

KWABASEKHOLOSE

1 UPhawuli, umphostoli kaKhristu
uJesu ngentando kaNkulunkulu,
loThimothi umzalwane wethu,

²Kubazalwane abangcwele
labathembekileyo kuKhristu
abaseKholose:

Umusa lokuthula okuvela
kuNkulunkulu uBaba kakube lani.

Ukubonga Lokukhuleka

³Simbonga kokuphela uNkulunkulu,
uYise weNkosi yethu uJesu Khristu, nxa
silikhulekela, ⁴ngoba sizwile
ngokukholwa kwenu kuKhristu uJesu
langothando elithanda ngalo abangcwele
bonke – ⁵Ukukholwa lothando okuvela
ethembeni eligcinelwe lina ezulwini,
eselezwa ngalo elizwini leqiniso,
ivangeli, ⁶eselifikile kini. Emhlabeni
wonke ivangeli leli lithela izithelo njalo
liyakhula, njengalokhu elibelikwenza
phakathi kwenu kusukela ngelanga
elalizwa ngalo lawuqedisisa umusa
kaNkulunkulu ngawo wonke amaqiniso
awo. ⁷Lalifundiswa ngu-Ephafrasi,
oyinceku kanye lathi ethandekayo,
ongumfundisi othembekileyo kaKhristu
emele thina, ⁸owasitshelayo njalo
ngothando lwenu kuMoya.

⁹Ngenxa yalokhu, kusukela mhla
sisizwa ngani, kasizange siyekele
ukulikhulekela sicela uNkulunkulu
ukuba aligcwalise ngokwazi intando
yakhe ngakho konke ukuhlakanipha
komoya kanye lokuqedisisa. ¹⁰Sikhuleka
ukuba liphile impilo efanele iNkosi
lokuba liyithokozise ngezindlela zonke:
lithele izithelo kuyo yonke imisebenzi
emihle, ukwazi kwenu uNkulunkulu

kukhule, ¹¹liqiniswa ngamandla wonke
mayelana lamandla akhe amangalisayo
ukuze libe lokubekezela kanye lesineke
esikhulu, kuthi njalo ngokuthokoza
¹²limbonge uYise owalenza lafanela
ukuhlanganyela elifeni labangcwele
embusweni wokukhanya. ¹³Ngoba
wasihlenga embusweni wobumnyama
wasiletha embusweni weNdodana yakhe
ayithandayo, ¹⁴okukuyo ukuhlengwa
kwethu, ukuthethelelwa kwezono.

Ukuphakama KukaKhristu

¹⁵Yona iyisifanekiso sikaNkulunkulu
ongabonakaliyo, izibulo

kukho konke okwadalwayo. ¹⁶Ngoba
izinto zonke zadalwa ngayo: izinto
ezisezulwini lezisemhlabeni,
ezibonakalayo lezingabonakaliyo, loba
kuyizihlalo zobukhosi kumbe amandla
loba ababusi kumbe abaphathi; izinto
zonke zadalwa ngayo zidalelwa yona.
¹⁷Yona iphambi kwezinto zonke, njalo
kuyo izinto zonke zibambene.

¹⁸Iyinhloko yomzimba, ibandla;
iyikuqala lezibulo elivela kwabafileyo
ukuze ibe lobukhosi ezintweni zonke.

¹⁹Ngoba uNkulunkulu wathokoza ukuba
ukuphelela kwakhe kube kuyo, ²⁰lokuthi
ngayo abuyisane lezinto zonke, loba
kuyizinto ezisemhlabeni kumbe izinto
ezisezulwini, ngokwenza ukuthula
ngegazi layo elachithwa
esiphambanweni.

²¹Lina lake laba ngabehlukane
loNkulunkulu liyizitha ezingqondweni
zenu ngenxa yokuziphatha kwenu okubi.

²²Kodwa khathesi uselibuyisile
ngomzimba kaKhristu uqobo lwawo
ngokufa ukuze alimise lingcwele
ebusweni bakhe, lingelasici njalo
limsulwa – ²³uma liqhubeka
ngokukholwa kwenu, ligxile njalo
liqinile, lingasuki ethembeni eliliphiwa
ngevangeli. Leli yilo ivangeli elalizwayo
eselitshunyayelwe kuzo zonke izidalwa

ngaphansi kwezulu, mina Phawuli
esengibe yinceku yalo.

Ukusebenzela Ibandla KukaPhawuli

²⁴Khathesi ngiyathokoza
ngokulihluphekela kwami, njalo
ngiyagcwalisa emzimbeni okulokhu
kusasilela mayelana lezinhlupheko
zikaKhristu, ngenxa yomzimba wakhe,
olibandla. ²⁵Sengaba yinceku yalo
ngomsebenzi uNkulunkulu anginika
wona ukuba ngililethele ilizwi
likaNkulunkulu liphelele – ²⁶imfihlakalo
ebifihlakele okweminyakanyaka kanye
lezizukulwane, kodwa khathesi isibekwe
obala kwabangcwele. ²⁷UNkulunkulu
wathanda ukubazisa phakathi
kwabezizweni inotho emangalisayo
yemfihlakalo le, enguKhristu phakathi
kwenu, ithemba lenkazimulo.

²⁸Sitshumayela yena, seluleke
sifundise labantu bonke ngenhlakanipho
yonke, ukuze abantu bonke sibalethe
kuKhristu bephelele. ²⁹Ngisebenza
nzima ukuba lokhu kufezeke, ngilwisa
ngawo wonke amandla asebenza ngawo
ngamandla angaka phakathi kwami.

2 Ngifuna ukuba likwazi ukuthi

ngilizamela kakhulu okunganani lina
labaseLawodikheya, kanye labo bonke
abangangiboni mathupha. ²Injongo
yami yikuthi bakhuthazeke
ezinhliziyweni njalo bamanyane
ethandweni, ukuze babe lenotho
egcweleyo yokuqedisisa okupheleleyo,
ukuze bayazi imfihlakalo kaNkulunkulu,
okutsho uKhristu, ³okufihlwe kuye
yonke ingcebo yokuhlakanipha lokwazi.
⁴Ngilitshela lokhu ukuze kungabi khona
olikhohlisayo ngamazwi amnandi.
⁵Ngoba lanxa ngingekho kini
ngomzimba, ngikhona ngilani ngomoya

njalo ngithokoza ukubona ubunono benu
lokuqina kokholo lwenu kuKhristu.

*Ukukhululeka Emithethweni Yabantu
Ngokuphila LoKhristu*

⁶Ngakho-ke, njengoba uKhristu Jesu
lamamukela njengeNkosi, qhubekani
lihlala kuye, ⁷ligxile njalo lakhelwe
kuye, liqinile ekukholweni
njengokufundiswa kwenu, liphuphuma
ngokubonga.

⁸Qaphelani kungabi khona
olithumbayo ngenhlakanipho eyize
lekhohlisayo, eyeyame emdabukweni
wabantu lakuzimiso zemvelo yakulo
umhlaba kungesikho kuKhristu.

⁹Ngoba konke ukuphelela
kobuNkulunkulu kuhlezi kuKhristu
ngesimo somzimba, ¹⁰njalo lina lilakho
lokhukuphelela kuKhristu oyinhloko
yamandla wonke kanye lokubusa konke.
¹¹Lasokelwa kuye, ngokususwa
kwemvelo yenu yesono, kungayisikho
ngokusoka okwenziwa ngezandla
zabantu kodwa ngokusoka okwenziwa
nguKhristu, ¹²selimbelwe laye
ngobhaphathizo lavuswa kanye laye
ngokukholwa kwenu emandleni
kaNkulunkulu, owamvusayo
kwabafileyo.

¹³Lapho lalifile ezonweni zenu
lasekunasokanga kwemvelo yenu
yesono, uNkulunkulu walenza laba
ngabaphilayo kanye loKhristu.
Wasithethelela zonke izono zethu,
¹⁴eseyesule yonke imithetho
elotshiweyo, lezimiso zayo, eyayimelane
lathi njalo isivimbela; wayisusa,
wayibethela esiphambanweni. ¹⁵Kwathi
eselahlise imibuso lababusi izikhali,
wenza umbukiso oyinhlekisa ngabo,
wabanqoba ngesiphambano.

¹⁶Ngakho lingavumeli umuntu
elahlulela ngalokho elikudlayo loba
elikhunathayo, loba ngokuphathelane

lomkhosi wokholo, ukuthokozela ukuthwasa kwenyanga loba usuku lweSabatha. ¹⁷Lezizinto ziyisithunzi nje sezinto ezazizakuza; kodwa ubuqotho bufunyanwa kuKhristu. ¹⁸Lingavumeli muntu othokoziswa yikuzithoba kwamanga lokukhonza izingilosi eliphuthisa umvuzo wenu. Umuntu onjalo ubalisa ngokupheleleyo konke akubonileyo, kuthi ingqondo yakhe engayisiyoyomoya imkhukhumeze ngemicabango eyize. ¹⁹Uselahlekelwe yiNhloko, lapho umzimba wonke, usekelwe waxhunyelelwa ndawonye yimisipha lezinsinga, okhula khona ukhuliswa nguNkulunkulu.

²⁰Njengoba lafa loKhristu ezimisweni zalo umhlaba eziyisisusa, kungani, ngokungathi lilokhu lingabawo, lizibeka ngaphansi kwemithetho yawo yokuthi: ²¹“Ungabambi! Unganambithi! Ungathinti!”? ²²Konke lokhu kumiselwe ukuqedwa yikusetshenziswa, ngoba kweyame phezu kwemilayo yabantu lemfundiso yabo. ²³Impela izimiso ezinje zibonakala njengenhlanipho, ngenkonzo yazo yokuzenzela, ukuzithoba kwamanga lokuphatha umzimba kabuhlungu, kodwa kazilalo usizo lokuzithiba ezinkanukweni zomzimba.

Imilayo Yokuphila Okungcwele

3 Ngakho-ke, njengoba livuswe kanye loKhristu, bekani izinhliziyu zenu ezintweni eziphezulu, lapho uKhristu ahlezi khona esandleni sokunene sikaNkulunkulu. ²Bekani izingqondo zenu ezintweni eziphezulu, hatshi ezintweni zasemhlabeni. ³Ngoba lafa, ukuphila kwenu khathesi kufihlwe loKhristu kuNkulunkulu. ⁴Lapho uKhristu, oyikuphila kwenu, ebonakala,

lani futhi lizabonakala laye enkazimulweni.

⁵Ngakho kubulaleni konke okungokwemvelo yenu yasemhlabeni: ukuxhwala kobufebe, ukungcola, inkanuko, izifiso ezimbi kanye lobuhwaba, okuyikukhonza izithombe. ⁶Ngenxa yalezizinto ulaka lukaNkulunkulu luyeza. ⁷Lalijwayele ukuhamba kulezizindlela, empilweni elake layiphila. ⁸Kodwa khathesi zilahlani zonke izinto ezinjengalezi: ulaka, ukuthukuthela, inzondo, ukunyeya lenkulumo ebolileyo. ⁹Lingaqambelani amanga, njengoba selihlubule uqobo lwenu oludala lezenzo zalo ¹⁰lembatha uqobo lwenu olutsha olwenziwa lube lutsha ekwazini ngesifanekiso sikaMdali walo. ¹¹Lapho akukho mGriki loba umJuda, osokileyo loba ongasokanga, iqaba, umSikhethiya, isigqili loba okhululekileyo, kodwa uKhristu uyikho konke, njalo ukubo bonke.

¹²Ngakho, njengabantu bakaNkulunkulu abakhethiweyo, abangcwele labathandwa kakhulu, zembeseni ngesihawu, umusa, ukuzithoba, ubumnene kanye lokubekezela. ¹³Bekezelelanani, lithethelelane loba kuyinsolo bani omunye angaba layo ngomunye. Thethelelani njengoba iNkosi yalithethelela. ¹⁴Phezu kwakho konke lokhu ukulunga yembathani uthando, olukubophela ndawonye kube yikumanyana okupheleleyo.

¹⁵Ukuthula kukaKhristu kakubuse ezinhliziyweni zenu, ngoba, njengezitho zomzimba munye, labizelwa ukuthula. Bongani. ¹⁶Ilizwi likaKhristu kalihlale phakathi kwenu ngokupheleleyo lapho lifundisana njalo liselulekana ngokuhlakanipha konke, lalapho lihlabela amahubo, lamaculo kanye lezingoma zokomoya ngokubonga uNkulunkulu ezinhliziyweni zenu.

¹⁷Langabe kuyini elikwenzayo, ngelizwi loba ngesenzo, konke kwenzeni ngebizo leNkosi uJesu, libonge uNkulunkulu uYise ngaye.

Imilayo Yasemizini YamaKhristu

¹⁸Bafazi, zehliseleni phansi kwamadoda enu, njengokufanele iNkosi.

¹⁹Madoda, thandani omkenu lingabi lesihluku kubo.

²⁰Bantwana, lalelani abazali benu ezintweni zonke, ngoba lokhu kuyayithokozisa iNkosi.

²¹Boyise, lingabathukuthelisi abantwana benu, hlezi badumazeke.

²²Zigqili, lalelani amakhosi enu, omhlaba ezintweni zonke; likwenze, hatshi kuphela ngokuba elikhangele loba ukuthi alithande, kodwa ngobuqotho bezinhliziyi langokuhlonipha iNkosi.

²³Langabe kuyini elikwenzayo kusebenzeni ngenhliziyi yenu yonke, njengokusebenzela iNkosi, hatshi abantu, ²⁴njengoba lisazi ukuthi lizathola ilifa eNkosini njengomvuzo. YiNkosi uKhristu elimkhonzayo. ²⁵Loba ngubani owenza okubi uzaphindiselwa ububi bakhe, njalo akukho bandlululo.

4 Makhosi, nikani izigqili zenu okulungileyo lokufaneleyo, ngoba liyakwazi ukuthi lani lileNkosi ezulwini.

Ezinye Iziqondiso

²Zinikeleni ekukhulekeni, liqaphele njalo libonga. ³Lisikhulekele lathi futhi, ukuba uNkulunkulu avulele ilizwi lethu umnyango, ukuze sitshumayele imfihlakalo kaKhristu, engayibotshelwayo. ⁴Khulekelani ukuba ngiyitshumayele ngokucaca okufanele ngikwenze. ⁵Hlakaniphani kulokho elikwenzayo kwabangaphandle;

sebenzisani amathuba wonke ngokugcweleyo. ⁶Ingxoxo yenu kayihlale igcwele umusa, ifakwe itshwayi, ukuze likwazi ukuphendula umuntu wonke.

Ukuvalelisa

⁷UThikhikhu uzalitshela izindaba zonke ngami. Ungumzalwane othandekayo, umfundisi othembekileyo lenceku kanye lami eNkosini.

⁸Ngimthuma kini ngenjongo enxwanelweyo ukuba lazi ngomumo wethu lokuze sikhuthaze izinhliziyi zenu. ⁹Uza lo-Onesimu, umzalwane wethu othembekileyo lothandekayo, ongomunye wenu. Bazalitshela konke okwenzakala lapha.

¹⁰U-Aristakho engibotshwe laye uyalibingelela, loMakho umzawakhe kaBhanaba. (Selamukela iziqondiso ngaye; angeza kini, limamakule.)

¹¹UJesu, othiwa nguJustu, laye uyalibingelela. Laba yibo kuphela abangamaJuda kulabo engisebenzela umbuso kaNkulunkulu labo, njalo sebebonakalise ukuthi bayinduduzo kimi. ¹²U-Ephafra, ongomunye wenu lenceku kaKhristu uJesu, uyalibingelela. Uhlezi elikhulekela kakhulu, ukuba liqine kuyo yonke intando kaNkulunkulu, liphelele njalo lithembile.

¹³Ngiyamfakazela ukuthi uyalisebenzela kakhulu lina kanye lalabo abaseLawodikheya labeHiyerapholisi.

¹⁴Umngane wethu othandekayo uLukha, udokotela, loDemasi bayalibingelela.

¹⁵Ngibingelelelani abazalwane abaseLawodikheya, loNimfa kanye lebandla endlini yakhe.

¹⁶Emva kokuba incwadi le seliyifundelwe, bonani ukuthi iyafundwa lasebandleni laseLawodikheya lokuthi lani libale incwadi evela eLawodikheya.

¹⁷Tshelani u-Akhiphusi lithi: “Bona ukuba uyawuqeda umsebenzi

owamukele eNkosini.”¹⁸ Mina, Phawuli,
ngiloba ukuvalelisa lokhu ngesami
isandla. Khumbulani izibopho zami.
Umusa kawube lani.