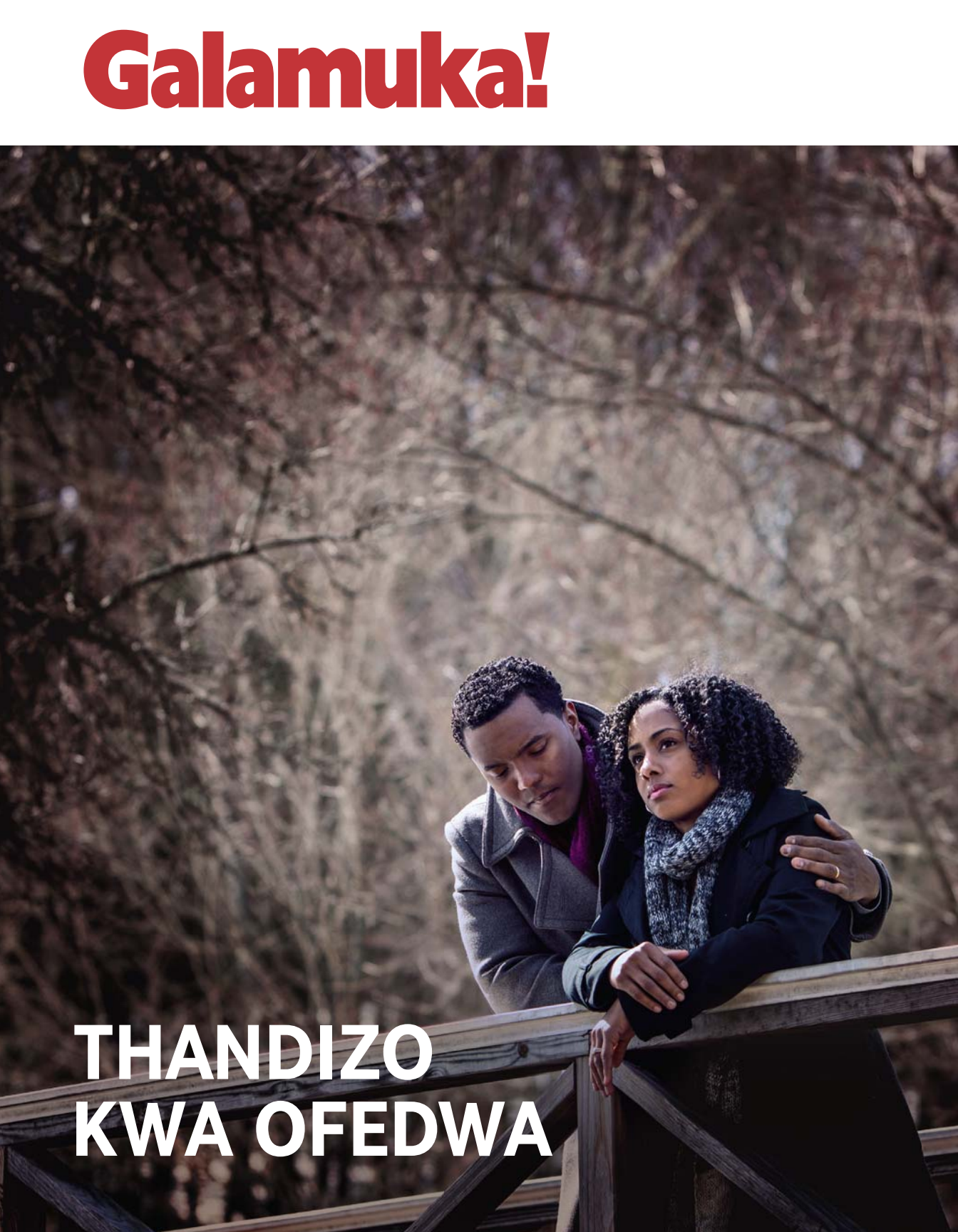


Galamuka!

A man and a woman are standing on a wooden bridge or walkway, leaning against the railing. The man is on the left, wearing a grey jacket and a purple scarf, looking down. The woman is on the right, wearing a black jacket and a grey scarf, looking off to the side. They are embracing each other. The background is a dense forest of bare trees, suggesting a winter or late autumn setting. The lighting is soft and natural.

**THANDIZO
KWA OFEDWA**

Galamuka!®

Vol. 99, No. 3 2018 CINYANJA

Timapulinta Okwanila 64,905,000 mu
VITUNDU 195

Awake! (ISSN 0005-237X)

Issue 3 November/December 2018 is published by Watchtower Bible and Tract Society of New York, Inc.; L. Weaver, Jr., President; G. F. Simonis, Secretary-Treasurer; 1000 Red Mills Road, Wallkill, NY 12589-3299, and printed by Watch Tower Bible and Tract Society of South Africa NPC, 1 Robert Broom Drive East, Rangeview, Krugersdorp, 1739. © 2018 Watch Tower Bible and Tract Society of Pennsylvania. Printed in South Africa.

Ya ku SOUTH AFRICA:
Jehovah's Witnesses
Private Bag X2067
Krugersdorp

Ya ZAMBIA:
Jehovah's Witnesses
P.O. Box 33459
10101 Lusaka

Ngati mufuna maadilesi onse, pitani pa
www.jw.org/en/contact.

Kodi tingapeze kuti thandizo kuti tipilile cisoni tikafedwa?

Nkhani za m'magazini
ino, zidzafotokoza zimene
mungayembekezele ngati munthu
amene mumam'konda wamwalila,
komanso zimene mungacite kuti
mupilile cisoni.



ZAMKATI

3 Kuwawa kwa Imfa

4 Zimene Mungayembekezele

6 Zimene Mungacite Palipano Mukafedwa

14 Thandizo Lodalilika Kwambili kwa Ofedwa

16 M'MAGAZINI INO: Thandizo kwa Ofedwa



Kodi mufuna kudziwa zambili,
kapena kuphunzila Baibo
kwaulele?

Yendani pa
www.jw.org,

kapena tumizani pempho
lanu ku adresi yoyenelela pa-
mwamba apa.

Magazini ino si yogulitsa. Colinga cake ni kuthandiza pa nchito yophunzitsa Baibo imene ikucitika padziko lonse lapansi. Nchitoyi timaiye-
ndetsa na zopeleka zaufulu. Kuti mupeleke copeleka canu, yendani pa webusaiti ya www.jw.org. Baibo imene tasewenzetsa ni *Baibulo la Dziko
Latsopano la Malemba Opatulika* kusiyapo ngati taonetsa ina.



KUŴAŴA KWA IMFA

“Tinali titakhala m’cikwati kwa zaka zopitilila 39, pamene mkazi wanga Sophia* anamwalila pambuyo podwala kwa nthawi yaitali. Anzanga ananithandiza kwambili, ndipo n’nali kudzitangwanitsa na zocita zambili. Koma kwa caka conse, n’navutika kwambili na cisoni. N’nali kuti nikakhala bwino kwa kanthawi, cisoni n’kunibwelelanso. Ngakhale kuti papita zaka pafupi-fupi zitatu kucokela pamene anamwalila, nthawi zina nimagwidwa na cisoni kwambili.”—Kostas.

Kodi munatakilidwapo wokondedwa wanu mu imfa? Ngati munatakilidwapo, mungavomeleze zimene Kostas anakamba. Imfa ya mnzako wa m’cikwati, m’bululu wako, kapena mnzako wapamtima, imavutitsa kwambili maganizo na kuŵaŵitsa mtima. Ngakhale akatswili ofufuza za anthu ofedwa amavomeleza mfundo imeneyi. Nkhani ya m’magazini yakuti,

* Maina ena m’nkhani za m’magazini ino asinthidwa.

The American Journal of Psychiatry, imati “imfa ni yoŵaŵa kwambili ndipo imabweletsa cisoni cosa thelapo.” Cifukwa ca cisoni cacikulu ca imfa, munthu wofedwa angafunse kuti: ‘Kodi cisoni cimeneci cidzatha liti? Kodi nidzakhalanso wacimwemwe? Kodi ningapeze kuti citonthozo?’

Mudzapeza mayankho pa mafunso amenewa m’magazini ino ya *Galamuka!* Nkhani yotsatila idza-fotokoza zimene mungayembekezele ngati posacedwa wokondedwa wanu anamwalila. Ndipo nkhanzi zina zokonkhapo zidzafotokoza njila zimene zingakuthandizeni kucepetsako cisoni mukafedwa.

Tikhulupilila kuti nkhanzi zotsatila zidzathandiza aliyense amene anatakilidwa wokondedwa wake mu imfa.

ZIMENE MUNGAYEMBEKEZELE

Ngakhale kuti akatswili ena amati pali njila imodzi yolilila malilo, m'ceni-ceni anthu amalila mosiyana-siyana. Kodi izi zitanthauza kuti ena sakhudzidwa kwambili na imfa, kapena “amabisa” mmene amamvelela? Osati kweni-kweni. Ngakhale kuti kuivomeleza imfa komanso kulila n'kothandiza, palinso zina zothandiza zimene mungacite. Kweni-kweni zimadalila cikhalidwe ca munthu, umunthu wake, zom'citikila mu umoyo, komanso mmene wakhudzidwila na imfa imeneyo.

KODI CISONI CINGAKHALE CACIKULU BWANJI?

Ofedwa sangadziwe zoyembekezela munthu amene amam'konda akamwalila. Komabe, mmene angamvelele komanso zovuta zina zimene zingakhalepo, nthawi zambili zimakhala zodziwikilatu. Ganizilani zitsanzo izi:

Kuthedwa nzelu. Munthu wofedwa amalila cifundo cikamugwila, kuyewa wokondedwa wake, kapenanso kukhumudwa-khumudwa. Ndipo kulota zocitika zokhudza wokondedwa wake komanso kum'ganzila kwambili kungawonjezenso cisoni cake. Koma cinthu coyamba cingakhale kudabwa na kusakhulupilila. Tiina akumbukila mmene zinalili pamene mwamuna wake Timo, anamwalila mwadzidzidzi. Iye anati: “N'nadabwa. Poyamba n'nalephela ngakhale kulila. N'navutika kwambili maganizo cakuti nthawi zina n'nali kulephela kufuza bwino-bwino. Sin'nakhulupilile zimene zinacitika.”

Nkhawa, ukali, na kudziimba mlandu. Ivani anati: “Kwa nthawi ndithu, mwana wathu wamwamuna Eric wa zaka 24 atamwalila, ine na mkazi wanga Yolanda, tinali kukhala okwiya kwambili! Izi zinatidabwitsa, cifukwa kumbuyo konseko sitinakhalepo okwiya conco. Tinalinso kudziimba mlandu, cifukwa tinali kukaikila ngati tinacita zonse zotheka kuti tithandize mwana wathu.” Nayenso Alejandro, amene mkazi wake anamwalila pambuyo podwala kwa nthawi yaitali, anali kudziimba mlandu. Iye anati: “Poyamba n'na-

ganiza kuti ngati Mulungu walola kuti nivutike conco, ndiye kuti ndine munthu woipa m'maso mwake. N'nadziimbanso mlandu cifukwa coona monga nipatsa mlandu Mulungu pa zimene zinacitika.” Kostas amene tam'gwila mawu m'nkhani yapita, anati: “Nthawi zina n'nali kukwiila Sophia cifukwa comwalila. Ndiyeno n'nadziimbanso mlandu cifukwa cokhala na maganizo amenewo. Sanacite kufuna kuti amwalile.”

Maganizo ovutitsa. Nthawi zina maganizo a munthu wofedwa sakhadzikika, amangoyenda-yenda. Mwacitsanzo, wofedwa angayambe kuganiza kuti wokondedwa wake amene anamwalila ca posacedwa, angamvetsele, kukhudzika mtima, komanso kuona. Mwina wofedwayo angavutike kuika maganizo pa cinthu cimodzi kapena kukumbukila zinthu. Tiina anakamba kuti: “Nthawi zina, nili mkati mokambilana na munthu, maganizo anga anali kucoka pa nkhaniyo! N'nali kuyamba kuganzila zimene zinacitika pa kumwalila kwa a Timo. Zimenezi zinali kunisautsa kwambili.”

Kufuna kukhala kwa yekha. Munthu wofedwa angakhale wokhumudwa-khumudwa komanso anga-mpidwe kukhala pakati pa anthu. Kostas anati: “Nikakhala pakati pa okwatilana, n'nali kudzimva kuti nili nekha. Ndipo nikakhala pakati pa osakwatila n'nali kudzimvanso wosayenelela.” Nayenso Yolanda mkazi wa Ivan, amakumbukila mmene zinalili. Iye anati: “Zinali zovuta kukhala pakati pa anthu amene anali kudandaula za mavuto awo amene anali kuoneka ocepa poyelekezela na athu! Ndiyeno panalinso ena amene anali kutiiza mmene ana awo acitila bwino. N'nali kukondwela nawo, koma panthawi imodzi-modzi, sin'nali kufuna kumvela zimenezo. Ine na mwamuna wanga tinali kumvetsa kuti umoyo ndiye mmene ulili, koma tinali kufuna kukhala patekha cifukwa ca makambilano otelo.”

Mavuto okhudza thanzi. Mavuto ena odziwikilatu amakhala kusafuna kudya, kuyonda, komanso kusoŵa tulo. Aaron amakumbukila mmene zinthu zinalili caka cotsatila kucokela pamene atate ake anamwali-

la. Iye anati: “N’nali kuvutika kugona. Nthawi zonse usiku, n’nali kuuka panthawi imodzi-modzi kuganizila za imfa ya atate.”

Alejandro akumbukila kuti anayamba kudwala matenda osadziwika bwino. Iye anati: “Kangapo konse adokota ananipima, koma ananiuza kuti nili bwino-bwino. N’nayamba kuona kuti cisoni ndiye cinali kupangitsa zimenezo.” M’kupita kwa nthawi n’nayamba kumvelako bwino. Koma Alejandro anacitabe bwino kukaonana na adokota. Cisoni cikakula kwambili cingacepetse mphamvu yacitetezo ca m’thupi, cingakulitse matenda, kapena kuyambitsanso matenda ena.

Kulephela kucita zinthu zofunika. Ivan anati: “Eric atamwalila tinadziwitsa abululu athu, mabwenzi, abwana ake, komanso a landilodi ake. Panalinso mapapa ambili a ku boma amene tinafunika kusaina, komanso kuona zinthu zaumwini za Eric. Kuti zonsezo zitheke, tinafunika kuika maganizo pa zimene tinali kucitazo. Koma panthawi imodzi-modzi, tinali olefu ka maganizo komanso thupi.”

Koma kwa ena, vuto imadzabwela pakapita nthawi, pofuna kucita zinthu zimene mnezawo anali kucita. Ni mmenenso zinalili kwa Tiina. Iye anafotokoza kuti: “Nthawi zonse a Timo ndiye anali kusamalila za kasungidwe ka ndalama kubanki, komanso kucita zinthu zina zokhudza bizinesi. Tsopano zonsezi zinakhala udindo wanga, ndipo zinangowonjezela kupanikizika kwanga maganizo. N’nadzifunsa kuti, kodi nidzakwanitsa kucita zonsezi popanda kusokoneza?”

Mavuto amene tafotokoza pamwambapa, aonetsa kuti kupilila cisoni cobwela na imfa, kumakhala kovuta kwambili. Ndipo kukamba zoona, cisoni cimene cimakhlapo tikatayikidwa munthu amene tinali kum’konda, cingakhale cacikulu kwambili. Kudziwilatu zimezezi, kungathandize amene anafedwa caposacedwa kupilila cisoni. Komanso kumbukilani kuti si onse ofedwa amene amakhudzidwa na zovuta zonse zimene zimabwela cifukwa ca imfa. Kuwonjezela apo, ofedwa angatonthozedwe kudziwa kuti kumva cisoni cifukwa ca imfa n’cibadwa.

KODI NIDZAKHALANSO WACIMWEMWE?

Zimene mungayembekezele: Munthu akafedwa cisoni cimakhala cacikulu poyamba. Koma m’kupita kwa nthawi cimayamba kucepako. Izi sizitanthauza kuti cisonico “cimasililatu,” kapena munthuyo amaiwalilatu za wokondedwa wake ayi. Nthawi zina cisoni cingabwelenso mwadzidzidzi pokumbukila zocitika zina, monga pa tsiku limene anakwatilana kapena limene wokondedwa wawo anamwalila. Koma m’kupita kwa nthawi, ambili amafika pokhazikika maganizo na kuyambanso kuika maganizo pa zocitika za tsiku na tsiku za mu umoyo. Izi zimatheka maka-maka ngati wofedwayo athandizidwa na acibululu, mabwenzi, komanso ngati acita zinthu zom’thandiza kupilila.

Kodi cisoni cingakhale kwa nthawi yaitali bwanji?

Kwa ena, cisoni cimeneci cimakhala kwa miyezi cabe. Koma kwa ambili, caka cimodzi kapena ziwili zingapitepo asanayambe kumvelako bwino. Ndipo ena zingatenge nthawi yaitali.* Alejandro anati: “Ine cisoni canga cinakhala pafupi-fupi zaka zitatu.”

Dzilezeleni mtima. Muzicita zimene mungakwanitse patsiku osati modzikakamiza, ndipo dziwani kuti kumvela cisoni cifukwa ca imfa si kwa muyaya. Koma ngakhale n’conco, kodi pali zimene mungacite kuti mucepetse cisoni palipano, na kuti cisakhale kwa nthawi yaitali?

* Anthu ena ocepa angakhale na cisoni cacikulu kwambili ndipo cingatenge nthawi yaitali. Cisoni cimeneci cimachedwa cisoni “cocolowana” kapena “cokhalitsa.” Anthu aconco angafunikile kukaonana na madokota opeleka cithandizo kwa anthu ovutika maganizo.

**Kumva cisoni cifukwa
ca imfa n’cibadwa**

ZIMENE MUNGACITE PALIPANO MUKAFEDWA

Ngati mungafufuze malangizo a mmene munga-pililile cisoni, mwacionekele mudzapeza mfundo zambili-mbili, zina zothandiza kwambili kuposa zina. Ndipo zili conco cifukwa **anthu amalila malilo mosiyana-siyana**, monga mmene takambila kale. Zimene zingakhale zothandiza kwa munthu wina sizingakhale zothandiza kwa wina.

Ngakhale n’conco, pali mfundo zina zimene zakhala zothandiza kwa anthu ambili. Kaŵili-kaŵili, alangizi a anthu ofedwa amalimbikitsa mfundo zimenezi, ndipo zimagwilizana na mfundo zimene sizisintha, zopezeka m’buku yakale ya nzelu, Ba-ibo.

1

LANDILANI THANDIZO KWA ACIBULULU NA MABWENZI

- Akatswili ena amaona kuti njila imeneyi ni yothandiza kwambili kuti munthu apilile cisoni. Koma nthawi zina, mungafune kukhala pamwekha. Mwina mungafike pokwili amene akuyesa kukuthandizani. Izi zisakudabwitseni. Nthawi zambili ndiye mmen zimakhala.
- Musaganize kuti nthawi zonse mufunika kukhala pakati pa anthu, komanso musawaleitse kukufikilani. Ndipo mwina mukhoza kukafuna thandizo lawo kutsogolo. Mokoma mtima, adziŵitseni zimene mufuna palipano, komanso zimene simufuna.
- Malinga na zimene mufunikila, gaŵani bwino nthawi yokhala na anthu ena komanso yokhala pamwekha.

MFUNDO YAKE: “Aŵili amaposa mmodzi . . . Ngati mmodzi wa iwo atagwa, winayo akhoza kum’dzutsa mnzakeyo.”—Mlaliki 4:9, 10.



2

MUZIDYA ZAKUDYA ZOPATSA THANZI, KOMANSO MUZICITA MASEŴELA OLIMBITSA THUPI

- Kudya zakudya zopatsa thanzi kudzakuthandizani kugonjetsa nkawa imene imakhalapo popilila cisoni. Muzidya zipatso zosiyana-siyana, ndiyo zamasamba, komanso zakudya zopanda mafuta kwambili.
- Muzimwa madzi kwambili komanso zakumwa zina zopatsa thanzi.
- Ngati mulibe cifuno cakudya mokwanila, mungamadye cakudya cocepa pafupi-fupi. Mungafunsenso adokota zakudya zina zopatsa thanzi.*
- Kuyenda ndawala na kucita maseŵela ena olimbitsa thupi, kungakuthandizeni kucepetsa maganizo olefula. Kwa ena, maseŵela olimbitsa thupi amawathandiza kuvomeleza kusintha kwa zinthu mu umoyo wawo. Koma kwa ena amawathandiza kuti asamangoganizila za imfa ya wokondedwa wawo.

* *Galamuka!* siiuza anthu zocita pa nkani ya zakudya

MFUNDO YAKE: “Pakuti palibe munthu anadapo thupi lake, koma amalidyetsa ndi kulikonda.”—Aefeso 5:29.

3

MUZIGONA MOKWANILA

- Kugona n’kofunika kwambili, makamaka kwa ofedwa, popeza cisoni cimalefula kwambili.
- Pewani kumwa zakumwa za *caffeine* monga khofi, komanso kumwa moŵa kwambili. Cifukwa izi zingakusonezeni tulo.

MFUNDO YAKE: “Kupuma pang’ono kuli bwino kuposa kugwila nchito mwakhama ndi kuthamangitsa mphepo.”—Mlaliki 4:6.



4

SEWENZETSANI NJILA ZOTHANDIZA KWA IMWE

- Kumbukilani kuti anthu amalila malilo mosiyana-siyana. Conco, mudzafunika kusanakha mfundo zimene zingakhale zothandiza kwa imwe.
- Ambili amaona kuti kufotokozela anzawo mmene amvelela, kumawathandiza kupilila imfa. Koma ena amaona kuti ni bwino kusafotokozela anzawo. Akatswili ali na maganizo osiyana-siyana pa nkhani imeneyi. Akatswili ena amakhulupilila kuti kufotokozela ena mmene umvelela n'kothandiza, pamene ena amati n'kosathandiza. Ngati mufuna kufotokozelako wina mmene mumvelela, koma musowa poyambila, mwina mungayambe kuuzako bwenzi lanu lapamtima zinthu zocepa.
- Anthu ena amaona kuti kulila kumawathandiza kupilila cisoni. Koma ena amapilila ngakhale kuti salila kwambili.

MFUNDO YAKE: “Mtima umadziwa kuwa kwa moyo wa munthu.”—Miyambo 14:10.



5

PEWANI ZIZOLOŴEZI ZOKUWONONGANI

- Ofedwa ena pofuna kucepetsako cisoni, amamwa moŵa mopitilila mali-le kapena kuseŵenzetsa amkola bongu. “Kuiŵalako” mavuto mwa njila imeneyi n’kudziwononga. Ndipo kumvelako bwino kumene munthu angapeze n’kwa kanthawi. Koma zotulukapo zake zingabweletse mavuto aakulu. Conco, pofuna kucepetsako cisoni seŵenzetsani njila zimene sizingakuwonongeni.

MFUNDO YAKE: “Tiyeni tidziyeletse ndipo ticotse cinthu ciliconse coipitsa thupi.”
—2 Akorinto 7:1.



6

MUZISEŴENZETSA BWINO NTHAWI YANU

- Ambili amapeza kuti kucita zinthu zina kumawathandiza kucepetseko cisoni cawo.
- Mungapezeco citonthozo mwa kupanga mabwenzi atsopano kapena kulimbitsa mabwenzi amene alipo kale, kuphunzila maluso atsopano, kapena kucitako zosangalatsa.
- M’kupita kwa nthawi zinthu zingasinthe. Mudzaona kuti pang’ono-m’pang’ono mudzayamba kutenga nthawi yaitali simukuganizila za imfa ya wokondedwa wanu. Umu ni mmene munthu amafikila pocila ku cisoni.

MFUNDO YAKE: “Ciliconse cili ndi nthawi yake, . . . nthawi yolila ndi nthawi yoseka. Nthawi yolila mofuula ndi nthawi yodumphadumphapha mosangalala.”—Mlaliki 3:1, 4.

7

PITILIZANI KUTSATILA PULOGILAMU YANU YA ZOCITA

- Mwamsanga, yambaninso kucita zinthu zimene munali kucita tsiku na tsiku.
- Ngati mutsatila pulogilamu yanu monga kugwila nchito, nthawi yogona, na zocita zina, mwacionekele zinthu zidzakhalanso m'malo mwake.
- Kukhala wotangwanika na zinthu zabwino kudzakuthandizani kucepetsa cisoni canu.

MFUNDO YAKE: “Zoŵaŵa za pamotoyo wake waufupi sazizikumbukila kaŵilikaŵili, cifukwa Mulungu woona akucititsa kuti mtima wake uzisangalala.”
—Mlaliki 5:20.



8

PEWANI KUPANGA ZOSANKHA ZIKULU-ZIKULU MWAMSANGA

- Ambili amene amapanga zosankha zikulu-zikulu mwamsanga pambuyo pakuti wokondedwa wawo wamwalila, amadziimba mlandu pambuyo pake.
- Ngati n'kotheke, yembekezelani kwa kanthawi musanapange cosankha cokuka, kusintha nchito, kapena kutaya zinthu zina za wokondedwa wanu.

MFUNDO YAKE: “Zolinga za munthu wakhama zimam'pindulila, koma aliyense wopupuluma, ndithu adzasauka.”—Miyambo 21:5.

9

MUZIM'KUMBUKILA WOKONDEDWA WANU

- Ofedwa ambili apeza kuti n'kothandiza kucita zinthu zimene zimapangitsa kuti azikumbukila wokondedwa wawo amene anamwalila.
- Mungapeze citonthozo mwa kusunga masinapu, kapena zinthu zina zokukumbutsani wokondedwa wanu. Mungakhalenso na kabuku kolembamo zocitika na nkhani zina zimene mungafune kuti muzizikumbukila.
- Sungani zinthu zimene zingakukumbutseni zocitika zosangalatsa, kuti muzizona mukafuna kutelo.

MFUNDO YAKE: “Kumbukilani masiku akale.”—Deuteronomo 32:7.



10

PEZANI NTHAWI YOCITA ZOSANGALATSA

- Mwina mungatenge chuti.
- Ngati n'zosatheka kutenga chuti ca nthawi yaitali, mwina mungaciteko zinthu zina zosangalatsa kwa tsiku limodzi kapena aŵili. Mwacitsanzo, mungapite kokayenda, kukaona malo osungilako zinthu zakale, kapena kuyendetsa motoka.
- Kucita zinthu zina zosiyanako na zimene mumacita tsiku na tsiku, olo mwacidule, kungakuthandizeni kupilila cisoni.

MFUNDO YAKE: “Inuyo bwelani kuno, tipite kwa-tokha kopanda anthu kuti mupumule pang'ono.”—Maliko 6:31.

11

MUZITHANDIZA ENA

- Kumbukilani kuti nthawi iliyonse ime ne mungapatule kuthandiza ena, na *imwe* ingakuthandizeni kuti mumveleko bwino.
- Mungayambe mwa kuthandiza amene akhudzidwa na imfa ya wokondedwa wanu, monga mabwenzi, kapena acibululu amene angafune wolila naye
- Kuthandiza ena na kuwatonthoza kungakupangitseni kukhalanso waci-mwemwe, komanso kuona kuti moyo wanu uli na phindu.

MFUNDO YAKE: “Kupatsa kumabweletsa cimwe-mwe coculuka kuposa kulandila.”
—Machitidwe 20:35.



12

YANG’ANANINSO ZOCITA ZANU KUTI MUONE ZOFUNIKA KWENI-KWENI

- Nthawi yolila ingakuthandizeni kuzindikila zinthu zofunika kwambili.
- Tengelamponi mwayi wodzifufuza kuti muone mmene musewenzetsela umoyo wanu.
- Sinthani zina mwa zimene mumacita ngati m’pofunika kutelo.

MFUNDO YAKE: “Ndi bwino kupita kunyumba yamalilo kusiyana ndi kupita kunyumba yamadyelelo, cifukwa amenewo ndiwo mapeto a anthu onse. Cotelo munthu amene ali moyo aziganizila zimenezi mumtima mwake.”—Mlaliki 7:2.



ZIMENE MUNGACITE PALIPANO MUKAFEDWA | CIDULE CAKE

1 LANDILANI THANDIZO KWA ACIBULULU NA MABWENZI

Malinga na zimene mufunikila, gaŵani bwino nthawi yokhala na ena komanso yokhala pamwekha.

2 MUZIDYA ZAKUDYA ZOPATSA THANZI, KOMANSO MUZICITA MASEŴELA OLIMBITSA THUPI

Muzidya zakudya zopatsa thanzi, kumwa madzi kwambili komanso kucitako maseŵela olimbitsa thupi mwa saizi.

3 MUZIGONA MOKWANILA

Dziŵani kuti kugona n'kofunika kwambili kuti mulimbane na maganizo olefula, obwela cifukwa ca cisoni.

4 SEŴENZETSANI NJILA ZOTHANDIZA KWA IMWE

Popeza kuti anthu amalila malilo mosiyana-siyana, sankhani mfundo zimene zingakhale zothandiza kwa imwe.

5 PEWANI ZIZOLOŴEZI ZOKUWONONGANI

Pewani kumwa moŵa mopitilila malile komanso kuseŵenzetsa amkola bongo. Cifu-kwa izi zingakuonjezeleni mavuto.

6 MUZISEŴENZETSA BWINO NTHAWI YANU

Muzipezako nthawi yoceza na ena komanso yocita zosangalatsa.

7 PITILIZANI KUTSATILA PULOGILAMU YANU YA ZOCITA

Zinthu zingakhaleenso bwino ngati mutsatila pulogilamu ya zocita zanu za tsiku na tsiku.

8 PEWANI KUPANGA ZOSANKHA ZIKULU-ZIKULU MWAMSANGA

Ngati n'kotheke, yembekezelani kwa caka cimodzi kapena kuposelapo musanapange zosankha zikulu-zikulu zimene pambuyo pake mungadziimbe nazo mlandu.

9 MUZIM'KUMBUKILA WOKONDEDWA WANU

Sungani masinapu na zinthu zina zokukumbutsani wokondedwa wanu amene anamwalila, kapena kukhala na kabuku kolembamo zocitika zimene mungafune kuti muzim'kumbukila nazo.

10 PEZANI NTHAWI YOCITA ZOSANGALATSA

Pezani nthawi yocita zinthu zina zosiyanako na zimene mumacita tsiku na tsiku, olo kwa tsiku limodzi kapena kwa maawazi ocea cabe.

11 MUZITHANDIZA ENA

Pangani umoyo wanu kukhala wa phindu mwa kuthandiza anthu amene afunikila citonthozo, kuphatikizapo ena amene akhudzidwa na imfa ya wokondedwa wanu.

12 YANG'ANANINSO ZOCITA ZANU KUTI MUONE ZOFUNIKA KWENI-KWENI

Seŵenzetsani nthawi imeneyi kuti muone zimene n'zofunika kwambili. Ndipo ngati m'pofunika, sinthani zina mwa zimene mumacita.

Kukamba zoona, palibe cimene cingatsiliziletu cisoni cobwela na imfa. Komabe, ambili amene anataikilidwa okondedwa awo, **aona kuti kucita zimene tafotokoza m'nkhani ino, kwaŵathandiza kupeza citonthozo.** Koma sikuti tapeleka njila zonse zocepetsela cisoni. Mukayesa kuseŵenzetsa zina mwa njila zimenezi, mudzaona kuti zidzakuthandizani kucepetsa cisoni.

THANDIZO LODALILIKA KWAMBILI KWA OFEDWA

M’ZAKA ZAPITA, PACITIKA AKAFUKU-FUKU AMBILI POFUNA KUPEZA MALANGIZO OTHANDIZA KWA AMENE ATAIKILIDWA MUNTHU AMENE AMAM’KONDA. Koma monga tafotokozela m’nkhani yapita, malangizo amene akatswili amapeleka, kambili amagwilizana na nzelu zakale zopezeka m’Baibo. Izi zionetsa bwino kuti malangizo a m’Baibo ni odalilika nthawi zonse. Baibo siipeleka cabe malangizo odalilika. Koma imapelekanso malangizo amene sapezeka kwina kulikonse ndipo amapeleka citonthozo cabwino koposa kwa ofedwa.

● Citsimikizo cakuti okonedwa athu amene anamwalila sakuzunzika

Pa Mlaliki 9:5 Baibo imakamba kuti: “Akufa sadziwa ciliconse.” Imakambanso kuti, “zonse zimene anali kuganiza zimathelela.” (Salimo 146:4) Mogwilizana na zimenezi, Baibo imayelegezela imfa na kugona mwamtendele.—Yohane 11:11.

● Kukhala na cikhulupililo colimba mwa Mulungu wacikondi kumatonthozo

Baibo pa Salimo 34:15 imakamba kuti: “Maso a Yehova* ali pa olungama, ndipo *makutu ake amamva* kufuula kwawo kopempha thandizo.” Kuonjezela pa kuuzako wina mmene timvelela, kufotokozela Mulungu m’pempelo ndiye kothandiza kwambili kuti tipeze citonthozo. Ndipo kumatithandiza kukhala pa ubwenzi na Mlengi wathu, amene angaseŵenzetse mphamvu zake kutitonthoza.

● Tsogolo labwino kwambili limene mungayembekezele

Ganizilani za nthawi pamene ali m’manda adzaukitsidwa kukhalanso na moyo pano padziko lapansi! Baibo imakamba za nthawi imeneyo mobweleza-bweleza. Pofotokoza za mmene umoyo udzakhalila panthawiyo, Baibo imati, Mulungu

“adzapukuta misozi yonse m’maso [mwathu], ndipo imfa sidzakhalaponso. Sipadzakhalanso kulila, kapena kubuula, ngakhale kupweteka.” —Chivumbulutso 21:3, 4.

Ambili amene amakhulupilila Yehova, Mulungu wa Baibo, amapeza mphamvu zoculuka zowathandiza kupilila cisoni, cifukwa anaphunzila za ciyembekezo cakuti adzaonanso na okonedwa awo amene anamwalila. Mwacitsanzo, Ann amene mwamuna wake anamwalila pambuyo pokhala naye m’cikwati kwa zaka 65 anati: “Baibo imanitsimikizila kuti okonedwa athu amene anamwalila sakuzunzika, ndipo Mulungu adzaukitsa onse amene akuwakumbukila. Nthawi iliyonse nikamvela cisoni, nimakumbukila mfundo imeneyi. Zotulukapo zake n’zakuti, nakwanitsa kupilila vuto lalikulu kwambili limene n’nali nisanakumanepo nalo mu umoyo wanga!”

Tiina amene tam’chula m’magazini ino anati: “Kucokela pamene a Timo anamwalila, Mulungu wakhala akunithandiza. Nakhala nikuona dzanja la Yehova m’nthawi zovuta. Ndipo lonjezo ya m’Baibo ya ciukililo ni yeni-yeni kwa ine. Imanilimbikitsa kuti nipitilize kupilila mpaka pa tsiku limene nidzaonanso na a Timo.”

Izi n’zimenenso angakambe anthu ofika mamiliyoni amene amakhulupilila Baibo. Ngati mumaona kuti zimene Baibo imakamba si zeni-zeni kapena ni maloto cabe, mungacite bwino kuiphunzila mozama kuti mupeze umboni wakuti malangizo na malonjezo ake ni othandiza maningi. Mukacita zimezezo, mudzapeza kuti Baibo ni imene ingathandize kwambili anthu ofedwa.

DZIŴANI ZAMBILI ZA CIYEMBEKEZO CA KUUKA KWA AKUFA

Tambani mavidioyo ogwilizana na nkhani imeneyi, pa webusaiti yathu ya jw.org. **Yendani polemba kuti MABUKU > MAVIDIYO**

* Yehova ni dzina la Mulungu lopezeka m’Baibo.



Baibo inalonjeza za nthawi pamene
tidzalandilanso okondedwa athu amene anamwalila



KODI AKUFA ALI MU MKHALIDWE WANJI?

Kodi cimacitika n'ciani
munthu akamwalila?
Yankho yomveka bwino
imene Baibo ima-
peleka pa funso iyi ni
yotonthoza komanso
yodalilika

Yendani polemba kuti **MABUKU > MAVIDIYO** (Yendani pa Mbali Yakuti
Mavidiyo: Baibo > Ziphunzitso za m'Baibulo)



KODI MUNGAKONDE KUMVELAKO UTHENGA WABWINO?

M'dziko lodzala mauthe-
nga oipa, kodi mungau-
peze kuti uthenga wabwi-
no? Vidiyo imeneyi
ifotokoza za kabuku ka-
kuti, *Uthenga Wabwino*
Wocokela Kwa Mulungu.

Yendani polemba kuti **MABUKU > MAVIDIYO** (Yendani pa Mbali Yakuti
Mavidiyo: Misonkhano na Utumiki wathu > Zida Zosewenzetsa mu Ulaliki)

M'MAGAZINI INO

THANDIZO KWA OFEDWA

● KUŴAŴA KWA IMFA

Kodi umoyo umakhala bwanji munthu aka-fedwa? N'cifukwa ciani anthu ofedwa afuni-ka citonthozo?

● ZIMENE MUNGAYEMBEKEZELE

Nkhani iyi, ifotokoza maganizo amene anthu amakhala nawo ponena za cisoni, komanso zimene ambili amacita akafedwa. Ngati munafedwa, dziŵani kuti anthu amalila malilo mosiyana-siyana, ndipo zonsezo n'cibadwa.

● ZIMENE MUNGACITE PALIPANO MUKAFEDWA

Kodi mungatsatile njila ziti zimene zingakuthandizeni kupilila cisoni? Nkhani iyi, ipeleka malingalilo acindunji amene athandiza ena,



ndipo ni ozikidwa pa nzelu zimene n'zothandiza nthawi zonse.

● THANDIZO LODALILIKA KWAMBILI KWA OFEDWA

Onani gwelo la citonthozo limene ambili apezapo panthawi yovuta kwambili, komanso onani mmenekani ingakuthandizileni.



Mungacite daunilodi magazini ino na enanso mahala pa intaneti



Baibo imapezeka pa intaneti mu vitundu vopitilila 150

Yendani pa www.jw.org, kapena unikani kacidindo ka QR aka



9183-QIN
211014