

# ANTI SMOKE

# ANTI KUSVIRA

Turakiti iri reEvhangeri rakashandurwa nekombuta. Kana iwe uchigona kugadzirisa kana kugadzirisa mutauro, ndapota nyorera hofisi pa [info@angp.co.za](mailto:info@angp.co.za)



" Ndiratidzewo huipi hwekuputa?" mumwe anogona kukumbira, kuti izvo isu kupa mhinduro inotevera:

Chimwe chezvitadzo zvinomwe zvakaipisira chishuwo chemuviri. ( VaKorose 3: 5-6). Ichi chishuwo chisinganzwisike, chisina kugutsikana; kuda kusingadzorwi; chinhu chakaipa chido. The muviri hwevanhu kwete vanoda kuti fodya chero chimiro. Fodya hachisi chikafu chinogutsa asi chinongova mushonga une chepfu unogadzira chishuwo chinogara chichiwedzera, chisingagut sikane, icho chinonzi kuda kwenyama . ( VaKorose 3: 5-6). Kwepanyama chido ari kuverengwa pakati nomwe zvivi zvinouraya izvo vanonzi: **Kuzvikudza, kukara, kuchiva kwenyama, kukara kwehasha, godo, usimbe.**

Chokwadi kuti tingatoti munhu wose anosvuta mabhokisi, asingadi kubvisa, kana kupembedza zvakaipa izvi tsika. Shoko raMwari rinotaura kuti "Hakuna wakarurama". "Munhu wose akatadza uye ari kure kure rokuponesa pamberi waMwari." ( VaRoma 3: 10,23). " Tese tanga takaita semakwai akarasika, mumwe nemumwe achienda nenzira yake." (Isaya 53: 6). Nokuti vamwe zvakaipa kwava nokudenga, hakuna chinhu pasina chikonzero anorega mukati maro.

Mwari anoshora marara asina basa kana kutadza . Sei kushandisa mari pane izvo zvisingagutse ? Sei uchitora mubairo

wako asi uchine nzara? " Vanozvinetesa nekushandira pasina , uye zvese zvavakavaka zvinopisa." (Isaya 55: 2; Habhakuki 2:13). Kutambisa mari, nguva, uye utano, kana iri pamusoro nedoro, fodya kana zvimwe inokuvadza chinhu chiri zvechokwadi kwete kwaMwari. Mamirioni emapaundi ayo anopfumisa mafemu efodya ndiwo mutengo wakaomarara kubhadhara utsi nemadota, kutyisa tsinga nemoyo wakaputsika, huro, kuzvimba bronchi , uye kufa nekenza yemapapu. Chokwadi chokuti superintendent ane London Hospital anozivisa kuti vanhu vanopfuura 100,000 muna England kunge vakafa muna nokusaziva kubva zvemapapu kenza nokuda kuti mudzanga kusvuta munguva yapfuura makore makumi maviri, uye kuti pane anenge mumwe 250,000 vachange zvisvishoma nezvisvishoma kufa muna gumi anotevera, nokuda ichi runotadza tsika, unoratidza izvozvo ndizvo zvakaipa. Zvimwe zvinotonyanya kushamisa nhamba zvinogona kupihwa f rom pasi rese, uye kunyangwe Medical Science iri kutanga kuona mutengo wakashata urikubhadharwa nevanobatwa nefodya. The fodya

uchisvuta, kunyanya iye munhu uyo inhales kuti utsi, iri zvis homa nezvishoma, asi zvirokwazvo, vakaita kuzviuraya pamusoro chikamu urongwa. "Munhu anofa pazera 40 kana 50 kubva chirwere degeneracy, kana angadai akararama kusvika makore 70, 80 kana 100 makore ane sezvo zvirokwazvo akazviuraya sezvo ari munhu uyo Anovhura gasi ndege," nyora Dr. H. Bress.

### Fodya inouraya sei?

Vazhinji vanhu, avo vave airwara nemaperembudzi kuti aka wanda kwemakore, vanofa kenza, mabayo, mwoyo chirwere kana zvimwe zvirwere. Fodya anoita zvakafanana, izvozvo inouraya zvisina kunanga uye anopukunyuka kuti mhosva.

"Cigarette utsi ane chisimba chiito munguva iri etsinga centre, pave degeneration masero uropi, riri zvikuru nokukurumidza pakati vakomana. No mukomana kana murume kuti anosvuta mabhokisi anogona kushanda mumarabhoritari dzangu." Th. A. Edison. "Vanotendeuka mukereke vachidzokera shure semutemo kana vasingaregi fodya."

- J. McAuley.

"A mwana akaberekwa amai mudzanga kusvuta kurwara. It iri chepfu uye angafa mukati mevhibi mbiri rokuzvarwa. The postmortem anoratidza degeneration pamusoro pechiropa, mwoyo, uye dzimwe nhengo. Makumi matanhatu muzana zvose vana vakaberekwa vanamai vari vari ziendamberi mudzanga vanosvuta, kufa panguva imwe achiri zera, zvikurukuru vasati makore maviri okuberekwa. " - Dr. Ch. L. Barber.

Vanababa uye vanamai, sezvo nemhondi yavo pachavo vana, achava kupindura pamberi paMwari ari zuva rokutongwa.

Handingashamiswe kana izvo

zvatinoverenga munaEzekieri 8: 17,18 zvichitaura

nezvehuipi hwekusvuta nekusvuta fodya; "Havana

kugutsikana nokungoita

chete zvinonyangadza zvamaona pano uye nekupararira

kwemhirizhonga munyika yose. Kwete, vanofanira kuuya

vazviite muno mutemberi imomo

vagonditsamwisa zvikuru. Tarisai kuti vanondituka sei.

mu iri kupfuura tsamwisa

sezvatingagona! (A nezve munhu yechihedheni tsika

nokuisa bazi

kuti mhino). Vachanzwa vose simba pamusoro hasha

dzangu. I haringapembedzi navo kana kuvaratidza chero

tsitsi. Vachauya kudanzidzira minyengetero kuna ini

sezvo ruzha sezvo ivo napo, asi ini ndichava havana

kuteerera kwavari. " A Mwari Mutsvene anovenga

ichi chakaipa tsika fashoni, kuti fodya zvakaipa .

Church-kuenda vanhu kuti mhosva munhu

uyo akamboda kuti kusvuta muimba muchechi, kunyanya

panguva basa chechi. Pamwe hauna kudzidziswa kuti nekuti

Kristu akapa muviri wake kuti arovererwe uye akamutswa

kubva kuvakafa, Akasarudza miviri yedu nemoyo yedu, kuti

isukwe kubva kuzvitadzo zvese kuburikidza naJesu uye

nekuzadzwa neMweya Mutsvene, kuti ive tembere yake.

. "Hamuzivi here kuti muviri wenyu itemberi yaMweya

Mutsvene, anogara mamuri uye akapihwa kwamuri naMwari?

Hamusi venyu pachenyu asi ndeaMwari; Iye akakutengai

nemutengo. Saka, shandisai uye miviri yenyu kuti Mwari

akudzwe. (1 Vakorinde 6: 19-20). "Chivi anofanira

kuvazve Vakuitirewo yenyu inofa miviri, saka kuti iwe vaiye zvisuho zvako rwokuzvarwa kuzviremekedza. Kana unofanira kuzvipira

chero chikamu pachenyu kuti chivi kuti vave kushandiswa vakaipa zvinangwa. Asi, muzviye kuna Mwari, sezvo avo vane vane dzaunzwa kubva murufu vachienda kuupenyu, uye kupira kwenyu wose ari kuna iye anofanira kushandiswa nokuda zvakarurama zvinangwa. " (VaRoma 6: 12,13). " Saka, kana munhu achiparadza temberi yaMwari, Mwari achamuparadza. Nokuti tembere yaMwari iri dzvene, uye imi pachenyu muri temberi yake." (1 Vakorinde 3: 16,17).

Sei tichichengeta, tobva tasvibisa izvo zvakasaruudzwa naMwari kuti zvive tembere yake kureva miviri yedu ?

### Fodya naSatani

Mumwe kanzura weguta, shamwari yangu, akatendeukira kuna Kristu uye akapa hupenyu hwake kuna Mwari. Iye akanunurwa doru asi akaramba muranda fodya. Akaedza nepese paanogona napo kurega kusvuta asi

akatadza kukunda chishuwo ichi chakaipa . Zvino uye zvakare iye angadai kukanda hwefodya, nenyere, uye fodya kure, asi kuenda kuhofisi raitevera zuva, aigona haana muedzo wokutanga chitoro pasina kutenga chakanaka zvitengeswa zvakare. Achiziva zvakanyanya uye zvakanyanya kuti anga achiri murombo muranda wesora iri, akaora mwoyo uye akapererwa.

Rimwe yechando inotonhora manheru akagara oga muimba yake agere mumba, achidziya fireside kuputa ake nenyere. Akanga kunzwa kunyara kuva akadaro chaizvo muranda kuna ake nenyere uye saka kufunga vachikanda nayo kupinda ari moto

zvakare. Aiziva kuti kana akaita saizvozvo zvaizongoreva kuti aifanira kutenga pombi nyowani zuva raitevera. Akagara achifunga pamusoro yacho chaizvo nomwoyo wose kana pakarepo akaona Dhiyabhorosi amire ari syöminen mukamuri, vachimuseka uye kuseka kwaari, sezviri kutaura: "Ini ndine Wakasunganidzwa, iwe! Havagoni kunzvenga ini" Izvi zvakanga zvakadaro chaiye kuti iye akawira pasi na mabvi ake, tichiziva kuti pashure zvose, nhomba iyi kusvuta chaiva chimwe chinhu kupfuura aSatani simba. Iye akadanidzira kuna Mwari kuti zvachose kurwira iye muusungwa yaSatani. Mwari vakamununura, uye haana kuzoputa zvakare kwemakore makumi matatu nemana, mushure mezvo akapfuura achienda kudenga.

Mumwe munhu akabvunza mubvunzo: "MuKristu angasvuta here?" "Kwete, muKristu anofanira kupisa uye handisvuti," yaiva mhinduro. A kuputa rambi ndiyo imwe murombo chiedza, inogumbura. Mwenje yedu inofanira kupisa kuti nyika yese ione! (Mateo 5:14 - 16)

A guru bhuku aigona kuva rakanyorwa kuti aratidze zvakaipa pamusoro kusvuta kubva pakunamata, mutsika, mumuviri, uye upfumi achitandadza maonero. Kuputa, kufanana udhakwa uye chero mamwe zvivi tsika, ndiye ane udyire chido. It akakumanikidza vamwe, vana vaisanganisira, uyo vanokoshesa matsva mhengo, kuti kufema mu kunonyadzisira, smoky mhengo, kwete kutaura pamusoro chiutsi ine uchisvuta Anopararira kwose kunoita pamusoro.

## Kununurwa

Chokwadi cheVaRoma 7: 15-25 chinoshandawo kuvaranda vefodya chero zvipi nezvipi: "Sezvo zvandinoita ndizvo zvandisingadi . Ndiri munhu asingafari ! Ndiani achandinunura kubva mumuviri uri kutora kwandiri rufu."? Jesu akauya kutidzikinura kubva muusungwa ose, ose zvakaipa chido, rudzi rwose rwouranda uye akatisika madzimambo uye vapristi hwake. Kristu ane kuuya kuti isu zvisikwa zvitsva, pamwe dzakachena miromo uye dzakachena mwoyo. . hapana zvinosvibisa vachapinda denga Physical rufu hakuti kutidzikinura kubva tsvina netsika, nokuti ari wokupedzisira chitsauko chiri pamusoro Bhaibheri rinozivisa kuti: "munhu wose ari tsvina inofanira kuenda nokuva tsvina." ( Zvakazarurwa 22:11).

Isa hupenyu hwako kuna Jesu uye Iye achakusunungura; "Kana Mwanakomana akakusunungurai, muchava vakasununguka zvechokwadi." (Johani 8:36). Kana usingakwanisi kuwana kukunda kubudikidza naKristu woga, edza muchikohwa vaonane ine mufundisi nokuzvipira, kana upi chaiye, pakunamata mwana waMwari kuti anogona kutenda uye nyengeterai pamwe nemwi maererano Marko 16: 17,18 uye Jakobho 5: 14- 20 ; VaRoma 6: 11-14; 8: 1-2.

"Dzivisa dhiabhoru, uye achakutiza." (Jakobho 4: 7). Muzadzwe chaiyo moto Mutsvene uye iwe uchava kusvuta, muranda akasunungurwa. Ipapo unozonakidzwa nehupenyu zvizere (Johane 10:10) uye unokwanisa kuimba nemufaro:

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Kana iwe wakawana ruponeso munaKristu, kana wakakomborerwa neimwe nzira kuburikidza nemabhuku edu eEvhangeri, ndokumbira utizivise. Tinoda kutenda Mwari pamwe newe uye kurangarira iwe zvimwe muminyengetero yedu. Nokuti vakasununguka Gospel mabhuku, mabhuku, uye maturakiti mumitauro inopfuura 540, tapota taura nesu :

## MWOYO WEMUNHU





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