

M'MENE MUNGATHANDIZIRE ENA



BUKU LA ANTHU OMWE AMATHANDIZIRA ENA

HTH
NYA

M'MENE MUNGATHANDIZIRE ENA

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Gwiritsani nchito Bible Way Correspondence.

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Onaninso m' bukuli “munali imfa m' banja mwathu.”

UMFITI.....Onani “Mwina ndiri ndi mzimu woipa.”

Kapena: Onaninso za “Satana”

HOW TO HELP

(Chinyanja)

*Published by
Baptist Publishing House
P.O. Box 31995, 10101
Lusaka, Zambia*

*Printed by
Baptist Printing Ministry
P.O. Box 31995, 10101
Lusaka, Zambia*

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- CIMO**.....Zoipa, zolakwa, zolephereka. Tembenukirani kwa Ambuye mwakulapa. Werengani Deuteronomo 4:30-31. Landirani kukhulukira kwa Mulungu. Werengani Aefeso 1:7.
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KUPEZA MSANGA THANDIZO**

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Onaninso m' bukuli “banja lathu ndi lolephereka.”	
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KUNYADA	Maganizo ogwera mbali imodzi, kunyada, kusankha mitundu. Colinga ca Mulungu ndi kucotsa kunyada. Werengani Mateyu 5:38-48. Yetsani aliyense monga m' bale. Werengani Aroma 14:10-13, Yakobo 2:1-4.

M'MENE MUNGATHANDIZIRE

BUKU LOTSOGOLERA KU ANTHU OTHANDIZA ENA

KUFOTOKOZERA

“Mwamuna wanga akomana ndi mkazi wina mzinda. Tsopano akukhala pamodzi! Cifukwa ndi ciani akucita ici kwa ine? Tiri ndi ana asanu ndiponso ndiri Mkristu wokhulupirika. Kodi ndingacite ciani kuti ukwati wanga usaonongeke?” Kodi anakacita ciani? Kodi mungawathandize motani amai awa?

“Mwana wathu wa mkazi ali kudwala mutu moipitsitsa. Samagona tulo utsiku wonse ndiponso mwina amaliralira, ndi kulankhula zinthu zopanda pace. Pamene thupi lonse liyamba kupweteka amayamba kumenya zibakera kuli aliyense ndi kumenya aliyense ali pafupi ndi iye. Pambuyo pace amayamba kugontha ndi kukhala wofoka m' maganizo ace. Abale athu amakhulupirira kuti ndi bvuto ya mfiti. Kodi mungathe kutithandiza ife?” Kodi pa bvuto ili mukhoza kuthandiza motani?

Mwana wathu yekhayo anafa mwezi watha. M' mene anabadwira zaka zisanu ndi ziwiri zapitazo, mkazi wanga akhala wosabala. Tayesetsa kuti tipeze mwana wina koma zalephereka. Makolo anga akuti ndiyenera kutenga ndi kukwatira mkazi wina. Monga Mkristu, ndidziwa kuti uku ndikulakwa. Kodi ndicite ciani? Kodi mukhoza kuthandiza motani banja ili?

Mu mzinda kapena m' mudzi m' mene mukhala, anthu ambiri ali ndi mabvuto osiyana-siyana monga amenewa, matenda, kusabala, kulekanitsa ma ukwati, za umfiti ndikukhala pa ulova ndi mabvuto amene anthu akomana nao. Amakhala ndi cisoni, mantha, njala, kupweteka, kusakhala wosakondwa ndi nkhwawa.

Buku ili lidzakuthandizani mu mabvuto ambiri. Colinga ca buku ili ndizo:

- A) Kukuthandizani kumvetsetsa mabvuto a anthu.
- B) Kuthandiza kamasulidwe ka mabvuto ndikuphunzira n'nyakamasulidwe ka mabvuto ao.
- C) Kukuthandizani mwansanga kuti muone m'Buku Lopatulika zimene lilankhula zakamasulidwe kace ka mabvutowo.

Tero Buku ili ndi lokha la m' manja ya atsogoleri Acikristu amene afuna kuthandiza anthu kumasula mabvuto yao.

Ikani cikhulupiriro canu mwa Ambuye. Werengani Masalmo 56:3. Mulungu ndiye mphamvu yathu. Werengani Masalmo 46:1-2.

- Khulupirirani malonjezo a MulunguNumenti 13:30
- Mulungu azapereka mphamvu..... Yesaya 41:10,13, 12:2
- Citani cabwino ndiponso musaope.....1 Petro 3:13-14
- Ambuye ndiye m' thandizi wanga.....Ahebri 13:5-6
- Cikondi citaya kunja mantha.....2 Timoteo 1:7
- Khulupirirani mwa Mulungu.....Miyambo 29:25

ZISONI onani m' bukuli “munali imfa m' banja lathu posacedwa apa.”

NDIRI WOSAKONDWA.....Onani m' bukuli “ndakomana ndi cimo loopsya.”

CIZONDI.....Kusakonda, njira.

Odala inuyo cifukwa ali kukudani. Werengani Luka 6:22.

Citani zabwino kwa iwo amene ali kuda inu. Werengani Luka 6:27.

- Yesu anamudanso.....Yohane 15:18-29
- Cikondi ndiye yankho.....Aroma 13:9
- Lekani cikondi cipitirire.....Ahebri 13:1
- Kudana ndi kupusa.....Tito 3:3-4
- Patsani tsaya lina.....Mateyu 5:39
- Kondani iwo akuda inu.....Luka 6:32-36

WOKHUMUDWA.....Onani m' buku ili “ndine wokwiya kwambiri.”

NJALA.....Onani “Tifuna cakudya ndi ndalama.”

KUDWALA Onani “Ndiri wodwala.”

ZA UCIWEREWERE.....Onani, “Mwana wanga ali ndi pakati (mimba). Koma ndi wosakwatidwa. Onaninso za “Cigo.olo.”

CISALUNGAMO.....Kutsekerezedwa, ndi wosayenera: Wodala.....Mateyu 5:11-12. Pitani kwa Mulungu. Ahebri 4:15-16

- Yesu Kristu cisanzo cathu.....Afilipi 2:3-8
- Mulungu ndiye mcinjirizo wathu.....Masalmo 23:1
- Mulungu ndiye mcinjirizo wathu.....Deuteronomo 33:27

- Kristu m' gonjetsi wa zoipa.....Ahebri 13:6
- Mulungu sadzalephera.....Deuteronomo 31:8
- Mphamvu pa zinthu zonse.....Afilipi 4:13
- Pemphani thandizo.....Masalmo 34:6
- Thandizo la nkhosweyo.....Yohane 14:26
- Dikirani kwa Ambuye Yesaya 40:29-31

Onaninso m' bukuli: “Munali maliro m' banja mwathu.”

“Banja lathu ndi lolephera.”

IMFA.....Onani m' bukuli: “Munali imfa m' banja lathu.”

KUKWIYA KOPITIRIRA MALIRE.....Kukwiya koposa malire kusasangalale, kukhala opanda ciyembekezo.

Cikondi ca Mulungu ndi cokwanira. Werengani 2 Akorinto 12:9. Samilani cisangalalo canu ndi ciyembekezo canu pa Kristu. Aroma 12:12.

- Mukhoza kugonjetsa ici.....Yobu 23:8-10
- Manja a Mulungu aciritsa.....Yobu 5:17-18
- Cimwemwe ca Ambuye.....Nehemiya 8:9-10
- Khalani ndi umoyo.....Afilipi 4:11
- Khalani wokondwa mwa Mulungu.....Habakuku 3:17-18
- Mulungu ndiye ciyambi ca cimwemwe.....Masalmo 104:34
- Mtendere wa moyo.....2 Atesalonika 3:16
- Yamikani ndi kulemekeza Mulungu.....Masalmo 61:5,8

Onaninso Sing'anga. Mankhwala akhoza kuthandiza pa kukwiya kopitirira. Onaninso m' bukuli pa za kuti “Sindiri wokondwa.”

KUSAKONDWA onani “Ndiri wosakondwa”

KULEKANA UKWATI.....Onani “Banja lathu ndi lolephereka.” Onaninso “mabvuto ndi mitala.”

UCIDAKWA.....onani m' bukuli “Mwamuna wanga akumwa kwambiri.” Onaninso “Kubwerera mbuyo.”

MABVUTO AM'BANJAOnani m' bukuli “Ukwati wathu ndi wolephera.” “Ana athu sali wokhulupirika.”

“Mwamuna wanga ndi mwana wanga sali Akristu.”

MATHA.....Kukomoka, kuopsyesedwa, kukhala ndi mantha.

GAWO 1

ZITSANZO NDI NJIRA

Kudzanja *lamanzele kwa tsamba*, maganizo ali opatsidwa pakuthandiza athu ena amene ali ndi mabvuto osiyana-siyana. Ku tsamba *lakudzanja lamanja* malembo osiyana-siyana apatsidwa.

CITSANZO

“M'BANJA MWATHU MUNALI CISONI (MALIRO) POSACEDWAPA.”

M'MENE MUNGATHANDIZIRE:

1. Pitani mwamsanga ku nyumba kumene kuli maliro. *Tsopano* muli kufunika koposa monga bwenzi la Cikristu.
2. Mverani mosamala iwo amene ali ndi cisoni. Mverani ndi mtima wosamala. Mosamala kumbutsani iwo ali ndi cisoni kuti Mulungu ali wokwanira pa *zinthu* zonse.
3. Ngati womwalirayo anali M' kristu, kumbutsani wolirawo kuti Mzimu wa akufayo ali kwa Mulungu tsopano. Iyeyo tsopano zowawa zace zaleka kupweteka.
4. Ngati womwalirayo sanali Mkristu, ndicothekanso kutonthoza iwo amene ali kulira pakumva nao cisoni mwa cikondi ca Cikristu. Mungalankhule mwacidule za cifundo ndi cikondi ca Mulungu, ndi kuwerenga malembo monga Masalmo 27:7-11 ndi 2 Petro 3:8-14.
5. Ngati ndikupemphedwa, thandizani pa maliro. Konzani ulaliki wocokera m' Buku Lopatulika. Anthu ali kufuna Mau a Mulungu pa za imfa ndi moyo.
6. Pitirizani kuthandiza iwo amene miyoyo yao yokhumudwitsidwa ndi imfayo. Muyenera kuthandiza pamene ali kupanga maganizo.
7. Tsogolerani iwo ali ndi cisoni pamene ali kufuna kusintha m' khalidwe ngati kuli kotheka. Iwo ayenera kuyang'ana mtsogolo ndi cikhulupiriro. Ayenera kupanga malingaliro awo kulingana ndi malembo. Thandizani iwo kuti afune cisangalalo mkati mwa cisoni, pa kudziwa zonse madalitso a imfa kwa Akristu ndi mphamvu ya Mulungu pa moyo wathu.

Zimene Mulungu Alankhula pa za IMFA:

Werengani ndi kumasulira malembo awa: Gwiritsani nchito Buku Lopatulika ngati ndikotheka. Nkwabwino kuwerenga malembo kucokera m' Buku Lopatulika ili.

“Mtima wanu usabvutike; mukhulupirira Mulungu, khulupirirani Inenso. M'nyumba ya Atate wanga alimo malo okhalamo ambiri. Ngati sikudali kutero, ndikadakuuzani inu; pakuti ndipita kukukonzerani inu malo. Ndipo ngati ndipita kukakonzerani inu malo, ndidzabweranso, ndipo ndidzalandira inu kwa Ine ndekha; kuti kumene kuli Ineko, mukakhale inunso” (Yohane 14:1-3).

“Ndipo adzawapukutira misozi yonse kuicotsa pamaso pao; ndipo sipadzakhalanso imfa; ndipo sipadzakhalanso maliro, kapena kulira, kapena cowawitsa; zoyambazo zapita” (Cibvumbulutso 21:4).

“Ndipo tidziwa kuti amene akonda Mulungu zinthu zonse zithandizana kuwacitira ubwino, ndiwo amene aitanidwa monga mwa kutsimikiza kwa mtima wace” (Aroma 8:28).

“Pakuti ndakopeka mtima kuti ngakhale imfa, ngakhale moyo, ngakhale angelo ngakhale maufumu, ngakhale zinthu ziripo, ngakhale zinthu zirinkudza, ngakhale zimphamvu, ngakhale utali, ngakhale kuya, ngakhale colengedwa cina ciri conse, sicingadzakhoze kutisiyanitsa ife ndi cikondi ca Mulungu, cimene ciri mwa Yesu Kristu Ambuye wanthu” (Aroma 8:38-39).

“Yehova ndiye mbusa wanga; sindidzasowa. Inde, ngakhale ndiyenda m'cigwa ca mthunzi wa imfa” (Masalmo 23:1, 4).

“Taonani, Mulungu ndiye cipulumutso canga; ndidzakhulupira, sindidzaopa; pakuti Yehova Mwini ndiye mphamvu yanga ndi nyimbo yanga” (Yesaya 12:2).

Malembo ena amene mukhoza kugwiritsa nchito pamene muli kucezera ndi awa:

Masalmo 34:1-8; Masalmo 91:1, 14; 16 Masalmo 116:1-15 1 Atesalonika 4:13-18; 1 Yohane 4:10-21; Cibvumbulutso 21:22-27 muone M' bukuli: Zisoni ndi kukhumudwa.

Pa matsamba awiri apita kumbuyoku munapatsidwa citsanzo ca m'mene mukhoza kugwiritsira nchito buku ili. Munawerenga mwatsatane-tsatene njira za m'mene mukhoza kuthandizira munthu amene ali ndi maliro m'banja lace. Munapatsidwanso malembo amene mukhoza kugwiritsa nchito pamene muthandiza zosowa za iwo ali kulira.

Mlaliki 7:8. Cikhulupiriro mwa Mulungu cithandiza koposa. Werengani Ahebri 11:11.

- Mphatso ya Mulungu m' nthawi yace.....1 Samueli 1:11-20

- Mwina ndi yesero ya cikhulupiriro..... Yakobo 1:2-4

- Cifatso ndi cikondwerero.....Akolose 2:11-12

- Ambuye apatsa.....Yobu 1:21

- Kulandira malonjezo ndi cikhulupiriro.....Ahebri 11:32-34

- Kukhala nazo.....Afilipi 4:11-12

KUWAWA MTIMACizondi, kuwawa mtima kumabweretsa mabvuto. Werengani Ahebri 12:15. Yankho ndi cikhululukiro.....Werengani Mateyu 18:21-22

- Mau oipitsitsa.....Masalmo 64:3-4

- Cenjezo ndi mayankho.....Aefeso 4:31-32

- Kuipitsitsa kwa cizondi Miyambo 26:24-26

- Yankho ya Yesu.....Yohane 13:34-35

- Bwezerani cikondi m' malo mwa cizondi.....Mateyu 5:38-41

- Kukhulukirana wina ndi mnzace.....Akolose 3:12-15

Onaninso m' bukuli: “Ndine wokwiya kwabiri.”

ANAMakolo mwana mabvuto.

Ana ndi mphatso ya Mulungu. Werengani Genesis 35:5

Nchito ya makolo. Werengani Aefeso 6:1-4

- Kondani ana anu.....Tito 2:4

- Perekani ana anu kwa Mulungu1 Samueli 1:24

- Tsogolerani mwana kwa Kristu.....Mateyu 19:13-14

- Phunzitsani za Mulungu.....Deuteronomo 6:4-7

- Musawakwiitse iwo.....Akolose 3:21

- Thandizo locekera kwa Mulungu.....Afilipi 4:6-6

Onaninso m' bukuli: “Ana athu siali Akristu wokhulupirika”

“Cikwati cathu ndi colephera” “Kusabeleka”

KUSAGWIRIZANA.....Onani m' bukuli: “Ndine wokwiya kwambiri,” Onaninsokukwiya.

KULIMBANA.....Kulimbana kobvuta, cisoni, ngozi..Mulungu adzapatsa mphamvu za uzimu. Werengani Masalmo 3:1-6.

Mukhoza kunyamulirana zisoni. Werengani 1 Akorinto 10:13.

- Mwai wa kuphunzitsa.....Masalmo 34:11-14
 - Ana ayenera kuthandiza makolo.....1 Timoteo 5:4
 - Lonjezo la Kristu.....Yohane 14:1-6
ZOLEDZERETSA.....Onani m' bukuli, “Mwamuna wanga amamwa kwambiri.”
KUKWIYA.....Onani m' bukuli; “Ndine wokwiya kwambiri.” ndiponso onani “kukhumudwa.”
KUSOWA MTENDERE.....Kukhumudwa, mantha ndi zina zotero. Kubvutika mtima kumagonjetsedwa ndi cikhumudwira...Masalmo 37:1-5.
 Khalani tsiku limodzi lokha pa nthawi imodzi. Werengani mateyu 7:25-34.
 - Thandizo locokera ku mzimu woyera.....Marko 13:11
 - Kuyang' ana mtsogolo.....Luka 21:25-28
 - Kudziletsa kwa Mulungu.....Aroma 8:28
 - Kuthandizidwa ndi pemphero.....Afilipi 4:6
 - Kulemera kwa Mzimu.....2 Akorinto 6:10
 - Pemphani ndi kulandira.....Luka 11:9-11
 - Kusamalira kwa Mulungu.....1 Petro 5:6-7
 Onaninso m' bukuli: “Sindine wokondwera.”
KUBWERERA M'MBUYO..... kucoka pamaso pa Mulungu, kusakhulupirira kumabwerera cifukwa ca cikhumudwira cozilala. Werengani 2 Timoteo 3:8. Mau a Mulungu ndi mtetezi ku zoipa. Werengani 2 Timoteo 3:13-17.
 - Kukula mu umoyo wa uzimu.....2 Petro 1:5-9
 - Mulungu ndi mau ace.....Macitidwe a Atumwi 20:32
 - Mphamvu mu pemphero.....1 Atesalonika 5:16-18
 - Kukhala mwa Kristu.....Yohane 15:4-9
 - Kukhala wokula m' coonadi.....Aefeso 4:13-16
 - Kugwiritsani nchito zida za Mulungu.....Aefeso 6:10-20
 - Citsimikizo ca Mulungu.....Yohane 10:27-29
 Onaninso M' bukuli: “Ana siali Akristu okhumudwira.”
KUSABELEKA.....Kukhala wopanda mwana, kulephera kupeza mimba. Khalani wofatsa kufikira Mulungu atakonzeka.

Phunzirani kucokera M' bukuli mwa kuwerenga. Onetsani pofuna kupeza mwamsanga. Mabvuto akulu-akulu anapatsidwa nambala ya tsamba. Pamene anthu akomana ndi mabvuto m' miyoyo yao, amene inu mufunika kuthandiza, muonetsetse pa nkhanu ya bvutolo. Werengani mosamala maganizo ndi malembo onse. Khalani wokonzekera kuwerenga malembo kucokera M' bukuli kapena M' buku lanu Lopatulika, ofanana ndi bvuto limene muli kuthandizira.

Tsopano tiyeni tiyese njira zina zakuthandiza anthu ena. Ndithudi, osayembekezera kupeza mayankho apafupi. Kumabvuto amene anthufe tipezana nao. Munthu m' modzi ndi bvuto limodzi zitsiyana. Kuzopweteka sikumaciritsidwa msanga. Kuzipweteka kumasiyana. Angakhale tero, pali zinthu za zikulu-zikulu zimene zikhoza kuthandiza motere. Ndi njira zikulu-zikulu zokwanira khumi.

1. *Tengani Nthawi Yaitali Kusamalira*. Akristu ayenera kukhala “anthu amene asamalira” anthu onse ozungulira ife ndi anthu amabvuto. Amapeza mabvuto mu umoyo wao monga kutha kwa cikwati, kucinjiritsidwa, kukalamba ndi imfa. Koma ndi mwa pafupi motani mungakhaliye du! ndi kusacitapo kanthu! Inu, monga Mkristu ndiponso mtsogoleri, muyenera kugwiritsa nchito mphatso ya kumvetsera mwa cikondi.

2. *Mupeze Nthawi ya Kupezeka*. Simuyenera kuoneka kukhala wotangwanika kumvetsera kwa munthu amene ali ndi mabvuto. Akristu ayenera kukhala anthu opezeka pakati pa anthu amene ali ndi mabvuto. Tero, khalani omasuka inu kwa anthu amene ali ndi bvuto. Sungani khomo lanu lotsegula “pa kumvetsera” nthawi zonse.

3. *Dziwani Mabvuto*. Anthu ena adzakuuzani inu molongosoka mabvuto ao. Ngati ndi tero, ndi cabwino. Mungapitirize kuwathandiza kupyolera m' zimene ziri zolembedwa M' bukuli. Koma ngati muganiza kuti bvuto lipitirirabe, ndiponso munthuyo ali kudodoma kuti akuuzeni inu, kodi inu mungacite ciani? Mu nthawi yotero inu mukhoza kulankhula, anthu ambiri masiku ano ali ndi mabvuto ndi mantha, cisoni, ukali, umphawi ndi zina zotero. Ndi ngakhale wokondwa kukuthandizani inu ngati muli ndi ena mwa mabvuto awa. Kodi muli ndi bvuto lomwe mufuna kuti ndikuthandizeni pakulankhula ndi ine, kuti mwina ndikhoza kukuthandizani?

4. *Mvetserani ndi Cikondi ca Cikristu.* Ici cikuthanthauza kuthandiza monga Mulungu mwini amathandizira pa munthu amene ali ndi bvuto. Citanthauza kumvetsera bwino ndi kuti mutengepo mpfundo zeni-zeni. Kumvetsera ndi cikondi ca Cikristu ndi kumvetsera mosamala, ndi kuti, patsogolo njira ndikupezeka lothandiza kumasula bvutolo. Ndikofunika kupeza zosowa za munthuyo. Tero, muyenera kuikako nzeru zanu zonse pa zimene ziri kukambidwa. Pamene munthu wina alankhula, simuyenera kuganiza pa zimene muzayankha patsogolo, pace. M' malo mwace, pitirizani kumvetsera. Kuyankha mwamsanga sikuthandiza konse. Coyamba, khalani omvetsetsetsa kopambana kulankhula. Mvetserani monga inu mufuna ena kukumvetserani inu.

Citsanzo pa njira zinai zoyamba. Mbusa Timoteo anamvera mzimai wina amene anamwalira, tero anatenga nthawi kukacezera ku nyumba ya cisoni. Pambuyo pa kupatsa moni kwa mwamuna wofedwa mkazi wace, Mbusa Timoteo anati “Ndamvera nkhanu ya Cisoni yakufa kwa mkazi wanu.”

Mwamuna: “Zooni izi zinacitika dzulo.”

Mbusa: “Iyi ndi nthawi yobvuta kwambiri kwa inu.” Pamene ndinamvera za mkazi wanu, ndinakumbukira za imfa ya mwana wanga yomwe inacitika zaka ziwiri zapitazo. Inali nthawi yoipa kwa ife tonse. Ngati mufuna, ndi uzeni za akazi anu.

Mwamuna: (Alankhula pa mphindi zambiri pa za matenda ndi imfa.)

Mbusa: (Pambuyo pakulankhula bwino-bwino popanda cisokonezo, anati,) “Zooni, ndidziwa kuti muli kumvera kusowa kwa mkazi wanu.” Ndiponso kodi ana ali kumvera motani pa imfa ya amai ao?

Mbusa Timoteo anathandiza mwanuna pakutenga nthawi yosamalira ndi kukhala wopezeka. Anaphunzira za bvutolo ndi kumvetsera ndi cikondi ca Cikristu. Ndiponso Mbusa Timoteo anapitiriza kuthandiza pa kutsatira njira izi.

5. *Funsani Mafunso Mwanzeru.* Pakuthandiza munthu amene ali ndi mabvuto ace, muyenera kudziwa zoonadi zeni-zeni za zobvutolo. Muyeneranso kumvetsetsetsa zomwe ali kumverera pa zoonadi zacezo. Motero, mvetserani mosamalitsa mwatsatane-tsatane ku mayankho a ku mafunso awa:

A) Kodi muli kuganiza kuti bvuto leni-leni ndi yiti?

CIGOLOLOKucita Cigololo Kunja kwa Ukwati

- (Eksodo 20:14) Ndiponso Yesu anati: “(Yohane 8:11)”
- Kulakwa kwa kukulu.....Miyambo 6:32
 - Pasakhale wina wosakhulupirika.....Malaki 2:13-16
 - Mulungu adzaweruzana.....Ahebri 13:4
 - Cikondi ndiyo yankho.....Aefeso 5:28:29, Tito 2:4-5
 - Kukhululukidwa kwa macimo.....Aefeso 1:7
 - Mulungu akhoza kusambitsa.....1 Yohane 1:9
 - Kukhululukidwa kwa cigololo.....Masalmo 51:1-3
 - Kuyamba kwa tsopano.....Afilipi 3:13-14
- Muonenso pa mitu iyi m' bukuli: “Mwana wanga ali ndi pakati mimba.” “Ndacita cimo loopsya” “Banja lathu ndi lolephera” “Ndiri ndi zikhumbo zoipa.”

MABVUTOKukhala umoyo woipa, kuwawa, mayesero.

- Kusauka.....(Palibe) cikhoza kutilekanitsa ndi cikondi ca Mulungu..... Aroma 8:38-39
- Pempheperani ndi kudzicepetsa inu nokha pa maso
Ambuye.....Mbiri 33:12-13
- Titsogolerani ku Mau a Mulungu.....Deuteronomo 8:2-3
- Yeretsani cikhulupiriro cathu.....1 Petro 1:5-8
- Yembekezani cikondwerero mu masautso.....Yakobo 1:2-4
- Kondwerani m' masautso.....Aroma 5:3-4
- Mulungu apereka thandizo.....Masalmo 34:19
- Dzicepetseni mu m' masautso.....Masalmo 130:1-6

Muonenso m' bukuli: Sindine wokondwa (ndi) ndiri wodwala

- UNKHALAMBA**.....Kufika pa msinkhu, unkhamba ndi cifuniro ca Mulungu.....Masalmo 71:17-18, kukula pa unkhamba likhoza kukhala nthawi ya cisangalalo.....Masalmo 91:14-16
- Nthawi ya nzeru.....Yohane 12:12
 - Korona wa ulemu.....Miyambo 16:31
 - Cipatso ca unkhamba..... Masalmo 92:12-15
 - Gwiritsani nchito moyo mwa nzeru.....Masalmo 90:12
 - Nzeru ndi unkhambaMiyambo 3:16-18

wa pa cikwati cabwino. M'ndandanda wa mauthenga pa mutu uli wonse wolembedwa m'bukuli ukhoza kuthandiza amembala a mpingo wanu pa cikulidwe ca umoyo wa uzimu. Izi, zikhoza kutheka pa kugwiritsa nchito mitu yolembedwa m'bukuli. Mukhoza kupeza mayankho ocokera kwa Mulungu ku mabvuto anu.

B) Kodi muli kumvera ciani ndi bvuto lotere?

C) Kodi mwacitapo ciani pa bvutolo?

D) Kodi muli kuganiza kuti ciyenera kucitika ndi ciani?

E) Kodi muli kuganiza kuti Mulungu ali kufuna ciani comwe ciyenera kucitidwa?

6. *Muganizirensa za Bvuto*

Mwacidule fotokozerani monga momwe mwamverera pa zabvutolo. Gwiritsani mau amodzi-modzi omwe agwiritsidwa nchito ndi munthu amene ali ndi bvuto. Kufotokozerani kumathandiza kucotsa zolakwika zina ngati ndi kupatsa mpata maganizo kukhala odekha. Cimapatsa mpata wakucotsa zolakwika zomwe simumvetsetsa. Tsopano inu mwamvetsetsa ndi kuliyetsa bvutolo, ndi kuphunzira cimene cinadzetsa kuti bvutolo licitike, ndi cimene cilengetsa kuti bvutolo likhalepo.

7. *Yambani Kuika Pabwino Maganizo Olakwika.* Lankhulani kuti mabvuto ena amadza ndi maganizo olakwika. Kawiri-kawiri mabvuto eni-eni samadza ndi zomwe ticita ife ai, koma ndi momwe tiganizira ndi kumverera mu nthawiyo kwa ife tokha. Kuganizira molakwika ndico ciyambi ca zobvuta. Tero, thandizani munthu amene ali ndi mabvuto osamasulika ndi kuika nzeru kwambiri ndi maganizo kucotsa maganizo mwacitsanzo, amai Mateyu anakwiya ndi kumvera cisoni, anapita ku kalankhula ndi Amai busa Timoteo, Grace.

Ami Mateyu: "Oh, ndine wopusa. Sindimacita zabwino ai. Ndine wolakwa nthawi zonse."

Grace: "Dikhira tsopano, conde ndiuzeni comwe cacitika."

Ami Mateyu: (Anatenga mphindi khumi ali kufotokozerani ndi kuyankha mafunso ocokera kwa Grace.)

Grace: "Lekani ndikufotokozerani zomwe muli kundiuza zeni-zeni." (Pambuyo pa kulankhula naye, Grace apitiriza.) "Tsopano tiyeni tione zeni-zeni zomwe ziri zolakwika zimene mukuganiza za inu nokha. Sindiri kupeza inu kuti muli wopusa ai, monga muli kuganizira. Simuli kucita ciri conse colakwika ai, tero, tiyeni tione mosamala pa zinthu zina zimene inu muganiza kuti ziri zolakwika zimene mwa zikamba."

8. *Funitsitsani Kufuna Yankho.* Zinthu zeni-zeni ziwiri za zikulu zomwe tiyenera kulankhula pa za mabvuto ndi izi: 1) Kuphunzitsa kwa anthu zacikulidwe ca "munthu mu umoyo wa Cikristu, ndi 2)

kuthandiza anthu kupeza mayakho ku mabvuto ao. Bukuli limatenga malo akuti anthu obvutidwa ndi mabvuto apedza mayankho. Inde, inu simuyenera kupereka mayankho mwamsanga pa kuthandiza mabvuto ang'ono ali onse. Koma mpfundo yaikulu kwa inu ndi amene ali ndi bvuto ndi nchito ya kufuna: **MOMWE MUNGAMASULIRE BVUTOLO**. Kumasulidwa kwa bvuto kumagwirizana ndi kusintha: Kusintha mu kuganiza ndi m'macitidwe.

9. *Gwiritsani Nchito Ndime Zosankhidwa*. Kugwiritsa nchito Mau a Mulungu mosamala ndipo thandizani anthu kukhala okhutiritsidwa ndi mayankho amabvuto ao. Osawerenga m' Buku Lopatulika cabe mukalibe kumvetsera kwa munthu amene ali ndi mabvuto. Kumbukirani njira zisanu ndi zitatatu zomwe ziri pamwambazi. Tsopano mukhoza kukonzekera kuyamba kugwiritsa nchito malembo osankhidwa opatsidwa m' Bukuli. Mau a Mulungu ndi mau amphamvu kwambiri. Mulungu akhoza kumasula munthu amene ali womangidwa ndi mabvuto kukhala wa ufulu. Bukuli ili yokonzedwa kukuthandizani kugwiritsa nchito Buku Lopatulika mosamala, momvetsa ndi mokhutira. Pambuyo pa kuwerenga ndi kumasulira ndime zingapo, pempherani kuti Mzimu wa Mulungu uthandize munthuyo apeze yankho kucokera kwa Mulungu pa zosowa zace.

10. *Pezani Nthawi Ya Kukomananso*. Cikhoza kukhala cathandizo ngati mukomananso ndi munthuyo kapena banja patapita sabata limodzi kuti mukambirananso. Mtsimikizireni kuti muzayamba kumupempherera kuti Mulungu apitirize kugwira nchito mumoyo wace, ndikumuthandiza iye kumasula mabvuto.

GAWO 3

MAYANKHO A MULUNGU KU MABVUTO ATHU

- Thandizo La Mwamsanga ku Mabvuto Athu -

Pa zotsatirazi mudzaona ndondomeka ya mitu ya maphunziro. Mituyi ndi ya mabvuto omwe amapezeka pakati pathu kawiri-kawiri. Malembo a M' buku Lopatulika ali wopatsidwa pansu pa phunziro ili yonse.

Iyi ndi njira imene mukhoza kugwiritsira nchito mbali ina ya bukuli:

1. *Pitani ku nkhani* imene mufuna ikhoza kukhala mantha, nkhwawa, kukaika, kulephera kapena bvuto lina liri lonse limene mukhoza kukhala nalo.
2. *Onani pa phunziro ndi mutu* wa mkati mwa phunziro kuti mupeze thandizo ndi kusankha ndime zina za a M' buku Lopatulika.
3. *Funani malembo a m' Buku Lopatulika* ndi kuwerenga kwa munthu amene muli kuthandiza.
4. *Masulirani tanthauzo ya ndimezo*, ndikupeza thandizo yabvuto yomwe muli kuthandiza. *Lolani nthawi yakuti apereke ndemanga kapena mafunso*. Mukhoza kufunsa munthu amene muli kuthandiza kuti *ayike pa mtima ndime ndi kulingalira* pa ndime ya padera.

Buku Lopatulika ndi Buku la Mulungu - Ndi Buku lalikulu limene silinalembedwepo ndi kale lonse. Malembo ayenera kugwiritsidwa nchito pa citukuko ca moyo wa uzimu.

Mukhoza kugwiritsa nchito gawo la bukuli m'njira zitatatu: Yoyamba - pothandiza kaguru ka kang'ono ka anthu pa za mabvuto ao, yaciwiri - pa kuthandiza munthu m' modzi pa bvuto lace, ndiponso cacitatu - pamene mukonzekera ku kaphunzitsa kapena kulalikira pa nkhanzi ili yonse ya izi.

Kuphunzitsa kapena kulalikira pa nkhanzi kuli kofunikira kwambiri. Mwa citsanzo, maphunziro a anthu acicepere ayenera kukonzedwa pa ciphunzitso ca m'mene Akristu akuonera za mkhalidwe wa umoyo, cikondi, kugonana ndi ukwati. Maphunziro a za mabanja akhoza kuthandiza anthu amene ali kale m' banja kuti akule popitiriza cikulidwe, pa cikondi ndi ubale

Zomwe Buku Lopatulika Lilankhula pa za Kakulidwe pa Umoyo wa Cikristu:

Ngati mwapeza nthawi ndi nyengo yabwino, werengani ndi kumasulira ndime izi ku ana anu:

(Mulungu akuti) “Cifukwa cace muzisunga mau anga awa mumtima mwanu ndi m' moyo mwanu... Ndipo muziwaphunzitsa anu anu, ndi kuwalankhula awa pokhala inu pansu m' nyumba mwanu” (Deuteronomo 11:18-19).

“Ndipo atate inu, musakwiyitse ana anu; komatu muwalere iwo m' maleredwe ndi cilangizo ca Ambuye” (Aefeso 6:4).

“Lirani monga makanda alero mkaka woyenera, wopanda cinyengo, kuti mukakule nao kufikira cipulumutso” (1 Petro 2:2).

“Iye wakukhala nao malamulo anga, ndi kuwasunga, iyeyu ndiye wondikonda Ine” (Yohane 14:21).

“Ndadza Ine kuti akhale ndi moyo, ndi kukhala nao wocuruka” (Yohane 10:10).

“Pemphani, ndipo mudzalandira, kuti cimwemwe canu cikwaniridwe” (Yohane 16:24).

“Ubwenzi wa dziko lapansi uli udani ndi Mulungu” (Yakobo 4:4).

“Munthu sadzakhala ndi moyo ndi mkate wokha, koma ndi mau onse akuturuka m' kamwa mwa Mulungu” (Mateyu 4:4).

“Ndipo tiganizirane wina ndi mnzace kuti tifulumizane ku cikondano ndi nchito zabwino, osaleka kusunkhana kwathu pamodzi” (Ahebri 10:24-25).

“Kufikira ndidza ine, usamalire kuwerenga, kucenjeza, kulangiza” (1 Timoteo 4:13).

“Ucite cangu kudzionetsera kwa Mulungu wobvomerezeka, wanchito wopanda cifukwa ca kucita manyazi” (2 Timoteo 2:15). Mukhoza kuuza ana anu kuti aziphunzira ku (Bible Way Correspondence).

SIMUYENERA KUCITA

1. Simuyenera cabe kulankhula za mabvuto; mulankhulenso za m' mene **Mulungu angamasulire** mabvutowo.
2. Simuyenera kuiwala za kufunikira kwace kwa kukhala ndi **ciyembekezo**. Ndi mau a Mulungu ndi Mzimu wa Mulungu, pali nthawi zonse kupezeka ciyembekezo, kwa anthu a Mulungu.
3. Osalankhula monga muli kudziwa mayankho onse. *Tsogolerani anthu pamene ali kuzipangira okha maganizo ndi zolingalira zao.*
4. Musayetsetse kufuna kudziwa zinsinsi za munthuyo.
5. Musalephere pa colinga pa **kusintha** mukuganiza ndi m' makhalidwe.
6. Musayetsetse kusintha cija comwe simungasinthe. Phunzirani kubvomereza ndi kutsogolera ena pa kubvomereza.
7. Musasiye mpfundo zeni-zeni m' mau ndi m' maganizo. Khalani omvetsetsa ndi kupitiriza kuongola zolakwika.
8. Musayetse kugonjetsa makani kapena kupereka maganizo pa zinthu zonse. Cikondi canu ndi cikoka mtima canu ziri zofunikira kwambiri pathandizo lina liri lonse mungathe kupereka.
9. Simuyenera kuthandiza mkazi pamene muli nokha.
10. Musaleke kupereka umboni wanu wa ukristu. Funani kubweretsa anthu amene siali Akristu ndi mabvuto ao kwa Kristu monga Mpulumutsi ndi Mbuye. Onani M' bukuli:
“Mwamuna wanga ndi mwana wanga wa mwamuna siali Akristu:”
11. Musauze wina ali yense za mabvuto muli kukambirana inu ndi mnzanuyo. Zimene zilankhulidwa kwa inu m' tseri, muyenera kuzisunga mwa cisinsi.
12. Simuyenera kucita ulesi ngati mulephera kuthandiza wina aliyense.
13. Musalephere kugwiritsa nchito thandizo la m' bukuli mu ulaliki wanu ndi ziphunzitsa zanu.
14. Musalephere kuona kufunika kwace kwa kukhala ndi kalasi kapena magulu ang' ono-ang' ono. Pa ciphunzitsa ca mu mpingo wanu kukhuza zomwe Buku Lopatulika lingathandizire ku mabvuto ali wonse.
15. Musaiwale kukonza mtima wanu tsiku ndi tsiku pa kupemphera.

KUTHANDIZA ANTHU OZIPWETEKA

Ndi Njira Zakuthandiza Athu Amene Ali Ndi Mabvuto

“NDIRI WOKWIYA KWAMBIRI.”

M'MENE MUNGATHANDIZIRE:

1. M' thandizeni munthu amene ali ndi mkwiyo kuti amvetsetse m' kwiyo wace. Mwina mwace iyeyo wakwiyo kamba kakuti wina walankhula kwa iye molakwa kapena wamucitira coipa.
2. Uzani wokwiyo kuti kukwiya kwace kukhoza kumuonongetsa cikondwerero. Mkwiyu ufanana ndi moto woyaka (poison).
3. Muuzeni iye kuti mkwiyo umabweretsedwa ndi: A) Kukhala mwacikakamizo, kapena B) Kufuna cinthu cina cace mofulumiza kapena C) Maganizo wopweteke kapena, D) Kuopa ndi kunyada kwathu.
4. Tsopano werengani ndi munthuyo malembo a Buku Lopatulika pa tsamba lotsatirayo. Pambuyo pa kuwerenga malembo wopitirizani ndi maganizo opatsidwa m' bukumo. Kuyambana ndi kusamverana kufunika thandizo mwamsanga.
5. Muuzeni iyeyo kuti Mulungu akhoza kupatsa yankho pa mabvuto a mkwiyo. Kutontholetsa mkwiyo mwa inu nokha si cabwino ai. M' malo mwace, mkwiyo uyenera kuthandizidwa ndi Mau a Mulungu.
6. Muuzeni iyeyo kuti m'njira ya Mulungu ndiyo **YAKUKHULULUKIRANA WINA NDI MNZACE**. Ici ndi cimene Yesu analamulira. Tiyenera kukhululukirana cifukwa ca cikondi ca Kristu. Khululukirani cifukwa Mulungu anatikhululukira. Khululukirani nthawi zambiri monga Mulungu atikhululukira nthawi zambiri.
7. Muuzeni wokwiyo kuti apite msanga kwa womulakwira. Ayenera kupempha cikhululukiro; ayenera kukhululukira. Akhoza ku mubweza mlongo, kapena m' baleyo. Ici cicitidwa mwa kuzipereka inu nokha ndi nthawi kuti ubale watsopano uyambenso wopanda mkwiyo wamangidwa.

M'MENE MUNGATHANDIZIRE:

1. Mvetserani ndi cikondi kwa makolo omwe ana ao akhala umoyo wokwiyo mu umoyo wao.
2. Ngati ana sakhalanso ndi makolo ao ku nyumba, pemphero lopitiriza liperekedwe kuti ana akhale okula mu njira yabwino mwina ndiyo njira yabwino ya kutsatira. Ndiponso, patsani malingaliro yakuti ana akulu-akulu apatsidwe nthawi yophunzitsidwa. Tero, makolo modzicepetsa ndi mofatsa agawane nao ana ndi kuwaphunzitsa kucokera m' Buku Lopatulika. (Muone ndime zotsatirazo pa tsamba.)
3. Ngati ana akali kukhala ndi makolo m' nyumba yao, ganizirani zotsatirazi:
 - A. Tengani nthawi yaitali muli ndi ana anu ndi kuziwa zosowa ndi mabvuto ao.
 - B. Onani pa mwai tsiku liri lonse kuonetsa cikondi ca Mulungu ndi cikondi canu ku ana anu.
 - C. Khalani ndi cizolowezi mokhulupirika pa kupita ku chalichi, kuphunzira Buku Lopatulika ndi kupemphera pamodzi.
 - D. Khalani pafupi ndi ana anu kuti muwabweretse pafupi ndi Kristu.
 - E. Cotsani zitsa ziri zoipa m'banja lanu zomwe zikhoza kubweretsa kusakula mu umoyo wanu wa Cikristu.
 - F. Tukulani kufatsa ndi kukhulupirika.
 - G. Onetsetsani kuti mwakhutira kuti ana anu alandira Kristu monga mfumu ndi Mpulumutsi wao. Ngati m' modzi wa iwo akalibe kulandira Mpulumutsi wao. Ngati m' modzi wa iwo akalibe kulandira Yesu, Gwiritsani nchito zopatsidwa m' bukuli zakuti “Mwamuna wanga ndi mwana wanga sali Akristu.”
4. Pempherani kuti mupeze nthawi ya kugawana pamodzi Mau a Mulungu monga mwa kupatsidwa pa tsamba yotsatirayi.

Zomwe Buku Lopatulika Lilankhula pa za Cipulumutso:

Werengani ndi kumasulira pfundo ndi malembo ku munthu amene afuna cipulumutso. Pezani ndimezi M' buku Lopatulika lanu.

1. Mulungu anatipatsa ife moyo ndi madaliso ambiri.

“Mulungu adalenga munthu m'cifanizo cace, m'cifanizo ca Mulungu adalenga iye, adalenga iwo mwamuna ndi mkazi” (Genesis 1:27).

“Mphatso iri yonse yabwino, ndi cininkho ciri conse cangwiro zicokera Kumwamba, zotsika kwa Atate” (Yakobo 1:7).

2. Mphatso yathu yaikulu kwa ife yocokera-kwa Mulungu ndi Yesu Kristu.

“Kale Mulungu analankhula ndi makolo mwa aneneri m' manenedwe ambiri ndi mosiyana-siyana, koma pakutha pace pa masiku ano analankhula ndi ife ndi Mwana” (Ahebrei 1:1-2).

“Pakuti Mulungu anakonda dziko lapansi kotero, kuti yense wakukhulupirira Iye asatayike, koma akhale nao moyo wosatha” (Yohane 3:16).

3. Mukhoza kulandira mphatsoyi tsopano lino mwa kutembenuka ndi kukhulupirira mwa Yesu.

“Ngati tibvomereza macimo athu, ali wokhulupirika ndi wolungama Iye, kuti atikhululukire macimo athu, ndi kutisambitsa kuticotsera cosalungama ciri conse” (1 Yohane 1:9).

“Ndipo iwo anati; Ukhulupirire Ambuye Yesu, ndipo udzapulumuka, iwe ndi apabanja ako” (Macitidwe Atumwi 16:31).

Pambuyo pa kucita ziri pamwambapo, cingakhale cabwino kupemphera pemphero lapafupi ya kulandira Kristu, monga: “Zikomo Ambuye Yesu, ndifuna inu.” Ndisowa inu. Ndikhululukireni macimo anga onse. Ndikulandirani inu mwa cikhulupiriro. Zikomo cifukwa ca kubwera m'moyo wanga. Amen. Kapena muloleni iye apemphere monga afuna.

Pambuyo pa kupemphera lankhulani motere “tsopano ndi Mkristu watsopano, cidzakhala cabwino kwa inu kuwerenga Buku Lopatulika pempherani ndi kuika moyo wanu mu mpingo.” Pitirizani kugawana ndi okhulupirira pa nkhani zokhuzana ndi izo ziri pamwamba, ndi kuyankha mafunso amene akhoza kubwera.

Kodi Mulungu Alakhula Ciani za KUPSYA MTIMA:

Gwiritsani nchito ndime izi pa kulankhuzana za kupsya mtima. Werengani ndimezi ndi kutanthauzira tanthauzo mwacidule.

“Usakangaze mumtima mwako kukwiya; pakuti mkwiyo ugoni m' cifuwa ca zitsiru” (Mlaliki 7:9).

“Mayankhidwe, ofatsa abweza mkwiyo; Koma mau owawitsa aputa msunamo” (Miyambo 15:1).

“Wosakwiya msanga aposa wa mphamvu; Wolamulira mtima wace naposa wolanda mudzi” (Miyambo 16:32).

“Munamva kuti kunanenedwa kwa iwo akale, Usaphe; koma yense wakupha adzakhala wopalamula mlandu; koma Ine ndinena kwa inu, kuti yense wokwiya mbale wace wopanda cifukwa adzakhala wopalamula mlandu; ndipo amene adzanena ndi mbale wace, Wopanda pace iwe, adzakhala wopalamula mlandu wa akuru: koma amene adzati, Citsiru iwe: adzakhala wopalamula gehena wamoto” (Mateyu 5:21-22).

“Ndikupatwani inu lamulo latsopano, kuti mukondane wina ndi mnzace; monga ndakonda inu, kuti inunso mukondane wina ndi mnzace. Mwa ici adzazindikira onse kuti muli akuphunzira anga, ngati muli naco cikondano wina ndi mnzace” (Yohane 13:34-35).

“Mudziwa, abale anga okondedwa, kuti munthu ali yense akhale wochera khutu, wodekha polankhula, wodekha pakupsa mtima. Pakuti mkwiyo wa munthu sucita cilungamo ca Mulungu” (Yakobo 1:19-20).

“Mundilengere mtima woyera, Mulungu; Mukonze mzimu wokhazikika m' kati mwanga” (Masalmo 51:10)

Ndime Zina Zowerenga ndi izi:

Mateyu 5:38-41

Mateyu 5:43-44

Mateyu 6:14-15

Mateyu 18:21-22

1 Atesalonika 5:15

1 Yohane 4:7-8.

“NDIRI KUDWALA”

M'MENE MUNGATHANDIZIRE:

1. Funani kubweretsa cilimbikitso, ciyembekezo ndi cimwemwe kwa munthu amene adwala. Afuna mphamvu imene cikhulupiriro ndi ciyembekezo cimene cingapereke. Kupweteka ndi mantha ace zikhoza kukhala za zikulu kupambana momwe angazinyamulire. Tero, bweretsani uthenga wa Mulungu wa maciritso ndi cikondi ca mphamvu.
2. Thandizani odwalawo kuti aone kuti matendawo akhoza kukhala ndi phindu. Mulungu akhoza kugwiritsa kudwalako nchito ku kuphunzitsani kukhala ofatsa kapena ku kuphunzitsani kuyamika iye kamba ka umoyo wanu.
3. Tsimikizani kuti thandizo la mankhwala lipezeka. Asing'anga ndi mankhwala abwino amabweretsa umoyo wabwino kwa munthu wodwalayo. Nzeru zomwe sing'anga ali nazo ndi nzeru zocokera kwa Mulungu. Mugwiritsa nchito mankhwala ndi imodzi ya mphatso ya Mulungu kwa ife.
4. Kumbutsani aliyense kuti Mkristu aliyense kupita kwa ang'anga kukapeza thandizo siciri cabwino. Iyi ndi yesero lobvuta kwambiri kwa anthu ena. Koma Mulungu ali ndi mphamvu yonse, ndiponso ndi ucimo kubwereranso ku ng'anga.
5. Patsani mwai kwa odwalayo mwai wa kubvomereza cimo. Ena amene ali kudwala amakhala ndi cizondi mu mtima mwao ndi Mulungu. Ena amakhala ndi madandaulo kapena kukhala ndi cimo losabvomereza. Kubvomereza macimo kumathandiza kuti munthu aciritsidwe mwamsanga.
6. Thandizani odwalayo, ngati ndi wosapulumsidwa kuti akhulupirire mwa Ambuye Yesu Kristu kuti akhale Mbuye ndi Mpulumutsi wace.
7. Pemphererani odwalayo. Pemphero lanu liyenera kukhala ya cikhulupiriro mwa Ambuye Yesu ndi la cinjirizo la odwalayo. Gwirizanitsani pemphero lanu ndi zosowa zao, pakuti muli mphamvu m'pemphero.
8. Funani mphamvu kucokera kwa Mulungu kupyolera mu kuwerenga Buku Lopatulika. Mumupatse kapepala ka Mau a Mulungu kocedwa tiraki kapena ndime zowerenga ku nyumba lace.

MWAMUNA WANGA NDI MWANA WANGA SIALI AKRISTU”

1. Bvomerezani kuti Mkristu amene ali ndi bvutoli ali ndi udindo wa ukulu pa cipulumutso ca banja lace.
2. Mkazi ayenera kukhala omvera ku mwamuna amene siali Mkristu. Ndiponso ayenera iye kukhala ofatsa pa kucitira umboni. Kuonetsa cifatso cikondi ca Cikristu ndi zofunikira kwambiri pa kubweretsa mwamuna kapena mwana kwa Kristu.
3. Fotokozani kuti umoyo wofanana ndi wa Yesu ndi umboni wa malankhulidwe a Ukristu ziri zofunikira koposa. Umoyo woyera, wofatsa, umoyo wotsekemera, pamodzi ndi kucitira umboni wa kulankhula, ukhoza kubweretsa nthawi zonse banja kwa Kristu mwa cikhulupiriro.
4. Uzani, kuti kudziwa cimene mufuna kulankhula ndi kudziwa m'mene mukhoza kucitira zinthu, ndi zinthu zomwe mukhoza kuphunzira. Onani pa tsamba yotsatirayo m'mene mungacitire umboni. (“Mbusa ayenera kuphunzitsa m'mene angacitire umboni mwa Kristu”).
5. “Njira ina ya kucitira umboni” Ili motere: Mai akhoza kupereka citsanzo ca mafuwa atatu amene agwiritsa nchito pa kuphika cakudya pa moto. Mafuwa onse atatu ali wofunikira pa kugwirira m'phika. Cimodzi-modzi pali zinthu zitatu zofunikira koposa kwa munthu kuti akhale Mkristu: Yesu, Buku Lopatulika ndi mpingo. Mkazi akhoza kulankhula zinthu zitatu zofunikira mu umoyo wace.
6. Limbikitsani mkazi nayenso kukumbukira zotsatirazi:
 - A. Mwina angalankhule za mphamvu ya Kristu m'nthawi ya mabvuto ikafika, monga matenda, nkhani yoipa, imfa ndi zina.
 - B. Pali nthawi ya kukamba za Yesu ndi nthawi ya kukhala cete.
 - C. Lankhulani ndi Mulungu mwacete m'pemphero kupempherera banja lanu.
7. Perekani nthawi yanu ndi umboni kufuna kukoka abambo ndi mwana wanu kwa Kristu.

Zomwe Mulungu Alankhula pa za Ufiti ndi Mizimu Yoipa:

Gwiritsani nchito malembowa, kumasulira tanthauzo lace:

(Yesu anati), “Ndipo Yesu anadza nalankhula nao, nanena, Mphamvu zonse zapatsidwa kwa Ine Kumwamba ndi pa dziko lapansi” (Mateyu 28:18).

“Zinthu ziri zonse mukazipemphera ndi kuzipempha, khulupirirani kuti mwazilandira, ndipo mudzakhala nazo” (Marko 11:24).

“Potero mverani Mulungu; koma kanizani mdierekezi, ndipo adzakuthawani inu” (Yakobo 4:7).

(Mzimu wa Mulungu) “Inu ndinu ocokera mwa Mulungu, tiana, ndipo munailaka; pakuti Iye wakukhala mwa inu aposa iye wakukhala m' dziko lapansi” (1 Yohane 4:4).

“Mulungu ananena kamodzi, ndinacimwa kawiri: Kuti mphamvu ndi yace ya Mulungu” (Masalmo 62:11).

(Mulungu) “apatsa anthu ace mphamvu ndi cilimbiko” (Masalmo 68:35).

“Ndipo Yesu anaudzudzula, kuti, Khala uli cete, nuturuke mwa iye! Ndipo mzimu wonyansa...unaturuka mwa iye” (Marko 1:25-26).

“Ndi ziwanda zomwe zinaturuka mwa ambiri, ndi kupfuula, kuti, Inu ndinu Mwana wa Mulungu” (Luka 4:41).

“Ndipo makumi asanu ndi awiri aja anabwera mokondwera, nanena Ambuye, zingakhale ziwanda zinatigonjera ife m' dzina lanu” (Luka 10:17).

“Mtendere ndikusiyani inu, mtendere wanga ndikupatsani... Mtima wanu usabvutike, kapena usacite mantha” (Yohane 14:27)

“Pakuti Mulungu sanatipatsa mzimu wa mantha; komatu wa mphamvu ndi cikondi ndi cidziletso” (2 Timoteo 1:7).

Werenganinso malembowa:

Afilipi 4:6-7; Masalmo 54:1-7; 2 Akorinto 4:7-10; Ahebri 13:6; Agalatiya 5:1; Aefeso 6:10-18

Onaninso m' buku ili: Mantha, Satana, kudwala.

9. Tsimikizani kuti akuru a mpingo ndi azimai ena a mpingo ali kudziwa zosowa za wodwalayo. Akristu ayenera kuthangatira odwala.

Zomwe Mau A Mulungu Aphunzitsa pa Matenda Ndi pa Zowawa:

Werengani ndi kutanthauzira ndime izi:

“Wolemekeza Mulungu ndi Atate wa Ambuye wathu Yesu Kristu, Atate wa zifundo ndi Mulungu wa citonthozo conse wotitonthoza ife m'nsautso yathu yonse” (2 Akorinto 1:3-4).

“Ndipo ananena kwa ine, Cisomo canga cikukwanira; pakuti mphamvu yanga ithedwa m'ufoko” (2 Akorinto 12:9).

“Pakuti ndiyesa kuti masauko a nyengo yatsopano sayenera kulinganizidwa ndi ulemmerero umene udzaonetsedwa kwa ife” (Aroma 8:18).

“Yehova, Mulungu wanga, Ndinapfuulira kwa Inu, ndipo munandiciritsa” (Masalmo 30:2).

“Ndipo pakulowa dzuwa anthu onse amene anali nao odwala ndi nthenda za mitundu mitundu, anadza nao kwa Iye; ndipo Iye anaika manja ace pa munthu ali yense wa iwo nawaciritsa” (Luka 4:40).

“Iye alimbitsa olefuka, naonjezera mphamvu iye amene alibe mphamvu” (Yesaya 40:29).

“Mundiciritse ine, Yehova, ndipo ndidzaciritsidwa; mundipulumutse ine, ndipo ndidzapulumutsidwa; pakuti cilemekezo canga ndinu” (Yeremiya 17:14).

“Ndadza Ine kuti akhale ndi moyo, ndi kukhala nao wocuruka” (Yohane 10:10).

Ndime Zina Zowerenga ndi izi:

Masalmo 32:1-4

Masalmo 38:15-18

Masalmo 119:67,71

Yesaya 40:31

2 Akorinto 1:6-7

Yakobo 5:13-16.

“MWANA WATHU AKULANKHULA ZA CABE NDI ZOPANDA NZERU”

**KODI IYE WALOZEDWA?
M'MENE MUNGATHANDIZERE:**

1. Muyenera kubvomereza kuti ndi zoonza kuti mfiti ziripo ndipo zimabweretsa mantha. Zikhulupiriro ndi zakuti mfiti zimabweretsa mabvuto amitundu-mitundu: kudwala mwadzidzi, kuzungulira mutu, kusabala, kubala mobvutikira ndi imfa ya ng'ombe ndi anthu. Ciri conse cimene ciganizirika kuti ndi coona ciyenera kucitenga kuti ciri coona.

2. Mvetserani ndi cifundo ku anthu amene a kuuzani za mabvuto awa a umfiti. Angakhale Akristu amakhulupirira kuti anthu ena akhoza kuwapweteka iwo ndi matsenga woipa.

3. Lankhulani ndi makolo amwanayo amene alankhula zopanda nzeru kuti kuli yankho ya Cikristu ku mabvuto otere. Zinthu zitatu zomwe ziyenera kuganiziridwa: (1) Funsani Akristu kuti azipempherera mwanayo amene ali kudwala. (2) Amutenge mwanayo kuli dotolo wabwino (3) Am' bweretse mwanayo kwa inu mu muthandize.

4. Ngati mwanayo adza kwa inu citani zotsatirazi:

A. Mvetserani modekha mtima pamene iye wodwalayo ali kuuza inu za bvuto lace ngati amalankhula iye pezani ngati iye ali Mkristu weni-weni wokhulupirira mwa Yesu Kristu.

B. Mu muuze za mphamvu ya Mulungu pa Satana.

C. Werengani ndi kumasulira mosamala malembo pa tsamba yotsatira.

d. Itanani Mulungu mwa pemphero kugonjetsa Satana. Pempherani kuti mphamvu ya Yesu Kristu kuti ipereke cigonjetso.

E. Pitirizani kupemphera kuyamika Mulungu cifukwa ca cigonjetso.

5. Lonjezani kupitiriza thandizo kwa mwanayo ndi makolo ace. Munthu amene ali wosadzaza ndi mantha a mfiti ayenera kudzazidwa ndi mzimu wa Mulungu, mphavu ya Mulungu ndi Mau a Mulungu. Onetsani banja nthawi zonse m'mene izi zingacitikire.

6. Pezani nthawi ndi tsiku imene mungakomanenso kulankhula ndi iwo.

Zimene Mulungu Alankhula pa za Anthu Akufuna Ukwati:

Werengani ndi kumasulira ndimezi ku anthu a kufuna kukwatira: “Yehova Mulungu ndipo anati, Sikwabwino kuti munthu akhale yekha; ndidzampangira womthangatira iye” (Genesis 2:18).

“Wopeza mkazi apeza cinthu cabwino; Yehova amkomera mtima” (Miyambo 18:22).

“Ukwati ucitidwe ulemu ndi onse ndi pogona pakhale posadetsedwa; pakuti adama ndi acigololo adzawaweruza Mulungu” (Ahebri 13:4).

“Momwemonso amuna inu, khalani nao monga mwa cidziwitso, ndi kucitira mkazi ulemu” (1 Petro 3:7).

“Akazi inu, mverani amuna anu a inu eni, monga kumvera Ambuye. Pakuti mwamuna ndiye mutu wa mkazi, monganso Kristu ndiye mutu wa Eklesia, ali yekha Mpulumutsi wa thupilo. Amuna inu, kondani akazi anu, monganso Kristu anakonda Eklesia, nadzipereka yekha m' malo mwace” (Aefeso 5:22-23, 25).

“Mkazi wangwiro ndani angampeze? Pakuti mtengo wace uposa ngale. Mtima wa mwamuna wace umkhulupirira, sadzasowa phindu. Mkaziyo amcitira zabwino, si zoipa, Masiku onse a moyo wace” (Miyambo 31:10-12).

“Monga kabvumvulu angopita, momwemo woipa kuli izi; Koma olungama ndiwo maziko osatha. Ngati vinyo wowawa m' mano, ndi utsi m' maso, Momwemo wolesi kwa iso amene amtuma” (Miyambo 10:25-26).

“Nati Rute, Musandiumirize kuti ndikusiyeni,...pakuti kumene mumukako ndimuka inenso, ndi kumene mugonako ndigona inenso; anthu a kwanu ndiwo anthu a kwa inenso, ndi Mulungu wanu ndiye Mulungu wanga” (Rute 1:16).

“Cikondi cikhala cilezere, ciri cokoma mtima; cikondi sicidukidwa; cikondi sicidziwa kudzitamanda, sicidzikuza, sicicita zosayenera, sicitsata za mwini yekha, sicipsa mtima, sicilingirira zoipa; sicikondwera ndi coonadi; cikwirira zinthu zonse, cikhulupirira zinthu zonse, ciyembekeza zinthu zonse, cipirira zinthu zonse” (1 Akorinto 13:4-7).

“SINDINE WOKONDWA”

M'MENE MUNGATHANDIZIRE:

1. Mvetserani mosamala kwa munthuyo. Munthu wosakondwa kwawiri-kawiri amamvera kuipa, kuwawa ndi kumvera kuti zinthu siziri bwino zonse, ndiponso wopanda ciyembekezo. Muonetseni cikondi pakupezeka pafupi ndi munthu wosakondwayo pamene ali kusowa inu.

2. Lankhulani kwa munthu wosakondwa za ciyembekezo. Munthu wosakondwayo nthawi zambiri amakhala yekha. Buku Lopatulika ili ndi yankho ya mabvuto. Yesu ndiye yankho, pali ciyembekezo ku mabvuto onse.

3. Mthandizeni munthu wosakondwa kupitiriza nchito yace kapena nchito yokonza nyumba yace. Kumuletsa nchito munthu ndiye kumuonjezera mabvuto mu umoyo wace.

4. Mthandizeni iye kuganizira za anthu ena ndi kucita zinthu za ena. Munthu wosakondwa amataya nthawi yace yonse kuganizira za mabvuto a iwo okha.

5. Ganizirani kuti kusakondwaku nthawi zina kumadza ndi ucimo. Kusakondwa ndi cizindikiro cakuti pali kanthu kena kolakwika. Munthu wosakondwa afunika kubvomereza ndi kulapa cimo lobisika. Akhoza kukhala wokwiya mwa iye yekha, ndi anthu ena ndiponso ndi Mulungu.

6. Werengani pamodzi tsopano ndime zocokera m'Buku Lopatulika. Pa tsamba yotsatirayi pali ndime zambiri zokhuza kukondwera.

7. Mfunzeni iye kuti akuuzeni zinthu zomwe zingampangitse kukhala wokondwa. Mwina akhoza kufuna nthawi yokwanira kuti aganizire ici. Mulimbikitseni iye kuti akumbukire zokondweretsa zomwe zinamcitikira sabata yatha, kapena masabata awiri apita kumbuyoko.

8. Pempherani ndi iye ngati ndi kotheka. Pempherani pemphero ya ciyamiko pa cikondi ca Mulungu cimene cikhululukira cimo liri lonse. Yamikani Mulungu cifukwa ca mphamvu yace yomwe imasula mabvuto athu onse.

9. Sankhani tsiku ndi nthawi yomwe mukhoza ku kumananso mwansanga.

Zomwe Buku Lopatulika Lilakhula pa za Kukondwa:

Werengani ndi kumasulira malembo awa kwa munthu wosakondwa.

“Udziweramirani moyo wanga iwe? Ndi kuzingwa m'kati mwanga? Yembekeza Mulungu, pakuti ndidzamyamikanso cifukwa ca cipulumutso ca nkhope yace” (Masalmo 42:5-6).

“Idzani kuno kwa Ine nonsenu akulema ndi akuthodwa, ndipo Ine ndidzakupumulitsani inu” (Mateyu 11:28).

“Musadere nkhawa konse; komatu m' nzonse ndi pemphero, ndi pembedzero pamodzi ndi ciyamiko, zopempha zanu zidziwiwe kwa Mulungu” (Afilipi 4:6).

“Tikhala ndi mtendere ndi Mulungu mwa Ambuye wathu Yesu Kristu” (Aroma 5:1).

“Ndipo Mulungu wa ciyembekezo adzaze inu ndi cimwemwe conse ndi mtendere m' kukhulupira” (Aroma 15:13).

“Pakuti ndaphunzira ine, kuti zindikwanire ziri zonse ndiri nazo” (Afilipi 4:11).

“Koma Mulungu wanga adzakwaniritsa cosowa canu ciri conse monga mwa cuma cace m' ulemerero mwa Kristu Yesu” (Afilipi 4:19).

“Kufikira tsopano simunapempha kanthu m'dzina langa; pemphani, ndipo mudzalandira, kuti cimwemwe canu cikwaniridwe” (Yohane 16:24).

“Mundibwezere cimwemwe ca cipulumutso canu; Ndipo mzimu wakulola undigwirizire” (Masalmo 51:12).

Malembo ena owerenga:

Yohane 15:10-11

Mateyu 5:12

1 Atesalonika 5:16-18

Masalmo 51:1-2

Yakobo 4:8

Yohane 16:32-33

Masalmo 103:1-5

Masalmo 102:1-2.

“TIFUNA KUKWATIRA”

M'MENE MUNGATHANDIZIRE:

1. Yambani mwa kuuza banjalo kuti inu muzakambirana bwino za kuimbira ukwati pambuyo pace. Udindo wanu woyamba ndi kupereka thandizo kwa anthuwo amene afuna kumanga banja, la Cikristu.
2. Pezani modekha ngati anthuwo amene afuna kumanga banja akuonetsa kukonzekera ndi woyenera kuti amange banja. Pakhoza kupezeka mabvuto monga makolo kukana, kulekapo mkazi kusiyana kwa cipembedzo, msinkhu ndi zina zotero. Motero, ngati mabvuto otero sangathe kumasulidwa, mukhoza kukana kuimbisa ukwatiwo.
3. Kambiranani ndi athuwo ofuna kumanga banja pa nkhani izi:
 - A. Ukwati ndi cifuniro ca Mulungu.
 - B. Njira za kupanga banja kukhala yokondwa.
 - C. Njira za kumasula mabvuto a m' banja.
 - D. Ukwati wodalira pa cikondi ca Kristu.
 - E. Kugonana m' cikwati.
 - F. Udindo wa makolo pa ana.
 - G. Kagwiritsidwe ka ndalama m' banja.
 - H. Kukhala ndi nthawi ya mapemphero m' banja.
 - I. Kufunikira kwace kwa kupitiriza kukhala wothandiza mu mpingo.
4. Ngati mufuna kudziwa zambiri inu monga mtsogoleri, werengani Buku lochedwa “Makhalidwe a banja la Cikristu.” Uzani banjalo kuti a ziwerenga bukulo.
5. Pezani nthawi ina ya kulankhula ndi banjalo pa nkhani yolembedwa pa mwambapo. Pa nthawiyo mukhoza kupangana pa za kuimbira phwando ya cikwati.

Thandizo Locokera m' Buku Lopatulika pa za Ucidakwa:

Masulirani momveka bwino pa za malembowa pamene muthandizira anthu amene ali wokonda zoledzeretsa:

“Musanyengedwe; mayanjano oipa aipsa makhalidwe okoma. Ukani molungama, ndipo musacimwe; pakuti ena alibe cidziwitso ca Mulungu. Ndilankhula kunyaza inu” (1 Akorinto 15:33-34).

“Musedzere naye vinyo, m'mene muli citayiko; komatu mudzale naye Mzimu” (Aefeso 5:18).

“Ndani ali ndi cisoni? Ndani asauka? Ndani ali ndi makangano? Ndani ang'ung'uza? Ndani alasidwa cabe? Ndani afiira maso? Ngamene acedwa pali vinyo, Napita kukafunafuna vinyo wosanganizidwa” (Miyambo 23:29-30).

“Vinyo acita ciphwete, cakumwa caukali cisokosa; Wosocera nazo alibe nzeru” (Miyambo 20:1).

“Umsenze Yehova nkhawa zako, ndipo Iye adzakugwiriziza: Nthawi zonse sadzalola wolungama agwedezeke” (Masalmo 55:22).

“Cotsalira, abale, zinthu ziri zonse zoono, ziri zonse zolemekeza, ziri zonse zolungama, ziri zonse zoyera, ziri zonse zokongola, ziri zonse zimveka zokoma; ngati kuli cokoma mtima cina, kapena citamando cina, zilingirireni izi” (Afilipi 4:8).

“Cifukwa cakusathedwa ife ndico cifundo ca Yehova, pakuti cisoni cace sicileka; Cioneka catsopano m'mawa ndi m'mawa; mukhulupirika ndithu. Moyo wanga uti, Gawo langa ndiye Yehova; cifukwa cace ndidzakhulupirira. Yehova akhalira wabwino omlindirira, ndi moyo womfunafuna” (Maliro 3:22-25).

“Ndadziwa ngakhale kupeputsidwa, ndadziwanso kusefukira; konseko ndi m'zinthu zonse ndalowa mwambo wakukhuta, ndiponso wakumva njala; wakusefukira ndiponso wakusowa. Ndikhoza zonse mwa Iye wondipatsa m'phamvuyo” (Afilipi 4:12-13).

“CIKWATI CATHU NDI COLEPHERA”

M'MENE MUNGATHANDIZIRE:

1. Zindikirani kuti inu pa inu nokha simukhoza kumasula mabvuto a m'cikwati. Colinga cikhale cakuthandiza onse mwamuna ndi mkazi kuzimasulira okha mabvuto ao.
 2. Yesetsani kuletsa kupsya m' mtima kuti inu mupeze njira ndi cifukwa m' mene kukangana kunayambira.
 3. Yesetsani kupeza nthawi ya kuonana ndi onse mwamuna ndi mkazi pamodzi. Athandizeni onse kuti ndi onsewo awiri omwe anabweretsa mkangano.
 4. Athandizeni awiriwo kuti apeze bvuto leni-leni yabweretsa kubvutana kwao.
 5. Perekani maganizo anu kwa awiriwo kuti apeze njira yomasulira mabvuto a tsiku ndi tsiku. Mwa citsanzo, patsani ganizo yakuti m' modzi wa iwo acita zolakwa kawiri kapena katatu kwa mnzace tsiku liri lonse.
 6. Mvetselani za mabvutowo kopanda kukondera wina aliyense mkazi kapena mwamuna.
 7. Thandizani mwamuna ndi mkazi kukhala ndi zolinga zing'ono-zing'ono masiku onse. Zolinga zimenezi zimathandiza awiriwo pa kutukula m' khalidwe wao wa tsiku ndi tsiku m' bania mwao.
 8. Auzeni kuti azipemphererana ndiponso angakhale kupemphelerana ali pamodzi, ngati onse ali Akristu.
 9. Khalani ofuna pa kupereka nthawi yanu pa kuthandiza kumanganso cikwatici. Alimbikitseni iwo kuti azilankhuzana wina ndi mnzace kawiri-kawiri nthawi zonse.
- Gwirani nchito nao pamodzi ya kukhala ndi colinga cakuti iwo akhale ndi cikwati cokondwa nthawi zonse.
10. Osalankhula za mabvuto a m' cikwati ndi anthu ena, koma okhawa amene ali wokhuzidwa, ndi nkhanio.

“Zimene Buku Lopatulika Lilankhula pa za Cikwati”

Gwiritsani nchito malembo pa kuthandiza anthu amene ali ndi mabvuto m' cikwati mwao.

“Ciwawo conse, ndi kupsya mtima, ndi mkwiyo, ndi ciwawa, ndi mwano zicotsedwe kwa inu, ndiponso coipa conse. Koma mukhalirane okoma mtima wina ndi mnzace, a mtima wacifundo, akukhululukirana nokha, monganso Mulungu mwa Kristu anakhululukira inu” (Aefeso 4:31-32).

“Musacite kanthu monga mwa cotetana, kapena monga mwa ulemmero wopanda pace, komatu ndi kudzicepetsa mtima, yense ayese anzace omposa iye mwini; munthu yense asapenyere zace za iye yekha, koma yense apenyereenso za mnzace”(Afilipi 2:3-4).

“Cikondi cikhala cilezere, ciri cokoma mtima; cikondi sicidukidwa; cikondi sicidziwa kudzitamanda, sicidzikuza, sicicita zosayenera, sicitsata za mwini yekha, sicipsa mtima, sicilingirira, zoipa; sicikondwera ndi cinyengo, koma cikondwera ndi coonadi; cikwirira zinthu zonse, cikhulupirira zinthu zonse, ciyembekeza zinthu zonse, cipirira zinthu zonse” (1 Akorinto 13:4-7).

“Akazi inu, muzimvera amuna anu, monga kuyenera mwa Ambuye. Amuna inu, kondani akazi inu, ndipo musawawire mtima iwo” (Akolose 3:18-19).

“ Ukwati ucididwe ulemu ndi onse, ndi pogona pakhale posadetsedwa; pakuti adama ndi acigololo adzawaweruza Mulungu” (Ahebri 13:4).

“Kapena simudziwa kuti thupi lanu liri kacisi wa Mzimu Woyera, amene ali mwa inu, amene muli naye kwa Mulungu? Ndipo simukhala a inu nokha. Ndipo munagulidwa ndi mtengo wace wapatali; cifukwa cace lemekezani Mulungu m'thupi lanu.(1 Akorinto 6:19-20)

Ndime zina zowerenga ndi izi:

Miyambo 5:1-4; 15-20

Rute 1:16

Aefeso 5:22-24

Masalmo 18:22

Ahebri 12:4-7

1 Petro 3:1-6.

“MWAMUNA WANGA AMAMWA MOWA KWAMBIRI”

M'MENE MUNGATHANDIZIRE:

1. Zindikirani kuti bvutoli liri lopanda ciyembekezo. Mowa umaononga miyanda-miyanda ya anthu. Anthu ambiri afa cifukwa ca mowa. Angakhale ndi tero, pali ciyembekezo.
2. Tengani pfundo imodzi pa nthawi imodzi kufikira bvutolo litatha. Fotokozani za kufunikira kwace kwa kukhala tsiku limodzi pa nthawi imodzi.
3. Fotokozani cifukwa cimene cimabweretsa ucidakwa: Abwenzi amene amamwa, umoyo wosakondwa m'banja, mantha, kulephera ndikukangamira kumankhwala oledzeletsa.
4. Ucidakwa umabweretsa cifundo conama, kumvetsera konama ndi kuumirira koposa ukali ndi kuopsyeza. Kudzudzula pa zolakwa cimakhala cabe; kugonjetsa mkhalidwe umenewu kuli kofunikira.
5. Konzekelani kulankhula ndi munthuyo pa za zoledzeletsa. Mthandizeni iye kuti amvetsetse ndi kubvomereza pa bvuto la kamwedwe koipa kotere. Mthandizeni kuona zotsatira m' thupi lace ndi m'banja lace ngati kumwa kwace kupitirira.
6. Muuzeni za mphamvu ya Mulungu pa kulezera. Uthenga wa Kristu wakhala uli kumasula anthu zikwi-zikwi amene anali a cidakwa - angakhale kuti zinthu zonse zalephera.
7. Yetsesani kutsogolera woledzerayo ku cipulumutso ca Kristu. Kubwera kwa Kristu kukhoza kubweretsa cikondwewero ndi maciritso a uzimu.
8. Phunzitsani cidakwa m'mene angalandirire mphamvu ya Mulungu masiku onse. Limbikitsani nthawi zonse m'mawa ndi m'madzulo pa kuwerenga Buku Lopatulika ndi pemphero.
9. Mthandizeni iye kupeza abwenzi amene siali a cidakwa. Iye akhoza kuthandizika ndi a Cikristu amene iye akhoza kuthandizika ndi abwenzi a Cikristu amene anali a cidakwa kale asanatembenukire kwa Kristu.

Zimene Buku Lopatulika Lilankhula pa za Umphawi:

Kumasulira kosamala kwa ndimezi kudzakhala thandizo lalikuru kwa aumphawi ndi osauka.

“Pakuti sadzaiwalika nthawi zonse waumphawi, Kapena ciyembekezo ca ozunzika sicidzaonongeka kosatha” (Masalmo 9:18).

“Ndipo ine ndine wozunzika ndi waumphawi; Koma Ambuye andikumbukira ine: Inu ndinu mthandizi wanga, ndi Mpulumutsi wanga: Musamacedwa, Mulungu wanga” (Masalmo 40:17).

“Mbiri yabwino ifunika kopambana cuma cambiri; Kukukomera mtima anzako kuposa siliva ndi golidi” (Miyambo 22:1).

“Wosauka ndi wosowa afuna madzi, ndipo palibe, ndi lilume lao lilephera, cifukwa ca ludzu; Ine Yehova ndidzawayankha, Ine Mulungu wa Israyeli sindidzawasiya” (Yesaya 41:17).

“Ndipo Iye anakweza maso ace kwa ophunzira ace, nanena, Odala osauka inu; cifukwa uli wanu ufumu wa Mulungu. Odala inu akumva njala tsopano; cifukwa mudzakhuta. Odala inu akulira tsopano cifukwa mudzaseka” (Luka 6:20-21).

“Yehova samvetsa njala moyo wa wolungama; Koma amainga cifuniro ca wocimwa. Wocita ndi dzanja laulesi amasauka; Koma dzanja la akhama lilemeretsa” (Miyambo 10:3-4).

“Koma tinamanga lingali, ndi linga lonse linalumikizana kufikira pakati mpakati; popeza mitima ya anthu inalunjika kunchito” (Nehemiah 4:6).

“Ndi kuti muyesetse kukhala cete ndi kucita za inu eni ndi kugwira nchito ndi manja anu, monga tinakuuzani;”(1 Atesalonika 4:11).

“Comweco, ngati inu, muli oipa, mudziwa kupatsa ana anu mphatso zabwino, kopambana kotani nanga Atate wanu wa Kumwamba adzapatsa zinthu zabwino kwa iwo akumpempha Iye?” (Mateyu 7:11).

“NDACITA CIMO LOOPSYA”

M'MENE MUNGATHANDIZIRE:

1. Yambani ndi kuti Mulungu ali wokonzeka kukhululukira cimo. Inu mungasukidwe kotheratu ku cimo ndi ku kucotserani colakwa canu. Angakhale ndi tero, ndikofunika coyamba kumvetsetsa kwambiri za cimo ndi zotsatira zace.

2. Funani kudziwa za mtundu wace wa cimo kapena zolakwika zomwe zibweretsa nkhwana ndi maganizo woipa. Yetsani kupeza maziko a bvutolo. Yetsani kupeza m'mene munthuyo amvera pa cimo lace.

3. Muuzeni kuti kuzindikira kuti wacita cimo, ndi cinthu coyamba ca kugonjetsa cimo. Kubvomereza kuti muli olakwa ndi wosalungama ndi kutsegula citseko ku cisomo ca Mulungu.

4. Ngati munthu amene acita colakwa si Mkristu, mtsogolereni iye kubvomereza Yesu Kristu monga Mpulumutsi wace. Ngati cimo ndi bvuto, cipulumutso ku cimolo ndi yankho. (Kutsogolera munthu kwa Yesu kuti akhale Mkristu ziri zolembedwa pa tsamba lina la bukuli.

5. Kwa Akristu. makweleru (steps) asanu otsatira ali ofunikira kwambiri pa kucotsa cimo ndi zolakwa:

A. Kubvomereza (1 Yohane 1:9)

B. Landilani kukhululukira kwa Mulungu Aefeso 1:7.

C. Konzani cimo lanu ndi wina aliyense mwacimwira werengani Mateyu 18:15-16.

D. Iwalani za cimolo. Werengani Afilipi 3:13. Zikhululukireni inu nokha monga Mulungu akukhululukirani kale inu.

E. Pitirizani werengani Afilipi, 3: 14. Pitirizani kuyamika Mulungu pa kukusambitsani ndi mtendere. Pitirizani pa kutumikira ena.

6. Kumbutsani munthuyo amene ali ndi cimo ndizolakwa zabvuto kuti makwelerowa pa mwambapa ali wofunikira ndithu kuwatsatira mkufanana ndi cimo la mtsogolo, zolepheleka kapena zolakwika zina.

Zimene Mulungu Alankhula pa za Cimo ndi Zolakwa:

Gwiritsani nchito malembo kuti akuthandizeni kumasulira cimo, zolakwa ndi kukhulukira:

“Tiyeni, tsono, tiweruzane, ati Yehova; ngakhale zoipa zanu ziri zofiira, zidzayera ngati matalala; ngakhale ziri zofiira ngati kapezi, zidzakhala ngati ubweya wa nkhosha woti mbu” (Yesaya 1:18).

“Kamphindi kakang'ono ndakusiya iwe, koma ndi cifundo cambiri ndidzakusonkhanitsa. M'kukwiya kwa kusefukira ndinakubisira nkhope yanga kamphindi; koma ndi kukoma mtima kwa cikhalire ndidzakucitira cifundo, ati Yehova Mombolo wako” (Yesaya 54:7-8).

“Usiku wapita, ndi dzuwa layandikira; cifukwa cace tibvule nchito za mdima, ntibvale camuna ca kuunika. Tiyendeyende koyenera, monga usana; si m' madyerero ndi kuledzera ai, si m' cigololo ndi conyansa ai, si mu ndeu ndi nkhwidzi ai. Koma bvalani inu Ambuye Yesu Kristu, ndipo musaganizire za thupi kucita zofuna zace” (Aroma 13:12-14).

“Pakuti m'kati mwace mwa mitima ya anthu, muturuka maganizo oipa zaciwerewere, zakuba, zakupha, zacigololo, masiri, zoipa, cinyengo, cinyanso, diso loipa, mwano, kudzikuzi, kupusa: zoipa izi zonse zituruka m'kati, nizidetsa munthu” (Marko 7:21-23).

“Cifukwa cace lapani, bwererani kuti afafanizidwe macimo anu, kotero kuti zidze nyengo zakutsitsimutsa zocokera ku nkhope ya Ambuye” (Macitidwe 3:19).

“Koma Mulungu atsimikiza kwa ife cikondi cace ca mwini yekha m' menemo, kuti pokhala ife cikhalire ocimwa, Kristu adatifera ife” (Aroma 5:8).

“Ine, Inedi, ndine amene ndifafaniza zolakwa zako, cifukwa ca Ine mwini; ndipo Ine sindidzakumbukira macimo ako” (Yesaya 43:25).

“TIFUNA CAKUDYA NDI NDALAMA”

M'MENE MUNGATHANDIZIRE:

1. Yesetsani kupeza nkofunika kuopsya kotani afuna cakudya ndi ndalama. Anthu ena amene amalankhula za bvuto ili sizoonu kuti ali wosauka ai.
2. Kumbali ina, kusauka kweni-kweni ndi kumapweteka kwambiri. Tero, inu muyenera kumvetsera mosamala ku anthu amene afuna thandizo lanu.
3. Mipingo ina imakhala ndi guru limene limaonapo pa za bvuto ili. Amapeza kuti ndani ali woyenera kulandira thandizoli. Kaguruko kamagwiritsa nchito ndalama zina za padera za mpingo kapena cakudya coperekedwa kwa osauka. Ndi kwabwino kuwathandiza pa kuwapatsa nchito kapena ganyu pa matsiku ocepa.
4. Inu, monga mtsogoleri wa mpingo, mungapitirize kuthandiza kuti amvetetse za bvuto lomwe limabweretsa kusauka. Uwu ndi mwai wa inu wa kuphunzitsa mwacidule pa kugwira nchito ndi mphamvu ndi kusamalira bwino ndalama zimene akhoza kukhala nazo.
5. Umphawi mwina umabwera kumba ku kumwa mowa mopitirira. Pa cifukwa ici, mukhoza kutsatira malangizo opezeka m'buku ili. Monga (mwacisanzo onani: “mwamuna wanga amamwa.”)
6. Pezani m'mene banja limaonera za kusowa kwa ndalama kawiri-kawiri, acibanja akhoza kugwapo pa kuthandiza ngati alimvetsetsa bvutoli.
7. Ngati njala ndi ya ikuru, mwina cifukwa ca cilala, kapena cakudya, inu mukhoza kupempha boma kapena acimishomi kuti athandizire pa bvutoli.
8. Mpingo wanu ufunikira kugwirizana ndi anthu kapena boma pa kupeza zocita pa kufuna kuteteza njala. Izi zikhoza kukhala kubala cakudya cathanzi, kapena madzi kapena nyumba yoikamo cakudya, mbeu zogulitsa, ndi zotsema-tsema.
9. Inu, pa inu nokha, mukhoza kupeza pakati pa mamembala ngati kuli kofunika kupereka nchito kwa anthu osowa ndalama.

“Zimene Buku Lopatulika Lilankhula pa Zikhumbo ndi Mkhalidwe Woipa:”

“Indedi Mulungu acitira Israyeli zabwino, Iwo a mtima wa mbe. Koma ine, ndikadagwa; Mapazi anga akadaterereka” (Masalmo 73:1-2).

“Ndinali wam' thengo, wosadziwa kanthu; Ndinali ngati nyama pamaso panu. Koma ndikhala ndi Inu cikhali: Mwandigwira dzanja langa la manja. Mudzanditsogolera ndi uphungu wanu, Ndipo mutatero, mudzandilandira m' ulemmero. Ndiri ndi yani Kumwamba, koma Inu? Ndipo pa dziko lapansi palibe wina wondikonda koma Inu. Likatha thupi langa ndi mtima wanga: Mulungu ndiye thanthwe la mtima wanga, ndi colandira canga cosatha” (Masalmo 73:22-26).

“Sicinakugwerani inu ciyeso koma ca umunthu; koma Mulungu ali wokhulupirika, amene sadzalola inu kuyesedwa koposa kumene mukhoza; koma pamodzi ndi ciyeso adzaikanso populumukirapo, kuti mudzakhoze kupirirako” (1 Akorinto 10:13).

“Musanyengedwe; Mulungu sanyozeke; pakuti cimene munthu acifesa, cimenenso adzaciduta. Pakuti wakufesera kwa thupi la iye yekha, cocokera m' thupi adzatuta cibvundi; koma wakufesera kwa Mzimu, cocokera mu Mzimu adzatuta moyo wosatha” (Agalatiya 6:7-8)

“Musadere nkhwana konse; komatu m' zonse ndi pemphero, ndi pembedzero, pamodzi ndi ciyamiko, zopempha zanu zidziwike kwa Mulungu. Ndipo mtendere wa Mulungu wakupambana cidziwitso conse, udzasunga mitima yanu ndi maganizo anu mwa Kristu Yesu. Cotsalira, abale, zinthu ziri zonse zoona, ziri zonse zolemekeza, ziri zonse zolungama, ziri zonse zoyera, ziri zonse zokongola, ziri zonse zimveka zokoma; ngati kuli cokoma mtima cina, kapena citamando cina zilingirireni izi. Zimenenso mudzaziphunzira, ndi kuzilandira, ndi kuzimva, ndi kuziona mwa ine, zomwezo citani; ndipo Mulungu wa mtendere adzakhala pamodzi ndi inu” (Afilipi 4:6-9).

“Musakonde dziko lapansi, kapena za m' dziko lapansi. Ngati wina akonda dziko lapansi, cikondi ca Atate siciri mwa iye. Pakuti ciri conse ca m' dziko lapansi, cilakolako ca thupi ndi cilakolako ca maso, matamandidwe a moyo, sizicokera kwa Atate, koma ku dziko lapansi” (1 Yohane 2:15-16).

“MWANA WATHU ALI NDI MIMBA - KOMA WOPANDA MWAMUNA”

M'MENE MUNGATHANDIZIRE:

1. Mimba yopanda mwamuna ndi cinthu cobvuta, kawiri-kawiri. Banja la wamimbayo, mtsikana wosakwatira akhoza kukhala wokwiya ndi wosowa cocita.
2. Pezani mpfundo zem-zeni pa nthawi imeneyi mwakumvetsera mosamala. Funsani mafunso otere: Kodi cinacitika nciani? Cacitika nciani pa kufuna yankho?
3. Yetsani kupereka ciyembekezo. Ici ciyenera kucitika mwa kulankhula werengani Masalmo 147:3 “Mulungu ali wokonzeka kukuthandizani inu ndi mwana wanu.”
4. Auzeni kuti asacotse mimbayo. Kupha mwana wosabadwa siyankho ya Mulungu.
5. Osayesa kudzudzula mwana yekha ai. Tate wa mwana wosabadwa anacimwanso. Zolakwika zinacitikanso ndi makolo.
6. Khazikitsani nthawi ya kulankhula ndi mtsikana msanga. Pezani nthawi ina ya kulankhula ndi tate wacita cinthu colakwika. Tsopano ayenera kulandira zotsatira zace.
8. Mulimbikitseni mtsikanayo kuti ayenera kukonzekera kukhala mai wa mwana. Iye ayenera kukhala monga mwa nthawi zonse mu umoyo wace monga kungathekere. Mvacitsanzo, ayenera kupitiriza maphunziro ngati kuli kotheka kapena kuti azifunsa thandizo kucokera kwa anthu ena. Kukhala mkazi wa ciwerewere sicifuniro ca Mulungu.
9. Muuzeni mtsikanayo kuti mwana amene adzabadwa alibe colakwa. Iye ayenera kukondedwa ndi mai wace ndiponso banja lonse.

Zomwe Buku Lopatulika Lilankhula pa za Kugonana:

“Zakudya ndizo za mimba, ndi mimba ndiyo ya zakudya; koma Mulungu adzathera iyi ndi izi. Koma thupi siliri la cigololo, koma la Ambuye, ndi Ambuye wa thupi” (1 Akorinto 6:13).

“Cifukwa cace musamalola ucimo ucite ufumu m' thupi lanu la imfa kumvera zofuna zace: ndipo musapereke ziwalo zanu kuucimo, zikhale zida za cosalungama; koma mudzipereke inu nokha kwa Mulungu, monga amoyo ataturuka mwa akuta, ndi ziwalo zanu kwa Mulungu zikhale zida za cilungamo”(Aroma 6:12-13).

“Musakonde dziko lapansi, kapena za m' dziko lapansi. Ngati wina akonda dziko lapansi, cikondi ca Atate siciri mwa iye. Pakuti ciri conse ca m' dziko lapansi, cilakolako ca thupi ndi cilakolako ca maso, matamandidwe a moyo, sizicokera kwa Atate, koma ku dziko lapansi. Ndipo dziko lapansi lipita, ndi cilakolako cace; koma iye amene acita cifuniro ca Mulungu akhala ku nthawi yonse”(1 Yohane 2:15-17).

“Koma ngati tiyenda m'kuunika, monga Iye ali m'kuunika, tiyanjana wina ndi mnzace, ndipo mwazi wa Yesu Mwana wace utisambitsa kuticotsera ucimo wonse. Tikati kuti tiribe ucimo, tidzinyenga tokha, ndipo mwa ife mulibe coonadi. Ngati tibvomereza macimo athu, ali wokhulupirika ndi wolungama Iye, kuti atikhululukire macimo athu, ndi kutisambitsa kuticotsera cosalungama ciri conse”(1 Yohane 1:7-9).

“Ndi kutaya pa Iye nkhwana yano yonse, pakuti Iye asamalira inu” (1 Petro 5:7).

“Ine ndafafaniza monga mtambo wocindikira zolakwa zako, ndi monga mtambo macimo ako; bwerera kwa Ine, pakuti ndakuombola”(Yesaya 44:22).

“Aciritsa osweka mtima, Namanga mabala ao” (Masalmo 147:3).

“NDIRI NDI ZOKHUMBA ZAMPHAMVU ZACIKUNJA”

M'MENE MUNGATHANDIZIRE:

1. Fotokozani za zokhumbazo, zonse zabwino ndi zoipa ndi zocitika ku anthu onse. Aliyense ali ndi zokhumba pa zakudya, cikondi, kugonana, kukagona ndi zina zotero. Mabvuto amabwera ngati cikhumbo cafika posaziletsa munthuyo.
2. Funsani kuti ndi zokhumba ziti zomwe zimabweretsa mabvuto. Kodi ndi cilakolako, kapena cikhumbo ca pa ndalama? Kodi zikhumbozi zabweretsa kupweteka ndi kupitirira kukula?
3. Pambuyo pa kudziwa zazikhumbo zimene siziri za Cikristu zimene zibweretsa mabvuto, ganizirani kuti adzipereke kwa Mulungu ndi pemphero. Anatilenga ife, motere maganizo athu ndi thupi ziri zace. Mzimu wa Mulungu ukhoza kutithandiza kuletsa zikhumbo za thupi lathu.
4. Werengani pamodzi malembo awa: Akolose 1:16, Aroma 6:13, 1 Akorinto 6:12-20. Tengani nthawi yaitali muli kumasulira ndimezi.
5. Pezani nthawi ya kuika Mau a Mulungu pa Mtima. Izi zikhoza kubweretsa maganizo athu kukhala pamodzi ndi Mau a Mulungu. Ikani pa mtima ndime zofunikira, zipatsa mphamvu pamene tikumana ndi zilakolako zimene siziri za Cikristu.
6. Pezani tsiku la colinga kuti mumasuke ku bvutolo. Mwa zonse ndi thandizo la Mulungu ndi cifuniro canu, ufulu mukhoza kuupata pa masabata yocepa kapena pa mwezi yocepa.
7. Tsopano bweretsani zikhumbozi kwa Mulungu mwa pemphero. Limbikitsani munthuyo amene ali ndi zikhumbo kuti azipemphera tsiku liri lonse kuti Mulungu azicotseletu zikhumbo zacezo.
8. Muuzeni kuti mafunso awa atatu ayenera kuyankhidwa pamene ayosedwa ndi zinthu zimene siziri za Cikristu:
 - A. Kodi ndikhoza kucita izi mwa cifuniro ca Mulungu?
 - B. Kodi cimene ndiyenera kucita m' malo mwa ici ndi ciani?
 - C. Kodi Yesu anakacita ciani?