

# KUKHALA MOYO WATSOPANO



Kumvetsetsa Tanthauzo la Kulandira Yesu

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#1 New York Times; mlembe wa mabuku ogulitsidwa kwambiri

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# Mutu 1



## CHISANKHO CHOPAMBANA KWAMBIRI PAMOYO WANU

✿ Kodi ndinu osakhutitsidwa ndi moyo wanu? Ngati ndi choncho, simuli nokha. Anthu ambiri ndi otopa, ofooka, osapindula ndi osakhutitsidwa ndi moyo wao. Anthu ena anayesa chipembedzo ndi chiyembekezo chofuna kupeza yankho pa zimene zikuwachitikira, m'malo mwake amangotopa ndi malamulo osapereka moyo ndi osapindulitsa amene sangawathe kuwasunga. Ngati munayesapo chipembedzo, sizikutanthauza kuti munatenga Mulungu kukhala yankho la moyo wanu wopanda kanthuwo, moyo okhumudwitsawo ndi wadzala ndi kutsutsikawo.

Ngati mukufuna kuti anthu adzikukondani, ngati mukufuna bwenzi, ngati mukufuna kuti machimo anu akhululukidwe, ndiponso ngati mukufuna tsogolo labwino... Yesu Khristu ndiye yankho. Iye akudikira kuti akupatseni moyo watsopano ndi kukupangani kukhala munthu wolengedwa watsopano.

Ngati simukukhutitsidwa ndi moyo wanu, chinthu china chiyenera kusinthika mwa inu. Ngati tipitiriza kuchita zinthu zomwe takhala tikuchita nthawi zonse, tidzakhala ndi moyo omwewo nthawi zonse. Muyenera kupanga chisankho, ndipo ndi chisankho chopambana kwambiri chimene mudzapange pamoyo wanu.

Chisankho ichi ndi chopambana kwambiri kuposa chisankho cha ntchito yomwe mukufuna mudzagwire, koleji imene mukufuna mukaphunzireko, amene mukufuna kudzakwatirana naye, komwe mudzaike ndalama zanu kuti mupindule, kapena kumene mukufuna kuti mudzikakhala. Chisankho ichi ndi chikhudza moyo wamuyaya. Moyo wamuyaya ndi opanda mathero, ndipo aliyense wa ife ayenenera kudziwa kumene akakhale. Munthu akamwalira amakakhala ndi moyo wina. Pamene inu mwamwalira, sikuti mwaleka kukhala ndi moyo, koma mwapita kayamba moyo wina ku malo ena. Amanena kuti kumwalira kuli ngati kungositha malo okhala. Umachoka malo ena ndi kupita kumalo ena.

Kodi ukufuna kukhala pa ubale ndi Mulungu pa dziko lapansi pano kuti ukakhale naye kwamuyaya? Ngati ndi choncho, uyenera kulandira Yesu Khristu kukhala Mpulumutsi wako. Tonse tinachimwa ndipo tikusowa Mpulumutsi. Mulungu anatumiza Mwana wake kudzalipira mlandu wa machimo athu. Iye anapachikidwa pa mtanda ndi kukhetsa magazi ake opanda tchimo ngati dipo la kulakwa kwathu. Anafa, naikidwa m'manda, koma tsiku lachitatu anauka kwa akufa ndipo tsopano ali kumwamba, wakhala kudzanja lamanja la Mulungu Atate. Ndi yekhayo amene angatipatse ife mtendere, chimwemwe ndi kutipanga kuti tikhale pa ubale wabwino ndi Mulungu.

Kuti tipulumutsidwe ku machimo athu, Baibulo limaphunzitsa kuti tiyenera kulapa machimo athu ndi kuvomereza Yesu kukhala Mbuye, ndipo tiyenera kukhulupirira mu mtima mwathu kuti Mulungu anamuukitsa kwa akufa.

Chifukwa ngati tivomereza ndi kuyankhula ndi pakamwa pathu kuti Yesu ndi Mbuye, ndi kukhulupirira mu mtima mwathu (kugwiritsitsa choonadichi, kuchikhulupirira choonadichi, ndiponso kuchidalira) kuti Mulungu anamuukitsa kwa akufa, inu mudzapulumuka.  
– AROMA 10:9

Kukhulupirira kotere sikwapakamwa pokha, koma ndi kukhulupirira koono ndiponso kochokera mu mtima. Anthu ambiri amakhulupirira kuti kuli Mulungu, koma sanapereke miyoyo yao kwa Iye. Mulungu ndi Mwini moyo, ndipo Iye akufuna iwe uperenso moyo wako mwakufuna kwako ndi mokondwera kwa Iyeyo. Mulungu anakulenga iwe ndi ufulu wosankha ndipo Iye sadzakukakamiza kuti umusankhe. Koma ngati umusankha Mulungu kapena wosamusankha, izi zidzaonekera pamoyo umene udzikhala pa dziko lapansi, ndipo izi ndi zomwe zidzapangitse komwe uti ukakhale kwamuyaya ukadzamwalira.

Kodi wakhala ukuuyendetsa bwino moyo wakowo? Ngati sichoncho, bwanji wosapereka kwa Amene anakulenga, ndiponso amene amadziwa zambiri za iwe kuposa momwe umazidziwira iwe mwini? Ine ntagula galimoto ndipo galimotolo nkuyamba kuvuta, inetu ndidzalitengera kwa amene analipanga kuti akalikonze. Nchimodzimidzinso ndi Mulungu. Iye anakulenga iwe ndipo amakukonda kwambiri. Ngati sukukhutitsidwa ndi moyo wako, utengera kwa Iye kuti akaukonze.

Monga ndi nanena poyamba paja, palibe chimene chimasintha pokhapokha munthu akapanga chisankho. Kodi ukufuna utakhala Mkhristu? Kodi ndiwe wokonzeka kulapa machimo ako ndi kupereka moyo wako kwa Mulungu? Kodi ndiwe wokonzeka kuleka njira zako zauchimo ndi kuphunzira kukhala moyo watsopano umene timakhala pamodzi ndi Mulungu? Ngati ndi choncho, pitiriza kuwera chifukwa kuli moyo umene ukudikira kuposa chinthu china chilichonse chabwino ungachilingalire. Moyowu ndi wa aliyense. Palibe amene sangalandire moyowu. Chimene Mulungu akunena za tsogolo lako ndi ichi:

Pakuti ndidziwa malingaliro amene ndilingalirira inu, ati Yehova, malingaliro a mtendere, si a choipa, akukupatsani inu adzukulu ndi chiyembekezo. - YEREMIYA 29:11

Palibe amene angakupangire chisankho. Chisankhochi nchako ndipo ndiwe wekha amene ungapange chisankhochi. Kodi ungapange kukhala ndi moyo wotani? Kodi ukufuna utsatire zitsanzo zomwe tikuziwona pakati pathu lerozi? Mau a Mulungu akunena kuti tinabwera m'dziko lapansi opanda kanthu ndipo tidzachoka opanda kanthu (1 Timoteyo 6:7). Mulungu ndi Alefa ndi Omega, woyamba ndi wotsiriza. Pachiyambi panali Mulungu, ndipo potsiriza padzakhala Mulungu. Munthu aliyense adzaima pamaso pa Mulungu ndi kufotokoza zomwe anachita pa moyo wake (Aroma 14:12). Tsono lero ndi tsiku loti ukonzekere zimenezo. Ine nthawi zonse ndimanena kuti, “Wakonzeka kaya sunakonzeka, Yesu akubwera.” Konzeka tsopano, panga chisankho choyenera tsopano, chifukwa mawa silifika.

## Mutu 2



### TONSE TINACHIMWA

✿ Tchimo ndi kusamvera mwadala chifuniro cha Mulungu chomwe tikuchidziwa. Tonse tinachimwa. Palibe munthu pa dziko lapansi amene sachimwa (Aroma 3:23, Mlaliki 7:20). Imeneyi ndi nkhani yoipa, koma palinso nkhani yabwino. Tonse tingathe kukhululukidwa ndi kukhala paubale wabwino ndi Mulungu.

Pakuti onse anachimwa naperewera pa ulemu ndi ulemerero umene Mulungu amapereka ndi kuulandira.

[Onse] alungamitsidwa, nakhala olungama ndi kukhala paubale wabwino ndi Mulungu, kwaulere ndi mwakukoma mtima kwa chisomo chake (kukondera kosatiyenera ndi chifundo) kudzera mu maamboledwe [amene anapereka] mwa Khristu Yesu.

- AROMA 3:23-24

Yesu analipira kale mlandu wa machimo ako; chimene iwe uyenera kuchita ndi kukhulupirira ndi kulandira. Ngati uvomereza machimo ako, kumva chisoni chifukwa cha machimowo, kukonzeka kutembenuka ndi kuwasiya kwathunthu, Mulungu adzakukhululukira ndi kukupanga kukhala munthu watsopano.

Ngati ife [mwaufulu wathu] tivomereza kuti tinachimwa ndi kulapa machimo athu, Iye ndi wokhulupirika ndi wolungama (monga mwachikhalidwe chake ndi malonjezo ake) kutikhulukira machimo athu [kuchotsa kusamvera kwathu] ndi [nthawi zonse] kutiyeretsa kuzolakwa zathu zonse [chilichonse chosagwirizana ndi cholinga chake, maganizo ake, ndi zochita zake].

- 1 YOHANE 1:9

Musadikire Mulungu kuti achitepo kanthu. Iye anachita kale zoyenera kuti zichitike. Iye anapereka Mwana wake yekhayo kuti afe m'malo mwathu chifukwa panafuka nsembe yangwiro ndi yopanda tchimo ndiye inayenera kuperekedwa kuti alipire zolakwa zathu. Chilungamo chinakwaniritsidwa, ndipo ife tingathe kumasulidwa pamene takhulupirira Yesu Khristu ndiponso pamene tayamba ubale ndi Mulungu kudzera mwa Yesu. Ife sitingapite kwa Mulungu patokhapakufunika nkhoswe. Pafunika munthu amene ndi m'khalapakati, ndipo munthu ameneyo ndi Yesu. Yesu anaima pa mpata wa ife ndi Mulungu, mpata umene unapangidwa chifukwa cha tchimo lathu, ndipo Iye amatiwolotsera mbali ya Mulungu.

Monga mwana amafanana ndi bambo wake (magazi, DNA, ndi zinthu zina za m'thupi), chimodzimodzinso Mulungu anali mwa Khristu pamene amayanjanitsa dziko lapansi kwa Iye mwini. Mulungu amakonda anthu amene anawalenga, ndipo sakondwera kuona anthu ake akukhala mu ukapolo wa uchimo popanda Iye kupereka njira yotulukiramo. Yesu ndiye njirayo!

## **Tchimo Limabweretsa Temberero**

Mau a Mulungu amati tchimo lathu lidzatitsata (Numeri 32:23). Tchimo limabweretsa temberero ndipo kumvera kumabweretsa dalitso (Deutronomo 28). Zimatheka kuoneka kwa kanthawi ngati zinthu

zikuyenda pamene munthu akuchita machimo. Moyo wao sumasiyana ndi moyo wa anthu ena, koma potsiriza pake zimadzaoneka zisankho zimene iwo anachita.

Tikasankha moyo wauchimo, m'malo mwa moyo womvera Mulungu, timakhala opanda mtendere m'miyoyo yathu. Munthu si thupi lokha lopangidwa ndi mnofu ndi mafupa. Munthu ndi mzimu ndipo ali ndi moyo umene umapangidwa ndi maganizo, chifuniro ndi zomwe zimachitika m'thupi la munthu. Umenewo ndiye umunthu wa munthu. Ochimwa amavutika m'maganizo awo. Amakhala anthu osowa mtendere, ndipo ngakhale atakhala ndi zinthu zotani, palibe chimene chimakhutitsa moyo wao. Amasautsidwa ndi zomwe zimawachitikira. Popeza iwo asankha kulamulira miyoyo yao, amakhala okhumudwa ndi osasangalala (ozunguzika mitu) pamene zinthu sizikuwayendera. Sadziwa chilichonse cha njira ya chikhulupiriro. Kudalira Mulungu- imene ndi mphamvu yoposa mphamvu yao- zimenezi iwo sazimvetsetsa. Samatha kukhala ndi mpumulo m'miyoyo yao chifukwa mpumulo wa Mulungu umabwera pamene munthu wakhulupirira Mulungu (Ahebrei 4:3).

Inde, moyo wauchimo ndi moyo wodzala ndi matemberero. Moyo umenewo ulibe chabwino chilichonse. Chimene Mulungu akunena za zotsatira za munthu amene amakhala moyo wopanda Mulungu ndi izi:

Ndipo ndidzatengera anthu zowapsinja, kuti adzayenda ngati anthu akhungu, popeza anachimwira Yehova; ndi mwazi wao udzatsanulidwa ngati fumbi, nyama yao idzanga ndowe.

Ngakhale siliva wao, ngakhale golide wao sizidzakhoza kuwalanditsa tsiku la mkwiyo wa Yehova; koma dziko lonse lidzatha ndi moto wa nsanje yake; pakuti adzachita chakutsiriza, mofulumira, onse okhala m'dziko.

- ZEFANIYA 1:17-18

Mau awa ndi ochititsa mantha kwambiri, koma sayenera kubweretsa mantha m'moyo wa wokhulupirira weniweni wa Yesu Khristu. Iwo amene amakhulupirira Yesu sadzakhala pachiwewuzo chotere kapena kupezeka wolakwa (Yohane 3: 18).

## **Wotsutsidwa ndi Wolakwa**

Munthu wotsutsidwa amadziona kuti ndi wolakwa nthawi zonse. Amatha kuchita zinthu zina kuti aiwale zolakwa zake, koma m'kati mwake amadziwa kuti zinthu siziribwino. Yesu anati munthu wochimwa sangathe kuthawa zolakwa zake (Yohane 9:41).

Baibulo linagawidwa zigawo ziwiri, Chipangano Chakale ndi Chipangano Chatsopano. Chipangano Chakale “nchakale” ndithu. Chikuimira Mgwirizano Wakale, umene Mulungu ankaugwiritsa ntchito pophimba machimo a anthu mpaka nthawi imene Yesu anabwera kudzakhazikitsa mgwirizano watsopano.

Kudzera m'njira yopereka nsembe, machimo a anthu ankaphimbika koma sankachotsedwa. Kutsutsika kwa anthu kumakhalapobe. Komatu m'Chipangano Chatsopano, pansi pa Mgwirizano Watsopano tili ndi nsembe yotsiriza ndi yangwiro imene siphimba machimo koma imachotseratu machimo. Imachotseratu osati tchimo lokha komanso kutsutsika kwa munthuyo.

Chonde werengani mwapang'onopang'ono mavesiwa ndipo muganizire mphamvu yomwe ili m'mavesiwa. Mavesi onsewa achokera mu Ahebri 10.

Chifukwa Yesu anachita chimene Mulungu anafuna kuti achite, ndife oyeretsedwa (opatulidwa) ndi nsembe ya thupi lake, (La Wodzozedwayo) limene Iye analipereka kamodzi kokha.  
- AHEBRI 10:10

Koma pamene wansembe uyu (Khristu) anapereka kamodzi kokha nsembe (imene ndi ya nthawi zonse) imodzi yokha chifukwa cha machimo, Iye anakhala pansa pa dzanja lamanja la Mulungu.  
- AHEBRI 10:12

Ambuye akuti, “Nali pangano limene ndidzapangana nawo, atapita masiku amenewo, ndidzaika malamulo anga m’mitima yao. Ndipo ndidzawalemba m’ manganizo awo.” Ndipo akutinso, “Sindidzakumbukiranso konse machimo awo ndi kusaweruzika kwao.” - AHEBRI 10:16-17

Tiyeni tiyandikire kwa Mulungu ndi mtima woota ndi wodzala ndi chikhulupiriro (pakuphunzira za chikhalidwe chonse cha Mulungu ndi kudalira kwathunthu mphamvu yake, nzeru yake ndi kukoma mtima kwake), mitima yathu itawazidwa madzi kutiyeretsa ife ku chikumbumtima (choipa) chotitsutsa ndiponso matupi athu atasambitsidwa ndi madzi woyera - AHEBRI 10:22

Mavesi awa akutifotokozera ife zinthu zambiri zofunika ndi zabwino kwambiri. Choyamba nchakuti Yesu anakhala nsembe kamodzi ndipo m’ malo mwa anthu onse, ndipo palibenso nsembe ina imene idzaperekedwe kuonjeza pa zimene Iye anachita. Mu Mgwirizano Wakale, nsembe zimaperekedwa kawirikawiri komatu izi sizinkachotsa kutsutsika kwa anthu. Yesu anakhala nsembe imene ndi yabwino nthawi zonse ndipo imachotsa tchimo ndi kutsutsika.

Kutsutsikaku kumachotsedwa motsatira malamulo, koma munthu ayenera kuphunzira momwe angakhalire moyo wosatsutsika. Kunena zoota, moyo watsopano mwa Khristu umafunika kuphunzira kukhala moyo osadalira zomwe zikuchitika mwa munthu. Munthu asalole kuti zomwe zikumuchitikira zimulamulire. Munthuyo aphunzire Mau a Mulungu ndi kumvera mauwo, osaganizira zomwe zikumuchitikira. Moyo womvera umabweretsa madalitso osawerengeka.



## Mutu 3



### NDI NTHAWI YODZIPEREKA

✿ Mwina inu munalandira kale Yesu ndipo mwapempha bukuli kuti likuthandizeni kuyamba moyo watsopano mwa Yesu, kapena mwina mwapatsidwa bukuli ndi chiyembekezo choti ndinu wokonzeka kupanga chisankhochi tsopano.

Yohane 3:16 pali mau akuti: “Pakuti Mulungu anakonda dziko lapansi kotero, anapereka Mwana wake wabadwa yekha, kuti aliyense amene akhulupirira Iye asataike koma akhale nao moyo wosatha.”

Pano ntakuuzani nthano imene idzathandiza kuti mumvetsetse mphamvu ya vesi imeneyi.

Tsiku lina mu mzinda wa Chikago, kukuzizira kwambiri ndiponso kuli m’dima, munachitika nkhani yodabwitsa. Kamwana kena kankagulitsa nyuzipepala pa malo pena. Anthu anali m’nyumba zao kuthawa kuzizira. Kamwanako kanazizidwa kwambiri ndipo sikankagulitsa nyuzipepala zambiri. Ndipo kanapita pamene panali wapolisi ndipo kanati, “Bwana, kodi mukudziwa kumene mwana wosauka angathe kupeza malo wofunda oti nkugonapo usiku uno? Inetu ndimagona m’bokosi paseli apo, komwe kwathera kanjirako,

ndipo lero kukuzizira kwambiri. Zikanakhala bwino ndikanapeza malo wofunda oti nkugonapo.”

Wapolisiyo anayang’anitsitsa kamwanako ndipo anati, “Chabwino, ndikuuza choti uchite. Iwe pita kumunsiko ndipo ukapeza nyumba yaikulu yoyera ndipo ukagogode pakhomo. Munthu akakatuluka m’nyumbamo, ukanene kuti, ‘Yohane 3:16’ ndipo akakulola kuti ulowe.”

Choncho kamwanako kanachita zimenezi. Kanakwera masitepe mpaka pakhomo ndipo kanagogoda, m’zmimayi anayankha. Kamwanako kanamuyang’ana ndipo kanati, “Yohane 3:16”.

Mayiyo anati, “Lowa.” Anamulowetsa, namukhazika pansi pa mpando umene unali pafupi ndi pamene panali moto, ndipo mayiyo anachoka. Kamwanako kanakhala pansi pamalopo ndipo kwa kanthawi kanaganiza kuti, Yohane 3:16 - *ine sindikumvetseta, koma mauwa amapangitsa kamwana kamene kazizidwa kumva kutentha.*

Kenaka mayiyu anabweranso ndipo anafunsa kuti, “Kodi uli ndi njala?” Kamwanako kanayankha kuti, “Inde, koma pang’ono. Ndakhala masiku angapo ndisanadye, ndipo ndingakwanitse kudya chakudya pang’ono pokha.” Mayiyo anakatengera ku khitchini, nakakhazika pa tebulo pamene panali chakudya chambiri ndi chokoma, kamwanako kanadya ndipo kanakhuta mpaka osafuna kudyanso. Ndipo kenaka kanaganiza kuti, Yohane 3:16 - *ine sindikumvetseta, koma mauwa amapangitsa kamwana kamene kali ndi njala kukhuta.*

Kenaka anapita nako ku chipinda chapamwamba kumene kunali chipinda chosambira komwe kunali madzi otentha. Kamwanako kanasamba kwa kanthawi. Pamene kamasamba kankaganiza kuti, Yohane 3:16 - *ine sindikumvetseta, koma mauwa amapangitsa kamwana kalitsiro kusamba.* Mayiyo anabweranso nakatulutsa

kumalo osambirawo, napita nako ku malo ogona, nakagoneka pa bedi labwino, ndi kukafunditsa bulageti ndipo anakampsona ndikukauza kuti kagone bwino.

Mayiyo anazimitsa nyale. Kamwanako kali pa bedipo mu mdima, kanasuzumira pawindo, kanaona chisanu choundana chikugwa nthawi yozizirayo. Kanaganiza, Yohane 3:16 - *ine sindikumvetsetsa, koma mauwa amapangitsa kamwana kotopa kupuma.*

M'mawa mwake anakatengera ku chipinda chomwe chija chinali ndi tebulo lodzala ndi zakudya lija. Katatsiriza kudya, mayiyo anatengera kamwanako kumene kunali mpando wokongola kuja pafupi ndi moto. Mayiyo anatenga Baibulo, nakhala pansu ndipo anati, “Kodi ukudziwa zomwe zili pa Yohane 3:16?” Kamwanako kanayankha kuti, “Ayi, mayi, sindikudziwa. Mauwa ndawamva koyamba usiku wapitawu pamene wapolisi wina anandiwuza kuti ndiwagwiritse ntchito.” Mayiyo anatekula Yohane 3:16 nayamba kufotokoza za Yesu. Pamalo omwewo pafupi ndi moto, kamwanako kanapereka moyo wake kwa Yesu. Kanakhala pansu ndipo kanaganiza kuti, Yohane 3:16 - *ine sindikumvetsetsa, koma mauwa amapangitsa kamwana kotayika kupeza chipulumutso.* - (Wolemba nkhanayi sadziwika)

Tsopano ngati ndiwe wokonzeka kupereka moyo wako kwa Mulungu mwakulandira Mwana wake Yesu Khristu monga dipo lokhalo lovomerezeka la machimo ako, ine ndikupempha kuti upemphere pemphero ili. Ubwereze mauwa mokweza ndi kumvetsetsa mauwa kuti akhale atanthauzo pamoyo wako.

*Mulungu Atate, Ine ndimakukondani. Ndabwera kwa Inu mwachikhulupiriro kupempha kuti mundikhululukire machimo anga. Ine ndikukhulupirira Inu Yesu, ndikukhulupirira kuti munandifera pa mtanda. Munakhetsa magazi anu opanda tchimo chifukwa cha ine. Munalangidwa m'malo mwanga ndipo chilango changa chonse chinabwera pa Inu. Ndikukhulupirira kuti munafa, munaikidwa*

*m'anda, ndipo tsiku lachitatu munauka kwa akufa. Imfa inalibe mphamvu pa Inu. Munagonjetsa Satana ndipo munamulanda makiyi a ku hade ndi a kuimfa. Ine ndikuhulupirira kuti munachita zonsezi chifukwa mumandikonda. Ine ndikufuna kuti ndikhale Mkhristu. Ndikufuna kukutumikirani moyo wanga wonse. Ndikufuna ndiphunzire kukhala moyo watsopano umene munandilonjeza. Ndikukulandirani tsopano, Inu Yesu, ndipo ndikudzipereka kwa Inu. Ndilandireni monga momwe ndiliri ndikundipanga ine chimene Inu mukufuna kuti ndikhale.*

*Zikomo Inu Yesu chifukwa chondipulumutsa. Dzazeni ndi Mzimu wanu Woyera ndipo ndiphunzitse chilichonse chimene Inu mukufuna kuti ine ndichidziwe. Tsopano, ndikuhulupirira kuti ndapulumutsidwa. Ndabadwa mwatsopano, ndipo ndidzapita kumwamba ndikadzamwalira. Mulungu Atate, inde ndidzasangala pamoyo wanga wa tsiku ndi tsiku ndipo ndidzakhala moyo wolemekeza Inu!*

Ngati wapemphera pempheroli moona mtima, wapanga chisankho chopambana kwambiri pamoyo wako. Kaya inu mukumva chiyani m'thupi lanu, Mulungu wamva pemphero lanu ndipo waliyankha. Inu mwina mukumva mtendere mu mtima mwanu, mokuwona kupepukidwa kapena kumasuka, mwinanso palibe chilichonse chimene mukumva. Musakhumudwe ndi zomwe zikuchitika pamoyo wanu. Khulupirirani Mau a Mulungu, chifukwa Mulungu ndi wokhulupirika ndipo malonjezo ake ndi woona. Iye ananena kuti:

Aliyense amene Atate anandipatsa (kundisungitsa) adzabwera kwa Ine, ndipo aliyense amene abwera kwa Ine sindidzamataya kunja (sizidzatheka kumukana aliyense amene adzabwera kwa Ine). - YOHANE 6:37

Mulungu walonjeza kukhala nanu nthawi zonse, mpaka kumatsiriziro a dziko lapansi. Sikuti nthawi zonse mudzimva kuti Mulungu ali nanu

pafupi, komatu Iyeyo aliponseponse, nthawi zonse.

Nthawi zonse amakuwonani ndipo adzakuyang'anirani ndi kukusamalirani. Iye amakhudzidwandizonse zomwezimakuchitikirani ndipo walonjeza kuzikonza bwino zonse. Iye amene wayamba ntchito yabwino mwa inu adzaitiriza ndipo adzaimaliza bwino. (Genesis 28:15; Masalimo 138:8; Afilipi 1:6).

Ndikukuthokozani, muli ndi bwenzi latsopano labwino-Yesu-bwenzi loposa abwenzi onse amene mudzakhale nawo. Inu mungathe kumuza chilichonse ndiponso ziri zonse chifukwa Iye amakumvetsetsani. (Ahebri 4:15). Iye sangakukaneni kapena kukupezani wolakwa. Palibe chinthu chachikulu kwa Mulungu, kunena zoona, palibenso chinthu chaching'ono kwa Iye. Akufuna kuti inu muzikhala naye pamodzi pa njira yanu yonse ndi kumuitana kuti adzikhala nanu pa chilichonse chimene mukuchita pa moyo wanu.

Inu tsopano ndi wolengedwa kwatsopano. Zinthu zakale zapita ndipo zinthu zonse zakhala zatsopano (2 Akorinto 5:17). Mwayamba mwatsopano.

Nthawi ina mudzatha kulakwitsa pa zinthu zina-tonsefe timalakwitsa. Inu muyenera kuphunzira zinthu zambiri pakuti mwayamba ulendo wamoyo wanu wonse. Nthawi zonse kumbukirani kuti pamene mwalakwitsa, Mulungu amakhululuka ndi kutiyeretsa tikamupempha kutero. Muzifulumira kulapa tchimo lililonse ndipo musamabise chilichonse pamaso pa Mulungu, chifukwa Iyeyo amadziwa chilichonse.

Mulungu amakukondani kwambiri. Iye amakukondani nthawi zonse. Iye samakukonda masiku okhawa mukuchita bwino kulekana ndi masiku amene simukuchita bwino. Iye amangokukondani basi!

Tsopano ndi nthawi yoti tiphunzitse za kukhala moyo watsopano.



# Mutu 4



## KUKHALA MOYO WATSOPANO

✿ Pamene mukuyamba kukhala moyo watsopano, moyo umene mumakhala ndi Mulungu, pamodzi ndi Mulungu ndiponso chifukwa cha Mulungu, mudzapeza kuti fundo zake ndi zosiyana ndi fundo za dziko lapansi. Kunena zoono, ndi dziko lapansi limene njira zake ndi zosiyana ndi zaufumu wa Mulungu. Anthufe sitinazolowere kuchita zinthu monga momwe amafunira Mulungu, ndipo masiku oyamba njirazi zimaoneka ngati zovuta kapena zovuta kuzimvetsa.

### Ubatizo

Chinthu choyamba choti muchita ngati wokhulupirira watsopano wa Yesu Khristu ndi kubatizidwa m'madzi. Ubatizo ndi chizindikira chakunja cha chisankho chotsatira Yesu chimene chachitika m'moyo wanu. Pamene munthu wamira m'madzi pa nthawi ya ubatizo, zimasonyeza kukwirira moyo wakale. Pamene akutuluka, akumvuuka m'madzimo zimasonyeza kuuka kwa moyo watsopano. Izi timachita pomvera Mulungu.

Ndipo madziwo akufanizira (kuwomboledwa kwanu) ubatizo umene lero ukupulumutsaninso (nkhawa za mu mtima ndi mantha), osati

chifukwa cha kuchotsa litsiro la m'thupi (posamba) koma chifukwa cha mtima (woyetsedwa ndi wa mtendere) wooka pamaso pa Mulungu. Umakupulumutsani inu chifukwa (chifukwa mwaonetsa kuti chimene mukukulupiriracho ndi chanu) cha kuuka kwa akufa kwa Yesu Khristu. -1 PETULO 3:21

Petulo anawankha: “Lapani (sinthani maganizo anu ndi zolinga zanu ndipo vomerezani chifuniro cha Mulungu m'moyo wanu m'malo mochikana) ndipo mubatzidwe aliyense wa inu, m'dzina la Yesu Khristu kuti machimo anu akhululukidwe. Ndipo mudzalandira mphatso ya Mzimu Woyera.” - MACHITIDWE 2:38

## Kupita ku Tchalichi

Chinthu china chomwe ndi chofunika kuchita ndi kukalowa mpingo. Kupita ku tchalichi sikupanga munthu kukhala m'khristu, monga m'mene kukhala m'galaja sikungapange munthu kukhala galimoto. Sitikhala akhristu chifukwa timapita ku tchalichi, koma ngati ife tili akhristu tiyenera kumapembedza Mulungu ndi kukhala pachiyanjano ndi okhulupirira ena. Ku tchalichi ndi kumalo kumene timaphunzira Mau a Mulungu.

Si mipingo yonse imene ndi yabwino. Ina ili ngati malo achipembedzo wokongoletsedwa kunjira kokha, koma m'katimo palibe chimene chikuchitika choti nkuthandiza munthu. Ngati mumapita ku mpingo umene sakuphunzitsani mau a Mulungu ndi kukuthandizani kuti mukule pa moyo wanu wauzimu woyenda ndi Mulungu tsiku ndi tsiku, chokaniko ndipo mukayang'ane mpingo wina. Mipingo, monganso alili madokotala, si yonse imene ili yabwino; komanso mipingo yonse si yoipa ayi. Inu mukapeze mpingo umene ndi wabwino kwa inuyo. Ena amafuna mipingo yaikulu, ena amafuna mipingo yaing'ono. Ena amakonda mpingo wina m'malo mwa mpingo wina. Enanso amakonda mpingo umene umaima paokha opanda likulu kulikonse.

Fundo yaikulu ndi yoti mudzathandizika inu mukakhala mu mpingo umene mwadzaziperekamo kwathunthu. Mpingowo udzakuthandizani kukhala ndi abwezi omwe ali ofanana nanu pachikhulupiriro ndipo mudzayanjana nawo mosavuta zomwe zidzakuthandizeni kupewa mayesero a dziko lapansi.

Wonetsetsani kuti mukupita ku mpingo umene mukukula pa moyo wanu wachikhristu. Nkofunika kuti munthu amene wakhulupirira mwatsopano aphunzire zinthu zambiri. Ngati iye saphunzira ndi kukula pa moyo wake, otereyo ali pangozu, atha kubwerera ku njira zake zakale.

Magulu ang'onoang'ono ophunzira Baibulo ndi othandiza kwambiri kwa munthu amene wakhulupirira mwatsopano. M'magulu ang'onoang'ono mumakhala ndi mpata ophunzira, mpata ofunsa mafunso, kupemphereredwa, komanso kukhala ndi mpata opempherera ena. Ndikukhulupirira kuti mpingo wanu udzakhala ndi nthawi yomwe akuluakulu amaphunzira Baibulo kapena chiyanjano cha m'nyumba kumene inu mudzipezekamo. Mpingo si malo oti tidzingolalikidwa kokha, ndi kumalo kumene ife tiyenera kuchita ntchito ya utumiki m'thupi la Khristu (mpingo). Kuonjera pa kulandira kuchokera kwa ena, inu muyenera kupereka kwa ena.

## Kudzipereka

Kudzipereka ndi chinthu chofunika kwambiri. Chimene chinatigwetsa m'mavuto si chomwe tinachita kamodzi kokha koma chomwe tinkachita mwachizolowezi. Ndipo kuchita chinthu molondola kamodzi kapena kawiri sizingapangitse kuti ife tikhale moyo watsopano umene Mulungu akufuna kuti tikhale. Tiyenera kuumirira kuchita chimene tikudziwa kuti tiyenera kutero ngakhale pamene ife sitikuona kufunika kwake. Tiyenera kuchita zinthu mosadukizadukiza. Mulungu wakupatsani mzimu wodziretsa ndi wodzisunga (2 Timoteyu 1:7) ndipo choyenera kuchita nkutsatira zimenezo.

Mukhale odzipereka pa nthawi yanu ndi Mulungu. Phunzirani mau ake ndiponso werengani mabuku amene adzakuthandizani kumvetisa Baibulo bwino. Muzimvetsera matepi ndi ma CD a mau a Mulungu kapena kuonera mapologalamu auzimu pa TV. Muzikhala ndi nthawi yopemphera. Phunzirani kukhala moyo wapemphero tsiku lonse. Kumbukirani, kuti Mulungu ali ndi chidwi ndi zomwe zimakuchitikirani, ndipo pemphero ndi kuyankhula ndi Mulungu. Pamene mukukula pa moyo wanu wachikhristu, simudzangophunzira kuyankhula ndi Mulungu kokha komanso kumvetsera kwa Iye, ndipo izi zidzabweretsa chimwemwe pa moyo wanu woyenda ndi Mulungu.

Gawo lina lofunikanso kudzipereka kwambiri ndi la chopereka. Mulungu watipatsa ife zinthu zambiri ndipo nkoyenera ife kuperekanso kwa Iye ndiponso ku ntchito yake pano pa dziko lapansi. Pamene inu mwathandizidwa, nkofunikanso kuti inu muthandize ena, ndipo njira imodzi yochitira izi ndi kupereka modzipereka ku mpingo wanu ndi mautumiki ena amene akuthandizani kuti inu mukhulupirire. Chilichonse chomwe timapereka kwa Mulungu, Iye amatipatsanso mowirikiza. Mau ake amati ife timakolola chimene timadzala.

Tisanamulandire Yesu ndi kukhala anthu olengedwa kwatsopano, tinalibe chidwi chopereka. Timakhala moyo odzikonda ndipo timafuna ena kuti adzitipatsa, koma moyo wathu umasinthika pamene tayamba kumukonda Yesu kwambiri.

## Kubatizidwa Ndi Mzimu Woyera

Mau oti ubatizo akutanthauza kumizidwa. Chilichonse chimene chamira m'madzi chimadzaza ngati chili ndi malo otsekuka. Ngati ndinu otsekuka, mutha kudzazidwa ndi Mzimu Woyera. Mumalandira Mzimu Woyera pamene mwalandira Yesu kukhala Mpulumutsi wanu, koma mumakhala musanafike pa muyeso otsekula chipinda

chilichonse cha moyo wanu ndi kulola Mzimu Woyera adzaze moyo wanu.

Inu muli ndi Mzimu Woyera, koma muyenera kuonetsetsa kuti Iyeyo wadzaza mwa inu. Mulungu akufuna akugwiritseni ntchito mu utumuki wake, ndipo inu mudzafunika kukhala ndi mphamvu ya Mzimu Woyera kuti mupambana ndi kupindula.

Mulungu amaperekanso mphatso zauzimu (kudzazidwa ndi mphamvu zauzimu) zotithandiza pa moyo wathu wa tsiku ndi tsiku. Mphatsozi nzosiyanasiyana ndipo aliyense amazirandira. Koma zina zimakhala zoonekera kupambana zina. Ine ndili ndi mphatso ya kuphunzitsa, ena ali ndi mphatso ya maimbidwe kapena kuyendetsa zinthu, kuchita zachifundo kapena kuthandiza ena. Pali mphatso zisanu ndi zinai zomwe zatchulidwa m'buku la I Akorinto 12: 7-10, zimene ife tiyenera kuzidziwa. Tikuphunzitsidwa kuti tiyenera kuzikhumba (motsimikiza mtima) mphatsozi. Mphatsozi ndi mphatso ya mau achidziwitso, mau anzeru, mphatso ya chikhulupiriro, mphatso za machiritso, mphatso yochita zodabwitsa, mphatso yonenera (kumasulira chifuniro cha Mulungu ndi cholinga chake), mphatso yozindikira mizimu yabwino ndi yoipa, mphatso yoyankhula malilime ndiponso mphatso yomasulira malilime.

Ngakhale kuti pano simungamvetse za mphatsozi, ndi kukulimbikitsani kuti mumpemphe Mulungu kuti akupatseni mphatsozi ndi kukuphunzitsani za kagwiritsidwe ntchito ake. Timaona m'Mau a Mulungu malo ambiri amene anthu akuyankhula m'malilime (chiyankhulo chazimu). Pamene tikupemphera m'malilime, timayankhula zinthu zobisika ndiponso zinsinsi kwa Mulungu ndipo potero ife timadzilimbitsa ndi kudzikonza. Mtumwi Paulo anati, akanakonda aliyense akanayankhula malilime (I Akorinto 14:2,4-5).

Komatu, mphatso ya malilime, kwa zaka zambiri yakhala ikubweretsa kugawanikana pakati pa Akhristu. Ena amakhulupirira kuti mphatsozi

zilipo lero pakati pathu pamene ena amakhulupirira kuti mphatsozi zinatha. Kwa ine mphatsozi zakhala zikuonekera m'moyo wanga ndipo ndakhala ndikuyankhula malilime kwa zaka zoposera 30, kotero ndikudziwa kuti mphatsozi nzofunika lero lino kwa Mkhristu. Ife tiyenera kukhala ndi chilichonse chimene chidzatithandiza.

Nthawi zambiri anthu amakana zinthu zimene sizinawachitikire pamoyo wao kapena zomwe sakuzimvetsa. Kutero nkulakwa. Ife tiyenera kuwerenga Baibulo ndi kukhulupirira chomwe likunena.

Tsono ndikukuchenjezani kuti maganizo anu akhale pa Mzimu Woyera osati pa mphatso zake. Mphatso zibwera. Anthu ena amadzitamandira chifukwa cha mphatso ya malilime kapena mphatso zina zomwe samayenera kutero. Ife tikapita kukagula nsapato, sitilowa m'sitolo ndi kufunsa kuti atipatse zophimba nsapato ziwiri. Timapita kukafunsa za nsapato ndipo zophimba zake zimabwera pamodzi ndi nsapatozo. Nchimodzimodzinso ndi Mzimu Woyera. Tsiku ndi tsiku muzipempha kudzazidwa ndi Mzimu Woyera, ndipo malilime pamodzi ndi mphatso zina zidzabwera pa nthawi yake.

## Funafunani Kupezeka Kwa Mulungu, Osati Mphatso Zake

Mulungu akufuna kuti akuchitireni zinthu zabwino. Iye akufuna kuti akudalitseni kwambiri, koma nkofunika kuti inu mufunefune Mulunguyo chifukwa cha chomwe Iye ali osati chifukwa cha zimene Iye angakuchitireni. Mulungu ndi wabwino ndipo sangafanane ndi chilichonse, ndipo kukhala pomwe Iye akupezeka ndi chinthu chopambana kwambiri. Pamene inu mukufunafuna nkhope yake, mudzaona kuti ndi owolowa manja. Inu mukangofuna madalitso ake okha kudzakhala kumunyoza Mulungu. Palibe wina aliyense amene amafuna kungogwiritsidwa ntchito chabe, ngakhalenso Mulungu safuna zimenezi.

M’pempheni Mulungu chilichonse chimene mukuchifuna kapena kuchisowa ndipo ngati chili chabwino kwa inu, panthawi yake, Iye adzakupatsani. Koma nthawi zonse muzikumbukira kuti, kuposa china chilichonse, koposa zonse, mukufuna Mulunguyo pamoyo wanu.

Mudzifuna kukhala pafupi ndi Iye, kuyenda m’njira zake, kudziwa chikhalidwe chake, kudziwa nzeru yake, chidziwitso chake, kudziwa mphamvu yake ndi zina zambiri.

Mulungu ndi zonse ndipo ife si ife kanthu popanda Iye. Yesu anati, “Popanda Ine simungathe kuchita kanthu” (Yohane 15:5).

Pakuti kuchokera kwa Iye ndi kudzera mwa Iye ndi kwa Iye kuli zinthu zonse.[Pakuti anayambitsa zinthu zonse ndipo zinachokera kwa Iye; zinthu zonse zimakhala mwa Iye, zinthu zonse zili mwa Iye ndipo zimathera mwa Iye] Kwa Iye kukhala ulemmerero kwa nthawi zonse! Ameni. (zikhalire momwemo)

– AROMA 11:36

## Pali Zambiri Zofunika Kuphunzira

Pali zinthu zambiri zoti muphunzire zomwe ine sindingathe kuzifotokoza zonse m’kabuku kakang’onoka. Nkofunika kuti inu muphunzire za chiphunzitsa cha chikhulupiriro chanu chomwe ndi maziko a ziphunzitsa za chikhristu. Mipingo yambiri imakhala ndi makalasi a anthu amene angotembenuka mtima kumene, ndipo ine ndi kukupemphani kuti inu mukayambe kalasi imeneyo. Mukaphunzira kuti Yesu anabadwa mwa namwali. Izi zikuoneka ngati zosatheka, komatu nzoona ndipo nkofunika kuti inu mumvetse zimenezi. Mukaphunzira kuti nkofunika kupereka kwa Mulungu ndalama zanu kuti Uthenga Wabwino ulalikidwe kwa anthu ena amene sanamudziwe Yesu. Mukaphunzira za Utatu wa Mulungu, za kupembedza Mulungu m’modzi, amene amadzionetsera mwa Atatu:

Atate, Mwana, ndi Mzimu Woyera. Mukaphunzira za utumiki wa Angelo, kufunika kwa magari a Yesu, kumva zimene Mulungu akunena, chiphunzitsa cha chilungamo, za kulapa, ndi zinthu zina zambiri.

Ngakhale sindingathe kufotokoza zonse m'buku lino, pali zinthu zina zomwe ndikufuna kuti ndikufotokozereni zomwe ndikuganiza kuti nzofunika pamoyo watsopano, tsono tiyeni tizione zinthu zimenezi.

# Mutu 5



## KUGANIZA MWATSOPANO

✿ Kuphuzira kuganiza mwatsopano ndi chinthu chofunika kwambiri. Mulungu ali ndi pulani yabwino ya inu ndi ya moyo wanu, koma inu muyenera kugwirizana ndi Mulungu za pulaniyo. Satana nayenso ali ndi pulani ya inu ndi ya moyo wanu, ndipo pulaniyo ndi yoipa. Mbala (Satana) imabwera kudzaba, kupha ndi kuononga (Yohane 10:10). Satana amaika mwa ife maganizo a mtundu uliwonse oipa, ncholinga choti tikhulupirire ndi kugwirizana naye. Ndi njira imeneyi yomwe Satana amanyengera anthu ambiri ndi kupeza khomo lolowera m'miyoyo yao.

Musafanizidwe ndi makhalidwe a dziko lino (moyo wa masiku ano), [otsatira miyambo yachikunja] koma musadulike (musinthike) mwa kukonzanso (kwathunthu) maganizo anu (zochitika za nthawi ino). Ndipo mudzadziwa ndi kuzindikira (inu eni) chifuniro chabwino cha Mulungu-chokondweretsa ndi changwirowi [pamaso pake]. - AROMA 12:2

Ndime imene tawerengayi ikutifotokozera kuti miyoyo yathu singasinthike pokhapokha kaganizidwe kathu katasinthika. Ngati mukufuna moyo watsopano, muyenera kuyamba kuganiza

mwatsopano, Mulungu ali ndi pulani yabwino ya ife tonse, koma mapulani amenewa adzachitika pamoyo wathu pamene tadzaphunzira kuganiza moyenera.

## Kukhala ndi Ulamuliro pa Maganizo anu

Mwina inu muli ngati ine amene ndinkaganiza kuti munthu sangathe kuchitapo kanthu pa zimene amaganiza. Izi si zoonza. Inu mugathe kusankha chomwe mukufuna kuganiza kapena zomwe simukufuna kuganiza, ndipo muyenera kuchita izi mosamala. Munthu amachita zinthu motsatira zomwe akuganiza. Tonsefe tinaganizapo za zomwe tikufuna kudya. Mwina anali ayesikirimu, mtedza, kapena chakudya china chokoma. M'mene tinkaganiza za zakudyachi, ndi nthawi yomwe tinkafunitsitsa kudya zimenezo. Pamene taganizira kwambiri, ndi nthawi yomwe timayenda ulendo wautali kuti tikachipeze chakudyacho, pambuyo pake timadzazindikira kuti tangotaya nthawi yathu ndi ndalama zanthu pokapeza chakudyachi.

Ngati munthu wina awatilakwira ndipo ife nkumaganizira zimene anatichitira, ndi nthawi imene timakwiya kwambiri. Zomwe tikuganiza zimakhudza kwambiri zomwe tikuchita ndipo zimasanduka mau amene timayankhula.

Nthawi imene mwakwiya kapena kukhumudwa, mudzifunse nokha chomwe mumaganiza, ndipo mudzaona kuti zomwe zikukuchitikirani zikugwirizana ndi zomwe mumaganiza.

Maganizo ndi bwalo la nkondo lomwe timachitamona nkondo ndi Satana. Mau a Mulungu pa 2 Akorinto 10:4-5 akutiphunzitsa kuti tichotse maganizo ndi zolingalira zonse zoipa ndi kuzipanga kuti zimvere Yesu Khristu. Kutanthauza kuti tiziganiza molingana ndi mau a Mulungu. Chilichonse chimene sichigwirizana ndi ziphunzitsa za Yesu ziyenera kuchoka m'maganizo athu ndi kuzikana pakuti ndi

bodza lochokera kwa mdierekezi. Ngati mdani wanu (Satana) angathe kulumulira maganizo anu, ndiye kuti athanso kulumulira moyo wanu ndi tsogolo lanu.

Mwachitsanzo, ngati mukuganiza zodzipha, maganizo amenewo akuwaika mwa inu si Mulungu ayi. Mulungu akufuna inu mukhale ndi moyo ndiponso kukhala mosangalala. Ngati muli ndi maganizo oipa kapena kuti palibe amene amakukondani, maganizo amenewa sakuchokera kwa Mulungu chifukwa sakugwirizana ndi Mau ake.

## Kuganiza Molakwika

Musamale ndi maganizo olakwika a mtundu wina uliwonse. Palibe chinthu cholakwika ndi Mulungu kapenanso ndi pulani yake ya moyo wanu. Ndi bwino kuzindikira kuti kulasa mtengo nchamuna chomwe. Kuyankhula mwa chiyembekezo sikupweteketsa munthu.

Kaya moyo wanu wakhala uli wotani, inu mudzikhala ndi chiyembekezo chatsogolo labwino. Mugwirizane ndi Mulungu ndipo mukhulupirire kuti zokoma zili mtsogolo.

Ngati muli munthu amene mwakhala mukaganiza zolakwika monga mmene ine ndinkachitira, kuti muyambe kuganiza zinthu zabwino pafunika kulimbikira kutero. Ine ndinakulira pamalo pamene panali polakwika ndipo nthawi zonse tinkayembekezera mavuto kapena tsoka kuchitika, koma ndinaphunzira kuti mavuto athuwo amabwera chifukwa cha zoganiza zathu zolakwika.

Masiku onse a wosauka ali oipa (chifukwa cha zimene akuganiza ndi mantha akulu); koma wokondwera mtima ali ndi mphwando losatha (sizitengera zomwe akukumana nazo).

– MIYAMBO 15:15

Tsiku loyamba limene Mzimu Woyera unanditsogolera pa vesi imeneyi, sindinadziwe kuti “mantha akulu” nchiyani, koma ndinaphunzira kuti anali maganizo oipa ndi mantha akulu poganiza kuti chinthu china choipa nkundichitikira. Ndinene pano zoona, ine nthawi zambiri ndimakumana ndi zomwe ndi nkaziymbekera, amene anali mavuto. Ine ndinkafuna kuti moyo wanga usinthe koma sindinkamvetsa chifukwa chomwe Mulungu sankasinthira moyo wanga, komatu ndinazindikira kuti ine ndinayera kusintha kaganizidwe kanga Mulungu asanasinthe moyo wanga.

Musamaganize zinthu zolakwika... sati zatsogolo lanu kapena kale lanu. Kale lanu Mulungu atha kuligwiritsa ntchito pa pulani ya moyo wanu ngati inu mwakhulupirira Iye. Zolakwitsa zanu zonse zakale zitha kukupangani kukhala munthu wabwino ndiponso wa nzeru. Mungathe kuphunzira kuchokera pa zomwe munachita ndi kupanga chisankho chokhala moyo wosalakwitsanso. Musamaganize zoipa za chuma chanu, za abwenzi anu, za banja lanu, za maonekedwe anu, za ntchito yomwe mukugwira kapena za kusagwira ntchito kwanu, za kumene mumakhala, za galimoto lomwe mumayendera, kapena za chinthu china chilichonse. Yambani kukhala ndi maganizo abwino, ndipo zidzakuthandizani kuti mukhale ndi moyo wabwino ndi wopindulitsa.

## Musadandaule kapena Kudera nkhwawa

Kudandaule ndi nkhwawa ndi zinthu ziwiri zoipa zomwe zimabwera m’aganizo. Kudandaule sikupindulitsa konse, koma kumabweretsa zovuta zambiri. Sinthanitsani nkhwawa zanu zonse ndi kudalira Mulungu kuti adzakuthandizani pa mavuto onse. Kudandaule kumakalambitsa munthu, kumapweteketsa mutu, kumayambitsa zilonda za m’ mimba ndipo kumapangitsa munthu kukhala wovuta kucheza naye. Ichi sichifuniro cha Mulungu pa moyo wanu.

Kukhala moyo osadandaula kudzakhala kovuta masiku oyamba chifukwa munazolowera kudzisamalira nokha ndi kuganiza choti muchite, koma kumbukirani kuti tsopano mukuphunzira kukhala moyo watsopano.

Anthu amene sali paubale ndi Mulungu atha kumadandaula koma inu simuyenera kumadandaula. Mulungu ali mbali yanu, ndipo Iye akunena kuti, inuyo mutaye nkhwana zanu pa Iye ndipo adzakusamalirani (1Petulo 5:7).

Kudera nkhwana ndi moyo wodandaula za mawa. Yesu ananena kuti tisamadere nkhwana chifukwa tsiku lililonse lili ndi mavuto ake (Mateyu 6:34). Mudzadziwa chochita nthawiyo ikafika yoti muchite, koma nkutheka kuti simungadziwe chochita mpaka nthawiyo itafika. Mulungu akufuna kuti muphunzire kumudalira. Iye sachedwa pofuna kuchita zinthu, komanso sachita zinthu mofulumira. Kwa wokhulupirira watsopano, kudikiraku nkovuta chifukwa sanazolowera kutero.

Komabe pakapita nthawi, mudzatha kuzikonda zimenezi. Mudzakhala ndi mtendere mu mtima ndipo mudzatha kukhala moyo wamtendere tsiku lililonse osadandaulanso za zomwe zidzachitike tsiku lotsatira.

Mukayesedwa kuti muyambe kudandaula, nkumbutseni mdierekezi kuti ndinu mwana wa Mulungu ndipo walonjeza kukusamalirani.

Njira yokonzera maganizo anu kuti akhale atsopano imapezeka pamene tikuphunzira ndi kulingalira Mau a Mulungu. Ndi njira imene timaphunzira za maganizo abwino ndi za maganizo oipa. Mwachitsanzo, munthu atha kumaganiza kuti adzakhala wosauka moyo wake onse chifukwa umphawi wakhala uli m'banja lao nthawi zonse. Koma m'Mau a Mulungu mudzapeza kuti izi si zoona. Mothandizidwa ndi Mulungu komanso potsatira fundo zake pa moyo

wokhala ndi chuma, mutha kumphwanya moyo waumphawi ndipo nkukhala munthu wachuma pa moyo wanu onse. Mau a Mulungu akuti, Iye akufuna kuti zanu zonse zikuyendereni bwino, ndikuti mukhale bwino m'thupi lanu, monga ulili moyo wanu wauzimu (3Yohane 2). Pamene mukukula pa moyo wanu wauzimu ndi kukhala moyo womvera Mulungu, Iye adzakupatsani inu chinthu chilichonse chabwino chimene mungathe kuchisamalira ndi kuchigwiritsa ntchito mwanzeru.

Mulungu adzakwaniritsa zosowa zanu, ndipo simuyenera kukhalanso moyo wa mantha. Ngati mukufuna ntchito, mutha kupemphera ndipo Iye adzakuthandizani kupeza ntchito. Iye adzakukonderani ndipo adzapindulitsa chilichonse mudzachite ndi kupambana.

Yesu akufuna kuti inu mukhala moyo wabwino. Iye akufuna kuti musangalale ndi moyo umene anaufera kuti akupatseni. Khalani ndi nzeru, khalani ndi chidziwitso ndi kuchita zinthu mwanzeru. Popanda chidziwitso anthu amaonongeka, choncho pemphani kwa Yesu. Yesu ndiye nzeru yathu yochokera kwa Mulungu (1 Akorinto 1:30).

M'pempheni Iye kuti nzeru ili mwa inu iyambe kugwira ntchito ndi kuunikira maganizo anu kuti muthe kuyenda m'njira zake. "Pakuti nzeru iposa ngale. Ndi zonse tizifunitsa sizilingana nayo" (Miyambo 8:11).

Buku langa lomwe limagulitsidwa kwambiri ndi *Battlefield of the Mind*. Ine ndi kukupempheni kuti mulipeze ndi kuliwerenga msanga. Kumbukirani kuti, kukonzanso maganizo anu idzakhala ngati nkhondo kwa kanthawi, koma musataye mtima. Iwo amene amafunitsitsa Mulungu adzadalitsidwa.

## Mutu 6



### KUYANKHULA MWATSOPANO

✿ Mau ali ngati chotengeramo mphamvu. Mau ali ndi mphamvu yolenga kapena mphamvu yoononga. Pachiyambi, pamene Mulungu anayankhula, analenga zinthu zabwino, ndipo ife titsatire chitsanzo cha Mulunguchi.

Moyo wa munthu (khalidwe) udzakhuta chipatso cha pakamwa pake; ndipo adzakhuta ndi mau a pakamwa pake [kaya ndi zabwino kapena zoipa].

Mimba ya munthu idzakhuta zipatso za m’kamwa mwake; iye nadzakhuta phindu la milomo yake. Lilime lili ndi mphamvu pa imfa ndi moyo; wolikonda adzadya zipatso zake.  
– MIYAMBO 18:20-21

Tikaimvetsetsa ndimeyi, ikutifotokozero kuti zimene timayankhula zili ndi zotsatira zake. Zina zimakhala zabwino ndipo zina zimakhala zoipa. Pamene tatsekula pakamwa pathu kuyankhula, tiyenera kuzindikira mphamvu ya mau athu. Zimene timaganiza zimasanduka zomwe timayankhula, ichi ndiye chifukwa chake Satana amaika maganizo olakwika mwa ife.

Satanayo amadziwa kuti ife tikawatenga maganizowo kukhala maganizo athu ndiye kuti ifeyo tidzayamba kuyankhula zomwe tikuganizo, ndipo potero tidzamtsekulira khomo limene iye akulifuna kuti achite zinthu zake zoipa m'miyoyo yathu.

Wosunga m'kamwa mwake ndi lilime lake, asunga moyo wake kumavuto. – MIYAMBO 21:23

Yesero lalikulu pa dziko lapansi ndi la kuyankhula za zomwe tikuziona ndi zomwe zikutichitikira, koma Mulungu amafuna kuti ife tiziyankhula zomwe Mau ake amanena kuti ndi zinthu zathu. Sindikunena kuti musamalingalire za zomwe zimakuchitikirani, koma ndikunena kuti mungathe kuzigonjetsa, ndipo muyenera kusamala zomwe mukuyankhula pa nthawi ya mavuto.

Aisraeli anakhala akuyenda m'chipululu zaka 40 ulendo umene akanayenda masiku 11. Ankagozungulira mapiri amodzimidzi omwewo, osapita patsogolo. Anali ndi mavuto ambiri ndipo vuto lao lalikulu linali kudandaula. Ankang'ung'udza ndi kudandaula nthawi iliyonse pamene zithu sizinkayenda bwino. Mulungu akufuna kuti tizimutamanda ndi kumuyamika pamene tikudutsa m'chipululu cha moyo wathu komanso pamene tikudutsa pa nsonga za mapiri athu. Zoyankhula zathu nthawi ya mavuto ndi zomwe zidzapangitse kutsalika kwa nthawi imene tidzakhale m'mavuto amene takodwamo.

Izi zitha kukhala zinthu zachilendo kwa inu, koma mau anu ali ndi mphamvu. Aroma 4:17 akunena kuti, timatumikira Mulungu amene amatchula zinthu zimene palibe ngati zilipo kale. Mulungu amaoneratu chimene akufuna kuti chichitike ndipo amayankhula za chinthucho ngati chachitika kale.

Kuti inu muchite zimenezi, muyenera kuona zinthu mwachikhulupiriro. Chikhulupiriro chimatenga zinthu zimene palibe ngati zilipo kale,

kapena kuona kuti zinthu zonse zili bwino. Chikhulupiriro chimatenga malonjezo a Mulungu kukhala woona!

Ife tikakhala ndi vuto ndipo nkukhulupirira kuti Mulungu atipulumutsa ndithu, tidzakhala wosangalala. Sitidikira kuti tione kuti zinthu zasintha chifukwa timadziwa kuti zinthuzo tili nazo mwachikhulupiriro. Timadziwa mu mtima mwathu kuti Mulungu akuchitapo kanthu m'malo mwathu.

Pamene mneneri Ezekieli anayang'anayang'ana, chimene iye anaona anali mafupa a anthu akufa, ouma kwambiri ndipo Mulungu anamufunsa ngati mafupawo akanakhalanso ndi moyo. Ezekieli anayankha kuti, "Inu Mulungu, ndinu nokha amene amungathe kudziwa." Mulungu poyankha mau akewo, anamuza kuti anenere (ayankhule) kwa mafupawo ndipo mafupawo amve mau a Ambuye. Ezekieli anayamba kunenera monga anamulamulira, ndipo fupa linabwera pa fupa linzake. Mnofu ndi mitsempha inabwera pa mafupawo ndipo anaimirira ngati gulu lalikulu la ankhondo (Ezekieli 37). Ichi ndi chitsanzo chabwino cha mphamvu ya Mau a Mulungu.

## Kuyankhula Mau a Mulungu Mofuula

Ine kulikonse ndimaphunzitsa anthu kuyankhula Mau a Mulungu mofuula ngati mbali imodzi ya moyo wao wauzimu. Ichi ndi chinthu china chofunika chimene Mulungu anandiphunzitsa, ndipo nditha kunena kuti ndi chomwe chathandiza kukonza maganizo anga ndi kusinthanso moyo wanga.

Mau a Mulungu ndi lupanga la Mzimu. Ndi chida champhamvu kwambiri chomwe mungagwiritse ntchito kulimbana ndi Satana. Iye amaopa ndi kunjenjemera akamva Mau a Mulungu. Mu Luka 4 tikumva za nthawi imene Yesu anayesedwa ndi mdielekezi. Yesu

anali m'chipululu, ndipo anali atakhala wosadya kwa nthawi yaitali, ndipo Satana anayamba kuika maganizo mu mtima mwake. Nthawi zonse zimene Satana amamunamiza Yesu, Yesu amayankha ponena kuti, “Kwalembedwa” nanena vesi yake mofuula potsutsa bodza lake. Tikatengera chitsanzo chake, ndiye kuti ife tili paulendo wopita kuchipambano.

Kodi ndinu okonzeka kusamalira zomwe mumayankhula? Ngati ndinu okonzeka, mudzazindikira, monga enafe tinazindikira kale, kuti nthawi zambiri timayankhula zinthu zimene sitifuna kuti zitichitikire. Ine ndikukhulupirira kuti titha kuchulukitsa kapena kucheptsa mtendere ndi chimwemwe mu mtima mwathu ndi zomwe timayankhula. Ngati ndikunena zoonza, bwanji inu osayamba kunena zinthu zimene zidzabweretsa chisangalalo m'malo mwa chisoni?

Kuyankhula mwachikhulupiriro ndi gawo la moyo wanu watsopano, choncho yambani lero. Mutha kumayankhula motere:

Mulungu amandikonda ndipo ali ndi pulani yabwino ya moyo wanga.

Ndine wokonderedwa kulikonse kumene ndimapita.

Chilichonse chimene ndimachita ndi mapindula ndi kupambana.

Mulungu amanditsekulira makomo abwino ndipo amatseka makomo oipa.

Ndimayenda mwanzeru.

Ndili ndi mtendere.

Ndine wosangalala.

Ndimayenda m'chikondi.

Chinthu chabwino chindichitikira lero.

Ana anga onse amakonda Mulungu ndi kumtumikira.

Ukwati wanga umanka nukomerekomera tsiku ndi tsiku.

Ndine dalitso kulikonse kumene ndimapita.

Mndandandawu ulibe malirire. Muonetsetse kuti chimene mukunena ndi chomwe Mau a Mulungu akunena. Kugwirizana ndi Mulungu kumapangitsa kuti zinthu zonse za tsopano zikuchitikireni. Zidzapangitsa kuti pulani ya Mulungu kuti iyambe kugwira ntchito, ndipo palibe chimene Satana angachite kuletsa zimenezi.

## Mutu 7



### KUDZIONA MWATSOPANO

✿ Mumadziona motani? M'mene mumadzionera zili ngati chithunzi chimene mumanyamula m'chikwama cha mtima wanu. Ine pa zaka zambiri za kutumikira kwanga ndinazindikira kuti anthu ambiri sakonda chimene iwo ali. Nanenso kwa nthawi yaitali ndinali ndi vuto losadzikonda ndekha ndipo zimenezi zimaononga chilichonse pa moyo wanga. Mulungu amakukondani ndipo akufuna kuti inu muzidzikonda nokha. Osati kudzikonda koipa kapena kumva za iwe wekha, koma kudzikonda moyenera. Inu simungapereke chimene mulibe. Mulungu amatikonda ndipo akufuna kuti chikondicho chitichiritse ife poyamba kenaka kudzera mwa ife anthu ena akachiritsidwense. Ngati mukana kuvomereza kulandira chikondi chimene Mulungu ali nacho pa inu podzikonda nokha, ndiye kuti simungathe kukonda anthu ena.

Kodi m'mene mumadzionera nokha zimachokera pa zimene mumachita? Kwa anthu ambiri zinthu zili choncho, ndipotu zoganziza zathu pamaonekedwe athu sizingakhale zabwino chifukwa machitidwe athu nthawi zambiri siabwino. Ndife anthu ochimwa ndipo timachita zolakwa.

Timafuna kuchita zinthu zabwino koma nthawi zambiri timalephera

kutero. Nchifukwa chake ife tikufunika Yesu. Mphamvu yake imaoneka mu zifooko zathu.

Mulungu sakudabwa nanu. Iye akudziwa chimene munali pamene anakuitanani kuti mukhale naye paubale. Iye akudziwa zolakwa zimene tidzachite m'moyo wathu, koma Iye amatikondabe ndipo amafuna kuti tizikhala naye. Musadziyumire mtima nokha. Phunzirani kulandira chifundo cha Mulungu tsiku ndi tsiku. Nyamukani tsiku lililonse ndipo yesetsani kuchita zinthu zabwino kuti Mulungu alemekezedwe. Yesetsani kuchita za bwino chifukwa mumamkonda Mulungu, osati kuti Iye adzikukondani. Iye amakukondani kale ndipo adzapirira kukondani, ndipo chikondi chake pa inu nchangwirowi. Potsiriza pa tsiku lililonse, muzimupempha Mulungu kuti azikukhululukirani machimo anu ndi zolakwa zanu, mudzigona tulo tabwino, nkuyamba bwino tsiku linalo.

Satana akutsutsana nanu, koma Mulungu ali mbali yanu. Inu muyenera kukhala mbali ya Mulungu chifukwa pamene anthu awiri agwirizana, amakhala amphamvu. Ndinu wamtengowapatali pamaso pa Mulungu, ndipo muli ndi maluso ambiri amene ndi ofunika kwa Mulungu. Musangoyang'ana zomwe mukuganiza kuti ndi zolakwika m'moyo wanuwo. Musamangoyang'ana za ulendo umene muti muyende- komanso muziyang'ana komwe mwachokera. Ndinu okhulupirira Yesu Khristu tsopano, ndipo chimenechi ndi chiyambi cha chilichonse chabwino pa moyo wanu.

## Kumvetsa Za Kulungamitsidwa

Kulungamitsidwa (kukhala paubale wabwino ndi Mulungu) kumabwera pamene takhulupirira Yesu, osati chifukwa cha ntchito zathu. Ndi mphatso ya Mulungu ndipo imaperekedwa pa nthawi imene mwalandira Yesu kukhala Mpulumutsi wanu.

Pali ndime zambiri zimene zimanena zimenezi. Pano ndilemba ndime zingapo kuti zikulimbikitseni:

Chifukwa cha ife, Mulungu anampangitsa Iye [kwathunthu] wopanda tchimo kukhala tchimo, kuti ife mwa Iye tikhala [timvekedwe, tioneke kuti, ndipo tikhala chitsanzo] chilungamo cha Mulungu [chimene ife tinayenera kukhala, ovomerezedwa, olandilidwa ndiponso wokhala paubale wabwino ndi Mulungu, mwakukoma mtima kwake]. - 2 AKORINTO 5:21

Aaa! Taona vesi yogwira mtima iyi! Khristu analibe tchimo, koma chifukwa cha chikondi chake pa ife Iye ananyamula tchimo lathu kuti ife tikhale paubale wabwino ndi Mulungu Atate. Mulungu amatitenga ife kukhala anthu ovomerezedwa ndi olandilidwa ndiponso okhala paubale wabwino ndi Iye chifukwa tinalandira Yesu kukhala Mpulumutsi wathu. Pano ndinenenso kuti....Aaa!

M'malo mochita mantha kuti Mulungu sakukondwera nafe ndipo watikwiyira, tingathe kuima pamaso pake “mwa Khristu” ndi kudziwa kuti ndife olandilidwa.

Chifukwa chake palibe aliyense amene adzayesedwa wolungama (kukhala wolungama, kupezeka wosalakwa, ndiponso kuweruzidwa monga momwe iye ali) pamaso pake pakusunga Malamulo; pakuti [ntchito yeniyeni ya lamulo ndikuzindikiritsa anthu za uchimo wao] uchimo udziwika ndi Malamulo, [osati kungozindikira kokha kuti ndi ochimwa, koma kuti alidziwe tchimolo ndi kulapa, kukhulupirira ndi kukhala moyo wa chiyero]. - AROMA 3:20

Chilungamo ichi chochokera kwa Mulungu, chimabwera kudzera mchikhulupiriro mwa Yesu Khristu kwa aliyense amene akhulupirira. Pakuti palibe kusiyana. - AROMA 3:22

Tikudziwa kuti munthu salungamitsidwa pakusamalira lamulo. Koma ndi chikhulupiriro mwa Yesu Khristu. Chomwecho ifenso taika chikhulupiriro chathu mwa Khristu Yesu kuti tilungamitsidwe ndi chikhulupiriro mwa Khristu ndipo osati pakusamalira lamulo, chifukwa palibe amene adzalungamitsidwa pakusamalira lamulo.  
– AGALATIYA 2:16

Nchinthu chofunika kwambiri pa kakulidwe ka moyo wanu wauzimu kudziwa kuti muli paubale wabwino ndi Mulungu kudzera pa kukhulupirira mwa Yesu Khristu. Ndi mphatso yochokera kwa Mulungu. Ngati ife timadzimvera chisoni nthawi zonse, nkumaganiza kuti mwina Mulungu watikwiyira, timataya mphamvu imene Mulungu akufuna kuti tidzikhala nayo. Ife tili ndi ulamuliro pa mdierekezi monga okhulupirira mwa Yesu, koma tiyenera kuima pamaso pa Mulungu titavekedwa chilungamo, osati nsanza za kutsutsidwa ndi kulakwa kwathu.

M’buku la Aefeso akunena kuti ife tiyenera tavalala chilungamo ngati chovala chodziteteza pachifuwa. Chovala chapachifukwa chimaphimba mtima wa msilikali. Kodi inu mumakhulupirira chiyana za inu eni? Kodi mumakhulupirira kuti muli paubale wabwino ndi Mulungu? Inu mutha kukhulupirira chotero ngati maso anu ali pa zimene Yesu anakuchitirani osati pa chilichonse chimene inu mukulakwitsa. Inu mumalakwitsa, ndipo pamene mwalakwitsa, lapani mofulumira, Mulungu adzakukhululukirani. Iyi ndi njira yokhaya imene ife tingakhalire moyo wolungama. Sitidalira chilungamo chathu ayi, chifukwa chilungamo chathu chili ngati nsanza zonyansa. Koma ife titha kukhala ndi kumayenda mu chilungamo cha Mulungu kudzera mu chikhulupiriro chathu mwa Yesu Khristu.

Chikhaliidwe chimenechi chomadziona nokha mwatsopano ndi gawo limodzi la phukusi la “moyo watsopano” monga wokhulupirira mwa Yesu.

## Sangalalani ndi Moyo wanu

Tsopano ndinu afulu kusangalala tsopano, ndipo ndi chifuniro cha Mulungu kuti muzisangalala. Kufunika kwa moyo wanu kusamachokere pa zimene ena akunena kapena zimene amanena za inu. Musamatengere zimene ena anakuchitirani kapena zimene inu mwachita pa moyo wanu. Mulungu anadziwa kuti ndinu ofunika kwambiri nchifukwa chake anatumiza Mwana wake kudzakuferani, ndipo ichi ndiye chifukwa chake inu muyenera kusangalala.

Baibulo limaphunzitsa momveka kuti ife tiyenera kusangalala m'moyo uno, ndipo izi zizingatheke ngati inu simukondwera ndi moyo wanu. Inuyo ndi inuyo ndipo simungathe kuzisintha, ngakhale kamphindi kochepe chabe. Ngati simungathe kusangalala ndi moyo wanu, ndiye kuti mudzakhala moyo wasakondwa nthawi zonse.

Monga mmene ndilili ine, mwina inu ndi osiyana ndi anthu ena amene mumawadziwa, zoterozo ndi zabwino. Kusiyanaku Mulungu anakuchita ndi cholinga. Anatilenga tonse osiyanasiyana. Mulungu amakonda kusiyanako. Sindinu munthu wozerezeka ayi; inuyo ndinu munthu panokhanokha ndipo ndinu oposa chinthu china chilichonse.

Musazifanizire ndi anthu ena ndi kumataya nthawi yanu kupikisana nawo (2 Akorinto 10:12). Inu musamanganize za ena ndipo mudzikondwera ndi chomwe inu muli. Muyenera kusintha madera ena a moyo wanu monga ena tonse, ndipo Mzimu Woyera adzakhala akugwira ntchito pa moyo wanu onse kuti kusinthaku kuchitike mwa inu. Nkhani yabwino ndi yoti, inu muli ndi ufulu wosangalala pa moyo wanu pamene Mzimu Woyera akugwira ntchito yake mwa inu.

## Mutu 8



### KUSINTHANITSA MANTHA NDI CHIKHULUPIRO

✿ Tonse timadziwa kuti mantha nchiyani. Mantha amazunza, ndipo amalepheretsa kupita patsogolo. Mantha amanjenjemeretsa, kutulutsa thukuta, kufooketsa ndi kupangitsa kuthawa zinthu zimene tikanatha kulimbana nazo.

Mantha sachokera kwa Mulungu. Ndi chida cha Satana chimene amagwiritsa ntchito kutilepheretsa ife kukhala moyo wosangalala umene Mulungu amafuna ife tidzikhala (2Timoteyo 1:17). Mulungu amafuna ife tizikhala mwachikhulupiro. Chikhulupiro ndi kudzikhuthula kwa Mulungu modalira kwathunthu mphamvu yake, nzeru yake, ndi kukoma mtima kwake. Ndi umboni wa zinthu zimene sitikuziona, ndiponso chitsimikizo kuti zinthuzo zilipodi.

Chikhulupiro chimachitika mu dziko lauzimu. Mwina inu munazolowera kukhulupirira zinthu zokhazo zomwe mukuziona ndi kuzikhudza, koma ngati mwana wa Mulungu muyenera kukhala womasuka kukhulupirira zinthu zauzimu zimene simungathe kuziona (m'dziko lauzimu). Ife sitimuona Mulungu chifukwa ndi mzimu, koma timakhulupirira kwathunthu mwa Iye. Angelo sitiwaona, koma Mau a Mulungu amati ali ponseponse kutiteteza ife. Pamene

takhulupirira Mulungu ndiponso mau ake, tingathe kulowa m'dziko lauzimu ndi kutenga zimene Mulungu amafuna kuti ife tizisangalala nazo pamene zinthuzo sizinachitike.

Satana amasangalala akamatikumbutsa zimene zikutichitikira ndi kuyamba kutichitsa mantha za zimene zidzachitike mtsogolo. Koma Mulungu amafuna ife timudalire, pokhulupirira kuti Iye ndi wamphamvu kuposa zomwe zikutichitikira kapena zomwe mdierekezi akutiopseza nazo.

M'baibulo muli zitsanzo za amuna ndi akazi ambiri amene zinawachitikira zinthu zovuta kwambiri, zotsatira zake zinali kukhala ndi mantha m'mitima mwao. Koma iwo anapanga chisankho chokhulupirira Mulungu, ndipo anapulumsidwa modabwitsa. Inu muyenera kupanga chisankho chokhala moyo wa mantha kapena kukhala moyo wachikhulupiriro. Ngakhale kuti tsopano ndinu m'khristu, mutha kumakhala moyo wosautsidwa ndi mantha a mitundu yonse pokhapokha mutapanga chisankho chokhala moyo wachikhulupiriro. Mwalandila Yesu kukhala Mpulumutsi wanu mwachikhulupiriro: chotsatira tsopano nkukhala mwachikhulupiriro.

Pakuti mu Uthenga Wabwino chilungamo chochokera kwa Mulungu chaululidwa, chilungamo chimene ndi mwachikhulupiriro kuyambira pachiyambi mpaka kumapeto, monga momwe kwalembedwa: “Olungama adzakhala ndi moyo mwa chikhulupiriro. – AROMA 1:17

Pamene tiyamba kumvetsa za chikondi cha Mulungu ndi kuzindikira kuti tili paubale wabwino ndi Mulungu kudzera mu imfa ndi kuuka kwa akufa kwa Yesu, tidzazindikira kuti nzosavuta kuyenda mwachikhulupiriro.

Tidzayamba kudalira Mulungu pa chisamaliro chathu m'malo

momaganiza kuti tiyenera kudzithandiza tokha.

Kulimba mtima sikusonyeza kupanda mantha, koma ndi kuchitapo kanthu ngakhale ukuchita mantha. Pamene Mulungu anauza atumiki ake kuti asaope, samatanthauza kuti asakhale ndi mantha, koma amawauza kuti ayenera kumumvera mosalabadira zomwe zikuchitika m’kati mwao. Mulungu amadziwa kuti mzimu wamantha nthawi zonse udzayesetsa kutilepheretsa kuti tisapite chitsongolo pa moyo wathu oyenda ndi Mulungu. Nchifukwa chake akutiuzza mobwerezabwerezwa M’mau ake kuti Iye ali nafe nthawi zonse, ndipo chifukwa cha ichi ife sitienera kuchita mantha.

Eleanor Roosevelt anati, “Umapeza mphanvu, kulimba mtima, ndi chitsimikizo kuchokera pa zomwe umakumana nazo zokuchitsa mantha koma iwe nkugonjetsa manthawo. Inu muyenera kuchita zinthu zomwe mukuganiza kuti simungathe kuzichita.”

Khalani amphamvu, limbikani mtima, musachite mantha, kapena kuopsedwa chifukwa cha iwowa; popeza Yehova Mulungu wanu ndiye amene amuka nanu; Iye sadzakusowani, kapena kukusiyani.  
– DEUTRONOMO 31:6

Ndi chikhulupiriro chokha chimene chimakondweretsa Mulungu. Timalandira kwa Mulungu mwachikhulupiriro. Choncho nkofunika kwambiri kuti munthu amene wakhulupirira mwatsopano Khritsu aphunzire za chikhulupiriro ndi kuyamba kuyenda mwachikhulupiriro. Kukhala ndi chikhulupiriro chachikulu zili ngati momwe amachitira anthu ena kuti akhale adzitho. Chikhulupiriro chimayamba pang’onopang’ono, ndipo chimanka chikula tsiku ndi tsiku.

Pa Mateyu 17:20 pali mau akuti, zinthu zonse ndi zotheka kwa iye amene akhulupirira. Ngakhale chikhulupiriro chochepa chitha kusuntha mavuto okhala ngati mapiri m’miyoyo yathu. Mwina

mwakhala mukuyesetsa kukonza mavuto anu onse ndipo nthawi zambiri mwakhala mukutaya mtima ndi kukhumudwa. Ngati ndi choncho, mwatsala pang'ono kuti muyambe moyo watsopano. Tsopano mutha kuyankhula (kupemphera) ndi Mulungu ndi kumuitana kuti azikhala nanu pa chilichonse chimene chikukuchitikirani, ndipo mudzazindikira kuti zosatheka ndi munthu zimatheka ndi Mulungu.

Zidzachitika molingana ndi chikhulupiriro chanu (Mateyu 9:29). Mwina mwakhala mukuchita mantha moyo wanu onse, koma tsopano lino ndi nthawi yoti musinthanitse mantha ndi chikhulupiriro mwa Mulungu. Zitenga nthawi kuti muphunzire njira zatsopano, koma musakhumudwe kapena kungoleka osachitapo kanthu. Chilichonse pa dziko lapansi chimachitika potsatira lamulo la kukula kwa pang'onopang'ono. Chilichonse chimanka chisintha pang'onopang'ono ngati tipirira kuchita zimene Mulungu akutiwuzwa kuti tichite.

## Mutu 9



### KUSANGALALA NDI MOYO

✿ Mbala imabwera kuti idzabe ndi kupha ndi kuononga; Ine ndabwera kuti iwo akhale ndi moyo, ndi kukhala nao wochuluka, (moyo wodzaza, moyo wosefukira).

– YOHANE 10:10

Yesu anafa kuti inu musangalale ndi moyo. Izi sizikutanthauza kuti zinthu zonse zidziyenda monga m'mene inu mukufunira ndiponso osakumana ndi mavuto. Zikutanthauza kuti kudzera paubale wanu ndi Mulungu, mutha kupambana pa zokhumudwitsa za moyo uno, ndi kukhala ndi moyo owukitsidwa wokhala mwa, pamodzi ndi, wokhala chifukwa cha Mulungu mwa mphamvu ya Mzimu Woyera.

Mulungu ndiye moyo wathu weniweni. Timakhala mwa Iye, timayenda mwa Iye, ndipo thunthu lathu lili mwa Iye. Kuphunzira kusangalala mwa Mulungu zidzakupangitsani inu musangalala moyo wanu onse. Khalani pachiyanjano ndi Mulungu. Mulungu amakhudzidwa ndi chilichonse chimene chimakuchitikirani, ndipo Baibulo likunena kuti Iye adzakonza zonse zimene zimakhudza moyo wanu. Iye amagwira ntchito m'moyo wanu nthawi zonse, kuti inu mukhale nchifuniro chake kwathunthu.

Musamuope Mulungu molakwika. Timuope Mulungu mwaulemu, kutanthauza kuti tiyenera kumulemekeza ndi kudziwa kuti Iye ndi wamphamvuzonse ndipo amathanthauza chimene wanena. Koma tisamakhale ndi mantha akuti Mulungu nthawi iliyonse imene tachita cholakwa kapena nthawi ina iliyonse imene talephera kukhala moyo wangwiro kuti atilanga. Mulungu ndi wachifundo ndipo amachedwa kukwiya. Iye ndi wopirira, amadziwa chimene ife tili, ndipo amamvetsetsa za kufooka kwathu ndi zolakwa zathu.

Ngati inu muli ngati ena tonsefe, muli ndi zinthu zambiri m'moyo wanu ndiponso pa umunthu wanu zimene ziyenera kusinthidwandipo Mulungu adzazisintha. Koma nkhani yabwino ndi yakuti, inu mutha kusangalala ndi Mulungu ndiponso ndi moyo wanu pamene Mulungu akugwira ntchito yokusinthani.

Moyo umene muli nawo lero si moyo umene mukufuna mudzatsirize nao, koma ndi moyo wokhawo umene muli nao lero lino, choncho muyenera kuyamba kusangalala ndi moyowo. Pezani zinthu zabwino zimene zili m'moyo wanu. Tsindikani kuchita zabwinozo ndipo phunzirani kuona zinthu zabwino pa moyo wanu. Sangalalani ndi banja lanu ndi abwenzi anu. Musawasankhe ndi kutanganidwa kuwakonza. Apemphereni ndipo muloleni Mulungu kuti awasinthe. Sangalalani ndi ntchito yanu, sangalalani ndi banja lanu, muzisangalala tsiku lililonse la moyo wanu. Izi nzotheka ngati inu mudzakhulupirira Mulungu ndi kukhala ndi maganizo abwino pa moyo. Maso anu akhale pa Mulungu osati pa chilichonse cholakwika pa moyo wanu, pa banja lanu, ndi pa dziko lapansi. Mulungu ali ndi pulani yabwino ya moyo wanu ndipo ndi wokonzeka kuti pulani yakeyo ichtike pa moyo wanu. Inu mutha kuyambiratu kusangalala, podikirira zinthu zabwino zomwe zikubwera.

Anthu ena amakhala ngati kuti amakhulupirira kuti sangasangalale pa

miyoyo yao pamene ali ndi vuto lina pa moyo wao, koma kuganiza kotero nkolakwika. Musamaganizire za zolakwa zanu za m’mbuyo kapena kumadandaula nazo. Muziganiza za tsogolo labwino latsopano limene muli nalo kudzera mwa Yesu Khristu. Inu mungathe kusangalala ndi chilichonse chomwe mukufuna kuti musangalale nacho. Mutha kumasangalala muli pakati pa chimdipiti cha magalimoto ngati mutafuna kutero. Kumbukirani kuti ndi kukuphunzitsani za kukhala moyo watsopano, ndipo momwe mumawuonenera moyo ndi gawo lalikulu la moyo watsopanowo.

Ine ndinaphunzira kusangalala paliponse pamene ndili, pomwe ndikupita kumene ndikupitako, ndipo ndikukulimbikitsani kuti inu muzichitanso chomwecho. Pali zambiri zoti Mulungu achite m’moyo wanu, ndipo Iye safuna kuti inu muzikhala osasangalala pamene Iye akugwira ntchito m’moyo wanu. Monga makanda amayenera kukula kukhala akulu, akhristunso ayenera kukula. Izi zimatenga nthawi kuti zichitike zomwe nzosagwirizana ndi zofuna zathu, koma palibe chithu chotilipheretsa kusangalala ndi moyo paulendo wathu.

Mulungu sakuyembekezera kuti mukhale wangwiro lero. Kunena zoono Iye akudziwa kuti sizidzatheka kuti mukhala wangwiro kwathunthu pamene muli pa dziko lino lapansi. Komabe, Iye akuyembekera kuti aliyense wa ife adziyesetsa kutero. Tizidzuka tsiku lililonse ndi kuyesetsa kutumikira Mulungu. Tizivomereza zolakwa zathu ndi kupempha kuti atikhululukire machimo athu, kukhala okonzeka kuwasiya machimowo. Ngati tichita zimenezi, Mulungu adzachita zotsalazo. Iye adzakhala akugwira nafe ntchito pamodzi kudzera mwa Mzimu Woyera. Adzati-phunzitsa, adzatisintha, ndi kutigwiritsa ntchito. Inu mwayamba moyo wina watsopano, ndipo ndikukhulupirira kuti simudzakhumudwa kuti mwatero. Sangalalani ndi Mulungu, sangalalani m’moyo wanu, sangalalani ndi moyo umene Yesu anafera kuti akupatsane!

# PEMPHERO LA CHIPULUMUTSO



Mulungu amakukondanani ndipo akufuna kuti kukhale pa ubale wabwino. Ngati simunamulandire Yesu ngati mpulumutsi, mukhoza kumulandira tsopano. Tsekulani mtima wanu kwa Yesu ndi kupemphera pemphero ili....

“Atate ndikudziwa ndakuchimwirani, mundikhulukire. Ndisambitseni. Ndikulonjeza kukhulupilira Yesu mwana wanu. Ndikukhulupilira anandifera – ananyamula machimo anga pamene anafa pa mtanda. Ndikukhulupilira kuti anauka kwa akufa ndipo ndikupereka moyo wanga kwa iye tsopano.

Zikomo atate chifukwa cha mphatso ya chikhulukiro ndi moyo wosatha. Ndithandizeni kukhala moyo wa inu mdzina la Yesu, amen. Monga momwe mwapempera mu mtima mwanu, Mulungu wakulandirani, wakuyeretani ndikumatulani ku ndende ya imfa ya uzimu. Pezani nthawi ndikuwerenga mawu awa ndikufunsa Mulungu akulankhuleni pamene mukuyenda naye mmoyo watsopanowu.

Yohane 3:16

1 Akorinto 15:3-4

Ayefeso 1:4

Ayefeso 2:8-9

1 Yohane 1:9

1 Yohane 4:14-15

1 Yohane 5:1

1 Yohane 5:12-13

Pempherani kuti Yesu akuthandizeni kupeza mpingo wophunzitsa ndi kukhulupilira Baibulo kuti mulimbikitsidwe ndikukula muchiyanjano ndi Yesu Christu. Mulungu alinanu nthawi zonse akutsogolerani tsiku

ndi tsiku ndipo akuwonetsani mmene mmene mukhalire mmoyo watsopano!

*Mulungu Atate, ndimakukondani. Ndikubwera kwa Inu mwachikhulupiriro kukupemphani kuti mundikhululukire machimo anga. Ambuye Yesu, ndikukhulupirira kuti munandifera ine pamtanda, munakhetsa magazi anu wosalakwa chifukwa cha ine. Inu munalowa m'malo mwanga ndi kulangidwa m'malo mwanga. Ndikukhulupirira kuti munafa, munaikidwa m'manda ndipo tsiku lachitatu munauka kwa akufa. Imfa inalibe mphamvu pa Inu. Inu munagonjetsa Satana ndi kumulanda makiyi a ku hade ndi imfa. Ndikukhulupirira kuti munachita zonsezi chifukwa cha kundikonda ine. Ine ndikufuna kukhala mkhristu. Ndikufuna kukutumikirani moyo wanga wonse. Ndikufuna kuphunzira kukhala moyo watsopano umene munandilonjeza. Ine ndikukulandirani tsopano, Ambuye Yesu, ndikudzipereka kwa Inu. Ndilandileni monga mmene ndilili, ndipo mundipange kuti ndikhale chimene Inu mukufuna kuti ine ndikhale.*

*Zikomo, Ambuye Yesu, chifukwa chondipulumutsa. Dzazeni ndi Mzimu wanu Woyera ndipo mundiphunzitseni chilichonse chofunika kuti ndi chidziwe. Tsopano, ndikukhulupirira kuti ndapulumutsidwa, ndabadwanso mwatsopano, ndipo ndidzapita kumwamba pamene ndamwalira. Mulungu Atate, ine ndidasangalala pamoyo wanga ndipo ndidzakhala moyo wobweretsa ulemerero kwa Inu!*

## KUPEZA ZINTHU ZOTHANDIZA



Ndili ndi zowerenga zambiri zimene zidzakuthandizani kuphunzira ndi kukula pamoyo wanu watsopano. Mungathe kuitanitsa mndandanda wa zowerengazi ndipo adzakutumizirani kwaulele. Ndiponso ndikupempheni kuti muitanitse magazini yathu ya mwezi ndi mwezi, imenenso idzatumizidwa kwa inu kwaulele kwa miyezi ingapo.

Ine ndikukulangizani kuti muwerenge buku langa lotchedwa *Battlefield of the Mind* pamodzi ndi buku lotchedwa *How to Succeed at Being Yourself*. Ndikukulangizanianso kuti buku lotchedwa *The Word, The Name, The Blood*, ndi lomwe lidzakuthandizani kuika maziko abwino olimba a moyo wanu okhudza zomwe Yesu anakuchitirani pa mtanda ndi mphamvu yomwe muli nayo tsopano ngati wokhulupirira Yesu.

Ziphunzitsa zina zomwe zikupezeka pa kaseti ndi mu CD ndi *Pressing In and Pressing On*, ndipo ziphunzitsa zomwe zikupezeka mu *The Mouth* zidzakuthandizani kuphunzira za mphamvu ya mau anu.

Ngati mukuganiza kuti tingathe kukuthandizani ndi china chilichonse, mosakaikire bwerani ku office yathu, ndipo kumbukirani kuti, Mulungu amakukondani ndiponso ife timakukondani!

## MBIRI YA WOLEMBA BUKULI



Joyce Meyer ndi m'modzi wa anthu ophunzitsa Baibulo otchuka pa dziko lapansi. Mlembi amene Nyuzipepala ya *New York Times* ku Amerika inamuika pa nambali kuti mabuku ake anagulitsidwa kwambiri. Walembe mabuku othandiza pa moyo wauzimu opitirira 70, kuphatikizapo mabuku a *The Confident Woman*; *Look Great, Feel Great*; mabuku onse onena za nkondo ya m'maganizo; ndi mabuku ena ambiri. Anatulutsanso makaseti ambiri a mau a Mulungu ndiponso matepi a video ambiri. Alinso ndi pologalamu ya pa wayilesi ndi ya pa Television yotchedwa *Enjoying Every Day Life* amene amaonetsedwa ndi kuwulutsidwa pa dziko lonse lapansi. Iye amayenda kwambiri kunka nachititsa misonkhano. Joyce ndi mwamuna wake Dave, ali ndi ana anai amene tsopano ndi akuluakulu ndipo amakhala ku St. Louis, Missouri.