

Lihamba lya Paulo kwa bhandu **bha** **Kuefeso** **Ulongolelo**

Lihamba ali kwa Akaaefeso likityekwa ugheghela na manjubha agho agho na lihamba lya Akaakolosai ngungwa ya sitini mbole ya kubhelekwa Yesu. Yunakutyeka kangumalimanyiha mwene handa Nndumilwa Paulo, kipalamande kya 1:1. Asomi atangala bhanguyitikila kukita Paulo kakityeka lihamba ali kwa Akaaefeso payibhele libhegha ng'obhe na majambuho kwa mundu handa ghanakubhoneka mu lihamba lya Akaakolosai. Kubhukana na nnando aghu pangi lihamba ali likihwachilwa lighende mumangwemuko gha bhandu bhanakuhyubhalila Kilisto mu nkoa ghwoha ghwa ku Efeso. Paulo bhubho kangukambuka kukita kakibhegha kukibhopo pakatyekite lihamba ali, kipalamande kya 3:1, na 4:1 na 6:20. Paulo ndo kakimpeghe lihamba ali Tikiko kayeghe pabhabheghite mu mwanja ghwake ghwa kutyangila ngwemuko lya Chapanga lya akwo Efeso 6:21-22.

Efeso kikiibhegha Kitami kikulu muno na kikiibhegha liboma likulu lya nnima ghwa Loma kwa nkoa ghwa Asiya njoko. Efeso yikimanyikwa muno kukita ndo nyumba ya kuntundamila chapanga nndala ghwa Kigiliki ywakakemitwe Atemi, mandendelo kipalamande kya 19:23-31.

Ngwemuko Iya bhandu bhahyubhalila Kilisto palitandite likibhegha nyanyi, peni kuulongolo bhakilibhweda, kitabho kya uhughulo kipalamande kya 2:1-7.

Mulihamba lyake kutandila kulongolo mbaka pakati, Paulo kangulubhulila bhula Chapanga pakaahaghulite bhandu bhake na pakaalopohite bhombe kubhukana na ulemwa kwa kunhyubhalila Yesu Kilisto. Paulo kangulinganiha ngwemuko Iya bhandu bha Chapanga na mmili ghwene Kilisto ndo mutwe ghwa mmili aghwo, na kangi kangulinganiha hana da linjengo Iya Kilisto ndo kitamiko kya liganga lyakunoghela. Kutandila pakati ya kitabho mbaka kuulongolo, Paulo kangulaghila bhula bhangunoghwa kutama handa bhandu bhanhyubhalila Kilisto.

Ghaabheghite

Paulo kangulimanyiha mwene na kanguajambuha Akaefeso, kipalamande kya 1:1-2.

Kangi ywombe kangulubhulila ulongo ghwa ngwemuko Iya bhandu bha Chapanga ugheghela na Kilisto, kipalamande kya 1:3—3:21.

Kuulongolo paulo katyeka bhula bhandu bhanhyubhalila Kilisto mubhanoghwa kutama, kipalamande kya 4:1—6:20.

Kuuhiko Paulo kanguyomolela kwa kuapeggha usigho, kipalamande kya 6:21-24.

¹ Nenga Paulo, nndumilwa ghwa Kilisto Yesu kwa kupala Chapanga.

Nunguatyekela lihamba ali mwenga bhandu bha Chapanga bha akwo Efeso, mummeghite ahyubhaliko mu kulilunga na Kilisto Yesu.

² Nunguayupila kwa Chapanga Tate ghwetu na Bambo ghwetu Yesu Kilisto, kabheghe mwenga umaha na ntame kwa uhihimilo.

Nonelo hya Chapanga mu Kilisto.

³ Katikilwe Chapanga na Tate ghwa Bambo ghwetu Yesu Kilisto, mana twenga mu kulilunga na Kilisto katunonela na katupegha nonelo hyoha hya kunane kupitila Nhuki ghwa Chapanga.

⁴ Kukali na kubhumbwa kwa nnima, Chapanga kakitupala na kakituhaghula tulilunge na Kilisto. Kakitenda habhu ili tukotoke kubheghe na ulemwa muulongolo ghwake.

Kakitenda habhu kiyaha kakitupala.

⁵ Chapanga kakilamula kutandila ulongohi tubheghe bhana bhake kupitila Yesu Kilisto, aki ndo kyakapalite kukitenda na ndo kiinnoghite.

⁶ Habhu, tunnumbe Chapanga kwa umaha ghwake ghwakatupeghite twenga tuulilungite na Mwana ghwake ywakampala.

⁷ Kiyaha kwa kiho kyake Kilisto twenga tukombolelwa, mana ulemwa ghwetu ghubhuhwa. Habhu ndo muyibhele telatela na ukulu ghwa umaha ghwake,

⁸ kupitingana kwa agho, Chapanga kakitupegha umaha ghwake ngenju.

Papamu na malango na umanyi ghwake ghwoha.

⁹ Chapanga kakitutangatila kumanya kila kyakakipalite, kakitumanyiha nnando

ghwangamanyika telatela na ulamulo ghwakaupalite kupitila Kilisto.

¹⁰ Npangilo aghwo ghwene Chapanga kangaghuyomolite mumanjubha ghanakunoghela kuhika. Manjubha agho Chapanga katahikungana papamu hibhumbe hyoha, hilibhi hyoha hiibheghite kunane na pannima, hyabhegha hingulongohwa na Kilisto.

¹¹ Mu kulilunga na Kilisto, twenga bhubho tupeghwa ulopohi handa mutupangilitwe na ulamulo ghwa Chapanga, ywombe kangutenda milando yoha kulandana na mapalo ghake.

¹² Basi, twenga tuulongolite kubhika udumbilo ghwetu kwa Kilisto, tungunoghwa tuulumbe ukulu ghwake Chapanga!

¹³ Na mwenga bhubho mummeghite ng'obhe Ayahudi nnyihwa Lilagho lya hoto, mana yake ndo Nhalo ghwa Maha ghuuyegha ulopohi. Munnyubhalila Kilisto na Chapanga ili kubhoneha kukita mwenga mulilunga na Kilisto, kakiamatika mango kwa kaapeghe yula Nhuki ghwake ywakatulaghte.

¹⁴ Aywo Nhuki ndo ulyaghilo ghwa kumokola ghoha ghene Chapanga ghakaalaghte bhandu bhake, na nnando aghu ghungutupeghe makakala gha kumanya kukita Chapanga kataakombola bhandu bhake bhoha. Tughutike ukulu ghwake!

Paulo kanguayupila bhandu bha ku Efeso

¹⁵ Kubhukana na nnando aghwo, kutandila panyuhite bhula mungunhyubhalila Bambo gwetu

Yesu Kilisto, na kuapala bhandu bhoha bha Chapanga,

¹⁶ manjubha ghoha ninaleka ndwee kunnumba Chapanga kwakya mwenga. Nunguakulungwa mumayupo ghangu,

¹⁷ nungughendelela kunnyupa Chapanga ghwa Bambo ghwetu Yesu Kilisto, Tate ghwa ukulu kabhapeghe mwenga Nhuki ghwa malango ili nhotole kumanya kyanalumu.

¹⁸ Nungunnyupa Chapanga kayihughule myoyo yenu ili mmanye uhoto na mmanye milando ya maha yene Chapanga yakaabhikilite kwakya mwenga,

¹⁹ kangi nhotole kumanya bhula makakala makulu paghatenda lihengo kwa twenga bhatunhyubhalila Yesu. Likalama alyo lingutenda lihengo nkati mwetu tela na makakala ghala makulu muno

²⁰ ghakaghatumilite kunhyuha Kilisto kuhuma mu kiho, kakimmika pahala pa uhokamo.

²¹ Akwo kunani, Kilisto kangutabhala kila ntabhala na hilogohibahangi, ubhutwa. Kangutabhala unani mwa kila kilibhi kiibheghite na makakala, ndo nkulu kupitinga makakala ghoha ghene bhandu bhangughatundamila. Yowombe kangulongoha hilogohi bha hinu bhaabheghite pannima na hilogohi bha nnima ghuupala kuhika.

²² Chapanga kahibhika hilibhi hyoha mumakakala gha Kilisto ili kulitangatila ngwemuko ya bhandu bhanakunhyubhalila Kilisto.

²³ Ngwemuko lya bhandu bha Chapanga ndo mmili ghwa Kilisto, naywo Kilisto ndo handa

mutwe ghwa ngwemuko ya bhandu bha Chapanga. Kilisto kangutwiliha hilibhi hyoha kila pahala na kanguatwiliha bhandu bha chapanga.

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Kubhuka mu kiho kughenda mu ubhumi

¹ Makachu mwenga mukibhegha handa nhwegha, kubhukana na uhokelo na ulemwa ghwenu.

² Manjubha ghala mukibhegha mungutenda milando mihakataho ya munnima aghu, mukibhegha mungunnyitikila Nchipila, ywene ndo nkulu ghwa mandilo, hinu kanguatabhala bhandu bhanga kunnyitikila Chapanga.

³ Hata twenga twabhoha tukibhegha handa bhombe, tukitughila tama hakataho hya nnima, na tukitughila milando yiipala mmili na mahala ghetu. Twenga handa bhula bhombe, tuginoghwa kuhyatwa na Chapanga handa bhandu bhangi bhanga kunnyitikila Chapanga.

⁴ Peni Chapanga kabhegha luhungu ngenju na kangutupala muno.

⁵ Hata payibhele tukihwegha kinhuki kubhukana na ulemwa ghwetu, kakitutenda tubheghe na ubhumi papamu na Kilisto. Mwenga nnopoleghwa kwa umaha ghwa Chapanga.

⁶ Habhu, kwa kulilunga na Kilisto Yesu, Chapanga kakituhyuha papamu na ywombe, ili tutabhale papamu ywombe kunane,

⁷ Chapanga kakitenda habhu, ili manjubha ghaapala kuhika kabhonehe umaha ghwake

ngenju, ghwakatupeghite twenga, ghwene kangughubhoneha umaha aghwo kwa unyanyi ghwake kupitila Kilisto Yesu.

⁸ Mana, kwa umaha ghwa Chapanga nkomboleghwa kwa njila ya kuhyubhalila, kangi mukililopoha ng'obhe kwa matendelo ghenu, ngati ndo hupo ya yaghi kuhuma kwa Chapanga kubhukana na kunhyubhalia Kilisto Yesu.

⁹ Mundu ywohele kakotoke kulitika, kiyaha nnopoleghwa ng'obhe kubhukana na mandendelo ghenu.

¹⁰ Mana twenga tubhumbwa na Chapanga, na kwa kulilunga na Kilisto Yesu, kakitubhumba ili tutame kwa matendelo gha maha ghene Chapanga kakilongolela kutubhikila.

Kulilunga na Kilisto.

¹¹ Nkulungwe kukita, mwenga makachu apo mukibhegha bhandu mumeghite ng'obhe Ayahudi kwa kubhelekwa, mukikemwa "Mangadumulwa unyagho" Na Akaayahudi bhene bhangulikema bhadumulitwe unyagho.

¹² Manjubha ghala mwenga mukitama kyangali Kilisto, mukibhaghulwa pambwegha na bhandu bha Isilaeli, mukibhegha handa ahenja na mukimanya ng'obhe ninganilo yakalaghite Chapanga kwa bhandu bhake. Mukitama munnima kyanga udumbilo kangi kyanga kumanya Chapanga.

¹³ Peni hinu, kwa kulilunga na Kilisto Yesu, mwenga bhene apo makachu mukibhikwa kutali na Chapanga, hinu nnyeghwa ugheghela kwa njila ya kiho kya Kilisto.

¹⁴ Mana Kilisto mwene katuyeghela uhihimilo, kwa kutulinganiha malobhe twenga Ayahudi na mwenga mummeghite ng'obhe Ayahudi tubheghe kilibhi kimu. Kwa njila ya kubhua mmili ghwake, kughubhuha umyanja ghuubheghite handa kindupa kiitubhaghulite.

¹⁵ Kakibhuha Malaghilo gha Akaayahudi na ngwiliho papamu na mipangilo yabhe, ngati kabhatende Akaayahudi na bhandu bhaabheghite ng'obhe Ayahudi abheghe papamu mukulilunga na Kilisto habhu kuyegha uhihimilo.

¹⁶ Kwa kiho kyake mulupingika, Kilisto kakighuhobheha umyanja ghwabhe Akaayahudi na bhaabheghite ng'obhe Ayahudi, l kakiabhika bhoha abheghe kilibhi kimu, kangi kabhalinganiha malobhe na Chapanga.

¹⁷ Basi, Kilisto kakihika kulandamiha Nhalo ghwa Maha ghwa uhihimilo kwa mwenga bhandu mumeghite ng'obhe Ayahudi na mummeghite kutali na Chapanga, na bhubho kwa Akaayahudi bhaabheghite ugheghela na Chapanga.

¹⁸ Mana kwa kupitila ywombe, Akaayahudi na bhandu bhaabheghite ng'obhe Ayahudi, twenga twabhoha tunguhotola kung'endela Tate kwa Nhuki yumu.

¹⁹ Basi, mwenga mumeghite ng'obhe Ayahudi hinu chepa ahenja kangi, kangi chepa bhandu mummaghulitwe. Mwenga maakolannima papamu na bhandu bha ukaya kwa Chapanga.

²⁰ Mwenga mmegha handa nyumba yiichengwite mukitamiko, kitamiko akyo ndo andumilwa na ambuye bha Chapanga, Kilisto mwene ndo

libho likulu lya kitamiko akyo.

²¹ Ywombe ndo ywakalitenda linjengo lyoha litwihilike na kubhegha Nyumba ya Chapanga kwakya Bambo.

²² Kwa kulilunga na Kilisto, mwenga bhuhho nchengwa papamu bhandu bhangi mmeghe matamo gha Chapanga kwa kupitila Nhuki gwake.

3

Paulo kangualandamila bhandu bhaabheghite ng'obhe Ayahudi

¹ Kubhukana na agha, nenga Paulo mmopwa kwakya Kilisto Yesu, nungaayupila kwakya mwenga bhandu mumbheghite ng'obhe Ayahudi kwa Chapanga.

² Kulyaghila, nnyihwa kala kukita, Chapanga kwa umaha ghwake, kambegha lihegho ali nilitende kwakya kuatangatila mwenga.

³ Chapanga kakihughulila nenga mpangilo ghwake na kundenda manye nnando ghwangamanyikwa kwa bhandu bhangi. Na nenga ndyeka kwa uhupitaho nhalo aghu,

⁴ na mwenga pamusoma maha malagho ghanughatyekite, mahotola kumanya bhula nenga mumanyite mpangilo ghwa maha ghwa Kilisto.

⁵ Bhandu bha makachu bhakighombelwa ng'obhe lupwepo alu, peni hinu Chapanga kabhatenda andumila na ambuye bhake ang'anyimo bhamanye lupwepo alu kwa njila ya Nhuki ywake.

⁶ Lupwepo lwene ndo alu, kupitila Nhalo ghwa Maha, bhandu bhaabheghite ng'obhe Ayahudi bhaamokola lifungu lyabhe papamu na Ayahudi bhoha yila nonelo hya Chapanga, bhombe ndo hibhungo hya mmili ghumu, na bhangulihanga na naghilo yilayila yakayitendite Chapanga kwa njila ya Kilisto Yesu.

⁷ Nenga ndendwa meghe nunndumitumi ghwa Nhalo ghwa Maha kwa luhungu lwa kighweka lumbehitwe na Chapanga kwa makakala ghake makulu.

⁸ Nenga ndo nndokwa kupitingana bhandu bhoha bha Chapanga. Peni Chapanga kakimbegha umaha ghwake ili nualandamihe bhandu bhaabheghite ng'obhe Ayahudi ukulu aghu ghuubheghite nkati mwa Kilisto,

⁹ Bhubho Chapanga ndo kakimbegha na kuatenda bhandu bhoha bhamanye nnando aghu ghuubheghite ghwangamanyikwa kwa manjubha ghoha gha Chapanga ywakabhumbite hilibhi hyoha,

¹⁰ Peni hinu Chapanga kangupala bhandu bhoha bhaanhyubhalila Kilisto bhannangihe kila mundu bhula pakabheghite na malango kwa njila yohele. Kangupala hilogohi bhaabheghite mu nnima ghwangabhonekana na hilogohi bha kunani bhamanye agho.

¹¹ Chapanga kakitenda nnando aghwo kulandana na mpangilo ghwake na kakitenda kwa njila ya Kilisto Yesu Bambo ghwetu.

¹² Basi, kwa kulilunga na Kilisto kwa njila ya kunhyubhalila, twenga tunguhotola kunng'endela Chapaanga kwa ukangamalo

kyangayoghopa.

¹³ Kya habhu, nunguayupa nkotoke kutun-yuka mwoyo, kubhukana na mapungwo ghangu kwakya kuatangatila mwenga, mana agho ndo kwakya uhokamo ghweni.

Upalo ghwa Kilisto.

¹⁴ Kubhukana na mpangilo aghu ghwa Tate, nungunchutamila mayughwa Tate panuayupila mwenga,

¹⁵ ywakabheghite kitandilo kya hilibhi hyoha hya munnima na hya kunane, hyoha hingubhukana na ywombe.

¹⁶ Nungunnyupa Chapanga kabhatengelehe kwa kuapeghe makakala ngenju mu myoyo yenu kubhukana na utangalo ghwa ukulu ghwake,

¹⁷ ili Kilisto katame mu myoyo yenu kwa kuhyubhalila. Kangi nungunnyupa kabhatan-gatile mmanyema maha upalo ghwa Chapanga. Na mwenga maabhegha handa mikongo yibheghite na ngigha yidibala kyanalumu mu upalo ghwa Chapanga, ayi yatutenda tubhegha na makakala.

¹⁸ Likaho nhotole kumanya papamu na bhandu bhoha bha Chapanga kya bhula Kilisto kakitu-pala muno kwa upalo ghwanga uhiko

¹⁹ nunguyupa mmokole kumanya upalo aghwo payibhele yinguhotoleka ng'obhe kumanyikwa kyanalumu bhula mughubheghite nkulu, apo ndo matamilo ghenu paghapala kulandana na Chapanga.

²⁰ Basi, tuntike Chapanga ywakahotola kutenda milando ngenju ya kukangahya kupitingana kwa ghala ghatughayupa ebu ghatughahwacha

telatela na makakala ghake ghanakutenda lihengo nkati mwetu.

²¹ Tungupala bhandu bhoha bhaanhyubhalila Kilisto bhamanye kukita Chapanga ndo nkulu numbe Chapanga mu Ngwemuko ya bhandu bhaannyubhalila Kilisto, na mu Yesu manjubha ghoha! Mwika.

4

Kulilunga kwa bhandu bhaanhyubhalila Kilisto

¹ Basi, nenga mopwa kukibhopo kwakya kuntumikila Bambo, nunguanyupa ntame maha handa bhula pankemitwe na Chapanga.

² Manjubha ghoha mmeghe bhandu bha kuhwama na utokomaho na mulilimbilile na kulekekehana mabhene kwa mabhene kwa upalo.

³ Nkakalike kuukingikiha ughumu ghwene tukilunganihwa na Nhuki ghwa Chapanga kwa kutama papamu kwa uhihimilo.

⁴ Twabhoha tulungana handa hibhungo hya mmili ghumu, kangi tubhegha na Nhuki ghwa Chapanga, habhu Chapanga kakitukema na kutubhikila udumbilo ghumu ghwa lukemo lwetu.

⁵ Kabhegha Bambo yumu na kuhyubhalila kumu na ubatiso ghumu.

⁶ Kabhegha Chapanga yumu na Tate ghwa bhoha, ywakatabhala unani mwa bhandu bhooa, kangutenda lihengo kwa bhandu bhoha na kangutama nkati yetu twabhoha.

⁷ Peni kila yumu mutwenga, kapeghwa hupo ya kinhuki ya kighweka kuhuma kwa Chapanga handa pakapalite ywombe kumpeghe.

8 Handa malembo gha Chapanga paghatyekiwe,

“Pakabhyelite kunane muno,

kakiatola abhopwa atangala kakighena nabho,

kakiapeggha hupo bhandu bhake.”

9 Basi, payikambukwa “Kakibhyela kunane,” Fwambulo yake ndo yoki? Fwambulo yake, makachu kakihika pahi pannima.

10 Basi, ywombe ywakahikite pahi munnima, ndo ywakaghendite kunane, kunane kyanalumu, ili kabheghe kwohele munnima.

11 Ywombe ndo ywakaapeghite bhandu hupo ya kighweka, bhangi kakiatenda abheghe andumilwa, bhangi abheghe ambuye, bhangi abheghe alandamiha Nhalo ghwa Maha, bhangi abheghe ahakila na bhangi abheghe ahunda.

12 Kakiapeggha hupo ahyo ili kuabhika kala bhandu bha Chapanga kwakya kutenda lihengo lya Kilisto na kuatenda abheghe ngilii handa paghubheggha mmili ghwa Kilisto ndo ngwemuko lya bhandu bhaanhyubhalila Kilisto,

13 Nnando aghwo, ghwaaghendelela mbaka twabhoha patupala kubheggha papamu mu kuhyubhalila kwa twenga na mu kummanya Mwana ghwa Chapanga. Twabheggha bhandu tuukamalite na atwihiliko handa bhula pakabhegghite Kilisto mwene.

14 Basi, twaabheggha ng'obhe kangi handa bhana, patuyukwayukwa na kuyebhehwa kunu na kula na kutolwa na liyegha lya mahundo gha kulipulwa na bhandu ahwangi, ili abhatende bhandu bhangi ahobhe kwa lukila.

¹⁵ Kihyengo kyake, tulighombe hoto kwa upalo na twakukula mu milando yoha kulandana na Kilisto ywene ndo kilongohi ghwetu,

¹⁶ kuhuma muutabhala ghwake, mmili ghwoha ghungulungana na kumamatana papamu kwa kutangatilwa na kila kibhungo. Basi, kila kibhungo pakitenda lihengo lyake muyinoghwa, mmili ghwoha ghungukula na kulichenga mu upalo.

Ubhumi ghwa hyono mu Kilisto

¹⁷ Basi, kwa lihina Iya Bambo, nungubhakinya, nkotoke kutama kangi handa bhandu bhamanyite ng'obhe Chapanga, bhene mahwacho ghabhe ghamema ubhughabhugha ghweka.

¹⁸ Bhandu abho mahala ghabhe ghabhegha mulubhindu, Abheghakutali na ubhumi ghwa Chapanga kubhukana na uhilamahala ghuubheghite nkati mwabhe na ukaidi ghwabhe.

¹⁹ Bhandu abho abhegha ng'obhe na honi kangi pabhatenda mihalo mihakata, na bhangughendelela kupala kutenda mihalo mihakata kwakya kuliyeleha bhene.

²⁰ Peni mwenga pamulihundite mihalo ya Kilisto, mukilihunda ng'obhe kutenda milando handa ayo.

²¹ Ndo kulyaghila kukita mukiyihwa telatela malango ghaki, na pammegha afwasi bhake manguhundwa bhula uhoto muubheghite mu Yesu.

²² Mukihundwa nnekane na matamilo ghenu gha makachu, umundu ghweni ghwa makachu ghuukanjaghanitwe na tama hyake hya ukuluho,

²³ hinu, mungunoghwa kubhegha bhandu bha hyono mummyo yenu na mumahwacho ghenu.

²⁴ Mmeghe na ubhumi ghwa hyono, hada bhula Chapanga kakiabhumba nhwanane naywo, pantenda milando yiinogheha Chapanga kyanga libhaya.

²⁵ Kya habho, nneke uhwangi. Kila yumu kangunoghwa kung'ombela hoto nnyake, kiyaha kila yumu mu twenga ndo kibhungo kya mmili ghumu ghwa Kilisto.

²⁶ Pannyaghabhalana, nkoteke kuyitikila kiyaghabhu kyenu kibhayambuhe ntende ulemwa, na nkotoke kutama na kiyaghabhu leghileghi tipi.

²⁷ Nkotoke kunpegha Nchipila ng'ebhu ya kua-hotola.

²⁸ Ywakabheghite kanguyibha, kaleke kuyibha kangi, ngati kayande kutenda lihengo lya maha, kamokole kubhegha na kilibhi kya kuntangatila mundu kapukwa.

²⁹ Malagho mahakata ghakotoke kuyihwanika munkati yenu, ngati nnongele milando ya maha ya kuatangatila na kubhatengelehea bhala bhaayihwa.

³⁰ Nkotoke kuntenda Nhuki ghwa Chapanga kayaghabhale, mana Nhuki aywo ndo mango ya Chapanga kwa mwenga, ghuubhoneha kukita mwenga ndo bhandu bhake, mbaka mulinjubha lila Chapanga pakatulopoha.

³¹ Basi, nneke yomo kulihokonyola, kuyaghabhala, kukalala na makyobho na maligho ghakotoke kubhegha kwa mwenga, na nneke kila uhokelo.

³² Ntendelande gha maha na kubhonelana luhungu, kila yumu na kannekekehe nnyake, handa Chapanga pakaalekekehite mwenga kwa njila ya Kilisto.

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Kutama muulangalo

¹ Kya habhu, munnyighe Chapanga, mana mwenga ndo bhana bhake bhakaapalite.

² Ntame kwa kulipala handa bhula Kilisto pakatupalite twenga, na kwakya twenga kakilib-huha handa nyambi ya nyanyi yinakunnogheha Chapanga.

³ Kiyaha mwenga ndo bhandu bha Chapanga, tela ng'obhe kukita milando yohele ya ungongola ebu ungongola ghwa kinyakali ebu lumata-mata ghungunonghwa ng'obhe kukambukwa mu mwenga.

⁴ Kangi nkotoke kuyobhela malagho gha honi na gha ubhughabhugha ebu gha ubhichi, mbaha nnyobhele malagho gha kuntika Chapanga.

⁵ Mmanye pekupeku kukita yunaungongola ywohele, au yunakutenda kinyakali, au nghwimi, agho ndo tela na kutundamila ming'omong'omo, au mundu ywohele ghwa handa abho, kaayingila ng'obhe mu ghubhutwa ghwa Kilisto na Chapanga.

⁶ Mundu kakotoke kuakuluha kwa malagho ghanga mana, kiyaha Chapanga kataahyata kihyato kikulu bhala bhangannyitika.

⁷ Basi, nkotoke kulihanga na abho bhangannyitikila Chapanga.

⁸ Pamakachu mwenga mukibhegha mulubhindu, peni hinu mwenga mmegha mululangalo kwa kulilunga na Bambo Yesu. Habho ntame handa bhana bha mululangalo,

⁹ nungulongela habhu, bhandu bhaatama mu lulangalo, bhangutenda milando gha nyanyi na gha maha, na gha hoto kila linjubha.

¹⁰ Mwenga nkakalike kughamanya ghala ghanakunnogheha Bambo Chapanga,

¹¹ kangi nkotoke kulihanga kutenda milando yanganoghwa ya mulubhindu, ngati muyibhike pekupeku.

¹² Kiyaha, milando bhayitenda bhombe kwa lupwepo na bhandu ahakata yibhegha gha honi hata kuyikambuka.

¹³ Peni lulangalo lungubhoneha pekupeku kukita milandoahyo ndo ya tela ng'obhe,

¹⁴ kiyaha lulangalo lungutenda kila kilibhi kibhonekane. Ndo mana Malembo gha Chapanga ghangulongela,

“Ghuyumuke ghwenga ghuughonjite

Ghuhyuke kuhuma mu kiho

na lulanalo lwa Kilisto lwabhegha kwa ghwenga.”

¹⁵ Basi, mulilolekehe maha bhula mungutama. Nkotoke kutama handa abhughabhugha, ngati nntame handa bhandu bhaabheghite na malango.

¹⁶ Ntumile maha manjubha ghammeghite nagho hinu, kiyaha mumanjubha agha bhandu bangutenda muno uhakata.

¹⁷ Kya abhu, nkotoke kubhegha abhughabhugha mu ubhumi, ngati mmanyi ghala ghene Bambo kanguapala mwenga mughatende.

¹⁸ Nneke kulobhela ughimbi, kiyaha ghwakutenda ntende milando ya honi, ngati mmemekwe Nhuki ghwa Chapanga.

¹⁹ Nnyobhele kwa malagho gha sabuli, miyimbo ya kutika na tensi hya mummyoyo. Munnyimbile Bambo miyimbo ya sabuli kwa kulumba mummyoyo yenu.

²⁰ Munnumbe Chapanga Tate kwakya ghoha manjubha ghoha kwa makakala gha lihina lya Bambo ghwetu Yesu Kilisto.

Angwana na ahumbu bhabhe

²¹ Kila mundu kanhokamile nnyake kiyaha mungunhokamila Kilisto.

²² Ahumbu, mubhahokamile angwana bhenu, handa pamunyitikila Bambo.

²³ Kiyaha nngwana ndo kilongohi ghwa nhumbu ghwake, handa bhula Kilisto pakabhegha kilongohi ghwa ngwemuko ya bhandu bhaanhyubhalila Kilisto, handa bhula Kilisto naywo pakabhegha kilongohighwa ngwemuko ya bhandu bhaanhyubhalila Kilisto, lyene ndo mmili ghwake.

²⁴ Handa bhula ngwemuko alyo palinnyitikila Kilisto, hilahila, ahumbu nabho bhangunoghwa annyitikile angwana bhabhe mumilando yoha.

²⁵ Na mwenga angwana, muapale ahumbu bhenu handa bhula Kilisto pakaapala bhandu bhaanhyubhalila, kakilibhuha mwene ubhumi kwakya ngwemuko.

²⁶ Ngati kwa lilagho lya Nhalo ghwake ghwa Maha kakaliyohe ngwemuko na kulighulula kwa machi,

²⁷ likaho lyake, kakipala ngwemuko ya bhandu bhaanhyubhalila libheghe lya maha na nyanyi, lyanga na uhokelo ghwoheli.

²⁸ Basi, angwana bhangunoghwa kuapala ahumbu bhabhe handa mibhili yabhe bhene. Ywakampala nhumbu ghwake kangulipala mwene.

²⁹ Kahone mundu yohele yunakughukalaliha mmili ghwake mwene, ngati kanguulyegheha na kuubhika nyanyi, handa Kilisto pakaatendela maha bhala bhaanhyubhalila.

³⁰ Mana twenga ndo handa hibhungo hya mmili ghwake Kilisto.

³¹ Matyeko gha Chapanga ghangulongela, kubhukana na nnando aghwo nngwana katanneka tate na mama ghwake na kulilunga na nhumbu ghwake, na bhombe abho abhili bhaatendekwa kubhegha mmili ghumu.

³² Lupwepo alu lwa hoto ndo lukulu muno, ngati nenga nungubhona lungunninga Kilisto na bhandu bhake bhaanhyubhalaila.

³³ Peni kila nngwana yingunkwiliha kampale nhumbu ywake handa pakalipala mwene. Na nhumbu kangukwilihwa kanyitikile nngwana ghwake.

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Bhana na abhele bhabhe.

¹ Mwenga bhana, mubhayitikile abhele bhenu handa pakapala Bambo, mana kutenda nnando aghu ndo ghwa maha.

² Ngwilikiho ya Chapanga yingulongela, “manjubha ghoha ghunhokamile tate ghwako na mama ghwako” ayi ndo ngwilikiho ya ulongohi yibheghite na naghilo,

³ “na naghilo yene ndo ali, ghwamokola nonelo, na ghwatama manjubha matangalo munnima.”

⁴ Na mwenga akina tate, nkotoke kuatenda bhana bhenu akalale ngati mualele maha kwa mahundo ghamughakingamite kuhuma kwa Kilisto.

Abhandwa na abambo bhabhe

⁵ Mwenga abhandwa, mubhayitikile abambo bhenu apa munnima kwa bhwaghalili na kua-hokamila, ntende habhu kwa mwoyo ghumu handa bhula munguntumikila Kilisto.

⁶ Ntende habhu chepa masaa ghene bhombe abambo bhanguualola ili bhabhatikile, ngati muatunikile kwa mwoyo ghumu handa bhula pakapala Chapanga, kiyaha mwenga ndo andumitumi bha Kilisto.

⁷ Ntende mahengo ghenukwa mwoyo, na nnye lelwe kutenda. Ntende kukita handa munguntumikila Bambo, na chepa kwakya bhandu.

⁸ Nkulungwe kukita Bambo kataapegha hupo kila mundu kwa lyoheli lya maha lyakalitendite, kabheghe mmandwa ebu mundu ywanga kubheghe mmandwa.

⁹ Mwenga mabambo, muatendele gha maha abhandwa bhenu, na nneke kuaghombela milando ya kuayoghoha. Nkulungwe kukita

mwenga handa bhombe, mmegha na Bambo yumu ghwa kunane, na ywombe kabhegha ng'obhe na ubhaghulo.

Bhula Chapanga paatutangatila tubheghe ngingilima

¹⁰ Kuuhiko, nungupala mmeghe nglii mu kulilunga na Bambo kwa kutangatilwa na makakala ghake makulu.

¹¹ Nhwale hilibhi hyoha ya kututanila ngondo ngati mmokole kukingikiha lukila luhakata lwa Nchipila.

¹² Tungututana ng'obhe na bhandu, peni tungututana na atabhala bha mandilu, na mandilu ghanamakakala ghaatabhala kila uhakata munnima aghu ghuubheghite na lubhindo, tungututana na kila mandilu ghaabheghite kwohele kubwelo.

¹³ Kya habhu, tutumile hilibhi hyoha gh-wakatupeghite Chapanga handa mikoha yetu. Ili linjubha alyo lya uhokelo palipala kuhika, nmokole kuhotola, na panyomola matutano ghoha, nnghendelela kuyima ngingilima.

¹⁴ Basi, nnyime ngingilima kunu mulibhopa nkungi lwa hoto mu hibhuno hyenu, na kutenda ghakaghapala Chapanga handa kikingiko kya kukingiha kihubha,

¹⁵ na mmeghe na uhongo ghwa kulandamiha Nhalo ghwa Maha ghuuyegha uhihimilo ubheghe handa hilatu mu maghulu ghenu.

¹⁶ Na mumanjubha ghoha mmeghe na uhyub-halilo handa kikingiko mumabhoko ghenu, na

kubhatenda nhotole kuhima misale ya mwoto yiihuma kwa yula Nhokelo.

¹⁷ Mughukingame ulopohi handa kofila ya kyuma, na lilagho lya Chapanga handa lukechelo limpeghitwe na Nhuki ywa Chapanga.

¹⁸ Nnyupe manjubha ghoha, kwa mayupo ghwohele handa bhula Nhuki ghwa Chapanga pakaalongoha. Mmeghe kala kwakya nnando aghwo kila linjubha. Na nkotoke kutotokehela kuayupila bhandu bhoha bha Chapanga.

¹⁹ Bhubho munyupile na nenga ili Chapanga kambeghe lilagho lya kulongela, ili hotole kulan-damiha lilagho lya mbwepo ya hoto ya Nhalo ghwa Maha kyanga lyogha.

²⁰ Nenga nungulandamiha Nhalo ghwa Maha, na lihengo alyo ndo lindenda mopwe kukibhopo. Basi, munyupile ili hotole kulandamiha kwa ukangamalo handa muyinoghwa.

Paulo kanguyomolela lihamba kwa kuajambuaha

²¹ Nnongo ghwetu Tukiko, mpalo na ndumitumi yunakuhyubhalika mu kulungana na Bambo, kaaghombela mihalo yoha ngati nhotole kumanya kinukitenda.

²² Nungunnaghila kwa mwenga ili kabhamanyihe mihalo ya twenga muyighenda na kabhayonjokehe myoyo.

²³ Nungunnyupa Chapanga Tate na Bambo Yesu Kilisto, kabhapeghe uhihimilo na upalo na uhyubhalilo mabhoha mummeghite akwo.

²⁴ Nungunnyupa Chapanga kabhapeghe umaha mwenga mabhoha, bhene mungumpala

Bambo ghwetu Yesu Kilisto kwa upalo ghwa manjubha ghoha.

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