

Mphatso Ya Mulungu M'Banja



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Ideas of How to Use God’s Gift for Marriage Day 1-5 Dialogue:

1. **For Girls:** When it comes to talking to your children about sex, you want them to hear the truth from you rather than pick up misinformation from the media or friends. Bringing up the topic early can help establish a trust relationship. The first day of the dialogue is written to bring up the topic and discuss puberty. It’s helpful to start talking about this before the periods start so your daughter knows what to expect. Periods usually begin within 2 to 3 years from the breast buds appearing. Therefore, for girls, when you see breast buds appear, start looking for opportunities to have a good conversation. You may find that while your daughter might be ready for the first day of dialogue, you may wait to discuss days 2-4 until she is a little older.
2. **For boys:** Sex education can often be overlooked since they don’t have to deal with periods. As a parent of boys, I have found that all cultures put a lot of pressure on boys to have sex outside of marriage. Movies and TV shows act like pornography and premarital sex are just part of growing up. So, I feel like it is important to be very intentional at a young age to teach our sons to respect girls and women and to have a healthy biblical view of sex. While boys should also read all five days of the dialogue, Day 5 is designed specifically for boys to step up and be the kind of man that women want to marry. If the dialogue brings up questions, feel free to discuss them. The purpose of this resource is to give parents a tool to get the conversation started. Your sons and daughters need to know that they should come to you if they have questions or concerns regarding this topic.

3. **Church-based women’s groups:** Develop a Bible study that discusses what the Bible teaches about sex. (Read scripture about sex and the role of parents in teaching children.) Discuss cultural challenges parents face in teaching this topic to their children. Talk about social pressures their children face to not obey the Bible. Note that 1 in 3 women have faced some form of abuse. Be compassionate as you discuss this topic, pointing them to Christ’s love, mercy, and grace. (There are many Bible stories of Jesus showing compassion and forgiveness to women that have not obeyed God’s commands about sex.) Read the dialogue as a skit in the group and/or print it out as a resource parents can use to share it with their children.
4. **Youth groups:** Ideally parents should be having these conversations with their children. Some have successfully used this resource as a skit at a youth event. The youth read a day of dialogue, then divided into same-sex small groups and discussed it. If you use this dialogue at a youth event at your church, I encourage you to tell parents ahead of time what you will be discussing and encourage them to have follow-up conversations with their children.
5. **School:** This dialogue is an abstinence-based sex education tool that could be included in a unit about reproduction in science class. It could also be used in the Bible knowledge classes. The dialogues could be printed out and sent home to be discussed with parents. Once again, as much as possible, parents should be the ones using this tool.
6. **Commercial Use:** This dialogue can be printed and distributed with reusable sanitary pad kits.

Tsiku

1

Mayi: Waswera bwanji Cynthia. Tsiku lako linali bwanji kusukulu?

Cynthia: Linali bwino Amayi, Zikomo. Inu mwaswera bwanji?

Mayi: Ndaswera bwino. Ndakhala ndikuganiza za m'mene ukukulira mofulumira. Mulungu wandipatsa udindo wokuphunzitsa za Yesu ndi Chipulumutso chake ndi mmene amafunira kuti tizikhalira moyo wachikhristu.

Cynthia: Inu ndi bambo munatiphunzitsa zambiri zokhudza Baibulo.

Mayi: Lero ndikufuna kulankhulana nawe za chimene Baibulo limanena zokhudza kugonana, za malingaliro a Mulungu pa nkhani yakugonana.

Cynthia: Mzanga amanena kuti mutu umenewu ndiochititsa manyazi kwambiri kukambirana ndi amayi athu.

Mayi: Zoona, Ndinkhani yachinsisi yokambirana ndipo sindikufuna kuti ukauze ena ngakhale anzathu omwe tayandikana nawo. Baibulo limaphunzitsa kuti Mulungu amapereka udindo kwa Makolo kuphunzitsa ana awo za mmene ayenera azikhalira. Baibulo limalankhula zambiri zokhudza kugonana. Anthu amene samadziwa Baibulo

samamvetsa. Kodi amakuphunzitsani chani ku sukulu zokhudzana ndikusintha kwa mthupi lanu?

Cynthia: Anatiuza kuti mawere athu adzakula, chokodzera cha anyamata chidzatalika komanso chidzakula. Onse anyamata ndi atsikana adzamera tsitsi ku mkhwapa ndi mmalo obisika. Ananenanso kuti tidzidzatuluka thukuta la fungo ku mkhwapa kwathu ndipo pamene tituluka thukuta tikuyenera kuonetsetsa kuti tikusamba tsiku lililonse. Ndiponso, tinaphunzira kuti azimayi ali ndi nyini imene ili pakati pabowo lokodzera ndi pobibila. Nyini imapitilira ku chiberekero. Muchiberekero ndi malo amene mwana amakuliramo.

Mayi: Zimenezo ndizoon. Ndasangalala kuti ukumakhala tcheru mkalasi. Kodi ananenapo china chilichonse chokhudzana ndi msambo?

Cynthia: Eya. Ananena kuti mwezi wina uliwonse atsikana azidzatuluka magazi kuchokera ku nyini. Kodi zidzakhala ngati mmene ndimachichitila pokodza?

Mayi: Ayi. Magazi azidzatuluka pang'onopang'ono tsiku lonse ndi usiku. Zimatenga masiku atatu mpaka asanu ndi awiri, sikuti ndimagazi ambiri kwenikweni, koma sungawaletse. Chifukwa cha ichi ndikufuna kukuphunzitsa za mmene ungasamalire munyengo imeneyi ya mwezi. Azimayi ambiri nsambo wawo umabwera pa masiku 28 aliwonse. Ndimalingaliro abwino kuika chizindikiro pa kalendara, ndicholinga choti uzikonzekera mwezi uliwonse. Koma kwa azimayi ena, atsikana ongoyamba kumene msambo ndi azimayi okalamba amakhala ndi msambo opanda ndondomeko, umatha kubwela nthawi iliyonse.

Cynthia: Kodi ukuyenera kukhala kuchimbudzi tsikulonse?

Mayi: Ayi. Ndimagwiritsa tchito padi yomwe yomwe imayamwa

magazi. Umayimata mkati mwa panti wako motere_..... Pamene Padi yako yanyowa umayichotsa ndikuika mu bigili kuti ifewe. Kumapeto kwa tsiku, ukhonza kuchapa mapadi owonongekawo ndikuwayanika mumphepete mwa bigiri kuti awume. Ndizothandiza atakhala kuti ayanikidwa padzuwa kuti awume bwino ndipo akhale osamalika. Ndiwe wankulu ndipo ukhonza kuchapa ma Padi wekha. Ukhonza kutengako Pad popita ku Sukulu chifukwa mwadzidzi ukhoza kuyamba msambo uli kusukulu komweko. Azimayi ena amagwilitsa ntchito kansalu kuti kaziyamwa magazi. Ena amagwilitsa ntchito ma padi aja onogwilitsa ntchito kamodzi akanyowa nkutaya. Ma Padi a mtundu umenewu amayenera kukulungidwa mu pepala lofewa kapena mu jumbo ndikutaya mu chimbudzi chokumba kapena bini / dzenje lotayamo zinyalala. Ma Padi sakuyenera kutayidwa mu chimbudzi cha madzi, kutero ndi kuononga chimbudzi.

Cynthia: Mzanga ananena kuti ndikadzayarnba msambo ndidzayenera kuyamba kuika zala zanga ku nyini kuti nditsukeko ndi sopo.

Mayi: Sukuyenera kuika chilichonse kunyini kwako. Mulungu anapanga thupi lathu kuti likhoza kudzikonza lokha pamene ukhala ndi msambo wako. Ukhoza kudzikhedula wekha kapena kutenga matenda ngati ulowetsa zala zako ku nyini. Komanso monga mmene aphunzitsi ako ananenera, ukuyenera kusamba tsiku ndi tsiku ndi sopo thupi lako lonse kuphatikizapo kutsuka tsitsi la kumaliseche. Kodi uli ndi mafunso ena wokhudzana ndi msambo?

Cynthia: Ndizopweteka?

Mayi: Sipakuyenera kukhala kupweteka kulikonse pamene utuluka magazi. Azimayi ena amamva kupweteka kwa mmimba kwa tsiku kapena masiku awiri asanayambe msambo wawo, mwinanso masiku awiri kapena angapo

mkati mwamsambo. Ena amamva kupweteka kwa mutu mu nthawiyi. Ndidamvapo kuti azimayi ena amadwala ndi kunsanza, koma izi sizichitika kawirikawiri. Michere yamthupi mwathu imene imatipangitsa kuti tiyambe msambo nthawi zina ikhoza kutipangitsa kuti tikhale wokwiya kapena okhumudwa.

Cynthia: Nde zomveka zoopsatu. Ndikuganiza kuti ndizidzangokhala kuchipinda pamene ndakhala ndi msambo wanga.

Mayi: Ayi usaope Cynthia. Kodi umandiona ine ndikugona pansi kamodzi pamwezi? Zoona zake nzakuti udzapeza kuti ukumva bwino pamene udzuka ndikuzungulira zungulira. Ngati kupweteka kwa m'mimba ndi mutu zipitilira ndikhoza kukupatsa Brufen. Ndiponso ndizothandiza kudya zakudya zambiri ngati Nyama, Nyemba ndi zamasamba munthawi imeneyi. Kukhala ndi msambo mwezi uliwonse ndi bwino chifukwa ndi njira yokonzeketsa thupi lako kudzakhala ndi ana mtsogolo.

Cynthia: Ndikufuna ana ambiri.

Mayi: Ndiyembekeza osati mofulumira chonchi. Ndikufunabe nditalankhulana nawe mmene ana amapangidwira ndi malingaliro a Mulungu pa nkhani yogonana. Ndikuganiza kuti talankhula mokwana kwa lero. Yika Padi yako mchikwama chakusukulu ndicholinga choti udzikonzeketsese mwina ukhoza kuyamba msambo uli kusukulu. Tipilize kulankhulana mawa. Kalembe ntchito yako ya ku sukulu.

Tsiku

2

Cynthia: Mwaswera bwanji amayi? Ndabwera!

Mayi: ndaswera bwino, kaya iwe? Kodi waphunzira zambiri kusukulu lero?

Cynthia: Eya. Aphunzitsi a science anatiphunzitsa za kubereka; za mmene ana amapangidwira.

Mayi: Bwera khala pansi. Tiye tilankhulane. Ndikufuna ndikuphunzitse zimene Baibulo limanena za malingaliro obereka ana ndi kugonana.

Cynthia: Aphunzitsi anatiuza kuti nkoyenera kuti mtundu wa anthu uzipitilira.

Mayi: Eya, zoono, koma ndizopitilira pamenepo. Kodi ukukumbukira za nkhani ya mmene

Mulungu analengela Adamu ndi Hava mu Baibulo ku buku la Genezesi 2?

Cynthia: Pang'ono. Kodi Hava sanapangidwe kuchokera ku nthiti?

Mayi: Zoono, Patsiku la chisanu ndi limodzi lakulenga Mulungu anaumba munthu kuchokera kudothi ndipo anauzira

mpweya wa moyo mwa iye. Ndipo anamuika iye mmunda okongola ndipo anamuza iye kuti asalire chilengedwe chonse cha Mulungu, zomela ndi nyama. Mulungu anamuza iye kuti akhonza kudya kuchokera ku mtengo uliwonse kupatula mtengo wa kudziwitsa chabwino ndi choipa. Mulungu anati, “Sikwabwino kuti munthu akhale yekha. Ndimupangira womuthangatila ofanana naye. Ndipo Mulungu anamugonetsa tulo ndipo kuchokera ku nthiti yake, anapanga mkazi. Kodi umadziwa zimene Adamu anayankhula atamuona iye kwa nthawi yoyamba?”

Cynthia: Zili pa vesi 23: Ananena kuti, “uyu ndi fupa la mafupa anga ndi mnofu wa mnofu wanga, adzatchedwa mkazi chifukwa anatengedwa kuchokera kwa mamuna.”

Mayi: Werenganinso vesi 24

Cynthia: “Ichi ndi chifukwa chake mwamuna adzasiya abambo ake ndi amayi ake naphatikizana ndi mkazi wake, ndipo adzakhala thupi limodzi.” ahaa! Kodi izi zikufotokoza za banja?

Mayi: Eya. Malingaliro a Mulungu pa zabanja ndi akuti mwamuna m’modzi ndi mkazi m’ modzi kuti asiye makomo anakulirako ndikukayamba khomo lawo monga amodzi. Ndiubale wathupi limodzi. Ndime 25 ikunena kuti “Adamu ndi mkazi wake onse anali maliseche ndipo sanali amanyazi.”

Cynthia: Ndikhonza kukhala wa manyazi mwamuna atandiona ndili wamaliseche,

Mayi: Eya, ukuyenera kukhala wamanyazi chifukwa sunakwatiwe. Koma Adamu ndi Hava anali wokwatiwa. Anali ndi ubwenzi wathupi limodzi . Anagonanana chifukwa anali wokwatiwa. Ndiye zinali zabwino ndi zoyenera kwa iwowo kukhala amaliseche kumalo obisika kuchipinda kwawo popanda

kuchita manyazi. Kugonana ndi mphatso ya banja imene ikuyenera kudikira kudzasangalala nayo mpaka utakwatiwa. Waphunzira chiyani kusukulu zokhudza kubalana ndi kugonana?

Cynthia: Aphunzitsi ananena kuti pamene mwamuna waika maliseche ake mkati mwa maliseche amkazi, umuna umayenda kudutsa m'chibereko mpaka ku njira ya mazira kumene umakalumikizitsana ndi dzira la mzimayi. Kenako dzira limayenda kubwerera kuchiberekelo kumene mwana amaphatikika ndi kukula.

Mayi: Eya, limenelo nde tanthauzo lakugonana. Ndipo m'menemo ana amapangidwira. Pali zintchito zingapo zimene zimapangitsa kuti kugonana kuchitike monga kogwilana manja, kupsopsonana ndi kugwiranagwirana. Anthu okwatiwa amachita izi pofuna kuonetsa chikondi kwa wina ndi mnzake.

Cynthia: Nchifukwa chiyani nthawi zonse ndakhala ndikumva kuti kugonana ndi tchimo?

Mayi: Kugonana mkati mwa banja sitchimo. Koma kugonana kunja kwa banja ndi tchimo ndipo zotsatira zake ndi zambirimбири. Baibulo likunena momveka bwino kuti mwamuna agonane ndi mkazi waika yekha chimodzimodzinso mkazi agonane ndi mwamuna waiye yekha. Ukuona kuti kugonana ndi mphatso ya mtengo wapatali imene Mulungu anayipereka kwa anthu okwatiwa kuti aphetikane ndikukhala thupi limodzi. Mphatso yabanja iyi ikuyenera kukhala pakati pa mwamuna mmodzi ndi mkazi mmodzi basi mupangano la banja.

Cynthia: Ndikufuna ndidzakhale ndi banja lotero tsiku lina.

Mayi: M'mene mwamuna amakondera ndi kutetezera mkazi wake, komanso mmene mkazi amvera mwamuna wake

ndi chitsanzo chabwino ngati momwe Yesu Khristu amakondera mpingo wake. Mabanja amene amamvera ndi kulemekeza malamulo a Mulungu amathandizira anthu kumvetsetsa zammene Yesu amatikondera tonse.

Cynthia: Ine ndikuona kuti kugonana sikungobeleka ana.

Mayi: Eya, kugonana kumalumikizitsa mwamuna ndi mkazi kukhala thupi limodzi. Mulungu anapereka mphatso ya ukwati imeneyi kwa ife kuti tisangalale nayo monga adayikhazikitsira mu Genesis 2. Koma zomvetsa chisoni tchimo lidalowa m'dziko ndipo tate wa bodza adabweretsa mavuto ochuluka kwa anthu. Mawa ndizakuuze nkhani yomvetsa chisoniyi. Pano yang'anira mchemwali wako. Ndikuyenera kumaliza kuchapa zovala.



Tsiku

3

Mayi: Mwadzuka bwanji Cynthia. Ndichifukwa chani sudavale sukulu unifolomu yako?

Cynthia: Ndadzuka bwino amayi. Aphunzitsi athu anatiuza kuti lero kulibe sukulu, akupita kumaliro a mchimwene wawo. Anzanga ena amkalasi amanena kuti amwalira ndi matenda a Edzi.

Mayi: Pepa, nkhani yomvetsa chisoni. Tikuyenera kukhala ndi nthawi tsopano yopitiliza zokambirana zathu pamene tinasiyila dzulo. Ndikuganiza kuti m'mawa uno sitisokonezedwa ndi chilichonse. Tenga tiyi ndipo tikhali limodzi.

Cynthia: Kodi tikamba zachani lero? Nditenge Baibulo?

Mayi; Lero tikamba za mmene tchimo lidalowela mdziko ndi mabodza amene Satana anatiuza okhudza kugonana. Ndikufuna kuti uwerenge Genesesi, chaputala 3.

Cynthia: Chonse?

Mayi: Eya werenga chaputala chonse kenako tikambirane (Werenga Genesesi 3) Kumbukira kuti kumapeto kwa

Genesesi 2 tinawerenga kuti mwamuna ndi mkazi woyamba anali maliseche ndipo osachitirana manyazi. Nanga chidachitika nchani kuti zimenezo zisinthe?

Cynthia: Mwamuna ndi mkazi anakhulupilira bodza la njoka ndipo onse adadya kuchokera mumtengo umene Mulungu anawauza kuti asadya. Kenako anazindikira kuti anali maliseche ndipo anabisala.

Mayi: Zoono. Kodi Mulungu anawalanga mwamtundu wanji?

Cynthia: Mulungu adauza njoka ndi mzimayi kuti adzakhala paudani nthawi zonse. Kodi zikutanthauza kuti azimayi nthawi zonse adzadana ndi njoka?

Mayi: Eya, koma ndizopitilira pamenepo. Timadziwa kuti njoka ndi Satana. Adzayesetsa nthawi zonse kuwayesa anthu onse kuti achimwe. China ndi chiyani?

Cynthia: Kumva ululu pobeleka, kudya thukuta lawo ndi kufa. Ndizosiyaniranatu ndi m'mene zinthu zinaliri mu Genesis 2.

Mayi: Ukunena zoono. Tsopano kuti tchimo lidalowa mdziko, tikuona kuti mwamuna ndi mkazi ali a manyazi. Akubisala ngakhale pamaso pa Mulungu. Ubwenzi pakati pa mwamuna ndi mkazi uli pamavuto. Kuposaposa Satana ali pakalikiriki kumenyana ndi mtundu wa anthu kuwauza bodza pabodza linzake. Ndikufuna kuti umvetsetse kuti tili pankhondo yomenyana ndi Satana. Safuna kuti ife tisangalare ndi mphatso imene Mulungu anatipatsa ife. Amatiuza mabodza ambiri okhudzana ndi kugonana.

Cynthia: Mabodza anji?

Mayi: Bodza lina likhoza kukhala loti kusilira konyenga ndi chimodzimodzi chikondi. Kusilira konyenga ndi pamene munthu ayang'ana kapena kukhudza munthu wina ndichikhumbokhumbo chogona naye. Taona, Mulungu

amafuna ife kuti tikhale ndi zilakolako zogonana ndi munthu yekhayo amene taphatikana naye koma kudzera munjira ya banja. Yesu amanena kuti ngati tisilira munthu zili ngati kuti tagonana naye. Kusilirira ndi kufuna kukwanilitsa zilakolako za thupi za iwe mwini. Chikondi ndi kukhala odekha mtima, wokoma mtima, wopanda nsanje, wosadzikuza, wosanyada ndizina zotero. Unamvanso chani china?

Cynthia: Anzanga amanena kuti tikuyenera kuyeselera kugonana tisanakwatiwe.

Mayi: Chifukwa chake nchiyani munthu angachitire mchitidwe ogonana asanalowe m’banja?

Cynthia: Ndinauzidwa kuti kuyesela kumapangitsa zinthu kukhala bwino komanso ndi njira yabwino yopezera ndalama, zophodera, kugula zakumutu komanso zovala etc.....

Mayi: Satana amagwira nthito molimbika kutipangitsa ife kuti tisakavere lamulo la Mulungu lokhudzana ndi mphatso iyi yogonana m’banja. Anadza kuti akaphe, kuba ndi kuononga. Ngati upanga mchitidwe ogonana kunjira kwa banja umaononga tsogolo lako. Koma kugonana mkati mwabanja ndi mchitidwe wachikondi. Mpingo umapereka uphungu okudza kugonana anthu asanakwatirane. Ndizofunika kwambiri kuphunzira zokhudza kugonana ndi mwamuna amene amakukonda, ndipo kuti uli wodzipereka kwanthunthu kwa wina ndi nzake motetezedwa ndi chikondi ndipo Mulungu amalemekeza banjalo. Sukuyenera kuyeselera.

Cynthia: Ndidamvanso kuti ngati mwamuna akufuna agonane nane ndikuyenera kungolora. Kodi zimenezo ndi zozona?

Mayi: Limenelonso ndi bodza. Ngati wina aliyense akukakamiza kugona nawe, kumeneko kumatchedwa kugwilira.

Ukuyenera kupeza njira ndikumuuza munthu wamkulu amene ukhonza kumkhulupilira. Kugwilirila ndi mlandu owopsa umene amene wachita akuyenera kulandila chilango.

Cynthia: Nanga atakhala kuti munthu wina akufuna kundikumbatila kapena kundipsopsona?

Mayi: Limenelo ndi funso labwino. Pali zinthu zimene timati kugwilidwa kotetezeka ndi kugwilidwa kopereka chiopsezo. Kumbukila kusiyana kwa chikondi ndi kusilira. Pamene munthu wagwila ndi kuyang'ana munthu wina ndimalingaliro ogona naye kumeneku ndi kugwilidwa kopereka chiopsezo, palibe chitetezo. Pamene munthu wamkulu agwira mwana ndimalingaliro a chikondi ndi chisamaliro izo ndizabwino. Satana amanamiza anthu kuti kugonana sitchimo ndipo palibe vuto pamene sitinamvere malamulo a Mulungu okhudza kugonana.

Cynthia: Ngati chani?

Mayi: Chotsatila cholakwika chomwe chitha kubwera pogonana kunja kwa banja ndi kutenga matenda opatsirana pogonana.

Cynthia: Ndichani?

Mayi: Ndimatenda amene amafala kudzera munjira yogonana ndi munthu amene ali ndi tizilombo toyambitsa matenda monga Edzi, chizonozo chindoko ndi ena ambiri.

Cynthia: Umadziwa bwanji kuti uli ndimatenda opatsilana pogonana?

Mayi: Choyambilira ngati sunagonanepo kapena kugwiliridwa ndi munthu aliyense sukuyenera kuda nkhawa. Koma ngati udachitapo ukhonza kukhala nawo matendawo koma osaonetsa zizindikiro. HIV ndi amodzi mwa kachilombo

kopatsilana pogonana kamene sikaonetsa zizindikilo kwa nthawi yayitali. Umayenera kuyezetsa magazi kuti munthu adziwe mmene mthupi mwake mulili.

Cynthia: Ndinayezetsa za kachilombo ka HIV koma sindinagonanepo ndi munthu.

Mayi: HIV utha kuitenganso munjira zina monga kudzera mmagazi. Ndizofunika aliyense kuyezetsa. Tizilombo tina timayambitsa zilonda, tizomera, kutuluka kwachikazi chosakhala bwino kumaliseche, ngakhale kupweteka kwa mmimba. Ndipo izi zikhonza kukuika pachiopezo cha matenda a khansa ya njira ya chibereko.

Cynthia: Munthu akuyenera kuchita chiyani akakhala ndi zizindikilo izi?

Mayi: Akuyenera kupita kuchipatala. Tambili mwatizilombo iti tikhonza kuchilitsidwa ndi mankhwala, koma tizilombo tina topatsilana pogonana sitingachilitsidwe ndipo tikhoza kupereka mavuto pamoyo wa munthu, ngati zilonda zosachilitsika, HIV, ngakhale kukhala ndivuto losabereka.

Cynthia: Ngati munthu ali osabereka ndichifukwa choti anali ndi tizilombo topatsilana pogonana?

Mayi: Ayi, ayi, ayi. Chonde osaganiza choncho. Pali zifukwa sochuluka zimene zimapangitsa munthu kukhala osabereka. Baibulo liri ndi nkhani zochuluka za azimayi amene anali osabereka chikufwa Mulungu anali nawo ndimalingariro apaderadera.

Cynthia: Ndakhala ndikumva nthawi zonse kuti sukuyenera kutenga mimba usanakwatiwe. Ndikuganiza kuti ndichotsatira china cholakwika.

Mayi: Eya, kutenga mimba ndichotsatila china cholakwika pogonana kunja kwa banja. Mwachifukwa chimodzi

chimene Mulungu adaikila kugonana kuti kukhale kwa pakati pa mwamuna mmodzi ndi mkazi mmodzi ndi malingaliro a banja. Zimatengera mayi ndi bambo kuti alere mwana. Pamene mtsikana watenga mimba asanakwatiwe amakakamizidwa kuchotsa mimbayo ndipo izi zikhoza kukhala chiopsyezo pamoyo wake wathupi. Komanso kuchotsa mimba ndikupha mwana amene ali mmimba mwake. Ku Masalimo 139 timawerenga za dongosolo lomwe Mulungu ali nalo pa mwanayo. Ngakhale mwana akupangidwa munjira ya chigololo, kuchotsa mimbayo ndi tchimo la kupha pamwamba pa tchimo la chigololo.

Cynthia: Eya, koma kulera mwana wekhawekha chikhoza kukhala chovuta ndipo aliyense akhoza kudziwa kuti unachimwa.

Mayi: Kudzimvera chisoni ndi manyazi ndizotsatila za tchimo lililonse. Baibulo limanena kuti “onse anachimwa” ndiye aliyense ali ndi zimene zikuyenela kukonzedwa. Lero takambirana nkhani zofunikira kwambiri. Chigololo ndi vuto lalikulu kwambiri. Koma mawa tidzakambirana yankho la Mulungu kudziko lovutika ndi uchimo. Mawa tidzakambirana za chisomo cha Mulungu.

Tsiku

4

Mayi: Masana abwino Cynthia.

Cynthia: Masana abwino.

Mayi: Bwera khala tikambilane. Dzulo tinakambilana za mdani wathu amene amanena mabodza okhudza kugonana. Koma lero tikambilana za lingaliro la Mulungu lachiombolo, Mpulumutsi ndi chitetezo chake. Ngakhale tili mkatikati mwa nkhani yovuta ya tchimo kulowa mdziko lapansi ndi chilichonse chochitika cholakwika, Mulungu anatipatsa lonjezo. Kodi ukhonza kulipeza mu Genesis 3:15?

Cynthia: Ndapeza. “ndipo ndidzaika udani pakati pa iwe ndi mkazi, ndi pakati pa mbewu yako ndi mbewu yake, ndipo idzalalira mutu wako, ndipo iwe udzalalira chitendene chake.” Zikuoneka ngati sizitha bwino ndi njoka.

Mayi: Zoon. Mulungu anauza njoka, “adzadula mutu wako” ili ndi lonjezo limene limalozela kwa Yesu Khristu amene adzagonjetsa Satana, imfa, ndi tchimo pakufa pa mtanda ndi kuuka kwa akufa. Chinachitika ndi chiyani kumapeto kwa chaputalacho?

Cynthia: Mulungu adawapangila chovala kuchokera ku chikopa cha nyama.

Mayi: Iyi ndi nthawi, yoyamba imene tikuona kuti mwazi wa nyama yosalakwa ukuphimba tchimo lawo. Ndani amene ukumudziwa amene amakhala moyo wangwio ndipo adafela tchimo lako ndi manyazi ako?

Cynthia: Yesu!

Mayi: Eya. Ndiye ndingakhale munkhani iyi yomvetsa chisoni ndi manyazi tikuona kuti kuchokera pachiyambi Mulungu akufuna tidziwe kuti ali ndi malingaliro ochotsa uchimo wathu popereka nsembe mwana wake, Yesu Khristu, kuti afe mmalo mwathu. Ukuona kuti pamene Yesu adafa pa mtanda adanyamula manyazi ndi machimo athu onse. Makamaka iye mwini adachititsidwa nazo manyazi.

Cynthia: Adamenyedwa, adanyozedwa, adathilidwa malovu. Adamuvula zovala zake zonse. Adamukhomela pamtanda.

Mayi: Nchifukwa chiyani yesu adalorera zonsezo?

Cynthia: Kuti akalipire chilango cha machimo athu.

Mayi: Zoono. Kaya tchimo lako ndi lachiwerewere, kudzitukumula, kuba, bodza, mjedo kapena kunamiza, Yesu adatenga tchimo limenelo pamtanda paja. Tikudziwa kuti amenewo simathelo a nkhani. Chidachitika nchani Yesu atafa?

Cynthia: Adaukanso.

Mayi: Eya! Yesu adanyamula tchimo ndi chitonzo chatu pamene adafa pamtanda, koma atatha masiku atatu adauka kwa akufa. Ngati uvomereza tchimo lako, kulapa ndikukhulupilira kuti Yesu adanyamula chilango chako, pamenepo ukhoza kukhala ndi moyo watsopano mwa Yesu Khristu.

Cynthia: Mukutanthauza chiyani mukati moyo watsopano?

Mayi: Cynthia, pamene uli ndi moyo watsopano mwa Yesu umakhala mosiyana ndi mmene dziko lapansi limakhalira. Makamaka lonjezano la nkhoswe Mzimu oyera kwa ife amene adzatithandiza kukhala omvera (Yohane 14:26) Werenganso I Akorinto 6:18 -20.

Cynthia: “Thawani dama. Tchimo lililonse munthu akalichita liri kunja kwa thupi, koma wachiwerewere achimwira thupi lake la iye yekha. Kapena simudziwa kuti thupi lanu liri kachisi wa Mzimu Woyera, amene ali mwa inu, amene munalandila kuchoka kwa Mulungu? Ndipo simukhala a inu nokha. Pakuti munagulidwa ndi mtengo wake wapatali. Chifukwa chake lemekezani Mulungu ndi thupi lanu.”

Mayi: Mulungu adakhazikitsa kugonana kwa mkazi mmodzi ndi mwamuna mmodzi mkati mwa banja kutiteteza ife kumatenda opatsilana pogonana. Ndipo ngati tigwilitsa ntchito chitetezo cha Mulungu ndi kuyang’anila mitima yathu ndi malingaliro athu ku chisiliro, zimatithandiza kuti tisagonane ndi munthu mpaka titalowa mbanja. Ngati nonse iwe ndi mwamuna wako mutadikira, palibe chifukwa chodandaulira zamatenda opatsilana pogonana. Nde tikuyenera kukhala osamala kuyang’anila malingaliro athu ndi zochita zathu, kuchotsa kuchisiliro ndikuwapangitsanso ena kusilira.

Cynthia: Ndikhoza kuchita bwanji ndi zimenezo?

Mayi: Kumasalimo munthu wachichepere adafunsanso funso lomwelo. Werenga Masalimo 119:9-10.

Cynthia: “Kodi munthu wachichepele angakhale bwanji moyo wangwilo? Akawasamalira monga mwa mau awa. Ndinakufunani ndi mtima wanga onse. Musandilore kuti ndisochere pa malamulo anu.”

Mayi: chitetezo cha Mulungu ndichakuti ife tidziwe ndi kumvera mau ake. Mulungu amatiphunzitsa ife za malingaliro ake

a kugonana ndi ukwati ngati m'mene akuonetsera mu Genesisi 2- Mwamuna mmodzi ndi mkazi mmodzi kukhala amodzi mu ubwenzi wachikondi. Amafuna zinthu zimene ukhonza kuchita zokuthandiza kuti ukhale otetezeka.

Cynthia: Ndikhonza kuchita chiyani?

Mayi: Chinthu chofunikira kwambiri chimene ukhonza kuchita ndiko kulankhulana ndi ine kapena munthu wamkulu amene ukumkhulupilira ngati makolo ako. Mulungu wapereka udindo kwa abambo ako ndi ine kukutetezera. Ngati munthu wina aliyense ayesera kukugwila kapena kugona nawe chonde dziwa kuti ndizofunika kuti uza ife. Komanso ukuyenera kumayenda m'magulu. Osalora mnyamata wina aliyense kulowa kuchipinda kwako. Yang'anila mtima wako ndi malingaliro ako kuchotsa kuchisiliro makamaka pa zovala zimene umavala, mafilimu amene umaonera, anzako amene umacheza nawo ndi zimene umayang'ana pa tsamba la mchezo.

Cynthia: Zikuoneka ngati muli machimo ochuluka mdziko muno.

Mayi: Kuchokera nthawi imene tchimo lidalowa mdziko mu Genesis 3, dziko lidaonongeka. Koma Mulungu akutilonjeza kuti kwa iwo wokhulupilira mwa Yesu za chipulumutso kuti ifenso tidzauka kwa akufa. Ndipo kumwamba sikukhala tchimo, chitonzo, matenda ndipo sikudzakhala achiwerewere.

Cynthia: Ndekuti palibe chiyembekezo padziko lapansi?

Mayi: Okondedwa wanga, pali chiyembekezo chachikulu ngakhale tili mudziko la uchimo ili ngati tiyesetsa kumvera Khristu. Kudzera mwa Yesu Khristu tonse tikhoza kukhala ndi tsogolo la chiyembekezo. Mawa tidzakamba makhalidwe a mwamuna wa ngwiro - mtundu wa mwamuna amene ndimaphemphera kuti udzakwatilane naye tsiku lina.



Tsiku

5

Cynthia: Amayi! Ndinali ndimaloto odabwitsa kwambiri usiku wapita.

Mayi: Tandiiza za malotowo.

Cynthia: Ndinalota nditavala diresi latsopano lokongola ndipo ndinayenda kupita kutsogolo kwa tchalitchi kumene mnyamata wachichepele wooneka bwino amatambasalu mkono wake kwa ine. Ndipo timanena malonjezano athu aukwati ndipo Abusa anatipempherera.

Mayi: Okonedwa wanga, Cynthia. Ngakhale panopa ndikupempherera mnyamata amene Mulungu afuna kuti udzawatirane naye kuti nonse pamodzi mudzamutumikile iye.

Cynthia: Kukwatiwa ndichisankho chachikulu kwambiri. Ndingadzadziwe bwanji munthu oyenera kukwatilana naye?

Mayi: Ndipemphero langa kuti udzakwatiwe ndi mnyamata ngati Yosefe wa Baibulo. Umakumbukila nkhani zake za Yosefe? Mwamuna wake wa Maria amayi ake a Yesu?

- Cynthia: Eya. Mulungu anamuza mmaloto kuti sakuyenera kuopa kutenga Maria ngati mkazi wake.
- Mayi: Yosefe anali mwamuna wangwiro amafuna kukwatila mtsikana okonda ndi kumvera Mulungu. Pamene anamva kuti Maria anali oyembekezera anaganiza kuti Maria anachimwa ndipo kuti anagonana ndi mwamuna wina chifukwa iye anadziwa kuti sanagonapo naye Maria. Ngakhale muchilamulo Yosefe akadatha kumunyozetsa pagulu angakhale kuphedwa kumene, komano Yosefe adasankha kumusiya mwachinsinsi.
- Cynthia: Yosefe adamvera Mulungu ndipo adamukwatira Maria ndipo adadikira osagona naye Maria mpakana mwana Yesu anabadwa.
- Mayi: Eya. Ndiponso adamusamalira Maria ndi mwana wake ompeza Yesu ngati mwana wake. Mngelo anamuonekera Yosefe mmaloto, kumuza kuti atenge Maria ndi Yesu kuthawa nawo kupita ku Aigupoto kuwateteza pamene Herode amkapha ana. Yosefe anamvera Mulungu ndipo anateteza banja lake.
- Cynthia: Akumveka ngati mwamuna olemekkezeka.
- Mayi: Inde. Ndikupempherera mwamuna omvera ndikuchita mawu Mulungu amene adzadikila kugona naye kapena mkazi wina aliyense mpaka atakwatilana ndi kukhalabe okhulupilika kwa iwe mmoyo wa m’banja. Ndikupempherera mwamuna amene adzakukonda komanso kuteteza. Yosefe wina ujanso wa m’Baibulo ndi chitsanzo chinanso chabwino.
- Cynthia: Eya. Pamene mkazi wa Potifala adafuna kugona naye, adathawa mwachangu nasiya chofunda chake m’mbuyo.

Mayi: Zoon, Cynthia. Ndikufuna iwe udzakwatiwe ndi mwamuna amene akhoza kuthawa yesero lina lililonse lomwe lingamutengere kutchimo la chiwerewere.

Cynthia: Mukuganiza kuti ndidzakhala mkazi otani?

Mayi: Ndikupemphera kuti udzakhale mkazi okonda ndikuphunzira mawu a Mulungu. Ndikupemphera kuti ukhala chitsanzo cha mkazi wangwiro wa atskikana ena achichepere, odikira kugonana mpaka utakwatiwa.

Ndipemphero langa kuti udzakonda, kumvera ndi kulemekeza mwamuna amene Mulungu adzakupatsa. Ndikupemphera kuti banja lako lidzawapangitsa ena kufuna kudziwa za Yesu.

Cynthia: Amayi, zikomo kwabiri. Chifukwa chopempherera tsogolo langa ndikundiphunzitsa zonsezi. Ndaona tsopano kuti kugonana ndi mphatso yabwino ya banja. Ndikufuna kukhala odikira pa nkhani yogonana, ndisunga thupi langa kwa mwamuna amene Mulungu adzandipatsa kuti kwatilane naye.

Uthenga wa Bwino ndi Mafunso Asanu

1. Mulungu ndi ndani?

Chivumbulutso 4:11

1. Mlengi ndi Mwini wa zonse
2. Atate opanda banga; amakonda zidalengedwa
3. Woweruza wolungama ndi woyera

Cholinga: Mulungu ndi Wamkulu weniweni. Ine ndine wolengedwa.

Chitsanzo: Kapentala ndi mpando umene anamanga. Kapentala atha kuchita chinthu chili chonse ndi mpando udja chifukwa kapentala ndi mlengi wa mpando ndi mwini wa mpando. Choncho atha kugwiritsa ntchito mpando kapena kugulitsa mpando kapenonso kuononga mpando chifuka ali mwini wa mpando.

2. Kodi Mulungu amafuna chiani kwa ife?

Marko 12:30-31

1. Malamulo awiri ofunikira
 - a. Kukonda Mulungu
 - b. Kukonda anthu ena
2. Mulungu amatilamulira ife kuti tizimvera molungama ndi movera.

Cholinga: Timakhala ndi chimwemwe chachikulu pamene timamvera malamulo a Mulungu.

Chitsanzo: Malamulo Khumi a Mulungu – Ife tonsefe tinasweka malamulo khumi a Mulungu.

3. Pa maso pa Mulungu chikhalidwe cha anthu ndi chiani?

Aroma 3:23 ndi 6:23a

1. Kuchimwa ndiko kusamvera malamulo a Mulungu.
2. Machimo amalekanitsa inu ndi Mulungu – Kuyesera kudzithandiza ndi zosatheka.
3. Mulungu amalanga ochimwa.

Cholinga: Pamene timachimwa tili kulekanitsidwa ndi Mulungu. Ndipo, tili akapolo a tchimo. Ndi chifukwa chake ife tonse tidzaonongeka.

Chitsanzo: Nthenda Ya Mtima – Pamene munthu akudwala ndi nthenda ya mtima, madokotala ayenera kusintha mtima chifukwa nzosatheka kungopereka mankwala. Odwala ayenera mtima watsopano.

4. Yesu ndi ndani?

Aroma 5:8 ndi 6:23b

1. Yesu ndi ulalo womwe umapanga njira yokafikira kwa Mulungu.
2. Yesu anamvera malamulo a Mulungu opanda banga m'malo mwathu.
3. Yesu anatifera ife pa mtanda kulipira ngongole yathu.
4. Yesu ali ndi moyo ndi amatiitana kumutsatira.

Cholinga: Yesu ndi njira yokha yokafikira kwa Mulungu ndi yotipatsa luntha kukonda Mulungu ndi anthu ena molungama.

Chitsanzo: Yesu ndi monga pensulo chifukwa pensulo ili ndi chofufutira. Choncho Yesu akuimirira pensulo monga kufufuta “wochimwa” ndipo kulemba “woyera” pamtima panu.

5. Kodi yankho lanu lotani?

Aroma 10:9 ndi Luka 9:23

1. Mulungu Amakuitanani inuyo.
2. Kulandira moyo wosatha ndi kukhala ndi Mulungu, mukuyenera kukhulupirira Yesu. Choncho chifukwa chake mudzayamba kusiya kuchimwa.
3. Ndiponso mutsatire Yesu ndi moyo wanu kwanthunthu.

Cholinga: Mayankho atatu alipo

1. Mutha kukhulupirira Yesu, kusiya kuchimwa, ndi kutsatira Yesu.
2. Mutha kukana kumvera.
3. Mutha kupunzira zoonjeza za uthenga wa bwino.

Chitsanzo: Ngati alendo afika kunyumba kwanu...

1. Mutha kulandira alendo.
2. Mutha kukana kutsegula chitseko ndi kuwauza kuti abwelere.
3. Mutha kufunsa alendo kuphunzira zoonjeza. Monga, inu ndani?

Chotsatira ndi chiani? Ngati mufuna kukhulupirira Yesu, kusiya machimo anu, ndi kutsatira Yesu ndi moyo wanu, mutha kupemphera kwa Mulungu kuuza zimenezi kwa Iyeyo. Pitolizani kuphunzira za Bayibulo ndi za Yesu kuchokera kwa Mpingo weniweni. Ngati pali funso kapena ndemanga mutha kutumiza uthenga kwa ife pa email: bmimcountryrep@gmail.com.