

# AMANDLA ANAMHLANJE

Ezi zicatshulwa zezibhalo ziqulunqelwe ukuba zithuthuzele  
ze zikhuthaze abantu ngamaxesha okugula nakwiimeko  
zokubandezeleka.



IsiXhosa 1996 Translation

## **Strength for Today**

First digital edition 2018

Bible text: isiXhosa 1996 Translation

© Bible Society of South Africa 1996, 2018

All rights reserved. No part of this book may, without prior written permission of the copyright holder, be reproduced or transmitted in any form or by any means, electronic, mechanical or otherwise, either through photocopying, writing, audio recording, or any other system for information storage and retrieval.

Published by the Bible Society of South Africa, P O Box 5500,  
Tyger Valley 7536, Bellville

[www.biblesociety.co.za](http://www.biblesociety.co.za)

Epub-format            ISBN 978-0-7982-2222-8

Mobi-format            ISBN 978-0-7982-2223-5

PDF-format             ISBN 978-0-7982-2224-2

IINDUMISO 23:1-6 . . . . .	INKosi uMalusi Wethu
IINDUMISO 27:1-14 . . . . .	Umthandazo wokuBonga
IINDUMISO 46:1-11 . . . . .	UTHixo uNathi
IINDUMISO 51:1-12 . . . . .	Umthandazo woXolelo
IINDUMISO 91:1-4 . . . . .	UTHixo uMkhuseli wethu
IINDUMISO 103:1-5 . . . . .	Dumisa iNkosi
IINDUMISO 121:1-8 . . . . .	INKosi uMkhuseli wethu
IINDUMISO 125:1-2 . . . . .	Ukhuseleko lwaBantu bakaThixo
IINDUMISO 130:1-8 . . . . .	Umthandazo woNcedo
IINDUMISO 139:7-12 . . . . .	Ulwazi noNonophelo oluPheleleyo lukaThixo
IZAFOBE 3:5-6 . . . . .	Thembela kwiNkosi
UISAYA 26:3-4 . . . . .	Uxolo oluGqibeleleyo
UISAYA 40:1-8,28-31 . . . . .	Amazwi eThemba
UISAYA 43:1-3a . . . . .	Ndiya kuBa naWe
UISAYA 55:6-9 . . . . .	Unikezo lweNceba nguThixo
UMATEWU 5:3-10 . . . . .	Ulonwabo lokweNyani
UMATEWU 6:25-34 . . . . .	Ningaxhali
UMATEWU 7:7-8 . . . . .	Cela, Funa, Nkqonkqoza
UMATEWU 8:5-8,13 . . . . .	Amandla oKholo
UMATEWU 10:29-31 . . . . .	Musa Ukoyika
UMATEWU 11:28-30 . . . . .	Yiza kuM ndikuPhumze
UMATEWU 15:30-31 . . . . .	UYesu uPhilisa aBantu abaNinzi
UMATEWU 16:24-26 . . . . .	Ndilandeleni
UMARKO 4:37-39 . . . . .	UYesu uThomalalisa iSaqhwithi
ULUKA 4:18-22 . . . . .	Umsebenzi woBizo kaKrestu
ULUKA 15:3-7 . . . . .	Igusha eLahlekileyo
ULUKA 17:12-19 . . . . .	Bulela uThixo
ULUKA 18:15-17 . . . . .	UYesu uSikelela aBantwana abaNcinci
UYOHANE 3:16-17 . . . . .	UTHixo Walithanda Kakhulu iHlabathi
UYOHANE 4:13-14 . . . . .	Umthombo waManzi
UYOHANE 10:11-16 . . . . .	UYesu uMalusi oLungileyo
UYOHANE 14:1-7 . . . . .	UYesu uyiNdelela eya kuBawo
UYOHANE 15:12-17 . . . . .	Nizizihlobo zam
UYOHANE 17:3 . . . . .	Ubomi obungunaPhakade
KWABASEROMA 5:1-5 . . . . .	Asishukunyiswa ngenxa yoKholo
KWABASEROMA 8:31-39 . . . . .	Uthando lukaThixo kuYesu uKrestu

KWABASEROMA 15:4-6 . . . . .	Unyamezelo neNkuthazo
1 KWABASEKORINTE 13:1-13 . . . . .	Uthando
1 KWABASEKORINTE 15:54-58 . . . . .	Uloyiso
2 KWABASEKORINTE 1:3-5 . . . . .	Thixo uyasiNceda
2 KWABASEKORINTE 4:16-18 . . . . .	Ukuphila ngoKholo
2 KWABASEKORINTE 12:7-9 . . . . .	Amandla ngeXesha
. . . . .	lobuThathaka
KWABASE-EFESE 3:14-21 . . . . .	Uthando lukaKrestu
KWABASEFILIPHI 4:4-9 . . . . .	Uxolo oluDlula koNke ukuQonda
2 KUTIMOTI 3:14-17 . . . . .	Izibhalo eziNgcwele
KUMAHEBHERE 13:20-21 . . . . .	UThixo woXolo
1 KAPETROS 1:23-25 . . . . .	Ilizwi liYa kuMa ngonaPhakade
1 KAYOHANE 4:7-12 . . . . .	UThixo uluThando
UMATEWU 6:9-13a . . . . .	Umthandazo weNkosi

# INkosi uMalusi Wethu

*IINDUMISO 23:1-6*

InguNdikhoyo nje ondalusayo,  
ndingaswela ntoni na?  
Nguye ondikhaphela kumadlelo aluhlaza,  
andikhokelele kwimilambo empompozayo,  
nditsho ndihlaziyeke emphefumleni.  
Undithundezela kwezona ndlela zilungileyo,  
ukuze lidunyiswe igama lakhe.  
Ngoko ke, nokuba ndihamba kwiingxondorha ezimnyama,  
andinadyudyu.  
Kaloku ungakum, wena Ndikhoyo;  
isagweba sakho nebhunguza lakho lixhadi lam.

Undamkela okondwendwe oluxabisekileyo,  
uqukeze ude undihlinzeke ngesidlo, iintshaba zam zibukele.  
Ngenene, iyaphuphuma indebe yam.  
Ngoko ke ndiya kulandelwa kokulungileyo nabububele,  
umzi wakho ube likhaya lam yonke imihla yobomi bam.

# Umthandazo wokuBonga

*IINDUMISO 27:1-14*

InguNdikhoyo nje ondikhanyiselayo,  
inguye nje ondisindisayo, ndingoyika ntoni?  
InguNdikhoyo nje inqaba yam, ndingoyika bani?  
Xa bendidlavula abantw' abakhohlakeleyo,  
iintshaba zam nabandileqayo,  
kokhubeka kwabona, bawe.  
Nokuba ndingade ndingqongwe ngumkhosi,  
andiyi kuba naluvalo konke.  
Nokuba ndirhawulwe yimfazwe,  
ndiya kuthembela ngoNdikhoyo.

Ndingwenela into enye kuphela kuNdikhoyo,  
ndaye ndifuna yona kanye:

le yokuba ze ndihlale kwaNdikhoyo yonke imihla yobomi bam,  
ndiqwalasele ubuhle bakhe, ndimfune endlwini yakhe.  
Kaloku wondikhusela enqabeni yakhe ngexesha lobubi,  
andifihle engontsini endlwini yakhe,  
ndithi ngcu phezulu eliweni.  
Ngoko ke ndiya kuzikrobela iintshaba ezindingqongileyo,  
ndinikele uNdikhoyo idini endlwini yakhe,  
ndinemivuyo ndicula, ndivumela uNdikhoyo.

Ndive, Ndikhoyo, xa ndizibika kuwe;  
yiba nenceba kum, undiphulaphule.  
Kweli wena uthi: "Funani ubuso bam,"  
intliziyo yam yathi: "Ewe, ndiyafuna ukukubona, Ndikhoyo."  
Mus' ukuzifihla kum, Ndikhoyo,  
ungasilahli ngomsindo isicaka sakho.  
Wena mncedi wam, mus' ukundilahla;  
uzungandishiyi, Thixo wam, Mkhululi wam.  
Xa ndilahlwe ngubawo noma,  
wondichola yena uNdikhoyo.

Ndifundise indlela yakho, Ndikhoyo,  
undikhokele endleleni elungileyo,  
kuba zininzi iintshaba zam.  
Uzungandiyekeli kwabandivukelayo,  
kuba andivukele amangqina obuxoki,  
afutha ukundenzakalisa.  
Ngenene ndobuxhamla kambe ububele bukaNdikhoyo  
lo gama ndisadla amazimba.

Thembela kuNdikhoyo; yomelela, ube nesibindi!  
Ewe, thembela kuNdikhoyo wena!

## **UThixo uNathi**

*IINDUMISO 46:1-11*

UThixo ulihlathi nenqaba yethu;  
ngexesha leenkathazo uluncedo oluhlala lulungile.

Ngoko ke asoyiki lutho, nokuba ihlabathi lingazama-zama,  
nokuba iintaba zingaphoswa enzulwini yolwandle.  
Hayi, amanzi alo angade agqume alephuze amagwebu,  
iintaba zingcangcazeliswe kukulephuza kwawo.

Kukho umlambo omisinga isivuyisayo isixeko sikaThixo,  
esilikhaya elingcwele likaPhezukonke.  
UThixo uthe zinzi apho kuso.  
Ngoko ke asinakuze sitshabalale,  
kuba yena usinceda kwasekuseni.  
Izizwe ziyaphithizela;  
izikumkani ziyabhukuqwa.  
Lakuhlokoma ilizwi lakhe  
ihlabathi litsho linyibilike.  
UNdikhoyo uSomandla ungakuthi;  
ihlathi lethu nguThixo kaYakobi.

Yizani nibone akwenzileyo uNdikhoyo.  
Ewe, uliphanzisile ihlabathi.  
Ngumaphelis' iimfazwe ehlabathini jikelele.  
Uyasiqoboza isaphetha,  
awuvikive umkhonto,  
amakhaka awantumek' umlilo.  
Uthetha ngelizwi athi:  
"Phezani, ndim uThixo.  
Ndizivelele izizwe;  
nehlabathi ndilikrobele."

UNdikhoyo uSomandla ungakuthi;  
ihlathi lethu nguThixo kaYakobi.

## Umthandazo woXolelo

*IINDUMISO 51:1-12*

Awu, Thixo, ndiyatarhuzisa!  
Ngenxa yezibele zothando lwakho,  
nobubanzi benceba yakho, nceda uzicime iziphoso zam!

Ndihlambe ndahlukane nabo bonke ububi;  
ndenze ndibe nyulu, ndingabi nasono!

Kaloku ndiyabuvuma ubugwenxa bam;  
isono sam sindithukuthezele.  
Eyona ngcambu yesono sam kukuba ndone wena kanye,  
ndenze into ekuhlazisayo.  
Ngoko ke undigwebe ngakhona;  
isigwebo sakho sifanelekile.  
Kaloku ndaba gwenxa kwasekuzalweni;  
ndaba ngumoni ndisakhawulwanje nguma.  
Ewe, wena uthanda umntu onyanisekileyo;  
ndincede undiphe ingqiqo enzulu.  
Ndihlambe undicokise ndicoceke;  
ndihlambe ndibe mhlophe qhwa,  
ndibe ngaphezu kwalo nekhephu.  
Mandiphuphume luvuyo nemincili;  
nakuba undikrobozile nje, mandonwabe.  
Bufihle ubuso bakho ezonweni zam,  
ubususe bonke ubugwenxa bam.

Ewe, Thixo, intliziyo yam yidale ngokutsha, ibe nyulu;  
wuhlaziye umoya wam, ndikhaliphe.  
Musa ukundigxotha, Nkosi yam;  
ungamthathi uMoya wakho kum.  
Ndibuyisele uvuyo losindiso lwakho,  
undixhase ngoMoya wakho, khon' ukuze ndikuthobe.

## **UThixo uMkhuseli wethu**

*IINDUMISO 91:1-4*

Lowo uhleli ekhuselwe nguPhezukonke,  
uhlala esemthunzini kaSomandla.  
Yena uya kuthi: "Ndikhoyo, ungumkhuseli wam;  
uyinqaba yam, wena Thixo, ndiya kuthembela kuwe."  
Kuba nguye okuhlangula emgibeni wabakugcayiseleyo  
nakubhubhani wesifo,



akwambathise ngamaphiko akhe, akufihle ekhusini lakhe,  
kuba likhaka nekhusele lakho ukuthembeka kwakhe.

## Dumisa iNkosi

*IINDUMISO 103:1-5*

Mbonge uNdikhoyo, moya wam!  
Mandimbonge uNdikhoyo ngomxhelo wam wonke!  
Moya wam, mbonge uNdikhoyo,  
ungaze uyilibale imisebenzi yakhe emihle nanini-nanini:  
uloxolela zonk' izono zam;  
ulophilisa zonk' izifo endinazo;  
ulohlangula ubomi bam enzonzobileni,  
andambese ngezibele nangenceba;  
ulondenzel' izintw' ezintle ebomini,  
ndihlale ndingumqaba-qaba njengokhozi.

## INkosi uMkhuseli wethu

*IINDUMISO 121:1-8*

Amehlo am ndiwajongis' enkalweni;  
yaz'ba lovela ngaphi na uncedo lwam?  
Umncedi wam nguNdikhoyo,  
yena ungumenzi wamazulu nehlabathi.  
Yena wondibamba lungatyibiliki unyawo lwam;  
kaloku akozeli, walusa mna.

Khangela, umalusi kaSirayeli akozeli,  
engalali nokulala oku.  
Kaloku nguNdikhoyo okwalusayo –  
nguye okwenzela umthunzi.  
Emini ilanga aliyi kukugqatsa;  
kanti ke nenyanga ebusuku ayinakukwenza nto.

NguNdikhoyo ixhadi lakho lakubhek' umoya;  
ewe, uya kukwalusa ungachukunyiswa nto.  
Ngenene, uNdikhoyo uya kukwalusa,

xa uhambayo naxa ubuyayo,  
kuqalela ngoku kude kube nini-nini.

## Ukhuseleko lwaBantu bakaThixo

*IINDUMISO 125:1-2*

Abo bakholosa ngoNdikhoyo banjengentaba iZiyon,  
yona ingasoze yashukunyiswa koko izinzile ngonaphakade.  
Kwanjengokuba iintaba ziyingqongile iJerusalem  
noNdikhoyo wenjenjalo ukubaphahla abantu bakhe,  
nangoku kude kube ngunaphakade.

## Umthandazo woNcedo

*IINDUMISO 130:1-8*

Ndikhoyo, ndiyazibika kuwe;  
ndikhala kuwe ndibindekile.  
Awu, Nkosi, ndive ndiyakuthandaza,  
usiphulaphule isikhungo sam.  
Ukuba ubuzigcina izono zabantu, Ndikhoyo,  
ngubani obengasindayo?  
Kambe ke wena uyaxolela,  
khon' ukuze uhlonitshwe.

Ndithembele ngokupheleleyo kuNdikhoyo;  
ewe, ndikholosa ngelizwi lakhe.  
Umoya wam ukholosa ngoNdikhoyo ngenzondelelo,  
ngaphezu komlindi ojonge ukusa,  
nangaphezu komantshingilane ojong' umsobomvu.

Sirayeli, thembela kuNdikhoyo, kuba yena unobubele,  
futhi yena ukhulula ngokupheleleyo.  
Ewe, yena uya kumkhulula uSirayeli  
kuzo zonke izono zakhe.

## Ulwazi noNonophelo oluPheleleyo lukaThixo

*IINDUMISO 139:7-12*

Ndingamzimela ndithini uMoya wakho?  
Ndingasabela phi apho ungekhoyo khona?  
Ukuba ndingenyukela emazulwini, ndingafika ukho;  
nokuba ndingalala kwelabafileyo, ukho nalapho.  
Ndingafanelana ndihamba nokusa,  
ndiye kutsho eziphelweni zolwandle,  
nalapho ndingakhokelwa sisandla sakho;  
ewe, ndohlala ndisemandleni akho.  
Noba ndingathi mandisongelwe bubumnyama,  
nokukhanya kujike kube bubusuku,  
kwabumnyama obo abumnyamanga kuwe.  
Kaloku nobusuku bukhanya njengemini kuwe,  
kuba nobumnyama buyakhanya kuwe.

## Thembela kwiNkosi

*IZAFOBE 3:5-6*

Kholosa ngoNdikhoyo ngomxhelo wakho wonke,  
ungaze unqiyame ngezakho iimbono.  
Mkhumbule uNdikhoyo kuyo yonke ihambo yakho,  
waye ke yena eya kukukhokela kuzo zonke iindlela zakho.

## Uxolo oluGqibeleleyo

*UISAYA 26:3-4*

Ke wena ubathi jize ngenzolo  
abo banjongo zingajika-jikiyo,  
kuba behlala bekhohlose ngawe.  
Kholosa ngoNdikhoyo njalo-njalo;  
kaloku yena uNdikhoyo ngumqolomba ongasoz' uthini.

## Amazwi eThemba

UISAYA 40:1-8,28-31

"Thuthuzelani, bathuthuzeleni abantu bam,"  
utsho kaloku uThixo wenu.  
"Thethani kakuhle neJerusalem;  
dandulukani niyixelele ukuba umzabalazo wayo ufezekile.  
Kaloku izonozayo zixolelwe;  
uNdikhoyo uyibonelele ngaphezu kunobugwenxa bayo."

Nâlo ilizwi lidanduluka lisithi:

"UNdikhoyo mhlahleleni indlela entlango;  
uThixo wethu mgeceleni uhola kwelibharhileyo.  
Zonke izigingqi mazidityelelwe,  
iintaba neenduli zidilizwe zibe ngamathafa,  
ke zona izixhobo zigqalwe zibe ziintili,  
amageduka aletyelwe abe zizithabazi.  
Ke ubungangamsha bukaNdikhoyo buya kutyhileka,  
lonke uluntu lububone.  
Kaloku lowo ngumlomo kaNdikhoyo."

Ndeva ilizwi lisithi:

"Suka udanduluke uthethe."  
Ndibuze ndathi: "Ndithethe ndithini na?"  
"Yithi: 'Bonke abantu banjengengca;  
ubomi babo bulingana nobeentyatyambo.  
Kaloku ingca iyabuna, ivuthuluke intyatyambo  
yakubethwa ngumoya kaNdikhoyo.  
Ngenene uluntu nqwa nengca.  
Ingca iyatshaza, yona ke intyatyambo ibune,  
ke lona ilizwi loThixo wethu lohlala lihleli.' "

Kanti ngaba awazi na?

Ngaba zange uve na?

UNdikhoyo nguThixo onguSonini-nanini;  
yena ngumdali wehlabathi jikelele.

Yena soze adinwe atyhafe,  
nengqiqo yakhe ayiphengululeki.  
Yena ngumhlaziyi wâbo batyhafileyo,  
umomelezi wâbo bangenamandla.  
Kanti ke nolutsha luyadinwa lutyhafe,  
abafana bakhubeke bawe,  
kambe ke bona abakholosa ngoNdikhoyo  
bosuka bahlaziyeke bomelele.  
Bosuka bantinge baxel' ukhozi;  
noba sebebaleka, soze badinwe;  
ewe, baya kuhamba bangaze batyhafe.

## Ndiya kuBa naWe

*UISAYA 43:1-3a*

Ngoku ke uNdikhoyo, umdali wakho, Yakobi, nombumbi wakho,  
Sirayeli, uthi:

“Uze ungaxhali wena, ndikuhlawulele;  
ndikubize ngegama, ungowam ncakasana.  
Noba sewucand' emanzini,  
mna ndiya kuba nawe;  
noba sowuwela imilambo,  
ayisoze ibe nako ukukukhukulisa;  
nditsho sowucand' emlilweni, soze urhawuke;  
amadangatye akanakukutshisa wena.  
Kaloku mna Ndikhoyo ndinguThixo wakho,  
uYedwa kaSirayeli, uMhlanguli wakho.”

## Unikezo lweNceba nguThixo

*UISAYA 55:6-9*

Funani uNdikhoyo esenokufumaneka;  
bhenelani kuye ngoku asekufutshane.  
Umntu okhohlakeleyo makahlukane nobubi,  
netshijolo maliyeke ukuyila ubutshijolo.  
Maliguquke, lize kuNdikhoyo;

yena wosuka abe novelwano lilo.  
Malize kuThixo wethu,  
kuba yena uxolela kangangoko.

“Kaloku ingcinga zam azifani nezenu,  
neendlela zenu azifani nezam,”  
utsho yena uNdikhoyo!  
“Njengokuphakama kwezulu emhlabeni  
ziphakamile neendlela zam kunezenu,  
kanti ke zikwanjalo neengcinga zam.”

## Ulonwabo lokweNyani

*UMATEWU 5:3-10*

“Banoyolo abo bazilahlela kuThixo,  
kuba balawulwa nguThixo bona!  
Banoyolo abo basezintsizini,  
kuba baya konwatyiswa nguThixo bona!  
Banoyolo abo balulamileyo,  
kuba baya kwabelwa ihlabathi nguThixo bona!  
Banoyolo abo balambela banxanelwe ubulungisa,  
kuba baya kwaneliswa nguThixo bona!  
Banoyolo abo banenceba,  
kuba baya kwenzelwa inceba nguThixo bona!  
Banoyolo abo bantliziyo ihlambulukileyo,  
kuba baya kumbona uThixo bona!  
Banoyolo abo bangabaxolisi,  
kuba uThixo uya kuthi bangabantwana bakhe!  
Banoyolo abo batshutshiswayo ngokuba besenza  
ubulungisa, kuba balawulwa nguThixo bona!”

## Ningaxhali

*UMATEWU 6:25-34*

“Kungoko ndithi kuni, musani ukubuxhalela ubomi  
benu nisithi notya ntoni, nisele ntoni. Kwanomzimba  
wenu ze ningawuxhaleli, nisithi niya kunxiba ntoni.

Ubomi abungaphezulu na kokutyiwayo; wona umzimba awungaphezulu na kokunxitywayo? Khaniqwalasele iintaka. Azihlwayeli, azivuni, azigcini siseleni, kanti uYihlo osezulwini uyazondla. Ke, kungakanani na ukuxabiseka kwenu kunazo! Nguwuphi na kuni onokuthi ngokuxhala abongeze nangemini enye le ubomi bakhe?

"Kananjalo yini na ukuba nixhalele into yokunxiba? Khaniqwalasele ukukhula kweenyibiba zasendle; azisebenzi, azithungi nokuthunga; kanti ngenene, noSolomon kubo bonke ubunewu-newu bakhe, wayengavathiswanga nanjenganye yazo. Ukuba ke uThixo wenjenje ukuyambesa ingca yasendle, ethi namhlanje ibekho, ze ngomso iphoswe eziko, akayi kugqithisa na ukunambathisa nina, bantundini balukholo luncinane?"

"Musani ke ukuxhala, nisithi: 'Sodla ntoni na; sosela ntoni na; sonxiba ntoni na?' Zezi zinto kanye abahlala besukelana nazo abangakholwayo beentlanga. Ke yena uYihlo osezulwini uyazi ukuba ezo zinto zonke ziyimfuneko kuni. Ke ngoko kuqala zondelelani ukulawulwa nguThixo, nenze ubulungisa obufunwa nguye, waye ke yena eya kunongezelela zonke ezi zinto. Ngenxa yoko musani ukulixhalela ingomso. Ingomso liya kuxhalela okwalo. Ziyanele imini nganye iingxaki zayo."

## **Cela, Funa, Nkqonkqoza**

*UMATEWU 7:7-8*

"Celani nophiwa, funani nofumana, nkqonkqozani novulelwa; kuba wonke umntu ocelayo uyazúza, nalowo ufunayo uyafumana, nalowo unkqonkqozayo uyavulelwa."

## **Amandla oKholo**

*UMATEWU 8:5-8,13*

Kwathi uYesu akungena eKapernahum, wahlangatyezwa ngumphathi-butho wamajoni, owambongozayo esithi: "Nkosi, isicaka sam silele ngendlu. Asisaphakami; sithuthunjelwa gqitha."

UYesu wathi kuye: “Ndofika ndisiphilise.”

Waphendula umphathi-butho wathi: “Nkosi, andifanelekanga ukuba ungene phantsi kwentungo yendlu yam. Thetha nje ilizwi; sophiliswa isicaka sam.”

Waza uYesu wathi kumphathi-butho: “Hamba ke; ngenxa yokuba ukholiwe, wokwenzelwa oko.” Saza saphila kwangelo xesha isicaka eso.

## Musa Ukoyika

*UMATEWU 10:29-31*

“Andithi, iintaka ezincinci zithengiswa ngambini ngesenti? Kanti akukho nanye kuzo iya kuwa emhlabeni engavumanga uYihlo. Nina ke, kwaneenwele ezi zentloko yenu zibaliwe zonke. Ke musani ukoyika: nixabisekile kuneentaka ezininzi nina!”

## Yiza kuM ndikuPhumze

*UMATEWU 11:28-30*

“Yizani kum, nina nonke nisindwayo, nibulalekayo; ndoniphumza. Ngenani edyokhweni yam, nifunde kum, kuba mna ndilulamile, ndingontliziyo ithobekileyo. Nothi ke nizifumanele ukuphumla iintliziyo zenu, kuba idyokhwe yam ayityabuli, nomthwalo wam ulula.”

## UYesu uPhilisa aBantu abaNinzi

*UMATEWU 15:30-31*

Kweza kuye ke izihlwele zabantu, zizisa iziqhwala, neemfama, nezilima, nezimumu, nabanye abaninzi ababeyimilwelwe, zababeka phambi koYesu, waza yena wabaphilisa. Zamangaliswa ke izihlwele ezo, zakubona izimumu zithetha, izilima ziphilile, iziqhwala zihamba, neemfama zibona; zaza zamdumisa uThixo kaSirayeli.



## Ndilandeleni

UMATEWU 16:24-26

UYesu ke wathi kubafundi bakhe: “Ofuna ukuba ngumlandeli wam makazincame, athwale umnqamlezo wakhe, andilandele; kuba othe wafuna ukusindisa ubomi bakhe, wolahlekelwa bubo, kodwa othe wabuncama ubomi bakhe ngenxa yam, wobusindisa. Kaloku komnceda ntoni na umntu, ukuba uthe walizuzwa ihlabathi liphela, kodwa walahlekelwa bubomi bakhe? Okanye umntu angakhupha ntoni na exabisekileyo ukuze angalahlekelwa bubomi bakhe?”

## UYesu uThomalalisa iSaqhwithi

UMARKO 4:37-39

Ke kwabakho isaqhwithi esikhulu, amaza aphoseka esikhitshaneni, saza isikhitshana saphantse sazala ngamanzi. UYesu wayephakathi esikhitshaneni, ethathe umqamelo walala ubuthongo. Bamvusa ke, bathi kuye: “Mfundisi, akukhathali na, sitshabalala nje?”

Wavuka ke, wawukhalimela umoya, wathi kulo ulwandle: “Yithi cwaka, uzole.” Wadamba umoya, kwabakho ukuzola okukhulu.

## Umsebenzi woBizo kaKrestu

ULUKA 4:18-22

“UMoya weNkosi undongamele,  
ngoko ke indithambisile;  
indalathele ukushumayela iindaba ezimnandi kwabasweleyo.  
Yandithuma ukuvakalisa inkululeko kubathinjwa,  
nokubuyisela ukubona kwabaziimfama,  
ndibandulule bekhululekile abacinezelweyo,  
ndivakalisè unyaka wokuthululwa kwenceba yeNkosi.”

Eyisongile incwadi uYesu, wayibuyisela kwisicaka, wahlala phantsi. Amehlo abo bonke ababesendlwini yesikhungo

ayondele kuye; waza wathi kubo: "Namhlanje esi siBhalo sizalisekisiwe phambi kwenu."

Babemncoma, bonke bemangalisiwe ngamazwi amnandi awathethayo, besithi: "He bethu, lo mntu asinguye na unyana kaJosefu?"

## Igusha eLahlekileyo

*ULUKA 15:3-7*

Waza ke uYesu wenza umzekeliso wathi: "Nguwuphi na kuni onokuthi enekhulu leegusha, kuze kulahleke enye kuzo, angazishiyi endle ezo zimashumi alithoba anethoba, aye kufuna leyo ilahlekileyo, ade ayifumane? Hayi ukuvuya kwakhe ke akuba eyifumene! Woyithwala emagxeni, athi akufika ekhaya, abizele ndawonye abahlobo nabamelwane, esithi kubo: 'Vuyisanani nam, kuba ndiyifumene igusha yam ebilahlekile.' Ndiyanixelela ukuba ngokukwanjalo kuya kubakho uvuyo ezulwini nangomoni omnye oguqukayo kunamashumi alithoba anethoba lamalungisa angaswelanga nguquko."

## Bulela uThixo

*ULUKA 17:12-19*

Ekungeneni kwakhe kwidolophana ethile, wahlangatyezwa ngamadoda alishumi aneqhenqa; aza amela mgama. Akhwaza ke esithi: "Yesu, Mhlekezi, senzele inceba!"

Ewabonile, wathi kuwo: "Hambani niye kuzibonakalisa kubabingeleli."

Kwathi ke ekuyeni kwawo ahlanjululwa. Yathi enye kuwo, yakubona ukuba iphilisiwe, yabuya imncoma kakhulu uThixo; yaza yaziphosa ezinyaweni zikaYesu, ibulela kuye. Le ndoda yayingumSamariya. Waza ke uYesu wathi: "Bekungahlanjululwanga balishumi na? Baphi na ke abalithoba? Kutheni ke ukuba ibe ngulo wolunye uhlanga yedwa othe wabuya esiza kubulela uThixo?" Wathi kwindoda leyo: "Phakama, uhambe; ukholo lwakho lukuphilisile."

## **UYesu uSikelela aBantwana abaNcinci**

*ULUKA 18:15-17*

Abantu babesiza neentsana zabo kuYesu ukuze azibeke izandla. Beyibonile loo nto, abafundi babakhalimela. Ke yena uYesu wazibizela kuye iintsana, esithi: “Bayekeni abantwana beze kum, ningabanqandi, kuba ábalawulwa nguThixo ngabanjengabo. Ndithi kuni, inene, othe akakuthobela njengomntwana ukulawulwa nguThixo, soze abuve ubuncwane bolo lawulo.”

## **UThixo Walithanda Kakhulu iHlabathi**

*UYOHANE 3:16-17*

“Kaloku uThixo ihlabathi ulithande kangangokuba ude wancama uNyana okuphela kwakhe, ukuze wonke umntu ozinikele kuye ngokupheleleyo angatshabalali, koko abe nobona bomi bungenasiphelo. Kuba kaloku uThixo akamthumanga uNyana wakhe ehlabathini ukuze aligwebe, koko wamthuma ukuze abe nguMsindisi walo.”

## **Umthombo waManzi**

*UYOHANE 4:13-14*

Waphendula uYesu wathi kuye: “Bonke abasela kula manzi baya kubuya banxanwe. Ke yena othe wawasela amanzi endiya kumpha wona mna, soze anxanwe naphakade. Amanzi endiya kumnika wona, aya kuba ngumthombo ompompoza kuye, emnika obona bomi bungenasiphelo.”

## **UYesu uMalusi oLungileyo**

*UYOHANE 10:11-16*

“Mna ndingumalusi olungileyo. Umalusi olungileyo ubuncamela iigusha zakhe ubomi bakhe. Kodwa umqeshwa, ongenguye umninizo, owalusa nje kwagusha, uthi akubona ingcuka isiza, abaleke, azishiye; ifike ke ingcuka, izibambe iigusha, izichitha-chithe. Umqeshwa lo ke ubaleka kuba engumntu nje oqeshiweyo engazikhathalele iigusha. Ndim umalusi olungileyo. Njengokuba uBawo endazi mna, nam ndimazi uBawo, ngokukwanjalo ndiyazazi iigusha zam, nazo ziyandazi, ndaye nobomi bam ndibuncamela iigusha zam. Ndinazo nezinye iigusha ezingezizo ezesi sibaya. Nazo kufuneka ndize nazo. Ziya kuliva ilizwi lam, umhlambi ube mnye, nomalusi abe mnye.”

## **UYesu uyiNdlela eya kuBawo**

*UYOHANE 14:1-7*

“Musani ukukhathazeka; kholosani ngoThixo, nikholose nangam. Ikho indawo kowethu. Ukuba bekungenjalo ngendingatsho ukuthi ndiya kunilungiselela indawo. Ndakuba ndimkile ke ndaya kunilungiselela indawo, ndiya kuza kuniphuthuma, nize nani nibe lapho ndikhoyo mna. Ngoko ke niyayazi indlela eya apho ndiya khona.”

Waza wathi uTomas: “Nkosi, singazi nokwazi nje apho uya khona, singathini ukuyazi indlela eya khona?”

Waphendula uYesu wathi: “Ndim indlela, ndim inyaniso, ndim ubomi. Akukho namnye unokuya kuBawo engayi ngam. Nindazi nje mna, niyamazi noBawo. Ngoku ke niyamazi, nimbonile nokumbona.”

## Nizizihlobo zam

UYOHANE 15:12-17

“Umyalelo endiniyala ngawo ngowokuba nithandane njengoko mna ndanithandayo. Olona thando lukhulu umntu anokuzithanda ngalo izihlobo zakhe kukuba ubomi bakhe abuncamele zona. Nizizihlobo zam ke nina, ukuba niyayenza imiyalelo yam. Andisatsho kuni ukuthi nizizicaka, kuba isicaka asikwazi okwenziwa yinkosi yaso. Ndinibiza ngokuthi nizizihlobo, kuba ndinixelele konke endikuvileyo kuBawo. Asinini enanyula mna, ndim owaninyulayo nina. Ndanimisela okokuba niqhubele phambili, nivelise iziqhamo ezihlala zikho. Ke ngoko uBawo uya kuninika konke enithi nikucele egameni lam. Ndiniwisela lo mthetho ke: ‘Thandanani!’ ”

## Ubomi obungunaPhakade

UYOHANE 17:3

“Nabu ke obona bomi: kukwazana nawe, wena Thixo unguye, ingabi wumbi; bazane naye lowo uthunywe nguwe, uYesu Krestu.”

## Asishukunyiswa ngenxa yoKholo

KWABASEROMA 5:1-5

Njengoko sikholwa, sigwetyelwe nguThixo, sinoxolo naye ngenxa yeNkosi yethu uYesu Krestu. Kaloku sibe nako ukungena ngoKrestu ngokukholwa kolu babalo sikulo. Siyaqhayisa ke sithembe ukuba nenxaxheba ebuqaqawulini bukaThixo. Ngaphezu koko, siqhayisa nangeembandezelo ezi, sisazi nje ukuba iimbandezelo zisiqhelisa ukunyamezela. Ke ukunyamezela kubonisa ukuba sicikidekile. Ukucikideka ke kudala ithemba. Ithemba ke lona alidanisi, kuba uthando lukaThixo luthululelwe ezintliziyweni zethu ngoMoya oyiNgcwele esamnikwayo.

# Uthando lukaThixo kuYesu uKrestu

*KWABASEROMA 8:31-39*

Masithini na ke ngezi zinto? Ukuba uThixo ungakuthi ngubani onokusichasa? Yena kaloku akambandezanga owakhe uNyana, koko usuke wamnikela ngenxa yethu sonke. Angathini ke ukungasibabali asiphe zonke ezinye izinto? Ngubani na oya kubamangalela abanyulwa bakaThixo, inguThixo nje obagwebelayo? Ngubani onokubagweba, ethe wafa nje uKrestu, wathi ngaphezu koko wabuya wavuka, waza waya kuhlala ewongeni kwaThixo, apho asithethelela khona? Ngubani ke onokusahlukanisa nothando lukaKrestu? Yimbandezelo na? Yinkxwaleko na? Yintshushiso na? Yindlala na? Bubuzé na? Yingozi na? Likrele na? Kunjengoko iziBhalo zitshoyo ukuthi:

“Ngenxa yakho sisesichengeni sokubulawa;  
yiyo loo nto sesifana neegusha eziya kuxhelwa nje.”

Kanti ke, kwezi zinto zonke sisuka soyise sitshatshela ngalowo wasithandayo. Kaloku ndiqinisekile kukuba asikuko nakufa, nabomi, nazithunywa zezulu, nazilawuli, nanto zikhoyo, nanto zizayo, naziphathamandla, nanto ziphezulu, nanto zingaphantsi, nditsho nasiphi na isidalwa, esiya kuba nako ukusahlula nothando lukaThixo olukuye uKrestu Yesu, iNkosi yethu.

## Unyamezelo neNkuthazo

*KWABASEROMA 15:4-6*

Kaloku zonke izinto eziseziBhalweni zabhalelwa ukusifundisa, khon' ukuze sihlale sihleli sinethemba ngonyamezelo nenkuthazo esizifumana kuzo iziBhalo. Wanga ke uThixo, osinika unyamezelo nenkuthazo, anganenza nibe moya mnye ngokwentando kaKrestu Yesu, ukuze nithi, ngamxhelo mnye, nimdumise ngazwi-nye uThixo, uYise weNkosi uYesu Krestu.

# Uthando

1 KWABASEKORINTE 13:1-13

Ewe kambe, ndingade ndibe liciko lokuthetha iilwimi zabantu, ndide ndithethe nezezithunywa zezulu – kodwa ndingenalo uthando, intetho yam isuka ibe yingxolo nje, efana neyentsimbi ehlokomayo, necangci elikhenkcezayo. Ndingade ndibe naso nesiphiwo sokushumayela ngefuthe, ndinalo lonke ulwazi, ndizazi nezinto ezingàziwa mntu, ndinalo nokholo olugungqisa iintaba, kodwa ndingenalo uthando, andinto konke! Ewe, nokuba ndinganikisa ngempahla yam yonke, ndide nam ngokwam ndizinikele ukuba nditshiswe, kodwa ke ndingenalo uthando, akuncedi nto konke-konke.

Uthando lunomonde, lunobubele. Uthando alunamona, alugwagwisi, lungakhukhumali. Uthando alugezi, alufuni okukokwalo, alunachuku, alunanzondo. Uthando aluvuyiswa bububi, luvuyiswa yinyaniso. Uthando aluncami; lukholwa zizinto zonke, luthemba izinto zonke, lunyamezela izinto zonke.

Uthando alupheli. Zikho zona iintshumayelo ezinefuthe, kodwa ziyatshitsha. Zikho neziphwiwo zokuthetha iilwimi, kodwa nazo ziyabhanga. Kukwakho nokwazi, kodwa kuyadlula nako. Kaloku ezi ziphiwo sinazo zokwazi nokushumayela azigqibelelanga. Kodwa ke xa kuthe kwafika oko kugqibeleleyo okungagqibelelanga kuya kuphuthiswa konke.

Xeshikweni bendingumntwana, bendithetha njengomntwana, ndicinga njengomntwana, ndinezimvo zobuntwana; njengoko ke ndimdala, ndahlukene ngoku neendlela zobuntwana. Into esiyibonayo ngoku yimbonakalo nje eluzizi ngokungathi sikhangele esipilini; kanti ke ngoko siya kubona ngokucacileyo. Ukwazi kwam ngoku akugqibelelanga, kanti ke ndokwazi kakuhle ngoko, kufane nokundazi kwakhe uThixo ukwazi kwam.

Ngalinye ke, zintathu izinto eziya kuhlala zihleli: lukholo, nethemba, nothando. Engaphezu kwazo zonke ke luthando.

## Uloyiso

*1 KWABASEKORINTE 15:54-58*

Xa ke le mo yonakalayo seyambethe ukungonakali, naxa le mvelo ifayo seyambethe ukungafi, iya kuzalisekiswa ke le ndawo yeziBhalo ithi:

“Ukufa kubhangisiwe;  
ukufa kufincelelwe eloyisweni.”  
“Kufa luphi na uloyiso lwakho?  
Kufa luphi na ulwamvila lwakho?”

Ulwamvila lokufa sisono; amandla esono ngumthetho. Makubulelwe ke kuThixo osinika uloyiso ngayo iNkosi yethu uYesu Krestu!

Ngoko ke, mawethu athandekayo, yomelelani ningathandabuzi. Yisebenzeleni ngenkuthalo iNkosi ngalo lonke ixesha, kuba kakade ukubulaleka kwenu ngenxa yeNkosi akunakulambatha.

## Thixo uyasiNceda

*2 KWABASEKORINTE 1:3-5*

Makabongwe uThixo, uyise weNkosi yethu uYesu Krestu, uBawo uSozinceba, uThixo umthombo wentuthuzelo. Yena uyasithuthuzela ezimbandezelweni zethu zonke, ukuze nathi sikwazi ukubathuthuzela abanye kwangaloo ntuthuzelo ivela kuye. Njengoko ziphuphumela kuthi iimbandezelo zikaKrestu, ngokunjalo ke, kwangaye uKrestu, iphuphumela kuni nentuthuzelo yethu.

## Ukuphila ngoKholo

*2 KWABASEKORINTE 4:16-18*

Kungenxa yale nto ke singethi mandla nje. Kaloku imo yethu entsha isuka ihlaziyeke ngokuhlaziyeka, nokuba imo yethu endala yona iya isonakala ngokonakala. Ewe, ezi mbandezelo



zexeshana, zincinane zinjalo, zisilungiselela iwonga laphakade, elingenakulinganiswa nazo. Ngoko ke asilangazeleli zinto zibonwayo, silangazelela ezingabonwayo. Kaloku ezibonwayo izinto zezexeshana nje, kanti ezingabonakaliyo ziya kuhlala zihleli.

## **Amandla ngeXesha lobuThathaka**

*2 KWABASEKORINTE 12:7-9*

Ngoko ke, ukuze ndingakhukumali likratshi ngenxa yezi zityhilelo zimangalisayo, ndabethwa ngesifo esaba sisithunywa sikaSathana ukuze sindintlithe ndingazingci ngokugqithisileyo. Ndayithandaza kathathu iNkosi, ndiyicela ukuba isisuse kum. Kodwa yandiphendula yathi: "Ubabalo lwam lukwanele, kuba amandla am acaca xa ubuthathaka." Ngoko ke ndikhetha ukuqhayisa ngezinto ezibonakalisa ubuthathaka bam, ukuze ndikuve ukongama kwamandla kaKrestu phezu kwam.

## **Uthando lukaKrestu**

*KWABASE-EFESE 3:14-21*

Ngenxa yale nto ke, ndizikhahlela phantsi phambi koBawo, uYise walo lonke usapho olusezulwini nasemhlabeni. Ndiyambongoza ukuba ngobubele bakhe uSosidima anomeleze imo yenu entsha ngoMoya wakhe, khon' ukuze ngokholo uKrestu ahlale ngaphakathi kuni. Nanga ningasekelwa eluthandweni nendele. Nanga nina nosapho lukaThixo xa lulonke, ningalunakana ukuba lungakanani na ububanzi balo, lungakanani na ubude balo, kukwangakanani na ukuphakama kwalo nokuba nzulu kwalo uthando lukaKrestu, nilwazi nakuba lungenakwaziwa nje. Ewe, niye niphuphuma bubukho bukaThixo obugqibeleleyo.

Ngoko ke, kulowo unako ukwenza ngaphezu kokuba sicela nokuba siqiqu, ngamandla akhe asebenza ngaphakathi kuthi: Makubekho udumo kuThixo ebandleni, nakuKrestu Yesu, kuse kuzo zonke izizukulwana ngonaphakade kanaphakade. Amen.

# Uxolo oluDLula koNke ukuQonda

*KWABASEFILIPHI 4:4-9*

Ngoko ke, nimanywe neNkosi nje, yonwabani! Ewe, ndiyaphinda ndithi vuyani!

Bazeleleleni bonke abantu. INkosi isemnyango. Sanukuba naxhala; kodwa iintswelo zenu ziseni kuThixo ngomthandazo, nimbongoze ninombulelo. Ke lona uxolo lukaThixo olungaphaya kokuqonda luya kuzalusa iintliziyo neengcinga zenu ningahlukani noKrestu. Mandiphethe ngelithi, mawethu, hlalani nicinga ngezinto eziyinyaniso nezindilekileyo nazo zonke izinto ezilungileyo nezinyulu, zonke ezithandekayo nezinesidima, nangezinto ezintle ngokupheleleyo kwanezincomekayo. Zenzeni zonke izinto enazivayo nezo nazibonela kum, amazwi kwanezenzo. Ke uThixo onika uxolo uya kuba nani.

## Izibhalo eziNgcwele

*2 KUTIMOTI 3:14-17*

Ke wena yayamana rhoqo neenyanyiso ozifundileyo waqinisekiswa ngazo. Khumbula ukuba uzifunde kubani na. Khumbula ukuba kwausengumntwana waqhelaniswa neziBhalo eziNgcwele ezikunika ubulumko, khon' ukuze usindiswe ngokukholwa kuKrestu Yesu. Sonke isibhalo sinefuthe loMoya kaThixo. Siyanceda ekufundiseni inyaniso nokuchitha imposiso. Siyanceda ukulungisa isimilo, sinike ingqeqesho; ukuze lowo uzinikele kuThixo abe namandla okuwuphumeza nawuphi na umsebenzi omhle.

## UThixo woXolo

*KUMAHEBHERE 13:20-21*

UThixo onika uxolo, owayivusa ekufeni iNkosi yethu uYesu Krestu, waba nguyena malusi womhlambi, ngokuphalala kwegazi lomnqophiso ongasoze utshitshe, wanga anganomeleza ekwenzeni okulungileyo, khon' ukuze niyifeze intando yakhe. Wanga angasenza loo nto athanda ukuba

sibe yiyo ngoYesu Krestu. Makadunyiswe uYesu Krestu ngonaphakade kanaphakade! Amen.

## **Ilizwi liYa kuMa ngonaPhakade**

*1 KAPETROS 1:23-25*

Kaloku nizelwe ngelizwi likaThixo ophilayo, ongunaphakade, naba ngabantwana balowo ungasoze afe. Zitsho neziBhalo ukuthi:

“Umntu unjengengca,  
nodumo lwakhe lunjengentyatyambo yengca.  
Iyabuna ingca, ivuthuluke intyatyambo,  
kodwa lona ilizwi leNkosi lihlala lihleli.”

Elo lizwi ke lelo nalishunyayezwa ngeendaba ezimnandi.

## **UThixo uluThando**

*1 KAYOHANE 4:7-12*

Zihlobo zam ezithandekayo, masithandane; kuba kaloku uthando luvela kuThixo. Nawuphi na umntu onalo uthando uzelwe nguThixo, futhi uyamazi uThixo. Kodwa yena ongenalo uthando akamazi uThixo, kuba uThixo uluthando. Nantsi indlela asibonise ukusithanda kwakhe ngayo uThixo: Wathumela uNyana okuphela kwakhe emhlabeni, ukuze thina sidle ubomi ngaye. Lunje ke olu thando: Ayisithi esamthandayo uThixo, koko nguye owasithandayo, wasinika uNyana wakhe, ukuze acamagushele izono zethu.

Zihlobo zam ezithandekayo, xa ke uThixo asithande ngolu hlobo nathi simelwe kukuthandana. Nangona uThixo engazanga wabonwa mntu nje, uhlala emanyene nathi ukuba siyathandana, luthi nothando lwakhe luyondelelane kuthi.

# Umthandazo weNkosi

UMATEWU 6:9-13a

Thandazani ke ngoko nina nithi:

“ Bawo wethu osezulwini:  
Malaziwe lihlonelwe igama lakho,  
malongame ulawulo lwakho,  
makwenziwe ukuthanda kwakho, emhlabeni  
njengasezulwini.  
Sibonelele kwiintswelo zethu zemihla ngemihla;  
usixolele amatyala ethu,  
njengokuba nathi sibaxolela abasonayo;  
ungasiyekeli ekulingweni,  
koko sihlangule kumtyholi.’ ”



Ipapashwe yasasazwa liqumrhu leBhayibhile laseMzantsi Afrika.

[www.biblesociety.co.za](http://www.biblesociety.co.za)



BibleSA.co.za

**BibleSA**

Bibles and audio Bibles are  
available on the **BibleSA app**.