



رئاسة الشؤون الدينية
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Chichewa

شيشوا

الوسائلُ المُنِيذَةُ لِلْحَيَاةِ السَّعِيدَةِ

Njira zothandizira kukhala moyo wachimwemwe



Kulemba buku
Sheikh Abdul-Rahman bin Nasir As-sadie
Mulungu awachitire chisoni

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الشَّيْخُ عَبْدُ الرَّحْمَنِ بْنُ نَاصِرٍ السَّعْدِيُّ

رَحِمَهُ اللَّهُ

Kulemba buku

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Mulungu awachitire chisoni

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**Njira zothandizira kukhala moyo
wachimwemwe
MAU OYAMBA**

Kuyamikidwa konse ndi kwa Mulungu, amene kwake kuli kuyamikidwa konse; ndipo ine ndikuikira umboni kuti palibe Mulungu oyenera kupembedzedwa mwa choonadi koma Mulungu m'modzi yekha, opanda othandizana naye, ndipo ndikuikiranso umboni kuti Muhammad ndi kapolo ndi Mtumiki wake, mtendere ndi madalitso a Allah zikhale pa iye, aku banja kwake ndi ophunzira ake.

Tsono pambuyo pa zimenezi: mpumulo wa mtima, kukhazikika kwake, chisangalalo chake, ndi kuchotsedwa kwa nkhawa zake ndi madandaulo ake ndichimene aliyense amachifuna; ndipo mwa zimenezi umapezeka umoyo wabwino, ndipo chisangalalo ndi kukondwa kumakwaniritsidwa. Ndipo pali zifukwa zachipembedzo, zifukwa zachilengedwe ndi zifukwa za zochitachita; ndipo sizotheka kuti zisonkhane zonse kupatula kwa munthu wokhulupilira. Koma kwa amene si otero, ngakhale kuti zimenezi zingapezeke kwa iwo m'njira zina ndi mwa zifukwa zomwe anzeru awo amayesetsa kuti zipezeke, komabe amaphonyananazo mbali zina zopezekera

zifukwazi zomwe ndizothandiza koposa, zokhazikika koposa, komanso zabwino pa mmene zinthu zingakhalire pakalipano ndi kumathero kwake.

Koma mu uthenga wangawu nditchula zifukwa zomwe panopa zandibwelera m'maganizo zokhudza cholinga chapamwambachi, chimene aliyense amayesetsa kuti achikwaniritse.

Choncho ena mwa iwo alipo anapeza zambiri mwa zimenezo, ndipo anakhala ndi moyo wosangalala, nayendetsa moyo wabwino. Ndipo ena mwa iwo alipo analephera zonse, choncho anakhala ndi moyo wa tsoka, nayendetsa moyo wa osautsidwa. Ndiponso ena ali pakati ndi pakati, malingana ndi mmene Mulungu wawathandizira. Ndipo Mulungu ndiye wopatsa kuthekera, amene timamupempha chithandizo pa chilichonse chabwino, komanso pochotsa choipa chilichonse.

Gawo (loyambilira): Chikhulupiliro ndi ntchito zolungama.

Ndipo chachikulu kwambiri mwa zifukwa zoyambitsa moyo wachimwemwe, tsinde lake ndi maziko ake, ndichikhulupiliro ndi ntchito zolungama, Mulungu Wapamwamba akuyankhula kuti:

﴿مَنْ عَمِلَ صَالِحًا مِّنْ ذَكَرٍ أَوْ أَنَّىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيٰوةً طَيِّبَةً وَلَنَجْزِيَنَّهُمْ أَجْرَهُم بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ ﴿١٧﴾﴾

Amene akuchita zabwino, wamwamuna kapena wamkazi uku ali okhulupilira timkhazika ndi moyo wabwino (pano pa dziko, ndi tsiku la Qiyâma) komanso tidzawalipira malipiro awo mochuluka kwambiri chifukwa cha zabwino zomwe ankachita. [Al-Nahl: 97].

Mulungu Wapamwamba wanena ndikuwalonjeza amene aphetikiza chikhulupiliro ndi ntchito zabwino kuti adzakhala ndi moyo wabwino pano padziko, komanso adzalandira malipiro abwino pano padziko komanso m'malo okhazikika a umoyo wosatha.

Chifukwa chake chili chowonekera bwino: popeza okhulupilira Mulungu ndi chikhulupiliro cholondola, chomwe chimabala ntchito zabwino zokonza mitima ndi khalidwe, ndiponso moyo uno wa padziko lino ndi wa m'tsogolo; iwo ali ndi maziko ndi mfundo zolimba zimene mwa izo amalandilira chilichonse chimene chimabwera kwa iwo mu zifukwa za chisangalalo ndi kukondwa, komanso zifukwa za kubanika, kukhala ndi nkhowa komanso madandaulo.

Amalandira zinthu zokondedwa ndi zosangalatsa mozivomereza izo, ndi kumuthokoza Mulungu chifukwa cha izo, ndiponso amazigwiritsa ntchito m'njira zothandiza zokondweretsa Mulungu, Akazigwiritsa ntchito motere, zimawachititsa kusangalala nazo kwambiri, ndi

kuwabweretsera chilakolako choti zikhale zokhalitsa ndi kuti zikhale ndi madalitso ake, ndi kukhala ndi chiyembekezo cha sawabu za oyamika; zomwe zili zinthu zazikulu, zomwe zabwino zake ndi madalitso ake, zimaposa zosangalatsa zimenezi zomwe ndizipatso zake.

Komanso amakumana ndi masautso, zovulaza, nkhwawa ndi madandaulo molimbana nazo kudzera mu chilichonse chimene chingawapangitse kuti athe kulimbana nazo, komanso kuchepetsa chilichonse chimene angathe kuchichepetsa, ndipo pa chilichonse chimene palibe njira yothawira amakhala ndi kupirira kwabwino. Pakutero amapeza kuchokera ku zotsatira za masautso zomwe: ndikulimbana kopindulitsa, kulimbananazo mwamphamvu, kupirira ndi kukhala ndi chiyembekezo chopeza malipiro a Mulungu zomwe zili zinthu zazikulu zimene zimapangitsa kuti masaitso achepe ndi kusowa pang'onopang'ono, ndipo m'malo mwake mubwere chisangalalo ndi chiyembekezo chabwino, ndi kufunitsitsa chisomo cha Mulungu ndi malipiro ake. Monga mmene Mtumiki -mtendere ndi madalitso a Mulungu zikhale pa iye- anafotokozera izi mu nkhwani yowona, ponena kuti:

(عَجَبًا لِأَمْرِ الْمُؤْمِنِ، إِنَّ أَمْرَهُ كُلَّهُ خَيْرٌ، إِنَّ أَصَابَتَهُ سَرَاءُ شَكَرَ فَكَانَ خَيْرًا لَهُ،
وَإِنْ أَصَابَتْهُ ضَرَاءُ صَبَرَ فَكَانَ خَيْرًا لَهُ، وَلَيْسَ ذَلِكَ لِأَحَدٍ إِلَّا لِلْمُؤْمِنِ).

"Zodabwitsa za nkhani ya okhulupirira; ndithu zochita zake zonse ndi zabwino. Ngati zabwino zitamuchitikira, amamuyamika Mulungu, ndipo zimakhala zabwino kwa iye; ndipo ngati masautso atamugwera, amapilira, ndipo zimakhala zabwino kwa iye. Ndipo zimenezi sizipezeka kwa aliyense koma kwa okhulupilira". Adailandira Muslim.

Motero Mtumiki-mtendere ndi madalitso a Mulungu zikhale pa iye-adanena kuti okhulupilira amachulukitsidwa phindu lake, ubwino wake, ndi zipatso za ntchito zake m'chilichonse chimene chimam'gwera, kaya ndi chisangalalo kapena zovuta; ndichifukwa chake umaona anthu awiri akagweredwa ndi chochitika cha zabwino kapena cha zovuta, amasiyana kwambiri pa momwe amachilandirira, malingana ndi kusiyana kwa chikhulupiro chawo ndi ntchito zao zabwino. Munthu osimbidwa ndi makhalidwe awiri awa (chikhulupiro ndi ntchito zabwino) amazilandira zabwino ndi zoipa monga tanenera kale, mwa kuyamika ndi kupilira, ndi zonse zimene zimatsatira zimenezi; motero amapeza chisangalalo ndi chimwemwe, ndipo nkhwawa, madandaulo, kusakhazikika mtima, kupanikizika m'chifuwa, ndi masautso a moyo zimachoka; ndipo amakhala ndi moyo wabwino wathunthu mu dziko lino. Ndipo winayo amazilandira zinthu zimene mtima umazikonda mwaumbomb, kudzikuza, ndi

mnyozo. Choncho makhalidwe ake amasintha, ndipo amazilandira monga mmene zinyama zimachitira, modzikundikira ndi kusakhutitsidwa. Komanso mtima wake umakhala wopanda mpumulo, ndipo umabalalika ku mbali zambiri: umabalalika chifukwa cha mantha oti zinthu zimene amazikondazo zikhonza kuchoka kwa iye; komanso chifukwa cha mikangano yomwe imabuka kawirikawiri chifukwa cha zokondedwazo, komanso chifukwa choti mitima ya anthu siyimakhutitsidwa, koma imapitiriza kufuna zina, zimene zingapezeke kapena osapezeka. Koma titangoyerekeza kuti zapezeka mwachikonzero cha Allah, munthuyo akhale ndi nkhwawa chifukwa cha zomwe zatchulidwa zija. Tsono zowawa ndeamazilandira ndi kubanika mtima, kusakhazikika, mantha, ndi kukhumudwa. Choncho musafunse za masautso a moyo amene amamugwera, ndi matenda a maganizo ndi a m'mitsempha, komanso mantha amene amamfikitsa ku makhalidwe oipa kwambiri ndi zisokonezo zoopsa; chifukwa samayembekezera malipiro ochokera kwa Mulungu, ndipo samakhala ndi kupilira kumene kungamtonthoze ndi kumpeputsira masautso.

Zonsezi zimaonekera kudzera mu zochitika, ndipo monga chitsanzo chimodzi cha mtundu uwu, ukachilingalira mozama n'kuchiyika pa mmene

anthu amakhalira, ungaone kusiyana kwakukulu pakati pa wokhulupirira yemwe amagwira ntchito mogwirizana ndi chikhulupiro chake, ndi amene sali choncho. Izi zikutanthauza kuti chipembedzo chimalimbikitsa kwambiri kukhutira ndi zomwe Allah amapereka, ndiponso ndi chilichonse chimene Iye wapatsa akapolo ake mwa chisomo chake ndi kukoma mtima kwake kosiyanasiyana.

Choncho munthu okhulupilira akayesedwa ndi matenda kapena umphawi, kapena zina zofanana nazo zimene aliynse ali pangosi yake, ndiye — mwa chikhulupiro chake, ndi kukhutira ndi kusangalatsidwa ndi zomwe Mulungu wamugawira — amakhala wodekha ndi wamtendere mu mtima; safunafuna ndi mtima wake zinthu zimene sizinamulembere mu chikonzero cha Mulungu. Amaona amene ali pansi pake, samayang'ana amene ali pamwamba pake. Ndipo nthawi zina chimwemwe chake, kusangalala kwake ndi mpumulo wake zimaposa za amene ali ndi zofuna zonse za moyo uno, ngati ameneyo sanapatsidwe kukhutira.

Chimodzimodzinso uja yemwe alibe ntchito yogwirizana ndi chikhulupiro, akayesedwa ndi umphawi kapena ataya zina mwa zofuna za dziko lapansi, umamupeza ali mu chisoni chachikulu ndi masautso akulu.

Chitsanzo china: zikachitika zinthu zozetsa

mantha, komanso zinthu zosautsa zikakhudza munthu, umamupeza wokhulupirira wokhala ndi chikhulupiliro chowona yemwe ali ndi mtima wolimba, wodekha ndi wokhazikika; ali ndi luso lokonza ndiponso loyendetsa bwino nkhani imeneyi imene yamugwera mwadzidzidzi, malinga ndi mlingo wa mphamvu zake mu maganizo, mawu, ndi ntchito. Umupeza ali wokhanzikika mtima wake ndiponso wokonzekera chosautsa chimene chamugwera. Ichi ndichikhalidwe chimene chimapatsa munthu mpumulo, ndiponso chimalimbitsa mtima wake.

Monga mungampezerenso wosowa chikhulupiliro, ali wosiyana ndi chikhalidwe chimenechi: akamugwera mantha, chikumbumtima chake chimanyinyirika, mitsempha yake imatanuka ndi kupsinjika, maganizo ake amasokonezeka, ndipo mantha ndi kuwopa zimamulowamo; mantha akunja pamodzi ndi nkhwawa zamkati zosatheka kufotokoza mmene zilili zimamuvindikira. Mtunduwu uwu wa anthu, ngati asapeze zina mwa zifukwa zachibadwa zimene zimafunika kuziphunzira kwambiri, mphamvu zawo zimagwa pansi ndipo mitsempha yawo imatanuka ndi kupsinjika; chifukwa cha kusowa kwa chikhulupiliro chimene chimanyamula munthu ku kupilira, makamaka m'malo ovuta komanso m'makhalidwe osautsa komanso ovuta

osokoneza mtima.

Choncho wolungama ndi woipa, komanso wokhulupilira ndi wosakhulupirira, amafanana pakubweretsa kulimba mtima komwe kumapezedwa, komanso pa chibadwidwe chimene chimafewetsa mantha ndi kuwapangitsa kukhala opepuka. Koma wokhulupirira amazindikirika ndi mphamvu ya chikhulupiriro chake, kupirira kwake, kuyezamira kwake mwa Mulungu ndi kudalira Iye, ndi kuyembekezera mphotho yake —zomwe zimakulitsa kulimba mtima kwake, zimachepetsa pa iye kulemera kwa mantha, ndipo zimam'chepetsera zovuta, monga wananera Mulungu wapamwamba:

﴿...إِنْ تَكُونُوا تَأْلُمُونَ فَإِنَّهُمْ يَأْلُمُونَ كَمَا تَأْلُمُونَ وَتَرْجُونَ مِنَ اللَّهِ مَا لَا

يَرْجُونَ...﴾

{.....Ngati mukumva kupweteka, iwonso akumva kupweteka monga momwe inu mukumvera kupweteka. Koma inu mukuyembekezera kwa Mulungu chomwe iwo sakuyembekezera.....}. [Suratu Al-Nisa:104]. Ndipo kwa iwo kumapezeka kuchokera mu chithandizo cha Mulungu, ndi chithandizo chake chapadera, komanso thandizo lake lowonjezera, zimene zimathamangitsa mantha. Ndipo Mulungu wapamwamba adayankhula kuti:

﴿...وَأَصْبِرُوا إِنَّ اللَّهَ مَعَ الصَّابِرِينَ﴾

{...pitirizani kupilira, ndithudi, Mulungu ali limodzi ndi anthu opilira}. [Al-Anfal: 46].

Kuchitira zabwino zolengedwa zonse poyankhula komanso zochitika. Ndipo zina mwa zifukwa zomwe zimachotsa nkhawa, madandaulo ndi kubanika, ndi kuchitira zabwino zolengedwa za Mulungu kudzera mu zoyankhula komanso zochita, pamodzi ndi mitundu yonse ya zabwino zodziwika; zonsezi ndi zabwino komanso ndio ubwino. Kudzera mu zimenezi, Mulungu amachotsa kwa olungama ndi oipa nkhawa ndi madandaulo malinga ndi mlingo wa ubwino umenewu; koma kwa wokhulupirira muli mwayi wokwanira ndi gawo lalikulu koposa, ndipo amadziwika chifukwa ubwino wake umatuluka mu kuyera mtima ndi kuchita ndi cholinga choyembekezera mphotho ya Mulungu.

Choncho Mulungu amamupangitsa kuti asavutike pa kudzipereka pochita chabwino chifukwa cha zabwino zimene akuyembekezera; ndipo amamuchotsera zoipa chifukwa cha kuyeretsa kwake mtima pa kumpembedza Mulungu yekha ndi kuyembekezera malipiro kuchokera kwa Iye.

Mulungu wapamwamba wati:

﴿لَا خَيْرَ فِي كَثِيرٍ مِّنْ نَّجْوَاهُمْ إِلَّا مَنْ أَمَرَ بِصَدَقَةٍ أَوْ مَعْرُوفٍ أَوْ إِصْلَاحٍ بَيْنَ

الْأَنسِ وَمَنْ يَفْعَلْ ذَلِكَ ابْتِغَاءَ مَرْضَاتِ اللَّهِ فَسَوْفَ نُؤْتِيهِ أَجْرًا عَظِيمًا ﴿١١٤﴾

{Palibe ubwino m'zambiri zimene akunong'onezana kupatula amene akulamulira ena kupereka sadaka, kapena kuchita zabwino, kapenanso kuyanjanitsa pakati pa anthu (pakunong'onezana mawu). Amene angachite zimenezi, chifukwa chofuna chiyanjo cha Mulungu, tidzampatsa malipiro akulu}. [Al-Nisa: 114].

Chotero Mulungu wapamwamba anatiuza kuti zinthu zonsezi ndi zabwino kwa amene wazichita; ndipo chabwino chimabweretsa chabwino, komanso chimathamangitsa choipa. Ndiponso kuti wokhulupirira amene amayembekezera malipiro kwa Mulungu, Mulungu adzam'patsa malipiro akulu. Ndipo m'gulu la malipiro akuluo muli kuchotsedwa kwa nkhawa, madandaulo, zodetsa mtendere wa mtima, ndi zina zotere.

Gawo lina: Kutangwanidwa ndi ntchito inayake, kapena ndi phunziro linalake mu maphunziro othandiza.

Zina mwa zifukwa zothana ndi kubanika komwe kumachokera ku kupsinjika kwa misempha, komanso kugwidwa kwa mtima ndi zina mwa zinthu zosokoneza, n'zakuti: kudzipereka pa ntchito ina inayake kapena pa phunziro linalake mmapunziro othandiza pakuti zimenezi zimatenga mtima n'kuuchotsa pa kugwidwa kwake ndi nkhanu

zimene zimaupangitsa kubanika. Mwina mwake chifukwa cha zimenezo angaiwale zifukwa zimene zinamupangitsa kukhala ndi nkhwawa ndi madandaulo, motero mtima wake umasangalala, ndipo kulimbikira kwake kumawonjezeka; ndipo chifukwa chimenechi chimakhudzanso wokhulupirira ndi ena osakhulupirira. Koma okhulupilira amadziwika ndi chikhulupiriro chake, ndi kuyeretsa cholinga — kuchita chifukwa chofuna kumusangalatsa Mulungu yekha — ndiponso ndi kuyembekezera malipiro (sawabu) kuchokera kwa Iye pa kudzipereka kwake ku phunziro lomwe akuphunzira kapena kuphunzitsa, komonso pa ntchito yabwino imene akugwira. Ngati ndi kulambira ndiye kukhala kulambira; ndipo ngati ndi ntchito ya padziko lino kapena chizolowezi, ndekuti achiphatikiza ndi cholinga choyera chabwino. Ndipo cholinga chake ndi kuti zimenezi zikhale chithandizo pa kumvera Mulungu. Choncho zimenezi zili ndi zotsatira zogwira mtima pothamangitsa nkhwawa, kusautsidwa kwa maganizo ndi madandaulo. Kodi ndiangati mwa anthu amene anayesedwa ndi kupsinjika maganizo komonso kukhalanazo zokukhumudwitsa mosalekeza, n'kudzagwera m'matenda osiyanasiyana; ndipo mankhwala ake ochilira nkukhala (kuiwala chomwe chinamuchititsa kusokonezeka ndi kupsinjikacho, ndi kudzipereka

kugwira ntchito ina ya zofunikira zake).

Ndipo ntchito imene munthu akugwira uyenera kuti ikhale yomwe mtima wake umasangalala nayo ndi kuikhumba, pakuti zimenezi n'zothandiza kwambiri kuti cholinga chothandizachi chikwaniritsidwe. Mulungu ndi yemwe amadziwa bwino.

Kusonkhanitsa maganizo onse poyika chidwi pa ntchito ya tsiku lomwe munthu ali, Ndipo imodzi mwa njira zotulutsira nkhawa ndi kupsinjika kwa mtima ndikusonkhanitsa maganizo onse pa kusamalira ntchito ya tsiku la lero, n'kusiya kudera nkhawa za nthawi ya mtsogolo, komanso kusiya kudandaula za nthawi yomwe yapita. Ndichifukwa chake Mneneri -madalitso ndi mtendere zipite kwa iye - anapempha chitetezo kwa Mulungu ku nkhawa ndi madandaulo. Choncho kudandaula pa zinthu zakale zimene sizingabwezedwe kapena kukonzedwanso sikupindulitsa, ndipo nkhawa imene imabadwa chifukwa cha mantha a za mtsogolo ikhoza kuononga zinthu. Choncho wokhulupirira ayenera kukhala wa tsiku lake lalero, asonkhanitse khama lake ndi kuyesetsa kwake pa kukonza tsiku lake ndi nthawi yake ya lero. Pakuti kusonkhanitsa mtima pa zimenezi kumabweretsa kukwaniritsa ntchito, ndipo zimampatsa chithonhozo n'kumuchotsa pa nkhawa ndi madandaulo. Ndipo Mneneri - madalitso ndi

mtendere zipite kwa iye - akamapempha duwa kapena akamaulungiza mpingo wake za duwa, amakhala akulimbikitsa kuti, pamodzi ndi kufunafuna thandizo kwa Mulungu ndi kuyembekezera chisomo chake, achite khama ndi kuyesetsa molimbika potsimikizira kukwaniritsidwa kwa zomwe akupempherera kuti zikwaniritsike. ndi (kukhala ndi chitsimikizo cha) kusiyananazo zomwe wakhala akupempha kuti zichotsedwe; chifukwa kupempha kumayendera limodzi ndi ntchito; motero kapolo alimbikire pa chilichonse chimene chingamupindulitse m'chipembedzo ndi m'dziko lapansi, ndipo azimpempha Mbuye wake kuti cholinga chake chipambane, ndiponso azipempha thandizo lake pa zimenezo, monga momwe wanenera Mtumiki-mtendere ndi madalitso a Mulungu zikhale pa iye-akunenera:

(أَحْرَضَ عَلَى مَا يَنْفَعُكَ وَاسْتَعِينُ بِاللَّهِ وَلَا تَعْجِزْ، وَإِذَا أَصَابَكَ شَيْءٌ فَلَا تَقُلْ: لَوْ أَنِّي فَعَلْتُ كَذَا كَانَ كَذَا وَكَذَا، وَلَكِنْ قُلْ: قَدَّرَ اللَّهُ وَمَا شَاءَ فَعَلَ، فَإِنَّ لَوْ تَفْتَحُ عَمَلَ الشَّيْطَانِ).

"Limbika pa zomwe zikupindulire iweyo, ndipo funa thandizo kwa Mulungu, komanso usafooke; ndipo chikakupeza chinachake usanene kuti: 'Ndikanakhala kuti ndachita tere, bwenzi zatachitika motere motere,' koma unene kuti: 'Ndimmene wakonzera Mulungu, ndipo zomwe

wafuna wachita,’ pakuti mau oti ‘zikanatere’ amatsegula ntchito ya Satana. Adailandira Muslim. Mtumiki-mtendere ndi madalitso a Mulungu zikhale pa iye- anaphatikiza pakati pa lamulo lakulimbikira pa zinthu zopindulitsa pa nthawi iliyonse, ndi kupempha thandizo kwa Mulungu komanso osagonjera ku kulephera komwe kuli ulesi ovulaza; komanso pakati pa kugonjera zinthu zomwe zadutsa kale zotsimikizika, ndi kuwona chigamulo cha Mulungu ndi chikonzero chake.

Ndipo anagawa zinthu m'magawo awiri: gawo limene kapolo angathe kuyesetsa kuti alipeze, kapena kupeza zomwe zingatheke mwa izo, kapena kuliletsa kapena kulichepetsa; choncho pamenepa kapolo amaika khama lake lonse ndipo amafuna thandizo kwa Mulungu yemwe amamulambira. Ndipo pali gawo limene sizingatheke kuchita zimenezo; pa nkhani imeneyi kapolo amapeza kudekha mu mtima, amakhutira, ndipo amagonjera (chikonzero cha Mulungu). Ndipo palibe kukayikira kuti kutsatira mfundo imeneyi kumayambitsa chisangalalo ndi kuchoka kwa nkhawa ndi madandaulo.

Gawo lina: Kuchulukitsa kumukumbukira Mulungu

China mu zifukwa zazikulu za kutseguka kwa mtima ndi kukhazikika kwake: kuchulukitsa kumukumbukira Mulungu; pakuti zimenezi

zimakhala ndi mphamvu yodabwitsa pa kutseguka kwa mtima ndi kukhazikika kwake, komanso kuchoka kwa nkhawa ndi madandaulo. Mulungu wapamwamba adayankhula kuti:

{...أَلَا يَذْكُرُ اللَّهُ تَطْمِئِنُّ الْقُلُوبُ}

{.....Dziwani, pokumbukira Mulungu mitima imakhazikika (imatonthola)}. [Al-Ra'ad: 28] Choncho kumukumbukira Mulungu kuli ndi mphamvu yayikulu yopangitsa kuti zimene tikufuna (zakutseguka kwa mtima ndi kukhazikika kwake) zitheke, chifukwa cha ubwino wake wapadera, komanso chifukwa cha chiyembekezo chimene kapolo ali nacho pa malipiro ndi mphotho zake.

Kuyankhula za madalitso a Mulungu owonekera ndi obisika, Ndiponso kulankhula za mtendere wa Mulungu wowonekera ndi wobisika; pakuti kuzidziwa ndi kuzitchula kumachititsa Mulungu kuchotsa nkhawa ndi madandaulo ndipo zimamulimbikitsa kapolo wa Mulungu pa kuthokoza komwe kuli mlingo wapamwamba kwambiri ndi wopambana koposa, ngakhale kapoloyo akhale mu umphawi kapena matenda kapena mitundu ina ya masautso. Pakuti akafananiza mtendere wa Mulungu pa iye — umene sungawerengedwe — ndi chimene chamugwera mwa zovuta, zovutazimenezo sizili ndi

chiwerengero poyerekeza ndi mtenderewo.

Komanso zinthu zopweteka ndi zosautsa Mulungu akamuyesa nazo kapolo, ndipo iye akakwaniritsa mmenemo ntchito ya kupilira, kuvomereza ndi kugonjera, zimakhala zopepuka ndipo mtolo wake umachepa. Ndipo chiyembekezo cha kapoloyo pa malipiro ake ndi sawabu zake, ndi kumupembedza Allah pa kukwaniritsa ntchito ya kupilira ndi Kuvomereza, zimapangitsa zinthu zowawa kukhala zokoma, moti kukoma kwa malipiro ake kumamuiwalitsa kuwawa kwa kupilira kwake.

Kumuyang'ana yemwe ali pansi pathu, Ndipo zina mwa zinthu zothandiza kwambiri pankhaniyi ndi kugwiritsa ntchito zomwe M'tumiki - madalitso ndi m'tendere zipite kwa iye - anatilangiza kuti tizichita, monga zikupezeka mu hadisi yotsimikizika mu mabuku a "Bukhar ndi Muslim", pomwe adanena kuti:

(انظُرُوا إِلَى مَنْ هُوَ أَسْفَلَ مِنْكُمْ وَلَا تَنْظُرُوا إِلَى مَنْ هُوَ فَوْقَكُمْ فَإِنَّهُ أَجْدَرُ أَنْ لَا تَزْدَرُوا نِعْمَةَ اللَّهِ عَلَيْكُمْ).

"Yang'anani amene ali pansi panu, ndipo musayang'ane amene ali pamwamba panu; pakuti imeneyo ndi njira yabwino kwambiri kuti musapeputse madalitso a Mulungu amene ali pa inu". Adailandira Muslim. Chifukwa kapolo akayika pamaso pake lingaliro lalikulu limeneli, amaona

kuti akuposa anthu ambiri mu thanzi ndi zotsatira zake, komanso mu chuma ndi zotsatira zake, ngakhale zinthu zake zitafika pati; motero kubanika kwa mtima, nkhowa, ndi madandaulo ake zimachoka, ndipo chimwemwe chake ndi kusangalala kwake zimachulukira chifukwa cha madalitso a Mulungu amene wamupatsa kuposa ena amene ali pansi pake pa madalitsowo.

Ndipo nthawi iliyonse imeneyo kapolo angazame kwambiri kuganizira madalitso a Mulungu owonekera ndi osawonekera, a za chipembedzo ndi a za dziko lino, amaona kuti Mulungu wamupatsa ubwino ndipo wamuteteza ku zoipa zosiyanasiyana. Palibe kukayika kuti zimenezi zimachotsa nkhowa ndi madandaulo, ndipo zimabweretsa chisangalalo ndi chimwemwe.

Gawo lina: Kuyesetsa kuchotsa zifukwa zomwe zimabweretsa nkhowa, ndi kupeza zifukwa zomwe zimabweretsa chisangalalo.

Ndipo mwa zifukwa zobweretsa chimwemwe ndi kuchoka nkhowa ndi madandaulo ndikuyesetsa kuchotsa zifukwa zobweretsa nkhowa, ndiponso kupeza zifukwa zobweretsa chimwemwe; izi zimachotika pakuiwala zimene zidamuchitikira kale mwa zokhumudwitsa zimene sangathe kuzisintha kapena kuzichotsa, ndi kuzindikira kuti kuika maganizo pa zimenezo ndi ntchito ya pachabe komanso yosatheka, ndipo zimenezo ndi

kupusa ndi misala. Choncho azilimbana ndi mtima wake kuti asaziganizirepo; momwemonso azilimbana ndi mtima wake kuti asakhale ndi nkhwana za zimene angazakumane nazo mwa zomwe amaziwerekeza monga umphawi, kapena mantha, kapena zina mwa zokhumudwitsa zimene amazilingalira m'tsogolo la moyo wake. Choncho amayenera adziwe kuti zinthu za mtsogolo n'zosadziwika zomwe zidzachitike mwa izo, zabwino ndi zoipa, ziyembekezo ndi zowawa, ndipo zimenezo zili m'manja mwa Mulungu wamphamvu zonse, wanzeru zakuya; palibe chimene chili m'manja mwa akapolo pa zimenezo kupatulapo kugwira ntchito posaka zabwino zake, ndi kuchotsa zovuta zake. Ndipo kapolo azidziwa kuti akachotsa maganizo ake pa nkhwana yokhudza tsogolo la zinthu zake, n'kudalira Mulungu pakuzikonza, ndiponso kuyazamira mwa Iye pa zimenezo, akachita zimenezi mtima wake umadekha, zinthu zake zimasintha n'kukhala bwino, ndipo nkhwana zake ndi kusokonezeka kwa maganizo kwake zimachoka.

Kugwiritsa ntchito Duwa(kupempha), Ndipo mwa zinthu zothandiza kwambiri polingalira za tsogolo la zinthu ndiko kugwiritsa ntchito duwa iyi imene adali kupempha Mneneri -madalitso ndi mtendere zipite kwa iye - yonena kuti:

(اللَّهُمَّ أَصْلِحْ لِي دِينِي الَّذِي هُوَ عِصْمَةُ أَمْرِي وَأَصْلِحْ لِي دُنْيَايَ الَّتِي فِيهَا

مَعَاشِي، وَأَصْلِحْ لِي آخِرَتِي الَّتِي إِلَيْهَا مَعَادِي، وَاجْعَلِ الْحَيَاةَ زِيَادَةً لِي فِي كُلِّ خَيْرٍ،
وَالْمَوْتَ رَاحَةً لِي مِنْ كُلِّ شَرٍّ.

"E Ambuye Mulungu! Ndikonzereni chipembedzo changa chomwe ndipoyazamira panga, ndikonzereninso dziko langa lapansi momwe ndikukhalamo, kukhala kwanga ndi moyo kuchiteni kukhala chondionjezera ine ubwino onse, komanso infa yanga ichiteni kukhala mpumulo wanga ku zoipa zonse". Adailandira Muslim. Komanso mau ake oti:

(اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرَفَةَ عَيْنٍ وَأَصْلِحْ لِي شَأْنِي كُلَّهُ، لَا إِلَهَ إِلَّا أَنْتَ).

"E Ambuye Mulungu! Ndikuyembekezera chifundo chanu, tere musandisiye ndekha ngakhale (kwa kanthawi kochepe monga) kuphethira kwa diso, ndikonzereni zinthu zanga zonse, palibe mulungu wina posakhala Inu". Adailandira Abu Dawood kudzera mwa anthu okhulupirika. Ngati kapolo atachulukitsa kumupempha Mulungu kudzera mu pemphero limeneli, lomwe lili ndi ubwino wa tsogolo lake la chipembedzo ndi la dziko lino, ali ndi mtima ozindikira ndi cholinga choona mtima, pamodzi ndi khama lake pochita zonse zoyenera kuti zimenezi zitheke, ndiye kuti Allah amamukwaniritsira zimene anapempha, ndi zimene ankayembekeza, komanso zomwe

anagwirira ntchito; ndipo nkhwawa zake zimasangulika chimwemwe ndi chisangulalo.

MUTU: KUGANIZIRA ZINTHU ZOIPITSITSA ZOMWE ZINGACHITIKI

Chimodzi mwa zifukwa zothandiza kwambiri zochotsa nkhwawa ndi maganizo ovutitsa, kapolo akakumana ndi tsoka, ndiko kuti ayesetse kuchepetsa vutolo poganizira zoyipa kwambiri zimene nkhaniyo ingathe kubweretsa, ndipo adzikonzekeretse mtima pa zimenezo. Akatero, ayesetse kuchepetsa chilichonse chimene chingachepetsedwe malinga ndi momwe kulili kuthekera kwake. Ndi kukonzekera mtima kumeneku ndi khama lothandiza limeneli, nkhwawa zake ndi madandaulo ake zimachoka, ndipo kuyesetsa kumeneku kumakhala pobweretsa ubwino ndiponso poteteza ku zoipa malinga ndi zimene zingathe kupewedwa ndi kapolo.

Chifukwa zikamuchitikira zifukwa zozetsa mantha, matenda, ndi umphawi komanso kusowa kwa zinthu zosiyanasiyana zimene amazikonda, azilandire zimenezi modekha ndi kuwukonzekeretsa mtima wake pa zimenezi, ngakhale pa mlingo waukulu kwambiri umene angakwanitse. Pakuti kuwukonzekeretsa mtima kulimbana ndi zovuta kumazipeputsa ndikuchotsa chiphinjo chake; makamaka ngati atautangwanitsa mtima wakeo polimbana nazo zovutazo molimgana

ndi kuthekera kwake. Choncho kwa iye kumasonkhana kukonzekeretsa mtima ndi kuyesetsa kothandiza komwe kumachotsa kuganizira kwambiri za masautso, ndipo alimbane ndi mtima wake powonjezera mphamvu zolimbana ndi zovuta, pamodzi ndi kudalira Mulungu ndi kukhala ndi chikhulupiriro chabwino mwa Iye. Palibe kukayika kuti izi zili ndi phindu lalikulu kwambiri popereka chisangalalo ndi kutsegula chifuwa, pamodzi ndi zimene kapolo wa Mulungu amayembekezera za malipilo a pompopompo ndi a mtsogolo mtsogolo. Izi zili zowoneka ndi zoyesedwa, ndipo zotsatira zake kwa omwe ayesapo ndi zambiri kwabasi.

**Mutu: Mphamvu ya mtima ndi
kusasokonezeka kwake ndi kusatengeka
kwake maganizo**

Ena mu mankhwala akulu akulu a matenda a mtima okhudzana ndi misempha, komanso matenda a thupi, ndi awa: kulimba kwa mtima, kusasokonezeka kwake, ndiponso kusatekeseka ndi zongopeka ndi zongoganizira zimene zimabweretsedwa ndi maganizo oipa. Mkwiyi, kubalalika m'maganizo, komanso kuyembekezera kubwera zoyipa ndi kuchoka kwa zinthu zokondedwa, ndi zina mwa zinthu zopweteka; ndipo zimenezo zimamugwetsera munthu m'nkhawa ndi m'madanaulo ozama, komanso

matenda a mtima ndi a thupi, ndi kutanuka kwa misempha ya mu mtima komwe kuli ndi zotsatira zake zoipa zimene anthu adaona kale mavuto ake ambiri.

Kuyezamira mwa Mulungu, Pamene mtima ukadalira Mulungu, kuyazamira kwa Iye, osazivomera zonyenga za m'maganizo kapena kulamuliridwa ndi malingaliro oipa, ndipo akakhulupilira Mulungu ndi kuyembekezera chisomo chake, nkhwawa ndi madandaulo zimachoka pa iye; ndipo matenda ambiri a thupi ndi a mtima amachoka pa iye; ndipo mtimawo umapeza mphamvu, kutonthozeka ndi chisangalalo chosatheka kufotokoza. Kodi sizoonaka kuti zipatala zadzazidwa ndi odwala a maganizo onyenga ndi malingaliro owonongeka? Ndipo zinthu zimenezi zakhudza mitima ya ambiri amphamvu, ndipo ofooka ndeosanena; ndipo zangati zimene zalondolera ku kupusa ndi misala! Wotetezeka ndi amene Mulungu wamteteza ndi kum'patsa kupambana kolimbana ndi mtima wake kuti apeze njira zothandiza zolimbitsa mtima, zothamangitsa nkhwawa zake. Mulungu wapamwamba akuyankhula kuti:

﴿...وَمَنْ يَتَوَكَّلْ عَلَى اللَّهِ فَهُوَ حَسْبُهُ...﴾

{.....Ndipo amene akutsamira mwa Mulungu(pa zinthu zake zonse), ndiye kuti Mulungu ali

okwanira kwa iye (kumkonzera chilichonse)}. [At-Talaq:3] Kutanthauza kuti kumukwanira pa chilichonse chomwe chimamukhudza m'zinthu zokhuzana ndi chipembedzo chake komanso umoyo wake wa dziko lapansi.

Choncho amene amayezamila kwa Mulungu ali wolimba mtima; zongopeka za m'maganizo sizimakhudza iye, ndipo zochitika zosautsa sizimusokoneza, chifukwa akudziwa kuti zimenezo zimachokera ku kufooka kwa mtima, ku kusowa mtima, ndi ku mantha opanda pochokera. Ndipo amadziwanso kuti Mulungu watenga udindo oti kwa amene amayezamira kwa iye, iye ali okwanira kwa iyeyo kwathunthu; chotero amakhulupilira Mulungu ndipo mtima wake umadekha pa lonjezano lake, motero nkhwana zake ndi kubanika mtima kwake zimachoka, chovuta chimatembenuka kukhala chokhweka, ndipo madandaulo ake amatembenuka kukhala chimwemwe, ndipo mantha ake amasanduka chitetezo. Tsono timupempha Mulungu wapamwamba chitetezo ndi mpumulo, kuti atichitire kukoma mtima potipatsa mphamvu ya mtima ndi kukhazikika kwake, ndi kuyezamila kwathunthu kumene Mulungu watengera udindo kwa okhala nako kuwapatsa zabwino zonse, ndi kuteteza ku chilichonse chosakondedwa ndi chosautsa chilichonse..

MUTU: KUDZIZOLOWERETSA KUPILIRA PA ZOLAKWA ZA ENA

Ndipo mu mau a Mtumiki -mtendere ndi madalitso a Mulungu zikhale pa iye- oti:

(لَا يَفْرَكُ مُؤْمِنٌ مُؤْمِنَةً إِنْ كَرِهَ مِنْهَا خُلُقًا رَضِيَ مِنْهَا خُلُقًا آخَرَ).

"Okhulupirira wammuna asanyasidwe okhulupilira wa mkazi(mkazi wake); ngati atanyasidwa ndi khaldiwe lina lake mwa iye, pali khalidwe lomwe amakondwera nalo mwa iyeyo". Adailandira Muslim.

muli mapindu awiri akulu akulu:

Phindu limodzi mwa awiriwa ndi: kulangiza za mmene muyenera kumchitira mkazi, wachibale, mnzanu, munthu amene mumachita naye malonda, komanso aliyense amene muli naye ubale ndi kulumikizana; ndipo muyenera kuwukonzekeretsa mtima wanu kuti n'zosapeweka kuti akhale ndi chilema, kapena kusakwanira, kapena chinthu chimene simuchikonda. Mukazona zimenezo, mufananize ndi zomwe zili udindo wanu kapena zoyenera kwa inu zokhudza kulimba kwa kulumikizana ndi kusunga chikondi, pokumbukira zabwino zimene zili mwa iye, komanso zofunikira zapadera ndi za anthu onse (zomwe zili mwa Iye). Ndipo pakuzinyalanyaza zoipa ndi kuyang'ana zabwino, ubwenzi ndi kulumikizana zimakhala zokhalitsa, komanso bata limakwaniritsidwa, ndipo

mumapeza phindu.

Phindu Lachiwiri: ndiko kuchoka kwa nkhawa ndi kupsinjika mtima, kusungika kwa chiyero ndi mtendere wa mtima, kupitiriza kukwaniritsa ma ufulu ndi maudindo okakamiza ndi akufuna kwako, komanso kupezeka kwa mpumulo pakati pa mbali ziwiri. Ndipo amene sasamala kutenga malangizo a zimenezi zimene ananena Mtumiki (s.a.w) — m'malo mwake n'kuchita mosiyana, n'kumangowona zoyipa zokha n'kukhala wakhungu pa zabwino — ndithudi adzavutika ndi nkhawa; ndipo chikondi pakati pake ndi amene ali naye pa ubale chidzawonongeka, ndipo ma ufulu ambiri amene aliyense wa awiriwo ayenera kuwasamalira adzathyoka.

Ndipo ambiri mwa anthu okhala ndi khama lalikulu amaizoloweza mitima yawo pa kupirira ndi kudekha zikachitika zamasoka akulu ndi zosautsa mtima. Koma akafika pa zinthu zazing'ono zosapindula amakhudzidwa ndi nkhawa, ndipo kudekha kumasokonekera; chifukwa chakuti adazoloweza mitima yawo kupilira pa zinthu zazikulu, koma zinthu zazing'ono adazileka, motero zinawasautsa ndipo zinakhudza mpumulo wawo. Choncho woganiza mwanzeru amazoloweza mtima wake kupilira pa zinthu zazing'ono ndi zazikulu, ndikumupempha Mulungu thandizo pa zimenezi, ndiponso kumupempha kuti asamusiyire iye yekha

ngakhale kwa nthawi ya kuphethira kwa diso. Pamenepo zazing'ono zimakhala zosavuta kwa iye, monga mmene zazikulu zimakhalanso zosavuta. Ndeno amakhalabe odekha mtima, okhanzikika mmaganizo ndi omasuka.

Mutu: Kusaganizira Kwambiri za nkhwawa

Munthu wa nzeru amadziwa kuti moyo wake weniweni ndi moyo wa chimwemwe ndi mtendere wa mtima, ndipo ndi waufupi kwambiri. Choncho sayenera kuwufupikitsa ndi nkhwawa ndi kudzipereka kukutsatira zinthu zosokoneza mtima, chifukwa zimenezi zimatsutsana ndi moyo weniweni. Pachifukwa chimenechi, asamale ndi moyo wake, asalalole kuti gawo lalikulu lake lizingodyedwa ndi nkhwawa ndi zosokoneza mtima. Pa nkhanayi palibe kusiyana pakati pa wolungama ndi wochimwa; komabe wokhulupirira ali ndi mwayi waukulu kwambiri wochita ndiponso wotsimikizira khalidwe limeneli, ndipo ali ndi gawo lopindulitsa pano padziko lapansi komanso m'moyo wotsatira.

Kufananiza pakati pa mtendere wa Mulungu ndi zopweteka zomwe zamugwera, Komanso nkoyenera kuti munthu akakumana ndi choipa kapena akachitanacho mantha, azifananiza pakati pa madalitso onse amene Mulungu wamupatsa, kaya a zachipembedzo kapena a padziko lino, ndi zoipa zimene zamugwera; ndipo pofananiza

zimenezi zimaonekeratu kuti ali m'madalitso ochuluka, ndipo zoipa zimene zamugwerazo zimachepa ndi kusowa mphamvu.

Komanso azifananiza pakati pa zimene amaopa kuti zingamusautse, ndi kuthekera kochuluka kwa chitetezo ku zimenezo; chotero asaloleze kuthekera kofooka kugonjetsa kuthekera kochuluka kolimba, ndipo motero nkhawa yake ndi mantha ake zidzachoka. Ndipo aone chachikulu kwambiri mwa zotheka zomwe zingamugwere, ndiye aukonzekeretse mtima wake zakuchitika kwake zitati zichitike, ndipo azilimbikira kupewa zomwe sizidafike mochitika mwa izo, komanso pochotsa zimene zamuchitikira kale kapena kuchepetsa kusautsa kwake.

Kuzunza kwa anthu kumakhala kwawo ngati iwe sukulabadira, Ndipo m'zinthu zothandiza ndi kudziwa kuti kuzunza kwa anthu pa iwe, makamaka pa mawu oipa, sikungakusautse, koma kumawasautsa iwo; pokhapokha ngati utaika mtima ndi maganizo ako pa zimenezo, ndi kuzilola kuti zitenge ndi kulamulira maganizo ako. Nthawi imeneyo zimakusautsa monga mmene zimawasautsiranso iwo. Koma ngati simuzipatsa mtima, osaziyiika maganizo pa izo, sizingakusautseni kanthu.

Konzani moyo wanu ndi maganizo opindulitsa, Dziwa kuti moyo wako umatsatira maganizo ako;

ngati maganizo ako ali pa zomwe zimabweretsa phindu kwa iwe m'chipembedzo kapena pa moyo uno, moyo wako umakhala wabwino, wosangalala; apo ayi, nkhaniyo ikhala mosemphana.

Uchite ntchito posangalasa Mulungu osati zolengedwa, Ndipo zina mwa zinthu zothandiza kwambiri pothamangitsa nkawa ndi kuzoloweza mtima wako kuti usafunefune kuyamikiridwa koma kwa Mulungu yekha. Choncho ukachitira zabwino kwa amene ali ndi ufulu pa iwe kapena ngakhale kwa amene alibe ufulu uliwonse, dziwa kuti zimenezo ukumuchitira Mulungu chotero usalabade za kuyamika kwa amene wamuchitira chisomo, monga Mulungu adanena pa nkhani ya osankhidwa mwa zolengedwa zake:

﴿إِنَّمَا نُنْطِئُكُمْ لَوَجْهِ اللَّهِ لَا نُرِيدُ مِنْكُمْ جَزَاءً وَلَا شُكْرًا﴾

{Amanena (chamumtima akamapereka chakudyacho): “Tikukudyetsani chifukwa chofuna chikondi cha Mulungu basi; sitikufuna kwa inu malipiro kapena kuthokoza}. [Al-Insan: 9].

Izi zimatsimikizika kwambiri pa mmene umachitira ndi banja lako komanso ana ako, ndi mmene kulili kulimba kwa mgwirizano wako ndi iwo. Choncho ukaulimbitsa mtima pothamangitsa choipa kuchokera kwa iwo, iweyo umakhala wawapatsa mpumulo ndipo nawenso wapumula. Chimodzi mwa zoyambitsa mpumulo ndikokutenga

makhalidwe abwino ndi kuwagwiritsa ntchito mogwirizana ndi kuthekera kwa mtima, osati modzikakamiza komwe kungakusokoneze; chifukwa umatha kubwerera m'mbuyo ndikukhumudwa chifukwa chosapeza khalidwe labwino, chifukwa choti unasankha njira yopotoka. Ndipo mukutero muli nzeru; ndipo zinthu zodetsedwa uzizisandutsa zoyera, zomveka bwino komanso zokoma. Poto kumawonjezereka kuyera kwa zosangalatsa, ndipo zokhumudwitsa zimachoka.

Kutanganidwa ndi zinthu zaphindu, osati zovulaza. Ika zinthu zopindulitsa pamaso pako, ndipo yesetsa kuzikwaniritsa; osalabadira zinthu zowononga, kuti potero uzipewa zoyambitsa nkhawa ndi madandaulo; ndipo funa thandizo mu mpumulo ndi kukhazikitsa mtima pa ntchito zofunika.

Kuthetsa zochita nthawi yomweyo, Mwa zinthu zothandiza ndiko kutsirizitsa ntchito nthawi yomweyo, ndi kudzimasula m'tsogolo; chifukwa ntchito zikakhala kuti sizinatsirizidwe, zotsalira za ntchito zakale zimasonkhana pa iwe, ndipo ntchito zomwe zikubwera zimawonjezeka pa izo, motero kuvuta kwake kumakulirakulira. Koma ukatsirizitsa chilichonse pa nthawi yake, umakumana ndi zinthu zam'tsogolo ndi mphamvu ya kuganiza ndi mphamvu ya kuchita.

Kulondoloza zofunika zoyambirira limodzi ndi kufunsa uphungu, Uyenera kusankha mwa ntchito zothandiza, zoyambilira zikhale zofunikira koposa, kenaka zotsatira pa kufunikira; ndipo musiyanitse pakati pa zomwe mtima wanu umazikonda ndi zomwe chikhumbokhumbo chanu chimafuna kwambiri, pakuti zotsutsana nazo zimabweretsa kutopa mtima, kukhumudwa, ndi kusautsa mtima. Muzithandize pa zimenezi ndi kuganiza kolondola komanso kupempha uphungu; sananong'onezepo bondo yemwe wapempha uphungu. Ndipo fufuzani mwatsatanetsatane zimene mukufuna kuchita; mukatsimikiza kuti pali phindu ndipo mwatsimikiza mtima, ndiyeno yazamilani kwa Mulungu pakuti Mulungu amakonda oyezamira kwa iye.

Kutamandidwa konse nkwa Mulungu Mbuye wa zolengedwa zonse.

Madalitso ndi mtendere wa Mulungu zikhale pa bwana wathu Muhammad, aku banja kwake, ndi ophunzira ake.



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