

## KUPEZA MTENDERE

Connie anali ndi chibwenzi ndipo moyo umaoneka kuti umayenda bwino—koma osati nthawi yaitali.

“Ubale wathu unatha, zimene zinandisokoneza m’maganzidwe. Ndinali osokonekera ndi kusowa chochita. Ubale wanga ndi abale anga siunali bwino, ndipo ndinalibe amene akadatha kundithandiza m’ mavuto amene ndimadutsamo,” akutero Connie Malunga.

Inali nthawi yovuta imeneyi imene Connie anapeza mpingo, ndipo kumeneko anayamba kumvetsa za chikondi ndi chisomo cha Mulungu. “Ndili ndi zaka 22, pa 22 August,” Connie akuti, “Ndinapereka moyo wanga kwa Kristu Yesu”

Ndi zomvetsa chisoni, popanda utsogoleri wabwino wa uzimu ndi kulimbikitsidwa, Connie sanakule m’chikhulupiriro chake chatsapanochi. Iye akuonjezera, “Mulungu amandionetserabe chifundo ngakhale kuti moyo wanga wauzimu unatitimira.”

Connie Malunga anakulira mu mpingo wa Katolika koma ngakhale amaphunzitsidwa za Mulungu, iye analibe ubale ndi Mulunguyo. Iye akuti, “Zoonza zake ndi zakuti sindinakonda kwambiri Baibulo chifukwa limangogwiritsidwa ntchito polimbikitsa ndi kulanga.”

Komabe, Connie akuti, “Ndinayamba kukhala ndi chidwi ndi Baibulo nditatsala pang’ono kukwanitsa zaka 20 zakubadwa koma ngati pothawira zinthu zimene ndimakumana nazo kunyumba komanso, kugalukira kumene achinyamata amachita!”

Pakumugawira chibwenzi chake za njala ya uzimu imeneyi, iwo

anayamba kusanthula Baibulo. “Koma tonse tinachita nalo molakwitsa. M’mbuyo mwake ndinalangizidwapo kuwerenga Uthenga wabwino wa Yohane mu Baibulo.” Koma Connie akuvomereza kuti kwa iye Baibulo linali ngati buku lotsekedwa. “Ndinayesetsa kuchita malingana ndi kuthekera kwanga.”

Choonadi ndi chakuti Baibulo si buku ngati limawerenga ngati za ku sukulu! Ndi uthenga wobweretsa chiyanjano cha munthu ndi Mulungu, amene analilemba.

Connie anapita ku UK kukaphunzira ndi kugwira ntchito kwa zaka zisanu ndi ziwiri, 7, koma ndi zomvetsa chisoni kuti atabwerako anapeza banja la kwawo lili m’ mavuto a zachuma. Komanso anapeza kuti panali bvuto lina lokhudzana ndi za ufiti.

Kukambirana ndi banja la kwawo za nkhanayi zinapangitsa kugawanika: Connie ndi mchemwali wake, kudana ndi makolo awo, mchemwali winanso, ndi mlongo wake. Patatha zaka zingapo zovuta, ngakhaleonso mchemwali wake anamusiya natsala yekha kulimbana ndi mphamvu zoipa.



Connie Malunga

Mu chaka cha 2020 pamene amasowa chochita komanso popanda wina aliyense omulimbikitsa iye anayambanso kuganiza za moyo wake wa uzimu. Iye anakumbukira m’mene anaperekeramoye wake kwa Yesu Kristu monga Ambuye ndi Mpulumutsi wake mu chaka cha 2001. “Ndinakumbukira kuti ndinafuna Mulungu ndipo ndinazindikira kuti ndinatalikira mu ubale wanga ndi iye. Iye akuti,

amene anandilola kukhala m,nyumba yake mwaulere pamene ndimayesayesa kuti moyo wanga ukhale bwino. Connie anaona kuti kukhalabe mu mpingo umene anakuliramokunali ngati kukhala pansu pa mtambo wakuda, kutchinjiriza kukula kwa moyo wake wa uzimu. Pa nthawi imeneyi anapezeka kuti wayamba kukhala nawo pa gulu la anthu wotembenuka mtima

“Ndinaperekanso moyo wanga kwa Mulungu, ndipo ntchito yokonzedwanso inayambika” Umu munali mu October chaka cha 2022.

Connie anali pa ntchito imene iye amadziwa kuti siinali yoyenera kwa munthu wotembenuka mtima kumagwira. “Ndinatsogozedwa kusiya ntchito yanga. Ndinamvera malangizo a Mulungu, zotsatira za kumvera iye.” Iye akupitiriza, “Moyo wanga wakhala ovuta kwambiri. Sindinathenso kupeza ntchito ina, ndipo kupitanso kunyumba sichinali chinthu cha nzeru. Mulungu mwachifundo anandipatsa mnzanga

ndi kumapemphera mu mzinda umene anayamba kukhalamo. Ku gulu limeneli iye anayamba kupeza thandizo la uzimu ndi ziphunzitso kuchokera mu Baibulo. Iye anayamba kumasuka ndi kukula m’chikhulupiriro chake.

“Ndine wolengedwa watsopano, ndinadzikhululukira ndekha ku kale langa, ndipo ndikukhulupirira kuti Mulungu amandikonda. Iye nthawi zonse wakhala akutero! Ndikufuna kukwaniritsa cholinga chake m’ moyo mwanga. Ndikupitiriza kupempherera banja la kwathu limene lili lomangidwa mpaka pano kuti limasulidwe, kuti iwonso athe kuona ndi kukhala mu chimwemwe chimene chilipo pakukhala mu chikondi cha Yesu Kristu Ambuye ndi Mpulumutsi wanga.”

Kukhala popanda chipulumutso cha Mulungu chimene chimapezeka mwa Yesu Kristu,

“Moyo wanga wakhala ovuta kwambiri.”

ndikukhala opanda chiyembekezo, kungodikira chiweruzo chomaliza kuchokera kwa Mulungu!

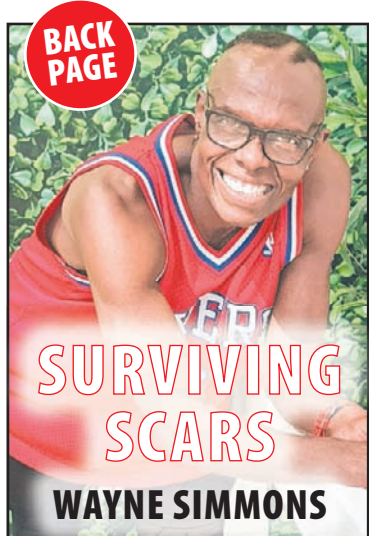
Kukhala monga munthu wotembenuka mtima koma kukhala osamvera Mau ake (Baibulo) ndi kukhala m’ moyo womvetsa chisoni!

Kukhala monga munthu wotembenuka mtima mwa Yesu Kristu komanso kudzipereka ku Mau ake, umakhala m’ moyo wa mtendere, chimwemwe ndi chiyembekezo chenicheni ngakhale moyo utavuta kwambiri!

Baibulo likuti mu Yohane 3:36, “Aliyense wokhulupirira Mwanayo ali ndi moyo wasatha, koma iye amene samvera Mwanayo sadzauona moyo, pakuti mkwiyo wa Mulungu umakhala pa iye.”

Mulungu sanalonjeze moyo wophweka pamene tadzipereka kwa iye. Njira za dziko lino ndi zotsutsana ndi Mulungu komanso chiyero chake. Anthu Wotembenuka mtima, a Kristu, amayembekezera mavuto m’ moyo uno pamene alapa ndi kukhulupirira kwathunthu mwa Ambuye Yesu Kristu ku chikhululukiro cha machimo awo. Chiyembekezo chawo chili mwa Yesu Kristu yekha, ndipo anawapangira iwo tsogolo la moyo mu ulemere mu nthawi ili mkudza.

**Kusangalatsana** Page 5



### How do you get to Heaven?

A TEACHER asked the children in her Sunday School class; “If I sold my house and my car, had a big garage sale and gave all my money to the church, would that get me into heaven?” “NO!” the children all answered.

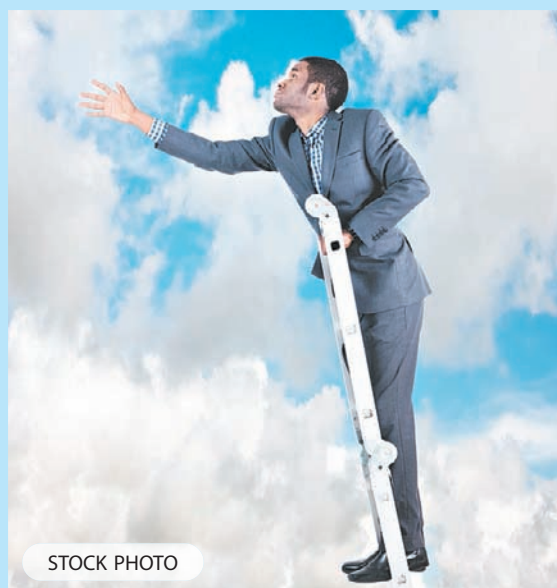
“If I cleaned the church every day, mowed the yard, and kept everything neat and tidy, would that get me into heaven?” Again, the answer was, “NO!”

“Well, then, if I was kind to animals and gave candy to all the children, and loved my husband, would that get me into heaven?” she asked them again. Again, they all answered, “NO!” “Well, then how can I get into heaven?”

A five-year-old boy shouted out, “YOU GOTTA BE DEAD!” Of course the little boy was quite right. Heaven is a place for those that have departed this life. But there is no guarantee that simply dying will earn you a place in God’s kingdom.

The question that has plagued the ages is, “How do I get into Heaven?” What qualifies me entrance to God’s eternal kingdom?

● Onani tsamba 2



➔ Connie’s story in ENGLISH on PAGE 4



# HOW TO GET TO HEAVEN?

● Inapitiliza ku tsamba 1

Some people believe they have to obey the Ten Commandments for their entire lives to qualify for Heaven. Some people believe they must observe certain rites and rituals in order to go to Heaven. Some people believe there is no way we can know for sure whether or not we will go to Heaven. None of these views are correct.

The Bible is very clear on how a person can qualify for Heaven.

We have the promise of God that there is a permanent dwelling place. Jesus said, "Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you?" (John 14:1,2 NIV)

The question is: How do I get there? And can I be sure that there is a place reserved for me?

Let me answer you with basic answers straight from the scriptures. The first thing we need to realize that Jesus is the only way.

The Apostle Peter said, "There is salvation in no one else! God has given no other name under heaven by which we must be saved," (Acts 4.12) And Jesus Himself claimed, "I am the way, the truth, and the life. No one can come to the Father except through me." (John 14.6).

Secondly we cannot qualify for Heaven through our own efforts.

"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast." (Ephesians 2.8,9 NIV). So it is not a matter of how good you are or how many good deeds you have done in your life.

Thirdly we have to realize that we are all sinners in need of salvation.

"For all have sinned and come short of the glory of God." (Romans 3.23).

Even the very best of us fall far short of being fit for God's kingdom

Fourthly we need to make a conscious decision to accept God's free gift of salvation, "But to all who believed him and accepted him, He gave the right to become children of God." (John 1.12 NLT).

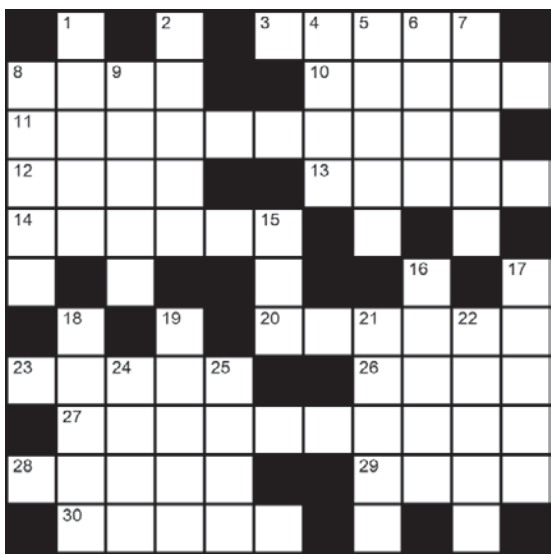
Then you can be sure that you are a child of God and can have the assurance of getting into Heaven.

The Apostle John wrote, "I have written this to you who believe in the name of the Son of God, so that you may know you have eternal life." (1 John 5.13). See the back page for more information if you would like to be sure of your eternal salvation.

"The only love that won't disappoint you is one that can't change, that can't be lost, that is not based on the ups and downs of life – or of how well you live. It is something that not even death can take away from you. God's love is the only thing like that." – Tim Keller

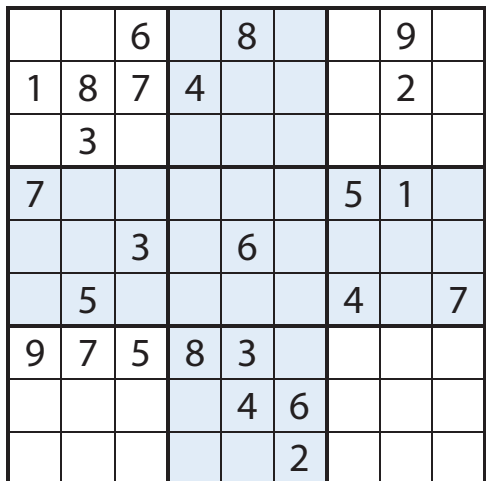
## Coffee Break CROSSWORD & SUDOKU

- ACROSS**
- 3 Speak, talk
  - 8 Brewed beverages
  - 10 To quarrel
  - 11 Sewage disposal
  - 12 Battery fluid
  - 13 Fable writer
  - 14 Harbor a grudge
  - 20 Clerical assistant
  - 23 Event you usually sleep through
  - 26 Australian gem
  - 27 Temporary camp, often for troops
  - 28 Relating to ships
  - 29 Boats like Noah's
  - 30 Former capital of Japan



- DOWN**
- 1 Tranquility
  - 2 Onstage whisper
  - 4 "Cheerio!" (2-2)
  - 5 Gave one's best shot
  - 6 These puff up easily
  - 7 Speak at length (3-2)
  - 8 Pre-Soviet rulers
  - 9 Licorice-like flavor
  - 15 Facial twitch, eg
  - 16 Pickled bud used in cooking
  - 17 Boadicea's subjects
  - 18 Opening shot in billiards
  - 19 Chocolate source
  - 21 Julius, for one
  - 22 War machines
  - 24 Grudging resentment
  - 25 Distilling grain

SOLUTIONS PAGE 7



# Bambo amafuna wakupha mayi ake afenso

Casper Ncube ankavutika ndi chigololo, kumwa, kusuta ndi mkwiyo. Pamwamba pa zonse, iye ankalimbana ndi kusakhululuka.

Casper anakulira mu banja la Chikristu ndi makolo onse awiri amene amanenanso kuti anali okhulupirira. Lamulungu lililonse, Casper amapita ku tchalitchi, kuoneka odzichepetsa okonda kupemphera koma mkati, "Sindinali bwino kapena kuti sindinali pa ubale ndi Yesu Kristu," iye akuvomereza.

Casper anali ndi mkwiyo kwambiri kuti makolo ake amatha kulankhula za Chikristu koma iye samamuonetsera chikondi. "Sindinatha kuwamvetsa chifukwa kuwala kwa Mulungu kunali kusanabwere kwa ine," Casper akukumbukira. "Ndimatha kumwa mowa ndi kusuta pamene panalibe munthu amene akundiona ndipo sindimachedwa kupsa mtima."

Pamene anali ku Sekondale Sukulu, Casper anali otchuka ndipo zimenezi zimamupatsa kudziyenera. "Ndinali odzikuza ndipo sindinafuna kulola munthu kuti andikonze," iye akuvomereza. "Nthawi ina, winawake mwa ngozi ananditira mchere pa dzanja langa. Ndinali okwiya zedi ndipo ndinamugwira malaya ake ndikumupseza kuti ndimumenye."

Casper akuvomereza kuti "Ndinali ndi kusakhululuka kwambiri muntima mwanga kumene ndinali ndisanakuthetse komanso mkwiyo wambiri chifukwa ndinakula popanda winawake akundikonda."

Kenako, tsiku lina, anamva kuti mayi ake anaphedwa. "Ndinayamba kudana ndi munthu amene anapanga izi ndipo ndimafuna nditamubwezera," akutero.

Koma, Casper anali atatopa ndi zoipa, moyo wodetsedwa umene amakhala. Iye anadziwa kuti kuli Mulungu, ndipo anakhumba chinachake choposa.

Iye anakakhala nawo pa msonkhano wa Scripture Union ndipo mlaliki analalikira ulaliki umene unakhudza mtima wake ndipo anatsutsika. Nthawi yoitana anthu kuti apite kutsogolo, Casper anapita.

"Ndinavomera Kristu ndipo ndinamulandira mu mtima mwanga," akutero mwa chimwemwe. "Ndinapemphera pemphero la ochimwa ndipo ndinapepukidwa ndi kukhala ndi kuthekerera kokhululuka. Ndinali nditapeza winawake amene ndikanathanso kumuuzza mavuto anga onse, winawake amene sanafune ndalama zanga koma amafuna ine m'mene ndinalili."

Zinatenga nthawi, koma Casper, mothandizidwa ndi Ambuye, anali ndi kuthekerera kokhululukira amene anapha mayi ake ndi kuiwala.

"Tsopano ndili ndi chimwemwe, mtendere ndi chikhululukiro mu mtima mwanga!" Casper

akutifotokozera.

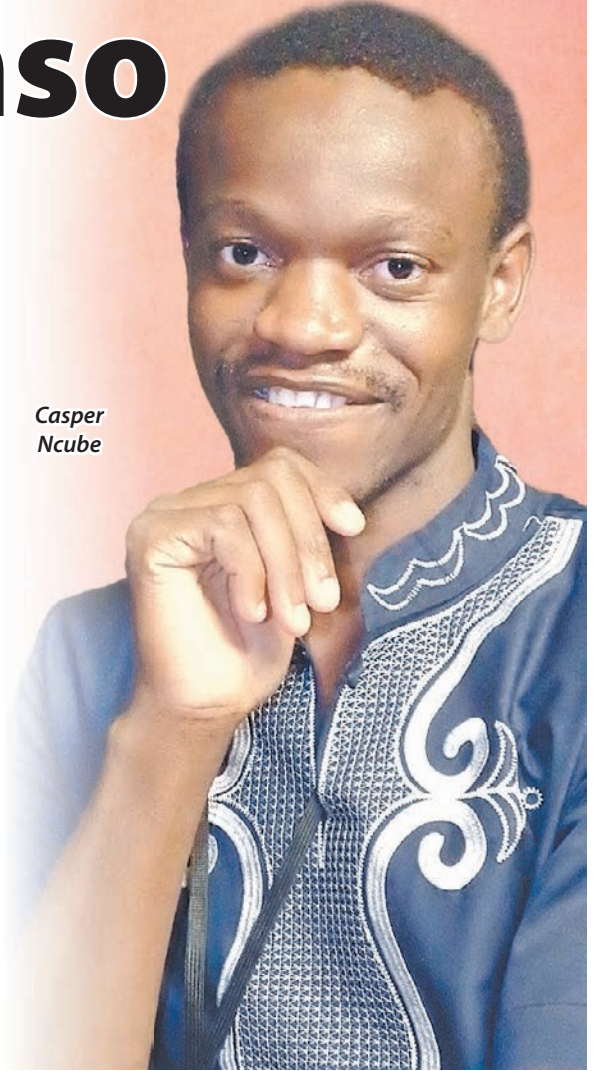
"Mulungu amandipatsa chikondi Chake komanso mphamvu Yake pamene ndikumva kufooka ndipo amandipanga ine kudziwa m'mene ndili wapaderadera kwa Iye."

Imodzi mwa ndime imene Casper amaikonda mu Baibulo ndi Masalimo 139:14 imene imati, "Ndikuyamikani chifukwa kuti chipangidwe changa nchoopsya ndi chodabwitsa; Ntchito zanu ndi zodabwitsa; Mojo wanga uchidziwa ichi bwino ndithu."

Kwa ena amene akubvutika kuti akoneddwe ndi kulandiridwa, Casper akupereka mau awa olimbikitsa, "Mulungu sakufuna inu kuti choyamba mukhale olungama musanabwere kwa iye; Mulungu amakukondani m'mene mulili."

Kuli Mulungu kumwamba amene amatikonda ife tonse posatengera chimene ife tili. Iye ali ndi cholinga cha pa moyo wako. Casper tsopano akupanga maphunziro ake a utumiki wa Chikristu ku *Back to the Bible Mission*.

Casper Ncube



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Let them hear His voice

Psalm 29:1-11





# Kulimbana ndi mphamvu zoipa

**F**ransisco Dinga anakulira ku Blantyre mu banja la Mboni za Yehova, koma anaona kuti chipembedzo chake chinalibe mphamvu pamene anakumana ndi mphamvu za kumdimama pamene afiti amalimbana naye. Posowa pogwira, iye amayang'ana pa makina a internet mayankho. Zimene anapeza zinamumasula iye ku mantha.

“Ndinakula ndikukhulupirira kuti Mboni za Yehova chinali chipembedzo chokhacho choona ndipo kuti pamene Yesu adzabwera, Iye adzaweruzo zipembedzo zina kupatula chathu. Tinalibe maubale atanthauzo ndi anthu ena kunjira kwa Mboni za Yehova. Tinali ogwirizana m'chikhulupiriro, ndipodi ndimakhala ndi maola ambiri kulalikira khomo ndi khomo,” Fransisco akukumbukira.

Anali ndi zaka 21 anakwatira wa Mboni mnzake ndipo anali ndi mwana wamkazi. Koma, pamene mwanayu anali ndi miyezi isanu ndi umodzi anamwalira mwadzidzidzi, kuwasiya anali osweka mtima.

Kenako iwo anamva nkhanu ya chilendo kuchokera kwa msuweni wake kuti asing'anga anati mwanayu anamwalira chifukwa cha temberero limene linaikidwa pa iye chifukwa cha mkangano umene unalipo ndi wa chibale. Wachibaleyo anakapeza sing'anga kuti amulodze mwanayu.

Mwadzidzidzi zoono zenizeni ndi mphamvu ya ufiti zinaonekera poyera kwa Fransisco ndipo anayamba kufuna kudziteteza yekha ndi banja lake pakufuna afiti mwa iye yekha ndi kugwiritsa ntchito mankhwala ndi zithumwa.

Iye sanadziwe kuti zimene amachitazi amazitsegulira khomo la moyo wake kuti mphamvu za ziwanda zambiri. Akamachita mantha ndi zimenezi ndi kumakafuna thandizo la asing'anga; zotsatira zake zimamulamulira mphamvu zoipazi.

“Nkhondo inali itangoyambika,” iye akutero. “Ndinadwala mutu waching'alang'ala kwa miyezi itatu

ndipo ndinangokhalira kugona.” Mankhwala ochokera kwa asing'anga “anamuchiza” iye koma sipanapite nthawi anavutika kwambiri ndipo anakodza magazi kwa masiku atatu.

Mphamvu za ziwanda ndi asing'anga ndi zenizeni ndipo zikhoza kuchiritsa anthu kapena kuwalodza ndi matenda kapena ngozi, koma cholinga cha mphamvu zawo nthawi zonse ndi kuika anthu mu ukapolo wa zoipa ndi kuwatchera ndi mantha ndi kupanda chiyembekezo, ndipo zisadzawathandizanso kwenikweni.

Poyamba, zikhoza kumaoneka ngati mphamvu za ku mdima zikhoza kukupangani inu kukhala a mphamvu. Fransisco anadzimva kuti mankhwalawo anamupanga iye wosagwirika ngakhale akunja samatha kumupweteka. Iye anapitirirabe kumapita kwa asing'anga ndi kumakapanga miyambo ya chilendo ya matsenga.

“Kuchokera ku miyambo imeneyi kamvetesedwe kazinthu mu zinthu za matsenga kanakhazikika mwa ine,” Iye akutero. “Tsopano maso anga anatsekuka ndipo ndimatha kuona afiti ngakhale masana. Ndipo usiku ndinali kulimbana ndi afiti ndikamagona ... mu nthawi imeneyi, ngakhale ndinali mtumiki mu bungwe lathu la Mboni za Yehova, ndimakula mwamphamvu m'matsenga.”

Mwana wamwamuna wa Fransisco anapsya kwambiri ndi moto ku nyumba ya munthu oyandikana naye, zimene iye anati inali nkhondo ya ufiti imene anali kumenya. Ukangolowa “ndi nkhondo imene singathe,” iye akufotokoza.



Fransisco ndi mwana wake Eric ali omasulidwa ku mphamvu za ziwanda.

Ngakhale anali ndi zithumwa zonsezi komanso kudalira kwambiri pa mphamvu za ziwanda zimene anali nazo, Fransisco akuvomereza “Ndinamvabe kupanda kanthu mkati. Ndimafunikira Mulungu.”

Iye anapita kwa atsogoleri a Mboni za Yehova kukavomereza machimo ake ndi kuwapempha kuti amupempherere kuti amasulidwe ku mphamvu za ziwanda. “Ndinawauza kuti ndimagwiritsa ntchito mphamvu za Satana ndipo ndinali ndi mantha ndi tsiku la chiweruzo. Ndinalira, kuwadandaulira kuti andipempherere kuti ndimasulidwe.”

Koma, anachititsidwa mantha atadziwanso kuti ambiri mwa Atsogoleriwo analinso afiti ndipo amagwiritsa ntchito ufiti kudziteteza okha nawo!

Pokanika kupeza mpumulo, Fransisco anadziperereka yekha

kwathunthu ku zoipa. “Satana anakhala mfumu ya moyo wanga, ndipo ndinadziperereka ku kuonera zolaula ndipo ndimakonda kuonera makanema a zochitika zoopsa kwambiri komanso a ufiti,” iye akuvomereza.

Mwachilendo, kunali kudzera pa makina a Internet pamene Fransisco anaphunzira kuti kulidi mphamvu yaikulu kuposa ufiti – dzina la mphamvu la Yesu Kristu.

“Ndinawerenga maumboni pa Google okhudza anthu amene kale amachita zolaula, za ufiti,

za Usatana, za using'anga akufotokozerana nkhanu zawo. Zinandipangitsa ine kuyamba kuzindikira kuti pali mphamvu imene imaika anthu mu uchimo, koma pali mphamvu yaikulu kwambiri imene ili mu dzina la Yesu. Ndinaphunzira kuti pa dzina la Yesu bondo lililonse lidzagwada ndipo kuti iwo okhulupirira iye adzatulutsa ziwanda. Ndinaphunziranso kuti ngati simungasiye kuchimwa umakhala kapolo kwa mdyerekezi koma kuti Yesu amamasula omangidwa.”

Fransisco anazindikira kuti kunali chiyembekezo. Iye angamasulidwe, amakhala woyera.

“Tsopano ndinadziwa kuti kuli kumasulidwa ndi kuti ndinali ndi ziwanda. Pofunitsitsa thandizo ndinapita kwa mnzanga wakale, amene tsopano ali mbusa, ndipo ndinamupempha kuti andipempherere kuti ndimasulidwe.”

“Iye anali wodabwa chifukwa amandidziwa ine kuti ndinali wa Mboni za Yehova. Ndinamuuza kuti tsopano ndikukhulupirira kuti munthu ali ndi mzimu, ndipo ngati sindikhulupirira mu dzina la Yesu ndidzatumizidwa ku Gehenna.”

“Iye anandipempherera ndipo tinapita ku nyumba yanga ndinataya mankhwala onse. Chimenecho chinali chiyambi cha moyo wanga watsopano,” akutero Fransisco. Pakudziwa kusintha kwakukulu kuwiri kumene anaona, iye akuti, “Ndimathano kumva

Mzimu Woyera wa Mulungu akulankhula. Ndipo, m'malo mokhala ndi mantha ndi imfa, tsopano ndinali ndi chikhulupiriro cha mphamvu mwa Yesu Kristu.

Fransisco anamasulidwa mu February 2013 ndipo kuyambira pameneipo anapita ku Bible College, kumawerenga Baibulo mozama ndipo anayamba kupita ku mpingo wa mphamvu. Mwana wake, Eric, amene anapsya, naye ndi wotsatira Kristu.

Koma, chikhulupiriro chatsopano cha Fransisco chinakoneza ubale wake ndi mkazi wake komanso anzake a Mboni za Yehova komanso banja, amene onse anamukana iye kuti ndi “Wokugwa.” Iye ndi mwana wake anapanga anzawo atsopano mu

mpingo wa Chikristu.

Iye akuchenjeza ena, “Tinalengedwa ndi chibowo mwa ife chimene chingadzadzidwe ndi Mzimu Woyera kapena mizimu yoipa. Ndife kachisi a Mzimu Woyera kapena ndife ake a Mdyerekezi. Palibe kukhala pakatikati.”

Monga munthu amene wakhala akulamulidwa ndi mizimu yoipa mu nthawi zosiyanasiyana, Fransisco akudziwa amene anasankha: “Koma ine ndi banja langa tidzatumikira Yehova” (Yoswa 24:15)

“**Mphamvu za ziwanda ndi asing'anga ndi zenizeni.**”

Baibulo likunena momveka bwino zokhudza nkhondo imene a Kristu akulimbana naye, kuti sakulimbana ndi afitiwo mwa iwo wokha, koma zimphamvu zimene zili kumbuyo kwawo. Pa Aefeso 6:10–13, Mtumiki Paulo analemba: “Chotsalira, tadzilimbikani mwa Ambuye, ndi m'kulimba kwa mphamvu yake.

Tabvalani zida zonse za Mulungu, kuti mudzakhoze kuchirimika pokana mchenjerero a mdyerekezi. Chifukwa kuti kulimbana kwathu sitilimbana nawo mwazi ndi thupi, komatu nawo maukulu, ndi maulamuliro, ndi akuchita zolimbika a dziko lapansi a mdima uno, ndi a uzimu a choipa m'zakumwamba. Mwa ichi mudzitengere zida zonse za Mulungu, kuti mudzakhoza kuima chitsutsire pofika tsiku loipa, ndipo, mutachita zonse, mudzachirimika.”



Eric Dinga adawotchedwa kwambiri.

## MALAWI IN THE PRESS



Blantyre University student Madalitso Mnduwira in 2022 made headlines with the sign language glove he invented to aid communication between people with and without hearing impairment. (Photo by Joseph Mizere/Xinhua via Getty Images)



**IS JESUS CHRIST REALLY GOD?**

This question effects you. If you answer this question wrongly you will never understand the Bible; the Gospel message will be foolishness, and you will never know the forgiveness of sin. Let's ask more questions to find out who Jesus really is.

**What does the New Testament say about Jesus Christ?**

"Christ Jesus, who, though He was in the form of God, did not count equality with God a thing to be grasped, but made Himself nothing, taking the form of a servant, being born in the likeness of men." Philippians 2:6—7.  
 "For in Him (Jesus) the whole fullness of deity dwells bodily." Colossians 2:9.  
 "But of the Son He (God) says, 'Your throne, O God, is forever and ever.'" Hebrews 1:8.  
 "Waiting for our blessed hope, the appearing of the glory of our great God and Saviour Jesus Christ." Titus 2:13.

**Lets ask some questions to the writers of the four Gospel books. What do they say about Jesus?**

**Who did the Jews think He was?**

"The Jews were seeking all the more to kill Him, because not only was He breaking the Sabbath, but He was even calling God His own Father, making Himself equal with God." John 5:18  
 "Jesus said to them (the Jews), 'Truly, truly, I say to you, before Abraham was, I am.'" John 8:58  
 "The Jews answered Him (Jesus), 'It is not for a good work that we are going to stone you but for blasphemy, because you, being a man, make yourself God.'" John 10:33  
 "And the scribes and the Pharisees began to question, saying, 'Who is this who speaks blasphemies? Who can forgive sins but God alone?'" Luke 5:21

**Who was He?**

"Behold, a voice from heaven said, 'This is my beloved Son, with whom I am well pleased.'" Matthew 3:17

**Where did He come from?**

"Jesus said to them, 'If God were your Father, you would love me, for I came from God and I am here. I came not of my own accord, but He sent me.'" John 8:42

**Why did He come to earth?**

"I came that they may have life and have it abundantly." John 10:10  
 "For the Son of Man came to seek and to save the lost." Luke 19:10  
 "For God did not send His Son into the world to condemn the world, but in order that the world might be saved through Him." John 3:17

**What did He do?**

"And He went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people." Matthew 4:23

**Why did He die?**

"And you shall call His name Jesus, for He will save his people from their sins." Matthew 1:21  
 "For even the Son of Man came not to be served but to serve, and to give His life as a ransom for many." Mark 10:45

**What did His death achieve?**

"Thus it is written, that the Christ should suffer and on the third day rise from the dead, and that repentance and forgiveness of sins should be proclaimed in His name to all nations" Luke 24:46,47

**What did He promise?**

"I will come again and will take you to myself, that where I am you may be also." John 14:3

**When will He come back?**

"You also must be ready, for the Son of Man is coming at an hour you do not expect." Luke 12:40

**What did Jesus claim about Himself?**

"Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me ... Believe me that I am in the Father and the Father is in me.'" John 14:6, 11

**Why were the Gospel accounts written?**

"Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in His name." John 20:30—31.

**So, who do you believe Jesus Christ really is? Was He a liar? Was He just mad? Or was He telling the truth, and the disciples were witness to that truth?**

"The word is near you, in your mouth and in your heart (that is, the word of faith that we proclaim); because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved. For the Scripture says, Everyone who believes in Him will not be put to shame." Romans 10:8—11.

**If you believe that Jesus Christ is truly God, you can depend upon Him to forgive your sins, and save you from coming judgement.**

"Whoever believes in the Son has eternal life; whoever does not obey the Son shall not see life, but the wrath of God remains on him." John 3:36  
 (Jesus said) "Truly, truly, I say to you, whoever hears my word and believes Him who sent me has eternal life. He does not come into judgement, but has passed from death to life." John 5:24

**KODI YESU KRISTU NDIYETU MULUNGU?**

Funsoli likukhudza moyo wanu. Ngati muyankha molakwa simudzamvetsa Baibulo; Uthenga Wabwino udzaoneka woposa, ndipo simudzadziwa kukhululukidwa kwa machimo. Tiyeni tifunse mafunso ena kuti tidziwe Yesu ndi yani ndithu.

**Kodi Chipangano Chatsopano chimanena chiyani zokhudza Yesu Kristu?**

"Kristu Yesu, ameneyo, pokhala nawo maonekedwe a Mulungu, sanchiyese cholanda kukhala wofana ndi Mulungu, koma anadzikhuthula yekha, natenga maonekedwe a kapolo, nakhala m'mafanizidwe a anthu." Afilipi 2:6—7.  
 "Pakuti mwa lye chikhali chidzalo cha Umulungu m'thupi." Akolose 2:9  
 "Koma ponena za Mwana, (Mulungu) ati, Mpando wachifumu wanu, Mulungu, ufikira nthawi za nthawi." Aheberi 1:8  
 "Akulindira chiyembekezo chodala, ndi maonekedwe a ulemereero wa Mulungu wamkulu ndi Mpulumutsi wathu Yesu Kristu." Tito 2:13.

**Tifunse mafunso kwa Olemba anayi amene analemba mabuku a Uthenga Wabwino. Kodi iwo amati zokhudza Yesu?**

**Kodi Ayuda anaganiza lye ndani?**

"Chifukwa cha ichi Ayuda anaonjeza kufuna kumupha, si chifukwa cha kuswa dzuwa la Sabata kokha, komatu amatchanso Mulungu Atate wake wa lye yekha; nadziyeseera wolingana ndi Mulungu." Yohane 5:18  
 "Yesu anati kwa iwo (Ayuda), 'Indetu, indetu, ndinena kwa inu, asanayambe kukhala Abrahamu ndipo Ine ndilipo.'" Yohane 8:58  
 "Ayuda anamuyankha lye, 'Chifukwa cha ntchito yabwino sitiku-ponyani miyala, koma chifukwa cha mwano; ndi kuti Inu, muli munthu, mudziyeseera nokha Mulungu.'" Yohane 10:33  
 "Ndipo alembi ndi Afarisani anayamba kuyesayesa mumtima mwawo, kuti, 'Ndani Uyu alankhula za kumuchitira Mulungu mwano? Ndani angathe kukhululukira machimo, koma Mulungu yekha?'" Luka 5:21

**Iye ndi Yani?**

"Ndipo onani, mau akuchokera kumiyamba akuti, 'Uyu ndiye mwana wanga wokondedwa, mwa lye yu ndikondwera.'" Mateo 3:17

**Anachokera kuti?**

"Yesu anati kwa iwo, 'Mulungu akadakhala Atate wanu, mukadakhala Ine; pakuti Ine ndinatuluka, ndi kuchokera kwa Mulungu; pakuti sindinadza kwa Ine ndekha, koma lye yu anandituma Ine.'" Yohane 8:42

**Chifukwa chiyani anadza lye padziko lino lapansi?**

"Ndadza Ine kuti akhale ndi moyo, ndi kukhala nawo wochuluka." Yohane 10:10  
 "Pakuti Mwana wa munthu anadza kufunafuna ndi kupulumutsa chotayikacho." Luka 19:10  
 "Pakuti Mulungu sanatuma Mwana wake ku dziko lapansi, kuti akaweruze dziko lapansi, koma kuti dziko lapansi likapulumutsidwe ndi lye." Yohane 3:17

**Kodi Anachita Chiyani?**

"Ndipo Yesu anayendayenda m'Galileya monse, analikuphunzitsa m'masunagoge mwawo, nalalikira uthenga wabwino wa Ufumu, nachiritsa nthenda zonse ndi kudwala konse mwa anthu." Mateo 4:23

**Chifukwa Chiyani Anafa?**

"Ndipo udzamattha dzina lake Yesu; pakuti lye yu adzapulumutsa anthu ake ku machimo awo." Mateo 1:21  
 "Pakuti ndithu, Mwana wa munthu sanadza kutumikiridwa, koma kutumikira, ndi kupereka moyo wake dipo la kwa anthu ambiri." Marko 10:45

**Kodi Imfa Yake Inakhoza Chiyani?**

"Kotero kwalembedwa, kuti Kristu amve zowawa, nauke kwa akufa tsiku lachitatu; ndi kuti kulalikiidwe m'dzina lake kulapa ndi kukhululukidwa kwa machimo kwa mitundu yonse." Luka 24:46—47

**Kodi Analonjeza Chiyani?**

"Ndizabweranso, ndipo ndidzalandira inu kwa Ine ndekha; kuti kumene kuli Ineko, mukakhale inunso." Yohane 14:3

**Adzabweranso liti?**

"Khalani okonzeka inunso; chifukwa nthawi imene simulingilira, Mwana wa munthu akudza." Luka 12:40

**Kodi Yesu anadzinena bwanji?**

"Yesu ananena naye, 'Ine ndine njira, choonadi, ndi moyo. Palibe munthu adza kwa Atate, koma mwa Ine ... Khulupirirani Ine, kuti Ine ndili mwa Atate ndi Atate ali mwa Ine.'" Yohane 14:6, 11

**Chifukwa chiyani mabuku a Uthenga Wabwino analembedwa?**

"Ndipo zizindikilo zina zambiri Yesu anazichita pamaso pa akuphunzira ache, zimene sizinalembedwa m'buku ili; koma zalembedwa izi kuti mukakhulupirire kuti Yesu ndiye Kristu Mwana wa Mulungu, ndi kuti pakukhulupira mukhale nawo moyo m'dzina lake. Yohane 20:30—31

**Tsono, kodi mukukhulupirira kuti Yesu ndi yani ndithu? Kodi anangokhala wonama? Kodi lye anali wopusa? Kapena kodi ananena choonadi, ndipo ophunzira ake anachita umboni ndi choonacho?**

"Mau ali pafupi ndiwe, m'kamwa mwako, ndi mumtima mwako; ndiwo mau a chikhulupiriro, amene ife tiwalalikira: kuti ngati udzabvomereza m'kamwa mwako Yesu ndiye Ambuye, ndi kukhulupirira mumtima mwako kuti Mulungu anamuukitsa kwa akufa, udzapulumuka: pakuti ndi mtima munthu akhulupira kutengapo chilungamo; ndi m'kamwa abvomereza kutengapo chipulumutso. Pakuti lembo litere, Amene ali yense akhulupirira lye, sadzachita manyazi." Aroma 10:8—11

**Ngati mukukhulupirira kuti Yesu Kristu ndiyetu Mulungu, mungathe kumudalira lye kuti akhululukira machimo anu, adzakupulumutsani inu kuti muchokere kuweruza kudzabwera.**

"Iye amene akhulupirira Mwanayo ali nawo moyo wosatha; koma iye amene sakhulupirira Mwanayo sadzaona moyo, koma mkwiyo wa Mulungu ukhala pa iye." Yohane 3:36  
 (Yesu anati) "Indetu, indetu, ndinena kwa inu, kuti iye wakumva mau anga, ndi kukhulupirira lye amene anandituma Ine, ali nawo moyo wosatha, ndipo salowa m'kuweruza, koma wachokera kuimfa, nalowa m'moyo." Yohane 5:24

# Adopted as you are, as His child

BY GREG LAURIE

**GROWING** up, I didn't know my biological father. But my mother married a man named Oscar Laurie, who adopted me formally. He treated me as a father should treat a son. He disciplined me when I went astray. He did the best that he could in helping me to be a good boy. But tragically my mom left him, and I didn't see him for the rest of my childhood.

However, I did have the privilege of reconnecting with him as a young adult, after I became a Christian and a pastor. I also had the privilege of leading him to the Lord.

Just as Oscar Laurie adopted me, God has adopted you, if you have put your faith in Christ.

The Bible says, "For all who are led by the Spirit of God are children of God" (Romans 8:14 NLT). Are you a child of God? That comes through believing in Jesus Christ. He can pardon you of every sin you have ever committed. Maybe you're thinking, "I've messed up and made mistakes. I have sinned."


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# Moyo Wodabwitsa Wa Yesu Kristu

**Yesu anakhala moyo wabwino kwambiri padziko lino lapansi. Iye anasamalira anthu ovutika. Anaonetsa ulemerero wa Mulungu m'moyo wake wonse. Ndipo iye anakhala moyo wopanda tchimo.**

**Werengani ndimezi za moyo wake wa Yesu Kristu:**

**Mateyu 7:28, 29; Marko 10:45; Luka 2:40–52; 15:1–2; Yohane 2:11; 6:38; Machitidwe Atumwi 10:38; Aheberi 4:15; 7:26**

Baibulo silimakamba zambiri zokhudza moyo wa Yesu mu zaka zake makumi atatu asanayambe utumiki wake. Mu Luka 2:40, 52 timawerenga kuti anakula m'msinkhu, nzeru ndipo chisomo cha Mulungu chinali pa iye. Mu nthawi imene anali wamng'ono amakhala chimodzimodzi ngati ana anzake a nthawi imeneyo. Mu Luka 2:51 amatyuzwa kuti iye anali womvera makolo ake.

Mau olembedwa m'Chipangano Chatsopano za Yesu pamene anayankhula koyamba, iye anali ndi zaka khumi ndi ziwiri zakubadwa (12), anati "Mumandifunafuna chifukwa chiyani? Kani simudziwa kuti ndiyenera kupezeka m'nyumba ya Atate anga?" (Luka 2:49). Ngakhale pamsinkhu umenewu Yesu amadziwa za cholinga chake komanso ubale wake ndi Mulungu Atate. Iye anatindika kwambiri zinthu ziwiri zimenezi mu nthawi yonse ya utumiki wake (Yohane 6:38).

Utumiki wa Yesu unasintha miyoyo ya anthu. Miyoyo ya ophunzira ake, amene anakhulupirira iye kuti ndi Mpulumutsi (Mateyu 16:15, 16). Iye anachiza anthu onse wodwala. Wolemba Machitidwe Atumwi ananena izi zokhudza Yesu, "amene anapitapita nachita zabwino, nachiritsa onse osautsidwa ndi mdyerekezi, pakuti Mulungu anali pamodzi ndi iye" (Machitidwe Atumwi 10:38).

**Zimene Yesu Anachita, M'khalidwe Wake ndi Moyo Wake**

Yesu anakhala pakati pa anthu wochimwa (Luka 15:1, 2), koma sanachimwepo (Aheberi 7:26). M'malo moti akhale ngati iwo m'moyo wawo wauchimo, iye anawathandiza kuwachotsa m'machimo awo

(Luka 19:5-9). Yesu anawapatsanso umunthu wawo woyenera (Luka 8:27, 35). Yesu samalakwitsa, kotero samapepesa pa zimene wachita kapena kunena (Yohane 8:46). Iye sanali woperewera mu m'chilichonse.

Yesu anali munthu wodzala ndi chifundo ndi anthu wosowa, m'moyo wathupi komanso wauzimu (Mateyu 9:36). Iye anayendayenda kuthandiza anthu okanidwa, onyozedwa, komanso ana (Yohane 4 ndi 8:1-11). Yesu analira Lazaro atamwalira (Yohane 11:35), komanso anafunitsitsa kuti anthu ena ziyayendere, ngakhale iwo amene anamupha iye (Luka 23:34). Iye anadzipereka kukhala thandizo la anthu, kuwapatsa zosowa zawo pakuti iye anabwera kudzatamikira (Marko 10:45).

Zozizwitsa Zimene Yesu Amachita Zimaonetsera Mphamvu Yake.

Yesu ali ndi Mphamvu pa: Chilengedwe: (Luka 8:22, 25)  
Mizimu Yoipa: (Luka 8:26, 29)  
Imfa: (Luka 8:40, 42, 49, 56)  
Matenda: (Luka 8:43, 48)  
Njala: (Luka 9:10, 17)

M'khalidwe wa Yesu unali wokhazikika. Anali wokonda komanso wodekha, koma iye si anali kufewa manja. Amachita zinthu motsindika ndi mwamphamvu akakumana ndi nyengo yofunika kutero, monga ngati kutulutsa anthu ochita malonda mu m'kachisi (Mateyu 21:12, 13). Anayankhula ndi ulamuliro (Mateyu 7:28, 29). Analinso ndi kudziletsa kokwanira ngakhale mu nthawi yopanikizidwa (1 Petro 2:23).

Zomuyenera pa utsogolero zinali zopambana; iye anaitana

amuna khumi ndi awiri kuti amutsatire. Khumi ndi m'modzi anapitirira kumutsata mpaka kufa kwawo.

Yesu anali mu m'chiyanjano ndi Atate Ake nthawi zonse. Mauthenga abwino, makamaka Luka, anatsimikiza za moyo wake wa pemphero. Luka 6:12 amanena kuti Yesu anakhala usiku wonse akupemphera. Iye anadzipereka kwambiri ku ntchito imene anabwerera kudzachita kudziko lino

lapansi, ngakhale kuti izi chinamubweretsera mavuto ndi imfa. Yesu anali kuchilimika kuchita chifuniro cha Atate Ake (Yohane 6:38). Kudzipereka kwake kunapangitsa iye kukhala odzichepetsa potumikira komanso kumvera Atate Wake (Afilipi 2:6-8).

Moyo wa Yesu si unali wophweka ndipo iye si anali mlendo ku mavuto. Anakumana ndi mavuto omwe ife timakumana nawo. Anadziwa kufooka (2 Akorinto 13:4) ndi kutopa (Yohane 4:6). Anakumana ndi mayesero (Luka 4:1, 2), kukanidwa (Yohane 1:11), ndi kupweteka (Luka 22:44). Iye analira mokweza ndi kutulutsa misozi (Aheberi 5:7), ndiponso anadziwa umphawi (2 Akorinto 8:9).

Yohane 1:14 amatichula za ulemerero wa Yesu. Anaonetsera ulemerero kudzera mu mphamvu yake, chisomo, kuphunzitsa, imfa ndi kuuka kwa akufa. Mateyu 17:1-8 amafotokoza za nthawi imene ulemerero wake unaonekera kwa ophunzira ake atatu. Yohane 1:14 amafotokoza za moyo wa Yesu pakati pathu ngati chimodzimodzi kupezeka kwa Mulungu mu m'chihema chimene chingagwiritsidwa ntchito mu Chipangano Chakale. Yohane ananena kuti anthu anaona mwa Yesu ulemerero womwewo—ulemerero wa Mwana wa Mulungu. Yesu anali wofatsa ndi wodzichepetsa (Mateyu 11:29). Iye anatomikira ena mokondwa. Moyo wake unali wosafuna zambiri monga popeza abwenzi (Marko 2:16), ndiponso zinthu zimene anali nazo (Mateyu 8:20).

Yesu anakhala moyo wodabwitsa. Iye anali wodzala ndi chifundo ndi choonadi (Yohane 1:14). Yesu

**Yesu anali kuchilimika kuchita chifuniro cha Atate Ake**

**Muloweze ndime izi m'tima mwanu: Machitidwe Atumwi 10:38**  
"Yesu wa ku Nazarete, kuti Mulungu anamdzoza iye ndi Mzimu Woyera ndi mphamvu; amene anapitapita nachita zabwino, nachiritsa onse osautsidwa ndi mdyerekezi, pakuti Mulungu anali pamodzi ndi iye."

## KUPHUNZIRA MALEMBO OYERA

**WOLEMBA: JOHN FINEGAN**

Mkusindikiza kwa Nyuzipepala iyi ya Challenge Newspaper, tili ndi gawo lachinayi za maphunziro kuchokera m'Buku Lopatulika. Timaphunzira zosiyana zokhudza Yesu Kristu. Tikufunsa, "Kodi Kristu Ndi Ndani?" Cholinga chake ndi chakuti inuyo, owerenga, mudzilimbikitsidwa pakuwerenga choonadi chopezeka m'Baibulo, komanso kulimbikitsidwa kuwerenga Baibulo pa inu nokha. Mu mkusindikiza kwa Nyuzipepalayi kukubweraku maphunziro ena atsopano. Mulungu amalankhula nafe kudzera m'Mau ake, Malembo Oyera. Ndi chinthu chabwino kuti tidzakhale ndi nthawi ya kuwerenga zimene Mulungu akufuna kuti atiuzze kudzera m'Mau ake. Izitu ndi zofunikira kwambiri kuposa kumva uthenga kuchokera kwa alaliki ngakhaleenso ziphunzitsa za zipembedzo.

anatisiyira chitsanzo cha m'mene moyo wa umulungu uyenera kukhalira. Tayenera kumuyamika chifukwa cha ukulu wa mkhalidwe ndi moyo zake. **Kupanda Tchimo Kwa Yesu Kristu** Yesu sanachimwe m'maganizo, mau kapena mu zochita ngati m'mene Yesu Kristu sakanatha kuchimwa. Mulungu sangachimwe. Mu umunthu wake, Yesu sakanachimwa. Mu umulungu ndi umunthu zake, iye amakhala ndi chifuniro chake. Yesu samachimwa, chifukwa chifuniro chake, chopanda banga, chinapangitsa kuchimwa kuti kukhale kosatheka.

**Yesu sanachimwe m'maganizo, mau kapena mu zochita**

timachitira. (1 Petro 2:22; 1 Yohane 3:5). Iye anali woyera ndipo amachita zolongama nthawi zonse pamaso pa Mulungu. Kupanda tchimo kwa Yesu ndi kofunika pa zifukwa zambiri. Iye anayenera kukhala chitsanzo chopanda banga choti titsatire, choncho anayenera kukhala wopanda tchimo (1 Petro 2:21–22). Monga ali Mulungu, anayenera kukhala wopanda tchimo (1 Yohane 1:5). Ngati munthu wa Mulungu wangwiro, iye anayenera kukhala wopanda tchimo (Aheberi 7: 26). Pofuna kuti iye asenze machimo athu, iye anayenera kukhala wopanda tchimo (2 Akorinto 5:21).

Ngati Yesu sakanatha kuchimwa, mayesero ake analidi enieni? Eya, analidi enieni. Anapanikizidwa ndi mdyerekezi. Anadziwa ndithu za mayesero amenewa chifukwa chake analimbana nawo (Luka 4:1-13; Aheberi 2:18). Analimbana nawo ndipo sanawagonjere. Fanizo lophweka likufotokoza izi. Msambi akasambira ndi kayendedwe ka mtsinje sadzadiwa mphamvu wa mtsinjewo. Koma akasambira kutsutsa kayendedwe ka mtsinje uja, adzadiwa mphamvu wa kayendedwe kaja.

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*Phunziro ili, kuchokera m'Buku Lopatulika, lidzpitirira mkusindikiza kwa Nyuzipepalayi kukubweraku, tikadzaona Maphunziro ena atsopano.*

Polemba kwa Akristu a ku mzinda wa Korinto, Mtumiki Paulo anati: **"Pakuti chimene ndinalandira ndinapereka kwa inu munga chofunika kuposa zonse, kuti Kristu anafera zoipa zathu munga mwa Malemba, kuti anaikidwa m'manda, kuti anaikitsidwa tsiku lachitatu munga mwa Malemba; ndipo kuti anaonekera kwa Petro, ndipo kenaka kwa Atumwi khumi ndi awiriwo. Pambuyo pake, iye anaonekera kwa anthu oposa 500 mwa abale pa nthawi imodzi, ndipo ambiri mwa iwo akanali ndi moyo ngakhale kuti ena anagona tulo. Kenaka anaonekeranso kwa Yakobo, kenaka kwa atumwi onse. Potsiriza pa onse anaonekeranso kwa ine." (1 Akorinto 15:3–8)**

Writing to the Christians in Corinth city, the Apostle Paul said: **"For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures, and that he appeared to Cephas (Peter), then to the twelve. Then he appeared to more than five hundred brothers at one time, most of whom are still alive, though some have fallen asleep. Then he appeared to James, then to all the apostles. Last of all ... he appeared also to me." (1 Corinthians 15:3–8)**

Word search grid with letters and numbers:

P	A	U	T	T	ER	5	4	6	2	8	3	7	9	1					
T	E	A	S	A	R	G	U	E	1	8	7	4	5	9	6	2	3		
S	A	N	I	T	A	T	I	O	N	2	3	9	6	1	7	8	4	5	
R	E	S	E	N	T	A	E	S	O	P	7	9	8	3	2	4	5	1	6
R	E	S	E	N	T	A	E	S	O	P	4	1	3	7	6	5	9	8	2
B	E	C	C	U	R	A	T	E	6	5	2	1	9	8	4	3	7		
D	R	E	A	M	O	P	A	L	9	7	5	8	3	1	2	6	4		
E	N	C	A	M	P	M	E	N	T	8	2	1	5	4	6	3	7		
N	A	V	A	L	A	R	K	S	8	2	1	5	4	6	3	7			
K	V	O	T	O	L	N	S	3	6	9	4	7	2	1	5				

## MUDZIYESE!

Tiyeni tilingilirebe za zonse zimene tawerenga m'phunziroli. M'munsi muno muli ndime khumi. Mawu ake a ndime zina ndi zoonza, koma ena ndi mabodza. Mutawerenga phunziro ili, werengani ndime yoyamba m'munsi. Mukatsimikiza kuti mawu ake akugwirizana ndi Phunziroli, lembani ZOONA patsogolo pake. Ngati sakugwirizana, lembani MABODZA patsogolo pake. Mukachita choncho, lembani ZOONA kapena BODZA patsogolo pandime ili yonse.

- Mu nthawi ya umwana ndi unyamata Wake, Yesu anali kalilikili kulalikira.
- Yesu anayankhula mawu ake oyamba amene analembedwa pamene anali ndi zaka khumi ndi ziwiri.
- Kuchipululu mayesero amene anakumana nawo Yesu sanachokere kwa Satana.
- Mau akuti, Iye "anapita ponseponse akuchita ntchito zabwino ndi nachiritsa onse osautsidwa ndi Satana," analembedwa mu Machitidwe Atumwi.
- Yesu ali ndi Mphamvu pa Ziwanza ndi Mzimu Yoipa.

Mutamaliza kuyankha mafunso onse, mungadziyese popeza mayankho enieni analembedwa muni muno:

**MAVANKHO : 1. Bodza, Marko 1:14–15, Mateyu 4:12–17; 2. Zoonza, Luka 2:41–52; 3. Bodza, Luka 4:1–13; 4. Zoonza, Machitidwe Atumwi 10:38; 5. Zoonza, Marko 9:14–29.**



# MY SCARS DON'T DEFINE ME

**Challenge  
SPORT**



*Wayne's competitive days are behind him but he stays in the game as a youth basketball coach and activity development officer.*

It doesn't take much to remind 64-year-old American basketball player Wayne Simmons that he's cheated death more times than he's comfortable with. All he has to do is start walking or look in the mirror.

The limp when he walks reminds him of the bullet that missed his forehead by a whisker and hit him in the hip instead during his tour of duty as a Marine in Beirut in 1983 when he was 25.

The deep scar on his right leg

brings back memories of the night he was at a party at the Sari Nightclub in Bali on October 12, 2002. At 10.30 pm, in the middle of the celebrations, Wayne says he had "a strange feeling in my gut" and went back to his hotel.

Half an hour later the bombs that would kill 202 people ripped through the club.

He has that scar because the explosion was so powerful it shook his hotel and sent him catapulting into the bedpost in his room.

Then there was the time he was 14 and at a friend's house. While they were chatting on the front porch, a car slowed down and drove past several times.

When his friend, who was a gang member, ducked into the house and re-emerged with a baseball bat, Wayne knew it was time to go home. Forty-five minutes later that friend was dead, shot by the gang in that car. While Wayne has no physical scars from this incident, it made an impression on him that will never be erased.

Wayne grew up in a ghetto neighborhood in New York, but managed to stay out of the gangs and drugs culture that many fell prey to.

A talented basketball player, he was spotted by the Spanish basketball team FC Barcelona and played for them from 1980-1983.

He visited Perth, Western Australia on a holiday in 1987, fell in love with the place and has been here ever since.

Within weeks of arriving in WA, he contacted basketball team the Perth Wildcats and signed on with them from 1987-1989. Not bad for someone who was told he would never walk again after the Beirut shooting four years before.

Wayne's competitive days are behind him but his love for the game remains and he is now a youth basketball coach and activity development officer for a city council in Perth.

Life has been good for Wayne in WA, but he carried scars on the inside from his life in New York, scars that were invisible but just as real as his physical injuries.

His father was an alcoholic and his mother struggled with mental illness. She would often "hear voices". Neither parent was very present for Wayne and his siblings — it was their grandmother who took care of them. "I remember my

grandma would buy groceries for us and walk five kilometres carrying those bags to our place," he shares. "We lived in a ghetto, yet she was never robbed or troubled by anyone. I know God protected her. Without her, we would have eaten a lot more sugar sandwiches. Even today, every time I get tired in life, I think about what she did and I suck it up and keep going.

"I know she prayed for us. She would read the Bible to us and teach us about Jesus. She was an amazing Christian woman."

Wayne had grown up going to church, but, in his own words, "went off the rails later on".

"I had some things happen to me that made me question my faith," he admits. "There were a lot of family dramas and I asked myself if this whole church thing was really working for me.

"I was getting racist treatment at work too. So all in all, I wasn't in a good place."

Yet through his work as a youth basketball coach Wayne realised he needed to live the values he was teaching his students — that life would always throw tests at you but not to give up. It was at these training sessions that one of the

mothers invited him to her church. That Sunday, after an absence of 20 years, Wayne went to church.

"I can't describe what happened when I got there," Wayne says.

"All I know is that God met me there and all the stuff the pastor said made sense and really touched me on the inside.

"I started to question how I was living and my attitude on certain things. The messages made me see the flip side of how I should have reacted to those situations.

"I saw that over the years I was wallowing in self-pity. I knew I had to clean up my life and get back to God. I had to be all in, not just ask God to put out one fire here and one fire there, so I re-committed my life to Him.

"Now on Sundays I reserve time for church whereas in the past I'd be at basketball training."

Wayne says he has found it such a relief to be able to hand over his challenges and pressures to God.

"Being able to pray and give everything to God takes the pressure off myself. It's a great release to realise I don't have to do it everything myself and that I have His divine help to get through life."

## Could God love someone like me?

### Kodi Mulungu angathe kukonda munthu ngati ine?

The Bible says: "... if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved." (Romans 10:9)

The Bible also says: "Yet to all who received Him, to those who believed in His name, He gave the right to become children of God." (John 1:12)

If you would like more advice about spiritual matters or more information about Challenge - The Good News Paper (Malawi Edition) please write to (see address below):

Kodi Mulungu angathe kukonda munthu ngati ine?

Mau a Mulungu akuti: "... ngati uvomereza ndi pakamwa pako kuti Yesu ndi Ambuye, ndipo ukhulupirira mumtima mwako Mulungu adamuukitsa kwa akufa, udzapulumuka." (Roma 10:9)

Mau a Mulungu akutinso: "Koma onse amene anamlandira lye, kwa iwo anapatsa mphamvu yakukhala ana a Mulungu, kwa iwotu akukhulupirira dzina lake." (Yohane 1:12).

Ngati mufuna kulandira malangizo apadera okhudza zauzimu kapena ngati mufuna kudziwa za mbiri za Challenge - The Good News Paper (Malawi Edition) lembalani ku:

CHALLENGE MALAWI

P.O. Box 31621 Chichiri Blantyre 3

Phone 0885 010 009

Email: challenge\_mw@gmail.com www.challengenews.org/mw

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