

15 - KUDZOSERA NGUVA SHURE



Ungawana sei Utano wakakodzera

1



2

Pamusoro pechikomo chakatarisira gungwa reMediterranean, paneimba yakavakwa kare nevanhu verudzi rwe Portuguese.

Inzvimbo yakanaka zvikuru.

Asi pane chinhu chimwechete chinonetsa.

Kuti ukwire chikomo ichi kusvika pamusoro, unoshandisa bhasikiti rinosimudzwa netambo inodhonzwa nemunhu chembere anogara ipapo.



3

Rimwe zuva, umwe muenzi nemuperekedzi wake vaibuda panzvimbo iyi. Pavakapinda mubhasikiti vachidzika, tambo inorembenda bhasikiti yaikwizira pamusoro pematombo aive ari pasi. Nokutya, muenzi uyu akabvunza kuti, "Tambo itsva inoisiwa kangani ipapo?"



4

"Usavunduka", muperekedzi akamupindura neinzwi rinovimbisa, "Tambo itsva inoisiwa kana paine yadambuka."



5

Semunyaya iyi, vanhu vakawanda vanozviisa munzvimbo yakashata maerana neutano wavo. Vanomirira kuti muviri wavo urware kana kudambuka setambo yatanzwa. Kana varwara, vanomhanyira kuzvirapa nezvinhu zvemazuva ano.

Kugadzirisa muviri hachisi chinhu chinodzorerwa nyore setambo. Utano hwakanaka haungangouyi kwauri. Chinhu chesarudzo yako - yokuteerera mirairo yokugarisikana, iyo yakasikwa naMwari.

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6

Shamwari, zvinobvira here kurarama usiri mukukutu?
Vanhu vanoshandisa mari dzakawanda pagore dzokurapiwa.
Zvirwere zvinodya mari yakawanda zvikuru!
Bvunza murwere we Cancer kana munhu anorwara nechirwere che AIDS.



7

Bvunza vabereki vemwana anorwara ne chirwere che Leukemia kana munhu achembera ane chirwere che Arthritis.
Vachakutaurira kuti kuva neutano chinhu chinokosha zvikuru- chikomborero chinongonekwa kana munhu arwara zvinorwadza!



8

Utano hwakanaka ipfuma inokosha zvikuru muupenyu hwedu. Queen Elizabeth wokutanga anonzi iye akachema pamubhedha wake wokufa achiti, "Tori pfuma yangu yose mundipe henyu utano kwechinguvana!"

Asi hahutengwe nemari.

Unozviona here kuti unokwanisa kugara makore akawanda munyika nokungotevedzera mirairo irinyore yehutano hwakanaka kana yokugarisikana kwemuviri?



9

Dr. Breslow we UCLA (University of California, Los Angeles) akawongorora vanhu kwemakore 9.

Akabvunza vanhu 7000 mibvunzo 7 iri maererano nehutano kana kugarisikana kwemuviri.

Akazowongorora vanhu vakatevedzera mirairo yehutano hwakanaka neavo vasina kutevedzera mirairo iyi.



10

Iyi mibvunzo nomwe yaakabvunza:



11

1. Unoputa fodya here?
2. Unonwa doro here, wuye unomwa zvakanyanya sei?
3. Unombo shanda here kuti usimbise muviri wako?

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4. Unorara kwenguva yakareba sei usiku hwega hwega?
5. Unorema zvakadini?
6. Unodya kudya kwemakuseni here?
7. Zviripo here zvawunodya nguva yokudya isati yakwana?

Avo vakavimbika vakatevera nzira dzohutano hwakanaka dzinoendarana nemibvunzo iyi minomwe vakaonekwa kuti vakararama makore 11.5 kupfuva avo vasina kutevera nzira idzi dzoutano hwakanaka.



13

Chipo chei chaungape kana hupenyu hwako hwawedzerwa nemakore 11.5?

Zvatirikudzidza muchidzidzo ichi zvinokwanisa kuwedzera makore ehupenyu wako - makore omufaro nokugarisikana kwakanaka kwemuviri. Unofunga kuti zvinobatsira here kuteerera zvinhu izvi?

Zvinoshamisa vanhu vakawanda kuti Mwari anoda kuti tigare zvakanaka uye takafara tineutano hwakanaka.



14

(Chiverengo: 3 Johane 2)

Mudikanwa, ndinokunyengerera kuti ufare pazvinhu zvose, wuye uve mukukutu, sokufara komweya wako. 3 Johane 2.



15

(Chiverengo: Johane 10:10)

...Ini ndakawuya, kuti vave nowupenyu, wuye vave nohwakawanda. Johane 10:10.



16

Jesu anoda kuti tive nokufara zvakare tive nemuviri wakagarisikana.

Anoda kuti tigare hupenyu hwakazadzikana!



17

Tingave nokugarisikana kwemuviri here? Hongu! Vakawanda havazive kuti Mwari akapa mirairo yokugarisikana kana youtano muBhaibheri.

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18

Kwenguva refu, hupenyu wemaJuda hwayishamisa vanachiremba. Vashoma vemaJuda vanorwara nezvirwere zvakaita se Cancer. Uyezve havangobatwi nezvirwere zvakawanda.

Kungave kuti masikirwo avo here kuti vave nemiviri yakasimba ikadai?



19

Asi pakaonekwa kuti kana vechiJuda(Jews) vakatanga kudya sezvinoita vamwe vanhu, vanobatwa nezvirwere zvinobata vamwe vanhu, uye chidziviro chemuviri wavo chinodzika.

Zvakaonekwa kuti mararamiro avo nekudya kwavo neutsanana wavo ndizvo zvinoita kuti vasabatwa nezvirwere zvinouraya.



20

(Video: 10 sec) Apo Mwari paakabvisa maIsraeri munyika yeEgipita, akavayeuchidza nemirairo inokosha yeutano kana yekugarisikana komuviri. Mwari akavapa zano rake, nevimbiso huru kune avo vachatevedzera mirairo Yake.



21

(Chiverengo: Eksodo 15:26)

...Kana uchiteerera nomowo wose inzwi raJehova Mwari wako, ukaita zvakarurama pamberi pake,



22

ukarerekera nzeve dzako kumirairo yake, ukachengeta zvaakatema zvose,



23

handingaisi pamusoro pako marwadzi andakaisa pamusoro pamaEgipita, nokuti ndini Jehova murapi wako.

Eksodo 15:26.

Zvakare Akataura kuti,

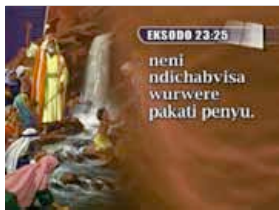


24

(Chiverengo: Eksodo 23:25)

Shumira Jehova Mwari wako, kuti aropafadze chingwa chako nemvura yako;

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25

neni ndichabvisa wurwere pakati penyu.

Eksodo 23:25.

Unonzwisisa here kuti zvinorevei?

Kana tikatevera mirairio yaMwari, zvikonzero zvezvirwere zvinodzoserwa shure!

Izvi hazvitsvaki kuti ubvise mari!

Iyi ivimbiso inoshamisa kwazvo!



26

Achitaura nokuzadzikiswa kwevimbiso iyi, Davida anotitaurira kuti,



27

(Chiverengo: Mapisarema 105:37)

...Kwakanga kusina-nomumwe pakati pamarudzi avo wakashaiwa simba.

Mapisarema 105:37.

"Hongu" ungati iwe, "Ma Egitita vaive vasina zvirwere zvatiinazvo nhasi." Kwete!



28

Bato revawongorori venzvimbo dzakasiyana munyika vakasangana mugore ra 1975 kuti vawongorore zvidhumbu zvachachengetedzwa zvema Egitita kuguta reku Manchester kunyika ye England. Zvidhumbu izvi zvaive zviri zvakare kubva mugore ra 1900B.C.



29

(Video: 1 sec) Zvakawanikwa ipapo zvaishamisa zvikuru!

MaEgitita akare vaiva nezvirwere zvakanikwa zvinowanikwa muvanhu vanorarama mumazuva anhasi:



30

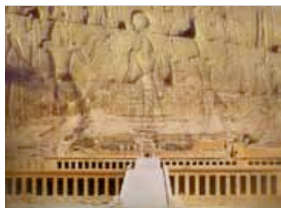
(Video: 6 sec) heart disease, cancer, zvirwere zvemoyo netsinga, arthritis,



31

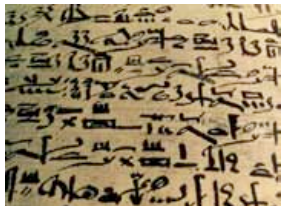
(Video: 6 sec) hepatitis, tetanus, trichinosis, lockjaw, nezvimwe zvakanikwa.

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32

Nyangwe Egipita yaiva nzvimbo yokudzidza nemagariro evanhu munguva yaMoses, ruzivo rwayo rwekurapa nemishonga rwayifanana nerwe N'anga dzemuno muAfrica!



33

Mugore ra 1552 B.C. (Moses asati azvarwa), bhuku rinotaura nezvokurapa rainzi "Papyrus Ebers" rakanyorwa muEgipita.

Bhuku iri rinopa nzira dzekurapa zvirwere, tsaona nezvimwe zvakawanda. Asi handifunge kuti dzimwe nzira dzacho ungadzifarira!



34

Imwe nzira yakanyorwa yokurapa inoti uzore pachironda chikuru chinorwadza ropa rema wemusi (worms) rakasanganiswa nendovhe yemabhiza. Izvi hazvishamisi kuti vanhu vakawanda vekuEgipita vairwara kunyanya nechirwere chinonzi "Lock Jaw" Airumwa nenyoka aikurudzirwa kuti anwe mvura yadirwa pamusoro pechifananidzo.



35

Avo vanemhanza vaikurudzirwa kuzora mushonga unoitwa netsoka dzebhiza nembwa zvakasanganisiwa zvikavirisiwa mumafuta.



36

Bhaibheri rinoti Moses akadzidzisva muEgipita (Mabasa 7:22).

Zvinyorwa zvake zvakazara nemirairo yowutsanana neyekudya kwakanaka. Asi haana kumbonyora nemirairo inowanikwa mubhuku re "Papyrus Ebers." Zvino akatorepi mirairo inoshamisa zvakare inokosha? Kuna Mwari!



37

Madambudziko kana zvirwere zvaityisa munguva dze "Middle Ages" kwaiva chirwere chainzi "Black death" nechema perembudzi.

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38

Mirairo yezvoutsanana yaMwari yakazodzidzisiwa naMoses kuma Israeri vabva muEgipita yakazoita kuti zvirwere izvi zvirapike.

Vanachiremba vakaguma vakukumbira rubatsiro kuvatungamiriri vesangano kuti varapewo zvirwere izvi.



39

George Rosen akanyora kuti “Vatungamiri vesangano ndivo vakabetsera nokuti vanachiremba vakakoniwa.



40

Sangano raitevedzera mirairo yeutsanana yakanyorwa muTestamende Yekare...



41

Mirairo iyi inowanikwa mubhuku ra Revitiko.”
–George Rosen, M.D., History of Public Health, pp. 63-65.



42

Zvinosiririsa sei kuti vanhu vanosvika 60 000 000 vakafa asi mirairo yomuBhaibheri yokuuraya zvirwere yaivapo nguva dzose!



43

Mwari akagadzira miviri yedu.
Anoziva kuti tingadzivirire zvirwere sei!
Mwari akapa munhu muviri unokosha zvikuru.



44

Mwari akatisika uyezve anoziva zvinhu zvakanakira miviri yedu nezvinoisimbisa kuti igare ichishanda zvakanaka.

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45

Umwe murume wechidiki akatenga mota itsva nemari yaakachengeta kwemakore akawanda.



46

Murume uyu akapiwa bhuku rinotaura nenzira yokuchengetedza mota yake itsva kuti igare ichishanda zvakanakisa kwemakore akawanda.



47

Yaive mota yakanaka kwazvo, zvokuti waifunga kuti muridzi wayo akaverenga chibhuku chese chemabatirwo ayo.

Asi haana kuchiverenga.

Iye aingofunga nekumhanya kwaaita chete.

Aifarira kuimhanyisa nokuona kuti inotora nguva yakadi kuti imire.

Aifarira kunzwa mataya emoto yake achichema.



48

Aive asingatarisi mafuta anodikanwa munzvimbo dzakasiana dzemoto yake, aisa tarisa mvura zvakare nemweya wemataya.

Izvi aiti zvinomutorera nguva yake.

Aifarira kungofamba nemota yake achienda kunzvimbo dzaanoda nokuti aonekwe nevanhu achifamba nemota yake yakanaka.



49

Ungafungidzire hako kuti nyaya iyi yakapera sei.

Hongo, mota haina kugara kwenguva refu isina kufa.

Ndizvo here zvatinoita nemuviri wedu?

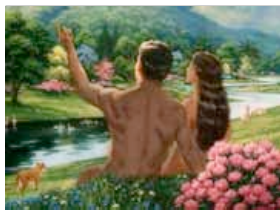
Ichokwadi kuti tinoda kutevera mirairo Yake!



50

Rwendo rumwechete kuchipatara runokwanisa kuparadza mari yako yese yawakachengeta muhupenyu.

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51

Ngatiendei kumunda we Edeni, apo pakasikwa nyika, titarise kuti Mwari aiti chii kuna Adamu na Eva maerana nezvinhu zvinopa kugarisikana kwemuviri kana utano hwakanaka.

Chivi chisati chapinda, Mwari akapa Adamu na Eva kudya kunosimbisa muviri kuchivapa utano hwakanaka.



52

(Chiverengo: Genesi 1:29)

Mwari akati: Tarirai, ndakakupai miriwo yose inobereka mbewu, iri panyika yose,



53

nemiti yose inemichero yemiti inobereka mbewu, kuti zvive zvokudya zvenyu.

Genesi 1:29.



54

Nerurimi rwanhasi tingati vakapiwa mapfunde, michero inodyiwa nenzungu.



55

Uku kwaive kuri kudya kwavo.

Mwari akavapa muti wehupenyu (Tree of Life) uyo waichengetedza muviri wavo kuti usachembera.

Pakatadza Adamu na Eva, akavabvisa pedyo nemuti uyu (Tree of life) akazovapa miriwo yokudya.



56

(Chiverengo: Genesi 3:18)

...Iwe uchadya miriwo yomusango.

Genesi 3:18.

Izvi, kudya kwemiti, nzungu nemapfunde, ndozvakava kudya kwemunhu kusvika nguva yaNoa yemurove.

Zvaive zvakakwana here? Hongu!

Vanhu vaidya kudya kwakasikwa naMwari vaigara makore akawanda.

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57

(Chiverengo: Genesi 5:27)

Mazuva ose aMetusara akanga ari makore anamazana mapfumbamwe namakumi matanhatu namapfumbamwe, akazofa.

Genesi 5:27.



58

Murove wapera, makore ehupenyu wevanhu akadzika. Mwanakomana wa Noa ainzi Shem akagara makore 600; muzukuru wake akagara makore 239; anotevera akagara makore 175.

Panguva yamambo Davida, makore emunhu akadzika kusvika ku 70!

Zvinhu zvisingashamisi here hamadzangu?



59

Michero nezvimwe zvese zvinomera zvakava zvishoma pakapera murove. Kudya kwaNoa nemhuri yake kwakapera nokuti vaive vagara kupfura gore varimu areka.

Mwari ndipo paakabvumira Noa nemhuri yake kuti vadye nyama.

Hausi muchero wese waidyiwa uye haisi mhuka yese yaidyiwa.

Mwari akapa mirairo inoratidza kudya kwakafanira munhu.



60

Musiyaniso wakaitwa pakati pemhuka “dzakachena” nemhuka “dzakasviba”.

Mwari akaraira Noa kuti ndedzipi mhuka dzaaifanira kupinza muareka uye dzingani nedzingani:



61

(Chiverengo: Genesi 7:2)

Pamhuka dzose dzakanaka utore nomwe-nomwe, mukono nehadzi yayo;

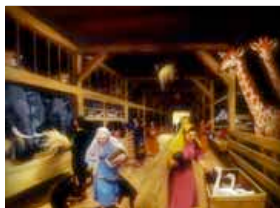


62

napamhuka dzose dzisakanaka utore mbiri-mbiri, mukono nehadzi yayo.

Genesi 7:2.

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63

Zviripachena kuti Noa aiziva kuti mhuka dzainzi dzakachena nedzakasviba kuna Mwari ndedzakaitasei.



64

Nguva yapfura, apo Mwari paakatungamirira maIsraeri kubuda muEgipita, akavapa mirairo yokudzivirira zvirwere neyokugara nguva yareba. Mwari akazvibudisa pachena kuti mhuka dzakachena nemhuka dzakasviba ndedzakaita sei uye ndedzipi:



65

(Chiverengo: Deuteronomio 14:6)

Mhuka ipi neipi inamahwanda akaparadzana, inetsoka dzakaparadzana,



66

inodzeya, ndidzo dzamungadya.

Deuteronomio 14:6.

Tarira mirairo irinyore kurangarira: zvinhu zviviri chete: 1). Tsoka dzakapatsanuka 2). Dzinodzeya (chews the cud).



67

(Video: 14 sec) Dzimwe mhuka dzakanaka dzakanyorwa mumavhesi 4 na 6 ndeidzi: mombe, hwai, mhembwe, mbudzi, mhara, nhoru, nondo, nyati.



68

(Video: 10 sec) Mhuka dzakasviba muvhesi 8 na 9 dzinosanganisira kamera, tsuro, nguruve nembira. Rangarira mirairo iya miviri yatadzidza?

Kana mhuka inetsoka dzakapatsanuka uye ichidzeva, inodiyiwa.

Zvakakosha kurangarira kuti kunedzimwe mhuka dzinodzeya asi tsoka dzisina kupatsanuka.



69

Tsoka dzenguruve dzakapatsanuka asi haidzevi. Izvi zvinoreva kuti yakasviba. Bhaibheri rinotaura zvikuru nenguruve:

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70

(Chiverengo: Revitiko 11:7,8)

Nenguruve, nokuti inetsoka dzakaparadzana, asi haidzeyi; inofanira kuva chinhu chisina-kunaka kwamuri.



71

Regai kudya nyama yazvo, kana kubata zvitunha zvazvo; zvino-fanira kuva zvisinakunaka kwamuri. Revitiko 11:7,8.

Mhuka dzakawanda dzinonzi naMwari dzakasviba, imhuka dzinodya zvinhu zvese kusanganisa nezvinorashwa.

Mwari haana kuviga zvinhu zvakanaka paakaraira izvi. Anoziva mhuka dzachena nemhuka dzinokwanisa kukonzera zvirwere.



72

(Chiverengo: Mapisarema 84:11)

...Hapanechinhu chakanaka chaanganyima vanofamba nokururama.

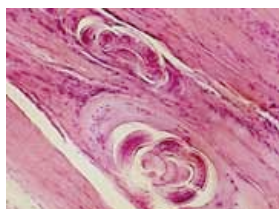
Mapisarema 84:11.



73

Nguruve inodya zvinhu zvese. Kudya kwayo kunosanganisira tsvina, kunoshandurwa nenguva shoma shoma kuti kuve muviri wayo.

Asi kudya kwemombe kunotora nguva refu kuti kupinde muropa kuvake muviri wemombe. Kunotora mazuva maviri. Kudya uku kunosukwa mudumbu mayo kuitira kuti zvinhu zvese zvakasviba zvisapinde muropa.



74

Nyama yenguruve ineutachiwana unonzi "Trichina larvae." Kana munhu akadya nyama yenguruve ineutachiwana uhwu zvinopinda, hutachiwana hunopinda mudumbu hugozvarana kuitira kuti hugowanda.



75

Utachiwana uhwu hunozopedzisira hwapinda muropa hotakurwa kumuviri wese. Chirwere che "Trichinosis" chirwere chinotyisa zvikuru kunyanya hutachiwana uhwu hukaramba uchiwandisa miviri wese.

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76

Zvidhumbu zvevanhu vaigara kuEgipita panguva yaMoses zvakaratidza zvinehutachiwana hunokonzera chirwere che “Trichinosis”!

Mwari anoziva zvirinani - Rega zvinhu zvakasviba!

Mwari akapa zvakare mirairo yokusarudza hove dzinodyiwa:



77

(Chiverengo: Deuteronomio 14:9,10)

Ndizvo zvamungadya kunezvose zviri mumvura: Zvose zvinezvimbi namakwande mungazvidya.



78

Asi zvose zvisinazvimbi namakwande, musazvidya izvo, hazvinakunaka kwamuri.

Deuteronomio 14:9,10.



79

Izvi zviripachena, panemirairo miviri zvakare irinyore kurangarira yatingashandise:



80

1) Zvinezvimbi.



81

2) Zvinamakwande.

Ungafunga kudya kwaunoziva kunodyiwa nevanhu vakawanda kwemugungwa kana mumvura kusina zvimbi kana makwande?



82

Dr. Bruce Hallsted ve Loma Linda University vakatumwa nehurumende kuti vawongorore hove dzingadyiwe nevanhu nehove dzisinakufanira kudyiwa nevanhu dzinouraya.

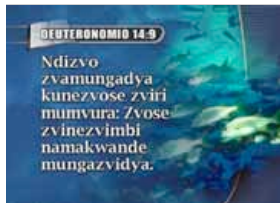
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83

Wese munhu anogara mazuva nemazuva arimu areka mugungwa akashaya kudya kana hake anoshaya chekudya asi aripedyo nepanoredzwa hove anofanira kuti azvizive kuti hove dzinouraya ndedzipi uye dzavangadye kuti vararame ndedzipi.

Basa rake rapera, Dr Hallsted vakabuda nemirairo inofanana seya Mwari, yakapiwa maIsraeri makore 3500 akabvura:



84

(Chiverengo: Deuteronomio 14:9)
Ndizvo zvamungadya kunezvose zviri mumvura: Zvose zvinezvimbi namakwande mungazvidya.



85

“Ko idzo shiri,” ungangobvunza.
Bhaibheri rinopa murairo uyu wakakosha zvikuru:



86

(Chiverengo: Deuteronomio 14:11,12)
Mungadya shiri dzose dzakanaka.



87

Asi dzamusingafaniri kudya nde idzi...
vesi 11,12.



88

(Video: 14 sec)
Mwari anodzireva: Gora guru, Nyamudzura, Gunguvo, Gondo, Ruvangu, Njerere, Zizi, Kanyurura-hove, Jichidza, Chiremwaremwa



89

(Chiverengo: Deuteronomio 14:19)
Zvose zvinamapapiro zvinokambaira hazvinakunaka kwamuri; hazvifaniri kudyiwa.
Vesi 19.

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90

(Chiverengo: Revitiko 3:17)

Ngawuve murairo usingaperi kusvikira kumarudzi enyu ose padzimba dzenyu dzose,



91

kuti murege kudya mafuta neropa.
Revitiko 3:17.



92

Vechi Juda vanotevedzera mirairo iyi nanhasi.
Kana vakauraya mhuka, vanoirembedza kuitira kuti ropa ribude rose.

Mhuka yacho inozochekiwa, yokandirwa mumvura inemunyu, kuitira kuti ropa rese ribude.



93

Mafuta anobisiwa ese uye hadyiwi.

Kwemakore akawanda, vanhu vaifungira kuti murairo wokusadya mafuta neropa waingova murairo wakangopiwa naMwari wokuita zvinhu.



94

Asi vanowongorora vanasi vobvumirana nezvakaraira Mwari.



95

Takuziva kuti ropa rinotakura zvinhu zvakasviba, utachiwana nezvimwe zvakadaro.

Zvirwere zvakawanda zvinowanikwa nemhaka yokuti zvinopfura muropa.



96

Tinoziva zvakare kuti mafuta ezvigadzirwa zvemukaka nenyama anokonzera zvirwere zvemoyo netsinga dzeropa.

Kurwara kwakawanda kunokwanisa kudzivirirwa dai vanhu vai vimba kuna Mwari kusarudza kudya kwakafanira!

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97

Shandisa muviri wako kana uchida kugarisikana kana utano hwakanaka. Bhaibheri rinoti Mwari akapa Adama na Eva basa rokuita - rokushandisa muviri:



98

(Chiverengo: Genesi 2:15)

Jesu Mwari akatora munhu, akamuisa mumunda weEdeni, kuti awurime nokuwuchengeta.

Genesi 2:15.



99

Kushandisa muviri kana kumbotambatamba kunodzivirira zvirwere zvakawanda! Muviri usingashande unoramba uchipera simba nezvishoma nezvishoma.



100

Kushandisa muviri kunokonzero kuti nyama dzinofambisa muviri dzishande nyore, uye kuti tsinga dzeropa dzisimbe.



101

Mapapu anokoka nokubisa mweya zviri nyore.



102

Moyo unoshanda zvinesimba, uchifambisa ropa rakawanda pachinguva chimwe. Mweya wafemwa unoendesewa mukati kuti muviri ugare zvakawanda. Mumashure mekutadza kwa Adamu na Eva, Mwari akawedzera basa rinoda masimba akawanda.



103

(Chiverengo: Genesi 3:19)

Mwari akati:

“Uchadya zvokudya zvako neziya rechiso chako kusvikira uchidzokera kuvu...”

Genesi 3:19.

Akati zvakare ivhu richatukwa, uyezve pachava neminzva nezvinobaya, akati zvakare “Uchadya kubva mukushanda kukuru muhupenyu wako wese.”

Vesi 17, 18.

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104

Mwari aiziva kuti munhu anofanira kushandisa muviri wake kuti asapinde mudambudziko. Umwe akati, "Nzvimbo inoshanda Satani, inzvimbo inomunhu asina chokuita."



105

(Chiverengo: Eksodo 20:9)
Ubate mazuva matanhatu, uite mabasa ako ose.
Eksodo 20:9.
Kana munhu wese akashanda kwemazuva 6 paviki, anonzwa akaneta kuti aite bongozozo!



106

Miviri yedu iTemberi yeMweya Mutsvene.
Kuchengetedza miviri yedu kunonzwisika kana tichiziva kuti zvakakosha sei kunaMwari.



107

(Chiverengo: 1 VaKorinte 6:19,20)
Hamuzivi here kuti muviri wenyu itembere yoMweya Mutsvene, uri



108

mukati menyu, wamakapiwa naMwari? Hamuzi venyu.



109

Nokuti makatengwa nomutengo; naizvozvo kudzai Mwari mumuviri wenyu.
1 VaKorinte 6:19,20.



110

Munhu inhumbe yaMwari nokuti akatisika akatisunungura.
Mwari akatitenga neropa rinokosha raJesu pa Calvary. Nemhaka yekuti mhunu akaponeswa nemubairo mukuru chaizvo wamambo vedu Jesu, anofanira kuparukudzo rose kuna Mwari pazvinhu zvese zvaanoita.

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111

(Chiverengo: 1 VaKorinte 10:31)

Naizvozvo, kana muchidya, kana muchinwa, kana muchiiita chinhu chipi nechipi, itai zvose kuti Mwari akudzwe.

1 VaKorinte 10:31.

Munhu wese anoda Mwari anongwarira kusaita zvinhu zvinouraya kana kusvibisa muviri wake.



112

(Chiverengo: 1 VaKorinte 3:17)

Kana munhu achisvibisa tembere yaMwari, Mwari uchamuparadza vo;



113

nokuti tembere yaMwari itsvene, ndimi iyo.

1 VaKorinte 3:17.

Kuda uri kubvunza kuti munhu anosvibisa sei muviri wake.

Pauro anotiverengera zvinhu zvatino fanira kusaita:



114

(Chiverengo: 1 VaKorinte 6:9,10)

...Musarashika; nokuti mhombwe, kana vanonamata zvifananidzo, kana vanofeva, kana vakapata, kana varume vanoita zvakaipa navamwe varume,



115

kana mbavha, kana vanoruchiva, kana vanosinwa doro,...havangagari nhaka yowushe hwaMwari.

1 VaKorinte 6:9,10.

Bhaibheri rinotaura hupombwe nokuwunzenza sezvinhu zvinosvibisa muviri.

Rinotaura zvakare nokudhakwa.



116

(Chiverengo: Izaga 20:1)

Waini mudadi, doro mupopoti; Aninani unobatwa nazvo, haana-kuchenjera.

Zvirevo 20:1.



117

(Chiverengo: Zvirevo 23:31-33)

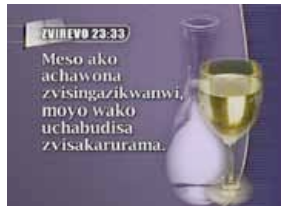
Usatarira waini kana yakatsvuka, kana ichivaima mumukombe, kana ichitapira pakunwiwa.

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118

Pakupedzisira inoruma senyoka, Inobaya semvumbi.



119

Meso ako achawona zvisingazikwanwi, moyo wako uchabudisa zvisakarurama. Zvirevo 23:31-33.



120

Kunwa doro ndezvimwe zvirikunetsa chaizvo munyika. Tsaona dzakawanda dzinokonzerwa nokudakwa.



121

Muvanhu vanourayiwa nevano uraya vamwe, kudhakwa kunowanikwa nguva dzakawanda kuri chikonzero.



122

Doro rinouraya masimba emuviri okushandisa ma "Vitamins." Shuga irimudoro (nemuzvimwiwa zvinotapira) inouraya masimba omuviri anodzivirira zvirwere.



123

Vanofarira doro vanopfupikisa hupenyu hwavo nemakore 12, nokuti doro rinouraya chiropa. Pavanhu gumi vanonwa doro kekutanga, umwe chete wavo anoguma avachidakwa chinotyisa zvikuru.



124

Zvakawongororwa kuti panguva inopinda doro muropa, nyama dzepfungwa dzinokuvadzwa, uyezve nokuti vanababa



125

nana mai vanonwa vanowanzozvara vana varizvirema kupinda avo vasinganwi. Asi kumuKristu, kushandisa zvimwiwa zvedoro kunowunza mibairo mikuru isinakufanira.

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126

MaKristu anofanirwa kunyatsoshandisa pfungwa dzavo kuitira kutivatizire zviedzo zva Satani.

MaKristu hafaniri kubvuma kuti pfungwa dzavo dzipesanisiwe. Dzinofanirwa kugara dzichiziva zvakanaka nezvakaipa!



127

Jesu akaramba kumwa zvinodhaka zvaakapiwa nemawuto pamuchinjiko, nyangwe zvazvo zvaizvopedza kurwadza.



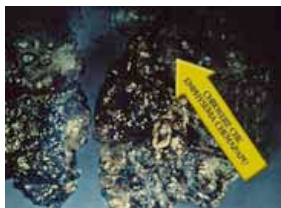
128

Jesu akarwadziwa zvikurusa, asi haana kumbogamuchira chinhu chinodakisa pfungwa dzake kusvikira apo paakafa.



129

Mararamiro evanhu akawanda anokuvadza muviri. Vanoputa fodya vanozviisa muchinzvimbo chokuurayiwa nechirwere che "Cancer." chakapetwa ka 1000 mavari kupfura avo vasingapute fodya. Vanoputa fodya vanobatiwa nechirwere zvakare chemoyo chakapetwa mavari ka 103 kuti vafe kana tichienzanisa neavo vasngaputi.



130

Chirwere che "Emphysema" chinouraya vanhu vanosvika 55 000 pagore! Mushonga unonzi "nicotine" unowanikwa mufodya unokonzero kuti tsinga dzeropa dzisvave.



131

Kana tsinga dzikasvava uye kanamafuta akazara mukati, zvinokonzero kuti ropa richirega kufamba richienda mumoyo nedzimwe nzvimbo dzomuviri. Kana ropa ramira, kuwoma kwaro kunokonzero zvidaidzwa nechirungu kunzi "heart attack" kana "stroke."



132

Munhu anoputa fodya anokurumidza kuchembera pfungwa dzake nokuti mupfungwa munenge musisina mweya wakakwana.

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133

Vanhukadzi vanoputa vainenhumbu vanokuvadza tsinga dzeropa dzomwana wavo.
Kuputa fodya kunokonzera zvakare kuti vana mai vazvare mwana akafa nguva dzakawanda.



134

Kuputa fodya kwakakonzera kufa kwevanhu 500 000 mugore rapfura munyika yeku America.



135

(Chiverengo: Eksodo 20:13)
Usawuraya.
Eksodo 20:13.
Vanhu vangani varikuzviuraya nezvinhu zvavanodya, zvavanomwa nekuputa fodya?



136

Umwe akati zvinhu zvakajairika zvekuzviuraya mapanga, zvipunu kana mafoku.
Asi ngatimbofungai izvi zvatinogara takanwa mumakapu edu!



137

Caffeine, inowanikwa muzvimwiwa zveKofi (coffee), inoverengerwa nemabhuku akawanda sechinhu chinokanganisa zvakare chichiuraya muviri.
Harold Shryock, M.D., You and Your Health, vol. 1, p. 413.



138

Tii nezvimwiwa zvekokakora zvine mushonga unokuvadza unonzi "Caffeine."
Zvimwiwa izvi zvakawongororwa kuti zvinokonzera zvirwere zvemoyo, zvirwere zvemutsipa wepfungwa, nezvirwere zve "Cancer."



139

Kana munhu waunoziva airmamba achimhanya achienda kwakavanzika achinozviisa mushonga we "caffeine" nejekiseni mumuviri make, waimudana uchiti ototongwa nemushonga wake uyu unokuvadza.
Vangani iye nhasi varikuita zvakangofanana vachinwa vana kofi nezvimwiwa zvinosanganisira makokakora.

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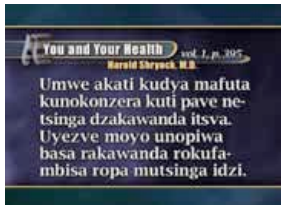
140

Kuzvidzora kwechokwadi kunoreva kurega kushandisa nyango chii zvacho chinokuvadza zvakare kushandisa nenzira yakanaka izvowo zvakanaka.



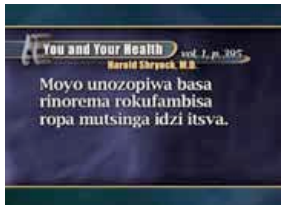
141

Vanhu vakawanda vanonwa zvinopfura muero wezvinhu izvo zvakanaka!
Izvi zvinokonzera rimwe dambudziko reutano wevanhu, munzvimbo dzakawanda munyika.



142

“Umwe akati kudya mafuta kunokonzera kuti pave netsinga dzakawanda dzitswa. Uyezve moyo unopiwa basa rakawanda rokufambisa ropa mutsinga idzi.



143

Moyo unozopiwa basa rinorema rokufambisa ropa mutsinga idzi dzitswa.
--Harold Shryock, M.D., You and your Health, vol. 1, p. 395.



144

Moyo, chiropa nemapapu evanhu vane muviri unemafuta akawanda anozopera simba nokushandisa chaizvo. Vanhu vakadai vanorwara zvirwere 16 zvisingawanikwi muvanhu vanemuviri mutete.



145

Mwari anoda kuti tichengete miviri yedu, kuti tigova nehupenyu unemufaro.
Mwari anoda kuti tive vanhu vanovimbika, vakarurama, vanozvidzora, vanofara.
Mwari anoda kuti tive nehupenyu wakazara.
Tikateerera mirairi Yake, tichava nehupenyu hurefu, tineutano hwakanaka.



146

Kuzorora nokuzorodza pfungwa.
Jesu ayiwana nguva yokuzorora nokuzorodza pfungwa.
Apedza zuva anevanhu, akati iye kuvateveri vake,

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147

(Chiverengo: Marko 6:31)

...Wuyai imi muri moga kunzvimbo murenje, muzorore zvishoma...

Marko 6:31.

Jesu anoda kuti tishande, uye tive nenguva yatinowana zororo yakakwana.



148

Ndichochikonzera Mwari akatipa Sabata.

Mwari anozviziva kuti tinofanirwa kukanganwa madambudziko edu nebasa redu, tiswere tiinaye.



149

Haungakwanisi kuenda kunyanza, asi naiyo inzvimbo yakanka yokuzorora pane dzimwe nguva.

Ungade kuenda mumakomo ane miti yakareba kana pedyo nerwizi runonyararisa moyo wako.



150

Ungaende kwaunoda, asi chinodikanwa kubva munzvimbo dzine mheremhere.

Zvakakosha kuti uzorodze pfungwa dzako!



151

Ichokwadi, Mwari anoda kuti ufare pasi pano, nokugadzirira kugara munyika istva, umo musina zvirwere.



152

“Izvi zvinofadza kwandiri,” ungataure. “Ndinoda kugara munyika itsva, asi pane dzimwe tsika dzandingakwanisi kuregera.”

Kunenhau dzinofadza nhasi.

Mwari anoda kukubetsera zvikuru.

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153

(Chiverengo: Johane 15:5)

...Kunze kwangu hamugoni kuita chinhu.

Johane 15:5.

Nesimba redu, hatikwanise kuregera tsika dzedu dzakaipa.

Muponesi wedu aripo munzvimbo iyi. Anoda kutibetsera zvikuru!

Pauro aiziva zvakavanzika.



154

(Chiverengo: VaFiripi 4:13)

Ndingaita zvose kuburikidza naKristu unondipa simba.

VaFiripi 4:13.



155

Umwe mukadzi akauya kumisangano inofanana se iyi.

Muparidzi akamushanyira, akamutairira

nezvokudzokera mumhuri yaMwari.

Akapindura achiti "Ndinoda kudzokera, asi

handikwanise. Ndino puta fodya."

Akamudana nezita rake, akamubvunza achiti,

"Unotenda here kuti Jesu anoda kuti ukurire tsika iyi?"

"hongu, ndinotenda, asi handikwanise. Handina simba."

Muparidzi akati, "Ndingakuverengera here zvakanyorwa mubhaibheri?"

Akavura bhaibheri rake muna 1 Johane 5:14, akaverenga kuti, "Unoona, tikakumbira kwaari anotinzwana."

"Mary, unotenda here kuti ungaregere kuputa?"

Akabvunza muparidzi .

"Kwete." Mary akapindura.

"Zvakanaka," akataura muparidzi, "Nokuti Bhaibheri rinoti iro 'kutenda kwatinako maari.' Saka kutenda uku kuripi?"

"Maari" akapindura Mary.



156

Akaverenga zvakare muparidzi, achiwedzera achiti,
“Kana tikakumbira chinhu kwaari, kusara kwekuputa ,
anotinzwa.”

Akazobvunza kuti, “Ndingazvinyora here izvi
mubhaibheri rako?”

“Kwete.” Mary akapindura, “Handidi kushandura
Bhaibheri.”

Muparidzi akazoti kuna Mary, “Kuda kwaMwari
ndekwekuti iwe urege fodya here?”

“Hongu, kuda kwaMwari,” Mary akapindura.

“Saka chikumbira Kristu nokutenda, kuti akupe simba
raakavimbisa?”

“Hongu” Mary akapindura, “Ndinozvikwanisa.”

“Ndine mubvunzo wekugumisira muparidzi,”

“Uchagamuchira rini simba iri rokuregera kuputa
fodya? Vhiki inotevera, kana mwedzi unotevera?

Uchagamuchira rini simba iri?”

Muparidzi akavura Bhaibheri rake kuna Johane 1:12,
akaverenga kuti,

“Vakamugamuchira vakapiwa simba rokuva vana
vaMwari. Kugamuchira Jesu kugamuchira simba, “
akaenda mberi muparidzi uyu achiti,

“Manheru ano, taona kuti unotenda muna Jesu. Taona
kuti zvese zvatinokumbira, tinopiwa nekuda kwake.
Tinoziva kuti kuda kwake kuti urege kuputa. Taona
zvakare kuti kana uchimugamuchira, unopiwa simba.”



157

Nesimba rake, unokwanisa kuva nehupenyu
hwakazara, unemufaro neutano hwakanaka zvakare
hozogamuchira hupenyu husingaperi munyika itsva.
Tambanudza ruoko rwako kuna Jesu - Akatambanudza
gwake kwauru!