



# Umaso Wathu Wacikristu na Utumiki

## PROGRAMU YA MISONKHANO

### Mafala Akukhonda Nentsa Toera Kutomesa Makani



#### ULENDO WAKUTOMA

**Mbvundzo:** Kodi ife tikukhala mu ntsiku zakumalisa?

**Lemba:** 2 Tim. 3:1-5

**Siyani mbvundzo uyu:** Ninji pinafuna kucitika pakumala kwa ntsiku zakumalisa?



#### ULENDO WAKUBWEREZA WAKUTOMA

**Mbvundzo:** Ninji pinafuna kucitika pakumala kwa ntsiku zakumalisa?

**Lemba:** Apok. 21:3, 4

**Siyani mbvundzo uyu:** Tisafunika kucitanji toera tidzatambire nkhombo zidapikira Mulungu?



#### ULENDO WAKUBWEREZA WACIWIRI

**Mbvundzo:** Tisafunika kucitanji toera tidzatambire nkhombo zidapikira Mulungu?

**Lemba:** Juw. 3:16

**Siyani mbvundzo uyu:** Kodi kukhulupira kusabvekanji?



- Nyimbo 16 na Phembero
- Mafala Akutoma (mph. 3 peno zakucepta)

**MPFUMA ZA MAFALA A MULUNGU**

- **“Dhrama Yakuphiphirisa Iri na Mabvekeru Kuna Ife”:** (mph. 10)

Agal. 4:24, 25—Agari akhaimirira dzindza ya Izraeli idapikira kubvera Mwambo wa Mose (*Perspicaz* vol. 1 tsa. 63 ndima 3)

Agal. 4:26, 27—Sara akhaimirira “Yerusalemu wakudzulu” wakuti ndi khundu yakudzulu ya gulu ya Yahova (*Ncenjezi* 1/10/14 tsa. 13 ndima 11)

Agal. 4:28-31—Thangwi ya “ana” a Yerusalemu wakudzulu anthu onsene akubvera anadzapaswa nkhombo

- **Kusaka Mpfuma Zauzimu:** (mph. 8)

Agal. 4:6—Kodi fala ya Yacihetheri peno Yaciaramaki yakuti *abha* isabvekanji? (*Sentinel* 01/04/09 tsa. 13 ndima 1-3)

Agal. 6:17—Ndi munjira ipi yakuti panango manungo a mpostolo Paulu akhali na ‘pidzindikiro pinapangiza kuti akhali bitcu wa Yezu’? (*Sentinel* 01/11/10 tsa. 15 ndima 1-3)

Mwapfundzani thangwi ya Yahova pakulere kwanu Bhibhlya sumana ino?

Ndi mpfuma zipi zinango zauzimu zidagumana imwe pakulere kwanu Bhibhlya sumana ino?

- **Kulere Bhibhlya:** (mph. 4 peno zakucepta) Agal. 4:1-20 (10)

**PFUNDZISANI MWALUSO MU UTUMIKI**

- **Wangisirani Toera Kuleri Mwadidi na Kupfundzisa:** (mph. 10) Nkhani yakucedza. Pangizani vidhyu yakuti *Pangizani Kuti Thangwi Yanji Mwaleri Lemba*, buluka penepo cedzani na anyakubvesera thangwi ya pfundziro 6 ya bhruxura *Wangisirani Toera Kuleri Mwadidi na Kupfundzisa*.
- **Nkhani:** (mph. 5 peno zakucepta) *Sentinel* 15/3/12 tsa. 30-31—Nsolo: Thangwi yanji Akristu asafunika kuwangisira ku-calira kuona ucipezezi? (13)

**KUKHALA MASO NINGA AKRISTU**

- Nyimbo 110
- **Pyakufuna Pyapampingo:** (mph. 8)
- **Pinacita Gulu Yathu:** (mph. 7) Pangizani vidhyu yakuti *Pinacita Gulu Yathu* ya Junho.
- **Pfundziro ya Bhibhlya ya Mpingo:** (mph. 30) *Yezu—Ndi Njira nsolo* 69
- Kugomezera Ntsonga Zikulu Zidapfundzwa na Kulonga Zinafuna Kupfundzwa Sumana Inafuna Kudza (mph. 3)
- Nyimbo 40 na Phembero

AGALATA 4-6 | Dhrama Yakuphiphirisa Iri na Mabvekeru Kuna Ife



Agal. 4:24-31

Mpostolo Paulu aphatisira dhrama yakuphiphirisa toera kupangiza kuti cibverano cipswa ndi cakufunika kakamwe kupiringana cibverano ca Mwambo. Kristu na abale ace akudzodzwa anadzatonga dziko yapantsi, pontho anthu onsene anadzalakererwa madawo, anadzakhala aungwi, pontho nee anatsukwala nee kufa.—Iza. 25:8, 9.

**AGARI—NTSIKANA WAKUTI AKHALI BITCU**

Dzindza ya Izraeli yakuti nzinda wawo ukulu ukhali ku Yerusalemu, ikhadapikira kubvera cibverano ca Mwambo

**“ANA” A AGARI**

Ayuda akhadapikira kubvera cibverano ca Mwambo, mbwenye atcinga Yezu mban’khonda

**UBITCU MU CIBVERANO CA MWAMBO**

Mwambo ukhakumbusa Aizraeli kuti iwo akhali mabitcu a madawo

**SARA—NKAZI WAUFULU**

Yerusalemu wakudzulu, khundu yakudzulu ya gulu ya Yahova

**“ANA” A SARA**

Kristu pabodzi na Akristu akudzodzwa na nzimu wakucena akukwana 144.000

**CIBVERANO CIPSWA CINABWERESA UFULU**

Aizraeli nee akwanisa kubvera mwakukwana Mwambo thangwi akhali akudawa. Mbwenye ntsembe ya Yezu Kristu yaacitisa kuti asudzulwe ku madawo

- Nyimbo 112 na Phembero
- Mafala Akutoma (mph. 3 peno zakucepta)

**MPFUMA ZA MAFALA A MULUNGU**

- “Njira Inatsalakanira Yahova Pinthu Toera Kukwanirisa Cifuniro Cace”: (mph. 10)

[Pangizani vidhyu yakuti *Mafala Akutoma a Bukhu ya Aefesi*.]

Aef. 1:8, 9—“Cibisobiso cakucena” cisaphataniza Umambo Waumesiya (*Perspicaz* vol. 3 tsa. 554 ndima 6)

Aef. 1:10—Yahova akugumanya pinthu pyonsene pidacita iye (*Sentinela* 15/07/12 tsa. 27-28 ndima 3-4)

- Kusaka Mpfuma Zauzimu: (mph. 8)

Aef. 3:13—Ndi munjira ipi nyatwa zidathimbana na Paulu zikhabweresa “mbiri” kuna Akristu a ku Efeso? (*Sentinela* 15/02/13 tsa. 28 ndima 15)

Aef. 3:19—Tinakwanisa tani ‘kudziwa ufuni wa Kristu’? (*Achegue-se* tsa. 299 ndima 21)

Mwapfundzanji thangwi ya Yahova pakuleri kwanu Bhibhlya sumana ino?

Ndi mpfuma zipi zinango zauzimu zidagumana imwe pakuleri kwanu Bhibhlya sumana ino?

- Kuleri Bhibhlya: (mph. 4 peno zakucepta) Aef. 1:1-14 (5)

**PFUNDZISANI MWALUSO MU UTUMIKI**

- **Vidhyu Toera Kupangiza Ulendo Wakutoma:** (mph. 4) Mungamala kuipangiza, phembani anyakubvesera toera alonge ntsonga zidapfundza iwo.
- **Ulendo Wakutoma:** (mph. 2 peno zakucepta) Phatisirani khundu yakuti mafala akukhonda nentsa toera kutomesa makani. (1)
- **Ulendo Wakutoma:** (mph. 3 peno zakucepta) Phatisirani khundu yakuti mafala akukhonda nentsa toera kutomesa makani. Buluka penepo pangizani kuti munatawira tani mwanaciro nyumba angakugwandani mafala. (3)
- **Ulendo Wakutoma:** (mph. 3 peno zakucepta) Phatisirani khundu yakuti mafala akukhonda nentsa toera kutomesa makani. Buluka penepo mpaseni ibodzi mwa mabukhu anagumana m’Bokosi Yathu Yakupfundzisa. (9)

**KUKHALA MASO NINGA AKRISTU**


- Nyimbo 95
- “Citisani Kuti Pfundziro Yanu ya Munthu Paekha Ikhale Yakuphindulisa”: (mph. 15) Nkhani yakucedza. Pangizani vidhyu yakuti *Mantenha-se ‘Firmemente Agarrado’ – Através de Um Estudo Pessoal Eficaz* (pitani mu tv.jw.org, na sakani pa A BIBLIA).
- **Pfundziro ya Bhibhlya ya Mpingo:** (mph. 30) *Yezu—Ndi Njira* nsolo 70
- Kugomezera Ntsonga Zikulu Zidapfundzwa na Kulonga Zinafuna Kupfundzwa Sumana Inafuna Kudza (mph. 3)
- Nyimbo 144 na Phembero

AEFESI 1-3 | **Njira Inatsalakanira Yahova Pinthu Toera Kukwanirisa Cifuniro Cace**

**Aef. 2:8-10**

**Njira inatsalakanira Yahova pinthu ndi masasanyiro anacita iye toera kugumanya pinthu pyonsene pidacita iye.**

- Masasanyiro anewa ali kukhunganya anyakudzodzwa toera aende kakhala kudzulu pabodzi na Yezu Kristu, Mambo wa Umambo Waumesiya
- Masasanyiro anewa ali kukhunganya anthu akubvera toera akhale pa dziko yapantsi, mbatongwa na Yezu

 **Ndi munjira zipi zakuti ndinakwanisa kuphedzera kuphatana kwa gulu ya Yahova?**



- Nyimbo 71 na Phembero
- Mafala Akutoma (mph. 3 peno zakucepta)

**MPFUMA ZA MAFALA A MULUNGU**

- **“Bvalani Pida Pyonsene Pya Nkhondo Pinapereka Mulungu”:** (mph. 10)

Aef. 6:11-13—Ife tisafunika kutsidzikizwa kuna Sathani na madimonyo ace (*Ncenjezi* 05/18 tsa. 21 ndima 1)

Aef. 6:14, 15—Phatisirani undimomwene, ulungami na mphan-gwa zadidi za ntendere toera mutsidzikizike (*Ncenjezi* 05/18 tsa. 22-24 ndima 4, 7, 10)

Aef. 6:16, 17—Phatisirani cikhulupiro, cidikhiro ca cipulumu-so na Mafala a Mulungu toera mutsidzikizike (*Ncenjezi* 05/18 tsa. 25-26 ndima 13, 16, 20)

- **Kusaka Mpfuma Zauzimu:** (mph. 8)

Aef. 4:30—Kodi munthu anakwanisa tani kutsukwalisa nzimu wakucena wa Mulungu? (*Perspica* vol. 3 tsa. 527 ndima 2)

Aef. 5:5—Ndi munjira ipi munthu anasirira asalambira ma-dzimunthu? (*Perspica* vol. 2 tsa. 179 ndima 6)

Mwapfundzanji thangwi ya Yahova pakuleri kwanu Bhibhlya sumana ino?

Ndi mpfuma zipi zinango zauzimu zidagumana imwe pakule-ri kwanu Bhibhlya sumana ino?

- **Kuleri Bhibhlya:** (mph. 4 peno zakucepta) Aef. 4:17-32 (10)

**PFUNDZISANI MWALUSO MU UTUMIKI**

- **Vidhyu Toera Kupangiza Ulendo Wakubwereza Wakutoma:** (mph. 5) Mungamala kuipangiza, phembani anyakubvesera toera alonge ntsonga zidapfundza iwo.
- **Ulendo Wakubwereza Wakutoma:** (mph. 3 peno zakucepta) Phatisirani khundu yakuti mafala akukhonda nentsa toera kutomesa makani. (6)
- **Ulendo Wakubwereza Wakutoma:** (mph. 5 peno zakucepta) Phatisirani khundu yakuti mafala akukhonda nentsa toera kutomesa makani. Buluka penepo longani pya vidhyu *Thangwi Yanji Tisafunika Kupfundza Bhibhlya?* (mbwenye lekani kuipangiza) (8)

**KUKHALA MASO NINGA AKRISTU**

- Nyimbo 135
- **“Kodi Yahova Anakomerwa?”:** (mph. 15) Nkhani yakucedza. Pangizani vidhyu yakuti *Compreenda Qual É a Vontade de Jeová* (Lev. 19:18) (pitani mu tv.jw.org, na sakani pa *PROGRAMAS E EVENTOS*).
- **Pfundziro ya Bhibhlya ya Mpingo:** (mph. 30) *Yezu—Ndi Njira nsolo 71*
- Kugomezera Ntsonga Zikulu Zidapfundzwa na Kulonga Zina-funa Kupfundzwa Sumana Inafuna Kudza (mph. 3)
- Nyimbo 34 na Phembero

**Kodi Yahova Anakomerwa?**

Mbatidzati kucita pisankhulo pikulu peno ping’ono, tisa-funika kubvundzika, “Kodi Yahova anakomerwa?” Ife cipo tinakwanisa kudziwa pyonsene pinanyerezera Yahova, mbwenye iye asatipanga pyonsene kubulukira m’Mafala-ce, mbatikhunganya toera “kucita mabasa adidi onsene.” (2 Tim. 3:16, 17; Aroma 11:33, 34) Yezu akhabvesesa mwadidi cifuno ca Yahova, natenepa cinthu cakufunika mu umaso wace cikhali kucita cifuno ca Babace. (Juw. 4: 34) Mukutoweza Yezu, ife tisafunika kucita pyonsene pinakwanisa ife toera kucita pisankhulo pinakomeresa Yahova.—Juw. 8:28, 29; Aef. 5:15-17.



**Kodi pisankhulo pyanga pisapangzanji thangwi ya uxamwali wanga na Yahova?**

**ONANI VIDHYU YAKUTI COMPREENDA QUAL É A VONTADE DE JEOVÁ (LEV. 19:18), BULUKA PENEPO TAWIRANI MIBVUNDZO IYI:**

- Thangwi yanji tisafunika kuphatisira midida ya Bhibhlya mu umaso wathu?

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- Ndi midida ipi ya Bhibhlya yakuti inakwanisa kutiphedza pakusankhula nyimbo?

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- Ndi midida ipi ya Bhibhlya yakuti inakwanisa kutiphedza pakusankhula nguwo na mabvaliro athu?

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- Ndi makhundu api anango a umaso wathu akuti tisafunika kuphatisira midida ya Bhibhlya?

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- Tinakwanisa tani kudziwa mwadidi pinafuna Yahova?

## AEFESI 4-6 | “Bvalani Pida Pyonsene Pya Nkhondo Pinapereka Mulungu”



Aef. 6:11-17

Mpostolo Paulu alandanisa Akristu na anyankhondo akuti akhunganyika toera kumenya nkhondo. Anyamalwa athu ndi “mphambvu za madimonyo.” Panango tinanyerezera kuti nee tinakwanisa kuakunda, mbwenye ife tinakwanisa kuakunda na ciphedzo ca Yahova, ‘tingabvala pida pyonse-ne pya nkhondo pinapereka Mulungu.’



Kodi cida cibodzi na cibodzi cisaimiriranji?

1.

3.

5.

2.

4.

6.

TOERA KUNYEREZERA MWADIDI: Kodi ndiri kubvala pida pyonsene pya nkhondo?

- Nyimbo 33 na Phembero
- Mafala Akutoma (mph. 3 peno zakucepta)

**MPFUMA ZA MAFALA A MULUNGU**

- **“Lekani Kudzudzumika, Nee na Cinthu Cibodzi”:** (mph. 10)  
[Pangizani vidhyu yakuti *Mafala Akutoma a Bukhu ya Afilipi.*]  
Afil. 4:6—Mungadzudzumika na nyatwa musafunika kucita phe-  
mbero (*Ncenjezi* 08/17 tsa. 12 ndima 10)  
Afil. 4:7—Tawirisani kutsidzikizwa na “ntendere wa Mulungu”  
(*Ncenjezi* 08/17 tsa. 11 ndima 7; tsa. 14 ndima 16)
- **Kusaka Mpfuma Zauzimu:** (mph. 8)  
Afil. 2:17—Ndi munjira ipi mpostolo Paulu akhadaperekeka “ni-  
nga muoni wa pyakumwa”? (*Perspicaz* vol. 3 tsa. 123 ndima 6)  
  
Afil. 3:11—Kodi “kulumuswa muli akufa kwakutoma” ninji? (*Sen-  
tinel*a 01/01/07 tsa. 26-27 ndima 5)  
  
Mwapfundzanji thangwi ya Yahova pakuleri kwanu Bhibhlya su-  
mana ino?  
  
Ndi mpfuma zipi zinango zauzimu zidagumana imwe pakuleri  
kwanu Bhibhlya sumana ino?
- **Kuleri Bhibhlya:** (mph. 4 peno zakucepta) Afil. 4:10-23 (5)

**PFUNDZISANI MWALUSO MU UTUMIKI**

- **Vidhyu Toera Kupangiza Ulendo Wakubwereza Waciwiri:**  
(mph. 5) Mungamala kuipangiza, phembani anyakubvesera to-  
era alonge ntsonga zidapfundza iwo.
- **Ulendo Wakubwereza Waciwiri:** (mph. 3 peno zakucepta) Pha-  
tisirani khundu yakuti mafala akukhonda nentsa toera kutome-  
sa makani. (4)
- **Pfundziro ya Bhibhlya:** (mph. 5 peno zakucepta) *Mphangwa Za-  
didi* nsolo 6, mbvundzo 2 (8)

**KUKHALA MASO NINGA AKRISTU**

- Nyimbo 45
- **Imwe na Ntokodzi—Mbani Anatsogolera Ndzace?:** (mph. 5) Pa-  
ngizani vidhyu yakuti *Quem Está no Controle—Tu ou os Teus  
Dispositivos?* (pitani mu tv.jw.org, na sakani pa *ADOLESCENTES*).  
Buluka penepo tawirani mibvundzo iyi: Thangwi yanji anthu  
asaphatisira mitokodzi na mathabhuleti? Ninji pinafuna citika  
munthu angaphatisira kakamwe ntokodzi peno thabhuleti? Mu-  
nakwanisa tani kudzindikira kuti musaphatisira kakamwe nto-  
kodzi peno thabhuleti? Ndi njira zipi zinafuna kutiphedza toera  
‘kudzindikira pinthu pyakufunika kakamwe’? (Afil. 1:10)
- **“Sankhulani Ubalangazi Mwandzeru”:** (mph. 10) Nkhani yaku-  
cedza. Pangizani vidhyu yakuti *Que Tipo de Entretenimento  
Devo Escolher?* (pitani mu tv.jw.org, na sakani pa *FAMILIA*).
- **Pfundziro ya Bhibhlya ya Mpingo:** (mph. 30) *Yezu—Ndi Njira  
nsolo* 72
- Kugomezera Ntsonga Zikulu Zidapfundzwa na Kulonga Zinafu-  
na Kupfundzwa Sumana Inafuna Kudza (mph. 3)
- Nyimbo 76 na Phembero

AFILIPHI 1-4 | “Lekani Kudzudzumika, Nee na Cinthu Cibodzi”



**Afil. 4:6, 7**

- Ntombwe wakumalisa kudzudzumika ndi phembero
- Tingacita phembero na cikhulupiro, Yahova anatipasa ntendere “wakuti usapiringana kubvesesa konsene”
- Maseze tisowe njira yakumalisa nyatwa zathu, Yahova anatiphedza toera tikwanise kupirira. Iye anakwanisa kutiphedza munjira yakuti nee tikhaidikhira.—1 Akor. 10:13



Ndi nyatwa zipi zinandidzudzumisa kakamwe?

Ndinapangiza tani kuti ndisanyindira kakamwe Yahova?



## Sankhulani Ubalangazi Mwandzeru

Thangwi yanji tisafunika kusankhula ubalangazi mwandzeru? Thangwi tingasankhula filimu, nyimbo, saiti, mabukhu, peno vidhyu *game*, tinadzadza manyerezero athu na pinthu pyenepi. Pisankhulo pyathu pisakhuya makhaliro athu. Mwakutsukwalisa, ubalangazi uzinji lero usapangiza pinthu pyakuti Yahova nkhaba komerwa napyo. (Masal. 11:5; Agal. 5:19-21) Ndi thangwi yace Bhibhlya isaticenjeza toera kupitiriza kucita pinthu pinapasa mbiri Yahova.—Afil. 4:8.

### NDI NTUNDU UPI WA UBALANGAZI UNAFUNA KUSANKHULA IMWE?

Ubalangazi uzinji lero usakulumiza anthu toera kuona na kuleri pinthu pinacita anango m'mbuto mwakucita pinthu pyawo. Mafilimu, mabukhu na maprogramu anapangizwa mu televizau, asapangiza maonero a anthu anango m'mbuto mwakupangiza maonero awo. Ndi thangwi yace anthu azinji asasankhula ubalangazi unango. Mwacitsandzo, anthu anango asatsandzaya na kuimba peno kulemba pithundzithundzi. Anango asakomerwa na masendzekero anango ninga kumanya bhola, kuthamanga peno masendzekero anango. Mwakukhonda tsalakana ubalangazi unasankhula ife, tisafunika kucita “pinthu pyosene munjira yakuti inapasa mbiri Mulungu.”—1 Akor. 10:31.

### ONANI VIDHYU YAKUTI *QUE TIPO DE ENTRETENIMENTO DEVO ESCOLHER?* BULUKA PENEPO TAWIRANI MIBVUNDZO IYI:

- Ndi munjira ipi masendzekero akumenyana akhacitika ku Roma ndi sawasawa na ubalangazi unacitika lero?

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- Abale na alongo mu mpingo anaphedza tani aphale na atsikana toera kusankhula ubalangazi mwandzeru?

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- Lemba ya Aroma 12:9 inatiphedza tani toera kusankhula ubalangazi?

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- Ndi ubalangazi upi unaphatisira imwe ncisa canu?

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## Citisani Kuti Pfundziro Yanu ya Munthu Paekha Ikhale Yakuphindulisa

**THANGWI YANJI MPHYAKUFUNIKA:** Pfundziro ya Bhibhlya ya munthu paekha isatiphedza toera “kubvesesa mwadidi ugugumi, ulaphi, cengo na kuzika” kwa undimomwene. (Aef. 3:18) Isatiphedzambo toera kupitiriza kukhala akusowa mulando na akusowa midonthi mu dziko ino ya-kuipa, mbatipitiriza “kuphatirira na manja mawiri mafala a umaso.” (Afil. 2:15, 16) Pa pfundziro yathu ya Bhibhlya ya munthu paekha tinakwanisa kusankhula mphangwa zinafuna ife kupfundza. Tinacitanji toera tikwanise kuphedzeka mu ndzidzi unaleri ife na kupfundza Bhibhlya?

### TINACITA TANI PYENEPI:

- Ikhani pidzindikiro pa mavesi, pontho lembani ntsonga zakufunika m’Bhibhlya yanu ya pfundziro ya munthu paekha, yakudhindwa peno ya mu ntcini wa ndzeru na mu ntokodzi
- Pakuleri Bhibhlya, bvundzikani tenepa: ‘Mbani? Ninji? Lini? Kupi? Thangwi yanji? Ndi munjira ipi?’
- Fufudzani toera mubvesese mwadidi pinthu pidaleri imwe. Phatisirani maferamentu ali na imwe toera kufufudza mphangwa zidaleri imwe peno vesi ya Bhibhlya
- Nyerezzerani mwadidi mphangwa zidaleri imwe toera kuona kuti mu-naziphatisira tani mu umaso wanu
- Phatisirani pinapfundza imwe ntsiku zonsene za umaso wanu. —Luka 6:47, 48

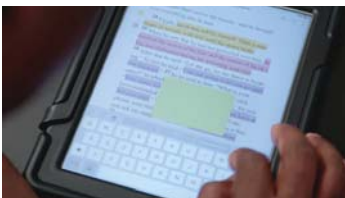


**ONANI VIDHYU YAKUTI MANTENHA-SE ‘FIRMEMENTE AGARRADO’—ATRAVÉS DE UM ESTUDO PESSOAL EFICAZ, BULUKA PENEPO TAWIRANI MIBVUNDZO IYI:**

- Anthu anango alonganji thangwi ya pfundziro ya munthu paekha?



- Thangwi yanji ndzidzi onsene tisafunika kutoma na phembero mbatidzati kucita pfundziro ya munthu paekha?



- Ninji pinafuna kutiphedza toera kubvesesa mwadidi mphangwa za m’Bhibhlya?

- Ndi pidzindikiro pipi pisafunika ife kuikha m’Bhibhlya yathu ya pfundziro?



- Thangwi yanji tisafunika kunyerezera mwadidi mu ndzidzi unapfundza ife Bhibhlya?

- Tisafunika kucitanji na pinthu pinapfundza ife?

“Ine ndisafuna kakamwe mwambo wanu! Ndisaunyerezera ntsiku yonsene.”—Masal. 119:97

