

A COLLECTION OF 100 BEMBA PROVERBS



BY

LAUR MWEPU LUIZA

African Proverbs Working Group

NAIROBI, KENYA

MARCH 2015

TABLE OF THE CONTENTS

NO.	PROVERB	PAGE
	TABLE OF THE CONTENTS	2-6
	DEDICATION	7
	ACKNOWLEDGEMENT	8
	INTRODUCTION AND IDENTIFICATIONS	9
	HISTORY AND CULTURAL RELATIONS	10
	ETHNOGRAPHIC MAP OF THE BEMBA ETHNIC GROUP	11
1	Abasuma tabakokola <i>ENGLISH:</i> Good people do not live long	12
2	Akalimbaka kwashima takapwisha misango <i>ENGLISH:</i> A borrowed radio does not finish a habit	12
3	Akanani kantu kali pabwali <i>ENGLISH:</i> Dirty is what is on the food	12
4	Akamuti ukwete eko bominako imbwa <i>ENGLISH:</i> The stick one is holding is the one used to beat a dog	13
5	Akacila kambushi kasengula epo <i>ENGLISH:</i> The tail of a goat cleans where it is seated	13
6	Akabwelelela kalalya <i>ENGLISH:</i> When things are done with, they are done with. One needs not to retain to what is past	13
7	Akantu kantu ukwete kuminwe <i>ENGLISH:</i> A thing is what you hold in your hands	14
8	Akantina ka kwa lesa entuntutukilo yamano <i>ENGLISH:</i> The fear of god is the beginning of wisdom	14
9	Akaboko kakonka akaboko kabiye <i>ENGLISH:</i> A hand which gives receives in return	14
10	Akoni kakela umutika temenwe <i>ENGLISH:</i> A bird sits on a tree it likes	15
11	Amenshi yakutali tayashinya mulilo <i>ENGLISH:</i> For distant water does not extinguish the fire here	15
12	Amashiwi yamuketa yapusakebo yapusa akabwe <i>ENGLISH:</i> Words of elders may miss a stone throw, but they never miss in what they say	15
13	Amano mambulwa yafuma mwifwesa ya yamuculu <i>ENGLISH:</i> Wisdom can be gotten from anyone, it is shared not a monopoly of one person	16
14	Babili temwenso kusoshanya <i>ENGLISH:</i> Together is not to bring fear, but rather a relation	16
15	Beshiba ekowafuma tabeshiba ekoleya <i>ENGLISH:</i> We can only know where we are coming from, not you where you are going	16
16	Bakolwe basekana utupato <i>ENGLISH:</i> Monkeys laugh at each other's red buttocks	17
17	Cimbwi pakulila ninshi pali eka shitintilile <i>ENGLISH:</i> The hyena cries while lining to something	17
18	Cimumbwa pala nook palawiso ukuwama <i>ENGLISH:</i> A child carries in them the characteristics of the mother and father	18

19	Cipata mukaya umwenu akaya ukashala ucimona <i>ENGLISH:</i> Hating old friends because of a visitor will make you regret when the visitor goes	18
20	Cumbu munsho lolwa <i>ENGLISH:</i> A sweet potato cannot be straightened	18
21	Icalo lifupa bakolokota kofye washa <i>ENGLISH:</i> The world is a bone you just bite around and leave it	19
22	Ici twate sembe mutima <i>ENGLISH:</i> The heart is responsible for cutting down a big tree the ax is only an instrument	19
23	Iciku pempula ecikulya <i>ENGLISH:</i> What visits you is what eats you	20
24	Icuponi inganda <i>ENGLISH:</i> Marriage is a home	20
25	Ifilala fyamunda yanama <i>ENGLISH:</i> What sleeps is the card in an animal's stomach	21
26	Ifyakulya ubushiku bafimwena kumalushi <i>ENGLISH:</i> What you eat in the darkness will be seen in your vomit.....	21
27	Imputi isulata ibulaku bwe keshapo <i>ENGLISH:</i> The anus which fats, will always fat another time	21
28	Ifya kwi bata finonsha <i>ENGLISH:</i> Stolen things never really make one rich	22
29	Imiti ikula empanga <i>ENGLISH:</i> Young growing trees are the future forest	22
30	Impupu mpaku book <i>ENGLISH:</i> A thief is the one you catch with your hands	22
31	Imbila yamushi tabaya sukila <i>ENGLISH:</i> We are not obliged to answer a village message or announcement	23
32	Icikalipa cunfwa umwine <i>ENGLISH:</i> Pain is felt by the owner	23
33	Ifila lafya munda yanama <i>ENGLISH:</i> What sleeps is the card in an animal's stomach	24
34	Ilyashi lyakukati telyakutwala pacibwase <i>ENGLISH:</i> Bedroom issues are not to be taken outside	24
35	Imiti ipalamene taibula kukwesana <i>ENGLISH:</i> Trees which are next to each always brush each other from time to time	24
36	Ifishiku mana fiwa <i>ENGLISH:</i> Only ghosts never meet	25
37	Imiti ikula empanga <i>ENGLISH:</i> Young growing trees are the future forest	25
38	Ishuko lya munobe talyendelwa <i>ENGLISH:</i> Just because one had some luck in something	25
39	Kabusha takolelwe bowa <i>ENGLISH:</i> He who enquires can never eat toxic mushrooms	26
40	Kwenu ni kwikoshi balenda enda wacebako <i>ENGLISH:</i> There is no better place like home	26
41	Mayo mpapa naine nkaku papa <i>ENGLISH:</i> Mother carries me; I will carry you as well in future	27

42	Mukolwe pakukula aifuna ipindo	
	<i>ENGLISH:</i> It is during growing that a cock break sits wing	27
43	Munshewwa aile na mashinsha ku buko	
	<i>ENGLISH:</i> He, who does not take advice, went to the in-laws with faces on his back	27
44	Mwenda mfula taceba kwiulu	
	<i>ENGLISH:</i> One who journeys during the time of rains does not look to the skies	28
45	Muli seka seka emufuma lila lila	
	<i>ENGLISH:</i> Over happiness many breed sadness	28
46	Mwana ikula empanga	
	<i>ENGLISH:</i> Young growing are the future for tomorrow	29
47	Nangua buteni nook	
	<i>ENGLISH:</i> Though she may be dirty she is your mother	29
48	Na nkoko tasala	
	<i>ENGLISH:</i> A hen does not choose among its young	29
49	Nkaya nkaya apwile ubunga mu katondo	
	<i>ENGLISH:</i> One, who always says I will go tomorrow, finished the food in the store	30
50	Pita uko impite uku temubiyo wanshila	
	<i>ENGLISH:</i> Pass there I will pass there is not a good friend to journey with	30
51	Sunga umukoshi ubulungu tabwaya fya	
	<i>ENGLISH:</i> Take care of the neck, necklaces are not difficult to find.	31
52	Tabatuka ngwena elyo taulayabuka umumana	
	<i>ENGLISH:</i> We do not insult the crocodile before crossing the river.....	31
53	Tababika koswe mwisaka lya mbalala	
	<i>ENGLISH:</i> We do not put a rat in a bag of ground nuts	31
54	Tabalole shamweni pameso bamulole shapamala	
	<i>ENGLISH:</i> We don't look at a visitor's face but at his stomach	32
55	Tafikumana kubili	
	<i>ENGLISH:</i> Things don't meet twice	32
56	Tukolwe tupalamene tufukana amabungo	
	<i>ENGLISH:</i> The monkeys near to each other share the fruits they have	32
57	Twende babili temwenso kusosha nya	
	<i>ENGLISH:</i> Walking together is not to bring fear, but rather a relation.....	33
58	Ubukulu bwankoko masaka	
	<i>ENGLISH:</i> It is the feather which makes a chicken big	33
59	Ubucengesh bwankoko pungwa tasakamana	
	<i>ENGLISH:</i> The crow does not worry about the cleverness of a chicken	34
60	Ubushiku usheme nechimbala chilocho	
	<i>ENGLISH:</i> The day you are unfortunate even cold food burns you	34
61	Ukupesha lunshiku nya patatu	
	<i>ENGLISH:</i> If you wish to challenge a fly you have to defecate at three places	34
62	Ukubifya umwela elyo taulalya cilemba	
	<i>ENGLISH:</i> Fating and spoiling the air before you have taken the beans	35

63	Ukupesha ilungu kwendamo <i>ENGLISH:</i> We have to face challenges	35
64	Ukutangila tekufika <i>ENGLISH:</i> Starting a journey before others does not mean reaching before them	35
65	Ukwanga lakwacila ulupwa <i>ENGLISH:</i> Friendship is more than family	36
66	Ulubilo lwamwipi kubangilila <i>ENGLISH:</i> The fastness of a short runner is in starting the race first.....	36
67	Ululumbi lwamulanda kukakata <i>ENGLISH:</i> One who is poor will only improve their status by working hard	37
68	Ulelila tabamuceba kukanwa <i>ENGLISH:</i> We do not look at the mouth of one crying	37
69	Ulukuni lumo talwaka <i>ENGLISH:</i> One fire wood does not light	37
70	Umulumbe wambwa tankila mubiye <i>ENGLISH:</i> Do not rely on your friend to provide for you, fight your own battle	38
71	Umwana wa mulanda kukakata <i>ENGLISH:</i> A child who is poor will only improve their status by working hard	38
72	Umwana wa mupeta fuaku nsala <i>ENGLISH:</i> The child of a generous person never starves	38
73	Umuswema ukukosa ifupa, kulamba inshila <i>ENGLISH:</i> For the viper to strengthen its bones, it has to lie on the path, so people may step on it	39
74	Umulembwe wacipuba wapwilile muli tunfwe <i>ENGLISH:</i> A fool's okra finishes during testing	39
75	Umwani wakwa kolwe alya efyo kolwe alyako <i>ENGLISH:</i> A monkey's visitor will eat what the monkey eats	40
76	Umucele ufina bomfwa kusendele <i>ENGLISH:</i> The weight of the salt is felt by the one carrying it	40
77	Umukulu ekele alamona ukutali ukucila umulumendo emakene <i>ENGLISH:</i> An elderly sited can still see further than a young person standing	40
78	Umunwe umo tausala nda <i>ENGLISH:</i> One finger cannot pick lice	41
79	Umwana a shumfwa amenene umwefu kwikoshi <i>ENGLISH:</i> A child that does not listen grew beards on the neck	41
80	U mwana ashipusha alile umusumba wakwa wishu <i>ENGLISH:</i> It is always good to ask when we are not sure of things	41
81	Umwana kalombelo <i>ENGLISH:</i> A child is a means for asking	42
82	Umwana kalema ta kaleka <i>ENGLISH:</i> A son with a bad habit never leaves it	42
83	Umwana wamusha afundilwa apafundilwa umwana wanfumu <i>ENGLISH:</i> The child of slaves is educated where the king's child is getting lessons	43
84	Umwani talisha munsoli, ngalisha munsili ninshi ningomba	

	<i>ENGLISH:</i> A visitor does not whistle if he / she whistle it means he is a singer	43
85	Umweni takokota mafupanga kokota amafupa ninshieko afuma amina aya tuntulu	
	<i>ENGLISH:</i> A visitor does not crush bones; if he does it means in his place he swallows them whole	43
86	Umusha afwa nefyebo mukanwa	
	<i>ENGLISH:</i> A slave dies with issues in the mind	44
87	Umuto walupwa tawitika ushenda ma fye	
	<i>ENGLISH:</i> The family a bowl of soup never pours down, it only bends	44
88	Uwingila mumushitu tomfwa iswa swa	
	<i>ENGLISH:</i> One who enters a thicket does not fear small noises	45
89	Umupini ukulangile umwanakashi kabwelelo	
	<i>ENGLISH:</i> One will always return to an axe or hoe handle the woman shows them	45
90	Ukupoka icinsenda kunkoko kuna kilila	
	<i>ENGLISH:</i> If you wish to grab something picked by a chicken, you need to do it gently	45
91	Umulandu ngawapitila pamputi napa ulondolola ukupitila pamputi	
	<i>ENGLISH:</i> When a case has embarrassing details or elements, it will be told like that	46
92	Ushitash mwana wandoshi	
	<i>ENGLISH:</i> One who does not express gratitude is a child of a witch.....	46
93	Uwakalema takaleka	
	<i>ENGLISH:</i> One with a bad habit never leaves it	47
94	Uwaupa nook niwiso	
	<i>ENGLISH:</i> One who marries your mother is your father	47
95	Uwanpepo tabamulanga kumulilo	
	<i>ENGLISH:</i> He who feels cold is not shown the fire place	47
96	Uwa kwensha bushiku bamutasha elyo bwacha	
	<i>ENGLISH:</i> On who makes you walk at night is thanked when it is day	48
97	Uwa iketepabili afwile kumenshi	
	<i>ENGLISH:</i> Indecisiveness is not good in life	48
98	Uwabingwa ukowate minina	
	<i>ENGLISH:</i> One who intends to swim does not just stand	49
99	Uwalya ikangata balala	
	<i>ENGLISH:</i> One who eats a guinea fowl does not turn to look like a guinea fowl	49
100	Uwende na ngosheno kumubeya e umubeya	
	<i>ENGLISH:</i> One who moves with the Cobra is the one who shaves it.....	49

DEDICATION

I dedicate this work to:

My dear VITAL NKUSU

The African Proverbs Working Group (Nairobi, Kenya) and

To all the readers of African literature.

ACKNOWLEDGEMENT

I wish to thank all those who contributed towards the completion of this document. My greatest thanks go to Fr. Joseph G. Healey, for the financial and moral support.

My special thanks go to Cephas Agbemenu, Margaret Ileri, Vital Judith Nkusu, Florian Muepu and Tshiluba; who devotedly have corrected 100 Bemba Proverbs. I also thank all the publishers of the Bemba proverbs, whose publications gave me good resource and inspiration to do this work.

I appreciate the support of the African Working Group in Nairobi for reviewing the progress of my work during their meetings.

INTRODUCTION

Bemba People of Zambia, DRC and Their Wisdom

1. Identifications and Location

The "Bemba" are an ethnic group mainly in Zambia and DRC. The main stream Bemba groups are subjects of Paramount Chief Chitimukulu. They live around the center of a plateau called Lubemba in the Northern Province. However, approximately twelve other groups that reside in the Luapula Province, in southern Katanga (Democratic Republic of Congo [DRC]), and in the rural areas of the Copperbelt Province speak dialects of IchiBemba and consider themselves loosely affiliated with the core Bemba group. Some of these groups have their particular group names like—Aushi, Bisa, Chishinga, Kunda, Lala, Lamba Lunda, Ng'umbo, Swaka, Tabwa, or Unga—but the tendency in urban areas is to use the generic term "Bemba". In this broad sense the Bemba form the most important ethnic group in the urban areas of the Copper belt, including Kitwe, Ndola, Mufulira, Luanshya, Chingola, and Chilila bombwe in Zambia and a significant minority in Lubumbashi in the DRC.

The plateau heartland of the Bemba reaches a height of approximately 4,300 feet (1,300 meters) and is located from 10° to 12° S and 30° to 32° E. It rises from the lowlands of Lake Bangweulu and the Luapula Valley to the south and west and Lake Tanganyika and the Luangwa Valley to the north and east. The Chambeshi River, which feeds Lake Bangweulu and forms part of the southern Congo drainage basin, meanders through its center. The plateau is made of old crystalline rocks that are rich in minerals but produce poor soil fertility. The natural vegetation consists of thin forests of tall trees termed savanna woodland.

2. History and Cultural Relations:

The oral tradition of the Bemba court recalls a migration of chiefs from the country of the Luba (Kola). The king of Kola, Mukulumpe, married a woman who belonged to the Crocodile Clan (Abena Ngandu) and had ears like an elephant. She had three sons—Katongo, Chiti, and Nkole—and a daughter, Chilufya. After a fight with their father, Chiti and Nkole fled eastward and were joined by their half brothers Chimba, Kapasa, and Kazembe and their sister Chilurya. After the death in battle of Chiti and Nkole, the son of Chilufya became chief. When they came across a dead crocodile, they decided to settle, for they were of the Crocodile Clan. Chilurya became known as Chitimukulu, or Chiti the Great.

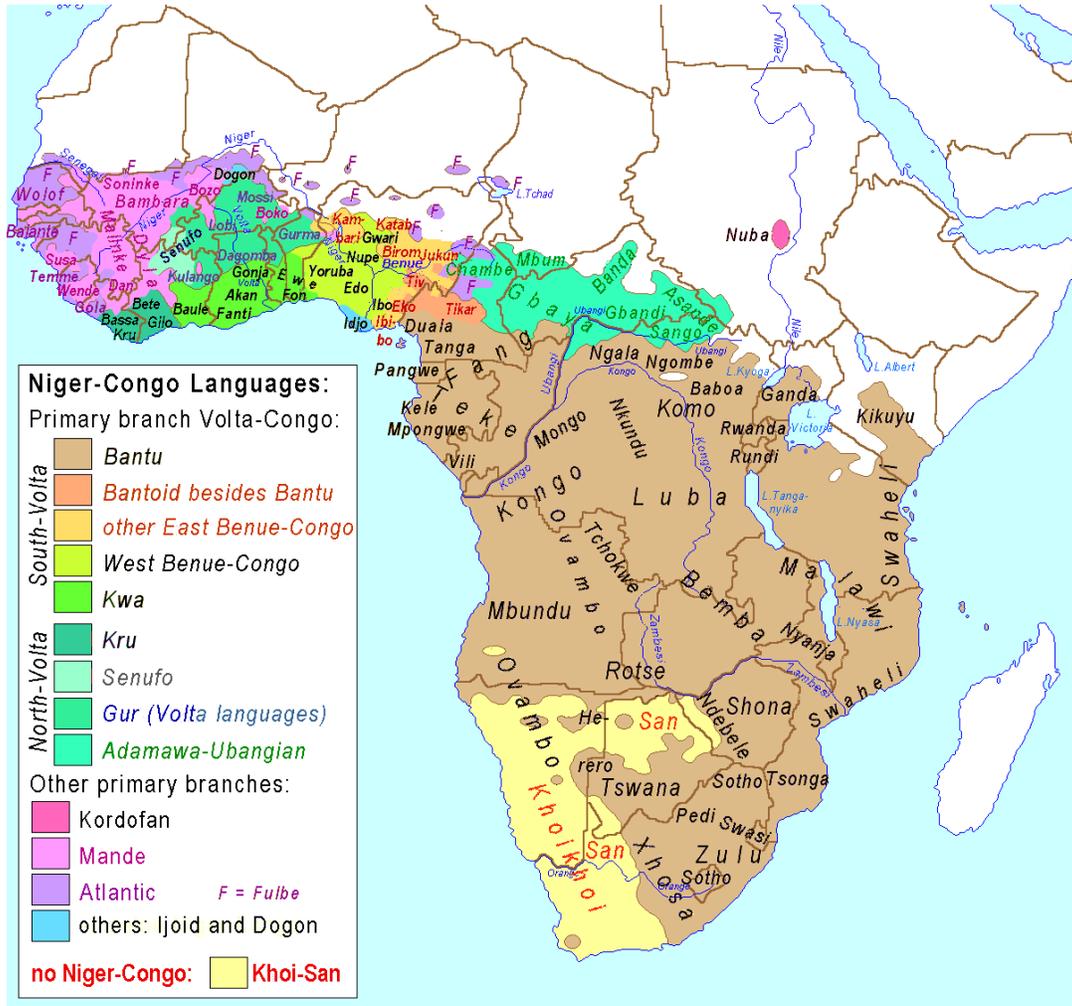
Historians have argued that this oral tradition is more a "mythical charter" that legitimizes the rule of the Crocodile Clan than a record of historical fact. The legend probably refers to a migration of Luba or Lunda chiefs that occurred before 1700. Before the migration there were autochthonous inhabitants who spoke a Bantu language that resembled modern IchiBemba and had certain cultural and economic practices similar to those found after the Luba /Lunda conquest. They had settled in the area more than a thousand years earlier. The

Luba /Lunda chiefs did not alter the cultural and economic practices of the original inhabitants, adapting them while proclaiming descent from royalty to legitimize their rule.

Before the 1840s the greatest challenge to the Bemba came from Mwata Kazembe's Eastern Lunda Kingdom based in the Luapula Valley; after 1840 the Ngoni from southern Africa challenged the Bemba from the east in a series of inconclusive wars until a decisive battle in about 1870 led to aNgoni retreat. Local exchanges of iron and salt were important for the consolidation of political power by chiefs, but the long-distance trade in slaves, ivory, and copper with the Portuguese and Swahili on the east coast fortified and centralized the Bemba polity, which reached its zenith in the 1870s.

The first written reference to the Bemba is from 1798, when the Portuguese expedition to Mwata Kazembe led by F. J.de Lacerda heard about the Bemba. The first recorded contact between Portuguese traders and Bemba chiefs took place in 1831, when another expedition to Mwata Kazembe under A. C. P. Garnitto encountered Bemba chiefs expanding to the south. Tippu Tip, a Swahili slave trader, had contact with the Bemba in the 1860s, and David Livingstone passed through the area in 1867-1868 and in 1872 shortly before his death near Bemba country.

ETHNOGRAPHIC MAP OF THE BEMBA ETHNIC GROUP



Translated Into Swahili, French English With Explanations And Biblical Parallels.

1. Abasuma tabakokola.

SWAHILI: Watu wazuri hawahishi kwa muda mrefu

ENGLISH: Good people do not live long.

FRENCH: Les bonnes personnes ne vivent pas longtemps.

Teaching: Good things or experiences seem not to stay with us for as long as we would love; whereas bad and negative experiences seem to live with us for long times

Biblical parallel: 2 Samuel 1:26

” I am distressed for thee, my brother Jonathan: very pleasant hast thou been unto me: thy love to me was wonderful, passing the love of women.”

2. Akalimbaka kwashima takapwisha misango.

SWAHILI: Muombaji wa Radio hawezi acha tabia ya kuomba omba.

ENGLISH: A borrowed radio does not finish a habit.

FRENCH: Une radio emprunté ne termine pas une habitude.

Teaching: A habit does not go with one circumstance. One does not stop smoking because they spent four hours in a nonsmoking zone

Biblical parallel: Proverbs 27:22

“Though thou shoulders bray a fool in a mortar among wheat with a pestle, yet will not his foolishness depart from him.”

3. Akanani kantu kali pabwali

SWAHILI: Uchafu ni ile iko kwa chakula.

ENGLISH: Dirty is what is on the food.

FRENCH: Sale est ce qui est sur la nourriture.

Teaching: One has to plan and rely on what they have. Better spend the days you have wisely, because you never know about tomorrow.

Biblical parallel: John 14:13 and 15

“And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son if ye shall ask anything in my name, that will I do. If ye love me, ye will keep my commandments.”

4. Akamuti ukwete eko bominako imbwa

SWAHILI: Fimbo abanyo mtu ameshika ndio hutumika kwa kupiga mbwa.

ENGLISH: The stick one is holding is the one used to beat a dog.

FRENCH: Le bâton que tu tiens est celui qui est utilisé pour battre un chien.

Teaching: One has to use what is at their disposal. Unlike not using the money you have noisily because you hope for bigger amounts tomorrow

Biblical parallel: Exodus 14:16

“But lift thou up thy rod, and stretch out thine hand over the sea, and divide it: and the children of Israel shall go on dry ground through the midst of the sea.”

5. Akacila kambushi kasengula epo

SWAHILI: Mkia wa mbuzi usaficha mahali ameketi.

ENGLISH: The tail of a goat cleans where it is seated.

FRENCH: La queue d'une chèvre nettoie que la ou il est assis.

Teaching: One has to first take care of where he stays, before going outside

Biblical parallel: Mathew 15:24

“But he answered and said, I am not sent but unto the lost sheep of the house of Israel.”

6. Akabwelelela kalalya

SWAHILI: Mtu akicha maliza na kintu achamaliza haifai kurudia iliyo pita

ENGLISH: When things are done with, they are done with. One needs not to retain to what is past.

FRENCH: Quand les choses se font avec, ils ont fait avec. Il n'est pas besoin de conserver ce qui est passé.

Teaching: We better learn to forget bad memories. It is significant to enjoy the current experience and focus on the future.

Biblical parallel: Genesis 50:20

“But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.”

7. Akantu kantu ukwete kuminwe

SWAHILI:Chako ni kile umeshika mikononi yako.

ENGLISH: A thing is what you hold in your hands.

FRENCH: Votre chose est ce que vous tenez dans vos mains.

Teaching: One has to rely and use what they have. Not to misuse what one has presently because they hope for more tomorrow.

Biblical parallel: Mathew 6:34

“Be not therefore anxious for the morrow: for the morrow will be anxious for itself. Sufficient unto the day is the evil thereof.”

8. Akantina ka kwa lesa entuntukilo yamano

SWAHILI:Hofu ya mungu ni mwanzo wa hekima.

ENGLISH: The fear of god is the beginning of wisdom.

FRENCH: La crainte de Dieu est le commencement de la sagesse.

Teaching: This proverb teaches that when one does good things for others, then God is happy and rewards them. Honesty and transparency makes others respect, trust and honor you.

Biblical parallel: Exodus 14:31

“And Israel saw that great work which the LORD did upon the Egyptians: and the people feared the LORD, and believed the LORD, and his servant Moses.”

9. Akaboko kakonka akaboko kabiye

SWAHILI:Mkono ambayo inatoa inapata katika kurudi.

ENGLISH: A hand which gives receives in return.

FRENCH: Une main qui donne reçoit en retour.

Teaching: He who gives will forever live without lacking anything. It teaches that we should show generosity, so that when we are in need others will help us.

Biblical parallel: Genesis 18:14

“Is anything too hard for the Lord? At the appointed time I will return to you, in the spring, and Sarah shall have a Son”.

10. Akoni kakela umutika temenwe

SWAHILI: Ndege huketi juu ya mti anapenda

ENGLISH: A bird sits on a tree it likes

FRENCH: Un oiseau se repose que sur un arbre, qu’il aime.

Teaching: .It teaches that everyone makes their own choices whether good or bad. You choose what you want your life to be.

Biblical parallel: 1Samuel 25:40-41

“And when the servants of David were come to Abigail to Carmel, they spoke unto her, saying, David sent us unto thee, to take thee to him to wife.”

11. Amenshi yakutali tayashinya mulilo

SWAHILI: Maji yaliyo mbali hayazimi moto hapa.

ENGLISH: For distant water does not extinguish the fire here.

FRENCH: On n’éteint pas le feu avec une eau qui se trouve à distance

Teaching: He who knows nothing on a given situation cannot find appropriate solution of it.

Biblical parallel: Proverbs 27:10

“Thane own friend, and thy father's friend, forsakes not; neither goes into thy brother's house in the day of thy calamity: for better is a neighbor that is near than a brother far off.”

12. Amashiwi yamuketa yapusakebo yapusa akabwe

SWAHILI: Wahenga wanaweza kutupa mawe na kukosa kufika wanapotaka lakini maneno yao yatakuja kutendeka.

ENGLISH: Words of elders may miss a stone throw, but they never miss in what they say.

FRENCH: Un vieux peu rate de lancer une pierre, mais il ne rate jamais dans ses paroles.

Teaching: *It teaches that the words of the elders are always accurate in their admonitions.*

Biblical parallel: 1Kings 12:13

“And the king replied to the people harshly, and forsook the counsel of the elders which they advised him,”

13. Amano mambulwa yafuma mwifwesa ya yamuculu.

SWAHILI: Hekima inaweza kupatikana kwa kila mtu si tu kwa watu fulani.

ENGLISH: Wisdom can be got from anyone. It is shared and it is not a monopoly of one person.

FRENCH: *La sagesse peut être obtenue à partir de toute personne.*

Teaching: *It teaches that we should listen to all people regardless of who they are.*

Biblical parallel: Ecclesiastes 9:15-16

“Now there was found in it a poor wise man, and he by his wisdom delivered the city; yet no man remembered that same poor man.”

14. Babili temwenso kusoshanya.

SWAHILI: Umoja haiteti hofu, bali ina leta uhusiano.

ENGLISH: Togetherness does not bring fear, but rather creates good relationship.

FRENCH: Ensemble n'est pas apporter la peur, mais plutôt une relation

Teaching: Unity is strength. Team work, mutual support, solidarity and cooperation can result in bigger achievement.

Biblical parallel: Ecclesiastes 4:9

“Two are better than one; because they have a good reward for their labor.”

15. Beshiba ekowafuma tabeshiba ekoleya

SWAHILI: Tunaweza jua tutokako lakini sio tuendako.

ENGLISH: We can only know where we are coming from, not where you are going.

FRENCH: Nous pouvons savoir où nous venons, mais pas où nous allons.

Teaching: Plan with what you have. One is more certain with what they have now than what they hope for in the future.

Biblical parallel: Proverbs 27:1

“Boast not thyself of tomorrow; for thou knowest not what a day may bring forth.”

16. Bakolwe basekana utupato

SWAHILI: Nyani hucheka kundu la wenzake lakini haoni lake nyekundu pia.

ENGLISH: Monkeys laugh at each other’s red buttocks.

FRENCH: Les singes se moque du derrière de son semblable sans savoir que son derrière est rouge aussi.

Teaching: It teaches that at times we do not look at our own problems but capitalize on problems of others.

Biblical parallel: Luke 6:42

“Either how canst thou say to thy brother, Brother, let me pull out the mote that is in thine eye, when thou thyself beholdest not the beam that is in thine own eye? Thou hypocrite, cast out first the beam out of thine own eye, and then shalt thou see clearly to pull out the mote that is in thy brother's eye.”

17. Cimbwi pakulila ninshi pali eka shitintilile

SWAHILI: Kilio cha fisi ni kupasua mavazi na kushikilia kitu fulani.

ENGLISH: The hyena cries while leaning to something.

FRENCH: L’hyène crie en s’appuyant sur quelque chose.

Teaching: Do not express your opinion in a meeting while having nothing to say which is helpful. It is wise to only talk about things that help others. Otherwise, keep silent.

Biblical parallel [Proverbs 10: 13 - 14](#)

“Smart people speak wisely, but people without wisdom should be punished. The wise don't tell everything they know, but the foolish talk too much and are ruined”

18. Cimumbwa pala nook palawiso ukuwama

SWAHILI: Mtoto huwa na tabia za mama na baba.

ENGLISH: A child carries in them the characteristics of the mother and father.

FRENCH: Un enfant porte en eux les caractéristiques de la mère et le père.

Teaching: Every human being has a different way of behaving because of what they inherit from their parent's nature, be it bad or good. The young people may emulate behavior of adults and therefore, care should be taken not to show bad behavior to them.

Biblical parallel: Ezekiel 16:44

“Behold, every one that useth proverbs shall use this proverb against thee, saying, As is the mother, so is her daughter.”

Proverbs 13:20

“Whoever walks with the wise becomes wise, but the companion of fools will suffer harm”.

19. Cipata mukaya umwenu akaya ukashala ucimona

SWAHILI: Usiwasahau uliowajua toka zamani, unapo pata rafiki mpya maanake akiondoka utabaki pweke.

ENGLISH: Hating old friends because of a visitor will make you regret when the visitor goes.

FRENCH: Ne pas maintenir les bonnes relations avec les vieux amis peu vous faire regretter lorsque le nouveau partira.

Teaching: We have to realize that we cannot just do away with things because we have had new ones. We should value established friendships. The old have wisdom which is needed by all.

Biblical parallel: Proverbs 19:20

Listen to advice and accept instruction, that you may gain wisdom in the future.”

20. Cumbu munsho lolwa

SWAHILI: Kamwe viazi vitamu havi wezi lainishwa

ENGLISH: A sweet potato cannot be straightened.

FRENCH: On ne peut jamais redresser une patate douce.

Teaching: There are people who would never accept correction. They do not wish to change even when given a chance. They should therefore, be appreciated in society with their weaknesses.

Biblical parallel: Ecclesiastes 1:15

“That which is crooked cannot be made straight: and that which is wanting cannot be numbered.”

Proverbs 11:14

“Without good direction, people lose their way; the more wise counsel you follow, the better your chances.”

21. Icalo lifupa bakolokota kofye washa

SWAHILI: Dunia ni mfupa unaotafuna kidogo, kisha unaiacha.

ENGLISH: The world is a bone you just bite around and leave it.

FRENCH: Le monde est un os que vous venez de mordre autour et le laisser.

Teaching: We have to be aware in all we do that we do not live forever on this earth. Life is short so live a useful life.

Biblical parallel: Ecclesiastes 1:4

“Generations come and generations go, but the earth remains forever”

[Psalm 119:90](#)

“Your faithfulness continues through all generations; you established the earth, and it endures.”

22. Ici twate sembe mutima.

SWAHILI: Roho inaweza kukata mti mkubwa. Shoka ni chombo tu.

ENGLISH: The heart is responsible for cutting down a big tree. The axe is only an instrument.

FRENCH: Le cœur est responsable de l'abattage d'un grand arbre et la hache n'est qu'un instrument.

Teaching: Felling a tree is the heart; the courage therefore is worth more than the sharp axe. Without courage you cannot do anything even if you have everything you need for work.

Biblical parallel: 1Samuel 17:50

“So David prevailed over the Philistine with a sling and with a stone, and smote the Philistine, and slew him; but there was no sword in the hand of David.”

23. *Iciku pempula ecikulya*

SWAHILI: Kile kina kutembelea jio kikukulacho.

ENGLISH: What visits you is what eats you.

FRENCH: Ce qui vous visite, c’est ce qui vous mange.

Teaching: It teaches that your best friend is your best enemy. Not everyone likes you especially when you are doing well in your life. Identify your true friends and be careful even among friends.

Biblical parallel: Psalms 41:9

“Even my close friend in whom I trusted, who ate my bread, has lifted up his heel against me.”

Luke 22:6

“And he promised, and sought opportunity to betray him unto them in the absence of the multitude.”

24. *Icuponi inganda*

SWAHILI: Ndoa ni boma..

ENGLISH: Marriage is a home.

FRENCH: Le mariage est une maison.

Teaching: When people get married they make a home; more than just people living in one house. It teaches that a home represents a good relationship, support for one another, care and cooperation. It is not the buildings.

Biblical parallel: [Genesis 2:24](#) –

“Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh”

[Genesis 2:18](#)

Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him

25. Ifilala fyamunda yanama

SWAHILI: Katika tumbo ya mnyama .kumejaa taka.

ENGLISH: What sleeps is the curd in an animal's stomach.

FRENCH: C'est ce qui se trouve dans l'estomac de l'animal qui se couche.

Teaching: Nothing can be hidden under the sun. A secret will always be exposed, however long it takes to do so.

Biblical parallel: Luke 12:2-3

“For there is nothing covered, that shall not be revealed; neither hid, that shall not be known.”

26. Ifyakulya ubushiku bafimwena kumalushi

SWAHILI: Kile ulacho gizani kitaonekana kwa matapisho yako.

ENGLISH: What you eat in the darkness will be seen in your vomit.

FRENCH: Ce que tu manges dans l'obscurité sera visible lors que tu vomis.

Teaching: Be careful with what you do in secret, you might be found out unexpectedly.

Biblical parallel: Luke 12:2-3

“For there is nothing covered, that shall not be revealed; neither hid, that shall not be known. Therefore whatsoever ye have spoken in darkness shall be heard in the light; and that which ye have spoken in the ear in closets shall be proclaimed upon the housetops.”

27. Imputi isulata ibulaku bwe keshapo

SWAHILI: Mkundu abao hutoka hewa kila mara hauwezi kusitishwa.

ENGLISH: The anus which farts will always fart another time.

FRENCH : L'annuce qui pette a la graisse sera toujours sur lui tous les temps.

Teaching: Habits never die. What a person is used to as a habit, is very difficult to change. Especially bad habits are not easy to change in a person.

Biblical parallel: Acts 7:51

“Ye stiff necked and uncircumcised in heart and ears, ye do always resist the Holy Ghost: as your fathers did, so do ye”

[Romans 12:1-2](#)

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect”

28. Ifya kwi bata finonsha.

SWAHILI: Mali ya wizi haiwezi kukufanya tajiri.

ENGLISH: Stolen things never really make one rich.

FRENCH: Avec les choses volées on ne peut véritablement devenir riche.

Teaching: The ill-gotten benefits are not helpful to anybody. Many gain wealth wrongfully but later lose it all. They may not use it comfortably or invest it for fear of being found out.

Biblical parallel: Proverbs 20:17 and 21:6

“Bread of falsehood is sweet to a man; but afterwards his mouth shall be filled with gravel. The getting of treasures by a lying tongue is a vapor driven to and fro by them that seek death”.

[Proverbs 21:6](#)

“A fortune made by a lying tongue is a fleeting vapor and a deadly snare.”

29. Imiti ikula empanga

SWAHILI: Vijiti vikuavyo ndivyo vitakavyo kuwa misitu ya baadaye.

ENGLISH: Young growing trees are the future forest.

FRENCH: Les jeunes arbres en croissance sont la forêt de demain.

Teaching: It teaches that the young are the hope of tomorrow’s future.

Biblical parallel: [Psalm 71:18](#)

“Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come”

30. Impupu mpaku boko

SWAHILI: Mwizi ni yule umshikaye kwa mikono yako.

ENGLISH: A thief is the one you catch with your hands.

FRENCH: Un voleur est celui que vous avez pris avec votre propre main.

Teaching: One is a thief if you have evidence of his theft. Without evidence someone should not accuse another of wrong doing. Many times people are misjudged or assumed to have done a wrong deed, yet they are innocent.

Biblical parallel: Leviticus 19:16

"You shall not go about as a slanderer among your people, and you are not to act against the life of your neighbor; I am the LORD."

31. Imbila yamushi tabaya sukila

SWAHILI: Hatuna wajibu wa kujibu ujumbe unaoelekezwa kwa umma.

ENGLISH: We are not obliged to answer a village message or announcement.

FRENCH: Nous ne sommes pas obligés de répondre à un message du village ou de l'annonce.

Teaching: Public statements are not to be taken personal. They are a community responsibility and nobody should carry the weight of the message personally. Responsibility and accountability should be shared to prevent burdening others.

Biblical parallel: Galatians 6:2

"Bear one another's burdens, and thus fulfill the law of Christ."

32. Icikalipa cunfwa umwine

SWAHILI: Uchungu huhisiwa na mwadhiriwa

ENGLISH: Pain is felt by the victim.

FRENCH: La douleur est ressentie par le propriétaire

Teaching: A problem is better understood by one going through it.

Biblical parallel: [2 Timothy 3:11](#)

"Persecutions, sufferings--what kinds of things happened to me in Antioch, Iconium and Lystra, the persecutions I endured. Yet the Lord rescued me from all of them"

33. *Ifila lafya munda yanama*

SWAHILI: Kilicho katika tumbo ya mnyama. Kimetulia.

ENGLISH: What sleeps is the curd in an animal's stomach.

FRENCH: C'est ce qui se trouve dans l'estomac de l'animal qui se couche.

Teaching: It teaches that all secrets finally become revealed to humanity. Nothing can be kept secret for too long. Someone will finally speak out.

Biblical parallel: [Hebrews 4:13](#)

“Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account”

34. *Ilyashi lyakukati telyakutwala pacibwanse*

SWAHILI: Masuala ya chumba cha kulala shaitolewi nje.

ENGLISH: Bedroom issues are not to be taken outside.

FRENCH: les affaires de la chambre a couchée ne sont pas à amener en dehors.

Teaching: The need to resolve problems discretely between married people. Not insulting or discussing each other on their private life in public, or telling other people about your problems.

Biblical parallel: Proverbs 24:3-4

“By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures”.

35. *Imiti ipalamene taibula kukwesana*

SWAHILI: Miti ilio pamoja hukwaruzana kila mara.

ENGLISH: Trees which are next to each always brush against each other from time to time.

FRENCH: les arbres qui sont au côté d'autres sont toujours brosser les un les autres de temps en temps par le vent.

Teaching: Differences are inevitable when we live with other people. People must accommodate each other and live in harmony.

Biblical parallel: Genesis 26:22

“And he removed from thence, and digged another well; and for that they strove not: and he called the name of it Rehoboth; and he said, for now the LORD hath made room for us, and we shall be fruitful in the land.”

36. Ifishiku mana fiwa

SWAHILI: Mizimu huwa hazipatani.

ENGLISH: Only ghosts never meet.

FRENCH: Seuls les fantômes ne se rencontrent jamais.

Teaching: Never do something bad to people believing that they are not useful to you. We live in a global world; you might meet them somewhere else, in your time of need. Treat people without discrimination.

Biblical parallel: Genesis 45:3-4

“And Joseph said unto his brethren, I am Joseph; doth my father yet live? And his brethren could not answer him; for they were troubled at his presence. And Joseph said unto his brethren, Come near to me, I pray you. And they came near. And he said, I am Joseph your brother, whom ye sold into Egypt.”

37. Imiti ikula empanga

SWAHILI: Vijana ni miti na msitu wa siku zijazo.

ENGLISH: Young growing trees are the future forest.

FRENCH: Les jeunes arbres en croissance sont la forêt de demain.

Teaching: The young are the hope of tomorrow’s future generation.

Biblical parallel: Mark 10:14

“When Jesus saw this, he was indignant. He said to them, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.”

38. Ishuko lya munobe talyendelwa

SWAHILI: Mtu moja akipata bahati haimaanishi pia wewe utapata hiyo nafasi ya kubahatika.

ENGLISH: Just because one had some luck in something does not mean you will be in luck also.

FRENCH: la chance de ton ami ne pas ta chance.

Teaching: The proverb teaches that each person has their unique share of luck. It does not mean you will be successful the same way as another person. God shares out our successes differently so we cannot be the same.

Biblical parallel Deuteronomy 28:11-13

“The Lord will grant you abundant prosperity – in the fruit of your womb, the young of your livestock and the crops of your ground – in the land he swore to your ancestors to give you. The Lord will open the heavens, the storehouse of his bounty, to send rain on your land in season and to bless all the work of your hands. You will lend to many nations but will borrow from none. The Lord will make you the head, not the tail. If you pay attention to the commands of the Lord your God I give you this day and carefully follow them, you will always be at the top, never at the bottom”.

39. Kabusha takolelwe bowa

SWAHILI: Yule anayeuliza hawezi kamwe kula uyoga wenye sumu?

ENGLISH: He who enquires can never eat toxic mushrooms.

FRENCH: Quiconque s’informe ne peut jamais manger les champignons toxiques.

Teaching: He who is aware can never be surprised by an unfortunate event. Meaning once somebody has enough information about a given situation, he/she can be safer to make decisions about any situation.

Biblical parallel: Luke 3:14

“And the soldiers likewise demanded of him, saying, and what shall we do? And he said unto them, do violence to no man neither accuse any falsely; nor be content with your wages.”

40. Kwenu ni kwikoshi balenda enda wacebako

SWAHILI: Hakuna mahali bora kama nyumbani

ENGLISH: There is no better place like home

FRENCH: Pas de meilleur endroit comme à la maison.

Teaching: We are most comfortable with people, things and places which we are familiar with. People present the best about themselves when in a familiar circumstance or environment. We do our best work when performing duties which we are familiar with.

Biblical parallel: Exodus 1:14

“And they made their lives bitter with hard bondage, in mortar, and in brick, and in all manner of service in the field: all their service, wherein they made them serves, was with rigour.”

41. Mayo mpapa naine nkaku papa.

SWAHILI: Mama ni bebe nami ntakubeba siku zijazo.

ENGLISH: Mother carry me, I will carry you as well in future.

FRENCH: Mère porte moi, je te porterai ainsi à l’avenir.

Teaching: A parent who takes care and responsibility of their children would be sure to receive back that care in their old age from their children

Biblical parallel: Genesis 47:11

“And Joseph placed his father and his brethren, and gave them a possession in the land of Egypt, in the best of the land, in the land of Ramses, as Pharaoh had commanded.”

42. Mukolwe pakukula aifuna ipindo

SWAHILI: Wakati wa kukomaa ndio joogo huvunja bawa lake.

ENGLISH: It is during growing that a cock breaks its wing.

FRENCH: C'est au cours sa croissance que le coq rompt son aile.

Teaching: It is at the youth stage that we learn a lot of things, trying to find ourselves. It is then that we can make a lot of mistake in life. Thus the need to be careful, not to make the worst of our lives.

Biblical parallel: Proverbs 29:15

The rod and reproof give wisdom; but a child left to him caused shame to his mother.

43. Munshewa aile na mashinsha ku buko

SWAHILI: Mtu ambaye hukataa ushauri, huenda kwa wakwe zake na mavi mgongoni.

ENGLISH: He, who does not take advice, went to the in-laws with faeces on his back.

FRENCH: Celui qui ne prend pas de conseils, est allé à la belle avec le caca sur son derrière.

Teaching: If one does not take advice, even when he or she has an evident problem people might not do anything to help. He/she will continue doing the wrong things instead of following advice.

Biblical parallel: 1Kings 12:13-14

“And the king answered the people roughly, and forsook the old men's counsel that they gave him; and spoke to them after the counsel of the young men, saying, my father made your yoke heavy, and I will add to your yoke: my father also chastised you with whips, but I will chastise you with scorpions.”

44. Mwenda mfula taceba kwiulu

SWAHILI: Mtu ambaye anayesafiri wakati wa mvua hawezi kuangalia mawingu.

ENGLISH: One who journeys during the time of rains does not look to the skies.

FRENCH: Celui qui chemine pendant la période des pluies ne regarde pas le ciel.

Teaching: When you know the challenges of something which you engage yourself in, you are not to be discouraged by the challenges. We should always stay focused on our intentions in order to succeed.

Biblical parallel: Ecclesiastes 11:4

“He that observeth the wind shall not sow; and he that regardeth the clouds shall not reap”

[Proverbs 4:25](#)

”Let thine eyes look right on, and let thine eyelids look straight before thee”

45. Muli seka seka emufuma lila lila

SWAHILI: Furaha ikizidi kuzaa huzuni

ENGLISH: Over happiness many breed sadness.

FRENCH: Trop de joies engendrent la tristesse.

Teaching: One has to watch out when over excited. Too much of anything is not good. Excessiveness of all things ends up creating negative results. For example too much wealth can bring impunity.

Biblical parallel: Esther 6:13

“And Haman recounted unto Zeresh his wife and all his friends everything that had befallen him. Then said his wise men and Zeresh his wife unto him, If Mordecai, before whom thou

hast begun to fall, be of the seed of the Jews, thou shalt not prevail against him, but shalt surely fall before him.”

46. Mwana ikula empanga

SWAHILI: Watoto ndio nguzo ya kesho.

ENGLISH: The youth are the future of tomorrow.

FRENCH: Les jeunes en croissance sont les futures de demain.

Teaching: The youth have to be depended upon to create a better future for the community. They are agile, ready to learn and adjust to new responsibilities when given to them. We should look positively upon them and expect them to shape the society positively.

Biblical parallel: [1Timothy 4:12](#)

“Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity”

47. Nangua buteni noko

SWAHILI: Ingawa hana usafi yeye ni mama yako.

ENGLISH: Though she may be dirty she is your mother.

FRENCH: Même si elle peut être sale, c’est ta mère.

Teaching: Parents are parents, no matter what they maybe, they remain our parents. We should respect them and let them guide us.

Biblical parallel: Mathew 15:4

“For God said, Honor thy father and thy mother: and, He that speaketh evil of father or mother, let him die the death.”

48. Na nkoko tasala

SWAHILI: Kuku huwa hachagui kati ya vifaranga wake.

ENGLISH: A hen does not choose among its young.

FRENCH: Une poule ne distingue pas ces poussins parmi d’autres.

Teaching: He who wants to serve must not be motivated by evil intentions towards others. Neither should he/she look back at whatever happened in the past. One should forgive and forget and also not discriminate or revenge over past happenings..

Biblical parallel: Genesis 50:21

“Now therefore fear you not: I will nourish you, and your little ones. And he comforted them, and spake kindly unto them”

49. Nkaya nkaya apwile ubunga mu katondo.

SWAHILI: Mtu ambaye anasema ata enda kesho, alimaliza chakula katika kuhifadhi.

ENGLISH: One, who always says I will go tomorrow, finished the food in the store.

FRENCH: Celui qui dit toujours que je vais aller demain, a terminé la nourriture dans le magasin.

Teaching: *Never plan for tomorrow what can be done today. Post pone for the other day is not a better way of acting in life.*

Biblical parallel: Proverbs 20:13

“Love not sleeps, lest thou come to poverty; open thine eyes, and thou shalt be satisfied with bread.”

50. Pita uko impite uku temubiyo wanshila.

SWAHILI: Pita huko nipite huko si rafiki mzuri wa kusafiri naye.

ENGLISH: Pass there I will pass there is not a good friend to journey with.

FRENCH: Passe la et je passerai de l’autre cote il n'est pas un bon ami de voyage avec.

Teaching: *Friends who do not like to do things in cooperation, but prefers to always do things alone are not the best of friends*

Biblical parallel: Genesis 26:27

“And Isaac said unto them, wherefore come ye to me, seeing ye hate me, and have sent me away from you?”

[Proverbs 27:17](#)

“Iron sharpens iron, and one man sharpens another”

51. *Sunga umukoshi ubulungu tabwaya fya*

SWAHILI: Chunga shingo, kupata shanga si vigumu.

ENGLISH: Take care of the neck, necklaces are not difficult to find.

FRENCH: Prendre soin de ton cou, les bracelets sont moins à trouver.

Teaching: Life is more important than material things

Biblical parallel: Genesis 38:24-26

“When she was brought forth, she sent to her father-in-law, saying, by the man, whose these are, am I with child: and she said, Discern, I pray thee, whose are these, the signet, and the cords, and the staff.”

52. *Tabatuka ngwena elyo taulayabuka umumana*

SWAHILI: Huwa hatumtusi mamba kabla ya kuvuka mto

ENGLISH: We do not insult the crocodile before crossing the river.

FRENCH: N’insulte pas le crocodile avant de traverser la rivière.

Teaching: While still working on issues with people, do not mock those who still struggle to work with you because you can fail to achieve your goals successfully if you work alone without them.

Biblical parallel: [1 Corinthians 1:10](#)

“I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgment”

53. *Tababika koswe mwisaka lya mbalala*

SWAHILI: Hatumuweki panya katika mfuko wa njugu karanga.

ENGLISH: We do not put a rat in a bag of ground nuts.

FRENCH: Nous ne mettons pas un rat dans un sac de cacahuètes.

Teaching: It is not wise to tempt others or ourselves purposely. Better avoid temptations if possible. We should avoid situations which lead us to doing things we did not intend to do.

Biblical parallel: **Matthew 26:41**

“Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”

54. *Tabalole shamweni pameso bamulole shapamala*

SWAHILI: Usimwangelie mgeni uso, lakini angalia tumbo lake.

ENGLISH: We don't look at a visitor's face but at his stomach.

FRENCH: Ne regardons pas le visage d'un visiteur, mais regardons plutôt à son estomac.

Teaching: Before inquiring on why a person has come to visit us, it is better to understand how they are well. Be concerned about their well-being first.

Biblical parallel: John 6:5

“Jesus therefore lifting up his eyes, and seeing that a great multitude cometh unto him, saith unto Philip, Whence are we to buy bread, that these may eat?”

55. *Tafikumana kubili*

SWAHILI: Mambo hayakutani mara mbili

ENGLISH: Things don't meet twice

FRENCH: Les choses ne se rencontrent pas deux fois.

Teaching: All things are unique. All things wait to be discovered in a person. We all have special talents and abilities which others may not see obviously, but in the end someone will realize we have those abilities. Different people have different abilities.

Biblical parallel: [Jeremiah 1:5](#)

“Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations

56. *Tukolwe tupalamene tufukana amabungo*

SWAHILI: Nyani wakiwa pamoja hugawana matunda yao.

ENGLISH: The monkeys near to each other share the fruits they have.

FRENCH: Les singes proches les uns des autres brillaient les fruits qu'ils ont.

Teaching: Misunderstanding and quarrels are part of life and no one can avoid them happening.

Biblical parallel: Luke 22:24, 26

And there was also a strife among them, which of them should be accounted the greatest. But ye shall not be so: but he that is greatest among you let him be as the younger; and he that is chief, as he that doth serve”

57. Twende babili temwenso kusosha nya.

SWAHILI: Kutembea pamoja si kuleta hofu, lakini huleta uhusiano.

ENGLISH: Walking together is not to bring fear, but rather a relation.

FRENCH: Marcher ensemble n’est pas apporter la peur, mais plutôt une relation

Teaching: Unity is strength. Team work, mutual support, solidarity and cooperation can result in bigger achievement.

Biblical parallel: [Ephesians 4:16](#)

“From whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love”

58. Ubukulu bwankoko masaka

SWAHILI: Ni manyoya ambayo hufanya kuku awe mkubwa.

ENGLISH: It is the feathers which makes a chicken big.

FRENCH: Ce sont les plumes qui rendent le poulet grand.

Teaching: It is not a man’s size that makes him great, but his courage to achieve what he wants to. Through this proverb, we are encouraged to exhibit courage and determination.

Biblical parallel: 1 Samuel 17:4-5

“And there went out a champion out of the camp of the Philistines, named Goliath, of Gath, whose height was six cubits and a span. And he had a helmet of brass upon his head, and he was armed with a coat of mail; and the weight of the coat was five thousand shekels of brass.”

59. Ubucengesh bwankoko pungwa tasakamana

SWAHILI: Kunguru hana wasiwasi kuhusu ujanja wa kuku.

ENGLISH: The crow does not worry about the cleverness of a chicken.

FRENCH: Corbeau ne t'inquiète pas de l'intelligence d'un poulet.

Teaching: Do not throw stones at others when you live in a glass house. The proverb teaches that people should not compete with those in authority. They should respect and accept their position under the leadership of whoever is in place. we cannot all be leaders at the same time.

Biblical parallel: Exodus 14:27

“ And Moses stretched forth his hand over the sea, and the sea returned to his strength when the morning appeared; and the Egyptians fled against it; and the LORD overthrew the Egyptians in the midst of the sea.

60. Ubushiku usheme nechimbala chilocho

SWAHILI: Wakati siku yako ni mbaya hata chakula huwa baridi.

ENGLISH: The day you are unfortunate even food turns cold.

FRENCH: La journée vous avait la mal chance, même les aliments froids vous brûlent.

Teaching: There are times in life when things don't just seem to work out the way you expected or planned. Circumstances change from good to bad or bad to worse. However, one cannot fail to pursue their endeavors. Hope for a better day. Do not get discouraged.

Biblical parallel: Judges 16:21

“But the Philistines took him, and put out his eyes, and brought him down to Gaza, and bound him with fetters of brass; and he did grind in the prison house.

61. Ukupesha lunshiku nya patatu

SWAHILI: Kama unataka kushindana na nzi, enda haja kubwa katika maeneo matatu.

ENGLISH: If you wish to challenge a fly you have to defecate at three places.

FRENCH: Si vous souhaitez contester avec une mouche déféquer à trois endroits.

Teaching: Do not invest in one thing if you wish to be secure. Varied investments create security such that if one area fails, you have a chance to succeed in the others. Do not *“put your eggs in one basket”*

Biblical parallel: Ecclesiastes 11:1-6

“Ship your grain across the sea; after many days you may receive a return. Invest in seven ventures, yes, in eight; you do not know what disaster may come upon the land.

62. Ukubifya umwela elyo taulalya cilemba

SWAHILI: Kabla ya kukasirika juu ya kuharibu hewa, wasema wali kula maharagwe.

ENGLISH: Before you get annoyed about farting and spoiling the air, you assume that they have eaten beans.

FRENCH: Pollué et gêter l'air avant d'avoir pris les haricots.

Teaching: One should understand the story before commenting or passing judgment. Always be sure of what you say about any matter. Ensure it is credible and factual.

Biblical parallel: [Exodus 23:1](#)

“You shall not spread a false report. You shall not join hands with a wicked man to be a malicious witness

63. Ukupesha ilungu kwendamo

SWAHILI: Lazima kukabiliana na changamoto.

ENGLISH: We have to face challenges

FRENCH: Nous devons faire face à des défis.

Teaching: Somebody needs determination to address challenges.

Biblical parallel: 1Samuel 17:32

“And David said to Saul, Let no man's heart fail because of him; thy servant will go and fight with this Philistine.”

64. Ukutangila tekufika

SWAHILI: Kuanza safari kabla ya wengine haimaanishi utafika mbele yao.

ENGLISH: Starting a journey before others does not mean reaching before them.

FRENCH: Commencer le voyage le premier ne pas synonyme de terminer premier.

Teaching: Being ahead in anything should not make a person believe they have a guarantee to be more progressive than everyone else. The proverb warns about being self-assured about things. It calls for one to show humility.

Biblical parallel: Mathew 20:11-12

“When they received it, they began to grumble against the landowner. These who were hired last worked only one hour,’ they said, ‘and you have made them equal to us who have borne the burden of the work and the heat of the day.’

65. Ukwanga lakwacila ulupwa

SWAHILI: Urafiki ni zaidi ya familia

ENGLISH: Friendship is more than family.

FRENCH: *L’amitié* est plus que la famille.

Teaching: A friend can be more helpful, beneficial and closer to you than your family members.

Biblical parallel: Proverbs 17:17

“A friend loves at all times, and a brother is born for a time of adversity.”

66. Ulubilo lwamwipi kubangilila

SWAHILI: Mbio ya mkimbiaji wa masafa mafupi huwa ni kwa sababu ya kuanza mashindano mapema.

ENGLISH: The fastness of a short runner is in starting the race early.

FRENCH: La solidité d'un court- coureur, est de commencer la course en premier

Teaching: Whenever we are to do something we need to considerer our capabilities and thus do the necessary. if you one a student who does not easily understand when you go through materials once you might need time to read the materials twice or more times before exams.

Biblical parallel: 1 Samuel 25:34

“Otherwise, as surely as the LORD, the God of Israel, lives, who has kept me from harming you, if you had not come quickly to meet me, not one male belonging to Nabal would have been left alive by daybreak.”

67. Ululumbi lwamulanda kukakata

SWAHILI: Masikini anatengeneza hali yake kwa bidii

ENGLISH: One who is poor will only improve their status by working hard.

FRENCH: Celui qui est pauvre n'améliore sa situation qu'en travaillant dur.

Teaching: This proverb is used to combat laziness among those who detest working to avoid laziness and to be productive.

Biblical parallel: Proverbs 20:13

"Does not love sleep or you will grow poor; stay awake and you will have food to spare."

68. Ulelila tabamuceba kukanwa

SWAHILI: Huwa hatuangelii mdomo wa mtuanayelia..

ENGLISH: We do not look at the mouth of the one crying.

FRENCH: Nous ne regardons pas la bouche de celui qui crie.

Teaching: The age does not matter when it comes to lead people. A young person can hold the head office and manage elders. Wisdom is not necessarily depicted by age.

Biblical parallel: 1 Timothy 4:12

"Let no one look down on your youthfulness, but {rather} in speech, conduct, love, faith {and} purity, show yourself an example of those who believe."

69. Ulukuni lumo talwaka

SWAHILI: Kuni moja haiwezi kuwasha moto.

ENGLISH: One piece of fire wood does not light a fire.

FRENCH: Un bois de chauffage ne s'allume pas.

Teaching: We can better solve issues when we involve other people who can help us deal with matters. A problem shared is half solved, because it reduces the burden of struggling to resolve problems alone.

Biblical parallel: Galatians 6:2

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

70. Umulume wambwa tankila mubiye

SWAHILI: Usitegemee rafiki yako kutoa kwa akutun; pigana vita yako mwenyewe.

ENGLISH: Do not rely on your friend to provide for you; fight your own battle.

FRENCH: Ne comptez pas sur votre ami à fournir pour vous, lutter contre votre propre bataille.

Teaching: Self-reliance is the mother of all ventures'. The proverb teaches that we should learn to be self-reliant and depend on our efforts to succeed in life. Struggle as an individual without waiting for others to accomplish things for you.

Biblical parallel: Genesis 32:28

“Then he said, your name shall no more be called Jacob, but Israel,” For you have striven with God and with men, and have prevailed.”

71. Umwana wa mulanda kukakata

SWAHILI: Mtoto ambaye ni maskini huboresha hali yake kwa kufanya kazi kwa bidii

ENGLISH: A child who is poor will only improve their status by working hard.

FRENCH: Un enfant qui est pauvre n’améliore sa situation qu’en travaillant dur.

Teaching: This proverb is used to inform that one must work hard in order to change their bad situations. Whether it is poverty or other unacceptable situation. Working hard brings productive.

Biblical parallel: Proverbs 20:13

“Love not sleeps, lest thou come to poverty; open thine eyes, and thou shalt be satisfied with bread.”

72. Umwana wa mupeta fuaku nsala

SWAHILI: Mtoto wa mtu mkarimu hawezi kukaa na jaa.

ENGLISH: The child of a generous person never starves.

FRENCH: L'enfant d'une personne généreuse n'est jamais affame.

Teaching: Good deeds are always rewarded. When you help people when they need your help, they will help you and your family in the future.

Biblical parallel: 2 Samuel 19:38

“And the king answered, Chimham shall go over with me, and I will do to him that which shall seem good unto thee: and whatsoever thou shalt require of me, that will I do for thee.”

73. Umuswema ukukosa ifupa, kulamba inshila

SWAHILI: Kwa fira kuimarisha mifupa yake, lazima alale njiani, ili watu waweze kukanyanga juu yake.

ENGLISH: For the viper to strengthen its bones, it has to lay on the path, so that people may step on it.

FRENCH: La vipère pour renforcer ses os, doit se mettre sur la voie, afin que les gens marchent dessus.

Teaching: A member of society may bring about problems leading to difficulties. It may lead to consequences that he cannot handle. This proverb is used to restore him to awareness about the wrong doings that he is causing to himself and his surroundings.

Biblical parallel: Numbers 16:19, 26

“And Korah gathered the entire congregation against them unto the door of the tabernacle of the congregation: and the glory of the LORD appeared unto the entire congregation. And he spoke unto the congregation, saying, Depart, I pray you, from the tents of these wicked men, and touch nothing of theirs, lest ye be consumed in all their sins”

74. Umulembwe wacipuba wapwilile muli tunfwe

SWAHILI: Mikuki ya mpumbavu humalizika wakati wa majaribu.

ENGLISH: A fool’s arrows finish during testing.

FRENCH: Le gombo de l’insensé se termine au cours des essais.

Teaching: This proverb teaches that people should plan and make correct decisions before undertaking any activity. They should be orderly in order not to lose their valuables in the process of doing what they want.

Biblical parallel: [Luke 14:28-30](#)

“For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it begin to mock him, saying, ‘This man began to build and was not able to finish’”

75. Umweni wakwa kolwe alya efyo kolwe alyako

SWAHILI: Mgeni wa nyani hula kile nyani anakula.

ENGLISH: A monkey's visitor will eat what the monkey eats.

FRENCH: Le visiteur d'un singe manger ce que le singe mange.

Teaching: Do not be unreasonably fussy about what you are offered to eat by your host. This proverb teaches people to appreciate what they are offered by others. The giver may not have much, or have what you wished, but one should accept what is available and be contented.

Biblical parallel: 1 Thessalonians 5:18

"In everything give thanks; for this is God's will for you in Christ Jesus."

76. Umucele ufina bomfwa kusendele

SWAHILI: Uzito wa chumvi hujulikana na alioubeba.

ENGLISH: The weight of the salt is felt by the one carrying it.

FRENCH: Le poids du sel est ressenti par celui qui le porte.

Teaching: It is the affected persons who understand better what they are going through, especially when difficult situations are experienced. Those not affected by the matter may not understand the depth of the problem.

Biblical parallel: Psalm 23:4

"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

77. Umukulu ekele alamona ukutali ukucila umulumendo emakene

SWAHILI: Mzee ameketi aweza kuona mbali zaidi kuliko kijana aliyesimama.

ENGLISH: An elderly person who is seated can still see further than a young person standing.

FRENCH: Un vieux assis peut encore voir plus loin qu'un jeune debout.

Teaching: Elders have acquired experience and wisdom. They are more foresighted and thorough this they help in making best decisions. This proverb urges the youth follow counsel of elder people in order to have a better life.

Biblical parallel: [1 Kings 12:6](#)

"Then King Rehoboam consulted the elders who had served his father Solomon during his lifetime. "How would you advise me to answer these people?" he asked"

78. *Umunwe umo tausala nda*

SWAHILI: Kidole kimoja hakiwezi kuchukua chawa.

ENGLISH: One finger cannot pick lice.

FRENCH: Un doit ne peu pas enlever les pouts.

Teaching: A proverb used to teach that about team spirit. People should support one another in order to succeed in their endeavors in life. Ideas and opinions of more than one person are more fruitful.

Biblical parallel: Ecclesiastes 4:9-10

“Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up.”

79. *Umwana a shumfwa amenene umwefu kwikoshi*

SWAHILI: Mtoto asiye sikia humea ndevu juu ya shingo.

ENGLISH: A child who does not listen grows beards on the neck.

FRENCH: Un enfant qui n'écoute pas augmenté la barbe sur le cou.

Teaching: A person who does not heed advice gets into problems because of the mistakes he/she makes. Bad experiences and terrible consequences can result from this.

Biblical parallel: [Proverbs 19:20](#)

“Listen to advice and accept discipline, and at the end you will be counted among the wise.”

[Proverbs 21:2](#)

“A person may think their own ways are right, but the LORD weighs the heart.”

80. *U mwana ashpusha alile umusumba wakwa wishi*

SWAHILI: Ni vizuri kuuliza wakati hatujui mambo.

ENGLISH: It is always good to ask when we are not sure of things.

FRENCH: Il est toujours bon de se demander lors que nous ne sommes pas sûrs des choses.

Teaching: It teaches that it is important to be sure of facts about a matter before making a decision. Consult others who are concerned first. Being well informed can help you and others to handle matters correctly and make informed decisions.

Biblical parallel: 1Kings 12:5

“And he said unto them, depart yet for three days, then come again to me. And the people departed.”

81. Umwana kalombelo

SWAHILI: Mtoto ni njia ya kuomba.

ENGLISH: A child is a means for borrowing.

FRENCH: Un enfant est un moyen pour demander.

Teaching: A child can be used as a means or excuse to ask for assistance. The community members cannot fail to help a person in need when a child is involved. A child will make people to have mercy upon the care giver and treat situations with care and consideration.

Biblical parallel: Genesis 33:1-2, 13

“Jacob looked up and there was Esau, coming with his four hundred men; so he divided the children among Leah, Rachel and the two female servants. He put the female servants and their children in front, Leah and her children next, and Rachel and Joseph in the rear. “

“But Jacob said to him, “My lord knows that the children are tender and that I must care for the ewes and cows that are nursing their young. If they are driven hard just one day, all the animals will die.”

82. Umwana kalema ta kaleka

SWAHILI: Mtoto wa tabia mbaya hawezi ziacha kamwe.

ENGLISH: A son with bad habits never leaves them.

FRENCH: Un enfant qui a une mauvaise habitude ne le laisse jamais.

Teaching: Habits die hard. Changing the regular habits of a person is not easy. They resist change. But with commitment and guidance, a person can change with time and become better in behavior or habits.

Biblical parallel: [Romans 12:1-2](#)

“I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect”

83. Umwana wamusha afundilwa apafundilwa umwana wanfumu.

SWAHILI: Mtoto wa mtumwa hupata elimu wakati mwana mfalme anafunzwa.

ENGLISH: The child of a slave is educated where the king's child is getting lessons.

FRENCH: L'enfant d'un esclave est éduqué lorsque celui du roi apprend ses leçons.

Teaching: This proverb teaches that a person can adjust their behavior and character by observing and mingling with those of a different social class, education and background. One can also learn and change as a requirement by instruction, for instance, in a profession or career such as the military.

Biblical parallel: [Proverbs 19:20](#)

“Listen to advice and accept discipline, and at the end you will be counted among the wise.”

84. Umweni talisha munsoli, ngalisha munsili ninshi ningomba.

SWAHILI: Mgeni huwa hapigi binja na akipiga, inamaanisha ni mwimbaji.

ENGLISH: A visitor does not whistle. If he/she whistles it means he/she is a singer.

FRENCH: Un visiteur ne siffle pas si il / elle siffler cela signifie qu'il est un chanteur d'où il vient.

Teaching: Bad behavior cannot be hidden. Someone's character finally gets exposed to the public even if one tries to hide it. It just needs a happening and all comes to the open..

Biblical parallel: Proverbs 28:13

“He that covereth his sins shall not prosper: but whoso confesseth and for saketh they shall have mercy.”

85. Umweni takokota mafupanga kokota amafupa ninshieko afuma amina aya tuntulu.

SWAHILI: Mgeni huwa hapasui mifipa; akifanya hivyo ni kama kwamba kwake huwa anaima bila kuitafuna.

ENGLISH: A visitor does not crush bones; if he does it means in his place he swallows them whole.

FRENCH : Un visiteur n'écrase pas les os ; s'il le fait, cela signifie que d'où il vient, il les avale

Teaching: There is always needed to be prudent in our actions when we are visitors in a place. Behave honorably in presence of people, and they will respect you and accept you.

Biblical parallel: Proverbs 22:1

“A good name is rather to be chosen than great riches, and loving favor rather than silver and gold.”

86. Umusha afwa nefyebo mukanwa.

SWAHILI: Mtumwa hufa na maneno yake akilini.

ENGLISH: A slave dies with issues in the mind.

FRENCH: Un esclave meurt avec des affaires dans sa bouche.

Teaching: It important to let all people have an opinion of any matters and they be considered, regardless of who they are. We should learn to listen to each other, and also give everyone an opportunity to express themselves. Some may have great wisdom.

Biblical parallel: Genesis 39:19-20

“And it came to pass, when his master heard the words of his wife, which she spoke unto him, saying, after this manner did thy servant to me; that his wrath was kindled. And Joseph’s master took him, and put him into the prison, a place where the king’s prisoners were bound: and he was there in the prison.”

87. Umuto walupwa tawitika ushenda ma fye.

SWAHILI: Familia ni kama bakuri la supu ata ikiinama hai mwagiki.

ENGLISH: The family is like a bowl of soup. Even if it bends the soup never pours.

FRENCH: Les boilles de soupe de la famille peu s’incliner mai ne se verse jamais

Teaching: Blood is thicker than water. The proverb teaches that our concerns should be first for those who are closely related to us. Meaning that blood-related families are more important than anyone else

Biblical parallel: Genesis 33:4

“And Esau ran to meet him, and embraced him, and fell on his neck, and kissed him: and they wept.”

Amos 7:15

“But the LORD took me from tending the flock and said to me, ‘Go, and prophesy to my people Israel.’

88. Uwingila mumushitu tomfwa iswa swa

SWAHILI: Anaye ingia msituni haogopi makelele madogo.

ENGLISH: One who enters a thicket does not fear small noises.

FRENCH: Celui qui entre dans un fourré ne craint pas de petits bruits.

Teaching: When we engage ourselves in a challenge we should never back down just because things are not smooth. We have to take courage and face the challenges to the end.

Biblical parallel: Daniel 3:17-18

“If it be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king. But if not, be it known unto thee, O king that we will not serve thy gods, nor worship the golden image which thou hast set up.”

89. Umupini ukulangile umwanakashi kabwelelo”

SWAHILI: Mtu hurudia shoka au mti wa jembe atakao onyeshwa na mwanamke.

ENGLISH: One will always return for an axe or hoe handle the woman shows them.

FRENCH: La parole dite par la femme sur la houe ou sur la hache a toujours des impacts.

Teaching: This proverb urges people be wise with women since they are influential in society. To avoid being hurt, men are advised have better relationships with women.

Biblical parallel: 1 Kings 12:12

“And they came, Jeroboam and all the people, to Rehoboam on the third day, as the king had spoken, saying, Come back to me on the third day.”

Proverbs 25:15

“By forbearance a ruler may be persuaded, And a soft tongue breaks the bone.”

90. Ukupoka icinsenda kunkoko kuna kilila

SWAHILI: Wakati unataka kuchukua kitu kwa mdomo wa kuku, lazima ufanye hivyo polepole.

ENGLISH: If you wish to grab something from the chicken’s beak, you need to do it gently.

FRENCH: Si vous souhaitez prendre quelque chose ramassé par un poulet, vous devez le faire en douceur.

Teaching: It teaches that we have to be civil when handling sensitive situations, instead of using force and violence. Better still, use logic and facts to handle sensitive issues so that people understand your arguments instead of having a fight. It maintains peace to be tactful.

Biblical parallel: Judges 16:18-19

“And when Delilah saw that he had told her all his heart, she sent and called for the lords of the Philistines, saying, come up this once, for he hath shewed me all his heart. Then the lords of the Philistines came up unto her, and brought money in their hand.”

91. Umulandu ngawapitila pamputi napa ulondolola ukupitila pamputi

SWAHILI: Wakati kesi ina maelezo ya aibu, itaelezewa kama ilivyo.

ENGLISH: When a case has embarrassing details or elements, it will be told like that.

FRENCH: Quand un cas a des détails embarrassants ou éléments, il sera dit comme cela.

Teaching: When giving details about a matter, especially in giving evidence, every detail has to be told truthfully, and not altered to misinform., whether the facts are embarrassing or not. They are the truth.

Biblical parallel: Numbers 15:33-34

“Now while the sons of Israel were in the wilderness, they found a man gathering wood on the sabbath day. Those who found him gathering wood brought him to Moses and Aaron and to all the congregation; and they put him in custody because it had not been declared what should be done to him”

92. Ushitash mwana wandoshi

SWAHILI: Asiye kua na shukurani ni mtoto wa mchawi.

ENGLISH: One who does not express gratitude is a child of a witch.

FRENCH: Celui qui ne reflète pas la gratitude est un enfant d'une sorcière.

Teaching: We always have to be grateful.

Biblical parallel: Luke 17:15

“And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God,”

93. Uwakalema takaleka

SWAHILI: Mwenye tabia baya kamwe haiwachi.

ENGLISH: One with a bad habit never leaves it.

FRENCH: Quelqu'un avec une mauvaise habitude ne le laisse jamais.

Teaching: It teaches that it is difficult to change somebody's bad habits. It should be done by the person's willingness and not by force. If it's not by self-will, then it will not truly change.

Biblical parallel: Ecclesiastes 1:15

"The way of a fool is right in his own eyes: but he that hearkeneth unto counsel is wise."

94. Uwaupa nook niwiso

SWAHILI: Yule ambaye anaoa mamako ni babako.

ENGLISH: One who marries your mother is your father.

FRENCH: Celui qui épouse votre père ou votre mère devient votre parent.

Teaching: A step father or mother is our parent. They may not be our blood relation, or given birth to us. The caregiver or guardian should be respected because they are parents who nature us. We should therefore respect all elders.

Biblical parallel: 2 Samuel 16:21

"And Ahithophel said unto Absalom, Go in unto thy father's concubines, which he hath left to keep the house; and all Israel shall hear that thou art abhorred of thy father: then shall the hands of all that are with thee be strong."

95. Uwanpepo tabamulanga kumulilo

SWAHILI: Anayehisi baridi huwa haonyeshwi mahali palipo na moto

ENGLISH: He who feels cold is not shown the fire place.

FRENCH: On ne montre pas à ce lui qui a froid ou se trouve le feu.

Teaching: If someone has a problem really affecting them and they care about it, they will normally bring it out without someone else doing it for them. They will seek solutions without being forced to do so.

Biblical parallel: Mark1:40-42

“And there cometh to him a leper, beseeching him, and kneeling down to him, and saying unto him, If thou wilt, thou canst make me clean. And being moved with compassion, he stretched forth his hand, and touched him, and saith unto him, I will; be thou made clean. And straightway the leprosy departed from him, and he was made clean.”

96. Uwa kwensha bushiku bamutasha elyo bwacha

SWAHILI: Ule ambaye hukutembeza usiku hupewa shukurani mchana.

ENGLISH: On who makes you walk at night is thanked when it is day.

FRENCH: Celui qui vous fait marcher la nuit vous remercie quand il fait jour.

Teaching: It teaches that we should be grateful to the people who help us when we are in trouble. They should be rewarded at the right time. They may have fallen out of favor in the past, but they change, we see them positively and we reward them.

Biblical parallel: 1 samuel 26:7; 21

“So David and Abishai came to the people by night: and, behold, Saul lay sleeping within the trench, and his spear stuck in the ground at his bolster: but Abner and the people lay round about him. Then said Saul, I have sinned: return, my son David: for I will no more do thee harm, because my soul was precious in thine eyes this day: behold, I have played the fool, and have erred exceedingly.”

97. Uwa iketepabili afwile kumenshi

SWAHILI: Kukosa msimamo si vizuri katika maisha.

ENGLISH: Indecisiveness is not good in life.

FRENCH: L'indécision n'est pas bonne dans la vie.

Teaching: One has to be decisive and make choices about what they want and don't want. Not being clear about this can lead to wrong decisions and choices in life.

Biblical parallel: Proverbs 28:18

“Who so walketh uprightly shall be saved: but he that is perverse in his ways shall fall at once”.

98. Uwabingwa ukowate minina

SWAHILI: Yule ambaye anakusudia kuogelea hawezi tu kusimama.

ENGLISH: One who intends to swim does not just stand.

FRENCH: Celui qui a l'intention de nager ne se distingue pas.

Teaching: If one has a point they better make it. Take a challenge; speak up, if you expect any results. You have to act, not just wait for things to take their own course.

Biblical parallel: Judges 16:6-7

"So Delilah said to Samson, "Please tell me what makes you so strong and what it would take to tie you up securely." Samson replied, if I am tied up with seven new bowstrings that have not yet been dried, I will be as weak as anyone else."

99. Uwalya ikangata balala

SWAHILI: Yule ambaye hula kanga hawezi kubadilika akawa kama kanga

ENGLISH: One who eats a guinea fowl does not turn to look like a guinea fowl.

FRENCH: Celui qui mange la perdrix ne ressemble pas à une poule de guinée.

Teaching: When you live with people, they do not have to influence you. A person can maintain their character and way of thinking, without external influence from others. Family members should not change who you are, physically, in character or your views and opinions.

Biblical parallel: Leviticus 22:10-12

"No one outside a priest's family may eat the sacred offerings. Even guests and hired workers in a priest's home are not allowed to eat them."

100. Uwende na ngosheno kumubeya e umubeya

SWAHILI: Yule ambaye hutebea na Swila ndiye humyoa.

ENGLISH: One who moves with the Cobra is the one who shaves it.

FRENCH: Celui qui se promène avec un cobra c'est ce lui qui le rase.

Teaching: A lot can be told of a person by the choice of his friends. The kinds of friends you choose show your character. They must be people you rhyme with and therefore, they reflect on yourself. We should therefore choose good friends so that you are viewed positively.

Biblical parallel: Proverbs 22:24-26

“Make no friendship with an angry man; and with a furious man thou shalt not go: Lest thou learn his ways, and get a snare to thy soul. Be not thou one of them that strike hands, or of them that are sureties for debts.”