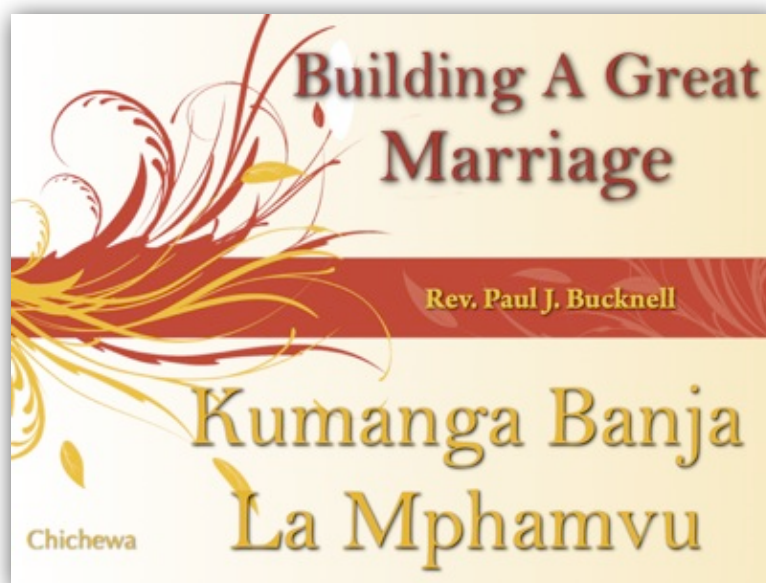
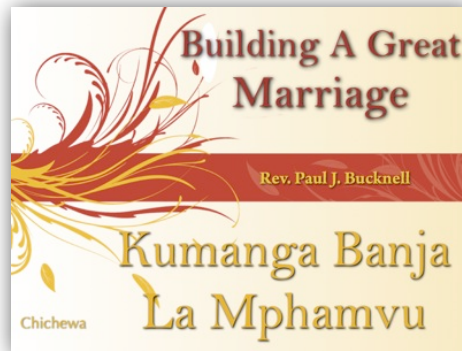




Kumanga Banja La Mphamvu

Paul ndi Linda Bucknell
Mitu Yoperekedwa

Kumanga Banja La Mphamvu	3
Kubwezeretsa Chiyembekezo M'banja Lanu.....	5
Chikonki Chopanda Malire	10
Umodzi Wa Muyaya Mfundo Ya Moyo # 3.....	20
Yankho pa Mabvuto Gawo Loyamba	24
Kuthetsa Kusagwirizana ndi Kupewa Zobvuta.....	29
Kuthetsa Zowawa Za M'banja Pokhululukirana.....	35
Kukhazikitsa Chiyanjano M'banja.....	40
Kukukhazikitsa Chidaliro Ndi Chiyanjano Mu Banja	45
“Chikondi Sichilephera”	49



Kumanga Banja La Mphamvu

Kukuthandizani Mwa Ndondomeko Kuti Mupindule

M'Banja La Mphamvu

Chikhulupiriro

Kupeza momwe Mulungu Amaliwonera Banja
(Mutu 1 – 4)

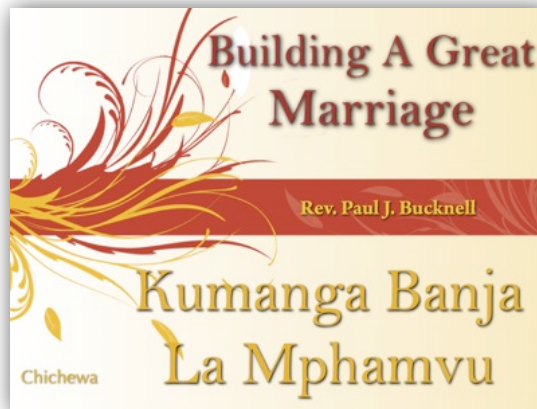
Kukhululukirana

Kutsitsimuka Ku Zokhumudwitsa Za M'banja
(Mutu 5 – 7)

Ubale

Kukhala M'banja La Mphamvu
(Mutu 8 – 10)

Building a Great Marriage translated into Chichewa, a language of Malawi



Kubwezeretsa Chiyembekezo M'banja Lanu

Zoperekedwa : Mutu # 1

▪ Kufuna kumanga Banja La Mphamvu

- **Chikhulupiliro** : Kupeza momwe Mulungu amaliwonera banja (Mitu 1-4)
- **Chikhululukiro** : Kutsitsimuka ku zokhumudwitsa za m'banja (mitu 5-7)
- **Ubale** : Kukhala m'banja la mphamvu (mitu 8-10)

▪ Zipangizo za banja la mphamvu?

Chonde panga n'ndandanda wa mfundo zisanu zofunika zokhuzana ndi banja la mphamvu;

- 1)
- 2)
- 3)
- 4)
- 5)

Mkati mwa banja

▪ Zizindikiro zoti banja likukukanikani?

Kusakhutitsidwa

Kuwawidwa mtima

Osakwanitsidwa ndi mamuna kapena mkazi m'modzi

Kunja kwa banja

Kutanganidwa ndi zinthu zina za moyo m'malo mwa banja.

Zolingalira zina, ndi zolaula

Kusangalala m'malo mofuna kukondweretsa moyo.

Moyo osakhululukirana

Zochitika za m'banja

Khalidwe losalemekezana pakati pa mamuna ndi mkazi

Kuyankhulana mosalemekezana kapena monyozana pakati pa mamuna ndi mkazi.

▪ **Kodi banja limaoneka motani?**

Maonekedwe

mwa _____

Maonekedwe a banja monga

Mwa _____

M'mene dziko limalionera banja, malumikizandwe pakati pa mamuna ndi mkazi mwa umuthu

Mulungu analenga ndipo anapambana.



Madontho ali mwambawa alumikizidwe.

Banja, zoonza ndi ubale wautatu kuphatikizapo Mulungu, mamuna ndi mkazi. Malamulo a Mulungu amathandiza kuteteza banja.

Muone m'mene munthu aliyense alumikizirana ndi mzache pa uwiri wao.

▪ **M'mene Mulungu anakhazikitsira Banja**

“Chifukwa chotero mwamuna adzasiya atate wache ndi amache nadzadziphatika kwa mkazi wache. Ndipo adzakhala thupi limodzi (Genesis 2 v 24)

“Chifukwa chache chimene Mulungu achimanga pamodzi, asachilekanitse munthu”
(Marko 10 v 9). Anayankhula izi ndi Yesu.



Banja liri lonse ndi la uzimu mwa chilengedwe monga Mulungu anakhazikitsira. Mu bukhu la

Marko 10 v 9, Yesu ananena kuti banja lirilonse linamangidwa ndi Mulungu. Ndipo pasakhale munthu oliona banja ngati linakhazikitsidwa ndi munthu.

Chikhazikitso cha Umulungu chimamanga banja la bwino.

Ma banja oipa _____ Chikhazikitso cha Mulungu

Banja lopanda lopanda dongosolo la Mulungu _____ chikhazikitso cha Mulungu

- **Tikhoza kuganizira zinthu zinai za M’baibulo.**
 - Mulungu akufuna kumanga ma banja a mphamvu.
 - Mulungu ali ndi njira yobwezeretsa ma banja oonongeka
 - Mulungu amagwira ntchito ndi anthu omumvera
 - Mulungu amatitsogolera potibwezeretsa pokhala muchikazikitso chache.

- **Opanda Chiyembekezo**

Pali zoyankhulidwa kapena zochitika zambiri _____

zimene zimapangitsa inu ndi ine kutaya _____

chiyembekezo mu Madera ena a ma banja athu. _____

Ndi chani cha zina mwa izi zomwe zimasokoneza _____

maganizo anu? _____

Maganizo awa ndi ochokera kwa oipayo (mayesero) _____

cholinga chache nchoti mulephere. _____

- **Kupanga m’ndandanda wa Chiyembekezo**

Ntchito : Yambani kulemba ndandanda wa chiyembekezo chanu. Lembani Madera atatu kapena anai amene inu mwataya chiyembekezo pa ubale wa banja lanu, mulembe moyenera monga momwe zinthu ziliri.

- Mumawadziwa bwanji Madera opanda chiyembekezo?
- Kodi nthawi siinathe?
- Kodi tonse timakhala ndi Madera opanda chiyembekezo?
- Kodi sikoopsya kumangoyang’anira posakhutitsidwa?

▪ **Mabanja a mphamvu alipo!**

Zoonadi zinai za Baibulo zotilimbikitsa kudalirana m'banja.

- 1. Mayambikidwe a banja _____ (Genesis 2:18-22)
- 2. Mulungu anakhazikitsa uwiri : Mamuna ndi _____ (Genesis 2:23)
- 3. _____ okhazikitsidwa ndi Mulungu (Genesis 2 :24)
- 4. Mulungu anakhazikitsa kuti ulemelero wache ukabvumbulutsidwe m'banja
(Genesis 2:25)

▪ **Zochitika pa Umunthu**

- **Dikira:** Osafulumiza kuyankhula za ndondomeko ya m'mene banja lanu lingakhalire mopambana.
- **Chibvomerezo :** Bvomerezani Madera a banja lanu, amene inu mwalephera.
- **Kupempha:** Kupempha Mulungu abwezeretse chiyembekezo Madera amene mwalephera.
- **Chiyembekezo:** Mupatse Mulungu danga kuyankha pemphero lanu mu nthawi yake ndi njira yake.
- **Kugawana:** Ngati amuna kapena akazi anu akufunsani zomwe ziri pa n'dandanda wanu, mugawane mwa pemphero.

▪ **Abraham: A_____ Mchiyembekezo (Aroma 4:18-21)**

▪ Chitsimikizo : Kukoma kwa Banja

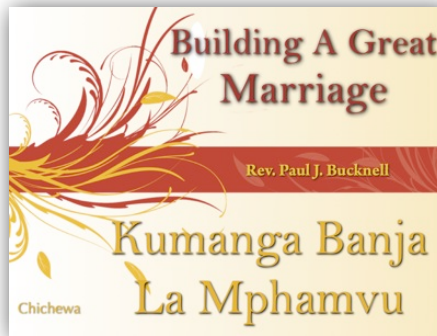
- Mulungu amachitabe zozizwa.
- Mulungu amafunabe kugwira ntchito ndi ife kumanga banja la mphamvu.
- Kumanga ma banja a mphamvu zimafuna dongosolo limene limatenga nthawi.
- Limatenga nthawi chifukwa ifenso tiyenera kusinthika.

Mulungu ndi mulungu

Kusinthia nthawi zambiri kumatenga nyengo yayitali yoyembekezera.

Chiyembekezo ndi chitsimikizo cha chikhulupiro chokhazikika

BGM#1: Mayankho obwezeretsa chiyembekezo m'banja lanu
M'mene dziko limaonera
M'mene Baibulo limaonera
Mabanja oipa satsatira chikhazikitso cha Mulungu
Banja lopanda dongosolo la Mulungu satsatira mwathunthu chikhazikitso cha Mulungu.
#1 Mayambidwe a banja a Mulungu (Gen 2:18-22)
#2 Mulungu anakhazikitsa uwiri: Mamuna ndi mkazi (Gen 2:22)
#3 Umodzi okhazikitsidwa ndi Mulungu (Gen 2:24)
Abraham adapilira mchiyembekezo.



Chikonki Chopanda Malire

Mfundo Ya Moyo # 1 Zoperekedwa : MUTU #2

Tionenso:			
Ndandanda wa chiyembekezo	1. _____	➔	1. _____
	2. _____		2. _____
	3. _____		3. _____
			Ndandanda wa pemphero

▪ Chifukwa chani pali ma banja oipa ambiri?

Kodi ndi chifukwa cha mayambidwe a banja oipa? Ai. Bvuto ndiloti _____ bvuto!

Mabanja sakumangidwa molingana ndi chikhazikitso cha Umulungu, akadakhala kuti ma banja akumangidwa ndi chikhazikitso cha Umulungu, akadakhala ma banja a mphamvu.



(1) Ma banja a mphamvu (2) Zimene zimamanga (3) Mfundo zitatu za moyo

▪ Mayambidwe a Banja mwa Umulungu

1. Chikondi chopanda malire
2. Kugonjerana modzichepetsa
3. Kukhalira pamodzi kwa muyaya

“Chifukwa cha ichi munthu adzasiya atate ndi amai, nadzaphatikizana ndi mkazi wache, ndipo iwo awiri adzakhala thupi limodzi. Chinsinsi ichi nchachikulu, koma ndinena ine za Khristu ndi Eklesia (Aefeso 5 :31-32)

▪ **Cholinga cha Mulungu pa Banja**

- Kukhala ndi dera lolongosoka
- Kupanga ma banja osangalala
- Kubereka ana oleredwa bwino
- Kukhala ndi ma banja achuma chokhazikika
- Kukhala ndi ubale
- Kugawana ma bvumbulutso a choonadi.

▪ **Zinthu zitatu zofanizira banja ndi Umulungu**

1. Khristu anasiya atate wache kumwamba.
Mwamuna amasiya atate wache.
2. Khristu atetezera mkwatibwi (ndi moyo wache)
Mwamuna atetezera mkwatibwi (ndi malowolo)
3. Mpingo (anthu ake) mwini wake ndi Khristu
4. Mkazi mwini wake ndi mwamuna.

▪ **Kulongosoledwa kwa Chikondi cha Mulungu**

Chikondi cha Mulungu – Timakonda chifukwa _____ ife (1 Yohane 4:19)

(a) **Chikondi chopanda malire**

Chikondi chache sichinatengere kumvera kapena ntchito yina iri yonse yabwino kuchokera kwa ife anthu ake.

(b) **Chikondi cha chifundo**

Chikondi cha chifundo ndi njira yokhayo tingalongosolere, nsoni zokoma, chifundo, chisomo, kukoma mtima ndi ubwino wa kwa ife mwa Khristu.

(c) _____ **chikondi**

Chikondi chodzipereka chimabvumbulutsa ntchito zoyamba za chifundo ngakhale pakhale zobvuto ndi zotchinga za moyo.

▪ **Kuchifanizira chikondi cha Mulungu**

**God's love
through Christ**



Chikondi ndi chisankho chopambana. Munthu ali ndi zibvomerezo ziwiri zokhuzana ndi chikondi cha Mulungu kupyolera mwa Yesu Khristu. Akhoza kuchilandira kapena kuchikana, akhoza kukopedwa ndi chikondi cha Mulungu kapena kunyansidwa.

▪ **Mau a mitundu itatu a chihelene (Greek) opezeka mu chipangano chatsopano**

Chikondi: Mau atatu a Chihelene(Greek)	Eros (Chikondi cha umunthu)	Philia (chikondi cha pakati pa anthu)	Agape (chikondi cha Mulungu)
Kulongosola	Chikondi _____	Chikondi cha pakati pa anthu	Chikondi cha Umulungu chosayang'anila zolakwa zathu – chikondi chopanda malire
Malingaliro mmene aliri	Kukonda ndi cholinga choti iwenso uzikonedwa	Kukonda monganso iwe umakonedwera	Kukonda chifukwa chakudzipereka
Choyambitsa chikondi	Chikondi choyambika ▪ Chifukwa cha zokusangalatsa	Chikondi choyambika chifukwa chazimene ena akuyembekezera	Chikondi choyambika chifukwa cha lamulo la Mulungu ndi chifukwa cha zosowa za ena
Mtima wa chikondi	Kukhala chifuniro kuti anthu ena ndiye amene azionetsa chikondi modzipereka nsembe mmalo mwako	Chikondi choonetsa kuti ukukonda kuti iwenso ukonedwe	Chikondi chodzipereka nsembe
Mphamvu yachikondi pa banja	Chikondi chochokera ku chilakolako	Chikondi chochokera	Chikondi chochokera pa chikondi cha Mulungu
Mabvuto a m'banja	Umapita kwina kuti ukakhutitsidwe ndi chilakolako chako	Chikondi chako chikakhumudwitsidwa umakhala owawidwa mtima	Chikondi chimene chikakhumudwitsidwa chimakhulukira, ndi kumapitirira kukondabe

▪ **Pangano la Chikondi M'banja**

- Longosolani pangano la chikondi
- Chikondi chopanda malire
- Gwero la chikondi kunja kwa ife eni
- Ma banja a mphamvu

Chikondi Chokhulukirana

- Chikondi sichimasunga mangawa (timva zambiri mzotsatira)
- Chifuniro cha Mulungu

- Ndi udindo wathu kukonda
- Chikondi chimakwirira unyini wa uchimo

• **Mafunso okhuzana ndi Chikondi chopanda malire**

1. Nanga bwanji mwamunawo? Adzakhutitsidwa bwanji?

Chikondi chopanda malire

- Ife _____ monga Khristu anatikhulukira.
- Timalandira monga Khristu analandirira
- Timayembekeza monga Khristu anayembekeza

Chikhulupiliro	Kuzikonda	Kudzipereka
Samakhulupilira njira za Mulungu kuti ndi zokhazo zopambana chifukwa cha nyengo zomuzungulira zimene iye amakhala akuyendamo pa nkhani za m'banja	Chifukwa chosowa chikhulupiliro ndi kukayika chikondi chopanda malire, amabwerera m'mbuyo ndipo samadzipereka pa banja lache	Chifukwa alibe chitsimikizo pa chikondi cha Mulungu ndi thandiizo la Mulungu, amagwiiritsa chikondi chake ngati njira yoti iyenso azikonedwa. Zikafika pamenepa ndiye sichikondinso ayi.

2. *Kodi sizofunika kuti mkazi azikhala ndi chikondi?*

- Chikondi chopanda malire
- Mfundo ya moyo # 1

3. *Chifukwa chani Mulungu akumpatsa mwamuna lamuloli?*

4. *Kodi chikondi changa ndi chogwira ntchito?*

- Mwamuna analengedwa kuti azikonda
- Ulamuliro, mphamvu, olimbika, oyika moyo wache pa chiswe ngati ozimitsa moto olusa.
- Malingaliro okhutitsidwa ndi nyonga
- Chilakolako chimatha, chikondi chimakhutitsidwa
- Zooni kwa onse koma kweni-kweni kwa amuna
- Kukhala mu chikhulupiliro kuti ukhale okonda.

• **M'mene tingakhalire ndi akazi obvuta**

• **Ndizotheka # 1 kubowoleza**

Mulungu amapereka chiyembekezo momwe chikondi cha mwamuna chopanda malire chingachotsere kukayika kwa mkazi pa mayendedwe a mwamuna (Aefeso 5).

Amuna ntchito yao sikuti azingokonda akazi ao kokha ai, komanso kukhala ndi chiyembekezo chakuti akhoza kugwiritsa ntchito ndi Mulungu, kumufikitsa mkaziyo ku malo opatulika.

‘Amuna inu kondani akazi anu, monganso Khristu anakonda Eklezia nadzipereka yekha m'malo mwacche, kuti akampatule atamyeretsa ndi kumsambitsa madzi ndi mau, kuti iye akazikhalire yekha Eklezia wa ulemmerero’.

▪ **Ndizotheka # 2 Kupilira**

- Hosea
- Yobu
- Yesu ndi ophunzira

▪ **Lonjezo la Mwamuna**

Mulungu anandilenga ine kuti ndizikukonda iwe mkazi wanga moona ndi mosadzikonda ndekha. Anandilenga ine kuti gawo liri lonse la thupi langa lidzikhuthule kwathunthu kwa iwe. Ndikufuna maloto a ukwati wako akhale a mwamuna m'modzi yekhayo amene azakukonda nthawi zonse m'choona akwaniritsidwe, ine ndiye mwamuna okhulupirikayo kwa iwe.

Pakuti kwa moyo wanga pa dziko la pansi Ambuye adziwe kuti ndinakhala wangwiro muchokhumbe change kukukonda iwe mwa thunthu kuyambira ndisanakukwatire ndi pamene tinali m'banja. Mu chikhulupiliro

ndifuna kutsimikiza mu mfundo za maziko, zimene Mulungu anaziikiza mu dziko pamene analilenga. Cholinga changa chidzakhala kukukonda iwe mkazi wanga monga Khristu anakondera Eklezia.

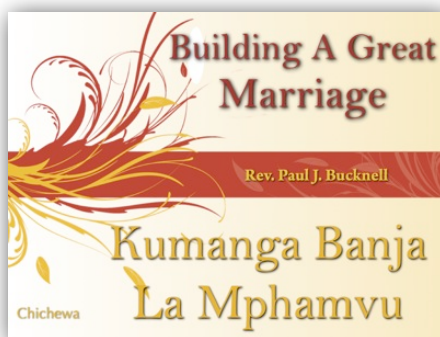
Mulungu anandisankha ine kuti ndikawale ngati muuni wa chikondi chake mu moyo wako. Ngakhale mu umphawi kapena muchuma, mu unyamata kapena ukalamba, mu moyo wathanzi kapena mumatenda ndatsimikizika kukukonda. Ngakhale iwe wokondedwa wanga, ukhoza kulandira chikondi changa. Ndidzakukonda nthawi zonse ndi kukusamalira. Ndikufuna chikondi change kwa iwe chionetsere chikondi cha Khristu pa anthu ache. Chikondi choonadi chimabereka chiyembekezo chachikulu.

▪ Pemphero la Mwamuna

Atate wokondedwa wathu wakumwamba. Ndikulengeza nkondo yopatulika pazilakolako zanga. Ndasankha chida chotsimikizika ndicho chikondi chanu chopilira. Ndinalengedwa kuti ndikhale okonda. Ndikuchotsa zilakolako zanga zonyansa zimene zimachotsa kukhulupirika kwanga pamaso pa Mulungu ndi mkazi wanga. Ndikuchotsa maganizo ali wonse amene akandikodwetse ine mu ziyango-yango za kutsitsidwa ndi kususuka kwa maso. Chifukwa nthawi yanu yatha. Ndasankha kukonda ndi chikondi changwiro, ndasankha kukhala njira ina yachiyero choyang'anira pa mkazi wanga. Ndikufuna ndi chikondi chimene ndiri nacho ndikagonjetse zipata za m'dima wa imfa ndi chisokonezo. Ndikudzipereka, modzikhuthula kwa mkazi wanga nthawi zonse ndikachotse mantha ndi kukayika kumene kunayikizidwa pa moyo wache wa umphawi. Mulungu mundidzadze ndi Mzimu wanu, yeretsani moyo wanga ku uchimo chifukwa cha maitanidwe anu ndi mphamvu ndi okwezeka. Mundipatse ine kukhala mwathunthu ndi mkazi wosankhika. Ndikhale ndi mkazi m'modzi. Mkazi m'modzi mwa chisomo chanu ndi chitsanzo ndimpatse iye ndipo iye yekha chisamaliro cha pa miyoyo yathu.

Ndipo tsopano. Ambuye ndikukupemphani kuti muteteze chimene chiri cha mphamvu ndi chabwino. Kwezani chimene chili cha ulemerero chotero kuti chiyembekezo, chimwemwe ndi chikondi chingakhunzenso mitima yathu ya chisoni. Kutu ndikakhale nao pampikisano wothamangira mu ulemerero wanu osakhumbanso china chiri chonse. Nditsogolereni Ambuye ndichitsanzo chanu chamtengo wa patali choyenda mutsinje opereka ntchito ndi mau abwnino kwa mkazi wanga. Ndikhale wangwiro, wokonda ndi udindo. Ndipo mulore chikondi chaulemelo wa Mulungu chikabvumbulutsidwe pa dziko lapansi kuchokera ndi kupyolera mu chikondi changa kwa mkazi wanga. Mwa chisomo ndi mwazi wa Khristu mwana yekhayo wa Mulungu, ndapemphera, Amen.

BGM #2 Mayankho achikondi chopanda malire Bvuto ndi bvuto lamamangidwa
"Timakonda chifukwa anayamba kutkonda ife Chikondi chodzipereka
Chikondi chachifundo
Choyambira kuti ukalandire chifundo
Timakhululukira monga Khristu anakukululukira.
Mulungu ndiye amene adzaweruza.



Kugonjerana Podzichepetsa

Mfundo ya moyo # 2

Zoperekedwa : Mutu # 3

▪ Chiyambi cha Banja la Umulungu

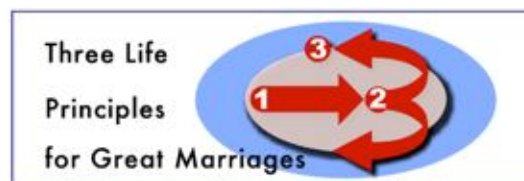
Chinsinsi cha Banja

“ Chifukwa cha ichi munthu adzasiya atate andi amai, nadzaphatikana ndi mkazi wache, ndipo iwo awiri adzakhala thupi limodzi. Chinsinsi ichi nchachikulu, koma ndinena ine za Khristu ndi Eklezia (Aefeso 5 :31-32)

1. Chikondi chopanda malire
2. Kugonjerana podzichepetsa
3. Kukhalira pamodzi kwa muyaya.

▪ Dongosolo la Mulungu ndichitsanzo cha mu mpingo – Aefeso 2:7-10

- Osankhidwa
- Ogulidwa
- Ali ndi kokhala
- Ogawa



(1) Ma banja a mphamvu (2) Zimene zimamanga (3) Mfundo zitatu za moyo

▪ Zobvuta Kumvera?

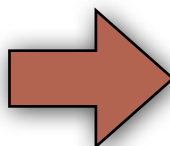
▪ Chidaliro chathu mwa Ambuye

chimayesedwa Chidaliro cha Mkazi mwa Mwamuna chimayesedwa

- Kodi ife timadaliradi iye? . Kodi mkazi amamudaliradi mwamuna?
- Tidzamumvera iye?

Deuterenomo 6: 24-25

“Kumvera malemba onse. Ndikuopa onse, Yehova MULUNGU wathu..”

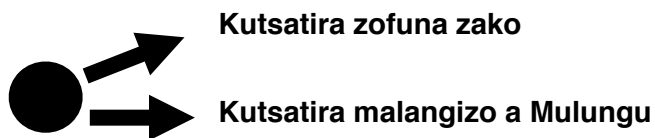


“...Kuti tipindule nako masiku kuti atisunge amoyo.”

Kumvera kumabweretsa m'dalitso

Chidaliro cha mkazi chidzikhala mwa Mulungu kuti akwaniritse zosowa zache.

Akazi inu mverani amuna anu ainu eni. Monga kumvera Ambuye (Aefeso 5 v 24)



▪ **Chisankho cha kumvera (Aefeso 5 :24)**

▪ **Kukhala oyang'anitsitsa**

Zoonadi zinai zofunika kuzisunga m'maganizo

- 1. Mkazi kukhala omvera mwamuna wache _____ Aefeso 5 :24)
- 2. Mkazi adzafuna uphungu wa mwamuna wache wa momwe angachitire zinthu
- 3. Mkazi adzapeza kukhutitsidwa kwache mkati mwache kuchokera ku chikondi cha Mulungu
 - poyambilira kwa Iye, monga mwana wache.
- 4. Mkazi adzadalira Ambuye ngati mtetezi, ndi wompatsa zosowa zache.

▪ **Mayesero Ofanana**

Mkazi nthawi zambiri amayesedwa kuti ataye udindo umene Mulungu anayikiza pa iye. Izi zinachitika m'munda mwa Edene pamene Hava anamva mau amachenjerero omuuza kuti adzakhala ndi ufulu wachibadwidwe, oziimira payekha. Kuyambira tsiku lija pamene yesero iri linagwira ntchito, satana amaligwiritsabe ntchito lero.

1. Satana akufunsa Mulungu _____
2. Satana akumuuza mkazi kuti kena kache kabwino kakupelewera
3. Satana akumuchotsa mkazi ku malamulo a Mulungu ndikumupititsa ku zilakolako zazakudya.
4. Satana amamuyesa mkazi pomuchera msampha womukakamiza kumumvera zimene akunena.

▪ **Makangano Olakwitsa Amachenjerero**

Popanda chidziwitso cha choonadi cha Mulungu nthawi zonse mkazi adzachotsedwa pa choonadi ndikuyamba kupanga zisankho za maganizo ache, chifukwa ichi ndi chizolowezi pa mkazi. Nthawi zina ndi bwino kukomana ndi mayesero, makangano koma osakhala a m'baibulo.

- **Makangano opusa # 1 Mwamuna ndi Mkazi ayenera kusunga _____**
 - Miyoyo iwiri yosiyana, monga ogwirizana umodzi
 - Osadalirana wina ndi mzache koma ogawana katundu kapena chuma
 - Ntchito zimaonongeka

Zinthunzi izi zimaonetsa momwe ma banja a mphamvu mwamuna ndi mkazi amathandizirana.

▪ **Makangano opusa #2 : Chitetezo pawekha ndi Banja**

Chiganizo cha nkangano uwu ndi choti Mulungu samathandiza mkazi ndi ana osowa. Mkazi ayenera kuziteteza yekha. Chilungamo cha Mulungu chikutsutsidwa ndizisankho za maganizo a mkazi. Uku ndi kusochera.

▪ **Makangano Opusa #3 _____ kulola mwamuna kupondereza mkazi**

Chiganizo cha nkangano uwu ndi choti Mulungu amanyoza akazi ndi chifukwa chache wayika iwo pamalo opondezedwa.

.Genesis 3 v 15 kubadwa kwa Mose, Yesu aomboli.

▪ **Makangano Opusa #4 : Kugonjera kufanana ndi kunzunzika**

Chiganizo cha n'kangano uwu ndi choti kugonjera ndi mchitidwe ozunzika (ukapolo) ndi wa manyazi.

“Momwenso akazi inu mverani amuna anu a inu nokha, kuti ngatinso ena samvera mau. Akakopedwe opanda mau mwa mayendedwe aakazi, pakuona mayendedwe anu oyera ndi kuopa kwanu”. (1 petro 3:1-2)

Zinthu zonse kwa Khristu	Ndipo pamene zonsezo zagonjetsedwa kwa iye, pomwepo mwana yemwe adzagonjetsedwa kwa lye Ambuye anamgonjetsa zinthu zonse 1 Korinto 15v28
Anthu kwa Olamulira	Uwakumbutse iwo agonje kwa akulu ndi aulamuliro, akhale omvera, okonzeka pantchito iri yonse yabwino (Tito 3 v1)
Akapolo kwa Ambuye wao	Akapolo amvere Ambuye ao iwo okha, nawakondweretsa m'zonse, osakana mau ao (Tito 2 v 9)
Achinyamata kwa akulu awo	Achinyamata chimodzimodzinso mumvere akulu anu (1 Petro 5 v 5)
Eklezia kwa Khristu	Komanso monga Eklezia amvera Khristu (Aefeso 5 v 24)
Akazi kwa amuna awo	Kukhala anzeru, angwiro, ogwira ntchito pa nyumba, achifundo, omvera amuna awo a iwo okha, kuti mau a Mulungu asachitidwe mwano (Tito 2 v 5)

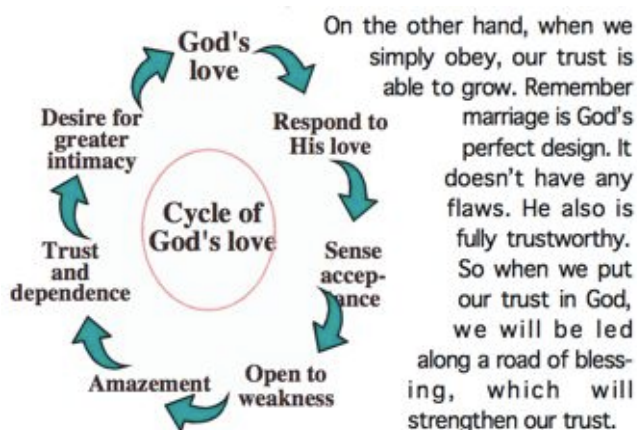
Chotsatira cha Mantha

Aliyense amayenera kuti akhwime. Mantha ndi kukayika kumaononga kukhwimaku. Munthu amavula chidaliro chimene chiri chofunika kuyenda mu njira ya chikhulupiriro.

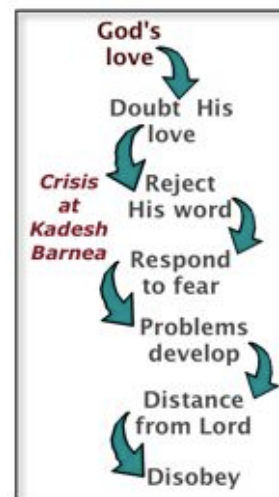
“Mulibe mantha mchikondi koma chikondi changwiro chitaya kunja mantha. Popeza mantha ali nacho chilango. Ndipo wamanthayo sakhala wangwiro mchikondi.” (1 Yohane 4:18)

Mbali ina, ife tikamvera chidaliro chathu chimakula. Kumbukilani kuti banja ndi chikhazikitso chopambana cha Mulungu chiribe zofooka, komanso lye ndi okhulupirika Ndiye ife tikayika chidaliro chathu kwa Mulungu. Tikatsogoleledwa njira ya m'dalitso, m'mene ukalimbitsa chidaliro chathu.

Chikondi cha Mulungu > Kuvomeza ku chikondi chako > Kulandira chidziwitso > Kutsegukila kuchilikiza > Kudabwitsa > Kudalira ndi kuchilikiza > Chikhumbo chaubale waukulu >



Chikondi cha Mulungu
Kukayika chikondi chache
Kukana mau ake
Kubvomezeza mantha
Mabvuto amayamba
Kutalikira pa Ambuye
Kusamvera



▪Kumvetsa kugonja kwa Mkazi

“ Amene kukometsera kwanu kusakhale kwa kunja, kuluka tsistsi ndi kubvala za golidi kapena kubvala chobvala. Koma kukhala munthu wobisika wamumtima, mchobvala cha mzimu wofatsa ndi wachete, ndiwo a mtengo wapatali pa maso pa Mulungu”. (1 Petro 3 v 3-4)

▪ a. _____ Kubvomezeza

Mtima wofatsa umapatsa kuthekera kwa mwamuna kusiya chikhalidwe chache cha kukangana kapena ku menyana, ndi kusangalala ndi mkazi.

▪ . Kubvomezeza kwa Chete

Mzimu wa chete umalimbikitsa mwamuna amene sayankhula-yankhula kuti ayankhule ndi kugawana za mumtima wake.

▪ Kukwaniritsidwa kwa Mkazi Okhulupirika

“Mkazi wangwiro ndani angapeze? Pakuti mtengo wache uposa ngale. (Miyambo 31:10)

Ngati mkazi angabvomezeze Ambuye choyamba, mukuchuruka kwa ubale umenewu amatha kumtumikira bwino mwamuna wake amakhala okonzeka ndi othekera kumvera mau ndi zofuna za mwamuna wake. Monga m'mene akumulandirira Ambuye Yesu Khristu choterenso amamulandira mwamuna wake. Mabvuto ndi kusagwirizana muchikhalidwe zisakhale nthawi zotaya chikondi cha Mulungu. Chikondi cha Mulungu ndi mphamvu zake sizimasiya kugwira ntchito ngakhale m'masautso.

Mu banja la mphamvu, aliyense amayembekezera kwa Yehova kuti akomane ndi zosowa zao. Bvuto liri lonse ndi mwai kuti Mulungu adalitsidwe kuti yankho lopezeka. Chidaliro chimapangitsa mkazi kuti achotse mantha ake pang'onopang'ono. M'malo mokhala wa gwa ndi ouma. Nkhope yache imakhala yomasuka ndi chimwemwe. Monga momwe dzuwa la malimwe limamasula maluwa kukawala mwa ulemmero. Chikondi chosayang'anira zolakwa ndi zofooka za mkazi, chochokera kwa mwamuna chimachotsa mantha amene amalepheretsa mkazi kudalira mwathunthu ndi kumutsogolera mkazi wache kukhala omasuka ndi kuwala mwathunthu.

▪ Lonjezo la Mkazi, Pemphero la Mkazi

“Atate wokondedwa akumwamba, ndikudzichepetsa ndekha pamaso ndi pa mpando wanu wa mphamvu wachifumu. Ndikulandira thupi langa, mphatso zanga ndi kuitana kutumikira pambali pa

mwamuna wanga. Chikhulupiliro changa ndi chifooka, zimandipangitsa kuiwala chikondi chanu chopanda malire. Chonde ndikhululukireni komanso mukhale pafupi ndi ine.

Ndili ndi mwamuna m'modzi ndipo yekhaya ndidzamutumikira ndipatseni chidaliro muchitetezo chanu chodabwitsa, kuti ndikagwire ntchito zanga mokhulupirika, ngakhale zikhale zobvuta.

.....inu ndi mtetezi ndi opereka zosowa. Ndiloleni ndikapitilire kudziwa zambiri za chikondi chanu chodabwitsa.

Chonde Ambuye mundipatse Mzimu wa Sara wofatsa ndiwachete. Mundipatse mwamuna womvetsera kwa inu ndi kwa choonadi chanu kupyolera ku moyo wanga. Mwa chisomo ndi mwazi wa Yesu Khristu, mwa yekhaya wa Mulungu, ndapemphera, Amen.

■ Ntchito ya pa Nyumba

1. Amuna ayenera kugwira ntchito kupyolera mu lamulo ili kukonda mkazi wache popanda choletsa.

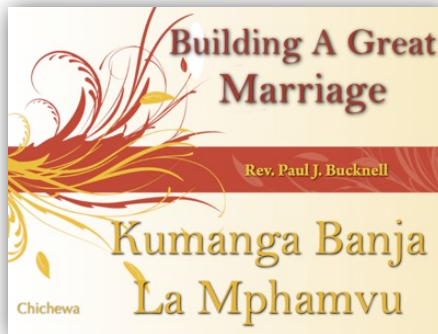
- Tsiku ndi tsiku kumpempherera mkazi wako.
- Tsiku lilo lonse kamodzi kumamuthokoza mkazi wako chifukwa chakukhulupirika kwache
- Kumapitilizabe kukonda mkazi wako kwambiri.



2. Akazinso azipempherera amuna awo Kukonda kopanda malire. Mukusowa kukhala wa nzeru ndikudziwa momwe mungamulimbikitsire mwamunayo paulendou. Njira yopambana ndiyoti mwamuna aone kusintha!

- Kulapa kuchokera ku mzimu wodzikonda wekha
- Upange lonjezo kwa iwe wekha kuti udzipanga zimene mwamuna akufuna
- Tsiku ndi tsiku udzipempha Mulungu kuti akwaniritse zosowa zako mwa chikondi chake.
- Mwansangalalo tumikira opanda kudandaula.

BGM #3 Mayankho Kugonjera modzichepetsa Okondedwa, osankhidwa, oguludwa, ali kokhala, kugawiridwa.
1. Adzagonjera kwa mwamuna wache mu zonse.
Makangano opusa #3: Kugonjera kumaloleza
a. Kubvomereza kupewa



Umodzi Wa Muyaya

Mfundo Ya Moyo # 3

Zoperekedwa Mutu # 4

▪ Njira ya Chinsinsi

“Ndipo awiriwa adzakhala thupi limodzi. Chinsinsi ichi ndi chachikulu. Koma ndinena za Khristu ndi Eklezia (Aefeso 5 v 31 – 32)



1. Chikondi chopanda malire 2. Kugonjerana podzichepetsa 3. Umodzi wa muyay



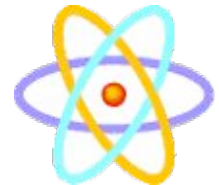
▪ Umodzi

- Umodzi ndi obvuta kuumvetsetsa
- Umodzi wabvumbulutsidwa mu banja ndi chiombolo
- Umodzi umadzetsa kusinthika kodabwitsa
- Umodzi umalengezetsedwa ndi Mulungu



▪ Chithunzi cha zazing'ono

- Chathunthu
- Chogawanika
 - Zinthu zing'onozing'ono zokhala pamodzi
 - Zinthu zing'onozing'ono zosaoneka ndi maso.
- Chinsinsi _____



Banja ndi zinthu zing'onozing'ono zosaoneka ndi maso zimangirika pamodzi ndi mphamvu za chinsinsi



▪ Dongosolo la Umodzi

“ Pa chifukwa ichi mwamuna adzasiya atate wache ndi amache, ndipo adzaphatikana ndi mkazi wache, ndipo adzakhala thupi limodzi” (Genesis 2 :24)

- Mwamuna amasiya
- Mwamuna aphantikana
- Umodzi wa banja

▪ Ulendo wonka kutha kwa banja

- Kutha kwa banja kumayambira _____
- Kulola bodza kumayambitsa kusayenda bwino
- Ubale umapitilira kuonengeka
- Miyoyo imasiyana
- Kutha kwa banja

▪ Maziko a Umodzi

“ Chotero salinso awiri. Koma thupi limodzi. Chimene Mulungu anachimanga pamodzi, munthu asachilekanitse”. (Mateyu 19:6)

- Chikhazikitso cha Mulungu ndi _____
- Cholimba
- Chikugwedezeke? Ndingachilimbitse bwanji?

▪ Kukwatiranso aliyense?

“Ndipo anati, Yesu anena nao, aliyense amene asiya mkazi wache nakwatira wina achita iye chigololo” (Marko 10 v 11)

▪ Kukwatiranso atamusiya mkazi wako ndi chigololo

▪ Lamulo la banja limathetsedwa ndi imfa. Kukwatiranso kumaloledwa imfa ikachitika.

“ Mkazi amamangika pokhala mwamuna wache ali ndi moyo, koma atamwalira mwamuna ali omasuka kuti akwatiwe naye, amene afuna.” (1 Akorinto 7 : 39)

▪ Malo Osungira Ng’ombe ndi Ufulu

Banja labwino limakhala ngati malo akulu ochitira ulimi wa ng’ombe. Ukhoza kuyenda pa malowa ulendo wautali koma kuli konse ozingopezeka uli mudera la malowa.

- 1. Ufulu
- 2. _____ (Mayesero)
- 3. Mtima okhazikika

▪ Kufanana kwa Za Uzimu

- _____ Khristu (Makumi asanu ndi atatu mphambu zisanu ndi zitanu, mu chipangano chatsopano)

Khumi ndi kamodzi mau akuti “ mwa Khristu kapena kuti “ mwa Iye” atchulidwa mu Aefeso mutu oyamba okha.

- **Kupholera mu Ubatizo**

Ubatizo ndi mwambo wa ku thupi umene umaonetsera umodzi wathu ndi Khristu, kuchotsa makhalidwe akale ndikutenga atsopano.

- **Kukutumikira**

Afilipo 1 v 27-28

“ Wolemekezeka Mulungu ndi Atate wa Ambuye wathu. Yesu Khristu amene anatalitsa ife ndi dalitsa lonse la Mzimu m’zakumwamba mwa Khristu (Aefeso 1 v 3)

Tiri ndimaombedwe mwa mwazi wache, chikhululukiro cha zochimwa, monga mwakulemera kwa chisomo chache. (Aefeso 1 :7)

“Kapena kodi simudziwa kuti ife tonse amene tinabatizidwa mwa Khristu Yesu tinabatizidwa mu imfa yache? Chifukwa chache tinaikidwa m’manda pamodzi ndi Iye mwa ubatizo kulowa mu imfa. Kuti monga Khristu anaukitsidwa kwa akufa mwa ulemmero wa Atate, chotero ifenso tikayende m’moyo watsopano. Pakuti ngati ife tinakhala olumikizidwa ndi Iye m’chifanizidwe cha imfa yache, koteronso tidzakhalanso m’chifanizidwe cha kuuka kwache. Podziwa ichi kuti umunthu wathu wakale unapachikidwa pamodzi ndi Iye, kuti thupilo la uchimo likaonongedwe kuti ife tisakhalenso akapolo a uchimo. Pakuti Iye amene imfa anamasulidwa ku uchimo koma ngati ife tinafa ndi Khristu tikhulupiliranso kudzakhalanso amoyo ndi Iye (Aroma 6 : 3 – 8).

Chokhachi mayendedwe anu ayenera uthenga wabwino wa Khristu kuti ndingakhale nditi ndili nkuza ndi kuona inu, ndikhale nditi ndiiri kwina ndikamva za kwa inu, Kuti muchirimika mu uzimu umodzi ndi kugwira pamodzi ndi moyo umodzi chikhulupiliro cha uthenga wabwino. Osaopa adani mukanthu konse chimene chiri kwa iwowa chisokonezo cha chionongeko, koma kwa inu chipulumutso ndicho chimene anandipatsa ine, monga mwamachitidwe amphamvu yache (Afilipi 1:27–28)

▪ Mayesero a Banja

Timaona Mzimu okanidwa ndi wachinyengo

1. Mzimu wa _____

(Malingaliro oipa, zigololo, zolaula)

Ndimalola mtima wanga kukondwerera

kuzinthu zina

ndi kusiya kudzipereka kwanga kwa amene ndinalonjazana naye.

2. Mzimu Wosinjirira

Ndimankana ngakhale kudana naye

wokondedwa, kukhala osinjirira

ndikumakwira mosabvuta.

▪ Chitsimikizo cha Umodzi

1. _____wekha kusolola maganizo othetsa kapena kusiyana banja ngati njira yokhayo yabwino.
2. Kumakhalira pamodzi nthawi zonse, kupita kokayenda kamodzi pa sabata.
3. Kukhululukirana wina ndi mzache kwathuthu, osasungirana mangawa, chikondi chimakwilira unyinjira wa machimo.
4. Kumaonetserana chikondi ndi kumakhumbirana wina ndi mzache ngakhale mukachoka kuchipinda.
5. Mudzikambirana za nkhanu zofunika, za ana ndi zosowa zina.
6. Kuganizirana ndi kukambirana momwe inu anthu awiri mungathandizirane.
7. Kukana makangano, kuzindikira kusiyana maganiizo ndi kuthana ndi mabvuto ngati ameneo.
8. Kupemphera limodzi nthawi zonse (osakhala pakudya pokha ai).
9. Kumaphunzira mau a Mulungu pamodzi
10. Kumanga masomphenya amodzi monga banja (momwe inu monga banja mungatumukire dziko lino)

▪Chikhalidwe cha Umodzi

- Kutsimikizika kukonda mkazi wanga yekha
- Kulimbana ndi mayesero pa kutsimikiza chikondi changa kwa mkazi wanga
- Kudalira nthawi ya Mulungu kukwaniritsa zokhumba ndizosowa zanga
- Kukana kupysa mtima, kuyembekezera modekha
- Kupepesa mwamsanga pa zolakwa zanga
- Kukumbukira chifundo cha Mulungu kuti akufuna kugwira ntchito kupyolera mwa ife monga amodzi
- Mapepmphero opanda mtendere ndi mkazi samamveka
- _____ chachikulu chimadza pokhala pa ubale ndi mkazi kapena mwamuna m'modzi

▪ Ntchito zochitika panyumba

- Mudzionetsera chikhumbo chanu chaumodzi pamaso pa Mulungu tsiku liri lonse
- Kulapa chifukwa chakukhala ndi mabanja awiri
- Kuchotsa zolaula ndizazisangalalo za thupi m'nyumba mwanu
- Ngati banja mupite kokayenda sabata ino
- Musamagonjera kumakangano
- Mukhale ndi njira yokhazikika mukukhala kwanu m'banja kutsimikizira umodzi tsiku ndi tsiku.

BGM #4 Mayankho, Umodzi wa muyaya

Umodzi wa **muyaya**

Mphamvu za **chinsinsi**

Kutha kwa banja kumayambira ndi bodza

Chikhadzikitso ndi chilengezo cha Mulungu

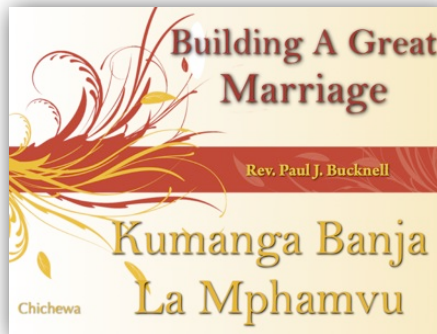
2. **Linga** (Mayesero)

Mwa Khristu (makumi asanu ndi atatu mphambu zisanu ndi zitatu mu chipangano chatsopano)

1. Mzimu wachigololo

2. Kudzipereka wekha ku

chimwemwe chachikulu chimabwera kupyolera mu.....



Yankho pa Mabvuto Gawo Loyamba

Zoperekedwa Mutu # 5

Kodi kotheka osamakangana m’banja?

Nkotheka kukhala ndi mabanja opanda makangano. Kukhoza kukhala kusiyana maganizo koma osafika pokhala ndi mzimu omenyana umene umapangitsa kuti banja likhale lochititsa manyazi. Banja la mphamvu limafunika kukula ndi moyo wa padera. Muphunziro ili tikhala tikumvetsetsa za kusiyana maganizo kwa m’banja ndi m’mene tingakhalire ndi mabanja aubale wabwino.

A. Kumvetsetsa mabvuto a M’banja

“Zichokera kuti nkhondo, zichokera kuti zolimbana mwa inu? Kodi sizichokera ku zikhumbitso zanu zochita nkhondo mziwalo zanu? Mulakalaka, ndipo zikusowani mukupha nimuchita kaduka, ndipo simukhoza kupeza mulimbana nimuchita nkhondo, mulibe kanthu chifukwa simupempha koipa, kuti mukachimwaze pochita zikhumbitso zanu. (Yakobo 4 v 1 – 3)

- **Munkhani za mwamba**
 - Muonetse mau amakangano
 - Muwonetsenso mau osiyana maganizo ndikuyambitsa nkhondo.

Manauni: makangano – kusiyana maganizo

Verebu: kumenyana makangano

Mau achihelene ayimira makangano, kusiyana maganizo/nkhondo ma bukhu la Yakobo 4:1-2 agwiritsidwa ntchito kawiri, koyamba ngati nauni ndi kenanso ngati verebu



... **Ndi nkhondo** Muyezo waukulu otsutsana usowa mbali zonse kutsimikizika.

.. **Ndikulimbana** Nkhondo zochepa, zokhala ndikupambana ndi kelephera kuchokera mbali zonse



- Mulembe mzere pa mau oti “Inu” kamodzi
- Mulembe mzere pa mau oti “chanu” kawiri

▪ Pomaliza

Pomaliza tiyenera kuyang'anitsitsa pa kusiyana maganizo kumene kwakhala nthawi yaitali mu mtima, chifukwa ngati sipakhala yankho makangano azingobukabe.

▪ Zozingirira zisanu ndi chimodzi zamakangano a m'banja kuchokera m'bukhu la Yakobo 4 v 1-3

- | | | |
|---|--|---|
| 1. Wamakangano amasowa m'gwirizano | . Makangano
. Kusiyana maganizo
. Anthu | makangano a mbanja amafuna mwamuna ndi mkazi onse kuti akhalepo |
| 2. Wamakangano _____ kuzikondweretsa yekha | . Anthu amakonda zokondweretsa moyo
. Chihelene (Hedone)
. Hedon(kudzikondweretsa) | mu banja mwamuna ndi mkazi ayenera kufufuza chifukwa chiani akukhala ndi moyo |
| 3. Wamakangano amafunafuna chakuzemberana Kukwanitsidwa _____ | . Alibe, ndiye iwe.....
. Sangachipeze, nanga iwe... | Mukangana mbanja amayamba ndi kuopsyezana |
| 4. Wamakangano amasowa kudziletsa. | . Alibe?
. Sakuchifuna?
. Udindo | Mu banja mwamuna ndi mkazi ayenera kutsatira malamulo a Mulungu ndi kusiyana kutsatira . . . zokhumba zache-zache. |
| 5. Wamakangano safuna njira Mulungu | . Simupempha
. Ndizolinga zolakwika | Mu banja losalongosoka mwamuna kapena i ya mkazi amanyoza mau a Mulungu ndiye amayesa kuchita zinthu mwa njira yao. |
| 6. Wamakangano _____ Mtendere m'maganizo | . Zokukondweretsa
. Zilakolako zako
. Wosilira | Mu banja lopanga zofuna zao aliyense amangoganiza za iye yekha m'malo mwa Mulungu ndi ife. |

▪ Kuonetsetsa pa Za Chuma (Yakobo 4 v 1 – 3)

- **Akhoza kupeza (Ali ndi Chuma)** **Kukhumba + Kukana =**
Kuonongeka
- **Sangapeze (osowa Chuma)**
 - Kusintha chikhalidwe cha moyo
 - Kukhala mwamtendere (Miyambo 31)

▪ Njira zochepetsera Makangano _____

- Mudziwe zilakolakozi ndi zokhumba. Ndi chiani chomwe chimayambitsa makangano?
- Mulape musiye kufuna zozikwaniritsa nokha ndi kusiya chifuniro cha Mulungu uzindikire zofooka zako osakhala kuloza chala mzako.
- Kudzipereka kuchita chifuniro cha Mulungu, posawerengera zobvuta. Inu ngati Mkhristu ndi oyenera kutumikira Mulungu.
- Tsatirani chifuniro cha Mulungu, kungoyankhula osachita sizithandiza (Timva zambiri mtsogolomu).
- Phimbani zipsera za nkhondo. Ngati munabvulaza ena, pamenepo muyenera kupepesa, mudzibvomera zolakwa zanu ndikupempha chikhulululukiro.

B. Kubweretsa chiyanjano (Afilipo 2 v 2 – 5)

- Mfundo zisanu ndi imodzi yobweretsa ndikusunga chiyanjano cha m'banja. Mfundo za m'banja.

1. Kudzipereka pakusunga

“Kwaniritsani chimwemwe changa, kuti mukalingalire mtima zomwezo, okhale nacho chikondi chomwe, amoyo umodzi, olingalira mtima umodzi”. (Afilipo 2 v 2)

▪ Kudzipereka pa Kusunga Umodzi

- Kutsimikiza
- Kudzipereka
- Kuyamba
- Kutsogolera

Mumayankhula ndi k^l 21/44 gosolo
pamodzi mochuluka

▪ Kutsatira zonse

- Kodi munakambirana ndi kupempherera dongosolo ndimaganizo pamodzi ndi amuna kapena akazi anu?
- Kodi munagawana za mau apadera amene Mulungu wakuyankhulani ndi amuna kapena akazi anu?

▪ 2. Tikane kudzikonda

“Musachite kanthu monga mwa chotetana, kapena monga mwa ulemerero wopanda pache, komatu ndi kudzichepetsa mtima, yense ayese anzache omposa iye mwini. (Afilipi 2 v 3)

- Kuchita zinthu modzikonda
- Kubisa zinthu ndi kudzitetezera
- Kuwawitsa mtima
- Mwina ndinu olondola?

▪ Kutsatita Zonse

- Kodi amuna kapena akazi anu anaonetsa kusakondwa kwakulu pazimene inu munachita kapena kuyankhula sabata yathayi? Ngati ziri choncho ndichiani? Nanga inu munachitapo chiani?
- Malinga ndi nkhani yayankhulidwa pamwambapa, inu mudakayenera kutani?

3. Kudzipereka _____ Utumiki

“Komatu ndikudzichepetsa mtima, yense ayese anzache omposa iye mwini (Afilipi 2 v 3)

- * Kusintha mtima * Kufa kwa iwe wekha * Kukhala moyo mwa Khristu
- * Kukhala mkudzichepetsa

▪ Kutsatira zonse

- Usiyanitse bvuto limodzi pakati pa mkazi kapena mwamuna wako. Udzichepetse polingalira bvutolo. M’mdalire Mulungu pazotsatira.
- Upite ndi kukayankhula ndi mwamuna kapena mkazi wako mu nthawi yoyenera za bvutolo mwa mzimu odzichepetsa.

4. Osamaika zofuna zako

“Munthu yense asapenyerere zache za iye yekha, koma yense apenyerere za mzache”.

- Maudindo
- Kuika moyo pa chiswe – Nanga ine bwanji?
- Mantha
- Chikhulupiriro

▪ **Kutsatira Zonse**

- Unatha kumva kulimbikitsa kumuchitira mwamuna kapena mkazi wako kanthu kena? Nanga munachita? Chifukwa chiani?
- Mau oti ndikachichita zidzaonetsa ngati ndikumunyengerera agwira ntchito chiganizo chako?

▪ **5. Kuika patsogolo zosowa mwamuna kapena mkazi wako.**

“Koma yense apenyerere za mzache”. (Afilipo 2 v 4)

- Kupezeka
- Kuzindikira
- Kuchita
- Osatetezedwa

▪ **Kutsatira zonse**

- Mwatenga njira yanji kuti moyo wa mwamuna kapena mkazi wanu mupange ukhale wa padera?
- Munganene kuti mumakhala bwino ndi mwamuna kapena mkazi wanu chifukwa iwo ndi ofunika kuposa inu?
- Nanga mungakhale nao koposa mopambana motani?

22/44

▪ **6. Ulemerero pokhala ndi chikhalidwe mu moyo monga wa Khristu**

“Mukhale nao mtima mkati mwanu umene unalinso mwa Khristu Yesu” (Afilipo 2 v 5)

- Chikhalidwe chimasintha zochitika. Zikhulupiriro zimasintha chikhalidwe.

Pasakhalenso Nkhondo!

▪ **Pemphero Lothetsa Mabvuto**

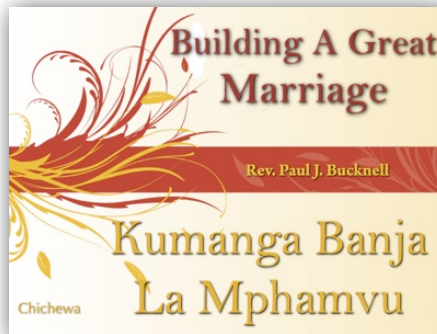
Okonededwa Ambuye, sindingathe kuzindikila kuti nthawi yayikuru bwanji imene banja lathu lakhala lisakuyenda bwino. Ndimaganiza kuti zinthu ziri bwino. Koma ndaona kuti tiri kutali ndi m'mene inu mumafuna kuti ife tikhalire. Ambuye chonde ndikhululukireni machimo anga. Ndalephera nthawi zambiri koma ine sindimadziwa. Nthawi zina ndimazindikira za kuzikonda kwanga koma ndakhala osamva. Pangani mtima wanga kukhala wofewa, phwanyani kuzikonda kwanga ndikunyada kwanga kumene kumaimirira undekha. Lolani nkondo ithe. Kuyambira pano ndikulengeza kutha kwa nkondo. Ndine tsopano wa mtendere.

Ndikusankha chikondi ndi kupezeka kwanu. Ndikufuna khomo lathu likhale malo amene Yesu adzilandalidwapo nthawi zonse. Ndikudziwa kuti pali nthawi yayitali yoti ndifikile, koma mukhoza kundithandiza, ndikhoza kukhala kuti sindine amene ndimayambitsa makangano onse pa nyumba pathu. Koma ndikudziwa kuti ine ndatengapo mbali yayikulu. Chonde ndikhululukireni ndisaope kudzichepetsa koma ndikakonde monga m'mene anachitira Yesu. Kutu mwina ndikhale mwamuna kapena mkazi odabwitsa. Chonde tipatseni banja la mphamvu Ambuye. Silikutiyenera tikalingalira pa zonse zachitika. Koma ndinu wachifundo. Ndinu wa mphamvu. Mugwire ntchito m'banja lathu kuti mulandire ulemerero. Mudzina la Khristu ndapemphera, Amen.

Ntchito Yochitika Pa Nyumba

- ✦ Kulapa podzitumikira wekha
- ✦ Panga lonjezano latsopano lotumikira Khristu ndi banja lako
- ✦ Kukhala ndi nthawi yochuluka ndi Khristu
- ✦ Kupeza njira yamachita-chita yopangitsa moyo wa mwamuna kapena mkazi wako kukhala wopambana.

BGM # 5 Mayankho pakusiyana maganizo Gawo
Makangano ndi nkhondo
Kusiyana maganizo ndi kulimbana
2. Makangano amalimbikitsa kudzikondweretsa wekha
3. Makangano amafunafuna kukwaniritsa molakwika
6. Makangano amasowa mtendere m'maganizo
* 1. Kumbukirani umodzi
* 3. Kudzipereka mwakudzichepetsa ku utumiki
*4. Osamakaika zofuna zako poyamba.



Kuthetsa Kusagwirizana ndi Kupewa Zobvuta

Gawo Lachiwiri

Zoperekedwa : Mutu 6

Kupeza zida zothetsera mabvuto asanafike pa kusagwirizana kapena pa makangano

Tikusowa mafikidwe atsopano m'banja zimene ziri;

- * Mwadala kukana kutsutsana wina ndi mzache ndi
- * Mwachikhadzikitso pogwira ntchito limodzi pofuna kumanga banja la mphamvu.

*

A. _____ othetsa mabvuto

“Kuli ulemu kwa mwamuna kapewa ndeu. Koma zitsiru zonse zimangokangana”. (Miyambo 20 v 3)

▪ Kupulumuka

Tili ndi nthawi yochepa tisanafike m'mabvuto enieni. Mwamuna ali ndi udindo wothetsa zonse. Muone kuti izi sichimodzimodzi ngati kungokhala chete kapena kudzipatula wekha.

Kusagwirizana

Kuzindikira kulipo kusiyana maganizo pakati pa mwamuna ndi mkazi zokhuza nkhani yina.

Kukambirana

Kukambirana ndi pemphero lochuluka limatsogolera kuthetsa kusiyana maganizo.

Kuganiza

Mwamuna ali ndi udindo wotsiriza, muone kuti izi sichimodzimodzi kukhala chete ndi kudzipatula wekha.

▪Kuthetsa Zobvuta

(Yoswa)

Yoswa anaphunzira kugwira ntchito ndi Mulungu pa zobvuta kupewa makangano. Onani maphunziro asanu ndi limodzi

▪ Zobvuta zimatipangitsa ife kutsimikizira

“Pali ponse phazi lanu lidzapondapo ndinakupatsani monga ndinanena ndi Mose ... Palibe munthu adzatha kuima pamaso pako masiku onse a moyo wako, monga ndinakhala ndi Mose momwemo ndidzakhala ndi iwe, sindidzakusowa, sindidzakusiya” (Yoswa 1 : 3 , 5)

- Mwamuna ndi mkazi kukhala mogwirizana
- Mulungu ali nanu
- Zosangalatsa banja likamagwira ntchito ndi Mulungu.

Kudziunikira Wekha

- Mumakanganiranji ngati banja?
- Chokanganira ndi chiani?
- Mwakhala mukukangana kwa nthawi yayitali bwanji pa bvuto lokha-lokhalo?

▪ Kukangana kumawonetsera zakuthekera kwa mabvuto a m'banja

“Ndipo kunali, pamene Yabini mfumu ya ku Hazoro anachimva, anatuma kwa Yakobo mfumu yaku Madoni, ndi kwa mfumu yaku Jimironi ndi kw mfumu yak u Akasafu, ndi kwa mafumu akukhala ku mpoto kumapiri , ndi kuchigwa kumwera kwa ku Kineroto, ndi kuchidikha ndi kumitunda ya Doro ku madzulo. Kwa a Kanani kum'mawa ndi kumadzulo ndi kwa Aamori ndi Ahiti ndi Aperezi ndi Ayebusi kumapiri ndi kwa a Hivi kungsi kwa Herimoni, mdziko la Mizipa. Ndipo anaturuka iwo ndi makamu onse nao, anthu ambiri kuchuruka kwao ngati mchenga uli mphepete mwa Nyanja ndi akavalo ndi magaleta ambiri mbiri. Ndipo mafumu awa onse anasonkhana, nadza namanga pamodzi kumadzi a Meromu kumthira Israel nkondo.”

- Banja ndi malo Mulungu.
- Cholinga cha Mulungu ndikufuna kuti ife tikhale oyera kwambiri.
- Mabvuto akulu ndi ang'ono ndi chimodzi-modzi.
- Cholinga chopambana cha Mulungu ndi mtendere ndi kukhala bata.

“Pakuti chidadzera kwa Yehova kulimbitsa mitima yao kuti athirane nao Aisrayeli nkondo kuti iye awaononge konse, kuti asawachitire chifundo, koma awaononge, monga Yehova adalamulira Mose”. (Yoswa 11 v 20)

Kudzionetsera Wekha

- Kodi bvuto lako lotsiriza linali lotani?
- Kodi unazindikira kuti kusiyana maganizo nthawi zonse matsiriziro ake ndi makangano?
- Kodi muli nthawi imene kusiyana maganizo sizimakufikitsani ku makangano? Chifukwa ninji?

▪Mabvuto amakula chifukwa cha makangano _____osatha

“Koma iwo adzabwereranso kuno m'badwo wachinai pakuti mphulupulu za Aamori sizinakwaniridwe”
(Gen. 15 v 16)

Makangano nthawi zina ali ndi mbiri yayitali. Mulungu anapatsa Aamori zaka mazana anai Mulungu asakanthe kugwiritsa ntchito ana Aisrayeli kupyolera mwa Yoswa. Amuna kapena akazi ayenera kuthetsa chikhalidwe chao chamakangano.

- Mulungu akufuna anthu oyera
- Makangano wamba amabvumbulutsa mabvuto am'gona-gona
- Za mtundu uwu zimachokera ku makolo
- Timakhala akhungu ku mabvuto ngati awa
- Mulungu mwa nsoni zache amaonetsera limodzi-limodzi (chitsanzo Yeriko)

Tione miyoyo ya makolo ndi ubale wao umene unali nao kapena tingaonenso zofooka zathu, ndikuzindikira kocholera kwa makolo athu.

“Wakulanga ana chifukwa cha atate ao, kufika m'bando wachitatu ndi wachinai wa iwo amene adana ndi ine”.
(Exodus 20:5)

Kudzionetsera Wekha

- Upemphe Mulungu akubvumbulutsire zofooka zako

- Ufunse mwamuna kapena mkazi wako kuti akuuze zofooka zako zitatu zazikulu Uone zikhalidwe za makolo ako ndi agogo ako
- Upemphe mwamuna kapena mkazi wako kuti akuthandize (ngati zofookazo siziri zoti zingayambitse mabvuto.
- Ulape chimo lirilonse limene labvumbulutsidwa
- Umufune Mulungu kuti akuthandize kuti ukhale mosakumbukilanso machimo akale.

▪Mabvuto adzithetsedwa mu njira ya Umulungu

“Ndipo Yehova ananena kwa Yoswa, taona, ndapereka m’danja lako Yeriko, ndi mfumu yache, ndi ngwazi zache” (Yoswa 6 v 2)

Makangano ayenera kutha. Mulungu watipatsa chitsanzo mwa Yoswa chimene tikhoza kugonjetsa nacho adani amene timakomana nao m’mabvuto. Zinsinsi izi zotifikitsa ku chigonjetso zikupezeka mu mbiri yotchedwa Yoswa. Chitsanzo chikuyenda motere:

- Makangano ayenera kutha
- Chisomo chokwanira cha Mulungu
- Njira zonka ku chipambano



“CHIKONDI CHIZIYANKHULA ZOONA”

Mayesero

Munthu poyesedwa asanena ndiyesedwa ndi Mulungu, pakuti Mulungu sakhoza kuyesedwa ndi zoipa, ndipo iye mwini sayesa munthu, koma munthu aliyense ayesedwa pamene chikalo-lako chache cha iye mwini chimkokera nichimunyenga. (Yakobo 1 v 13: 14)

Kuyezedwa

Muchiyese chimwemwe chokha abale anga m’mene mukugwa m’mayesero amitundu-mitundu. Pozindikira kuti chiyesedwe chachi-khulupiliro chanu chichita chipiliro. Wodala munthu wakupilira poyesedwa, pakuti pamene wabvomereza, adzalandira korona wamoyo, amene Ambuye adalonjezera iwo akumukonda iye. (Yakobo 1 v 2-3, 12)

- **Mchitidwe wolowa pansi**
Nkangano : Osakhala cheru kwa wina ndi mzache

Tikasankha zifuniro za ife eni, ndiye nthawi zobvutazi zikhoza kufikitsa ku nthawi zobvutitsitsa. Kusi yana maganizo kukakula ndikumakhalabe kenako kumapangitsa kuti mabanja akhale osapindulitsa. Kugonjera kumayesero nthawi zonse kumafikitsa kuchiongeko.

- **Mchitidwe wobwenzeretsa**

Tikasankha kufuna ndikudalira Mulungu munthawi zobvutazi. Mabanja athu amakula modabwitsa. Umodzi umayamba ndipo chimwemwe cha banja chimalimbikitsika. Tikayang’ana mayesero athu mwa chikhulupiliro, Mulungu amatitsogolera kuchigonjetso.

▪Mabvuto akhoza kutitsogolera ku ma banja amphamvu

Chitsanzo Chololelana

“Ndipo anatsala mwa ana a Aisrayeli mafuko asanu ndi awiri osagawiridwa cholowa chao. Ndipo Yoswa anati kwa ana a Aisrayeli muchedwa mpaka liti kulowa ndi kukalandira dziko limene Yehova Mulungu wamakolo anu anakupatsani? (Yoswa 18: 2-3)

•Cholinga Cha Mulungu

Kungoti monga Mulungu anafuna iwo kuti atenge cholowa chao chonse. Momwenso Mulungu akufuna ife kukhala ndi mabanja opambana.

•Mafuko olololana

Anatsalira mafuko asanu ndi awiri amene anali asanalandire cholowa chao.

•Mabanja olololana

Amuna ndi akazi amalolela mabanja osangalatsa pakutsatira maudindo amene Mulungu anapatsa.

▪ Kukwezedwa ndi Mulungu

“Kwa nthawi yayitali bwanj?”

▪ Kutenga mzimu wa Kalebi

“Kuli ulemu kwa mwamuma kupewa ndeu, koma zitsiru zonse zimangokangana” (Miyambo 20 v3).

“Wopeza mkazi apeza chinthu chabwino, Yehova amamukomera mtima” (Miyambo 18 v 22)

“Ndipo tsopano ndipatseni phiri ili limene Yehova ananenera tsiku lija pakuti udamva tsiku lijalo kuti Aanaku anali komweko ndi midzi yaikulu ndi yamalinga, kapena Yehova adzakhala ndi ine, kuti ndiwayingitse monga ananena Yehova. “ (Yoswa 14 v 12)

•Mabvuto Akhoza Kubweretsa Makangano Osatha Ngati Sathetsedwa Bwino.

“Ndipo sanaingitse a Kanani akukhala mu Gezeri, koma a Kanani anakhala pakati pa Eferemu, kufikira lero lino, nawasonkhera msonkho” (Yoswa 16 v 10)

▪ **Sanachite**

- Mabanja athu
- Ana
- Nthawi zachisoni

▪ **Anachita**

▪ **Nanga banja lanu bwanji?**

“Musanyengedwe, Mulungu sanyozeka, pakuti chimene Munthu achifesa chimenechonso Adzachituta” (Agalatiya 6:7)

▪ **Kukomana ndi Mabvuto Osakonzeka**

- 1. Kusiyanana Kwa Kukulu kwa _____
- 2. Khomo labwino

Kufufuza ndi kuthana ndi mabvuto a m’banja

Tsiku	Mutu wa makangano	Anayambitsa ndani	Choyambitsa	Zachokera kuti	Tsiku limene zinathetsedwa

--	--	--	--	--	--

▪ 3. Kukhala ndi Amuna Obvuta

- Kupempha kukhululukidwa
- Kukwaniritsa maudindo ache a mkazi
- Kusowa thandizo
- Kupanga ziganizo
- Kupempha zinthu zoipa

▪ 4. Kukhala ndi Mkazi Obvuta

- Kusindikiza umodzi
- Kupempha kukhululukidwa
- Kukhala wacheru
- Kumayeza nyengo
 - ♦ Bvuto ndi chani? Ndachita chiani choti chamukhumudwitsa mkazi?
 - ♦ Ndi chiani chapadera chimene ndikufuna mkazi kuti achite kapena asinthe?
 - ♦ Ndikudziwadi chimene ndikufuna kuti mkazi achite? Ndachiganizira bwino?
 - ♦ Ndinamuzapo mwapadera chiyembekezo changa pa iye? Liti? Zinali zomveka bwino?
 - ♦ Kodi mkaziyo anali ndi thandizo lokwana kugwira ntchito?
 - ♦ Akusowa thandizo, langizo kapena phunziro?
 - ♦ Kodi ndinamulongosolera zimene ndimafuna munthawi ya mabvuto, mwachitsanzo mwana akadwala?
 - ♦ Kodi mkazi ali ndikuthekera kokambirana mabvuto ache ndi ine?

“Momwemonso akazi inu mverani amuna anu a inu nokha, kuti ngatinso ena samvera mau, akakopedwe opanda mau mwa mayendedwe akazi. Pakuona mayendedwe anu oyera ndi kuopa kwanu. Amene kukometsera kwanu kusakhale kwa kunja, kuluka tsitsi ndi kubvala zagolidi, kapena kubvala chobvala. Koma kukhale munthu wobisika wamtima, m’chobvala chosaola cha mzimu wofatsa ndi wachete. Ndiwo wa mtengo wache wa patali, pamaso pa Mulungu. Pakuti koteronso kale akazi oyera mtima, akuyembekezera Mulungu, anadzikometsera okha, namvera amuna awo aiwo okha. Monga Sara anamvera Abrahamu, namucha iye Mbuye, ameneyo mukhala ana ache ngati muchita bwino osaopa choopsya chiri chonse (1 Petro 3 v 1 – 6)”

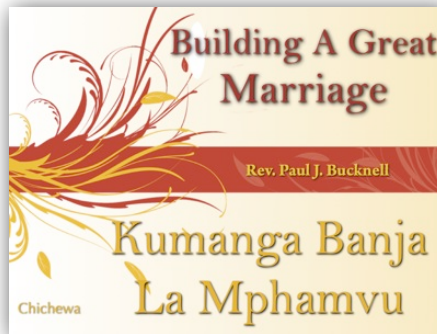
“Momwemonso amuna inu khalani nao monga mwa chidziwitso, ndikuchitira mkazi ulemu monga chotengera chochepe mphamvu, monganso olova nyumba pamodzi wa chisomo cha moyo, kuti mapemphero anu angaletsedwe (1 Petro 3 v 7)

- Wotakataka pakuthana ndi mabvuuto
- Kumakhala ndi nthawi yocheza!

- Kukwaniritsa udindo pakuchita ntchito za ulamuliro

- **Ntchito yochitika Pa Nyumba**

- Muyike padera nthawi ziwiri sabata yamawa mukambirane nkhani zokhuza wina wa inu awiri.
- Mupepese komaliza chifukwa chokalipa amuna kapena akazi anu (ngati simunapepesepo kale)
- Mupemphe Mulungu kuti akubvumbulutsireni zofooka zanu
- Mufunse amuna kapena akazi anu kuti alembe zofooka zanu zitatu zazikulu.
- Mufufuze khalidwe lamakolo ndi agogo (labwino ndi loipa)
- Mukambirane ndi amuna kapena akazi anu m'mene mukuonera chikhalidwe cha makolo anu munachitengera (ngati zisali zoti zibweretsa mabvuto)
- Mulape chimo liri lonse lobvumbulutsidwa
- Mupeze njira yabwino ya Mulungu yokhalira, kuganiza, malandiridwe a zinthu.



Kuthetsa Zowawa Za M'banja Pokhululukirana

Zoperekedwa : Mutu # 7

Kuwawidwa ndi mkwiyo zimaononga ma banja koposa. Muphunziro ili tionetsa njira zabwino zochotsera kuwawidwa ndikupindula ubale okoma umene uyenera kukhala m'banja.

Kuonanso : _____ ndi mchitidwe _____

▪A) Kumvetsetsa Chiyambi cha Zowawa

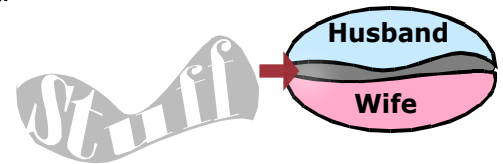
Kupepesa _____ sikupepesa, chifukwa chiani?
Ngati palibe kukhululukirana. Mangawa amakhala mu mtima.

▪ Zionetsero Zotheka Za Mangawa

- Kuyang'ana cha mphepete
- Kusasamala zopemphedwa
- Kusachedwa kupysa mtima
- Kutonza posinjirirana
- Kusinjirira chiri chonse chimene mwamuna kapena mkazi angachite
- Kusathokoza
- Kusinjirira za zofooka
- Kumazona ngati okanidwa

"Chiwawo chonse, ndikupysa mtima ndi mkwiyo, ndi chiwawa ndi mwano, zichotsedwe kwa inu ndiponso choipa chonse" (Aefeso 4 : 31)

Mzimu wowawidwa _____ ndi bvuto limene labisala m'mabvuto ama banja ambiri.
Anthu ambiri amawachepetsa powachula kuti ndi bvuto la chikhalidwe.



▪ **Ululu wozungulira chifukwa chowawidwa**

Kuwawidwa ndi ngozi chifukwa kumagonjetsa chikumbumtima.

1. _____ **Zokhumudwitsa**

Munthu okhumudwitsidwa amakhala mukuwawidwa kwache, pakuganizira nthawi zonse momwe analakwiriridwa.

#2. **Kuganiza Zoipa**

Munthu okhumudwitsidwa amalingalira m'mene omukhumudwitsayo ayenera zoipa zonse, nthawi zina maganizowa amangokhala m'mene okhumudwitsidwayo akufunira zitamuchitikira, koma mbali ina chiwembu chimachitika.

3. **Kulimbana ndi Chimo**

Munthu angakhale bwanji wankhanza kwa mzache ndikusalemetsedwa ndi chukumbu mtima cha uchimo chomwe chikugwira ntchito? Munthu otere amazilungamitsa machitidwe ache olakwika pakuzinyenga yekha kuti sakulakwitsa chifukwa iye akubwezera mangawa. M'maonekedwe onyenga a iwo onena mabodza olochedwa muchikumbu mtima mwao monga ndi chitsulo cha moto. (1 Timoteo 4 v 2)

▪ **Ahebri 12 v 15**

“Ndikuyang'anira kuti pangakhale wina wa kupelewera chisomo cha Mulungu, kuti ungaphuke muzu wina wa kuwawa mtima ungabvute inu, ndipo aunjinji angadetsedwe nao. (Ahebri 12 :15)

• _____ **Pa Chisomo cha Mulungu (Chizindikiro chowawidwa)**

Mufufuze kuwawidwa pa kupelewera chisomo. Chisomo ndi kutambasuka kwachifundo chopita kwa wina amene sanayenera kuchilandira. Uchisomo, anthu owawidwa sangakhale ndi chisomo m'mitima yao. Samachedwa kukwiya ndi kukalipa. Zotsatira zosakhululukira ena ndi zoti samalandiranso chikhululukiro kwa Mulungu.

“Pakuti ngati mukhululukira anthu zolakwa zao adzakhululukira inunso Atate wanu wa kumwamba. Koma ngati simukhululukira anthu zolakwa zao, Atate wanunso sadzakhululukira zolakwa zanu. (Mateyu 6 v 14 -15)

• **Muzu wa Zowawa (Chikhalidwe chazowawa)**

• **Mizu imapanga maziko**

Mbeu ndi chokhumudwitsa chimene sumachiyiwala. Mbeu imatulutsa mizu mwansanga. Zomera zokhala ndi mizu zimabvuta kuzidzula.

• **Mizu imayambitsa __**

Mizu imadya maganizo okhumudwitsidwa. Mizu imabereka zionetsero za mtundu uliwonse (mabvuto).

The Tree of Bitterness



Is pruning a solution?

The Cycle of Bitterness



▪ Kuipitsidwa (Zotsatira zazowawa)

- Kuwawa kumafalikira
- Kuwawa kumaipitsa
 - Zobvuta kukwaniridwa
 - Banja limasautsika

▪B) Mfundo Zogonjetsa Zowawa

- 1) Yesu anati tidzikhululukira mwa ufulu. Kukhululukira aliyense nthawi zonse.
- 2) Osabwenzera, kubwenzera ndi kwa Yehova
- 3) Tibvale chifundo, chikondi ndi kukhululukira
- 4) Osasankha munyengo zina zobvuta

Musabwezere choipa okondedwa, koma patukani Pamkwiyo, pakuti kwalembedwa, kubwezera kuli kwanga, ine ndidzabwezera ati Ambuye (Aroma 12v19) Koma ngati m'dani wako akumva njala umdyetse, Ngati akumva ludzu um'mwetse, pakuti pakutero Adzaunjika makala amoto pamutu pache

Musagonje ku choipa, koma ndi chabwino gonjetsani choipa (Aroma 12 v 20 – 21)

Pamenepo Petro anadza nati kwa Iye Ambuye, M'bale wanga adzandilakwila kangati, ndipo ine ndidzamukhululukira Iye? Kufikira kasanu ndi kawiri kodi? Yesu ananena kwa iye, sindinena kwa iwe kufikira kasanu ndi kawiri koma kufikira makumi asanu ndi awiri kubwerezedwa kasanu ndi kawiri.

Chifukwa chache bvalani monga osankhidwa a Mulungu, oyera mtima ndi okondedwa, mtima wachifundo, kukoma mtima, kudzichepetsa, chifatso, kuleza mtima kulolerana, wina ndi mzache ndi kukhululukirana eni okha, ngati wina ali nacho chifukwa pamzache, monganso Ambuye anakhululukira inu, teroni inunso. (Akolose 3v12-13)

Kumvetsetsa Mphamvu Yakukhululukira

- ♦ Ungathe kukhululukira mwamuna kapena mkazi amene sapempha kuti akhululukidwe? Chifukwa, mchifukwa chiani kuti sungatero?
- ♦ Ungakhululukire bwanji mzako amene snakupepese?
- ♦ Ungamuchulire mwamuna kapena mkazi wako pa zinthu zimene anakukhumudwitsa nazo?

▪C) Njira Zochotsera Mtima Owawidwa

- Ufufuze pa zinthu zina zomwe _____

Ukhoza kuchita izi mofatsa pofunsa amuna kapena akazi ako nagti umachita china chache chomwe chinawakhumudwitsa

- Utsimikize kuthetsa izi musanagone

Kwiyani koma musachimwe, dzuwa lisanalowe muli chikwiwiyire, ndiponso musampatse malo mdyerekezi (Aefeso 4 v 26 – 27)

- Ungokhululukira osadikila kuti upemphedwe

“Ndikudziwa sindinayankhule bwino masana, tingathe kuyankhulana pang'ono za nkhanayi? Choyamba ndipepese momwe ndinayankhulira.”

Mwachizolowezi khululukira.” Chikondi chimakwilira

Unyinji wa machimo.

- Mwapadera khululukira (iwo amene amalakwitsa zinthu)

Mwamuna Ndaona kuti mwangokhala phée, kodi ndinachita chiani chokuwawani? Mkazi Simukuyankhulayankhula lero, kodi pali china chimene chisanakondweretseni?

- Kukambirana mofatsa

- Zobvuta
- Choyambirira cha ubale
- Ngozi mwamuna kapena mkazi ngati sakhululuka
- **Mwachifundo yankhulanani” mchikondi yankhulani zoona”**
 - “Kodi sizabwino kungoiwala?”
 - “Pepani kuti ndinalankhula mwano pankhomaliro, sizinali zabwino. Mungathe undikhululukira?”
- **Mupereke nthawi**
 - Muziyankhulana pafupi-pafupi
 - Muziyankhulana kwambiri mtsogolo ngati kuli kotheka
- **Kulapa ndi kukhululukira**
 - Kukhululukirana pa munthu ndi mzache kumasiyana chikhululukiko cha Mulungu
 - Kukhululukira sikutanthauza kuti sanalakwe.

•D) Njira Zochitika Zoti Mabanja Adzitsata

- **1) _____ Muzikhululukira Amuna Kapena Akazi Anu**
 “Ine _____ Nthawi zonse ndidzakhululukira mwamuna kapena Mkazi wanga nthawi yomweyo wandilakwira.
- **2) Kukumbukira za kale**
 Ukufuna kuchotsa mizu yonse yowawidwa mtima, ndizoona sungathe kuchichita kwa mwamuna kapena mkazi wako?
 - Mulembe n’ndandanda wa zinthu zapadera zomwe zimakuwawani. Koma mukhoza kuchotsa kuwawaku.
 - Mulape kuwawidwako kwa Mulungu ndi momwe mwalephera kwa amuna kapena akazi anu. Mufune chikhululukiro ndi mtima wanu.
 - Mupemphe amuna kapena akazi anu akukhululukireni pakulephera.
- **3. Mukonze Njira Zazokhumudwitsa Za Mtsogolo**
 - Changu chokhululukira
 - Konzani chizindikilo choti mukufuna kuyankhulana
 - Konzani malo m’nyumba oti muyankhulane (m’chipinda chodyera)
 - Mwantendere chulani zomwe zimakuwawani (nthawi zina njira iyi osainena)
 - Mupemphere limodzi musanayambe kuyankhulana.
- **Za Pa Nyumba**
 - Kukhululukira mwamuna kapena mkazi pa ziri zonse ndikupemphanso kukhululukidwa.
 - Muyike malamulo amene angalimbikitse inu awiri kuyankhulana mchoona zokhuza zinthu zimene zimakubvutani kukhululukirana.

BGM #7 Mayankho. Kuthetsa zowawa za m'banja

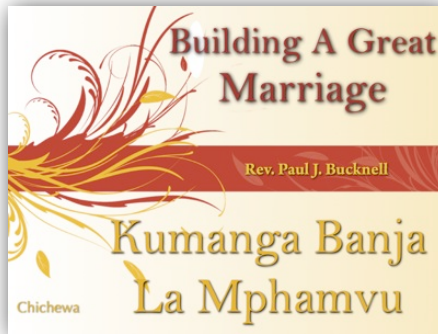
Mchitidwe wolowa pansi

Mchitidwe wobwezeretsa

Kusapepesa ndi kupepesa. Chifukwa chiani?

Mzimu owawidwa ukabisika ndi bvuto

- 1.Kusunga zokhumudwitsa
- 1.Kuperewera pa chisomo cha Mulungu
- 2.Mizu imayambitsa mabvuto
- 1.Kufufuza pa zinthu zina zomwe walakwa
- 1. Nthawi zonse muzikhululukira amuna kapena akazi anu.
- 1. Ine Yohane ndidzakhululukira mwamuna kapena mkazi wanga



Kukhazikitsa Chiyanjano M'banja

Zoperekedwa : Mutu # 8

Phunziro ili silingoyankhula nkhani za chiyanjano cha m'banja chokha, komanso kuwonetsera momwe banja lingakhadzikitsire chiyanjano.

- ✦ Chikhulupiriro : Kupeza momwe Mulungu amalionera banja (Mutu 1 – 4)
- ✦ Kukhululukirana: Kutsitsimuka kuzokhumudwitsa za M'banja (Mutu 5 – 7)
- ✦ Ubale : Kukhala ndi Banja la Mphamvu (Mutu 8 – 10)

▪A. KUMVETSA CHIYANJANO

“Pa chifukwa ichi mwamuna adzaphatikana ndi mkazi wache ndipo awiriwo adzakhala thupi limodzi” (Aefeso 5 v 31)

▪ 1. Chiyanjano cha Umodzi

Umodzi umayankhula za chiyanjano cha mtima.

Kuphatikana kwa miyoyo iwiri imene ikugwira ntchito pamodzi monga kagulu kodabwitsa ndi cholinga chokwaniritsa cholinga chaulemerero cha Mulungu ndikubweretsa chimwemwe.



- Miyoyo yosiyana
- Ukwati : Kulumikiza miyoyo
- Banja : kuyanjana kwa miyoyo

▪ 2. ‘Kudziwa’

“Ndipo Adamu adadziwa Hava mkazi wache”.

- Ubale wa _____
- Ubale wa magulu

Bodza lodziwikiratu: Anthu ndi mtundu wanyama zolengedwa mwa pamwamba. Kugonana ndi chilengedwe ndipo ndikoyenera kuchitika.

Choonadi cha M'baibulo: Kugonana ndichionetsero chosangalala m'banja mokha Chifukwa chachikhazikitso chache kumangodalira kumanga chidaliro chomanga ubale ndi kudalirana ku chikondi ndi kudzipereka.

“ Mau achihebri woti Yadah “ Kudziwa” ali ndi tanthauzo lobisika, kudziwa, kuphunzira kudziwa, kuonetsetsa, kufufuza, ndi kusiyanyitsa, kudziwa pophunzira, kuzindikira, kubvomereza, ndi ubale wogonana.

▪ **3. Chiyanjano cha Uzimu ndi Banja**

- Pangano
- Nyimbo ya Solomo
- Mpesa

Mukhale mwa ine, ndi ine mwa inu, monga nthambi singabale chipatso mwa iyo yokha pokha-pokha itakhala mu mpesa, chimodzi-modzinso inu. Pokhapokha mutakhala mwa ine. Ine ndine mpesa inu ndi nthambi. Iye amene akhala mwa ine ndi ine mwa iye, abereka zipatso zambiri chifukwa pa inu nokha simungachite kanthu. (Yohane 15 v 4 -5)

▪ **Aefeso 5**

“Chifukwa cha ichi munthu adzasiya atate ndi amai nadzaphatikizana ndi mkazi wache, ndipo iwo awiri adzakhala thupi limodzi. Chinsinsi ichi ncha chikulu koma ndinena ine za Khrist ndi Eklezia” (Aefeso 5 v 31 – 32)

• **Zooneka Zina Zochitika Za Mb'anja**

- _____ **Umwini. Winayo ndi wanzache. Ndi mwini wa winayo.**

Koma chifukwa cha madama munthu yense akhale naye mkazi wa iye yekha ndi mkazi aliyense akhale naye mwamuna wa iye yekha. (1 Akorinto 7 v 2)

- **Udindo – Mwamuna ndi Mkazi ali ndi udindo wogonana wina ndi mzache**

“Mwamunayo apereke kwa mkazi mangawa ache, koma chimodzimodzinso mkazi kwa mwamuna. (1 Akorinto 7 v 3)

- **Ulamuliro onse : Mwamuna ndi Mkazi adadzipereka kuzokhumba za wina ndi mzache**

“Mkazi alibe ulamuliro wa pa thupi lache la iye yekha, koma mwamuna ndiye, koma momwemonso mwamuna alibe ulamuliro wa thupi lache la iye yekha koma mkazi ndiye” (1 Akorinto 7 v 4)

- **Kudzipereka : Mwamuna ndi Mkazi onse mobvomerezeka amafuna ubwino wa mzache**

“Komai ye wokwatira alabadira zinthu za dziko lapansi, kuti akondweretse mkazi wache, ndi mkazi wokwatiwa ndi namwali asiyananso. Iye wosakwatiwa alabadira za Ambuye, kuti akhale woyera m'thupi ndi mumzimu, koma wokwatiwayo alabadira za dziko lapansi, kuti akondweretse mwamunayo. (1 Akorinto 7 v 33- 34)

▪Mafunso a Chiyanjano

- Y N 1.** Mwakhalala ndi mphindi khumi ndi zisanu panthawi ya masiku atatu apitawa mukuyankhulana mwa mtendere ndi mwamuna kapena mkazi wako?
- Y N 2.** Uchule zinthu ziwiri zofunika pa malingaliro a mwamuna kapena mkazi wako?
- Y N 3.** Umamva kukwanitsidwa ndi mtendere mphindi khumi zitatha mutagonana?
- Y N 4.** Amuna anu anagawana nanu za tsogolo lao mu miyezi itatu yapitayi?
- Y N 5.** Kodi mumakondwera mukamayendera ndi kucheza awiri ndi amuna kapena akazi anu?
- Y N 6** Kodi mumadziwa kuti palibe chochinga pakati panu?
- Y N 7.** Musabata yapitayi muchikumbumtima chanu munadziletsa mumayankhulidwe ndi kukambirana mwa mtendere ndi mwamuna ndi mkazi wanu?

▪B. KUKULA MU CHIYANJANO

Pali zinthu zitatu mukukula kwa banja. Kugawana mwamuna ndi mkazi. Kumvetsetsana ndi kudzipereka mwakuya, ndi mchitidwe umene umangozungulira mu banja osatha.

- **Kugawana Mwamuna ndi Mkazi**
 - Choonadi
 - Kuyang'anira pa za mzako
 - Zoonadi ku moyo
- **Kumvetsetsana Wina ndi Mzache**
 - Kumanga chidaliro
 - Umakhala pa ngozi

- Kutetezedwa kusamvetsa
-
- **Kudzipereka mwakuya**
 - Mtima umodzi
 - Umapanga nsembe
 - Kuzolowerana kwambiri

Umabvutika zachiyanjano? Chisankho chako, kudandaula kapena kumvera.

▪C) Chiyanjano Pogonana

“Kukongola kwako!” kukongola kwako! Maso ako akunga ngati ankhunda.

- **Kudziyang'anira pawekha – kufuna za wekha**
 - Zimakulepheretsa kuona mabvuto
 - Ozikonda
 - Wokanika

▪Kuyang'anira za mzako – kufuna zabwino za mwamuna kapena mkazi

- Kuchiritsidwa
- Kuonetsera mtima wa umodzi
- Kukondana
- Womva za wina (1 Akorinto 13 v 1 -7)

▪D) Cholinga cha Chiyanjano

- 1. Kutumikira mwamuna kapena mkazi wako
- 2. Kutumikira ana anu
- 3. Kutuikira dziko lanu

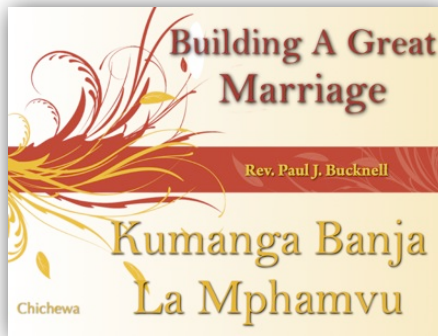
Nanga iwe udzidziyang'anira bwanji wekha?

Pomaliza

Mabanja a mphamvu amakolola ubale wochokera mumtima kapena mumoyo. Chifukwa amawerengera ndikusamalira ubale wao wa Umulungu. Apanga chikonzero chofunika mu miyoyo yao kuti apitilire kukhala mu chiyanjano chao.

- **Zochitika pa Nyumba**

- Mulingilirensa mafunso achiyanjano ndi amuna ndi akazi anu ngati kuli kotheka
- Mupange zisankho ziwiri zimene zikuthandizeni kukhazikitsa chiyanjano mu banja lanu.



Kukukhazikitsa Chidaliro Ndi Chiyanjano Mu Banja

Zoperekedwa : Mutu # 9

Mabanja a mphamvu amaoneka chifukwa chakukula kwa ubale umene wamangika pa chidaliro. Mutu uwu tiphunzira zambiri zokhuzana ndi m'mene chidaliro chimayambira pokhuzana ndi bukhu la Nyimbo ya Solomo.

A) Ulendo Wako

- **Ulendo**

- **Zothekera : Kuphunzira Chikondi**

Nyimbo ya Solomo iri ndi miyala ya golidi. Aliyense amafuna kulandiridwa, ubale umathandiza munthu kukaona kumasulidwa kwachinsinsi cha chikondi ndi kidzidalira yekha m'njira yosiyana. Zimenezi zimakhala mafungulo akukula kwa banja.

- **Nyimbo ya Solomo ya maubale awiri**

- **Ubale # 1 : Njira ya chidaliro (Nyimbo ya Solomo 1 :5; 2:1; 2:16)**

Ubale # 1 Umayambitsa chidaliro chotero kuti mwamuna kapena mkazi amamasula mtima wache kwa mzache.

- **Ubale # 2 : Njira yonka kuchiyanjano (Nyimbo ya Solomo 2:16; 6:3; 7:10)**

Ubale # 2 Umalongosola zosandulika ziwiri zimene zimapangitsa banja kukafika pa chiyanjano chakuya.

B) Ubale # 1 : Njira ya Chidaliro (Nyimbo ya Solomo 1:5 , 2: 1, 2:16)

Chikondi chipanga zinthu zolandirika zimene zimapangitsa chidaliro kukula.

▪ Kulandiridwa (Nyimbo Ya Solomo 1 v 5)

Wakuda ine koma wokongola, ana akazi aku Yerusalemu ngati Mahema a Kedara. Ngati nsalu zochinga za Solomo. Musayang'ane pa ine pakuti ndada. Pakuti dzuwa landidetsa.

Ana amuna amai anandikwiya.

Anandisungitsa minda yamipesa, koma munda wanga-wanga wa mpesa sindinausunga (Nyimbo ya Solomo 1 v 5 – 6)

“ Wakuda ine _____ wokongola

- Odetsedwa mosadana ndi atsikana akubwalo
- Osamangoyang'ana- woochedwa ndi dzuwa
- Wapansi – oyang'anira munda wa mpesa
 - Odala ali osauka muuzimu (Mateyu 5 v3)

Kuthekera kwa kukula kwathu mu ubale kumadalira m'mene ife timadzilandilira tokha.

Chiyambi cha Chidaliro

Kudzidalira Wekha

Mu Njira ya Mulungu	Munjira ya Munthu
Kudzichepetsa	Za maonekedwe apa mwamba-mwamba
Osayenera	_____.
_____.	Otheka kuzitaya
Chitetezo: Chiyambi chachitetezo chiri kunja kwa iye yekha.	Opanda chitetezo: Chiyambi cha chitetezo chimakhala mkati mwa yekha

“Olemekezeka Mulungu ndi Atate wa Ambuye wathu Yesu Khristu, amene anatalitsa ife dalitsa lonse la mzimu mzakumwamba mwa Khristu. Monga anatisankha ife mwa iye lisanakhazikike dziko lapansi tikhale ife oyera mtima, ndi opanda chirema pamaso pache mchikondi, anaticonzeratu tilandiridwe ngati ana iye yekha mwa Khristu Yesu, monga umo munamkomera chifuniro chache. Kuti ayamikidwe ulemelero wa chisomo chache, chimene anatichitira ife kwa ufulu mwa okondedwayo (Aefeso 1 v 3-6)

▪ **2. Kuwerengeredwa (Nyimbo ya Solomo 2 v 1)**

Mkwatibwi : Ndine dzuwa lofika la ku Saroni. Ngakhal kakombo wa kuzigwa.

(Nyimbo ya Solomo 2 v 1)

Mkwati : Ngati kakombo pakati pa minga, momwemonso wokondedwa wanga pakati pa ana akazi (Nyimbo ya Solomo 2 v 2)

- ✦ Wapadera
- ✦ Wofanizidwa
- ✦ Wowerengeredwa

▪ **3. Kuikizidwa (Nyimbo ya Solomo 2 v 16)**

Wokondedwa wanga ndi wa ine, ine ndi wache (Nyimbo ya Solomo 2 v 16)

- ✦ Kudziwika kwa wamba
- ✦ Kudzipereka ku banja

• **Mafungulo ofunika akukula kwa Ubale**

- Muyike chizindikiro pafupi ndi amene ali ndi choonadi kwa inu.
- Kudzichepetsa : Mulandire zifukwa zanga ndikupepesa
- Kulandira : Kulandira chikondi monga osayenera
- Kubvomerezedwa : Mtendere, osaopsyzedwa, odekha ndi chimwemwe.
- Obvomereza : Amabvomereza chikondi pakuonetsera zizindikiro za chikondi
- Odalira : Kukhulupilira kuti munthu winayo nayo amasamala
- Chitetezo : Amakondwera muchikondi cha mzache ndi chisamaliro.

▪ **Ubale # 2 : Njira Ya Chiyanjano (Nyimbo ya Solomo 2v 16, 6 v 3 , 7 v 10)**

Wokondedwa wanga ndi wa ine, ine ndi wache (Nyimbo ya Solomo 2 v 16)

Ndine wache wawokondedwa wanga, wokondedwa wanganso ndiye wa ine. (Nyimbo ya Solomo 6 v 3)

Ndine wawokondedwa wanga m'nyamatayo, ndine amene andifunayo (Nyimbo ya Solomo 7 v 10)

1. _____

“Wokondedwa wanga ndi wa ine, ine ndi wache (Nyimbo ya Solomo 2 v 16)

- Chiyanjano chimafuna kudalirana
- Kusintha kwa ubale kumafuna kuti munthuyo asinthe choyamba
- **2. Kusinthika kodzipereka**
Ndine wache wa wokondedwa wanga, wokondedwa wanganso ndi wa ine (Nyimbo ya Solomo 6 v 3)
 - Ndine mkazi wache, iye ndi mwamuna wanga
 - Choyambilira cha udindo wache wa mkazi
- **3. Kusinthika kogonjera**
Ndine wa wokondedwa wanga m’nyamatayo, ndine amene andifunayo (Nyimbo ya Solomo 7 v 10)
 - Maonekedwe amakhala akunja
 - Mkazi amasunga udindo wache
 - Kukwanitsidwa

Kuti monga mwachuma cha ulemmerero wache akulimbikitseni inu ndi mphamvu mwa mzimu wache mkati mwanu. Kuti Khristu akhale chikhaliro mwa chikhulupiliro m’mitima yanu, kuti ozika mizu ndi otsenderezeka m’chikondi. Mukakhozeretu kuzindikira pamodzi ndi oyera mtima onse. Kupingasa ndi utali, ndi kukwera. Ndikuza mchiani ndikuzindikira m’chikondi cha Khristu chakuposa mazindikiridwe, kuti mukadzazidwe kufikira chidzalo chonse cha Mulungu. (Aefeso 3 : 16 - 19)

- **Kumaliza ndi Kuikiza**
 - Uchotse kudziyang’anira wekha, ndikudzipereka kwa ena
 - Kudzipereka ndicholinga, kumapangitsa munthu kukhala wamkulu
 - Okwanitsidwa kwa thunthu ndi chikondi cha ena

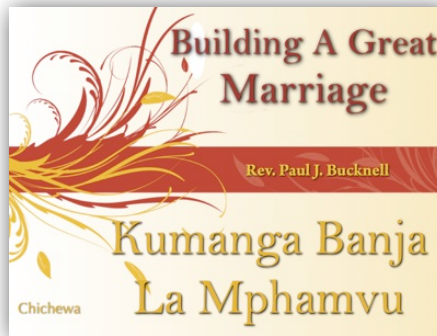
Banja ndikufa kwa mwini kuti ukhale okhulupirika kwa mwamuna kapena mkazi wako. Awiri sangakhale m’modzi kwa thunthu kufikira aliyense atataya zofuna za iye mwini ndi kuyanga zofuna zawina.

BGM # 9 : Mayankho. Kukhazikitsa chidaliro ndi chiyanjano.

1. Nyimbo ya Solomo ndi maubale awiri wakuda ine koma wokongola

Kudzichepetsa, osayenera, zobwezeretseka, zooneka
pamaso, zoyenera, zotayika, zapadera,
kuyezekeza, kuwerengeredwa

1. Kudzipereka



“Chikondi Sichilephera”

Zoperekedwa : Mutu # 10

Mabanja amphamvu amadalira pa kudalira kwathu pa chikondi chosalephera cha Mulungu.

- ✦ Chikhulupiro : Kukhala ndi momwe Mulungu amalionera banja (Mutu 1 – 4)
- ✦ Kukhululuka : Kutsitsimuka ku zokhumudwitsa za m’banja (Mutu 5 – 7)
- ✦ Ubwenzi : Kukhala ndi banja la mphamvu (Mutu 8 – 10)

A) Njira ya Chikondi cha Mulungu

Timabweretsa chikondi cha Mulungu m’banja mwathu ifenso pa kukonda.

- Tikhulupirira kuti Mulungu amatipatsa kuthekera kuchita dongosolo
- Yembekezerani kupanga kusiyana Kobvomerezeka
- Ntchito yachikondi yochitika mu nthawi ndi mu mtendere

Tikonda ife, chifukwa anayamba iye kutikonda (1 Yohane 4 v 19)

- Mulungu anatambasula chikondi kwa ife kupyolera mwa Yesu
- Ife _____ ndikukonda ena

Tidzapeza bwanji chikondi chache?

Pakukomana ndi Ambuye nthawi zonse.

Chikondi cha Mulungu chikhale chikondi chathu chisanaonetsere mphamvu pa banja lathu.



B) M'mene Chimaonekera chikondi cha Mulungu (1 Akorinto 13 v 4 – 8)

Mulungu wachipanga ichi momveka bwino kuti tikamakhala pa maso pake nthawi zonse azatipatsa ife chikondi



•Chikondi Sichilephera

Chikondi chikhala chilezere, chiri chokoma mtima, chikondi sichidukidwa, chikondi sichidziwa kudzitama, sichidzikuza, sichichita zosayenera, sichikondwera ndi chinyengo, sichipysa mtima, sichilingalira zoipa, sichitsata mwini yekha, koma chikondwera ndi choonadi. Chikwilira zinthu zonse, chikhulupira zinthu zonse, chiyembekeza zinthu zonse, chipilira zinthu zonse, chikondi sichitha nthawi zonse.

Zimene tikudzisowa pa nthawi zathu tsiku liri lonse.

- **Chikondi Chikhala Chilezere**

Kodi ndimaonetsera mzimu wopilira umene umandipatsa kuthekera komvetsera ndikusamalira mwamuna kapena mkazi wanga?

- **Chikondi ndi Chokoma mtima**

Kodi ndimadzionetsera ndekha kwa mwamuna kapena mkazi wanga chikondi chokoma mtima?

- **Chikondi Sichidukidwa**

Kodi ndimaonetsa kudukidwa kapena kusilira pamaso pa mwamuna kapena mkazi wanga?

- **Chikondi sichidzitamandira**

Kodi ndimadzitama pazochita zanga, kufikira pa muyezo woti mwamuna kapena mkazi wanga amaziona kuti iye sikanthu?

- **Chikondi sichidzikuza**

Kodi ndimaona ngati kuti zosowa zanga ndiye zofunika kuposa za mwamuna kapena mkazi wanga?

- **Chikondi sichichita zosayenera**

Kodi ndimachita zinthu zamwano ndi kuyankhula monyocha kuti mwamuna kapena mkazi wanga adzingandimvera ine?

▪ **Chikondi sichitsata za mwini yekha**

Kodi ndimafuna zinthu zimene iwe ndimazikonda, kupambana zimene mwamuna kapena mkazi wanga amakhumba?

▪ **Chikondi sichipysa mtima**

Kodi sindimachedwa kupysa mtima ndi mwamuna kapena mkazi wanga munthawi imene iyenso wawawidwa mtima ndikumandinyoza kundionetsa kuti sindiri kanthu, kundichepetsa kapena kundipondereza?

▪ **Chikondi sichilingalira zoipa**

Kodi ndimakhululukira mwamuna kapena mkazu wanga mwachangu ndikukana kuwawidwa.

▪ **Chikondi sichikondwera ndi chinyengo**

Kodi ndimasangalala ndi mwamuna kapena mkazi wanga akamachita za chinyengo?

▪ **Chikondi chimakondwera ndi choonadi**

Kodi ndimakondwera pakuona m'mene Mulungu amathandizira banja lathu kupyolera kulingilira choonadi chache?

▪ **Chikondi chimakwilira zinthu zonse**

Kodi ndimatha kusenya zolemetsa, maululu ndi zobvuta ndi cholinga choti tikhale ndi banja la mphamvu?

▪ **Chikondi chikhulupilira zinthu zonse**

Kodi ndimadalira Mulungu kuti andithandize, andilimbikitse, ndikundikonzeke retsa pa zobvuta za m'banja zomwe ndimapezana nazo?

▪ **Chikondi chiyembekezera zinthu zonse**

Kodi ndimakomana ndi zobvuta za m'banja langa ndi chiyembekezo chokoma kuti Mulungu mwanjira yina akhoza kuchita chinthu china chapadera ngakhale munyengo zopanda chiyembekezo?

▪ **Chikondi chipirira zinthu zonse**

Kodi ndadzipereka kukonda ndi moona mwamuna kapena mkazi wanga wamtengo wapatali? Kodi kudzipereka kumeneku ndakupanganso kuti kudzakhalapo nthawi zonse?

▪ **Chikondi sichitha nthawi zonse**

Kodi ndimakhala olimbikitsa mu mphamvu ya kulowa kwa chikondi cha Mulungu mu dera liri lonse la banja langa?

Chikondi chipambana

Chikondi chipambana kufikira zimene timazona kuti ndi zobvuta.

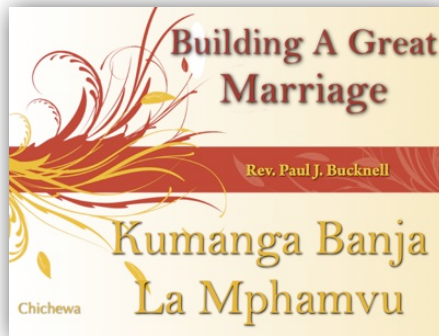
. Kuyembekeza ndikusiyana kulamulira

. kutambasula chisamaliro Kwa anthu okanika.

. Kutsimikizika kukwaniritsa sosowa za ena, posawerengera kuti zinditengera chani kuti ndikwaniritse sosowa ndizokhumba.

. Kuzindikira zofooka zathu kusiyana ndikukakamira kuthandizidwa.

***Madzi ochuluka sangazime chikondi. Ngakhale mitsinje yosefukira
singakokolole chikondi. Mwamuna akapereka katundu yense wa
m'nyumba yache ngati sintho la chikondi akanyozedwe ndithu (Nyimbo
ya Solomo 8 v 7)***



ZOLEMBA ZINA