

# **PHOO EFEXAUS**

**Txhais Lug Ntawm Phoo  
New Living Translation**

## **Efexaus 1**

### **Kev Xaa Xuv Lug Ntawm Paulus**

1 Tsaab ntawv nuav yog lug ntawm Paulus, kws raug xaiv lug ntawm Vaajtswv tug dlej sab lug ua ib tug timthawj rua Yexus Khetos.

Kuv sau rua Vaajtswv cov tuabneeg kws dlawb huv kws nyob huv Efexaus,[a] cov kws muaj lub sab ncaaj nceeg caum Yexus Khetos qaab.

2 Thov kuas Vaajtswv tug kws yog peb Leej Txiv hab tug Tswv Yexus Khetos muab kev hlub hab kev thaaj yeeb rua mej.

### **Koob Moov Ntawm Saab Ntsujplig**

3 Muab txhua yaam kev qhuas pub rua Vaajtswv, Leej Txiv ntawm peb tug Tswv Yexus Khetos, tug kws tau foom koob moov rua peb lug ntawm txhua yaam koob moov ntawm saab ntsuj plig huv lub qaab ntuj khwb vim peb tau sib sau koom nrug Yexus. 4 Ua ntej nwg tsi tau tsim lub nplaj teb, Vaajtswv hlub peb hab tau xaiv peb lug ntawm Yexus kuas peb dlawb huv hab tsi muaj ib qhov txhum ntawm nwg ob lub qhov muag. 5 Vaajtswv tau txav txim sab ntxuv ntxuv lawm has tas nwg yuav xaiv peb lug ua nwg tsev tuab neeg lug ntawm qhov kws coj peb moog cuag nwg huv Yexus Khetos. Qhov nuav yog qhov kws nwg ib txwm xaav ua, hab ua rua nwg txaus sab heev. 6 Yog le peb thov qhuas Vaajtswv rua txuj kev hlub kws muaj koob meej kws nwg laub pub rua peb cov kws yog nwg tug Tub kws nwg hlub cov.[b] 7 Nwg muaj plua mag txuj kev sab zoo hab kev hlub kws nwg txhvw peb txuj kev thaaj yeeb lug ntawm nwg tug Tub cov ntshaav hab zaam peb tej kev txhum. 8 Nwg tau qha nwg txuj kev sab zoo pub rua peb, nrug rua txhua yaam kev txawj ntse hab kev to taub.

9 Nwg nuav Vaajtswv tau nthuav qhov tseeb ntawm nwg lub hom phaj kws has txug Yexus, kws yog lub hom phaj yuav ua kuas nwg txuj kev txaus sab ntawd tav. 10 Hab lub hom phaj ntawd yog le nuav: Thaum txug lub sij hawm kws zoo nwg yuav coj txhua yaam lug ua ke huv qaab tswj fwm ntawm Yexus-txhua yaam nyob sau nruab ntug hab huv nplaj teb. 11 Ntxiv rua qhov ntawd, vim peb koom ua ke nrug Yexus, peb tau txais ib qhov qub txeeg qub teg lug ntawm Vaajtswv,[c] vim nwg tau xaiv peb ca ntxuv ntxuv, hab nwg ua kuas txhua yaam tav lawv le nwg lub hom phaj.

12 Vaajtswv lub hom phaj yog kuas peb cov Yudais kws xub xub ntseeg Yexus yuav coj kev qhuas hab koob meej lug rua Vaajtswv. 13 Hab nwg nuav mej cov kws yog lwm tsaav tuab neeg los kuj tau nov qhov tseeb, txuj Xwv Zoo kws has tas Vaajtswv cawm mej. Hab thaum mej ntseeg Yexus, nwg suav has tas mej yog nwg cov[d] lug ntawm qhov muab tug Ntsujplig Dlawbhuv rua mej, tug kws nwg tau cog lug ntev lug lawm. 14 Tug Ntsujplig yog Vaajtswv qhov kev cog lug has tas Vaajtswv yuav muab cov teej tug kws nwg cog lug tseg rua peb hab nwg tau yuav peb lug ua nwg cov tuabneeg. Nwg ua le nuav kuas peb txhaj qhuas hab muab koob meej rua nwg.

### **Paulus Thov Kev Txawj Ntse Ntawm Saab Ntsujplig**

15 Txij thaum kuv nov txug mej txuj kev ntseeg kws ruaj ntawm tug Tswv Yexus hab mej txuj kev hlub rua Vaajtswv cov tuabneeg nyob txhua qhov,[e] 16 kuv tsi tseg txuj kev ua Vaajtswv tsaug rua mej. Kuv thov Vaajtswv rua mej txhua lub sijhawm, 17 thov Vaajtswv, tug kws yog Leej Txiv kws muaj koob meej ntawm peb tug Tswv Yexus Khetos, kuas muab kev txawj ntse ntawm saab ntsuj plig[f] hab kev thoob tsib to nrog rua mej sub mej txhaj luj hlub rua mej txuj kev kws paub Vaajtswv. 18 Kuv thov kuas mej lub sab yuav puv npo qhov pum kev sub mej txhaj yuav to taub txuj kev ca sab kws ntseeg sab tau kws nwg tau muab rua cov kws nwg hu-nwg cov tuabneeg dlawb huv kws yog nwg le teej tug kws nplua nuj hab muab koob meej.[g]

19 Kuv kuj thov kuas mej to taub Vaajtswv lub fwj chim kws luj tshaaj plawg kws muab rua peb cov kws ntseeg nwg. Lub fwj chim nuav yog tuab lub 20 kws tsa Yexus huv qhov tuag lug hab muab nwg moog nyob lub chaw kws muaj ntsej muag ntawm Vaajtswv saab teg xis sau qaum ntuj. 21 Nwg nuav nwg muaj fwj chim sab tshaaj txhua tug tswj losis num tswv losis fwj chim losis thawj coj losis lwm yaam-tsi yog nyob rua lub ntuj nuav xwb tab sis rua lub ntuj yaav peg suab. 22 Vaajtswv tau muab txhua yaam tso huv qaab tswj fwm ntawm Yexus hab tau muab nwg ua tug thawj ntawm txhua yaam pub rua pawg ntseeg. 23 Hab pawg ntseeg yog nwg lub cev; kws tau ua puv npo hab tav lug ntawm Yexus, nwg tug kheej kws tau ua txhua yaam tav hab nyob txhua qhov.

### **Cov Cim:**

- a. [Efexaus 1:1](#) Phoo ntawv kws qub tshaaj plawg tsi muaj lu lug huv Efexaus.

- b. [Efexaus 1:6](#) Lug Kilis has tas rua peb cov kws nyob huv tug kws hlub.
- c. [Efexaus 1:11](#) Losis peb tau lug ua Vaajtswv le qub txeeg qub teg.
- d. [Efexaus 1:13](#) Losis nwg muab nwg lub cim nas rua mej.
- e. [Efexaus 1:15](#) Ib cov ntawv nyeem has tas mej txuj kev ncaaj nceeg rua tug Tswv Yexus hab rua Vaajtswv cov tuabneeg txhua qhov.
- f. [Efexaus 1:17](#) Losis muaj tug Ntsujplig kws muaj kev txawj ntse.
- g. [Efexaus 1:18](#) Losis hu, hab tej teej tug kws nplua nuj hab muaj koob meej kws nwg tau muab rua nwg cov tuabneeg kws dlawb huv.

## **Efexaus 2**

### **Ua Kuas Caj Sa Nrug Yexus**

1 Ib zag lug mej twb tuag lawm vim mej txuj kev tsi noog lug hab mej tej kev txhum kws ntau. 2 Mej ib txwm ua neej nyob huv txuj kev txhum, ib yaam le tej tuabneeg nplaj teb, noog ntxwjnyoog lug-tug kws tswj lub fwj chim huv lub nplaj teb kws tsi muaj leej twg pum.[a] Nwg yog tug ntsuj plig kws us dlej num nyob huv cov kws tsi kaam ntseeg Vaajtswv lub sab. 3 Peb txhua tug puav leej ua neej nyob le ntawd, caum txuj kev ntshaw kev lom zem hab lawv peb saab kev txaug kev txhum. Lug ntawm peb saab nqaj tawv peb yog ib lub pob chim rua Vaajtswv, ib yaam le txhua tug.

4 Tab sis Vaajtswv muaj txuj kev taab ncuab nplua mag, hab nwg hlub peb kawg nkaus le, 5 txawm has tas peb twb tuag lawm vim peb tej kev txhum, los nwg muab txuj sa rua peb thaum kws nwg tsa Yexus sawv huv qhov tuag rov lug. (Tsua yog lug ntawm Vaajtswv txuj kev hlub kws mej tau dlim txim!) 6 Vim nwg tau tsa peb sawv huv qhov tuag nrug Yexus hab ca peb nrug nwg nyob sau qaum ntuj vim peb sis sau ua ke nrug Yexus Khetos. 7 Sub Vaajtswv txhaj taw teg tau rua peb rua txhua tug yaav peg suab pum has tas peb yog nwg le yaam ntxwv ntawm txuj kev muaj txag npluag nuj huv nwg txuj kev hlub hab kev sab dlawb sab zoo kws nwg muab rua peb, le kws nwg tau ua qha tej kws nwg ua pub rua peb cov kws lug koom ua ke nrug Yexus Khetos.

8 Vaajtswv cawm mej dlim lug ntawm nwg txuj kev hlub thaum kws mej lug ntseeg. Hab mej yeej khaav tsi tau rua qhov nuav; nwg yog

ib yaam khoom plig lug ntawm Vaajtswv. 9 Kev cawm dlim tsi yog ib qhov yeeb koob rua tej yaam zoo kws peb ua tau, yog le ntawd peb tsi muaj leej twg khaav tau. 10 Vim peb yog Vaajtswv cov kws Vaajtswv tsim. Nwg tau tsim peb ua ib tug tshab rua huv Yexus Khetos, sub peb txhaj ua tau tej yaam zoo kws nwg npaaj rua peb ntev lug lawm.

### **Koom Ua Ib Sab Hab Muaj Kev Thaaj Yeeb Huv Yexus**

11 Xob nov qaab has tas mej cov kws yog lwm tsaav tuabneeg ib txwm yog cov nyob saab nrau. Mej raug hu ua "cov kws tsi paub Vaajtswv kws tsi ua kev cai txav" lug ntawm cov Yudais, kws puab khaav puab txuj kev cai txav, txawm has tas puab tsua yog ua ntawm puab saab nqaj tawv xwb tsi yog ua huv puab lub sab. 12 Nyob rua lub sij hawm ntawd mej ua neej nyob txaav dleb ntawm Yexus. Mej raug lim tawm ntawm cov pej xeem kws yog cov tuabneeg Yixayees, hab mej tsi paub txug cov lug cog tseg kws Vaajtswv muab rua puab. Mej ua neej nyob huv nplaj teb yaam tsi muaj Vaajtswv hab tsi muaj kev ca sab. 13 Tab sis nwg nuav mej tau sis sau ua ke nrug Yexus Kheto. Thaum u mej txaav dleb ntawm Vaajtswv, tab sis nwg nuav mej raug koj lug ze nwg lug ntawm Yexus cov ntshaav.

14 Yexus tug kheej tau koj kev thaaj yeeb lug rua peb. Nwg sau cov tuabneeg Yudais hab lwm tsaav tuabneeg lug ua ke, rua ntawm nwg lub cev thaum nyob sau tug ntoo khaub lig, thaum nwg muab saab phaab ntsaa nruj kws cai peb tsoo puas ntsoog. 15 Nwg ua le nuav kuas tug qauv kws koj kev cai nrug rua tej kev saam fwm hab kaab lig kev cai kuas tsi muaj ntxiv. Nwg ua kuas muaj kev thaaj yeeb nyob nruab nraab ntawm cov tuabneeg Yudais hab lwm tsaav tuabneeg lug ntawm qhov kws muab ob paab tuabneeg lug tsim ua ib paab tshab rua nwg. 16 Ua ib ke le kws ib lub cev, Yexus sau ob paab ua ke rua Vaajtswv lug ntawm nwg txuj kev tuag sau tug ntoo khaub lig, hab peb tej kev nruj kev tsiv kws ib leeg muaj rua ib leeg tau muab ua kuas tuag moog.

17 Nwg tau koj txuj Xuv Zoo kws has txug kev thaaj yeeb nuav rua mej cov kws yog lwm tsaav tuabneeg kws nyob dleb ntawm nwg, hab kev thaaj yeeb lug rua cov Yudais kws nyob ze. 18 Nwg nuav peb txhua tug lug cuag tau Leej Txiv lug ntawm tuab tug Ntsujplig Dlawbhuv vim qhov kws Yexus tau ua tav rua peb.

### **Ib Lub Tuam Tsev Rua Vaajtswv**

19 Yog le ntawd nwg nuav mej cov kws yog lwm tsaav tuabneeg tsi yog qhua hab tsi yog tuabneeg txawv tebchaw lawm. Mej yog pej xeem nrug rua Vaajtswv cov tuabneeg dlawb huv txhua tug. Mej yog tswv cuab ntawm Vaajtswv tsev tuabneeg. 20 Ua ib ke, peb yog Vaajtswv lub tsev, kws tsaav lug ntawm tug ncej tsev kws yog cov timthawj hab cov xwbfbw cev Vaajtswv lug. Hab lub pob zeb ntawm kaum tsev yog Yexus Khetos tug kheej ntaag. 21 Peb raug muab sis txua ua ke rua huv nwg, dlhau lug ua ib lub tuam tsev dlawb huv rua tug Tswv. 22 Lug ntawm nwg mej cov kws yog lwm tsaav tuabneeg los tau lug ua lub chaw nyob rua Vaajtswv lug ntawm nwg tug Ntsujplig.

### **Cov Cim:**

- a. [Efexaus 2:2](#) Lug Kilis yog noog cov lug saam fwm ntawm lub fwj chim kws nyob nrug fuab nrug cua.

### **Efexaus 3**

#### **Vaajtswv Lub Hom Phaj Kws Tseeb Tau Nthuav Tawm**

1 Thaum kws kuv xaav txug txhua yaam nuav, kuv, kws yog Paulus, ib tug raug txim pub rua Yexus Khetos paab rua mej cov kws yog lwm tsaav tuabneeg[a] ... 2 xaav has tas, mej paub qhov kws Vaajtswv tau muab teg dlej num tshwj xeeb kws nthuav nwg txujkev hlab rua mej cov kws yog lwm tsaav tuabneeg. 3 Le kws kuv tau sau miv miv txug ua ntej lawm, Vaajtswv tug kheej tau nthuav nwg lub hom phaj kws tseeb rua kuv. 4 Yog mej nyeem tej kws kuv tau sau lawm, mej yuav to tuab kuv lub zeem muag rua lub hom phaj kws has txug Yexus. 5 Vaajtswv tsi tau nthuav rua tam tuabneeg yaav taag lug, tab sis nwg nuav lug ntawm nwg tug Ntsujplig nwg tau nthuav rua nwg cov timthawj hab cov xwbfbw cev Vaajtswv lug kws dlawb huv.

6 Hab Vaajtswv lub hom phaj yog le nuav: Taag nrho cov kws yog lwm tsaav tuabneeg hab cov Yudaic kws ntseeg txuj Xuv Zoo tau txais tej teej tug kws nplua mag nrug Vaajtswv cov miv nyuas. Ob paab puav leej yog ib thooj ntawm tuab lub cev, hab ob paab puav leej tau txais txuj koob moov kws cog lug tseg vim puab yog Yexus Khetos cov.[b] 7 Lug ntawm Vaajtswv txuj kev hlab hab lub fwj chim kws

muaj zug, kuv tau txais lub luag kws paab nwg kws yog nthuav txuj Xuv Zoo.

8 Txawm has tas kuv yog tug kws tsi tsim nyog taag nrho ntawm Vaajtswv cov tuabneeg, nwg muab dlawb paug rua kuv lub luag kws moog qha lwm tsaav tuabneeg has txug tej txhaab nyaj txhaab kub kws muaj tsi paub taag rua puab ntawm Yexus. 9 Kuv raug xaiv lug txhais pub rua txhua tug[c] lub hom phaj kws Vaajtswv, tug tsim txhua yaam, tau muab zais ca txij thaum chiv keeb lug.

10 Vaajtswv lub hom phaj nyob rua txhua yaam nuav yog siv pawg ntseeg coj lug qha nwg txuj kev txawj ntse ntawm kev muaj txag nplua nuj rua txhua tug tswv kws tswj hab kaav sau qaum ntuj kws qhov muag tsi pum. 11 Qhov nuav yog nwg lub hom phaj kws nyob zoo moog ib txis, kws nwg coj tawm lug ntawm Yexus Khetos kws yog peb tug Tswv.

12 Vim Yexus hab peb txuj kev ntseeg ntawm nwg,[d] nwg nuav peb muaj ntsej muag hab tsi ntshai lug cuag Vaajtswv lub xub ndlag. 13 Yog le tsi xob poob sab vim kuv txuj kev raug sim sab nuav. Kuv raug tsim txom pub rua mej, yog le mej tsim nyog tau ntsej muag.

### **Paulus Thov Vaajtswv Rua Kev Luj Hlub Ntawm Saab Ntsujplig**

14 Thaum kuv xaav txug txhua yaam nuav, kuv txhus caug hab thov Leej Txiv,[e] 15 tug kws tsim txhua yaam nyob sau ntuj hab huv nplaj teb.[f] 16 Kuv thov kuas lug ntawm nwg lub peev xwm kws muaj koob meej hab tsi paub taag kuas nwg yuav tsaav mej lub zug saab huv lug ntawm nwg tug Ntsujplig. 17 Sub Yexus txhaj yuav lug nyob huv mej lub sab thaum kws mej ca sab rua nwg. Mej cov caag yuav hlaav moog rua huv Vaajtswv txuj kev hlub hab ua rua mej muaj zug. 18 Hab kuas mej muaj lub peev xwm to taub, le kws Vaajtswv cov tuabneeg txhua tug tsim nyog paub, has tas nwg txuj kev hlub dlaav le caag, ntev le caag, sab le caag, hab tub le caag. 19 Thov kuas mej tau sim Yexus txuj kev hlub, txawm has tas nwg luj heev kws ua rua to tuab nyuaj. Sub mej txhaj yuav tsheej tuabneeg nrug rua txuj sa kws tsi paub kawg hab lub fwj chim kws lug ntawm Vaajtswv.

20 Zag nuav muab txhua yaam koob meej rua Vaajtswv, tug kws muaj peev xwm, lug ntawm nwg lub fwj chim kws luj kws ua dlej num nrug peb, kuas tav tshaaj le kws peb thov losis xaav txug. 21 Thov muab koob meej rua nwg lug ntawm pawg ntseeg hab huv Yexus Khetos lug ntawm txhua tam moog taag ib txhab hab ib txhis! Amees.

## **Cov Cim:**

- a. [Efexaus 3:1](#) Paulus has qhov nuav ntxiv rua nqai 14: "Thaum kuv xaav txug txhua yaam nuav, kuv txhus caug hab thov Leej Txiv."
- b. [Efexaus 3:6](#) Losis vim puab koom ua ke nrug Yexus Khetos.
- c. [Efexaus 3:9](#) Ib cov ntawv tsi teev lu lug rua txhua tug.
- d. [Efexaus 3:12](#) Losis vim Yexus txuj kev ncaaj nceeg.
- e. [Efexaus 3:14](#) Ib cov ntawv nyeem has tas Leej Txiv ntawm peb tug TSwv Yexus Khetos.
- f. [Efexaus 3:15](#) Losis lug ntawm tug kws txhua tsev tuabneeg nyob sau ntuj hab huv nplaj teb tuav nwg lub npe.

## **Efexaus 4**

### **Kev Sis Koom Ntawm Lub Cev Unity in the Body**

1 Yog le ntawd kuv, kws yog ib tug raug txim vim ua Vaajtswv teg num, thov mej kuas coj lub neej tsim nyog qhov kws hu mej, vim mej raug hu lug ntawm Vaajtswv. 2 Txu fwj chim hab ua sab mog muas txhua lub sij hawm. Ib leeg ua sab ntev rua ib leeg, ib leeg nrhav chaw zaam ib leeg tej kev txhum vim mej txuj kev hluv. 3 Ua txhua yaam kuas mej sis koom nyob ua ke ntawm saab Ntsujplig, muab mej lug sis txoos ua ke ntawm txuj kev thaaj yeeb. 4 Vim nwg muaj tuab lub cev hab tuab tug Ntsujplig, le kws mej tau raug hu lug ntawm tuab txuj kev ca sab kws muaj koob meej rua yaav peg suab. 5 Tsua muaj tuab tug Vaajtswv, tuab txuj kev ntseeg, tuab txuj kev cau raus dlej, 6 hab tuab tug Vaajtswv hab Leej Txiv, tug kws kaav txhua tug hab nyob huv txhua tug hab nyob lug ntawm txhua tug.

7 Txawm le ntawd los, nwg tau muab peb ib leeg ib yaam khoom plig tshwj xeeb[a] lug ntawm txuj kev sab dlawb ntawm Yexus. 8 Vim le ntawd Txujlug has tas,  
"Thaum kws nwg nce moog rua qhov sab, nwg coj ib paab tuabneeg kws raug txim coob coob hab muab khoom plig rua nwg cov tuabneeg."[b]

9 Saib tuab quas zoo qhov kws has tas "nwg nce." Qhov nuav txhais tau meej nplhav has tas Yexus kuj tau nqeg moog rua huv peb lub nplaj teb qhov kws qeg.[c] 10 Hab tuab tug kws nqeg moog yog tug

kws nce sab tshaaj txhua lub ntuj, sub nwg txhaj kaav tau taag nrho lub ntuj hab nplaj teb lug ntawm nwg tug kheej.

11 Nuav yog cov khoom plig kws Yexus muab rua cov ntseeg: cov timthawj, cov xwbfbw cev Vaajtswv lug, cov qha txuj moo zoo, hab cov xwbfbw hab cov cob qha. 12 Puab teg dlej num yog npaaj Vaajtswv cov tuabneeg lug ua nwg teg dlej num hab lug tsaam nwg pawg ntseeg, kws yog Yexus lub cev. 13 Qhov nuav yuav ua le nuav moog txug thaum peb txhua tug muaj txuj kev ntseeg sib xws hab paub Vaajtswv tug Tub sub peb txhaj luj hlab rua ntawm Vaajtswv, ntsuag kuas puv npo hab ncaav Yexus tug qauv.

14 Ces peb yuav tsi zoo le cov kws tsi tau paub qaab hau xws le cov miv nyuas yau. Peb yuav tsi raug muab pov hab raug cov cua kws yog kev qhuab qha tshab muab tshuab yaa rua ub rua nuav. Peb yuav tsi qaug quav thaum kws tuabneeg sim dlaag ntxag peb lug ntawm tej lug dlaag kws muaj kuab cuag le qhov tseeb. 15 Tab sis, peb yuav has tej lug tseeb lug ntawm kev hlab, luj hlab rua txhua phaab kuas zoo le Yexus, tug kws yog lub taub hau ntawm lub cev, kws yog pawg ntseeg. 16 Nwg ua rua taag nrho lub cev sib dlhos ua ke zoo kawg nkaus. Kws ib thooj nqaj nyag ua nyag dlej num, nwg paab rua lwm thooj luj hlab, sub taag nrho lub cev txhaj tsi muaj mob hab luj hlab hab puv npo kev hlab.

### **Ua Neej Nyob Le Cov Miv Nyuas Ntawm Saab Nruab Nub**

17 Lug ntawm Vaajtswv lub fwj chim kuv has le nuav: Tsi xob ua neej nyob le lwm tsaav tuabneeg ua, vim puab tsi muaj kev ca sab hab ua tem toob. 18 Puab cov kev xaav puv npo kev tsaus ntuj; puab ua xyem yxaav dleb ntawm lub neej kws Vaajtswv muab vim puab kaw puab txuj kev xaav hab ua rua puab lub sab tawv tawm tsaam nwg. 19 Puab tsi muaj txuj kev txaaj muag. Puab ua neej nrug txuj kev pleeg kev yig hab ntshaw ua txhua yaam kev tsi huv sab.

20 Tab sis qhov ntawd tsi yog qhov kws mej paub txug Yexus. 21 Txij thaum mej tau nov txug Yexus hab tau paub txug qhov tseeb kws lug ntawm nwg lug, 22 muab mej txuj kev txhum qub hab mej lub neej qub pov tseg, kws raug txuj kev pleeg kev yig hab kev dlaag ntxag muab laum. 23 Tab sis ca tug Ntsujplig lug hloov mej txuj kev xaav hab tug yaam ntxwv. 24 Muab mej tug kheej tshab lug looj, tug kws tsim lug kuas zoo le Vaajtswv-kws ncaaj nceeg tag hab dlawb huv.

25 Yog le ntawd tseg tsi xob has lug dlaag. Ca peb qha tej lug tseeb rua peb tej nruab zog, vim peb txhua tug puav leej koom tuab lub cev. 26 Hab “tsi xob ua txhum lug ntawm qhov ca kev chim tswj mej.”[d] Tsi xob ca lub nub poob qho thaus mej tseem chim, 27 vim kev chim muab tau kev tag taw rua dlaab ntxwj nyoog.

28 Yog koj yog ib tug tub saab, tseg tsi xob nyag ntxiv lawm. Tab sis siv koj ob txhais teg siv zug moog ua num zoo, hab pub dlawb paug rua cov txom nyem. 29 Tsi xob siv tej lug nkhaus losis chob tuabneeb. Ca txhua yaam kws mej has kuas zoo hab paab tau lwm tug, sub mej tej lug txhaj yuav yog lug txhawb zug rua cov kws nov.

30 Hab tsi xob coj kev tu sab lug rua Vaajtswv tug Ntsujplig lug ntawm txuj kev kws mej ua neej nyob. Ncu ntsoov has tas nwg twb tau taw mej lug ua nwg cov lawm,[e] nruaj sab has tas mej yuav dlim txim nub kws nwg lug txhwv mej.

31 Tshem tej kev ab, kev npau, kev chim, tej lug nchaav, hab lug foom, hab txhua yaam cwj pwm kws lim ham. 32 Tab sis ib leg ua zoo rua ib leeg, ua sab mog muas, ib leeg zaam txim rua ib leeg, ib yaam le Vaajtswv tau zaam txim rua mej lug ntawm Yexus.

### **Cov Cim:**

- a. [Efexaus 4:7](#) Lug Kilis yog koob moov.
- b. [Efexaus 4:8](#) Ntawv Nkauj 68:18.
- c. [Efexaus 4:9](#) Losis moog rua huv saab nqeg tshaaj ntawm lub nplaj teb.
- d. [Efexaus 4:26](#) Ntawv Nkauj 4:4.
- e. [Efexaus 4:30](#) Losis tau muab nwg lub cim nas mej.

## **Efexaus 5**

### **Ua Neej Rua Saab Pum Kev**

1 Yog le ntawd, xyum Vaajtswv tug moj yaam nyob rua huv txhua yaam kws mej ua, vim has tas mej yog nwg cov miv nyuas kws nwg hlub. 2 Ua lub neej kuas puv npo txuj kev hlub, caum Yexus tug yaam ntxwv. Nwg hlub peb[a] hab muab nwg tug kheej ua khoom fij rua peb, kws yog ib tug ntxhab tsw kws txaus Vaajtswv sab.

3 Ca kuas tsi xob muaj kev txhum ntawm kev nkauj kev nraug, kev tsi huv sab, losis kev chim nyob nruab nraab ntawm mej. Tej kev txhum ntawd tsi muaj chaw nyob rua huv Vaajtswv cov tuabneeg. 4 Tej lug qhov dlev qhov npua, tej lug kws tsi tsim nyog, hab tej lug ci dlaag kws ua rua lwm tug chim-tej nuav tsi yog rua mej. Tab sis, ca kuas muaj kev ua tsaug rua Vaajtswv. 5 Kuas mej paub meej has tas tsi pub muaj kev ua txaug ua txhum, kev tsi dlawb huv, losis tug tuab neeg sab kheej nyob huv Yexus hab Vaajtswv lub teb chaws. Vim tug tuabneeg sab kheej yog ib tug pe hawm tej txoov dlaab, pe hawm tej yaam kws nyob huv lub nplaj teb nuav.

6 Tsi xob raug dlaag ntxag lug ntawm cov tuabneeg kws ua tej yaam kev txhum nuav, vim Vaajtswv txuj kev chim yuav poob rua txhua tug kws tsi noog nwg lug. 7 Tsi xob koom ua tej yaam kws cov tuabneeg nuav ua. 8 Vim ib zag dlhau lug lawm mej tau npuv npo kev tsaus ntuj, tab sis nwg nuav mej muaj qhov pum kev lug ntawm tug Tswv. Yog le ua neej nyob le cov tuabneeg kws pum kev! 9 Vim qhov pum kev kws nyob huv mej tsua ua tau tej kws zoo hab yog hab tseeb.

10 Ua tuab zoo txav txim sab seb yaam twg txaus Vaajtswv sab. 11 Tsi xob koom nrug tej dlej num kws phem hab tsaus ntuj kws tsi muaj nqe; tab sis, muab puab rhu tawm lug. 12 Nwg yog ib qhov txaaj muag thaam txug tej kws cov tuabneeg tsi paub Vaajtswv ua nyob huv qhov tsi muaj twg paub. 13 Tab sis puab tej kev xaav ua phem yuav tshwm thaum qhov pum kev ci tuaj rua, 14 vim qhov pum kev ua rua txhua yaam tshwm tuaj. Vim le nuav txhaj has tas,

“Ca le sawv, O tug kws tsaug zug, sawv tawm ntawm cov tuag, hab Yexus yuav muab qhov pum kev rua mej.”

### **Ua Neej Nyob Nrug Tug Ntsujplig Lub Fwj Chim**

15 Yog le ntawd ua tuab zoo saib mej lub neej. Tsi xob ua neej nyob le cov ruag, tab sis ua le cov kws ntse. 16 Suav txhua lub sij hawm muaj nqe nyob rua tam kws phem nuav. 17 Tsi xob ua le tsi txawj xaav, tab sis to taub seb tug Tswv xaav kuas mej ua dlaab tsi. 18 Tsi xob qaug rua dlej cawv, vim qhov ntawd yuav ua rua mej lub neej puam tsuaj. Tab sis, puv npo tug Ntsujplig Dlawbhuv, 19 mej ib leeg hu nkauj qhuas Vaajtswv hab nkauj ntawm saab ntsuj plig rua ib leeg, hab ua suab nkauj rua tug Tswv huv mej lub sab. 20 Hab ua tsaug

rua txhua yaam rua Vaajtswv Leej Txiv ntawm peb tug Tswv Yexus Khetos lub npe.

**Lub Neej Kws Ntsujplig Ua Tug Coj: Cov Quas Puj hab Quas Yawg**

21 Hab ntxiv rua qhov nuav, ib leeg nyoo ib leeg lug ntawm kev txu fwj chim rua Yexus.

22 Rua cov quas puj, qhov nuav txhais tau has tas nyoo mej cov quas yawg ib yaam le nyoo tug Tswv. 23 Vim tug quas yawg yog lub taub hau ntawm nwg tug quas puj ib yaam le Yexus yog lub taub hau rua pawg ntseeg. Nwg yog tug cawm sav ntawm nwg lub cev, kws yog pawg ntseeg. 24 Ib yaam le pawg ntseeg nyoo Yexus, mej cov quas puj yuav tau nyoo mej cov quas yawg huv txua yaam.

25 Rua cov quas yawg, qhov nuav txhais has tas hlub mej cov quas puj, ib yaam le Yexus hlub pawg ntseeg. Nwg muab nwg txuj sa theej pawg ntseeg 26 ua kuas pawg ntseeg dlawb huv hab huv sab, kws yog ntxuav lug ntawm Vaajtswv txuj lug.[b] 27 Nwg ua le nuav sub txhaj coj tau pawg ntseeg lug rua nwg le kws yog ib pawg ntseeg kws muaj koob meej kws tsi muaj ib nco dlub losis ntsws losis lwm yaam cos plav. Tab sis nwg tsuas muaj dlawb huv hab tsi muaj ib qhov tib tau. 28 Tuab yaam nkaus le ntawd, cov quas yawg yuav tsum hlub puab cov quas puj ib yaam le puab hlub puab lub cev. Vim tug quas yawg kws hlub nwg tug quas puj yeej qha txuj kev hlub rua nwg tug kheej. 29 Tsi muaj ib tug kws ntxub nwg lub cev tab sis tsua muaj yug hab tu xwb, ib yaam le Yexus tu pawg ntseeg. 30 Hab peb yog tej thooj ntawm nwg lub cev.

31 Le kws Txuj lug has, "Tug quas yawg tso nwg nam hab nwg txiv hab moog lu nrug nwg tug quas puj, hab ob leeg lug koom ua ib tug."[c] 32 Nuav yog ib qhov tseeb luj kws tsi muaj leej twg to taub, tab sis yog ib tug yaam ntxwv kws qha tau txuj kev kws Yexus hab pawg ntseeg yog ib tug. 33 Yog le ntawd kuv rov has dlua ib zag, txhua tug quas yawg yuav tsum hlub nwg tug quas puj ib yaam le nwg hlub nwg tug kheej, hab tug quas puj yuav tsum fwm nwg tug quas yawg.

**Cov Cim:**

- a. [Efexaus 5:2](#) Ib cov ntawv nyeem has tas hlub koj.

- b. [Efexaus 5:26](#) Lug Kilis has tas xuas dlej ntxuav lug ntawm txuj lug.
- c. [Efexaus 5:31](#) Chivkeep 2:24.

## **Efexaus 6**

### **Miv Nyuas hab Nam Txiv**

1 Cov miv nyuas, noog mej nam mej txiv lug vim mej yog Vaajtswv tug,[a] vim qhov nuav yog qhov yog rua mej ua. 2 “Fwm mej nam mej txiv.” Qhov nuav yog thawj lu lug saam fwm kws nrug ib lu lug cog tseg: 3 Yog mej fwm mej nam hab mej txiv, “txhua yaam yuav moog zoo pub rua mej, hab mej yuav muaj txuj sa ntev nyob nplaj teb.”[b]

4 Cov ua txiv, tsi xob zig kuas mej cov miv nyuas chim lug ntawm qhov kws mej thaab puab. Tab sis, tu puab lug ntawm kev qhuab ntuag hab tej lug qha kws lug ntawm Vaajtswv lug.

### **Tub Qhe hab Tug Tswv**

5 Cov tub qhe, noog mej cov tswv huv nplaj teb lug lug ntawm kev fwm hab ntshai puab. Ua num rua puab ncaaj nceeg ib yaam le mej ua rua Yexus. 6 Xyum ua kuas hum puab sab txhua lub sij hawm, tsi yog thaum kws puab saib ntsoov mej xwb. Ua ib cov tub qhe rua Yexus, ua lawv le Vaajtswv tug dlej sab taag mej lub sab. 7 Ua num txaus sab quas hlo, le kws mej ua num rua tug Tswv tsi yog ua rua tuabneeg. 8 Ncu ntsoov has tas tug Tswv yuav muab nqe zug rua peb txhua tug lug ntawm tej num zoo kws peb ua, txawm has tas peb yog qhev losis tsi yog.

9 Cov tswv, saib taug mej cov tub qhe sis txig sis luag. Tsi xob hem puab; ncu ntsoov, meb ob leeg muaj tuab tug Tswv kws nyob sau ntuj, hab nwg tsi xaiv leej twg ntsej muag.

### **Vaajtswv Cev Tsoog Tsho**

10 Ib lu lug kawg: Ruaj sab rua ntawm Vaajtswv hab nwg lub fwj chim kws luj kawg nkaus. 11 Muab Vaajtswv cev tsoog tsho lug naav sub mej txhaj muaj cuab kaav sawv tawm tsaam txhua txuj kev sim sab

ntawm dlaab ntxwj nyoog. 12 Vim peb tsi yog tawm tsaam tug yeeb ncuab ntawm saab nqaj tawv-hab-roj ntshaa, tab sis tawm tsaam tej dlaab kws tswj hab tej fwj chim ntawm lub nplaj teb kws qhov muag tsi pum, tawm tsaam cov fwj chim kws luj kawg nkaus ntawm lub nplaj teb kws tsaus ntuj nti, hab tawm tsaam tej dlaab kws nyob sau nruab ntug.

13Yog le ntawd, muab Vaajtswv txhua yaam cuab yeej lug naav sub mej txhaj muaj peev xwm tawm tsaam tug yeeb ncuab ntawm lub sij hawm kws phem. Hab tom qaab tsuv rog taag mej txhaj tseem sawv khov kho. 14 Sawv ntawm mej thaaj chaw, muab txuj hlaab sa dluav kws yog qhov tseeb coj lug sa nrug rua dlaim thaiv hauv sab kws ncaaj nceeg coj lug looj. 15 Ntawm txhais khau, muab txuj kev thaaj yeeb kws lug ntawm Vaajtswv txuj Xuv Zoo coj lug rau sub mej txhaj npaaj tau txhij.[d] 16 Ntxiv rua txhua yaam nuav, muab dlaim phaaj thaiv kws yog txuj kev ntseeg tsa lug thaiv dlaab ntxwj nyoog cov xib xub kws cig lab ploog.[e] 17 Muab txuj kev dlim txim kws yog lub mom hlau lug ntoo, hab muab raab ntaaj ntawm saab ntsuj plig, kws yog Vaajtswv txuj lug coj lug tuav.

18 Thov Vaajtswv huv saab Ntsujplig txhua lub sij hawm hab rua txhua yaam kws mej ua. Nyob tsi xob nkeeg hab thov Vaajtswv tsi xob tso tseg rua txhua tug ntseeg kws nyob txhua qhov.[f]

19 Hab thov Vaajtswv pub rua kuv, tuab yaam nkaus. Thov Vaajtswv kuas muab tej lug kws yog rua kuv sub kuv txhaj muaj peev xwm qha tau Vaajtswv qhov hom phaj kws tseeb kws has txug txuj Xuv Zoo rua cov Yudais hab lwm tsaav tuabneeg tuab yaam nkaus.[g] 20 Taam sim nuav kuv raug saw hlau khi, los tseem qha txuj moo zoo nuav le kws yog Vaajtswv ib tug sawv cev rua lwm lub teb chaw. Yog le thov Vaajtswv kuas kuv muaj peev xwm has txug nwg, le kws kuv tsim nyog has.

### **Xaa Xuv Ua Zag Kawg**

21 Xaav kuas mej paub txhua yaam lug txug nub nuav, Thaikhikas yuav xaa xuv rua mej txhua yaam kws has txug seb kuv ua dlaab tsi hab kuv nyob le caag. Nwg yog ib tug kwv tij kws muaj txuj kev hlub hab ib tug paab kws ncaaj nceeg ntawm tug Tswv teg dlej num. 22 Kuv tau xaa nwg tuaj cuag mej vim yog qhov kws kuv has nuav-tuaj qha rua mej has tas peb nyob le caag hab tuaj txhawb mej tug zug.

23 Kev thaaj yeeb nyob nrug mej, cov kwv tij hab nkauj muam,[h] hab thov Vaajtswv tug kws yog Leej Txiv hab tug Tswv Yexus Khetos muab kev hlub kws ncaaj nceeg rua mej. 24 Thov Vaajtswv txuj kev hlub kws nyob moog ib txhis nrug cov kws hlub peb tug Tswv Yexus Khetos.

### **Cov Cim:**

- a. [Efexaus 6:1](#) Losis cov miv nyuas, noog mej nam mej txiv lug kws yog Vaajtswv cov; ib cov ntawv ca le nyeem has tas Miv nyuas, noog mej nam mej txiv lug.
- b. [Efexaus 6:3](#) Tsiv Dlim 20:12; 2 Kevcai 5:16.
- c. [Efexaus 6:12](#) Ib cov ntawv nyeem has tas mej.
- d. [Efexaus 6:15](#) Losis rua txhais khau, muab qhov kws npaaj txhij moog qha txuj Xuv Zoo kws has txug Vaajtswv txuj kev thaaj yeeb.
- e. [Efexaus 6:16](#) Lug Kilis yog tug dlaab kws phem.
- f. [Efexaus 6:18](#) Lug Kilis yog taag nrho Vaajtswv cov tuabneeg kws dlawb huv.
- g. [Efexaus 6:19](#) Lug Kilis yog qha qhov tseeb ntawm txuj Xuv Zoo; ib cov ntawv ca le nyeem has tas qha qhov tseeb.
- h. [Efexaus 6:23](#) Lug Kilis yog cov kwv tij.