

LUGANDA	NEW INTERNATIONAL VERSION
ABAEFEESO 1	EPHESIANS 1
1:1 Pawulo, omutume wa Kristo Yesu olw'akwagala kwa Katonda eri abatukuvu abali mu Efeso n'abakkiriza mu Kristo Yesu:	1:1 Paul, an apostle of Christ Jesus by the will of God, To the saints in Ephesus, the faithful in Christ Jesus:
1:2 ekisa kibeerenga gye muli n'emirembe ebiva eri Katonda Kitaffe ne Mukama waffe Yesu Kristo.	1:2 Grace and peace to you from God our Father and the Lord Jesus Christ.
1:3 Yeebazibwe Katonda Kitaawe wa Mukama waffe Yesu Kristo, eyatuwa huli mukisa gwonna ogw'Omwoyo mu bifa eby'omu ggulu mu Kristo:	1:3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.
1:4 nga bwe yatulondera mu ye ng'ensi tennaba kutondebwa, ffe okubeera abatukuvu abatalina kabi mu maaso ge mu kwagala:	1:4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love
1:5 bwe yatwawula edda okumufuukira abaana ku bwa Yesu Kristo, nga bwe yasiima olw'okwagala kwe,	1:5 he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will--
1:6 ekitiibwa ky'ekisa kye kiryoke kitenderezebweaga, kye yatuwa obuwa mu oyo omwagalwa:	1:6 to the praise of his glorious grace, which he has freely given us in the One he loves.
1:7 eyatuweesa akununulibwa kwaffe olw'omusaayi gwe, okusonyiyibwa ebyo noono byaffe, ng'obugagga obw'ekisa kye bwe buli,	1:7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace
1:8 kye yasukkiriza gye tuli mu magezi gonna n'okutegeera kwonna,	1:8 that he lavished on us with all wisdom and understanding.
1:9 bwe yatutegeeza ekyama eky'okwagala kwe, nga bwe yasiima yekka, nga bwe yamalirira edda mu ye,	1:9 And he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ,
1:10 olw'obuwanika obw'omu bire ebituukirivu, okugattira awamu byonna mu Kristo, ebiri mu ggulu n'ebiri ku nsi;	1:10 to be put into effect when the times will have reached their fulfillment--to bring all things in heaven and on earth together under one head, even Christ.
1:11 mu oyo naffe mwe twafuukira obusika bwe twayawulibwa edda mu kumalirira kw'oyo akoza byonna nga bw'ayagala mu kuteesa kwe;	1:11 In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will,
1:12 ffe tulyoke tubeere ettendo ly'ekitiibwa kye, ffe abaasooka okusuubira mu Kristo:	1:12 in order that we, who were the first to hope in Christ, might be for the praise of his glory.
1:13 era namnwe mu ye, bwe mwawulira ekigambo eky'amazima, enjiri ey'obulokozi bwammwe, mu oyo, n'okukkiriza bwe mwakkiriza, ne muteekebwako akabonero n'Omwoyo Omutukuvu eyasuubizibwa,	1:13 And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit,

1:14 gwe musingo gw'obusika bwaffe, okutuusa envuma ya Katonda lw'erinunulibwa, ekitiibwa kye kitenderezebwe.	1:14 who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession--to the praise of his glory.
1:15 Bwe nnawulira okukkiriza Mukama waffe Yesu okuli mu mmwe, era kwe mulaga eri abatukuvu bonna,	1:15 For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints,
1:16 kyenva sirekangayo kwebaza, nga mboogerako mu kusaba kwange;	1:16 I have not stopped giving thanks for you, remembering you in my prayers.
1:17 Katonda wa Mukama waffe Yesu Kristo, Kitaffe ow'ekitiibwa, abawe omwoyo ogw'amagezi n'ogw'okubikkulirwa mu kumutegeera ye;	1:17 I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.
1:18 nga mumulisibwanga amaaso ag'omutima gwammwe, mmwe okumanya essuubi ery'okuyita kwe bwe liri, obugagga obw'ekitiibwa eky'obusika bwe mu batukuvu bwe buli,	1:18 I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints,
1:19 era obukulu obusinga ennyo obw'amaanyi ge eri ffe abakkiriza bwe buli, ng'obuyinza bw'amaanyi ge bwe bukola,	1:19 and his incomparably great power for us who believe. That power is like the working of his mighty strength,
1:20 ge yakoza mu Kristo, bwe qamuzuukiza mu bafu, n'amutuuzza ku mukono gwe ogwa ddyo mu bifo eby'omu ggulu,	1:20 which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms,
1:21 waggulu nayo okusinga okufuga kwonna n'obuyinza n'amaanyi n'obwami na buli linnya eryatulwa si mu mireembe gino gyokka naye ne mu egyo egigenda okujja:	1:21 far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come.
1:22 n'ateeka byonna wansi w'ebigere bye, n'amuteekawo okuba omutwe ku byonna en ekkansa,	1:22 And God placed all things under his feet and appointed him to be head over everything for the church,
1:23 gwe mubiri gwe, okutuukirira ku oyo atuukiriza byonna mu byonna.	1:23 which is his body, the fullness of him who fills everything in every way.
ABAEFEESO 2	EPHESIANS 2
2:1 Era nammwe yabazuukiza bwe mwali nga mufiiridde mu byonoono n'ebibi byammwe,	2:1 As for you, you were dead in your transgressions and sins,
2:2 bye mwatambulirangamu edda ng'emirembe egy'ensi eno bwe giri, okugobereranga omukulu w'obuyinza obw'omu bbanga, omwoyo ogukolera kaakano mu baana abatawulira;	2:2 in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.
2:3 era naffe fenna be twatambulirangamu edda mu kwegomba kw'omubiri gwaffe, nga tukolanga omubiri n'ebirowoozo bye byagala, ne tubeeranga olw'obuzaaliranwa abaana b'obusungu, nga n'abalala:	2:3 All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.

2:4 naye Katonda, kubanga ye mugagga w'ekisa, olw'okwagala kwe okungi kwe yatwagala ffe,	2:4 But because of his great love for us, God, who is rich in mercy,
2:5 era ffe bwe twali nga tufiiridde mu byonoono byaffe, yatufuula abalamu awamu ne Kristo (mwalokoka lwa kisa),	2:5 made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved.
2:6 n'atuzuukiza wamu naye, n'atutuza wamu mu bifo eby'omu ggulu mu Kristo Yesu:	2:6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,
2:7 mu mirembe egigenda okujja alyoke alage obugagga obusinga ennyo obw'ekisa kye mu bulungi obuli gye tuli mu Kristo Yesu:	2:7 in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.
2:8 kubanga mwalokoka lwa kisa lwa kukkiriza; so tekwava gye muli: kye kirabo kya Katonda:	2:8 For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God--
2:9 tekwava mu bikolwa, amuntu yenna aleme okwenyumirizanga.	2:9 not by works, so that no one can boast.
2:10 Kubanga ffe tuli mulimu gwe, abaatonderwa mu Kristo Yesu olw'ebikolwa ebirungi, Katonda bye, yasooka okuteekateeka ffe okubitambulirangamu.	2:10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.
2:11 Kale mujjukire ng'edda mmwe, abaali ab'amawanga mu mubiri, Abakomole be bayita Abataakomolebwa, mu mubiri okukolebwa n'emikono;	2:11 Therefore, remember that formerly you who are Gentiles by birth and called "uncircumcised" by those who call themselves "the circumcision" (that done in the body by the hands of men)--
2:12 nga mu biro biri mwali nga muli wala ne Kristo, mwali nga mubooledwa mu kika kya Isiraeri, era mwali bannaggwanga eri endagaano ez'okusuubiza, nga temulina kusuubira, nga temulina Katonda mu nsi.	2:12 remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world.
2:13 Naye kaakano mu Kristo Yesu mmwe abaali ewala edda musembezebwa olw'omusaayi gwa Kristo.	2:13 But now in Christ Jesus you who once were far away have been brought near through the blood of Christ.
2:14 Kubanga ye gye mirembe gyaffe, eyafuula byombi ekimu, n'amenyawo ekisenge ekya wakati ekyawula,	2:14 For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility,
2:15 bwe yamala okuggyawo mu mubiri gwe obulabe, tawuleti ey'ebiragi ebiri mu mateeka; alyoke atonde mu ye yennyini abo bombi okubeera omuntu omu omuggya, okuleeta emirembe;	2:15 by abolishing in his flesh the law with its commandments and regulations. His purpose was to create in himself one new man out of the two, thus making peace,
2:16 era alyoke atabaganye bombi eri Katonda mu mubiri gumu olw'omusalaba, bwe yattira obulabe ku gwo:	2:16 and in this one body to reconcile both of them to God through the cross, by which he put to death their hostility.
2:17 n'ajja n'ababuulira enjiri ey'emirembe mmwe abaali ewala, n'emirembe abaali okumpi:	2:17 He came and preached peace to you who were far away and peace to those who were near.
2:18 kubanga ku bw'oyo ffe fembi tulina	2:18 For through him we both have access to the

okusembera kwaffe eri Kitaffe mu Mwoyo omu.	Father by one Spirit.
2:19 Kale bwe mutyo temukyali bannaggwanga na bayise, naye muli ba kika kimu n'abatukuvu, era ba mu nnyumba ya Katonda,	2:19 Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household,
2:20 kubanga mwazimbibwa ku musingi be batume ne bannabbi, Kristo Yesu yennyini bw'ali ejjinja eddene ery'oku nsonda;	2:20 built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.
2:21 mu oyo buli nnyumba yonna, bw'egattibwa obulungi, ekula okubeeranga yeekaalu entukuvu mu Mukama waffe;	2:21 In him the whole building is joined together and rises to become a holy temple in the Lord.
2:22 mu oyo era nammwe muzimbibwa wamu okubeeranga ekisulo kya Katonda mu Mwoyo.	2:22 And in him you too are being built together to become a dwelling in which God lives by his Spirit.
ABAEFEESO 3	EPHESIANS 3
3:1 Kale nze Pawulo, omusibe we Yesu Kristo ku lwammwe ab'amawanga;	3:1 For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles--
3:2 oba mwawulira obuwanika obw'ekisa kya Katonda kye nnaweebwa eri mmwe;	3:2 Surely you have heard about the administration of God's grace that was given to me for you,
3:3 bwe nnategeezebwa ekyama mu kubikkulirwa, nga bwe nnawandiika edda mu bigambo ebitono,	3:3 that is, the mystery made known to me by revelation, as I have already written briefly.
3:4 ebiyinza okubategeeza, bwe mubisoma, okumanya kwange mu kyama kye Kristo;	3:4 In reading this, then, you will be able to understand my insight into the mystery of Christ,
3:5 ekitaategeezebwa mu mirembe egy'edda abaana b'abantu, nga kaakano bwe kibikkuliddwa abatume be abatukuvu ne bannabbi mu Mwoyo;	3:5 which was not made known to men in other generations as it has now been revealed by the Spirit to God's holy apostles and prophets.
3:6 ab'amawanga okubeera abasikira awamu, era ab'omubiri ogumu, era abassa ekimu ekyasuubizibwa mu Kristo Yesu olw'enjiri,	3:6 This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.
3:7 gye nnafuukira omuweereza waayo, ng'ekirabo eky'ekisa kya Katonda bwe kiri kye nnaweebwa ng'akukola kw'amaanyi ge bwe kuli.	3:7 I became a servant of this gospel by the gift of God's grace given me through the working of his power.
3:8 Nze, omuto okusinga abato ab'omu batukuvu bonna, nnaweebwe ekisa kino, okubuuliranga ab'ama wanga obugagga bwa Kristo obutanoonyezeka;	3:8 Although I am less than the least of all God's people, this grace was given me: to preach to the Gentiles the unsearchable riches of Christ,
3:9 n'okumulisizanga bonna balabe okugaba kw'ekyama bwe kuli, ekyakwekebwa okuva edda n'edda lyonna mu Katonda eyatonda byonna;	3:9 and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things.
3:10 kaakano abaamasaza n'ab'obuyinza mu bifo eby'omn ggulu bategeezebwe mu kkanisa	3:10 His intent was that now, through the church, the manifold wisdom of God should be made

amagezi amangi aga Katonda ag'engeri ennyingi,	known to the rulers and authorities in the heavenly realms,
3:11 ng'okumalirira bwe kuli mu Kristo Yesu Mukama waffe:	3:11 according to his eternal purpose which he accomplished in Christ Jesus our Lord.
3:12 mwe tuggya obuvumu bwaffe n'okusembera n'obugumu olw'okumukkiriza ye.	3:12 In him and through faith in him we may approach God with freedom and confidence.
3:13 Kyenva nsaba mmwe mulemenga okuddirira olw'ebibonoobono byange ku lwammwe, ebyo kye kitiibwa kyammwe.	3:13 I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.
3:14 Kyenva nfukaamirira Kitaffe,	3:14 For this reason I kneel before the Father,
3:15 buli kika eky'omu ggulu n'eky'oku nsi kwe kiggya erinnya,	3:15 from whom his whole family in heaven and on earth derives its name.
3:16 abawe mmwe, ng'obugagga bw'ekitiibwa kye bwe buli, okunywezebwa n'amaanyi mu Mwoyo gwe mu muntu ow'omunda:	3:16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,
3:17 Kristo atuulenga mu mitima g'yammwe olw'okukkiriza; mubeerenga n'emimizi munywezebwenaga mu kwagala,	3:17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,
3:18 mulyoke muweebwe amaanyi okukwatanga n'amagezi awamu n'abatukuvu botlaa obugazi n'obuwanvu n'obugulumivu n'okugenda wansi bwe biri,	3:18 may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ,
3:19 n'okutegeera okwagala kwa Kristo okusinga okutegeerwa, mulyoke mutuukirire okutuusa okutuukirira kwonna okwa Katonda.	3:19 and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.
3:20 Kale oyo ayinza okukola ennyo okusingira ddala byonna bye tusaba oba bye tulwooza, ng'amaanyi bwe gali agakolera mu ffe,	3:20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,
3:21 aweebwenga ekitiibwa mu kkanisa ne mu Kristo Yesu okutuusa emirembe n'emirembe egitaggwawo. Amiina.	3:21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.
ABAEFEESO 4	EPHESIANS 4
4:1 Kyenva mbeegayirira nze omusibe mu Mukama waffe okutambulanga nga bwe kusaanira okuyitibwa kwe mwayitibwa,	4:1 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.
4:2 n'obukkakkamu bwonna n'obuwombeefu, n'okugumiikiriza, nga muzibiikirizagananga mu kwagalana,	4:2 Be completely humble and gentle; be patient, bearing with one another in love.
4:3 nga munyiikiranga okwekuuma obumu bw'Omwoyo mu kusibibwa n'emirembe.	4:3 Make every effort to keep the unity of the Spirit through the bond of peace.
4:4 Omubiri guli gumu, n'Omwoyo omu, era nga nammwe bwe mwayitibwa mu kusuubira okumu okw'okuyitibwa kwammwe;	4:4 There is one body and one Spirit-- just as you were called to one hope when you were called--

4:5 Mukama waffe omu, okukkiriza kumu, okubatiza kumu,	4:5 one Lord, one faith, one baptism;
4:6 Katonda omu, Kitaawe wa bonna, afuga byonna, ayita mu byonna, era ali mu byonna.	4:6 one God and Father of all, who is over all and through all and in all.
4:7 Naye buli muntu mu ffe yaweebwa ekisa ng'ekigera ky'ekirabo kya Kristo bwe kiri.	4:7 But to each one of us grace has been given as Christ apportioned it.
4:8 Kyava ayogera nti Bwe yalinnya waggulu, n'anyaga okunyaga, N'awa abantu ebirabo.	4:8 This is why it says: "When he ascended on high, he led captives in his train and gave gifts to men."
4:9 (Naye ekigambo ekyo nti Yalinnya, kigamba ki wabula okugamba nti era yakka mu njuyi eza wansi ez'ensi?)	4:9 (What does "he ascended" mean except that he also descended to the lower, earthly regions?)
4:10 Eyakka era ye wuuyo eyalinnya waggulu ennyo okusinga eggulu lyonna, alyoke atuukirize byonna.)	4:10 He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)
4:11 Era oyo n'awa abalala okubeera abatume, n'abalala bannabbi, n'abalala ababuulizi, n'abalala abalunda n'abayigiriza;	4:11 It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers,
4:12 olw'okuiriza abatukuvu, olw'omulimu ogw'okuweereza, olw'okuzimba omubiri gwa Kristo:	4:12 to prepare God's people for works of service, so that the body of Christ may be built up
4:13 okutuusa lwe tulituuka fenna mu bumu obw'okukkiriza, n'obw'okutegeera Omwana wa Katonda, lwe tulituuka okuba omuntu omukulu okutuuka mu kigera eky'bbukulu obw'okutuukirira kwa Kristo:	4:13 until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.
4:14 tulemenga okubeera nate abaana abato, nga tuyugana nga tutwalibwanga buli mpewo ey'okuyigiriza, mu bukuusa bw'abantu, mu nkwe, olw'okugoberera okuteesa okw'obulimba;	4:14 Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming.
4:15 naye, bwe twogeranga amazima mu kwagalana, tulyoke tukule okutuuka mu ye mu byonna, gwe mutwe, Kristo;	4:15 Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.
4:16 mu oyo omubiri gwonna bwe gugattibwa obulungi ne gunywezebwa awamu buli nnyingo ng'ereeta ebyayo, ng'okukola mu kigera okwa buli kitundu bwe kuli, omubiri gweyongera okukula olw'okwezimba mu kwagalana.	4:16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.
4:17 Kyenva njogera kino ne ntegeeza mu Mukama waffe, mmwe mulemenga okutambula nate, era ng'ab'amawanga bwe batambula mu birowoozo byabwe ebitaliimu,	4:17 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.
4:18 nga bazikizibwa amagezi gaabwe, nga baawulibwa ku bulamu bwa Katonda	4:18 They are darkened in their understanding and separated from the life of God because of the

olw'obutaregeera obuli mu bo, olw'okukakanyala okw'omutima gwabwe;	ignorance that is in them due to the hardening of their hearts.
4:19 kubanga beerabira okulumwa, ne beewaayo mu bwenzi, okukolanga eby'obugwagwa bwonna mu kwegomba.	4:19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.
4:20 Naye mmwe temwayiga bwe mutyo Kristo;	4:20 You, however, did not come to know Christ that way.
4:21 oba nga mwamuwulira, ne' muyigirizibwa mu ye ng'amazima bwe gali mu Yesu:	4:21 Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.
4:22 mu bigambo by'empisa ez'olubereberye, mmwe okwambula omuntu ow'edda, avnda olw'okwegomba okw'obulimba;	4:22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;
4:23 era okufuuka abaggya mu mwoyo ogw'ebirowoozo byammwe,	4:23 to be made new in the attitude of your minds;
4:24 okwambala omuntu omuggya, eyatondebwa mu kifaananyi kya Katonda mu butuukirivu ne mu butukuw obw'amazima.	4:24 and to put on the new self, created to be like God in true righteousness and holiness.
4:25 Kale mwambule obulimba, mwogerenga amazima buli muntu ne munne: kubanga tuli bitundu bya bannaffe fekka na fekka.	4:25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.
4:26 Musunguwalenga so temwonoona: enjuba eremenga okugwa ku busungu bwammwe:	4:26 "In your anger do not sin": Do not let the sun go down while you are still angry,
4:27 so temuwanga bbanga Setaani.	4:27 and do not give the devil a foothold.
4:28 Eyabbanga alemenga okubba nate: naye waakiri afubenga, ng'akola ebirungi n'emikono gye, alyoke abeerenga n'eky'okumuwa eyeetaaga.	4:28 He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.
4:29 Buli kigambo ekiwundu kireme okuvanga mu kamwa kammwe, naye ekirungi bwe kinaabangawo olw'okuzimba nga omuntu bwe yeetaaga, abawulira kibawenga ekisa.	4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.
4:30 So temunakuwazanga Mwoyo Mutukuvu owa Katonda, eyabateesaako akabonero okutuusa olunaku olw'okununulibwa.	4:30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.
4:31 Okukaawa kwonna n'obusungu n'obukambwe n'okukaayalla n'okuvuma bibavengako, awamu n'ettima lyonna:	4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.
4:32 era mubeerenga n'obulungi mwekka na mwekka, abakwatibwa ekisa, nga musonyiwagananga, era nga Katonda bwe yabasonyiwa mu Kristo.	4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

ABAEFEESO 5	EPHESIANS 5
5:1 Kale mugobererenga Katonda, ng'abaana abaagalwa;	5:1 Be imitators of God, therefore, as dearly loved children
5:2 era mutambulirenga mu kwagala, era nga Kristo bwe yabaagala mmwe, ne yeewaayo ku lwaffe okubeera ekirabo era ssaddaaka eri Katonda okubeera evvumbe eriwunya obulungi.	5:2 and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.
5:3 Naye obwenzi n'obugwagwa bwonna n'okwegomba n'okwogerebwa tebyogerebwangako mu mmwe, nga bwe kigwanira abatukuvu	5:3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.
5:4 newakubadde eby'ensonyi, newakubadde ebinyumizibwa eby'obusiru, newakubadde okubalaata, ebitasaana: naye waakiri okwebazanga.	5:4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.
5:5 Kubanga ekyo mukitegeerera ddala nga tewali mwenzi, oba mu gwagwa, oba eyeegomba, ye oyo asinza ebifaananyi, alina obusika mu bwakabaka bwa Kristo ne Katonda.	5:5 For of this you can be sure: No immoral, impure or greedy person--such a man is an idolater--has any inheritance in the kingdom of Christ and of God.
5:6 Omuntu yenna tabalimbanga n'ebigambo ebitaliimu: kubanga olw'ebyo obusungu bwa Katonda bujja ku baana abatawulira.	5:6 Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient.
5:7 Kale temussanga kimu nabo;	5:7 Therefore do not be partners with them.
5:8 kubanga edda mwali kizikiza, naye kaakano muli musana mu Mukama waffe: mutambulenga ng'abaana b'omusana	5:8 For you were once darkness, but now you are light in the Lord. Live as children of light
5:9 (kubanga ebibala by'omusana biri mu bulungi bwonna n'obutuukirivu n'amazima),	5:9 (for the fruit of the light consists in all goodness, righteousness and truth)
5:10 nga mukeberanga Mukama waffe ky'ayagala bwe kiri;	5:10 and find out what pleases the Lord.
5:11 so temussanga kimu n'ebikolwa ebitabala eby'ekizikiza, naye waakiri mubibuulirirenga bubuulirizi;	5:11 Have nothing to do with the fruitless deeds of darkness, but rather expose them.
5:12 kubanga kya nsonyi n'okubyogerako ebyo bye bakola mu kyama.	5:12 For it is shameful even to mention what the disobedient do in secret.
5:13 Naye ebigambo byonna, bwe bibuulirirwa, omusana gubirabisa: kubanga buli ekirabisibwa gwe musana.	5:13 But everything exposed by the light becomes visible,
5:14 Kyava ayogera nti Zuukuka, ggwe eyeebase, ozuukire mu bafu, Kristo anaakwakira.	5:14 for it is light that makes everything visible. This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you."
5:15 Kale mutunule nnyo bwe mutambulanga, si ng'abatalina magezi, naye ng'abalina amagezi;	5:15 Be very careful, then, how you live--not as unwise but as wise,

5:16 nga mweguliranga ebbanga, kubanga ennaku zino mbi.	5:16 making the most of every opportunity, because the days are evil.
5:7 Kale temubeeranga basirusiru, naye mutegeerenga Mukama waffe ky'ayagala bwe kiri.	5:17 Therefore do not be foolish, but understand what the Lord's will is.
5:18 So temutamiiranga mwenge, kubanga mu gwo mulimu okwegayaggula, naye mujjulenga Omwoyo;	5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.
5:19 nga mwogeragananga mu zabbuli n'ennyimba n'ebiyiye eby'Omwoyo, nga muyimbanga, nga mumukubiranga ennanga mu mutima gwammwe Mukama waffe;	5:19 Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord,
5:20 nga mwebazanga ennaku zonna olwa byonna Katonda Kitaffe mu linnya lya Mukama waffe Yesu Kristo;	5:20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.
5:21 nga muwuliragananga mu kutya Kristo.	5:21 Submit to one another out of reverence for Christ.
5:22 Abakazi, muwulirenga babbammwe, nga bwe muwulira Mukama waffe.	5:22 Wives, submit to your husbands as to the Lord.
5:23 Kubanga omusajja gwe mutwe gwa mukazi we, era nga Kristo bw'ali omutwe gw'ekkanisa, bw'ali omulokozi ow'omubiri yennyini.	5:23 For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior.
5:24 Naye ng'ekkanisa bw'ewulira Kristo, n'abakazi bwe batyo bawulirenga babbaabwe mu buli kigambo.	5:24 Now as the church submits to Christ, so also wives should submit to their husbands in everything.
5:25 Abasajja, mwagalenga bakazi bammwe, era nga Kristo bwe yayagala ekkkanisa, ne yeewaayo ku lwayo;	5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her
5:26 alyoke agitukuze ng'amaze okugirongoosa n'okuginaaza n'amazzi mu kigambo,	5:26 to make her holy, cleansing her by the washing with water through the word,
5:27 alyoke agyereetere yenayini ekkkanisa ey'ekitiibwa, nga terina bbala newakubadde olufunyirowo newakubadde kyonna ekifaanana nga bino; naye ebeere entukuvu eteriiko bulema.	5:27 and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.
5:28 Era bwe kibagwanidde bwe kityo abasajja okwagalenga bakazi baabwe benayini ng'emibiri gyabwe bennyini. Ayagala mukazi we yennyini, yeeyagala yekka:	5:28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.
5:29 kubanga tewali munru eyali akyaye omubiri gwe yennyini, naye aguliisa agujjaajaba, era nga Kristo bw'ajjanjaba ekkkanisa;	5:29 After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church--
5:30 kubanga tuli bitundu bya mubiri gwe.	5:30 for we are members of his body.
5:31 Omuntu kyanaavaaga aleka kitaawe ne	5:31 "For this reason a man will leave his father

nnyina ne yeegatta ne mukazi we; nabo bombi banaabanga omubiri gumu.	and mother and be united to his wife, and the two will become one flesh."
5:32 Ekyama kino kikulu: naye njogera ku Kristo n'ekkaaisa.	5:32 This is a profound mystery--but I am talking about Christ and the church.
5:33 Naye era nammwe buli muntu ayagalenga mukazi we nga bwe yeeyagala yekka; n'omukazi atyenga bba.	5:33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.
ABAEFEESO 6	EPHESIANS 6
6:1 Abaana abato, muwulirenga abazadde bammwe mu Mukama waffe: kubanga kino kye kirungi.	6:1 Children, obey your parents in the Lord, for this is right.
6:2 Ossangamu ekitiibwa kitaawo ne nnyoko (lye tteeka ery'olubereberye eririmu okusuubiza),	6:2 "Honor your father and mother"--which is the first commandment with a promise--
6:3 olyoke obeerenga bulungi, era owangaalenga ennaku nnyingi ku nsi.	6:3 "that it may go well with you and that you may enjoy long life on the earth."
6:4 Nammwe, bakitaabwe, temusuaguwazanga baana bammwe: naye mubalerenga mu kukangavvulanga ne mu kubuuliriranga kwa Mukama waffe.	6:4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.
6:5 Abaddu, muwulirenga bakama bammwe ab'omubiri nga mulina okutya n'okukankana, omutima gwammwe nga teguliimu bukuusa, aga Kristo;	6:5 Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ.
6:6 si nga mu kuweereza okw'okungulu, ng'abaagala okusiimibwanga abantu; naye ng'abaddu ba Kristo, nga mukolanga n'omwoyo, Katonda by'ayagala,	6:6 Obey them not only to win their favor when their eye is on you, but like slaves of Christ, doing the will of God from your heart.
6:7 nga muweerezanga n'okwagala nga Mukamall waffe so si bantu:	6:7 Serve wholeheartedly, as if you were serving the Lord, not men,
6:8 nga mumanyil nti buli munru ekirungi ky'akola, ky'aliweebwa nate eri Mukama waffe, oba muddu oba wa ddembe.	6:8 because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.
6:9 Nammwe, bakama baabwe, mubakolenga bwe mutyo, nga mulekanga okutiisa: nga mumanyi nga Mukama waabwe era owammwe ali mu ggulu, so tewali kususola mu bantu gy'ali.	6:9 And masters, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him.
6:10 Eky'enkomerero, mubenga n'amaanyi mu Mukama waffe ne mu buyinza obw'amaanyi ge.	6:10 Finally, be strong in the Lord and in his mighty power.
6:11 Mwambalenga ebyokulwanyisa byonna ebya Katonda, mulyoke muyinzenga okuyimirira eri enkwe za Setaani.	6:11 Put on the full armor of God so that you can take your stand against the devil's schemes.
6:12 Kubanga tetumeggana na musaayi na mubiri, wabula n'abaamasaza, n'ab'obuyinza,	6:12 For our struggle is not against flesh and blood, but against the rulers, against the

n'abafuga ensi ab'omu kizikiza kino, n'emyoyo egy'obubi mu bifo ebya waggulu.	authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
6:13 Kale mutwalenga ebyokulwanyisa byonna ebya Katonda, mulyoke muyinzenga okuguma ku lunaku olubi, era bwe mulimala okukoŋŋa byonna, musobole okuyimirira.	6:13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.
6:14 Kale muyimirirenga, nga mwesibye mu kiwato kyammwe amazima, era nga mwambadde eky'omu kifuba obutuukirivu,	6:14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,
6:15 era nga munaanise mu bigere okweteekateeka okw'enjiri ey'emirembe;	6:15 and with your feet fitted with the readiness that comes from the gospel of peace.
6:16 era ku ebyo byonna nga mukwatiddeko engabo ey'okukkiriza, eneebayinzisanga okuzikiza obusaale bwonna obw'omuliro obw'omubi.	6:16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.
6:17 Muweebwe ne sseppewo ey'obulokow, n'ekitala eky'Omwoyo, kye kigambo kya Katonda:	6:17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.
6:18 nga musabanga buli kiseera mu Mwoyo n'okusaba n'okwegayiriranga kwonna n'okwegayirirrianga abatukuvu kusaba okwo mu kunyiikiranga kwonna n'okwegayiririranga abatukuvu bonna,	6:18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.
6:19 era nange ndyoke mpeebwe okwogeranga okwasamyanga akamwa kange, okutegeezanga n'obuvumu ekyama eky'enjiri,	6:19 Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel,
6:20 gye mbeerera omubaka waayo mu lujegere; njogerenga n'obuvumu mu yo, nga bwe ki**wanira okwogeranga.	6:20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.
6:21 Naye nammwe mulyoke mutegeere ebifa gye ndi bwe biri, Tukiko, ow'oluganda omwagalwa era omuweereza omwesigwa mu Mukama waffe alibategeeza byonna:	6:21 Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing.
6:22 gwe mbatumidde olw'ensonga eno, mulyoke mutegeere ebifa gye tuli, era abasanyuse emitima gyammwe.	6:22 I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you.
6:23 Emirembe gibenga eri ab'oluganda, n'okwagala awamu n'okukkiriza ebiva eri Katonda Kitaffe ne Mukama waffe Yesu Kristo.	6:23 Peace to the brothers, and love with faith from God the Father and the Lord Jesus Christ.
6:24 Ekisa kibeerenga n'abo bonna abaagala Mukama waffe Yesu Kristo mu butamala.	6:24 Grace to all who love our Lord Jesus Christ with an undying love.