

## Ibaluwa ya Pauli kwe Iwanu wa Efeso Ichilongole

Ibaluwa ya Pauli kwa Waefeso tsayandikighwa hamwe na ibaluwa kwa Wakolosai mna ghumwaka ghwa sitini kulawa Yesu helekighwe. Imunu iyandike tsaketambula ka mtumighwa Pauli (1:1). Iwasomi wengi wotoghola ka Pauli iye yandike ibaluwa ya Waefeso hata ka ibaluwa ino yahela ndamso tsake mwenyegho ka pfaili ibaluwa ya Wakolosai. Kwa kutenda apfo tsaibamighwa itsunguluke mne ghamakanisa ighali mne ghumji aghwo. Pfipfila Pauli kolonga hang'ali yakwandika ibaluwa ino, tsakakala mwigheletsa (3:1, 4:1, na 6:20). Pauli tsakamwing'a Tukiko ibaluwa ino hang'ali yowangila iwanu wa Kanisa lya Efeso (6:21-22).

Ghumji ghwa Efeso tsaghukala mkulu ghwa utawala wa Waroma. Ghumji ghwa Efeso tsaghumanyika kwa ing'anda ya kutamanila iitsengighwe amwo na iikighwe wakifu kwa mulungu pinga wa Chigiliki ighukemighwe Atemi (Gham 19:23-31). Kanisa lye iwanu wa Efeso mwan-duso tsalikala na ngupfu lekeni hambele liwa kuchugho. (Ughu 2:1-7)

Hanu ha mwanduso mne ibaluwa ya Waefeso Pauli kolonga Imulungu pfawasaghule iwanu wake na kuwakombola kubitila Yesu Kiristu. Kolilinga likanisa ne lukuli, Kiristu ka litwi, likanisa na ing'anda, na Kiristu ka luk-walambatsa. Hanu ha keli Pauli kowabama iwanu wakale hamwe na Kiristu mne ughima wawo.

Ighali mno

Mna isula ya 1:1-2 Pauli ketambula na kuwalamsa Waefeso  
 Kiristu na iwanu we likanisa (1:3-3:21)  
 Kuya Pauli kakwandika iwanu Wakiristu  
 pfawobamighwa kuwa (4:1-6:20).

### *Ndamso*

<sup>1</sup> Nene Pauli, mtumighwa wa Yesu Kiristu ka Imulungu pfayanoghelighwe.

Nowandikilani mwemwe iwanu we Imulungu imkala Efeso, imtogholighwa ghendo mne ukwilunga na Kiristu Yesu,

<sup>2</sup> Nomlombelani kwe Imulungu Aba wetu na Imtwatsa wetu Yesu Kiristu yawatendele uluso na yamwikeni tseghamba.

### *Imulungu katusaghula kubitila Kiristu*

<sup>3</sup> Yatunyighwe Imulungu, Aba we Imtwatsa wetu Yesu Kiristu. Kwaapfila kwa kwilunga na Kiristu, katubaliki kwa kutwing'a fwaida tsa Ghumuhe Mwenzeluka kulawa kulanga. <sup>4</sup> Apfo hata ng'ana isi ilumbighwe bae, Imulungu tsakatusaghula twetwe tuwe iwanu wake kwa kwilunga na Kiristu, ili tuwe wahenzeluka itulihela nzambi hambele hake. Kwaajili ya unoghelo wake, <sup>5</sup> ng'ana iisi ilumbighwe Imulungu tsakalamla na katusaghula tughwe wanaghe kubitila Yesu Kiristu. Apfo pfipfo pfayanoghelighwe na pfayabamile. <sup>6</sup> Lelo tumtunye Imulungu kwaajili ya uluso wake mkulu watwing'ile hela kubitila Imwanaghe iyamnoghele! <sup>7</sup> Mana kwa idamu ya Kiristu twetwe twoghombolighwa, twoleghusighwa nzambi tsetu. Apfi pfipfo pfauli ukulu wa uluso wake, <sup>8</sup> watwing'ile bwelele kwa nzewele na ukumanya kwake kwose. <sup>9</sup> Imulungu tsakatughubulila mbuli yake iipfisike iyabamile kuitenda.

Tsakanoghelighwa na kalamla kuitenda mbuli ayo kubitila Kiristu. <sup>10</sup> Agho ghotsotendeka hachitsopfika chipindi chayekile Imulungu, Kiristu katsotawala ipfinu pfose ipfili kulanga na ipfili muisi.

<sup>11</sup> Ipfinu pfose pfofotendeka ka Imulungu pfayobama, Imulungu katusaghula twetwe tuwe wanu wake kwa kwilunga na Kiristu ka pfayabamile, tsakalamula pfino ng'ana iisi ilumbighwe. <sup>12</sup> Imulungu katenda pfino ili twetwe itulongole kumlolela Kiristu, tuutunye ukulu we Imulungu.

<sup>13</sup> Namwe pfipfila tsamuhulika usenga wa kweli, iyo Imbuli Inoghile iimghalilani ukombotsi, mumtoghola Kiristu, naye Imulungu kwa kulangusa ka mwemwe mwa wanu wake, kwa kwilunga na Kiristu kamwikeni chitango kwa kumwing'eni Ghumuhe Mwenzeluka ka pfayalongile ghumwande. <sup>14</sup> Ghumuhe ayo katsotenda ghendo tughabokele aghala ghose Imulungu ighayawalongele iwanu wake, na chinu chino chotulangusa ka Imulungu katsowakombola iwanu wake. Leka tuutunye ukulu wake!

### *Pauli pfayawalombele Waefeso*

<sup>15</sup> Apfo kulawa hanihulike pfamumtoghola Imtwatsa Yesu na pfamuwanoghela iwanu wose we Imulungu, <sup>16</sup> silekile bae kumlongela Imulungu mighede kwaajili yenu. Hanilomba simsemwani bae, <sup>17</sup> noghendelela kumlomba Aba wa utunitso, Imulungu we Imtwatsa wetu Yesu Kiristu, yamwing'eni Ghumuhe wake iyatsowatenda muwe na inzewele na kumghubulilani ili mdahe kumanya Imulungu pfinoghile. <sup>18</sup> Nomlomba Imulungu apfughule imimoyo yenu mbokele ghumwanga ili mdahe kulimanya alila lolole lyawakemeleni na utunitso mkulu wa aghala ghayawekele iwanu wake, <sup>19</sup> mmanye ingupfu yake pfaili ng'ulu kuna twetwe itumtoghola. Ingupfu ayo

iisang'ana mghati mwetu yeghala ne ingupfu ila ng'ulu, <sup>20</sup> iyamtsilihulile nayo Kiristu na kumwika akale lubali lwake lwa kujilo hanu ha ukulu ako kulanga. <sup>21</sup> Ako Kiristu ka mkulu kubita chila undewa na chila uwetso na chila ingupfu na watawala, na chila taghwa ilihulighwa mne isi ino na mne isi iikutsa. <sup>22</sup> Imulungu kamwing'a uwetso mne pfinu pfose, kuya keng'ighwa iwanu wose we Imulungu ili yawe litwi lye ipfinu pfose. <sup>23</sup> Iwanu we Imulungu iwo lukuli lwa Kiristu, na iwanu we Imulungu iwo ukutimila kwake yuyo iyotimitsa ghose chila hanu.

## 2

### *Kulawa mlifwa kwingila muughima*

<sup>1</sup> Mwemwe pfipfila ghumwande tsamkala ka mfa kwaajili ya matotso na tsinzambi tsenu. <sup>2</sup> Ghumwande tsamt-siwinza nzila tsihile tse iwanu we isi yose, tsamng'ali mwomtegehetsa mkulu wa pfinyamkela wane ngupfu wa mlanga, pfinyamkela iwowatawala iwanu wala iwolema kumuhulikitsa Imulungu. <sup>3</sup> Twetwe twose tsatukala ka wawo, tsatutsiwinza soyoka tsihile itsili mghati mwetu, tutenda ghoghose ka ng'uli tsetu ne mbutsi tsetu pfatsibamile. Twetwe pfipfila tsatwighala nawo, kwaapfi pfatuli tsatubamighwa tuhighighwe ne Imulungu ka iwanu wangi.

<sup>4</sup> Lekeni Imulungu kana libatsi ng'ani. Tsakatunoghela kwa unoghelo mkulu, <sup>5</sup> hata ka tsatukala ka tufa mnzambi, katutenda tuwe waghima hamwe na Kiristu. Kwa uluso we Imulungu mwemwe mkombolighwa. <sup>6</sup> Kwa kwilunga na Yesu Kiristu, Imulungu katutsilihula hamwe naye, tukakale naye kulanga, <sup>7</sup> ili ghamatsuwa ghose ighakutsa yalanguse libatsi lyake kulu lyatwing'ile kwa uluso mna ukwilunga na Yesu Kiristu. <sup>8</sup> Mana kwa uluso we Imulungu mwemwe mkombolighwa kubitila ukutoghola.

Mbuli hino ng'ailawa bae kuna mwemwe, ila nzawadi ye Imulungu. <sup>9</sup> Apfo imunu wowose yaleke kwighoda, kwaapfila ng'ailawa mne sang'ano tsenu bae. <sup>10</sup> Mana twetwe twa pfilumbe we Imulungu, na kwa kwilunga na Yesu Kiristu, Imulungu katulumba tukale kwa kutenda ghanoghile, ghayalongole kutwikila tughatende.

*Wayahudi ne Iwanu we isi tsingi wawa chinu chimwe*

<sup>11</sup> Mkumbuke pfamkalile ghumwande mwemwe wanu imli si Wayahudi, imkemighwa “Ing'amwingile ngoma bae” na Wayahudi iwekema iwenyegho “Iwengila ngoma,” kwaajili ya chinu ichitendighwa mne ng'uli tsawo kwa ghamoko ghe iwanu kulangusa ka wawo wa iwanu we Imulungu. <sup>12</sup> Pfpifila mkumbuke matsuwa ghala tsamkala ng'amummanyile bae Kiristu, mwemwe tsambaghulighwa ne iwanu wa Isiraeli kuya tsamkala wagheni kwaapfila tsamkala kunze mwe malaghano ghalongile Imulungu kwaajili ye wanu wake, tsamkala mne isi ino aku mwahela lolelo na ka ng'amummanyile Imulungu. <sup>13</sup> Lekeni sambi, kwa kwilunga na Yesu Kiristu mwemwe yamkalile kutali ghumwande, mghalighwa habehi kwa Kiristu. <sup>14</sup> Mana Kiristu imwenyegho kaghala tindiwalo kwa kuwatenda Wayahudi ne Iwanu we isi tsingi wawe chinu chimwe. Kwa kulapfa lukuli lwake ka nambiko, kaulapfa uwadui iung'ali wowabaghula ka ubanda mghati mwawo. <sup>15</sup> Kaghaleghusa Ghamalaghitso ghe Wayahudi ili awatende Iwanu we isi tsingi na Wayahudi wawe chinu chimwe kwa kwilunga naye, na kwa kutenda apfo kaghala tindiwalo. <sup>16</sup> Kwa kulapfa lukuli lwake ka nambiko mna msalaba, Kiristu kauhinya unebe wawo, kwa msalaba kawatenda iwanu awo wose wawe ka lukuli lumwe, na kuwalamlitsa ne Imulungu. <sup>17</sup> Apfo Kiristu tsakatsa, kapeta Imbuli Inoghile ye tindiwalo kuna

mwemwe Iwanu wa isi tsingi, imkalile kutali ne Imulungu, na kwa Wayahudi iwakalile habehi ne Imulungu. <sup>18</sup> Apfo kwa achila chayatendile Kiristu, twetwe wose Wayahudi na Iwanu we isi tsingi twodaha kumghendela Aba kubitila Ghumuhe yumwe Mwenzeluka.

<sup>19</sup> Apfo mwemwe Iwanu we isi tsingi si wahenza bae wala si iwabita nzila, sambu mwemwe mwa wenyekaye hamwe ne iwanu we Imulungu, mwa iwanu wa kaye ye Imulungu. <sup>20</sup> Namwe pfipfila mtsengighwa mna ghumsingi ghwikighwe ne iwatumighwa ne manabii, Yesu Kiristu mwenyegho keghala na libwe kulu ilikindilisa ing'anda. <sup>21</sup> Yeye iye iyolunga ng'anda yose na kuitenda ikule mbaka iwe ing'anda ihenzeluke ye Imulungu kwaajili ye Imtwatsa. <sup>22</sup> Kwa kwilunga naye, mwemwe pfipfila mwotsengighwa hamwe na wamwenga wose muwe ing'anda iyokala Imulungu kubitila Ghumuhe ghwake.

### 3

#### *Pauli kowalombela Iwanu wa isi tsingi*

<sup>1</sup> Nene Pauli, yanyohighwe kwaapfila nomsang'anila Yesu Kiristu kwaajili yenu mwemwe imli si Wayahudi nomlomba Imulungu. <sup>2</sup> Ambe tsamuhulika ka Imulungu kwa uluso wake kangaya ng'onde ino nimsang'anileni mwemwe. <sup>3</sup> Imulungu tsakangubulila niimanye imbuli ino iipfisike, ka pfanongole kwandika chidogho mbuli ino. <sup>4</sup> Mng'asoma ghoya aghala ghanyandike, mtsotanga pfaniimanya imbuli ino iifisighwe ya Kiristu. <sup>5</sup> Ghumwande Imulungu ng'awatendile bae iwanu waitange imbuli ino, lekeni sambu Imulungu kawaghubulila iwatumighwa wake na manabii wake wahenzeluka waimanye imbuli ino kubitila Ghumuhe Mwenzeluka. <sup>6</sup> Imbuli yenyegho iipfisike aino hano, kubitila Imbuli Inoghile Iwanu iwali si Wayahudi nawo

watsobokela aghala ghe Imulungu ka pfawatsobokela Wayahudi. wawo nawo wa pfilungo pfa lukuli lulula, na wobokela laghano lilila lyayatendile Imulungu kubitila Yesu Kiristu.

<sup>7</sup> Nene tsanendighwa mtumighwa we Imbuli Inoghile kwa libatsi lyangayile Imulungu kwa ingupfu yake ng'ulu. <sup>8</sup> Nene namdodo kubita iwanu wose wa Imulungu, lekeni Imulungu kanitendela uluso niwapetele Iwanu iwali si Wayahudi utajiri mkulu ng'ani wa Kiristu, <sup>9</sup> kuya niwattende iwanu wose waimanye imbuli ye Imulungu iipfisike pfaisang'ana. Imulungu iyalumbile ipfinu pfose, tsakaipfisa imbuli yake ayo kulawa ghumwande, <sup>10</sup> ili sambu, kubitila iwanu wose iwomtoghola Imulungu, wakulu na iwane uwetso wa kulanga wamanye inzeweze ya Imulungu mne ipfinu pfose. <sup>11</sup> Imulungu katenda chinu acho kubitila Imtwatsa wetu Yesu Kiristu ka pfabamile ghamatsywa ghose. <sup>12</sup> Kwa kwilunga na Kiristu na kwa kumtoghola yeye, twodaha kumghendela Imulungu bila kupfuka. <sup>13</sup> Lelo nomlombani mghendelele kwighuma ghumoyo kwaajili ya maghayo ghanimdunanzikilani, mana agha ghose kwaajili ya utunitso wenu.

### *Unoghelo wa Kiristu*

<sup>14</sup> Apfo notowa ghamaghoti nomlomba Aba, <sup>15</sup> yeye iyali mwanduso wa kolo tsose itsili muisi na itsili kulanga. <sup>16</sup> Nomlomba Imulungu kwa utunitso wake mkulu, kubitila Ghumuhe wake yamwing'eni ingupfu ye ukwima ghendo mna mimoyo yenu, <sup>17</sup> naye Kiristu akale mne mimoyo yenu kwa ukutoghola. Nomlombelani ghoghose ighamtenda ghalawile mne unoghelo ghendo, <sup>18</sup> ili mdahe kumanya hamwe ne iwanu wose we Imulungu unoghelo wa Kiristu pfauli mghatsi na mkulu na pfauli na chimo na pfaughendese. <sup>19</sup> Muumanye unoghelo wake Kiristu

iubita ukumanya kwose, na mmemesighwe ukutimila kwose kwe Imulungu.

<sup>20</sup> Imulungu kodaha kutenda pfinu pfikulu kubita pfatulomba au pfatukwalangula kwa ngupfu yake iisang'ana mghati mwetu; <sup>21</sup> Yeye yatunyighwe kwaajili ye iwanu wose iwomtoghola Kiristu na kwaajili ya Yesu Kiristu mwenyegho, pfpindi pfose, ghamatsuwa ghose! Ona.

## 4

### *Ukwilunga mne lukuli lwa Kiristu*

<sup>1</sup> Nene yanyohighwe kwaajili ya kumtumikila Imtwatsa, nomlombani mkale ka Imulungu pfamkemileni. <sup>2</sup> Ghamatsuwa ghose muwe wenyepfale na wahole na iwodudumila; mwidudumile mwemwe kwa mwemwe kwa kwinoghela. <sup>3</sup> Mtende ka pfamdaha mghendelele kukindilisa umwenga iughalighwa na Ghumuhe Mwenzeluka kubitila tindiwalo ilimwikani hamwe. <sup>4</sup> Hana lukuli lumwe lwa Yesu na Ghumuhe Mwenzeluka yumwe ka lolelo lyamkemelighwe ne Imulungu pfalili limwe. <sup>5</sup> Hana Imtwatsa yumwe na ukutoghola kumwe na ubatitso umwe, <sup>6</sup> hana Imulungu yumwe iyali Aba wa wose, yeye ka Imtwatsa wa wose, kosang'ana kubitila wose na kamna wose.

<sup>7</sup> Chila miyetu yumwe kabokela nzawadi ka Kiristu pfamwing'ile. <sup>8</sup> Ka Ghamaandiko Mahenzeluka pfigholonga,

“Haghendile kulanga uchanya ghendo,  
tsakasola mateka kaghenda nawo;  
pfpifila tsakaweng'a iwanu nzawadi.”

<sup>9</sup> Angu hailongighwa, “tsakaghenda kulanga,” ina mana yachi? Manake, tanu tsakahulumka mbaka hasi ghendo mwe isi. <sup>10</sup> Apfo yuyula iyahulumke hano muisi iyo yuyo iyaghendile uchanya ghendo kulanga, ili yatimitse



ghose. <sup>11</sup> Iyo yuyo iyawatendile iwanu wangi wawe iwatu-mighwa na wangi wawe manabii na wangi wawe iwopeta Imbuli Inoghile na wangi wawe walongotsa iwanu we Imulungu na wawe walangulitsi. <sup>12</sup> Katenda apfo ili yawaandae iwanu we Imulungu wasang'ane ng'onde ye chikiristu, ili kulutsenga lukuli lwa Kiristu. <sup>13</sup> Apfo twetwe twose twilunge tuwe chinu chimwe mna ukuto-ghola na kummanya Imwana we Imulungu; tuwe iwanu wakomale mne ukutoghola na kuupfikila utimilifu wa Kiristu mwenyegho. <sup>14</sup> Apfo ng'atutsakuwa keli ka iwana wadowado, iwodaha kukunughitsighwa kuno na kuno na kukweghighwa na chila libeho lya ghamalangulitso ghe iwanu waghutsu iwowaghitsa wangi. <sup>15</sup> Leken, kwa kulongesa kwa unoghelo, tutsokula mbaka tumpfikile Kiristu mna ghose, yeye iyali litwi. <sup>16</sup> Kwa ulongotsi wake pfilungo pfose pfa lukuli pfekindilisa hamwe kwa nyughe, na lukuli lwose lwokindighwa hamwe kwa kwapfilighwa ne pfilungo pfake. Apfo chila chilungo ching'asang'ana ng'onde yake pfinoghile, lukuli lwose lwokula na lwet-senga mne unoghelo.

### *Ughima wa sambu mghati mwa Kiristu*

<sup>17</sup> Lelo kwa taghwa lya Imtwatsa, nomkanyani; mleke kughendelela kukala ka iwanu ing'awommanya Imulungu, iwakwalangula mbuli tsa ubwotsi <sup>18</sup> na mbutsi tsawo tsa mchisi. Wa kutali na ughima we Imulungu, kwaajili ya ubwotsi iuli mghati mwawo na kwa usughu wawo. <sup>19</sup> Iwanu awo waghitsa chinyala na wengila mne ghehile na wosulukila kutenda pfinu pfe chinyala.

<sup>20</sup> Leken, mwemwe ng'amummanyile apfo Kiristu. <sup>21</sup> Ambe tsamuhulika ghoya mbuli tsa Yesu? Tsamlan-gulitsighwa mbuli tsake ka ukweli wa mghati mwake?

<sup>22</sup> Tsamlangulitsighwa mghaleke aghala ghehile gham-tendile ghumwande ka imunu pfayotsula lighwanda, ghamatendo ghala ghakalile ghohinyighwa na tsitamaa tsake tsa ughutsu. <sup>23</sup> Mimoyo yenu na mbutsi tsenu pfighalusighwe pfiwe pfa sambu. <sup>24</sup> Muupfale unu wa sambu iulumbighwe kwa kwichala ne Imulungu, iukoneka kwa kukala pfinoghile ne uhenzeluka ghendo.

<sup>25</sup> Apfo mleke kulonga ughutsu! Chila munu yalongese kwa miyaghe, kwaapfila twetwe wose twa pfilungo pfa lukuli lumwe. <sup>26</sup> Mng'awa na maya, mleke kutoghola maya imlongotseni mtende nzambi, kuya mleke kukala ne maya mbaka litsuwa liswe, <sup>27</sup> ili mleke kumwing'a Setani nyafwasi. <sup>28</sup> Imunu iyang'ali yakwiba, yaleke kwiba keli, ila yasang'ane ng'onde inoghile kwa ghamoko ghake yapate ichinu chokuwagholela iwalihela chinu. <sup>29</sup> Mleke kulonga mbuli tsihile, ila mlonge mbuli tsinoghile itsiwat-senga iwanu, ili mbuli tsamlonga tsiwapfile iwanu iwom-uhulikani. <sup>30</sup> Mleke kumghela usungu Ghumuhe Mwenzeluka we Imulungu, mana yeye ka chitango che Imulungu kuna mwemwe ka mwemwe mwa wanu wake, naye kolangusa ka litsuwa lyakutsa Imulungu katsomkombolani. <sup>31</sup> Lelo mleke kuwa ne fondogholo, mleke kuwehila wanu wangi na mleke kuwa na maya na kwidamilila ne maligho. Ghehile ghose mghaleke! <sup>32</sup> Leken muwe na moyo ghunoghile na mwiyounele libatsi, chila munu yamleghusile matotso miyaghe ka Imulungu pfamleghusileni tsinzambi kwa nzila ya Kiristu.

## 5

### *Kukala mne ghumwanga*

<sup>1</sup> Kwaapfila mwemwe mwa iwana wanoghelighwa we Imulungu, lelo mmwighe yeye. <sup>2</sup> Mkale kwa kwino ghela, ka Kiristu pfayatunoghele na kulapfa ughima wake ka

inambiko iimnung'ila ghoya na nambiko iimnoghela Imulungu.

<sup>3</sup> Kwaapfila mwemwe mwa iwanu we Imulungu, mbuli tsa ughoni, au ghoghose ghehile au soyoka tsileke kulongighwa ka tsamghati mwenu. <sup>4</sup> Kuya mleke kulonga mbuli tsa chinyala au mbuli tsa ubwetsi au tsa utani wihile, agho ghose ng'aghanoghile bae kuna mwemwe; ng'apfu mlonge mbuli tsa kumlongela mighede Imulungu. <sup>5</sup> Mana mpfimanye ghendo ka kuduhu mghoni wala imunu wowose yehile, wala munu iyosulukila pfa wayaghe, mana iyosulukila pfa wayaghe keghala ne imunu iyotamanila pfinyagho, na imunu wowose iyeghala na awo ng'atsopata chinu mne undewa wa Kiristu na Imulungu.

<sup>6</sup> Mleke kutoghola munu wowose yawabughe kwa mbuli tsa ubwetsi; mana kwaajili ya pfinu ka apfo maya ye Imulungu yowatsila awala iwolema kumuhulikitsa Imulungu. <sup>7</sup> Apfo mleke kwihanganya nawo. <sup>8</sup> Kwaapfila ghumwande mwemwe tsamkala mchisi, lekeni sambu mwemwe mwa mne ghumwanga kwa kwilunga ne Imtwatsa. Lelo mkale ka iwanu we ghumwanga. <sup>9</sup> Mana ghumwanga ghoghala ukunogha na ukutogholighwa ne Imulungu na ukulongesa. <sup>10</sup> Mtende ka pfamdaha mghamanye aghala ighomnoghela Imulungu. <sup>11</sup> Mleke kwilunga mne kutenda pfinu ipfilihela mana, ipfilawa mchisi, ila ghaghubuleni. <sup>12</sup> Kwaapfila ghawotenda chinyelenyele, hata kughalonga chinyala. <sup>13</sup> Lekeni aghala ighomwemwesighwa ne ghumwanga, ghakoneka mwatsi, <sup>14</sup> mana chila chinu ichikoneka chimwemwesighwa ne ghumwanga. Ndo-mana ilongighwa;  
 “Ulamke ghweghwe yuwasile,  
 utsilihuke,  
 naye Kiristu katsokumwemwesela.”

<sup>15</sup> Lelo, mwalangitse ghendo apfila pfamkala. Mleke kukala ka mwa wabotsi, ila mkale ka iwanu wane nzewe. <sup>16</sup> Mtumile ghoya nyafwasi yamwinayo, kwaapfila ghamatsuwa ghano gheha. <sup>17</sup> Apfo mleke kuwa wabotsi, ila mghamanye aghala ghayobama Imtwatsa.

<sup>18</sup> Mleke ukupatika, kwaapfila ukupatika kutsomlongotsani mtende ghehile bila kwalangula itsokuwatse, ila mmemesighwe Ghumuhe Mwenzeluka. <sup>19</sup> Mwilongele kwa mbuli tsa Tsaburi na nyila tse chimuhe. Mwimbileni Imtwatsa, mdeng'eleleni mne mimoyo yenu. <sup>20</sup> Ghamatsuwa ghose mumlongele mighede Aba Imulungu kubitila taghwa lya Imtwatsa wetu Yesu Kiristu kwaajili ya chila chinu.

### *Iwapinga ne iwamale wawo*

<sup>21</sup> Chila imunu yamtegheletse myaghe kwaajili ya kumpfuka Kiristu.

<sup>22</sup> Mwemwe wapinga wategheletseni iwamale wenu, ka pfamumtegheletsa Imtwatsa. <sup>23</sup> Mana mmale komtawala pinga wake ka Kiristu pfayowatawala iwanu wose we Imulungu; naye Kiristu mwenyegho kowakombola iwanu we Imulungu, awo iwo lukuli lwake. <sup>24</sup> Ka iwanu wose iwomtoghola Kiristu pfawomuhulikitsa Kiristu, chila pinga naye yamuhulikitse mmale wake mna ghose. <sup>25</sup> Namwe muwamale, muwanoghele wapinga wenu ka Kiristu pfawanoghele iwanu wose iwomtoghola mbaka kaulapfa ughima wake kwaajili yawo, <sup>26</sup> ili yaweke wakifu kwe Imulungu iwanu wose iwomtoghola, na kawatenda wadeghete kwa kuwopfugha mne ghamatsi na mbuli. <sup>27</sup> Tsakatenda apfo ili yeghalile mwenyegho iwanu iwomtoghola iwali wahenzeluka na iwalihela totso ka imwali iyokwelighwa pfayoghalighwa kwe mmale wake aku kanogha na kahela doa wala litotso. <sup>28</sup> Pfpifila

chila mmale yamnoghele mwehe wake ka pfayounoghela lukuli lwake mwenyegho. Imunu iyomnoghela mwehe wake kenoghela imwenyegho. <sup>29</sup> Kuduhu imunu iyolwihila lukuli lwake, ila kolwang'itsa na kolulolesa, ka Kiristu naye pfayowatendela iwanu wose iwomtoghola, <sup>30</sup> mana twetwe wose twa pfilungo pfa lukuli lwake. <sup>31</sup> Ndomana Ghamaandiko Mahenzeluka gholonga, “Immale katsowaleka aba wake ne mai wake, katselunga na mwehe wake, nawo weli watsokuwa ka lukuli lumwe.” <sup>32</sup> Ahano hana mbuli ng'ulu ipfisika, ila nene nolonga mbuli tsino kulangusa mbuli tsa Kiristu ne iwanu wake iwomtoghola. <sup>33</sup> Leken chila mmale yamnoghele mwehe wake ka pfayenoghela mwenyegho, naye mwehe yamuhulikitse mmale wake.

## 6

### *Iwana ne iwelesi wawo*

<sup>1</sup> Mwemwe muwana, muwategheletse waletsi wenu kwaapfila mwomtoghola Imtwatsa, mana pfinogha kutenda apfo. <sup>2</sup> Ka Ghamaandiko pfagholonga, “Wategheletse aba wako na mai wako.” Alino ilo laghitso lya mwanduso line laghano, laghano alyo lyolonga, <sup>3</sup> “Kutsobweda na kutsokala ghamatsuwa mengi muisi.”

<sup>4</sup> Namwe tsina aba mleke kuwaghobola iwanenu, ila muwalele ka pfayobama Imtwatsa, kwa kuwalangusa pfa wobamighwa kukala pfinoghile na muwalangulitse pfinu apfo.

### *Iwatumwa ne iwatwatsa wawo*

<sup>5</sup> Mwemwe iwatumwa, wategheletseni iwatwatsa wenu kwa ghumoyo ghose, ka mwomsang'anila Kiristu. <sup>6</sup> Mleke kutenda apfo ahala hawamlolani haliheka kwaapfila mwobama mwoneke mnogha, ila msang'ane kwa mimoyo yenu yose ka pfobama Imulungu, kwaapfila mwemwe

mwa watumwa wa Kiristu. <sup>7</sup> Hamsang'ana, msang'ane kwa kudeng'elega ka mwomtunikila Imwatsa, na si ka mwowatumikila iwanu bae. <sup>8</sup> Mkumbuke ka Imwatsa kat-somghweka imunu wowose iyotenda ghanoghile, yawe mtumwa au si mtumwa bae.

<sup>9</sup> Namwe iwatsa mtende pfipfo kwe iwatumwa wenu, mleke kuwatenda wampfukeni. Mkumbuke namwe pfipfira ka wawo, mna Imwatsa yuyo kulanga, naye ng'obaghula bae.

### *Ing'ondo ya chimuhe*

<sup>10</sup> Kuya, mkale ne ngupfu mna ukwilunga ne Imwatsa na kwa ukwapfilighwa ne ngupfu tsake ng'ulu. <sup>11</sup> Mkinde pfinu pfe ing'ondo pfamwing'ighwe ne Imulungu ili mdahe kwima na kupinga ukukengela kwa Setani. <sup>12</sup> Mana ng'ondo yetu ng'atwitowa bae ne iwanu, ila twetowa ne muhe tsose tsihile itsitawala mlanga na isi ino ine ichisi cha ghehile. <sup>13</sup> Lelo kwaajili ayo, mkinde pfinu pfose pfe ing'ondo pfamwing'ighwe ne Imulungu ili mdudumile mbaka ng'ondo haitsomala, na litsuwa lila lihile halikutsa mdahe kwima ghoya.

<sup>14</sup> Apfo mwime ghoya, ukweli uwe ka msipi mchuno mwenu na unu unoghile ughwe ka lighwanda lya chuma lyo ukwikinga mmambagha mwenu <sup>15</sup> na ukusulukila ukuwapetela iwanu Imbuli Inoghile ya tindwalo kuwe ka mikwabatsa mmaghulu mwenu. <sup>16</sup> Matsuwa ghose, ukutoghola kuwe ka ngawo mne ghamoko gheni, ili mdahe kuitsima misale ya ghumoto ya yula Setani. <sup>17</sup> Muubokele ukombotsi ka ikofia ya chuma, na longa lye Imulungu ka lipanga lyamwing'ighwa na Ghumuhe Mwenzeluka. <sup>18</sup> Mtende ghano ghose kwa kulomba, mumlombe Imulungu yamwapileni. Mlombe ghamatsuwa ghose ka Ghumuhe pfayamlongotsani. Mghendelele kulomba bila

kwipfa kwaajili ye iwanu we Imulungu. <sup>19</sup> Pfpifila nombeleni na nene, ili hanipetela iwanu, Imulungu yangaye chokulonga, nonge bila ya kupfuka ili iwanu wamanye mbuli ya Usenga Unoghile. <sup>20</sup> Mana nene na msenga we Imbuli Inoghile hata ka sambu nyohighwa. Mnombele nipete Imbuli Inoghile bila ya kupfuka ka pfambamighwa.

*Pauli kowaagha*

<sup>21</sup> Tukiko, ndughu yetu mnoghelighwa na msang'ani mwenyepfale mne sang'ano ye Imtwatsa, katsowalongelani mbuli tsangu na mghamanye ghanisang'ana. <sup>22</sup> Nomtuma kuna mwemwe kwaajili ye chinu chino, yawalongeleni mbuli tsetu na yamghumeni ghumoyo.

<sup>23</sup> Nomlombelani mkale tseghamba mwemwe ndughu wose, hamwe ne unoghelo inoghola kulawa kwa Aba Imulungu na kwa Imtwatsa Yesu Kiristu. <sup>24</sup> Uluo we Imulungu ukale na iwanu wose iwomnoghela Imtwatsa wetu Yesu Kiristu kwa unoghelo ing'aumala.

Laghano Lya Sambu Kwe Iwanu Wose  
The New Testament in Lughuru

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Language: Lughuru

Translation by: Pioneer Bible Translators and The Word for the World

Contributor: The Word For The World

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2019-12-29

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PDF generated using Haiola and XeLaTeX on 27 May 2022 from source files dated 29 Apr 2022

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