

## **Ndondomeko ya Ufulu Kupyolera Mtanda** (A Guide to Freedom Through the Cross)

wolembe Charles. R. Solomon, Ed.D.

Pamene muwerenga muthakukhala muchisokoneza.Mzanu sanakuthandizeni ndinso Mulungumkumawoneka kuti alipatali kuthanandiza. Mwina munakula osamva kukondedwa ndizokhumba zanu sizinakwaniritsidwe. Kapena kuzikonda nokha

Kupelewera komwe munthu atha kumva poziteteza yekha kutha kudzetsa kuphinjika ndinso maganizo ofunakudzipha. Chifukwa chaichi maubwenzi onse ndi anthu omwe mumawakonda atha kusokonekera mwinanso awonongeka kale sangathe kukhonzedwa. Ngati mwasowa chochita ndinso kugwidwa kakasi,uthenga umenewu ndiwoyera kunyengo yanu.

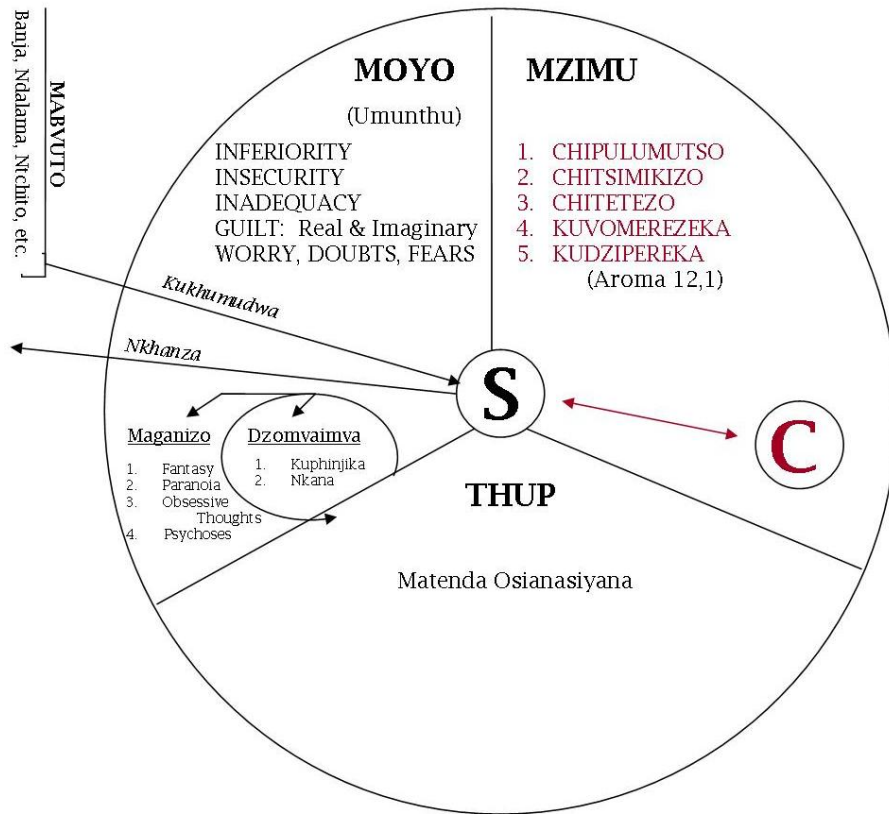
Mulungu anakukondetsetsani natumu Munthu—Mwana wake, Ambuye Yesu Khristu—kukafa pamtanda chifukwnamachimo anu, namuusanso napereka zoyenerera za moyo wa chigonjetso ndimoyo wochulukakupyolera mwaiye. Lero kaya mukhulupilira kuti imfa yake inakwanilitsa chikhonzero cha Mulungu kukukhululukidwa kwaulele kwamachimo anu kaya ayi. Ngati simukhulupilira, uthengawu,zinthunzizi zithakuthandizira kusintha moyo wanu pamene mulandira Moyo Wake—Moyo wa Ambuye Yesu Khristu.

Mkethekha kuti mwakhulupilira Khristu koma mukuvutika, ndinu mKhristu wogonjetsedwa amene mukusowa njira yachigonjetso m'moyo wachiKhristu. Ngati izi zikulongosola nyengo yanu, chonde werengani zolembedwazi ndi Bibulo lanu tsegulani ndi pemphero kuti Mulungu akuunikireni zoonadizi.

### Mapagidwe Anu

Chithunzichi chikulongosola munthu kuti alim'magawo atatu mzimu, moyo ndi thupi (1 Atesa. 5:23) Ndi thupi kupyolera magwiridwe ntchito athupi timamva zadziko. Moyo, kapena umunthu, momwe mulimaganizo, chifuniro komanso zomvaimva. Moyo umatipangitsa kukhala paubale ndi anthu ena. Mzimu umatipangitsa ife kubyola kuthekera kwathu, malire ndinso zotizungulira pamene tibadwanso, ndi Mzimu

## WOYERA KUKHALA MWAIFE



Mzimu uthakulingana ndi Adamu– banja la Satana ( onani chithunzi china patsogolo)– kapena kukhalapaubale ndi Khristu, banja la Mulungu. Tinabadwa mudziko monga mbewu ya Adamu natitengachikhalidwe chake. Chomwe chitanthauza mizimu yathu ndiyakufa kwa Mulungu ndiyamoyo kwa Satana.

Tili mubanja lolakwika! Pokhala kuti miyoyo yathu inachokera kwa atate wathu woyamba, Adamu.natibwereranso kumaunyolo osadulidwa, makamaka tinali mwaiye atachimwa. Choncho, tinakhala wochimwa tisanabadwe. Chifukwa chaichi, timachita chomwe chilichikhalidwe tikamachimwa (Aroma 3:23) . Moyo uliwonse wonwe ukhalebe mwa Adamu mathero ake ndikugahena, monga zaonetseredwa muchithunzi. Ngakhale titakhala moyo wabwino, koma ngati sitinabadwa mwatsopano sindife abwino.

### Zosowa Zanu

Liwu lofi “chipulumutso” (1) muchinthunzichi titanthauza kuti tibadwe muuzimu. Munjira yokhayi tithakusiyananawo moyo wa Adamu ndikubadwa m’moyo wa Khristu, womwe ulimoyo wa muyaya, monga chithunzi chaonetsera (Yohane 3:3). Kubadwa muuzimu, tayenera kuzindikira ndi kulapa kuti tilim’moyo wolakwika ndipo choncho tinabadwa ochimwa, ndizotsatira zake ndife ochimwa. Kenaka tiyera kuvomereza Khristu m’miyoyo mwathu chifukwa anafera zochimwa zathu.

Mukubadwa muuzimu, aliyense walindira Mzimu wamoyo wa Khristu kulowa m'mzimu yawo mwachikhulupiliro amakhala mzimu umodzi ndiye ( Akol.6:17). Ngati afuna kukhala ndichigonjetso pa mayesero nakhala ndimtendere wa Mulungu m'miyoyo yawo, a yenera kukhala ndichitsimikizo chachipulumutso chawo.Chitsimikizo (2) pazoonadi za mawu a Mulungu kapena ayi sichidziwika.

Amene amadziwa (ndimaganizo awo) kuti akhulupilira Ambuye Yesu Khristu amosowabe chitsikizo chenicheni chifukwa sanamve kupulumutsidwa. Chifukwa chamavuto azomvaima, zomwe zambiri mwaizo zikuyambira kakukanidwa aliwang'ono, zomvaimva zamunthu sizimakhala mumtendere ndi zinthu zenizeni, kaya zinthuzi zilimu Baibulo kaya zipezeka mudziko. M'mene timamvera zinthu zikuyenera kusiyana ndim'mene zinthu zilili kufikira Khristu atakhala pakatu m'miyoyo yathu nachilitsa zomwe timamva zoonongeka (emotions).

Wokhulupilira kaya wamkulu kaya mwana adziwe kuti amalowa muubale ndi Mulungu womwe ndiwotetezeka kudzera mwa Ambuye Yesu Khristu (Yohane 5:24) ndikuti athakudalira, nasangalala ndi chitetezocho (3).

Ngakhale okhulupilira ambiri amadziwa kuti avomereza Khristu, ochepa amazindikira, namamva kuti ndiwovomerezeka mwaiye. Ambiri aumilizika kupeza kuvomerezeka pogwiritsa ntchito mzeru zaumunthu namamvanso kuti apezenso kuvomerezeka ndi Mulungu, ngakhale avomerezeka kale kudzera moyo wa Khristu ( Aefeso 1:6). Wokhulupilira yense ndiwovomerezeka, koma ochepa amavomereza kuvomerezaka kwawo kapena chilungamo.( 2 Akolinto 5:21) mwa chikhulupiliro.

Ochepanso ndiomwe amagonja kwenikweni kapena kugonja kwatunthu kwamiyoyo yawo kwa Ambuye Yesu Khristu. Ichi ndichisankho chachikulu pamene tilola Mulungu kuchita chilichonse afuna mwaife, ndiife, kwaife kapena kupyolera mwaife. Timapereka, udindoonse wathu.

Kawirikawiri zinthu zimavuta tikapanga chisankho chotere, chifukwa Mulungu amayankha pempho lathukuti atenge ulamuliro mmiyoyo yathu.Ngati kulikoti alamulire zitanthuuza kuti ife tisalamulire,kachitidwe aka sikapereka chimwemwe! Nyengo ndinso anthu omwe Mulungu amawagwiritsira ntchito kuti ife tisadzilamulire kawirikawiri samakhala auzimu. Nthawi zina amazuna masoyenerera, koma ndimavuto amenewo amakwanirtsu cholinga cha Mulungu m'miyoyo yathu (1 Petro 2:20-21; Afilipi 1:23-30;). Pomaliza pamazunzowa kapena mwambowu ( Afilipi 3:10; Ahe. 12:11), sizimawonetsa kubweretsa chimwemwe, koma ndizimenezi zimabweretsa chiyero chomwe timachisowa. Cholinga cha Mulungu pa okhulupilira ndikumusintha kukhala mumaonekedwe a Khristu ( Aroma 8:29). Kusintha kumeneku kumasowa kuvutika. Tikawerenga Aroma 8:28 zomwe zimatichitira ubwino sizimawoneka ngati zabwino koma tikaziunikiranso.

Kulimbana kwanu kwamkati

“S” alipakati pachithunzi ayimira moyo wolamuliridwa ndi undeka kapena “thupi” ( KJV).Thupi likulamulira m'miyoyo yaokhulupilira ambiri .Limakhala ndimawonekedwe osiyana kutengera m'mene alili munthu, kuti zosowa zikwaniritsidwe munjira yabwino kapena yoyipa. Ndalama, katundu, kupambana, kutchuka, mphamvu ndizina zotero zithakukhala zopambana ngati undekha ukulamulira.Undekha “thupi” ndikokuti kuyetsetsa kukhala moyo wachiKhristu mumphamvu yako. Choncho undeka “thupi”, ndilovuto lalikuru kwa m'Khristu, ngati kupembedza mafano kulili. Tikaika chinachilichonse pampando m'malo mwa Khristu ndifano. Mulungu achitendithu kuthana ndi thupi. Ndipo amachita izi pakuwonetsera kulephera kwaundekha kufikira nyengo yawokhulupilirayo itafikapovuta nagonja ndikuwonetsa chidwi chosinthana moyo waundeka ndi moyo waKhristu.

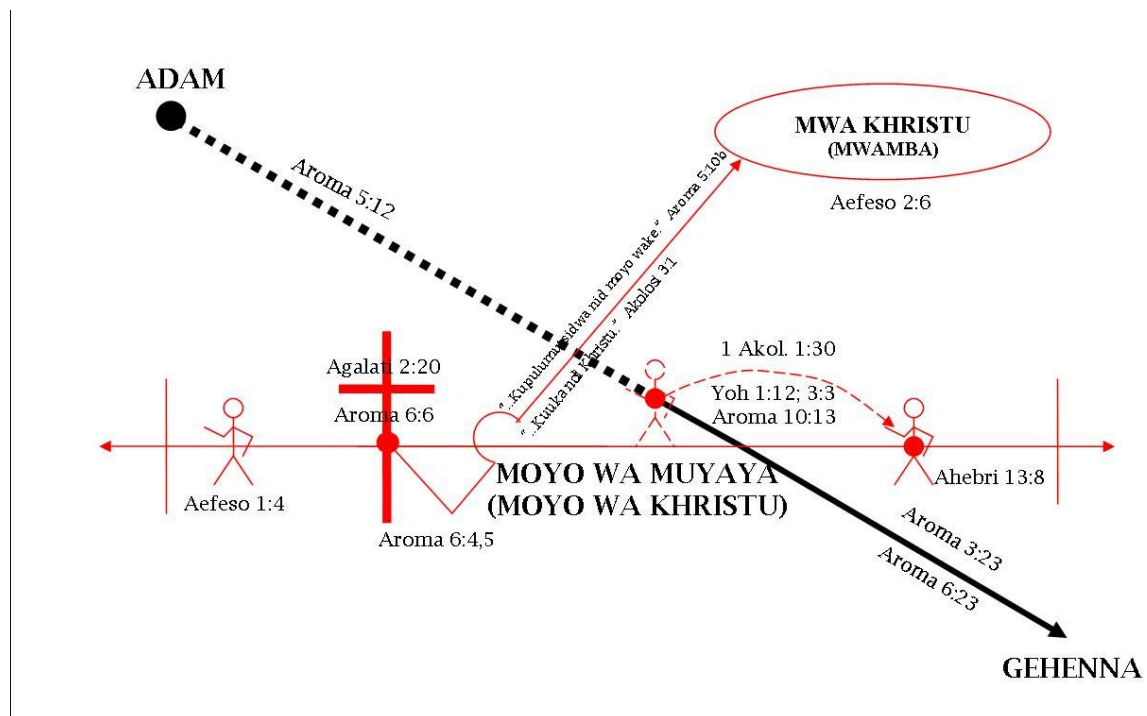
Ngati undeka (thupi) likhalabe pampando, zosautsa zalongosoledwa mu “moyo” (umunthu) mbali yachithunzi zipitilira. Zingafike povuta kwambiri kamba kakukula ndi maudindo ochuluka, munthu amene alibemavuto m'moyo mwake athakukhala popanda chomvuta moyo wake wonse, koma ichi sichibweretsa chimwemwe kapena mtendere.

Zovuta zam'moyo komanso chikumbumtina (zoganiza ndizenizeni) pamodzi zimabweretsa zokhumudwitsa zosiyanasiyana m'moyo wolamulidwa ndi undekha. Kukhumudwa kwayenera kuchoka. Ena amasankha kutulira anzawo m'malankhulidwe kapenanso munjira ina, enanso ndiamantha samabwezera amangozisungira nkhanza. Ena samawonetsera mkwiyo ndi kukhumudwa chifukwa amaziweruza wokha pa vuto lililonse akumananalo. Pamene nkhanza ndi kukhumudwa sikuwonekera, pachifukwa chilichonse, zimayambitsa mavuto m'maganizo ndinso zomvaimva zathu. Kusunga nkhanza kapena mkwiyo mapeto ake ndi kuphinjika kapenaaso mkwiyo omabwera muzomvaimva. Anthu athakugwiritsa ntchito maganizo kukwaniritsa, kapena kukana zenizeni. Izi zimawapangitsa kuthawa kuthana ndivuto lenileni, moyo waundekha.

**Mamasulidwe Anu**

Zovuta zamoyo ndi zathupizi zimasowa pamene munthu wazindikira mene Mulungu angathanire ndi mudzi wavuto ndikuchotsa pamando moyo wa undekha. Chithunzi chilipansichi "moyo kuchokera ku imfa" machitidwe a Mulungu kuonetsera kulimbana kwam'kati. Mzere waukuluwo uyimira moyo wamuyaya, moyo wa Khristu. Muyaya awonetsa palibe chiyambi ndinso chimaliziro. Umapitirira malire a moyo Mulungu wakhala aliwamoyo ndipo akhalabe wamoyo. Moyo wake ndichimodzimodzi dzuro, lero, ndi muyaya (Ahebri 13:8).

Monga chakumanzereko muwonera Khristu adakhala thupi ( Yohani 1:14) nakhala muthupi lamunthu kwadzaka 33. Adapachikidwa, nayikidwa m'manda naukitsidwa kwaakufa patsiku lachitatu (1 Akoli. 15:3-4). Akupitirirabe kukhala ndi moyo lero (Ahebri 7:25). Dziwani kuti moyo wamuyaya siwalero ndimutsogolo kwawokhulupirira komatu ngakhale kalenso muyaya.



Ngati sitinabadwense Yoh 3:30 sitirim'moyo wa Khristu-moyo wa muyaya koma tiliahufa muuzimu - moyo wa Adamu. Wina athakuwona kuti ngati m'modzi mwamakolo athu akuimiridwa nditimizere tating'ono pamzere wolodza pansu akusowa, ifenso tikanakhala kulibe. Kukamba tchutchuchu miyoyo yathu ilindichiyambi mwa Adamu, choncho chilichonse chinamuchitikira chinachitikiranso ife. Atachimwa, tinachimwanso. Atafa muuzimu ifenso tinafa - chimodzimodzi tikanafera mwaagogo athu akanafa popanda ana. Choncho, poti imfa yauzimu ndikulekanitsidwa ndi Mulungu, ifenso tinabadwa akufa muuzimu.

Tikufunika chikhululukiwo chamachimo athu, komanso tikufunika moyo. Ambuye Yesu Khristu anabwera kutipatsa zonse pakufera machimo athu natipatsanso moyo wake wachiukitso (Yoh 10:10)

Ngati muli m'Khristu mukudziwa kale izi. Zomwe simukudzidziwabe ndiizi; kwaokhulupirira imfa yathupi ndinjira kuchoka moyo mudziko ndipo kupedzeka kwa tchimo ku moyo m'mwamba ndinso kupezeka kwa Mulungu. Chimodzimodzi imfa inanso ndikutuluka mmoyo wauchimo wa Adamu kumka moyo wosatha wa Khristu. Munthu akabadwanso, nthawi yomweyo amamwalira. Amabadwa mmoyo wa Khristu komanso amafa kuchokera kumoyo wa Adamu.

Khristu amabwera m'miyoyo yathu tikakhulupirira iye ndikubadwanso, koma sizitanthauza kuti zakwanira. Timapangidwanso wotengapo mbali moyo wake wamuyaya. Aroma 6:3 akuti sitinangobatizidwa mwa Yesu Khristu (moyo wake) koma muimfanso yake. Sitingakhale ndi miyoyo iwiri yosiyana panthawi imodzi moyo wa Adamu ndi wa Khristu.

Kutengapo mbali

Tikalandira Khristu mwa chikhulupiriro zimatanthauza kuti imfa yake imalipira machimo athu. Komabe zimatanthauza kuposa yapa. Zimatanthauzanso timalowa mmoyo womwe unalipo kale ndinso umkela muyaya. Munjira ina timasinthana mbiri yathu mwa Adamu - zoyipa ndi zabwino - ndi mbiri yamuyaya mwa Khristu. Timalowa m'banja lina! Pakukhala wotengapo mbali pamoyo wa Khristu, timatenganso mbali mu imfa yake, kuikwida m'manda, chiukitso, kukwera m'mwamba ndinso kukhalanaye m'mwamba (Aroma 6:3-6; Agalati 2:20; Aefeso 2:6). Alindi moyo umodzi wokha, ndipo ndiye moyo timaulandira tikabadwanso (1 Yoh 5:11-12)

Ngati sitingazindikire ndi chikhulupiriro kuti tinapachikidwa ndi Khristu tipitirirabe kukhala mwa Khristu pogwiritsira njira za moyo waundekha tinaziphunzira. Zovuta zomwe zilindi tsinde mwa Adamu zipitirirabe kutizunza ndi kutigonjetsa. Koma ndi chikhulupiriro tikutenga malo athu oyenerera pamtanda muumodzi ndi imfa ya Khristu, ndi chiukitso, kenako tithakuyenda muchidzalo chamoyo (Aroma 6:4b) pamene "zinthu zakale zapita; tawona zakhala zatsopano" (2 Akol. 5:17)

Kudzindikira mtanda (kupachikidwa kwathu ndinso chiukitso ndi Khristu) ndiye njira yolowera mmoyo wolamulidwa ndi Mzimu (Aga 5:16). Ndimoyo umabwera imfa ikachitika, chipambano pambuyo pa kugonjetsedwa cholinga ndi yankho chifukwa cha mazunzo m'moyo wa wokhulupirira. Ulendo wathu kumtanda komanso mtanda ndiye njira yamazunzo, koma ndiye njira yokhayo yolodzera kumathero amazunzo.

Kodi mwalema ndi zolimbana zanu zamkati ndikulephera kuthetsa izi ndi chikhulupiriro? Muvomera kufa kuzonse muli kuti mukhale muzome iye ali? Kutu zichitike kusinthana moyo waundekha ndi moyo wa Khristu komanso kudzadzidwa ndi Mzimu Oyera kuchitike. Kukana yapa kutanthauza kuyendabe mwa thupi ndinso kukhumudwitsa Mzimu ndi kupitirizika kwa mavuto, mazunzo komanso kugonjetsedwa.

### Pemphero la chipulumutso

Ngati mwatopa ndi mavuto amene akubwera chifukwa chochita zinthu mwanokha, Khristu akumasulani ngati mutadzipereke nokha kuti Khristu alamulire.. Ngati simunamulandire Khristu ngati mpulumutsi wanu, chuyamba lolani Mulungu akulengeninso pakukupatsani moyo wauzimu. Mungatembenuke (kubadwanso mwatsopano) mutapemphera chonchi:

Atate wakumwamba, ndawona ndine wochimwa, ndidakali moyo wa Adamu, ndipo ndachita zoipa. Ndikhulupira munatuma Mwana wanu yekha, Ambuye Yesu Khristu, kundifera machimo anga. Ndikhulupiranso anauka kwaakufa ndipano ndiwamoyo, pakalipano ndimulandira mumzimu wanga ngati mpulumutsi. Ndikugonja zonse zomwe ndili, zonse ndilinazo ndi zomwe nditakhale mwainu. Ndibwerera kuchoka ku machimo anga ndinso njira zanga zozdikonda kukhala moyo watsopano mwa Khristu. Zikomo pondipulumutsa ine.Amen

### Pemphero la Chidzindikiritso

Ngati mwapemphera pempheroli mwabadwa mwatsopano, pakuti Mulungu amapereka mwayi kwa onse okhulupira Khristu kukhala ana ake ( Yoh 1:12). Kaya mwapemphera pemphero lachipulumutsoli kaya munapempherapo pemphero lachidzindikiritso lingakuthandizeni kuyenda moyo wachigonjetso ndi mtendere wa Khristu. Pempheroli lisanachitike, mukhale mutatopa ndi moyo waundekha; mutsutsike ndi Mzimu Oyera pakuyesera kukhala moyo wachiKhristu mumphamvu yanu. Ngati mulichoncho pempherani chonchi.

Atate, zikomo pokhululukira machimo anga ndikundichotsa m'moyo wa Adamu ndi kundiika m'moyo wa Khristu. Tsono poti ndilimwa Khristu, ndikhulupira kuti ndinapachikidwa naye limodzi, kuyikidwa naye m'manda, kuukitsidwa naye limodzi ndipano ndilinaye m'mwamba kudzanja lamanja lanu. Kuyambira pano, ndisankha mwana wanu Yesu Khristu, kukhala moyo wake mwaine ndi kupyolera mwaine. Ndidzitenga ndekha wakufa ndi wamoyo kwa inu ndikudalira Mzimu Oyera kundikumbutsa pamene ndaiwala imfa yanga ndi Khristu ndi kukhala moyo wake mu mzeru ndi mphamvu yanga. Ndisankha kugonja kwainu ngati chida chachilungamo, posalola mbali iliyonse yaine kuchita tchimo. Zikomo popanga Khristu ndi moyo wake kukhala weniweni kwaine. Zilemekenezi nokha kupyolera mwaine. Mudzina la Yesu ndapemphera. Amen

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Woyambitsa kanseling'i yomwe itchedwa Spirituotherapy kuyambira 1969

Walemba mabuku asanu ndi awiri:

Handbook to Happiness,

The Ins and Out of Rejection,

Counseling With the Mind of Christ,

Handbook to Acceptance,

Gems and Jargon, Handbook to Happiness in Verse, and

Handbook to Happiness and You, A Spiritual Clinic.

Trakitili lachokera Chaputala 2 Chabukhu la Handbook to Happiness

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