

MBIRI YOPAMBANA NDI YOSAIWALIKA

GOLOGOtha

“Ndipo pamene anafika ku malo dzina lake Golgotha, anampachika lye.”

Pamene Yesu amadutsa chipata cha bwalo la milandu la Pilato, anaika pa phewa lake lomwe linali losupuka ndi kuturuka magazi, mtanda umene anati akampachikepo Baraba. Anzake a Baraba awiri anali oti akaphedwe limodzi ndi Yesu, ndipo iwonso anasenzedwa mitanda yao. Mtanda wa Mpulumutsi unamlemera lye popeza anali atafooka ndi kudzala ndi chisoni chachikuru. Kuchokera pamene anadya mgonero wa Paskha pamodzi ndi ophunzira ake, sanadyenso kapena kumwa kena kali konse. Anachezera kupemphera moswera mtima m'munda wa Getsemane kulimbana ndi mphamvu za Satana. Iye anali atapirira chisoni chakuperekedwa kwake, ndiponso kusiyidwa ndi ophunzira ake omwe anamthawira. Anategedwa kupita kwa Anasi, kenaka kwa Kayafa, ndikutumizidwa kwa Pilato. Kuchokera kwa Pilato anatumizidwa kwa Herode yemwe anamtumizanso kwa Pilato. Kuchoka kukutukwanidwa anapita kukutukwanidwa kwina, kuchoka kukunyozedwa anafika kukunyozedwa kwina, anamenyedwa kawiri ndi chikwapu cha mawaya, - usiku umodzi anapezana ndi mazunzidwe a mitundumitundu omwe kunali kuyesa moyo mwa nkhanza yayikuru. Yesu sanagonjere zonsezo. Iye sanalankhule liu kupatula kukweza Mulungu. M'mazunzo ndi chiweruzo chake chopanda chilungamo lye anadziletsa ndi kudzisunga. Atangomenyedwa kwachiwiri ndi kusenzedwa mtanda, umunthu unaoonetsa kutopa kwake. Anagwa pansi ndi mtandawo ndi kukomoka.

Khamu lalikuru lomwe linatsatira pambuyo pake linachitira umboni za kuyenda mopeperuka kwake, koma osamva chisoni. Iwo anamalalira ndi kumseka chifukwa chakuti analephera kuunyamula mtanda wolemera kwambiriwo. Anamsenzanso mtandawo, nagwanso lye pansi ndi kukomokanso. Omzunzawo tsono anaona kuli lye sakanathanso kuunyamula mtandawo. Anafunafuna munthu amene akanamnyamulira katundu wolemerayo. Palibe m'Yuda akanalora kunyamula mtandawo chifukwa kungotero linali tchimo la kuswa lamulo la Paskha. Sanapezeka m'khamu'lo yemwe anaweramitsa phewa lake kumthandiza lye.

Panali munthu wina wa chilendo, Simo-

ni wa ku Krene, amene anali akungofika kuchokera dziko la kwao, ndipo anapezana ndi khamu'lo. Anamva iye kupfuula kwa khamu'lo; namvanso mau onyozwa, Perekani njira idutse Mfumu ya Ayuda! Iye anaima kuonetsetsa chinkachitikacho; poonetsa iye kukhuzidwa, anamgwira naika mtandawo pa mapewa ake. Mulungu analora chilango chake pa anthu ochimwa chimwere Mwana wake wokonedwa. Yesu anapachikidwa pa mtanda chifukwa cha machimo a anthu. Ngati zinatero ndi Mwana wa Mulungu wosachimwa, ndi ululu wotani womwe adzamve anthu amene mwadala akukhalabe mu uchimo? Achipongwe ndi osakhulupirira adzazindikira bwino za chisoni ndi kusweka mtima komwe mau satha kukufotokozaka.

Atafika pamalo pophedwera, omangidwawo anakhomeredwa ku mitanda yao. Mbala ziwiri zinalimbalimba m'manja mwa iwo ozipachika; koma Yesu anangodziper-eka. Amai wake analakalaka atauyangata mutu wa mwana wake wodzala ndi zironza za minga, ndi kuisambitsa nkhope yake yomwe nthawi ina yake inagonera pa chipakato chake. Koma sanaloledwa ndi kupatsidwa mwai wakuchionetsa chisoni chake pakutero. Anayang'ana manja a mwana wake akutambasulidwa pa mtanda; nyundo ndi misomali zikubweretsedwa, ndipo pamene phokoso lakukhoma misomali pa thupi lofewa lija linayamba kumveka, ophunzira ake mosweka mtima anayang'ana kumbali osaiyang'ananso nkhope ya Mariya yomwe inali yodzala ndi chisoni chachikuru.

Pa anthu onse kunawerengedwa tchimo la kumpachika Mwana wa Mulungu. Komanso kwa onse, chikhululukiro cha tchimo chinapatsidwa kwa ulere. Kwa “Aliyense amene afuna” khomo linatseguka lakuti angathe kukhala m'chiyanjano ndi Mulungu, ndi kupeza moyo wosatha. Adani a Yesu anapitiriza kuonetsa mkwiyo wao ngakhale pambuyo atampachika kale. Pa ubatizo wake ndi kusinthika kwake pa phiri mau a Mulungu anamveka akutsimikizira kuthu ali Mwana wake wokonedwa. Komanso, patangotsala pang'ono kuthu ali Mwana wake wokonedwa, Atate analankhulanso,



kuchitira umboni za umulungu wa Mwana wakeyo. Koma pa nthawi yakupachikidwa pa mtandayi panalibe liu linamveka kuchokera kumwamba. Yesu anachitidwa nkhanza ndi kutonzedwa ndi anthu oipa ali yekha.

Satana ndi angelo ake m'maonekedwe a umunthu, anali pa mtanda pompaja. Mdani woipitsitsayu ndi magulu ake a nkondo anapanga umodzi ndi ansembe, akuru a anthu, ndi aphunzitsi a chilamulo omwe anawalimbitsa mitima ngati miyala. Atsogoleri a za chipembezdo anachita mgwirizano ndi Satana ndi angelo ake. Pakutero anakwaniritsa cholinga chake.

Kunali kwapafupi Yesu kudzipulumutsa ndi kutsika kuchoka pa mtanda. Koma lye sanachite ichi pofuna kuthu wochimwa alandire chikhululukiro ndi chifundo cha Mulungu.

Itaweruzidwa milandu ya atatuwo, imodzi ya mbala pa mtanda paja inakhala yopanda chiyembekezo, nidera nkawa; koma mwadzidzidzi maganizo a chitonthozo anaifika. Iyo inakumbukira za zomwe inakhala ikumva za Yesu, za momwe lye anachiritsira odwala ndi kukhululukira ochimwa. Mzimu Woyera anawalira m'maganizo ake, ndipo pang'ono ndi pang'ono chitsimikizo chake za Yesu chinakhazikika. Mwa Yesu wotunduzidwayo, wonyozedwa ndi wopachikidwa pa mtanda, inaona Mwanawankhosa wa Mulungu, amene achotsa tchimo la dziko lapansi. Ndi chimwemwe koma kwinkaku akumva ndi ululu wakuswa mtima, ndi kutsimikizika konse, moyo

unali nkufawo unadziika m'manja mwa Mpulumutsi yemwe analinso kuthatha ndi imfa, “Ambuye, ndikumbukireni ine,” mbalayo inatero, “m'mene mulowa mu Ufumu wanu.”

Mosachedwetsa yankho linaperekedwa. M'mau ofatsa ndi okoma, odzala ndi chikondi, chifundo ndi ulumuliro, Yesu ananena naye, “Indetu, ndinena ndi iwe lero lino, udzakhala ndine m'Paradiso.”

Pamene Mpulumutsi anangotsiriza mau opatsa chiyembekezowa, mtambo wakuda umene unaphimba mtanda wake unaoonetsa kuwala ndi kuunika kwa moyo. Mbala yolapayo inadzala ndi mtendere kuti yabvomerezeka ndi Mulungu. Apatu Khristu anakwezedwa ali chikhaliire m'chipsyinjolo. Iye amene diso liri lonse linamuona ngati wagonjetsedwa, anakhala Wogonjetsa. Kwa lye kunapatsidwa mphamvu za kukhala Wosenza Machimo. Anthu anachita ulumuliro wao pa thupi lake la umunthu. Anaulasa mutu wake ndi nduwira ya chifumu ya minga. Ngakhale iwo anambvula ndi kukanganirana chobvala chake, koma sanachotse pa lye ulumuliro ndi mphamvu zake zakukhululukira machimo. Mwa imfa yake lye anachitira umboni za umulungu wake ndiponso ulemelero wa Atate. Khutu lake silinali logontha kuti sakanatha kumva, kapena dzanja lake lalifupi kuti lye sakanatha kupulumutsa. Chinali cholinga cha mphamvu ya ulumuliro wake kupulumutsa monga akanathera anthu onse amene angadze kwa Atate mwa lye.

Mbala zimene zinapachikidwa pamodzi ndi Yesu zinali, “ina ku lamanja ndi ina ku lamanzere ndipo Yesu anali pakati.” Kukhala pakati pa mbala ziwiri kwa Yesu kunaimira kuti lye anali wolakwitsitsa wa atatuwo. Pakutero anakwanitsidwa malemba, “Ndipo anawerengedwa pamodzi ndi olakwa.” Yes. 53:12. Koma ansembe sanalizindikire tanthauzo lenileni la chimene anachichitachi. Monga Khristu anapachikidwa, poikidwa “pakati” pa mbala, momwemo mtanda wake unaimikidwa pakati pa dziko lokhala mu uchimo.

Ambuye wa ulemelero anaphedwa, kukhala nsembe ya mtundu wa anthu. Khristu sanalore kuupereka moyo wake mwachipambano ndi chimwemwe chotere, chifukwa anadzawiratu kuti chigonjetso chinali chake. Iye anamva zowawa ndi chisoni pa zomwe zinamchitikirira. Si chinali chisoni chakuopa

imfa. Si kunali kuwawa kapena ululu ndi kuopsya kwa mtanda zimene zinamvetsa kupweteka kosanenekako. Koma lye anali Kalonga wa iwo akubutidwa; ndipo kumva zowawa kwake kunali chokokera pa chidziwitso chake za opandu umene tchimo linali nawo, chidziwitso chakuti kudzera pakulizolowera tchimo munthu anakhala wa khungu za kuopsya kwake. lye anaona kuti tchimo linalowala ndi kukhazikika mwakuya mu mtima wa mtundu wa anthu, ndi kuti ndi anthu ochepetsetsa kwambiri amene anafunitsitsa kuchoka pansu pa mphamvu yoipayi. lye anazindikira kuti popanda chithandizo chochokera kwa Mulungu, mtundu wonse wa anthu unali woti unke kuchiongeko.

Pa Khristu yemwe anali tchimo m'malo mwathu panaikidwa zolakwa zathu zonse. Anawerengedwa wochimwa lye wopanda banga liri lonse la uchimo kuti atipulumutse ife kuchokera ku themberero la chilamulo. Kulakwa kwa mwana wa Adamu ali yense kunaumvetsa ululu mtima wake. Kuopsya kwa mkwiyo wa Mulungu wakutsutsana ndi tchimo, ndi kusakondwera kwake ndi machitidwe akusayeruzika, zinazudzadza moyo wa Mwana wake ndi chisoni chachikuru. Pa nthawi yonse yakukhala kwake pa dziko lapansi, Khristu analalikira uthenga wabwino wa chifundo ndi chikondi cha Atate wake chakukhululukira tchimo. Cholinga chenicheni cha Uthenga wake chinakhazikika pa chipulumutso cha munthu ali yense. Koma tsopano mdima wa machimo amene anawasenza, unabisia kuti lye sanathenso kuiona nkhoje ya Atate wake amene anali kudziyanjanitsira mtundu wa anthu ochimwa kwa Mwini yekha kudzera mwa Mwanayo. Kunali kubisika kwa nkhoje ya Atate wake pa ora la kupsyinjika lija komwe kunazudzadza mtima wa Mpulumutsi ndi chisoni chachikuru chomwe mau a umunthu sangathe kuchifotokoza. Kusweka mtima kwake kunali kwakukuru kuposa ululu wakumenyedwa ndi zikwapu umene unali pa thupi lake.

Satana ndi mphamvu zake zonse anaumvetsa ululu wosaneneka mtima wa Yesu. Mpulumutsiyo amangoona manda ndi imfa patsogolo pake. Chiyembekezo chakuti adzauka ndi kuturuka m'manda nakhala wogonjetsa, ndi chitsimikizo chakuti Atate anakubvomeriza kudziperika nsembe kwake zinachoka m'maganizo mwake. lye anachita mantha pozindikira kuti tchimo liri mdani wamyaya wa Atate wake, tsono popeza lye analisisa ili, chinali chizindikiro chakulekanitsika kwa myaya kwa lye ndi Atate wake. Khristu anakumva kupweteka kumene anthu ochimwa adzakumve chikadzatsekedwa chitetezero pomwe chifundo cha Mulungu sichidzathanso kukhululukira mtundu wa anthu.

Ndi kuzizwa kwakukuru angelo anachitira umboni za ululu wakutaita chikhulupiriro womwe Mpulumutsi anaumva. Makamu onse a kumwamba anabisa nkhoje zao osafuna kuyang'ananso chochitika choopsya chimene lye analimo. Chilengedwe chonse

cha za moyo ndi zopanda moyo chinamva chisoni ndi Mlengi wao amene ananyozedwa komanso anali kukaphedwa. Dzuwa linalika kuwala kwake kuti lisaone chochitika chochititsa manthacho. Pa tsiku li linawalira dziko lapansi mu mphamvu yake kufikira paliombo, kenaka mwadzidzidzi linangokhala ngati lazimidwa. Mdima wandiweyani unaphimba mozungulira mtanda. "Ndipo panali mdima pa dziko lonse kufikira ora lachisanu ndi chinai, ndipo dzuwa linada." Panalibe kadamsana kapena chinthu chiri chonse cha chilengedwe chomwe chikanapangitsa mdima umenewu, womwe unali waukuru koma wopanda mwezi kapena nyenyezi. Ichi chinali chozizwa chimene Mulungu anachipereka kuchitira umboni za imfa ya Mwana wake kuti chikhulupiriro cha mibadwo inali nkudza kutsogolo chidzalimbikitsidwe.

Nkhope ya Mulungu inabisika mu mdima wochindikira. Anaika mdima pobisala pake, ndi kubisala ulemelero wake kuchokera ku maso a umunthu. Mulungu ndi angelo ake oyera anali pa mtanda paja. Atate anali imoddi ndi Mwana wake. Koma sanaonekere kwa anthu. Ngati ulemelero wake ukanaonekera kuchokera m'mtambo muja, munthu aliyense akanafa. Mthunzi wa manda unagwa pa Golgotha. Ndipo mantha osaneneka analigwira khamu lonse linasonkhana mozungulira mtandawo. Kunyozo ndi kutukwana zinadukira panjira. Amuna, akazi ndi ana anagwa chafufumiba naloza nkhoje zao pansu. Kenaka mphenzi inang'anima kuchokera mu mtambomo, ndi kuonetsa mtanda ndi Mpulumutsi wopachikidwa. Pa ora la chisanu ndi chinai mdimawo unachoka pa anthu koma unampimbabe Mpulumutsiyo. Uwu unali chizindikilo cha ululu waukuru umene unali mu mtima mwake. Palibe diso lomwe linapayola mdima umene unaphimba mtandawo, monga kunali kosatheka kuti munthu alowe ndi kuona komanso kumvetsetsa za kuwawa komwe kunali m'moyo wa Khristu. Kung'anima kwa ukali kwa mphenzi kunakhala ngati chidzudzu pa lye amene anali chipachikidwire pa mtandapo. Pomwepo Yesu anapfuula ndi mau akuru, "Eloi, Eloi, lama sabakatan, ndiko kunena kuti, Mulungu wanga, Mulungu wanga, mwandisiyanjira lye?" Mwana wa Mulungu wopanda banga liri lonse la uchimo anapachikidwa pa mtanda, thupi lake litalezedwa ndi dzikwapu za mawaya; manja aja omwe nthawi zambiri anadalitsa anthu, anakhomedwa ndi misomali pa mtanda wa mtengo wouma; miyendo yosatopa pa kutumikira ena mwa chikondi jja, inakhomeredwa ku mtengo; mutu wodzala ndi ukuru ndi ulemelero uja unalasilidwa ndi korona wa minga; milomo yodzala ndi mau akuhenjeza ndi a chikondi jja inalira ndi mau a ululu. Chinali chifukwa cha inu ndi ine kuti Mwana wa Mulungu anasenza kulemera kwa tchimo; kuti akaononge mphamvu ya imfa, ndi kutsegula zipata za ku Paradiso. lye, Wonyamula Tchimo pa mwini yekha, anapirira mkwiyo wa chilungamo cha Mulungu, nalora kukhala tchimo

m'malo mwa iwe. Mwakachetechete onse anachitira umboni chinthu chochititsa mantha akurucho. Kenaka dzuwa linawalanso mu mphamvu yake; koma mtanda pomwe panakhomedwa Mpulumutsi unakhalebe chiphimbidwire ndi mdima. Ansembe ndi akuru a anthu pakutembenuka kuyang'ana ku Yerusalemu; taonani, mtambo wakuda bi unaphimba mzindawo ndiponso zigwa zonse za Yudeya. Dzuwa la Chilungamo, yemwenso anali Kuunika kwa dziko lapansi, anali kuchotsa mizati ya kunyezimira kwa chiyezo ndi chilungamo chake pa mzinda umene anaukondetsetsa. Kung'anima kwa mphenzi koopsya kwa mkwiyo wa Mulungu kunatsutsana ndi kusayeruzika kwa mzinda wotemberedwawo.

Mwadzidzidzi mdima unachotsedwa pa mtandapo, ndipo m'mau omveka ngati a lipenga, omwe anakhala ngati akulankhulidwa kwa cholengedwa chiri chonse, Yesu anapfuula, "Kwatha." "Atate m'anja mwanu ndiika mzimu wanga." Kuwala kunaonekera mouzungulira mtanda, ndipo nkhoje ya Mpulumutsi inanyezimira ndi ulemelero wa ngati kuwala kwa dzuwa mu mphamvu yake. Pomwepo lye anasuzama nkhoje yake pa chifuwa pake, nafa.

Ndipo mdima unaliphimbanso dziko lapansi, ndi ukali wa kugunda kwakukuru kwa mabingu, unamveka. Ndipo panakhala chibwomezi. Anthu anagwedezeka ndi kugwerana wina ndi mnzake. Panakhala chisokonekero chifukwa cha kugwedezeka kwakukuruko. M'mapiri ozungulira mathanthwe anang'ambika pakati, ndi kunka akugubuduka kulowera ku zigwa. Manda anatseguka, ndipo ena a oyera mtima anaukitsidwa. Chilengedwe chonse chinagwedezeka.

Pamene mau a kupfuula, "Kwatha," anali nkuturuka pa milomo ya Khristu, nkuti ansembe akupereka nsembe m'kachisi. Linali ora la nsembe ya madzulo. Nkhosa yomwe inaimira Khristu inali itabweretsedwa kuti iphedwe. Wobvala mkanjo wa ulemu ndi wokongola kwambiri, mkuru wa nsembe anaama, atakwezwa mpeni, monga anachitira Abrahamu pamene anangotsala pang'ono kupha Isake mwana wake. Ndi chidwi chachikuru anthu anayang'anitsitsa chochitikacho. Koma pa nthawiyo nkuti dziko likunjenjemera ndi kugwedera; chifukwa Ambuye Mwini wake anali pafupi. Pomwepo, taonani, chinsaru cha m'kachisi chinang'ambika pakati. Chipinda chopatulikitsa cha kachisi wa dziko lapansi sichinalinsu choyeretsedwa.

Zochitika zonse zinali zochititsa mantha. Wansembe atangotsala pang'ono kuti aphe nkhosayo; mpeni unagwa kuchoka m'dzanja lake lomwe limanjemera pa nthawiyo, ndipo nkhoa inathawa. Nsembe yeniyeni ya imfa ya Mwana wa Mulungu inali itachitika. Nsembe yoposa zonse inaperekedwa. Njira yolowera m'chipinda chopatulikitsa inali itatsegulidwa. Njira yatsopano ndiponso ya moyo inali itakonzedwa kwa onse. Panalibenso chifukwa chakuti mtundu wochimwa

wa anthu udikirensu mkuru wansembe kuwachitira chotetezera. Mpulumutsi wopachikidwayo monga Mkuruwansembe ndi lye amene ali Nkhoswe yathu Kumwamba. Kuchokera pa zomwe zinachitikazo, kunakhala ngati mau analankhulidwa kwa opembezawo kuti; Nthawi ya zinsembe zophera ndi za kwa machimo yatha.

KWATHA

Khristu sanaupereka moyo wake kufikira atatsiriza ntchito imene anadzaichita, ndipo pamene amapuma mpweya wotsiriza, anapfuula, "Kwatha." Yoh. 19:30. lye anagonjetsa pa nkondoyo. Dzanja la Atate ndi mkono wake woyera zinamchitira lye chipambano. Satana anagonjetsedwa, ndikuzindikira kuti kuchokera pamene ufuwu wake unatengedwa.

Kwa angelo ndi maiko amene sana-chimwepo kupfuula, "Kwatha," kunali ndi tanthauza lakuya. Ndipo tanthauzo lomwelo liri kwa ife lero kuti ntchito yaikuru ya chipulumutso inafika pamapeto. Monga iwo, ifenso tapindula ndi zotsatira za chipambano cha Khristu. Kufikira pa imfa ya Khristu, kuipa kwa Satana kunali kusanadziwike kwenikweni kwa angelo kapena ku miyamba imene sinachimwepo. Woukira wa mkuruyu wanakhala akugwiritsa ntchito chinyengo koteru kuti ngakhale angelo sanamvetsetsa za chomwe chinali cholinga chake. Kuipitsitsa kwa kupandukira kwake iye anakubisa..

Mulungu akanatha kumuononga Satana ndi omtsatira ake pamene anagochimwa, monga amachitira woumba ndi mbiya ya dothi; koma lye sanatero. Kuukiraku si kunali chinthu chochigonjetsa pakugwiritsa ntchito machitidwe a mphamvu ndi okakamiza. Machitidwe a mphamvu ndi okakamiza amapezeka m'boma ndi ulamuliro wa Satana. Ulamuliro wa Mulungu unakhazikika pakuchita zabwino, chifundo ndi chikondi; Mulungu amagwiritsa ntchito izi pakulimbana ndi kuipa kuli konse. Ulamuliro wa Mulungu ndiwo kumvera, ndi choonadi ndi chikondi momwe mphamvu zake zimaonetsedwa.

Mulungu anaika zinthu zonse pansu pa chitchinjirizo chake cha myaya, koteru kuti mu uphungu wa kumwamba munakhazikitsidwa mpfundo yakuti nthawi ipatsidwe kwa Satana kuti apange zofuna zake ndi kuyala maziko amene anawafuna akayendetsedwe ka ulamuliro wake. Satana wananana bodza kuti malamulo ake anali oposa a Mulungu. Choncho mpata unaperekedwa kwa iye kuti awaonetsera malamulo akewo, kuti chilengedwe chonse cha za kumwamba chiwaone.

Satana anawatsogolera anthu ku tchimo, pamene Mulungu pofuna kuligonjetsa tchimo lo anaika njira ya chipulumutso. Kwa zaka zikwi zinai, Khristu anakhala akugwira ntchito yakukweza munthu, pamene Satana wanakhala akugwira ntchito yomtsitsa ndi kumchimwitsa munthuyo. Chilengedwe chonse cha za kumwamba chinaona ndi kuchitira umboni zonsezi.

Pambuyo pakumpachika Mwana wa

Mulungu, kudzibisa konse anakuchita Santana kunaturukidwa. Machitidwe a ulamuliro wake anakidwa poyera pamaso pa angelo omtsira ndi pa chilengedwe chonse cha za kumwamba. Wanadzionetsera kuti anali wakupha. Munthu ndiponso angelo anaona kusiyana kwa pakati pa Kalonga wa kuunika ndi kalonga wa mdimayo. Choncho kusankha kunali kwa munthuyo pakati pa awiriwa.

M'MANDA A YOSEFE

Potsirizira Yesu anapumula. Tsiku lalitali la kuzunidwa ndi kuchititsidwa manyazi linapita. Pakungotha kuwala kwa dzuwa kwa tsiku'lo limayamba Sabata, m'limelelo Mwana wa Mulungu anagona tulo ta mtendere m'manda a Yosefe. Ntchito yake inafika pamapeto, ndipo lye ndi manja ake opindidwa mwa mtendere, anapumula m'maora opatulika a tsiku la Sabata.

Pachiyambi pachilengedwe Atate ndi Mwana anapumulanso pa tsiku'li pambuyo pakutsiriza ntchito yao ya kulenga. "Ndipo zinatha kupangidwa zakumwamba ndi dziko lapansi, ndi khamu lao lonse." (Genesis 2:1), Mlengi ndi khamu la za kumwamba zonse anakondwera poyang'ana pa chilengedwe chodzala ndi ulemelerocho. Ndipo "nyenyezi za m'mwamba zinamba limodzi mokondwera." Yobu 38:7. Mulungu ndipo anadalitsa tsiku lachisanu ndi chiwiri chifukwa limenelo adapuma ku ntchito yake yonse imene anailenga ndi kuipanga. Choncho Yesu nayenso anapumula pa tsiku'li ku ntchito yake ya kupulumutsa; kotero kuthi ngakhale panali kudandaula pakati pa anthu amene anamkonda pa dziko lapansi, koma kumwamba kunali chimwemwe. Chinthu chosangalatsa kwambiri kwa okhala kumwamba chinali kukwaniritsidwa kwa lonjezano la za mtsogolo lomwe linachitika. Cholinga cha chilengedwe chinabwerera monga chinali pachiyambi, mtundu wa anthu unapulumutsidwa, kotero ngati ungapitirize kuligonjetsa tchimo, sudzakhalanso wotaiuka ukatembenukira kwa Mpulumutsi, kulapa ndi kubvomereza, - ichi ndicho chinali cholinga ndi chopindula cha ntchito imene Khristu anaitiriza yomwense Mulungu ndi angelo omwe anaichitira umboni. Chifukwa cha chochitika ichi, tsiku limene Yesu anapumula'li linatsimikizika kwa myaya. Pakuti, "ntchito yake ndi yangwiro," ndiponso "zonse Mulungu azichita zidzakhalala kufikira nthawi zonse." Deut. 32:4; Mlal. 3:14.

Pamene mdima unachoka pa mtanda, ndi mau akutsazika a Mpulumutsi atalankhulidwa, mau ena anati, "Indedi Uyo ndiye Mwana wa Mulungu." Mateyu 27:54.

Mauwo sanalankhulidwe monong'ona, koma mokweza. Anthu onse anatembenuka kumyang'ana wolankhulayo. Anali ndani? Anali Kenturiyo, msilikari wa Chiroma. Kufatsa kwa umulungu kwa Mpulumutsi, ndi imfa yake yochitika m'nthawi yake, ndiponso mau ake akupfuula oturuka pa milomo yake, zinamkhuza munthu wachikunjayo. M'thupi la Yesu lodzala ndi mabala, lofooka ndi

lopachikidwa pa mtanda, Kenturiyo, anaona Mwana wa Mulungu. Msilikariyo sanathe kuchibisa chikhulupiriro chake.

Pamene mdima unayamba kugwa, pa Golgotha panagwa bata koma la kumwamba. Khamu lonse linabalalika, ndipo ambiri anabwerera ku Yerusalemu ali osinthika m'moyo wao wa uzimu poyerekeza ndi momwe anapitira ku m'mawa. Iwo anaturukira kuthi zimene ansembe anamubira Yesu mlandu zinali za bodza, ndiponso kuthi Yesuyo sanangodziyenereza pa zonse anazilankhula ndi kuzichita; kotero kuthi patangopita milungu yowerengeka, pamene Petro anaima ndi kulalikirira pa tsiku la Pentekoste, anthu zikwiziki anabvomereza ndi kulapa, natembenuka kukhala ophunzira a Khristu.

Ansembe ndi akuru a anthu anasowa mtendere. Iwo anali patsogolo pakukwaniritsa cholinga chao pakumpaha Khristu; koma kulophereka kwa chipambano anachiyembekezeracho kunawadzaza ndi mantha. Iwo anasowa mtendere namuopa Khristu yemwe anali atampha ndi kumuika m'manda kuposa momwe anachitira naye ali ndi moyo. Sabata linali nkuyandikira, ndipo kunawerengedwa kwa iwo tchimo lakuswa Sabata ngati mitembo ikanasiidwa pa mtanda osaikidwa m'manda dzuwa lisanalowe pa tsiku lakukonzekera. Modziyenereza Ayuda anapita kwa Pilato ndi kumpempha kuthi imfa ya opachikidwawo ifulumizidwe, kuthi matupi ao aikidwe m'manda dzuwa lisanalowe komwe kunali kuyamba kwa Sabata.

Pilato sanalinso wokondwa kuthi thupi la Yesu likhale pa mtanda. Ndipo iye atalora pempho la Ayudawo, Miyendo ya mbala ziwirizo zomwe zinali ziri moyo inathyoledwa kufulumiza kuthi zife; koma pamene anafika pa Yesu anapeza kuthi anali atafa kale. Mitima ya asilikari ankhazawo inali itafewetsedwa ndi zomwe anamva ndi kuona zokhuza Khristu, ndipo sanakamizika kuthyola chiri chonse cha ziwalo zake. Ansembe ndi akuru a anthu anadabwa kuona kuthi Khristu anali atafa kale. Imfa ya pa mtanda imatenga nthawi yaitali; kunali kobvuta kutsimikizika kuthi munthu wafadi. Ndipo chinali chinthu cha chilendo kuthi m'maora asanu ndi limodzi a kupachikidwa kwake Khristu anali atafa. Ndipo pakufuna kutsimikizika ngati Yesu anali atafadi, iwo anapempha msilikari kuthi alase ndi thungo thupi la Mpulumutsiyo m'nthiti. Ndipo kuchokera m'nthiti'yo, munaturuka mwazi ndi madzi. Koma sikuti Yesu anafa chifukwa cha kulasidwa ndi nthungo, kapena chifukwa chakuti anapachikidwa pa mtanda, ndiye ululu ndiwo unampha lye. Kupfuula kwake "ndi mau akuru" (Mat. 27:50; Luka 23:46), pa nthawi yakufa kwake, ndi kuturuka kwa mwazi ndi madzi kuchokera m'nthiti mwa zinali chitsimikizo chakuti lye anafa chifukwa chakusweka mtima. Mitima wake unasweka chifukwa chakuzunzidwa kwake komwe kunakhuza ubongo wake. Iye anaphedwa ndi tchimo la dziko lapansi.

Yosefe anapita mopanda mantha kwa

Pilato, ndi kumpempha thupi la Yesu. Ndipo anabvomerezedwa. Pamene Yohane anathedwa nzeru za manda kumene akaikhe Ambuye wake, Yosefe anaturukira ndi chilolezo anachilandira kwa Pilato za thupi la Khristu; ndipo Nikodemo anadza ndi mankhwala a mtengo wapatali osakaniza mure ndi aloe olemera pafupifupi malibisi zana limodzi, kudzalidzoza thupi la Mpulumutsi'lo. Iye amene anali wolemekezeka m'Yerusalemu yense, sanachite mantha kuonedwa akupereka ulemu pa imfa imeneyi. Ophunzira adazizwa kuwaona anthu olemera ndi akuru a anthu awa akunetsa kukhuzidwa kwambiri monga anachitira iwo eni za kuikidwa m'manda kwa Ambuye.

Pa imfa ya Mpulumutsiyo, sanadzibisenso za kukhala kwao ophunzira ake. Mosamalitsa ndi mwa chilemekezo, ndi manja ao analitsa thupi la Yesu pa mtanda. M'maso mwao munatsika misozi, poliona thupi la Yesu lodzala ndi zironde za kulezedwa ndi zikwapu za mawayo. Ndipo Yosefe anali ndi manda omwe anawakumba m'thantwe. Awa anali akuti adzaikidwemo mwini yekha akadzafa; anali manda okhawe omwe anayandikira pa Golgotha, ndipo iye anawapereka kuikamo thupi la Yesu. Ndipo atatha kulikonza thupi'lo ndi mankhwala amene Nikodemo anabweretsa, nalikulunga bwinobwino m'nsaru ya bafuta, anamgoneka Mpulumutsi m'menemo. M'mandamo ophunzira atatu'wo anaongola ziwalo zake zobvulazidwazo, napinda manja ake okhala ndi zironde'wo ndi kuwaika bwinobwino pa chifuwa chake. Amai a ku Galileya anadza naona maikidwe, ndi chomwe anayenera kuchitira ndi thupi la Mphunzitsi wao anamkondetsesayo. Ndipo anaona katsekedwe ka mwala umene unaidwa pa khomo la mandawo, namsiya Mpulumutsi akupumula. La Sabata ili linali losaiwalika kwa ophunzira odzala ndi chisoni'wo, ndiponso kwa ansembe, akuru a anthu, alembi, ndi anthu onse. Pakulowa kwa dzuwa pakuti linali tsiku lakukonzekera kulira kwa malipanga kunamveka, kutsimikizika kuthi Sabata linayamba. Paskha linakhala likusungidwa kwa zaka mazaanamazana, koma anthu sanazindikira kuthi lye amene linali kuimira za lye, ndi amene anaphedwa ndi manja a anthu oipa, ndi kugonekedwa m'manda a Yosefe. Pa tsiku la Sabata mabwalo onse akachisi anadzala ndi anthu opembezeka. Mkuru wansembe amenenso anali nawo ku Golgotha anali pakati pa opembezeka, atadzibveka mikanjayo yokongola ndi ya mtengo wapatali. Ansembe ena ali m'maduku a nsaru ya bafuta, motangwanika, angawira ntchito yao monga mwachizolowezi. Koma ena a iwo anamva kutsutsika za kuperekedwa kwa mwazi wa ana a ng'ombe ndi wa mbuzi monga chotetezera ku machimo. Onse anali mu mdima wa kusazindikira kuthi nsembe yeniyeni inali itaperekedwa kulowa m'malo mwa nsembe za mwazi wa nyamazo, ndi kuthi nsembe yoloza kuchikhululukiro cha machimo a dziko lapansi'yo ndi yomwe iwo anaipereka m'maora a

tsiku la kukonzekera aja. Sanathe kuzindikiranso kuthi mautumiki a zinsembe omwe anawachita kale anali opanda tanthauzo kuyambira pomwe anamphera Khristu kupita mtsogolo. Chikhazikitsidwire chilingano cha Paskha sipanayambe pakhala kusakhutitsidwa m'malingalira a anthu za nsembe zimene zimaperekedwa monga zinachitikirira pa nthawi yomwe Mpulumutsi anali ataphedwaye. Ngakhale zinali choncho, mwachizolowezi malipanga, zoimbira, komanso mau a oimba zinamveka bwino ndi mokweza kwambiri. Koma ngakhale izi zinachitika, kusakhutitsidwa ndi mautumikiwo ndi chikaingo ngati anali oyenera zinakhaleba m'malingaliro a opembezeka.

Malingaliro a anthu ambiri anakhuzidwa ndi zomwe anazona pa Golgotha. Pakufuna kumvetsetsa za kupachikidwa ndi kuuka kwa Ambuye, anthu ambiri mosatopa anafufuza m'maulosi, ndi cholinga chofuna kuzindikira tanthauzo lenileni la chikondwerero cha Paskhacho, ena anafufuza kuthi apeze maumboni otsimikizira ngati Yesu anali Mpulumutsi monga anadzifotokozeka yekha; pamene enanso anafufuza kuthi apeze maumboni owatsimikizira kuthi lye sanali Mpulumutsi. Kuchokera pa kufufuza kokhala ndi zifukwa zosiyanasianaku, onse anatsimikizika pa mpundo imodzi, - ulosi unakwanitsidwa, lye amene anapachikidwa anali Mpulumutsi wa dziko lonse lapansi. Ataturukira choonadi ichi, ambiri amene amatengako mbali m'mautumiki a zinsembe za pa paskha anagwetsedwa mphwayi ndi kusiyana kutero. Ngakhale ansembe ena anatsimikizika kuthi Yesu anali Mpulumutsi wolonjezedwayo. Kufufuza m'maulosi kwa anthuwo sikunapite pachabe, pambuyo pa kuuka kwake kwa akufa iwo anatsimikiza kotheratu kuthi Yesu ndi Mwana wa Mulungu.

Pomuona Yesu atakwezidwa pa mtanda, Nikodemo, anakumbukira mau amene Mpulumutsiyo analankhula naye usiku m'phiri la Azitona: "Ndipo monga Mose anakweza njoka m'chipululu, chotero Mwana wa munthu ayenera kukwezidwa; kuthi yense wakuhulupirira akhale nao moyo wasatha mwa lye." Yohane 3:14,15. Pa tsiku la Sabata limene Yesu anali akugona m'manda, Nikodemo analingaliranso izi zonse. Maganizo ake anateguka kufika pakuti mau amene Yesu analankhula kwa iye sanasowekenso wina kuthi amantanzire. Anthu a nzeru zakuya anawaitanitsa ansembe ndi akuru a anthu kuthi afofotokozeka bwino za maulosi okhuza Mesiya a m'Chipangano Chakale, ndipo pamene iwo anayesera kuchimasulira choonadi mokhotetsa anaoneka ngati ozungulira mitu. Kubwezera nkhanza ndi kuipa mtima m'malo mwa ubwino kumene ansembe anakuona ngati kunali chipambano ku mbali yao kunasandulika kukhala chitonzo ndi manyazi akuru. Anazindikira kuthi tsopano anapusa pamaso pa anthu onse. Anachita mantha ndi kunthunthumira pakukhala ndi chitsimikizo chokwanira tsopano chakuti Yesu adzaukadi kwa akufa ndipo adzaone-

keranso kwa anthu'wo. Iwo analimvetseta tanthauzo lake lenileni la mau amene lye analankhula kwa iwo akuti, "Pasulani kachisi uyu, ndipo masiku atatu ndidzamuutsa." Yoh. 2:19, omwe amatanthauza kachisi wa thupi lake. Kenaka iwo anangopumula pang'ono pa tsiku la Sabata'lo koma mtima wao usali m'malo. Ndipo ngakhale kunali kosaloredwa mwa lamulo kulowa m'mabwalo a anthu achikunja popewa kuti angadetsedwe, anapita kwa Pilato kukakambirana naye za thupi la Khristu. Analakalaka imfa ndi manda zikanamgwira undende Yesu amene anampachika kuti asaukenso. "Ndipo m'mawa mwake, ndilo dzuwa lotsatana ndi tsiku lokonzekera, ansembe akuru ndi Afarisi anasonkhanira kwa Pilato, nanena, Mfumu takumbukira ife kuti wonyenga uja anati, pamene anali moyo, Ndidzauka pofika masiku atatu. Chifukwa chake mulamule kuti asindikize pamandapo, kufikirira tsiku lachitatu, kuti kapena ophunzira ake angadze, nadzamuba lye, nadzanena kwa anthu, kuti iye anauka kwa akufa: ndipo chinyengo chomariza chidzapa choyambacho. Pilato anati kwa iwo, Tenganila alonda; mukani kasungeni monga mudziwa." Mat. 27:62-65.

Ansembe anapereka malangizo a momwe manda'wo akaloneddwe. Chimwala chachikuru chinali chitaidwa kutseka pa kholo pa manda. Iwo anauza alondawo kukoachcherera mokomana chimwalacho ndi khoma la thanthwe lomwe panagobedwa manda'wo komanso kuwasindikiza manda'wo ndi chisindikizo monga mwamachitidwe a Aroma. Pakutero mwala'wo sukanatha kusunthika osayamba kuswa zootcheredwazo ndi chisindikizo cha Aroma. Ndipo anaika asilikari mozungulira mandawo kuonetseta kuti pasakhale wina ali yense woyandikira mandawo. Ansembe anachita chiri chonse monga akanathera pofuna kulisunga thupi la Khristu m'manda analikamo. Manda amene munali thupi la Mpulumutsi anaotcheredwa ndi kulondedwa ngati kuti lye anali wakuti adzakhala m'menemo kwa myaya.

"AMBUYE ANAUKA"

Usiku wa tsiku loyamba la pa mulungu, unadutsa monga mwa nthawi zonse. Ndipo ora la mdima wolekanitsa kuwala kwa usana ndi mdima wa usiku, linakwana. Khristu anakhaleba wa ndende m'manda ake opapizawo. Chimwala chachikurucho, chinali chitsekedwe pa khomo la manda'lo; chisindikizo cha Aroma chinali chosawedwa; ndipo asilikari a Chiroma analonderabe mandawo. Enanso amene sanaonekera ndi maso a umunthu anali angelo a Satana omwense anazungulira manda'wo. Koma khamu lina lalikuru ndi la m'phamvu kwambiri la kumwamba linasonkhananso pa malowo. Chinali cholinga cha kalonga wa mdima ndi khamu lake la nkondo kuti manda a Yesu akhalebe otsekedwa ndi kusindikizidwa chizindikilo kuti Mwana wa Mulungu asaturukemonso. Koma khamu la

angelo a kumwamba nalonso linazungulira mandawo. Angelo a m'phamvu zochurukitsa kuposa za iwo amene anaikidwa kulondera manda'wo linadza kumlandira Kalonga wa moyo. "Ndipo onani, panali chibvomezi chachikuru; pakuti mngelo wa Ambuye anatsika Kumwamba, nafika ndi kukunkhuziza mwawo, nakhala pamwamba pake." Wobvekedwa ndi ulemelero waukuru ndi kunyezimira kwa ukuru wa Mulungu, mngelo ameneyu anatsika kuchokera m'mabwalo akumwamba. Ndipo mizati ya kunyezimira kwa ulemelero wa Mulungu inapita patsogolo pake ndi kuunikira njira yake. "Kuonekera kwake kunali ngati mphenzi, ndi chobvala chake choyera ngati matalala; ndipo ndi maonekedwe ake oopsya alondawo ananthunthumira, nakomoka kukhala ngati akufa.

Pakufa kwa Khristu chivomezi monga chizindikilo chinachitika, kenaka chibvomezi china chinachitiranso umboni wa chipambano cha kuuka ndi kukhalanso moyo kwake. Iye ndi amene anailaka imfa ndi manda nauka ndi machitidwe a wogonjetsa, mkati mwakugwedezeka kwa dziko lapansi, kung'anima kwa mphenzi, komanso kubangula kwa mabingu. Pamene lye akubweranso, adzagwedeza "si dziko lapansi lokha, komanso m'mwamba." "Dziko lapansi lidzachita dzandi dzandi, ngati munthu woledzera, ndi kunjenjemera ngati chilindo." "Ndi miyamba idzapindika pamodzi ngati mpukutu." "ndi za m'mwamba zidzakanganuka ndi kutentha kwakukuru ndipo dziko ndi ntchito ziri momwemo zidzatenthedwa." Koma "Yehova adzakhala chopulumukirapo anthu ake, ndi linga la ana a Israyeli." Heb. 12:26; Yes. 24:20; 34:4; 2 Petro 3:10; Joel 3:16.

Khristu anauka kwa akufa ndi m'phamvu ndi ulemelero waukuru, ndipo asilikari a Chiroma anamuona lye. Maso ao anayang'anana pa lye amene nthawi yochepetseta kwambiri inali itangodutsa kuchokera pomwe iwo anagwada pansu pamaso pake ndi kumchita chipongwe komanso kumnyoza. Mwa Wodzazidwa ndi ulemelero uyu, iwo anaona wandende amene anamuona m'bwalo la kuweruza la milandu, lye amene anamlukira korona wa minga ndi kum'bveka. Uyu anali yemwe uja anaima wopanda chowiringula pamaso pa Pilato ndi Herode, thupi lake lolezedwa ndi zikwapu za mawayo popanda munthu ali yense wom'mvera chisoni. Uyu ndi amene anamkhomera pa mtanda, amene ansembe ndi akuru a anthu, modzitamandira, anapukusa mitu yao mwachipongwe ndikunena, "Anapulumutsa ena, sangathe kudzipulumutsa yekha." Mat. 27:42. Uyu ndi amene anaikidwa m'manda atsopano a Yosefe. M'phamvu za kumwamba zinam'masula wandendeyu. Mapiri azolepheretsa anaunjikizana pamwamba pa manda ake kuti asaukenso.

Pamaso pa angelo ndi pa Mpulumutsi wophimbidwa ndi ulemelero waukuru asilikari a Chiroma anakomoka ngati afa. Pamene ulemelero ndi kuwala kwa khamu la kumwamba kunabisika ku maso kwao,

iwo anatsimuka, nauka, ndipo mwamsangamsanga anathawa kuturuka pa chipata cha mundawo. Modzandima ngati anthu oledzera, anafulumira kulowa mu mzinda, kunka akuwafotokozera anthu amene anakomana nawo za chinthu chodabwitsa chomwe chinachitika. Iwo anali kulowera ku nyumba ya Pilato, pamene zomwe ananka akufotokozera anthu zinawafika atsogolera a Chiyuda, ndipo ansembe akuru ndi akuru a anthu anawaitanitsa iwo kuti akakambirane nao asanakaonani ndi Pilato. Asilikari'wo anafotokoza zodabwitsa zonse zomwe anazona. Modzazidwa ndi mantha ndi kunthunthumira komanso nkhope zao ziri zotumbuluka, iwo anachitira umboni za kuuka kwa Khristu kwa akufa. Iwo anafotokoza mwatsatanetsatane monga anazonera; m'maganizo mwao munalibe malingaliro akuti abiseko chinthu china chiri chonse pa zimene anazona; koma kunena choonadi chokhachokha. Mowawidwa mtima kwambiri iwo anazindikira kuti anachimwitsidwa, ndipo ananka tsopano akulalikira kuti, lye amene anapachikidwa analidi Mwana wa Mulungu; tamva mngelo wochokera kumwamba akumutcha lye Wolemekezeka wa kumwamba, Mfumu ya ulemelero.

Nkhope za ansembe akuru zinakhala ngati za anthu kufa. Kayafa anayesera kulankhulapo. Milomo yake inaoneka kuti ikuyenda kuti akulankhula, koma osaturutsa mau. Asilikari atatsala pang'ono kuti aturuke m'chipinda momwe uphungu unasonkhaniramo, anauzidwa kuti ayembekezere pang'ono. Kayafa tsopano anali ndi mau akuti awalankhule. Tayembekezani pang'ono, tayembekezani pang'ono, iye anawapempha. Musafotokozerenso munthu wina aliyense za zinthu zimene mwazona.

Nthawi imene Yesu anagona m'manda, Satana anadziona ngati wopambana. Iye sanaganizire kuti Mpulumutsi adzautenganso moyo wake kwa mwini yekha. Iye analigwira ukapolo thupi la Ambuye, ndi kuika asilikari kulondera manda, pakuganiza kuti anamtenga Khristu kukhala wa ndende wake. Iye anakwiya kwambiri pamene angelo ake anathawa pakubwera kwa mngelo yemwe anatsika kuchokera kumwamba. Pamene iye anamuona Khristu akuuka mwachipambano, anazindikira kuti ufumu wake unafika pamapeto, ndi kuti kumapeto kwake adzayenera iye kufa. Pompha Yesu, ansembe akuru, anadzionetsa okha kuti ali atumiki enieni a Satana. Apa zinatsimikizika. Anali m'choopsya chomwe sanathe kudziturutsamo koma kupitiriza kumena nkondo yolimbana ndi Khristu. Iwo anaona kuti analibe chowatchinjiriza chiri chonse. Zitseko zotchinjirizidwa ndi maloko akuru komanso zitsulo zinali zosati nkuwatchinjiriza iwo ku m'phamvu ya Mwana wa Mulungu. Tsiku liri lonse usana ndi usiku, mau ao akupfuula m'bwalo la milandu pa nthawi ya kuweruzidwa kwa Yesu, "Mwazi wake uli pa ife ndi pa ana athu," anakhala akumveka m'chikumbumtima chao. Mat. 27:25. Chinali chinthu chosaiwalika m'moyo



wao. Sanathenso iwo kugona tulo tamtendere pa akama ao.

Pamene liu la mngelo wamkuru linamveka ku manda a Khristu, kuti, "Atate wanu akukuitanani Inu muuke," Mpulumutsi anauka kuturuka m'manda ali wa moyo. Apa panakwanitsidwa mau omwe lye analankhula, "Nditaya lne moyo wanga, kuti ndikautengenso... Ndiri nayo m'phamvu ya kuitaya, ndi m'phamvu ndiri nayo yakuitengenso." Komanso mau ake kwa ansembe akuru ndi akuru a anthu, "Pasulani kachisi uyu, ndipo masiku atatu ndidzamuutsa." Yoh. 10:17, 18; 2:19.

Pamene Khristu anauka kwa akufa, anaturuka m'manda ndi khamu lalikuru la andende. Chibvomezi chimene chinachitika pa kufa kwake chinang'amba ndi kutsegula manda ao, ndipo pamene lye anauka, iwo anauka limodzi naye. Anthu awa anali ogwira-ntchito anzake ndi Mulungu, amene sanawerengera moyo wao koma analakika ndi kugwiritsitsa umboni wa choonadi. Tsopano anaikitsidwa kuti akhalenso mboni za lye amene anawaukita kuchokera kwa akufa.

Iwo analowa mu mzinda naonekera kwa anthu ambiri, kunka akulalikira kuti Khristu wauka kwa akufa, ndipo ife taukitsidwa limodzi ndi lye. Ndi kuukitsidwa kwa akufa awa, zinatsimikizika kuti onse amene anafalungama adzaukitsidwa. Kuukitsidwa kwa oyera mtima awa kunali kukwaniritsa mbali yoyamba ya mau akuti, "Akufa anu adzakhala ndi moyo; mitembo yao idzauka." Komanso akuti, "Ukani muyimbe, inu amene mukhala m'pfumbi, chifukwa mame ako akunga mame a pamasamba, ndipo dziko lapansi lidzaturutsa mizimu." Yes. 26:19.

Kwa munthu ali yense wokhulupirira, Khristu ali kuuka ndi moyo. Mwa Mpulumutsi wathu moyo umene unataika mwa uchimo umakhalanso watsopano m'chiyero; lye ali ndi moyo umene amaupatsa monga mwa chifuniro chake. Iye anapatsidwa m'phamvu yakupatsa moyo wosatha. Moyu umene lye anautaya mwa umunthu, anautenganso, ndi kuupatsa ku mtundu wa anthu mwa m'phamvu ya umulungu wake, "Ndadza

ine,” anatero lye, “kuti akhale ndi moyo, ndi kukhala nao wochuruka.”

Kwa munthu wokhulupirira, imfa ndi kanthu koma kakang’ono. Yesu akuiyerekeza. ngati kanthu kopepuka, “Munthu akasungu mau anga, sadzaona imfa nthawi zonse,” “sadalawa imfa ku nthawi zonse.” Kwa mkhristu, imfa ndi koma tulo chabe, nthawi ya mdima ndi yakukhala chete kwa kanthawi kochepe. Moyo umabisidwa ndi Yesu mwa Mulungu, ndipo “Pamene Khristu adzaoneka, pamene inunso mudzaonekera pamodzi ndi lye m’ulemelo.” Akol. 3:4.

Mau amene analankhulidwa popfula pa mtanda, “Kwatha,” anamvekanso kwa akufa. Anapolya makoma a manda, ndi

kuwaitana akufa kuti auke. Umu ndimo adzamvekenso mau a Khristu kuchokera kumwamba. Mau’wo adzapyola makoma a manda ndi kuphwanya mphamvu ya mandawo, ndipo akufa mwa Khristu adzauka. Pa kuuka kwa Mpulumutsi ndi manda owerengeka okha amene anatseguka, koma pakubwera kwake kwachiwiri oyera mtima onse adzamva mau ake, ndipo adzauka kulowa m’moyo waulemelo ndi wosatha. Mphamvu yomweyo imene amanuukitsa Khristu kuchokera kwa akufa idzaukitsanso mpingo wake, ndi kuukweza uyu pamodzi ndi lye, kuposa maukuru, maulamuliro, ndiponso dzina liri lonse lotchuka, osati m’dziko lino lokha, komanso m’lomwe liri nkudza.

NJIRA YA MOYO WATSOPANO

- Si ndalama, mphamvu, kapena chikondi cha umunthu zomwe nzo-funika ku moyo wa munthu. Chachikuru kwambiri ku chipulumutso cha munthu ndicho kubvomerezeka ndi Mulungu.
- Kodi munthu angaipeze bwanji iyi? Nanga angampeze bwanji Mulungu? Nanga munthu angatani kuti akhale wobvomerezeka ndi Mulungu? Nanga tingayandikitsidwe bwanji ndi lye?
- Alipo mayankho kumafunso onsewa, ndipo ndi osabvuta.
- Chofunika ndicho: kukhala pa ubale ndi Mulungu.

Kubwerera kwa Mulungu

Zonse, chilengedwe ndi mau achoonadi, zikuchitira umboni za chikondi cha Mulungu. Ndi kuswa lamulo la Mulungu – lamulo la chikondi komwe kwadzetsa matsoka ndi imfa. Komabe ngakhale mkati mwa uchimo, chikondi cha Mulungu chikuonetsedwa. “Mulungu ndi chikondi” palembewa pa tsamba liri lonse la mtengo kuyambira longophukira kumene ndi pa udzu uli wonse wongoyamba kumera.

Yesu anadzanso nakhala pakati pa anthu kudzachionetsa chikondi cha Mulungu chopanda malire. Chikondi, chifundo, ndi chisoni zonse zinaonetsedwa m’machitidwe a moyo wake; mtima wake wachikondi unafikira miyoyo yonse ya ana a anthu. Iye anatenga thupi la umunthu, kuti akwaniritse zosowa za munthu. Anthu osaukitsitsa ndi onyozeka sanachite mantha kumfikira lye. Umu ndimo linali khalidwe la Khristu lomwe analionetsa pa kukhala kwake pa dziko lapansi. Khalidwe la Mulungu.

Kunali kudzatipulumutsa kuti Khristu anakhala moyo pa dziko lapansi, namva zowawa ndi kuphedwa. Iye anakhala “Munthu wa zisoni zambari,” kuti pakuyanjana naye tilandira chimwemwe ku nthawi zonse. Koma kudzipereka nsembe kwakukuru’ku sikunali ngati njira yom-pangitsa Mulungu kuti amkonde munthu, kapena kumkacamiza munthu kuti atumikire



“Moyo wanga ndi wodzala ndi chisoni chakufikira imfa.”

Mulungu. Ai, ndithu! Koma kuti “Mulungu anakonda dziko lapansi koteru, kuti anapatsa Mwana wake wobadwa yekha, kuti yense wokhulupirira lye asataike, koma akhale nawo moyo wosatha.” Yoh. 3:16. Atate amatikonda, sichifukwa cha nsembe imene Mwana wake anaichita, koma kuti lye ndi amene anapereka nsembeyo chifukwa chotikonda. Palibe wina, koma Mwana wa Mulungu yekha amene anayenera kutipulumutsa.

Ndi chinthu cha mtengo wapatali bwanji ichi! Kudzera mwa uchimo ana a munthu anakhala nzika za ufumu wa Satana. Koma kudzera pa kudzipereka nsembe kwa Khristu ana a Adamu anayanjanitsidwanso nakhala ana a Mulungu. Chikulirenji chikondi cha Mulungu chomwe anakonda nacho dziko lapansi lomwe linamkana lye! Chochitika cha mtengo wapatali ichi chiri ndi mphamvu ya kutembenuza moyo wa munthu ndi kuwapanga malingaliro kudzipereka ku chifuniro cha Mulungu.

Kufunikira Kwa Khristu M’moyo Wathu

Pachiyambi pophimbidwa ndi mphamvu za umulungu munthu anakhala ndi maganizo abwino. Anali wangwirowo m’njira zake, nakhala pa chiyanjano ndi Mulungu. Malingaliro ndi makhalidwe ake anali ach-

ilungamo oyera. Koma mwa kusamvera, malingaliro ake anapotozedwa, kudzikonda kunatenga malo a chikondi cha umulungu mwa iye. Chikhaliidwe chake chinafooka ndi uchimo, koteru kunakhala kosathekanso mu mphamvu za umunthu wake kuigonjetsa mphamvu ya tchimo.

Nkosatheka, mwatokha, kudzipulumutsa ku dzenje la uchimo tagweramo. Mitima yathu ndi yodzala ndi uchimo, ndipo sitingathe kuisintha. Panafunika mphamvu yomwe iyambire kugwira ntchito mkati m’moyo wa munthu yomwe ndi moyo watopano wochokera kumwamba, munthuyo asanasinthike kuchoka ku uchimo kunka ku chiyero. Mphamvu imeneyi ndi Khristu. Chisomo chake chimatsitsimutsa moyo wakufa, kuutsogolera kwa Mulungu, ndi ku chiyero chake. Kwa ochimwa onse ilipo njira imodzi yopulumukira, “Onani Mwanawankhosa wa Mulungu amene achotsa tchimo lake la dziko lapansi! (Yoh. 1:29). Choncho tiyenera ife kudzipereka kwatunthu ku mphamvu yakupulumutsa’yi kuti itisinthe kukhala m’chifanizo chake, m’chijanano cha umodzi wa utumiki wa angelo, ndi mu ngwirizano ndi Atate ndi Mwana.

Kulapa

Kodi munthu angayanjanitsidwanso bwanji ndi Mulungu? Nanga wochimwa angakhalenso bwanji wolungama? Ndi kudzera mwa Khristu momwe ife tingathe kuyanjanitsidwa ndi Mulungu, ndi kulungamitsidwa; nanga kwa Yesu tingafikeko bwanji?

Kulapa ndi kumva chisoni ndi tchimo ndi kulisiya. Sitingathe kulisiya tchimo pokhapokha titakuzindikira kuopsya kwake; pokhapokhanso tchimo lisiyidwe kuchokera pansu pa mtima, nkosatheka kusinthika kwenikweni kwa moyo kuchitika.

Mtima ukadzipereka ku mphamvu ya Mzimu wa Mulungu, chikumbumtima chimatsutsika, pomwepo wochimwa amamvetsetsa za chilungamo chakuya ndi chiyero zokhala m’lamulo la Mulungu, zomwe ndi maziko pomwe pakhazikika ulamuliro Wake kumwamba ndi pa dziko lapansi. Pomwepo kusinthika kumachitika m’magano ndi mu mtima.

Pemphero la Davide, pambuyo pakuchimwa kwake, ndi chitsanzo chabwino chakumva chisoni ndi tchimo. Kulapa kwake kunali kuchokera pansu pa mtima. Iye sanalambalale za kulakwa kwake’ko m’pemphero lake; kapena kuyesetsa kuzemba chilungo chimene chinali nkudza pa iye. Davide anakuzindikira kuopsya ndi kuipitsitsa kwa tchimo limene analichita; anakuona kunyansa kumene linakubweretsa m’moyo wake; naipidwa koteratu ndi chomwe anachichita. Iye sanapempherere chikhululukiro chokha, koma kutsukidwa ndi kuyeretsedwa kwa mtima. Iye anafunitsitsa chimwemwe cha m’chiyero, kuyanjanitsidwanso ndi kukhala pa mgwirizano ndi Mulungu. Malapidwe a mtundu uwo sangatheke mu umunthu; koma mu mphamvu ya Khristu yokha.

Khristu ndi wokonzeka kutimasula ku nsinga za uchimo, koma samachita ichi mokamakiza. Ngati sitifuna, ndi chiyandinso chomwe angachite? Twerenge ife mau a Mulungu ndi kupemphera nthawi zonse. Tikazindikira kuipa kwa tchimo lomwe liri mkati mwathu, tisagonjere ndi kukhumudwa. Ndi chifukwa cha ochimwa kuti Kristu anadza kudzapulumutsa. Satana akadza ndi kukukhumudwitsani kuti ndinu ochimwitsitsa, yang’anani kwa Mpulumutsi wanu ndi kupempha mphamvu yake yakupulumutsa. Bvomerezani tchimo lanu, ndi kumuza Satanayo kuti, “Khristu Yesu anadza ku dziko lapansi kudzapulumutsa ochimwa,” 1 Tim. 1:15, choncho ndi wokonzeka kukupulumutsani inunso.

“Wobisa machimo sadzaona mwai; koma wakuwabvomereza, nawasiya adzachitidwa chifundo.” Miyambo 28:13. Kuti munthu alandire chifundo cha Mulungu ndi chinthu chosabvuta, koma chotheka ndi chapafupi. Kungolapa kwa Mulungu, yekhayo yemwe angathe kukhululukira, komanso kuululirana zolakwa zanu wina kwa mnzake. Iwo amene sangadzichepetse pamaso pa Mulungu pobvomeze zolakwa zao, asayembekezere ngakhale kufika khwerero loyamba lakukhala obvomerezeka ndi lye. Tiyenera ife kudzichepetsa koteratu ngati tikufunitsitsa kukhala monga akutilangizira Mau a choonadi. Kubvomereza tchimo kuchokera pansu pa mtima kumalandira chifundo ndi chikhululukiro cha Mulungu. Kubvomereza kumayenera kuchitika m’machitidwe olondora, komanso potchula tchimo limene munthu walichita. Kulapa kuchitike politichula tchimo ndi dzina lake ngati tikufunitsitsa kuti Mulungu atikhululukire. “Ngati tibvomereza machimo athu, ali wokhulupirika ndi wolungama lye, kuti atikhululukire machimo athu, ndi kuisambitsa kutichotsera chosalungama chiri chonse.” (1 Yoh. 1:9).

Kukhala Wopatulika

Mulungu akonjanjeza, “Ndipo mudzandifuna lye, ndi kundipeza, pamene mundifuna ndi mtima wanu wonse.” Yeremiya 29:13. Tiyenera kudzipereka kwa Mulungu ndi mtima wathu wonse, kulephera kuteru sipangakhale kusinthika kuli konse komwe kungachitike ndi kutipanga ife kukhala ofanana ndi Mulungu.

Nkhondo yolimbana ndi undekha ndi yaikuru imene sinayambe yachitikapo. Kudzikhuthala koteratu, ku chifuniro cha Mulungu, kumafuna kulimbika mtima; moyo uyenera kudzipereka kwa Mulungu kuti ulengedwanso mwatsopano m’chiyero.

Kudzipereka kwatunthu kwa Mulungu, kuyenera kuphatikiza kusiyi zinthu zimene zingapitirize kutikizanitsa ndi lye. Alipo anthu omwe amadzichemerera kuti akutumikira Mulungu, chikhaliirecho akudalira pa umunthu wao pakasungidwe ka malamulo ake, kapangidwe ka khalidwe lao la chiyero ndi pakufuna kupeza chipulumutso. Mitima yao iribe chikondi ndi chikhulupiriro chakuya pa Khristu, koma amafuna kuchita

ngati ali akhristu munga akufunira Mulungu, naifunafuna njira yolowera kumwamba mwa umunthu. Chipembedzo chotero ndi chopanda pake.

Khristu akakhala mu mtima, moyo umadzala ndi chikondi chake, ndiponso chimwemwe chakukhala m'chianjano ndi lye, chomwe chimakhalanso chomangika mwa lye; ndipo pakulimbika kufuna kukhala mwayo lye, moyo wa undekha umatha ndi kumwalika. Chikondi cha moyo wotero'wo pa Yesu chimaonekera m'ntchito. M'moyo wotero, sim'makhala malingaliro oipa za lye, koma ofunitsitsa kukhala wangwiro molingana ndi chifuniro cha Mpulumutsi.

Monga inu mukuchiona kukhala chobvuta kudzipereka atunthu nsembe kwa Khristu? Ngati ndi choncho, dzifunseni eni nokha funso ili, "Kodi Khristu anapereka nsembe yoposa bwanji kwa ine? Mwana wa Mulungu anapatsa zonse – moyo ndi chikondi ndi kumva zowawa – chifukwa cha chipulumutso chathu. Momwe anachitira lye'mu chingakhale chanzeru kwa ife osayenera amene talandira chikondi chachikuru chotere, kusaipereka mitima yathu kwa lye? Ndi chinthu cha mtengo chanji chomwe tingataye, pakupatsa zonse kwa lye? Palibe koma kupatsa kwa lye mtima woipitsidwa ndi uchimo, kuti Yesu auyeretse, poutsuka ndi mwazi wake, ndiponso kuupulumutsa ndi chikondi chake chachikuru. Ndi kupindula koteroku, anthu nkumachiona kukhala chobvuta kupatsa zonse! Mulungu safuna kuti ife titaye chinthu chiri chonse chabwino chomwe moyo wathu wafunitsitsa kuchisunga. Mphatso iri yonse imene lye amatipatsa amatero ndi cholinga chakuti ipindulire ana ake.

Momwe Tingadziperekerere

Ambiri amadzifunsa, "Ndingadzipereke motani kwa Mulungu?" Timafunitsitsa titadzipereka kotheratu kwa Mulungu, koma ndife ofooka m'moyo wathu wa uzimu, akapolo a chikaiko, ndi anthu amene timalamulidwa ndi zizolowezi za moyo wa uchimo. Choncho malonjezano ndi zikhazikitso za malingaliro athu zimakhala ngati zingwe zochita kuumba kuchokera ku mchenga. Sitimatha kulamulira maganizo athu, zokhumba ngakhale zizolowezi zathu. Tikakumbukira za zifooko ngati zimenezi komanso kusatha kusunga malonjezano kwathu, timayamba kudzikakira za kuona mtima kwathu, zinthu zomwe zimatipangitsa kumva ngati kuti Mulungu sangathe kutilandira; chofunika kuchidziwa ndi chakuti sitiyenera kumakhumudwa.

Chinthu chofunika kuchigwiritsitsa chidzikhala chikakamizo cha chisankho chathu. Ichi ndicho mphamvu yakulamulira chikhaliidwe cha umunthu, yakupanga chisankho, kapena yakulingilira bwino tisanachite chinthu chiri chonse. Chinthu chiri chonse chomwe munthu amachichita chimadilira pakugwiritsa ntchito bwino chifuniro cha mtima wake. Mulungu anapatsa ufulu wakusankha kwa anthu; ndipo

uli chikhaliire kuti adziugwiritsa ntchito. Nkutek a munthu sangathe kuusintha mtima wake, mwa iye yekha ndi kupatsa zokhumba za mtimawo kwa Mulungu; koma angathe kungosankha kumtumikira lye. Angathe kuupatsa moyo ndi chifuniro chake kwa Mulungu; Mulungu ndi amene angathe kuutsogolera mtima kuchita zonse molingana ndi chiyero cha chilungamo chake. Pakutero tsono tsogolo lonse la munthu lidzakhala pansu pa ulamuliro wa Mzimu wa Khristu; ndipo zokhumba za mtima wake zonse zidzakhazikika pa lye, ndi malingaliro ake adzakhala m'chianjano ndi lye.

Kufunitsitsa kuchita bwino ndi kukhala m'chiyero ndi chinthu chabwino; koma ngati munthu atangokhazikika pakuchita bwino'ko ndi m'chiyero'cho, ndi zosapindulitsa. Anthu ambiri adzataika ngakhale ali akhristu. Ichi chidzachitika ngati iwo sangafikire pakupereka mtima ndi chifuniro chao kwa Mulungu. Ngati sangasankhe kukhala akhristu oona panopa.

Kudzera m'kupanga chisankho choyenera, kusintha kwakukuru kungathe kuchitika m'moyo wa munthu. Kungathe kumpangitsa kulandira mphamvu yochokera kumwamba yougwiriziza moyo wake, ndi kuupanga uwu kudzikhuthura kwa Mulungu amene angaulengenso kukhala watsopano, wodzala ndi chikhulupiriro.

Chikhulupiriro ndi Kubvomerezeke

Pamene chikumbumtima chakhuzidwa ndi Mzimu Woyera, munthu amazindikira za kuipitsitsa kwa tchimo, mphamvu yake, kusafunika kwake, matsoka omwe limadza nao; ndipo amanyansidwa nalo. Nthawi imeneyi amafunitsitsa akanakhala pa chianjano ndi Mulungu. Amalapa machimo ake, kuti achotsedwe mu mtima mwake. Amalingalira kudzipereka kotheratu m'anja mwa Mulungu. Amapita kwa Mulunguyo ndi kumpempha kuti amchotsera machimo'wo ndi kumpatsa iye mtima watsopano.

Kenaka munthuyo amakhulupirira kuti Mulungu amchitira zonse chifukwa lye analonjeza, ndipo amadalira kotheratu kuti mphatso imene Mulungu analonjeza kuipatsa, munthuyo ailandira, ndipo ndi yake kale. Munthu wochimwayo, sangathe kudziyeretsa yekha za machimo ake akale; mtima wake sungasinthike kukhala woyera. Koma Mulungu analonjeza kuchizita izi zonse kudzera mwa Khristu. Munthu ayenera kulikhulupirira lonjezano ili. Abvomereze ndi kulapa machimo ake ndi kudzipereka kwatunthu kwa Mulungu. Aupatse mtima wake kukumtumikira lye. Ngati munthuyo angachichite ichi mokhulupirika, pomwepo Mulungu adzakwaniritsa Mau ake mwa iye. Ngati munthu angakhulupirire malonjezanowo – Mulungu adzamtsofolera wotere m'njira yoyenera. Tisayembekeze kudzimva kuti ndife oyera kaye ndipo tidzinka kwa Mulungu, koma tiri chichimwira chomwe tingonena, "Ndikukhulupirira, ndipo

ndi momwemo, osati chifukwa ndikungogoniza, koma chifukwa Mulungu analonjeza."

Yesu anati, "Zinthu ziri zonse mukadzipemphera, ndi kuzipempha, khulupirirani kuti mwazilandira, ndipo mudzakhala nazo" (Marko 11:24). Palitu choyenera kuchitsatira mu lonjezano ili – chomwe ndi chakuti tipemphere malingana ndi chifuniro cha Mulungu. Koma kuyeretsa kuchoka ku machimo, ndi kutipanga kukhala ana ake, ndi kutiyenera kukhala moyo wachiyero, ndi ntchito ya Mulungu yekha. Choncho tingathe kumpempha Mulungu kuti akwaniritse malonjezano awa pa ife, ndipo tikatero tikhulupirire kuti tiwalandira, ndipo timthokoze lye kuti watipatsa kale awa.

Mwachidziwikire sitiri a eni tokha; tinagudwa ndi mtengo wapatali. Kudzera m'chikhulupiriro chochepetsa ichi mwa Mulungu, Mzimu Woyera amapatsa moyo watsopano m'mitima mwathu. Timakhala obadwanso mwatsopano m'banja la Mulungu, ndipo lye amatikonda munga akukondera Mwana wake.

Tsono popeza tadzipereka kwa Yesu, tisaberere m'mbuyo, tisadzilekanitsenso ndi lye, koma tsiku ndi tsiku tinene, "Ndine wa Khristu; ndadzipereka kwatunthu kwa lye;" ndipo timpempe lye kuti atipatse Mzimu wake ndi kutsunga mwa chisomo chake. Tsono pakudzipereka ife eni kwa Mulungu, ndi kumkhulupirira lye, ndi kuti tiri ana ake, tionetsetse kuti tikukhala mwa lye.

Apatu ndi pomwe anthu zikwizikiwi samapamvetsetsa; samakhulupirira kuti Yesu amawakhululukira ali yense payekhapayekha. Iwo samakhulupirira Mulungu malingana ndi mau ake. Ndi mwai wa anthu onse omvetsetsa ndi kutsatira ndondomeko zoyenera kuzindikira mwa iwo okha kuti chikhululukiro cha machimo ndi chaulere kwa wochimwa alyense. Maganizo akuti malonjezano a Mulungu ndi oyenera anthu akutiakuti okha tiwataye kutali. Malonjezanowa ndi a munthu alyense wolapa.

Tiyeni titukure mitu yathu ndi kuyang'ana kumwamba tonse amene tiri okaikakaika ndi osakhazikika; pakuti Yesu akupitirizabe kutitetezera ndi kukhala Nkhoswe yathu. Tiyamike Mulungu potipatsa mphatso ya Mwana wake wokonderwa amene mwa lye ndife oledgedwa mwatsopano.

"Chifukwa chake ngati munthu ali yense ali mwa Khristu ali wolengedwa watsopano; zinthu zakale zapita, taonani, zakhala za tsopano." 2 Akorinto 5:17.

Munthu sangathe kufotokoza za nthawi yeniyeni kapena malo, kapena zinthu zomwe zinamtsofolera kukutembenuka ndi kusinthika mtima; ichi sichikutanthauza kuti wotereyo ndi wasatembenuka. Kusinthika kumaoneka m'makhaliidwe, zizolowezi, ndi zochitika. Kulekanitsika kumaoneka pa chomwe munthu anali poyamba ndi chomwe ali tsopano. Ndi ndani ali ndi mtima? Nanga maganizo athu ali mwa ndani? Ndi nkhani za ndani zomwe timakonda kuzilankhula nthawi zonse? Nanga ndi ndani amene

timamkonda ndi chikondi choposa? Ngati ife tiri ake a Khristu, ndiye kuti zonse zathu kuphatikiza maganizo athu ziri mwa lye. Palibe umboni wa kulapa kwenikweni pokhapokhapo kulapako kuchite ntchito yakusinthika ndi kukonzanso. Kukoma kwa khalidwe la Khristu kumaonekera mwa omtsatira ake. Iye anakondwera kuchita chifuniro cha Mulungu.

Pali machimo a mitundu iwiri amene ana a Mulungu ayenera kuwapewa mwapadera: Tchimo loyamba ndi lakufunitsitsa kuti asalalire pakachitidwe ka ntchito za iwo eni, kutsimikizika pa chiri chonse chimene akuchichita, ndi kudzipanga iwo eni kukhala pa chianjano chenicheni ndi Mulungu. Chinthu chiri chonse chomwe munthu angachichite osakhala mwa Khristu chimakhala chodetsedwa ndi tchimo lakudzikonda. Ndi chisomo cha Khristu chokha, kudzera mwa chikhulupiriro, chomwe chingatipange kukhala oyera.

Chinthu cholakwika ndi chochititsa mantha ndi chiphunzitsa chija chokhulupirira kuti Yesu anathetsa kapena kuletsa anthu kuti asamasunge malamulo a Mulungu; chomwemo chimati kudzera mwa chikhulupiriro chokha timapulumulidwa mwa chisomo cha Khristu; ndiponso kuti chinthu chiri chonse chomwe ife tikuchichita sichikhuzana ndi chipulumutso chathu.

Kusunga malamulo ndi chipatso cha chikhulupiriro. Chilungamo chimadziwika ndi muyeso wa malamulo a Mulungu omwe afupikitsidwa m'malamulo khumi (Eksodo 20:3-20). Chikhulupiriro chotchchedwacho cha Khristu koma cholimbikitsa anthu kusasunga ndi kusamvera malamulo a Mulungu, si chikhulupiriro choona, koma chabodza. Chikhaliidwe cha moyo wosatha pano chiri munga momwe chinali pachiyambi, - m'Paradiso asanachimwe makolo athu, - cha ungwiro wakumvera lamulo la Mulungu, ndi cha ungwiro wa m'chilungamo chake. Ngati moyo wosatha ukanakhala kuti unaperekedwa popanda izi, chimwemwe cha chilengedwe chonse chikanakhala pa chiopsyeyo. Zikanatero njira ya ku uchimo ikanatsegulidwa, ndi zotsamwitsa zake zonse za masoka ndi chisoni, zomwe sizikanatheka kuongedwanso kwa myaya.

Khristu amausintha mtima. Amakhala mu mtima mwa munthu mwa chikhulupiriro. Choncho munthu ayenera kukhala chilumikizirane ndi lye mwa chikhulupiriro popitiriza kudzikhuthula kosalekeza kwa lye; ndipo ngati munthu atapitiriza kutero, Khristuyo adzampanga kuti adzipereke ndi kuchita ntchito iri yonse molingana ndi momwe lye akufunira.

Munthu akamayandikira kwam-biri chifupi ndi Yesu, ndi pomwe kulephera kwake kumaonekera; chifukwa maso ake a uzimu amatseguka. Ichi chimakhala chitsimikizo chakuti mächenjerero a Satana akunka akufooka. Palibe chikondi pa Yesu chomwe chingatathe kukhala mu mtima wosabvomereze zakuti ndi wochimwa.

Moyo umene umasinthika mwa chisomo cha Khristu umasirira khalidwe lake. Kumvetsetsa za kusalungama kwathu kumatitsogolera kwa lye amene angathe kukhululukira tchimo; ndipo mtima ukazindikira za kulephera kwake, umamfunafuna Khristu, amene amadzionetsera Mwini yekha mu mphamvu yake. Ngati malingaliro athu akumfunitsitsa, lye amatitsogolera kwa lye ndi ku Mau a Mulungu, pomwepo ife timakhala ndi chithunzithunzi cha chomwe khalidwe lake liri, ndi momwe ife tingalionetsere ili, ndi kukhala m'chifanizo chake.

Kukula Mwa Khristu

Kusinthika kwa mtima komwe kumatipangitsa kukhala ana a Mulungu kumatchedwa kubadwanso m'Bukhu Lopatulika. Komanso kumatchedwa kumera kwa mbeu yabwino yomwe yabzalidwa ndi mwini munda. Ndi Mulungu amene amameretsa, kukulitsa ndi kubereketsa chipatso. Ndi mwa m'phamvu yake kuti chipatsocho chimakula.

Monga momwe duwa limatembenukira ku dzuwa likamaturuka kuti liwaliridwe ndi kuonetsa kukongola kwake, chomwechonso tiyenera kutembenukira ku Dzuwa la Chilungamo kuti kuunika kwa kumwamba kuti walire, kuti khalidwe lathu likule ndi kukhala ngati la Khristu.

Kodi tinayamba tadzifunsa, "Ndingakhale bwanji mwa Khristu?" Munthu amakhala mwa Khristu mu njira yokhayokhayo momwe anamlandirira lye pachiyambi. "Chifukwa chake monga momwe munalandira Khristu Yesu Ambuye, muyende mwa lye, ozikika mizu ndi omangirika mwa lye, ndi okhazikika m'chikhulupiriro." Akolose 2: 6, 7. Mwa chikhulupiriro ndife ake a Khristu, ndipo mwa chikhulupirirosonso tiyenera ife kukula mwa lye – pakupatsa komanso pakulandira. Tiyenera kupatsa zonse, - mitima yathu, chifuniro chathu ndi utumiki wathu, - tidzipereke atunthu pakumvera ndi kusungama malamalo ake onse; ndiponso kulandira zonse, - Khristu, madalitso ake onse, kumlora kuti akhale mwa lye, kumloranso kuti akhale m'phamvu yathu, ndi chilungamo chathu komanso Mthandizi wathu – wotipatsa m'phamvu yakumvera.

Tidzipatulire kwa Mulungu m'mawa; iyi ikhale ntchito yathu yoyamba. Pemphero lathu lidzikhala, "Nditengeni watunthu, Ambuye, ndikhale wanu. Ndi kuika malingaliro anga onse pa mapazi anu. Mundigwiritse ntchito lero mu utumiki wanu. Mukhale ndi ine, ndipo mulore kuti ndichite chiri chonse mwa Inu." Ili ndilo lidzikhala pemphero la tsiku ndi tsiku. M'mawa uli wonse tidzidzipatulira kwa Mulungu. Tidzipereka malingaliro ndi nzeru zathu zonse kwa lye, kuti zikhale malingana ndi m'mene lye akufunira. Umu ndimo timayenera ife kumauperekerera moyo wathu m'manja mwa Mulungu, ndi momwe moyo wathu ungaumbikire kukhala ngati wa Khristu.

Moyo mwa Khristu ndi wa mtendere.

Tisamangodzionetsera ngati tagwidwa ndi Mzimu wa Mulungu, koma tikhale ndi chikhulupiriro chodzala ndi chifatso, mtendere ndi kudalira. Ndi pamene maganizo athu adzala ndi kudzikiza, kuti ife timachoka mwa Khristu, yemwe ndi magwero a m'phamvu ya moyo wathu. Ichi chimachitidwa ndi nzeru ya Satana yemwe cholinga chake chimakhala kufuna kukhotetsa malingaliro athu kuwachotsa kwa Mpulumutsi ndi kusokoneza umodzi ndi chiyanjano cha moyo wathu ndi Khristu.

Umunthu wa Khristu

Pamene Khristu anadzitengera pa mwini yekha thupi la umunthu, anaumangirira umunthu kwa lye mwini kudzera m'malumikizidwe a chikondi omwe sangathe kulekanitsidwa ndi m'phamvu ina kupatula chisankho cha munthu mwini yekha. Satana amayetsa kubweretsa mayesero osiyanasiyana kuti atipangitse kuchiphwanya chiyanjano chimenechi – kuti tidzilekanitse ndi Khristu. Koma tiyeni ife tikhale chiyang'anire pa Khristu, ndipo lye adzaitchinjiriza. Kukhala chiyang'anire pa Yesu timakhala otchinjirizidwa. Palibe chimene chingatichotse m'dzanja lake. Chomwe Khristu anali kwa ophunzira ake kale ndi chomwe lye akulakalaka kupitiriza kukhala kwa ana ake lero.

Yesu anati pempherera ife, ndipo m'pemphero lake anapempha kuti ife tikhale amodzi ndi lye, monga lye ali m'modzi ndi Atate. Chingakhale chiyanjano chopambana bwanji ngati zitakhala choncho! Choncho tiyenera kumkonda lye, ndi kukhala mwa lye, kuti "tikakule m'zinthu zonse, kufikira lye amene ali mutu ndiye Khristu." (Aefeso 4:15).

Mulungu ndiye magwero a moyo ndi kuunika ndi chimwemwe ku chilengedwe chonse. Nthawi iriyonse imene moyo wa Mulungu umakhala m'mitima ya anthu, umasefukira kwa anthu anzao mwachikondi ndiponso kupatsa madalitso.

Cholinga cha Mpulumutsi wathu chinali chakuti akweze anthu akugwa. Kuchita ichi lye sanawerengere moyo wake wa lye mwini, koma anaupirira mtanda, ndi kunyoza manyazi. Pamene chikondi cha Khristu chaudzadzaza mtima, zipatso zokoma zake sizimabisika. Chikondi mwa Yesu chimaonetsethwa pakulakalaka kwa mtima kufuna kugwira ntchito monga lye anagwirira poudalitsa ndi kuukweza mtundu wa anthu. Chimatogolera kukukonda, kukoma mtima, ndiponso kuchitira chisoni zolengedwa zonse zokhala pansu pa chisamaliro cha Atate wa kumwamba. Onse amene ali m'chijanjano cha chisomo cha Khristu, amakhala okonzeka kudzipereka nsembe m'njira iri yonse, kuti anthu ena omwe lye anawafersanso alandirensophatso ya kumwamba. Iwo amachita chinthu chiri chonse monga akanathera kulipanga dziko lapansi kuti likhale malo abwino okhalamo. Moyo wakuchita ubwino ngati umenewu umakhala wochochera

kumachitidwe a moyo umene uli wotembenuka.. Palibe munthu angadze kwa Khristu ali wotembenuka mtima angalephere kudziwitsa ena za bwenzi lokonda lomwe iye walipeza mwa Yesu. Ngati ife talawa kuti Ambuye ndi wabwino, tidzakhala ndi uthenga wabwino kuti tiulalikire. Tidzafunitsitsa kuwafotokoza anthu ena kukoma komwe kuli mwa Khristu ndiponso choonadi chenicheni cha dziko losaoneka'lo lomwe liri nkudza. Pomwepo tidzakhala ndi chikamizozo chakulimbika kuyenda m'njira imene Yesu anayenda.

Ndipo kuyesetsa kwathu kofuna kudalitsa ena kudzakhalanso mdalitso kwa ife eni. Iwo amene amatengako mbali pakugwira ntchito za chikondi, amayangiditsidwa pafupi ndi Mlengi wao. Moyo wakusadzikonda wakutumikira anthu ena umampanga munthu kukhala wakuya, wokhazikika mtima, ndiponso wa khalidwe lokonda ngati la Khristu, komanso la mtendere ndi chimwemwe kwa iye amene liri mwa lye. Kulimbika kumadza pakuchita. Sityiyenera ife kupita kukalalikira ku maiko achikunja, kapena kuchoka m'mabanja athu, ngati ndi kumalo otere komwe ntchito yathu iyenera kuyambira kokhako, pofuna kumgwirira ntchito Khristu. Ndi mtima wokonda tingathe kupatsa utumiki wathu "kwa Ambuye" (Akol. 3:23). Ngati chikondi cha Mulungu chiri mu mtima, chidzaonekera m'makhalidwe a moyo wakudzipereka kwathu. Sityiyenera ife kuyembekezera kuti tichite zinthu zazikuru kapena kuyembekezera kukhala a nzeru zopambana ena kuti tingwirire ntchito Mulungu. Wophunzira wochepetsa ndi wosaukitsitsa wa Yesu angathe kukhala mdalitso waukuru kwa ena.

Kumzindikira Mulungu

Zilipo njira zingapo zimene Mulungu anaziika kuti adziwike kwa ife ndi kutiyanjantsa ndi lye. Ngati tingakhale ndi khutu lakumvetsera, chilengedwe chimalankhula m'malingaliro athu mosalekeza. Ntchito zimene Mulungu anazilenga zimatipatsa maphunziro opambana a kumvera ndi kudalira.

Palibe misozi yomwe imakhetsedwa yomwe Mulungu samakhuzidwa nayo. Palibe kumwetulira kuli konse komwe lye samakuona. Tikanakhala kuti tikuhulupirira ndi kumvetsetsa bwino zonsezi, tikanakhala tsakudandaula ndi choipa chiri chonse chomwe chimatigwira. Moyo wathu sukanakhala wodera nkhwana monga zikukhalira pano; chifukwa chinthu chiri chonse chaching'ono kapena chachikuru tikamangochisiya m'manja mwa Mulungu.

Mulungu amalankhula ndi mitima yathu kudzera m'ntchito za chilengedwe chake ndiponso Mzimu wake. Komanso lye amalankhula nafe kudzera mwa Mau ake. Mu njira zonsezi timalandira chidziwitso chokwanira cha bvumbulutso la khalidwe lake, momwe amachitira ndi anthu ndiponso za ntchito yake yaikuru ya chipulumutso.

Tadzadzani mtima wanu wonse ndi mau a Mulungu. Mudzatsimikiza kuti mau'wo ali madzi a moyo omwe amathetsa ludzu la zolakalakitisa za moyo wanu. Ali mkate wa moyo wochochera kumwamba.

Nthano ya chipulumutso ili chinsinsi chachikuru chomwe angelo amafunitsitsa kusuzumiramo; ndipo idzapirira kukhala nzeru ndi nyimbo ya opulumutsidwa onse yomwe idzayimbidwa ku zaka mibadwo-mibadwo kosatha. Monga nthano imeneyi singakhale yoyenera kulingirira mwapadera ndi mwakuya panopa? Tikamanka tikulingalira za Mpulumutsi mozama, tidzakhala ndi njara komanso ludzu lakukhala ndi moyo wokhala ngati wa lye ndikufunitsitsa kukhala ngati lye.

Bukhu Lopatulika linalembedwera munthu ali yense. Ziphunzitsa zofunikira pa chipulumutso zinafotokozedwa momveka bwino monga kuwala kwa dzuwa mu m'phamvu yake. Palibe chinthu chiri chonse pansu pa thambo chomwe chimalimbikitsa chidziwitso kuposa kuwerenga Mau a Mulungu. Koma kupanda kusamalitsa palibe phindu liri lonse lomwe munthu angalipeze powerenga mau'wo mothamanga. Kuwerenga ndime imodzi, ndi kulingirira mwakuya zomwe ikuthanthauza m'maganizo athu, kufikira itaonekera nzeru ya chipulumutso mu ndimeyo, ndi chinthu cha mtengo wapatali kwambiri kuposa kuwerenga mitu yambimbiri koma osakhala ndi cholinga kapena phunziro liri lonse lotengapo.

Sitingathe kupezamo nzeru m'mau a Mulungu ngati sitingaikepo mtima ndi kupemphera nthawi zonse powawerenga. Bukhu Lopatulika lisawerengedwe popanda kupemphera. Munthu asanalitsegule, ayenera kupempha kuunika kwa Mzimu Woyera ndipo kudzapatsidwa kwa lye. Angelo ochokera kudziko lakuunika amakhala ndi anthu amene modzichepetsa amafunitsitsa chitsogozo cha Mulungu. Mulungu amaulemekeza bwanji mtundu wa anthu, umene lye anaperekerera Mwana wake kudzaufera ndiponso anaupatsa Mzimu wake Woyera kuti akhale Mphunzitsi wa munthu ali yense komanso Mtsogozo ku nthawi zonse!

Kufunikira Kwa Pemphero

Kudzera m'chilengedwe ndi mabvumbulutso, komanso Mwana wake, ndiponso m'machitidwe a Mzimu wake, Mulungu akulankhula nafe. Koma izi pa zokha sizokwanira; tikufunika ifenso kuipereka mitima yathu kwatunthu kwa lye. Kutitikhale pachiyanjano ndi Mulungu, tiyenera kukhala ndi chomuza lye za chenicheni chomwe moyo wathu uli.

Pemphero ndiko kuitsegula mtima kwa Mulungu monga bwenzi. Sikuti ndinjira imene timamdziwitsira Mulungu za chomwe tiri, koma monga njira yotiyenera ife kumlandira lye. Pemphero silimamtsitsa Mulungu kwa ife, koma limatikweza ife kwa lye.

Atate wathu wa kumwamba akufunitsit-

sa atatsanulira pa ife madalitsa ochuruka. Zodawitsa bwanji kuti timapemphera mosatsimikizika mtima! Mulungu ndi wokonzeka ndi kufunitsitsa kumva mapemphero ochokera pansu pa mtima a ana ake odzichepetsa. Kodi angelo amamva bwanji za mtundu wa anthu womwe ndi wofooka ndi wofuna chithandizo, womwe umayesedwa nthawi zonse, pamene mtima wodalala ndi chifundo wa Mulungu umafunitsitsa kuupulumutsa, koma iwo umapemphera ndi chikhulupiriro chochepa kwambiri?

Mphamvu za mdima zimawatseka anthu maso kuti adzinyalanyaza kupemphera. Machimo onong'onedwa mseri amawakopa kuti adzichimwa; ichi nchifukwa chakuti anthu timagwiritsa ntchito pemphero mopereweza. Choyenera kuchidziwa ndi chakuti, pemphero liri pfungulo m'dzanja la munthu wa chikhulupiriro lomwe limatsegula nyumba yosungiramo madalitso yakumwamba, momwe mumakhalamo lye wosaoneka amene amakhalaponse.

Pali zinthu zingapo zomwe tiyenera kuchikita kuti Mulungu amvere ndi kuyamkha mapemphero athu: Choyamba tiyenera ife kumva kupewerera kwathu, ndi kufuna chithandizo kuchokera kwa Mulungu. Ngati ife titapitiriza kusungu machimo m'mitima mwathu, ndi kuwakamira omwe tawazolowera, Ambuye sangatimvere; koma pemphero la munthu wolungama, ndi la mzimu wosweka limalandirika nthawi zonse. Pamene machimo odziwika ndi zolakwa zonse zalapidwa, munthu angathe kukhala ndi chikhulupiriro kuti Mulungu adzamva ndi kuyamkha mapemphero ake.

Chinthu chinanso kuti pemphero liyankhidwe ndicho chikhulupiriro chakudalira. Ngati mapemphero athu sakuyankhidwa, choyenera kuchita ndicho kukhalabe m'malonjezanso a Mulungu akuti; nthawi yakuti ayankhidwe ikafika adzayankhidwa mosakaika, ndipo tidzalanda mdalitso umene mtima ukulalalaka. Koma kukhala ndi maganizo akuti mapemphero athu adziyankhidwa monga momwe tikufunira, ndi umunthu. Tikamafika ife kwa Mulungu m'pemphero, tidzikhala ndi mtima wa chikondi ndi wokhululukira. Kupemphera mosalekeza ndi njira yomwe ife timapatsidwira. Tiyenera ife kupemphera nthawi zonse ngati tikufuna kuti tikule m'chikhulupiriro komanso chikhazikitso cha khalidwe loyenera.

Tiyenera kupemphera monga banja, pomwe chiwalo chiri chonse chidzizengako mbali, komanso tidzipemphera mapemphero a mseri, omwe ndi moyo weniweni wa mzimu wathu. Mapemphero a pa banja kapena a pa gulu si okwanira pa okha. Pemphero la mseri liyenera kuperekedwa kuchoka kwa munthu kupita kwa Mulungu yemwe amamvetsera mwakacheteche.

Palibe nthawi kapena malo zimene zinaikidwa kuti n'zokhazo zopempherera Mulungu. Mkati mwa magulu a anthu pa mseu, mkati mwa ntchito za malonda, tingathe kulankhula ndi Mulungu ndi kupem-

pha chitsogozo chake.

Moyo uyenera kudzipatula ku zochitika zosayenera ndi kulumikizana ndi Mulungu, kuti lye atipatse machitidwe akumwamba. Tingathe kulumikizana ndi Mulungu pena paliponse ndipo m'yesero lina liri lonse tingapezane nalo, maganizo athu angathe kutembukira kwa lye monga limachitira duwa mwa chilengedwe kuti limatembukira ku dzuwa. Tiyenera kupereka zofuna zathu, chimwemwe chathu, zisoni zathu, chisamaliro chathu, ndiponso mantha athu pamaso pa Mulungu. lye samatopa. Samakhumudwa ndi zofuna za ana ake.

Timataya madalitso pamene timalephera kusonkhana ndi kupemphera limodzi monga njira imodzi yolimbikitsana ndi kutenthetsana wina ndi mnzake m'mautumiki a Mulungu. Ngati akhristu akamatha kusonkhana pamodzi, ndi kulankhulana za chikondi cha Mulungu ndiponso za choonadi cha chipulumutso chao, mitima yao ikanakhala ikulimbikitsidwa ndi kupata mphamvu.

Maganizo athu ayenera kulingirira mwakuya za mtanda, ayenera kulingirira za Khristu ndipo lye yekha wopachikidwa kukhala chikatikati cha ntchito, zolankhulana, ndiponso chisangalalo cha moyo wathu. Tiyenera kusungu m'mitima mwathu mdalitso uli wonse umene timalandira kuchokera kwa Mulungu, ndipo pamene tikulingalira za chikondi chake tiyenera kumafunitsitsa ndi chikhulupirira chiri chonse chimene dzanja lomwe linakhomedwa pa mtanda linachipatsa kwa ife.

Pomwepo moyo wathu uyenera kukwera ndi kuyandikitsitsa kumwamba m'kuyamika ndi kupereka matamando kwa Mulungu. Pa kuyamika ndi kuthokoza m'njira ngati imeneyi, timafanizidwa ndi mapempheredwe a khamu la kumwamba.

Ambiri amawawidwa mtima ndi anthu amene amakana kuchita chifuniro cha Mulungu, Mulungu samakamiza munthu kuti akhulupirire, ngati woteroyo alibe chidziwitso chokwanira za pomwe akhazikitse chikhulupiriro chake. Modziyenera, komwe ndi chiyambi chenicheni chakukaikira Mulungu, amabisala nakonda tchimo. Tiyenera kukhala ndi mtima wakufunitsitsa kuchizindikira choonadi komanso chilalolako chochokera pansu pa mtima chakumvera ndi kuchita zomwe choonadi chikutilamalula.

Chifupikitso cha bukhu la Steps to Christ, Lolembedwa ndi E. G. White.

Kukhala Moyo Wa Thanzi Lopambana

Sitiyenera kukhala odwaladwala nthawi zonse. Malamulo a za thanzi ndi malamulo a Mulungu. Kuwaphunzira, kuwamvera ndi kuwasunga kumampanga munthu kukhala moyo wautali ndi wokondwa. Maganizo athu amakhala abwino, matupi athu amphamvu, ndipo tingathe kumtumikira Mulungu moyenera.

Awa ndi malamulo a za thanzi omwe angathe kutithandiza:-

Lero tangelowelera kugwiritsa ntchito

mankhwala opangidwa m'mafakitale, motsutsana ndi machiritso a chilengedwe omwe amachitika zaka zana limodzi zapitazo pomwe m'malo monse mochiritsiramo matenda amagwiritsa ntchito malamulo asanu ndi atatu a za thanzi (mpweya wabwino, kuwala kwa dzuwa, kudziletsa, kupumula koyenera, masewero olimbitsa thupi, chakudya chabwino, madzi abwino ndi chikhulupiriro mu mphamvu ya Mulungu) kuti ndizo zimachiritsa ku matenda a mtundu wina uli wonse – osapereka ululu kapena zotsalira zoyambitsanso matenda m'thupi monga ali mankhwala opangidwa m'mafakitale omwe pafupifupi onse ndi oipa m'njira imodzi kapena inzake.

Izi ndi zolembera zothandiza kuchokera ku m'badwo wangopitawu, zolembedwa ndi Ellen G. White:

"Ambiri amadzitengera matenda a moyo wao wonse, ndipo miyoyo yambiri ikutaika imene ikanatha kupulumutsidwa ngati njira za machiritso a chilengedwe zikanagwiritsidwa ntchito. Ululu umene umapezeka m'mankhwala a machiritso opangidwa m'fakitale ndi zotsatira zina zimayambitsa zilalolako ndi zizolowezi zosayenera za maida yidya zomwe ndi zoononga thupi ndi mzimu womwe.

"Chiyembekezo chokhacho cha zinthu zabwino za mtsogolo ndicho kuwaphunzitsa anthu malamulo oyenera kuti awatsatira. Anthu a ntchito za umoyo awaphunzitse anthu kuti mphamvu yakubwezera moyo simapezeka m'mankhwala opangidwa m'mafakitale, koma mu za chilengedwe. Kudwala ndi njira yachilengedwe yoonetsa kuti thupi siliri bwino ndipo likufuna kuthandizidwa kuti lichoke mu ululu umene wadza pa ilo chifukwa chakulakwitsa malamulo a za thanzi. Ngati munthu atayamba kudwala ndi bwino kufufuza ndi kuzindikira chimene chayambitsa matendawo. Machitidwe amene sali a thanzi ayenera kusinthidwa, ndi zizolowezi zoipa kukonzedwa. Thupi liyenera kuthandizidwa pa ntchito yake yochotsa zoipa zomwe ziri mkati mwake kuti liyambe kugwiranso bwino ntchito zake.

"Mpweya wabwino, kuwala kwa dzuwa, kudziletsa, kupumula koyenera, masewero olimbitsa thupi, chakudya chabwino, kugwiritsa ntchito madzi abwino ndi kudalira pa mphamvu ya Mulungu, - ndizo njira zenizeni za machiritso. Munthu ali yense ayenera kukhala ndi chidziwitso chokwanira za zinthu zomwe ndi zofunika pa ntchito ya machiritso a chilengedwe ndi momwe izi zingagwiritsidwire ntchito. Ndi kofunikira kwambiri kuvetsetsa za malamulo omwe akukhuzana ndi kachiritsidwe ka matenda ndi kuphunzira bwino momwe chidziwitso cha izi chingagwiritsidwite ntchito.

"Kugwiritsa ntchito machiritso a chilengedwe kumafunika chisamaliro chachikuru ndiponso kulimbika, zinthu zomwe anthu ambiri samakhala ali okonzeka kuzichita. Njira za machiritso a chilengedwe zimatangana nthawi yaitali kuti zotsatira zake zioneke, ndipo kwa anthu osaupeza mtima zimaoneka zochedwa. Kuleka machitidwe oipa omwe angadzetze matenda kumaphatikiza kusiyira zizolowezi zoipa ndi kudzipereka nsembe.

"Koma ngakhale izi zimaoneka zochedwetsa, kumapeto kwake zimapezeka kuti zagwira ntchito yake moyenera ndi momwe kumafunikira. Anthu onse amene amatatira izi monga mwa malamulo ake amalandira mphotho ya moyo wa thanzi kuyambira ku thupi mpaka ku uzimu.

"Ndi kosayenera kuti ife tidzikumbutsidwa nthawi zonse zakuti moyo usamakhalere chinthu chosweretsa. Uyenera kukhala zotsatira cha kumvera malamulo... Si nkondo ya masewera yomwe tikuichita. Tikumenya nkondo yomwe chotsatira chake ndi moyo wosatha. Tikulimbana ndi adani amene sakuoneka ndi maso athu. Angelo a mdima akufunitsitsa ataulamalira moyo wonse wa munthu. Chinthu chiri chonse chomwe ndi choononga thanzi, sichimangoononga thupi lokha komanso ubongo ndi makhaliidwe akumvera ndi kusungu malangizo. Kukhazikika mu zinthu zosayenera ku thanzi kupangitsa kuti munthu asathe kulekanitsa pakati pa chabwino ndi choipana diposo kuti asathe kuligonjetsa tchimo. Kumaonjezera kulephera ndi kugonjetsedwa..

"Popanda mphamvu ya Mulungu kulowererapo; palibe kukonzanso koona kwa za thanzi komwe kungachitike. Zotsekereza za umunthu zotsutsana ndi chilengedwe ndiponso machitidwe ofunikira zimaunjizizana ngati milu ya mchenga wolimbana ndi madzi othamanga kwambiri. Ndi pokhapokhapo titakhala ndi moyo ngati wa Khristu womwe ungapititse mphamvu ndi kulimbikitsa miyoyo yathu, patokha sitingathe kuwagonjetsa machimo amene amatizanso m'moyo wathu wa mkati ndi wa kunjya womwe.

"Khristu anadza kudziko lapansi nakhala moyo chifukwa chakumvera malamulo a Mulungu, lye anachita ichi kuti chikhale chitsanzo kuti munthu akhale wangwiro pa nkondo yake yolimbana ndi makhaliidwe a umunthu omwe amatsoyolera ku uchimo. Monga Sing'anga wa moyo wa mzimu ndi wathupi, lye amapatsa chipambano pa nkondo yolimbana ndi machitidwe ali onse oipa. lye amapatsa chofunikira chiri chonse kuti munthu akhale wamphumphu m'khalidwe."

Ministry of Healing, 126-131.

MOYO WOKONDWA NDI WA THANZI LABWINO

Kuti tikhale ndi thanzi labwino, tiyenera kukhala ndi magazi abwino; m'magazi

ndimo mumakhala moyo wa chinthu chiri chonse. Magazi amachotsa zoipa ndi

kulipatsa thupi zosowa zake. Akakhala otsukika bwino ndi kulandira zakudya zoyenera, ndiponso mpweya wabwino, magari amapatsa mbali zonse za thupi thanzi ndi moyo wamphamvu.

Thupi lathu limafooka ndi kufa, nkofunika kumalipatsa chakudya choyenera, chopatsa moyo. Zakudya ndi zakumwa zosayenera zimangitsa ziwalo zopukusa chakudya kusagwira bwino ntchito. Mphamvu zambari zimatumizidwa ku ntchito yotopetsa ya kupukusa chakudya chosayeneracho, yomwense imasokoneza kayendedwe bwino ka magari, ndi kupangitsa kuti mphamvuzo zingonongeka.

Chinthu chofunika kuchisamalitsa ndi ichi. Munthu adzidya chakudya chomwe ndi choyenera. Anthu ofooka ndi matenda, adzilandira chakudya chopikidwa bwino chokhalanso ndi zofuna zonse za thupi. Nkofunika kumakhala ndi chidziwitso chokwanira za ntchito ya kukonzanso za kadyedwe kabwino, komanso kusamalitsa osachita zinthu mosinjirira. Thupi liyenera kumapatsidwa chakudya chokhala ndi zonse zolipatsa thanzi.

Dyera ndilo tchimo lalikuru la m'badwo uno. Chilakolako chakudya chiri chonse chomwe diso laona ndiponso mtima wasirira chapangitsa amuna ndi akazi ambiri kukhala akapolo amaidyaida, osokoneka m'nzeru ndi malingaluro komanso osatha kusungu malamulo kufhatikiza za choonadi cha mau a Mulungu.

Nkofunika kwambiri kuti munthu, ali-yense payekha tichitepo kanthu, pakusamalitsa choyenera kudya, kumwa, ndi moyo wodzisungu. Munthu amene walandira ndi kubvomereza malamulo akukonzanso a za thanzi, amadziwika m'kadyedwe, pamene wosadziwa za malamulo'wa amakhala m'moyo wongodzisangalatsa, wosakhuzidwa za kadyedwe ndiponso thanzi labwino.

Malamulo a chilengedwe adzisungidwa. Pali kugwirizana kwakukuru pakati pa chilengedwe cha thupi ndi malamulo a za thanzi.

Nkosatheka munthu wosadziletsa kukhala wodekha. Ndi bwino kudziiletsa zakumwa zoledzeretsa ngati munthu akufuna akhale ndi moyo wabwino. Tchimo lakudya mopitiriza muyeso, ndiponso chakudya chomwe muli zinthu zosayenera ku thupi komanso mosapititsa mphepo pakamwa, limasokoneza ntchito ya ziwalo zopukusa chakudya, kagwiridwe ntchito ka ubongo, ndi kupangitsa maganizo kusatha kulekanitsa pakati pa chabwino ndi choipa ndiponso kusalingirira moyenera.

Nthawi ino pomwe tikuyandikitsa kumapeto kwenikeweni kwa dziko lapansi, mayesero a chilakolako cha kadyedwe kosayenera akhala obvuta kuwagonjetsa.

Ngati pali nthawi yomwe zakudya zinayenera kumadyedwa mwa chilengedwe chake, ndi ino. Nyama isapatsidwe kwa ana chifukwa imakweza zilakolako za umunthu, ndiponso imachotsa ndi kupha mtima wa kumvera ndi kutsatira malangizo. Zakudya



zochokera ku njere ndi zipatso, zokonzedwa mwa chilengedwe, ndizo zidzipezeka pa magome odyera a anthu amene akukonzekera kudzasandulika ndi kutengedwa kunka kumwamba [pakubwera kwachiwiri kwa Kristu].

M'zakudya za njere, nthanga, zipatso, masamba ndi mtedza muli zofunika zonse za matupi athu. Izi ndi zakudya zimene Mlenzi anatipatsa kuyambira pa chilengedwe. Ngati zitakonzedwa mwa chilengedwe chao, zimapatsa thanzi komanso moyo wokoma. Zimapatsa mphamvu, moyo wautali, ndi nzeru zotha kulingirira moyenera, kuposa zomwe munthu angazipeze ku zakudya zobvuta kuzikonza ndiponso zokhala ndi zotsekemera ndi mafuta ambiri. Mulungu akufuna anthu ake abwerere ku za chilengedwe monga pachiyambi.

Kuti munthu achite ntchito zake mwangwiro, ayenera kumvera ndi kusungu malamulo a Mulungu. Agwiritse ntchito zakudya za chilengedwe, zokonzedwa mwachilengedwe zosafooketsa ubongo, ndi kuulepheretsa kugwira ntchito imodzi ya izo ndi yakumvetsetsa za nsembe ya ulere yakutsuka tchimo ya mwazi wa Kristu.

Chakudya chathu chiyenera kukonzedwa ndi kudyedwa molingana ndi nyengo, malo ndi ntchito imene tikugwira.

Timadalitsika kwambiri tikamadya zipatso zongotholedwa kumene mu mtengo.

Kumene kumapezeka zipatso zoyanika, monga mphesa, mapeyala, mapiches, mango ndi zina, m'mitengo yotsika, ndi bwino kuzigwiritsa ntchito monga gawo la chakudya chathu osati kumangozidya mwa chizolowezi.

M'madera omwe ndi otantha, ndi bwino kuchepetsa zotsekemeretsa m'zakudya zathu, pofuna kuchepetsa mavvuto amene anthu akudya zotsekemera kwambiri amapezana nao.

Kuipatsa mimba chakudya choyenera, mu m'yeso wabwino, kumathandizira munthu kukhala wa maganizo abwino ndi wa luntha. Ziwalo zake zopukusa chakudya zimakhala za thanzi, zopindulitsa, zokhala nthawi yayitali.

Inu mwanengeka ndi chilakolako cha madyaidya ndi kudya mopitiriza muyeso chakudya chimene ziwalo zanu sizingathe kuchipukusa kuti chilowe m'magazi. Ndi tchimo lalikuru kukhala osadziletsa za

kuchuruka kwa chakudya chimene m'umadya, ngakhale nkosaletsedwa kutero. Anthu amadya chakudya moposa muyeso ndi kukulemsa mimba zao, nalephera kuchigwiritsa bwino ntchito. Kadyedwe koteru kamasokonezanso kagwiridwe ntchito bwino ka ubongo; chifukwa magari omwe anayenera kugwira ntchito ku ubongo amakagwira ntchito yothandizira mimba pa ntchito yake.

Kudya moposa muyeso kuli ndi zotsatira zoipitsitsa pa ziwalo zopukusa zakudya kuposa kuligwiritsa ntchito thupi osalipumitsa. Chakudya chosapukusika chifukwa chakuchurukitsitsa m'mimba chimangoola chosagwiritsidwanso ntchito yopanga minofu kapena magari, ndipo chimangoletsa chiwindi, ndi kufooketsa kagwiridwe ntchito ka thupi lonse.

Masewero olimbitsa thupi ndi ofunikira kwambiri pa ntchito yopukusa chakudya, ndiponso ku thanzi labwino la thupi lonse ndi maganizo. Munthu ali yense afunika kumachita masewerowa. Masewero olimbitsa thupi osati a mpikisano ndi chinthu choyenera kumachichita nthawi zonse. Amapatsa maganizo a thanzi. Munthu asawerenge mabuku ndi zina kapena kuchita masewero a mtundu uli wonse a mpikisano pambuyo pakungotsiriza kudya; kutero kumakhala kuswa malamulo a chilengedwe cha thupi. Munthu akangotsiriza kudya ubongo wonse umatangwanika ndi momwe ungachitire ndi chakudya changolandiridwacho. Mphamvu zambari zimatenyedwa kukathandizira mimba; choncho ngati pangachitike zina zofuna ubongo, ntchito yakupukusa chakudya imasokonezedwa.

Mpweya wabwino umapangitsa magari kuyenda mosabvuta m'ziwalo zonse za thupi. Umalipanga thupi kupepuka ndi kukhala la mphamvu, ndiponso maganizo kukhala angwiro, olingirira bwino. Umathandiza kuweza chikhumbokhumbu ndi pakapukusidwe bwino ka chakudya, komanso kugonetsa tulo tokoma.

Mimba imaanongedwa ndi zakudya ndiponso zakumwa zotentha. Chithokomiro, ndi ziwalo zonse zopukusa chakudya, ndiponso momwe chimadutsa kudzanso thupi lonse, zimasokonezedwa ndi kusagwira bwino ntchito zao.

Chakudya chisadyedwe chotentha kapena chozizira kwambiri. Ngati chakudya chiri chozizira kwambiri, magari ambiri a m'thupi amakachitenthetsa chisanayambe kupukusidwa. Zakumwa zoizira ndi zosafunika; pamene zotentha zimailemetsa mimba.

Anthu ambiri amalakwa kumamwa madzi ozizira kwambiri pamene ali nkudya. Chakudya sichiyenera kumezedwa pamodzi ndi madzi. Madzi amasokoneza ntchito ya malovu; amaanonganso kagwiridwe ntchito bwino ka mimba. Madzi kapena zakumwa zouma chifukwa cha kuziziritsidwa, zimachedwetsa mimba kupukusa chakudya choyembekezera kuti chitenthetsedwe kufikira pa muyeso woti ingathe kugwira

bwino ntchito yake. Pofuna kuti kupukusa kuchitike moyenera, chakudya chidyedwe mosathamanga koma chitafunidwe ndi kusakanizidwa bwino ndi malovu.

Kumwa madzi ambiri pamodzi ndi chakudya kumapatsa ntchito yayikuru mimba yoyamba kutenthetsa madziwo, kuwayama kenaka kuyamba kupukusa chakudya.

Tengani nthawi yayitali mukudya, osadzadza mimba yanu ndi zakudya za mitundu yosiyaniyana pa nthawi imodzi yodyera. Sibwino kudya zakudya za mitundu yosiyaniyana mothamanga.

Anthu omwe amagwiritsa ntchito, za masamba, zokonzedwa m'njira ya chilengedwe, amakhala ndi thanzi labwino kuposa amene amadya phala kapena zakudya zochokera ku ufa woperapera. Zipatso pamodzi ndi buredi wophikidwa bwino amene wakhala masiku awiri kapena atatu kuchokera pomwe anaphikidwa zimapatsa thanzi labwino kuposa kudya zipatsozo ndi buredi wotentha wongophikidwa kumene. Kudya izi mosakaniza bwino zimalipatsa thupi zofunikira zake zonse.

Si bwiono kudya zakudya zosakaniza mitundu yambiri pa nthawi imodzi; mitundu itatu kapena inayi za zakudya zosiyaniyana ndi yokwanira. Padzikhala kasinthasintha wa za kudya nthawi zonse.

Pasakhale mitundu yambiri ya zakudya pa nthawi imodzi; komanso pasamakhale chakudya cha mtundu umodzi umodzi nthawi zonse. Chakudya chikonzedwe mosagwiritsa ntchito mafuta ochuruka kapena zoonjezera zina zomwe zingachiononge, ndi kuchotsa chikhumbokhumbu chakuchifuna.

Nthawi zina kusakaniza zakudya zambarimbiri kumaonongetsa; ndipo chotsatira chake chimakhala kuonongekanso kwa magari ndiponso ubongo.

Ngati tiri ndi bvuto la kusagwira bwino ntchito kwa ziwalo zopukusa chakudya ndi bwino kudya zipatso nthawi ina komanso za masamba nthawi inanso.

Nthawi zina suga wambiri amagwiritsidwa ntchito m'zakudya. Makeke, maswiti, jamu, ndi zakudya zina za mtundu uwu zimapangitsa kuti ziwalo zopukusa zakudya zisagwire bwino ntchito. Zakudya zoipitsitsa mwa izi ndi kasitadi ndi puding'i zomwe mumasakanizidwamo mkaka, mazira ndi suga. Kusakaniza mkaka ndi suga kumapangitsa chakudya kusanduka mowa chikalowa m'mimba; ichi chimaononga thupi.

Zakudya zikhale zopanda zokometsera zosayenera kapenanso zoonjezera monga puding'i pambuyo pa chakudya cha tsiku. Zakudya zosakaniza moposera muyeso zimaononga thanzi. Nyama zakutichire ndi za m'mudzi zimakana kudya zakudya za kasakaniza zomwe munthu amalora kuziika m'mimba mwake.

Pali malamulo oyenera kutsatidwa ndi onse amene akufuna kukhala ndi thanzi labwino. Munthu ayenera kutsatira malamulowa. Mulungu samakondwera ndi kusadziwa kwathu za malamulo ake, kaya a chilengedwe kapena a uzimu. Tiyenera

kukhala ogwira ntchito anzake a lye pa ntchito yakukonzanso za moyo ndi thanzi.

Kuswa malamulo a za chilengedwe kumawerengedwa tchimo monganso kuswa malamulo khumi a Mulungu. Munthu akapitiriza kusunga malamulo khumi a Mulungu, thenberero la uchimo lomwe lafalikira pa dziko likanakhala kulibe.

Kudzera m'zakudya zimene timaika pa magome athu odyera, tingathe kulalikira uthenga ndiponso ntchito ya machiritso pakudya ndi kumwa ku ulemelero wa Mulungu.

Anthu ambiri amadziitanira matenda kudzera m'kadyedwe kosayenera.

Maganizo ndi nzeru zathu zimao-nongeka ndi kusagwira bwino ntchito, osati chifukwa chakuwerenga mabuku kwambiri, kapena kugwira ntchito za thupi mosapuma, koma chifukwa cha zakudya zosayenera zodyedwa mu nthawi zolakwika, mosasamala ndiponso monyalanyaza malamulo a za thanzi. Kuwerenga si magwero akuti mutu usamagwire bwino ntchito zake. Chinthu chachikuru chomwe chimayambitsa kusagwira ntchito bwino kwa ubongo ndi zakudya zosayenera, kudya mu nthawi zolakwika, ndi kusachita masewero alimbitsa thupi. Kusagona maora oyenera kumasokonezanso ubongo.

Anthu ambiri akudwala nafa, chifukwa cha maityaidya. Maityaidya amabweretsa matenda osachiritika ndi akupha. Thupi lathu labwino li limafa chifukwa chakukana kwathu kukhala ndi chidziwitso chokwanira cha za thanzi.

Timalephera, kuchimwa kukoma chakudya, kugona tulo labwino, nkumakhala ndi maora ambiri akubvutika – chifukwa chakudya nthawi zolakwika pongofuna kukwaniritsa mtima wathu wadyera! Anthu odzipha tokhafa timayamikidwa ndi abwenzi ndiponso abusa, ndi kudzionga ngati tafika kale kumwamba pa nthawi ya imfa yathu. Ganizo lodzinamiza bwanji! Anthu adyera kumwamba? Ai, ai; sizidzatheka kuti otere adzalowe mu mzinda wa golide wa Mulungu pa zipata zonyezimira.

Ngati pofotokozwa za kuopsya kwa kusadziletsa ndi kufunika kwa kudziiletsa, Paulo analemba, “Ndipo ndiliyesa thupi langa kapolo;” ife tiri pa choopsya chachikuru, chifukwa sitifuna kulingirira ngakhale pang'ono monga iye anachitira zakufunikira kolemekeza Mulungu m'matupi athu ndi mizimu yathu, zomwe ndi zake za Mulunguyo.

Kudya mposerera muyeso ndilo tchimo la m'badwo uno. Matenda atenga malo a thanzi labwino. M'mimba modzala chakudya cholakwika mumapangitsa ubongo kusaganiza bwino ndipo ichi chimadzetsanso nzeru zosokonekera. Ndi nzeru yosokonekera yomwe imatchedwa yopusa pamaso pa Mulungu.

“Ndi maityaidya omwe anakhotetsa, kusokoneza, ndi kuwatsogolera anthu a m'badwo wa Nowa kuchiongeko. Ndi tchimo la maityaidya ndi maimwaimwa lomwe linasokoneza ndi kuchimwitsa anthu

a ku Sodomu kukhala osamwa ndi osatsatira malangizo, ndi mchitidwe woipa ngati umene umene amuna ndi akazi a mzindawo anakondweretsedwa nawo. Chomwechonso Khristu akulichenjeza dziko lapansi la lero: ‘Monga momwenso kunakhala masiku la lero: [anthu] anadya, anamwa, anagula, anagulitsa, anabzala, anamanga nyumba; kufikira tsiku limene Loti anaturuka m'Sodomu unabumba moto ndi sulfure zochokera kumwamba, ndipo zinawaononga onsewo; momwemo kudzakhalala tsiku la kubwambuluka Mwana wa munthu.’ [Luka 17:28-30]. Mulungu akukufotokozwa kugwa kwa Babulo kuti kunali chifukwa cha maityaidya ndi kuledzera. Chilakolako cha maityaidya ndi zikakamizo zake ndichio chinali maziko a machimo a anthu a m'Babulo.

Nthawi zonse Satana ali tcheru kufuna kugwetsa mtundu wa anthu ndi kuika pansu pa ulumuliro wake. Chida chachikuru chomwe akuchigwiritsa ntchito ndi maityaidya ndi zilakolako zake, chomwe wachikweza ndi cholinga chakuti chimchitire chipambano. Ngati pali yeso lalikuru kwambiri limene munthu ayenera kulimbana nalo ndilo la maityaidya.

Chitsanzo chimene Yesu anatipatsa poligonjetsa yeso li ndi chakuti chiyembekezo chathu cha moyo wosatha chidalira pakuligonjetsa tchimo la maityaidya ndi zilakolako zake poliika pansu pa ulumuliro ndi chifuniro cha Mulungu.

Ife tichiteko mbali yathu pakuyesetsa, ndipo mphamvu ya Mulungu, idzatichitira chipambano.

Kudziletsa pakadyedwe, kamwedwe, ndi kabvalidwe nkofunika. Kumvera malangizo kudzilamulira m'malo mwa maityaidya ndi kukonda zokondweretsa munthu. Anthu amene amadya mposerera muyeso, kapena amene chakudya chao ndi chosayenera, ndi kwapafupi kusokerezedwa ndi kugwa m'chiesero ndi “zopusa ndi zopweteka, zotere zonga zimiza anthu m'chiongeko ndi chitaiko.” 1 Timoteo 6:9.

Anthu amene akhala akuphunzitsidwa za kuipa kwa zakudya ndi zakumwa zosayenera monga nyama, tiyi, ndi khofi, kudzanso mafuta ndi zokometsera zakudya, ndiponso kudya zakudya zokonzedwa m'njira zosapatsa thanzi, natembenuka kudzipereka kutsatira malangizo ndi kupangana pangano ndi Mulungu podzipereka nsembe, sadzapitiriza kukweza ndi kudya zakudya zimene akudziwa kuti ndi zoipa. Mulungu akufunitsitsa kuti chilakolako cha maityaidya chithetsedwe, ndi kuti kudzikana ndi kudzipereka nsembe kuzionetsedwa mwa ntchito pokanitsitsa zinthu zomwe sizabwino. Iyi ndi ntchito imene iyenera kuchitidwa isanafike nthawi ya chiweruzo chotsiriza pomwe anthu ake adzaima pamaso pake ali angwiro, opanda chirema.

Anthu ambiri akufunitsitsa atachita chigonjetso ndi kulandira mphotho yomwe idzapatsidwa kwa olakika, koma sali okonzeka kumwa zowawa, kusalidwa, ndi kudzikana monga anachitira Mpulumutsi

wao. Ndi pakumvera ndi kuyesetsa komwe kungatipange kukhala ogonjetsa monga anachitira Khristu.

“Kapena simudziwa kuti thupi lanu liri kachisi wa Mzimu Woyera, amene ali mwa inu, amene muli naye kwa Mulungu? Ndipo simukhala a inu nokha. Pakuti munagwidwa ndi mtengo wake wapatali; chifukwa chake lemekezani Mulungu m'thupi lanu.” [1 Akorinto 6:19-20].

“Anthu amene nthawi zonse amatsimikizika moyo wao wonse kuti ali pa ubale weniweni ndi Mulungu, sadzaiika m'mimba mwao chakudya chimene cholinga chake nkungokwaniritsa chilakolako cha maityaidya, chomwe chimatsogolera kuchitako. Sadzalionga thupi lao lomwe ndi chuma cha Mulungu potsanzira zizolowezi zolakwika za kadyedwe, kamwedwe, kapena kabvalidwe. Iwo adzasamalitsitsa makhalidwe ao, pozindikira kuti kuchita ichi kuli chizindikilo cha mgwirizano wao weniweni ndi Mulungu. Mulungu amafuna otere akhale a thanzi, okondwa ndi opindulitsa. Koma kuti iwo akhale otere, ayenera kuika zifuniro zao zonse mu chifuniro Chake.”

TIDYE BWANJI KOMANSO NTHAWI YANJI

Ndi chizolowezi cha anthu kudya chakudya chakadzutsa chochepa. Koma iyi sinjira yabwino yomwe tiyenera kuchitira nazo mimba zathu. Pa nthawi ya chakudya chakadzutsa mimba imakhala itakonzeka kulandira chakudya moyenera kuposa panthawi ya chakudya chachiwiri ndi chachitatu cha pa tsiku. Chizolowezi chakudya chakudya chochepa cha kadzutsa ndi chambiri cha mgonero ndi cholakwika. Iyani chakudya chochuruka cha kadzutsa ndi kuchitenga kukhala cha pa mtima panu cha pa tsiku.

Kwa anthu amene amagonera mankhwala, ndi kulakwa kudya chakudya cha madzulo mochedwa. Pa nthawi ya chakudya iri yonse ndi bwino kudya mitundu iwiri kapena itatu ya zakudya zachilengedwe, ndipo adye ndi cholinga chothetsa njara osapitiriza apo. Adzichita masewero olimbitsa thupi tsiku ndi tsiku, ndikuona ngati sangapindule pakutero.

Pambuyo pa chakudya choyamba, ziwalo zopukusa zimayenera kupumula. Padutse maora asanu kapena asanu ndi limodzi kuchokera pa chakudya china kufika pa chinzake; ndipo anthu ambiri omwe angayese kuchita ichi adzapeza kuti kudya kawiri patsiku nokwanira kuposa katatu.

Anthu ambiri ali ndi chizolowezi chakudya zakudya kapena zomwaimwa pangotsala pang'ono kuti akagone. Angathe kukhala atadya katatu monga anazolowera, koma pochita mantha kuti amva njala mkati mwa usiku, amadya chakudya choonjezera chomwe chimakhala chachinai. Machitidwe olakwika, amasandulika chizolowezi, kotero kuti akapanda kudya chomwecho tsiku lina amawona ngati sangagone tulo. Koma nthawi zambiri kumwa ngati wina

ali ndi njala mkati mwa usiku kumachitika chifukwa cha chizolowezi cholakwika cha kadyedwe komwe kamapangitsa ziwalo zopukusa chakudya kumwa kulemedwa tsiku lonse chifukwa chokhutitsa mimba zao ndi zinthu zosayenera zomwe zimadyedwa mosapumula pakati pa nthawi zodyera. Ziwalo zopukusa zakudya zolemedwa zo zimatopa ndi kufunitsitsa zitapumula ku ntchito kuti zipatonso mphamvu. Chakudya chachiwiri chisadyedwe kufikira mimba itapumula ku ntchito yake ya chakudya choyamba. Ngati pali kuti nkudya chachitatu, ndi bwino chidzikhala chopepuka, ndipo chidiedwe patakhalala maora ochurukirapo munthu asanakagone.

Kudya kawiri pa tsiku nkwabwino kuposa katatu. Chakudya cha mgonero chodyedwa mofulumira chimasokoneza ntchito yakupukusa chakudya chimene chidnadyedwa masana. Ngatinso chitadyedwa mochedwa, chimakhala chisanapukusidwe pomakagona. Machitidwe wa amapangitsa mimba kusakhala ndi nthawi yakupumula mokwanira. Tulo timasokonezedwa, ubongo ndi minyewa zimafooka, ndipo chikhumbokhumba cha chakudya cha m'mawa chimachoka, thupi lonse limakhala lotopa.

Anthu amene amadya kawiri pa tsiku angathe kuganiza kuti adye kwambiri pa nthawi ya chakudya chao chachiwiri kuti aloweze m'malo mwa chakudya chachitatu chomwe sadyanso, pakutero amapweteketsa ziwalo zao zopukusa chakudya.

Anthu ambiri amafunitsitsa kukhala ndi thanzi labwino pakudya kawiri osati katatu pa tsiku; ena pa zifukwa zina atha kuganiza zakumadya katatu pa tsiku koma aonetsetse kuti chakudya chachitatucho chidzikhala chopepuka kwambiri. Chingathe kungokhala chipatso.

Pamene chakudya chadyedwa, mimba iyenera kupatsidwa mpata wa maora osachepera asanu kuti ipumule. Pa nthawi yakupumulako pasadyedwe kachidutswa ngakhale kakang'ono kachakudya kufikira nthawi ya chakudya china. Zikatero, mimba imagwira bwino ntchito yake, ndi kukhala yokonzeka kulandira chakudya chochuruka pa nthawi ina yodyera.

Nthawi yodyera idzikhala imodzimidzi tsiku ndi tsiku. Ngati chakudya china chingadyedwe maora awiri kapena atatu nthawi yodyera china isanakwane, mimba imakhala isanakonzeka kuchilandira; chifukwa imakhala ikugwirabe ntchito pa chakudya inachilandira poyamba, ndiponso iri yotopa. Kuinsenza chakudya china imalededwa mposerera muyeso.

Sibwino kuchedwetsa chakudya kapena kudya mofulumira ndi ora limodzi kapena awiri. Nthawi yodyera ikakwana ndi bwino kulekeza zomwe munthu akuchita ndi kudya. Mimba imamwa njala ndi kufuna chakudya nthawi imene inazolowera kulandirira chakudyocho. Chakudya chikachedwa, kapena kutaya nthawi yochidiera chikhumbokhumba chake chimachepa pena kutheratu.

Kudya nthawi imodzimidzi tsiku ndi tsiku nkofunikira. Pasamadyedwe kanthu kena kali konse kuchokera pa chakudya china kufika pa nthawi ya chakudya inzake, pasamakhalo zotafunatafuna, munga mtedza, zipatso, kapena kachakudya ka mtundu uli wonse. Zomwaimwanso (ndi madzi okha amene adzimwedwa chifukwa sali chakudya, ndipo ayenera kumamwedwa mokwanira pakati pa nthawi zodyera). Kusadya nthawi imodzimidzi kumapangitsa ziwalo zopukusa kukhala zopanda thanzi, ndipo kumadzetsa kusakondwa ndi kudwaladwala.

Ambuye amafuna kuti anthu ake adzikhala ndi chidziwitso chokwanira za kadyedwe kabwino ndi za kukonzanso za moyo wa thanzi komwe kusachitike mosinjirira.

Ngati osachenjera, mdani wa miyoyo angathe kumkankhira munthu kuchita zinthu moonjezera, kapena kumadya modzimana ndiponso chakudya chopanda zofunikira kuti munthuyo adzidwaladwala. Tikhale tcheru ndi oganiza bwino pofuna kupewa kunyozetsa ntchito yakukonzanso za thanzi ndi malamulo a Mulungu.

Ngati pali chinthu chachikuru chimene chakhala chikupangitsa kuti ntchito yakukonzanso za thanzi isapite chitsogolo, ndi anthu a maganizo okhota omwe anakhala akuichita mosinjirira m'mbuyomu. Pali anthu ena omwe amatengera zinthu pamwamba chinthu chomwe kumapeto kwake chimakhala chisokonezo. Koma ife tiyeni tikhale oona ndi odzala ndi chilunjiko ndipo pomwepo tidzalandira mphamvu yachipambano ndi yakugonjetsa.

ANA

Zizolowezi zikakhazikika nokobvuta kuzigonjetsa. Kukonzanso kakhaliidwe ndi kadyedwe kuyenera kuyamba ndi mai mwana asanabadwe; malangizo a Mulungu akanatsatidwa mokhulupirika, kukanakhala kulibe kusadziletsa.

Chakudya chabwino kwa mwana wakhandu ndi chomwe chilengedwe chinapereka. Mwana asamanidwe ichi m'njira iriyonse. Ndi chopanda nzeru kwa mai kudzilekanitsa osamyamwitsa ndi kumonetsetsa chikondi mwana wake chifukwa chofuna kudzisangalatsa kapena kupeza ndalama.

Khalidwe la mwana limakhuzidwa m'njira zambiri ndi chisamaliro chimene amachilandira kwa mai wake. Choncho ndi kofunikira kwambiri kuti mai adzikhala wa nsangala ndi maganizo abwino, komanso wangirowo m'moyo wake. Pakutero chakudya cha mwana chidzakhala chosanonongeka, ndipo mtima wodekha, wodzisungira ulemu umene mai angauonetse, udzathandizira kwambiri pakuumba khalidwe ndi maganizo a mwanayo.

Kuphunzitsa ana zizolowezi za kadyedwe koyenera ndi chinthu cha mtengo wapatali. Ana ang'ono aphunzitsidwe kudya kuti akhale ndi moyo, osati ali ndi moyo kuti adzidya. Kuphunzitsa ana kuyambire ali a khanda m'manja mwa amai ao. Mwana

adzipatsidwa chakudya m' nthawi zoikika ndiponso zimodzimidzi tsiku liri lonse, nthawi'zo zizinka zikusinthidwa akamakula. Asamapatsidwe maswiti kapena chakudya cha anthu akuruakuru, chomwe mimba zao sizingathe kuchipukusa. Chisamaliro ndi kumpatsa mwana chakudya choyenera m'nthawi yake sizothandiza pa thanzi lake lokha, kapena kumpanga iye kukhala wofatsa ndi wamaganizo abwino kokha, koma zimayala maziko a zizolowezi ndi madalitsa m'zaka zake za mtsogolo.

Makolo ayenera kuphunzitsa madyedwe akudziletsa kwa ana ao, ndipo asamalora ana kugwiritsa ntchito zakudya zimene ndi zosayenera. Pa nthawi zophunzitsa kadyedwe'zi, makolo asamirize zakudya zimene ana'wo sakugwirizana nazo kapena kuwalora iwo kumadya moposera muyeso. Ana ali ndi mwai wakusankha zomwe akufuna, ngati asankhazo nzabwino, zibvomezedwe.

Phunzitsani ana anu kupewa zakudya, zakumwa ndi zosutasuta zosokoneza ubongo.

Pali zakudya ndi zakumwa zomwe zimakweza chilakoloko choipa ndi kutso-golera ku chikamakoko chofuna za kumwa zozedzeretsa. Zakudya izi zimatengedwa kuti nza anthu olemera kapena za mafumu monga: zotsira zokometsera, zosakaniza za thanzi ngati mayonaizi, makeke ndi zambiri za mtundu wotere. Zikalowa m'mimba zimasokoneza kapukusidwe ka chakudya komanso kulimbikitsa chikamakoko chazoledzeretsa. Sikudya zakudya zotero kokhako komwe kuli kosayenera, komanso ana asamalolewwe kudya pakati pa nthawi zodyera kupatula kumwa madzi, kuti pa nthawi imene akufika zaka khumi ndi ziwiri kapena khumi ndi zinai ziwalo zao zopukusa zakudya zikhale ziri za thanzi.

Nokobvuta kwa anthu amene amalumulidwa ndi chilakoloko cha maida yidya kukhala akhristu angwiro. Kumvera ndi kusunga malamulo kungabvutirepo, pokhapokhapo ngati makolo angasamalitse za chakudya ndi kadyedwe ka ana ao. Amai ambiri amakanza zakudya mosapindulira mabanja ao. Nyama, bata, chizi, zotsiratsira m'ndio ndi zokometsera zakudya, zodyaidya kapena kumwa pambuyo pa chakudya, zimachitidwa popanda wotutumuka pakati pa onse akuru ndi ana. Izi zimapitiriza kusokoneza ntchito za mimba, ndi ubongo ndipo zimachepe-tsa kuganiza mwa nzeru. Ziwalo zimene zimapanga magazi zimalephera kuzitem-benuza zoterezi kukhala magazi abwino. Mafuta monga sitoko majarini akaikidwa m'zakudya amangoipatsa mimba bvuto lak-upukusa chakudya. Chizi ndi choipitsitsa. Ufa woyera wa buredi uli ndi zosoweka zambiri ku thupi ndi bwino kugwiritsa ntchito ufa wa tirigu wosakonola. Kudya ufa kapena buredi woyera kumangolipangitsa thupi kupitirira kukhala lopanda nthanzi. Zotsiratsira ndi kukometsera zakudya zimangoyabwitsa mimba ndi kuononga khungu lofewa lomwe layalika mkati mwa mimbayo, potsirizira zimangoononga chilengedwe chonse cha

khungu'lo. Magazi amaonongeka, unyama umakula ndipo kumvera ndi kaganizidwe zimachepe kapena kuchokeratu, ndipo munthu amakhala kapolo wa zilakoloko za thupi. Nkofunikira kuti mai adzikonzera banja lake chakudya chooneka chonyozeka koma chiri cha chilengedwe ndi chopatsa thanzi labwino.

Ngati ana angaphunzitsidwe mokwanira, kutsatira malangizo oyenera sikungakhale kobvuta iwo kukhala odziletsa. Sangakhale obvuta kumvera ndi kukhulupirika mwa Yesu, pa zodetsa za m'masiku otsiriza ano.

Kuchita zinthu motsatira ndondomeko zoyenera kudzikhala mbali ya zizolowezi za moyo wa mwana. Amai ambiri amalakwitsa pakulora ana ao kudya zakudya nthawi iri yonse osapumitsa pakamwa. Mimba imatopa, ndipo kutero kumakhala kuyara maziko a mavuto a moyo wa mtsogolo. Ana amadzimidwa ndi kudwala, koma palibe mai amakhala ndi chidwi chakufufuza chomwe chimayambitsa kudwalako kuti mwina nukhala chakudya chosapukusika. Samathanso ngakhale kuwatonthoza ana 'wo za madandaulo ndi kusowa mtendere kwao. M'malo mwake amangowapatsabe anawo dzidutsa za keke kapena chakudya china kuti atonthole komwe kumakhala kungoonjezera ululu womwe ana'wo amaumwa.

Bvuto lalikuru la achinyamata ndi laka-sadziletsa. Makolo osasamala samaphunzitsa ana ao zakufunika kwa kudziletsa. Chakudya chimene amapatsa kwa ana ao ndicho chimakhala chiyambi chosokoneza mimba zao. Zoipa zomwe zimachokera m'mimba zimafalikira ku ubongo, ndipo zotsatira zake ndi kudutsa zilakoloko zosayenera. Sikofunika kubwezabwerezaza kufotokoza kuti, chiri chonse chomwe chimaikidwa m'mimba sichimakhuzi thupi lokha, komanso maganizo ndi malingaliro. Zakudya zosayenera zimaononga magazi, kusokoneza kagwiridwe ntchito bwino ka ubongo ndi minyewa, kenaka nzeru zakumvera, zomwe chotsatira chake nkuchita zinthu mosalingirira. Ndi kobvuta kwa munthu amene samadziletsa pa kadyedwe kukhala wofatsa ndi wodziletsa pakachitidwe ka zinthu. Ichi nchifukwa chake nkofunika kwambiri kuwaphunzitsa ana amene khalidwe lao silinapangike, kumadya zakudya zimene ndi zopatsa thanzi osati zilakoloko zoipa. Chinali chifundo ndi chikondi cha Atate wakumwamba kutipatsa chidziwitso chakukonzanso za thanzi kuti titchinjirizidwe ku zoipa zomwe zimadza chifukwa chakusadziletsa pakadyedwe.

Makolo adzitenga nthawi yaitali kuphunzitsa ana ao, ndi yochepe kwambiri kunka akukondweretsa zofuna za anthu owazungulira. Ayenera awerenge mauthenga a za thanzi, ndi kuchigwiritsa ntchito chidziwitso chimene achipeza m'machitachita a moyo wao. Aphunzitsa ana kulekanitsa pakati pa choipa ndi chabwino. Kuwalimbikitsa iwo kuti ngati akufuna moyo wabwino, asunge malamulo a za chilengedwe. ... moleza mtima ndi mopirira makolo agwire ntchito yao motero.

ZIPATSO, NJERE NDI ZA MASAMBA

Kudya zipatso zimene zangothyoledwa kumene kuchokera mu mtengo, kumatidalitsa ndi thanzi ndi moyo wabwino.

Ndi kofunikira kuti tidzidya zipatso zambiri kuposa kudya zakudya zophikidwa.

Kwa iwo amene amabvutika matenda a m'mimba, ndi bwino kumadya zipatso za mitundu yosiyanasiyana, koma osati yambirimbi nthawi imodzi.

Ambiri amafa chifukwa chakudya zipatso ndi za masamba zoonongeka zomwensozimasandulika mowa m'mimba ndi kuononga magazi, chinthu chomwe ambiri sitimachizindikira.

Chakudya cha chilengedwe chopanda zokometsera, ndiponso cha zipatso ndi chabwino ndipo ndi chomwe chiyenera kupatsidwa kwa anthu amene akukonzekera kugwira ntchito ya Mulungu.

Chakudya cha zipatso chodyedwa moyenera chimapepukitsa thupi kwa anthu amene amachita ntchito zogwiritsa ubongo. Kanthawi kokhala osadya chakudya cholemetsetsa, koma chopepuka chodyedwa mosamala, kamalipangitsa thupi kupezanso mphamvu ndi kudzikonzanso momwe linaonongeka.

Buredi ayenera adzikhala wakupsya bwino kuyambira mkati ndi kunjira. Kuti mimba ikhale ya thanzi, buredi amafunika adzikhala wopepuka ndi wouma. Buredi ndi chakudya chopatsa moyo, choncho nkofunikira kuti onse omphika adzitero mwa luso.

Si ufa uli wonse wa tirigu uli wabwino kudyedwa. Kusakaniza ufa wa tirigu, wa maoti ndi wa rayi kungathe kupanga chakudya chopatsa thanzi kwambiri kuposa kungophika buredi wa ufa wa tirigu umene zofunikira zonse zachotsedwamo.

Buredi wotsira suga ndi mabisiketi zisamapezeke pa magome athu odyera. Ndi bwino kudya zakudya zopanda suga kuposa za suga zomwe zimaibvutitsa mimba, ndipo zimapereka kusadziletsa ndi kusakhazikika kwa maganizo.

Anthu okondwa ndi a moyo wabwino ndi omwe amadya za masamba, zipatso, mitedza ndi za njere zambiri.

ZODYEDWA PAMBUYO PA CHAKUDYA, ZOKOMETSERA NDI ZA MAFUTA

Suga si wabwino ku thanzi la mimba zathu. Amaletsa zakudya msanga, ndi kuledzeretsa ubongo komanso kutopetsa ziwalo.

Anthu ambiri pena paliponse amagwiritsa ntchito suga moposera muyeso m'zakudya zao.

Makeke, jamu, zakudya zotsekemera zomwe zimadyedwa pambuyo pa chakudya ndi zina za mtundu womwewo, zimakupangitsa kupukusa kwa zakudya kukhala kobvuta. Zakudya zoipitsitsa pa gulu liimene'li ndi kasitadi, aisi-khirmu ndi phuding'i momwe muli mkaka, mazira ndi suga. Si bwinonso

kumwa mkaka momwe muli suga.

Suga amaononga thupi. Ngati angagwiritsidwe ntchito moposera muyeso, suga ndi woipa kuposa nyama.

Ndi chinthu chabwino kwambiri kusadya zotsekemera. Sibwino ngakhale kuzilakalaka izi. Kudya mkate umodzi wophikidwa pogwiritsa ntchito zipatso chingakhale chinthu chabwino kwambiri, koma sibwino kudya mkatewo moposera muyeso pakungofuna kukwaniritsa chilakolako cha maida yaidya, yense wokhala ndi chizolowezi chotere amadzipangitsa kukhala wosayenera kukhala mu utumiki wa Mulungu.

Ngati pambuyo pa chakudya, keke momwe muli suga wambiri kapena khirumu zingadyedwa, chakudya chimaola ndi kuonongeka mwamsanga m'mimba, pomwepo thupi limayamba kufooka. Ubongo umakhuzidwa ndi chakudya chiri chonse chimene chalowa m'mimba. Zokometsera zakudya za mtundu uli wonse ndi zoipa, zimaononga thupi. Ubongo umasokonezedwa ndi chosayenera chiri chonse chomwe chimalowa m'mimba.

Zokometsera zakudya zonse ndi mitundu yao ndi zoononga. Mastadi, tsabola, masipaisi, viniga ndi zina zonse za mtundu uwu, zimailepheretsa mimba kugwira bwino ntchito yake, ndi kudetsa magazi. Zina zimatupitsa ziwalo momwe mumadutsa zakudya. Ndipo chizolowezi cha izi chimapangitsa munthu kusakonda kudya zakudya za chilengedwe.

Masipaisi amaononga minofu yofewa imene yayalika mkati mwa mimba, ndi kuphangaita mimbayo kusatha kugwira ntchito monga mwa chilengedwe chake. Ichi chimapangitsa kuthi chakudya chisamapukusike, koma chidzingoola ndi kuyambitsa matenda a chiwini ndiponso impsyo.

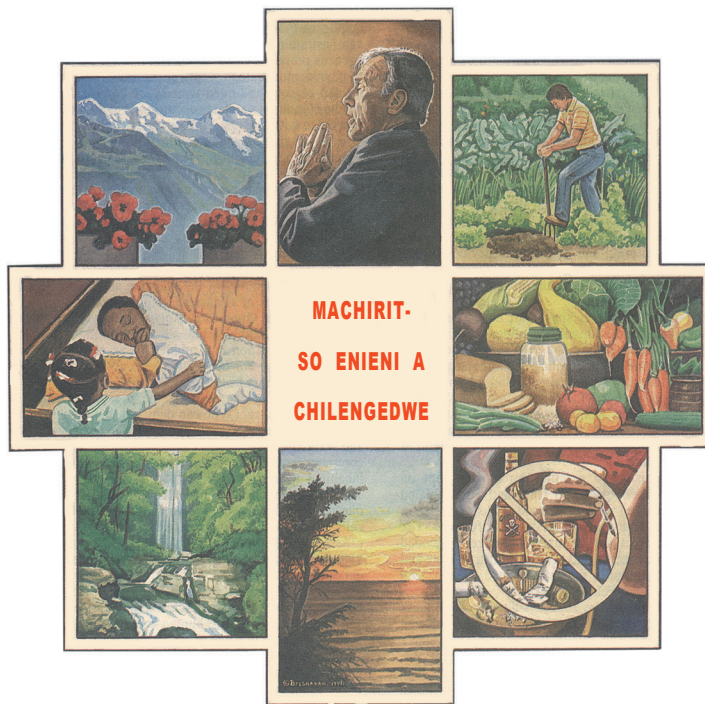
Chotupitsa mkate/soda mwa mitundu yao yonse ndi zosafunika ku thanzi la mimba zathu; chotsatira cha kudya izi chimakhala matenda. Soda amaononga minofu yofewa yomwe yayalika mkati mwa mimba, amaitupitsa kenaka kupereka ululu wakupha ku thupi lonse.

Ngakhale mchere ndi wofunikira ku magazi athu, naonso uli ndi zoipa zake.

Mtedza wa azitona wokonzedwa bwino ndi wofunika pa chakudya chiri chonse. Zakudya zofunikira ku thupi zimene zikanapezeka pakudya mafuta a mkaka wa ng'ombe zimapezeka m'mtedza wa azitona wophikidwa bwino. Mafuta a mtedza wa azitona amathandiza kuchepetsa bvuto la kuuma kwa chimbuzi, ndiponso lakusowa kwa zakudya zina m'thupi, ndi abwinonso kwambiri kwa anthu amene ali ndi zotupatupa m'mimba kuposa mankhwala ena ali onse. Mafuta a mtedza wa azitona ndi chakudya chabwino kwambiri kuposa mafuta ochokera ku nyama.

Mbatata zokazinga sibwino ku thanzi lathu, chifukwa zimakhala ndi mafuta ochuruka omwe zimakazingidwiramo.

Ngati mkaka ungagwiritsidwe ntchito, udzikhala wawiritsidwa bwino; chifukwa pa-



kutero tidzirombo tonse ta matenda timafa.

Mu zakudya za njere, zipatso, masamba ndi mitedza ndimo mumapezeka zoyenera zonse zofunika ku matupi athu. Ngati titadzipereka kwa Ambuye ndi mtima wathu wonse lye adzatiphunzitsa momwe tingamakonzere chakudya chopatsa thanzi.

Ku mtedza kungasakanizidwe za njere, za mizu, ndi zipatso kupanga chakudya chimene ndi chopatsa thanzi.

NYAMA

Mulungu sanalamulira munthu kudya nyama kufikira pambuyo pa chigumula. Iye analora mtundu wa anthu analengela kukhala nthawi yaitali'wo kuyamba kudya nyama ndi cholinga chofuna kufupikitsa moyo wao (Kuchokera pa zaka 900 mpaka zaka 70).

Tisalore kachidutswa ka nyama kukhiza milomo yathu ndi kulowa m'mimba zathu.

Anthu amene angotembemba koma osatsimikizika kusiya nyama adzachoka, osakhala pa gulu la ana a Mulungu.

Mau a Mulungu akutichenjeza momveka kuti pokhapokhapo tichipewe chilakolako cha nyama, moyo wathu wa thupi udzakhala pa nkondo kulimbana ndi moyo wathu wa uzimu nthawi zonse.

Matenda a kansa ndi zotupatupa akuna akukura chifukwa chakudya nyama. Tsiku ndi tsiku anthu akudya nyama zomwe ziri ndi tizirombo toyambitsa chifuwa chachikuru ndiponso kansa. Chifuwa chachikuru, kansa, ndi matenda ena oopsya ndi opatsirana.

Minofu ya nkumba imakhala ndi tiziromboti tambiri ... Mulungu anati, "Muyise yodetsedwa. Nyama yake musamaidya, mitembo yake musamaikhuza." Lamulo ili linaperekedwa kuchenjeza za nyama ya nkumba kuti ndi yosayenera kukhala chakudya chathu.

Ngakhale nyama ya nkumba ndi imodzi ya zakudya zokonedwa kwambiri, koma ndi yoipitsitsa ... Imadzadza matupi a oida ndi tidzirombo toyambitsa chifuwa chachikuru cha ziwalo momwe mumapangidwa asilikari a chitetezo cha thupi; kumalo otentha imayambitsa khate, ndi matenda osiyanasiyana pa khungu.

M'malo ambiri nsomba zaipitsidwa ndi zinthu zosayenera zomwe zimadya, ndi zoyambitsa matenda.

Pa nkhani (ya kudya nyama) tisafulumire kuwaleketa anthu. Koma tiwaphunzitse molingana ndi malo omwe ali, komanso tilingalire za chizolowezi chomwe akhala nacho kwa nthawi yaitali, ndipo tisawakamize, ngati kuti ndife muyeso wa chiweruzo chao.

Ndakhalala ndikuona mabanja amene, molingana ndi malo amene ali, nyengo kapena dziko, kuti sangathe kupeza chakudya china kuposa nyama. Si ntchito yanga, kapena ya munthu wina ali yense, kuyamba kuwauza awa za kuipa kwa kudya nyama. Kungotero, m'malo moti anthu'wo amvetsetse ubwino wakutsatira malamulo a za thanzi kuti amadalira pa kudzipereka nsembe ndi kudzikana, amawaona ngati chipsyinjio.

Kwapatsidwa kwa ife kukhala ndi moyo kamodzi, choncho funso limene munthu ali yense ayenera kudzifunsa likhale lakuti, "Ndichite bwanji ndi moyo wanga kuti undipindulire kopambana? Ndingachite bwanji kuti ndipambanitse ulemelero wa Mulungu ndi kuchitira ubwino anthu ena?" Moyo umakhala wachipambano ngati utagwiritsidwa ntchito bwino komanso kukwaniritsa zofunika zake zonse.

Malangizo awa anatengedwa kuchokera mu "Counsels on Diet and Foods" lolembedwa zaka 100 zapita

ndi Ellen G. White

"Momwe zinali zikhalebe momwemo."

KODI NDISIYE LEROLERO KUDYA NYAMA?

Akatswiri a za Sayansi akuitcha nthenda yoyambitsa misala ya ng'ombe ndi maina awa: Ikakhala m'ng'ombe, amaitcha ndi dzina lakuti, Bovine spongiform encephalopathy (BSE); mu nkhosa, imatchedwa Scrapie; mwa anthu, imatchedwa Creutzfeldt-Jakob disease (CJD). Ndipo misala yamitundu yonse pamodzi ikudziwika ndi dzina lakuti, spongiform encephalopathies (SE). Nthendayi imaupangitsa ubongo kukhala ndi timaenje ngati ta chinkhupule. Imayambitsidwa ndi tizirombo tomwe timapezeka pakudya nyama (ng'ombe, nkumba, nkuku, kapena nyama za mtchire zokhala ndi ziboda). Zizindikiro zake zimatenga nthawi yaitali kuti ziyambe kuonekera.

Munthu angathe kuitenga CJD pakudya chiwalo chiri chonse cha nyama. Tidzirombo (tomwe timayambitsa mitundu yonse ya (SE) timadwalitsa mbali iri yonse ya thupi osati ubongo wokha. Ngakhale tidzirombo ta BSE/CJD timadwalitsa ubongo koma timapezeka m'ziwalo zonse za thupi la munthu kapena nyama yomwe yagwidwa ndi matendawa. Choncho mbali iri yonse ya nyama imakhala nato. Nchifukwa chake nkwabwino kusadya nyama. Tidziromboti sitimafa tikaphikidwa. "Kachirokoko kodabwitsa" komwe kamayambitsa SE sikamapezeka mu ubongo wokha! Kamapezekanso m'ziwalo zambiri ndi m'nofu ya nyama, kuphatikiza m'magazi ndi m'mafupa. Zinat-simikizika, m'chaka cha 1993, kuti ng'ombe ya bere ndi yoyamwitsa ingathe kupatsira nthendayi kwa mwana wake - uwu ndi umboni wokwanira kuti nthendayi ingathe kufalitsidwa kudzeranso m'magazi. Mafupa a ng'ombe zazikuru ndi chimodzi cha zipangizo zofunikira pakupanga chakudya chokulitsa thupi, chomwe chimagwiritsidwa ntchito m'zakudya zambiri kuphatikiza zomwe zimakhala ndi pfungo lopatsa madyo komanso zakudya zosakanikira ndi madzi mosabvuta.

Nkhosa za ku U.S. ndi ku Britain zinagwidwa ndi nthendayi pa nthawi imodzi. M'maiko a U.S. ndi Britain nkhoza zinagwidwa ndi nthendayi pa nthawi imodzimodzi m'zaka za m'ma 1950 ndipo inaturukiridwa ndi a zofufuzafufuza pamene amafuna kupeza chimene chinayambitsa nthenda ya anthu akudya anthu anzao yotchedwa Kuru ku New Guinea.

Ino sinthawi yozengeleza kuwachenjeza anthu za kuopsya kwa kudya zakudya izi. Onse asiye kudya nyama zomwe zingathe kukhala ndi tidzirombo ta matenda. M'gulu la nyama za m'tchire zomwe zingathenso kukhala ndi matenda'wa mulinso mbawala ndi insa.

Zotengedwa m'bukhu lotchedwa, International Meat Crisis, lolembedwa ndi a Vance Ferrell, (M'U.S.A., kuti mupeze bukhu lanulano, tumizani US\$7.00 ppp. Ku Harvest-time Books, Box 300, Altamont, TN 37301). Zambiri zokhuza matenda'wa mudzazipeza m'bukhu'lo.