

A COLLECTION OF 100 ZIGULA (TANZANIA) PROVERBS AND WISE SAYINGS



By

**Joseph Kai KARIUKI
African Proverbs Working Group
Nairobi, Kenya**

May 2019

ACKNOWLEDGEMENTS

Special thanks go to the African Proverbs Working Group (APWG) Moderator, Father Joseph Healey of the Maryknoll Society for the financial support which helped me to successfully complete this project.

I also thank the APWG Committee: Cephas Agbemenu, Margaret Wambere Ireri & Elias Bushiri for their support and guidance, not forgetting the APWG Members for their moral support that enabled me to complete this project. Thank you all for your encouragement and support.

DEDICATION

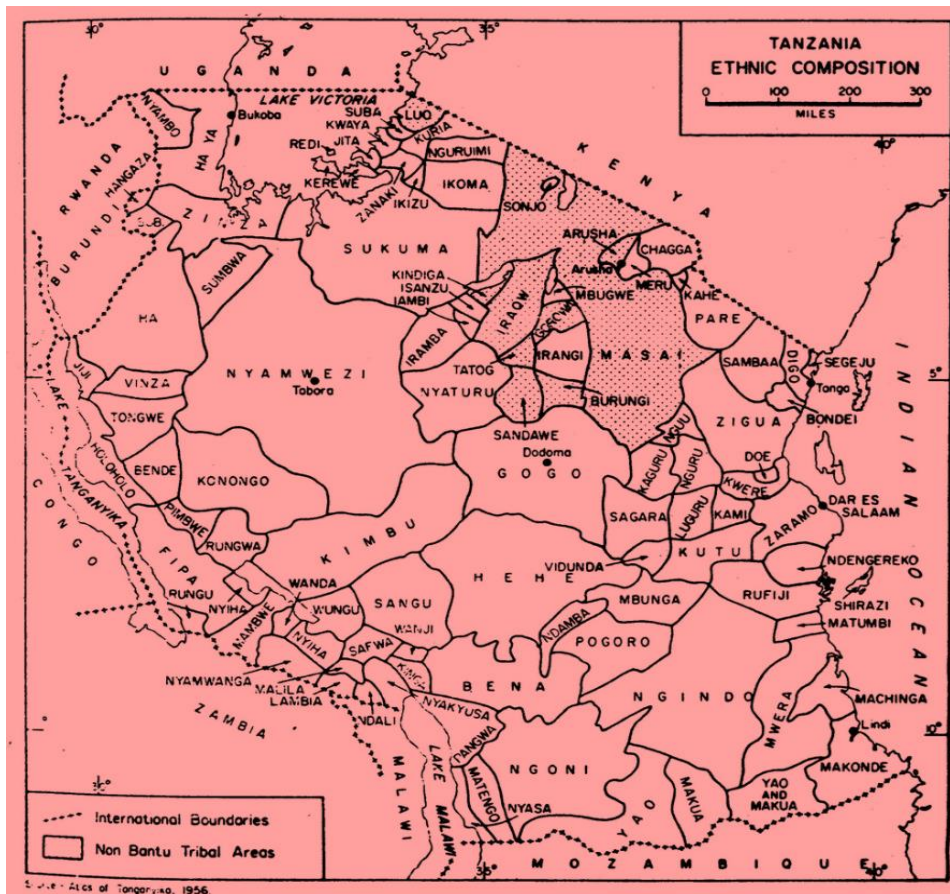
I dedicate this work to my family and all readers of African literature.

INTRODUCTION

Location

The Zigula are a Bantu ethnic group found in the coastal region of Tanzania. They speak a language called *Zigula* with no known dialects. Alternative names for the Zigula language are *Chizigula*, *Kizigula*, *Kizigua*, *Seguha*, *Msegua*, *Wayombo*, *Wazegua*, *Zegura*, *Zigoua*, *Zigua* or *Zigwa*. Zigula has a lexical similarity of 83% with Ngulu, 75% with Bondei, 68% with Shambala, 70% with Doe, and 62% with Kwere. These are spoken by the neighbouring ethnic groups.

Zigula people occupy the Tanga, Pwani, Bagamoyo and West Central Manyara regions. The Zigula are thought to have fled east to their current homelands to avoid the slave trade. They are now credited with the establishment of Goshaland, which was granted autonomy in the 19th century.



Ethnographic location of the Zigula of Tanzania

Myth of origin

According to the Zigula myth of origin, Sheuta was their primeval ancestor. Sheuta was a hunter who lived in a cave in the wilderness. He was befriended by a lion that shared its meat with him. Sheuta would go hunting with his dogs in the forest. At this time, there was a woman named Bangwe who killed men once they had slept with her. Men from all over were dying until Sheuta came and murdered Bangwe. They were so happy and they made Sheuta their chief. One day, he came through the wilderness from the south to an island in the middle of the river, in the land of women in which a woman was chief. He had with him his bow and arrows, roasted meat, and honey. When the women discovered him, Sheuta gave each one a taste of honey from his finger, which he dipped and then offered. At night, Sheuta slept in one part of the great house with the chief of the women, while those who served her slept in another part. The chieftainess became familiar with the masculine body, and with the functions of the various organs. The next morning, when she explained to the women what she had seen, heard, and felt, the women demanded that they be given men of their own. When their leader refused, the women decided to make Sheuta their chief, and their former leader became his wife.

Social Organization

The Zigula live in small houses which are mud walled with grass thatch. These are quite small buildings, ranging in size from about 6 square meters to perhaps 33 square meters and are grouped in small clusters of two to eight houses. At home there are chores done especially by the girls, such as carrying out domestic chores, herding goats, and fetching water, followed by a family meal which brings the day to a close.



A Zigula thatched hut and family

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

The Zigula 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. 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.

Examples of Proverbs

1. Zigula: *Milima ya hale ni mitari.*

Swahili: Milima ya mbali ni mizuri

French: Les montagnes qui sont loin sont bonnes

English: Mountains that are far are good.

Teaching: Most of the things that we admire or perceive to be good are those that we don't have. We should appreciate what we have.

Bible Parallel: Hebrews 12: 28: Therefore, since we are receiving an unshakable kingdom, let us be filled with gratitude, and so worship God acceptably with reverence and awe.

2. Zigula: *Ukiona mkenja wadigwa kulimwa.*

Swahili: Ukiona kizuri ujue kina mwenyewe

French: Lorsque vous voyez une bonne chose, sachez qu'elle a son propriétaire

English: When you see a good thing, know that it has its owner.

Teaching: Learn to have your own things and don't lust after other people's property. Know that everything has its origin.

Bible Parallel: James 4:2: You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it.

Art

They have a vibrant tradition of ritual carvings. There is so much overlap in styles from east to west in Tanzania. Most identified with the Zigula, the so-called "mummy" figures thought to be protective in nature, have been attributed to numerous other cultures, mostly the Pare. These small carvings have a curious, quizzical face and a body virtually "shrink-wrapped" by soaking the cloth wrappings in secret liquids. They are carved from a single piece of hardwood, and then wrapped in fabric, which is then covered in a magical substance by the village healer or shaman. This substance hardens and turns the entire piece to a dark brown colour. The fetish is then used as a protective figure in village homes for the benefit of the occupants.



A medicine horn container



A Zigula "mummy" fetish statue.



A medicinal or magical gourd decorated with fibre, stone and glass beads.

There are masks and divining objects linked to the rituals also. For example the medicine horn container is made from the animal horn, the Kudu. Medicinal or magical gourds are decorated with fibre, stone and glass beads and are used in various rituals.

Religion

Islam is the primary religion of the Zigula. It is often mixed with African traditional religion which includes worship of the ancestors. Approximately 9% have turned to Christianity. Traditional beliefs and Islam are intertwined such that many do not know the boundary. Beliefs by women who choose to stay outside their homes for many months or years because they believe that they are unable to conceive children because they have been cursed.

Economic activity

Zigula are subsistence farmers growing sisal, a fibrous plant used to make rope and mats. They also grow sesame and corn and engage in fishing. The art work and carvings are also sold and fetch good income.

Political Structures

Initially, Zigula had a non-centralized governing system. Each family established its own community around its own demarcated territory. Disagreements between these extended families were solved by the council of elders from the area. Marriage served to cement political bonds between clans. Later, there rose a king who unified the community. Authority rested in the hands of a centralized chieftaincy. He ruled surrounding territories through proxies, most often by establishing his sons as local leaders. The king was thought to have supernatural power including the ability to control the rain. The last king was killed by the colonial officials who established their own administrative officials.

Table of Contents

ACKNOWLEDGEMENTS	2
DEDICATION.....	3
INTRODUCTION.....	4
Location	4
Ethnographic location of the Zigula of Tanzania	4
A COLLECTION OF 100 ZIGULA (TANZANIA) PROVERBS AND WISE SAYINGS	18
1. Adabu mm'buli yedi.	18
English: Politeness is gold.	18
Teachings: Do good people will like you.	18
2. Afadhali akusimba mayuwe kuliko akuvea.	18
English: Better the one who digs a stone than the one who roves.	18
3. Afadhali akwinkile chidogo kuliko akunyimile.....	18
English: The one who helps is better than the one who laughs.....	18
4. Afadhali ulonde m'palahole upate vingi.	18
English: Instead of being rich at once it is better to be poor first.	18
5. Afadhali kununilwa ni mtu yumwenga (kiongozi) kuliko kununilwa n'wengi.	18
English: It is better to be hated by the leader/ruler than by the crowd (or neighbors).....	18
6. Afadhali kufa meso kuliko kufa umoyo	19
English: It is better to become blind than to lose your heart.....	19
7. Afadhali kumemeza mazi kuliko koka.....	Error! Bookmark not defined.
English: It is better to add too much water to food than (to overcook).	19
8. Afadhali tabu zan'kongo zabadae zalumiza.	Error! Bookmark not defined.
English: Early troubles are better than later ones.	19
9. Ajijimiza enge yuwe	19

Swahili: Anajikaza kisabuni.	19
English: Someone has courage as soap.	19
10. Aheri kumhokela mkulu mzigo kuliko kumtwika	20
English: It is better to help an elder person with his burden than to load him.	20
11. Aheri kuvivuna kuliko kuvibawa	20
English: It is better to break them (utensils) than steal them.	20
12. Akiba ni idya ikigwe, ikutumiwa nidya imomkono	20
English: That which you have in your pocket is your safeguard; that which you have in your hand is your weapon.	20
13. Aketanga zetika.	Error! Bookmark not defined.
English: Someone is calling and is (money) responding (someone is rich).	20
14 Akubela mwiwa wamtunga.	20
English: Do not despise a small thorn, it can hurt you.	20
15. Akufanyanya kuchimala, asinye asekugwa	21
English: He who thinks he is standing (stably), should be on his guard not to fall down. ..	21
16. Akukwela ntantilo nasele.	21
English: He who ascends a ladder/staircase (eventually) descends.	21
17. Akukubalaza hakukugamba fisa.	21
English: Anyone who chucks (i.e. is trying to chuck) you out, does not tell you to go away/out.	21
18. Akusagula nazi ahela ibanike (koroma)	21
19. Akunga chikwedi vungu vyonga afunama	21
English: He who wants to fetch something from under the bed must bend over.	22
20. Akunga chintu wakamwinka chidodo anuna.	22
Swahili: Akataaye kitu ati wamempa kidogo huvimba kichwa.	22

English: The one who refuses something because he thinks that he has been given little, gets a big head.....	22
21 Akwita mpalahole hakwekobadika.	22
English: Those who proceed slowly (i.e. carefully) are unlikely to have accidents or fail.	22
22 Akugwela kwao atogolwa	22
English: One who falls at his home or where there are his relatives, his skull shines.	22
23. Akuvuma mwe bahari m'papa kumbe watuhu weyumo.	22
English: The one who roars in the ocean is a shark, but there are also some others (i.e. other types of fish).	22
24. Akwelekwa ajijimiza.	23
English: When a person is given favors, he/she cannot speak the reality.	23
Teaching: When a person is given favors, he/she cannot claim for his/her rights.	23
25. Amanyize ulumi mmwenye ulumi.	23
English: Only the patient knows the pains.	23
26. Amani n'yedi kushipo hela.	23
English: Peace is better than money.	23
27. Dege janja dyanaswa hetundu bovu.	23
English: A clever bird gets caught in a defective hole (i.e. nest/trap).	23
28.Dikulogwa diyaho hegu hadihali dyeza.	23
English: People wouldn't talk about something which does not exist. If there is smoke, there is fire.	23
29. Dua ya ng'uku haikumpata kim'panga.	24
Swahili: Dua la kuku halimpati mwewe.	24
30. Dyelo nkwako luvi nkwamnyao.	24
English: Today for you; tomorrow for another person.	24

31. Ehiye wihajihi naye.	24
English: Whatever is preying on you (e.g. a louse), is nested inside your clothing	24
32. Ekulanga mgojeze hasi	24
English: Wait at the bottom for the one who is at the top.....	24
33. Gutwi hadikugona nasala	24
English: An ear never goes to bed (while) hungry.....	24
34. Hahana siri ya wantu waidi	25
English: A secret can only be kept by one person.....	25
35. Hakuna matari yakutenda hayana mhaka.	25
English: Everything has its end.	25
36.Hakulawa mosi hana moto.	25
English: There is no smoke without fire.	25
37. Hehali idyakwe nadyo hadihali	25
English: He who isn't around, his (share) isn't around either.....	25
38.Hegu humanyize kufa sinya kaburi	25
English: If you don't know how to die, look at the grave.	25
39. Hamna hya hasi hedizua.	26
English: No new thing under the sun.	26
40. Hefunzigwe nnine nafunzwe nulumwengu.	26
English: If parents do not fulfill their obligation in bringing up a child, the child will have to learn everything the hard way.....	26
41.Hukudaha kudya ing'ombe yose niyo wagamba umchila hukudaha	26
English: You cannot eat a whole ox/cow and then finally say you are unable to finish the tail. 26	
42. Kudunduliza dunduliza Kwa leta vingi	26

English: Little by little fills up the measure.	26
43. Kulela nda siyo ndima, ndima nkulela mwana.	26
English: Looking after a pregnancy is not work, the real work is bringing up a child	26
44. Kugula siyo kubanika.	27
English: Sickness is not death.	27
45. Kila dege dyapuluka nolubawa lwakwe.	27
English: Every bird should fly with its own wing	27
46. Kuza siyo uhezi.	27
English: If someone asks a question in order to get information then they should not be regarded as being stupid.	27
47. Kihye chetembeza, chedi chetaga.	27
English: A bad (thing) strolls, a good (thing) sells itself.	27
48. Kuchamba kunazidi wadaha kwejela kadole.	27
English: The one who speaks with gestures ends up putting a finger in his/her eye.	27
50 Manahodha wabinda wingi mna imeli yaita vihiye.	28
English: Many captains sinks the ship.	28
51.Mbuli ibanike haina ubani.	28
52.Maneno hayakukoma.	28
English: Words are not an arrow.	28
53.Mazi huyabwile hukumanya uwingi wake.	28
English: Don't swim in a place where you don't know its depth.	28
54. Mazi nu jima.	29
English: Water is life.	29
55. Mazino ya kuli hayakulumana.	29

English: The teeth of a dog do not bite each other.....	29
56.Mbuli ikupangwa vyonga itimizwe	29
English: A promise is a debt.	29
57.Mwana hekwiva mtimile viya akunga.....	29
English: If a child cries for a razor-blade, give it to him/her.	29
58. Milima hekubwilana, mna wanadamu wabwilana.	29
60. Mta Dada hakuwesa washe.	30
Swahili: Mwenye dada hakosi shemeji.	30
English: Anyone who has a sister will certainly have a brother-in-law.....	30
61. Mta meso hakugambigwa asinye.....	30
62.Mwana mkanye iviya ni mdodo.....	30
English: Bend a fish while it is (still) fresh/wet.....	30
63. Mwana viya ukumlela nivyo akukula	30
English: You should pay attention to the way you bring a child up.	30
64. Meso hayana mhaka	30
English: Eyes have no curtains.	30
65. Msi wedi woneka mtondo.....	31
English: A good day is visible (i.e. evident) in the morning.	31
66. Mbuli ihiye haikwiza ichedu.	31
English: Bad luck (i.e. misfortune) does not come alone.	31
67. Mlungu sio Athumani.....	31
English: God is not (Mr) Athumani.	31
68.Mbuli whimanyize nkama chilo kichiza.	31
English: What you don't know is like a dark night.	31

69.Mchokozi adugane na mchokazi mmnyawe.	31
Swahili: Dawa ya moto ni moto.	31
English: The medicine/remedy (i.e. antidote) for/against fire is fire.	31
70.Mjeni akeza nvyedi ko mwenyeji.	32
Swahili: Mgeni njoo, mwenyeji apone.	32
French: Invité, viens pour que l'hôte soit enregistré.	32
English: Guest, come over so that the host may be saved.	32
71. Mta mvyele hezi havikwinga hene.	32
English: It is better to marry the one who insults you than remain unmarried.	32
72. Mti haukwita bila kwinulwa.	32
English: A tree (i.e. log) does not move without (being moved by) a lever.	32
73. Mwenye tabia yedi ana moyo wedi.	32
English: Politeness is a jewel of the heart.	32
74. Mzimwi ukumanyize haukukudya ukakubinda.	32
English: A ghost that knows you does not eat you.	32
75.Mbuli (kosa) dimwenga hadikwasa mvyele.	33
English: One mistake cannot cause divorce.	33
76. Mlungu ni mkulu.	33
English: God is great.	33
77. Ndugu wakagombana, guha jembe ukalime.	33
78. Ng'ombe ya mchiwiwa haikweleka.	33
English: The cow of a poor person does not give birth (to offspring).	33
79. Nguku njeni haikuswesa sigi mwechiga.	33
English: A new hen always has a string on one leg.	33

80. Nimitu mjima.....	34
English: I have eighteen years.	34
81.Nkamba yakantika habanike.....	34
English: A rope breaks where it's thinnest.	34
82. Ntembo zikalemana mani nayo yakulumila.....	34
English: When elephants quarrel (i.e. fight each other) it is the grass which suffers.	34
83. Nyau dikahalawa ngoso nuyo mkulu.....	34
English: If the cat is away, the mice rule.	34
84. Riziki nkujeza.....	34
English: You earn a living when you try / put an effort.	34
85.Samaki imwenga inaola zose zaola.....	35
English: When one fish gets rotten, all the fish in the basket gets rotten as well.	35
86. Sekumwinula agonile,mana nogone weiye.....	35
English: You shouldn't wake up the one who is asleep; otherwise you will fall asleep yourself.	35
87.Sila ya mdanti n'njihi.....	35
English: The path/route of a liar is short.	35
88. Shukurani ya punda mmateke.....	35
English: The gratitude of a donkey is kicks.....	35
89. Sila ikujinkilwa yavukila.....	35
English: Where there is a will there is a way.....	35
90. Subira yaleta mbuli zedi.....	36
English: If you are patient you can expect to be successful someday.	36
91. Tabia yedi nkinga.....	36

English: Politeness is a shield.	36
92. Tamaa siyo mbuli yedi	36
English: Place desire first, death will follow.	36
93. Ukadya guluwe dya dinonile	36
English: If you want to eat a pig, eat a fat one.....	36
94.Umchele numwenga uwambisi mmwingi	36
English: One type of food (Rice) but can be cooked in different ways.	36
95. Unaiha mwanako naye aiha	37
English: A snake's child (i.e. offspring) is (also) a snake.	37
96. Usekutukana wakulu wakati uchekweleka	37
English: Don't insult the midwives as long as you are still able to bear children.	37
97. Usekudamanya kintu bila fanyanyi	37
English: Do not be reckless!	37
98.Waarabu wa mpemba wevana kwa vilemba	37
English: The Arabs from Pemba (the northern island of Zanzibar) communicate by means of turbans.	37
99.Zakulonda tabu adya na wantu wa kwawe	37
English: Whether you earn wealth or catastrophe, you enjoy it with your own people.	37
100. Za m'bavi mmazua arubaini	38
English: The days of a thief are forty. (A thief can stay at large for only forty days.)	38

A COLLECTION OF 100 ZIGULA (TANZANIA) PROVERBS AND WISE SAYINGS

1. Adabu mm'buli yedi.

Swahili: Adabu ni dhahabu.

French: La politesse est d'or.

English: Politeness is gold.

Teachings: Do well and people will like you.

Biblical Parallel: *1 Peter 2:17 "Honor everyone. Love the brotherhood. Fear God. Honor the emperor."*

2. Afadhali akusimba mayuwe kuliko akuvea.

Swahili: Afadhali achimbaye jiwe kuliko azurulaye

French: Mieux vaut celui qui creuse une pierre que celui qui se repose.

English: Better the one who digs a stone than the one who roves.

Teaching: Those who work hard prosper while poverty catches up with those who loaves.

Bible Parallel: *Proverbs 13:4 (NIV) "A sluggard's appetite is never filled, but the desires of the diligent are fully satisfied."*

3. Afadhali akwinkile chidogo kuliko akunyimile

Swahili: Afadhali asaidiaye kuliko afunguaye mdomo kucheka.

French: Celui qui aide est meilleur que celui qui rit.

English: The one who helps is better than the one who laughs.

Teachings: It is better to try and help a situation than sit and do nothing.

Bible Parallel: *Hebrews 6:10 (NIV) "God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them."*

4. Afadhali ulonde m'palahole upate vingi.

Swahili: Afadhali kuanza ukiwa maskini kidogo kuliko kuwa tajiri mara.

French: Au lieu d'être riche à la fois, il vaut mieux être pauvre en premier.

English: Instead of being rich at once it is better to be poor first.

Teachings: We need to achieve success through the right path for it to be sustainable.

Bible Parallel: *Proverbs 13:11. "Wealth gained hastily will dwindle, but whoever gathers little by little will increase it."*

5. Afadhali kununilwa ni mtu yumwenga (kiongozi) kuliko kununilwa n'wengi.

Swahili: Afadhali kuchukiwa na kiongozi kuliko kuchukiwa na watu.

French: Il vaut mieux être détesté par le chef / dirigeant que par la foule (ou les voisins).

English: It is better to be hated by the leader/ruler than by the crowd (or neighbors).

Teachings: Better to be loved by few true friends than to be loved by fake friends.

Bible Parallels: *Psalms 41:9 "Even my close friend, someone I trusted, one who shared my bread, has turned against me."*

6. Afadhali kufa meso kuliko kufa umoyo

Swahili: Afadhali kufa macho kuliko moyo.

French: Il vaut mieux devenir aveugle que de perdre son coeur.

English: It is better to become blind than to lose your heart.

Teachings: It's better to fight than to give up.

Bible Parallel: James 1:12 *"Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him."*

7. Afadhali kumemeza mazi kuliko koka.

Swahili: Afadhali kujaza maji kuliko kuunguza.

French: Il est préférable d'ajouter trop d'eau à la nourriture que de trop cuire.

English: It is better to add too much water to food than (to overcook).

Teachings: Better to have something than lose everything.

Bible Parallel: Ecclesiastes 4-6 NIV *"Better one handful with tranquility than two handfuls with toil and chasing after the wind."*

8. Afadhali tabu zan'kongo zabadae zalumiza.

Swahili: Afadhali tabu za mwanzoni, za baadaye huumiza

French: Les premiers problèmes sont meilleurs que les derniers

English: Early troubles are better than later ones.

Teachings: Better to struggle early than to struggle at old age.

Bible Parallel: Ecclesiastes 12:1-7 (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'; before the sun and the light and the moon and the stars are darkened and the clouds return after the rain, in the day when the keepers of the house tremble, and the strong men are bent, and the grinders cease because they are few, and those who look through the windows are dimmed, and the doors on the street are shut—when the sound of the grinding is low, and one rises up at the sound of a bird, and all the daughters of song are brought low—they are afraid also of what is high, and terrors are in the way; the almond tree blossoms, the grasshopper drags itself along, and desire fails, because man is going to his eternal home, and the mourners go about the streets."*

9. Ajijimiza enge yuwe

Swahili: Anajikaza kisabuni.

French: Quelqu'un a du courage comme savon.

English: Someone has courage as soap.

Teachings: We should be trying our best to overcome problems.

Bible Parallel: Hebrews 12:1 (NIV) *"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us."*

10. Aheri kumhokela mkulu mzigo kuliko kumtwika

Swahili: Afadhali kumpokea mzee mzigo kuliko kumtwika mzigo.

French: Il vaut mieux aider une personne âgée avec son fardeau que de le charger.

English: It is better to help an elder person with his burden than to load him.

Teachings: Better to help people in need than to cause more problems to them.

Bible Parallel: *Acts 20:35 ESV "In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'"*

11. Aheri kuvivuna kuliko kuvibawa.

Swahili: Afadhali kuvivunja kuliko kuviiba.

French: Il vaut mieux les casser (ustensiles) que les voler.

English: It is better to break them (utensils) than steal them.

Teachings: better to give people in need than to take their needs.

Bible Parallel: *Proverbs 22:22-23 "Do not withhold good from those to whom it is due, when it is in your power to act. Do not say to your neighbor, 'Come back tomorrow and I'll give it to you'—when you already have it with you."*

12. Akiba ni idya ikigwe, ikutumiwa nidya imomkono

Swahili: Hamadi ni iliyo kibindoni, na silaha ni iliyo mkononi.

French:

English: That which you have in your pocket is your safeguard; that which you have in your hand is your weapon.

Teaching: Learn to save the little that you have.

13. Aketanga zetika

Swahili: Anaita zinaitika.

French: Quelqu'un appelle et répond (argent) (quelqu'un est riche).

English: Someone is calling and is (money) responding (someone is rich).

Teachings: Wealth brings joy.

Bible Parallel: *Isaiah 60:5 ESV "Then you shall see and be radiant; your heart shall thrill and exult, because the abundance of the sea shall be turned to you, the wealth of the nations shall come to you."*

14 Akubela mwiwa wantunga.

Swahili: Mdhara mwiba humchoma.

French: Ne méprisez pas une petite épine, cela peut vous faire mal.

English: Do not despise a small thorn, it can hurt you.

Teaching: Do not despise the small things in life.

Bible Parallel: *Zechariah 4:10 "Who dares despise the day of small things, since the seven eyes of the LORD that range throughout the earth will rejoice when they see the chosen capstone in the hand of Zerubbabel?"*

15. Akufanyanya kuchimala, asinye asekugwa

Swahili: Anayefikiri amesimama, aangalie asianguke

French: Celui qui pense être debout (stable) devrait être sur ses gardes pour ne pas tomber.

English: He who thinks he is standing (stably), should be on his guard not to fall down.

Teaching: Even after taking all the necessary precautions, don't be careless.

Bible Parallel: *1 Corinthians 10:12 "Therefore let anyone who thinks that he stands take heed lest he fall."*

16. Akukwela ntantilo nasele.

Swahili: Mpanda ngazi hushuka

French: Celui qui monte une échelle / escalier (éventuellement) descend.

English: He who ascends a ladder/staircase (eventually) descends.

Teaching: When you are in good position remember to save the budget because one day you may be in a worsen situation.

Bible Parallel: *Proverbs 6:6, 8 "A wise man thinks ahead, a fool doesn't and even brags about it"*

17. Akukubalaza hakukugamba fisa.

Swahili: Akufukuzaye hakwambii toka.

French: Quiconque vous jette un coup d'œil (c'est-à-dire essaie de vous jeter) ne vous dit pas de vous en aller.

English: Anyone who chucks (i.e. is trying to chuck) you out, does not tell you to go away/out.

Teaching: There are indirect signs which indicate that you are unwelcome. You should be able to read the signs and decide on your course of action.

Bible Parallel: *Jeremiah 44:29 "This will be the sign to you," declares the LORD, 'that I am going to punish you in this place, so that you may know that my words will surely stand against you for harm.'*

18. Akusagula nazi ahela ibanike (koroma)

Swahili: Mchagua nazi hupata koroma.

French: Celui qui sélectionne les noix de coco avec le plus grand soin finit toujours par en obtenir des non mûrs

English: He who selects coconuts with great care, still ends up with unripe ones.

Teaching: You should not waste too much time trying perfection.

Bible Parallel: *Ecclesiastes 7:16 (ESV). "Be not overly righteous, and do not make yourself too wise. Why should you destroy yourself?"*

19. Akunga chikwedi vungu vyonga afuname

Swahili: Mtaka cha uvunguni sharti ainame.

French: Celui qui veut aller chercher quelque chose sous le lit doit se pencher

English: He who wants to fetch something from under the bed must bend over.

Teaching: You have to do whatever necessary in order to achieve a goal.

Bible Parallel: *Proverbs 13:4 (NIV) “A sluggard’s appetite is never filled, but the desires of the diligent are fully satisfied.”*

19. Akunga chintu wakamwinka chidodo anuna.

Swahili: Akataaye kitu ati wamempa kidogo huvimba kichwa.

French: Celui qui refuse quelque chose parce qu’il pense qu’on lui a donné peu, obtient une grosse tête.

English: The one who refuses something because he thinks that he has been given little, gets a big head.

Teachings: Anyone who does not get satisfied is not a nice person.

Bible Parallel: *Philippians 4:11-13 “Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me.”*

20. Akwita mpalahole hakwekobadika.

Swahili: Mwenda pole hajikwai.

French: Ceux qui avancent lentement (c’est-à-dire avec précaution) sont peu susceptibles d’avoir des accidents ou d’échouer.

English: Those who proceed slowly (i.e. carefully) are unlikely to have accidents or fail.

Teachings: He who moves forward slowly does not trip.

Bible Parallel: *Ephesians 5:15-17 “Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is.”*

22. Akugwela kwao atogolwa

Swahili: Aangukaye kwao fuvu huwa.

French: Celui qui tombe chez lui ou chez des parents, son crâne brille.

English: One who falls at his home or where there are his relatives, his skull shines.

Teachings: Everyone who remember his origin will be remembered.

Bible Parallel: *Revelation 2:5 (ESV)*

“Remember therefore from where you have fallen; repent, and do the works you did at first. If not, I will come to you and remove your lampstand from its place, unless you repent.”

23. Akuvuma mwe bahari m’papa kumbe watuhu weyumo.

Swahili: Avumaye baharini ni papa, lakini kumbe wengine wapo.

French: Celui qui rugit dans l’océan est un requin, mais il en existe aussi d’autres (c’est-à-dire d’autres types de poissons).

English: The one who roars in the ocean is a shark, but there are also some others (i.e. other types of fish).

Teaching: Celebrities are not the only human beings there are other creatures.

Bible Parallel: *Jeremiah 9:23 (ESV)*

“Thus says the Lord: “Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches.”

24. Akwelekwa ajijimiza.

Swahili: Mwenye kubebwa hujikaza.

French: Quand une personne reçoit des faveurs, elle ne peut pas parler de la réalité.

English: When a person is given favors, he/she cannot speak the reality.

Teaching: When a person is given favors, he/she cannot claim for his/her rights.

Bible Parallel: *Genesis 39:21*

“But the LORD was with Joseph and extended kindness to him, and gave him favor in the sight of the chief jailer.”

25. Amanyize ulumi mmwenye ulumi.

Swahili: Ajuaye maumivu ni mwenye maumivu.

French: Le patient connaît les douleurs.

English: Only the patient knows the pains.

Teachings: the hardship of a thing is known by the person who is experiencing the hardships

Bible Parallel: *Psalms 119:71 (NIV)* *“It was good for me to be afflicted so that I might learn your decrees.”*

26. Amani n'yedi kushipo hela.

Swahili: Amani ni bora kuliko pesa.

French: La paix vaut mieux que l'argent.

English: Peace is better than money.

Teaching: Money is of no use without peace.

Bible Parallel: *Proverbs 17:1 (NIV)* *“Better a dry crust with peace and quiet than a house full of feasting, with strife.”*

27. Dege janja dyanaswa hetundu bovu.

Swahili: Ndege mjanja hunaswa na tundu bovu

French: Un oiseau intelligent se fait prendre dans un trou défectueux (c.-à-d. un nid / piège).

English: A clever bird gets caught in a defective hole (i.e. nest/trap).

Teachings: Anyone who always tries to show others that he/she is very cunning can be tricked very easily.

Bible parallel: *1 Peter 3:10* *“For, “Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech.”*

28. Dikulogwa diyaho hegu hadihali dyeza.

Swahili: Lisemwalo lipo na kama halipo laja.

French: Les gens ne parleraient pas de quelque chose qui n'existe pas. S'il y a de la fumée, il y a du feu.

English: People wouldn't talk about something which does not exist. If there is smoke, there is fire.

Teachings: We should have faith that whatever is being mentioned does exist and if it doesn't then it will happen or come into being soon.

Bible parallel: *John 20:27* *“Then he said to Thomas, “Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.”*

29. Dua ya ng'uku haikumpata kim'panga.

Swahili: Lisemwalo lipo na kama halipo laja.

French: Les gens ne parleraient pas de quelque chose qui n'existe pas. S'il y a de la fumée, il y a du feu.

Swahili: Dua la kuku halimpati mwewe.

French: La prière d'une poule n'affecte pas un faucon / faucon (qui s'abaisse pour attraper des poussins).

English: A hen's prayer does not affect a hawk/falcon (which swoops down to grab chicks).

Teaching: It is no use to swear at the mighty

Bible parallel: *Romans 13:5 "Therefore, it is necessary to submit to the authorities, not only because of possible punishment but also as a matter of conscience."*

30. Dyelo nkwako luvi nkwamnyao.

Swahili: Leo kwako, kesho kwa mwenzio.

French: Aujourd'hui pour vous; demain pour une autre personne.

English: Today for you; tomorrow for another person.

Teaching: God is the planner of our lives and he decide who and when to make people succeed in life.

Bible parallel: *James 4:13-14 "Come now, you who say, "Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit"—yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes."*

31. Ehiye wihajihi naye.

Swahili: Kikulacho kinguoni mwako.

French: Tout ce qui vous attaque (par exemple un pou) est niché dans vos vêtements.

English: Whatever is preying on you (e.g. a louse), is nested inside your clothing

Teachings: The people, who undermine or betray you are amongst your friends.

Bible parallel: *Luke 22:4 "And Judas went to the chief priests and the officers of the temple guard and discussed with them how he might betray Jesus. ⁵ They were delighted and agreed to give him money. ⁶ He consented, and watched for an opportunity to hand Jesus over to them when no crowd was present."*

32. Ekulanga mgojeze hasi

Swahili: Aliye juu umngojee chini.

French: Attendez en bas celui qui est en haut.

English: Wait at the bottom for the one who is at the top.

Teachings: Do not despair when others despise you.

Bible parallel: *Luke 6:22 (ESV) "Blessed are you when people hate you and when they exclude you and revile you and spurn your name as evil, on account of the Son of Man!"*

33. Gutwi hadikugona nasala

Swahili: Sikio halilali na njaa

French: Une oreille ne se couche jamais (en ayant faim).

English: An ear never goes to bed (while) hungry.

Teaching: The ear will always hear something, good or bad.

Bible parallel: *Ecclesiastes 7:21 (NIV) "Do not pay attention to every word people say, or you may hear your servant cursing you."*

34. Hahana siri ya wantu waidi.

Swahili: Hakuna siri ya watu wawili.

French: Un secret ne peut être gardé que par une seule personne.

English: A secret can only be kept by one person.

Teachings: There is no secret for two people.

Bible parallel: *Proverbs 11:13. "A gossip goes around telling secrets, but those who are trustworthy can keep a confidence."*

35. Hakuna matari yakutenda hayana mhaka

Swahili: Hapana marefu yosio na mwisho.

French: Toute chose a sa fin

English: Everything has its end.

Bible Parallel: *Isaiah 46:10 "Declaring the end from the beginning. And the beginning, and the ancient times things which have not been done, saying, "My purpose will be established, and I will accomplish all my good pleasure"*

36. Hakulawa mosi hana moto.

Swahili: Panapo fuka moshi pana moto.

French: Il n'y a pas de fumée sans feu.

English: There is no smoke without fire.

Teachings: There is a cause for whatever happens

Bible parallel: *Ecclesiastes 3:1-15 "Everything that happens in this world happens at the time God chooses. He sets the time for birth and the time for death, the time for planting and the time for pulling up, the time for killing and the time for healing, the time for tearing down and the time for building."*

37. Helali idyakwe nadyo hadihali

Swahili: Asiye kuwepo na lake halipo.

French: Celui qui n'est pas dans les parages n'a pas non plus sa part.

English: He who isn't around, his (share) isn't around either.

Teachings: You needn't consider/accommodate anyone who (deliberately) failed to turn up.

Bible parallel: *Ecclesiastes 1:15 "What is crooked cannot be straightened and what is lacking cannot be counted."*

38. Hegu humanyize kufa sinya kaburi.

Swahili: Kama hujui kufa, tazama kaburi.

French: Si vous ne savez pas comment mourir, regardez la tombe

English: If you don't know how to die, look at the grave.

Teaching: If you want to do something, consider the repercussions first.

Bible parallel: *Proverbs 14:15 (NIV) "The simple believe anything, but the prudent give thought to their steps."*

39. Hamna hya hasi hedizua.

Swahili: Hakuna jipya chini ya jua.

French: Aucune nouvelle chose sous le soleil.

English: No new thing under the sun.

Teachings: Every secret will be revealed.

Bible parallel: *Luke 8:17 NIV “For there is nothing hidden that will not be disclosed, and nothing concealed that will not be known or brought out into the open.”*

40. Hefunzigwe nnine nafunzwe nulumwengu.

Swahili: Asiyefunzwa na mamaye hufunzwa na ulimwengu.

French: Si les parents ne remplissent pas leur obligation d'élever un enfant, celui-ci devra tout apprendre à la dure.

English: If parents do not fulfill their obligation in bringing up a child, the child will have to learn everything the hard way.

Teachings: He who is not taught (i.e. properly brought up) by his/her mother, will be taught by the world.

Bible parallel: *Proverbs 22:6 “Train up a child in the way he should go; even when he is old he will not depart from it.”*

41. Hukudaha kudya ing'ombe yose niyo wagamba umchila hukudaha.

Swahili: Huwezi kula ng'ombe mzima halafu ukasema mkia imekushinda.

French: Vous ne pouvez pas manger un bœuf / vache entier avant de dire que vous êtes incapable de finir la queue.

English: You cannot eat a whole ox/cow and then finally say you are unable to finish the tail.

Teachings: After a feat, you shouldn't say you cannot manage the finishing touches.

Bible parallel: *2 Corinthians 8:10-12 ESV “And in this matter I give my judgment: this benefits you, who a year ago started not only to do this work but also to desire to do it. So now finish doing it as well, so that your readiness in desiring it may be matched by your completing it out of what you have. For if the readiness is there, it is acceptable according to what a person has, not according to what he does not have.”*

42. Kudunduliza dunduliza Kwa leta vingi

Swahili: Haba na haba hujaza kibaba.

French: Petit à petit, remplit la mesure.

English: Little by little fills up the measure.

Teachings: If we save little by little, it will add up to a huge sum.

Bible parallel: *Proverbs 13:11 “Wealth gained hastily will dwindle, but whoever gathers little by little will increase it.”*

43. Kulela nda siyo ndima, ndima nkulela mwana.

Swahili: Kulea mimba si kazi, kazi kulea mwana.

French: S'occuper d'une grossesse n'est pas un travail, le vrai travail consiste à élever un enfant.

English: Looking after a pregnancy is not work, the real work is bringing up a child

Teaching: It is much more difficult to bring up a child in the right way than to bear a pregnancy.

Bible parallel: *Deuteronomy 11:19* “Teach them to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.”

44. Kugula siyo kubanika.

Swahili: Kuugua sio kufa.

French: La maladie n'est pas la mort.

English: Sickness is not death.

Teaching: Getting problems is not the end of life.

Bible parallel: *Psalms 119:71-72 (NKJV)* “It is good for me that I have been afflicted That I may learn Your statutes.” ⁷² *The law of Your mouth is better to me than thousands of coins of gold and silver.*”

45. Kila dege dyapuluka nolubawa lwakwe.

Swahili: Kila Ndege huruka kwa ubawa wake.

French: Chaque oiseau devrait voler avec sa propre aile.

English: Every bird should fly with its own wing

Teaching: Every person should depend on his/ her own in reaching his/her goals.

Bible parallel: *1 Thessalonians 4:12 (ESV)* “So that you may walk properly before outsiders, and be dependent on no one.”

46. Kuza siyo uhezi

Swahili: Kuuliza si ujinga

French: Si une personne pose une question pour obtenir des informations, elle ne doit pas être considérée comme stupide.

English: If someone asks a question in order to get information then they should not be regarded as being stupid.

Teaching: Asking is not stupidity.

Bible Parallel: *Luke 2:46* “Then, after three days they found Him in the temple, sitting in the midst of the teachers, both listening to them and asking them questions.”

47. Kihyeye chetembeza, chedi chetaga.

Swahili: Kibaya chajitembeza, kizuri chajiuza.

French: Une mauvaise chose se promène, une bonne chose se vend elle-même.

English: A bad (thing) strolls, a good (thing) sells itself.

Teaching: You needn't publicize good products or services for them to be noticed or liked.

Bible parallel: *Proverbs 27:2 (CEB)* “Let another person praise you, and not your own mouth; a stranger, and not your own lips.”

48. Kuchamba kunazidi wadaha kwejela kadole.

Swahili: Mchimba kwingi mara ujitia dole.

French: Celui qui parle avec des gestes finit par mettre un doigt dans son œil.

English: The one who speaks with gestures ends up putting a finger in his/her eye.

Teaching: People should not do evil things to others because those evils may also affect them.

Bible parallel: *Matthew 7:12 NIV* “So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”

49. Mwana hekwiya mtimile viya akunga.

Swahili: Mtoto akililia wembe, mpe.

French: Si un enfant pleure pour une lame de rasoir, donnez-la-lui.

English: If a child cries for a razor-blade, give it to him/her.

Teachings: People never forget painful experiences. A burnt child dreads fire.

Bible parallel: *Job 5:17-18 (NIV). “Blessed is the man whom God corrects; so do not despise the discipline of the Almighty. For he wounds, but he also binds up; he injures, but his hands also heal.”*

50. Manahodha wabinda wingi mna imeli yaita vihiye.

Swahili: Nahodha wengi, chombo huenda mrama.

French: De nombreux capitaines coulent le navire.

English: Many captains sinks the ship.

Teaching: You are the controller of your life. Don't rely other people's views/ opinions.

Bible parallel: *Galatians 1:10 ESV “For am I now seeking the approval of man, or of God? Or am I trying to please man? If I were still trying to please man, I would not be a servant of Christ.”*

51. Mbuli ibanike haina ubani.

Swahili: La kuvunda halina ubani

English: There is no incense for something rotting.

Teaching: When something has already distorted cannot be fixed/ it is difficult to make people believe you, if you misbehave.

Bible parallel *1 Peter 1:18 “For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And it was not paid with mere gold or silver, which lose their value.”*

52. Maneno hayakukoma

Swahili: Maneno si mkuki.

French: Les mots ne sont pas une flèche.

English: Words are not an arrow

Teaching: You should not be too keen on people's words and gossip if you want to progress.

Bible parallel: *Ecclesiastes 7:21-22 (NIV) “Do not pay attention to every word people say, or you may hear your servant cursing you—for you know in your heart that many times you yourself have cursed others.”*

53. Mazi huyabwile hukumanya uwingi wake.

Swahili: Maji usiyoyafika hujui wingi wake.

French: Ne nagez pas dans un endroit où vous ne connaissez pas sa profondeur.

English: Don't swim in a place where you don't know its depth.

Teaching: Do not treat a person badly. You don't know their importance.

Bible parallel: *Ephesians 4:29-31 (ERV) “When you talk, don't say anything bad. But say the good things that people need—whatever will help them grow stronger. Then what you say will be a blessing to those who hear you.³⁰ And don't make the Holy Spirit sad. God gave you his Spirit as proof that you belong to him and that he will keep you safe until the day he makes you free.³¹ Never be bitter, angry, or mad. Never shout angrily or say things to hurt others. Never do anything evil.”*

54. Mazi nu jima

Swahili: Maji ni uhai.

French: Eau de vie.

English: Water if life.

Teachings: We should always preserve our resources well because they will help us and the coming generations in future.

Bible parallel: *Numbers 35:33-34 (ESV). "You shall not pollute the land in which you live, for blood pollutes the land, and no atonement can be made for the land for the blood that is shed in it, except by the blood of the one who shed it. You shall not defile the land in which you live, in the midst of which I dwell, for I the Lord dwell in the midst of the people of Israel."*

55. Mazino ya kuli hayakulumana.

Swahili: Meno ya mbwa hayaumani.

French: Les dents d'un chien ne se mordent pas.

English: The teeth of a dog do not bite each other.

Teachings: There is always harmony among those who/which belong together.

Bible parallel: *Psalms 133:1 (ESV) "Behold, how good and pleasant it is when brothers dwell in unity!"*

56. Mbuli ikupangwa vyonga itimizwe

Swahili: Ahadi ni deni.

French: Une promesse est une dette

English: A promise is a debt.

Teachings: You have to keep your promises.

Bible parallel: *Matthew 5:33 (ESV) "Again you have heard that it was said to those of old, 'You shall not swear falsely, but shall perform to the Lord what you have sworn.'"*

57. Mwana hekwiva mtimile viya akunga

Swahili: Mtoto akililia wembe, mpe!

French: Si un enfant pleure pour une lame de rasoir, donnez-la-lui.

English: If a child cries for a razor-blade, give it to him/her.

Teachings: People never forget painful experiences. A burnt child dreads fire.

Bible parallel: *Job 5:17-18 (NIV). "Blessed is the man whom God corrects; so do not despise the discipline of the Almighty. For he wounds, but he also binds up; he injures, but his hands also heal."*

58. Milima hekubwilana, mna wanadamu wabwilana.

Swahili: Milima haikutani, lakini binadamu hukutana.

French: Les montagnes ne se rencontrent pas mais les êtres humains se rencontrent.

English: Mountains don't meet but human beings do.

Teachings: Be fair to someone, you might meet them in your hour of need.

Bible parallel: *Matthew 7:1 "Do not judge other people. Then you will not be judged. You will be judged in the same way you judge others. You will be measured in the same way you measure others."*

59. Mpalahole nuwo umwendo.

Swahili: Polepole ndio mwendo.

French: Lentement et prudemment est en effet la voie à suivre.

English: Slowly and carefully is indeed the way to go.

Teaching: When you do your things in a careful manner you must succeed.

Bible parallel: *Ephesians 5:15, ESV "Look carefully then how you walk, not as unwise but as wise,"*

60. Mta Dada hakuwesa washe.

Swahili: Mwenye dada hakosi shemeji.

French: Anyone who has a sister will certainly have a brother-in-law.

English: Anyone who has a sister will certainly have a brother-in-law.

Teachings: You cannot prevent the inevitable and therefore do not be worried about what you cannot change.

Bible parallel: *Luke 12:25-26 "Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?"*

61. Mta meso hakugambigwa asinye.

Swahili: Mwenye macho haambiwi tazama.

French: Vous n'avez pas besoin de dire à ceux qui ont les yeux de regarder autour de vous

English: Anyone who has eyes (i.e. who can see) is not (i.e. will not be) told to look (around).

Teachings: You don't need tell people to be aware of their environment if they have eyes.

Bible parallel: *2 Corinthians 4:4 "In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God"*

62. Mwana mkanye iviya ni mdodo.

Swahili: Samaki mkunje angali mbichi.

French: Pliez un poisson alors qu'il est frais.

English: Bend a fish while it is (still) fresh/wet.

Teaching: Children should be given guidance early in life (before it is too late).

Bible parallel: *Proverbs 22:6 (CEB) "Train children in the way they should go; when they grow old, they won't depart from it."*

63. Mwana viya ukumlela nivyo akukula.

Swahili: Mtoto umleavyo ndivyo akuavyo.

French: Vous devez faire attention à la façon dont vous élevez un enfant.

English: You should pay attention to the way you bring a child up.

Teachings: A child grows up (exactly) the way you bring him/her up.

Bible parallel: *Proverbs 22:6 (ESV). "Train up a child in the way he should go; even when he is old he will not depart from it."*

64. Meso hayana mhaka

Swahili: Macho hayana pazia.

French: Les yeux n'ont pas de rideaux.

English: Eyes have no curtains.

Teaching: Don't expect people not to see what they want to see.

Bible parallel: *Ezekiel 40:4 (NASB) "The man said to me, "Son of man, see with your eyes, hear with your ears, and give attention to all that I am going to show you; for you have been brought here in order to show it to you Declare to the house of Israel all that you see."*

65. Msi wedi woneka mtondo.

Swahili: Siku njema huonekana asubuhi.

French: Une bonne journée est visible (c'est-à-dire évidente) le matin.

English: A good day is visible (i.e. evident) in the morning.

Teachings: Often there is a sign of good things to come.

Bible parallel: *Psalms 104:19 (ESV) "He made the moon to mark the seasons; the sun knows it's time for setting."*

66. Mbuli ihiye haikwiza ichedu.

Swahili: Bahati mbaya haiji peke yake.

French: La malchance (malheur) ne vient pas seule.

English: Bad luck (i.e. misfortune) does not come alone

Teaching: Quite often people are afflicted by more than just one misfortune.

Bible parallel: *Psalms 73:14 "A long run of bad luck, that's what - a slap in the face every time I walk out the door."*

67. Mlungu sio Athumani.

Swahili: Mungu si Athumani.

French: Dieu n'est pas Athumani.

English: God is not (Mr) Athumani.

Teachings: God is much greater (more powerful) than man.

Bible parallel: *Job 33:12 (NKJV) "Look, in this you are not righteous. I will answer you, for God is greater than man."*

68. Mbuli whimanyize nkama chilo kichiza.

Swahili: Usilolijua nikama usiku wa giza.

French: Ce que tu ne sais pas, c'est comme une nuit noire.

English: What you don't know is like a dark night.

Teaching: If you don't know, find someone to help otherwise you will never know.

Bible parallel: *Proverbs 4:6 (NIV) "Do not forsake wisdom, and she will protect you; love her, and she will watch over you. The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding."*

69. Mchokozi adugane na mchokazi mmnyawe.

Swahili: Dawa ya moto ni moto.

French: Le médicament / remède (c'est-à-dire l'antidote) pour / contre le feu est un feu.

English: The medicine/remedy (i.e. antidote) for/against fire is fire.

Teachings: We should fight challenges without ceasing until we reach our goals.

Bible parallel: *Matthew 5: 38 "You have heard that it was said, 'Eye for eye, and tooth for tooth.'"*

70. jeni akeza nvyedi ko mwenyeji

Swahili: Mgeni njoo, mwenyeji apone.

French: Invité, viens pour que l'hôte soit enregistré.

English: Guest, come over so that the host may be saved.

Teachings: When guests have been invited, the hosts normally prepare a banquet, so that the host family also benefits.

Bible parallel: *Hebrew 13:2 "Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it."*

71. Mta mvyele hezi havikwinga hene

Swahili: Afadhali kuoa akutukanaye kuliko kukaa bila mke.

English: It is better to marry the one who insults you than remain unmarried.

Teachings: Better to have a thing than having nothing.

Bible parallel: *1 Timothy 6:6-12 "But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs."*

72. Mti haukwita bila kwinulwa.

Swahili: Mti hauendi ila kwa nyenzo.

French: Un arbre (c'est-à-dire un journal) ne bouge pas sans (être déplacé par) un levier.

English: A tree (i.e. log) does not move without (being moved by) a lever.

Teachings: Do whatever is necessary in order to achieve something.

Bible parallel: *2 Chronicles 15:7 "But as for you, be strong and do not give up, for your work will be rewarded."*

73. Mwenye tabia yedi ana moyo wedi.

Swahili: Adabu ni johari ya moyo.

French: La politesse est un joyau du cœur

English: Politeness is a jewel of the heart.

Teachings: When you behave well you will be awarded the gift or be respected.

Bible parallel: *Philippians 4:8. "Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things."*

74. Mzimwi ukumanyize haukukudya ukakubinda.

Swahili: Zimwi likujualo halikuli likakwisha.

French: Un fantôme qui vous connaît ne vous mange pas.

English: A ghost that knows you does not eat you.

Teachings: Someone who knows you or is familiar with you is likely to give you a favor.

Bible parallel: *Genesis 43:29 "As he lifted his eyes and saw his brother Benjamin, his mother's son, he said, "Is this your youngest brother, of whom you spoke to me?" And he said, "May God be gracious to you, my son."*

75. Mbuli (kosa) dimwenga hadikwasa mvyele.

Swahili: Kosa moja haliachi mke.

French: Une erreur ne peut pas provoquer un divorce.

English: One mistake cannot cause divorce.

Teaching: A single mistake should be forgiven.

Bible parallel: *Colossians 3:13 NIV* “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

76. Mlungu ni mkulu

Swahili: Mungu ni mkubwa.

French: Dieu est grand.

English: God is great.

Teachings: God is the one who plans for His people.

Bible parallel: *Jeremiah 29:11 (NIV)* “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”

77. Ndugu wakagombana, guha jembe ukalime.

Swahili: Ndugu wakigombana, chukua jembe ukalime.

French: Quand les parents / frères et sœurs se disputent, prenez une houe et allez cultiver (une ferme).

English: When relatives/siblings quarrel, take a hoe and go to cultivate (a farm).

Teachings: You shouldn't take sides when relatives quarrel.

Bible parallel: *Deuteronomy 1:17 (CEB)*. “Don't show favoritism in a decision. Hear both sides out, whether the person is important or not. Don't be afraid of anyone because the ruling belongs to God. Any dispute that is too difficult for you to decide, bring to me and I will take care of it.”

78. Ng'ombe ya mchiwiwa haikweleka.

Swahili: Ng'ombe wa maskini hazai

French: La vache d'un pauvre ne donne pas naissance (à sa progéniture).

English: The cow of a poor person does not give birth (to offspring).

Teachings: There will always be poor people.

Bible parallel: *Deuteronomy 15:11 (ESV)* “For there will never cease to be poor in the land. Therefore I command you, 'you shall open wide your hand to your brother, to the needy and to the poor, in your land.'”

79. Nguku njeni haikuswesa sigi mwechiga.

Swahili: Kuku mgeni hakosi kamba mguuni.

French: Une nouvelle poule a toujours une ficelle sur une jambe.

English: A new hen always has a string on one leg

Teaching: There is always something which betrays inexperienced people

Bible parallel: *Proverbs 7:7 (HCSB)* “I saw among the inexperienced, I noticed among the youths, a young man lacking sense.”

80. Nimitu mjima.

Swahili: Nina miaka kumi na nane.

French: J'ai dix-huit ans.

English: I have eighteen years.

Teaching: I am grown up now and I have the right to make my own decisions.

Bible parallel: *1 Corinthians 13:11 (ESV). "When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways."*

81. Nkamba yakantika habanike.

Swahili: Kamba hukatika pabovu.

French: Une corde se brise là où elle est la plus fine.

English: A rope breaks where it's thinnest.

Teaching: A small mistake can cause huge repercussions and therefore it should be rectified on time.

Bible parallel: *Proverbs 28:13 (NIV) "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."*

82. Ntembo zikalemana mani nayo yakulumila.

Swahili: Tembo wakigombana, nyasi ndizo huumia.

French: Lorsque les éléphants se disputent (c'est-à-dire se battent), c'est l'herbe qui en souffre.

English: When elephants quarrel (i.e. fight each other) it is the grass which suffers.

Teaching: A confrontation between big shots affects the common man much more than those involved.

Bible parallel: *1 Timothy 6:17-19 "Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."*

83. Nyau dikahalawa ngoso nuyo mkulu.

Swahili: Paka akiondoka, panya hutawala.

French: Si le chat est absent, la souris décide.

English: If the cat is away, the mice rule.

Teachings: Bad things may happen when the elders are away.

Bible parallel: *Hebrews 13:17 "Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you."*

84. Riziki nkujeza

Swahili: Riziki ni kujaribu.

French: Vous gagnez votre vie lorsque vous essayez / mettez un effort

English: You earn a living when you try / put an effort.

Teachings: We should put an effort to earn a living.

Bible parallel: *Galatians 6:9* “And let us not grow weary of doing good, for in due season we will reap, if we do not give up.”

85. Samaki imwenga inaola zose zaola.

Swahili: Samaki mmoja akioza, huoza wote.

French: Lorsqu'un poisson se pourrit, tout le poisson dans le panier se décompose également.

English: When one fish gets rotten, all the fish in the basket gets rotten as well.

Teaching: When a person walks with criminals or people with bad behavior he /she may become a criminal even if he /she is a nice person.

Bible parallel: *1 Corinthians 15:33 NIV* “Do not be misled: “Bad Company corrupts good character.”

86. Sekumwinula agonile,mana nogone weiye.

Swahili: Usimwamshe aliyelala, la sivyo utalala wewe.

French: Vous ne devriez pas réveiller celui qui dort; sinon vous vous endormirez vous-même.

English: You shouldn't wake up the one who is asleep; otherwise you will fall asleep yourself.

Teachings: Keep the secret until you accomplish the mission.

Bible parallel: *Proverbs 11:13 (ESV)* “Whoever goes about slandering reveals secrets, but he who is trustworthy in spirit keeps a thing covered.”

87. Sila ya mdanti n'njihi.

Swahili: Njia ya mwongo ni fupi.

French: Le chemin / la route d'un menteur est court

English: The path/route of a liar is short.

Teaching: Anyone who tells lies will be exposed sooner or later.

Bible parallel: *Proverbs 13:5:* “The righteous hate what is false, but the wicked make themselves a stench and bring shame on themselves.”

88. Shukurani ya punda mmateke.

Swahili: Shukrani ya punda ni mateke.

French: La gratitude d'un âne est un coup de pied.

English: The gratitude of a donkey is kicks.

Teachings: An ungrateful person will repay goodness with bad.

Bible parallel: *2 Timothy 3:1-5* “But understand this, which in the last days there will come times of difficulty. For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, heartless, unappeasable, slanderous, without self-control, brutal, not loving good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, having the appearance of godliness, but denying its power. Avoid such people.”

89. Sila ikujinkilwa yavukila.

Swahili: Penye nia pana njia.

French: Là où il y a une volonté, il y a un moyen.

English: Where there is a will there is a way.

Teachings: There is success for hard work, persistence and determination.

Bible parallel: *Mark 11:23 “Truly, I say to you, whoever says to this mountain, ‘Be taken up and thrown into the sea,’ and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him.”*

90. Subira yaleta mbuli zedi

Swahili: Subira huleta heri.

French: Si vous êtes patient, vous pouvez vous attendre à réussir un jour.

English: If you are patient you can expect to be successful someday.

Teachings: Patience brings blessing/success.

Bible parallel: *Psalms 37:7 “Be still before the LORD and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes. Refrain from anger and turn from wrath; do not fret—it leads only to evil. For those who are evil will be destroyed, but those who hope in the LORD will inherit the land.”*

91. Tabia yedi nkinga.

Swahili: Adabu ni ngao.

French: La politesse est un bouclier.

English: Politeness is a shield.

Teachings: Being virtuous is the weapon.

Bible parallel: *Proverbs 10:9 (ESV) “Whoever walks in integrity walks securely, but he who makes his ways crooked will be found out.”*

92. Tamaa siyo mbuli yedi

Swahili: Tamaa mbele, mauti nyuma

French: Place le désir en premier, la mort suivra.

English: Place desire first, death will follow.

Teaching: Bad desires will put you into problems.

Bible parallel: *Colossians 3:5 “Therefore consider the members of your earthly body as dead to immorality, impurity, passion, evil desire, and greed, which amounts to idolatry.”*

93. Ukadya guluwe dya dinonile

Swahili: Ukitaka kula nguruwe, kula aliyenona.

French: Si vous voulez manger un cochon, mangez-en un gros.

English: If you want to eat a pig, eat a fat one.

Teaching: If you have to do something, then do it properly (not half-heartedly).

Bible parallel: *Colossians 3:23 (NIV) “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.”*

94. Umchele numwenga uwambisi mmwingi.

Swahili: Mchele mmoja mapishi mengi.

French: Une petite quantité de riz mais plusieurs cuisiers.

English: One type of food (Rice) but can be cooked in different ways.

Teaching: One person can have different behaviors.

Bible parallel: *Titus 2:12 (ESV) “Training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present.”*

95. Unaiha mwanako naye aiha

Swahili: Mtoto wa nyoka ni nyoka.

French: La progéniture d'un serpent est aussi un serpent.

English: A snake's child (i.e. offspring) is (also) a snake.

Teaching: Evil people will always do evil, do not trust them.

Bible parallel: *Proverbs 4:16 "For they cannot rest until they do evil; they are robbed of sleep till they make someone stumble."*

96. Usekutukana wakulu wakati uchekweleka.

Swahili: Usitukane wakunga na uzazi ungalipo.

French: N'insultez pas les sages-femmes tant que vous pouvez encore avoir des enfants.

English: Don't insult the midwives as long as you are still able to bear children.

Teachings: Don't burn the bridges behind you

Bible parallel: *Genesis 40:14 "Only keep me in mind when it goes well with you, and please do me a kindness by mentioning me to Pharaoh and get me out of this house."*

97. Usekudamanya kintu bila fanyanyi.

Swahili: Majuto ni mjukuu.

French: Ne soyez pas téméraire!

English: Do not be reckless!

Teachings: Be careful what you do otherwise you might regret later.

Bible parallel: *Proverbs 14:16 ESV "One who is wise is cautious and turns away from evil, but a fool is reckless and careless."*

98. Waarabu wa mpemba wevana kwa vilemba.

Swahili: Waarabu wa Pemba huelewana kwa viremba.

English: The Arabs from Pemba (the northern island of Zanzibar) communicate by means of turbans.

Teaching: Certain people understands each other using coded language.

Bible parallel: *1 John 4:2 "This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God."*

99. Zakulonda tabu adya na wantu wa kwawe.

Swahili: Mchumajanga hula na wakwao.

French: Que vous gagniez des richesses ou que vous réalisiez des catastrophes, vous en profitez avec votre propre peuple.

English: Whether you earn wealth or catastrophe, you enjoy it with your own people.

Teaching: The one who help to achieve your goals must benefit when you succeed or you must not forget him/her in you struggle or achievement.

Bible parallel: *Hebrews 13:16 NIV. "And do not forget to do good and to share with others, for with such sacrifices God is pleased."*

100. Za m'bavi mmazua arubaini.

Swahili: Siku za mwizi ni arobaini.

French: Les jours d'un voleur sont quarante. (Un voleur ne peut rester en liberté que quarante jours.)

English: The days of a thief are forty. (A thief can stay at large for only forty days.)

Teachings: Sooner or later a thief will get caught. Crime doesn't pay.

Bible parallel: *Romans 13:4 "For he is God's servant for your good. But if you do wrong, be afraid, for he does not bear the sword in vain. For he is the servant of God, an avenger who carries out God's wrath on the wrongdoer."*

Summary

The collection of Zigula proverbs was a challenging as well as a fulfilling research experience. My first challenge was when I lost my phone and all contacts with my initial collaborator for the research. Luckily, I established another link with more collaborators through one of my work colleagues who had visited Italy in the company of some of the people from the community in Tanzania. It turned out that the Zigula are diligent and hardworking people. Our collaborators were particularly very diligent and committed to ensuring we complete the research in good time by providing the necessary introductions to the elderly and translating for us the proverbs from Zigula to Swahili and English. Despite having to travel long distances and taking more time than we expected to complete the project, we were finally able to compile the 100 proverbs and complete the project report in September 2019.

Conclusion

Although the bigger percentage of the Zigula are Muslim, their proverbs reveal that they respect human values. The proverbs show that they value human life. They encourage hard work, honesty and love within the community. They love visitors too and believe that visitors should be treated well as shown by Proverb 19 which states that “Guest, come over so that the host may be saved.”

REFERENCES

1. <https://joshuaproject.net/languages/ziw>
2. <https://www.africadirect.com/african-peoples-art-zigua>
3. <http://www.oxfordreference.com/view/10.1093/oi/authority.20110803100501695>
4. <https://www.ethnologue.com/language/ziw>

APPENDIX

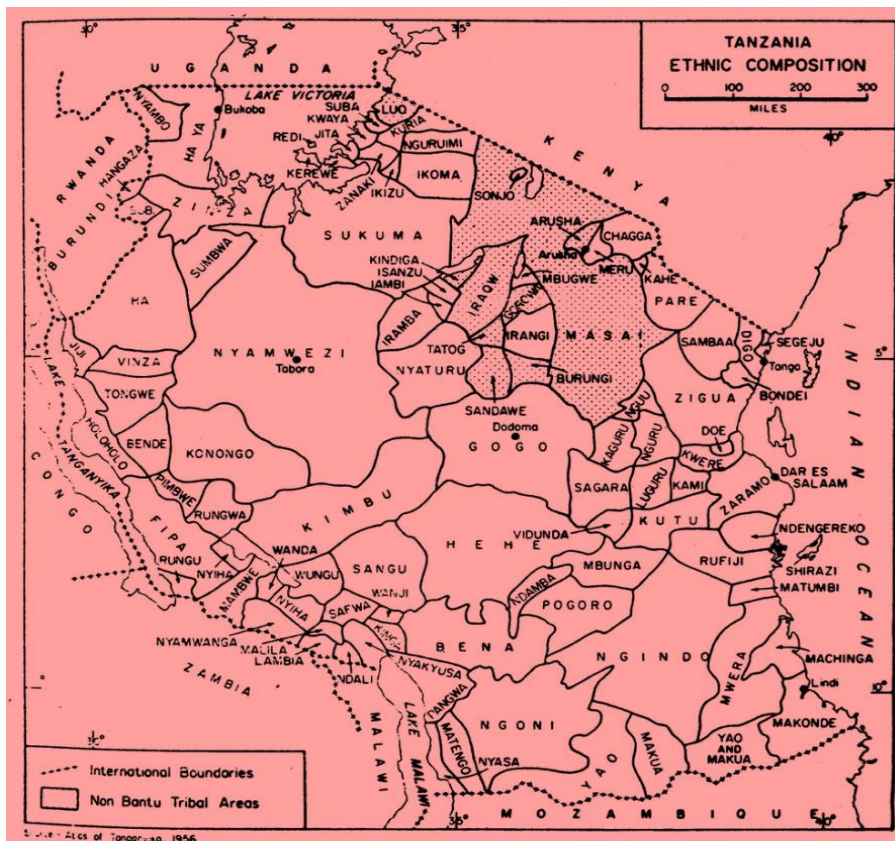
A RESEARCH PROPOSAL FOR THE COLLECTION OF 100 ZIGULA (TANZANIA) PROVERBS AND WISE SAYINGS

By Joseph Kai (Kenya)

Introduction

The Zigula are a Bantu ethnic group found in the coastal region of Tanzania. They speak a language called *Zigula* with no known dialects. Alternative names for the Zigula language are *Chizigula*, *Kizigula*, *Kizigua*, *Seguha*, *Msegua*, *Wayombo*, *Wazegua*, *Zegura*, *Zigoua*, *Zigua* or *Zigwa*. Zigula has a lexical similarity of 83% with Ngulu, 75% with Bondei, 68% with Shambala, 70% with Doe, and 62% with Kwere. These are spoken by the neighbouring ethnic groups.

Zigula people occupy the Tanga, Pwani, Bagamoyo and West Central Manyara regions. The Zigula are thought to have fled east to their current homelands to avoid the slave trade. They are now credited with the establishment of Goshaland, which was granted autonomy in the 19th century.



Ethnographic location of the Zigula of Tanzania

Myth of origin

According to the Zigula myth of origin, Sheuta was their primeval ancestor. Sheuta was a hunter who lived in a cave in the wilderness. He was befriended by a lion that shared its meat with him. Sheuta would go hunting with his dogs in the forest. At this time, there was a woman named Bangwe who killed men once they had slept with her. Men from all over were dying until Sheuta came and murdered Bangwe. They were so happy and they made Sheuta their chief. One day, he came through the wilderness from the south to an island in the middle of the river, in the land of women in which a woman was chief. He had with him his bow and arrows, roasted meat, and honey. When the women discovered him, Sheuta gave each one a taste of honey from his finger, which he dipped and then offered. At night, Sheuta slept in one part of the great house with the chief of the women, while those who served her slept in another part. The chieftainess became familiar with the masculine body, and with the functions of the various organs. The next morning, when she explained to the women what she had seen, heard, and felt, the women demanded that they be given men of their own. When their leader refused, the women decided to make Sheuta their chief, and their former leader became his wife.

Social Organization

The Zigula live in small houses which are mud walled with grass thatch. These are quite small buildings, ranging in size from about 6 square meters to perhaps 33 square meters and are grouped in small clusters of two to eight houses. At home there are chores done especially by the girls, such as carrying out domestic chores, herding goats, and fetching water, followed by a family meal which brings the day to a close.



A Zigula thatched hut and family

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

The Zigula 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. 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.

Examples of Proverbs

1. Zigula: *Milima ya hale ni mitari.*

Swahili: Milima ya mbali ni mizuri

French: Les montagnes qui sont loin sont bonnes

English: Mountains that are far are good.

Teaching: Most of the things that we admire or perceive to be good are those that we don't have. We should appreciate what we have.

Bible Parallel: Hebrews 12: 28: Therefore, since we are receiving an unshakable kingdom, let us be filled with gratitude, and so worship God acceptably with reverence and awe.

2. Zigula: *Ukiona mkenja wadigwa kulimwa.*

Swahili: Ukiona kizuri ujue kina mwenyewe

French: Lorsque vous voyez une bonne chose, sachez qu'elle a son propriétaire

English: When you see a good thing, know that it has its owner.

Teaching: Learn to have your own things and don't lust after other people's property. Know that everything has its origin.

Bible Parallel: James 4:2: You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them. Yet you don't have what you want because you don't ask God for it.

Art

They have a vibrant tradition of ritual carvings. There is so much overlap in styles from east to west in Tanzania. Most identified with the Zigula, the so-called "mummy" figures thought to be protective in nature, have been attributed to numerous other cultures, mostly the Pare. These small carvings have a curious, quizzical face and a body virtually "shrink-wrapped" by soaking the cloth wrappings in secret liquids. They are carved from a single piece of hardwood, and then wrapped in fabric, which is then covered in a magical substance by the village healer or shaman. This substance hardens and turns the entire piece to a dark brown colour. The fetish is then used as a protective figure in village homes for the benefit of the occupants.



A medicine horn container



A Zigula "mummy" fetish statue.



A medicinal or magical gourd decorated with fibre, stone and glass beads.

There are masks and divining objects linked to the rituals also. For example the medicine horn container is made from the animal horn, the Kudu. Medicinal or magical gourds are decorated with fibre, stone and glass beads and are used in various rituals.

Religion

Islam is the primary religion of the Zigula. It is often mixed with African traditional religion which includes worship of the ancestors. Approximately 9% have turned to Christianity. Traditional beliefs and Islam are intertwined such that many do not know the boundary. Beliefs by women who choose to stay outside their homes for many months or years because they believe that they are unable to conceive children because they have been cursed.

Economic activity

Zigula are subsistence farmers growing sisal, a fibrous plant used to make rope and mats. They also grow sesame and corn and engage in fishing. The art work and carvings are also sold and fetch good income.

Political Structures

Initially, Zigula had a non-centralized governing system. Each family established its own community around its own demarcated territory. Disagreements between these extended families were solved by the council of elders from the area. Marriage served to cement political bonds between clans. Later, there rose a king who unified the community. Authority rested in the hands of a centralized chieftaincy. He ruled surrounding territories through proxies, most often by establishing his sons as local leaders. The king was thought to have supernatural power including the ability to control the rain. The last king was killed by the colonial officials who established their own administrative officials.

Writing Objectives

The following are the objectives of the research.

1. To gather one hundred proverbs and wise sayings from the Zigula people of Tanzania
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 Zigula 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 Zigula 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

Zigula proverbs and wise sayings will be gathered from elders and the general community. 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.

REFERENCES

5. <https://joshuaproject.net/languages/ziw>
6. <https://www.africadirect.com/african-peoples-art-zigua>
7. <http://www.oxfordreference.com/view/10.1093/oi/authority.20110803100501695>

COLLABORATORS

Nassor Mikumi: +255766693697

Jemimah Mambua: +25471483463

Gaston Luvakule: +255752718846

Budget

Data gathering and processing	\$180
Typing and printing	\$100
Binding	\$70
Transport	\$100
Miscellaneous	<u>\$50</u>
Total	<u>\$500</u>