

# Thunthu La Moyo

Kuzindikira Tsinde La Kuphunzira Kozama

## Wokhwima – Gawo #3

Paul J. Bucknell

Rodrick Banda (trans.)

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# Thunthu La Moyo

Kuzindikira Thunthu La Moyo

Kuyamikira Thunthu La Moyo

Kukhala Thunthu La Moyo

Kukwaniritsa Thunthu La Moyo

## Kukhwima –Gawo #3

- Atate amadziwa nthawi imene adasanthuka atate.
- Utate umayamba pamene munthu ali ndi mwana.
- Kuthandiza ndi kumuumba mwana zimatsatira kukubereka procreation.

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## Zolinga Zitatu za Mulungu pa Ife

(1) Mulungu amafuna atengere anthu onse kugawo lachitatu limene lilinso gawo lomalizira la kukula muuzimu.

(2) Mulungu amafuna ife tiwalondolere ena ku moyo wauzimu.

(3) Tikuyenere tiwasamalire bwino kwambiri onse amene apeza moyo wauzimu ndipo amakhala pafupi nafe.

- Yesu Khristu aziwonekera kwathunthu mmoyo mwathu.

“Kufikira ife tonse tikafikira ku umodzi wa chikhulupiriro, ndi wa chizindikiritso cha Mwana wa Mulungu, kwa **munthu wangwiro**, kumuyeso wa msinkhu wa chidzalo cha Khristu” (Aef 4:13).

## Kuganizira za Ena

- Osamayiwala kugawana Uthenga Wabwino ndi anthu ena.
- Ndi udindo wathu kusamalira iwo amene tawabweretsa mbanja la Mulungu.
- Utsogoleri ndi kukhala ndi chitsimikizo kuti anthu ena akukula mmoyo wao wauzimu, osati udindo.
- Onetsetsani kuti aliyense 'akuleledwa.'



## Mau Otsiriza

- ‘Atate’ ndi wokhulupirira wokhwima amene audtsa muzotchinga zimene amakumana nazo mnyamata wokhulupirira ndipo ali ndi kuthekera kokhazikikitsa maso awo pa chisamaliro cha anthu ena.
- Anthu a Mulungu akhoza, ndipo ayenera kukula kofikira pa mlingo wokhala athunthu ndi wokhwima mwa Khristu.
- Tili ndi udindo wogawa choonadi cha Mulungu cha moyo kwa anthu ena ndi kusamalira makulidwe a moyo wao wauzimu.

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Mayendedwe a Moyo

## Mayendedwe a Moyo

- Mayendedwe a moyo wathupi kubadwa-kukula-kukhwima-kubereka-kusamalira-ukalamba-kuchoka ndichimodzimodzinso moyo wauzimu.
- Ntchito yathu ndikupanga ena kuti apambane mkukula kwao kuposa ife.



**Kutengapo mbali,  
Kuzituluka**

## Kuzindikira Thunthu Lonse

- **Kuchitapo kanthu** – Timadzuka kukufunika kwa chimene moyo wathu uli lero lino.
- **Kumvetsetsa** – Timakhala ndi chithunzithunzi cha zimene zachitika kapena sizinachitike mmoyo mwathu.
- **Kukhazikitsa maso** – Timasula chitsimikizo chakufika pamsinkhu wokhwima ndi kukwaniritsa cholinga cha lye pa miyoyo yathu.

Bvuto  
Lalikulu:  
Sikwenikweni  
kuti  
wokhulupirira  
amakhala ndi  
zolinga  
zauzimu.

## Zolira za Mtima Ziwiri

(1) Bukhu la Yoswa limatiyitana ife kuti tizikhala oyembekezera ntchito yayikulu ya Mulungu mmoyo wathu!

(2) Bukhu la Woweruza limatipangitsa kukhala ndi mtima wodzichepetsa, kusweka mtima chifukwa cha kusalabadiraudindo wa moyo wanga.

**Kuthekera kwa ngwiro ndi ulemerero wachigonjetso zimakhala pafupi ndi kugonjetsedwa kochititsa manyazi.**

Pano pali mwayi wina m'moyo.

### **Wanu ndi utiwo?**

- Kodi mumakhala ndi mkazi/mwamuna woyipitsitsa?
- kodi abwana anu sakhudzidwa ndi kuthekera kumene inu muli nako?
- Kodi munthu wina 'adakuberani' mtsikana wanu?
- Kodi mukudandaula kuti mukukalamba?

## CHITHUNZITHUNZI CHOONETSERA KUKULA KWANU MUUZIMU



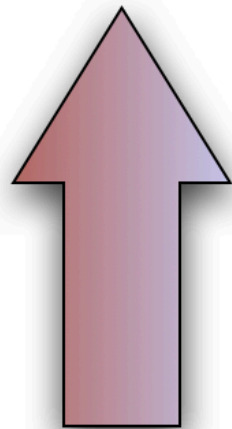
- Fotokozani pomwe muli mchithunzi cha moyo wauzimuchi.
- Pezani pomwe mukuyenera kukhala.
- Funanifunani Ambuye kuti akukuzeni.
- Funitsitsani kuti nthawi zonse muzibala chipatso kuulemerero Wake.

## Kalozera wa Kuphunzitsa Kwangwiro

### Chifaniziro cha Moyo

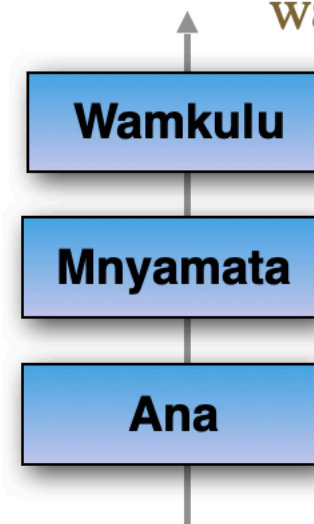
Chifaniziro cha moyo wathupi chimafotokozera za gwero, mphamvu, dongosolo, komanso chilimbikitso cha moyo wauzimu.

Timazindikira cholinga cha Mulungu cha mphamvu mmiyoyo yathu pomvetsetsa momwe mphamvu ya moyo wake imagwirira ntchito mkati mwathu.



### Chifaniziro cha Kukula

Chifaniziro cha kukula kwakuthupi kumatiwonetsera zosoweka za gawo lililonse la kukula pa magawo osiyanasiyana a makulidwe a moyo wauzimu.



Pa gawo lililonse timaganizira mwakuya kuti tikhoze kufufuza bwino chimene chiti chichitike.

Pamene zifaniziro ziwirizi zamangidwa mtolo umodzi, zimatipatsa nzeru zakuya tikamaona makulidwe a Chikristu komanso zimathandizira mphunizitsi kuti aphunzitse mwachindunji.

## Njira ya Kuphunzitsa Wokhulupirira

Kupeza  
Chikondi

1

Ana  
Aang'ono

Chitetezo  
champhamvu  
kuchokera ku  
chikondi Chake

Kukhazikitsa  
Chiyembekezo

2

Achinyamata

Chitsimikizo  
Chachikulu  
kuchokera  
m'Mau Ake

Kulimbikitsa  
Chikhulupiriro

3

Atate

Kulumikizana  
mchikondi  
kozama ndi  
Mulungu

## Mau Omaliza

- Nthawi yathu imene ili ndi malireyi imatiyika pamalo amene timayenera kukhala ndi change chakuti tipeze pa muyezo umene tilili pachithunzi chosonyeza makulidwe a moyo wauzimu ndi kumayenda chopita kutsogolo.
- Mulungu amafuna atagwira ntchito mwadongosolo mmoyo mwathu koma nkoyenera kukhala nazo zotiyenereza kuti tizikulirakulirabe mpaka titafika pa mlingo wokhwima.
- Tikakhala ndi cholinga chakuti tikule, pamenepo kukula kumangochitika mosakakamiza komanso mosangalatsa. Chikhulupiriro ndi chiyembekezo ndi mfundo zofunikira kwambiri zothandizira kukula kumeneku.

## Zoyenera Kuchita

- ➔ Kodi mumasamalira anyamata mchikhulupiro cha mwa Khristu? Ntchito imeneyo ikuyenda bwanji? Mukadayenera kuchita chiyani kuti iyende bwino moposa pamene pa?
- ➔ Kodi alipo wina amene mumakhala naye pafupi amene mukumusamalira?
- ➔ Onetsani kuti muli pamulingo uti pa chithunzi choonetsa kukula kwa moyo wauzimu. Ndichifukwa chiyani mukuganiza kuti muli pa mulingo umenewu?
- ➔ Kodi mukuzindikira change cha kufunika kwa kukula kwa moyo wauzimu? Yankhulani ndi Ambuye pa nkhani imeneyi ndikumupempha kuti akuwonetsereni madera amene mumayikapo mtima wanu kwambiri mmoyo wanu pakadali pano.

## Zifaniziro za Moyo

Paul J. Bucknell

Kusinthika kwa Moyo  
Cholinga cha kukula

Chifaniziro  
cha  
Kusinthika

Kukula kwa Moyo  
Magawo a kukula

Chifaniziro  
cha  
Kukula

Malire a Moyo  
Mfundo za Kukula

Chifaniziro  
cha Moyo

Kubadwa  
kwa Moyo

Chifaniziro  
cha Mbeu

Chiyambi cha Kukula

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