# UKUVELA KWETHEMBA

## *ISIKHOKELO SENKOKHELI*

Campus Crusade for Christ – yoMzantsi Afrika
Ifumaneka kwi-Media Department nge-email
orders@cccsa.org.za
www.cccsa.org.za
012-347-6981
www.magdalenatoday.com

Campus Crusade for Christ

Reflections of Hope: Leader Guide

*Reflections of Hope, LeaderGuide* © yango 2009. Onke amalungelo agcinwe phantsi komthetho. Isiqula sisuka*Magdalena: Released From Shame.* 2006-2009 *Inspirational Films,* Inc. Onke amalungelo agcinwe phantsi komthetho. Zonke izinto eziqulathwe yilencwadana zisetyenziswe ngemvume. Akukho nanye indawo yalencwadana ekufuneka itshintshwe nangayiphi na indlela, okanye iphindwe iveliswe okanye igcinwe kwikhompuyutha okanye ihanjiswe ngekhompuyutha kusetyenziswa ubuchwephesha, ngaphandle kwemvume.

Ukowuto lwezibhalo lusuka KwiziBhalo EziNgcwele yesixhosa (1975). Isetyenziswe ngemvume yombutho weBhayibile waseMzantsi Afrika.

**Iziqulatho**

Ngaphambili: Thixo, Ingaba uyakhathala nyani ngam? ..... 1

Into ekufuneka iqwalaselwe zinkokheli:
Isikhokelo esikhokelela kwesisifundo ..... 5

Isifundo 1: UYesu, umkhangeli wethu othandekayo
Rivka: *Ingaba uyandibona?* ..... 9

Isifundo 2: UYesu, Umxoleli Wethu onoBabalo
Umfazi Okrexezayo: *Ingaba Uzakundixolela na?* ..... 13

Isifundo 3: UYesu, Amandla Wethu Okuphila
UMariya, uMama kaYesu:
*Amandla okuphila obomi bemihla ngemihla* ..... 19

Isifundo 4: UYesu, Umkhululi Wethu onaMandla
UMariya waseMagadala: *Ingaba unako ukundikhulula na?* ..... 27

Isifundo 5: UYesu, uMboneleli Wethu oneMfesane
UMhlolokazi waseNayin: *Ingaba uzakundinakekela na?* ..... 31

Isifundo 6: UYesu, uMbuyiseli Wethu Ngokupheleleyo
UMfazi owaphiliswa kwithombo legazi:
*Ingaba uzakundiphilisa?* ..... 37

Isifundo 7: UYesu, Amanzi Wethu Okuphila
UMfazi emthonjeni: *Ingaba uzakundanelisa na?* ..... 41

Isifundo 8: UYesu, UMhlobo Wethu Wobomi obude
Masivuyeni!! ..... 48

Aphendiks A: Amacebiso okukhokela iqela elincinci ..... 49

Aphendiks B: Abafazi abachukinyiswa nguYesu ..... 56

Aphendiks C: Umboniso bhanyabhanya nesikhokelo sezahluko ..... 63

**PHAMBILI:**
***THIXO, INGABA UNDIKHATHALELE NYANI NA?***

Ibhalwe ngu Sharon Jaynes

Ndiyathemba ukuba uye wakonwabela ukuxelwa kwakhona ngobomi nolungiselelo lukaYesu ngokujonga kwamehlo omfazi. Kodwa phambi kokuba siluncome nyani uthando olukhululayo uYesu alubonisayo kubafazi njengokuba wayehamba apha emhlabeni, kudingeka siqonde ukuba ubumnyama bungqonge ilizwe. Phambi kokuba singene ebumnyameni, kufuneka sikhumbule okuhle emva egadini yaseEdeni.

IBhayibhile isixelela ukuba, "*Ekuqalekeni uThixo wadala izulu nehlabathi*" (**Genesis 1:1**).

UThixo wathetha ngelizwi yabakho indalo kwiintsuku ezintandathu, qho emva kosuku ngalunye kwezintlanu zokuqala, xa ilanga litshona, uThixo wathi, "kulungile". Amaxesha amathandathu xa egqiba kudala, wayebonakalisa ukuwuphumeza umsebenzi wezandla zakhe. Siqhubeka sisiva le ntetho njalo ke siqhawulwe ngesaquphe ngamazwi oMdali xa wayejonge indoda elilolo ingenamlingane uyifaneleyo. "Akulungile ukuba umntu abe yedwa" (**IGenesis 2:18**).

UThixo wamwisela ngobuthongo obukhulu uAdam, waze wakhupha imbambo enye apha kuye, wadala owaba ngamagqibelo kwindalo- umfazi.

UEfa yabangowona msebenzi mhle omangalisayo owenziwa nguThixo. Zange kucingwe ngaye nje kamva, kodwa waba sisidalwa esimangalisayo awasenzayo uThixo ekugqibeleni. Umfazi wabunjwa ukuze agqibelelekise umfanekiso wokuveza umfuziselo kaThixo. Indoda yayingenokwazi ukusebenza yodwa. Umfazi wayengenokwazi ukusebenza eyedwa. Bobabini babedingeka khona – ukuze basebenze, balungiselele futhi bahlale kunye ukuze bagqibelelise umfanekiso uThixo awayewulindele ngalo lonke ixesha.

UThixo wayiqoshelisa iveki yakhe yokudala kwabe sekuqukunjelwa ngalamagama: "Kwaba njalo wakubona uThixo konke akwenzileyo, nanko, kulungile kunene." (**IGenesis 1:31**). Ekuvezweni komfazi, into eyayi "lungile," ngoku ya "lunga kunene."

Kwenzeka ntoni? Wasuka njani umfazi kwindawo ehloniphekileyo ngokulingana nomfanekiso oveza umfuziselo kaThixo eMyezweni waseEdeni ukuya kwindawo yesiqalekiso nentlupheko esiyibonileyo amawaka eminyaka? Kulungile masingawushiyi uMyezo waseEdeni okwangoku.

Isahluko sesithathu seGenesisi siqala ngegama eloyikisayo "Ke kaloku inyoka..." Usathana wanyebelezela wangena kuMyezo wase Edeni walinga uAdam noEfa ukuze bangamthobeli uThixo ngokutya kumthi wokwazi okulungilyo nokubi.

Bakholelwa kubuxoki bukaSathana endaweni yokukholelwa inyaniso kaThixo, abawuthobela umyalelo wakhe omnye, bangenisa isono, ukufa nokwahlukana noThixo emhlabeni. IBhayibhile isixelela ukuba ukususela kwelaxesha, wonke umntu uzelwe ehlukene noThixo ngenxa yesono (**KwabaseRoma 5:12**).

Phambi kokuba umntu one, uThixo wathi ukuba umfazi uyakulawula neNdoda (i**Genesisi 1:28**). Esinye seziphumo zokuwa sesokuba ngoku umfazi uzakulawulwa yindoda (i**Genesisi 3:16**). Ukusukela kwelaxesha, ubuhlobo obunoxinzelelo phakathi komfazi nendoda bathatha indawo yolonwabo nobunye.

UThixo uyakuthanda ukuguqula izinto. Kwangelothuba uAdam noEfa betyile kwisiqhamo esingavumelekanga ukuba masityiwe, ithunzi lomnqamlezo laphakama phezu kwendawo eyayibonakalalisa icebo likaThixo lokuhlangula elaye lenziwa. Ngexesha umthi egadini yaseEdeni uzisa ukufa nesiqalekiso, umthi waseKhalivari wazisa ubomi nentsikelelo. UYesu weza ezokubuyisela ubuhlobo obabungekho phakathi komntu noThixo, ezisa ubomi obungunaphakade ezulwini, futhi wabuyisela ubomi obugqithisileyo emhlabeni. Kodwa kwakukho iiminyaka engamawaka eyayiphakathi kwamazwi kaThixo awayesolatha ukuza koMsindisi namazwi kaYesu emnqamlezweni, "Kugqityiwe." Futhi ngelishwa, abafazi babecinezelwe, baxhatshazwa basetyenziswa nangayiphi na indlela engalunganga futhi engakholelekiyo.

Xa uYesu wayengena emhlabeni ngobobusuku babugcwele iinkwenkwezi eBhetelehem, ukukhala kwakhe kokuqala kwavakala kwizililo entliziyweni zabafazi ababesetyenziswa ngendlela engeyiyo bexhatshazwa amakhulu eminyaka. Ngexesha uYesu enyathela okokuqala kumhlaba onothuli waseGalili, abafazi babephila ubomi obukrakra. Babengavumelekanga ukuba bathethe namadoda esidlangalaleni, bangqine ezinkudleni okanye bazixube namadoda kwiindibano zasekuhlaleni. Abafazi babehlala ethunzini kwindawo ezifihlakeleyo ekuhlaleni kwakunqabile ukubabona ngamehlo okanye ukubeva bethetha.

Njengekhoboka, intombi yayiyinto katata wayo ekuhambeni kwexesha ibeyinto nje yomyeni wayo. Abafazi babengafundanga, benganconywa nganto futhi bengabalelwa ntweni. Babengavunyelwa ukuba batye kwindlu enye kunye namadoda, nokufundiswa iincwadi zomthetho okanye bangene kwigumbi elingaphakathi etempileni namadoda.

Abafazi babecalucalulwa ekuhlaleni nakubomi bezenkolo beengingqi zabo futhi babethathwa ngokuba zizidalwa ezijongeleke phantsi ezinjongo yazo yayikukuhlala ekhayeni nokonwabisa ngokwezesondo. Umthandazo owawuqhelekile wendoda engumYuda njengokuba yayivuka imihla ngemihla wawusithi, "Ndiyabulela Thixo ngokuba ndingenguye owentlanga, ndingelokhoboka futhi ndingengomfazi."

Kodwa uYesu weza wayitshintsha yonke lo nto. Weza ezokubuyisela eyona njongo necebo lakhe ngamadoda nabafazi elasithelayo futhi laphazanyiswa kuMyezo waseEden (**1 KaYohane 3:8**). Inxalenye yokubuyiselwa yaquka ukubuyiselwa

kwabafazi kweyona ndawo yabo ebabeyonwabela phambi kokuwa. UYesu wahamba kwindawo ebonakalayo ukuze abone umfanekiso owawufihlwe kwindawo esethunzini etshixwayo eyayinesitshixo ongumfazi wakhaba amacango avuleka gangalala ngenyaniso.

Kulula ukuthi kuleminyaka ingapha kwamawaka amabini sifundayo uYesu enxulumana nabafazi njengento eqhelekileyo, kodwa wayengumceli mngeni ngokupheleleyo. Wayethetha noomama ekuhleni, ebafundisa ngokuthe gabalala, watya nabo ngokukhululekileyo futhi ebaphatha ngentlonipho enkulu. Kwindawo enesithethe esasigcina abafazi bevaleleke endlini bengaviwa bengabonwa nokubonwa, uYesu wabatsala wabakhupha emfihlakalweni, wababeka phambili futhi wakhanyisa embindini wabo ngokhanyiso lothando lwakhe lobuThixo ebiza ubomi babo. Njengokuba ukuphila kweTestamente eNtsha kuvela, abafazi bazalisa iqonga bedlala indima ephambili bevakalisa umboniso omangalisayo wokuhlangula uvuleleka.

UThixo wakhetha uMariya, uMama kaYesu, ukuqala ulungiselelo lwemiqondiso emtshatweni eKana njengokuba wayeguqula amanzi abeyiwayini **(uYohane 2:1-12**). Wakhulula umntu ebelahliwe ekuhlaleni, uMariya waseMagadala, kumadimoni wammema yena nabanye abafazi ukuba bazibandakanye kunye naye kwiqela lolungiselelo lakhe. (**uMarko 16:9**). Eyona ncoko kaYesu eyakhe yande eshicelelweyo kwiTestamente eNtsha wayekunye nomfazi ongumSamariya-umSamariyakazi awayedibene naye ngasemthonjeni. Kwakukulomfazi kanye apho uYesu watyhila ukuba ungubani kanye-kanye ngenene ezityhila njengoMesiya ekwakuthenjiswe ngaye . UYesu wamzalisa lomfazi owayenxaniwe ngamanzi aphilileyo futhi wambukela esiya esixekweni esiba ngomnye wabafazi bokuqala ukuba ngumvangeli.

UYesu wolulela isandla sakhe kwabo bangachukunyiswayo. Wafikelela ekuphiliseni umfazi owayenethombo legazi iminyaka elishumi elinambini (**uLuka8:43-48**) futhi wavusa intombazana eneminyaka elishumi elinambini ekufeni (**uMarko 5: 35-43**). Wabiza umfazi owayenobulwelwe ehamba kumathunzi asekuhlaleni futhi wambeka embindini weqonga njengokuba wayesolula umqolo wakhe owawugobile wamkhulula ukuze azukise uThixo (**uLuka 13:10-17**). UYesu wancoma isipho esincinci somhlolokazi wasigqhamisa njengesona singumzekelo sokunikela kokuncama ngenene (**uMarko 12: 38-44**). Waxolela umfazi owayebanjwe ekrexeza wamnika inkululeko ukuze aqale kutsha (**uYohane 8:1-30**).

UYesu wamemela uMariya waseBhethani egumbini lokufundisa lamadoda ukuze enze intetho ecacileyo ngesenzo sakhe sokuba ngoku yayilixesha labafazi ukuba bafunde ngezwi likaThixo (**uLuka10:38-42**). Ngentsasa yokuvuka kukaYesu, Wakhetha ukuzibonakalisa kwakhe okokuqala kuMariya waseMagadala, kwaye wambiza ukuze angqine kubafundi ukuba uvukile ekufeni (**uYohane 20:11-18**).

UYesu waphilisa abafazi ngokwasemoyeni, enyameni, engqondweni nakwimvakalelo. Wababonisa intlonipho nokuxabiseka okomntwana kaThixo. UYesu wathatha izitshixo zenyaniso wakhulula amatyathanga ukuze akhulule

abafazi kwingcinezelo eyayibabophile ibatshixele kude ekoneni yomngxunya wasekuhlaleni. Ndineqhayiya kakhulu ngabobafazi abamkela isimemo sikaYesu sokuba baphume ekuzimeleni. Babengabathunywa abatshintshwe zizithethe bamamela kubizo lukaThixo ngaphezulu kwamazwi engcinezelo yezithethe.

Njengokuba ucinga ngokuqhagamshelana kukaYesu nabafazi eBhayibhileni, ungaphulukani nommangaliso futhi nokoyikeka kwamazwi akhe angqongqo atshintsha ubomi. Hlala ecaleni komlambo nomfazi womSamariya elindele isithuko nokulahlwa, kodwa wafumana ukwamkeleka nothando. Yima nomfazi owayebanjwe ekrexeza, owayelindele ukugwetywa nokufa, kodwa wafumana uxolelo nobomi obutsha. Fikelela nomfazi owayesopha wamchukumisa emqukumbelweni wengubo yakhe emfihlakalweni, kodwa waphila kuphela wafumana ukwaziwa esidlangalaleni. Phakama ekwaphukeni noMariya waseMagadala futhi ubaleke ngenjongo yokuvakalisa ummangaliso wokuvuka kukaYesu.

Njengokuba ucinga ngomfazi ngamnye uYesu awamtshintshayo, ndiyathandaza ukuba ubhale igama lakho kulomboniso futhi ubenamava ngaye kunakuqala. Unexabiso kuThixo. Igama lakho libhaliwe entendeni yesandla Sakhe.

Ukuba ungathanda ukuthandaza ukuze wamkele uYesu Krestu njengeNkosi noMsindisi wakho wamkele nesimemo sikaThixo ukuze uchithe ubomi obungunaphakade ezulwini kunye naye, ungathandaza kwalomthandazo mnye owathandazwa nguRivka kumboniso bhanya-bhanya awawuthandazayo nomhlobo wakhe.

*“Thixo, Bawo wam osezulwini, ungcwele futhi ulilungisa. Enkosi ngokuba undithanda. Ndonile ngokuchasene nawe. Ndiyabulela ngokuba uthumele uMesiya owawuthembise ngaye, uYesu, ukuze atshabalalise isiqalekiso nosizi nobutyala. Ndiyabulela ngokuba wafela indawo yam. Ndifuna ukulandela umsindisi wam ophilayo. Ndiyabulela ngokuba undixolele wandamkela. Ngegama likaYesu, Amen”*

Ukuba uthandaze lomthandazo namhlanje, singathanda ukuva kuwe. Ungaqhagamshelana nathi ku www.magdalenatoday.com futhi singavuyisana nawe!

USharon Jaynes sisithethi senkomfa kwihlabathi jikelele futhi ubhale iincwadi ezininzi ezikhuthaza abafazi. Ukufunda ngakumbi, tyelela ku www.sharonjaynes.com.

**<u>Into ekufuneka iqwalaselwe ziinkokheli: Isikhokelo sokukhokela isifundo</u>**

Ndiyabulela ngokuthi uthathe inxaxheba ukhokele esi sifundo! Ukuzinikela kwakho ekukhokeleni eli qumrhu liqwalaselwe kwaye lamkelekile. Wanga uThixo angayinyusa intliziyo yakho ekumkhonzeni nasekumthembeni ukuze akusebenzise. Nceda wazi ukuba uyathandazelwa, kwaye neNkosi uqobo iyakuthandazela phambi koBawo:

"*Ngokukanjalo ke noMoya uncedisana nokuswela kwethu amandla; kuba esingakuthandazelayo ngokoko simelwe kukuthandaza ngako, asikwazi; uthi ke uMoya ngokwakhe asithethelele ngezincwino ezingathethekiyo. Ke oziphengulayo iintliziyo okuyiyo ukunyameka koMoya; ngokuba ubathethelela abangcwele ngokukaThixo.*" **(KwabaseRoma 8: 26-27,34)**

Esi sifundo senzelwe ukuze sincede okholwayo kwakunye nongakholwayo ekuthabatheni inyathelo elisingisa endleleni yokukholwa. Ukukhula kwabo akuxhomekekanga kuni, ekufuneka nikwenze kukuxhomekeka kuMoya oyiNgcwele njengoko ukhokela, niyekele uThixo awenze umsebenzi omangalisayo kwiimpilo zabantu! Ningatyhafi xa nibona kungekho nto yenzekayo. Thembani uThixo ukuba uyasebenza kwaye uyazukiseka kukuthembeka kwakho ekumkhonzeni nasekumlandeleni:

*"Mna (Pawulos) ndatyala, u Apolo wankcenkceshela ke nguThixo owahlumisayo.Ngoko ke lowo utyalayo akalutho, nalowo unkcenkceshayo akalutho; oyinto nguThixo lo uhlumisayo. Lowo utyalayo ke, nalowo unkcenkceshayo, banto-nye; kodwa elowo uya kwamkela owakhe umvuzo ngokukokwakhe ukubulaleka."* **(1 KwabaseKorinte 3:6-8)**

Nokuba ungumkhokeli onamava okanye uyaqala, le ncwadi yesikhokelo yenzelwe ukuze ikukhokele ngokukhawuleza nangokucacileyo. Ezi zikhokelo zikhutshwe kwiingcebiso, ngoko zive ukhululekile ukuba wenze utshintsho apho kufanelekileyo ngokuvumelana neqela. Kwakhona eyona nto ibalulekileyo kukuvumela uMoya oyiNgcwele akukhokele.

*"Xa ethe wafika yena uMoya wenyaniso, uya kunikhokelela kuyo inyaniso; kuba engayi kuthetha okuphuma kuye, uya kuthetha izinto athe waziva, anibikele izinto ezizayo."* **(UYohane 16:13)**

Ngoko ke, phefumla ukuze siqalise!

**PHAMBI KOKUBA UQALE:**

1. **Thandaza!**
Chitha ixesha elithile uthandazela isifundo kunye nabo abaza kuba yinxalenye yesifundo eso. Mcele uThixo asebenze ngendlela emangalisayo kweziveki zisibhozo zilandelayo kwimpilo yomntu ngamnye, kuquka neyakho impilo!

2. **Ziqhelanise nezixhobo ozakusebenza ngazo**
Zinike ixesha ufunde isifundo eso kunye nezahluko zeBhayibhile phambi kwesifundo ngasinye. Bukela umboniso bhanya-bhanya xa uziva unqwenela ukwenza njalo okanye utyhile iphepha ngalinye elingqamene nesifundo eso.
3. **Lento yenze eyakho**
Zinike ixesha uqhagamshelane nomntu ngamnye omaziyo ukuba uyeza kwaye umxelele ukuba unethemba lokudibana nabo, okanye ufuna ukumazi ngakumbi. Kunzima ukungasithatheli phezulu isimemo esifudumeleyo nenkokheli edlamkileyo!

4. **Qokelela izixhobo oza kusebenza ngazo**
Wakugqiba ukufunda isifundo, bhala ingqokelela yezixhobo oza kuzisebenzisa kwisifundo ngasinye kwaye uqalise ukuziqokelela (Umabonakude, iDVD player, usiba, amaphepha esifundo eso, isidlo esincinane nezinye, nezinye).

5. **Funa umcebisi ngexesha lesifundo (Ingakumbi xa usaqalayo)**
Cela uThixo akukhumbuze ngomcebisi olungileyo ngexesha lesifundo, umntu onamava ekukhokeleni okanye umkhokeli weqela ocebisa abanye. Mcele akuthandazele neqela elo mihla yonke. Kubalulekile ukuba nomntu onokuthi uye kuye ukuze akucebise okanye aphendule imibuzo ongenampendulo yayo. Ukuba usemtsha ebunkokhelini, ungamema umcebisi ukuba abe kunye nawe nincedisane. Ninga nikana amathuba ekukhokeleni isifundo, okanye ukonwabele ukwazi ukuba ukhona ukuze akuncede nanini na xa udinga uncedo.

6. **Zikhethele umcedisi kwiqela olifundisayo**
Noxa kungekho sidingo singako, kodwa yinto elungileyo ukufumana umntu ongakwazi ukuncedisana nawe ngexesha ongazokuphumelela ngalo.

**NGEXESHA LESIFUNDO NGASINYE:**

Eli lixesha ekucetyisenwe ngalo nokuqhubeka kwesifundo. Kwakhona zive ukhululekile ukwenza iinguqu ukuze ukwazi ukuzalisa iimfuno zakho.

**1. Ixesha lokwazana** (5-10 yemizuzu)
Imizuzu emihlanu yokuqala iqela lidibene ibalulekile ukuba lazane ngakumbi. Ukubuza imibuzo yeyona ndlela iphucukileyo ukudala ubushushu nokuthembana. Apha ngezantsi yimibuzo eyonwabisayo enokunceda iqela elo lazane ngakumbi kwaye lizive lamkelekile. Zive ukhululekile ukuqulunqa eyakho.

- Ukuba imali ibingeyongxaki, ubungayichithela phi na iholide yakho?
- Yeyiphi incwadi oyithandayo? Yintoni oyithandayo ngayo?
- Ukuba ubungathanda ukuba sisilwanyana ubungakhetha ukuba sesiphi? Ngoba kutheni?
- Ungandazi ngcono ukuba ubusazi…
- Ukuba bekungekho nto indithintelayo, bendizakuzama ukwenza…
- Uthanda eliphi igumbi endlwini yakho? Ngoba?
- Iphupha elinye elingeka phunyezwa leli…
- Ukuba bendinokuhlangana noYesu ubuso ngobuso bendingathetha ndithini kuye?

**2. Umthandazo wokuvula** (1-2 yemizuzu)
Wena njengenkokheli ungayivula indibano ngomthandazo omfutshane umcele uThixo asikelele ixesha enizakube nihlangene.

**3. YABA** (15 yemizuzu)
Vulela ixesha lokwabelena ngesifundo esigqithileyo seveki ephelileyo. Ukuze ukwazi ukuvulela ithuba elikhuselekileyo lokwabelana libangela amacebiso ngezimvo(Okanye ungafumana amacebiso ngendlela yokukhokela iqela elincinane kwi-Aphendiks ekugqibeleni kwesi sifundo.)

- Zive ukhululekile ukwabelana nabanye abantu ngesiqu sakho kwaye ube ngumzekelo. Iqela lakho liyakuziva lisemngciphekweni njengawe.
- Mamela ngomdla oko kwabiwa ngabanye.
- Usenokufuna ukumisela imigaqo yeqela yokwabelana kwindibano yokuqala. (Umzekelo: Musani ukuphazamisana, gcinani izinto zenu ziyimfihlo, musa ukungxama ukunika ingcebiso, musa ukuthetha okubi ngelinye ibandla okanye nangayiphi na inkolo.)
- Musa ukoyika ukuthi "Andazi," ukuba kukho umbuzo okohlulayo musa ukuwuphendula. Baxelele uzakubuyela kubo kwakhona.
- Uyakuqaphela ukuba ubume/iingcingo babantu abufani. Injongo yeyokuba wonke umntu athabathe inxaxheba. Abanye bathule, kanti abanye bathatha inxaxheba ngaphezu kwabanye. Kungafuneka ubancede ubakhokelele ekubathabatheni inxaxheba ngokulinganayo.

**4. BUKELA u*Magdalena: Released From Shame* umboniso bhanya-bhanya isahluko esingqamene nesisifundo.**
Isifundo ngasinye siyakunika indawo esikuyo isahluko kumboniso bhanya-bhanya (Jonga iAphendiks C). Ukuba awukwazi ukudlala lomboniso bhanya-bhanya, iivesi eziseBhayibhileni, intetho mpikiswano ekumboniso bhanya-bhanya uzinikiwe ukuze uzifunde.

**5. YAZI** (15-20 yemizuzu)
Eli hlelo liqulathe umyalezo oseBhayibhile ongqamene nomboniso bhanya-bhanya.

**6. EQHUBEKAYO** (20 yemizuzu)
Eli hlelo ngumongo wesi sifundo. Liqulathe imibuzo osixelela indlela eli bali esinokulinga lingqamanisa ngayo nobomi bethu bale mihla.

**7. XELA** (5-10 yemizuzu)
Eli hlelo libonisa isenzeko, iqela elingathi lisiqaphele njengomceli mngeni weveki.

**8. Umthandazo wokuvala** (5-10 imizuzu)
Kuxhomekeke kwiqela elo, ngoba ungongeza ixesha ukuze umntu ngamnye akwazi ukwaba ngezicelo zomthandazo ezingqamene naye.
**Qwalasela:** Ngamanye amaxesha ungaqaphela i-♥ umzila kwisikhokelo senkokheli yakho. Lo mzila obonisa ukuba umntu lowo unobuyena ngokwemvelo. Ukuba

akukho tsha ntliziyo lokuphendula, ngoko inkokheli ifanele ukuba ikhokele ngokuthi iphendule, ukuze ikhusele ihlazo.

**9. Okokugqibela,** iAphendiks A inamacandelo awongezelelweyo anothi akuncede ekukhokeleni. iAphendiks B inesihloko "Abafazi balemihla bachukunyiswa nguYesu" kwaye iqulathe nobungqina obungathi busetyenziswe ukongeza isifundo eso. Zive ukhululekile ukufunda ngelizwi eliphezulu okanye wenzele amanenekazi iikopi ukuze agoduke nazo.

**ISIFUNDO 1**
**UYESU, UMALUSI WETHU ONOTHANDO**
**RIVKA:** ***Ingaba uyandibona mna?***

---

**Ukuqala ukwazana nawe:** Yabelana ngokufutshane (1-2 imizuzu) ibali lakho kulamacandelo alandelayo:

- ❑ Ithini imvelaphi yakho yokukholwa?

Undawoni kwindlela yakho yokholo? Ingaba ufana nqwa no Rivka ofuna ukwazi ukuba ingaba uThixo uyakubona na? Ingaba ufana no Mariya wase Magadala, omaziyo, osendeleyo kuYesu? Okanye ingaba usemaphakathini?

**BUKELA**

Umboniso bhanya-bhanya - Isahluko 1: UMariya wase Magadala uhambela endlwini ka Rivka.

**YAZI**

Kumboniso bhanya-bhanya uRivka uthi: "Ingaba nguThixo owadala konke oku? Ndiyathandabuza ukuba uyandibona mna, kwaye andiqondi ukuba uyandazi mna. Mhlawumbi uThixo ophezu konke angathanda indoda eNgcwele kodwa hayi umntu ofana nam." Njengaye uMariya waseMagadala, u Rivka nabanye abafazi kumboniso bhanya-bhanya, wonke umfazi unebali anokulibalisa. Nawe unebali onokulibalisa, Ibali ngalinye linesiqalo, linombindi ekugqibeleni libe

nesiphelo.Kula mabali kunesiqinisekiso sokuba kuno Malusi onothando- Onguyena owadala mna ngenjongo wandinika ubomi obunentsingiselo ebalini lam. Kwiveki ezimbalwa ezizayo ungeza ukuze wazi, ubone njengoko uRivka ekugqibeleni wenza njalo, ngoba unexabiso kuThixo. Uyakubona kwaye uyakwazi!

**UBUSAZI?**

Kwintetho UGqira Larry Crabb, umphicothi ngqondo ongumKrestu owaziwayo, umbhali nesithethi sathi, "Into eyoyikisayo kwiintliziyo zabafazi kukungabonakali." Ingaba uyavumelana noko?

Ngoba kutheni uvumelana okanye ngoba kutheni ungavumelani?

Elinye lamagama ka Thixo aseBhayibhileni ngu El Roi, elithetha ukuthi "UnguThixo obonayo."

**EQHUBEKAYO**

Nokuba ukweliphi inqanaba eluhambeni lwakho, uxabisekile kuThixo. Ngaphambi kokuba akudale, wakubona wakwazi.

**UThixo uyakubona:**

*"Ngokuba wena wazibumba izintso zam, Wandibiyela esizalweni sikama. Ndiyabulela kuwe ngenxa enokuba ndenziwe ngokoyikekayo, ngokubalulekileyo; Zibalulekile izenzo zakho, umphefumlo wam uyazi kakuhle. Ayengagushekile kuwe amathambo am. Mna ndenzelwayo entsithelweni, ndalukwa ndiyimfakamfele ezinzulwini zomhlaba. Amehlo akho andibona ndiseyimbumba, Zazibhalwe encwadini yakho iimini zonke ziphela; Ziyiliwe ngenxa engaphambili, kungekabikho nanye kuzo. Ke kum zinjani na ukunqaba izicamango zakho, Thixo. Asingangani isimbuku sazo! Zingathi, ndizibalile, zibe ninzi ngaphezu kwentlabathi; Ndakuvuka ndoba ndisenawe."*
**(Iindumiso 139:13-18)**

- ❑ Yintoni eshukumisa intliziyo yakho xa usiva lamazwi?
  *uThixo wandenza njengoko ndinjalo.*
  *Indlela endihlanganiswe ngayo ilungile.*
  *Phambi kokuba ndizalwe uThixo wayendazi.*

- ❑ Ingaba kunzima ukukholelwa ukuba uThixo wakudala ngalendlela uyiyo? Kutheni uvumelana okanye kutheni ungavumelani?
  *Ngamanye amaxesha andiziva ndibalulekile.*
  *Bendingazi ukuba IBhayibhile ithi ndadalwa.*

EBhayibhileni**, KwabaseKolose 1:15-16** ithi:

*"Ungumfanekiso kaThixo ongenakubonwa, owamazibulo kwindalo yonke. Ngukuba zadalelwa kuye zonke izinto, ezisemazulwini nezisemhlabeni, ezinokubonwa, nokuba ziitrone, nokuba zibubukhosi, nokuba zizilawuli, nokuba ngamagunya; zonke izinto zidalwe nguye, zidalwele yena."*

- Ngubani owakudalayo? Ekudalela eyiphi injongo?
  *uThixo/uYesu*
  *Senzelwa yena.*

- Ibaluleke kangakanani na lento kuwe?
  *Ndiyinxalenye yenjongo enkulu.*
  *Ithetha kuthi lonto kukhona injongo ngobomi bam.*

**UThixo uyakwazi:**

*Yehova, undigocagocile wandazi, Wena uyakwazi ukuhlala kwam nokusuka kwam; Uyaziqonda izicamango zam nakude. Ukuhamba kwam nokulala kwam, uyakwela; uqhelene neendlela zam zonke. Ngokuba alikho ilizwi elulwimini lam Ongalaziyo ke, Yehova, kanye. Ngasemva nangaphimbili undingqingile, Wasibeka phezu kwam isandla sakho. Kubalulekile kum oko kwazi, kuphezulu, kudinqabele.* **(Iindumiso 139:1-6)**

- Ingaba esisiqendu sikuxelela ntoni na ngoThixo?
  *Usijonga nzulu ezintliziyweni zethu.*
  *Wazi konke ngathi.*
  *Uyazazi iingcinga zethu.*
  *Uqaphela konke esikwenzayo, kwindawo esihamba kuzo nayo yonke into esiyithethayo.*
  *Uyasikhusela.*

- Ingaba iyayiguqula indlela ombona ngayo uYena? Ukuba kunjalo, njani?
  *Ndingamthemba yena.*
  *Mkhulu kunendlela endiqonda ngayo.*
  *Andizange ndicinge ukuba uThixo wazi konke ngam.*

- Ingaba esisicatshulwa sikuxelela ukuba uThixo uziva njani ngawe?
  *Undikhathalele nzulu, kangangokuba wazi nesuntswana lobomi bam.*

- ♥ **Ikwenza uzive njani lo nto?**

Ikwenza uzive uthobekile, kwaye umangaliseke nangakumbi ukwazi ukuba nangona uThixo esazi yonke into (okulungileyo, okubi nokoyiyekekayo!) Usafuna ubuhlobo bothando nawe.

**uThixo uyakuthanda:**
*"Kuba ndeyisekile kukuba nakufa, nabomi,nazithunywa zezulu, nazilawuli, naziphathamandla, nanto zikhoyo,nanto zizayo, nabuphakamo, nabunzulu, nasinye isidalwa esisimbi, asiyi kuba nako ukusahlula thina eluthandweni lukaThixo, olukuye uKrestu Yesu, iNkosi yethu."* (**KwabaseRoma 8:38-39**)

**XELA**

**Umceli mngeni:** Mhlawumbi ufana noRivka mhlawumbi awuqondi ukuba uThixo uyakwazi okanye uyakubona. Ekupheleni komboniso bhanya-bhanya, uRivka wakhetha ukukholelwa ukuba uThixo ngenene uyamthanda kwaye wabeka ukholo lwakhe kuYesu. Ngomthandazo nje olula, onjengalo ulandelayo, nawe ungakhetha ukukholelwa ukuba uYesu wakudala, uyakubona, uyakwazi, kwaye uyakuthanda. Wena! Ungamxelela namhlanje ukuba uyakholwa?

> *Thixo, Bawo wethu ozezumalwini, UNgcwele kwaye ulilungisa. Ndiyabulela ngokuba undithanda. Ndonile ngokuchasene nawe. Enkosi ngokuthumela uMsindisi njengoko wathembisayo ukuza kutshabalalisa isiqalekiso selishwa nobutyala. Enkosi ngokuba wafa endaweni yam. Ndifuna ukulandela uMsindisi wam ophilayo. Enkosi ngokundixolela nokundamkela. Amen.*

**Ngena Nzulu:** Nokuba sele ukhethe ukukholwa kulenyaniso ingoYesu, okanye usatsala nzima yintandabuzo, ngoko unganexesha kuleveki uthethe noThixo ngentandabuzo onayo. Qwalasela iivesi ezingentla uphinde uzijonge kule veki. Ukuba uThixo ikhona into akufundisa yona nentandabuzo onayo, nceda uyabe kunye neqela kwiveki elandelayo.

**Ukuzikhethela:** Yaba ibali lokuqala kwiApendiks B

**ISIFUNDO 2:**
**YESU, UMBABALI OXOLELAYO**
**Umfazi owabanjwa ekrexeza: *Ingaba angandixolela?***

---

**YABA**

Ingaba kukhona umntu ofuna ukwaba kwivesi zeveki ephelileyo ? Ingaba uThixo ikhona into aye wayityhila kuwe malunga nentandabuzo onayo?

**BUKELA**

Umboniso bhanya-bhanya - Isahluko 12: Umfazi owayebanjwe ekrexeza oxolelweyo

**Into emayiqwalaselwe yinkokheli:** Ekupheleni kwesisifundo, kuzakudingeka unike umntu ngamnye kwiqela lakho iphetshana nepen okanye ipensile.

**YAZI**

EBhayibhileni, **uYohane 8:1-11** ithi:

*"UYesu ke yena waya eNtabeni yemiNquma. Uthe ngesifingo wabuya wafika etempileni; baye bonke abantu besiza kuye; wahlala phantsi wabafundisa. Ababhali nabaFarisi bazisa ke kuye umfazi obanjwe ekrexeza; baza bemmise phakathi, bathi kuye, 'Mfundisi, lo mfazi wabanjwa ekrexeza, kanye kuloo ntlondi. Ke kaloku*

*emthethweni uMoses wasimisela ukuthi abanjalo mabagityiselwe ngamatye, uthini na ke wena?' Babesitsho ke bemhenda ukuze babe nokummangalela;"*

*"kodwa uYesu ethobe phantsi, wabhala ngomnwe emhlabeni. Uthe ke bakumana bembuza, waphakama, wathi kubo 'Ongenasono kuni makaqale amgibisele ngelitye.' Wabuya wathoba phantsi, wabhala emhlabeni."*

*"Bathe ke bona bakuva, besohlwaywa naluvalo lwabo. Baphuma ngabanye, beqalela kwabakhulu, kwada kwaba kwabokugqibela. Wasala yedwa uYesu waye umfazi emi phakathi. Ephakamile ke uYesu, akabona mntu kwakuphela ngumfazi lowo. Wathi kuye, 'Mfazindini, baphi na abo bamangaleli bakho? Akukho ukugwebileyo na?'"*

*"Wathi ke yena, noko namnye, Nkosi."*

*"Wathi ke uYesu kuye, 'Nam andikugwebi; hamba ungabuyi wone.'"*

**UBUSAZI?**

Ngexesha lika Yesu, ukukrexeza yayisesona sono sikhulu kwaSirayeli.

Ababhali nabaFarisi babesazi i**Levitikus** 20:10, "Indoda esukuba ikrexeze umfazi wommelwane wakhe,wobulawa afe umkrexezi lowo, kwanomkrexezikazi."

- ❑ Ucinga ukuba lo mfazi wayesokoliswa yintoni?
  *Wayejonga emadodeni okanye kwabanye efuna ukwamkeleka, ukuze akwazi ukuzimela, inkanuko, ubulolo/isithukuthezi, wayezinikele esilingweni, ejongwe njengomlahlelwa phandle.*

- ❑ Wayephi umlingane wakhe? Ingaba lento isixelela ntoni ngabamangali bakhe?
  *Wayengekho! Ukuba ababhali nabaFarisi babekhathazeke ngenene "ngumthetho kaMoses" ngebabeqinisekisile ukuba umlingane walo mfazi ukhona naye ekumangalelweni.*

- ❑ Ingaba ucinga waziva njani akubanjwa atsalwe asiwe esidlangalaleni?
  *Waziva esoyika ukugityiselwa ngamatye ade afe, ihlazo, iintloni, eyedwa, engaxabisekanga.*

- ♥ **Ungaziva njani xa isenzo esingalunganga osenzileyo sityhilwa elubala?**

Kuyafana naxa senze ngokunxamnye nomthetho, into evisa ubuhlungu omnye umntu okanye into evisa uThixo ubuhlungu, ezo zinto uzithatha kalukhuni azibize ngokuba sisono. Isono kukuhamba ngokwethu ukuqonda, iingcinga ezizezethu,

sisenza ukufuna kwethu ngaphezu kokufuna kukaThixo. Isono sibandakanya uhlobo lobumna okanye izenzo zam okanye zonke.

Inqanaba likaThixo eBhayibhileni lisibonisa intliziyo kaThixo, xa sithi siqhankqalaze senze ngokwemfuno zethu, siye siphulukane nokulungileyo uThixo asibekele kona, kwaye simvise ubuhlungu.

- ❑ Ingaba uThixo waphendula njani kule meko yalo mfazi kwaye wambonelela njani kwimeko yakhe?
  *Wamsindisa ekufeni okubuhlungu.*
  *Wema endaweni yomfazi kubabhali nabaFarisi.*
  *Wamnceda ukuze abamangaleli bakhe babone ezabo izono.*
  *Wammela kwisimangalo wamxolela.*
  *Wabuyisela isidima sakhe wamnika injongo entsha ebomini.*

- ❑ Ingaba kutheni impendulo kaYesu yayithetha lukhulu kuye?
  *Wamnika ubomi.*
  *Wamenza waxabiseka wabonakalisa ukuba ungumniki wexabiso.*

- ❑ Ingaba lo mfazi kwakukho nto ekwakufuneka eyenzile ukuze axolelwe?
  *Hayi, nguThixo oxolelayo kubo bonke abacelayo. Umfazi wafumana uxolelo.*

Bohluke kanjalo ke ubuhlobo noThixo kunokuba ube ngumkhonzi nje. Inkolo ithi yenza okulungileyo ukuze wamkeleke, uthandwe kwaye uxolelwe. Ubuhlobo bethu kuThixo abuxhomekekanga misebenzini ngoba sesamkelekile, kwaye sithandiwe, futhi sixolelwe.

**EQHUBEKAYO**

**UKUPHILA NOKUFA** ngamagama abalulekileyo eBhayibhileni. IBhayibhile ithetha ngobomi ngokoMoya ngokufa nangobomi basenyameni nobokufa.

**uYohane 17:3** ithetha ngobomi ngokoMoya: "Bubo ke obu bomi obungunaphakade, ukuba mabakwazi, wena ukuphela koThixo oyinyaniso, naye uYesu Kristu omthumileyo."

Ezi vesi zilandelayo zithetha ngokufa ngokoMoya.

**KwabaseKolose 2:13-14** ithi:

*"Nani, nifile nje ziziphoso nakukungaluki kwenyama yenu, unidlise ubomi ndawonye naye, enixolele zonke iziphoso. Ewucimile umbhalo wesandla owalana nathi, owawumelene nathi ngayo imimiselo, uwususile ke kanye, ngokuwubhethelela emnqamlezweni."*

- Ngokwezivesi, kwenzeka ntoni ngamatyala esasigwetyelwe wona?
  *UThixo wawacima.*
  *UThixo wawabethelela emnqamlezweni kunye noYesu.*

Asisaphili ngaphantsi "komthetho kaMoses" oxelwa yivesi engentla, ngoko ke siphila ngezithethe namasiko esiphila kunye nazo. Singabafazi siphila phantsi koxinzelelo olunzima lokufuna ukwenza kakuhle. Xa singakwazi sizama kangangoka ukuzama ukugquma ukungagqibeleli kwethu.

UThixo uyasixelela **kwabaseRoma 8:1**: *"Ngoko ke, ngoku akukho kugwetywa kwabakuKristu Yesu."*

- Ngokuya ngale vesi, yintoni eyinyaniso ngabo "bakuKristu Yesu?"
  *Abagwetywanga.*

- Singakwazi njani ukuba asigwetywanga sitshintshe indlela esizobona ngayo?
  *Singaqalisa ukukholelwa yindlela esinexabiso ngayo kuKrestu.*
  *Singatsho singcamle inkululeko.*

- Ngokwalemeko singabonisa kanjani indlela esinokuthi sibaphathe ngayo abanye?
  *Bafanelwe yimpatho ekwafana naleyo uKrestu wasolulela yona - yokungagwetywa.*

Xa uYesu wayethetha nalo mfazi wayebanjwe esona, wamxolela kodwa wamxelela ukuba ahambe angabuye one. Wamxelela ukuze abambe umntu omtsha okhululekileyo kwaye oxolelweyo. Kwangalondlela sixolelwe ngalo nkululeko kukhona uxanduva nokwazi ukuthi ungubani. Lento ke ayithethi ukuba asizusilela kwakhona, kodwa ibeka umkhomba ndlela ebomini bethu.

**1 KaYohane 1 :9-10** uthi:

*"Ukuba sithi sizivume izono zethu, uthembekile, ulilungisa ukuba asixolele izono zethu, asihlambulule kuko konke ukungalungisi. Ukuba sithi asonanga, simenza ixoki, ilizwi lakhe alikho kuthi."*

- Xa sisilela, ingaba silungisa njani kuThixo kwakhona?
  *Ngokuthi sihlambulule izono,sicele nokuxolelwa.*

**XELA**

**Umceli-mngeni:** Ukuhlambulula kuthetha ukuthi siyavumelana noThixo ngeengcinga zethu ezingalunganga, nangezenzo zethu ezingahlambulukanga. Siyavumelana Naye ukuba azilunganga, sicele intethelelo kwaye samkele ukuba sele sixolelwe nguThixo ngenxa kaKristu owasifelayo emnqamlezweni.

**Into emayiqwalaselwe yinkokheli:** Nika umntu ngamnye iphetshana nepeni kwi qela lakho.

Masenze intlambululo ibe yinto eyenzekayo:

1. Dwelisa uluhlu lwezono zonke owakha wazenza kwiphetshana wandule ke ukuzitshisa. Olu luhlu ke luphakathi kwakho no Thixo, kufuneka unyaniseke ngokugqibeleleyo. Ngokuzolileyo mcele uThixo akuncede ukuze uzibone zonke izinto ebomini bakho ezingamkholisiyo. Bhala phantsi yonke into uThixo ayibeka engqondweni yakho. Njengoko ubhala nganye nganye, zihlambulule kuThixo. Khumbula unoThixo oluthando onako ukuxolela - Wanikela ngoNyana wakhe esenzela wena!

2. Emva kokuba ugqibile ukubhala uluhlu, bhala amazwi ka **1 KaYohane 1:9** anqumleze uluhlu olo lwakho, amazwi athi: "Ukuba sithi sizivume izono zethu, [uThixo] uthembekile, ulilungisa, ukuba asixolele izono zethu, asihlamubulule kuko konke ukungalungisi."

3. Xa ugqibile ukuthandaza nokuhlambulula mbulele uThixo ngokukuxolela ngokholo, utshabalalise uluhlu lwezono ubonise ukuxolelwa nguThixo athe wakuxolela ngako ngokuthi ukrazule, uwacole okanye uwatshise ukuze ubonise indlela egqibeleleyo uThixo athe wakuxolela ngayo.

   - **Ngena nzulu:** Siphi isono sakho (uluhlu lwesono) ngoku?
     *Asikho okanye sitshabalele.*

Ukuxolelwa kuzisa inkululeko etyaleni!

**Iindumiso 103:12** uthi:

*"Kunjengokuba kude kwempumalanga entshonalanga, ukulukhwelelisa kwakhe kuthi ukreqo lwethu;"*

**KumaHebhere 10:17** uthi:

"Izono zabo nokuchasa umthetho kwabo ndingabi sakukhumbula."

Kuleveki cela uThixo atyhile isono sakho njengoko sisenzeka. Hlambulula kuThixo ucele uxolelo kwaye umbulele ngokukwamkela.

**ISIFUNDO 3:**
**UYESU, AMANDLA OKUPHILA**
**UMariya,Umama kaYesu:** ***Amandla okuphila?***

---

**YABA**

Ingaba kukhona umntu ongakwazi ukwabelana ngendlela uThixo athe watyhila ngayo isono ebomini bakhe ngale ndlela senzeke ngayo kule veki? Uphendule njani?

**BUKELA**

Umboniso bhanya-bhanya- Isahluko 3: Ukuzalwa kukaYesu

**YAZI**

**ULuka 1:26-38** uthi:

*"Ke kaloku ngenyanga yesithandathu, Isithunywa esinguGabriyeli sathunyelwa nguThixo emzini welaseGalili, ogama liyiNazarete, kwintombi, eganelwe indoda egama linguYosefu, yendlu kaDavide. laye igama lentombi leyo linguMariya. Sangena isithunywa kuye, sathi, 'Vuya wena ubabalweyo! INkosi inawe; usikelelwe wena phakathi kwabafazi.'"*

*"Uthe ke akusibona wee qhiphu umbilini ngenxa yelizwi laso; wayecamanga ukuba ungaba mbuliso mni na lo. Sathi ke isithunywa kuye 'Musa ukoyika Mariya kuba ubabalwe nguThixo. Uyabona, uyakuthabatha esizalweni uzale unyana umthiye igama elinguYESU. Yena uya kuba mkhulu abizwe ngokuba nguNyana*

*wOsenyangweni. INkosi uThixo iya kumnika itrone kaDavide uyise abe ngukumkani phezu kwendlu kaYakobi kude kube ngunaphakade nobukumkani bakhe bungabi nasiphelo.””*

*“‘Wathi ke,’ uMariya kuso isithunywa, ‘Kuya kubakho njani oku ndingazani nandoda nje?””*

*“Saphendula isisthunywa sathi kuye, ‘UMoya oyiNgcwele uya kuza phezu kwakho athi namandla Osenyangweni akusibekele; kungoko loo nto ingcwele izalwa iya kubizwa ngokuba nguNyana kaThixo. Uyabona uElizabhethe, ozalana nawe nawe naye umithe unyana ebudaleni bakhe, lowo bekuthwa ngongazaliyo yinyanga yesithandathu kuye, lowo bekuthiwa ngongazaliyo; ngokuba akukho nanye into eya kumnqabela yena uThixo.””*

*“Wathi ke uMariya, ‘Nanko umkhonzazana weNkosi makwenzeke kum ngokwelizwi lakho.’ Saza isithunywa semka kuye.”*

UMariya wayesenza umsebenzi wakhe wemihla ngemihla xa isithunywa esinguGabriyeli sifika kuye simxelela ukuba uzakuba nomntwana. Siyayazi into yokuba akunakwenzeka ukuba ubenomntwana ngaphandle kokudibana nendoda. Xa uMariya wayebuza lombuzo kuGabriyeli, impendulo yakhe yathi, *“Kuba akukho nanye into enokumohlula uThixo.”* Wacacisa kuMariya ukuba ukuze lento yenzeke, *“UMoya oyiNgcwele uzakuza phezu kwakho athi namandla Osenyangweni akusikelele.”*

- Ingaba zinto zini ezazicingwa nguMariya, ingaba waziva njani akuva umyalezo kaGabriyeli?
  *Wamangaliswa, wabhideka esoyika waziva exakiwe kwaye engohloniphekileyo*

- Nangona uMariya wayecinga kwaye eziva ngendlela ezininzi, yathini impendulo yakhe?
  *Wayezibuza ukuthi iyakwenzeka njani lento kodwa wayemthembile uThixo.*
  *Wayenomnqweno wokuba amvumele uThixo afezekise injongo Yakhe.*

- Ingaba wena ngewaphendula njani?
  *Ndandizakubuza ucinga ntoni ngenjongo esele ndinayo ngobomi bam?*
  *UYosefu yena wacinga njani?*
  *Abantu bona ngokubanzi bacinga ntoni ngokukhulelwa ungatshatanga?*

**UBUSAZI?**

UMariya wayesele engejiwe nguYosefu, ngokwemvelo yabo wayethenjiswe ngokungathi sele etshatile. Nangona uMariya wayehlala nabakubo wayesele ethathwa njengenkosikazi kaYosefu. Ukuba wakrokrelwa njengongathembekanga, uYosefu wayenelungelo lokuba amnikele ukuba abulawe njengo mfazi owayebanjwe ekrexeza okanye anyanzelwe ayishiye lo dolophu elusizini nangempoxeko. Ngoko ke ukukhulelwa kukaMariya yayiyinto enkulu kubo bobabini.

Ukukhetha ukuba athembeke kwabonakalisa ukholo ingakumbi kwiimeko awayejongene nazo.

**EQHUBEKAYO**

Ngomzuzu nje omnye ubomi bukaMariya batshintsha ngenxa yokuba uThixo wakhetha yena ukuze athwale umsebenzi ongenakwenzeka ngokwemo yobuntu. Kodwa njengokuba isithunywa uGabriyeli sathi, *"Akukho nto imnqabeleyo uThixo."* Akukho namnye apha kuthi ongacelwa ukuba makakhulelwe unyana kaThixo njengoMariya. Kodwa ke, uThixo uyasicela ukuba senze into ekunzima ukuyenza-ukulandela uYesu ngokuthemba imihla ngemihla.

Kukho mntu owakhe wathi ubomi bobuKrestu abukho nzima; abunakwenzeka.

Ezi vesi zilandelayo zibonisa ukuba akunakwenzeka ukuba uphile ubomi bobuKrestu ngaphandle koncedo loMoya oyiNgcwele.

**UMateyu 16:24** uthi: *"Wandula wathi uYesu kubafundi bakhe ,ukuba kukho othanda ukundilandela, makazincame ngokwakhe awuthwale umnqamlezo wakhe andilandele."*

**EkaYakobi 1:26** uthi: *"Ukuba ubani kuni uthi ungonqulayo, abe engalubambi ngomkhala ulwimi lwakhe, elukuhla intliziyo yakhe, unqulo lwalowo alunto yanto."*

**UMateyu 5:48** uthi: *"Ngoko yibani ngabafezekileyo, njengokuba uYihlo osemazulwini efezekile."*

- ❑ Ngokwezivesi, kufanele ukuba sihlale kanjani?
  *Zincame.*
  *Yiba nolawulo ngawo wonke amazwi owathethayo kwabanye abantu.*
  *Yibani ngabafezekileyo ngoba uThixo ufezekile.*

♥ **Ingaba uqhuba njani?**

**Emandleni wethu imiyalelo ayinakuphunyekezwa kodwa uThixo akalindelanga ukuba silandele uYesu ngokwamandla ethu. UbuKrestu bubomi obunamandla onke kwaye nguKrestu ngamandla kaMoya oyiNgcwele obangela ukuba sibe nokuphila.**

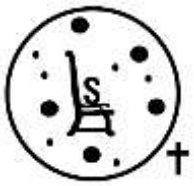
**Masijonge ukuba uMoya oyiNgcwele wenza njani ukuze sibe nako ukuphila ubomi bobuKrestu.**

IBhayibhile iyasixelela ukuba kukho iintlobo ezintathu zabantu.

1. **Umntu wemvelo** ucaciswa ngokuba akazange ameme uYesu ebomini bakhe.

   **1 KwabaseKorinte 2:14** ithi: *"Owemvelo ke umntu akazamkeli izinto zoMoya kaThixo; kuba izububudenge kuye; kananjalo akanakuzazi ngokuba ziphicothwa ngokoMoya."*
   Amanye amagama acacisa umntu wemvelo likratshi, uloyiko, ubutyala, ukungonwabi kunye nokungathobeli.

   **Ubomi Bokuzilawula (Umntu Wemvelo)**

   - **S** - Ubuwena buhleli etroneni
   - ✞ - Ukrestu ungaphandle ebomini
   - ● - Iminqweno ilawulwa bubumna, amaxesha amaninzi iziphumo zaloonto ibakukukhathezeka kodwa.

2. **Umntu kaMoya** ucaciswa njengokuba ekhokelwa kwaye enikezwa amandla nguMoya oyiNgcwele.

   **1 KwabaseKorinte 2:15** ithi: *"Ke ongowoMoya okunene uphicotha zonke izinto kodwa yena ngokwakhe akaphicothwa."*
   Amanye amagama aphawulwa ngawo umntu wakwamoya ngala ukuthembeka, ukuthobela, uxolo, uxolelo nothando.

   **Ubomi obukhokelwa nguKrestu (Umntu Wakwamoya)**

   - ✞ - UKrestu usebomini futhi usetroneni
   - **S** - Ubumna buzinikezela kuKrestu
   - ● - Iminqweno yona ikhokelwa nguKrestu ibe neziphumo ezipholileyo kunye nenjongo kaThixo.

3. **Umntu onokonakala** ucaciswa ukuba yena umeme uYesu ebomini bakhe kodwa ephila kwimpilo enokufa ezama ukulandela uYesu ngawakhe amandla.

   **1 KwabaseKorinte 3:1** ithi: *"Nam ke, bazalwana, bendingenakuthetha kuni njengabakwaboMoya; bendinokuthetha njengabakwenyama, njengakwabaziintsana kuKristu."*
   Amanye amagama aphawula umntu wenyama ngala ukuphazamiseka, ukoyiseka, ubulungisa-babantu, umdla omncinci wokukhula, namahlandenyuka wamava okukhula emoyeni.

   **Ubomi bokuzilawula (umKrestu Wenyama)**

   - **S** - Uyena uhleli etroneni
   - ✞ - uYesu uyamsusa etroneni kwaye angamvumeli ukuba akhokelele ubomi bakhe
   - ● - Iimfuno zake zikhokhelwa sisiqu sakhe, ubomi bokuzilawula iziphumo zako kukuphoxeka nokuphazamiseka

   ♥ **Yeyiphi kule mizobo mithathu ecacisa ngobomi bakho?**

♥ **Ngomphi umntu onganqwenela ukuba nguye?**

Abantu abaninzi bafuna ukukhokelwa nguMoya oyiNgcwele. Masijonge ukuba kunjani ukuphila ubomi obuzaliswe nguMoya.

EBhayibhileni sibona uThixo ebonakaliswe waziziqu ezithathu: UYise, uNyana noMoya oyiNgcwele. UThixo usibonelele ngoMoya oyiNgcwele ukuze ahlale ngaphakathi kwethu ukuze asinike amandla esiwadingayo njengabalandeli bakaKrestu. Nangona uMoya oyiNgcwele ehlala kubo bonke abantu abamkele uYesu ebomini babo, asizaliswanga nguMoya oyiNgcwele de simvumele asikhokele futhi asinike abandla. Siyazikhethela ukuba masizaliswe (sikhokelwe futhi sinikezwe amandla) nguMoya oyiNgcwele imihla ngemihla, nditsho nomzuzu nomzuzu. Ngumahluko lo phakathi komntu wakwaMoya nophila ngokwenyama.

IBhayibhile isinike umyalelo ukuze sigcwalise nguMoya oyiNgcwele.

**Kwabase-Efese 5:18** ithi:

*"Kanjalo musani ukunxila yiwayini, ekukhoyo kuloo nto ukuzibhubhisa; manizaliswe nguMoya."*

Siyazi ukuba ukuzaliswa nguMoya oyiNgcwele yinjongo kaThixo kuthi ngoba Yena wasiyalela. Sinesithembiso sikaThixo ku **1 KaYohane 5: 14-15** esithi:

*"Kuko oku ukungafihlisi esinako kuye; ukuba sithi sicele into ngokokuthanda kwakhe, uyasiva. Ukuba siyazi okokuba uyasiva esisukuba sikucela, siyazi ukuba sinazo izinto ezicelwayo, esizicelileyo kuye."*

**THETHA NGAKUMBI**

Ukuphefumla ngokoMoya kunamandla okusinceda umzuzu nomzuzu sixhomekeke kuMoya oyiNgcwele. Njengoko siphefumla ngaphandle umoya ongcolileyo siphefumle ngaphakathi umoya olungileyo sinako ukuqalisa ukuphefumla ngokoMoya.

**Phefumlela ngaphandle:** Vuma izono zakho ngalamzuzu uqalise ukuziqonda-vumelana noThixo ukuba wonile kwaye umbulele ngoxolelo.

**Phefumelela ngaphakathi:** Nikela ulawulo lobomi bakho kuKrestu uxhomekeke kuMoya oyiNgcwele ukuthi akugcwalise ngobuKho bakhe namandla okholo.

Njengoko uMariya waphendula ngokholo ethembele kuThixo kwimeko awayekuyo, sifanele ukuphendula ngokholo sithembe uThixo ukuze siphile ubomi bobuKrestu.

- ❑ Ungaphendula njani njengokuba uMariya wamphendula uThixo?
  *Ndingamthemba uThixo kwiimeko ezinzima endidibana nazo.*
  *Ndingakhetha ukuba ndibe ngothobekileyo.*

- ❑ Sigcwaliswa njani nguMoya oyiNgcwele?
  *Sigcwaliswa nguMoya oyiNgcwele ngokholo.*
  *Vuma kuThixo ukuba siziphathele obethu ubomi kwaye siphila ngawethu amandla.*
  *Kholelwa ngokholo ukuba sizalisiwe*

**XELA**

**Umceli mngeni:** Qalisa imini nganye kule veki ngokucela uThixo avumele uMoya wakhe oyiNgcwele ukuthi akhokele ubomi bakho. Yabelana ubuncinane nomntu abemnye ngento oyifundileyo kuleveki ngoMoya oyiNgcwele.

**Ngena nzulu:** Ukufunda ngakumbi ngoMoya oyiNgcwele ukuze asebenze ebomini bakho funda ezi zicatshulwa zilandelayo: **Galati 5:16-26**, **KwabaseRoma 5:1**, **KwabaseRoma 8:1**, kunye **nakwabase Efese 5:18**. Ungafunda nencwadana, *Have You Made the Wonderful Discovery of the Spirit-Filled Life?* Ebhalwe nguBill Bright. Inga odwa kwi Campus Crusade for Christ (orders@cccsa.org.za) okanye uyifumane ku **www.cccsa.org.za** or **www.cru.org/spirit/**.

**ISIFUNDO 4:**
**YESU, UMKHULULI ONAMANDLA**
**UMariya waseMagadala:** ***Ingaba angandikhulula mna?***

---

**YABA**

Ingaba ukhe wanalo ithuba lokuthetha nomntu ngoMoya oyiNgcwele kwiveki ephelileyo? Kwenzeke ntoni? Ingaba ukhona umahluko oye wawuqaphela emva kokuba uye wacela uMoya oyiNgcwele akukhokele?

**BUKELA**

Umboniso bhanya-bhanya - Isahluko 5: MARIYA WASEMAGADALA UKHULULWA KUMOYA WAMADIMONI

**YAZI**

**ULuka 8:1-3** uthi:

*"Kwathi emva koko, wayihamba imizi ngemizi, nemizana ngemizana, ezivakalisa ezishumayela iindaba ezilungileyo zobukumkani bukaThixo, babenaye abalishumi elinababini. Nabafazi abathile ababephiliswe koomoya abangendawo nasebulwelweni, uMariya ekuthiwa ngowaseMagadala, ekwakuphume kuye iidemon zosixhenxe, noYohana umfazi kaKuza, igosa likaHerode noSusana, nabanye abaninzi; bona babemlungiselela ngeempahla zabo."*

- Ucinga ukuba ubomi bukaMariya waseMagadala babunjani phambi kokuba ahlangane noYesu?
  *Wayebonakala eligeza, emdaka, engafunwa, engekho lulawulweni. Ubomi bakhe yayingebubo obakhe, wayelawulwa ziidemon. Wayengakwazi ukuzenzela izigqibo.*

- Kwakutheni angenzi nto ngokwakhe ukuze abe nako ukohlukana namademon?
  *Isenokuba wayezamile kodwa akazange abe nawo amandla angawakhe okuzikhulula.*

- Ingaba abantu baphendula njani kuye?
  *Babembaleka, abazange bamamkele kwindawo yonke, besoyika.*

**INGABA UBUSAZI?**

Ngeza ntsuku, ukuba kufutshane kumntu okhe wangenwa kwaye walawulwa ngumoya ongcolileyo bekungabangela ukuba ungahlambuluki, ungabisakwazi ukuya eTempileni okanye ukwazi ukuzibandakanya nabanye abahlali ude uqondwe ukuba uhlambulukile kwakhona.

KwiTestamente endala uThixo wabeka imithetho emininzi ukuze amaYuda alandele yona. Wanika imithetho eyahlula ukuhlambuluka nokungahlambuluki komntu. Xa umntu engahlambulukanga yayithetha ukuba lomntu makangazibandakanyi nabanye abantu nakuThixo. Kwakufuneka elindile ukuze ahlambuluke kwakhona phambi kokuba abe nobudlelwane noThixo kunye nabanye.

- Kumboniso bhanya-bhanya, ingaba waphendula njani uYesu kuMariya waseMagadala ekubeni engahlambulukanga naye?
  *Wasondela kuye, wamchukumisa kwaye wambiza ukuba uyintomi kaAbraham.*

- Ingaba ucinga kutheni imimoya engcolileyo yamshiya xa uYesu eyiyalela ukuba iphume?
  *uYesu, enguThixo unamandla phezu kwezinto zonke kubandakanya nemimoya engcolileyo ngoko ke nemimoya yamthobela.*

**KumaHebhere 1:1-3a** ithi:

*"UThixo wayethethile nje kudala ngeendawo ezininzi, nangeendlela ezininzi, koobawo ngabo abaprofeti, uthethe ngale mihla yokugqibela kuthi ngoNyana; awammisayo wayindlalifa yeento zonke, awathi kwangaye wayenza indalo yonke; othe, elubengezelo lobuqaqawuli bakhe nombhalo wenkqu yakhe, ezithwele nokuzithwala zonke izinto ngalo ilizwi lamandla akhe, wesuka akuba eyenzile intlambululo yokusihlambulula ezonweni, wahlala phantsi ngasekunene kobuKhulu, enyangweni."*

**ULuka 3:21-22** uthi:

*"Ke kaloku kwathi, ekubeni bebhaptiziwe abantu bonke, ebhaptiziwe naye uYesu ethandaza nokuthandaza, lasuka lavuleka izulu wehla, phezu kwakhe uMoya oyiNgcwele, enembonakalo yomzimba onjengehobe. Kweza nezwi eliphuma ezulwini lisithi, 'Wena unguNyana wam oyintanda, endikholisweyo nguwe.' "*

**UYeremiya 32:17** uthi:

*"Awu, Nkosi yam Yehova, yabona, walenza izulu nehlabathi ngamandla akho amakhulu, nangengalo yakho eyolukileyo; akukho nto ikunqabeleyo."*

- ❑ Ingaba zithini na ezi vesi ngoYesu nangamandla akhe?
  *Zithi uyintanda kuYise. Ungumfanekiso kaThixo.*
  *Ayikho into enzima kuye; uThixo uthetha ngoYesu.*

- ❑ Batshintsha njani ubomi bukaMariya waseMagadala emva kokuhlangana kwakhe noYesu?
  *Ubomi bakhe batshintsha ngokupheleleyo, waba ngumntu omtsha.*
  *Wayeka ukuba abe ngumntu ochasiweyo ngaphandle kwesizathu waya kubomi bokwamkelwa obunenjongo.*

- ♥ **Ingaba uThixo uthetha nawe ngeli bali lika Mariya? Ingaba ufuna ukukhululwa ndawoni ebomini bakho?**

**EQHUBEKAYO**

Ngenxa yobuhlobo bethu noThixo, uYesu angasikhulula kuwo onke amadabi esikuwo. Kwilizwe lethu namhlanje sifumana abantu befuna zonke iintlobo zezinto ezinokuthi zizise ukwaneliseka kwexeshana. Ezo ke ziquka ukutya, ukuthenga, imali, ukungcakaza, utywala, iziyobisi, imifanekiso yamanyala, umabonakude kwakunye noqhagamshelwano lwekhompyutha. Nangona imeko yokuxhomekeka inokuba khona, ngamanye amaxesha sifuna izinto ezibonakalayo ukuphilisa intlungu engaphakathi.

Nokuba ngaba imeko okuyo injani na, zonke zinefuthe elifanayo – zisigcina ekuthini singabuvi ubukho bamandla kaThixo ngokugcwalisekileyo kwiimpilo zethu.

Njengaye uMariya waseMagadala, singathi sikhululwe kumandla embophelelo siphila ubomi apho sinokuthi sifumane inkululeko kaThixo kunye nenjongo yakhe.Ngenxa yamandla kaKrestu, singaqalisa ukuphila kwinkululeko yenyaniso, soyise ukubanjwa ziimpembelelo ezingendawo kubomi bethu.

Khumbula xa ulandela uKrestu, amadabi awapheli, uThixo angasinika amandla okuma nokunyamezela kwaye angazisebenzisa ezi zinto ukwakha iimpawu azifunayo ebomini bethu.

**KumaHebhere 12:1-2** ithi:

*"Ngako oko ke, sinelifu elingakanana nje elisingqongileyo lamangqina, masithi nathi, siwubekile nxamnye wonke umthwalo, naso isono esinokusirhawula ngokusisulu, silubaleke ngomonde ugqatso ulubekwe phambi kwethu, sise amehlo kuyo iMbangi nomMgqibelelisi wokholo lwethu, uYesu, owathi, ngenxa yovuyo olwalubekwe phambi kwakhe, wawunyamezela umnqamlezo, elidelile ihlazo, waza wahlala phantsi ngasekunene kwetrone kaThixo."*

**EkaYakobi 1:2-4** ithi:

*"Kubaleleni ekuthini kuluvuyo olukhulu, bazalwana bam, xa nithe nagaxeleka ezilingweni ngezilingo, nisazi nje ukuba ucikido lokholo lwenu lusebenza umonde. Umonde ke mawube nomsebenzi ozalisekileyo ukuze nibe ngazalisekileyo abagqibeleleyo ningaswele nto."*

- ♥ **Yintoni ebomini enokuba ngumahluko xa uxhomekeke kuThixo xa uthe wagaxeleka ezilingweni?**

**XELA**

Nokuba sindawoni na kuhambo lwethu lokholo, sinemithwalo sonke. Umthwalo awayejongene nawo uMariya waseMagadala yayi ngumoya ongcolileyo, waza uYesu waba ngumkhululi wakhe onamandla. Nokuba yintoni umthwalo wakho namhlanje uYesu ufuna ukuba nguMkhululi onamandla.

**Umceli-mngeni:** Kule veki unganika uThixo nayiphi na indawo engaba inomthwalo okanye ubunzima ebomini bakho kwaye umcele ukuba akunike inkululeko. Yabela omnye umntu lento uyifundileyo.

**Ngena nzulu:** Bhala kwaye uzibophelele ekukhumbuleni **kumaHebhere 12:1-2** kwaye ucele uThixo akuncede uyiqonde kwaye uyiphile le nyaniso.

**Ukuzikhethela:** Yabelana ngebali lesibini kwiAphendiks B.

**ISIFUNDO 5:**
**YESU, UMBONELELI ONEMFESANE**
**Umhlolokazi waseNayin:** ***Ingaba angakwazi na ukundikhathalela?***

---

**YABA**

Would anyone be willing to share about the struggle/difficulty that you entrusted to God this week?

Ingaba ukhona umntu ofuna ukucengceleza incwadi **yamaHebhere 12: 1-2** oyinqayile? Ukuba akekho masiyifunde sisonke. “Ngoko ke, sinelifu elingakanana nje elisingqongileyo lamangqina; masithi nathi, siwubekile nxamnye wonke umthwalo, naso isono esinokusirhawula ngokusisisulu, silubaleke ngomonde ugqatso olubekwe phambi kwethu; sise amehlo kuyo iMbangi noMgqibelelisi wokholo lwethu, uYesu owathi, ngenxa yovuyo olwalubekwe phambi kwakhe, wawunyamezela umnqamlezo, elidelile ihlazo, waza wahlala phantsi ngasekunene kwetrone kaThixo.”

**BUKELA**

Mboniso bhanya-bhanya - Isahluko 6: UYESU UVUSA UNYANA WOMHLOLOKAZI

**YAZI**

**ULuka 7:11-17** uthi**:**

*"Kwathi ngomhla olandelayo, waya emzini ekuthiwa yiNayin. Kwaye kuhamba naye iqela labafundi bakhe, nendimbane enkulu. Ke kaloku, akusondela esangweni lomzi lowo, kwabonakala kuthwalelwa phandle umntu ofileyo, ekuphela konyana ozalwa ngunina; waye yena engumhlolokazi. Yaye ithe iNkosi yakumbona, yasikwa yimfesane ngenxa yakhe, yathi kuye, musa ukulila"*

*"Yafika ke yalichukumisa ithala, bema ke ababelithwele. "Yathi, Ndodana, ndithi kuwe, Vuka.' Wavuka wahlala umfi lowo, waza ke wathetha. Yamnikela ke kunina."*

*"Bangenwa ke kukoyika bonke. Babemzukisa uThixo, besithi, kuvele umprofethi omhkulu phakathi kwethu; besithi, Ubavelele uThixo abantu bakhe. Lwaphuma ke olo ludaba lungaye, lwahamba kwelakwaYuda liphela, nakuloo mmandla wonke."*

**UBUSAZI?**

Ithathwe ku: www.stathanasius.org/bible/oct_8_2000.html

Kwizehlo ezichazwa kuLuka, kuyabonakala ukuba umhlolokazi waseNayin wayengenamali. Okokuqala isidumbu sale ndoda sasifakwe emkhombeni ovulekileyo (vesi 14). Okwesibini xa uYesu wathetha kuye, "Ndodana, ndithi kuwe vuka" (vesi 14) waqalisa ukuthetha ngokukhawuleza. Akuzange kufuneke ukuba akhululwe kwiintambo awayebotshwe ngazo unyana womhlolokazi, singacingela ukuba wayebekwe engcwabeni. Ngokucacileyo umhlolokazi wayelihlwempu.

Ngaphantsi komthetho kaMoses, kwakungekho zibonelelo ezazisenzelwa abahlolokazi ngenxa yonyana omkhulu- owayenebango lobukhulu babenoxanduva lokuba babonelele. Ababhali nabaFarisi belo xesha babebavalela abahlolokazi xa indlala ibathwaxa bengenamali. (jonga **kuMateyu 23:14).**

- ❑ Ingaba yayintoni isidingo salo mfazi xa wayehlangana noYesu?
  *Wayengumhlolokazi kwaye ngoku wayeyedwa.*
  *Wayezilele ukushiywa kwakhe ngunyana wakhe.*
  *Wayengenandlela yokuzondla.*

- ❑ Waphendula njani uYesu kuye kwaye wabonelela njani kwimeko leyo wayekuyo?
  *UYesu wambona nesidingo sakhe.*
  *Wabuyisela unyana wakhe ebomini.*

- Yathetha ntoni lo nto kumhlolokazi xa uYesu evusa unyana wakhe ekufeni?
  *Imeko eyayijongeke ngokungathi akukho themba yaguqulwa. Wayenikwe ithemba nonyana wakhe wayebuyiselwe.*
  *Imeko yakhe yayingasabokalisi ingenathemba.*

**Iindumiso 68:5** ithi:

*"uYise weenkedama, umthetheleli wabahlolokazi, nguThixo ekhayeni lakhe elingcwele"*

- Esi sicatshulwa sisixelela ntoni ngoThixo?
  *Uyasibona kwaye uyakhathala ngezidingo zethu.*
  *Uyaqonda ukulahlekelwa kwethu ebomini.*
  *UThixo akekho kude kwaye uyakhathala kodwa unako ukuba ngutata kwabangenatata ungumkhuseli wabahlolokazi.*

**EQHUBEKAYO**

Njengomhlolokazi sonke siyavelelwa zimeko ezisicinezelayo. Singaziva singenathemba, silahlekelwe, sikuxinzelelo, sisoyika.

♥ **Ingaba unengxaki ekusokolisayo ngalo mzuzu?**

**KwabaseFilipi 4:6-7,19** ithi:

*"Ningaxhaleli nto; ezintweni zonke, mazithi iingcelo zenu ezintweni zonke, ngako ukuthandaza nokukhunga, ndawonye nokubulela zaziswe kuye uThixo. Lwaye uxolo lukaThixo, olugqithisele kuko konke ukuqonda, luya kuzigcina iintliziyo zenu neengqiqo zenu kuKristu….ke uThixo wam wokwenzelelela konke ukuswela kwenu ngobutyebi bakhe, ngozuko olukuKristu Yesu."*

- Zeziphi imfuno ezibandakanyiweyo kuzo "zonke" ezi vesi?
  *"Zonke" uthetha ukuba zibandakanya zonke.*
  *(Zibize zonke ngamagama iimfuno.)*

- Yintoni athe uThixo uya kuyenza?
  *Usinike uxolo olungaphezu kokuqonda kwethu.*
  *Ujonga iintliziyo zethu neengqondo zethu.*
  *Uyabonelela kwizidingo zethu.*

- Ngenxa yesithembiso sikaThixo sokuzalisekisa iimfuno zethu, ngoko ke kufuneka senze ntoni na?
  *Kufuneka sithandaze sixelele uThixo iimeko esikuzo simxelele konke okusihluphayo.*

- Xa sibona ukuba uThixo akazizalisekisi iimfuno zethu, ingaba sisenokumthemba yena?
  *Ewe*

**1 KaPetros 5:7** uthi:

"Lonke ixhala lenu liphoseni phezu kwakhe, ngokuba enikhathalele."

**uMateyu 6:31-34** uthi:

*"Musani ukuxhala ngoko, nisithi, 'Sodla ntoni?' 'Sosela ntoni na?' Okanye 'siya kwambatha ntoni na' Kuba zonke ezo zinto zingxanyelwe ziintlanga; kuba uYihlo wasemazulwini uyazi ukuba ezo zinto zonke ziyafuneka kuni. Funani ke tanci ubukumkani bukaThixo nobulingisa bakhe zaye zonke ezo zinto ziya kongezelelwa kuni. Ngoko musani ukuxhalela ingomso kuba ingomso liya kuxhalela okwalo. Buyanele imini leyo obayo ububi."*

- ❑ Ingaba uThixo ufuna senzeni kwezivesi?
  *Ukufuna ubukumkani bukaThixo kuqala.*
  *Ukuthembela kuThixo ukuba uyakuzikhathalela iimfuno zethu.*
  *Ungakhathazeki.*

- ❑ Ucinga ukuba kuthetha ntoni ukufuna ubukumkani bamazulu kuqala nobulungisa?
  *Kufuneka simazi uThixo nezinto azifunayo kuthi ngokuthi sifunde ilizwi lakhe kwiBhayibhile nokuthi sichithe ixesha naye sazi izinto azifunayo.*
  *Philela yena ungaziphileli wena.*

- ❑ Zeziphi iindlela zokubonakalisa inyaniso ebomini bakho?
  *Cela uThixo aguqule intliziyo yakho.*
  *Kufuneka simazi uThixo nezinto azifunayo kuthi ngokuthi sifunde ilizwi lakhe kwiBhayibhile nokuthi sichithe ixesha naye.*

**XELA**

- ❑ Siwaphosa njani amaxhala nemithwalo yethu kuYe? (bona **1 KaPetros 5:7**)
  *Mxelele izidingo zakho ngomthandazo. Mnike zonke ingxaki zakho namaxhala akho.*

**NDIXELELE NGAKUMBI**

EBhayibhileni, "ukuphosa" kuthetha ukuthwalisa umthwalo esilwanyaneni esifana nedonki okanye inkuzi yenkomo. UYesu uyasimema ukuba "siyiphose" kuye imithwalo namaxhala ethu kuye.

**Umceli mngeni:** Ingaba kukhona imithwala ofuna "ukuyiphosa" kuThixo? Umzekelo imali, ubuhlobo, izidingo zenyama (ukutya, impahla, impilo, indlu) imfuno yasemphefumlweni (ixhala, ukungonwabi,ubutyala, usizi, isithukuthezi, uxinzelelo), umsebenzi.

**uMateyu 11:28** uthi:

*"Yizani kum nonke nina nibulalekayo, nisindwayo ngumthwalo, ndoninika ukuphumla."*

**Into emayiqwalaselwe yinkokheli:** Kwelinqanaba kungadingeka ukuba nahlulane ngokwamaqela nithandazelane malunga nezizinto okanye ungathanda ukuthandazela lonke iqela.

**Ngena nzulu:** Zinikele ukuba ucele uThixo akuncede kweyona meko inzima ebomini bakho. Yaba kwiveki elandelayo kwenzeke ntoni eyimpendulo emthandazweni wakho.

**ISIFUNDO 6:**
**UYESU, UMPHILISI OGQIBELELEYO**
**Umfazi Owayenethombe Legazi:** ***Ingaba angandiphilisa mna?***

---

**YABA**

Ungaba umcelile uThixo akuncede kweyona meko ibuthathaka ebomini bakho kuleveki iphelileyo? Kwenzeke ntoni?

**BUKELA**

Umboniso bhanya-bhanya-Isahluko 9: UPHILISA UMFAZI OWAYENETHOMBE LEGAZI

**YAZI**

**uMarko 5:25-34** uthi:

*"Intokazi ethile, eyayinethombo legazi iminyaka elishumi elinambini, eyayive ubunzima obuninzi kumagqirha amaninzi, eyayityelwa konke eyayinako ingancendeki kwaphela imana ukuba mandundu: Yathi yakuva ngaye uYesu, yeza phakathi kwesihlwele ngasemva, yayichukumisa ingubo yakhe; kuba yayisithi kuba ibisithi 'ukuba ndithe ndachukumisa neengubo zakhe ezi ndosindiswa.' Watsho kwangoko umthombo wegazi wayo wayeka; yeza emzimbeni wayo ukuba iphilisiwe kweso sibetho."*

*"UYesu, uthe kwaoko waqaphela ukuba amandla angaphakathi kwakhe aphumile kuye. Wajika esesidlangalaleni wathi 'ngubani na ochukumise iingubo zam?' "*

*"Bathi kuye abafundi bakhe 'Ubona nje ukuba isihlwele sikuxinile', utsho na ukuthi 'Ngubani ondichukumisileyo?"*

*"Wasingasinga, ukuba ambone lowo uyenzileyo le nto. Ithe ke intokazi leyo isoyika kuba ikwazi oko ikwenzileyo, yeza yawa phantsi kuye yamxelela inyaniso yonke. Wathi ke kuyo 'Ntombi yam ukholo lwakho lukusindisile; hamba unoxolo phila kweso sibetho sakho.'"*

Abafundi abaninzi beBhayibhile bayavumelana ukuba elithombe legazi lingapheliyo lalinento yokwenza nokuya exesheni. Ngokomthetho weTestamente endala umfazi onethombe legazi kwakungavumelekanga ukuba aye ebukhweni bukaThixo okanye achukunyiswe ngumntu ongomnye umYuda. Naluphi na uchukunyiso lalimenza omnye umntu angahlambuluki.

- ❑ Sifundile ngokugula kwasenyameni kwalo mfazi. Ingaba bobuphi obunye ubuhlungu lo mfazi ongaba ebekuva?
  *Onke amandla akhe nemali yakhe wayezama ukufumana uncedo.*
  *Engokhethekileyo ekuhlaleni ngoko engakwazi ukuya etempileni.*
  *Wayenobuhlungu ngokwasenyameni enethombe kwaye ebuthathaka.*
  *Abakowabo kunye nezihlobo bengakwazi ukumchukumisa.*
  *Ejongene nosizi nesithukuthezi.*

♥ **Imeko yonxunguphalo ingasenza sizame nantoni na. Zeziphi iindlela oye wazama ukufumana impendulo kwimeko yakho? Ingaba ucinga uYesu uthatha ixesha elingakanani ukuba akuncede?**

Nangona wayezazi iziphumo awayezakujongana nazo, umfazi owayenethombe legazi wayelangazelela ukubona uYesu. Ukuze akwazi ukumchukumisa uYesu, umfazi kwafuneka atyhale indlela yakhe phakathi kwesihlwele esasime endleleni yakhe. Wayeqinisekile ukuba nguYesu yedwa ongakwazi ukumnceda.

- ❑ Yintoni eyenza ukuba akhuthazeke ukuthi atyhale isihlwele?
  *Wayenethemba nokholo lokuba uYesu anganako ukumphilisa.*

- ❑ Yintoni uYesu awayibuyiselayo ebomini bakhe akumphilisa?
  *Wambuyisela ngokwasenyameni, ngokwasentlalweni, ngokwasemphefumlweni nasemoyeni.*

♥ **Yintoni wena ekuthintelayo ekudibaneni noYesu?**
*Likratshi, yintandabuzo, ukuzoyikisela, uloyiko, nokucinga wonelisekile.*

UThixo uyafuna ukubuyisela ubomi bakho kuzo zonke iindawo ebomini bakhe ngokuba uyakhathala nzulu ngawe. "Andiyazi yeyiphi ezisa impiliso kakhulu,

amandla kaYesu okanye Usizi lwaKhe."- uMariya waseMagadala kwi *Magdalena: Released From Shame*

**EQHUBEKAYO**

Ukuhlaziywa komntu kungathatha ixesha. Emva kokulinda iminyaka elishumi elinesibini echitha imali imini yafika xa wadibana noYesu wazukisa uThixo ngenxa yempiliso nangenxa yempendulo kukholo lwakhe. NguThixo owongamele zonke izinto kwaye unexesha azenza ngalo. Nokuba sinokholo njengalo mfazi, usiphendula ngeendlela ezahlukeneyo, okanye ngamaxesha ohlukeneyo singalindelanga. Kubalulekile kuthi ukwamkela intando Yakhe nokuba ithini impendulo.

**KumaHebhere 4:15-16** ithi:

*"Kuba asinambingeleli mkhulu ungenako ukuvelana nezilwelwe zethu, ke, sinowayehendwayo ngeento zonke ngokokufana nathi engenasono. Masisondlele ke ngoko sinokungafihlisi kuyo itrone yobabalo, ukuze samkeliswe inceba, sifumane ubabalo lokuzisa ngexesha elililo."*

- ❑ Ingaba uYesu usiphendula njani xa sithi siye kuYe?
  *Ngokusiqonda nangovelwano olungasifanelanga.*

La mfazi wafumana kuYesu kanye okona ebekunqwenela - impilo ngokwasenyameni. Ayingabo bonke abafumana abakunqwenelayo. uPawulos wasenzela umzekelo ngamava wakhe **2 kwabaseKorinte: 12: 7-10** athi: *"Kwathi ukuze ndingaziphakamisi ngokungaphezulu ngenxa yezityhilelo eziyincamisa, ndanikwa iviko enyameni, isithunywa sikaSathana, ukuze sindintlithe. Ndayibongoza kathathu iNkosi ngaso isithunywa eso ukuba sisuke kum. Ithe yona kum 'Ubabalo lwam lukwanele kuba amandla am azalisekiswa ekuswelekeni kwamandla.' Ngoko kokukhona sendiya kuqhayisa kamnandi kakhulu ngokuswela kwam amandla, ukuze ahlale phezu kwam amandla kaKristu. Kungoko ndikholisweyo kukuswela amandla, kukuphathwa kakubi ziingxakeko, ziintshutshiso, ubunzima ngexa kaKristu kuxa sukuba ndiswele amandla kuxa ndinamandla."*

UThixo akazange amphilise uPawulos xa wayecela, ngoko ke wanyanzeleka axhomekeke emandleni kaThixo phakathi kobuthathaka bakhe. UThixo akasoloko eziphilisa iingxaki zethu zasenyameni kodwa uye asinike amandla okuthwala ingxaki leyo.

**EKaYakobi 1: 2-4** uthi:

*"Kubaleleni ekuthini, kuluvuyo olukhulu bazalwana bam, xa nithe nagaxeleka ezilingweni ngezilingo, nisazi nje ukuba ucikido lokholo lwenu lusebenza umonde. Umonde ke mawube nomsebenzi ozalisekileyo ukuze nibe ngabazalisekileyo abagqibeleleyo ningaswele nto."*

- Ngokwale vesi zithini ezinye izizathu uThixo anokuzikhetha ukusihlaziya okanye ukuphendula imithandazo ngale ndlela silindela ngayo?
  *Ufuna ukukhulisa ukholo lwethu.*
  *Ufuna ukuba sibe ngabakhulileyo ngokupheleleyo.*
  *Ufuna sixhomekeke kuye hayi eziqwini zethu.*

**XELA**

**2 KwabaseKorinte 1:3-5** ithi:

*"Makabongwe uThixo, uYise weNkosi yethu uYesu Kristu, uSozimfefe uThixo onako konke ukuthuthuzela, osithuthuzelayo kuyo yonke imbandezelo yethu,ukuze sibe nako ukubathuthuzela abakwinto yonke eyimbandezelo ngayo intuthuzelo esithuthuzelwa ngayo nathi nguye uThixo. Njengokuba iintlungu zikaKristu ziphuphumela kuthi ngokunjalo ithi nentuthuzelo yethu iphuphume ngoKristu."*

Thina maKrestu, asisuswa ebunzimeni. UYesu usinceda ukuze ubunzima obo bube ngamabali kwaye zisikhuthaze nabanye abasenokuba basebunzimeni. Inkuthazo nempiliso uThixo asinika yona ayibonwa njengento elungele thina kuphela. Sizukisa uThixo futhi simnika udumo xa sisabelana nabanye ngento uThixo asenzele yona.

**Umceli mngeni:** Ukuba uThixo angahlaziya kwisithilana ohlala kuso jonga ithuba kule veki lokuba wabe ibali lakho kunye nomntu ocinga ukuba udinga inkuthazo.

**Ngena nzulu:** Bhala iindawo apha ebomini bakho ocinga zifuna ukuhlaziywa. Kusenokuba kusenyameni, ubuhlobo, kusemoyeni. Zinikele eNkosini futhi ukholelwe ukuba uzakuhlaziyela zona.

Ukuba ngaba kukhona indawo engekahlaziywa ngendlela onqwenela ngayo, yise kuThixo. Ubulele kuye ngokholo ngayo nayiphi na impendulo. Imo yokubulela kuThixo ibonakalisa ukholo. Musa ukuyeka ukuthemba uThixo nokulunga kwakhe. UnguThixo olungileyo kwaye uyakuthanda!

Khumbula ukuba kubuninzi bethu sine neengxaki ezinzulu. Lento iyakuthetha ukuba sifune inkokheli ibe ngumhlobo othembakeleyo abe ngumfundisi okanye umcebisi. Musa ukoyika ukufuna uncedo ukuze uhlaziyeke ngokupheleleyo. Cela uThixo akuncede ufumane umntu ogqibeleleyo.

**Ukuzikhethela:** Yaba ibali 3 eliku Aphendiks B.

**ISIFUNDO 7:**
**UYESU, AMANZI OKUPHILA**
**Umfazi Emthonjeni:** ***Ingaba angandanelisa mna?***

---

**YABA**

Ingaba uThixo ukukhuthaze njani kule veki kwimo yobomi bakho efuna ukuhlaziyeka?

Ingaba unalo na ithuba kule veki ukuthi ukhuthaze umntu ngebali lakho, ingaba unganako?

**BUKELA**

Bukela umboniso bhanya-bhanya - Isahluko 7: UMFAZI EMTHONJENI

**YAZI**

**UYohane 4:7,9-26,28-30,39-40** uthi:

*"Uthe ke ngoko uYesu nabafundi bakhe besuka eJudiya besingise eGalili, ebulalekile kukuhamba wahlala kufutshane komthombo owenziwa nguYakobi."*

*"Kufika intokazi yelamaSamariya isiza kukha amanzi athi uYesu kuyo Ndiphe ndisele. ( Kuba abafundi bakhe bebemke baya kuthenga ukudla emzini apho)*

*“Ithi ke ngoko intokazi engumSamariyakazi kuye “uthini na wena ungumYuda nje ukucela kum into eselwayo ndingumSamariyakazi nje?” (Kuba akanabudlelwane amaYuda namaSamariya.)*

*“Waphendula uYesu wathi kuyo ‘Ukuba ubusazi isipho sikaThixo, nokuba ngubani na lo uthi kuwe: Ndiphe ndisele unge ucele kuye wen, a wakupha amanzi aphilileyo.’*

*“Ithi intokazi kuye ‘Nkosi akunanto yakukha nequla linzulu uwazuza phi na ke amanzi aphilileyo lawo? Wena umkhulu yini na kunobawo wethu uYakobi owasinikayo iqula eli wayesela kulo nabantwana bakhe nemfuyo yakhe?’*

*“Waphendula uYesu wathi kuyo, ‘Bonke abasela kula manzi baya kubuya banxanwe keyena othe wasela kuwo amanzi endiya kumpha wona mna, akasayi kuza anxanwe naphakade. Ayakusuka amanzi wona abe ngumthombo kuye wamanzi ampompozela ebomini obungunaphakade.’*

*“Ithi intokazi kuye ‘Nkosi ndiphe loo manzi ukuze ndinganxanwa, ndingezi nokuza kukha apha.’*

*“Athi uYesu kuyo ‘Hamba uye kubiza indonda yakho ize apha.’*

*“Yaphendula intokazi yathi ‘Andinandoda.’ ”*

*“Athi uYesu kuyo ‘Ulungisile ukuthi andinandoda.’ Inyani yeyokuba, ubunamadoda amahlanu onayo ngoku asiyondoda yakho unyanisle ukutsho.’*

*“Ithi intokazi kuye ‘Nkosi ndiyabona ukuba ungumprofeti wena. Oobawo bethu babenqula kule ntaba nina ke nithi iYerusalem indawo apho abantu bamelwe kukunqula khona .’ “*

*“Athi uYesu kuyo ‘Ntokazindini kholwa ndim ukuba kuza ilixa eningasayi kuthi nakule ntaba naseYerusalem nimnqule uBawo. Nina ninqula eningakwaziyo thina sinqula esikwaziyo ngokuba usindiso luphuma kumaYuda. Kodwa kuza ilixa, nangoku selikho, xa abanquli abayinyaniso baya kumnqula ubawo ngoMoya nangenyaniso; kuba uBawo ufuna abanjalo ukumnqula .UThixo unguMoya; abo ke bamnqulayo bamelwe kukumnqula ngoMoya nagenyaniso.’ ”*

*“Ithi intokazi kuye ‘Ndiyazi ukuba uMesiya uyeza ekuthiwa nguKristu, xa athe weza yena, uya kusityela izinto zonke.’”*

*“Athi uYesu kuyo ‘Mna ndithethayo nawe ndinguye.’”*

*“Kwathi kwangoko bafika abafundi bakhe, bamangaliswa kukuba athethe nomntu oyinkazana; noko ke akubangakho namnye owathi, ‘Ufuna ntoni na?’ okanye, ‘yini na ukuba uthethe nayo?’”*

*"Yawushiya ngoko umphanda wayo intokazi yemka yaya ekhaya, 'Ithi ebantwini Yizani nibone umntu ondixelele izinto zonke endakha ndazenza lo akangebi nguye uKristu yini na?' Baphuma ke ekhaya baye besiza kuye."*

*"Ke kaloku kwakholwa kuye into eninzi yamaSamariya kuloo mzi ngenxa yelizwi lentokazi leyo yangqinayo yathi 'Undityelele izinto zonke endakha ndazenza' Akufika ngoko kuye amaSamariya amcela ukuba ahlale nawo. Wahlala khona ke imihla emibini. Into eninzi yakholwa ngakumbi ngenxa yelizwi lakhe."*

*"Kanjalo babesithi kwintokazi leyo, 'Asisakholwa ngenxa yokuthetha kwakho, kuba sizivele thina ngokwethu, sazi ukuba, inyaniso, lo unguye uMsindisi wehlabathi uKristu.'"*

- Lithini ibali lale ntokazi?
  *UmSamariya (isizwe esixubeneyo)*
  *Utshate izihlandlo ezihlanu. Akatshatanga kodwa ngoku uhlala nendoda.*
  *Uqinisekile, ukrelekrele, mhlawumbi unomtsalane emadodeni.*

**UBUSAZI NA?**

Yayingamkelekanga ukuba indoda nomfazi bohlanga olwahlukeneyo bathethe ePalestina kudala.

Kwakukhona ukungavani phakathi kwamaYuda namaSamariya ngela xesha njengokuba amaSamariya aye luhlanga oluxubeneyo. Lo mfazi wabuza, "ucela njani kum amanzi ndingumSamariyakazi?" KumaYuda ngelo xesha igama elithi Samariya belifana negama elithi "inja." AmaYuda ebehamba imigama emide engafuni ukuhamba agqithe okanye adibane namaSamariya.

Into yokuba le ntokazi ize kukha amanzi emthonjeni emini isixelela nto ngayo. Kungokuba abantu babesele besithi ungumlahlwa ngenxa yesimo sakhe esibi kwaye wayesele engafunwa ekuhlaleni.

Le ntokazi yayingalindelanga ukuba uYesu angathetha nayo ade acele namanzi.

- UYesu wayiqala ngokwakhe intetho kunye nale ntokazi. Lento isicacisela ntoni na ngoYesu?
  *uYesu usamkela ngaphandle kwemo esiyiyo, ubuhlanga okanye imo yomtshato.*

- Ucinga ukuba yintoni eyabangela uYesu abuze le ntokazi ngendoda yakhe?
  *Wayefuna yazi ukuba wazi yonke into ngayo nokuba unguThixo.*
  *Wayengadingi ukuphiliswa ngokwasenyameni, wayenezinye iimfuno.*

UYesu wathetha ngokucacileyo malunga nebali lakudala lale ntokazi nemeko ahlala kuyo ngoku. Ayikho into eyayifihlakele. Wakuqonda ukwaphuka nentlungu awayenayo ebomini bakhe. Akazange amchase. Wabanemfesane wambonisa indlela eya ebomini ayiyo yena Yesu.

- Yayizizalisekisa njani na le ntokazi iimfuno zayo?
  *Ngokubalekela kwindoda nendoda, ukuzalisekisa lo mfuno eyayinokuzalisekiswa nguThixo yedwa.*

- Zeziphi iindlela esithi sizame ukuzalisekia iimfuno zethu namhlanje?
  *Ukuchitha ixesha lethu kwizinto ezingenguye uThixo, umzekelo: ukutya, ubuhlobo, ukuba nezinto, ikamva, inkangeleko kunye nolonwabo.*

- Wathi uYesu uyakuzifezekisa njani iimfuno zakhe? Ingqamene njani le nto nathi?
  *Ungamanzi okuphila, Yena okwaziyo ukonelisa iimfuno ezinzulu. Wanika intokazi emthonjeni usindiso, uxolelo, nokoneliseka.*

**EQHUBEKAYO**

Abantu abakholelwa ngenyaniso kuYesu baqalisa ukubona utshintsho kubo, izimvo nobume babo butshintse. Babe "ngabantu abatsha."

**2 KwabaseKorinte 5:17** ithi:

*"Ngoko ke, ukuba ubani ukuKristu usisidalwa esitsha; zonke izinto ezindala zidlule; bonani zisuke zaba ntsha izinto zonke zakhe."*

UmSamariyakazi kwangoko waya kuxelela abanye kwidolophana yakhe ebonisa ukuba ukholiwe kuYesu kwaye uzelwe ngokutsha.

Zintathu izinto ezenzekayo ngenxa yentetho umSamariyakazi wayenayo kunye noYesu. Izolo lakhe alizange likwazi ukumahlukanisa noThixo. Abantu kwindawo awayehlala kuyo bazana noYesu ngenxa yakhe. Abalandeli bakaYesu bawela umda wobuhlanga.

**KumaGalati 3:28** ithi:
*"Akusekho mYuda, namGrike; akusekho khoboka nakhululekileyo; akukho ndoda nankazana; kuba nonke nimntu mnye, nikuKristu Yesu."*

**UYohane 7:37-39** uthi:
*"Ke kaloku, ngomhla wokugqibela, ongowona mkhulu womthendeleko, wema uYesu, wadanduluka esithi, ukuba kukho othi anxanwe makeze kum asele. Lowo ukholwayo kum njengoko satshoyo isibhalo kuya kumpompoza imilambo yamanzi aphilileyo iphuma embilinini wakhe. Oku wakutsho ke ngaye uMoya abebeza kumamkeliswa abo bakholwayo kuye; kuba ebengekamkelwa uMoya oyiNgcwele ngokuba uYesu ebengekazukiswa."*

- Ithetha ntoni ukuthi kuya kumpompoza amanzi kuthi?
  *UYesu ungamanzi okuphila ampompozela thina xa sikholwayo asinike ubomi obungunaphakade.*
  *Ngawo amandla kaMoya oyiNgcwele osisiqu sikaYesu umpompozela thina.*

**KumaGalati 5: 22-23** ithi:

*"Ke sona esoMoya isiqhamo luthando, uvuyo, uxolo, ukuzeka kade umsindo, ububel,e ukulunga intembeko, ubulali, ukuzeyisa, akukho mthetho uchasene nezinto ezinjalo."*

Xa sivumela uMoya oyiNgcwele alawule ubomi bethu siqalisa ukubona utshintsho kuthi kwaye abanye babona isiqhamo ebomini bethu.

**XELA**

- Loluphi uhlobo lomntu uYesu athi lifunwa nguYise? (Jonga iphepha ekuqaleni kwesisicatshulwa.)
  *Abanquli benyaniso( Baninzi abanquli ehlabathini kodwa uThixo ufuna abanquli abayinyaniso, abo banobudlelwane naye.)*
  *Abamnqula ngoMoya nangenyaniso.*

Noxa singayazi ukuba ngobani abayakuphendula, njengomSamariyakazi, kufuneka sixelele abanye ngento uThixo asenzele yona.

**UYohane 4:39** uthi:

*"Ke kaloku, kwakholwa kuye into eninzi yamaSamariya kuloo mzi ngenxa yelizwi lentokazi leyo yangqinayo yathi 'Undityele izinto zonke endakha ndazenza.' "*

Umlahlelwa ngaphandle womfazi waba liqhawekazi kuloo dolophana. UYesu wamxolela umfazi wamsebenzisa ukuba abize abanye kulo mzi beze kuThixo.

**Umceli mngeni:** Ngubani ebomini bakho ocinga ukuba usafuna ukwazi ngezinto uThixo akwenzele zona? Xelela abanye kwangale ndlela ukuze babe ngabanquli benyaniso. Dwelisa abantu uqalise ukuthandaza ukuze xa bathe beva ngoYesu baze kuYesu njengoko yenzayo intokazi yomSamariyakazi.

Uvuyiswano lweveki ezayo luzakuba nexesha lokwabelana. Imibuzo elandelayo ingakunika umkhomba ndlela ekucingeni kwakho.

- Ingaba indlela ocinga ngayo ngoYesu iye yatshintsha emveni kwesi sifundo? Ukuba kunjalo, kwenzeke kanjani?
- Yeyiphi indawo ebomini bakho ofuna itshintshe ngenxa yesisifundo?
- Uyesu ubuchukumise njani ubomi bakho ngoku ufunda esi sifundo ngaye?

**Ukuzikhethela:** Yabelana ngebali lesine kwiAphendiks B.

**ISIFUNDO 8:**
**UYESU, ISIHLOBO SANAPHAKADE**
**Masibhiyoze!**

---

Lixesha lokuba sonwabe ngento uThixo ayenzileyo ngexesha lesisifundo! Siza kuzonwabisa!

Ngubani ocinga ukuba uyakuzuza ngokubukela u*Magdelena: Released From Shame*, akugqiba abelane ngeBhayibhile? Masenze uluhlu lwabo bantu ngoku. Khumbula indlela ukubukela lo mboniso okuyivule ngayo intliziyo yakho kuThixo. Kha ucinge xa inokuvula intliziyo yomhlobo wakho.

_____
_____
_____
_____

**Qaphela nkokheli:** Ngalo mbhiyozo wena njenge nkokheli funa ukuyenza ngokukhethekileyo (ngemihombiso, ukutya okukhethekileyo, izipho ezincinane, sitshintshe le ndawo besikuyo nantoni enokuyenza ibe yekhethekileyo) Ingqiqo yeyokonwabela ixesha ebesikunye nokwenziwe nguThixo ngexesha ebesisonke. Ngezantsi ngamacebiso. Zive ukhululekile ukwenza utshintsho apho kuyimfuneko.

**1.** Vula ngomthandazo, ubulele kuThixo ngezi veki zisixhenxe zesifundo.

**2.** Chitha ixesha nibhiyoza ngokutya nonwabile kwaye ninobudlelwane (kangangemizuzu eyi-30.)

**3.** Xa ixesha lisihla nika imizuzu eyi-30 ixesha lokwabelana ngemibuzo ekupheleni kwesifundo 7.

**4.** Ukuba alikho itsha ntliziyo elifuna ukuqala, inkokheli kufuneka izilungiselele ukwaba ngokufutshane kumbuzo omnye.

**5.** Chithani ixesha kunye ngomthandazo iqela lonke libulele kuThixo ngento yonke ayenzileyo ebomini benu. Nifake nezicelo zemithandazo iqela elo elinazo.

**6.** Apha ngezantsi "sisifundo" sokukhuthaza amakhosikazi kwiqela elo abanokuthi bazidlulise kwabanye ngalento bayifundileyo. Injongo kukubanceda ze bathathe inyathelo lokholo babelane ngalo mboniso nabanye okanye bakhokele amaqela angawabo. Baxelele into ethethwa zezizifundo nendlela okhule ngayo ngenxa yokukhokela bona.

Usalikhumbula ibali lomSamariyakazi emthonjeni? Washukunyiswa watshintshwa nguYesu waza wabaleka ukuya kuloo dolophana exelela abantu ngoYesu, ngenxa yalo nto, baninzi abantu abakholwayo kuloo dolophana ngenxa yobungqina bakhe. **KuMateyu 28:19-20** uYesu wanika uMthetho oMkhulu kubafundi bakhe, "Hambani ngoko niyekuzenza abafundi iintlanga, nibabhaptizela egameni likaYise, loNyana, loMoya oyiNgcwele nibafundise ukuba bazigcine zonke izinto endiwisele umthetho ngazo."

Lo ke ngumyalelo nomceli mngeni wethu namhlanje njengabalandeli bakaKristu! Ngubani ocinga ukuba uyakuzuza ngokubukela u *Magdalena: Released from Shame,* akhe abelane kwisifundo seBhayibhile? Masenze uluhlu labo bantu ngoku. Khumbulu indlela ukubukela lo mboniso okuyivule ngayo intliziyo yakho kuThixo. Khawucinge xa inokuvula intliziyo yomhlobo wakho. Khawucinge indlela esinokubabonisa ngayo lomboniso aba kuluhlu lwamagama esiwadwelisileyo. Bangafuna iboniswe emakhaya. Cingani nimise nomhla eningabonisa ngayo nokuthi ningancedana kanjani. Masibone ukuba uThixo uzakwenza ntoni na ngathi.

**7.** Vala ngomthandazo.

**IINGCEBISO NGOKUQHUBEKEKA NESI SIFUNDO:**
Ten Basic Steps for Christian Maturity ka Dr. Bill Bright
How to Forgive... When You Don't Feel Like It ka June Hunt
Seeing Yourself Through God's Eyes ka June Hunt
Lord, I Want To know You ka Kay Arthur
Practical Christian Living developed ka Priority Associates
Your Scars Are Beautiful To God ka Sharon Jaynes

## I-Aphendiks A
## Ingcebiso zokukhokela iqela elincici

Isuka ku-*Leading a Small Group: The Ultimate Road Trip*, ushicilelo lwesibini, kumbhalo we Kopi ka 2005, we Cru Press yombutho weCampus Crusade for Christ, Inc., Orlando, FL, USA.

Ithatyathwe ngelungelo kwi-*The Ultimate Roadtrip* 2008 Cru Press. Ifumaneka kwa-CruPress.com.

### UKUDIBA IZIGINGQI

Kuzo zonke iindlela athi amaqela amancinane azihambe kukhona imiceli mngeni eba khona. Kukhona umbuzo ongunqgondonqgondo: "Yintoni ubudlelwane phakathi komthetho womntu noBukhulu bukaThixo?" Okanye uhlangana nomntu ongayekiyo ukuthetha omaziyo, kodwa uyazi ukuba kufuneka afumane umoya kwakamsinya (kodwa hayi ngokukhawuleza kuwe). Okanye umntu wenze intetho ngemfuza, "Esithi iBhayibhile ayichasene ngesondo ungekatshati xa umntu umthanda."

Ukungqubana kwingxoxo kwamaqela amancinane kungadala ububi. Uyakumangala ingaba kutheni ukhethe ukukhokela eliqela. Iinkokheli ziyasokola xa kuvela imibuzo engalindelekanga ngoba kunzima xa ungazilungiselelanga kwezinye imeko.

Esi sahluko siyakuthi sivavanye ezinye ingxaki eziqhelekileyo ezithi zivele kwiqela elincinane. Kusenokuba sele uhlangene nezinye ngaphambili, ukuba akunjalo, uzakuhlangana nazo kwixesha elizayo.

### IINGXAKI EZILISHUMI EZIKWIZINGA ELIPHEZULU KWIINGXOXO

**1. Xa Kuthulekile**
"Iqela lam lithula cwaka emva kokuba ndibuze umbuzo. Ingathi bafungile ukuba bazakuthula bathi cwaka."

Ukuba umbuzo ubulungile, phola, abantu badinga ixesha lokuba bacinge. Emva kovavanyo uzakuqalisa ukulazi iqela lakho uyakufumana kulula ukohlula xabethule becinga okanye bethule bengawuqondanga umbuzo lowo uyakube ubuzwa. Ukuba awuqondi ukuba yintoni, buza, "Ingaba umbuzo lo uyavakala na?"

Ukuba umbuzo ubungaqondakali okanye kukhona abakuphosileyo, phinda ubuze umbuzo kwakhona. Masithi umzekelo, ubuza ukuba, "Ngubani onengxaki yokuxolela?" kwaye iqela lithe cwaka. Awuqinisekanga ukuba bayacinga, okanye bayoyika, okanye abawuqondanga umbuzo. Ungalandelisa ngomnye umbuzo othi, "Ngubani onesingqala ngakuye? Ingaba ukhona ofuna ukwabelana ngomzekelo?" Khumbula ukusebenzisa imibuzo evulekileyo, engenakuphendulwa ngo "Ewe" okanye u "Hayi." U "Ewe" okanye u "Hayi" uzakuvala amathuba okuba kuxoxwe ngokuvulekileyo.

Nantoni na oyenzayo musa ukuvala inzolo ngokushumayela. Kulungile, kwaye kubalukile ukuba wabelane ngencoko kwaye ube semngciphekweni, kuchase ukuthetha ugcwalise nje inzolo. Ezinye inzolo zibalulekile ukuthi zivumele ukuba kucingwe ngombuzo. Ukuba uyakhawulezisa ukuthetha, abantu bazakube bemamele wena bengacingi ngeempendulo zabo.

Bakhuthaze ngokuzibonakalisa kumzimba wakho. Xa ubajonga mabakhuthazeke. Ncuma. Phola. Yoyamela kufutshane nomntu othethayo xa umamele. Nqwala intloko xa umamele.

Bakhuthaze ngokuthetha nabo xa ubaphendula: Baqinisekise xa umntu ethetha ngempendulo engagwebiyo usithi, "Enkosi ngegalelo lakho." Ncoma impendulo ezizizo ngempendulo ethi, "Igalelo eligqibeleleyo" okanye "Yingcinga elungileyo." Dlulisa ukwamkeleka. Ungagwebi. Bonisa uvuyo xa abantu bevelisa iingcinga ezintsha, chaza indlela ova ngayo okanye buza umbuzo.

Biza umntu obonakala enento afuna ukuyikuthetha.

**2. Impendulo Engalunganga**
"Ingxaki enkulu kuxa umntu enika impendulo engeyiyo. Ndivela ndihlale ngoncumo oluphazamisekileyo ndakugqiba ndingazi ukuba ndithi, 'Uh…Err…Umm.'"

Sebenzisa ubulumko. Jonga ukuba impendulo ngenene ayisiyiyo okanye yinto yokuba iingcinga azifani nezi zakho.

Yiba nenceba kwaye uzinonophele. Ungavumeli ukuphathwa ngabo.

Wujike umbuzo ubuze omnye umntu okanye uwujongise kwiqela lonke. Thetha into enjengale, "Ingaba kukhona umntu onenye into eyahlukileyo angayongeza?"

Lijongise iqela kwisicatshulwa esigqithileyo sebenzisa imibuzo ekhokelayo ukuze bakwazi ukufumana inyaniso kuyo.

Ukuba ngaba yimpendulo eyahlukileyo, itsho into enje ngale: "Yingcinga enika umdla leyo. Ufikelele njani kulongcabango?" Bakhokelele enyanisweni ngokuthobeka.

**Qaphela:** Ngamanye amaxesha kuyinto elungileyo ukuba unikezele ngempendulo xa iqela elo lingenako ukucacisa: "Ndiyaqonda ukuba kutheni ucinge kanjalo, kodwa…." Umzekelo, ukuba umntu uthi iBhayibhile igcwele zimpazamo awukwazi ukuba ugqithele kumbuzo olandelayo kwakamsinya.

Sebenzisa ubulumko ekucingeni ukuba zeziphi impazamo ongathetha ngazo kwiqela elo. Kulungile ukungathethi ngezinye iingxoxo kwiqela. Umzekelo: "UThixo unceda ozincedayo." ingalungiswa liqela. Ngaphezulu, kungakuhle ukuba kuxoxwe ngale ngxubaxaka ngumntu wonke kwiqela elo.

Ngoko ke, lumkela intetha efana nale: "IBhayibhile ayichasanga abantu abathandana ngesini esifanayo." Abafundi bacinga ukuba uDavide wayelitalase." Impendulo efanelekileyo iyakuthi: "Sesiphi isahluko okhe wasifunda eBhayibhileni ngobutalase? (lindela inzolo) Andifuni ukuthetha ngesi sihloko ngoku, kodwa ndicinga ukuba ufunda esi sahluko ngokwakho uyakugqiba ngokwahlukileyo. Ndinazo inkcukacha endingeza nazo kuwe." Dibana nalomntu nobabini qha.

Suzifaka impendulo ezingezizo xa ushwankathela.

**3. Isiphithikezo Esiphazamisayo**
"Kwiveki zonke xa sixoxa kwiqela iziphazamiso zisoloko zivela. Kuyenzeka ukuba ifoni ikhale, omnye aphakamise intloko yakhe okanye umntu wonke ufuna ukuphuma kwamsinyane baleqa ukubukela inkqubo kumabonakude."

Cela lomntu ohlala apho nihlangana khona ukuba umashini uthathe imiyalezo kwimfonomfono, okanye ikhutshwe imfonomfono embaneni.

Ukuba ayiphumeleli, hlanganelani kwindawo apho kungekho ziphazamiso.

Ukuba iqela lisoloko liphazamiseka ngamaxesha okudibana, phinda ulivavanye ixesha layo.

**Qaphela:** Ukuba ufuna ukulitshintsha ixesha leqela, yenza njalo. Kodwa musa ukwenza oko rhoqo, ngoba kukho umntu onento esuke yavela. Kwakamsinyane akekho oyakuthi alazi ixesha lokudibana, kwaye wonke umntu uyakufuna iqela elo lishukumele bona.

Nokuba iziphazamisi zingangakanani na musa ukungabi namonde. Ukuba uthe wanomsindo uyakubangela iqela elo live ubunzima ude kuphembeleleke.

Ukuba kufanelekile, beka isalathiso ecangweni. Cinga ngencubeko. Okanye umzekelo ungathi, "Ngexesha LeBible Study….hlala ngaphandle." ayisiyonto ofuna ukuyithetha. Thetha into efana nale "Sine Bible Study ukusuka ngo 7-8PM. Singavuyela ukuba uzibandakanye nathi," ingasebenza ngcono.

**4. Umbuzo Onzima**
"Ngenye imini omnye wamanenekazi uye wandibuza ukuba ngaba uKrestu uza kubuya phambi kwengcinezelo enkulu. Ndiyifundile incwadi yesiTyhilelo kodwa andingomfundi weBhayibhile."

Vuma ukuba awunayo impendulo elungileyo, kodwa baxelele uzakuyijonga. Cela umntu osele ekhulile ngokwasenkolweni, njengomfundisi wakho okanye umcebisi wakho, ukuba ingaba bangayazi na impendulo okanye ingaba banazo izixhobo apho umntu angazifundela kuzo ukuzama ukujonga impendulo. Babuze ukuba kutheni befuna ukwazi. Subeka ixesha lakho ufuna impendulo ukuba abanamdla wokwazi.

Isengaba yinto enkulu kubo ukuba benze uphando baphinde babuyele kwiqela. Bayakufunda lukhulu ukuba bayalifumana ixesha lokuba bazifundele ngokwabo. Kungafuneka benikwe izixhobo zokuba bakwazi ukuqalisa.

**5. Iqela Linengxaki Yokugqibezela Isifundo**
"Bonke abafazi kwiqela lam banexesha elimnandi kwenza oko ndingakwazi ukusigqibezela isifundo."

Lonto ke inokwenziwa zizizathu ezibalekayo. Esokuqala, isenokuba amalungu eqela ayathanda ukuthetha nokudlala kananjalo, kunzima ukufunda okanye ababini eqeleni banento eninzi yokuthetha ngombuzo ngamnye yenze ke lonto ungakwazi ukufikelela kubo bonke.

Ukuba ngaba ingxaki bayathanda ukuthetha ixesha elide ekuqaleni kwengxoxo: Misa umkhomba ndlela kwasekuqaleni. Thatha amathuba ulicebe ixesha enizakudibana ngalo nonke nabelane, nidlale kwaye nazane. Cacisa ukuba eyona njongo yokudibana rhoqo ngeveki kukuba nibe nexesha nifunda ngoThixo naseLizwini Lakhe. Ukuba baye bathabatheka ngentetho ngoko ke ungathi kubo, "Kulungile, lixesha lokuba sibuyele ekufundeni ngoThixo nase Lizwini Lakhe, ngoko ke masibuyele kwisifundo."

Lumkela imidlalwana ukuba ngaba yinto eqhele ukwenziwa liqela. Bagcine beshukuma okanye behamba-hamba ungabavumeli bachithe ixesha elininzi, ngaphandle kokuba ubusele ucebe ukuyinika ixesha elininzi.

Ukuba ngaba ingxaki bathanda ukuthetha ixesha elide ekuqaleni kwengxoxo: Misa umkhomba ndlela kwasekuqaleni. Thatha amathuba ulicebe ixesha enizakudibana ngalo nonke nabelane, nidlale kwaye nazane. Cacisa ukuba eyona njongo yokudibana rhoqo ngeveki kukuba nibe nexesha lokufunda ngoThixo naseLizwini Lakhe. Ukuba baye bathabatheka ngentetho ngoko ke ungathi kubo, "Kulungile, lixesha lokuba sibuyele ekufundeni ngoThixo nase Lizwini Lakhe, ngoko ke masibuyele kwisifundo."

**Qaphela:** Ezinye ingxoxo zinenzuzo ungade ungafuni ukudlula kuzo. Xa lonto isenzeka, lindela nayiphi na imeko. Khetha indawo eyiyo ukuze uvale isifundo kwangexesha. Kwi veki elandelayo uyakuthatha apho ushiye khona okanye uye kwisifundo esitsha.

**6. Ongayekiyo Ukuthetha**
"Ngenene ndiyamthanda uDanielle, kodwa uthetha oko angayeki. Abanye abafazi bayazama ukuthetha uDanielle uyabaphazamisa. Kufana nomdlalo we-ping pong, bathetha okuthile naye afune ukuthetha. Uyalongamela iqela. Nokuba kukanye ndingathanda ukubona nabanye abafazi bethetha ngaphandle kokuphazanyiswa."

Yijongise imibuzo kwamanye amalungu eqela: "Masive kwabo abangakafumani ixesha lokuthetha."

Ukujonga umntu emehlweni kuyabakhuthaza ukuze abantu bakwazi ukuthetha, hlala ecaleni komntu othanda ukuthetha iyawacutha amathuba wokuba umntu ajongwe emehlweni.

Ukuba kusekho ingxaki cela oyena uthethayo akuncede ukuba akhuthaze abathulileyo bathethe okanye umcele bucala ukuba angaphenduli kwakamsimnya. Akukho namnye ofuna ukuqala intetho kodwa ukuba uvumela imeko embi iqhubeke ungayiqwalaselanga, iyakuthi ivise ubuhlungu kuwo wonke amalungu eqela.

**7. Ilungu Elithuleyo**
"Ngalo lonke ixesha xa ndikunye no Tracy, nguye othethayo kodwa ngena naye eqeleni kunzima ukuthetha nento le."

Buza imibuzo engqalileyo engekho-mngciphekweni ukuze kumntu oneentloni kube lula ukuphendula. Umzekelo, "Tracy ndinomdla ukuva ezakho iingcinga. Zithini ezakho iingcinga kule nto sigqiba kuthetha ngayo?"

Hlala apho uzokwazi ukubona wonke umntu kunye nabo bangathandiyo ukuthetha.

Nika ukukhuthaza xa abantu abanentloni bephendula uyakube ukhuthaza ukuthi bakwazi ukuphinda baphendule.

**8. Ophuma Ecaleni**
"Andazi ukuba benza njani, ngoba siqale ukuthetha ngomthandazo ngaphambi koko besithetha ngendibano zasebusuku ebesikuzo kwizikolo zemfundo ephakamileyo. Aba bantu babonakala okwabantu abanesibabalo sokwazi ukuphuma ecaleni."

Zama ukuba usebenzise ubuchwepheshe ubonise imo eyamkelekileyo.

Sebenzisa umbuzo olungileyo ukubuyisela ingxoxo kwindawo elungileyo.

Thetha into ethi “Sibonakala sinika umdla esisihloko, kodwa sijonge kwi _____ namhlanje, masithethe ngayo. Ukuba siye sanalo ixesha ekugqibeleni singabuyela kwesi sihloko.”

Njengoko ufumana amava uyakufunda ukuba leliphi ixesha elililo lokubuyisela iqela emxholweni.

Ngokuqhulayo ungathi, “Xa sithetha ngesisihloko (Isihloko sangalomhla) …” xa bemphume kakhulu kwesisihloko.

**9. Ukungaboni Ngasonye Neengxabano**
“Aba bafazi babini abangqinelani nganto nye, nokuba kukutya okanye ngeVangeli esixelela ngebali elipheleleyo likaYesu. Bangabulalana ekupheleni kwesifundo.”

Musa ukuvumela ukungaboni ngasonye kunothuse. Ngelinye ixesha kunganceda xa nifunda.

Xa abantu ababini bengangqinelani ngomba othile kungayinzuzo ukuthetha ngezimvo zaba babini. Yenza ukuba amalungu eqela acinge kwaye ukhuthaze ukuhlangana. Thetha into ethi: “Kulungile. Ithetha into yokuba nobabini niyacinga. Masijonge kwizimvo zenu nobabini sibone ukuba singayisombulula ngokweBhayibhile.”

**Qaphela:** Ukuba kulithuba elihle ukuthetha ngezimvo ezingangqinelaniyo ixhomekeke kwisihloko. Umzekelo, ukuba abantu ababini baqala ukuxoxa kwiqonga leParty yepolitiki awungekhe ufune ukuzubandakanya ngokuba ayingekhe ikuncede ekuthini ufunde ngeLizwi likaThixo. Kwelinye icala ukuba abantu ababini abangqinelani ngento ethile nokuba ngu EkaYakobi 2 nabaseRoma 3 zithetha ukuphikisana, ziqhube zombini ngenxa yenzuzo yeqela elo.

Ukuba ukungangqinelani kwenu kuyaqhubeka kwaye anifuni ukuyiveza eqeleni, thetha into efana nale, “Ningaqhubeka ngengxoxo emva kwesifundo seBhayibhile. Masijongeni ngoku kwisifundo sethu sanamhlanje.”

Ukuba ungaboni ngasonye yindaba yomntu ngamnye ngamanye amaxesha kulungile ukuba nihambele phambili. Ungathetha uthi, “Ndicinga ukuba sonke sinezimvo zethu,” uqhubeke ngesifundo.

Ukuba amabini kwiqela bayaqhubeka ngengxabano kufuneka nithethe ngayo. Khumbula ingxaki ayivele imke okanye ingabikho.

**10. Inkokheli Yiyo Kuphela Ephendula Imibuzo**
“Amalungu eqela asoloko ebuza ukuba ndicinga ntoni na. Ndiye ndibone sendibaxelela kwaye ndiva ingathi ndim othethayo ixesha elininzi.”

Endaweni yokuba ubaxelele impendulo bancedise ekufumaneni impendulo ngokwabo. Sebenzisa imibuzo ukubanceda ukuthi bangaphumi emxholweni. Nazi iindlela zokuphendula xa umntu ekubuza ufuna ukuba bayiphendule:

Dlulisa umbuzo komnye welungu leqela.” Judy zeziphi izinto uPawulos azithethayo ngothando kwesisicatshulwa?”

Wubuyisele umbuzo kulo mntu ebewubuza: “Ngumbuzo omhle lo, Steve ucinga ntoni wena?”

Wuthatbathe lombuzo uwujongise kwiqela lonke: “Ngumbuzo olungileyo lo. Nicinga ntoni nina nonke ngalo mbuzo?”

**ISIPHELO**

Ungazicutha iingxaki zeqela elincinane ngokuthi ulungiselele ngendlela eyiyo. Hlala usazi ukuba yintoni isidingo samalungu eqela elo, lonto iyakuqinisekisa ukuba iingxoxo zingqamene nomxholo kwaye ziyakuba luncedo ukuba bakwazi ukuphendula.

Funda ukubuza imibuzo elungileyo usebenzise izixhobo zokufunda ubandakanya iqela ngokupheleleyo. Funda ukuthemba uThixo ngemigudu yakho yonke. Xa ungumntu okwaziyo ukudlala isoloko ikunceda - kwinto ezakuvela. Xa ixesha lihamba uzakubanako ukubalisa amabali abalulekileyo kwizinto ezenzekayo kumaqela owawuwakhokele.

**IINGCINGA / IINGXOXO**

Loluphi olona loyiko lukhulu unalo ngokubhekisele kwinto enokuthi yenzeke xa ukhokele iqela? Ungathetha ngayo ngoku. Yeyiphi indlela elungileyo yokuyisombulula xa inokuthi ivele? Ungazisombulula njani ezi meko zilandelayo:

• Ugqiba ukubuza umbuzo ocinga ukuba uhlakaniphile, kodwa ufumanise ukuba abawuvanga futhi awuqondekanga? Bakujonge emehlweni bengazi ukuba bazakuthini xa bekuphendula.

• Omnye womama eqeleni uthi ufuna ukubukela isiqendu esithile esikhethethekileyo kumabonakude ngexesha leqela kwiveki ezayo. Wonke umntu ubonakala engqinelana naye.

• Umntu eqeleni uqalise ngamandla esithi ukuba awukholelwa “kwihlabathi elitsha” nembali yendalo awunguye umKrestu. Bonke abanye basemngciphekweni.

• Ufundisa ngoxolwelaniso omnye womama uqalisa ukulila.

**ISIFUNDO ESIDLULILEYO**

Kulungile, uye wajonga kwesi sicatshulwa sonke kwaye ingxaki yakho ayikho kuzo. Mhlawumbi omnye usoloko efika emva kwexesha okanye abantu abaphumeleli nokuba ubakhumbuze amaxesha amaninzi. Okanye emva kweveki ezimbalwa ufikelele kwisigqibo sokuba awukwazi ukuqhubeka. Xa ungazi ukuba yintoni na ongayenza, thandaza. Cela uThixo akunike ubulumko adibanise iqela lakho ngothando. Thandaza ucele adale umdla kubo baqhubeke bekhula.

Kunokuba lixesha elihle lokufumana impendulo kwabo bakwiqela lakho. Ungabuza kumfundisi wakho okanye umcebisi wakho akucebise. Ungenza umzekelo wokuzivavanya ongayisebenzisa ukufumana iziphumo kwiqela lakho apha ngezantsi. Nantoni na eyenzekayo musa ukuxhala. Naliphi na iqela eliphemeleleyo linazo ezalo ingxaki xa kunengxoxo.

**UMZEKELO WOKUVAVANYWA KWEQELA ELINCINANE**

Uvavanyo olunje lungenziwa embindini wezifundo kuzokwenziwa izilungiso ezibhaqiweyo kwezizi fundo. Imfutshane, ingenziwa nokuba iqela liqhubekeka ngesifundo.

• Ndijongela phambili ukuza kweli qela lincinane: Ewe/Hayi/Ngamanye amaxesha. Ngoba?

• Ndiyazuza kweli xesha: Ewe/Hayi/ Ngamanye amaxesha. Umzekelo:

• Ndinqwenela ukuba singenza oku landelayo:

• Ndiziva ndiyinxalenye yengxoxo ngexesha leqela: Ewe/Hayi/Namanye amaxesha. Ngoba?

• Ezinye imbono okanye amacebiso?

**I-APHENDIKS B**
**ABAFAZI BELIXESHA BACHUKUNYISWA NGUYESU**

**UIsaya 61:1-3** uthi:

*"UMoya weNkosi uYehova uphezu kwam; ngenxa yokuba uYehova endithambisele ukuba ndishumayeze abalulamileyo iindaba ezilungileyo. Undithume ukubopha abantliziyo zibophekileyo, ukumemeza inkululeko kwabathinjiweyo, ukuvulwa kwamehlo kwabakhonxiweyo, ukumemeza umnyaka wetarhu likaYehova, nomhla wempindezelo yoThixo wethu: ukuthuthuzela bonke abanesijwili; ukubamisela abanesijwili baseZiyon, ukubanika isihombo sentloko esikhundleni sothuthu, ioli yemihlali esikhundleni sesijwili, ingubo yendumiso esikhundleni somoya odambayo; ukubizwa kwabo kuthiwe, yimitherebhinti yobulungisa, isityalo sikaYehova sokuhomba."*

Eli candelo lithwele amabali angabantu abhalwe ngabafazi abanjengam nawe, ababafazi bahlala kwilizwe lamaxesha angoku abachukunyiswe, batshintshwa nguYesu. La mabali angasetyenziswa ukuze inkokeli ibenako ukulihlanganisa iqela layo. Ezinye iingcebiso ungafunda ngokukhwaza xa nikunye, mhlawumbi phambi kokuba uvale ngomthandazo. Okunye kukwenza iikopi wenzele umama ngamnye ukuze afunde ekhaya. Ungathabatha isigqibo sokuba yenziwe kanjani lonto.

**IBALI LOKUQALA:**
**"NKOSI, INGABA UYANDIBONA NA?"**

Abamelwane bafumana umntakwethu kunye nam sisodwa endlini kwiveki ezimbini emva kokuqhawulwa umtshato ngumama wethu, owayebotshwe ziziyobisi esilahlile. Ndandineminyaka emine. "Nkosi ingaba uyandibona na?"

Utata wethu wenza konke okusemandleni ukuba asikhathalele, ekwenza konke eyedwa, emva konyaka umama wabuyela ebomini bethu. Ngeempela veki xa simhambele, iqabane lakhe elitsha lalindihlukumeza ngesondo. Ndandophukile kwaye ndiyintombazana eminyaka mihlanu eyonzakeleyo. "Nkosi ingaba uyandibona na?"

Utata wabuya watshata kwakhona xa ndineminyaka esibhozo. Ekugqibeleni ubomi bam bagcwaliswa luthando kodwa amathemba ayephelile xa umama wethu omtsha kwafumaniseka ukuba akaphilanga ngokwaneleyo engqondweni endihlukumeza enyameni nasemoyeni ngangeminyaka emine yonke. Emva koqhawulwo mtshato ukuhlukunyezwa zange kuphele, umntakwethu watshintsha wangumhlukumezi wam. Ndazibona ndingongabonakaliyo yintlungu. "Nkosi ingaba uyandibona na?"

Izihlobo zandimemela enkonzweni xa ndiminyaka eyi -13 ndahlangana noYesu ndamamkela entliziyweni nasebomini bam. Ngala mzuzu ndaziva ndithandwa kwaye ndikhuselekile ndisekhaya. Kodwa ikhaya lam lasenyameni alizange litshintshe lwaza utshaba lwaqhubeka lutyala intandabuzo. "Awulufanelanga uthando lukaThixo." "Ucekisiwe kwaye umdaka." "Uyinto engento kuThixo." Ndabukholelwa bonke obo buxoki ndandibuxelelwa ngumthyoli. "Nkosi ingaba uyandibona na?"

Ukwenza intlungu ingavakali kwabayimpilo yam: ngotywala, neziyobisi nantoni na ukuvala ubuhlungu. Okumangalisayo, akukho owayesazi. Ndayifihla intlungu ngempumelelo ebonwayo: ngempumelelo, onobuhle, ndikumanqanaba aphezulu,

ndinenkwenkwe eyaziwayo esikolweni endincuma nayo. Ndandikwazi ukuyifihla iminyaka yonxunguphalo. “Nkosi ingaba uyandibona na?”

Xa ndandineminyaka eyi-16 ndandingasafuni kuphila. Intlungu yayihleli kum isenza kubebuhlungu nokuphefumla. Ndabhalela utata ileta, ndatya ndagcwalisa umlomo ipilisi ndalala phantsi kumandlalo wam. Ndalila ndijonge phezulu. “Nkosi ingaba uyandibona na?”

Ndingamlindelanga utata, wafika phambi kwethuba evela entlanganisweni wandifumana. Kwintsuku ezimbini ezilandelayo ndavuka esibhedlele. Ndandisaphila kodwa intlungu engaphakathi kwam yayingaphelanga. Isimilo sam sasingekho selulawulweni olululo, ubunxila nokutya iziyobisi kuye kunyukela. “Nkosi ingaba uyandibona na?”

Emva kokuba imali yesibonelelo yasedyunivesithi inxunyanyisiwe ngenxa yomonzakalo edolweni ndingumdanisi, yayingekho enye indawo yokubalekela ngoko ke ndamkela isimemo sikamama sokuba ndihlale naye. Kwesi simo, kwiminyaka eyi-18 ndafumana into ebendikade ndiyinqwenela - uthando, olungelulo olukamama, luvela endodeni. Wayeshishina ngeziyobisi, kwaye wayesakuba libanjwa, wandithanda ngenqindi nangesimilo sokuhlukumeza. Emva kokuqhawula apho ngeempahla ezazisemzimbeni kuphela kwangoko ndafumanisa ukuba ndikhulelwe. Ukukhupha eso sisisu yabasesona sisombululo endandinaso, kunyaka olandelayo ndasenza eso sigqibo kwakhona. “Nkosi ingaba uyandibona na?”

Ndabetha ngamandla kwiliwa emva kobusuku bokunxila ndangxashela kumpu endawunikwayo ukuze ndizikhusele. Ndawunyusela kwitempile yam, ndeva isandla sinditsala emagxeni, kodwa ndisazi ukuba ndindodwa kulo ndawo. Ndaqonda ukuba sisandla sikaThixo ndabona ukuba ndingadubula okanye ndingawubeka phantsi umpu ndibambe isandla Sakhe. Xa umpu usiwa ndabeka ithemba kuYesu. Wandibamba wandiphakamisa wandanga. Emva kokucela uxolo wathi, “Bendikulindile. Wamkelekile ekhaya ntomb’am.”

Kwimiceli mngeni nembandezelo ndihambe kunye noMsindisi wam. Ngezinye iintsuku bendiziva ndibuyela emva, ngezinye ndisiya phambili kodwa ndiyaqhubeka nohambo lwam noYesu, undinike umsebenzi wokusebenzisana nabantu ngothando Lwakhe nangethemba.

Lonna Vopat
www.in-his-grace.com

**IBALI LESIBINI:**
**“YESU, INGABA UYAKUNDIKHULULA NA?”**

Ingxolo eyenziwa ngamatsheyini namakhamandela xa etsala ibanjwa lisiya kwindlu yowiso mthetho iyoyikisa. Njengokuba ndandingomnye wabavavanyi betyala lebanjwa ndafunyanwa kukoyika xa ndandikhumbula awam amatsheyini. Ndandisebenzisa iziyobisi kodwa uYesu Krestu wawasusa amatsheyinini wandikhulula.

Ubukhoboka bam baqala ngokuhlukunyezwa xa ndandineminyaka emine. Iminyaka emininzi yalandelwa kukuzikhethela ukuba libanjwa okwakuzaliswe sisono sokubaleka kuThixo endandicinga ukuba akandithandi. Nangona ndandinabazali abangamaKrestu, ndandigcwele kukuxinana kwengqondo nentlungu yokuhlukunyezwa ngesono

ngaphakathi kwam yada yaqala ukuba neziphumo ebomini bam. Ndeva ukuba kukhona okungekuhle okwenzekayo ebomini bam. Ngexesha ndandimamkela uYesu ndineminyaka eyi-13 ndandisazi ukuba ndiyamdinga. Ndeva ngathi umthwalo wothuliwe emagxeni am namakhamandela asusiwe.

Kusenjalo, xa ndandilityenjana, ndaqalisa ukungalawuleki ndizikhoboza ngokwam. Ndandizimisele ukungalawuleki ndinomsindo kuThixo ndisithi, "Andikudingi! Libala ngawe!" Xa ndandizisusa kuye ndaya ebumnyameni besono ebobimi bam. Amakhamandela aqalisa ukuqina ngakumbi, kodwa uThixo khange andishiye.

Ekugqibeleni ndatshata nendoda emangalisayo kodwa kwiminyaka yokuqala kwakubuhlungu kwaye njengoko ingqwabalala sisiza nemithwalo emitshatweni yethu. Ubunzima phakathi kwam nomye wosapho lwam olutsha labangela ubuhlobo obophukileyo njengoko ndandifungile ukuba andisokuze ndixolele, ndizibandakanya nobunye ubukhoboka.

Xa ndandikhulelwe umntwana wam wokuqala, ndandibuhlungu kuba umntwana wam uyakuba nomama ongenaxolelwano. Ndaguqa ngamadolo ndalila kuThixo ndicela ukuba andincede waye weza ebukhobokeni bam, esebenzisa ilizwi lakhe ukuze andiphilise, andihlangule andikhulule. Xa ndandiqalisa ukufunda ilizwi lakhe ndaqonda ukuba ndidinga ukuxolelwa kubomi besono ebendibuphila. Ndabunikela kwakhona ubomi bam kuKrestu ndilangazelela ukumazi ngakumbi, kodwa phambi koko kwafuneka azityhile ngakumbi kum, wathi mandixolele ilungu losapho lwam elalindivise ubuhlungu ngokunzulu. Indlela eyayinzima ngayo, kodwa uThixo wenza ndakwazi ukuxolela, waqalisa ukuvula imithombo yobabalo lwakhe ebomini bam.

Iminyaka eyi-27 nditsho nabazali bam babengazi ngobomi bam bobuntwana bokuphatheka kakubi kwaye lonto yayindiphethe kakubi okwesifo somhlaza. UThixo wayefuna ukuyisusa le dyokhwe, abuyisele yonke iminyaka ebuhlungu eyatyiwa ngamadiya ebomini bam. Wakwenza oko. Noxa ukugqithela kuhlukumezo kweza nobunzima kakhulu ebomini bam, wayekunye nam, endikhulula kubomi bokuzikhoboza iminyaka emininzi yangaphambili.

Xa ndandifunda ilizwi likaThixo, ndabona into endingazange ndiyibone ebomini bam...ithemba. Ilizwi likaThixo landinika ithemba lobomi obungcono, ubomi benkululeko. Ngamanye amaxesha ndandizibuza, "Ingaba uThixo anganako ukundikhulula?" Ndiyifumene impendulo kumaGalati 5:1, "Yimani ngoko enkululekweni, athe uKristu wasikhululela kuyo; nize ningabuyi nibanjwe yidyokhwe yobukhoboka." Wathabatha amatsheyini wawalahlela ngaphesheya kokuba impuma ikude nasentshona. UYesu Krestu wathatha ubomi bam obabungenabuhle wenza into entle kwaye andisaweva amatsheyini ayokisayo.

Amy Brady
www.amybrady.com

**IBALI LESITHATHU:**
**"YESU INGABA UNGANDIPHILISA NA?"**
"Kutheni ufuna ukuhlala emtshatweni nomfazi oyimfama? Ufanelwe kokungcono, kwaye ndifuna ukufa." Ezo ngcinga zazingandilalisi ebusuku. Isifo esinganyangekiyo

saphanga ukubona kwam seba namaphupha ethu sazisa isigqubuthelo sokunxongophala kulo nto yayingumtshato owawukhazimla ngamaphupha namathemba.

Kodwa kiminyaka eyi-31 xa ingqwithelo engalindelekanga ifika, yenza amehlo am abe mfiliba. Ndanditshiseka. Ndandisoloko ndihamba kwiingcaphephe, amagqirha, nakwi-acupuncturist nakunyango lwe-new age ndisebenzisa nee-vitamin kodwa khange ndincedeke ndandiye ndiphelelwa lithemba.

Ngenye intsasa yobusika, eyona nto ndandiyoyika yenzeka. Ndavuka, ndicinga ukuba akukabi yintsasa. Ndazama ukubamba umyeni wam owayelele ecaleni kwam kodwa xa ndimjonga zange ndibone nto. Ilanga lalibonakala efestileni, kodwa ubumfama bandityhalela kwintolongo emnyama.

Ndandilangazelela ukubona kwakhona, ndibone oonyana bam ebusweni kwakhona. Ndanditshiseka ndifuna impendulo, nakubani na naphina na, iingcinga zam zazingasuki apho. Kuthe, kumzamo wam wokugqibela, ndamkela isimemo sokuhambela inkonzo yamaKrestu. Ubukrakra, umsindo kunye nentlungu zaguqula intliziyo yam yabanda oku kwesitulo sentsimbi endandihleli kuso.Kuthe ndisakhala njalo, ivesi yakrazula entliziyo yam, "Funani tanci ubukumkani bukaThixo nobulungisa bakhe, zaye zonke izinto ziya kongezelelwa kuni." (UMateyu 6:33)

Ndaphefumla ndicinga intsingiselo yayo. Ndandifuna ukubona kwakhona ngayo yonke into elapha kum. Kodwa uThixo wayendifundisa into eyahlukileyo. Ndifune yena? Ndifune ubulungisa bakhe? Ndandingazi ukuba ndingayenza njani, ngoko ke ndambuza wayalatha indlela. Ilizwi lakhe ndalivumela libe sentliziyweni yam ndimamela iziBhalo kumakhaseti kanomathotholo.

Ngobuyatha ndandikhala ngoba ubomi bomntu owayebona babuphelile, amathemba etshabalele amaphupha ephelile, kodwa wandisusa kubukrakra wandisa ebuhleni bothando lwakhe.

Umhlolokazi waseNayin wayenentlungu ngokuphulukana nonyana wakhe kodwa uThixo wamvusa ekufeni. Wenza oko nalapha kum. Wandinika imbono entsha, walibuyisa ithemba lam, kwaye wanika ubomi obuqhamileyo kwintsuku zam.

Xa iingcinga zokungazithembi, zokuphila ndiyimfama kwilizwe elisebenza ngokubona zikhula, iLizwi lakhe lalindithuthuzela, "KeUThixo wam wokwenzelela konke ukuswela kwenungobutyebi bakhe, ngozuko olukuKristu Yesu." (KwabaseFilipi 4:19)

Uzakuzazizalisekisa iintswelo zam? Lo mbono wawunzima ukuwucinga. Iintswelo zam zazininzi-ukufuna umntu ozakundiqhubela andise kwindawo, athabathe oonyana bam kwindawo abaya kuzo ezininzi, abancedise ngomsebenzi wesikolo, abajonge kwisimilo sabo, apheke kwaye acoce indlu. Yaye uThixo wathi, "... zonke intswelo zakho..." Ngoko ke ndamthobela ndimbulela ngakwenzileyo ngale mini ndambulela kwakhona azakukwenza kwikusasa lam. Ndancamathela kuye ngako konke okwam. Imisebenzi efana nokupheka, ukucoca, ukuhlamba impahla kwakuthatha ixesha elide ukuzenza kodwa ndindulungile. Ndafunda ukuzenza zonke ezozinto. Ndafunda ukwenza konke hayi ngamandla am kodwa ngokwesithembiso ethuthuzela intliziyo yam eyayikhathazekile. Wandisebezela esithi, "Lonke ixhala lenu liphoseni phezu kwakhe, ngokuba yena enikhathalele." (1 KaPetros5:7)

Undikhathalele? Kwimeko ekhethekileyo kwisimo selizwe endandikulo. Wakwenza oko. Wandikhathalela; ndandingathandabuzi. Ekuzoleni kobusuku, ndandiye ndicinge ngokuhamba ndiye elizweni - ndifune umsebenzi. Wayimamela imibuzo yam, waziva iingcinga zam. Ngapha koko, wayekwazi endikufunayo ngaphambi kokuba ndizazi mna. Wandigcwalisa ngokuzithemba wandinika umsebenzi wokuba ndibe ngumtoliki we-Spanish. Ngenkcukacha ezinokucaciswa nguye kuphela. Wandisa kwimpumelelo kwikamva awayendixhongxele lona.

Xa ndandibona ngokwasenyameni ndandiyimfama ekulungeni kwakhe. Xa ndaphulukana nokubona wandinika ukholo ukuze ndibone ukuthembakala Kwakhe.

Janet Eckles
www.janetperezeckles.com

**IBALI LESINE:**
**"YESU, INGABA UNGANDANELISA NA?"**

"Uza ngenyawo kuqala!" wakhwaza ugqirha, umama ezama ukuzisa lowo owesibini owayezakwenza ukuba ibe ngabantwana abathandathu xa bephelele kwelilizwe. Xa ndandikhula, ndandikuthanda ukudlala nosapho. Kwakumnandi ukuba khona kunye nabantakwethu abane abandwebileyo. Ubomi bam babugcwele zizihlobo, imidlalo, ezoyolo, inkonzo nokufumana amaqondo alungileyo. Kodwa ngaphakathi, ndandifuna ngakumbi.

Imibuzo yayigcwele entlokweni yam: "Yintoni injongo yobomi bam?", "Kutheni ndilapha?" Xa ndandiqhubeka ukuzibuza lemibuzo, ndazama kangoko ndinako ukuyifihla ekwaziweni nakwizihlobo - ndandide ndikhethwe njengeyona ntombi ilungileyo esikolweni. Njengoko ndandiqhubeka nezinto endandizenza, ndade ndazibandakanya nakwiinkolo ezingalungaga, yayingekho into egcwalisa ubomi bam obuze.

Ngobunye ubusuku xa ndandilungiselela isithebe sesidlo sikaTata neNtombi, ndazijonga kwakanye esipilini. Ilokhwe entle endandiyinxibile yayincinci kwindlela endandiyinqwenela indilingane ngayo, kodwa oko kuxhalaba ndakubeka ecaleni ngoba yayibubusuku obukhethekileyo. Xa ndandihamba ndisihla, utata wandijonga wathi "Ingathi uyatyeba," Amazwi akhe ayixhela intliziyo yam; ndandilangazelela ukumkholisa, kodwa ngoku ndandiziva ingathi andingafikeleli kwizinto awayezilindele kum, nakwezam. Utshintsho emzimbeni wam nokutyeba kwakuzalisile ingqondo yam. Ukugqibelela endandikuzame nzima ukuba ndikuphumeze kwakutshabalala phambi kwam.

Impoxeko endaba nayo xa umfana endandincuma naye wayeka ukunditsalela umnxeba wabonakalisa umdla kwisihlobo sam. Ndandifuna into engandenza ndizive ngcono, ndavula ibhokisi le-cookies nganye nganye ndazomisa inyembezi zam ndayitya ndayigqiba. Ukonela kwaphela xa ndicinga ngokutyeba endandizakufumana, ndakhumbula amazwi esihlobo sam, "Zigulise, awuzukutyeba." Ndingayiqondi imo yonxunguphalo endandingene kuyo, i-bulimia ne- anorexia zaqala ngobo busuku.

Usizi neentloni zongeza ebuhlungwini bentliziyo endandinayo. Ndacela uThixo andincede; ndacela isisombululo kodwa kwabangathi akeva. Ndaziva ingathi ndimphoxile uThixo, ndazama ukuba ndizenzele isisombululo ngokwam, akukhathaliseki indlela endandizama nzima ngayo, ndandicinezelekile kwisimbo esibi endandisenza.

Ndandinethemba lokuba nesiqalo esitsha, ndaya kwidyunivesithi. Ndifihle i-addiction, ndajoyina i-society eyandenza ukuba ndijonge kulonwabo notywala. Indlela yokutya engeyiyo yabano lawulo ebomini ndandilila ndide ndilale, ndikhathazwa kukuzenza ngathi ndonwabile imini yonke.

Ngenye icawe, ndazifumana ndisecaweni ndinebhabhalaza. Ndineentloni ezimangalisayo, uThixo wandisebezela endlebeni, "Nancy ingaba uyandazi mna?" Ndavuma, "Hayi, ndazi konke ngawe, kodwa andinabudlelwane nawe." Ndamxelela uThixo andinakuphinda ndibuyele ecaweni engakhange andibonise indlela yokuba ndimazi, ndingazi ngaye nje kuphela.

Xa sasinomhlangano kwindawo endihlala kuyo edyunisithi xana uphela, isihlobo sandixelela ukuba uThixo undithanda ngukungazenzisiyo kwaye akudingi ukuba ndimenze andindithande! Okokuqala ndakuqonda ukundamkela kwakhe nakubeni eyam imigudu ingazange iphumelele. UThixo wandithanda kangangokuba waye zimisele ukubhatala ixabiso ngenxa yam- esifa endaweni yam – wandithenga ndayintombi ekuphela kwayo kuye. Nangona ndingazange ndifumane yonke into kodwa ndayazi ukuba ibikukulila kwentliziyo yam. Andizange ngaphambili ndiluqonde olu thando lungazenzisiyo! Ngenyembezi zisehla ebusweni, ndathandaza ndimema uYesu ukuba angene empilweni yam, axolele izono zam kwaye andenze lo mntu ebendidalele ukuba ndibe nguye.

Emva kokwamkela uxolelaniso nobabalo ndalindela inkululeko ekhawulezileyo kwi-addiction yam. Kodwa iziqhelo, imbophelelo nezimilo bezincamathele kwimeko endizenzele ngokwam nobuxoki endabukholelayo. Obo buxoki kwakufaneleke ukuba butyhilwe, buchaswe bususwe ngenyaniso kaThixo eseLizwini. Ndandisebenzisa ukutya ukuba imizwa ingavakali, nokuzo zonke ingxaki zobomi ndandizigquma ngezinto endandizenza, impumelelo yangaphandle nomzimba omhle. Kodwa ke, iingxaki zokwenyani ebomini zaziqhubeka ngaphantsi kwindawo engabonakaliyo.

Indlela ojonga ngayo, owenza ngayo ukuze wamkeleke ibiyinto endikholelwa kuyo. Ezi nkolo neengcinga kwakufuneka zibuyiseleke ngexesha nangenyaniso yokuba uThixo ujonga enzintliziyweni zethu, hayi inkangeleko yangaphandle. Xa ubuxoki bufika engqondweni, ndafunda ukwazi ukuzibona ndizisuse ndibeke inyaniso entsha evela kuThixo. Ndafunda ukubona isiqu sam esipilini esiseLizwini likaThixo hayi isipili sehlabathi.

Olu hambo luya enkululekweni belungekho lula kodwa bendizibophelele eLizwini Lakhe. Njengokuba uhambo lwam luqhubeka imfuno yokunceda abanye bafumane inkululeko yakhula. Njengoko injongo kaThixo nobomi bam ityhileka, undithume kwihlabathi lonke njengomama oyendwa ndabelane nabanye ngothando lwakhe olumangalisayo. KumaGalati 5:1 ithi, “Yimani ngoko enkululekweni, athe uKristu wasikhululela kuyo.”

Nancy Wilson
www.nancywilson.org

# I-Aphendiks C:
# Umboniso bhanya-bhanya isahluko Isikhokelo

**INGCACISO EPHELELEYO**

Isiqalo.....1:00

1. UMariya waseMagadala uya kwindlu kaRivka.....1:35
2. Ekuqalekeni.....6:26
3. Ukuzalwa kukaYesu.....5:22
4. UYesu uqala ulungiselelo lwakhe.....3:34
5. UMariya waseMagadala ukhululwe kwiidemoni.....5:07
6. UYesu uvusa unyana womhlokazi ekufeni.....4:52
7. Umfazi emthonjeni.....5:46
8. UYesu uyafundisa.....3:12
9. UYesu uphilisa umfazi onethombe legazi.....3:04
10. UYesu wondla amawaka amahlanu aphinde aphilise umfazi kwindlu yesikhungu.....6:40
11. Iinkokheli zeenkolo zibhunga ngokubulala uYesu.....1:59
12. Umfazi okrexezayo uxolelwe.....3:28
13. UYesu ungcatshiwe uxoxa amatyala.....6:30
14. UYesu uthwele umnqamlezo wakhe wabethelelwa emnqamlezweni..4:55
15. Ukufa nokungcwatywa kukaYesu.....4:00
16. Ukuvuka kukaYesu.....3:45
17. UMariya waseMagadala ucacisa ngokubaluleka kukaYesu.....2:37
18. URivka uyaguquka.....5:52
Isiphelo.....2:38

**Ubude obuphelelelyo**: 82:22

**Iincwadi zokufunda zingafumaneka kwi:**

Campus Crusade for Christ – yoMzantsi Afrika
Ifumaneka kwi-Media Department nge-email
orders@cccsa.org.za
www.cccsa.org.za
012-347-6981
www.magdalenatoday.com