

# **LUPWILILI LWANDIKIGWE NA MTUMIGWA WA KILISTO PAULO HA WAEFESO ULONGOZI**

Lupwilili ha Waefeso lwandikigwa mkipigiti kimwe kilwandikigwe lupwilili ha Wakolosai muna imilao ya 60 songela kuvumbuka kwa Yesu Kilisto. Yandike lupwilili luno kakiitam-bula mwenyego kamba Paulo, mtumigwa wa Kilisto (1:1). Wasomi bwando wotogola kamba Paulo iyo yandike lupwilili lwa Waefeso hata kamba lupwilili luno lwabule ndamsa ya kiunhu kamba viili mulupwilili lwa Wakolosai. Mkil-amso kino vodahika lupwilili luno lukala luzunguluka mmadale bwando ga wanhu wamtogole Kilisto ga isi ya Asia Ndodo. Paulo vivija kandika kamba kipigiti viyakalile yokwandika lupwilili luno kakala mkifungo (3:1, 4:1, na 6:20). Paulo kamgwelela Tikiko lupwilili luno kipigiti Tikiko viyakalile hanafungiligwa mwanza wa kuchola kuwatembelela wanhu wamtogole Kilisto wakalile mdiwambo da Efeso (6:21-22).

Efeso dikala wambo kulu ng'hani na aho baho kukalile na boma da Kiloma muisi ya Asia Ndodo. Efeso ikala itangigwe ng'hani sama ya ng'anda ya mulungu wa kitwanzi wa Kigiliki yokemigwa Atemi (Sang'h. 19:23-31). Wanhu wamtogole Kilisto wa Efeso wasonga na mhiko ila hamwande wahuha (Lug. 2:1-7).

Muna ulwenza lwa ichanduso lwa lupwilili luno Paulo kosimulila avija Mulungu viyawasagule wanhu zake na kuwakombola kulawa m'vilozo vao kubitila Yesu Kilisto. Kawalinga wanhu wamtogole Kilisto na lukuli lwa munhu na Kilisto kamba pala, na kawalinga wanhu wamtogole Kilisto na ng'anda na Kilisto kamba dibwe kulu da hakingolobweda. Muna ulwenza lwa ikabili lwa ulupwilili Paulo kolava ndagizi ha munhu yamtogole Kilisto avija vodayakale ukazi unogile.

### **Gali Mgati ya Ikitabu**

1. Paulo kakiitambula mwenyego na kuwalamsa Waefeso (1:1-2).
2. Abaho kawalongela wanhu wamtogole Kilisto uhamoja uwalinao na Kilisto (1:3—3:21).
3. Abaho Paulo kowandikila wanhu wamtogole Kilisto vija vowolondigwa kukala (4:1—6:20).
4. Hakimambukizo, Paulo kolava masala ga kufunga lupwilili lwake (6:21-24).

<sup>1</sup> Lupwilili luno lolawa ha Paulo, mtumigwa wa Yesu Kilisto, yasaguligwe na manogelwa ga Mulungu.

Nowandikila wanhu wa Mulungu wang'alile wali mdiwambo da Efeso,\* wanahina wa Kilisto walibule uzenzeleganye.

<sup>2</sup> Ngekewa na tindiwalo kulawa ha Mulungu Tata wetu na kulawa ha Mndewa Yesu Kilisto viwe hamoja namwe.

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\* **1:1** Nyandiko ziyagwe za umwaka zabule mdiwambo da Efeso.

*Motelo za Muloho Mkuilumba Hamoja na Kilisto*

<sup>3</sup> Tungwelele nhogolwa Mulungu na Tata wa Mndewa wetu Yesu Kilisto, ayo yotumoteza tweye mkuilumba hamoja na Kilisto na motelo zose za muloho muulumwengu wa kuulanga, <sup>4</sup>kamba vija viyatusagule tweye mkuilumba hamoja na Kilisto songela ulumwengu haunalumbigwa, giladi tung'ale na sambituwe na mbuli yoyose ihile hameso gake.

Sama ya noge jake <sup>5</sup> Mulungu keshwa kula-mula mwenyego kamba kubitila Yesu Kilisto katutenda tuwe wanage, vino vivo vimnogele mwenyego. <sup>6</sup> Tumuyenzi Mulungu sama ya ngekewa ya yenzi yake, na sama ya nhunza ya bule iyatugwelele tweye kubitila Mwanage mnogelwa. <sup>7</sup> Mkuilumba na heyo, tukomboligwa kubitila mulopa wake,† vilozo vetu vigeligwa kumgongo, kamba vija vuuli ugoli wa ngekewa yake <sup>8</sup> uyatugwelele tweye bila mhima.

Na ng'hungwe zose na utango wose, <sup>9</sup> Mulungu katenda tuitange nyong'onyo ya nogelwa yake kamba vija viyanogeligwe mwenyego kugatenda kubitila Kilisto. <sup>10</sup> Kilondigwa kutendeka icho kino, mkipigiti kitogoligwe Mulungu kovikunzanya vinhu vose kumwake, vinhu vili kuulanga na vili muisi viwe hasi ya kilangizi imwe Yesu Kilisto.

<sup>11</sup> Sama ya kuilumba hamoja na Kilisto, Mulungu katusagula tuwe wanhu zake mwenyego songela haichanduso, na katenda vinhu vose

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† **1:7** Kubitila mulopa wake nhegulo yake kubitila ifa yake mumsalaba.

visang'hanike kamba viyalondile mwenyego, <sup>12</sup> giladi kamba tweye, Wayahudi, tulongole kwika tamanilo jetu ha Kilisto, tukale mkuitogola yenzi yake.

<sup>13</sup> Na mweye Wamhazi vivija mgaluka wanhu wa Mulungu kipigiti vimuhulike usenga wa ikweli, Usenga Unogile wa ukombola wenu. Vimumtogole Kilisto, Mulungu kawekila utango wake wa kulagusa kamba mweye mwa wanhu zake mkuwagwelela Loho wa Mulungu yekile nao kilagano. <sup>14</sup> Loho wa Mulungu iyo kingilambago kamba tweye tubokele gaja Mulungu gayekile kilagano ha wanhu zake, na mbuli ino yotugangamiza kamba Mulungu kolava ulegeho ha wanhu zake. Tumtogole Mulungu sama ya yenzi yake.

### *Nhambiko ya Paulo*

<sup>15</sup> Nihulika vija vumumtamanila Yesu na vija vumuwanogela wanhu wa Mulungu, na sama ya kilamso kino <sup>16</sup> silekile kumgwaa hewela Mulungu sama yenu, kamba viniwakumbuka mzinhabiko zangu. <sup>17</sup> Nogendelela kutambika kamba Tata yali na yenzi, ayo yali Mulungu wa Mndewa wetu Yesu Kilisto, yawagwelele Loho wa Mulungu yali na ng'hungwe na lugubulo, giladi mumtange goya. <sup>18</sup> Vivija notambika kamba nzonzi zenu zigubuligwe giladi mditange tamanilo diyawakemele, na vija vuuli mkulu ugoli wa motelo ziyekile kilagano ha wanhu zake. <sup>19</sup> Na notambika kamba muitange mhiko ng'hulu ya Mulungu ilibule mhima sama yetu tweye tutogola. Mhiko ino isang'hanika mgati

yetu ya kamba vija mhiko ija ng'hulu <sup>20</sup> Mulungu iyaigalile kipigiti cha kumzusa Kilisto kulawa mkudanganhika na kumwika kumkono wake wa ukulume kuulanga. <sup>21</sup> Kilisto kotawala haja na kuwa uchana ya watawala wose wa kuulanga, wali na udaho na mhiko, na wandewa, na kila twaga ditambuligwa, sio muulumwengu uno wiyeka, ila vivija na ulumwengu ukwiza. <sup>22</sup> Mulungu kavika vinhu vose hasi ya magulu ga Yesu, kamsagula heyo yawe kilangizi wa vinhu vose sama ya wanhu wamtogole Kilisto, <sup>23</sup> awo wali lukuli lwake, na kuleka kuhungula hanhu kamba viyali heyo, ayo yovimemeza vinhu vose mnzila zose.

## 2

### *Kulawa Mkudanganhika Kuchola Kuna Uugima*

<sup>1</sup> Mweye, Wamhazi, mkala mdanganhike muloho sama ya udulu wenu na vilozo <sup>2</sup> vum'vitendile umwaka mkuwinza mbuli zihile za ulumwengu uno na kumuwinza mtawala wa vinyamkela yali kuulanga, loho yosang'hanika sambu mwa wanhu wadulu. <sup>3</sup> Na tweye tose tukala kamba hewo, tukala tuwinza sulukila za ng'huli zetu, tutenda gaja gosulukilwa na ng'huli zetu na nzeweze zetu. Tukala wanhu tulumbile kutagusigwa kwavija Mulungu kakala yotonela lusango sama ya vilozo vetu, kamba wanhu wose wayagwe.

<sup>4</sup> Ila sama ya ukulu wa noge jake kumwetu, Mulungu, ayo yamemile bazi, <sup>5</sup> katutenda kuwa

wagima kipigiti viyamzusile Kilisto kulawa mkudanganhika hata kamba tukala tudanganhike sama ya vilozo vetu. Mkomboligwa sama ya ngekewa ya Mulungu. <sup>6</sup> Na Mulungu katuzusa tweye kulawa mkudanganhika hamoja na Kilisto na kutwika hamoja na heyo kuna uulumwengu wa kuulanga kwavija tuilumba hamoja na Kilisto Yesu. <sup>7</sup> Katenda vino giladi mmilelo ikwiza yalaguse ngekewa yake ng'hulu iyaitendile mkipigiti kino kubitila mdinoge diyatulagusile tweye mkuilumba hamoja na Yesu Kilisto. <sup>8</sup> Kwavija mkomboligwa sama ya ngekewa ya Mulungu kubitila nhamanila, na si malawililo ga sang'hano zenu, ila nhunza kulawa ha Mulungu, <sup>9</sup> sio malawililo ga sang'hano, avo munhu yoyose sambiyaitope. <sup>10</sup> Kwavija tweye twa uumbi wa Mulungu, tulumbigwe mkuilumba hamoja na Yesu Kilisto giladi tutende sang'hano zinogile, zitandigwe na Mulungu songela mwaka sama yetu giladi tuzitende.

### *Kuilumba na Kilisto*

<sup>11</sup> Avo, sambimuisemwe kamba umwaka mweye mkala Wamhazi mkuleligwa na kukemigwa “wanhu walekile kwingila kumbi” na waja wakiikemile wenyego “wengile kumbi,” kumbi da lukuli ditendigwe na makono ga wanhu. <sup>12</sup> Sambimuisemwe kamba kipigiti kija mweye mkala hamunam'bokela Kilisto. Hampetigwe kuwa wenekae wa Israeli, na mkala wahenza mmalagano Mulungu gayailagane na wanhu zake. Mkala mwabule tamanilo muulumwengu na mwabule Mulungu. <sup>13</sup> Ila sambi muilumba

hamoja na Yesu Kilisto. Mweye umwaka mkalile kutali na Mulungu, sambi mgaligwa habehi na heyo kubitila mulopa wa Kilisto. <sup>14</sup> Kwavija Kilisto mwenyego katugalila tindiwalo mkuwata-tenda Wayahudi na Wamhazi wawe hamoja. Na kubitila ifa yake mumsalaba kakibena kija ikiwambaza kikalile kiwabagule na kuwatenda wawe wadumuka. <sup>15</sup> Kagasegeza Malagizo ga Musa hamoja na ndagizi zake na shalia zake. Kaditenda tindiwalo mwa Wayahudi na Wamhazi. Kaitendela heyo mwenyego dale dimwe da sambi kulawa mmadale gano mabili, <sup>16</sup> giladi madale gose mabili yagalumbe mulukuli lumwe na kugaduganyiza na Mulungu kubitila ifa yake mumsalaba, na udumuka wetu ukalile hagatigati yetu udanganhika. <sup>17</sup> Avo Kilisto keza na kuupeta Usenga Unogile wa tindiwalo ha wanhu wose, kumwenu mweye Wamhazi mkalile kutali na Mulungu, na ha Wayahudi wakalile behi na heyo. <sup>18</sup> Kwavija sama ya gaja Kilisto gayatendile kumwetu, tweye tose tupata nzila ya kuchola ha Tata kubitila Loho iija wa Mulungu.

<sup>19</sup> Avo, mweye hamuli wahrenza ama wabita nzila, ila mweye mwa wenekae hamoja na wanhu wa Mulungu, na vivija mweye mwa wanhu wa kae ya Mulungu. <sup>20</sup> Mzengigwa uchana hana umsingi uwo watumigwa wa Kilisto na wahokozi, na Yesu Kilisto mwenyego iyo dibwe da kutamanilwa ng'hani kubanza mabwe gose. <sup>21</sup> Mkuilumba hamoja na Kilisto ng'anda yose yokiigoga hamoja na kwinuka na kugaluka Ng'anda ing'alile ya Mulungu ikigwe sama ya

Mndewa. <sup>22</sup> Na mkuilumba hamoja na Kilisto mweye Wamhazi vivija mozengigwa hamoja na kugaluka hanhu hoyokala Loho wa Mulungu.

### 3

#### *Sang'hano ya Paulo mwa Wamhazi*

<sup>1</sup> Mkilamso kino nie, Paulo, na mfungigwa wa Yesu Kilisto sama yenu mweye Wamhazi.

<sup>2</sup> Nokona muhulika vija Mulungu sama ya ngekewa yake viyangwelele nie sang'hano ino niitende sama yenu, <sup>3</sup> na vija nyong'onoyo viigubuligwe kumwangu kubitila lugubulo, kamba vinishile kuyandika kidogo. <sup>4</sup> Na muhalusoma lupwilili luja, modaha kuvitanga vija viniimanya nyong'onoyo ya Kilisto, <sup>5</sup> ilekile kutangigwa na wanhu wa milelo ibitile kamba viili sambu, avija viigubuligwe na Loho wa Mulungu ha watumigwa wa Mulungu wang'alile na wahokozi.

<sup>6</sup> Ino iyo inyong'onoyo, kamba kubitila Usenga Unogile Wamhazi wohala hamoja na Waislaeli, wowa lukuli lumwe na wobokela hamoja kilagano mkuilumba hamoja na Kilisto Yesu.

<sup>7</sup> Mulungu kanitenda niwe mtumigwa wa kuupeta Usenga Unogile na nhunza kisinyo iyangwelele nie kubitila sang'hano ya mhiko yake. <sup>8</sup> Hata kamba nie na munhu mdodo kubanza wanhu wose wa Mulungu, nhunza ino nigweleligwa giladi niwapetele Wamhazi ugoli wa Kilisto ulibule mbaka, <sup>9</sup> na kuwatenda wanhu wose wone vija nyong'onoyo ya Mulungu iifisile vuisang'hanika. Mulungu, ayo yalumbile vinhu vose, kaifisa nyong'onoyo yake milao yose ibitile.



<sup>10</sup> Nia yake ikala vino, kubitila wanhu wamtogole Kilisto, ng'hungwe ya Mulungu, ili ya namna zose, sambi itendigwa itangigwe na watawala na wali na udaho muulumwengu wa kuulanga.

<sup>11</sup> Mulungu katenda kamba vija viyalondile heyo mazua gose kubitila Yesu Kilisto Mndewa wetu.

<sup>12</sup> Mkuilumba na heyo na kubitila nhamanila mgati yake, tomkwenhukila Mulungu mkui-legeha na bila kudumba. <sup>13</sup> Avo nowayalalila kamba sambimdonhe sama ya migayo yangu hano. Nie nogaya sama yenu, avo yowagalila hishima.

### *Noge da Kilisto*

<sup>14</sup> Sama ya kilamso kino nofugama mavindi haulongozi wa Tata, <sup>15</sup> ayo yalumbile kila kinhu cha kuulanga na cha muisi. <sup>16</sup> Notambika kamba, kamba vija vuuli ugoli wa yenzi yake, yadahe kuwagamiza na mhiko kubitila Loho wake muunhu wenu wa mgati, <sup>17</sup> giladi Kilisto yakale mmioyo yenu kubitila nhamanila. Na notambika kamba muwe na mizizi na kugangamizwa mdinoge, <sup>18</sup> giladi mweye hamoja na wanhu wose wa Mulungu muwe na mhiko za kutambula vija noge da Kilisto vidili gazi na tali, na vija vidicholile uchana na vija vidicholile hasi, <sup>19</sup> na kuditanga noge da Kilisto dibanza nzeweze za wanhu wose, giladi sambimuhungule hanhu kamba viyali Mulungu.

<sup>20</sup> Yayenzigwe heyo Mulungu, ayo kubitila mhiko zake zisang'hanika mgati yetu yodaha kusang'hana mbuli ng'hulu ng'hani kubanza gaja gose gotudaha kugapula ama kugagelegeza.

<sup>21</sup> Mulungu yayenzigwe mwa wanhu wamtogole Kilisto na ha Yesu Kilisto kubitila milelo yose, milongo yose. Amina.

## 4

### *Kuilumba na Kilisto*

<sup>1</sup> Nie nili mfungigwa sama ya Mndewa, avo, nowayalalila mkale ukazi ulondigwa na lukemo lwenu lumkemigwe. <sup>2</sup> Mazua gose sambimuitope na muwe wanhu waholile, mwazaganye, na kuinogela wenyego kwa wenyego. <sup>3</sup> Tendeni vija vumdaha kuutenda uhamoja wenu wa Muloho wa Mulungu ugendelele mkuifunga na tindiwalo. <sup>4</sup> Hana lukuli lumwe na Loho imwe wa Mulungu, kamba vija vumkemigwe na Mulungu mditamanilo dimwe da lukemo lwenu Mulungu luyawakemele. <sup>5</sup> Hana Mndewa imwe yeiyeka, nhamanila imwe, ubatizo umwe, <sup>6</sup> Mulungu imwe na Tata wa wanhu wose, ayo yali uchana ya vinhu vose na kubitila vinhu vose na mgati ya vose.

<sup>7</sup> Ila kila munhu mmwanza wetu kabokela nhunza kisinyo kamba Kilisto viyamgwelele.

<sup>8</sup> Kamba Nyandiko Zing'alile vuzilonga,

“Viyakwelile uchana ng'hani,

kakwela hamoja na wanhu bwando wagogigwe.

Kawagwelela wanhu nhunza.”

<sup>9</sup> Vija viilongwa, “Kilisto kakwela uchana,” nhegulo yake choni? Nhegulo yake tanhu Kilisto kahumuluka mbaka hasi ng'hani muisi. <sup>10</sup> Heyo yahumuluke iyo iija yakwelile uchana ya ulanga wose giladi yavimemeze vinhu vose. <sup>11</sup> Zino zizo

nhunza Kilisto ziyawagwelele wanhu wamtogole heyo. Wanhu wayagwe kawasagula kuwa watu-migwa wa Kilisto, na wayagwe kuwa wahokozi, na wayagwe kuwa wapeta Usenga Unogile, na wayagwe kuwa wachunga na wayagwe kuwa wakulufunzi wa Usenga wa Mulungu. <sup>12</sup> Katenda vino giladi yawatande wanhu wa Mulungu sama ya sang'hano yake, giladi lukuli lwa Kilisto luzengigwe, <sup>13</sup> mbaka na tweye tose vondatuu-vikile uhamoja wa nhamanila na kuwa na ilimu ya Mwana wa Mulungu, na kuwa wanhu wakan-gale, na kuleka kuhungula hanhu kamba viyali Kilisto. <sup>14</sup> Avo hatuwa tena kamba wana wadodo, tukunhizwa kuno na kuno na kuhembeluswa na kila beho da mafundo, ubala wa wanhu muuzenzeleganye, na mmbuli zao za uvwizi. <sup>15</sup> Ila mkulonga ikweli mdinoge, tokula mzimbuli zose na kuvikila kuwa kamba Kilisto, ayo yali ditwi da wanhu wamtogole heyo. <sup>16</sup> Kolutenda lukuli lose lukiilumbe na kuigoga hamoja na vipindi vose viyagwe. Kila kipindi kahasang'hanika vinogile, cholutenda lukuli lukule na kuizenga lwenyego mdinoge.

### *Kukala Kamba Wana wa Mulangaza*

<sup>17</sup> Avo nowalongela na kuwagong'ondeza mdit-waga da Mndewa, sambimkale ukazi kamba vowokala Wamhazi, mkuwinza ngelegeza zao zihile. <sup>18</sup> Nzonzi zao zigeligwa ziza, na wekigwa kutali na ugima wa Mulungu sama ya ubozi uli mgati yao na udala wa mioyo yao. <sup>19</sup> Wanhu walibule kinyala, wekiingiza wenyego mzim-buli zihile na kutenda vinhu vose vihile bila kudumba.

<sup>20</sup> Ila hivo sio vumuifunzile mmbuli ya Kilisto!  
<sup>21</sup> Muhulika mbuli za Yesu, na mfundizwa kweli kulawa kumwake. <sup>22</sup> Avo ulekeni unhu wenu wa umwaka awo umemile vilozo, na ulekeni ukazi wenu wa umwaka awo uwabanange mweye mkuwengiza muuvwizi na sulukila ya ugoni. <sup>23</sup> Mtendigwe wa sambi mngelegeza za nzonzi zenu, <sup>24</sup> na muuvale unhu wa sambi, ulumbigwe na kuwa kamba Mulungu, unhu wa kweli, ulibule uzenzeleganye na ung'alile.

<sup>25</sup> Avo, kila munhu mmwanza wenu yaleke uvwizi na yalonge kweli ha miyage, kwavija tweye tose twa vipindi va lukuli lumwe. <sup>26</sup> Kamba muhawa na lusango, sambimtende vilozo. Zua sambidiswe kuno mng'hali na lusango. <sup>27</sup> Sambimumgwelele Mwenembago nafasi. <sup>28</sup> Avo wose wokwiba waleke ubavi wao, ila wasang'hanike ng'hani na makono gao wenyego, giladi wapate kinhu cha kungwaa mkumbulu. <sup>29</sup> Milomo yenu sambilave mbuli zihile, ila mbuli zinogile sama ya kuwazenga wanhu wayagwe mnhamanila, kulingana na vija vowolonda, giladi waja wotegeleza waganamizwe. <sup>30</sup> Sambimumgele giogio Loho wa Mulungu, kwavija Loho ija iyo utango wa Mulungu wikigwe kumwenu kulagusa kamba mweye mwa wanhu zake mbaka zua dija Mulungu vodayawakombole. <sup>31</sup> Segezeni usungu wose, lusango lose, nyangi zose, na kuilonga vihile kose, hamoja na kuilondela gehile. <sup>32</sup> Muwe na mioyo inogile na kwiyonela bazi wenyego kwa wenyego, na kila munhu yamgele kumgongo miyage kamba vija Mulungu viyawagelile mw-

eye kumgongo kubitila Kilisto.

## 5

### *Kukala Muna Umulangaza*

<sup>1</sup> Avo, mwigeni Mulungu, kamba wana wanogelwa, <sup>2</sup> na mkale ukazi wa kuinogela, kamba Kilisto viyatunogele tweye na kukiilava mwenyego sama yetu kamba nhunza inung'hila goya na nhosa imnogela Mulungu.

<sup>3</sup> Ila ugoni na mbuli zozose zihile ama ugila sambivipetigwe mmwanza wenu, kwavija mbuli zino hazilondigwa kutendeka mmwanza wa wanhu wa Mulungu. <sup>4</sup> Na sambikuwe na mbuli zigela kinyala ama mbuli za ubozi ama mbuli za miselezo zilekile kulumba, ila mumgwelele hewela Mulungu. <sup>5</sup> M'vitange kamba haduhu munhu mgoni ama munhu yotenda mbuli zihile ama munhu yosulukila vinhu bwando, nhegulo yake munhu yoitambikila miwegu, yondayauhale Undewa wa Kilisto na wa Mulungu.

<sup>6</sup> Munhu sambiyawavwizile na mbuli za uvwizi, kwavija sama ya mbuli zino lusango lwa Mulungu lowezila waja wose woleka kumtegeleza. <sup>7</sup> Avo sambimuiduganye na hewo. <sup>8</sup> Kwavija umwaka mkala mdiziza da vilozo, ila sambi mwa mmulangaza wa kuwa bule uzenzeléganye mkuilumba na Mndewa. Mkale kamba wana wa mulangaza. <sup>9</sup> Kwavija malawililo ga mulangaza gago gano, unovu wose, kuwa bule uzenzeleganye kose, na kweli yose. <sup>10</sup> Zahileni gaja goyomnogela Mndewa. <sup>11</sup> Sambimtende

mbuli za ziza zileka kulela mujo, ila zifisuleni. <sup>12</sup> Kwavija kinyala hata kugalonga gaja gotendeka kinyele na wanhu woleka kuzigoga mbuli za Mulungu. <sup>13</sup> Ila chochose kifisuligwe na mulangaza chokoneka vija vukili, <sup>14</sup> kwavija mulangaza uwo utenda kila kinhu choneke. Avo, kileka mana ilongwa,

“Lamuka mzimbuli za Mulungu, gweye uwasile  
mzimbuli za vilozo,  
uzuke kulawa mkudanganhika,  
na Kilisto kokumwemwesela.”

<sup>15</sup> Muiteganye vija vumkala. Sambimkale kamba wanhu walibule ng'hungwe, ila mkale kamba wanhu wali na ng'hungwe. <sup>16</sup> Kila kipigiti kimulinacho tendeni ganogile ng'hani, kwavija kipigiti kino kiha. <sup>17</sup> Avo, sambimuwe wabozi, ila mkitange kija Mulungu choyolonda mweye mkitende.

<sup>18</sup> Sambimkoligwe na divai, kwavija kukoligwa kowengiza mzimbuli zihile, ila mmemezigwe na Loho wa Mulungu. <sup>19</sup> Mkiimbile wenyego kwa wenyego na zabuli, nyila za kumtogola Mulungu, na nyila za muloho. Mwimbileni na kumuheweza Mndewa mmioyo yenu. <sup>20</sup> Mazua gose mungwelele hewela Mulungu tata sama ya mbuli zose mditwaga da Mndewa wetu Yesu Kilisto.

### *Watwanzi Wasoligwe na Wambigalo Wasolile*

<sup>21</sup> Kila munhu yawe mwende ha miyage sama ya hishima ya Kilisto.

<sup>22</sup> Kila mtwanzi yawe mwende ha mbi-galo wake kamba viyali mwende ha Mndewa.

<sup>23</sup> Kwavija mbigalo iyo pala da mtwanzi wake,

kamba vija Kilisto viyali pala da wanhu wamtogole Kilisto. Na heyo iyo Mkombola wa wanhu wamtogole Kilisto, awo wali lukuli lwake. <sup>24</sup> Na kila mtwanzi na yawe mwende ha mbigalo wake mzimbuli zose kamba vija wanhu wamtogole Kilisto viwali wende ha Kilisto.

<sup>25</sup> Na gweye mbigalo, mnogele mtwanzi wako kamba vija Kilisto viyawanogele wanhu wamtogole heyo na kukiilava mwenyego sama yao. <sup>26</sup> Katenda vino giladi yawatende wanhu wamtogole Kilisto wang'ale mmoyo na wang'ale mulukuli, wasuluzwe na mazi na kung'alizwa na mbuli ya Mulungu. <sup>27</sup> Katenda vino giladi yaitendele heyo mwenyego wanhu wamtogole heyo wanogile na walibule nyela ama mikunzo ama vilozo viyagwe vovose. Ila wawe wanhu wang'alile na walibule mbuli yoyose ihile. <sup>28</sup> Na kila mbigalo yamnogele mtwanzi wake kamba voyolonogela lukuli lwake. Munhu yomnogela mtwanzi wake kokiinogela mwenyego. <sup>29</sup> Kwavija haduhu munhu yoyose yolwihila lukuli lwake, ila kolugwaa mandia na kulutendela vululonda, kamba Kilisto voyowatendela wanhu wamtogole heyo, <sup>30</sup> kwavija tweye twa vipindi va lukuli lwake. <sup>31</sup> Kamba viyandikigwe Mzinyandiko Zing'alile, "Mkilamso kino mbigalo kowaleka tataake na mamaake na kuilumba na mwehe wake, na wabili wano wowa lukuli lumwe."\* <sup>32</sup> Kuna nyong'onyo ng'hulu ng'hani igubuligwe Mnyandiko ino Ing'alile, na vino vivo viyali Kilisto na wanhu wamtogole heyo.

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\* **5:31** Mbuli zino zolawa mkitababu cha MWANDUSO 2:24.

<sup>33</sup> Ila kila munhu mmwanza wenu kolondigwa yamnogele mtwanzi wake kamba viyokino-gela mwenyego, na mtwanzi kolondigwa yamuhishimile mbigalo wake.

## 6

### *Wana na Watata Zao na Wamama Zao*

<sup>1</sup> Mweye wana, wategelezeni watata zenu na wamama zenu kwavija mweye mwa wanhu wa Mndewa, kwavija vino vivo vilondigwa. <sup>2</sup> “Muhishimile tataako na mamaako,” ino iyo indagizi ya ichanduso ili na kilagano, <sup>3</sup> “giladi upate motelo na ukale kipigiti kitali muisi.”

<sup>4</sup> Mweye watata, sambimuwagele lusango wanenu, ila muwalele mkuwazuma na malagizo ga Mndewa.

### *Nyakadala na Wakulu Zao*

<sup>5</sup> Mweye nyakadala, iweni wende ha wandewa zenu wali hano muisi mkuwadumba na mkuwagudemela na mmoyo ugoke, kamba vija vimumsang'hanikila Kilisto. <sup>6</sup> Sambimtendegano kipigiti wahawa baho tu, giladi wawanogeleni. Ila kamba nyakadala wa Kilisto, tendeni gaja goyomnogela Mulungu kulawa mmioyo yenu. <sup>7</sup> Sang'haneni sang'hano zenu na moyo ugoke, kamba vija momsang'hanikila Mndewa na sio wanhu, <sup>8</sup> kuno m'vitanga kamba Mndewa komgwelela nhunza munhu yoyose sama ya kinhu chochose kinogile choyotenda, yawe nyakadala ama munhu yailegehe.



<sup>9</sup> Na mweye wanhu muli na nyakadala, waten-deleni vinogile nyakadala zenu. Sambimuwad-umbize, ila m'vitange kamba mweye mose muna Mndewa imwe ayo yali kuulanga, na heyo halola kihanga cha munhu.

### *Ng'hondo ya Muloho*

<sup>10</sup> Hakimambukizo, mgangamale mkuilumba hamoja na Mndewa na muudaho wa mhiko zake. <sup>11</sup> Valeni via vose va kuiimilizila vumg-weleligwe na Mulungu giladi mdahe kuuhuma ubala wa Mwenembago. <sup>12</sup> Kwavija tweye hatutenda ng'hondo na wanhu wa ulumwengu uno, ila totenda ng'hondo na watawala, na wali na udaho, na wali na mhiko za ziza za ulumwengu uno, na dale da vinyamkela dili kuulanga. <sup>13</sup> Sama ya kilamso kino, valeni via vose va kuiimilizila viyawagwelele Mulungu, giladi mdahe kwima mkipigiti cha kulawilila mbuli zihile, na ng'hondo ihesha, mgangamale.

<sup>14</sup> Avo mkale muisasale, kweli iwe kamba lukumbulu lwa kuifunga mchuno, kuwa bule uzenzeleganye kuwe kamba kuvala koti da zuma mmhambaga, <sup>15</sup> na kuisasala kuupeta Usenga Unogile wa tindiwalo kuwe kamba vilatu mmag-ulu genu. <sup>16</sup> Hamoja na gano gose, papeni nhamanila kamba ngao, ayo yondaiwatende mdahe kuizima misale ikwaka moto kulawa ha Mwenembago. <sup>17</sup> Ubokeleni ukombola uwe kamba kofia da zuma, na Usenga wa Mulungu, awo uli kamba zelediyawagwelele Loho wa Mulungu. <sup>18</sup> Tambikeni kubitila Loho wa Mulungu

mazua gose mnhambiko zose na kupula. Gendeleleni kutambika bila kudonha na muhatambika sambimuleke kuwatambikila wanhu wose wa Mulungu. <sup>19</sup> Vivija na nie munitambikile, giladi nihalonda kulonga basi Mulungu yangwelele cha kulonga, nilonge bila kudumba na kugagubula gaifisile Muusenga Unogile, <sup>20</sup> awo unhendile nie kuwa msenga, hata kamba sambisambi na mkifungo. Tambikeni giladi nidahe kuupeta bila kidumbo kamba vinilondigwa.

### *Ndamsa za Kimambukizo*

<sup>21</sup> Tikiko iyo ndugu mnogelwa na mtumigwa yalibule uzenzeleganye muisang'hano ya Mndewa. Kowalongela mbuli zangu zose, giladi na mweye vivija m'vitange vija vinili na kija kinitenda. <sup>22</sup> Nomtuma kumwenu sama ya mbuli zino, m'vitange vija vituli na vivija yawangamize mweye mioyo yenu.

<sup>23</sup> Tindiwalo diwe ha wanhu wose wantogole Kilisto, na noge hamoja na nhamanila kulawa ha Mulungu Tata na kulawa ha Mndewa Yesu Kilisto. <sup>24</sup> Ngekewa ya Mulungu iwe hamoja na wanhu wose womnogela Mndewa wetu Yesu Kilisto mdinoge dilibule nziga.

**Lagano da Isambi da Mndewa na Mkombola  
Wetu Yesu Kilisto**  
**The Holy Bible in the Zaramo language of Tanzania**  
**Zaramo: Lagano da Isambi da Mndewa na Mkombola**  
**Wetu Yesu Kilisto (Bible)**

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