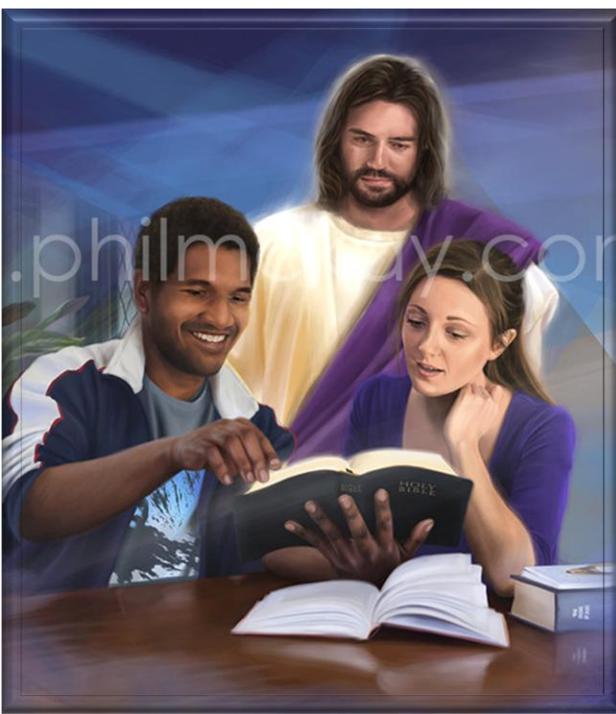
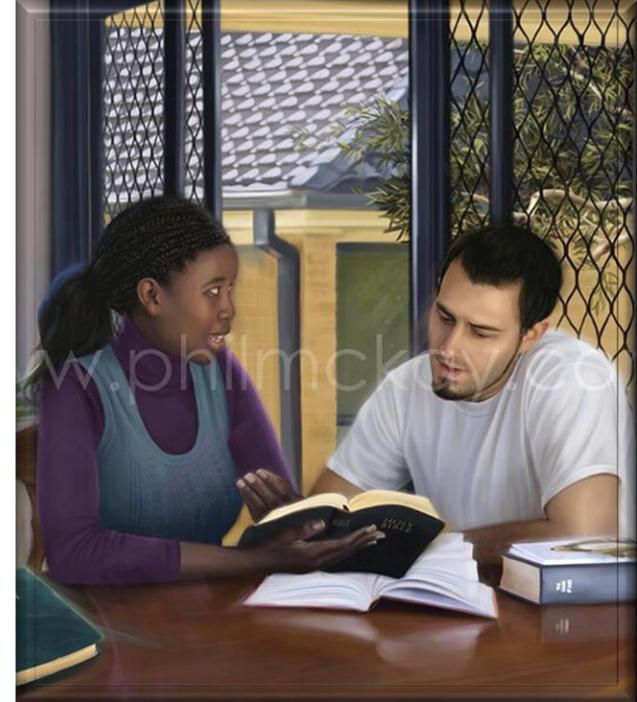
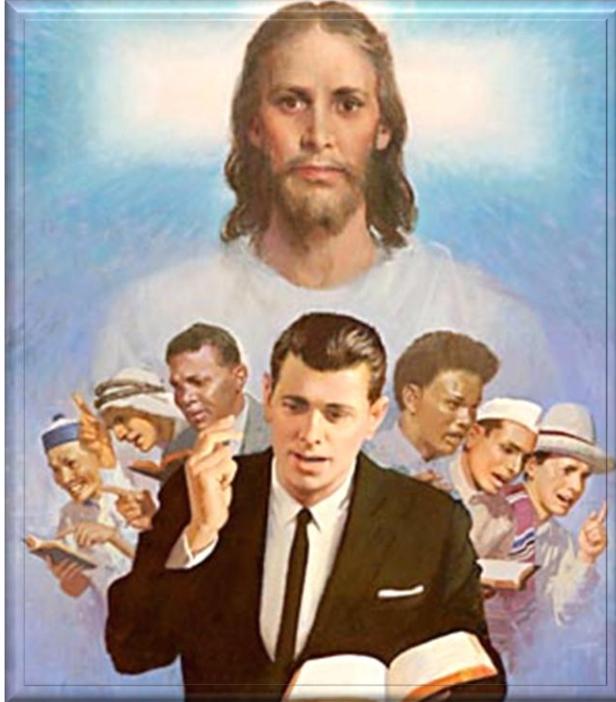
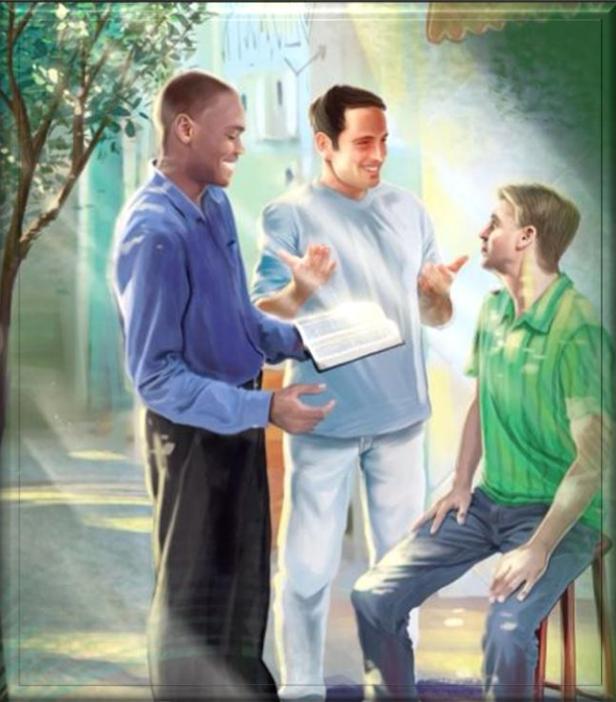




GŪKARANIA

ITHUUĨ

ENE



"na mũkĩaria, aragiai hĩndĩ  
ciothe mũiyũrĩtwo nĩ wega wa  
Ngai, nayo mũario yanyu ĩtuĩke  
ta ĩkĩrĩtwo cumbĩ, nĩgetha  
mũmenyage ũrĩa mũrĩcookagĩria  
mũndũ. NIV

**Na gĩcunjĩ kĩreyonania wega thĩiniĩ wa marũwa mawa, Paũlũ ararĩria igũrũ rĩa mũikaeaniĩ wa mũndũ thĩiniĩ wa mũthiũrũrũko ũtigaine mũtũrĩre-inĩ**

**Mũikarano no ũrehe wagi kwĩhokana na ngarari. Nĩ ũndũ ũcio, nĩ kwagĩrĩre gũkorwo na ũnyitanĩri, ũnyitanĩri kĩmurutio igũrũ rĩa values, mũoroto, na mũonere ya maũndũ.**

**Paũlũ aratũhe mũrũgamo ya bata ya gũthondekerera wega mũikaraniĩre gatagati-inĩ gaitũ na endwa aitũ, gatagati ga aciari na ciana, gatagati ka athani na gatagati-inĩ ka ariiũ na aarĩ etĩkia kanitha-inĩ, na gatagati ka etĩkia na arĩa matetĩkĩtie.**



- ➡ Gũikarania gatagati ga arĩa mũthuri na mũtumia (Akol. 3:18-19)
- ➡ Gũikarania kwa aciari na ciana (Akol. 3:20-21)
- ➡ Gũikarania kwa andĩkani na andĩkwo (Akol. 3:22-25; 4:1)
- ➡ Gũikarania Kanitha-inĩ (Akol. 4:2-4)
- ➡ Gũikarania na arĩa matetĩkĩtie (Akol. 4:5-6)

# GŪIKARANIA GATAGATĪ KA ENDWA

**"Inyuĩ atumia-rĩ, mwĩnyiihagĩriei athuuri anyu, o ta ũrĩa kwagĩrĩre thĩinĩ wa Mwathani. Na inyuĩ athuuri-rĩ, endagai atumia anyu na mūtikamakūūmage."**  
(Akolosai 3:18-19)



Mandĩkĩtwo ihinda-inĩ o rĩmwe, marũwa kũrĩ Akolosai na Ephesians marĩ ũhananu (na mũno gwĩkĩrana hinya) ũũtaari kũrĩ arĩa mahikanĩtie (Akol. 3:18-19; Aef. 5:21-33).

**Atumia menyihagĩrie athuuri ao**  
(Akol. 3:18; Aef. 5:22-24)

**Athuuri mendage atumia**  
ao (Akol. 3:19; Aef. 5:28)

**Kwĩnyihia gũkũ gwĩ thĩinĩ ũiguanĩri wĩ na ũgima (Aef. 5:21), na no mũhaka ũkorwo arĩ "ta ũrĩa ũiganĩire thĩinĩ wa Mwathani."**

**Mamende na wendo ta ũrĩa Kristũ atwendete nago (Aef. 5:25)**

**Nx marx na itemi nxqndq wa gqkqra kwao ene (Aef. 5:29)**

**Matigakorwo "magĩkũūma" (kũmarakaria, mĩtugo ĩtarĩ ya kũmarakaria, tigũkũmana kana haranio, kwaga wathani wa hinya)**



O erĩ endwa aya magĩrĩirwo kũrutithania wĩra ta athaki a mwena ũmwe, kũigwithanagĩria ũmwe na ũrĩa ũngĩ, na gũtua matuua na ngoro ĩmwe, mũthuuri arĩ ta mūtongoria wa bamĩrĩ. O ũmwe akĩrũĩrĩra hĩndĩ ciothe wega mũkinyanĩru wa ũrĩa ũngĩ.

**“Reke-i tũheane wendo handũ ha kũwĩkĩra kĩrore. Rĩmagĩrai kiu kĩrĩa gĩa gũtĩĩka thĩiniĩ wanyu, no mũkoragwo na ihenya kuona maũndũ marĩa mega thĩiniĩ wanyu ene. Mwĩiguo ũcrĩa wa gwĩtĩkĩrĩka nĩ mũikĩrĩrio na ũiganĩru wa magegania. ũigwi tha na gĩtĩĩyo ciikagĩrĩria gwĩkĩrĩra gũcaria wagĩrĩru, na wendo guo mwene ũkongerereka rĩrĩa ũraikaikio kũrĩ mwĩroto ya gũtĩĩithio. [...]**

**Mũtumia nĩ atĩage mũthuuri-we. Mũthuuri nĩ endage na eriragĩrie mũtumia wake; na ta ũrĩa mĩhĩtwa ya ũhikania ĩmanyitithanagia ta ũmwe, o ũguo wĩtĩkio wao thĩiniĩ wa Kristũ wagĩrĩirwo onaguo ũmatue ũmwe thĩiniĩ Wake. Nĩkĩĩ kĩngĩkorwo gĩgĩkeno kĩa Ngai ta kuona arĩa maraingĩra thĩiniĩ wa ũikarania wa ũhikania magĩcaria me hamwe kwĩruta igũrũ rĩa Jĩsũ na mũno makĩria maingĩranĩte na Roho Wake?**

# GŪIKARANIA KWA ACIARI NA CIANA

“O na inyuĩ ciana-rĩ, athĩkagĩrai aciari anyu maũndũ-inĩ mothe, nĩgũkorwo gwĩka ũguo nĩgũkenagia Mwathani. Na inyuĩ maithe-rĩ, mũtikarakaragie ciana cianyu, itikae gũkua ngoro.” (Akolosai 3:20-21)



Thĩiniĩ wa mĩikaranĩrie ya kĩ-rũ, kĩgo “aciariĩ” no gĩkĩrĩrwo kũrĩ eerĩ arĩa mahĩkanĩtie na bamĩrĩ ya mũciari-ũmwe. Kũringana na Paũlũ, mũikaranĩrie wĩna ũgima ti igũrũ tu wa itemi rĩa aciari, no nĩ nginya ona ciana cio nyene.



## Itemi rĩa aariũ na aarĩ (Akol. 3:20; Aef. 6:1-3)

Wathĩki wa ciana ti wa kwĩyendera

Wathĩkĩ wĩ mũthingi-inĩ wa rĩathani rĩa gatano

Mũno makĩria, wathĩki ũkaga na kĩheeo kĩagwo

## Itemi rĩa aciari (Akol. 3:21; Aef. 6:4)

Mathomithio mate kũnogio na kũmarakario, nĩguo matikoragwo ngoro

Ndũkamarakarie ũtekũmakirĩrĩria kana ũkĩgarũrũkaga

Mathomithio njĩra cia Ngai  
(Gũc. 6:6-7; Thi. 22:6)

Rũcinĩ na/ kana hwaĩ-inĩ kũggoca kwa bamĩrĩ nĩ kwa bata harĩ ciana ciitũ ciĩrute igũrũ rĩa Ngai na cituue matuua ma muoyo ũtathiraga. Na tũtikae kũriganĩrwo atĩ mũhiano witũ nĩ mwarimũ mũnene wa ciana ciitũ.



**“Aciari, rekeei ciana cianyu cioone atĩ nĩ mũciendete na nĩ mwĩkaga ũrĩa woothe mũngĩhota gũtũma makene. Mweka ũguo, kũmakania kũrĩa kwagĩrĩire nĩ kũrĩgĩaga na ũriitũ mũnene makĩria thĩiniĩ wa meciria mao meethĩ. Athaga ciana ciaku na tha na ũkirĩrĩria, ũkĩririkanaga atĩ “atĩ araika a cio hĩndĩ ciothe monaga o ũthiiũ wa Awa ũrĩa ũrĩ igũrũ.” angĩkorwo no wende araika mekĩre ciana ciaku wĩra ũrĩa manetwo kumana na Ngai, nyitanĩra nao kũhingia itemi rĩaku.”**

**EGW (The Christian Home, p. 193)**

# GŪIKARANIA KWA ANDĪKANI NA ANDĪKWO

"Na inyuĩ ngombo-rĩ, athĩkagĩrai aathani anyu a gũkũ thĩ maũndũ-inĩ mothe, na to hĩndĩ ĩrĩa maramuona atĩ nĩgeetha mamwende, no maathĩkagĩrei mŭrĩ na ngoro itarĩ na ũhinga na nĩ ũndũ wa gũtĩia Mwathani."

(Akolosai 3:22)



Mũikaranĩrie wa ũkombo ũrĩa warĩ kuuo ihinda-inĩ rĩa Paŭlũ ũrĩ tu na ũnini ũhananĩtio na motungati matiganĩte ma ũkombo marĩa, ona gũtagĩrĩire, ũtũũraga ũmũthĩ. Kwoguo, twagĩrĩirwo gũtaũkwo nĩ ũtaari ũyũ thĩiniĩ wa ũrutani kĩongo-inĩ kĩa mwandĩkani /andĩkwo wĩra-inĩ



## Mĩtugo ya andĩkwo (Akol. 3:22-25; Aef. 6:5-8)

Īkaga wega ũrĩa ũngĩhota, ona rĩrĩa  
ũtaranyabarwo

Wĩhotanĩre ũhotani wĩra-inĩ waku, ta  
ũraũrutĩra Ngai

Gwĩtĩkĩra kũrĩha kĩhoooto kĩarũgammio

Wĩra mwega nĩũrĩhaga

Mũnene mũũru ndanyihahagĩria kwĩrutĩra (1P  
2:18)

## Mũtugo wa Mwandĩkani (Akol. 4:1; Aef. 6:9)

Gũtongoria na kĩhoooto na ũthingu

Matekũmakia kana kũhũthĩra ciuogo  
itangĩgarũrwo

O mũnene nĩarĩ mũnene kũmũkĩra,  
ũrĩa acokagĩria ũrĩa ekĩte

Ithuothe, tũrĩ nyabara kana arorwo wĩra-inĩ, tũrĩ ndungata (ngombo) cia Kristũ, Nĩwe tũtungataga.

**“Ndwarĩ wĩra wa mĩtũmwo kũgarũrania oũgwo kĩa hinya kana o rĩmwe mĩkĩre mĩbangĩrĩre ya maũndũ ũikarania-inĩ. Kũgeria ũguo no kũgirĩrĩrie ũthii wa na mbere wa ũhoru Mwega. No arutanire mĩrũgamo ĩrĩa yathecire o harĩa mũthingi-inĩ wa ũkombo na ũrĩa, angĩkorwo nĩwekĩrirwo hinya, kũna nĩ ũngĩategũrĩre ũrutani ũcio woothe. [...] ũkristiano ũthondekaga mũnyitano mũrũmu wa ũiguanĩri gatagatĩ ka mwathi na ngombo, mũthamaki na aathwo, mũtungati wa ũhoru Mwega na mwĩhia mũhinyĩrĩrĩku ũrĩa wonete thĩiniĩ wa Kristũ gũtherio kumana na mehia. Nĩ mathambĩtio thĩiniĩ wa thakame o ĩmwe, makororoiyio nĩ Roho o ro ũmwe; na magatuuu ũmwe thĩiniĩ wa Kristũ Jĩsũ.**

# GŪIKARANIA KANITHA-INĪ

**“Mwĩheanagei na kīyo ũhoru-inĩ wa kũhooya, mwĩguĩte na mũgĩcookagĩria Ngai ngaatho. ” (Akolosai 4:2)**

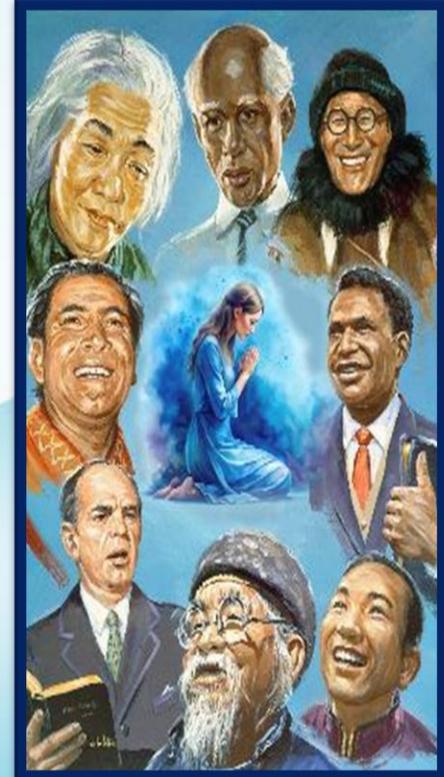
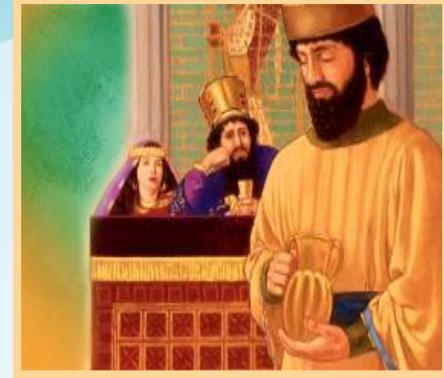


**Tŭrerwo tũ “hoyanagĩrai inyuene” nĩgũkorwo “Ihooya rĩa mũndũ mũthingu nĩ rĩrĩ hinya na nĩ rītũmaga maũndũ manene mekĩke.” (Jakubu 5:16 NIV).**

**Ūraihanĩrĩria-inĩ wa mahoya ma rūci-inĩ na hwaĩ-inĩ, Paŭlũ aroiga atĩ tũhoyage thaa o ciothe. (Akol. 4:2; Aef. 6:18; 1 Athes. 5:17). Ta ũrĩa Nehemia ahoire kahoora mbere ya mũthamaki (Neh. 2:4), nītũrĩ na mweke wa kũhoyagĩra handũ o hothe kana nĩũndũ ũrĩkũ ũrĩkũ.**

**Mũno makĩria, nītũrĩ na kũmĩrĩrio atĩ Roho Mũtheru nĩ agarũraga mahoya maitũ nĩguo amatuue makinyanĩru (Aro. 8:26).**

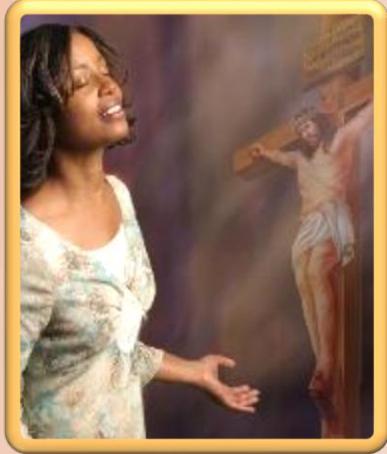
**Paŭlũ oririe na njĩra ya mwanya ahoie nĩũndũ wa arĩa managĩrĩa ũhoru Mweka (Akol. 4:3-4; Aef. 6:19). Gũtiramakania kana muhunjia ena ena ũmenyo mũnini kana mũnene ũinjilisti-inĩ; gũtirĩ mũndũ sufficient wĩra-inĩ ũyũ. Paŭlũ we mwene to kwĩhoera, no nĩ nginya kũrĩa ariũ a ithe mamũhoere nĩguo ciugo ciake cikorwo cirũ iria njagĩrĩru.**



**“Kĩyo kũndũ-inĩ guothe kũrĩa ma ĩratwarwo nĩ kũrĩ bata wa meciria matiganĩte, iheeo itigaine, mĩbango ngũrani, na mĩrutĩre ya wĩra ĩnyitanĩirwo. Oothe magĩrĩirwo kwona atĩ nĩ ũndũ wa bata gũtarana, na kũhoya hamwe, “O rĩngĩ ngũmwĩra atĩrĩ, andũ eerĩ anyu mangĩiguanĩra gũkũ thĩ ũndũ o wothe ũrĩa marahooya, nĩmakahingĩrio nĩ Baba ũrĩa ũrĩ igũrũ.” (Mathayo 18:19)”**

# GŪIKARANIA NA ARĪA MATETĪKĪTIE

“Tuĩkagai oogĩ harĩ maũndũ marĩa mŭrĩĩkaga andũ arĩa matarĩ a thiritũ yanyu; mŭteguĩte mweke ũrĩa mŭrĩ naguo wa gwĩka wega.” (Akolosai 4:5 NIV)



Nĩ tŭrĩ wongerereku mŭnene: nĩ twĩrutĩte ũrĩa Jĩsũ atwĩĩkĩire ithuĩ; nĩtwawĩĩkĩire; na twĩna kŭmĩrĩrio kwa ũhonokio.

Nĩ tũũĩ ũũ tonĩgũkorwo nĩ mũndũ watwĩrĩre. O ũndũ ũmwe, naithuĩ tũũgayane na angĩ. Paũlũ aroiga tũngĩikarania atĩa na arĩa “matetĩkĩtie,” arĩa matarĩ maramenya Jĩsũ (Akol. 4:5-6)?



**Na ũũgĩ**

Tŭrabatara “ũũgĩ ũrĩa uumaga na igŭrũ” (Jakubu 3:17) thĩiniĩ wa mũikarano na arĩa matooĩ Jĩsũ

**Ciugo horeru**

Ciugo ciitũ ikoragwo ci ndĩĩku nĩguo magatũthikĩrĩria na gĩkeno.

**Na ciugo “ta ĩĩĩrĩrio cuumbĩ”**

Mĩario ĩkorwo ĩgwete na yagĩrĩire na ikobio nĩ mũndũ ũcio na marĩa mamarigicĩrie.

**Gũcokanĩria ithuĩ ene na njĩra njega**

Tondũ o mũndũ nĩ arĩ ũtiganu, Roho Mũtheru nĩ arĩ tũtongoragia harĩ kĩrĩa twagĩrĩirwo nĩ kwamũkĩria o thĩiniĩ wa ihinda

**“Gĩtĩyo kĩrĩa kĩaega gĩtũkanĩtio nama na kĩhooto gĩtuaga muoyo to gũkorwo ũrĩ wa bata no nĩ ũgathakara na ũgatararĩka wega. Ciugo cia tha, kũrora kwa wendo, gũkena gĩthithi, gũikagia ũgucĩrĩria harĩ Mũkristũ ũrĩa ũtũmaga ũgucĩrĩria wake ũtuĩke ndũngĩregeka. Thĩiniĩ wa kwĩriganĩrwo, ũtheri-inĩ wa na thayũ na gĩkeno-inĩ kĩrĩa athĩaga na mbere kũigĩrĩra arĩa angĩ, akenyonera gĩkeno kĩa ma.**

**Rekei tũtuĩke a kwĩriganĩrwo, hĩndĩ ciothe ũrorete wĩre arĩa angĩ, mahũthie mĩrigo yao na ciĩko cia gĩtugana na wendo ũtarĩ na mwĩyendo.”**