

## Tsamba la Paulo kuna aEfezo

<sup>1</sup> Paulo mtumiki wa Krixtu Jezu na kufuna kwa Mulungu, kuna wakucena na wakukhulupirika mwa Krixtu Jezu womwe ali muEfezo. <sup>2</sup> Nkhombo na mtendere kuna imwe, wakucokera kuna Mulungu, Baba wathu na kuna Mbuya Jezu Krixtu.

### *Madaliso ya Mulungu mwa Krixtu*

<sup>3</sup> Asimbidwe Mulungu, Baba wa Mbuya wathu Jezu Krixtu, omwe ambatidalisa na madaliso yentse ya mzimu m'mbuto za kudzulu mwa Krixtu. <sup>4</sup> Ninga adatisankhula ife mwa iye, dziko likanati kulengedwa, kuti tikhale wakucena na wakusaya kuphonya pamaso pace. <sup>5</sup> Mwa lufoyi adatisankhuliratu kuti tiyanyidwe ninga wana wace kudzera mwa Jezu Krixtu, na ubwino bwa cifuniro cace. <sup>6</sup> Mbatitumbizeni mbiri ya nkhombo zace, zomwe adatipasa mwa ufulu mwa mwana wace wakufunika. <sup>7</sup> Mwa Iye talomboledwa kucokera mwa mulopa wace, ndipo talekeleredwa bzakuipa bzathu, kudzera mwa udali wa nkhombo za Mulungu. <sup>8</sup> Nkhombozo adatithululira kwene-kwene mwa udziwi bwentse na ndzeru. <sup>9</sup> Adatiwonesa cifuniro cace cakubisika, mwa ubwino wace omwe Iye adauyikha mwa Krixtu. <sup>10</sup> Ubwinobo ni bwakuti bugumanize mwa Krixtu bzinthu bzentse, bza kudzulu napo bza pantsi, pa kubzifambisa ku nthawe zentse. <sup>11</sup> Mwa Krixtu tidacidwambo nthaka yakusankhulidwa kale

mwa cakulinga ca ule omwe ambakondza bzinthu bzentse kuteweza ciyeruzo ca cifuniro cace. <sup>12</sup> Cakulingaco ni cakuti ife omwe tin'khulupirira kale Krixtu tikhale wakutumbiza nkhombo zace. <sup>13</sup> Pomwe imwe mudabva ndipo mudakhulupirira fala la cadidi, ulaliki omwe udakupulumusani, mwa Krixtu imwepo mudaikhidwa cizindikiro ca Mzimu Wakucena wa cipiciro. <sup>14</sup> Mzimuyo ni citsimikizo ca nthaka yathu, mpaka kulomboledwa kwa wale omwe ni wa Mulungu, kuti atumbize mbiri yace.

### *Mpembo wa kutenda*

<sup>15</sup> Na bzimwebzi inembo, kuyambira pomwe ndidabva cikhulupiriro comwe imwe munaco mwa Mbuya Jezu ndipo na lufoyi lomwe mumbawonesa kuna wakucena wentse, <sup>16</sup> nin'pitiriza kutenda kuna imwe, ndicimbakuikhani m'mipembo yangu. <sup>17</sup> Ndiri kukumbira kuti Mulungu wa Mbuya wathu Jezu Krixtu, Baba wa mbiri, akupaseni Mzimu wa udziwi na kupaliza, kuti mumudziwisise iye. <sup>18</sup> Nin'pembambo kuti maso ya m'tima mwanu yabvunikiridwe, kuti mudziwe n'ciponi cidikiro comwe adakucemererani, mbuponi udali bwa mbiri ya nthaka yace mwa wakucena. <sup>19</sup> Ndipo na ukulu bwakusaya kulinganiza bwa mphambvu yace kuna ife wakukhulupirira, kuteweza kaphatidwe ka mphambvu yace ikulu. <sup>20</sup> Mphambvu imweyi adaiphatisa basa mwa Krixtu, acimulamusa kwa wakufa ndipo acim'khazika kuboko lace ladidi mumbuto za kudzulu, <sup>21</sup> padzaulu pa boma lentse na utongi, mphambvu, na azimbuya wentse, ndipo na dzina

lentse lomwe lingacemerewe, sikuti nthawe ino yokha, tsono napombo yomwe irikubwerayo. <sup>22</sup> Mulungu adaikha bzinthu bzentse pantsi pa ndzayo zace, ndipo adamuikha kuti akhale msolo wa bzinthu bzentse kuna gereja, <sup>23</sup> yomwe ni thupi lace, m'dzazidwe wa Iye omwe an'dzaza bzinthu bzentse ndipo mumbuto zentse.

## 2

### *Moyo upsa mwa Krixtu*

<sup>1</sup> Imwepo mukhadafa na bzakuipa na bzakuphonya bzanu, <sup>2</sup> momwe kalekale mukhafamba, kuteweza khalidwe la dziko lino ndipombo na mkulu wa utongi wa m'dzulu, ni mzimu omwe tsapano uli kuphata basa kuna wale ana m'khalidwe wakusaya kubvera. <sup>3</sup> Momwemo ife tentse kale-kale tikhafambambo, kuteweza bzakufuna bza thupi lathu, ticimbacita cifuniro ca thupi na kakumbukidwe ka thupi, ndipo tikhali mwacibadwire wakuthemera kukalipiridwa, ninga anangowombo. <sup>4</sup> Tsono Mulungu, omwe ngnyakudala na ntsisi, na thangwe la lufoi likulu lomwe adatifuna nalo, <sup>5</sup> napo ife tikhadafa na bzakuipa bzathu, adatipasa moyo pabodzi na Krixtu, mwa nkhombo ndimwe wakupulumuka. <sup>6</sup> Mulungu adatilamusa kwa wakufa pabodzi na Krixtu ndipo adatikhazika na iye m'mbuto za kudzulu mwa Krixtu Jezu, <sup>7</sup> kuti adzawonese, ku nthawe zirikubwerazo, udali ukulu wa nkhombo zace, mwa lufoi kuna ife, mwa Krixtu Jezu. <sup>8</sup> Sabwa mwa nkhombo ndimwe wakupulumuka, kudzera mu cikhulupiriro, ndipo kumweku

kun'cokera lini kwa imwe, ni mphatso ya Mulungu. <sup>9</sup> Kun'cokera lini kwa mabasa nee, kuti paleke kuwoneka wakubzikuza. <sup>10</sup> Nakuti ndife wakukondzedwa na Mulungu, wakulengedwa mwa Krixtu Jezu kuti ticite mabasa yabwino, yomwe Mulungu akhadakondza kale kuti ife tiyacite.

### *Unthu bupsa mwa Krixtu*

<sup>11</sup> Na tenepo, kumbukirani kuti kale-kale pomwe mudabadwa mukhali lini aJuda, mukhacemerredwa wakusaya kugwatidwa na wale womwe ambabziti mbakugwatidwa muthupi na manja ya wanthu. <sup>12</sup> Panthawe imweire, mukhali wakusaya Krixtu, wakupambulidwa pa mbumba ya Ijirayeri, ndipo mukhali kunja kwa mipangano ya m'piciro, wakusaya cidikiro na wakusaya Mulungu pa dziko la pantsi. <sup>13</sup> Tsono tsapano, mwa Krixtu Jezu, imwepo womwe kalekale mukhali kutali, mudafendezedwa kudzera mwa mulopa wa Krixtu. <sup>14</sup> Nakuti Iye ndiye mtendere wathu, omwe adacita kuti awiriwo akhale m'bodzi, ndipo adapfudza litsito la ciwengo lomwe likhawamwazanisa pakati pawo. <sup>15</sup> Na thupi lace adamalisa Mtemo wa malamulo na utongi, kuti mwa awiriwo akondze munthu mupsa, mwa Iye yekha, acimbacita mtendere. <sup>16</sup> Ndipo adawayanjanisa awiriwo mu thupi libodzi na Mulungu, kudzera mwa m'tanda, omwe adamalisa nawo ciwengo. <sup>17</sup> Iye adabwera acipalidza mtendere kuna imwe womwe mukhali kutali, ndipo mtendere kuna womwe

akhali pafupi. <sup>18</sup> Sabwa mwa iye ife na imwe tinawo m'pata kwa Baba mwa Mzimu ubodzi. <sup>19</sup> Na tenepo, ndimwe lini anyakudza ayai anyakutama, tsono ndimwe wa mum'zinda ubodzi na wakucena, ndipo bziwalo bza m'banja la Mulungu, <sup>20</sup> mudakondzedwa pa alisese ya atumiki na ya apolofita. Jezu Krixtu ndiye adakhala mwala wa pagonyo. <sup>21</sup> Mwa Iye nyumba yentse ni yakulumikidzika bwino ndipo imbakula kuti ikhale nyumba ya m'pembo wakucena ya Mbuya. <sup>22</sup> Mwa Iye imwembo muli kukondzedwa pabodzi, kuti musanduke nyumba ya Mulungu mu Mzimu.

### 3

#### *Mtumiki wa omwe ni aJuda lini*

<sup>1</sup> Na thangwe limweri, ine Paulo ndine wam'kawoko thangwe la Krixtu Jezu na lufoi kuna imwe omwe ndimwe lini aJuda. <sup>2</sup> Cadidi-letu imwe mudabva kulewa bza uyimiriri bomwe ndidapasidwa na nkhombo za Mulungu kuna imwe. <sup>3</sup> Pakuti mwa kuwonesedwa ndidadziwisidwa cintsintsi, ninga momwe ndakunemberani mafala pang'ono. <sup>4</sup> Pakuyalewenga mungakwanise kubvesesa momwe nimbadiwira cintsintsi ca Krixtu. <sup>5</sup> Cintsintsi cimweci ciribe kudziwisidwa kuna wanthu wa mibadwe inango, tsono tsapano cawonesedwa na Mzimu kuna atumiki wakucena na apolofita, <sup>6</sup> kulewa kuti, kucokera mu ulaliki, omwe ni aJuda lini mbanyanthaka pabodzi na Ijirayeri, bziwalo bza thupi libodzi, ndipo acicitambo mbali pa cipiciro mwa Krixtu

Jezu. <sup>7</sup> Mu ulaliki bumwebu ndasanduka nthena na mphatso ya nkhombo za Mulungu, zomwe ndidapasidwa kudzera m'macitidwe ya mphambvu zace. <sup>8</sup> Ine, m'ng'ono wa ang'ono pa wakucena wentse, ndidapasiwa nkhombo zimwezi zakulalika kuna omwe ni aJuda lini udali wa Krixtu wakusaya malire <sup>9</sup> na kuzimbula kuna wentse kafambisidwe ka cintsintsi cimweci, comwe Panthawe zapitazi cikhadabisika mwa Mulungu, omwe adalenga bzinthu bzentse. <sup>10</sup> Cakulinga ca nkhombo zimwezi cikhali cakuti, kudzera mwa gereja, udziwi bwa kusiyana-siyana bwa Mulungu budziwike tsapano kuna akulu na atongi wa mbuto za kudzulu, <sup>11</sup> kudzera mu cifuniro cace cakuyenda-na-kuyenda comwe adacicita mwa Krixtu Jezu, Mbuya wathu. <sup>12</sup> Mwa Iye tinawo m'pata na ufulu kwa Mulungu mwa kukhulupirika, kudzera mwa cikhulupiriro kuna Iye. <sup>13</sup> Na tenepo, ndirikukumbirani kuti lekani kuwofoka na kubonera kwangu thangwe ra imwe, sabwa kuboneraku ni mbiri kuna imwe.

### *Paulo an'pembera aEfezo*

<sup>14</sup> Na thangwe la bzimwebzo ndirikupemba pamaso pa Baba, <sup>15</sup> omwe ambapasa dzina dzindza liri lentse kudzulu na pantsi. <sup>16</sup> Nin'pemba kuti, na udali bwace bwa mbiri, akulimbiseni na mphambvu za Mzimu wace m'kati mwanu, <sup>17</sup> kuti Krixtu akhale mum'tima mwanu kudzera mwa cikhulupiriro. Ndipo nin'pemba pomwe kuti mukhale na mizi mucinjimbikira mu lufoyi, <sup>18</sup> kuti imwe na wakucena wentse mukwanise kudziwisisa,

kukula kwa mu ufupi, mu utali, kutalimpha na kuzika, <sup>19</sup> ndipo mudziwe lufoyi la Krixtu, lomwe limbapitirira ndzeru zentse, kuti mukhale wakudzala na bzentse bza Mulungu. <sup>20</sup> Ndipo kwa ule omwe an'kwanisa kucita mwakupitiriza pa dzulu pa bzentse bzomwe tin'kumbira ayai tin'kumbuka, malingana na mphambvu zace zomwe zin'phata basa muna ife, <sup>21</sup> kwa Iye ikhale mbiri mu gereja na mwa Krixtu Jezu kwa mibadwe yentse, kwa kuyenda-na-kuyenda. Amen!

## 4

### *Ciphatano ca cikhulupiro*

<sup>1</sup> Ine, wamkawoko thangwe la Mbuya, ndirirkukulimbikisani kuti mufambe mwa kufunika kwa macemeredwe yanu momwe mudacemeredwera, <sup>2</sup> na kubzicepesa kwentse, kuderekha na kupirira mucithandizana wina na mwanzace mwa lufoyi. <sup>3</sup> Citani mphambvu zentse kuti mukoye ciphatano ca Mzimu na cimangiriro ca m'tendere. <sup>4</sup> Liripo thupi libodzi lokha na Mzimu ubodzi, ningambo mudacemeredwa mucidikiro cibodzi ca macemeredwe yanu. <sup>5</sup> Alipo Mbuya m'bodzi yekha, cikhulupiro cibodzi cokha, ubatizo ubodzi okha, <sup>6</sup> Mulungu m'bodzi yekha ndipo Baba wa wentse, omwe ali padzulu pa wentse, ambaphata mwa wentse ndipo ali mwa wentse.

<sup>7</sup> Ndipo m'bodzi na m'bodzi wa ife adapasiwa nkhombo malingana na mphimo ya mphatso ya Krixtu. <sup>8</sup> Ndipopo bzidalewedwa kuti: Pomwe iye adakwira kudzulu adatenga wam'kawoko

azinji, ndipo adapasa mphatso kuna wanthu. <sup>9</sup> (Bzirikulewa kuti tani “iye adakwira”, kuposa kulewa kuti adabulukambo mpaka kuntsi kwa dziko. <sup>10</sup> Ule omwe adabulukambo ndiye m'bodzi-bodzi adakwira pa dzulu pa kudzulu kwentse, kuti adzaze bzinthu bzentse.) <sup>11</sup> Iye adalata anango kuit akhale atumiki, anango mapolofita, anango alaliki ndipo wanango abusa na adziwi, <sup>12</sup> na cakulinga cakuti akonze wakucena pa basa la kutumikira, kuti thupi la Krixtu likondzeke, <sup>13</sup> mpaka tentse tifike pa kuphatana kwa cikhulupiro na kuzindikira Mwana wa Mulungu ndipo tifike pakukula kupfitsa msinkhu wa kudzala wa Krixtu. <sup>14</sup> Kuti tileke kukhala pomwe ninga wana, kutengeka-tengeka na mabimbi mbali na mbali ndipo ticimbatengeka na conzi centse ca cipfunziso ca wanthu wakucenjera na kunama omwe ambayendesa kwa kutaika. <sup>15</sup> Tsono ticitewera cadidi mwa lufoyi, tin'kula mu bzentse mwa ule omwe ni msolo, Krixtu. <sup>16</sup> Kucokera mwa Iye thupi lentse lidandendemezeka na kuphatana mwa cithandizo ca bzakulumikidza bzentse, lin'kula licibzikondza lokha mwa lufoyi, pakuti ciwalo cibodzi-na-cibodzi cin'cita basa lace.

### *Mayendedwe ya wana wa Ceza*

<sup>17</sup> Na tenepo ine nin'kuuzani, ndipo mwa Mbuya nin'ngingimira kuti lekani kukhala pomwe ninga omwe an'pemba lini, omwe ambandokhala mundzeru zawo zakusaya basa. <sup>18</sup> Ndzeru zawo zidacita m'dima, ndipo adapambulidwa pa moyo wa Mulungu na



thangwe la mwakusaya kudziwa momwe iwo ali, kucokera mwa kuuma m'tima kwawo. <sup>19</sup> Adaluzabzakubva bzentse, iwo adabzipereka kwa bzapezi, kumbacita bzakuipa bza mtundu uli-wentse mwakusaya thupo. <sup>20</sup> Tsono imwe mulibe kupfundzira bza Krixtu tenepayu. <sup>21</sup> N'cadidi, imwepo mudabva kulewa bza Iye, ndipo mwa Iye mudapfundzidwa malingana na cadidi comwe ciri muna Jezu. <sup>22</sup> Kulewa makhalidwe yanuyakale, imwe mudapfundzidwa kukhundula munthu wakale, omwe ambaphonya nabzakufuna bzakunyengeza, <sup>23</sup> ndipo mukhale wapsa mu makumbukiro, <sup>24</sup> ndipo bvalani munthu mupsa, wakulengedwa mwakulingana na Mulungu mu cirungamo na kucena bza kucokera mu cadidi. <sup>25</sup> Na tenepo m'bodzi nam'bodzi asiye kunama, ndipo alewe cadidi kuna mwandzace, sabwa ndife bziwalo bza thupi libodzi. <sup>26</sup> Mungakalipa lekani kuphonya. Ukali bwanu bumale dzuwa likanati kumira, <sup>27</sup> ndipo lekani kupasa m'pata Dyabu. <sup>28</sup> Omwe akhaba aleke kuba pomwe, tsono aphate basa, acimbacita bzabwino na manja yace, kuti akhale naco cakugwatirana naye omwe alibe. <sup>29</sup> Lireke kucoka fala lakuipa pamulomo panu, tsono lomwe lingakhale laphindu kuti lirimbise winango, malingana na kufunika, kuti lipase nkhombo kwa omwe anilibva. <sup>30</sup> Lekani kutsukwalisa Mzimu Wakucena wa Mulungu, omwe imwepo mudaikhidwa ninga cidindo m'paka ntsiku yakulomboledwa. <sup>31</sup> Bzicoseni pa bzakuwawa bzentse, kupsa m'tima, ukali, phokoso namagunkha, ndipo nabzakuipa bzentse. <sup>32</sup> Khalani

wabwino ndipombo wacifundo winango na mwandzace, mucimbalekererana, ninga momwe Mulungu adakulekererani mwa Krixtu.

## 5

<sup>1</sup> Tsono pakuti ndimwe wana wakufunika wa Mulungu m'tewezereni <sup>2</sup> ndipo khalani mwa lufoyi, ninga Krixtu adatifunambo acibzipereka yekha kuna Mulungu thangwe la ife ninga cakupereka na ntsembe ya nunchi wabwino.

### *Cisapo ca ceza na mabasa ya mum'dima*

<sup>3</sup> Pakati panu paleke kuwoneka upombwe, napombo mtundu uli wentse wa bzakuipa ngakhale kusirira, ngakhale kubziguma pakati panu, pakuti bzinthu bzimwebzi n'bzakuthemera lini kuna wanthu wakucena. <sup>4</sup> Lekani kulewa bza maika, nkhani zakusaya basa ngakhale bzakumpfendu, bzomwe n'bzakuthemera lini, tsono pambuto ya bzobzi mutende. <sup>5</sup> Ndipo dziwani ibzi, munthu aliyentse wakucita upombo, ayai wakuipa ayai wakusirira omwe ni wakupemba bzifanikizo, alibe nthaka mu ufumu bwa Krixtu na bwa Mulungu. <sup>6</sup> Lekani kunamiziwa na mafala yakusaya basa, sabwa na bzinthu bzimwebzi ukali bwa Mulungu bumbabwera kuna wentse wakusaya kubvera. <sup>7</sup> Na tenepo lekani kucita mbali nawo. <sup>8</sup> Thangwe kale-kale mukhali m'dima, tsapano ndimwe ceza mwa Mbuya, khalani ninga wana wa ceza, <sup>9</sup> (Sabwa cisapo ca ceza ni ubwino, cirungamo na cadidi centse), <sup>10</sup> ndipo pfundzani kuzindikira bzomwe n'bzabwino kwa Mbuya.

<sup>11</sup> Lekani kucita mbali ku mabasa ya kusaya bzisapo ya mum'dima, tsono yaikheni pa ceza. <sup>12</sup>Thangwe bzin'pasa manyazi kubzilewa bzinthu bzomwe iwo ambacita mwakubisala. <sup>13</sup>Tsono bzinthu bzentse bzomwe bziniyikhidwa pa ceza bzimbawonekera, sabwa ceza cimbawonesa bzinthu bzentse. <sup>14</sup>Ndipopo bzidalewedwa kuti: Muka iwe omwe udagona, lamuka pakati pa wakufa ndipo Krixtu an'dzakubvunika.

<sup>15</sup> Khalani na cheru pa khalidwe lanu, lekani kukhala ninga wakusaya ndzeru, koma ninga adziwi, <sup>16</sup>phatani nthawe, thangwe ni ntsiku za kuipa. <sup>17</sup>Na tenepo lekani kukhala wakusaya ndzeru, koma nyang'anani kubvesesa cifuniro ca Mbuya. <sup>18</sup>Lekani kuledzera na vinyu, pakuti imbataikisa, tsono dzazidwani na Mzimu, <sup>19</sup>mucimbalewa-lewa wina na mwandzace na masalimo, muciyimba na kutumbiza Mbuya na m'tima wentse na nyimbo za mumzimu, <sup>20</sup>mucimbatenda nthawe zentse kuna Mulungu Baba pa bzinthu bzentse mu dzina la Mbuya wathu Jezu Krixtu.

### *Bzicepeseni wina na mwandzace*

<sup>21</sup>Bzicepeseni kwa wina na mwandzace mwa kulemekeza Krixtu. <sup>22</sup>Akazi bzicepeseni kuna amuna wanu ninga kuna Mbuya, <sup>23</sup>pakuti mwamuna ndiye msolo wa mkazi, ninga Krixtu ndiyembo msolo wa gereja na m'pulumusi wa thupi. <sup>24</sup>Na tenepo ninga gereja imbabzicepesa kuna Krixtu, tenepoyo akazi abzicepesembo kuna amuna wawo pa bzentse. <sup>25</sup>Amuna, funani akazi wanu, ninga momwe Krixtu

adafunira gereja, ndipo adabzipereka thangwe ra gerejayo, <sup>26</sup> kuti akaipambule, wataicenesa mwa kuitsuka na madzi kudzera mu fala. <sup>27</sup> Ndipo kuti iwonekere kuna iye ninga gereja ya mbiri, yakusaya mathotho ngakhale tsinya, ayai cinthu ca kulingana nabzo, koma yakucena na yakusaya thangwe. <sup>28</sup> Tenepombo amuna funani akazi wanu ninga thupi lanu cairo. Omwe an'funana mkazi wace an'bzifuna iye yekha. <sup>29</sup> Thangwe palibe na m'bodziyo adawenga kale thupi lace, tsono ambalidyesa acilikhongobza, ninga Krixtu ambacitambo kuna gereja, <sup>30</sup> pakuti ndife bziwalo bza thupi lace. <sup>31</sup> Ndipopo mwamuna an'dzasiya baba na mai wace acikaphatana na mkazi wace, ndipo awiriwo an'dzakhala thupi libodzi. <sup>32</sup> Cintsintsi cimweci n'cikulu, tsono ine ndiri kulewa bza Krixtu na gereja. <sup>33</sup> Na tenepo imwembo m'bodzi na m'bodzi afune mkazi wace ninga ambabzifunira iye yekha, ndipo mkazi alemekeze mwamuna wace.

## 6

### *Bzakufunika kucita azibaba na wana*

<sup>1</sup> Wana bverani azibaba wanu mwa Mbuya, pakuti bzimwebzi n'bzabwino. <sup>2</sup> “Lemekeza baba wako na mai wako” (umweyu ni m'temo wakuyamba una cipiciro) <sup>3</sup> “kuti bzikufambire bwino, ndipo ukhale na moyo utali pa dziko”. <sup>4</sup> Ndipo imwe azibaba, lekani kukalipisa wana wanu, tsono alereni mu cipfundziso na ciyeruzo ca Mbuya.

### *Bzakufunika kucita anyagrinya na azimbuya*

<sup>5</sup> Anyagrinya, bverani azimbuya wanu wa pantsi muciwalemekeza na kuwatetemerera, na kukhulupirika m'tima mwanu, ninga mulikubvera Krixtu. <sup>6</sup> Abvereni iwo lekani kuwakondweresa mwacipha-maso, koma ninga anyagrinya wa Krixtu, kucita cifuniro ca Mulungu na m'tima wentse. <sup>7</sup> Tumikirani azimbuya wanu na cifundo cabwino, ninga kutumikira Mbuya, sikuti kuna wanthu nee, <sup>8</sup> mucimbadziwa kuti m'bodzi na m'bodzi akacita cinthu cabwino an'dzatambira cimweco kuna Mbuya, ngakhale nyagrinya ayai mpfulu. <sup>9</sup> Ndipo imwe azimbuya citani bzibodzi-bodzibzo kuna iwo, muleke kuwagopsa, pakudziwa kuti Mbuya wa iwo ngakhale wanu, ali kudzulu, ndipo Iye ambaponderera lini munthu.

### *Bzombo bza nkhondo bza Mulungu*

<sup>10</sup> Pakumalizira limbisidwani kucokera mwa Mbuya ndipo mu mphambvu za ulemerero bwace. <sup>11</sup> Bvalani bzombo bzentse bza nkhondo bza Mulungu, kuti mukhale wakulimbika pa bzakupumpsa bza Dyabu, <sup>12</sup> thangwe nkhondo yathu njakumenya lini kuna wanthu, koma kumenya kuna utongi na ulamuliro, kuna wakukunda dziko lino la m'dima, kuna mphambvu za mizimu yakuipa mumbuto za kudzulu. <sup>13</sup> Na tenepo, bvalani bzombo bzentse bza nkhondo bza Mulungu, kuti mukhale wakulimbika pa ntsiku yakuipa, ndipo mwatamala kucita bzentse pitirizani kukhala dzololo. <sup>14</sup> Khalani wakulimbika ndipo mumange cadidi ninga bhande m'ciuno mwanu, mubvale cirungamo ninga cakukhocherera

pacifuwa panu. <sup>15</sup> Bvalanimbo kuminyendo kwanu kukondzeka kwa mafala ya m'tendere. <sup>16</sup> Tengani nthawe zentse cikhulupiriro ninga m'khochoero omwe mungadzathimire misewe yentse yakugaka ya wakuipayo. <sup>17</sup> Mubvalembo cipulumuso ninga capeu na Mzimu ninga cisenga comwe ni Fala la Mulungu. <sup>18</sup> Pembani mwa Mzimu nthawe zentse, na mapembo yentse mucikumbira. Mucikhala nabzo mum'tima, khalani wa cheru ndipo pitirizani na mapembo mucikumbirira wanthu wentse wakucena. <sup>19</sup> Mundipembererembo ine, kuti ndikafungula mulomo wangu ndipasiwe fala kuti ndidziwise mwakutsudzuka cintsintsi ca mafala yabwino. <sup>20</sup> Thangwe la iyo ndine muyimiriri wam'kawoko. Pembani kuti, pakupitiriza mwa Iye, ine ndilewelewe mwakulimba m'tima ninga momwe ningacitire.

### *Magonekano*

<sup>21</sup> Tikiko, m'bale wakufunidwa ndipo nthena yakukhulupirika ya Mbuya, in'dzakudziwisani bzentse bza ine, ndipombo khalidwe langu ni liponi ndipo n'ciyani comwe ndirikucita.

<sup>22</sup> Ndam'tuma kuna imwe thangwe ra bzimwebzi, kuti mudziwe tiri tani ndipo kuti iye akukhwimiseni.

<sup>23</sup> M'tendere ukhale na imwe abale, lufoyi na cikhulupiriro kucokera kuna Mulungu Baba na Mbuya Jezu Krixtu. <sup>24</sup> Nkhombo zikhale kuna wentse wale womwe an'funa Mbuya wathu Jezu Krixtu na lufoyi lakusaya kumala.

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