

KWABASEEFESE

1 2 3 4 5 6

ISAHLUKO 1

UPawulos, umpostile kaYesu Kristu ngokuthanda kukaThixo, ubhalela abangcwele abase-Efese, abakholwayo kuKristu Yesu;

2 athi, Makube lubabalo kuni, noxolo oluvela kuThixo uBawo wethu, neNkosi yethu uYesu Kristu.

3 Makabongwe uThixo, uYise weNkosi yethu uYesu Kristu, lowo wasisikelelayo ngeentsikelelo zonke zoMoya kwezasemazulwini iindawo, sikuKristu;

4 njengokuba wathi, ngaphambi kokusekwa kwehlabathi, wasinyulela kuye, ukuba sibe ngcwele, singabi nasiphako phambi kwakhe;

5 othe ngokusithanda wasimisela ngenxa engaphambili, ukuba senziwe oonyana kuye ngokwakhe ngoYesu Kristu, ngokwenkolelo yokuthanda kwakhe,

6 ukuze kudunyiswe uzuko lobabalo Iwakhe, awasibabala ngalo sikuye Othandiweyo;

7 esinayo sikuye inkululeko ngokuhlawulelw ngegazi lakhe, ukuxolelw ke kweziphoso zethu, ngokobutyebi bobabalo Iwakhe;

8 awaluphuphumisela kuthi, lunabo bonke ubulumko nokuqonda;

9 esazisile imfihlelo yokuthanda kwakhe ngokwenkolelo yakhe, awayimisayo ngokwakhe,

10 ebhekise ekuhleleni aya kuhlela ngako, akuzaliseka amaxesha, ukuba azihlanganisele zonke izinto kuye uKristu, ezisemazulwini kwanezisemhlabeni;

11 ewe, kuye lo sithe sikuye sadla ilifa; simisiwe ngenxa engaphambili ngokwengqibo yozisebenzayo zonke ezo nto ngokwecebo lokuthanda kwakhe;

12 ukuze sibe ngabokudumisa uzuko Iwakhe, thina aba sathi ngenxa engaphambili satembela kuye uKristu;

13 enithe, nikuye nani, nakuliva ilizwi lenyaniso, iindaba ezi zilungileyo zokusindiswa kwenu-enithe, nakukholwa nokukholwa kuye, natywinwa naqiniselwa ngaye uMoya oyiNgcwele wedinga,

14 osisinyaniso selifa lethu, ukude kugqibelete ukukhululeka ngentlawulelo kwabo baziinqobo kuye, ukuba kudunyiswe uzuko Iwakhe.

15 Ngenxa yoko nam, ndakuba ndikuvile okwenu ukukholwa yiNkosi uYesu, nokubathanda kwenu bonke abangcwele,

16 andiphezi ukubulela ngenxa yenu, ndinikhumbula emithandazweni yam,

17 ukuba uThixo weNkosi yethu uYesu Kristu, uYise wozuko, aninike umoya wobulumko wokunityhilela, nimazi kakuhle;

18 nikhanyiselwe amehlo engqondo, ukuze nilazi into eliyiyo ithemba lobizo Iwakhe, nento obuyiyo ubutyebi bobuqaqwuli belifa lakhe phakathi kwabo abangcwele;

- 19** nento obuyiyo ubukhulu obuncamisileyo bamandla akhe abhekisele kuthi, thina bakholwayo, angokokusebenza kokuqinisela kokomelela kwakhe,
- 20** awakusebenza kuye uKristu, ekumvuseni kwakhe kwabafileyo; waza wamhlalisa ngasekunene kwakhe kwezasemazulwini iindawo,
- 21** ngaphezu kwalo lonke ulawulo, negunya, namandla, nobukhos, nalo lonke igama elikhankanywayo, kungekhona kweli phakade lodwa, kunakwelo lizayo.
- 22** Waza izinto zonke wazithobela phantsi kweenyawo zakhe, wammisa ukuba abe yintloko phezu kweento zonke kulo ibandla,
- 23** Iona lingumzimba wakhe, ukuzala ke oko kozizalisayo izinto zonke ngako konke.

ISAHLUKO 2

- N**ani unidlise ubomi, nifile nje zizophoso na zizono;
- 2** enanifudula nihamba kuzo ngokwesimo seli hlabathi, ngokomphathi wegunya lesibhakabhaka, womoya lo usebenzayo ngoku kubo abangevayo;
- 3** esasifudula nathi sonke sihleli phakathi kwabo ezinkanukweni zenyama yethu, sisenza ukuthanda kwenyama nokwengcinga, saye ngemvelo sikwangabantwana bengqumbo, njengabanye abo.
- 4** Ke uThixo, esisityebi nje ngenceba, uthe ngenxa yothando lwakhe olukhulu, awasithanda ngalo,
- 5** thina sifile nje zizophoso, wasidlisa ubomi ndawonye noKristu (nisindiswe ngokubabalwa),
- 6** wasivusa naye, wasihlalisa naye kwezasemazulwini iindawo, sikuKristu Yesu;
- 7** ukuze ubutyebi obuncamisileyo bobabalo lwakhe abubonakalalise emaphakadeni azayo, ngokusenzela ububele ngoKristu Yesu.
- 8** Kuba nisindiswe ngokubabalwa nangalo ukholo; nako oko kungaphumi kuni, kusisipho sikaThixo;
- 9** akuphumi misebenzini, hleze kubekho bani uqhaisayo.
- 10** Kuba thina singumsebenzi wakhe, sidalelw kuKristu Yesu, ukuze senze imisebenzi elungileyo, awayilungisayo uThixo ngenxa engaphambili, ukuze sihambe kuyo.
- 11** Ngoko ndithi, Khumbulani ukuba nina, enibe nifudule niziintlanga ngokwenyama, kusithiya ningabangalukileyo, ngabo kuthiya ngabolwaluko olwensiwe ngezandla enyameni:
- 12** okokuba ngelo xesha nibe ningenaKristu, ningazani nawo umzi wakwaSirayeli, ningabasemzini kuyo iminqophiso yalo idinga, ningenathemb, ningenaThixo ehlabathini.
- 13** Ke ngoku ngoKristu Yesu, nina, enibe nifudula nikude, nithe naba kufuphi ngalo igazi likaKristu.
- 14** Kuba nguye oluxolo lwethu, yena uthe izinto zombini wazenza zaba nye, waluchitha ke udonga lothango oluphakathi, ubumpi ke obo,
- 15** akuba ewubhangisile, esenyameni yakhe, umyalelo wemithetho esemimiselweni; ukuze abo babini abadalele kuye ngokwakhe, babe mntu mnye, mtsha, esenza ke uxolo;
- 16** nokuze abaxolelanise noThixo abo babini, babe mzimba mnye ngawo umnqamlezo, ebubulalele kuwo ubumpi obo.
- 17** Weza ke washumayela iindaba ezilungileyo zoxolo kuni abo bakude, nakwabakufuphi;
- 18** ngokuba kungaye ukungeniswa kwethu sobabini, siMoya mnye kuye uYise.
- 19** Ngoko ke anisengabasemzini nabaphambukeli; ningamakhaya kubo abangcwele,

ningabendlu kaThixo,

- 20** nakhelwe phezu kwelitye lesiseko sabapostile nabaprofeti, inguYesu Kristu ngokwakhe ilitye lembombo;
- 21** esithi kuye sonke isakhiwo, sihlangene kakuhle, sikhule, sibe yitempile engcwele eNkosini;
- 22** enithi nani nakhelwe ndawonye kuye, ukuze nibe yindawo yokuhlala kaThixo ngaye uMoya.

ISAHLUKO 3

Ngenxa yoko, mna Pawulos, mbanjwa kaKristu Yesu ngenxa yenu zintlanga—

- 2** ukuba ke nikuvile ukugosisa kobabalo lukaThixo endanibabalelw ngalo;
- 3** okokuba wandazisa imfihlelo leyo ngokotyhilelo, njengoko sendibhale kade ngokufutshane;
- 4** enothi ngoko, nakulesa, nibe nokuqiqa okwam ukuyiqonda imfihlelo kaKristu;
- 5** ababengathanga kuzimbi izizukulwana bayaziswe oonyana babantu, njengoko bayityhilelweyo ngoku abapostile bakhe abangcwele, nabaprofeti bakhe, ngaye uMoya;
- 6** eyokuba iintlanga zizindlalifa nathi, zikwamzimba mnye nathi, zingamahlulelana nathi ngedinga lakhe, sikuye nje uKristu ngazo iindaba ezilungileyo,
- 7** endaba ngumlungiseleli wazo ngokwesipho sobabalo lukaThixo, endababalwa ngaso ngokokusebenza kwamandla akhe.
- 8** Mna lo, unguyenya mncinanana kubo bonke abangcwele, ndababalwa ngolo lubabalo, lokuba ndishumayele phakathi kweentlanga iindaba ezilungileyo zobutyebi obungalandekiyo bukaKristu;
- 9** ndibakhanyisele bonke, bayibone into obuyiyo ubudlelane bemfihlelo ebifihliwe kwasemaphakadeni, ikuye uThixo owazidalayo zonke izinto ngoYesu Kristu;
- 10** ukuze ngoku oozilawuli noomagunya, abakwezasemazulwini iindawo, babaziswe ngalo ibandla ubulumko bukaThixo, obuziintlobo ezininzi,
- 11** ngokokwengqibo yakhe yasemaphakadeni, awayenzayo kuKristu Yesu, iNkosi yethu;
- 12** esinako sikuye ukungafahlisi kwethu, nokungeniswa kuye sikholsile, ngokukholwa kuye.
- 13** Kungoko ndicelayo ukuba ningethi amandla ziimbandezelo zam, ezingenxa yenu, zona ezi ziluzuko lwenu.
- 14** Ngenxa yoko ndiyawagoba amadolo am kuye uYise weNkosi yethu uYesu Kristu,
- 15** ebizwe ngaye yonke imizalwane esemazulwini nesemhlabeni,
- 16** ukuba aninike, ngokobutyebi bozuko lwakhe, ukomelezwa ngamandla ngaye uMoya wakhe, ngokusingisele emntwini ongaphakathi;
- 17** ukuba uKristu ahlale ngalo ukholo ezintliziyweni zenu, nendele nisekelwe eluthandweni,
- 18** ukuze nithi, ndawonye nabo bonke abangcwele, nibe nako kanye ukubuqiqa into obuyiyo ububanzi, nobude, nobunzulu, nokuphakama kwalo,
- 19** kwanokulwazi uthando lukaKristu oluncamise ukwazi; ukuze niye nizala ngako konke ukuzala kukaThixo.
- 20** Kuye ke onako ukwenza okungaphezu kweento zonke ngokugqithiseleyo kakhulu, ngaphezu kwesikucelayo nesinokukuqiqa, ngokokwamandla asebenzayo ngaphakathi

kwethu,

21 kuye malubekho uzuko ebandleni elikuKristu Yesu, kuse kuzo zonke izizukulwana zalo iphakade lasemaphakadeni. Amen.

ISAHLUKO 4

Ndiyanivuselela ngoko, mna mbanjwa waseNkosini, ukuba nihambe ngokulufaneleyo ubizo enabizwa ngalo,

2 ninako konke ukuthobeka kwentliziyo nobulali, ninokuzeka kade umsindo, ninyamezelana, nisenziwa luthando,

3 nikhuthalele ukubugcina ubunye boMoya ngentambo yoxolo.

4 Mnye umzimba, mnye noMoya, njengokuba nabizwayo nokubizwa, naba nathembalinye lobizo lwenu.

5 Inye iNkosi, lunye uholo, lunye ubhaptizo,

6 mnye uThixo, uYise wabo bonke, ophezu kwabo bonke, okubo bonke, ophakathi kwenu honke.

7 Ke elowo kuthi wababalwa ngokomlinganiso wokupha kukaKristu.

8 Kungoko athi, Enyuke waya enyangweni, wathimba intimbo, Wabapha izipho abantu.

9 Oko ke kuthi, wenyuka, kuyintoni na, kungekwakukuthi, wehla nokuhla kuqala, waya kwezona ziseza ntsi iindawo zomhlaba?

10 Owehlayo ikwangulowo wenyukayo, waya ngaphezu kwawo onke amazulu, ukuze azalise zonke izinto.

11 Waza kwayena wabapha abanye ukuba babe ngabapostile, abanye babe ngabaprofeti, abanye babe ngabashumayeli beendaba ezilungileyo, abanye babe ngabalusi nabafundisi,

12 ukuze abangcwele basulungekiselwe umsebenzi wolungiselelo, ukwakhiwa ke komzimba kaKristu;

13 side thina sonke sifike kubo ubunye benkolo, nobokumazi okuzeleyo uNyana kaThixo, ebudoden obupheleleyo, emlinganisweni wobukhulu bokuzala kukaKristu;

14 ukuze singabi saba ziintsana, silatyuzwa, siphets'hethwa ngumoya wonke wemfundiso, ngokunyanga kwabantu, ngobuqhetseba obusemaqhingeni olahlekiso;

15 sithi ke, sinyanisekile eluthandweni, sikhulele, ngeendawo zonke, kuye lo uyintloko, uKristu;

16 ekuphuma kuye ukuthi, umzimba wonke uhlangu kakuhle, ubandakanywe ngako konke ukuxhomekelelana kwamalungu okuluncedo, okusebenza ngomlinganiso weendawo zonke ngazinye, ukhulise umzimba, use ekuzakheni ngothando.

17 Ke ngoko, oku ndiyakuthetha ndikungqine ndiseNkosini, ukuthi, maningabi sahamba njengoko zihamba ngako nezinye iintlanga, ngamampunge engqiqo yazo,

18 zenziwe mnyama iingqondo, zingazani nobomi bukaThixo ngenxa yokungazi okukuzo, ngenxa yokuqaqadeka kwentliziyo yazo;

19 abathe bona, bengasaziva, bazinikela eburheletyweni, ukuze basebenze ukungcola konke, bebawa.

20 Ke nina animfundanga ngokunjalo uKristu,

21 ukuba kambe ningaba nimvile, nafundiswa nikuye, njengoko inyaniso ikuye uYesu;

22 yokuba nithi ngakwihambo yangaphambili nimlahle umntu omdala, owonakaliswayo ngokokweenkanuko zokulukuhla;

- 23** nihlaziwe ke kuwo umoya wengqiqo yenu,
- 24** nimambathe umntu omtsha, othe ngokukaThixo wadalelwa ebulungiseni, nasebungcweleni benyaniso.
- 25** Kungoko ke ndithi, lahlani ubuxoki, thethani inyaniso elowo nommelwane wakhe; ngokuba singamalungu, omnye elelomnye.
- 26** Qumbani, ningoni; ilanga malingade litshone nicaphukile;
- 27** kananjalo musani ukumkhwelela indawo uMtyholi lo.
- 28** Lowo ubayo makangabi seba; kanye ke makabulaleke esebeanza okulungileyo ngezandla zakhe, ukuze abe nako ukwabela osweleyo.
- 29** Makungaphumi nanye intetho ebolileyo emlonyeni wenu; maybe yesukuba ilungele ukuxuma oko kuluncedo, ukuze ibabale abevayo.
- 30** Kanjalo musani ukumenza buhlungu uMoya oyiNgcwele kaThixo, enathi kuye natywinwa, naqiniselelwa imini yentlawulelo.
- 31** Mabukhweleliswe kuni bonke ubukakra, nomsindo, nengqumbo, nengcolo, nonyeliso, ndawonye nolunya lonke.
- 32** Ke nina yibani nobubele omnye komnye, nibe nemfesane kakhulu, nixolelane, njengokuba naye uThixo wanixolelato ekuKristu.

ISAHLUKO 5

- N**goko yibani ngabaxelisa uThixo, ngokwabantwana abaziintanda;
- 2** nihambe eluthandweni, kwanjengokuba naye uKristu wasithandayo, wazinikela ngenxa yethu, ukuba abe ngumnikelo nedini kuye uThixo, ukuba abe livumba eliminandi.
- 3** Ke umbulo, nako konke ukungcola, nokubawa, makungakhe kukhankanywe phakathi kwenu, njengoko kubafaneleyo abangcwele;
- 4** kwanamanyala, nentetho yobuyatha, nobuhiba, izinto ezo ezingafanelekileyo. Makube kokukhona ninemibulelo.
- 5** Kuba oku nikwazi, ukuba wonke umenzi wombulo, nomntu ongcolileyo, nolibawa, engumkhonzi wezithixo, akanalifa ebukumkanini bukaKristu noThixo.
- 6** Makungabikho namnye unilukuhlayo ngamazwi alambahay; kuba iza ngenxa yezo zinto ingqumbo kaThixo phezu kwabangevayo.
- 7** Ngoko musani ukuba ngamahlulelana nabo.
- 8** Kuba nina naye nifudula nibubumnyama, ke ngoku nikukukhanya, niseNkosini nje; hambani ke ngokwabantwana bokukhanya.
- 9** Kuba sona isiqhamo soMoya sikuko konke ukulunga, nobulungisa, nenyansiso;
- 10** nicikida ukuba yintoni na ekholekileyo kakuhle kwiNkosi.
- 11** Kanjalo musani ukuba nabudlelante ngemisebenzi yobumnyama engenasiqhamo; makube kukhona niyohlwayayo.
- 12** Kuba izinto ezenziwa ngabo emfihlekweni kulihlazo nokuzithetha.
- 13** Ke zonke ezi zinto, zakohlwaywa, ziyabonakalaliswa kukukhanya; kuba konke okubonakalaliswayo kukukhanya.
- 14** Kungoko athi, Vuka wena uleleyo, uvuke kwabafileyo; uKristu wokukhanyisela.
- 15** Khangelani ngoko, ukuba ningathini na, ukuze kucokiseke ukuhamba kwenu; ningabi njengabaswele ubulumko, yibani njengezilumko;
- 16** nizongela ixesha eli, ngokuba le mihla ayindawo.

17 Ngenxa yoko musani ukuba ziintsweli-kuqonda; yibani ngabakuqondayo into okuyiyo ukuthanda kweNkosi.

18 Kanjalo musani ukunxila yiwayini, ekukhoyo kuloo nto ukuzibhubhisa; manizaliswe nguMoya;

19 nithetha omnye nomnye ngeendumiso, neengoma, nezango ezizezomoya, nivuma, nibetha uhadi entliziyweni yenu kuyo iNkosi,

20 nimana nibulela ngenxa yeento zonke, egameni leNkosi yethu uYesu Kristu, kuye uThixo uYise;

21 nilulamelana ngokoyika uThixo.

22 Nina bafazi, walulameleni awenu amadoda, ngokokululamela iNkosi;

23 ngokuba indoda le iyintloko yomfazi, njengokuba naye uKristu eyintloko yebandla, eli; waye yena ngokwakhe enguMsindisi wawo umzimba.

24 Ke, kwanjengokuba ibandla eli limlulamela uKristu, mabathi ngokunjalo nabafazi bawalulamele awabo amadoda ezintweni zonke.

25 Nina madoda, bathandenibafazi benu, njengokuba naye uKristu walithandayo ibandla, wazinikela ngenxa yalo;

26 ukuze alingcwali, elihlambulule ngokuhlamba kwamanzi ngelizwi;

27 ukuze alimise phambi kwakhe linobuqaqawuli, lilibandla elingenabala, elingenamibimbi nanye into enjalo, ukuze libe ngcwele, lingabi nasiphako.

28 Ngoko amelwe amadoda ukubathanda abawo abafazi, njengokuba beyimizimba yawo. Lowo umthandayo umkakhe, uyazithanda;

29 kuba akukho namnye wakha wayithiya eyakhe inyama; usuka ayondle, ayigcine, njengokuba nayo iNkosi ilenjenjalo ibandla.

30 Ngokuba singamalungu omzimba wayo, singabenayama yayo, singabamathambo ayo.

31 Ngenxa yoko ke, umntu womshiya uyise nonina, anamathele kuye umkakhe, baze abo babini babe nyama-nye.

32 Loo mfihlelo inkulu; ke mna ndithetha ndisingisele kuKristu, ndisingisele nakulo ibandla.

33 Kodwa ke manithi nani ngabanye, elowo amthande umkakhe, njengoko azithanda ngako; umfazi ke makayoyike indoda.

ISAHLUKO 6

Nina bantwana, baveni abazali benu ngokwabaseNkosini; kuba oko kububulungisa.

2 Beka uyihlo nonyoko; wona lowo ngumthetho wokuqala onedinga;

3 ukuze kulunge kuwe, ube nexesha elide emhlabeni.

4 Nani boyise, musani ukubacaphukisa abantwana benu; bondleleni ekuqequeshe niasekululekeni kweNkosi.

5 Nina bakhonzi, baveni abaziinkosi zenu ngokwenyama, ninokuzoyikela nokugubha, ningnakumbi ezintziziyweni zenu, ninge niva uKristu ngokwakhe.

6 Ukukhonza kwenu makungabi ngokweliso, ngathi nithomalalisa abantu; makube ngokwabakhonzi bakaKristu, nikwenza ukuthanda kukaThixo ngokwasemphefumlweni,

7 nikhonza ngentumekelelo, kukuyo iNkosi, kungekubo abantu;

8 nisazi nje ukuba into esukuba ilungile, athe ulowo wayenza, uya kwamkeliswa kwayona yiNkosi, nokuba uNonzi nokuba ungokhululekileyo.

9 Nani baziinkosi zabo, yenzani kwaezo zinto kubo, nikuyeke ukusongela; nisazi nje

ukuba kwaeyabo neyenu iNkosi isemazulwini, nokuba akukho kukhetha buso kuyo.

10 Elokuggqiba, bazalwana bam, ndithi, Yomelelani eNkosini, nasekuqineni kokomelela kwayo.

11 Xhobani sonke isikrweqe sikaThixo, ukuze nibe nako ukumisa nibuchase ubuqhinga boMtyholi.

12 Ngokuba umzamo wethu asingowokuzamana negazi nenyama; ngowokuzamana nazo izilawuli, nawo amagunya, nazo iziphatha-hlabathi zobumnyama balo eli phakade, nayo imikhosi yomoya abakhohlakeleyo kwezasezulwini iindawo.

13 Ngenxa yoko, qubulani sonke isikrweqe sikaThixo; ukuze nibe nako ukuchasa ngomhla ombi, nithi nikufezile konke, nime nimi.

14 Misani ke ngoko, nibhinqe inyaniso esinqeni senu, ninxibe isigcina-sifuba sobulungisa,

15 nibophe ezinyaweni zenu ulungiselelo lweendaba ezilungileyo zoxolo.

16 Ngaphezu kwezo zinto zonke, qubulani ikhaka lokholo, lona nothi ngalo nibe nako ukuzicima zonke iintolo ezinomlilo zakhe ongendawo.

17 Yamkelani isigcina-ntloko sosindiso, nalo ikrele loMoya, elililizwi likaThixo;

18 ngako konke ukuthandaza nokukhunga, nithandaza amaxesha onke nikuye uMoya; niyiphaphamele loo nto ngako konke ukuzingisa nokukhunga, ngenxa yabo bonke abangcwele;

19 nangenxa yam, ukuba ndiphiwe ilizwi ekuuwuvuleni umlomo wam, ndize ndazise ngokungafahlisiyo imfihlelo yeendaba ezi zilungileyo,

20 ekungenxa yazo endisisigidimi esisezintanjeni; ukuze ndingafahlisi ukuthetha kuzo, njengoko ndimelwe kukuthetha ngako.

21 Ke kaloku, ukuze nani nikwazi okukokwam, ukuba ndinjani na, wonazisa konke uTikiko, umzalwana oyintanda, umlungiseleli othembekileyo ngokwaseNkosini;

22 endimthume le nto kuni, ukuze nizazi iindaba zethu, nokuze azithuthuzele iintliziyo zenu.

23 Makube luxolo kubo abazalwana, nothando, ndawonye nokholo oluvela kuThixo uYise, neNkosi yethu uYesu Kristu.

24 Ubabalo malube nabo bonke abayithandayo iNkosi yethu uYesu Kristu ngokungenakanakala. Amen.

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