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Thunthu La Moyo Ndi Banja

Paul J. Bucknell
Rodrick Banda (trans.)

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Thunthu La Moyo Ndi Banja #11

Kukula kwa Mabanja Ndi Thunthu La Moyo

- Kuphunzira momwe mabanja amayenera kukulira kufika pa muyezo wa Khristu ndi mpingo. Magawo atatu a kukula mmoyo wa Chikhristu zimatithandiza kuzindikira mmene mabanja amapitira patsogolo.
- Banja lachabechabe limatikumbutsa za moyo wathu wauzimu.
- Banja limatimangirira mchipangano cha pakati pa munthu wina ndi mnzake kufikira imfa, kutipatsa nthawi yakuti tikonzenso bwino chiyanjano chathu cha m'banja.

3

Thunthu La Moyo Ndi Banja #11

Chithunzithunzi cha Banja m'Baibulo (Aef 5:31-33)

31: Banja ndilamulo: Mau amene Mulungu adanena zokhudza banja.

32: Banja lidapatsidwa dongosolo lake: Dongosolo lokhazikitsidwa mwa nzeru potengera ndondomeko yokhazikika imene idakhazikitsidwa pakati pa Mulungu ndi anthu ake.

33: Banja ndilotheka: Mwachisomo cha Mulungu, tikhoza kusangalala ndi moyo wabwino okhalira pamodziwe.

"[31] Chifukwa cha ichi munthu azisiya atate ndi amai, nadzaphatikizana ndi mkazi wake; ndipo iwo awiri adzakhala thupi limodzi. [32] Chinsinsi ichi nchachikulu; koma ndinena ine za Khristu ndi Mpingo. [33] Komanso inu, yense pa yekha, yense akonde mkazi wake wa iye yekha, monga adzikonda yekha; ndipo mkaziyo akumbukire kuti aziopa mwamuna" (Aef 5:31-33).

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Thunthu La Moyo Ndi Banja #11

Chikonzero cha Banja

Chotsatira cha dongosolo ndi chikonzero cha banja chimene Mulungu adakhazikitsa chimakhala mgwirizano weniweni wabwino. Awiriwo amasanduka thupi limodzi, kuthupi komanso mmoyo ndi cholinga cha munthu.

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Thunthu La Moyo Ndi Banja #11

Mabvuto a Banja – Chitsanzo

- Ntchito yophika
- Kufunikira kwa moto
- Chiyanjano chimabala kuperesana/moto/mabvuto
- Kuphatikizana ndichinthu chabwino; awiri kukhala mmodzi
- Kutsutsana (kuluza) kapena kubvomerezana (kupindula ndi kukonzanso).

Banja ndi khalidwe loyengeka limene limabereka zotsatira zabwino.

6

Thunthu La Moyo Ndi Banja #11

Gawo 1- Kudzipereka komanso Kumasukirana

- Masomphenya: Ndifuna kumakhala naye!
- Ganizirana ndalama zofunika kuti izi zitheke, zipsinjo, kusintha kwa maudindo, ndi dela limene awiriwa akukhala atangokwatirana kumene.

Komabe, akufuna kukhalabe m'banja!

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Thunthu La Moyo Ndi Banja #11

Kusinthika kwa masomphenya a munthu amene wangolowa kumene m'banja

- Kudzipereka
- Kufunitsitsa
- Nthawi zambiri kudzipereka kumamangika mochenjera pa chiyembekezo cha wina.

Zokhoma za wolowa kumene m'banja

- Kusakhazikika ndipo chikondi nchosakhazikika
- Chiyembekezo choonongeka
- Chiyembekezo choomboledwa (kuchipangitsa)

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Thunthu La Moyo Ndi Banja #11

Zimene olowa m'banja kumene amachita akakumana nazo zokhoma

- Amachotsa chidwi (nthawi zambiri mwakanthawi) pamnzakeyo – mmaganizo komanso kuthupi
- Kwakanthawi amalolera chiyembekezo chosagwira mtima (kukhalira zomvaimva mthupi mmalo mwa choonadi- umodzi)
- Amataya khalidwe labwino nkuyamba kubvomereza mau ndi machitidwe osayenera

Mau Omaliza

Kulowa m'banja nthawi isanakwane kumachitika chifukwa cha kutsatira zilakolako zathupi ndi kudzipereka kwabodza. Popeza banjalo limakhakika pa ziyembekezo ndi maloto oti sangatheke, zotsatira zake zimakhala kukhumudwa komanso moyo wosakhazikika.

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Thunthu La Moyo Ndi Banja #11

Gawo 2 – Banja Lobvutitsidwa

- Masomphenya: Kutsata zolinga za Mulungu pa banja posatengera zitsa zimene zingakhalepo kwakanthawi.
- Ziyembekezo za banja zimalimbikitsidwa ndi kudzipereka kwathunthu ku ziyembekezo za Mulungu zochokera mMau ake.
- Zokhumudwitsa zimadza pamene tachoka pa umodzi pozukuta zofuna ndi zokhumba zako.

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Thunthu La Moyo Ndi Banja #11

Banja Latsopano Kusintha Masomphenya a banja lawo

- Chikondi: Ndimakonda kukhala pa banja, koma…
- Kukhumudwa: Ndimakhumudwa kwambiri ndi mnzanga wapabanja wanga.
- Kutaya Masomphenya: Kodi izi ndizimene zimapezeka m'banja?

Zizindikiro za Banja Longoyamba Kumene

- Kulekerera: Ndine okonzeka kuyika zofuna za mtima wanga pamwamba pa chiyanjano changa.
- Chinyengo: Ndimanamizira chikondi kuti ndipezeko zimene ndikufuna.
- Chiwerewere: Kusunga maganizo akuti ziyanjano zina ndizabwino koposa cha banja lako.

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Thunthu La Moyo Ndi Banja #11

Zobvuta za Banja Longoyamba Kumene

- Lolani Mau a Mulungu kuti akufikitseni kwa Iye kuti musungebe masomphenya ndi kudzipereka konse.
- Kukambirana ndi mtima wopemphera mabvuto ndi zotsamwitsa zimene zingapezeke pachiyanjano cha m'banja.
- Kukhululukirana wina ndi mnzake ndi kukhulupirira Mulungu kuti akwaniritsa zosowa zonse.

Mau Omaliza

Mau a Mulungu amapereka chiyembekezo ku banja limene lasokonezeka maganizo. Banja limayenda modabwitsa pamene tikuwona mmene Mulungu amagwirira ntchito kudzera mkusamvetsetsana komanso nthawi zosayembekezeka. Banja latsopano limayenera kubzola muyezo wa chikondi cha munthu ndi mnzake chabe chimene chimati, "Ndidzakuchitira iwe, monga momwe umandichitira ine."

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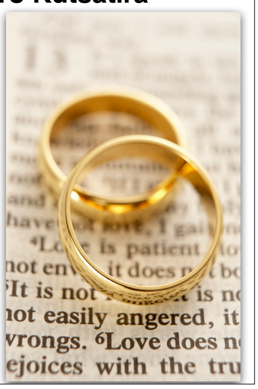
Thunthu La Moyo Ndi Banja #11

Gawo 3 – Machitidwe angwiro Kutsatira Chikondi cha Mulungu



- Masomphenya: Kudzipereka kwathunthu kwa wina ndi mnzake (chikondi cha Umulungu).
- Chikondi cha Khristu chimakula, nkumatikonza malingaliro athu, mau, komanso chimatikhudza, kutipatsa kuthekera kwakukonda iwo amene amatsutsana nafe kapenanso kuti oterowo akhoza kupangitsa kuti banja lathu lisakhale lotetezedwa.

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Thunthu La Moyo Ndi Banja #11

Chikondi cha Mabanja Okhwima Mnzeru

- Ndimasiya zanga zones zondipindulira chifukwa cha mkazi/mwamuna wanga.
- Nthawi zina, ndimatanganidwa kutumikira mnzangayu, nkudziyiwala ine mwini.
- Pamene wandilakwira, nthawi zonse ndikhoza kukhululuka msanga.
- Nkhani siyakungoti sindiyendere, koma kuti ndiwone zimene Mulungu akundiphunzitsa kudzera mwa mnzanga wabanjayu.
- Ndimazindikira zofuna za mkazi/mwamuna wanga kuti tsono ndikhoza kukondwera naye.

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Thunthu La Moyo Ndi Banja #11

Zizindikiro za Banja Lokhwima Munzeru

- Chiyanjano ndi Mulungu chimakhala chosasunthika kotero chiyanjano cha mwamuna ndi mkazi chimakhalanso chokhazikika, ngakhale patakhala kusamvetsetsana, zokhumudwitsa kapenanso kusiyana zoyembekezera.
- Kukhalira pamodzi kwao sikutengera pamawonekedwe kapena kukongola kwa wina koma pakudzipereka kwathunthu, osangoti pakulumikizana kwa mawonekedwe a kunja koma pokhala ndi mtima umodzi.
- Mwakuzamitsa chiyanjano chake ndi Mulungu, timamasula nzeru zakuya mchikondi cha Mulungu, kutithandizira kuti tikonzenso chikondi chathu.
- Kudzipereka kukhala okhutira ndi mkazi/mwamuna mmodzi yekha.

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Thunthu La Moyo Ndi Banja #11

Mau Omaliza

Chikondi chonga cha Mulungu chokhuthala chimalola okhulupirira okhwima mnzeru kuti amangirire mnzawo ndi chikondi ndi mau ndi machitachita a chikondi nthawi zonse, ndipo zotsatira zake zimakhala mtima ndi maganizo amodzi, mtendere, chimwemwe ndiponso chikondi.

Zoti Tilingalirepo

➡ Talingalirani za banja limene lili ndi mabvuto ambiri ndipo fufuzani momwe mabvuto a munthu payekha/komanso mabvuto a uzimu amakhudzira banja lake.

➡ Kodi mudaliwonapo banja lopatsa chidwi? Ndizizindikiro zanji zimene mudaziwonako mmabanja abwinowa?

➡ Pezani chinthu chimodzi kapena ziwiri mmoyo wanu zimene zikufunika mutazikonza kuti mukhale ndi banja lokondana.

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