

## 5. Gawanani Umoyo

Ndi nchito lathu monga Bungwe ya Umoyo ku gawana ndi anzathu, ma kachisi ndi mmidzi zomwe tidziwa.

### Gawanani ndi bungwe lanu

- Gawanani zomwe mwa phunzila ndi wina ndi mnzace.
- Lekani izi zisinthe mutima wanu.
- Pomwe mutima wanu wasinthika, zochitanso ziyenela kusintha.
- Ena azaoona izi ndi kulaka-laka kuzindikila zambiri za Yesu

### Gawanani ndi mudzinda wanu

- Funani-funani.
- Kodi zofuna za mzinda wanu ndi zotani? Pamodzi ndi bungwe lanu mutha kupulumutsa anthu mudzinda wanu.
- Pamodzi ndi bungwe lanu mungathe kupanga zinthu kuoneka mosinthika.

Bungwe lanu liphunzile za chikondi cha Yesu komanso ionetse chikondi kwa ao ali owazungulila. Mabungwe ayenela ku sakila zosowa mmidzinda yawo ndi kuyesa-yesa ku thandiza. Mabungwe a anabwala mathilila kufuna kuthandizila ofoka, bena kuthandiza nkhalamba kapena amasiye. **Concho, bungwe lanu lizachita chiani?**

### Gawanani ndi asogoleli bena amu mabungwe ya asogoleri

Asogoleli ama bungwe pamalo pamene pa akumana pamodzi ndi asogoleli ama bungwe ina mmwedzi uli onse. Timacha musonkanou wachikonzero ('klasita').

Musonkhano uli onse tipempherela pamodzi, kulankhuzana zamabvuto ndi zopsynja zathu. Timagawana ulimbitso ndi ena.

Tithandizana wina ndi munzace ku gwila nchito yomwe Mulungu ana tiitanila ife kuchita.

## 6. Mabungwe ya Umoyo ya Byala

Mabungwe ya Umoyo asakale pamsinku umodzi kwa kanthawi. Mufunika nthawi ndi nthawi kumemeza anthu asopano ku kuyanjana nanu. Pomwe bungwe lanu yakhala ilikumana kwa kanthawi, bungwe lanu liyese-yese kubyala Bungwe ya Umoyo ena pafupi-pafupi. Mungathe kubyala mabungwe mochuluka monga mukwanitsila.



**ONANI** awo omwe zakhala asogoleli abwino



**APHUNZITSENI** iwo mokhalila mutsogoleli ndi ku **BYALA** bungwe ya sopano mu kapena pafupi ndi mudzinda wanu



**THANDIZANI** bungwe asopano ndi asogoleli



**LEKELELANI** asogoleli ndi bungwe kuzisewenzela paokha



**MEMEZANI** asogoleli amabungwe asopano ku kumana kamodzi mun mwedzi pamusonkhano wachikonzero cha dera



**BWEZELANI** izi zaumoyo muma bungwe asopano ndi muma bungwe anu pambuyo panthawi

**Nambala ndi email yanu:**

**Tilipano kuthandiza**

Dignity UK Office: [hello@dignityonline.org.uk](mailto:hello@dignityonline.org.uk)

# Mabungwe ya Umoyo

Kondi ndi andani? Asewenzana motani?



**DIGNITY**  
MYOYO ZODZIDZITWA, TSIKU NDI TSIKU ZODABWITSA

Life Group Leaflet, Chewa. © Dignity 2016.  
Dignity ndi bungwe yolembesedwa No. 1122656  
Dignity (Worldwide) ndi Company Limited by Guarantee,  
yolembesedwa ku England ndi Wales No. 6394480.

Mabungwe a Moyo ndi anthu ochokera mbali zosiyana-siyana amene ama kumana paliponse kuchokela muma sukulu, mnsi wamtengo, ku manyumba. Aphunzila pamodzi za Yesu ndi kugwilira nchito pamodzi kuti atukule mdzinda yawo kukhala bwino.

## 1. Aliyense ali ndi Malo

Aliyense ndiwolowedwa kukhala mbali ya Bungweli la Umoyo, angakhale kuti ali motani kapena zomwe achita.

Memedzani anzanu, anasi, anthu azipembezo ndi onse osapembeza. Onse anga pezekepo. Yesu anagawana nthawi ndi azadama ndi ochimwa ngakhale kuti sanagwilizane nazo zochita zawo koma anawaoonetsa chikondi. Aliyense ndi wolandilidwa ndipo azasamalidwa

Werengani Machitidwe ya atumwi 2:42-47. Sonkhanani pafupi-pafupi, phunzitsa, pempherani ndinpo muthandizane wina ndi munzake monga kachisi loyamba.

Atsogoleri awonkhanitse mitsonkhano ya Mabungwe ya Umoyo koma asachite zonse okha. Titha kuphunzila kwa wina ndi muzache. Ali ense atha kuchitako zomwe akwanitsa. Pa thawi yina mukhoza ku phuzinsa ena ku sogolela thawi ya mampuziro.

### Nsonga zofunika pomwe Bungwe la Umoyo ikumana

1. Kumanai kwina komwe aliense atha kufika. Pangakhale pa nyumba, muni wa mtengo, kumunda kapena pa sukulu.
2. Kumanani tsabata lililonse, nthawi imodzi modzi ndi malo imodzi modzi.
3. Muyambe pa nthawi ndi kuthanso pa nthawi yoyenera kuti anthu athe kupanga dongosolo la tsiku lonse

1 Akolinto 12:12-31. Tonse fe ndife ziwalo zathupi ya Krisitu ndipo yense waife alinayo nchito yochita.

## 2. Mabungwe Yochinja Umoyo

### Mabungwe yochinja umoyo

Bungwe la Umoyo lililonse lipatsidwa zisulo zogwiritsa nchito tsabata lililonse. Tsatilani mabuku. Osaphonya zolankhuza, zitsanzo kapena tusowero. Bungwe lanu lifunika izi kuti iphunzile bwino

Osakhala okambitsitsa. Mabungwe wa asakhale malo aulalik. Lolani bena kulankhula - tithe kuphunzila kwa wina ndi mnzake

Musalole munthu umodzi kulankhula kwambiri, limbikitsani anthu okhala chete kuti alankhule

Limbikitsani anthu kukhala okhulupililika ndipo omasuka mumayanko. Bathandizeni kulingalila njila momwe angaikile mukuyensa zomwe anaphunzila. Nthawi zonse zitsulo zizawathandiza mwaizi.

### Mulungu afuna kutisintha ife

Werengani Mateyo 28:19-20. Tifanika kupanga ophunzila omwe azakhala a Yesu, osati chabe anthu amene apita ku kachisi. Lolani Mudzimu Oyela kusintha bungwe lanu kuti mutumikile Mulungu ndi midzi.

Gawa za umoyo ndi kulibikitsa bena kuchita bwino. Khala citsanzo mu mau ndi muzochita. Vumereza kulakwitsa kwako.

Uzi kumana nae mmodzi kapena awiri anthu a bungwe mutsabata. Aonetse chikondi ndi kuwa tuntha kuti atumikile ndi kusatila Mulungu mwa zonse mu umoyo.

Mu nthawi kumbutsani bena kutandala ndi kutumikila. Aliyense mu bungwe afunika kugwiritsa nchito mphaso zao.

## 3. Kuthandidzidwa ndi Mudzimu Oyela

### Mudzimu Oyela upangitsa ife kufanana ndi Yesu

Tikhala asopano ngati tibatila Yesu. Tibadwanso monga ana a amuna ndi atsikana a Mulungu. Kubadwa kwa sopano. Tinapangidwa ku kukhala ace a Yesu mumalo modzikhallila ife tokha.

Werengani 2 Akolinto 5:14-21

### Mudzimu Oyela utithandiza ife

Mwachidule tingazimve kukhala onyadila. Sitikhulupilila tithe kukwanitsa nchito ili mutsogolo mwathu. Kusogolela Bungwe ya Umoyo kungakhale ko vuta komanso kulimba. Tifunika kukumbukila Mulungu anatumila Mudzimu Oyela ndi anthu mu bungwe ku atithandize. Tikumbukile kuti sititha kusintha anthu, ndi nchito ya Mulungu kuchita concu. Tifunika kuphunzitsa, kukhala ndi kulimbikitsa, kusiya zonse kwa Mulungu. Suli umu wekha.

Werengani Aroma 8:26-27

## 4. Kupedzekapo

Kukhala mu Khirisitu mmudzi kapena mdela lanu, chitanthauza kupedzekapo. Mugathe kupedza mayankho ndiku thandidza anthu ndi mabvuto ao.

Tapatsidwa zambiri-mbiri ndi Yesu omwe anatipulumutsa ife. Umoyo wa Mulungu uli mwa ife ndipo udzibvumbulutsa kwa awo ali mbungwe ndi mmidzi yathu. Akhirisitu abwino sichipimidwa ndin ulaliki kapena chuma. Ama pimidwa ndi zipaso zao. Zipatso ndi mukhalidwe ndi zochita zomwe acitha pa umoyo.

Werengani Luka 6:43-49 ndi Agalatia 5:22-23