

**TRUTH
CENTERED
TRANSFORMATION**

MODULE 3



**KUMVETSETSA
CHOONADI CHA NDI
MULUNGU**

**BODZA LA
MDYELEKEZI**

BUKU LO PHUNZITSIRA

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Phunziro loyamba: kodi Ndife Osandulizika?

Zolinga Zofunikira pa Phunziro

1. Kumvetsetsa ngati akhristu kuti moyo wathu ukuyenera kusithika pamene tikumvera Mulungu.
2. Kutenga nthawi podziunika moyo wathu ngati tikutsira zomwe timadziwa kuchokera m'Malamulo a Mulungu ndipo ngati kusinthako kukuonekadi

Zipangizo zofunika

1. Visual Aid Pack — Makadi a filimu ya Fiji
2. Mapepala akulu olembera ndi chekeni

Mau Oyamba

Werengani nkhani zosatirazi

Nkhani Yoyamba: Rwanda

Rwanda ndi dziko laling'ono lomwe liri ndi chiwerengero chokwanira pafupifupi 8.2 miliyoni. Zaka 100 zapitazo kunalibe akhristu koma kuyambira koyambilira kwa chaka cha 1990 mdzikomo munadzadza mipingoponse: 85% ya anthu aku Rwanda anali akhristu. Zinayamba ndi chitsitsimutso chomwe chinafalikira kummawa kwa Africa muchaka cha 1940 pamene anthu oposela mamiliyoni anapulumutsidwa. Mu zaka za 1991 ndi 1993 kunachitika misonkhano yachitsitsimutso yomwe yinapangitsa miyandamiyanda ya anthu kupulumutsidwa.



Komabe, 1994 mu Apulo ndi May, kunachitika chimpolowe chimene chinapangitsa anthu 1 miliyoni kufa ndiponso 2 miliyoni kukakamizidwa kuchoka mudziko la Rwanda. Izi zinachitika chifukwa cha maudani amene anabwera chifukwa cha kusankhana kwa mitundu. Kunali kuphana wina ndi mzache ndi mipeni osati mabomba kapena mifuti. Mudziko lomwe anthu ochuluka (85%) anali akhristu, okhulupilirawa amayima moyang'anizana wina ndi mzake ndikuphana ndi mipeni. Nkhani zopweteka ndi zonyansa zomwe munthu suungakhulupilire kuti zinachitikadi. Tinazolowera kumamva nkhanu za azimayi kugwiliridwa ndi kuphedwa pamaso pa ana awo, azimayi kukakamizidwa kukwilira ana awo mmunda adakali ndi moyo. Palibe mdziko lonse lapansi anakhulupilira kuti magulu awiri achikhristu angadane koopsya.

Nkhani Yachiwiri: USA

M'madera onse a ku USA mipingo imapezeka paliponse. Mutha kunvetsera mawayilesi achikhristu kapena kuwonela makanema ya chikhristu kulikonse mungapite. Kuli ma sukulu achikhristu m'madera

ambiri pamodzi ndi sukulu zachikristu zaukachenjede. Pali mabuku achikristu wosatha muma webusaite, magazini komanso ma nyuzipepala. Komabe, m'dziko la USA ana 1.5 miliyoni amaphedwa pachaka chiri chonse chifukwa chochotsa mimba. Theka la maukwati aku USA amasiyana. Chiwerengero chimenechi sicha anthu omwe siakhristu. Zodabwitsandi zakuti, kusiyana maukwati ndi kuchotsa mmimba chiwerengero chake ndichofananirapo ndi cha akhristu.

Nkhani Yachitatu: Brazil



Mbali mwa mnsinje wa Amazoni anthu am'deramo ndiwosawuka kwambiri ndipo ndikumidzi. Njira yokhayo yokafikirako ndi kugwiritsa ntchito bwato. Zaka makumi atatu zapitazi panalibe akhristu amene amaziwika mmaderamo. Zaka makumi atatu zapitazo mamishonale anafika mmadera amenewa pa bwato ndipo iwo analalikira uthenga wabwino moti anthu ambiri anapulumsidwa. Mamishonalewa amakhala mumzindawo kwanthawi yochepa, ndikudzala mpingo, kenaka ndikupita



dera lina. Ukakayendera mmadera amenewa umalira kuona mmene anthu akuvutikira. Mmidzi imeneyi anthu anali ndi chakudya chongokwanira kudya basi. Njira ina yimene mabanja amapezera chuma ndikupereka ana awo akazi ngati mahule ali ndi zaka 12 kapena 13. Azibambo amapereka ana awo kwa anthu a chuma mmizindayi. Azibambo achi khristu amapanganso zomwezo-kupereka ana awo akazi kuti apeze ndalama.

1. Kodi chinachitika ndi chiani munkhaniyi?
2. Kodi nkhanizi ndizodabwitsa kapena zosadabwitsa? Kodi ndizodabwitsa chifukwa chiani?
3. Kodi mukuganiza kuti Mulungu amamva bwanji ndizinthu ngati zimenezi? Perekani chifukwa payankho lanu?

Nkhani Yachinayi: Mudzi Wopezeka Mphiri

Panali mudzi waung'ono umene umapezeka kuphiri. Mbali ina ya mudera losauka la mudzikoli ndipo anthu ake amakhala moyo wosavuta. Samapeze chakudya chokwanira. Amadalira nyengo kuwalosera mmene chakacho chitakhaliye – ngati kungakhale chakudya chokwanira kapena kukhala chakudya choperewera? Analibe zimbuzi ndipo amakhala manyumba osaoneka bwino. Anali anthu osasangalala koma amalimbikira kugwira ntchito mminda mwawo, koma kumavutika chaka ndi chaka.

Zaka makumi atatu apitawo mamishonale anafika koyamba muderali nawauza anthu aja za Khristu. Pamene anthu aja anamva mau anazindikira nayamba kukhulupilira ndipo ambiri anadzipereka nakhala a khristu. Mamishonale aja anawathandiza anthu ammudzi muja ndipo anadzala mpingo. Anthu aja anayamba kupita kuchalitchi pafupipafupi. Anali wokondwa podziwa kuti akadzafa adzapita kumwamba ndipo amayembekezera tsiku lodabwitsali pamene akakumane ndi Mpulumutsi wawo.

Mamishonale aja anachoka mumzindawo ndipo mpingowo unapitilira ndi atsogoleri a mumzindawo kuwutsogolera. Mamishonale aja anapitanso ku mudzi kuja patatha zaka makumi atatu. Mpingo unakula kwambiri ndipo anthuwo anali wodzipereka kukumana pamodzi. Komabe, mudzi uja unali chimodzimodzi popanda kusintha. Anthu analibe wovutika amakhulupilirabe nyengo kuwalamulira

ngati angakhale ndi njala kapena kukhala ndi chakudya chochuluka chaka chimenecho. Sanamangebe zimbuzi mmudzimo. Kusintha kunachitika mochepe

1. Kodi chinachitika ndi chiani munkhaniyi?
2. Kodi nkhanizi ndizodabwitsa kapena zosadabwitsa? Kodi ndizodabwitsa chifukwa chiani?
3. Kodi chikufana munkhaniyi ndi nkhanu zina zija ndichiani?

Munjira ina nkhanu mulibe chodabwitsa ngati zomwe zimachitika munkhani zitatu zoyambirira zija. Koma sizikusiyana ndinkhani zinazo: pamene chikhristu chapulumutsa anthu koma sichinasinthe miyoyo yawo. Mulungu amafuna atasintha miyoyo yathu padziko pano, osati kumwamba kokha.

Malamulo a Mulungu

Werengani Deuteronomo 30:11-20.

1. Kodi Mulungu amalongosola bwanji za malamulo ake? Kodi malamulowo ndiwovuta kapena wosavuta?
2. Kodi ndi chisankho chotani chimene atipatsa mu ndime ya 15? Kodi nanga inu mungasankhe chiani?
3. Kodi chimabweretsa moyo ndi madalitso ndi chiani? (v.15-16)
4. Kodi nanga chimabweretsa imfa ndi matemberero ndichiani? (v.17-18)
5. Kodi Mulungu amafuna kuti tisankhe chiani? (v.19)

Werengani Deuteronomo 28:1-14.

1. Kodi chimachitika ndichiani pamene tapanga chisankho chomvera Malamulo a Mulungu?
2. Kodi lonjezo lokhala ndi moyo lidzachitika pamene tafa kapena tiri ndi moyo padziko lino?

Werengani Deuteronomo 28:15-19.

1. Kodi chimachitika ndichiani pamene tapanga chisankho chosamvera Malamulo la Mulungu?

Mulungu anapanga malamulo ochuluka amene amatiuza mmene tingakhalire padziko pano. Pali malamulo abwino amene amapangitsa kukhala munthu wabwino. Chitsanzo, “usachite chigololo.” Pali malamulo ena achilengedwe amene amasamalitsa zinthu zimene tikuziona. mwachitsanzo, tsiku liri lonse limakhala ndima ola 24, kapena mbewu zimafuna madzi kuti zikule.

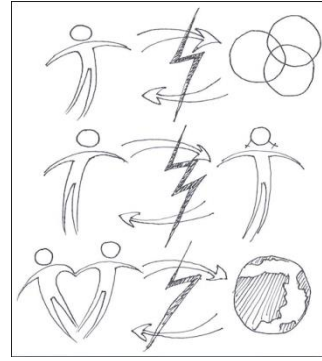
Pamene tikumvera malamulo a Mulungu tidzaona kuti miyoyo yathu kusinthika. Tiyenera kumvetsetsa za Malamulo a Mulungu ndikuyamba kuwagwiritsa ntchito mmiyoyo yathu. Tikatero, tidzamuona Mulungu akudalitsa miyoyo yathu.

Kuunikira kwa buku loyamba

Wonani chithunzi chachitatu mubuku loyamba, phunziro loyamba.

1. Kodi paliubale wotani pa zinthu izi?
2. Kodi Mulungu ali ndi malamulo kapena ndondomeko ya zinthu mmadera amenewa? Kodi nanga muli ndi zina zowonjezerapo?

Mulungu anapanga malamulo a mmene ubale wa zinthuzi pachithunzira ungakhaliree. Anatipatsa ndondomeko zimene zingatithandize kuti tichite bwino mmadera onse ndikubwezeretsa maubale owonongeka. Chomwecho, maubalewa sangakhale abwino kotheratu mpakana Yesu adzabwe koma pakuyenera kukhala kusintha.



Phunziro lapitalo tinaphunzira za kukonzeka. Panthawi yimeneyo anthu anali wosauka. Kupatulapo anthu wochepa amene anali ndi malo awo komanso omwe amachokera ku mabanja a chifumu, anthu ambiri anali wovutika ndipo amakhala ndinjala nthawi zambiri.

Muzaka 400 zapitazo kusinthika kunachitika chakumpoto kwa Europe. Kwa nthawi yoyamba anthu anayamba kuwerenga paokha Baibulo. Anasiya kudikira wansembe kuwauza chimene Baibulo likunena. Anayamba kuphunzira malamulo abwino a zachilengedwe amene Mulungu anawapanga padziko lapansi. Malamulo amenewa, pakupita kwa nthawi, anayamba kuphunzitsidwa mochuluka mipingo ndi mmasukulu. Ndimaphunziro amenewa, anthu anayamba kusintha—anayamba kukhala moyo wawo molingana ndi mfundo zatsopano zimene iwo amaphunzira. Chitsanzo, anamvetsetsa kuti Mulungu amafuna kuti tizigwira ntchito molimbika ngati kuti tikumugwirira lyeyo osati munthu (Aefeso 6:7). Anamvetsanso kuti tikuyenera kumapereka ndi kuthandizana wina ndi zake.

Pamene anthuwo amasintha madera awonso amasinthika. Chakudya chochuluka chimalimidwa ndipo kugawana kwazipangizo zogwirira ntchito kumachitika mochuluka. Mabanja ndi anthu a mmidzi analimbikitsika ndipo anthu ochuluka anayamba kupita kusukulu kukaphunzira. Mayiko ochuluka kumpoto kwa Europe anatuluka muumphawi.

Pomvera malamulo a Mulungu mayiko a kumpoto kwa Europe anakhala wolembera. Kukana Malamulo a Mulungu kumabweretsa umphawi. Ngati tikufuna kutuluka muumphawi tiyenera kuyamba kumvetsetsa ndondomeko ndikumadzigwiritsa ntchito.

Tinapatsidwa Baibulo limene limatambasula bwino Malamulo a Mulungu. Tiyenera kuwagwiritsa ntchito Madera wonse wokhudzana ndi moyo wathu. Sizokwanira kupita ku chalitchi tsiku la Mulungu. Mulungu amafuna tidzimumvera nthawi zonse. Pamene tikumumvera miyoyo yathu imasinthika. Sizikutathauza kuti miyoyo yathu izikhala yosavuta ayi. Tikayang'ana moyo wa Paulo timaona kuti amakumana ndi mavuto ochuluka. Koma Mulungu walonjeza kutidalitsa pamene tikuyenda moyo womumvera iye. Ngakhale Paulo anali wokondwa ndipo amapeza chimwemwe mmavuto amene amakumana nawo.

Kusandulizika Kwa Dziko la Fiji



Malangizo: Gwiritsani ntchito makadi a filimu yolongosola nkhani ya dziko la Fiji.



Pamene ophunzira akumvetsera nkhanayi afunseni kuti akonzekere kuyankha mafunsa otsatirawo:

1. Tchulani mwanjira zina zimene zinapangitsa anthu kuti ayambe kumumvera Mulungu?
2. Tchulani njira zina zimene Mulungu anawadalitsira anthu aku Fiji?

Makadi a chithunzithunzi cha Fiji

<p>1. Mau Oyamba</p> 	<p>Dziko la Fiji linapangidwa ndi zisumbi kapena kunena kuti zigwa zokwanira 322. Ndidera lokongola limene limakopa alendo ambiri ndipo anthu amapitako akakhala pa tchuthi. Chuma chawo chambiri chimachokera kwa alendo amene amapita mu dzikolo. Chiwerengero cha anthu wokhala mu dziko la Fiji ndichokwanira 850,000. Theka la anthu aku Fiji limatchedwa ma Fijiani ndipo theka lina ndila ma Indiani.</p>
<p>2. Mavuto Omwe Amakumana Nawo</p> 	<p>Mu mwezi wa May 2000 boma la Fiji linatengedwa mwa upandu ndipo onse ogwira ntchito m'boma atasungidwa pamodzi uku akulozedwa ndi mifuti kwa masiku 56, amalephera kuthawa. Mmiseu munali zipolowe ndipo anthu amangophana wina ndi zake. Asilikali amaphana okhaokha. Ngakhale anthu ogwira ntchito m'boma anamasulidwa komabe dzikolo munali zipolowe. Alendo anasiya kupita mdzikolo ndipo anthu amalonda amalephera kugulitsa katundu wawo kwa alendo aja.</p>
<p>3. Mipingo Asonkhana Pamodzi</p> 	<p>Mipingo yaku Fiji siyimagwirira ntchito limodzi kapena kuthandizana wina ndi mzake. Mmalo mwake anali pampikitsana wapakati pa wina ndi zake. Koma mipingo ija yinazindikira kuti akuyenera kubwera pamodzi ndikupempherera limodzi ngati dziko. Pamene anakonza msonkhano woyamba samadziwa kuti angapezekeko ndindani koma pamalopo panadzadza ndi atsogoleri ampingo tsiku la msonkhano. Anayamba mgwirizano watsopano wotchedwa: Mgwirizano wa mamipingo yachikhristu (The Association of Christian Churches). Azibusa anavomereza kuti wina aliyense amapanga zake poyamba koma anadziwa kuti ngati akufuna Mulungu adalitse dziko lawo akuyenera kugwira ntchito limodzi.</p>
<p>4. Woyimilira Prime Minister avomereza Yesu</p> 	<p>Mu July 2001 Akhristu wochokera mmadera wosiyansiyana mdzikoli anakumana pamodzi ndikukhala ndi mapemphero ndi maphunziro a Baibulo. Pamapeto ake woyimilira Prime Minister anapemphera ndikumufunsa Mulungu kuti amukhululukire ndipo amutsogolere kuti azimulemekeza Mulungu. Pamapeto ake anakhala Prime Minister wa dziko la Fiji ndipo anayamba kufufuza atsogoleri amene anali owopa Mulungu kuti agwire naye ntchito limodzi.</p>

<p>5. Nthawi ya Mumdimba</p> 	<p>Kale dziko la Fiji limadziwika ndinkhani zokhuzana ndi ufiti ndi kupereka msembe powawotcha anthu. Amamudulitsa munthu nkhuu zoti amuwotchere thupi lake. Otsogoleai muufitiwo amatha kuyenda pa miyala yamoto koma osapsya. Koma kale lawo linabweretsa matemberero mudziko lawo. Anthu amangofa mosadziwika bwino ndipo samadziwa chimene chimawapha anthuwo.</p>
<p>6. Nkhani ya Mudzi Umodzi</p>  	<p>Mudzi wina umatchuka ndikudzala mankhwala. Mzake wa mmodzi mwa anthu amene amagulitsa mankhwala aja anadwala. Amaopa kuti angafe. Anamva za mbiri ya mpingo wina ndipo anamutengera kuchalitchiko kuti akapempheredwe. Atampempheredwa anachira ndipo iye anapereka moyo wake kwa Yesu. Anthu ammudzi atamva zimene zinachitikazo nawonso anapereka miyoyo yawo kwa Yesu. Anthu ammudzi muja anayamba kuzindikira kuti anakhazikika mmabodza a Mdyerekezi. Anthu wonse a mmumzindawu anasiya ufiti. Ngakhale wogulitsa mankhwala uja anasintha nakhala mkhristu ndipo anasiya kugulitsa mankhala aja. Tikunena pano anthu 80-90% ndi akhristu mmudziwo. Mafumu anali wokondwa koposa koma sizinali zokhazo. Anayambanso kumakumana pamodzi mmamawa uliwonse nthawi ya folo koloko kumapemphera. Anampempha Mulungu kuti awakhululukire ndi kumulolera Mulungu kuti alamulire mmudzi wawo. Panopa anthu amene amangodwaladwala anasiya kudwala, mitengo yimene inali yowuma inayamba kubereka zipatso, ndipo nyanja yomwe munali nsomba zochepa yinayamba kukhala ndi nsomba zochuluka.</p>
<p>7. kusinthaka Kwa Anthu Amundende</p> 	<p>Anthu amene anaukira kufuna kutenga boma mwaupandu anaikidwa mundende. Ndende ndi malo amene mumakhala mopanda chiyembekezo. Koma mipingo inayamba kuyendera anthu amene anali mu ndende muja. Poyambirira zinali zovuta kwambiri. Anthu amundendemo anali ndi mkwiyo, ndipo iwo amakhumba atabwezera zimene zinawachitirazo. Sanali wokonzekera kukhululuka. Koma Mulungu anayenda mundende muja ndipo akayidi onse anasintha nakhala a khristu. Panopa mutha kumva akayidi akuyimba nyimbo zolambira mundende. Mukamadutsa pafupi ndi ndende mumakhala ngati mukudutsa pa chalitchi.</p>
<p>8. Kusinthika kochuluka</p>	<p>Mmizinda namonso munali zovuta zochuluka. Mipingo imabwera pamodzi ndikupemphera mizindayo. Amapempha chikhululuko pazimene amamuchitira wina ndi mzake. Mizindayo inayamba kusinthika. Kalero anthu samasekerera koma anayamba kusekerera. Zinthu zina zinasintha monga umbanda, umphawi, opemphetsa ndi ana wopanda pokhala amene amapezeka mmiseu zinachepa. Ana onse</p>

	<p>anayamba kupita ku sukulu. Nkhani yazachuma inayamba kuyenda bwino ndipo alendo anabwereranso mumzindawu.</p>
<p>9. Nkhani ya mudzi wina</p> 	<p>Mudera lina munakhala mopanda nsomba kwa zaka 55 chifukwa madzi anawonongeka ndi poizoni. Mbalimbali mwa mtsinje munalibe zomera. Aliyense wa mmudzi anabwera kudzaulura machismo omwe anachimwa makolo awo ndikumalapa machimo okhudzana ndi ufiti. Anamupempha Mulungu kuti awakhululukire. Kwamasiku wochuluka amabwera pamaso pa Mulungu ndikumalira. Aliyense anabwera ndi zinthu zake zomwe amagwiritsa ntchito potamba ndikudziwononga. Mapeto ake Mulungu anamva mapemphero awo ndipo anachiritsa madzi awo ndipo munadzala ndi nsomba zochuluka. Nthaka yozungulira mtsinje uja inachiritsidwanso ndipo nayo inayamba kubweretsa chakudya.</p>

Werengani pamodzi 2 Mbiri 7:14

1. Kodi ndinjira yotani yimene anthuwa angatembenukirensa kwa Mulungu?
2. Kodi ndi njira yotani yimene Mulungu angachiritsire nthaka yawo?

Tchulani njira zina zimene zingawapangitse anthuwa kuyambanso kumumvera Mulungu?

1. Mipingo kugwirira ntchito limodzi
2. Mipingo kuyamba kupemphera pamodzi
3. Anthu kulapa ndikusiya ntchito zomene amachita mbuyo
4. Kutaya zinthu zokhudzana ndiufiti

Tchulani njira zina zammene Mulungu anawadalitsira?

1. Mbeu zinayamba kumera panthaka pomwe poyamba panalibe mbeu
2. Mitsinje munapezeka nsomba
3. Zakudya zammadzi zinali zazikulu kuposa poyamba
4. Kulimbana kwa anthu kunachepa
5. Kunali ana wopempha ochepa mmiseu
6. Anthu amasekerera
7. Alendo anayamba kubweranso m'dzikomo

Nkhani yazachuma inayamba kuyenda bwino

Maphunziro amene akubwera tiyamba kuona zocholuka kuchokera m'Malamulo a Mulungu. Ndipo tiwonanso mmene Mdyerekezi amatiuzira bodza lake kuyesetsa kuti ife tikhalabe muumphawi.

Buku loyamba ndi lachiwiri

Takhala tikukambirana kale za Malamulo a Mulungu mmaphunziro athu awiri apitawo.

MAGULU AMG'ONOANG'ONO

Pa mutu uliwonse, takumbukirani zimene mwaphunzira zokhuzana ndi nkhani iliyonse. Mutha kujambula chithunzi kapena kuganiza za nkhani kapenanso za chitsanzo cha mfundo iliyonse yimene inaperekedwa.

- Kondanani wina ndi mzake
- Chopereka
- Ntchito
- Zauzimu, zathupi, za anthu ndi zammaganizo

Gawanani zithunzithunzizo ndi ophunzira onse.

Kuunikira zinthu zonze

Khalani ndi nthawi yokwanira kuganiziranso mbali zonse za madera amene atchulidwawo. Kodi munayamba bwanji kuchitapo kanthu pa zinthu zimenezi? Ktchulani zithu zina zimene mungachite?

Phunziro lachiwiri: Kukhala Mdindo wa zachilengedwe

Cholinga cha Phunziro

1. Kuzindikira kuti ndife a mdindo ndiwolamulira zachilengedwe osati tikaononge kapena kulamuliridwa ndi chilengedwe.
2. Ganizani njira zomwe anthu akhala akulamulidwa ndi chilengedwe ndimmene angapewere
3. Ganizani njira zomwe zikusonyeza kulephera ngati mdindo kusamalira chilengedwe ndipo nanga zingakonzedwe bwanji

Zida zofunikira kugwiritsa ntchito pa phunziroli

1. Visual Aid Pack — Kadi yazachilengedwe
2. Thumba la madzi
3. Nsalu yopukutira madzi
4. Pepala lalikulu lolembera po ndondomeko yathu

Mau oyamba

Ikani thumba la madzi muchipinda pamalo omwe sangawononge chirichonse atayamba kutayika pamene ophunzirawo angawawone. Boolani pang'ono thumba lija ndipo siyani madzi aja ayambe kutuluka pamene mukuyamba phunziro. Muonetsetse kuti mwaboola bowo lalikulu limene madzi adzituluka mothamanga ndipo ophunzira onse awawona. Yambani phunziro ndikumaliza chitsanzo pamene wina waawona madzi aja.

Ngati wina mwa ophunzira aja ayakhulapo zokhuzapo kutayika kwa madzi amthumba muja auzeni kuti palibe chimene inu mungachita. Afunseni ophunzirawo ngati wina akuganizapo chomwe chingachitike kuletsa madziwo. Ngati palibe yemwe angapereke maganizo afunseni kuti, “kodi pali chomwe mungachite?”

ZOKAMBIRANA PA GULU LONSE

1. Kodi chachitika ndi chiani?
2. Kodi nanga chikanachitika ndichiani ndikanapanda kuwaletsa madziwo kutuluka?
3. Munaganiza chiani pamene ndinanena kuti “palibe chomwe ndingachite” kuwaletsa madziwo kutayikira?

Mulungu anatiuza mu buku la Genesis kuti tikalamulire—kapena kunena kuti tikhale “bwana” — wa zolengedwa zake. Muphunziro limeneli tiwunikira mwachindunji zamfundo imeneyi.

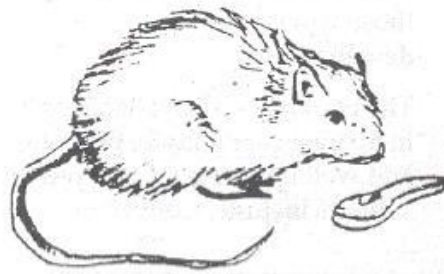
Nkhani

Malangizo: Werengani mkalasi nkhani zotsatirazi

Mtundu wa Pokomchi ku India amapezeka pakati pa anthu osaukitsitsa mu mzinda wosaukitsitsa wa Guatemala. Zaka makumi atatu zapitazo, a mishonale anabwera kudzalakira uthenga ndi kudzala mipingo. Anthu ambiri achi Pokomchi analandira Yesu kukhala Mbuye ndi Mpulumutsi wawo, komabe madera awo sanasinthe anakhalabe osaukitsitsa. Mkristu wina wachichepere anakhala ndi chiyembekezo cha mtsogolo, koma osakhala ndi chiyembekezo kuti zinthu zitha kusitha lero lomwe. Choncho, amangoyembekezera kufa basi, kuti apite kumwamba akakhale ndi Yesu asiyane ndi mazunzo apa dziko lino lapansi.

Izi zinayamba kusintha pamene Arturo, M'busa wachichepere, anayamba kugwira ntchito pakati pa anthu aku Pokomchi. Anayamba kugwira ntchito ndi azibusa omwe anali wosaphunzira aku Pokomchi. Anawonetsetsa kuti awaphunzitse Mau a Mulungu. Pamene amaphunzira amawalongosolera mmene Mulungu amafunira ana ake pakugwiritsa ntchito mfundo ndi malamulo tsiku ndi tsiku amene amapezeka mu Baibulo.

Vuto la wina aliyense wa ku Pokomchi linali lakusowa nkhowe zosungiramo mbeu zawo akakolola. Nthawi zambiri, alimi wosauka amakolola chakudya chochuluka, akakolola makoswe amawadyera chakudya asanawapatse anawo kuti adye. Arturo anawafunsa alimiwo, “kodi wochenjera ndi ndani pamenepa, inu alimi kapena makoswe?” alimiwo amaseka ndikuyankha kuti, “Makoswe.” Arturo anafunsanso, “kodi mumalamulira makoswewo, kapena ndi makoswe amene amalamulira moyo wanu?” alimiwo anavomereza makoswe amawalamulira iwo ndi mabanja awo. Amatenga zakudya zathu koma palibe amene amawaletsa. Makoswe osati anthu amadzilamulira okha zomwe zkuyenera kudya.



kuti

Choncho, Arturo anawawonetsera kuti Buku Lopatulika limanena kuti azibambo ndi azimayi akuyenera kulamulira zonse zolengedwa. Anawakumbutsa kuti Mulungu anadalitsa wina aliyense ndi mphatso zosiyanasiyana kapena kuthekera kosiyanasiyana chifukwa lye anawapanga muchifaniziro Chake. Ndiye akuyenera kugwiritsa ntchito mphatso zimene Mulungu anapereka kwa wina aliyense pomvera mfundo yakulamulira zolengedwa zonse, posalolera zolengedwazo kukhala ndiulamuliro pa iwo.

Anthu aku Pokomchi anaona kuti ndikoyenera kuchita zimene Buku Lopatulika limafotokoza ndi kuyamba kuwalamulira makoswewo. Anayamba kumanga malo osungiramo zakudya zawo akakolola kuteteza ku makoswe aja. Pamene chakudya chawo chinatetezeka ku makoswe aja iwo anakhala ndi chakudya chokwanira kudyetsa mabanja awo.

ZOKAMBIRANA PA GULU LONSE

1. Kodi chimene chinachitika munkhaniyi ndichiani?
2. Kodi nanga tingaphunziremo chiani munkhaniyi? Nkhaniyi ikugwirizana bwanji ndikumadera athu omwe tachokera?

Kuphunzira Baibulo

Werengani Genesis 1:26-28; Genesis 2:15, Masalimo 24:1

- Kodi mwini wake wa dzikoli ndindani? (Masalimo 24)
- Kodi Mulungu anamuza munthu kuti apange chiani ndi chilengedwe?
 - Alamulire
 - Agwiritse ntchito
 - Asamalire
- Kodi zikuthauza chiani kusamalira za chilengedwe? Kodi tingapange chiani pamene tikusamalira zinthu? Kodi tingasamalire bwanji zolengedwa za Mulungu?
 - Pamene tikusamalira chinthu chirichonse timayenera kuchiteteza ndi kuwonetsetsa kuti sichinaonongeke kapena kusweka. Tithe kusamala chilengedwe posataya zinyalala paliponse kapena kulolera kuti chilengedwe chaMulungu chiwonongeke. Tikuyenera kusamalitsa zinthu ngati kudula mitengo, zimene zingapangitse nthaka kukokoloka.
- Kodi kugwira ntchito mdziko kuthauza chiani? Nanga tingagwire bwanji ntchito?
 - Tikagwira ntchito mdziko limabweretsa chakudya. Zolengedwe zimabweretsa chakudya, kukongola ndingakhale kukwanitsa zokhumba zathu zonse, monga mwachitsanzo, zida zomangira nyumba. Pamene tilima mmunda tikukwanitsa zomwe Mulungu anatilamulira kuchita. Potera tiyenera kukhala wokondwa pamene tikulima mmunda chifukwa tikungomvera zimene Mulungu watilamula.
- Kodi kulamulira zolengedwa kuthauza chiani (ganizirani nkhani ya ku Pokomchi)
 - Kulamulira kuthauza kukhala ndi ulamuliro pachinthu chiri chonse. Mwachitsanzo ndi thumba la madzi lija, tithe kulamulira kayendedwe kamadzi—madzi sangatilamulire ndithu. Tikuyenera kugwiritsa ntchito mphatso ndi kuthekera komwe tiri nako polamulira zochilengedwe. Monga mwachitsanzo, mlatho kulamulira zochilengedwe. Popanda mlatho mtsinjeumatilondolera komwe tingapite. Ndi mlatho kapena bwato tithe kupita kumene tikufuna. Sikhumbo la Mulungu kuti tikalamuliridwe ndi chilengedwe. Tiyeni timpemphe Mulungu kuti apitirize kutipatsa njira zina zoti tikalamulire zachilengedwe.

Pamene tilamulira, kugwira ntchito ndikusamalira zachilengedwe zikuthauza kuti tikumvera lamulo limene Mulungu anatilamulira. Izi zithandauza kuti pali ubale wabwino ndi zachilengedwe. Mwatsoka, chifukwa chakugwa kwa Adam ndi Hava izi zimakhala zovuta kusiyana ndi poyamba pamene Mulungu anapereka malamulowa koma akufunabe kuti ife timvere.

Kukhala pa Ubale wabwino ndi Zolengedwa

MMAGULU A ANG'ONO AWIRI KAPENA ATATU

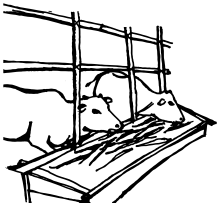





Perekani pa gulu liri lonse makadi a zachilengedwe amene akupezeka mu Visual Aid Pack. Funsani ophunzirawo kuti ayang'ane chithunzi chimene chiri pakadipo. Muziyike mmagulu molingana ndi chithunzicho ngati pakuoneka ubale wabwino ndi chilengedwe kapena ayi.

Patsani ophunzirawo makadi osalembedwa kanthu. Funsani iwo kuti ajambule zitsanzo zina zomwe zimapezeka ku mmadera awo.

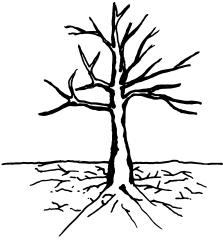

Werengani makadi onse omwe ajambulidwa ndi ophunzira. Pa kadi liri lonse afunseni ophunzirawo ngati amachita zimenezo ku mmadera awo. Pa makadi onse abwino afunseni ngati tingamachite zimenezo (kwambiri); pa makadi onse oyipa afunseni ngati tingasiye kuchita zimenezo. Kodi tingapange bwanji kuti tisinthe?

Afunseni ophunzirawo kuti asankhe maganizo ena ndikuona mmene tingapangire pofuna kuchita machitachita a chikondi.

Makadi a Chilengedwe

Kusamalira Nyama 	Madzi Abwino 	Kudzala Chakudya 
<p>☺ Tauzidwa kuti tikasamalire nyama zonse. Tikuyenera tizimangire makola abwino kuti zisatibweretse matenda pakomo pathu. Iyi ndinira imodzi yakulamulira.</p>	<p>☺ Kukhala ndi zitsime zosefera madzi, kuwiritsa madzi kapena kusiya madzi padzuwa kumatithandiza kupeza madzi abwino mmatupi athu kuti tisadwale.</p>	<p>☺ Tiyenera kulima kuti tipeze chakudya. Iyi ndi njira yogwiritsa ntchito dzikoli. Kukhala ndi kamunda kuseri kwa khitchini yanu ndi njira imodzi yopezera chakudya chopatsa thanzi pa banja lathu.</p>
Ulimi 	Kumanga Nyumba 	Chimbuzi 
<p>☺ Tiyenera kulima mminda yomwe Mulungu watipatsa. Minda imeneyi izitipatsa chakudya pa mabanja athu, osatilamulira ayi. Tikuyenera kugwiritsa ntchito ulimi wothilira ndi njira zina kuti</p>	<p>☺ Tikuyenera kukhala ndi pogona kuti dzuwa lisatiombe komanso mvula isatibvumbwe. Kuonetsetsa kuti tiri ndi nyumba zotetezedwa ndi njira imodzi yolamulira zolengedwazo.</p>	<p>☺ Kukhala ndi zimbuzi kumachepetsa matenda ndipo kumapangitsa zachilengedwe kukhala ndi thanzi. Tiyenera kusamalira za chilengedwe ndikuonetsetsa kuti</p>

<p>nthaka yikhale ya chonde ndikupindula pamene tikolora zakudya zochuluka.</p>	<p>Sitilamuliridwanso ndi dzuwa kapena mvula.</p>	<p>sizikubweretsa matenda pamoyo wathu.</p>
<p>Kuwedza Nsomba</p> 	<p>Kudula Mitengo</p> 	<p>Misampha ya Makoswe</p> 
<p>☺ Kuwedza nsomba ndi njira ina yopezera chakudya pa banja lanu.</p>	<p>☹ Tiyenera kusamala pamene tikudula mitengo tiyenera kudzala mitengo yina. Mitengo ndi mphatso yochokerakwa Mulungu ndipo imateteza kuti nthaka isagumuke. Ngati tidula mitengo ndikusagwiritsa ntchito nthakayo yizawonongeka ndikukhala yosapindula.</p>	<p>☺ Misampha ya makoswe itha imatithandiza kuchepetsa makoswe kudya zakudya zathu. Misamphayi yikuyenera kukhala yosavuta. Kotero kuti itha kupangidwa ndi nsungwi. Tikuyenera kulamulira zolengedwa kusiyanana kuti makoswe akatidwalitse.</p>
<p>Misampha ya ntchentche</p> 	<p>Kuvindikira chakudya kuti ntchentche zisatere</p> 	<p>Kugona mu neti</p> 
<p>☺ Kutchera misampha ndiyo njira ina yochepetsa chiwerengero cha ntchentche. Tinauzidwa kuti tilamulire zolengedwa zonse ndipo kuchepetsa chiwerengero cha ntchentche ndinjira ina yomwe tingalamulire.</p>	<p>☺ Tiyenera kuteteza mabanja athu kumatenda omwe amabwera chifukwa ntchentche povindikira chakudya chathu nthawi zonse.</p>	<p>☺ Kugona mu neti kumathandiza kuti tisadwale malungo kapena matenda ena omwe amabwera chifukwa udzudzu.</p>

Zinyalala 	Pouma/ Malo Osagwira Ntchito 	Kukumba chitsime 
<p>☹ Mulungu anatifunsa kuti tikayang'anire zachilengedwe. Izi ziKutanthauza kuti tikazisamalire bwino ndikuoneka zokongola mapeto ake zikalemeze Mulungu. Tisamataye zinyalala pali ponse kome tizitaya mu mabini kapena mayenje wotayiramo zinyalala.</p>	<p>☹ Tikuyenera kubwezeretsa nthaka yosapindula kuti ikakhale yopindula pogwiritsa ntchito njira zina monga kuthilira kapena kuthira fetereza.</p>	<p>☺ Zitsime ndi njira imodzi yopezera madzi amene Mulungu anatipatsa pansu pa nthaka. Madzi a pachitsime amatithandiza kuti tikhale aukhondo ndi athanzi.</p>
Kulima Masamba 	Kusunga Ziweto Mnyumba 	Makoswe kudya chakudya 
<p>☺ Kulima za masamba ndi njira ina yosamalira mabanja athu.</p>	<p>☹ Ziweto sizikuyenera kukhala pafupi ndi chakudya chathu. Zimakhala ndi matenda. Tiyeni tisamalire ziweto zathu ndikuzimangira makola abwino kuti zizikhalamo.</p>	<p>☹ Makoswe amafalitsa matenda ndipo amatidyerera chakudya chathu. Tiyeni titeteze chakudya chathu ku makoswe ndikuwatcherera misampha kuti tichepetse chiwerengero cha makoswe mudera lathu.</p>

Phunziro la Chitatu: Tingathe Kusintha Tsogolo Lathu

Cholinga cha Phunziro

1. Tikazindikire kuti Mulungu sanafune kuti ife tikhala osasinthika. Ali ndi cholinga ndi moyo wathu ndipo amafuna ife tikule ndipo miyoyo yathu isinthe
2. Tikazindikire kuti ife tingathe kukhala anthu obweretsa kusintha pa miyoyo ina

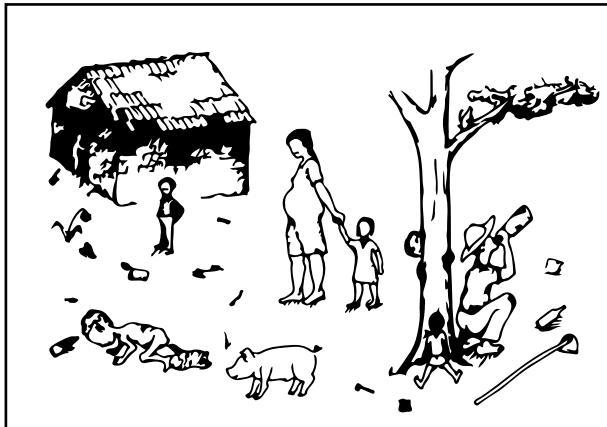
Zida zogwiritsa ntchito pa phunziroli

1. Visual Aid Pack — chithunzi cha banja lina —lovutika
2. Visual Aid Pack —makadi a chithunzi cha Yesu ndi maliro
3. Visual Aid Pack — Makadi a cha Mai Lee

Mau oyamba

Malangizo: wonetsani chithunzi chabanja — Lovutika ndipo mufunse kalasi:

- Kodi mukuganiza kuti banjali linasintha pa miyezi isani ndi umodzi?
- Kodi mukuona kuti banjali linasintha chaka chthachi?
- Kodi mukuona kuti banjali litha kusintha patapita mwezi umodzi?
- Kodi mukuona kuti banjali litha kusintha patapita miyezi isanu ndi umodzi?
- Kodi mukuona kuti banjali litha kusintha patapita chaka chimodzi?



Ngati mayankho ali ayi kumafunso onsewo muwafunse apereke zifukwa zake? Ngati anganene kuti eya afunseni alongosole mmene kusinthaku kungachitikire?

Werenganinso ndime zimene zikupezeka pa phunziro loyamba — Dueteronomo 28:1-14.

- Kodi ndi njira zotani zimene Mulungu amatidalitsa ife?
- Kodi ndimezi zikugwirizana ndi banja ili?

Werengani Yeremiya 29:11.

- Ndi ndondomeko zotani zimene Mulungu ali nazo pamoyo wathu?
- Kodi ndime izi zingathandize banja ili? Chifukwa chiani kapena palibe chifukwa?

MMAGULU ANG'OANG'ONO

Jambulani chithunzi china chomwe chikuonetsa banja limene Mulungu amalifuna.

Kusintha zinthu

“Mwana wa mfumu amakhala mfumu, mwana wa monke amakhalanso mmonke.”

“Mtsinje umakhala ndi malire mlifupi ndi malirensa mlitali, chimodzimodzi moyo wa munthu.”

“kupeza chakudya choti udye chimavuta, koma kukhala wolemera ndikosavuta.”

Dziwani ichi: Kumwamba ndi mau amene amayankhulidwa ndi wina aliyense –Onetsetsani kuti mwasankha zokuyenerezani pamene mukuyankhula.

- Kodi mau amenewa amatanthauza chiyani?
- Kodi mukudziwapo mau ena ofanana ndi amenewa?
- Kodi ndi mau ati amene mukugwirizana nawo?
- Ndi mau ati, ngati alipo, amene ali wolondola kugwirizana ndi Mau a Mbaibulo?

Yeremiya 5:1

- Kodi ndi anthu angati amene Mulungu amawafuna?
- Kodi chinakachitika ndichiani pamene anthuwa anakapezeka?

Ezekiya 22:30

- Kodi ndi anthu angati amene Mulungu amawafuna?
- Kodi chinakachitika ndichiani pamene anthuwa anakapezeka?
- Kodi chikanachitika ndichiani anakakhala munthuyo wapezeka?

Kumbutsani ophunzirawo kuti ndingale munthu mmodzi wokhulupirika namutsata Mulungu atha kusintha mzinda wonse kuti wusaonongeke.

Kukhala munthu wositha zinthu

Werengani Luka 7:11-17.

Nkhaniyi inachitika pamene Yesu ndiwophunzira ake anakumana ndi mzimayi wamasiye pamaliro amwana wake wamwamuna pamene amadutsa pa chipata. Ophunzira a Yesu anali wokondwa chifukwa anawona chozizwa. Mzimayi wa masiye ndi gulu la anthu operekeza maliro anali kulira.

- Kodi munkhaniyi chinachitika ndichiani?

Gwiritsani ntchito makadi amene ali mu Visual Aid pack kuti mukaone zinthu zisanu ndi zitatu zomwe tikaphunzire kuchokera munkhaniyi ya munthu amene angathe kubweretsa kusintha zinthu.

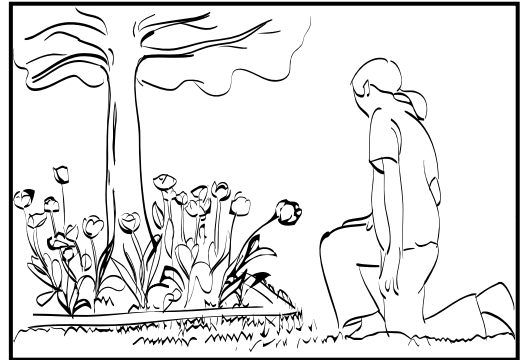
1. **Yesu anamuona Mzimayi wamasiye.** Panali gulu la anthu ochuluka. Ophunzira a Yesu anali wokondwa pamane anaona chozizwa. Komabe Yesu anamuona iye pakati pa anthu ochuluka. Ngati tingakhale anthu obweretsa kusintha tikuyenera kukhala anthu amene timatha kuzindikira ena. Tidzitha kumuzindikira munthu mmodzi, osangoona gulu lokha.
2. **“Anakhuzika naye.”** Ngati tikufuna kusintha zinthu, tiyenera kukhala ndi chifundo kwa ena. Tikhala anthu amene mtima wathu umasweka pamene taona amzathu ali ndi chosowa. Nthawi imene tasiya kuona zosowa za amzanthu pomwepo timakhala titasiyanso kusamalira ena. Kodi timachita chiani tikaona munthu wovutika mmadera athu? Kodi timachita chiani pamene tamuona mzimayi amene ukwati wake watha ndipo mamuna wamusiya ana kuti awasamale yekha kapena agogo amene akuyang'anira ana ang'ono? Mumamva chisoni? Pempheni Mulungu akupatsani chikondi chochuluka kuti mukathe kukonda anthu akudera lanu. Funseni Mulungu kuti adzikuonetsani anthu kumadera kwanu amene lye waaona iwo.
3. **Anapereka mau achilimbikitso.** Nthawi zambiri anthu amafuna munthu amene angawasamale ndi kuwapatsa mau a chilimbikitso. Ndizosavuta kumaganiza kuti tikufunika titakhala ndi zinthu kuti tikasamalire anthu koma nthawi zonse amene amafuna thandizo amangofunika kukhala ndi wina amene angakhale nawo pamodzi ndikuwalimbikitsa iwo.
4. **Yesu akhuza chitanda.** Pamene Yesu anakhuzika chitandacho anachita chinthu cholakwika pachikhalidwe chake. Ayuda amakhulupilira kuti munthu akakhudza chitanda amakhala odetsedwa. Yesu analolera kukhala odetsedwa pofuna kuthandiza munthu wina. Tiyeni tilolere kuyika moyo wathu pachiswe ndikukhala odetsedwa pothandiza anthu ena. Anthu atha kuyankhura zambiri zokhudzana ndiife kapena osativomereza koma tiyenera kuchita zinthu zimene Mulungu watiyitana kuti tikachite.
5. **Muli mphamvu mu Mau a Mulungu ndi mpemphero.** Pamene Yesu anapemphera munthu wakufa uja anauka kwa akufa. Musayiwale kumapemphera nthawi zonse mukakumana ndi nyengo zowawa. Muzitenga nthawi yanu kupempherera anthu ena. Muzichita ichi ndi chikhulupiliro kuti Mulungu ndiwakutha akhonza kusintha nyengozo ndikusamalira zosowa zathu zonse. Aphunzitseni anthu kupemphera kuti nawonso akathe kudziwa ndikuona mphamvu ya Mulungu.
6. **Panali mayankho.** Mnyamata uja anauka kwa akufa. Padzikhala mayankho pa ntchito yimene ife tangagwire. Ngati mukufuna kuthandiza, mukuyenera kuyamba ndizinthu zazing'ono zomwe mungakwanitse. Mumakhala okondwa pamene muli ndi anthu amene akuchita bwino ndipo anthu ochuluka amatenga gawo pothandizira zimene mukuchita. Mapeto ake muzapezeka kuti mukukwanitsa kuchita zinthu zambiri zomwe zimaoneka ngati ndizovuta kuzichita.
7. **Yesu anampereka nyamata uja kwa mayi ake ndipo lye anachokapo.** Mzimayi wamasiye uja anakhala ngwazi; iye ndi amene amayankhula kwambiri zimene zamuchitikira pagulu lija. Anakhala munthu wofunika kwambiri. Pamene tithandiza anthu sitiyenera kukhala anthu wozikweza ndiponso tisamapange zinthu kuti anthu atidziwe kapena atione. Timusiye munthu wathandizidwa uja kuti awale pamene ayamba kuyankhula zachimene chamuchitikira. Izi zimamangilira anthu ambiri kusiyanana ndidzitengera nokha maulemu.
8. **Mulungu analemekezeka.** Pamapeto pa zonse Mulungu adzilemekezeka. Pamene tamaliza kugwira ntchito tionetsetse kuti matamando apite kwa Mulungu.

Malangizo: onaninso nkhani ya Mai Lee kuchokera mubuku loyamba

Mai Lee ndi mzimayi amene amakhala ku ma Mekong. Amakonda kuthandiza mabanja wovutika ku dera lawo, makamaka anthu amene samagwira ntchito. Anayamba kumayendera mabanjawa mwezi uliwonse uku akuyang'anayang'ana njira yomwe angawathandizire kuti apeze chochita. Tiona nkhani zitatu zokha mmene Mai Lee anathandizira mabanjawa. Nkhani izi nzochitikadi.

Nkhani yoyamba – Mai Lee ndi Munda wa Maluwa

Mudera lakwawo, panali banja lovutika limene linali ndi ana awiri. Abambo pamodzi ndi akazi awo samagwira ntchito. Mai Lee atawayendera tsiku lina anawona kuti panali kamunda kakang'ono kutsogolo kwa nyumba yawo. “Kodi simungadzale maluwa pakamundaka,” iye anawafunsa banjalo. “Mutatero mutha kukongoletsa pakhomo panu ndi maluwapo komanso mutha kumakagulitsa kumsika woyandikira.”



Amayi pabanjapo anadzala maluwa aja, nayamba kumawatengera kumsika kukagulitsa. Mapeto ake makasitomala awo anayamba kufunsa za mitundu ina ya maluwa— koma iwo sanakatha kudzala maluwa amitundu yosiyanasiyana kamba kakuti anali ndi malo ochepa. Mzimayi uyu, komabe, anayamba kugula mitundu ya maluwa osiyanasiyana kwa anthu ena amene amadzala maluwa ndikukawagulitsa kumsika, pamodzi ndi ake aja, ndikupanga phindu. Panopa anapeza malo kumsika wogulitsira maluwa ake, anaganiza mwa iye mwini, “nditha kuyamba kugulitsa zinthu zina!” Amadzuka mmamawa kukagula nthochi ndi kokonuti ndikukagulitsa kumsika pamalo ake wogulitsira maluwa aja.

NKhani Yachiwiri – Mai Lee ndi Mbatata

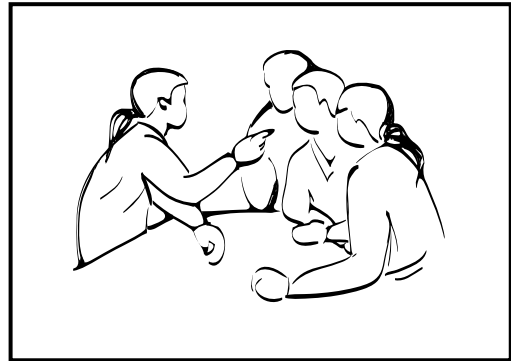
Banja lina limafuna kupeza chithandizo cha mwayi wogwira ntchito pamene analibe zowayenera. Amagwira ganyu tsiku ndi tsiku koma mwayi wolembedwa ntchito sumapezeka. Mai Lee anaona kuti banjalo linali lolimbika pogwira ntchito ndipo limafunitsitsa litapeza ntchito choncho iwo anakayendera banja lina limene limachita ulimi wa mbatata. Anafunsa banja lija ngati amapeza phindu mu ulimi wa mbatata, ndipo ngati kuli misika yabwino, ndingakhale zoyenera kuchita munthu kuti ayamba ulimi wa mbatata. Ataphunzira ndikuona kuti ulimi wa mbatata ndiwabwino anawalongosolera banja lija kuti Mulungu watiyitani kuti tikakondane ndi abale amene tayandikana nawo ndikukasamalira osowa ndipo anawafunsa ngati angathe kuphunzitsa banja lovutika lija mmene angayambira ulimi wa mbatata. Ndipo iwo anavomera kuphunzitsa banja lovutika lija. Mai Lee anasonkhanitsa mabanja awiri aja. Banja lovutika lija linali lokondwa poona kuti



litha kupanga chinthu china chake mwachangu anapita napanga renti munda waung'ono ndikupeza zowayenereza kuyamba ulimi uja. Mapeto a chaka anapeza mbatata zochuluka ndipo anakwanitsa kupereka ndalama ya malo aja ndi mbeu zomwe anadzala, zina ndi zina, ndipo anatsala ndi ndalama zina zogwiritsa ntchito zina.

Nkhani Yachitatu – Mai Lee Ayanjanitsa Mabanja

Banja lachitatu limene Mai Lee analithandiza panalibe kulumikizana ndi makolo awo. Makolo amawona kuti banjali linali lachabechabe lomwe silingapindule. Mai Lee anakumana ndi banjalo ndikuyesa kulumikizitsa banja lakuchimuna ndi lakuchikazi. Mai Lee analonjeza kuti azikumana ndi banjalo pafupipafupi ndikulithandizira kuti lisinthe machitachita awo ngati makolowo angavomereze kuwalandira anawo ndikuwathandiza madera ena ndi ena. Mapeto ake makolo aja anapanga chisankho choyambanso kumukhulupilira mwana wawo ndi banja lake powapatsa ngongole ya ndalama kuti ayambe buzinesi yogulitsa zitsulo. Panopa nyamata uja amagula zinthu zopangidwa ndi zitsulo kenaka amazigulitsa ku mashopu omwe amakazipanganso kachiwiri. Iye akutha kusamala banja lake mosavuta tikuthokoza ndalama zimene amapeza tsiku ndi tsiku ndipo izi zinabwezeretsa ulemu wake.



ZOKAMBIKIRANA PA GULU LONSE

- Kodi Mai Lee amasintha bwanji mdera la kwawo?
- Kodi munakhlapo ndi mwayi ngati wa Mai Lee mudera lanu? Nanga mwapangapo chiani?
- Ndinjira zotani zimene Mai Lee amapanga zomwe zikupezeke mu maphunziro athu a Baibulo nkhani ya mzimayi wamasiye?
 - Amatha kuzindikira anthu. Amasankha mabanja ndikumawayendera.
 - Amakhala ndi chifundo nawo. Ndipo anali wofunitsitsa kuti awathandize iwo.
 - Amawalimbikitsa iwo.
 - Samaopa kutenga mbali poyika moyo wake pachiswe ndipo anali wodzipereka pa ntchito yake. samangowalimbikitsa kokha komaamayetsa kupeza njira zowathandizira.
 - Ndingakhale nkhanayi siyinakambepo koma tithe kuona kuti amawapempheranso.
 - Amapindula pazimene iye amachita.
 - Amawasiya anthu kuti apitilize okha. anthuwo, osati Mai Lee, ndiamene amagwira ntchito kumisika nkingakhale kulima mminda.
 - Mulungu amalemekezeka. Munkhanayi sananene koma tithe kungoona kokha kuti anthu ambiri amakhala a khristu.
- Tingaphunzire phunziro lotani kuchokera kwa Mai Lee?
 - Tiyenera khala ndimoyo wothandiza anthu ena ndikupereka ngatimsembe nthawi yathu.

- Tiyenera kutenga nthawi pamene tikumanga maubale ndi anthu mumzinda wathu omwe akusoweka chithandizo. Tiyenera kuwayendera pafupi pafupi kuti anthu aja akathe kutikhulupilira.
- Tiyenera kumvetsera anthu akamayankhula – Anthu ambiri akakhala mmavuto amangofuna chisamaliro kuchokera kwa anthu ena ndichikondi basi. Akaona kuti akusamaliridwa ndipamene amakwanitsa kulandira malangizo. Tionetsetse kuti tiribe khalidwe lomaweruza koma tikhale ndikhalidwe lofunadi kuthandiza. Anthu akaona kuti ukukhalangati ukuwaweruza samakhala womasuka kukulongosolera za mavuto awo.
- Tiyenera kubweretsa maganizo ena pofuna kuwathandiza anthu kuti awonenso njira zina zatsopano zopangira zinthu. Nthawi zambiri anthu samadziwa mmene angasinthire moyo wawo. Anthu osauka amaona ngati palibe mwayi woti angasinthire nyengo zawo ndipo sachedwa kutaya mtima pamene akuyesayesa kusintha moyo wawo. Amafuna munthu wina amene ali ndikuthekera kogwirira ntchito nawo limodzi ndikumapereka mzeru zina zomwe angagwiritse ntchito posintha moyo wawo.
- Tiyenera kukhala wwodzipereka pogwira ntchito kuti maganizo athuwo achitike. Mai Lee anagula mbeu zoyambilira ndikuyamba kudzala ndi mzimayi uja. Sanangomuuzwa choti achita basi. Anapeza munthu wina yemwe anadzipereka kuphunzitsa banja lija mmene angadzalire munda wa mbatata kuti apindule ndipo iwo anathandiza kupeza malo olima mbatata ija. Munkhani yachitatu anapita kunyumba kwa banja lija ndikukambirana nawo. Iwo sanangowauza anthu aja zoyenera kuchita; koma anatenga mbali kuwathandiza mmene angachitire poyamba.
- Tiyenera kuyamba ndizochepa. Simaganizo onse angabweretsa kusitha kwakukulu ngati munkhani yathuyi. Nthawi zina timayenera kugwira ntchito mwandondomeko ndi tsiku ndi tsiku kuthandiza anthu. Musaganize kuti anthu onse angapange mofanana pobweretsa kusintha kwa moyo kapena zinthu mofulumira. Apatseni ndondomeko yoyamba pamene akuyamba kuti akakwanitse kumaliza bwino ndikuona kuti apindulapo. Akangoona phindu pachinthu chochepa amakhala ndi kulimbika mtima kuti atha kukwanitsa chinthu chachikulu.

Gulu lothandiza

Kumakhala kovuta nthawi zambiri kupeza mfundo zomwe zingathandiza pamene tikufikira anthu. Njira ina yopezera mfundo zochuluka ndikuyambitsa gulu lothandiza anthu. Gululi litha kukhala la anthu osiyansiyana kukumana pamulungu kamodzi chifukwa chakuti anthuwa ali ndikufunitsitsa mkati mwawo kothandiza ena. Akakumana atha kuwapempherera anthu amene akuwathandiza aja ndipo mapeto ake kukambirana Madera ena omwe akufunika mfundo zina zoti zikawathandize kubweretsa kusintha pamiyoyo ya anthu. Pamodzi ngati gulu lidzikhala ndikuthekera koganiza ndikubweretsa mfundo zina zochuluka kuposera munthu akakhala yekha. Osayiwala kumupempha Mulungu kuti akupatseni mzeru zochuluka.

MMAGULU ATHU ANG'ONOANG'ONO

Taganizani za chithunzi cha banja kuyambira pachiyambi pa phunziro lathu. Ganizani njira zina zomwe zingawathandize kusintha nyengo zomwe akukumana nazo polingalira za chithunzi chimene Mulungu amafunira miyoyo yawo ikhalire.

Pomaliza

Masalimo 139:14-17

nthawi zina ndikosavuta kukhulupilira kuti kale lathu limalozera za tsogolo lathu. Ngati tinabadwa osauka tidzalabe osauka; ngati makolo athu anali alimi ifenso tidzakhala alimi. Komabe, Mulungu ali ndi malingaliro abwino pamoyo wanu. Munalengedwa mwapaderadera ndipo anakupatsani luso ndi khalidwe limene lye amafuna tikhale nalo komanso anatiyika mubanja lomwe lye anafuna kuti tikabadwire. Mulungu amafuna tigwiritse ntchito zimene lye watipatsa kuti tikabweretse kusintha ku Madera athu. Wina aliyense akhonza kusintha nyengo zowawa zomwe amakumana nazo, kaya ndi pabanja pake, kaya anthu ena, kapena kumadera anu. Mulungu angathe kukuyitanani kuti mukabweretse kusintha ku mipingo yanu, mumzinda wanu, ndingakhale mudziko lanu.

Tingapange bwanji

Funsani gulu kuti liringalire zomwe aphunzira ndipo apemphere molingana ndi mafunso awiri ali mumsimu

- Moyo wanu uli bwanji? Mumakhulupilira kuti Mulungu angasinthe tsogolo lanu? Mpempheni Mulungu kuti akuwonetsereni mmene lingasinthire tsogolo lanu.
- Khalani ndi nthawi yokwanira pomuganizira munthu wina amene mukuona kuti mungathe kuyamba kumuthandiza. Kodi mungakondwe mukupezeka pa gulu la anthu wothandiza?

Pamene ophunzira amaliza kupemphera, afunseni ngati ali osangalatsidwa kukhala nawo mugulu lothandiza anthu ena akumane nanu panthawi yopumulira. Athandizeni kukhala mmagulu ang'onoang'ono pakati pa anthu anayi kapena asunu ndi atatu ndipo alimbikitseni kuti asankhe tsiku limene atakumane. Alongosolereni pamkumano wawo woyamba kuti aliyense asankhe munthu amene akufuna kumuthandiza. Yambani kuwayendera anthu amenewo. Mupemphelerane wina ndi mzache kuti Mulungu awathandize anthuwo pamene mukuwayendera. Pamkumano wachiwiri wina aliyense apereke ripoti la mmene wayendera pamen amakumana ndi anthu aja ndikugawana mfundo zomwe zikufunika kuthandizana. Ngati gulu, pemphani nzeru kuchokera kwa Mulungu ndikugwiritsa ntchito luso limene anakupatsani poganizira njira zina zothandiza. kumbukirani, osayetsera kupanga zinthu zonse nthawi imodzi. Musankhe mbaliimodzi yaying'ono yimene mungakwanitse kuyamba kuthandiza.

Phunziro lachinayi: Mulungu Watipatsa Zochuluka

Cholinga cha phunziroli:

1. Kuzindikira zomwe Mulungu watipatsa
2. Kumvetsetsa kuti mkati-zinthu za zachilengedwe ndi zauzimu ndizofunika kwambiri kusiyanana ndichilengedwe chowoneka chooneka kunja

Zida zogwritsa ntchito pa phunziroli

1. Sewero limene lalembedwa
2. Visual Aid Pack – Makadi azipangizo

Mau Oyamba

Musanayambe funsani munthu mmodzi kuti akonzekere kuwerenga ndime yotsatirayo.

Munthu wokhulupilira ali panthawi yamapemphero ndipo akuwerenga Mau omwe akupezeka pa Mateyu 25: 14-30. Ndipo iye akulingalira kuti,

“Ndikanakhumba ndikanakhala ngati wantchito amene anapatsidwa malupiya asanu ine ndikanachitira Mulungu zinthu zochuluka! Koma ndikumva chisoni ndi wantchito uja analandira lupiya imodzi ... ndikuona kuti Mulungu anamulakwira! Choncho izi sizikundikhuza chifukwa ine ndiliba luso kapena mphatso yapaderadera yakuti ndikumutumikire Mulungu ndikugwira ntchito yake! Pambali pazimenezi, ine ndine wosauka!!! Zooni zake ndizakuti sindingathe kumuthandiza munthu wina chifukwa nanenso ndiri ndi zosowa zambiri. Oh Ambuye, chonde ndithandizeni pondipatsa malupiya wochepe okha kuti ndikathe kugwiritsa ntchito ...”

- Pasewero limeneli mwaonapo chiani?
- Kodi wokhulupilira wosaukayu amanena kuti chiani?
- Kodi iye anawona molondola?
- Kodi anaganiza choncho chifukwa chiani?

Kuphunzira Baibulo

MMAGULU ANG'ONOANG'ONO

Werengani Mateyu 25:14-30

Ndime 16-18

- Kodi antchito aja anachita chiani ndimalupiya aja?
- Kodi inu mungafanane ndindani munkhaniyi; wantchito amene anapindula ndimalupiya ake kapena wantchito amene anabisa lupiya uja?

Ndime 19-23

- Kodi Mbuye wawo anachita chiani pamene atabwera paulendo wake?
- Kodi anawauza chiani antchito ake amene anagwiritsa ntchito malupiya ndikupeza phundi?

Ndime 24-28

- Kodi vuto la wantchito amene anabisa lupiya uja linali lotani?
- Kodi Mbuye wake anati chiani?
- Kodi ndichifukwa chiani okhulupilira ambiri samagwiritsa ntchito mphatso zawo?
- Tingapange chiani?

Kuthana ndi zifukwa zomwe timakhala nazo

Malangizo: Yitanani anthu asanu amene angadzipereka wokha mosawakakamiza. Funsani anthu asanuwa awerenge zina mwa zifukwa zimene timakhala nazo.

Munthu wa Mkulu = “Oh, Ndikukhumba ndikanakhala nyamata. Ndikanamtumikira Mulungu mwamphamvu ndi mphatso yanga. Koma pano ndine wokalama ndi opanda mphamvu.”

Mnyamata = “Oh, ndikukhumba ndikanakhala wamkulu. Ndikanakopa anthu ambiri ndi kuwatsogolera potumikira Ambuye ndi mphatso zanga. Ndizovuta kwambiri panopa, chifukwa ndine mwana.”

Munthu wa Bizinesi = “Oh, ndikukhumba ndikanakhala ndi mnthawi yochuluka. Ndine wotanganidwa ndi ntchito zanga moti ndiribe mnthawi yowathandizira anthu ena.”

Munthu Wosaphunzira = “Oh, ndikukhumba ndikanakhala wophunzira kwambiri. Sindimadziwa chirichonse chokhudzana ndi Mulungu. Koma ndi M’busa yekha amene angathe kuwathandiza anthu chifukwa anapita kusukulu ya Mau a Mulungu ndipo anaphunzira.”

Munthu Wosauka = “Oh, ndikukhumba ndikanakhala ndi ndalama zambiri. Ndikanamutumikira bwino Ambuye. Ndine wosauka kwambiri pano sindingathe kuthandiza wine pambali pa ine mwini.”

KAMBILANANI MMAGULU ANG’ONO ANG’ONO

- Ndi zifukwa zotani mwa zomwe tatchula mmwamba zimene inu munagwiritsapo ntchito?
- Nanga ndizifukwa ziti zomwe mumamva kwa anthu ena amu mpingu mwawo?
- Kodi ndichifukwa chotani chimene wantchito uja anabisira lupiya lija?
- Kodi chifukwacho chinavomerezeka ndi Mbuye wake?
- Kodi mukuganiza kuti zifukwa zomwe tiri nazo ndizovomerezeka ndi Mulungu?
- Kodi tingachite chiani kuti tikagonjetse zifukwa zoterezi?

Tiyenera kuyamba kuona zinthu zonse zomwe Mulungu watipatsa

Nthawi zambiri timamvetsera mabodza a Mdyerekezi ndipo timakhulupilira kuti tilibe kanthu. Timadzifanizira ndi anthu ena kuchokera pamenepo ndikumaona zinthu zokhazokha zomwe ife tilibe. Lero tiyeni tione zinthu zonse zimene Mulungu watipatsa.

Pofuna kukhala ndi chithuzithuzi chabwinotiyenera kuganizira za mbali zitatu izi – Chilengedwe – Mkatikati; Chilengedwe – kunja; Zauzimu.

Chilengedwe – Mkati mwathu zikutathauza mphatso zonse ndi kuthekera kumene Mulungu watipatsa. Mwachitsanzo: mphatso ya kutha kuyankhula, mphatso yakutha kupanga chiganizo, mphatso ya kutha kuphika chakudya, mphatso ya kutha kukoleza moto...

Chilengedwe – kunja kwathu zikutathauza zipangizo zimene Mulungu watipatsa kuti tikagwiritsa ntchito kumadera athu. Mwachitsanzo: madzi, nthaka, dzuwa, masukulu, ndi zina zotero.

Zauzimu zikutathauza zinthu zonse zimene tiri nazo chifukwa cha ubale umene tiri nawo pakati pa ife ndi Mulungu. Mwachitsanzo: zozizwa, pemphero, mphamvu ya Mulungu, ndi zina zotero.

Muonetsetse kuti ophunzirawo akuzindikira kusiyana kwa zinthu zitatu. Gawani kalasi mmagulu ndipo muwafunse ophunzirawo asonkhanitse makadi (Visual Aid Pack – makadi a zipangizo) molingana ndi zinthu zomwe zilipo ndipo zomwe palibe mmadera mwawo. Akamaliza afunseni ophunzirawo kuti aganizire zinthu zina zisanu zomwe zilipo mmadera mwawo.

Funsani ophunzirawo kuti awone mayankho onse omwe aperekedwa. Afunseni ngati pali wina amene alibe mayankho.

Pamene tikuona ngati tiribe kanthu, chilungamo ndichakuti Mulungu watidalitsa. Watipatsa zochuluka. Kusiyana ndikumaganiza zomwe tilibe, tiyenera kugwiritsa ntchito zomwe Mulungu watipatsa.

Werenganinso kachiwiri Mateyu 25:20-23

- Kodi chimachitika ndichiani pamene tigwiritsa ntchito zimene Mulungu watipatsa?
- Kodi mumagwiritsa ntchito zinthu zonse zimene Mulungu watipatsa?
- Kodi tingapange bwanji kuti tikagwiritse bwino ntchito zinthu zimene Mulungu watipatsa?

Mlimi

Kafukufuku waonetsa kuti zinthu zimene tirinazo mkati mwathu ndizofunikira kwambiri kuposa zinthu zimene ziri kunja kwathu. Ngati okhulupilira tizindikire kuti zinthu zauzimu ndizofunikira kwambiri chifukwa zimathandizira kuchulukitsa zinthu zachilengedwe.

Werengani nkhani yotsatirayi

Ku Constanza nthaka yake ndi ya chonde. Kuli madzi ochuluka ndipo nyengo yake ndiyabwino kuchita ulimi.

Itatha nkondo yachiwiri ya dziko lonse, anthu aku Japan amene amathawa mavuto mudziko lawo anapita nakakhala ku delali. Pamene anafika mmderali analibe chiri chonse, kupatula zovala zimene iwo anavala. Anakhala limodzi ndi mzika za ku Constanza ndipo anali kulima limodzi nawo.

Patapita zaka 20 anthu aku Japan analemera kwambiri. Anamanga nyumba zokongola zazikuluzikulu. Koma, alimi akuderalo anakhalabe wosauka ndipo anali kuvutikabe ndi ulimi kuti apeze chakudya choti adzidya.



Kodi izi zinatheka bwanji? Chinachitika ndichiani? Anali ndi zipangizo zofanana. Koma kusiyana kwawo kunali kwa kwa kaganizidwe. Anthu aku Japani amakhulupilira kuti munthu amayenera kulimbika pogwira ntchito ngakhale zinthu sizili bwino ndipo umayeneka osataya mtima. Alimi aku derali amakhulupilira kuti palibe chimene chingasithe. Amakhulupilira kuti kuyambira makolo awo ndingakhale azigogo awo anali wosauka, iwonso akuyenera kukhala wosauka. Pamene zinthu sizikuyenda amangokhala samagwira ntchito chifukwa amakhulupilira kuti imeneyo ndiyo mbali yamoyo wawo.

- Kodi chinachitika munkhaniyi ndi chiani?
- Kodi mmene munthu amaganizira kumafunikira bwanji?
- Kodi tingaphunzire chiani munkhaniyi?
- Tchulani chinthu chimodzi chimene tingapange chosiyana mu phunziro limene talipeza munkhaniyi?

Dziwani ichi: thandizani ophunzirawo kuti athe kuzindikira kuti inali nthaka yake imodzi yomweyo. Kusiyana kunabwera kuchokera muzikhulupiliro ndi mfundo zawo. Kodi ndiye anthu aku Japani analibe zipangizo zachilengedwe zapaderadera za kunja kwawo zosiyana ndi alimi amuderalo, onse anali nazo zofanana. Zimene zinawathandiza anthu a ku Japani zinali zipangizo zachilengedwe zimene anali nazo mkati mwawo. Ifenso tiri ndizipangizo zabwino mkati mwathu ngati tingagwiritse ntchito bwino Mau a Mulungu kukasintha malingaliro ndi zikhulupiliro zathu.

Phunziro la chisanu: M'dyerekezi ndi wa bodza

Cholinga cha Phunziro

Tikamvetsetse kuti:

1. M'dyerekezi amatinamiza ndingakhale pazinthu zimene timakhulupilira pa zinthu zina ndi zina monga kugwira ntchito, chiyembekezo chatu, umunthu wathu, chilengedwe, ndi zina zambiri—mabodza akewo atipangitsa ife kukhala amphawi.
2. Monga akhristu tiyenera kudziwa choonadi chifukwa choonadi chimamasula
3. Mulungu watiyitana kuti tiphunzitse amitundu, kapena kunena kuti choonadi chikaonekere mbali zonse za moyo.

Zinthu zofunikira kugwiritsa ntchito

1. Visual Aid Pack — Makadi a Bodza

Mau Oyamba

Werengani Yohane 8:44

- Kodi nusu iyi ikumulongosola bwanji M'dyerekezi?
- Tchulani zitsanzo zina zimene Mdyerekezi amayankhula?
- Kodi mabodza a mdyerekezi akutikhudzanso lero?

Mdyerekezi ndi tate wa bodza. Kuyambira pachiyambi wakhala akunena bodza kufikira lero akupitilizabe kulankhula bodza. Amafuna tizikhala osauka ndipo tizikhala ndi njala. Amadziwa kuti tikatsatira malamulo a Mulungu, Mulungu atidalitsa. Safuna tidalitsike nchifukwa amatinamiza.

Kodi ndi bodza lotani limene Mdyerekezi amatiuza?

Mdyerekezi amanena bodza pogwiritsa njira zosiyanasiyana. Lero tiona mwa mabodza ena amene amagwiritsa ntchito kuti tikhalebe wosauka.

Werengani kadi lilonse labodza (Visual Aids Pack #5). Muonesetse kuti ophunzirawo amvetse za ma bodza onse. Muwafunse ophunzirawo aganizirepo za ma bodza ena awiri ndikuwalemba pa makadi awiri wosalembedwa.

Ikani makadi wonse pansi ndikufunsa ophunzira kuti ayike masamba (nyemba/zotokosera mmano) pa bodza lirilonse lomwe akhulupilira kapena akhala akulikhulupilira.

Gawani kalasilo mmagulu ndikuwafunsa kuti akambilane za mabodzawo pounikira za choonadi cha Mulungu pa bodza lirilonse. Ndipo gulu lirilonse lilongosole zomwe lakambirana.

kugwira ntchito ndithembelero ndipo chinthu cholemetsa. Ndizabwino kugwira ntchito pang'ono basi.



Ife tinapangidwa kuti tikagwire ntchito. Adamu ankagwira ntchito asanagwe (asanachimwe). Ndimbali imodzi ya ulemu wathu ndipo ndinjira ina yomulemekeza Mulungu

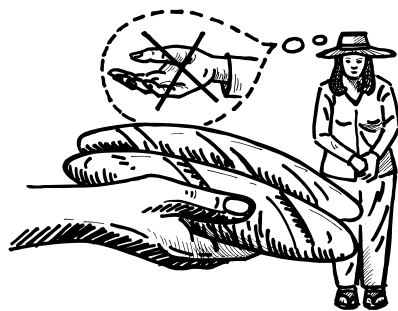
It is part of our dignity and a way that we can glorify God.

Tinabadwa osauka ndipo tidzafa osauka.



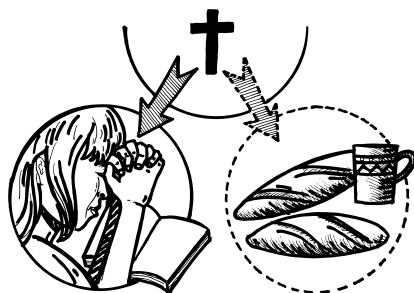
Mulungu angatidalitse ngati timumvera lye.

Ife ndife osauka sitikuyenera kupereka. Anthu ena akuyenera kutipatsa ife.



Ndingakhale osauka sakuletsedwa kupereka. Mubuku la Malachi Mulungu akuyankhula ndi anthu kuti ndiosadalitsika chifukwa samayika Mulungu patsogolo. Ndipo anawauza kuti amuyese lero kuti awone zimene zingawachitkire ngati atayamba kupereka mmene lye anawalamulira. Tikuyenera kupereka pozindikira kuti Mulungu watipatsa zinthu zonse ndipo ndiwokonzekera kukwaniritsa zonse zimene ife timafuna.

Mulungu amasamalira zinthu zauzimu zokha.



Mulungu amasamalira mbali zones za moyo wathu. Zinthu zonse zinawonongeka panthawi yimene Adam ndi Hava anachimwa ndipo Mulungu amafuna atabwezeretsanso mbali zonse za moyo wathu kwa lye mwini.

Mulungu amafuna tingowalalikira uthenga wokha amzanthu omwe tawandikana nawo —osasamalira zazosowa zawo zathupi.



Mulungu anatiuza kuti tizikonda abale athu omwe tayandikana nawo. Pamene amalongsola za nkhusa ndi mbuzi anatikumbutsakuti chikondi chimasamalira popereka chakudya, madzi ndipokhala. Pamen anafunsidwa kuti kodi m'bale wathu ndindani, Yesu anakamba nkhanu ya munthu wa ku Samaliya amene anapeza munthu amene samamudziwa panjira atavulazidwa kwambiri ndipo iye anamuthandiza pomupatsa mankhwala ndi chithandizo choyenerera.

Ife sitingathe kusintha moyo wathu popanda chuma chochokera kwa munthu wina.



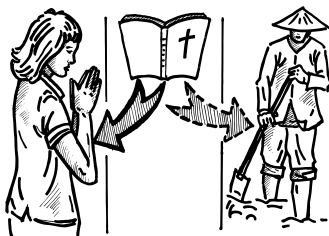
Mulungu anatalitsa kale. Tikuyenera kutsegula maso athu ndimatha kuona zinthu zonse zimene Mulungu anatipatsa kale ndikuyamba kuzigwiritsa ntchito. Pamene tikugwiritsa ntchito zinthu zimene Mulungu watipatsa ndikumadalitsa anthu ena ndipamene Iye amatidalitsano. Mu Gawo loyamba tinakamba za Mai Lee amene anathandiza anthu popereka maganizo ake.

Anthu ena ndiabwino kuposa ena. Sife ofunikira.



Tonse tinapangidwa muchifaniziro cha Mulungu ndipo Mulungu amakonda wina aliyense kotero kuti anatumiza mwana Wake kudzatifera tonse. Palibe munthu wapamba kapena wapansi mu Ufumu wa Mulungu. Anatilenga wina aliyense molingana ndimmene amafunira ndipo ali ndicholinga chopambana pamoyo wa munthu aliyense.

Uthenga wa bwino umakhudza moyo wa uzimu wokha.



Yesu anafa kuti akatibwezeretsa mbali zonse za moyo, osati chabe zinthu zauzimu zokha.

Kodi mabodza amene amachita chiani?

Mabodza a M'dyerekezi amaononga kwambiri pamoyo wathu.

Werengani mnkhani yotsatirayi!!

Mbali yayikulu ya Israele ndichigwa. Komabe palibe chinthu china chodabwitsa chokhuzana ndi chigwa chimenechi. Mbali zina za chigwachi kulibe zomera – ndipo mbali zimenezi kulibe kanthu ndikoumitsitsa. Mbali zina kuli mkhalango. Mbali zimene kuli mkhalango kumabereka zipatso zochuluka ndiponso maluwa aochuluka omwe amatumizidwa mdziko lonse lapansi. Kodi ndichifukwa chiani kuti mnkhalango pafupi ndi chigwachi? Mtundu wa anthu umene umapezeka kuchigwachi umatchedwa Aluya. Amakhulupilira kuti Mulungu (Allah) anatembelera mnthaka yake. Amangokhala samapanga chirichonse chifukwa amakhulupilira kuti mnthakayo siyabwino ndipo siyidzakhalanso bwino ayi. Mtundu wina wa anthu umene umapezeka kumeneko ndi wa Ayuda. Ndipo Ayudawa amakhulupilira kuti ndidziko lamalonjezano limene Mulungu anawapatsa. Amakhulupilira kuti ndi dziko lodzala ndi mkaka ndi uchi lolonjezedwa mu Mau a Mulungu. Amakhulupilira kuti Mau a Mulungu anatiuza kuti tiyang'anire dcikoli ndikulilamula ndipo kugwiramo ntchito. Choncho amagwiritsa ntchito kuthekera komwe ali nako polingalira mmene angagonjetsere vuto lakusowa kwa madzi. Anapeza njira zotheseera vutoli ndipo anadzala mitengo yomwe yinapanga mnkhalango. Mulungu anadalitsa ntchito zawo ndipo panopa ali ndi zinthu zochuluka zomwe angagwiritse ntchito.

- Kodi kusiyana kwa Aluya ndi Ayuda kunali kotani?
- Kodi kusiyana kwazinthu zomwe zingabereke mu dziko la Aluya ndi mu dziko la Ayuda ndikotani?

Dziwani ichi: Athandizeni ophunzira aone kuti Aluya amakhulupilira mabodza a M'dyerekezi ndipo mapeto ake dziko lawo ndilopanda kanthu. Ayuda anakhulupilira choonadi cha Mulungu ndipo ali ndizochuluka zomwe ziri zokwanira kutumiza dziko lapansi.

Yang'anandinso kadi la bodza lija. Kwa bodza lirilonse ganizirani kusiyana kwa munthu amene wakhulupilira bodza ndi munthu amene wakhulupilira choonadi cha Mulungu. Mwachitsanzo choyamba – kugwira ntchito ndi themberero. Ngati wina atakhulupilira kuti kugwira ntchito ndi thembelero sangagwirire ntchito modzipereka. Amasiya kugwira ntchito pamene wapeza chakudya chomwe chingakwanire tsiku limodzi lokha. Sangakondwere kuti adzigwira ntchito koma nthawi zonse amayang'ana njira yoti agwira nthito yochepa ndithu. Komabe ngati munthu angaganize kuti ntchito ndimbali imodzi yomwe amalemekezedwa komanso kumulumikeza Mulungu ndiye kuti munthu atha kulimbikira kugwira ntchito. Chifukwa chakulimbika kugwira ntchito munthu amapeza ndikukhala ndizinthu zochuluka. Amakwanitsa kupilira ndingakhale pamene zinthu zavuta samataya mtima ayi.

M'MAGULU ANG'ONOANG'ONO

Werengani bodza lirilonse ndikikambirana zotsatira zake zabodzalo. Mubweretse zomwe mwakambirana mkalasi.

Funsani ophunzirawo angolingalira chabe zomwe zingasithe mmadera awo pamene win aaliyense atakhulupilira choonadi osati boadza. Kodi mmadera awo angasithe mkukhala abwino kapena angawonongeke? Kodi mmaderawo angakhazikike kwambiri muchimene Mulungu amafuna atakhalira kapena ang'ono chabe?

Ngati kalasi, mukhale ndi mnthawi yochuluka kupemphera kwa Mulungu kuti akaphwanye mphamvu ya bodza mumdera lanu ndikukuthandizirani kuti mukadzadzidwe ndi choonadi mmalingaliro mwanu.

Kodi tingathetse bwanji mabodza?

Werengani Yohane 8:31-32 Chifukwa chake Yesu ananena kwa Ayuda aja adakhulupirira Iye, "Ngati mukhala in m'au anga, muli ophunzira anga ndithu. ³² Ndipo mudzazindikira choonadi, ndipo choonadi chidzakumasulani."

- Kodi choonadi tingachidzie bwanji?
- Kodi nanga choonadi chingachite chiani? (Tingamasulidwe kuchokera kuti?)

Ngati tikufuna kumasulidwa kumabodza a Mdyerekezi tiyenera kukhala ndichoonadi chochokera kwa Mulungu. Mulungu analonjeza kutitumizira akhristu "Mzimu wa choonadi umene adzatsogolera ife m'choonadi chonse" (Yohane 16:13). Pempherani kuti Mulungu akuwonetsereni choonadi ndipo mukhale ndi nthawi yokwanira yimene mungathe kuwerenga Mau a Mulungu kuti mukadziwe choonadi cha Mulungu. Mpempheni Mulungu kuti akuthandizeni kumvetsa Mau a Mulungu ndikudziwa choonadi.

Phunziro lachisanu ndichimodzi – kuunikira zoyenera kuchita

Zoyenera kuchita

1. Kupereka mbiri ya anthu okhala mmidzi mwathu
2. Kuthandiza gulu kuti lithe kuganiza njira zomwe zingathandizire kusintha mmadera mwawo
3. Kuthandiza gulu kuyamba kupanga dongosolo limene lingathe kubweretsa kusintha kwa mmadera mwawo.

Zinthu zofunikira

1. Makadi osalemba
2. Mapepala olembera akuluakulu

Mau oyamba

Njira ina yobweretsa kusintha mmadera athu ndikuonetsetsa mmadera athuwo ndi kumvetsetsa bwino lomwe za mavuto omwe timakumanawo ndichiyembekezo chimene tili nacho pa tsogolo lathu.

Musankhe ndalama yaying'ono yakuno kwathu – imene wina aliyense akuyidziwa.

Funsani gululo liyankhe mafunsa awa. (Chonde mafunso awa akhale okhudzana ndi ndalama imene wina aliyense akuyidziwa mwa ophunzirawa.)

1. Kodi nambala ya 1000 ikupezeka kangati pa ndalاميyi?
2. Mau okuti “one thousand” akupezeka kangati pandalamayi?
3. Kodi nanga siliyo nambala yandalamayi ili pati?
4. Kodi nanga siliyo nambala ya ndalamayi ndiya mtundu wanji?
5. Tchulani dzina la nyama yomwe ikupezeka kumbuyo kwandalamayo?
6. Kodi nyamayo ikupanga chiani?
7. Kodi ndi anthu angati akuoneka kumbuyo kwandalayi?
8. Kodi ndi mau oti omwe akupezeka pamwamba kuseri kwandalayi?
9. Tchulani mtundu wa chizindikiro chomwe chiri kumamzere kumbuyo kwa ndalamayi?

Longosolani kuti nthawi zina timakhala tikudziwa zinthu zomene sizitimazonaona komwe. Cholinga cha chitsanzochi kuti chikathe kutithandizira kuwonanso mmadera athu ndikuyamba kuganiza mmene tingapangire pofuna kuthandiza.

Mabanja

Jambulani mabokosi atatu pa pepala lalikulu. Lembani mubokosi loyamba osaukitsitsa, lachiwiri osauka ndipo lachitatu olemera. Mubokosi lirilonse longosolani mmene banjalo lingawonekere molingana ndi mmene mwalilongosolera banjalo. Polemba afunseni kuti aganizire zinthu monga izi:

- Mtundu wa nyumba yomwe amakhala
- chakudya
- ziweto
- malo
- zovala
- maphunziro
- ntchito

Akamaliza, funsani ophunzirawo kuti awone kuti ndi maperesenti angati a anthu a mmudzi mwawo akupezeka mu mabokosiwo.

Mwachitsanzo

Olemera	Osauka	Osaukitsitsa
Nyumba yabwino, mpunga wokwanira ndi zovala zoyera zabwino. Ali ndi kanema (TV), njinga yamoto, choyimbira, ng'ombe ndi sofa. Ali ndi chakudya chokwanira amadya katatu patsiku kudyeranso nyama. Ana awo sakhala ndi njala ku sukulu.	Ali ndi nyumba, yopanda katundu mkati mwake. Ali ndi chakudya chongokwanira kudya kamodzi patsiku. Ali ndizovala zochepa. Amadya kholowa.	Nyumba yomwe yatsala pang'ono kugwa. Amadya chakudya kamodzi patsiku – mpunga wa mchere. Sangakwanitse kudya china chiri chonse pambali pampungawo.

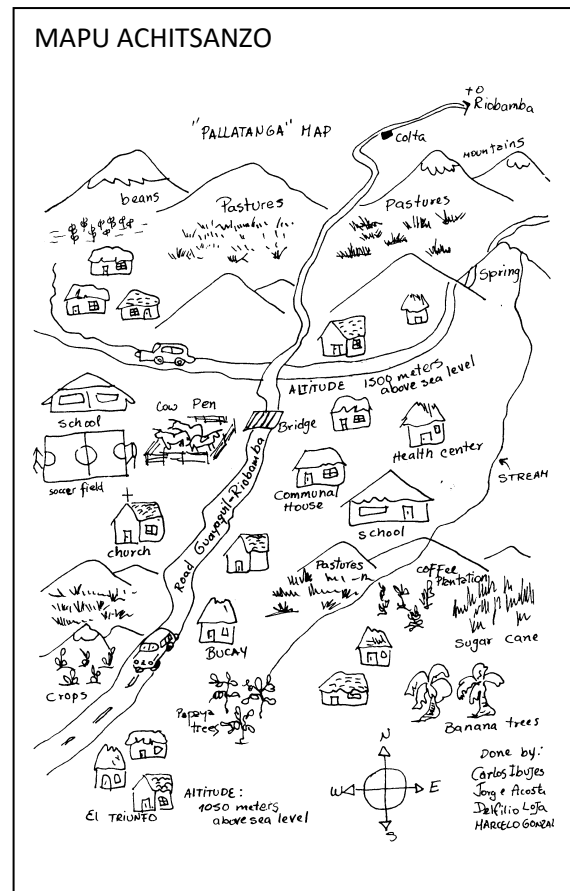
Mmadera Athu

Sonkhanitsani ophunzira onse pamodz kuti apange mapu ammudzi mwawo.

Ngati mukuphunzitsa anthu ochokera ku midzi yosiyana, mugawe kalasiyo mmagulu kuyimilira midzi yawo. Ngati pagulu pali anthu asanu ndi mmodzi gawaninso gululo pawiri, ndipo gulu lirilonse lijambule mapu amudzi wawo.

Akamaliza kujambula mapu awo, awuzeni ophunzirawo ayikepo zizindikiro izi:

- Malo amene anthu amatunga madzi akumwa
- Pamene pali sukulu, pali zipatala, pali misika, ma health center, ndi zina.
- Malo ofunikira opemphererapo
- Malo amene pamapezeka mafuta ophikira ndi agalimoto
- Miseu yayikulu, ndi zina.
- Madera omwe kumachitika zosangalatsa



Akamaliza kujambula mapu aja, afunseni kuti asiyanitse pazinthu zomwe zikufanana kapena kusiyana. Ngati ali ammudzi umodzi atha kuthandizana pakuona ngati pali zinthu zina zofunikira zimene iwo aziyiwala.

Akamaliza kuthandizana kujambula mapuwo, ajambulenso mapu ena achiwiri omwe akuyenera kuonetsa mmene iwo akukhumbira kuzawona mmidzi yawo patatha zaka khumi kuchokera lero. Muwafunse alongosole zimene awonjezerapo pa mapu aja ndipo apereke zifukwa zoyenera, ndi kulongosola zomwe zasintha? Lembani kusintha kuli konse kumene kwachitika pa paji la Kusintha kwa mzinda pa ripoti yamaphunziro yanu.

Kusankha Pulojekiti yofunikira

Ganizani kusintha kumene mumafuna mutawona mumabanja. Ndipo lembani zomwe mwapeza pa kadi. Lembaninso makadi ena zakusintha kumene munapeza pamapu ammidzi aja. Tenganj makadi onse ndikuwaika pamodzi. Afunseni ophunzira onse kuti awerenge makadiwo ndi kuona ngati pali kusintha kwina kumene sikunalembedwe komwe akuyembezekera kuona kutachitika.

Afunseni ophunzirawo kuti ayike pamodzi makadi aja mundandanda woyenera: zofunikira kwambiri aziyike pazokha, zongofunikira pazokhanso ndiponso zosafunikira ayike pazokha. Makadi onse ofunikira ayike zizindikiro zitatu pakadi iliyonse. Makadi onse ofunikira ayike zizindikiro ziwiri pa kadi

iliyonse. Pamene makadi onse osafunikira ayike chizindikiro chimodzi pakadi iliyonse. Kenaka aphetikizeninso makadi onse pamodzi ndikuwafunsanso ophunzirawo kuti ayike mundandanda makadiwo molingana ndi mmene angakwanitsire kukonza zinthu mosavuta. Zinthu zosavuta kukonza aziyike pazokha, zina ndi zina ayike pazokha, ndikuyikanso zinthu zovuta kukonza pazokha. Pamakadi omwe zinthu zake ndizosavuta kukonza ayike zizindikiro zitatu, zina ndi zina zija ayike zizindikiro ziwiri pamakadiwo ndipo makadi a zinthu zovuta kukonza ayike chizindikiro chimodzi.

Pamapeto ake pezani makadi amene ali ndi zizindikiro zisanu ndi chimodzi (kapena zizindikiro zisanu pa kadi ngati makadi azizindikiro zisanu ndi chimodzi palibepo). Makadi awa ndiamene ali ndi zofunikira kwambiri ndiponso zosavuta kukonza. Kuchokera pa makadi amenewa sankhani kadi imodzi kapena awiri amene mukuona kuti mungathe kuyamba kukonza zinthu.

Pamene mukumaliza mukhale ndi nthawi yambiri yopemphera ndikumufunsa Mulungu kuti apitilize kukutsogolerani pa ntchito yanu. Ngati mnthawi ikukulorani limbikitsani gulu lonse kuti likhale ndi ndondomeko yomwe angagwiritse ntchito pamene akufuna kutenganso mbali pa Machitachita a Chikondi.