

NYANJA	NEW INTERNATIONAL VERSION
EPHESIANS 1	EPHESIANS 1
1:1 Paulo, mtumwi wa Khristu Yesu mwa chifuniro cha Mulungu, kwa woyera mtima amene ali mu Aefeso, ndi kwa iwo wokhulupirika mwa Khristu 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 Chisomo chikhale kwa inu, ndi mtendere wochokera kwa Mulungu Atate wathu ndi wochokera, kwa Ambuye Yesu Khristu.	1:2 Grace and peace to you from God our Father and the Lord Jesus Christ.
1:3 Wolemekezeka Mulungu Atate wa Ambuye wathu Yesu Khristu, amene anatalitsa ife ndi dalitso lonse la mzimu m'zakumwamba mwa Khristu:	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 Monga adatisankha ife mwa Iye, asadakhazikike maziko a dziko lapansi, kuti tikhale ife woyera mtima, ndi wopanda chilema pamaso pake m'chikondi.	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 Adatikonzzeratu tilandiridwe ngati ana a Iye yekha mwa Yesu Khristu, monga umo kudakomera chifuniro chake.	1:5 he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will--
1:6 Kuti uyamikike ulemerero wa chisomo chake, chimene adatichitira ife kukhala wolandiridwa mwa wokondedwayo	1:6 to the praise of his glorious grace, which he has freely given us in the One he loves.
1:7 Mwa Iye tiri ndi mawomboledwe mwa mwazi wake, chikhululukiro cha zochimwa, monga mwa chuma cha chisomo chake.	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 Chimene adatichulukitsira ife mu nzeru zonse, ndi chisamaliro.	1:8 that he lavished on us with all wisdom and understanding.
1:9 Adatizindikiritsa ife chinsinsi cha chifuniro chake, monga kudamkomera ndi monga adatsimikiza mtima kale mwa Iye yekha.	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 Kuti pamakonzedwe a makwaniridwe a nyengozo, akasonkhanitse pamodzi zinthu zonse mwa Khristu, za Kumwamba ndi za padziko: ngakhale zili mwa Iye:	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 Mwa Iye tidayesedwa cholowa chake, popeza tidakonzekeratu monga mwa chitsimikizo mtima cha Iye wakuchita zonse mwa uphungu wa chifuniro chake;	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 Kuti ife amene tidakhulupirira mwa Khristu kale tikayamikitse ulemerero wake.	1:12 in order that we, who were the first to hope in Christ, might be for the praise of his glory.

1:13 Mwa Iyeyo inunso, mutamva mawu a chowonadi; Uthenga Wabwino wa chipulumutso chanu, ndi kumkhulupirira Iye, mudasindikizidwa chizindikiro ndi Mzimu Woyera wa lonjezano,	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 Ndiye chikole cha cholowa chathu, kuti ake ake akawomboledwe, ndi kuti ulemerero wake uyamikike.	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 Mwa ichi inenso, m'mene ndamva za chikhulupiriro cha mwa Ambuye Yesu, ndi chikondi cha kwa oyera mtima onse.	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 Sindileka kuyamika chifukwa cha inu, ndi kukumbukira inu m'mapemphero anga;	1:16 I have not stopped giving thanks for you, remembering you in my prayers.
1:17 Kuti Mulungu wa Ambuye wathu Yesu Khristu, Atate wa ulemerero, akupatseni inu mzimu wa nzeru, ndi wa bvumbulutso kuti mukamzindikire Iye:	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 Ndiko kunena kuti maso a mitima yanu awalitsike, kuti mukadziwe inu chiyembekezo cha kuyitana kwake nchiyani; chiyandinso chuma cha ulemerero wa cholowa chake mwa woyera mtima,	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 Ndi chiyani ukulu woposa wa mphamvu yake ya kwa ife wokhulupira, monga mwa machitidwe a mphamvu yake yolimba.	1:19 and his incomparably great power for us who believe. That power is like the working of his mighty strength,
1:20 Imene adachititsa mwa Khristu, m'mene adamuwukitsa kwa akufa, namkhazikitsa pa dzanja lake lamanja m'zakumwamba.	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 Pamwamba pa ukulu wonse, ndi ulamuliro, ndi mphamvu, ndi ufumu, ndi dzina liri lonse lotchedwa, si m'nyengo yino ya pansu pano yokha, komanso mwa iyo ikudza:	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 Ndipo adakonza zonse pansu pa mapazi ake, nampatsa Iye akhale mutu wa zonse ku mpingo.	1:22 And God placed all things under his feet and appointed him to be head over everything for the church,
1:23 Limene liri thupi lake, mdzazidwe wa Iye amene adzaza zonse m'zonse.	1:23 which is his body, the fullness of him who fills everything in every way.
EPHESIANS 2	EPHESIANS 2
2:1 Ndipo inu adakupatsani moyo, pokhala mudali akufa ndi zolakwa ndi zochimwa zanu;	2:1 As for you, you were dead in your transgressions and sins,
2:2 Zimene mudayendamo kale, monga mwa mayendedwe adziko lapansi lino, monga mwa mkulu wa ulamuliro wamlengalenga, wa mzimu wakuchita tsopano mwa ana akusamvera.	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 Amene ife tonsenso tidagonera pakati pawo kale, mzilakolako za thupi lathu, ndi kuchita chifuniro cha thupi, ndi za maganizo, ndipo tidali ana a mkwiyo chibadwire, monganso wotsalawo.	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 Koma Mulungu amene ali wachuma mu chifundo, chifukwa cha chikondi chake chachikulu chimene adatikonda nacho,	2:4 But because of his great love for us, God, who is rich in mercy,
2:5 Tingakhale tidali akufa m'zolakwa zathu, adatipatsa moyo pamodzi ndi Khristu (muli wopulumutsidwa ndi chisomo;)	2:5 made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved.
2:6 Ndipo adatiwukitsa pamodzi, natikazikitsa pamodzi m'zakumwamba mwa Khristu Yesu:	2:6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,
2:7 Kuti akawonetsere m'nyengo ziri mkudza chuma choposa cha chisomo chake, mkukoma mtima kwa pa ife mwa Khristu 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 Pakuti muli wopulumutsidwa ndi chisomo chakuchita mwa chikhulupiriro, ndipo ichi chosachokera kwa inu; chiri mphatso ya Mulungu:	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 Chosachokera ku ntchito, kuti asadzitamandire munthu ali yense.	2:9 not by works, so that no one can boast.
2:10 Pakuti ife ndife opangidwa ake, wolengedwa mwa Khristu Yesu, kuchita ntchito zabwino, zimene Mulungu adazipangiratu, kuti tikayende m'menemo.	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 Momwemo kumbukirani, kuti kale inu amitundu m'thupi, wotchedwa kusadulidwa ndi iwo wotchedwa a mdulidwe umene udachitika ndi manja;	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 Kuti nthawi ija mudali wopanda Khristu, alendo a padera ndi mbumba ya Israyeli, ndi alendo alibe kanthu ndi mapangano a malonjezano, wopanda chiyembekezo, ndi wopanda Mulungu m'dziko lapansi:	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 Koma tsopano mwa Khristu Yesu inu amene mudali kutali kale, adakusendezani mukhale pafupi m'mwazi wa Khristu.	2:13 But now in Christ Jesus you who once were far away have been brought near through the blood of Christ.
2:14 Pakuti Iye ndiye mtendere wathu, amene adachita kuti onse awiri akhale m'modzi, nagumula khoma lotchinga pakati pa ife.	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 Atachotsa udani m'thupi lake, ndiwo mawu a chilamulo cha kutchulako malangizo; kuti alenge awiriwa mwa Iye yekha, akhale munthu m'modzi watsopano, ndi kuchitapo mtendere;	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 Ndi kuti akayanjanitse awiriwa ndi Mulungu, m'thupi limodzi mwa mtandawo, atapha nawo udaniwo:	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 Ndipo adadza, adalalikira mtendere kwa inu amene mudali kutali, ndi kwa iwo amene adali pafupi.	2:17 He came and preached peace to you who were far away and peace to those who were near.
2:18 Kuti mwa Iye ife tonse awiri tiri nawo malowedwe athu kwa Atate, mwa Mzimu m'modzi.	2:18 For through him we both have access to the Father by one Spirit.
2:19 Tsopano simulinso alendo ndi wongobwera, komatu muli a mudzi womwewo wa woyera mtima ndi abanja la Mulungu;	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 Ndi womangidwa pa maziko wa atumwi ndi aneneri, pali Khristu Yesu mwini, mwala wa pangodya;	2:20 built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.
2:21 Mwa Iye mamangidwe onse akhala wolumikizika pamodzi bwino, akula, akhale kachisi wopatulika mwa Ambuye;	2:21 In him the whole building is joined together and rises to become a holy temple in the Lord.
2:22 Mwa Iye inunso mumangidwamo pamodzi, mukhale chokhalamo Mulungu mwa Mzimu.	2:22 And in him you too are being built together to become a dwelling in which God lives by his Spirit.
EPHESIANS 3	EPHESIANS 3
3:1 Chifukwa cha ichi ine Paulo, ndine wandende wa Khristu Yesu chifukwa cha inu amitundu,	3:1 For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles--
3:2 Ngatitu mudamva za machitidwe a chisomo cha Mulungu chimene adandipatsa ine cha kwa inu:	3:2 Surely you have heard about the administration of God's grace that was given to me for you,
3:3 Ndi umo adandizindikiritsa chinsinsicho mwa bvumbulutso, (monga ndidalemba kale mwachidule,	3:3 that is, the mystery made known to me by revelation, as I have already written briefly.
3:4 Chimene mukhoza kuzindikira nacho, pakuchiwerenga, chidziwitso changa m'chinsinsi cha Khristu.)	3:4 In reading this, then, you will be able to understand my insight into the mystery of Christ,
3:5 Chimene sadazindikiritsa ana a anthu m'mibado yina, monga adachibvumbulutsa tsopano kwa atumwi ndi aneneri ake woyera mwa Mzimu:	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 Kuti amitundu ali wolowa nyumba pamodzi ndi ife, ndi ziwalo zimzathu zathupilo, ndi wolandira nafe pamodzi malonjezano mwa Khristu Yesu, mwa Uthenga Wabwino;	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 Umene adandikhalitsa mtumiki wake monga mwa mpatso ya chisomo cha Mulungu, chimene adandipatsa ine, monga mwa machitidwe a mphamvu yake.	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 Kwa ine, wochepa ndi wochepetsa wa onse woyera mtima, adandipatsa chisomo ichi, ndilalikire kwa amitundu chuma chosalondoleka cha Khristu;	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 Ndikuwalitsira onse adziwe makonzedwe a chinsinsicho, chimene chidabisika kuyambira kale kale mwa Mulungu wolenga zonse mwa Yesu Khristu:	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 Kuti mu Mpingo azindikiritse tsopano kwa akulu ndi maulamuliro m'zakumwamba nzeru ya mitundu mitundu ya Mulungu,	3:10 His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms,
3:11 Monga mwa chitsimikizo mtima cha nthawi za nthawi, chimene adachita mwa Khristu Yesu Ambuye wathu:	3:11 according to his eternal purpose which he accomplished in Christ Jesus our Lord.
3:12 Amene tiri naye chokhazikika mtima ndi chiyandiko cholimbika, mwa chikhulupiriro cha pa Iye.	3:12 In him and through faith in him we may approach God with freedom and confidence.
3:13 Mwa ichi ndikhumba kuti musade nkhwana m'zisautso zanga chifukwa cha inu ndiwo ulemerero wanu.	3:13 I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.
3:14 Chifukwa cha ichi ndipinda mawondo anga kwa Atate wa Ambuye wathu Yesu Khristu,	3:14 For this reason I kneel before the Father,
3:15 Amene kuchokera kwa Iye fuko lonse la m'mwamba ndi la padziko alitcha dzina,	3:15 from whom his whole family in heaven and on earth derives its name.
3:16 Kuti akupatseni inu monga mwa chuma cha ulemerero wake akulimbikitseni inu ndi mphamvu mwa Mzimu wake, mwa munthu wamkati mwanu.	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 Kuti Khristu akhale chikhaliwe mwa chikhulupiriro m'mitima yanu; kuti mukhale wozika mizu ndi wotsendereka m'chikondi,	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 Kuti mukakhazetu kuzindikira pamodzi ndi woyera mtima onse, kupingasa, ndi utali, ndikuzama kwake ndi kukwera.	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 Ndikuzindikira chikondi cha Khristu, chakuposa mazindikiridwe, kuti mukadzazidwe kufikira chidzalo chonse cha Mulungu.	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 Ndipo kwa Iye amene angathe kuchita koposaposatu zonse zimene tizipempha, kapena tiziganiza, monga mwa mphamvu ya kuchita mwa ife,	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 Kwa Iye kukhale ulemerero mu Mpingo ndi mwa Khristu Yesu kufikira mibado yonse ya nthawi za nthawi. Amen.	3:21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.
EPHESIANS 4	EPHESIANS 4
4:1 Ndikudandaulirani inu tsono, ine wandende mwa Ambuye, muyende koyenera mayitanidwe amene mudayitanidwa nawo,	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 Ndikuwonetsera kudzichepetsa konse ndi chifatso , ndi kuwonetsera chipiriro, ndi kulolerana wina ndi mzake, mwa chikondi.	4:2 Be completely humble and gentle; be patient, bearing with one another in love.
4:3 Ndi kusamalitsa kusunga umodzi wa Mzimu mwa chimangiriro cha mtendere	4:3 Make every effort to keep the unity of the Spirit through the bond of peace.
4:4 Pali thupi limodzi ndi Mzimu m' modzi, monganso adakuyitanani m' chiyembekezo chimodzi cha mayitanidwe anu;	4:4 There is one body and one Spirit-- just as you were called to one hope when you were called--
4:5 Ambuye m' modzi, chikhulupiriro chimodzi, ubatizo umodzi,	4:5 one Lord, one faith, one baptism;
4:6 Mulungu m' modzi ndi Atate wa onse, amene ali pamwamba pa onse, ndi mwa onse, ndi m'kati mwa inu nonse.	4:6 one God and Father of all, who is over all and through all and in all.
4:7 Ndipo kwa yense wa ife chapatsidwa chisomo, monga mwa muyeso wamphatso ya Khristu.	4:7 But to each one of us grace has been given as Christ apportioned it.
4:8 Chifukwa chake anena, m' mene adakwera Kumwamba adamanga ndende undende, naninkha za mphatso kwa anthu.	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 (Koma ichi, chakuti, adakwera, nchiyani nanga koma kuti Iye adatsikiranso ku madera akunsi kwa dziko?	4: 9 (What does "he ascended" mean except that he also descended to the lower, earthly regions?
4:10 Iye wotsikayo ndiye yemweyonso adakwera, popitiriratu miyamba yonse, kuti akadzaze zinthu zonse.)	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 Ndipo Iye adapatsa ena akhale atumwi; ndi ena aneneri; ndi ena alaliki; ndi ena abusa; ndi ena aphunzitsi;	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 Kuti akonzere woyera mtima ku ntchito ya utumiki, kumangirira thupi la Khristu;	4:12 to prepare God's people for works of service, so that the body of Christ may be built up

4:13 Kufikira ife tonse tikafikira ku umodzi wa chikhulupiriro, ndi wa chizindikiritso cha Mwana wa Mulungu, munthu wangwiro, ku muyeso wamsinkhu wachidzalo cha Khristu:	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 Kuti tisakhalenso makanda, wogwedezekagwedezeka, natengekatengeka ndi mphepo yonse ya chiphunzitso, ndi matsenga a anthu, ndi kuchenjera kukatsata chinyengo cha kusocheretsa.	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 Koma pakuyankhula chowonadi mwa chikondi; tikakule m'zinthu zonse, kufikira Iye; amene ali mutu ndiye Khristu:	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 Kuchokera mwa Iye m'thupi lonse, logwirizana ndi kulumikizidwa pamodzi, pothandizanapo mfundo yonse, monga mwa kuchititsa kwa chiwalo chonse pa muyeso wake, lichita makulidwe athupi, kufikira chimangiriro chake mwa chikondi.	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 Pamenepo ndinena ichi, ndipo ndichita umboni mwa Ambuye kuti simuyendanso inu monganso amitundu ayendera, m'chitsiru cha mtima wawo,	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 Wodetsedwa m'nzeru zawo, woyesedwa alendo pa moyo wa Mulungu, chifukwa cha chipulukiro chiri mwa iwo, chifukwa cha kuchititsidwa khungu kwa mitima yawo:	4:18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts.
4:19 Amenewo popeza sadazindikiranso kanthu konse, adadzipereka wokha kuti akhumbe zonyansa, kuti achite chidetso pamodzi ndi umbombo.	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 Koma inu simudaphunzira Khristu chotero.	4:20 You, however, did not come to know Christ that way.
4:21 Ngatitu mudamva Iye, ndipo mudaphunzitsidwa mwa Iye monga chowonadi chiri mwa Yesu;	4:21 Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.
4:22 Kuti mubvule kunena za makhalidwe anu woyamba a munthu, munthu wakale, wobvunda potsata zilakolako za chinyengo;	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 Koma kuti mukonzeke, mukhale atsopano mu mzimu wa mtima wanu.	4:23 to be made new in the attitude of your minds;
4:24 Ndipo mubvale munthu watsopano, amene adalengedwa monga mwa Mulungu, m'chilungamo, ndi m'chiyero cha chowonadi.	4:24 and to put on the new self, created to be like God in true righteousness and holiness.
4:25 Mwa ichi, mutataya zonama, yankhulani zowona yense ndi mzake: pakuti tiri ziwalo wina ndi mzake.	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 Kwiyani, koma musachimwe: dzuwa lisalowe muli chikwiire:	4:26 "In your anger do not sin": Do not let the sun go down while you are still angry,
4:27 Ndiponso musampatse malo mdiyerekezi.	4:27 and do not give the devil a foothold.
4:28 Wakubayo asabenso: koma makamaka agwiritse ntchito nagwire ntchito yokoma ndi manja ake, kuti akhale nacho chakuchereza wosowa.	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 Nkhani yonse yobvunda isatuluke m'kamwa mwanu, koma ngati pali yina yabwino kukumangirira, kuti ikatumikire chisomo kwa iwo akumva.	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 Ndipo musamvetse chisoni Mzimu Woyera wa Mulungu, amene mudasindikizidwa chizindikiro mwa Iye, kufikira tsiku la mawomboledwe.	4:30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.
4:31 Chiwawo chonse ndi kupsa mtima ndi mkwiyo ndi chiwawa ndi mayakhulidwe oyipa zichotsedwe kwa inu pamodzi ndi zoyipa zonse.	4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.
4:32 Ndipo mukhalirane a chikondi wina ndi mzake amtima wabwino akukhululukirana nokha, monganso Mulungu chifukwa cha Khristu adakhululukira inu.	4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
EPHESIANS 5	EPHESIANS 5
5:1 Chifukwa chake khalani akutsanza a Mulungu, monga ana wokondedwa;	5:1 Be imitators of God, therefore, as dearly loved children
5:2 Ndipo yendani m'chikondi monganso Khristu adakukondani inu, nadzipereka yekha m'malo mwathu, chopereka ndi nsembe kwa Mulungu, ikhale fungo lonunkhira bwino.	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 Koma dama ndi chidetso chonse, kapena chisiliro, zisatchulidwe ndi kutchulidwa komwe mwa inu monga kuyenera woyera mtima.	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 Kapena chinyanso ndi kuyankhula zopanda pake, kapena zopusa zimene siziyenera; koma makamaka chiyamiko.	5:4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.
5:5 Pakuti ichi muchidziwe kuti wadama yense, kapena wachidetso, kapena wosilira, amene apembedza mafano, alibe cholowa mu ufumu wa Khristu ndi Mulungu.	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 Asakunyengeni inu munthu ndi mawu wopanda pake, pakuti chifukwa cha izi umadza mkwiyo wa Mulungu pa ana a kusamvera.	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 Chifukwa chake musakhale wolandirana nawo.	5:7 Therefore do not be partners with them.
5:8 Pakuti kale mudali mdima, koma tsopano muli kuwunika mwa Ambuye; yendani monga ana a kuwunika;	5:8 For you were once darkness, but now you are light in the Lord. Live as children of light
5:9 Pakuti chipatso cha Mzimu tichipeza mu ubwino wonse, ndi chilungamo ndi chowonadi;)	5:9 (for the fruit of the light consists in all goodness, righteousness and truth)
5:10 Kuyesera chokondweretsa Ambuye nchiyani.	5:10 and find out what pleases the Lord.
5:11 Ndipo musayanjane nazo ntchito za mdima zosabala kanthu; koma makamakanso muzitsutse.	5:11 Have nothing to do with the fruitless deeds of darkness, but rather expose them.
5:12 Pakuti zochitidwa nawo m'seri, kungakhale kuzinena kuchititsa manyazi	5:12 For it is shameful even to mention what the disobedient do in secret.
5:13 Koma zinthu zonse potsutsika ndi kuwunika, ziwonekera; pakuti chonse chakuwonetsa chiri kuwunika	5:13 But everything exposed by the light becomes visible,
5:14 Mwa ichi anena khala maso wogona iwe, nuwuke kwa akufa, ndipo Khristu adzawala pa iwe.	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 Potero penyani bwino umo muyendera, si monga wopanda nzeru, koma monga anzeru.	5:15 Be very careful, then, how you live--not as unwise but as wise,
5:16 Akuchita mwachangu, popeza masiku ali woyipa.	5:16 making the most of every opportunity, because the days are evil.
5:17 Chifukwa chake musakhale wosadziwa koma dziwitsani chifuniro cha Ambuye nchiyani!	5:17 Therefore do not be foolish, but understand what the Lord's will is.
5:18 Ndipo musaledzere naye vinyo, m'mene muli chitayiko; komatu mudzale naye Mzimu;	5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.
5:19 Ndikudziyankhulira nokha ndi masalmo, ndi nyimbo zauzimu, kuyimbira ndi kuyimba mokometsera Ambuye mumtima mwanu.	5:19 Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord,
5:20 Ndikupereka mayamiko kwa Mulungu Atate masiku onse, chifukwa cha zinthu zonse, m'dzina la Ambuye wathu Yesu Khristu;	5:20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.
5:21 Ndi kumverana wina ndi mzake m'kuwopa Mulungu.	5:21 Submit to one another out of reverence for Christ.
5:22 Akazi inu, mverani amuna anu a inu eni, monga kumvera Ambuye.	5:22 Wives, submit to your husbands as to the Lord.
5:23 Pakuti mwamuna ndiye mutu wa mkazi, monganso Khristu ndiye mutu wa Mpingo; ali yekha Mpulumutsi wa thupilo.	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 Choncho monga Mpingo umvera Khristu, koteronso akazi amvere amuna awo m'zinthu zonse.	5:24 Now as the church submits to Christ, so also wives should submit to their husbands in everything.
5:25 Amuna inu, kondani akazi anu, monganso Khristu adakonda Mpingo, adzipereka yekha m'malo mwake;	5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her
5:26 Kuti akaupatule, atauyeretsa ndi kuusambitsa ndi madzi mwa mawu,	5:26 to make her holy, cleansing her by the washing with water through the word,
5:27 Kuti Iye akadziyikire yekha Mpingo wa ulemerero, wopanda banga, kapena khwinya, kapena kanthu kotere: komatu kuti ukhale woyera, ndi wopanda chilema.	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 Koteronso amuna azikonda akazi awo a iwo wokha monga ngati matupi a iwo wokha. Wokonda mkazi wa iye yekha, adzikonda yekha.	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 Pakuti munthu sanadane nalo thupi lake ndi kale lonse; komatu alilera nalisunga, monganso Ambuye ndi Mpingo.	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 Pakuti ife tiri ziwalo za thupi lake, za m'nofu wake ndi mafupa ake.	5:30 for we are members of his body.
5:31 Chifukwa cha ichi munthu adzasiya atate ake ndi amake, nadzaphatikizana ndi mkazi wake; ndipo iwo awiri adzakhala thupi limodzi.	5:31 "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh."
5:32 Chinsinsi ichi nchachikulu; koma ndinena ine za Khristu ndi Mpingo.	5:32 This is a profound mystery--but I am talking about Christ and the church.
5:33 Komanso inu, yense pa yekha, yense akonde mkazi wake wa iye yekha, monga adzikonda yekha; ndipo mkaziyo awonetsetse kuti akulemekeza mwamuna wake.	5:33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.
EPHESIANS 6	EPHESIANS 6
6:1 Ananu mverani akukubalani mwa Ambuye: pakuti ichi nchabwino.	6:1 Children, obey your parents in the Lord, for this is right.
6:2 Lemekeza atate wako ndi amako; (ndilo lamulo loyamba lokhala nalo lonjezano;)	6:2 "Honor your father and mother"--which is the first commandment with a promise--
6:3 Kuti kukhale bwino ndi iwe, ndi kuti ukhale wa nthawi yayikulu padziko.	6:3 "that it may go well with you and that you may enjoy long life on the earth."
6:4 Ndipo atate inu, musakwiyitse ana anu: komatu muwalere iwo ndi chilangizo cha Ambuye.	6:4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.
6:5 Akapolo inu, mverani iwo amene ali ambuye anu monga mwa thupi, ndi kuwawopa ndi kunthunthumira nawo, ndi mtima wanu wosakumbukira kanthu kena, monga kwa Khristu;	6:5 Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ.

6:6 Simonga mwa kutumikira mwachinyengo, monga okondweretsa anthu, komatu monga akapolo a Khristu akuchita chifuniro cha Mulungu chochokera kumtima;	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 Akuchita ukapolo ndi kubvomereza mtima, monga kutumikira Ambuye, si anthu ayi.	6:7 Serve wholeheartedly, as if you were serving the Lord, not men,
6:8 Podziwa kuti chinthu chabwino chiri chonse munthu aliyense achichita, adzambwezera chomwechi Ambuye, angakhale ali kapolo kapena mfulu.	6:8 because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.
6:9 Ndipo ambuye inu, muwachitire zinthu zomwezi iwowa; nimuleke kuwawoposa; podziwa kuti Ambuye wawo ndi wanu ali m'Mwamba ndipo palibe tsankhu kwa Iye.	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 Chotsalira abale, tadzilimbikani mwa Ambuye, ndi m'kulimba kwa mphamvu yake.	6:10 Finally, be strong in the Lord and in his mighty power.
6:11 Tabvalani zida zonse za Mulungu; kuti mudzakhoze kuchilimika pokana machenjerero a mdiyerekezi.	6:11 Put on the full armor of God so that you can take your stand against the devil's schemes.
6:12 Chifukwa kuti kulimbana kwathu sitilimbana nawo mwazi ndi thupi, komatu nawo maukulu, ndi maulamuliro, ndi akuchita zolimbika adziko lapansi a mdima uno, ndi a mizimu yoyipa yamulengalenga.	6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
6:13 Mwa ichi mudzitengere zida zonse za Mulungu, kuti mudzakhoze kuyima chitsutsire pofika tsiku loyipa, ndipo, mutachita zonse, mudzachelimika.	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 Chifukwa chake chilimikani, mutadzimangira m'chuwuno mwanu ndi chowonadi mutabvalanso chapachifuwa cha chilungamo;	6:14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,
6:15 Ndipo mutadzibveka mapazi anu ndi makonzedwe a Uthenga Wabwino wa mtendere.	6:15 and with your feet fitted with the readiness that comes from the gospel of peace.
6:16 Koposa zonse mutadzitengeranso chikopa cha chikhulupiriro, chimene mudzakhoze kuzima nacho mibvi yonse yoyaka moto ya woyipayo.	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 Mutengenso chisoti cha chipulumutso, ndi lupanga la Mzimu, ndilo Mawu a Mulungu.	6:17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.
6:18 Mwa pemphero lonse ndi pembedzero mupemphere nthawi yonse mwa Mzimu, ndipo kudikirira m'menemo ndi chipiriro chonse ndi kupembezera woyera mtima onse.	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 Ndi kwa ine ndemwe kuti andipatse mawu, kuti ndikatsegule pakamwa panga molimbika, kuti ndizindikiritse anthu chinsinsicho cha Uthenga Wabwino,	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 Chifukwa cha umene ndiri kazembe wa mu unyolo, kuti m'menemo ndikayankhule molimbika, monga ndiyenera kuyankhula.	6:20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.
6:21 Koma kuti mukadziwe inunso za makhalidwe anga, zimene ndichita, zinthu zonse adzakuzindikiritani Tukiko mbale wokondedwayo, ndi mtumiki wokhulupirika mwa Ambuye.	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 Amene ndamtuma kwa inu chifukwa cha ichicho, kuti mukazindikire za kwa ife, ndi kuti akatonthoze mitima yanu.	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 Mtendere ukhale kwa abale, ndi chikondi, pamodzi ndi chikhulupiriro, zochokera kwa Mulungu Atate, ndi Ambuye Yesu Khristu.	6:23 Peace to the brothers, and love with faith from God the Father and the Lord Jesus Christ.
6:24 Chisomo chikhale ndi iwo onse amene akonda Ambuye wathu Yesu Khristu mowonadi. Ameni.	6:24 Grace to all who love our Lord Jesus Christ with an undying love.