikira nthawi zambiri ngati mugwira ntchito ndi opangitsa kusonkhanitsa amene adzayikidwa pamodzi. Opangitsa adzafuna kuchita izi, pa zigawo, pa mipingo, pa chipembedzo kapena pa utumiki. Kukopeka kwa ena pakati pa mamembala agulu kudzakhala kokthandiza pamene akupanga ndondomeko ya ntchito. Ichi chikhoza kulimbikitsa kugwirana wina ndi ndi mzake mokhulupirika kapena kugwira ntchito pamodzi mtsogolo.
2. Anthu paokha atangokhala ndi mwayi kugawana ndi magulu awo zimene Mulungu adavumbulutsa kwa iwo mu nthawi yaho yomvetsera mwa chete, afunseni iwo kukhala ndi nthawi yopemphelera pamodzi.
3. Atatha kulimbikitsani wina ndi mzake mupemphero afunseni iwo kubweretsa pamodzi mndandanda wawo pa gulu limodzi la ndondomeko ya ntchito. Iwo sayenera kuphatikizapo chinachilichonse pa mndanda wa munthu aliyense payekha, koma gulu liyenera kukhala pa mgwirizano pa zimene zayikidwa pa ndondomeko ya ntchito. Ndondomeko ya ntchito yiyanera kukhala ndi zinthu za utumiki kusiyana ndi zinthu za munthu payekha.
4. Ndondomeko zimenezi ziyanera kuphatikimo:
  - KODI Mulungu adawayitanira iwo kuchita chiyani
  - KODI akuwayitanira iwo kukachita motani
  - KODI ndindani amene awayitanira kuti atumikire
  - KODI awayitanira kuti akatumikire kuti ?
  - KODI adzamalizitsa liti zimenezi?
5. Fotokozerani kuti ayenera kulemba ndondomeko zavo za ntchito pa chipepala chachikulu chomwe apatsidwa.

6. Gulu lirilonse liyenera kusankha oliymira kuti apereke ndondomeko zawo.

**Kufotokoza Ndondomeko ( mphindi 30)**

1. Funsani oyimira gulu kugawa ndondomeko yomwe apanga. Zidzakhala zothandiza kwa oyimira magulu kugawa ndondomeko zawo kwa mphindi zisanu. .
2. Pomaliza, funsani opangitsa kuti apemphelere madalitso pa ndondomekozo.

**Mulindi ndi mphindi 30 za ntchito iyi.**

1. Gawanani wina ndi mzake pa zimene Ambuye wakhala akulankhula kwa inu. Kodi akukuyitanani motani kuti muankhe pa zinthu zimenezi?
2. Pempherani monga gulu, “kulimbikitsana wina ndi mzake pa ntchito zabwino.”
3. Mukatha kugawana mndandanda wa anthu pa okha, gwirani ntchito pamodzi ndi kupanga ndondomeko za ntchito za gulu Limodzi.
  - Ndondomekoyi yoyikidwa pamodzi siyyenera kuonjezeramo mndandanda wa wina aliyense, koma mamembala agulu akhale pa mgwirizano pa zimene zayikidwa pa ndondomeko. Ndondomeko ya zinthu zoyikidwa pamodzi muyenera kukhala zinthu za utumiki kusiyana ndi za munthu payekha.
4. Pangani ndondomeko ya ntchito yanu pogwiritsa ntchito chipepala chachikulu chomwe mwapsidwa. .

*Pano pali chitsanzo cha momwe ndondomeko yiyyenera kukhalira yokwanira pa ntchito ya Nehemiya po manga linga :*

CHIYANI?	MOTA	NDANI?	KUTI?	LITI?
Kumanganso linga	<ol style="list-style-type: none"> <li>1. Pemphani chilolezo ndi chithandizo chochokera kwa mfumu.</li> <li>2. Kuyendera malinga.</li> <li>3. Sonkhanitsani atchito.</li> </ol>	Nehemiya, Eliashab, Zakkur, Ana a Jericho, Ena otero...	Chipata cha Nkhosa, Moyandika na ndi chipata cha Nkhosa ...	Jan. 15 20 <sup>th</sup> Mchaka cha Artaxerxes

*4. Kuyamba kumanganso*

Ndondomeko ya ntchito ya gulu lanu iyenera kuphatikizamo:

- Kodi Mulungu akukuyitanirani kuti mukachite CHIYANI?
- Kodi Iye akukuyitanirani kuti mkachite MOTANI?
- Kodi munayitanidwa kukatumikira NDANI?
- Kodi munayitanidwa kukatumikira KUTI?
- Kodi inu mudzakwanirtsa LITI chimenechi?





# Za A LIFE International

## Ntchito ya a LIFE International

Ndi kugwiriziza kufunikira kwa moyo wa munthu kudziko lonse lapansi, kuti tione dziko kumene anthu a mitundu yonse akupeza chiyembekezo chawo ndi machilitso mwa Yesu Khristu.

## Kufunikira kwa Moyo

Kufunika kwa anthu ndi kwakukulu, ndi kopanda mulingo, chifukwa ife—monga amuna ndi akazi tidapangidwa ndi dzanja la Mulungu mu chifaniziro Chake. Moyo wa munthu umayambira pa kutenga mimba ndipo umathera pa kupuma kwathu komaliza kwa chilengedwe, ndipo nthawi iliyonse ya moyo ulionse unasankhidwa ndi Mulungu. Posatengera maonekedwe, mtundu, zaka, kuthekera, makhalidwe, kapena zinthu zina zilizonse, munthu aliyense kuchokera asanabadwe kufikira ku ukulu mwamuna kapena mkazi ndi munthu okwanira ndipo ndi okondedwa mokwanira ndi Mulungu. Makamaka, Atate malemekeza moyo wa anthu kwambiri ndi kuti adapereka Mwana Wake Yekhayo Yesu Khristu, kukatiombola ife ndi kutipatsa ife moyo watsopano. Kulumikizana kumeneko kwa Uthenga ndi Chiyero cha moyo wa munthu ndi zosasiyana. Pamene moyo wa munthu uchepetsedwa mwa njira yina yiliyonse—ukapolo, kuzembetsa, kuzunza ana, uhule, kupha munthu kuti asamve kuwawa, kutaya mimba---mkwiyo, mndandanda ndi wosatha—ndi kulimbana molunjika ku chifaniziro cha Mulungu ndipo ndi kuchotsa ulemu ku chikhalidwe ndi ulemelero Wake.

Mulingo wa ngozi ya kuchepetsa moyo ndi wodzidzimutsa. Mwachitsanzo, tayang'anani pa mwana wosabadwa—kwa ovitika ndi a moyo wopanda chitetezo umene ukuperezeka. Moyerekeza ana 211 million amene amapangidwa m'mimba padziko lonse lapansi chaka chilichonse, 56 millioni a iwo amataya miyoyo yayo kudzera potaya mimba. Uku ndi kuchuluka koposera chiwerengero cha anthu akufa padziko lapansi, kuchokera ku zinthu zonse zobweretsa, matenda, njala, nkhondo, kuphana, ngozi, ukalamba ndi zina zambiri. Ndi kuposera chiwerengero cha anthu a mayiko awa Netherlands, Australia, and Greece kuphatikizana pamodzi. Kutaya mimba kwa padziko lonse kumatha miyoyo ya anthu olengedwa mu chifaniziro cha Mulungu pa mulingo wa awiri pa sekondi iliyonse.

## Chiyambi cha Utumiki wathu

Oyambitsa wa LIFE International Kurt Dillinger m'mbuyomo ankatsogolera bungwe loyang'anira azimayi a mimba mu zaka za 19190. Munthawi yimeneyo iye adayendako ku Latin America ndi Kum'mawa kwa Europe, kumene adakhumudwa ndi kudzidzimutsidwa pa kuchepetsedwa kwa moyo wa munthu umene adauchitira umboni. Munthawi yake yotsimikiza ya pemphero, Mulungu adamtsogolera iye kutenga Uthenga wa moyo kudziko lina lirilonse kumene kutaya mimba kumapezeka. Iye adauthula utumikiwu watsopanowu kuti "Life Initiatives For Eternity", kapena LIFE International.

Mu zaka zake zoyambilira, A LIFE International adagwirizana ndi a global partners kuti akhazikitse malo a utumiki oyang'anira anthu amimba mumayiko ambiri. Ngakhale posachedwapa, Kurt ndi stafu yake adzazindikira kuti chitsanzo choonjezera pa kubzala malo wena pa nthawi—ziyenera kukula pochulukitsa malo ena, kumene atsogoleri akumidzi ndi azibusa ayenera kuphunzitsidwa ndi kukhazikitsa utumiki

wopatsa moyo wakumidzi cholinga ndi kukwaniritsa chikhalidwe chawo chapadera ndi madera awo. Zotsatira zake za mautumikiwa ndiwoti ali ndi njira zoziyendetsera okha zimene zidzakumana ndi zosowa zawo kwa oyandikirana nawo, kufotokozerwa nyengo molunjika kumene moyo wa munthu wachepetsedwa.

Mu kuposera zaka makumi awiri a utumiki, a LIFE International adazindikira kusalumikizana kodziwikiratu pakati pa zimene Akhristu ambiri amvomereza, ndi kukhulupilira momwe iwo amakhalira. Kutilitali kwambiri, otsatira Khristu padziko lonse lapansi akhala akutenga nawo mbali pa kuchepetsa moyo wa munthu. Abusa amatumiza atsikana awo kukataya mimba kupewa manyazi, amuna amatengera chikhalidwe chokhala ndi maubwenzi ndi akazi apadera, azimayi omwe amataya mimba amadziwika kuti ndi akazi chifukwa ndi opsinjika kapena osafunikira, ndipo abambo amawagulitsa ana awo a akazi kwa ozembetsa ana, kapena kukamuyika iye ku bungwe la ana amasiye.

## Kupanga Kudziwika kwa Mtima wa Atate wa Moyo

Yesu adabwera ndi kubweretsa moyo wochuluka kumene mdani wathuadauba uwo. (Yohane 10:10). Ku LIFE International, tilipo kuti tikavumbulutse choonadi chimenechi kudzikolo lonse lapansi. Timakhulupilira kuti Mulungu adayika mwapaderadera LIFE International kukalengeza chiyembekezo chosintha cha Uthenga ku munda wantchito womwe udapangidwa potaya mimba ndi kukula kwa kuchepetsedwa kwa moyo wa munthu. Kuposera potumikira ana osabadwa ndi kukumana ndi zosowa zakuthupi ndi sauzimu za iwo amene miyoyo yaho yachepetsedwa—monga kufunikira kwa zinthu zimene zilili—chokhumba chathu chachikulu ndi kuona mitima ndi miyoyo yikusinthika popeza moyo watsopano mwa Khristu. Ntchito yathu yoyambilira ndi kuona anthu akubwera ku chikhulupiliro mwa Mulungu.

Chitsanzo cha utumiki wathu ndi kutsegula maso ndi maphunziro a muzigawo osintha moyo kwa atsogoleri a Chikhristu, kumene timayitanidwa, ndi kugawa Uthenga omwe umasintha mtima wa atate kumoyo. Ntchito yathu kudera imatsatira kayendedewe aka ka maphunziro ndi kukambirana:

- **Kukhala pamodzi** – Atsogoleri a Chikhristu ndi okopa anthu amasonkhana pa zokambirana za kudera pa zinthu zovutitsitsa: zimene Baibulo limanena za kufunikira kwa moyo wa munthu, njira zomwe moyo wachepetsedwera ku dera lawo ndi momwe tayitanidwira kubweretsa moyo kudzikolo.
- **Njira za Pemphero Lamtsogolo** – Opembedzera akudera amapatsidwa masomphenya ndi kutumidwa kwa mwezi umodzi mtsogolo kukakonza njira za Ulendo wa maphunziro a Opatsa—Moyo. Opembedzera ankhondo amenewa, amayima kutsutsana ndi mayesero a mdani kuti asalowelere pa zochitika za maphunziro. Chilichonse chomwe timachita chimasambitsidwa mu pemphero.
- **Ulendo wa Opatsa—Moyo** – Amuna ndi akazi, adziwika ndi kufikiridwa ndi opangitsa wa kudzikolo, adazindikira kusintha, maziko a mtima wa Atate wa moyo kuchokera mu Baibulo, kuchokera kukutenga mimba kufikira ku imfa yachilengedwe, ndipo tikukonzekeretsedwa ndi mziko a utumiki wopatsa—moyo.

- **Mautumiki Opatsa—Moyo** – Umadziyendetsa okha ndi njira zakudera zokhazikitsidwa ndi atsogoleri ophunzitsidwawa poonetsera chikondi cha Mulungu popereka ntchito zofunikira ndi mapologalamu a kumene miyoyo yidachepetsedwa mumadera awo. Chifukwa cha zimenezi miyoyo ndi madera akusinthika kudzera mu kuyenda kwa chikondi cha Mulungu, chimene chidapangidwa kwenikweni kudzera mu kumvera kwa onyamula chifaniziro Chake.
- **Kubwezeretsa Kutaya Mimba** – Maphunzikro amenewa amakonzekeretsa atsogoleri kutsogolera machilitso ndi kubwezeretsedwa kwa mwamuna ndi mkazi amene adapwetekedwa ndi kutaya mimba ndi amene akukumana ndi ubwino wake wakuthupi, mamvaimva, ndi zotsatira za uzimu.
- **LIFE International Academy** – Mlili wa COVID-19 unabweretsa kusintha kwakukulu pa momwe timachitira maphunziro padziko lonse. Kumayambiliro kwa chaka tidalingalira zakupanga maphunziro a pa intaneti, kuthekera kwa pa makina athu. Tsopano, khomo liripo logawira zipangizo za maphunziro ndi atsogolero otsogolera zokambiranu ku mayiko onse omwe ali ndi anthu ochuluka.
- **Malo a Maphunziro a Kudera (Regional Hubs)** – Tidazindikira atsogoleri akuluakulu amene adaphunzitsidwa ndipo ndi ofuna pa zinthu zonse Uthenga ndi Uthenga wa moyo ndipo ife kudziko lonse tikuwabweretsa iwo pamodzi ndi kugwirizana kukafalitsa Uthenga wa moyo ku mitundu yonse ndi madera awo (Latin America, Southeast Asia, ndi ena otero.) amene sadafikiridwe ndi Uthenga osinthawu, kugawana nawo njira ndi zipangizo, ndi manetiwork olimbikitsana ndi kupatsana mphamvu kwa wina ndi mzake.
- **Ntchito yomwe Yidayambira pa Malta** – a LIFE International adzafikira poyambilira penipeni ndi Kukumana kwa Padziko lonse chifukwa cha moyo, okonzedwa ku chilumba cha Malta mu chaka cha 2023, ndi kubweretsa nthumwi kuchokera ku dziko lina lirilonse la padziko la pansi kukagwirizana ndi kufunafuna mtima wa Atate wa moyo ndi kutsatira chitsogozo Chake pa kuchulukitsa utumiki wopatsa moyo ku mitundu yonse.

## Dziko Lasinthidwa

Ntchito ya LIFE International tsopano ikupitsa patsogolo kuposera mayiko 100, yimatengedwa ndi atsogoleri akudziko omwe adaphunzitsidwa ndi kukonzekeretsedwa kukakopa ndi kuhunzitsa ena, ndi kupanga ulendo wofikira ndi kukhala m'moyo wa mtima wa Atate wa moyo. Chifukwa cha ichi mazanamazana a utumiki opatsa moyo—monga kukhazikitsa malo olimbikitsa za mimba, manyumba ochiliramo amayi amimba, malo osunga ana amasiye, mapologalamu olimbikitsa za zakudya za thanzi labwino, maphunziro a azimayi omwe ali pangozi, ndi zina zambiri—zidakhazikitsidwa ndipo miyoyo ya anthu ambiri yasinthidwa. Kusintha kumeneku si kungopulumutsa mwana wosabadwa kapena kupititsa patsogolo miyoyo ya anthu kudzera mu zitukuko, ndi kusintha kwathunthu kwa moyo kumene kumachitika pamene anthu akumana maso ndi maso ndi Atate wokonda wakumwamba ndi kukhala otsatira wa Mulungu ndi kufunafuna kumpatsa Iye ulemelero kudzera mu miyoyo yawo.

Kungo ona molakwika kwa kufunikira kwa moyo kutha kukutsogolera kukalowa m'masautso, zitha kukhala zoona tikabwelera m'mbuvo: kaonedwe kabwino ka moyo wa munthu katha kukutsogolera ku chitetezo cha anthu pa msinkhu wina ulionse wa moyo. Ana osabadwa amapatsidwa moyo, iwo akangochepletsedwa amapeza kuyenera kwawo kwenkweni, amuna ndi akazi amapeza machilitso akatha kutaya mimba, ndipo anthu amalondola chiyembekezo cha moyo wochuluka wa Yesu Khristu.

Pamene tigwirizana ndi mtima womwewo wa atsogoleri a Chikhritu kukakulitsa Ufumu wa Mulungu,

Ambuye adzazutsa asilikali opereka moyo amene atha kubweretsa moyo ku mabanja awo, kwa anzawo, madera awo, ndi kumayiko awo, ndi kufunikira kwenikweni kwa chifaniziro cha Mulungu kwa anthu onse kudzalengezedwa padziko lonse.

Ulemelero ukhale kwa Mulungu!

## Tipezeni Ife!

Ndife okondwera kuti mwayika nthawi yanu ndi zipangizo zanu pa kuchita nawo maphunziro a *Ulendo wa Opatsa—Moyo*. Ife, ndi iwo amene ali mbali imodzi ya Ndondomeko ya Pemphero Lamtsogolo la phunziro ili, akhala akupemphelera inu ndipo akhala akupempha Atate kubweretsa kusintha ma miyoyo yanu pa zimene mwaphunzira ndi zomwe mwakumana nazo musabatayi.

Inu mudzakumbukira mafunso ofunikirawo omwe tidayamba nawo, ndipo akhala akufunsidwa mu nthawi yathu yonse pamodzi:

- Kodi Mulungu amalankhula?
- Ngati amalankhula kodi mukumvetsera?
- Ngati amalankhula ndipo mukumvetsera, kodi Iye akunena nchiyani kwa inu—kodi akukuyitanirani inu kukachita chiyani?
- Kodi mukumvera?

Tikadakonda titamva zokambiran... kodi Mulungu akukutsogolerani inu kukachita chiyani ku utumiki wanu monga opatsa—moyo ku dera lanu, ndi kudziko lonse? Ndipo, tikadakonda kusanthula mayitanidwe amenewo pamodzi ndi inu ndi kuona ngati pali njira yina yomwe tingathe kugwirizana ndi inu pamodzi kukuthandizirani inu kugawa chikondi cha Atate ndi mtima wa moyo kudera lanu lokafikira.

Mulungu akudalitseni inu, pamene mukunyamula chifaniziro Chake ndi kuonetsera mtima Wke wa moyo.



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