

Lelo ilyo mulepepa . . .

WWW.TENDAYSOFPRAAYER.ORG

UBUSHIKU BWA 4— AMAPEPO YĀBULA UKWASUKWA (NE CITETEKELo)

“Lelo abalolēla Yehoba bapepemuka amaka.” (Isa. 40:31a, NKJV).

Ukulolēla . . .

Ukulolēla te musamwe. N’ani watemwa ukulolēla? Ukulolēla shing’anga apo abombela (office), ukulolēla pa mulongo, ukulolē indeke pa cibansa iyacelwa, ukulolēla uucelelwe ku kulongana.

Abrahamu āli no kulolēla imyaka 25 pa kupoka ubwasuko kwi pepo lyakwe. Mose alolēle imyaka 40 pakuti, pa kushalikisha, Lesa engesa mwafwa. Yosefu āli musha pa myaka iingi e lyo aikalako na mu cifungo imyaka inōno - icifungo te cifulo ca musamwe ica kulolēlako ubwafwilisho ukufuma kuli Lesa! Mu Cipingo mwaba ifya kumwenako ifingi ifya kulolēla ubwafwilisho.

Nangu cakuti ukulolēla kwesu kulalwishanya no kutēko mutima, Icipingo cisosa ukuti umubēla umo uwa bantu ba kwa Lesa, mubēla wa kutēka umutima. Cimo cīne na mwi pepo. Ilingi fye, tulalolēla ubwasuko.

“Kwi pepo lya cishinka lyonse kukesha ubwasuko. Limbi tekuti bwise nge fyo ulefwaya, nangu pa nshita ulebufwailapo; lelo bukeshila mu nshila na pa nshita iikafishapo ukukabila kobe. Amapepo upepa mu kutalalilwa, mu kufunshika, mu kweshiwa, Lesa alaasuka, te lyonse cingabēla umwabēla ukusubila kobe, lelo lyonse ni pakuti cikuwamine” (*Messages to Young People*, p. 250).

Ilyo twaicefya no kuleta ifya kukabila fyesu kuli Wene, mu nshila iyayāna, kabili iyashininkishiwa, tuleshiba ukushintilila pali Lesa, nao alatwasuka. Nangu cibe fyo, ilingi line tufwile ukulolēla. Inshita ishingi tukabila ukubomfya ifyo twakwata mu nshila shesu ilyo Lesa talatwafwa, pakuti tushininkishe ukuti ni Wene. Limbi nga ayaswike apo pēne, kuti twaitakisha fwe bene.

Ilyo tushimwene inshila ya kupwishishamo ubwafya tukwete, e lyo Lesa asosa ishiwi, ne co tushaenekēle e lyo cicitika. Wene aleti, “Lilila kuli lne, na lne ndekwasuka, ndelongola kuli iwe ifikulu ifyabelama, ifyo tawaishiba” (Yeremia. 33:3, NKJV).

Nangu cibe fyo, Lesa nga tāslike pa nshita na mu nshila twaipushishamo, kuti twatontonkanya ukuti tāslike nakalya. Lesa Āsuka amapepo ya wa mufuma-cumi, amapepo ya bupete, kabili ukwasuka Kwakwe e kwawamisha uko wingasanga.

Waitwa ku kwishiba ukutemwa kwa kwa Lesa (Abena Efese 3:19). E fyonse wingakabila. Ilyo wafusha ukumwishiba, e lyo walakwata umutende ’wapulamo, kabili e lyo walalundapo ukufwaya ukulolēla ukutungulula no kuputunkanya Kwakwe. Tonta amenso yobe pali Wene, pa kutemwa Kwakwe, pa malayo Yakwe, na mu nshila intu Wene akwensha mu fyakosa kunuma.

“Uo umutima wakwe washintilila pali Imwe, Mukamulinda mutende mutende,” (Esaya. 26:3, NKJV).

Lesa aishiba ifya kuntanshi. Alakusakamana, Lelo te iwe weka, alasakamana na bambi. Limbi tekuti akwasuke apo pene, pa mulandu wakuti nāukwatila ubwasuko ubwacilapo ukuwama, nangu limbi ino te nshita ingakuwamina, nangu limbi taulaitanyanya ku bwanshiko bwakwe. Limbi kuti Wene akwete ubwasuko ubwapusanako ubulekuma na ’mabukabilo yambi, ayo ushiletontonkanya po. Kabili limbi kuti asuminisha icintu cimo mu mweo obe nga inshila fye imo iya kufikilamo ku muntu umo uo ushingafikako nga tacali fyo. Ificitika fingi ifyo tukomfwikisha fye mu mūlu.

Mubike ici mu matontonkanyo, Yesu taishile no kufwa ku kutupēla umweo wa bwana-lale nangu uwa bunang’ani pano isonde. Na kuba, atile ukuti pano isonde tumona ubucushi (Yohane 16:33). Ilingi Wene abomfya amesho ku kutusambilisha ifisambililo fifwaikwa pa kukusha imibēle ye pusukilo. “Pantu ubucushi ubwayanguka ubwa kashita akanónonōno buletuteyanishe cintu ca bukata icapulishamo ica muyayaya” (2 Abena Korinti 4:17, NKJV).

Kanshi mu cifulo ca kwipusha Lesa ukufumyapo ifyakosa, mwipusheni ukumwafwa ukuya mulekulilako no kulasambilila ukupitila muli fyene. Ukukabila kwesu ukukalamba te fintu tukabila ukupepelapo, nangu ilingi line ifi e fyo tukabila mu cishinka fye. Lelo ukukabila kukalamba kwesu kwa kwishiba Lesa wesu. Ilyo ulemwishiba mu kulundapo, e lyo walalundapo ukumucetekela, kabili walacishamo ukumusuminisha ukubomba.

Lesa alekwita ku kupepa no kufwaya Wene, icinso Cakwe, ubwanshiko Bwakwe, no kutungulula Kwakwe. Ufwaishe ukumwishiba ilyo taulfwaya amāsuko no bwafwo, e lyo ubike amasakamano yobe pali Wene no kumulolēla.

Natupepele pamo.

Inshita ya Kupepa (30–45 Minutes)

*Amabumba ya mapepo yonse yabomfya inshila shalekana lekana isha kupepela pamo. Tulemukoselesha ukuti mulekwata utushita na tumbi 30-45 (minutes) mu kupepela ca pamo, mu nshila yonse intu Umupashi Wamushilo walamutungulwila. Tulekoselesha amapepo ya kulanshanya ayepi - umusēla wa mashiwi umo ukufika pa misēla itatu (1-3 sentences). Ici kuti calenga abengi ukupepa imiku iingi. Pe samba pali ifyakulangila ukupepela mwi Lembo (**Praying through Scripture**) ukulingana ne cikomo. Kuti mwapepela na mu fiputulwa fya Malembo na fimbi no kubikamo ifisambililo na fimbi mu nshita mulepepa. Moneni mwi pepala lya **“Kutungulula Intungulushi” (Leader’s Guide)** na “Mepusho ya Kupepelapo Icilonganino conse mu calo conse” (**World Church Prayer Requests**) pa kuti mwaishibilapo na fimbi ifyo mwingacita mwi pepo.*

Ukupepa mu Cebo ca kwa Lesa — Esaya 40:31a

“Lelo abalolēla Yehoba bapepemuka amaka.”

“Abo abalolēla Yehoba”

Mwe Shifwe, tatwatemwa kulolēla. Ukulolēla kulatusakamika no kututīnya, ica kuti limo tulapupumina pa kusanga ubwasuko bwesu. Tusambilisheni ukulatūsha muli Imwe nge fyo umwana atūsha mu maboko ya kwa Wishi. Tupeniko icitetekelo ca kwishiba ukuti ni’Mwe mukwete ubushiku bwa mailo (bukesa) mu maboko yenu aya maka. Leken i twikalile ku citetekelo, te ku kimono iyoo.

“Bakapepemuka amaka”

Mwe Mfumu, limo limo tulatendwa ukwikala mu calo cino icaonaika. Twalifunshika ku malwele, ukupusana umfwana, ukubulwa, akapatulula, elyo no kutalalilwa. Twapāpāta lengeni tusumbwile amenso yesu ku mūlu no kutukosha copy cipya. Tusambilisheni ukuti tuleshintilila pali Imwe no kusanga ubukose mu malayo yenu ayashipelēla. Ilyo twanaka, muletulunda ku maka yenu.

Ukulundapo ifyo Mwingacita mu Mapepo

Ukutasha no Kulumbanya: Tasheni Lesa pa mapālo ayo mwishibe no kumulumbanya pa busuma Bwakwe.

Ukuyebelela: Buleni utushita twa kuyebelela mu nkama no kutasha Lesa pa kumwelēla.

Ukutungululwa: Ipusheni Lesa ukumupēla māno pa filemukosela nomba na pa kusala kwenu conse.

Icilonganino cesu: Pepeleni pa kukabila kwa cilonganino mu citungu cenu elyo na mu calo conse (moneni pe būla lyaibela apali ifyakwipusha).

Ampusho ya Pamwesu: Pepeleni pa kukabila kwa filundwa fya cilonganino, ndupwa, na bena mupalamano

Ukumfwa no Kwasuka: Buleni nshita ya kumfwa kwi shiwi lya kwa Lesa no kwasukila mu kulumbanya na mu nyimbo.

Inyimbo Mwingemba:

Local Bemba #35 E Bucibusa E Busekesha (Leaning on the Everlasting Arms - SDAH #469);

Local Bemba #34 Lintu Mweo Wandī (It Is Well with My Soul - SDAH #530);

Be Still, My Soul (SDAH #461)

Fyasabankanishiwe na General Conference Ministerial Association

Ifibelengo fya Cila Bushiku Fyalembelwe na ba Dr. Pavel Goia

Other Songs: My Peace I Give unto You; I Cast All My Cares upon You; In God's Green Pastures