

KWABASE-EFESU

1 UPhawuli, umphostoli kaKhristu
uJesu ngentando kaNkulunkulu,

Kubangcwele abase-Efesu,
abathembekileyo kuKhristu uJesu:

² Kakube kini umusa lokuthula okuvela
kuNkulunkulu uBaba laseNkosini uJesu
Khristu.

Izibusiso ZokukaMoya KuKhristu

³ Udumo kalube kuNkulunkulu uYise
weNkosi yethu uJesu Khristu, osibusise
ebukhosini basezulwini ngezibusiso
zonke zomoya kuKhristu.

⁴ Ngoba wasikhetha kuye umhlaba
ungakadalwa ukuba sibe ngcwele
singelasici ebusweni bakhe. Ngothando
⁵ wasimisela ukuba senziwe amadodana
akhe ngoJesu Khristu, ngokumayelana
lentokozo yakhe kanye lentando yakhe –
⁶ ukuze kudunyiswe umusa wakhe
omangalisayo, asiphe wona ngesihle
kuLowo amthandayo. ⁷ Kuye
silokuhlengwa ngegazi lakhe,
lokuthethelelwa kwezono,
ngokumayelana lengcebo yomusa
kaNkulunkulu ⁸ awuthululele phezu
kwethu ngenhlakanipho yonke
langokuqedisisa.

⁹ Wasazisa imfihlakalo yentando yakhe
mayelana lentokozo yakhe elungileyo
ayiceba kuKhristu, ¹⁰ ukuba
kuhlanganiswe ndawonye zonke izinto
ezisezulwini lasemhlabeni ngaphansi
kwenhloko yinye, enguKhristu.

¹¹ Sakhethwa kuye, simiselwe lokho
mayelana lecebo lakhe yena osebenza
izinto zonke ngokuvumelana lenjongo
yentando yakhe, ¹² ukuze kuthi thina,
esaba ngabokuqala ukuthemba
kuKhristu, sibe ngabokubonga udumo

lwakhe. ¹³ Lani labalwa kanye loKhristu,
lapho selizwe ilizwi leqiniso. Selikholwe
kuye, labekwa uphawu, uMoya
oNgcwele owathenjiswa,
¹⁴ oyisibambiso esiqiniseka ilifa lethu
kuze kube lokuhlengwa kwalabo
abangabakaNkulunkulu – ukuba
kubongwe udumo lwakhe.

Ukubonga Lokukhuleka

¹⁵ Ngenxa yalokhu, mina, sekulokhu
ngizwe ngokukholwa kwenu eNkosini
uJesu kanye lothando lwenu kubo bonke
abangcwele, ¹⁶ angikaze ngiyekele
ukulibongela, ngilikhumbula
emikhulekweni yami. ¹⁷ Ngiyaqhubeka
ngicela ukuba uNkulunkulu weNkosi
yethu uJesu Khristu, uYise
oyinkazimulo, alinike uMoya
wokuhlakanipha lokwambulelwa, ukuze
limazi ngcono. ¹⁸ Ngikhulekela njalo
lokuthi amehlo ezinhliziyu zenu
makakhanyiselwe ukuze lilazi ithemba
alibizela kulo, inotho yelifa lakhe
elimangalisayo kwabangcwele,
¹⁹ lamandla akhe amakhulu
okungelakulinganiswa kithi thina
esikholwayo. Amandla lawo afana
lokusebenza kwamandla akhe amakhulu,
²⁰ awasebenzisa kuKhristu emvusa
kwabafuleyo emhlalisa esandleni sakhe
sokunene ebukhosini basezulwini,
²¹ ngaphezu kokubusa konke lobukhosi,
lamandla kanye lombuso, lamabizo
wonke angatshiwo, kungasikho
ngalesisikhathi kuphela kodwa lakuleso
esizayo. ²² UNkulunkulu wabeka izinto
zonke ngaphansi kwezinyawo zakhe
wamketha ukuba abe yinhloko yezinto
zonke ebandleni, ²³ lona elingumzimba
wakhe, ukuphelela kwakhe yena
ophelelisa izinto zonke ngezindlela
zonke.

Senziwa saba Ngabaphilayo KuKhristu

2 Lina lalifile kuziphambeko zenu lasezonweni, ² elaliphila kuzo lapho lalilandela izindlela zalo umhlaba lezombusi wombuso wasemoyeni, umoya osebenzayo lakhathesi kulabo abangalaleliyo. ³ Lathi sonke sake saphila phakathi kwabo ngesinye isikhathi, sithokozisa izinkanuko zemvelo yethu yesono silandela lezifiso zayo kanye lemicabango. Njengabanye, ngemvelo sasiyizinto zolaka. ⁴ Kodwa ngenxa yothando lwakhe olukhulu kithi, uNkulunkulu olesihawu esikhulu, ⁵ wasenza saba ngabaphilayo loKhristu lanxa sasifile eziphambekweni – lina selisindisiwe ngomusa. ⁶ UNkulunkulu wasivusa kanye loKhristu wasihlalisa laye ebukhosini basezulwini kuKhristu uJesu, ⁷ ukuze kuthi ezikhathini ezizayo atshengise inotho yomusa wakhe engeke ilinganiswe, ebalulwe yibubele bakhe kithi kuKhristu uJesu. ⁸ Ngoba lisindisiwe ngomusa, ngokukholwa – njalo lokhu akuveli kini, kuyisipho sikaNkulunkulu – ⁹ hatshi ngemisebenzi, ukuze kungabi lozazincoma. ¹⁰ Ngoba siyibuciko bukaNkulunkulu, sidalelwe kuKhristu uJesu ukuba senze imisebenzi emihle, uNkulunkulu ayilungisa ngaphambili ukuba siyenze.

Simunye KuKhristu

¹¹ Ngakho, khumbulani ukuthi kuqala lina elingabezizweni ngokuzalwa njalo elibizwa ngokuthi "ngabangasokanga" yilabo abazibiza ngokuthi "ngabokusoka" (lokho kusenziwa emzimbeni ngezandla zabantu) – ¹² khumbulani ukuthi ngalesosikhathi lalehlukene loKhristu, lingabalelwa enzalweni yako-Israyeli njalo lingabezizweni kusivumelwano sesithembiso, lingelathemba njalo lingelaye uNkulunkulu emhlabeni.

¹³ Kodwa khathesi kuKhristu uJesu lina elake laba khatshana le selisondezwe eduzane ngegazi likaKhristu.

¹⁴ Ngoba yena uqobo uyikuthula kwethu, yena owenza ababili baba munye wadiliza uthango, umduli wobutha owehlukanisayo, ¹⁵ ngokuchitha emzimbeni wakhe umthetho lemilayo yawo kanye lezimiso. Injongo yakhe yayiyikudala phakathi kwakhe umuntu oyedwa omutsha ngabantu ababili, ngalokho enze ukuthula ¹⁶ kuthi kulo umzimba munye kube lokubuyisana kwayo yomibili kuNkulunkulu ngesiphambano, achitha ngaso ubutha bayo. ¹⁷ Weza wazatshumayela ukuthula kini elalikhathshana lokuthula kulabo ababeseduzane. ¹⁸ Ngoba ngaye sobabili siyafinyelela kuYise ngoMoya munye.

¹⁹ Ngalokho-ke, kaliseyibo bezizweni lezihambi, kodwa seliyinzalo yakithi labantu bakaNkulunkulu, kanye lamalunga abendlu kaNkulunkulu, ²⁰ lakhelwe phezu kwesisekelo sabaphostoli labaphrofethi, uKhristu uJesu yena uqobo eyilitshe elikhulu lengosi. ²¹ Indlu yonke ihlanganiselwe kuye, ikhule ukuba lithempeli elingcwele eNkosini. ²² Lani futhi lakhelwa ndawonye kuye ukuze libe yindawo yokuhlala uNkulunkulu ahlala kuyo ngoMoya wakhe.

UPhawuli Umtshumayeli Kwabezizweni

3 Ngenxa yalesisizatho, mina Phawuli, isibotshwa sikaKhristu uJesu ngenxa yenu lina bezizweni – ² Ngeqiniso selizwile ngokuphathwa komusa kaNkulunkulu engawuphiwayo ngenxa yenu, ³ ukuthi ngaziswa imfihlakalo ngokwambulelwa, njengoba sengabhala ngokufitshane. ⁴ Nxa libala lokhu, lizakwanelisa ukuzwisisa umbono wami ngemfihlakalo kaKhristu, ⁵ engazange yaziswe abantu kwezinye

izizukulwane njengoba khathesi isiveziwe nguMoya kubaphostoli abangcwele bakaNkulunkulu lakubaphrofethi. ⁶ Imfihlakalo le iyikuthi ngevangeli abezizweni bayizindlalifa bekanye labako-Israyeli, amalunga omzimba munye ndawonye, labahlanganyeli kuso isithembiso kuKhristu uJesu.

⁷ Mina ngaba yinceku yevangeli leli ngesipho somusa kaNkulunkulu engasiphiwa ngokusebenza kwamandla akhe. ⁸ Lanxa ngimncane kulabancane bonke babantu bakaNkulunkulu, umusa lo ngawunikwa: ukuba ngitshumayele kwabezizweni inotho kaKhristu engacubungulekiyo, ⁹ njalo ngikubeke obala ukuphatha kwami imfihlakalo le eyayifihliwe okweminyaka eminengi eyedlulayo kuNkulunkulu, owadala izinto zonke. ¹⁰ Injongo yakhe yayiyikuthi khathesi, ngebandla, ukuhlakanipha okukhulu kukaNkulunkulu kwaziswe ababusi labaphathi emibusweni yasezulwini, ¹¹ ngokumayelana lenhloso yakhe engulaphakade ayifeza kuKhristu uJesu iNkosi yethu. ¹² Kuye, njalo langokukholwa kuye singasondela kuNkulunkulu ngokukhululeka langesibindi. ¹³ Ngakho, ngiyalicala ukuba lingalahli ithemba ngenxa yokulihluphekela kwami, okuludumo kini.

Ukukhulekela Abase-Efesu

¹⁴ Ngenxa yalokhu ngiyaguqa phambi kukaYise, ¹⁵ lapho yonke imuli yamakholwa asezulwini lasemhlabeni ethola khona ibizo layo. ¹⁶ Ngiyakhuleka ukuba ngenotho yobukhosi bakhe aliqinise ngamandla ngoMoya wakhe emuntwini wenu wangaphakathi, ¹⁷ ukuze uKhristu ahlale ezinhliziyweni zenu ngokukholwa. Ngiyakhuleka njalo ukuba, ligxilile njalo liqinile ethandweni,

¹⁸ libe lamandla, kanye labangcwele bonke, ukuba liqedisise ububanzi lobude lokudepha kanye lokutshona kothando lukaKhristu, ¹⁹ lokuba lilwazi uthando lolu oludlula ukwazi – ukuze ligcwaliswe ngesilinganiso sokugcwala okupheleleyo kukaNkulunkulu.

²⁰ Ngakho-ke, kuye lowo ongenza okukhulu kakhulu kulalokho esikucelayo kumbe esikucabangayo, mayelana lamandla akhe asebenzayo phakathi kwethu, ²¹ kakube lodumo kuye ebandleni lakuKhristu uJesu kuzizukulwane zonke, kuze kube nini lanini! Amen.

Ukumanyana Emzimbeni KaKhristu

4 Ngakho, njengesibotshwa seNkosi, ngiyalincenga ukuba liphile impilo efanele ukubizwa elakwamukelayo. ² Wobani ngabathobekileyo labamnene okupheleleyo; bekezelani, libekezelelane ethandweni. ³ Zamani ngamandla wonke ukugcina ukumanyana kukaMoya ngesibopho sokuthula. ⁴ Kulomzimba munye loMoya munye – njengalokhu labizelwa ethembeni linye ekubizweni kwenu – ⁵ iNkosi yinye, lokholo lunye, umbhaphathizo munye; ⁶ uNkulunkulu munye uYise wabo bonke, ophezu kwabo bonke, ongabo bonke njalo okubo bonke.

⁷ Kodwa yilowo lalowo wethu waphiwa umusa ngokwaba kukaKhristu.

⁸ Yikho nje umbhalo usithi:

"Ekwenyukeleni kwakhe phezulu wahola izithunjwa edwendweni lwakhe njalo wanika iziphos abantwini."

⁹ (Ukuthi "wenyuka" kutshoni ngaphandle kokuthi njalo wehlela lezigabeni zangaphansi komhlaba na?)

¹⁰ Yena lowo owehlela phansi nguye

kanye owenyukela phezulu kakhulu kulamazulu wonke, ukuze agcwale izindawo zonke emhlabeni lasezulwini.)

¹¹ Nguye owanika abanye ukuba babe ngabaphostoli, abanye babe ngabaphrofethi, abanye babe ngabavangeli, abanye babe ngabaphathi labanye babe ngabafundisi, ¹² ukuba balungisele abantu bakaNkulunkulu imisebenzi yenkonzo, ukuze umzimba kaKhristu wakhiwe ¹³ sonke size sifinyelele ekumanyaneni ekukholweni lasekwazini iNdodana kaNkulunkulu sikhule okugcweleyo, sithole isilinganiso sokuphelela okufunyanwa kuKhristu.

¹⁴ Ngakho kasisayikuba yizingane, siphoswa emuva laphambili ngamagagasi, siphethshulwa lapha lalaphaya yimimoya yonke yokufundisa kanye lokuhlakanipha lobuqili babantu ngamasu abo enkohliso. ¹⁵ Kodwa-ke, sikhuluma iqiniso ngothando, sizakhula ezintweni zonke kuye yena oyiNhloko, lowo nguKhristu. ¹⁶ Kusukela kuye umzimba wonke, ohlanganiswe wabanjaniswa yimisipha yonke ewusekelayo, uyakhula uzakhe ngothando, isitho ngasinye sisenza umsebenzi waso.

Ukuphila Njengabantwana Bokukhanya

¹⁷ Ngakho ngilitshela lokhu, ngikugcizelela eNkosini, ukuba akumelanga liphile njengabezizweni, emicabangweni yabo eyize.

¹⁸ Kubamnyama ekuqedisiseni kwabo njalo behlukene lokuphila kukaNkulunkulu ngenxa yokungazi kwabo okungenxa yobulukhuni bezinhliziyo zabo. ¹⁹ Sebelahlekelwe yisazela sonke, sebezinikele ekuthokoziseni umzimba ukuze benze izinhlobo zonke zokuxhwala, inkanuko iqhubeka ifuna okunengi.

²⁰ Kodwa lina uKhristu kalimazanga ngaleyondlela. ²¹ Impela lezwa ngaye

lafundiswa ngaye ngokumayelana leqiniso elikuJesu. ²² Mayelana lendlela yenu yakuqala yokuphila, lafundiswa ukuba lilahle uqobo lwenu oludala, olonakaliswa yizinkanuko zalo zenkohliso; ²³ lenziwe libe batsha esimeni sezingqondo zenu; ²⁴ lifake ubumina obutsha, obadalelwa ukuba njengoNkulunkulu ekulungeni okuqotho lobungcwele.

²⁵ Ngakho-ke, yilowo lalowo wenu kumele alahle amanga akhulume iqiniso kumakhelwane wakhe, ngoba sonke siyizitho zomzimba munye.

²⁶ Ekuthukutheleni kwenu lingenzi isono: Ilanga kalingatshoni lilokhu lithukuthele, ²⁷ njalo lingamniki uSathane indawo yokugxila. ²⁸ Lowo obekade entshontsha kangantshontshi futhi, kodwa kumele asebenze, enze ulutho olusizayo ngezandla zakhe, ukuze abe langakwabela abaswelayo.

²⁹ Akungabi lenkulumo embi ephuma emilonyeni yenu, kodwa okusizayo ekwakheni abanye mayelana lezizwelo zabo, ukuba kusize labo abalalelayo.

³⁰ Njalo lingamdabukisi uMoya oNgcwele kaNkulunkulu, elabekwa ngaye uphawu lwelanga lokuhlengwa.

³¹ Susani yonke inzondo, lokuthukuthela, lolaka, lokuxabana lesinyeyo, kanye lobubi bonke. ³² Wobani lomusa lozwelo omunye komunye, lithethelelane njengalokhu uNkulunkulu walithethelela ngoKhristu.

5 Ngakho wobani ngabalingiseli

bakaNkulunkulu, njengabantwana abathandwa kakhulu ² liphile impilo yothando, njengalokhu uKhristu wasithanda wazinikela ngenxa yethu njengomnikelo olephunga elimnandi lomhlatshele kaNkulunkulu.

³ Kodwa phakathi kwenu akungabi khona lokuncane ukuxhwala kobufefe,

loba yikuphi ukungcola, loba okobuhwaba, ngoba lezizinto kazifanelanga ebantwini abangcwele bakaNkulunkulu. ⁴ Njalo akumelanga kube lenhlamba, lenkulumo zobuthutha loba ubuphoxo, okuyizinto ezingafanelanga, kodwa kakube lokubonga. ⁵ Ngoba kuliqiniso ukuthi: Akulamuntu oyisixhwali, longcolileyo loba oyisihwaba – umuntu onjalo ukhonza izithombe – olelifa embusweni kaKhristu lokaNkulunkulu. ⁶ Lingavumi ukukhohliswa ngumuntu ngamazwi ayize, ngoba ngenxa yezinto ezinje ulaka lukaNkulunkulu lwehlela phezu kwalabo abangalaleliyo. ⁷ Ngakho lingahlanganyeli labo.

⁸ Ngoba lake laba ngumnyama, kodwa khathesi seliyikukhanya eNkosini. Philani njengabantwana bokukhanya ⁹ (ngoba izithelo zokukhanya zikhona kubo bonke ubuhle, lokulunga kanye leqiniso) ¹⁰ lidinge okuthokozisa iNkosi. ¹¹ Lingahlanganyeli ezenzweni zobumnyama ezingelazithelo, kodwa lizihlazulule. ¹² Ngoba kulihlazo lokukutsho okwenziwa yizigangi ensitha. ¹³ Kodwa konke okuvezwe obala yikukhanya kuyabonakala, ¹⁴ ngoba yikukhanya okwenza izinto zonke zibonakale. Yikho nje kuthiwa:

"Phaphama, wena oleleyo
vuka kwabafuleyo,
uKhristu uzakhanya kuwe."

¹⁵ Ngakho-ke qaphelani kakhulu ukuba liphila njani – kungabi njengezithutha kodwa njengabahlakaniphileyo, ¹⁶ liwasebenzise ngokupheleleyo amathuba wonke, ngoba izinsuku zimbi. ¹⁷ Ngakho lingabi yiziwula, kodwa qedisisani ukuthi intando kaNkulunkulu iyini. ¹⁸ Lingadakwa liwayini, okuletha ukonakala. Kodwa gwaliswani ngoMoya. ¹⁹ Khulumisanani ngamahubo,

lamaculo kanye langezingoma zokomoya. Hlabelani lenzele iNkosi imiculo ezinhliziyweni zenu, ²⁰ limbonge kokuphela uNkulunkulu uBaba ngenxa yezinto zonke, ngebizo leNkosi yethu uJesu Khristu.

²¹ Zehliseleni phansi omunye komunye lihlonipha uKhristu.

Abesifazana Labomkabo

²² Bafazi zehliseleni phansi kwabomkenu njengaseNkosini. ²³ Ngoba indoda iyinhloko yomfazi njengoKhristu eyinhloko yebandla, elingumzimba wakhe, yena onguMsilisi walo. ²⁴ Ngakho njengebandla lizehlisela phansi kuKhristu, ngokunjalo abesifazana kumele bazehlisele phansi kubomkabo ezintweni zonke.

²⁵ Madoda, thandani omkenu, njengoKhristu owathanda ibandla wazinikela ngenxa yalo ²⁶ ukuba alenze libe ngcwele, elihlambulula ngokuligezisa ngamanzi ngokusebenzisa ilizwi, ²⁷ kanye lokulethula kuye njengebandla elilenkazimulo, elingelachatha loba umxhele loba esinye nje isici, kodwa lingcwele njalo lingelacala. ²⁸ Ngayonale indlela, amadoda kumele abathande omkawo njengemizimba yawo. Lowo othanda umfazi wakhe uyazithanda. ²⁹ Belo, kakho owake wazonda umzimba wakhe, kodwa uwunika ukudla awulondolozwe, njengokwenziwa nguKhristu ebandleni – ³⁰ ngoba thina siyizitho zomzimba wakhe. ³¹ "Ngenxa yalokhu indoda izatshiya uyise lonina ihlanganiswe lomkayo, njalo ababili laba bazakuba nyamanye." ³² Le yimfihlakalo enkulu – kodwa mina ngikhuluma ngoKhristu lebandla. ³³ Kodwa omunye lomunye wenu laye kathande umkakhe njengoba ezithanda, lomfazi kumele ahloniphe indoda yakhe.

Abantwana Labazali

6 Bantwana lalelani abazali benu

eNkosini, ngoba lokhu kulungile.

² "Hlonipha uyihlo lonyoko" –

okungumlayo wokuqala olesithembiso –

³ "ukuze kukulungele lokuba ube lempilo ende emhlabeni."

⁴ Boyise, lingabathukuthelisi abantwana benu, kodwa bondleni ngokufundisa langokulaya kweNkosi.

Izigqili Lamakhosi

⁵ Zigqili, lalelani amakhosi enu

asemhlabeni ngenhlonipho

langokwesaba, ngobuqotho bezinhliziyo, njengoba lingalalela uKhristu.

⁶ Lingawalaleli ukuba liwathokozise nje kuphela lapho elikhangele, kodwa

njengezigqili zikaKhristu, lisenza

intando kaNkulunkulu kuvela

ezinhliziyweni zenu. ⁷ Sebenzani

ngezinhliziyi zonke, kungathi

lisebenzela iNkosi, hatshi abantu,

⁸ ngoba liyakwazi ukuthi iNkosi izavuzwa

umuntu wonke ngenxa yokuhle

akwenzayo loba eyisigqili kumbe

okhululekileyo.

⁹ Lani makhosi phathani izigqili zenu

ngendlela efanayo. Lingazisongeli,

njengoba likwazi ukuthi lowo oyiNkosi

yazo leyenu usezulwini, njalo akukho

ukukhetha kuye.

Isihlangu SikaNkulunkulu

¹⁰ Ekucineni, qinani eNkosini

lasemandleni ayo amakhulu. ¹¹ Fakani

isihlangu esipheleleyo sikaNkulunkulu

ukuze lanalise ukumelana lamacebo

kaSathane. ¹² Ngoba kasilwi lenyama

legazi, kodwa silwa lababusi, lemibuso

kanye lamandla omhlaba lo ogwele

ubumnyama silwe njalo lamabutho

emimoya emibi emibusweni

yasezulwini. ¹³ Ngakho-ke fakani

isihlangu esipheleleyo sikaNkulunkulu,

ukuze kuthi lapho usuku lobubi lufika libe lamandla okugxila, kuthi lalapho selenze konke, lime. ¹⁴ Ngakho manini liqine, ibhanti leqiniso libotshelwe ngensimbi ekhalweni lweni, lesihlangu sasesifubeni esokulunga sisendaweni yaso, ¹⁵ lezinyawo zenu zigqokiswe zalungiselelwa ngokuvela evangelini lokuthula. ¹⁶ Phezu kwakho konke lokhu, thathani ihawu lokukholwa elizacitsha ngalo yonke imithshoko evuthayo yomubi. ¹⁷ Thathani ingowane yokusindiswa lenkamba kaMoya, eyilizwi likaNkulunkulu. ¹⁸ Khulekani ngoMoya ezikhathini zonke ngezinhlobo zonke zemikhuleko lezicelo. Ngalokhu qaphelani liqhubeke kokuphela libakhulekela bonke abangcwele.

¹⁹ Lami lingikhulekele, ukuba kokuphela lapho ngivula umlomo wami, ngiphiwe amazwi ukuze ngitshumaye ngesibindi imfihlakalo yevangeli, ²⁰ engingummeli walo ngibotshwe ngamaketane. Khulekani ukuba ngilitshumaye ngesibindi, njengokumele ngikwenze.

Ukuvalelisa

²¹ UThikhikhusi, umzalwane othandekayo loyincku ethembekileyo eNkosini, uzalitshela konke, ukuze lani lazi ukuba nginjani kanye lalokhu engikwenzayo. ²² Ngimthuma kini ngalokhu, ukuba likwazi ukuthi sinjani, lokuze aliqinise.

²³ Ukuthula kakube kubazalwane, lothando lokukholwa okuvela kuNkulunkulu uYise laseNkosini uJesu Khristu. ²⁴ Umusa kawube kubo bonke abayithandayo iNkosi yethu uJesu Khristu ngothando olungapheliyo.