

An illustration of a man in an orange shirt walking towards the viewer in a park. In the background, a city skyline is visible through the trees. Other people are walking in the distance. The scene is bright and sunny, with a large sun partially obscured by a tree on the left.

**NJIRA
TOERA KUKHALA
WAKUTSANDZAYA**

MISOLO YA REVISTA INO

NJIRA TOERA KUKHALA WAKUTSANDZAYA

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TINAGUMANA KUPI PITSOGOLERO PYAKUNYINDIRIKA PINALONGA THANGWI YA KUKHALA NA UMASO WAKUTSANDZAYA?

Bhibhlya isalonga: ‘Anyakutsandzaya ndi ale anafamba mwadidi mu njira yawo.’—Masalmo 119:1, *Tradução do Novo Mundo*.

Misolo minomwe ya revista ino isalonga midida yakunyindirika yakuti inatitsogolera toera tikhale akutsandzaya.

Lamukani!

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Musafuna kudziwa pizinji peno kukhala na pfundziro ya Bhibhlya ya panyumba?

Pitani mu www.jw.org/seh,

peno tumizani phembo yanu ku ibodzi mwa mbuto zinagumanika padzulu.

Revista ino nkhaba guliswa. Yacitwa ninga khundu ya basa ya dziko yonsene yapantsi ya mapfundzisiro a Bhibhlya inaphedzerwa na pyakupereka pyakufuna. Toera kucita pyakupereka, taphata miyendo pitani mu site www.jw.org/seh. Kusiyo cidzindikiro cinango, Malemba adaikhwa abuluswa m'Biblya Chisena.



Tinakhala Tani Akutsandzaya?

KODI MUSAONEKA MWEKHENE NINGA MUNTHU WAKUTSANDZAYA? Khala ndi tenepo, ninji pinakutsandzayisani? Banjanu, basa yanu peno uphemberi wanu? Panango musadikhira cinthu cakuti cinakutsandzayisani ntsogolo, ninga kumalisa kupfundza, kugumana basa yadi di peno kugula motokala upswa.

Anthu azinji asatsandzaya kakamwe angakwanirisa cifuno cawo peno angagumana cinthu cinafuna iwo. Kodi kutsandzaya kweneku ndi kwa ndzidzi ungasi? Kazinji kene ndi kwa ndzidzi wakucepta, kwakuti kunatsukwalisa anthu.

Kutsandzaya ndi n'khaliro unacitisa munthu kukhala na mabvero adidi mu ndzidzi uzinji akuti asatoma na kukomerwa na pinthu piri na iye na kukhala na cifuno cakupitiriza kukhala maso mwakutsandzaya.

Kusiyapo kukhala na mabvero akukomerwa, **kutsandzaya nee kusalandaniswa na kufika pa mbuto peno kukwanirisa cifuniro, mbwenye kusalandaniswa na ulendo.** Kulonga kuti “Ndinadzatsandzaya ndinga . . .” mphyakusiyana na kutsandzaya.

Mwacitsandzo, landanisani kutsandzaya na ungumi wadidi. Tinacitanji toera tikhale na ungumi wadidi? Tisafunika kusankhula pinafuna ife kudyu, kuthathamula manungo na kucita pinthu pinango pyakuti pinaphedza toera kukhala na ungumi wadidi. Munjira ibodzi ene, kutsandzaya kusabulukira ku pinthu pinacita ife na kutowezero midida yakunyindirika.

Ndi midida ipi peno makhaliro akuti asacita khundu toera kutsandzaya? Maseze pana midida na makhaliro akufunika, mbwenye onani midida na makhaliro akuti ndi akufunika kakamwe:

KUKOMERWA NA PIRI NA IFE NA KUPASA MWAKUDZALA MANJA

KUTSALAKANA UNGUMI NA KUKHALA NA MAONERO ADIDI

UFUNI

KULEKERERA

CIFUNIRO MU UMASO

CIDIKHIRO

Bukhu yakulemedzwa kakamwe ya udziwisi isalonga: ‘Anyakutsandzaya ndi ale anafamba mwadidi mu njira yawo.’ (Masalmo 119:1, *Tradução do Novo Mundo*) Tendeni tipfundze njira ineyi.



NJIRA TOERA KUKHALA
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KUKOMERWA NA PIRI NA IFE NA KUPASA MWAKUDZALA MANJA



MWATOMA KALE KUBVA ANTHU MBAKALONGA KUTI KUTSANDZAYA NA KUKHALA NA UMASO WADIDI KUSANYINDIRA KUKHALA NA KOBIRI IZINJI? Anthu ananyerezera munjira ineyi asaphata basa mwakuwanga, pontho mu ndzidzi uzinji toera kugumana kobiri izinji. Kodi kobiri na kukhala na pinthu pizinji pisabweresa kutsandzaya kwandimomwene? Pinthu pisapangizani?

Mwakubverana na *Journal of Happiness Studies*, tingatsalakana pinthu pyakufunika mu umaso wathu, kuwina kobiri izinji kunathimizira pang’ono kutsandzaya kwathu. Kobiri nee ndi yakuipa. Mwakubverana na revista *Monitor on Psychology*, “kutowerera kobiri nkhabe bweresa kutsandzaya.” Mafala anewa alandana na uphungu udalembwa m’Bhibhlya pyaka pikwi piwiri nduli: ‘Kufuna kobiri ndi ntcitci wa pyakuipa pyonsene. Anthu anango na thangwi yakusirira kakamwe kobiri, athabuka na nyatwa zizinji.’ (1 Timoti 6:9, 10) Nyatwa zenezi zisaphatanizani?

KUDZUDZUMIKA, PONTHO KUKHONDA GONA THANGWI YAKUFUNA KUTSIDZIKIZA MPFUMA. ‘Nyabasa angakhuta peno angakhonda kukhuta

asagona mwadidi, mbwenye nyakupfuma, upfumi wace nkhabe kun’gonesa.’—Koelete 5:11.

KUIPIRWA THANGWI KUTSANDZAYA KUKHADI-KHIRWA NEE KWAFIKA. Cifuno cakusaka kobiri izinji nkhabe mala. Bhibhlya isalonga: ‘Munthu anafuna kobiri, nkhabe kukwanirwa nayo. Munthumbo anafuna pya upfumi nkhabe kwana na pinthu pinagumana iye.’ (Koelete 5:9) Kusiyo pyenepe, kufuna kobiri kunacitisa munthu kusiya kucita pinthu pyakuti mbapidabweresa kutsandzaya, ninga kucedza na banja, na axamwali peno kucita mabasa anakomeresha Mulungu.

KUTSUKWALA THANGWI YAKUGWA KWA NTENGO WA KOBIRI PENO MASASANYIRO ADACITA IFE ANGAKHONDA KUFAMBA MWADIDI. ‘Leka kuthabuka pezi na kusaka pya upfumi, mbuneta na kupinyerezera, thangwi ungapilang’anisa, ipyo pinapita ninga mphepo mbapikhala na maphaphido mbapimburuka kudzulu kakamwe ninga nkhwazi.’—Misangani 23:4, 5.

MAKHALIRO AKUTI ASABWERESA KUTSANDZAYA

KUKOMERWA NA PIRI NA IFE. ‘Thangwi ife pano nee tadza pantsi pano na cinthu tayu, mphapo tinacimwanambo kwenda na pinthu. Khala tiri na cakudya na cakubvala, tikwane napyo.’ (1 Timoti 6:7, 8) Anthu anakomerwa na piri na iwo nkhaba kudu-ngunya, pontho pyenepi pisaaphedza toera kukhonda kukhala na bibvu. Nakuti iwo nkhaba kufuna pinthu pyakumanungo pyakuti nee anakwanisa kupigula, iwo asacalira kudzudzumika peno kupswipa ntima.

KUPASA MWAKUDZALA MANJA. ‘Kupasa kusatsandzayisa kupita kutambira.’ (Machitiro 20:35) Anthu akupasa ndi akutsandzaya thangwi asakomerwa kutsandzayisa anango, ngakhale angaphatisira ndzidzi wakucepta peno mphambvu. Iwo asawina pinthu pizinji pyakuti nkhaba kugulwa na kobiri, ninga ufuni, ci-lemedzo na axamwali andimomwene akuti asapasambo mwakudzala manja!—Luka 6:38.

ANTHU NDI AKUFUNIKA KAKAMWE KUPIRINGANA PINTHU.

‘Mphyadidi kudya na masamba na anthu akuti asapangiza ufuni, kupita kudya nyama ya ng’ombe na anthu abibvu.’ (Misangani 15:17) Tisapfundzanji pa vesi ineyi? Kukhala na ufuni, pontho na axamwali adidi mphyakufunika kakamwe kupiringana kukhala na mpfuma. Tinadzapfundza kuti ufuni ndi wakufunika kakamwe toera kutsandzaya.

Nkazi m’bodzi wa ku Amerika do Sul anacemerwa Sabina, apfundza kufunika kwa midida ya Bhibhlya. Nakuti Sabina asiyiwa na mamunace, iye akhafunika kuwangisira kakamwe toera kutsalakanika ekhene na kutsalakana anace awiri acikazi. Iye akhaphata mabasa mawiri, pontho akhahamuka ndzidzi 4 wakumacibese. Ngakhale iye akhali wakuphatika na mabasa, Sabina asankhula kupfundza Bhibhlya. Ndi maphindu api adakhala na iye?

Ntengo wa kobiri ikhatambira iye nee wacinja maka. Mbwenye maonero ace thangwi ya umaso acinja kakamwe! Mwacitsandzo, iye atsandzaya kakamwe thangwi yakudziwa Mulungu na kukhala xamwali wace. (Mateo 5:3) Iye akhala na axamwali andimomwene pakati pa alambiri andzace. Iye atsandzayambo thangwi yakupanga anango pinthu pikhapfundza iye.

Bhibhlya isalonga kuti ‘udziwisi wa munthu usapangizika na mabasa akulungama anacita iye.’ (Mateo 11:19, *Tradução do Novo Mundo*) Munjira ineyi, tinapangiza udziwisi tingakomerwa na piri na ife, tingapasa na kuona anthu kukhala akufunika kakamwe kupiringana mpfuma!

NTSONGA ZAKUFUNIKA

‘Kufuna kobiri ndi ntcitci wa pyakuipa pyonsene. Anthu anango na thangwi yakusirira maka kobiri, athabuka na nyatwa zizinji.’

—1 Timoti 6:9, 10.

‘Kufuna kobiri’ kunacitisa munthu . . .

- Kudzudzumika, pontho kukhonda gona
- Kuipirwa
- Kutsukwala

Toera munthu akhale wakutsandzaya asafunika . . .

- Kukomerwa na piri na iye
- Kupasa mwakudzala manja
- Kuona anthu kukhala akufunika kakamwe kupiringana pinthu



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KUTSALAKANA UNGUMI NA KUKHALA NA MAONERO ADIDI



UTENDA WAKUKHONDA WANGA PENO KULAMALA PISACINJA UMASO WA MUNTHU. Mamuna anace-merwa Ulf akhali na ungumi wadidi, pontho wamphambvu. Mbwenye pidalamala iye alonga: “Ndatsukwala kakamwe. Nee ndikhalibve na mphambvu na cipapo . . . Ndikhapibva ninga ‘ndakundwa.’”

Pidacitikira Ulf pisatikumbusa kuti nkhaba munthu anakwanisa kudziwa pyonsene pinacitika na ungumi wace. Ngakhale tenepo, pana pinthu pinafunika ife kucita toera kucalira kuphatwa na utenda. Mphapo ndiye tani tingabva kupha? Pyenepi pisaticitisa kuluza kutsandzaya? Nkhabe. Pakutoma tendeni tione pinthu pingasi pyakuti pinatiphedza kukhala akutsandzaya.

‘KUCITA PINTHU MWAKUKHONDA KUPIRINGANA MIDIDA.’ (1 Timoti 3:2, 11, *Tradução do Novo Mundo*) Kudya na kumwa mwakupiringana midida nkhaba phedza toera kukhala na ungumi wadidi, pontho pisabvunga kobiri izinji! Bhibhlya isalonga: ‘Leka kufamba pabodzi na anyakumwa na anyakudyesa, thangwi nyakumwa na nyakudyesa anadzatzere-nga.’—Misangani 23:20, 21.

LEKANI KUPSWIPISA MANUNGO ANU. ‘Tisafunika kuceneseka, mbatibulusa pinthu pyonsene pinaswipisa manungo athu na manyerezere athu.’ (2 Akorinto 7:1, *NM*) Anthu anafumali, analedzera peno anaphatisira mitombwe yakuledzera aswipisa manungo awo. Mwachitsandzo, *Centros de Controle e Prevenção de Doenças* ku *Estados Unidos* yalonga kuti kufumali “kusasosa mautenda, pontho kusagudjula makhundu onsene a manungo athu.”

ONANI MANUNGO ANU NA UMASO WANU NINGA MUONI WAKUFUNIKA. ‘Thangwi ya Mulungu tiri na umaso, tisafamba, pontho tiripo.’ (Machitiro 17:28) Kudziwa pyenepi kunatiphedza kucalira kuikha umaso wathu pa ngozwi mu ndzidzi unaphata ife basa, pakutekenya motokala peno pakusankhula ubalangazi. Kuikha umaso pa ngozwi nee kunatiphedza toera kutsandzaya mu ndzidzi uzinji.

LEKANI KUKHALA NA MABVERO AKUPHONYEKA. Mabvero anu na manungo anu pisaphata basa pabodzi. Nateneba calirani kupswipa ntima kakamwe, kuipirwa, bibvu na mabvero anango akuipa. Lemba

ya Masalmo 37:8 isalonga: ‘Siya kuipirwa, pontho calira ukali.’ Bhibhlya isalongambo: ‘Lekani kupswipa ntima na pya ntsiku ya mangwana, thangwi ntsiku ya mangwana inakwana na pinthu pyayo.’ —Mateo 6:34.

NYEREZERANI PINTHU PYADIDI. Lemba ya Misangani 14:30 mu *Tradução do Novo Mundo* isalonga: ‘Ntima wakukhurudzika ndi umaso wa manungo.’ Bhibhlya isalongambo: “Ntima wakutsandzaya unawangisa manungo a munthu.’ (Misangani 17:22) Mafala ane wa asabverana na siyensiya. Dotoro m’bodzi wa ku Eskosiya alonga: “Ungakhala wakutsandzaya nee unadzaphatwa na utenda kazinji kene, mwakusiyana na ale anakhonda kutsandzaya.”

KHALANI NA MAONERO ADIDI. Ninga pidacitikira Ulf adalonga ife nduli, basi ene tisafunika kupirira mu ndzidzi unathimbana ife na nyatwa. Ngakhale tenepo, tisafunika kusankhula kuti tinapirira tani. Anthu anango asatsukwala kakamwe, pontho asafewa manungo, pyenepi pisacitisa kuti pinthu pitekere. Lemba ya Misangani 24:10 isalonga: ‘Ungafewa pa ntsiku ya nyatwa, mphambvu zako zinacepa.’

Anango asatsukwala pa ndzidzi wakucepta, buluka penepo asakhala na maonero adidi. Iwo asadzolowera pinentso pyawo mbasaka njira yadidi toera kupitsalakana. Pyenepi ndipyo pidacita Ulf. Pakumala kucita maphembero mazinji na kunyerezera mwacidikhodikho mphangwa zakuwangisa za m’Bhibhlya, iye “atoma kuona miyai ikhali na iye m’mbuto mwakuona mipingizo.” Kusiwapo pyenepi, Ulf apfundza kubvera ntsisi anango. Pyenepi pyankulumiza toera kupanga anango mphangwa zakubalangaza za m’Bhibhlya, ninga pidacita anango adakunda pinentso pizinji.

Munthu unango adathabuka kakamwe ndi mamuna anacemerwa Steve. Pikhali iye na pyaka 15, acitikirwa na cidengwa. Cidengwa cenezi cacitisa kuti manungo ace akhonde phata basa kutomera n’khosi mpaka ku miyendo. Pikhali iye na pyaka 18, akhakwanisa pontho kuphatisira mikono yace. Buluka penepo, iye aenda ku *universidade*. Kweneko iye atoma kuphatisira mitombwe yakuledzeresa, pyakumwa pyakuledzeresa na kucita ulukwali. Steve nee akhali na cidikhiro, mbwenye pidatoma iye kupfundza Bhibhlya iye akhaona pinthu munjira yakusiyana, pyenepi pyamphedza toera kukunda misambo yace yakuiipa. Iye alonga: “Kale ndikhapibva ninga wakusowa basa, mbwenye cincino ndiri na ntendere, wakutsandzaya, pontho ndisakomerwa na piri na ine.”

Pidalonga Steve na Ulf pisatikumbusa mafala anagumanika pa Masalmo 19:7, 8: ‘Mwambo wa Yahova ndi waungwiro, mbuwangisa ntima wakupenula. Matongerero a Yahova ndi akulungama, asatsandzayisa ntima. Ntemo wa Yahova ndi wakucena, mbufungula maso.’

NTSONGA ZAKUFUNIKA

Tingaphatisira mitemo na midida ya Yahova ‘tinawangiswa, tinatsandzaya, pontho tinafungulwa maso athu.

—*Masalmo 19:7, 8.*

Bhibhlya isatiwangisa toera . . .

- Kucita pinthu mwakukhonda kupiringana midida
- Kutsalakana mwadidi ungumi wathu
- Kuona umaso ninga wakufunika
- Kucalira mabvero akuphonyeka
- Kunyerezera pinthu pyadidi
- Kukhala na maonero adidi



NJIRA TOERA KUKHALA WAKUTSANDZAYA

UFUNI

ANTHU ONSENE ASAFUNA KUFUNIWA. Panga-soweka ufuni banja peno uxamwali pisamala. Na thangwi ineyi ufuni ndi n'khaliro wakufunika kaka-mwe toera kukhala na manyerezero adidi, pontho toera kutsandzaya. Mphapo “ufuni” ndi ninji?

Ufuni unalongwa pano nee ndi ufuni unapangiza mamuna kuna nkazi peno nkazi kuna mamuna, ngakhale ndi wakufunikambo. M'mbuto mwace, ndi ufuni unakulumiza munthu kucita pyadidi kuna anango peno kuikha pifuno pya anango pa mbuto yakutoma. Ufuni unoyu usatsogolerwa na midida ya Mulungu, yakuti isaphatanizambo mabvero a munthu.

Onani pinalonga Bhibhlya thangwi ya ufuni: 'Ufuni ndi wakukhurudzika na wakukoma ntima. Ufuni nkhaba ntcenje. Nkhaba kugaya, nkhaba ku-

dzikuzi, nkhaba kucita pinthu mwakukhonda thema, nkhaba kucita pinafuna iwo basi, nkhaba kui-pirwa mwakucimbiza. Nkhaba kukoya pinthu pyakuipa muntima. Nkhaba komerwa na pinthu pyakuipa, mbwenye usakomerwa na undimomwene. Usaphimbira pinthu pyonsene, usadikhira pinthu pyonsene, usapirira pinthu pyonsene. Ufuni nkhaba kumala.'—1 Akorinto 13:4-8, *Tradução do Novo Mundo*.

Ufuni unoyu “nkhaba kumala,” pyenepi pisabveka kuti usakhala kwenda na kwenda. Ndizidzi onse-ne iwo usapitiriza kukhala wakuwanga. Nakuti ndi wakupirira, wakukoma ntima na wakulekerera, iwo 'usacitisa anthu kukhala akuphatana.' (Akolose 3: 14, *NM*) Maseze anthu onsene ndi akusowa ungiro, mbwenye anthu anapangiza ufuni unoyu

asakhala akutsidzikizika, pontho akutsandzaya. Mwacitsa-ndzo, nyerezerani ufuni unapangizwa na anyakumanga banja.

UFUNI 'USACITISA ANTHU KUKHALA AKUPHATANA'

Yezu Kristu apfundzisa pinthu pyakufunika thangwi yakumanga banja. Iye alonga: 'Mamuna anadzasiya babace na mai wace mbadzaphatana na nkazace, natenepa uwiri wawo anadzakhala manungo mabodzi ene. Mphapo pidagumanya Mulungu munthu aleke kupimwaza.' (Mateo 19:5, 6) **Tendeni tidinge ntsonga ziwiri zakufunika zinalongwa pa lemba ineyi.**

'UWIRI WAWO ANADZAKHALA MANUNGO MABODZI ENE.'

Kumanga banja ndi kuphatana kakamwe kwa anthu awiri. Ufuni unaphedza mamuna na nkazi toera kunyindirana unango na ndzace. Mamuna peno nkazi anapita m'mabonde na munthu unango asakhala "manungo mabodzi ene" na munthu wakuti nee ndi ndzace wa m'banja. (1 Akorinto 6:16; Ahebere 13:4) Kukhonda kukhulupirika kunakwanisa kumalisa kunyindirana na kufudza banja. Khala banja ineyi iri na anapiana, pinthu pinatekera kakamwe. Iwo anapibva kuti nee asafuniwa, akusowa citsidzikizo peno akutsukwala.

'PIDAGUMANYA MULUNGU.' Banja ndi masasanyiro adakhazikisa Mulungu. Anyakumanga banja analemedza masasanyiro ane-wa asawangisa banja yawo. Iwo nee asayesera kumalisa banja pangaoneka pinentso. Ufuni wawo ndi wakuwanga, pontho usakunda mipingizo. Ufuni unoyu 'usaphimbira pyonsene,' usaaphe-dza kutsalakana pinentso mbapitiriza kukhala antendere na akubverana m'banja.

Anyakubala angawangisira kupangiza ufuni kuna unango na ndzace, anapiana awo asakhala akutsandzaya kakamwe. Ntsikana m'bodzi anacemerwa Jessica alonga: "Anyakubalanga asafunana kakamwe, pontho asalemedzana. Ndingaona mai wanga mbakalemedza baba, makamaka pakucita pisankhulo thangwi ya ife, ndisakhala na cifuno cakukhalambo ninga iye."

Ufuni ndi n'khaliro wakufunika kakamwe wa Mulungu. Na thangwi ineyi, Bhibhlya isalonga: 'Mulungu ndi ufuni.' (1 Jwau 4:8) Pyenepi pisatiphedza kubvesesa kuti thangwi yanji Yahova asacemerwa 'Mulungu wakutsandzaya.' (1 Timoti 1:11) Ife tingatowezera makhaliro a Mulungu, makamaka ufuni, tinakhalambo akutsandzaya. Lemba ya Aefesi 5:1, 2 isalonga: 'Towezerani Mulungu ninga anace a pantima. Fambani mu ufuni.'

NTSONGA ZAKUFUNIKA

'Ufuni ndi wakukhurudzika na wakukoma ntima. Usaphimbira pinthu pyonsene, usadikhira pinthu pyonsene, usapirira pinthu pyonsene. Ufuni nkhaba kumala.'

—1 Akorinto 13:4-8, NM.

Ufuni usabweresa ntendere thangwi . . .

- Usatiphedza kutsalakana pinafuna anango
- Ndzidzi onsene iwo usapitiriza kukhala wakuwanga
- Usawangisa mabanja na uxamwali, pontho usaphedza kukunda mipingizo
- Usaphedza anapiana kukhala akutsidzikizika na akutsandzaya
- Usatiphedza kutowezera Nciti wathu



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KULEKERERA



“PIKHALI INE MWANA, NDIKHABVA ANTHU MBAKA-TIKANA, PONTHO KULONGEZANA. Nee ndapfundza kulekerera. Ngakhale pidakula ine, munthu anganditsukwalisa ndikhapitiriza kukoya pinthu muntima mu ntsiku zizinji, mbandicimwana kugona.” Mafala anewa alongwa na nkazi anacemerwa Patricia. Pyenepi pisapangiza kuti munthu angakhala wakuiwirwa peno wakukoya pinthu muntima nkhabe khala wakutsandzaya, pontho nkhabe khala na ungumi wadidi. Anyakupfundza asalonga kuti anthu akukhonda kulekerera . . .

- Asatawirisa kuti kuiwirwa kufudze uxamwali, mbakhala akutsoperwa
- Asaipirwa mwakucimbiza, asapswipa ntima, peno asatsukwala kakamwe
- Asacimwana kutsandzaya thangwi yakunyerezera madodo adacita anango
- Iwo asatsukwala thangwi asadziwa kuti kulekerera ndi kwakufunika
- Asatsukwala kakamwe mbakhala pangozwi yakuphatwa na mautenda, ninga *pressão alta*, utenda wa ntima, artrite na kupha kwa nsolo*

KULEKERERA NDI NINJI? Kulekerera ndi kukhonda kuiwirwa na munthu adatitsukwalisa, kukhonda kukoya pinthu muntima na kukhonda kunyerezera kubwezera pidacita iye. Pyenepi nee pisabveka kusiya munthu mbacita cinthu cakuipa, mbationa kuti nee ndi cakuipa maka peno kunyerezera kuti nkhabepo cidacitika. M’mbuto mwace, kulekerera ndi cisankhulo caufuni toera kukhazikisa ntendere na kuwangisa uxamwali wadidi na andzathu.

Munthu analekerera asapangizambo kuti ndi wauzdiwisi, thangwi asadziwa kupi anthu onsene asadodoma, peno asadawa m’mafala peno m’macitiro. (Aroma 3:23) Na thangwi ineyi Bhibhlya isalonga: ‘Pitirizani kupirirana unango na ndzace mbamulekererana na ntima onsene, mwakukhonda tsalakana khala munthu ali na thangwi toera kutsukwala na pidacitirwa iye na ndzace.’—Akolose 3:13, *Tradução do Novo Mundo*.

Natenepe, kulekerera ndi khundu yakufunika kakamwe ya ufuni, wakuti usacitisa anthu kukhala ‘akuphata-

* Mphangwa zenezi ndi za: Mayo Clinic na mawebbsite a Johns Hopkins Medicine na journal *Social Psychiatry and Psychiatric Epidemiology*.

na ninga akumangiwa na nkhabala.’ (Akolose 3:14) Mwakubvera-
na na *site* ya Clínica Mayo kulekerera kunatiphedza . . .

- Kukhala na uxamwali wadidi, kuikhika pa mbuto ya munthu unango, kukhala akubvesesa na kubvera ntsisi munthu anga-titsukwalisa
- Kukhala na manyerezero adidi na kuphata mwadidi mabasa a Mulungu
- Kupungula kupswipa ntima, kutsukwala na kuipirwa
- Kucalira mautenda anasoseka thangwi yakutsukwala kakamwe

LEKEREREKANI MWEKHENE. Mwakubvera na revista *Disability & Rehabilitation* inalonga pya umaso wa anthu akulamala, kulekerereka ndi “kwakunentsa kakamwe” mbwenye ndi “kwa-kufunika kakamwe” toera kukhala na manyerezero adidi na ungumi wadidi. Ninji pinafuna kukuphedzani toera kulekerereka mwekhene?

- Lekani kudikhira kukhala munthu waungwiro, tawirani kuti imwe musadodomambo ninga anthu onsene.—Koelete 7:20
- Pfundzani kubulukira ku madodo anu. Pyenepi pinakuphedzani toera mukhonde kucita madodo mabodzi ene
- Khalani wakupirira, thangwi pinakwata ndzidzi toera kukunda misambo inango yakuipa.—Aefesi 4:23, 24
- Citani uxamwali na anthu akuti anakuwangisani, a maonero adidi, akukoma ntima, pontho analonga undimomwene.—Misingani 13:20
- Mungadawira andzanu, tawirani kuti mwadawa, pontho phembani kulekerwa mwakucimbiza. Mungakhazikisa ntendere munadzakhala wakutsanzaya kakamwe.—Mateo 5:23, 24

UPHUNGU WA M’BHIBHLYA USAPHEDZA

Mudatoma Patricia kupfundza Bhibhlya, iye apfundza kulekerera. Iye alemba: “Cincino ndasiya kuipirwa. Nee ndisathabukabve, pontho nee ndisathabusa anango. Bhibhlya isapangiza kuti Mulungu asatifuna, pontho asafuna pyadidi kuna ife.”

Mamuna anacemerwa Ron alonga: “Nee ndinakwanisa kutonga manyerezero na macitiro a anango. Mbwenye ndinakwanisa kutonga manyerezero na macitiro anga. Khala ndisafuna ntendere, ndisafunika kusiya kukoya pinthu muntima. Ndatoma kuona kuti nkhabe kwanisika kukoya pinthu muntima, mu ndzidzi ubodzi ene mbadikhala wakutsanzaya. Cincino ndiri na cikumbuntima cadidi.”

NTSONGA ZAKUFUNIKA

‘Pitirizani kupirirana unango na ndzace mbamulekererana na ntima onsene.’

—Akolose 3:13, NM.

Kulekerera kunatiphedza . . .

- Kukhala na uxamwali wadidi na ntendere wa m’manyerezero
- Kupungula kupswipa ntima, kutsukwala na kuipirwa
- Kukhala na ungumi wadidi, manyerezero adidi na kuphata mwadidi mabasa a Mulungu



CIFUNIRO MU UMASO

ANTHU NDI AKUPAMBULIKA MUNJIRA ZIZINJI—TISALEMBA, TISAPINTARI, TISACITA PINTHU, PONTHO TISASAKA MATAWIRO A MIBVUNZO YAKUFUNIKA MU UMASO: Thangwi yanji dziko iripo? Ife tabulukira kupi? Ndi cipi cifuniro ca umaso? Ninji pinafuna kucitika ntsogolo?

Anthu anango asacalira kucita mibvundzo ineyi thangwi asanyerezera kuti matawiro ace nkhabe gumanika. Anango asalonga kuti mibvundzo ineyi nkhabe basa thangwi umaso wathu wabulukira mu kusanduka kwa pinthu. Mpfundzisi wa *História* na *Biologia* alonga: “Nkhabepo alungu, nkhabepo cifuniro . . . nkhabepo mitemo inaphedza toera kudziwa cadidi na cakuipa, pontho umaso nkhabe cifuniro.”

Mbwenye anango nee asatawira maonero ane-wa. Iwo asaona kuti dziko yacitwa mwadidi, pyonsene pyacitwa munjira yakudzumisa, pontho pyonsene pisafamba mwakubverana na mitemo yace. Iwo asadzumatirwa na pinthu pyacibaliro, pontho anango asacita pinthu pyawo mbasangizira makhaliro a pinthu pyenepi. Anthu anewa angaona pinthu pyenepi pyakudzumisa asadzindikira kuti alipo munthu wandzeru kakamwe adapicita.

Maonero anewa acinja manyerezera a anthu anango akuti akhakhulupira kusanduka kwa pinthu. Onani pitsandzo piwiri.

DOTORO ALEXEI MARNOV, NEUROCIURGIÃO.

Iye alonga: “Maxikola akhaphundza ine akhaphundzisa kukhonda kukhulupira Mulungu na kusanduka kwa pinthu. Munthu akakhulupira Mulungu akhaoniwa ninga wakukhonda dziwa pinthu.” Mbwenye mu caka 1990, Alexei atoma kucinja manyerezera ace.

Alexei alonga: “Ndzidzi onsene ndikhasaka kudziwa kuti pinthu pisaphata tani basa, kuphatanizambo ongo wa munthu. Ongu ndi cinthu cakunentsa kakamwe toera kucibesesa. Kodi ongo wacitwa basi ene toera kukhala na cidziwiso na maluso buluka penepo mbufa? Pyenepi nee pikhabveka mwadidi kuna ine. Natenepa ndatoma kubvundzika: ‘Tha-

ngwi yanji tiri pano? Ndi cipi cifuniro ca umaso?’ Pidamala ine kunyerezera pyenepi ndadzindikira kuti alipo adacita pyenepi.”

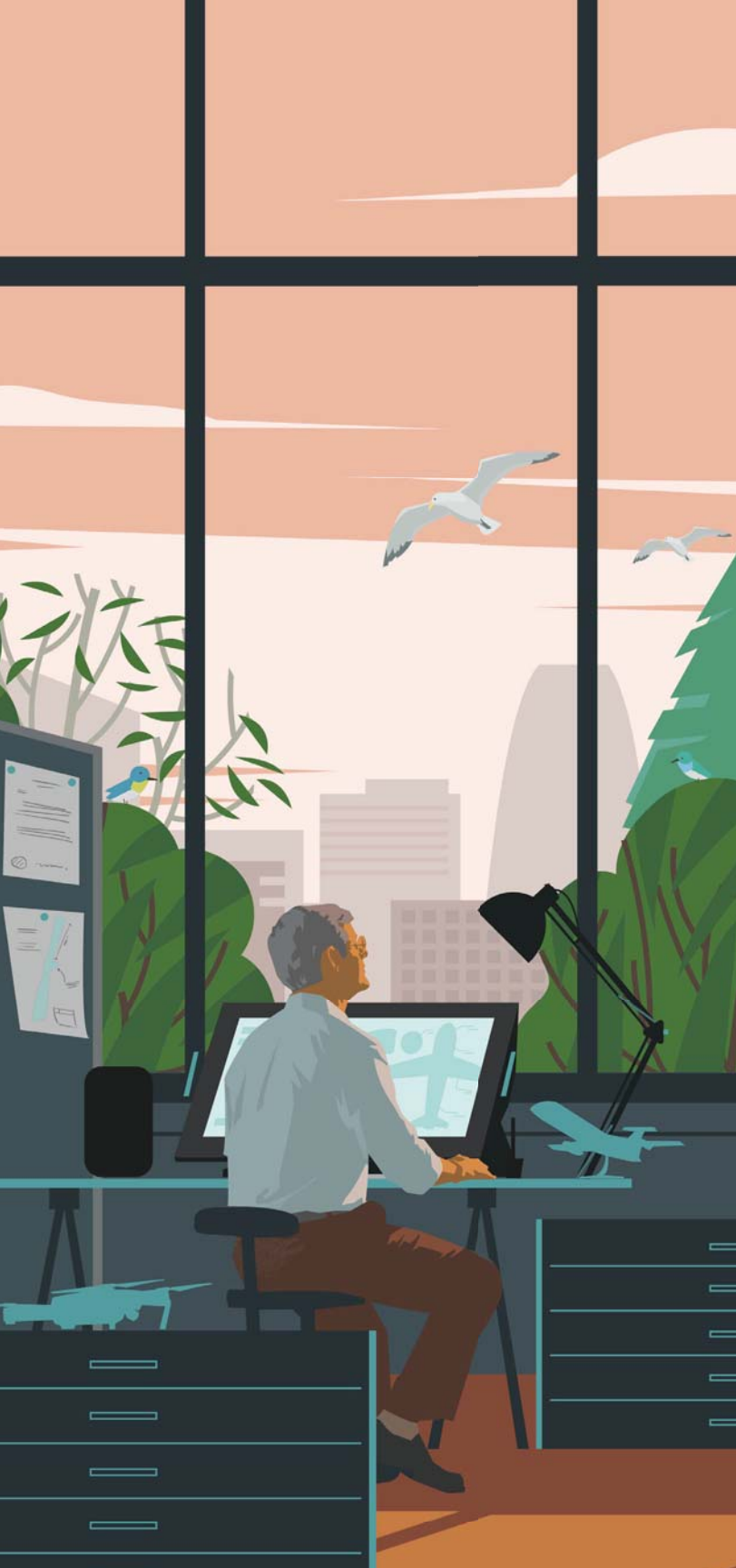
Alexei akulumizika toera kupfundza Bhibhlya thangwi yakufuna kudziwa cifuniro ca umaso. Mukupita kwa ndzidzi, nkazace wakuti akhali dotoro, pontho wakuti nee akhakhulupira Mulungu atomambo kupfundza Bhibhlya. Mbwenye cifuno ca nkazace cikhalu kupangiza Alexei kuti kupfundza Bhibhlya ndi kubvunga ndzidzi! Cincino, uwiri wawo asakhulupira Mulungu, pontho asadziwa cifuniro ca Mulungu kuna anthu ninga pinalonga Bhibhlya.

DOTORO WANKAZI HUABI YIN, SIYENTISTA. Huabi Yin apfundza *Física*, pontho mu pyaka pizinji iye akhafufudza makhaliro a dzuwa.

Huabi alonga: “Ndzidzi onsene unapfundza ife thangwi ya pinthu pyacibaliro, tisaona kuti pyonse ne pisaphata basa mwadidi mwakubverana na mitemo yace. Ine ndikhabvundzika: ‘Mitemo ineyi yabulukira kupi?’ Khala moto unaphika na ife usafunika kuonerwa mwadidi, mphapo mbani anaonera mitemo inatsogolera dzuwa? Mukupita kwa ndzidzi ndadzindikira kuti ntawiro wadidi usagumanika m’mafala akutoma a Bhibhlya: ‘Pakutoma Mulungu acita kudzulu na pantsi.’”—Genesi 1:1.

Mwakukhonda penula, siyensiya isatiphedza kudziwa kuti pinthu pinango pisacitika **tani**. Mwacitsandzo: Ongu usaphata tani basa? Dzuwa isabulusa tani ceza na kupisa? Mbwenye Alexei adzindikira kuti Bhibhlya isalonga kuti **thangwi yanji** pinthu pisacitika. Mwacitsandzo: Thangwi yanji dziko iripo? Thangwi yanji isatsogolerwa na mitemo? Pontho thangwi yanji ife tiripo?

Thangwi ya dziko, Bhibhlya isalonga: ‘Mulungu nee acita ninga mbuto yapezi, mbwenye toera ikhale nyumba ya anthu.’ (Izaiya 45:18) Mulungu acita dziko na cifuniro. Mu nsolo unatowera tindaona kuti cifuniro ceneci cisabverana na cidikhiro cathu ca ntsogolo.



NTSONGA ZAKUFUNIKA

‘Mulungu nee acita dziko ninga mbuto yapezi, mbwenye toera ikhale nyumba ya anthu.’

—Izaiya 45:18.

“Tisafunika kukhala na cifuniro mu umaso”

Mpfungzisi wa psicologia William McDougall alemba: “Toe-ra tikhale maso, pontho na manyerezere adidi tisafunika kukhala na cifuniro mu umaso.” Mpfungzisi unango wa psicologia anacemerwa Carol Ryff alongambo kuti “anthu anakhala na cifuniro mu umaso asakhala na ungumi wadidi. Mwacitsandzo, kazinji kene iwo nkhabe kuphatwa na utenda wa munsolo, . . . utenda wa ntima, pontho asawanga mwakucimbiza angabva kupha . . . pontho asakhala pyaka pizinji.”



NJIRA TOERA KUKHALA
WAKUTSANDZAYA

CIDIKHIRO

‘Ndisanyerezera kukupasani
ntendere tayu nyatwa, toera
mukhale na cidikhiro na
tsogolo yadidi.’

—Yeremiya 29:11, Tradução do Novo Mundo.

“CIDIKHIRO NDI CAKUFUNIKA KAKAMWE TOERA MUNTHU AKHALE WAKUWANGA MWAUZIMU.” Mafala anewa alembwa m'bukhu *Hope in the Age of Anxiety*. Bukhu ineyi yalongambo kuti cidikhiro “ndi ntombwe wadidi kakamwe toera kukunda kutsoperwa na kugopa.”

Bhibhlya isalonga kuti tisafunika kukhala na cidikhiro, mbwenye isatipanga toera ticalire kudikhira pinthu pyakuti cipo pinacitika. Lemba ya Masalmo 146:3 isalonga: ‘Lekani kukhulupira anthu amphambvu, thangwi munthu anacimwana kukupulumusani.’ M’mbuto mwakunyindira mphambvu za anthu toera kutipulumusa, ife tisafunika kunyindira Nciti wathu, wakuti ali na mphambvu toera kukwanirisa mapikiro ace onsene. Ninji pidatipikira iye? Tendeni tidinge mapikiro mangasi.

ANTHU AKUIPA ANADZAPHIWA; ANTHU ADIDI ANADZAKHALA MWANTENDERE KWENDA NA KWENDA: Lemba ya Masalmo 37:10, 11, *NM*, isalonga: ‘Thimize pang’ono anthu akuipa nkhaba khalapobve; ungasaka kunakhala iwo, nkhaba kudzaanabve. Mbwenye anthu akupfulika anadzakhala pa dziko, mbakomerwa na ntendere ukulu kakamwe.’ Vesi 29 isalonga kuti ‘anthu akulungama anadzakhala pa dziko kwenda na kwenda.’

NKHONDO ZINADZAMALA: ‘Yahova anamalisa nkondo pantsi ponsene; iye anakhobola mauta, anagwanda mapswimo, anapisa ngolo za nkondo na moto.’—Masalmo 46:8, 9.

MAUTENDA, KUTHABUKA NA KUFA PINADZAMALA: ‘Mulungu anadzapukuta misozi yonsene m’maso mwawo. Kufa nkhaba kudzakhalapobve, nee kutsukwala, nee kulira, nee nyatwa.’—Apokalipse 21:3, 4.

PANADZAONEKA CAKUDYA CAKUNJIPA: ‘Pa dziko yonsene panadzakhala na cakudya cakunjipa. Pa mapiri panadzakhalambo na cakudya cakunjipa.’—Masalmo 72:16.

UMAMBO WA KRISTU NDI UTONGI UBODZI BASI WAKULUNGAMA WAKUTI UNADZATONGA DZIKO YONSENE: ‘Yezu apaswa mphambvu, mbiri na umambo, toera anthu a mbumba zonsene, a madziko onsene na a pilongero pyonsene antumikire. Mphambvu zace nkhaba mala, umambo wace nee unadzafudzwa.’—Danyele 7:14.

Thangwi yanji tisanyindira mapikiro anewa? Thangwi pikhali Yezu pa dziko yapantsi apangiza kuti athema kukhala mambo wakusankhulwa na Mulungu. Iye awangisa atenda, apasa anthu cakudya, pontho alamusa anthu muli akufa. Mbwenye cakufunika kakamwe cikhali pipfundziso pyace. Anthu anaphatisira pipfundziso pyenepi anadzakhala kwenda na kwenda mu ntendere na mwakubverana. Yezu alongambo pinthu pyakuti mbapidacitika ntsogolo, kuphatanizambho pinthu pinapangiza kuti tiri mu ntsiku zakumalisa.

NTENDERE MBUDZATI KUFIKA PANAONEKA NYATWA

Yezu nee alonga kuti mu ntsiku zakumalisa tinakhala na ntendere, pontho citsidzikizo. Mbwenye iye alonga cidzindikiro cinapangiza kuti tikukhala ‘kunkhomo kwa makhaliro akuipa a dziko ino.’ Cidzindikiro ceneci cishaphataniza nkondo, njala, mautenda na piteketeki pikulu. (Mateo 24:3, 7; Luka 21:10, 11; Apokalipse 6:3-8) Yezu alongambo: ‘Thangwi yakuthimizirika kwa uipi, ufuni wa anthu azinji unadzathowa.’—Mateo 24:12, *NM*.

Nyakulemba Bhibhlya unango alonga thangwi ya kusowa ufuni kweneku. Pa 2 Timoti 3:1-5, tialeri kuti “ntsiku zakumalisa,” anthu azinji anadzanyerezera pya iwo basi, anadzafuna kobiri na ubalangazi. Anadzakhala anyakugaya na anthu akudzikuza. Mabanja nee mbadapangiza ufuni, pontho anapiana nee mbadabvera anyakubala. Mbapadaoneka anthu authambi akuti mbadalonga kuti asalambira Mulungu.

Makhaliro anewa anacitika pa dziko yonsene yapantsi asapangiza kuti tiri mu ntsiku zakumalisa. Asapangizambo kuti Umambo wa Mulungu uli cifupi. Kusiyo pyenepi, mu profesiya yace thangwi ya ntsiku zakumalisa, Yezu alonga: ‘Mphangwa zadidi za Umambo zinamwazwa pantsi ponsene, toera zikhale umboni kuna anthu a mitundu yonsene. Buluka penepo kumala kunadzafika.’—Mateo 24:14.

Mphangwa zenezi zadidi ndi cenjezo kuna anthu akuipa. Izo zisapereka cidikhiro kuna anthu adidi cakuti mwakukhonda dembuka nkhombo zidapikira Mulungu zinakwanirisika. Musafuna kudziwa pizinji thangwi ya nkhombo zenezi? Khala musafuna, fungulani tsamba inatowera ya revista ino.

**NJIRA TOERA KUKHALA
WAKUTSANDZAYA**

DZIWANI PIZINJI

MWABVUNDZIKA KALE?

Banja yanga inakwanisa tani kukhala ya-
kutsandzaya?

Ndinakhala tani na axamwali adidi, po-
ntho ndinakhala tani xamwali wadidi?

Ndi cidikhiro cipi ciri na anyakufunika
anga adafa?

Kodi nyatwa zinadzamala?

Anthu anadzafudza dziko?

Kodi mauphemberi onsene asalambira
Mulungu wandimomwene?



MUNAKWANISA KUGUMANA MATAWIRO A MIBVUNDZO INEYI NA INANGO

Pitani mu *site* jw.org, yakuti isagumani-
ka mu pilongero pyakupiringana 900.
Mwenemo munagumana mphangwa za-
kufunika mu misolo yakusiyana-siyana.

Munagumana mavidyu analonga pya
anthu a m'madziko akusiyana-siyana
akuti agumana njira toera kutsandzaya.
Iwo nee atumbikika! Anango akhapha-
tisira mitombwe yakuledzera, ana-
ngo akhali nkaidi, anangombo akhali
akupfundza kakamwe, kuphatanizambo
asientista.

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Mabhibhlya na mabukhu mazinji mwakukhonda
lipa. Onani misolo mingasi inagumanika
mwenemo:

- Banja Yanu Inakwanisa Kukhala
Yakutsandzaya
- Pinacitisa Banja Kukhala Yakutsandzaya
- Mphangwa Zadidi za Mulungu



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lipa revista ino
na anango akale



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