

ZULU	NEW INTERNATIONAL VERSION
EFESU 1	EPHESIANS 1
1:1 UPawulu, umphostoli kaKristu Jesu ngentando kaNkulunkulu, kubo abangcwele abase-Efesu nakubo abakholwa nguKristu Jesu:	1:1 Paul, an apostle of Christ Jesus by the will of God, To the saints in Ephesus, the faithful in Christ Jesus:
1:2 Makube kini umusa nokuthula okuvela kuNkulunkulu uBaba wethu naseNkosini uJesu Kristu.	1:2 Grace and peace to you from God our Father and the Lord Jesus Christ.
1:3 Makabongwe uNkulunkulu, uYise weNkosi yethu uJesu Kristu osibusisile ezulwini kuKristu ngesibusiso sonke sokomoya,	1:3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.
1:4 njengalokho asikhethelela kuye ngothando ngaphambi kokusekelwa kwezwe ukuba sibe ngcwele, singabi nakusolwa phambi kwakhe;	1:4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love
1:5 wasimisela ngaphambili ukuba sibe ngabantwana kuye ngoJesu Kristu, njengalokho kwaba kuhle kuye ngentando yakhe,	1:5 he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will--
1:6 ukuze kutuswe inkazimulo yomusa wakhe asiphe wona ngesihle ngaye oThandiweyo;	1:6 to the praise of his glorious grace, which he has freely given us in the One he loves.
1:7 esinokuhlangwa kuye ngegazi lakhe, ukuthethelelwa kwezono ngokwengcebo yomusa wakhe	1:7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace
1:8 awuvamisa kithi ngakho konke ukuhlakanipha nokuqonda,	1:8 that he lavished on us with all wisdom and understanding.
1:9 esazisa imfihlakalo yentando yakhe njengokuzibonela kwakhe azimisela khona ngaphambili,	1:9 And he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ,
1:10 kuze kube yihlelo lokuphelela kwezikhathi lokuba kuhlanganiselwe ndawonye kuKristu konke okusezulwini nokusemhlabeni;	1:10 to be put into effect when the times will have reached their fulfillment--to bring all things in heaven and on earth together under one head, even Christ.
1:11 kuyena esabelwa futhi ifa kuye, esakumiselwa ngaphambili ngokwesimiso salowo osebenza izinto zonke ngokunquma kwentando yakhe,	1:11 In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will,
1:12 ukuze sibe ludumo lwenkazimulo yakhe, thina esethemba ngaphambili kuKristu;	1:12 in order that we, who were the first to hope in Christ, might be for the praise of his glory.
1:13 kuye nani esenzile izwi leqiniso, ivangeli lokusindiswa kwenu, enakholwa nguye futhi, nani nabekwa uphawu olunguMoya oNgcwele wesithembiso	1:13 And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit,

1:14 oyisibambiso sefa lethu, kube ngukuhlangwa kokungokwakhe, ukuze kutuswe inkazimulo yakhe.	1:14 who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession--to the praise of his glory.
1:15 Ngalokho nami, sengizwile ngokukholwa okukini eNkosini uJesu nothando kubo bonke abangcwele,	1:15 For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints,
1:16 angiyeki ukubonga ngenxa yenu, nginikhumbula emikhulekweni yami,	1:16 I have not stopped giving thanks for you, remembering you in my prayers.
1:17 ukuze uNkulunkulu weNkosi yethu uJesu Kristu, uYise wenkazimulo, aniphe umoya wokuhlakanipha nokwambulelwa ekumazini yena;	1:17 I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.
1:18 ekhanyisiwe amehlo enhliziyo yenu, nize nazi okuyithemba lobizo lwakhe nokuyingcebo yenkazimulo yefa lakhe kubo abangcwele,	1:18 I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints,
1:19 nokungubukhulu obumangalisayo bamandla akhe kithina esikholwayo, ngokokusebenza kwamandla akhe amakhulu	1:19 and his incomparably great power for us who believe. That power is like the working of his mighty strength,
1:20 asebenze ngawo kuKristu emvusa kwabafileyo, wamhlalisa ngakwesokunene sakhe ezulwini,	1:20 which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms,
1:21 ngaphezu kwakho konke ukubusa, negunya, namandla, nobukhosi, namagama onke aphathwayo, kungekuleli zwe lodwa kepha nakulo elizayo;	1:21 far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come.
1:22 wakubeka konke phansi kwezinyawo zakhe, wammisa abe yinhloko phezu kwakho konke kulo ibandla,	1:22 And God placed all things under his feet and appointed him to be head over everything for the church,
1:23 elona lingumzimba wakhe, ukugcwala kwakhe ogcwalisa konke kubo bonke.	1:23 which is his body, the fullness of him who fills everything in every way.
EFESU 2	EPHESIANS 2
2:1 Uniphilisile nani enanifile ngeziphambeko nangezono zenu,	2:1 As for you, you were dead in your transgressions and sins,
2:2 enanikade nihamba kuzo ngokwendlela yaleli zwe, ngokombusi wamandla omkhathi, ongumoya osasebenza kubantwana bokungalaleli,	2:2 in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.
2:3 esasikade sihamba phakathi kwabo sonke ezinkanukweni zenyama yethu, senza intando yenyama neyengqondo; ngemvelo sasingabantwana bolaka njengabo abanye.	2:3 All of us also lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.

2:4 Kepha uNkulunkulu ecebile ngesihawu, ngenxa yothando lwakhe olukhulu asithanda ngalo,	2:4 But because of his great love for us, God, who is rich in mercy,
2:5 sesifile ngeziphambeko, wenza siphile kanye noKristu — kungomusa nisindisiwe —	2:5 made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved.
2:6 wasivusa kanye naye, wasihlalisa kanye naye embusweni wezulu kuKristu Jesu,	2:6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,
2:7 kuze kuthi ezikhathini ezizayo abonakalise ingcebo enkulu yomusa wakhe ngobubele kithina kuKristu Jesu.	2:7 in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.
2:8 Ngokuba ngomusa nisindisiwe ngokukholwa; nalokhu akuveli kini, kuyisipho sikaNkulunkulu;	2:8 For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God--
2:9 akuveli ngemisebenzi, ukuze kungabikho ozibongayo.	2:9 not by works, so that no one can boast.
2:10 Ngokuba singumsebenzi wakhe kuKristu Jesu, sidalelwe imisebenzi emihle ayilungisela ngaphambili uNkulunkulu ukuba sihambe kuyo.	2:10 For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.
2:11 Ngakho khumbulani ukuthi nina enanikade ningabezizwe ngokwenyama, ababizwa ngokuthi abangasoki yilabo ababizwa ngokuthi abokusoka, okwenziwa ngezandla enyameni,	2:11 Therefore, remember that formerly you who are Gentiles by birth and called "uncircumcised" by those who call themselves "the circumcision" (that done in the body by the hands of men)--
2:12 ukuthi ngaleso sikhathi naningenaye uKristu, naningaphandle kombuso ka-Israyeli, naningabafokazi ezivumelwaneni zesithembiso, ningenathemba, ningenaNkulunkulu ezweni.	2:12 remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world.
2:13 Kepha manje kuKristu Jesu nina enanikade nikude senenziwe abaseduze ngegazi likaKristu.	2:13 But now in Christ Jesus you who once were far away have been brought near through the blood of Christ.
2:14 Ngokuba yena ungukuthula kwethu, owenza kokubili kwaba kunye, nowabhidliza udonga olwahlukanisayo olungubutha,	2:14 For he himself is our peace, who has made the two one and has destroyed the barrier, the dividing wall of hostility,
2:15 ngenyama yakhe ewenzile ize umthetho wemiyalo esezimisweni ukuba adale kuyena labo ababili babe muntu munye omusha, enze ukuthula,	2:15 by abolishing in his flesh the law with its commandments and regulations. His purpose was to create in himself one new man out of the two, thus making peace,
2:16 enze futhi ukuba bobabili babuyisane noNkulunkulu emzimbeni munye ngesiphambano, esebulele ubutha ngakho.	2:16 and in this one body to reconcile both of them to God through the cross, by which he put to death their hostility.
2:17 Weza washumayela ivangeli lokuthula kinina enanikude, yebo, ukuthula nakubo abaseduze.	2:17 He came and preached peace to you who were far away and peace to those who were near.

2:18 Ngokuba ngaye sinokungena sobabili ngoMoya munye kuYise.	2:18 For through him we both have access to the Father by one Spirit.
2:19 Ngakho aniseyibo abafokazi nezihambi, kodwa senibuso munye nabangcwele, ningabendlu kaNkulunkulu,	2:19 Consequently, you are no longer foreigners and aliens, but fellow citizens with God's people and members of God's household,
2:20 nakhiwe phezu kwesisekelo sabaphostoli nabaprofethi, uKristu Jesu uqobo lwakhe eyitshe legumbi,	2:20 built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.
2:21 okuhlanganiselwe kuye isakhiwo sonke, sikhule sibe yithempeli elingcwele eNkosini,	2:21 In him the whole building is joined together and rises to become a holy temple in the Lord.
2:22 okukuyo nani, nakhiwe kanye nabanye, ukuba nibe yindlu kaNkulunkulu ngoMoya.	2:22 And in him you too are being built together to become a dwelling in which God lives by his Spirit.
EFESU 3	EPHESIANS 3
3:1 Ngenxa yalokho mina Pawulu ngiyisiboshwa sikaKristu Jesu ngenxa yenu nina bezizwe —	3:1 For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles--
3:2 uma ngabe senizwile ngohlelo lomusa kaNkulunkulu engiwuphiweyo ngenxa yenu	3:2 Surely you have heard about the administration of God's grace that was given to me for you,
3:3 ukuthi ngaziswa imfihlakalo ngesambulo, njengalokho sengaloba ngokufushane —	3:3 that is, the mystery made known to me by revelation, as I have already written briefly.
3:4 okungakho, nxa nikufunda, ningaqonda ukwazi kwami ngemfihlakalo kaKristu,	3:4 In reading this, then, you will be able to understand my insight into the mystery of Christ,
3:5 bengayaziswanga abantwana babantu ezizukulwaneni ezinye, njengalokhu isiyambuliwe manje kubaphostoli bakhe abangcwele nabaprofethi ngoMoya	3:5 which was not made known to men in other generations as it has now been revealed by the Spirit to God's holy apostles and prophets.
3:6 ukuthi abezizwe bayizindlalifa kanye nathi, nokuthi bamzimba munye nathi, nokuthi bangabahlanganyeli besithembiso kanye nathi kuKristu Jesu ngevangeli;	3:6 This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus.
3:7 engenziwa isikhonzi salo ngokwesipho somusa kaNkulunkulu engiwuphiwe ngokokusebenza kwamandla akhe.	3:7 I became a servant of this gospel by the gift of God's grace given me through the working of his power.
3:8 Mina engimncinyane kunabo bonke abangcwele ngaphiwa lowo musa wokushumayeza abezizwe ivangeli lengcebo kaKristu engaphenyekiyo	3:8 Although I am less than the least of all God's people, this grace was given me: to preach to the Gentiles the unsearchable riches of Christ,
3:9 nokubakhanyisela ukuthi luyini uhlelo lwemfihlakalo ebifihliwe kwaphakade kuNkulunkulu owadala izinto zonke,	3:9 and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things.
3:10 ukuze imibuso nabanamandla emazulwini baziswe manje ngebandla ukuhlakanipha okuninginingi kukaNkulunkulu,	3:10 His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms,

3:11 ngokwecebo laphakade alenza ngoKristu Jesu iNkosi yethu;	3:11 according to his eternal purpose which he accomplished in Christ Jesus our Lord.
3:12 okungaye sinesibindi ukungena ngokwethemba, ngokukholwa nguye.	3:12 In him and through faith in him we may approach God with freedom and confidence.
3:13 Ngalokho ngiyacela ukuba ningadangali ngezinhlopheko zami ngenxa yenu, okuludumo lwenu.	3:13 I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.
3:14 Ngenxa yalokho ngiguqa ngamadolo ami kuYise,	3:14 For this reason I kneel before the Father,
3:15 eyethiwa ngaye imindeni yonke ezulwini nasemhlabeni,	3:15 from whom his whole family in heaven and on earth derives its name.
3:16 ukuba ngokwengcebo yenkazimulo yakhe aninike ukuqiniseka emandleni ngoMoya wakhe kumuntu ongaphakathi;	3:16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,
3:17 uKristu ahlale ezinhliziyweni zenu ngokukholwa, ukuze nigxile, nisekelwe othandweni,	3:17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love,
3:18 nibe namandla okuqonda kanye nabangcwele bonke okungububanzi, nobude, nokuphakama, nokujula,	3:18 may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ,
3:19 nokulwazi uthando lukaKristu oludlula ukwazi konke, ukuze nigcwaliswe kube ngokugcwala konke kukaNkulunkulu.	3:19 and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God.
3:20 Kepha yena onamandla okwenza okukhulu kakhulu kunakho konke esikucelayo nesikuqondayo ngokwamandla asebenza kithi,	3:20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,
3:21 makube kuye udumo ebandleni nakuKristu Jesu ezizukulwaneni zonke zaphakade naphakade. Amen.	3:21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.
EFESU 4	EPHESIANS 4
4:1Ngakho mina siboshwa eNkosini ngiyanincenga ukuba nihambe ngokufanele ukubizwa enabizwa ngakho,	4:1 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.
4:2 ngokuthobeka konke nobumnene, ngokubheka kade nokubekezelelana ngothando,	4:2 Be completely humble and gentle; be patient, bearing with one another in love.
4:3 nikhuthalele ukugcina ubunye bukaMoya ngesibopho sokuthula;	4:3 Make every effort to keep the unity of the Spirit through the bond of peace.
4:4 munye umzimba, munye uMoya, njengalokho nabizelwa ethembeni linye lokubizwa kwenu;	4:4 There is one body and one Spirit-- just as you were called to one hope when you were called--
4:5 yinye iNkosi, yinye inkolo, munye umbhaphathizo;	4:5 one Lord, one faith, one baptism;

4:6 munye uNkulunkulu, uYise wabo bonke, ophezu kwabo bonke, okubo bonke, ophakathi kwabo bonke.	4:6 one God and Father of all, who is over all and through all and in all.
4:7 Kepha yilowo nalowo kithina uphiwe umusa ngokwesilinganiso sesipho sikaKristu.	4:7 But to each one of us grace has been given as Christ apportioned it.
4:8 Ngalokho uthi: "Esenyukele phezulu wathumba abathunjiweyo, wapha abantu izipho."	4:8 This is why it says: "When he ascended on high, he led captives in his train and gave gifts to men."
4:9 Kepha lokhu ukuthi wenyuka, kuthini, uma kungesikho ukuthi wake wehlela ezindaweni zomhlaba eziphansi na?	4:9 (What does "he ascended" mean except that he also descended to the lower, earthly regions?)
4:10 Owehlayo nguyena owenyukela futhi ngaphezu kwamazulu onke, ukuze agcwalise konke.	4:10 He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)
4:11 Nguyena futhi owanika abanye ukuba babe ngabaphostoli, abanye abaprofethi, abanye abavangeli, abanye abelusi nabafundisi,	4:11 It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers,
4:12 ukuze abangcwele bapheleliselwe umsebenzi wokukhonza, kwakhiwe umzimba kaKristu,	4:12 to prepare God's people for works of service, so that the body of Christ may be built up
4:13 size sifinyelele sonke ebunyeni bokukholwa nasekwazini iNdodana kaNkulunkulu, ebudodeni obupheleleyo, esilinganisweni sobukhulu sokugcwala kukaKristu,	4:13 until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.
4:14 ukuze singabe sisaba yizingane, sishukunyiswa okwamaza, sipheshulwa yimimoya yonke yezifundiso ngenkohliso yabantu, ngobuqili obunamacebo okudukisayo;	4:14 Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming.
4:15 kodwa sithi sikhuluma iqiniso ngothando, sikhulele ngakho konke kuye oyinhloko, uKristu,	4:15 Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.
4:16 okungaye umzimba wonke uhlanganisiwe, ubambene ngokwelekelelana kwamalungu onke awo njengokusebenza okulinganiselwe yilelo nalelo lungu, kukhuliswe umzimba, ube yisakhiwo othandweni.	4:16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.
4:17 Ngakho ngisho, ngifakaza eNkosini, ngithi ningabe nisahamba njengalokhu kuhamba abezizwe ebuzeni bengqondo yabo,	4:17 So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.
4:18 behlwelwe emqondweni, behlukanisiwe nokuphila kukaNkulunkulu ngokungazi okukubo ngenxa yobulukhuni behliziyo yabo,	4:18 They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts.

4:19 abathi bebuthuntu, bazinikela emanyaleni, ukuze basebenze ukungcola konke ngokuhheka.	4:19 Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.
4:20 Kepha nina animfundanga uKristu kanjalo,	4:20 You, however, did not come to know Christ that way.
4:21 uma-ke nimzwile nafundiswa kuye, njengokuba iqiniso likuJesu,	4:21 Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.
4:22 ukuba nikhumule umuntu omdala ongowenkambo yokuqala, owonakala ngezinkanuko zenkohliso,	4:22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires;
4:23 nenziwe basha emoyeni wengqondo yenu,	4:23 to be made new in the attitude of your minds;
4:24 nembathe umuntu omusha owadalwa ngokukaNkulunkulu ekulungeni nasebungcweleni beqiniso.	4:24 and to put on the new self, created to be like God in true righteousness and holiness.
4:25 Ngakho lahlani amanga, nikhulume iqiniso, yilowo nalowo nomakhelwane wakhe, lokhu singamalungu omunye komunye.	4:25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.
4:26 Thukuthelani ningoni; ilanga malingashoni nisathukuthele.	4:26 "In your anger do not sin": Do not let the sun go down while you are still angry,
4:27 Ningamniki uSathane indawo.	4:27 and do not give the devil a foothold.
4:28 Owebayo angabe eseba, kepha kunalokho akhuthale asebenze okuhle ngezandla zakhe, ukuze abe nokokwabela osweleyo.	4:28 He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.
4:29 Makungaphumi emlonyeni wenu nalinye izwi elibolileyo, kodwa kube ngelilungele ukwakha njengokuswelekileyo, ukuze libavezele umusa abezwayo.	4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.
4:30 Ningamdabukisi uMoya oNgcwele kaNkulunkulu enabekwa uphawu ngaye kuze kube lusuku lokuhlangwa.	4:30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.
4:31 Konke okubabayo, nentukuthelo, nolaka, nomsindo, nokuhlambalaza makususwe kini kanye nakho konke okubi.	4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.
4:32 Maniphathane ngobumnene, nihawukelane, nithethelelane, njengalokho noNkulunkulu wanithethelela ngoKristu.	4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
EFESU 5	EPHESIANS 5
5:1 Ngakho yibani ngabalingisa uNkulunkulu njengabantwana abathandekayo,	5:1 Be imitators of God, therefore, as dearly loved children

5:2 nihambe othandweni, njengalokho uKristu wanithanda, wazinikela ngenxa yethu, abe ngumnikelo nomhlatshelo, abe yiphunga elimnandi kuNkulunkulu.	5:2 and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.
5:3 Kepha ubufebe, nakho konke ukungcola, noma isangabe, makungaphathwa nangagama phakathi kwenu, njengokuba kufanele abangcwele,	5:3 But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.
5:4 nehlazo, nokubheda, nokulawula, okuyizinto ezingafanele, kepha kunalokho makube ngukubonga.	5:4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.
5:5 Ngokuba yazini lokhu, nikuqonde ukuthi akukho sifebe, noma ongcobileyo, noma onesangabe ongokhonza izithombe, onefa embusweni kaKristu noNkulunkulu.	5:5 For of this you can be sure: No immoral, impure or greedy person--such a man is an idolater--has any inheritance in the kingdom of Christ and of God.
5:6 Masingakhohliswa muntu ngamazwi ayize, ngokuba ngenxa yalezo zinto ulaka lukaNkulunkulu lwehlela phezu kwabantwana bokungalaleli.	5:6 Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient.
5:7 Ngakho-ke ningabi ngabahlanganyela nabo.	5:7 Therefore do not be partners with them.
5:8 Ngokuba kade naningubumnyama, kepha manje ningukukhanya eNkosini; hambani njengabantwana bokukhanya,	5:8 For you were once darkness, but now you are light in the Lord. Live as children of light
5:9 ngokuba izithelo zokukhanya zisebuhleni bonke nasekulungeni naseqinisweni,	5:9 (for the fruit of the light consists in all goodness, righteousness and truth)
5:10 nihlole ukuthi kuyini okuthandeka eNkosini,	5:10 and find out what pleases the Lord.
5:11 ningahlanganyeli imisebenzi yobumnyama engenazithelo, kepha kunalokho niyidalule;	5:11 Have nothing to do with the fruitless deeds of darkness, but rather expose them.
5:12 ngokuba okwenziwa yibo ngasese kuyihlazo nokukhuluma ngakho.	5:12 For it is shameful even to mention what the disobedient do in secret.
5:13 Kepha konke okudalulwayo kubonakaliswa ngukukhanya, ngokuba konke okubonakaliswayo kungukukhanya.	5:13 But everything exposed by the light becomes visible,
5:14 Ngalokho uthi: "Phaphama wena oleleyo, uvuke kwabafuleyo, uKristu uzakukukhanyisa."	5:14 for it is light that makes everything visible. This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you."
5:15 Ngakho-ke bhekisisani ukuthi nihamba kanjani, kungabi njengabangahlakaniphile kepha njengabahlakaniphileyo,	5:15 Be very careful, then, how you live--not as unwise but as wise,
5:16 nithengisise isikhathi, ngokuba izinsuku zimbi.	5:16 making the most of every opportunity, because the days are evil.
5:17 Ngakho-ke ningabi yiziwula, kodwa qondani okuyintando yeNkosi.	5:17 Therefore do not be foolish, but understand what the Lord's will is.

5:18 Ningadakwa yiwayini, kuvela kulo umhumheko, kodwa nigcwaliswe ngoMoya,	5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.
5:19 niphendulane ngamahubo nangezihlabelelo nangamaculo okomoya, nihlabelele, nihubele iNkosi enhliziyweni yenu,	5:19 Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord,
5:20 nimbonge njalo uNkulunkulu uYise ngakho konke egameni leNkosi yethu uJesu Kristu,	5:20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.
5:21 nithobelane ngokumesaba uKristu.	5:21 Submit to one another out of reverence for Christ.
5:22 Abafazi mabathobele amadoda abo kungathi kukuyo iNkosi,	5:22 Wives, submit to your husbands as to the Lord.
5:23 ngokuba indoda iyinhloko yomfazi, njengokuba noKristu uyinhloko yebandla, yena engumsindisi womzimba.	5:23 For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior.
5:24 Kepha njengokuba ibandla lithobela uKristu, kanjalo nabafazi mabathobele amadoda ezintweni zonke.	5:24 Now as the church submits to Christ, so also wives should submit to their husbands in everything.
5:25 Madoda, thandani omkenu, njengalokho noKristu ulithandile ibandla, wazinikela ngenxa yalo	5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her
5:26 ukuba alingcwelise, alihlambulule ngesigezo samanzi ngezwi,	5:26 to make her holy, cleansing her by the washing with water through the word,
5:27 ukuze azimisele ibandla elinenkazimulo, lingenasisihla, nambimbi, nanto enjalo, kodwa libe ngcwele lingenacala.	5:27 and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.
5:28 Kanjalo amadoda afanele ukuthanda omkawo njengemizimba yawo. Othanda umkakhe uzithanda yena.	5:28 In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.
5:29 Ngokuba akakho owake wazonda eyakhe inyama, kepha uyayondla, ayiphathe kahle, njengalokhu noKristu enza kulo ibandla;	5:29 After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church--
5:30 ngokuba singamalungu omzimba wakhe.	5:30 for we are members of his body.
5:31 Ngenxa yalokho umuntu uyakushiya uyise nonina, anamathele kumkakhe; labo ababili bayakuba nyamanye.	5:31 "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh."
5:32 Le mfihlakalo inkulu, kepha ngikhuluma ngoKristu nebandla.	5:32 This is a profound mystery--but I am talking about Christ and the church.
5:33 Nani-ke, yilowo nalowo makathande umkakhe njengokuba ezithanda yena, kepha umfazi makahloniphe indoda yakhe.	5:33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.
EFESU 6	EPHESIANS 6
6:1 Bantwana, lalalani abazali benu eNkosini, ngokuba lokho kulungile.	6:1 Children, obey your parents in the Lord, for this is right.

6:2 Yazisa uyihlo nonyoko, okungumyalelo wokuqala onesithembiso:	6:2 "Honor your father and mother"--which is the first commandment with a promise--
6:3 ukuze kube kuhle kuwe, uhlale kade emhlabeni.	6:3 "that it may go well with you and that you may enjoy long life on the earth."
6:4 Nani boyise, ningabathukuthelisi abantwana benu, kodwa nibondle ngokuyala nangokuqondisa kweNkosi.	6:4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.
6:5 Zinceku, abangamakhosi enu ngokwenyama, balaleleni ngokwesaba nokuthuthumela ngobuqotho benhliziyo yenu kungathi kukuKristu,	6:5 Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ.
6:6 ningathengi amehlo njengabathokozisa abantu, kodwa njengezinceku zikaKristu nenze intando kaNkulunkulu ngenhliziyo,	6:6 Obey them not only to win their favor when their eye is on you, but like slaves of Christ, doing the will of God from your heart.
6:7 nikhonze ngothando kungathi kuseNkosini kungekubantu,	6:7 Serve wholeheartedly, as if you were serving the Lord, not men,
6:8 nazi ukuthi konke okuhle yilowo nalowo akwenzayo, uzakwamukela okunjalo eNkosini, noma eyinceku noma engokhululekileyo.	6:8 because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.
6:9 Nani makhosi, yenzani okunjalo kuzo, niyeke ukusongela, nazi ukuthi neyazo neyenu iNkosi isezulwini nokuthi ukukhetha umuntu akukho kuye.	6:9 And masters, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him.
6:10 Elokugcina, qinani eNkosini nasemandleni ayo amakhulu.	6:10 Finally, be strong in the Lord and in his mighty power.
6:11 Hlomani izikhali zonke zikaNkulunkulu, ukuze nibe namandla okumelana namaqhinga kaSathane;	6:11 Put on the full armor of God so that you can take your stand against the devil's schemes.
6:12 ngokuba asibambene negazi nenyama, kodwa sibambene nemibuso, namandla, nababusi bezwe balobu bumnyama, nabawomoya bobubi emkhathini.	6:12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.
6:13 Ngakho hlomani izikhali zonke zikaNkulunkulu ukuba nibe namandla okuzabalaza ngosuku olubi, nalapho senifeze konke, nime.	6:13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.
6:14 Ngakho yimani izinkalo zenu ziboshiwe ngeqiniso, nifakile isivikelo sesifuba sokulunga,	6:14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,
6:15 izinyawo zigqokisiwe ukulungela kukho ukushumayela ivangeli lokuthula;	6:15 and with your feet fitted with the readiness that comes from the gospel of peace.

6:16 kukho konke nithathe isihlangu sokukholwa eniyakuba namandla okucima ngaso yonke imicibisholo evuthayo yomubi,	6:16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.
6:17 namukele futhi isigqoko sensindiso, nenkemba kaMoya eyizwi likaNkulunkulu,	6:17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.
6:18 ngokukhuleka konke nokunxusa, nikhuleka ngezikhathi zonke ngoMoya; kulokho nilinde ngesineke sonke nangokunxusela abangcwele bonke,	6:18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.
6:19 ninginxusele nami ukuba ngiphiwe izwi, nxa ngivula umlomo wami, ngize ngiyishumayele ngesibindi imfihlakalo yevangeli;	6:19 Pray also for me, that whenever I open my mouth, words may be given me so that I will fearlessly make known the mystery of the gospel,
6:20 engiyisithunywa ngalo esiboshiwe ngamaketanga, ukuze ngikhulume ngesibindi ngalo, njengokuba kufanele ukuba ngikhulume.	6:20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.
6:21 Kepha ukuba nani nazi okuqondene nami nalokhu engikwenzayo, uyakunazisa konke uThikhiku, umzalwane othandekayo nesikhonzi esikholekileyo eNkosini,	6:21 Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing.
6:22 engamthumela kini ngakho lokho ukuba nazi izindaba zethu, nokuba aduduze izinhliziyu zenu.	6:22 I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you.
6:23 Ukuthula makube kubazalwane, nothando kanye nokukholwa okuvela kuNkulunkulu uYise naseNkosini uJesu Kristu.	6:23 Peace to the brothers, and love with faith from God the Father and the Lord Jesus Christ.
6:24 Umusa mawube nabo bonke abathanda iNkosi yethu uJesu Kristu ngokunganqamukiyo.	6:24 Grace to all who love our Lord Jesus Christ with an undying love.