

**INKOITOI TOMON OOKUNI  
NAARET ELELERO PEE EIMAA  
ILARIN LENYE TE SERIANI**



Copyright: 2005 (Revised February 2010, nikintoki aarerioo 2019) Christian Restoration Ministries 3247 N Nixon Ave., Springfield, MO USA. Tiniyieu inkulie bukui irorie Cosmas Lemein – Box 110, Narok, aashu cplemein@gmail.com. Ore nampa e simu enye naa: Safari com - 0725975651. Ore enkampuni naitobira kuna bukui naa keji Kijabe Press natii Kijabe, Kenya. Toliki sii ninye tinidol inkitapong’ot tiatua ena buku. Ore pee iyieu niliki Olaigeroni Paul Highfield shakenisho ino tenkaraki eretoto ena buku, indim aigeroki ninye te email enye te: prhighfield@mchsi.com

**INKOITOI TOMON OOKUNI NAARET  
ELELERO PEE EIMAA ILARIN  
LENYE TE SERIANI**

*(Thirteen Ways To Help Teens Make It Through  
Their Teenage Years With Peace.)*

Embae edukuya: Ore tena kisoma naa kagira aimaki inkoitoi naanarikino ilairukok, aa inchere, kulo tung'ana ooidipa aairuko, neirridu, neibatisai. Tena keton eng'or ina te iyie tisipu ina buku naigero naipirta enkoitoi enjeunoto pee iyiolou eninko pee ing'amu Yesu, aa inchere pee iruk Yesu anaa Olaitoriani, nirridu ng'ok inono, nikimbatisai sii, nilo dukuya te nchula tenebo ilairukok te kanisa nibik tenkishui ino esinyatisho o metabaiki enkiting'oto. *(In this lesson I am referring to Christians, that is, those who have believed in Jesus, repented of their sins and been baptized. If you have not done this yet then look at the book I did on the Way of Salvation so that you will know how to become a Christian, that is, you believe in Jesus as Lord, repent of your sins, be baptized and go forward in fellowship with Christians and remain in the way of holiness until the end.)*

Neaku, maape dukuya aaimaki inkoitoi tomon ookuni naaret elelero pee eimaa ilarin lenye te seriani. *(So, let's go forward and talk about the thirteen ways that teenagers can make it through their teenage years in peace.)*

**1. Ore te pooki olong niomon Enkai pee eas eyieunoto enye tiatua enki-shui ino. Niomon ninye mikimputa te Enkiyang'et Sinyati (Mat. 26: 36-46; Iroma 12: 2; 1 Iلسes. 5: 17; Efeso 5: 18).** *(Every day pray to God for his will to be done in your life and that he will fill you with his Holy Spirit.)*



**2. Imputa oltau lino to rorei le Nkai, niomon sii pee kincho Enkai engolon tiatua oltau lino nirishie intemat naaing'uaa sheitani. Nimpirie esidano natii atua oltau lino alang esidano osesen. Ninyok sii**



**pee itii tenebo ilkulikai airukok anaake, lelo oonyor Enkai te kanisa enye (Ilheb. 4: 12, 13; Enkig. 11: 18-21; Mat. 4: 1-11; 5: 1-12; 1 Pet. 3: 5, 6; Ilheb. 10: 25).** *(Fill your heart with God's word and pray that God will give you the inner strength you need to resist temptations from the devil to do wrong. Focus on an inward beauty and strength. Also continue to be with others who love God in the church.)*

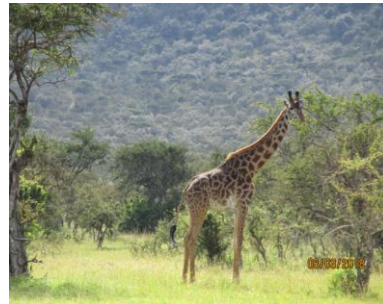
**3. Inchiraki Enkai oleng ning'arie ninye indamunot inono o inining'ito tiatua oltau lino. Ning'arie sii ninye ilng'ashi linono. Isiliga ninye ajo ekining'ito neeta eyieuno-to oleng naipirta ening'oto ino o enidamu (Olk. 40: 1-3;**



**130: 1; Ilfilipi 4: 6, 7; 1 Yhn. 5: 14; Olk. 10: 1;**

**ematua 22; Ndung. 3: 5; Ena. 22: 27).** *(Cry out to God and share with him your raging emotions and doubts. Trust that he hears you and cares about what you feel and think.)*

**4. Tonyorra ilkulikae kake miureyu iliki ninche ajo mias imbaa torrok katukul. Tayiolo sii eninko pee ijo a,a tenkoitoy enyorrata (Mat. 26: 37-40; Efeso 4: 15; Tito 2: 11-14).** *(Always love others but don't be afraid to be firm when others try to get you to do what you know is wrong. Learn how to say no in a loving yet firm manner.)*



**5. Iyanyita intoiwuo inono ata tenaa keme. Ekimayian Enkai tenining ninche. Nimbalakinye sii ninche imbaa pee mejing olkob atua iyie o intoiwuo inono (Efeso 6: 1-4; 4: 15; Yakobo 3: 14; Ndung.**



**12: 19, 22; Efe. 4: 31; Ilhebrania 12: 15).** *(Respect and obey your parents even when it hurts and everything inside of you is raging to rebel. God will bless your heart for this. Also, always be open and honest with your parents.)*

**6. Tadamu ajo mira  
Oloitore kewon aashu  
olopeny le kewon ino.  
Ekinyiang'uaki to sarge  
le Yesu nemany sii  
Enkiyang'et Sinyati atua  
oltau lino. Neaku, inchoo  
Enkai enkitoria tiatua  
osesen lino. Mincho kilej**



**iltung'ana too losekin le shetani tenikijoki, "Keasita  
pooki ng'ai ina bae, neaku eisidai" (1 Ilkor. 6: 18-20;  
Iroma 12: 1; 1 Ilses. 5: 23; 1 Sam. 8: 19, 20; 1 Yhn. 2:  
15-17; Yhn. 8: 44).** *(Remember that you are not the ruler and owner of yourself. You were bought with a price by the blood of Jesus and the Holy Spirit lives inside of you. So, let God be in control of your body. Do not be deceived by satan's tricks when someone says to you, "Everybody is doing it, so it is okay.")*

**7. Tadamu ajo ira enkerai e  
Nkai, neaku inchoo metaa  
inchu te nkishui ino anaa  
enira pee eshipa Enkai te  
iyie. Ipong'ori kake taa  
oltung'ani oata oltau le  
nkirridunoto nishukokino  
Enkai inkatitin pooki.**



**Tadamu sii ajo mme lasima pee iata intokitin pooki naata ilkulikai pee itum enchipai nagut tiatua oltau lino (Ilgalatia 3: 26, 27; Ilkol. 1: 10; Emb. 2: 4-6; 2: 16; Iasat 8: 22, 23; 1 Yhn. 1: 8-10; 1 Tim. 6: 6-10).**

*(Always remember who you are – you are a child of God and so live your life in a manner that God would be proud of. You will make mistakes, but always have a repentant heart and keep coming back to God. Remember also that you don't have to have everything everyone else has to be happy.)*

**8. Ore metii Yesu miindim ataasa toki. Amu, ata tinitum intokitin pooki naatii ena kop kake ninturraa enkishui ino, naa pesho nena tokitin pooki. Enkishui ino naata tipat oleng (Yhn. 15: 5; Marko 8:**



**34-38; Ilg. 6: 7, 8).** *(Without Jesus you can do nothing, because if you were to get everything in the world but loose your precious spirit and soul, it would not matter at all in the end.)*

**9. Taa oltung'ani le nkirukoto. Ore enkirukoto naa tiniruk eton midolita imbaa pooki nisilig Enkai ajo keidim ninye ashomo dukuya taata aitayu intokitin ng'ejuko te nena**





**tokitin nemelioo (Ilhebrania 11: 1, 7, 8, 30; 2 Ilkor. 5: 7, 17; Mat. 17: 20).** *(Be a person of faith. Faith is believing even when you do not see everything and trusting that God can continue his creation through you, making things visible from the invisible.)*

**10. Ing'oru niomon Enkai  
pee kincho ilchoreta likinyor  
iyie anaa enira nimikirorie  
tenkoitoi torrono aagilunore  
anaake. Kake kintagol too  
imbaa Enkai. Kake miureyu  
pee inining enkikoo sidai**



**naipirta inkitapong'ot inono (Olk. 1: 1-3; Ndung. 13: 20; 1 Ilkor. 15: 33; Ilheb. 3: 13; 10: 24, 25; Ndung. 12: 15; 19: 20; 10: 17; 12: 1; 13: 18; 15: 5, 10, 12, 32).**  
*(Look for and pray earnestly for friends who love you for who you are and build you up, not tear you down. But don't be afraid to listen to honest, loving, constructive criticism.)*

**11. Tonyorra ilkulikai ata  
tinikintaas imbaa torrok.  
Ore inkulie katitin naa  
ebaiki niasishore enyorr-  
ata nagol metaa ebaiki  
nijoki oltung'ani oje a,a  
aashu ilo aing'uaa ninye.  
Ebaiki sii niliki ninye pee**



**epal enaasita amu minyor (Iroma 12: 14; 17-21; Tito 2: 11; 1 Tim. 6: 11; 2 Tim. 2: 2; Yakobo 4: 7; 1 Ilkor.**

**6: 18; 10: 14).** *(Respond in love to those who treat you bad. Sometimes this might mean tough love which means that you might have to say no, walk away, or tell them firmly what you don't like or tell them to stop what they are doing.)*

**12. Mibatatakino atua  
orreshet lo lmaranke ain-  
yial enkarna oolkulikai li-  
minyor aashu lelo tung'-  
ana lipaashare iyie  
(Ndung. 18: 8; Efeso 4: 29-  
32).** *(Don't fall into the trap of  
gossiping and tearing down  
others you don't like or who may  
be different from you.)*



**13. Ore pee itum errepet  
toolkulikai tung'ana ten-  
karaki embae sidai  
nitaasa, tadamu pee ijoki  
ashe kake tadamu oleng  
pee incho Enkai enkisisa  
anaake. Neaku, tusuja  
enkoitoi emboron alang  
enkoitoi olwuasa (2 Ilkor. 10: 12, 17, 18; 2 Iles. 1:  
11, 12; Yakobo 4: 10; 1 Pet. 5: 6; Emb. 5: 13; Olk.  
63: 3; 86: 12).** *(When you have a victory and you receive  
applause from others say, "Thank you" in a nice and respectful  
way, but always remember to give God the praise. So, follow the  
way of humility, not pride.)*





# **Emayianata**

*(Blessing)*

**Meiputa Enkai ilarin lelelero inyi te nti (presence) enye atua enkishui inyi. Metaretu intae Enkai pee isiligigi ninye anaake anaa olchore linyi. Meitaiolo Enkai intae enyorrata enye nagut nabik intarasi. Meishoo intae Enkai empijan pee ijojo a,a nilanyilanya imbaa torrok e sheitani. Meishoo sii Enkai intae ilchoreta oonyor intae oleng tenyorrata nasinya anaa eninkununono, neeta sii empijan pee eliki intae tenyorrata tenaa igirara aapong'ori. *(May your teenage years be filled with the love and presence of God in your life. May you always turn to him as your friend. May you know his deep and abiding love for you. May he give you courage to say no and walk away from the evil temptations of satan. May you find friends who will love you for who you are and yet have the courage to share with you in love what you may need to hear.)***

**Mikitorripo Enkai too rishat pooki nikincho sii eng'eno, empijan, o enkitieunoto. Metaa shoruetisho ino tenebo Yesu entoki nagut oleng nasipa. Ore pee egila oltau lino kaomon pee ingarakino Enkai pee kilejilej nimimbelekenyakino inkulie aitin. Mikitaretu Enkai tayiolo ajo metii ai toki nikincho enkilejilej alang enkomono tiniliki Enkai imbaa pooki naatii oltau lino nisilig ninye pee kiutaa. *(May***

*God protect you in every situation and give you wisdom, courage, and boldness. May your relationship to Jesus become very personal and deep. When your heart is broken may you always turn to God for comfort and never away from him. May he help you to know that nothing can give you comfort more than pouring your heart out to him and listening to him for direction.)*

**Mikinchoo sii Enkai eng'iriata toorishat naatiu anaa mening'ito ninye inkomonoritin inono.** *(May God give you patience when it seems that he is not hearing your prayers.)*

**Mikitaretu Enkai taa oltung'ani supat metaa iretu sii ilchoreta linono niliki ning'arie ninche enyorrata Enkai o lomom supati ooipirta Yesu.** *(May you be a good influence on your friends and even be able to share with them the love of God and the good news of Jesus.)*

**Metaa enyorrata, eseriani o enkilejilej Enkai, Yesu o Enkiyang'et Sinyati tenebo iyie kulo arin le lelero ooponu.** *(May the love, peace and comfort of God, Jesus, and the Holy Spirit be with you during your teenage years.)*

Saruni Ole Ntayaia – Paul Highfield – 2005 (Revised July 2010 nikintoki aarerioo 2019)



### Mount Kilimanjaro

"Araposhu nanu nkonyek aainei aing'or ildoinyo,  
Kaji eing'uaa eretoto ai? Olaitoriani eing'uaa eretoto  
ai, laa ninye oitobira keper o enkop" (Olkerempe le  
Nkai 121: 1, 2). *(I will lift up my eyes to the hills, where  
does my help come from? The Lord is my help, who made the  
heavens and the earth.)*