

# *Ibaluwa ya Mwanduso ya Yohane*

## **Ichilongole**

Ibaluwa ya Mwanduso ya Yohane tsayandikighwa na Mtumighwa Yohane kune miyaka ya semanini na tano na tisini kulawa Yesu helekighwe. Yohane ng'alongile bae ka ye ye iye iyandike, ila isula ya mwanduso yolangusa ka ye ye tsakamwona Yesu pfakalile muisi na ukutsiluhka kwa Yesu (1 Yoh 1:1-3). Na pfayandikighwe ibaluwa ino yeghala ghendo na pfayandikighwe Imbuli Inoghile yandikighwe na Yohane. Yotogholighwa ka Yohane hayang'ali yokala Efeso tsakandika Imbuli Inoghile na tsibaluwa ndatu, Ibaluwa ino ya Mwanduso, ya Keli na ya Kadatu.

Yohane tsakawandikila ibaluwa ino Wakiristu wose, na chipindi acho kanisa tsaling'ali lighaya kulawa kingili lye iwanu iwakemighwe "Waginostiki." Wawo tsawatogħola ka Yesu tsakakala Imulungu ghendo, ila Yesu hakalile hano muisi ng'akalile imunu ghendo. Na kwa chinu acho Yohane kandika mbuli tsa ye ye kumwona Yesu kwa tsinenge tsake na kumkinda kwa għamoko ghake mwenyegħo (1Yoh 1:1-3). Yohane tsakandika ibaluwa ino ili ndeng'elo yake itimile. (1 Yoh 1:4), na ili kuwaghoma iwanu we Imulungu waleke kughendelela kutenda nzambi (1 Yoh 2:1), na kuwakinga iwanu we Imulungu mna malanglitso ghe ughutsu (1 Yoh 2:26), na kuwatenda iwanu we Imulungu watogħole ghendo ka wakombolighwa (1 Yoh 5:13).

## **Ighali mno**

Isula ya 1:1-4 Yohane koitambula ibaluwa yake na kulonga ule kayandika  
Isula ya 1:5-3:10 Yohane komlonga Imulungu pfayali Ghumwanga na twobamighwa tukale ka pfakalile Yesu.

Isula ya 3:11-5:12 kuya kotukumbusha lagħitso lyā ukwinoghela

Isula ya 5:13-21 Komalitsila ibaluwa yake.

## **Imbuli ya Ughima**

**1** <sup>1</sup> Twomwandikilani usenga wa Imbuli yula wa Ughima, ayula iyakalile kulawa mwanduso, iyatumuhulike na kumwona kwa nenge tsetu wenyegħo, tsatulola na tumkinda kwa għamoko għetlu wenyegħo. <sup>2</sup> Ughima awo tsaulawila, na twetwe tuwona na kuulapfila ukalangama, na twowapetelani mwemwe ughima awo wa għamatsuwa ghose iukalile kwa Aba na utulawila twetwe. <sup>3</sup> Twowapetelani aghala għatwonile na għatħuħulike, ili namwe pfipfilia mwilunge na twetwe. Twetwe twilunga na Aba na Yesu Kiristu, Imwanagħe. <sup>4</sup> Twomwandikilani ghano ili ndeng'elelo yetu itimile.

## **Imulungu iyo għumwanga**

<sup>5</sup> Ahuno usenga watħuħulike kulawa kwa Yesu na twowapetelani. Imulungu iyo għumwanga, mna ye ye kudhu chisi choħose. <sup>6</sup> Tung'alonga twilunga naye aktun tung'ali twakwanga mchisi, twogħutsuka na ng'atutenda għa kweli. <sup>7</sup> Lekeni ka twakwanga mne għumwanga ka ye ye pfayali mne għumwanga, twakuwa chinu chimwe, na idamu ya Yesu, iyali Imwanagħe, wotutenda twele tsinzambi tsetu tsose.

<sup>8</sup> Tung'alonga twahela nzambi, tweġħihsukila iwenyegħo, na kudhu ukweli mghati mwetū. <sup>9</sup> Lekeni tung'amlongela nzambi tsetu Imulungu, ye ye ka

wakutogholighwa na kanogha ghamatsuwa ghose, katsotuleghusila nzambi tsetu na kutudeghetesa mna ghose ghehile.<sup>10</sup> Tung'alonga ng'atutendile nzambi bae, twomtenda Imulungu mghutsu, na imbuli yake ng'aili mghati mwetu bae.

### Kiristu iyo iyotulombela

**2**<sup>1</sup> Wanangu, nomwandikilani ili mleke kutenda nzambi. Na imunu ang'atenda nzambi, twinaye iyotulombela kwa Aba, Yesu Kiristu, iyomnoghelesa Imulungu.

<sup>2</sup> Kiristu imwenyegho iyo iyatendile tuleghusighwe nzambi tsetu, si nzambi tsetu twetwe tuliyeka, ila pfipfila nzambi tse iwanu wose mne iisi yose.

<sup>3</sup> Tung'akinda ghamalaghitso ghe Imulungu, twodaha kumanya ghendo ka twommany yeye. <sup>4</sup> Imunu ang'alonga kommanya Imulungu, lekeni ng'oghakinda bae ghamalaghitso ghake, imunu ayo ka mghutsu, na kuduhu ukweli mghati mwake. <sup>5</sup> Lekeni imunu wowose ang'akinda mbuli yake, unoghelo we Imulungu utimila ghendo mghati mwake. Apfi pfipfo pfatumanya ka twamghati mwake.

<sup>6</sup> Imunu wowose iyolonga kamghati mwe Imulungu, na yatende ka pfayatendile Yesu.

### Laghitso lya sambi

<sup>7</sup> Sale tsangu, simwandikilani bae laghitso lya sambi ila nomwandikilani laghitso lya ghumwande lyamwinalyo kulawa mwanduso. Laghitso lya ghumwande, iwo usenga waruhulike. <sup>8</sup> Hata apfo, nomwandikilani laghitso lya sambi, kweli yoneka mghati mwake, na pfipfila yoneka mghati mwenu, kwaapfila chisi chomala na ghumwanga ghwa kweli ma ghomwemwesa.

<sup>9</sup> Imunu wowose iyolonga kamne ghumwanga lekeni komhila ndughu yake, imunu ayo yang'ali mchisi. <sup>10</sup> Imunu wowose iyomnoghela ndughu yake kokala mne ghumwanga, na kuduhu chinu mghati mwake ichiwatenda wanu wangi wekwale. <sup>11</sup> Lekeni imunu wowose iyomhila ndughu yake, ayo kamchisi na kakwanga mchisi, na ng'omanya bae koghenda kwani, kwaapfila chisi chimbopfula tsinenge.

<sup>12</sup> Nomwandikilani mwemwe iwanangu, kwaapfila nzambi tsenu tsileghusighwa kwa tagħwa lya Kiristu. <sup>13</sup> Nomwandikilani mwemwe tsina aba, kwaapfila mwommanya Kiristu iyalib aħo kulawa mwanduso. Nomwandikilani mwemwe wabwanga, kwaapfila mumuhuma ayula Yehile.

<sup>14</sup> Nomwandikilani mwemwe iwana, kwaapfila mwommanya Aba. Nomwandikilani mwemwe tsina aba, kwaapfila mwommanya ye ye iyalib aħo kulawa mwanduso. Nomwandikilani mwemwe wabwanga, kwaapfila mna ngupfu, na imbuli ye Imulungu yokala mghati mwenu, na mumuhuma Yehile.

<sup>15</sup> Mleke kuinoghela iisi wala ipfinu ipfili muisi. Ka mwoinoghela iisi, ng'amumnogħela Aba bae. <sup>16</sup> Mana ipfinu pfose ipfili muisi, tsitamaa tsa lukuli na tsitamaa tsa tsinenge na ukwighoda ikughalighwa ne pfinu pfalinapfo imunu na pfatendile, apfo pfose ng'apfilawa kwa Aba bae, ila pfolawa muisi. <sup>17</sup> Iisi na pfinu pfose pfawotamani iwanu pfoħupa, lekeni imunu iyotenda ka pfayobama Imulungu, ayo kokala ghamatsuwa ghose.

### Mwiħile wa Kiristu

<sup>18</sup> Wanangu, ukutsigha kwa habebi! Tsamlongelighwa mwiħile wa Kiristu kakutsa, na lelo iwahile wa Kiristu wengi ma walawila, apfo twomanya ukutsigha kwa habebi. <sup>19</sup> Iwanu awo walawa kuna twetwe, lekeni ng'awawile wa kwetu bae. Kwaapfila ka wang'awile wetu, wang'akalile hamwe na twetwe, lekeni woka ili imanyike ka ng'awawile wa kwetu bae.

<sup>20</sup> Lekeni mwemwe mbokela Ghumuhe Mwenzeluka kulawa kwa Kiristu, apfo mwommanya ukweli wose. <sup>21</sup> Nomwandikilani, si kwaapfila ng'amuumanya ukweli,

ila kwaapfila mwoumanya ukweli, na mwomanya kuduhu ughutsu wowose iulawa mne ukweli.

<sup>22</sup> Yahi munu mghutsu? Imunu yula iyolonga Yesu si Kiristu Mkombotsi bae. Imunu ayo ka mwihiile wa Kiristu, komlema Aba ne Imwana. <sup>23</sup> Imunu iyomlema Imwana pfipfila komlema Aba, imunu wowose iyomtoghola Imwana pfipfila komtoghola Aba.

<sup>24</sup> Apfo, usenga wamuhulike kulawa mwanduso ukale mne mimoyo yenu. Usenga awo wamuhulike kulawa mwanduso ung'akala mghati mwenu, mwemwe mtsokala mghati mwe Imwana ne mghati mwa Aba. <sup>25</sup> Achi chicho chatulongele Kiristu katsotwing'a, iwo ughima wa ghamatsuwa ghose.

<sup>26</sup> Nimwandikilanu mbuli tsino kwaajili ye iwanu iwobama kumwaghitsani.

<sup>27</sup> Lekeni mwemwe tsambokela Ghumuhe Mwenzeluka kulawa kwa Kiristu. Na Ghumuhe koghendelela kukala mghati mwenu, apfo ng'ambama imunu wowose yawalangulitse. Kwaapfila Ghumuhe wake kowalangulitsani chila chinu, na ghamalangulitso ghake gha kweli, si gha ughutsu bae. Lelo mghakinde ghamalangulitso gha Ghumuhe na mwilunge na Kiristu.

<sup>28</sup> Lelo wanangu, mhendelele kukala mghati mwake, ili hayatsolawila tuleke kupfuka na tuleke kumwonela chinyala litsuwa hayatsakutsa. <sup>29</sup> Mwomanya ka Yesu komnoghelesa Imulungu, lelo mmanye pfipfila ka chila imunu iyotenda ighognoghelesa Imulungu, ayo kawa imwana we Imulungu.

### Iwana we Imulungu

**3** <sup>1</sup> Loleni unoghelo mkulu wa Aba watwing'ile twetwe, mbaka twokemighwa iwana we Imulungu! Na apfo pfipfo pfatuli. Iwana we iisi ino ng'awotumanya bae, kwaapfila ng'awammanyile bae Imulungu. <sup>2</sup> Sale tsangu, sambi twetwe twa iwana we Imulungu, ila ng'anu imanyi bae itsakuwatse. Lekeni twomanya ka hayatsolawila twitseghala naye, kwaapfila tutsomwona apfila pfayali. <sup>3</sup> Imunu wowose iyomlolela Kiristu, ketenda mwenyegho yele ka Kiristu pfayelile.

<sup>4</sup> Imunu wowose iyotenda nzambi ng'okinda bae ghamalaghitso ghe Imulungu, kwaapfila kutenda nzambi, ako kuko kuleka kukinda ghamalaghitso. <sup>5</sup> Lekeni mwemwe mwomanya ka Kiristu katsa ili yatuleghusile nzambi tsetu, naye kahela nzambi yoyose. <sup>6</sup> Apfo imunu wowose iyokala mghati mwa Kiristu ng'oghendelela bae kutenda nzambi, lekeni imunu wowose iyoghendelela kutenda nzambi ng'amwonile Kiristu bae, wala ng'ammanyile.

<sup>7</sup> Wanangu, imunu wowose aleke kuwabughani. Imunu iyotenda finu ipfimnoghelesa Imulungu, ayo komnoghelesa Imulungu, ka Kiristu pfayognoghelesa Imulungu. <sup>8</sup> Imunu wowose iyoghendelela kutenda nzambi ayo ka imunu wa Yehile, kwaapfila Yehile tsakatenda nzambi kulawa mwanduso. Kwaajili ayo Imwana we Imulungu tsakatsa muisi kutsihinya sang'ano tsa Yehile.

<sup>9</sup> Chila iyawile imwana we Imulungu ng'oghendelela bae kutenda nzambi, mana mbuli ye Imulungu yokala mghati mwake, ng'odaha bae kughendelela kutenda nzambi kwaapfila ye ye kawa imwana we Imulungu. <sup>10</sup> Imunu wowose yang'otenda ighognoghelesa Imulungu na yang'omnoghela ndughu yake, ayo si imwana we Imulungu bae. Apfi pfipfo pfawomanyika iwana we Imulungu na iwana wa Yehile.

### Mwinoghele

<sup>11</sup> Ahuno usenga wamuhulike kulawa mwanduso. Twinoghele! <sup>12</sup> Mleke kwighala na Kaini, iyalongotsighwe na Yehile, kamkoma mdodo wake Abeli. Ebali yamkomile? Kwaapfila aghala ghang'ali yotenda tsagheha, na aghala gha mdodo wake tsaghahng'ali ghomnoghelesa Imulungu.

<sup>13</sup> Ndughu tsangu mleke kukangawala wanu we isi ino wang'awahilani.

<sup>14</sup> Twomanya ka tuluta kulawa mne lifwa twingila mne ughima, kwaapfila twowanoghela ndughu tsetu. Imunu wowose iyalihela unoghelo ayo kamne lifwa.

<sup>15</sup> Imunu wowose iyomhila ndughu yake, ayo mkoma wanu, namwe mwomanya mkoma wanu kahela ughima wa ghamatsuwa ghose iukala mghati mwake. <sup>16</sup> Apfi pfiffo pfatuumanya unoghelo pfauli, Yesu Kiristu katulapfila twetwe ughima wake. Na twetwe tuwalapfile ughima wetu ndughu tsetu. <sup>17</sup> Ka imunu kana pfinu na baho komwona ndughu yake kobama pfinu, naye ng'omwonela libatsi bae, lelo yodahatse kulonga ka komnoghela Imulungu? <sup>18</sup> Wanangu, tuleke kuwanoghela iwanu kwa kulonga kuliheka, ila tuwanoghele kwa ghamatendo na ukweli.

### Mimoyo yetu ileke kupfukapfuka hambele he Imulungu

<sup>19</sup> Apfi pfiffo pfatudaha kumanya ka twetwe twa iwanu wa ukweli, na mimoyo yetu ng'aitsopfukapfuka bae hambele hake. <sup>20</sup> Kwaapfila hata ka mimoyo yetu yotuhiga twiha, twomanya Imulungu ka mkulu kubita mimoyo yetu, naye koghamanya ghose. <sup>21</sup> Sale tsangu, ka mimoyo yetu ng'aituhiga bae, twodaha kuleka kupfuka hambele he Imulungu. <sup>22</sup> Twobokela kulawa kuna ye ye chochose chatumlomba, kwaapfila twoghakinda ghamalaghitso ghake na kutenda aghala ighomnoghela. <sup>23</sup> Na laghitso lyake ilyo lino, tulitoghole taghwa lya Yesu Kiristu, Imwanaghe, na twinoghele twetwe kwa twetwe ka pfayatalaghitse. <sup>24</sup> Iwanu wala iwoghakinda ghamalaghitso gha Imulungu wokala mghati mwe Imulungu, na Imulungu kokala mghati mwawo. Apfo kwa Ghumuhe Mwenzeluka ghwatwing'ighwe ne Imulungu, twetwe twomanya ka Imulungu kokala mghati mwetu.

### Ghumuhe wa kweli na ghumuhe wa ughutsu

**4** <sup>1</sup> Sale tsangu, mleke kumtoghola chila munu iyolonga kolongotsighwa na Ghumuhe we Imulungu, ila mumghetse mbole ka imunu ayo kolongotsighwa ne Ghumuhe we Imulungu au bae, kwaapfila manabii wengi we ughutsu walawila muisi. <sup>2</sup> Apfi pfiffo pfamtsommanya imunu iyolongotsighwa ne Ghumuhe we Imulungu, munu wowose iyolonga Yesu Kiristu katsa, kuya kawa imunu, ayo kolongotsighwa ne Ghumuhe we Imulungu. <sup>3</sup> Lekeni imunu wowose ing'ayomtoghola Yesu apfo, ayo kahela Ghumuhe we Imulungu. Imunu ayo kolongotsighwa na muhe wa mwihiile wa Kiristu, namwe tsamuhulika ka kakutsa, na sambi ma kapfika muisi.

<sup>4</sup> Mwemwe iwana, mwa iwanu we Imulungu, na muwahuma manabii waghutsu, kwaapfila Ghumuhe iyalu mghati mwenu kana ngupfu kubita ayula iyali mghati mwe iwanu we iisi ino. <sup>5</sup> Manabii awo wolonga mbuli tse iisi, na iwanu we iisi ino wowategheletsa kwaapfila wawo wolawa mne iisi ino. <sup>6</sup> Twetwe twa iwanu we Imulungu, na imunu wowose iyommanyia Imulungu, ayo kotutegheletsa twetwe, lekeni imunu wowose yang'olawa kwe Imulungu, ayo ng'otutegheletsa bae. Apfi pfiffo pfatummanya Ghumuhe wa kweli na muhe wa ughutsu.

### Imulungu ka unoghelo

<sup>7</sup> Sale tsangu, twinoghele, kwaapfila unoghelo wolawa kwa Imulungu. Imunu wowose iyali na unoghelo ayo kawa imwana we Imulungu na kommanya Imulungu.

<sup>8</sup> Imunu wowose iyalihela unoghelo, ayo ng'ammanyile bae Imulungu kwaapfila Imulungu iyo unoghelo. <sup>9</sup> Na Imulungu kalangusa unoghelo wake kuna twetwe kwa kumghala Imwanaghe nyalimwe muisi, ili tuwe na ughima kubitila ye ye. <sup>10</sup> Hauno iwo unoghelo, si ka twetwe tsatumnoghela Imulungu, lekeni ye ye tsakatunoghela twetwe, kamghala Imwanaghe yatutende tuleghusighwe nzambi tsetu.

<sup>11</sup> Sale tsangu, ka Imulungu katunoghela apfi, pfipfila na twetwe twobamighwa twinoghele. <sup>12</sup> Kuduhu imunu iyamwonile Imulungu, lekeni ka twenoghela, Imulungu kokala mghati mwetu na unoghelo wake wotimila mghati mwetu.

<sup>13</sup> Apfi pfipfo pfatunya ka twokala mghati mwe Imulungu naye kokala mghati mwetu, kwaapfila katwing'a Ghumuhe wake. <sup>14</sup> Tsatwona na kuwalongela iwanu wangi ka Aba kamghala Imwanaghe yawe Mkombotsi we iwanu we iisi yose.

<sup>15</sup> Imunu wowose iyolonga kwa ukutogholka Yesu ka Imwana we Imulungu, Imulungu kokala mghati mwake, naye kokala mghati mwe Imulungu. <sup>16</sup> Na twetwe pfipfila twomanya na twotogholka unoghelo yalinawo Imulungu kuna twetwe.

Imulungu iyo unoghelo. Imunu wowose iyokala mne unoghelo kokala mghati mwe Imulungu, na Imulungu kokala mghati mwake. <sup>17</sup> Apfo unoghelo utimila mghati mwetu ili tuleke kupfuka mne litsuwa lya kuhigha, kwaapfila ka pfayali, apfo pfipfo twetwe pfatuli mne iisi ino. <sup>18</sup> Hane unoghelo haduhu ukupfuka. Lekeni unoghelo uitimile wowinga wogha. Imunu mwogha ng'atimile bae mne unoghelo, kwaapfila wogha wakutsa kwaajili ya ukupfuka ukuhighighwa.

<sup>19</sup> Twetwe twenoghela kwaapfila Imulungu kalongola kutunoghela. <sup>20</sup> Imunu ang'alonga, "Nomnoghela Imulungu," lekeni komhila ndughu yake, ayo ka mghutsu. Kwaapfila imunu yang'omnoghela ndughu yake iyomwona, ng'odaha bae kumnoghela Imulungu iyang'omwona. <sup>21</sup> Naye Kiristu katwing'a twetwe laghitso lino, Imunu iyomnoghela Imulungu pfipfila yamnoghela ndughu yake.

### **Ukughahuma ghehile ghe iisi kwa ukutogholka**

**5** <sup>1</sup> Imunu wowose iyotogholka Yesu iyo Kiristu Mkombotsi, ayo kawa imwana we Imulungu, na imunu wowose iyomnoghela aba pfipfila komnoghela imwana wa aba ayo. <sup>2</sup> Apfi pfipfo pfatunya ka twoanoghela iwanu we Imulungu, ahala hatumnoghela Imulungu na kukinda ghamalaghitsa ghake. <sup>3</sup> Kwaapfila kumnoghela Imulungu, ako kuko kughakinda ghamalaghitsa ghake. Na ghamalaghitsa ghake si makomu bae, <sup>4</sup> kwaapfila imunu wowose iyawile mwana we Imulungu kodaha kughahuma ghehile ghe iisi. Na twetwe twoihuma iisi kwa ukutogholka kwetu. <sup>5</sup> Yahi lelo iyodaha kughahuma ghehile ghe iisi? Imunu yula iyotogholka Yesu Imwana we Imulungu.

### **Ukalangama wa mbuli tsa Yesu Kiristu**

<sup>6</sup> Yesu Kiristu iyo iyatsile kwa ghamatsi ne idamu. Ng'atsile bae kwa ghamatsi ghaliheka, ila katsa kwa ghamatsi na idamu. Naye Ghumuhe kolapfa ukalangama, kwaapfila Ghumuhe ka ukweli. <sup>7</sup> Lelo hana wakalangama wadatu, <sup>8</sup> Ghumuhe ghwe Imulungu, ghamatsi na idamu. Wose awo wolapfa ukalangama umwe. <sup>9</sup> Ka twotogholka ukalangama we iwanu, ukalangama we Imulungu mkulu ghendo kubita we iwanu, na auno iwo ukalangama iyaulapfile Imulungu kwa mbuli ye Imwanaghe. <sup>10</sup> Imunu wowose iyomtoghola Imwana we Imulungu kana ukalangama uno mne ghumoyo ghwake. Lekeni imunu wowose ing'ayomtoghola Imulungu, ayo komtenda Imulungu yawe mghutsu, kwaapfila ng'autoghole ukalangama iyaulapfile Imulungu kwa mbuli ye Imwanaghe. <sup>11</sup> Na uno iwo ukalangama, Imulungu katwing'a ughima wa ghamatsuwa ghose, na ughima awo wa mghati mwe Imwanaghe. <sup>12</sup> Imunu iyali ne Imwana we Imulungu kana ughima awo, imunu iyalihela Imwana we Imulungu kahela ughima.

### **Ughima wa ghamatsuwa ghose**

<sup>13</sup> Nomwandikilani ili mmanye ka mna ughima wa ghamatsuwa ghose mwemwe yamlimtoghola taghwa lye Imwana we Imulungu. <sup>14</sup> Achi chicho ichitutenda tuleke kupfuka hambele he Imulungu, twomanya tung'amlomba chochose ka pfayobama,

ye ye kotutegheletsa.<sup>15</sup> Na ka twomanya kotutegheletsa chochose chatumlomba, pfipfila twomanya ka tut sobokela aghala ighatumlomba.

<sup>16</sup> Imunu ang' amwona ndughu yake kotenda nzambi ing' aimghala bae mne lifwa, amlombele naye Imulungu katsomwing'a ughima. Nolonga kwa iwanu wala nzambi tsawo ng' atsiwaghala bae mne lifwa. Lekeni kuna nzambi iighala lifwa, na nene silonga bae alombe kwaajili ya nzambi ayo.

<sup>17</sup> Chochose chihile ichitendeka, acho nzambi, lekeni kuna nzambi ingi ng' aimghala imunu mlifwa.

<sup>18</sup> Twomanya ka awala iwawile wana we Imulungu ng' awoghendelela bae kutenda nzambi, kwaapfila Imwana we Imulungu kowalolesa, na Yehile ng' odaha bae kuwatenda chinu.

<sup>19</sup> Twomanya ka twetwe twa iwana we Imulungu, hata ka iisi yose ine ghehile yotawalighwa na Yehile.

<sup>20</sup> Twomanya ka Imwana we Imulungu katsa, na katwing'a tsimbutsi ili tummanyem Imulungu wa kweli. Twetwe twokala mghati mwe Imulungu wa kweli na mghati mwe Imwanaghe Yesu Kiristu. Ayuno iyo Imulungu wa kweli na auno iwo ughima wa ghamatsuwa ghose.

<sup>21</sup> Wanangu, mwalangitse ne milungu ya ughutsu.