

Essanyu (Essanyu) .	Happiness (Joy)
<p>Filemoni 7 "Okwagala kwo kumpadde essanyu lingi n'okunzizaamu amaanyi, kubanga ggwe ow'oluganda, ozzaamu emitima gy'abatukuvu."</p>	<p>Philemon 7 "Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the saints."</p>
<p>Ekigambo kino kyetaagisa okufaayo kwaffe, kubanga Pawulo ali mu kkomera, asibiddwa enjegere, entambula ze ez'omubiri zisibiddwa, eby'okwesanyusaamu bye bitono nnyo, eby'amasanyu bye bigaaniddwa; mu mbeera zino, Pawulo ayinza atya okwogera ekigambo nti takoma ku ssanyu, wabula nti 'alina essanyu lingi?'</p>	<p>This phrase demands some of our attention, for Paul is in prison, he is chained, his physical movements are confined, his recreation is very limited, his pleasures are denied; in these circumstances, how can Paul make the statement that he is not just happy, but that 'he has much happiness?'</p>
<p>Essanyu y'embeera y'obulamu obulungi oba okukulaakulana kw'abantu okutwalira awamu. Kizingiramu embeera z'obulamu n'enkolagana. Era essanyu liyinza okudduka okuva ku mirembe okutuuka ku kusanyuka okw'amaanyi, era ekigambo ekitera okukozesebwa mu Byawandiikibwa okunnonnyola essanyu ye "mukisa." Omukisa gukwataganya essanyu ne Katonda n'Enteekateeka ye ey'ekisa.</p>	<p>Happiness is the situation of well-being or general prosperity of mankind. It encompasses the circum-stances of life and relationships. And happiness can run the gamut from tranquillity to intense ecstasies, and the term often used in Scripture to describe happiness is "blessedness." Blessedness relates happiness to God and His Plan of grace.</p>
<p>Essanyu lirina ebintu bingi eby'enjawulo ebikwatagana:</p>	<p>Happiness has many different relative facets:</p>
<p>1. Essanyu erikwatagana n'okugaggawala lyogerwako mu Zabbuli 128: 1-4 , "Balina omukisa bonna abatya Mukama, abatambulira mu makubo ge. Mulirya ebibala by'okutegana kwo; emikisa n'okugaggawala biriba bibyo. Mukazi wo alifaanana." omuzabbibu ogubala ebibala munda mu nnyumba yo, batabani bo baliba ng'amasanda g'emizeyituuni okwetooloola emmeeza yo. Bw'atyo afuna omukisa atya Mukama."</p>	<p>2. Happiness related to prosperity is described in Psalms 128: 1-4, "Blessed are all who fear the Lord, who walk in his ways. You will eat the fruit of your labor; blessings and prosperity will be yours. Your wife will be like a fruitful vine within your house; your sons will be like olive shoots around your table. Thus is the man blessed who fears the Lord."</p>
<p>3. 1 Peter 3:14 alangirira nti abakikiriza bayinza okuba abasanyufu ne bwe babonaabona, "Naye ne bwe munaabonaabona</p>	<p>4. 1 Peter 3:14 declares that believers may be happy even in suffering, "But even if you should suffer for what is right, you are blessed. 'Do not fear what</p>

olw'ekituufu, oli wa mukisa. 'Temutya kye batya; temutya.'"	they fear; do not be frightened."
5. Engero 3:13 zigamba nti essanyu erya nnamaddala lisangibwa mu kumanya Ekigambo kya Katonda nti, "Alina omukisa omuntu afuna amagezi, omuntu afuna okutegeera."	6. Proverbs 3:13 says that true happiness is found through knowing God's Word, "Blessed is the man who finds wisdom, the man who gains understanding."
7. Engero 14:21 zigamba nti essanyu liyinza okufunibwa okuva mu kuyisa abalala mu ngeri ey'ekisa n'ekisa, "Anyooma muliraanwa we akola ebibi, naye alina omukisa oyo asaasira omwana atalina mugaso."	8. Proverbs 14:21 states that happiness may be gained from treating others with kindness and grace, "He who despises his neighbor sins, but blessed is he who is kind to the needy."
9. Abaruumi 14:22 agamba nti omuntu ow'omunda omulongoofu aleeta ekika ky'essanyu, "Kale kyonna ky'okkiririzaamu ku bintu bino kikuume wakati wo ne Katonda. Alina omukisa omuntu eyeesalira omusango olw'ebyo by'asiima."	10. Romans 14:22 says that a clear conscience produces a type of happiness, "So whatever you believe about these things keep between yourself and God. Blessed is the man who does not condemn himself by what he approves."
11. Engero 29:18 egamba nti essanyu liva mu kugondera amateeka g'ensi era nti obutali mateeka n'obwewagguzi mu by'omwoyo biwerekeragana, "Awatali kubikkulirwa, abantu basuula okwefuga; naye alina omukisa oyo akwata amateeka."	12. Proverbs 29:18 states that happiness comes from obeying the laws of the land and that lawlessness and spiritual apostasy accompany each other, "Where there is no revelation, the people cast off restraint; but blessed is he who keeps the law."
13. Zabbuli 144:13-15 egamba nti essanyu liva mu kubeera mu ggwanga ery'eddembe era erigaggawala. 13 Amayumba gaffe gajjule, nga tugabira ebibala ebya buli ngeri; Endiga zaffe zizaale enkumi n'enkumi mu nnimiro zaffe; 14 Ente zaffe zisobole okutikka obulungi; Nti waleme kubaawo kumenya oba kufuluma; Nti waleme kubaawo kukaaba mu nguudo zaffe. 15 Basanyufu abantu abali mu mbeera ng'eyo; essanyu abantu be Katonda waabwe ye Mukama.	14. Psalms 144:13-15 states that happiness comes from living in a free and prosperous nation. 13 That our barns may be full, Supplying all kinds of produce; That our sheep may bring forth thousands And ten thousands in our fields; 14 That our oxen may be well laden; That there be no breaking in or going out; That there be no outcry in our streets. 15 Happy are the people who are in such a state; happy are the people whose God is the Lord.
Okusobola okutegeera obulungi endowooza y'essanyu, tulina okutegeera essanyu lya Katonda. Kubanga essanyu lya	To fully understand the concept of happiness, we must understand the happiness of God. For God's happiness is

<p>Katonda lya njawulo mu ngeri nti essanyu lya Katonda lituukiridde, lituukiridde era teririna kkomo. Mu ngeri endala, olw'okuba Katonda atuukiridde alina essanyu erituukiridde. Era nga Katonda bw'ali ow'olubeerera, n'essanyu lye bwe liri; Essanyu lya Katonda terikoma era terikendeera n'akatono era teriyinza kukyusibwa.</p>	<p>unique in the sense that God's happiness is absolute, perfect and unlimited. In other words, because God is perfect He has perfect happiness. And as God is eter-nal, so is His happiness; God's happiness never ends and has never been diminished in the least and cannot be changed.</p>
<p>Era okuva Katonda bw'ali atuukiridde kino kitegeeza nti atuukiridde Obutuukirivu; bwe kityo essanyu lya Katonda erituukiridde likwatagana butereevu n'ensonga emu ennyangu: Katonda tabangako mukyamu, tabangako mukyamu, era taja kuba mukyamu. Kino kisanyusa Katonda. Okugatta ku ekyo, okuva Katonda bw'ali atuukiridde era ye bwenkanya obutuukiridde; kino kitegeeza nti Katonda tabeera wa bwenkanya, si wa bwenkanya oba si wa bwenkanya.</p>	<p>And since God is perfect this means that He is perfect Righteousness; thus God's perfect happiness is directly connected to one simple fact: God is never wrong, has never been wrong, and never will be wrong. This makes God happy. Additionally, since God is perfect He is also perfect Justice; this means God is never inequitable, unfair or unjust.</p>
<p>Kino kisanyusa Katonda. Katonda bw'aba atuukiridde, okwagala kwe kutuukiridde; kino kitegeeza nti Katonda ayagala ebitundu ebirala eby'omutwe gwa Katonda n'okwagala okutuukiridde era nti yeeyagala n'okwagala okutuukiridde era nti ayagala ebitonde bye n'okwagala okutuukiridde; obusobozi buno obw'okwagala mu ngeri etuukiridde, awatali nsalo oba okukendeeza, busanyusa Katonda. Era be-kubanga Katonda Muyinza wa byonna, kino kimuwa obusobozi obutaliiko kkomo okubeera omusanyufu. Mu Bumanyirivu bwe obw'ebintu byonna obugezi bwa Katonda bwennyini byongera okutegeera n'obusagwa ku ssanyu lye; mu ngeri endala, Katonda akimanyi nti musanyufu.</p>	<p>This makes God happy. Inasmuch as God is perfect, His love is perfect; this means that God loves the other members of the God-head with a perfect love and that He loves Himself with a perfect love and that He loves His creatures with a perfect love; this ability to love perfectly, with-out bounds or mitigation, makes God happy. And be-cause God is Omnipotent, this gives Him an unlimited capacity to be happy. In His Omniscience God's very genius adds comprehension and sharpness to His happiness; in other words, God knows that He is happy.</p>
<p>N'ekisembayo, mu Bufuzi bwe, mu Bufuzi bwe, mu Bukulu bwe, Katonda asazeewo nti ajja kugabana essanyu lye erituukiridde n'abantu, kubanga</p>	<p>Finally, in His Sovereignty, in His Reign, in His Su-premacy, God has determined that He will share His perfect happiness with mankind, for</p>
<p>Zabbuli 43:4 egamba nti,</p>	<p>Psalm 43:4 says,</p>

Olwo ndigenda ku kyoto kya Katonda, eri Katonda, essanyu lyange n'okusanyuka kwange. Nja kukutendereza n'ennanga, Ayi Katonda, Katonda wange."	Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God."
Zabbuli 97:12 egamba engeri Katonda gy'agabana essanyu lye n'abantu, "Musanyukire Mukama, mmwe abatuukirivu [Obutuukirivu obutuukiridde obuweebwa abantu mu bulokozi], era mutendereze erinnya lye ettukuvu."	Psalm 97:12 tells how God shares his happiness with mankind, "Rejoice in the Lord, you who are righteous [perfect Righteousness given to mankind at the point of salvation], and praise his holy name."
Kaabakuuku 3:18 Naye ndisanyukira Mukama waffe, ndisanyukira Katonda ow'obulokozi bwange.	Habakkuk 3:18 Yet I will rejoice in the Lord, I will joy in the God of my salvation.
Eky'okuba nti Katonda amaliridde okuwa abantu essanyu lye era n'afuna engeri gy'ayinza okukikola kiyitibwa ekisa. Era ekintu kya Katonda eky'ekisa ye Mukama waffe Yesu Kristo; bwe kityo essanyu erya nnamaddala litandikira ku kifo eky'okukkiriza mu Kristo. Wano essanyu we litandikira. Okuva awo, omukkiriza gy'akoma okumanya ebikwata ku Katonda ne Kristo, obusobozi bw'omukkiriza obw'essanyu gye bukoma okubeera obunene. Bwatyo okuyita mu kukula okw'omwoyo essanyu ly'omukkiriza liyinza okufuuka ng'essanyu lya Katonda: eritaliiko kkomo, awatali kwesigama ku mbeera, oba ebibaddewo, oba abantu, oba okufuga kwonna okw'ebweru.	The fact that God has determined to give His happiness to mankind and found a way to do it is called grace. And God's instrument of grace is the Lord Jesus Christ; thus true happiness begins at the point of belief in Christ. This is where happiness begins. From there, the more the believer knows about God and Christ, the greater the believer's capacity for happiness becomes. Thus through spiritual growth the believer's happiness may become as the happiness of God: without limit, without dependence on circumstances, or events, or people, or any exterior influence.
Yokaana 13:17 alangirira nti okukula mu by'omwoyo bwe kutuuka, omukkiriza agabana essanyu lya Katonda erituukiridde, "Kati nga bw'omanyi ebintu bino (Ekigambo kya Katonda), ojja kuweebwa omukisa (essanyu ery'amaanyi) bw'obikola."	John 13:17 declares that once spiritual maturity is attained, the believer shares God's perfect happiness, "Now that you know these things (God's Word), you will be blessed (intense happiness) if you do them."
Mu ngeri endala, Ekigambo kya Katonda kye nsibuko y'essanyu ly'omukkiriza, okusinzira ku Yokaana 17:13 , "Nzija gye muli kaakano, naye okwogera bino nga nkyali mu nsi, balyoke babeere n'ekipimo ekijjuvu." ku ssanyu lyange munda mu bo."	In other words, God's Word is the source of the believer's happiness, according to John 17:13 , "I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them."
Era okugabana essanyu lya Katonda	And sharing God's perfect happiness

erituukiridde kirina okuba ekintu kya buli mukkiriza, okusinziira ku	should be the estate of every believer, according to
P hilippians 4:4 "Musanyukire Mukama waffe bulijjo. Ndidamu okukyogera nti Musanyuke!"	Philippians 4:4 "Rejoice in the Lord always. I will say it again: Rejoice!"
1 Peetero 1:8 "Ne bwe mutamulaba, mumwagala; era newakubadde nga temumulaba kaakano, mumukkiriza ne mujjula essanyu eritayinza kwogerwako era ery'ekitiibwa."	1 Peter 1:8 "Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy."
Era omukkiriza bw'amala okugabana essanyu lya Katonda erituukiridde, essanyu ly'omukkiriza teriyinza kukendeezewako: embeera, ebintu, oba abantu, okusinziira ku	And once the believer shares the perfect happiness of God, the believer's happiness cannot be diminished by: circumstances, things, or people, according to
Abafiripi 4:11,12 11 Si nti njogera ku bwetaavu, kubanga nayiga mu mbeera yonna gye ndi, okumatira: 12 mmanyi okukkakkana, era mmanyi okweyongera. Buli wamu ne mu byonna njize okujjula n'okulumwa enjala, okuyitirira n'okubonaabona mu bwetaavu.	Philippians 4:11,12 11 Not that I speak in regard to need, for I have learned in whatever state I am, to be content: 12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.
Abebbulaniya 13:5,6 5 Enneeyisa yammwe ebeerenga temuli mululu; beera mumativu n'ebintu ng'ebyo nga bw'olina. Kubanga Ye yennyini yagamba nti, "Sijja kukuleka wadde okukuleka." 6 N'olwekyo tuyinza okugamba n'obuvumu nti: "Mukama ye muyambi wange; Sijja kutya. Omuntu ayinza kunkola ki?"	Hebrews 13:5,6 5 Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you." 6 So we may boldly say: "The Lord is my helper; I will not fear. What can man do to me?"
Abebbulaniya 12:2,3 2 nga tutunuulira Yesu, omutandisi era omumalirizo w'okukkiriza kwaffe, eyagumiikiriza omusaalaba olw'essanyu eryatekebwa mu maaso ge, ng'anyooma ensanyi, n'atuula ku mukono ogwa ddyo ogw'entebe ya Katonda. 3 (B) Kubanga mulwooza ku oyo eyagumira obulabe obw'engeri eyo okuva eri aboonoonyi eri Ye kennyini, muleme okukoowa n'okuggwaamu amaanyi mu myoyo gammwe.	Hebrews 12:2,3 2 looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. 3 For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls.
Bwe kityo, wadde ng'abantu babeera mu nsi etatuukiridde, abantu basobola okufuna essanyu erituukiridde erya Katonda. Era okusinziira ku byawandiikibwa bino,	Thus, even though mankind inhabits an imperfect world, mankind can have the perfect happiness of God. And according to these scriptures, the sharing of God's

okugabana essanyu lya Katonda kyongera ku busobozi bw'omukkiriza okwagala abalala ne Katonda.	happiness increases the believer's ability to love others and God.
1 Abakkolinso 11:24,25 24 bwe yamala okwebaza, n'akimenya n'agamba nti, "Mutwale mulye; guno gwe mubiri gwange ogumenyese ku lwammwe; kino mukole nga munzijukira." 25 (B) Mu ngeri y'emu n'addirira ekikompe oluvannyuma lw'okulya ekyeggulo, ng'agamba nti, "Ekikompe kino kye ndagaano empya mu musaayi gwange. Kino mukole, buli lwe mukinywa, nga munzijukira."	1 Corinthians 11:24,25 24 and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." 25 In the same manner He also took the cup after supper, saying, "This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me."
Abafiripi 1:3 Nebaza Katonda wange buli lwe mbajjukiranga;	Philippians 1:3 I thank my God upon every remembrance of you,
Yuda 24 ekakasa nti essanyu omukkiriza ly'afuna mu ggulu lya maanyi nnyo okusinga eryo eriri ku nsi; eddaala lino ery'amaanyi likwatagana n'ekitundu, eggulu, so si ku kkomo lyonna ku kugabana essanyu lya Katonda erituukiridde.	Jude 24 asserts that the happiness experienced by the believer in heaven is more intense than that on earth; this degree of intensity is related to the locale, heaven, and not to any limitations on the sharing of God's perfect happiness.
Yuda 24 Kaakano eri oyo asobola okubaziyiza okwesittala, N'okubaleeta nga toline kamogo mu maaso g'ekitiibwa kye n'essanyu eringi, .	Jude 24 Now to Him who is able to keep you from stumbling, And to present you faultless before the presence of His glory with exceeding joy,
Isaaya 35:1,2 erangirira nti mu Bufuzi bwa Kristo obw'Emyaka Olukumi mu biseera eby'omu maaso essanyu lijja kuba buli wamu.	Isaiah 35:1,2 declares that in the future Millennial Reign of Christ happiness will be ubiquitous.
Eddungu n'amatongo biribasanyukira, N'eddungu lirisanyuka ne lifuumuuka nga rose; 2 Lirifuumuuka nnyo era lisanyuka, Ne bwe liri mu ssanyu n'okuyimba. Ekitiibwa kya Lebanoni kiriweebwa, Okusingira ddala Kalumeeri ne Saloni. Baliraba ekitiibwa kya Mukama, Obusukkulumu bwa Katonda waffe.	The wilderness and the wasteland shall be glad for them, And the desert shall rejoice and blossom as the rose; 2 It shall blossom abundantly and rejoice, Even with joy and singing. The glory of Lebanon shall be given to it, The excellence of Carmel and Sharon. They shall see the glory of the Lord, The excellency of our God.
Era okusenziira ku nnyiriri zino wammanga, essanyu eriva mu 'nsi,' ekibi, obubi, ne 'essanyu' lya kaseera buseera era terimala. Kubanga "omulembe gw'obulungi gunoonya okumatizibwa okuyita mu bitundu by'omubiri, obulungi bw'omubiri,	And according to the following verses, the happiness derived from the 'world,' sin, evil, and 'pleasure' is temporary and inadequate. For "the aesthetic age seeks satisfaction through the senses, physical beauty, erotic excitement, through success

okucamuka okw'okwegatta, okuyita mu buwanguzi mu ngeri yonna." Era essanyu erya nnamaddala ery'omunda teriynza kusangibwa okuyita mu bitundu by'omubiri oba sereebu.	in any of its guises." And true inner happiness cannot be found through the senses or celebrity.
2 Samwiri 1:19,20 "Obulungi bwa Isirayiri buttiddwa ku bifo byo ebigulumivu! Nga ab'amaanyi bagudde! 20 Temukibuulira mu Gaasi, Tokilangirira mu nguudo z'e Askeloni—Abawala b'Abafirisuuti baleme okusanyuka, Abawala b'abatali bakomole baleme okuwangula.	2 Samuel 1:19,20 "The beauty of Israel is slain on your high places! How the mighty have fallen! 20 Tell it not in Gath, Proclaim it not in the streets of Ashkelon—Lest the daughters of the Philistines rejoice, Lest the daughters of the uncircumcised triumph.
Omubuulizi 9:9 Beera n'essanyu n'omukazi gw'oyagala ennaku zonna ez'obulamu bwo obw'obutabaako kye yakuwadde wansi w'enjuba, ennaku zo zonna ez'obutaliimu; kubanga ogwo gwe mugabo gwammwe mu bulamu, ne mu kutegana kwe mukola wansi w'enjuba.	Ecclesiastes 9:9 Live joyfully with the wife whom you love all the days of your vain life which He has given you under the sun, all your days of vanity; for that is your portion in life, and in the labor which you perform under the sun.
Omubuulizi 11:8,9 Naye omuntu bw'awangaala emyaka mingi n'asanyukira byonna, Naye ajjukire ennaku ez'ekizikiza, Kubanga zijja kuba nnyingi. Byonna ebijja bwereere. 9 Musanyuke, ggwe omuvubuka, mu buvubuka bwo, Era omutima gwo gukugume mu nnaku z'obuvubuka bwo; Tambula mu makubo g'omutima gwo, Ne mu maaso g'amaaso go;	Ecclesiastes 11:8,9 But if a man lives many years And rejoices in them all, Yet let him remember the days of darkness, For they will be many. All that is coming is vanity. 9 Rejoice, O young man, in your youth, And let your heart cheer you in the days of your youth; Walk in the ways of your heart, And in the sight of your eyes;
Naye mukimanye nti olw'ebyo byonna Katonda ajja kukusalira omusango.	But know that for all these God will bring you into judgment.
Engero 23:24,25 24 Kitaawe w'omutuukirivu alisanyuka nnyo, N'oyo azaala omwana ow'amagezi amusanyukira. 25 Kitaawo ne nnyoko basanyuke, Era oyo eyakuzaala asanyuke.	Proverbs 23:24,25 24 The father of the righteous will greatly rejoice, And he who begets a wise child will delight in him. 25 Let your father and your mother be glad, And let her who bore you rejoice.
Mu nkomerero, omuntu omusanyufu ddala, omukkiriza agabana essanyu erituukiridde erya Katonda, awa essanyu eri, era ye 'obuweereza obw'okuzzaamu amaanyi eri,' abakkiriza abalala n'abatakkiriza. Endowooza eno esangibwa mu Abafiripi 2:28,29, Abaruumi 16:32, II Abakkolinso 7:13, n'olunyiriri lwaffe, Filemoni 7,	Ultimately, the truly happy person, the believer who shares the perfect happiness of God, provides happiness for, and is a 'ministry of refreshment to,' other believers and unbelievers. This concept is found in Philippians 2:28,29, Romans 16:32, II Corinthians 7:13, and our verse, Philemon 7, which says, "For I have come

<p>olugamba nti, "Kubanga nfunye essanyu lingi n'okuzzibwamu amaanyi olw'okwagala kwo (eri Kristo) kubanga... okwagala okulungi okw'abatukuvu kuzzeemu amaanyi okuyita mu ggwe, ow'oluganda."</p>	<p>to have much happiness and encouragement by your love (for Christ) because the tender affections of the saints have been refreshed through you, brother."</p>
<p>Pawulo okukozesa ekigambo "ow'oluganda," ADELPHOS, kiraga nti Filemoni si mukkiriza munne yekka, mmemba wa kabona/amaka ga Katonda ow'obwakabaka wamu ne Pawulo, naye nti Pawulo anaatera okukubaganya ebirowoozo ku nsonga ya 'amaka'.</p>	<p>Paul's use of the term "brother," ADELPHOS, indicates that Philemon is not only a fellow-believer, a member of the royal priest/family of God along with Paul, but that Paul is about to discuss a 'family' matter.</p>
<p>Ekigambo ky'Oluyonaani ekitegeeza "okuzza obuggya" ye ANAPAUO; era endowooza eno yayogerwako mu bufunze mu dissertation waggulu ku Happiness. Naye, ekirowoozo ekyo kiragira okufaayo okusingawo n'okukola ebisingawo, anti 'okuzzaamu amaanyi' mpisa y'abakkiriza abo abatuuse ku bukulu mu by'omwoyo. Bwe tutyo tuyinza okugamba nti 'obuweereza obw'okuzzaamu amaanyi' kwe kutegeera n'omulimu gw'abo abakuze mu by'omwoyo.</p>	<p>The Greek term for "refreshed" is ANAPAUO; and this concept was briefly discussed in the above dissertation on Happiness. However, the idea commands more attention and more detail, as 'refreshment' is an attribute of those believers that have attained spiritual maturity. Thus we might say that the 'ministry of refreshment' is the realization and function of the spiritually mature.</p>
<p>Pawulo ayita Filemoni 'ekiwummulo.' Kino kitegeeza nti Filemoni muntu wa bulamu era akkakkanya abantu bonna abakwatagana naye. Mu by'omwoyo ne mu mwoyo, Filemoni awa abalala ekiwummulo. Ye ssanyu okubeera naye n'okubeera naye; abalala banoonya okubeera naye basobole okuzzibwawo olw'okukkiriza kwe okw'obukkakkamu mu Katonda, olw'okwagala kwe okw'empisa ennungi eri abalala, olw'okusaasira kwe okwa nnamaddala, n'endowooza ye ey'enjigiriza eri obulamu.</p>	<p>Paul calls Philemon a 'refreshment.' This means that Philemon is a vivifying and soothing personality to all that interrelate with him. Spiritually and soulishly, Philemon provides refreshment to others. He is a pleasure to be with and around; others seek out his company so that they might be restored by his calm faith in God, by his virtue-love toward others, by his real compassion, and by his doctrinal perspective toward life.</p>