

Hawtude mawna beydoo- Jeddiire 2



*cellal.baade.goondinal.weltaare*



**Toy mbelirka men  
yuurata?**

*www.family.fit*



NYALAADE 1

NYALAADE 2

NYALAADE 3

Mattta  
28:1-8

Hebude  
mbelirka fa'e si  
nguurndam  
mum waylake

Hebude seyo ley  
kulol

Hebude seyo ley  
kawtal lisaa



Miccintinol

Ngattee  
munkaru de  
puddon boylugol  
balli mon

Doggee de  
coppinodon

Hoccude de  
hokka bannum



Fodtaade

Fijirde  
soppinaade

Fijirde  
soppinaade

Hawtude e  
bannum de  
wafa fijirde  
soppinaade



Fijirde aru-  
aru

Fijirde  
seekitannde  
leggal e  
soppinaade

Doggude na  
ndaroo-ndaroo

Njokkee  
hooreejo  
moodon



Filaade  
beydude  
faamu

Natugol nowru e  
yitere e bernde

Taale katin  
timminon

Taalee de  
njeewton fodde  
ko paamudon



Nyemmbitee  
golle deen

Fijirde aru-aru  
inndirteende  
derewol  
manngol

Wafude fijirde  
inndirteende  
basiketti bol

Fijirde inndude  
law law karfeeje  
ko'e haalaaji.

# Fuddugol

## Ngadee fijirde ndeen kile tati ley jiddire nde faa mballon koreeji moodon mbeltoo, woodi du piirta 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 anterinetti de paaminon dental **cellal baade**
- Ngadee fijirde dental cellal baade 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 anterinetti amin ley <https://family.fit/terms-and-conditions> Jamirooje deen kollata on no njejdun gollirde binndi di onon e gollidoobe e moodon fuu. Tinnee e jokkude jamirooje deen fuu, onon e gollidoobe e moodon fuu. Si on calake jokkude jamirooje dee maa wootere hakkunde majje fu, taa nawtoore binndi di.



## Ngattee munkaru de puɗɗon boylugol balli mon

Ngattee munkaru mo njidudon. Tinnee e boylugol balli mon faa do munkaru oon timmi:

- doggugol na yaaba fellere faa nde 10
- soppinaade kile 5
- doggugol na yaaba fellere faa nde 10
- soppinaade kile 5 de na hellira dow dow



<https://youtu.be/VrXO276sCoI>

Powtinee de njeewton seeda.

Dume woni ko waylii ley golle maa nguurndam baade mon?

*Luggindinee miilooji mon: Dume senndi mbelirka e seyo?*



## Fijirde soppinaade



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



<https://youtu.be/Ucdw8qe5OS4>

Ummee ndaree yeeso joodorgal leesungal. Turee seeda, leeyinon koppinon de joodoro on heese heese dow joodorgal ngaal. Ummee katin.

Dursitee fijirde ndeen kile 10. Dursitee.



<https://youtu.be/yQGtGrHOSEk>

*Beydee anniya: coppinee tawee joodorgal tawaaka ley mon. Ngadee fijirde ndeen kile keewde.*

# Fijirde aru-aruu



## Wadude aru-aruu bangal fijirde soppinaade e fijirde inndirteende seekannde legal

Gollidee e banndiraawo mon.

Gooto mon fudda fijirde inndirteende seekannde legal, gooto du fudda fijirde soppinaade. Mbattitee nokkuuje si on ngadii fijirde soppinaade ndeen kile 10.



Ngadee fijirde ndeen kile nay.



<https://youtu.be/GnPETugj0yI>

*Beydee anniya: Ngadee fijirde ndeen kile keewde katin.*



# Filaade beydude faamu

## Toy mbelirka men yuurata?

Njanngee haala Laamdo ley dewtere **Matta 28:1-8**.

Si odon kaajaa haala Laamdo fu, meemee dow <https://bible.com> maa itton nde ley suudu anterinetti de ngatton nde ley telefon mon.

Inan ko wadi fajiri nyalaande tataberde caggal maayde lisaa.

Aayaaje dewtere Laamdo: Matta 28:1-8

Nde nyalaande fowteteende ndeen faltino fu, gilla naange fudaay nyannde alan, Mariyama mo Magdala e Mariyama goddo oon njehi ndaaroyde saabeere ndeen.

De inan, leydi dimmbii semmbe. Maleyka Joomiraado yuuri dow kammujippii, talliti hayre ndeen joodi dow mayre. Imo jalbira hono mayyere, kaddule makko du ina ndawni far, hono jalbugol daandorgal ni.



Doomoobe been kuli sanne faa ina ndiwna, laatii hono maaybe ni.

Maleyka oon wi'i rewbe been: Onon kaa, taa kulee! Mido anndi lisaa toontanoodo oon pilotodon. O walaa do, o ummitake hono no o wiirunoo ni. Ngaree, ndaaree nokku do o waalinoo do. De kenyo don, njahon, kummpitowon taalibaabe makko been o ummitake e maayde. Woodi, joonin o artoyto on Galili. Toon nji'oyton mo. "Dum njoginoo mi faa mi haalana on."

Rewbe dido been kenyii, ndilli to saabeere toon, ibe keewi kulol e seyo manngo. Be ndoggi yaade faa be kaalanowa taalibaabe makko been kabaaru o.

Natee nowru e yitere e bernde dow dereeji. Mbinndee ko rewbe be haala mubben haaletе ley taariki o nani maa yi'i maa maati nyannde lisaa ummitinoo e maayde.

Miccitee ko waddannoo baade mon nyannde gomma seyo. Mbinndee dow dereeji, kollon no maatirdon dum.

Kooyee ginewol gomma. Paddee ngol, odon  
kokkondira. nannguɔ ngol fu, wi'a  
“Foofoo Laamɔ sabo  
mido heba seyo... (ley  
latugol Balo). Odon  
mbaawi inndude ɔo  
kebroton seyo fuu.





# Nyemmbitee golle deen

## Fijirde aru-aru inndirteende dereewol mangol

Kokkee mono fu dereewol. Mbinndee, kollon ko waawi ittude seyo mon. Kooyee dereeji di, cegilodon golle aru-aru tati de kawtaa.

1. Kooyee dereewol de naton laana piiroowa. Ngadon ka fiira faa toowa. Kokkee mono fu arimaaji
2. Boylee dereewol ngol, ngadon balo. Mono fu fadda balooji mum nder bargooru boddoriindu meeteraaji joy. Ndaaree moy buri arimaaji ley fijirde ndeen.
3. Ngadee fijirde latugl balooji diin heese heese. Ndaaron moy waawi latude kile keewde. Puddiree nde wootere. Caggal dum ngadon nde didi de njehon yeeso. Moy buri arimaaji?

A close-up photograph of a hand holding a stream of water, with a teal color overlay. The water is captured in mid-air, creating a dynamic, flowing effect. The hand is positioned at the bottom, with fingers slightly curled. The background is a solid teal color. An orange rectangular box is centered over the hand, containing white text.

**Tinndinooje bangal  
cellal**

Njaree ndiyam sanne.



## Ngadee fijirde inndirteende “nanggaado fu, wadane maande (fellere)”

Gooto riiwa banndiraabe mum de wada maande (fellere) dow mo hewtii fu.

Kewtaado nannga de wadanaa maande maa fellere fu, tilay soppinoo ummoo faa hewta kile joy. Caggal duum, laatoo diiwoowo banndiraabe. Ngadee fijirde ndeen faa hewta minitaaje tati.



Powtinee de njeewton.

Dume hulbinii ma?

*Luggindinee miilooji mon: Dume wallete si a hulii?*



## Fijirde soppinaade

Ngadee fijirde soppinaade kile 10 de meemon banndiraawo mon, kollon d̄um yaha yeeso kam du. Tinnee faa yimbe baade mon wada fijirde nde kile 100.



Si odon njidi nji'on no d̄um yaarata fu, meeme ley do.



<https://youtu.be/Ucdw8qe5OS4>

Odon mbaawi wadude fijirde soppinaade kile joy de meemon banndiraawo mon, kollon d̄um yaha yeeso kam du.

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

## Fijirde aru-aru



## Doggude na ndaroo-ndaroo

Mballinee gineeji ley baade mon. Nawtoree joodorde e taabalaaji e ledde e kaaye e corfi e lalgaaje. Etee paamon mono fu paamon wakkatiji foti wadi ley doggudu mum.

Moy buri yaawude doggudu?



<https://youtu.be/KQXeuagpLWA>

*Ngattee fotooji e widewooji doggudu mon dow anterinetti de paaminon dental #familyfit.*



# Filaade beydude faamu

## Hebude seyo ley kulol

Njanngée [Matta 28:1-8](#) (ndaaree NYALAANDE 1).

Njanngée katin taariki oon. Ko saabi doomoobe been kuli? Ko saabi maleyka wi'i rewbe been “taa kula”? Noy wadi de rewbe been maati kulol e seyo nde wootere? Yalla eden mbaawi laataade gootum naa?

Ngadee du'aawu, cubodon konngi didi ceedudi di timminirton du'aawu oon: “Foofoo Laamdo sabo miden kula, miden anndi...” (Ciwtooree, kawtal e Laamdo rimata seyo goongaawo)





# Nyemmbitee golle deen

## Wadude fijirde inndirteende basiketti bol

Piilee suseti de ngadon hono balo ni. Gooto mon wada juude mum laato hono ledde do balo fiyite ni.

Pilee nokkuuje didi to latirton balo oon. Mono fu latira balo oon nokku gooto kile tati. Limee latande lobbe deen de anndinon moy ari.



<https://youtu.be/LGLg8J0VOYg>

A close-up photograph of a hand holding a stream of water. The entire image is overlaid with a semi-transparent teal color. In the center, there is a solid orange rectangular box containing white text.

## Tinndinooje bangal cellal

Njaree ndiyam sanne.  
Mboobe ndiyam seeda si  
on timminii.



## Hoccude de hokka bannum

Mballinee gineeji 20 ley wecco suudu mon.  
 Ndaree did-dido ley wecco didabo ngo.  
 Ngadee fijirde faa paamon moy hoccata  
 gineeji keewdi bura bannum ley sekontiiji  
 30. Si gooto timminii fu bannum fudfa.  
 Ndaree burdo hoccude gineeji diin.

Powtinee de njeewton seeda.

Moy woni mo artoton pillanodon si on nanii  
 kabaaru lobbo?

*Luggindinee miilooji mon: Moy arti fillanii  
 ma kabaaru lobbo lisaa?*



## Hawtude e bannum de wada fijirde soppinaade

Ummee ndarodon kucciton e banndiraawo mon. Kawtee odon ngada fijirde soppinaade. Timmino fu, kellon e juude mum.



Dursitee fijirde ndeen kile 10. Si coppinidon de bantidon fu, kollon ko waawi hokkude on seyo.

Powtiree minitaare wootere de mono fu wattita banndiraawo.

Ngadee fijirde ndeen kile tati.



[https://youtu.be/\\_VM5p0IO3vI](https://youtu.be/_VM5p0IO3vI)

*Beydee anniya: Ngadee fijirde ndeen kile keewde katin.*



## Njokkee hooreejo moodon

Ngatte munkaru mo njidudon. Ngadee diidol nanngungol e taarde de ndoggon odon piltoo ngol.

Gooto mon laato hooreejo. O hella de faamina heddiibe maanaa jamirooje fijirde ndeen:

- Si o hellii kile didi fu, mono fu tugga junngo mum e leydi
- Si o hellii kile didi fu, mono fu soppinoo kile didi de ummoo
- Si o hellii kile tati fu, mono fu joodoo e leydi

Mbattitee hooreebe fijirde ndeen caggal minitaare wootere.



<https://youtu.be/EbFIJUuo0gE>



## Filaade beydude faamu

### Hebude seyo ley kawtal lisaa

Njanngée [Matta 28:1-8](#) katin (ndaaree NYALAANDE 1).

Nyemmbitee taariki oon, woodi kaalon haalaaji di maleyka haali diin.

Nde lisaa rimanoo fu maleyka'en mbi'i wo dum kabaaru lobbo, kokkoowo yimbe seyo manngo. Ko saabi lisaa na hokka heewbe seyo?

Mballinee kabborgol maa boggol e leydi. Ngadee dum nannda e natal hunnduko neddo mo bernde mum metti. Miilane kaajaado seyo gomma de puɗɗon diwirde caggal e yeeso dow kabborgol ngol, odon mbi'a *“(ngattee innde makko do) na haajaa seyo”*. Dum wo du'aawu maada.

Timminiree natal goddo ina muusa.



## Nyemmbitee golle deen

### Fijirde inndude law law karfeeje ko'e haalaaji.

Njoodde ngadon hono taarde ni. Cubee hoore haala hakkunde ko'e haalaaji di: galluuje, gelle, inde, gineeji. Goooto mon fudda dursitaade ledde abajadda faa do banndum wi'i dum deyyino.

Mono fu innda law law harfeere banngal hoore haala nde binndi mum fuddiri e leggal abajadda ngal subiinoo ngaal. Tinnee timminon inndude karfeeje dee fuu. Caggal duum nejccodon ngadon fijirde ndeen katin. Si on timminii fu, mbattiton ko'e haala de, de njehon yeeso.

Tinnee paamon moy arata.

A close-up photograph of a hand holding a stream of water, with a teal color overlay. The water is captured in mid-air, creating a dynamic, flowing effect. The hand is positioned in the lower half of the frame, with fingers slightly curled. The background is a solid teal color, matching the overlay.

## Tinndinooje bangal cellal

Njaree ndiyam sanne.  
Njaree ndiyam tafon,  
caggal ndeen nyaamon  
seeda.



# Inde karfeeje e sifaa mum

**Miccintinol** ngol woni boylude terde mum maa fowtude sanne maa fuufude yeenyina yiiyam 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 terde mon heese heese de munyon faa wada sekontiiji 5.

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

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

**Meemude** bannum wo ko waawi wallude mo o annda kanko jeyi yehude yeeso e fijirde ndeen. Odon mbaawi meemude maa hellude maa luucaade. Inan on timminii ekkitaade!

**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.

Odon mbaawi hebude ekkintinooje dental cellal baade de ley suudu anterinetti <https://family.fit>

Suudu anterintetti nduun wallata on kebon kabaaru keso, woodi du yamon goddum si on muuyii. Wo doon pay kabaaruuji banngal **cellal baade** di kebotoo!

Si on kebii nafaa ekkintinooje de fu, caakee de faa wobbe du keba 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 bataaki dow anterinetti jeddire fu, de humpita on no golle mum jaarata fu, mbinndon jaarodon be dow suudu anterinetti ndu:

<https://family.fit/subscribe/>.

Si on mbaylitii haalaaji tawaadi ley dewtere nde e demngal gomma fu, mbinndanon min bataaki dow suudu anterinetti [info@family.fit](mailto:info@family.fit), anndinon min faa min njeda golle deen wobbe.

Fofoo.

*Dental cellal baade*



[www.family.fit](http://www.family.fit)