

SWAHILI	NEW INTERNATIONAL VERSION
WAEFESO 1	EPHESIANS 1
1:1 Paulo, mtume wa Kristo Yesu, kwa mapenzi ya Mungu; kwa watakatifu walioko [Efeso] wanaomwamini Kristo Yesu. -	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 Neema na iwe kwenu na amani zitokazo kwa Mungu Baba yetu na kwa Bwana Yesu Kristo.	1:2 Grace and peace to you from God our Father and the Lord Jesus Christ.
1:3 Atukuzwe Mungu, Baba wa Bwana wetu Yesu Kristo, aliyetubariki kwa baraka zote za rohani, katika ulimwengu wa roho, ndani yake Kristo; -	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 kama vile alivyotuchagua katika yeye kabla ya kuwekwa misingi ya ulimwengu, ili tuwe watakatifu, watu wasio na hatia mbele zake katika pendo. -	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 Kwa kuwa alitangulia kutuchagua, ili tufanywe wanawe kwa njia ya Yesu Kristo, sawasawa na uradhi wa mapenzi yake. -	1:5 he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will--
1:6 Na usifiwe utukufu wa neema yake, ambayo ametuneemesha katika huyo Mpendwa. -	1:6 to the praise of his glorious grace, which he has freely given us in the One he loves.
1:7 Katika yeye huyo, kwa damu yake, tunao ukombozi wetu, masamaha ya dhambi, sawasawa na wingi wa neema yake. -	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 Naye alituzidishia hiyo katika hekima yote na ujuzi; -	1:8 that he lavished on us with all wisdom and understanding.
1:9 akiisha kutujulisha siri ya mapenzi yake, sawasawa na uradhi wake, alioukusudia katika yeye huyo. -	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 Yaani, kuleta madaraka ya wakati mkamilifu atavijumlisha vitu vyote katika Kristo, vitu vya mbinguni na vitu vya duniani pia. Naam, katika yeye huyo; -	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 na ndani yake sisi nasi tulifanywa urithi, huku tukichaguliwa tangu awali sawasawa na kusudi lake yeye, ambaye hufanya mambo yote kwa shauri la mapenzi yake. -	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 Nasi katika huyo tupate kuwa sifa ya utukufu wake, sisi tuliotangulia kumwekea Kristo tumaini letu.	1:12 in order that we, who were the first to hope in Christ, might be for the praise of his glory.

1:13 Nanyi pia katika huyo mmekwisha kulisikia neno la kweli, habari njema za wokovu wenu; tena mmekwisha kumwamini yeye, na kutiwa muhuri na Roho yule wa ahadi aliye Mtakatifu. -	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 Ndiye aliye arabuni ya urithi wetu, ili kuleta ukombozi wa milki yake, kuwa sifa ya utukufu wake. -	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 Kwa sababu hiyo mimi nami, tangu nilipopata habari za imani yenu katika Bwana Yesu, na pendo lenu kwa watakatifu wote, -	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 siachi kutoa shukrani kwa ajili yenu; nikiwakumbuka katika sala zangu, -	1:16 I have not stopped giving thanks for you, remembering you in my prayers.
1:17 Mungu wa Bwana wetu Yesu Kristo, Baba wa utukufu, awape ninyi roho ya hekima na ya ufunuo katika kumjua yeye; -	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 macho ya mioyo yenu yatiwe nuru, mjue tumaini la mwito wake jinsi lilivyo; na utajiri wa utukufu wa urithi wake katika watakatifu jinsi ulivyo; -	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 na ubora wa ukuu wa uweza wake ndani yetu tuaminio jinsi ulivyo; kwa kadiri ya utendaji wa nguvu za uweza wake; -	1:19 and his incomparably great power for us who believe. That power is like the working of his mighty strength,
1:20 aliotenda katika Kristo alipomfufua katika wafu, akamweka mkono wake wa kuume katika ulimwengu wa roho; -	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 juu sana kuliko ufalme wote, na mamlaka, na nguvu, na usultani, na kila jina litajwalo, wala si ulimwenguni humu tu, bali katika ule ujao pia; -	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 akavitia vitu vyote chini ya miguu yake, akamweka awe kichwa juu ya vitu vyote kwa ajili ya kanisa; ambalo -	1:22 And God placed all things under his feet and appointed him to be head over everything for the church,
1:23 ndilo mwili wake, ukamilifu wake anayekamilika kwa vyote katika vyote.	1:23 which is his body, the fullness of him who fills everything in every way.
WAEFESO 2	EPHESIANS 2
2:1 Nanyi mlikuwa wafu kwa sababu ya makosa na dhambi zenu;	2:1 As for you, you were dead in your transgressions and sins,
2:2 ambazo mliziendea zamani kwa kuifuata kawaida ya ulimwengu huu, na kwa kumfuata mfalme wa uwezo wa anga, roho yule atendaye kazi sasa katika wana wa kuasi;	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 ambao zamani, sisi sote nasi tulienenda kati yao, katika tamaa za miili yetu, tulipoyatimiza mapenzi ya mwili na ya nia, tukawa kwa tabia yetu watoto wa hasira kama na hao wengine.	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 Lakini Mungu, kwa kuwa ni mwingi wa rehema, kwa mapenzi yake makuu aliyotupenda;	2:4 But because of his great love for us, God, who is rich in mercy,
2:5 hata wakati ule tulipokuwa wafu kwa sababu ya makosa yetu; alituhuisha pamoja na Kristo; yaani, tumeokolewa kwa neema.	2:5 made us alive with Christ even when we were dead in transgressions--it is by grace you have been saved.
2:6 Akatufufua pamoja naye, akatuketisha pamoja naye katika ulimwengu wa roho, katika Kristo Yesu;	2:6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,
2:7 ili katika zamani zinazokuja audhihirishe wingi wa neema yake upitao kiasi kwa wema wake kwetu sisi katika Kristo Yesu.	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 Kwa maana mmeokolewa kwa neema, kwa njia ya imani; ambayo hiyo haikutokana na nafsi zenu, ni kipawa cha Mungu;	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 wala si kwa matendo, mtu awaye yote asije akajisifu.	2:9 not by works, so that no one can boast.
2:10 Maana tu kazi yake, tuliumbwa katika Kristo Yesu, tutende matendo mema, ambayo tokea awali Mungu aliyatengeneza ili tuende nayo.	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 Kwa ajili ya hayo kumbukeni ya kwamba zamani ninyi, mlio watu wa Mataifa kwa jinsi ya mwili, mnaoitwa Wasiotahiriwa na wale wanaoitwa Waliotahiriwa, yaani, tohara ya mwilini iliyofanyika kwa mikono;	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 kwamba zamani zile mlikuwa hamna Kristo, mmefarakana na jamii ya Israeli, wageni wasio wa maagano ya ahadi ile. Mlikuwa hamna tumaini, hamna Mungu duniani.	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 Lakini sasa, katika Kristo Yesu, ninyi mliokuwa mbali hapo kwanza mmekuwa karibu kwa damu yake Kristo.	2:13 But now in Christ Jesus you who once were far away have been brought near through the blood of Christ.
2:14 Kwa maana yeye ndiye amani yetu, aliyetufanya sisi sote tuliokuwa wawili kuwa mmoja; akakibomoa kiambaza cha kati kilichotutenga.	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 Naye akiisha kuuondoa ule uadui kwa mwili wake; ndiyo sheria ya amri zilizo katika maagizo; ili afanye hao wawili kuwa mtu mpya mmoja ndani ya nafsi yake; akafanya amani.	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 Akawapatanisha wote wawili na Mungu katika mwili mmoja, kwa njia ya msalaba, akiisha kuufisha ule uadui kwa huo msalaba.	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 Akaja akahubiri amani kwenu ninyi mliokuwa mbali, na amani kwao wale waliokuwa karibu.	2:17 He came and preached peace to you who were far away and peace to those who were near.
2:18 Kwa maana kwa yeye sisi sote tumepata njia ya kumkaribia Baba katika Roho mmoja.	2:18 For through him we both have access to the Father by one Spirit.
2:19 Basi tangu sasa ninyi si wageni wala wapitaji, bali ninyi ni wenyeji pamoja na watakatifu, watu wa nyumbani mwake Mungu.	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 Mmejengwa juu ya msingi wa mitume na manabii, naye Kristo Yesu mwenyewe ni jiwe kuu la pembeni.	2:20 built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone.
2:21 Katika yeye jengo lote linaunganishwa vema na kukua hata liwe hekalu takatifu katika Bwana.	2:21 In him the whole building is joined together and rises to become a holy temple in the Lord.
2:22 Katika yeye ninyi nanyi mnajengwa pamoja kuwa maskani ya Mungu katika Roho.	2:22 And in him you too are being built together to become a dwelling in which God lives by his Spirit.
WAEFESO 3	EPHESIANS 3
3:1 Kwa sababu hiyo mimi Paulo ni mfungwa wake Kristo Yesu kwa ajili yenu ninyi Mataifa;	3:1 For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles--
3:2 ikiwa mmesikia habari ya uwakili wa neema ya Mungu niliyopewa kwa ajili yenu;	3:2 Surely you have heard about the administration of God's grace that was given to me for you,
3:3 ya kwamba kwa kufunuliwa nalijulishwa siri hiyo, kama nilivyotangulia kuandika kwa maneno machache.	3:3 that is, the mystery made known to me by revelation, as I have already written briefly.
3:4 Kwa hayo, myasomapo, mtaweza kuutambua ufahamu wangu katika siri yake Kristo.	3:4 In reading this, then, you will be able to understand my insight into the mystery of Christ,
3:5 Siri hiyo hawakujulishwa wanadamu katika vizazi vingine; kama walivyofunuliwa mitume wake watakatifu na manabii zamani hizi katika Roho;	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 ya kwamba Mataifa ni warithi pamoja nasi wa urithi mmoja, na wa mwili mmoja, na washiriki pamoja nasi wa ahadi yake iliyo katika Kristo Yesu kwa njia ya Injili;	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 Injili hiyo ambayo nalifanywa mhudumu wake, kwa kadiri ya kipawa cha neema ya Mungu niliyopewa kwa kadiri ya utendaji wa uweza wake.	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 Mimi, niliye mdogo kuliko yeye aliye mdogo wa watakatifu wote, nalipewa neema hii ya kuwahubiri Mataifa utajiri wake Kristo usiopimika;	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 na kuwaangaza watu wote wajue habari za madaraka ya siri hiyo, ambayo tangu zamani zote ilisitirika katika Mungu aliyeviumba vitu vyote;	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 ili sasa, kwa njia ya kanisa, hekima ya Mungu iliyo ya namna nyingi ijulikane na falme na mamlaka katika ulimwengu wa roho;	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 kwa kadiri ya kusudi la milele alilolikusudia katika Kristo Yesu Bwana wetu.	3:11 according to his eternal purpose which he accomplished in Christ Jesus our Lord.
3:12 Katika yeye tunao ujasiri na uwezo wa kukaribia katika tumaini kwa njia ya kumwamini.	3:12 In him and through faith in him we may approach God with freedom and confidence.
3:13 Basi naomba msikate tamaa kwa sababu ya dhiki zangu kwa ajili yenu, zilizo utukufu kwenu.	3:13 I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory.
3:14 Kwa hiyo nampigia Baba magoti,	3:14 For this reason I kneel before the Father,
3:15 ambaye kwa jina lake ubaba wote wa mbinguni na wa duniani unaitwa,	3:15 from whom his whole family in heaven and on earth derives its name.
3:16 awajalieni, kwa kadiri ya utajiri wa utukufu wake, kufanywa imara kwa nguvu, kwa kazi ya Roho wake katika utu wa ndani.	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 Kristo akae mioyoni mwenu kwa imani mkiwa na shina na msingi katika upendo;	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 ili mpate kufahamu pamoja na watakatifu wote jinsi ulivyo upana, na urefu, na kimo, na kina;	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 na kuujua upendo wake Kristo, upitao ufahamu kwa jinsi ulivyo mwingi, mpate kutimilika kwa utimilifu wote wa Mungu.	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 Basi atukuzwe yeye awezaye kufanya mambo ya ajabu mno kuliko yote tuyaombayo au tuyawazayo, kwa kadiri ya nguvu itendayo kazi ndani yetu;	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 naam, atukuzwe katika Kanisa na katika Kristo Yesu hata vizazi vyote vya milele na milele. Amina.	3:21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.
WAEFESO 4	EPHESIANS 4
4:1 Kwa hiyo nawasihi, mimi niliye mfungwa katika Bwana, mwenende kama inavyoustahili wito wenu mlioitiwa;	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 kwa unyenyekevu wote na upole, kwa uvumilivu, mkichukuliana katika upendo;	4:2 Be completely humble and gentle; be patient, bearing with one another in love.
4:3 na kujitahidi kuuhifadhi umoja wa Roho katika kifungo cha amani.	4:3 Make every effort to keep the unity of the Spirit through the bond of peace.
4:4 Mwili mmoja, na Roho mmoja, kama na mlivyoitwa katika tumaini moja la wito wenu.	4:4 There is one body and one Spirit-- just as you were called to one hope when you were called--
4:5 Bwana mmoja, imani moja, ubatizo mmoja.	4:5 one Lord, one faith, one baptism;
4:6 Mungu mmoja, naye ni Baba wa wote, aliye juu ya yote na katika yote na ndani ya yote.	4:6 one God and Father of all, who is over all and through all and in all.
4:7 Lakini kila mmoja wetu alipewa neema kwa kadiri ya kipimo cha kipawa chake Kristo.	4:7 But to each one of us grace has been given as Christ apportioned it.
4:8 Hivyo husema, Alipopaa juu aliteka mateka, Akawapa wanadamu vipawa.	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 Basi neno hilo, Alipaa, maana yake nini kama siyo kusema kwamba yeye naye alishuka mpaka pande zilizo chini za nchi?	4:9 (What does "he ascended" mean except that he also descended to the lower, earthly regions?)
4:10 Naye aliyeshuka ndiye yeye aliyepaa juu sana kupita mbingu zote, ili avijaze vitu vyote.	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 Naye alitoa wengine kuwa mitume, na wengine kuwa manabii; na wengine kuwa wainjilisti na wengine kuwa wachungaji na waalimu;	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 kwa kusudi la kuwakamilisha watakatifu, hata kazi ya huduma itendeke, hata mwili wa Kristo ujengwe;	4:12 to prepare God's people for works of service, so that the body of Christ may be built up
4:13 hata na sisi sote tutakapoufikia umoja wa imani na kumfahamu sana Mwana wa Mungu, hata kuwa mtu mkamilifu, hata kufika kwenye cheo cha kimo cha utimilifu wa Kristo;	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 ili tusiwe tena watoto wachanga, tukitupwa huku na huku, na kuchukuliwa na kila upepo wa elimu, kwa hila ya watu, kwa ujanja, tukizifuata njia za udanganyifu.	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 Lakini tuishike kweli katika upendo na kukua hata tumfikie yeye katika yote, yeye aliye kichwa, Kristo.	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 Katika yeye mwili wote ukiungamanishwa na kushikanishwa kwa msaada wa kila kiungo, kwa kadiri ya utendaji wa kila sehemu moja moja, huukuza mwili upate kujijenga wenyewe katika upendo.	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 Basi nasema neno hili, tena nashuhudia katika Bwana, tangu sasa msienende kama Mataifa waenendavyo, katika ubatili wa nia zao;	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 ambao; akili zao zimetwa giza, nao wamefarikishwa na uzima wa Mungu, kwa sababu ya ujinga uliomo ndani yao, kwa sababu ya ugumu wa mioyo yao;	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 ambao wakiisha kufa ganzi wanajitia katika mambo ya ufisadi wapate kufanyiza kila namna ya uchafu kwa kutamani.	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 Bali ninyi, sivyo mlivyojifunza Kristo;	4:20 You, however, did not come to know Christ that way.
4:21 ikiwa mlimsikia mkafundishwa katika yeye, kama kweli ilivyo katika Yesu,	4:21 Surely you heard of him and were taught in him in accordance with the truth that is in Jesus.
4:22 mvue kwa habari ya mwenendo wa kwanza utu wa zamani, unaoharibika kwa kuzifuata tamaa zenye kudanganya;	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 na mfanywe wapya katika roho ya nia zenu;	4:23 to be made new in the attitude of your minds;
4:24 mkavae utu mpya, uliumbwa kwa namna ya Mungu katika haki na utakatifu wa kweli.	4:24 and to put on the new self, created to be like God in true righteousness and holiness.
4:25 Basi uvueni uongo, mkaseme kweli kila mtu na jirani yake; kwa maana tu viungo, kila mmoja kiungo cha wenzake.	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 Mwe na hasira, ila msitende dhambi; jua lisichwe na uchungu wenu bado haujawatoka;	4:26 "In your anger do not sin": Do not let the sun go down while you are still angry,
4:27 wala msimpe Ibilisi nafasi.	4:27 and do not give the devil a foothold.
4:28 Mwibaji asiibe tena; bali afadhali afanye juhudi, akitenda kazi iliyo nzuri kwa mikono yake mwenyewe, apate kuwa na kitu cha kumgawia mhitaji.	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 Neno lo lote lililo ovu lisitoke vinywani mwenu, bali lililo jema la kumfaa mwenye kuhitaji, ili liwape neema wanaosikia.	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 Wala msimhuzunishe yule Roho Mtakatifu wa Mungu; ambaye kwa yeye mliwiwa muhuri hata siku ya ukombozi.	4:30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.
4:31 Uchungu wote na ghadhabu na hasira na kelele na matukano yaondoke kwenu, pamoja na kila namna ya ubaya;	4:31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.
4:32 tena iweni wafadhili ninyi kwa ninyi, wenye huruma, mkasameheane kama na Mungu katika Kristo alivyowasamehe ninyi.	4:32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
WAEFESO 5	EPHESIANS 5
5:1 Hivyo mfuatani Mungu, kama watoto wanaopendwa;	5:1 Be imitators of God, therefore, as dearly loved children
5:2 mkaenende katika upendo, kama Kristo naye alivyowapenda ninyi tena akajitoa kwa ajili yetu, sadaka na dhabihu kwa Mungu, kuwa harufu ya manukato.	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 Lakini uasherati usitajwe kwenu kamwe, wala uchafu wo wote wa kutamani, kama iwastahilivyo watakatifu;	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 wala aibu wala maneno ya upuzi wala ubishi; hayo hayapendezi; bali afadhali kushukuru.	5:4 Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.
5:5 Maana neno hili mnalijua hakika, ya kwamba hakuna mwasherati wala mchafu wala mwenye tamaa, ndiye mwabudu sanamu, aliye na urithi katika ufalme wa Kristo na Mungu.	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 Mtu asiwadanganye kwa maneno yasiyo na maana; kwa kuwa kwa sababu ya hayo hasira ya Mungu huwajia wana wa uasi.	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 Basi msishirikiane nao.	5:7 Therefore do not be partners with them.
5:8 Kwa maana zamani ninyi mlikuwa giza, bali sasa mmekuwa nuru katika Bwana; enendeni kama watoto wa nuru,	5:8 For you were once darkness, but now you are light in the Lord. Live as children of light
5:9 kwa kuwa tunda la nuru ni katika wema wote na haki na kweli;	5:9 (for the fruit of the light consists in all goodness, righteousness and truth)
5:10 mkihakiki ni nini impendezayo Bwana.	5:10 and find out what pleases the Lord.
5:11 Wala msishirikiane na matendo yasiyozaa ya giza, bali myakemee;	5:11 Have nothing to do with the fruitless deeds of darkness, but rather expose them.
5:12 kwa kuwa yanayotendeka kwao kwa siri, ni aibu hata kuyanena.	5:12 For it is shameful even to mention what the disobedient do in secret.
5:13 Lakini yote yaliyokemewa hudhihirishwa na nuru maana kila kilichodhihirika ni nuru.	5:13 But everything exposed by the light becomes visible,

5:14 Hivyo husema, Amka, wewe usinziaye, Ufufuke katika wafu, Na Kristo atakuangaza.	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 Basi angalieni sana jinsi mnavyoenenda; si kama watu wasio na hekima bali kama watu wenye hekima;	5:15 Be very careful, then, how you live--not as unwise but as wise,
5:16 mkiukomboa wakati kwa maana zamani hizi ni za uovu.	5:16 making the most of every opportunity, because the days are evil.
5:17 Kwa sababu hiyo msiwe wajinga, bali mfahamu ni nini yaliyo mapenzi ya Bwana.	5:17 Therefore do not be foolish, but understand what the Lord's will is.
5:18 Tena msilewe kwa mvinyo, ambamo mna ufisadi; bali mjazwe Roho;	5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.
5:19 mkisemezana kwa zaburi na tenzi na nyimbo za rohani, huku mkiimba na kumshangilia Bwana mioyoni mwenu;	5:19 Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord,
5:20 na kumshukuru Mungu Baba sikuzote kwa mambo yote, katika jina lake Bwana wetu Yesu Kristo;	5:20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.
5:21 hali mnanyenyekeana katika kicho cha Kristo.	5:21 Submit to one another out of reverence for Christ.
5:22 Enyi wake, watiini waume zenu kama kumtii Bwana wetu.	5:22 Wives, submit to your husbands as to the Lord.
5:23 Kwa maana mume ni kichwa cha mkewe, kama Kristo naye ni kichwa cha Kanisa; naye ni mwokozi wa mwili.	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 Lakini kama vile Kanisa limtiivyo Kristo vivyo hivyo wake nao wawatii waume zao katika kila jambo.	5:24 Now as the church submits to Christ, so also wives should submit to their husbands in everything.
5:25 Enyi waume, wapendeni wake zenu, kama Kristo naye alivyolipenda Kanisa, akajitoa kwa ajili yake;	5:25 Husbands, love your wives, just as Christ loved the church and gave himself up for her
5:26 ili makusudi alitakase na kulisafisha kwa maji katika neno;	5:26 to make her holy, cleansing her by the washing with water through the word,
5:27 apate kujiletea Kanisa tukufu, lisilo na ila wala kunyanzi wala lo lote kama hayo; bali liwe takatifu lisilo na mawaa.	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 Vivyo hivyo imewapasa waume nao kuwapenda wake zao kama miili yao wenyewe. Ampendaye mkewe hujipenda mwenyewe.	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 Maana hakuna mtu anayeuchukia mwili wake po pote; bali huulisha na kuutunza, kama Kristo naye anavyolitendea Kanisa.	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 Kwa kuwa tu viungo vya mwili wake.	5:30 for we are members of his body.

5:31 Kwa sababu hiyo mtu atamwacha baba yake na mama yake, ataambatana na mkewe na hao wawili watakuwa mwili mmoja.	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 Siri hiyo ni kubwa; ila mimi nanena habari ya Kristo na Kanisa.	5:32 This is a profound mystery--but I am talking about Christ and the church.
5:33 Lakini kila mtu ampende mke wake kama nafsi yake mwenyewe; wala mke asikose kumstahi mumewe.	5:33 However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.
WAEFESO 6	EPHESIANS 6
6:1 Enyi watoto, watiini wazazi wenu katika Bwana, maana hii ndiyo haki.	6:1 Children, obey your parents in the Lord, for this is right.
6:2 Waheshimu baba yako na mama yako; amri hii ndiyo amri ya kwanza yenye ahadi,	6:2 "Honor your father and mother"--which is the first commandment with a promise--
6:3 Upate heri, ukae siku nyingi katika dunia.	6:3 "that it may go well with you and that you may enjoy long life on the earth."
6:4 Nanyi, akina baba, msiwachokoze watoto wenu; bali waleeni katika adabu na maonyo ya Bwana.	6:4 Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.
6:5 Enyi watumwa, watiini wao walio bwana zenu kwa jinsi ya mwili, kwa hofu na kutetemeka, kwa unyofu wa moyo, kana kwamba ni kumtii Kristo;	6:5 Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ.
6:6 wala si kwa utumwa wa macho tu kama wajipendekazao kwa wanadamu bali kama watumwa wa Kristo, mkitenda yampendezayo Mungu kwa moyo;	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 kwa nia njema kama kumtumikia Bwana wala si mwanadamu;	6:7 Serve wholeheartedly, as if you were serving the Lord, not men,
6:8 mkijua ya kuwa kila neno jema alitendalo mtu atapewa lilo hilo na Bwana kwamba ni mtumwa au kwamba ni huru.	6:8 because you know that the Lord will reward everyone for whatever good he does, whether he is slave or free.
6:9 Nanyi, akina bwana, watendeeni wao yayo hayo, mkiacha kuwaogofya, huku mkijua ya kuwa yeye aliye Bwana wao na wenu yuko mbinguni, wala kwake hakuna upendeleo.	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 Hatimaye, mzidi kuwa hodari katika Bwana na katika uweza wa nguvu zake.	6:10 Finally, be strong in the Lord and in his mighty power.
6:11 Vaeni silaha zote za Mungu, mpate kuweza kuzipinga hila za Shetani.	6:11 Put on the full armor of God so that you can take your stand against the devil's schemes.
6:12 Kwa maana kushindana kwetu sisi si juu ya damu na nyama; bali ni juu ya falme na mamlaka, juu ya wakuu wa giza hili, juu ya majeshi ya pepo wabaya katika ulimwengu wa roho.	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 Kwa sababu hiyo twaeni silaha zote za Mungu, mpate kuweza kushindana siku ya uovu, na mkiisha kuyatimiza yote, kusimama.	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 Basi simameni, hali mmejifunga kweli viunoni, na kuvaa dirii ya haki kifuani,	6:14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,
6:15 na kufungiwa miguu utayari tupatao kwa Injili ya amani;	6:15 and with your feet fitted with the readiness that comes from the gospel of peace.
6:16 zaidi ya yote mkiitwaa ngao ya imani, ambayo kwa hiyo mtaweza kuizima mishale yote yenye moto ya yule mwovu.	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 Tena ipokeeni chapeo ya wokovu, na upanga wa Roho ambao ni neno la Mungu;	6:17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.
6:18 kwa sala zote na maombi mkisali kila wakati katika Roho, mkikeshwa kwa jambo hilo na kudumu katika kuwaomba watakatifu wote;	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 pia na kwa ajili yangu mimi, nipewe usemi kwa kufumbua kinywa changu, ili nihubiri kwa ujasiri ile siri ya Injili;	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 ambayo kwa ajili yake mimi ni mjumbe katika minyororo; hata nipate ujasiri katika huyo kunena jinsi inipasavyo kunena.	6:20 for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.
6:21 Basi ninyi nanyi mpate kuzijua habari zangu, ni hali gani, Tikiko, ndugu mpendwa, mhudumu mwaminifu katika Bwana, atawajulisheni mambo yote;	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 ambaye nampeleka kwenu kwa kusudi lilo hilo mpate kuzijua habari zetu, naye awafariji mioyo yenu.	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 Amani na iwe kwa ndugu, na pendo, pamoja na imani, zitokazo kwa Mungu Baba na kwa Bwana Yesu Kristo.	6:23 Peace to the brothers, and love with faith from God the Father and the Lord Jesus Christ.
6:24 Neema na iwe pamoja na wote wampendao Bwana wetu Yesu Kristo katika hali ya kutokuharibika.	6:24 Grace to all who love our Lord Jesus Christ with an undying love.