

Baruwa ya P'aulo kwa AEFESO

Uthongodhyeri

Baruwa ii ya Aefeso yandhikwa ni P'aulo wakathi arihokala a jela kuko Rumi mwaka wa 60 bada ya kuzhalwa kwa Jesu (3:1). Kahi za charoche cha hahu cha kwendahubiri, P'aulo wakala Efeso zaidhi ya miaka miri na akiandzisha kanisa kuko (Mahendo 19:1-20). Na wakathi uwo vizho ndiwo ariwoora baruwa ya Akolosai na ya Filemoni. Baruwa ii ya Aefeso yahirikwa na mukono ni Tukiko (6:21-22).

Efeso were ni mudzi mubomu kahi za uthawali wa Kirumi na kidza were ni mudzi mubomu kibiashara. Mudzi uwo were una Ayahudi anji.

Lengo ra baruwa ii

Baruwa ii inahusu mupango wa Mulungu wa kuaokola anadamu. P'aulo anaakumbukiza Amasihia a Efeso kukala Masihi wafwa musalabani ili ahukombole (1:7-8) na Mulungu wamufufula na akeresi mukono wa kurya wa Mulungu. Kwa vizho mut'u akimukuluhira Jesu anaokolwa.

Jesu Masihi waagwizanya Amasihia Ayahudi na Amasihia mario si Ayahudi kwa kukibanda-banda chambaza cha uhadhui wao (2:14).

Kuna Bwana mumwenga, Roho mumwenga, na Mulungu mumwenga, ariye nde Baba wa at'u osi (4:4, 5). Amasihia ni lazima makale kit'u kimwenga, ut'u uu ni muhimu sana kahi za baruwa ii (4:3).

P'aulo anaambira Aefeso kukala ao were man-aishi kizani ela vivi manaishi mulangazani, kwa vizho maisha gao nigakale masha (4:17-5:20) na mulangaza wao uang'alire at'u (5:8, 9).

Kidza P'aulo ananena na Aefeso dzulu za mitoere ya madzumbani (5:21-6:9).

Maut'u garigo mumu

Uvoro 1:1-2

Kuhaswa kwa kiroho 1:3-3:21

Maisha masha kahi za Masihi 4:1-6:20

Maut'u ga mwisho-mwisho 6:21-24

Uvoro

¹ Mimi P'aulo niriyetsagulwa ni Mulungu nikale muhumwi wa Masihi Jesu, ninamwand-hikira baruwa ii ninwi at'u a Mulungu murio kuko Efeso, at'u murio mu aaminifu kahi za kumuthuwa Masihi.

² Bai nema na dheri kula kwa Mulungu Babyehu na Bwana Jesu Masihi navikale kwenu.

P'aulo anamulika Mulungu kwa mupango wa wokolwi

³ Naalikwe Mulungu babaye Bwana wehu Jesu Masihi, ariye kukirira kwa Masihi, wahup'a baraka za kiroho kuko mulunguni. ⁴ Kwa mahendzo, Mulungu wahutsagula kabila urumwengu k'audzaumbwa, kwamba fukale aeri bila kaila kokosi mbereze. ⁵ Mulungu wapanga kimbere kukala andafuhendya anae kukirira kwa Jesu Masihi. Waonat'o kukala

1:1 1:1 Muhumwi: Agal 1:1; Efeso: Mahe 18:19-21; 19:1 **1:3**
1:3 2:6; 2 Akor 1:3 **1:4** 1:4 5:27; Joh 15:16; 17:24; 2 Ath'es 2:13

1:5 1:5 Joh 1:12

ahende vivi kwa mahendzoge mwenye. ⁶ Bai nahumulike kwa ut'u wa yo nema ya kwakwe ya nguma. Nema ii wahup'a bule kukirira kwa iye Mwanawe amuhendzaye zhomu. ⁷ Kwani kukirira na iyo milatsoye, siswi fwakombolwa, yani fwasamehewa dambi zehu. Vivi zhakala kulengana na zizo mbazi za kwakwe nyinji. ⁸ Iye wafuonera mbazi zizo zisizo kipimo na akifup'a ulachu na marifa. ⁹ Mana Mulungu wafumanyisa mupangowe uriwokala k'aumanywa ni mut'u, naye waamua kuukamilisha kukirira kwa Masihi. ¹⁰ Bai mupango uwo were undathimizwa haho wakathi ukifika. Andazhika vit'u zhosi, zha mulunguni na ts'i, ts'ini za Masihi.

¹¹ Mulungu akihenda ut'u, anauhenda karakara na mahendzo ga kwakwe. Bai siswi fwatsagulwa hukale at'u a Mulungu kukirira na Masihi karakara na arizhopanga Mulungu mwenye. ¹² Mulungu wahenda vivi, ili siswi furio a kwandza kuhenda th'amaa na Masihi, humup'e nguma kwa ut'u wa ubomuwe. ¹³ Ninwi nanwi mwasikira neno ra ujeri, wo Uvoro Udzo wa kumuokola, mukimukuluhira Masihi. Vikara kwa kukala mwakuluhira, mwangizwa muvano wa Roho Mweri, ariye iye ndiye ariyekala walagwa andakudza. ¹⁴ Bai iye Roho Mweri ndiye rubuni ya yo ahadi yehu fundiyoipata

1:6 1:6 Math' 3:17; Arum 5:2; Akol 1:13 **1:7** 1:7 Kukombolwa: Akol 1:13-14; Milatso: Aefe 2:13 Arum 3:25-26; Akol 1:20; 1 Joh 5:7; Mbazi nyinji: Aefe 2:7 **1:9** 1:9-10 1:22; Akol 1:16, 20 **1:11** 1:11 1:4; Arum 8:28-29 **1:13** 1:13 4:30; 2 Akor 1:22; Akol 1:5
1:14 1:14 2 Akor 1:22

wakathi uryahu Mulungu andihoakombola at'ue. Bai nafuyanule nguma ya Mulungu!

P'aulo anaavoyera Aefeso maumanye ubomu wa Masihi

¹⁵ Kwa kukala, nasikira dzulu za kuluhiro renu kahi za Bwana Jesu, na viryahu murizho munaahendza at'u a Mulungu, ¹⁶ nami siricha kumulazhira muyera Mulungu kwa ut'u wenu, na kumukumbukira kahi za mavoyo. ¹⁷ Ninamuvoyera kwamba ye Baba wa nguma, Mulungu wa Bwana wehu Jesu Masihi, amup'e ulachu wa kiroho. Kidza amup'e ugunulo, ili muenderere kumumanya iye zaidhi na zaidhi. ¹⁸ Ninamuvoyera Mulungu amung'aze matso ga ndani ili mudime kukimanyat'o kiryahu kit'u mukitharizacho, kidza arichomuihira. Kit'u kiki ni uryahu uthajiri wa nguma ariwolaga kuap'a at'ue. ¹⁹ Pia ninamuvoyera kwamba mudime kumanya viryahu wadimi wa kwakwe urizho mubomu zhomu. Wadimi uu unahenda kazi ndani yehu siswi furiomukuluhira, na u karakara na uryahu wadimi mubomu ²⁰ ario Mulungu wamufufulira Masihi na kumwika luhande lwa mukono kurya wa kwakwe iye Mulungu, kuko mulunguni. ²¹ Haho ariho Masihi bai, a dzulu za uthawali wosi, na mamulaka gosi, na nguvu zosi, na athawali osi. Bai ana wadimi dzulu za kila kit'u kahi za urumwengu uu na

1:16 1:16 Akol 1:3 **1:17** 1:17 5:17; Ndhum 2:6; Akol 1:9-10

1:18 1:18 4:4; Akol 1:12 **1:19** 1:19-20 2 Akor 13:4; Akol 2:12

1:20 1:20 Mahe 2:33; Akol 3:1 **1:21** 1:21 6:12; Arum 8:38;

Agal 4:8-9; Akol 1:13, 16, 20; 2:9-10, 15, 20

hatha kahi za urumwengu udzawo. ²² Mulungu wahala vit'u zhosini akizhika ts'ini za uthawali wa Masihi na akimwika akale kitswa cha kanisa. ²³ Kanisa ndo mwiri wa Masihi, naro rina-mukamilisha iye akamilishaye vit'u zhosini kahi za kila ngira.

2

Masihi wafwamboza kifwani akifwangiza uzimani

¹ Kuna wakathi murihokala ninwi mwafwa kiroho kwa ut'u wa kuhenda makosa na kuhenda dambi. ² Wakathi uwo mwakala mukiishi kwa kugathuwa maut'u ga urumwengu uu. Mwakala munathuwa gago ga muthawali wa hewani, ariye iye ndiye iryahu roho iathawalao at'u mario kinyume na Mulungu. ³ Na hatha siswi naswi, fwakala fukiishi dza ao. Fwathuwa kuhenda maut'u gahendzwago ni mwiri. Fwakala fukithawalwa ni th'amaa ziri-zofwangiza dambini na fukiishi here akili zehu zirizhofulongoza. Were funavirya kumwagirwa k'oro za Mulungu, karakara na anadamu angine osi.

⁴ Ela kwa kukala Mulungu anafuhendza zhomu, wafuonera mbazi sana, ⁵ mana idzaho were fwafwa kiroho kwa zo dambi zehu, iye

1:22 1:22 1:10; 4:15; 5:23; Zabu 8:6; Akol 1:18; 2:19 **1:23** 1:23
 Ushirika here mwiri wa Masihi: 2:16; 4:1-16, 25; 5:30; 1 Akor 12:4-11, 27; Akol 2:19; Ushirika here at'u amwenga a Mulungu: 2:14, 18; 4:1-6; Akol 3:15; Kudzazwa ukamilifu wa Mulungu: 3:19; 4:10 **2:1** 2:1 2:5 **2:2** 2:2 6:12; Joh 12:31; 14:30; Mahe 26:18; 1 Joh 2:16 **2:3** 2:3 5:6, 8; Arum 1:28; Akol 3:6 **2:4** 2:4 Arum 8:39; 9:16; Jako 5:11 **2:5** 2:5 2:8; Arum 3:24; 6:13; Akol 2:13

wafuhendya fukale moyo kaheri hamwenga na Masihi. Bai mwaokolwa kwa nema ya Mulungu. ⁶ Mulungu wahufufula hamwenga na Masihi na akifuhendya fukelesi hamwenga naye kahi za makalo ga mulunguni kwa kukala hu at'u a Masihi Jesu. ⁷ Bai vizho arizhofuhendera Masihi Jesu vindakala mufano kwa at'u a wakathi uu na hatha a miaka idzayo, kuanyesa viryahu Mulungu arizho na mbazi nyinji zisizo na mwandziwe, hamwenga na udzo. ⁸ Kwani ninwi mwaokolwa kukirira na iyo nema ya kwakwe wakathi murihokuluhira, si kwa kukala were munahenda madzo, hatha. Wokolwi uu mwaupata here zawadi kula kwa Mulungu. ⁹ Kwa vizho mut'u k'adima kudzionya kukala waokolwa kwa ut'u wa mahendoge madzo. ¹⁰ Siswi fu kazi ya Mulungu, faumbwa kukirira kwa Masihi Jesu, ili fuhende garyahu mahendo madzo arigo Mulungu wafupangira hangu chaho fugahende.

Kahi za Masihi, Ayahudi na at'u mario si Ayahudi, ni amwenga

¹¹ Ninwi munamanya kukala Ayahudi, at'u a kwangizwa lwembeni kwa mikono ya mwanadamu kunyesa kukala ao be ni at'u a Mulungu jeri, manamuzarau ninwi murio k'amu Ayahudi na kumwamba mu at'u musiongizwa

2:6 2:6 1:3; Akol 2:12; 3:1 **2:7** 2:7 1:7; Arum 5:20 **2:8** 2:8 Math' 20:15; Joh 4:10; Mahe 15:11; Agal 2:16 **2:9** 2:9 Arum 3:28; 1 Akor 1:31; 2 T'imo 1:9; Tit 3:5 **2:10** 2:10 Tit 2:14 **2:11** 2:11-13 Arum 11:17 **2:11** 2:11 5:8; Kwangizwa lwembeni: Agal 5:6; Afil 3:3

lwembeni. ¹² Bai kuna wakathi murihokala k'amuna Masihi bule, mwere k'amu kahi za jao ra Aiziraeli, atsagulwa a Mulungu. Ninwi mwere mu ajeni na k'amuna muthalo bule kahi za ahadi arizoika Mulungu kahi za vilaganezhe. Mwere k'amuna tumaini rorosi, kidza mwere k'amumumanya Mulungu kahi za urumwengu uu. ¹³ Ela vikara kahi za Masihi Jesu, ninwi murio mwere mu kure na Mulungu, mwarefwa hehi kukirira kwa milatso ya Masihi.

¹⁴ Kwani iye ndiye ariyehala cho chambaza cha uhadhui kirichokala kidzaagazha Ayahudi na at'u mario si Ayahudi, akikibanda-banda. Kwa ngira ii Masihi akihurehera dheri, na akihugwizanya hukikala kit'u kimwenga. ¹⁵ Kwa kuhumira mwiriwe, akiihala iryahu Sheria ya Kiyahudi hamwenga na malagizoge manji na misorothoye, akivipiga marufuku. Naye wahenda vivi ili aagwizanye aa at'u airi makale here mut'u musha ndani za kwakwe, na kwa ngira iyo adime kureha dheri kahi zao. ¹⁶ Masihi wamboza uzimawe haryahu musalabani. Bai kwa ngira iyo akiapatanisha aa at'u airi na Mulungu, kahi za mwiri mumwenga, na uryahu uhadhui mariwokala nawo akiugonya. ¹⁷ Wakudzahubiri dheri kwenu ninwi muriokala mu kure na Mulungu, na kwao ao mariokala ma hehi naye.

2:12 2:12 Arum 9:4; 1 Akor 15:19; Akol 1:21-22; 1 Ath'es 4:13; K'amuna muthalo kahi za vilaganezhe: 2:19 **2:13** 2:13 Kure...hehi: 2:17; 3:6; Milatso: 1:7; Agal 1:4 **2:14** 2:14 Dheri: 2:16; 4:3; Akol 1:20; Kit'u kimwenga: 1:23; Arum 10:12; 1 Akor 12:13; Agal 3:28 **2:15** 2:15 2 Akor 5:17; Akol 2:14 **2:16** 2:16 1:23; Arum 5:10; Akol 1:20-22 **2:17** 2:17 Isa 57:18-19; Mahe 2:39

¹⁸ Kwa gago arigofuhendera Masihi, siswi hosi funadima kumufikira Baba kukirira kwa Roho mumwenga.

¹⁹ Kwa vizho vikara, ninwi k'amu ajeni hedu akizi a ngira kaheri, ela mudzauya mu jao mwenga na at'u a Mulungu, mu at'u a nyumba ya Mulungu. ²⁰ Mu jamii idziyojengwa dzulu za musinji uriwoikwa ni ahumwi na manabii, kuno Masihi Jesu mwenye nde iwe bomu ra p'embeni ridzirozulia yo nyumba. ²¹ Kahi za iye Masihi ninwi nyosi munafungwa hamwenga mukale Hekalu eri kahi za Bwana. ²² Bai kwa ngira ii, ninwi nanwi munaakwa hamwenga ili mukale makalo ga Mulungu kahi za Roho.

3

P'aulo ni muhubiri wa at'u mario si Ayahudi

¹ Mimi P'aulo vivi ni jela, kwa kukala ni muhumiki wa Masihi Jesu kwa ut'u wenu ninwi at'u murio k'amu Ayahudi. ² Na ninamanya mwasikira zho Mulungu arizhonip'a nema ya kwakwe, ili nimwambirize ninwi Uyoro Udzo. ³ Mulungu wanigunulira uwo mupangowe uriwokala k'akuna mut'u aumanyaye. Nidzandhika kare kwa ufuti dzulu za mupango uu. ⁴ Na mundihoshoma gaga nindhikago, mundamanya kukala, uwo mupango wa siri dzulu za Masihi

2:18 2:18 3:12; Arum 5:2 **2:19** 2:19 2:12; 3:6; Aebu 12:22-23
2:20 2:20 Math' 16:18; 1 Akor 3:10-11; Ugun 21:14 **2:21** 2:21
 1 Akor 3:16 **2:22** 2:22 1 P'et 2:5 **3:1** 3:1-3 Akol 1:25 **3:1**
 3:1 Jela: 4:1; Afil 1:7; Akol 4:18; File 1, 9 **3:3** 3:3 3:6 **3:4** 3:4
 Arum 16:24; 2 Akor 11:6

be ninaumanya jeri. ⁵ Haho kapindi, siri ii ya mupango wa Mulungu yere k'ahana aimanyaye, ela vivi bai, waigunulira ahumwie aeri na manabiie kukirira kwa Rohowe. ⁶ Bai uwo mupango wa Mulungu ni uu: Kukirira na wo Uyoro Udzo, at'u mario si Ayahudi nao manadima kuhokera muthalo wa ahadi za Mulungu hamwenga na o Ayahudi. Mana makimukuluhira Masihi Jesu, manakala vilungo zha mwiri mumwenga, na mandapata ziryahu zawadi arizolaga Mulungu.

⁷ Mulungu wanip'a kazi ii ya kuambiriza at'u Uyoro Udzo kwa mbazize mwenye, na kwa nguvuze mwenye. ⁸ Kahi za at'u osi a Mulungu, mimi ndimi wa ts'ini kamare. Ela idzaho ndimi wa ts'ini, Mulungu wanip'a kipawa cha kuambiriza at'u mario si Ayahudi, ushaha wa Masihi usiwogoma. ⁹ Na niang'azize at'u osi dzulu za uwo mupango wa Mulungu ariye ndiye muumbi wa vit'u zhosi. Mupango uwo were wafitswa hangu ho chaho kahi za Mulungu. ¹⁰ Bai kukirira na riro kanisare, ananyesa namuna nyinji za ulachuwe kwa athawali na kwa enye wadimi kuko dzulu. ¹¹ Mulungu were wapanga vivi kahi za mupangowe wa kare na kare, naye akivithimiza kukirira kwa Bwana wehu Masihi Jesu. ¹² Bai siswi furiomukuluhira iye, funadima kwenda kwa Mulungu bila wasiwasi hedu woga. ¹³ Kwa vizho ninamuvoya musifwe moyo, kwa

3:5 3:5 Akol 1:26 **3:6** 3:6 Siri ya mupango: 1:9-10; 2:13-14, 18-19; 3:9-11; Arum 16:25; Akol 1:26-27 **3:8** 3:8 Wa ts'ini: 1 Akor 15:8-10; Agal 1:13-16; Afil 3:6-8; 1 T'imo 1:12-16 **3:9** 3:9 1:4 **3:10** 3:10 1:21, 23 **3:12** 3:12 Arum 5:2; Aebu 4:16; 10:19
3:13 3:13 Akol 1:24

kukala vivi ninateseka kwa ut'u wenu, mana vizho kwenu ni ishima.

P'aulo anaavoyera Aefeso

¹⁴ Bai nikiaza dzulu za wo mupango wa Mulungu, mimi nikupiga mavindi mbere za Baba, ¹⁵ ariye iye nde ariyeumba zhumbe zhosi, kuko mulunguni na haha ts'i. ¹⁶ Ninamuvoyera Mulungu kwamba, kula kwa uwo uthajiriwe wa nguma, amwangize nguvu ndani mwenu kukirira na Rohowe. ¹⁷ Kidza ninamuvoyera kwamba Masihi ahende makalo kahi za mioyo yenu kukirira na kuko kukuluhira kwenu. Musinji wenu na miziji yenu ikale kahi za mahendzo. ¹⁸⁻¹⁹ Vizho navikale ili ninwi hamwenga na at'u osi a Mulungu mukale na wadimi wa kumanya ure na walamu, na kimo na wina wa gago mahendzo ga Masihi. Mahendzo gago ga Masihi ganakira akili za mwanadamu, ela bai namuvoyera mugamanye, na Mulungu amudzaze na ukamilifu wa kwakwe wosi.

²⁰⁻²¹ Mulungu anadima kufuhendera mabomu kukirira na uwo wadimiwe uhendao kazi ndani mwehu, hatha kukira zhosi fudimazho kuvivoya kwakwe, hedu hatha kuviaza. Bai Mulungu naagerwe nguma kahi za kanisare na kahi za Masihi Jesu, hatha kare na kare! H'aami.

3:14 3:14 6:18-19 **3:16** 3:16 Akol 1:11 **3:17** 3:17 Joh 14:23; Aefe 5:2; Akol 1:23; 2:7 **3:18-19** 3:18 Akol 2:2 **3:18-19** 3:19 1:23; 5:2, 25; 2 Akor 5:14; Akol 2:9-10 **3:20-21** 3:20 Akol 1:29

4

P'aulo anaambira Amasihia mahendzane na makale na umwenga

¹ Kwa vizho bai, mimi mufungwa kwa ut'u wa Bwana, ninamuvoya muishi maisha galenganago na uwo mwiho wenu muriwohirwa ni Mulungu. ² Kalani at'u arumwengu, na ap'ore, na avumiriri. Vumiriranani kwa mahendzo. ³ Hendani mwadimazho muone kukala munaenderera kukala na umwenga urefwao ni Roho Mweri, na dheri rimugwizanye ngwa. ⁴ Ninwi mu mwiri mumwenga na muna Roho mumwenga, dza viryahu murizhohirwa tumaini mwenga kahi za mwiho wenu. ⁵ Muna Bwana mumwenga, na kuluhiro mwenga, na ubat'izo mumwenga. ⁶ Kidza muna Mulungu mumwenga, ariye iye nde Babaye osi, ndiye ariye dzulu za osi, na anahenda kazi kukirira kwa osi, na a ndani za osi.

Masihi walazha vipawa vinji kwa ut'u wa kurijenga kanisa

⁷ Ela, kila mumwenga wehu wagerwa nema kulengana na kipimo arichojaliwa ni Masihi. ⁸ Kwani Maoro ganaamba,
 “Arihokwenda dzulu
 walongoza mateka anji,
 na akiap'a anadamu vipawa.”

4:1 4:1 3:1 **4:2** 4:2 5:2; Akol 3:12-13 **4:2** 4:2 Arum 8:13; Agal 6:8; Akol 3:9 **4:3** 4:3 2:14-16; Akol 3:14-15 **4:4** 4:4 1:23; 2:18 **4:5** 4:5 Joh 10:16; 1 Akor 8:6; Ubat'izo: Math' 28:19; Arum 6:3-4 **4:6** 4:6 1 Akor 12:6 **4:7** 4:7 Arum 12:3, 6; 1 Akor 12:11
4:8 4:8 Zabu 68:18

9 Vikara gaga maneno gaambago, “Wakwenda dzulu” manaye ni kukala, iye ariyekwenda dzulu waandza kutharamuka ts'ini ya ts'i kwandza.*
 10 Iye ariyetharamuka, nde iye ariyekwenda dzulu mulunguni kwenye, ili avikamilishe vit'u zhosi. 11 Bai iye ndiye ariyeap'a angine, vipawa zha uhumwi, angine zha unabii, angine zha kuhubiri Uyoro Udzo, angine zha uchungaji na angine zha walimu. 12 Wahenda vivi, ili ahakikishe kukala, o at'u a Mulungu manathayarishwa kwa ut'u wa kazi ya Mulungu, na riro kanisa, ambaro ndo uwo mwiri wa Masihi, rijengeke. 13 Na kwa vizho, vivi vienderere muhaka siswi hosini fukale na kuluhiro mwenga, na kuko kumumanya Mwana wa Mulungu nako kukale kumwenga, muhaka fukale at'u azima kiroho na fufikire kiwango cha ukamilifu wa Masihi. 14 Fukikala vizho, k'afundakala here ahoho, kut-sufwa kuno na kuno, na kuhalwa ni p'eho za mafundisho ga ulongo gadzago na at'u ajanja, ili maangamize ngira angine na uwo ujanja wao. 15 Ela siswi, nafuthuwe ujeri kwa mahendzo, na ndo fundakumala kwa kila ngira hukale here Masihi, ariye iye ndiye kitswa cha kanisa. 16 Ts'ini za iye Masihi, vilungo zhosi zha mwiri vinagwirana hamwenga na kukala mwiri mumwenga. Kila kilungo mumo mwirini

4:9 4:9 Joh 3:13 * **4:9** 4:9 Vinadimikika kukala kifungu kiki kinasumurira garyahu garigo kahi za 1 P'et'ero 3:19. **4:10** 4:10 1:23 **4:11** 4:11 1 Akor 12:28 **4:12** 4:12 1 Akor 14:26 **4:13** 4:13 Akol 1:28 **4:14** 4:14 1 Akor 14:20; Aebu 5:13-14; Jako 1:6 **4:15** 4:15-16 5:2 **4:15** 4:15 1:22 **4:16** 4:16 1:23; 2:21-22; 4:13, 25; Akol 2:19

kinahenda kazi kuugwizanya hamwenga uwo mwiri. Kwa vizho kila kilungo kikihenda here vimalikanazho, nikuuhenda uwo mwiri ukakula na ukadima kudzijenga wenye kahi za mahendzo.

P'aulo anaambira Aefeso maishi maisha masha

¹⁷ Vikara namala ninene neno riri, nami ninarinena kahi za dzina ra Bwana; kuandzira vivi, be musiishi here at'u masiomumanya Mulungu. Ao maazo gao k'agana thendhe, ¹⁸ na machere kizani. At'u aa vizho, ma kure na uzima wa Mulungu kwa ujinga wao na kwa singo zao nyomu. ¹⁹ Myoyo yao k'aiahukumu kaheri, mana manahenda kila aina ya ukolo kwa ut'u wa zo th'amaa ch'afu marizo nazo.

²⁰ Ela gago so murigofundishwa bule dzulu za Masihi! ²¹ Bai chamba mwasikira na mukifundishwa dzulu za Masihi, kuthuwana na uwo ujeri uriwo kwakwe, ²² iryahu hali yenu ya kapindi isiyo na mana ivuleni. Kwani iyo nikunongeka kwa zizo th'amaa ch'afu zikengazo.

²³ Ela bai mioyo yenu na akili zenu suthi vikaluke vikale visha. ²⁴ Valani hali mbisha, iryahu iriyoubwa ni Mulungu ndani yenu, karakara na iryahu ya Mulungu yenye, kahi za hachi na ueri wa jeri.

²⁵ Bai musikale alongo, kila mut'u naanene ujeri kwa mwandziwe, mana hosini fu vilungo zha mwiri mumwenga wa Masihi.

4:17 4:17-18 5:8; Arum 1:21; 1 P'et 1:14 **4:19** 4:19 Akol 3:5
4:23 4:23 Arum 12:2 **4:24** 4:24 Mwan 1:26-27; 2 Akor 5:17;
Akol 3:10 **4:25** 4:25 4:16; Zaka 8:16-17; Akol 3:8-9

²⁶ Mukitsukirwa, musihende dambi kwa ut'u wa kuko kutsukirwa kwenu. Na pia mutsukirwaho, musikale a mulomo futu hatha kukatswa, ²⁷ na musimup'e Shethani nafasi. ²⁸ Mut'u ariyekala mwivi, vivi asiiye kaheri, hat'uhe naandze kuhenda kazi na mikonoye, ili apate mahitajige na pia adime kuaviza akiya. ²⁹ Kusambole neno rorosi rii kanwani mwenu, ela namwambole maneno madzo gadimago kuaviza at'u, ili kila andiyegasikira, ahaswe. ³⁰ Musimuhuzunishe Roho Mweri wa Mulungu, ariye iye nde muḽano wa kunyesa kukala mu akwe na kwamba kuna siku, Mulungu andamukombola. ³¹ Musikale at'u enye kisasi, musikale na k'oro, hedu hasira. Musinene kwa madumulo, na musichukane bule. Dziahuseni na mai gosini. ³² Kalani at'u a mioyo midzo, muhurumiane, na musameheane dza viryahu Mulungu arizhomusamehe ninwi kukirira kwa Masihi.

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¹ Bai mwigeni Mulungu, here anae amuhendzao. ² Ishini kwa kuhendzana, dza viryahu Masihi arizhohuhendza siswi, hatha akidzilazha akifwa, here sadaka ya muruk'e mudzo kwa Mulungu kwa ut'u wehu siswi.

4:26 4:26 Zab'u 4:4; Jak'o 1:19-20 **4:28** 4:28 1 Ath'es 4:11 **4:29** 4:29 5:4; Akol 3:8; 4:6; Jak'o 3:10 **4:30** 4:30 1:13-14; Isa 63:10; Agal 5:25 **4:32** 4:32 Math' 6:14; 18:22-35; Akol 3:12-13 **5:1** 5:1 Math' 5:48; 1 Joh 3:1 **5:2** 5:2 3:17-18; 4:2, 15-16; 1 Akor 8:1; 2 Akor 5:14; Agal 6:10; Afil 2:2; Akol 2:2; 3:14-15; Sadaka: Agal 1:4; Aebu 10:5-10

³ Bai kwa kukala mudzauya mu at'u a Mulungu, k'amuvirya kuhadzwa na maut'u ga uzindzi bule, hedu maitsi-maitsi, na k'amuvirya kumbozera dzitso cha mut'u. ⁴ K'amuhendzwa kunena maneno ga aibu, hedu ga kizuzu, k'amuvirya kuhenda madhe mai, mana gago k'agafwaha, ela hat'u ha vizho mushukuruni Mulungu. ⁵ Bai ninwi manyani kamare kukala, muzindzi, hedu mut'u ahendaye maitsi-maitsi, hedu mut'u mwenye dzitso (mut'u dza iye ni muvoyi wa vizuka), k'andangira kamare kahi za uthawali wa Masihi na Mulungu. ⁶ Mut'u asimukenge kwa kumuahidhi maut'u ga ulongo, mana k'oro za Mulungu zindaadzirira ao at'u mario manahenda maut'u gaga, kwa kukala k'amamwagoha Mulungu. ⁷ Kwa vizho musishirikiane na at'u dza vizho aa.

⁸ Haho kapindi ninwi mwere mu kizani, ela vivi bai mu kahi za mulangaza wa Bwana, kwa vizho ishini here at'u mario mulangazani maviryazho kuishi. ⁹ Kwani at'u mario mulangazani ni kuhenda maut'u madzo-madzo, ga hachi na ga ujeri. ¹⁰ Dzifundisheni mumanye ni ut'u wani umufwahizao Bwana. ¹¹ Na kidza musihusike na maut'u ga kizani, garigo k'agana faidha yoyosi, ela hat'u ha vizho gang'azeni. ¹² Mana gago mahendago kisiri-siri,

5:3 5:3-5 Agal 5:19-21 **5:3** 5:3 Akol 3:5 **5:4** 5:4 4:29; Akol 3:8 **5:5** 5:5 Arum 5:17 **5:6** 5:6 Arum 1:18; Aefe 2:3; Akol 2:4, 8; 3:6 **5:8** 5:8 Haho kapindi: 2:3, 11-12; 4:17-18, 22; Akol 3:7; Tit 3:3; Kahi za mulangaza: Joh 8:12; Akol 1:13; 1 Pet 2:9 **5:9** 5:9 Agal 5:22-23 **5:10** 5:10 Arum 12:2; 1 Ath'es 5:22

hatha k'aganeneka. ¹³ Ela maut'u gaking'azwa, nikupigwa ni mulangaza na gakaonewa lwazu.

¹⁴ Kwani mulangaza ndiwo uhendao kit'u kikaoneka lwazu. Ndosa at'u ni kuamba,

“Lamuka we urereye,

fufuka kula kuzimu,

na Masihi andakung'alira.”

¹⁵ Kwa vizho bai, dzimanyirireni sana zho muishizho. Musiishi here at'u azuzu, ishini here at'u alachu. ¹⁶ Humirani wakathi wenu t'ot'ot'o, mana siku zizi ni mbii. ¹⁷ Kwa

vizho bai musikale azuzu, ela manyani mahendzo ga Bwana ni noni. ¹⁸ Musiree bule, mana divai indamwangamiza, ela hat'uhe, dza-

zwani Roho Mweri, ¹⁹ na muimbirane zaburi, p'ambiyo na maira ga kiroho, na mioyoni mwenu mukale munamuimbira Bwana na kumushangilia. ²⁰ Lazhani muyera kwa Mulungu

Baba kila wakathi, na kwa kila kit'u, kwa dzina ra Bwana wehu Jesu Masihi. ²¹ Na kidza kwa ut'u

wa kumwogoha Masihi, kila mumwenga wenu ni adzitsereze kwa mwandziwe.

Mitoere ya midzini

Akolosai 3:18-4:1

²² Ninwi ache, asikireni alume enu, dza zho mumusikirazho Bwana. ²³ Kwani mulume nde

5:13 5:13 Joh 3:20-21 **5:14** 5:14 Isa 26:19; 60:1; Arum 13:11;

Jako 5:8 **5:16** 5:16 Akol 4:5 **5:17** 5:17 1:17; Arum 12:2 **5:18**

5:18 Ndhum 23:31-35; Arum 13:13 **5:19** 5:19-20 Zabu 33:2-3;

Akol 3:16-17; Aebu 13:15 **5:21** 5:21-6:9 Akol 3:18-4:1; 1 P'et

2:18-3:7; 1 T'imo 2:1-13; Tit 2:1-10; 1 Joh 2:12-17 **5:21** 5:21 1

P'et 5:5 **5:22** 5:22-24 Akol 3:18; Tit 2:5; 1 P'et 3:1 **5:22** 5:22

1 Akor 14:34-35 **5:23** 5:23 1:22; 1 Akor 11:3

kitswa cha muchewe, dza viryahu Masihi arizho ndiye kitswa cha kanisa. Kanisa ndo mwiri wa Masihi na iye nde mwokoliwe. ²⁴ Bai dza viryahu kanisa rimusikirazho Masihi, ache nao ni maasikire alume ao kahi za maut'u gosi.

²⁵ Ninwi alume nanwi, ahendzeni ache enu, dza viryahu Masihi arizhorihendza kanisa, hatha akidzilazha kwa ut'uwe. ²⁶ Naye wahenda vivi ili arithenge k'anda na arisafishe na madzi kukirira kwa neno ra Mulungu. ²⁷ Bai Jesu wahenda vizho, ili haho andihokudzariimisha ro kanisa mbereze, rikale rinang'ala-ng'ala bila maramara, hedu minyau, hedu ut'u udziwohalana na gago. Ela rikale ni eri bila kaila kokosi. ²⁸ Kwa ngira iyo bai, alume nao suthi maa-hendze ache ao, dza vizho maihendzazho miri yao enye. Mut'u ahendzaye muchewe, nikukala anadzihendza mwenye. ²⁹ Kwani k'akuna mut'u adimaye kuumena mwiriwe, hat'u ha vizho iye ni kuurisa na kuutsundzat'o, dza viryahu Masihi arihenderazho Kanisa. ³⁰ Mana riro ni mwiriwe, na siswi fu vilungo zha uwo mwiriwe. ³¹ "Kwa ut'u uu mut'u andamuricha babaye na mameye agwirane na muchewe, na ao airi mandakala mwiri mumwenga." ³² Siri ii be ni bomu, ela ninanena dzulu za Masihi na Kanisa. ³³ Kwa vizho, ninwi nanwi, kila mumwenga wenu naa-muhendze muchewe dza vizho adzihendzazho ye mwenye. Muche naye niamuishimu mu-

5:25 5:25-28 1:23; Akol 3:19; 1 P'et 3:7 **5:25** 5:25 3:19 **5:26**
 5:26 Arum 6:3-4; Tit 3:5; Aebu 10:22 **5:27** 5:27 1:4; 2 Akor 11:2;
 Afil 1:10; Akol 1:22 **5:30** 5:30 1:23; 1 Akor 12:27 **5:31** 5:31
 Mwan 2:24 **5:32** 5:32 Ugun 19:7

lumewe.

6

¹ Ninwi ahoho, asikireni azhazi enu kahi za Bwana, kwani iyo ni hachi. ² Mana, “Muishimu babayo na mameyo,” ndo amuri ya kwandza yenye ahadi ³ kukala, “maut'u gandakulokera, na undaishi maisha mare haha dhuniani.” ⁴ Nanwi ano baba nanwi, musiatsukize ana enu bule, ela arereni kahi za ishima na mafundisho ga Bwana.

⁵ Nwi atumwa nanwi, asikireni mabwana enu a haha urumwenguni, kwa kuagoha na kuthethema kamare. Ahumikireni na moyo mumwenga, here kwamba munamuhumikira Masihi. ⁶ Na musitharize hatha mu hamwenga nao, ndo mukadzihendya munaasikira, ili mamulike, ela hendani here ahendzazho Mulungu. Aishimuni na mioyo yenu yosi, mana ninwi mu atumwa a Masihi. ⁷ Ahumikireni kwa nia mbidzo, here kwamba munamuhumikira Bwana, na si mwanadamu bule. ⁸ Manyani kukala mut'u akihenda ridzo, Bwana naye andamuriha madzo, kala mutumwa, hedu mut'u ariye huru.

⁹ H'aya ninwi mabwana nanwi, ahendereni madzo ao atumwa enu, na musiagoshe-goshe. Manyani kukala ninwi na ao atumwa enu, muna Bwana mumwenga kuko mulunguni, naye k'apendhelea mut'u yoyosi.

6:1 6:1 Akol 3:20 **6:2** 6:2-3 Kumbu 5:16 **6:4** 6:4 Akol 3:21
6:5 6:5-8 Akol 3:22-25; 1 T'imo 6:1-2; Tit 2:9-10; 1 P'et 2:18-21
6:6 6:6 1 Akor 7:22 **6:8** 6:8 2 Akor 5:10; Akol 3:24-25 **6:9**
6:9 Akol 3:25; 4:1; Jako 2:1

Silaha za kiroho za kudzichingira

¹⁰ Mwisho kamare, kalani na nguvu kahi za Bwana, na kahi za wadimi wa kwakwe munji. ¹¹ Valani silaha zosi za Mulungu, ili mudime kupinga ujanja wa Shethani. ¹² Kwani k'ahuheha na vit'u zhenye mwiri na mulatso, hatha. At'u siswi funaheha na athawali, na wadimi, na nguvu za urumwengu uu wa kiza. Kidza funaheha na majeshi ga p'ep'o, garigo kuko dzulu. ¹³ Kwa vizho halani silaha zosi za Mulungu, ili siku mbii ikidza mudime kushinda. Na mudi-hokala mudzagamarigiza gosini, muenderere kuimat'o. ¹⁴ Bai imani imara kwa kuuthuwa ujeri wa Mulungu, nawo uwo undakala here ukanda wa kudzifunga mumo zhununi mwenu. Hendani garyahu garigo ni hachi mbere za Mulungu, na iyo hachi indakala here kiziyo cha kathi renu. ¹⁵ Kalani thayari-thayari na Uyoro Udzo wa dheri, na vizho vindakala ndizho virahu zha maguluni mwenu zha kumwaviza kuimat'o. ¹⁶ Dzulu ya vivi zhosi, kalani na kuluhiro, na riro kuluhiro rindakala here ngao ya kuizinyira mivi yosi ya moho kula kwa yuyahu Mui. ¹⁷ Uhalireni wokolwi here kofia ra chuma ra kudziziyira kitswa, na neno ra Mulungu rikale upanga wenu wa kiroho. ¹⁸ Kalani mukivoya kahi za Roho wakathi wosi, mavoyo ga kila samupuli na ga

6:10 6:10 Joh 15:5; 1 Akor 16:13 **6:11** 6:11-17 2 Akor 10:4; 1 Ath'es 5:8; Isa 59:17 **6:11** 6:11 Jako 4:7 **6:12** 6:12 1:21; 2:2; 1 P'et 5:8-9 **6:13** 6:13 Arum 13:12 **6:14** 6:14 Isa 11:5
6:15 6:15 Isa 52:7; Arum 10:15 **6:17** 6:17 Isa 40:2; Aebu 4:12
6:18 6:18-19 3:14; Luk 18:1; Mahe 4:29; Arum 15:30; Akol 4:2-4

mahitaji genu. Kalani matso, na muenderere kuavoyera at'u osi a Mulungu. ¹⁹ Kidza nivoyerani nami, ili wakathi nivugulaho kanwa kangu, nigerwe maneno ga kunena, na nihubiri iryahu siri ya Uyoro Udzo wa Mulungu hasiho woga. ²⁰ Vivi ni balozi ariye jela kwa ut'u wa uwo Uyoro Udzo, bai nivoyerani ili nidime kuuhubiri hasiho woga, here nimalikanazho kuunena.

Maut'u ga mwisho-mwisho

²¹ Bai kwa kukala ninahendza mumanye uzima wangu na here niendererazho kuku, ninamuhuma Tukiko, ndugu yehu muhendzwi, ariye ni mwaminifu kahi za kazi ya Bwana, adze amumanyise gosi ga kuku. ²² Nami namuhuma kwa lengo riro, adze amwambire viryahu hundererazho, na pia amwangize nguvu.

²³ Bai Mulungu Baba na Bwana Jesu Masihi, namamuhendye ninwi ndugu, mukale na dheri hamwenga na mahendzo na muenderere kumukuluhira. ²⁴ Mulungu naahase osi aryahu mamuhendzao Bwana wehu Jesu Masihi na mahendzo gasigogoma.

6:20 6:20 3:2; 2 Akor 5:20; Akol 4:4 **6:21** 6:21-22 Tukiko: Mahe 20:4; Akol 4:7-8; 2 T'imo 4:12; Tit 3:12 **6:23** 6:23 Dheri: 2 Akor 13:11 **6:24** 6:24 Agal 6:18; 1 P'et 1:8

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