

## KALATA YA PAULO YOLEMBERA AEFESO

<sup>1</sup> Paulo, mtumwi wa Khristu Yesu mwachifuniro cha Mulungu.

Kulembera oyera mtima a ku Efeso, okhulupirika mwa Khristu Yesu:

<sup>2</sup> Chisomo ndi mtendere kwa inu zochokera kwa Mulungu Atate athu ndi Ambuye Yesu Khristu.

### *Madalitso Auzimu mwa Khristu*

<sup>3</sup> Tiyamike Mulungu, Atate a Ambuye athu Yesu Khristu, amene anatipatsa madalitso onse a uzimu kumwamba mwa Khristu.

<sup>4</sup> Dziko lapansi lisanalengedwe, Mulungu anatisankhiratu mwa Khristu kuti tikhale oyera mtima ndi wopanda cholakwa pamaso pake. Mwa chikondi chake,

<sup>5</sup> Iye anakonzeratu kuti ife titengedwe ngati ana mwa Yesu Khristu, molingana ndi kukonda kwake ndi chifuniro chake.

<sup>6</sup> Anachita zimenezi kuti tiziyamika ulemerero wa chisomo chake, umene watipatsa kwaulere mwa Khristu amene amamukonda.

<sup>7</sup> Mwa Yesu Khristu, chifukwa cha magazi ake, ife tinawomboledwa ndi kukhululukidwa machimo athu molingana ndi kuchuluka kwa chisomo cha Mulungu

<sup>8</sup> chimene anatipatsa mosawumira. Mwa nzeru zonse ndi chidziwitso,

<sup>9</sup> Iye watiwululira chifuniro chake chimene chinali chobisika, chimene anachikonzeratu

mwa Khristu, molingana ndi kukoma mtima kwake.

<sup>10</sup> Chimene anakonza kuti chichitike n'chakuti, ikakwana nthawi yake asonkhanitsa pamodzi mwa Khristu zinthu zonse za kumwamba ndi pa dziko lapansi.

<sup>11</sup> Iye anatisankhiratu mwa Khristu, atatikonzeratu molingana ndi machitidwe a Iye amene amachititsa zinthu zonse kuti zikwaniritse cholinga cha chifuniro chake,

<sup>12</sup> n'cholinga chakuti, ife amene tinali oyamba kukhala ndi chiyembekezo mwa Khristu, tiyamike ulemerero wake.

<sup>13</sup> Ndipo inunso pamene munamva mawu a choonadi, Uthenga Wabwino wa chipulu-mutso chanu, munayikidwanso mwa Khristu. Mutakhulupirira, anakusindikizani chizindikiro pokupatsani Mzimu Woyeram amene Iye analon-jeza.

<sup>14</sup> Mzimu Woyerayo ndi chikole chotsimik-izira kuti tidzalandira madalitso athu, ndipo kuti Mulungu anatiwombola kuti tikhale anthu ake. Iye anachita zimenezi kuti timuyamike ndi kumulemekeza.

### *Kuyamika ndi Kupemphera*

<sup>15</sup> Choncho, kuyambira pamene ndinamva za chikhulupiro chanu mwa Ambuye Yesu ndi za chikondi chanu pa oyera mtima onse,

<sup>16</sup> ine sindilekeza kuyamika Mulungu chifukwa cha inu. Ndimakukumbukirani m'mapemphero anga.

<sup>17</sup> Ndimapemphera kuti Mulungu wa Ambuye athu Yesu Khristu, Atate a ulemerero akupatseni

mzimu wa nzeru ndi wa vumbulutso, kuti mu-mudziwe kwenikweni.

<sup>18</sup> Ndimapempheranso kuti maso a mitima yanu atsekuke ndi cholinga choti mudziwe chiyembekezo chimene Iye anakuyitanirani, chuma cha ulemerero chomwe chili mwa anthu oyera mtima.

<sup>19</sup> Ndiponso ndikufuna kuti mudziwe mphamvu zake zazikulu koposa zimene zili mwa ife amene timakhulupirira. Mphamvuyi ndi yofanana ndi mphamvu yoposa ija

<sup>20</sup> imene inagwira ntchito pamene Mulungu anaukitsa Khristu kwa akufa, namukhazika Iye ku dzanja lake lamanja m'dziko la kumwamba.

<sup>21</sup> Anamukhazika pamwamba pa ulamuliro onse ndi mafumu, mphamvu ndi ufumu, ndiponso pamwamba pa dzina lililonse limene angalitchule, osati nthawi ino yokha komanso imene ikubwerayo.

<sup>22</sup> Ndipo Mulungu anayika zinthu zonse pansi pa mapazi ake ndi kumusankha Iyeyo kukhala mutu pa chilichonse chifukwa cha mpingo,

<sup>23</sup> umene ndi thupi lake, chidzalo cha Iye amene adzaza chilichonse mu njira iliyonse.

## 2

### *Amene anali Akufa Alandira Moyo*

<sup>1</sup> Kunena za inu, kale munali akufa chifukwa cha zolakwa zanu ndi machimo anu,

<sup>2</sup> mmene inu munkakhalamo pamene munkatsatira njira za dziko lapansi ndi za ulamuliro waufumu wa mlengalenga, mzimu umene ukugwira ntchito tsopano mwa amene samvera.

<sup>3</sup> Nthawi ina tonsefe tinalinso ndi moyo wonga wawo, tinkachitanso zilizonse zimene matupi ndi maganizo athu ankafuna. Mwachibadwa chathu, tinali oyenera chilango monga anthu ena onse.

<sup>4</sup> Koma chifukwa cha chikondi chake chachikulu pa ife, Mulungu amene ndi olemera m'chifundo,

<sup>5</sup> anatipanga kukhala amoyo ndi Khristu ngakhale pamene ife tinali akufa mu zolakwa zathu. Koma tinapulumutsidwa mwachisomo.

<sup>6</sup> Ndipo Mulungu anatiukitsa pamodzi ndi Khristu ndi kutikhazika pamodzi ndi Iye mmwamba mwa Khristu Yesu,

<sup>7</sup> ndi cholinga chakuti m'nthawi imene ikubwera, Iyeyo adzaonetse chuma choposa cha chisomo chake, choonetsedwa mwa kukoma mtima kwake kwa ife mwa Khristu Yesu.

<sup>8</sup> Pakuti mwapulumutsidwa mwachisomo, kudzera m'chikhulupiriro ndipo izi sizochochera mwa inu eni, koma ndi mphatso ya Mulungu,

<sup>9</sup> osati ndi ntchito, kuti wina aliyense asadzitamandire.

<sup>10</sup> Pakuti ndife ntchito ya Mulungu, olengedwa mwa Khristu Yesu kuti tichite ntchito zabwino, zimene Mulungu anazikonzeratu kale kuti tizichite.

### *Umodzi mwa Khristu*

<sup>11</sup> Chifukwa chake kumbukirani kuti poyamba inu amene munali anthu a mitundu ina mwachibadwa ndipo munkatchedwa "osachita mdulidwe" ndi amene amadzitcha okha "a mdulidwe" (zimene zinachitika m'thupi ndi manja a anthu).

**12** Kumbukirani kuti nthawi imene inu munali wopanda Khristu, simunkawerengedwa ngati nzika za Israeli ndipo munali alendo pa pangano la lonjezo, wopanda chiyembekezo ndi opanda Mulungu m'dziko lapansi.

**13** Koma tsopano mwa Khristu Yesu, inu amene nthawi ina munali kutali, mwabweretsedwa pa-fupi kudzera m'magazi a Khristu.

**14** Pakuti Iye mwini ndiye mtendere wathu, amene anachita kuti awiri akhale mmodzi ndipo anagumula chotchinga, khoma la udani lotilekanitsa,

**15** pothetsa m'thupi lake lamulo pamodzi ndi zolamulira zake ndi malangizo. Cholina chake chinali chakuti alenge mwa Iye mwini, munthu mmodzi watsopano kuchokera kwa abwino, motero n'kupanga mtendere,

**16** ndi kuyanjanitsa onse awiriwa m'thupi lake kwa Mulungu, kudzera pa mtanda, umene Iye anaphapo udani wawo.

**17** Iye anabwera ndipo analalikira mtendere kwa inu amene munali kutali ndi mtendere ndiponso kwa iwonso amene anali pafupi.

**18** Pakuti mwa Iye, ife tonse titha kufika kwa Atate mwa Mzimu mmodzi.

**19** Kotero kuti, inu sindinunso alendo ndi adani, koma nzika pamodzi ndi anthu a Mulungu ndiponso a m'banja la Mulungu.

**20** Ndinu okhazikika pa maziko a atumwi ndi a aneneri, pamodzi ndi Khristu Yesu mwini ngati mwala wa pa ngodya.

**21** Mwa Iyeyo, nyumba yonse yalumikizidwa pamodzi ndipo yakwezedwa kukhala Nyumba

yoyerwa mwa Ambuye.

<sup>22</sup> Ndipo mwa Iye, inunso mukamangidwa pamodzi ndi ena onse kukhala nyumba yokhalamo imene Mulungu amakhala mwa Mzimu wake.

### 3

#### *Paulo Mlaliki wa Anthu a Mitundu Ina*

<sup>1</sup> N'chifukwa chake ine Paulo, ndili wam'ndende wa Khristu Yesu chifukwa cha inu anthu a mitundu ina.

<sup>2</sup> Ndithudi, inu munamva za ntchito yachisomo cha Mulungu imene anandipatsa chifukwa cha inu,

<sup>3</sup> ndicho chinsinsi chimene chinawululidwa kwa ine mwa vumbulutso, monga ndinakulemberani kale mwachidule.

<sup>4</sup> Pamene mukuwerenga izi, inu mudzazindikira za chidziwitso changa pa chinsinsi cha Khristu,

<sup>5</sup> chimene sichinawululidwe kwa anthu amibado ina monga momwe tsopano chawululidwa ndi Mzimu wa Mulungu mwa atumwi oyera ndi aneneri.

<sup>6</sup> Chinsinsicho n'chakuti, kudzera mu Uthenga Wabwinō anthu a mitundu ina ndi olowam'malo pamodzi ndi Aisraeli, ndi ziwalo za thupi limodzi, ndi olandira nawo pamodzi malonjezo a mwa Khristu Yesu.

<sup>7</sup> Mwachisomo cha Mulungu ndi mphamvu zake, ine ndinasanduka mtumiki wa Uthenga Wabwinowu.

<sup>8</sup> Ngakhale ndili waming'ono kwambiri pakati pa anthu onse a Mulungu, anandipatsa chisomo

chimenechi cholalikira kwa anthu a mitundu ina chuma chopanda malire cha Khristu.

<sup>9</sup> Ndinasankhidwa kuti ndifotokoze momveka bwino kwa munthu aliyense za chinsinsi chimenechi, chinsinsi chimene kuyambira kale chinali chobisika mwa Mulungu amene analenga zinthu zone.

<sup>10</sup> Cholinga chake tsopano n'chakuti, kudzera mwa mpingo, mafumu ndi a ulamuliro onse a kumwamba adziwe nzeru zochuluka za Mulungu.

<sup>11</sup> Chimenechi chinali chikonzero chamuyaya cha Mulungu, chimene chinachitika kudzera mwa Khristu Yesu Ambuye athu.

<sup>12</sup> Mwa Khristu ndi mwa chikhulupiriro chathu mwa Iye, timayandikira kwa Mulungu momasuka ndi molimbika mtima.

<sup>13</sup> Choncho, ine ndikukupemphani kuti musakhumudwe popeza ndikusautsidwa chifukwa cha inu pakuti masautso angawa ndi ulemerero wanu.

### *Paulo Apempherera Aefeso*

<sup>14</sup> N'chifukwa chake ine ndikugwada pamaso pa Atate,

<sup>15</sup> amene banja lililonse kumwamba ndi pa dziko lapansi limatchulidwa ndi dzina lawo.

<sup>16</sup> Ndikupemphera kuti kuchokera m'chuma cha ulemerero wake alimbikitse moyo wanu wa m'kati ndi mphamvu za Mzimu wake,

<sup>17</sup> kuti Khristu akhazikike m'mitima mwanu mwachikhulupiriro. Ndipo ndikukupemphererani kuti muzikike ndi kukhazikika m'chikondi

<sup>18</sup> kuti mukhale ndi mphamvu, kuti pamodzi ndi anthu oyera mtima onse muthe kuzindikira kupingasa, kutalika ndi kukwera komanso kuzama kwake kwa chikondi cha Khristu.

<sup>19</sup> Ndikukupemphererani kuti mudziwe chikondi chija cha Khristu chopitirira nzeru za anthu, kuti mudzazidwe kwathunthu ndi moyo wa Mulungu mwini.

<sup>20</sup> Tsopano kwa Iye amene angathe kuchita zochuluka kuposa zimene tingapemphe, kapena kuganiza molingana ndi mphamvu zake zimene zikugwira ntchito mwa ife,

<sup>21</sup> Iyeyo akhale ndi ulemu mu mpingo ndi mwa Khristu Yesu pa mibado yonse mpaka muyaya. Ameni.

## 4

### *Umodzi M'thupi la Khristu*

<sup>1</sup> Ine monga wam'ndende chifukwa chotumikira Ambuye, ndikukulimbikitsani kuti mukhale moyo woyenera mayitanidwe amene munalandira.

<sup>2</sup> Mukhale odzichepetsa kwathunthu ndi ofatsa; mukhale oleza mtima, ololerana wina ndi mnzake mwachikondi.

<sup>3</sup> Muyesetse kusunga umodzi wa Mzimu; umodzi umene umatimangirira pamodzi mu mtendere.

<sup>4</sup> Pali thupi limodzi ndiponso Mzimu mmodzi, monganso pali chiyembekezo chimodzi chimene anakuyitanirani.

<sup>5</sup> Pali Ambuye mmodzi, chikhulupiriro chimodzi, ubatizo umodzi;

<sup>6</sup> Mulungu mmodzi ndi Atate a onse, ndipo ali mwa onse.

<sup>7</sup> Koma aliyense wa ife wapatsidwa chisomo molingana ndi muyeso wa mphatso ya Khristu.

<sup>8</sup> N'chifukwa chake akunena kuti,  
"Iye atakwera kumwamba,

anatenga chigulu cha a m'ndende  
ndipo anapereka mphatso kwa anthu."

<sup>9</sup> Kodi mawu akuti, "Iye anakwera" akutan-thauza chiyani, ngati Iyeyo sanatsikire kunsi kwa dziko lapansi?

<sup>10</sup> Iye amene anatsika ndi yemweyo anakwera koposa m'mayiko a kumwamba onse, ndi cholinga choti zinthu zonse zikhale zodzaza ndi Iye.

<sup>11</sup> Iye ndiye amene anapereka mphatso kwa ena kuti akhale atumwi ndi ena aneneri, ena alaliki, ndi ena abusa ndi aphunzitsi.

<sup>12</sup> Ntchito yawo ndi kukonza oyera mtima kuti agwire ntchito ya utumiki kuti thupi la Khristu lilimbikitsidwe.

<sup>13</sup> Izi zidzatifikitsa tonse ku umodzi wachikhulupiriro, kumudziwa Mwana wa Mulungu, kukhwima msinkhu ndi kufika pa muyeso wangwiwo weniweni woquezeka mwa Khristu.

<sup>14</sup> Motero sitidzakhalanso makanda, ogwedezezagwedezeza ndi mafunde, otengekatengeka ndi mphepo iliyonse ya chiphunzitso ndi kuchenjera kwa anthu achinyengo amene amasacheretsa anthu ndi kuchenjera kwavo.

<sup>15</sup> M'malo mwake, poyankhula choonadi mwachikondi, tidzakula mu zinthu zonse ndi

kukhala thupi la Khristu, amene ndi Mutu, omwe ndi mpingo.

<sup>16</sup> Mwa Iye thupi lonse lalumikizidwa ndi kug-wirana pamodzi ndi mitsempha yothandizira. Likukula ndi kudzilimbitsa lokha mwachikondi, pomwe chiwalo chilichonse chikugwira ntchito yake.

### *Malangizo pa Makhalidwe a Chikhristu*

<sup>17</sup> Tsono ine ndikukuwuzani izi, ndipo ndikunenetsa mwa Ambuye, kuti musayendenso monga amachitira anthu a mitundu ina potsata maganizo awo opanda pake.

<sup>18</sup> Maganizo awo ndi odetsedwa, ndi osiyanitsidwa ndi moyo wa Mulungu chifukwa cha umbuli umene uli mwa iwo chifukwa cha kuwuma mtima kwavo.

<sup>19</sup> Popeza sazindikiranso kanthu kalikonse, adzipereka okha kuti akhumbe zonyansa, kuti achite mtundu uliwonse wa zoypa ndi zilakolako zosatha.

<sup>20</sup> Koma inu simunadziwe Khristu m'njira yotere.

<sup>21</sup> Zoonadi munamva za Iye ndipo munaphunzitsidwa mwa Iye molingana ndi choonadi chimene chili mwa Yesu.

<sup>22</sup> Inu munaphunzitsidwa molingana ndi moyo wanu wakale, kuchotsa umunthu wakale, umene ukupitirira kuwonongeka ndi zilakolako zachinyengo;

<sup>23</sup> kuti mukonzedwe mwatsopano m'mitima mwanu;

<sup>24</sup> ndi kuti muvale umunthu watsopano, wolengedwa kuti ufanane ndi Mulungu mu chilungamo chenicheni ndi chiyero.

<sup>25</sup> Chifukwa chake, aliyense wa inu aleke kuna-ma ndipo ayankhule zonna kwa m'bale wake, pakuti ife tonse ndife ziwalo za thupi limodzi.

<sup>26</sup> Kwiyani koma musachimwe. Dzuwa lisalowe mukanali chikwiyyire.

<sup>27</sup> Musamupatse mpata Satana.

<sup>28</sup> Iye amene wakhala akuba asabenso, koma agwire ntchito ndi kuchita kenakake kaphindu ndi manja ake, kuti akhale ndi kenakake kogawana ndi amene akusowa.

<sup>29</sup> M'kamwa mwanu musatuluke mawu aliwonse onyansa, koma okhawo amene ndi othandiza kulimbikitsa ena molingana ndi zosowa zawo, kuti athandize amene akawamve.

<sup>30</sup> Ndipo musamvetse chisoni Mzimu Woyer-a wa Mulungu amene mwasindikizidwa naye chizindikiro cha tsiku la kuwomboledwa.

<sup>31</sup> Chotsani kuzondana, ukali ndi kupsa mtima, chiwawa ndi kuyankhula zachipongwe, pamodzi ndi choyipa chilichonse.

<sup>32</sup> Mukomerane mtima ndi kuchitirana chifundo wina ndi mnzake. Khululukiranani wina ndi mnzake, monga momwe Mulungu anakukhululukirani mwa Khristu.

## 5

<sup>1</sup> Choncho, monga ana okondedwa, tsatirani chitsanzo cha Mulungu.

<sup>2</sup> Muzikondana monga Khristu anakonda ife nadzipereka yekha chifukwa cha ife monga

chopereka cha fungo lokoma ndi nsembe kwa Mulungu.

<sup>3</sup> Koma pakati panu pasamveke n'pang'ono pomwe zadama, kapena za mtundu wina uliwonse wa chodetsa, kapena za umbombo, chifukwa izi ndi zosayenera kwa anthu oyera a Mulungu.

<sup>4</sup> Musamatukwane, kuyankhula zopusa kapena kunena nthabwala zopanda pake, zomwe ndi zosayenera, koma m'malo mwake muziyamika.

<sup>5</sup> Dzilani ichi, palibe wadama, wochita zonyansa kapena waumbombo, munthu wotero ali ngati wopembedza mafano, amenewa alibe malo mu ufumu wa Khristu ndi Mulungu.

<sup>6</sup> Musalole wina akunamizeni ndi mawu opanda pake, pakuti chifukwa cha zinthu ngati izi mkwiyo wa Mulungu ukubwera pa amene samvera.

<sup>7</sup> N'chifukwa chake musamayanjane nawo anthu otere.

<sup>8</sup> Pajatu inu nthawi ina munali mdima, koma tsopano ndinu kuwunika mwa Ambuye. Mukhale ngati ana akuwunika

<sup>9</sup> (pakuti pamene pali kuwunika pamapezekaponso zabwino zonse, chilungamo ndi choonadi).

<sup>10</sup> Inu mufufuze chimene chimakondweretsa Ambuye.

<sup>11</sup> Musayanjane nazo ntchito zosapindulitsa za mdima, koma m'malo mwake muzitsutse.

<sup>12</sup> Pakuti ndi zochititsa manyazi ngakhale kutchula zomwe zimachitika mseri.

<sup>13</sup> Koma kuwala kumawunikira zinthu, ndipo chilichonse chimaonekera poyer. Choncho chilichonse choonekera poyer chimasandukanso kuwala.

<sup>14</sup> N'chifukwa chake Malemba akuti, "Dzuka, wamtulo iwe, uka kwa akufa, ndipo Khristu adzakuwalira."

<sup>15</sup> Samalani makhalidwe anu, musakhale ngati opanda nzeru koma ngati anzeru.

<sup>16</sup> Gwiritsani ntchito mpata uliwonse, chifukwa masiku ano ndi oyipa.

<sup>17</sup> Choncho musakhale opusa, koma mudziwe zimene Ambuye akufuna kuti muchite.

<sup>18</sup> Musaledzere ndi vinyo, chifukwa adzawononga moyo wanu. M'malo mwake, mudzazidwe ndi Mzimu Woyer.

<sup>19</sup> Muziyankhulana wina ndi mnzake mawu a Masalimo, nyimbo za Mulungu ndi nyimbo za uzimu. Muziyimbira Ambuye movomerezana ndi mitima yanu.

<sup>20</sup> Muziyamika Mulungu Atate nthawi zonse chifukwa cha zonse, m'dzina la Ambuye athu Yesu Khristu.

### *Malangizo kwa Akazi ndi Amuna M'banja*

<sup>21</sup> Gonjeranani wina ndi mnzake, kuonetsa kuopa Khristu.

<sup>22</sup> Inu akazi, muzigonjera amuna anu, monga mumagonjera kwa Ambuye.

<sup>23</sup> Pakuti mwamuna ndi mutu wa mkazi monga momwe Khristu ali mutu wa mpingo, thupi lake, limene Iyeyo ndi Mpulumutsi wake.

<sup>24</sup> Tsono monga mpingo umagonjera Khristu, momwemonso akazi akuyenera kugonjera amuna awo mu zonse.

<sup>25</sup> Inu amuna, kondani akazi anu monga momwe Khristu anakondera mpingo nadzipereka yekha m'malo mwa mpingowo

<sup>26</sup> kuti awupatule ukhale oyera, atawuyeretsa powusambitsa ndi madzi omwe ndi mawu ake.

<sup>27</sup> Anachita zimenezi kuti awupereke mpingowo kwa Iye mwini, mpingo wowala ndi waulemerero, wopanda banga kapena makwinya kapena chilema chilichonse, koma oyera ndi wangwiyo.

<sup>28</sup> Momwemonso, amuna akuyenera kukonda akazi awo monga matupi awo. Iye amene akonda mkazi wake adzikondanso yekha.

<sup>29</sup> Pakuti palibe amene amadana nalo thupi lake, koma amalidyetsa ndi kulisamalira bwino, monga momwe Khristu amachitira ndi mpingo wake

<sup>30</sup> pakuti ndife ziwalo za thupi lake.

<sup>31</sup> "Pa chifukwa ichi, mwamuna adzasiya abambo ndi amayi ake nakaphatikana ndi mkazi wake, ndipo awiriwo adzakhala thupi limodzi."

<sup>32</sup> Ichi ndi chinsinsi chozama, koma ine ndikunena za Khristu ndi mpingo.

<sup>33</sup> Chomwecho, aliyense mwa inu akuyenera kukonda mkazi wake monga adzikondera iye mwini, ndipo mkazi akuyenera kulemekeza mwamuna wake.

## 6

*Ana ndi Makolo Awo*

<sup>1</sup> Inu ana, mverani makolo anu mwa Ambuye, pakuti zimenezi ndi zoyenera.

<sup>2</sup> "Lemekeza abambo ndi amayi ako." Limeneli ndi lamulo loyamba lokhala ndi lonjezo.

<sup>3</sup> Ngati ulemekeza abambo ako ndi amayi ako, "zinthu zidzakuyendera bwino ndipo udzasangan galala ndi moyo wautali pa dziko lapansi."

<sup>4</sup> Abambo musakwiyitse ana anu; m'malo mwake, muwalere m'chipunzitso ndi m'chilangizo cha Ambuye.

### *Antchito ndi Mabwana Awo*

<sup>5</sup> Inu antchito, mverani mabwana anu mwaulemu ndi mwamantha ndi moona mtima, monga momwe mungamvere Khristu.

<sup>6</sup> Musawamvere pamene akukuonani kuti akukomereni mtima, koma ngati akapolo a Khristu ochita chifuniro cha Mulungu kuchokera mu mtima mwanu.

<sup>7</sup> Tumikirani ndi mtima wonse, ngati kuti mukutumikira Ambuye, osati anthu.

<sup>8</sup> Inu mukudziwa kuti Ambuye adzamupatsa munthu aliyense mphotho chifukwa cha ntchito yake yabwino imene anagwira, kaya munthuyo ndi kapolo kapena mfulu.

<sup>9</sup> Ndipo inu mabwana, muziwachitirano chimidzimodzi antchito anu. Musamawaopseze, popeza mukudziwa kuti Mbuye waho ndi wanunso, nonse Mbuye wanu ali kumwamba, ndipo Iyeyo alibe tsankho.

### *Zida Zankhondo za Mulungu*

<sup>10</sup> Potsiriza ndikuti, dzilimbitseni mwa Ambuye ndi mwa mphamvu zake zazikulu.

<sup>11</sup> Valani zida zonse za Mulungu kuti muthe kuyima ndi kukana machenjerero a Satana.

<sup>12</sup> Pakuti sitikulimbana ndi thupi ndi magazi, koma tikulimbana ndi maufumu, maulamuliro, mphamvu za dziko la mdima, ndi mphamvu zoyipa kwambiri zauzimu zamlengalenga.

<sup>13</sup> Choncho valani zida zonse za Mulungu, kuti pamene tsiku loyipa kwambiri lifika, mudzathe kuyima chilili, ndipo mutatha kuchita zonse, mudzayimabe mwamphamvu.

<sup>14</sup> Tsono imani mwamphamvu, mutamangira choonadi ngati lamba m'chiwuno mwanu, mutavala chilungamo ngati chitsulo chotchinjiriza pa chifuwa.

<sup>15</sup> Valani Uthenga Wabwino wamtendere ku mapazi anu ngati nsapato.

<sup>16</sup> Kuwonjezera pa zonsezi, nyamulani chishango cha chikhulupiro, ndipo ndi chimenechi mudzatha kuzimitsa mivi yonse yoyaka moto ya oyipayo.

<sup>17</sup> Valani chipewa cha chipulumutso ndi kutenga lupanga la mzimu, limene ndi Mawu a Mulungu.

<sup>18</sup> Ndipo mupemphere mwa Mzimu nthawi zonse, m'mitundu yonse ya mapemphero ndi zopempha. Ndipo pozindikira izi, khalani achangu kupempherera oyera mtima nthawi zonse.

<sup>19</sup> Mundipempherere inenso, kuti nthawi iliyonse pamene nditsekula pakamwa panga, andipatse mawu kuti ndiwulule zinsinsi za Uthenga Wabwino mopanda mantha.

<sup>20</sup> Ndine kazembe wa Uthenga Wabwinowu

ngakhale ndili womangidwa m'ndende. Pempherani kuti ndilalikire mopanda mantha, monga ndiyenera.

*Mawu Otsiriza*

<sup>21</sup> Tukiko, m'bale wanga wokondedwa ndi mtumiki wokhulupirika mwa Ambuye, adza-kuwuzani zonse kuti inunso mudziwe mmene ndilili ndi zimene ndikuchita.

<sup>22</sup> Ine ndikumutumiza kwa inu, kuti mudziwe za moyo wathu, ndi kuti akulimbikitseni.

<sup>23</sup> Mtendere, chikondi pamodzi ndi chikhulupiro kuchokera kwa Mulungu Atate ndi Ambuye Yesu Khristu zikhale ndi abale onse.

<sup>24</sup> Chisomo kwa onse amene amakonda Ambuye athu Yesu Khristu ndi chikondi chosatha.

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Note that in addition to the rules above, revising and adapting God's Word involves a great responsibility to be true to God's Word. See Revelation 22:18-19.

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