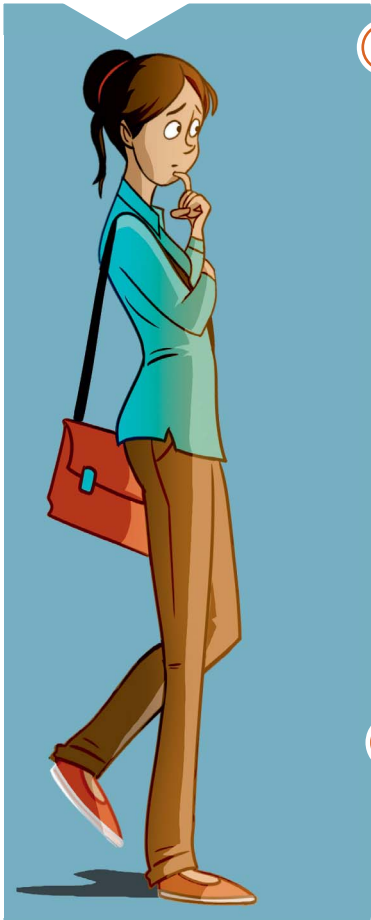


Zomwe Zingakuthandize Kuti Usamayembekezere Kuchita Zinthu Mosalakwitsa Chilichonse

Pali anthu ena amene safuna kuti azilakwitsa chilichonse pa moyo wawo. Chifukwa cha zimenezi, iwo amakhumudwa kwambiri anthu ena kapenanso iwowo akalakwitsa zinazake. Kodi iwenso umafuna kuti usamalakwitse chilichonse? Ngati ndi choncho, tayesa kuchita zotsatirazi.

1 DZIWA VUTO LAKO

Sankha malo amene ukuona kuti ungafune kumachita zinthu mosalakwitsa chilichonse.



KU SUKULU
(Umakhumudwa kwambiri ngati sunakhoze bwino.)



KU NYUMBA
(Ukamakonza m'chipinda chako, umafuna kuti chilichonse chikhale m'malo mwake. Umakhumudwa ukaona kuti chinachake sichili pamalo ake.)



UKHAKHALA NDI ANZAKO
(Sumafuna kuti anthu ena azilakwitsa zinthu ngakhale pang'ono, makamaka amene ndi anzako kwambiri.)



MALO ENA

Ganiziranso malo amene ukuona kuti ungafune kumachita zinthu mosalakwitsa chilichonse aja. Kodi ukakhala pamalowa umachita zinthu ziti zomwe zimasonyeza kuti sufuna kulakwitsa china chilichonse?

2 PEZA NJIRA INA YOCHITIRA ZINTHU

Baibulo limanena kuti “nzeru yochokera kumwamba ndi . . . yololera.” (Yakobo 3:17) Kodi ukakhala pamalo omwe unasankha aja ungatani kuti usamayembekezere kuti iweyo kapena anthu ena azichita zinthu mosalakwitsa chilichonse?

► M'malo mwa

► Ndikhoza



3 SANKHA LEMBA

Kodi ndi lemba liti limene ukuona kuti lingakuthandize?

“Uziyenda modzichepetsa ndi Mulungu wako.”
—Mika 6:8.

“Inu Ya, mukanakhala kuti mumayang’anitsitsa zolakwa, Ndani akanaima pamaso panu, inu Yehova?”
—Salimo 130:3.

“Palibe munthu wolungama padziko lapansi amene amachita zabwino zokhazokha.”—Mlaliki 7:20.

“Onse ndi ochimwa ndipo ndi operewera pa ulemerero wa Mulungu.”—Aroma 3:23.

“Onse adziwe kuti ndinu lolera.”—Afilipi 4:5.

Kodi lemba limene wasankhalo lingakuthandize bwanji kuthetsa mtima wofuna kuchita zinthu mosalakwitsa chilichonse?

4

SANKHA MUNTHU WOTI UZIMUTSANSZIRA

Kodi **iweyo** ungasankhe ndani amene ungamamutsanzire pa nkhani yololera, ndipo n'chifukwa chiyani?



“Ndikazindikira kuti ndayamba kuchita zinthu zosonyeza kamtima kosafuna kulakwitsa chilichonse, ndimaganizira anthu amene ndimawasirira. Chimene chimandipangitsa kuti ndiziwasirira n'choti ndimakhala womasuka kukhala nawo limodzi. Nanenso ndimafuna kuti anthu azimasuka akakhala nane, ndipo zimenezi zimandipangitsa kuti ndiyesetse kupewa mtima wofuna kuchita zinthu mosalakwitsa chilichonse.”—Anna.



5

KHALA NDI CHOLINGA

Kodi ungadziikire cholinga chotani choti chikuthandize kuthana ndi vuto lofuna kuchita zinthu mosalakwitsa chilichonse?

“Ngati china chake sichinachitike mmene umaganizira, uzidziuza kuti unayesetsa kuchita zomwe ukanatha. Uziganizira kwambiri zomwe wachita bwino. Uziona zinthu zomwe walephera ngati mwayi woti uphunzire zina zake.”—Kara.