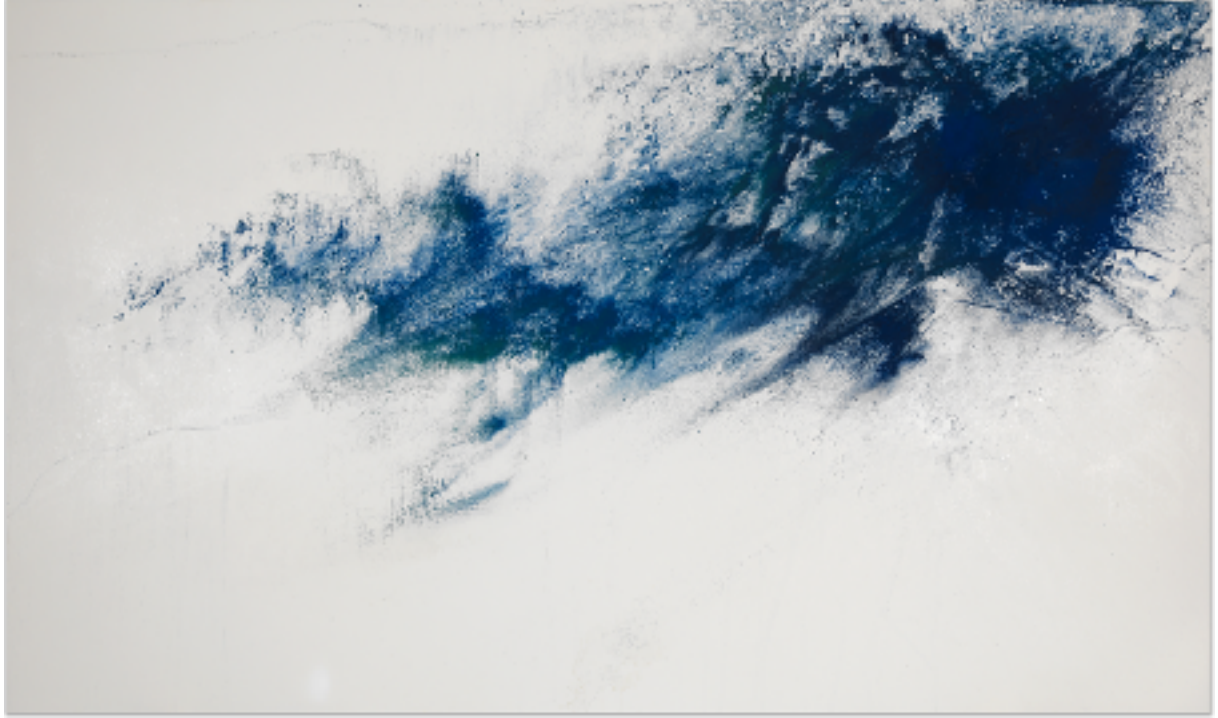




# *Ngozi Ya Dzidzidzi* *Ikapita*



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**NDONDOMEKO YA CHITHANDIZO CHOYAMBA CHA MOYO  
WA UZIMU KWA OPULUMUKA KU NGOZI YA DZIDZIDZI**

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## Za Mkati

Ngati mwapululumuka ku ngozi ya dzidzidzi, kabukuka katha kukuthandizani ndi **njira zodziſamalira** inu nokha komanso okondedwa anu. Lingakuthandizeninso kuchira m'maganizo komanso ku uzimu pa zovuta zomwe mwakumana nazo.

- Mawu a m'Baibulo amene akupezeka mu bukuli atha kupereka chitonthozo komanso chiyembekezo pamene mukuyesa kubwelera mchimake.

### Ngati mwathedwa nzeru ...

Pitani pa tsamba 5 la kabukuka. Pamenepo mupezapo zinthu zomwe mungachite zimene zili zothandiza. Izi ndizo njira zomwe zili zothandiza kwambiri pochotsa mantha. Sungani zinazo mpaka mukadzakonzeka kugwiritsa ntchito.

## Q

Mutha kuwerenga bukuli komanso **kulingalira pa nokha**. Koma zikhoza kukhala zothandiza kwambiri ngati mutamawerenga ndi mzanu kapena pa kagulu.

## ZA CHIPANGIZOCHI

Chithandizo choyamba cha moyo wa uzimu, chimathandiza anthu kuzindikira mayankho a maganizo ndinso uzimu pamene akumana ndi vuto ladzidzidzi. Monga mmene cholinga cha chithandizo choyamba chaku thupi, cholinga cha chithandizo choyamba cha moyo wa uzimu ndi kuyambitsa dongosolo la chisamaliro cha nthawi zonse. Ndondomeko ya chithandizochi itha kuwathandizira anthu kupeza maluso komanso zipangizo zomwe zingathandizire kwambiri mu nthawi ya mchiritso. Kabukuka kamagwiritsa ntchito ndondomeko ndi ntchito zochokera mu ndondomeko za Bungwe lowona za Machiritso a Masautso a mu Mtima (The Trauma Healing Institute).

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# Choyambirira kuchita

Zoyenera kuchita pamene moyo wanu wapsinjidwa ndi vuto la dzidzidzi kuti mukhalenso ngati mmene mumakhalira vutolo lisanabwere.

- Samalirani thupi lanu kotheratu pakudya zakudya zopatsa thanzi, kuchita masewera olimbitsa thupi, komanso kugona mokwanira. Ngati mukuvutika kupeza tulo, kuchita masewero olimbitsa thupi mochuluka kapena kugwira ntchito zambiri masana kukhoza kuthandiza kuchepetsa nkhwana ndikugona tulo tabwino.
- Pezani njira zoti mucheze ndi munthu wina ngakhale mukumva ngati mungokhala nokha. Zidzakuthandizani kuti muchire. Kukhala panokha kungachedwetse kuchira kwanu.
- Mukhale omasuka kupempha chithandizo ngati mukuchifuna ndi kuvomera chithandizo chomwe mwapatsidwa.
- Ngati mungathe, yambiraninso zomwe mumachita kale mwa chizolowezi, makamaka ndi ana, mwachitsanzo, ngati mumapanga masewero komanso kuyimba ndi ana ngozi isanachitike, yambani kupanga zimenezi. Izi zimachepetsa zomverera za chisokonezo zomwe zimabwera chifukwa cha ngozi ya dzidzidzi.
- Malizitsani ntchito zing'onozing'ono. Izi zitha kuthandiza kubwezeretsa ulamuliro komanso dongosolo pa moyo wanu.
- Pewani kupanga ziganizo zikuluzikulu. Samalani kamwedwe ka mowa, kagwiritsidwe ntchito ka mankhwala othandiza kugona ndi zina zotero pofuna kudzithandiza kukhala ndi moyo wa bwino kapena kuiwala mavuto.

Zikachitika zotelezi mungathe kuvutika kuti mupemphere kapena kuwerenga Baibulo kwakanthawi. Musalore izi kuti zionjezere madandaulo anu. Izi ndi mmene zimakhalira. Sizachilendo ndipo sizitanthauza kuti mwataya chikhulupiliro chanu. Anthu ena akupemphererani, ndipo Mulungu amamvetsetsa kuti mukudutsa nyengo zowawa monga malembo oyera akunenera m'munsimu. Zipatseni nthawi kuti mukhalenso bwino.

*Monga bambo amachitira chifundo ana ake,  
choncho Yehova ali ndi chifundo ndi iwo amene amamuopa;  
pakuti Iye amadziwa momwe tinawumbidwira,  
amakumbukira kuti ndife fumbi.*

■ MASALIMO 103:13–14

Mutha kukhala ndi mavuto ambiri koma zipangizo zozithandizira zochepe kusiyana ndi zimene munali nazo ngozi ya dzidzidzi isanakuchitikireni. Kuganiza bwino kumavuta zikachitika zotelezi. Zimaoneka ngati chiyembekezo palibe ndipo njira imene mungafune kuthetsera mavuto anu itha kukhala yosatheka panthawi imeneyi.

Pamene mukuyesa kupeza mayankho amavuto amenewa, zitha kukhala zothandiza kukambirana ndi wina mafunso otsatirawa. Izi zikuthandizani kuti muganizire mofatsa njira zosiyanasiyana ndi kukonza madongosolo otsatira.

## Q

### **Mafunso woti Mulingalire**

1. Kodi muli ndi zinthu ziti zoti zikhoza kukuthandizirani?
2. Mwayeserapo chiyani? Chinakuthandizani nchiyani nanga sichinakuthandizeni nchiyani?
3. Ndi chiyaninso mungathe kuyesa kuchita?
4. Ndi ndani amene angathe kukuthandizani ngakhale pang'ono pokha?
5. Ndi chiyani chimene chikuoneka ngati chitha kuthandiza ngati chotsatira choti muchite?

# 1. Ndi chifukwa chiyani ndikumva mmene ndikumveramu?

## ZOMWE MUNTHU AMAWONETSA AKAKUMANA NDI NGOZI KAPENA VUTO LA DZIDZIDZI

Munthu akadutsa mu chinthu choopsa kwambiri, amakhala ndi mtima wosweka kwambiri, moyo wake umaoneka ngati sukuyenda komanso maganizo ake samakhala olimbikitsidwa ndipo amaona ngati wagwetsedwa ku uzimu. Dziwani kuti izi zimachitika ndipo ndi mmene ziyenera kukhalira. Wolembe Salimo 42 amamuuza Mulungu kuti zimakhala ngati “*madzi akuya akuyitana madzi akuya mu mkokomo wa mathithi anu*” (Masalimo 42:7). Nthawi zina anthu amaoneka amphamvu komanso wodzilimbitsa kunja koma akubisa kusweka mtima kwawo mkati mwawo. Izi zitha kuchedwetsa machiritso awo kuti moyo wawo upite chitsogolo. Ndi bwino kunena zoonza za mmene zikuwakhudzira komanso mmene akumverera za iwo eni, za anthu ena komanso za Mulungu wawo.

1. Zinthu zikachitika chonchi, munthu **utha kumaloza chala munthu wina** kapena kudziwoza chala wekha. Mutha kuonanso ngati kutero ndi zomveka, koma sizothandiza. Kuvomereza zomwe zachitika ndikomwe kungakuthandizeni kuchira.
2. **Mutha kumva kusutsika** kuti munapulumuka ku vutolo pamene ena sanapulumuke, kapena kuti inu simunavutike kwambiri poyerekeza ndi ena. Nthawi zambiri zimakhala choncho. Zomwe zinachitika sizinali chiganizo chanu kapena kufuna kwanu. Mulungu ali ndi cholinga ndi masiku anu amene wakupatsani ndipo amasamala za inu.

*Mapangidwe anga sanabisike pamaso panu  
pamene ndimapangidwa m'malo achinsinsi,  
pamene ndinkawumbidwa mwaluso m'mimba ya amayi anga.  
Maso anu anaona thupi langa lisanawumbidwe.  
Masiku onse amene anapatsidwa kwa ine,  
analembedwa m'buku lanu  
asanayambe n'kuwerengedwa komwe.*

■ MASALIMO 139:15–16

*“Kodi suja amagulitsa mbalame ziwiri ndi ndalama imodzi? Koma palibe imodzi ya izo imene idzagwa pansi wopanda chifuniro cha Atate anu. Ndipo ngakhale tsitsi la m’mutu mwanu linawerengedwa kale. Poto musaope; inu ndinu a mtengo woposa mbalame zambiri!”*

#### ■ MATEYU 10:29–31

Sizimatengera kuti mulingo wa kupsinjika mtima kwanu ndiwotani. Kudutsa mu vuto la ngozi ya dzidzidzi ndi kowawa ndipo ndikopweteka. Ngakhale anthu ena anakhuzidwa kwambiri ndi tsokali kuposa inu, musaone ngati ululu wanu ndiwopanda tanthauzo.

Mutha kukhala kuti mwadutsa mu zochitika zofanana ndi ena, machitidwe anu atha kukhala osiyana. Palibe chifukwa chofananizira mmene anthu ena akukhalira. Umunthu, zinthu, maubale, ndalama, zochitika zakale ndi zina zambiri zingathe kukhuza mmene tikuchitira.

Ndipo musadabwe mukamachita zinthu mosiyana tsiku ndi tsiku ndi mmene mumachitira zinthu kale, kapena mukaona zochita zanu zikutuluka mantha akachepa. Vomerezani mmene mukumverera mkati mwanu tsiku ndi tsiku ndipo mupemphe Mulungu kuti akupatseni zosowa zanu.

Nthawi zonse pamene tikudera nkhwana kuti tsiku litha bwanji, timupemphe Mulungu zomwe tikusowa, monga Yesu anatiphunzitsira kupemphera: “Mutipatse ife lero chakudya chathu chalero” (Mateyu 6:11)

*Kukumbukira masautso anga ndi kusowa pokhala,  
zili ngati zowawa ndi ndulu.  
Ine ndikuzikumbukira bwino izi,  
ndipo moyo wanga wathedwa m’kati mwanga.  
Komabe ndimakumbukira zimenezi,  
n’chifukwa chake ndili ndi chiyembekezo.*

*Ifi sitinawonongekeretu chifukwa chikondi cha Yehova ndi chachikulu,  
ndi chifundo chake ndi chosatha.  
Zimaoneka zatsopano mmawa uliwonse;  
kukhulupirika kwanu n’kwakukulu.  
Mu mtima mwanga ndimati, “Yehova ndiye zanga zonse;  
motero ndimamuyembekezera.”*

#### ■ MALIRO 3:19–24

- 3. Mutha kumachita manyazi** ndi momwe mukuchitira pa nkhani ya vutoli. Ndipo mutha kumachita manyazi kulandira thandizo la zinthu zofunikira kuchokera kwa anthu ena, monga zovala, chakudya komanso madzi. Kawirikawiri, izi zimachitika ngati munazolowera kudzipezera nokha zosowa zanu kapena ngati inu ndinu amene mwakhala mukuthandiza ena. Zindikirani kuti sivuto lanu kuti mwapezeka mu nyengo yomwe mukudutsamo. Enanso akukuganizirani kwambiri chifukwa chavuto limeneli. Ndipo Mulungu sakuchita nanu manyazi. Kulola ena kuti akuthandizeni kungalimbikitse maubale komanso kuyamba kupanga maubale ena atsopano. Mutha kupezeka kuti mwayamba kudalira Mulungu kuposa kale.

*Mwa Inu Yehova ine ndathawiramo;  
musalole kuti ndichititsidwe manyazi.*

#### ■ MASALIMO 71:1

### **MOMWE MUNTHU AMACHITIRA PAMENE MTIMA WASAUTSIDWA NDI KUSWEKA**

Kupatula zomwe za nenedwa kale, sichachilendo kuti anthu asokonezeke mu manganizo awo akakumana ndi vuto logwa mwadzidzidzi. Anthu angathe kuchita zinthu zitatu izi maganizo awo akasokonekera:

- 1. Munthu umatha kuwona ngati zimene zinakuchitikira kale**  
**zikukuchitikiranso** kudzera m'maloto oopsya kapena m'kukumbukira zambuyo masana mwachitsanso kumawona chithunzithunzi cha zimene zinachitika kapena modzidzimukira kumva momwe umamvera pamene ngoziyo imachitika. Izi zikamachitika, vomerezani ndi kudzikumbutsa choonadi chomwe inu muli ndipo kuti simukudutsanso munyengo ya vutolo.
- 2. Munthu umakhoza kupewa kuwona kapena kuchita zinthu**  
**zilizonse** zimene zingakukumbutse za momwe ngoziyo inachitikira. Zina mwa izi zikhoza kukhala malo amene ngoziyo inachitikira, mafungo osiyanasiyana amene munawamva nthawi ya ngoziyo, anthu, zolankhula pa wayilesi kapena zina zomwe zikukambidwa zokhudza ngoziyo. Kudziletsa kumasuka kunena mmene mukumvera kapena mmene zikukukhudzirani zinthuzi kungathe kupangitsa kuti musautsike kwambiri m'maganizo anu. Ndipo kusamasuka kwanu pa za mmene mukusautsidwira kukhoza kupangitsa kuti muyambe kumwa mowa molakwika, kugwiritsa ntchito mankhwala ozunguza ubongo komanso kugwira ntchito nthawi zonse wosapuma, kapena kudya kwambiri

kapena pang'ono. Wolembe Salimoli ankafuna kupewa maganizo ake wosautsa amene anali nawo: amalakalaka akanakhala ndi mapiko ngati nkhunda kuti athe kuuluka kuti apeze mpumulo. (Masalimo 55:4-6)

*Mtima wanga ukupweteka m'kati mwanga;*

*mantha a imfa andigwera.*

*Mantha ndi kunjenjemera zandizinga;*

*mantha aakulu andithetsa nzeru.*

*Ndinati, "Ndithu, ndikanakhala ndi mapiko ankhunda!"*

*Ndikanawulukira kutali ndi kukapuma.*

### ■ MASALIMO 55:4-6

Muzikhala ndi chidziwitso cha mmene mukumvera. Mukafuna kupewa chinachake - malo, fungo, munthu, mutu wa nkhani, kapena mamvereredwe - tayasani kugwiritsa ntchito zina mwa zodekhetsa zomwe zafotokozedwa mu gawo lachiwiri la kabukuka. Pang'ono ndi pang'ono, mukadekha muona kuti muyamba kuvomereza zinthu zina zimene zili zovuta kwambiri pa moyo wanu.

- 3. Munthu umathanso kukhala tcheru nthawi zonse,** chifukwa mwadziwa kuti zinthu zoipa zingathe kuchitika mwadzidzidzi. Mutha kumakhala omangika ndi kuchita zinthu mopitirira muyeso. Nthawi zina mtima wanu utha kumagunda kwambiri. Mutha kumasowa tulo. Mutha kumatutumuka mukamva phokoso. Mukamakhala tcheru nthawi zonse, mutha kuononga thupi lanu. Mutha kudwala matenda monga kupweteka m'mimba, mutu ndi ena. Mufatse ndipo muchite chotheka kudzisamalira kuti muchire. (Masalimo 55:4-5).

Mukaona kuti mwapanikizika ndi maganizo amene akukusautsani, tayasani kuika malingaliro onse pachinachake chopatsa mtendere ndipo mupume pang'onopang'ono. Muwerenge mapumidwe anu kapena muike chidwe chanu pa zinthu zimene zakuzungulirani zimene sizikhudzana ndi mantha anu, zinthu monga kaziridwe ka pansi m'nyumba, matailosu a pansu, kafoloredwe ka denga kapena nthambi za mtengo. Izi zitha kukuthandizani kuti mufatse.

Ngozi ikadutsa, muthakukhalabe ndi maganizo kuposa mmene mumakhalira nthawi zonse kapenanso kuchita zinthu ngati si inunso. Zonsezi zikamachitika, mumalephera kukhazikika. Sikuti mukuchita misala ayi. Izi zimachitika munthu ukakumana ndi vuto ladzidzidzi. Koma izi zikakula zimakulepheretsani kugwira ntchito zanu, pezani munthu woti akuthandizeni, monga abusa, alangizi, kapena dotolo.

## Q

### **Mafunso woti Mulingalire**

1. Kodi vuto lomwe munadutsamo lasintha bwanji moyo wanu?
2. Kodi ndi zosautsa komanso zochitika zANJI zomwe mukukumana nazo mu nthawi imeneyi?
3. Ngati muli ndi ana, kodi anawa asintha motani chichitikire ngozi yadzidzidziyi?

### **KODI CHIMAWATHANDIZA ANA NDI CHIYANI?**

Ananso monga akulu amakhuzika ndi msautso, **atha kuonetsa kukhuzika kwao mosiyananiranapo** ndi akuluakulu. Ana achichepere sangathe kunena mmene akumvera ndipo atha kumaona ngati apangitsa ndi iwowo kuti zoterezi zichitike. Atha kubwerera ku makhalidwe omwe anawasiya kale monga kukodza pogona, kuyamwa zala. Amatha kukhala a mantha, komanso kukakamira kukhala pafupi ndi makolo. Ana oterewa amafunika chisamaliro komanso chithonhozo. Mukhoza kuwathandiza pozindikira kuti makhalidwe amenewa siachilendo ndipo ndi akanthawi kochepe a munyengo ya msautso.

**Ananso amayankha kapena kuchitapo kanthu kwa akuluakulu omwe ali nawo pafupi.**

Kuchira kwawo ku msautso kutha kukhala kovuta kwambiri ngati opereka chisamaliro athodwanso ndi ululu wa iwo eni.

Opereka chisamaliro angathe kusamvetsetsa zosowa za ana amene akumana ndi vuto logwa mwadzidzidzi. Iwo akhoza kuona ngati kuti anawa akufunika kulangizidwa kapenanso kupatsidwa chilango chifukwa cha kusautsidwa nawo. Atha kumaganiza kuti anawa akuyenera kumaonedwa osati kuwamvera kapenanso kuti anawa abwereranso mwakale opanda kuthandizidwa. Zoterezi zimaipitsa zinthu koposa mmene zinalili. Ana amayenera kuwamvetsera komanso kuwatsimikizira kuti zinthu zisintha. Ayenera kunena nkhowa zawo kudzera mukulankhula, mu zochitachita zaluso kapena mu sewero.

Mu Baibulo, muli nkhani imene Yesu akuonetsa mmene iye amawalemekezera ana ndipo kuti iwo akuyenera chisamaliro chonse choyenerera.

*Anthu anabweretsa ana kwa Yesu kuti awadalitse, koma ophunzira anawadzudzula. Pamene Yesu anaona zimenezi anayipidwa. Anati kwa iwo, “Lolani ana abwere kwa Ine, ndipo musawaletse, pakuti Ufumu wa Mulungu uli wa onga awa. Ndikukuwuzani choonadi, aliyense amene sadzalandira Ufumu wa Mulungu ngati kamwana sadzalowamo.” Ndipo ananyamula ana m’manja ake, ndi kuyika manja ake pa iwo nawadalitsa.*

■ MARKO 10:13–16

## **2. Kodi Ndingawakhuzumule Bwanji Maganizowa?**

### **KUKHUZUMULA MAGANIZO ANU**

Mutakumana ndi msautso wopweteka kwambiri, mutha kukhala ndi nkhawa, mkwiyo komanso mantha. Mutha kukhala kuti simunayambe mwakumanapo ndi zotero. Mutha kuphunzira kukhuzumula maganizo amenewa kuti asakulamulireni. Njira zina zomwe mukhoza kugwiritsa ntchito ndi izi:

- 1. Chitani chinachake chomwe chingasinthe malingaliro anu, monga kuyimbira foni mzanu kuti muone kuti ali bwanji, kukayenda, kuvina kapena kuchita masewero.** Chitani izi mukangozindikira kuti maganizo wosautsa ayamba kukupezani. Kuchita izi sikutaya nthawi ayi; koma zikuthandizani kuti muchire.

*Usasiye bwenzi lako ndiponso bwenzi la abambo ako ... mnzako wokhala naye pafupi amaposa m'bale wako wokhala kutali.*

■ **MIYAMBO 27:10**

*Kukhala awiri n'kwabwino kuposa kukhala wekha, chifukwa ntchito ya anthu awiri ili ndi phindu: Ngati winayo agwa, mnzakeyo adzamudzutsa. Koma tsoka kwa munthu amene agwa ndipo alibe wina woti amudzutse! Komanso ngati anthu awiri agona malo amodzi, adzafunditsana. Koma nanga mmodzi angadzifunditse yekha? Munthu mmodzi angathe kugonjetsedwa, koma anthu awiri akhoza kudziteteza. Chingwe cha maulusi atatu sichidukirapo.*

■ **MLALIKI 4:9–12**

- 2. Lingalirani za chochitika chimene chimakupangitsani kupeza mtendere mu mtima mwanu.** Atha kukhala malo amene inu munakulirako, kukhoza kukhala ku malo komwe mumakonda kupitako monga ku Nyanja, ku nkhalango kapena malo achisangalalo aliwonse. Ikhozanso kukhala nkhani yodabwitsa ya Yesu Khristu yomwe imakusangalatsani. Mukhozanso kuganizira za momwe chikondi cha Mulungu chakhalira pa moyo wanu. Talingalirani muli mu chimenecho. Talowani m'malingaliro amenewa pamene mukuona kuti maganizo a msautso akuchulukirani.

*“Ngakhale mapiri atagwedezeke ndi zitunda kusunthidwa,  
koma chikondi changa chosasinthika pa iwe sichidzatha.  
Pangano langa lamtendere silidzasintha,”  
akutero Yehova amene amakuchitira chifundo.*

■ **YESAYA 54:10**

- 3. Yesani kupuma kuchokera m'mimba polowetsa ndi kutulutsa mpweya wanu, izi zikhoza kukhuzumula malingaliro anu.** Yesani kutero kwa mphindi zisanu, katatu kapena kanayi pa tsiku. Mukamapanga izi mukhoza kuwona kuti poyamba zitha kufunika kuikapo mtima. Mutha kumamvanso kutopa pamene muli kuchita zimenezi. Koma kuchita izi mowirikiza kudzathandizira kuti mapumidwe akhale achifatse komanso osavuta.

- Khalani bwino bwino pa mpando kapena gonani pansi. Mawondo anu ali chipindire, chidwi chanu chikhale pa zomwe mukumva pamene mapazi kapena thupi lanu lagunda pansi. Masukani pamene mwazindikira kuuma m’mapewa, mutu kapena khosi lanu.
- Ikani dzanja limodzi pa chifuwa ndipo lina pa mimba, munsu mwa nthinti.
- Pumani pang’onopang’ono kuti mimba yanu idzadzwe ndi mpweya. Dzanja lomwe lili pa chifuwa likhalebe choncho losasuntha.
- Pamene mukupuma kudzera mu mphuno, mumva kuti dzanja lotsitsa lija likuyenda molunjika ku fupa lapakati la ku msana, pamene mpweya ukuchoka dzanja lanu la pa chifuwa likhalebe losasunthasuntha. Talingalirani kuti kutuluka kwa mpweya kumeneku kwachotsa nkhwana ina iliyonse mu thupi lanu.

Mutha kuchitanso zimenezi ndi ana powathandizira kuti afatse.

*Yehova akudalitse*

*ndi kukusunga;*

*Yehova awalitse nkhope yake pa iwe, nakuchitira chisomo;*

*Yehova akweze nkhope yake pa iwe,  
nakupatse mtendere.*

#### ■ NUMERI 6:24–26

- 4. Kugwiritsa Ntchito Njira ya Chida Chotengera Mavuto.** Nthawi zina zimafika povuta kuti masautso omwe tikudutsamo kapena mmene tikumvera sitingathe kuzifotokoza. Zikafika pamenepa tikhoza kugwiritsa ntchito njira ya chida chotengera mavuto pofuna kuti tithandizike.

Zoyenera kuti muchite pogwiritsa njirayi ndi izi:

Tsekani maso anu kapena tangoweremani kuti musasokonezedwe ndi chinthu china chilichonse. Lingalirani za chida chotengera mavuto chachikulu chomwe mukhoza kugwiritsa ntchito. Chitha kukhala chibokosi chachikulu monga sutikesi, chija amatumiziramo zinthu pa nyanja kapena chipinda chosungiramo zinthu chopanda mazenera. Mukatha kuganizira za chidachi, lingaliraninso za momwe mungatsekere chinthu chimenechi monga kugwiritsa ntchito kiyi kapena loko.

Tsopano lingaliraninso kuti mukuika zinthu zonse zomwe zikukuzunguzani panopa mu chotengera kapena chibokosi chimenechi: zazikulu ndi zazing'ono zomwe, zomwe zikukusokonezani. Mukaika zonse mu chotengera chimenechi, tsekani ndi kiyi ndipo musunge kiyiyo pa malo pabwino. Musataye. Mukakonzeka, tsegulani maso anu ndipo muweramuke.

Kenaka pezani nthawi yabwino ndi kulingalira kuti mwatenga kiyi, kutsegula chotengera kapena chibokosi ndi kuchotsamo zinthu zomwe munaikamo, chimodzi chimodzi. Ngati nkotheke muchite izi ndi munthu amene mumamukhulupirira, yemwe angakuthandizeni kukambirana za zimenezi. Musazisiye mu chotengera kapena chibokosi kwa nthawi yayitali!

*Ngakhale ndiyende m'chigwa cha mdima wakuda bii,  
sindidzaopa choyipa,  
pakuti Inu muli ndi ine;  
Chibonga chanu ndi ndodo yanu zimanditonthoza.*

#### ■ MASALIMO 23:4

*Ngakhale kuti Yehova ngokwezeka,  
amasamalira odzichepetsa,  
koma anthu onyada amawadziwira chapatali.  
Ngakhale ndiyende pakati pa masautso,  
mumasunga moyo wanga;  
Mumatambasula dzanja lanu kutsutsana ndi mkwiyo wa adani anga,  
mumandipulumutsa ndi dzanja lanu lamanja.  
Yehova adzakwaniritsa cholinga chake pa ine;  
chikondi chanu chosasinthika Yehova, ndi chosatha  
musasiye ntchito ya manja anu.*

#### ■ MASALIMO 138:6–8

## Q

### Mafunso woti Mulingalire

1. Ndi chiyani chakuthandizani kukhazikitsa mtima pansi?
2. Kodi ntchito ya chotengera inakuthandizani? Ngati ndi choncho, inakuthandizani bwanji?

### 3. Ndi Chifukwa Chiyani Ndikumva Chisoni?

#### ULENDO WA CHISONI

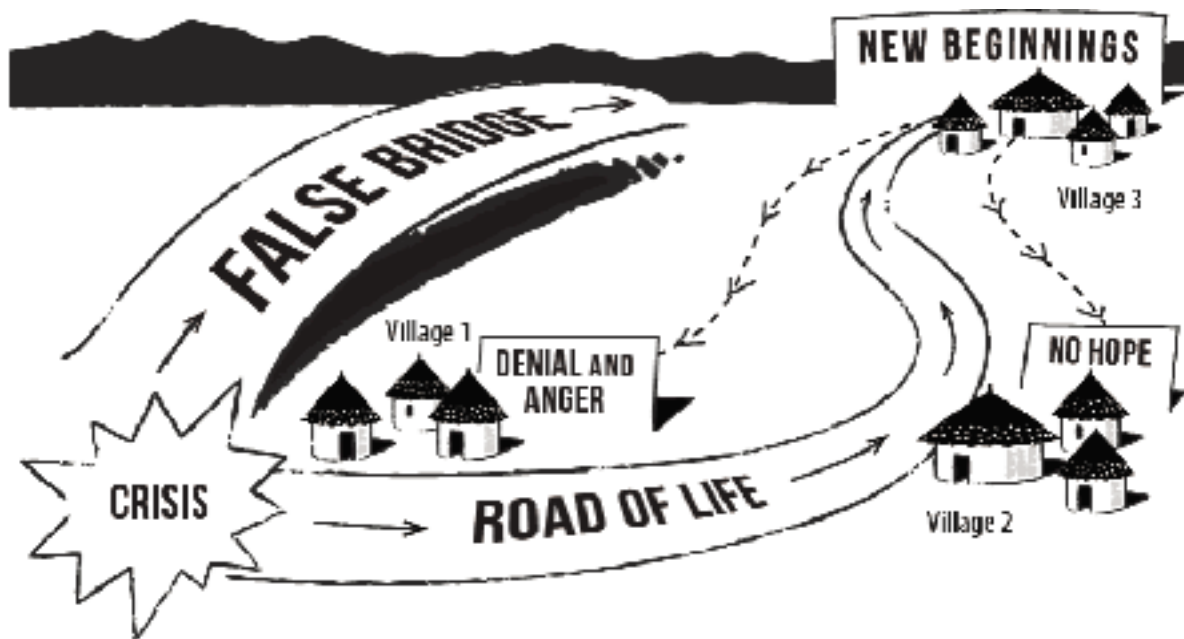
Nthawi zambiri anthu ambiri amamva chisoni komanso kuwawidwa mtima kwambiri akadutsa mu ngozi ya dzidzidzi. Kukhala wowawidwa mtima komanso kumva chisoni pamene munthu wadutsa muzowawa sizachilendo. Munthu akuyenera kumva chisoni kapena kuwawidwa mtima ndithu. Ndipo izi zikhoza kutenga nthawi pang'ono komanso nthawi yayitali. Ngati munthu akudutsa mu nyengo imeneyi tikuyenera kuzindikira kuti iyi ndi mbali imodzi ya kulira. Buku la Mlaliki limati:

*Chinthu chilichonse  
chili ndi nthawi yake,  
ndi nyengo yake yomwe anayika Mulungu:  
Nthawi yobadwa  
ndi nthawi yomwalira,  
nthawi yodzala  
ndi nthawi yokolola.  
Nthawi yakupha  
ndi nthawi yochiritsa,  
nthawi yogwetsa  
ndi nthawi yomanga.  
Nthawi yomva chisoni  
ndi nthawi yosangalala,  
nthawi yolira  
maliro ndi nthawi yovina.*

#### ■ MLALIKI 3:1–4

Pachifukwa ichi tikuyenera kulira kapena kumva chisoni ndithu pa zomwe tataya kuti tichire ku zimenezi. Kumva chisoni kuli ngati kuyenda ulendo wautali.

Chithunzichi chikuonetsa mmene mungamamvere pamene munthu ali mkati mwa ulendo wa chisoni.



### 1. Mudzi Wakusavomereza komanso wa Mkwiyoy:

Munthu akakhala pa chisoni, amatha kudabwitsika ndi zimene zachitika komanso kuthedwa nzeru, kusavomereza kuti zovutazo zinachitika. Akhozanso kukhala ndi mkwiyo ndi anzake, iye mwini, komanso Mulungu. Akhoza kumaganiza kuti “kapena” akanapanga ichi kapena icho, akanatha kupewa zinthu zomwe zataikazo. Akhozanso kuiwala kudya komanso akhoza kumangolira.

### 2. Mudzi Wopanda Chiyembekezo:

Munthu amatha kukhala wopanda mphamvu komanso osafuna kudzuka pogona, kapena kudzisamalira. Amatha kumaona kuti palibe chifukwa chokhalira ndi moyo, komanso amafuna kudula moyo wake, kapena kupha ululu pogwiritsa ntchito mankhwala ozunguza ubongo, mowa, kapena zizolowezi zina. Amathanso kumadziloza chala chifukwa cha zinthu zimene zatayika ngakhale kuti panalibe chomwe akanachita kuti zisachitike.

### 3. Mudzi Wa Chiyambi Chatsopano:

Apa ndi pamene munthu amayamba kumva moyo watsopano mkati mwake – amakhala wa mphamvu, amayamba kupanga madongosolo a zinthu, ziyembekezo, komanso kufuna kukhalanso pamodzi ndi anthu ena. Amathanso kukumbukira zomwe zinachitika koma osamva kupweteka mu mtima mwake ngati poyamba.

Nthawi zambiri, anthu, chikhalidwe chanu, kapena mawu mkati mwanu atha kukupangitsani kuti musayende mu ulendo wa chisoni umenewu. Amatha kumalankhula zinthu monga izi, “Limba mtima!”, “Usalire”, “Kondwera! Wokondedwa wako ali ndi Yesu!” Izi zitha kukutsogolerani kuti kulira kwanu kapena kumva chisoni kwanu kukhale kwa chidule. Njira imeneyi timayitchula kuti **“mlatho wabodza”** chifukwa ndi njira imene ikufupikitsa nthawi ya kulira kwanu komanso kuchepetsa ululu wanu, koma sichingakufikitseni ku mudzi wa chiyambi chatsopano.

Kuti mufike ku mudzi wa chiyambi chatsopano, mukuyenera kumva ululu wa zinthu zomwe mwataya.

Kuyambanso kwatsopano kukutanthauza kusintha zina mwa zodziwika za zinthu zimene mumachita kale zokhudzana ndi zomwe mwataya – mwa chitsanzo, mai ake a \_\_\_\_\_, amuna ake a \_\_\_\_\_, mwini wake wa \_\_\_\_\_. Maganizo athu ndi achangu pomvetsetsa ndondomeko yonse, koma mitima yathu imachedwa. Bala limatenga nthawi kuti lichire. Kudziwa kuti muli paulendo kungakuthandizeni inu komanso ena kuti mudekhe, koma sikungachotse ululu.

Mutha kupita mudzi uwu ndi uwu uku mukulira ndipo mutha kusiyana kayendedwe ndi anzanu. Izi ndi zabwinobwino. Koma ngati mukuona kuti mwakakamira malo amodzi, osapita chitsogolo, mukuyenera kupeza chinthandizo kwina.

Pamene munthu ukudutsa mu nyengo ya kulira umafunika kulimba mtima komanso kukhala ndi mphamvu. Mutha kupezeka kuti mwatopa monga munthuyu amene analemba Salimo ili.

*Ndichitireni chifundo Inu Yehova, pakuti ndalefuka;*

*Inu Yehova chiritseni,*

*pakuti mafupa anga ali pa ululu waukulu.*

*Moyo wanga uli pa mazunzo aakulu.*

*Mpaka liti, Inu Yehova, mpaka liti?*

*Tembenukani Inu Yehova, ndipo mundilanditse;*

*pulumutseni chifukwa cha chikondi chanu chosasinthika.*

*Ine ndatopa ndi kubuwula;*

*usiku wonse pa bedi panga pamadzaza ndi misozi yanga;*

*ndimanyowetsa pogona panga ndi misozi.*

*Maso anga atupa chifukwa cha chisoni;  
akulephera kuona chifukwa cha adani anga.  
Chokani kwa ine inu nonse amene mumachita zoyipa,  
pakuti Yehova wamva kulira kwanga.*

#### ■ MASALIMO 6:2–4, 6–8

Zinthu izi zingakuthandizeni kulira munjira yokutsogolerani ku mchiritso:

- Muyankhule za zomwe zinachitika ndinso mmene mukumvera. Onetserani mkwiyo ndi chisoni chanu.
- Zindikirani kuti sichachilendo kumva chisoni komanso kulira ndipo kuti izi zimatenga nthawi. Simudzamva mmene mukumvera lero nthawi zonse ndipo zomverera zanu zitha kumasintha tsiku ndi tsiku.
- Mukamamva chisoni, ganizirani za zinthu zomwe mwataya zimene zikukupangitsa kuti inu muzimva chonchi.
- Ngati thupi la wokondedwa wanu si limapezeke, ndi kwa bwino kukonza mwambo wa mapemphero wovomereza kuti wamalira komanso kukumbukira malemuyo.
- Pakupita kwa nthawi, mukakonzeka mutule nkhawa zanu kwa Mulungu. Mutchule nkhawazo kwa Mulungu. Mwa chitsanzo, mukhoza kukhala kuti munataya wokondedwa wanu, komanso gwero la chuma, ubwenzi, ulemu, kapena chitetezo. Mubweretse nkhawa imodzi-imodzi pamaso pa Mulungu.

#### KODI CHIMAWATHANDIZA ANA NDI CHIYANI?

- Ngati nkotheke kutero, yanjani tsani mabanja,
- Ngati nkotheke bwezeretsani zomwe mumachita kale mwa chizolowezi.
- Khalani ndi nthawi kumvetsera kuwawidwa mtima kwa ana. Athandizeni kulankhula za chisoni chawo powalimbikitsa kujambula kenaka akufotokozereni za zomwe ajambula.

- Fotokozerani ana zowona za mmene zinthu zilili. Ana ali ndi kuthekera kozindikira chilichonse chomwe chikuchitika pa moyo wawo wa tsiku ndi tsiku zomwe akuluakulu sazindikira. Amathakupeza njira zosiyanasiyana zothetsera mavuto awo munjira zomwe iwo akuziwona kuti ndi zoyenera.
- Nkosavuta kwa ana achichepere kufotokoza mavuto awo mu njira ya zisudzo kuposa kuyankhula. Kotero kuti ngati ana asonyeza izi muzisudzo zawo, zimawathandizira kuthana ndi zowawa zomwe akumana nazo. Makolo akuyenera kumawafunsa ana pa zomwe akuchita ndipo akuyenera kudziwanso mmene anawo akumvera.
- Mnyengo ya zovuta, nkofunika koposa kuti mabanja azipeza njira nthawi zonse zoti nkukambiranapo pazamavuto awo ngati banja. Zikatero, banja liyenera kupemphera pamodzi. Ndipo aliyense atha kusankha mawu achitonthozo mu Baibulo nkuwasunga.
- Nzofunika kuzindikiritsa aphunzitsi komanso azitsogoleri kumvetsa zomwe zamuchitikira mwana.
- Achinyamata ali ndi zokhumba zawo. Achinyamata amafunika kuwapatsa mpata wapaderadera. Azitha kukambirana ndi anzawo, makamaka pamene akudutsa mnyengo zovuta.
- Achinyamatawa amafuna kumadzimva kuti ndiwofunikira makamaka pamene m'banja mwawo akukumana ndi zokhoma. Kuchita zinthu zomwe zingathandize mabanja awo kupulumuka, kungawakumbutse iwo kuzindikira kuti ndi ofunikira ndithu.

## Q

### **Mafunso woti Mulingalire**

1. Kodi mwaunyamba ulendo wa chisoni? Kodi mulikukhala m'mudzi wotani tsopano?
2. Kodi mwakakamira mu umodzi wa midzi? Kodi munayesa kuwudumphu mudzi umodzi?

## 4. Kodi mtima wanga woswekawu ungachiritsidwe bwanji?

### KUTHANA NDI ULULU WA MUMTIMA

Talingalirani za ululu mu mtima mwanu ngati bala lakumtima. Monga wolembe Salimo akunenera, ululu umapweteka mkati mwa mitima yathu.

*Koma Inu Ambuye Wamphamvuzonse,  
muchite nane molingana ndi dzina lanu,  
chifukwa cha ubwino wa chikondi chanu, pulumutseni.  
Pakuti ndine wosauka ndi wosowa,  
ndipo mtima wanga ukuwawa m’kati mwanga.  
Ndikuzimirira ngati mthunzi wa kumadzulo,  
ndapirikitsidwa ngati dzombe.  
Mawondo anga afowoka chifukwa cha kusala zakudya,  
thupi langa lawonda ndi mutu wanga womwe.  
Ndine chinthu chotonzedwa kwa otsutsana nane;  
akandiona, amapukusa mitu yawo.  
Thandizeni Inu Yehova Mulungu wanga;  
pulumutseni molingana ndi chikondi chanu.*

### ■ MASALIMO 109:21–26

Fanizirani ululu umene uli mu mtima ndi bala la pa thupi. Zikufana kapena kusiyanana bwanji?

- Bala lapakhungu limaonekera.
- Bala lapakhungu limawawa.
- Limafunika kusamalidwa bwino.
- Limafunika kutsukidwa ndi kuchotsa zonse zonyansa.
- Ngati bala silikusamalidwa, lingayambitse matenda.
- Ndi Mulungu yekha amene amapereka machiritso, koma amagwiritsa ntchito anthu ena monga amayi, anamwino, adotolo.
- Limatenga nthawi kuti lipole.
- Pamene bala lapakhungu lapola, limasiya chipsyera.

Vuto logwa mwadzidzidzi likachitika, mukuyenera kusamalira mabala a m’mtima mwanu kuti muchire.

Kuti musamalire bala la m’mtima, mukuyenera kufotokozera ululu wa m’mtima wanu. **Pezani munthu amene mungamuuzeko nkhani yanu,** munthu yemwe angathe kumvetsera bwino osati kuonjezera ululu kuposa umene mumaumva poyamba. Munthuyo akuyenera kukusungirani chinsinsi, ndiponso kukumvetserani popanda kukukonzani, kapena kukupatsani mayankho amsangamsanga, kapena kufananiza nkhani zanu ndi zawo. Onetsetsani kuti mwasankha munthu oyenera komanso mosamalitsa. Kawirikawiri anthu amene ali ndi maganizo kapena zolinga zabwino angathe kukuuzani mmene mungachitire pothana ndi vuto. Mungathe kuwakumbutsa ena pamene mukuwafuna kuti mungowamvetsera ndi kuwamvetsetsa osati kukulangizani.

*Zolinga za mtima wa munthu zili ngati madzi akuya,  
munthu womvetsa zinthu ndiye yekha angawatunge.*

#### ■ MIYAMBO 20:5

*Amene amanka nachita ukazitape amawulula zinsinsi;  
koma munthu wokhulupirika amasunga pakamwa pake.*

#### ■ MIYAMBO 11:13

Musalole kukakamizidwa kuti mufotokoze nkhani yanu ngati inu eni ake simukufuna kutero. Mutha kumakamba nkhaniyo pang’ono ndi pang’ono mpakana mutamaliza pakupita kwa nthawi. Zili ngati mmene timachitira ndi botolo la kokakola ukalikhuchumula, umayamba kuchotsamo mpweya pang’onopang’ono kuopa kuti zingataikire. Kuti mufike povomereza zomwe zinachitika, mutha kumakamba za nkhani yanu mobwerezabwereza ndi kuzukuta bwino mbali ili yonse yankhani zanu. Mukamagawana ndi anzanu, auzeni zomwe zinakuchitikirani, kenaka mukakonzeka, pitirizani kukambapo za mmene munamvera pa nthawi yomwe izi zimachitika, pomaliza muika chidwi pambali yomwe inali yovutitsitsa kwambiri kwa inu. Izitu ndizofunika kwambiri chifukwa ngakhale Ambuye wathu Yesu Khristu amagawana zophinja zake ndi anzake.

*[Yesu] Anatenga Petro ndi ana awiri a Zebedayo, ndipo anayamba kumva chisoni ndi kuvutika mu mtima. 38 Pamenepo anawawuza kuti, “Moyo wanga uli ndi chisoni chofa nacho. Khalani pano ndipo dikirani pamodzi ndi Ine.”*

■ **MATEYU 26:37–38**

Mukhozanso **kufotokoza za ululu womwe mukumva mu mtima mwanu pojambula zithunzi**. Simukuyenera kukhala odziwa kujambula kapena katswiri pa zojambula. Mungokhala ndi pepala ndi zolemba kapena dothi loubira. Khalani chete panokha ndipo ululu wanu utuluke kudzera mu zala kupita pa pepala kapena dothi loubira. Musadandaule za chithunzi kuti ndi chokongola kapena ayi. Kenaka mulingalire za zomwe mukuwona pa chithunzi.

Kufotokoza nkhani yanu kumakhala kophweka, koma kungakuthandizeni kuchira. Kumvetsera ku nkhani za ena kumathandizanso, pokukumbutsani kuti si inu nokha amene mwakumana ndi tsoka / ngozi. Nthawi yomweyo, ziwathandiza kuchira ndipo mudzatha kulimbitsana mitima kapena kutonthozana.

Mukhoza kugwiritsa ntchito **mafunso anayi** awa pomwe mukumvetsera:

1. Chinachitika ndi chiyani?
2. Munamva bwanji?
3. Chinali chosautsa kwambiri ndi chiyani?
4. Kodi mwayamba kumva kutetezeka? Ndani kapena ndi chiyani chinakuthandizani?

Kawirikawiri pamene anthu akufotokoza zomwe zinawachitikira amayamba kumvetsa bwino malingaliro a iwo eni, komanso zomvera za m’mtima. Angathe kuzindikiranso kuti zomwe amaganiza pa nkhani ya mmene zinthu zilili siyothandiza. Mau a Mulungu amatiuza, “Ndipotu mtima wako uziwuyang’anira bwino ndithu pakuti ndiwo magwero a moyo” (Miyambo 4:23)

Nthawi zina, tikamalingalira za nyengo yovuta, timazindikira kuti Mulungu amatithandiza mu njira ina yake. Mulungu amatonthozanso mitima yathu komanso Iye ndiye gwero la machiritso.

Mau a Mulungu amatiuza kuti pamene tikutonthezedwa, tikhozanso kukhala thandizo kwa ena omwe akudutsa mu nyengo zowawa:

*Alemekezeke Mulungu, Atate a Ambuye athu Yesu Khristu, Atate achifundo chonse, Mulungu wachitonthozo chonse. Iye amatitonthoza ife m'mavuto athu onse, kuti ifenso tithe kutonthoza amene ali pavuto lililonse ndi chitonthozo chimene ife tilandira kwa Mulungu.*

**2 AKORINTO 1:3–4**

## Q

### **Mafunso woti Mulingalire**

1. Kodi mafunso omvetsera amakuthandizani kufotokoza mmene mukumvera? Kodi anakuthandizani kuganiza mosiyana za zomwe mwadutsamo? Fotokozani mayankho anu.
2. Kodi munamva bwanji kufotokozera munthu wina nkhani yanu?

## 5. Kodi ndingalumikizane bwanji ndi Mulungu mu nyengo iyi?

### MUUZENI MULUNGU ZA MMENE MUKUMVERA

Munene zoona zenizeni kwa Mulungu. Mumuuze mwachindunji zammene mukumvera. Amadziwa kale, kotero mulankhule naye zakukhosi kwanu. Kodi mukuganiza kuti Mulungu anaphwanya pangano lake lokutetezerani kuzoipa? Kodi mukumva kuiwalidwa ndi Mulungu? Mwakwiya? Mumukhuthulire Mulungu zowawa zanu zonse.

Pali zitsanzo za anthu ochuluka kuchokera mu Baibulo amene anamuuza Mulungu za mmene akumvera. Izi ndi zomwe zimatchedwa kuti “Maliro.” Kodi mukudziwa kuti pali Masalimo ochuluka olilira kwa Mulungu kuposa Masalimo omutamanda?

Polira, anthu amafuulira kwa Mulungu ndikumutulira nkawa / zodandaula zawo. “Ndi chifukwa chiyani simunanditeteze? Munali kuti? Kodi mazunzowa azatha liti?” Amamuuza Mulungu zimene akufuna kuti awachitire - nthawi zina kuti angowona kokha zimene zachitikazo. Nthawi zina amazikumbutsa okha za mmene Mulungu wawathandizira masiku am’mbuyomu, kapena apo za mmene Mulungu anathandizira anthu ake mu Baibulo. Izi zitha kudzetsa chiyembekezo. Kawirikawiri chikhulupiriro chimaoneka ngati maliro mu nyengo yovuta. Ndi chizindikiro chachikhulupiriro kuti Mulungu amamva, amasamala, ndipo ali nazo mphamvu zothandiza. Kudandaulira Mulungu ndi chizindikiro cha chikhulupiriro mwa Iye.

Salimo lodandaula limakhala ndi magawo atatu:

- Zopita kwa Mulungu.
- Dandaulo
- Kupempha thandizo

Pamagawo atatuwa, dandaulo ndilo limapanga Salimo Lolira

Ngakhale Yesu analira pa mtanda pamene analilira mokweza kwa Mulungu kuchokera pa Masalimo 22: “*Mulungu wanga, Mulungu wanga, n’chifukwa chiyani mwandisiya?*” Ngati Yesu amakwanitsa kumuuza Mulungu za mmene akumvera, inunso mutha kutero.

Werengani Salimo lodandaula m'munsimu. Kodi mukutha kuona magawo atatuwo?

Pezani nthawi ndi malo pamene mungakhale mwa bata panokha ndi kulemba Salimo lodandaula kwa Mulungu kapena nyimbo imene. Tulani kuwawidwa konse kwa iye, Ngati umo anachitira olemba Salimo.

*Mpaka liti Yehova? Kodi mudzandiyiwala mpaka kalekale?*

*Mpaka liti mudzandibisira nkhope yanu?*

*Ndidzalimbana ndi maganizo anga*

*ndi kukhala ndi chisoni mu mtima mwanga*

*tsiku lililonse mpaka liti?*

*Mpaka liti adani anga adzandipambana?*

*Ndiyang'aneni ndi kundiyanika,*

*Inu Yehova Mulungu wanga.*

*Walitsani maso anga kuti ndingafe;*

*mdani wanga adzati,*

*“Ndamugonjetsa,”*

*ndipo adani anga adzakondwera pamene ine ndagwa.*

*Koma ndikudalira chikondi chanu chosasinthika;*

*mtima wanga umakondwera*

*ndi chipulumutso chanu.*

*Ine ndidzayimbira Yehova*

*pakuti wandichitira zokoma.*

## ■ MASALIMO 13

# Q

## Mafunso woti Mulingalire

1. Kodi ndi chiyani chimene chingakukanikitseni kumudandaulira Mulungu?
2. Kodi kudandaula mu nyengo ino kungakuthandizeni bwanji?

## **6. Kuyang'ana chitsogolo**

### **KUPITIRIZA KUCHIRA**

Padzatenga nthawi ndithu kuti moyo wanu ubwerere m'chimake kuchokera pazopysinja zomwe munakumana nazo chifukwa cha vuto lomwe munakumana nalo ndipo izi zidzachitika m'magawo osiyanasiyana.

Pamene muli pakati panyengo yovuta, zimaoneka ngati zinthu sizidzakhalanso bwino - kuti kulira ndi mavuto zidzingopitirirabe mpakana kalekale. Kumbukirani kuti padziko pano zinthu zikusintha nthawi zonse, ndipo kusintha kumatha kubweretsa chinthu china chabwino koposa.

Mutha kubwereza m'ndandanda wa gawo la “Choyambirira kuchita” kumayambiriro kwa kabukuka (tsamba 5). Muthakupezapo zinthu zimene zingathe kukuthandizirani kuonjezera pa m'ndandanda wanu.

Pamene zinthu zakhazikika, muthakuzilingalira nokha pa zimene mwakumana nazo. Ganizirani kukhalanawo gawo limodzi la gulu lochiza nkhawa zopsinja moyo. Ngati kudera kwanu kulibe maguluwa, itanani anzanu amene akhudzikanso ndi tsoka ndikuyambitsa gulu lanu. Mutha kumakumana kamodzi kapena kukhazikitsa dongosolo lakakumanidwe. Muthakumathandizana kuchira pamene mukugawana zimene mukukumananazo ndikumafunsana wina ndi mnzake mafunso omvetsera kuchokera mugawo 4 (tsamba 23). Ngati mwakhazikitsa gulu, onetsetsani kuti musawalemetse anthu ndi misonkhano yaitali kapena apo kuwafunsa mamembala kufotokoza mopyola muyeso kufikira kukhumudwa nazo. Kuchira kumabwera pang'ono pang'ono pakupita kwanthawi.

Pachilichonse chimene chingakuchitikireni, Mulungu adzakhalananu/ munyengo zonse.

*Mulungu ndiye kothawira kwathu ndi mphamvu yathu,  
thandizo lopezekeratu pa nthawi ya mavuto.*

*N'chifukwa chake sitidzaopa ngakhale dziko lapansi lisunthike,  
ngakhale mapiri agwe pakati pa nyanja,  
ngakhale madzi ake atakokoma ndi kuchita thovu,  
ngakhale mapiri agwedezeke ndi kukokoma kwake.*

■ **MASALIMO 46:1–3**

Munthawi ya zowawitsa / zovuta, pezani njira zimene Mulungu amabweretsera mthunzi ndinso mphamvu. Kumbukirani njira /zinthu zing'onozing'ono ndi zazikulu zomwe Mulungu wakuthandizani masiku akumbuyoku. Ndipo kumbukirani kuti tsiku lina, Mulungu adzapukuta misozi yanu yonse ndikuchotsa/ masautso / mazunzo onse.

*‘Mulungu adzapukuta misozi yonse m’maso mwawo. Sikudzakhalanso imfa kapena kukhuza maliro kapena kulira kapena ululu popeza zakale/ zapita.’”*

#### **CHIVUMBULUTSO 21:4**

Kufikiranso tsiku limenelo, Mulungu akutiitana kuti titule nkhawa zathu kwa iye. Amamvetsera nthawi zonse.

Pakupita kwanthawi, mapemphero anu atha kusintha, kuchokera kumapemphero olira kusandulika mapemphero oyamika. Muthakupezeka mukukweza dzina la Mulungu nyengo ina ndinso nyengo ina mukumulilira, Ndizabwinobwino.

Nyimbo iyi kuchokera mu Baibulo ithakukulimbikitsani kulemba nyimbo yanu.

*Ndimakonda Yehova pakuti Iyeyo amamva mawu anga;  
Iye amamva kulira kwanga kopempha chifundo.  
Pakuti ananditchera khutu,  
ndidzayitana Iye masiku onse a moyo wanga.  
Zingwe za imfa zinandizinga,  
zoopsa za ku dziko la anthu akufa zinandigwera;  
ndinapeza mavuto ndi chisoni.  
Pamenepo ndinayitana dzina la Yehova:  
“Inu Yehova, pulumutseni!”*

*Yehova ndi wokoma mtima ndi wolungama  
Mulungu wathu ndi wodzaza ndi chifundo.  
Yehova amateteza munthu wodzichepetsa mtima;  
pamene ndinali ndi chosowa chachikulu, Iye anandipulumutsa.  
Pumula iwe moyo wanga,  
pakuti Yehova wakuchitira zokoma.*

*Pakuti Inu Yehova mwapulumutsa moyo wanga ku imfa,  
/maso anga ku misozi,  
mapazi anga kuti angapunthwe,  
kuti ine ndiyende pamaso pa Yehova  
m'dziko la anthu amoyo.  
Ine ndinakhulupirira; choncho ndinati,  
“Ndasautsidwa kwambiri.”  
Ndipo ndili m'nkhawa yanga ndinati,  
“Anthu onse ndi abodza.”*

*Ndingamubwezere chiyani Yehova,  
chifukwa cha zokoma zake zonse zimene wandichitira?*

*Ndidzapereka nsembe yachiyamiko kwa Inu  
ndipo ndidzayitanira pa dzina la Yehova.*

**MASALIMO 116:1–12, 17**

## Q

### MAFUNSO WOTI MULINGALIRE

1. Ndi chiyani chomwe chakuthandizani kwambiri chichitikire tsoka Iija?
2. Chopweteka kwambiri pamoyo wanu ndi chiyani chichitikireni tsoka?
3. Ndi chinthu chiti chimene mukuyenera kupitiriza kuchita kuti mudzitolere ku tsokali?

## **ZIPANGIZO ZINA**

Zipangizo zowonjezera zilipo pa kathandizidwe ka nthawi ya tsoka ndimadongosolo ake zikupezeka kwa anthu amene apulumuka, othandiza oyamba ndi mipingo.

Pa Intaneti: Pitani patsamba la DisasterRelief.Bible

Lamya: Ku U.S. yimbani 1-800-32-BIBLE ndipo tchulani “Ngozi Ya Dzidzidzi Ikapita” kapena “Beyond Disaster”.

- Itanitsani makope owonjezera ndipo mupeze zina za chipangizo ichi pa makina a intaneti.
- Pemphani ma Baibulo a akuluakulu komanso ana.
- Lumikizani ndi ndondomeko za ntchito za machiritso a masautso a mu mtima komanso za ngozi mu dera lanu.

ZIPANGIZO ZA MTIMA WOSAUTSIDWA ZOPEZEKA KUDERA

Dzina / Bungwe

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Nambala ya Telefoni

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Email

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