



YEAR OF Prayer 2024

Indlela ezintazo esinokuthandaza ngazo kulo
nyaka wokuthandaza silungiselela iJubili

“LORD, TEACH US TO PRAY”

PARTICIPANT GUIDE

“Apho kuhlenganisene khona ababini okanye abathathu
egameni lam, itsho iNkosi; ndikho phakathi kwabo.”

Mateyu 18:20

Umthandazo uba yibhulorho phakathi kwezulu nomhlaba, indawo
yokuhlangana apho intliziyo yomntu nentliziyo kaThixo ukudibanisa
kwincoko engapheliyo yothando.

Ngamana umthandazo unokuba yikhampasi ekhokelayo, ukukhanya
okukhanyisa indlela kunye namandla asixhase kuhambo ngezonzqulo
oluya kukhokelela ekungeneni kuMnyango oyiNgcwele.

Ngomthandazo, ngamana singafika kuMnyango oyiNgcwele sikulungele
ukwamkela izipho zobabalo nokuxolela ezibonelelwa yiNtlokoma
njengembonakaliso ecacileyo yolwalamano lwethu noThixo.

Masingene ngomthandazo kwincoko eluqhubekayo noMdali, sifumanise
uvuyo lokuthula, uxolo lokulahlwa namandla okuthethelela kubudlelane
beengcwele.

(Ukusuka Kuxwebhu LweVatican Sifundise Ukuthandaza)

ULWAZI NGOKUBANZI

Ukulungiselela iseshoni yeveki nganye:

1. Ulwamkelo kunye nentshayeleyo
2. Ukuvula NgoMthandazo - ungaqala iculo lokungena
3. Chaza lendlela yomthandazo enizothandaza ngawo
4. Amava omthandazo
5. Ukucinga ngokuzolileyo kulandelwa kukwabelana
6. Isenzo seveki ezayo kunye nezicatshulwa ezibonakalisayo zokuthatha ekhaya:
7. Umthandazo wokuvala kunye neculo lokuphuma
8. Ixesha lentlalo

Kuyacetyiswa okokuba ezi seshoni zemithandazo ziqhutywe kumaqela amancinciokwabelana ngokholo, ingabi ngabantu abagqithisileyo kwishumi.

Kwiseshoni nganye kukho isikhokelo somququzeleli kunye nephethshana lomthathi-nxaxheba. Ezi zinikezelwa ngefomathi ye-elektroniki kwiiparisheziza kufuneka zenze ushicilelo lwazo. Kucetyiswa ukuba umntu ngamnye othatha inxaxheba abenephepha lakhe, njengoko iindlela zokuthandaza zingaziboleki ekwabelaneni.

Abantu abathabatha inxaxheba baziswa kwindlela ezahlukeyo zomthandazo kwiseshoni nganye.

Iiseshoni zisekelwe kwizibhalo.

Ezi seshoni zemithandazo zinokwenzeka nangaliphi na ixesha kunyaka weenkondo, ezi ziye zabhalwa zicinga ngoNyaka woMthandazo, zilungiselela uNyaka weJubilee ka-2025.

Umthandazo wokuvala unokutshintshwa ukuze ulungele amanye amaxesha kule nkondo yomthandazo.

Kucetyiswa ukuba umququzeleli ngamnye akhe itafile yokugxila kwiseshoni nganye. Oku kunokuquka iBhayibhile, umnqamlezo, ikhandlela (okanye ikhandlela elinye kwilungu ngalinye leqela), into evela kwindalo nayo nayiphi na enye into ehambelana nokufundwa kwesibhalo. Amakhandlela azokukhanyiswa ekuqaleni kweseshoni, kwaye abantu abathatha inxaxheba bahlala kwisangqa / i-semi-circle ejikelez ingqwalasela.

Kukho iiklip ze-You-Tube ezicetyiswayo (ngokuzithandela) ezinokuboniswa kwi-laptop iqela, ukuba konke kunokubona. Ezi zinto ziya kuphucula amava. Amakhonkco eengoma ezicetyiswayo nawo anikwa.



Indlela yokwenza umthandazo wangaphakathi

IVEKI YOKUQALA

“Yiba ngxi kwaye wazi ukuba ndinguThixo. Ndiphakamile Phakathi kweentlanga, ndiphakanyisiwe emhlabeni”
INdumiso 46:10



1. Ukwamkelo ne Ntshayelelo

2. Umthandazo wokuvula

Ngenye imini uYesu wayethandaza kwindawo ethile. Akugqiba, omnye wabafundi bakhe Wathi kuye, Nkosi, sifundise ukuthandaza, kanye njengoko uYohane wafundisa abafundi bakhe. Njengoko siqalisa le nkondo yomthandazo namhlanje, masithandaze ngamazwi uYesu awasifundisayo...
UBawo wethu osemazulwini ...

Kunga culwa noba leliphu na iculo Nxulumanisa
https://www.youtube.com/watch?v=AyDr9-Mpc_s

3. Intshayelelo Yomthandazo wangaphakathi

Umthandazo wangaphakathi luhlobo lomthandazo olusinceda singene kwi ngaphakathi yobuntu bethu ukuze sifumane uThixo. Kufana nokuvumela ibhakathi ukuba iphose phantsi iqula lethu elingaphakathi ukuze litsale emanzini othando lukaThixo nobabalo. Umthandazo wangaphakathi usinceda ukuba sehle ukuya kumongo wethu oyinqaku "lomfanekiso kaThixo".

Kufuneka sikhethe isigaba esithandwayo, okanye igama elinye. Njengoko singabafundi becela "uYesu ukuba asifundise ukuthandaza," kusenokuba kuhle ukuthatha ilizwi okanye umngca omnye kumthandazo weNkosi: ... e.g "uBawo wethu", okanye "uBawo", okanye "Mali Ngewaliswe igama lakho", okanye "Ubukumkani bakho bufike" Khetha umngca abemnye ngaphambi kokuba uqale umthandazo.



4. Indlela

Ingcaciso yendlela: Amava omthandazo anamanyathelo amathathu

1. Siphumla cwaka

2. Sithandazela ukuba sivuleleke kuThixo osithandayo. Inkokeli iya kuthandazela ukuba sonke sivuleleke kuthando noxolo lukaThixo.

Umthandazo uya kwenziwa ngokucothayo, kunye nexesha lokuba abantu abakwiqela baphinde, ngokuzolileyo kubo.

3. Sisebenzisa umngca okanye (amagama akhethiweyo) ukuze sizivulele uthandonoxolo lukaThixo.

Siqala:

Ekugqibeleni inkokheli iya kusimema ukuba sibuyele egumbini.

5. Impendulo kunye nokwabelana

Yabelana ngamava akho: Ngaba ibi ngamava omthandazo? Ngaba bekunzima? Kulungile? Njl. Asixoxi ngemibuzo yezakwalizwi okanye isibhalo njl. Ngumthandazo.



6. Isenzo esicetyiswayo kule veiki

Kwiveki ezayo singazama ekhaya, okanye naphi na. Akukho zibhalo zifunekayo.

Kukho iividiyo ezimbini. Jonga (kwakhona) iividiyo ezimbini.

Kukho iividiyo ezininzi zomthandazo wangaphakathi ezikhoyo ku-Google: ezinye zingcono kunezinye, ezinye zisinika umkhombha ndlela.

Nazi ii-urls ezimbini zazo.

<https://www.youtube.com/watch?v=IhPfU2yJ2II>
Eyokuqala inika ingcaciso entle kunye namava emizuzu elishumi

<https://www.youtube.com/watch?v=s06mhAKZF2w>
Owesibini nguThomas Keating, owaziwa kakhulu ngokubandakanyeka kwakhe kunye nokuphuhliswa komthandazo wangaphakathi. Imizuzu yokuqala ye-2 okanye ye-3 isinika intshayelelo entle kakhulu kwaye emfutshane kwindlela zomthandazo kunye nokuba kunye noThixo ngaphakathi. (Emva koko kukho imizuzu engama-20 yokuthula.) Cela abanye abantu bafunde imithandazo yokuvala. Kungaculwa nokuba ngeliphi iculo



7. Umthandazo wokuvala

*Ungazenzela nokuba
ngowuphina umthandazo
okanye wenze imithandazo
ebhaliweyo ngezantsi.*

Iintliziyo ziphuphuma
lithemba nokholo, kwaye
ziqaphela ukuba umthandazo
ngamnye wethu ngumsonto
osidibanisa no Thixo,
sithandaza...

Nkosi, mthombo wobulumko
bonke, sikhokhele ngeli xesha
lomthandazo. Vula iintliziyo
zethu kwaye ukhanyise
iingqondo zethu ukuze
siqonde kwaye sibe namava
ngokupheleleyo ngeziph
zenceba kunye nokuxolela.

Bawo, ngenceba yakho,
zive izikhalo zabantwana
bakho. Vuselela ukholo
lwethu, yaandisa iimpawu
ezintle zethemba kunye
nesisa kuthi, kwaye
usincede sibe ngamangqina
othando lwakho emhlabeni.

Siyakudumisa, Nkosi,
ngokulunga kwakho
okungenasiphelo. Vula
amehlo ethu kubuhle
bendalo yakho ukuze
iintliziyo zethu zivuye
ngokumangaliswa
nangobukhulu bemisebenzi
yakho.
*(umntu angazenzela owakhe
umthandazo)*

Siyakubulela,
Thixo, ngazo zonke
iintsikelelo nazo zonke
iziph o esizifumeneyo.
Sifundise ukuqaphela
isandla sakho kumzuzu
ngamnye wobomi
bethu kwaye samkele
usuku ngalunye
njengesiph o senceba
yakho kunye nothando.
Amen.

Kungaculwa noba leliph i iculo

Ikhonkco

<https://www.youtube.com/watch?v=byEU7ZgIRBY>

8. Ixesha lentlalo



Indlela yokuthandaza ngeziBhalo

IVEKI YESIBINI

“Ehla wena ulukhohlo luncinane,
uthandabuzelani na?” *Matt 14:31*



1. Ulwamkelo ne Ntshayelelo

2. Umthandazo wokuvula

Ngenye imini uYesu wayethandaza kwindawo ethile. Akugqiba, omnye wabafundi bakhe Wathi kuye, Nkosi, sifundise ukuthandaza, kanye njengoko uYohane wafundisa abafundi bakhe. Njengoko siqalisa le nkondo yomthandazo namhlanje, masithandaze ngamazwiu Yesuawasifundisayo...
UBawo wethu osemazulwini ...

Kungaculwa noba leliphi na iculo:
lkhonkco

https://www.youtube.com/watch?v=T-vt6E9N7AQw&list=RDTvt6E9N7AQw&start_radio=1

3. Ingcaciso ngokuthandaza ngeziBhalo.

Le ndlela yomthandazo inamanyathelo amane kuyo.

READ.

Sifunda isicatshulwa seZibhalo

MEDITATE.

Sicamngca ngelizwi.

PRAY.

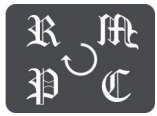
Sithandaza kuThixo wethu sisabela ekucamngceni kwethu

CONTEMPLATE.

Sihleli cwaka siphulaphule ngentliziyo nangengqondo.

Inyathelo ngenyathelo.

1. Ukufunda. Funda isicatshulwa seZibhalo. Mhlawumbi izihlandlo eziliqela. Funda ngentliziyo.
2. Ukucamngca: Yima kwigama lokuqala okanye umngca elikutsalayo. Siqala. Phinda Phinda igama othe walichonga. Musa ukucinga kangako ngentsingiselo yalo kodwa unandiphe uze wonwable oko ukuphindayo. Xa siye sawavuyela ngokwaneleyo amazwi sithandaza.
3. Umthandazo. Sinika impendulo koko esikufumeneyo ngokucamngca. Imvakalelo zethu, iminqweno yethu, iingcinga zethu njl njl zonke iindlela zokuva nokuphendula kuThixo wethu ngaphakathi. Siza kuyitshintsha njani ubomi bethu? Ukunqulwa, ukuzisola, ukubulela kunye nokutarhuzisa zonke iimpendulo ezinokwenzeka.
4. Ukucamngca. Xa sele sitshilo oko kufuneka sikuthethe kuThixo, ithicwaka kwaye uphulaphule ngentliziyo nengqondo yakho. Musa ukukhawuleza. UThixo usebenza ngeendlela namaxesha akhe. Mhlawumbi namhlanje, mhlawumbi kunyaka ozayo siza kuqaphela ubukho bakhe.



4. Amava

Siphumla.

Sizivulela kuMoya ohamba nathi.

Sikhumbula inkqubo.
Funda, ucamngce,
uthandaze kwaye
ucamngce.

Omnye umntu uya
kusifunda, ngokucothayo.

Siqala. Siphulaphula
iZibhalo (Mt 14: 22-33)

Ngoku funxa ilizwi uze
umphulaphule uThixo
njengoko sicamngca,
sithandaza yaye
sicamngca.

Mt 14:22-23

Ngoko nangoko uYesu wenza abafundi ukuba bangene esikhepheni baze bahambe phambi kwakhe baye kwelinye icala, ngoxa wayegxotha isihlwele. Emva kokuba ebagxothile, wenyuka yedwa entabeni ukuze athandaze. Kamva ngobo busuku, wayelapho yedwa, yaye isikhephe sasisele sikude kakhulu emhlabeni, sibethwa ngamaza kuba umoya wawuchasene nalo. Ngaphambi nje kokusa uYesu waphuma waya kubo, ehamba phezu kwechibi. Bambona abafundi ehamba echibini, boyika kakhulu. "ngumshologu," batsho, bakhala ngoloyiko. Kodwa ngoko nangoko uYesu wathi kubo: "Thabathani inkalipho! Ndim. Musa ukoyika." "Nkosi, ukuba nguwe," waphendula uPetros, "ndixelele ukuba ndize kuwe emanzini." "Yiza," watsho. Wandula ke uPetros wehla esikhepheni, wahamba phezu kwamanzi waza weza kuYesu. Ke kaloku, akubona umoya, woyika, waqala ukutshona, wadanduluka wathi, Nkosi, ndisindise. Ngoko nangoko uYesu wafikelela isandla sakhe wambamba. Ndandizibuza, "Yintoni endiyenza ngokuhlukile? Kwaye xa bona wakhwela esikhepheni, umoya wafa phantsi. Bandula ke abo babesemkhombeni baqubuda kuye, besithi, Inene, ningunyana kaThixo

5. Ukwabelana kunye nempendulo

chaza ngamava akho omthandazo? Ngaba kwakunzima? Kulungile?
Ngaba uza kuzama kwakhona? Njl. Asixoxi ngemibuzo yezakwalizwi okanye isibhalo njl. Ngumthandazo.



6. Qhubeka nohambo lwethu lomthandazo

Nazi ezinye iindinyana ezimbalwa zeZibhalo eziboleka le ndlela yomthandazo. Zama ezinye ekhaya.



Mt 13: 1 – 23
Mt 10: 37 – 42
Mt 9: 9 – 13
Luke 10: 21- 24

Nazi ii-urls zeevidiyo ezine ezifanelekileyo zendlela yokuthandaza ngezibhalo

<https://www.youtube.com/watch?v=sJpT1pLRcKQ>

Le vidiyo inika ingcaciso entle kakhulu. Ngelishwa umculo ongasemva ukhala kakhulu kwaye uyaphazamisa. unyawucutha.

<https://www.youtube.com/watch?v=hhwRcg1mHec>

Oku kukwabelana ngendlela yeziBhalo eyamnceda ngayo ngokomoya wakhe.

<https://www.youtube.com/watch?v=lt2iGxLIqNY>

Ixesha elifutshane kwaye kulula ukuphulaphula ingcaciso.

<https://www.youtube.com/watch?v=i27Fqlyk2qY>

Omnye umzekelo. Isicatshulwa esikhethiweyo sifana neso sikwincwadana yethu.

Phawula ukuba ekugqibeleni, ugxininisa ukuba kukho iindlela ezahlukeneyo zokuthandaza ngendlela yeziBhalo.



7. Umthandazo wokuvala

*Ungazenzela nokuba
ngowuphina umthandazo
okanye wenze imithandazo
ebhaliweyo ngezantsi.*

Iintliziyo ziphuphuma
lithemba nokhohlo, kwaye
ziqaphela ukuba umthandazo
ngamnye wethu ngumsondo
osidibanisa no Thixo,
sithandaza...

Nkosi, mthombo wobulumko
bonke, sikhokhele ngeli xesha
lomthandazo. Vula iintliziyo
zethu kwaye ukhanyise
iingqondo zethu ukuze
siqonde kwaye sibe namava
ngokupheleleyo ngeziphoo
zenceba kunye nokuxolela.

Bawo, ngenceba yakho,
zive izikhohlo zabantwana
bakho. Vuselela ukhohlo
lwethu, yaandisa iimpawu
ezintle zethemba kunye
nesisa kuthi, kwaye
usincede sibe ngamangqina
othando lwakho emhlabeni.

Siyakudumisa, Nkosi,
ngokulunga kwakho
okungenasiphelo. Vula
amehlo ethu kubuhle
bendalo yakho ukuze
iintliziyo zethu zivuye
ngokumangaliswa
nangobukhulu bemisebenzi
yakho.
*(umntu angazenzela owakhe
umthandazo)*

Siyakubulela,
Thixo, ngazo zonke
iintsikelelo nazo zonke
iziphoo esizifumeneyo.
Sifundise ukuqaphela
isandla sakho kumzuzu
ngamnye wobomi
bethu kwaye samkele
usuku ngalunye
njengesiphoo senceba
yakho kunye nothando.
Amen.

Kungaculwa nokuba ngeliphi iculo
<https://www.youtube.com/watch?v=hOcyrnqXGLO>

8. Ixesha lentlalo



Ukuthandaza ngendlela yama Fransiskane

IVEKI YESITHATHU

“Yondelani ezintakeni
zasezulwini; ngokuba azihlwayeli,
azivumi, azibutheli koovimbha;
ukanti ke uYihlo osemazulwini
uyazondla” *Matthew 6:26*



1. Ulwamkelo ne Ntshayelelo

2. Umthandazo wokuvula

Ngenye imini uYesu wayethandaza
kwindawo ethile. Akugqiba, omnye
wabafundi bakhe Wathi kuye,
Nkosi, sifundise ukuthandaza,
kanye njengoko uYohane
wafundisa abafundi bakhe.
Njengoko siqalisa le nkonzo
yomthandazo namhlanje,
masithandaze ngamazwi uYesu
awasifundisayo...
UBawo wethu osemazulwini ...

Kungaculwa nokuba ngeliphi iculo
Nxulumanisa
[https://www.youtube.com/watch?
v=h5D3LEjGF8A](https://www.youtube.com/watch?v=h5D3LEjGF8A)

3. Intshayelelo yoMthandazo ngendlela yama Fransiskane

Ngale ndlela yomthandazo sidla
ngokusekelwe kwindalo kaThixo –
nokuba ziintaba, iilwandle,
izilwanyana nabantu.

Ngokuqhelekileyo ubani angacebisa
ukuba wenze lo mthandazo
kwindawo entle yangaphandle
enembono enkulu ngoThixo
weNdalo.

Lo mthandazo ulula kwaye uhamba
ngokukhululekileyo. Lomthandazo
ngumthandazo "ozaliswe ngumoya"
ovulekileyo kubukho boMoya
oyiNgewele kuwo wonke umntu,
udla ngokugxininisa kwiziganeko
nakwi mfundiso zika Yesu umz.
Ukuzalwa kwakhe, ubomi obufihliweyo,
ukufa, imimangaliso. Ibiza izivamvo
ezi-5 ukukhuthaza indumiso yethu
kunye nokunqula kukaYesu.



4. Amava

Oyena celu mngceeni apha kukuzama okokuba indalo ne qela lidibane.

Nazi indleal ezine ngokuxhomekeke kwizibonelelo zakho, abantu kunye nesithuba. Khetha ukuba yeyiphi ocinga ukuba iya kufaneleka kwiqela lakho kwaye uyicwangcise ngaphambi kokuba iqela lidibane. Amazwi akho okuvula aya kuxhomekeka ekubeni yeyiphi indlela oyikhethileyo.

Ukuba iqela lincinci, ungathanda ukusebenzisa ezimbini zezi ndlela, umz. Ukhetho 1 kunye noKhetho 2, njl.

Inketho 1: Ekupheleni kwexesha lomthandazo elidlulileyo (kwiveki edlulileyo) cela iqela ukuba lizise into yendalo kunye nabo: igqabi, ilitye, intyatyambo, ...

Ukhetho 2: Ukufunda INdumiso Entsha Yendalo (eqhotyoshelwe kwiphepha 15)

Ukhetho 3: Funda uze ucinge ngendumiso 33 okanye 23 okanye 104

Inketho 4. Ukubonisa ividiyo ethi Creation calls.

5. Ukwabelana ngamava

Ulive njani elixesha lomthandazo? Ngaba bekunzima? belilungile? Lula? Uxolo? Ngaba uza kuzama kwakhona? Njl. Asixoxi ngemibuzo yezakwalizwi okanye isibhalo njl. Ngumthandazo.



6. Ukuqhubeka nohambo lwethu

Nazi ezinye iZibhalo ezithetha ngale ndlela yomthandazo. Zama ezinye ekhaya.



Indumiso 104

Indumiso 96

Kol 1:16

Yohane 1: 1-3

Funda ngokukhanya okukhokelayo ngobubele (nguKhadinali Newman)

Indumiso 33

Indumiso 23

Izityilelo 4:11

Ividiyo

Ividiyo ethi "Creation Calls" ngumboniso onamandla malunga nobuhle bendalo kunye noThixo owenza konke. Kukho inani leenguqulelo ku Google kodwa ndiyakholwa ukuba lowo uneengoma yeyona nto ibhetele. Ukuba uyibukele ekhaya, kunye nabahlobo, ekupheleni kwevidiyo hlala nje kwaye ufunxe ubuhle.

Ikhonkco kwi-youtube yile:

<https://www.youtube.com/watch?v=b-kVMcvMWcg>
*INTSHA! Inguqulelo ye-2.0 (kunye neengoma):
"lifowuni zeNdalo"*



7. Umthandazo wokuvala

*Ungazenzela nokuba
ngowuphina umthandazo
okanye wenze imithandazo
ebhaliweyo ngezantsi.*

Iintliziyo ziphuphuma
lithemba nokholo, kwaye
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nangobukhulu bemisebenzi
yakho.
(*umntu angazenzela owakhe
umthandazo*)

Siyakubulela,
Thixo, ngazo zonke
iintsikelelo nazo zonke
iziphiso esizifumeneyo.
Sifundise ukuqaphela
isandla sakho kumzuzu
ngamnye wobomi
bethu kwaye samkele
usuku ngalunye
njengesiphiso senceba
yakho kunye nothando.
Amen.

Kungaculwa nokuba leliphiso iculo

Ikhonkco

<https://www.youtube.com/watch?v=zacE5ZikcSE>

8. Ixesha lentlalo





Indumiso entsha yeNdalo

Sivumele sikudumise, owu Thixo,
Kuzo zonke iihlabathi ozidalileyo
Sivumele sikudumise kwiindawo
eziphakamileyo aphoiingelosi
kuhlala khona

Sivumele sikudumise
enzulwini yeenkwenkwezi
ezikhazimlayo.
Sivumele sikudumise, Thixo wethu
emazantsi engelosi Ngubani ovala
amasango esihogweni.

Sivumele sikudumise, owu Thixo,
kunye ne-tweeting, ingxolo kunye
neentaka ezinemibala emininzi
ezivuyisa amehlo neendlebe zethu.

Allow us to praise you, oh God,
for nests in the trees,
where fledglings lift their bare necks
toward their mother who brings them
food.

Sivumele sikudumise, owu Thixo,
kuba iindlwane emithini, apho
amantshontsho aphakamisa
iintamo zawo ezingenanto kunina
obazisela ukudla.

Sivumele sikudumise, owu Thixo,
ngenxa yezilwanyana zomhlaba,
enkulu nencinci, igcwele
Ukuthantamisa okanye ukuphuphuma
ngamandla angalawulekiyo.
Musa ukuzivumela ukuba zicinywe
kodwa mabaphile

Blessed are you for cascades
and might rivers for calm waters,
deep and silent.
Receive praise, with much affection,
for small springs
that provide water so that fish may live.

Masikudumise, Thixo wam
ngenxa yezaqhwithi emhlabeni
naselwandle,
ngenxa yezaqhwithi zentlabathi
entlango.

Iyamangalisa kwaye ingunaphakade
ngumnqweno wakho ongcewele ukukha
abantu kunye nokunye.
Kwaye nokuba bayasilela, ukuba
baguqa ngamadolo phambi kwakho
njengabantwana bolahleko ugoba
phezu kwabo ngomonde nobubele,
ubaxelele oku: Yiza, bantwana,
ukubuyela kumsulwa wokuqala
kwaye ndiya kukwamkela njengoko
utata ebulisa abantwana bakhe.

Zukiswa, udunyiswe, uThixo ongcewele
kakhulu, entliziyweni nganye
eniyidalele uzuko lwenu.
Ufuna ukuba nathi ngonaphakade
uThixo ongcewele kakhulu. Wena,
ongcewele izihlandlo ezithathu,
uncomekayo; wena, beatitude yethu.
3 Inhliziyoyi eqinileyo uyayilinda
ngokuthula okupheleleyo,
ngokuhlukile, izihlandlo ezithathu
ezincomekayo, izihlandlo ezithathu
uThixo kaThixo, ineffable. Amen