



# MAPHUNZIRO A ANYAMATA NDI ATSIKANA

a zaka 18-35

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1. Colinga ca miyoyo yathu ndi kupanga maganizo
  2. Kukakamizidwa ndi abwenzi
  3. Ubwenzi
  4. Matupi athu ndiwo mphatso zocokera kwa Mulungu
  5. Cikondi ndi ukwati
  6. Kupewa mayesero
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## **Phunziro 1 – Colinga ca miyoyo yathu ndi kupanga maganizo**

### **Zofunikira pa nthawi yophunzira**

- Baibulo
- Coko
- Bolodi

### **1. Kulandiridwa (10 minutes)**

- Landirani onse pa kubwera kwao.
- Fotokozani kuti m'maphunziro a anyamata ndi atsikana awa mudzawaphunzitsa za mfundo zosiyana-siyana monga kuthetsa mabvuto alionse omwe angakumane nao, za abwenzi, za kukakamizidwa ndi abwenzi komanso za cikondi ndi ukwati.
- M'phunziro lirilonse tidzawerenga Baibulo cifukwa maphunziro onse akhala cabe pa zimene Baibulo likamba.

### **Zidziwitso**

- Maphunzirowa ndi a anyamata ndi atsikana a zaka 18-35.
- Onse afike pa nthawi yake cifukwa ngati acedwa sitidzakhala ndi nthawi yokwanira.
- Ndi cofunikira kwambiri kubwera ku maphunziro onse.
- Aphunzi ayenera kulowa ndi Baibulo m'maphunziro onse. Tidzalifuna pophunzira maphunziro a m'Baibulo.
- M'phunziro lotsiriza tidzalemba mayeso (aphunzitsi adzasankha ngati mayeso adzalembedwa). Kulemba mayeso sikudzakhala bvuto ngati mudzaphunzirako maphunziro onse!

### **Malamulo:**

- Ana a zaka zocepera 18 sadzaloledwa, ndiponso osabwera ndi ana ang'ono-ango'ono.
- Osayenda-yenda (pitani ku cimbudzi musanayambe kuphunzira).
- Khalani bwino ndipo mverani bwino aphunzitsi anu. Khalani omasuka.
- Pemphani Mulungu ndipo funsani dalitso la phunziro iri.

### **2. Kukambirana (10 minutes)**

- Uzani anyamata ndi atsikana kukambirana pa colinga ca miyoyo yao, 'Ncifukwa ciani tiri pa dziko lapansi pano?'
- Atatha kukambirana afunseni abweretse mayankho ao ku anthu onse.  
Yankho: Tiri pa dziko lapansi kuzimumvera, kuzimutumikira ndi kuzimulemekeza Mulungu.
- Funsani anyamata ndi atsikana, 'Kodi tingamvere, tingatumikire ndi kulemekeza bwanji Mulungu?'  
Yankho: Tingacite ici pa kumukhulupirira ndi kumumvera monga tiwerenga m'Baibulo.
- Fotokozani kuti kudziwa colinga ici ca miyoyo yathu kuyenera kuyambitsa miyoyo yathu m'masiku onse, maka-maka m'maganizo a miyoyo yathu.
- Fotokozani kuti tipanga maganizo nthawi zonse: kumvera kapena kusamvera, kuyankha mwaubwino kapena moipa, kupita ku calichi kapena kusapita, kuba kapena iai, kunena mabodza kapena kunena zoon.

### 3. Kupanga maganizo (10 minutes)

- Lembani pa bolodi nambala 1-3 (bvuto, maganizo, zotulukamo) ndipo fotokozani kuti m'maganizo alionse muli:

1. Bvuto
2. Maganizo (abwino kapena oipa)
3. Zotulukamo (zabwino kapena zoipa)

M'masiku onse muli mabvuto ambiri amene ayenera kuthetsedwa. Mwachitsanzo, ngati mulibe cakudya, ngati munataya buku lanu, ngati njinga yanu yaonongeka, ngati mutu wanu uwawa pamene muyenera kupita ku sukulu kapena ngati anthu akamba za inu zimene siziri zoono. Tiri ndi mabvuto ambiri! Muyenera kucita ciriconse ndipo ngati simucita ciriconse, mabvuto adzapezekabe.

Ndiye ngati muli ndi bvuto, muyenera kupanga maganizo. Kodi mudzacita ciani kapena kunena ciani? Ngati mulibe ndalama mungasankhe kuba kwa munthu wina kapena mungapite kupeza nchito. Maganizo alionse amene mupanga ali abwino kapena oipa kulingana ndi Baibulo. Mwachitsanzo pamene musankha kuba, kulingana ndi Baibulo ndiko koipa.

Maganizo alionse ali nazo zotulukamo zake. Cotulukamo ca kuba ndi kuti mudzatengedwa ndi polisi. Bvuto lanu simunathetse koma munangolikulitsirako. Kukhala m'ndende ndi cotulukamo coipa ca kuba (sankho loipa). Cotulukamo ca maganizo abwino adzathandiza kuthetsa bvuto.

- Funsani anyamata ndi atsikana kupatsa zitsanzo za maganizo amene iwo anayenera kupanga m'miyoyo yao ndi zomwe iwo anacita.

### 4. Kuwerenga Baibulo (20 minutes)

- Aphunzi atsegule Baibulo lao.
- Werengani pamodzi nthano ya Adamu ndi Hava (Genesis 3.1-6) ndi Pilato (Mateyu 27.22-26).
- Pangani magulu ang'ono-ang'ono. M'gulu lililonse anyamata ndi atsikana ayenera kukambirana za mafunso awa (lembani mafunso pa bolodi):

#### Mafunso

##### Genesis 3.1-6

1. Kodi Adamu ndi Hava anapanga maganizo otani kulingana ndi Genesis 3 ndime ya 6?
2. Kodi zotulukamo m'sankho lao zinali zotani?

##### Mateyu 27.22-26

3. Kodi Pilato anakumana ndi bvuto lotani? Ndi m'ndime iti mwapeza yankho?
4. Kodi anthu ndi Pilato anapanga maganizo otani? Ndi m'ndime iti mwapeza yankho?
5. Kodi zotulukamo m'maganizo awa anali zotani?
6. Kulingana ndi mabuku onse tawerenga, kodi tiphunziramo ciani?

- Gulu lililonse litatsiriza kukambirana, mubwerezenso funso lililonse ndipo gulu lililonse lifotokozere yankho lao kwa gulu lonse. Ngati mayankho sali bwino mukonze zolakwika. Mayankho abwino ali conco:

#### **1. Kodi Adamu ndi Hava anapanga maganizo otani kulingana ndi Genesis 3 ndime ya 6?**

Yankho: Kudya cipatso ca mtengo.

**2. Kodi zotulukamo m'sankho lao zinali zotani?**

Yankho: Cimo linabwera pa dziko lapansi. Patapita nthawi iyi anthu onse ali kucimwira Mulungu ndiye onse ayenera kulangidwa m'Gehena. Ndiponso matenda, kufa, cisoni ndi zinthu zina zoipa zinabwera m'dziko lapansi.

**3. Kodi Pilato anakumana ndi bvuto lotani? Ndi m'ndime iti mwapeza yankho?**

Yankho: Kupanga maganizo za kucita ciani ndi Yesu, ndime ya 22.

**4. Kodi anthu ndi Pilato anapanga maganizo otani? Ndi m'ndime iti mwapeza yankho?**

Yankho: Kumupacika Yesu pa mtanda, ndime ya 26.

**5. Kodi zotulukamo m'maganizo awa anali zotani?**

Yankho: Yesu anafa.

**6. Kulingana ndi mabuku onse tawerenga, kodi tiphunziramo ciani?**

Yankho: Maganizo onse ali ndi zotulukamo zimene ziri zabwino kapena zoipa kulingana ndi Mulungu. Tiyenera kukhala mocenjera ndi maganizo athu ndi zotulukamo zao.

**5. Zolowapo (20 minutes)**

- Uzani anyamata ndi atsikana kukhala m'magulu ang'ono.
- Uzani gulu lililonse colowapo cimodzi. Afunseni kukambirana colowapoco ndi kuyankha mafunso.

**Zolowapo****Colowapo 1: Sara**

Sara ali ndi cisumbali cimene cifuna kugona naye. Sara amukonda m'sumbali wake kwambiri. Koma safuna kukhala ndi pathupi. Koma m'sumbali wace akuti, Tidzakhala maso, tifunikira kusewenzetsa mphira ya kondomu, ndiye zinthu zidzakhala bwino'.

1. Kambiranani ndi sankho lotani lomwe Sara angasankhe ndiponso ndi zotulukamo zotani za sankho iriyonse.
2. Ngati ndinu anzaa a Sara, mudzamuza kuti acite ciani?

**Colowapo 2: Tiwonge**

Tiwonge ali ndi zaka 23. Ali ku college. Aphunzitsi ake acimuna afuna kuyenda naye ca m'tseri: ali naye m'cikondi. Iye amamupatsa ndalama, zobvala ndi sopo.

1. Kambiranani ndi sankho lotani lomwe Tiwonge angasankhe ndiponso ndi zotulukamo zotani za sankho iriyonse.
2. Kodi ngati ndinu anzaa a Tiwonge, mudzamuza kuti acite ciani?

**Colowapo 3: Shadreck**

Shadreck ali ndi zaka 20. Iye amkonda Monica, mtsikana wokhala m'mudzi mwake. Iye afuna kuti amkwatire. Tsiku lina Shadreck sali kumva bwino m'thupi mwace. Adwala mopititira. Iye apita ku cipatala. Ku cipatala ampima ndipo ampeza ndi matenda yakatengera yakalionde-onde ('HIV/AIDS positive'). Pamene ali kubwerera ku mudzi, akomana ndi Monica pa mseu. Shadreck ali wokaika-kaika kuti mwina amuuze Monica cilungamo kapena iai.

1. Kambiranani ndi sankho lotani lomwe Shadreck angasankhe ndiponso ndi zotulukamo zotani za sankho iriyonse.
2. Ngati ndinu anzaa a Shadreck, mudzamuza kuti acite ciani?

**Colowapo 4: Manuel**

Manuel amakhala ku mudzi wocedwa Katenga. Ali munthu wa malonda ndipo amapeza ndalama kwambiri pogwira nchito yake. Koma mwadzidzidzi zinthu zonse zasintha. Manuel ataya ndalama zambiri. Mkazi wake adwala ndipo mwana wake adwalanso. Manuel aganiza kuti anamulodza.

1. Kambiranani ndi sankho lotani lomwe Manuel angasankhe ndiponso ndi zotulukamo zotani za sankho iriyonse.
2. Ngati ndinu anzaa a Manuel, mudzamuza kuti acite ciani?

**Colowapo 5: Petro**

Petro ali ku college. Ali wocenjira kwambiri. Kulipira ndalama ya college ndi kobvuta, koma akwanitsa kulipira. Tsiku lina mnzake anena naye, 'Bwerani, tipite pamodzi, ndapeza njira kukhala wolemera. Udapeza ndalama zambiri pogwira nchito zaka zocepa ndipo pambuyo pace udzapitiriza college'.

1. Kambiranani ndi sankho lotani lomwe Petro angasankhe ndiponso ndi zotulukamo zotani za sankho iriyonse.
2. Kodi ngati ndinu anzaa a Petro, mudzamuza kuti acite ciani?

- Itakumana 15 minutes, funsani gulu lirionse kufotokoza zotulukamo zao kwa ena onse. Kambiranani pamodzi za zimene zingakhale maganizo abwino koposa kulingana ndi Baibulo. Mayankho abwino ali conco:

**Colowapo 1: Sara**

Sara angasankhe kuti agone ndi cisumbali cake kapena akane.

- Ngati asankha kugona naye, ngakhale asewenzetsa mphira ya kondomu, kuli mpata kuti adzakhala ndi pathupi. Koma cacikulu, acimwira Mulungu ngati agona naye cifukwa Mulungu salola anthu kugonana asanakwatirane.
- Ngati Sara asankha kukana, amvera Mulungu. Cisumbali cake cingakalipe, cingamukakamize kapena cingamusiye, koma ayenera kuima nji ndi kumvera Mulungu.

**Colowapo 2: Tiwonge**

Tiwonge angasankhe kulandira mpatso za aphunzitsi ake ndi kusauza munthu aliyense.

- Ngati acita ici, aphunzitsi ake adzaganiza kuti akhoza kucita ciriconse cimene afuna. Ngati Tiwonge adzacita zimene aphunzitsi afuna, angampatse mamaliki abwino pa college.
- Ngati akana kucita cimene aphunzitsi ake afuna, aphunzitsi angakalipe, angamupeze kafukwa ndi kumpatsa mamaliki oipa pa college. Komabe anasankha sankho labwino cifukwa kukhala ndi aphunzitsi m'njira iyi ndi koipa ndiponso sikuloleka ndi Mulungu.

**Colowapo 3: Shadreck**

Shadreck angasankhe kuuza Monica za matenda amene ali nao kapena angasankhe kusamuza.

- Ngati amuuza, ndi kotheka kuti Monica sadzafunanso kukwatiwa.
- Ngati samuuza, adzayenera kusunga cinsinsi ici m'ukwati mwao ndipo Monica angatengenso matenda awa. Kulingana ndi Baibulo tiyenera kucitana zabwino zoposa, ndiye sitiyenera kunena mabodza. Ndiye cofunikira coposa ndi kuti Shadreck auzo Monica cilungamo.

**Colowapo 4: Manuel**

Manuel angasankhe kupita ku ng'anga akapeze thandizo la bvuto lake kapena angapemphe Mulungu.

- Ngati apita ku ng'anga, ndi kotheka kuti bvuto lake lingathe mwa kanthawi cabe koma ndi Mulungu Yekha amene ali ndi mphamvu kuposa umfiti.
- Ngati apempha Mulungu, Mulungu adzamthandizadi.

**Colowapo 5: Petro**

Petro angasankhe kubvomereza maganizo a mnzake kapena angasankhe kupitiriza sukulu.

- Ngati abvomereza maganizo a mnzake, adzapeza ndalama zambiri (nchito yotani? Kodi lamulo libvomereza nchitoyi?) koma kupitiriza sukulu pambuyo paku kudzakhala kobvuta.
- Ngati asankha kupitiriza sukulu, adzabvutika koma adzakwanitsa monga anacita kale ndipo adzatsiriza sukulu lake asanayambe kugwira nchito.

**6. Kutsiriza (5 minutes)**

- Khalani pansi pamodzi ndipo funsani anyamata ndi atsikana zimene aphunzira m'phunziro iri za colinga ca miyoyo yathu ndi za kupanga maganizo.
- Bwerezani kuti colinga ca miyoyo yathu ciyenera kutithandiza kupanga maganizo m'amasiku onse.
- Pempheyani.

## **Phunziro 2 – Kukakamizidwa ndi abwenzi**

### **Zofunikira pa nthawi yophunzira**

- Baibulo
- Coko
- Bolodi

### **1. Kulandirana (5 minutes)**

- Landirani onse ndipo pempherani.
- Funsani zimene zinakambidwa m’phunziro loyamba.

### **2. Kusewera sewero (10 minutes)**

- Sankhani anyamata awiri ndi atsikana awiri kupita pabwalo.
- Fotokozani zocita kwa ena onse amene ali m’kati koma iwo amene akhala pabwalo asakumvereni.
- Fotokozani iwo amene akhala m’kati: ayenera kusewera sewero monga ali kuyenda pa mseu ndipo akomana ndi anza. Iwo onse amene akhala m’kati ndiwo anza, koma amene akhala pabwalo si ndiwo anza (koma amene akhala pabwalo sayenera kudziwa ici). Anyamata ndi atsikana amene akhala m’kati ayenera kusasamalira anyamata ndi atsikana amene akhala pabwalo. Ngati iwo okhala pabwalo ayamba kulankhula, iwo okhala m’kati sawamvere ndipo sakamba nao. Ngati afuna kupatsa moni, ayenera kuwakanira.
- Itani iwo amene akhala pabwalo kuti abwere m’kati ndipo fotokozani kwa onse kucita monga ayenda pa mseu ndipo akumana ndi abwenzi ao.
- Sewerani sewero. Iwo amene akhala pabwalo poyamba adzamvera kusasamalidwa cifukwa kulibe munthu aliyense amene afuna kukamba nao.
- Atasewera sewero, funsani iwo amene akhala pabwalo poyamba kuti amvera bwanji.

### **3. Kukakamizidwa ndi abwenzi (5 minutes)**

- Fotokozani citanthauzo ca ‘kukakamizidwa ndi abwenzi’. Citanthauza: kukakamizidwa kucita zimene abwenzi ndi ena acita. Ngati simucita zimene iwo acita, simulandiridwa m’gulu. Simudzasamalidwa (cimodzimidzi monga iwo amene akhala pabwalo poyamba pa nthawi ya sewero). Mau ena a ‘kukakamizidwa ndi ubwenzi’ ndiwo ‘kukopedwa ndi gulu’.
- Uzani anyamata ndi atsikana kupatsa zitsanzo zina za kukakamizidwa ndi abwenzi.

### **4. Kuwerenga Baibulo (30 minutes)**

- Aphunzi atsegule Baibulo lao.
- Werengani pamodzi Daniel 6.3-17 ndi 20-23: nthano ya Danieli m’dzenje la mikango.
- Pangani magulu ang’ono-ang’ono. M’gulu lililonse anyamata ndi atsikana ayenera kuyankha za mafunso awa (lembali mafunso pa bolodi):

## Mafunso

1. Fotokozani mwacidule zimene zinacitika m'nthano imeneyi.
2. Gulu la akapolo linapanikiza mfumu kupanga lamulo latsopano. Kodi mfumu inayankha bwino pamene gulu linamupanikiza?
3. Gulu la akapolo linapanikizanso Danieli. Kodi anampanikiza motani?
4. Kodi Danieli anayankha bwanji pamene gulu linamupanikiza?
5. Tingaone bwanji kuti Mulungu alamulira?
6. Tingaphunzire ciani zokhudza udindo wathu pamene gulu litipanikiza?

- Gulu lirilonse litatsiriza kuyankha mafunso, lipereke mayankho ao. Ngati mayankho sali bwino mukonze zolakwika. Mayankho abwino ali conco:

1. **Fotokozani mwacidule zimene zinacitika m'nthano imeneyi.**

Yankho: Akapolo a mfumu anamverera nsanje Danieli ndiye anafuna kupeza cinthu coipa m'moyo wake kuti angalangidwe. Sanapeze ciriconse koma anamvetsa kuti Mulungu ndi wofunikira m'moyo wa Danieli. Akapolo anafuna kuti mfumu ipange lamulo latsopano: kulibe munthu aliyense amene aloledwa kupempha thandizo kwa munthu aliyense koma kwa mfumu cabe. Danieli anapempherabe kwa Mulungu ndiye anatengedwa ndipo anaponyedwa m'dzenje la mikango.

2. **Gulu la akapolo linapanikiza mfumu kupanga lamulo latsopano. Kodi mfumu inayankha bwino pamene gulu linamupanikiza?**

Yankho: Iai, sanayankhe bwino. Sicalali bwino kuletsa anthu kupempha Mulungu pofuna thandizo lake.

3. **Gulu la akapolo linapanikizanso Danieli. Kodi anampanikiza motani?**

Yankho: Sanaloledwebe kupempha Mulungu.

4. **Kodi Danieli anayankha bwanji pamene gulu linamupanikiza?**

Yankho: Anapitiriza kupempherera cifukwa Mulungu ndi wofunikira ndi wanzeru kuposa mfumu.

5. **Tingaone bwanji kuti Mulungu alamulira?**

Yankho: Mulungu anampulumutsa Danieli kwa mikango.

6. **Tingaphunzire ciani zokhudza udindo wathu pamene gulu litipanikiza?**

Yankho: Tiyenera kumkhulupirira ndi kumvera Mulungu kuposa anthu, ngakhale pamene ndi cobvuta kapena coopsa ca miyoyo yathu. Mulungu akhoza kutisunga.

## 5. Kufotokoza 'kukakamizidwa ndi abwenzi m'njira yabwino' (20 minutes)

- Fotokozani kuti lero tamva kuti kukakamizidwa ndi abwenzi ndiko cinthu coipa. Koma kukakamizidwa ndi abwenzi kungakhale m'njira inanso yabwino. Kukakamizidwa ndi abwenzi m'njira yabwino kutanthauza kulimbikitsidwa kwabwino ndi kupangiridwa bwino.

Mwacitsanzo: Mnyamata m'mudzi sankapita ku chalici koma nthawi ina anapitako cifukwa ca anzake onse amene apita.

- Citsanzo cina ca kukakamizidwa ndi ubwenzi m'njira yabwino ndi ici:

Rakele (12) ndi Davide (14) anali ana a masiye pamene amai ao anafa zaka ziwiri zapitazo. Amakhala ku nyumba ya agogo ao, koma agogo ao ndi okalamba ndi ofooka kwambiri. Sabata latha Rakele ndi Davide anayamba kuphunzira ku sukulu lawo. Alibe anzao ambiri ndipo aoneka ngati akumva cisoni. Kodi anzao ao angacite ciani kuti iwo akhale omasuka?

- Kambiranani pamodzi za izi.



- Mutakambirana, funsani aphunzi kupereka zitsanzo zina za kukhala kukakamizidwa ndi abwenzi m'njira yabwino. Akambirane pamodzi.

### **6. Kutsiriza (5 minutes)**

- Khalani pamodzi ndipo funsani anyamata ndi atsikana zimene aphunzira m'phunziro iri za 'kukakamizidwa ndi abwenzi'.
- Pempheerani.

## **Phunziro 3 Ubwenzi**

### **Zofunikira pa nthawi yophunzira**

- Baibulo
- Coko
- Bolodi

#### **1. Kulandiridwa (5 minutes)**

- Landirani onse ndipo pempherani.
- Funsani zimene zinakambidwa m'phunziro laciwiri.

#### **2. Kusewera sewero (10 minutes)**

- Sewerani sewero. Mnyamata/mtsikana m'modzi ayenera kusewera monga ndiye wakhungu amene ali kuyenda pa mseu. Uzani anyamata/atsikana awiri kuti asewera monga ndiwo anzake ndiponso ena awiri monga si ndiwo anzake.
- Kambiranani pamodzi: 'Kodi tingadziwe bwanji kuti ndiwo anzake?'

#### **3. Citanthauzo ca ubwenzi (20 minutes)**

- Funsani anyamata ndi atsikana kuti liu 'ubwenzi' litanthauzanji.
- Lembani mau awa pa bolodi:

cikondi	kukhala wacoonadi	kusakhulupirika
thandizo	kumvetsetsa	kusagwirizana
cisamaliro	kukhulupirika	kutsutsidwa
kudekha	ulemu	mjedo
nsanje	citsanzo cabwino	

- Uzani mphunzi m'modzi pa nthawi kubwera ku bolodi. Afunseni kuti azungulire mau amene alimbikitsa ubwenzi wabwino ndi kukweza mau amene aononga ubwenzi wabwino.
- Kambiranani pamodzi: 'Kodi pali mau ena amene ayenera kulembedwa pa bolodi?'

#### **4. Kukambirana (10 minutes)**

- Khalani pansi m'magulu anai ndipo kambiranani colowapo ici:  
Mnzanu wa pa mtima akhala bwenzi wa munthu wakumwa mowa. Nthawi zambiri mnzanu apita ku malo omwera mowa kuti amwe ndi mnzakeyo watsopano. Ku sukulu zotsatsira za mayeso ake zikhala zoipa koposa. Kodi muyenera kucita ciani pokhala mnzake wa pa mtima?
- Atakambirana m'magulu ang'ono, kambiranani pamodzi.

#### **5. Kumvera nthano (15 minutes)**

- Aphunzitsi awerengere aphunzi nthano ya 'Alani ndi tomato woola'. Mutawawerengera kambiranani pamodzi: 'Kodi tingaphunzire ciani m'nthano iyi?'

## Nkhani

### Tomato woola

Alani anali ndi abwenzi awiri oipa. Makolo a Alani anali kumuuzza nkhani za m’Baibulo ndi kumuonetsa zitsanzo zabwino, cifukwa anali ndi nkhwana pakuona iye ali kuyenda ndi anyamata awiri omwe sanali ndi makhalidwe abwino. Atate ake anamuuza kuti safunika kukhala nao, koma Alani anaganiza kuti kukhala nao cinali cabwino ndi coseketsa. Anaganizanso kuti sicingabweretse coipa ciriconse.

Tsiku lina atate ake anati kwa iye: ‘Alani, pita ku munda ndipo ukatyole tomato umodzi wabwino.’ Alani anathamanga kupita ku munda ndipo anabwerera msanga ndi tomato wabwino. Atate ake anati, ‘Uike m’dishi umo’. Ndipo anamulangiza m’dishi momwe munalibe kanthu. Alani anacita monga anauzidwa. Atate ake anatinso, ‘Pita kukatyola tomato woola uwiri’. Ici cinadabwitsa Alani. Koma anapita napeza tomato woola uwiri ndipo anapita nao kwa atate ake. ‘Uike pamodzi ndi wabwino’, anatero atate ake. ‘Koma atate, tomato woola uzdaononga tomato wabwino’, anati Alani. ‘Cita monga ndakuuzza, Alani’, anatero atate ake. Alani anamvera ndipo atate ake anaika dishi kutali.

Patapita masiku awiri Alani ndi atate ake anapita kukaona tomato utatu uja m’dishi. Tomato unalimo. Alani anali wodabwa kuona kuti tomato wabwino tsopano unali woola kwakuti unali wofunika kuutaya cabe komane ndiye cinthu comwe anali kuciyembekeza.

‘Tamvera tsopano, Alani’, anatero atate ake, ‘Ici cidzakhala tero ngakhale kwa mnyamata yemwe amakhala ndi anyamata oipa. Monga tomato wabwino unakhala woola cifukwa unali pamodzi ndi woola, tero mnyamatayo adzaphunzira makhalidwe oipa cifukwa apezeka pamodzi ndi anyamata a makhalidwe oipa.’

Baibulo limati ‘Mayanjano oipa aipsa makhalidwe okoma’, (1 Akorinto 15.33). Ici citanthauza kukhala ndi abwenzi oipa kudzaononga macitidwe abwino. Baibulo limanenanso kuti, ‘Mnzao wa opusa adzaphwetekedwa’ (Miyambo 13.20). Tsono mnyamata yemwe adzapitiriza kukhala ndi abwenzi a makhalidwe oipa nayenso adzakhala woipa, ndipo pothera adzapita ku cionongeko, monga tomato woola unafunika kuponyedwa kutali.

Lekani kuti Ambuye Mulungu akupatseni mtima watsopano kuti mukhale m’modzi wa anthu ake okonda kukhala pafupi naye.

## 6. Kuwerenga Baibulo (20 minutes)

- Aphunzi akhale m'magulu ang'ono-ango'ono ndipo atsegule Baibulo lao.
- Werengani pamodzi Miyambo 13.20 ndipo afunsi funso iri:
  1. **Kodi m'ndime iyi tingaphunziremo ciani pa nkhani ya ubwenzi?**  
Yankho: anzathu abwino angatithandize kuti tikhale anzeru. Ngati tiri nao anzathu oipa, tidzayesedwa kucita zoipa. Cofunikira kwambiri ndi kuti tizindikira kuti tikopedwa ndi anzathu.
- Werengani pamodzi Yohane 15.13 ndi 14 ndipo afunsi funso iri:
  2. **Ndi cifukwa ciani kusunga Malamulo Khumi a Mulungu ndi kofunikira?**  
Yankho: pa kucita zimene Mulungu afuna tingaonetse anthu a dziko lapansi kuti tikonda Mulungu.
- Werengani pamodzi Yakobo 4.4 ndipo afunsi mafunso awa:
  3. **Kodi citanthauza ciani kukhala bwenzi la dziko lapansi?**  
Yankho: kukonda zinthu za pa dziko lapansi kuposa Mulungu. Kapena kuganiza m'njira imene silingana ndi Baibulo, mwacitsanzo kudandaula kwambiri pa zinthu za dziko ndi ndalama m'malo mwa kuganizira za Ufumu wa Mulungu.
  4. **Kodi Mulungu atipatsa cenjezo liti m'ndime iyi?**  
Yankho: Ngati tikonda cinthu ciriconse ca dziko lapansi kuposa Mulungu yekha, ndife adani a Mulungu. Tifunika cisomo ca Mulungu kuti tikhale anzake.

## 7. Kutsiriza (10 minutes)

- Khalani pamodzi ndipo funsani anyamata ndi atsikana zimene aphunzira za ubwenzi m'phunziro iri.
- Pempheerani.

## **Phunziro 4 – Matupi athu ndiwo mphatso zocokera kwa Mulungu**

### **Zofunikira pa nthawi yophunzira**

- Baibulo
- Coko
- Bolodi

### **1. Kulandiridwa (10 minutes)**

- Landirani onse ndipo pempherani.
- Funsani zimene zinakambidwa m’phunziro lacityatu.

### **2. Kuwerenga Baibulo (30 minutes)**

- Fotokozani kuti Mulungu anatilenga. Anati patsa matupi athu. Matupi athu ndiwo mphatso zapadera. Tiyenera kukhala mocenjera ndi matupi athu. *‘Kodi mungamvere bwanji ngati munapatsa munthu wosauka zobvala koma patapita masiku awiri muona kuti zobvala zionongeka?’*

Komanso, Mzimu Woyera amakhala mwa iwo amene akhulupirira Mulungu, mwa iwo amene macimo ao akhululukidwa.

- Mulungu ndi Mwini wathu, ndiye sitiloledwa kucita ciriconse ndi matupi athu koma kumulemekeza Mulungu cabe.
- Aphunzi akhale m’magulu ang’ono-ango’ono ndipo atsegule Baibulo lao.
- Auzeni kuwerenga ndime za m’Baibulo zimene zalembedwa munsu ndiponso kuti ayankhe mafunso.
- Lembani pa bolodi:

### **Mafunso**

Werengani Aroma 6.12

1. Kodi m’ndime iyi Mulungu atiphunzitsa ciani pa za matupi athu?

Werengani 1 Akorinto 6.12-20

2. Kodi ndi cenjezo lotani limene Mulungu atipatsa m’ndime izi?
3. Fotokozerani ndime ya 19.
4. Kodi tiyenera kuzisamalira matupi athu kulingana ndi ndime izi?
5. Kodi ndife oloedwa kusewenzetsa ozunguza bongo ndi kumwa mowa?
6. Kodi ndife oloedwa kucita dama kulingana ndi ndime izi?

Werengani 1 Atesalonika 4.3 ndi 4

7. Kodi ‘dama’ ndi ciani?
8. Kodi taphunzirammo ciani m’mabuku onse tawerenga?

- Gulu lililonse litatsiriza kukambirana mafunso, lipereke yankho ku funso lililonse lawerengedwa. Ngati mayankho sali bwino mukonze zolakwika. Mayankho abwino ali conco:

#### **1. Kodi m’ndime iyi Mulungu atiphunzitsa ciani pa za matupi athu?**

Yankho: mitima yathu ndi yoipa. Ici citanthauza kuti tifuna kucita cimene Mulungu safuna. Ici ndi cimo. Timumvetsa cisoni Mulungu pa kucita macimo ndipo cifukwa ca ici sitiyenera kucita tero. Siciloledwa kucimwa ndi matupi athu.

**2. Kodi ndi cenjezo lotani limene Mulungu atipatsa m'ndime izi?**

Yankho: Tiyenera kukhala ocenjera ndipo sitiloledwa kucita dama ndi cigololo.

**3. Fotokozerani ndime ya 19.**

Yankho: Monga Mulungu ankakhala m'kacisi imene inamangidwa ndi Solomo, Mzimu Woyera akhala m'matupi athu ngati ndife obadwa mwatsopano. Ngati ndife obwadwa mwatsopano matupi athu ndiwo monga kacisi/nyumba ya Mulungu Mzimu Woyera.

**4. Kodi tiyenera kuzisamalira matupi athu kulingana ndi ndime izi?**

Yankho: Inde, tiyenera kusamalira matupi athu. Mulungu ayenera kukhala pa malo abwino oposa. Si ndife eni a matupi athu, koma Mlengi wathu ndiye Mwini wa matupi athu.

**5. Kodi ndife oloedwa kusewenzetsa ozunguza bongo ndi kumwa mowa?**

Yankho: Iai, sitiloledwa kusewenzetsa mankhwala ozunguza bongo ndi kumwa mowa cifukwa izi ziononga matupi athu. Pa kucita izi sitisamalira matupi athu.

**6. Kulingana ndi ndime izi, kodi ndife oloedwa kucita dama?**

Yankho: Iai, sitiloledwa kucita dama. M'ndime 18 tawerenga kuti kucita dama ndi cimo lalikulu. Mulungu safuna kuti ticita dama.

**7. Kodi 'dama' ndi ciani?**

Yankho: Dama ndi kucita ciwere-were.

**8. Kodi taphunziramo ciani m'mabuku onse tawerenga?**

Yankho: Mulungu anatipatsa matupi athu. Cifukwa ca ici tiyenera kukhala oyera (sitiloledwa kucimwa). Ngati tikonda Mulungu m'mitima yathu tiyenera kumumverera.

**3. Kukambirana (20 minutes)**

- Fotokozerani anyamata ndi atsikana kuti m'Baibulo tiwerenga kuti tiyenera kusamalira matupi athu. Ici citanthauzanso kuti tiyenera kudziletsa mowa ndi mankhwala oledzeretsa. Izi ndi zinthu zoopsy. Pa kugwira izi tingakhale m'mabvuto ndi lamulo la dziko lathu. Komanso zingabweretsa matenda, ngozi ndi imfa ndiponso tingazolowerere.
- Pangani magulo ang'ono-ang'ono.
- Uzani gulu lirilonse colowapo cimodzi. Afunseni kuti aganizire mayankho.

**Zolowapo**

**Gulu 1**

Cifukwa ciani anyamata ndi atsikana ayamba kusewenzetsa zoledzeretsa ndi kumwa mowa? Kulingana ndi inu, ndi cifukwa ciani ena ayamba koma ena sayamba? Fotokozani zifukwa zake.

**Gulu 2**

Kodi munaona zotulukamo zotani za kusewenzetsa zoledzeretsa ndi kumwa mowa?

**Gulu 3**

Kodi mudziwa anthu amene ankamwa kwambiri zoledzeretsa kapena ankamwa mowa mophwanya lamulo koma analeka kucita izi? Kodi analeka bwanji? Kodi kuleka kunali kobvuta kapena kwapafupi? Ndi cifukwa ciani cinali motero?

**Gulu 4**

Kodi ngati anzanu afuna kuti muyambe kusewenzetsa zoledzeretsa kapena kumwa mowa, mungacite kapena mungakambe ciani?

**Gulu 5**

Konzekerani nkhani ya pa wailesi imene icenjeza anthu za kukhala olowerera ku mowa kapena mankhwala oledzeretsa.

- Itakumana 10 minutes munthu m'modzi wa gulu lililonse ayenera kufotokoza mayankho kwa anthu onse. Ngati mayankho sali bwino mukonze zolakwika. Mayankho abwino ali conco:

**1. Cifukwa ciani anyamata ndi atsikana ayamba kusewenzetsa zoledzeretsa ndi kumwa mowa? Kulingana ndi inu, ndi cifukwa ciani ena ayamba koma ena sayamba? Fotokozani zifukwa zake.**

Yankho: Kuli zifukwa zake zosiyana-siyana za kuyamba kusewenzetsa zoledzeretsa ndi kumwa mowa. Nthawi zambiri anthu akakamizidwa ndi anthu ena amene amasewenzetsa zoledzeretsa ndi kumwa mowa kuti acitenso. Ndipo ndi cotheka kuti anthu amaganiza kuti kulibe bvuto lililonse kusewenzetsa zoledzeretsa ndi kumwa mowa cifukwa onse amacita tero. Anthu ena amakopedwa mosabvuta. Anthu amene safuna kumwa mowa ayenera kuima nji kuti akane pamene anthu ali kumwa mowa kapena awapanikiza kumwanso.

**2. Kodi munaona zotulukamo zotani za kusewenzetsa zoledzeretsa ndi kumwa mowa?**

Yankho: Mwachitsanzo, anyamata ndi atsikana sapitiriza sukulu, acita liuma kapena akalipa. Makolo alibe ndalama kugula cakudya cifukwa agula mowa cabe. Kapena makolo angabvutitse banja lao ndi ana ao. Pa onse: bongo lao lisokonezeka.

**3. Kodi mudziwa anthu amene ankamwa kwambiri zoledzeretsa kapena ankamwa mowa mophwanya lamulo koma analeka kucita izi? Kodi analeka bwanji? Kodi kuleka kunali kobvuta kapena kwapafupi? Ndi cifukwa ciani cinali motero?**

Yankho: Ndi cotheka kuleka mumwa mowa, koma ndi cobvuta kwambiri cifukwa ca kukhala olowerera. Cioneka monga mowa umathetsa mabvuto onse koma suthetsadi. Mowa uthandiza cabe kuiwala bvuto pa nthawi yaing'ono. Atamwa mowa anthu apezekabe m'bvuto lao komanso apeza mabvuto atsopano. Ngati anthu safunabe kumwa mowa ayenera kuima nji ndiponso afunika thandizo la anthu ena. Ndi coopsa kuyambanso atakhala opanda mowa pa nthawi ina.

**4. Kodi ngati anzanu afuna kuti muyambe kusewenzetsa zoledzeretsa kapena kumwa mowa, mungacite kapena mungakambe ciani?**

Yankho: Muyenera kufotokoza bwino zimene munganiza za kusewenzetsa zoledzeretsa ndi kumwa mowa. Kodi mufunabe kukhala mnzake wa iwo amene amamwa mowa? Ganizirani za zotulukamo za sankho lanu. Mungayese kuti aleke kusewenzetsa zoledzeretsa ndi kumwa mowa. Muzindikire kuti simuyenera kukhala pafupi ndi iwo cifukwa ndi cobvuta kwambiri kusasewenzetsa zoledzeretsa ndi kumwa mowa. Mulimbikitse anzanu kupanga maganizo abwino ndipo muwathandize pamene afuna kuleka kumwa mowa ndi kusewenzetsa zoledzeretsa.

**5. Konzekerani nkhani ya pa wailesi imene icenjeza anthu za kukhala olowerera ku mowa kapena mankhwala oledzeretsa.**

Yankho: -

#### **4. Sewero (15 minutes)**

- Uzani anyamata ndi atsikana kuti kusamalira matupi athu kutanthauzanso kuti tiyenera kukhala mocenjera. Nthenda yakalionde-onde ndi nthenda yoopsya m'dziko iri ndipo tiyenera kudzisamalira bwino. Citetezo cabwino coposa ndi kukhala m'njira imene

Mulungu afuna komanso kudziwa mfundo za nthenda yakalionde-onde kungatithandize kuti tidzisunge.

- Tidzasewera sewero. Malamulo a sewero ali conco. Awerengereni ziganizo za nthenda yakalionde-onde. Ngati anyamata ndi atsikana aganiza kuti ciganizo ndi coona, ayenera kukweza dzanja lamanja. Ngati anyamata ndi atsikana aganiza kuti ciganizo ndi cabodza, sayenera kukweza manja. Fotokozani kuti onse ayenera kusankha pa iwo okha.

## Ziganizo za sewero

### **1.Anyamata ndi atsikana sakhoza kukondana pokhapokha ngati agonana.**

Yankho: zabodza, cikondi ceniceni sicitanthauza kuti muyenera kugonana musanakwatirane.

### **2.Mphamvu ya mnyamata idzaonongeka ngati sanagone ndi mtsikana pakufika zaka za 18.**

Yankho: zabodza.

### **3.Mtsikana angakhale ndi pathupi ngati agone ndi mwamuna pa nthawi ya kusamba kwake.**

Yankho: zoono.

### **4.Ndi kotheka kuti anthu agwidwa ndi nthenda yakalionde-onde (HIV) koma sazindikira kuti ndiwo odwala ndipo aoneka kukhala ndi athanzi.**

Yankho: zoono.

### **5.Anyamata ndi atsikana anamwali sakhoza kupangitsa wina kukhala ndi nthenda yakalionde-onde (HIV/AIDS).**

Yankho: zabodza, angapangitse wina kukhala ndi nthenda yakalionde-onde (HIV/AIDS).

### **6.Ngati mudzisamba mutagona ndi mwamuna/mkazi, mungacotse nthenda yakalionde-onde (HIV).**

Yankho: zabodza. Sikotheka kuisamba nthenda yakalionde-onde (HIV), cifukwa ndi nthenda ya m'mwazi.

### **7.Ngati nugonana anthu ambiri, muli ndi mpata waukulu wotenga matenda akalionde-onde (HIV/AIDS).**

Yankho: zoono.

### **8.Ngati mkazi amene akhala ndi nthenda yakalionde-onde (HIV-positive) abereka mwana, kuli mpata waukulu kuti mwana akhalanso ndi nthenda yakalionde-onde (HIV-positive).**

Yankho: zoono.

### **9. Mwamuna angaciritsidwe ku nthenda yakalionde-onde ngati agonana ndi mtsikana amene sanagonopo ndi mwamuna.**

Yankho: zabodza

### **10.Ndi kotheka kuti mtsikana akhala ndi pathupi ngati agonana ndi mnyamata a zaka zocepa 15.**

Yankho: zoono.

### **11.Ngati ndinu wodwala nthenda yakalionde-onde (HIV/AIDS) muyenera kuuza wokonedwa wako (mtsikana, mnyamata, mkazi, mwamuna) za kudwala kwako.**

Yankho: zoono.

### **12.Mungatenge nthenda yakalionde-onde (HIV) pa kusamba ndi kumwa madzi ocokera pa dziwe.**

Yankho: zabodza.

### **13.Nthenda yakalionde-onde (HIV/AIDS) ibvutitsa anthu a ku Afirika cabe.**

Yankho: zabodza, m'maiko ena anthu adwalanso nthenda imeneyi.



**14.Ena anatenga nthenda yakalionde-onde (HIV) ngakhale anagwiritsa nchito kondomu.**

Yankho: zoon.

**15.Anthu amene adwala nthenda yakalionde-onde (HIV/AIDS) angakhale moyo zaka zambiri ngati amamwa mankhwala ndi kumadya zakudya (zomanga thupi ndi zipatso).**

Yankho: zoon.

**16.Kukhala wodwala nthenda yakalionde-onde (HIV/AIDS) kutanthauza kuti Mulungu sakukondani.**

Yankho: zabodza.

**17.Ngati anthu sacita cigololo ndi dama, bvuto la nthenda yakalionde-onde (HIV/AIDS) lingacepetsedwe.**

Yankho: zoon.

## **5. Kutsiriza**

- Funsani anyamata ndi atsikana zimene aphunzira m'phunziro iri za matupi athu amene ndiwo mphatso zocokera kwa Mulungu.
- Pempherani.

## **Phunziro 5 – Cikondi ndi ukwati**

### **Zofunikira pa nthawi yophunzira**

- Baibulo
- Coko
- Bolodi

### **1. Kulandiridwa (10 minutes)**

- Yambani phunziro iri ndi kupemphera.
- Funsani mwacidule zimene zinakambidwa m’phunziro lacinai.

### **2. Citanthauzo ca cikondi (10 minutes)**

- Lembani cithunzithunzi ca mtima pa bolodi ndipo mulembemo liu ‘cikondi’.
- Uzani anyamata ndi atsikana kuti afotokozere matanthauzo a cikondi cosiyana-siyana, monga cikondi ca Mulungu ndi ife, ca makolo ndi mwana, ca abale ndi cikondi ca amuna ndi akazi.
- Lembani mathanthauzo awa pa bolodi. Mau ‘kusamalira’, ‘kukhulupirira’ ndi ‘kulemekeza’ ayeneranso kulembedwa pa bolodi.
- Funsani anyamata ndi atsikana kufotokozera citanthauzo ca ‘kugwa mu cikondi’.  
Yankho: ndi kukonda munthu kotero kuti simuonamo coipa ciriconse mwa iye ndiponso kuti mukhala ndi cilako-lako cofuna kukhala naye pamodzi, kumumverera, kumugwira ndi kumangokhala pafupi naye. Kugwa m’cikondi kuyambitsa cilako-lako cofuna kugona naye.
- Funsani anyamata ndi atsikana ngati ‘cikondi’ cabe ndico cinthu cokwanira kukwatirana.  
Yankho: iai.
- Afunseni ngati ‘kugwa mu cikondi’ cabe ndi kukwanira kukwatirana.  
Yankho: iai.
- Fotokozani kuti ‘cikondi’ ndi ‘kugwa mu cikondi’ ndizo zofunikira kukwatirana. Fotokozarani pa mfundo yakuti ‘kusamalirana’, ‘kukhulupirirana’ ndi ‘kulemekezana’ ndizo zofunikira koposa m’ukwati.

### **3. Zolowapo (15 minutes)**

- Werengani colowapo ciriconse mopfuula kuti onse amvetsetse. Mutawawerengera afunseni mafunso awa:
  - Kodi ici ndi cikondi ceniceni?
  - Ndi cifukwa ciani ici ndi cikondi ceniceni kapena ndi cifukwa ciani ici si cikondi ceniceni?

### **Zolowapo**

#### **Colowapo 1**

Yosefe ali kuyenda pa mseu pamene aona mtsikana wokongola. Amulondola ndipo pamene afika pafupi naye akamba, ‘Hi lady’. Yosefe akamba, ‘Kodi muzindikira kuti ndinu wokongola?’ Mtsikana angopita osayankha. Yosefe amulondola ndipo akamba kwa iye, ‘Ncifukwa ciani simundisekerera? Ndidziwa kuti muli ndi nseko yabwino’.

#### **Colowapo 2**

Rosa alakalaka kwambiri mnyamata amene anaona ku boma masiku ena apitao. Sadziwa zambiri za iye koma aganiza kuti mnyamata amukonda cifukwa anasekerera ndipo anafunsa

dzina lake. Rosa aiwala nchito ya sukulu yake, sakhoza kuganizira kapena kukamba cinthu cina komabe mnyamata. 'Ndiganiza kuti ndimukonda', Rosa auza alongo ake ndi anzake.

### **Colowapo 3**

Mateyu ndi Anastazia akhala m'cikondi miyezi itatu. Mateyu amapatsa Anastazia mphatso zambiri. Patapita miyezi ina Mateyu ayesa kugona ndi Anastazia. Koma Anastazia anena, 'Conde, Mateyu, tiyembekeze'. Mateyu ayankha, 'Ndayembekeza nthawi yaitali. Ndaganiza kuti ndinu mai, si ndinu mwananso iai. Onse akucita, ncifukwa ciani siticita?' Anastazia ayankha, 'Mateyu, conde, tiyembekeze. Poyamba ndifuna kutsiriza sukulu.' 'Yembekeza, yembekeza, yembekeza, sindifunabe kuyembekeza. Ndinakupatsani mphatso zambiri. Ngati mundikonda m'coonadi muyenera kundisangalatsa.'

### **Colowapo 4**

Yohane ndi Telia ndi okwatirana. Usiku wina Telia samvera bwino: mutu wake uphwaya ndipo adwala m'mimba. Koma usiku umenewo Yohane afuna kugona naye. Poyamba Telia akana, koma Yohane amukakamiza. Akamba, 'Ndinu mkazi wanga ndipo mkazi ayenera kusangalatsa mwamuna wake'.

### **Colowapo 5**

Judith ndi Luka akhala m'cikondi miyezi isanu ndi itatu. Luka akamba, 'Nthawi zonse Judith andilimbikitsa. Tithandizana. Ngati Judith akumva cisoni, ine ndimuthandiza kusamalira mabvuto ao. Ndidziwa kuti Judith andisamalira. Ndidziwa kuti ndingamuuze Judith zinsinsi ndipo adzazisunga. Ndimkhulupirira. Judith akamba, 'M'ubwenzi wathu kusangalala ndi kofunikira. Inenso ndilimbikitsidwa ndi Luka. Luka andithandiza kucita nchito ya sukulu yanga. Iye ndi bwenzi amene ndingakambe naye. Sitiuzana zabodza ndipo Luka andilemekeza pamene ndinena kuti si ndine wokonzeka kugonana nao. Tabvomerezana kuyembekezera mphaka nthawi ya ukwati wathu.

- Ngati mayankho sali bwino mukonze zolakwika. Mayankho abwino ali conco:

#### **Colowapo 1: Yosefe**

Siciri cikondi ceniceni. M'cikondi ceniceni cikhulupiriro, cisamaliro ndi ulemu ziri zofunikira koposa ndipo izi zifunika nthawi kuti zikule. Ndi kotheka kuti Yosefe anagwa m'cikondi poona mtsikanayo koma siciri cikondi ceniceni popeza anangokumana.

#### **Colowapo 2: Rosa**

Siciri cikondi ceniceni. M'cikondi ceniceni cikhulupiriro, cisamaliro ndi ulemu ziri zofunika koposa. Ndi kotheka kuti Rosa anagwa m'cikondi koma adziwa zocepa za mnyamatayo kuti angafune kumsamalira, kumkhulupirira ndi kumlemekeza.

#### **Colowapo 3: Mateyu ndi Anastazia**

Siciri cikondi ceniceni. Cikhulupiriro, cisamaliro ndi ulemu ziri zofunikira koposa m'cikondi ceniceni. Mateyu saonetsa ulemu pamene anyozera kunyalanyaza zake. Sicionetsa ulemu pamene munthu apatsa mphatso cifukwa afuna kugona ndi munthu wina. Komanso Mulungu salola anthu kugonana asanakwatirane.

#### **Colowapo 4: Yohane ndi Telia**

Ici siciri cikondi ceniceni. Pamene Telia samvera bwino, Yohane samusalira ngati amupanikiza kugona naye. Komanso Yohane saonetsa ulemu ngati amupanikiza.

#### **Colowapo 5: Judith ndi Luka**

Ici ndi cikondi ceniceni. M'ukwati umu muli cisamaliro, ulemu ndi cikhulupiriro ndipo afuna kukhala kulingana ndi malamulo a Mulungu.

#### 4. Ziganizo (10 minutes)

- Werengani ciganizo coyamba calembedwa muni ndipo funsani anyamata ndi atsikana onse kuti asankhe ngati ciganizo ico ciri coona kapena cabodza. Ngati aganiza kuti ciganizo ciri coona, ayenera kukweza dzanja lamanja lao. Ngati aganiza kuti ciganizo ndi cabodza sayenera kukweza manja.
- Werengani ziganizo zonse.  
Ngati afuna, anyamata ndi atsikana angakambirane ziganizo ndi mayankho ao.

### Maganizo

1. Mnyamata ndi mtsikana ayenera kukumana miyezi isanu asanakwatirane.
2. Nthawi zambiri cimacitika kuti mnyamata ndi mtsikana akwatirana koma sakondana kwenikweni.
3. Cifukwa ceniceni comwe mwamuna afuna kukwatira ndico kukhala ndi womthandiza.
4. Amuna ambiri samasamalira akazi awo.
5. Mkazi ayenera kumumvera mwamuna wake nthawi zonse.
6. Ngati mkazi samvera mwamuna wake, mwamunayo ayenera kumlanga.
7. Mkazi azicitira ciriconse mwamuna wake ngati amukonda.
8. Anthu amathetsa maukwati nthawi zambiri.
9. Mulungu afuna kuti mwamuna azisamalira mkazi wake.
10. Nthawi zambiri anthu amacita cigololo.

#### 5. Kuwerenga Baibulo (20 minutes)

- Aphunzi atsegule Baibulo lao.
- Werengani pamodzi Aefeso 5.22-23 ndi 1 Akorinto 7.10-11.
- Pangani magulu ang'ono-ang'ono. M'gulu lililonse anyamata ndi atsikana ayenera kukambirana za mafunso awa (lembani mafunso pa bolodi):

### Mafunso

Aefeso 5.22-33

1. Kodi Mulungu apatsa lamulo lotani kwa amuna m'ndime za 25 ndi 28?
2. Kodi Mulungu apatsa lamulo lotani kwa akazi m'ndime ya 22?
3. Kodi Mulungu atilola kugonana tisanakwatire kulingana ndi ndime ya 31?
4. Fotokozerani ndime ya 25.

1 Akorinto 7.10-11

5. Kodi tingaphunzire ciani m'ndime izi za kusiya amuna kapena akazi athu?

- Gulu lililonse litatsiriza kukambirana mafunso lipereke mayankho ao. Ngati mayankho sali bwino mukonze zolakwika. Mayankho abwino ali conco:
  1. **Kodi Mulungu apatsa lamulo lotani kwa amuna m'ndime za 25 ndi 28?**  
Yankho: kukonda akazi awo monga adzikondera yekha.
  2. **Kodi Mulungu apatsa lamulo lotani kwa akazi m'ndime ya 22?**  
Yankho: kumvera amuna ao, monga kumvera Ambuye.
  3. **Kodi Mulungu atilola kugonana tisanakwatire kulingana ndi ndime ya 31?**  
Yankho: iai, m'ndime ya 31 tawerenga kuti munthu azisiya atate ndi amai ake (=kukwatira) ndipo kenaka adzakhala thupi limodzi ndi mkazi wake (=kugonana).

**4. Fotokozerani ndime ya 25.**

Yankho: Mulungu (Yesu) ndiye citsanzo cabwino ca cikondi. M'ukwati tizikondana monga Mulungu akonda Eklesia (mpingo wa athu okhulupirira moonadi).

**5. Kodi tingaphunzire ciani m'ndime izi za kusiya amuna kapena akazi athu?**

Yankho: Mulungu safuna kuti tithetsa maukwati.

**6. Kutsiriza (5 minutes)**

- Khalani panso pamodzi.
- Funsani anyamata ndi atsikana zimene aphunzira m'phunziro iri.
- Pemperani.

## **Phunziro 6 – Kupewa mayesero**

### **Zofunikira pa nthawi yophunzira**

- Baibulo
- Coko
- Bolodi

### **1. Kulandiridwa (5 minutes)**

- Landirani onse ndipo pempherani.
- Funsani zimene zinakambidwa m’phunziro lacisanu.

### **2. Kupewa mayesero (10 minutes)**

- Fotokozerani anyamata ndi atsikana kuti mfundo ya lero ndi ‘kupewa mayesero’.
- Funsani anyamata ndi atsikana kuti ‘kuyesedwa’ kutanthauza ciani.  
Yankho: kukokedwa kucita cinthu coipa.
- Fotokozani kuti kupewa mayesero kutanthauza kunena ‘iai’ pa mayesero m’miyoyo yathu. Pamene tinena ‘iai’ pa nthawi ya mayesero athu tingatetezedwe ku masankho oipa ndi ku zowawa za zoturukamo zake. Nthawi zina ndi cobvuta kwambiri kukana, makamaka ngati akulu-akulu atiuza kucita cinthu. Komanso cingakhale cobvuta kukanira abwenzi athu.
- Lero tidzaphunzira kuti tinganene bwanji ‘iai’ m’njira yamphamvu ndi yogonjetsa.
- Ndi cofunikira kwambiri kuti tinena ‘iai’ pamene tiyessedwa. Uzani anyamata ndi atsikana citsanzo ici:  
Tangoyerekeza kuti muli kuyenda pa mseu pamene munthu amene simudziwa aimika galimoto lake pafupi ndi inu. Iye anamwa mowa. Atsegula dzenera ndipo akufunsani kuti mulowe m’galimoto kuti mupitire pamodzi.
- Funsani anyamata ndi atsikana kuti angakambe bwanji ‘iai’ kwa munthuyo. Kambiranani pamodzi.
- Fotokozani kuti tinganene ‘iai’ m’njira zosiyana-siyana, mwacitsanzo mwamanyazi ndi mwamphamvu.
- Kambiranani kuti ndi njira yotani imene idzagonjetsa munthu ndiponso ndi njira yotani imene sidzagonjetsa munthuyo.

### **3. Kuwerenga Baibulo (20 minutes)**

- Aphunzi atsegule Baibulo lao.
- Werengani pamodzi nthano ya Yosefe ([Genesis 39.1-23](#)).
- Pangani magulu ang’ono-ang’ono. M’gulu lirilonse anyamata ndi atsikana ayenera kuyankha mafunso awa (lembani mafunso pa bolodi):
- 

### **Mafunso**

1. Kodi Yosefe anayesedwa bwanji? Ndi m’ndime iti mwapeza yankho?
2. Kodi Yosefe ananena bwanji ‘iai’ pa yesero iri? Ndi m’ndime iti mwapeza yankho?
3. Ndi cifukwa ciani Yosefe anapewa yesero iri? Ndi m’ndime iti mwapeza yankho?
4. Kodi tingaphunzire ciani m’makhalidwe a Yosefe?
5. M’Miyambo 9.10 mwalembidwa ‘Ciyambi ca nzeru ndico kuopa Yehova’. Kodi tingaone bwanji ici m’moyo wa Yosefe?

- Gulu lililonse litatsiriza kukambirana mafunso lipereke mayankho ao. Ngati mayankho sali bwino mukonze zolakwika. Mayankho abwino ali conco:
  1. **Kodi Yosefe anayesedwa bwanji?**  
Yankho: Mkazi wa Potifara, nduna ya Farao, anafuna kugona naye.
  2. **Kodi Yosefe ananena bwanji 'iai' pa yesero iri?**  
Yankho: Anathawira mkazi wa Potifara.
  3. **Ndi cifukwa ciani Yosefe anapewa yesero iri?**  
Yankho: Cifukwa mkaziyo sanali mkazi wake ndiye ngati anagona naye akanacimwira Mulungu. Yosefe anakonda Mulungu ndipo cifukwa cake sanafune kumumvetsa cisoni Mulungu pa kumucimwira.
  4. **Kodi tingaphunzire ciani m'makhalidwe a Yosefe?**  
Yankho: Tiyenera kuima nji ndi kupewa mayesero m'miyoyo yathu. Tiyenera kukonda Mulungu ndi kucita cifuniro cake.
  5. **M'Miyambo 9.10 mwalembedwa 'Ciyambi ca nzeru ndico kuopa Yehova'. Kodi tingaone bwanji ici m'moyo wa Yosefe?**  
Yankho: Tiri anzeru ngati timaopa ndi kumvera Ambuye. Pa kukhala ndi Mulungu tingapange maganizo abwino.
  
- Fotokozerani anyamata ndi atsikana zimene ayenera kucita ngati analephera kupewa mayesero.  
Mwina m'gulu iri muli mnyamata kapena mtsikana amene anacita macimo otere. Ndi cinthu coipa kucimwira Mulungu cifukwa ngati ticimwa timvetsa cisoni Mulungu, Mlengi wathu. Koma tiyenera kudziwa kuti Mulungu ndiyenso wacifundo! Iye afuna kukhululukira macimo onse. M'Baibulo tiwerenga: 'Wobisa macimo ace sadzaona mwai; Koma wakuwabvomereza, nawasiya adzacidwa cifundo' (Miyambo 28.13). Ngati munacimwa muyenera kuleka kucita cimolo ndipo mulule macimo anu kwa Mulungu m'pempheho. Afuna kukhululukirani.

#### 4. Sewero (5 minutes)

- Ngati tikomana ndi mayesero tiyenera kudziwa kuti tingapewe bwanji mayesero awa.
- Fotokozerani anyamata ndi atsikana kuti tingagwiritse nchito mau ndi matupi athu kuti tinene 'iai'. Tingagwiritse nchito manja ndi mapazi athu, nkhope zathu kapena matupi athu onse kuti tinene 'iai'. Muuze anyamata ndi atsikana kuti ngati afuna kunena 'iai' mwamphamvu, ayenera kumuyang'ana munthuyo: ngati sitimuyang'ana m'maso munthuyo tioneke monga ndife amanyazi m'malo mwa amphamvu.
- Onetsani njira yabwino ya kunena 'iai' mwamphamvu.
- Funsani onse kuti aimirire. Funsani mnyamata ndi mtsikana aliyense funso iri ndipo ayenera kunena 'iai' m'njira yamphamvu pa kugwiritsa nchito mau ndi matupi ao: *Kodi mufuna kudya mcenga?*
- Fotokozani kuti ndi cofunikira kwambiri kuti ife tonse tidziwe zimene tifuna ndiponso zimene sitifuna. Koma cofunikira koposa ndikuti tidziwe zimene Mulungu afuna ndi zimene Iye safuna. Tiyenera kudziwa zinthu zimene zitiyesa. Tiyenera kulankhula momveka ngati tayeredwa pa kugwiritsa nchito mau ndi matupi athu.

### 5. Kucita (15 minutes)

- Funsani anyamata ndi atsikana za mayesero m'miyoyo yao ndiponso kuti amapewa bwanji mayesero awa: 'Kodi mumakomana ndi mayesero otani?' 'Kodi mumapewa bwanji mayesero awa?'

### 6. Mayeso (30 minutes)

*Mayeso awa si wokakamiza. Mphunzitsi asankhe ngati aphunzi adzalembe mayeso kapena iai. Ngati adzalembe mayeso mphunzi aliyense afunika colemba ndi pepala.*

- Lembani mafunso pa bolodi ndipo aphunzi alembe mayankho ao pa pepala lao (asankhe yankho A, B kapena C), kapena awerengereni mafunso ndi mayankho onse kuti asankhe mayankho ao.
- Atalembe mayeso aphunzi ayenera kpatsa mapepala ao kwa mphunzitsi.
- Mphunzitsi akonze zolakwika ndipo aconge mayeso. Mayankho abwino ali congo:
 

1. B	6. A
2. C	7. C
3. B	8. B
4. B	9. B
5. A	10. C

### 7. Kutsiriza (5 minutes)

- Khalani pamodzi.
- Funsani anyamata ndi atsikana zimene aphunzira m'phunziro iri za kupewa mayesero.
- Pempherani.



**Mayeso****Funso 1. Colinga ca miyoyo yathu ndico...**

- a. Kukhala pa nchito.
- b. Kumumvera, kumtumikira ndi kulemekeza Mulungu.
- c. Kukwatira ndi kukhala ndi ana.

**Funso 2. Danieli anakakamizidwa ndi gulu kuti aleke kupemphera. Kodi anacita ciani?**

- a. Anamvera gulu ndipo anasiya kupemphera.
- b. Anapita kwa mfumu kuifunsa malangizo ake.
- c. Anamvera Mulungu ndipo anapitiriza kupemphera.

**Funso 3. Ngati gulu lifuna kuti ticita zoipa, tiyenera...**

- a. Kucita zinthu zoipa zambiri kusiyana ndi ena.
- b. Kumumvera Mulungu yekha ndipo kuuza anthu amene angatithandize.
- c. Kucita zomwe gulu lifuna kuti ticite.

**Funso 4. Kodi tingaphunzire ciani m'nkhani ya Alani ndi tomato woola?**

- a. Si bvuto kukhala ndi abwenzi amene sacita zabwino.
- b. Kukhala ndi abwenzi oipa kumatipangitsa kukhalanso zoipa.
- c. Tizipitiriza kukhala ndi abwenzi amene si abwino.

**Funso 5. Kodi ici citanthauza ciani kuti 'matupi athu ali kacisi wa Mzimu Woyera?'**

- a. Mulungu ndiye Mwini wa matupi athu ndipo tiyenera kuwagwiritsa nchito kumulemekeza cabe.
- b. Tingacite ciriconse cimene tifuna.
- c. Palibe zobvuta zirizonse za kumwa mowa kwambiri.

**Funso 6. Mulungu atiphunzitsa m'Mau ake kuti tiziulula macimo athu ndiponso kuti tileke kucita macimo ndi kuzilondola Ambuye Yesu.**

- a. Zoono.
- b. Zabodza.

**Funso 7. Mau awa ndi wofunikira kwambiri m'ukwati:**

- a. Kufanana ndi kulingana.
- b. Kuthandizana ndi kukhala ndi ana.
- c. Kukhulupirira, kusamalira ndi kupatsana ulemu.

**Funso 8. Ndi cikondi ceniceni ngati anthu agonana asanalowe banja**

- a. Zoono.
- b. Zabodza.

**Funso 9. Titha kukana pogwiritsa nchito...**

- a. Makutu ndi maso.
- b. Mau ndi matupi.

**Funso 10. Tiyenera kukonzekera tsogolo lathu pa...**

- a. Kukhala ndi mkazi/mwamuna ndi ana ambiri.
- b. Kukhala ndi nchito yabwino ndi ndalama zambiri.
- c. Kukonzekera kukomana ndi Mulungu.