

Ufufuo wa Kristo [The Resurrection of Christ]	
Utangulizi	Introduction
Kifo, kuzika, na ufufuo wa Bwana Yesu Kristo ni matukio muhimu zaidi katika historia ya binadamu. Kwamba Yesu Kristo amefufuliwa kutoka kwa wafu ni ukweli ulio imara wa kihistoria uliohakikishwa na watazamaji wengi wa macho na kwa ushahidi mkubwa wa kuthibitisha.	The death, burial, and resurrection of the Lord Jesus Christ are the most important events in human history. That Jesus Christ rose from the dead is an established historical fact verified by many eyewitnesses and by a great deal of corroborating evidence.
Karatasi hii hutoa muhtasari mkali wa kusoma mada hii muhimu, ikiwa ni pamoja na hali zinazozunguka ufufuo wa Kristo, ushahidi mbalimbali wa ufufuo kama tukio la kihistoria, ufufuo wa watakatifu wa Kikristo wa utoaji tofauti, na umuhimu wa Mafundisho ya Ufufuo kwa umri wa kanisa mwamini.	This paper provides a concise outline for studying this important topic, including the circumstances surrounding the resurrection of Christ, the various proofs of the resurrection as a historical event, the resurrection of Christian saints of different dispensations, and the importance of the Doctrine of Resurrection to the church age believer.
Katika kusoma mada hii, angalia juu ya mistari yote ya maandiko na kusoma mukamilifu wa kila kifungu. Maelezo haya ni mwongozo wa kusoma Biblia; hivyo taarifa muhimu sana inapatikana katika Biblia yenyewe.	In studying this topic, look up all of the scripture verses and read the complete context of each passage. These notes are just a guide for studying the Bible; so the really important information is found in the Bible itself.
Amri ya Ufufuo wa Matukio	Resurrection Order of Events
1. Baada ya Kristo kuchukuliwa kutoka Msalaba, Pontio Pilato amuru mwili wake ugeuzwe kwa Yosefu wa Arimathea kwa kuzika.	1. After Christ is taken down from the Cross, Pontius Pilate orders His body turned over to Joseph of Arimathea for burial.
Mathayo 27: 57-60 57 Ilipokuwa jioni, mtu mmoja tajiri kutoka Arimathea aitwaye Yosefu, ambaye pia alikuwa mwanafunzi wa Yesu, alikuja. 58 Huyu mtu alikwenda kwa Pilato akamwomba mwili wa Yesu. Kisha Pilato aliamuru mwili upewe. 59 Yusufu alipokwisha kuchukua mwili, akaupatia nguo ya kitani safi, 60 akaiweka katika kaburi lake jipya ambalo alikuwa ametengenezwa katika mwamba; naye akavingirisha jiwe kubwa juu ya mlango wa kaburi, akaenda.	Matthew 27:57-60 57 Now when evening had come, there came a rich man from Arimathea, named Joseph, who himself had also become a disciple of Jesus. 58 This man went to Pilate and asked for the body of Jesus. Then Pilate commanded the body to be given to him. 59 When Joseph had taken the body, he wrapped it in a clean linen cloth, 60 and laid it in his new tomb which he had hewn out of the rock; and he rolled a large stone against the door of the tomb, and departed.
2. Pilato kisha anawaagiza walinzi wa kijeshi kuwekwa kaburini.	2. Pilate then orders a military guard to be placed at the tomb.
Mathayo 27: 62-66 62 Siku ya pili, iliyofuata siku ya Maandalizi, makuhani wakuu na Mafarisayo walikusanyika kwa Pilato, 63 wakisema, "Mheshimiwa, tunakumbuka wakati	Matthew 27:62-66 62 On the next day, which followed the Day of Preparation, the chief priests and Pharisees gathered together to Pilate, 63 saying, "Sir, we remember, while He was still

<p>alipokuwa hai, jinsi mnyang'anyi huyo alisema, Baada ya siku tatu nitafufuka.</p> <p>64 Basi, amuru kaburi liwe salama mpaka siku ya tatu, wasije wanafunzi wake usiku na kumbe, na kuwaambia watu, "Amefufuka kutoka kwa wafu." Kwa hivyo udanganyifu wa mwisho utakuwa mbaya zaidi kuliko wa kwanza. "</p> <p>65 Pilato akawaambia," Ninyi mna walinzi; Nenda zako, uifanye kuwa salama kama unavyojua jinsi. "</p> <p>66 Basi wakaenda na kuifanya kaburi salama, kuifunga jiwe hilo na kuziweka walinzi.</p>	<p>alive, how that deceiver said, 'After three days I will rise.'</p> <p>64 Therefore command that the tomb be made secure until the third day, lest His disciples come by night and steal Him away, and say to the people, 'He has risen from the dead.' So the last deception will be worse than the first."</p> <p>65 Pilate said to them, "You have a guard; go your way, make it as secure as you know how."</p> <p>66 So they went and made the tomb secure, sealing the stone and setting the guard.</p>
<p>3. Yesu Kristo ameweka kando uwezo wa uungu wake mwenyewe, kwa heshima na mwili wake wa kibinadamu. Kwa hiyo, kwa mujibu wa amri za Mungu, Mungu Baba aliwapa maagizo ya kufufuka kwa Kristo kutoka kwa wafu.</p>	<p>3. Jesus Christ has voluntarily laid aside the powers of His own deity, with respect to His human body. Therefore, in accordance with the Divine Decrees, God the Father gave the orders for Christ's resurrection from the dead.</p>
<p>1 Wakorintho 15:15</p> <p>Naam, na tunaonekana kuwa mashahidi wa uongo wa Mungu, kwa sababu tumeshuhudia juu ya Mungu kwamba alimfufua Kristo ambaye hakumfufua, ikiwa kweli wafu hawafufui.</p>	<p>1 Corinthians 15:15</p> <p>Yes, and we are found false witnesses of God, because we have testified of God that He raised up Christ, whom He did not raise up—if in fact the dead do not rise.</p>
<p>4. Mungu Roho Mtakatifu alikuwa wakala wa ufufuo kwa kuwa alitumia uwezo wake kumleta Kristo uzima.</p>	<p>4. God the Holy Spirit was the agent of the resurrection in that He used his power to bring Christ to life.</p>
<p>1 Petro 3:18</p> <p>Kwa maana Kristo pia aliteseka mara moja kwa ajili ya dhambi, mwenye haki kwa ajili ya waadilifu, ili atuletee Mungu, akiuawa kwa mwili, bali akiwa hai kwa Roho,</p>	<p>1 Peter 3:18</p> <p>For Christ also suffered once for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh but made alive by the Spirit,</p>
<p>5. Yesu Kristo anatoka kaburi chini ya nguvu zake mwenyewe.</p>	<p>5. Jesus Christ leaves the grave under His own power.</p>
<p>Yohana 10:18</p> <p>Hakuna mtu anayechukua kwangu, bali ninaiweka chini yangu. Nina uwezo wa kuiweka chini, na nina uwezo wa kuichukua tena. Amri hii nimepata kutoka kwa Baba yangu. "</p>	<p>John 10:18</p> <p>No one takes it from Me, but I lay it down of Myself. I have power to lay it down, and I have power to take it again. This command I have received from My Father."</p>
<p>6. Baada ya Kristo kuondoka kaburini, Mungu anamtuma malaika kumtolea jiwe ili kuonyesha kwa ulimwengu kwamba Kristo amefufuka. Hii inaongozana na tetemeko la ardhi kubwa.</p>	<p>6. After Christ leaves the tomb, God sends an angel to roll away the stone to demonstrate to the world that Christ had risen. This is accompanied by a great earthquake.</p>
<p>Mathayo 28: 1,2</p> <p>1 Baada ya Sabato, siku ya kwanza ya juma ikaanza asubuhi, Maria Magdalene na Maria mwingine walikuja kuona kaburi.</p>	<p>Matthew 28:1,2</p> <p>1 Now after the Sabbath, as the first day of the week began to dawn, Mary Magdalene and the other Mary came to see the tomb.</p>

2 Na tazama, kulikuwa na tetemeko la ardhi kubwa; Kwa kuwa malaika wa Bwana alishuka kutoka mbinguni, akaja akainua jiwe hilo kutoka mlangoni, akaketi juu yake.	2 And behold, there was a great earthquake; for an angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat on it.
7. Ni wakati huu kwamba Shetani amewahi kufahamu tena ushindi wa Yesu Kristo juu ya kifo na kaburi na ushindi wake katika vita vya malaika.	7. It is at this point that Satan is once again made aware of the victory of Jesus Christ over death and the grave and His triumph in the angelic warfare.
1 Wakorintho 15: 54-57 54 Basi huu uharibikao ina uvae kutokuharibika, na huu wa kufa ina kuvaa kutokufa, hapo ndipo litakapokuwa lile neno lililoandikwa: ". Kifo kimeangamizwa ushindi umekamilika" 55 "O Death , ni wapi wako? Ee Hadeshe, ushindi wako wapi? " 56 Ulio wa kifo ni dhambi, na nguvu ya dhambi ni sheria. 57 Lakini shukrani kwa Mungu, ambaye anatupa ushindi kupitia Bwana wetu Yesu Kristo.	1 Corinthians 15:54-57 54 So when this corruptible has put on incorruption, and this mortal has put on immortality, then shall be brought to pass the saying that is written: "Death is swallowed up in victory." 55 "O Death, where is your sting? O Hades, where is your victory?" 56 The sting of death is sin, and the strength of sin is the law. 57 But thanks be to God, who gives us the victory through our Lord Jesus Christ.
8. Maria (mama wa Yakobo), Mary Magdalene, na Salomé wanakuja kaburini.	8. Mary (the mother of James), Mary Magdalene, and Salomé come to the tomb.
Marko 16: 1 Siku ya Sabato ilipopita, Maria Magdalene, Maria mama wa Yakobo, na Salome walinunua manukato, ili wapate kumtia mafuta.	Mark 16:1 Now when the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, that they might come and anoint Him.
9. Maria Magdalene, alipoona jiwe limevingirishwa, anaendesha kuwaambia wanafunzi.	9. Mary Magdalene, upon seeing the stone rolled away, runs to tell the disciples.
Yohana 20: 1,2 1 Siku ya kwanza ya juma Maria Magdalene akaenda kaburini mapema, wakati bado giza, akaona kwamba jiwe limeondolewa kutoka kaburini. 2 Kisha akamkimbilia, akaenda kwa Simoni Petro, na yule mwanafunzi mwingine Yesu alimpenda, akawaambia, "Wamemwondoa Bwana kaburini, na hatujui wapi wamemweka."	John 20:1,2 1 Now the first day of the week Mary Magdalene went to the tomb early, while it was still dark, and saw that the stone had been taken away from the tomb. 2 Then she ran and came to Simon Peter, and to the other disciple, whom Jesus loved, and said to them, "They have taken away the Lord out of the tomb, and we do not know where they have laid Him."
10. Mary na Salomé basi wanaona malaika ambaye anawaambia kuwa Yesu amefufuka.	10. Mary and Salomé then see the angel who tells them that Jesus had risen.
Marko 16: 5,6 5 Walipoingia kaburini, wakamwona kijana aliyevaa mavazi nyeupe ndefu ameketi upande wa kulia; na waliogopa. 6 Lakini akawaambia, "Msifadhaike. Mnamtafuta Yesu wa Nazareti, ambaye	Mark 16:5,6 5 And entering the tomb, they saw a young man clothed in a long white robe sitting on the right side; and they were alarmed. 6 But he said to them, "Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He is

alisulubiwa. Amefufuka! Yeye hako hapa. Angalia mahali walipoweka.	risen! He is not here. See the place where they laid Him.
11. Petro na Yohana walifika kaburini baada ya kusikia ripoti ya Mary Magdalene.	11. Peter and John come to the tomb after hearing Mary Magdalene's report.
12. Petro anaambiwa kwamba Yesu Kristo amefufuliwa kutoka kwa wafu, yeye huingia kaburini, na anashangaa kwa yale aliyoyaona.	12. Peter is told that Jesus Christ had risen from the dead, he enters the tomb, and he wonders at what he had seen.
Luka 24: 10-12 10 Maria Magdalena, Yohana, Maria mama wa Yakobo, na wanawake wengine waliokuwa pamoja nao, waliwaambia wale mitume habari hizo. 11 Na maneno yao yalionekana kama hadithi za uongo, wala hawakuziamini. 12 Lakini Petro akaondoka na kukimbilia kaburini; na akainama, akaona nguo za kitani zimekaa peke yao; Akaenda, akashangaa mwenyewe juu ya yaliyotokea.	Luke 24:10-12 10 It was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them, who told these things to the apostles. 11 And their words seemed to them like idle tales, and they did not believe them. 12 But Peter arose and ran to the tomb; and stooping down, he saw the linen cloths lying by themselves; and he departed, marveling to himself at what had happened.
13. Maria Magdalene, ambaye hakuwa amesikia ripoti ya malaika, anarudi kaburini, na hakumtambui Kristo wakati anamwona.	13. Mary Magdalene, who had not heard the angel's report, returns to the tomb, and does not recognize Christ when she sees Him.
Yohana 20: 11-18 11 Lakini Maria alisimama nje ya kaburini akalia, naye akalia, akainama, akatazama kaburini. 12 Akaona malaika wawili wakiwa wamevaa nyeupe wakiwa wameketi, mmoja juu na kichwa, ambapo mwili wa Yesu ulilala. 13 Wakamwambia, "Mama, kwa nini unalia?" Akawaambia, "Kwa sababu wamemwondoa Bwana wangu, wala sijui wapi wamemweka." 14 Aliposema hayo, akageuka na kumwona Yesu amesimama hapo, na hakujua kwamba alikuwa Yesu. 15 Yesu akamwambia, "Mama, kwa nini unalia? Wewe unatafuta nani? "Yeye, akidhani kuwa ndiye mkulima, akamwambia," Mheshimiwa, ikiwa umemchukua, niseme ambapo umemweka, na nitamchukua. " 16 Yesu akamwambia, "Maria!" Akageuka akamwambia, "Raboni!" (Yaani, Mwalimu). 17 Yesu akamwambia, "Usinikalie, kwa maana sijaendelea kwenda kwa Baba yangu; bali nenda kwa ndugu zangu na kuwaambie, 'Ninakwenda kwa Baba yangu na Baba yenu, na kwa Mungu wangu na Mungu wenu.' " 18 Maria Magdalene akaja akawaambia wanafunzi kwamba amemwona Bwana, na kwamba amemwambia hayo.	John 20:11-18 11 But Mary stood outside by the tomb weeping, and as she wept she stooped down and looked into the tomb. 12 And she saw two angels in white sitting, one at the head and the other at the feet, where the body of Jesus had lain. 13 Then they said to her, "Woman, why are you weeping?" She said to them, "Because they have taken away my Lord, and I do not know where they have laid Him." 14 Now when she had said this, she turned around and saw Jesus standing there, and did not know that it was Jesus. 15 Jesus said to her, "Woman, why are you weeping? Whom are you seeking?" She, supposing Him to be the gardener, said to Him, "Sir, if You have carried Him away, tell me where You have laid Him, and I will take Him away." 16 Jesus said to her, "Mary!" She turned and said to Him, "Rabboni!" (which is to say, Teacher). 17 Jesus said to her, "Do not cling to Me, for I have not yet ascended to My Father; but go to My brethren and say to them, 'I am ascending to My Father and your Father, and to My God and your God.' " 18 Mary Magdalene came and told the disciples

	that she had seen the Lord, and that He had spoken these things to her.
14. Ni kwa Maria Magdalene kwamba Kristo kwanza anajifunua mwenyewe katika nguvu za kufufuliwa. Anaanza kwa kuanzisha kwamba sasa anafanya kazi juu ya kiwango ambacho yeye ni, ingawa bado hajajazwa utukufu wakati wa kupaa.	14. It is to Mary Magdalene that Christ first reveals Himself in resurrected power. He starts by establishing that He is now operating on a higher level than she is, even though He has not yet been glorified at the Ascension.
Yohana 20:17 Yesu akamwambia, "Usisinie, kwa maana sikujaa kwa Baba yangu; bali nenda kwa ndugu zangu na kuwaambie, 'Ninakwenda kwa Baba yangu na Baba yenu, na kwa Mungu wangu na Mungu wenu.' "	John 20:17 Jesus said to her, "Do not cling to Me, for I have not yet ascended to My Father; but go to My brethren and say to them, 'I am ascending to My Father and your Father, and to My God and your God.' "
Maelezo ya Ufufuo	A Description of the Resurrection
Kristo alikuwa amekufa kimwili kabla ya kuchukuliwa kutoka Msalaba; Alikuwa si tu ufahamu, kama wakosoaji wengine wamedai ("swoon" nadharia).	Christ was physically dead before being taken down from the Cross; He was not merely unconscious, as some critics have claimed (the "swoon" theory).
<ul style="list-style-type: none"> Askari walimtangaza kuwa amekufa! Wangeweza kuteswa kwa adhabu kali kwa kutohakikisha kuwa mfungwa yeyote aliyekufa kabla ya kuondolewa kutoka msalaba. 	<ul style="list-style-type: none"> The soldiers declared Him dead! They would have suffered severe punishment for not making sure that any prisoner was dead before being removed from the cross.
Marko 15:45 Basi, alipofunuliwa na askari wa magaidi, akampa Yosefu mwili.	Mark 15:45 So when he found out from the centurion, he granted the body to Joseph.
Yohana 19:33 Lakini walipofika kwa Yesu na kuona kwamba tayari amekufa, hawakuvunja miguu yake.	John 19:33 But when they came to Jesus and saw that He was already dead, they did not break His legs.
<ul style="list-style-type: none"> Damu na maji yanayotoka upande wake ni dalili ya matibabu ya kifo cha kimwili. 	<ul style="list-style-type: none"> The blood and water flowing from His side is a medical indication of physical death.
<ul style="list-style-type: none"> Baada ya kuchukuliwa kutoka Msalaba alikuwa ameandaliwa kwa kuzikwa na kufungwa ndani ya kaburi, kuondoa kila uwezekano wa kupokea matibabu yake. 	<ul style="list-style-type: none"> After being taken from the Cross he was prepared for burial and locked in a tomb, eliminating all possibility of His receiving medical attention.
<ul style="list-style-type: none"> Wanawake walifika kwenye kaburi lililo tayari kumwa mafuta. 	<ul style="list-style-type: none"> The women came to the tomb prepared to anoint a dead body.
Marko 16: 1 Siku ya Sabato ilipopita, Maria Magdalene, Maria mama wa Yakobo, na Salome walinunua manukato, ili wapate kumtia mafuta.	Mark 16:1 Now when the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, that they might come and anoint Him.
<ul style="list-style-type: none"> Ikiwa hakuwa amekufa kimwili, angekuwa hastahili kuwa sadaka ya dhambi kwa Mungu. 	<ul style="list-style-type: none"> If He had not died physically, He would not have been worthy to be a sin offering to God.

<p>Mathayo 26:12 Kwa maana katika kumwaga mafuta haya yenye harufu nzuri juu ya mwili wangu, alifanya hivyo kwa mazishi Yangu.</p>	<p>Matthew 26:12 For in pouring this fragrant oil on My body, she did it for My burial.</p>
<p>Soma REVILI 2: 1-16</p>	<p>READ Leviticus 2:1-16</p>
<ul style="list-style-type: none"> Mwili wa Kristo haukuweza kuondolewa na wafuasi wake, kama wengine walidai. Kuna mambo mengi yanayopingana na uamuzi huo. 	<ul style="list-style-type: none"> Christ's body could not have been removed by His followers, as some have claimed. There are too many contradictory facts against that conclusion.
<ul style="list-style-type: none"> Wanafunzi wa Kristo walikuwa na hofu na walikuwa wamekwisha kumfukuza. 	<ul style="list-style-type: none"> The disciples of Christ were afraid and had already deserted Him.
<p>SOMA Mathayo 26: 69-75</p>	<p>READ Matthew 26:69–75</p>
<p>SOMA Marko 14: 66-72</p>	<p>READ Mark 14:66-72</p>
<p>Soma Luka 22: 55-62</p>	<p>READ Luke 22:55-62</p>
<p>Soma Yohana 18: 15-27.</p>	<p>READ John 18:15-27.</p>
<ul style="list-style-type: none"> Kiongozi wao mwenye ujasiri, Peter, amemkana mara tatu. 	<ul style="list-style-type: none"> Their boldest leader, Peter, had denied Him three times.
<ul style="list-style-type: none"> Kaburi lilifunikwa na Muhuri wa Imperial wa Roma; kuivunja na kuingia kaburini ingekuwa yenyewe kuadhibiwa na kifo. 	<ul style="list-style-type: none"> The tomb was sealed with the Imperial Seal of Rome; to break it and enter the tomb would itself be punishable by death.
<ul style="list-style-type: none"> Kaburi lililindwa na askari wa Kirumi. Kuwashambulia wangekuwa kujiua; shambulio hilo lilichukuliwa kama tendo la ufufuo, kuadhibiwa kwa kusulubiwa. 	<ul style="list-style-type: none"> The tomb was guarded by Roman soldiers. To attack them would have been suicidal; such an attack was considered an act of insurrection, to be punished by crucifixion.
<p>Mathayo 27: 62-66 62 Siku ya pili, iliyofuata siku ya Maandalizi, makuhani wakuu na Mafarisayo walikusanyika kwa Pilato, 63 wakisema, "Mheshimiwa, tunakumbuka wakati alipokuwa hai, jinsi mnyang'anyi huyo alisema, Baada ya siku tatu nitafufuka. 64 Basi, amuru kaburi liwe salama mpaka siku ya tatu, wasije wanafunzi wake usiku na kumbe, na kuwaambia watu, "Amefufuka kutoka kwa wafu." Kwa hivyo udanganyifu wa mwisho utakuwa mbaya zaidi kuliko wa kwanza. " 65 Pilato akawaambia," Ninyi mna walinzi; Nenda zako, uifanye kuwa salama kama unavyojua jinsi. " 66 Basi wakaenda na kuifanya kaburi salama, kuifunga jiwe hilo na kuziweka walinzi.</p>	<p>Matthew 27:62-66 62 On the next day, which followed the Day of Preparation, the chief priests and Pharisees gathered together to Pilate, 63 saying, "Sir, we remember, while He was still alive, how that deceiver said, 'After three days I will rise.' 64 Therefore command that the tomb be made secure until the third day, lest His disciples come by night and steal Him away, and say to the people, 'He has risen from the dead.' So the last deception will be worse than the first." 65 Pilate said to them, "You have a guard; go your way, make it as secure as you know how." 66 So they went and made the tomb secure, sealing the stone and setting the guard.</p>
<ul style="list-style-type: none"> Wafuasi waliomzika Kristo, Yusufu wa Arimathea na Nikodemo, hawakupenda kumzika katika mahali maarufu kama 	<ul style="list-style-type: none"> The followers who buried Christ, Joseph of Arimathea and Nicodemus, would not have arranged to bury Him in such a prominent place

wangetaka kujificha mwili Wake.	if they had intended to hide His body.
<ul style="list-style-type: none"> Wafuasi wake waliamini kwamba alikuwa bado katika kaburi juu ya asubuhi ya ufufuo, akionyesha kuwa hapakuwa na njama kuiba mwili wake. 	<ul style="list-style-type: none"> His followers believed that he was still in the tomb on resurrection morning, indicating that there was no plot to steal His body.
Ufufuo wa Kristo ilikuwa ufufuo wa kimwili. Alikuwa kutoka kaburini, sio kama mtu aliyejeruhiwa, mwenye ulemavu, lakini kama mshindi mkuu. Hakuwa na madhara baada ya madhara kutokana na tatizo la kutisha ambalo alikuwa amekwenda.	Christ's resurrection was a bodily resurrection. He came out of the tomb, not as a wounded, crippled man, but as a mighty conqueror. He showed no after-effects from the terrible ordeal He had gone through.
<ul style="list-style-type: none"> Kristo alikuwa ametangaza kabla ya kifo chake kwamba atafufuliwa kwa mwili. 	<ul style="list-style-type: none"> Christ had personally declared before His death that He would be resurrected bodily.
Yohana 2: 19-21 19 Yesu akawajibu, "Mharibu hekalu hili, na siku tatu nitamfufua." 20 Wayahudi wakasema, "Imechukua miaka arobaini na sita kujenga hekalu hili, na Je !, utaiinua katika siku tatu? " 21 Lakini alikuwa akisema juu ya hekalu la mwili Wake.	John 2:19-21 19 Jesus answered and said to them, "Destroy this temple, and in three days I will raise it up." 20 Then the Jews said, "It has taken forty-six years to build this temple, and will You raise it up in three days?" 21 But He was speaking of the temple of His body.
Mathayo 12:40 Kwa maana kama Yona alivyokuwa ndani ya tumbo la samaki kubwa siku tatu na usiku wa tatu, ndivyo Mwana wa Mtu atakavyokuwa siku tatu na usiku wa tatu katika moyo wa dunia.	Matthew 12:40 For as Jonah was three days and three nights in the belly of the great fish, so will the Son of Man be three days and three nights in the heart of the earth.
na Ufunuo 1:18 Mimi ndiye aliyeishi, naye alikufa; na tazama, mimi ni hai milele. Amina. Nami nina funguo za Hades na ya Kifo.	with Revelation 1:18 I am He who lives, and was dead, and behold, I am alive forevermore. Amen. And I have the keys of Hades and of Death.
<ul style="list-style-type: none"> Malaika huko kaburi walitangaza kwamba alikuwa amfufuliwa. 	<ul style="list-style-type: none"> The angels at the tomb declared that He had been resurrected.
Luka 24: 6-8 6 Yeye hako hapa, amefufuka! Kumbuka jinsi alivyowaambia wakati alipokuwa Galilaya, 7 akisema, 'Mwana wa Mtu lazima atoe mikononi mwa watu wenye dhambi, na kusulubiwa, na siku ya tatu kufufuka.' " 8 Na wakakumbuka maneno yake.	Luke 24:6-8 6 He is not here, but is risen! Remember how He spoke to you when He was still in Galilee, 7 saying, 'The Son of Man must be delivered into the hands of sinful men, and be crucified, and the third day rise again.' " 8 And they remembered His words.
<ul style="list-style-type: none"> kaburi lilikuwa tupu, na nguo za kaburi zilipigwa na kwa dakika moja baada ya kaburi kufunguliwa. 	<ul style="list-style-type: none"> The tomb was empty, and the grave clothes were folded and in order only minutes after the tomb was opened.
Marko 16: 6 Lakini akawaambia, "Msigope. Mnamtafuta Yesu wa Nazareti, ambaye alisulubiwa. Amefufuka! Yeye hako hapa. Angalia	Mark 16:6 But he said to them, "Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He is risen! He is not here. See the place where they laid Him.

mahali walipoweka.	
<p>Yohana 20: 5-7 5 Naye akainama, akatazama, akaona nguo za kitani zimekaa pale; lakini hakuvingia. 6 Basi Simoni Petro alikuja, akimfuata, akaingia kaburini; akaona nguo za kitani zilipokuwa zimekaa pale, 7 na kikapu kilichokuwa kikizunguka kichwa chake, si kulala pamoja na nguo za kitani, lakini kilikuwa kikiwa mahali pawe pekee.</p>	<p>John 20:5-7 5 And he, stooping down and looking in, saw the linen cloths lying there; yet he did not go in. 6 Then Simon Peter came, following him, and went into the tomb; and he saw the linen cloths lying there, 7 and the handkerchief that had been around His head, not lying with the linen cloths, but folded together in a place by itself.</p>
<ul style="list-style-type: none"> • Kristo alitangaza kuwa alikuwa mwili na mfupa, kuondoa nadharia ya "roho" na nadharia ya "maono". 	<ul style="list-style-type: none"> • Christ declared that He was flesh and bone, eliminating the "spirit" theory and the "vision" theory.
<p>Luka 24: 39-40 39 Tazama mikono yangu na miguu yangu, mimi ni mimi. Nipeni na kuona, kwa maana roho haina mwili na mifupa kama mnavyoona ninavyo. " 40 Alipokwisha kusema hayo, akawaonyesha mikono na miguu yake.</p>	<p>Luke 24:39-40 39 Behold My hands and My feet, that it is I Myself. Handle Me and see, for a spirit does not have flesh and bones as you see I have." 40 When He had said this, He showed them His hands and His feet.</p>
<ul style="list-style-type: none"> • Wanawake watano ambao alionekana aliugusa miguu na kumshika. 	<ul style="list-style-type: none"> • The five women to whom he appeared touched his feet and held him.
<p>Matthew 28:9 And as they went to tell His disciples, behold, Jesus met them, saying, "Rejoice!" So they came and held Him by the feet and worshiped Him.</p>	<p>Matthew 28:9 And as they went to tell His disciples, behold, Jesus met them, saying, "Rejoice!" So they came and held Him by the feet and worshiped Him.</p>
<ul style="list-style-type: none"> • Christ ate food after His resurrection. This would have been impossible if it was just a vision or a psychological mass delusion. 	<ul style="list-style-type: none"> • Christ ate food after His resurrection. This would have been impossible if it was just a vision or a psychological mass delusion.
<p>Luke 24:41-45 41 But while they still did not believe for joy, and marveled, He said to them, "Have you any food here?" 42 So they gave Him a piece of a broiled fish and some honeycomb. 43 And He took it and ate in their presence. 44 Then He said to them, "These are the words which I spoke to you while I was still with you, that all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me." 45 And He opened their understanding, that they might comprehend the Scriptures.</p>	<p>Luke 24:41-45 41 But while they still did not believe for joy, and marveled, He said to them, "Have you any food here?" 42 So they gave Him a piece of a broiled fish and some honeycomb. 43 And He took it and ate in their presence. 44 Then He said to them, "These are the words which I spoke to you while I was still with you, that all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me." 45 And He opened their understanding, that they might comprehend the Scriptures.</p>
<ul style="list-style-type: none"> • His body was described in detail after the resurrection by various witnesses. 	<ul style="list-style-type: none"> • His body was described in detail after the resurrection by various witnesses.
<p>John 20:25-28 25 The other disciples therefore said to him, "We</p>	<p>John 20:25-28 25 The other disciples therefore said to him, "We</p>

<p>have seen the Lord.” So he said to them, “Unless I see in His hands the print of the nails, and put my finger into the print of the nails, and put my hand into His side, I will not believe.”</p> <p>26 And after eight days His disciples were again inside, and Thomas with them. Jesus came, the doors being shut, and stood in the midst, and said, “Peace to you!”</p> <p>27 Then He said to Thomas, “Reach your finger here, and look at My hands; and reach your hand here, and put it into My side. Do not be unbelieving, but believing.”</p> <p>28 And Thomas answered and said to Him, “My Lord and my God!”</p>	<p>have seen the Lord.” So he said to them, “Unless I see in His hands the print of the nails, and put my finger into the print of the nails, and put my hand into His side, I will not believe.”</p> <p>26 And after eight days His disciples were again inside, and Thomas with them. Jesus came, the doors being shut, and stood in the midst, and said, “Peace to you!”</p> <p>27 Then He said to Thomas, “Reach your finger here, and look at My hands; and reach your hand here, and put it into My side. Do not be unbelieving, but believing.”</p> <p>28 And Thomas answered and said to Him, “My Lord and my God!”</p>
<p>John 21:7</p> <p>Therefore that disciple whom Jesus loved said to Peter, “It is the Lord!” Now when Simon Peter heard that it was the Lord, he put on his outer garment (for he had removed it), and plunged into the sea.</p>	<p>John 21:7</p> <p>Therefore that disciple whom Jesus loved said to Peter, “It is the Lord!” Now when Simon Peter heard that it was the Lord, he put on his outer garment (for he had removed it), and plunged into the sea.</p>
<p>Luke 24:34,37-40</p> <p>34 saying, “The Lord is risen indeed, and has appeared to Simon!”</p> <p>37 But they were terrified and frightened, and supposed they had seen a spirit.</p> <p>38 And He said to them, “Why are you troubled? And why do doubts arise in your hearts?”</p> <p>39 Behold My hands and My feet, that it is I Myself. Handle Me and see, for a spirit does not have flesh and bones as you see I have.”</p> <p>40 When He had said this, He showed them His hands and His feet.</p>	<p>Luke 24:34,37-40</p> <p>34 saying, “The Lord is risen indeed, and has appeared to Simon!”</p> <p>37 But they were terrified and frightened, and supposed they had seen a spirit.</p> <p>38 And He said to them, “Why are you troubled? And why do doubts arise in your hearts?”</p> <p>39 Behold My hands and My feet, that it is I Myself. Handle Me and see, for a spirit does not have flesh and bones as you see I have.”</p> <p>40 When He had said this, He showed them His hands and His feet.</p>
<ul style="list-style-type: none"> • Haiwezekani kuelewa vifungu vingine vya Biblia isipokuwa kwa mtazamo wa ufufuo halisi, wa kimwili. 	<ul style="list-style-type: none"> • It would be impossible to understand several other Bible passages except from the standpoint of a literal, bodily resurrection.
<p>Yohana 5: 28,29</p> <p>28 Usistaajabu huu; kwa maana wakati unakuja ambapo wote walio katika makaburi wataisikia sauti yake</p> <p>29 na watatokea-wale waliofanya mema, kufufuliwa kwa uzima, na wale waliofanya mabaya, kwa ufufuo wa hukumu.</p>	<p>John 5:28,29</p> <p>28 Do not marvel at this; for the hour is coming in which all who are in the graves will hear His voice</p> <p>29 and come forth—those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of condemnation.</p>
<p>1 Wakorintho 15:20</p> <p>Lakini sasa Kristo amefufuliwa kutoka kwa wafu, naye amekuwa matunda ya kwanza ya wale waliolala.</p>	<p>1 Corinthians 15:20</p> <p>But now Christ is risen from the dead, and has become the firstfruits of those who have fallen asleep.</p>
<p>Waebrania 1: 19,20</p>	<p>Ephesians 1:19,20</p>

<p>19 Nini nguvu kubwa zaidi ya nguvu Yake kwetu kwetu tunaoamini, kulingana na kazi ya Nguvu Yake ya nguvu</p> <p>20 ambayo alifanya kazi katika Kristo wakati alimfufua kutoka wafu na kumketi katika mkono Wake wa kuume katika maeneo ya mbinguni,</p>	<p>19 and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power</p> <p>20 which He worked in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly places,</p>
<p>Watu wengine kadhaa walikuwa wamefufuliwa kutoka wafu; lakini kila mtu huyo alikufa tena. Ufufuo wa Kristo ulikuwa wa pekee kwa kuwa "anaishi milele ili kutuombea."</p>	<p>Several other individuals had been raised from the dead; but in each case the person died again. Christ's resurrection was thus unique in that He "ever lives to make intercession for us."</p>
<p>• Mwana wa mjane wa Sarefati, 1 Wafalme 17: 17-24</p>	<p>• The son of the widow of Zarephath, 1 Kings 17:17-24</p>
<p>• Mwana wa Shunammite, 2 Wafalme 4: 17-27</p>	<p>• The Shunammite's son, 2 Kings 4:17-27</p>
<p>• binti ya Yairo, Marko 5: 22-43</p>	<p>• Jairus's daughter, Mark 5:22-43</p>
<p>• Kijana wa Naini, Luka 7: 11-17</p>	<p>• The young man of Nain, Luke 7:11-17</p>
<p>• Lazaro, Yohana 11</p>	<p>• Lazarus, John 11</p>
<p>• Tabitha, Matendo 9:36 -43</p>	<p>• Tabitha, Acts 9:36-43</p>
<p>• Utoko, Matendo 20: 7-12</p>	<p>• Eutychus, Acts 20:7-12</p>
<p>Mfuko wa Kristo</p>	<p>The Resurrection Body of Christ</p>
<p>• Kristo aliyefufuliwa alikuwa na mwili halisi wa kibinadamu ambao ulitambulika kama vile.</p>	<p>• The risen Christ had a real human body that was recognizable as such.</p>
<p>Soma Luka 24</p>	<p>READ Luke 24</p>
<p>Yohana 20: 26-29</p> <p>26 Na baada ya siku nane wanafunzi wake walikuwa ndani tena, na Tomasi pamoja nao. Yesu akaja, milango imefungwa, akasimama katikati, akasema, "Amani kwako!"</p> <p>27 Kisha akamwambia Tomasi, "Pata kidole chako hapa, uone mikono yangu; na kufikia mkono wako hapa, na kuiweka upande wangu. Msiwe waamini, lakini uamini. "</p> <p>28 Toma akamjibu, "Bwana wangu na Mungu wangu! "</p> <p>29 Yesu akamwambia, "Tomasi, kwa sababu umeniona, umemwamini. Heri wale ambao hawajaona na bado wameamini. "</p>	<p>John 20:26-29</p> <p>26 And after eight days His disciples were again inside, and Thomas with them. Jesus came, the doors being shut, and stood in the midst, and said, "Peace to you!"</p> <p>27 Then He said to Thomas, "Reach your finger here, and look at My hands; and reach your hand here, and put it into My side. Do not be unbelieving, but believing."</p> <p>28 And Thomas answered and said to Him, "My Lord and my God!"</p> <p>29 Jesus said to him, "Thomas, because you have seen Me, you have believed. Blessed are those who have not seen and yet have believed."</p>
<p>• Mwili wake ulikuwa na nyama na mifupa lakini hakuwa na damu.</p>	<p>• His body was composed of flesh and bones but had no blood.</p>
<p>Luka 24: 39,40</p> <p>39 Tazama mikono yangu na miguu yangu, mimi ni mimi. Nipeni na kuona, kwa maana roho haina mwili na mifupa kama mnavyoona ninavyo. "</p> <p>40 Alipokwisha kusema hayo, akawaonyesha</p>	<p>Luke 24:39,40</p> <p>39 Behold My hands and My feet, that it is I Myself. Handle Me and see, for a spirit does not have flesh and bones as you see I have."</p> <p>40 When He had said this, He showed them His</p>

mikono na miguu yake.	hands and His feet.
<ul style="list-style-type: none"> • Mwili wake unaweza kushughulikiwa na kuguswa, kwa hiyo ilibidi kuwa na vitu. 	<ul style="list-style-type: none"> • His body could be handled and touched, therefore it had to have substance.
Mathayo 28: 9 Na walipokwenda kuwaambia wanafunzi wake, tazama, Yesu alikutana nao, akisema, "Furahini!" Basi wakamwendea miguu na kumsujudia.	Matthew 28:9 And as they went to tell His disciples, behold, Jesus met them, saying, "Rejoice!" So they came and held Him by the feet and worshiped Him.
Yohana 20:27 Kisha akamwambia Tomasi, "Pata kidole chako hapa, uangalie mikono yangu; na kufikia mkono wako hapa, na kuiweka upande wangu. Msiwe waamini, lakini uamini. "	John 20:27 Then He said to Thomas, "Reach your finger here, and look at My hands; and reach your hand here, and put it into My side. Do not be unbelieving, but believing."
<ul style="list-style-type: none"> • Hata hivyo, mwili wake ulikuwa na uwezo wa kupitisha kwa nguvu (kaburi na milango imefungwa, nk). 	<ul style="list-style-type: none"> • However, His body was able to pass through solids (the tomb and closed doors, etc.).
Soma Yohana 20: 19-26	READ John 20:19-26
Luka 24:36 Basi, waliposema hayo, Yesu mwenyewe akasimama katikati yao, akawaambia, "Amani kwenu!"	Luke 24:36 Now as they said these things, Jesus Himself stood in the midst of them, and said to them, "Peace to you."
<ul style="list-style-type: none"> • Mwili wake ulikuwa kama kwamba alikuwa na uwezo wa kujitangaza na kutoweka. 	<ul style="list-style-type: none"> • His body was such that He was able to make Himself appear and disappear.
Lk 24:17 Naye akawaambia, "Je, hii ni mazungumzo gani ambayo mnavyo na ninyi mnapokuwa mkitembea na huzuni?"	Luke 24:17 And He said to them, "What kind of conversation is this that you have with one another as you walk and are sad?"
<ul style="list-style-type: none"> • Ngozi lake lilionyesha makovu na misumari ya msumari; Mwili wake unaendelea na ukali wa jeraha upande wake na mikono. (Mwili wa wafufuo wa waumini hautakuwa na udhaifu wowote!) Hii ilitabiriwa katika Zakaria 12:10 na Zaburi 22:16 ; utimi lifu wa unabii umeandikwa katika Yohana 20:25 -27 . 	<ul style="list-style-type: none"> • His skin showed scars and nail prints; His body retains the scar of the wound in his side and hands. (The believer's resurrection body will not have any imperfections!) This was prophesied in Zechariah 12:10 and Psalms 22:16; the fulfillment of the prophecies is recorded in John 20:25-27.
<ul style="list-style-type: none"> • Alipumua; lakini hakuwa na haja ya kupumua. 	<ul style="list-style-type: none"> • He breathed; but He did not necessarily need to breathe.
Yohana 20:22 Na alipokwisha sema hayo, akawafumua, akawaambia, "Mpokea Roho Mtakatifu.	John 20:22 And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit.
<ul style="list-style-type: none"> • Aliendelea kuzungumza, kwa hivyo alikuwa na sauti za sauti na matumizi ya hewa. Sauti yake ilikuwa inaonekana mara moja. 	<ul style="list-style-type: none"> • He carried on conversations, so He had to have vocal cords and the use of air. His voice was immediately recognizable.
Soma Luka 24	READ Luke 24
Yohana 20:16, 26 16 Yesu akamwambia, "Maria!" Akageuka	John 20:16, 26 16 Jesus said to her, "Mary!" She turned and said

akamwambia, "Raboni!" (Yaani, Mwalimu). Na baada ya siku nane wanafunzi wake walikuwa ndani tena, na Tomasi pamoja nao. Yesu alikuja, milango imefungwa, akasimama katikati, akasema, "Amani kwako!"	to Him, "Rabboni!" (which is to say, Teacher). And after eight days His disciples were again inside, and Thomas with them. Jesus came, the doors being shut, and stood in the midst, and said, "Peace to you!"
• Mwili wake wa ufufuo hauwezi kuharibika na wa milele.	• His resurrection body is indestructible and eternal.
Soma Ufunuo 19: 11-21	READ Revelation 19:11-21
Yohana 14: 6 Yesu akamwambia, "Mimi ndimi njia, kweli, na uzima. Hakuna mtu anakuja kwa Baba isipokuwa kwa njia ya Mimi.	John 14:6 Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me.
Maonekano ya Yesu Kristo Baada ya Ufufuo Wake	The Appearances of Jesus Christ After His Resurrection
1. Kwa Maria Magdalene -	1. To Mary Magdalene -
Yohana 20:15 -17 15 Yesu akamwambia, "Mama, kwa nini unalia? Unamtafuta nani? "Yeye, akidhani kuwa ndiye mkulima, akamwambia," Mheshimiwa, ikiwa umemchukua, niambie mahali umemweka, na nitamchukua. " 16 Yesu akamwambia "Maria!" Akageuka akamwambia, "Raboni!" (Yaani, Mwalimu). 17 Yesu akamwambia, "Usinikalie, kwa maana sijaendelea kwenda kwa Baba yangu; bali nenda kwa ndugu zangu na kuwaambie, 'Ninakwenda kwa Baba yangu na Baba yenu, na kwa Mungu wangu na Mungu wenu.' "	John 20:15-17 15 Jesus said to her, "Woman, why are you weeping? Whom are you seeking?" She, supposing Him to be the gardener, said to Him, "Sir, if You have carried Him away, tell me where You have laid Him, and I will take Him away." 16 Jesus said to her, "Mary!" She turned and said to Him, "Rabboni!" (which is to say, Teacher). 17 Jesus said to her, "Do not cling to Me, for I have not yet ascended to My Father; but go to My brethren and say to them, 'I am ascending to My Father and your Father, and to My God and your God.' "
Mark 16:9-11 9 Now when He rose early on the first day of the week, He appeared first to Mary Magdalene, out of whom He had cast seven demons. 10 She went and told those who had been with Him, as they mourned and wept. 11 And when they heard that He was alive and had been seen by her, they did not believe.	Mark 16:9-11 9 Now when He rose early on the first day of the week, He appeared first to Mary Magdalene, out of whom He had cast seven demons. 10 She went and told those who had been with Him, as they mourned and wept. 11 And when they heard that He was alive and had been seen by her, they did not believe.
2. To five other women	2. To five other women
Matthew 28:9-10 9 And as they went to tell His disciples, behold, Jesus met them, saying, "Rejoice!" So they came and held Him by the feet and worshiped Him. 10 Then Jesus said to them, "Do not be afraid. Go and tell My brethren to go to Galilee, and there they will see Me."	Matthew 28:9-10 9 And as they went to tell His disciples, behold, Jesus met them, saying, "Rejoice!" So they came and held Him by the feet and worshiped Him. 10 Then Jesus said to them, "Do not be afraid. Go and tell My brethren to go to Galilee, and there they will see Me."
3. To Peter (the afternoon of the resurrection)	3. To Peter (the afternoon of the resurrection)

<p>1 Corinthians 15:5 and that He was seen by Cephas, then by the twelve.</p>	<p>1 Corinthians 15:5 and that He was seen by Cephas, then by the twelve.</p>
<p>4. To two Christians on the road to Emmaus (Cleophas and Mary) -</p>	<p>4. To two Christians on the road to Emmaus (Cleophas and Mary) -</p>
<p>READ Luke 24:13-33</p>	<p>READ Luke 24:13-33</p>
<p>Mark 16:12 After that, He appeared in another form to two of them as they walked and went into the country.</p>	<p>Mark 16:12 After that, He appeared in another form to two of them as they walked and went into the country.</p>
<p>5. To ten disciples -</p>	<p>5. To ten disciples -</p>
<p>Yohana 20:19 -25 19 Siku hiyo hiyo jioni, siku ya kwanza ya juma, milango ilifungwa ambapo wanafunzi walikuwa wamekusanyika, kwa sababu ya hofu ya Wayahudi, Yesu alikuja akasimama katikati, akasema Kwao, "Amani iwe pamoja nawe." 20 Baada ya kusema hayo, akawaonyesha mikono na upande wake. Kisha wanafunzi wakafurahi walipomwona Bwana. 21 Yesu akawaambia tena, "Amani kwenu! Kama vile Baba alivyonituma, mimi pia nitakutuma. " 22 Yesu alipokwisha kusema hayo, akawafumua, akawaambia," Mpokea Roho Mtakatifu. 23 Ikiwa unasamehe dhambi za yeyote, wanasamehewa; ikiwa unachukua dhambi za yoyote, zinahifadhiwa. " 24 Sasa Tomasi, aitwaye Twin, mmoja wa wale kumi na wawili, hakuwa pamoja nao wakati Yesu alikuja. 25 Basi wanafunzi wengine wakamwambia, "Tumemwona Bwana." Akawaambia, "Isipokuwa nikiona mikono ya misumari katika mikono yake, na kuweka kidole changu kwenye misumari, na kuweka mkono upande wake, siamini. "</p>	<p>John 20:19-25 19 Then, the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled, for fear of the Jews, Jesus came and stood in the midst, and said to them, "Peace be with you." 20 When He had said this, He showed them His hands and His side. Then the disciples were glad when they saw the Lord. 21 So Jesus said to them again, "Peace to you! As the Father has sent Me, I also send you." 22 And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. 23 If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained." 24 Now Thomas, called the Twin, one of the twelve, was not with them when Jesus came. 25 The other disciples therefore said to him, "We have seen the Lord." So he said to them, "Unless I see in His hands the print of the nails, and put my finger into the print of the nails, and put my hand into His side, I will not believe."</p>
<p>6. Kwa wanafunzi kumi na mmoja (ikiwa ni pamoja na Thomas)</p>	<p>6. To eleven disciples (including Thomas)</p>
<p>Yohana 20: 26-29 26 Na baada ya siku nane wanafunzi wake walikuwa ndani tena, na Tomasi pamoja nao. Yesu akaja, milango imefungwa, akasimama katikati, akasema, "Amani kwako!" 27 Kisha akamwambia Tomasi, "Pata kidole chako hapa, uone mikono yangu; na kufikia mkono wako hapa, na kuiweka upande wangu. Msiwe waamini, lakini uamini. " 28 Toma akamjibu," Bwana wangu na Mungu</p>	<p>John 20:26-29 26 And after eight days His disciples were again inside, and Thomas with them. Jesus came, the doors being shut, and stood in the midst, and said, "Peace to you!" 27 Then He said to Thomas, "Reach your finger here, and look at My hands; and reach your hand here, and put it into My side. Do not be unbelieving, but believing." 28 And Thomas answered and said to Him, "My</p>

wangu! " 29 Yesu akamwambia," Tomasi, kwa sababu umeniona, umemwamini. Heri wale ambao hawajaona na bado wameamini. "	Lord and my God!" 29 Jesus said to him, "Thomas, because you have seen Me, you have believed. Blessed are those who have not seen and yet have believed."
Marko 16:14 Baadaye akawatokea wale kumi na mmoja walipokuwa wameketi mezani; na akawakemea ukosefu wao na ugumu wa moyo, kwa sababu hawakuamini wale waliomwona baada ya kufufuka.	Mark 16:14 Later He appeared to the eleven as they sat at the table; and He rebuked their unbelief and hardness of heart, because they did not believe those who had seen Him after He had risen.
7. Kwa wanafunzi saba na Bahari ya Galilaya	7. To seven disciples by the Sea of Galilee
Yohana 21: 1,2 1 Baada ya hayo Yesu alijitokeza tena kwa wanafunzi wa Bahari ya Tiberia, na kwa njia hii akajionyesha mwenyewe: 2 Simoni Petro, Tomasi aitwaye Twin, Nathanieli wa Kana wa Galilaya, wana wa Zebedayo , na wengine wawili wa wanafunzi Wake walikuwa pamoja.	John 21:1,2 1 After these things Jesus showed Himself again to the disciples at the Sea of Tiberias, and in this way He showed Himself: 2 Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of His disciples were together.
8. Wakristo mia tano	8. To five hundred Christians
1 Wakorintho 15: 6 Baada ya hapo akaonekana kwa ndugu zaidi ya mia tano mara moja, ambao sehemu kubwa hubakia hadi sasa, lakini wengine wamelala.	1 Corinthians 15:6 After that He was seen by over five hundred brethren at once, of whom the greater part remain to the present, but some have fallen asleep.
9. Kwa ndugu wa Yesu wa ndugu James, ambaye alikuwa asiyeamini mpaka kufufuliwa	9. To Jesus' half-brother James, who had been an unbeliever until the resurrection
1 Wakorintho 15: 7 Baada ya hapo alionekana na Yakobo, na kwa mitume wote.	1 Corinthians 15:7 After that He was seen by James, then by all the apostles.
Yohana 7: 3 Basi, ndugu zake wakamwambia, "Ondoka hapa uende Yudea, ili wanafunzi wako pia wataona kazi unayofanya.	John 7:3 His brothers therefore said to Him, "Depart from here and go into Judea, that Your disciples also may see the works that You are doing.
Matendo 1:14 Wote hawa waliendelea kwa umoja kwa sala na maombi, pamoja na wanawake na Maria mama wa Yesu, na ndugu zake.	Acts 1:14 These all continued with one accord in prayer and supplication, with the women and Mary the mother of Jesus, and with His brothers.
10. Kwa wanafunzi kumi na moja juu ya mlima karibu na Galilaya	10. To eleven disciples on a mountain near Galilee
Mathayo 28: 16-20 16 Kisha wanafunzi kumi na mmoja wakaenda Galilaya, mlimani Yesu aliwaagiza. 17 Walipomwona, wakamsujudia; lakini baadhi ya shaka.	Matthew 28:16-20 16 Then the eleven disciples went away into Galilee, to the mountain which Jesus had appointed for them. 17 When they saw Him, they worshiped Him; but

<p>18 Yesu akaja, akawaambia, "Nimepewa mamlaka yote mbinguni na duniani.</p> <p>19 Basi, nendeni mkawafanye watu wa mataifa yote kuwa wanafunzi, na kuwabatiza kwa jina la Baba na la Mwana na la Roho Mtakatifu.</p> <p>20 Wafundishe kuzingatia mambo yote niliyowaamuru; na tazama, mimi ni pamoja nanyi daima, hata mwisho wa wakati. "Amina.</p>	<p>some doubted.</p> <p>18 And Jesus came and spoke to them, saying, "All authority has been given to Me in heaven and on earth.</p> <p>19 Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,</p> <p>20 teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.</p>
11. Kwa waumini katika Ascension	11. To the believers at the Ascension
SOMA Matendo 1: 3-11	READ Acts 1:3-11
12. Kwa Stefano (baada ya Kuinuka)	12. To Stephen (after the Ascension)
<p>Acts 7:55 ,56</p> <p>55 But he, being full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God,</p> <p>56 and said, "Look! I see the heavens opened and the Son of Man standing at the right hand of God!"</p>	<p>Acts 7:55,56</p> <p>55 But he, being full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God,</p> <p>56 and said, "Look! I see the heavens opened and the Son of Man standing at the right hand of God!"</p>
13. To the Apostle Paul on several occasions after the Ascension	13. To the Apostle Paul on several occasions after the Ascension
READ Acts 9:1-8	READ Acts 9:1-8
<p>Acts 18:9</p> <p>Now the Lord spoke to Paul in the night by a vision, "Do not be afraid, but speak, and do not keep silent;</p>	<p>Acts 18:9</p> <p>Now the Lord spoke to Paul in the night by a vision, "Do not be afraid, but speak, and do not keep silent;</p>
<p>Acts 22:17,18</p> <p>"Now it happened, when I returned to Jerusalem and was praying in the temple, that I was in a trance</p> <p>18 and saw Him saying to me, 'Make haste and get out of Jerusalem quickly, for they will not receive your testimony concerning Me.'</p>	<p>Acts 22:17,18</p> <p>"Now it happened, when I returned to Jerusalem and was praying in the temple, that I was in a trance</p> <p>18 and saw Him saying to me, 'Make haste and get out of Jerusalem quickly, for they will not receive your testimony concerning Me.'</p>
<p>Matendo 23:11</p> <p>Lakini usiku uliofuata, Bwana akasimama karibu naye, akasema, "Furahini, Paulo! kwa vile vile ulivyonishuhudia huko Yerusalemu, kwa hivyo unapaswa kushuhudia huko Roma. "</p>	<p>Acts 23:11</p> <p>But the following night the Lord stood by him and said, "Be of good cheer, Paul; for as you have testified for Me in Jerusalem, so you must also bear witness at Rome."</p>
<p>Matendo 27:23</p> <p>Kwa maana usiku huu usiku ulikuwa ni malaika wa Mungu ambaye mimi na ambaye ninayemtumikia,</p>	<p>Acts 27:23</p> <p>For there stood by me this night an angel of the God to whom I belong and whom I serve,</p>
<p>1 Wakorintho 15: 8</p> <p>Kisha mwisho wa yote alionekana kwangu pia, kama kwa mtu aliyezaliwa kwa wakati usiofaa.</p>	<p>1 Corinthians 15:8</p> <p>Then last of all He was seen by me also, as by one born out of due time.</p>

<p>Wagalatia 1: 12-17</p> <p>12 Kwa maana mimi sikuipokea kutoka kwa mwanadamu wala sikufundishwa, bali alikuja kupitia ufunuo wa Yesu Kristo.</p> <p>13 Kwa kuwa mmesikia juu ya mwenendo wangu wa zamani katika Kiyahudi, jinsi nilivyomtesa kanisa la Mungu zaidi na kujaribu kuiharibu.</p> <p>14 Nilikuja zaidi katika Wayahudi zaidi ya wenzangu wengi katika taifa langu, nilikuwa na bidii zaidi kwa ajili ya mila ya baba zangu.</p> <p>15 Lakini wakati radhi Mungu, ambaye kutengwa mimi kutoka tumboni mwa mama yangu na akaniita kwa neema yake,</p> <p>16 hadi kumdhihirisha Mwanawe ndani yangu, ili nipate kuhubiri kwake katika Mataifa, sikuweza kutafuta maoni ya binadamu na damu,</p> <p>17 wala Je, nilikwenda Yerusalemu kwa wale waliokuwa mitume mbele yangu; lakini nikaenda Arabia, na nikarudi tena Damasko.</p>	<p>Galatians 1:12-17</p> <p>12 For I neither received it from man, nor was I taught it, but it came through the revelation of Jesus Christ.</p> <p>13 For you have heard of my former conduct in Judaism, how I persecuted the church of God beyond measure and tried to destroy it.</p> <p>14 And I advanced in Judaism beyond many of my contemporaries in my own nation, being more exceedingly zealous for the traditions of my fathers.</p> <p>15 But when it pleased God, who separated me from my mother's womb and called me through His grace,</p> <p>16 to reveal His Son in me, that I might preach Him among the Gentiles, I did not immediately confer with flesh and blood,</p> <p>17 nor did I go up to Jerusalem to those who were apostles before me; but I went to Arabia, and returned again to Damascus.</p>
14. Kwa Yohana kwenye Kisiwa cha Patmos	14. To John on the Island of Patmos
SOMA Ufunuo 1: 12-20 na 22:20.	READ Revelation 1:12-20 and 22:20.
Ushahidi wa Ukweli Ukizunguka Ufufuo wa Yesu Kristo	Proofs of Facts Surrounding the Resurrection of Jesus Christ
<p>Uthibitisho kwamba ufufuo wa Yesu Kristo kwa kweli ulifanyika kama tukio la kihistoria linaloundwa na ukweli au ushahidi mbalimbali. Vyanzo viwili vya mafunzo bora zaidi ya habari za kihistoria kuhusu ufufuo ni vitabu viwili vya Josh MacDowall vyenye Ushahidi Unaohitaji Uamuzi na Ushahidi Zaidi Unaohitaji Uamuzi. Vitabu hivi vinapatikana katika maduka ya vitabu vya Kikristo na hupendekezwa sana.</p>	<p>The proof that the resurrection of Jesus Christ actually occurred as a historical event is established by numerous supporting facts or evidences. Two of the best study sources for extensive historical information about the resurrection are two books by Josh MacDowall entitled Evidence That Demands a Verdict and More Evidence That Demands a Verdict. These books are available at Christian bookstores and are highly recommended.</p>
<p>Uthibitisho muhimu zaidi ni ule wa ushuhuda wa watu ambao walikuwa waonaji wa kweli wa ufufuo wa Kristo. Ni muhimu kutambua kuwa watu wafuatayo watakuwa na uzoefu wa ushahidi wa mahakama katika mahakama yoyote, ama katika mahakama ya Kirumi au Kiebrania wakati au katika mahakama ya kisasa ya Marekani. Ili kuhitimu rasmi ili kutoa ushahidi wa macho, shahidi lazima aonyeshe kuwa na uwezo wa kiakili na pia kuwa na uwezo wakati wa matukio yaliyotokea. Shahidi lazima pia awe na uwezo wa kukabiliana na uchunguzi wa tabia yake kama msingi wa kukubali ushuhuda wake.</p>	<p>The most important proof is that of the testimony of the people who were actual eyewitnesses to the resurrection of Christ. It is important to note that the following people would be qualified eyewitnesses in any court of law, either in Roman or Hebrew courts of the time or in modern American courts. To qualify formally to give eyewitness testimony, the witness must be shown to be mentally competent as well as having been competent at the time the events occurred. The witness must also be able to withstand an examination of his own character as a basis for accepting his testimony.</p>
<ul style="list-style-type: none"> askari wa Kirumi waliotumiwa kulinda kaburi walikuwa mashahidi wa ufufuo, hata ingawa 	<ul style="list-style-type: none"> The Roman soldiers assigned to guard the tomb were objective witnesses to the resurrection,

hawakuamini uungu wa Kristo. Mathayo 28: 12-15	even though they did not believe in the deity of Christ. Matthew 28:12-15
• Kuhani mkuu mkuu asiyeamini na wazee wa Sanhedrini walikuwa mashahidi wa macho kwenye kaburi la tupu. Mathayo 28: 11-12	• The unbelieving chief priest and the elders of the Sanhedrin were eyewitnesses to the empty tomb. Matthew 28:11-12
• Maria Magdalene, Mathayo 28: 1,6; Yohana 20: 15-17; Marko 16: 9-11	• Mary Magdalene, Matthew 28:1,6; John 20:15-17; Mark 16:9-11
• Wanawake wengine watano, ikiwa ni pamoja na Maria (mke wa Kleopa), na Salomé, Mathayo 28: 9-10; Marko 16: 1-6	• Five other women, including Mary (the wife of Cleopas), and Salomé, Matthew 28:9-10; Mark 16:1-6
• Petro, Luka 14:12	• Peter, Luke 14:12
• Mathayo, kwa ushuhuda ulioandikwa, Mathayo 28: 6.	• Matthew, by written testimony, Matthew 28:6.
• Yohana, kwa ushuhuda wa maandishi , Yohana 20: 1-8	• John, by written testimony, John 20:1-8
• Ushuhuda ulioandikwa wa ukweli uliotolewa na mashahidi, Marko 16: 1-8; Luka 24: 3 . Watu wote, kwa kweli, waliotajwa katika sehemu ya awali, ambao Kristo alionekana baada ya kufufuliwa kwake, walikuwa mashahidi wa macho.	• The written testimony of facts as given by witnesses, Mark 16:1-8; Luke 24:3 . All people, in fact, mentioned in the previous section, to whom Christ appeared after His resurrection, were eyewitnesses.
• Ukweli wa ufufuo wa Kristo pia unaweza kufanywa kutoka kwa vyanzo vingine vingi. Kwa mfano, Josephus, katika Antiquities yake ya Wayahudi, sura ya 3: 3, inasema kwamba Yesu Kristo amefufuliwa na alikuwa amefanya maonyesho duniani.	• The fact of the resurrection of Christ may also be inferred from a number of other sources. For example, Josephus, in his Antiquities of the Jews, chapter 3:3, states that Jesus Christ was resurrected and had made appearances on the earth.
• Neno la Mungu ni ushahidi ulioandikwa kwamba Kristo alifufuka kutoka kwa wafu. 1 Wakorintho 15: 3,4.	• The Word of God is the written testimony that Christ was resurrected from the dead. 1 Corinthians 15:3,4.
• Mungu mwenyewe ni ushahidi wa ufufuo. 1 Wakorintho 15:15; Yohana 10:18; 1 Petro 3:18.	• God Himself is a witness to the resurrection. 1 Corinthians 15:15; John 10:18; 1 Peter 3:18.
• Ufufuo wa Kristo unashuhudiwa na malaika. Mathayo 28: 5,6; Marko 16: 6; Luka 24: 5,6; Mdo. 1: 10,11	• Christ's resurrection is testified to by angels. Matthew 28:5,6; Mark 16:6; Luke 24:5,6; Acts 1:10,11
• Ufufuo ulikuwa utimizaji wa unabii wa Agano la Kale. Ayubu 19:25 - 27; Zaburi 16:10 (Daudi); Isaya 52: 13-15; Zak. 12:10	• The resurrection was a fulfillment of Old Testament prophecy. Job 19:25-27; Psalm 16:10 (David); Isaiah 52:13-15; Zech. 12:10
Umuhimu wa Mafundisho ya Ufufuo wa Kristo	Importance of the Doctrine of the Resurrection of Christ
• Ukweli wa ufufuo wa Kristo ni sehemu ya uwasilisho kamili wa injili kwa wasioamini, 1 Wakorintho 15: 1-4 . Kristo alikufa kwa ajili ya dhambi zetu, alizikwa, akafufuliwa tena.	• The facts of Christ's resurrection are part of a full presentation of the gospel to unbelievers, 1 Corinthians 15:1-4 . Christ died for our sins, was buried, and rose again.

<ul style="list-style-type: none"> • Uelewa wa ufufuo ni muhimu kama mwamini anaanza kujifunza mafundisho ya msingi, hasa yale yanayohusiana na wokovu. Warumi 10: 9,10 	<ul style="list-style-type: none"> • An understanding of the resurrection is necessary as a believer begins to learn basic doctrines, especially those related to salvation. Romans 10:9,10
<ul style="list-style-type: none"> • Mafundisho ya ufufuo yanaunga mkono imani yote ya Kikristo, kiasi kwamba kila kipengele cha Ukristo kinategemea ukweli wa ufufuo. 1 Wakorintho 15: 12-19 . Kuhubiri kwa Mitume ni bure bila ya hayo. Bila ya ufufuo imani ya waumini haifai kitu na tumaini lake ni bure. Bila ufufuo, hakuna mtu anaweza kuunganishwa na Mungu (Warumi 5: 8-10). 	<ul style="list-style-type: none"> • The doctrine of the resurrection supports all of Christian faith, so much so that every aspect of Christianity depends on the fact of the resurrection. 1 Corinthians 15:12–19. Apostolic preaching is worthless without it. Without the resurrection the believer's faith is without substance and his hope is in vain. Without the resurrection, no man can be reconciled to God (Romans 5:8–10).
Katika maombi, mafundisho ya ufufuo yanaunga mkono mambo mengi ya maisha ya Kikristo.	In application, the doctrine of the resurrection supports many of the features of the Christian life.
Kristo aliyefufuliwa ndiye kichwa cha Kanisa (Waefeso 1:19 -23).	The resurrected Christ is the head of the Church (Ephesians 1:19–23).
Ufufuo wake lazima uwe kabla ya Ubatizo wa Roho Mtakatifu na mwanzo wa Kanisa la Kanisa (Yohana 1:33 ; Matendo 2:32 , 33 na Yohana 15:26 na 16: 7).	His resurrection must predate the Baptism of the Holy Spirit and the beginning of the Church Age (John 1:33; Acts 2:32,33 with John 15:26 and 16:7).
Bila ya kufufuka kwa Kristo hakutakuwa na zawadi za kiroho (Waefeso 4: 8-13).	Without Christ's resurrection there would be no spiritual gifts (Ephesians 4:8-13).
Bila kufufuliwa, hawezi kuwa Mfalme na Mwokozi aliyotolewa kwa taifa la Israeli . Matendo 5:31 na Danieli 12: 1-3 .	Without resurrection, He cannot be the Prince and the Savior offered to the nation of Israel. Acts 5:31 with Daniel 12:1-3 .