

BEMBA	NEW INTERNATIONAL VERSION
EFESE 1	EPHESIANS 1
1:1 Paulo, umutumwa wa kwa Kristu Yesu umwabelo kufwaya kwa kwa Lesa, ku ba mushilo abali mu Efese, kabili aba cishinka muli Kristu 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 ukusenamina kube kuli imwe no mutende ififuma kuli Lesa Shifwe na Shikulu Yesu Kristu.	1:2 Grace and peace to you from God our Father and the Lord Jesus Christ.
1:3 Awa uwapalwa Lesa kabili Wishi wa kwa Shikulwifwe Yesu Kristu, usapalila ifwe mwi palo lyonse lya bumupashi mu myulu muli Kristu,	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 nge fyo atusalile muli wene ilyo pano isonde pali tapalalengwa, ukuti tube aba mushilo kabili ababula akalema ku cinso cakwe.	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 Atulingile kabelu mu kutemwa ku kuba abana ba Mwine muli Yesu Kristu umwabelo kubekwa kwa kupanga kwakwe,	1:5 he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will--
1:6 ku kutashiwo bukata bwa kusenamina kwakwe uko atusenaminine mu Watemwikwa,	1:6 to the praise of his glorious grace, which he has freely given us in the One he loves.
1:7 muli uyo twabela no kulubuka mu mulopa wakwe, ukulekelelwa kwa mampulu yesu, umwabelo bucindami bwa kusenamina ,	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 kwakwe uko afushishe kuli ifwe mu mano yonse no kushilimuka.	1:8 that he lavished on us with all wisdom and understanding.
1:9 pa kutulenga twishibe ica nkama ca kupanga kwakwe, umwabelo kubekwa kwakwe uko	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 apangile muli wene ku kuleto kulondolola kwa mwisulo wa nshita, ku kulenga fyonse fya mu mulu ne fya pano nse fisonkanishiwe mu mutwe umo muli Kristu;	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 muli uyo kabili twalnegelweko ica kupyaninina (pa kulingilwa kabelu ku kwetetula kwa ubomba fyonse ku kupanga kwa kufwaya kwakwe),	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 ku kuleka ifwe tube ku kutashiwa kwa bukata bwakwe, few babalilepo ukucetekela muli Kristu.	1:12 in order that we, who were the first to hope in Christ, might be for the praise of his glory.
1:13 Muli uyo na imwe, ilyo mwaumfwile icebo ca cine, imbila nsuma ye pusukilo lyenu, muli uyo kabili, ilyo mwatetekele, mwakakatikwe Umupashi wa mushilo uwalailwe,	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,

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1:14 ico e cikatilo ca bupyani bwesu tusuke tubukwate, ku kutashiwa kwa bukata bwakwe.	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 E ico na ine, pa kuumfwo lwa kutetekela Shikulu Yesu ukwaba kuli imwe, no kutemwa kwenu kuli bonse aba mushilo,	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 nshileko kutotela imwe, pa kumulumbula mu mapepo yandi.	1:16 I have not stopped giving thanks for you, remembering you in my prayers.
1:17 Ndetila, Lesa wa kwa Shikulwifwe Yesu Kristu, Shifwe wa bukata, amupe Umupashi wa mano kabili uwa kusokolola mu kwishibo mwine,	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 pa kubutushiwa ku menso ya mitima yenu, ukuti mwishibe ica kucetekela ico amwitilemo, no bucindami bwa bukata bwa bu pyani bwakwe mu ba mushilo,	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 no bukalamba ubwacila bwa maka yakwe kuli ifwe fwe batetekela, amaka ayabombo mwabelo kubomba	1:19 and his incomparably great power for us who believe. That power is like the working of his mighty strength,
1:20 kwa kukosa kwa maka yakwe ayo abombeleko muli Kristu pa kumubusha ku bafwa, no kumubika ku kwa kulyo kwakwe mu myulu,	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 pa mulu wa Bukateka bonse, no Lupaka, na 'Maka, na Bumulopwe, ne Shina lyonse ililumbulwa, te mu bwikashi buno fye iyo, lelo na muli ubo ubukesa;	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 kabili alengele fyonse filambile pa nshi ya makasa yakwe, no kumulengo kubo mutwe wa pa mulu wa fyonse mu lukuta,	1:22 And God placed all things under his feet and appointed him to be head over everything for the church,
1:23 ulo e Mubili wakwe, umwisulo wa uleisusha fyonse monse monse.	1:23 which is his body, the fullness of him who fills everything in every way.
EFESE 2	EPHESIANS 2
2:1 Na imwe pa kuba abafwa mu mampulu na mu membu,	2:1 As for you, you were dead in your transgressions and sins,
2:2 umo mwaendele kale umwabelo bwikashi bwa calo cino, umwabela kateka wa bucinbinda bwa mu lwelele, umupashi uulebomba nomba mu bana ba bucintomfwa;	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.

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2:3 Muli abo na ifwe bonse twaendawikemo kale mu lunkumbwa lwa mibili yesu. Abacita amafwayo ya mubili na 'ya matontonkanyo, kabili twali ku cifyalilwa abana ba kukalipilwa, ifyo na 'bantu bambi baba.	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 Lelo Lesa pa kubo wacindama ku luse, pa mulandu wa kutemwa kwakwe ukwingi uko atutemenwe,	2:4 But because of his great love for us, God, who is rich in mercy,
2:5 kabili ifwe pa kuba abafwa mu mampulu, atulengele aba mweo pamo na Kristu (ni ku kusenamina mwapusukila);	2:5 made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved.
2:6 kabili atubushishe pamo na Kristu no kutwikalika pamo nankwe mu myulu muli Kristu Yesu.	2:6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,
2:7 ukuti akalange mu nshita sha muyayaya ishikesa ubucindami bwa kusenamina kwakwe mu kutubele congwe muli Kristu 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 Pantu ni ku kusenamina mwapusukila, pa kutetekela; kabili te cintu cafuma kuli imwe, ca bupe ca kwa Lesa;	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 tacafuma mu milimo, pa kuti umuntu tengatakisha.	2:9 not by works, so that no one can boast.
2:10 Pantu tuli cibumbwa ca kwa Lesa, abalengelwe muli Kristu Yesu ku kubombe milimo isuma, iyo Lesa apekanishishe libela ukuti e mo twende.	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 e ico ibukisheni ukuti kale imwe, mwe Bena fyalo ku buntunse, mwe betwa Ukukanasembululwa ku ciitwo Kusembululwa ukucitwa ku minwe mu mubili;	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 ibukisheni ifyo mu nshita ilya mwali abapatuka kuli Kristu, abanunuka ku bwina Israele, kabili abeni ku fipingo fya cilayo, abashaba na kucetekela, ababulwa na lesa pano isonde.	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 Lelo nombwa, muli Kristu Yesu, mwe bali ukutali kale, namupalamikilwa mu mulopa wa kwa Kristu.	2:13 But now in Christ Jesus you who once were far away have been brought near through the blood of Christ.
2:14 Pantu wene e mutende wesu, uwacitile bonse babili ukuba umo, no kukululule cibumba ca pa kati ica kupatukanya;	2:14 For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility,

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2:15 mu mubili wakwe aputwile ulupato, Amalango ya mafunde aya mu fipope, ukuti abo babili abalengele mu mwine Umuntu umo mupya, no kucito mutende;	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 kabili ukuti awikishishe ku cimuti capindama bonse babili mu Mubili umo kuli Lesa, pa kwipailako ulupato;	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 kabili aishilebile mbila nsuma ya mutende kuli imwe mwe bali ukutali, na ku bali mupepi;	2:17 He came and preached peace to you who were far away and peace to those who were near.
2:18 pantu ni muli wene few bonse babili twabela no kupalamina kuli Shifwe mu Mupashi umo.	2:18 For through him we both have access to the Father by one Spirit.
2:19 E. ico cena tamwaba nomba bambi bambi kabili abalebeshi, lelo muli bakaya banabo ba bashila, kabili aba mu nanda ya kwa Lesa,	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 abakulwa pa ca kukulapo ca batumwa na bakasesema, ne libwe lya pe tungi ni Yesu Kristu umwine;	2:20 built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.
2:21 muli uyo ubukule bonse bulesuminkaniwa, bukulwa ku kubele tempele lya mushilo muli Shikulu,	2:21 In him the whole building is joined together and rises to become a holy temple in the Lord.
2:22 muli uyo na imwe mukulilwa pamo ku kube ca kwikalamo Lesa mu Mupashi.	2:22 And in him you too are being built together to become a dwelling in which God lives by his Spirit.
EFESE 3	EPHESIANS 3
3:1 Ni pa mulandu uyu ine Paulo, umufungwa wa kwa Kristu Yesu pa mulandu wenu mwe Bena fyalo,	3:1 For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles--
3:2 nga cine cine mwalyumfwo kulashikwa kwa kusenamina kwa kwa Lesa uko napelwe ukwa kuli imwe;	3:2 Surely you have heard about the administration of God's grace that was given to me for you,
3:3 umo nalengelwe ukwishibe ca nkama (ifyo nalemebele kale mu fyebo finono,	3:3 that is, the mystery made known to me by revelation, as I have already written briefly.
3:4 kuli ifyo pa kubelenga mwingakutuluka umucetekanya wandi mu ca nkama ca kwa Kristu	3:4 In reading this, then, you will be able to understand my insight into the mystery of Christ,
3:5 icishasokolwelwe ku bana ba bantu mu nkulo shimbi ifyo casokolwelwa nomba mu Mupashi ku batumwa na bakasesema bakwe ba mushilo),	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.

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3:6 ica kuti Abena fyalo ni mpyani shinensu, kabili aba mu mubili umo na ifwe, kabili abakumako pamo na ifwe ku cilayo muli Kristu Yesu,	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 icaishile mu mbila nsuma, iyo nabelako kapyunga ku ca bupe ca kusenamina kwa kwa Lesa icapelwa ine, umwabelo kubomba kwa maka yakwe.	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 Kuli ine, ne munono ku bacesha pali bonse abashila, kwapelwe ica kusenamina ici, ku kuyabila ku Bena fyalo imbila nsuma ya bucindami ubushingakumwako bwa kwa Kristu;	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 no kulenga kumoneke ku bantu bonse ukulondolola kwa ca nkama icafishilwe ku nshita sha muyayaya muli Lesa Kalenga wa fyonse;	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 ukuti nomba mu lukuta musokolwelwe kuli Bakateka na 'Balashi ba mu myulu amano ya finsangwansangwa aya kwa Lesa,	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 umwabelo kupanga kwa nshita sha muyayaya uko acitile muli Kristu Yesu Shikufwifwe,	3:11 according to his eternal purpose which he accomplished in Christ Jesus our Lord.
3:12 muli uyo tuli no kupama no kupalamina mu kuyanga, pa kutetekela kuli wene.	3:12 In him and through faith in him we may approach God with freedom and confidence.
3:13 E ico ndepapato kuti mwinenuka, pa mulandu wa fya bucushi ifimponena pa mulandu wenu; ifi fya kumuletelo bukata.	3:13 I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.
3:14 Pa mulandu uyu mfukamina kuli Shifwe,	3:14 For this reason I kneel before the Father,
3:15 kuli uyo indupwa shonse mu mulu na pano nse shiinikwako amashina,	3:15 from whom his whole family in heaven and on earth derives its name.
3:16 mpapato kuti, ku bucindami bwa bukata bwakwe, amupe ukukoshiwa amaka ku Mupashi wakwe mu buntu bwa mu kati;	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 ku kuleka Kristu ekale mu mitima yenu pa mulandu wa kutetekela; ukuti, pa kuba abalimbwa katili abakulwa mu kutemwa,	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 mukose ku kulingulula pamo na 'bashila bonse ifyabo bufumo no kulepa no kusansama no kushika;	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 kabili ukwishibo kutemwa kwa kwa Kristu ukwapesha amano, ukuti mwisulemo umwisulo onse wa kwa Lesa.	3:19 and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.

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3:20 Nomba ku uli na ‘maka ya kucita no kufushako ukucila ifyo tulomba atemwa twelenganya, umiwalola amaka yakwe ayabombela muli ifwe,	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 kuli wene kube ubukata mu lukuta na muli Kristu Yesu ku nkulo shonse umuyayaya umyayaya. Amene.	3:21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.
EFESE 4	EPHESIANS 4
4:1 E ico ine, ne mufungwa muli Shikulu, ndemupapato kuti mwende umwawamino bwite ubo mwaitilwe,	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 no bupete bonse no kunakilila, pamo no kutekanya, abashipikishanya mu kutemwa,	4:2 Be completely humble and gentle; be patient, bearing with one another in love.
4:3 abacincilo kubaka buumo bwa Mupashi mu cikakilo ca mutende.	4:3 Make every effort to keep the unity of the Spirit through the bond of peace.
4:4 Umubili umo kabili Umupashi umo, ifyo mwaitilwe mu kucetekela kumo kwa bwite bwenu;	4:4 There is one body and one Spirit-- just as you were called to one hope when you were called--
4:5 Shikulu umo, ukutetekela kumo, ulubatiso lumu;	4:5 one Lord, one faith, one baptism;
4:6 Lesa umo Shibo wa bonse, usa pa mulu pali bonse, kabili uupita muli bonse, kabili uwaikala muli bonse.	4:6 one God and Father of all, who is over all and through all and in all.
4:7 Awe kuli ifwe bonse umo umo kwapelwa ica kusenamina ku mulingo wa ca bupe ca kwa Kristu.	4:7 But to each one of us grace has been given as Christ apportioned it.
4:8 E ico calisoswa, aciti, Alininine aile mu mulu, atwele umulalo muli bunkole, apele ne fya bupe ku bantu.	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 (Lelo ici, Alininine, calola mwi nga te ca kutila, abalile aikila na pa nshi ya calo?:	4:9 (What does "he ascended" mean except that he also descended to the lower, earthly regions?
4:10 Uwaikile ni uyo wine uwaninine ailepulamo mu myulu yonse, ukuti esushemo ifintu fyonse.)	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 Kabili wene apele bamo ukuba abatumwa, na bambi ukuba bakasesema, na bambi ukuba ababile mbila nsuma, na bambi ukuba abacemi na bakasambilisha,	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 ku kuwamya abashila, ku mulimo wa kupyungila, ku kukulo Mubili wa kwa Kristu;	4:12 to prepare God's people for works of service, so that the body of Christ may be built up

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4:13 tusuke tufike bonse kuli buumo bwa kutetekela na ku kwishibo Mwana wa kwa Lesa, ukufika na ku bukalamba, ku mulingo wa mushinku wa mwisulo wa kwa Kristu;	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 ukuti twiba kabili baice abasensenumwa kabili abapepelulwa ku mwela onse we sambilisho, ku kufinsha kwa bantu, incenjeshi ku kwelenganye fya kulufya;	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 lelo pa kuba abasosele cine mu kutemwa, muli fyonse tukule tufike kuli wene, e Mutwe, Kristu;	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 umo Umubili onse wasuminkaniwa no kupikaniwa ku mfyufyu shonse sha kulundilapo, umwabelo kubomba kwa mulingo wa cilundwa conse, ukulengo Mubili ukule no kuikula mu kutemwa.	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 E ico ndesosa no kushimikila muli Shikulu, nati, mwilaenda ifyo Abena fyalo benda mu buwelewele bwa mitima yabo,	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 aba amano yabo yayaluke mfifi, pa kuba abanunuka ku mweo wa kwa Lesa, pa mulandu wa kukanaishiba ukuli muli bene, pa mulandu wa bumununu bwa mitima yabo;	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 abo pa kuba abakunkuma baipela kuli bucilende, ku kubomba no lunkumbwa ukukowela konse.	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 Lelo imwe te ifyo mwasambilile Kristu;	4:20 You, however, did not come to know Christ that way.
4:21 nga wene e o mwaumfwile, kabili muli wene e mo mwasambilishiwe, ifyo icine caba muli Yesu.	4:21 Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.
4:22 Fuleni ubuntu bwa kale, ubwa mibele ya ntanshi, ubuleonaika ku lunkumbwa lwa longolo;	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 awe mulengwe abapya ku myeo ya mitima yenu,	4:23 to be made new in the attitude of your minds;
4:24 no kufwalo buntu bupya, ubwalengelwe mu cipasho ca kwa Lesa mu kulungama no kushila kwa Cine.	4:24 and to put on the new self, created to be like God in true righteousness and holiness.
4:25 E ico pa kufulo bufi, lanshanyeni icine umuntu onse ku munankwe; panu tuli filundwa fya banensu.	4:25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

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4:26 Kalipeni, lelo mwibembuka; mwileka kasuba kawe mucili no bukali.	4:26 "In your anger do not sin": Do not let the sun go down while you are still angry,
4:27 kabili mwipela Kasebanya apa kwikala.	4:27 and do not give the devil a foothold.
4:28 Uwibile eiba kabili; lelo ukucila acucutike, alebomba ku minwe yakwe icawama, ukuti akwate ica kupelako uwakabila.	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 Mwileka mu tunwa twenu mufume icebo cabipa nangu cimo, kano icawama ku kukula icilingene no kukabila, ukuti cipele ukusenamina ku baleumfwa.	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 Kabili mwilenga Umupashi wa mushilo wa kwa Lesa ubulanda, muli uyo mwakakatikilwe ukulola ku bushiku bwa kulubuka.	4:30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.
4:31 Icilulo conse ne cipyu no bukali ne ciwowo ne miponto, fumyeni pali imwe pamo no mufulo onse;	4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.
4:32 mubelane icongwwe, mube aba mitima ya nkumbu, ababelano luse, ifyo na Lesa amubelele uluse muli Kristu.	4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
EFESE 5	EPHESIANS 5
5:1 E ico mube abapashanya Lesa, nga 'bana abatemwikwa;	5:1 Be imitators of God, therefore, as dearly loved children
5:2 kabili endeni mu kutemwa, ifyo na Kristu atemenwe imwe, no kuitulila pali imwe ica kuninika kabili ilambo kuli Lesa ku kube cena icinunke cisuma.	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 Lelo ubulalelale no kukowela konse, nangu lunkumbwa, mwileka filumbulwe muli imwe, ifyo kwayana ku bashila;	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 awe, ne lyashi lya nsoni, nangu lya buwelewele, nangu lya kwalikana – ifintu ifishayamo; kano ukutotela kwena.	5:4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.
5:5 Pantu ishibisheni ici, uwa bulalelale onse, nangu uwakowela, nangu uwa kaso (e kapepa wa tulubi), tali na bupyani mu bufumu bwa kwa Kristu na Lesa.	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 Mwileka umo amulufye ku fyebo fya fye; pantu ifi fintu fileto bukali bwa kwa Lesa pa bana ba bucintomfwa.	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 E ico mwiyanpana na bo.	5:7 Therefore do not be partners with them.

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5:8 Pantu mwali imfifi kale, lelo nomba muli ulubuto muli Shikulu; endeni nga 'bana ba lubuto	5:8 For you were once darkness, but now you are light in the Lord. Live as children of light
5:9 (pantu ifisabo fya lubuto busuma bonse no bulungami ne cine),	5:9 (for the fruit of the light consists in all goodness, righteousness and truth)
5:10 esheni ukwishibe fintu ifitemuna Shikulu.	5:10 and find out what pleases the Lord.
5:11 Kabili mwiba ne senge na bo mu milimo iishitwala iya mfifi; lelo ukwebaula kwena mwebaule.	5:11 Have nothing to do with the fruitless deeds of darkness, but rather expose them.
5:12 Pantu ificitwa kuli abo mu bumfisolo ca nsoni ukufilanda;	5:12 For it is shameful even to mention what the disobedient do in secret.
5:13 lelo fyonse ifi pa kwebaulwa filengwo kumoneka ku lubuto,	5:13 But everything exposed by the light becomes visible,
5:14 pantu conse icilengwo kumoneka lubuto. E ico casoswa, aciti, Shibuka, we ulele, no kubuka ku bafwa, e Iyo Kristu akabalikila pali 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 E ico cenjeleni pa kwenda kwenu, te kwenda nga 'batumpa iyo, kano nga 'ba mano;	5:15 Be very careful, then, how you live--not as unwise but as wise,
5:16 mube ababomfye nshita, ico ishi nshiku sha bubifi.	5:16 making the most of every opportunity, because the days are evil.
5:17 Pa mulandu wa ici mwiba bashashilimuka, lelo abeluka icabo kufwaya kwa kwa Shikulu.	5:17 Therefore do not be foolish, but understand what the Lord's will is.
5:18 Kabili mwikolwa mwangashi, pantu e kuiposaika; lelo isulenimo Umupashi;	5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.
5:19 mube abalandilana mu sha malumbo ne sha kutasha ne nyimbo sha bumupasi, mube abembila Shikulu no kumulumba mu mitima yenu;	5:19 Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord,
5:20 mube abatotela Lesa Shifwe mwi shina Iya kwa Shikluwifwe Yesu Kristu inshita yonse pa fintu fyonse,	5:20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.
5:21 kabili mube abanakilana mu kutina Kristu.	5:21 Submit to one another out of reverence for Christ.
5:22 Mwe bakashi, nakileni ku balume benu, nga kuli Shikulu;	5:22 Wives, submit to your husbands as to the Lord.
5:23 ico umulume e mutwe wa mukashi, ifyo na Kristu e mutwe wa lukuta, pa kubo mwine umupusushi wa Mubili.	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 Lelo ifyo ulukuta lunakila kuli Kristu, e fyo na 'bakashi banakile ku balume babo mu fintu fyonse.	5:24 Now as the church submits to Christ, so also wives should submit to their husbands in everything.

BEMBA	NEW INTERNATIONAL VERSION
5:25 temweni abakashi benu, ifyo na Kristu atemenwe ulukuta no kuipela pa mulandu wa luko,	5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her
5:26 ukuti alushishe pa kulusangulwila ku musambilo wa menshi mu cebo,	5:26 to make her holy, cleansing her by the washing with water through the word,
5:27 ukuti akaipele umwine ulukuta lwa bukata, ulushaba na fiko nangu lukanshi nangu kantu ka musango uyu, lelo lube ulwa mushilo kabili ulwabulwa akalema.	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 E fyo na 'balume bafwile ukutemwa abakashi babo, nge mibili yabo ine. Uwatemwo mukashi wakwe wine, aitemwo mwine.	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 Pantu takwaba nangu umo uwapato mubili wakwe; lelo alaulela no kuutesa, ifyo na Kristu alela no kuteso lukuta;	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 pantu tuli filundwa fya Mubili wakwe.	5:30 for we are members of his body.
5:31 E ico umwaume kuti aleka wishi na nyina, no kulambatila ku mukashi wakwe; na abo babili bakabo mubili umo.	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 Ica nkama ice cikalamba, lelo ine ndesosa Kristu no lukuta.	5:32 This is a profound mystery--but I am talking about Christ and the church.
5:33 Lelo na imwe umo umo, onse atemwe umukashi wakwe ifyo aitemwo mwine, no mukashi abe na katina ku mulume wakwe.	5:33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.
EFESE 6	EPHESIANS 6
6:1 Mwe bana, nakileni abafyashi benu muli Shikulu; pantu ici calungama.	6:1 Children, obey your parents in the Lord, for this is right.
6:2 Cindika wisu na noko (ili e funde lya ntanshi ilyaba ne cilayo),	6:2 "Honor your father and mother"--which is the first commandment with a promise--
6:3 ukuti kuwame kuli iwe; kabili ube wa nshiku ishingani pano nse.	6:3 "that it may go well with you and that you may enjoy long life on the earth."
6:4 Na imwe, mwe bashibo, mwilenga abana benu ukufulwa; lelo mubalele mu kufunda no kukonkomesha kwa kwa Shikulu.	6:4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.
6:5 Mwe babomfi, abo abali bashikulwinwe ku buntunse, banakileni na 'katina no kututuma mu cishinka ca mutima, kwati ni kuli Kristu;	6:5 Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ.
6:6 te mu kubomba kwa pa menso nga 'batemuna abantu iuo; lelo nga 'basha ba kwa Kristu, abacito kufwaya kwa kwa Lesa ku mutima;	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.

BEMBA	NEW INTERNATIONAL VERSION
6:7 ababomba ne nsansa nga kuli Shikulu, te ku bantu,	6:7 Serve wholeheartedly, as if you were serving the Lord, not men,
6:8 pa kwishibo kuti icisuma ico onse acita, nangu musha nangu muntungwa, ico cine akalambwilwapo kuli Shikulu.	6:8 because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.
6:9 Na imwe, mwe bashikulwibo, citeni ifyo fine kuli bene, mulenashako amapange, pa kwishibo kuti bene na imwe Shikulwinwe ali mu mulu, na kuli wene takwaba musobololo.	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 Ica kulekelesha: koseni muli Shikulu na nu bulamba bwa maka yakwe;	6:10 Finally, be strong in the Lord and in his mighty power.
6:11 fwaleni ifya bulwi fya kwa Lesa, ukuti mube abakosa ku kushangilile fya kubeleleka fya kwa Kasebanya.	6:11 Put on the full armor of God so that you can take your stand against the devil's schemes.
6:12 Pantu ukushomboka kwesu te ku buntunse bwa mulopa no mubili, lelo kuli Bamulopwe na 'Ba bukateka, na bamwandanshi ba mfifi ino, ku fimipashi fya bubifi ifya mu lwelele.	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 E ico buleni ifya bulwi fya kwa Lesa, ukuti mukose ukushangila mu bushiku bwa bubifi, kabili ukuti mwiminine ndi apo mwacita fyonse.	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 E ico iminineni abaikake lamba lya cine pa mutima, kabili abafwalo bulungami nge ca kucinge cifuba,	6:14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,
6:15 kabili abafwala ku makasa ukupekaniwa kwa mbila nsuma iya mutende;	6:15 and with your feet fitted with the readiness that comes from the gospel of peace.
6:16 pali fyonse, buleni ne nkwela ya citetekelo, e mo mukakoselo kushimye mifwi yonse ya mulilo iya mubifi.	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 Buleni ne ca kubako mutwe ce pusukilo, no lupanga lwa Mupashi ulo e cebo ca kwa Lesa.	6:17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.
6:18 Mupepele mu Mupashi inshita shonse, mu mipepele yonse ne mipapatile; mulolele ici cine mu kushangila konse no kupapatila abashila bonse,	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 na ini wine, ukuti mpelwe icebo pa kwasamuna akanwa kandi mu kushipa ku kulenga ciishibwe ica nkama ca mbila nsuma,	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 ico nabelako inkombe iyakakwa ku munyololo. Lombeni ukuti nshipe ukusosamo ifyo mfwiwe ukulanda.	6:20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

BEMBA	NEW INTERNATIONAL VERSION
6:21 Awe Tukiki, munyinefwe uwatemwikwa kabili kapyunga wa cishinka muli Shikulu, akamulenga mwishibe ifyandi fyonse, ukuti na imwe mwishibe ifyo ndi:	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 e o natumine ci cine kuli imwe, ku kuleka mwishibe ulwa ine no kusansamushe mitima yenu.	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 Umutende ube kuli bamunyinefwe, no kutemwa pamo ne citetekelo, ififuma kuli Lesa Shifwe na Shikulwifwe Yesu Kristu.	6:23 Peace to the brothers, and love with faith from God the Father and the Lord Jesus Christ.
6:24 Ukusenamina kube kuli bonse abatemwa Shikulwifwe Yesu Kristu ukutemwa ukushifwa.	6:24 Grace to all who love our Lord Jesus Christ with an undying love.