

# 1 Juwau

## *Moyo Wakusaya Kumala na Jezu*

<sup>1</sup> Tiri kukunemberani bza ule omwe akhalipo kale kucokera pakuyamba, omwe tidamubva, ticimuwona na maso yathu, ticimudinga ndipo manja yathu yadamukhuya. Iye ni Fala la Moyo. <sup>2</sup> Thangwe moyoyo udalatizidwa, ndipo ife tidauwona ticikhala mboni. Ife tiri kukuwuzani bza moyo wakusaya kumala omwe ukhana Baba ndipo iye adatilatiza. <sup>3</sup> Na bzire bzomwe tidawona ticibzibva pomwe ndibzo tiri kukuwuzani kuti imwepombo mukhale na cibverano na ife. Nakuti ifembo tinacibverano na Baba na Mwanace Jezu Krixtu. <sup>4</sup> Tiri kukunemberani bzimwebzi kuti kukondwa kwathu kukhale kukulu kwene-kwene.

## *Tingafambe tani paceza*

<sup>5</sup> Iyi ni nkhani yomwe tidabva kuna iye. Ndipo ife tiri kukuwuzanimbo kuti Mulungu ni ceza, ndipo iye alibe mdima na pang'onopo. <sup>6</sup> Tikalewa kuti tina cibverano na iye, ticifamba mumdima, tiri kunama ndipo tiri kucita lini bzinthu bza cadidi. <sup>7</sup> Tsono, tikafamba paceza ninga momwe iye ali pacezambo, tina cibverano na andzathu. Na tenepo mulopa wa Mwanace Jezu un'titsuka bzakuipa bzathu bzentse. <sup>8</sup> Tikalewa kuti tiribe bzakuipa, tiri kubzinamiza tekha-tekha ndipo ife tiribe cadidi. <sup>9</sup> Nakuti iye ngwakukhulupirika na kulungama, tikabweka

bzakuipa bzathu iye an'tilekerera bzakuipabzo na kutitsuka bzakuphonyeka bzathu bzentse. <sup>10</sup> Tikalewa kuti timbaphonya lini tiri kumuyesa nyakunama ndiye, ndipo ife tiribe fala lace.

## 2

### *Jezu Krixtu ni muimikiri wathu kuna Baba*

<sup>1</sup> Tuwana twangu, ndiri kukunemberani bzimwebzi kuti muleke kucita bzakuipa. Penu munthu wacita bzakuipa, tinaye kale muimikiri kuna Baba, omwe ni Jezu Krixtu wakulungama. <sup>2</sup> Ndipo iye adabziyesa ntsembe pankhankha ya bzakuipa bzathu. Sikuti ya bzakuipa bzathu bzokha basi tsono na bza wanthu wentse wa dziko la pantsi.

### *Kukhala mwana wa Mulungu nkhuteweza mtemo wace*

<sup>3</sup> Natenepo ife tin'dziwadi kuti iye tinimudziwisisa tikakhala timbateweza mitemo yaceyo. <sup>4</sup> Munthu ule omwe ambalewa kuti: “Ine nimbamudziwa” tsono acisaya kuteweza mitemo yace, iye ni nyakunama ndipo alibe cadidi. <sup>5</sup> Tsono munthu ali wentse omwe an'teweza fala lace ana lufoi la Mulungu la cadidi. Na tenepo ife tin'dziwa kuti tinaye: <sup>6</sup> Munthu omwe anilewa kuti anaye, mbafambembo ninga momwe Jezu adafambira.

<sup>7</sup> Wakufunidwa, ndiri kukunemberani lini mtemo upsa, tsono ni mtemo wa kale-kale, omwe imwepo mukhanawo kale kucokera pakuyamba. Mtemoyo ni fala lomwe mudalibva. <sup>8</sup> Na tenepo ndiri kukunemberani pomwe mtemo upsa omwe udawoneka na Jezu ndipo uli kuonekambo pomwe kuna imwepo nakuti

mdima uli kumala ndipo ceza ca cadidi ciri kutoya. <sup>9</sup> Ule omwe anilewa kuti ali paceza, aciwenga mbale wace ndipo omweyo na lero akhali mumdima. <sup>10</sup> Ule omwe ana lufoi na m'bale wace iye ali paceza ndipo pamwepo palibe cinthu comwe cinimukhukhumula. <sup>11</sup> Tsono munthu ule omwe aniwenga m'bale wace ali mumdima ndipo iye ambafamba mumdimamo, iye an'dziwa lini komwe ali kuyenda thangwe ndimayo udamupha maso.

### *Kukunda Sathani*

<sup>12</sup> Tuwana twangu, ndiri kukunemberani thangwe mumbalekereredwa bzakuipa mudzina lace.

<sup>13</sup> Azibaba, ndiri kukunemberani thangwe mudamudziwa kale ule omwe iye ndiye kucokera pakuyamba. Alumbwana, ndiri kukunemberani thangwe mwakunda Sathani.

Ine ndiri kukunemberani, tuwana twangu thangwe mudamudziwa kale Baba.

<sup>14</sup> Ine ndiri kukunemberani, azibaba, thangwe munimudziwa kale ule omwe iye ndiye kucokera pakuyamba. Ndipo ine ndiri kukunemberani, alumbwana, thangwe mudakhwima, nakuti fala la Mulungu lina imwepo na tenepo mwakunda kale Sathani.

### *Lekani kufuna bzinthu bza mundziko*

<sup>15</sup> Lekani kufunisisa makhalidwe ya mudziko ayai bzinthu bzomwe bziri mudzikomo. Penu munthu akafunisisa bzinthu bza mudziko iye alibe lufoi la Mulungu. <sup>16</sup> Bzinthu bzomwe bziri

mudziko mpsibzi: kusirira kwa thupi, cimasomaso, na kusamwa na bzinthu. Bzentsenebzi mpsa Baba lini tsono mpsa mudziko. <sup>17</sup> Dziko na bzinthu bzalene bzimbamala tsono ule omwe ambacita bzomwe bzimbafuna Mulungu an'khala na moyo wakusaya kumala.

### *Lekani kunamizidwa*

<sup>18</sup> Tuwana twangu, nthawe ino njakumalizira, ninga momwe mudabvera kuti ali kubwera muwengi wa Kristu, ndipo tsapano lino azinji ali kusanduka awengi wa Krixtu, pamwepo ndipo tin'dziwira kuti tsapano ni nthawe yakumalizira. <sup>19</sup> Iwo adacoka kuna ife, nakuti iwo akhali lini wathu, thangwe iwo angadakhala mbathu angadakhala na ife basi. Bzimwebzi bzinilatiza kuti iwo wentse akhali lini wathu. <sup>20</sup> Nakuti imwepo mudadzozidwa na Wakucena, na tenepo mun'dziwa bzentse. <sup>21</sup> Ndiribe kukunemberani bzimwebzi thangwe kuti mun'dziwa lini cadidi, thangwe imwepo mun'cidziwa, nakuti palibe cakunama comwe cimbakhala ca cadidi. <sup>22</sup> Kodi nyakunama mbani, ngule lini omwe ambalamba kuti Jezu ni Krixtu? Ule omwe ambalamba Baba na Mwana ni mwengi wa Krixtu. <sup>23</sup> Munthu ali wentse omwe anilamba Mwana na iyembo pomwe alibe Baba, tsono ule omwe ambabweka kuna Mwana, iyembo ana Baba. <sup>24</sup> Na tenepo, bzomwe mudabva pakuyamba bzire mukhale nabzo. Penu mun'khala nabzo bzomwe mudabvabzo, na imwepombo mun'khala na Baba na Mwana. <sup>25</sup> Ndipo iye adaticitira cikhulupiriso cimweci comwe ni moyo wakusaya kumala. <sup>26</sup> Ndiri kukunemberani bzimwebzi

thangwe la wale omwe ambakunamizani wale.  
<sup>27</sup> Ndipo kudzozidwa komwe mudacididwa na iye, mukhale nako, lekani kudikhira kuti munthu adzakupfundziseni nakuti kudzoza kwace iye kun'kupfundzisanani bzinthu bzentse, ndipo iko nkhwa cadidi, n'khwakunama lini, ninga momwe iko kumbakupfundzisirani na tenepo imwepo khalani nako basi.

*Khalani na iye basi, mucita bzakulungama*

<sup>28</sup> Tuwana twangu, khalani mudaphatana naye basi na cikhulupiriro kuti pomwe iye akadzabzilatiza pakubwera kwace, tidzaleke kubisala na manyazi.

<sup>29</sup> Penu imwepo mun'dziwa kuti iye ngwakulungama, na tenepo imwepo dziwani kuti munthu ali wentse omwe ambacita bzakulungama ni mwana wa Mulungu.

### 3

<sup>1</sup> Onani kuti Baba anafe lufoi kwene-kwene kuti ticemeredwe wana wa Mulungu. Na tenepo n'cadidi kuti ife-pano ndife wana Mulungudi. Ndipopo wanthu wakusaya kudziwa Mulungu an'tidziwa lini thangwe iwo alibembo kumudziwa iye. <sup>2</sup> Wakufunidwa, tsapano, ndife wana wa Mulungu ndipo bzikhanati kudziwika kuti ife-pano tin'dzakhala ciani. Tin'dziwa kuti iye akadzabwera tin'dzalinganira naye thangwe tin'dzamuwona kuti iye adakhala tani. <sup>3</sup> Na tenepo munthu omwe ana cikhulupiro naye ambabzicenesa ninga momwe iye ngwakucenambo.

<sup>4</sup> Munthu ali wentse omwe ambacita bzakuipa na iyembo ambaphonya mtemo thangwe kucita cakuipa nkhuphonya mtemo. <sup>5</sup> Dziwani kuti iye adabwera kuti adzacose bzakuipa nakuti iye alibe cakuipa. <sup>6</sup> Munthu ali wentse omwe ana iye ambacita lini cakuipa, tsono ule omwe ambacita cakuipa alibe kumuwona ndipo alibe kumudziwa pomwe. <sup>7</sup> Tuwana twangu, lekani kumamizidwa na munthu, thangwe ule omwe ambacita bzakulungama ngwakulungama, nakuti iye ngwakulungamambo. <sup>8</sup> Munthu ule omwe ambacita cakuipa ngwa Dyabu, thangwe Dyabu ngwakuphonya kucokera pakuyamba. Na tenepo Mwana wa Mulungu adabwera kuti adzapfudze mabasa ya Dyabuyo. <sup>9</sup> Munthu ali wentse omwe ni mwana wa Mulungu ambacita lini bzakuipa thangwe mzimu wa Mulungu una iye, na tenepo iye angakhale lini acicita cakuipa nakuti iye ngwa Mulungu. <sup>10</sup> Uku ndiko kusiya kwa wana wa Mulungu na wa Dyabu: munthu ali wentse omwe ambacita lini bzakulungama na kusaya kucitira lufoi m'bale wace, ni mwana lini wa Mulungu.

*Khalani naiye basi mucimbacitirana lufoi*

<sup>11</sup> Nakuti fala lomwe mudabva kucokera pakuyamba ndiri kuti ife-pano ticitire lufoi andzathu. <sup>12</sup> Mbatileke kukhala ninga Kaimi, omwe akhali wa Sathani, iye adapha m'bale wace. Kodi thangweranyi iye adamupha? Thangwe mabasa yace yakhali yakuipa ndipo ya m'bale wace yakhadalungama. <sup>13</sup> Abale, lekani kudabwa akakuwengani wanthu wakusaya kudziwa Mulungu. <sup>14</sup> Ife-pano tin'dziwa kuti

tikhadafa, tsapano tamuka pomwe ndipopo tina lufoi na abale wathu, natenepo munthu an'saya kucita lufoi na m'bale wace omweyo akhali paimpfa. <sup>15</sup> Munthu ule omwe aniwenga m'bale wace omweyo ni kambowa ndipo imwepo mun'dziwa kale kuti kambowa ali wentse alibe moyo wakusaya kumala mumtima mwace. <sup>16</sup> Na tenepo timbadziwa kuti lufoi n'ciani: Nakuti Krixtu adapereka moyo wace na thangwe lathu ndipo na ifembo mbatiperekembo moyo wathu na thangwe la abale. <sup>17</sup> Penu munthu adadala ndipo akawona m'bale wace ali kubonera acisaya kum'bvera ntsisi, iye angakhale tani na lufoi la Mulungu? <sup>18</sup> Tuwanamwe, mbatileke kulatiza lufoi la mafala ya pamuloma pokha, tsono mbalikhale la cadidi.

### *Khalani na Krixtu mucimukhulupira*

<sup>19</sup> Na tenepo, ife tin'dziwa kuti ndife wa cadidi, na tenepo tin'dzaderekha mtima pana iye. <sup>20</sup> Penu mtima wathu unilamba pamwepo tin'dziwa kuti Mulungu ni mkulu cadidi kuposa mtima wathuyo, iye an'dziwa bzinthu bzentse. <sup>21</sup> Wakufunidwa, penu mtima unilamba lini, ndipo ife tina cikhulupiro kuna Mulungu. <sup>22</sup> Bzinthu bzentse bzomwe tin'kumbira kuna iye tin'bzitambira thangwe timbateweza mitemo yace nakuti timbacita bzinthu bzomwe bzimbamukomera. <sup>23</sup> Tsono, mtemo waceyo nguyu: kuti tibvume mudzina la Mwanace Jezu Krixtu, ticicitira lufoi andzathu, ninga momwe iye adatiwuzira. <sup>24</sup> Ndipo munthu ule omwe ambateweza mitemo yace iye ana Mulungu, na Mulungumbo ana

iyе. Na tenepo tin'dziwa kuti Mulungu ana ife thangwe la mzimu omwe iye adatipasa.

## 4

*Mukhale naiye basi: Mucitomani kuwawona mapfunzisidwe yawo*

<sup>1</sup> Wakufunidwa, lekani kubvuma mzimu uli wentse. Pakuyamba tomani mwawona kuti mzimuyo nja Mulungu, thangwe apfundzisi azinji wakunama ali kupfundzisa kale wanthu bzakunama mudziko. <sup>2</sup> Na tenepo zindikirani kuti Mzimu wa Mulungu nguponi: ngule omwe umbabvuma kuti Jezu Krixtu akhali munthu. <sup>3</sup> Tsono mzimu wentse omwe umbalamba Jezu iwo ngwa Mulungu lini, iwo ngwa muwengi wa Krixtu, ninga momwe muli kubvera kuti iye ali kubwera, ndipo tsapano lino ali pantsi pano kale. <sup>4</sup> Tuwanamwe, imwepo ndimwe wana wa Mulungu ndipo mwakunda kale apfundzisi wa kunama thangwe mzimu omwe una imwepoyo ngukulu kuposa wa ule omwe ali pantsiyo. <sup>5</sup> Iwo umbacita ucipfundzisa pomwe bzinthu bza mudziko, na tenepo wanthu wa mudzikomo ambawutetekera. <sup>6</sup> Ife ndife wa Mulungu, ule omwe ambadziwa Mulungu ambatibvera. Ndipo ule omwe ngwa Mulungu lini ambatibvera lini. Na tenepo timbazindikira mzimu wa cadidi na wakunama.

*Khalani mucicita lufoi la Mulungu*

<sup>7</sup> Wakufunidwa, mbaticitire lufoi andzathu thangwe lufoi limbacokera kuna Mulungu, na tenepo munthu wenste omwe ana lufoi ni



mwana wa Mulungu ndipo iye animudziwa Mulunguyo. <sup>8</sup> Ule omwe alibe lufoi animudziwa lini Mulungu, thangwe Mulungu ngwa lufoi. <sup>9</sup> Ndipo Mulungu adatilatiza lufoi lace tenepa: adatumiza Mwana wace m'bodzi yekha padziko la pantsi kuti adzatipase moyo. <sup>10</sup> Ndipo lufoiro ndiri: Sikuti ife-pano ndife tidafuna Mulungu tsono kuti iye ndiye adatifuna. Iye adatumiza Mwanace omwe adabzicita ntsembe pankhankha ya bzakuipa bzathu. <sup>11</sup> Wakufunidwa, nakuti Mulungu adaticitira lufoi, na tenepoyo ife-pano mbaticitiranembo lufoi. <sup>12</sup> Palibe munthu omwe adawona kale Mulungu, tikacitirana lufoi Mulungu an'khala ife, ndipo lufoi lacero linilatizika na ife. <sup>13</sup> Na tenepo ife-pano tidziwa kuti tina iye, na iyembo ana ife thangwe iye adatipasa mzimu wace. <sup>14</sup> Ndipo ife-pano tidawona ticikhala mboni kuti Baba adatumiza Mwana wace kuti akhale mpulumusi wa dziko la pantsi. <sup>15</sup> Munthu omwe an'tsimikiza kulewa kuti Jezu Krixtu ni Mwana wa Mulungu, Mulungu an'khala na iye, na iyembo an'khala na Mulunguyo. <sup>16</sup> Ndipo ife tin'dziwa lufoi lomwe Mulungu analo na ife ndipo timbakhulupira lufoi limwero. <sup>17</sup> Na tenepo, uku ndiko kucita kwathu na lufoi kuti pantsiku yomwe Mulungu an'dzatonga wanthu wentse tidzakhale na cikhulupiro, thangwe pantsi pano, ife tidalinganira Iye. <sup>18</sup> Ule omwe ana lufoi alibe mantha, thangwe lufoi la cadidi limbacosa mantha, thangwe manthayo yambasuza nyathwa. Nakuti munthu omwe anibva mantha alibe lufoi la cadidi. <sup>19</sup> Ife timbacita lufoi thangwe

Mulungu ndiye adayamba. <sup>20</sup> Penu munthu anilewa kuti: “Ndina lufoi na Mulungu” ndipo iye aciwenga m'bale wace, iye n'nyakunama. Nakuti ule omwe an'saya kucitira lufoi m'bale wace omwe ambamuwona, angacitire tani lufoi Mulungu omwe iye ambamuona lini? <sup>21</sup> Nakuti iye adatipasa mtemo uyu: kuti ule omwe ana lufoi na Mulungu, mbacitirembo lufoi m'bale wace.

## 5

### *Ule omwe ana Mwana iye ana moyo wakusaya kumala*

<sup>1</sup> Munthu ali wentse omwe an'bvumira kuti Jezu ni Krixtu wakusankhulidwa iye ni Mwana wa Mulungu, na munthu wentse pomwe omwe ana lufoi na Baba, iye ana lufoimbo na Mwana. <sup>2</sup> Na tenepo ndipo tin'dziwira kuti tina lufoi na wana wa Mulungu: kucitira lufoi Mulungu na kumbateweza mitemo yace. <sup>3</sup> Iri ndiro lufoi na Mulungu: kumbateweza mitemo yace. Nakuti mitemo yaceyo iribe kulemera. <sup>4</sup> Ule omwe ni mwana wa Mulungu, iye ambakunda wanthu wakusaya kudziwa Mulungu. Kukonwesa wanthu wakusaya kudziwa Mulungu, n'kukhulupira Mulungu. <sup>5</sup> Kodi mbani ambakunda wanthu wakusaya kudziwa Mulungu? Ngule yekha basi omwe ambakhulupira kuti Jezu ni Mwana wa Mulungu. <sup>6</sup> Iye ndiye omwe adabadwa na madzi na mulopa, omwe ni Jezu Krixtu. Iye alibe kubadwa na madzi yokha basi, maka madzi na mulopa. Thangwe mzimu ndiwo umbacita umboni nakuti mzimuyo ngwa cadidi. <sup>7</sup> Ziripo mboni

zitatu: <sup>8</sup> Mzimu, madzi na mulopa. Ndipo bzitatubvo bziphatana. <sup>9</sup> Nginga momwe timbabvumira umboni bwa wanthu, tsono umboni bwa Mulungu ndibo buna basa likulu. Nakuti ni umboni bomwe Mulungu adacitira Mwanace. <sup>10</sup> Ule omwe an'khulupira Mwana wa Mulungu, iye anabo umbonibo mumtima mwace. Ule omwe an'saya kukhulupira bzomwe bziphalewa Mulungu, iye ambamuyesa ngwakunama Mulunguyo thangwe iye ambakhulupira lini umboni bwa Mulungu bomwe adacitira Mwanace. <sup>11</sup> Ndipo umbonibo mbubu: kuti Mulungu adatipasa moyo wakusaya kumala, ndipo moyoyo una Mwanace. <sup>12</sup> Ule omwe ana Mwana, iye ana moyo. Ule omwe alibe Mwana wa Mulungu, alibe moyo.

*Ndiri kukunemberani kuti mudziwe kuti muna moyo wakusaya kumala thangwe la Jezu Krixtu*

<sup>13</sup> Ndiri kukunemberani bziphwebzi, imwepo omwe mumbakhulupira mudzina la Mwana wa Mulungu kuti imwepo mudziwe kuti muna moyo wakusaya kumala. <sup>14</sup> Ici n'cikulupiro comwe tinaco: tikakumbira cinthu centse kuna Mulungu pakupemba, ninga momwe limbalewera fala lace, Iye an'tipasa. <sup>15</sup> Tsono tikadziwa kuti iye ambatipasa bzentse bzomwe tin'kumbirabzo ndipo tin'dziwisisa kuti tinabzo kale bzentse bzomwe takumbirabzo. <sup>16</sup> Penu munthu aniwona m'bale wace ali kucicita cakuipa comwe cinimupha lini mba amupembere kuna Mulungu ndipo iye an'dzamuciza. Ndiri kulewa wale omwe bzakuipa bzawo bziphapha lini. Bzipho bzakuipa bzomwe bziphapha lini. Bzipho bziphapha bzomwe bziphapha. Ndiri kulewa lini

kuti mupembere omweyo omwe wacita bza-kuphayo. <sup>17</sup> Thangwe kuphonya n'khucita bza-kuipa, tsono pana bzakuipa bzinango bzomwe bzimbapha lini. <sup>18</sup> Tin'dziwa kuti munthu ali wentse omwe ni mwana wa Mulungu ambakhala lini acicita bzakuipa. Nakuti Mwana wa Mulungu ambamukhocherera ndipo Sathani angamucita lini cinthu. <sup>19</sup> Tin'dziwa kuti ife ndife wana wa Mulungu, nakuti wanthu wakusaya kudziwa Mulungu ali m'manja mwa Sathani. <sup>20</sup> Tin'dziwa pomwe kuti Mwana wa Mulungu adabwera ndipo iye adatidziwisa Mulungu wa Cadidi. Ndipo ife tin'dziwa kuti Jezu Krixtu ni Mwana wa Mulungu. Ndipo Iye ni Mulungu wa Cadidi omwe ambatipasa moyo wakusaya kumala. <sup>21</sup> Tswana twangumwe, khalani na cheru na mirungu yakunama.

**Nyungwe do Novo Testamento**  
**The New Testament in the Nyungwe Language of**  
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