

EFESU

Isahluko: [1](#) [2](#) [3](#) [4](#) [5](#) [6](#)

ISAHLUKO 1

UPawulu, umphostoli kaKristu Jesu ngentando kaNkulunkulu, kubo abangcwele abase-Efesu nakubo abakholwa nguKristu Jesu:

² Makube kini umusa nokuthula okuvela kuNkulunkulu uBaba wethu naseNkosini uJesu Kristu.

³ Makabongwe uNkulunkulu, uYise weNkosi yethu uJesu Kristu osibusisile ezulwini kuKristu ngesibusiso sonke sokomoya,

⁴ njengalokho asikhethela kuye ngothando ngaphambi kokusekelwa kwezwe ukuba sibe ngcwele, singabi nakusolwa phambi kwakhe;

⁵ wasimisela ngaphambili ukuba sibe ngabantwana kuye ngoJesu Kristu, njengalokho kwaba kuhle kuye ngentando yakhe,

⁶ ukuze kutuswe inkazimulo yomusa wakhe asiphe wona ngesihle ngaye oThandiweyo;

⁷ esinokuhlangwa kuye ngegazi lakhe, ukuthethelelwa kwezono ngokwengcebo yomusa wakhe

⁸ awuvamisa kithi ngakho konke ukuhlakanipha nokuqonda,

⁹ esazisa imfihlakalo yentando yakhe njengokuzibonela kwakhe azimisela khona ngaphambili,

¹⁰ kuze kube yihlelo lokuphelela kwezikhathi lokuba kuhlenganiselwe ndawonye kuKristu konke okusezulwini nokusemhlabeni;

¹¹ kuyena esabelwa futhi ifa kuye, esakumiselwa ngaphambili ngokwesimiso salowo osebenza izinto zonke ngokunquma kwentando yakhe,

¹² ukuze sibe ludumo lwenkazimulo yakhe, thina esethemba ngaphambili kuKristu;

¹³ kuye nani esenizwile izwi leqiniso, ivangeli lokusindiswa kwenu, enakholwa nguye futhi, nani nabekwa uphawu olunguMoya oNgcwele wesithembiso

¹⁴ oyisibambiso sefa lethu, kube ngokuhlangwa kokungokwakhe, ukuze kutuswe inkazimulo yakhe.

¹⁵ Ngalokho nami, sengizwile ngokukholwa okukini eNkosini uJesu nothando kubo bonke abangcwele,

¹⁶ angiyeki ukubonga ngenxa yenu, nginikhumbula emikhulekweni yami,

¹⁷ ukuze uNkulunkulu weNkosi yethu uJesu Kristu, uYise wenkazimulo, aniphe umoya wokuhlakanipha nokwambulelwa ekumazini yena;

¹⁸ ekhanyisiwe amehlo enhliziyo yenu, nize nazi okuyithemba lobizo lwakhe nokuyingcebo yenkazimulo yefa lakhe kubo abangcwele,

¹⁹ nokungubukhulu obumangalisayo bamandla akhe kithina esikholwayo,

ngokokusebenza kwamandla akhe amakhulu

²⁰ asebenze ngawo kuKristu emvusa kwabafileyo, wamhlalisa ngakwesokunene sakhe ezulwini,

²¹ ngaphezu kwakho konke ukubusa, negunya, namandla, nobukhosi, namagama onke apha wayo, kungekuleli zwe lodwa kepha nakulo elizayo;

²² wakubeka konke phansi kwezinyawo zakhe, wammisa abe yinhloko phezu kwakho konke kulo ibandla,

²³ elona lingumzimba wakhe, ukugcwala kwakhe ogcwalisa konke kubo bonke.

ISAHLUKO 2

Uniphilisile nani enanifile ngeziphambeko nangezono zenu,

² enanikade nihamba kuzo ngokwendlela yaleli zwe, ngokombusi wamandla omkhathi, ongumoya osasebenza kubantwana bokungalaleli,

³ esasikade sihamba phakathi kwabo sonke ezinkanukweni zenyama yethu, senza intando yenyama neyengqondo; ngemvelo sasingabantwana bolaka njengabo abanye.

⁴ Kepha uNkulunkulu ecebile ngesihawu, ngenxa yothando lwakhe olukhulu asithanda ngalo,

⁵ sesifile ngeziphambeko, wenza siphile kanye noKristu — kungomusa nisindisiwe —

⁶ wasivusa kanye naye, wasihlalisa kanye naye embusweni wezulu kuKristu Jesu,

⁷ kuze kuthi ezikhathini ezizayo abonakalise ingcebo enkulu yomusa wakhe ngobubele kithina kuKristu Jesu.

⁸ Ngokuba ngomusa nisindisiwe ngokukholwa; nalokhu akuveli kini, kuyisipho sikaNkulunkulu;

⁹ akuveli ngemisebenzi, ukuze kungabikho ozibongayo.

¹⁰ Ngokuba singumsebenzi wakhe kuKristu Jesu, sidalelwe imisebenzi emihle ayilungisela ngaphambili uNkulunkulu ukuba sihambe kuyo.

¹¹ Ngakho khumbulani ukuthi nina enanikade ningabezizwe ngokwenyama, ababizwa ngokuthi abangasoki yilabo ababizwa ngokuthi abokusoka, okwenziwa ngezandla enyameni,

¹² ukuthi ngaleso sikhathi naningenaye uKristu, naningaphandle kombuso ka-Israyeli, naningabafokazi ezivumelwaneni zesithembiso, ningenathemba, ningenaNkulunkulu ezweni.

¹³ Kepha manje kuKristu Jesu nina enanikade nikude senenziwe abaseduze ngegazi likaKristu.

¹⁴ Ngokuba yena ungukuthula kwethu, owenza kokubili kwaba kunye, nowabhidliza udonga olwahlukanisayo olungubutha,

¹⁵ ngenyama yakhe ewenzile ize umthetho wemiyalo esezimisweni ukuba adale kuyena labo ababili babe muntu munye omusha, enze ukuthula,

¹⁶ enze futhi ukuba bobabili babuyisane noNkulunkulu emzimbeni munye ngesiphambano, esebulele ubutha ngakho.

¹⁷ Weza washumayela ivangeli lokuthula kinina enanikude, yebo, ukuthula nakubo abaseduze.

¹⁸ Ngokuba ngaye sinokungena sobabili ngoMoya munye kuYise.

¹⁹ Ngakho aniseyibo abafokazi nezihambi, kodwa senimbuso munye nabangcwele, ningabendlu kaNkulunkulu,

- ²⁰ nakhiwe phezu kwesisekelo sabaphostoli nabaprofethi, uKristu Jesu ugobo lwakhe eyitshe legumbi,
- ²¹ okuhlanganiselwe kuye isakhiwo sonke, sikhule sibe yithempeli elingcwele eNkosini,
- ²² okukuyo nani, nakhiwe kanye nabanye, ukuba nibe yindlu kaNkulunkulu ngoMoya.

ISAHLUKO 3

Ngenxa yalokho mina Pawulu ngiyisiboshwa sikaKristu Jesu ngenxa yenu nina bezizwe

- ² uma ngabe senizwile ngohlelo lomusa kaNkulunkulu engiwuphiweyo ngenxa yenu
- ³ ukuthi ngaziswa imfihlakalo ngesambulo, njengalokho sengaloba ngokufushane —
- ⁴ okungakho, nxa nikufunda, ningaqonda ukwazi kwami ngemfihlakalo kaKristu,
- ⁵ bengayaziswanga abantwana babantu ezizukulwaneni ezinye, njengalokhu isiyambuliwe manje kubaphostoli bakhe abangcwele nabaprofethi ngoMoya
- ⁶ ukuthi abezizwe bayizindlalifa kanye nathi, nokuthi bamzimba munye nathi, nokuthi bangabahlanganyeli besithembiso kanye nathi kuKristu Jesu ngevangeli;
- ⁷ engenziwa isikhonzi salo ngokwesipho somusa kaNkulunkulu engiwuphiwe ngokokusebenza kwamandla akhe.
- ⁸ Mina engimncinyane kunabo bonke abangcwele ngaphiwa lowo musa wokushumayeza abezizwe ivangeli lengcebo kaKristu engaphenyekiyo
- ⁹ nokubakhanyisela ukuthi luyini uhlelo lwemfihlakalo ebifihliwe kwaphakade kuNkulunkulu owadala izinto zonke,
- ¹⁰ ukuze imibuso nabanamandla emazulwini baziswe manje ngebandla ukuhlakanipha okuninginingi kukaNkulunkulu,
- ¹¹ ngokwecebo laphakade alenza ngoKristu Jesu iNkosi yethu;
- ¹² okungaye sinesibindi ukungena ngokwethemba, ngokukholwa nguye.
- ¹³ Ngalokho ngiyacela ukuba ningadangali ngezinhlopheko zami ngenxa yenu, okuludumo lweni.
- ¹⁴ Ngenxa yalokho ngiguqa ngamadolo ami kuYise,
- ¹⁵ eyethiwa ngaye imindeneni yonke ezulwini nasemhlabeni,
- ¹⁶ ukuba ngokwengcebo yenkazimulo yakhe aninike ukuqiniseka emandleni ngoMoya wakhe kumuntu ongaphakathi;
- ¹⁷ uKristu ahlale ezinhliziyweni zenu ngokukholwa, ukuze nigxile, nisekelwe othandweni,
- ¹⁸ nibe namandla okuqonda kanye nabangcwele bonke okungububanzi, nobude, nokuphakama, nokujula,
- ¹⁹ nokulwazi uthando lukaKristu oludlula ukwazi konke, ukuze nigcwaliswe kube ngukugcwala konke kukaNkulunkulu.
- ²⁰ Kepha yena onamandla okwenza okukhulu kakhulu kunakho konke esikucelayo nesikuqondayo ngokwamandla asebenza kithi,
- ²¹ makube kuye udumo ebandleni nakuKristu Jesu ezizukulwaneni zonke zaphakade naphakade. Amen.

ISAHLUKO 4

Ngakho mina siboshwa eNkosini ngiyanincenga ukuba nihambe ngokufanele ukubizwa enabizwa ngakho,

² ngokuthobeka konke nobumnene, ngokubheka kade nokubekezelelana ngothando,

³ nikhuthalele ukugcina ubunye bukaMoya ngesibopho sokuthula;

⁴ munye umzimba, munye uMoya, njengalokho nabizelwa ethembeni linye lokubizwa kwenu;

⁵ yinye iNkosi, yinye inkolo, munye umbhaphathizo;

⁶ munye uNkulunkulu, uYise wabo bonke, ophezu kwabo bonke, okubo bonke, ophakathi kwabo bonke.

⁷ Kepha yilowo nalowo kithina uphiwe umusa ngokwesilinganiso sesipho sikaKristu.

⁸ Ngalokho uthi: “Esenyukele phezulu wathumba abathunjiweyo, wapha abantu izipho.”

⁹ Kepha lokhu ukuthi wenyuka, kuthini, uma kungesikho ukuthi wake wehlela ezindaweni zomhlaba eziphansi na?

¹⁰ Owehlayo nguyena owenyukela futhi ngaphezu kwamazulu onke, ukuze agcwalise konke.

¹¹ Nguyena futhi owanika abanye ukuba babe ngabaphostoli, abanye abaprofethi, abanye abavangeli, abanye abelusi nabafundisi,

¹² ukuze abangcwele bapheleliselwe umsebenzi wokukhonza, kwakhiwe umzimba kaKristu,

¹³ size sifinyelele sonke ebunyeni bokukholwa nasekwazini iNdodana kaNkulunkulu, ebudodeni obupheleleyo, esilinganisweni sobukhulu sokugcwala kukaKristu,

¹⁴ ukuze singabe sisaba yizingane, sishukunyiswa okwamaza, sipheshulwa yimimoya yonke yezifundiso ngenkohliso yabantu, ngobuqili obunamacebo okudukisayo;

¹⁵ kodwa sithi sikhuluma iqiniso ngothando, sikhulele ngakho konke kuye oyinhloko, uKristu,

¹⁶ okungaye umzimba wonke uhlanganisiwe, ubambene ngokwelekelelana kwamalungu onke awo njengokusebenza okulinganiselwe yilelo nalelo lungu, kukhuliswe umzimba, ube yisakhiwo othandweni.

¹⁷ Ngakho ngisho, ngifakaza eNkosini, ngithi ningabe nisahamba njengalokhu kuhamba abezizwe ebuzeni bengqondo yabo,

¹⁸ behlwelwe emqondweni, behlukanisiwe nokuphila kukaNkulunkulu ngokungazi okukubo ngenxa yobulukhuni behliziyo yabo,

¹⁹ abathi bebuthuntu, bazinikela emanyaleni, ukuze basebenze ukungcola konke ngokuhheka.

²⁰ Kepha nina animfundanga uKristu kanjalo,

²¹ uma-ke nimzwile nafundiswa kuye, njengokuba iqiniso likuJesu,

²² ukuba nikhumule umuntu omdala ongowenkambo yokuqala, owonakala ngezinkanuko zenkohliso,

²³ nenziwe basha emoyeni wengqondo yenu,

²⁴ nembathe umuntu omusha owadalwa ngokukaNkulunkulu ekulungeni nasebungcweleni beginiso.

²⁵ Ngakho lahlani amanga, nikhulume iqiniso, yilowo nalowo nomakhelwane wakhe, lokhu singamalungu omunye komunye.

²⁶ Thukuthelani ningoni; ilanga malingashoni nisathukuthele.

²⁷ Ningamniki uSathane indawo.

- ²⁸ Owebayo angabe eseba, kepha kunalokho akhuthale asebenze okuhle ngezandla zakhe, ukuze abe nokokwabela osweleyo.
- ²⁹ Makungaphumi emlonyeni wenu nalinye izwi elibolileyo, kodwa kube ngelilungele ukwakha njengokuswelekileyo, ukuze libavezele umusa abezwayo.
- ³⁰ Ningamdabukisi uMoya oNgcwele kaNkulunkulu enabekwa uphawu ngaye kuze kube lusuku lokuhlengwa.
- ³¹ Konke okubabayo, nentukuthelo, nolaka, nomsindo, nokuhlambalaza makususwe kini kanye nakho konke okubi.
- ³² Manipathane ngobumnene, nihawukelane, nithethelelane, njengalokho noNkulunkulu wanithethelela ngoKristu.

ISAHLUKO 5

- N**gakho yibani ngabalingisa uNkulunkulu njengabantwana abathandekayo,
- ² nihambe othandweni, njengalokho uKristu wanithanda, wazinikela ngenxa yethu, abe ngumnikelo nomhlathshelo, abe yiphunga eliminandi kuNkulunkulu.
- ³ Kepha ubufebe, nakho konke ukungcola, noma isangabe, makungaphathwa nangezama phakathi kwenu, njengokuba kufanele abangcwele,
- ⁴ nehlozo, nokubheda, nokulawula, okuyizinto ezingafanele, kepha kunalokho makube ngukubonga.
- ⁵ Ngokuba yazini lokhu, nikuqonde ukuthi akukho sifebe, noma ongcobileyo, noma onesangabe ongokhonza izithombe, onefa embusweni kaKristu noNkulunkulu.
- ⁶ Masingakhohliswa muntu ngamazwi ayize, ngokuba ngenxa yalezo zinto ulaka lukaNkulunkulu lwehlela phezu kwabantwana bokungalaleli.
- ⁷ Ngakho-ke ningabi ngabahlanganyela nabo.
- ⁸ Ngokuba kade naningubumnyama, kepha manje ningukukhanya eNkosini; hambani njengabantwana bokukhanya,
- ⁹ ngokuba izithelo zokukhanya zisebuhleni bonke nasekulungeni naseqinisweni,
- ¹⁰ nihlale ukuthi kuyini okuthandeka eNkosini,
- ¹¹ ningahlanganyeli imisebenzi yobumnyama engenazithelo, kepha kunalokho niyidalule;
- ¹² ngokuba okwenziwa yibo ngasese kuyihlozo nokukhuluma ngakho.
- ¹³ Kepha konke okudalulwayo kubonakaliswa ngukukhanya, ngokuba konke okubonakaliswayo kungukukhanya.
- ¹⁴ Ngalokho uthi: "Phaphama wena oleleyo, uvuke kwabafileyo, uKristu uzakukukhanyisa."
- ¹⁵ Ngakho-ke bhekisisani ukuthi nihamba kanjani, kungabi njengabangahlakaniphile kepha njengabahlakaniphileyo,
- ¹⁶ nithengisise isikhathi, ngokuba izinsuku zimbi.
- ¹⁷ Ngakho-ke ningabi yiziwula, kodwa qondani okuyintando yeNkosi.
- ¹⁸ Ningadakwa yiwayini, kuvela kulo umhumheko, kodwa nigcwaliswe ngoMoya,
- ¹⁹ niphendulane ngamahubo nangezihlabelelo nangamaculo okomoya, nihlabelele, nihubele iNkosi enhliziyweni yenu,
- ²⁰ nimbonge njalo uNkulunkulu uYise ngakho konke egameni leNkosi yethu uJesu Kristu,
- ²¹ nithobelane ngokumesaba uKristu.
- ²² Abafazi mabathobele amadoda abo kungathi kukuyo iNkosi,

- ²³ ngokuba indoda iyinhloko yomfazi, njengokuba noKristu uyinhloko yebandla, yena engumsindisi womzimba.
- ²⁴ Kepha njengokuba ibandla lithobela uKristu, kanjalo nabafazi mabathobele amadoda ezintweni zonke.
- ²⁵ Madoda, thandani omkenu, njengalokho noKristu ulithandile ibandla, wazinikela ngenxa yalo
- ²⁶ ukuba alingcwelise, alihlambulule ngesigezo samanzi ngezwi,
- ²⁷ ukuze azimisele ibandla elinenkazimulo, lingenasisihla, nambimbi, nanto enjalo, kodwa libe ngcwele lingenacala.
- ²⁸ Kanjalo amadoda afanele ukuthanda omkawo njengemizimba yawo. Othanda umkakhe uzithanda yena.
- ²⁹ Ngokuba akakho owake wazonda eyakhe inyama, kepha uyayondla, ayiphathe kahle, njengalokhu noKristu enza kulo ibandla;
- ³⁰ ngokuba singamalungu omzimba wakhe.
- ³¹ Ngenxa yalokho umuntu uyakushiya uyise nonina, anamathele kumkakhe; labo ababili bayakuba nyamanye.
- ³² Le mfihlakalo inkulu, kepha ngikhuluma ngoKristu nebandla.
- ³³ Nani-ke, yilowo nalowo makathande umkakhe njengokuba ezithanda yena, kepha umfazi makahloniphe indoda yakhe.

ISAHLUKO 6

Bantwana, lalalani abazali benu eNkosini, ngokuba lokho kulungile.

- ² Yazisa uyihlo nonyoko, okungumyalelo wokuqala onesithembiso:
- ³ ukuze kube kuhle kuwe, uhlale kade emhlabeni.
- ⁴ Nani boyise, ningabathukuthelisi abantwana benu, kodwa nibondle ngokuyala nangokuqondisa kweNkosi.
- ⁵ Zinceku, abangamakhosi enu ngokwenyama, balaleleni ngokwesaba nokuthuthumela ngobuqotho benhliziyo yenu kungathi kukuKristu,
- ⁶ ningathengi amehlo njengabathokozisa abantu, kodwa njengezinceku zikaKristu nenze intando kaNkulunkulu ngenhliziyo,
- ⁷ nikhonze ngothando kungathi kuseNkosini kungekubantu,
- ⁸ nazi ukuthi konke okuhle yilowo nalowo akwenzayo, uzakukwamukela okunjalo eNkosini, noma eyinceku noma engokhululekileyo.
- ⁹ Nani makhosi, yenzani okunjalo kuzo, niyeke ukusongela, nazi ukuthi neyazo neyenu iNkosi isezulwini nokuthi ukukhetha umuntu akukho kuye.
- ¹⁰ Elokugcina, qinani eNkosini nasemandleni ayo amakhulu.
- ¹¹ Hlomani izikhali zonke zikaNkulunkulu, ukuze nibe namandla okumelana namaqhinga kaSathane;
- ¹² ngokuba asibambene negazi nenyama, kodwa sibambene nemibuso, namandla, nababusi bezwe balobu bumnyama, nabawomoya bobubi emkhathini.
- ¹³ Ngakho hlomani izikhali zonke zikaNkulunkulu ukuba nibe namandla okuzabalaza ngosuku olubi, nalapho senifeze konke, nime.
- ¹⁴ Ngakho yimani izinkalo zenu ziboshiwe ngeqiniso, nifakile isivikelo sesifuba sokulunga,
- ¹⁵ izinyawo zigqokisiwe ukulungela kukho ukushumayela ivangeli lokuthula;

- ¹⁶ kukho konke nithathe isihlangu sokukholwa eniyakuba namandla okucima ngaso yonke imicibisholo evuthayo yomubi,
- ¹⁷ namukele futhi isigqoko sensindiso, nenkemba kaMoya eyizwi likaNkulunkulu,
- ¹⁸ ngokukhuleka konke nokunxusa, nikhuleka ngezikhathi zonke ngoMoya; kulokho nilinde ngesineke sonke nangokunxusela abangcwele bonke,
- ¹⁹ ninginxusele nami ukuba ngiphiwe izwi, nxa ngivula umlomo wami, ngize ngiyishumayele ngesibindi imfihlakalo yevangeli;
- ²⁰ engiyisithunywa ngalo esiboshiwe ngamaketanga, ukuze ngikhulume ngesibindi ngalo, njengokuba kufanele ukuba ngikhulume.
- ²¹ Kepha ukuba nani nazi okuqondene nami nalokhu engikwenzayo, uyakunazisa konke uThikhiku, umzalwane othandekayo nesikhonzi esikholekileyo eNkosini,
- ²² engamthumela kini ngakho lokho ukuba nazi izindaba zethu, nokuba aduduze izinhliziyu zenu.
- ²³ Ukuthula makube kubazalwane, nothando kanye nokukholwa okuvela kuNkulunkulu uYise naseNkosini uJesu Kristu.
- ²⁴ Umusa mawube nabo bonke abathanda iNkosi yethu uJesu Kristu ngokunganqamukiyo.

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