

ɔbonsam deɛ. Yesu beba abeboa wɔn a wode wɔn were hye ne mu no nyinaa. Ohye wo nipaye merewye no anan mu. Otumii adaduanan kɔm, enti ɔte sɔhwe tumi biara ase. Gye bɔhye a ewɔ 1Kor. 10:13, *Sɔhwe biara ntoo mo, gye deɛ eye nipa deɛ; na Onyankopɔn ye nowafɔɔ a ɔremma wɔnsɔ mo nhwe mmoro deɛ mobetumi sɔɔ, na mmom ɔbema kwan a mode befiri sɔhwe no mu abeda ho, na moatumi agyina.* Se ɔhaw no so boro wo so a, team sɔ frɛ Yesu na ɔmoa wo. Ɔsoro tumi ne nipa mmɔden bɔ firi tete de nkunim aba ama bɔne aho hyesoɔ.

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Abrabɔ mu nsem a ne gyaɛɛ aye den no wɔ nipa pii so tumi enne. Ebinom deɛ, wɔnntumi nngyae tawa anaa nnuro nom. Ebinom nso deɛ ye nsā nom anaa adidi mmorosɔɔ. Dodoɔ no ara nso nntumi nngyae kyakyatoɔ anaa abeefo mfidie so agodie, intanet ayɔnkofa, tv anaa adwaman mfonini whe. Nnipa kumaa bi na otumi hyeda sua nnebɔne yi, nanso enam se ɔtoaso ye nti, abeka wɔn suban ho, ama no akohia se onipa no nya ahɔɔden kese paa ara ansa na w'atumi asesu suban yi.

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Nnuanefua no ma wo ye mma na ennyi wo mmfiri hɔ. **6. Wo reyi nea aka a ehye wo so no firi hɔ nso boa nkunimdie.** Neema a ehye yen so no dandan wɔn ho. Ɔbabunu a ɔnom tawa no wɔ ɔkwan 14, sene ne mfefoɔ a wɔnntom tawa, se ɔbenom ɔbosam tawa. Nhwewhemu foforo ka se, mmabunu a wɔnom tawa no so te beye 50% a, ɔbonsam tawa nom so bete beye 16% kosi 28%. Reyi nsā den, coffee, tea, nicotine ne caffein nnuane

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wobehunu nipadua mu nsɔhyeɛde bi te se mfifire, ahopopoɔ, ahopre anaa ayamhyehyee. Nhwewhemu bi a Detroit Free Press aye no kyere se TV hwe nso tumi de ɔhaw yi ba. Nanso asempa bi wɔ hɔ, nipa bi adi kan, na w'ama yahu se yenso yebetumi adi so nkunim. Akwan nson a yebetumi afaso ade yen ho no bi ni.

Fawohodie Anamon 7.

1. Hunu se wohia mmoa. Se wo rekan nwoma yi a, enee yerebɔ w'aba so, efiri se, w'adikan atu saa anamon yi, na w'awie.

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Nhwesoɔ nie, nsukɔm tumi de wɔn a ɔregyae tawa nom, enti renom nsuo pii no boa ma awuduro biara firi nipadua no mu, na esan boa ma wo nya biribi kura wo nsam. Nya nsuo toa, na nom bere biara a anka wobe pe se wonom tawa anaa nsā no. Nnwoma, *Nsuo Sa yadeɛ: Nnuro Kum*, mu no, nipa pii di adanseɛ se wɔrenom nsuo dodoɔ no aboa wɔn ama w'atumi agyae nea ete kaa wɔn so no. Biribi foforo a wode betumi asi anan ne apɔmutenetene. Nhwewhemufoɔ hweɛ mmaa 281 bi a na wɔregyae tawa nom dwumadie bi mu. Wɔn nyinaa kɔɔ dwumadie no bi, nanso emu fā deɛ woyii wɔn se wɔnfa

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mogya fenfam ho te se nea ɔnom adaka baako dabiara deɛ. Saa ɔkwan yi so no, wɔn a tawa nom nnka wɔn bra ho no, tumi nya akoma yadeɛ ne ndwodwoye. Environmental Protection Agency wɔ Amerika mu nso de ato dwa se, wɔn wɔhome tawa wisie keke no, mmɔfra a wɔnni abosome 18, beye 300,000 nya ɔhome ne ahrawa mu yadeɛ afe biara. Nsā anoneɛ, nso kum nipa 100,000 afe biara, namso beye ɔkwan a eto so mmiensa, a owuo, nea yetumi si ano, fa so ba. **✓ Mepɛ se menya ahɔɔden pii, apɔmuden papa, na m'atenase kye.**

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Worema wo nkunimdie (anaa nkuguo) no boa ma wo nya nkuranhye. Eyi nso tumi te bere tenten so ma no beye bere tiawa. Te se woreka se, *Tawa nkaa m'ano ene* anaa *nnawɔntwe yi*, ye mere sene se ebeye enna pii no. Bio, se wonya aboafɔɔ bi, te se nea w'atumi agyae anaa ɔregyae saa tebea no bi a, eno nso boa.

4. Hye eɔa pɔtee a wɔregyae, na se wobetumi a, sesa wo tenabea Mma yen ngyae suban bɔne ko da. Nanso eto da a, ahosiesie ho hia wɔ saa ɔko yi mu.

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Regyae tawa nom ho apɔmuden ho mfasoɔ.

Dɔn hwere 8 mu no- Mogya mu mframa pa ahɔɔden no ba fam se nea etee no pɛpɛpɛ.

Bosome 1 kosi 9 mu no- nsenkyereneɛ bi te se ewa bɔ, hwenemu sie, ahometee ne ɔbre so te.

Afe baako mu no- Akoma yadeɛ ho kwan no so te, beye wɔn a wɔnom tawa no deɛ no mu fā.

Mfee 5 mu no- Sawa kukoram a eɔe owuo ba no so te beye 50%

Mfee 10 mu no- Yadeɛ yi firi hɔ tese nea ɔnom tawa deɛ no.

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Ebere biara a wobehu w'ahiadee no, wo nya mmoa, efiri se Yesu Kristo rennyaekra a Osii no anan mu wuie no da. Se n'akyidifo no annyaek ne mu deea, oso won mu denden paa. Gye bohye yi tum se, *metumi ade nyinaa ya, dee chye me den no mu*. Filipifo 4:13, na ebebue fawohodie pono no ama w'afiri asetena bone yi mu.

2. Nya ankasa nkuranhye se wo begyae. Nhwesoo bi nie.

- ✓ **Mempese meye esan me ma afoforo.** Tawa nom nhwehwemu abenfo kyerese, sima aduonu biara a wohome tawa nnwisie no, ma nea onnom tawa no

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apomutentene mprensana nwanwotwe biara nka nkyerekyere no ho.

Nnanwotwe 12 akyi no, wodee won ho mprenu senee won mfefo. Apomutentene ho hia kese yie ha, efiri se eboa ma ahoden nnuro mienu (endorphins ne norepinephrine) dooso nipadua no mu. Abontene apomutentene no boa te akonno bone so, na eboa ma yen nna pa ne ahomegyee a ewie mu die. Eboa yen ma yen mu duro no si pi. Redidi yie no nso boa te w'akonno so. Di nnuaba ne atosodee pii. Nuaba a wordi, kekam no boa ma w'anum nya adwuma bi di.

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Nhwehwemu akoso ohemaa kurom a ekyere se, ebhia abosome mmienue ne akyire, na obi atumi ako suban bone yi mu bi.

Se worebo obra bone bi atoaso mpen pii no beye den ma obi se otumi gyaee. Mpen dodo a worebo saa obra no ma no ye den se wo betumi agyae. Senea wo haw tee biara, wohunu se wontumi ngyae, na ehye ase hye wo bra so, na wontumi nsese bere a wosee no wo obra no ho, wo de sie afoforo, wode sika a eho hia paa ara wura mu, anaa suban a etwe wo firi abusua ne nnamfo pa ayankofa ne anigye ho. Se w'abo mmoden se wobegyae a,

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nnuane afiri w'adidie mu no, ye nkunimdie kесеe paa ara. Tawa nomfo a won agyae nom, nanso onom nsā no, nya won tawa nom no hyesem mprenu sene won a won nnom nsā no. Ohyesem yi huri wo wo won a wonom coffee no mu. Eyi kyere se, caffeine nso kura nhyesoo tumi.

7. Gye Onyankopon bohye di na ngyae mu. Se worehunu se wo nko ntumi nko oko no, ye adehu kese. Yakobo 4:7,8 se, *Enti momfa mo ho nhye Nyankopon ase. Monsi obonsam kwan, na obedwane afiri mo nkyen. Mommen Onyankopon, na obeben mo.* Wo dee ne se wo be paw Onyame kwan, na w'apo

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- ✓ Me pe se menya sika pii na mede aye nea ehia me. Sika beboro 86 million dollars na afe biara wo see de to nsā. Nsā glass beye 5 da biara a ne bo ye \$6 nnawontwe biara no ma yen \$1560 afe biara. Nea onom tawa adaka baako dabiara no nso see \$200 bosome biara anaa \$2000 afe biara.
- ✓ Me pe se meye nhweso papa ma mmofra. Eyi ye adwenpa ma nnipa pii. Dwene ho hwe se wo mmofra resua wo suban yi bia, anka wo ho beye wo den?

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- ✓ Me pe se me tumi sa ayankofa a enam suban yi so da aba no.- Awerohosem ne se, nooma nkumaa a oteka yen so no bi te se mfidie agodie ne abeefo abusua, agye nkwa pii, asan ase afie pii nso. 50%, wo awarefo a wodi mfidie agoro yi bi no, wo won awadee no ho haw, enam se ate aka won so. (addictionrecov.org). Nhwehwemu kyere se, mfidie agodifo beye 1500 a woye awarefo no mu 5% se won awadee ase enam agodie yi nti.
- ### 3. Fa nnipa a wabeboa wo twa wo ho hyia.
- Eye se wobanya nnipa a wabeboa wo ama w'afiri suban yi mu no wo ho.

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Kukoram wuo mu 87% firi tawa nom, akoma yadee nso 82%, akoma ho akwaa mu yadee nso 21% ena ndwodwoee nyinaa nso 18%. Nkonta kyerese, tawa nomfo nkyemu mienu mu baako wu wo won mmofra bre mu. Nnipa 9 wo nnipa 10 biara a owo sawa mu kukoram no bewu. Nsā nom, ketewa bi mpo, te nipadua banbo no so. Wohia nsā glass mmienue pe, na wode ase nipadua asraafo no mu mienu nkyemu mieensa. Nsā nom ma kukoram yadee ba ntem. Nsunsuansoo bi nso ne, mogya mmorosoo, ndwodwoee, akoma ho nsem, mogya wee, obre ne nea eka ho. Mpo, ne ketewa mu da biara tumi ma wo sawa no honhono, na esee no.

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Eho behia, ama tawa nomfo, se wobesi wo ntadee, woreyiyi tawa nom ho nsohyede nyinaa afiri wo fie. Ebinom nya adwene mu ahoden wo bere a worebo won ho adwaa no, na wosan nya biribi foforo hye nea ate aka won so no so. Mfidie agodiefon abeefo mmusuaubo nso, ehia se wotwe won ho firi mfidie yi ho na obo won ho adwaa.

5. Wobegyae suban bone a, fa suban papa. Na Onyankopon nim nea na oreye ebere a okaa se, *Mma bone nni wo so nim, na mmom fa papa di bone so nim!* Romafo 12:21. Eyi ne afutupa a wodemawon a wopese wofiri bra bone mu nyinaa.

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