



# Ukubizelwa unakekelo

*Uncedo oluphuma kwizibhalo lwaBanakekeli*

# Ukubizelwa ukunakekela

*Usizo oluvela eZifundweni  
lwabanakekeli*



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# Isingeniso

*Ukunakekela kuwubizo oluthela izithelo eziningi. Kukhona izifo eziningi ezisizungezile – abantu abane HIV/Aids, abadala kanye neziguli ezigulela ukufa. Nokho-ke, ukunakekela labo abasweleyo kungengeza umqondo obalulekile kanye nesilinganisobungako sokujula kwempilo yakho.*

*Le ncwajana iqukethe izindikimba ezingamashumi amathathu neZifundo ezikhethiwe eziveza izinhla ezehlukene zokunakekela. Ingasetshenziswa ngabantu ngamunye, emaqenjini amancane noma emihlanganweni yemikhuleko yabanakekeli.*

*Sengathi le ncwajana ingakunikeza indlela entsha ngokuzwa ubuhlungu kanye nomthelela wokunakekela ngokwazi ukuthi awenzeli abantu kuphela, kodwa wenzela uKristu.*

# Ukunakekela njengobizo

*NgoMoya oNgcwele, uKristu umemezela Izindaba Ezinhle kwabacindezelweyo, abanezinhliziyo ezephukile, iziboshwa kanye nalabo abadabukileyo.*

UMoya weNkosi uJehova uphezu kwami,  
ngokuba uJehova ungigcobile  
ukuba ngishumayele izindaba ezinhle  
kwabathotshisiweyo;  
ungithumele ukubopha abanhliziyo ezaphukileyo,  
nokumemezela ukukhululwa kwabathunjwa  
nokuvulelwa kweziboshwa itilongo,  
ngimemezele umnyaka womusa kaJehova  
nosuku lokuphindisela lukaNkulunkulu wethu,  
ngiduduze bonke abalilayo,  
ngenze ukuba abalilayo eSiyoni  
baphiwe amaqhele esikhundleni somlotha,  
amafutha enjabulo esikhundleni sokulila,  
ingubo yokudumisa esikhundleni somoya odangeleyo,  
ukuze babizwe ngokuthi imithi yokulunga  
nokutshaliwe nguJehova ukuba adunyiswe.

Bayakwakha izincithakalo ezindala,  
bavuse izindawo ezichithekileyo zakuqala,  
balungise imizi ebhujisiweyo,  
izindawo eziyihlane izizukulwane ngezizukulwane.

*U-Isaya 61:1-4*

*UKristu uphinde asicele ukuba sibe wusizo kulabo abesweleyo.*

Thwalisanani imithwalo yenu, nigcwalise kanjalo umthetho kaKristu.

*KwabaseGalathiya 6:2*



**Ongaqhubeka uzindle ngakho:**

- UNkulunkulu wakubizela kanjani enkonzweni yokunakekela?
- Yenza uhla lwezindlela ongazimatanisa neZifundo ezingenhla mayelana nokunakekela kwakho.
- Ungaphinde uluqinisekise kanjani ubizo lwakho njengomnakekeli?

**Amanothi akho:**

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# Ukunakekela njengokugcwaliseka komthetho obaluleke kunayo yonke

*Umthetho obaluleke kunayo yonke uphathelene nothando – ukuthanda uMdali wethu kanye nokuthanda labo esihlala nabo.*

Kwase kusondela omunye wababhali owayebezile bebuzana, eqonda ukuthi wayebaphendule kahle, wambuza wathi: “Ngumuphi umyalo wokuqala kuyo yonke na?”

UJesu waphendula wathi: “Owokuqala ngowokuthi: ‘Yizwa, iNkosi uNkulunkulu wethu, iNkosi, yinye. Woyithanda iNkosi, uNkulunkulu wakho ngayo yonke inhliziyo yakho, nangawo wonke umphefumulo wakho, nangayo yonke ingqondo yakho, nangawo onke amandla akho.’ Owesibili yilo: ‘Womthanda umakhelwame wakho njengalokhu uzithanda wena.’ Awukho omunye umyalo omkhulu kunale.”

*NgokukaMarku 12:28-31*

*UJesu wachaza umthetho obaluleke kunayo yonke kanye nendaba elandelayo mayelana nomuntu othile osiza futhi enakekela umuntu osweleyo:*

Bheka, kwase kusukuma isazimthetho esithile, samlinga sathi: “Mfundisi, ngizakwenzani ukuba ngidle ifa lokuphila okuphakade na?”

Wathi kuso: “Kulotshweni emthethweni? Ufunda kanjani?”

Saphendula sathi: “Woyithanda iNkosi uNkulunkulu wakho ngayo yonke inhliziyo yakho, nangawo wonke umphefumulo wakho, nangawo onke amandla akho, nangayo yonke ingqondo yakho, nomakhelwane wakho njengalokhu uzithanda wena.”

Wayesethi kuso: “Uphendule kahle; yenza lokho, uzakuphila.”

Kepha sona sithanda ukuzithetha sathi kuJesu: “Umakhelwane wami ngubani na?”

UJesu waphendula wathi: “Umuntu othile wehla eJerusalema eya eJeriko; wathaleka phakathi kwezigcwelegcwele, zamhlubula izingubo, zamshaya, zamuka zimshiya umndondo nje. Kwaqabuka



kwehla umpristi othile ngaleyo ndlela; wathi embona, wamgwemela. Kanjalo nomLevi, efika kuleyo ndawo embona, wamgwemela. Kepha umSamariya othile owayesindleleni wafika kuye; wathi ukuba ambone, wamhawukela; waya kuye, wabopha amanxeba akhe ewathela ngamafutha newayini, wamkhwelisa esilwaneni sakhe, wamusa endlini yezihambi, wamgcina. Ngangomuso wakhipha odenariyu ababili, wabanika umninindlu, wathi kuye: ‘Mgcine, nalokho okwelekelayo ngiyakukubuyisela kuwe ekubuyeni kwami.’

“Ngumuphi ngokubona kwakho kulaba abathathu owaba ngumakhelwane wakhe owatheleka phakathi kwezigcwelegcwele na?”

Sathi: “Yilowo owamenzela isihawu.”

Wayesethi uJesu kuso: “Hamba wenze njalo nawe.”

*NgokukaLuka 10:25-37*

### **Ongaqhubeka uzindle ngakho:**

- Yenza uhla lwezindlela lapho ukunakekela kuwukugcwaliseka komthetho obaluleke kunayo yonke.
- Abantu baseSamariya babebukelwa phansi amaJuda. Emizekelisweni kaJesu, indoda yaseSamariya isiza indoda yoMjuda eyayigwaziwe. Lokhu kusho ukuthini njengomnakekeli?
- Ungakugxilisa kanjani ukubaluleka komoya wokunakekela kwakho ekugcwalisekiseni umthetho obaluleke kunayo yonke?

### **Amanothi akho:**

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# UNkulunkulu ungumthombo wakho konke ukunakekela

*Ukunakekela kubandakanya ukunikeza induduzo – uzama ukwenza ubuhlungu bomunye umuntu kubekezeleleke; ngokomzimba, ngokwemizwa nangokomphefumulo. IBhayibheli likhuluma kabanzi mayelana nalokhu, ikakhulukazi mayelana noNkulunkulu eduduzo abantu bakhe noma etshela omunye umuntu ukuba abaduduze.*

Duduzani, nibaduduze abantu bami,  
usho uNkulunkulu wenu.  
Qungani iJerusalema isibindi,  
nimemeze kulo ukuthi ukulwa kwalo sekuphelile  
nokuthi buhlanguliwe ububi balo,  
ngokuba lamukeliswe esandleni sikaJehova ngokuphindiweyo  
ngazo zonke izonozalo.

*U-Isaya 40:1-2*

Jabulani nina mazulu,  
uthokoze nawe mhlaba,  
niqhumuke ngokuhlabelela nina zintaba,  
ngokuba uJehova ududuzo abantu bakhe,  
abe nomusa kwabahluphekileyo bakhe.

Kepha iSiyoni lithi:  
“UJehova ungishiyile,  
iNkosi ingikhohliwe.”

“Owesifazane angakhohlwa umntwana wakhe oncelayo  
ukuba angabi namusa kuyo indodana yesizalo sakhe na?  
Yebo, bona bangakhohlwa,  
kodwa mina anginakukukhohlwa wena.  
Bheka, ezandleni zami ngikubhalile,  
izingange zakho ziphambi kwami njalo.  
Abantwana bakho bayashesha;  
abakuchithayo nabakwenza ize baphuma kuwe.  
Phakamisa amehlo akho nxazonke, ubone:

bonke bayabuthana, bafika kuwe.  
Kuphila kwami,” usho uJehova,  
“impela uyakubembatha bonke njengemvunulo,  
uzibhince ngabo njengomakoti.”

*U-Isaya 49:13-18*

*Encwadini yakhe yesibili ebandleni labaseKorinte, umphostoli uPawulu uchaza ukuthi ikuphi ngempela induduzo yethu, kanjalo njengokukwazi kwethu ukududuzwa abanye.*

Makabongwe uNkulunkulu noYise weNkosi yethu uJesu Kristu, uYise wobubele, uNkulunkulu wenduduzo yonke, osiduduzwa osizini lwethu lonke, ukuze nathi sibe namandla okududuzwa abasosizini, nolunjani, ngenduduzo esiduduzwa ngayo nathi nguNkulunkulu. Ngokuba njengalokho izinhlupheko zikaKristu zivamile kithi, kanjalo nokududuzeka kwethu kuvamile ngoKristu. Kepha noma sikhathazeka, kungenxa yokududuzwa nokusindiswa kwenu, noma siduduzeka, kungenxa yokududuzwa kwenu okusebenza ukukhuthazela ezinhluphekweni zona lezi esihlupheka ngazo nathi. Nethemba lethu ngani liqinile, sazi ukuthi njengalokhu ningabahlanganyeli bezinhlupheko, kanjalo ningabahlanganyeli nabenduduzo.

*2 kwabaseKorinte 1:3-7*

### **Ongaqhubeka uzindle ngakho:**

- Awukaze uzibuze ngokuthi uyoqhubeka kanjani lapho kusengathi amasu akho encishiswa ngokuphelele ngokomzimba, ngokwemizwa kanye nangokomphefumulo? Ungasicabanga isikhathi lapho uNkulunkulu akududuzwa khona, futhi wakwenza ukuba uqhubeke ukuba unikeze induduzo kulabo enibanakekelayo?
- Yenza uhla lwezindlela ongazikhumbuza ngazo ukuthi, ekugcineni, uNkulunkulu ungumthombo wayo yonke induduzo.
- Ungalwaba kanjani uthando luka Nkulunkulu ekunakekeleni kwakho?

# UMphulukisi onamanxeba

*Isiphrofetho sika Isaya mayelana nokuhlupheka kwesisebenzi sikaNkulunkulu eselapha abanye, sinikeza incazelo evusa imizwa ngosizo lwesisebenzi esinamanxeba eselaphayo phezu kokuba sisezinhlungwini naso.*

Ngokuba yakhula njengehlumela phambi kwakhe,  
nanjengempande emhlabathini owomileyo;  
yayingenasimo nabuhle ukuba siyibuke,  
yayingabukeki ukuba siyifune.  
Yayideleliwe, yashiywa ngabantu,  
umuntu wobuhlungu owazi ukugula;  
yeyiswa injengosithezelwa ubuso ngabantu,  
asiyishayanga nto yalutho.

Kepha yazithwala izifo zethu,  
yabetshatha ubuhlungu bethu,  
kodwa thina sathi ijezisiwe,  
ishaywe nguNkulunkulu, ihlushiwe.  
Yebo, yalinyazwa ngenxa yeziphambeko zethu,  
yachotshozwa ngobubi bethu;  
isijeziso sasiphezu kwayo ukuba sibe nokuthula,  
nangemivimbo yayo siphilisiwe thina.

*U-Isaya 53:2-5*

## **Ongaqhubeka uzindle ngakho:**

- Ungamfanisa “uMphulukisi onamanxeba” ekunakekeleni kwakho?
- Uke “waba namanxeba” njengo mnakekeli?
- Uma kunjalo, ucabanga ukuthi angakuphulukisa kanjani “uMphulukisi onamanxeba”?

## Indlela esibona ngayo

*Njengamakholwa, sibizelwe ukuba sibe nendlela esibona ngayo efanayo nekaJesu.*

Mawube kini lowo mqondo owawukhona nakuKristu Jesu owathi enesimo sikaNkulunkulu, akaze asho ukuthi kuyinto yokuphangwa ukulingana noNkulunkulu, kepha wazidela ethabatha isimo senceku, enziwe ngomfanekiso wabantu; wathi efunyenwe enjengomuntu ngesimilo, wazithobisa, elalela kwaze kwaba sekufeni, yebo, ekufeni kwesiphambano. Ngalokho-ke uNkulunkulu wamphakamisa kakhulu, wamnika igama eliphezu kwamagama onke, ukuze kuthi ngegama likaJesu amadolo onke aguqe, awabasezulwini, nawabasemhlabeni, nawabangaphansi komhlaba, nezilimi zonke zivume ngokuthi UJESU KRISTU UYINKOSI, kube yinkazimulo kuNkulunkulu uYise.

*KwabaseFilipi 2:5-11*

### **Ongaqhubeka uzindle ngakho:**

- Yini esiyifundayo ngesimo sikaJesu kule ndima?
- Yenza uhla lwezindlela lapho “ungacabanga khona ngendlela efanayo nendlela uJesu Kristu ayecabanga ngayo” ekunakekeleni kwakho.

### **Amanothi akho:**

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## Inkuthazo evela eZifundweni

*IBhayibheli linikeza amagama enkuthazo kulabo abayifunayo. Emva kokufa kukaMose uNkulunkulu wakhuluma kuJoshuwa ayemkhethele ukuba ahole abantwana bakwa Israyeli ebaholela ezweni lesethembiso laseKhanani. Kule ndima elandelayo sifunda ngamazwi kaNkulunkulu enkuthazo kuJoshuwa:*

“Qina, ume isibindi, ngokuba uyakwenza ukuba laba bantu badle izwe engalifungela oyise ukubanika lona. Qina kuphela, ume isibindi kakhulu, uqaphele ukwenza ngokomthetho wonke akuyala ngawo uMose inceku yami, ungaphambuki kuwo ngakwesokunene noma ngakwesokhohlo ukuba ube nempumelelo nomaphi lapho uya khona. Le ncwadi yomthetho mayingasuki emlonyeni wakho, kepha wozindla ngayo imini nobusuku ukuba uqaphele ukwenza njengakho konke okulotshwe kuyo, ngokuba lapho uyakuhlahlamelisa indlela yakho, uphumelele kahle. Angikuyalile na? Qina, ume isibindi, ungesabi, ungabi naluvalo, ngokuba uJehova uNkulunkulu wakho unawe nomaphi lapho uya khona.”

*UJoshuwa 1:6-9*

*Ngokuhambisana namazwi kaNkulunkulu kuJoshuwa, umphostoli uPawulu ubhala ukuthi “iZifundo zabhalelwa ukufundisa kanye nokusikhuthaza ngokusinikeza ithemba” (KwabaseRoma 15:4).*

### **Ongaqhubeka uzindle ngakho:**

- Ungasikhumbula isikhathi lapho wakhuthazwa khona yiSifundo?
- Mayelana nokwashiwo uNkulunkulu kuJoshuwa, ukuthobeka kuhlangukana kanjani nenkuthazo esiyinikezwa yiBhayibheli?
- Yiliphi iqhaza elingadlalwa yiBhayibheli ukukugcina “unamandla futhi unesibindi” ekunakekeleni kwakho?

# UMoya oNgcwele kanye nokunakekela kwakho

*UJesu wathembisa abafundi bakhe ukuthi uBaba uyobathumelela uMoya oNgcwele:*

“Uma ningithanda, niyakugcina imiyalo yami. Ngiyakucela kuBaba aniphe omunye uMduduzi wokuba ahlale kini phakade, uMoya weqiniso, izwe elingemamukele, ngokuba lingamboni, lingamazi; nina niyamazi yena, ngokuba uhlala nani, uyakuba kini. Angiyikunishiya niyizintandane; ngiyeza kini. Kuseyisikhashana izwe lingasangiboni, kepha niyangibona nina, ngokuba ngiphila mina, nani nizakuphila. Ngalolo suku niyakukwazi nina ukuba ngikuBaba, nani nikimi, nami ngikini. Onemiyalo yami ayigcine, nguyena ongithandayo; ongithandayo uyakuthandwa nguBaba, nami ngiyakumthanda, ngizibonakalise kuye.”

*NgokukaJohane 14:15-21*

## **Ongaqhubeka uzindle ngakho:**

- Yenza uhla lwezindlela uMoya oNgcwele angakusiza ngazo esikhundleni sakho njengomnakekeli.
- Ungasikhumbula isikhathi lapho wawazi khona ngoMoya oNgcwele ekusiza ekunakekeleni kwakho?
- Ungavuleleka kanjani ekuholweni uMoya oNgcwele emsebenzini wakho wokunakekela?

## **Amanothi akho:**

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# Isipho sokunakekela

*Sithe ukunakekela kuwubizo. IBhayibheli lisifundisa ukuthi uNkulunkulu unikeza izipho zika moya kanye namakhono kubantu ukubenza bakwazi ukugcwalisa ubizo lwabo.*

Ngokuba ngomusa engiwuphiweyo ngisho kulowo nalowo phakathi kwenu ukuthi angacabangi athi mkhulu kunalokho afanele ukukucabanga, kodwa acabange kube ngokuqonda, njengalokho uNkulunkulu abele lowo nalowo isilinganiso sokukholwa. Ngokuba njengalokhu sinezitho eziningi emzimbeni munye, kepha izitho zonke azinamsebenzi munye, kanjalo thina esibaningi simzimba munye kuKristu, kepha ngabanye siyizitho, omunye esomunye. Sinezipho zomusa ezahlukileyo ngokomusa esiwuphiweyo; uma singesokuprofetha, asiprofethe ngesilinganiso sokukholwa; uma singesokukhonza, kube senkonzweni; ofundisayo, kube sekufundiseni, oyalayo, ekuyaleni; owabayo, enze ngobuqotho; oholayo, ngenkuthalo; ohawukelayo, ngentokozi.

*KwabaseRoma 12:3-8*

Ngaleso sizathu ngiyakukhumbuza ukuba uvuse isipho somusa sikaNkulunkulu esikhona kuwe ngokubeka izandla zami. Ngokuba uNkulunkulu akasiphanga umoya wobugwala, kepha owamandla, nowothando, nowokuzikhuza.

*2 kuThimothewu 1:6-7*

## Ongaqhubeka uzindle ngakho:

- Empilweni yakho uqobo, ungakwazi ukubona nanoma yiziphi izipho ezishiwo eZifundweni? Uma kunjalo, yiziphi?
- Obani abebengahlomula ukuba ubunikwe lesi sipho noma lezi zipho?
- “Ungasisebenzisa kanjani ngokugcwele isipho uNkulunkulu akunike sona”?
- Kuyenzeka yini ngesinye isikhathi ukuba wesabe ukusebenzisa isipho sakho noma izipho zakho? Iyiphi inkuthazo oyitholayo endimeni yesibili eseSifundweni?



## Imivuzo yokunakekela

*Ngenkathi uJesu ekhuluma ngosuku lapho eyokwahlulela ngalo abantu bezizwe zonke, wakhuluma ngomvuzo oyotholwa yilabo abanakekele abantu abagulayo.*

“Kepha nxa iNdodana yomuntu iza ngenkazimulo yayo nezingelosi zonke ezingcwele kanye nayo, khona izakuhlala esihlalweni sayo senkazimulo; kuzakubuthelwa phambi kwayo izizwe zonke, ibahlukanise abanye kwabanye, njengomalusi ahlukana izimvu nezimbuzi, imise izimvu ngakwesokunene sayo kepha izimbuzi ngakwesokhohlo.

“Khona iNkosi izakuthi kwabangakwesokunene sayo: ‘Zanini nina enibusisiwe nguBaba, nidle ifa lombuso eniwulungiselweyo selokhu kwasekelwa umhlaba. Ngokuba ngangilambile, nangipha ukudla; ngangomile, nangiphuzisa; ngangingumfokazi, nangingenisa; ngihamba ze nangembathisa; ngangigula, nangihamba; ngangisetilongweni, neza kimi.’

“Khona bayakuyiphendula abalungileyo ngokuthi: ‘Nkosi, sakubona nini ulambile sakupha ukudla, noma womile sakuphuzisa, na? Sakubona nini ungumfokazi sakungenisa, noma uhamba ze sakwembathisa, na? Sakubona nini ugula, noma usetilongweni, seza kuwe, na?’

“Isiyakuphendula iNkosi, ithi kubo: ‘Ngiqinisile ngithi kini, njengokuba nikwenzile komunye walaba bafowethu abancane, nikwenzile kimi.’

“Khona iyakuthi kwabangakwesokhohlo: ‘Dedani kimi nina baqalekisiweyo, niye emlilweni ophakade olungiselwe uSathane nezingelosi zakhe. Ngokuba ngangilambile, aningiphanga ukudla; ngangomile, aningiphuzisanga; ngangingumfokazi, aningingenisanga; ngihamba ze aningembathisanga; ngigula, ngisetilongweni, aningihambanga.’

“Khona bayakuphendula nabo, bathi: ‘Nkosi, sakubona nini ulambile, noma womile, noma ungumfokazi, noma uhamba ze, noma ugula, noma usetilongweni, singakukhonzanga, na?’

“Khona iyakubaphendula ithi: ‘Ngiqinisile ngithi kini: Lokho eningakwenzanga komunye walaba abancinyane anikwenzanga nakimi.’

“Laba bayakumuka, baye ekujezisweni okuphakade, kodwa abalungileyo baye ekuphileni okuphakade.”

*NgokukaMathewu 25:31-46*

**Ongaqhubeka uzindle ngakho:**

- Uyini umvuzo walabo abathokozisa iNkosi – phakathi kwezinye zezinto – ukunakekela abantu abagulayo? Kungani bezoklonyeliswa ngale ndlela?
- Kusho ukuthini kuwe ukwamukela “umbuso owawulungiselwe wena ngaphambi kokudalwa komhlaba”?
- UJesu uthi lokho okwenzela nanoma yibaphi abantu bakhe, kungakhathalekile ukuthi kubukeka kukukhulu kangakanani, ukwenzela yena. Ukwazi leli qiniso kungaba nomthelela onjani ekunakekeleni kwakho?
- Yimiphi imivuzo (ngokomzimba, ngokwemizwa, ngokobudlelwane kanye nangokomoya) osuvele uyitholile ngomsebenzi wakho njengomnakekeli?

**Amanothi akho:**

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## Abanakekeli babusisiwe

*Isifundo sisifundisa ukuthi uNkulunkulu ubusisa labo abanakekela abanye abantu.*

Ubusisiwe onakekela ohluphekayo;  
 UJehova uyakumsindisa osukwini olubi.  
 UJehova uyakumlondoloza, amphilise;  
 uyakubusiswa emhlabeni;  
 awuyikumnikela entandweni yezitha zakhe.  
 UJehova uyakumphasa ecansini egula;  
 wena uyakuguqula ukhukho lwakhe ekuguleni kwakhe.

*AmaHubo 41:1-3*

Esehlezi phansi, abafundi bakhe beza kuye. Wayesevula umlomo wakhe, wabafundisa wathi:

“Babusisiwe abampofu emoyeni,  
 ngokuba umbuso wezulu ungowabo.  
 Babusisiwe abakhalayo,  
 ngokuba bayakududuzwa.  
 Babusisiwe abamnene,  
 ngokuba bayakudla ifa lomhlaba.  
 Babusisiwe abalambele,  
 bomele ukulunga,  
 ngokuba bayakusuthiswa.  
 Babusisiwe abanesihawu,  
 ngokuba bayakuhawukelwa.  
 Babusisiwe abanenhliziyi ehlanzekileyo,  
 ngokuba bayakubona uNkulunkulu.  
 Babusisiwe abalamulayo,  
 ngokuba bayakuthiwa abantwana bakaNkulunkulu.  
 Babusisiwe abazingelwa ngenxa yokulunga,  
 ngokuba umbuso wezulu ungowabo.

“Nibusisiwe, nxa benithuka, benizingela, bekhuluma konke okubi ngani, beqamba amanga ngenxa yami. Jabulani, nithokoze,



ngokuba umvuzo wenu mkhulu ezulwini; ngokuba kanjalo babazingela abaprofethi abananduleleyo.”

*NgokukaMathewu 5:1b-12*

**Ongaqhubeka uzindle ngakho:**

- Ucabanga ukuthi kusho ukuthini uma iBhayibheli lithi uNkulunkulu ubusisa umuntu othile?
- UJesu uthi “UNkulunkulu ubusisa labo abanobubele”. Usho siphi isibusiso esikhethekile ngalabo bantu abanjalo? Lokhu kuhambisana kanjani nokunakekela?
- Yenza uhla lwezinye zezindlela lapho wena njengomnakekeli uthola khona izibusiso zikaNkulunkulu?

**Amanothi akho:**

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## Ukunakekela kanye nobudlelwane

*Emhlabeni wethu owonakeleyo, kuyiqiniso ukuthi ubudlelwane kwesinye isikhathi abusebenzi ngendlela esisuke sifuna ngayo. Encwadini yezEnzo sifunda ngoBarnaba igama lakhe elichaza ukuthi “yilowo okhuthaza abanye” (IzEnzo 4:36-37). Uyindoda eyathatha uPawulu – owayebizwa ngoSawulu – ngaphansi kwekhwapha lakhe ekuqaleni kwebandla lakhe.*

Kodwa uBarnaba wamthatha, wamyisa kubaphostoli, wabalandisa ngokuthi uyibonile iNkosi endleleni, nokuthi ikhulumile kuye, nokuthi eDamaseku wayeshumayeke ngesibindi ngegama likaJesu.

*IzEnzo 9:27*

*Kamuva sifunda ngokuthi bahlukana kanjani:*

Emva kwezinsuku ezithile uPawulu wayesethi kuBarnaba: “Ake sibuye, sihambele abazalwane emizini yonke ngaminye esashumayela kuyo izwi leNkosi, sibone ukuthi bahlezi kanjani.” UBarnaba wahlosa ukuhamba noJohane othiwa uMarku. Kepha uPawulu wathi akufanele ukuba bahambe naye owabashiya ePhamfiliya, akaze aya nabo emsebenzini. Kwase kuvela ukuphikisana okukhulu, baze bahlukana; uBarnaba wathatha uMarku, wawelela eKhupro ngomkhumbi.

Kepha uPawulu wazikhethela uSila, wahamba enikelwe ngabazalwane emseni weNkosi.

*IzEnzo 15:36-40*

*Noma kunjalo-ke, iBhayibheli lisazisa ngokuthi senze konke okusemandleni ethu ukuba silungise ubudlelwane bethu ngomoya wothando.*

Ngakho-ke njengabakhethiweyo bakaNkulunkulu, abangcwele nabathandekayo, yembathani ububele benhliziyo, nesisa, nokuzithoba, nobumnene, nokubheka kade, nibekezelelane, nithethelelane, uma umuntu enesolo komunye; njengokuba



neNkosi yanithethelela, yenzani njalo nani. Kepha phezu kwakho konke lokho yembathani uthando oluyisibopho sokuphelela. Ukuthula kukaKristu makubuse ezinhliziyweni zenu, enabizelwa futhi kukho emzimbeni munye.

*KwabaseKolose 3:12-15a*

**Ongaqhubeka uzindle ngakho:**

- Yibuphi ngempela ubudlewane obunomthelela kakhulu ekunakekeleni kwakho?
- Kungabe ukhona oke wakufaka ngaphansi kwekhwapha lakhe, njengoba kwenza uBarnaba kuPawulu? Kungabe ukhona othile – mhlawumbe omunye umnakekeli – odinga usizo, othile ongamfaka ngaphansi kwekhwapha lakho?
- Yimiphi imihlahlandlela yokugcina ubudlelwane obuhle enikeziwe eBhayibhelini?
- Kungabe bukhona ubudlelwane odinga ukubulungisa? Kungabe ukhona okufanele umthethelele?

**Amanothi akho:**

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## Ukukhathala komnakekeli

*Izifundo ziyavuma ukuthi kwesinye isikhathi kuye kufike lapho siphelwa khona amandla bese sifuna ukudikibala, njengoba kwenza uEliya umphrofethi ngenkathi iNdllovukazi yobubi u-Izebeli emtshela ukuthi ufuna ukumbulala. Ezikhathini ezinjengalezo, singaqiniseka ukuthi uNkulunkulu uyazi ukuthi uyoba nobubele kithi bese evuselela kabusha amandla ethu.*

Esezwile lokho wasuka, wahamba ukuba asinde, waya eBeri Sheba elingelakwaJuda, washiya khona inceku yakhe. Kodwa yena wahamba ibanga losuku ehlane, waya wahlala phansi konwele, wacela enhliziyweni yakhe ukuba afe, wathi: “Sekwanele; manje, Jehova, sale usuthatha umphefumulo wami, ngokuba angilungile kunawobaba.” Walala ubuthongo phansi konwele; bheka, kwamthinta ingelosi, yathi kuye: “Vuka udle.” Wabheka, nanto iqebelengwane ngasekhanda lakhe elenziwe ematsheni ashisayo, nophiso lwamanzi. Wadla, waphuza; wayesebuye walala phansi.

Ingelosi kaJehova yabuye yamthinta ngokwesibili, yathi: “Vuka udle, ngokuba indlela yakho inde.” Wavuka, wadla, waphuza, wahamba ngamandla alokho kudla izinsuku ezingamashumi amane nobusuku obungamashumi amane, waya entabeni kaNkulunkulu iHorebe.

*1 AmaKhosi 19:3-8*

Ngakho-ke lokhu sinomPristi omkhulu kakhulu odabulile amazulu, uJesu iNdodana kaNkulunkulu, masibambelele kuso isivumo sethu. Ngokuba asinaye umPristi omkhulu ongenakuzwelana nobuthakathaka bethu, kepha olingiwe kukho konke njengathi, engenasono. Ngakho-ke masisondele ngesibindi esihlalweni somusa ukuba samukeliswe isihawu, sifumane umusa wokusiza ngesikhathi esifaneleyo.

*KumaHeberu 4:14-16*



**Ongaqhubeka uzindle ngakho:**

- Wake wezwa sengathi uyatubeka? Noma-ke sewake watubeka? Kwakwenziwa yini?
- Ungazinakekela kanjani futhi ugweme ukutubeka?
- UJesu uyakuqonda ukuhlupheka nobunzima bakho. Yini odinga ukuyiyisa kuYe namuhla?

**Amanothi akho:**

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## Isikhathi sokukhohlwa okwedlulile bese uqhubekela phambili

*Siyafunda eSifundweni ukuthi kunokuhlakanipha ukwazi isikhathi sokuba wemukele futhi uvalelise, isikhathi sokucwaninga kanye nesikhathi sokudela into njenge lahlekeleyo, isikhathi sokubambelela kanye nesokukhohlwa okudlulile.*

Konke kunesikhathi sakho,  
yonke indaba inomzuzu wayo phansi kwezulu.  
Kukhona isikhathi sokuzalwa  
nesikhathi sokufa,  
isikhathi sokutshala  
nesikhathi sokusiphula okutshaliweyo;  
isikhathi sokubulala  
nesikhathi sokuphilisa,  
isikhathi sokudiliza  
nesikhathi sokwakha;  
isikhathi sokukhala  
nesikhathi sokuhleka,  
isikhathi sokulila  
nesikhathi sokusina;  
isikhathi sokuphonsa amatshe  
nesikhathi sokuqoqa amatshe,  
isikhathi sokugona  
nesikhathi sokungagoni;  
isikhathi sokufuna  
nesikhathi sokulahlekelwa,  
isikhathi sokugcina  
nesikhathi sokuhlahla;  
isikhathi sokuklebhula  
nesikhathi sokuthunga,  
isikhathi sokuthula  
nesikhathi sokukhuluma;  
isikhathi sokuthanda  
nesikhathi sokuzonda,  
isikhathi sokulwa  
nesikhathi sokuzola.

Unanzuzoni osebenzayo ngalokho akushikashikayo na? Ngibonile umshikashika uNkulunkulu awunikile amadodana abantu ukuba awushikashike. Wenzile konke kube kuhle esikhathini sakho, ubekile nokuphakade ezinhliziyweni zabo; nokho umuntu angefumane umsebenzi awenzile uNkulunkulu kwasekuqaleni kuze kube sekupheleni. Ngiyazi ukuthi akukho okuhle kubo kunokuba bathokoze, bazenzele okumnandi besekhona. Kepha futhi ukuba abantu bonke badle, baphuze, babone okuhle kuwo wonke umshikashika wabo kuyisipho sikaNkulunkulu nalokho. Ngiyazi ukuthi konke akwenzayo uNkulunkulu kuyakuba khona kuze kube phakade; akukho okungenezelwa kukho, futhi akukho okungasuswa kukho. UNkulunkulu ukwenzile ukuba abantu besabe phambi kwakhe.

*UmShumayeli 3:1-14*

**Ongaqhubeka uzindle ngakho:**

- Sithini lesi Sifundo kuwe mayelana nokunakekela kwakho?
- Yini oyaziyo “ngesikhathi ... ngokufa, ... ngokukhala, ... ngokwehlukana? Wamelana kanjani wena nalokho?
- Kungabe zikhona izimo lapho ofuna khona ukukhohlwa okudlule ukuze ukwazi ukuqhubekela phambili? Ucabanga ukuthi iyiphi indlela enhle kunazo zonke yokukwenza lokhu?

**Amanothi akho:**

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## Ukuvuselela kabusha ukuba umnakekeli


*Sonke sedlula ezikhathini ezinzima lapho sikhathala khona, kodwa eZwini lakhe uNkulunkulu uyasethembisa ukuthi uyosinika amandla amasha.*

Usholoni wena Jakobe,  
 ukhulumelani wena Israyeli, ukuthi:  
 “Indlela yami isithekile kuJehova,  
 ilungelo lami lidlulile kuNkulunkulu wami,” na?  
 Awazi yini? Awuzwanga na?  
 UJehova unguNkulunkulu ongunaphakade;  
 udaliile imikhawulo yomhlaba;  
 akapheli amandla, akakhathali,  
 nokuqonda kwakhe akunakuphenywa.  
 Nguye omupha oyethileyo amandla,  
 nakongenamandla uyandisa izikhwepha.  
 Izinsizwa ziyaphela amandla,  
 zikhathale,  
 nabasha bawa nokuwa,  
 kepha abamethembayo uJehova  
 bayathola amandla amasha,  
 bayakhuphuka ngamaphiko njengezinkozi,  
 bagijime bengakhathali,  
 bahambe bengapheli amandla.

*U-Isaya 40:27-31*

### **Ongaqhubeka uzindle ngakho:**

- Uke usikhumbule isikhathi lapho uzizwa khona unjengabantu bakwa-Israyeli, isikhathi lapho kuba sengathi uNkulunkulu akasenandaba nawe, kube sengathi uNkulunkulu akanandaba nokwenzeka empilweni yakho? Wabhekana kanjani nesimo ngaleso sikhathi?
- Kukuyiphi indawo noma izindawo zokunakekela kwakho lapho odinga khona amandla amasha?

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- Kungabe lesi Sifundo sisifundisani ngesinyathelo sikaNkulunkulu esibhekiswe kulabo abakhathele nabasindwayo?
  - Yini okumele uyenze ukuze wenze lesi sithembiso sokuzivuselela kube esakho?

**Amanothi akho:**

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## Ukubekwezela

*Isifundo sisikhuthaza ngokuba siqhubeke futhi singadikibali.*

Ngalokho-ke nathi, lokhu sinefu elingaka lawofakazi elisihaqileyo, masilahle konke okusindayo nesono esithandela kangaka kithi, sigijime ngokubekwezela kulokhu kuncintisana esikumiselweyo, sibhekile kuJesu, umqalisi nomphelelisi wokukholwa kwethu, owathi esikhundleni sentokozo ayibekelweyo wathwala isiphambano engalinaki ihlazo, wahlala ngakwesokunene sesihlalo sobukhosi sikaNkulunkulu. Yebo, mqondeni yena owakhuthazela ephikwa kangaka yizoni, ukuze ningakhathali, niphele amandla emiphefumulweni yenu.

*KumaHeberu 12:1-3*

### Ongaqhubeka uzindle ngakho:

- IBhayibheli lisifundisa ukuthi “ukubekwezela kwakha isimilo, esisinika ithemba elingasozwe lasijabhisa”. Lokhu kusho ukuthini kuwe ekunakekeleni kwakho?
- Yenza uhla lwezinto ezehlisa intshisekelo yakho okufanele uzisuse kuwe.
- Kuyokusiza kanjani ukubhekisa amehlo akho kuJesu ukuze ubekezele njengo mnakekeli?

### Amanothi akho:

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# Umpfumela ongemuhle emsebenzini wakho

*Kwesinye isikhathi ungabhekana nabantu abangalokothi bancome okwenzayo njengo mnakekeli. IBhayibheli lisinika imihlahlandlela yokuthi singabhekana kanjani nalezi zimo.*

Pho, ubani onganilimaza, uma nishisekela okuhle na? Kepha noma nihlupheka ngenxa yokulunga, nibusisiwe. Ningesabi ukwesabisa kwabo, ningakhathazeki, kepha mngcweliseni uKristu abe yiNkosi ezinhliziyweni zenu, nihlale ningabalungele ukubaphendula bonke abanibuza isizathu sethamba elikini, kodwa kube ngobumnene nangokwesaba, nibe nonembeza omuhle, ukuze kuthi kulokho abanibleba ngakho bajabhiswe labo abathuka ukuhamba kwenu okuhle kuKristu. Ngokuba kuhle ukuhlupheka ngokwenza okuhle, uma kuyintando kaNkulunkulu, kunokwenza okubi.

*1 kaPetru 3:13-17*

## Ongaqhubeka uzindle ngakho:

- Kwesinye isikhathi singakhathazeka kakhulu ngemibono yabanye abantu ngathi. Sewake wabhekana kanzima nalokhu kukhathazeka? Kube namthelela muni ekunakekeleni kwakho?
- Sewake waba nemiphumela emibi emsebenzini wakho wokunakekela? Wathatha ziphi izinyathelo?
- Ubhekana kanjani nezenzo ezingezinhle ezibhekiswe kuwe nasemsebenzini wakho wokunakekela?

## Amanothi akho:

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## Icala kanye nentethelelo

*Sonke siyawenza amaphutha esikhathini esiningi. Iningi lethu selike labhekana nokungaphathwa kahle.*

“Wozani-ke, sithethe indaba,”  
usho uJehova;  
“noma izono zenu zibomvu kakhulu,  
ziyakuba mhlophe njengeqhwa;  
noma zibomvu njengokububende,  
ziyakuba njengoboya bezimvu.”

*U-Isaya 1:18*

UJehova unobubele nesihawu;  
wephuza ukuthukuthela, kuvama umusa.  
Akathethi njalonjalo;  
akagcini intukuthelo yakhe kuze kube phakade.  
Akasiphathi njengokufanele izono zethu,  
akasivuzi njengokwamacala ethu.  
Ngokuba njengokuphakama kwezulu phezu komhlaba  
unjalo umusa wakhe phezu kwabamesabayo.  
Njengokuba impumalanga yahlukene nentshonalanga,  
udedisile kangaka kithi iziphambeko zethu.

*AmaHubo 103:8-12*

“Ngakho-ke nxa uletha umnikelo wakho e-altare, ukhumbula  
lapho ukuthi umfowenu unamagqubu nawe, shiya lapho  
umnikelo wakho phambi kwe-altare, uhambe kuqala ubuyisane  
nomfowenu, andukuba uze unikele umnikelo wakho.”

*NgokukaMathewu 5:23-24*

Uma sithi sinenhlanyelo naye sibe sisahamba ebumnyameni,  
sinamanga, asenzi iqiniso; kepha uma sihamba ekukhanyeni,  
njengalokhu yena uqobo esekukhanyeni, khona sinenhlanyelo  
omunye nomunye, negazi likaJesu iNdodana yakhe  
liyasihlambulula ezonweni zonke.

Uma sithi asinasono, siyazikhohlisa, neqiniso alikho kithi. Uma  
sizivuma izono zethu, uthembekile, ulungile ukuba asithethelele  
izono, asihlambulule kukho konke ukungalungi.

*1 kaJohane 1:6-9*

Maniphathane ngobumnene, nihawukelane, nithethelelane,  
njengalokho noNkulunkulu wanithethelela ngoKristu.

*Kwabase-Efesu 4:32*

**Ongaqhubeka uzindle ngakho:**

- Kungani ucabanga ukuthi ukuthethelela kuyisihloko esibaluleke kangaka eBhayibhelini?
- Kungabe ukhona ofuna ukumxolela?
- Kungabe kukhona ofuna ukucelela intethelelo ngakho (kuNkulunkulu, noma kwabanye abantu)?
- Kungenzeka ukuthi mhlawumbe ufuna ukuzithethelela wena uqobo ngento ethile?

**Amanothi akho:**

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## Ukubhekana nobuhlungu

*Njengomnakekeli, ubhekene nobuhlungu ngokuvamile: ubuhlungu balabo obanakekelayo, ubuhlungu babathandiweyo babo, ngisho nobuhlungu bakho imbala. Asibuqondi bonke ubuhlungu esibubonayo kanti kwesinye isikhathi sibona sengathi uJobe owakhala esebuhlungwini, ezama ukuqonda ukuthi kungani izinto ezinje zazenzeka kuye.*

“Umuntu akasempini yini emhlabeni,  
imihla yakhe ayinjengemihla yomqashwa na?  
Njengenceku ekhefuzelela ithunzi,  
nanjengomqashwa obheka umvuzo wakhe,  
kanjalo ngithole ifa lezinyanga zokubi;  
ngimiselwe ubusuku bezinhlupheko.  
Lapho ngilala phansi,  
ngisho ngithi:  
‘Ngingavuka nini,’  
ngokuba ubusuku bude;  
ngigcwele ukubinyabinyeka kuze kuse.  
Inyama yami yembesiwe izimpethu namagade othuli;  
isikhumba sami siyaphola,  
sibuye sibhicike.

“Imihla yami iyashesha kunesaluko,  
iphela ingenathemba.  
Khumbula ukuthi ukuphila kwami kungumoya;  
iso lami aliyikubuye libone okuhle.  
Iso longibonayo alisayikungibuka;  
amehlo akho esekimi, angisekho.  
Ifu liphela lihamba;  
kanjalo owehlele endaweni yabafuleyo akasayikukhuphuka.  
Kasayikubuyela endlini yakhe;  
indawo yakhe ayisayikumazi.

“Ngalokho nami angiyikubamba  
umlomo wami;  
ngiyakukhuluma osizini lomoya wami,  
ngikhale ngomunyu womphefumulo wami.

Ngilulwandle yini,  
ngingumkhomo yini,  
ukuze ungibekele abalindi?  
Lapho ngithi umbhede wami uyakungiduduza,  
ukhukho lwami lungithwalise ukukhala kwami,  
uyangesabisa ngamaphupho,  
ungethusa ngemibono,  
ukuze umphefumulo wami ukhethe ukuklinywa  
nokufa kunalawa mathambo ami.  
Ngiyanengwa yiwo;  
mangingahlali njalo;  
ngiyeke, ngokuba imihla yami iyize.  
Uyini umuntu ukuba umkhulise,  
nokuba ubeke inhliziyi yakho kuye,  
nokuba umhambele ekuseni njalo,  
umhlole njalonjalo, na?  
Koze kube nini uyeka ukungibheka na?  
Ngiyeke, ngize ngiminze amathe ami.  
Noma ngonile,  
ngenzeni kuwe mlindi wabantu na?  
Ungimiseleni ngibe yisigcibisholo sakho,  
ngize ngibe ngumthwalo nakimi, na?  
Awuthetheleli ngani isiphambeko sami,  
ususe isono sami, na?  
Ngokuba manje ngiyakulala phansi othulini;  
uyakungifunisisa, kepha angiyikubakho.”

*UJobe 7:1-21*

*Kodwa iZwi leNkosi lisinikeza ithemba ebuhlungwini. EZwini lakhe, uNkulunkulu usifundisa ngempendulo okuyiyonayona ebuhlungwini.*

Sesiyakuthini ngalokho na? Uma uNkulunkulu emi ngakithi, ngubani ongamelana nathi na? Yena ongayigodlanga eyakhe iNdodana, kepha wayinikela ngenxa yethu sonke, kungaba kanjani ukuba angasiphi konke kanye nayo na? Ngubani ozakumangalela abakhethiweyo bakaNkulunkulu na? UNkulunkulu ungolungisisayo; ngubani olahlayo na? UKristu Jesu owafayo, yebo impela, owavuswa kwabafuleyo, ongakwesokunene sikaNkulunkulu, nguyena osinxuselayo. Ngubani ozakusahlukanisa nothando

lukaKristu na? Noma ukuhlupheka, noma ukubandezeka, noma ukuzingelwa, noma indlala, noma ukuhamba ze, noma ingozi, noma inkemba, na? Kulotshiwe ukuthi:

“Ngenxa yakho sibulawa usuku lonke, sithiwa izimvu zokuhlatshwa.”

Kepha kukho konke lokho siyanqoba nokunqoba ngowasithandayo. Ngiyakholwa ukuthi nakufa, nakuphila, nazingelosi, nababusi, nakho okukhona, nakho okuzayo, namandla, nakuphakama, nakujula, nanto enye edaliweyo akuyikuba namandla okusahlukanisa nothando lukaNkulunkulu olukuKristu Jesu iNkosi yethu.

*KwabaseRoma 8:31-39*

**Ongaqhubeka uzindle ngakho:**

- Kukuthinta kangakanani ukuba wufakazi wobuhlungu obungaka njengomnakekeli? Ubhekana kanjani nobuhlungu ngokuvamile?
- Yiliphi ithemba ongalinikeza labo abasebuhlungwini? Kukusiza kanjani lokhu uma nawe uqobo lwakho usebuhlungwini?

**Amanothi akho:**

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# Ukukhula ebuhlungwini

*Yize noma singafuni ukukuzwa njalo, kuyiqiniso ukuthi siyakhula noma sisebuhlungwini. IBhayibheli liphinde lisitshela ukuthi ubuhlungu buyasiza ekwakheni isimilo somuntu.*

Ngakho lokhu sesilungisisiwe ngokukholwa, sinokuthula kuNkulunkulu ngeNkosi yethu uJesu Kristu, okungaye sinokungena ngokukholwa kulo musa esimi kuwo, siyazibonga ekwethembeni inkazimulo kaNkulunkulu. Kepha akusikho lokho kuphela, kodwa sizibonga nangezinhlupheko ngokwazi ukuthi ukuhlupheka kuveza ukukhuthazela, ukukhuthazela kuveza ukuqiniseka, ukuqiniseka kuveza ithemba; ithemba alijabhisi, ngokuba uthando lukaNkulunkulu lutheliwe ezinhliziyweni zethu ngoMoya oNgcwele esimuphiweyo.

*KwabaseRoma 5:1-5*

## Ongaqhubeka uzindle ngakho:

- Ungake ucabange ngesibonelo sokuthi usukhule kanjani usebuhlungwini?
- Kungabe usesimeni lapho uzwa khona ubuhlungu njengamanje? Ungacabanga ngezindlela zokukhula ukulobu buhlungu?
- Yenza uhla lwezindlela lapho ukukhula osuke wabhekana nakho usebuhlungwini okungakhuthaza abanye, ikakhulukazi kulabo obanakekelayo.

## Amanothi akho:

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## Ukuthula kanye nenjabulo

*Sifunda eZifundweni lapho kutholakala khona ukuthula nenjabulo.*

“Ukuthula ngikushiya kinina, ukuthula kwami nginipha khona. Akunjengokupha kwezwe ukunipha kwami. Inhliziyo yenu mayingakhathazeki, ingesabi.”

*NgokukaJohane 14:27*

Thokozani eNkosini njalonjalo; ngiyaphinda ngithi: Thokozani! Ukubekezela kwenu akwaziwe ngabantu bonke; iNkosi iseduze. Ningakhathazeki ngalutho, kepha kukho konke izicelo zenu mazaziwe nguNkulunkulu ngokukhuleka nokunxusa kanye nokubonga. Ukuthula kukaNkulunkulu okudlula ukuqonda konke kuyakulondoloza izinhliziyo zenu nemicabango yenu kuKristu Jesu.

*KwabaseFilipi 4:4-7*

### Ongaqhubeka uzindle ngakho:

- Ungathi yiliphi iqhaza lokuthula nenjabulo empilweni yomnakekeli?
- Kungabe lukhona ushintsho okufanele ulwenze ukuze ubuyise impilo yakho ihambisane nezimfundiso zalezi zindima zeSifundo?
- Ungacabanga ngesibonelo lapho ukuthula nenjabulo evela kuNkulunkulu, kwakusiza khona emsebenzini wakho wokunakekela?

### Amanothi akho:

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## Umkhuleko

*Umkhuleko uchazwe njengomphefumulo wempilo yeKholwa.  
IBhayibheli ligcizelela kakhulu ngomkhuleko.*

“Nalapho nikhuleka, ningabi njengabazenzisi, ngokuba bethanda ukukhuleka bemisasinagogeni nasezinhlangothweni zezindlela ukuba babonwe ngabantu. Ngiqinisile ngithi kini: Sebewamukele umvuzo wabo. Kepha wena, nxa ukhuleka, ngena ekamelweni lakho, uthi usuvale umnyango wakho ukhuleke kuYihlo osekusithekeni; noYihlo obona ekusithekeni uzakukuvuza. Kodwa nxa nikhuleka, ningathemelezi njengabezizwe, ngokuba bathi bayakuzwiwa ngokukhuluma kwabo okuningi. Ngakho-ke maningafani nabo; ngokuba uYihlo uyakwazi enikuswelayo ningakaceli kuye. Ngakho-ke anokhuleka kanje, nithi:

“ ‘Baba wethu osezulwini,  
malingcweliswe igama lakho;  
mawufike umbuso wakho;  
mayenziwe intando yakho emhlabeni njengasezulwini;  
usiphe namuhla isinkwa sethu  
semihla ngemihla;  
usithethelele amacala ethu,  
njengalokhu nathi sibathethelela  
abanecala kithi;  
ungasingenisi ekulingweni,  
kodwa usikhulule kokubi;  
ngokuba umbuso ungowakho,  
namandla, nenkazimulo,  
kuze kube phakade. Amen.’

“Ngokuba uma nithethelela abantu iziphambeko zabo, noYihlo wasezulwini uyakunithethelela nani. Kepha uma ningathetheleli abantu iziphambeko zabo, noYihlo akayikunithethelela iziphambeko zenu.”

*NgokukaMathewu 6:5-15*

Ngakho-ke kuqala kukho konke ngiyala ukuba ukunxusa,  
nokukhuleka, nokucela, nokubonga kwenzelwe abantu bonke.

*1 kuThimothewu 2:1*

Ngokunjalo noMoya uyasiza ebuthakathakeni bethu; ngokuba asikwazi esingakucela ngokufaneleyo, kodwa uMoya uqobo usikhulumela ngokububula okungenakuphinyiselwa; kepha yena ohlola izinhliziyu uyakwazi okuqondwa nguMoya, ngokuba ukhulumela abangcwele ngokwentando kaNkulunkulu.

Siyazi ukuthi kwabamthandayo uNkulunkulu konke kusebenzelana kube ngokuhle.

*KwabaseRoma 8:26-28a*

### **Ongaqhubeka uzindle ngakho:**

- Yenza uhla lwezindlela lapho umfanekiso womkhuleko uJesu afundisa ngawo, ubalulekile kubanakekeli.
- Yiyiphi indima umkhuleko njengamanje oyidlalayo emsebenzini wakho wokunakekela? Ucabanga ukuthi yiyiphi indima okumele uiidlale?
- Wake wabhekana nesimo lapho ungazi ukuthi kumele uthandazele ini, bese uMoya kube nguyeye okuthandazelayo “ngezindlela ezingeke zashiwo ngamagama”?
- Kungabe kukhona odinga ukukuletha kuNkulunkulu ngomkhuleko njengamanje?

### **Amanothi akho:**

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# Ukwethembeka

*Enye yezimpawu ezibalulekile zomnakekeli ukwethembeka: ukwethembeka kuNkulunkulu kanjalo nokwethembeka kubantu. Funda ukuthi uPawulu umnxusa kanjani uThimothewu ukuba ahlale ethembekile.*

Jonga ukulunga, nokumesaba uNkulunkulu, nokukholwa, nothando, nokubekezela, nobumnene. Yilwa ukulwa okuhle kokukholwa, ubambelele ekuphileni okuphakade owabizelwa kukho, wavuma ukuvuma okuhle phambi kofakazi abaningi. Ngiyakuyala phambi kukaNkulunkulu ophilisa konke, naphambi kukaKristu Jesu owavuma ukuvuma okuhle phambi kukaPontiyu Pilatu, ukuba ugcine umyalo ungenabala, ungenakusoleka, kuze kube sekubonakaleni kweNkosi yethu uJesu Kristu.

*1 kuThimothewu 6:11b-14*

## Ongaqhubeka uzindle ngakho:

- Kungani ucabanga ukuthi ukwethembeka kubaluleke kangako kumnakekeli?
- Yimuphi umthelela ongaba khona emsebenzini wakho wokunakekela ngokungathembeki kuNkulunkulu? Kanye nokungathembeki kwabanye abantu?
- Ungaqinisekisa kanjani ukuthi uyohlala wethembekile obizweni lwakho njengomnakekeli?

## Amanothi akho:

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## Ukuhlakanipha

*Abanakekeli bavamise ukubhekana nezimo ezinzima kanye nendlela abakhetha ngayo. Ukuhlakanipha kuyadingeka kulezi zimo.*

“Ukuqala kokuhlakanipha kungukumesaba uJehova, nokumazi oNgcwele kungukuqonda.”

*IzAga 9:10*

Themba kuJehova ngayo yonke inhliziyi yakho, ungenchiki kokwakho ukuqonda. Mazise yena ezindleleni zakho zonke, uyakuqondisa imikhondo yakho.

Ungabi ngohlakaniphileyo emehlweni akho; mesabe uJehova, udede ebubini. Lokho kuyakuba yimpilo emzimbeni wakho nokuhlunyelelwa kwamathambo akho.

*IzAga 3:5-8*

Bazalwane bami, nxa nehlelwa yizilingo ngezilingo, anothi kungukuthokoza kodwa, nazi ukuthi ukuvivinywa kokukholwa kwenu kuveza ukukhuthazela. Kepha ukukhuthazela makube nomsebenzi opheleleyo, ukuze nibe ngabapheleleyo nabangenacala abangasweli lutho. Uma-ke kukhona kini oswela ukuhlakanipha, makacele kuNkulunkulu obapha bonke ngobuhle engajakadi, khona uyakuphiwa. Kepha makacele ngokukholwa engangabazi ngalutho; ngokuba ongabazayo unjengedlambi lolwandle eliqhutshwa, ligujiswa ngumoya. Ngakho makangasho lowo muntu ukuthi uyakwamukeliswa utho yiNkosi, umuntu onhliziyombili oquququkayo ezindleleni zakhe zonke.

*EkaJakobe 1:2-8*

### **Ongaqhubeka uzindle ngakho:**

- Ungavumelana nesitatimende esenziwe ngenhla, sokuthi “abanakekeli bavamise ukubhekana nezimo ezinzima kanye nendlela abakhetha ngayo”? Kungani noma kungani kungenjalo?
- NgokweSifundo, kuqalaphi ukuhlakanipha?



- Ungacabanga ngesimo lapho ubuweswele wase wemukela ukuhlakanipha okuvela kuNkulunkulu kanye nobuchule? Kwenzekani?

**Amanothi akho:**

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## Ukuphepha ebukhoneni bukaNkulunkulu

*Kule mpilo, ubungozi kanye nezigemegeme kungamehlela noma nini umuntu ngaphandle kwesexwayiso. Yingakho kuyinduduzo ukufunda eBhayibhelini mayelana nokuvikelwa uNkulunkulu.*

Yena owakhile ekusithekeni koPhezukonke  
nohlezi emthunzini kaSomandla  
uthi kuJehova: “Uyisiphephelo sami nenqaba yami  
noNkulunkulu wami engimethembayo.”

Ngokuba yena uyakukhipha ogibeni lomcuphi  
nasobhadaneni olubhubhisayo.  
Ngezimpaphe zakhe uyakukusibekela,  
uphephele phansi kwamaphiko akhe;  
ukuthembeka kwakhe kuyisihlangu nehawu.  
Awuyikwesaba ivuso lasebusuku,  
nomcibisholo ondizayo emini,  
nobhadane oluhamba ebumnyameni,  
nesifo esibhubhisayo emini enkulu.  
Bayakuwa abayizinkulungwane ngaseceleni kwakho,  
nabayizinkulungwane eziyishumi ngakwesokunene sakho,  
kepha akuyikufinyelela kuwe.  
Uyakubuka nje ngamehlo akho,  
ubone ukuphindiselwa kwababi,  
ngokuba uthi:  
Jehova, uyisiphephelo sami;  
oPhezukonke umenzile abe yinqaba yakho.  
Awuyikwehlelwa ngokubi,  
nesifo asiyikusondela etendeni lakho.  
Ngokuba uyakuyaleza izingelosi zakhe ngawe,  
zikulondoloze ezindleleni zakho zonke.  
Ziyakukuthwala ngezandla,  
ungaqhuzuki ngonyawo lwakho etsheni.  
Uyakunyathela ingonyama nebululu,  
unyathele phansi ibhongo lengonyama nodrako.



Ngenxa yokuba enamathele kimi, ngakho ngiyamkhulula;  
ngiyamphakamisa ngokuba elazi igama lami.  
Uyakungibiza, ngimphendule;  
ngiyakuba naye esosizini,  
ngimkhulule, ngimdumise.  
Ngiyakumsuthisa ngobude bezinsuku,  
ngimbonise insindiso yami.

*AmaHubo 91*

**Ongaqhubeka uzindle ngakho:**

- Njengomnakekeli, uke ube nesidingo sokuvikeleka emsebenzini? Uma kunjalo, ukuvikeleka mayelana nani?
- Kule ngxenye yeSifundo, kungabe zikhona izimo ekuphileni kwakho ezingaphansi kovikelo lukaNkulunkulu?
- Kungabe uyadinga ukuzisebenzisa ezinye zalezo zimo empilweni yakho?
- Ungacabanga ngesimo noma izimo lapho oke wabhekana khona nokuvikelwa uNkulunkulu esikhathini esingaphambili?
- Kungabe lolo lwazi lwakho kanye namaqiniso atholakala kumaHubo 91 kuyakusiza esimeni sakho samanje?

**Amanothi akho:**

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## Isimemo sokuhlala uphumule eNkosini

*Ukuba umnakekeli kungaba yinto edinga uzikhandle kakhulu. Ngenxa yaleso sizathu, ukuphumula kubaluleke kakhulu. UJesu uyasimema ukuba size kuYe ukuze sithole ukuphumula.*

“Zanini kimi nina nonke enikhatheleyo nenisindwayo, mina ngizakuniphumuza. Bekani ijoka lami phezu kwenu, nifunde kimi, ngokuba ngimnene, ngithobile ngenhliziyo; khona imiphefumulo yenu iyakufumana impumuzo. Ngokuba ijoka lami lihle, nomthwalo wami ulula.”

*NgokukaMathewu 11:28-30*

Umphefumulo wami uzithulele kuNkulunkulu kuphela;  
insindiso yami ivela kuye.  
Nguye kuphela oyidwala lami nensindiso yami, inqaba yami;  
angiyikunyakaziswa kakhulu.

Koze kube nini nisukela umuntu  
ukuba nimbulale nonke  
njengodonga olwengemeyo  
nothango oludilikayo na?  
Yebo, bathunga icebo lokumwisa ekuphakameni kwakhe,  
bathanda amanga;  
bayabusisa ngomlomo wabo,  
kepha ezibilinini zabo bayaqalekisa.

*Sela*

Mphefumulo wami,  
zithulisele kuNkulunkulu kuphela,  
ngokuba ithemba lami livela kuye.  
Nguye kuphela oyidwala lami nensindiso yami,  
inqaba yami; angiyikunyakaziswa.  
Insindiso yami nodumo lwami kukuNkulunkulu;  
idwala lami eliqinileyo nesiphephelo sami kukuNkulunkulu.



Thembani kuye ngezikhathi zonke nina bantu,  
nithulule inhliziyo yenu phambi kwakhe;  
uNkulunkulu uyisiphephelo sethu.

*Sela*  
*AmaHubo 62:1-8*

**Ongaqhubeka uzindle ngakho:**

- Ukuqonda kanjani ukuphumula okunikezwa uJesu kulabo abeza kuYe?
- Ungacabanga ngezindlela eziphathekayo ongeza ngazo kuJesu ukuze uthole ukuphumula? Kungabe mhlawumbe ikhona imithwalo ofisa ukuyiletha kuYe?
- Ungasenza isinqumo sokulinda uNkulunkulu ngokuthula? Kungabe zikhona izinto ezenza kube nzima ukumlinda ngokuthula?

**Amanothi akho:**

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## Imicabango

*Indlela umuntu acabanga ngayo ngokungavinjelwa inomthelela emagameni akhe nasezweni zakhe. Ngenxa yaleso sizathu, iZwi likaNkulunkulu lisitshela ukuba siqaphele mayelana nokuthi yini esigxilisa kuyo imicabango yethu.*

Ningalingisi leli zwe, kodwa niguqulwe isimo ngokwenziwa ibe ntsha ingqondo yenu, ukuze nibe nokuhlolisisa okuyintando kaNkulunkulu, okuhle, nokuthandekayo, nokupheleleyo.

*KwabaseRoma 12:2*

Elokgcina, bazalwane, konke okuyiqiniso, konke okuhloniphekayo, konke okulungileyo, konke okumhlophe, konke okuthandekayo, konke okutusekayo, noma kukhona okuhle, noma kukhona okubongekayo, zindlani ngalokho.

*KwabaseFilipi 4:8*

### **Ongaqhubeka uzindle ngakho:**

- Ungamvumela kanjani uNkulunkulu ukuba ashintshe indlela ocabanga ngayo?
- Ungacabanga ngezindlela eziphathekayo zokugxilisa imicabango yethu “kunoma yikuphi okuyiqiniso, okuhlazekile, okulungile, okungcwele, okunobungani, kanye nokufanele”?

### **Amanothi akho:**

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# Amazwi abika okuhlosiwe ngabanakekeli

*Indima yeSifundo esilandelayo ingabonakala njengamazwi ahlosiwe abanakekeli.*

Ngakho-ke njengabakhethiweyo bakaNkulunkulu, abangcwele nabathandekayo, yembathani ububele benhliziyo, nesisa, nokuzithoba, nobumnene, nokubheka kade, nibekezelelane, nithethelelane, uma umuntu enensolo komunye; njengokuba neNkosi yanithethelela, yenzani njalo nani. Kepha phezu kwakho konke lokho yembathani uthando oluyisibopho sokuphelela.

Ukuthula kukaKristu makubuse ezinhliziyweni zenu, enabizelwa futhi kukho emzimbeni munye; futhi yibani ngababongayo. Izwi likaKristu alihlale phakathi kwenu, livame, nifundisane ngokuhlakanipha konke, niyalane ngamahubo, nangezihlabelo, nangamaculo okomoya, nimhubele uNkulunkulu ezinhliziyweni zenu ngokubonga. Konke enikwenzayo, noma kungezwi noma kungomsebenzi, kwenzeni konke egameni leNkosi uJesu, nimbonge uNkulunkulu uYise ngaye.

*KwabaseKolose 3:12-17*

## **Ongaqhubeka uzindle ngakho:**

- Ungavuma ukuthi le ndima ingathathwa njengokuhlosiwe kwabanakekeli? Kungani noma kungani kungenjalo?
- Ngokwale ndima, iyiphi into ebaluleke kunazo zonke? Kungani ibaluleke kakhulu kunezinye izinto?
- Kungaba namuphi umthelela empilweni yakho nasemsebenzini wokunakekela uma ungaphila ulandela le migomo?

## **Amanothi akho:**

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## Umkhuleko obhekiswe kubanakekeli

*Umkhuleko olandelayo kamphostoli uPawulu obhekiswe emaKholweni ase-Efesu ufaneleke kakhulu kubanakekeli.*

Ngalokho nami, sengizwile ngokukholwa okukini eNkosini uJesu nothando kubo bonke abangcwele, angiyeki ukubonga ngenxa yenu, nginikhumbula emikhulekweni yami, ukuze uNkulunkulu weNkosi yethu uJesu Kristu, uYise wenkazimulo, aniphe umoya wokuhlakanipha nokwambulelwa ekumazini yena; ekhanyisiwe amehlo enhliziyu yenu, nize nazi okuyithemba lobizo lwakhe nokuyingcebo yenkazimulo yefa lakhe kubo abangcwele, nokungubukhulu obumangalisayo bamandla akhe kithina esikholwayo, ngokokusebenza kwamandla akhe amakhulu asebenze ngawo kuKristu emvusa kwabafuleyo, wamhlalisa ngakwesokunene sakhe ezulwini, ngaphezu kwakho konke ukubusa, negunya, namandla, nobukhosi, namagama onke aphathwayo, kungekuleli zwe lodwa kepha nakulo elizayo; wakubeka konke phansi kwezinyawo zakhe, wammisa abe yinhloko phezu kwakho konke kulo ibandla, elona lingumzimba wakhe, ukugcwala kwakhe ogcwalisa konke kubo bonke.

*Kwabase-Efesu 1:15-23*

### **Ongaqhubeka uzindle ngakho:**

- Yiziphi izingxenye zomkhuleko oshiwo kule ndima ezibalulekile esimeni lapho abanakekeli bezithola bekuso? Kungani?
- Cela omunye ukuba akukhulekele nsukuzonke. Bangawusebenzisa lo mkhuleko njengo mhlahlandlela.

# Uthando, ngaphezu kwakho konke

*Enye yezihloko ezigcizelelwe kakhulu kwiTestamente Elisha uthando. Ngenxa yokuthi umsebenzi wokunakekela uphathelene kakhulu nothando, kubalulekile ukuqaphela ukuthi iZwi likaNkulunkulu lisifundisani mayelana nalesi sihloko.*

Noma ngikhuluma ngezilimi zabantu nezezengelosi, kepha ngingenalo uthando, ngiyithusi elikhencezayo nensimbi encencethayo. Noma nginokuprofetha, ngiqonda izimfihlakalo zonke nokwazi konke, noma nginokukholwa konke ngangokuba ngingagudluzisa izintaba, kepha ngingenalo uthando, angiyinto yalutho. Noma ngabela abampofu konke enginakho, noma nginikela umzimba wami ukuba ushiswe, kepha ngingenalo uthando, akungisizi ngalutho.

Uthando luyabekezela, uthando lumnene, alunamhawu, uthando aluzigabisi, aluzikhukhumezi; aluziphathi ngokungafanele, aluzifuneli okwalo, alucunuki, alunagqubu; aluthokozi ngokungalungile, kepha luthokozela iqiniso; lubekezelela izinto zonke, lukholwa yizinto zonke, luthemba izinto zonke, lukhuthazelela izinto zonke.

Uthando alusoze lwaphela; kepha nokuba kukhona ukuprofetha, kuyakukhawuka; nokuba kuyizilimi, ziyakunqamuka; nokuba kungukwazi, kuyakukhawuka. Ngokuba sazi inxenye, siprofetha inxenye. Kepha nxa sekufikile okupheleleyo, lokho okuyinxenye kuyakukhawuka. Lapho ngisengumntwana, ngakhulumisa okomntwana, ngaqondisa okomntwana, ngazindlisa okomntwana; kuthe sengiyindoda, ngayeka okobuntwana. Ngokuba manje sibona esibukweni kaluffi; kepha lapho sobukana ubuso nobuso; manje ngazi inxenye, kepha lapho, ngiyakwazi ngokuphelele, njengokuba kade ngaziwa ngokuphelele. Manje-ke kumi ukukholwa, nokwethemba, nothando, lokho kokuthathu; kepha okukhulu kulokho luthando.

*1 kwabaseKorinte 13*



**Ongaqhubeka uzindle ngakho:**

- Kungani ucabanga ukuthi uthando lunikwe indawo ebalulekile eBhayibhelini?
- Yenza uhla lwezindlela ezehlukene lapho le ncazelo yothando yehluka khona embonweni abantu emphakathini wethu ngokwejwayelekile abanawo mayelana nothando. Ukuqonda kanjani lokhu kubaluleka ngokomsebenzi wakho wokunakekela?
- Yiziphi izinhla zothando odinga ukuzigcizelela kakhulu emsebenzini wakho wokunakekela? Ungacabanga ngezindlela eziphathekayo zokwenza lokhu?

**Amanothi akho:**

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# Umbono ngengunaphakade

*Ithemba lokuthi izwi likaNkulunkulu lisinika amandla lihlukile kwamanye amathemba, ngokuthi liyingunaphakade. Njengabanakekeli, kumele sibone umsebenzi wethu wokunakekela ngokwengunaphakade ukuze siqonde incazelo yawo eyiqiniso.*

Ngase ngibona izulu elisha nomhlaba omusha; ngokuba izulu lokuqala nomhlaba wokuqala kudlulile, nolwandle alusekho. Ngabona umuzi ongcwele, iJerusalema elisha, wehla uvela ezulwini kuNkulunkulu, ulungisiwe njengomlobokazi ohlotshiselwe umyeni wakhe. Ngase ngizwa izwi elikhulu livela esihlalweni sobukhosi, lithi: “Bheka, itabernakele likaNkulunkulu likubantu; uyakuhlala nabo, babe ngabantu bakhe, yena uNkulunkulu abe nabo, azesule izinyembezi zonke emehlweni abo; ukufa akusayikuba khona; nokudabuka, nokukhala, nobuhlungu akusayikuba khona; ngokuba okokuqala kudlulile.”

Wayesethi ohlezi esihlalweni sobukhosi: “Bheka, ngenza konke kube kusha.” Wathi: “Loba, ngokuba lawa mazwi athembekile, aqinisile.”

Wayesethi kimi: “Sekwenzekile. Ngingu-Alfa no-Omega, ukuqala nokugcina. Owomileyo ngiyakumphuzisa ngesihle emthonjeni wamanzi okuphila. Onqobayo uyakulidla ifa lalezo zinto, futhi ngiyakuba nguNkulunkulu kuye, yena abe yindodana kimi.”

*IsAmbulo 21:1-7*

## Ongaqhubeka uzindle ngakho:

- Iyiphi incazelo umnakekeli wakho anayo mayelana nombono ngengunaphakade? Ngaphandle kwemihlomulo esheshayo kulabo abasebuhlungwini, kungabe umnakekeli wakho yini akunika yona ngengunaphakade?
- Yiliphi ithemba le ndima eliyinikeza abanakekeli kanye nabobonke abasebuhlungwini?
- Ungacabanga ngezindlela eziphathekayo zokwenza leli themba libe nobuqiniso obukhulu kulabo enibanakekelayo?





## Amanothi akho

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