

## Xa Uwedwa



---

## Sabatha Emva Kwemini

### Fundela Isifundo Sale Veki:

Intsh. 4:9–12, Filipi 4:11–13, 1 Kor. 7:25–34, Mat. 19:8, Gen. 37:34, Isa. 54:5.

### Indima Yenkumbulo:

“Wathi uYehova uThixo, Akulungile ukuba umntu abe yedwa; ndiya kumenzela umncedi onguwabo”(Genesis 2:18).

Ibali elinika umdla kodwa libuhlungu laba ngundabamlonyeni kwiminyaka eyadlulayo. Kwafunyanwa inkosikazi eselula kwigumbi layo ifile. Nangona ukufa kona kwakusisiquphe, eyona nto yalenza libi ibali yeyokuba le nkosikazi yayingaphezu kweshumi leminyaka yafayo phambi kokuba ifunyanwe. Ishumi leminyaka! Umbuzo, ke ngoko, abawubuzayo abantu, befanele phofu, wawusithi: Kwenzeka njani ukuba kwisixeko esikhulu njengesi, esinabantu abaninzi kangaka, zikwaninzi kangaka neendlela zonxibelelwano, ukuba umfazi afe, engengomntu owayehlala esitratweni, abe wafa ixesha elide kangako kungabikho mntu waziyo? Nangona libaxekile, eli bali lingumzekelo wento ekhoyo: abantu abaninzi bathwaxwa kukuba ngamalolo. Ngowe-2016, iThe New York Times yayinenqaku elinesihloko esithi, “Researchers Confront an Epidemic of Loneliness.” [Abaphandi bolwazi Bajongene Nobhubhani Wobulolo]. Ingxaki le ikho.

Zisuka nje, thina bantu sasigamele ukuba sibe sedwa [umntu ahlale yedwa, okanye abe lilolo]. Ukususela e-Eden ukubheka phambili, kwakufuneka sibe nolwalamano nabanye abantu kangangoko. Phofu ke, isono sangena, akwaze kubekho nto ilungayo ukususela ngoko. Kule veki, siza kuqwalasela umba wobuqabane nobulolo ngamaxesha awahlukeneyo obomi, mhlawumbi, sonke ngaxa lithile, sike sajongana naloo meko. Ukuba akunjalo, zibalele ukuthi unethamsanqa.

*\*Funda Isifundo sale veki ukulungiselela iSabatha ka-Apreli 27.*

## Ubuqabane

**Funda: Intshumayeli 4:9–12. Ithini ingcamango esisiseko apho? Uthini umthetho-siseko wobomi ekuthethwa ngawo apho?**

---



---

Bambalwa kuthi abanokuhlala bodwa. Nokuba sithanda ukuba sedwa, kungekudala asaneli kufuna nje ukuba nobuqabane, kodwa singade sibudinga, ngakumbi kumaxesha entswelo. Phofu, sasidalelwe ukuba sibe nabantu, nolwalamano. Kulithamsanqa kwabo banamalungu osapho asondeleyo anokunika intuthuzelo nenkxaso, ngakumbi namaxesha entswelo. Ngelishwa, bakho abantu ebandleni lethu, apho sisebenza khona, ekuhlaleni apho sikhoyo, abangenaye umntu abanokubhenela kuye, kungakuphela ngexesha lesidingo, kodwa nokuncokola nje ekupheleni kwemini. Ingqondo yesithukuthezi inokufika naxesha liphi. “Eyona mini inzima kum,” yatsho enye indoda engatshatanga, “yiCawa. Evekini ndingqongwe ngabantu emsebenzini. NgeSabatha ndibona abantu enkonzweni. Kodwa ngeCawa ndiba ndedwa.”

**Ithini imithetho –siseko esinokuyifunda kwezi ndawo zilandelayo, ngakumbi xa siphumela kwixesha lokuba nesithukuthezi? Yohane 16:32, 33; Filipi 4:11–13.**

---

Ewe, singamaKristu asanele kuba nobunyaniso bubukho bukaThixo kodwa nobunyaniso bokukwazi ukuba bobudlelane naYe uThixo. Sikwazi ngokwenene ukuba nentuthuzelo ekwayameni kukaThixo kuthi. Sekunjalo, ukusondela kukaThixo kuAdam, e-Eden akuzange kumenze uYehova ukuba ayeke ukuthi, “ ‘Akulungile ukuba umntu abe yedwa’ ” (Gen. 2:18). Ngoko ke, uThixo wazi ukuba uAdam, noxa wayenolwalamano noThixo emhlabeni ongonakaliswanga sisono, wayesabudinga ubuqabane nomntu. Kubeke phi ke ngoko ukuba thina sisonke, nathi sibudinga ubuqabane ngokunjalo. Sidinga ukuba sikulumkele, kodwa, ukuba nobuganga ngelithi, baninzi abantu abasijikelezileyo ngoko, ngenxa yoko umntu akakwazi ukuba nesithukuthezi. Abanye babona bantu banesithukuthezi bahlala kwizixeko ezikhulu apho basoloko behlangana nabanye. Ukuba phakathi kwemizimba akuthethi ukuba umntu akanako ukuziva eyedwa, ekude nabanye eludinga ulwalamano.

**Akusoloko kulula ukwazi xa umntu oziva enesithukuthezi, echwethelwe ecaleni, engafunwa, okanye nje enentlungu nesidingo somntu, ingekho enye into, wokuthetha nje naye. Ungenza njani ukuba uzigqatse uzame ukuqonda kakhulu nokuba ngubani kwabo bantu banjalo?**

## Ubomi Obungatshatanga

Ibhinqa eliselula, laxela ngobuhle bokungatshati: “Kwaba kabini ndinethuba lokuya kusebenza kwiindawo zovangelo, ndaza ndasabela kwangoko.” Umntu otshatileyo, onosapho, ngewadinga ixesha ukuze enze eso sigqibo kuba asaneli kubandakanya yena yedwa, kodwa iqabane nabantwana.

**Zithini izzathu, ngokukaPawulos, ezilungileyo ngokuhlala ungatshatanga? 1 Kor. 7:25–34.**

---



---



---

Abantu abaninzi bacinga ukuthi, ukuba ngabantu abatshatileyo yintando kaThixo ngabo. Wayengathe na, “akukuhle ukuba umntu abe yedwa?” Kanti ke, sinemizekelo emininzi eBhayibhileni yabantu ababengatshatanga, kuquka owona mkhulu umzekelo kuyo yonke, uYesu Kristu. UYeremiya kwathiwa makangatshati (Yer. 16:1–3); kwakusisigqibo kwimeko eyayimbi. Asazi nokuba eso salelo sasuswa na, kodwa kucacile ukuba uYeremiya wayengumprofeti omkhulu nangona wayelisoka.

Kanti ke, imeko yokuba ngumntu otshatileyo kukaHezekile ayizange ibonakale ibaluleke kakhulu, nangona umfazi wakhe wafa ngesiquphe. Akazange avunyelwe nokuba amlilele kodwa wayeza kuqhubeka nomsebenzi wakhe eyayimnike wona iNkosi (Hez. 24:15–18). Umprofeti uHoseya naye waba namava omtshato oqhawukileyo, kodwa wakwazi ukuqhubeka nokulungiselela kwakhe. Nangona ibali libonakala lingaqhelekanga kuthi, uThixo wamxelela ukuba ahambe atshate ihenyukazi awayelazi uThixo ukuba liya kumshiya uHoseya liye kwenye indoda (Hoseya 1–3). Xa sikhangele ngasemva, siyambona uThixo ezama ukusibonisa uthando olucala-nye analo ngakuSirayeli kunye nakuthi, kodwa kunokuba kwakunzima kakhulu, kubuhlungu kuHoseya ukuba ngumfuziselo wesifundo. Kuwo ngamnye kule mizekelo, imeko yomtshato yayingenguwo umba. UThixo wayenomdla kwingqibelelo yomntu, ukuthobeka, nokukwazi ukuthetha oko uThixo wayefuna ukuba akuthethe. Sidinga ukuba siqiniseke ngokuba ubomi bethu abuchazwa ngemeko yethu yomtshato. Amazwi amaninzi namhlanje asixelela ukuthi, singatshatanga, ubomi bethu abuphelelanga. UPawulos ebeya kuphendula athi, “Ningamilisi okweli phakade.” Endaweni yoko, “yinikeleni imizimba yenu ibe lidini eliphilileyo, elingcwele, elikholekileyo kuThixo” (Roma 12:1, 2).

**Zithini iindlela eziphathekayo onokuthi ngazo ulungiselele kwabo bangatshatanga, amalungu ebandla nabangengawo amalungu ebandla?**

## Xa Umtshato Uphela

Kuzo zonke iindlela esithe ngazo isono sachitha uluntu, ngaphandle kokubulaleka emzimbeni nokufa, yeyiphi eyona ibe neziphumo zeyona nkcitho inkulu ebanwe sisono ngaphezu kosapho? Yinto engathi, intetho ethi, “Usapho olungelolutho” iyaphindwa. Into olungeyiyo usapho, kakhulukazi, ukungabi lutho? Ngaphandle kokufa, enye yezona zinto zinzima olunokujongana nayo usapho, kukuqhawulwa komtshato. Abantu baphumela kula mava mabi belinyazwe iimvakalelo. Kunokwenzeka ukuba eyona iphambili neyona iqheleke kakhulu yintlungu (usizi) oluthi, ngokuxhomekeke kubantu, luqhube iqela leenyanga kuse kwiminyaka lunobunzulu olwahlukeneyo. Abanye baba noloyiko; besoyika okungaziwayo, iingxaki zemali, ukoyika ukungakwazi ukuthwala. Abanye baba nexesha loxinzelelo, umsindo, kunjalo,--nokuba nesithukuthezi.

**Ithini imithetho-siseko ebanzi ngokubhekiselele kuqhawulo lomtshato esinokuzizuya kwezi ndima zilandelayo? Mal. 2:16; Mat. 5:31, 32; 19:8; 1 Kor. 7:11–13.**

---



---



---

“IBandla njengesenzeleli sikaThixo sokusindisa, limele ukulungiselela kumalungu kuzo zonke izidingo zawo nokuwondla nokuwakhulisa wonke ngamanye ukuze wonke akhule afikelele kumava avuthiweyo obuKristu. Oku kuyinene ngakumbi xa amalungu efikelele ekwenzeni izigqibo zobomi bonke njengokutshata. Xa umtshato wababini usengozini yokuchitheka, wonke amacebo namatile-tile kufuneka enziwe ngamaqabane lawo bancediswe ngabasebandleni okanye kusapho abasebenza ukubazisa kwindawo yoxolelaniso nokusebenzisana ngokwemithetho yezulu yokuphilisa ubudlelwane obulimeleyo (Hoseya 3:1-3; 1 Kor. 7:10, 11; 13:4-7; Ga. 6:1).

“Izixhobo ezinokuba luncedo kumalungu ekwakheni amakhaya aqinileyo obuKristu zingafumaneka ngebandla okanye amanye amaqumrhu ebandla. Ezi zixhobo ziquka: (1) iinkqubo zokuqhelanisa izibini ezizimisele ukushata, (2) iinkqubo zokululeka izibini ezitshatileyo neentsapho zazo, (3) iinkqubo zokuxhasa amakhaya aqhekekileyo kunye nabantu abaqhawule imitshato.”—*The Seventh-day Adventist Church Manual*, 19th edition (Nampa, Idaho: Pacific Press Publishing Association, 2016), p. 161.

**Zeziphi iindlela eziphathekayo nezingagwebiyo onokuthi ngazo uncede umntu ophumela ekuqhawuleni umtshato?**

## Ukufa Nesithukuthezi

Omnye waka wabuza umbuzo othi: Yintoni umahluko phakathi kwabantu neenkuku ngokubhekiselele kumba wokufa? Impendulo ithi, ngokungafaniyo neenkuku, ezifayo, thina bantu, abafayo, nathi, siyazi ukuba siya kufa. Iinkuku azazi. Lolu lwazi lokufa okulindelekileyo olunegalelo elikhulu kwindlela esiphila ngayo ngoku. Njengoko sonke sisazi, lonke ulwalamano, kuquka nomtshato, kungekudala luphelela kutshaba lwethu olukhulu: ukufa. Nokuba beluqine kangakanani umanyano, lulukhulu kangakanani uthando, bunzulu ngaluphi uhlobo ubuqabane, lingakanani ixesha elichithwe kunye, singabantu (ngokungafaniyo neenkuku) siyazi ukuba, kungekudala, ukufa kuza kufika (ngaphandle kokuba uYesu uye wabuya ngaphambi koko) kuze, kuthi kwakufika, ulwalamano lwethu luphele. Esi sibe sisiphelo kususela kwisono sokuqala, kwaye kuya kubanjalo ade abuye uYesu.

IBhayibhile ayisixeleli ukuba kwaba babini, nguwuphi owafa kuqala, kodwa kunokuba kwaba buhlungu ngendlela eyodwa komnye, ngakumbi njengokuba ukufa kwakungamele kuba yinxalenye yobomi kwasekuqaleni. Ukuba, njengoko sibonile kwisifundo esingaphambili, ukufa kwegqabi elinye kwazisa isikhalo kubo, ngubani ongayicinga imeko ababa kuyo ngokufa kwelinye iqabane? Ingxaki yeyokuba, siqhelene nokufa kangokuba, sisuka sikubone njengento eza kwenzeka. Kanti ke, akunto esasimele ukuba thina bantu siyayifumana. Kungoko, nanamhlanje, sizamana nokukuqonda, lo gama singasokuze sikwazi.

**Yintoni esiyfundiswa zezi ndima zilandelayo ngokufa nangendlela abantu abaxakene ngayo nako? Isa. 57:1; IsiTy. 21:4; 1 Tes. 4:17, 18; Mat. 5:4; 2 Sam. 18:33; Gen. 37:34.**

---



---



---

Ngaphandle kwentandabuzo: Sisonke asaneli kujongana nje nokuqiniseka kokufa kwethu, sikwajongene nokufa kwabanye, kwabantu esibathandayo, okanye awona maqabane asondeleyo kuthi. Kungoko, kungekudala, abaninzi kuthi baza kujongana nexesha, lokuba nesithukuthezi esiziswa kukufa komnye. Kunzima, kubuhlungu, kwaye ngamaxesha anjalo siyakwazi, kube kunyanzelekile, ukusuka sibange amadinga kaThixo. Ngapha koko, kulo mhlaba wesono, nokufa, yintoni enye esinayo?

**Ibandla lakho lingenza njani ukunceda abo ubaziyo ukuba banesithukuthezi ngenxa yokufa kwababathandayo?**

## Ukuba Wedwa Ngokwasemoyeni

Intokazi eselula egama linguNatalie, yayineminyaka esixhenxe itshatile ngexesha, ngokumenywa ngumhlobo, yaya kwiintlanganiso zovangelo kwibandla leSeventh-day Adventist ekuhlaleni. Yoyisakele koko yakufundayo, yanikela intliziyo yayo kuKristu, yazalwa ngokutsha, yathi le ntokazi, uNatalie, inenkcaso enkulu kumyeni wayo, abazali, abasemzini, nakubamelwane—yazimanya neSeventh-day Adventist Church. Yaya yayilungelelanisa indlela yokuphola kwayo, kangangoko inako, kwinkolo yayo entsha. Njengoko nabani enokucinga, wajongana nokutyhalelwa emva okukhulu; eyona nto yayenza mbi kakhulu imeko yayingumyeni wakhe, owaxoxa, elungisa phofu: “Asinto le endandisayinela yona mhla sasitshata. Ungumntu omtsha ngokupheleleyo, ndaye mna ndifuna lowa mdala.” Kwaba yiminyaka uNatalie ezamana nokuphila ubomi bokholo. Nangona etshatile, uyile nto esingathi ukuyibiza “Ungoyedwa Ngokwasemoyeni.”

**Athini amazwi enkuthazo esiwafumana kwezi ndima zilandelayo kwabo banokuba baziva bebodwa ngokwasemoyeni? Isa. 54:5; Hos. 2:19, 20; Nd. 72:12.**

---



---



---



---

Emhlabeni wonke, bakho oo“Natalie” ebandleni lethu. Aba bantu, amadoda okanye abafazi, batshatile kodwa baya bodwa enkonzweni okanye nabantwana babo. Kunokwenzeka ukuba batshate abantu abangengabo abenkolo yabo. Okanye mhlawumbi, ukungena kwabo enkonzweni, amaqabane awazange angene. Okanye ukutshata kwabo, bobabini babe ngamalungu ebandla, kodwa omnye, nokuba kungasiphi isizathu, waphuma, wayeka ukuza, mhlawumbi walwa nenkolo. La madoda naba bafazi beza bodwa enkonzweni nasekutyeni emva kwenkonzo, okanye baye bodwa eluvangelweni okanye kwisiyunguma sobudlelwane ebandleni. Baba buhlungu xa bengakwazi ukufaka isandla ngemali kangangokuba befuna kulungiselelo lwebandla ngenxa yokuba iqabane lingavumi. Nangona betshatile, ngokwasemoyeni baziva bengabahlolo okanye abahlolokazi. Mhlawumbi sonke, ngaxa lithile, sike sahlangana nabantu abanjengaba ebandleni, baye bayaludinga uthando lwethu nenkxaso yethu.

**Zinto zini eziphathekayo, njengosapho lwebandla, esinokuzenza ukunceda abantu abangenamaqabane phakathi kwethu?**

**Ingcamango Eyongeziweyo:**

“Phakathi kobomi bokusebenza, uEnoki walugcina ngenzondelelo uqhagamshelano noThixo. Okona wayesebenza kakhulu nangamandla, okona wathi rhoqo ezingisile ekuthandzeni. Waqhubeka nokuzikhwebula ngamaxesha athile kuko konke ekuhlaleni. Emva kokuba ehleli ixesha elide phakathi kwabantu, esebenzela ukuba luncedo kubo ngokufundisa nangomzekelo, wayehamba, athabathe ithuba eyedwa, elambele enxanelwe ulwazi olungwele, inguThixo kuphela onokulunika. Ethetha noThixo ngaloo ndlela, uEnoki wasondela ngakumbi nangakumbi ekubonakalaliseni umfanekiselo kaThixo. Ubuso bakhe babengezela kukukhanya okungwele, ukukhanya okwakhanya ebusweni bukaYesu. Wayethi xa ephuma koku kuncokola kungwele, nabangahloneli Thixo babone, babe noloyiko, umzobo wezulu kwimbonakalo yakhe.”—Ellen G. White, *Gospel Workers*, p. 52. Nangona ibali likaEnoki apha likhuthaza laye lithetha okukhulu ngabo bakhetha ukuba babe namaxesha okuba bodwa, abaninzi bajongana nobulolo abangabucelanga. Abafuni ukuba bodwa. Ewe, kwakhona, singanalo uqhagamshelano olumyoli neNkosi, ehlala ikho, kodwa ngamanye amaxesha sibawela amaqabane nolwalamano nabantu. Kubaluleke kakhulu ukuba, njengebandla, sikulungele ukufikelela kwabo bahleli ecaleni kwethu ngeSabatha zonke iiveki, babe bethubeleza phantsi kwexesha elibi lokuba nesithukuthetzi. Kwangelo xesha linye, ukuba wena uphumela phantsi kwexesha elinjalo, khangela umntu onokumthemba enkonzweni (okanye kwenye indawo) umxelele. Amaxesha amaninzi abantu abakwazi ukuxela ngokumkhangela nje umntu, ukuba ithini imeko yakhe. Kulula, kwabanye abantu, ukuzimela ngaphaya kobuso obunesigqubuthelo.

**Imibuzo Yokuxoxwa:**

- 1. Lingakufunda njani ibandla lakho ukuqaphela kakhulu iintswelo zababodwa phakathi kwenu?**
- 2. “Kungekuko ukuba ndithetha ngokuswela; kuba mna ndafunda ukuthi entlalweni endikuyo ndanele” (Filipi 4:11). Yifunde yonke le ndawo apha. Singakufunda njani ukukusebenzisa kuthi oku? Kwangelo xesha linye, kutheni le nto kufuneka siyilumkele indlela esiyisebenzisa ngayo le ndawo komnye umntu osentlungwini ngokwenene?**
- 3. Eklasini, thethani ngexesha enaniphumela ngalo kubulolo obunzima. Yintoni eyanincedayo? Yintoni eyayinenza buhlungu? Nafunda ntoni enokuthi ibe luncedo kwabanye?**