

Hawtude mawna beydoo - Jeddiire 1



cellal.baade.goondinal.weltaare



**No mbaawden
moyirande wobbe**

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NYALAADE 1

NYALAADE 2

NYALAADE 3

**Lukka
10:30-37**

**Moyyande
koreeji mum**

**Moyyande
yigiraabe mum**

**Moyyande
jom'en
haajuuji**



Miccintinol

**Pud'fee
munkaru**

**Ngode juude
mum faa
nannda e
taarde/ngode
banndu mum**

Fijirde la'aare



Fodtaade

**Fijirde
yeenyooobe
waamde**

**Fijirde
yeenyooobe
waamde**

**Fijirde
yeenyooobe
waamde**



**Fijirde aru-
aru**

**Tabata
Yeenyooobe
waamde e
doggudu**

**Fijirde
seekannde
leggal**

**Fijirde aru-aru
yeenyugol
waamde ley
sekontiiji 60**



**Filaade
beydude
faamu**

**Taalee de
njeewton
fodde ko
paamudon**

**Ngadee golle
anndinooje
odon moyyi.
Taalee katin**

**Anndinee
odon ngoodi
moyyuki**



**Nyemmbitee
golle deen**

**Fijirde
maande dow
howru**

**Jibee fijirde
aru-aru ndeen**

**Mbattitee
jamirooje
fijirde ndeen**

Fuddugol

Ngadee fijirde ndeen kile tati ley jiddire nde faa mballon koreeji moodon mbeltoo, woodi du piirra terde mubben:

- Ngattee yimbe fuu ley fijirde ndeen. Muuydo fu na waawi ardaade!
- Mbaaylee jamirooje fijirde ndeen fodde koreeji mon no poti e ko mbaawi wadude
- Kokkee mono fu cuusal naatude ley fijirde ndeen
- Tinnee e golle de
- Taa ngadee golle fiirtude terde dee si odon maata torra ley toon

Caake ekkintinooje family.fit de e wobbe:

- Ngattee fotoo maa widewo dow feyisibukku maa dow watisappi de paaminon **family.fit**
- Ngadee fijirde family.fit nde ley baade wobbe

Kabaaruuji keewdi na tawee ley timmol dewtere nde



INAN AMAANA HAKKUNDE MEN FADDE MOODON NAWTORAADE BINNDI dI

Si odon njidi nawtoraade binndi di fu, sanaa njabon dwtanaade jamirooje amin fodde no winndiraa ley suudu anterineti amin ley <https://family.fit/terms-and-conditions> Jamirooje deen kollata on no njeaydon gollirde binndi di onon e gollidoobe e moodon fuu. Tinnee e jokkude jamirooje deen fuu, onon e gollidoobe moodon fuu. Si on calake jokkude jamirooje dee maa wootere hakkunde majje fu, taa nawtooree binndi di.



Puddee munkaru

Ngattee munkaru mo njidudon Puddee wamude, odon piiloo-piiloo. Inan ko ngadoton fadde munkaru oon timmude:

- Yappugol
- Doggude na banta koppi mum dow
- Yeccoraade caggal na dippa
- Fijude fijo pittol faaburu



<https://youtu.be/U4sknYrevto>

Powtinee de njeewton seeda.

Golle deye kollata yimbe baade mon na ngoodani banndiraabe mubben moyyuki?

Luggindinee miilooji mon. dume moyyuki fiirti fodde miilo mon?



Fijirde yeenyoowo waamde



Tuggee e leydi, woodi koyde moodon du tawee e leydi, poortodon, ponndon banndu moodon hono seekitannde legal ni.



Kuncee howru mon wooturu de njaaron ndu dakkol cobbuli moodon. Cottinee koyngal mon gootal njeccinon ngal caggal. Ngadiree noon koyngal didabal ngal du.

Si odon njidi nji'on no dum yaarata fu, meemee ley do.



<https://youtu.be/quecc8TstyM>

Dursitee golle de kile 20 de powtinodon Dursitee.

Beydee anniya: Dursitee golle de law law e doggudu

Fijirde aru-aru



Tabata

Kettindee munkaru indirteedo Tabata.



<https://youtu.be/AmcrvuWBkpQ>



Ngadee fijirde yeenyoobe waamde faa wada sekontiiji 20 de powtiron sekontiiji 10. Doggiree sekontiiji 20, de powtiron sekontiiji 10. Dursitee fijitirde ndeen. Dursitee faa wada nde jeetati.

Beydee anniya: beydee dursitaade faa wada sekontiiji 20.

Filaade beydude faamu



Moyyande koreeji mum

Njanngée Haala Laamdo ley dewtere Lukka
10:30-37

Si odon kaajaa Dewtere Laamdo fu, meemon
do <https://bible.com>, maa itton nde dow
anterinetti de ngatton ley telefon
(noddirgel) moodon.

Taariki oon wo taariki mo lisaa fillinoo nde
goddo yamunoo dum moy jeyi moyyande.
lisaa na walla yimbe keba miillooji kesi dow
haala jeydo moyyaneede.



Aayaaje ley Dewtere Laamdo: Lukka
10:30-37

“Gorko gomma yuurii Urusaliima, ina yaha Yeriko, hawri e yanoobe. Be borti mo, be piyi mo faa be mbayri mo imo badii maayde. Tawi almaami gooto ina wara dow laawol ngool. Nde yi’unoo janaado oon ina waalii doon fu, o wosii dum, o faltii. Noon Lewinke gomma du wari nokku oon. Nde yi’unoo mo fu, wosii mo, faltii. Ammaa Samariyanke jahoowo wari to makko, yi’i mo, yurmii mo, Battii mo, sawriri barme makko deen nebbam e cabijam, fiili dum leppi. Caggal duum, o waddini dum arawa makko, o yaari dum nokkuure to weerbe njippotoo, o hinnii dum. Jaango majjum, o itti buudi cardi didi, o hokki jom weerdudu oon, o wi’i dum: “Hinna mo. Si o nyaamii ko buri dum, nde ngartumi fu, mi yobete”

“E miilo maa, moy e tato been laatii gondo janaado oon?”

Jannginoowo Tawreeta oon jaabii, wi’i:
“Jurmiido mo oon.”

Lisaa wi’i mo: “Aan du, yahu, wadoy hono noon.”

Cubee gooto hakkunde mon laato hono gorko baalinoodo dakkol laawol oon ni. Gooto mon laato almaami, gooto du Lewinke. Mbosee gorko baaliido dakkol laawol oon, de paltodon. Paaminee no rafi moyyuki wa’i ley misaalo ngoon.

Luggindinee miilooji mon: Yalla woodi nde nyakkudon moyyuki ley baade moodon naa? Kollee no dum wadiri e no maatirdon dum.

Mono fu du’anoo banndum ley baade, njaaroo Laamdo barkina mo, hokka mo moyyuki (walla mono fu woodana banndum moyyuki wakkati fuu).



Nyemmbitee golle deen

Fijirde meemugol koppi banndum

Kawree did-dido de ngadon fijirde ndeen faa ndaaron moy arata banndum. Tinnee e meemude koppi banndiirawo mon kille keewde ley sekontiiji 60, tawee odon kaggira mo juude mon e banndu taa o meema onon kaa koppi moodon. Cubee banndiraawo goddo de ndursitodon fijirde ndeen katin.



<https://youtu.be/vQBpr5BHBWw>

A photograph showing water being poured from a clear plastic bottle into a glass. The water is captured in motion, creating a stream and bubbles. The background is a soft, out-of-focus teal color. An orange rectangular box is overlaid on the center of the image, containing white text.

**Tinndinooje banngal
cellal**

Njaree ndiyam sanne.



Nogude juude mum faa nannda e taarde e nogude banndu mum

Nogude juude mum faa nannda e taarde: Ummee ndaree, ngadon taarde. Wobbe tawee yeeso, yoga en du caggal. Ngadon dee golle faa wada kile 15.

Nogude banndu mum: Kippee e leydi, banton juude mon dow, newe moodon ndaarondira. Bantee juude mon nokku fuu. Ngadee fijirde ndeen kile tati.



<https://youtu.be/MZjJtXdclng>

Powtinee seeda de kaalon haala moyyuki ki kolludon yigoo mon gooto nyannde gomma

Luggindinee miilooji mon: dume tilsu ngaden faa kollen wobbe moyyuki meeden?

Fijirde yeenyoobe waamde

Ngadee fijirde yeenyoobe waamde kile 10 de goddo loomtadon yaha yeeso. Tinnee faa ngadon kile 100.



Odon mbaawi wadude kile joy, de goddo loomtadon yaha yeeso.

Beydee anniya: Mballe yimbe baade mon kawta ngolla faa yottoo kile 150 maa 200.

Fijirde aru-aru

**Fijirde seekande legal**

Gooto fudda fijirde indirteende seekande legal. Hediibe du wada fijirde pittol. Ngadee fijirde ndeen odon loomtondira. Powtiree sekontiiji 20, de puddon katin. Ngadee fijirde ndeen kile jeegom.



<https://youtu.be/zZXpxbXZQic>

Filaade beydude faamu



Moyyande yigiraabe mum

Njanngée Lukka 10:30-37 (Ndaaree Nyalaande 1).

Yalla odon mbaawi limtude kujje jeegom kollude Samariyanke oon na moyyi naa? Binndee taariki fodde kujje kollude moyyuki makko deen, de pillodon taariki oon.

Miilee ko mbaawdon wadude faa moyyanon yigoo mon gomma ley jeddiire nde. Pillanee yimbe baade moodon.

Ngadanee baade mon du'aawu, njaaroodon Laamdo walla on tawre on moyyuki ley nguurndam moodon. Binndon du'aawu oon.

Nyemmbitee golle deen

**Jibee fijirde aru-aruu ndeen**

Ummee ndaree dow diidol nanndungol e taarde ngool, tawee cobbuli moodon na meemondira.

Poortee junngo moodon nyaamo de nanngon junngo goddo nyaamo.

Nanngondiree juude nane du.

Tinnee e jibtaade, tawee juude mon na nanngondiri.

A photograph showing clear water being poured from a plastic bottle into a glass. The water is captured in motion, creating a stream and splashing into the glass. The background is a soft, out-of-focus teal color. An orange text box is overlaid on the right side of the image.

Tinndinooje banngal cellal

Njaree ndiyam sanne. Celee yarude ndiyam bibbe ledde maa sooda. Njaree ndiyam peewdam laabudam.



Fijirde la'aare

Ngatte munkaru mbeldo on. Si munkaru fuddi fu, mono fu henyoo hooyude gineeji na hawrina faa wada minitaaje d'idi (Ngaddee kaddule loonee, moyyinon ley baade maa kawrunduron gineeji pijitirdi e dewte nokku gooto).

Powtinee de njeewton seeda.

Miilanee yimbe be anndudon na ngoodi haajuu gomma. Noy mbaawdon wadirande be moyyere?

Luggindinee miilooji mon: Iri torra oye waawi hewtaade anniyiido e moyyuki?



Fijirde yeenyoobe waamde



Ngolliree did-dido. Gooto wada fijirde yeenyoobe waamde kile 10. Keddiido oo du wada fijirde seekannde legal. Mbattitee nokkuuje. Ngadee fijirde ndeen kile tati.

Beydee anniya: ngadon fijirde nde kile keewde maa law law.



Faamude moy arata ley fijirde yeenyoowo waamde

Mono fu wada fijirde yeenyooɓe waamde nde faa huula sekontiiji 60, tawee banndiraabe muudum na lima. Si gooto timmini fu, banndum loomta dum. Kiisee sekontiiji foti yimbe baade moodon ngadi ley fijirde nde.

Milee foti di ummotoo gilla fijirde timmaay.
Moy badii arude?



Filaade beydude faamu

Moyyande jom'en haajuuji

Njanngée Lukka 10:30-37 katin (ndaaree Nyalaande 1).

Ndaaree no lisaa timminiri taariki o. Cegilee onon e yimbe baade mon. Ndaaree noy mbaawdon yahude golluwa iri dee golle ley jeddiire nde.

Ngadane yimbe du'aawu. Du'anee sukaabe yiltotoobe e laabi be ngalaa neema e kaddule e baadeeji to mbuura.



Mbattitee jamirooje fijirde ndeen

Ngolliree did-dido. Gooto mon laatoo jahoowo, keddiido oon du wattita jamirooje fijirde ndeen Jahoowo oon fudda na nyooa ley suudu. Banndiiko du ardoo na wattita jamirooje fijirde ndeen ngam faa o yaaba dow majje faltoo. Mbattitee golle.

Ngadee fijirde ndeen kile tati. Si jahoowo oon badake timminde fu, mabbe gite mum. Dume wadi?



<https://youtu.be/wwUBFEAXXDw>



A photograph showing clear water being poured from a plastic bottle into a glass. The water is captured in motion, creating a stream and splashing into the glass. The background is a soft, out-of-focus teal color. An orange rectangular box is overlaid on the lower right portion of the image, containing text in a white, sans-serif font.

Tinndinooje banngal cellal

Njaree ndiyam sanne si on
ngollii faa on tampii.
Ngaddanee neddo baade
mon gooto faandu ndiyam
faa yara.

Inde karfeeje e sifaa mum

Miccintinol ngol woni boylude terde mum maa fowtude sanne maa fuufude yeenyina yiyam muudum. Ngattee munkaru, odon kettindii de odon tinnii e golle mon. Boyliree terde mon minitaaje 3 faa yottoo minitaaje 5.

Miccitaade golle banngal boylude terde mum ginan de ko fudda poortol banndu mum na waawi hisinde barme. Poortee balli mon de munyon faa wada sekontiiji joy.

Odon mbaawi ndaarude widewooji di nde kebon ekkitaade fijirdiiji kesi, woodi nyemmbiton di faa wooda. Ekkitaade heese heese faa wooda wallan on hebude annal kibbungal banngal fijirde ndeen.

Powtinee faa notton si on golle sanne. Yeewtere na waawi wallude on wakkati oon. Mboobee ndiyam.

Meemude banndum wo ko waawi wallude mo o anda kanko jeyi yehude yeeso e fijirde ndeen. Odon mbaawi meemude maa hellude ma luucaade. Inan on ekkitake faa timmii!

Gollal- no njeýdon boylirde terde mon e adadu majjum.

Nyemmbitinde-Kile foti njeýdon boylude terde mon ley gollal gootal.

Anterinetti e widewooji

Ekkintinooje e golle de fuu na tawee ley [suudu anterinetti cellal baade](#)

Odon mbaawi yi'ude golle amin dow anterinetti si on meemii dow:



Odon mbaawi hebude widewooji banngal cella baade di fuu dow suudu widewooji anterinetti [family.fit YouTube® channel](#)



laabi joy banngal cellal baade



Widewo kokkaraado

Kabbodee e amin ley filagol kabaaru

Miden koolii on kebii nafaa dewtere cellal baade nde. Wo yimbe feere feere paamri golliri nde bolum, woodi du hokkari nde.

On tawan ekkintinooje banngal cellal baade keewde ley suudu anterinetti <https://family.fit>.

Suudu anterintetti nduun wallata on kebon kabaaru keso, woodi du yamon goddum si on muuyi. Wo doon pay ekkintinooje banngal **cellal baade** fuu tawetee!

Si on kebii nafaa ekkintinooje de fu, caakee de faa wobbe du kebaa ekkitaade.

Annde tawaade ley dewtere nde wo dokkal noon. Ndelle caakiree de onon du bolum.

Si odon njidi yimbe dental inndirteengal cellal baade ngal winndana on battaaki dow anterinetti jeddfire fu,de humpita on no golle mum yaarata fu, mbinndon ngaarodon be dow suudu anterinetti ndu:<https://family.fit/subscribe/>.

Si on mbaylitii haalaaji tawaadi ley dewtere nde e demngal gomma fu, mbinndanon min battaaki dow suudu anterinetti info@family.fit, anndinon faa min njeda golle deen wobbe.

Foofoo.

Dental cellal baade



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