

DZUKA NDI YESU:
MASIKU 30 OSINTHA MOYO WANU

Pemphero

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Ufulu wonse wasungidwa.

Palibe gawo lililonse la buku ili limene lingakopedwe m'njira iliyonse popanda chilolezo cholembbedwa kuchokera kwa wofalitsa kapena wolembe, kupatula monga momwe amaloledwera ndi malamulo a chilolezo cha U.S.

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Mawu Oyamba

Kwa nthawi yayitali, ndakhala ndi chikhumbo chofuna kulemba buku limene lingagwirizanitse mavuto amene timakumana nawo tsiku ndi tsiku ndi choonadi chosasintha cha Mawu a Mulungu. Anthu ambiri amavutika kupanga pemphero ndi kusinkhasinkha Malemba kukhala chizolowezi cha tsiku ndi tsiku, ngakhale kuti mavuto a moyo sasiya kubwera. Tsiku lililonse, timakumana ndi malangizo ndi mawu amene angathe kutitaya mtima kapena ngakhale kuvulaza mzimu wathu. N'chifukwa chake ndikofunika kwambiri kulola Mzimu Woyera kutitsogolera, kutithandiza kukana kukhala akapolo a maganizo oyipa.

Kusankha kwa mawu amene azumikitsa moyo wanu ndi kwanu nokha. Buku ili lapangidwa kuti likuthandizeni kuphatikiza pemphero ndi kusinkhasinkha Mawu a Mulungu mu nthawi iliyonse ya tsiku lanu. Pamodzi ndi zithunzi zodabwitsa za Alexander Debelov zimene zaupatsa moyo masamba awa, tapanga ulendo wokongoletsa maso komanso wolemeretsa mzimu. Ndikukulimbikitsani kuti musinkhasinkhe mavesiwa, mulembe zolembe zanu, ndi kutsata ulendo wanu wauzimu pamene mukupita patsogolo. Kupirira mu chikhulupiriro kumachokera ku kukhazikika mu kuwerenga ndi kukhala ndi moyo wotsatira Mawu a Mulungu. Kumbukirani, kusintha sikungobwera chifukwa cha kuwerenga Baibulo kokha koma chifukwa cha kuchita zimene limaphunzitsa.

Pemphero langa ndi lakuti buku ili likuthandizeni kupeza malonjezo a Mulungu pa moyo wanu ndi kudziwa kuya kwa chikondi Chake. Likhale dalitso kwa inu, m'dzina la Yesu.

Stefania Fernanda Leão ndi Alexander Debelov



Tsiku 1: Nthawi Yodalitsika

SALIMO 91:9-10

*Pakuti wasankha Wammwambamwamba kukhala malo
ako okhalamo; wavomera Yehova kukhala kothawira
kwako. Choncho palibe choyipa chimene
chidzakugwera, zoopsa sizidzafika pafupi ndi tenti
yako.*

Kusinkhasinkha: Yambani tsiku lino muli pamaso pa Mulungu. Chilichonse chimene chiyamba bwino chimatha bwino. Thawirani mwa lye ndipo mudalire lonjezo Lake, pakuti lye sanama! Chotsimikizika kuti muli otetezeka ndicho timachitcha chikhulupiriro chodziwa bwino. Ndi chikhulupiriro ichi chimene chimakusungani masiku ovuta kwambiri, kukusungani wolimba ndi wodalira kaya chichitike chotani, podziwa kuti ndinu otetezeka.

Pemphero:

Ambuye Yesu, ndasankha kukhala mu mthunzi wa Wammwambamwamba. Ndikulengeza kuti ino ndi nthawi yanga yodalitsidwa, yochiritsidwa, ndi yomasulidwa. Yang'anani mavuto anga, ndipo mundipatse mtendere ndi chitetezo Chanu. Ndikupemphera izi m'dzina la Yesu. Amen.





Tsiku 2: Dalirani Chikondi cha Ambuye

SALIMO 40:1

*Mofatsa ndinadikira Yehova; lye anatembenukira kwa
ine ndipo anamva kulira kwanga.*

Kusinkhasinkha: Kudalira ndicho chimene chimabweretsa mtendere pamene tikudikira yankho. Ndicho chilimbikitso chimene tifunikira kuti tikhale ndi moyo mwa chikhulupiriro. Palibe kudalira pamene mukukayikirabe. N'chifukwa chiyani kuli kophweka kudalira anthu kuposa kudalira Mulungu? Anthu angakulephereni, koma Mulungu sangathe. Kaya tsiku lanu likhale lovuta motani, dalirani Ambuye, ndipo lye adzamva kulira kwanu.

Pemphero:

Ambuye Yesu, ndasankha kukudalirani Inu. Ndisungeni mpaka kupambana kutafika. Inu ndinu mphamvu ya moyo wanga, ndipo chisomo Chanu chili pa ine. Ndipulumutseni ku chiwonongeko, ndikonzeni, ndipo ndithandizeni kukhala ndi moyo wotsatira Mawu Anu. Ndiphunzitseni kudalira chikondi Chanu. Pangano langa ndi Inu ndi lamoyo ndi mtendere, ndipo ndilandira mwaufulu kuchokera ku gwero la moyo. Zikomo chifukwa chondikonda kwambiri. Ili ndi pemphero langa ndi kuthokoza kwanga. Amen.





Tsiku 3: Khalani Gwero la Chikondi

LUKA 6:45

*Munthu wabwino amatulutsa zinthu zabwino
zosungidwa mu mtima mwake, koma munthu oyipa
amatulutsa zinthu zoyipa zosungidwa mu mtima
mwake. Pakamwa pake pamayankhula zimene zadzaza
mu mtima mwake.*

Kusinkhasinkha: Samalani zimene zikutuluka m'kamwa mwanu – mawu ali ndi mphamvu yodalitsa kapena kutemberera. Zimene mumanena zingabweretse moyo kapena imfa. Mukamalankhula mawu a moyo kwa munthu wina, iyenso amakudalitsani; mukamalankhula mawu a kugonjetsedwa kapena kuvulaza, nawonso amabwerera kwa inu. Kodi milomo yanu yalemekeza chiyani kwambiri – mdima kapena kuwala? Nenani mawu monga: Ndikukhulupirira, ndingathe, sindiopa, ndipitiriza mpaka kupambana. Moyo wanu umasonyeza mawu amene mumavomereza.

Pemphero:

Ambuye Yesu, ndithandizeni kulankhula mawu amene adzakhala dalitso pa moyo wanga ndi kwa anthu ozungulira ine. Kuopa Ambuye kumabweretsa thanzi ku thupi langa ndi mphamvu ku mafupa anga. Ndikulengeza kuti kuyambira lero, pakamwa panga padzakhala gwero la moyo, chikondi, chimwemwe, mtendere, machiritso, ndi chilimbikitso. Amen.





Tsiku 4: Gwiritsani Ntchito Chikhulupiriro Chanu

YOHANE 16:33

*Ine ndakuwuzani izi kuti mwa Ine mukhale nawo
mtendere. M'dziko lapansi mudzakhala nawo mavuto.
Koma limbikani mtima! Ine ndaligonjetsa dziko lapansi.*

Kusinkhasinkha: Ambuye Yesu akutitsimikizira mtendere ndi kukhalapo Kwake, koma sanalonjeze moyo wopanda mavuto. Nkhondo zimene timakumana nazo ndi mwayi wolimbikitsa chikhulupiriro chathu. Padziko lino, tikumana ndi mavuto ndi masautso, koma Yesu akufotokoza mwachindunji kuti tikayenda pamodzi ndi Iye, ifenso tidzagonjetsa. Popanda nkhondo, sipangakhale kupambana, ndipo ndi okhawo amene amamenya nkhondo – amene amakana kugonja ku mavuto kapena kukhutira ndi zochepa – amene amatha kupambana ndithu. Musalole chikhulupiriro chanu kukhala chosasunthika.

Pemphero:

Ambuye Yesu, ndikulengeza kuti vuto lililonse limene ndikukumana nalo ndi mwayi wogwiritsa ntchito chikhulupiriro changa ndi kupambana. Ndikukhulupirira kuti nzeru ndi kudziwa ndizo chikhazikiko changa nthawi ino, ndipo Inu ndinu mphamvu ya chipulumutso changa. Kuopa Ambuye ndicho chuma changa. Ndikulengeza kuti kuyambira tsopano, nzeru Yanu yaumulungu idzandibweretsera kupambana, ndipo mtima wanga udzanditsogolera kupanga zisankho zoyenera chifukwa ndine wanzeru mwa Khristu. Amen.





Isiku 5: Thandizo Lopezeka Nthawi Zonse

SALIMO 46:11

*Yehova Wamphamvuzonse ali ndi ife, Mulungu wa
Yakobo ndi linga lathu.*

Kusinkhasinkha: Ngati Mulungu ndiye kothawira kwanu ndi mphamvu yanu, palibe chifukwa choti muope – ngakhale mavuto oopsa kwambiri. Moyo wanu ukakhazikika mwa lye, ndipo lye ali chizindikiro chanu chotetezera, ndinu otetezedwa. Ngakhale dziko lapansi lisunthike kapena mapiri agwe, ngakhale madzi achite thovu, Mzimu Woyera akugwira ntchito, akubweretsa mtendere ndi chitetezo. Mulungu walonjeza kukhala nafe, ndipo ndife amene tiyenera kumvera lamulo Lake: Khalani chete ndipo mudziwe kuti Ine ndine Mulungu. Nkhawa ili ngati mpando wogwedezeke – umakusunthani koma sukupititsani kulikonse.

Pemphero:

Yesu, ndithandizeni kufatsa mtima wanga kuti nditha kukhulupirira kuti Inu muli nane. Ndimadalira Inu monga thandizo langa ndi chitetezo changa. Ndikudzichepetsa pamaso panu, Ambuye. Ndikupemphera ndi kufunafuna nkhope Yanu, kutembenuka kuchoka ku njira zonse zolakwika, podziwa kuti mudzamva mapemphero anga kuchokera kumwamba. Mudzakhululukira machimo anga ndi kundibweretsera machiritso Anu. Amen.





Tsiku 6: Mphamvu Yatsopano

YESAYA 40:31

*Koma iwo amene amakhulupirira Yehova adzalandira
mphamvu zatsopano. Adzawuluka ngati
chiwombankhanga; adzathamanga koma sadzalefuka,
adzayenda koma sadzatopa konse.*

Kusinkhasinkha: N'chachilendo kumva kutopa — osati kutopa kwa thupi kokha koma kutopa kwa mavuto ndi nkondo za tsiku ndi tsiku. Komabe, Mulungu satopa, ndipo sadzasiya kumenyera ife nkondo. Iye walonjeza kuwonjezera mphamvu zathu. Mwa Mulungu, mphamvu imakonzedwanso mosasamala za msinkhu. Ngati mukumva kutopa, kumbukirani lonjezoli: mphamvu siichokera ku minofu yanu, msinkhu wanu, kapena ngakhale thanzi lanu — imachokera kwa Mzimu Woyera. Lero, mungathe kulandira zimene zalonjezedwa kale: mphamvu yatsopano.

Pemphero:

Ambuye, konzaninso mphamvu zanga ngati za chiwombankhanga. Onjezerani mphamvu zanga pano padziko lapansi. Sindidzaiwala zabwino Zanu, pakuti mwandikhululukira machimo anga ndipo mwachiritsa matenda anga onse. Mwandiwombola moyo wanga ku chiwonongeko ndipo mwandivika chikondi ndi chifundo. Ndikulengeza kuti dzanja Lanu lidzandisunga nthawi iliyonse ya moyo wanga, ndipo ndikupereka mtima wanga pa guwa Lanu. Amen.





Tsiku 7: Lokolola

AGALATIYA 6:9

Tisatope n'kuchita zabwino, pakuti pa nthawi yoyenera tidzakolola ngati sititopa.

Kusinkhasinkha: Zosowa zathu zimatha kutembenuza chidwi chathu kukhala pa ife tokha — timayang'ana kwambiri mavuto athu, miyoyo yathu, ndi nkhwana zathu za tsogolo. Izi zingatichotse mtima ndi chidwi ku kupereka kwaufulu. Musatope kuchita zabwino, kaya mukuyamikidwa kapena ayi, kaya mukumveka kapena ayi. Ngati mufuna kupindula, khalani opereka mowolowa manja. Ngati mufuna ludzu lanu lithe, patsani wina chakumwa. Ngati mufuna chikondi, patsani chikondi. Ngati mufuna chidwi, patsani chidwi. Simungathe kulandira zimene simukupereka — ndi lamulo laumulungu. Chilengedwe chimagwira ntchito motero: mumakolola zimene mudzala.

Pemphero:

Ambuye, kuyambira lero ndidzala zimene ndikufuna kukolola. Ndiphunzitseni kutumikira, kuchiritsa, kukonda, kulemekeza, ndi kupereka mowolowa manja. Ndithandizeni kuona ena mwa maso Anu ndi kukwaniritsa malamulo Anu kuti, kudzera mu Mawu Anu, ndidzadalitsidwa m'dzina la Mwana Wanu wokondedwa, Yesu Khristu. Amen.





Tsiku 8: Sulani Zolemetsa

AHEBRI 12:1

*Tsono popeza ifenso tazunguliridwa ndi gulu lalikulu la
mboni, tiyeni titaye chilichonse chimene
chimatitchinga, makamaka tchimo limene limatikola
mosavuta, ndipo tithamange ndi khama mpikisano
umene tayambawu.*

Kusinkhasinkha: Dzichitireni chifundo — sulani zolemetsa zakale zimene zimabweretsa chikayiko ndipo sizidzakufikitsani kulikonse. Zolemetsa izi zikuphatikizapo malonjezo osakwaniritsidwa, chidani, kusatetezeka, mantha, chiwembu, kapena kusadalirana. Dzimasuleni ku zolemetsa izi — zimangochedwetsa ulendo wanu. Pemphani Mulungu kuti akukhululukireni malonjezo osakwaniritsidwa, zisankho zamwadzidzidzi, ndi mawu amene simunathe kusunga. Simungalole mdani kapena chikumbumtima chanu kukutsutsani nthawi zonse. Khululukirani ena ndipo dzikhululukireni nokha. Kusowa kwa chikhululukiro ndi ngale imene imakusungani muli chimodzimidzi.

Pemphero:

Ambuye Yesu, gwiritsani ntchito chishango cha chikhulupiriro kuzimitsa mivi yonse yoyaka imene mdani akundiponyera. Ndasankha kudzimasula ku matemberero onse a moyo wosokonekera ndi wopanda cholinga. Ndidzimasule ku mawu onse oyipa amene ena alankhula pa ine, ndi ku zoyipa zonse zimene ndalankhula pa ndekha. Ndikumasula chikhululukiro ndipo ndikudzikhululukira ndekha. Ndikulengeza kuti ndine wodalitsidwa ndi womasulidwa ku zolemetsa zonse, m'dzina la Yesu. Amen.





Tsiku 9: Chikondi Chachikulu

YOHANE 3:16

*"Pakuti Mulungu anakonda dziko lapansi, kotero
anapereka Mwana wake wobadwa yekha, kuti aliyense
wokhulupirira lye asatayike koma akhale ndi moyo
wosatha."*

Kusinkhasinkha: Yesu ndiye buledi wa moyo; ndiye yekha amene angathe kukhutitsa ludzu lathu la chikondi! Kodi "dziko lapansi" limene Mulungu anakonda kwambiri ndi chiyani? Kodi anakonda chiyani, ndipo amatikonda motani? "Dziko lapansi" ndife ife — lye anatikonda mwazama, mwamphamvu, ndi mwapadera kwambiri mpaka anapereka Mwana wake yekhayo kuti afe pamtanda chifukwa cha machimo athu. Kupachikidwa kwa Yesu ndicho chizindikiro chachikulu kwambiri cha chikondi. Yesu anatumizidwa mwathunthu chifukwa cha ife, mwachikondi, kuti atipatse mpata woti tikhululukidwe ndi kukhala moyo wathunthu monga ana a Mulungu, chifukwa chimake cha Mulungu ndicho uAtate.

Pemphero:

Ambuye Yesu, ndikuvomereza kuti kuyambira pano, sindidzanenanso kuti sindinakondepo, chifukwa chikondi choona chinandionetsedwa kudzera mwa Yesu pamtanda pa Kalvari. Ndikuvomereza kuti ndine wokondedwa ndipo ndili ndi chimake cha Khristu, ndipo ndikukana mantha onse, mavuto amtima, ndi kufuna kuvomerezedwa ndi anthu. Ndilandira chikondi cha Khristu pa ine ndipo ndidzipereka kwathunthu kwa icho. Ndikumva kukondedwa kosatha, ndipo palibe chinthu kapena munthu amene adzandichititsa kumva mosiyana. Ndikhululukira onse amene, mwa chifukwa chilichonse, anandisiya kapena kundichititsa kumva ngati wosakondedwa. Ndine wokondedwa – ngakhale bambo wanga wapadziko lapansi analephera kukwaniritsa udindo wake. Sindimangidwanso ndi maganizo akale, chifukwa chikondi cha Khristu chikundichiritsa tsopano, mu dzina la Yesu. Amen.





Tsiku 10: Chikhulupiriro ndi Pemphero

AHEBRI 11:6

*"Ndipo popanda chikhulupiriro n'kosatheka
kukondweretsa Mulungu, chifukwa aliyense amene
amabwera kwa lye ayenera kukhulupirira kuti Mulungu
alipodi ndi kuti lye amapereka mphotho kwa amene
akumufunitsitsa."*

Kusinkhasinkha: Chimene chimasangalatsa mtima wa Mulungu ndi chikhulupiriro. Pemphero ndiyo njira yokhayo yomwe imatilola kumudziwa mu choonadi chake chachikulu. Chikondi chimafuna ubale, ndipo ichi ndicho maziko a chiyanjano chathu ndi Ambuye. Tili ndi udindo ndi maudindo pa Mawu a Mulungu, koma tili nawonso ufulu ndi mwayi pa malonjezo ake.

Pemphero:

Ambuye Yesu, ndikuvomereza kuti kuyambira pano, chikhulupiriro changa chidzakhazikika mwa Inu. Ndikuyika chidaliro changa pansu pa mthunzi wa mapiko anu, kumene ndidzakhuta mokwanira ndi ukwati wonse wa nyumba yanu. Mwa Inu muli kasupe wa moyo. Ndikhulupirira kuti chikhulupiriro chikutanthauza kudalira zosaneneka, kuona zosaoneka, ndi kulandira zosatheka. Amen.





Tsiku 11: Zachitika Kale

NEHEMIYA 6:9

"Apa adani athu onsewa ankangofuna kutiopseza. Iwo ankaganiza kuti "Tichita mantha ndi kuleka kugwira ntchito." Tsono ndinapemphera kuti, "Inu Mulungu ndilimbitseni mtima.""

Kusinkhasinkha: Kodi mwaonapo mmene kaŵirikaŵiri, pamene mukufuna kukwaniritsa china chake, pamakhala anthu onena kuti sizingatheke, kuti simungathe, kapena kuti sizidzachitika? Cholinga chawo ndikukuchititsani kusiya pakati pa njira. Musalole mawu amenewa a kugonja kukhazikika mumtima mwanu. Musamvere zoyesera kukuopsezani. Mulungu ali ndi ulamuliro pa moyo wanu.

Pemphero:

Ambuye Yesu, ndikupemphani kuti mundilimbitse manja ndi mtima wanga. Chotsani cholepheretsa chilichonse pa njira yanga ndipo mundithandize kupitirira mpaka kumaliza chimene ndinayamba. Ichi ndi nkhani ya ulemu, ndipo ndidzapambana chifukwa muli nane. Ndikuvomereza kuti chosankha changa chokha ndi kupambana. Sindidzachoka mpaka nditamaliza chimene chikuyenera kuchitika. Khalani mtsogoleri wanga, Yesu. Amen.





Tsiku 12: Nthawi Yoyenera

HABAKUKU 2:3

*"Pakuti masomphenyawo alindira nyengo yoikidwiratu,
ndipo afulumirira potsirizira pake, osanama;
akachedwa uwalindirire; popeza afika ndithu,
osazengereza."*

Kusinkhasinkha: Vesili ndi lonjezo la Mulungu kwa inu. Kudikira sikuli chiyembekezo chopanda tanthauzo; ndi kuyembekezera modalira. Mkazi woyembekezera ayenera kudikira miyezi isanu ndi inayi kuti abereke. Nchifukwa ninji nthawi zambiri timafulumira kwambiri? — Kufulumira kumabweretsa zisankho zolakwika ndi mawu osasamalidwa bwino. Mdani, podziwa zosowa zathu, amagwiritsa ntchito nkhwana kubzala kukayikira mumtima mwathu — mafunso monga "Kodi zidzachitika liti?" kapena "Chifukwa ninji zikutenga nthawi yaitali chonchi?" Kukayikira kumeneku kumafooketsa chikhulupiriro chathu. Musaiwale: nthawi ya Mulungu ndi yangwiro.

Pemphero:

Ambuye Yesu, ndikudziwa kuti nthawi yanu ndi yangwiro. Kwaniritsani zolinga zanu pa moyo wanga, ndipo mundithandize kuti ndisade nkawa. Ndikhulupirira kuti zonse zimachitika osati mwachangu kwambiri kapena mochedwa kwambiri, chifukwa Inu ndinu wangwiro pa zonse zimene mumachita. Ndikuvomereza kuti sindidzalola nkawa kundigwira. Ndidzakhala wosangalala ndi kukhala mu zolinga zanu pa nthawi yoyenera imene mwandikonzera kale. Kuyambira pano, sindidzatayanso tulo tanga, kumwetulira kwanga, kapena chimwemwe changa chifukwa cha zinthu zimene sizinafike. Amen.





Tsiku 13: Kudziletsa

AEFESO 4:26-27

*"Mukwiye, koma musachimwe; dzuwa lisalowe muli ali
mkwiyo, ndipo musapatse mdyerekezi malo."*

Kusinkhasinkha: Ndi chinthu chachilengedwe kumva mkwiyo nthawi zina – Mulungu amazindikira izi. Komabe, nzofunika kukhala ndi nzeru yosalola mmene mtima umenewu ukukulira ndi kukhazikika mwa ife. Mtima nthawi zambiri ufuna kumenya nkondo, kupweteka, kuvutitsa, kapena kubwezera; koma nzeru imatithandiza kupirira zokopa zimenezi ndipo imalepheretsa mkwiyo kutigonjetsa. Sankhani chosankha choyenera: khululukirani, lapani, ndipo khalani maso. Tsekani zitseko zomwe zingatsogolere ku kuvulaza ena kapena kudzivulaza nokha.

Pemphero:

Ambuye Yesu, ndikuvomereza kuti ino ndi nthawi yanga yochiritsidwa. Ndikulapa zolakwa za mumtima mwanga ndipo ndikupempha kuti mundikhululukire maganizo a mtima wanga. Sindifuna kukhala womangidwa ndi ukali, kusakhululuka, kubwezera, mkwiyo, kapena ukali woopsa. Kuyambira pano, ndidzakhululukira amene ayenera kukhululukidwa, ndipo ndikupemphanso chikhululukiro kwa nthawi zimene ndinapweteketsa ena (mutha kuwatchula ngati mukufuna) ndi kupweteka mtima wanu. Ndithandizeni kuchiritsidwa kuti nditha kubweretsa machiritso kwa ena, m'malo mopereka kuvulala. Ndidzawongolera maganizo anga ndipo sindidzalola kuti andiwongolere. Amen.





Tsiku 14: Mkhani Yatsopano

YESAYA 43:18-19

"Iwalani zinthu zakale; ndipo musaganizirenso zinthu zimene zinachitika kale. Taonani, Ine ndikuchita zinthu zatsopano! Tsopano zayamba kale kuoneka; kodi simukuziona? Ine ndikulambula msewu m'chipululu ndi kupanga mitsinje m'dziko lowuma."

Kusinkhasinkha: Nthawi ya kutsopanoka kwa Mulungu yafika pa moyo wanu! Mavuto amene mwakhala mukukumana nawo ali ndi cholinga: kukutsogolerani ku manja a Yesu. Mu nyengo ino ya zoyambira zatsopano, zakale ziyenera kukhala chikumbutso chokha chokupititsani patsogolo ku tsogolo limene Mulungu wakonza kale. Zikumbukiro zomwe sizikuthandizani zidzangokulepheretsani basi; ngati sizikukwezani, zidzakugwetsani pansi. Ngati sizikukulitsani, zisiyeni. Musayende motsatira chiweruzo chomwe sichichokera kwa Mulungu.

Pemphero:

Atate, mu dzina la Yesu, ndikudzimasula ku zotsatira zonse za zikumbukiro zopweteka ndi zochitika zakale zomwe zikundilepheretsa kukhala moyo wathunthu pano ndikulandira tsogolo. Zochitika sizidzalanda chimene mwandipatsa, ndipo ndikuvomereza kuti nyengo ya kutsopanoka kwanu yafika pa moyo wanga. Amen.





Tsiku 15: Mtengo wa Kupambana

EKSODO 3:19

*"Koma Ine ndikudziwa kuti mfumu ya Igupto
sikakulolani kuti mupite pokhapokha Ine
nditayikakamiza."*

Kusinkhasinkha: Kupambana kwakukulu, ndi nkondo yovuta kwambiri komanso nsembe yaikulu. Kumasulidwa kwa Ahebri kwa Farao kunkawoneka ngati kosatheka. Farao ankapindula ndi ukapolo wa anthu, kupangitsa ufulu wawo kuwoneka wosafikirika. Koma Mulungu anasonyeza ukulu ndi chifundo chake mwa kuutsa Mose kuti awamasule. Nkhondoyi sinamenyedwe ndi malupanga kapena mphamvu za thupi koma kudzera mwakumwamba kuchitira anthu ake, kupangitsa Farao kukhala wopanda mphamvu. Ichi ndicho chifukwa chikhulupiriro ndi chotsimikizika, chiganizo, ndi chidaliro. Kukwaniritsa china chake chofunika padziko lino kumafuna nsembe, kulimba mtima, khama, ntchito yolimba, ndi chikhulupiriro chosagwedezeke.

Pemphero:

Atate, mu dzina la Yesu, ndikuzindikira kuti chikhulupiriro chimafuna kukhazikika, chotsimikizika, ndi chiganizo. Choyipa sichidzagonja pokhapokha chikakakamizidwa ndi dzanja lamphamvu, ndipo dzanjalo ndi lanu, Ambuye. Ndikuvomereza kuti kuyambira nthawi ino, palibe chomwe chandimanga chimene chidzandigwiranso. Chilichonse chomwe chikufuna kutchinga njira yanga chidzayimitsidwa pomwepo. Dzanja lanu lamphamvu likugwira ntchito kutsutsana ndi adani anga. Ambuye, gawani Nyanja Yofiira mu moyo wanga kuti nditha kuwoloka ndi kukumana ndi kusintha ndi ufulu pamaso panu. Chilichonse kapena aliyense amene akuyimira Farao mu moyo wanga sadzakhalanso ndi mphamvu pa ine kapena pa gawo lililonse la moyo wanga. Ndikupemphera ndi kukhulupirira izi mu dzina lamphamvu la Yesu. Amen.





Tsiku 16: Mipata muwa Khristu

SALIMO 69:1

"Pulumutseni Inu Mulungu, pakuti madzi afika m'khosi."

Kusinkhasinkha: Davide anakumana ndi nkhondo zosalekeza ndi adani ake, ndipo Masalimo ambiri amasonyeza mavuto ake aakulu a mumtima. Phunziro limodzi lofunika ndiloti nthawi zathu za ululu ndinso mipata yaikulu kwambiri yolimbikitsa ndi kukulitsa chikhulupiriro chathu. Nthawi zimenezi zimatisunga tili olumikizidwa ndi Mulungu, kutsimikizira kuti sitikhala odekha kapena kutaya mawonekedwe a malonjezo ake. Nkhondo ikakhala yaikulu, chikhulupiriro chathu ndi kudalira Mulungu kuyenera kukhala kwamphamvu koposa. Umoyo wauzimu umakula pansi pa zovuta zomwe zimatibweretsa pafupi ndi lye.

Pemphero:

Atate, mu dzina la Yesu, ndichitireni chitetezo ku mtundu uliwonse wa choyipa. Ndipatuleni mwa choonadi cha Mawu anu ndipo lonjezani chikhulupiro changa mkati mwanga ndi mphamvu yanu. Ndilole ndidziwe chikondi choona cha Khristu, ndipo ndipatseni kuleza mtima, kudziletsa, ndi chimwemwe. Chikhulupiro changa chisagwedezeke. Dzudzulani, mu dzina la Yesu, kuzizira konse kwauzimu, kufooka kwa maganizo, ndi chisokonezo. Ndikulengeza kuti chikhulupiro changa chidzakhalabe chokhazikika mwa Ambuye Yesu Khristu. Zikhale tero, Amen.





Tsiku 17: Lokambirana Zopanda Pake

1 AKORINTO 15:33

*"Musasocheretsedwe, "Kukhala m'magulu oyipa
kumawononga makhalidwe abwino."*

Kusinkhasinkha: Khalani patali ndi anthu amiseche, anthu oganiza zoyipa, oyerekezera, ndi ofunitsitsa kudziwa zonse za ena. Anthu amene a amafalitsa nkhani mosasamala, ka irika iri wosaganizira za choonadi kapena kuvulaza kumene amabweretsa. Amatha kuipitsa mbiri ya anthu ndipo sayenera kukhulupilidwa. Tetezani chikhulupiriro chanu ndi mtima wanu poyendetsa mwanzeru maubwenzi anu. Kulimbikitsani ubale wapafupi ndi Mzimu Woyera ndipo muzindikire pamene mukuweruza nkhani zomwe mukumva. Kumbukirani, ngati lero mumakhala kumvetsera zokambirana zopanda pake, mawa moyo wanu ukhoza kukhala nkhani yofalitsidwa. Tetezani makhalidwe anu poyewa zokambirana zopanda phindu ndi zowononga.

Pemphero:

Atate, mu dzina la Yesu, ndipatseni nzeru yosankha bwino abwenzi anga ndi anthu amene ndimawakhulupirira. Ndimasuleni ku zokambirana zopanda pake ndi zowononga zomwe zingaitse chabwino chomwe chili mwa ine. Ndikulengeza mu dzina la Yesu kuti mzimu uliwonse wa miseche, chisokonezo, chisokonezo cha mumtima, ndi maganizo oyipa zidzakhala patali ndi moyo wanga, maganizo anga, mtima wanga, ndi milomo yanga. Ndikudzipereka kusunga ubwino wanga mu mawu ndi zochita, kudalira chitsogozo chanu. Amen.





Tsiku 18: Ndinu Wamtengo Wapatali

1 AKORINTO 7:23

*"Munagulidwa ndi mtengowapatali, choncho
musakhalenso akapolo a anthu."*

Kusinkhasinkha: Ndinu okondedwa kwa Mulungu. Chizindikiro chachikulu kwambiri cha chikondi chinali Yesu kupereka moyo wake pamtanda chifukwa cha inu ndi ine. Musaike moyo wanu m'manja mwa amene sangathe kukuthandizani mwachoonadi. Kanani kukhutira ndi zotsalira kapena kulandira zochepera zimene mumayenerera. Zolakwa zazing'ono zingayambitse kukayikira kwakukulu, ndipo kukayikira kumeneku kungabweretse mabala akuya mumzimu wanu. Mwa Khristu, ndinu omasuka. Mwazi wake ndiwo mtengo wolipiridwa kuti akumasuleni ku ukapolo wa uchimo ndi kukupatsani ulemu wokhala mfumu ndi wansembe wa Mulungu. Ufulu wanu wagulidwa, ndipo mwa lye ndinu oyera ndi opulumutsidwa. Kumbukirani, mukamangokhutira ndi zochepera, mumataya ufulu wodandaula za zotsatira zake.

Pemphero:

Yesu, ndimasuleni ku choyipa ndipo mundisunge kwa amene akufuna kundipweteka. Nditetezeni, Ambuye, ku manja a anthu oyipa ndipo musalole kuti zolinga za mdani zipambane mu moyo wanga. Zikomo Yesu, chifukwa cha chisamaliro ndi chitetezo chanu. Ndikudzipereka moyo wanga kwa Inu, ndikuvomereza kuti ndinu Mpulumutsi wanga yekha ndi Ambuye wa moyo wanga. Mu dzina lanu loyera, ndikupemphera. Amen.





Tsiku 19: Chitani Gawo Lanu

MATEYU 9:6

"Tsono kuti mudziwe kuti Mwana wa Munthu ali ndi ulamuliro pa dziko wokhululuka machimo, pamenepo anati kwa wakufa ziwalo, 'Imirira, tenga mphasa yako kazipita kwanu.'"

Kusinkhasinkha: Ndi vuto kusangalala ndi moyo wathunthu kenako n'kudzikhutiritisa ndi zotsalira zake. Umu ndi mmene zimamvekera kwa iwo amene anasangalala ndi chimwemwe cha chipulumutso koma, mwa chifukwa china, anabwerera ku dziko lino ndi kutaya mfundo zauzimu. Lamulo la Yesu ndi lomveka bwino: kuti muimirire ndi kuyenda. Pemphero lokha silimachititsa munthu kuimirira – limafuna zochita zaumwini kudzera mu kumvera. Chikhulupiriro sichiyenera kukhala chosagwira ntchito kapena chosasunthika; chimafuna kayendedwe ndi kudzipereka. Musadzikhutiritse mu ulendo wanu wauzimu.

Pemphero:

Atate, m'dzina la Yesu, ndikuvomereza kuti kuyambira nthawi ino, sindidzadzikhutiritsa mu chikhulupiriro changa. Ndidzayenda pansi pa chisomo chanu ndi kutsatira malamulo anu. Ndiphunzitseni kufunafuna ungwiro, pakuti Mawu anu amati ungwiro wa olungama udzawatsogolera. Ndithandizeni kuimirira, kumvera, ndi kuchita mogwirizana ndi chifuniro chanu. M'dzina la Yesu, ndikupemphera. Amen.





Tsiku 20: Mphamvu mu Kufowoka

2 AKORINTO 12:9

*"Chisomo changa ndi chokukwanira, pakuti mphamvu
zanga zimaoneka kwathunthu mwa munthu
wofowoka."*

Kusinkhasinkha: Mawu awa a Ambuye ndi olimbikitsa kwambiri: chisomo Chake chimatikwanira, ndipo mphamvu Yake imaonekera bwino lomwe pamene ife tili ofowoka. Nthawi zambiri timafuna kudalira mphamvu zathu tokha, koma Mulungu amatiphunzitsa kuti chisomo Chake chokwanira ndi chimene chimatipatsa mphamvu, osati luso lathu kapena kudzikuzwa kwathu. Ndi m'kufowoka kwathu ndipo tikamavomereza kufunika kwathu kwa lye, m'menemo mphamvu Yake imaonekera bwino.

Pemphero:

Yehova, ndikuvomereza kuti popanda kufowoka kwanga sindikanadziwa Mawu anu ndi chisomo chothandiza kundipatsa mphamvu. Zikomo chifukwa cha kundilimbikitsa pakati pa masautso anga kuonetsa ukulu wanu. Ndilengeza kuti mphamvu yanga imachokera kwa Inu ndipo sindidzachita manyazi ndi zofowoka zanga. M'dzina la Yesu, Amen.





Tsiku 21: Kudalira Nthawi ya Mulungu

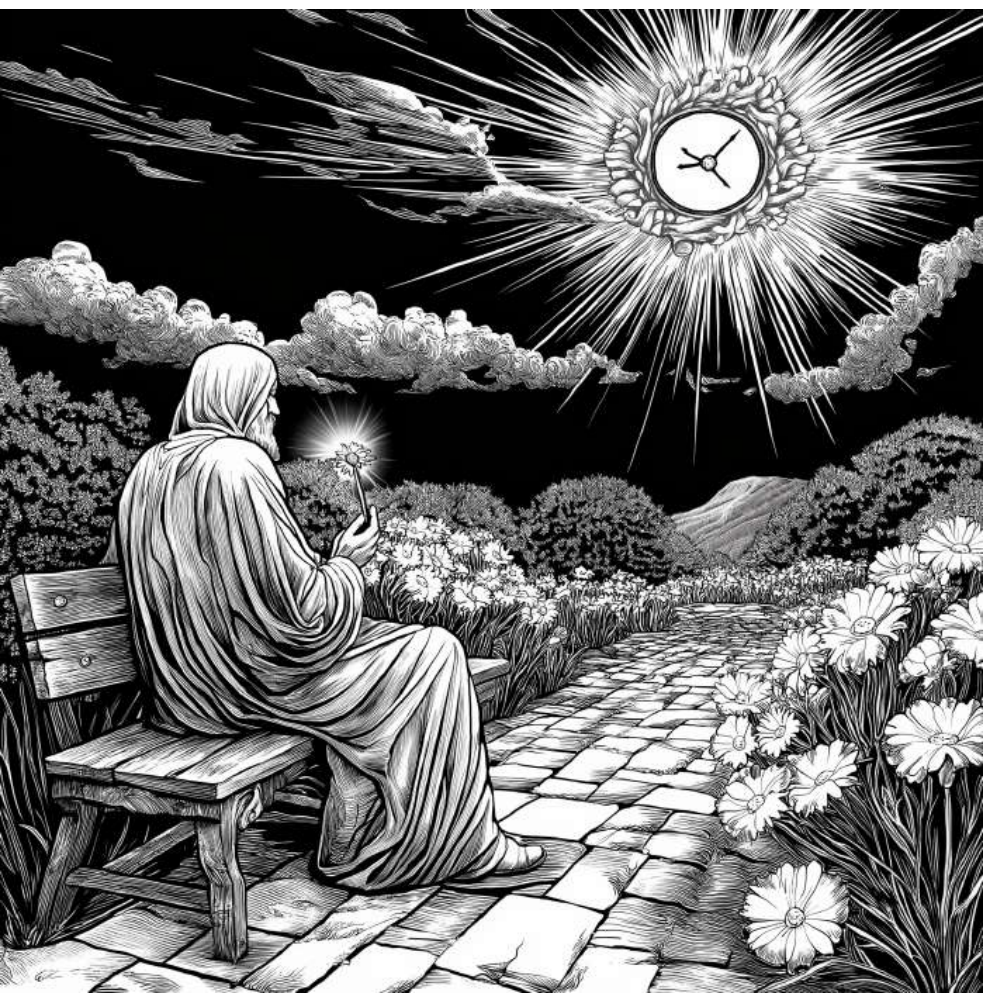
MLALIKI 3:11

*"Iye anapanga chinthu chilichonse kuti chikhale
chabwino pa nthawi yake. Anayika nzeru zamuyaya
m'mitima ya anthu; komabe anthuwo sangathe
kuzindikira zomwe Mulungu wachita kuyambira pa
chiyambi mpaka chimaliziro."*

Kusinkhasinkha: Kusaleza mtima kumatha kutilanda mtendere, makamaka pamene tikufuna kuti zinthu zichitike monga momwe ife tikufunira. Komabe, nthawi ya Mulungu ndi yangwiro, ndipo mapulani Ake ndi okongola. Kumudalira Iye kumatanthauza kudzipereka ndi kusiya kufuna kulamulira zonse, ndi kukhulupirira kuti cholinga Chake pa moyo wathu chidzakwaniritsidwa panthawi yoyenera.

Pemphero:

Atate, ndithandizeni kudalira nthawi yanu ndi mapulani anu pa moyo wanga. Ndiphunzitseni kuleza mtima ndi kundithandiza kupumula m'malonjezo anu, podziwa kuti mukugwira ntchito pa zinthu zonse kuti zindibweretsere zabwino. M'dzina la Yesu, Amen.





Tsiku 22: Mphamvu ya Mawu

SALIMO 19:14

"Mawu a m'kamwa mwanga ndi zolingalira za mu mtima mwanga zikhale zokondweretsa pamaso panu, Inu Yehova, Thanthwe langa ndi Mpulumutsi wanga."

Kusinkhasinkha: Mawu athu ali ndi mphamvu yomanga kapena kugumula. Zomwe timayankhula zimasonyeza zimene zili m'mitima yathu. Podzipereka kupereka kuyankhula kwathu kwa Mulungu, timamulola lye kutsogolera mawu athu kuti abweretse moyo ndi chilimbikitso kwa ena. Yankhulani madalitso, osati matemberero, ndipo lolani mtima wanu kukhalabe pa zinthu zabwino.

Pemphero:

Ambuye, ndikupereka mawu anga kwa Inu. Ndithandizeni kuyankhula moyo, chikondi, ndi chilimbikitso kwa iwo amene ali pafupi ndi ine. Mawu anga akhale nthawi zonse okondweretsa pamaso panu ndi kusonyeza umunthu wanu. M'dzina la Yesu, Amen.





Tsiku 23: Kuwunika mu Mdima

SALIMO 27:1

*"Yehova ndiye kuwunika kwanga ndi chipulumutso
changa; ndidzaopa yani? Yehova ndi linga la moyo
wanga; ndidzachita mantha ndi yani?"*

Kusinkhasinkha: Mantha nthawi zambiri amakhala m'mdima, koma Mulungu ndiye kuwunika kwathu kosatha. Tikamamva kupanikizika ndi kusadziwa zoyenera kuchita kapena zovuta, tingakumbukire kuti kupezeka Kwake kumawunikira njira yathu. Kaya mkhalidwewo uli mdima wotani, kuwunika Kwake kudzatitsogolera nthawi zonse ndi kutipatsa kulimba mtima.

Pemphero:

Ambuye, Inu ndinu kuwunika kwanga ndi chipulumutso changa. Ndimakudalirani kunditsogolera m'ndima uliwonse umene ndikukumana nawo. Ndithandizeni kuyenda m'chikhulupiro, podziwa kuti kuwunika Kwanu kumathetsa mantha onse. M'dzina la Yesu, Amen.





Tsiku 24: Mtima Woyamikira

1 ATESALONIKA 5:18

*"Yamikani mu zonse, pakuti ichi ndi chifuniro cha
Mulungu kwa inu mwa Khristu Yesu."*

Kusinkhasinkha: Kuthokoza kumasintha mmene timaonera zinthu, ngakhale pa nthawi zovuta. Mwa kusankha kuyamika, timazindikira ubwino ndi kukhulupirika kwa Mulungu mu mkhalidwe uliwonse. Mtima woyamikira umatsegula chitseko cha chimwemwe ndi kukhutitsidwa, mosasamala kanthu za zimene tikukumana nazo.

Pemphero:

Ambuye, ndikuthokozani chifukwa cha kupezeka kwanu kosalekeza m'moyo wanga. Ndithandizeni kukhala ndi mtima woyamikira ndi kuona madalitso anu, ngakhale m'mikhalidwe yovuta. Ndikuyamikani chifukwa cha zinthu zonse. M'dzina la Yesu, Amen.





Tsiku 25: Kuyenda mu Kudzichepetsa

YAKOBO 4:10

*"Dzichepetseni pamaso pa Ambuye ndipo lye
adzakukwezani."*

Kusinkhasinkha: Kudzichepetsa koona ndiko kuzindikira kudalira kwathu kwa Mulungu. Tikadzichepetsa, timamulola lye kugwira ntchito mwa ife ndi kudzera mwa ife. Kunyada kumamanga makoma, koma kudzichepetsa kumayitanitsa chisomo ndi kukoma mtima kwa Mulungu. Funafunani kuyenda modzichepetsa, podalira kuti Mulungu adzakukwezani panthawi Yake.

Pemphero:

Atate, ndikudzichepetsa pamaso panu lero. Ndiphunzitseni kudalira Inu pa zinthu zonse ndi kuyenda ndi mtima wodzichepetsa. Ndikukudalirani kuti mudzandikweza panthawi yanu yangwiro. M'dzina la Yesu, Amen.





Tsiku 26: Mtendere Wopambana Nzeru Lathu

AFILIPHI 4:7

*"Ndipo mtendere wa Mulungu, umene upambana nzeru
zonse udzasunga bwino mitima yanu ndi maganizo anu
mwa Khristu Yesu."*

Kusinkhasinkha: Mtendere wa Mulungu suchokera pa mikhaliidwe yathu koma pa kupezeka Kwake m'moyo wathu. Umapambana nzeru za anthu ndipo umabweretsa bata ngakhale pakati pa chisokonezo. Tikamayika maganizo athu pa lye, mtendere Wake udzasunga mitima yathu ndi kutisunga otetezeka.

Pemphero:

Ambuye, ndikupatsani nkawa ndi mantha anga. Ndidzazeni ndi mtendere wanu umene upambana nzeru zonse. Sungani mtima wanga ndi maganizo anga, ndithandizeni kupumula mwa Inu. M'dzina la Yesu, Amen.





Tsiku 27: Chosowa cha Mulungu

AFILIPI 4:19

*"Ndipo Mulungu wanga adzakwaniritsa zosowa zanu
monga mwa chuma chake chaulemerero mwa Khristu
Yesu."*

Kusinkhasinkha: Mulungu ndi Wopereza zosowa wokhulupirika. Amadziwa zosowa zathu tisanapemphe ndipo amakondwera kuzipereka. Dalirani chuma Chake ndi kukumbukira kuti amakusamalirani kwambiri. Iye ndi Yehova Yire, Wopereza zosowa zanu.

Pemphero:

Atate, zikomo chifukwa chokhala Wopereza zosowa zanga. Ndikukudalirani kuti mudzakwaniritsa zosowa zanga zonse, thupi ndi mzimu. Ndithandizeni kudalira kukhulupirika kwanu ndi kusadera nkhawa za mawa. M'dzina la Yesu, Amen.





Tsiku 28: Chikhululukiro

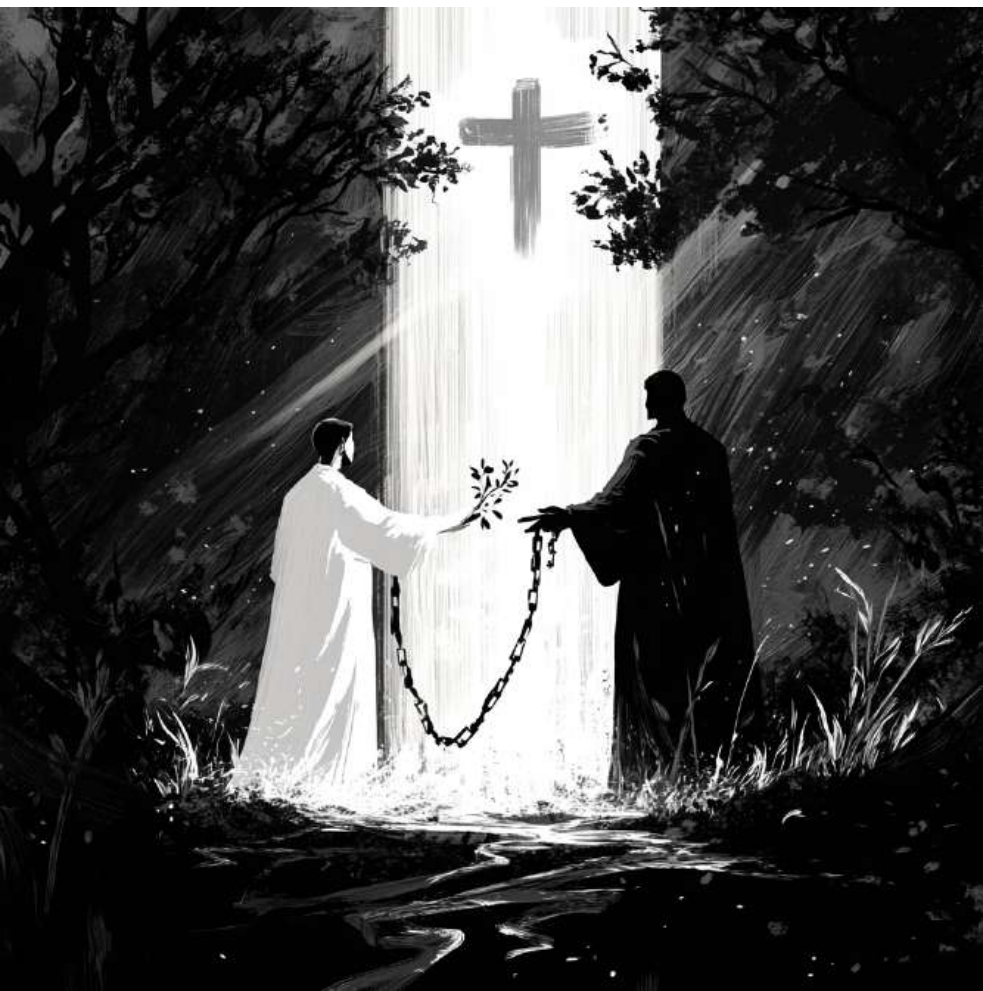
AEFESO 4:32

"Mukomerane mtima ndi kuchitirana chifundo wina ndi mnzake. Khululukiranani wina ndi mnzake, monga momwe Mulungu anakukhululukirani mwa Khristu."

Kusinkhasinkha: Chikhululukiro ndi mphatso imene timapereka ndiponso kulanira. Monga momwe Khristu anatikhululukira, tayitanidwa kukhululukira ena. Kusunga ukali kumangotivulaza tokha. Masulani anthu amene anakulakwirani ndipo mudzasangalala ndi ufulu umene umabwera ndi kukhululuka.

Pemphero:

Ambuye, ndithandizeni kukhululukira ena monga inu munandikhululukira. Ndimasula ukali kapena mkwiyo uliwonse mu mtima mwanga. Ndiphunzitseni kuyenda mu kukoma mtima ndi chifundo, kusonyeza chikondi chanu kwa iwo amene ali pafupi ndi ine. M'dzina la Yesu, Amen.





Tsiku 29: Kukonzanso Maganizo Anu

AROMA 12:2

*"Musafanizidwenso ndi makhalidwe a dziko lino koma
musandulike pokonzanso maganizo anu. Ndipo
mudzadziwa ndi kuzindikira chifuniro chabwino cha
Mulungu chomwe ndi chokondweretsa ndi changwiro."*

Kusinkhasinkha: Maganizo athu ali ndi mphamvu ndipo amafunika kukonzedwanso tsiku ndi tsiku kudzera mu Mawu a Mulungu. Kusintha kumayamba ndi kugwirizanitsa maganizo athu ndi choonadi Chake. Musalole makhalidwe a dziko lino kukuumbani; m'malo mwake, lolani Mzimu wa Mulungu kuumba maganizo ndi khalidwe lanu.

Pemphero:

Ambuye, konzaninso maganizo anga ndi kusingha kaganizidwe kanga. Ndithandizeni kuyika maganizo pa choonadi chanu ndikusakokedwa ndi makhalidwe a dziko lino. Ndikupatsani maganizo anga, ndikukhulupirira kuti mudzanditsogolera. M'dzina la Yesu, Amen.





Tsiku 30: Wokhulupirika Mpaka Kumapeto

MATEYU 25:23

"Mbuye wake anayankha nati, 'Wachita bwino, wantchito wabwino ndi wokhulupirika! Wakhala wokhulupirika pa zinthu zochepa; ndidzakuyika kukhala woyang'anira zinthu zambiri. Bwera, udzakondwere pamodzi ndi mbuye wako!"

Kusinkhasinkha: Mulungu amalemekeza kukhulupirika, kaya ntchitoyo ndi yaying'ono bwanji. Tikamamutumikira lye ndi mtima wathunthu, timabweretsa ulemerero kwa dzina Lake. Khalani okhulupirika m'zinthu zazing'ono, mukudalira kuti lye akuona khama lanu ndipo adzakupatsani mphotho ya kulimbikira kwanu.

Pemphero:

Ambuye, ndithandizeni kukhala wokhulupirika m'zinthu zonse, zazikulu ndi zazing'ono. Nditumikireni Inu ndi mtima wachimwemwe, podziwa kuti mukuona ntchito yanga. Ndikukudalirani kunditsogolera ndi kundipatsa mphotho ya kukhulupirika kwanga panthawi yanu. M'dzina la Yesu, Amen.





Tsiku 31: Mphamvu ya Moyo Wakuuka

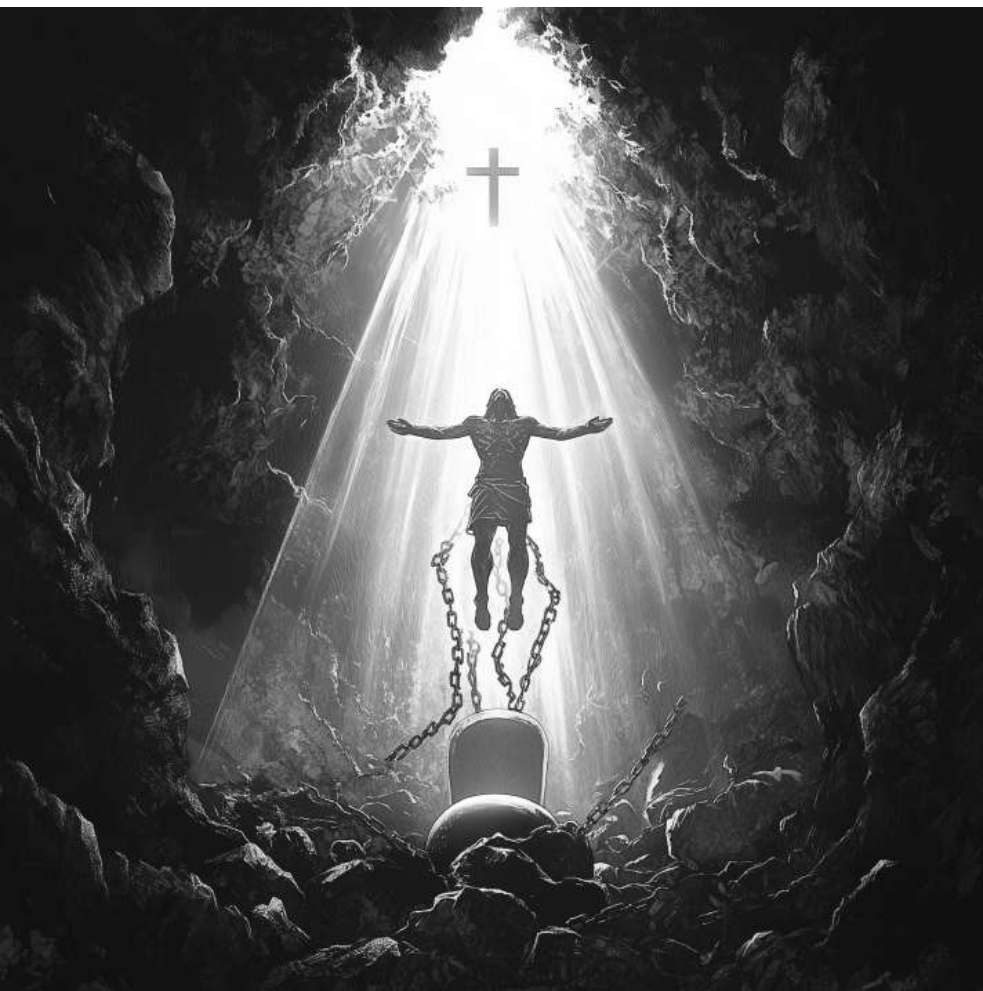
AROMA 8:11

*"Ndipo ngati Mzimu wa Mulungu amene anaukitsa
Yesu kwa akufa akhala mwa inu, lyeyo amene
anaukitsa Khristu kwa akufa adzapatsanso moyo
matupi anu amene amafa kudzera mwa Mzimu wake
amene amakhala mwa inu."*

Kusinkhasinkha: Mzimu womwewo umene unaukitsa Yesu kwa akufa ukukhala mwa inu! Lolani choonadi ichi chilowe mozama m'moyo wanu. Kuuka kwa Khristu sikunali chochitika chandale chakale chokha - ndi mphamvu yeniyeni imene ikusintha moyo wanu lero. Iyi si mphamvu wamba; ndi mphamvu yaumulungu imene inaphwanya maunyolo a imfa, inagonjetsa mdani, ndipo inatsegula chitseko cha moyo wosatha. Simuli ophatikizidwa ndi zakale zanu, mantha anu, kapena kulephera kwanu chifukwa Mzimu wa Mulungu ukukhala mwa inu, kubweretsa moyo watsopano, chiyembekezo chatsopano, ndi mphamvu yatsopano. Vuto lililonse limene mukukumana nalo, chilonda chilichonse chimene mukunyamula, ndi maloto aliwonse amene akuoneka osatheka ndi zogonjera mphamvu ya kuuka kwa Yesu. Mphamvu iyi imakuthandizani kupambana pa mikhalidwe, kuyenda mu chigonjetso, ndi kukhala ndi chitsimikizo chosagwedezeka. Simuli munthu wozunzika ndi dziko lino - ndinu mwana wa Mfumu, wodzazidwa ndi Mzimu amene amagonjetsa zonse. Lero, lengezani kuti mudzakhala m'kukwaniritsidwa kwa moyo uwu wakuuka. Sulani chilichonse chimene chikukusungani, ndipo lowani mu ulamuliro umene Khristu wakupatsani. Manda ali opanda kanthu, ndipo zoletsa zimene mdani akuyesera kukuikirani nazonso ndi zopanda pake. Nyamukani, pakuti ndinu amoyo mwa Khristu!

Pemphero:

Ambuye Yesu, ndikuima modabwa ndi mphamvu yanu yakuuka imene ikukhala mwa ine. Ndilengeza kuti Mzimu amene anakuukitsani kwa akufa ukugwira ntchito m'moyo wanga, kuswa unyolo uliwonse, kuchiritsa chilonda chilichonse, ndi kuyatsa cholinga chilichonse chimene mwandikonzera. Ndikukana mantha onse, kukayikira, ndi kugonja, ndipo ndikulandira moyo wopambana umene mwandipatsa. Ndidzazeni ndi kulimba mtima kuyenda mu ulamuliro wanu, kuyankhula moyo, ndi kuwunikira kuwunika kwanu pamalo aliwonse amdima. Zikomo chifukwa chondipanga wamoyo mwa Inu. Ndidzakhala ndi moyo tsiku lililonse ndi mphamvu ya kuuka kwanu, m'dzina lamphamvu la Yesu. Amen.





Kukhazikitsa Chizolowezi cha Pemphero la Tsiku ndi Tsiku

1 ATESALONIKA 5:16–18

*"Kondwerani nthawi zonse. Pempherani kosalekeza.
Yamikani mu zonse, pakuti ichi ndi chifuniro cha
Mulungu kwa inu mwa Khristu Yesu."*

Pamene mukuyenda pa masiku 30 awa a pemphero ndi kusinkhasinkha, mwina mukumva chikhumbo chachikulu chofuna kupitiriza kulumikizana ndi Mulungu tsiku ndi tsiku. Pemphero ndiye mtima wenieni wa ubale wanu ndi lye, ndipo kukhazikitsa chizolowezi chokhazikika kungasinthe moyo wanu. Pansipa pali njira zothandiza zoti muphatikize pemphero ndi Mawu a Mulungu mu moyo wanu wa tsiku ndi tsiku, kutsimikizira kuti chikhulupiriro chanu chikhalabe chamoyo ndi mtima wanu ukhale wokhazikika mu chikondi cha Mulungu.

Sankhani Nthawi Yenyeni: Sankhani nthawi yokhazikika tsiku lililonse yopempherera ndi kusinkhasinkha, kaya m'mawa, masana, kapena madzulo. Nthawi yokhazikika imathandiza kupanga kayendedwe, kupangitsa pemphero kukhala mbali yachilengedwe ya tsiku lanu. Ngakhale pa masiku otanganidwa, kupereka nthawi pang'ono kwa Mulungu kudzatsitsimutsanso mphamvu zanu.

Pangani Malo Opatulika: Sankhani malo abata komanso otonthoza kumene mungathe kulumikizana ndi Mulungu popanda zosokoneza. Angakhale ngodya ya chipinda chanu, mpando wofewa, kapena malo panja. Zungulirani malowa ndi zinthu zimene zimakulimbikitsani, monga Baibulo, kandulo, kapena kabuku ka zolemba, kuti likhale pothawirapo pa nthawi ya pemphero.

Gwiritsani Ntchito Kabuku ka Zolemba: Kulemba mapemphero anu, malingaliro ochokera m'Malemba, kapena mapemphero amene ayankhidwa kungathandize kukulitsa chidwi chanu ndi kukuthandizani kutsata mmene mukukulira mwauzimu. Kabuku ka zolemba ndi chida champhamvu chosinkhasinkhira za kukhulupirika kwa Mulungu ndi kuona mmene lye akugwirira ntchito m'moyo wanu pakapita nthawi.

Yambani Pang'onopang'ono: Ngati nthawi yayitali ya pemphero ikuoneka yovuta, yambani ndi mphindi 5-10. Werengani vesi limodzi, sinkhasinkhani tanthauzo lake, ndipo perekani pemphero laling'ono. Pamene mukupitiriza kumasuka, mungathe kuwonjezera nthawi yanu ndi Mulungu, kulola Mzimu Woyera kukutsogolerani.

Khalani Wokhulupirika kwa Ena: Gawani nawo ena mzimu wanu wokhazikika wopemphera tsiku ndi tsiku - mnzanu wodalirika, wachibale, kapena gulu la pemphero. Chilimbikitso chawo chingakuthandizeni kukhalabe wokhazikika, ndipo kupempherera pamodzi kungalimbikitse chikhulupiro chanu. Simuli nokha paulendo uwu - lolani ena ayende nanu limodzi.

Kukhazikika mu pemphero kumamanga kupirira mu chikhulupiro. Pamene mukupanga zizolowezi izi kukhala mbali ya moyo wanu, mudzaona kuti chionetsero cha Mulungu chikuoneka choonekera, mawu ake omveka bwino, ndi mtendere wake wozama. Pitirizani kufunafuna lye, ndipo onani mmene lye akusinthira mtima wanu ndi moyo wanu.





Kupambana Zopinga mu Ulendo wa Chikhulupiriro Chanu

Ulendo wanu ndi Mulungu ndi wokongola, koma suli wopanda mavuto. Chikayiko, kusokonezeka, ndi kutaya mtima zingalowe mumtima, kufuna kufooketsa chikhulupiriro chanu. Komabe, Mulungu amakupatsani zida zopambana zopinga izi kudzera mu Mawu ake ndi Mzimu wake. Pansipa pali zopinga zitatu zofala pa kukula kwauzimu, chilichonse ndi lemba lotsimikizira ndi pemphero lolimbikitsa cholinga chanu. Lolani choonadi ichi chikutsogolereni pamene mukupambana zovuta ndi kuyandikira kwa Yesu.

Chikayiko

Marko 9:24

*"Ndipo nthawi yomweyo abambo a mwanayo
anafuwula kuti, 'Ndikhulupirira; thandizani
kusakhulupirira kwanga!'"*

Chikayiko ndi gawo lachilengedwe la chikhulupiriro, makamaka pamene mikhalidwe ikuoneka yopsinja kapena mayankho akumveka kutali. Koma chikayiko sichiyenera kukutanthauzirani. Popereka mafunso anu mwa ulemu kwa Mulungu, monga abambo a mwana m'lembali anachitira, mumatsegula chitseko kuti lye alimbikitse chidaliro chanu. Funafunani choonadi chake m'Malemba, pempherani kuti mumveke bwino, ndipo dzizungulireni ndi okhulupirira amene amakuloziyani ku malonjezo ake. Mulungu amalemekeza chikhumbo chanu chofuna chikhulupiriro chozama ndipo adzakumana nanu pamene muliri.

Pemphero:

Ambuye Yesu, ndikubweretsani zokayikitsa zanga, ndikukhulupirira kuti mumamvetsetsa mtima wanga. Ndithandizeni kupambana kusakhulupirira kwanga ndikukhazikitsa chikhulupiriro changa mu choonadi chanu chosasintha. Ndidzazeni chidaliro mu malonjezo anu, ndipo lolani Mawu anu kutsogolera malingaliro anga. Ndasankha kukhulupirira, ngakhale pamene sindingaone. Mu dzina lanu loyera, Amen.

Kusokonezeka

Akolose 3:2

"Muzifunafuna zinthu za kumwamba, osati zinthu za pa dziko lapansi."

Kutanganidwa kwa moyo — ntchito, maudindo, kapena machenjezo osatha — kungakokere chidwi chanu kutali ndi Mulungu. Kusokonezeka kumafyoketsa moyo wanu wa pemphero ndi kudetsa masomphenya anu auzimu. Kuti mupambane, ikani patsogolo mwadala nthawi ndi Mulungu. Ikani malire pa ndondomeko yanu, chepetsani zosokoneza monga zowonera masikirini, ndipo pangani nthawi za bata kuti mumve mawu ake. Pamene mwaika maganizo anu pa zinthu zakumwamba, mtendere ndi cholinga cha Mulungu zimakhala zomveka bwino.

Pemphero:

Atate, ndikupereka kwa Inu zosokoneza zimene zikundikokera kutali ndi Inu. Ndipatseni chilango chodzilamulira kuti ndiike patsogolo kukhalapo kwanu ndi kuyang'ana pa zimene zili zofunika kwenikweni. Ndithandizeni kuika maganizo anga pa zinthu za kumwamba, kupeza mtendere mu choonadi chanu. Nditsogolereni kupanga nthawi ya pemphero ndi kusinkhasinkha, ndipo lolani Mzimu wanu kundisunga wokhazikika. Mu dzina la Yesu, Amen.

Kutaya Mtima

Salimo 42:11

*"N'chifukwa chiyani uli ndi chisoni, iwe moyo wanga?
N'chifukwa chiyani wakhumudwa iwe m'kati mwanga?
Yembekezera Mulungu, pakuti ndidzamulambirabe,
Mpulumutsi wanga ndi Mulungu wanga."*

Kutaya mtima kungalemera kwambiri, makamaka pamene mavuto akupitirira kapena maloto akuoneka kutali. Komabe, Mulungu amakuitanani kusintha kuyang'ana kwanu kuchoka ku mikhalidwe yanu kupita ku kukhulupirika kwake. Monga wolembe Salimoyu, yankhulani ndi moyo wanu ndipo sankhani kuyembekezera Mulungu. Kumbukirani ubwino wake wakale, lambirani ngakhale mu ululu, ndipo khulupirani kuti akugwira ntchito zinthu zonse pa ubwino wanu. Kutaya mtima kumazimirika pamene mupumula mu chikondi chake chosasintha.

Pemphero:

Ambuye, ndikweza moyo wanga wataya mtima kwa Inu. Konzanimso chiyembekezo changa ndipo ndikumbutseni za kukhulupirika kwanu. Ndithandizeni kukutamandani, ngakhale mu mphepo yamkuntho, podziwa kuti ndinu Mpulumutsi wanga ndi Mulungu wanga. Sinthani kutaya mtima kwanga kukhale chimwemwe ndi mphamvu zanu, ndipo nditsogolereni kukhulupirira dongosolo lanu langwiro. Mu dzina la Yesu, Amen.

Pamene mukukumana ndi zopinga izi, kumbukirani kuti Mulungu ali nanu, akukukonzekerani kupambana. Tsamirani pa Mawu ake, funafunani Mzimu wake, ndipo pitirizani kupita patsogolo mu chikhulupiriro. Ulendo wanu satanthauzidwa ndi mavuto amene mukukumana nawo koma ndi Mulungu amene akuyenda nanu mbali iliyonse ya njira.





Pemphero la Nyengo Iliyonse ya Moyo

Moyo ndi ulendo wa nyengo – nthawi za chimwemwe, mayesero, zisankho, ndi kusintha. Nthawi iliyonse, pemphero limatilumikiza ndi mphamvu, nzeru, ndi chikondi cha Mulungu. Pansipa pali mapemphero khumi ndi limodzi, aliwonse wopangidwira nyengo inayake imene mungakumane nayo. Ozikika mu Malemba, mapemphero awa ndi chitsogozo choti muzikuthandizani kufunafuna chikhalidwe cha Mulungu ndi kudalira dongosolo Lake, mosasamala za mkhalidwe wanu uli wonse. Mapemphero awa akhale gwero la chitonthozo ndi mphamvu pamene mukuyenda mu kukwera ndi kutsika kwa moyo.

Pemphero la Kuchiritsidwa

Salimo 30:2

*"Inu Yehova Mulungu wanga ndinapempha kwa Inu
thandizo ndipo Inu munandichiritsa."*

Pamene thupi lanu, mtima wanu, kapena mzimu wanu wapwetekedwa, Mulungu ndiye Wochiritsa wanu. Pemphero ili limayitanitsa dzanja Lake lochiritsa kuti libweretse ukhale wathunthu ndi mtendere.

Pemphero:

Ambuye Yesu, Wochiritsa wanga, ndikubwera pamaso panu ndikufunafuna dzanja Lanu lochiritsa. Chiritsani thupi langa ku matenda, mtima wanga ku ululu, ndi mzimu wanga ku kuphwanyika. Inu ndinu Mulungu amene amakonza chinthu chogwedezeke ndi kutsitsimutsa chotopa. Ndikukhulupirira lonjezo Lanu loti mumva kulira kwanga ndi kubweretsa ukhale wathunthu. Ndizungulireni ndi mtendere Wanu, ndipo mulole kuti mphamvu yanu yochiritsa iyende m'chiwalo chilichonse cha thupi langa. M'dzina lanu loyera, Amen.

Pemphero la Kumveka Bwino

Yakobo 1:5

*"Ngati wina pakati panu akusowa nzeru, apemphe kwa
Mulungu amene amapereka kwa onse mwaule ndi
mosatonzera, ndipo adzapatsidwa."*

Mu nthawi za chisokonezo kapena kukayikira, Mulungu amapereka kumveka bwino ndi nzeru. Pemphero ili limafunafuna chitsogozo Chake kuunikira njira yanu.

Pemphero:

Atate, ndikufunafuna nzeru Yanu mu nyengo ino ya kukayikira. Chotsani chisokonezo ndipo muwunikire njira ili patsogolo. Ndiipatseni chidziwitso choti ndione choonadi Chanu ndi kulimba mtima kotsatira chitsogozo Chanu. Ndikukhulupirira kuti mumapereka nzeru mwaulere, ndipo ndikupereka mafunso anga kwa Inu. Nditsogolereni mu chifuniro Chanu changwiro, ndipo mulole kuti mayendedwe anga agwirizane ndi cholinga Chanu. M'dzina la Yesu, Amen.

Pemphero Chisanachitike Chisankho Chachikulu

Miyambo 3:5–6

*"Uzikhulupirira Yehova ndi mtima wako wonse
ndiponso usadalire nzeru zako za kumvetsa zinthu. Pa
zochita zako zonse uvomereze kuti Mulungu alipo,
ndipo lye adzawongola njira zako."*

Kukumana ndi chisankho chachikulu kungamveke kulemetsa, koma Mulungu amalonjeza kukutsogolerani. Pemphero ili limapempha chitsogozo Chake ndi mtendere pamene mukusankha sitepe yanu yotsatira.

Pemphero:

Ambuye Yesu, ndayima pamphambano ya njira ndipo ndikufunika chitsogozo Chanu. Ndithandizeni kukhulupirira Inu ndi mtima wanga wonse osadalira nzeru zanga zokha. Ndionetseni njira imene mwandikonzera, ndipo ndipatseni mtendere wotsatira chitsogozo Chanu. Chotsani mantha ndi kukayikira, ndipo ndidzazeni chidaliro mu dongosolo Lanu langwiwo. Ndikupereka chisankho ichi kwa Inu, podziwa kuti mudzawongola njira yanga. M'dzina lanu, Amen.

Pemphero la Banja**Salimo 133:1**

"Onani, n'kokoma ndi kokondweretsa ndithu pamene abale akhala pamodzi mwachiyanjano!"

Banja ndi mphatso yochokera kwa Mulungu, koma lingakumane ndi mavuto. Pemphero ili limafunafuna chikondi ndi umodzi wa Mulungu kulimbikitsa banja lanu.

Pemphero:

Atate Wakumwamba, ndikupereka banja langa kwa Inu, ndikupempha kuti chikondi Chanu chititsonkhanitse pamodzi. Chiritsani kugawikana kulikonse, konzanimso ubale wophwanyika, ndipo dzazani nyumba yathu ndi mtendere ndi chimwemwe. Tetezani munthu aliyense wa m'banja, tsogolerani mawu ndi zochita zathu, ndipo lolani Mzimu Wanu kuti utitsogolere mu umodzi. Banja lathu lisonyeze chikondi Chanu ndi kukulemekezani. Zikomo chifukwa cha kukhulupirika Kwanu kwa ife. M'dzina la Yesu, Amen.

Pemphero mu Nthawi za Kufa Kwa Wokondedwa

Salimo 34:18

*"Yehova ali pafupi kwa osweka mtima ndipo
amapulumsa iwo amene asweka mu mzimu."*

Kutaya wokondedwa kumabweretsa ululu wozama, koma Mulungu ali pafupi kukutonthozani. Pemphero ili limafunafuna chikhalidwe Chake kukunyamulani mu chisoni.

Pemphero:

Ambuye, mtima wanga walemera ndi chisoni, koma ndikudziwa kuti Inu muli pafupi ndi osweka mtima. Ndikumbatireni mu manja Anu otonthoza ndipo muchepetse ululu wa chisoni changa. Ndithandizeni kupeza chiyembekezo m'malonjezo Anu ndi mphamvu m'chikhalidwe Chanu. Ngakhale ndikuyenda m'chigwa ichi, ndikukhulupirira kuti mudzanditsogolera ku mtendere. Zikomo chifukwa simundisiya ndekha. M'dzina la Yesu, Amen.

Pemphero la Mphamvu mu Mayesero

Yesaya 41:10

*"Tsono usaope, pakuti Ine ndili nawe; usataye mtima
chifukwa Ine ndine Mulungu wako. Ndidzakupatsa
mphamvu ndipo ndidzakuthandiza, ndidzakutchinjiriza
ndi dzanja langa lamanja logonjetsa."*

Mayesero amayesa chikhulupiriro, koma Mulungu ndiye mphamvu. Pemphero ili limafunafuna mphamvu Yake kupirira.

Pemphero:

Atate, ndikukumana ndi mayesero, koma Inu muli nane. Ndilimbikitseni ndipo mundichirikize ndi dzanja Lanu lolungama. Chotsani mantha ndipo ndidzazeni ndi kulimba mtima kopirira. Ndikukhulupirira kuti thandizo Lanu sililephera. Nditsogolereni kudutsa mphepo yamkuntho iyi. M'dzina la Yesu, Amen.

Pemphero la Cholinga cha Moyo**Yeremiya 29:11**

*"Pakuti Ine ndikudziwa zimene ndinakukonzerani,"
akutero Yehova, "ndimalingalira zabwino zokhazokha
za inu osati zoyipa, ayi. Ndimalingalira zinthu
zokupatsani chiyembekezo chenicheni pa za
m'tsogolo."*

Mulungu ali ndi cholinga chapadera choti muchite. Pemphero ili limafunafuna chitsogozo Chake kuchikwaniritsa.

Pemphero:

Ambuye, vumbulutsani cholinga chimene mwaluka m'moyo wanga. Ndionetseni dongosolo Lanu, lodzaza ndi chiyembekezo. Nditsogolereni kuyenda mu maitanidwe Anu ndi kulimba mtima. Moyo wanga ukulemekezeni pamene ndikukhala mogwirizana ndi dongosolo Lanu. Zikomo chifukwa cha dongosolo Lanu langwiro. M'dzina la Yesu, Amen.

Pemphero la Chikhululukiro

1 Yohane 1:9

"Koma tikavomereza machimo athu, lye ndi wokhulupirika ndi wolungama ndipo adzatikhululukira machimo athu, nadzatiyeretsa ndi kutichotsera chosalungama chilichonse."

Uchimo umalemetsa, koma Mulungu amapereka chifundo. Pemphero ili limafunafuna chikhululukiro Chake.

Pemphero:

Atate Wakumwamba, ndivomereza machimo anga ndipo ndikufunafuna chikhululukiro Chanu. Ndinu wokhulupirika, mukundiweretsa ku chosalungama. Sambani mtima wanga ndipo mubwezeretse chimwemwe changa. Ndithandizeni kukhululukira ena monga momwe mumandikhululukira ine. Zikomo chifukwa cha chifundo Chanu. M'dzina la Yesu, Amen.

Pemphero la Chiyambi Chatsopano

Yesaya 43:19

"Taonani, Ine ndikuchita zinthu zatsopano! Tsopano zayamba kale kuoneka; kodi simukuziona? Ine ndikulambula msewu m'chipululu ndi kupanga mitsinje m'dziko lowuma."

Zoyambika zatsopano zimabweretsa chiyembekezo. Pemphero ili limafunafuna chitsogozo cha Mulungu pa chiyambi chatsopano.

Pemphero:

Ambuye Yesu, ndilandira chinthu chatsopano chimene mukuchita. Pangani njira pamene sindiona chilichonse ndipo munditsogolere ndi chiyembekezo. Ndithandizeni kusiya zakale ndi kukhulupirira tsogolo Lanu. Ndidzazeni ndi chikhulupiriro choti ndilowe mwamphamvu m'malonjezo Anu. M'dzina lanu, Amen.

Pemphero la Chisamaliro cha Ndalama**Afilipi 4:19**

"Ndipo Mulungu wanga adzakwaniritsa zosowa zanu monga mwa chuma chake chaulemerero mwa Khristu Yesu."

Nkhawa za ndalama ndi zolemetsa, koma Mulungu amapereka zosowa. Pemphero ili limafunafuna chisamaliro Chake.

Pemphero:

Atate, ndikukudalirani monga Wopereza Zosowa zanga. Kwaniritsani zosowa zanga za ndalama molingana ndi chuma Chanu. Ndipatseni nzeru zosamalira zimene mumandipatsa ndi mtendere wopumula mu kukhulupirika Kwanu. Chotsani nkhwawa ndipo ndidalire chisamaliro Chanu. Zikomo chifukwa mumandipatsa zonse zimene ndikufunikira. M'dzina la Yesu, Amen.

Pemphero la Kulimba Mtima

Yoswa 1:9

"Paja ndinakulamula kuti ukhale wamphamvu ndi wolimba mtima. Choncho usamachite mantha kapena kutaya mtima popeza Ine Yehova Mulungu wako ndidzakhala nawe kulikonse kumene udzapite."

Mantha amatilepheretsa, koma Mulungu amaitanira ku kulimba mtima. Pemphero ili limafunafuna mphamvu Yake.

Pemphero:

Ambuye, ndikufunafuna kulimba mtima Kwanu kukumana ndi mantha. Ndipangeni wamphamvu, podziwa kuti Inu muli nane. Chotsani kutaya mtima ndipo ndidzazeni ndi chikhulupiriro choti ndipite patsogolo. Chikhalidwe Chanu chikhale chidaliro changa. Ndikulemekezeni pa zonse zimene ndichita. M'dzina la Yesu, Amen.

Pemphero la Chitetezo

Salimo 91:4

"Adzakuphimba ndi nthenga zake, ndipo udzapeza malo othawira m'mapikomo; kukhulupirika kwake kudzakhala chishango chako ndi lihawo."

Zoopsa, zakuthupi kapena zauzimu, zimatiopseza, koma Mulungu ndiye chishango chanu. Pemphero ili limafunafuna chitetezo Chake.

Pemphero:

Atate Wakumwamba, ndikufunafuna chitetezo Chanu. Ndiphimbeni ndi mapiko Anu ndipo mundinditchinjirize ku ngozi. Nditetezeni ku ziwopsezo zauzimu ndi zoopsa zakuthupi. Kukhulupirika Kwanu kukhale pothawira panga. Ndikukudalirani kuti mundisunge wotetezeka mu chisamaliro Chanu. M'dzina la Yesu, Amen.

Pemphero la Ukwati**Aefeso 4:2–3**

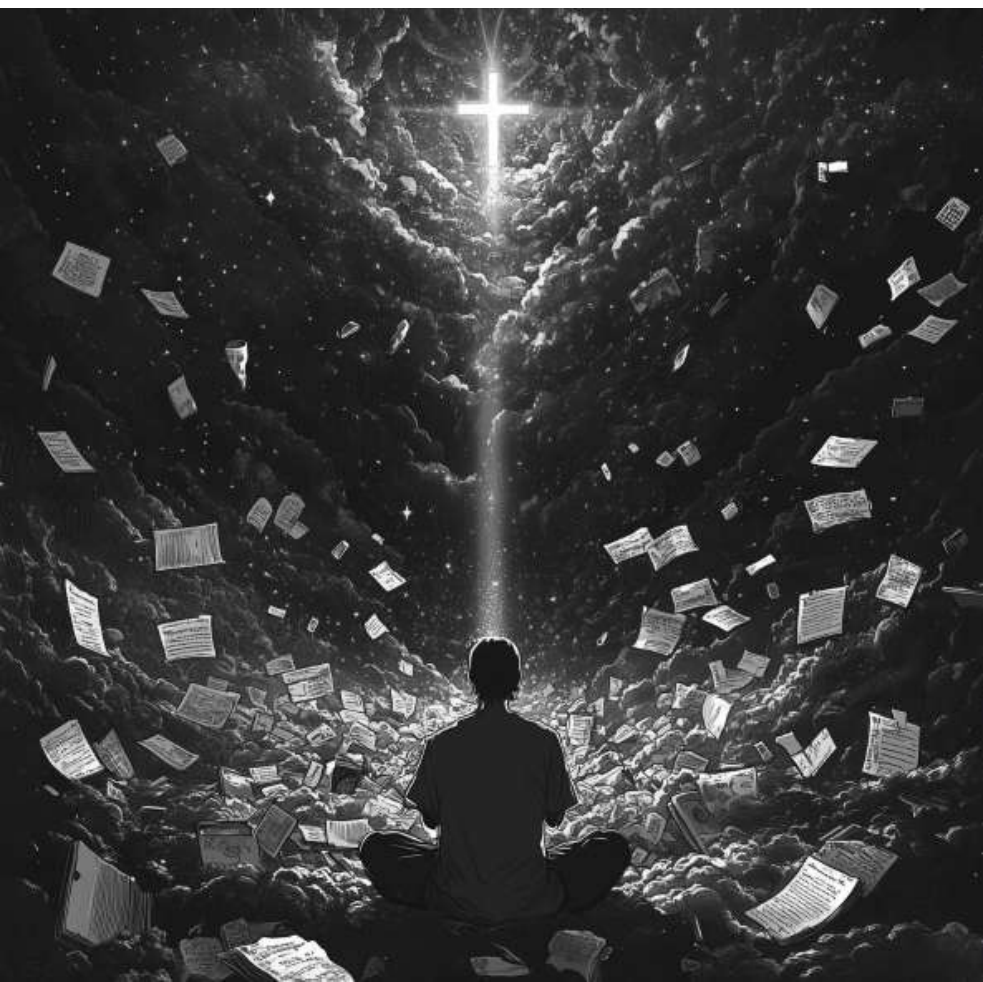
*"Mukhale odzichepetsa kwathunthu ndi ofatsa;
mukhale oleza mtima, oolerana wina ndi mnzake
mwachikondi. Muyesetse kusunga umodzi wa Mzimu;
umodzi umene umatimangirira pamodzi mu mtendere."*

Ukwati umakhala wamphamvu pa chikondi cha Mulungu. Pemphero ili limafunafuna umodzi ndi mphamvu pa mgwirizano wanu.

Pemphero:

Ambuye, dalitsani ukwati wanga ndi chikondi Chanu. Tidzazeni ndi kudzichepetsa, kuleza mtima, ndi kufatsa kuti tiloreranenso wina ndi mzake. Limbikitsani umodzi wathu kudzera mwa Mzimu Wanu. Chiritsani zopweteka, akulitseni chomangira chathu, ndipo chikondi chathu chisonyeze ulemerero Wanu. M'dzina la Yesu, Amen.

Mapemphero awa ndi chikumbutso choti Mulungu amakumana nanu mu nyengo iliyonse. Bwererani kwa iwo nthawi iliyonse pamene mukufunikira mphamvu Yake, ndipo mulole kuti Mawu Ake akutsogolereni pa ulendo wa moyo wanu.





Malingaliro Omaliza: Ulendo wa Chikhulupiriro

Pamene munkatembenuza masamba a buku ili, ndikukhulupirira kuti munamva chikhalidwe cha Mulungu chikutsogolera sitepe iliyonse ya ulendo wanu. Ulendo wa chikhulupiriro udzaza ndi kukwera ndi kutsika, mavuto ndi kupambana, koma pa zonse, Mulungu amakhalabe wokhulupirika. Iye ndi yemweyo dzulo, lero, ndi mpaka muyaya, ndipo dongosolo Lake pa inu ndi lalikulu kuposa chilichonse chimene mungaganizirepo.

Kusinkhasinkha kulikonse, pemphero lililonse lolembedwa apa linapangidwa kuti likulimbikitseni, likukonzeninso chiyembekezo chanu, ndi kukukumbutsani kuti simuli nokha. Pamene mukupemphera, kumwamba kumagwira ntchito m'malo mwanu. Pamene mukukhulupirira, Mulungu amachitapo kanthu. Ndipo pamene mukumvera, iye amaonetsa zamphamvu zapamwamba m'moyo wanu.

Osaiwala izi: mumakondedwa kwambiri ndi Mulungu. Ndinu ofunika, ndi cholinga, ndipo muli ndi lonjezo la moyo wamuyaya mwa Khristu Yesu. Njira singakhale yosavuta nthawi zonse, koma Ambuye adzakhala nanu sitepe iliyonse ya njirayo – akugwira dzanja lanu, akulimbikitsa mtima wanu, ndi kukuonetsani njira yotsogola.

Ngati ndingakusiyireni chilimbikitso chimodzi chomaliza, ndi ichi: pitirizani. Pitirizani kukhulupirira, pitirizani kupemphera, pitirizani kufunafuna. Kaya nthawi ikuoneka yovuta bwanji, kumbukirani kuti Mulungu ali pa ulamuliro, ndipo sadzakusiyani kapena kukutayani.

Buku ili likhale chikumbutso chosalekeza cha chikondi ndi kukhulupirika kwa Mulungu. Bwererani ku masamba awa nthawi iliyonse pamene mukufunikira chithonhozo, chilimbikitso, kapena chitsogozo.

Pemphero langa ndi loti mukhale mu zonse zimene Mulungu wakukonzerani, kuti chikhulupiriro chanu chikule chilichonse tsiku, ndi kuti mukumane ndi kukwanira kwa moyo umene Khristu amapereka.

Ndi chikhulupiriro ndi chikondi,

Stefania Fernanda Leão ndi Alexander Debelov

