

## Tsamba la Paulo kuna aFiripi

<sup>1</sup> Paulo na Timoti, anyagirinya wa Krixtu Jezu, tirikutumiza tsambali kuna wakucena wentse mwa Krixtu Jezu, omwe ali mum'zinda wa Firipi, ndipombo atsogoleri\* na madiyakoni.

<sup>2</sup> Kwa imwepo nkhombo na mtendere bzakucokera kwa Mulungu Baba wathu na kwa Mbuya Jezu Krixtu.

### *Kutenda na mapembo*

<sup>3</sup> Nibatenda Mulungu wangu nthawe zentse pomwe nimbakukumbukirani.

<sup>4</sup> M'mapembo yangu yentse yomwe nimbacita kwa imwepo, nthawe zentse nimbapemba mwakukondwa,

<sup>5</sup> thangwe ra mumbandithandiza pakupalidza Mafala Yabwino, kuyambira ntsiku yakutoma mpaka lero lino.

<sup>6</sup> Cadidi ndirikudziwa kuti ule omwe adayamba na basa labwino mwa imwe, an'dzalimaliza mpaka ntsiku ya Krixtu Jezu.

<sup>7</sup> Ni bzakuthemera kuti ine ndikumbuke bza imwe mwentse tenepoyo, nakuti ndimwe wapamtima wangu. Thangwe, pomwe ndidamangidwa na unyolo, napombo pakukhocherera na kutsimikiza Mafala Yabwino, imwepo mwentse muli pabodzi na ine mwa nkhombo za basa lomwe Mulungu adandipasa.

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\* **1:1** Ayai mabixopi.

8 Mulungu ni mboni yangu pacisuwo comwe ndinaco kwa imwe mwentse, mwa lufoi likulu lomwe ndinalo kwa Krixtu Jezu.

9 Mpembo wangu ni wakuti lufoi lanu lithimizirike kunyanya mucikhala na ndzeru na kubvesesa kwentse,

10 kuti mukwanise kusankhula bzomwe ni bzabwino. Na tenepo mun'dzakhala wakucena ndipo wakusaya thangwe mpaka ntsiku ya kubwera kwa Krixtu,

11 wakudzala na cisapo ca cirungamo, cisapo cakudzera kwa Jezu Krixtu, kuti Mulungu akuzidwe na kutendedwa.

*Kubonera kwa Paulo kudamwazisa Mafala Yabwino*

12 Ndin'funa kuti mudziwe abale, kuti bzure bzomwe bzipandicitikira bzacitisa kuti Mafala Yabwino yamwazikire.

13 Phindu lace ni lakuti bzipawoneka padeca kwa alindiri wentse wa kunyumba ya umambo<sup>†</sup> ndipo na anango wentse kuti ndiri m'kawoko thangwe ra Krixtu.

14 Ndipo abale azinji, alikulimbika mwa Mbuya thangwe ra kuikhidwa m'kawoko kwangu, alikupalidza mafala<sup>‡</sup> mwamphambvu ndipo mwakusaya mantha.

15 Ni bzacadidi kuti winango ambapalidza Krixtu thangwe ra njiru na kusaya kubverana. Tsono anango ambapalidza na cakulinga cabwino.

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<sup>†</sup> 1:13 MuBibliya la Almeida mudalewa kuti: "Pretorio". <sup>‡</sup> 1:14 Bzakunembedwa na manja bzinango bzimbalewa kuti: "Mafala ya Mulungu".

16 Amwewa ambapalidza mwa lufoi, acim-badziwa kuti ndidapasidwa basa lakukhocerera Mafala Yabwino.

17 Tsono wale omwe ambapalidza Krixtu mwakubzikuzana na mwakusaya cakulinga cabwino, ambakumbuka kuti angandinyosere mabvuto pomwe ndiri m'kawoko.

18 Tsono, bzina basa lanyi? Bzomwe bzin'funika ni bzakuti mwa njira iri-yentse, ngakhale mwa ciphamaso ayai yacadidi, Krixtu alikupalidzidwa, ndipo na bzimwebzo ndirikukomedwa.

Cadidi nin'dzapitiriza kukomedwa,

19 thangwe nin'dziwa kuti bzomwe bzydandicitikira phindu lace lin'dzakhala kucosedwa kwangu m'kawoko§, thangwe ra mipembo yanu ndipo na thandizo la Mzimu wa Jezu Krixtu.

20 Ndirikudikhira mwakukhulupirira ndipo nin'kumbuka kuti palibe comwe cin'dzandinyazisa. Tsono nin'khwimika mtima kwene-kwene tsapano ninga nthawe zentse, ndipo Krixtu an'dzalemekezedwa muthupi langu, ningakhale na moyo ayai ningafe.

21 Thangwe kwa ine kukhala na moyo ni Krixtu ndipo kufa ni phindu.

22 Ndikapitiriza kukhala na moyo muthupi\*\*, nin'dzakhala na bzisapo bza basa langu. Ndipo nin'dziwa lini kuti nin'sankhula ciponi!

23 Ndidapsindizidwa mbali ziwiri: Ndirikufuna kusiya moyo uno ndikakhale na Krixtu, bzomwe

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§ 1:19 Kucosedwa: Ayai kupulumusidwa. \*\* 1:22 MuciGiriki ambati: "Munyama", napombo mudutswa 24.

ni bzabwino kuposa kukhala pano.

<sup>24</sup> Tsono, na thangwe ra imwepo, ni bzakufunika kwene-kwene kuti ine ndikhale na moyo.

<sup>25</sup> Mwakusaya kupenula, ine nin'dziwa kuti nin'dzakhala ndipo nin'dzapitiriza kukhala namwe mwentse, kuti mukule ndipo mukhale na kukondwa pacikhulupiriro.

<sup>26</sup> Tenepoyo, ningabwerera pomwe ndicikhala pabodzi na imwe, kusamwirira kwanu mwa Krixtu Jezu kutaikire pomwe thangwe ra ine.

<sup>27</sup> Tsapano comwe cin'funika ni cakuti makhalidwe yanu yakhale yakubverana na Mafala Yabwino ya Krixtu. Na tenepayu, ngakhale ndibwere kudzakuzungirani ayai ndikhale patali, ine ndin'funa kudziwa kuti imwepo mulikupitiriza dzololo na mtima ubodzi, mucimenya nkhondo pabodzi thangwe ra cikhulupiriro ca Mafala Yabwino,

<sup>28</sup> mwakusaya kugopsedwa mwa njira iriyentse na wale omwe ambawengana na imwe. Kwa iwo bzimwebzi ni cizindikiro ca kudzongedwa, tsono kwa imwe ni ca kupulumusidwa, ndipo bzimwebzi bzin'cokera kwa Mulungu.

<sup>29</sup> Nakuti imwe mudapasidwa mpata si wakuti kundokutawira kuna Krixtu kokha, tsonombo wa kubonera thangwe ra Iye,

<sup>30</sup> nakuti mulikucita nkhondo ibodzi-bodzi yomwe mudawona ine ndicimbaicita, ndipo tsapano lino mulikubva kuti na lero ndikadaicita.

## 2

### *Kubzicepesa kwa Krixtu*

<sup>1</sup> Thangwe rakukhala kwanu muna Krixtu mudalimbikisidwa, mudapasidwa tsangalazo la lufoi, mudapasidwa kuphatana kwa Mzimu, ndipo mumbafunana na kubverana ntsisi,

<sup>2</sup> tenepoyo ndirikukumbirani kuti mundikondwerese kwa thunthu, mucimbakhala na kakumbukidwe kabodzi-bodzi, lufoi libodzi-bodzi, mucimbakhala na mtima ubodzi na cakulinga cibodzi.

<sup>3</sup> Lekani kucita cinthu mwa kaso ayai mwa kubzitumbiza, koma mwakubzicesva, wonani andzanu ninga akulu kuposa imwe.

<sup>4</sup> M'bodzi na mbodzi aleke kunyang'ana ubwino bwace basi tsono na bwa andzacembo.

<sup>5</sup> Mukhale na mtima omwe ukhana Krixtu Jezu!

<sup>6</sup> Iye akhana cikhalidwe ca Mulungu\*, tsono alibe kukuphatisa basa kuti kukhala Mulunguko kukhali cinthu cakuti angadaphatisisa.

<sup>7</sup> Tsono adasiya ugo bwace bwentse, acikhala ninga nyagirinya†, acisanduka wakulingana na munthu.

<sup>8</sup> Ndipo, pakukhala na mawonekedwe yaciunthu,‡ adabzicesva iye yekha ndipo adabvera mpaka kufa, imfa ya pamtanda!

<sup>9</sup> Ndipopo Mulungu adamukuza kwene-kwene

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\* 2:6 Ayai akhali Mulungu. † 2:7 Ayai adakhala na cikhalidwe ca wakutumikira. ‡ 2:8 Ayai wakulingana na munthu.

- ndipo adam'pasa dzina liri padzaulu pa madzina yentse,  
 10 kuti mabondo yentse kudzulu, na pantsi ndipo na pantsi pa mataka yagodamire dzina la Jezu,  
 11 ndipo kuti malirime yentse yadzapereke umboni kuti Jezu Krixtu ni Mbuya, kuti Mulungu Baba apasidwe mbiri.

*Akrixtau atoye ninga nyenyezi kudzulu*

12 Na tenepo, abale wangu wakufunidwa, imwepo mudandibvera nthawe zentse pomwe ndikhali na imwe, tsono nthawe ino yomwe ndili lini na imwe bzin'funika kubvera kuposa kalelo. Phatisani basa cipulumuso canu na kugopa ndipo mucitetemeka,

13 nakuti ni Mulungu omwe ambaphata basa pakati pa imwe kuti mufune na kucita malingana na cifuniro cace.

14 Citani bzentse mwakusaya kung'ung'udzika napo kupokana,

15 kuti mudzakhale wakusaya mulandu ndipo wakucena, wana wa Mulungu wakusaya thangwe pakati pa mbadwe wa wanthu wakuipa na wakuphonya, pa omwe imwe mumbabvunikira mucitoya ninga nyenyezi kudzulu,

16 mucimbakoya fala la moyo mwakulimbika. Tenepayu, pantsiku ya Krixtu ine nin'dzabzitumbiza kuti ndiribe kuthamanga napo kubziumiriza mwakusaya basa.

17 Pa bzentsenebzi, napo ine ndicikhala ninga cakupereka ca cakumwa cakuthululidwa§

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§ 2:17 Wonani mulivu la Mul 28:7.

padzulu pa unyantsembe bomwe buli kucokera mucikhulupiriro comwe imwe munaco, ntsembe yomwe mumbapereka kwa Mulungu, nimbakondwa ndipo nimbasmwirira namwe.

<sup>18</sup> Tenepoyo, imwepo khalanimbo wakukondwa ndipo samwirirani na ine.

### *Timoti na Epaforodito*

<sup>19</sup> Mbuya Jezu akafuna nin'kutumirani Timoti mwakusaya kucedwa, kuti inembo ndikhale wakukomedwa ndikabva nkhani za imwe.

<sup>20</sup> Thangwe ndiribe munthu winango ninga iye, ana cifundo caico ca ubwino bwa imwe.

<sup>21</sup> Nakuti wentse ambanyang'ana ubwino bwawo, sikuti bwa Jezu Krixtu.

<sup>22</sup> Tsono imwe mumbadziwa kuti Timoti adawonedwa kuti an'kwanisa, thangwe adaphata basa la Mafala Yabwino pabodzi na ine ninga mwana pambali pa baba wace.

<sup>23</sup> Na tenepo, ndiye omwe ndirikudikhira kutumiza, ndikatondokumala kuwona kufamba kwa nkhani yangu.

<sup>24</sup> Ndirikukhulupirira mwa Mbuya kuti inembo mwakusaya kucedwa ndiniyenda.

<sup>25</sup> Tsono ndakumbuka kuti bzin'funika kukutumizirani pomwe m'bale wangu Epafolodito, omwe mudam'tumiza kuti adzandithandize pa bzomwe ndikhasaya, ndipo cadidi iye adaphata basa na kumenya nkondo pabodzi na ine.

<sup>26</sup> Nakuti iye ana cifundo na imwe mwentse ndipo alikuneseke mumtima thangwe mudabva kuti iye akhadwala.

<sup>27</sup> Ni cadidi, adaduwala mpaka pafupi-fupi kufa. Tsono Mulungu adamubvera ntsisi, sikuti

zace yekha tsono adabvambo nsisi na ine, kuti ndireke kukhala na msunamo ukulu.

<sup>28</sup> Ndipopo, ndinim'tumiza mwakusaya kucedwa, kuti mukamuwona pomwe mukondwere, ndipo ndikhale na kutsukwala pang'ono.

<sup>29</sup> Ndipo ndirikukumbira kuti imwepo mum'tambire mwa Mbuya na kukondwa kukulu ndipo lemekezani wanthu ninga umweyu.

<sup>30</sup> Thangwe iye pafupi-fupi adakhala ninga wakufa thangwe ra basa la Krixtu, acipereka moyo wace kuti akwanise kuthandiza na bzire bzomwe imwepo mukhakwanisa lini kundipasa.

### 3

#### *Kukhulupirira Krixtu kwa cadidi*

<sup>1</sup> Pakumalizira abale wangu, kondwani mwa Mbuya! Kukunemberani pomwe bzinthu bzibodzi-bodzi kumbandinetsa lini, ndipo ni mkhomeko kwa imwe.

<sup>2</sup> Mpholeni na wale an'cita ninga mbwaya, ambacita bzakuipa, ambaumiriza kucita m'gwato!\*

<sup>3</sup> Pakuti ife ndife tidacididwa msinda wa m'gwato, ife omwe timbapemba mwa Mzimu wa Mulungu, timbabzitumbiza mwa Krixtu Jezu, ndipo tiribe cikhulupiriro ciri-centse na thupi,

<sup>4</sup> napo ningadakhala na cikhulupiriro na thupiro.

Penu winango an'kumbuka kuti an-gakhulupirire thupi, ine ndiye nyanyiretu:

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\* **3:2** Kucita m'gwato: MuciGiriki ambati: "Kugwata ciwalo".



<sup>5</sup> Ndidacididwa msinda wa mgwato pantsiku ya cisere ndatabadwa, ndine wa mbumba ya Ijirayeri, dzindza la Benjami, muHeberi wacacidi. Mbali ya kuteweza Mtemo wa Mozeji, ine ndinembo mufalizi.†

<sup>6</sup> Thangwe la cheru cakuteweza Mtemo, ine ndikhambafambira m'mbuyo gereja. Mbali ya cirungamo ca Mtemo, ine ndikhalibe thangwe.

<sup>7</sup> Tsono comwe cikhali ca phindu kwa ine, ndidaciyesa ninga kuluza, thangwe ra Krixtu.

<sup>8</sup> Kuposa bzimwebzi, nimbayesa bzentse ninga kuluza, ndikabzilinganiza na nkhombo zikulu kwene-kwene za kudziwa Jezu Krixtu, Mbuya wangu. Nakuti thangwe la Iye ndidaluza bzinthu bzentse, ndipo ine ndimbabziyesa ninga bza-kusaya basa, kuti ndikwanise kuwina Krixtu

<sup>9</sup> ndipo ndigumanidwe mwa Iye. Ndirikunyang'ana lini cirungamo ca ndekha cakucokera kuMtemo, tsono comwe cimbabwera mwakukhulupirira Krixtu, cirungamo cakucokera kwa Mulungu mwa cikhulupiriro.

<sup>10</sup> Ndin'funa kudziwa Krixtu na mphambvu ya kulamuka kwace ndipo kucita cipande pakubonera kwace, ndicisanduka ninga Iye muimpfa yace,

<sup>11</sup> kuti mwa njira inango ndifike pa kulamusidwa pakati pa wakufa.

### *Kuthamangira kuna cakulinga*

<sup>12</sup> Sikuti ine ndidatambira kale bzentsenebzi ayai kuti ndakwana kale, tsono ndimbalimbikira kuti ndibzikwanise, nakuti ndico cikhali cakulinga ca Krixtu Jezu pomwe adandicemera.

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† 3:5 Wonani mulivu la Mab 26:5.

13 Abale, ine nimbakumbuka lini kuti ndid-abzifikira kale, tsono cibodzi cokha comwe nim-bacita: Ndimbayebwa bzinthu bzomwe bzidasala m'mbuyomu ndipo ndicimbayenda kuna bzire bzomwe bziri kutsogolo,

14 ndimbathamangira kuna cakulinga, kuti ndikawine mpfupo ya kucemerredwa kudzulu kuna Mulungu kudzera mwa Krixtu Jezu.

15 Ife tentse omwe takula pakhalidwe la uzimu, mbatikhale na kakumbukidwe kamweka. Penu kakumbukidwe kanu ni kakusiyana, bzimweb-zombo Mulungu an'dzakutsimikizirani.

16 Tsono, mbatifambe malingana na bzomwe tidapfunzira kale.

17 Abale, phatanani munditewezere ndipo wonesesani omwe ambafamba malingana na ciratizo comwe tapereka kuna imwe.

18 Nakuti, ninga ndakuuzani kazinji kentse, ndipo tsapano ndirikubwerezera mwakulira, pana azinji omwe ni anyamadulanthaka wa mtanda wa Krixtu.

19 Cimaliziro cawo ni kutaika, mulungu wawo ni mimba zawo, ndipo ambasamwirira na bzomwe bzin'pasa manyazi. Ambakumbuka bzinthu bza pantsi pano basi.

20 Tsono ife dziko lathu ni kudzulu, komwe tirikudikhira M'pulumusi, Mbuya Jezu Krixtu.

21 Iye an'dzasandusa mathupi yathu yakuny-ozedwa, kuti yakhale yakulingana na thupi lace la mbiri. Bzimwebzi an'dzacita na mphambvu zomwe zimbamulimbisa kuikha bzinthu bzentse pantsi pa utongi bwace.

## 4

<sup>1</sup> Tenepoyo abale wangu wakufunidwa, omwe ndinamwe cisuwo, imwepo ndimwe mpfatso wangu ndipo mpfupo yangu, pitirizani kukhala tenepayu kukhala ciriri mwa Mbuya, nandi wakufunidwa!

### *Micenjezo*

<sup>2</sup> Comwe ine ndirikukumbira kuna Evodiya napombo kuna Sintike ni cakuti khalani mwakub-verana mwa Mbuya.

<sup>3</sup> Inde, ndipo ndirikukumbira kuna iwe mwandzangu wakukhulupirika pabasa lathu\*, kuti uwathandize nakuti adamenya nkondo pabodzi na ine thangwe ra Mafala Yabwino, na Kerementi ndipo na anango omwe adaphata basa na ine. Madzina yawo yali muLivu la Moyo†.

<sup>4</sup> Kondwerani mwa Mbuya nthawe zentse. Ndirikulewa pomwe kuti: Kondwerani mwa Mbuya!

<sup>5</sup> Wonesani kuderekha kwanu kuna wentse. Mbuya ali pafupi.

<sup>6</sup> Lekani kuneseka na cinthu ciri-centse, tsono pa bzentse kumbirani kuna Mulungu bzomwe mulibe, mucimbapemba na mtima wakatenda nthawe zentse.

<sup>7</sup> Ndipo mtendere wa Mulungu omwe ngwakupitirira ndzeru zentse za wanthu, un'dzakoya mitima yanu na ndzeru zanu mwa Krixtu Jezu.

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\* **4:3** Pabasa lathu: Ayai pajoki. † **4:3** Mndandanda wa madzina ya wentse wale omwe an'cita cipande ca mbumba ya Mulungu. Wonani mulivu la Cid 13:8; 17:8; 20:12; 21:27.

<sup>8</sup> Pakumalizira abale, bzentse bzmowe ni bzacadi, bzentse bzmowe ni bzakuthemera, bzentse bzmowe ni bzakulungama, bzentse bzmowe ni bzakucenesedwa, bzentse bzmowe ni bzakufunidwa, bzentse bzmowe ni bza mbiri yabwino, pacikhala cinthu cabwino ayai cakuthemera kukikuza, kumbukani bzinthu bzimwebzi.

<sup>9</sup> Phatisani basa bzinthu bzentse bzmowe imwe mudapfundza, mudatambira, mudabva ndipo bzmowe mudawona kwa ine. Ndipo Mulungu wa mtendere an'dzakhala na imwe.

*Kutenda kwa Paulo thangwe ra bzakupereka*

<sup>10</sup> Ndirikukondwa kwene-kwene kuna Mbuya, nakuti tsapano imwepo mwayamba pomwe kulatiza cifundo canu kuna ine. Cadidi, imwepo mukhafuna kale tsono mukhalibe mpata wa kucilatiza cifundoco.

<sup>11</sup> Bzimwebzi ndirikulewera lini thangwe rakuti ndidasauka, nakuti ine ndidapfundza kukondweresedwa na bzmowe ndinabzo pa bzentse.

<sup>12</sup> Nin'dziwa kuti kusaya ni ciyani, ndipo nin'dziwa kuti kukhala na bzinthu ni ciyani. Pa bzentse ndidapfundza kukhala ndidakondwa nthawe zentse, ngakhale pakudya bwino, ngakhale panjala, ngakhale ndina bzinzi, ayai kukhala wakusaya.

<sup>13</sup> Bzentse nimbakwanisa mwa Krixtu omwe ambandirimbikisa.

<sup>14</sup> Tsono, imwepo mudacita bwino kundithandiza pakubonera kwangu.

<sup>15</sup> Imwepo, abale wa kuFiripi, mun'dziwa kuti pantsiku zangu za kuyamba kupalidza Mafala

Yabwino, pomwe ndidaguduka kuMasedonya, palibe gereja na ibodziyo yomwe idacita mbali na ine pabzakupereka na pabzakutambira, kupambula imwepo.

<sup>16</sup> Nakuti, pomwe ine ndikhali kuTesalonika, imwepo mudanditumizira bzomwe ndikhasaya, sikuti kabodzi kokha, koma kuposa kabodzi.

<sup>17</sup> Sikuti ine ndirikufuna bzakupereka bzanu, tsono ndirikufuna kuti phindu lanu likhale lakuthimizirika kumbali yanu.

<sup>18</sup> Ndidatambira bzentse, ndipo bzomwe ndinabzo ni bzizinji kunyanya. Ndinabzo bza-kukwana, tsapano pomwe ndatambira bzakupereka bza thandizo bzomwe imwepo mwatumiza na Epafolodito. Bzidakhala ninga bzakupereka bza kununchira bwino<sup>‡</sup>, ntsembe yakubvumidwa ndipo yakukomera Mulungu.

<sup>19</sup> Mulungu wangu an'dzakupasani bzakufuna bzanu bzentse malingana udali bwace bukulu mwa Krixtu Jezu.

<sup>20</sup> Mulungu Baba wathu apasidwe mbiri ya kusaya kumala. Ameni.

### *Magonekano*

<sup>21</sup> Mukalimbise mbumba ya Mulungu yentse mudzina la Krixtu Jezu. Abale omwe ali na ine alikukutumizirani kulimba.

<sup>22</sup> Mbumba ya Mulungu yentse irikupereka kulimba, maka-maka omwe an'phata basa kunyumba kwa mambo Sezari.

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<sup>‡</sup> **4:18** Eks 29:18

23 Kukoma mtima kwa Mbuya Jezu Krixtu  
kukhale m'mitima mwanu. §

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§ **4:23** Bzakunembedwa na manja bzinango bzakale bzidanemba  
kuti: “Ameni” kwakumalizira.

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