

# Kubyala

Maphunzilo ofunikila pa kubyala  
Mabungwe Yamoyo

Jon ndi Judith Witt





# **Kubyala**

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Jon ndi Judith Witt

Dignity

Kusindikizidwa Koyamba, Chisanu 2017

Chewa

**Zojambulidwa ndi chiziwitso chamalamulo (Kusidikizidwa Koyamba, Chisanu 2017)**

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**Zochula zamu Baibulo**

Babulo mu chi Chewa, olembewda kapena yo falisidwa Buku Lopatulika. Bible Society ya Malawi. Kusewenzesedwa ndi chilolezo colemba ndi kusindikizidwa.

**Uphungu Wazojambula Zoikidwa**

Uphungu wazojambula zoikidwa bwino ndi bungwe lojambula ya Metro Icon 5 mosindikizidwa na SyncFusion. Uphungu ndi kuloledwa kusewenzesedwa.

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## **Kubyala Mabungwe Yasopano**

Bungwe la Umoyo ili yonse ifunika kubyala Bungwe La Umoyo ina kwina pafupi nao chaka chili conse. Izi zingakhale m'mudzi umodzi, dela kapena komwe bwinzi likhala.

Cholina cha maphunzilo ndi kupeleka iwe ndi bungwe lako luntha lakuchita izi. Zizakuonetsanina mo byalila abungwe bena. Iza kuonetsani mo mphunzitsila a sogoleli a m'mabungwe a sopano.

Cholina nichapa fupi: Mabungwe ya Umoyo yonse ayeze-yese ndi kuyamba mabungwe asopano pafupi nao chaka chilichonse. Mabungwe asopano ayeze kuchita conchi naonso.

## **Mtengo wa Nthochi**

Mtengo wa nthochi wofikapo umaphukila mumbali mwache. Mtengo waukulu umatukula tingóno-tingóno mupaka pamtsinku oziimilila paokha. Izi ndizo tiyenela kuchita tonse ndi mabungwe athu.

Mtengo weni-weni wanthochi umazifela paokha. Uperekayo moyo wache kuti zophukila zikule ndi kubeleka zipatso. Sitifunika ndithu kufa ai, mabungwe athu angapite patsogolo. Chofunika ndi kupeleka umoyo kubena.

Pokha-pokhapo titakhala namakhalidwa Yaukapolo ya Yesu ndi kulola bungwe lathu kupatsa nthawi ndi ndalamaka mabungwe ena sitizapelebela pa m'impimo wazotiyenela zomwe tilinazo.

## Kubyala Mabungwe Yamoyo mobwezela-bwezela

Mabungwe Yamoyo asakhale pamodzi ndi pamodzi kwakanthawi. Mufunika muzitana bena asopano kuyanjana. Pomwe bungwe lanu likhala lili kukumana mwakanthawi, bungwero liyetsetse kupanga Bungwe Lamoyo ena m'malo apafupi. kukhazikitsa mabungwe ambiri mbiri monga momwe munga kwanitsile.

	<b><u>FUNANI</u></b> awo amene angakhale asogoleli abwino
	<b><u>APHUNZITSENI</u></b> motsogolela kenaka <b><u>KHAZIKITSANI</u></b> bungwe latsopano pafupi ndi m'mudzi mwanu
	<b><u>THANDIZANI</u></b> mabungwe asopano ndi atsogoleli
	<b><u>LEKELELANI</u></b> atsogoleli ndi mabungwe azimilile paokha
	<b><u>MEMEZANI</u></b> atsogoleli amabungwe asopano kumtsokhano wamundandanda wapamwezi
	<b><u>BWEZAPONI</u></b> izo zokhuza umoyo mumabungwe asopano ndi mumabungwe anu pambuyo panthawi

## Njira Ziwiri zo byalila Bungwe Lamoyo lasopano

Apa tizakusonyezanu njira ziwiri mokhazikitsila Mabungwe Yamoyo. Yoyamba ichedwa kuti **Kuchulukitsa Bungwe**, ndipo yachiwiri ichedwa **Kumemeza Anzathu**.

Tidzagwiritsa nchito zithunzi-thunzi kufuna kuthandizila chimvetsetso canjira izi. Ndiye uyu apa uphungu wazomwe ziimilila kapena kutanthauza.

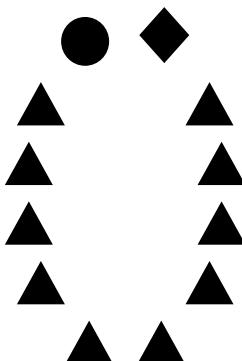
Zisongyezo	Tanthauzo
●	Uyu ndi mutsogoleli wa bungwe.
◆	Uyu ndi munthu omwe aphunzitsidwa ndi mtsogoleli kuti atsogolele nao. Pambuyo pache adzatsogolela mabungwe ao.
▲	Uyu ndi m'modzi wam'bungwe.
■	Mutsogoleli watsopano amene aphunzitsidwa.
★	Bwenzi omemezedwa kubungwe Lamoyo

## Njira 1: Kuchulukitsa Bungwe

Iyi njira yobyalala Bungwe Lamoyo ingathe kugwiritsidwa nchito pomwe:

- Bungwe Lamoyo yakhala ilikumana mopitilila miedzi 6.
- Bungwe li ndilolimba ndipo ikukulapamodzi bwino.
- Pali atsogoleli ndi osonkhanitsa opitilila pa umodzi akupsya.

Ndiye ichi chithunzithunzi coimilila Bungwe Lamoyo. Muliatsogoleli 2 ndianthu 10.

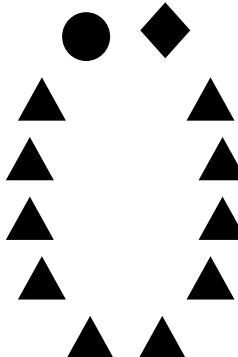


Oyanganila weni-weni wa bungwe timucha Yohane omwe akhala akuphunzitsa ndi kuthandiza Phiri kuziwa mosamatila bungwe lache.

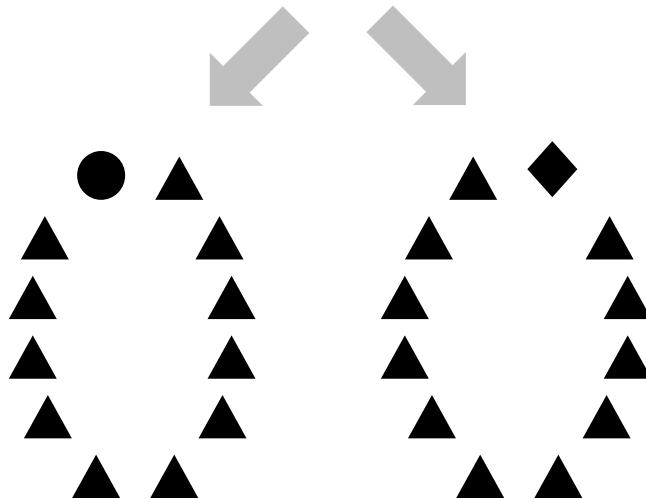


Pomwe phiri akumva ngati atha kutsogolela bungwe bwino, Yohane apitiliza kutsogolela bungwe lakale pomwe Phiri apita kukakhazikitsa bungwe latsopano. Phiri sanyamula nzika zamubungwe la yohane. Bungwe latsopano lizipezela yekha anthu ayokha.

Bungwe loyamba ndi Yohane ndi Phiri



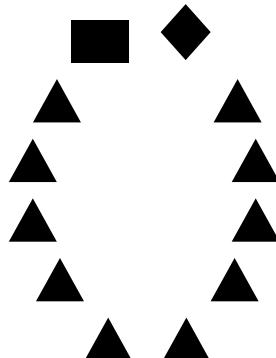
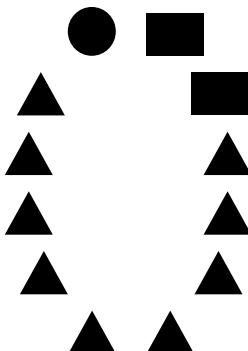
Phiri ayamba bungwe lachiwiri ndiku momeza anthu kuti ayanjane nao pomwe  
Yohane apitiliza ndina bungwe loyamba ija.



Bungwe la Yohane ndi  
anthu amuchiwelengero  
chache

Bungwe la Phiri ndi  
chiwelengero chasopano

Mwakanthawi kochepa onse Yohane ndi Phiri asankhamo umodzi kapena awiri mu mabungwe awo asopano kuti awaphunzitse.



Bungwe ya Yohane komwe ili  
ikuphunzitsa atsogoleli 2.

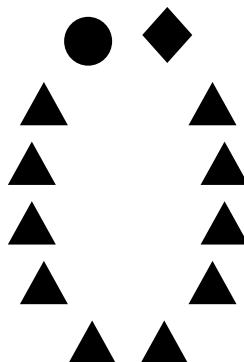
Bungwe ya Phiri komwe ili  
ikuphunzitsa atsogoleli 2.

Lingai linga bwezeledwa.

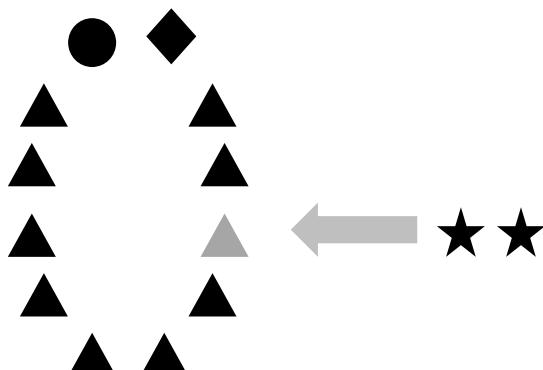
## Njira 2: Kumemeza Anzathu

iyi njira yokhazikitsilamo bungwe lamoyo itha kugwiritsidwa nchito pomwe bungwe iliyofoka ndi izasewenzano bwino ngati bungwe lamoyoi izindikila azibwenzi ndi kukambilana ndi amumamidzi oyandikaana nao.

Apa iili Bungwe Lamoyo lathu munsimu. Muli atsogoleli 2 ndianthu 10 asonkhana. Mphambano ionetsa atsogoleli; ngindya ya zitatu ionetsa anthu asonkhana.

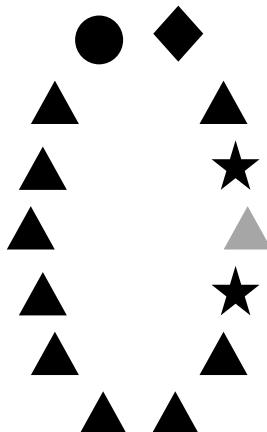


Iyi nthawi ndiyo siyanako. Esther omwe alinzika yabungwe amemeza mwaanzake 2 Lovemore ndi Glory kuchokela ku mudzi otalika kwa ma kilomita 3. Esther ndi mphambano yambuu. Abwenzi ache a Esther ndima nyenyezi

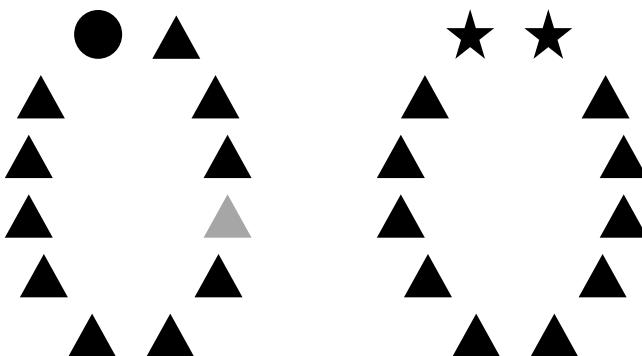


Esther alingalila anzache alindimtima yokonda midzi ndipo alindi kudalila kuti anga tsogolele Bungwe Lamoyo. Koma bvuto ndilakuti samvetsetsaza Bungwe Lamoyo

ndikuti Mulungu anga sewenze mumalo awo. Abwenzi a Esther amapezekapo pamusonkhano wa bungwe lamoyo pa kanthawi ka umodzi mwedzi.



Zibwenzi za Esther Lovemore ndi Glory akhala akupezeka pamisonkhano ya bungwe la m'mudzi wa Esther kwa mwedzi wantru-nthu. Sopano ndi nthawi kwaiwo kuyamba mabungwe mumidzi yao. Lovemore ndin Glory azafuna thandizo kuchokela kwa Esther ndi kwa mutsogoleli wabungwe lao loyamba.



Bungwe loyamba ipitililabe  
ndi Esther mukati.

Bungwe lasopano  
lisogoleledwa ndi  
Lovemore ndi Gly

## **Maphunzilo ndi Pemphero**

Ngati ukhazikitsa Bungwe la Umoyo latsopano ndi chofunikila kuchita izi. Choyamba, ufunika kupemphera kuti Mulungu akuthandize kuyamba Bungwe la Umoyo lasopano, kupeza anthu olungama ndipo uwasenzele zowafoketsa zao zomwe zingalepheletse Bungwe la Umoyo lasopano kukhazikitsidwa. Akatundu angakhale mabvuto aku mdzimu mwina mukhalidwa osathandiza mumdzzi.

Mufunika kuphunzitsa anthu omwe azayamba Bungwe la Umoyo lasopano. Kuli ndime ziwiri zophunzitsila anthu kuti atsogolele Mabungwe ya Umoyo ndipo mufunika kuzikhuza zones.

Mbali yoyamba ndiphunzitsa asogoleli ya Mabungwe Ya umoyo asopano mokhazikitsila Bungwe la Umoyo lasopano. Izi zimatheka posenzetsa "Kuchulukitsa Bungwe" ndi "Kumemeza Anzathu" njira zokhazikitsila bungwe. Izi zifunika kuchitika nthawi ndi nthawi kuti mabungwe asopano azimve kuthandizika ndi kukhala ndi azibwenzi abwino kuchokela mu bungwe lakalelo.

Njira yachiwiri ndiyakuphunzitsa mwaku khazikitsa maphunziro apamwamba kwa asogoleli asopano. Bukuli yasenza zonse zofunikila zomwe zifunika kuti maphunzilo akwanilitsike.

## **Kusewenzetsa Zida**

Maphunzilo ofunikawa angasewenzetsedwa munjila ziwiri zosiyana.

1. M'bungwe kuphunzitsa anthu ambiri panthawi imodzi, monga mitsonkhano yochuluka yotere ya atsongoleli a Mabungwe Yamoyo ndi mabungwe amphamu.
2. Kusewenzetsa munthu pa munthu ndi anthu ochepekela, ndithudi mwina 5.

## **Njira zosewenzetsela zida zogwiritsa**

Timapempha njira ziwiri zomwe tinga gwilitsile chida ici. Utha kusankha imodzi yomwe itsewenza bwino kwa anthu mubungwe. Ndichofunikila kusankha njira yomwe ikomera anthu bwino mu bungwe. Munjira zonse muyenera kuyamba ndi kumaliza mnthawi ndi matamando ndi pemphero.

### Sankho 1: Mukumane mnjira yofanana yamisonkhano yamatsiku onse.

Kutanthauza kuti muza kumana kwa maola 2 patsabata, matsabata 4. (Izi zizakhala zoonjezeledwa ku misonkhano ya Mabungwe ya Umoyo yanu mu tsabata). Mukufunsidwa kulankhuzana pa mitu ikulu-ikulu.

<b>Tsabata 1</b>	Nsonga 1 -	Madzi, Mitengo ndi Mulenga-lenga – Masalimo 1 Kupemphera (mphindi 30)
	Nsonga 2 -	Umoyo udalila M'mbanja (ola 1)
<b>Tsabata 2:</b>	Nsonga 3 -	Kutsogolela Bungwe Lamoyo mu mudzi mwanu (maola 2)
<b>Tsabata 3:</b>	Nsonga 4 -	Aliyense ali ndi Malo (ola 1)
	Nsonga 5 -	Kuma sulila Zida Zophunzililamo (ola 1)
<b>Tsabata 4:</b>	Nsonga 6 -	Kukozekele (ola 1)
		Mafunso (Mpaka ola 1)

### Sankho 2: Nsonga ziwiri mmamawa

Ngati anthu afuna kuphunzila mwakanthawi kochepa, zapyolamo ni muchidakwa matsiku 2 nditheka. Mufunikila kuikazonse zofunikila mnsongga zamawa kapena mmadzulo mwatsiku lililonse.

<b>Tsiku 1:</b>	Nsonga 1 -	Madzi, Mitengo ndi Mulenga-lenga – Masalimo 1 Kupemphera (mphindi 30)
	Nsonga 2 -	Umoyo udalila M'mbanja (ola 1)
	Nsonga 3 -	Kutsogolela Bungwe Lamoyo mu mudzi mwanu (maola 2)
<b>Tsiku 2:</b>	Nsonga 4 -	Aliyense ali ndi Malo (ola 1)
	Nsonga 5 -	Kuma sulila Zida Zophunzililamo (ola 1)
	Nsonga 6 -	Kukozekele (ola 1)
		Mafunso (Mpaka ola 1)

### **Mogwiritsila nchito Zophunzilidwa**

Zophunzilidwa izi zikhuzha nsonga zonse zomwe anthu afuna poyamba Mabungwe Ya umoyo. Ndichofunikila kuti uwirilile kuzophunzitsidwazo ndi kutsata zomwe akuuza. Malingalilo ndi nchito zambili zapita mukutukula zophuzilidwazi kwa zaka zochuluka.

Ngati wasowekela mbali ina, uzasowekelanso zofunikila zeni-zeni zamkati mwanchito.

Nsonga ilionse ili ndi ndime zosiyana kukuunikila ndikupanga nsongazo kukomezanakwa aliyense akutengako mbali. Ndime izi ndizoziwidwa ndi zithunzi-thunzi zomwe zingathe kulankhula, kufunsa, kupemphera, kapena mwina kuchita nchito zosiyana-siyana.

Nsongazi zakhazikisidwa molumikiza kutengako mbali kwa aliyense mu kuwerenga, kulankuzana, mmasewero ndi pocheza. Tipeza ici kunkhala cothandizila munjila yophunzitsila mopamba nkhamba kamwa ku anzathu ce.



### **Cholina**

Nsonga ili yonse ilindi zolina 2 kapena 3. Uku ndi kupasa uphungu pomwe ukuphunzitsa bungwe. Ufunika kukhala ndi zolina izi m'malingalilo ndiku zifunsa wekha ngati uthandiza anthu mofikapo. Usauze bungwe cholinga poyamba nsonga.



### **Ndime yamu Baibolo**

Chithunzi cha buku ili pomwe mufuna kuwerenga ndime ya Baibolo mofuula ku bungwe. Chinga kuthandize ukafunsa 1 kapena 2 amu bungwe kuti awerenge. Aziwitsiletoni poyamba kuti asakhe kuchita kapena iyai. Chenjerani poti ena anthu satha kuwerenga. Kuwafunisa kuti awerenge pomwe sakwanitsa chingawa cititse manyazi.



### **Funso**

Ku funsa kuthandiza anthu kutengako mbali mu Kuphunzila. Ndicho funikila pomwe uonacho funsila ufunse funso mofuula kubungwe ndiku walimbikitsa kuti ayankhe.



### **Zocita**

Anthu amaphunzila bwino ndi nthabwala. Umu ndimo momwe zocita zikhaliwa. Chizindikilo cha zocita citanthauza kuti muzisatila malamulo a zocita za bungwe.



### Story

Nkhani zosangalatsa zimakomesa kuyamba ndi panga maphunziro kujailika. Aliense amakonda nkhan! Paliponse mwaona chisonyezo ici cofunikila kunena nkhan mwaukachenjede mwomwe uli. Uyesekukhala wantabwala!



### Zochulidwa

Nthawi zina tifunika kupatsa malamulo ndi zofunika mukati mwace. Ici chisonyezo ndi mbali yauthenga kuti oongola koma osati kugawana ndi bungwe lomwe tiphunzitsa.



### Kulankhula

Iyi ndi mbali komwe ulankhuzana ndi anthu, kuwaphunzitsa munjira yamiambro.



### Pemphero

Zomwe Mulungu alankhula ndi anthu zili zofunika kwambiri. Tifunika kulimbikisa mapemphero paliponse poyenera. Pomwe muona cisonyezo ici lowani ndi anthu m'mapephero. Nichabwino kukhala ndi mapemphero apa mubungwe ndi anthu apemphererane wina ndimnzace, pempherani mosiyana muntawi zosiyana.

# Nsonga 1: Madzi, Mitengo ndi Mulenga-lenga



## Cholina

Iyi ndi nthawi ingóno yosanthula Baibolo mu Masalimo 1. Nsonga zenizeni ndi izi:

- Tithe kulingalila za umoyo wathu monga mutengo, wabyalidwa ndi Mulungu wo beleka zipatso.
- Tikhala chabe mutengo wamphabvu pokoka chilibiko chatu kwa Mulungu.
- Pomwe tikula, tizacita zocita zonse pomwe titamanda Mulungu.



## Ndime ya mu Baibolo

Masalimo 1 ndiomasula za buku la masalimo. Idango onjezedwaku Masalimo ndipo cili kwamulembi cimasulilo ndi malingalilo oyamba okhuza bukulonse. Izi ziipangitsa kukhala yofunikila kwabasi.

Werengani Masalimo 1 mofuula ku bungwe.

## Masalimo 1

<sup>4</sup>Wodala munthuyo wosayenda mu uphungu wa oipa,  
kapena wosaimirira m'njira ya ochimwa,  
kapena wosakhala pansi pa bwalo la onyoza.,

<sup>2</sup>Komatu m'chilamulo cha Yehova muli chikondwerero chake;  
ndipo m'chilamulo chake amalingirira usana ndi usiku.

<sup>3</sup>Ndiye akunga mtengo wooka pa mitsinje ya madzi;  
wakupatsa chipatso chake pa nyengo yake,  
tsamba lake lomwe losafota;  
ndipo zonse azichita apindula nazo.

<sup>4</sup>Oipa satero ai;  
koma akunga mungu wouluka ndi mphepo.

<sup>5</sup>Chifukwa chake oipa sadzaimirira pa mlanduwo,  
kapena ochimwa mu msonkhano wa olungama.

<sup>6</sup>Pakuti Yehova adziwa mayendedwe a olungama;  
koma mayendedwe a oipa adzatayika.”



### **Funso**

Funsani bungwe, kodi ndi mtengo uti wolimba ndipo nichifukwa ninji uli olimba? Ndipo afunseniso, kodi mtengo ukhala bwanji olimba? (lingalila za muuni wa dzuwa, madzi, zosowekera zopezeka mnthaka tero tero basi.)



### **Mitengo**

Lankhulanli momwe mulingalila kuti miyoyo yathu ingafanizidwe ndi mtengo zobeleka zipatso. Mulungu afunsa mtengo kukhala wamphamvu komanso eautali, kubeleka zipatso zoyenera pa nthawinsyo yoyenera. Tinga khale olimbadji komanso obeleka zipatso ku kuthupi ndi ku mdzimu ndikubwelesa zipatso kuena. Nenani kuti ndife mtengo yoipa. Singathe kubeleka zipatso ndipo tinga khale ofokadi. Tinga khalenso ofoka kuthupi komanso ozikonda mwa citsanzo.



### **Question**

Funsani bungwe, kodi mbeu zikula bwino kuti? Zifuna chiani kuti zikule? Kodi ndi cimodzi modzi ndi mitengo? Yankho mukufuna ndi madzi. Mbali lilonse muno mu Africa la mtsinje mupedzamo munyontho mdothi udyetsela mitengo kupyolela kumidzu yomwe ithandiza mitengo kukula ndi mphamvu.



Masulilani kuti madzi aimilila umoyo wa Mulungu omwe uli Mudzimu Oyera. Mudzimu Oyera ufunya kutithilila ndikuti kulitsa bwino umoyo wamtengo (monga mitengo ibyalidwa mbali mwa madzi) kuti zibeleke zipatso ndiku khala olimba. Ngati moyo wathu wabyalidwa pafupi ndi Mudzimu Oyera tizakhala ngati mitengo yolimba.

Masalimo yu ali wamphanda mu umoyo. Yoyamba ndiya kukondweretsa Mulungu ndiku khala waphindu mumdzi ndi banja. Ina ndi yosakondweretsa Mulungu komaso kukhala ozilabadila.

Kuya njanisankha ndi Masalimo, kulinjira imodzi yomwe ili muuphungu wa Ambuye (v 1-3) ndipo ina ili njira yofoka (v 4-5). Iyi gamulo ili pasogolo pathu mwazonse zomwe ticitu mu umoyo.



## **Funso**

Kodi ndi mbali iti ya umoyo wathu tinga gamuliile kutsatila kapena kusatsatila Mulungu? Yesani kutenga anthu kuti alingalile moposa umoyo wao chabe, nanga za m'dzi wao?

Ndi mbali zonsezi zomwe tifunikila kulingalila za Liu la Mulungu.



## **Ndime ndi ndime mwacifupikiso ca Masalimo**

Tingathe mwina osatha ku badwanso ndi kutsatila Ambuye. Masalimo yu ndiwa ao omwe atsatila Mulungu pamodzi nao omwe satsatila Mulungu. Masalimo tingaigwiltsenso nchito pofuna kupanga chigamulo pau udindo wanu ndi mbali zonse za umoyo.

### **Ndime 1**

*“Wodala munthuyo wosayenda mu uphungu wa oipa,  
kapena wosaimirira m'njira ya ochimwa,  
kapena wosakhala pansi pa bwalo la onyoza.”*

Ocimwa ndi amanyozo ndiao omwe sakhalupilila mwa Mulungu. Cili cokondwelesa ndicakuimilila munjira yaoipa cinga nenedwa kuti cisogolela ku kunyoza bena ndi Mulungu. Ndi malo onyadila. Tizilingalila patokha ndikuziyembekezela kopambana ena.

### **Ndime 2**

*“Komatu m'chilamulo cha Yehova muli chikondwerero chake;  
ndipo m'chilamulo chake amalingirira usana ndi usiku.”*

Kuli mbali ziwiri za ndime iyi. Ku ‘kusangalala’ mulamulo ya Ambuye kutanthauza comwe munthu amadalila mwa Mulungu, liu ndi njira zake zopambana pazonse. Liu lakuti ‘kusinkha’ litanthauza kuwerenga kapena kulingalila mwakuya. Ngati munthu aeleva ciganizo kului la Mulungu ndiye kuti akufuna uphungu wakudziwa comwe citanthauza, ndiko kusinkha.

Ao ome atsatila Mulungu, ndi wokondwa ndikusangala pomwe alingalila zakucita zabwino ndi zomwe Mulungu afuna. Alingali za mau a Mulungu tsiku ndi tsiku. Ici cibweretsa kusintha mwa iwo.

### Ndime 3

*“Ndiye akunga mtengo wooka pa mitsinje ya madzi;  
wakupatsa chipatso chake pa nyengo yake,  
tsamba lake lomwe losafota;  
ndipo zonse azichita apindula nazo.”*

Awo alikondwa mwa Ambuye ndi obyalidwa muthilila, madzi wowa kulisa. Muli fundo zitatu kwa izi:

Ama peleka zipatso mnyengo. Yense waife ali ndi nyengo pomwe tipeleka zipaso ndi nyengonso pomwe siti peleka zipaso. Ici ndi cilengedwe.

Mayani yawo samauma. Osati cilengedwe ca mtengo, mmalo ouma monga mcipululu, izo zobyalidwa mmbali mmadzi zizathantha kulaka nthawi ya cilala, myoyo yawo siza pululika.

Zili zonse acita zitukuka. Izi sizitathauza kuti tizakhala ndi ndalamza zambiri, kopambana cilengedwe ca Mulungu comwe tizaka tukukila.

Mtengo umakula ndikupeleka mthunzi ndi zipaso kwa aliyense. Ipeleka zipaso zoyenela pa nthawi ndi kukhala yolimba ku mabvuto oza mnjira mwache.

Izi zisiyani ndi oipa.

### Ndime 4

*“Oipa satero ai;  
koma akunga mungu wouluka ndi mphepo.”*

Oipa ali ngati gaga, tunsembe ting’ono tomwe tumauluka ndi mphepo. Oipa mu Masalimo i ndi:

- Kudzudzula Mulungu
- Kusula mau a Mulungu
- Kusula Mulungu mumoyo wawo

Aliko anthu omwe asaowekela zonse zinthu ndi umoyo. Ngati mayeso adziko lino namondwe ndikuti oipa sali mtengo yoika, midzu yaho mnyanja, ali ombululuka ndipo zilibi nchito kwa Mulungu, mabanja kapena mdzi yaho.

#### Ndime 5

*“Chifukwa chake oipa sadzaimirira pa mlanduwo,  
kapena ochimwa mu msonkhano wa olungama.”*

Ambiri anthu alingalila kuti ici ciлоza ku chiweluzo comalizila komwe Mulungu azalanga oipa. Izi sizili tero. Ndikulankhula za moyo sopano apa. Ndimei mothelatu itanthauza kuti awo omwe sali obyalidwa m'mbali mwa madzi sazatha kuima m'moyo, azauma. Ndipo azadulidwa kuchekela ku mudzinda wa Mulungu, cianjano ca olungama.

#### Ndime 6

*“Pakuti Yehova adziwa mayendedwe a olungama;  
koma mayendedwe a oipa adzatayika.”*

Tifuna kukhala omwe Mulungu ayanganila, motero tifunika kuika midzu mu mau ace. Sitifuna ife ndi m'malo athu kuoonongeka, kuumisidwa.



#### Mulenga-lenga – Funso

Funsani bungwe momwe amamasulila za mulenga-lenga. Sakilani mayankho, akulu, obiliwila, yapoyela, yakuya, yokongola.

Masulilani kuti Mulungu alikokwela ndipo kwabwino kupambana ku mulenga-lenga ndipo umoyo wathu udalila kuma mutamanda iye. Kukhala mtengo obyalidwa mumbali mwa madzi citanthauza mtengo utali ndi nthambi zolodza kumwamba mwakutamanda Mulungu. Izi zilengesa tonsefe kusiyana



### **Pray**

Pempherelani aliyense kuti adzike midzu bwino. Pambuyo pace lemekezani Mulungu pamodzi.

## Nsonga 2: Umoyo udalila M'mbanja



### Cholinga

The aims of this session are:

- Kumvetsetsa comwe banja la Mulungu ili ndi momwe Mulungu asewenzela nazo.
- Kuphunzila zaumodzi.
- Kuphunzila zomwe banja icita pamodzi ndi momwe wa Bungwe la Umoyo licitila.
- Ku masulila mo yambila bungwe mu mudzi.



### Nkhani: Pwando la Mfumu

Kalekale kunali Mfumu ina omwe anaitana anthu kuchokela Mudzinda wace ku pwando lalikulu. Anthu anaza kuchokela mbali zonse za mudzinda pakuti unali musonkhano waukulu. Ense obvala zobvala zabwino ndiku bwelesa chaulele kwa Mfumu. Kunali cinyamutindi ca anthu ocoka mbali zosiyana-siyana. Izi zinakondwelesa Mfumu. Anawamemeza pakuti anaefuna kuona kukula kwa ufumu wace, ndi mabanja a anthu omwe ali pansi pamulamulilo wace.

Pambuyo pamatsiku anaona kuti anthu ace anali kususana pa zamwambo wao. Analu kukangana kuti ndani ali osamalila bwino mwambo. Banasusana pa waimba bwino nyimbo. Ndipo anakanganso ndi anthu am'mudzi. Zinafika pamsinkhu pakuti mafumu amidzi ana kumana ndi anthu omwe anthuyo sanali kupeze ka pamodzi mwanthawi.

Mfumu inakhumudwitsidwa nazo izo. Anadabwa po ona anthu ake ali ogawikana. Analingalila kucita cinthu cina paizi.

Usiku wina anasonkhanitsa mamfumu amidzi ya mabungwe yomwe inaza pamodzi. Pacipinda capamwamba nasokoneza cida cozilasi kufendela pafupi. Ananena kuti m'modzi wa mfumu yamudzi omwe anga fenele pafupi ndi kachida aka angakhale mfumu yandodo. Angapatsidwa dela lonse la ufumu.

Mafumu amidzi ana dabwitsidwa ndikukha naco chidwi cogwebana. Aliyense waiwo anayesa kukwela cipupa, koma nikugwa. Unyinji wa iwo anali kugwebana kwakuti anaiwala motengera cida motelatu. Pambuyo paola onse anafokelo ndi kukhumudwitsidwa.

Ndipo mfumu yanzelu inapitapo niinena, "Nicifukwa ninji mulingalila kuti yense wainu atha kucita nchitoi? Ndizosatheka, mtenge wamkati uli patali kuti afikepo." Anasonkhanisa amuna 5 kuti aime panthaka, ndipo analamulila atatu kukwela pamapewa ndiponso, awiri ena kuima pa mwamba pao. Ma mfumu amidzi anacita monga anauzidwila ndipo wina kuimila pamwamba pa anzace. Anasala pafupi kufika, koma ai. Mfumu yandodo mwini anakwela pamwamba pao ndi kufika pa mtenje payekha.

Ndipo yense anadzindikila zomwe Mfumu ina funa kunena. Pomwe anali kugwebana ndi kususana, kuyesa kutesa nchito mwao okha sanakwanitse. Citengela aliyenso kufika kumapeto. Ngakhala Mfumu yandodo yomwe imafuna aliyense kuthandiza kuti ikwanitse.



### Funso

Funsani bungwe zomwe alingalila pa nkhani ya Mfumui? Nkhani ikhala citsanzo ca zomwe kacitsi inga khalile mdyoli mu Africa. Onani mayankho omwe anena pazakulaka kapatulula ndi zakusewenzera pamodzi.



Ici ndi cithunzi ca kacitsi yamidzi yakudyole mu Africa. Zingakhalenso zazoona zakacitsi kwina. Kuli Mfumu ina yaikulu omwe ali Mulungu, ndipo ayanganila pa anthu ace, kacitsi, kugawikana, kugwebana pakati pathu ndi kususana pa zamwambo. Monga Mfumu yamunkhani mwathu anafuna kuona anthuace, agulu lake, mugwilizano.

Pomwe tinali kususana, monga mafumu amidzi anaiwala za cida, naisenso tiiwala za nchito yomwe tili nao. Ambili nabvutika, pomwe ambili samudziwa Mulungu ndikuima pozithandiza tokha kapena kukangana ndi anzathu.

Edmund Burke ananena, “Izo zonse zili zofunikila kwa lupenga laoipa ndi munthu wabwino kusacita kalikonse.”<sup>1</sup> Pomwe titangwenika kupsyinjidwa adani anthu akutukula nchito zao kuchingilizidwa, pansi pamphuno zathu.



### **Ndime yamu Baibolo**

Ndimezi zomwe tiwerenga zacidzindikilo ca sopano ndiponso zabanja lomwe tili ife mbali. Buku la Yohane inalembewda ndi Yohane ophunzila omwe anadziwa Yesu. Kuchokela paciyambi ca buku lace alankhula za banja ndi omwe ife tili. Chinakankhala cofunikila kwa iye. Ndime kuchokela kwa aifenso ya Mtumwi Paulo. Analemba kalata ku mpingo wakwa Aefeso.

Werengani ndimezi mofuula ku bungwe, kapena wina munthu ali ndi Baibolo ndipo atha kuwerenga, apempheni kuti awerenge.

### **Yohane 1:10-13**

“<sup>10</sup>Iye anali m’dziko lapansi, ndipo ngakhale kuti dziko lapansi linalengedwa ndi lye, dziko lapansilo silinamuzindikire lye. <sup>11</sup>Iye anabwera kwa iwo amene anali akeake, koma akewo sanamulandire lye. <sup>12</sup>Koma kwa onse amene anamulandira lye, kwa amene anakhulupirira m’dzina lake, lye anawapatsa mphamu yokhala ana a Mulungu; <sup>13</sup>ana wobadwa osati monga mwachilengedwe, kapena chisankho cha munthu, kapena chifuniro cha mwamuna koma wobadwa mwa Mulungu.”

### **Aefeso 2:19-22**

“<sup>19</sup>Kotero kuti, inu sindinunso alendo ndi adani, koma nzika pamodzi ndi anthu a Mulungu ndiponso a m’banja la Mulungu. <sup>20</sup>Ndinu okhazikika pa maziko a atumwi ndi a aneneri, pamodzi ndi Khristu Yesu mwini ngati mwala wa pa ngodya. <sup>21</sup>Mwa lyeyo, nyumba yonse yalumikizidwa pamodzi ndipo yakwezedwa kukhala Nyumba yoyerwa mwa Ambuye. <sup>22</sup>Ndipo mwa lye, inunso mukamangidwa pamodzi ndi ena onse kukhala nyumba yokhalamo imene Mulungu amakhala mwa Mzimu wake.”

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<sup>1</sup> Burke, Edmund (1770) *Thoughts on the Cause of Present Discontents*, 3<sup>rd</sup> Edition, Pall Mall, J Dodsley



## Funso

Funsani aliyense mubungwe ngati ali ndi ana. Kwa ao alinao, afunseni kuti afotokoze mwe anao anafananilana nao.



## Mtundu wa Sopano

Funso yomwe tafunsa iwonetsa momwe ana afananila ndi makolo ao Mnjira imodzi modzi, Mulungu abeleka tonsefe tili Akrisitu. Tonse ndife obadwa ku Mdzimu m'modzi. Tapasidwa danga lokhala ana a Mulungu. Akrisitu acha ici kulandilidwa m'banja la Mulungu. Pomwe tikhala Akrisitu, tilandilidwa la Mulungu mudziko lonse.

Monga banja linga tenge mwana asali wao kukhala wao m'banja, Mulungu acita cimodzi modzi kwaife. Mulungu apanga ife kukhala ndi moyo ndikutilandila m'banja lace. inali opanda tate waku uzimu, sopano, tilinaye tate amene ali Mulungu, Ambuye waonse. Pomwe tikukula tizafanana naye Tate monga ali.

Njira ina yonenera ndiya kuti tili mbali ya mtundu wasopano. Whether we are Lunda, Lozi, Bemba, Nyanja, Shona, Ndebele, Tonga (mungagwiritse nchito mitundu yosiyana yomwe mufuna). Tili sopano mbali ya mtundu wa Krisitu. Ngakhale kuti tisiyana zipembezo, komwe tichokera, ngakhale kuti ndife olemera kapena osauka, akuda kapena oyera, tili tonsefe mbali ya mtundu wa Krisitu.

Ndime ya mwa Aefeso itithandiza ife ku pereka malingalilowa pasogolo. Mcipangano Cakale, kacisi ku Yerusalemu ana mangidwa ulemelero wa Mulungu. Nimukacismo momwe zambili zau Mulungu zinali kucitikila ndi zolungama kwa Mulungu. Kwa Aefeso, Mtumwi Paulo anati ndife mbali ya kacisi ya Mulungu pamodzi, tonsefe ndife mbali yachimango, comwe Krisitu ndi mwala wapa ngodya uli ofunikila. Sentence omitted Ndi tanthwe yoikidwa pamadziko acimango. Pa tanthwero, cimango cili conse cimangidwa.

Tonsefe tili mbali ya cimango ca Mulungu, mtundu wa sopano.



### Funso

Fusani bungwe kodi ndi phindu bwanji lokhala ndi cimango copwanyika? Kapena zidunswa za mandala? Kodi unga cite nazo ciani?



Cimango ca anthu a Mulungu nicapadera. Monga kacisi ndi malo komwe ulemerero wa Mulungu ukhala dipo uli ndi mphamvu. Ngati sitili pa modzi ndiye kuti nchito ya Mulungu ndi ulemerero wace ulibe phindu. Tifuna wina ndi mnzace m'mkhalidwe yosiyana-siyana. Tifunanso miambو yosiyana-siyana. Anthunso osiyana nave. Kopanda iwo ulemerero wa Mulungu olimba monga ufunikila.

## Nsonga 3: Kutsogolela Bungwe Lamoyo mu mudzi mwanu



### Cholina

Cholina ca ciphunziso ici ndiku phunzitsa anthu mofunikila kusogolela mabungwe m'midzi. Cholina ca maphunzilo ndi:

- Kuphunzitsa ka bungwe kangóno kusewenzesa osati kungo lalikila.
- Kuphunzila njira zina mocitila maphunziro yabungwe ling'ono.
- Kuphunzila momwe Bungwe Lamoyo linga kwanisile zofuna za ena.



### **Nkhani: Misasa ili pa Moto!**

Kunali mudzi wina mkatı mwa mtengo. Nyengo yamvula itangotha ndipo udzu uli wautali mthengo. Njoka zambiri ndi tinyama zinabisala m'maudzu kuopa kutentha kwa zuba.

Precious ndi Phiri tunali tiana tingóno m'mudzi. Zomwe anakonda kucita masiku onse zinali kugwila tinyama tingóno monga mbewa. Kuti apeze izi Precious anali kuyasa moto mbali ina ya thengo ndipo tinyama tinali kuthamanga kuloza kwa Phiri kuti iye atigwile. Analı ndi cisangalalo cosatha pochita izi ndi kупедза zakudya. Amaphika zones zi ndikudylelatu pambuyo pace!

Nthawi ndi nthawi Precious ndi Phiri anasowa pa Sabata m'mawa. Anapeza ku kacisi kukhala komvetsana ukesi komanso wa mkokota.

Tsiku lina Precious ndi Phiri anayasya moto, koma osati mwamasiku zones kunali cimphepo. Pomwe moto unayamba kutentha, cimphepo ci cina nyamula moto ndiku yamba kutentha maudzu akulu-akulu ndi kupambana poyamba paja. Nthawi isanathe mbali yonse udzu unapsya. Moto ukulepheleka.

Precious ndi Phiri anathamanga-thamanga kuyesa kuzimya moto pakuti kunali kotentha. Cimoto cinali cacikulu. Cigulu ca mayani ena cinagwira moto. Umoyo wa anthu unali pangozi.

Precious ndi Phiri anathamanga kusakila anthu kuti awathandize, koma kinalibe ooneka pafupi. Anakumbukila kuti panali pa Sondo ndipo kuti aliyense anali ku kacisi.

Pomwe anafika ku kacisi, ulaliki unayamba kale. Amuna anali atakhala mbali imodzi naonso azima kwa okha. Onse wo anali kuchela ku ulaliki kucokera kwa oyendetsa mapemphero. Precious ndi Phiri anayesa kusokoneza mwaka nthawi, koma nthawini zonse anali kuuzidwa kuti akhale batha osati kusokoneza. Cinaoneka kuti kinalibe owamvera.

Mwamwaai akulu amapemphero anatopetsewa nao ndi kuwauza kuti acoke mkacisi. Awiri mwa oyanganila anaza naonetsetsa kuti ali chete. Pa nsongai Precious anafulula, "Simumvesesa. Misasa yanu akupsya uku!" Onse anadabwa ndipo onse anatanganika pomwepo anathamanga kukuona zomwe zinali kicitika.

Zoona ndi, misasa yambiri inali pamoto. Anthu akukacisi mogwirizana anayamba kuzimya moto. Anakwanisa kupulumusako misasa yambiri monga mwa cilakolako cao. Misasa ina inapsya pamodzi ndizopezekamo za mabanja okhala komweko.

Anthu anakalipa ndi kufusa, "Nicifukwa ninji simunanene?" Precious ndi Phiri anayamba kulira. "Tinayesa," anatero, "koma simunatimvere. Munatanganidwa kuchera ku uthenga osati ife." Ngakhale kuti Precious ndi Phiri anayamba moto mwa dala anakhulukidwa mwamsanga ndipo iwo onse anagwirizana kuthandiza awo ao zina onongekeratu. Aliyense waiwo analumbila kuti azamverela kwa aliyense mwa cheru sopano!



### Funso

Funsani bungwe gulu comwe nkhanzi itanthauza? Yembekelani mayankho monga ndizofunikila kusewenzera pamodzi. Yankho yomwe ufuna ndi yakuti ndicofunika kumva ndi kuperhunzila kwa wina ndi mzace. Ngati anthu anamvela kwa Precious ndi Phiri poyamba, zinthu zinakkhala bwino ngakhale kuononge sizinaka onongeka. Ngati Precious ndi Phiri anali nao malo mkacisi moto sukana yasika.



## **Maungwe Yangóno mu Baibolo**

Mu Baibolo tina berenga za Akrisitu kukumana pamodzi mumu bungwe angóno angóno mumanyumba yao. Bungwe ling'ono ili monga Bungwe Lamoyo ingóno yomwe talankhulapo. Ndi bungwe la anthu omwe akumana pafupi pafupi ku:

- kuwerenga Baibolo
- kugawa za zaumoyo pamodzi
- kukumbukila Yesu ndi kukhala ndi mgonero pamodzi
- kupemphera pamodzi
- kukhala osangalala, kupeleka ndalamu ndi nthawi yawo
- kumtamanda pamodzi
- kucitila umboni pamodzi<sup>2</sup>

Monga taonaela izi ndicimodzi-modzi ndi kuyesa-yesa komwe timayesa mu ma Bungwe Yamoyo.

Anthus ambiri akudabwa komwe nzeru za tumabungwe tingónoi-ting'ono zicokela. Izi zicokela kwa Akrisitu akale omwe anayesa-yesa kukumana monga tionera mu Baibulo. Makacisi oyamba mu Baibo sanali akulu-akulu, koma mwina mwa ciwerengero ca anthu 50. . Pomwe muwerenga kalata wa Agalatiya mwa citsanzo, zinalembedwa ku bungwe la anthu ochepa ndithu apo mtha kulingalila.

Mabungwe Akrisitu amakumana m'manyumba, kubwalo mkatyi mwa kacisi mwina msinagogi (kacisi ka aYuda). Sanankhale naco cimango ca kacisi mongo tili ife. Conci, kulibe pochula cimango ca kacisi comangidwa Mcipangano Casopano. Akrisitu anali kukumana m'mabungwe ang'ono m'manyumba. Tizayanganapo zisanzo 2 kucoka mu Baibulo.



## **Ndime ya mu Baibolo**

Kacisi mubuku ya Aroma ndi Filimoni anali kwa Aroma mmudzinda wa kolose. Kacisi kanali kukhalila mumnyumba, osati mcimango ca kacisi.

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<sup>2</sup> Pastors.com/Rick Warren, 2012. Seven Marks of a Healthy Small Group [PA MPHEPO] Available at <http://pastors.com/seven-marks-of-a-healthy-small-group> [Pa kulowa 28 June 2017]

### Aroma 16:3-5

*“<sup>3</sup>Mupereke moni kwa Priska ndi Akwila, antchito anzanga mwa Khristu Yesu, <sup>4</sup>amene anapereka khosi lao chifukwa cha moyo wanga; amene ndiwayamika, si ine ndekha, komanso Mipingo yonse ya Ambuye ya kwa anthu amitundu; <sup>5</sup>ndipo mupereke moni kwa Mpingo wa Ambuye wa m’nyumba mwao. Moni kwa Epeneto wokondedwa wanga, ndiye chipatso choundukula cha Asiya cha kwa Khristu.”*

### Filimoni 1:2

*“<sup>2</sup>Kwa Apiya mlongo wathu, Arkipo msilikali mnzathu, ndiponso mpingo umene umasonkhana m’nyumba mwani.”*

Ndicololedwa kukumana m’mabungwe ang’ono monga Bungwe Lamoyo wanu m’midzi. Ndimcitidwe wa ololedwa bwino m’baibulo.

### **Zocita: Mpikisano wa Wilibala**



Tenga anthu ozipeleka anai ndipo aperekeni kutenga “mpikisano wa wilibala”. Izi ndipaja pomwe wina awera mawina agwilamendo amuzace ndi, manja mtsogolo, zilimo nga wilibala. Lekani anthu am’bungwe acita mpikisano yosiyana-siyana Masulilani kuti mpikisano yi ifuna anthu ku kusewenzera pamodzi ngati tifuna kupambana. Izi zilingati mu ma Bungwe Ya Umoyo komwe kusewenzera pamodzi ndi cinthu cabwino.

### **Ma Bungwe Yamoyo yatithandiza kukhala monga Krisitu m’midzi yathu**



Mu Bungwe Lamoyo tithe ku:

- kuona ngati eina abvutika kapena kusowaa
- thandizana ika cikhulupililo cathu mchito pamodzi (monga mpikisano wa wilibala)
- phunzila pamodzi
- kuchera kwa wina ndi mnzace (monga mnkhani, Misasa ili Pamoto!)



## **Ndime yamu Baibo**

Kalata ya Yakobe ndi yodzadza ndi uphung wazinthu zocitika ndi nzeru. Comukhuza cace cimodzi ndikuti anthu aike cikhulupiliro cao mnchito osati mmau cabe!

### **Yakobe 1:22-25**

*“<sup>22</sup>Musamangomvetsera chabe mawu, ndi kumadzinyenga nokha. Chitani zimene mawuwo amanena. <sup>23</sup>Munthu aliyense amene amangomva mawu koma osachita zimene mawuwo amanena, ali ngati munthu amene amayang’ana nkhope yake pa galasi. <sup>24</sup>Akadziyang’ana amachoka, nthawi yomweyo n’kuyiwala mmene akuonekera. <sup>25</sup>Koma munthu amene amayang’ana mwachidwi lamulo langwiro limene limapatsa ufulu ndi kupitiriza kutero, osayiwala chimene wamva koma kuchita adzadalitsika pa zimene amachita.”*



## **Funso**

Fusani bungwe kodi ii ndime yamu Baibolo itanthauza nji? Mayankho yakuti mau Amulungu kuwagwirisa ncito kulimbikitsidwe. Afuseni momwe alingalila Bungwe La auamoyo linga wathandizile kucita izi. Ici cizakuthandizililani kupima cimveseso.

**Kumwazika – li ndi mbali pomwe mumwazikana m’mabungwe 2.**



## **Momwe ungasogolele Bungwe La Umoyo**

Masulilani kuti mbali ya mndimeyi tizaphunzila mosonkhanisila ndi kusogolera Bungwe la Umoyo.

## **Nikuti ndipo niliti pomwe tikumana**

Bunwe la Umoyo ingakumane palionse m’mudzi. Anga kumene mnsi wamtengo, musukulu, mu musasa ngakhale m’munda. Zofunikila kuika m’malo nizakuti malo akhale komwe aliyense azamasuka nao ndipo sanga lephere. Nmungasiye kacisi ngati ilengesa anthu kusa bwela kumsonkhano.

### Mosongolela msonkhano wa Bungwe Lamoyo

M'emapemphero opempheretsa alankhula KWAMBIRI ndia nthu amachera. Nthawi zina anthu samvesetsa nthawi zina anga lefuke ndi kuleka kuchera. Nthawi anthu sapatsidwa nthawi yofunsa mafunso. Anthu amaphunzila kucokera kwa msogoleli.

Mu Bungwe Lamoyo musogoleli azalankhulako MOCHEPA kumasulila zinthu. Kuzakhala mpata wa anthu ena kulankhuzana pa matanthauzo. Anthu azafunsa mafunso. Anthu azatha kupemphera pamodzi pa zinthu zowa sautsa ndi momwe afunila ku tumikila Yesu bwino. Paza pezeka danga kwa anthu kuchita zomwe Baibolo inena ndiku lingalila zomwe itanthauza mu um

oyo wao.<sup>3</sup>

### Zocita: Mpikisano wa mpila<sup>4</sup>



Masewela awa aseweledwe pa maso paliense ndipo aliyense alimbikitsidwe kusewera pamodzi Cifukwa campikisanoyu kufunika ka bola kang'ono. Ngati mulibe munga gwilitse nchito za leba, mangani masokosi, apple, kapena ralange. Mufunika cinthu cina comwe mutha kuponya mwa msanga.

Sonkhanitsani bungwe lya anthu 8 ndi atatu pasogolo pa cipinda. Yambani kusewera ndi mpila monga muwerengera zau phungu.

### Sewerani mpila pa nokha

(*Ponyani mpila mu mwamba mo bwezela bwezela pomwe mulalankhula.*) Ngati nisewera mpila nekha ndi yekuti nizimvesa bwino koma kulibe wina akuphunzila mosewerela. Pambuyo pa nthawi anthu azamva ulesi woonelela ine ndekha. (Limbikisa bungwe ulinao musogolo omwe aoneke aulesi kuponya ndi kugwila mpila iwe kupanga nsonga). Izi ndizomwe

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<sup>3</sup> Kulankhula pang'ono ndi mwakuya' kucita mofanana ndimei ndi kuzika midzi mwa Yesu bungwe ndi cophunzililamo. Dr. A. Morgan. Mathetes trust. ([www.rootedinjesus.net](http://www.rootedinjesus.net))

<sup>4</sup> Mctidwe uyu unacokela ku maphunzilo akwa alefa ndime yache: mosogolela bungwe ling'ono. Alepfa yapali ponse.

zima khalila pomwe musogoleli a bungwe ama citila kulankhula kwambiri. Pambuyo pace anthu azasiya kuchela koma kumvesetsa zochepa.

### Sowereni masowera ampila ndi wina ndi mnzace

(*Ponya ni bola kumbuyo ndi kusogolo kea munthu umodzi m'bungwe pomwe ukulankhula.*)

Ngati unge sewere mpila ndi wina ayamba kumvesetsa zomwe mpila wa bola uli. Ndipo afunsa mafunso mwina amasulila zomwe ndime yamu Baibolo inena pa za umoyo wao. Alowa mpikisano. Ngakhale concho, ndi zaine ndi mnzanga. Kulibe wina ozilowesamo ndipo ndine omwe niphunzitsa ndi kulankhula.

### Sowereni masowera ampila ndi aliyense

(*Yamba ku ponya mpila kwa aliyense mu bungwe lochepai mwe bwezera izi bweranso kwa iwe nthawi zonse.*)

Mu Bungwe la umoyo imafuna kuti aliyense azipezekamo. Sopano aliyense wa mu bungweri ali nayo danga yofunsa mafunso ndi kunena zomwe ndime yamu Baibolo itanthauza mu umoyo wao. Aliyense aphunzila. Aliyense alowamo. Ndiye ubwino.

### Sowereni masowera ampila ndi aliyense koma mosiyana

(*Yamba ku ponya mpila kwa aliyense mu bungwe lochepai mwe bwezera alimbikisani kuti aziponyerana asana ponyeso kwa iwe.*)

Njira yabwino niyakuti sinthawi zonse kuti msogoleli aziyankha mafunso. Nicha bwino kuti nthawi zina anthu aziyankhana wina ndi mnzace pa mafunso ndi kumasulila momwe akwanilitsila mabvuto amu umoyo wao. Uyu ndi mpikisano wa mpila wokoma.



### Funso

Funsani bungwe ninjira yotani momwe anga sogolele bungwe yomwe alingalila ndi yabwino ndipo nicifukwa ninji?



### Zocita: Bwezerani Mpikisano wa Mpila mu Mabungwe

(*M'funika mpila umodzi ya bungwe iliyonse.*)

Nthawiyi mwazikanani mzipinda mu mabingwe a anthu 8. Sankhani munthu mu bungwe lililonse kuti akhale osonkhanisaMwa kanthawi

kochepa, itanani umodzi mwa njira zinai mwe mabungwe atha kusewerela ndipo apempheni kuponya mpila mozweta mnjira imodzi anacitila. Ndiyo sangalasa, samalilani fundo pomwe aliyense atengako mbali ndi kucita paokha.

#### Ndi cofunika kukumana anthu pakati pa msonkhano wa Bungwe La Umoyo

Nicofunika kuti anthu azilimbikisana pamodzi simusonkhano chabe pomwe tiyenera kukumana. Kunga pezeke wina ali ndi bvuto kapena afunako kulimbikisidwa muudindo. Monga osonhanisa wa bungwe uzi yendela ciberengero ca mu bungwe tsabata lililonse ngati kutheka. Izi zikhuzanso onse amene amapezeka ku bungwe koma sali mu Krisitu. Atandalileni, gawanani nao nthawi kuwalimbikisa. Izi zizawalimbikisa.

#### Mabvuto ofanana ndi mowa silizila

Kunga khale mabvuto mumu bungwe yomwe msogoleri afunika kuthana nao kupanga bungwe kulimba. Ngati bungwe iyamba kuyenda moipa cilimbikiso siciza pezekapo.

Kuonetsera izi, funsani anthu khumi ndi atatu omwe amaze kusogolo mpila kuti abwerenso. Tizaonetsa zisanzo zambili.

#### Munthu akulankhula kwa mbiri

*(Ponyani mpila kusogolo ndi kumbuyo koma ku munthu umodzi kukumbusa anthu.)*

Nthawi zonse bungwe ili naye munthu omwe amakonda kuyankha ndi kupereka ndemanga kwazonse. Atha kulankhula koposa ena ndipo sapasa danga kwa ena kulankhula.

Nanga iwe mspogoleli ucitapo ciani? Unganene ciani kuti asiye?

Ngati wanena, "Yohane wa kamba kwa mbiri yamba waima sopano" angazimve motani Yohane? Anga khumudwisidwe mwina sanga bwerenso ku bungwe.

Koma unga nene monga, "inali yankho yabwino Yohane koma zomwe aliyense anga cite ndi kunena zomwenzo?" Yohane sazakhumudwisidwa koma azaba afunika kuziba kukhala batha kulola ena ku lankhula.

*(Sopano siyani ku ponya mpila ku munthu umodzi ndi kuponya ku ena.)*

Munthu wa manyazi ome sayankha mafunso kapena kulankhula

*(ponyani mpila kwa aliyense mu bungwe mo lumpila m'modzi.)*

Unga nenenji kuti uthandize munthu yu kuti alankhule?

Ngati ungati, " Nicifukwa ninji ulankhula, ndiwe opanda nzeru?" Anna aza zimva opanda nzeru mwina nikusa bwerakonso. koma mwina nenani zinthu zina monga, "Anna uoneka monga uli ndi ciganizo cabwino. Kodi ulinso ndi zina zonena paizi?" Mwina angamve kumasuka ndi kuyamba kuyankhula.

Nthawi zina anthu azati, "Iyai sinifuna kulankhula." Ngati zili tero lekani iwo achere. Pambuyo pace mabungwe apita pasogolo anthu azakhala olimba ndipo anga yambe kuyanjana mu zo lankhulika mu masabata osatila.

*(Ponyani mpila mozungulila pamodzi ndi awo okhala chete.)*

Sopano unga funse bungwe ozipereka ku khala pansi.

Munthu amene amati iyi yankho si yolungama

Ngati wina anena zina monga, "Sindi khulupilila kuti Yesu ndi Mulungu."

Ndipo unga yankhe ponena zina monga, "Ninali kukhulupilila tero mpaka pomwe ndi nakumana naye ndipo ana sintha moyo wanga" kapena, "Bena mwa ife pano tikhulupilila mosiyana, tiyen'i tipitilize ku werenga ndi kuona zomwe Baibolo inena."

Ngati wina anena zina zopanda pace unga nene zina monga, "Izi ndi zokondwelesa sindina zimvereko kulikonde zanenedwako lero."

Ulingalila kuti anga mve motani ngati unena, "Sunakhoze, ungakhulupilile bwani zontere!" Zimawapangisa kuzimve kuipa.

Awa mwina sazaka bwelakonso ku bungwe ndipo angathe kutaikidwa mwayi waku gawana zacoona za Yesu ndi iwo. Musadere nkhawa anthu omwe aziwa zonsemtsabata limodzi. Ochepa aife mwazizi angathe kudziwa Yesu. Unyinji wa ife tima phunzila mbichana mbichana.

#### Bungwe yomwe siyendetsedwa bwino kapena mnthawi

Ndime za Bungwe Lamoyo ifunika kukhala kwa maola awiri. Mukacitidwe aka anthu angathe kupezekapo. Afunkanso pa nthawi imodzi tsabata lonse. Ngati sitikumana sabata lonse anthu ama sowa kudikhila Ngati siyendesedwa bwino anthu amaleka. Ngakhale mkati mwa Africa komwe nthawi ndi yopepuka, izi zinthu ndi zofunika.

#### Anthususana ndi Bungwe La Umoyo

Anthususana ndi Bungwe La Umoyo m'mudzi. Anthu amakhala organiza mwansanga. Kuti tilake izi tifunika kulankhuzana bwino ndim anthu komanso kupempherelapo. Masukanani ku zomwe mucita ndi momwe mucitila. Masulilani mwakuya kwa anthu. Ngati mwamva zina zosalungama onetsetsani kuti mzinena moyenera ku wantru omwe munazimvako. Taona mukhalidwe yu ku lakika nthawi zambiri.

#### Chifupikiso



Kumbukilani nkhani ya Precious ndi Phiri, ndi momwe anakhalila olimba ndiponso anakabvutikila ngati anthu anachera kwa iwo. Kumbukilaniso nkhani ya bungwe mpiikisano wa mpila ndi nsonga zina momwe Bungwe la Umoyo litha ku sogoleledwa m'mudzi.

#### Pemphero



Apempheni anthu kuti apite ku mabungwe amidzi yawo. Auzeni anthukuti apemphere mofuula ndi kupempha Mulungu kuti awathandize kuyamba Bungwe Laumoyo m'mudzi mwao

Ndipo funsa bungwe ngati anamvapo Mulungu kulankhula kwa iwo kuti asinthe njira momwe ayendesela zinthu m'mudzi ngati npcionco.

Atengereni kumapemphero kuti Mulungu awathandize kuona aliyense mofanana, ndi kuphunzila kwawina ndim'nzace.

## Nsonga 4: Aliyense ali ndi Malo



### Cholina

Cholina ya maphunzilo ndi kuthandiza anthu kumvesesa momwe banja la Mulungu inga sewenzere pamodzi m'midzi yao.

- Kumvetsetsa comwe Thupi la Krisitu ili
- Kumvetsetsa kuti aliyense mwa Krisitu ndi olingana
- Kumvetsetsa Bungwe la Umoyo mu umunthu isewenzera m'midzi



### Zochulidwa

Pomwe mnena nkhanzi ya kabichi wamukulu, onesesanai kuti anthu aikidwa pamidzera pasogolo pa cipinda kuti azioneka bwino kuli aliyense. Simikizilani kuti mupasa anthu mpata wa uphungu wa poi milila ndi zocita.



### Nkhani: Cikabichi Cacikulu

Kunali ci kabichi pansi. Cinali cacikulu pakuti alimi anali yakali-yakali kufuna kuti acizyule ndi kugulisa pa mutengo waukulu.

Motero mulimi anapita kuka zyula.

(*Kupanga wina kukhala mlimi ndi kucita ngati mlimi, kupita kumunda kukazyula zamayani.*)

Azyula (*munthu adonsedwa*), adonsa (*munthu adonsa*) ndipo adonsa (*munthu adonsa*). Koma IYAI! Satha kuzyula kabichi yo.

Adabwa mlimi ndani anga muthandize, ndipo alingalila " Ndipite ndi kutenga mkazi wanga." (*Limbisa oziperekayo kukatenga mkazi pa anthu ochuluka.*)

Pomwe mkazi asankhidwa, aimilile kumbuyo pamzera kwa mlimi ndi kumthanza kudonsa. (*Ngati oziperekayo wakondwera, ndi cabwino kuimila kumbuyo kwa mlimi pamzera ndi nkugwila mciuno mwa munthu ali pasogolo. Izi zioneka ngati mudonsera pamodzi. Upitilize kunena nkhanzi ndi ku patsa uphungu kwa oziperekayo.*)

Sopano pitamoni yesani kuzyulanso kabichi. Mobwezela ikani ciwerengero kupanga mdzera katalimpha kuyesa kuzyula kabichi waukuluyo.

Mlimi ndi mkazi wace sathu kuzyula ndipo mkazi apita kukatenga mwana mwamuna.

Mlimi ndi mkazi wace sathu kuzyula ndipo mkazi apita kukatenga mwana mwamuna.

Mlimi, mkazi wace, mwana wa mwamuna, ndi mkazi satha kuzyula motero mwana mkazi apita kukatenga galu.

Mlimi, mkazi wace, ana mwamuna ndi mkazi ndi galu alephela kuzyula tero galu ipita kukatenga coona.

Mlimi, mkazi wace, mwana mwamuna na mwana mukazi, galu, ndi coona satha kuzyula motero coona apita kukatenga fuuko.

Ndi fuuko, azatha kuzyula kabichi.

Ozipelekayo aombeledwa m'manja.

Limbikisani aliyense kubwerela m'mpando mwao kuti aliyense mu bungwe akondwelere.



### Funso

Afunseni anthu nsonga yankhaani? Kuli mayankho awiri yomwe mufuna kuti athu amvetsetse:

- Tifunika kusewenzera pamodzi.
- Munthu ofoka ali ofunikila monga olimba.

Bungwe yopyolamo iyesa kumvetsetsa bali yankhani yakusewenzera pamodzi, koma kusamvetsetsa kufunikila kwa ndemanga ya ofoka.



## Werengani Baibolo

Kalata kwa mpingo wakwa Agalantiya ndi Akolinto yonsewo inalembedwa ndi mtumwi Paulo. Mkalata yache, mugwilizano, kusewenzera pamodzi ndi kufanana ndiye capamutu ca nthawi zonse. Izi nizofunikila.

Nicofunikila kuwerenga ndime zonse mothelatu. Ungafune kuti ulumikize ndime yamwa Agalantia ndi nkhanzi ya kabichi yomwe tatha kuwerenga. Ndime ili mwa Akolinto isatila mwa izi.

### Agalatiya 3:26-29

“<sup>26</sup>*Nonse ndinu ana a Mulungu kudzera m’chikhulupiriro mwa Khristu Yesu,* <sup>27</sup>*pakuti nonse amene munalumikizana ndi Khristu mu ubatizo munavala Khristu.* <sup>28</sup>*Palibe Myuda kapena Mgriki, kapolo kapena mfulu, mwamuna kapena mkazi, pakuti nonse ndinu amodzi mwa Khristu Yesu.* <sup>29</sup>*Ngati inu muli ake a Khristu, ndiye kuti ndinu mbewu ya Abrahamu, ndi olowam’malo molingana ndi lonjezo.”*

### 1 Akorinto 12:12-31

“<sup>12</sup>*Thupi ndi limodzi, ngakhale kuti lapangidwa ndi ziwalo zambiri. Ndipo ngakhale ziwalo zake zonse ndi zambiri, zimapanga thupi limodzi. Momwemonso ndi mmene alili Khristu.* <sup>13</sup>*Pakuti tonse tinabatizidwa ndi Mzimu mmodzi m’thupi limodzi. Myuda kapena Mgriki, kapolo kapena mfulu tonse tinapatsidwa kuti timwe Mzimu mmodzi yemweyo.* <sup>14</sup>*Tsopano thupi silinapangidwe ndi chiwalo chimodzi koma ndi ziwalo zambiri.*

<sup>15</sup>*Ngati phazi litanena kuti, “Pakuti sindine dzanja, sindine chiwalo cha thupi.” Chifukwa chimenechi sicingachititse phazi kuti lisakhale chiwalo cha thupi.* <sup>16</sup>*Ndipo ngati khutu litanena kuti, “Pakuti sindine diso, sindine chiwalo cha thupi.” Chifukwa chimenechi sicingachititse khutu kuti lisakhale chiwalo cha thupi.* <sup>17</sup>*Kodi thupi lonse likanakhala diso, tikanamamva bwanji? Nanga thupi lonse likanakhala khutu, tikanamanunkhiza bwanji?* <sup>18</sup>*Koma zoona n’zakuti, Mulungu anayika ziwalo m’thupi, chilichonse monga momwe lye anafunira.* <sup>19</sup>*Nanga zonse zikanakhala chiwalo chimodzi, ndiye thupi likanakhala lotani?* <sup>20</sup>*Mmene zililimu, pali ziwalo zambiri koma thupi ndi limodzi lokha.*

<sup>21</sup>*Diso silingawuze dzanja kuti, "Iwe sindikukufuna!" Ndipo mutu sungawuze phazi kuti "Iwe sindikukufuna!"* <sup>22</sup>*M'malo mwake, ziwalo zathupi zimene zimaoneka ngati zofowoka ndizo zili zofunikira kwambiri,* <sup>23</sup>*ndipo ziwalo zathupi zimene timaziyesa zopanda ulemu, ndizo timazilemekeza kwambiri.* *Ndipo ziwalo zosaoneka bwino ndizo zimalandira ulemu wapadera.* <sup>24</sup>*Koma ziwalo zooneka bwino, n'kosafunika kuti tizisamalire mwapadera.* *Mulungu polumikiza ziwalo zathupi, anapereka ulemu wopambana kwa ziwalo zimene zimafunadi ulemuwo* <sup>25</sup>*kuti pasakhale kugawikana m'thupi koma kuti ziwalo zonse zisamalirane.* <sup>26</sup>*Ngati chiwalo chimodzi chikumva kuwawa, ziwalo zonse zimamvanso kuwawa.* *Ngati chiwalo chimodzi chilandira ulemu, ziwalo zonse zimakondwera nawo.*

<sup>27</sup>*Tsopano inu ndinu thupi la Khristu, ndipo aliyense wa inu ndi chiwalo cha thupilo.* <sup>28</sup>*Ndipo Mulungu mu mpingo anayika poyamba atumwi, kachiwiri aneneri, kachitatu aphunzitsi, kenaka ochita zozizwitsa, ena a mphatso zamachiritso, ena a mphatso yothandiza anzawo, ena a mphatso yotsogolera ndiponso ena a mphatso ya malilime.* <sup>29</sup>*Kodi onse ndi atumwi? Kodi onse ndi aneneri? Kodi onse ndi aphunzitsi? Kodi onse amachita zozizwitsa?* <sup>30</sup>*Kodi onse ali ndi mphatso zamachiritso? Kodi onse amayankhula malilime? Kodi onse amatanthauzira malilime?* <sup>31</sup>*Koma funitsitsani mphatso zopambana.* *Tsopano ndikuonetsani njira yopambana kwambiri.*"



### **We all have a part to play**

Ife tonse amene tikhala m'mudzi ndiponso oziwa Khrisitu, tikhaza kusebenzetsendwa ndi iye kuchita zinthu zabwino. Pali chikhulupiro kuti ufunika kunkhala opyalamo, m'butsa kapena olalikira kuti uchitire Mulungu chilichonse. Kuli chinganiziro chena chakuti achimembara onse amumpingo alimbembari yochita kozirizotse za Mulungu mu mu mdzimwao. Izi sichoona!

Tiyeni tiringarire zamaremba mu buku la Agalatiya yomwe tachoka kuwerenga. Ndipo nsonga lake lamaremba aya ndi yakuti tonsefe ndife ofanana mwa mbuye Yesu Khrisitu, kulibe kulibe kupatukana pakati ka ife. Kulibe kanthu ndimukalidwe, mutundu, maphuziro kapena chirichotse.

Totsefe ndife ofanana pamenso ya Mulungu. Mu mbusa sakhoza ku uza m'mpingo zochita, ulamulilo wache usakhale tero. Membala wachuma mu mpingo alimbe zonena zambiri kupambana membala osauka. Chachoona ndi chakuti ndife ofanana tifunikira kuyedetsa ma charichi ndi ma Bungwe ya Umoyo yathu munjira imodzi.

Mutumwi Paulo asewenzetsa chisanzo cha thupi yathu kutithandiza kunvetsetsa ichi. 1 Korinto 12:12-31 ndi tanthauzo ya thupi ya Khrisitu. Muthu aliyense, ziwalo zirizонсе за thupi ndizofunikira kuti thupi liyende bwino.



### **Funso**

Kodi ichi chitathauza chani munjira momwe zithu zifunika kuyendera mkacisi ndipo kwaife ndi mu Mabungwe ya Umoyo omwe tilaka-laka kuyamba m'midzi yathu? Pasani aliye se mphindi zisanu m'mabungwe yang'ono – yang'ono ya anthu 3-4 kuti alankhuzanepo pa ichi. Ngati nthawi ilola munkhale okhuzana.



Cilungamo chamukalata kwa Akorinto ndi chakuti ofoka kapena ziwalo zosadalilika za thupi zipasidwanso ulemu wapadela. . Ichi chitanthauza kuti ziwalo izo zomwe tilingalila kuti ndizofoka kapena izo zomwe zisulidwa (aliyense azaziba chomwe ziwalazo zitanthauza!) ndiye ziwalo zimene Mulungu alemekeza. Njira momwe Mulungu aganizila za anthu m'mabungwe athu ndi mudzi ndizotsiyana mothelatu momwe ife tinganizila za iwo. Ndi zophonyana ndi anthu omwe tisula kukhala oyamba.

Kachala kang'ono kangaoneke kuti kalibe phindu. Ungathe kukhulupirira kuti kutenga panga ndi kukajuba ndipo sipazaoneka kusiyana. Ndipo uzakhala olakwisa. Kopanda kachala siuutha kujikilia. Anthu omwe ataikidwa kachala kao afunika ku phuzira kuyendanso.

Nanga zilimotani ku cikumo cako? Siciri cacikulu kapena ca mphamvu ca thupi. Ngakhale conco, ngati watakidwa siungathe ku doba vinthu ndi kusebenzetsa. Ngakhale ndikochepa ndi kofunikila kwambiri!

### **Totsefe tifunikila kusebenzetsa mphanso zathu**

Kukhala ofanana mu thupi ndi Khrisitu ngati mutu, chitanthauza kuti tonsefe tili ndi mphanso ndipo tili ndi gao lochita. Nga tayangana malembo mu Akorinto tiwona zisanzo zina:

- atumwi
- aneneri
- aphunzitsi
- zozizwa
- machiritso
- mathandizo
- maweruziro
- kulankhula mu malilime

Kuli mphanso zina zambiri zonchuridwa mu Baibolo. M'mundanda uyu Paulo apasa zitsanzo ku charichi ya ku Korinto. Afunsa ngati munthu umodzi akhoza kuchita zotseve? Yankho ndi iyayi!

I Munjira imodziyi tizafunana wina ndi mzace ndi mphanso zomwe Mulungu anatipatsa totsefe. Pamodzi ndife olimba ndiponso tikhoza kuchita zomwe Yehova atifunsa mwachidwi.

**Omwe alikunja kwa mu mpingo siwofunikira kuwasiya!**



### **Kuwerenga Baibolo**

Mateyu analemba zithu za mumoyo wa Yesu kuli ife kuti tinvetse ubwino wake. Kuwerenga uku ndi chitsanzo chomwe chisonyeza Yesu alandira anthu omwe sibali ba Mulungu ndikukhala nawo. Ichi ndi cikulu kwambiri kwa Mulungu.

### **Mateyu 9:9-13**

*"Ndipo Yesu atachoka kumeneko, anaona munthu wina dzina lake Mateyu, atakhala m'nyumba ya msonkho. Anati kwa iye, "Nditsate Ine." Ndipo iye ananyamuka namutsata.*

<sup>10</sup> himwa ambiri anabwera nakhala pansi pamodzi ndi Yesu ndi ophunzira ake. <sup>11</sup>Ndipo Afarisi poona izi, anati kwa ophunzira ake, “N’chifukwa chiyani Aphunzitsi anu akudya pamodzi ndi amisonkho ndi ochimwa?”

<sup>12</sup> Yesu atamva, anati, “Munthu wamoyo safuna sing’anga ayi, koma wodwala. <sup>13</sup>Koma pitani kaphunzireni tanthauzo la mawu awa: ‘Ndima funa chifundo osati nsembe ayi.’ Pakuti sindinabwere kudzayitana olungama koma ochimwa.””



### Funso

Kodi citanthauza chani momwe tigwirizilana ndi anthu ena kunja kwa kacisi? Kodi afunika ku citidwa monga akunja kapena afunika kulimbisidwa monga amodzi abanja? Pasani aliye se mphindi zisanu m’mabungwe yang’ono – yang’ono ya anthu 3-4 kuti alankhuzanepo pa ichi. Ngati nthawi ilola mukhale okhuzana.



Nthawi zambiri Mkacisi ndimu Khrisitu, timasiyana nawo amene tiona kuti ndi ‘ocimwa’. Tikhulupirira kuti tifunka kulakana nawo. Tikhulupirira kuti ena mwa iwo ndi anthu woipa ndipo munjira ina angatisokoneze ngati tingankhale nawo pamodzi pakathawi. Ici sichoona ndipo sizomwe Yesu azilaka-laka ife kuchita.

Mwacisanzo ici Yesu anadya nawo okhometsa musonkho ndi ochimwa. Okhometsa musonkho anali kuwonedwa ngati anthu oipitsitsa. Kumalo komwe anakhala, yomwe achedwa kuti Israeli yeli, anazingidwa ndi Asilikali a chi Roma. Anthu anadana nazo izi. Okhometsa musonkho anasewenzera Aroma, kutenga ndalamda ndi kupatsa Aroma. Nthawi zambiri anali kunama ndipo analinso aciphuphu ndipo anasunganso ndalamda kwa iwo okha. Analu anthu ozondedwa kwambiri ndi anthu mu Palestine. Koma Yesu anapita ndi kunkhala nao mwaka nthawi.

Sitina pangidwe kunkhala chabe thupi kuti aliylene ndi ofanana. Tinapangidwatso kunkhala thupi yomwe izalola amene alipanja kuyanjana nafe. Tineneza anthu kunkhala naife ndi Khrisitu mwaka nthawi Mabungwe yathu ya Umoyo ofunka kunkhala yomasuka kwa ALIYENSE m’mudzi waukulu, kulibe kanthu ndi otani, wacita zotani.

Yesu sanaze kwa iwo omuzindikira, koma kwa iwo osamuziwa. Tifunika kuchita chimodzi.



### **Funso**

Funsani mbungwe ndi anthu otani amene amalakhidwa kapena ku siidwa m'mudzi mwathu? Mwacidule lankhuzanani m'mene tingawathandizire.



### **Zochulidwa**

Iyi mbali ya nsonga ndiyofunikila kwambili. Musaibelenge chabe, anthu m'mbungwe athe kuwona momwe ingathe kusebenzela ndi zomwe zingacitike. Kuwathandiza kuti amvesese izi zicitike ku sogolo kwao. Mau ena anena kuti "Cithunzi ciwulunsa mau zikwi-zikwi!"



### **Zocita**

Zochita izi zisonyeza momwe Bungwe Lamoyo ingathe kusewenzela. Ndiponso ziwonesanso momwe phanso zosiyana-siyana za anthu zingathe kugwilira nchito pamodzi ndipo momwe zingathe kupanga umoyo ndi nchito ya udindo ku khwima.

Ndiye pasogolo muchipinda co phunzitsilamo, pemphani awili ozipeleka kuti abwele ku sogolo. Masulilani kuti awa ndi anthu awili omwe alingalila kuti ayambitse Bugwe La Umoyo m'mudzi mwao.

Pemphani awili ozipelekao kuti apite akanyamule ena asanu ndi atatu, omwe azankhala ma membala ambungwe yao. Onse aimilile ku sogolo m'muzela ukuyangana anthu.

Masulilani kuti iyindi Bungwe Lamoyo ndipo kwameyezi yo kwana ngati 6 akhala akumana sabata ndi sabata pamodzi. Akumana pa ciwili m'mazulo ndithawi ya 15 koloko kufikila 17 koloko, ndi anthu pakati pa 10 komanso 16 asokhana sabata lili lonse. Achoka ku ma kachitsi osiyana-siyana ndipo ankhala kusewenzetsa zida zopatsidwa kwa iwo pa nthawi yama phungu.

Masulilani kuti muli anthu osiyana-siyana mu mbungwe ili. (Ndi anthu osiyana-siyana anenezedwa apa ndipo mufunika ku masulila munthu ndi

munthu aliyense. Simikizilani kuti m'masulila ndi kuthandiza onse ozipeleka.)

#### Osokhanisa ndi mthandizi

Pamodzi analingalila kuyamba bugwe. Analankhuzana nao abwenzi ndi ku neneza anthu osiyana-siyana kuchoka m'makachitsi osiyana-siyana komanso ndi muzinda onse wathutu. Ndiye ku pitilila pa phindi ya myezi zisanu ndi umodzi aliyense mu m'bugwe akula. Anthu osewa achoka m'makachitsi osiyana-siyana, ndiye zoona ndi ena awili mwa iwo sapita ku kachitsi koma alingalila za izi.

#### Anthu awili omwe aziwa kuphunzitsa ana

Anaona kuchuluka kwa ana mu mudzi. Sabata ndi sabata aona momwe ana asiywa opanda nchito mkachitsi. Alingalila kuchita zina pa ici ndipo sabata lilonse anayamba ku phunzinsa za kwa Yesu ndi kunkhala nathabwala ndi ana mu mudzi. Zinali izi chifukwa iwo analimbikisidwa kusewenzetsa phanso zawo ndipo osokhanitsa wa mbugwe anawalimbinsa kuchita ici!

#### Wina amene ali m'phunzitsi wabwino

Uyu munthu amvesesa cidalitso mwamusanga ndipo analiko nako kucitako ukamulaye kochepa pa kusogolela mzakuwelenga. Osokhanitsa amupempha iye, kuwona ngati iye ndi munzace angapite pa mudzi oyindikana nao ndi kuyamba Bungwe La Umoyo kumeneko ndi ku phuzitsa anthu ena. (Kumbukilani tanenapo kale mu buku ili pa "Kuculukinsa Bungwe")

#### Anthu atatu omwe ali ozolima za mthilila

Umozi mwa iwo alinayo luntha yakulima nthaka komanso ku thandiza osauka pa kulima zakudya. Ena awili mu bungwe alinga ku muthandiza iye.

#### Anthu awili omwe sali a Khrisitu

Aza ku bungwe sabata ndi sabata. Afendela pafupi ndi yesu.

Pomwe bungwe ikula tipeza phanso zathu ndiponso ndi uphungu woungamo nchito ya Mulungu mu mudzi mwathu ikula. (Pitilizani kuthilapo ndemanga pa nsongwa paka onse atamvesesa.)

Yamikani ku wozipeleka ndi kuwapempha ku bwelela ku mipando yawo.



### **Ndife chabe tingapange kuti zinthu zicitike!**

TAnthu chabe angathe ku fika ndi kuthandiza mudzi ndi Bungwe La Umoyo. Ndi wantru omwe Mulungu asankha mu mudzi ku konda ndi kuthandiza ena. The Bible calls these people, strong trees of righteousness (Isaiah 61:3). Ndiye pali vuto yaikulu yomwe ithensa anthu kusewenza ndi kuzicitala zinthu pawokha. Ndiye pomwe tiyembekezela anthu ochoka mbali yina ku ticitila ife. Izi zisonyeza kuti sindife olaka-laka kucita ciliconse pa ife teka ndipo tiyembekezela comwe sicingathe kubwela.

Sopano nkhala pansi (muli omvesela) ndi kuyembekezela kuti cina cicitike. Ndiye mucite izi kufikila pomwe citakhala cosalongsoka, mwina mwina phindi ziwili. Pemphani bungwe, kodi ndi chani comwe cingacitike ngati mwapitiliza kunkhala pompo? Yankho ndi yakuti palibe.

Munjila imodzi-modzi, ngati sitiyamba ndi kuyendetsa Bungwe La Umoyo kapena palibe comwe cingacitike mu muzinda wathu.



### **Pempherani**

Tifunikila ku pemphela kuti Mulungu aphwanye kusagwilizana, kugwebana, ndi kusakhululukilana mu mudzi wathu. Tengani bungwe lanu ndi ku iphwanya mu magulu yang'ono-yang'ono kapena 3-4. Ndipo mosimikizila pemphelani kuti:

- Mulungu ayanjanitse ma kachitsi yosiyanay-siyana kupitila mu kuyamba Bungwe La Umoyo
- Kusakhale kugwebana
- Zoipa za kale zikhulurikidwe

Posatila, pemphani anthu kuti apemphelele muzida waukulu. Lingalilani za anthu osiyana-siyana mu muzinda ndipo pemphani Mulungu kuti awabweletse pafupi ndi iye.

Pemphani Mudzimu Oyela kuti alete kukululukilana pakatika anthu omwe apemphela pamodzi.

## Nsonga 5: Kuma sulila Zida Zophunzililamo



### Cholina

Iyi ndi ndime yozocita yamene ili ndi cholinga co simikiza kuti aliyense wazindikila ndi zida zophunzililamo zomwe musewenzetsa ndipo akwanisa kusewenzesa bwino.



### Zochulidwa

Iyi ndi nsongwa wamba. Mufunikila kubwela nazo zonjambula za zida zomwe Mabungwe Ya Umoyo asewenzesa ndipo mugawilitse kwa anthu omwe ali kutengako mbali.

Mufunikila kuziziwa zida izi moyenela pakuti mwakhala ku zisewenzesa ndi Mabungwe Ya Umoyo omwe musogolela. Ndi capafupi kuti omwe musogolela nawonso azazindikila zida.

Yambani kupitila ku gawa comwe mukonda pa zida zomwe mwagawana nawo.

Ndiye pasani aliyense danga yakuyanganamo mwa phindi zocepa.



### Zocita

Zocita zabwino zomwe muzacita nizakuti pemphani aliyense mu gulu kuti akhale osogolela nsongwa sokuza kucokela mu zida. Mungasewenzese ndime imodzi ndi kupempha anthu osiyana-siyana kusogolela zinthu osiyana-siyana. Mwa cisanzo, wina angathe ku phuzitsa zosunga za pamutima za malemba, winanso angathe kusogolela zolankhuzana, ndi wina angathe kusogolela nthawi ya mapemphero.

Mulimbikise anthu pambuyo pa kuyesa ndipo mwauze comwe acita bwino ndipo mofewa mugawane malingalilo momwe yangathe kucinjisiva.

Ndiye mwina simungakhale nayo thawi kuti mupitemo mu ndime nsongwa, koma kupitila mukucita ndime zime, anthu azankhala ndi danga yakuona momwe angathe kusewenzensela zida.

## Nsonga 6: Kukozekele



### Cholinga

Iyi ndi ndime yozocita yamene ili ndi cholinga ca kukozekele momwe gulu izayambila Bungwe La Umoyo mu zida wao ndipo pomwe azacita ici.

Zolina za ndime iyi ndi:

- Kwa awo ophunzira kuti apange mundanda ya Mabungwe Ya Umoyo.
- Kuti amvesese tamphulo yosatila.
- Ku phunzira mopangila mundanda.
- Kufunikila kwa kusewezenza zomwe Mulungu apasa kwa ife.



Ndime yosatila icokela mu Baibulo mubuku la Mateyu. Ndi nkhani ili pakusewenzesa danga yamene mwapasidwa mwa mphanvu komanso mwa lumpha. ndime inena pa thumba ya golide yomwe inganenedwe kunkhala ma talanta, phanso komanso sokwanisa zathu. Munthu omwe azisewenzesa bwino apasidwa mphonto, uyo oyofyedwa satumikila mbuye wake, alangidwa.

### Mateyu 25:14-30

<sup>“14</sup>Komanso udzafanizidwa ndi munthu amene anapita pa ulendo, ndipo anayitana antchito ake nawasiyira chuma chake. <sup>15</sup>Wina anamupatsa ndalamu 5,000, kwa wina 2,000 ndi kwa wina 1,000. Aliyense monga mwa nzeru zake. Pamene po anapita pa ulendo wake. <sup>16</sup>Munthu amene analandira ndalamu 5,000 uja, anapita nthawi yomweyo nachita nazo malonda napindula 5,000 zina. <sup>17</sup>Chimodzimodzinso amene analandira 2,000 uja anapindula 2,000 zina. <sup>18</sup>Koma munthu amene analandira 1,000 uja, anapita nakumba dzenje nabisapo ndalamu ya mbuye wake.

<sup>19</sup>Patapita nthawi yayitali, mbuye wa antchitowo anabwera nawayitana kuti afotokoze chimene anachita ndi ndalamu zija. <sup>20</sup>Munthu amene analandira ndalamu 5,000 uja anabweretsa 5,000 zina nati, ‘Ambuye munandisungitsa 5,000, taonani ndapindula 5,000 zinanso.’

<sup>21</sup>Ambuye ake anayankha nati, ‘Wachita bwino, wantchito wabwino ndi wokhulupirika iwe! Wakhala wokhulupirika pa zinthu zochepa;

*ndidzakuyika iwe kukhala woyang'anira zinthu zambiri. Bwera, udzakondwere pamodzi ndi mbuye wako!*

<sup>22</sup>*Munthu amene anali ndi ndalamama 2,000 uja anabwerano nati, ‘Ambuye munandisungitsa 2,000, onani, ndapindula 2,000 zinanso.’*

<sup>23</sup>*Mbuye wake anayankha nati, ‘Wachita bwino, wantchito wabwino ndi wokhulupirika! Wakhala wokhulupirika pa zinthu zochepa; ndidzakuyika kukhala woyang'anira zinthu zambiri. Bwera, udzakondwere pamodzi ndi mbuye wak!’*

<sup>24</sup>*Kenaka munthu amene analandira ndalamama 1,000 uja anabwera nati, ‘Ambuye ndinadziwa kuti ndinu munthu wowuma mtima, amene mumakolola pamene simunadzale ndi kututa kumene simunafese.* <sup>25</sup>*Choncho ndinachita mantha ndipo ndinapita ndi kukabisa ndalamama yanuyo pa dzenje. Onani, si iyi ndalamama yanu ija.’*

<sup>26</sup>*Mbuye wake anayankha nati, ‘Iwe wantchito woyipa ndi waulesi! Iwe umadziwa kuti ndimakolola pamene sindinadzale, ndi kututa kumene sindinafese.* <sup>27</sup>*Bwanji sunayike ndalamama yanga kwa osunga ndalamama kuti ine pobwera ndidzalandire ndalamama yangayo pamodzi ndi chiwongoladzanj.*

<sup>28</sup>*Mulandenii ndalamayo, ndipo patsani iye amene ali ndi ndalamama 10,000.* <sup>29</sup>*Pakuti aliyense amene ali nazo adzapatsidwa zambiri, ndipo adzakhala nazo zochuluka. Aliyense amene alibe adzalandidwa ngakhale chimene ali nacho.* <sup>30</sup>*Ndipo muponyeni wantchito wopanda phinduyu kunja, ku mdima kumene kudzakhala kulira ndi kukukuta mano.’”*

Tili nazo chito kusewenzetsa mphanso ndi nzelu zomwe Mulungu atipasa ife. Masulilani kuti ndime iyi niyofunikila kwambiri pomwe tizapanga malingalilo kusewenzesa ma talanta athu (monga masaka ya golide mu ndime). Tifuna kukhala monga kapolo wokhulupirika, osati waulesi!





### Kuwelenga Baibolo: Ndime zina za mundanda

Ndime zosatila zicosedwa mu Baibolo ndipo zitipatsa zifukwa zing'ono tifunikila kulingalila. Awelengeni mopunda, masulilani imodzi ndi imodzi ku bungwe.

#### Miyambo 15:22

*“<sup>22</sup>Popanda uphungu zolina zako munthu zimalephereka,  
koma pakakhala aphungu ambiri zolina zimatheka.”*

#### Miyambo 16:3

*“<sup>3</sup>Pereka ntchito zako zonse m'manja mwa Yehova,  
ndipo zolina zako zidzachitikadi.”*

#### Miyambo 20:18

*“<sup>18</sup>Zokonzekera zimapindula utafunsira uphungu;  
ndipo usanamenye nkhondo yamba wapempha malangizo oyenera.”*

#### Miyambo 21:5

*“<sup>5</sup>Zolina za munthu wakhama zimachulukitsa zinthu zake;  
koma aliyense wochita zinthu mofulumira amadzakhala wosauka.”*

Tifunika kuyamba bungwe ndi kuseweensa ma buku ndi zisulo zapelekedwa, cipangisa coyanguka ku anthu kubwela pafupi ndi Yesu. Sitizayembekezelwa wina kucita izi, tifunika kuzipeleka kwa ife tokha.

Kupyolela mu chito yantru, Mulungu angathe ku cinja mudzi wathu.



Ndime 4 zomwe tatha kuwelenga kale zopanga ndondomeko itiwuza ife kucita sosatila:

- pangani zoganzira
- sakilani uphungu
- ikani zonse zomwe tictita kuli Mulungu
- khalani olimba

## **Motelo kodi ndi maganiziro ya bwanji yomwe tipanga?**

Tonsefe tacokela ku midzi yosiyana-siyana komanso ndi mkhaldidwe osiyana-siyana. Tili nawo mwai wochita zithu zina zabwino komanso za umulungu mu mudzi mwathu. Tingasewenze mocita kuyamba ma Bungwe Ya Umoyo mu mudzi mwathu.

Kutathauza kuti tifunika kubwelelatso ku dela lathu ndi kuyamba kusonkhanitsa anthu pamodzi mu bungwe. Anthu omwewo ofunikila kucokela kuma kachitsi osiyana-siyana komanso ndi mizida yosiyana-siyana. Tingafunike ku lankhuzana ndi asogoleli amidzi yosiya-siyana kuti izi zicitike.



### **Zocita: Pangani maganiziro**

Ndiye cofunikila kwambiri kuwonesesa kuti anthu ali mu mudzi oyenera komwe ma bungwe yacokela kumuzizwi uyu. Pamodzi bungwe izapanga ganizo momwe izantha kuyamba Bungwe Ya Umoyo mu mudzi mwao.

### **Ndani angathe kukuthandizani komanso ndani mufunikila ku lankhuzana naye?**

Thandizilani kuti bungwe ili lonse litenge duswa la pepala ya A4 ndipo alembe linga pakati. Linga iyi iyimilila mudzi komwe anthu akhala.

Awuzeni kulemba yina ya mudzi pamwamba pa linga.

Pemphani bungwe iliyonse kuti ilembe malinga yomwe ya imilila ma bungwe ya anthu osiyana-siyana mu mudzi mwao pa duswa ya pepala yawo. Ma bungwe ya anthu yangakhale kacitsi, oyimilila amfumu, azimai kapena aphunzitsi mwacisanzo. Nicofunikila kwambiri kuti amvesese kuti afunikila kulemba bungwe iliyonse mu mudzi mwao. Izi zili cocho angathe ku memeza anthu kucokela mu bungwe iyo.

Thandizilani kuti onse alembe ma yina ya bungwe ili lonse ya anthu mu mudzi pa mwamba pa linga ililonse.

Masulilani kuti ici ciyimilila kawonekedwe ka mbali yawo. Lingalilani kuti anali nkhwazi ili kumbululuka pa mwamba wa mudzi ilikuyangana pansi.

Mukati mwa linga ililonse pa pepala yomwe imilila bungwe la anthu, thandizilani ma bungwe ku lemba ma yina ya anthu kapena 3-5 omwe anga memezedwe ndi kutengako mbali mu Bungwe Lamoyo. Nicofunikila kwambiri kutenga cinyampindi ca anthu cocho nizaonandi ndi bungwe la mudzi.

Kusewenzetsa duswa ya pepala yawo, pephani ma bungwe kuti iyangane ma yina yomwe alemba. Anthu omwe alipo pa msonkhano uyu kucokela mu mudzi mwanu afunika kukhala welengelo ici. Sindikizani kapena zindikilani anthu awili kapena kapena atatu angathe ku kuthandizeni kusogolela bungwe. Lingalilani zomwe angathe kucita mukuthandiza. Musakila olimba, a khristu odalilika omwe azankhala nao mtima oyenera.

Mwapeza song ayo yambilapo kuyamba Bungwe ya Umoyo ndi asogoleli amphavu komanso amembala amphavu omwe angathe ku memezedwa.

Mufunika kumemeza anthu ndi kupeza nthawi kucita ici.

#### Liti komanso kuti

Nthambulo yosatila ndi ku gamula ndi liti komanso kuti komwe bungwe ingathe kusokhana. Izi zilembedwe pamwamba ya duswa ya pepala ya A4 yomwe ili ndi malinga kuti siwalike. Kumbusani aliyense kuti alingalile pa malo yoziwika bwino pomwe anthu azayamba kukumana ndipo ifunika kukhala pa nthawi oyenera. Iyi nyengo inkhale ma sabata 4 osatila.

Pakuti izi ndi za anthu, akumbuseni kusatuma chabe uthenga. Koma apite ndi kuwaona anthu manso phenya pamodzi. Ku lankhuzana ndi anthu manso phenya ndi ku wapepha kutengako mbali zilengetsa zinthu kucitika.

#### Sonkhanani ku pemphela: nchito yofunikila!

Masulilani kuti nicofunikila ku ganizira msonkhano mwezi uliwonse kupephelelana ndi kulankhuzana momwe ganiziro ndi Bungwe ya Umoyo yalikuyendela. Pephani bungwe iliyonse kulemba pomwe izi zinthaz kucitika pamwamba la duswa ya pepala ku zanja la menjele.

### Pemphani uphungu

Zomwe tizacita sopano ndi kulinganiza ma ganiziro athu ndipo mu ma bungwe ya anthu 4 lankhuzane madvuto yomwe angakumane nao. Mwazyani otumidwa mu ma bungwe ya antu 4, maka-maka anthu ocokela ku mbali zosiyana-siyana ndi kuwapepha kuti achule mabvuto yomwe angakumane nao. Vomekezani phindi zi sanu kucita izi.

Pomwe acita ici, lekani alankhuzane momwe angalakile pabvuto awa. Nicofunikila kuti anthu osogolela msonkhano akhala nayo nthawi ndi bungwe iliyonse kuwadyeseko zopyolamo. Ici cingatikenso pomwe ma bungwe alikupansa zopeza.

Vomekezani ma bungwe ku lankhuzana mau kuwina ndi mzance.

Vomekezani mphindi zi sano kufikila khumi imodzi kucita izi.



### Pemphelani: Ziyikeni mwa Ambuye (10 mins)

Khalani ndi nthawi yama pepheko kwa mbali iliyonse yamililidwa. Munjira iyi tizayikiza malo yonse ndi maganiziro kwa Ambuye. Mucite ici pakuyendetsa anthu mukuzungulila kupephela wina ndi mzance. Izzi zinthandiza kuwonesa kuti aliyense atengako mbali ndi kukhala olunjika.



### Khalani olimba

Iyi ndime ilankhula pa kufunikila kukhala olimba ndi kucita comwe tanena. Kulimba ndiye kulengesa kusiyana pacinthu comwe cisewenza ndi pacinthu comwe sicisewenza.



### Ndime yamu Baibolo: Ndime zina zili pakulimba

Ndime izi zamu baibolo zinena pa kulimba ndi kusangalala.

### Aroma 12:6-8

<sup>6</sup>*Ife tili ndi mphatso zosiyana, molingana ndi chisomo chopatsidwa kwa ife. Ngati mphatso ya munthu ndi kunenera, musiyeni ayigwiritse ntchito molingana ndi chikhulupiro chake.* <sup>7</sup>*Ngati ndi kutumikira, musiyeni atumikire. Ngati ndi kuphunzitsa, musiyeni aphunzitse.* <sup>8</sup>*Ngati ndi*

*kulimbikitsa, musiyeni alimbikitse. Ngati ndi kupereka kuthandiza osowa, musiyeni apereke mowolowamanja. Ngati ndi utsogoleri, musiyeni alamulire mosamala. Ngati ndi kuonetsa chifundo, musiyeni achite mosangalala.”*



### **Zocita**

Sopano mu mabungwe 4 yomwe munalimo afuseni anthu amasulilane wina ndi mzance comwe inu nokhamwazi ikamo. Muwalimbitse anthu amasulile mwa unyinji, komanso ceni cheni kukumbukila ma yinandi ma tsiku pakuti ici cizawathandiza kuti akumbukile maganiziro ndikukhala ozipeleka kwaiwo. Mungathe kupeleka ndemanga kuti anthu angathe kucinjana ma nambala ya ma lamya ndikutumilana ma SMS wina ndi mzance kuwonesa kuti onse awili acita zomwe atanena kucita



### **Cisizinso**

Kumbusani mabungwe pa maganiziro yomwe apanga. Akumbuseni kupephelela wina ndi mzance ndi kukhalanso olimba. Simikizani kuti aziwa kuti alinayo thandizo munjira ya Impact Teams ndipo tizacita zonse zofunikila ku kuthandiza.



### **Pemphelo**

Ndi pephelelo ya Bungwe tengani aliyense kupephelela mbali iliyonse. Pephelani kuti maganiziro awo azakakhala azowona.

## **Polembedwa**









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