

**TRUTH
CENTERED
TRANSFORMATION**

MODULE



MAKWATANO A MPULI BBUKU LYAMUYIISYI

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Tawuuzigwi pe – Tozumizigwi pe kuuzya mulimu ooyu naa kuubelesya munzila yakuchita bbizimusi.



Na koyanda kusandwida mulimu ooyu, wangunuka kulembela ku info@tctprogram.org

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Kulumba

Mbiingi bantu bakagwasya azyaandene mukubumbwa kwamabambe aaya akuti azwidilile. Kuli nzila niini yakubalumba boonse.

Zyiingi zyakabeleka mukati kabbuku eeli zyakazwa kuli Kate Marsden, wakaangunuka kwaaba zimwi nzyaakali wabamba alimwi wakali waziyiisa ku Bangladesh. Zyakubelesya zya Kate zyakali zyakikwa kale mubweendelezi alimwi zilizisi nchito zinoneezya. Zyakapa kuti zyuube kuzibikka antoomwe. Kakusanguna nindakayiisa aatala abbuku eeli ndakabona baalumi bapati kabalila misozi, alimwi bakabotelwa kuziba kuti mpuzili zimbi nzila zigwasya kulaya bana kutali kubawuma biyo. Taakwe nindakaziba kuti chakali chintu chiyandikana loko pesi Kate wakaziba. Ndalumba Kate.

Ndiyanda lubo kulumba Heather Hicks, wakasumpula chiiyo eechi, kwiinda mukuyungizya achiiyo chabanakazi. Mebo ndakazibila kuchijanina kunembo, kaatakwe nindalipa mweenya wakulangisisya kabotu aboobo ndipa kulumba kupati kumuntu ulipa chiindi chakulangisisya kabotu kabotu akuchita kuti zyiyo eezi ziyisike. Ndalumba, Heather.

Ndalumba alubo kubayiisi babeleka andiswe mukati kamyaka myiingi yayinda – kubala akugwasya kuzuzikizya zyiyo ezi. Mbaasilumamba bangu bachoonzo. Kubeleka kwabo ansandulo zyabo zyakagwasya kuti tubumbe zyiyo zibeleka mubantu akusungwaazya kwabo kwakapa kuti njinkile kunembo amumazuba ngindakali ndaamba kuleka. Ndichilumba kapati kukabunga kabasikuyiisa kakusanguna aabo bakakkede mukubulikilwa alimwi kaatakwe nchibakezi aawo nindakachilikwiya kuyiisa. Bakeezya chamoyo mulamfu kumvwisisya akweezya kuyiisa zintu zyakazoboneka kuti zyakali ziyumu loko. Alimwi Leza wakazigwisya zyeengele eezyo mubuchete – alimwi eechi chinokkala kachindiyeezya kuti eezi teensi ndakalikulichitila lwangu, pesi zyakali zya Leza alimwi nguwe wakali kuchita. Ndimvwa kugumwa kupati kubona kuti Leza wakazumina kundibeleka mukati kamabambe aaya katalangi bulewusi bwangu. Kulinguwe alikke akube Bulemu.

Chakumaninizya ndiyanda kulumba mulumi wangu, wakandiyiisa kuti lukwatano lubotu lulibyen. Katawo we, taakwe nichiba chomwe chazeezi chalikunozwidilil. Ndilizi kulipeda kwako kupati nkwaakapa mukati kamyaka kuti eezi zizwidilile. Nduwe uupa kuti nduuluke ndakuyanda lyoonse.

Anna Ho
Executive Director
Reconciled World

Kotana Sanguna

Kubambila Chiiyo chakuyiisya

1. Bala **bweendelezi** boonse bulangene amuyiisi oobotu oobotu, kuti kakukonzeka bala twiingi kolikwiindulula. Kwenga mpobwene kuti mpakoloondo nakulemba kumbali zimwi nzyobwene kuti nzikoloondo mubweendelezi oobu.
2. Langa **mpalamo** zyachiiyo eeche kuchitila kuti uzibe zyelede kuyiisigwa kubayiyi muchiiyo eeche.
3. Bala **malembe** amu bbayibbele saansi kotanasanguna.
4. Langa kuti nzezili **zyakubelesya** nzyonga ulayanda muchiiyo eeche. Bona kuti wachitila basikwiiya mabbuku ngibeelede kubala aayo ategwa ma *handout*, chita zigwasizya basikwiiya kabalikubona muchiindi chabo chakwiiya.
5. Bona kuti **zyiyo** zyoonse ulizizi (misobano yandeeene antoomwe azitondezyo zigwasya kwiiya). Ulakonzya kujana buzifundila abasimpuli nakuti abazolani bako.
6. Tola chiindi **chakukomba** kuti Leza ababambe kabotu bayiyi, kuti bayiyi bamvwe Leza nzyalikuyanda akuti Leza akugwasye mukuyiisya kwako. Yeeya kuti muumanguzu aaLeza amulikke munga mulapa kuti bantu basanduke.

Nzila zyakubelesya Bbuku lyamu Yiisi eeli.

1. **Mpalamo azyakubelesya:** Achimwi achimwi chiiyo chisangunina aawa.
 - a. **Mpalamo** – basikwiiya belede kuzijana eezi kumamanino achiiyo. Chibotu kulibuzya mubuzyo wakuti mpalamo zyoonse yakazuzikizigwa na musule akuzulula kwako muchiiyo. Tola chiindi chakulangulula eezyo zipati nzimwalikwambuzyania atala anzizyo kuchitila kuti tazilubwi pe.
 - b. **Zyakubelesya** – zyoonse zyelede kubelesegwa mulichimwi achimwi chiiyo zililembedwe mpawo achiiyo eeche, zinobiika antoomwe zitondezyo zijatika antoomwe abbuku lyasikwiiya. Eeli Bbuku Lyamuyiisi linowaamba aayeleda kubelesegwa:
 - **BBUKU LYASIKWIIYA** – Linolembedwe oobu.
 - **ZITONDEEZYO ZIJATIKA** – zinolembedwe oobu.
2. **Zyelede kutobelezegwa amweendelezyi:** Mukati kazyiyo omu muli nzila zinga zilakugwasya kuti uzulwide chiiyo kabotu. Eezi tazyelede pe kwabilwa kuli aabo balikwiiya. Kkala kozibalide eezi kuchitila kuti zikugwasye kweendelezya chiiyo. Imwi mibuzyo ilijisi nsandulo yakukugwasya mbuli muyiisi kuti uzibe nzoyelede kulangila kulibasikwiiya. Eezi teensa nzizyo azilikke nsandulo ziluleme pesi nzimwi biyo zinga zilakugwasya kujana zimbi.

Majwi makoloondo kulisikuzulula mubbuku lya Makwatano a Mpuli

Zyiyo eezi achimwi cheelede kutola mawola aabili – pepe wola achisela mbuli mbutwazibila. Ambila balikunjila chiiyo eeche kuti baze abakayintu naakuti balumi babo kuchiiyo. Chita kuti bakwetene bakonzye kuzuwisyania. Sungwaazya muntu woonse kuti atachaalili muleechi chiiyo abaaabo batakwete naa batakwetwe nansya aabo batakwe bana. Eezi zyiyo nzikoloondo/nzipati kumuntu woonse kuti abumbe bulyidilano bulikabotu muzyeengele zyoonse.

Zyoonse zitondezyo zijatika zilikusele lya Bbuku lyaMuyiisi. Na tekwaKonzeka kuti awumwi sikwiiya ajane lyakwe bbuku bachitile kuti awumwi ajane pepa lyachiiyo chilembedwe kuti Kuziba Kusiya kwesu chijanika muchiiyo chabili. Ayimwi nsondo ilasungwaazigwa kubbadalila kuti kupangwe lyomwe bbuku lyasikwiiya kuchitila kuyeeya kabotu mpalamo zyaleeli bbuku.

Chenjela mabala obile aaya Mulumi - Balumi, Mwaalumi – Baalumi.

Chiiyo chakusanguna- 1: Mikuli mu Makwatano

Mpalamo mpati

1. Baalumi balijisi mikuli yobile mumakwatano. Beelede kuba basololi bampuli mpawo beelede kuyanda banakazi babo mbuli munzila Kkilisito njakayanda aayo Nsondo amunzila yomwe mbuuli mbubaliyanda bo akulijata kabotu.
2. Banakazi balijisi mikuli yobile mumakwatano. Beelede kuyanda, kulemeka, akulibyombya muni lyabalumi babo mbuuli mbuliyiisya Bbayibbele antoomwe akuba mugwasizyi uukkwene mubunaleza.

Zyakubelesya

Bbuku Iya Sikwiya:

- a. Mikuli yaBalumi ayaBakazi
- b. Malembe aa Luyando aLulemeko (taangilwi pe)

Zyakutobelezya kulisikuzulula: *Chenjela mabala obile aaya Mulumi - Balumi, Mwaalumi – Baalumi.*

Manjililo

NJOOMO MUMBUNGA MPATI

Kuzwidilila kwamakwatano eesu kuyanda kuti baalumi abanakazi bapone mukumvwanana akulyidilana munzila Kkilisito njaakatalide. Chimwi chintu chipati nchitweelede kuziba mukuyaka makwatano eesu nkumvwisisisya mikuli njitulaayo mumakwatano.

Zyakutobelezya kulisikuzulula: *Kumbila basikulipeda awumwi abale lwaano mpawo muyoome aatala amibuzyo mumbunga mpati.*

Lwaano Iwa Leah

Leah wakali sunsumene aamulyango kalikusanzya chisyu chachilalilo. Musule lyakayindi wakalikutonta bulo bwakalede mwana kuchitila kuti kabuli kuyuuntana. Banyinazyala bakalilede aamunseme afwiifwi kabalikulizya mankonono buniini nkaambo kakupya kwasikati. Leah wakali waba amyaaka yobile biyo kakwetwe alimwi buumwi bwakwe bwakali kwasanduka kale kwiinda mbwaakalangilide. Wakali wasanguna kulimvwa kali wacheembaala akukatala. Wakalikuyeeya benzinyina alimwi wanoonga wayanda kuswayila wisi abanyina. Pesi wakeelede kulela mwana akubamba ng'anda yakumpuli yamulumi.

Leah wakalizi kuti banyinazyala bakalikulangila kuti babuka beelede bajana zyoonse zyachilalilo kazili zyaba kabotu. Leah wakalyoolola akubukusa aawo aakalikuchisa kusule lyamukosi wakwe. Naakakwatana a Timeus, mulumi wanoonga chimwi chiindi wafwambaana kuzwa kumulimu baakweendenda amwi banonga biinka amudududu. Pesi mazuba aaya tachifwambaani pe nga ulabeenzinyina alimwi uboola kanunka bukande apolya. Alubo taakwe majwi miingi pe ngambuula mpawo waya kukoona.

Leah wakasweenene a Timeus kukabunga kabachikomena kakunsondo. Kabatana kwatana wakalikulitondeezya mbuuli muntu wakalikuyandisya kuya kunsondo. Wakalikunoonga kayeeya kuti uzoba mulumi muntuloko awisabana muntuloko. Timeus taakalikwe moyo mubi pe. Taakwe naakalikumuuma pe Leah alimwi wakalizi kuti taakalikwenda abambi pe banakazi, pesi moyo wakwe wakalikukkala kuuli kule. Nikuba buunsi bwa nsondo sikati nakalikunoonga mpali aang'anda, wakalikutondeezya kuti moyo wakwe ulikule loko. Taakwe naakalikusobana amwana na kwambuula a Leah. Wakali koona biyo na kweebela TV. Kuti mwana walila naakuti banyina banyontooka aatala a Leah, Timeus wakali kumwaambwiida Leah akumutukila. Leah wakasanguna kuyeeya kuti kaansinga taakakwetwe pe. Taakwe naakalikulangila kuti buumi nga bulayuma oobu.

Lwaano lwa Timeus

Ndilelyo zuba golezya Timeus wakalikkede kanywa coffee abeenzinyina. Baara wakaambula nsesya aatala abanakazi yakapa kuti boonse baseke. Timeus wakayeeya Leah mpawo wakateketa. Wakalizi kuti unomulindide aakusika kung'anda alimwi unosulwidwe. Taakwe naalikubotelwa pe. Walikukkala kanyoontooka aatala abanyina Ttimeus antoomwe akuvula kwamilimu njakali kuchita aang'anda. Timeus wakalizi kuti banyina balayumwa moyo mulizimwi zyiindi, pesi wakalikuyanda kuti Leah abe aamoyo mulamfu. Banyina bakabeleka loko buumi bwabo boonse alimwi chakali chaba chiindi chabo chakulyookezya. Leah wakeelede azimvwisisize eezyo.

Timeus wakali wasanguna zyakuboola mansiku kali aabazolani bakwe nkaambo teensi wakali kuyanda kukkala kamvwa kwaambwidana kwabanyina abanakwe. Wakali wakatala kumvwa bunyontoosi bwa Leah aatala amilimu amwana. Walikukkala katondezya kumunyemena. Walikuzimvwisisiya na kuti mulumi walikubeleka zuba lyoonse alimwi walikuyanda kulyookezya muluumuno golezya?

Wakalikweezya akutayinka kunsondo a Leah. Teensi wakalikuyanda pe kupa chitondeezyo chakuti zyoonse zilikabotu zyo kazitali kabotu pe. Nibanoonga baya kunkombo yakuseni mu Nsondo Leah wakalikuzwata kabotu akuzwaatika mwana mpawo wanoonga wa ayina chibaki cha Timeus chibotu. Kwakali kubaanga wakalikuyanda kutondezya bantu kuti zyoonse zilikabotu akati kabo. Pesi simpe ndyakuti bakali koomba alimwi mali teeyakalikuzulila pe alimwi aamuunzi wabo tebakalikwe lukondo pe. Timeus wakasanguna kuyeeya kuti bantu boonse bakondedwe mbuuli mbubabaneka na. wakalimvwa kabweeda musule loko nkaambo teensi wakachili kuyanda akuya kunsondo. Taakwe nakalikumvwisisiya kuti zilanchizyaamba na. Taakwe naakali kulangila kuti buumi ngabulamukachila kubumvwisisiya oobu.

- Niinzi chakachitika mutwaano tobole ootu?
- Eezi zyeendelana biyeni ampuli zili muzyeengele zyesu?
- Ngaali malayilile ngonga ulapa Leah? Yeeya kuti Timeus uyandaanzi: ninzi nchanga ulachita kuti akkale kabotu a Timeus?
- Ngaali malayilile ngonga ulapa Timeus? Yeeya kuti Leah uyandaanzi: niinzi nchanga ulachita kuti akkale kabotu a Leah?

Muleechi chiiyo, tuyanda kulanga mukuli wamulumi amukayintu mumakwatano. Leza wakatupa nzila zyakutobelezya kuti makwatano eesu azwidilile.

Mukululi wa Mulumi

NJOOMO MUMBUNGA MPATI

- Nga ulawupandulula biyeni mukuli wamulumi mumakwatano?

Bala kuli Ba-Efeso 5:23, 25, 28-29.

- Eeyi minchali ityeni aatala amukuli wa mulumi?
 - *Mulumi ngomutwe wabanakwe*
 - *Mulumi weelede kuyanda banakwe mbubonya Kkilisito mbakiiyanda nsondo*
 - *Mulumi weelede kubayanda banakwe mbubo mbuli mbaliyanda we akulijata kabotu.*
- Mulumi weelede kuba mutwe kubanakwe mbubo mbuli Kkilisito mbaakaba mutwe wa nsondo. Kkilisito uba biyeni mbuuli mutwe wansondo? Mulumi weelede kuba mutwe biyeni kubanakwe? Nzeezili zitondeezyo zijatika?
 - *Mulumi ngo muzulwidi*

- *Jesu wakaaba buumi bwakwe acheelelo chakwe chakuba Leza kuti abe Mufutuli wesu aboobo mulumi weelede kulipeda mukulela, kutabilila akupa zyelede kubanakwe peepe kulilanga lwakwe biyo.*
- *Taangili banakwe kuti balibombye pesi weelede kubayanda buzwide. (Kkilisito tayaangili pe nsondo kuti ilibombye.)*
- *Mulumi natola ntaamo weelede kusanguna wayooma abanakwe saansi mpawo achite eecho chibotela banakwe peepe kulanga zimubotela we alike.*
- Mbuuli kuti mulumi weelede kuyanda banakwe mbubo mbuuli Kkilisito mbakiiyanda Nsondo yakwe, nga ulalupandulula biyeni luyano lwa Leza?

NJOOMO MUTUBUNGA KANIINI

Belesya **BBUKU LYASIKWIIYA** - mikuli yaBalumi aBakayintu.

Bala kuli 1 Ba-Korinto 13:4-8, Ba-Filipo 2:1-8 akuli Jowani 13:2-17 mpawo usandule mibuzyo iitobela:

- Minchali eeyi ilupandulula biyeni luayando lwa Leza?
 - 1Ba-Korinto: 13:4-8 – moyo mulamfu, *buuya, talukwe bbivwe, talulyuumi kaango, lulalemeka, talulichiti zyalo, talufwambaani kunyema, talubambi zibi ziyakayinda. Talubotelwi kunchito mbi pesi lubotela kusimpe, lulatabilila, lulasyoma, lulachaamba, alimwi lulajatilila. Luyando talukachilwi pe.*
 - Ba-Filipo 2:1-8 – kulibombya, kulanga ziyandisyo zyabamwi saansi, kubelekela bamwi akulipeda.
 - Jowani 13:2-17 – *kubelekela bamwi*
- Niinzi nchaakelede kuchita Timeus (kuzwa kulwaano ndutwabala) kuti ayande banakwe Leah mbuuli mbulutuyiisa Bbayibbele?
 - *Kulipeda kuti agwasizye imwi milimu aamunzi akusobana amwana*
 - *Abe aachiindi chakuba aLeah*
 - *Kusungwaazya Leah kuti kaswayila bampuli yakwe*
 - *Ambuule akusungwaazya buliyidilano bubotu aakati ka Leah abanyinazyala.*
- Mulumi nga ulalutondezwa biyeni luyando kubanakwe muleezi nzila? Mutubunga twenu, amuzwe azintu zilikumi zijatika nzyanga ulachita mulumi kuti atondezwe luyando munzila zili boobu kubanakwe.
 - *Kulelekelela banakwe naakuti baba aakutamvwanana*
 - *Aswiilile kumizeezo yabanakwe aawo nibayanda kutola ntaamo.*
 - *Kugwasya kulanga mwana – mbuli kusanzya mwana*
 - *Kutekela banakwe maanzi*
 - *Kusyomeka kubanakwe*
 - *Kulanga bana kuchitila kuti banakwe bajane chiindi chakuswayila bamwi.*
 - *Weelede kulanga ziyandisyo zyabanakwe sansi katanalanga zyakwe.*
 - *Abe chitondsezyo chilikabotu mulizyamuuya – kubona kuti mpuli ilayinka kunsondo amviki.*
 - *Kukombela banakwe*
 - *Kukumbila kumvwa mizeezo yakwe akuyooma antoomwe muzintu zikoloondo*
- Ngaali mapenzi aajanika na mulumi tazuzikizya mukuli wakwe mbuuli mbulyaamba Bbayibbele?
- Kansiinga mulumi wakajata banakwe mbuuli mbuli yiisa Bbayibbele, ubonaanga zyalikuno leta nzi mumakwatano?

NGAMBO ZYABOOLA

Zyakutobelezwa kulisikuzulula: Mulange lubo mibuzyo ilaajulu. Kumbila tubunga toonse akamwi kaabe zyako nchito. Kulakonzeka kujanika zimwi zyakubeja pesi zichitwa mutunsiyansiya; bweeda kuli zyaambwa mu Bbayibbele mpawo ubasungwaazye kukomba aatala anzizyo.

NJOOMO MUMBUNGA MPATI

Leza wakapa balumi (*aabo bakwete peepe baalumi*) mikuli mipati yobile mumakwatano – kuti babe bazulwidi akuyanda bakayintu babo mbubo mbuuli mbaakayanda Nsondo Kkilisitu akuliyanda lwakwe. Jesu wakatondeezya chiimo chamulanda, kusanzya mawulu aabasikwiya bakwe akwaaba buumi bwakwe kuti tufulwe. Jesu wakali aamoyo mubotu aluyando, wakaaba cheelelo chakwe chakuba Leza alimwi taakwe naakali kudyamiizya.

Nchikoloondo kuti twamvwisisisya Jesu mbakalikutondeezya mikuli yobile eeyi, alimwi tatweelede pe kutobelezya wome twasiya umbi. Na twalanga buumi bwa Abrahamu tulajana kuti aawo mpaanonga walanga mukuli womwe kasiya umbi zyalikumweetela mapenzi.

1. **Kuba mutwe/muzulwidi pesi kaatakwe luyando (Matalikilo 12:10-16):** Abrahamu wakayinka abanakwe ku Egypt kabachija nzala. Wakaambila banakwe kuti kabayabuti munyaandumi wabo kuchitila kuti atajiigwi. Eezi zyaamba kuti Sara wakatolwa a Faro kuyooba umwi wabanakazi bakwe. Muli eeyi nzila tulikubwene kuti Abrahamu wakatondeezya kuba muzulwidi mubotu mukweezya kumana mapenzi amuunzi aanzala kumpuli yakwe. Nikuliboobo taakatondezya luyando pe kubanakwe nkaambo wakati babeje bakwatwe awumbi mwaalumi. Leza nguwe wakazonjilila kuti agwisye Sara mupenzi eelyo.
2. **Kuyanda, pesi kaatakwe kuba muzulwidi wang'anda (Matalikilo 16:1-4):** Sarah wakaambila Abrahamu kuti akoone a Hagar kuchitila kuti babe amwana pesi mapenzi naakabuka wakaambila Abrahamu kuti amwaande lubo Hagar. Abrahamu wakachichita chikumbizyo chamukayintu wakwe Sara kaatakwe naakakomba kuli Leza kuti abone kuti ulikutola ntaamo ilinjiyo na. Wakalikumuyanda Sara pesi mpaakamvwa chikumbizyo chabanakwe wakeelede kubayeezya kuti kunjila muntobo nkwabantu bakwetene biyo, kakaka kuzuminana aawe.

Munchito zyobile eezi Abrahamu taakaba mulumi mubotu pe. Kutu mwaalumi kayanda kuba mulumi mubotu weelede kuba muzulwidi AKUBA aluyando kubanakwe mbubonya Jesu mbakiiyanda Nsondo. Chimwi kuti chachitka chimwi kachitawo lukwatano lulafwa.

Mukuli wa Mukayintu

NJOOMO MUMBUNGA MPATI

- Mucheengele chenu ulibiyeni uutegwa ngomukayintu loko?

Amubale kuli Matalikilo 2:18, 20.

- Leza umupandulula biyeni mwanakazi? (*mugwasizyi*)
- Nga ulamupandulula biyeni 'mugwasizyi'? nzeezili zintu zizibidwe kuchitwa amugwasizyi?

Amubale kuli Duteronomiyo 33:29 akuli Ntembawuzyo 121:1-2.

- Ngwani mugwasizyi muminchali eeyi?
- Nga ulamupandulula biyeni mugwasizyi muminchali eeyi?

Isimpe ndyakuti mumulaka wakusanguna ibbala lyakabelesegwa muminchali yoonse eyi, Leza naakapandulula mwanakazi mbuli mugwasizyi wakalikwaamba musyobo wamugwasizyi uulikwaambwa muchikozyanisyo chabili. Satani wakatweena akutupa kumvwisisisya kutalinkuko kwabbala lya 'mugwasizyi'. Teensi ndilyo pe lyamuzeezo wakuba mulanda nakuti muzike. Bupanduluzi bulimbubo Leza mbwakalikwamba aatala amugwasizyi mboobu bwabili. 'Mugwasizyi' muBbayibbele muntu musimu uza kuzoogwasya, akupa ziyandikana kumuntu weelede kugwasigwa. Eeli bbala lyakabelesegwa tusika kkumi lilamusanu akamwi kalitondeezya bube bwa Leza: Ngonguwe manguzu eesu, nguutununa, nguututabilila ngolugwasyo lwesu! Leza wakaanza Eva kuti ape manguzu alugwasyo lweelede kuli Adamu.

- Akumvwisisiya chaamba ‘mugwasiziyi’ muBbayibbele zisandula biyeni kumvwisisiya kwesu mukuli wamukayintu?

Amubale kuli Ba-Efeso 5:22, 24, 33; akuli 1Peter 3:5.

- Ityeni minchali eeyi aatala amukayintu?
 - *Mukayintu weelede kulibombya kumulumi wakwe mbuuli ku Mwami.*
 - *Mukayintu weelede kumulemeka.*

Leza wakapa bakayintu mikuli mipati yobile mumakwatano. Chaakusanguna nduyando, kulemeka akulibombya muni lyabalumi babo aabo bali bazulwidi bampuli. Chabili nkuba mugwasiziyi wabuna leza uusimide awukonzya.

NJOOMO MUTUBUNGA TUNIINI

Belesya **BBUKU LYASIKWIIYA** – mikuli yaBalumi aBakayintu – kuti musandule mibuzyo ootobela:

- Nzeezili zimwi zintu Leah nzyakeelede kuchita kuti abe “mugwasiziyi” weelede akuti alemeke Timeus?
- Nzeezili zimwi nzila nzitunga tulaba ‘bagwasiziyi’ akutondeezya kulibombya kwabunaleza akulemeka balumi besu? Mutubunga amuyeeye aatala azitondeezyo zikonzya kusika kumi.
 - *Kujika chakulya, kuyiila mung’anda azimwi.*
 - *Kubona kuti zizwaato zyampuli zili sapidwe*
 - *Kumusungwaazya kumilimu yakwe*
 - *Kubumba muunzi unoonezya*
 - *Kusungwaazya balumi besu*
 - *Kwaabana mizeezo amibono yesu abalumi besu*
 - *Kukombela balumi besu*
 - *Kulemeka balumi besu*
 - *Kwaambuula kabotu aatala abalumi besu*
- Nga aleenda biyeni makwatano kuti mwanakazi wachita eezi zintu?
- Niinzi cheetelezegwa akuti mwanakazi teensi wachita mikuli yakwe mbuli mbulipandulula Bbayibbele?

NGAMBO ZYABOOLA

Zyakutobelezya kulisikuzulula: Chita kuti tubunga twaabane nziwalemba. Mulange lubo mibuzyo ilaajulu. Na kwaba kutamvwanana akutamvwisisiya mpawo kwabuka mibuzyo yakuti chambaayi kuti mwanakazi alibombye muni lyamulumi wakwe. Baambile bakabale lubo chaandabo choonse kuli Ba-Efeso akukumbila Leza kuti abape busongo.

NJOOMO MUMBUNGA MPATI

Zyakutobelezya kulisikuzulula: Na kachizibilikide munyika yanu kuti banakazi mbibachita milimu myiingi, eechi chibeela tachikoyelela pe. Chilakonzya kweetelzya kusimya mabejo aakuti banakazi beelede kubeleka mbuli bazike baalumi kabakkede kabali kubeebela. Pesi kuti banakazi bategwa bachite biyo zimwi zintu, aboobo chibeela eechi chilakonzya kugwasya mukupa bweendelezi bujanika muBbayibbele aatala amilimu yeelede kuchitwa abanakazi.

Bala ku Tusimpi 31: 10-31.

- Eeyi minchali yakalembwa aatala ani? (*mwanakazi ulabulemo*)
- Ngwani wakali kulembelwa minchali eeyi? (*vs. 2 – baalumi*)
- Amulembe aansu milimu iilikuchitwa amukayintu ooyu
 - *Ubelesya maboko aakwe kupanga zintu – zizwaato azimwi zyamunda.*
 - *Ujika chakulya chibotu champuli uyakwe*
 - *Ulawula muunda*

- *Ulabyala ma sansa*
- *Ulawula akusambala kabotu kuzisambalilo*
- *Ulabeleka chamanguzu*
- *Ulaaluyando kubachete abayanda lugwasyo*
- *Ulayibamba ng'anda yakwe*
- Njiili milimu izibilikede kuchitwa abanakazi mucheelngele chenu? Njiili iitegwa teensi yabanakazi mucheengele chenu?
- Nkaambo nzi ooyu mwanakazi nalemekwa? (talimukandu pe alimwi ulakozya mpawo ulatambulika)
- Njiili milimu iichitwa aabanako? Ubalemeka biyeni?

Ntaamo Zyakutola

NJOOMO MUMBUNGA MPATI

Bala kuli Ba-Efeso 5:21.

- Ooyu munchali ututondeezya nzi aatala amukuli wabalumi abakayintu mumakwatano abunaleza?

Zyakutobelezya kulisikuzulula: belesya **BBUKU LYASIKWIIYA** - Luyando a Lulemeko - naa kakuli kuswaanana kwabanakazi abalumi nakuti kakuli penzi lyakwaambuzyania kabotu akati kabanakazi abaalumi mucheengele chenu. Aaya aalawo malembe aayeledekabotu.

Tukkala katuyeeya aatala azintu nzitusyuulizizya kuti kansinga nzituchitilwa abalumi naa bakayintu besu. Ngatwabijilwa kuli zyoonse nzibatatuchitili. Eezi mulichimwi chiindi zitupa kuti tube akuyeesesya kuti muntu ngwekwetene aawe uchindiyanda na, akuti uchindilemeka na. Atweezye iimbi nzila yakuyeeya akuchita zintu.

AMWEENZINYOKWE

1. Amulembe aansu zintu zichitwa amulumi nakuti banako mukukugwasya? (Kulibatakwetwe/batakwete niinzi chichitwa awuso naakuti abanyoko kukugwasya?)
2. Kamulangide nzimwalemba amukombe kamulumba Leza nkaambo kabantu mbimukwetene aabo (nakuti bazyali).

KULILINGULA OMWINI

Niinzi nchonga ulachita kabotu nwamana zyiyo eezi zinga zilakugwasya kusumpula kwatwa lyako naakuti buliyidilano bwako ampuli yako?

1. Muzuba litobela:
 - **Balumi:** ambila banako kuti ulalumba kubawo kwakwe antoomwe azyoonse nzyachitila mpuli yenu. Buzya kuti mpuchili na nchayanda kuti umugwasye aacho kuchitila kuti buumi bwakwe buube. Yeeya akuti ulayanda kuziba akumvwa kuti ulamuyanda.
 - **Bakayintu:** ambila mulimi wako kuti ulalumba kubawo kwakwe antoomwe azyoonse nzyachitila mpuli yenu. Buzya kuti mpuchili na nchayanda kuti umugwasye aacho kuchitila kuti buumi bwakwe buube. Yeeya akuti ulayanda kuziba akumvwa kuti ulamuyanda
 - **Batali mumakwatano:** ambila bazyali bako kuti ulalumba kubawo kwabo antoomwe azyoonse nzibachitila mpuli yenu. Buzya kuti mpuchili na nchibayanda kuti ubagwasye aacho kuchitila kuti buumi bwabo buube.
2. Aboobo abuzuba eezya kuchita nichiba chomwe chintu chitondeezya kuti mulumi naakuti banako (bazyali) ulabayanda akubalemeka. Mbuli chitondeezyo:
 - Leah takeelede pe kunyontookela Timeus naalikuchedwa kuboola alimwi wakeelede kuba amoyo mulamfu kuli banyinazyala.
 - Timeus wakeelede kufwaambana kusika kung'anda kuzwa kumulimu azosobane amwana, kazuwa a Leah aatala azuba lyakwe antoomwe akuti wayusa biyeni.

3. Tola chiindi echi lino ulembe aansu zintu nzyoyeeya olike kuti ulakonzya kunozichita abuzuba muleeyi mviki. Komba kuli Leza kuti akugwasye muleezi zintu.

Eezi ntaamo zilakonzya kuyuma. Na kotanakonzya kuti waambuule amulumi nakuti mwanakazi wako nakuti bazyali bako, tola mweenya wakusanguna kukomba abuzuba. Chiindi choonse nobijilwa naa kusululwa komba. Lumba Leza akukupapa bakazi nakuti mulumi ukumbile Leza amugwasye mumakwatano eenu.

Chiiyo chabili 2: Makwatano Mabotu

Mpalamo mpati

1. Tukonzya biyo kuba amakwatano aanonezya kuti twakonzya kuziba kusiya nkutuli aako aakati kesu abaabo mbitukwetene aabo antoomwe abasinzubo zyesu balafwiifwi.
2. Tweelede kwiiya nzila ntuloko alimwi zamu Bbayibbele zitugwasya kumana kulwana akutamvwanana.

Zyakubelesya

Bbuku Lyasikwiiya:

- a. **Kuziba Kusiya Kwesu (awumwi apegwe lyakwe mpawo mbibakwetene aabo abalalbo ubachitile.)**
- b. Kumana Kulwana/Kutamvwanana Kwesu

Manjililo Kumusobaano

NCHITO YAMBUNGA MPATI

Zyakutobelezya kuli sikuzulula: kumbila banakazi batatu balipeda: awumwi mupe zina lamusobaano, Mara, banyina, bachizi bayisi – Susanna.

Sikuluula: Mara wakkala aachuuno mung’anda mulibanyina, ulisuLwidwe. Ulikaambuula abanyina.

Mara: “Muchado wesu wakali mubotu loko alimwi ndakalikuyeeya kuti kukwatana kwesu akulako kunooli kubotu loko. Pesi lino musule amweezi womwe biyo zyoonse zyasanduka.”

(Bachizi bayisi, Susanna, banjila.)

Susanna: “Niinzi chasanduka?”

Mara: “Taakwe nchindakali kulangila pe, nkuti biyo ndakali kuyeeya kuti ndinoobotelwa ndazookwatwa, pesi lino nga kukazyania biyo abuzuba. Taakwe chintu nchituzuminana kulinchicho pe.”

Susanna: “Amu, ambebo ndakaleelyo penzi liloobu amulumaangu! Pesi umwi muchizi wandeende wakaambuula ambebo wandigwasya loko. Na kweza tuzowambuule,”

NJOOMO MUMBUNGA MPATI

- Niinzi chachitika mumusobano ooyu?
- Eezi nga zyachitika na muloobuno busena?
- Nkaambo nzi nizichitika?
- Bantu balaabana na abamwi mapenzi aabo mbuli mbaakachita Mara kubachizi bayisi Sussana? Nkaambo nzi?
- Ngaali malayilile ngitunga tulapa kuli Mara?

Makwatano Mabotu

Kumwi kutamvwanana kulakonzeka kuchitika nikuba mumakwatano aatakwe penzi. Kuti wajana muntu ukwaambila kuti tana buunsi waba akutamvwanana mukukwatana kwakwe unooli talikukwaambila simpe lyoonse pe.

- Nzeezili zintu zivulide mukutamvwanana kuli bali mumakwatano?

NJOOMO MUTUBUNGA TUNIINI

Amubale minchali iitobela – niinzi nchitumvwisisisya chinga chilatugwasya njatilo yesu kutwaambo twakutamvwanana?

- 1 Ba-Korinto 15:41 & 1 Ba-Korinto 12:4-7 – Leza wakatwaaanza awumwi awumwi munzila iisiyene, tulijis jilo lisiyene alimwi awumwi ulazipo zisiyene kuzwa kulizyawumwi. Tweelede kukumvwisisisya kusiyana ooku alimwi tweelede kulipeda kutambula kuti Leza wakatwaaanza munzila iisiyene.
- Kuli Ba-Efeso 4:32 – tweelede kufwida nsoni akuba aamoyo mulamfu mpawo katukonzya kulipeda kulekelela katuyeeya kuti aswebo tula lewula.
- 1 Peter 3:9 & Mateyo 5:23-24 – *tweelede kukkala katulibambilide kukumbila lulekelelo. Nansya kakuli ngumbi muntu wasaanguna kulwana, tweelede kulibambila kuti zintu zibote.*
- Ba-Filipo 2:3-4 – *tweelede kutola bamwi bantu mbuuli bakoloondo kwiinda ndiswe.*

NGAMBO ZIBOOLA

Zyakutobelezya kulisikuzulula: buzya kamwi kabunga kuti kayiyya nzi kuzwa kuminchali yakusanguna aatala akweendeleya kulwana. Ambila kambi kabunga kuti akalako kaabe nchikayiiya.

NJOOMO MUMBNGA MPATI

Kulabawo kutazumunana. Leza wakatusiyanisya. Nkutuzwa kulasiyana alimwi nitukwatana nga tulangila zintu zisiyene. Awumwi ulaamufaniskisyo wakwe mumutwe kuti ooyo ngwatazokwate naakuti uutazomukwate unooli biyeni pesi tazikonzeki pe kuti aabo bantu babe mbuli mbutuyeya.

NCHITO YAKULICHITILA AWUMWI MPAWO ABAABO BAKWETENE

Zyakutobelezya kuli sikuzulula: awumwi muntu ulayanda lyakwe **Bbuku Iya Sikwiya** kumutwe wamakani wakuti – Kuziba Kusiya Kwesu. Nkukoloondo kuti upe zyakutobelezya zili aantanganana munchito eeyi! Kuti bantu kabatakonzyi kubala naakuti kabatali kumvwisisisya minchali iilembedwe weelede kuti ubabalile we awumwi mutwe wamakani mpawo bo kabali kubikka mpa amweengo. Usungwaazye kuti beelede kuba simpe mukusala kwabo. Kusanguna beelede kulanga kkwa lyoonse kabaya bubikka mpa aawo mpubayanda. Mpawo bapandulwide kuti babweede musule kabayabubukka mpa ya “O” aawo mpubayeeya kuti mbibakwetene aabo nzibayanda. Baambile kuti nchikoloondo kuti tabazuwisyanyi pe abamukabo aatala anzibayanda kusala lino. Naa kakuli uutakwe mukakwe aawo ngapegwe limbi pepa lyakwiinkaalyo kumunzi kuchitila kuti ooyo uutawo akazuzikizye mpawo bakumaninsya bakazuwisyanye. Nibachita oobo tubili mpawo baambile bakwetene aabo kuti balange kabali antoomwe.

Awumwi muntu weelde ajane Bbuku Iya Sikwiya tualalilanga tubili Bhuku eeli:

1. Kakusanguna – bala mutwe wamakani mpawo ubike “X” ezina lya kazitondeezya kuti **nzyoyanda we**.
 - Atuchite chakusanguna katuli antoomwe. Kutazuminana – aawo nikuli kutazuminana nga ulayanda kuti kaambo kamanwe mpawaawo naakuti ulayanda kuti kube luumuno biyo? Naa koyeeya kuti weelede kukkala koleta luumuno mumakwatano aako, bikka “X” afwiifwi akumamanino amweengo ulikuchilisyo. Kutu koyanda kuchita zyoonse bikka “X” aakati kamweengo.
 - Chita oobo pepa lyoonse mane likamane koyabutondeezya nzyoyanda we kuli chimwi achimwi.
2. Kabili - bala awumwi munchali koyabubika “O” amweengo mpoyeya kuti mukako nakuti umwi wamumpuli yako nzyayanda. Tamuzuwisyanyi pe aatala azeezi amukako. Bikka mpa aawo mpoyeya kuti mpayanda mukako.
3. Nimwamaninsya iwe amukako 1 a 2 amutondeezyanie mpawo muzuwisyanye awumwi mutwe wamakani antoomwe amibuzyo iilikusule lya Bbuku Iya Sikwiya.

Lesson 2: Recognize Our Differences

1. For each topic mark on the line with an "X" where **your** preferences lie.
 2. For each topic mark on the line with an "O" where your spouse or friend's preferences lie.

Disagreements	
Sort it out immediately _____	Keep the peace _____
Money	
Spend _____	Save _____
People	
Spend time with others _____	Spend time alone _____
Planning	
Make plans and stick to them _____	Be spontaneous _____
Punctuality	
Arrive early _____	Arrive just in time or late _____
Relaxation	
Go out _____	Stay home _____
Sleeping	
Go to bed late _____	Get up early _____
Sport	
Enthusiast _____	Uninterested _____
Clothes	
Formal _____	Casual _____
Tidiness	
Very tidy _____	Messy _____
T.V.	
Keep it on _____	Throw it out _____

What other differences have created conflict in your relationship?

5

Mpawo nimwamaninsya amutondezanyane nizmwa lembelena mpawo muzuwisyanie lubo:

- Wakonzya na kudombola ziyandwa amweenzinyokwe? Kulichakugambya na?
- Iwe amukako naakutu wamumpuli yako mwaba ansandulo zyeendelana na kulizyoonse?
- Ngaali masena ngimufwambaana kumvwanana?
- Mpaali mpumusiylene loko?
- Nguuli mutwe wamakani weetelezya kutamvwanana loko mulukwatano lwenu?
- Amwaambuule aatala akuti niinzi nchimunga mulachita kuti mumane mapenzi aaya.
- Ngamulabelesya biyeni kukonzya kwawumwi kuti musumpule lukwatano lwenu?

Kuti nimuchizwa kukwatana, zilakonzeka kujanika kuti kuliziyingi loko zimusiylene kulinzizyo. Kwiinda kuti usandule mweenzinyokwe, yanduula zintu nzyakonzya kuchita kabotu mpawo umugwasye kuli eezyo nzyatakonzyi. Kulakonzeka lubo kuti mweetanga taakwe kusiyana kuliwo pe nkaambo taamunakubona pe kusiyana ooko. Mweelede kuzoochita nchito eeyi kuti mwazobona kuti kusiyana ookuya kwatalika kuboneka.

4. **Amulembe mabambe kamuli antoomwe:** amulembe aansi nzila nzimunga muyootobelezya mukulanga awo mpumusiylene loko. Amusale zibili mpawo mulembe aansi kuti mulazichita biyeni kuti penzi limane.

Chitondezzyo chakusanguna – imali

Naa mukako kayandisya kubelesya mali nyingi webu koyandisya kubamba mali, amubambe kuti mulabelesya biyeni mali mpawo akuti imwi mulayibamba biyeni. Amwi mulakonzya kuzuminana kuti amweezi mweelede kubamba mali iiteede, mpawo mukako ulakonzya kujana chimwi chimpanzi chamali amviki/amweezi kuchitila kuti ayibelesye kuula ziyandikana kazyeeendelana akuzuminana kwenu.

Chitondezzyo chabili – Kulyookezya

Naa kakuliti iwebu uyandisya kulyookezya koli ang'anda mpawo mukako uyandisya kulyookezya kwakweendeenda mweelede kuzuminana kuti muchite chitamubotezye moonse. Mulakonzya kusala kuti limwi zuba mumviki mwaya kukweendeenda mpawo limwi zuba mwakkala aang'anda. Naakuti mulakonzya kuzuminana kuti uuyanda zyakweendeenda weendeenda mpawo uyanda kukkala wakkala ang'anda kwiinda mukuzuminana kwenu.

NGAMBO ZIBOOLA

Zyakutobelezya kulisikuzulula: kumbila bakwetene baabilane aatala amabambe aabo ngibachitila kusiyana komwe.

Kusiyana kwesu kulakonzya kweetelezya kulwana kuti temwakkala aansi akwaambuuzyanina antoomwe akubamba mbumunga mulachita zimugwasya kamuli babili.

Nzila Zyakumana Penzi Iya Kwiimpana

Kwiimpana kunokkede kakuliwo, pesi tweelede kwiya kukumana munzila iyyaka. Tatweelede kuleka kulwana kakuli kukomena. Tweelede kufwambaana kumana penzi eeli kalitanajana mweenya wakuti likomene.

Kuli Ba-Efeso 4:26 twaambilwa kuti tatweelede pe kuleka zuba litubbilile katunyemedede. Ooku nkuyeezegwa kuti tweelede kufwaambana koolola kwiimpana kwesu peepe kulinda kuti mane kukavule mazuba katunyemezyenie. Eechi nchikoloondo mumakwatano eesu antoomwe amubulidilano bwamumpuli zyesu.

NJOOMO MUTUBUNGA TUNIINI

Amubelesye **Bbuku Iya Sikwiya** – kumutwe wamakani uuti Kumana penzi Lyakwiimpana/kutamvwanana. Amubale awumwi munchali. Mpawo atulembe aansi chintu chikoloondo nchitunga tulachita mukumana kutamvwanana kwesu.

- Mat 7:3-5 – *Ba achoonzyo kuti usangune kubona bwako bulewusi saansi, utanofwambaani kutondeeka bulewusi bwabamwi.*
- Mat 18:15 – *mwaambuuzyanie kamuli aamulikke aatala akaambo aaka, peepe kunembo lyabantu naa kunembo lyabana kapati.*
- Tusimpi 15:1 – *Mwaambuule myooyo kiibombede. Kuti kamunyemedede amwiimike kwaambuzyanina kusikila mwanymunuka.*
- Ba-Kolose 4:6 – *Bikka antanganana nzolikusyanda kwaamba obootu obootu peepe munzila yabunyeme.*
- Ba-Filipu 2:3 – *Eezya kuswiilila zilikwaambwa awumwi uzimvwisisisye. Kulakonzeka kuti we ulimumo webo nduwe walewula.*
- Ba-Efeso 4:26 – *Wazwaakwaamba maboneno aako, utanjili munkazyanio koyezya kuti umwi muntu alakwe atole lyako bbazu. Chiimwi chiindi ulakonzya kuzumina mukwiimpana alimwi eezi kuti zyachitwa muluyando, luumuno lunoliwo.*
- Tusimpi 19:11 – *Utamvwi machise naakuti unyeme. Ba aaluyando kwiinda zyiindi zyoonse kuchitila kuti luumuno lubewo mung'anda yenu.*

NGAMBO ZYABOOLA

Zyakutobelzya kuli sikuzulula: tubunga nitwamana kuyanduula zintu zikoloondo, amuzilange lubo kamubelesya malembe aalajulu. Lemba mutwe mukoloondo wamunchali awumwi abboodi iituba.

NCHITO MUTUBUNGA TUNIINI (mulakonzya kusala kutachita)

Kamubelesya mizeezo mipati njimwazwaayo, amuchite misobaano yobile – umwi kuutondeezya nzila iteelede yakumana aayo kwiimpana umwi kuutondezya iilikabotu. Mulakonzya kubelesya nzila yomwe izibilikide kuti iyeta kwiimpana. Mulakonzya kubelesya zitondeezyo nzitwachitide musule.

Zyakutobelezya kuli sikuzulula: ambila akamwi kabunga kachitile bamwi wako musobaano. Buzya kulibamwi kuti niinzi nchibabona chikoloondo chatachitwa naa chachitwa mumusobaano.

NDANGEMUSULE MUMBUNGA MPATI

Muleechi chiiyo, twaiya kubona kusiyana kwesu mubulyidilano mbutulaabo, amuchite mabambe akweendelezya kusiyana ooku akwiya nzila zigwasya kumana penzi akwiimpana kwesu kufwambaana.

- Nzeezili eezi nzila nzyonga ulati ulafwambaana kuluba naakuti zilakulemena kuchita?
- Njiili imwi mizeezo iinga ilakugwasya kuyeeya simpe eeli muchiindi chiboola nwazoba akwiimpana awumwi wako?

Yeeya kuti eezi nzila teensi nzyabantu bakwetene biyo naakuti uzibelesye kuli mukako alikke. Zilakonzya kubeleseghwa nikuba kulini aawo abuka kutamvwanana biyo.

Zyakutobelezya kulisikuzulula: amummaninsye akukomba mpawo ubagwasuye bonse kuti kabatazuminani bazichite muluyando lwabunaleza akuchita kuti kusiyana kwabo takweeti mpopoonenga akulwana.

Chiiyo chatatu 3: Kubona Nchisyamoyo

Mpalamo mpati

1. Tweelede kuyanduula akuziba mbutwetelezya machise kulibamwi nkaambo twaambo tutamani tweetelezya kunyonyoona makwatano.
2. Kukumbila lulekelelo chamoyo woonse kulibaabo mbitubisizya kulatugwasya kuti buliyidilano bwesu buboole antoomwe.

Zyakubelesya

Chitondeezyo chijatika (kumamanino achiiyo):

- a. Mufanikisyo wampuli (akamwi kabunga akapegwe omwe – kuudelidwe)

Bbuku lya Sikwiya: mitwe yamakani iiti

- b. Ziba Zichisa (awumwi muntu apegwe)

- c. Ntaamo zyakukumbila Lulekelelo (awumwi muntu apegwe)

Itepu yakunamatizya (yeelede kuzulila kuti kamwi kabunga kakonzye kubikka mpuli antoomwe)

Ndange musule aManjililo

NJOOMO MUMBUNGA MPATI

Zyakutobelezya kulisikuzulula: buzya kumbunga kuti mpuzili na nzibachiyee kuzwa kuchiiyo chayinda.

Amulange lubo minchali yamu Bbayibbele kuchitila kuti muyeezyaanie aatala ampalamo mpati.

- Nzeezili zimwi nzila nzitwakayiya aatala akuti nga tulazuwisyana biyeni antoomwe akuti nga tulamana biyeni kusiya kwesu?

Nansya mumakwatano mabotu tazibuliki zyiindi zijanika aawo mwanakazi amulumi wakwe nibamvwisyana machise. Chimwi chiindi machise aaya ngakulichitila pesi chimwi chiindi alachitika muntu katezi pe.

NCHITO YAMBUNGA MPATI

Zyakutobelezya kulisikuzulula: Pa kamwi kabunga mufanikisyo wampuli udelwidwe uuli mu **CHITONDEEZYO** - Mufanikisyo wa Mpuli (uube aatumpanzi tune tuyoosika kumusanu kamwi) mpawo ubape a tepu yakunamatizya. Baambile kuti banamatizye mufanikisyo ooyu ube antoomwe.



Kaatakwe chakunamatizya, kwalikunoba kuyumu kubweedezya mufanikisyo ooyu mbuuli mbuwabede. Lulekelelo nje namatizyo eeyi njitwati ni “tepu” mubulyidilano bwesu, ikapati mumakwatano. Ilajata tumpanzi antoomwe naansya kwaba kwaanzana mubulyidilano bwesu.

Kuchisana kujaya makwatano. Kupa kuti bantu baleke kuswenana aafwiifwi alimwi kabatachigwasyanyi pe.

Muleechi chiiyo, tuyanda kulanga mbutunga tulayakulula makwatano aakanyonyooka nkaambo kanchisyamoyo.

Chakusanguna – Kuziba Machise

NJOOMO MUMBUNGA MPATI

Zyakutobelezya kulisikuzulula: Amulange **BBUKU LYASIKWIIYA** – kumutwe wamakani uuti – Kuziba Nchisyamoyo – kamuli antoomwe. Pa mweenya wakulilingula awumwi nimwazwa kubala aawo mpawo muzuwisyane aatala aminchali yamu bbayibbele.

Amubale kuli Matayo 5: 23-24.

- Katulangide munchali ooyu mubonaanga nkukoloondo biyeni kuboonya aamwi kuzwa kumachise naa kukulwana?
- Waamba nzi munchali ooyu naa kuuti 'kuba achintu chikazyania anduwe'?
- Niinzi nchitunga tulachita naa kamuli nchisyamoyo mumakwatano?

Bbayibbele litubikila antanganana kuti tweelede kusanguna twabozyania antoomwe saansi mubulyidilano bwesu. Leza wakachibona kachili chikoloondo kuti tweelede kujana bwiima kuchita nkombyo twasanguna kuyo lekelelana. Kufwambaana kulekelelana kutupa kufwiinsya kukomena kwamachise. Musule lyamyeezi miche, eecho chakatakide kaali machise maniini chilakonzya kuba penzi pati loko.

Muli ooyu munchali tulayeezegwa kuti, naa kakuli muntu ngutunooli twabisyania aawe twelede kufwaambana kuyo kumbila lulekelelo. Mumunchali lubo uutobela tutondeezegwa kuti nansya katuli ndiswe twabisigwa, mukuli uchili wesu kuti twiinke tukaambuzyanie.

KULILINGULA OMWINI

Tulatola chiindi chifwiifwi muchuumunizi awumwi kalikuyeeza kuti mpaali mpakabisizya mweenzinyina (ooyo ngokwetene awe, naakuti kotakwetwe yeeya muzolani wako naba umwi wamumpuli yako). Yeeya aatala azeezi zitobela:

- Mpuchili na chimwi chintu nchuwakachilwa kuchita pesi nchoyelede kuchita?
- Mpuchili na chimwi chintu nchuwakachita (naakuti ncholi kuchita) pesi kotayeleda kuchichita?
- Kuli mpuwakakachilwa na kuchita chintu nchuwakezi kuti mukako ulayanda kuti uchichite?
- Kuli majwi achisa na nguwaambide?
- Kuli mpuwakakachilwa na kutondeeza luyando abusungwaazi?

NJOOMO MUMBUNGA MPATI

Bala kuli Mateyo 18:15.

Teensi biyo kuti tweelede kuziba aawo mputwakabisizya bamwi besu amputwakeeta machise mulukwatano, tweelede kulibambila lubo kukonzya kwaambila bamwi besu zintu nzibatubisizya awaawo mpubatweetela machise. Muli chimwi chiindi umwi wako nga teensi walibambilide kuti akwetele machise pe, pesi machise aaya ulamvwa webo. Chimwi chiindi nga tebazibona pe nzibachita. Kutu tewaamba webo kuti eezi nzyalikuchita zikupa machise alimwi zipa kufwa kwalukwatano, umwi wako taakwe nanga ulaziba pe kuti nchibi aboobo taakwe nikutabe kukkala kabotu.

KULILINGULA OMWINI

Lino tola kayindi uyeeye zyiindi nzuwakali wachisigwa. Chilakonzya kuti umwi wako ulichizi nakuti tachizi kuti ulikukuchisa.

- Mpuzili na nzila nzuwakali wachisigwa amukako?

ZYAKUCHITA

Komba mpawo ulipede kuti usangune kwaambuzyanie amukako aatala azeezi zintu mviki njiino.

Aakati kesu toonse taakwe uululeme pe. Mpubali mbitwakachiswa aswebo mpubali bakatuchisa. Muchiyo eechi choonse, tulayiya aatala anzila zyakuti tumvwanane lubo akulekelelana kuzwa kumachise aaya mubulyidilano bwesu. Muliino mviki tuyanda kulanga zintu nzuwayeeza lino mpawo uzuwisyane amukako – kokumbila lulekelelo ayebo kolekelela aawo ayelede.

Chabili – Kumbila lulekelelo aawo nochisa Bamwi

NJOOMO MUMBUNGA MPATI

Niinzi chitukachizya kuti tukumbile lulekelelo akuti tuleekelele bamwi?

- *Kulipa*
- *Bweeme*
- *Kujana chiindi*
- *Kuyoowa*

Bala kuli Luka 15:11-22.

- Nzeezili mpingo nzyakaswaana ooyu mwana muniini?
- Niinzi chaakachita ooyu mwana muniini kuti akonzye kubumba lubo bulyidilano bwakwe awisi?
- Niinzi nchitunga tulayiya kulwa kulwaano oolu aatala akukumbila lulekelelo?

Zyakutobelezya kulisikuzulula: *Lemba ntaamo eezi abbodi naakuti ulembe pepa pati mpawo uzibale ntaamo eezi. Mpawo kumbila balipeda babale kuzwa mu **BBUKU LYASIKWIIYA** kumutwe wamakani uuti – Ntaamo Zyakukumbila Lulekelelo – ipandulule ayimwi ntaamo. Boonse nibazimvwisisya ntaamo eezyo, maninsya akuti bachite tusobano twakukumbila lulekelelo.*

Kuli Ntaamo zili musanu akamwi zyakukumbila lulekelelo naa ndeetelezya machise:

1. Zumina kuli Leza
2. Zumina kulooyo ngwabisizya *kaatakwe nopa njetelezyo zyakuti ufwidwe nsoni.*
3. Amba eecho nchuwabisya
4. Kumbila lulekelelo
5. Sanduka kunchito zyako
6. Tambula njetelezyo zyanchito zyako

Atwambuule zyiingi aatala antaamo zyakukumbila lulekelelo:

Ntaamo zyakukumbila lulekelelo

1. **Zumina kuli Leza** – nituchisa bamwi besu akuli Leza nga twabisya. Tweelede kuya kuli Leza twaakukumbila lulekelelo kuli nzitunooli twabisya. Kutambula lulekelelo lwa Leza kutupa kuba amoyo wakulibombya wakuti tukonzye kukumbila lulekelelo kumuntu.
2. **Zumina kulooyo nguwbisizya kaatakwe nopa njetelezyo zyakuti ufwidwe nsoni** – chiindi chiingi nituyanda kukumbila lulekelelo, tuyandisya kwaambuula zintu zyiingi kuti nkaambo nzi nitwakazichita. Chimwi chiindi eezi zipa kuti sikutulekelela ayuminwe.

Chitondeezyo 1:

Kwaamba kwa Kusola: Ndizi kuti ndakakwaambwida kunembo lyabeenzinyokwe jilo, *pesi teensi ndalikunochita oobo kaansinga tewakatuchedesya a wola lyomwe.*

Kwaamba kabotu: Ndakakubisizya kukwaambwida kunembo lyabeenzinyokwe jilo; teendakeeelede kuchita oobo pe.

Chitondeezyo 2:

Kwaamba kwa Kusola: Ndilizi kuti ndakakubisizya jilo mansiku mukukwaambwida bubi, pesi weelede kuziba kuti banyoko bakkede kabaambula bubi aatala andime mazuba woonse alimwi ndakatala amilimu yoonse.

Kwaamba kabotu: Ndakabisya ngambwiido njindakachita kulinduwe jilo golezya. Ndakumbila undilekelela kukweetelezya nchisyamoyo.

Langa zitondeezyo zyobile zilajulu. Ncheenchili chitondezyo nchonga cha nchisyamoyo njonga ulalekelela?

3. **Amba nzuwabisya** – Baasimpe aatala achintu ncholikuyanda kulekelelwa. Ulakonzya kwaamba kuti “Ndilabweeme kapati anzindachita” naakuti “Ndalimvwa nkeli ndakakubisizya loko anzila njindakakujata aayo.”
4. **Kumbila lulekelelo** – tweelede kuziba kuti tulayanda kulekelelwa. Kulakonzeka kuti umwi wako tanaba muchiimo chakukulekelela mpawaawo weelede kuba aamoyo mulamfu. Komba kuti Leza agwasye mweenzinyokwe akonzye kukulekelela. Toyelede pe kumwaangila kuti aambe biyo kuti wakulekelela we katayandi.
5. **Sandula nchito zyako** – kuzumina akukumbila lulekelelo akulikike takuzulili pe kuti tetwabamba kuti tusandule nchito zyesu, naakuti katulibambila kwiindulula lubo bubu oobo. Limwi bbazu lyakuyakulula buliyidilano ndyakubona kuti waba achiyandisyo chakusandula nchito zyako. Weelede kweezya mpokonzezya kutayindulula chintu chibi eecho.
6. **Tambula zyeetelezegwa anchito zyako** – muntu ulakonzya kuyanda chiindi kuti azookulekelele. Weelede kuba aamoyo mulamfu ukumbile Leza kuti amugwasye akulekelele. Zimwi nchisyamoyo zipa kuti takuchibi kusyomana mulukwatano. Weelede kuzitambula kuti mukako ulakonzya kusweekelwa lusyomo ndwakali aalo kulinduwe. Eezi nduwe nunoli wazyetelezya. Kukumbila lulekelelo takwaambi kuti zyoonse zyasanduka mpawaawo. Chimwi chiindi weelede kujana bupona azintu nzonoli walyetelezya. Zitola chiindi kuti nchisyamoyo njunoli weetelezya imane.

NCHITO KAMULI BABILI

Amuyeye chintu nchimunga mulayanda kukumbila lulekelelo kuzwa kuli mukako naakuti umwi wamumpuli amwiinzizyane kamulikuchita musobaano utondeezya kuti nga mulakumbila biyeni lulekelelo.

Zyakutobezezya kulisikuzulula: ulakonzya kutamba aabo balipeda kuchita wabo musobano kunembo lyabamwi.

Masimpilo

Ba-Efeso 4:31-32 baamba kuti, “Amugwisye kunyema koonse... mube aayomyo milamu akufwidana nsoni, mulekelelane, mbubonya Kkilisito Leza mbaakamulekelela.”

Muleechi chiiyo echi, twalanga zimpanzi zyakusanguna zyobile zigwasya kuyakulula buliyidilano bwakanyonyoonwa anchisyamoyo.

Ntaamo 1: Ziba nchisyamoyo njwakeetelezya ayeeyo njwakachitilwa. Leza wakatupa manguzu akuzibamba zyoonse.

Ntaamo 2: Kumbila lulekelelo (fwambaana kulanga ntaamo musanu ayimwi)

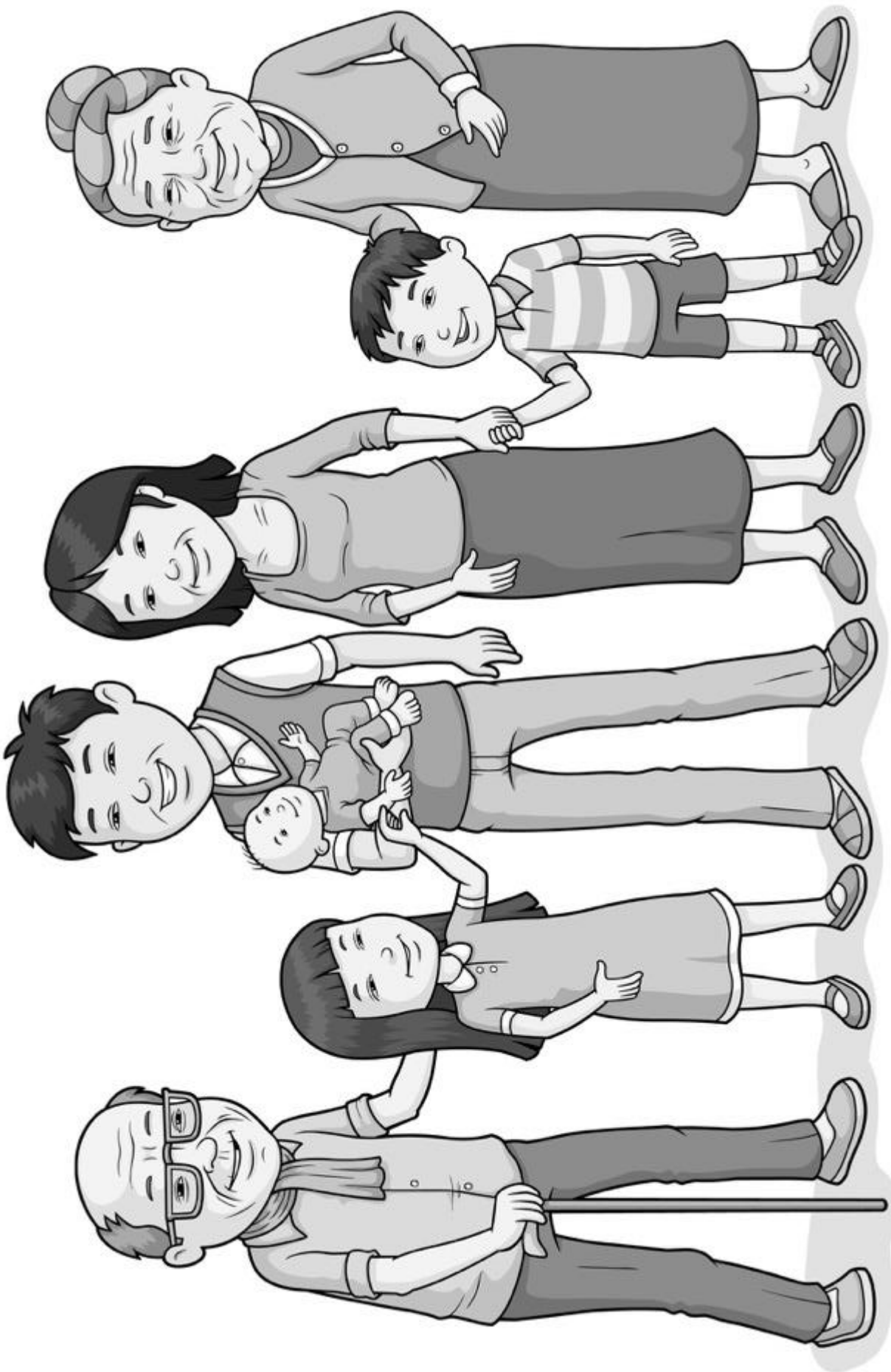
1. Zumina kuli Leza
2. Zumina kulooyo nguwabisisiza kaatakwe nopa njetelezyo zyakufwidwa nsoni.
3. Amba eecho nchwaabisya
4. Kumbila lulekelelo
5. Sanduka kunchito zyako
6. Tambula njetelezyo zizwa kunchito zyako

Muchiindi chiza, tunolanga ntaamo zyakulekelela akwiindulula lubo.

ZYAKUCHITA

Kumbila Leza akutondezye nanka mpuchili mumakwatano eenu nchoyelede kukumbilila lulekelelo.

1. Bamba nzila yakuti ulasanguna lili kwaambuuzyani amukako. Iwaambulawe kumbila lulekelelo kunchisyamoyo nzuwakayetelezya. Eezya kutobelezya ntaamo eezi. Kuti kotakwete naa kotakwetwe ulakonzya kuzibelesya lubo ntaamo eezi mukubumba bulyidilano bwakanyonyooka abamwi bamumpuli yako, basinzubo naa bazolani.
2. Yanduula chiindi cheelede chakwaambuuzyania. Yanduula chiindi chakuti taakwe nichitanjilinganisigwe achakuti basikwaambuzyania tabakatede pe.
3. Komba kuli Leza kuti akupe moyo wakulibombya amajwi aayeleda aakwaamba. Komba kuti Leza amuchite mukako akonzye kukuswilizya alubo abe aachiyandisyo chakukulekelela.
4. Zipede ku Mwami kuti azichite eezi. Mpali na ukonzya kukukombela akukwaangila kuti uzichite eezi?



Chiiyo chane 4: Lulekelelo

Mpalamo mpati

1. Tulekelela bamwi kuzwa mukutobelezwa kulekelelwa nkutwakachitwa a Leza.
2. Kulelekelana nchintu nchitweelede kuchita amoyo mulamfu kuyoosikila nchisyamoyo yoonse ikamane mubulyidilano.

Zyakubelesya

Bbuku Lyasikwiiya:

- a. Ntaamo zyaku Lekelela

Ndangemusule

NJOOMO MUMBUNGA MPATI

- Nzeezili nchito zyakusanguna zybile muchiiyo chayinda zilangene aakuyakulula makwatano aakanyonyooka?
 - *Ikuziba nchisyamoyo antoomwe a Ntaamo zyakukumbila kulekelelwa aawo nuwabisizya bamwi.*
- Nzeezili ntaamo zili musanu aakamwi zyakutobelezwa mukukumbila lulekelelo?
 1. *Kuzumina kuli Leza*
 2. *Kuzumina kumuntu nguwasizya kotakwe nopa mulandu kulumwi naa kulichimwi chintu.*
 3. *Kumbila kulekelelwa chintu nchuwabisya*
 4. *Kumbila lulekelelo*
 5. *Sandula nchito zyako*
 6. *Zitambule ziteetezegwe anchito zyako.*

Balekelele bantu bakakubisizya

NJOOMO MUMBUNGA MPATI

Mubale minchali iitobela mpawo mubufwiifwi mwaambe mbulyaamba Bbayibbele aatala alulekelelo.

- Luka 23:34 – Jesu waka lekelela alimwi wakaziba kuti bamwi taakwe nibezi nzibalikuchita
- Matayo 18:21-22 – Jesu wakaambila Pita kuti alekelele tuli 77 (katwiindulwidwe tuli musanu atubili 7)
- Ba-Kolose 3:13 – Amulekelelane mbubonya Mwami mbatulekelela

Leza wakatulekelela zyiingi. Utwaambila kuti tulekelelane. Chimwi chiindi kulalema kulekelela bantu banga batubisizya.

- Kuzwa muli nzuwakabona naakuti nzuwakayinda mulinzizyo, niinzi zyeetezegwa aakutalekelelane mumakwatano?
 - *Nchisyamoyo- kuti zyiilikana*
 - *Kubulika kwalusyomo akati kenu*
 - *Kutakkutisika mumakwatano alimwi kazyetelezya kutasyomeka.*
 - *Kulwana mumpuli – bana abalabo balimwa kabalimubuyumuyumu akuyoowa.*

Lulekelelo ndukoloondo kuchitila kusimya makwatano. Mu Bbayibbele tulaambilwa chiindi chiingi kuti tweeleda kulekelela. Pesi tweeleda kusanguna kumvwisizya kuti niinzi lulekelelo akuti niinzi chitali lulekelelo.

Zyakutobelezwa kulisikuzulula: eenga mabbokesi obile abboodi mpawo limwi bbazu ulembe kuti “Teensi kulekelela” limwi bbazu ulembe kuti “Nkulekelela”, lemba akamwi kampango kolikukapandulula.

TEENSI kulekelela	NKULEKELELA
<ol style="list-style-type: none"> 1. Mamvwido 2. Kutambula zintu zibi zichitika aalinduwe naa kuzumina kuchitilwa nchito mbi akutajataw kabotu. 3. Kuyanda kuti muntu asanduke katutana mulekelela 4. Kuluba 5. Kulyazaazya akweenena kuyeyanga tazilikuchitika. 	<ol style="list-style-type: none"> 1. Nkulisalila nkutuchita 2. Kulangana achintu chibi nchitwachitilwa mpawo twazumina kulekelela kaatakwe kujatila mukako mulandu. 3. Kuzumina kuti Leza ulamusandula akumulekelela nansya katanasanduka. 4. Kubikka mukako mumanza aaLeza nikuba ulakonzya kochili aanchisyamoyo; pesi kotali kuyanda kubweedezya. 5. Kuzumina kuti lufu Iwa Jesu lwakaba luliyo lwazibi zyoonse.

TEENSI lulekelelo:

- **Mamvwido.** Kulekelela nchintu nchitulisalila kuti tuchite. Tatweelede kulinda kuti tumvwe mukati kamyoyo yesu kuti lino ndayanda pesi tweelede kusala biya kulekelelela umwi. Tatulibuzyi pe mubuzyo wakuti “Ndilimvwa nkeyanda kulekelela na?”, pesi tweelede kusala kulekelela akuleka kulifwida nsoni kutupa kuyanda nkwichi naa kubweedezya.
- **Kuyanda kuti muntu asanduke kotana mulekelela.** Tatukonzyi kwaangila muntu kuti asanduke. Tualalekelela nkaambo Kkilisito wakatulekelela alimwi utwaambila kuti tulekelele bamwi, kakatali kaambo kanzituyanda kuti zichitwe awumwi muntu.
- **Kuzumina kuchitilwa zibi.** Nitunga twalekelela bamwi, tachaambi kuti tweelede kusyoma kuti nzibakatuchitila zyakali kabotu. Tweelede kuziba kuti nzitwakachitilwa zyakali zibi pesi tulalekelela kakuli mbuboo. Nkaambo kakuti twakonzya kulekelela tachaambi kuti tweelede kuleka muntu ooyo kaswini katubisizya. Lulekelelo talwaambi kuti tweelede kuzuminina kwiindululwa kwanchito mbi kazichitwa kulindiswe.
- **Kuluba.** Chimwi chiindi nkulemu kuzwaaluba nuwazwa kulekelela muntu, pesi tweelede kuti nitwamvwa kunyema kakuboola twalekelela lubo
- **Kulyazaazya akweenena kuyeyaanga tazilikuchitika.** Nitunga twalekelela muntu, teensi tulikwaamba kuti nzibakachita nzibotu naakuti teezyakatuchisa. Tulikwaamba kuti nikuba kuti zyakachitika zyakatuchisa biyeni, tuli lipedeleda kubalekelela. Tusyoma kuti Leza ulakonzya kusandula umwi muntu.

Kulekelela:

- **Nkulisalila nkutuchita.** Mbulikutambula kulekelelelwa nkutwakachitwa aLeza akumulemekela.
- **Kulangana aachibi nchitwakachitilwa.** Tweelede kuziba kuti kuli chintu chibi nchitwakachitilwa alimwi tweelede kuzitambula kuti chakatuchisa, pesi tusala kuti tatukojatilila pe aanchisyamoyo.
- **Kusyoma kuti Leza ulamusandula muntu.** Tweelede kuzisiila kuli Leza kuti nguusandula muntu nansya twamulekelela katanasanduka.
- **Kumubikka mumaanza aaLeza.** Aawo nitulekelela, tatuchikwe pe cheelelo chakubweedezya naaku kkwichizya. Pesi atuleke Leza alichitile muntu wakwe mbuli mbayanda we.
- **Kuzitambula kuti lufu Iwa Jesu lwakaba luliyo lwazibi zyoonse.** Musule lyakulekelela muntu toyelede pe kukkala komuyeezya zibi nzyakakuchitila akuchita kuti akuchitile zintu nkaambo kazyo.

Kulekelela kulakonzya kulema ikapati kuti wakabisizigwa apati. Bbayibbele lila tuyeezya kuti tulekelela biyo mukulumba lulekelelo ndutwakachitwa aLeza, peepe kuti ooyo muntu uleelede kulekelelwa. Nitulekelela teensi nga tulikwaamba kuti zyachitwa amuntu nzibotu, pesi nkwaamba kuti tulalipeda kuleka Leza abe mubetesi mpawo we ulalisalila nchayanda kuchita kumuntu ooyo.

KULILINGULA OMWINI

- Nguuli muzeezo mupya ngwaayiya aatala alulekelelo?
- Ulazibesya biyeni nzwaiya mumakwatano aako mumviki iibola eeyi?

Ntaamo zya Lulekelelo

NJOOMO MUMBUNGA MPATI

Zyakutobelezya kuli sikuzulula: bala lwaano lutobela:

Adamu a Eva bakali bakatala kubeleka kwazuba lyoonse muchilili. Kuzwa muchindi nibakalya muchelo ngubakali bategwa tabalyi a Leza, bakali batalika kutamvwanana akwaambwidana chiindi choonse. Muchiindi chayinda taakwe nibakali kutondeezya kubijilwa nkaambo kakusiyana kwabo pesi mumviki zibili zyiinda taakwe nchibali kuzuminana pe. Adamu wakalikuyanda kulyookezya kumagolezya pesi Eva wakalikuyanda kuyoyendeenda muchilili. Adamu wakalikuyanda kulya michelo pesi Eva wakalikuyanda chisyu. Eva wakali kuyanda bana pesi Adamu walikubotelwa kuti bakkale kabali babili. Adamu wakali kuyanda koono muni lye nyenyeezi pesi Eva wakalikuyanda kona aamatu kabali abusena busisikide. Boonse kabali babili bakabijilwa zyakuti bakaba ampopoonenga mpati yakapa kuti baambwidane majwi mabi mpawo Eva wakalila Adamu weenda.

Kayabweenda Adamu, wakayeeya kuti wachisya moyo wa Eva amajwi ngawamaba antomwe akweenda nkwachita. Wakawusa, pesi wakali nyemede kuti taakali kumuswiilila kulinzyayanda pe. Wakayeeya kuti, “Wamutanda alikkke nkaambo kakutamusiilila, aboobo lino waziba nzyayanda”. Adamu wakamvwa Leza kamubeteka akubisya nkwakachita alimwi wakaziba kuti ndisimpe. Wakayimikila mpawo wafugama wakomba.

“Leza, ndilizi kuti teensi ndali aaluyando amoyo mubotu kuli Eva. Ndazumina kuti ndalikuyanda kuti amvwe kuchisa nkundalikumvwa alimwi ndeetanga ndachita chibotu. Ndabisya alimwi nchito zyangu nimbi. Leza ndilekelele alimwi undigwasye ndimulekelele Eva. Ndilasyoma kuti ulabeleka mumoyo wa Eva alimwi nsikobweedezya nkwichi pe kuzintu nzyachita kundichisa. Leza ndigwasye amane machise aali mumoyo wangu? Nsili mubetesi wakwe pe. Ooyo mulimu wako Leza. Ndigwasye nsibi aanchisyamoyo naa kubijilwa. Ndigwasye ndimulekelele mpawo usilike machise ngitumvwide toonse. Leza ndigwasye ndibe mulumi ngoyanda kuti ndibe akuti tube aalukwatano lubotu. Ndalumba Ndeende akundilekelela akundigwasya kuti ndimulekelele Eva akumuyanda kabotu muchiindi chiboola.”

Adamu wakabweenda kuyoowambuula aEva...

Lwaano oolu lutuyeezya kuti nkaambo kachibi munyika, tunooli abuyumuyumu alimwi tulakonzya nikuba kuchisa bantu mbituyanda. Adamu watutondeezya ntaamo zyakulekelela nzitweelede kutobelezya awo muntu natuchisa.

- Nzeezili zimwi zintu Adamu nzyakachitea kuti amulekelele Eva kunchisyamoyo njaakamvwide?

Ntamo Zyakulekelela

*Zyakutobelezya kulisikuzulula: Belesya **BBUKU LYASIKWIIYA** – Ntaamo Zyakulekelela - kuti mwambuule aatala antaamo zyakulekelela. Nimwazwa kuzilanga ntaamo eezi, amulange kuti mulwaano Adamu wakachita biyeni naakuti wakaleka biyeni kuchita ntaamo zyeede. Mpawo gwasya kupandulula nzibatali kumvwisisya kabotu.*

Kuti nchisyamoyo njwaakaswana kiili yakali niini, nkuuba kuti uzitobelezye ntaamo eezi. Pesi kuti yakali mpati zilatola kayindi.

1. Zumina kuti nchuwakachitilwa chakali chibi
2. Zumina kuti ulinyemede alimwi ulachiyandisyo chakubweedezya.
3. Kumbila Leza akugwasye kuti umulekelele muntu ooyo
4. Sala kuti tokobweedezya pe

5. Lekana amuzeezo wenkwichi
6. Pa bubetesi kuli Leza
7. Kumbila Leza agwisye bunyeme anchisyamoyo yoonse akubijilwa kuli muli nduwe
8. Kumbila Leza akusilike machise antoomwe azimwi zyoonse zyeetelezegwa achibi chachitika mubuumi bwako.

AMUZOLANI (Uutali mukako)

- Nzezili ntaamo zyakulekelela zikuyumina?
- Niinzi chinga chilakugwasya kuti zikuubile?
- Ncheechili chimwi chintu chomwe nchoyanda kulekelela mukako?

Naa katakwe nchuwayeeya aatala amukako, yeeya naba umbi muntu wakakubisizye. Naa katakwe nchuwayeeya komba mumoyo wako kokombela aabo balimupenzi eeli.

NDANGEMUSULE

Zyakutobelezya kulisikuzulula: *bala ayimwi ntaamo kobalila mujulu basikwiiya kaba fwinyide. Yima kwaminiti yomwe nwaanzwa kubala ntaamo yomwe kuchitila kuti bajane mweenya wakuyeeya. Wamana kubala ntaamo zyoonse zili musanu azitatu, kombela kabunga aaka kuti Leza agwisye nchisyamoyo zyakaza aazibi nzibazwa kulekelela.*

Fwinya koli kuswiilizya akuyeya kulekelela mukako aawo ntaamo nizilimukubalwa.

Amusangune Lubo Antoomwe

NJOOMO MUMBUNGA MPATI

Amubale awumwi munchali mpawo mulaangule mpalamo iijanika muli umwi awumwi:

- 1Ba-Korinto 13:4-5 – Luyando talukwe twiingi twaangilwa alimwi talubambi zibi zyakachitikide.
- Jakobo 5:16 – kuzumina zibi zyesu, kukombelana akupana luse.
- Ba-Filipo 3:13 – Luba zyakayinda mpawo ulange ziza

Nitwamana kuziba nchisyamoyo amabambe aakuziba kukumbila lulekelelo antoomwe aakulekelela, tweelede kulipeda kusanguna bupya. Nkuyumu kuchita mabambe woonse aaya, aboobo tweelee kukombelana. Aboobo, kwiinda kuti tuyeeye zyakachitika chiindi, tweelede kulanga lyajuunza.

- Weelede kuyiila tungane amuunzi naakuti aang'anda yako?

Mbuuli kuyiila maanda, tweelede kukkala katuyiila myoyo yesu mumakwatano eesu chiindi choonse. Naa tetwayiila myooyo yesu, ilaba aakubungana kwazibi zikonzya kunyonyoona bulyidilano bwesu! Gwasya makwatano aako kuti akkale kaasimide akuchita mabambe aaya chiindi choonse.

Masimpilo

Zyakutobelezya kuli sikuzulula: *Chita ndange musule yakuti niinzi kulekelela akuti niinzi kutalekelela. Langa musule aantaamo zine zyakubusilizya makwatano akanyonyooka. Buzya naa kakulimbi mibuzyo.*

Muzyiyo zibili zyiinda twakaambuula aatala anzila zine zyakubusilizya bulyidilano bwakanyonyooka.

Muchiziyeede na kuti nzeezili?

- 1 – Ziba nchisyamoyo
- 2 – Kumbila lulekelelo kuti wachisa bamwi
- 3 – Lekelela bantu bakakuchisa
- 4 – Amusangune bupya antoomwe

Nitwamana kuchita eezi zintu tweeledede kulanga kunembo peepe musule. Tweeledede kuba simpe kuti tulatobelezuya mabambe aaya koonse nitwachisana. Tweeledede kulangila kuli Leza mumabambe aaya.

KUKOMBA MUKABUNGA KANIINI NAAKUTI KWABAKWETENE (eezi zilakonzeka kuchitwa abakwetene)

Mutubunga naakuti amukako, amukombelane. Amukumbile Leza amugwasye kuti mukonzye kulekelela bamwi mbuuli mbakakulekelela webo. Kumbila leza asilike bulyindilano bwenu kwiinda mukweezya kwako ntaamo zyakulekelelana.

Chiiyo Chamusanu -5: Kusimya Makwatano Aako

Mpalamo mpati

1. Kuti tuyandane kabotu ambitukwetene aabo tweeleda kuziba kuti niinzi chibatondeezya kuyandwa loko.
2. Aawo bakwetene nibakomba aamwi, nga babikka Leza aakakti kamakwatano aabo.
3. Tweelede kubikka bamukesu kunembo kwiinda bamwi nkaambo makwatano ngabantu babili.

Zyakubelesya

Bbuku Lyasikwiiya:

- a. Milaka musanu yaluyando

Manjililo

NJOOMO MUMBUNGA MPATI

Niinzi chichitwa asikuchijaana aawo nayanda kuti akazunde mumisobano yakwe? (*Mbuuli, kusimya mubili, kulibambila mazuba woonse, kubeleka chamanguzu, amwi akunyampula zilema.*)

Mbuzibede amumakwatano eesu. Lukwatano nchipo chibotu kuzwa kuli Leza, alimwi aawo balumi abakayintu babo kuti kabajisini mumakwatano aabo balachita zintu zipati loko zyakubelekela akupa bulemu kuli Leza. Pesi, kuti eezi zichitike kuyandikana kuti makwatano kaasimide alimwi kaali mabotu. Kusimya makwatano akuchita kuti akkale kaasimide kwabuumi boonse mulimu mupati loko. Muleechi chiiyo tulalalaga nzila zyaandene nzonga ulasimya aazyo makwatano aako.

Nzila Zitatu Zyakusimya Makwatano Aako

1. Tondeezya Luyando Lwako
2. Amukombe Aantoomwe
3. Bikka mukako kunembo kwiinda bamwi

Zyakutobelezwa kuli sikuzulula: *Lemba nzila zitatu zyakusimya makwatano aabboodi naakuti aapepa pati.*

Tondeezya Luyando Lwako

NJOOMO MUMBUNGA MPATI

Muntu woonse ulakuyanda kuyandwa. Kuti wayiia kutondeezya luyando kumuyandwa wako, zilasimya makwatano eenu.

Zyakutobelezwa kulisikuzulula: *babalile lwaano oolu.*

Caleb a Tamar balikwetene kwamyaaka musanu ayibili. Kabatana kwatana bakali kumana chiindi chabo choonse kabli antoomwe. Caleb wakali kukkala kaambila Tamar kuti mubotu biyeni alimwi Tamar alakwe walikukkala kaambila bazolani bakwe kuti Caleb ulaluyando amoyo mubotu. Nibakakwatana Tamar wakalikuyanda kubotezwa mulumi wakwe, aboobo wakalikuyiila akujika lubbe. Caleb wakalikuyanda kuba mulumi muntuloko aboobo wakalikubeleka kwachiindi chilamfu mukwezya kubona kati Tamar wakali aazyo zyoonse nzyakali kuyanda. Mumyaaka eyi bakaba aabana alimwi zintu zyakavula. Naboola kuzwa kumulimu Caleb wanoonga ulikatede loko alimwi wanoonga uyanda kulyookezwa. Chiimwi chiindi wanoonga weelela kuya kumuswaangano wansondo chimwi chiindi kugwasyania abazyali bakwe. Tamar wakayeeya zyiindi nzibakali kuyusa aamwi kabatana kwatana. Nikuba kuti wakali aabana bane, wakalikulimvwa kali aalikke loko. Kabali babili Caleb a Tamar taakwe

wakabotedwe pe mulukwatano lwabo, pesi bakalikuti mbiikkedwe kuti tabajani chiindi nchibakali kujana kabatana kwatana.

Bumwi buunsi bwe Nsondo, Mukambawusi wakalikwambuula aatala amakwatano munsondo. Wakambuula aatala abukoloondo bwakutondezya luyando kuli mukako akumulumba kuli nzyakuchitila. Wakaamba kuti kuli nzila zili musanu bantu bakwetene nzibanga balabelesya kuti bachite eezi – kuchitilana milimu, kwaambilana majwi mabotu, kupana zipo ziniini, kwaampampana akulipa chiindi chakuyusa aamwi. Wakabasungwaazya kuti awumwi akeezye kuchita chimwi chazeezi zintu mukati kamweezi womwe uboola mpawo babone zitachitike.

Caleb a Tamar bakazuminana kuti bakalikuyanda kuzichita nzibakayiisigwa amukambawusi wabo. Bakasanguna kwiiya kuchita zintu zipya. Caleb wakaza aamaluba limwi zuba kazwa kumulimu. Tamar wakalumba Caleb akubelekela mpuli chamanguzu. Caleb wakasanguna kugwasya Tamar milimu yaang’anda golezya. Tamar wakasanguna kujuza Caleb akumumyonta akumumbungatila lubbe naboola kuzwa kumulimu. Niwakayinda mweezi wakwezya zintu zipya mulukwatano lwabo bakali basanguna kubotelwa loko. Luyando lwabo lwakabweeda mpulwakabede kabachikwatana.

- Niinzi nchibakayiiya munzila zili musanu zyakutondezya luyando?
- Nzeezili zimwi nzila zyakatondezegwa a Caleb a Tamar kuku tondezyania luyando lwabo?

NJOOMO MUTUBUNGA TUNIINI

Nsiswa yakubamba luyando lweni mumakwatano nkuchita chintu chakuti mukako ulalimvwa kayandwa. Mubbuku Iya Garry Chapman litegwa ‘The Five Love Languages’ (Milaka Musanu Yaluyando), upandulula nzila zizibidwe zili musanu eezyo bantu nzibalimvwa kabayandwa.

Zyakutobelezya kulisikuzulula: Bala **BBUKU LYAMUYIISIYI** Kumutwe wamakani uuti– Milaka Musanu Yaluyando – kuti umvwisisisye milaka yosanwe eeyi mpawo uyeeye nzila zinga zilaba zibili kuyoosika kuli zine zinga zilabelesegwa kuchita eezi mulukwatano lwako.

Milaka Musanu Isiyene

Bantu balisiyene alimwi tulanzila zisiyene zyakutambula luyando. Naa watondezya luyando munzila iitali iipa kuti mukako amvwe luyando, nga kwabaanga ulikwambuula mulaka ngwatamvwi aboobo takoolumvwa pe luyando. Ulakonzya kuti ulikwambuula, pesi talikukumvwa pe. Naa koyanda kwambuula amukako wambuula mulaka wakwe. Mbukubede amuluyando, tweeleda kwiiya mulaka waluyando wawumwi kuchitila kuti tutondezye luyando munzila njibamvwisisiya.

Kuli milaka iili musanu isiyene yaluyando. Milaka. Bala awumwi mpawo uyanduule zila zyobile kusika kulizine nzyonga ulabelesya muli lwako lukwatano.

1. **Kubelekelana** – bamwi bantu balimvwa kabayandwa kuti abachitilwaimwi milimu. Zilakonzeka kazili zintu ziniini mbuuli kuyiila mung’anda, kusazya zilongo nanka kumwa sokwe aanze.
2. **Majwi aachisyomezyo** – bamwi bantu balimvwa kabayandidwe kuti bamwa majwi azwa kuluumwi. Kulakonzeka kakuli kulumbayizya mbuuli kuti, “Ujika kabotu loko” naakuti “Susu lyako ndibbotu” naakuti “Ulimukayintu wachoonzyo”. Amwi nga kulaba kulumba kuti, “Ndalumba akujika chilalilo”, naakuti “Ndalumba akubeleleka mpuli chamanguzu”.
3. **Zipa** – bamwi bantu balimvwa kabayandwa kuti bapegwa zipa. Zipa tazyeelede kuba zyamuulo wajulu. Alakonzya kuba maluba ngwachela munzila koya kung’anda/kumuunzi naakuti kapeto nkwarembela mweenzinyokwe.
4. **Kwaampampana** – bamwi bantu balimvwa kabayandwa kwiinda mukwaampaampwa naa kujataatwa. Eezi zilabikilizya kujatana maboko nimuyabweenda, kumbungatilana, kujataata susu azimwi.

5. **Kutola chiindi chakuba antoomwe** – bamwi bantu balimwvwa kabayandwa kuti twatola chiindi chakuba antoomwe. Eezi teensi kwaamba kuti tuli mung’anda yomwe aumwi kalikuchita zintu zyakwe. Nkwaamba kuti nkupana chiindi katuli kuswiilizanya buzwide. Chimwiindi tulakonzya kweendenda buniini katuyabwiizya.

Ulakonzya kubbona kuti mukako uyandisya loko umwi mulaka waluyando kwiinda umwi. Awumwi muntu ulaanzyayanda. Eezya kuyanduula akubona kuti njili nzila iyyandisigwa amukako mpawo kolikumuchitila njiyo.

NGAMBO ZIBOOLA

Zyakutobelezya kuli sikuzulula: Ambila akamwi kabunga kuti kaabile bamwi aatala anzila zijatika nzibanga balachita kumilaka musanu yaluyando.

Naa katuyanda makwatano aalalukondo, tweelede kubona kuti bamukesu balikondedwe alimwi balimwva kabayandwa. Nansya kakulikuti mukako taakwe nchalikukuchitila, kuti wasanguna weba kumutondeezya luyando ulakulumba. Ulakonzya kuba aaluyando lulikukomena aalulekelelo luzwide kulinduwe. Kuti taalimwva kayandwa, kulayuma kukkala antoomwe alimwi ulafwambaana kukunyemena.

KULILINGULA OMWINI naa AMWEENZINYOKWE

Kuti koyanda kutondeezya luyando kuli mukako munzila njatayande, aboobo weelede kuyandula nzila njatayande loko, mpawo weelede kuyanduula nzila yakutondeezya aayo oobotu luyando mpawo uchite njiyo loko.

- Yeeya kuti niinzi chiyandwa loko amukako?
- Nzeezili zimwi nzila mpya nzyonga ulatondeezya aazy luyando kuli mukako?
- Amuliyeeye lwanu. Nzeezili nzila yakutondeezya luyando nzimuyanda? Niinzi zimwi zichitwa amukako zikupa kuti ulimvwe koyandawa?

Naa kakuli kuyumu kuziba kuti muyandwa wako uyanda nzi, ezya. Kwamweezi omwe yanduula mulaka waluyando womwe mpawo weeezye kutondeezya luyando. Njili mpindu njuwajana? Naa kaatakwe busandu, bweza umbi mulaka. Kolikweezya amweezi amweezi mane ujane busandu kuzwa kuli mukako. Eezyo kuti tee zyabeleka eezya kubuzya nchayanda.

Mukombe Antoomwe

NJOOMO MUMBUNGA MPATI

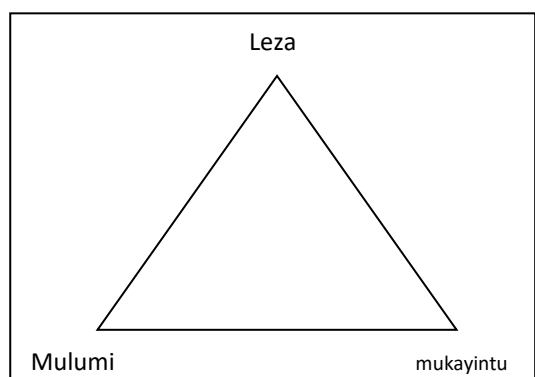
Amubale kuli Mukambawusi 4:12. “Musungu wabwaange butatu tukonzeki kufwambaana kudunsulwa.”

Chimwi chintu chigwasya kusimya makwatano nkukomba antoomwe. Nitukomba antoomwe tubikka Leza aakati kamakwatano eesu. Leza teensi wakazibambide munzila yakuti balumi naa bakayintu besu batupe zyoonse nzituyanda. Aawo nituyanda kuti mbitukwetene aabo batumvwisisye akutupa zyoonse nzituyanda nga twayisowa nzila mpawo twasanguna kuchitilana nchisyamoyo. Twakaanzilwa kuba mubulyidilano a Leza – we alikke nguukonzya kuzuzikiza zyonse nzituyanda.

Zyakutobelezya kulisikuzulula: Enga mufanikisyo ooyu a boodi naakuti aapepa pati.

Makwatano eelede kulangika mbuuli mufanikisyo ooyu:

- Mulumi weelede kali aabulyidilano aLeza
- Mukayintu weelede kali aabulyidilano aLeza
- Mulumi amukayintu beelede kabali aabulyidilano.



Chimwi chintu chinga chila tugwasya kuti Leza ajanikwe aakati kamakwatano eesu nkutola mweenya wakwaambuzyanai aawe katuli antoomwe, akwaambuzyania aawe koli oolike.

Kukomba antoomwe kulagwasya kuti mulumi amukayintu basimye makwatano aabo. Zipa kuti makwatano asime kwabuumi boonse. Nitukomba, tukumbila kuti luyando lwa Leza luchitike kumapenzi ngituswaanana aawo antoomwe ansaluuzyo nzituyanda kuchita. Kukomba kutugwasya lubo kuti tulangile kuli Leza kuli zyoonse.

Ngaya amwi malayilile aajatika azwa mukukomba antoomwe:

- Amusale chiindi chomwe chakukomba antoomwe alimwi muchitobelezaye mazuba woose. Chilakonzya kachili chiindi chakuya kukoona naakuti chakubuka, chilakonzeka kachili chindi bana nibaya kuchikolo.
- Kukomba lubbe. Kulimbubo kuti mwakonzya kujana mweenya wakukomba kayindi kaniini abuzuba, kwiinda kukomba chiindi chilamfu lumwi amweezi.
- Amusangune aakulumba Leza nkaambo kawumwi wako, makwatano eenu antoomwe ampuli yenu azimwi.
- Amubelesye chiindi eechi kukombelana ziyandisyo zyamweenzinyokwe, peepe ziyandisyo zyakujana nyika yoonse.
- Muchiindi chakukomba kwenu amuswiilizyane.
- Ba anchoonzyo kuti uulikukomba kuli Leza, peepe kwezya kubelesya majwi ankombyo yako kwezya kuti umwi asanduke achite nzoyanda we.

Bikka Mukako Kusanguna kwiinda Bamwi

NJOOMO MUMBUNGA MPATI

Zyakutobelezya kuli sikuzulula: Bala lwaano lutobela oolu.

Caleb a Tamar bakali kwiiya kutondeezyanika luyando munzila zilimbubo. Pesi bumwi busiku bakaba aakutamvwanana kupati loko, alimwi Caleb wakazwa wayinka abeenzinyina. Tamar wakanyema loko. Kutamvwanana ooku kwakasanguna aawo Caleb nakaambila Tamar kuti wakali kuyanda kuswayila bamwi banzubo zyabo kwamazuba aane. Pesi banakwe bakamwaambila kuti mwana ulamyeezi ine wakalikuchiswa alimwi taakoonede pe mansiku. Wakamupandulwida kuti wakalikuyanda kuti amugwasye kulanga bamwi bana antoomwe akubambila muunda kuti bazotalike kubyala. We wakati kuli umwi sinzubo yakwe uuchiswa wakalikumwiita kuti akamugwasye.

Caleb wakaboola mansiku kuzwa kubeenzinyina mpawo waambila bakazi kuti wakwambuula abeenzinyina bamwambila kuti ayinke akabone sinzubo yakwe uuchiswa. Aboobo wakati ulanyampuka bwacha.

Tamar wakalikkede kalikunyonsya, wakaambila mulumi kuti, chilamubotezya kuti walikuyanda kugwasya zimwi nzubo zyabo pesi wakalimvwide kali aakabbivwe kaniini – nkaambo nzi nakatakubona kuti wakali kuyanda kuti abe aawe amugwasye alakwe? Ngwani wali kunoomugwasya?

- Niinzi chakachitika mulwaano?
- Zilachitika na eezi oomuno mucheengele?
- Penzi lyakali aali?
- Uyeeya kuti ngwani wakalimubi aawa? Nkaambo nzi?
- Caleb wakeelede kuti achite biyeni kuti abikke banakwe kunembo?

Mwaalumi amwanakazi kabatana kwatana ngabali kumpuli zyabo, pesi nibakwatana nga basanguna yabo mpuli kabali babili.

Kuli Mako 10:6-9 Jesu utondeka kuminchali iijanika kuli Matalikilo yaamba kuti, muntu weelede kusiya wisi abanyina kuti babe nyama yomwe amukakwe, alimwi waamba kuti, “Aboobo, eecho Leza nchaabikka antoomwe, taakwe muntu weelede kuchaanzania.” Eezi zituyiisya bukoloondo bwalukwatano lupya oolu. Mwaalumi ulasandula zintu nzyalikubikka aatala kumpuli njazyalwa zibe zipati kumpuli yakwe mpya. Ulaamukuli waku lela banakwe abana bakwe saansi.

Eezi tazyaambi kuti twaleka pe kulemeka bazyali besu naakuti bamwi basinzubo zyesu.

Bala kuli 1 Timotiyo 5:8

Nkaambo mulukwatano bantu ngababa muntu omwe. Tweelede kubona kuti bamukesu tubabikka kunembo kwiinda bamwi bantu. Pesi tachaambi kuleka kugwasya basinzubo zyamulumi naakuti zyamukayintu wako. Bulidilano bwamulumi amukayintu, ngomukuli mupati ngutwakapegwa a Leza. Aboobo, tweelede kwiya kubikka kunembo bamukesu, katutalekeleli mpuli anzubo nkutwakazwa.

- Mulwaano oolu nzeezili nzila zitondeezya kuti Caleb wakali kubikka bamwi kunembo kwiinda banakwe?
 - *Wakaswayila muzolani wakwe kwiinda kuti akkale abanekwe*
 - *Wakazumizya kuti beenzinyina bamugwasye kusala kuswayila sinzubo kwiinda kuswiilila zyakaambwa aabanakwe.*
 - *Wakeenda abeenzinyina kwiinda kuti kagwasya banakwe amwana walikuchiswa.*
- Nzeezili zimwi zitondeezyo zyzintu nzituchita katubikka bamwi bantu kunembo kwiinda bamukesu?
- Caleb wakeleede kutondeezya biyeni nzila yakuyanda banakwe alimwi katondeezya luyando kunzubo zyakwe?

Kuli zyiindi zyiingi aawo mputweelede kubikka bamukesu kunembo saansi mubuumi bwesu. Bwasunu tulalanga zibili biyo.

1. **Chiindi** – Eezi tazyaambi biyo kuba antoomwe chiindi chiingi, pesi kuti aawompubatuyanda loko twapa mweenya wakuba aabo katutanaya kuli bambi bantu.
2. **Mizeezo** – mumakwatano, tutola ntaamo katulangene amizeezo njitutola katuli antoomwe nakuti katulangene amuzeezo wamukako ngwakaambide kale. Ntaamo zilangene aabantu bakweetene tazyelede pe kutolwa kazizwa kumizeezo yabamwi bantu. Mukayintu weelede kuba achakwaamba muntaamo zitolwa mulukwatano alimwi mulumi weelede kulemeka zyaambwa amukayintu wakwe. Eeyi ninzila itondeezya “kulipeda kwanu kumabambe a Kkilisito,” mbuuli mbukulembedwe kuli Ba-Efeso 5:21. Ntaamo ntuloko itolwa musule akwaambuzyania kubotu, kulangisisya akukomba antoomwe kwamulumi amukayintu wakwe.

Zyakutobelezya kulisikuzulula: *Gwasya kabunga aaka kuti kabone bukoloondo bwakubikka mpuli zyabo mpya kunembo kwiinda mpuli nkubazyalwa. Bagwasye babone bukoloondo bwakusanguna mpuli mpya akubikkana kunembo kwiinda bamwi bantu. Mpawo kabali antoomwe babili aaba beelede kwiinkila kunembo amukuli wakulemeka basinzubo zyabo nkubakazwa. Bapandulwide ubabikkile aantanganana kuti, teensi chaamba kuleka kugwasya mpuli anzubo nkubakazwa pe, pesi nkulemekana akusumpula mukako saansi. Weelede kupa chiindi chakuti mwambuule loko aatala akubikka aantanganana kuti kubikka mukako kunembo teensi kuleka kulanga basinzubo zyako.*

- Eezi zikonzya kusandula biyeni nzila mulumi amukayintu njibanga balabikka aayo bamukabo kunembo kwiinda bamwi?
 - *Balabumba mpuli njibalemeka akwiibikka kunembo.*
 - *Mpawo belede kabli antoomwe kugwasizya mpuli anzubo zyabo nkubakazwa.*

KULILINGULA OMWINI

Tola mweenya wakulanga mukozyanisyo omwe mubuumi bwako mbonga ulachita kuti kube mbubombubo kubikka mukako kunembo kwiinda bamwi. Kuli umwi awumwi mukozyanisyo komba kuli Leza akugwasye usanduke mpawo ukumbile lulekelelo kuli mukako kuti akulekelele mpuwakatachita kabotu. Kumbila Leza akugwasye kusanduka, koyeeya kuti mukuli wakusanguna ngwaakakupa Leza nguwamukako.

- Chiindi – kuliziyiindi na nonga wabikka bazolani bako kunembo kwiinda mukako?
- Ntaamo – mpuzili na ntaamo nzwaakatola kotakwe nuwabuzya kuti mukako ulimvwa biyeni anzizyo?

Masimpilo

NJOOMO MUMBUNGA MPATI

Sunu twalanga nzila zyoatwe zinga zilasimya makwatano eesu:

1. Tondezya luyando lwako
2. Kukomba antoomwe
3. Kubikka mukako kunembo

Amweezye kutobelezya nzila eezi mpumukonzezya munzila ilikabotu kuchitila kuti makwatano eenu asime.

Chiiyo chamusanu akamwi-6: Banakazi bali Aabulemu

Mpalamo mpati

1. Boonse banakazi abaalumi bali aabulemu bweelene nkaambo boonse balengedwe muchimo cha Leza mpawo bakafutulwa muli Kkilisito.
2. Tweelede kulemeka akujata banakazi mbuuli Jesu mbaakali kuchita, naansya kakuli kuti zilisiyene ambukuchitwa kutunsiyansiya twesu.

Zyakubelesya

Bbuku Iya Sikwiiya:

- a. Banakazi a Basimibi
- b. Tunsiyansiya anzila zya Jesu
- c. Cheengele chesu

Makkadi aasokwetete (green) aamuntongo (yellow)

Maanzi atumwi twakulya tutaligwe muchiiyo chambunga mpati

Manjililo

NCHITO MUMBUNGA MPATI

Zyakutobelezya kuli sikuzulula: Pa bantu balimumbunga makkandi aasokwe tete aamuntongo kaatakwe nolanga kuti wapaani lilibiyeni. Eezi weelede kuzichitila kuti bamwi banakazi babe mukabunga ka sokwetete bamwi baalumi babe mukabunga kamuntongo. Pa muntu okwe kukabunga kasokwetete **CHITONDEEZYO** chitobela – malayilile aakabunga ka Sokwetete:

“Amuye kusule ang’anda mwiimikile nkukooko mpawo mweebele, muswiilile loko kuchiiyo, pesi tamwambuuli pe. Chiiyo kachitana sangunaamupe maanzi atumwi twakulya ntumwabambide kuli kamwi kabunga. Inywe mutanywi maanzi na kulya mane ikamane nchito eeyi.”

Sunu tulachita zintu munzila iisiyene buniini. Awumwi muntu weelede kujana kkaadi – libe Iya sokwetete naakuti lyamuntndo.

Boonse bajisi makkadi aasokwetete baye kusule ang’anda bakabale malayilile mbuli kabunga. Aabo bali aamakkadi amuntongo balachaala kabakkede kabalinda njoomo itatobele.

NJOOMO MUTUBUNGA TUNIINI (BBUKU LYSIKWIIYA – Banakazi abaSimbi)

Amubale munchali umwi awumwi mpawo mwiizye kuti mulazuminana aawo naakuti pe, akuti nkaambo nzi?

1. "Basimbi mutolo kumpuli zyabo."
2. "Banakazi tabeelede pe kuba aabulongobusena mumazina aabo naakuti kukona lukono."
3. "Mwanakazi utakuswiilile uleelede kuumwa."
4. "Banakazi beeleda kuboneka biyo peepe kumvigwa."

Ntootuli twaambyo tujanika mutunsiyansiya twenu zitondeezya zilangilwa zisiyene kubanakazi akubaalumi? Mulazuminana antuto na?

Zyakutobelezya kuli sikuzulula: Eezya kuyeeya zimwi zitondeezyo zijanika mubukkale bwenu abalabo ubasungwaazye kuyeeya zimwi zitondeezyo.

NGAMBO ZIBOOLA

Zyakutobelezya kulisikuzulula: Ambila tubunga twaabane zintu nzitwalemba. Mpawo ulange awumwi munchali mpawo ubuzye kutubunga kuti tulazuminana aazyo naakuti pe akuti baambe kuti nkaambo nzi.

NJOOMO MUMBUNGA MPATI

Amubale kuli Matalikilo 1:27-28.

Ooyu munchali ututondeezya kuti banakazi abaalumi boonse bakalengwa muchiimo cha Leza. Amulembe aanso zintu zitutondeezya chiimo cha Leza mubanakazi amubasimbi.

Mu Bbuku lyakusanguna twakayiya kuti Leza wakabalenga boonse mwaalumi amwanakazi muchiimo chakwe, pesi tunsiansiya twesu tatubikki pe bulemu bwakahega kubanakazi a Leza nakabachita muchiimo Chakwe.

- Niinzi chichitika naa mwanakazi waleka kutobela miwu iilangilwa kumwanakazi mubukkale atunsiansiya twenu?
- Basinzubo abamumpuli yakwe ngabachita biyeni kuti wazichita eezi? (mulumi wakwe, bazyali abaku makwatwa)?

KWAAMBA MUBUFWIIFWI AATALA ANCHITO IITOBELA

Zyakutobelezya kulisikuzulula: ambila kabunga ka sokwetete kuti kaboole kazojatane abamwi. Sanguna akubuzya mibuzyo mifwiifwi kuli kamwi akamwi kabunga mpawo utole majwi aakuvunga njoomo kuzwa kutubunga tobele.

Kumaminisi aakonzya usika makumi aabili basikabunga kasokwetete bapedwe milawu yakutobelezya kuchitila kuti tabanjili munjoomo zyalikuchitwa mutubunga tuniini amumbunga mpati.

- **Kabunga ka Sokwetete:**
 - Mwalikulimvwa biyeni kutanjila nkumwachita munjoomo akutazumizigwa kwambuula?
 - Mwalikuyanda na anywebo kunjila munjoomo kamupa yenu mizeezo?
 - Mwakumbilwa kuti kamulikweeta maanzi achakulya pesi nywe tamulide. Mwalimvwa biyeni nizyalikuchitika eezi kamupa chakulya kukabunga kamu ntongo?
- **Kabunga ka Muntongo:**
 - Mwalikulimvwa biyeni aawo bamwi nibatanjila munjoomo yatubunga tuniini azimwi njoomoo?
 - Mwazibona na kuti bakamwi kabunga taakwe nibajana maanzi achakulya? Muyeyaanzi aatala azeezi?
 - Mwalimvwa kamukkalinkene naape? Nkaambo nzi?
- **Boonse:**
 - Niinzi chatali kabotu aatala azeezi zyachitika?
 - Njili myeenya yasweeka nkaambo kakutabeleka antoomwe akabunga ka Sokwetete munchito eeyi?

Muleechi chiiyo tulambuula aatala ambutuyeeya aatala abanakazi abasimbi. Tuyanda kubona lubo zimwi nzila nzitubajata aazyo zitondeezya kuti tatubapi bulemu bweelede pe.

Isimpe aatala a Banakazi

NJOOMO MUMBUNGA MPATI

Leza wakabalenga boonse mwaalumi amwanakazi muchiimo chakwe akubapa bulemu. Leza wakabaambila kabali babili kuti bazuzye nyika alimwi bayitonge kabali babili.

Bala kuli Matalikilo 3:6.

Adamu a Eva bakabisya akutalemeka Leza alimwi bakanjila mupenzi nkaambo kachibi chabo. Bulyidilano bwabo bubotu bwakadunsuka.

- Niinzi chakasanduka kubulyidilano bwa Adamu a Eva nibakazwa kubisizya akutalemeka Leza?
 - *Bakasolana*
 - *Mukayintu wakalikuyanda kutonga mulumi pesi mulumi wakalikutonga mukayintu.*
 - *Mabambe aaLeza aakujatana akuba bamwi akanyonyooka.*
- Chibi cheetelezya biyeni nzila zyakwaanzana munyika yesu antoomwe anzila banakazi njibalangwa aayo mutunsiyansiya twesu?

Amubale kuli Matalikilo 3:26-29.

- Mbaani bategwa mbana ba Leza kwiinda muli Kkilisito? (Boonse bali aalusyomo)
- Munchali ooyu waamba kuti takuchikwe mu Juda na muna masi, muzike na waangunukide, mwanakazi naa mwaalumi? Chamba nzi eechi? (Toonse tulijisi mweenya weelene kuti tube bana ba Leza)

Kwiinda muli Kkilisito boonse banakazi abaalumi balakonzya kuba ban aba Leza, basikukona buumi butamani, alimwi boonse balaba abulyidilano bubotu a Leza.

Bala kuli Nchito 2:17-18,21 akuli 1 Peter 4:10-11.

- Ooyu munchali waamba kuti niinzi chitazochitike aawo Muuya wa Leza nuyootilwa kubantu boonse?
- Chilamugambya na kubona kuti basimbi abanakazi abalabo mubali mukupegwa zipo zyabusinsimi zibelesegwa muchikombelo?
- Aawo muntu woonse nabelesya chipo nchapegwa a Leza niinzi mpindu?
- Niinzi chalikunoochitika kansinga basimbi abanakazi tababelesyi zipo nzibapegwa a Leza?

Leza upa zipo kubanakazi abaalumi kuti kuyakwe Bwami bwa Leza antoomwe akweeta bulemu kuli Leza.

- Nga ulabagwasya biyeni banako kuti babelesye buzwide zipo nzibakepegwa a Leza?
- Nga ulamugwasya biyeni mwana wako musimbi kuti asumpule akubelesya chipo nchapedwe a Leza?
- Nga ulabasungwaazya biyeni banakazi bamunsondo yenu amucheengele chenu kuti babelesye zipo nzibapedwe a Leza?

Tunsiyansiya twa Jesu ambaakali kujata Banakazi

NJOOMO MUTUBUNGA TUNIINI

Sunu tuyanda kulanga nzila banakazi njibakali kulangwa aayo muchiindi cha Jesu akuti we Jesu walikubajata biyeni banakazi. Amubale **BBUKU LYASIKWIIYA** kumutwe wamakani uuti– Tunsiyansiya twa Jesu anzila zyakwe – mutubunga twenu tuniini muyome aatala amubuzyo ulakkwa lyabili.

Tunsiyansiya twa Jesu:

Milawu yaba Juda ayama Roma teeyakali kulemeka banakazi pe. Banakazi bakali kulangwa mbuuli balaansi (bakalimunsi lyabaalumi tebakali bakoloondo pe) mukweezyanisigwa abaalumi.

- **Banakazi bakalikujatwa mbuuli zilongo.** Tebakali kulyiiminina pe. Bakalikunga kuti katali munsi lyawisi weeleda kali munsi lyamulumi wakwe. Baalumi bachi Juda bakali kukasigwa biya kwambuula abanakazi boonse mumugwagwa. Bubewo bwabo taakwe nibwakali kulembwa aansii pe nansya munchito mpati.
- **Banakazi bakali kufwiinsigwa amukukomba Leza wabo.** Bakali kuzumizigwa biyo kuya “Kulubuwa lwabanakazi” kuchikombelo. Tebakalikuzumizigwa pe kubala Jwi Iya Leza na kujatikizya mubweendelezi bwakukomba muchikombelo.

- **Banakazi bakali kusiigwa kunze kutwaambo twakwiiya.** Nkaambo lwiiyo lwakalikuchitilwa muzikolo zyama sinagogu, aboobo basimbi tebakali kuzumizigwa pe kunjila.
- **Banakazi tebakalikwe zyelelo pe mumulawu.** Tebakalikuzumizigwa kuba aabulongo/busena, kukona, naa kukaka mulumi. Banakazi tebakali kuzumizigwa pe kupa bukamboni kunkuta yamilawu biyo baalumi mbibakali kubambwiida.

Mulizyoonse, mutunsiyansiya twamuchiindi cha Jesu, banakazi bakalikulangwa mbuuli batasyomekede, battayiide, batakwe busongo alimwi myuuya yabo kiili munsu lyayabaalumi.

Nzila zya Jesu

Nzila zya Jesu kubanakazi zyakalisiyene loko azeezyo zyamutunsiyansiya twakwe. Wakalikulemeka banakazi abaalumi munzila zyeelene mubulemu. Banakazi bamuchiindi chakwe taakwe nibakalina mubona mwaalumi uuli mbuuli Jesu.

- **Jesu wakalikulemeka loko banakazi.** Wakalikwambuula abanakazi aantanganana. Jesu wakambuula amwanakazi mu Samaria wakali mumasi alimwi kali “sizibi” (Jowani 4:7). Wakambuula aaluzyalo, simpe amoyo mubotu kumwanakazi wakajanika kali kwaamuka (Jowani 8:1-11).
- **Jesu wakali kukambawuka kubanakazi alimwi awumwi wakali kumutola mbuuli muntu.** Jesu wakalikusikila banakazi abalabo mbuuli bantu bazwide beelede kuponesegwa akufutulwa mbuuli baalumi. Wakawuleka mulawu wakapedwe kuli Mozesi wakuti tokoyoguma wachikayintu uulikusamba (uulikumulonga) (Mako 5:25-34). Wakasilika mwanakazi wakatali kweenda kwamyaaka kumi lilamusanu ayitatu nkaambo kamuuya mubi alimwi wakamwiita kuti “mwana wa Abrahamu” (Luka 13:10-17). Wakasilika mwana musimbi wamwanakazi waku Kkenani (Matayo 15:22-28).
- **Wakayiisya banakazi.** Wakalikuswiilila mibuzyo anjoomo zyabo mubulemu. Jesu wakapa zipo zyamuyya zikoloondo kuli boonse baalumi abanakazi. Jesu wakayiisya Maria, mukulana wa Marita (Luke 10:38-42). Banakazi bakaba bakusanguna kubona Mwami wakali wabuka kubafu, mpawo bakaambilwa kuti majwi mabotu aaya bakaambile basikwiiya bakwe (John 20:1-18). Banakazi biingi bakalikweenda a Jesu alimwi bakalikugwasizya mubukambawusi bwakwe (Luka 8:1-3) aawo naakali kuyiisya basikwiiya bakwe amakamu aabantu.

Mibuzyo yakuyooma (BBUKU LYASIKWIIYA – nzila zya Jesu atunsiyansiya):

1. Nga mulayipandulula biyeni nzila yalikujaatwa aayo banakazi kutunsiyansiya twa Jesu?
2. We Jesu, banakazi wakabajata bukozyenie naa busiyene atunsiyansiya twakwe?
3. Kuli kukozyania kuliwo na akujaatwa kwabanakazi kutunsiyansiya twenu akutunsiyansiya twa Jesu?
4. Kuli kusiyana kuliwo na aatala anzila Jesu mbalikujta banakazi akujaatwa nkubalikuchitwa kutunsiyansiya twakwe?
5. Muyeeya kuti banakazi bakali kulimvwa biyeni Jesu naakali kubajata oobu?

NGAMBO ZIBOOLA

Zyakutobelezya kulisikuzulula: Bala mibuzyo ilajulu mpawo waambile tubunga kuti twaambane mizeezo yato ansandulo.

Mbuuli bana Kkilisito, tweeleda kutobelezya chitondeezyo cha Jesu katutana njila mutunsiyansiya. Jesu nchitondeezyo chesu.

Tulakonzya Kweeta Musiyano

NJOOMO MUMBUNGA MPATI

Jesu wakeeta musiyano kutunsiyansiya twakwe aswebo tulakonzya kweeta musiyano kuli twesu tunsiyansiya.

Amubale lwaano oolu lwachoonzwo (mazina akasandulwa):

Sojib taakwe nakalina kuziyeeya kuti Leza wakalenga banakazi abaalumi abulemu bweelene. Taakwe nakali kuyeeya aatala abankwe pe. Bakalikujana mali nche alimwi taakali kuula chakulya chizulila pe. Aboobo lubbe kuchilalilo chintu chomwe chalikuchitika. Sojib wakali kunoonga wakkala aatebuli walya chakulya nchayanda choonse chajikwa. Nanoongwa wakuta banakwe nibakalikuza bazoolya chachaala. Limwi zuba Sojib wakanjia muziyo zya Bbayibbele zyakalengene aatala amakwatano. Wakaboola amunzi kayanda kutondezwa banakwe kuti ulabalemeka. Chindi chachilalilo nichakasika wakakumbila banakwe kuti bakkale amwi anguwe balidaamwi. Wakabweza chakulya chakali chajikwa akuchanzaania aakati mpawo wapa banakwe chimwi, chimwi watola we. Wakachita mbubo akumusinza. Banakwe bakagamba! Abuzuba Sojib wakazoyinkila kunembo kachita mbuboo. Walikukkala aansu abanakwe kaabania chakulya bweelene. Nakalikuchita oobu wakabona kuti lukwatano lwakwe lwakasunguna kubotezwa. Bakajatana loko, bamwi mucheengele chabo bakasunguna kutobelezwa chitondezwo chabo chibotu eechi.

- Njili nchito yalubbe njaakachita Sojib yakalikutondezwa kuti wabalemeka banakwe?
- Banakwe bakachita biyeni nikwakaba ku sanduka ooku?
- Kusanduka ooku kwakachita kuti bamwi bachite biyeni? (banakwe, abamwi mucheengele)?

Muziyanza zyingi ambulisunu tabalangi banakazi abasimbi munzila Leza njakayandde pe. Tunsiansiya twesu tusimide loko alimwi bantu biingi anga twabonaanga tuli mumo. Pesi, kutajitwa kabotu kwamuntu woose wakalengwa muchimo cha Leza takuli kabotu pe. Zilamukatazwa Leza alimwi tweekede kukumbila Leza kuti atugwasye tusandule nzila zyesu.

Tweekede kulangisisa ziyanza zyesu anchito zyamazuba woose tubone zitali kabotu kunembo lya Leza. Tulabelesya **BBUKU LYASIKWIIYA** kumetwe wamakani – Cheengele Chesu – kuti tuyeeye aatala azimwi zintu mucheengele chesu.

Zyakutobelezwa kuli sikuzulula: *Kakutanasangunwa njoomo zyabunga tuniini langa nzila zine a chaati. Buza mibuzo mpawo upe zitondezwo zilimusi anzila yomwe kuchitika kubagwasya kuti bayeeye zitondezwo zichitika mulimbabo.*





- **Mpuli** – mulizili nzila banakazi abasimbi nzibajitwa busiyene abaalumi abalombe amunzi? Bajitwa bubi mulizili nzila?
 - Chitondezwo – muyisi wakabuzwa mubuzo kuli bamadokotela bali makumi aabili kuti ngwani walina buusi wawuma banakwe, bali kkumi lilamusu abatatu bakanyampula maboko. Mpawo wakabuzwa lubo kuti ngwani uchibona kacheede kuti mwanakazi weede kuumwa kuti wachita chintu chinyansa mpuli, boonse bakatambika.
- **Chikolo** – mulizili nzila basimbi nzibajitwa busiyene abalombe muzikolo? Njili myeenya njibatakwe pesi balombe baleyo?
 - Chitondezwo – zimwi zikolo tazizumini kuti basimbi batole ziiyo zilimbali zya bu dokotela, kweenza ndeke naa kuyaka.
- **Nsondo** – mulizili nzila banakazi abasimbi nzibajitwa busiyene abaalumi abalombe munsondo? Nkookuli kufwiinsigwa nkubalaako nkaambo kakuti mbanakazi?
 - Chitondezwo – bubale butondezwa kuti bana Kkilisito biingi mbanakazi, niinzi chinga chilachitika kuti banakazi tebabelesya zipo nzibakapegwa a Leza?
- **Cheengele** – mulizili nzila banakazi abasimbi nzibajitwa busiyene abaalumi abalombe mucheengele chenu? Nkaambo nzi banakazi abasimbi nibatajitwa kabotu mucheengele chenu?

- Chitondeezyo – mukati kanyika zyamu Africa zilankondo, chisela chabanakazi choonse chakavumpilwa kuntobo, nansya eeyo nyika kiitegwa ilabuna Kkilisito. Kunyika zyaku Asia mumaminisi musanu aatatu kusweka musimbi uunga wawuzigwa kuti akabe muzike.

Boonse baalumi abaanakazi mbakoloondo kuli Leza. Leza uyanda kuti boonse tubajate aabulemu. Tuyanda kubona boonse banakazi abaalumi kabazwidilila.

NJOOMO MUTUBUNGA TUNIINI

Mubelesye **BBUKU LYASIKWIIYA** kumutwe wamakani – Cheengele Chesu. Amwambuule antoomwe aatala ayimwi nzila mpawo muzuzikizye chaati eeli amapenzi ngimubona kaachitika mucheengele chenu aakutajitwa kabotu kwabanakazi abasimbi mpawo mubikke mizeezo omwe kana yobile yanzila zimunga mulachita kuti mupe bulemu kubanakazi abasimbi.

Nzila	Kutajwatwa kabotu mucheengele chesu	Niinzi nchitunga tulachita (1-2 mizezzo kulimwi ayimwi nzila)
 Mpuli	<i>Amupe zitondeezyo zyeendelana loko acheengele chenu, mbuuli kuti kwazyalwa mwana mulombe upegwa zipo zipati. Balombe mbibasanguna kulya alimwi mbibasungwaazigwa kuya kuchikolo</i>	<i>Kupobola nikwazyalwa mulombe naa musimbi. Kusungwaazya kujatwa kabotu bweelene – kulya, lwiiyo, lukono azimwi.</i>
 Nsondo		
 Chikolo		
 Cheengele		

- Nzeezili zintu zibili nzonga ulachita amuunzi wako kuti ulemeke banako abana bako basimbi?
- Nzeezili zintu zibili nzonga ulachita mucheengele chako kuti ulemeke banako abana bako basimbi?

Amwaabane mizeezo yazintu nzimuli kuyeeya kuchita. Amukombe antoomwe mukumbile Leza mugwasye kuchita zintu eezi.

NGAMBO ZIBOOLA

Zyakutobelezya kulisikuzulula: Langa mbunga yako kuti balikukonzya na kupa zitondeezyo zichitika mubukkale bwabo aatala anzila zyakujatwa kwabanakazi abasimbi. Pa tubunga chindi chiingi chakuzuzikizya

chaati eeyi. Wabona tubunga twiingi twamaninsya kumbila balipeda baabile bamwi chitondeezyo chimwi anzila yomwe – kumpuli, kuchikolo, kunsondo, akucheengele. Ba aasimpe kuti balikukonzya kuyeeya zimwi nzila zyakujata kabotu banakazi abasimbi. Basungwaazye kuti babuzye kuli Leza abape bumbi busongo.

Toonse twakalengwa muchiimo cha Leza – banakazi abaalumi. Leza utuyanda loko chakuti wakatuma mwana wakwe kuti azotufwide kuchitila kuti boonse banakazi abaalumi babe bana bakwe. Taakwe bantu bali aajulu naa bali aansu mu Bwami bwa Leza. Wakatulenga umwi awumwi munzila njayanda kuti tube, alimwi ulachiyandisyo chisalidwe kuliboonse mwanakazi amwaalumi.

Tulakonzya kweeta busandu kwiinda mukutondeezya bamwi nzila zili mbuuli zya Jesu zyakujata kabotu banakazi. Eezi zilamulemeka Leza alimwi zilapa kuti bamwi abalabo babone banakazi mbuuli bantu balabulemu. Tulakonzya kusanguza azintu ziniini kutondeezya bantu kuti banakazi balalemekeka. Tuyanda kuti boonse baalumi abanakazi bapone munzila Leza njayanda.

KULILINGULA OMWINI naakuti AWUMWI

Leza ulalemekeka aawo nituchita akuzuzikizya nzitwayiia. Niinzi nchonga ulalipeda kuchita kuzwa kuli nzitwayiia?

- Nzeezili zintu zibili nzonga ulachita mumuuzni wako kuti ulemeke mukayintu wako, abana bako basimbi?
- Nzeezili zintu zibili nzonga ulachita mucheengele chako kuti ulemeke banakazi abasimbi?

Amwaabane mizeezo yazintu nzimuli kuyeeya kuchita. Amukombe antoomwe mukumbile Leza mugwasye kuchita zintu eezi.

Malayilile aakabunga kasokwetete

*Amuye kusule ang'anda,
mukiimikile mweebele,
muswiilile kabotu chiiyo, pesi
tamwambuuli pe.*

*Chiiyo kachitanasanguna,
amupe bamwi maanzi
achakulya. Taakwe
nchimutalye pe nywe naa
kunywa maanzi mane imane
nchito eeyi.*

Chiiyo chamusanu atubili: Mukuli wa Muzyali

Mpalamo mpati

1. Bana nchipo kuzwa kuli Leza.
2. Bazyali bali aamukuli wakuzuzikizya ziyandisyo zyangana babo nibalikukomena mumuuya, muboongo, mubukkale, amuchiimo chabo.

Zyakubelesya

Bbuku Iya Sikwiya:

- a. Kugwasizya mukukomena kwabana (awumwi apegwe)

Manjililo

NJOOMO MUMBUNGA MPATI

Ku Bazyali:

- Buumi bwako bwakasanduka biyeni kuzwa niwakaba muzyali? Mboobuli busandu mbuwakatali kulangila?
- Nga ulawupandulula biyeni mukuli wako mbuuli muzyali?
- Ngaali malayilile ngwakapegwa bamwi basinzubo zyako aatala akuba muzyali mubotu (malayilile mabotu amabi)?

Nkuyumu kuba muzyali. Taawo pe mabbuku alembedwe kuti kuchitwa biyeni kuti ube muzyali. Tuyanda kuti bana besu babotelwe, babe aabuntu bakomene kabotu abalabo bazokonzye kuzulwida mpuli zyabo alimwi bazobe bantu bapona kabotu abamwi mubukkale mpawo babe bana Kkilisito basimide. Pesi eezi nga tulazichita biyeni? Penzi ndyakuti taakwe nsandulo zili antanganana pe.

Sunu tuyanda kulanga mukuli wamuzyali mukugwasya bana besu kuti bakomene kabotu muboongo antoomwe amumuuya. Mbiikeedwe, kuti muntu mupati woose ulimvwa kali aamukuli wakuti alele kabotu bana. Mpawo muziyiyo zitatu ziboola tulalanga nzila zigwasya kulela kabotu bana besu akuti bakomene kabali bantuloko.

Mukuli waMuzyali

NJOOMO MUMBUNGA MPATI

Zyakutobelezya kulisikuzulula: Bantu biingi balayeeya zintu zijatika. Basungwaazye kuti bayeeye zimwi ziyandisyo zyamwana. Bayeezye Luka 2:52 amunzila zine Jesu nzyakakomena mulinzizyo. Jesu wakakomena muchiimo, mubulyidilano abamwi, mumuuya amubusongo.

- Nzeezili zimwi ziyandisyo nzyayanda mwana?
- Ngwani weelede kuzizuzikizya ziyandisyo eezyo?

Mukuli wamuzyali wakuzuzikizya ziyandisyo zyangana mulimu mupati wakuti chindi chiingi anga tweetanga tatuchitide zyoonse pe.

NJOOMO MUTUBUNGA TUNIINI

Zyakutobelezya kuli sikuzulula: Lemba minchali iilimusanu eyi abboodi naakuti aamakkaadi atubunga.

Mutubunga twenu amulange minchali eeyi. Ityeni minchali eeyi aatala amukuli wakuba muzyali?

- Tusimpi 22:6 – Tweelede kululamika bana besu.

- Ba-Efeso 6:4 – *Tweelede kuyiisya bana besu.*
- Duteronomiyo 6:6-7 – *Tweelede kusumpula bana besu muli zyamuuya*
- Tusimpi 1:8 – *Tweelede kusumpula bana besu muboongo.*
- Tusimpi 31:15, 21 – *Tweelede kupa bana besu nzibayanda zijatika.*

NGAMBO ZIBOOLA

Zyakutobelezya kulisikuzulula: *buzya kuli akamwi kabunga kuti awumwi munchali ooyu waamba nzi aatala amukuli wamuzyali mpawo usimye eezyo zilembedwe munsendeko aajulu.*

Mbuli bazyali tuli aamukuli wakuyiisya akululamika ba besu. Leza wakatupa mukuli wakuti tubayiisye bakomene babe baalumi abanakazi basimide muli Leza. Ooyu mukuli upedwe kumulumi amukayintu boonse kabali babili. Nikuba kuti bamwi basinzubo balakonzya kugwasya pesi mukuli mupati ngwabazyali.

Bbayibbele litwambila kuti mukuli ooyu mukoloondo loko. Aawo Pawulo napa malayilile kuli Timotiyo aatala akuti ulasala biyeni aabo beelede kuzulula muchikombelo, umwi mulawu ngwakuti ooyo muntu weelede kali aabana baswiilila balijata kabotu (1 Timotiyo 3:4-5). Mbuli bazyali tweelede kupa ziyandisyo zybana zijatika azyamuboongo. Bbayibbele lilatwaambila lubo kuti bazyali, peepe nsondo, mbibajisi mukuli wakusanguna wakuyiisya bana babo Bbayibbele.

Mbuuli Jesu mbaakakomena mumabazu aane aabumi bwakwe (Luka 2:52), tuyanda kugwasya bana besu kuti bakomene kabotu abalabo mumabazu aayo – muuya, bongo (busongo), chiimo akulyidilana abamwi.

Kukomena Mumuya

NJOOMO MUMBUNGA MPATI

- Nzeezili zimwi zintu nzonga wachita kugwasya bana bako kuti bakomene mumuuya?
- Ubona aanga nkukoloondo biyeni kugwasya bana bako kuti bakomene kabotu mumuuya?
- Mboobuli bumwi buyumuyumu mbutuswaana mukugwasya bana besu kuti bakomene mumuuya?
- Nga tulabuzunda biyeni buyumuyumu oobu?
- Nzeezili zimwi nzila nzitunga tulabelesya kugwasya kuti bana besu bakomene mumuuya?

Zyakutobelezya kulisikuzulula: Amubale **BBUKU LYASIKWIIYA** kumutwe wamakani utii – *Kugwasya Mukukomena Kwabana. Ambila tubunga ootu kuti tubale zyoonse zilembedwe. Mukati kazimpanzi zine zitobela unobelesya ndileeli kkwa. Bape mweenya basikwiiya bako chakumvwisisisya minchali njibalikubala eeyi akuti nga balayibikka biyeni kumpuli zyabo kulichimwi achimwi chimpanzi.*

Amubale kuli Duteronomiyo 6:6-7.

Nzila zitatu ziyakugwasya bana kuti bakomene mumuuya:

1. **Kukomba kwampuli akubala Bbayibbele** – amutole chindi abuzuba chakubala Bbayibbele akwaanina bana twaano twamu Bbayibbele. Bagwasye bana bako kuti batumvwisisisye twaano ootu. Niwamana kubala lwano, babubzye mibuzyo ilimbuuli eeyi–
 - Niinzi nchitunga tulayiiya aatala aLeza mulwaano oolu?
 - Niinzi nchitunga tulayiiya aatala ambutweelede kulijata?
2. **Kukomba abana besu** – tweelede kubikka kumbali chindi nchitweelede kukomba antoomwe abana besu. Sala chindi nonga tojisinkini pe. Bona kuti uli aabana bako muli eecho chindi kolikuswiilila bunyontoosi bwabo akubagwasya kukomba. Nibachili baniini balakonzya kukwaambila ziyakukombela alimwi welede kukomba kakombyo kafwiifwi. Nibayabukomena balayiiya kunoolikombela. Bagwasye kubona kusandula kwa Leza nkomyo zyabo.

3. **Kuba aamweenya wakuba aamwi** – amwaambule aatala aLeza chindi choonse nimuli aamwi. Amubayiisye aatala a Leza. Nimwazwa aanze mwabona misamu, ulakonzya kulumba Leza akumupa misamu igwasya kuti mube aamaanda aakukkala, nkuni, kulya, antoomwe akupa kuti busena bwesu bubote. Ambuula aatala akuti nyika njiya Leza alimwi swe twakapegwa mulimu wakwiilanga kabotu. Kkala koyanduula nzila zyakuti bana bako babone Leza.
- Kuli zeezi, nzeezili nzokkala kochita kale?
 - Nzeezili nzoyanda kuyungizya kuchita muli lyajuunza?

Kukomena Muboongo

NJOOMO MUMBUNGA MPATI

Tweelede lubo kugwasya bana besu kuti bakomene muboongo.

- Nzeezili zimwi nzila nzitunga tulagwasya bana besu kuti bakomene muboongo?
 - *Kabachili baniini tweelede kubayiisya aamuunzi. Kabayabukomena tweelede kubatola kuchikolo kuti bakayiiye zyiingi.*
 - *Bana baniini bali aamibuzyo myiingi. Eezya kwiisandula mibuzyo eeyo mubwiingi bwayo?*
- Ngaali mapenzi ngituswaana mukweezya kugwasya bana besu kuti bakomene muboongo?
- Nga tulazunda biyeni mapenzi aaya?

Umwami wamukuli yesu ngwakugwasya bana kuti bakomene muboongo. Kuti twalanga kuli Luka 2:52 tubona kuti Jesu wakakomena mubusongo. Aswebo tuyanda kuti bana besu bakomene mubusongo.

Zyakutobelezya kulisikuzulula: *Kumbila balipeda babale zyoonse zilembedwe.*

1. **Yiisya mwana woonse uuchili muniini amuunzi.**

Eezya kubapandulwida zintu nibachili baniini akuyanda kuziba. Bayiisye ma ABC, myeelwe, mibala yazintu antoomwe azibumbwa azimwi. Kubana baniini chita kuti ubape mibuzyo njibanga balasala naa kazitakwe penzi. Ulakonzya kuti, “Uyanda kuzwaata chibaki chituba naakuti chisalala sunu?” Tola chindi chakuti usandule mibuzyo yabo!
2. **Bana bakeelela kuya kuchikolo amubatole kuchikolo.**

Chimwi chindi tweele kulipeda kutola bana kuchikolo, echi nchiimwi chimpanzi chikoloondo chakuba muziyali. Kwiinda mulwiyo, tulikupa bana besu myeenya mipati mubuumi bwajuunza. Twatweezi pe mabambe Leza ngalaawo aatala abana besu, pesi tweelede kubona kuti balamweenya wakulisalila nzibayanda. Leza ulakonzya kusala mwana wako kuti alete busandu bupati mucheengele chenu. Chiindi chiingi bayanda lwiiyo akululamikwa kuti bachite oobo. Kulipeda kwako kulakonzya kupa kuti mwana akonze naa kuya ku Yunivesiti akuzoogwasizya mpuli yenu juunza. Aatala akusumpula buliyidilano aLeza, lwiiyo nchintu chigwasya kuti bana bakkale kabasumpuka mubuumi bwabo. Bona kuti bana bako bazijana zyobile.

 - Ulikuzikonzya na kuzichita zyobile eezi lino?
 - Ncheechili chiyumu kuchichita aakati kazibili eezi?

Kukomena Kabotu Mubulyidilano Abamwi

NJOOMO MUMBUNGA MPATI

Tweelede kubona kuti bana besu balakomena kabotu mubu lyidilano bwabo abamwi.

- Nzeezili zitondeezyo zybulyidilano mbubanga balaba aabo bana abamwi bantu?
 - *Banike abakulana babo*
 - *Bazolani (basimayakilane, kunsondo, kuchikolo)*
 - *Bapati (basinzubo, basimayakilane, bayiisi, abamwi mucheengele)*
 - *Bazyali*

- Nkaambo nzi noboonanga nchikoloondo kuti mwana wako akomene kabotu mubulyidilano abamwi – abe aabulyidilano bubotu abamwi?
- Bagwasikana biyeni bana bako kuti baba aabulyidilano bubotu abamwi?
- Ngaali mapenzi ngituzibide bana ngibanga babaawo abamwi bantu?

NJOOMO MUTUBUNGA TUNIINI

Mumpuli momumo bana mubayiya kulyidilana abamwi. Aboobo, bazyali beelede kuba achiindi chilamfu abana babo kababayiisa nzila zya bulidilano. Amubelesye **BBUKU LYASIKWIIYA** kumutwe wamakani uuti – Kugwasya Kukomena Kwabana - kuti mubale aatala anzila zitatu zigwasya kuti bana benu bacomene kabotu mubulidilano. Mutobelesye malayilile woonse aali mu Bbuku lyasikwiiya.

1. Yiisa bana mbayanda Leza kuti balidilane biyeni abamwi.

Amubale amwumwi munchali. Niinzi nchitwiiya kuzwa kuminchali eeyi chikoloondo mukuyiisa bana besu?

- Ba-Filipu 2:3 – *Utabi aabulyabi, lemeka bamwi kwiinda kulilemeka kwako.*
- Ba-Kolose 3:13, 15 – *Lekelela bamwi kuti bakubisizya, kkala koli aluumuno abamwi alimwi koli aakulumba.*
- Matayo 5:44 – *Yanda basinkondo nyokwe akukombela aabo bakupenzya.*
- 1 Ba-Korinto 13:4-5 – *Luyado lulamoyo mulamfu. Luyando talulyuuni kaango. Talufwambaani kunyema alimwi talubambi chibi chakachitikide.*
- Matayo 7:12 – *Chita biyo zintu kulibamwi nzoyanda kuti abalabo bakuchitile.*

Bbayibbele litugwasya kumvwisisiya bukoloondo bwakukkala kabotu abamwi, muluumuno, muluyando, mukuba amoyo mulamfu akulekelela mbuuli mbutuyanda kuchitilwa aswebu. Kuleelede kukkala katwaambuula aatala azeezi bana besu kabachili baniini kuchitila kuti mukukomena kwabo kaba yobusanduka mubulidilano.

2. Ba chitondeezyo. Bana bayiya bulidilano kwiinda mukubona zichitwa abamwi, kampaala bazyali babo. Nzila njolidilana aayo abamwi lubbe nchitondeezyo chipati kubana bako.

Langa mbolidilana abamwi akuti Leza uyanda kuti ulidilane biyeni ambabo kuzwa kuli nzitwiiya kuzwa mu Bbayibbele.

- Nzeezili nzila nzoli chitondeezyo chibotu kubana bako?
- Muliili nzila njopekezya kuba chitondeezyo chilimbubo?

3. Gwasya bana bako kulwana aamapenzi mubulidilano bwabo naa abuka.

Zyiindi zyiingi, bana tabakwaambili pe mapenzi ngiyaba swaana kulibamwi bantu, pesi balaakonzya kusanguna kulijata ayimbi nzila. Ulakonzya kubona kuti bayingizya mukunyema, bavuzya kulwana, naa kuvuzya kuumuna, akutaswena kubantu. Eezi nzitondeezyo zyakuti balakonzya kabali kuswaanana amapenzi abamwi bantu. Bana bayanda lugwasyo akusungwaazigwa kwaambula aatala amapenzi ngibaswaanana aawo akwiiya nzila yakujata bamwi muchiindi nibali aanchisyamoyo naa kutajatwa kabotu abamwi. Bape mweenya wakwaambuula atala azyachitika, kuti bamvwide biyeni akuti niinzi nchinbachita aatala anzizyo. Njoomo iiliboobu itondeezya mwana ulabulidilano bubotu buli aaluyando, moyo mulamfu aluumuno. Eezi nzikoloondo kabachili baniini kuchitila kuti bakusyome kuti ulabagwasya mulizitazoochitike juunza.

- Nzeezili zimwi nzila nzonga ulagwasya aazyo mwana wako kuti ayiye kulanga bamwi kabotu munzila ya luyando amoyo mulamfu?

NGAMBO ZIBOOLA

Zyakutobelesya kulisikuzulula: *Buzya akamwi kabunga kuti awumwi munchaali bubaambila kutyani mukuyiisa akubumba bulidilano bubotu. Simya minchali iilembedwe munsendeke aajulu.*

Bulidilano bwesu abamwi mbukoloondo loko. Kutangala nchintu nchitukkala katuchita mbuli bantu benyama pesi tazimubotezyi pe Leza. Tuyanda kuyiisya bana besu kuti kabayeeya kabotu aatala abamwi bana akubajata kabotu mbuuli mbubayanda kujatwa abalabo. Tubayiisya kuti beelede kuchita biyeni muzyiindi zyakulwana. Eezi zintu ziyanda kuyiisigwa aakubumbwa mubana besu.

Kukomena muchiimo

NJOOMO MUMBUNGA MPATI

- Nzeezili zimwi nzila nzitunga tulagwasya bana besu kuti bakomene muchiimo?
 - *Chakulya chiyaka mubili*
 - *Koona*
 - *Ng'anda yakukkala azizwaato azimwi.*
 - *Busanambi, mbuuli kusamba maboko, kubelesya chimbuzi, akutabilila malwazi*
 - *Kusimya mubili (kuchita milimu akusobaana)*

Zyoonse eezi zintu zigwasya bana besu kuti bana besu bakomene kabotu muchiimo alimwi kabali aabulondozi bubotu. Chimwi chintu chikoloondo nchitweelede kuchitila bana besu kuti bakmene mubulondozi nkubona kuti bana balajana chakulya chiyaka mubili abuzuba. Kuti bongo bwabo bubeleke kabotu tweelede kubona kuti balya chakulya chilazimpanzi zyelede.

Zyakutobelezya kuli sikuzulula: kuti koli wakali wayiisya kale Bbuku lyabulondozi, bweedulula kumilawu yazimpanzi zitatu zya 1+3 naakuti utalike zwako bupya chiiyo chazibunga zyachakulya zitatu mpawo ubapandulwide kuti bazooyiya buzwiide muchiindi chiboola aatala abulondozi. Bupanduluzi bwiingi mubuli mu Bbuku Lyabulondozi.

Bbuku lyabulondozi lyambuula kubelesya mulawu wa 1+3 wakutuyeezya kuti ngatulapa biyeni chakulya chiyaka mubili kumpuli zyesu abuzuba.

Mbuuli ndange musule niinzi mulawu wa 1+3? Kulizibunga zitatu zyazimpanzi zyakulya nzitweelede kubikkiliza mulichakulya chamazuba woonse.

- Chomwe chiimvwilidi nsima naakuti kumwi kulya kuligwa lubbe. Tweelede kulya nsima abuzuba naakuti kumwi kulimbuli mupunga kubikka aamwi azimwi zili muzibunga zitatu eezi:
- Eezi zibunga zitatu zilimunsi nkumwi kulya kwazimpanzi zitatu nzimunga muleezya kuzibikkiliza lubbe aatala ansima:
 - Chibunga 1 – Chimpanzi chiyaka mubili, mbuuli mayi, malili, nyangu, baswi, anyama.
 - Chibunga 2 – michelo azisyu.
 - Chibunga 3 – Mafuta (tayeleda kuvulisya pe).

Kuyooma:

- Mboobuli bumwi buyumuyumu bantu bamu cheengele chenu mbubanga balaswaana bubakachizya kulya chakulya chilazimpanzi zyoonse ziyaka mubili?
- Oobu buyumuyumu nga tulabumana biyeni?

Bana batalyi kulya kulezimpanzi ziyaka mubili balakonzya kuba aamalwazi aalimbuuli kutakomena kabotu, amalwazi apa kuti tabalangiki kabotu, mizeezo aboongo bwabo ilakonzya kutabeleka kabotu azimwi zyiingi.

Masimpilo

NJOOMO MUMBUNGA MPATI

Mukuli wamuzyali ngwakululamika bana besu, kubapa ziyandisyo zyabo akubagwasya kuti bakomene kulizyamuya, boongo, mubulidilano, amuchiimo chabo.

Tola kayindi uyeeye aatala abako bana (naa kolaabo). Mpaali na mpoyeeya kuti weeledede kwaalangisisya loko? Kumbila Leza kuti akugwasye kululamika bana bako, kubapa zibeelede akubagwasya kuti bakomene mubazu woonse abuumi.

KULILINGULA OMWINI

- Nzeezili nzolikuchita kale kugwasya bana bako kuti bakomene?
- Mpaali mpoyanda kulangisisya loko?
- Njiili mizeezo mipya njuwajana kuzwa muchiiyo eechi njonga ulabelesya mukugwasya bana bako kuti bakomene?

Chiiyo chamusanu atutatu 8: Kugwasya bana kuti balijate kabotu

Mpalamo mpati

1. Bana bayanda kugwasigwa kuti bakonzye kwambuula mamvwido aabo kuchitila kuti bakonzye kumana mapenzi aabo.
2. Kobelesya nzila zyakuswiilila zibotu, peepe kusandula mubunyeme, kugwasya bana kuti bakonzeye kumana mapenzi ngibaswaana munzila ntuloko itondeezya kukomena.

Zyakubelesya

Zitondeezyo (kumamanino achiiyo):

- a. Musobaano wa Kuswiilila Bana Kabotu (ichite ibe ibili yabaabo balipeda)

Bbuku Lyasikwiya:

- b. Nzila zyakusandula bana
- c. Malayilile aatala akuswiilila

Manjililo

NJOOMO MUMBUNGA MPATI

- Wakalina buunsi wanyemesegwa na mpawo wasandula bubi naa kuchita chimwi chintu chibi ncholisola?

Chindi chiingi nitunyemede naa kusululwa, tualakonzya kuchita zintu nzituzoolisola. Eezi zyeetelezegwa aakutaziba kuti tweelede kulijata biyeni aawo nituli aamamvwido malemu. Bana abalabo mbubabede. Chindi chiingi bana tabakonzyi pe kutwaambila mbubalimvwa – tabazimvwisisisi pe lwabo aboobo tabakonzyi pe kuzyaambila umwi muntu. Mukusululwa kwabo, balakonzya kwaamba majwi mabi naa kuchita zintu zibi. Naa katuyanda kuti bana besu balijate kabotu, tweelede kubagwasya kuti babikke aantanganana mavwido aabo.

Tusimpi 22:6 waamba kuti “Sanguna amwana munzila njayeleda kukomena aayo, alimwi nazookomena takwe kuyooyleka pe.”

- Uyeeya kuti zyaambaanzi eezi?

Eezi zyaamba kuti nitutola chindi chakuti tugwasye bana besu kuti balijate kabotu. Tuchita eezi kwiinda mukubagwasya kumvwisisiya mamvwido aabo akulitambula munzila mbotu. Alimwi balakonzya kuti bakomene kabotu babe mbuuli bapati. Nansya nibazookomena banokonzya kujata twaambo tubi naa tubayumina munzila ilabulemu.

Nzila zyaku Vwiila ku Bana

Zyakutobelezya kuli sikuzulula: Pa mweenya kubantu kuti baabane nsandula zyeendelana awumwi munchali. Amubelesye **BBUKU LYASIKWIIYA** kumutwe wamakani utii – Nzila zyaku Vwiila ku Bana – kutondeezya zimwi nsandulo akusungwaazya kabunga kuti kayeeye zimbi zitondeezyo.

- Njili iinga ilaba nsandulo izibilikide yamuzyali kumwana ulamyaaka musanu awu watii:
 - Nsimuyandi pe mwana mutete! Mubi loko!
 - Muiyisi wangu mufubafuba!
 - Wanduuma! Nsikoosobana aawe lubo pe!

Kulinzila nyingi nzitusandula aazyo aawo mwana naatalijata kabotu. Chindi chiingi tatuyeezi pe kuti bobana bali kulimvwa biyeni saansi. Aboobo, taakwe pe nitweezya kuti tubagwasye tumvwisisisiye mavwido aabo. Pesi nga twachita biyo chimwi chazeezi zitobela.

- **Kukaka:** ‘Aamu iwe. Tembukubede pe. Tolikwaambisya pe.’
- **Nsandulo njoyeya kuti nimbotu:** ‘Taakwe mbonga ulazichita – leka kunyontooka,’ ‘Uzi biya kuti weelede kuya kuchikolo we! Kuti koyanda mulimu mubotu weelede kuya kuchikolo biya.’
- **Kupa busongo:** ‘Weelede kubeleka chamanguzu kuti bazolani bako bakkale kabaliwo.’ ‘Koyiia kuuma ayebo.’
- **Kubeteka:** ‘Nchibi loko chintu nchwawamba eechi.’ ‘Kuli nzuwamuchita kale.’
- **Mibuzyo:** ‘Wachitaanzi?’ ‘Nkaambo nzi nowamba zintu zibi zili boobo?’
- **Kweezya kutabilila umwi:** ‘Nee muntuloko.’ ‘Ndasyoma teensi walikuyanda kukuchisa.’

Naa katusandula muleeyi nzila, taakwe nituli kugwasya mwana pe kuti ayiye kumvwisisya mamvwido aakwe akuti azitambule munzila mbotu. Pesi mwana ulawusa, ulaba abweeme, ulalimvwa kalimubi akunyema. Pesi kuti twaswiilila mamvwido aakwe, tulamugwasya kuti amvwisisye mamvwido aakwe akonzye kweendelezya munzila ilikabotu.

KULILINGULA OMWINI

- UYEEYA kuti nsandulo yako yeelede kutyani kumwana ali umwi awumwi munchali? Uyeeya kuti ulakonzya koli wakasandula mwana mbuuli imwi yansandulo zyapegwa?

Kuswiilila Kabotu

NJOOMO MUMBUNGA MPATI

Amubale kuli Ba-Efeso 6:4.

- Nzezili zimwi nzila mawisi ngibajata aayo bana babo zibapa kunyema akusululwa?

Kuswiilila kabotu mwana kumugwasya kuti akonzye kweendelezya mamvwido aakwe kabotu kwiinda kulijata munzila mbi. Kubagwasya kwiiya nzila zyakumana mapenzi antoomwe kubapa busongo mbubayanda mbuuli muntu uyabukomena. Zipa kuti balimvwe mbubombubo akwiiya kulijata kabotu. Nchintu chipati loko mukukomezya bana.

NCHITO MUMBUNGA MPATI - MUSOBANO

Zyakutobekezya kulisikuzulula: *Kumbila bantu babili mumbunga batakwagwasye kuchita musobaano ooyu. Babili aaba bape **CHITONDEEZYO** – kuswiilila Bana Kabotu Musobaano. Bakumbile kuti balibambile kabotu kabatana chita kuchitila kuti baangunuke.*

Ndeende ulikkede ulikubala pepatwaambo.

Mwana mulombe wanjila mung’anda kayaboompolola kuti, “Nsichizosaani aawe pe! Nsimuyandi pe!”

Ndeende wabikka kumbali pepatwaambo, walanga mwana wakwe mpawo wati, “Ndakubona kuti wanyema loko.”

Mwana mulombe wati, “Teelede pe kuba aabazolani!”

Ndeende wati, “Amu?”

Mwana mulombe wati, “Ndasobana kabotu loko alimwi ndagozya mabbola obile. Mpawo kumamanino lyali lyaamba kunjila, mpawo lyazwa.”

Ndeende wati “Mmmm.”

Mwana mulombe wati, “Mpawo kuzwaawo Mica woopolola kunembo lyabantu kuti ndime ndapa kuti tatuzundi. Ndamutukila mpawo ndeenda...”

Ndeende wati, “Amu zyakupa bweeme loko te?”

Mwana mulombe wati kali waselezya moyo, “Iyii, zyali zibi loko pesi ndiyeeya kuti kaansinga tendamunyemena pe Micah. Ngomuzolani wangu waafwiifwi.”

Ndeende wati “Ndakumvwisisya.”

Mwana mulombe wati, “Na ndibweede ndikalange kuti nkwachili na Micah. Ubaaanga walikuyanda loko kuti tuzunde.”

Ndeende wasekelela.

NJOOMO MUMBUNGA MPATI

- Wakalikulimvwa biyeni mwana kumasangunino?
- Bakasanduka biyeni?
- Nzeezili zimwi zintu zyakapa kuti Ndeende agwasye mwana kuti alimvwe kabotu mumamvwido aakwe?
 - *Kubikka kumbali pepatwaambo kuti aswiilile mwana wakwe*
 - *Taakwe naakamunjilingania pe*
 - *Wakaatambula mamvwido aakwe (mbuuli mpakati “Amu” “mmmmmm”)*
 - *Wakagwasya mwana wakwe kuti amvwisisisye mamvwido ngaakali aawo mulecho chiindi (mbuli, “ndakubona kuti wanyema loko” “amu zyakupa mawuse loko.”)*
- Niinzi chakugambya ampindu?

Aawo nitweezya kusungwaazya mwana kuti tanyemi, mpawo mpanga wanyema loko. Bana balaswaana mamvwido miingi alimwi balalisalila zyakuchita kuti twabaswiilila kabotu akutobelezya nzila eezi.

Nzila zyakuswiilila mamvwido aaMwana

NJOOMO MUMBUNGA MPATI

Amubale lwaano lutobela:

Chun wakalikuyeeya kuti kwakali kabotu kuti mwana wakwe wakali waba mulombe mupati pati kayusa kachita milimu yakunsondo biyo. Zyiindi zyiingi wakali kumutola kumiswaangano yansondo kayeeya kuti nzizyakali kubotela mwana. Pesi mwana wa Chun taakwe nizyakali kumubotela pe. Wakalikuba abweeme, alimwi teezyakali kumubotela pe nkaambo wakali kukkala kayinka kumiswaangan eyi alike. Nikwakasika muswaangano wabachikomena mupati, wisi taakamuswiilila pe wakamwaambila kuti ayinke biyo. Wakeenda lweendo lulamfu mulombe ooyu. Taakwe naba omwe ngwakezi, alimwi wakawuside loko, mulombe wakali wakatala akusungilizigwa kweenda choonse chindi. Naakaboola wakanyemede loko alimwi wakakaka akumwambuuzya wisi.

Muchiindi nchicheecho alakwe Chun wakanjila zyiyo zya Makwatano aMpuli kuzwa ku TCT. Wakayiia aatala akulekelela akukumbila lulekelelo. Muchiindi chayinda taakwe nakalikunoonga wayanda kukumbila mwana wakwe lulekelelo. Kulimbabo bakalikusyoma kuti muzyali ulikabotu chindi choonse aboobo tachiwo pe chiyandisyo chakukumbila lulekelelo kumwana. Pesi Chun wakabona kuti wakali wamubisizya mwana wakwe akutamuswiilila. Wakayinka kuyoomukumbila lulekelelo. Mwana wakwe takamwaambuzizye pe kwamviki nyingi, pesi kuzwa muli eecho chindi kunyema kwakwe kwakaseluka. Wakasanguna lubo kwambuula awisi alimwi bulidilano bwabo bwakabuka kabotu.

- Nkaambo nzi Chun naalikuyanda kuti mwana wakwe ayinke kumuswaangano wabachikomena?
- Nkaambo nzi mulombe naakatali kuyanda kuya kumiswaangano eeyi?
- Niinzi chakachitika aawo Chun nakata swiilila mwana wakwe akubona mbaakali kulimvwa?
- Aawo Chun naakazobona kuti taakali kuswiilila kabotu, wakachita biyeni? Niinzi chakazochitika?

Nzila zyakuswiilila

Kuswiilila kabotu

Zyakutobelezya kulisikuzulula: Amubale **BBUKU LYASIKWIIYA** kumutwe wamakani uti – Nzila Zyakuswiilila. Amusandule mibuzyo.

Kuswiilila kabotu kumwana kumugwasya kuti akonzye kweendelezya kabotu mamvuido aakwe peepe kuchita zintu zibi. Kumupa mweenya wakwiiya akujana busongo bwakumana kabotu mapenzi ngibaswaana akukomena munzila iilikabotu. Nchiimwi chintu chipati loko mukukomezya bana.

Nitweezya kuti mwana alube mavvuido aakwe, tumupa kuti anyeme loko. Bana balaswanana amamvuido miingi alimwi kuti twabaswuiilila kabotu balaliyandwiida nzila zyakuli manina mapenzi aayo abalikke:

Nzila zyakuswiilila aku Vwila Mamvuido aaMwana

Kuti tuswiilile kabotu kubana besu, tweeleda kuchita zintu zitatu eezi:

1. **Swiilila bongo bwako kabuli antoomwe** [*chitondeezyo kuzwa kumusobaano: Ndeende wakatula aansii pepatwambo lyakwe*]
 - Kulamuubila mwana kuti wachita zintu zitondeezya kuti uyanda kumuswiilila. Mbuuli, kubikka aansii pepa lyako akuchengunuka kuti umulange, kuzwa munjikilo kuti uzomuswiilila wakkala aansii.
 - Nkulemu kuti bana balyeendelezezye mamvuido malemu abalikke. Naa katakwe sikubagwasya alallema loko mavvuido aayo mpawo balasanguna kulijata bubi.
2. **Ziba mamvuido aabo:** [*Chitondeezyo kuzwa kumusobaano: "Amu", "Mmm", "ndamvwisisisya"*]
 - Belesya majwi aalimbuuli kuti 'Amuu', 'Mmm' naakuti 'nee ndkumvwisisisya', 'lyii'.
 - Chiimwi chindi, gunaguna, mulangisisye akumenso kwako kutondeezye kuti ulikumuswiilila.
 - Utachiti kuti alimvwe bubi nkaambo kamamvuido aakwe. Bana, tweeleda kutambula mamvuido aabo akubagwasya kuti babeleke mamvuido aayo munzila iitabapi kulijata bubi.
3. **Bagwasye kumvwisisisya mamvuido aabo:** [*chitondeezyo kuzwa kumusobaano: "Ndabona zyakupa bweeme"*]
 - Bagwasye akubelesya majwi aamamvuido kuchitila kuti ubone kuchita kwakwe.
 - Bana tabayondo konzya pe kwaamba mbubalimvwa. Pesi kuti wabachitila eezi, balimvwa kutambulika akuti ulikumumvwisisisya. Ngabalimvwa kabotu akuselezya bunyeme bwabo. Utayoowi kuti koli wachita zitali nizizyo, mwana wako ulakwaambila nzyamvwide akuti teensi wamu mvwisisisya.
 - Nzeezili zimwi zitondeezyo "zyamamvuido" bana ngibanga baba aawo?

○ Kusululwa	Kunyema
○ Kuchisigwa moyo	kuuzigwa
○ Nchisyamoyo	Kugamba
○ Bweeme	Kubotelwa

Kuyooma:

- Nzeezili zimwi nzila Chuna nzyakali kunobelesya kuti aswiilile mwana wakwe?
- Zjali kunosandula biyeni chiimo chabulidilano?

NCHITO MUTUBUNGA TUNIINI (babili naa batatu)

Panga misobano yobile.

1. Mumusobaano wakusanguna, amutondeezye zichitika mucheengele chenu aawo mwana nanyema akuti bazyali basandula biyeni.
2. Mumusobaano wabili, amutondeezye nzila zyakuswiilila nzimwayiya sunu. Mulakonzya kubelesyu zimwi zyabelesegwa kale naa kuyeeya zimbi.

Zyakutobelezya kuli sikuzulula: Tupe maminisi kkumi tubuinga aakubambila misobaano eeyi mpawo ukumbile bayanda batondeezye misobano yabo kunembo lyabamwi. Wamana musobano wakubelesya nzila zyakuswiilila buzya mibuzyo kunkamu yoonse kuti nzeezili nzila zyabelesegwa mumusobaano. Naakakuli nzila zyatabelesegwa chita kuti umwi uulipeda achite lubo musobaano chakufwambaana kabelesya nzila eezyo.

Masimpilo

NJOOMO MUMBUNGA MPATI

Kuti tugwasye bana besu kuti bakonzye kulijata kabotu, tweeledede kubagwasya kumamvwido aabo. Kuti tuzichite eezi, tweeledede kuchita zintu zitatu:

1. Kuswiili kolizinzide
2. Kuziba mamvwido aamwana
3. Kubagwasya kuziba mamvwido aabo

KULILINGULA OMWINI

Yeeya kuti eechi chiiyo ulachibelesya biyeni muleeyi mviki abana bako naakuti abamwi bana ngabalaba babasimayakilane naakuti babasinzubo.

Musobaano Wakuswiilila Bana Kabotu

Ndeende ulikkede ulikubala pepatwaambo.

Mwana mulombe wanjila mung'anda kayaboompolola kuti, "Nsichizosaani aawe pe! Nsimuyandi pe!"

Ndeende wabikka kumbali pepatwaambo, walanga mwana wakwe mpawo wati, "Ndakubona kuti wanyema loko."

Mwana mulombe wati, "Teelede pe kuba aabazolani!"

Ndeende wati, "Amu?"

Mwana mulombe wati, "Ndazobana kabotu loko alimwi ndagozya mabbola obile. Mpawo kumamanino lyali lyaamba kunjila, mpawo lyazwa."

Ndeende wati "Mmmm."

Mwana mulombe wati, "Mpawo kuzwaawo Mica woompolola kunembo lyabantu kuti ndime ndapa kuti tatuzundi. Ndamutukila mpawo ndeenda..."

Ndeende wati, "Amu zyakupa bweeme loko te?"

Mwana mulombe wati kali waselezya moyo, "Iyii, zyali zibi loko pesi ndiyeeya kuti kaansinga tendamunyemena pe Micah. Ngomuzolani wangu waafwiifwi."

Ndeende wati "Ndakumvwisisiya."

Mwana mulombe wati, "Na ndibweede ndikalange kuti nkwachili na Micah. Ubaaanga walikuyanda loko kuti tuzunde."

Ndeende wasekelela.

Chiiyo chamusanu atune - 9: bukoloondo bwa Majwi Eesu

Mpalamo mpati

1. Majwi eesu alamanguzu akubumba naa kuchisa bana besu.
2. Kwambuula kubotu amajwi asungwaazya agwasya kuti bana besu bakomene munzila Leza njayanda.

Zyakubelesya

Bbuku Iya Sikwiiya:

- a. Kwambuula Kululeme

Manjililo

NJOOMO MUMBUNGA MPATI

Bbayibbele lyambuula twiingi aatala amajwi anzila njitubelesya lulimi amajwi ngitwambuula. Munchali uutobela ulangene amataata nkaambo mbimbabo mitwe yang'anda pesei aleelede kuli woonse uulela bana.

Bala kuli Ba-Kolose 3:21.

- Nzeezili nchito akulijata kupa kuti bana basululwe (v 21)?
- Nzeezili nchito akulijata kupa kuti bana banyeme babule busungwaazi?

Imwi nzila iipa kuti bana besu batusule nkutabaswiilizya kabotu, mbuuli mbutwalikwaamba muchiiyo chayinda, imwi nzila majwi ngitubelesya. Muli eechi chiiyo, tulalangisisya nzila zyakubelesya majwi eesu mukunyonyoona naa kubumba bana besu.

Amubale ku Tusimpi 12:18.

Muli ooyu muncachali tulayeezegwa kuti majwi alamonzya kuyasa mbuuli panga naa kweeta kuponia.

- Ngaali majwi anaga alayasa mbuuli panga?
 - “Ulichifubafuba”
 - “Taakwe nchozi pe we”
- Ngaali majwi aanga aleeta kuponia?
 - “uli aachipo chibotu loko”
 - “Ndilayiyanda nzila njotondeezya aayo luse kumuchizi wako”
- Kuli nzoyeeya na zyakalikwaambwa kulinduwe kochili muniini – zyakalikukuchisa naa zyakali kupa kupona? Zilakonzeka zyakalikuzwa kubazyali bako, banike naa bakulana bako, bayiisi, abamwi zwabo.
- Zyakeetelezyaanzi mubuumi bwako?

Zyakutobelezya kuli sikuzulula: Pa nkamu eeyi chindi cheelede kuti bayeeye kabotu aatala amanguzu aamajwi. Bagwasye kuti babone kuti zimwi zintu zyakaambwa kabachili baniini bachiziyeeya. Majwi aaya akachita chimwi chintu ambulisunu achichita chimwi chintu. Bakombele mubufwiifwi aabo bachiyeeya zibi nzibakaambilwa.

Atukombe kuli Leza kuti atugwasye tupone kuzwa kumajwi mabi ngitwakali kwaambilwa akuti aabo bakali kwawamba tubalekelele. Tulakumbila lubo kuti Leza atuyeezye majwi mabotu ngitwakali kwaambilwa, kampati aayo Leza ngawamba aatala abuumi bwesu.

Majwi Aachisa

NJOOMO MUMBUNGA MPATI

Zyakutobelezya kuli sikuzulula: Belesya **BBUKU LYASIKWIIYA** kumutwe wamakani uti – Kwambuula Kululeme – kuti mulange zyoonse muleechi chimpanzi chachiiyo echi.

Kwambuula Kululeme

Majwi Aachisa

Majwi aachisa nzezyo zintu nzitwaambila kuchisya moyo wamuntu. Simpe, ndyakuti eezi zintu zilaambwa mukweezya kuti mwana asanduke, pesi kumamanino zilamuchisa. Kwiinda kusanduka, mwana usyoma nzyamvwa, watyompwa moyo mpawo waleka kweezya kuba muntuloko.

Majwi aachisa loko akonzya kunjila muzibeela zitobela:

- **Majwi awambuulwa muntu kanyemedede**
Chindi chiingi nga tatulikwaambisya pe (mbuuli kuti, “kaansinga tewakazyedwe biya”).
- **Mazina ngitunanika bana**
Kuti mwana wachita chintu chitatubotezyi ngatwaamba zintu zibi kumwana peepe kunchito (mbuuli kuti, “nduwe dulentule,” naakuti “ulimubwa”).
- **Kukozyania**
Nkuuba kweezya kukozyanisya mwana abamwi mbazyalwa aabo (mbuuli kuti, kaansinga ulimbuli ndaba,” naakuti “ooyu tali mbuuli mukulana wakwe pe”).
- **Kwaamba lyajuunza**
Zimwi zyiindi tukkala katubaambila zizochitika muchiindi chiza (mbuuli kuti, “Tokozowujana pe mulimu,” naakuti “Ulimbuuli wuso muniini mbotazobe mbuboobo”).
- **Kwaambula bubi kulibamwi**
Chimwi chindi twaambuula bubi aatala abana besu kulibamwi bantu mwana kamvwide (mbuuli kuti, “Mwana wangu wakawa lubo kumisunko yakwe. Taakwe nayezya nee,” naakuti “Baa mwanangu ooyu. Tamvwi pe!”).

Chindi chiingi majwi aachisa ayeta eezyo nzitutayandi kuti zichitike kubana besu. Mbuuli kui, tuyanda kubona bana besu kababeleka chamanguzu, pesi kukkala kabamvwa majwi aaya kubabweedezya musule, kubapa kuti basyome kuti taakwe nchibezi aboobo taakwe nibachiyanda akweezya koonse pe. Majwi mabi apa kuti bana tabakomeni munzila Leza njayanda pe.

KULILINGULA OMWINI naakuti KOLAWUMWI

Yeeya aatala amibuzyo yobile eeyi mpawo ukombe muchuumunizi kokumbila Leza kuti akugwasye munzila zyako zyakwaambuula abana.

- Ngaali majwi mabi ngowambuula kubana bako?
- Uwaamba muzyiindi zilibiyeni?

Kwambuuka Kululeme

NJOOMO MUMBUNGA MPATI

Kulakonzeka kuti twambuule kabotu abana besu.

Amubale ku Tusimpi 15:1.

“Nsandulo iibombede igwisya kunyema, pesi majwi mabi eetelezya kunyema.”

Zyakutobelezya kulisikuzulula: Kumbila balipeda babale minchali yoonse mu **BBUKU LYASIKWIIYA** munsu lamutwe wamakani uuti ‘Kwambuula Kululeme.’ Ambila nkamu iswiilile kabotu mpawo bayeeye mbubanga balachita kumpuli zyabo. Baambile baabane mizeezo yakuti ayimwi nzila eeyi nga balayibelezya biyeni.

Nzila zya Kwambula Kululeme

1. **Pandulwida mwana simpe akufwambaana kuti waambide litali simpe.** Nansya kakuli kuti nzuwamba teensi waluiyandide kuzyaamba, eezi zipa kuti takubi kutamvwisisyania kwachiindi chilamfu.
2. **Kumbila lulekelelo kuti koli waambide zibi konyemede mpawo wambuule kabotu. Eezi zipa mwana wako chitondeezyo chakukumbila lulekelelo nchanga ulayiya kulinduwe.** Zilamupa lubo mweenya wakuti alakwe akumbile lulekelelo naa kakuliti wabisya nuwazo mwaambila majwi mabi. Bana balakulemeka loko awo nokumbila lulekelelo kuti wabisya alimwi balajana busungwaazi bwakukuchitila kabotu.
 - Amuyeeye Iwaano Iwa Chuna amwana wakwe muchiiyo chamusanu atutatu? (*na kakweelede amulubale lubo Iwaano oolo*). Tunsiansiya twakwe twakalikutyeni aatala akukumbila lulekeleli kubana?
 - Mulichenu cheengele naa mumpuli nzeezili nzimusyoma?
3. **Pandulula nchito iikubijila kwiinda kunanika mwana mazina mabi.** Amba kuti, “Echiya chintu nchuwachita chali chabufuba fuba!” kwiinda kuti “Ulichifubafuba!”
4. **Leka kukozyania bana bako.** Kukozyania kupa kuuti bana tabaliyandi alimwi banokkala kabanyemede. Alimwi zipa kuti bana bako tabanomvwanani kabotu.
5. **Aawo mwana wako nakumvwide ambuula ziluleme biyo aatala anguwe.**
6. **Utazibisi mwana wako kulibamwi bantu nkaambo kachibi nchachita.**

NJOOMO MUTUBUNGA TUNIINI (babili naa batatu)

Mutubunga twenu amusale munchali womwe muchite musobaano wakutondeezya mbumunga mulazibebesya mumpuli zyenu.

Zyakutobelezya kulisikuzulula: *Tubunga ootu atupegwe maminisi musanu aakubambila musobaano ooyu bamaninsya kumbila kabunga komwe kachite kunembo lyabamwi. Yamana misobaano buzya kunkamu kuti nzeezili nzila zyabeleseghwa mumusobaano.*

Majwi Akusungwaazya

KULILINGULA OMWINI

Zyakutobelezya kulisikuzulula: *amubelesye chibeela chamutwe wamakani wakuti “Kupa Majwi Aakusungwaazya” mu **BBUKU LYASIKWIIYA**. Basungwaazye kuti tabadooneki alimwi ubape chindi chilamfu chakulilingula akuyeeya zintu zibabotezya aatala abana babo, naa kaziliwo basungwaazye kuzilemba aans.*

Kupa Majwi Aakusungwaazya

Kwiinda kubelesya majwi mabi kubana besu, tweeleda kuyanduula majwi abasungwaazya.

Tola maminisi musanu uyeye zintu zilimusanu nzyonga ulamba kukusungwaazya bana bako. Weelede ube anchoonzyo kuti zikuubile. Kuli aabo batakwe bana, yeeya majwi ngonga ulaambila bana bamwi mboswaanana aabo mubukkale naa bana banzubo zyako.

Chitondeezyo, “Ilandibotezya nzila njondigwasya aayo kujika noboola kuzwa kuchikolo. Kulabotezya kuti katuli aamwi alimwi zipa kuti mulimu wangu wuube” aaya majwi alatambulika kwiinda biyo kuti “Ulimwana loko.”

AMWEENZINYOKWE (amukako naa kaliwo)

Amuyooome aatala azintu nzimulikuchita oobotu akuti mwambuula biyeni abana benu. Ngaali majwi ngimwakabelesya aakonzya kuti akeetelezya nchisyamoyo kubana benu? Zuwa awumwi wako nzila nzuwalibambila kuti ulachita biyeni mukusungwaazya bana bako naakuti bamwi bana.

Masimpilo

NJOOMO MUMBUNGA MPATI

Majwi eesu alakonzya kubeleseghwa mukusungwaazya bana besu naa kubapa nchisyamoyo. Nikuba kuti chimwi chindi nga teensi nzituyanda kuchita pe, majwi eesu aachisa alakonzya kupa kuti bana besu tabakomeni munzila Leza njayanda pe. Tulakonzya kwiiya kwambuula kululeme abana besu. Kutola kuti katuli kwiiyila kuti tuzunde munzila yakwambuula abana, alimwi Bbayibbele lilatwaambila kuti twelede kubelesya lulimi lwesu kusungwaazya akuyaka bamwi.

Eezya kuyanduula myeenya abuzule bwayo mbonga ulasungwaazya bana bako mumviki iboola. Eezya kuleka kubelesya majwi achisa kuti wabelesya fwambaana kukumbila lulekelelo mpawo upandulule nzuwalikuyana kwaamba.

Chiiyo chakumi - 10: Kulaya Kuzwidilila Muluyando

Mpalamo mpati

1. Kulaya chaamba kululamika bana kuti bayiiye kuchita zintu munzila yabunaleza. Tachaambi kupa zisubulo akulikike pe.
2. Kulaya kuntuloko kuchitwa muluyando alubo chiindi choonse
3. Kupa zisubulo zijatika teensi njiyo pe ayilikike nzila yakulaya bana.

Zyakubelesya

Chitoindezyo

- a. Misobaano iisiyene itondeezya Kulaya Kusiylene
2. Bbuku Iya Sikwiya:
 - a. Kulaya Bana

Manjililo

NJOOMO MUMBUNGA MPATI

Amubale ku Tusimpi 29:17 a 13:24.

- Eeyi minchali ituyiisayi aatala akuba aabuntu?
- Nkukoloondo biyeni kuti tulaye bana besu?
- Naa katuyanda bana besu tweelede kubalaya na?
- Kulaya kubotu kuntuloko, nkubotu naakuti nkubi kumwana?
- Naa katwambuula azyaku laya, nzeezili nzila nzitubelesya kulaya bana?

Amubale twaano tobile tutobela ootu:

Seth wakali abachizi abanyaandumi balimusanu awumwi kabali bapati kuli nguwe. Limwi zuba bachizi bakwe bakali kumusoka alimwi taakachili kuyanda pe. Wakanyema wabatila mungoma wamaanzi. Mungoma ooyu wakakuuma bachizi bakwe babili mpawo bakasanguna kulila. Bachizi bayisi bakabona zyakachitika mpawo bakayita wisi. Wisi wakasika chakufwambaana mpawo wakasanguna kwaambwida Seth. Bantu boonse bakayoowa. Abasimabambanwa bakalikwebela bakayoowa. Wakawuma Seth abbanti tune kusika kumusanu alimwi kalikumwaambila kuti tazoyiindululi nkaambo uzokachilwa kweenda kali wawumwa. Seth wakabanyemena loko bachizi bakwe. Juunza umwi wabachizi wakasanguna lubo kumusoka mpawo boonse bakaseka. Seth wakamupwaya lubayi. Awa wisi alakwe wakasekela kumwi aabamwi.

Dinah wakalikukuyanda kweenga. Takalikuyanda pe kuchita imwi milimu yang'anda. Banyina bakali kumuyeezay lubbe kuti weelde kuchita milimu yakwe. Sunu bamwaambila kuti naaleka kuchita milimu yamung'anda, taakwe natakonzye kweenga pe kwamviki yoonse. Naakazwa kuchikolo wakatalika lubo kweenga. Wakaluba zyamilimu. Nibakazwa kulalila banyina bakabuzya aatala amilimu. Dinah wakatondeezya kuti waluba kwiichita. Banyina bakabuzya kuti batyedeni kuseni. Bakabuzya lubo kuti uchichiyeede na chisubulo chakutachita milimu. Dinah wakayeeya. Bakamuti ayete zintu zyakwe zyoonse nzyabelesya kweenga. Banyina bakamuti, achita milimu yamung'anda kwamviki yoonse, mumviki iboola ulazipegwa zintu zyakwe. Pesi buzuba mbwaluba kuchita milimu chaamba kuti unoyungizya zuba lyakubula kweenga.

- Ndooluli lwaano lweendelana azichitika muchengele chenu?
- Nzeezili nzila zibili bazyali aaba nzibakalaya aazyo bana babo?
 - *Wisi wa Seth wakamunabba kakusanguna mpawo lwabili wakamuseka, banyina Dinah bakamunyanga mweenya chakweenga.*
- Amusale nzila njimubonaanga njiili kabotu akupa chitondeezyo chibotu. Mupe bupanduluzi bwakuti nkaambo nzi nimwasala njiyo.
 - *Banyina Dinah bakalaya mwana wabo munzila ilaluyando akuba asimpe lyakuti Dinah amvwisisisye bubi mbwakachita akuti chisubulo chankuko niinzi, alimwi eezi bakazichita kabatabweedi musule.*

Mulechi chiiyo, tuyanda kulanga nzila zinga zilatugwasya kulumaika bana besu mubulaye bwabunaleza. Tulalanga lubo zimbi nzila zyakugwasya bana besu kuti bamvwisisisye kuchitila kuti tatunosiki aakuyanda biyo kubanabba. Naa twabelesya eezi nzila azimwi nziwayiyya, taakwe nitunoyelela kusubula bana besu anzila iichisa chiindi choonse.

Kupana Maanu muku Laya Mwana

NJOOMO MUMBUNGA MPATI

Zyakutobelezya kulisikuzulula: Kumbila balipeda babale zyoonse zili ‘Maanu Mukulaya’ zilimu **BBUKU**
LYASIKWIIYA – Kulaya Bana.

Kulaya chaamba kululamika bana kuti bayiye kuchita zintu munzila yabunaleza. Tachaambi kupa zisubulo akulikke pe. Kuli nzila nyiingi zyakulaya bana. Kulaya nkubotu naa kwachitwa muluyando amunzila yeelede iitapiluki piluki.

Tulaya bana besu nkaambo tulabayanda alimwi tuyanda kuti bapone buumi bubotu bwabuna leza, bakonzye kusala zintu zibotu antoomwe akupona aabamwi kabotu. Chimwi chiindi nzila nzi tubelesya kulaya bana tazibeleki kabotu pe nkaambo zipa kuti bana bapanduke, banyeme, babe amyoyo miyumu, bweeme, kuyoowa akutakkalinkana. Nchikoloondo kumvwisisisya kuti niinzi nchitunga tulachita kuchitila kuti kulaya kwesu kuzwidilile kuchitila kugwasya bana besu bakomene kabotu mubulidilano kulibamwi a Leza.

Maanu aaku Laya Kuzwidilila:

1. Weelede kubona kuti bana balaziba kuti ulabayanda nansya aawo nobalaya.
 - Tolelede pe kupa mwana wako chisubulo aawo nonyemede loko. Kutu wachita oobo ziyiisya biyo mwana kuti awume bamwi kanyemede. Kutu wanyema ezya kuselezya kunyema kwako saansi mpawo kkazika mwana aansi kuyoosika chiindi koli weelela kuti wambuule aawe.
 - Muyezye kuti chipa kuti apegwe chisubulo nkumuyiisya nzila yakuluijata kabotu. Pandulula kuti ooyu mukuli wako mbuuli muzyali alimwi ulamuyanda, nchomulaya.
 - Wamana kulaya mwana wako, nchikoloondo kuti utondezye luyando lwako luzwide kulinguwe. Ulakonzya kwaamba majwi asungwaazya mwana aali mbuuli kuti “Ndilasyoma kuti uzoosala kuchita nchintu cheelede muchiindi chiboola”. Luyando lusungwaazya munzila ilimbubo kwiinda kuyoowa. Eezi alubo zipa kuti mwana alimwe katabililikide naaziba kuti uchiyandwa.
2. Kulaya kwako akuzuzikizigwe
 - Mwana ulayilwa mpawaawo katanaluba. Kutu wazomulaya mulichimwi chiindi nzyakabisya kazili zyayinda chiindi ulaluba kuti niinzi loko nchalayilwa. Banoyoowa kuti amwi ulabona babisye aboobo banokkala kabayoowa kuchita zintu.
 - Kutu kakatuchita kulaya kwesu mbuli bazyali muzyiindi zyelede zipa kuti bana besu bayiye zibi azibotu. Balalimvwa kabali aabutabilizi nkaambo balizi kuti bazyali babo bakkala kababalangide alimwi balabayanda.
3. Chita kuti mwana amvwisisisye kuti eechi nchaachita nchibi.

- Buzya kumwana kuti ulizi na kuti eecho nchaachita nchibi. Kuti katezi, mupandulwide bubi bwacho alimwi kolizinzide.
 - LEKA kusubula mwana kampaŋila kumunabba kotakwe nwamwaambila kuti wabisyayi.
4. Pandulula nzyolangila kuti muntu kategwa ulaabuntu.
 - Chimwi chiindi bana nga tabazi pe kuti ncheechili chibotu. Pandulwida bana antanganana ziyandikana.
 - Chita kuti mwana amvwisisisye nzoyanda azoochite muli lyajuunza.
 5. Kulaya kwako kweelede kusiyana kazyeeendelana amusela wamwana.
 - Bana baniini (2-10) balakonzeka kusubulwa akubalangisisya, kunabba, naa kubakkazika aabbazu kali aalikke mane chisike chiindi cheendelana asela lyamwana.
 - Bana bapati (11-18) banyanze zimwi nzibazibila kubelesya akuti beelede kuziba kumana mapenzi ayetelezegwa anchito zyabo mbi.
 6. Kuyuma kwachisubulo kweelede kwendelana abupati bakubisya.
 - Kuti kutalijata kwachita munzila mpati, chisubulo cheelede kukomena achilacho. Naa chibi kachili chiniini, chisubulo achuube achilacho.
 - Toyelede pe kumunyanza nchintu chakwe na kumukasya nzyayandisya kwachiindi chilamfu loko we kali wasanguna mpawaawo kubisya. Kulimbubo kumunyanza biyo kwazuba lyomwe, pesi kubisya kwayinkila kunembo yungizya mazuba.
 7. Tobela akulaya
 - Kuchita nzowamba kulakonzeka kuyuma muleecho chiindi, pesi kulagwasya alimwi kupa kuti ulemekwe akusyomwa. Kutondeezya kuti ulakonzya kuchita akuzyuzikizya nzowamba.
 - Kuyoosezya kusubula mwana nkaambo kakubisya kwakwe pesi kaatakwe nomusubula kupa kuti atamvwisisisyo alimwi webu utazwidilili mukulaya kwako.
 8. Aawo aakonzeka. Belesya chisubulo cheendelana loko akubisya kwachitwa.
 - Mpalamo yakulaya ooku njakuti mwana weelede kuziba kuti mapenzi ayetelezegwa anchito zyakwe nguwe weelede kwamana.
 - Chitoondeezyo, naa Sarah kayandisya kugwasya banyina kujika, pesi wambwida bubi munyandumi wakwe walukuyanda kugwasya alakwe, banyina balakonzya kwaambila Sara kuti abalabo tabakomugwasya pe, ulajika alike mmene azumine kuti munyandumi wakwe agwasizye alakwe. Naakuti Peter wawuma tebuli mpawo maanzi atikila mpawo, banyina balamwaambila kuti alibukuse.

NJOOMO MUTUBUNGA TUNIINI

- Ngaali maanu aaya ngolikubelesya kale kubana bako?
- Ngaali maanu aaya ngwakatayeede kuti alakonzya kubeleka naakuti watalika sunu kwaamvwa?
- Ambubale lubo lwaano lwa Seth kumanjililo achiiyo eechi. Amulange zyoonse zyakachitika mulange kuti wisa Sethe ngaali maanu ngakali kunoobelesya kuti alaye mwana wakwe munzila iilikabotu.

KULILINGULA OMWINI naakuti KOLAWUMWI

- Niinzi chinga chachitwa abana bako chipa kuti unyeme loko? Nzeezili nzonga wachita kuti uselezye kunyema kwako kotanatalika kubapa zisubulo?
- Niinzi nchonga ulachita kutondeezya bana bako kuti ulikubalaya nkaambo ulabayanda?
- Ncheechili chintu chipya nchonga uzoochita mukulaya bana bako muchiindi chiboola?

Zimwi Nzila Zyakusubula

NJOOMO MUMBUNGA MPATI

- Nzeezili zimwi nzila nzyonga ulasubula aazyo bana bako kaatakwe nuwabapa chisubulo chipati chijatika?

Zimwi Nzila Zyakulaya Bana

Zyakutobelezya kulisikuzulula: Bala Zimwi Nzila Zyakusubula zilimu **BBUKU LYASIKWIIYA** -munsi lya chibeela cha Kulaya Bana. Pa zitondeezyo kulikuzipandulula zyoonse.

Chimwi chiindi kuliluleme kunabba mwana muniini (myaaka 2-10). Kunabba kulisiyene akuuma biya kwakulyatila mwana. Aawo noyanda kunabba mwana, linda usike achiindi chakuti kwamana kunyema, mupandulwide kuti umunabbilayi mpawaawo umunabbe. Leka kunabba mwana kunembo lyabamwi. Eezi zilakonzya kumupa bweeme mpawo akkale kabijilidwe. Wazwa kumunabba, mumbungatile umutondeezye kuti ulamuyanda. Kunabba ooku **kuchitika muluyando** kuchitila kusandula buntu bwamwana muli lyajuunza. Takweelede kuchisa mwana naakuti kweetelezegwa aakunyema. Kutu wayibelezya kabotu eeyi nzila ilakonzya kukugwasya loko mukuchita kuti mwana kakuswiilila atabi amizeezo mibi alimwi kazi kuti ulamutabilila choonse chiindi. Kutu konabba mwana lubbe ulaba mpelenge alimwi ulapanduka.

Kulaya mwana wako TAKWAAMBI biyo kumuuma. Chisubulo chijatika TEENSI njiyo ayilikke pe nzila yakulaya mwana. Nzeezi zimwi nzila zikonzya kukugwasya alimwi zizwidilila kabotu kukulaya bana:

1. Pa mwana **mulimu** kunchito yakwe mbi
Ikapati kubana bachili baniini ulakonzya kubagwisya kuzichito zibi kwiinda mukubapa milimu yakuti bagwasizye ikapati kuchita zintu nzibayandisya loko. Alimwi kuleelede kuchita kuti mwana azibe kuti kuchitakwe zichito zibi tokuyandi pe.
2. Tondeezya **kukaka kusimide** (kaatakwe notukila mwana pe)
Chitondeezyo, kubana banini, kubalangisisya naa kubaambila aantanganana kuti tozumini pe eezyo nzyayanda kulabeleka akulako nkaambo mwaana welede kuziba kuti ulatambulika akuyandwa. Ambuula aatala anchito peepe kubelesya majwi mabi kunanika mwana. Amba kuti “Nsiziyandi pe me kuti wachita oobu aboobu, (pandulula nchito eeyo)”
 - Nzeezili zimwi zintu nzotayandi zichitwa amwana wako? (Eezya kuzyaamba mbuuli ajulu)
 - *Kuuma bamwi - “Nsiziyandi pe me kuti kowuma bamwi”*
 - *Kubelesya majwi mabi - “Nsiziyandi pe me kuti kobelesya majwi mabi”*
3. **Munyanzye chintu nchayandisya**
For chitondeezyo, ulakonzya kumunzya eecho nchali sobaania naa kumukasya kweebela chiipekupeku kwachiindi nchwatala webo. Yeeya kuti, kulampa kwachiindi chachi subuluo kweelede kwendelana achibi antoomwe asela lyamwana.
 - Nzeezili zimwi zintu ziyandisigwa kuchitwa abana balimumisela eeyi 2-5, 6-11 and 12-18?
 - *2-5 – zyakusobaania akusobaana abazolani babo, azimwi.*
 - *6-11 – kuya kunze kuyoolisenia, kweebela chiipekupeku, kubala, azimwi.*
 - *12-18 –kuba abazolani babo, kubelesya njobolamakani zyabo, kweebela chiipekupeku, azimwi.*
4. Tondeezya mwana kuti **ulachita biyeni kumana penzi ndyayetelezya**
Chitondeezyo, kuti wajaya chintu naakuti watila (naansya katachitilide chaali) muyiisye kuti abambulule eecho nchajaya kuti kachibambika naa kuyiila eezyo nzyanooli watila. Eezi ziyisya mwana kuti alimanine mapenzi nganooli weetelezya. Mbuuli kuti, Adam wawinsizya aansu mwanike wakwe mumunda, wisi ulamwaambila kuti amugwasye kumubusya, amulange kuti taalichisa na mpawo amukumbile lulekelelo.
 - Nzeezili zimwi zintu zinga ziachitwa abana zibakonzya kulungisya abalikke?
 - *Kutila maanzi naa kulya*
 - *Kubikka tombe mung’anda*
 - *Kujeya chintu*
 - *Kuchisa umwi*

5. **Gwisya mwana kuzwa kuli bamwi** – “kwakayindi”

Chitondeezyo, ulakonzya kukkazila mwana kubbasu lyakwe alikke, kumunjizya mung’anda aawo mpatanooli alike kuchitila kuti ayeesye aatala anchito mbi njaachita. Eezi zipa kuti mwana aselezye kunyema kwakwe alimwi akonzye kulijata kabotu. Mpawo utole chiindi chakwambuula amwana kuti amvwisisye kubisa kwakwe, kuti azibe mpaabisya akumugwasya kuti muchiindi chiza ulakonzya kusala kuchita biyeni. Yeeya, eezi zyeede biyo kuchitwa kwachiindi cheendelana amyaaka yakwe mbuuli kuti mwana ulamyaaka musanu awumwi, mukkazike mung’anda kwamaminisi musanu akamwi.

- Mwana ulaa mywaaka musanu awumwi weede kukkala chiindi chilamfu biyeni alike? *6 minutes*
- Mwana ulamyaaka kkumi weede kukkala chiindi chilibyeni alike? *10 minutes*

6. **Mupe chakusala** – kulijata kabotu naa kukasigwa zimwi /kunabbwa

Ooyu mweenya wakupa mwana kuti asale kuchita chintu chibotu naakuti anyanzigwe nzyayanda nkaambo kachibi nchaachita. Kweede kuti chisubulo chiboneke, tachiindilili, tachimuchisi aamubili pe, pesi chibe chintu chakuti ulachiyandisa pesi talikukonzya pe kuchijana muleecho chiindi. Chitondeezyo, mwana uutayandi kukumba meno, ulamwaambila kuti asale aakati kakukumba meno akuleka kulya ziwiti zuba lyoonse. Eeyi nzila ulabeleka kumisela yoonse yabana.

7. Zumizya mwana kuti **alimvwide buyumu** bwazyetelezegwa anchito yakwe.

Chitondeezyo, naa mwana katabambi kabotu zintu zyakwe, zilafwa kufwambaana. Kumvwa machise akufwidwa chintu kulamugwasya mwana kuti akonzye kulibambila zintu zyakwe. Eeyi nzila ibeleka loko kubana bkomena komena. Ilakonzya kutaba nzila iilikabotu kuti kiibikka buumi bwamwana naa bwabamwi bantu muntenda. Ilakonzya kutabeleka lubo kuti kakuli kuti mpindu eeyo machiise abuumi boonse naakuti ooyu mwana katayandi kusanduka.

NCHITO MUMBUNGA MPATI

Zyakutobelezya kulisikuzulula: *nenga awumwi musobaano kuzwa ku **CHITONDEEZYO** – Misobaano ya Zimwi Nzila Zyakulaya – mpawo upe awumwi musobaano kukabunga akabunga. Maminisi musanu biyo aakubambila. Yamana misobaano, amuyooome aatala amibuzyo iilimuni:*

- *Nzeezili nzila zyakulaya zyationdeezegwa amusobaano ooyu?*
- *Eeyi nzila yakusubula tyeelede bana bayimi myaaka?*
- *Ngaali maanu akulaya aabelesegwa mumusobano ooyu?*

Musobaano 1 – kupa mulimu uugwasya

Mwana ulikuuma ndido aansu kati uyanda kulya

Banyi bamwiita: “Leka kusabila. Gwasizya kweeta maanzi aakujisyal.”

Musobaano 2 – Kukaka chintu munzila ilantanganana iisimide

Mwana ulikubweza zivunisyo zye mpesele ulikusowela aansu.

Banyina bati: “Teesnsi njiyo pe nzila njoyelede kubelesya mpesele zyamukulana wako. Kutu wakumbila chintu ndiyanda kuti wachibelesya mpawo wachibweedezya kabotu. Fwambaana kubweedezya zivunisyo eeyo ubweedezye mpesele eeyo mubbokesi.”

Musobaano 3 – tondeezya mbanga ulamana penzi lyeetelezegwa anchito yakwe

mwana muchintoolo wajeya chintu muntenda.

Banyina bati kabatanyemede: “Bweza zifwafula eeyo ukakumbile lulekelelo kumusambaazyi mpawo ndikachibbadalile.”

Musobaano 4 – mupe zyakusala, simya buyumuyumu, mpawo uchite kuti alimvwide buyumuyumu

Banyina balibambila kuya kuchisambalilo.

Mwana wabuzya: “Baama, ndakumbila kwiinka ambebo?”

Banyina bati: “Lutaanzi teekwalijata kabotu pe wakakwiilila kuliilwa chintu chipa muchintoolo. Sunu ulakonzya kwiinka pesi weelede kusala. Ulijata kabotu kaatakwe kulila naakuti waakulila sunu muchiindi chiboola uzochaala. Wamvwisisisya na?”

Mwana wakwiilila kuulilwa chintu chipya nibakiinda achintoolo.

Banyina balibombya bamubweedezya kun’anda.

Zuba lyakatobela **Banyina** balibambila lubo kuti baye kuchisambalilom

Mwana wachijaana kuyookumbila: “Ndakumbila kwiinka andime?”

Banyina bakati: “Peepe – jilo wakeelede kusala: kulijata kaboyu akuchaala. Tewakakulijata kabotu pe aboobo sunu ulachaala abanyookulu. Uzoyinka limbi zuba wazooyeya kulijata kabotu.”

NCHITO YAKABUNGA KANIINI naakuti KAMULI BABILI

1. Amuyeeze zyiindi aawo bana benu nzibanga bachata zibi loko.
2. Amusale nzila yomwe njimunga mulabelesya iitali shisubulo chijatika. Amubambe musobaano kamubelesya nzila mpya muleecho chiimo.
3. Amuchitile mbunga yoonse musobaano wenu.

Zyakutobelezya Kulisikuzulula: buzya kuli bali kweebela kuti nzeezili nzila yakulaya zyabelesegwa mumisobaano.

Ndangemusule

NJOOMO MUMBUNGA MPATI

Zyakutobelezya kuli sikuzulula: Tola chiindi chakubona kuti njili mizeezo ilimubbuku eeli njibachiyeede balimumbunga eeyi akuti balikubamba kuzibelesya biyeni eezyo nzibayiya. Kulakonzeka kuba imwi mitwe yamakani iyanda kwiindululwa. Tola chiindi kumamanino aachiiyo eehi chakubakombela kuti Leza abagwasye kululamika kabotu bana babo akubelesya chiiyo chasunu.

Mumviki ziche zyayinda twambuula atala anzi zyaandene.

- Nzeezili nzila zilangene akulaya nzochiyeede?
- Nzeezili yakakugwasya?
- Nzeezili nzoyanda kubelesya loko? Alimwi njili njotachiyandi kubelesya?
- Mboobuli busandu mbobona mumwana wako nobelesya nzila eezi?
- Niinzi chinga chilakugwasya kuti ulangile kuli Leza mukubesesya nzila eezi kweeta busandu bubotu kubana bako?

Nitulaya bana besu, tulikubalulamika kuti bapone buumi bulabunaleza. Kululamika kwabuna Leza kusungwaazigwa aaluyando. Kutu kulaya kuzwidilile tweelde kukuchita katuzuzikizya peepe kwambuula biyo katutachiti munzila ilabusongo yakulaya bana besu kuchitila kuti tatubasowi naakuti bapanduke. Bana bayiya nzila zyabunaleza nchilongezyo kuli Leza, kucheengele akumpuli zyabo. d wise in the way we discipline our children so they will not become bitter or resentful.

Misobaano ya Zimwi Nzila Zyakulaya

Musobaano 1 – kupa mulimu uugwasya

Mwana ulikuuma ndido aansi kati uyanda kulya

Banyi bamwiita: “Leka kusabila. Gwasizya kweeta maanzi aakujisyal.”

Musobaano 2 – Kukaka chintu munzila ilantanganana iisimide

Mwana ulikubweza zivunisyo zye mpesele ulikusowela aansi.

Banyina bati: “Teesnsi njiyo pe nzila njoyelede kubelesya mpesele zyamukulana wako. Kuti wakumbila chintu ndiyanda kuti wachibelesya mpawo wachibweedezya kabotu. Fwambaana kubweedezya zivunisyo eezyo ubweedezye mpesele eezyo mubbokesi.”

Musobaano 3 – tondeezya mbanga ulamana penzi lyetelezegwa anchito yakwe

mwana muchintoolo wajeya chintu muntenda.

Banyina bati kabatanyemedede: “Bweza zifwafula eezyo ukakumbile lulekelelo kumusambaazyi mpawo ndikachibbadalile.”

Musobaano 4 – mupe zyakusala, *simya buyumuyumu*, mpawo uchite kuti alimvwide buyumuyumu

Banyina balibambila kuya kuchisambalilo.

Mwana wabuzya: “Baama, ndakumbila kwiinka ambebo?”

Banyina bati: “Lutaanzi teekwalijata kabotu pe wakakwiilila kuliilwa chintu chipa muchintoolo. Sunu ulakonzya kwiinka pesi weelede kusala. Ulijata kabotu kaatakwe kulila naakuti waakulila sunu muchiindi chiboola uzochaala. Wamvwisisisya na?”

Mwana wakwiilila kuulilwa chintu chipya nibakiinda achintoolo.

Banyina balibombya bamubweedezya kun’anda.

Zuba lyakatobela **Banyina** balibambila lubo kuti baye kuchisambalilom

Mwana wachijaana kuyookumbila: “Ndakumbila kwiinka andime?”

Banyina bakati: “Peepe – jilo wakeelede kusala: kulijata kaboyu akuchaala. Tewakakulijata kabotu pe aboobo sunu ulachaala abanyookulu. Uzoyinka limbi zuba wazooyeya kulijata kabotu.”