

# Zimene Mungachite Kuti Muthandize Ena

“Usalephere kuchitira zabwino anthu amene akufunikira zabwinozo, pamene dzanja lako lingathe kuchita zimenezo.”—Miyambo 3:27.

Tsiku ndi tsiku, mumakumana ndi anthu ambiri amene angafunike kuwathandiza.

Kodi mungawazindikire bwanji anthu otere? Zinthu zotsatirazi zingakuthandizeni:

# 1

## ZINDIKIRANI MAVUTO AWO

Kodi ndani amene mungawathandize ndipo mungawathandize motani?

Dzina: .....

Mavuto awo: .....

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# 2

## KONZANI PULANI

Lembani zimene mungachite kuti muwathandize.

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# 3

## CHITANI ZIMENE MWAKONZA

Lembani tsiku ndi nthawi imene mukufuna kuwathandiza.

Tsiku: .....

Nthawi: .....

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# 4

## LEMBANI ZOTSATIRA ZAKE

Pambuyo poti mwathandiza anthuwo, yankhani mafunso otsatirawa:

Kodi munthu amene ndamuthandizayu wasonyeza

mtima wotani? .....

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Kodi *inuyo* mukumva bwanji mumtima mwanu chifukwa

choti mwathandiza munthuyo? .....

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Kodi mwaphunzirapo chiyani pa nkhani ya kupatsa?

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