

# HOW TO PRAY EFFECTIVELY

## MMENE TINGAPEMPHERE MOYENERA



Kapepala aka ka Uthenga Wabwino kanamasuliridwa ndi kompyuta. Ngati mutha kukonza kapena kusintha chilankhulo, lembalani ku ofesi pa [info@angp.co.za](mailto:info@angp.co.za)

Okhulupirira ambiri ali ndi nkhwana ndi okondedwa awo osapulumsidwa kapena obwerera mmbuyo, koma akupemphera mwamantha ndi nkhwana m'malo mokhulupirira. Izi zandipangitsa kufunafuna njira yotsimikizika yopempherera komanso lonjezo lotsimikizika lokhazikika pachikhulupiriro chatu.

## Ulamuliro wa okhulupirira

Choyambirira, tiyenera kudziwa kuti ndife ndani mwa Khristu, ndikugwiritsa ntchito udindo wathu monga okhulupirira, motsutsana ndi mdierekezi ndi magulu ake omutsutsa. Tiyenera kudziwa kuti kudzera mwa Yesu tili ndi chigonjetso chathunthu. ( Aroma 8:37), pakuti Yesu anagonjetsa mdierekezi pa Kalvari ( Ahebri 2:14; 1 Yohane 3: 8) ndipo anagonjetsa mphamvu zonse za mdierekezi. ( Luka 10:19). Awa ndi Mawu a Mulungu, ndipo Iye amanthauza zomwe Iye anena. Mdierekezi sakhulupirira kuti wagonjetsedwa, komabe, chifukwa sakhulupirira chilichonse ndipo amapitiliza kulepheretsa ndi kukhumudwitsa iwo omwe angamulandire (1 Peter5: 8). Mwanjira ina, Satana amatiyesa kuti tiwone ngati tingagonjere ku kuwukira kwake kapena ayi, ndipo mwatsoka, okhulupirira ambiri aiwala zomwe ali mwa Khristu, ndikuti Satana ndi mdani wogonjetsedwa, ndipo amamugonjera. Komabe, tiyenera kulimbana ndi mdierekezi osamugonjera. (Yakobo 4: 7). Tiyenera kulimbikira ndi kulimbikira, ngakhale zikuwoneka ngati zosatheka, ndipo tidzakolola ( Agalatiya 6: 9), chifukwa ndi Mulungu palibe chosatheka, ndipo Iye adzapereka mphoto kwa iwo akumfuna Iye ndi chikhulupiriro ndi chiyembekezo. ( Ahebri 11: 6). Nthawi zambiri Yesu ankanena kuti , "Zikatero, monga mukhulupirira" Mateyu 8:13; 9:29. Chikhulupiriro nchiyani?

## Zitsanzo za chikhulupiriro cha tsiku ndi tsiku

Mlimiyo amafesa mbewu zake, ndipo ngakhale saona chilichonse chikuchitika, mwachikhulupiriro amadziwa kuti adzakolola pa nthawi yoyenera. Bambo wina amakhala pampando wa sitima yapamtunda wopita kumalo

akutali. Sanasamale zaulendo wake. Pokhulupirira njanji, amakhulupirira kuti adzafika komwe akupita. Njira zambiri zanjani, mphambano ndi kuwoloka zimayenera kukambirana, koma uwu ndiudindo wa njanji. Amakhala pansu ndikuwerenga kapena kugona. Ndipo pamene tikubweretsa chosowa chathu kwa Ambuye, tiyeni tipereke chosowacho kwa Ambuye, ndikusiya chozizwitsa kwa Iye. Tisadere nkawa za zovuta ndi zovuta zakubweretsa yankho. Imeneyo ndi ntchito ya Mulungu, ndipo njira Zake ndizosiyana ndi zanu ndipo Maganizo Ake sali ngati anu. ( Yesaya 55: 8-9). Mukamapita ndi wotchi yanu kwa wopanga mawotchi kuti akaikonze, amaumirira kuti mukamusiya mpaka itakonzedwa. Sangathe kukonza ngati utenga nanu. Momwemonso, tiyenera kusiya chosowa chathu kwa Ambuye, osadzazidwa ndi mantha komanso kukayika. Pali chinthu chimodzi chokha chosatheka ndi Mulungu, ndiko kuyankha pemphero lathu pamene tikuyesera kuthetsa vutoli tokha, mwamantha ndi kusatsimikizika. Uku ndiko kusakhulupirira, ndipo popanda chikhulupiriro palibe amene angakondweretse Mulungu. Werengani Aheberi 11: 6. Tiyeni tikhale ngati Paulo ndi Sila mu Machitidwe 16:25. Atapempha thandizo kwa Mulungu, anaganiza za ukulu ndi kukhulupirika kwake, ndipo ngakhale anali ndi zilonda komanso kusowa chiyembekezo, anaimba nyimbo zotamanda Mulungu, ndipo Mulungu anagwedeza ndende ndi kuwamasula. Ichi chinali chikhulupiriro mu ukulu wa Mulungu osati kutaya mtima kwa mikhalidwe yawo. Chikhulupiriro chimachita zosatheka.

### **Machenjera a mdierekezi ndi malingaliro athu**

Tiyeni tikhale ndi chikhulupiriro mwa Mulungu, osati mikhalidwe yathu; tiyeni tilimbane ndi malingaliro olakwika omwe Satana adzaike m'maganizo mwathu. Adzatiuza kuti

zinthu zikuipiraipira m'malo mokhala bwino. Atisonyeza mawonekedwe awonekedwe ngati umboni wazovuta. ie zizindikilo ndi lipoti la zamankhwala pakadwala. Adzapangitsanso mnzanu wapamtima kuti azilankhula nanu m'njira yokonzera mantha komanso kukayika. Adzakutchulani zochitika zofananira m'moyo wa munthu wina zomwe zidathera pamavuto. Adzawunjikitsa umboni patsogolo panu womwe umaloza modabwitsa kuti mugonjetse. Koma tithokoze Mulungu, popeza okhulupirira sitifunikira kuyang'ana mawonekedwe, zizindikiro komanso zolankhula za anthu, chifukwa timayang'ana umboni wa chikhulupiriro, chifukwa Aheberi 11: 1 imatiuza kuti chikhulupiriro ndikutsimikiza pazinthu zomwe sitingathe mwawona. Chikhulupiriro ndicho chomwe timawona mpaka nthawi yomwe chidzakhale yankho la pemphero lathu. Nthawi yodikirayi imafuna chipiriro; pamafunika chiyembekezo chathu chokhazikika cha ntchito ya Mulungu ngakhale panali zovuta zambiri; zimafunikira kulimbana kwathu nthawi zonse motsutsana ndi ziwanda zomwe satana amatikayikira komanso kukopa; zimafunikira kulumikizana kwathu nthawi zonse kwa Mulungu ndi malonjezo Ake osalephera ngakhale zikuwoneka ngati zalephera. Izi zimatifikitsa kuti tiganizire malonjezo Ake olembedwa m'Mawu ake.

## Malonjezo a Mulungu

Izi ndizolembedwa zolembedwa zakuda ndi zoyera, pakati pa Mulungu ndi wokhulupirira, ndipo zimakhazikitsidwa kwamuyaya. Masalmo 89:34 akuti Mulungu sadzabweza ngakhale lonjezo limodzi lomwe adalonjeza. Titha kuyika chikhulupiriro chathu m'Mawu a Mulungu bwinobwino, chifukwa Mulungu amatha kukwaniritsa malonjezo Ake ndipo alipo oposa chikwi chimodzi. (1 Mafumu 8:56). Abrahamu

anali wotsimikiza kwathunthu kuti Mulungu adzakhala wokhoza kuchita zomwe adalonjeza. ( Aroma 4:21). Anadikirira chaka ndi chaka. Sarah anali kukalamba, ndipo kuthekera kwakubala mwana wamwamuna wazaka zakubadwa makumi asanu ndi awiri anali kumayankhula mwaumunthu zosatheka mwachilengedwe, koma sanalole kuti izi zilingike m'mutu mwake. Mulungu anali atalonjeza - chifukwa chake udali udindo wa Mulungu. Adatenga lonjezolo - mgwirizano wa Mulungu ndi iye. Palibe chomwe chingasokoneze chikhulupiriro chake. Mu nthawi ya Mulungu, adalandira mwana wake wamwamuna. Mulungu sanachedwe ndipo sanachedwe kwambiri. Limbikani choncho, ndipo pitirizani kukhulupirira. Mulungu ndi wamkulu kuposa chosowa chanu.

## Chipulumutso

Tiyeni nafenso, tigwire lonjezo la Mulungu pa zosowa zathu. Kodi ndi kwa wokondedwa kupulumutsidwa? Yemwe akuwoneka kuti ali kutali ndi Mulungu? Ophunzira adafotokozera Ambuye nkhani yovuta. "Ndiye ndani angapulumuke Ambuye?" iwo anafunsa mu Mateyu 19: 25-26. Yesu anati: "Izi ndizosatheka kwa anthu, koma kwa Mulungu zonse ndizotheka." Mulungu afewetsa mtima wa mwalawo; Asintha malingaliro amenewo. Pempherani ndikusiya zosatheka kwa Mulungu, kunyalanyaza mawonekedwe, ndikupitilizabe kuthokoza ndi kutamanda Mulungu, chifukwa cha mphamvu Zake zozizwitsa. Dzudzulani satana pakutsutsa kwake ndikutenga mphamvu zake zoyipa mu Dzina la Yesu, monganso Paulo pa Machitidwe 16:18. Osazengereza kugwiritsa ntchito udindo wanu ngati wokhulupirira. Yohane 14:13; Machitidwe 3: 6,16. Pamene wokondedwa wanuyo mwina akupanduka mokakamira kuposa kale lonse, zindikirani kuti ndi Satana

amene akuyambitsa izi. Nkhondo yolimbana ndi Satana mosalekeza mu gawo lauzimu kudzera mu pemphero la chikhulupiriro, kumulamula kuti amasule wamndendeyo mdzina la Yesu. Osataya mtima pomwe zikuwoneka kuti palibe zosintha. Ndikuti "zikuwoneka", chifukwa sitingathe kuwona kusintha komwe kumachitika mkati mwa mtima ndi malingaliro amunthuyo. Otsutsa ndi umboni wotsimikizika woti kuli nkhondo yauzimu. (Aefeso 6:12). ndipo monga okhulupirira tili mbali yopambana. Onetsani chikondi ndi chisomo, ngakhale mutatsutsidwa ndi kunyozedwa. Pa nthawi yoyenera, Mulungu adzakhala ndi njira yake. "Safuna kuti wina aliyense awonongeke, koma kuti onse atembenuke mtima ndi machimo awo." (Yohane 6:37; 1 Timoteo 2: 4; 2 Petro 3: 9).

## Kuchiritsa

Momwemonso muyenera kukhala nawo mukamapempherera kuchiritsa thupi. Khalani olimba mtima ndi olimba mchikhulupiriro. Gwiritsani ntchito mphamvu zanu ngati wokhulupirira, ndikudzinenera machiritso molingana ndi malonjezo a Mulungu. Masalmo 103: 3 "Iye amakhululukira onse machimo anga ndi amachiritsa onse matenda anga." Mateyu 8:17 "Iye mwini adatenga matenda athu nanyamula nthenda zathu." 1 Petro 2:24 "... Ndi mabala Ake omwe tachiritsidwa." Marko 16: 17,18 "... adzaika manja awo pa anthu odwala, amene adzachira." Awa ndi mawu abwino. Odwala adzachira. Si mawu oti "mwina" kapena "mwina" kapena "ngati", koma wotsimikiza "apeza bwino". Chifukwa chake tiyeni tiike chikhulupiriro chatu pamawu abwino awa, Mawu a Mulungu a mgwirizano wolembedwa pakati pa wokhulupirira ndi Iyemwini, ndikuyembekezera yankho la pemphero lathu. Pa nthawi

yoyenera chikhulupiriro ichi chidzakwaniritsidwa. Mulungu sangakhoze kulephera.

## Momwe mungakulitsire chikhulupiriro chanu

Aroma 10:17 akuti "Chikhulupiriro chimadza pakumva uthengawu, ndipo uthengawu umamveka kudzera mu Mawu a Khristu." Timakhulupirira anthu amene timawadziwa. Tikudziwa ngati ali odalirika komanso angathe. Timapanga chikhulupiriro chathu kutengera momwe timadziwira za chikhalidwe chawo. Kodi tingakhale bwanji ndi chikhulupiriro mwa Mulungu ngati sitimamudziwa, malingaliro ake kwa ife ndi chifuniro chake kwa ife? Chifukwa chake tiyeni tidziwe chifuniro cha Mulungu kwa ife powerenga Mawu ake ndikukhala ndi nthawi yosinkhasinkha, kuti timudziwe bwino. 1 Yohane 5: 14-15 akuti izi zimatipatsa kulimbika ndi chikhulupiriro chomwe chimayembekezera kulandira kuchokera kwa Atate wathu Wakumwamba wachikondi, yemwe akuyembekeza kutsanulira madalitso Ake pa ana Ake. Pitirizani kukhulupirira ndikuyembekezera. Mulungu adzalemekesa chikhulupiriro chophweka.

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Ngati mwapeza chipulumutso mwa Khristu, kapena mwadalitsika mwanjira zina kudzera mu mabuku athu a Uthenga Wabwino, chonde tiuzeni. Tikufuna kuthokoza Mulungu limodzi nanu, ndipo tikukumbukiraninso m'mapemphero athu. Kuti mumve zaulere za Uthenga Wabwino, mabuku ndi mathirakiti m'zinenero zoposa 540, lembalani :

# MTIMA WA MUNTHU



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