

**የዐቢይ ጸም ምንባባትና ምስባክ
(ዘቅድስት)**

የመጀመሪያ ምንግብ/ First Reading

1ኛ ወደ ተሰሎንቄ ሰዎች

ምዕራፍ 4

1 እንግዲህ በቀረውስ፥ ወንድሞች ሆይ፥ ልትመላለሱ እግዚአብሔርንም ደስ ታሰኙ እንዴት እንደሚገባችሁ ከእኛ ዘንድ እንደ ተቀበላችሁ፥ እናንተ ደግሞ እንደምትመላለሱ፥ ከፊት ይልቅ ትበዙ ዘንድ በጌታ በኢየሱስ እንለምናችኋለን እንመክራችሁማለን። 2 በጌታ በኢየሱስ የትኛውን ትእዛዝ እንደ ሰጠናችሁ ታውቃላችሁና። 3 ይህ የእግዚአብሔር ፈቃድ እርሱም መቀደሳችሁ ነውና፤

1 Thessalonians

Chapter 4

[1] Furthermore then we beseech you, brethren, and exhort you by the Lord Jesus, that as ye have received of us how ye ought to walk and to please God, so ye would abound more and more. [2] For ye know what commandments we gave you by the Lord Jesus. [3] For this is the will of God, even your sanctification, that ye should abstain from fornication:

4-5 ከዝሙት እንድትርቁ፥ እግዚአብሔርን እንደማያውቁ አሕዛብ በፍትወት ምኞት አይደለም እንጂ፥ ከእናንተ እያንዳንዱ የራሱን ዕቃ በቅድስናና በክብር ያገኝ ዘንድ እንዲያውቅ፤ 6 አስቀድመን ደግሞ እንዳልናችሁና እንደ መሰከርንላችሁ፥ ጌታ ስለዚህ ነገር ሁሉ የሚበቀል ነውና ማንም በዚህ ነገር አይተላለፍ ወንድሙንም አያታልል። 7 ለርዥሳት ሳይሆን እግዚአብሔር በቅድስና ጠርቶናልና። 8 እንግዲህ የሚጥል ሰውን የጣለ አይደለም፥ መንፈስ ቅዱስን በእናንተ እንዲኖር የሰጠውን እግዚአብሔርን ነው እንጂ።

[4] That every one of you should know how to possess his vessel in sanctification and honour; [5] Not in the lust of concupiscence, even as the Gentiles which know not God: [6] That no man go beyond and defraud his brother in any matter: because that the Lord is the avenger of all such, as we also have forewarned you and testified. [7] For God hath not called us unto uncleanness, but unto holiness. [8] He therefore that despiseth, despiseth not man, but God, who hath also given unto us his holy Spirit.

9 እናንተ ራሳችሁ እርስ በርሳችሁ ልትዋደዱ በእግዚአብሔር ተምራችኋልና ስለ ወንድማማች መዋደድ ማንም ይጽፍላችሁ ዘንድ አያስፈልጋችሁም፤ 10-12 እንዲሁ በመቄዶንያ ሁሉ ላሉት ወንድሞች ሁሉ ታደርጋላችሁና። ነገር ግን፥ ወንድሞች ሆይ፥ ከፊት ይልቅ ልትበዙ፥ በጸጥታም ትኖሩ ዘንድ ልትቀኑ፥ የራሳችሁንም ጉዳይ ልትጠነቀቁ፥ እንዳዘዝናችሁም፥ በውጭ ባሉት ዘንድ በአገባብ እንድትመላለሱ፥ አንዳችም እንዳያስፈልጋችሁ በእጃችሁ ልትሠሩ እንለምናችኋለን። 13 ነገር ግን፥ ወንድሞች ሆይ፥ ተስፋ እንደሌላቸው እንደ ሌሎች ደግሞ እንዳታዝኑ፥ አንቀላፍተው ስላሉቱ ታውቁ ዘንድ እንወዳለን።

[9] But as touching brotherly love ye need not that I write unto you: for ye yourselves are taught of God to love one another.[10] And indeed ye do it toward all the brethren which are in all Macedonia: but we beseech you, brethren, that ye increase more and more; [11] And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you; [12] That ye may walk honestly toward them that are without, and that ye may have lack of nothing. [13] But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.

ሁለተኛ ምንባብ/Second Reading

1ኛ የጴጥሮስ መልእክት

ምዕራፍ 1

13 ስለዚህ የልቡናችሁን ወገብ ታጥቃችሁና በመጠን ኖራችሁ፡ ኢየሱስ ክርስቶስ ሲገለጥ የምታገኙትን ጸጋ ፈጽማችሁ ተስፋ አድርጉ። 14 እንደሚታዘዙ ልጆች ባለማወቃችሁ አስቀድሞ የኖራችሁበትን ምኞት አትከተሉ። 15-16 ዳሩ ግን። እኔ ቅዱስ ነኝና ቅዱሳን ሁኑ ተብሎ ስለ ተጻፈ የጠራችሁ ቅዱስ እንደ ሆነ እናንተ ደግሞ በኑሮአችሁ ሁሉ ቅዱሳን ሁኑ።

1 Peter

Chapter 1

[13] Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ; [14] As obedient children, not fashioning yourselves according to the former lusts in your ignorance: [15] But as he which hath called you is holy, so be ye holy in all manner of conversation; [16] Because it is written, Be ye holy; for I am holy.

17 ለሰው ፊትም ሳያደላ በእያንዳንዱ ላይ እንደ ሥራው የሚፈርደውን አባት ብላችሁ ብትጠሩ በእንግድነታችሁ ዘመን በፍርሃት ኑሩ። 18-19 ከአባቶቻችሁ ከወረሳችሁት ከከንቱ ኑሮአችሁ በሚያልፍ ነገር በብር ወይም በወርቅ ሳይሆን፥ ነውርና እድፍ እንደ ሌለው እንደ በግ ደም በክቡር የክርስቶስ ደም እንደ ተዋጁችሁ ታውቃላችሁ። 20-21 ዓለም ሳይፈጠር እንኳ አስቀድሞ ታወቀ፥ ነገር ግን እምነታችሁና ተስፋችሁ በእግዚአብሔር ይሆን ዘንድ፥ ከሙታን ባስነሣው ክብርንም በሰጠው በእግዚአብሔር በእርሱ ስለምታምኑ ስለ እናንተ በዘመኑ መጨረሻ ተገለጠ።

[17] And if ye call on the Father, who without respect of persons judgeth according to every man's work, pass the time of your sojourning here in fear:
[18] Forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers; [19] But with the precious blood of Christ, as of a lamb without blemish and without spot: [20] Who verily was foreordained before the foundation of the world, but was manifest in these last times for you,
[21] Who by him do believe in God, that raised him up from the dead, and gave him glory; that your faith and hope might be in God.

22 ለእውነት እየታዘዛችሁ ግብዝነት ለሌለበት ለወንድማማች መዋደድ ነፍሳችሁን አንጽታችሁ እርስ በርሳችሁ ከልባችሁ አጥብቃችሁ ተዋደዱ። 23 ዳግመኛ የተወለዳችሁት ከሚጠፋ ዘር አይደለም፣ በሕያውና ለዘላለም በሚኖር በእግዚአብሔር ቃል ከማይጠፋ ዘር ነው እንጂ። 24 ሥጋ ሁሉ እንደ ሣር ክብሩም ሁሉ እንደ ሣር አበባ ነውና፤ ሣሩ ይጠወልጋል አበባውም ይረግፋል፤ 25 የጌታ ቃል ግን ለዘላለም ይኖራል። በወንጌልም የተሰበከላችሁ ቃል ይህ ነው።

[22] Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently: [23] Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever. [24] For all flesh is as grass, and all the glory of man as the flower of grass. The grass withereth, and the flower thereof falleth away: [25] But the word of the Lord endureth for ever. And this is the word which by the gospel is preached unto you.

ሦስተኛ ምንባብ/Third Reading

የሐዋርያት ሥራ

ምዕራፍ 10

7 የተናገረውም መልአክ በሄደ ጊዜ፥ ከሎሎዎቹ ሁለቱን፥ ከማይለዩትም ጭፍሮቹ እግዚአብሔርን የሚያመልክ አንዱን ወታደር ጠርቶ፥ 8 ነገሩን ሁሉ ተረከላቸው ወደ ኢዮጵም ላካቸው። 9 እነርሱም በነገው ሲሄዱ ወደ ከተማም ሲቀርቡ፥ ጴጥሮስ በስድስት ሰዓት ያህል ይጸልይ ዘንድ ወደ ጣራው ወጣ። 10 ተርቦም ሊበላ ወደደ፤ ሲያዘጋጁለት ሳሉም ተመስጦ መጣበት፤

Acts - Chapter 10

[7] And when the angel which spake unto Cornelius was departed, he called two of his household servants, and a devout soldier of them that waited on him continually; [8] And when he had declared all these things unto them, he sent them to Joppa. [9] On the morrow, as they went on their journey, and drew nigh unto the city, Peter went up upon the housetop to pray about the sixth hour: [10] And he became very hungry, and would have eaten: but while they made ready, he fell into a trance,

11 ሰማይም ተከፍቶ በአራት ማዕዘን የተያዘ ታላቅ ሸማ የሚመስል ዕቃ ወደ ምድር ሲወርድ አየ፤ 12 በዚያውም አራት እግር ያላቸው ሁሉ አራዊትም በምድርም የሚንቀሳቀሱት የሰማይ ወፎችም ነበሩበት። 13 ጴጥሮስ ሆይ፥ ተነሣና አርደህ ብላ የሚልም ድምፅ ወደ እርሱ መጣ። 14 ጴጥሮስ ግን። ጌታ ሆይ፥ አይሆንም፤ አንዳች ርኩስ የሚያስጸይፍም ከቶ በልቼ አላውቅምና አለ። 15 ደግሞም ሁለተኛ። እግዚአብሔር ያነጻውን አንተ አታርክሰው የሚል ድምፅ ወደ እርሱ መጣ። 16 ይህም ሦስት ጊዜ ሆነ፥ ወዲያውም ዕቃው ወደ ሰማይ ተወሰደ።

[11] And saw heaven opened, and a certain vessel descending unto him, as it had been a great sheet knit at the four corners, and let down to the earth: [12] Wherein were all manner of fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air. [13] And there came a voice to him, Rise, Peter; kill, and eat. [14] But Peter said, Not so, Lord; for I have never eaten any thing that is common or unclean. [15] And the voice spake unto him again the second time, What God hath cleansed, that call not thou common. [16] This was done thrice: and the vessel was received up again into heaven.

17 ጴጥሮስም ስላየው ራእይ። ምን ይሆን? ብሎ በልቡ ሲያመነታ፥ እነሆ፥ ቆርኔሌዎስ የላካቸው ሰዎች ስለ ስምዖን ቤት ጠይቀው ወደ ደጃ ቀረቡ፤ 18 ድምፃቸውንም ከፍ አድርገው። ጴጥሮስ የተባለው ስምዖን በዚህ እንግድነት ተቀምጦአልን? ብለው ይጠይቁ ነበር። 19 ጴጥሮስም ስለ ራእዩ ሲያወጣ ሲያወርድ ሳለ፥ መንፈስ። እነሆ፥ ሦስት ሰዎች ይፈልጉሃል፤ 20 ተነሥተህ ውረድ፥ እኔም ልኬአቸዋለሁና ሳትጠራጠር ከእነርሱ ጋር ሂድ አለው። 21 ጴጥሮስም ወደ ሰዎቹ ወርዶ። እነሆ፥ የምትፈልጉኝ እኔ ነኝ፤ የመጣችሁበትስ ምክንያት ምንድር ነው? አላቸው።

[17] Now while Peter doubted in himself what this vision which he had seen should mean, behold, the men which were sent from Cornelius had made inquiry for Simon's house, and stood before the gate, [18] And called, and asked whether Simon, which was surnamed Peter, were lodged there. [19] While Peter thought on the vision, the Spirit said unto him, Behold, three men seek thee. [20] Arise therefore, and get thee down, and go with them, doubting nothing: for I have sent them. [21] Then Peter went down to the men which were sent unto him from Cornelius; and said, Behold, I am he whom ye seek: what is the cause wherefore ye are come?

22 እነርሱም። ጻድቅ ሰው እግዚአብሔርንም የሚፈራ በአይሁድም ሕዝብ ሁሉ የተመሰከረለት የመቶ አለቃ ቆርኔሌዎስ ወደ ቤቱ ያስመጣህ ዘንድ ከአንተም ቃልን ይሰማ ዘንድ ከቅዱስ መልአክ ተረዳ አሉት። 23 እርሱም ወደ ውስጥ ጠርቶ እንደግድነት ተቀበላቸው። በነገውም ተነሥቶ ከእነርሱ ጋር ወጣ፤ በኢዮቆም ከነበሩት ወንድሞች አንዳንዶቹ ከእርሱ ጋር አብረው ሄዱ። 24 በነገውም ወደ ቂሣርያ ገቡ፤ ቆርኔሌዎስም ዘመዶቹንና የቅርብ ወዳጆቹን በአንድነት ጠርቶ ይጠባበቃቸው ነበር። 25 ቆጥሮስም በገባ ጊዜ ቆርኔሌዎስ ተገናኝቶ ከእግሩ በታች ወደቀና ሰገደለት።

[22] And they said, Cornelius the centurion, a just man, and one that feareth God, and of good report among all the nation of the Jews, was warned from God by an holy angel to send for thee into his house, and to hear words of thee. [23] Then called he them in, and lodged them. And on the morrow Peter went away with them, and certain brethren from Joppa accompanied him. [24] And the morrow after they entered into Caesarea. And Cornelius waited for them, and had called together his kinsmen and near friends. [25] And as Peter was coming in, Cornelius met him, and fell down at his feet, and worshipped him.

26 ጴጥሮስ ግን። ተነሣ፤ እኔ ራሴ ደግሞ ሰው ነኝ ብሎ አስነሣው። 27 ከእርሱም ጋር እየተነጋገረ ገባ፤ ብዙዎችም ተከማችተው አግኝተዋል። 28 አይሁዳዊ ሰው ከሌላ ወገን ጋር ይተባበር ወይም ይቃረብ ዘንድ እንዳልተፈቀደ እናንተ ታውቃላችሁ፤ ለእኔ ግን እግዚአብሔር ማንንም ሰው ርዥና የሚያስጸይፍ ነው እንዳልል አሳየኝ፤ 29 ስለዚህም ደግሞ ብትጠሩኝ ሳልከራከር መጣሁ። አሁንም በምን ምክንያት አስመጣችሁኝ? ብዬ እጠይቃችኋለሁ አላቸው። 30 ቆርኔሌዎስም እንዲህ አለው። በዚች ሰዓት የዛሬ አራት ቀን የዘጠኝ ሰዓት ጸሎት በቤቴ እጸልይ ነበር፤ እነሆም፥ የሚያንጸባርቅ ልብስ የለበሰ ሰው በፊቴ ቆመና።

[26] But Peter took him up, saying, Stand up; I myself also am a man. [27] And as he talked with him, he went in, and found many that were come together. [28] And he said unto them, Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God hath shewed me that I should not call any man common or unclean. [29] Therefore came I unto you without gainsaying, as soon as I was sent for: I ask therefore for what intent ye have sent for me? [30] And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing,

መዝ. ዘቅድስት

**እግዚአብሔር ሰማያት ገበረ።
እሚነ ወሠናይት ቅድሜሁ
ቅድሳት ወዕበዩ ስብሐት ውስተ መቅደሱ
መዝ. ፺፮፥፮**

**እግዚአብሔር ግን ሰማያትን ሠራ።
ምስጋናና ውበት በፊቱ፤
ቅዱስነትና ግርማ በመቅደሱ ውስጥ ናቸው።
መዝ. 95፥5**

**For the gods of the nations are demons; but
The Lord made the heavens. Celebration
And renewal attend Him; holiness and majesty
Are in His sanctuary.**

Psalms 95:5-6

የዕለቱ ወንጌል/The Gospel

የማቴዎስ ወንጌል

ምዕራፍ 6

16 ስትጠሙም፡ እንደ ግብዞች አትጠውልጉ፤ ለሰዎች እንደ ጠመኛ ሊታዩ ፊታቸውን ያጠፋሉና፤ እውነት እላችኋለሁ፡ ዋጋቸውን ተቀብለዋል። 17-18 አንተ ግን ስትጠም፡ በስውር ላለው አባትህ እንጂ እንደ ጠመኛ ለሰዎች እንዳትታይ ራስህን ተቀባ ፊትህንም ታጠብ፤ በስውር የሚያይ አባትህም በግልጽ ይከፍልሃል። 19 ብልና ዝገት በሚያጠፉት ሌቦችም ቆፍረው በሚሠርቁት ዘንድ ለእናንተ በምድር ላይ መዝገብ አትሰብስቡ፤

The Gospel according to St. Matthew –chapter 6

[16] Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. [17] But thou, when thou fastest, anoint thine head, and wash thy face; [18] That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly. [19] Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

20 ነገር ግን ብልም ዝገትም በማያጠፉት ሌቦቹም ቆፍረው
በማይሠርቁት ዘንድ ለእናንተ በሰማይ መዝገብ ሰብስቡ፤ 21
መዝገብህ ባለበት ልብህ ደግሞ በዚያ ይሆናልና። 22 የሰውነት
መብራት ዓይን ናት። ዓይንህ እንግዲህ ጤናማ ብትሆን፥ ሰውነትህ
ሁሉ ብሩህ ይሆናል፤ 23 ዓይንህ ግን ታማሚ ብትሆን፥ ሰውነትህ
ሁሉ የጨለመ ይሆናል። እንግዲህ በአንተ ያለው ብርሃን ጨለማ
ከሆነ፥ ጨለማውስ እንዴት ይበረታ!

[20] But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:
[21] For where your treasure is, there will your heart be also. [22] The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. [23] But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!

24 ለሁለት ጌቶች መገዛት የሚቻለው ማንም የለም፤ ወይም አንዱን ይጠላል ሁለተኛውንም ይወዳል፤ ወይም ወደ አንዱ ይጠጋል ሁለተኛውንም ይንቃል፤ ለእግዚአብሔርና ለገንዘብ መገዛት አትችሉም። 25 ስለዚህ እላችኋለሁ፡ ስለ ነፍሳችሁ በምትበሉትና በምትጠጡት፡ ወይም ስለ ሰውነታችሁ በምትለብሱት አትጨነቁ፤ ነፍስ ከመብል ሰውነትም ከልብስ አይበልጥምን?

[24] No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon. [25] Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?