

# Chipembedzo cha anthu osati Chikristu

Joseph Mulembo anamvetsetsa zimene anamva, kenako mwadididzi moyo wake unasinthiratu. Iye akutiya, “Ichi chinali chinthu chobvuta kumva, chifukwa pa nthawi imeneyi ndimadziona ndekha kuti ndinali Mkristu!” Tsiku la Sabata lililonse ndimapita ku tchalitchi, ndinalinso membala wa gulu la chinyamata ku mpingo kwathu—timakumana Sunday lililonse masana. Pamwamba pa zimenezi, ndinalinso membala wa gulu loyimba la ku tchalitchiko.”

Kodi ndi chiyani chimene Joseph anamva? Ndi chiyani chimene chinasintha moyo wake?

Atha kukhala kuti analidi Mkristu weniweni chifukwa iye amatenga kwambiri gawo ku tchalitchi kwawo! Kodi kudzipereka kwake sikunali kokwanira kosangalatsa Mulungu? Kodi zimenezi sizinamupangitse Joseph kupeza malo kumwamba?

Joseph Mulembo, ochokera ku Zomba, anali ndi mbali ina ya moyo wake, ndipo monganso wina aliyense wa ife, iye amachita zinthu zimene zimamubweretsera manyazi. Zinthu zimene amazibisa kwa anzake omwe amapemphera nawo.

Iye akuti, “Ndinali kapolo wa uchimo wa zilakolako

zachiwerewere. Ndinkamwa mowa mwa uchidakwa, kuba, kunama ndi kuchita zinthu zina zoipa.”

Ambiri atha kunena kuti zinthu izi ndi zabwino bwino zimene wa chinyamata amayenera kudutsamo akamakula, ndipo palibe choopsa chilichonse—bola wina asavulazidwe.

Komabe, Joseph anali ovutika mumtima kuti analibe mphamvu zothanirana

ndi zimene amadziwa kuti ndi zolakwika m’moyo wake, pakuti chikumbumtima chake chimamutsutsa kwambiri.

Joseph anakumana ndi achinyamata ena ochokera mu timu ya mpira wa miyendo ya Disciples ku Zomba. Iwo anamufotokozera iye kuti Ambuye Yesu anasintha miyoyo yawo kuchoka ku mdima kupita ku kuunika, kukuchoka kolamulidwa ndi uchimo (maganizo ndi zochita zoipa) kupita ku kumvera kwa Yesu Kristu.

Izi zinali chonchi chifukwa

anamva uthenga wabwino—monga ulili kuchokera mu Baibulo, osati wokhotetsedwa ndi chipembedzo cha mpingo uliwonse kapena chiphunzitsa. Chosangalatsa kwambiri ndi chakuti Choonadi chimatha kupezeka mosavuta mu Baibulo—ngati tikaliwerenga moonna mtima!

Ziphunzitsa zonse za mpingo zikuyenera kuunikidwa

malingana ndi zimene Baibulo limanena, osati kungolandiridwa popanda kuzifufuza. Uthenga wabwino nthawi zambiri umakhotetsedwa ndi ziphunzitsa za chipembedzo ndi miyambo ya mpingo zimene zilibe maziko mu choonadi cha Baibulo.

Choncho kumva uthenga wabwino m’mene ulili zinapangitsa Joseph kuzindikira kuti iye analibe mphamvu yodzisintha yekha. Koma anazindikira kuti ndi Yesu Kristu yekha amene akanatha kumusintha iye. Kumukonzanso kuchokera mkati—kumupatsa iye mphamvu ya kudziletsa ku chilakolako chochita uchimo, ndipo kuposera apo, kumupatsa chitsimikizo cha



Joseph Mulembo

“Sindineno kapolo ku uchimo.”

## Kodi Mulungu amalola zowawa

YOLEMBEDWA NDI JOHN FINEGAN

“KODI n’chifukwa chiyani Mulungu amalola kubvutika?” Nthawi zambiri timamva za chipsinjo ndi kubvutika ndipo timafunsa funso limeneli.

Tonse timakumana ndi zowawa ndi kutaya m’miyoyo yathunso. Maganizidwe a Chikristu ku funso limeneli ndi osiyana ku zipembedzo ndi maganizidwe ena. Mkristu amakhulupirira kuti Mulungu amaona chisoni ndi kupweteka kwina kulikonse kumene timakhala nako, komanso kumene tidzakhale nako. Kodi uyu ndi Mulungu amene mukumudziwa?

Kukhudza mazunzo a dziko la Israyeli, ku zaka zoposa 2700 zapitazo mneneri Yesaya anati, “M’mazunzo awo onse lye anazunzidwa, ndipo mthenga wakuimirira pamaso pake anawapulumutsa; m’kukonda kwake ndi m’chisoni chake lye anawaombola, nawabereka nawanyamula masiku onse akale. Koma iwo anapandukira ndi kumvetsa chisoni mzimu wake woyera, chifukwa chake lye anasandulika mdani wawo, nawathira nkondo lye yekha (Yesaya 63:9–10).”

N’zofunika kuwerenga ndime imeneyo kachiwiri mosamalitsa kuti mumvetsedi kuti Mulungu amasamala ndipo amakhudzika ndi zisoni zathu! Komanso, iye amamva chisoni pamene tamupandukira iye ndi kutsata

zilakolako zathu. Iye amatenga gawo, sachakhala mwayekha kutali. Iye amalowa m’mazunzo mwathu, iye amagawana nafe zisoni zathu.

Ndi Mulungu wa umunthu amene amakhudzika modabwitsa ndi umoyo wathu.

Kuthekerwa kwake kwa kubvutika kulibe malire, monga kulinso kukula, mphamvu ndi nzeru zake zilibe malire.

Iye sangokhala osachitapo kanthu mkutisiya kuti tidutse mu zotsatira za uchimo wathu. Kudzikweza, dyera, kudzikonda, kupha, nkondo, kusowa chilungamo, kupweteka, matenda, zonsezi zimachokera ku uchimo; ndipo mukhoza kuganizira za mmene uchimo wakhudzira moyo wanu.

Mwa Kristu Yesu, Mulungu anakonzeka kulandira zowawa za nkhanza, kusowa chilungamo, kupweteka kosaneneka, ndi zonse zotsatira zoipa za uchimo wathu: chilango cha muyaya.

Iye anachita izi pamene anabvutika pakufa imfa yochititsa manyazi yokhomereredwa pamtanda. Tangoganizani, Mulungu amene amasamala kwambiri za ife ndi kuti lye mwini anadzikonzera thupi la munthu, m’kukhalamo, m’kubvutikamo, m’kufamo, ndipo zonsezi kwa ife tonse.

Iye amakonda ndi kukusamalirani, mozama.

“Tonse timakumana ndi zowawa ndi kutaya.”

malo ake kumwamba, monga munthu amene wakhululukidwa komanso kuombedwa. Joseph akuvomereza, “Ndimayenera kupereka moyo wanga kwa Yesu Kristu monga Mpulumutsi komanso ngati Ambuye wa moyo

wanga.” Pakulankhula za moyo wake wopita ku tchalitchi, iye akuti, “Zochitika zonsezi (za ku tchalitchi) zinaonetsera kuti zinalibe tanthauzo komanso zopanda mphamvu pamaso pa Mulungu—monga m’mene moyo wanga unawonetsera mu kubvutika kwanga!”

Joseph anamvetsetsa momveka bwino zimene Baibulo limanena mu Aroma mutu 3 ndime ya 22 mpaka 24, Onse anachimwa naperewera pa ulemberero wa Mulungu, ndipo ayesebwa olungama kwaulere ndi chisomo chake (Mulungu) kudzera mu maombedwe a mwa Kristu Yesu.

Iye anakhala akuganizira izi kwa ma sabata anayi pamene anali kukumana ndi anthu otembenuka mtima zenizeni amene anamuonetsa choonadi chosabvuto kumvetsetsa cha uthenga wabwino—Chipulumutso kudzera mwa Yesu Kristu yekha basi kudzera mu chisomo chake basi, osati kudzera ku ntchito zilizonse zabwino zimene timayesera kuchita. Iwo anaonetsa kwa iye kuti chipulumutso si chinthu chimene umagwirira ntchito, ndi mphatso yochokera kwa Mulungu, wa kugulidwa ndi mwazi wa Yesu Kristu.

● Onani tsamba 4

Kusangalatsa ana Page 5



BACK PAGE



FAITH ON THE FIELD  
BUKAYO SAKA

● Onani tsamba 2

➔ Joseph’s story in ENGLISH on PAGE 4

# MALAWI IN THE PRESS

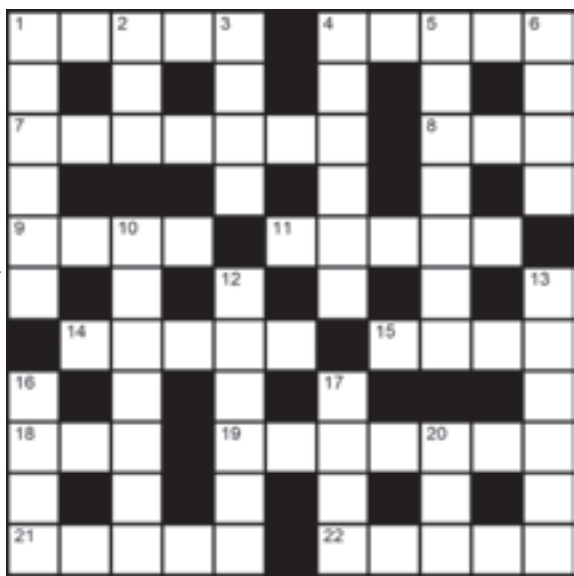


Mothers participate in the launch of the extension of the world's first malaria vaccine (RTS, S) pilot program for children at risk of malaria illness and death within Kenya's lake-endemic region at Kimogoi Dispensary in Kisumu on March 7, 2023. The pilot program coordinated by the World Health Organization (WHO) has provided malaria vaccines in three countries, Ghana, Malawi and Kenya, since 2019. More than 1.2 million children under five years old have received at least one dose of the four-dose vaccine in Africa. According to the WHO, the vaccine has been estimated to save one child's life for every 200 children vaccinated. Around 90 percent of the world's malaria cases are recorded in Africa, where 260,000 children die from the disease each year. (Photo by YASUYOSHI CHIBA / AFP) (Photo by YASUYOSHI CHIBA/AFP via Getty Images)

**"God specialises in hard situations. He is most at work, most active, most powerful, most strategic when the odds are stacked against people, whether that's lifting people out of pits, storms, dry valleys, deep waters, shipwreck, islands, deserts, wilderness, even graves. God showed up and redeemed. Hope is not God's side hustle. God is there for you, and the harder the fight of life gets, the harder He is fighting for us." – Benjamin Windle**

## Coffee Break CROSSWORD & SUDOKU

- ACROSS**
- Shoe size factor
  - Maintain a subscription
  - Sickly pale
  - Pole for an angler
  - Sax relative
  - Tendon
  - Sarcastic sort, scoff
  - Keyboarder's goof
  - Once around the track
  - What's left
  - Large fire
  - Hostile force
- DOWN**
- Implement of combat
  - Paternity identifier
  - Cannabis fibre
  - Shrink, as from a snake?
  - Infant's room
  - The whole \_\_\_ world
  - Original Olympics site
  - Ferocious, savage
  - Tragedy's opposite
  - Spill the beans
  - Land at sea
  - Food colouring



SOLUTIONS PAGE 6



5				6	4			3
3						2		
				9	1			8
	4	2						6
9				4				2
1						7	3	
2			5	1				
		3						1
8			6	2				5

## nudge

WITH KARL FAASE

### Blind to our own faults

FOR anyone who knows anything about Christian faith and belief, you would have heard of the term sin. It refers to the things we do that disappoint God.

Sin is a generalised term for a range of attitudes and actions that break our relationship with our Creator. Yet sin impacts our lives in other ways as well.

It not only breaks our relationship with God but our relationships with others and with ourselves.

Sin impacts our ability to clearly see and understand ourselves.

Have you ever noticed how easy it is to see the sins of others and yet be completely unaware of your own sin and failure?

It is like a blindness that impairs our ability for accurate self-reflection. It is so easy to see where others fail, yet what about our own faults? Why are they so hard to see and accept?

We seem to have a different standard for people around us than we do for ourselves.

We want understanding from others, but don't give it in return.

It is another reason for us to humbly come before God and ask for personal clarity, understanding and forgiveness.

## Kodi Mulungu amalola zowawa

### ● Inapitiliza ku tsamba 1

Sitingathe kumvetsa chifukwa chimene Mulungu amalolera kuti zoipa zodzachitika, koma tikhoza kutsimikizika kuti iye anapirira zowawa za chiweruzo cha Mulungu mwini pa uchimo m'malo mwathu. Iye ali pafupi, ndipo amatenga gawo.

Timawerenga mu Aroma mutu 8 ndime 32-35, "Iye amene sanatimana Mwana wake wa Iye yekha, koma anampereka chifukwa cha ife tonse, adzalekeranji kutipatsanso ife zinthu zonse kwaulere pamodzi ndi Iye? Ndani adzaneneza osankhidwa a Mulungu? Mulungu ndiye amene awayesa olungama; ndani adzawatsutsa? Kristu Yesu ndiye amene anafera, inde makamaka, ndiye amene anaaka kwa akufa, amene akhalanso pa dzanja lamanja la Mulungu, amenenso atipempherera ife. Adzatisiyanitsa ndani ndi chikondi cha Kristu? nsautso kodi, kapena kupyinjika mtima, kapena kuzunza, kapena njala, kapena usiwa, kapena zoopsya kapena lupanga kodi?"

Chipambano pa mazunzo ndi zoipa ndi zakuti, Yesu Kristu, Mulungu mu thupi, analowa mu imfa ndi kuigonjetsa iyo, ndipo anaokanso kwa akufa.

Kuuka kwake kwa akufa ndi yankho lofunika kutipatsa ife mtendere. Pamene mazunzo akupitirira mpaka pano, a Kristu enieni ali ndi mtendere weniweni, pakuti Mau a Mulungu amatiuza za tsiku lili mkudza, adzawapukutira misozi yonse kuichotsa pamaso pawo; ndipo sipadzakhalanso imfa; ndipo sipadzakhalanso maliro, kapena kulira, kapena chowawitsa; zoyambazo zapita (Chibumbulutso 21:4). Kodi muli

ndi mtendere umenewu mu mtima mwanu, ngakhale mukukumana ndi ngozi ndi imfa? Mukhoza kukhala ndi mtendere umenewu panopa, pakubvomereza kuti mukuchimwira Mulungu amene anakulengani, ndinso amene ali ofuna kukhala m'moyo wanu onse. Pitani kwa iye pa chikhululukiro cha uchimo wanu, ndi kupulumutsidwa ku zotsatira za uchimo wanu. Iye adzakupatsani moyo wake weniweni (moyo wosatha), ndi chiyembekezo chachikulu cha kutsogolo thupi lanu likadzafa. Tsopano umenewu ndi mtendere weniweni!

Bwanji funso likanakhala lakuti, "Ngati kuli Mulungu, nchifukwa chiyani amalola mazunzo?"

Pakukumana ndi mavuto mwina inunso mwafunsako funso limeneli, ndipo ngati ndi choncho, ndiye

“ Iye sangokhala osachitapo kanthu. ”

kuti mwangoulula za kumvetsetsa kwanu kwa chabwino ndi choipa komanso chilungamo.

Funso limeneli likuonetsera kuti Mulungu ali wosangalatsidwa ndi chilungamo, ndi kuti kumvetsetsa kwake kwa chabwino ndi choipa, mavuto ndi

mtendere, ndi chimodzimodzi kumvetsetsa kwathu! Ngati munthu atati kulibe Mulungu, koma akufunsa funso lomweli, iwo aweruzo kale za chabwino ndi choipa, ndipo choncho m'mtima mwawo akudziwa kale kuti Mulungu alipo! Koma sadzavomereza kuti Mulungu alipo, ndi kuti Iye ndi chiyambi cha chilungamo ganizo la choonadi ndi choipa! Samalani pa zimene mumaganiza za Mulungu, moyo wanu pano komanso ukadzatha ukutsamira m'mene mungayankhire kwa Iye. Popanda Mulungu, palibe mtendere.

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Let them hear His voice

Psalm 29:1-11



# I was ready to kill myself

“My parents would go and seek help from witchdoctors, and so from an early age I experienced suffering, sickness and diseases,” Elizabeth Grace Munthali says. “I wondered why my parents could not see that what they were involving themselves in had no solutions. It only brought misery into the family.”

Elizabeth is from Zomba, Malawi. She was born into a family that did not know Jesus Christ. She continues, “Although I had no relationship with God, I confronted my parents about their involvement with traditional healers. But since they were still in the dark they could not understand me even though my desire was for them to stop going there (to the witchdoctors).”

Elizabeth recalls, “I was a naughty child, I used to insult people, beat them, lie and I was a hot tempered person. Little things would provoke me. I never stopped fighting – to the point that my dad told me one day that ‘had it been that they sell children I would have sold you.’ I had no power to stop. It is just as the Bible records, when Jesus said, ‘Truly, truly, I say to you, everyone who practices sin is a slave to sin.’” (John 8:34)

On moving into a boarding secondary school, Elizabeth really wanted to achieve the best grades. However her dream to excel became short-lived. Frequent illnesses led her headmistress to even nickname her “Miss Hospital”.

Thinking about what God could do to help her, she says, “While still in the same school, I started experiencing severe satanic attacks.

They (evil spirits) would appear to me almost every night. Once they wanted to give me blood to drink – but they failed!”

Elizabeth had suddenly realised that it was only through God’s mercy (undeserving love) that she was resisting these attacks. Even so, she says, “I lost concentration in class and my grades dropped from excellent to the worst ever! I realised that my life was in danger and I began to seek the face of God. To my surprise, the more I sought the Lord, the more my problems were getting tougher. I just gave up. This led me to start having suicidal thoughts. I just wanted to end my life as a way of escaping all these miseries I was facing. Once I was ready to kill myself using a knife, I was about to do it in the kitchen.”

At that very moment it suddenly became clear to her to seek God’s opinion about her life, rather than just ending it.

Elizabeth continues to tell her story, “God is so good! That very same day I was invited to attend a fellowship meeting (where Christians gathered). While there, a battle began within me;



Elizabeth Grace Munthali

one voice was telling me to move out of that place, while another was saying, ‘Don’t go, stay.’ I didn’t know which voice to follow! As I was thinking on what to do a force pushed me from the chair that I sat on, and I fell down. As I was falling I saw something coming out of me. Rising up from the ground, I felt light, peace, loved! And, all those nasty thoughts of committing suicide disappeared. I also remember that while was on the ground I heard a voice in my heart telling me, ‘Now you belong to God’s kingdom.’ So I gave my life to Jesus as my Lord and Saviour on that day!”

When thinking about how her life was changed from that moment on, Elizabeth says, “The Lord has given me peace and calmness, and a power to overcome the things that once overpowered me (in my past life). And at one point in time I came across a person who was one of the victims of

my former bad behaviour. She noted the change which Jesus brought in my life and said, ‘People can really change!’ Now I have a place of refuge (Jesus Christ) where I run in times of trouble. Do you have Him? I advise those who are still struggling with sin to come to Jesus just as you are. His blood will wash you clean – as he did it for me. He is going to forgive you for all of your sins that you have ever committed and give

you a new life. He is waiting for you to come in repentance. Don’t listen to the devil’s lies to you, saying that it is impossible because you have sinned a lot! Salvation is impossible with man, but with God all things are possible! Don’t end your life if you are having suicidal thoughts like I was. Jesus died for you so that you may have life in abundance! It does not matter what your enemy, the devil, is doing to you or the damage already done in your life. Behold, a new life in Jesus is waiting for you!”

The Bible says, “Therefore He is able to save completely those who come to God through Him, because He always lives to intercede for them.” (Hebrews 7:25)

Because He shed His own precious blood, there is forgiveness of sin according to Hebrews 9:22.

“**The Lord has given me peace and calm.**”

# KUBADWA KWA YESU

WOLEMBA: JOHN FINEGAN

WERENGANI mosamala mu Baibulo lanu Luka mitu 1 ndi 2.

Masiku ano ana okwana 150 akubadwa padziko lapansi pa mphindi imodzi yokha, koma palibe mmodzi wa ife amene angasankhe malo, nthawi, kapena banja loti tibadwire!

Koma Yesu, kubadwa kwake kunali kutapangidwa kale zaka zikwi iye asanabadwe.

Kubadwa kwake kunakhazikitsidwa kutatsala zaka zikwi ziwiri (2000) iye asanabadwe. Fuko lake la Chifumu linayamba zaka chikwi chimodzi (1000) iye asanabadwe.

Mayi ake anali atasankhidwa kale mibadwo iyeyo asanabadwe!

Dzina la mudzi umene anabadwira linali litalembedwa kale kutatsala zaka mazanamazana iye asanabwere.

Zachulukitsa izi kukhala zoon? Zimenezi, ndi zina zambiri zinaloseredwa zokhudza mwana ameneyu Yesu. Ma uneneri onse okhudza iyeyu anakwaniritsidwa.

**Mulungu akonzekeretsa banja loti Yesu adzabadwire**

Elizabethi ndi mwamuna wake Zekariya onse anali okalamba kwambiri. M’moyo wawo onse wa banja amafunitsitsa mwana, koma pano inali nthawi itatha kwa Elizabethi, iye anali atakalamba kwambiri. Mulungu anapanga kuti patsiku loikika, kuchoka pa anthu mazanamazana otumikira amene analipo, Zekariya anasankhidwa kudzera mu maere kuti akatumikire m’Kachisi ku Yerusalemu. Yekha anapita m’Kachisi kukayang’anira Malo Opatulika ndi kupereka nsembe pa gome.

Ali mkati mochita zimenezi mngelo Gabrieli anaima pambali pake ndi kumuuzza kuti Elizabethi adzakhala ndi mwana wa mwamuna, ndipo adzatchulidwe dzina lake Yohane. Mwana ameneyu adzakhala mneneri wamkulu ngati Eliya, ndipo adzabwera ‘kudzatembenzira mitima ya atate kwa ana awo, ndi osamvera kuti atsate nzeru ya olungama mtima; kukonzertu Ambuye anthu okonzeka.’ Tikhoza kuwerenga zimenezi mu Luka 1:5-25.

Zonsezi zinachitika m’mene Gabrieli ananenera. Posakhalitsa Elizabethi anapezeka kuti akuyembekezera mwana Yohane amene amadzatchulidwa kuti Yohane Mbatizi. Elizabethi anali msuweni wamkazi wake wa Mariya, amene adzakhala mayi ake a Yesu.

**Mulungu akonzekeretsa mayi oti Yesu adzabadwire**

Pamene Elizabethi anali ndi miyezi 6 yoyembekezera, mngelo Gabrieli anamuhezera Mariya msuweni wa Elizabethi.

Iye anamuuzza kuti adzakhala ndi mwana ngakhale samadziwa mwamuna.

Mngelo anamuuzza Mariya kuti mwanayu adzatchedwa Yesu ndipo zonsezi zidzachitika chifukwa cha kuti ‘Mzimu Woyera adzafika pa iwe, ndi mphamvu ya Wamkulukulu idzakuphimba iwe: chifukwa chachenso Choyeracho chikadzabadwa, chidzatchedwa Mwana wa Mulungu.’

Komanso anamuuzza iye kuti ‘Iye adzakhala wamkulu, nadzatchedwa Mwana wa Wamkulukulu: ndipo Ambuye Mulungu adzampatsa iye mpando wachifumu wa Davide atate wake: ndipo iye adzachita ufumu pa banja la Yakobo ku nthawi zonse; ndipo ufumu wake sudzatha.’ (Luka 1:35 komanso 32).

Nkhani yozizwitsa, choyamba, Mariya anali namwali amene anali pa ubwenzi ndi Yosefe.

Anthu amenewa anali ndi chikhaliidwe chokhwima kwambiri chimene chinayambika nthawi ya Mose.

Anthu achinyamata amene akapalana ubwenzi

wa banja, amatetezedwa ndi maanja awo a awiriwo komanso dera limene amakhala ndi cholinga chakuti asapezeke ali okha awiriawiri kwa chaka chimodzi lisanafike tsiku la ukwati!

Zimenezi zimapangitsa kuti pasakhale nthawi yochita zogonana asanakwatirane.

Kuonjezera apo lonjezo lakuti adzakwatirana linali pangano la ukwati ndithu—moyo wawo onse!

Gabrieli anauza Mariya kuti ndi Mulungu amene adzalenge mwana mwa iyeyo.

Mulungu samafunikira thandizo la munthu! Mwana ameneyu samayenera kukhala ndi tate wa kuthupi, akanakhala monga ife, kukhala ndi chikhaliidwe cha uchimo.

Masiku ano tangozolowera zinthu zolaula. Izitu sizinali chonchi m’masiku amenewo, pakuti akapeza munthu aliyense kuti amapanga chigololo amagendedwa miyala mpaka kuphedwa ndi anthu a deralo lawo.

Chachiwiri, mwanayo adzatchedwa ‘Mwana wa Wamkulukulu.’ Kunena momveka bwino, mwana

ameneyu ndi Mulungu, kubwera ku dziko kudzabadwa ndi thupi la munthu. Ichi ndi chifukwa chake amadziwika kuti ndi mwana wa Mulungu. Kodi mukudabwitsika ndi izi?

Chachitatu, mwana ameneyu adzakhala Mfumu!

Zimenezi zinali zoopsa chifukwa dziko limeneli linali pansu pa ulamuliro wa Aroma Baibulo limatipatsa mndandanda wa fuko la Yosefe ndi Mariya, ndipo onse anali zidzukululu za Mfumu Davide amene anakhala mu zaka chikwi iwowo asanabadwe.

Ili linali banja la Chifumu.

Werengani Mateyu mutu 2.

Pakufuna kuthandiza Mariya kumvetsetsa

nkhani imeneyi, mngeloyu anamuuzza chinachake chimene chinasingidwa mwachinsinsi mpaka nthawi yake itakwana: kuti msuweni wake Elizabethi anali woyembekezera mwana kale ndi pakati pa miyezi isanu ndi umodzi! Mariya anamvetsatu!

Ngati Mulungu akupanga m’mzimayi wokalamba kukhala ndi mwana wa mwamuna, ndi kufotokoza za moyo wake, Iyeyo angakhozenso kupanga namwali kukhala ndi mwana wa mwamuna ndi kufotokozeratu za moyo wakenso. ‘Chifukwa palibe mau amodzi akuchochera kwa Mulungu adzakhala opanda mphamvu’ (Luka 1:37).

Mukudabwitsika?

Sizodabwitsano kuti Mariya anapita ndi kukakhala ndi msuweni wamkazi wake Elizabethi patatsala nthawi pang’ono kuti Yohane (Mbatizi) abadwe (Luka 1:39–66).

**Mulungu akonzekeretsa fuko pa zakubadwa kwa Yesu**

Kodi simunamve mau ofunikira amene analankhulidwa kwa Elizabethi zokhudza mwana wake Yohane? Iye anauzidwa kuti Yohane adzadza ‘kukonzertu Ambuye anthu okonzeka.’ Amene amabwera ndi yani? Ambuyeyo!

Mulungu mwini amabwera, ndipo Yohane adzakonzekeretsa mitima ya anthu pa za kubwera kwake.

Zimenezi zinanenedwa ndi mneneri Malaki kutatsala zaka 400 kuti izi zichitike.

Timawerenga pa Malaki 3:1 ‘Taonani, ndituma mthenga wanga, kuti akonzertu njira pamaso panga; ndipo Ambuye amene mumfuna adzadza ku Kachisi wake modzidzimutsa; ndiye mthenga wa chipangano amene mukondwera naye; taonani akudza, ati Yehova wa makamu.’ Analemba ‘mthenga wanga (Yohane) ... akonzertu njira pamaso panga (kwa Mulungu) ... ati Yehova wa makamu.’

Mulungu ananena kuti iye mwini amabwera, ndipo mthenga adzakonzera njira ya kubwera kwake Mukudabwitsika?



# Wopembedza mafano alandira Yesu

**D**ith Savy ali kunyumba kwa makolo a mwamuna wake anawaona iwo akutseka m'maso ndi kulankhula ndi wina wake amene iye samamuona. “Mukuchita chiyani?” Ndinafunsa. “Tikupemphera kwa Ambuye Yesu.”

“Ndinamuyang'ana mwamuna wanga Sal moopsedwa. Ndinakwatiwa ndi Mkristu! Titha kuphedwa tonse chifukwa chimenechi. Ndinali wokakamizika kulemekeza chisankho cha mai anga chokhudza mwamuna. Koma nanga ndikanakhala naye bwanji mwamuna ameneyu?” iye anadziganizira.

Dith anayenera kuzindikira kuyambira pachiyambi kuti mwamuna

wake komanso kumene amachokera anali anthu osiyana. Iwo anapezeka pamodzi ngati banja mu mnjira yosayembekezereka.

“Tsiku lina, panjira yopita ku m'mwera kuchokera



Dith Savy ndi mwamuna wake Sal

m'mudzi wathu m'dziko la Cambodia mayi anga anapatsidwa moni ndi munthu wa chilendo,” Dith akufotokoza.

“Kodi muli ndi mwana wamkazi?” Munthu wa chilendoyo anafunsa.

“Izi zinali za chilendo— koma timakhala mu nyengo ya chilendonso. ‘Ndili ndi ana anayi akazi,’ mayi anga anayankha. Mayi anga anaitanira mlendoyu kunyumba ndipo anamuonetsa zithunzi. ‘Usiku watha ndinapempha mkazi wa mwana wanga kwa Mulungu,’ mlendoyu amatero. ‘M'maloto Mulungu anandionetsa njira yobwera ku mudzi uno.’ Mayiyu anatenga zithunzi zinayizo kupita nazo m'nyumba naziyala pa tebulo. Banja lakelo linapemphera.

“Mwana wamwamuna ndi wamkazi analoza chithunzi changa,” Dith akutero. “Ichi ndi chisankho cha Mulungu,” mayiyo anatero. Mchimwene wawo anavomera chiganizocho.

“Pamene mayiyu anabwera kumudzi kwathu kudzakumana nane anadabwitsika. Kuti ndichotse nsabwe ndinameta tsitsi m'mutu mwanga. Mpongozi wamkazi opanda tsitsi samaganiziridwa. Apa panalibenso kupitiriza za ubalewu. Pamene mwana wawo wamwamunayo anamva za izi, anatsutsana nazo — ‘Tsitsi limeranso!’

“Mayi ake sanasunthike. ‘Chabwino, pita ukadziwonere wekha,’ iwo anatero.

“Sal anali wamanyazi. Tinalankhulana pang'ono. Tinakumana kachiwiri paukwati wathu patapita chaka. Ndinaona kuti iye sanadye chakudya chimene banja lathu linali litapereka ku mafano athu a chi Buddha. Ndinali ndi zaka 17 zakubadwa,” Dith akukumbukira.

“Ndinapanga chisankho choima nji kutsutsana ndi chipembedzo chakunja chimenechi,” iye akutero. “Sindinamvere zimene mwamuna wanga amakamba zokhudza Yesu. Sindimafuna kudziwa. Ndinali ndi mkwiyo naye.

“Kenako ndinaperekeza mwamuna wanga ku banja lakwathu. Bambo anga anali munthu amene anali ndi m'phamvu zonse, mayi anga anali kapolo ndipo ana awo palibe chimene amalankhula. Mwamuna wanga ndi banja la kwawo anali opereka komanso wodekha. Iwo anandimvetsera modekha. Sal sanali ngati bambo anga. Posatengera nkha za zimene ndimamupanga iye anandikonda. Iye anandiiza kuti ndinali wokongola.

“Patatha miyezi itatu nditasamukira ku mudzi wa mwamuna wanga gulu la Khmer Rouge linapha banja la kwathu. Ndinali wotetezedwa ku banja la mwamuna wanga koma ndinadzimva undekha komanso wopanda kanthu. M'chimwene wa mwamuna wanga anapemphera nane ndipo anandiiza kuti Yesu atha kundipulumutsa ndi

kundipatsa chiyembekezo. Patatha masiku atatu ndinamulandira Yesu.

“Pansi pa ulamuliro wa gulu la Khmer Rouge, mwamuna wanga amakamizidwa kututa miyala. Ine ndimagwira ntchito m'minda ya mpunga. Timaonana kamodzi pamwezi.

“Ndinawasowa mayi anga. Tsiku

lina ndikubzala mpunga ndinagwidwa ndi chisoni. Kuonetsa kusakhutitsidwa kapena kuonetsa chisoni sizimaloledwa. Chifukwa zimaonetsa kuti munthu samakondwa ndi ulamulirowo, kulira inali ngozi. Choncho ndinapita ku nkhalango kukalira.

Kwa nthawi yoyamba ndinayesera kupemphera. Pamene ndinagona pansi ndikudzimvera chisoni ndinamva dzanja lalikulu likundikhudza.

“Amuna anga anali atandiuzaapo mochuluka kuti Yesu amandikonda koma tsopano ndinadziwa kuti Mulungu anali nane. Sindinadzimvenso undekha. Chiyembekezo chinakula mumtima mwanga. Tsopano Ndinadziwa kuti ndikatha kupilira chipolowe ndi nkha za gulu la Khmer Rouge.

“M'chimwene wa mwamuna

wanga anali ndi Baibulo. Iye anachotsa zikutiro ndi kulibisa kungsi kwa chotsamira kumutu pogona. Ndinayamba kuwerenga Baibulo ndipo ndinapeza kuti Mulungu amalankhula nafe. Ndinkafuna kudziwa chilichonse chimene Mulungu amanena kwa ife mu Baibulo.

“**Ndinakwatiwa ndi Mkristu! Titha kuphedwa tonse chifukwa chimenechi.**”

Kuchoka pampando kwa mtsoholeri wa dziko la Cambodia Pol Pot (mu 1979) banjali linabwerera ku Phnom Penh. Dith anatsatira chitsanzo cha mchemwali wa mwamuna wake ndipo anaphunzitsidwa kukhala Mphunzitsi wa Sunday Sukulu ndipo wa lembapo maphunziro okwana asanu ndi atatu.

Ngakhale kuti analumala ndi matenda a rheumatoid arthritis iye anakhala mkozi wa mabuku ndipo panopa akukonza Buku lotanthauzira Mau a mu Baibulo m'chiankhulo cha ku Cambodia chotchedwa Khmer.

Mwamuna wake Sal ndi mbusa. “Mulungu anandidalitsa kudzera mwa mwamuna wanga,” Dith akusekerera.

“Mulungu ndi wabwino. Nthawi zonse.”

## Is doubt the end of faith?

BY HARRIET COOMBE

**I HAVE** struggled with doubt for as long as I can remember. I doubt my friends really like me. I doubt my abilities as a writer. I doubt my husband's eyesight when he says I look beautiful. And sometimes I even doubt God. I've hidden my doubts, afraid of the judgement that sometimes comes when I voice them. But when I feel safe and encouraged to share even the hard questions I have, I soon realise I am not alone. Doubt is a part of being a human, no matter what you believe.

On the other hand, every human has faith. Even the most hardened atheist relies on faith for what they can't see or prove.

Maybe your doubts about God have stopped you from taking the first step in following Him. Maybe you used to follow Him but your doubts became too insurmountable and you walked away. When it comes to belief in God, it's okay to have questions and it's okay to have doubts — and in fact, we all do at certain times. Thankfully a lack of doubt is not a pre-requisite for becoming a Christian. In the Bible, Jesus is quoted as saying, “Oh, you of little faith,” on more than one occasion to his followers. One of Jesus' followers/disciples even earned the nickname, “Doubting Thomas” due to his propensity for doubt — and this was someone who spent years travelling around with Jesus!

I've come to learn that doubt is just a feeling. Sometimes feelings lie and we definitely shouldn't let them control our lives. If you only went to school or work when you felt like it, how often would you go? Would you ever do the dishes if you waited until you felt like doing them?

Faith, on the other hand, is not a feeling but an action. Therefore, you can have faith while simultaneously having doubts. So what exactly is faith? The Bible says it is, “the assurance of things hoped for, the conviction of things not seen” (Hebrews 11:1). It is trusting even in what I don't see because God has proven Himself over and over. It is opening our eyes to the truth of Bible. It is choosing to believe because of the evidence (creation, Jesus' empty tomb, Christian's transformed lives) that tells us the Bible is true, not just blindly.

While doubt is normal, if we allow it to rule and don't face the questions it raises, the Bible says we become like a wave of the sea, blown and tossed around by every new idea (James 1:6).

Thankfully, the Bible also gives us the remedy for doubt. Romans 10:17 says, “So faith comes from hearing, and hearing by the word of God.”

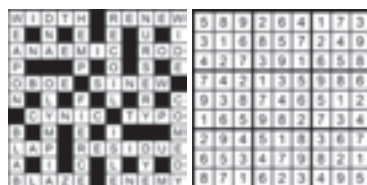
Notice the word is hearing — an active, present-tense verb. That means we need to continue to read the Bible and hear the gospel preached — that Christ died for our sins on the cross and rose again so that we can spend eternity with God. The Bible reminds us of what God has done in the past and that we can therefore trust Him in the present. It says in Psalm 77:11, “I will remember the deeds of the LORD; yes, I will remember your miracles of long ago.”


In an article about doubt on thegospelcoalition.org, it says, “Since faith is embracing Jesus, in times of doubt I don't need more faith, I need more Jesus. And when I get more Jesus — through preaching, Scripture, prayer, community — then, maybe even in spite of myself, my faith is revived. When we focus on the Him of Jesus rather than the what of faith, doubts are reduced, relativised, replaced, and even redeemed. It might just be that the path of doubt was God's way of bringing you to a deeper, richer knowledge of Jesus Himself.”

Face those difficult questions, pray about them, talk with wise people about them — but don't let doubt put an end to your faith or stop you from making a commitment to Jesus today.



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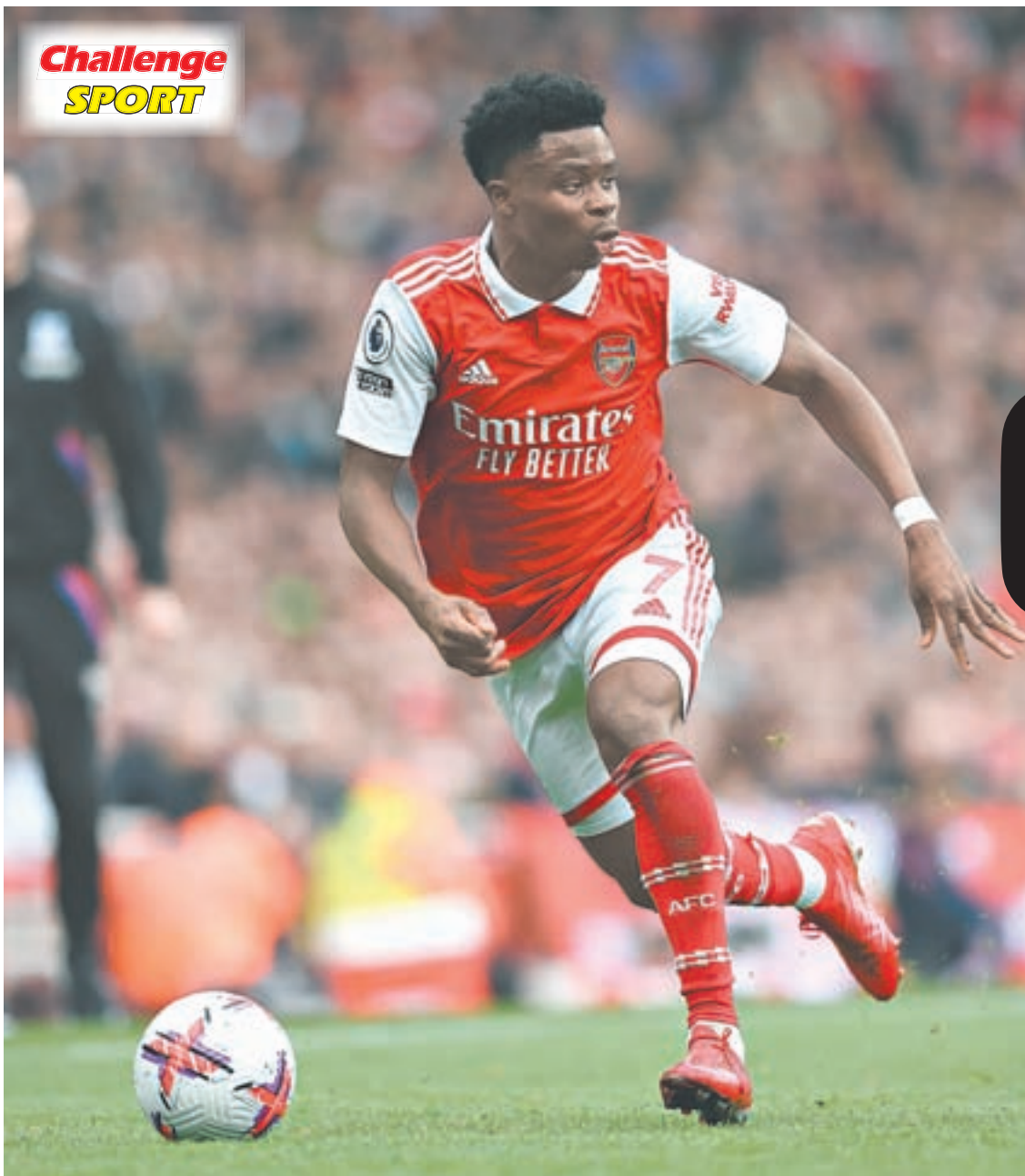
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# FAITH ON THE FIELD

*Bukayo Saka of Arsenal runs with the ball during the Premier League match between Arsenal FC and Crystal Palace at Emirates Stadium on March 19, 2023 in London, England. (Photo by Shaun Botterill/Getty Images)*

English soccer player Bukayo Saka is one of the new generation of English football stars, praised for their decency, work ethic and talent. A tee-total, straight-A student, more likely to be found horsing around in the pool than falling out of a bar, Bukayo — like teammates Marcus Rashford and Raheem Sterling — has a faith in God that seems to have a positive impact both on and

off the pitch.

An attacker for Arsenal, Bukayo grew up in West London in a Christian family, attended a primary school with a strong Christian ethos and has continued that faith into his adult life. The 21-year-old still lives at home with his parents and brother, and says his family regularly pray for his success. His Instagram bio says: “God’s child” and a quick scroll

through his feed finds none of the usual excesses often associated with young footballers. Instead, there’s plenty of thanks to God for the growing number of accolades he has been amassing. Following the 2020–21 and 2021–22 seasons, he was named as Arsenal’s player of the season, and he was part of England’s squads at UEFA Euro 2020 and the 2022 FIFA World Cup. Bukayo is widely considered to be one of the best young football players in the world, according to Wikipedia. He told talkSPORT during Euro 2020: “I just have faith in God that wherever He takes me, He’s going to deliver, He’s going to provide and be there for me.”

In answer to the question ‘Do fame and Christian faith go together?’ he wrote: “I grew up in a Christian family who believe strongly in God. This always made me curious to get to know God more and I have done so by reading my Bible a lot and going to church a lot over the years. My faith is continually being exercised when I’m put in different situations or I play in big football matches such as my England debut.

“I hold onto God’s promises ... So before every game I ask God to help me play well, help my team and try to score a goal or assist a goal and He answers my prayers, so this is why I point to the sky to thank Him.”

*The Guardian* noted a couple of years ago that: “In football, a religious transformation of sorts has taken place, partly driven by an influx of devout players from overseas such as the Brazilian Liverpool goalkeeper Alisson Becker.”

Signs of the cross on the pitch, and hands raised in prayer before games and after goals, are now commonplace.

Bukayo recently told *GQ* magazine that his Bible is one of 10 things he couldn’t live without.

He says on YouTube that his dad gave him his Bible and he reads it every night before bed: “I’ve learnt a lot from it. It’s important for me. Religion is a big part of my life. I would say I’m a strong believer in God. Reading this Bible all the time helps me learn more and more about God. I’ll normally memorise the messages and [learn] what it means, and try and take it into my life.

“We were taught by our parents to have faith in God, and when you’re younger you don’t fully understand. But throughout life, you keep exercising your faith, so when you get into different challenges, you decide, ‘This time I’m going to trust God,’ and God comes through for you. That’s how [faith] kept building and building for me, so I can be confident and go into places knowing that God has got me.”

Selina Stone, who lectures in political theology at St Mellitus

College in London, told *The Guardian*: “For Saka, Rashford and Sterling, there is clearly a recognition that there is something of God’s blessing on them for them to be where they are, along with a recognition that, having been so blessed, they have to take responsibility for helping others.”

Raheem is helping young people to access education and employment opportunities through his foundation; Marcus Rashford received an MBE (Member of the British Empire) for his services to UK children during the Covid-19 pandemic; and at the end of 2022 Bukayo paid for 120 children from Nigeria, his country of origin, to undergo life-changing surgeries.

“It makes me very happy, especially when I see the kids happy ... So yeah, I’m happy and I just want to do more and more and more to help as [many] children as I can,” the generous young man explained, following his Saviour’s instruction to “*Do to others as you would like them to do to you.*” (Luke 6:31)

## 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.” (Aroma 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).

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