

NCENJEZI

WAKUDZIWISA UMAMBO WA YAHOVA



THANGWI YANJI
TISAFUNIKA KUKHALA
AKUONA NTIMA?

REVISTA IYI, *Ncenjezi*, isapasa mbiri Yahova Mulungu, Ntongi wakudzulu na pantsi. Isabalangaza anthu na mphanhwa zadidi zakuti mwakukhonda dembuka, Umambo wakudzulu wa Mulungu unadzamalisa uipi onsene na kucinja dziko yapantsi toera kukhala paradhizu. Isakulumiza cikhulupiro mwa Yezu Kristu, wakuti afa toera tikhale na umaso wakukhonda mala, pontho wakuti cincino akutonga ninga Ntongi wa Umambo wa Mulungu. Revista iyi isabuluswa mwakukhonda limira kutomera mu caka 1879, pontho iyo nkhabe cita khundu ya ndale. Isaphatisira Bhibhlya ninga utongi wayo.

Kodi musafuna kukhala na cidziwiso cakuthimizirika peno pfundziro ya Bhibhlya yapanyumba yakukhonda lipa?

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ÁFRICA DO SUL:
Jehovah's Witnesses
Private Bag X2067
Krugersdorp
1740

MOÇAMBIQUE:
Testemunhas de Jeová
Caixa Postal 2600
1100 Maputo

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Revista ino nkhabe kuguliswa. Yacitwa ninga khundu ya basa ya dziko yonsene yapantsi ya mapfundzisiro a Bhibhlya inaphedzwa na pyakupereka pyakufuna. Kusiyaipo cidzindikiro cinango, Malemba a Bhibhlya adaikhwa abuluswa m' *BIBLYA CHISENA*.

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NDI API MAONERO ANU?

Kodi anthu onsene mbadabvera n'dida uyu wa Bhibhlya, dziko nee mbidakhala mbuto yadidi toera kukhalamo?

“Tisafuna kucita pinthu pyonsene mwakuona ntima.”—Ahebere 13:18, *Tradução do Novo Mundo*.

Revista ino ya *Ncenjezi* isadinga kuti kuona ntima kusakhuya tani makhundu onsene a umaso wathu.

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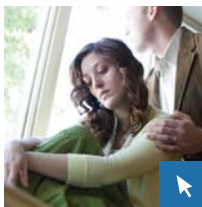
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LERINI MPHANGWA ZINANGO MU WEB SITE YATHU



MUNAKWANISAMBO KUGUMANA
NTAWIRO WA MBVUNDZO UYU

*A Bíblia pode me ajudar
se estou com depressão?*

(Sakani pa ENSINOS BÍBLICOS >
PERGUNTAS BÍBLICAS RESPONDIDAS)



Kodi Kuona Ntima Kusaphata Basa Lero?

Hitoshi akhaphata basa ninga nyakutsalakana kobiri pa ofesi inango ku Japau. Mukhadinga iye matsamba a kobiri a pabasa pace pabodzi na patrau wace, Hitoshi akhadapangwa toera kucita lipoti yauthambi. Hitoshi alonga kuti cikumbuntima cace nee mbacidantawirisa kucita basa yakukhonda kuona ntima. Thangwi ya pyenepi, nkadamu wace an'thusa na nfuti, pakumalisira Hitoshi aluza basa.

Mu nthanda zidatowera, Hitoshi akhadzudzumi-ka khala anagumana basa inango. Mwacitsandzo, ntsiku inango mukhacitwa iye mibvundzo toera kupita basa, iye alonga kuti nee mbadapita basa yakukhonda kuona ntima. Munthu akhancita mibvundzo alonga: “Maonero ako ndi acilendo!” Banja ya Hitoshi na axamwali ace amuwangisa toera kupitiriza mu cisankhulo cace ca kucita pinthu mwakuona ntima, mbwenye iye atoma kupenula. Mwacitsandzo, iye alonga: “Ndisabvundzika khala kukhala wakuona ntima thangwi ya cikhulupiro canga akhali maonero adidi.”

Cakugumana naco ca Hitoshi ndi cenjezo yakuti si onsene tayu anapasa ntengo kuona ntima. Inde, anango asakuona ninga cinthu cakudzuzumisa, makamaka m'mbuto za malonda. Nkazi unango ku Afrika Wakubangwe alonga: “Ndazungulirwa na anthu akukhonda kuona ntima, midzidzi inango kukakamizwa toera kucita pinthu mwakukhonda kuona ntima ndi kukulu kakamwe.”

Ntundu ubodzi wa kukhonda kuona ntima wakuti usadziwika kakamwe lero ndi kulonga uthambi. Pyaka pingasi n'nduli, mapfundziro adacitwa na *psicólogo* Robert S. Feldman Universidade ya Massachusetts Amherst, alonga kuti pa anthu 100, 60 asalonga uthambi nkati mwa mphindi khumi. Feldman alonga: “Pyenepi pyatidzumisa kakamwe. Nee tikhadikhira kuti uthambi mbudacita khundu ikulu ya umaso wa ntsiku na ntsiku.” Nee ndi pyakudzumisa kakamwe kudziwa kuti anthu azinji asampirwa angapangwa uthambi, maseze azinji asalonga uthambi?

Thangwi yanji kulonga uthambi, kuba na mitundu inango ya kukhonda kuona ntima pisacitika kakamwe lero? Kodi kukhonda kuona ntima kusakhuya tani anthu onsene? Cakufunika kakamwe, tinacalira tani kucita pinthu mwakukhonda kuona ntima?



Kukhonda Kuona Ntima Kusakukhuyani Tani?

“Ndzidzi onsene pasagumanika makhaliro akunentsa akuti anakwanisa kumaliswa na kukhonda kuona ntima pang’ono.”—Samantha, Afrika Wakubangwe.

Kodi musabverana na mafala anewa? Ninga Samantha, azinji a ife tathimbana kale na makhaliro akunentsa. Njira inatsalakanira ife makhaliro anatiyesera toera kucita pinthu mwakukhonda kuona ntima, inakwanisa kupangiza midida inaledmedza ife. Mwacitsandzo, khala kukhonda pasika manyadzo tisakuona kukhala kwakufunika kakamwe, tinadzaona kukhonda kuona ntima ninga njira yadidi toera kukwanirisa pifuno pyathu. Mbwenye, anthu angadzindikira, kukhonda kuona ntima kusabweresa nyatwa. Dingani pinatowera.

KUKHONDA KUONA NTIMA KUSAFUDZA KUNYINDIRIKA

Uxamwali usawangiswa na kunyindirika. Anthu awiri anganyindirana, asapibva akutsidzikizika na akukoyeka. Mbwenye, kunyindirana nee kusakula mwakucimbiza. Anthu asanyindirana angakhala pabodzi, angalonga mwakuona ntima unango na ndzace, pontho angacita pinthu mwakusowa umbirimi. Mbwenye, kunyindirika kunakwanisa kufudzika, m’bodzi angacita pinthu mwakukhonda kuona

ntima. Kunyindirika kungafudzika, pisakhala pyakunentsa kakamwe kukusasanyira papswa.

Kodi mwanengezwa kale na munthu wakuti mukhamuona ninga xamwali wadidi? Khala ndi tene-po, mwapibva tani? Mwakukhonda penula mwatsukwala mbamupibva ninga akusandukirani. Mabvero anewa mbakubveka. Mwakukhonda penula kukhonda kuona ntima kunakwanisa kufudza uxamwali wadidi.

KUKHONDA KUONA NTIMA KUSABALA KUKHONDA KUONA NTIMA

Pakufufudza, Robert Innes, mpfundzisi wa pya mpfuma pa Universidade ya California, agumana kuti “kukhonda kuona ntima ndi kwakuthapulisa.” Natenepe, kukhonda kuona ntima mbakudalandaniswa na utenda wakuthapulisa, thangwi mungakhala ndzidzi uzinji na munthu wakunyengeza, “munathapula” kukhonda kuona ntima.

Munacalira tani nsampha wa kucita pinthu mwakukhonda kuona ntima? Bhibhlya inakwanisa kukuphedzani. Taphata miyendo onani midida mingasi ya Bhibhlya.

Mitundu ya Kukhonda Kuona Ntima

Uthambi

NDI NINJI? Ndi kulonga pinthu pyakukhonda khala ipyo mbwenye mbapioniwa ninga pyandimomwene. Uthambi usaphataniza kupambizira peno kuipisa undimomwene na cifuno ca kupeusa munthu, kubisa mphangwa zakufunika toera kupeusa munthu na kudzipisira kakamwe undimomwene na cifuno ca kutundusa munthu.

BHIBHLYA ISALONGANJI: ‘Yahova asaipirwa na anthu aciphamaso, mbwenye asacita uxamwali na anyaulingani.’ (Misangani 3:32, *Tradução do Novo Mundo*) ‘Nakuti mwasiya pyauthambi, longani undimomwene kwa unango na ndzace.’—Aefesi 4:25, *NM*.



Psweda

NDI NINJI? Ndi kulonga mafala authambi na akuipa akuti asapswipisa mbiri ya unango.

BHIBHLYA ISALONGANJI: “Munthu wakuipa asasosesa nthonga, nyakulonga psweda asamalisa uxamwali.” (Misangani 16:28) “Panasoweka nkhuhi, moto usathima, panasowekambo mapsweda, nthonga isamalambo.”—Misangani 26:20.



Kunyengeza

NDI NINJI? Ndi kutundusa munthu toera kupereka kobiri peno pinthu pyace mbapaswa pyakukhonda kubverana na ntengo wa pidapereka iye.

BHIBHLYA ISALONGANJI: ‘Leka kunyengeza nyabasa wakutcerenga na wakuowa.’ (Deuteronomyo 24:14, 15) ‘Munthu ananyengeza nyakutcerenga asaxola Mulungu, mbwenye anambvera ntsisi ali Kumulemedza.’—Misangani 14:31.



Kuba

NDI NINJI? Ndi kukwata pinthu pya mwanaciro mwakukhonda tawiriswa.

BHIBHLYA ISALONGANJI: ‘Akhaba kale, aleke kuba pontho, aphate basa na manja awo, mbatambira maganyo toera akwanisembo kupasa pinthu anyakutcerenga.’ (Aefesi 4:28) ‘Lekani kudodomeswa. Mambava, anyakumana, anyakuledzera, afiti, anapokosera andzawo pinthu, awa onsene hanadzapita tayu mu Umambo wa Mulungu.’—1 Akorinto 6:9, 10.



Thangwi Yanji Kuona Ntima Ndi Kwakuphindulisa?

“Tisanyindira kuti tinakhala na cikumbuntima cakucena, nakuti tisafuna kucita pinthu pyonsene mwakuona ntima.”—Ahebere 13:18, *NM*.

M’Bhibhlya, fala Yacigerego yakuti midzidzi inango isathumburuzwa “kuona ntima” isabveka “cinthu cakuti mwacibaliro ndi cadidi.” Isabvekambo cinthu ca makhaliro akubalika.

Akristu asaona mafala akupumirwa a mpostolo Paulu kukhala akufunika: “Tisafuna kucita *pinthu pyonsene* mwakuona ntima.” Kodi kusaphatanizani?

KUMENYA NKHONDO TOERA KUKHALA WAKUONA NTIMA

Anthu azinji mbadzati buluka panyumba namacibese asadingika pa supeyu. Thangwi yanji? Thangwi asafuna kuoneka pyadidi. Mbwenye, pana cinthu cinango cakufunika kakamwe kusiyapo kucinga mwadidi tsiisi peno kubvala nguwo za ntengo ukulu. Mwandimomwene, umunthu wathu wa nkati unakwanisa kuthimizira peno kupungula kubalika kwathu kwa kunja.

Mwandimomwene, Mafala a Mulungu asalonga kuti tiri na cipendamiro cakucita pinthu pyakuipa. Genesi 8: 21 isalonga: ‘Ntima wa munthu usanyerezera pyakuipa kutomera uwana wace.’ Natenepa, toera kukhala akuona ntima, tisafunika kuwangisira kukunda pifuno pyathu pyakuipa pyakubalwa napyo. Mpostolo Paulu alonga pya nkondo yace yakuthimbana na madawo, mukulonga: ‘Ndisakomerwa na mwambo wa Mulungu, mbwenye ndisaona mu maphindi a manungo anga mwambo unango unapokanya mwambo wa m’manyerezero mwanga, mbundisanduza kudza ndzakazi wakatawira mwambo wa madawo uli m’aphindi a manungo anga.’—Aroma 7:22, 23.

Mwacitsandzo, ntima wathu ungatikulumiza kucita pyakuipa mbatikhala na cipendamiro cakuwanga ca kucita pinthu mwakukhonda kuona ntima, nee tisafunika kukhala bitcu wa ntima wathu. Tinakwanisa kusankhula cakucita mu nkhani ineyi. Tingasankhula kukhonda manyerezero akuipa, tinapitiriza kukhala akuona ntima maseze tazungulirwa na anthu akukhonda kuona ntima.



KUWINA NKHONDO

Toera kukhala akuona ntima, tisafunika kukhala na citsogolero cakuwanga ca makhaliro. Mwakutsukwalisa, anthu azinji asamala ndzidzi uzinji mbakanyerezera kuti ‘anabvalanji’ m’mbuto mwakunyerezera pya makhaliro awo. Thangwi ya pyenepi, iwo asaona kucita pinthu mwakukhonda kuona ntima ninga njira toera kumalisa nyatwa zawo. Bukhu *The (Honest) Truth About Dishonesty* isalonga tenepa thangwi ya pyenepi: “Mwandimomwene, tisatuna toera kutsidzikiza maonekero athu ninga munthu wakucita pinthu mwakuona ntima.” Kodi ulipo n’dida wakunyindirika wakuti unatiphedza kutunga kuti mpaka papi kukhonda kuona ntima ndi kwakutawirika? Mwakutsandzayisa, ulipo.

Anthu azinji pa dziko yonsene aona kuti m’Bhibhlya musagumanika n’dida unoyu. Citsogolero ca makhaliro adidi cinagumanika m’Bhibhlya nkhaba landanika. (Masalmo 19:7) Iyo isapereka citsogolero cakunyindirika thangwi ya mabanja, basa, makhaliro adidi na tinakhala tani Nkristu wandimomwene. Lero azinji asainyindira. Mitemo na midida yayo isaphata basa kuna anthu a mitundu, madzinda na madziko onsene. Tingalera Bhibhlya ntsiku zonsene, mbatinyerezera

mwacidikhodikho pinalonga iyo na kuphatisira uphunu wayo, tinakwanisa kupfundzisa ntima wathu kukhala wakuona ntima na wakulinganira.

Kusiyapo cidziwiso cakulinganira, m'Bhibhlya musagumanikambo citsogolero cakuti tinawina tani nkhoondo yakuthimbana na kukhonda kuona ntima. Kusiyapo pyonsene, tikukhala n'dziko ya makhaliro akuipa yakuti isatikulumiza toera kucita pinthu mwakubverana na midida yayo yakuipa. Na thangwi ineyi tisafunika kucita phembero toera kuphamba citsidzikizo na ciphedzo ca Mulungu. (Afilipi 4:6, 7, 13) Mukucita pyenepi, tinakhala na cipapo ca kukhala dzololo mu pinthu pyadidi na kukhala akuona ntima mu pinthu pyonsene.

MAPHINDU A KUKHALA WAKUONA NTIMA

Hitoshi, adalongwa pakutoma kwa nsolo uno, aphindula thangwi ya kukhala nyabasa wakuona ntima. Cincino iye asaphata basa pa patrau wakuti asapasa nteango kuona ntima kwace. Hitoshi alonga: “Ndisapereka takhuta thangwi ndagumana basa inanditawirisa kupitiriza na cikumbuntima cakucena.”

Anango aonambo kuti pyenepi mphyandimomwene. Dingani pitsandzo pya anthu adaphindula thangwi ya kuphatisira n'dida wa Bhibhlya wa “kucita pinthu pyonsene mwakuona ntima.”

Cikumbuntima Cakucena

“Ndasiya xikola mukhali ine na pyaka 13 basi ene toera kufamba na mambava. Thangwi ya pyenepi, pinthu pizinji pikhali na ine ndikhapigumana mu kucita mabasa akukhonda kuona ntima. Mukupita kwa ndzidzi, ndamanga banja. Ine na mamunanga tatoma kupfundza Bhibhlya na Mboni za Yahova. Tapfundza kuti Yahova* asaipirwa na macitiro akukhonda kuona ntima, natenepa tatonga toera kucinja umaso wathu. Mu 1990 taperekeka kuna Yahova mbatibatizwa ninga Mboni za Yahova.”—Misangani 6:16-19.

“Kale, n'nyumba mwanga mukhadadzala na pinthu pyakuba, mbwenye cincino ndamala kupibulusa; pyenepi pisandicitisa kukhala na cikumbuntima cakucena. Ndinganyerezera pya pyaka pizinji pikhacita ine pinthu mwakukhonda kuona ntima, ndisapereka takhuta kuna Yahova thangwi ya ntsisi zace zikulu. Ndi pyakutsa-

* Yahova ndi dzina ya Mulungu ninga munalongwa iyo m'Bhibhlya.

ndzayisa kakamwe kuenda kagona namasiku mbandidziwa kuti Yahova ali wakutsandzaya na ine.”—Cheryl, Irlanda.

“Mudadziwa patrau wanga kuti ndasiya kudyekerwa na anyakugula, alonga: ‘Mulungu wako akucitisa kukhala munthu wakunyindirika kakamwe! Mwandimomwene ndi nkhombo kuphata basa na iwe pano.’ Kukhala wakuona ntima mu pinthu pyonsene kusandicitisa kukhala na cikumbuntima cakucena pamaso pa Yahova. Kusandiphedzambo toera kuphedza banja yanga toera kucita pinthu mwakuona ntima.”—Sonny, Hong Kong.



Ntendere wa M'manyerezero

“Ndisaphata ninga nyakuphedzera wankulu pa banco ya pa dziko yonsene. M'basa ineyi kuona ntima kusasiyiwa pakundu thangwi yakufuna kugumana mpfuma. Maonero a azinji mbakuti: ‘Ndininji cidaipa na kucita pinthu mwakukhonda kuona ntima pang'ono khala kusaphedzera mpfuma? Mbwenye mu kukhala wakuona ntima, ndiri na ntendere wa m'manyerezero. Ndiri wakutonga kupitiriza kukhala wakuona ntima mwakukhonda tsalakana pinafuna kucitika thangwi ya pyenepi. Mapatrau anga asadziwa kuti cipo ndinalonga uthambi kuna iwo.’—Tom, Estados Unidos.



Kulemedzwa

“Nkulu wanga wa basa andipanga toera kulonga uthambi thangwi ya pinthu pinango pya basa pyakuti nee pikhaoneka, mbwenye ndakhonda. Mudadzindikirwa mambava, patrau wanga apereka takhuta kuna ine thangwi ya kulonga mwakuona ntima. Kukhala wakuona ntima mu dziko yakukhonda kuona ntima, kusaphemba cipapo. Mbwenye pakumalisira, tinawina cinyindiro na cilemedzo ca anango.”—Kaori, Japanu.

Cikumbuntima cakucena, ntendere wa m'manyerezero na kulemedzwa—maphindu anewa asapangiza kuti kukhala wakuona ntima kusaphindulisa. Nee musatawira? ■



YAKULONGWA NA ALAIN BROGGIO

CAKA CAKUBALWA
1971

DZIKO YAKUBALWA
FRANSA

MBIRI
AKHACITA UPHANGA, ULUKWALI
NA KUMWA MITOMBWE
YAKULEDZERESA



Ndipasenimbo caka cibodzi basi ca ntendere na kutsandzaya

MBIRI YANGA: Banja yathu ikhakhala ku Tellancourt, cisa ca kumulolo kwa Fransa. Babanga akhali wa ku Fransa, mai wanga wa ku Italya. Mukhali ine na pyaka khumi na pisere, tafuluka mbatienda ku nzinda wakutcerenga wa ku Roma mu Italya. Kweneku, umaso ukhali wakunentsa. Anyakubalanga akhalongezana kakamwe thangwi yakusowa kobiri.

Mukhali ine na pyaka 15, mama andipanga toera kubuluka panyumba na kusaka axamwali. Natenepa, ndatoma kubuluka panyumba kuenda kutali mbandimala ndzidzi ukulu. Mwakukhonda dembuka ndatoma kucita uxamwali na anthu akuipa. Ntsiku inango, xamwali wakuti akhaoneka kukhala wandimomwene andifendedzera. Iye andipasa mitombwe yakuledzeresa, ine ndaitawira toera ndioneke ninga nkulu. Ndatoma kumwa mitombwe yakuledzeresa na kucita ulukwali. Mwakubwereza-bwereza, ndikhapita m'mabonde mwakukakamizwa. Umaso ukhali wakusowa basa kuna ine; nee ndikhatsalakana kufa peno kukhala maso. Ndikhali wakutsoperwa kakamwe. Mukhali ine na pyaka 16, ndayesera kupheka ndekhene mu kumwa garafa ya *whiskey* mbandiponyeka m'madzi. Thangwi ya pyenepi, ndakomoka mu ntsiku zitatu.

Ndatoma kupasa ntengo umaso, mbwenye ndadzakhala phanga na mbava. Ndikhakulumiza anthu kupita m'mabonde na ine, kualedzereza na mitombwe n'nyumba zawo, ndingamala mbandiibera cinthu consene ca ntengo cikhali na iwo. Maphanga akulu akhandiphatisira toera kupitisa mitombwe yakuledzeresa mu Italya. Kazinji kene ndikhathabuswa na apolixa. Umaso wanga ukhaoneka ninga wakusowa nkho. Mbwenye, ndikhapidziwa kuti alipo adandicita na cifuniro. Ndikhaphemba kuna Mulungu, mbandim'phemba toera kundipasa caka cibodzi basi ca ntendere na kutsandzaya.

BHIBHLYA YACINJA TANI UMASO WANGA: Mukhali ine na pyaka 24, ndatonga kufulukira ku Inglatara. Thangwi ya mabasa anga na anyakuphatisira mitombwe yakuledzeresa, umaso wanga ukhali pangozwi. Mbandidzati kufulukira, ndaenda kaona mama mbandidzumtirwa kuona mamuna anacemerwa Annunziato Lugarà mbakalonga na mama thangwi ya Bhibhlya.* Nakuti ndikhadziwa mbiri yace yauphanga, ndi-

* Onani nsolo "A Biblia Muda a Vida das Pessoas—Eu nunca saía sem minha arma," yakulongwa na Annunziato Lugarà, mu *A Sentinela* 1.º de Julho de 2014, tsamba 8-9.

Cincino, ndiri na banja yakukhazikika yakuti ndzidzi onsene ndikhaifuna, pontho ndiri na Baba waufuni wakuti ndzidzi onsene ndikhanfuna

khan'gopa mbandimbvundza kuti thangwi yanji akhali panyumba pa mama. Iye andipanga pya macinjo maku-lu adacita iye mu umaso wace toera kukhala m'bodzi wa Mboni za Yahova, mbandipanga toera kusaka Mboni za Yahova ndingafika ku Inglatera. Ine ndatawira pyene-pi. Mbwenye, mudafika ine kweneku, ndatoma papswa umaso wanga wakale.

Ntsiku inango, ndagumanikana na Mboni ya Yahova mu nseu wa Londres mbandipasa marevista a *Ncenjezi na Desperta!*. Mudakumbuka ine pya pikiro yanga na Annunziato, ndabvundzisa Mboni khala mbapidakwanisika kundipfundzisa Bhibhlya.

Pidapfundza ine m'Bhibhlya pyandizumatisira kakamwe. Mwacitsandzo, ndakhuyiwa kakamwe na mafala anagumanika pa 1 Jwau 1:9, analonga thangwi ya Mulungu: 'Tingabweka madawo athu, Mulungu wakukhulupirika na wakulungama anatilekerera, mbaticenesa mu pyakuipa pyonsene.' Vesi ineyi yandikhuya kakamwe thangwi ndikhapibva wakupswipa na pinthu pikhacita ine. Mwakukhonda dembuka ndatoma kuenda kumisonkhano ku Nyumba ya Umambo ya Mboni za Yahova. Mboni za Yahova zanditambira mwaufuni kakamwe. Mundaona ine uxamwali wawo wandimomwene—cinthu cakuti kutomera kale ndikhacifuna—ndafuna kucita khundu ya mpingo wawo unakhala ninga banja.

Maseze nee pyandinentsa kusiya mitombwe yakuledzera na ulukwali, ndaona kukhala kwakunentsa kakamwe kusasanyira makhaliro anga. Ndaona kuti ndikhafunika kulemedza anthu na kuapangiza citsalakano. Mpaka lero, ndikumenya nkondo toera kusiya makhaliro anango akuipa. Mbwenye, na ciphedzo ca Yahova, ndikuthambaruka. Nkati mwa nthanda zitanthatu bulukira padatoma ine kupfundza Bhibhlya, ndabatizwa ninga m'bodzi wa Mboni za Yahova. Pyenepi pyacitika mu 1997.

NDAPHINDULA TANI: Mudamala ine kubatizwa, ndamanga banja na ntsikana anacemerwa Barbara, m'bodzi wa Mboni za Yahova mupswa. M'bodzi wa axamwali

anga akale mudaona iye kucinja kudacita ine, atoma-mbo kupfundza Bhibhlya. Mukupita kwa ndzidzi, iye adzakhala Mboni ya Yahova, mwanankazi wace mbadzantowerambo. Buluka penepo nyamainga wa yavu, wakuti akhali na pyaka 80 pyakubalwa, atoma kupfundza Bhibhlya na abatizwa mbadzati kulowa.

Cincino ndisatumikira ninga nkulu wampingo, pontho ine na nkazanga ndife atumiki a ndzidzi onsene a kuphedzera kupfundzisa Bhibhlya anthu analonga Ciitalya ku Londres. Midzidzi inango, ndisatsukwala thangwi ya umaso wanga wakale, mbwenye Barbara asandibalangaza kakamwe. Cincino, ndiri na banja yakukhazikika yakuti ndzidzi onsene ndikhaifuna, pontho ndiri na Baba waufuni wakuti ndzidzi onsene ndikhanfuna. Ndaphemba kuna Mulungu caka cibodzi ca ntendere na kutsandzaya, mbwenye iye asandipasa pizinji! ■





MIPUKUTU YA NTHEMBE NA YA VELINO
YA BUKHU YA BHIBHLYA YA ESTERE,
KUBULUKIRA MU PYAKA
DZANA 18 N.W.

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Kodi kale mipukutu ikhacitwa tani na ikhaphatisirwa tani?

Evanjelyu ya Luka isalonga kuti Yezu afungula mpukutu wa Izaiya, auleri, buluka penepo aupyangirira. Kunkhomo kwa Evanjelyu ya Jwau, Jwau alongambo pya mpukutu, mukulonga kuti iye nee akwanisa kulemba mu mpukutu wace pirengo pyonsene pidacita Yezu.—Luka 4:16-20, NM; Jwau 20:30; 21:25, NM.

Kodi mipukutu ikhacitwa tani? Maphindi a nthembe za pinyama na a *papiro*, akhaphatanizwa mbikhala tsamba yakulapha. Buluka penepo akhaipyangirira pa cimuti khundu yakulembwa mbikhala nkati. Mafala akhalembwa mwaugugumi mwakutowezera ulaphi wa mpukutu. Mpukutu ungakhala wakulapha, ukhaikhwa pyakuphatira mu nkomo ziwiri zene, pyakuti nyakuleri mbadakwanisa kufuthula mpukutu na nkono ubodzi unango mbapyangirira nawo, mpaka kugumana panafuna iye kuleri.

Bukhu *The Anchor Bible Dictionary* isalonga: “Maphindu a mpukutu akhali akuti ikhali yakulapha kakamwe (kazinji kene mametru 10) toera kulemba bukhu yamumphu mu volume ing’ono ingapya-ngirirwa.” Mwacitsandzo, pialongwa kuti Evanjelyu ya Luka, mbi-dafunika mpukutu wakulapha mametru 9 na hafu. Midzidzi inango pyakuphatira mpukutu, pikhapalwa padzulu na pantsi mukuphatira miyala ya *pomes* (yakukhonda zwerera), buluka penepo akhaphatisirwa. ■

Kodi “akulu a anyantsembe” analongwa m’Malemba Acigerego Acikristu akhali ani?

Kutomera mudakhazikiswa mwambo Waciisraele wa unyantsembe, basi ene mamuna m’bodzi ndiye akhatumikira ninga nyantsembe wankulu pyakuti pakutoma nyakusankhulwa akhacita basa ineyi mu ndzidzi wakulapha. (Numero 35:25) Aroni akhali wakutoma kutumikira ninga nyantsembe wankulu. Mukupita kwa ndzidzi, cidzo ceneci cikhaswa mwana wakutoma. (Eksodo 29:9) Amuna azinji a mu dzindza ya Aroni adatumikira ninga anyantsembe, ndi akucepa mwa acibale ace adatumikira ninga anyantsembe akulu.

Mudatoma Aisraele kutongwa na utongi wa kunjja, atongi akukhonda khala Aisraele akhasankhula peno kubulusa anyantsembe akulu Aciyuda mu ndzidzi ukhafuna iwo. Natenepa, pisaoneka kuti ale akhakhazikiswa ndzidzi onsene akhasankhulwa kubulukira m’mabanja akuti akhali na mwai unoyu, azinji a iwo akhali a mu dzindza ya Aroni. Pisaoneka kuti fala “akulu a anyantsembe” isalonga anthu a pidzo pikulu pya unyantsembe. Akulu a anyantsembe panango akhaphataniza akulu a misoka 24 ya unyantsembe; anyantsembe akulu akuziwiwa kakamwe na nkulu wa anyantsembe wakuti akhadabuluswa pa cidzo ceneci, mwacitsandzo, Ana.—1 Pya dziko ya Israele 24:1-19; Mateo 2:4; Marko 8:31; Machitiro 4:6. ■





Kodi Tinakunda Tani Mabvero Akusowa Citsidzikizo?

NKHABEPO anaoneka wakusowa ciphedzo kaka-mwe kupiringana mwana wakubalwa kwene. Mudabalwa ife tikhatsidzikizwa na anyakubalathu. Mudapfundza ife kufamba, anthu acilendo tikhaaona ninga pimphona. Iwo akhatigopesa, kusiyapo anyakubalathu angakhala cifupi. Mbwenye tikhapibva wakutsidzikizika tingaphata djanja ya baba peno mama wathu.

Mu uwana, kukhala kwathu mwadidi kukhanyindira ufuni na ciwangiso cikhatipasa anyakubala athu. Mukhadzindikira ife kuti anyakubala athu asatifuna, pikhawangisa mabvero athu a citsidzikizo. Mukhatipasa iwo cinyindiro cakuti tiri kucita pinthu mwadidi, tikhapibva wakunyindirika kakamwe na tikhatha-mbaruka.

Mudakula ife, axamwali andimomwene apereka-mbo citsidzikizo. Tikhapibva mwadidi kukhala pakati pawo, pontho iwo akhacitisa kuti tikhonde kugopa kakamwe ku xikola.

Mafala anewa, asafokotoza pya uwana wandimomwene. Anang’ono anango ali na axamwali akucepa, pontho ndi anang’ono akucepa kakamwe anatsalakanwa mwadidi na anyakubalawo. Melissa* alonga: “Ndingaona mafoto a mabanja akuphatana mbakaci-

* Madzina onsene acinjwa.

ta pinthu pabodzi pene, ndisanyerezera, ‘ndikhafuna kucitirwa pibodzi pyene mukhali ine mwanang’ono.’” Panango musapibvambo munjira ibodzi ene.

NYATWA YA KUKUZWA MWAKUSOWA CITSIDZIKIZO

Panango nee mukhali na cinyindiro mu uwana wanu. Panango nee mukhafuniwa maka peno kupaswa cipapo. Panango, musakumbuka kuthimba-na kukhacita anyakubala anu kwakuti kwaacitisa kumwalana—kwakuti panango kwakucitisani kupasika mulando. Peno kupiringana pyonsene, panango m’bodzi mwa anyakubala anu akupwekerani peno kukumenyani.

Kodi mwanang’ono wakusowa citsidzikizo asacitanji? Anango asaphatisira mitombwe yakuledzere-sa peno kumwa kakamwe mu uphale wawo. Anango asapita m’misoka ya mambava toera kugumana pinthu. Aphale na atsikana akusowa citsidzikizo panango anatomu kubanyirana toera kugumana ufuni na citsalakano. Mbwenye kubanyirana kwenu nkhabe khala kwenda na kwenda, pontho kumala kwawo kusathimizira mabvero akusowa citsidzikizo.

Aphale na atsikana akusowa citsidzikizo akuti asacalira gozwi zenezi anakwanisa kukula mbwenye

Kuthimbana na Kusowa Citsidzikizo

“Babanga wakuti asamwa kakamwe, angaipirwa nkhope yace isacinja. Iye adzakhala ninga m’binzi wakuti asaliza mano ace mbadzati kuluma mwakusowa ntsisi cinyama. Ine ndikhali ninga mwanabira wakutetemera, wakuti asayesera kubisala na cidikhiro cakuti nee anandiona. Pyenepi pikhacitika ntsiku zonsene.”—**Caroline mbakakumbuka uwana wace.**

“Ndikhapibva kuti nee ndinanyindira munthu. Pikhaooneka ninga ndatayika padzulu pa phiri mbandiphemba ciphedzo, mbwenye nee paoneka m’bodzi toera kundiphedza, nee m’bodzi akhafuna kunditsogolera toera kupulumuka.”—**Eva, nkazi wakuti amwalana cincino.**

“Babanga akhandipwekera, ‘Ndiwe wakuipa. Nee m’bodzi anakufuna!’ Mu pyaka pizinji ndayesera toera kupasika cinyindiro cakuti nee ndine wakuipa, pontho anthu asandifuna. Ndikhapibva ninga mwanambwa wang’ono wakuti afunya ncira, mbakasaka kutceriwa, mbwenye nee m’bodzi anantcera.”—**Mark, wakuti akhaphwazwa na babace.**

“Midzidzi inango ndingaona nkazi wakubalika ndisamulandanisa na muti wa maluwa akubalika wakuti munthu onsene mbadafuna kuutceka panyumba pace. Mbwenye ine ndisapibva ninga nsambvu wa minga wakuti nee m’bodzi mbadakomerwa nawo.”—**María, ntsikana anathimbana na mabvero akupwazika.**

“Mukhali ine na pyaka 12, anyakubalanga akhadafuluka kuenda ku dziko inango mbandisiya toera kutsalakana abale anga ang’ono awiri. Ndikhatsoperwa kakamwe. Ndikhafuna munthu toera kundiphedza na kundisimba pyadidi pikhacita ine. Mbwenye, ndikhapibva ninga waku-tayika mu nsitu wacidima kakamwe. Maseze ndikhapirira ntsiku na ntsiku, ndikhasaka njira toera kubuluka mu nsitu unoyu. Ndikhafuna citsidzikizo na kutsandzaya.”—**Rachel, mwana wa anyakubala anaphata basa ku dziko inango.**

na cinyindiro cakupepa thangwi ya iwo ene. Ana afokotoza: “Ine ndikhapibva ninga wokusowa basa, thangwi mama wanga akhandipanga pyenepi mwakubwereza-bwereza. Nee ndisakumbuka kusimbwa peno kupangizwa ufuni na iwo.”

Mabvero akusowa citsidzikizo nee asabwereswa basi na njira idakuzirwa ife. Tinakwanisa kupibva wokusowa citsidzikizo thangwi ya kumwalana kwa mwandzidzidzi, nyatwa za mu unkhallamba peno kudzumika thangwi ya maonekero athu. Mwakukhonda tsalakana thangwi yace, kunakwanisa kutibulusira kutsandzaya na kufudza uxamwali wathu na anango. Tinacitanji toera kukunda mabvero anewa?

MULUNGU ASATITSALAKANA

Tisafunika kudziwa kuti ciphedzo ciripo. Tonsene tiri na munthu wakuti anakwanisa kutiphedza, pontho wakuti asafuna kutiphedza—**Mulungu.**

Mphangwa zidapereka Mulungu kuna mprofeta Izaiya ndi izi: ‘Leka gopa, ndine Mulungu wako. Ndinakuwangisa mbandikuphata na djanja yanga ya madyo yakulungama; ndinakubvunulira mbandikupulumusa.’ (Izaiya 41:10, 13) Mphyakuwangisa kakamwe kudziwa kuti mwakuphiphirisa Mulungu asafuna kutiphata na djanja! Nee tisafunika kupswipa ntima!

Bhibhlya isalonga pya alambiri a Mulungu akuti akhaphwipa ntima mbwenye adzapfundza kuphata djanja ya Mulungu. Yana, mai wa Samwele, akhapibva ninga wokusowa basa, thangwi nee akhabala. Midzidzi inango iye akhasekiwa thangwi nee akhali na mwana. Thangwi ya pyenepi, Yana akhadaluzza cifuno cakudya mbalira. (1 Samwele 1:6, 8) Mbwenye mudamala iye kulonga mabvero ace kuna Mulungu, iye nee apibva pontho wokusowa basa.—1 Samwele 1:18.

Nyamasalmo Dhavidhi midzidzi inango akhapibvambo wokusowa citsidzikizo. Mu pyaka pizinji, Mambo Sauli akhansaka toera kumupha. Dhavidhi apulumuka maulendo mazinji mukhayesera Sauli kucita pyenepi, pontho midzidzi inango iye akhapibva ninga nee mbadapuluma. (Masalmo 55:3-5; 69:1) Ngakhale tenepo, iye alemba: ‘Ndingagona ndisagumana citulo mu ntendere; ndimwe basi Yahova mundandikoya mwakutsidzikizika.’—**Masalmo 4:8.**

Yana pabodzi na Dhavidhi alonga mabvero awo kuna Yahova na iye aaphedza. (Masalmo 55:22) Kodi ife, tinacita tani pibodzi pyene lero?



NJIRA ZITATU TOERA KUPIBVA WAKUTSIDZIKIZIKA KAKAMWE

1. Nyindirani Yahova ninga Baba.

Yezu aticenjeza toera kudziwa Babace, ‘Mulungu wandimomwene.’ (Jwau 17:3) Mpostolo Paulu atipasa cinyindiro: “Iye hali kutali na ife tonsene tayu.” (Machitiro 17:27) Tyago alemba: ‘Fendedzerani Mulungu, tenepa Mulungu anadzakufendedzeranimbo.’ —Tyago 4:8.

Kudziwa kuti tiri na Baba wakudzulu na asatitsalakanana ndi thanyo yakufunika toera kukunda mabvero a kupswipa ntima. Mwandimomwene, pinakwata ndzidzi toera kukhala na cinyindiro ceneci, mbwene azinji aona kuti kucita pyenepi ndi kwakuphedza kakamwe. Caroline alonga: “Mudatoma ine kuona Yahova ninga Baba wanga, ndadzakhala na munthu wakuti mbandidampanga mabvero anga a nkati. Pyenepi pisandicitisa kukhala wakusudzuka!”

Rachel asakumbuka: “Yahova ndiye adandiphedza toera kupibva wakutsidzikizika mudasiyiwa ine ndekha nee anyakubala. Ndikhacedza na iye na kuphemba ciphedzo cace thangwi ya nyatwa zanga. Iye akhandiphedza.”*

* Mboni za Yahova zisapereka pfundziro ya Bhibhlya yakukhonda lipa kuna ale anafuna kufendedzera Mulungu.

2. Gumanani banja yauzimu.

Yezu apfundzisa anyakupfundza ace toera kuona anango ninga abale. Iye aapanga: ‘Monsene ndimwe abale.’ (Mateo 23:8) Iye akhafuna kuti anyakupfundzace afunane mbakhala banja ikulu yauzimu.—Mateo 12:48-50; Jwau 13:35.

Mipingo ya Mboni za Yahova isayesera kupangiza ufuni na citsalakano ninga banja yandimomwene yauzimu. (Ahebere 10:24, 25) Azinji adzindikira kuti misonkhano ya mpingo inakwanisa kukhala ninga mafuta akufewesa na kuwangisa pirona pya m’manyerezero.

Eva asakumbuka: “Ndikhali na xamwali wakupambulika mu m’mpingo mwathu, wakuti akhabvesesa kutsukwala kwanga. Iye akhandibvesera, akhaleri na kucita phembero pabodzi na ine. Akhacita pyonsene toera ndikhonde kutsoperwa. Iye andiphedza toera kulonga mabvero anga mbandikhala wakusudzuka. Thangwi ya ciphedzo cace, ndatoma kupibva wakutsidzikizika.” Rachel asathimiza: “Ndagumana ‘mama na baba’ mu mpingo. Mwandimomwene iwo asandicitisa kupibva wakufuniwa na wakutsidzikizika.”

3. Pangangani ufuni na ntsisi kuna anango.

Kupangiza ufuni na ntsisi kuna anango kusawangisa uxamwali. Yezu alonga: ‘Kupasa kusakomeres



kupita kutambira.’ (Machitiro 20:35) Mwakukhonda penula tinadzindikira kuti tingapangiza ufuni kuna anango, tinadzatambira pizinji. Yezu apanga anyakupfundzace: ‘Pasani, tenepa munadzapaswambo.’ —Luka 6:38.

Tingapangiza mbatipangizwambo ufuni na anango, tisapibva akutsidzikizika kakamwe. Bhibhlya isalonga: ‘Ufuni nkhaba mala.’ (1 Akorinto 13:8) Maria alonga: “Ndisadziwa kuti maonero akuphonyeka akhali na ine nee mbandimomwene. Ndakunda mabvero anewa akuphonyeka mukuphedza anango mbandiduwala nyatwa zanga. Ndzidzi onsene ndisakhala wakutsandzaya ndingaphedza anango.”

CITSIDZIKIZO KWA ANTHU ONSENE

Njira zidalongwa padzulu nee ndi ‘cithumwa’ caku ti cisapereka mwakucimbiza cisudzulo ca kwenda na kwenda. Mbwenye zinakwanisa kukhala zakuphedza. Caroline alonga: “Ndisapitiriza kukhala na mabvero akusowa citsidzikizo. Mbwenye cincino ndisapibva wakuthema. Ndisadziwa kuti Mulungu asanditsalaksana, pontho ndiri na axamwali andimomwene akuti asandicitisa kupibva wakutsidzikizika.” Rachel asabva munjira ibodzi ene. Iye alonga: “Ndzidzi onsene, kupirwa kusanditsukwalisa kakamwe. Mbwenye ndi-

ri na abale na alongo auzimu akuti ndinakwanisa kuphema maonero, akuti asandiphedza kuona pinthu munjira yadidi. Kupiringana pyonsene, ndiri na Baba wakudzulu wakuti ndisalonga naye ntsiku zonsene. Pyenepe pisandicitisa kukhala wakutsandzaya.”

Iripo njira inango toera kumalisiratu mabvero anewa. Bhibhlya isalonga pya dziko ipswa, yakuti m’bodzi na m’bodzi wa ife anadzakhala mwakutsidzikizika. Mafala a Mulungu asapikira: ‘Munthu anadzakhala mu ntendere pantsi pa miti yace ya mawuva na ya misambvu, nee kudzudzumiswa.’ (Mikeya 4:4) Mu ndzidzi unoyu, nee m’bodzi anadzaticitisa kupibva akukhonda kutsidzikizika, peno kucitisa pyakuipa. Ngakhale kugopeswa thangwi ya nyatwa za kale ‘pinadzaduwalikiratu.’ (Izaiya 65:17, 25) Mulungu na Mwanace, Yezu Kristu, anadzakhazikisa ‘ulungami wandimomwene.’ Thangwi ya pyenepe, panadzaoneka ‘ntendere na citsidzikizo’ pya kwenda na kwenda. —Izaiya 32:17. ■

Bhibhlya isalonga pya dziko ipswa, yakuti m’bodzi na m’bodzi wa ife anadzakhala mwakutsidzikizika

Lekani Kukhala Akupswipa Ntima

N'DIDA WA BHIBHLYA: “Lekani kupswipa ntima thangwi ya umaso wanu.”—Mateo 6:25, *Tradução do Novo Mundo*.

Kodi mafala anewa asabvekanji? Yezu alonga mafala anewa mu nkhani yace ya Paphiri. Mwakubverana na disionaryo inango inafokotoza mafala a Bhibhlya, fala Yacigerego “kupswipa ntima” inakwanisa kubveka “mabvero a munthu pakuthimbana na utcerengi, njala na nyatwa zinango zinathimbana na iye mu umaso wa ntsiku na ntsiku.” Kupswipa ntima kusaphataniza kutsukwala thangwi ya pinthu pinafuna citika ntosogolo. Mphycibaliro na pyakuthema kudzudzumika thangwi ya pinthu pyakumanungo na udidi wa anyakufunika athu. (Afilipi 2:20) Mbwene mudalonga Yezu kuti “lekani kupswipa ntima,” akhacenjeza atowereri ace toera kucalira kupswipa ntima kwakukhonda thema—kugopa kakamwe pinthu pya mangwana pinadzudzumisa kutsanzaya kwathu kwa lero.—Mateo 6:31, 34, *NM*.

Kodi ndi wakuphindulisa lero? Mphyangzeru kubvera uphungu wa Yezu. Thangwi yanji? Mabukhu anango asalonga kuti munthu angapswipa ntima kakamwe, ongo wace usaphata basa kakamwe ndzidzi onsene, pontho pyenepi “pisacitisa nyatwa za ungumi ninga pironda, utenda wa ntima na makwiyo.”

Yezu alonga thangwi inango yakubveka kakamwe toera kucalira kupswipa ntima kwakukhonda thema: *thangwi ndi kwakusowa basa*. Yezu avundza: “Mbani mwa imwe anakwanisa kuthimizira umaso wace thangwi yakupswipa ntima?” (Mateo 6:27, *NM*) Kupswipa ntima nkhabve kuthimiza nee segundu ibodzi ya umaso, mbuto mwace tendeni tisiye umaso uthimizireke okha. Kusiyo pyenepi, pinthu nkhabve kucinja thangwi yakupigopa. Nyakupfundza unango alonga pyenepi munjira iyi: “Nee tisafunika kubvunga ndzidzi wathu na kupswipa ntima, thangwi tsogolo panango inadzakhalala yadidi kusiyana na munaigopera ife.”

Tinacalira tani kupswipa ntima? Njira yakutoma, *nyindirani Mulungu*. Khala Mulungu asapereka cakudya kuna mbalame na kubvazika maluwa nguwo zakubalika, iye nee anadzapereka pinafuna anthu anaikha pa mbuto yakutoma ulambiri wandimomwene mu umaso wawo? (Mateo 6:25, 26, 28-30) Yaciwiri, *tsalakanani pya ntsiku ibodzi*. Yezu alonga: ‘Lekani kutsamali pya ntsiku ya mangwana, thangwi ntsiku ya mangwana inadzakhalambo na pinthu pyayo.’ Kodi imwe nee musatawira kuti ‘ntsiku na ntsiku iri na nyatwa zayo?’—Mateo 6:34.

Mukubvera cenjezo yandzeru ya Yezu, tinacalira nyatwa zakumanungo. Kupiringana pyenepi, tinagumana ntendere wa m’manyerezere—wakuti m’Bhibhlya usacemerwa “Ntendere wa Mulungu.”—Afilipi 4:6, 7. ■





Ninji pinacitika tingafa?

ANANGO ASAKHULUPIRA kuti tisakhala maso munjira inango, anangombo asakhulupira kuti kufa ndi kumala kwa pyonsene. **Imwembo musakhulupiranji?**

BHIBHLYA ISALONGANJI

‘Anyakufa nkhabe cinadziwa iwo.’ (Koelete 9:5)
Tingafa, tisasiya kukhalapo.

PINTHU PINANGO PINAPFUNDZA IFE M’BHIBHLYA

- Mamuna wakutoma, Adhamu, pidafa iye abwerera pontho ku mataka. (Genesi 2:7; 3:19) Munjira ibodzi ene, anthu onsene anafa asabwerera pontho kumataka.—Koelete 3:19, 20.
- Anthu angafa asasudzuka, peno asalekererwa madawo awo. (Aroma 6:7) Munthu angafa nkhabebe kutcinyuswa thangwi ya madawo.

Kodi anyakufa anakwanisa kukhala pontho maso?

MBAMUDATAWIRA TANI?

- Inde
- Nkhabe
- Panango

BHIBHLYA ISALONGANJI

“Kunadzaoneka kulamuka muli akufa.”
—Machitiro 24:15.

NINJI PONTHO PINAPFUNDZA IFE M’BHIBHLYA?

- Midzidzi inango Bhibhlya isalandanisa kufa na kugona. (Jwau 11:11-14) Mulungu anakwanisa kulamusa anyakufa, ningambo ife tisakwanisa kulamusa munthu n’citulo.—Yobe 14:13-15.
- Bhibhlya isalonga mbiri zizinji za kulamuswa muli akufa, natenepa isatipasa cinyindiro cakuwanga toera kukhulupira kuti anyakufa anadzalamuswa muli akufa.—1 Amambo 17:17-24; Luka 7:11-17; Jwau 11:39-44.



Ndaphata miyendo nditumizirenimbo bukhu *Kodi Mwandimomwene Bhibhlya Isapfundzisanji?*

Toera kudziwa mphangwa zakuthimizirika onani nsolo 6 wa bukhu ino yakubuluswa na Mboni za Yahova

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CILONGERO _____

DZINA _____

MBUTO INAKHALA IMWE _____

Toera kudziwa mbuto, onani tsamba 2

