

**A COLLECTION OF 100 NANDI (KENYA) PROVERBS AND WISE SAYINGS**



**BY**

**JOSEPH KAI KARIUKI**

**African Proverbs Working Group  
NAIROBI KENYA**

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## INTRODUCTION

### The Location

The Nandi are part of the Kalenjin ethnic group, which include eight culturally and linguistically related groups, namely Kipsigis, Tugen, Marakwet, Pokot, Keiyo, Sabaot, Terik and the Nandi. They lived and still form the majority in the highland areas of Nandi Hills in the former Rift Valley Province of Kenya. The Nandi live primarily on high plateaus with good agricultural potential.

### Ethnographical location of the Nandi of Kenya (Indicated by Red Color)

There is a consensus among historians and linguists that plain and highland Nilotes migrated from a region near the southern Ethiopia and Sudan shortly before the beginning of the Christian era and diverged into separate communities shortly thereafter. Kalenjin who already were cattle keepers and had age sets lived in the western Kenya highlands 2,000 years ago. Presumably, these people absorbed other populations already living in the region.

From sometime after 500 AD and 1600 AD, there seems to have been a series of migrations eastwards and southwards from near Mount Elgon. Migrations were complex, and there are competing theories about their details.

The typical Nandi settlement pattern is scattered. Groups of family homesteads make up a neighborhood (koret), and today, several neighborhoods are combined into a sub-location, the smallest unit in government administration. Neighborhood size varies, but twenty to sixty households is common.

### Myths of Origin

According to their narrative of origin, the Nandi section was formed after the separation of what had been a combined group of Kipsigis and Nandi. The group had been living at Rongai near Nakuru as a united group before they were separated by antagonistic environmental factors such as droughts and invasion by the Maasai from Uasin Gishu. The Kipsigis moved southwards and settled around Kericho while the Nandi moved west and settled at Aldai (a constituency in Nandi County).

Another Nandi myth of origin is that the first settlers in their country came from Elgon, and formed the Kipoiis clan; a name that means 'the spirits'. They were led by a man named Kakipoch, founder of the Nandi section of the Kalenjin. They are said to have settled in the emet (county) of Aldai in South-Western Nandi. Kakipoch's people were later joined by a few Kipsigis, who were then followed by

people from the other Kalenjin branches. One of the earliest districts (bororiet) was named after Kakipoch. The site of his grave is still shown on Chepilat hill in Aldai, and is marked by the stump of an ancient olive tree. The account of his burial is that his body was laid on ox-hide, together with his possessions, and left for the hyenas.

### Social and cultural structure

The Nandi social organization centers on the age-set, or ibinda. There are seven age-sets (ibinwek) which are rotational, meaning at the end of one age-set new members of that generation are born. The Nandi don't consider a woman to have an age-set, hence she can marry any age-set except that in which her father belongs. The traditional system of social organization was broadly similar to that of other Kalenjin. The Nandi traditionally practiced circumcision of both sexes, although female circumcision was abandoned as a rite of initiation into adulthood. Boy's circumcision festivals took place about every seven and a half years, and boys circumcised at the same time were considered to belong to the same age set. Polygamy is prestigious and, in the 1970s, was practiced by about 25 percent, of all married Nandi men. Female-female marriages within the Nandi culture have been reported. However, only about three percent of Nandi marriages are female-female. These marriages were a socially approved way for a woman to take over the social and economic roles of a husband and father. They were allowed only in cases where a woman either had no children of her own, had daughters only (one of them could be 'retained' 'at home) or her daughter(s) had married off.

The system was practiced 'to keep the fire.' It was to sustain the family lineage, and to work around the problem of infertility or lack of male heirs.

Traditional Nandi clothing consisted of skins of either domesticated or wild animals. Earrings were common for both sexes in the past, including heavy brass coils that made the earlobe stretch down almost to the shoulder. Today, the Western-style dress of most Nandi, even in rural areas, is hardly different from that of people in nearby towns. Men wear trousers and shirts, usually with a suit jacket or sport coat. Women wear skirts and blouses, dresses, and/or Kangas —locally made commercial textiles that are used as wraps (one for the top and one for the bottom). Young people of both sexes like T-shirts with logos, especially those of American sports teams or ones bearing the likeness of famous entertainers.

### A Picture of the Nandi people in traditional clothing

Oral tradition was and still is very important among the Nandi. Prior to the introduction of writing, folktales served to convey a sense of cultural history. The

Nandi have four oral traditions: stories, songs, proverbs, and riddles. Stories are usually about both people and animals, and certain animals are thought to have particular character traits. For example, the hare is a trickster figure whose cleverness can get him in trouble, the lion is courageous and wise, and the hyena is greedy and destructive.

Songs accompany work and play, as well as ceremonial occasions such as births, initiations, and weddings. Riddles involve word play and are especially popular with children. Proverbs convey important messages and are often used when elders settle disputes or advice youths.

#### Sample Proverbs

##### 1. Nandi: Mokisasei sasan keruiyo kaita

Swahili: Tusiwachukie wanaochukiwa kama hatujawahi kulala kwa boma zao

French: Nous ne devrions pas haïr détesté jusqu'à ce que nous dormons dans leur page d'accueil

English: We should not hate the hated until we sleep in their home

Teaching: This proverb is used by the Nandi elders to discourage people from judging other People based on what they hear about them.

Bible Parallel: James 4:11-12 “Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbor?”

##### 2. Nandi: Chepkisas kototun kechome

Swahili: Yule ambaye anadharauliwa atakuja kuheshimiwa.

French: Lui qui est méprisé sera un jour être admire

English: He who is being despised will one day be admired.

Teaching: This proverb is used by the Nandi elders to advice the young people not to despise others because one day things could change and those with nothing today could become the wealthiest in future.

Bible Parallel: James 2:6-7 “But you have dishonored the poor man. Is it not the rich who oppress you and personally drag you into court? Do they not blaspheme the fair name by which you have been called?”

#### Economy

The Nandi are essentially semi-pastoralists. Cattle herding is thought to be ancient among them. Although the real economic importance of herding is slight compared to that of the cultivation among many Kalenjin groups, they almost all display a cultural emphasis on and an emotional commitment to pastoralism.

Their economy relies mainly on surrounding tea estates. Many people work on tea farms as pluckers, managers, field maintenance, factory service works, official

duties and business. Farmers on the Uasin Gishu plateau also grow maize, wheat and pyrethrum. Other subsistence crops include beans, pumpkins, cabbages, other vegetables, sweet and European potatoes, and small amounts of sorghum. Sheep, goat and chicken are kept. Iron hoes were traditionally used to till, but today, ploughs pulled by oxen or rented tractors are use to till the land.

#### A woman harvesting tea in the Nandi Hills region

There are a few wage workers and full-time business persons (shop keepers, carpenters, and bicycle repairers) with local clientele. It is common for young married men to be part-time entrepreneurs. Traditionally, women could brew and sell beer. There were no full-time craftsmen and most objects were manufactured by their users. The blacksmith's art was passed down in families in particular localities, and some women specialized in pottery. Women also traded in small stocks for grain between pastoralists and farming (often non-Kalenjin) communities. Regular local markets were rare prior to the colonial era, but today large towns and district centers have them.

There was little division of labor except by age and gender. Men cleared land for cultivation, Today; women do more cultivation if their husbands are engaged in small-scale business activities. Children herd cattle, sheep and goats close to the homestead. Warriors (young initiated men) herded cattle in distant pastures. Women and girls milked, cooked, and supplied water and firewood. Today boys are the main cow herders and girls are largely responsible for infant care. The children's role in domestic labor is extremely important even though most children now attend school.

Good income is received from tourism and conservation. The attraction sites in Nandi South are the Nandi Rock and the South Nandi Forest. In Nandi North, there is the Chepkiit Water Falls on the Kipkaren River. In Nandi East, there is the famous Koitalel Samoei Museum in Nandi Hills town and the Keben caves in Mogobich, Lessos Division and the Nandi escarpment.

#### The Tindinyo Falls on River Yala

#### The Nandi escarpment

The main wildlife in the county is the Sitatunga gazelles at Kingwal Swamp, Columbus monkeys found in the South Nandi Forest. There is also a wide variety of different bird species and snakes across the county. There is also the Tindinyo Falls along River Yala.

#### The Sitatunga gazelle

### Leadership and Administration

An Orkoiyot is the supreme chief of the Nandi people of Kenya. As the Nandi have a dual administrative system, the Orkoiyot is the chief spiritual leader and also has authority to make decisions regarding security, but does not manage the affairs of everyday life. These are handled by the Kiruogik, who are the representatives of the people. The office of Orkoiyot is hereditary, and members are drawn from a warrior class believed to be of Maasai origin.

Orkoiyots were only drawn from the Talai clan who were believed to be used by God (Asis) to deliver messages to the people. Koitalel Arap Samoei himself was a Talai. Their clan totem is represented by the Lion (Ng'etundo) and is the present Orkoiyot of the entire Kalenjin community. They work hand in hand with other clans like Kipsamaek of Kipsigis sub-tribe, and Kobil clans whose roles are to curse enemies who invade the community.

Before the colonization by the British, the Nandi had well organized administration. This allowed them to surpass the Maasai as the fiercest people within East and Central Africa. This was documented by the Arabs who tried to cross the area in search for slaves.

Education and special people

Several institutions of higher learning are found here among them the University of Eastern Africa, Baraton (UEAB), Mosoriot Teachers College and Kaiboi Technical Training Institute.

Nandi County is Kenya's athletics hub. It is home to tens of the world's celebrated athletes, including world record breakers such as Pamela Jelimo, Janet Jepkosgei and the legendary athlete Kipchoge Keino.

## TABLE OF CONTENTS

Acknowledgement.....	i
Introduction.....	ii - viii
Images: Ethnographical location of the Nandi in Kenya.....	ii
Picture of Nandi in traditional clothing.....	v
A woman harvesting tea in the Nandi Hills region.....	vi
The Tindinyo Falls on River Yala.....	vii
The Nandi escarpment.....	vii
The Sitatunga gazelle.....	vii
A Collection of 100 Nandi Proverbs and Wise Sayings	
1. Inendet ne itorori kurkenyi kocheng'e ngemisiet.....	1
ENGLISH: The one who glorifies "his door" (himself) looks for destruction.	
2. Makikerchin kirukik aeng' eng biy akenge.....	1
ENGLISH: The bulls cannot stay in the same cowshed.	
3. Ng'wan eng kut sise eng moo.....	1
ENGLISH: Even if it's bitter in the mouth, by the time it gets to the stomach the bitterness will have disappeared.	
4. Mo ekyin kerati.....	1
ENGLISH: It's never late for the bush.	



5. Chepya kobo  
chi.....2  
ENGLISH: However bad it may be, it belongs to someone.
6. Ngobo kipng'ulya kobo, ngobo boisio  
kobo.....2  
ENGLISH: When it is play it is play; but when it is business it is business.
7. Kerkei kiyaki ak kororibo met.....  
..... 2  
ENGLISH: Livestock is like hair.
8. Kerichot ab mat ko mat.....  
.....2  
ENGLISH: The medicine of fire is fire.
9. Mokiumen sosuriet ye maen ketil.....  
.....3  
ENGLISH: We do not shelter under the big tree (sosuriet) plant and then cut it.
10. Mo kinyeren chorua  
kotelesikisie.....3  
ENGLISH: We do not annoy a midwife while we are still bearing children.
11. Kergei lagoi ak  
kayak.....3  
ENGLISH: Children are like cattle.
12. Tinye bich kelat amotiche tugul tugun.....  
.....3  
ENGLISH: All people have teeth but not all have property.
13. Menemugei chi met.....  
.....4  
ENGLISH: A person cannot shave his own hair.
14. Makirorie kelat chebo chi.....  
.....4  
ENGLISH: Nobody can use another person's teeth to smile.

15. Makimwoitoi sogon.....  
 .....4  
 ENGLISH: A leaf should not be disclosed.
16. Teekatet/konyit Te tany ak muren.....  
 .....4  
 ENGLISH: Respect is as big as a cow and a warrior.
17. Bo chi tany kosobei.....  
 .....5  
 ENGLISH: A cow belongs to one person only while it is alive.
18. Mewong'unegei sekem bok.....  
 .....5  
 ENGLISH: Bees cannot get finished from a bee-hive.
19. Kakile iystoi kaita ki rarat  
 kilewo..... 5  
 ENGLISH: It is said gossip can destroy a united family.
20. Eun che chang kikelenyei tulwo.....  
 .....5  
 ENGLISH: Many hands can uproot a mountain.
21. Amechuchukchi chi  
 ngor.....6  
 ENGLISH: Do not slip off stealthily leaving your companion wearing the  
 garment you both used.
22. lyoktoi kiplekwa  
 belion.....6  
 ENGLISH: A hare can overpower an elephant.
23. Keigei  
 keetgoi.....6  
 ENGLISH: It is best for us to be like a tall tree.
24. Meterertoi boisio ngomami mestowo ak  
 cheplakwa.....6

ENGLISH: No work can be accomplished without a shepherd and a child-minder.

25. Tangeamei

keyaei.....7

ENGLISH: While we eat, we should also work.

26. Ya mising

chepuchan.....7

ENGLISH: Whatever is obtained free is bad.

27. Murchechang mobole

kering.....7

ENGLISH: Too many rats cannot dig a hole.

28. Kiner

agenge.....7

ENGLISH: An individual only grows once

29. Ngo samis murian kobo kot ne

bo.....8

ENGLISH: A rat stinks but it has its own home.

30. Mabarei kuinet ab teta

moitanyi.....8

ENGLISH: A cow's horn does not kill its calf.

31. O chi

kaitang'ung.....8

ENGLISH: One's house is great.

32. Tupcho werit ak kwanda kounoto chepto ak

kam.....8

ENGLISH: Son and father are like brothers, just like daughter and mother are like sisters.

33. Kurkeet kirusin ak

ichut.....9

ENGLISH: The door hits you but you still enter through it.

34. Iputi tany ako bo kelien ang'wan ketamine chi nebo kelyen

aeng'.....9

ENGLISH: A cow falls although it has four legs so what of a man with two legs.

35. Ameparenan rotwet nemi eut ago mi nemi  
choge.....9

ENGLISH: Do not kill me with the sword in the hand but use the one in the sheath.

36. Amat ibeel  
cheringis.....9

ENGLISH: Do not burn the lizards.

37. Bo eren chi  
sobei.....10

ENGLISH: There is shame for everyone who is alive.

38. Iyei ng'etuny  
lel.....10

ENGLISH: A lion may give birth to a jackal.

39. Kieli tany kong yon  
kicharei.....10

ENGLISH: We blindfold a cow when obtaining blood from it.

40. Kituchi  
mwaimi.....10

ENGLISH: We spare the life of a death witness.

41. Mokibounen ga mugulel, kibounen  
buon.....11

ENGLISH: We do not build a house with the heart but with the lungs.

42. Makibarei  
kiyogii.....11

ENGLISH: We do not kill a messenger.

43. Kiwegu kiiyak chemi ole  
toror.....11

ENGLISH: The herd grazing on a cliff should be driven away first.

44. Ngoriir lakwa komache rotwo kikochin  
keet.....11

ENGLISH: If a child cries for a knife give him a stick.

45.   Wekse urwon bo  
ket.....12

ENGLISH: What goes around comes around.

46.   Kitestoi ng'amnot  
ng'ulatyo.....12

ENGLISH: We add wisdom to knowledge.

47.   Mesas kap kasam amaiwe  
iro.....12

ENGLISH: Do not believe what you hear before you see it.

48.   Matikuren chi bonin  
komabanin.....12  
ENGLISH: Do not call a person a witch before he has bewitched you.

49.   Kakile banan  
iit.....12  
ENGLISH: We say that the ear is a poor fellow.

50.   Mokisasei sasan keruiyo  
kaita.....13  
ENGLISH: We should not hate the hated until we sleep in their home.

51.   Meeng'uchin kei chelelei  
somis.....13  
ENGLISH: A jackal cannot know that it stinks.

52.   Makitestoi chepotany  
bei.....13  
ENGLISH: It is not wise to mix milk with water.

53.   Makiminei sundet  
goi.....13  
ENGLISH: We cannot graft fat into liver.

54.   Kigilei kot  
koimen.....14

ENGLISH: Wisdom grows every day.

55. Kiile kimaget yebo kipsitia kobo; yebo kipng'ulia  
kobo.....14

ENGLISH: The hyena said the day set for doing something is the day for doing it  
without turning back; it has got to be done.

56. Ui keel  
belion.....14

ENGLISH: Move like an elephant

57. Mokimulenge chamastab  
kipyomet.....14

ENGLISH: Know or be aware of your limits. Do not try to copy other people.

58. Mokisuute soteet komoi  
teta.....15  
ENGLISH: Do not prepare the calabash before the cow has had a calf.

59. Ngotebi ak chorin kotatun  
ichorsei.....15  
ENGLISH: If you live with a thief you also become a thief.

60. Mautye moset  
katwalet.....15  
ENGLISH: A monkey never forgets how to jump.

61. Makiboorchin kimakeet  
kowo.....15  
ENGLISH: Do not show a bone to a hyena.

62. Makikanye so  
turgut.....16  
ENGLISH: Never wait for a buffalo while on the ground.

63. Makibirecini bei  
togoson.....16  
ENGLISH: Water can never be forced uphill.

64. mokoi iteer tarition kosirin metit, imuchi iteer komatech kesweet eng'  
metit.....  
.....16

ENGLISH: You cannot prevent a bird from flying over your head, but you can prevent it from building a nest on top of your head.

65. Amat korobon ole  
imi.....16

ENGLISH: May rain not leak where you are.

66. Bokwo  
kong.....17

ENGLISH: The eye is a coward.

67. Kiwakeen chelelei ak kelu chebo  
tany.....17  
ENGLISH: By scaring a jackal, one can end up drinking milk.

68. Kibegune nyakan  
rer.....17  
ENGLISH: Nyakan yams are tasted while they are still in the pot.

69. Mabenen bei  
tororot.....17  
ENGLISH: Water does not stay in the sky forever.

70. Ye chilil tany, wendi ole mi tugaa  
alak.....18  
ENGLISH: If a cow runs away it will go to where other cows are.

71. Mokilosuge omoilosun  
kokwet.....18  
ENGLISH: Do not praise yourself before you are praised by the community.

72. Makimene metop  
talamwa.....18  
ENGLISH: You should not be proud of a locust's head.

73. Momei meure  
sebati.....18

ENGLISH: Pride comes before a fall.

74. Maomei rorion koi, ame  
chi.....19  
ENGLISH: Laughter does not strike a stone, it destroys people.

75. O belion amoyie  
saram.....19  
ENGLISH: An elephant is big, yet it does not give birth to twins.

76. Kikong'en met bo talam tagat nebo  
ei.....19  
ENGLISH: While waiting to eat the head of a bull we continue eating the  
head of a grass-hopper.

77. Chepkisas kototun  
kechome.....19  
ENGLISH: He who is being despised will one day be admired.

78. Kiseete tai ak  
kaatam.....20  
ENGLISH: Struggle right and left.

79. Kikiuny Jemuge  
maung'ak.....21  
ENGLISH: We cannot hide Jeune forever.

80. Kile kimakeet kimangen susut kotum  
kiineta.....21  
ENGLISH: The hyena said that he did not know how to bite until he was taught.

81. Mokiribei bai komaam  
cherere.....21  
ENGLISH: We do not look after our crops until they have been eaten by monkeys.

82. Makibeelchindos kirogon  
aeng.....21  
ENGLISH: We do not burn two sticks at once.



83.	Ng'om chorin kotabne	
kinindet?.....		21
ENGLISH: If a thief is clever, what about the investigator?		
84.	Mang'uchinge kimageet	
somisy.....		22
ENGLISH: A hyena cannot smell its own stench.		
85.	Kas ako	
mewalu.....		22
ENGLISH: Listen but do not respond.		
86.	Makimeto logoiyat ne mi ngweny ak kelabatyi ne mi	
barak.....		22
ENGLISH: Do not leave the fruit which is on the ground and choose the one up on the tree.		
87.	Makiteto go	
Iuloot.....		23
ENGLISH: Do not build a house which is tilted on one side.		
88.	Kibaregei	
kotenyi.....		23
ENGLISH: He killed himself with his own arrow.		
89.	Kibirei ma Kota	
komining.....		23
ENGLISH: We should put out fire while it is still small.		
90.	Mokisup chi na	
kakomwei.....		23
ENGLISH: Do not follow a person who is running away.		
91.	Mokitesyin beek teret ago bo	
beek.....		24
ENGLISH: We do not add water into the pot while we have only a little finger-millet flour obtained from begging.		
92.	Metukyigei	
sabulbul.....		24

ENGLISH: Do not cover a caterpillar under the clothes you are wearing.

93. Maborei siyeet agenge	
kisiria.....	24

ENGLISH: One finger cannot kill a louse.

94. Kile kimakeet kimangen susut kotum	
kiineta.....	24
ENGLISH: The hyena said that he did not know how to bite until he was taught.	

95. Nemogose chebo sisig goneti	
ngwedut.....	24
ENGLISH: The hyena said that he did not know how to bite until he was taught.	

96. Kisobe'	
kuut.....	24
ENGLISH: One can live of the mouth.	

97. makibole boba nevo	
chi.....	25
ENGLISH: Don't uproot someone's mushroom.	

98. Makinamei beny birir ei	
buch.....	25
ENGLISH: One cannot touch blood of an ox without eating the meat	

99. Makibuche kut ing'onny kou	
ing'ok.....	26
ENGLISH: Do not wipe your mouth on the ground like chicken	

100. Makiume sasurwet ak	
kebet.....	26
ENGLISH: You cannot use a wild banana leaf to shield yourself from the rains and then tear it into pieces later when the rains come to an end.	

Summary .....	
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27

Conclusion .....	
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27

## References

28

## Appendix

29 - 37

## **A COLLECTION OF 100 NANDI (KENYA) PROVERBS AND WISE SAYINGS**

### **1. Inendet ne itorori kurkenyi kocheng'e ngemisiet.**

**SWAHILI:** Yule ambaye hujisifu anatafuta kuangamia

**FRENCH:** Celui qui glorifie "sa porte" (lui-même) cherche à la détruire.

**ENGLISH:** The one who glorifies "his door" (himself) looks for destruction.

**TEACHING:** Always humble yourself so as to be uplifted. Pride leads to a fall.

**BIBLE PARALLEL:** PROVERBS 16:18 (NIV)

*"Pride goes before destruction, a haughty spirit before a fall."*

### **2. Makikerchin kirukik aeng' eng biy akenge.**

**SWAHILI:** Ndume hawawezi kaa zizini moja

**FRENCH:** Deux taureaux ne peuvent pas rester dans la même étable.

**ENGLISH:** The bulls cannot stay in the same cow shed.

**TEACHING:** People should use their abilities and strength to create harmony and desist from inciting others into fighting.

**BIBLE PARALLEL:** ROMANS 14:19(NIV)

*"Let us therefore make every effort to do what leads to peace and to mutual edification."*

### **3. Ng'wan eng kut sise eng moo.**

**SWAHILI:** Hata ingawa ni chungu mdomoni, ifikapo tumboni uchungu huisha.

**FRENCH:** Même si c'est amère dans la bouche, l'amertume aura disparu quand ça arrive dans l'estomac.

**ENGLISH:** Even if it's bitter in the mouth, by the time it gets to the stomach the bitterness will have disappeared.

**TEACHING:** The challenges we undergo should not stop us from getting what will leave us happy. For example, the bitterness in something you eat should not stop you from filling your empty stomach.

**BIBLE PARALLEL:** PSALMS 119:50 (ESV).

*"This is my comfort in my affliction, that your promise gives me life."*

### **4. Mo ekyin kerati.**

**SWAHILI:** Wakati wowote, haujachelewa kwa kichaka.

**FRENCH:** Ce n'est jamais tard pour la brousse.

**ENGLISH:** It's never late for the bush.

**TEACHING:** When faced with any trouble, you should always seek for a solution and if it fails then run away from trouble till the anger in the other person subsides.

**BIBLE PARALLEL:** Nahum 1:7(KJV).

*"The LORD is good, a strong hold in the day of trouble; and he knoweth them that trust in him."*

### **5. Chepya kobo chi.**

**SWAHILI:** Hata iwe mbaya vipi, ina mwenyewe.

**FRENCH:** Si mauvais qu'il soit, ça appartient à quelqu'un.

**ENGLISH:** However bad it may be, it belongs to someone.

**TEACHING:** No matter how “bad” someone may behave, there is always someone with hope that they will be good in time. They will always love them unconditionally and give them room for changing.

**BIBLE PARALLEL:** Numbers 11:11(NKJV).

*“So, Moses said to the Lord, “Why have you afflicted your servant? And why have I not found favor in your sight, that you have laid the burden of all these people on me?”*

**6. Ngobo kipng’ulya kobo, ngobo boisio kobo.**

**SWAHILI:** Wakati wa mchezo ni wakati wa mchezo; na wakati wa kazi ni wakati wa kazi.

**FRENCH:** Quand c'est un jeu, c'est un jeu; mais quand c'est une affaire, c'est une affaire.

**ENGLISH:** When it is play it is play; but when it is business it is business.

**TEACHING:** There is always time for every activity and such should be taken seriously in that no one should make fun of a sad situation or sleep while others are working.

**BIBLE PARALLEL:** Ecclesiastes 8:6

*“Because to every purpose there is time and judgment, therefore the misery of man is great upon him.”*

**7. Kerkei kiyaki ak kororibo met.**

**SWAHILI:** Mifugo ni kama nywele.

**FRENCH:** L'élevage est comme des cheveux.

**ENGLISH:** Livestock is like hair.

**TEACHING:** Wealth is temporary and can disappear any minute hence no one should put all their hopes in what they possess.

**BIBLE PARALLEL:** Mathew 6:19-21(ESV)

*“Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”*

**8. Kerichot ab mat ko mat.**

**SWAHILI:** Dawa ya moto ni moto

**FRENCH:** Le médicament du feu c'est le feu

**ENGLISH:** The medicine of fire is fire.

**TEACHING:** The proverb teaches us that when faced with tough situations you need bold action to handle the issues.

**BIBLE PARALLEL:** 2 Timothy 1:7

*“For God gave us a spirit not of fear but of power and love and self-control.”*

**9. Mokiumen sosuriet ye maen ketil.**

**SWAHILI:** Hatutafuti kivuli chini ya mti kisha tukaukata.

**FRENCH:** Nous ne nous abritons pas sous un arbre de souvenir, alors nous le coupons

**ENGLISH:** We do not shelter under the big tree (sosuriet) and then cut it.

**TEACHING:** You should not betray those who helped you at your hour of need. Instead you should be grateful.

**BIBLE PARALLEL:** Mathew 27:3 -4(NIV)

*"When Judas, who had betrayed him, saw that Jesus was condemned, he was seized with remorse and returned the thirty pieces of silver to the chief priests and the elders. "I have sinned," he said, "for I have betrayed innocent blood." "What is that to us?" they replied. "That's your responsibility."*

**10. Mo kinyeren chorua kotelesikisie.**

**SWAHILI:** Hatumkasirishi mkunga tukiwa bado tunazaa watoto.

**FRENCH:** Comme nous allons encore accoucher des enfants alors nous ne pouvons pas rendre une sage femme très nerveuse.

**ENGLISH:** We do not annoy a midwife while we are still bearing children.

**TEACHING:** Always be cautious of your tongue and actions so that whatever you do or say to others might not bring you misfortune through those you love the most. For example, family.

**BIBLE PARALLEL:** Psalms 71:9(ESV)

*"Do not cast me off in the time of old age; forsake me not when my strength is spent."*  
Ephesians 4:29 *"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear."*

**11. Kergei lagoi ak kiyak.**

**SWAHILI:** Watoto ni kama ng'ombe

**FRENCH:** Les enfants sont comme le bétail.

**ENGLISH:** Children are like cattle.

**TEACHING:** A parent with children should treat other people's children well because children, just like cows are prone to mistakes.

**BIBLE PARALLEL:** 1Timothy 3:4 (NIV)

*"He must manage his own family well and see that his children obey him, and he must do so in a manner worthy of full respect."*

**12. Tinye bich kelat amotiche tugul tugun.**

**SWAHILI:** Watu wote wana meno lakini sio wote wana mali.

**FRENCH:** Toutes les personnes ont des dents mais toutes n'ont pas des propriétés.

**ENGLISH:** All people have teeth but not all have property.

**TEACHING:** Each one of us has needs in the society but our level of wealth varies and hence everyone should appreciate what they own.

**BIBLE PARALLEL:** Proverbs 16:26

*"A laborer's appetite makes him work harder, because he wants to satisfy his hunger."*

**13. Menemugei chi met.**

**SWAHILI:** Mtu hawezi kujinyoa

**FRENCH:** Une personne ne peut se raser ses propres cheveux.

**ENGLISH:** A person cannot shave his own hair.

**TEACHING:** Working with others brings more success compared to working alone. We need help from others to prosper in life.

**BIBLE PARALLEL:** Proverbs 27:17

*"Iron sharpens iron, and one man sharpens another."*

**14. Makirorie kelat chebo chi.**

**SWAHILI:** Hakuna mtu anayeweza kutumia meno ya mtu mwingine kutabasamu.

**FRENCH:** Personne ne peut utiliser les dents d'une autre personne pour sourire.

**ENGLISH:** Nobody can use another person's teeth to smile.

**TEACHING:** We should always mind our own affairs and not expect others to do them for us.

**BIBLE PARALLEL:** Galatians 6:4 (NIV)

*"Let each one examine his own work. Then he can take pride in himself and not compare himself with someone else."*

**15. Makimwoitoi sogon.**

**SWAHILI:** Jani halifai kufichuliwa

**FRENCH:** Une feuille ne doit pas être divulguée

**ENGLISH:** A leaf should not be disclosed.

**TEACHING:** Keeping secrets keeps one out of problems and preserves the goodness within it.

**BIBLE PARALLEL:** Proverbs 21:23 (KJV)

*"Whoever keeps his mouth and his tongue keeps himself out of trouble."*

**16. Teekatet/konyit Te tany ak muren.**

**SWAHILI:** Heshima ni kubwa kama ng'ombe na mashujaa.

**FRENCH:** Le respect est aussi si grand qu'une vache et un guerrier.

**ENGLISH:** Respect is as big as cows and warriors.

**TEACHING:** Respect is the key to a good relation. Irrespective of one's position in the society, respect should be given to all.

**BIBLE PARALLEL:** 1 Peter 2:17 (NIV)

*"Honor everyone. Love the brotherhood. Fear God. Honor the emperor."*

**17. Bo chi tany kosobei.**

**SWAHILI:** Ng'ombe ni wa mtu mmoja wakati tu yuko hai.

**FRENCH:** Une vache appartient à une personne seulement pendant sa vie.

**ENGLISH:** A cow belongs to one person only while it is alive.

**TEACHING:** Sharing what we have with our friends is important since wealth is temporary and when it's gone you might need the help of your friends to survive.

**BIBLE PARALLEL:** 1Timothy6:18 (ESV)

*"Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God."*

**18. Mewong'unegei sekem bok.**

**SWAHILI:** Nyuki hawawezi kuisha kwenye mzinga.

**FRENCH:** On ne peut pas finir les abeilles dans une ruche.

**ENGLISH:** Bees cannot get finished from a bee-hive.

**TEACHING:** We all have flaws and undesirable behavior and should not judge or be judged, based on those few flaws.

**BIBLE PARALLEL:** Revelation 3:2 (NEW AMERICAN STANDARD BIBLE)

*"Wake up, and strengthen the things that remain, which were about to die; for I have not found your deeds completed in the sight of My God."*

**19. Kakile iyesstoi kaita ki rarar kilewo.**

**SWAHILI:** Inasemekana kwamba uvumi unaweza kuharibu umoja wa familia.

**FRENCH:** On dit que les ragots peuvent détruire une famille unie.

**ENGLISH:** It is said that gossip can destroy a united family.

**TEACHING:** Always learn to be cautious with your words so that you do not stir trouble among brothers. Let's speak to benefit the community and not to destroy.

**BIBLE PARALLEL:** Proverbs 16:26 (NIV)

*"A perverse person stirs up conflict, and a gossip separates close friends."*

**20. Eun che chang kikelenyei tulwo.**

**SWAHILI:** Mikono mingi inaweza kung'oa mlima.

**FRENCH:** Plusieurs mains peuvent déraciner une montagne.

**ENGLISH:** Many hands can uproot a mountain.

**TEACHING:** Being united brings more prosperity in a nation than when people are divided. Unity is strength.

**BIBLE PARALLEL:** Ecclesiastes 4:9 (ESV)

*"Two are better than one, because they have a good reward for their toil."*

**21. Amechuchukchi chi ngor.**

**SWAHILI:** Usitoroke kichinichini na kuacha rafiki yako amevaa vazi ambalo nyote mlitumia.

**FRENCH:** Ne glissez pas furtivement en laissant ton compagnon portant le vêtement que vous tous avez utilisé.

**ENGLISH:** Do not slip off stealthily leaving your companion wearing the garment you both used.

**TEACHING:** Always prepare to clear a mess that you contributed in bringing up. Leaving your friend alone in it will make them leave you too, at some point when you expect them to help you out.

**BIBLE PARALLEL:** Luke6:31 (KJV)

*"And as ye would that men should do to you, do ye also to them likewise."*



**22. *Iyoktoi kiplekwa belion.***

**SWAHILI:** Sungura anaweza kumshinda tembo.

**FRENCH:** Un lièvre peut dominer un éléphant.

**ENGLISH:** A hare can overpower an elephant.

**TEACHING:** No matter how low you are in life currently, a time comes when you can be a powerful person, for example a king, even if you had a humble beginning.

**BIBLE PARALLEL:** 1 Samuel 15:17 (NEW LIVING TRANSLATION)

*"And Samuel told him, 'Although you may think little of yourself, are you not the leader of the tribes of Israel? The LORD has anointed you king of Israel.'"*

**23. *Keigei keetgoi.***

**SWAHILI:** Ni bora kwetu kuwa kama mti mrefu.

**FRENCH:** Il vaut mieux pour nous d'être comme un grand arbre.

**ENGLISH:** It is best for us to be like a tall tree.

**TEACHING:** Whenever we have ability and strength to help others, then we should do it because at some point people get so weak and need others to support them.

**BIBLE PARALLEL:** Romans 15:1 (NLT)

*"We who are strong must be considerate of those who are sensitive about things like this. We must not just please ourselves."*

**24. *Meterertoi boisia ngomami mestowo ak cheplakwa.***

**SWAHILI:** Hakuna kazi inaweza kukamilika bila mchungaji na anaye mchungu mtoto.

**FRENCH:** Aucun travail ne peut être accompli sans un berger et un enfant-gardien.

**ENGLISH:** No work can be accomplished without a shepherd and a child-minder.

**TEACHING:** Each and every person in the society matters despite their level in life. We should give opportunity to every member of the society in order to progress.

**BIBLE PARALLEL:** Colossians 4:1 (ESV)

*"Masters, treat your slaves justly and fairly, knowing that you also have a Master in heaven."*

**25. *Tangeamei keyaei.***

**SWAHILI:** Wakati tunakula, tunapaswa pia kufanya kazi.

**FRENCH:** Pendant que nous mangeons, nous devrions aussi travailler.

**ENGLISH:** While we eat, we should also work.

**TEACHING:** One should always work hard; no one deserves to eat when they do not contribute in putting food on the table. Continued efforts lead to continued benefits.

**BIBLE PARALLEL:** Proverbs 10:4 (COMMON ENGLISH BIBLE)

*"Laziness brings poverty; hard work makes one rich."*

**26. *Ya mising chepuchan.***

**SWAHILI:** Chochote kinacho patikana bure ni kibaya.

**FRENCH:** Tout ce qui est obtenu gratuitement est mauvais.

**ENGLISH:** Whatever is obtained for free is bad.

**TEACHING :** We should always strive to earn wealth through the right channel and with Patience, since acquisition of wealth through unacceptable means leads to our destruction.

**BIBLE PARALLEL:** Proverbs 28:22 (GOD'S WORD TRANSLATION)

*"A stingy person is in a hurry to get rich, not realizing that poverty is about to overtake him."*

## **27. Murchechang mobole kering**

**SWAHILI:** Panya wengi hawawezi kuchimba shimo.

**FRENCH:** Beaucoup de rats ne peuvent pas creuser un trou.

**ENGLISH:** Too many rats cannot dig a hole.

**TEACHING:** For effective work to be done there must be guidance and an organized plan on how things are to be conducted. *'Many cooks spoil the broth'*

**BIBLE PARALLEL:** Proverbs 11:14 (NASB)

*"Where there is no guidance the people fall, but in abundance of counselors there is victory."*

## **28. Kiner agenge**

**SWAHILI:** Mtu hukua mara moja tu.

**FRENCH:** Un individu ne grandit qu'une seule fois.

**ENGLISH:** An individual only grows once.

**TEACHING:** The proverb reminds us that Youth is a time of many opportunities and one is full of energy to undertake any activity. Hence, each member of society is reminded to be productive lest there be regret later in life.

**BIBLE PARALLEL:** Ecclesiastes 12:1 (ESV)

*"Remember also your creator in the days of your youth, before the evil days come and the years draw near of which you will say, 'I have no pleasure in them'"*

## **29. Ngo samis murian kobo kot ne bo**

**SWAHILI:** Panya hunuka lakini ana nyumbani.

**FRENCH:** Un rat a une mauvaise odeur mais il a sa propre maison.

**ENGLISH:** A rat stinks but it has its own home.

**TEACHING:** The proverb teaches us that no matter how bad the society may think one is, there are always people who love and value the person.

**BIBLE PARALLEL:** Galatians (3:28ESV)

*"There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus."*

## **30. Mabarei kuinet ab teta moitanyi.**

**SWAHILI:** Pembe ya ng'ombe haimuui ndama wake.

**FRENCH:** Une corne d'une vache ne tue pas son veau.

**ENGLISH:** A cow's horn does not kill its calf.

**TEACHING:** When you get punished you should take it positively, as it is a way of correcting you due to the love they have for you. It is not meant to harm a loved one.

**BIBLE PARALLEL:** Hebrews 12:6 (NLT)

*"For the LORD disciplines those he loves, and he punishes each one he accepts as his child."*

**31. O chi kaitang'ung.**

**SWAHILI:** Nyumba ya mtu ni kubwa.

**FRENCH:** La maison d'autrui est grande.

**ENGLISH:** One's house is big.

**TEACHING:** The proverb encourages that each person should have a place where they find solace in times of trouble. In the African community, having a family to turn to is very comforting, and acts as a consolation.

**BIBLE PARALLEL:** Psalms 46:1 (NKJV)

*"God is our refuge and strength, a very present help in trouble."*

**32. Tupcho werit ak kwanda kounoto chepto ak kam.**

**SWAHILI:** Mwana na baba ni kama ndugu, kama vile binti na mama ni kama dada.

**FRENCH:** Le fils et le père sont comme des frères, tout comme les filles et les mères sont comme des soeurs.

**ENGLISH:** Son and father are like brothers, just like daughter and mother are like sisters.

**TEACHING:** There is always a special bond shared by family members and it is expected that no family member can do bad things to the others.

**BIBLE PARALLEL:** Proverbs 11:29 (NIV)

*"Whoever brings ruin on their family will inherit only wind, and the fool will be servant to the wise."*

Psalms 133:1

*"Behold, how good and how pleasant it is For brothers to dwell together in unity!"*

**33. Kurkeet kirusin ak ichut**

**SWAHILI:** Mlango ambao unakugonga, lakini bado waingia kwa njia hiyo.

**FRENCH:** La porte qui t'a cogné, mais tu entres toujours par la même porte.

**ENGLISH:** The door that hits you but you still enter through it.

**TEACHING:** The proverb reminds us that no matter how angry you are about a friend, you should always strive to reconcile, because the friendship is more valuable than the misunderstanding.

**BIBLE PARALLEL:** Mathew 18:15 (ESV)

*"If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother."*

**34. Iputi tany ako bo kelien ang'wan ketamine chi nebo kelyen aeng'.**

**SWAHILI:** Ng'ombe huanguka ingawa ana miguu minne, sembuse binadamu aliye na miguu miwili?

**FRENCH:** Une vache tombe bien qu'il ait quatre pattes alors qu'est-ce qui se passerait sur un homme avec deux jambes.

**ENGLISH:** A cow falls although it has four legs so what of a man with two legs.

**TEACHING:** We all make mistakes even those who claim to be so righteous; hence, we should always be ready to forgive others.

**BIBLE PARALLEL:** 1 John 1: 8 (ESV)

*"For all have sinned and fall short of the glory of God."*

**35. Ameparenan rotwet nemi eut ago mi nemi choge.**

**SWAHILI:** Usiniuwe na upanga ulio mkononi, lakini uutumie ulio katika ala.

**FRENCH:** Ne me tue pas avec l'épée dans la main mais utilise celle qui est dans la gaine.

**ENGLISH:** Do not kill me with the sword in the hand, but use the one in the sheath.

**TEACHING:** Delaying a punishment can help reduce anger towards a person, hence giving them another chance. We should deal with an issue after deciding how to deal with it, and not when we are still angry because it can lead to unwarranted actions.

**BIBLE PARALLEL:** 1 Peter 3:20 (NASB)

*"Who once were disobedient, when the patience of God kept waiting in the days of Noah, during the construction of the ark, in which a few, that is, eight persons, were brought safely through the water."*

**36. Amat ibeel cheringis.**

**SWAHILI:** Usichome mijusi.

**FRENCH:** Ne brûle pas les lézards.

**ENGLISH:** Do not burn the lizards.

**TEACHING:** Punishment should be served on individual basis and no other person should suffer together with the wrong doer just because they had a close relation.

**BIBLE PARALLEL:** Ezekiel 18:20 (ESV)

*"The soul who sins shall die. The son shall not suffer for the iniquity of the father, nor the father suffer for the iniquity of the son. The righteousness of the righteous shall be upon himself, and the wickedness of the wicked shall be upon himself."*

**37. Bo eren chi sobei.**

**SWAHILI:** Kuna aibu kwa kila aliye hai.

**FRENCH:** Il ya de la honte pour toute personne qui est encore en vie

**ENGLISH:** There is shame for everyone who is alive.

**TEACHING:** The proverb reminds us that all human beings are naturally born with that feeling of shame and a conscience that makes them know everything they say, do or even think. We should therefore, not give excuses when we make mistakes. We had a conscience first and should have taken time to make the correct decision before making the mistake.

**BIBLE PARALLEL:** Mark 7:21 (NIV)

*"For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder."*

Acts 23:1

*"Paul, looking intently at the Council, said, 'Brethren, I have lived my life with a perfectly good conscience before God up to this day.'"*

**38. Iyei ng'etuny lel.**

**SWAHILI:** Simba anaweza kuzaa mbweha.

**FRENCH:** Un lion peut donner naissance à un chacal.

**ENGLISH:** A lion may give birth to a jackal.

**TEACHING:** Children's character tend to be known while they are still young and it is normal for children not to be exact same as their parents or to grow as per the expectations of his parents. This proverb warns us that other factors in the society such as bad people, exposure to bad behavior and bad environments can change someone.

**PARALLEL:** Proverbs 20:11(KJV)

*"Even a child is known by his doings, whether pure, and whether it be right his work be".*

1 Corinthians 15:33

*"Do not be deceived: "Bad company corrupts good morals."*

**39. Kieli tany kong yon kicharei.**

**SWAHILI:** Sisi hufunika ng'ombe macho wakati twapata damu kutoka kwake.

**FRENCH:** Nous mettons un bandeau sur les yeux d'une vache en obtenant du sang.

**ENGLISH:** We blindfold a cow when obtaining blood from it.

**TEACHING:** The proverb teaches us that whenever we think that our actions will hurt the other person's feelings, we should do in the most gentle way, like hiding it from them so that they suffer less. Let's not do it as if it is an enjoyable thing.

**BIBLE PARALLEL:** Genesis 22:8 (NIV)

*"Abraham answered, "God himself will provide the lamb for the burnt offering, my son." And the two of them went on together.*

**40. Kituchi mwaimiat.**

**SWAHILI:** Sisi huzuia kifo cha mshahidi wa kifo.

**FRENCH:** Nous épargnons la vie d'un témoin d'un meurtre.

**ENGLISH:** We spare the life of a death witness.

**TEACHING:** The proverb warns that even when you decide to destroy others, we should spare one person who could caution the rest. Even in a community or a family, not everyone is judged as bad. There is always one outstanding one who can be relied upon and is termed as a sensible or helpful person.

**BIBLE PARALLEL:** 2peter 2:5(KJV)

*"And spared not the old world, but saved Noah the eighth person, a preacher of righteousness, bringing in the flood upon the world of the ungodly."*

**41. Mokibounen ga mugulel, kibounen buon.**

**SWAHILI:** Hatujengi nyumba kwa moyo bali kwa mapafu.

**FRENCH:** Nous ne construisons pas une maison avec le cœur mais avec les poumons.

**ENGLISH:** We do not build a house with the heart but with the lungs.

**TEACHING:** Rationality and forgiveness are important aspects for a family or a community to stand tough times and all kinds of challenges. Our feelings may be negative, but we can re-think and breath out, and then think and act positively. The

proverb stresses about reconciliation.

**BIBLE PARALLEL:** Ephesians 4:2 (NLT)

*"Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love."*

**42. Makibarei kiyogii.**

**SWAHILI:** Hatuui mjumbe.

**FRENCH:** On ne tue pas un messenger.

**ENGLISH:** We do not kill a messenger.

**TEACHING:** One who has been sent has a duty to deliver the message but that does not mean he/she has a relation with the message hence they do not deserve to die. We should respect the job and duty of each other always.

**BIBLE PARALLEL:** 2 chronicles 36:18 (NASB)

*"But they continually mocked the messengers of God, despised His words and scoffed at His prophets, until the wrath of the LORD arose against His people, until there was no remedy."*

**43. Kiwegu kiiyak chemi ole toror.**

**SWAHILI:** Kundi la ngombe linalotafuta malisho kwenye mwamba hufukuzwa kwanza.

**FRENCH:** Le troupeau qui paît sur une falaise doit d'abord être chassé.

**ENGLISH:** The herd grazing on a cliff is driven away first.

**TEACHING:** The proverb teaches us to help prevent harm and destruction when you are in a position to help out. Handle issues immediately to prevent further damage being cause.

**BIBLE PARALLEL:** James 4:17 (ASV)

*"To him therefore that knoweth to do good, and doeth it not, to him it is sin."*

Proverbs 24:11

*"Rescue those who are being taken away to death; hold back those who are stumbling to the slaughter."*

**44. Ngoriir lakwa komache rotwo kikochin keet.**

**SWAHILI:** Mtoto akililia kisu, mpe fimbo.

**FRENCH:** Si un enfant pleure pour qu'on lui donne un couteau, donne-lui un bâton.

**ENGLISH:** If a child cries for a knife give him a stick.

**TEACHING:** The proverb reminds us that everyone has the responsibility of helping others to stay away from trouble and to ensure that he/she does not get into the trouble himself. We should not let others just choose to do what they want, but we should show them the better way to act.

**BIBLE PARALLEL:** Galatians 6:1 (INTERNATIONAL STANDARD VERSION)

*"Brothers, if a person is caught doing something wrong, those of you who are spiritual should restore that person gently. Watch out for yourself so that you are not tempted as well."*

**45. Wekse urwon bo ket.**

**SWAHILI:** Chochote kinachoenda kote, hukuja kote.

**FRENCH:** Ce qui se passe aux alentours ne vient pas de loin.

**ENGLISH:** What goes around comes around.

**TEACHING:** The proverb encourages that we should always treat others well just like we expect them to treat us. What we do to others will surely be done to us one day in the future.

**BIBLE PARALLEL:** Luke 6:31(NIV)

*"Do to others as you would have them do to you."*

Leviticus 19:18

*"Thou shalt not avenge, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself: I [am] the LORD."*

**46. Kitestoi ng'amnot ng'ulatyo.**

**SWAHILI:** Twaongeza hekima kwa maarifa

**FRENCH:** Nous ajoutons la sagesse à la connaissance.

**ENGLISH:** We add wisdom to knowledge.

**TEACHING:** This proverb encourages us that we should learn to make our decisions wisely and in a rational manner. A person may have knowledge but may not be wise. These two are from God; knowledge comes over time. They help us to lead a righteous and fruitful life.

**BIBLE PARALLEL:** Psalms 119:66 (ASV)

*"Teach me good judgment and knowledge; for I have believed in thy commandments."*

Proverbs 2:6

*"For the Lord gives wisdom; from his mouth come knowledge and understanding"*

**47. Mesas kap kasam amaiwe iro.**

**SWAHILI:** Usiamini unachokisikia kabla ya kukiona.

**FRENCH:** Ne crois pas ce que tu as entendu parler avant de le voir avec tes propres yeux.

**ENGLISH:** Do not believe what you hear before you see it.

**TEACHING:** This proverb encourages us to be alert and to be observing situations before making any conclusions. Quick decisions without caution usually do not end up well.

**BIBLE PARALLEL:** John 7:24 (ESV)

*"Do not judge by appearances, but judge with right judgment."*

Proverbs 16:33

*"The lot is cast into the lap, but its every decision is from the LORD."*

**48. Matikuren chi bonin komabanin.**

**SWAHILI:** Usimwite mtu mchawi kabla ya yeye kukuroga.

**FRENCH:** N'appelle pas une personne une sorcière avant qu'il ne t'ait ensorcelé

**ENGLISH:** Do not call a person a witch before he/she has bewitched you.

**TEACHING:** We should always evaluate people before judging and labeling them with bad names that taint their image and reputation. They might be good people but a single mistake may have led to the wrong judgement. We should learn more about

them first.

**BIBLE PARALLEL:** Proverbs 24:23 (ESV).

*"These also are sayings of the wise. Partiality in judging is not good. "*

Ephesians 4:29

*"Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear."*

#### **49.Kakile banan iit.**

**SWAHILI:** Sisi husema kwamba sikio ni maskini.

**FRENCH:** On dit que l'oreille est un pauvre compagnon.

**ENGLISH:** We say that the ear is a poor fellow.

**TEACHING:** The proverb is used as a warning. It teaches that whatever we hear is not necessarily important to us at all times, therefore, we need to pick what will help us and leave the rest if it is baseless and untrue, or of no benefit in our lives.

**BIBLE PARALLEL:** James 1:19 (NIV).

*"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry."*

#### **50.Mokisasei sasan keruiyo kaita.**

**SWAHILI:** Hatupaswi kuwachukia wanaochukiwa, mpaka tulale katika nyumba yao.

**FRENCH:** Nous ne devrions pas haïr les haïs jusqu'à ce que nous dormions dans leur maison.

**ENGLISH:** We should not hate the hated, until we sleep in their house.

**TEACHING:** The proverb warns us to always put yourself in people's situations before you make a judgment on why their life is the way it is. We can only understand the inner details of a situation when we have experienced it.

**BIBLE PARALLEL:** John 5:30 (ESV)

*I can do nothing on my own. As I hear, I judge, and my judgment is just, because I seek not my own will but the will of him who sent me.*

#### **51.Meeng'uchin kei chelelei somis.**

**SWAHILI:** Mbweha hawezi kujua kwamba ananuka.

**FRENCH:** Un chacal ne peut pas savoir qu'il pue.

**ENGLISH:** A jackal cannot know that it stinks.

**TEACHING:** This proverb emphasizes the need to correct others when it is necessary. One may never know that their character is bad or unacceptable, until when they hear a discussion from others detesting their character. It is only then that they can realize the need to correct their character to become acceptable to the community.

**BIBLE PARALLEL:** 1Timothy 5:20 (KJV)

*"Them that sin rebuke before all, that others also may fear."*

Ephesians 4:22-24

*"To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness."*



**52. Makitestoi chepotany bei.**

**SWAHILI:** Si jambo la busara kuchanganya maziwa na maji.

**FRENCH:** Ce n'est pas sage de mélanger le lait avec de l'eau.

**ENGLISH:** It is not wise to mix milk with water.

**TEACHING:** This proverb encourages us to be steadfast in our decisions, actions and speech. We should not be wavering but firm! For there to be peace, pure truth has to be said and one should not mix lies and truth as it brings confusion. The truth will always stand out, whatever we do or say.

**BIBLE PARALLEL:** Zechariah 8:16 (ESV)

*"These are the things that you shall do: Speak the truth to one another; render in your gates. Judgments that are true and make for peace."*

**53. Makiminei sundet goi.**

**SWAHILI:** Hatuwezi badilisha mafuta kuwa maini.

**FRENCH:** On ne peut pas greffer la graisse dans le foie.

**ENGLISH:** We cannot graft fat into liver.

**TEACHING:** Trying to reason out with a fool is a difficult task because they are so difficult to involve in a discussion. We have to make a decision as a team and not from two different sides of the issue. Unless it is done there cannot be a good decision realized. As the saying goes '*never argue with a fool, onlookers may not be able to tell the difference between you and him*'

**BIBLE PARALLEL:** Proverbs 18:2 (NIV)

*"Fools find no pleasure in understanding but delight in airing their own opinions."*

**54. Kigilei kot koimen.**

**SWAHILI:** Hekima hukua kila siku.

**FRENCH:** La sagesse grandit tous les jours.

**ENGLISH:** Wisdom grows every day.

**TEACHING:** This proverb encourages people to be open minded about acquiring wisdom, knowledge and skill from the community. Wisdom is acquired through being open to new learning and daily experiences in an individual's life.

**BIBLE PARALLEL:** Job 12:12 (ASV).

*"With aged men is wisdom, and in length of days understanding."*

Jeremiah 3:15

*"Then I will give you shepherds after My own heart, who will feed you on knowledge and understanding."*

**55. Kiile kimaget yebo kipsitia kobo; yebo kipng'ulia kobo.**

**SWAHILI:** Fisi alisema siku ya kufanya kitu ni siku ya kufanya hivyo bila kurudi nyuma, inafaa kufanyika.

**FRENCH:** L'hyène a dit que le jour prévu pour faire quelque chose est le jour pour le faire sans retourner arrière; Il faut le faire.

**ENGLISH:** The hyena said the day set for doing something is the day for doing it without turning back; it has got to be done.

**TEACHING:** The proverb is used to encourage people to persistently pursue their intended venture. Once we decide to do something we should put all our efforts and never think of giving it up. We should focus on our goal and ensure we achieve it.

**BIBLE PARALLEL:** Luke 9:62 (ESV)

*"Jesus said to him, 'No one who puts his hand to the plow and looks back is fit for the kingdom of God.'"*

#### **56. *Ui keel belion.***

**SWAHILI:** Songa kama tembo

**FRENCH:** Bouge comme un éléphant

**ENGLISH:** Move like an elephant

**TEACHING:** It is used as a warning to us. One should always take their time in making decisions so that they do not regret their decisions later. Take time to make a decision.

**BIBLE PARALLEL:** Ecclesiastes 5:2 (King James Bible)

*"Be not rash with thy mouth, and let not thine heart be hasty to utter anything before God: for God is in heaven, and thou upon earth: therefore, let thy words be few."*

#### **57. *Mokimulenge chamastab kipyomet.***

**SWAHILI:** Jua na ufahamu mipaka yako. Usijaribu kuwaiga watu wengine.

**FRENCH:** Sache ou sois au courant de tes limites. N'essaie pas d'imiter d'autres personnes.

**ENGLISH:** Know or be aware of your limits. Do not try to copy other people.

**TEACHING:** This proverb is used in the community to warn people not to make decisions depending on other people's decisions and opinions. We should always make our independent decisions. We should also learn to appreciate what we have and not envy others or compare ourselves to them. We all cannot be equal in a community.

**BIBLE PARALLEL:** Galatians 6:4 (ESV)

*"But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor."*

#### **58. *Mokisuute soteet komoi teta.***

**SWAHILI:** Usiandae kibuyu kabla ng'ombe kupata ndama.

**ENGLISH:** Do not prepare the calabash before the cow has had a calf.

**FRENCH:** Ne prépare pas laalebasse avant que la vache ait eu un veau.

**TEACHING:** We should learn not to anticipate so much about things we are not certain they will come to be as we expect. Depend on, and plan for what you have and not what is yet to be achieved. *'Don't count your chickens before they hatch.'*

**BIBLE PARALLEL:** James 4:13-14 (NLT).

*"Look here, you who say, 'Today or tomorrow we are going to a certain town and will stay there a year. We will do business there and make a profit.' How do you know what your life will be like tomorrow? Your life is like the morning fog—it's here a little while, then it's gone."S*

**59. Ngotebi ak chorin kotatun ichorsei.**

**SWAHILI:** Ukiishi na mwizi, wewe pia unakuwa mwizi.

**FRENCH:** Si tu vis avec un voleur, tu deviens aussi un voleur.

**ENGLISH:** If you live with a thief you also become a thief.

**TEACHING:** This is used as a warning to community members. We should always avoid people who are a bad influence to us. Somehow, we shall get influenced negatively, which will damage even our previously good character and reputation.

**BIBLE PARALLEL:** 1corinthians15:33(NASB)

*"Do not be deceived: "Bad Company corrupts good morals."*

**60. Mautye moset katwalet.**

**SWAHILI:** Nyani hasahau jinsi ya kuruka.

**FRENCH:** Un singe n'oublie jamais comment sauter.

**ENGLISH:** A monkey never forgets how to jump.

**TEACHING:** We should always restrain from the temptation of going back to our old ways once we decide to change for the better.

**BIBLE PARALLEL:** 1corinthians 10:13(ESV)

*"To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness."*

**61. Makiboorchin kimakeet kowo.**

**SWAHILI:** Usionyeshe fisi mfupa.

**FRENCH:** Ne montre pas un os à une hyène.

**ENGLISH:** Do not show a bone to a hyena.

**TEACHING:** Each person should always be careful so that they do not bring harm to themselves by exposing their weaknesses to destructive people.

**BIBLE PARALLEL:** 1peter 9:8 (NIV)

*"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."*

**62. Makikanye so turgut.**

**SWAHILI:** Kamwe usimsubiri nyati ukiwa kwenye ardhi.

**FRENCH:** N'attend jamais un buffle sur le sol.

**ENGLISH:** Never wait for a buffalo while on the ground.

**TEACHING:** We should always run for safety from impending danger rather than waiting confidently for death. Precaution is not cowardice.

**BIBLE PARALLEL:** Proverbs14:16(NLT).

*"The wise are cautious and avoid danger; fools plunge ahead with reckless confidence."*

**63. Makibirecini bei togoson.**

**SWAHILI:** Maji haiwezi kulazimishwa kupanda mlima.

**FRENCH:** L'eau ne peut jamais être forcée de monter

**ENGLISH:** Water can never be forced uphill.

**TEACHING :** We should always learn to handle situations before they get out of hand and harm you. It may become impossible to correct situations because of the extreme damage. Therefore we should seek solutions in good time.

**BIBLE PARALLEL:** 2Timothy 2:23(ESV)

*"But foolish and ignorant questionings refuse, knowing that they gender strifes."*

**64. Mokoi iteer tarition kosirin metit, imuchi iteer komatech kesweet eng' metit.**

**SWAHILI:** Huwezi kuzuia ndege kuruka juu ya kichwa yako, lakini unaweza kumzuia kujengakiota juu ya kichwa chako.

**FRENCH:** Tu ne peux pas empêcher un oiseau de survoler sur ta tête, mais tu peux l'empêcher de construire un nid sur ta tête.

**ENGLISH:** You cannot prevent a bird from flying over your head, but you can prevent it from building a nest on top of your head.

**TEACHING :** The proverb teaches that we should always appreciate what we have and meet our needs with it, rather than wishful thinking of having more wealth which leaves you unhappy.

**BIBLE PARALLEL:** Philippians 4:12 (CEB)

*"I know the experience of being in need and of having more than enough; I have learned the secret to being content in any and every circumstance, whether full or hungry or whether having plenty or being poor."*

**65. Amat korobon ole imi.**

**SWAHILI:** Heri mvua isivuje ulipo.

**FRENCH:** Que la pluie ne coule pas où tu es.

**ENGLISH:** May rain not leak where you are.

**TEACHING:** The proverb encourages that we should always be vigilant and hardworking so that our job positions or the state we are in society cannot be snatched from our hands.

**BIBLE PARALLEL:** 1corinthians16:13(NASB)

*"Be on the alert, stand firm in the faith, act like men, be strong."*

**66. Bokwo kong.**

**SWAHILI:** Jicho ni mwoga.

**FRENCH:** L'œil est un lâche.

**ENGLISH:** The eye is a coward.

**TEACHING:** This proverb warns that a person should never shy away from doing something just because it looks difficult, you should give it a try then confirm your fears if there are any.

**BIBLE PARALLEL:** Isaiah 41:13 (GNT).

*"I am the Lord your God; I strengthen you and tell you, "Do not be afraid; I will help you."*

**67. Kiwakeen chelelei ak kelu chebo tany.**

**SWAHILI:** Unapomshtua mbweha, unaweza kunywa maziwa.

**FRENCH:** En effrayant un chacal, on peut finir par boire du lait.

**ENGLISH:** By scaring a jackal, one can end up drinking milk.

**TEACHING:** One should never give up doing something because the reward in the end is worth the efforts they put in it

**BIBLE PARALLEL:** 2 chronicles 15:7(CEB)

*"But as for you, be brave and don't lose heart, because your work will be rewarded!"*

#### **68.Kibegune nyakan rer.**

**SWAHILI:** Viasi vikuu vya Nyakan vyaonjwa vikiwa vingali bado katika sufuria.

**FRENCH:** Les ignames ont du goût lorsqu'ils sont encore dans le pot.

**ENGLISH:** Nyakan yams are tasted while they are still in the pot.

**TEACHING:** One should correct a situation when there is still time and enjoy pleasant results in the future than ignore a horrible situation and suffer its consequences later.

**BIBLE PARALLEL:** Hebrews 12:11 (ESV)

*"For the moment, all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it."*

#### **69.Mabenen bei tororot.**

**SWAHILI:** Maji haikai angani milele.

**FRENCH:** L'eau ne reste pas dans le ciel pour toujours.

**ENGLISH:** Water does not stay in the sky forever.

**TEACHING:** There is no condition that is permanent and a brighter day is always on the way to make us smile again. We should be encouraged to have hope about the future.

**BIBLE PARALLEL:** Revelation 21:4(NIV)

*"He will wipe every tear from their eyes. There will be no more death 'or mourning or crying or pain, for the old order of things has passed away."*

#### **70.Ye chilil tany, wendi ole mi tugaa alak.**

**SWAHILI:** Ng'ombe akitoroka, ataenda waliko ng'ombe wengine.

**FRENCH:** Si une vache s'enfuit, elle ira où se trouvent d'autres vaches.

**ENGLISH:** If a cow runs away it will go to where other cows are.

**TEACHING:** This proverb is used to encourage members of the community to be hard working. It is only through hard work that we attract blessings and have a comfortable life, hence we should put a lot of effort in our work.

**BIBLE PARALLEL:** Proverbs 12:11(CEB)

*"Those who work their land will have plenty to eat, but those who engage in empty pursuits have no sense."*

#### **71.Mokilosuge omoilosun kokwet.**

**SWAHILI:** Usijisifu mwenyewe kabla ya kusifiwa na jamii.

**FRENCH:** Ne t'apprécie pas avant d'être apprécié par la communauté.

**ENGLISH:** Do not praise yourself before you are praised by the community.

**TEACHING:** The proverb is use to warn us not to praise ourselves no matter how successful we are. We should let others compliment us instead.

**BIBLE PARALLEL:** Jeremiah 9:23(NASB)

*"Thus, says the LORD, "Let not a wise man boast of his wisdom, and let not the mighty man boast of his might, let not a rich man boast of his riches;"*

**72.Makimene metop talamwa.**

**SWAHILI:** Hupaswi kujivunia kichwa cha nzige.

**FRENCH:** Tu ne devrais pas être fier de la tête d'une sauterelle.

**ENGLISH:** You should not be proud of a locust's head.

**TEACHING:** Wealth is a temporary thing and one should be humble and interact with everyone instead of boasting about their wealth.

**BIBLE PARALLEL:** Proverbs 11:24 (ESV)

*"One gives freely, yet grows all the richer; another withholds what he should give, and only suffer want.*

James 1:10 (NIV)

*"But the rich should take pride in their humiliation--since they will pass away like a wild flower."*

**73.Momei meure sehati.**

**SWAHILI:** Kiburi huja kabla ya kuanguka.

**FRENCH:** La fierté vient avant une chute

**ENGLISH:** Pride comes before a fall.

**TEACHING:** This proverb warns us against arrogance. We should always be down to earth lest you get destroyed by pride. Pride destroys community cohesion and make a person be segregated by others, leading to a lonely and anti-social life.

**BIBLE PARALLEL:** Proverbs16:18 (NLT)

*"Pride goes before destruction, and haughtiness before a fall."*

**74.Maomei rorion koi, ame chi.**

**SWAHILI:** Kicheko hakigongi jiwe lakini huharibu watu.

**FRENCH:**Le rire ne frappe pas une pierre, il détruit les gens.

**ENGLISH:** Laughter does not strike a stone, it destroys people.

**TEACHING:** This proverb warns us against undermining the under privileged members of the community. Ridicule towards the poor or the disabled leads us into trouble. We need to realize that we can also bear children with disabilities, or have misfortune like other people.

**BIBLE PARALLEL:** Proverbs 17:5(NASB)

*"He who mocks the poor taunts his Maker; He who rejoices at calamity will not go unpunished."*

**75.O belion amoyie saram.**

**SWAHILI:** Tembo ni mkubwa, lakini hazai mapacha.

**FRENCH:**Un éléphant est grand, mais il ne donne pas naissance à des jumeaux.

**ENGLISH:** An elephant is big, yet it does not give birth to twins.

**TEACHING:** No matter how mighty you think you are, there are times when you will need the help of others. We should support one another in order to achieve more in our lives.

**PARALLEL:** Galatians 6:2(NIV)

*“Carry each other’s burdens, and in this way, you will fulfill the law of Christ.”*

#### **76.Kikong'en met bo talam tagat nebo ei.**

**SWAHILI:** Wakati tunasubiri kula kichwa cha ng'ombe tunaendelea kula kichwa cha panzi.

**FRENCH:** En attendant de manger la tête d'un taureau, on continue à manger la tête d'une herbe-trémie.

**ENGLISH:** While waiting to eat the head of a bull we continue eating the head of a grass-hopper.

**TEACHING:** We should always be hopeful even at times of suffering since the breakthrough will out-do the challenges. There are always better times yet to come. No problems are permanent.

**BIBLE PARALLEL:** Revelation 2:10 (BBE)

*“Have no fear of the things which you will have to undergo: see, the Evil One will send some of you into prison, so that you may be put to the test; and you will have great trouble for ten days. Be true till death, and I will give you the crown of life.”*

#### **77.Chepkisas kototun kechome.**

**SWAHILI:** Yule ambaye anachukiwa, siku moja atapendwa.

**FRENCH:** Celui qui est méprisé un jour il sera admiré.

**ENGLISH:** He who is being despised will one day be admired.

**TEACHING:** When we work hard and endure difficulties, we will succeed and those who once despised us start to befriend us. People like to associate with those who are achievers so that they also benefit from them. Hard work and resilience benefits us.

**BIBLE PARALLEL:** James 1:12(NIV).

*“Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.”*

#### **78.Kiseete tai ak kaatam.**

**SWAHILI:** Pambana kulia na kushoto.

**FRENCH:** Lutte de droite et à gauche.

**ENGLISH:** Struggle right and left.

**TEACHING:** Never give up on something till you try it using all means, applying all of your abilities. When one method fail, try another one. Focus at the goal and you will achieve it.

**BIBLE PARALLEL:** Colossians 3:23-24(ESV)

*“Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.”*

**79. Kikiuny Jemuge maung'ak.**

**SWAHILI:** Hatuwezi kuficha ujinga milele.

**FRENCH:** On ne peut pas cacher la naïveté pour toujours.

**ENGLISH:** We cannot hide foolishness forever.

**TEACHING:** This proverb warns us that no matter how much we try to cover up an evil act we have done, it always brings itself out to the light. We need to understand that somehow people come to learn an evil deed even after a long time. Let us try to do good deeds always.

**BIBLE PARALLEL:** Luke 8:17(NLT)

*"For all that is secret will eventually be brought into the open, and everything that is concealed will be brought to light and made known to all."*

**80. Kile kimakeet kimangen susut kotum kiineta.**

**SWAHILI:** Fisi alisema kuwa hakujua jinsi ya kuuma mpaka alipofunzwa.

**FRENCH:** L'hyène a dit qu'elle ne savait pas mordre jusqu'à ce qu'elle l'ait appris.

**ENGLISH:** The hyena said that he did not know how to bite until he was taught.

**TEACHING:** The proverb bring out the lesson that people can adapt negative behavior from others. Sometimes the plans you set to destroy others might turn out to destroy us instead. We should therefore, desist from this and not plan any evil acts against members of our community or family, just because they wronged us.

**BIBLE PARALLEL:** Proverbs 26:27(NASB)

*"He who digs a pit will fall into it, and he who rolls a stone, it will come back on him."*

**81. Mokiribei bai komaam cherere.**

**SWAHILI:** Hatuchungi mazao yetu mpaka yatakapokuliwa na nyani.

**FRENCH:** Nous ne nous occupons de nos récoltes qu'après avoir été mangées par des singes.

**ENGLISH:** We do not look after our crops until they have been eaten by monkeys.

**TEACHING:** This is used to warn that we should learn to handle issues when they are still manageable else things will get out of hand. Many times people stay silent or watch as problems persist instead of resolving them at the earliest opportunity in the best way.

**BIBLE PARALLEL:** Proverbs 15:1(NIV).

*"A gentle answer turns away wrath, but a harsh word stirs up anger."*

**82. Makibeelchindos kirogon aeng.**

**SWAHILI:** Hatuchomi kuni mbili kwa mara moja.

**FRENCH:** On ne brûle pas deux bâtonnets à la fois.

**ENGLISH:** We do not burn two sticks at once.

**TEACHING:** This proverb encourages us to be orderly. We should always train ourselves to do one thing at a time; complete one task then go to the next. This helps us to do good work by giving full attention to it.

**BIBLE PARALLEL:** Mathew 6:24(KJV)

*"No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon."*



**83. Ng'om chorin kotabne kinindet?**

**SWAHILI:** Kama mwizi ni mjanja, je mchunguzi?

**FRENCH:** Si un voleur est intelligent, que diriez-vous de l'enquêteur.

**ENGLISH:** If a thief is clever, what about the investigator.

**TEACHING:** It warns us about cunning behavior because it is always discovered, and one suffers the consequences of such behaviors. We should be straight forward in order to be respected by others.

**BIBLE PARALLEL:** Proverbs 24:20(NIV)

*"For the evildoer has no future hope, and the lamp of the wicked will be snuffed out."*

**84. Mang'uchinge kimageet somisyo.**

**SWAHILI:** Fisi hawezinusa harufu yake mbaya.

**FRENCH:** Une hyène ne peut pas sentir son puanteur.

**ENGLISH:** A hyena cannot smell its own stench.

**TEACHING:** We cannot know our flaws hence we should be ready to accept correction from others. This is a general human weakness, not knowing our flaws. The proverb encourages us to correct others, and to also accept correction which is positive.

**BIBLE PARALLEL:** Proverbs 9:8(ESV)

*"Do not reprove a scoffer, or he will hate you; reprove a wise man, and he will love you."*

**85. Kas ako mewalu.**

**SWAHILI:** Sikiza lakini usijibu.

**FRENCH:** Ecoute, mais ne répond pas.

**ENGLISH:** Listen but do not respond.

**TEACHING:** Remaining silent on topics you are not conversant with is better than yapping just to embarrass yourself before people. We should therefore, be cautious about what we discuss or answer to.

**BIBLE PARALLEL:** Proverbs 17:28(NLT)

*"Even fools are thought wise when they keep silent; with their mouths shut, they seem intelligent."*

**86. Makimeto logoiyat ne mi ngweny ak kelabatyi ne mi barak.**

**SWAHILI:** Usiache matunda ambayo iko chini na kuchagua iliyo juu ya miti.

**FRENCH:** Ne laisse pas le fruit qui est sur le sol et prend celui qui se trouve sur l'arbre.

**ENGLISH:** Do not leave the fruit which is on the ground and choose the one up on the tree.

**TEACHING:** This proverb teaches us to always learn to be patient and appreciate our current state. Better opportunities will come in the future if we focus on it. People lose what they have because of greed. We should take time to build on what we have in the correct way to help us acquire better life.

**BIBLE PARALLEL:** James 5:8 (NIV)

*"You too, be patient and stand firm, because the Lord's coming is near."*

**87.Makitetoi go luloot.**

**SWAHILI:** Usijenge nyumba ambayo imeelekezwa juu upande mmoja.

**FRENCH:** Ne construis pas une maison qui est incliné d'un seul côté

**ENGLISH:** Do not build a house which is tilted on one side.

**TEACHING:** A solid foundation is very crucial in all aspects of life since it saves one from repeating the same project over and over again or failing all together. A worthwhile life must begin with good planning and intentions.

**BIBLE PARALLEL:** 1 Corinthians 3:12-13 (NIV)

*"If anyone builds on this foundation using gold, silver, costly stones, wood, hay or straw, their work will be shown for what it is, because the Day will bring it to light. It will be revealed with fire, and the fire will test the quality of each person's work."*

**88.Kibaregei kotenyi.**

**SWAHILI:** Alijiua mwenyewe na mshale wake.

**FRENCH:** Il s'est tué avec sa propre flèche.

**ENGLISH:** He killed himself with his own arrow.

**TEACHING:** This proverb is use to warn that as human beings, we should not count ourselves too righteous since at times we can get ourselves into trouble. We may think we are doing the right things only to find that what we chose to do fails, and gets us into problems. We are not perfect. We should seek counsel before doing things or making decisions.

**BIBLE PARALLEL:** Proverbs 14:22 (ESV)

*"There is a way that seems right to a man, but its end is the way to death."*

**89.Kibirei ma Kota komining.**

**SWAHILI:** Tunapaswa kuzima moto wakati bado ungali mdogo.

**FRENCH:** On doit éteindre le feu lorsqu'il est encore un peu.

**ENGLISH:** We should put out fire while it is still small.

**TEACHING:** When problems are solved at an early stage they bring no destruction unlike when they are allowed to develop roots.

**BIBLE PARALLEL:** Hebrews12:15(NASB)

*"See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled."*

**90.Mokisup chi na kakomwei.**

**SWAHILI:** Usifuate mtu ambaye anatoroka.

**FRENCH:** Ne suis pas une personne qui s'enfuit.

**ENGLISH:** Do not follow a person who is running away.

**TEACHING:** This proverb is used as a warning not to follow the instructions of a fool as you may end up in the wrong path. We should learn to make decisions on our own about how to handle our issues and or seek advice from a wiser person first.

**BIBLE PARALLEL:** Proverbs 12:26 (Holman Bible)

*"A righteous man is careful in dealing with his neighbor, but the ways of wicked men lead them astray."*

**91. Mokitesyin beek teret ago bo beek.**

**SWAHILI:** Hatuongezi maji katika sufuria wakati ambapo tunaunga mdogo wa mtama ambao tulipata kwa kuomba.

**FRENCH:** On n'ajoute pas d'eau dans la marmite alors qu'on n'a qu'un peu farine de millet obtenue de la mendicité

**ENGLISH:** We do not add water into the pot while we have only a little finger- millet flour obtained from begging.

**TEACHING:** Always guard your actions so that you may not end up adding more trouble than it already was; either to others or to yourself. Be cautious always.

**BIBLE PARALLEL:** Isaiah 30:1 (NIV)

*"Woe to the rebellious children, saith the Lord, that take counsel, but not of me; and that cover with a covering, but not of my spirit, that they may add sin to sin."*

**92. Metukyigei sabulbul.**

**SWAHILI:** Msimfunike kiwavi chini ya nguo ambazo umevaa.

**FRENCH:** Ne couvre pas une chenille sous les vêtements que tu portes.

**ENGLISH:** Do not cover a caterpillar under the clothes you are wearing.

**TEACHING:** This proverb is used as a warning about hiding our actions or thoughts and feelings from other people. Hidden things have a way of coming out and harming us when we least expect. Either we speak when it is already too late to be helped, or we act when we have already been harmed extensively.

**BIBLE PARALLEL:** Isaiah 29:15 (ISV)

*"How terrible it will be for you who go to great depths to hide your plans from the LORD, you whose deeds have been done in the dark, and who say, 'Who can see us? Who has recognized us?'"*

**93. Maborei siyeet agenge kisiria.**

**SWAHILI:** Kidole kimoja hakiwezi kuua chawa.

**FRENCH:** Un seul doigt ne peut pas tuer un pou

**ENGLISH:** One finger cannot kill a louse.

**TEACHING:** This proverb teaches us about cohesion and unity in a community. It encourages us to involve others in challenging tasks because it makes it easier. Better solutions and decisions are realized when many minds reason together.

**BIBLE PARALLEL:** Ecclesiastes 4:9 (ESV)

*"Two are better than one, because they have a good reward for their toil."*

**94. Mororejin kwendet nemi tabut nemi maat.**

**SWAHILI:** Kuni iliyo kwa dari haiwezi chekelea iliyo katika moto.

**FRENCH:** Le bois de chauffage dans le grenier ne peut pas rire de celui du feu. appris

**ENGLISH:** The firewood in the attic cannot laugh at the one in the fire.

**TEACHING:** We should not laugh or rejoice when others are in problems. We might find ourselves in the same problems in future.

**BIBLE PARALLEL:** Proverbs 24:17(NIV)

*"Do not gloat when your enemy falls; when they stumble, don't let your heart rejoice,"*

**95.Nemogose chebo sisig goneti ngwedut.**

**SWAHILI:** Usiposikiza wazazi wako, dunia itakufunza.

**FRENCH:** Si vous n'écoutez pas vos mère et père, le monde vous enseignera.

**ENGLISH:** If you don't listen to your parents, the world will teach you.

**TEACHING:** It is a parent's responsibility to rectify their children so that they grow with good morals and behavior and when children are corrected, they should take it positively.

**BIBLE PARALLEL:** Ephesians 6: 1-3 (ESV)

*"Children, obey your parents in the Lord, for this is right. "Honor your father and mother" (this is the first commandment with a promise), "that it may go well with you and that you may live long in the land."*

**96.Kisobe' kuut**

**SWAHILI:** Mtu anaweza kuishi kwa mdomo

**FRENCH:** On peut vivre par la bouche

**ENGLISH:** One can live of the mouth.

**TEACHING:** We should communicate our needs when we are in desperate situations so that we can get help. If an individual fails to communicate their problems, it becomes difficult to help them because no one would know what is on their mind.

**BIBLE PARALLEL:** Philippians 4:6 (ESV).

*"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."*

**97.Makibole boba nebo chi.**

**SWAHILI:** Using'oe uyoga ya mwingine.

**FRENCH:** Ne déracine pas le champignon des quelqu'un

**ENGLISH:** Don't uproot someone's mushroom.

**TEACHING:** Whatever has been planned to be yours can never be snatched away by another person. God has given all human beings different talents and abilities and therefore we have different destinies and should appreciate what is ours and not envy others because we can never have similar ways of life.

**BIBLE PARALLEL:** Jeremiah 29:11

*"For I know the plans that I have for you," declares the LORD, "plans for welfare and not for calamity to give you a future and a hope."*

Ecclesiastes 9:11(ESV)

*"Again, I saw that under the sun the race is not to the swift, nor the battle to the strong, nor bread to the wise, nor riches to the intelligent, nor favor to those with knowledge, but time and chance happen to them all."*

**98.Makinamei beny birir ei buch**

**SWAHILI:** Mtu hawezi kuguza damu ya ndume na akose kula nyama.

**FRENCH:** On ne peut pas toucher le sang d'un bœuf sans manger de la viande

**ENGLISH:** One cannot touch blood of an ox without eating the meat

**TEACHING:** People who help in a situation should benefit from the results.

**BIBLE PARALLEL:** Romans 2:6 (NIV)

*"God will repay each person according to what they have done."*

**99. Makibuche kut ing'ony kou ing'ok**

**SWAHILI:** Usipanguze kinywa chako arthini kama Kuku

**FRENCH:** Ne pas essuyer la bouche sur le sol comme du poulet.

**ENGLISH:** Do not wipe your mouth on the ground like chicken.

**TEACHING:** We should not be so unappreciative like a chicken that eats and wipes its mouth immediately, perhaps to remove any traces of the feed (or is it just as a habit of keeping clean?) This was to discourage greedy people from belittling or even denying the support or help given by others and encouraging people to show some gratitude for any favor received no matter how little.

**BIBLE PARALLEL:** Ephesians 5:20

*"Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ."*

**100. Makiume sasurwet ak kebet.**

**SWAHILI:** Hauwezi kujikinga mvua ukitumia jani la ndizi kisha ukalikatakata mvua inapokwisha.

**FRENCH:** Vous ne pouvez pas utiliser une feuille de banane sauvage pour vous protéger des pluies et ensuite les déchirer plus tard lorsque les pluies arrivent à leur terme.

**ENGLISH:** You cannot use a wild banana leaf to shield yourself from the rains and then tear it into pieces later when the rains come to an end.

**TEACHING:** This proverb emphasizes that we should be grateful to those people who helped us during our time of need. We should appreciate their help and always remember in the future that they helped us.

**BIBLE PARALLEL:** Luke 17:15-16 (ESV)

*"Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving him thanks. Now he was a Samaritan."*

## **SUMMARY**

The Nandi proverbs collection exercise was adventurous and an experience of a lifetime. We visited some of the remotest areas from where my collaborators hail from in the Nandi Hills area. We had to use a motorbike to get to their home where we spent the better part of the night discussing about the various aspects of their community life and culture. They narrated to me some folktales and their story of origin. We were served 'Ugali' (maize meal) and Milk and some tea later on in the night.

We started collecting the proverbs strategically with my collaborator's grandfather aged about 83 years. He gave us quite a good number of proverbs, explaining to us their deeper meanings and situations in which the proverbs are used. Later on, we visited other homesteads where we could get elderly people as advised by the collaborators. The Nandi people turned out to be very friendly and were very willing to set aside enough time to give us the proverbs and explain their meanings and the context in which they were used. In every home we visited, we were invited to a meal or a glass of milk or water.

Apart from the hot weather conditions experienced because it was during the dry season, language barrier was also a challenge. The elderly people did not know the best way to explain the proverbs in Kiswahili even though some of them could hear and speak Kiswahili. The collaborators came in handy in translating the sayings into Kiswahili and English.

## **CONCLUSION**

The Nandi proverbs were an eye opener on some of the universal human values that the Nandi people believe in. Love and family **cohesion** are regarded very highly, as explained in the proverb No. 19 which states that "It is said gossip can destroy a united family". When such happens, there are channels used to resolve issues and keep the family united. Divorce and separations are not acceptable.

Proverb No. 29 states that "A rat stinks but it has its own home." Having a family in this community gives you **respect** and is a cultural requirement. Men marry in order to carry on the family legacy and bloodline. Regardless of all the troubles one might have, a family gives them solace, a sense of belonging and peace of mind. **Humility** is another value that is expressed in many of the proverbs collected. Proverbs No.1 states that "The one who glorifies his door looks for destruction", and proverb No. 71 which advises that "Do not praise yourself before you are praised by the community". People should be humble even when they have a lot to be proud about so that nobody gets uncomfortable around them.

It is therefore evident that the Nandi people obey universal human values like love, peace, respect and justice. Moreover, as shown in the Bible Parallels, the Nandi proverbs teach the same wisdom that is found in the Bible.

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  - ii. John Mososei. Email: [mosesmososei@gmail.com](mailto:mosesmososei@gmail.com) Tel: 0703728960

## APPENDIX

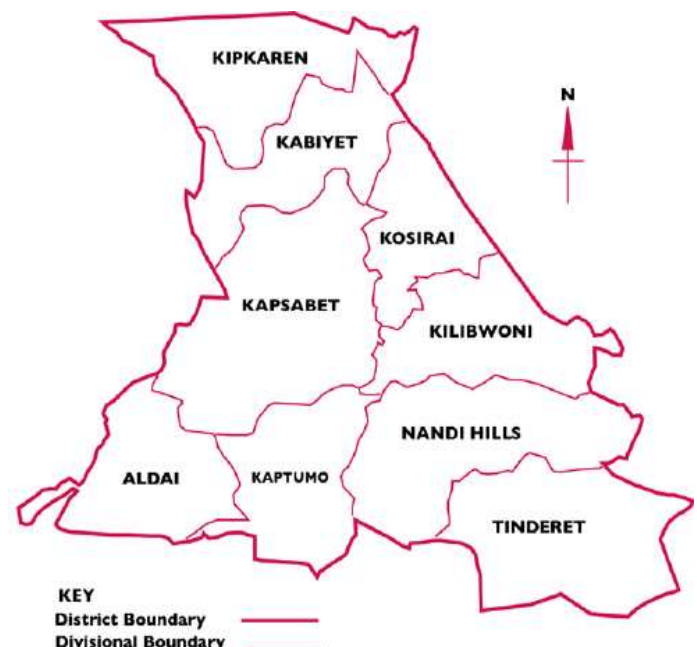
### A RESEARCH PROPOSAL FOR THE COLLECTION OF 100 NANDI PROVERBS AND WISE SAYINGS

By Joseph Kai  
(Kenya)

## INTRODUCTION

### The Location

The Nandi are part of the Kalenjin ethnic group, which include eight culturally and linguistically related groups, namely Kipsigis, Tugen, Marakwet, Pokot, Keiyo, Sabaot, Terik and the Nandi. They lived and still form the majority in the highland areas of Nandi Hills in the former Rift Valley Province of Kenya. The Nandi live primarily on high plateaus with good agricultural potential.



### *Ethnographical location of the Nandi of Kenya (Indicated by Red Color)*

There is a consensus among historians and linguists that plain and highland Nilotes migrated from a region near the southern Ethiopia and Sudan shortly before the beginning of the Christian era and diverged into separate communities shortly thereafter. Kalenjin who already were cattle keepers and had age sets lived in the western Kenya highlands 2,000 years ago. Presumably, these people absorbed other populations already living in the region.



From sometime after 500 AD and 1600 AD, there seems to have been a series of migrations eastwards and southwards from near Mount Elgon. Migrations were complex, and there are competing theories about their details.

The typical Nandi settlement pattern is scattered. Groups of family homesteads make up a neighborhood (*koret*), and today, several neighborhoods are combined into a sub-location, the smallest unit in government administration. Neighborhood size varies, but twenty to sixty households is common.

### **Myths of Origin**

According to their narrative of origin, the Nandi section was formed after the separation of what had been a combined group of Kipsigis and Nandi. The group had been living at Rongai near Nakuru as a united group before they were separated by antagonistic environmental factors such as droughts and invasion by the Maasai from Uasin Gishu. The Kipsigis moved southwards and settled around Kericho while the Nandi moved west and settled at Aldai (a constituency in Nandi County).

Another Nandi myth of origin is that the first settlers in their country came from Elgon, and formed the *Kipoiis* clan; a name that means 'the spirits'. They were led by a man named *Kakipoch*, founder of the Nandi section of the Kalenjin. They are said to have settled in the *emet* (county) of Aldai in South-Western Nandi. *Kakipoch's* people were later joined by a few Kipsigis, who were then followed by people from the other Kalenjin branches. One of the earliest districts (*bororiet*) was named after *Kakipoch*. The site of his grave is still shown on Chepilat hill in Aldai, and is marked by the stump of an ancient olive tree. The account of his burial is that his body was laid on ox-hide, together with his possessions, and left for the hyenas.

### **Social and cultural structure**

The Nandi social organization centers on the age-set, or *ibinda*. There are seven age-sets (*ibinwek*) which are rotational, meaning at the end of one age-set new members of that generation are born. The Nandi don't consider a woman to have an age-set, hence she can marry any age-set except that in which her father belongs.

The traditional system of social organization was broadly similar to that of other Kalenjin. The Nandi traditionally practiced circumcision of both sexes, although female circumcision was abandoned as a rite of initiation into adulthood. Boy's circumcision festivals took place about every seven and a half years, and boys circumcised at the same time were considered to belong to the same age set.

Polygamy is prestigious and, in the 1970s, was practiced by about 25 percent, of all married Nandi men. Female-female marriages within the Nandi culture have been reported. However, only about three percent of Nandi marriages are female-female.

These marriages were a socially approved way for a woman to take over the social and economic roles of a husband and father. They were allowed only in cases where a woman either had no children of her own, had daughters only (one of them could be 'retained 'at home) or her daughter(s) had married off.

The system was practiced ‘to keep the fire.’ It was to sustain the family lineage, and to work around the problem of infertility or lack of male heirs.

Traditional Nandi clothing consisted of skins of either domesticated or wild animals. Earrings were common for both sexes in the past, including heavy brass coils that made the earlobe stretch down almost to the shoulder. Today, the Western-style dress of most Nandi, even in rural areas, is hardly different from that of people in nearby towns. Men wear trousers and shirts, usually with a suit jacket or sport coat. Women wear skirts and blouses, dresses, and/or Kangas —locally made commercial textiles that are used as wraps (one for the top and one for the bottom). Young people of both sexes like T-shirts with logos, especially those of American sports teams or ones bearing the likeness of famous entertainers.



*Picture of Nandi in traditional clothing*

### **Domestic unit**

Traditionally, the Nandi houses were round. Walls were constructed of bent saplings anchored to large posts and covered with a mixture of mud and cow dung; roofs were thatched with local grasses. While these kinds of houses are still common, there is a growing trend towards the construction of square or rectangular houses built with timber walls and roofs of corrugated sheet metal.

Most of the Nandi are rural dwellers that do not have electricity or indoor plumbing. Radio/cassette players; kerosene lamps and stoves; aluminum cooking pots; plastic dishes, plates, and cups; and bicycles are the most common consumer items. The few people who do not have electricity but who do have televisions use car batteries for power.

For every domestic unit, each wife has her own field, cattle and house within the family compound. A separate farm for each wife is the ideal. Compounds may include the husband's parents or mother, and other kin, depending on the circumstances. Brothers and their wives may share a compound, although this is rare. Traditional norms of cattle inheritance have been extended to land, money and other property.

Each wife's house-property consists of cattle given to her at marriage, acquired by her own, or given as bride-wealth for daughters. These may be inherited only by her sons. A man's other property is inherited in equal shares by each wife's house. Failing linear heirs, a man's property reverts to his brothers or their sons, a woman's to her co-wives' sons.

### **Socialization**

Infants are treated indulgently, but strict obedience (enforced by corporal punishment) is expected from children by about the age of six. Routine care of infants and toddlers is largely the responsibility of girls between the ages eight and ten. Children are economically important and have heavy responsibility. It is common to spend a part of childhood fostered by a relative, helping with domestic work for boarding and school fees.

Oral tradition was and still is very important among the Nandi. Prior to the introduction of writing, folktales served to convey a sense of cultural history. The Nandi have four oral traditions: stories, songs, proverbs, and riddles. Stories are usually about both people and animals, and certain animals are thought to have particular character traits. For example, the hare is a trickster figure whose cleverness can get him in trouble, the lion is courageous and wise, and the hyena is greedy and destructive.

Songs accompany work and play, as well as ceremonial occasions such as births, initiations, and weddings. Riddles involve word play and are especially popular with children. Proverbs convey important messages and are often used when elders settle disputes or advise youths.

### **Sample Proverbs**

#### **1. Nandi: Mokisasei sasan keruiyo kaita**

**Swahili:** Tusiwachukie wanaochukiwa kama hatujawahi kulala kwa boma zao

**French:** Nous ne devrions pas haïr détesté jusqu'à ce que nous dormons dans leur page d'accueil

**English:** We should not hate the hated until we sleep in their home

**Teaching:** This proverb is used by the Nandi elders to discourage people from judging other People based on what they hear about them.

**Bible Parallel:** James 4:11-12 *“Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. There is only one Lawgiver and Judge, the one who is able to save and destroy. But you—who are you to judge your neighbor?”*

## **2. Nandi: Chepkisas kototun kechome**

**Swahili:** Yule ambaye anadharauliwa atakuja kuheshimika

**French:** Lui qui est méprisé sera un jour être admire

**English:** He who is being despised will one day be admired.

**Teaching:** This proverb is used by the Nandi elders to advice the young people not to despise others because one day things could change and those with nothing today could become the wealthiest in future.

**Bible Parallel:** James 2:6-7 *“But you have dishonored the poor man. Is it not the rich who oppress you and personally drag you into court? Do they not blaspheme the fair name by which you have been called?”*

**Bible Parallel:** Proverbs 14:21 *“He who despises his neighbor sins, But happy is he who is gracious to the poor.”*

### **Religious practices**

Like other Kalenjin, the Nandi traditionally worshipped a supreme deity, *Asis* as well as venerating the spirits of ancestors. The Orkoiyot, or medicine man, was traditionally acknowledged as an overall leader. The Orkoiyot led not only in spiritual matters but also during wars, as evidenced during the war between the British colonials building the railway and the Nandi warriors. The leader at that time was Koitalel Arap Samoei who was killed by a British soldier. Every neighborhood has elders who serve as ritual experts. Diviners foretell events by patterns of pebbles poured from a calabash.

Traditionally, ‘doctors’ with super-natural skills could ascertain the cause of bad luck or illness and treat it. They still treat patients, particularly for mental illness. Female herbalists’ and midwifery skills are more technical than supernatural. Customs related to death varied. The Nandi buried only infants and elders. Corpses of adults were left to be consumed by hyenas. In some Kalenjin groups such as the Marakwet, only barren people were left in the open for scavengers. Death was polluting and corpse handlers (sons or close kin) had to be ritually purified and compensated from the estate. Many stories refer to an after-life that is an idealized version of pre-colonial Kalenjin life. At a family ceremony, elders decided which ancestral spirit would be reincarnated in a new infant.

## **Economy**

The Nandi are essentially semi-pastoralists. Cattle herding is thought to be ancient among them. Although the real economic importance of herding is slight compared to that of the cultivation among many Kalenjin groups, they almost all display a cultural emphasis on and an emotional commitment to pastoralism.

Their economy relies mainly on surrounding tea estates. Many people work on tea farms as pluckers, managers, field maintenance, factory service works, official duties and business. Farmers on the Uasin Gishu plateau also grow maize, wheat and pyrethrum. Other subsistence crops include beans, pumpkins, cabbages, other vegetables, sweet and European potatoes, and small amounts of sorghum. Sheep, goat and chicken are kept. Iron hoes were traditionally used to till, but today, ploughs pulled by oxen or rented tractors are used to till the land.



*A woman harvesting tea in the Nandi Hills region*

There are a few wage workers and full-time business persons (shop keepers, carpenters, and bicycle repairers) with local clientele. It is common for young married men to be part-time entrepreneurs. Traditionally, women could brew and sell beer. There were no full-time craftsmen and most objects were manufactured by their users.

The blacksmith's art was passed down in families in particular localities, and some women specialized in pottery. Women also traded in small stocks for grain between pastoralists and farming (often non-Kalenjin) communities. Regular local markets were rare prior to the colonial era, but today large towns and district centers have them.

There was little division of labor except by age and gender. Men cleared land for cultivation, Today; women do more cultivation if their husbands are engaged in small-scale business

activities. Children herd cattle, sheep and goats close to the homestead. Warriors (young initiated men) herded cattle in distant pastures. Women and girls milked, cooked, and supplied water and firewood. Today boys are the main cow herders and girls are largely responsible for infant care. The children's role in domestic labor is extremely important even though most children now attend school.

Good income is received from tourism and conservation. The attraction sites in Nandi South are the *Nandi Rock* and the *South Nandi Forest*. In Nandi North, there is the **Chepkiit Water Falls** on the Kipkaren River. In Nandi East, there is the famous **Koitalel Samoei Museum** in Nandi Hills town and the Keben caves in Mogobich, Lessos Division and the Nandi escarpment.



*The Tindinyo Falls on River Yala*



*The Nandi escarpment*

The main wildlife in the county is the **Sitatunga** gazelles at Kingwal Swamp, Columbus monkeys found in the South Nandi Forest. There is also a wide variety of different bird species and snakes across the county. There is also the Tindinyo Falls along River Yala.



*The Sitatunga gazelle*

### **Leadership and Administration**

An **Orkoiyot** is the supreme chief of the Nandi people of Kenya. As the Nandi have a dual administrative system, the *Orkoiyot* is the chief spiritual leader and also has authority to make decisions regarding security, but does not manage the affairs of everyday life. These are handled by the **Kiruogik**, who are the representatives of the people. The office of *Orkoiyotis* is hereditary, and members are drawn from a warrior class believed to be of Maasai origin.

*Orkoiyot* were only drawn from the **Talai** clan who were believed to be used by God (Asis) to deliver messages to the people. Koitalel Arap Samoei himself was a Talai. Their clan totem is represented by the Lion (*Ng'etundo*) and is the present *Orkoiyot* of the entire Kalenjin community. They work hand in hand with other clans like Kipsamaek of Kipsigis sub-tribe, and Kobil clans whose roles are to curse enemies who invade the community.

Before the colonization by the British, the Nandi had well organized administration. This allowed them to surpass the Maasai as the fiercest people within East and Central Africa. This was documented by the Arabs who tried to cross the area in search for slaves.

### **Education and special people**

Several institutions of higher learning are found here among them the University of Eastern Africa, Baraton (UEAB), Mosoriot Teachers College and Kaiboi Technical Training Institute.

Nandi County is Kenya's athletics hub. It is home to tens of the world's celebrated athletes, including world record breakers such as **Pamela Jelimo, Janet Jepkosgei** and the legendary athlete **Kipchoge Keino**.

### **OBJECTIVES FOR WRITING**

The following are the objectives of the research.

1. To gather one hundred proverbs and wise sayings from the Nandi People of Kenya
2. To translate the proverbs into Kiswahili, English and French, so that they can be read by a wider group of readers
3. To get Biblical parallels to complement the Christian point of view

### **Justification**

The aim of this research is to collect one hundred Nandi proverbs and wise sayings and translate them to Kiswahili, English and French. This will enable people all over the world to read them and acquire the wisdom that has been passed on by the Nandi people from one generation to the other. The proverbs will also be used to teach Christian values using the biblical parallels that will be identified.

### **Methodology**

Nandi proverbs and wise sayings will be gathered from elders and the general community in Nandi County. One hundred of these proverbs will be recorded for translation into Kiswahili, English and French. The researcher will then study the bible and find biblical parallels to the proverbs and wise sayings recorded.

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  - iv. John Mososei. Email: [mosesmososei@gmail.com](mailto:mosesmososei@gmail.com) Tel: 0703728960

### **Budget**

Data gathering and processing	\$180
Typing and printing	\$100
Binding	\$70
Transport	\$100
Miscellaneous	<u>\$50</u>
TOTAL	<b><u>\$500</u></b>