

# 1 JUWAU

## *Fala ya Upulumuki*

<sup>1</sup> Pire pikhalipo kutomera pa kutoma, pire pidabva ife, pire pidaona ife na maso athu, pire pidadingisa ife pontho manja athu mbapiphata, ipi tisapilonga pa thangwi ya Fala ya upulumuki.

<sup>2</sup> Upulumuki unowu wabulukira. Ife tauona, pontho ndi unowu unacitira ife umboni, mbatikupangani upulumuki wakukhonda kumala ukhali na Baba, pontho mbubulukira kuna ife. <sup>3</sup> Ife tisakupangani pire pidaona ife na pidabva ife, toera muphatanembo na ife. Kuphatana kwathu ndi na Mulungu Baba, pontho na Mwana wace Yezu Kirixtu. <sup>4</sup> Pontho tisakulemberani pinthu ipi toera kutsandzaya kwathu kudzadziswe.

## *Mulungu ndi Cieza*

<sup>5</sup> Apo mphangwa zidabva ife kuna Kirixtu zinakupangani ife ndi izi: Mulungu ndi cieza. Muna Iye nkhabemo cidima na pang'ono pene. <sup>6</sup> Na tenepo, tingalonga kuti taphatana na Mulungu khundu inango mbatifamba n'cidima, dziwani kuti tiri kulonga uthambi mbatikhonda kucita pya ndimo mwene. <sup>7</sup> Mbwenye tingafamba mu cieza, ninga Iye ali mu cieza, ife tonsene taphatana m'bodzi na m'bodzi, pontho ciropa ca Yezu Mwana wa Mulungu, cinatitsuka kudawa konsene.

<sup>8</sup> Tingalonga kuti ife nkhabo kudawa, tiri kuyengezana tekha ene, pontho muna ife nkhabemo

pya ndimo mwene. <sup>9</sup> Mbwenye tingadambula kudawa kwathu kuna Mulungu, Iye ndi wa kukhulupirika na wakulungama, toera kulekerera kudawa kwathu, na kutitsuka kuipa konsene. <sup>10</sup> Tingalonga kuti cipo tidzati kudawa, tisalonga kuti Mulungu ndi nyauthambi, pontho mafala ace nkhabemo muna ife.

## 2

<sup>1</sup> Ananga, ndisakulemberani tsamba iyi toera mukhonde kugwa n'kudawa. Mbwenye munthu m'bodzi angadawa, tinaye munthu wa kutibvunulira patsogolo pana Baba. Ndiye Yezu Kirixtu, Wakulungama. <sup>2</sup> Iye ndi ntsembe inafudza madawi athu. Pontho si yakufudza madawi athu basi tayu, mbwenye na madawimbo a anthu onsene.

<sup>3</sup> Tingabvera matongero ace, tisapangiza kuti tisan'dziwadi Mulungu. <sup>4</sup> Ule analonga kuti: “Ine ndisan'dziwa”, mbwenye mbakhonda kubvera matongero ace, unowu ndi nyauthambi. Pontho nkhabemo pya ndimo mwene muna iye. <sup>5</sup> Mbwenye munthu anabvera mafala ace, kufuna kwa Mulungu kwadzala muna iye. Na tenepo, tisadziwa kuti tiri muna Iye. <sup>6</sup> Ule analonga kuti ali kukhala muna Iye, asatongwa kuti afambe ninga Iye. <sup>7</sup> Axamwali anga akufunika, matongero awa anakulemberani ine, si mapsa tayu, mbwenye ndi matongero akale ali na imwe kutomera pakutoma. Ndizo Mphangwa zidabva imwe. <sup>8</sup> Mbwenye ipi pinakulemberani ine, ndi matongero mapsa. Matongero enewa mba ndimo mwene muna Iye na muna imwe.

Thangwi cidima ciri kumala, cieza cakukwana ciri kuyetimira.

<sup>9</sup> Munthu analonga kuti ali kukhala mu cieza, mbwenye mbaida m'bale wace, unowu adzati kubuluka n'cidima. <sup>10</sup> Mphapo ule anafuna m'bale wace, unowu ali mu cieza. Na tenepo, muna iye nkhabe cinthu ca kun'gwegwedusa. <sup>11</sup> Mbwenye ule anaida m'bale wace, ali n'cidima, pontho asafamba n'cidima. Na tenepo, nkhabe dziwako kunaenda iye, thangwi cidima campasa udzimola.

<sup>12</sup> Ananga, ndisakulemberani ipi  
thangwi kudawa kwanu  
kwalekererwa,  
na thangwi ya dzina ya Yezu.

<sup>13</sup> Ababa na amai,  
ndisakulemberani ipi  
thangwi imwe musan'dziwa  
ule akhalipo kale dziko mbidzati kucitwa.  
Imwe aphale na atsikana, ndisakulemberani  
thangwi mwankunda Sathani.

<sup>14</sup> Ananga, ndakulemberani  
thangwi musan'dziwa Baba.  
Ndakulemberani imwe ababa na amai,  
thangwi imwe musandziwa  
ule akhalipo kale dziko mbidzati kucitwa.  
Ndakulemberani imwe aphale na atsikana  
thangwi imwe ndimwe a mphambvu.  
Na tenepo mphangwa za Mulungu zina imwe,  
pontho mwankunda Sathani.

*Lekani Kufuna Dziko*

<sup>15</sup> Lekani kufuna dziko, pontho na pinthu piri n'dziko. Thangwi munthu anafuna dziko, nkhabe kufuna Mulungu Baba. <sup>16</sup> Thangwi pyonsene piri pa dziko ninga pinasirira nyama, pinasirira maso, pontho na kupikuza thangwi ya mpfuma, penepi pidabuluka kuna Baba tayu, mbwenye pyabuluka pa dziko. <sup>17</sup> Dziko, na pyonsene pire pinasirira iyo pinamala. Mbwenye ule anacita kufuna kwa Mulungu, anakhala kwenda na kwenda.

### *Anyamalwa a Kirixtu*

<sup>18</sup> Ananga, uno ndi n'dzidzi wakumalisa. Pontho ninga mwapibva kuti nyamalwa wa Kirixtu ali kubwera, apo lero dziwani kuti ali kuoneka azinji anyamalwa a Kirixtu. Na thangwi eneyo, tisadziwa kuti uno ndi n'dzidzi wakumalisa. <sup>19</sup> Iwo abuluka muna ife, mbwenye akhali andzathudi tayu. Thangwi mbadakhala andzathu, mbadakhala na ife. Mbwenye na thangwi ya kubuluka kwawo, pisapangiza kuti onsene akhali andzathu tayu.

<sup>20</sup> Mbwenye imwe mwadzobza na Mulungu, pontho monsene musadziwa. <sup>21</sup> Sirikukulemberani na thangwi ya kukhonda dziwa kwanu pinthu pya ndimo mwene tayu, mbwenye thangwi musapidziwa, pontho thangwi musadziwa kuti pinthu pyonsene pya ndimo mwene nkhabe kubala uthambi.

<sup>22</sup> Mbani nyauthambi? Ndi ule anakhonda kuti Yezu si Kirixtu tayu. Unowu ndiye nyamalwa wa Kirixtu, ule anakhonda Baba na Mwana ene.

<sup>23</sup> Onsene anakhonda Mwana, unowu nkhabembo Baba. Mbwenye ule anamulonga pakweca, unowu ana Baba.

<sup>24</sup> Imwembo koyani m'mitima mwanu pyonsene pidabva imwe kutomera pakutoma. Pire pyonsene pidabva imwe kutomera pa kutoma mungakhala napyo m'mitima mwanu, imwe munati mukhalembo pabodzi na Mwana pontho na Baba. <sup>25</sup> Pidatipikirira Iye ndi ipi: Upulumuki wakukhonda kumala.

<sup>26</sup> Ine ndisakulemberani pinthu ipi, na thangwi ya ale anafuna kukunyengererani. <sup>27</sup> Pa thangwi yanu, kudzobza kudatambira imwe kuna iye kuli muna imwe, pontho nkhabe funika munthu akupfundziseni. Mbwenye ninga kudzobza kwace kudatambira imwe muna Iye nkhoa ndimo mwene si kwa uthambi tayu, kunakupfundzisani pa thangwi ya pinthu pyonsene. Khalani muna Iye ninga mudakupfundzisirani Iye.

### *Ana a Mulungu*

<sup>28</sup> Ananga, cincino khalani muna Kirixtu, toera Iye angapangizika tin'nyindire, tikhonde kupasika manyadzo pa maso pace, pa kubwera kwace. <sup>29</sup> Ngakhala imwe musadziwa kuti Yezu ndi wakulungama, dziwanimbo kuti onsene ale anacita pyakulungama abalwa na Mulungu.

## **3**

<sup>1</sup> Lang'anani kutifuna kukulu kudacita Baba, na kuticita kuti ife ticemerwe ana a Mulungu. Ndimu mwene ndifedi ana a Mulungu. Ndi thangwi eneyo dziko nkhabe kutidziwa, thangwi

iyo nkhaba kun'dziwambo tayu. <sup>2</sup> Axamwali akufunika, ife cincino ndife ana a Mulungu, pontho pidzati kudziwika kuti tinadza kakhala tani. Mbwenye tisadziwa kuti Kirixtu angadza kapan-gizika, ife tinadza kalandana naye. Thangwi tinadza kamuona kukhala kudacita iye. <sup>3</sup> Mphapo munthu onsene ana cidikhiro ceneci muna Kirixtu, asatongwa kuti akhale wakulungama, sawa-sawa ninga Kirixtu ndi wakulungama.

<sup>4</sup> Munthu onsene anacita kudawa, anumpha Mwambo wa Mulungu. Ndimu mwene, kudawa nkhumpha Mwambo. <sup>5</sup> Imwe musapidziwa kuti Kirixtu abwera kudza kabulusa madawi athu, pontho muna Iye nkhaba kudawa. <sup>6</sup> Onsene ale anakhala muna Kirixtu, nkhaba kukhala n'kudawa. Onsene ale anakhala n'kudawa, adzati kumuona, pontho adzati kun'dziwa.

<sup>7</sup> Ananga, lekani kunyengezwa na munthu. Ule anacita pinthu pyakulungama ndi wakulungama, sawa-sawa ninga Kirixtu ndi wakulungama. <sup>8</sup> Apo ule anakhala mbadawa, unowu ndi munthu wa Sathani. Thangwi Sathani adza mbadawa kutomera kale na kale. Ndi thangwi eneyo Mwana wa Mulungu abwera, toera kufudza mabasa a Sathani. <sup>9</sup> Onsene adabalwa na Mulungu nkhaba kukhala mbacita kudawa, thangwi mbeu ya Mulungu iri muna iye. Na tenepo, unowu nkhaba kwanisa kukhala mbacita kudawa, thangwi abalwa na Mulungu. <sup>10</sup> Na mwenemu, tisadziwa mbani ana a Mulungu, peno mbani ana a Sathani. Onsene ale anakhonda kucita pinthu pyakulungama, na onsene anakhonda kufuna m'bale wace, hadabuluka kuna Mulungu tayu.

### *Kufunana m'bodzi na m'bodzi*

<sup>11</sup> Izi ndizo mphanhwa zidabva imwe kutomera pa kutoma kuti: Tifunane m'bodzi na m'bodzi.

<sup>12</sup> Mbatilekeni kukhala ninga Kainu, munthu wa Sathani adapha m'bale wace. Apo thangwi yanji iye apha m'bale wace? Amupha thangwi mabasa ace akhali akuipa, mbwenye mabasa a m'bale wace akhali akulungama.

<sup>13</sup> Abale anga, lekani kudzudzumika mungazondiwa na dziko. <sup>14</sup> Tisadziwa kuti ife tabuluka pa kufa, mbwenye cincino tapulumuka thangwi tisafuna abale athu. Mphapo ule anakhonda funa m'bale wace, ali n'kufa. <sup>15</sup> Munthu onsene anazonda m'bale wace ndi phanga. Pontho imwe musadziwa kuti phanga nkhaba upulumuki wakukhonda kumala muna iye.

<sup>16</sup> Na mwenemu, ife tisadziwa ndi ninji kufunana, thangwi Yezu Kirixtu apereka upulumuki wace na thangwi yathu. Na tenepo, ife tibatongwambo kupereka upulumuki wathu na thangwi ya abale athu. <sup>17</sup> Munthu wa kupfuma mbaona m'bale wace ali kucherenga mbakhonda kumphedza, munthu unowu analonga kuti asafuna Mulungu? <sup>18</sup> Ananga, kufunana kwathu mbukuleke kukhala kwa mafala na mulomo basi tayu, mbwenye mbukukhale kwa mabasa na mwa ndimo mwene.

<sup>19</sup> Na tenepo, tinadziwa kuti ife ndife a ndimo mwene, pontho tinakhurudzisa ntima wathu pat-sogolo pana Mulungu, <sup>20</sup> ntima wathu ungati-panga kuti tadawa. Mulungu ndi nkulu kakamwe kupita ntima wathu, pontho asadziwa pinthu pyonsene.

<sup>21</sup> Axamwali anga akufunika, ntima wathu ungakhonda kutipanga kuti tadawa, tina cinyindiro patsogolo pana Mulungu. <sup>22</sup> Pontho pyonsene pinaphemba ife anatipasa, thangwi tisabvera matongerero ace pontho tisacita pinafuna Iye. <sup>23</sup> Matongerero ace ndi awa: Kuti titawire dzina ya Yezu Kirixtu Mwana wace, pontho tifunane m'bodzi na m'bodzi, ninga mudatipangira Iye. <sup>24</sup> Ale anabvera matongerero a Mulungu, asakhala muna Mulungu, Mulungumbo asakhala muna iwo. Na tenepo, tisadziwa kuti Iye asakhala muna ife, na thangwi ya Nzimu udatipasa Iye.

## 4

### *Tidzindikire Mwadidi Mizimu*

<sup>1</sup> Axamwali akufunika, lekani kubvera mizimu yonsene, mbwenye ilang'aniseni mwadidi toera muione ngakhala yabuluka kuna Mulungu. Thangwi aporofeta azinji a uthambi ali kubalalika n'dziko muno. <sup>2</sup> Nzimu wa Mulungu imwe munakwanisa kuudzindikira tenepa: Nzimu onsene unalonga kuti Yezu Kirixtu acitika munthu, nzimu unowu wabuluka kuna Mulungu. <sup>3</sup> Mbwenye nzimu onsene unakhonda kulonga penepi, hud-abuluka kuna Mulungu tayu. Unowu ndi nzimu wa nyamalwa wa Kirixtu, ule udabva imwe kale kuti uli kubwera, apo cincino uli pano pa dziko.

<sup>4</sup> Ananga, imwe ndimwe a Mulungu, pontho mwaikunda mizimu ya uthambi. Thangwi ule ali muna imwe ana mphambvu kupita ule ali pa dziko. <sup>5</sup> Iwo abuluka n'dziko. Na thangwi eneyo, pire pinalonga iwo pisabuluka n'dziko, pontho dziko isaabvera. <sup>6</sup> Ife tabuluka kuna Mulungu,



pontho onsene ale anadziwa Mulungu asatibvera. Mbwenye ule anakhonda buluka kuna Mulungu, nkhaba kutibvera. Na tenepo tisakwanisa kudzindikira Nzimu wa ndimo mwene, na nzimu wa uthambi.

### *Mulungu ndi Kufunana*

<sup>7</sup> Axamwali akufunika, mbatifunanani m'bodzi na m'bodzi, thangwi kufunana kusabuluka kuna Mulungu. Ule anafuna ndzace, abalwa na Mulungu, pontho asan'dziwa Mulungu. <sup>8</sup> Mphapo ule anakhonda kufuna ndzace nkhaba kun'dziwa Mulungu, thangwi Mulungu ndi kufunana. <sup>9</sup> Mulungu apangiza kufuna kwace pakati pathu tenepa: Atuma Mwana wace m'bodzi ekha pa dziko, toera iye aticite kuti tikhale m'maso. <sup>10</sup> Kufunana kwacitika tenepa: Sife adafuna Mulungu tayu, mbwenye ndiye adatifuna mbatitumira Mwana wace, toera kufudza madawi athu. <sup>11</sup> Axamwali anga akufunika, na kutifuna kudaticita Mulungu, ifembo tibatongwa tifunane m'bodzi na m'bodzi. <sup>12</sup> Cipo nkhaba munthu adaona Mulungu. Mphapo tingafunana m'bodzi na m'bodzi, Mulungu anakhala muna ife, pontho kufuna kwace kunadzaleratu kakamwe muna ife.

<sup>13</sup> Ife tisadziwa kuti tiri muna Mulungu, Iyembo ali muna ife, thangwi Iye atipasa Nzimu wace. <sup>14</sup> Na tenepo, ife tamuona, pontho tisaenda mbatilonga umboni kuti Baba atuma Mwana wace, toera akhale Mpulumusi wa dziko. <sup>15</sup> Munthu analonga pakweca kuti Yezu ndi Mwana wa Mulungu, munthu unowu Mulungu anakhala muna iye, iyembo anakhala muna Mulungu. <sup>16</sup> Na tenepo,

ife tisadziwa kutifuna kunaticita Mulungu, pontho kutifuna kweneku tisanyindirako. Mulungu ndi kufunana. Onsene anakhala mwa kufunana ali muna Mulungu, pontho Mulungu ali muna iye. <sup>17</sup> Na tenepo, kufunana kwadzala pakati pathu toera ntsiku ya kutongwa tikhale na kunyindira. Thangwi pa dziko ino ndife sawa-sawa ninga Yezu. <sup>18</sup> Pana kufunana nkhaba gumanika kugopa. Pontho kufunana kwakukwana kusamalisa kugopa. Thangwi ale anagopa, asagopa nyatwa. Ule anagopa nkhaba kufunana kwakukwana.

<sup>19</sup> Ife tisanfuna, thangwi Iye ndiye adatifuna pakutoma. <sup>20</sup> Munthu analonga kuti: “Ine ndisafuna Mulungu”, mbwenye mbaida m'bale wace, unowu ndi nyauthambi. Thangwi munthu anakhonda funa m'bale wace anaona iye na maso ace, anacimwana kufuna Mulungu anakhonda kuona iye. <sup>21</sup> Mulungu atisiyira matongero awa: Kuti ule anafuna Mulungu, mbafunembo m'bale wace.

## 5

### *Kukhulupira Mwana wa Mulungu*

<sup>1</sup> Munthu onsene anatawira kuti Yezu ndi Kirixtu, unowu abalwa na Mulungu. Pontho munthu onsene anafuna Baba, mbafunembo Mwana wace. <sup>2</sup> Tingafuna Mulungu mbatibvera matongero ace, penepi ndipyo pinapangiza kuti tisaafuna ana a Mulungu. <sup>3</sup> Thangwi kufuna Mulungu nkhubvera matongero ace, pontho matongero ace nkhaba lemera. <sup>4</sup> Thangwi ule anabalwa na Mulungu asakunda dziko. Tisakwanisa kukunda dziko na kukhulupira

kwathu. <sup>5</sup> Ndi ani anakwanisa kukunda dziko? Ndi ule basi anatawira kuti Yezu ndi Mwana wa Mulungu.

<sup>6</sup> Yezu Kirixtu ndi unowu adabwera na madzi na ciropa. Si na madzi basi tayu, mbwenye ndi na madzi na ciropa. Pontho Nzimu wa Mulungu ndiwo unacita umboni, thangwi Nzimu wa Mulungu ndi wa ndimo mwene. <sup>7</sup> Piripo pinthu pitatu pinacita umboni \*[kudzulu. Baba, Fala na Nzimu wa Mulungu. Pitatu ipi, pisabverana. <sup>8</sup> Pontho pitatu ipi ndipyo pinacita umboni pa dziko.] Nzimu wa Mulungu, madzi na ciropa. Pitatu ipi, ndi cinthu cibodzi basi. <sup>9</sup> Ife tisatawira umboni wa anthu, mbwenye umboni wa Mulungu ndiwo ukulu, thangwi ndi umboni unacitira iye Mwana wace. <sup>10</sup> Munthu anatawira Mwana wa Mulungu anawo umboni unowu mu ntima mwace. Mbwenye ule anakhonda kutawira Mulungu, asacita Mulungu ninga ndi nyauthambi. Thangwi asakhonda umboni udatipasa Mulungu na thangwi ya Mwana wace. <sup>11</sup> Umboni wa Mulungu ndi uyu: Kuti Mulungu atipasa upulumuki wakukhonda kumala. Upulumuki unowu uli muna Mwana wace. <sup>12</sup> Ule ana Mwana wa Mulungu, anawo upulumuki. Mbwenye anasowa Mwana wa Mulungu, nkhaba upulumuki.

### *Mafala Akumalisa*

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\* **5:7** Mafala anagumanika n'kati mwa cidzindiro ici [...] ndi mafala adakhonda kulembwa na malongero a cigerego, m'matsamba anango a kutoma a kale a Mafala a Mulungu.

<sup>13</sup> Ine ndakulemberani pyonsene ipi, toera imwe mudatawira dzina ya Mwana wa Mulungu, mudziwe kuti munawo upulumuki wakukhonda kumala. <sup>14</sup> Cinyindiro cina ife muna Iye ndi ici: Kuti tingamphemba cinthu ninga munafunira Iye, Iye asatibva. <sup>15</sup> Pontho tingadziwa kuti Iye asatibva pa pyonsene pinamphemba ife, tisadziwa kuti tapasiwa pyonsene pidamphemba ife.

<sup>16</sup> Munthu anaona m'bale wace mbacita kudawa kunakhonda kubala kufa, mbamphemberere, Mulungu anampulumusa. Penepi ndisalongera kuna ale kuti kudawa kwawo nkhabe kubala kufa. Thangwi kulipo kudawa kunabala kufa. Sirikulonga enewa tayu. Kuna anthu enewa, lekani kuaphemberera. <sup>17</sup> Pinthu pyonsene pyakukhonda kulungama ndi kudawa. Mbwenye kulipo kudawa kunakhonda kubala kufa.

<sup>18</sup> Tisadziwa kuti onsene adabalwa na Mulungu nkhabe kukhala n'kudawa, thangwi Mwana wa Mulungu anaakoya. Na tenepo, Sathani nkhabe kuacita kuipa. <sup>19</sup> Tisadziwa kuti ife ndife a Mulungu, pontho dziko yonsene isatongwa na Sathani. <sup>20</sup> Tisadziwambo kuti Mwana wa Mulungu abwera mbatipasa ndzeru toera tidziwe Mulungu wa ndimo mwene. Pontho ife tiri muna Mulungu wa ndimo mwene, muna Mwana wace Yezu Kirixtu. Yezu Kirixtu unowu, ndiye Mulungu na upulumuki wakukhonda kumala.

<sup>21</sup> Ananga, citani mphole na alungu apezi.

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**Mozambique**

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