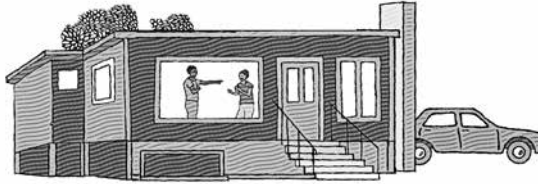


Amaxesha Amancinane Embandezelo



Sabatha Emva Kwemini

Fundela Isifundo Sale Veki:

Mat. 7:5; Efese 1:7; Filipi 2:4-8; Efese 4:26, 27; Yakobi 1:19, 20; Kol. 3:19; Mat. 7:12.

Indima Yenkumbulo:

“Qumbani, ningoni; ilanga malingade litshone nicaphukile” (Efese 4:26).

Nawona makhaya alunge kakhulu, ayajongana namaxesha okutsala nzima, amaxesha ongqzulwano. Loo nto yenye yeenyaniso zobomi kumhlaba owileyo. Izinto ezilula, njengokuba ngubani omakakhuphe inkunkuma, okanye ingaba intwazana eselula yakho iwugqibile na umsebenzi wesikolo owenziwa ekhaya, okanye unyana wakho uyenziwe na imisebenzi yakhe yasendlwini, zizinto ezikhathazayo kodwa zona zincinane, zaye zinako ukusonjululwa zingaphazamisanga nakangako. Kanti ke, kunjalo eminye imiba ithembisa ukuphazamisa ubomi bekhaya. Umazala [okanye umkhwekazi] okuthi ukuphatha gwenxa kwakhe okanye ukwenza ngobuqhetseba kwakhe, kufune ukuchitha umtshato womfazi nempilo yakhe; utata ogula sisifo sengqondo ophatha dlakadlaka abantwana bakhe; unyana olahla kude indlela yenkolo akhuliswe ngayo asuke azinikele kubomi bokuziphatha ngokwendlavini ngandlela zonke; okanye intombazana esuka ibe ngumsebenzisi weziyobisi. Rhoqo kwiTestamente eNtsha, sixelelwa ukuba sithandane omnye nomnye (Yohane 13:34, Roma 12:10), sihlale siseluxolweni nokuvumelana omnye nomnye (Roma. 15:5, Heb. 12:14), sibe nokunyamezelana, nobubele, nentliziyo enothando omnye komnye (1 Kor. 13:4), sibeke abanye ngaphambi kwethu (Filipi 2:3), nokuba sithwalisane imithwalo (Efese 4:2). Phofu ke, konke oku kulula kakhulu xa kuthethwa kunokwenziwa, nakumalungu osapho lwethu. Kwesi sifundo, siza kuqwalasela ezinye zeendlela zokunceda ukoyisa amaxesha amancinane enkathazo, ngakumbi elusatsheni.

**Funda Isifundo sale veki ukulungiselela iSabatha kaJuni 8.*

Ukungavisisani

Funda: Mateyu 7:5 noIMizekeliso 19:11. Yeyiphi imithetho-siseko emibini enokusinceda ukuba sikuphephe ukungqubana nabanye?

Umbhali weMizekeliso unembono elumke kakhulu: “Kukuvulela amanzi ukuqala kwengxabano; yiyeke imbambano kungekavunganyelwana” (IMiz. 17:14). Ngako nje ukuba iqalwe, imbambano kuba nzima kakhulu ukuyiphelisa. NgokwabaseRoma 14:19, sinokuyithintela imbambano ngokulandela izinto ezimbini: oko kwenza kubekho uxolo noko kumakhayo omnye. Kubeke phi ke ukubaluleka ngaphezulu kwale mithetho-siseko ukwenza kubekho imvisiswano phakathi kosapho?

Ngamanye amaxesha xa uvuma ukuba ungunobangela wengxabano, oko kunokumthambisa omnye. Hlehl kancinane ukhangele ukuba kufanelekile na ukuba kuliwe. IMizekeliso ithi, “Ingqiqo yomntu imenza azeke kade umsindo; sisihombo sakhe ukulugqitha ukrefo” (IMiz. 19:11). Kwangelo xeshalinye, wuphawule umahluko oko okuya kumenza ebomini bakho ngeentsuku ezintathu. Okungcono ngaphezulu, galelo lini okuya kuba nako kwiminyaka emihlanu okanye elishumi? Mingaphi imitshato, umzekelo, eye yathubeleza kumaxesha anzima ngemiba ebonakala imincinane ngoku?

Endaweni yokuyiyeka ingxabano itsale ixesha elide, xa uthetha nomnye umntu, iqabane, umntwana, umhlobo, osebenza naye, unokufuna ukuchaza kakuhle ingxaki okanye umba ekubanjenwe ngawo nibhekisa kumba welo xesha. Imbambano ikholisa ukuhla xa umba oqale ingxabano uthelaleka emazwini anomsindo; ngelo xesha, imiba eyadlulayo okanye ukwenziwa buhlungu kuye kwaphoswa kumxube wezinto (oku kunako ukubulala, ngakumbi emtshatweni). Indlela eyodwa yokuyiqala ngokungcono nokuthambileyo ingxoxo kukuqinisekisa ngolwalamano lwenu. Omnye makazi ukuba ukhathala kakhulu ngaye nabolwalamano lwenu. Ngako nje ukuba ubeke iimvakalelo zakho ezintle, ungadlulela kumba ophethweyo; sekunjalo, kulumkele ukusebenzisa igama “ukodwa. Ukubeka ingcamango entle uze uthi “kodwa” kuyicima yonke leyo ibithethiwe. Xa uthelaleka ngeemvakalelo zakho, liphulaphule necala lomnye, kucinge oko mnye akuthethileyo, uze uqale ukuza necebiso lesisombululo esinokuhle ngomntu wonke engqondweni (Filipi 2:4, 5).

Cinga emva ngengxabano ezithile ezibonakala ngoku ziyinto nje yesigezo nezingenantsingiselo. Yintoni onokuyifunda kula mava enokukunceda, kwicala lakho, ikuthintele ukwenzeka kwento enjalo kwakhona?

Eminye Imithetho-siseko Yomtshato

Umtshato, njengeSabatha, usisipho sikaThixo eluntwini esisuka emva e-Eden. Thina, singamaSeventh-day Adventists siyakwazi okwenziwe lutshaba lwemiphefumlo, lwaye lusaqhubeka luyenza, kuko kokubini—iSabatha nomtshato. Neyona mitshato mihle, maxa wambi iba nentlungu yongquzulwano. Okulandelayo yimithetho-siseko embalwa enokunceda izibini ezitshatileyo ukuba zikwazi ukujongana nale miba.

Funda: Efese 1:7. Uthini umthetho-siseko obalulekileyo ofunyanwa apha omele ukuba yinxalenye yawo nawuphi umtshato?

Kufuneka ufunde ukuxolela naxa iqabane lakho lingakufanele [ukuxolelwa]. Wonke ubani oxolela ofanele ukuxolelwa: okuyinene kukuba oko kunzima ukuba kuthiwe luxolelo. Uxolelo lwenyaniso kukuxolela abo bangakufanelanga, ngendlela iNkosi esixolela ngayo ngoKristu. Kufuneka senjenjalo nathi. Ngapha koko, imitshato yethu ukuba iyasinda, (ekungacaciyo ukuba inako), iya kuba ngathi kusentlambululweni.

Funda: Roma 3:23. Ngumthetho-siseko othini okhoyo apha?

Kufuneka uyamkele into yokuba utshate umoni, umntu owonakaliswe kakhulu kwimvakalelo, emzimbeni, nasemoyeni. Qhelana noko. Zamkele iimposiso zeqabane lakho. Thandaza ube ngaphaya kwazo. Kuse nokufuneka ukuba uhlale nazo ezo mpazamo, kodwa akudingi ukuba uzifixe ngazo. Ukuba wenza njalo, ziya kukudla uphila. UThixo ongcwele nogqibeleleyo, ngoKristu, usamkela sinjengoko sinjalo: wena, okude kakhulu ebungcweleli nasekugqibeleleni, kufuneka wenze njalo nawe kwiqabane lakho.

Funda: Filiphi 2:4–8. Ngumthetho-siseko othini okhoyo nalapha esinako ukuwusebenzisa ukuba usincede, kungekuphela emtshatweni, kodwa nakuko konke ukwalamana okunokukwazi ukusihlupha?

Indawo Yomsindo Kwimbambano

Ngubani ongazanga wanawo umsindo nokuba kunini? Eyona nto iba nzima kakhulu kuxa umsindo ujliswe kwilungu losapho? Okuhambelana nokwala ukuxolela umsindo, kunokujika kube yityhefu eya kwenza intlungu enkulu nokuphatheka kakubi ekhayeni nakusapho kwanolwalamano jikelele.

Funda: Efese 4:26, 27 noINtshumayeli 7:9. Singakuzinzisa njani ukuyiqonda kwethu imvakalelo nomsindo njengesono? Yintoni umahluko?

Yintoni ethethwa nguYakobi kuYakobi 1:19, 20 esifanele ukuyisebenzisa ngamaxesha onke xa sinako ngakumbi xa sisebenza namalungu osapho azenzo zawo nemimoya namazwi esenza sibe nomsindo?

Ukuba unomsindo ngenxa yento ethile, endaweni yokuwuyeka ujinge phezu kobomi bakho njengelifu elimnyama, yijike ibe yinto yokuhle. Thandazela abo bakwenza buhlungu bakuphathe gwenxa, baxolele ube yintsikelelo kubo. Kunokwenzeka kungabi lula kuqala, kodwa xa wenze isigqibo wahlala kuso, uThixo uya kukujonga ngokwaKhe konke okunye. Ngamanye amaxesha ingcambu yomsindo isuka emakhayeni esikhulele kuwo. Abantu abanomsindo bakholisa ukuphuma kwiintsapho ezinomsindo kuba bafunda kwindawo abayidlalayo beyimizekelo baze baqhubeke nokuziphatha ngolo hlobo bonke ubomi babo, ekugqibeleni oko bakudlulisele ebantwaneni babo. Maxa wambi, umsindo unokuba sisiphumo sezidingo ezinganelisanga okanye zomona, njengoko kwakunjalo kwimeko kaKayin, eyakhokelela ekubeni abulale umntakwabo.

Usenokuba nezizathu ezivakalayo zokuba ube nomsindo, kodwa musa ukuzisebenzisa ukuba zikuthethelele ukuba uhlale unjalo. Musa ukuwukhanyela okanye uzame ukuwuthethelela. Endaweni yoko, cela uThixo akuncede ukuba uziphathe ngendlela efanelekileyo. Umpostile uPawulos usinika icebiso elilungileyo: “Musa ukweyiswa bububi; boyise ububi ngokulungileyo” (Roma 12:21).

Sonke sinezinto ezisicaphukisayo, kude kube buhlungu. Kwezinye iimeko side sithetheleleke kuloo msindo. Umbuzo uthi, Singathini, ngamandla kaThixo, ukuvumela loo msindo ukuba usenze, thina nabasingqongileyo, singonwabi?

Imbambano, Ukuphatha gadalala, Igunya, Nolawulo

Ngamanye amaxesha ingxabano nomsindo ongaxazululwanga ungakhula ube mbi kakhulu, ube namandla okuchitha, nolwalamano lwempathwano embi. Ukuphatha gadalala kunokuba ngeendlela ezininzi — emzimbeni, ngamazwi, ngemvakalelo, engqondweni, ngesondo, njl. Phofu, naluphi uhlobo lokuphatha gadalala luchasene nomthetho-siseko wobukumkani bukaThixo osembindini — uthando olutsalela konke kulo.

Zeziphi iimfundiso ezibalulekileyo ezingolwalamano ezifunyanwa ku-1 Yohane 4:7, 8 nakuKolose 3:19?

“Nina madoda, bathandeni abafazi benu, ningabi bukhali kubo” (Kol. 3:19). Igama “bukhali” kwisiGrike semveli libhekisa ekubeni ubani abe nomsindo okanye ubukrakra ngakwiqabane, owenza lihlale lisebuhlungwini, nasebutshabeni obukhulu, nokusoloko lithetha ngentyo ngakwelinye. UPawulos ukubeke kwacaca ukuba iqabane akufuneki likhohlakale okanye libe ndlongondlongo ngakwelinye. Imvakalelo, isondo, nokuphatha gadalala kukuziphatha okungamkelekanga kumyeni ongumKristu okanye kwiqabane. Endaweni yoko, okwamkelekileyo kukulithanda iqabane lakho. UPawulos ukubeka kucace ukuba, uthando lunomonde, nobubele, nokuba uthando alunamona, alugwagwisi, alunakratshi, alukho krwada, alufuni okukokwalo, luzeka kade umsindo, alugcini ngxelo yeziphoso, alukuvuyeli okubi, kodwa luvuyela inyaniso. Uthando lusoloko lukhusela, luthembela njalo, lusoloko lunethemba, lwaye lusoloko lunenzondelelo. Alukho kwiimpawu zothando oluthi, nokuba ngendlela ethe qelele, olunqwalayo okanye lwamkele ukuphatha gadalala nokuba kungayiphi indlela, ukumila, okanye uhlobo. Ulwalamano olusempilweni lolu athi omabini amaqabane azive ekhuselekile, efihlakele, apho umsindo ulawulwa ngendlela ephilileyo, nalapho ukukhonzana kuyimo eqhelekileyo. Amakhoba empatho-mbi akholisa ngokuziva enobutyala, ngokungathi ngawo axhokonxe aba bawaphethe gadalala, okanye mhlawumbi ngandlela ithile akufanele ukuphathwa gadalala akufumanayo. Abaphathi gadalala bayakwazi ukulawula baye bekhulisa ukuba nobuchule bokwenza ukuba amakhoba abo azive ingawo anetyala. Inyaniso yeyokuba akukho mntu ufanele ukuphathwa gadalala ngomnye, kwaye abaphathi gadalala banobutyala ngokukhetha kwabo kunye nezenzo zabo. Iindaba ezilungileyo zezokuba iBhayibhile inika intuthuzelo, hayi ubutyala, kumakhoba okuphathwa gadalala. Kwezinye iimeko, apho ingxaki ifika apho ingalawuleki khona, abantu akufuneki ukuba bakoyike ukufuna uncedo lwangaphandle [kwekhaya elo].

Kungelishwa elikhulu ukuba, kwezinye iinkcubeko kuyanqwalwa kwakufikwa ekuphathweni gadalala kwabafazi. Kutheni le nto kungafuneki ukuba kubekho umKristu ofumaneka enokuziphatha okunjalo, nokuba seyiyintoni evunyelwa yinkcubeko yakhe?

Ukuxolela Noxolo

“Zonke izinto ngoko enisukuba ninga bangazenza abantu kuni yenzani ezikwanjalo nani kubo; kuba oko kungumthetho nabaprofeti” (Mat. 7:12). Cinga ngazo zonke indlela kwawakho amava, elusatsheni nangaphandle, apho udinga ukuwenza lo mthetho-siseko, uze uthi kule migca ingezantsi, ubhale phantsi ukuba inokuba ngawaphi loo maxesha uze uzimisele, ngokholo, ukuba ungakwenza njani oko kanye.

Umbhali wamaHebhere wacebisa wathi, “Phuthumani uxolo nabo bonke, nobungcwele, ekungekho namnye uya kuyibona iNkosi, engenabo” (Heb. 12:14). Naxa sesiwathabathe onke amanyathelo afunekayo, abanye babantu abasenze buhlungu bahlala bangaphulaphuli okanye baguquke. Mhlawumbi abanye bayalucela uxolo, kodwa abanye bangaze. Nokuba kunjani, kuluncedo kuthi, ngakumbi xa ililungu losapho, ukuba siyihambe indlela yokuxolela ekuthethwe ngalo ngaphambili. Eyona nto, ukuxolela kuyindawo efanelekileyo ekusombululeni imbambano, ngakumbi elusatsheni. Xa umntu esona thina, utshaba lukaThixo luyakuthanda ukubeka udonga phakathi kwethu naloo mntu, umqobo wokusingqanda ukuba singamthandi loo mntu njengoko uKristu asithandileyo. Ukuxolela kukukhetha esikwenzayo ukuba siphume kwelinye icala laloo mqobo.

“Asixolelwa kuba sixolela, kodwa njengoko sixolela. Umhlaba wako konke ukuxolela ufunyanwa kuthando lukaThixo olungeyiyo intlawulo, kodwa umoya wethu ngakwabanye uyabonisa ukuba silwenzile olo thando lwalolwethu. Ngoko ke, uKristu uthi, ‘Ngogwebo enigweba ngalo, niya kugwetywa kwangalo nani; nangomlinganiselo enilinganisela abanye ngawo, niya kulinganiselwa kwangawo nani.’ Mat. 7:2.”—Ellen G. White, *Christ’s Object Lesson*, p. 251. Kwangelo xesha linye, xa isithi abasemposisweni, sidinga ukuzama ukulubuyisela ulwalamano oluqhawukileyo nomnye umntu, okunokuquka ukuba siye komnye umntu simxelele ukuba sibuhlungu ngento esiyenzileyo, size sicele ukuba asixolele. Wayethetha loo nto uYesu xa athi: “Ngoko xa sukuba wuwusondeza umnikelo wakho esibingelelweni, wathi ulapho wakhumbula ukuba umzalwana wakho unendawo ngakuwe, wushiye apho umnikelo wakho phambi kwesibingelelo, uhambe uye uxolelane nomzalwana wakho kuqala, wandule ukuza uwusondeze umnikelo wakho” (Mat. 5:23, 24). Kuhle xa umntu osonileyo evuma aze acele ukuxolelwa. Ngokunjalo, kuhle sinika abanye inkathalelo ekwanjalo.

Ukucinga kwakho ngako konke oko umelwe ukuxolelwa ngako, kukunceda njani ukuba ufunde ukuxolela abanye nawe?

Ingcamango Eyongeziweyo:

“Amaxesha amaninzi abazali abaye bamanyane ekulawuleni usapho. Utata, onexesha elincinane nabantwana, nongazazi kakuhle iinkcukacha zokuziphatha neemo zesimilo, uba nobungqongqo nobungqwabalala. Akakwazi ukuzibamba, alungise ngovelwano. Umntwana uyakwazi oku, aze athi endaweni yokuba athothe, asuke azaliswe ngumsindo ngenxa yesohlwayo. Umama uyazivumela izigezwana ukuba zidlule nelinye ixesha aze azohlwaye ngamandla ngelinye ixesha. Abantwana abaye bazi ukuba mabalindele ntoni, baze balingeke ukuba babone ukuba bangahamba kangakanani ekoneni bengohlwaywa. Ngaloo ndlela kuye kutyaleke imbewu yobubi ethi yakukhula ithwale isiqhamo.”—Ellen G. White, *The Adventist Home*, pp. 314, 315. “Ikhaya kufuneka libe liziko lolona luthando lunyulu noluphakamileyo. Uxolo, ukusebenzisana, uthando, nolonwabo zizinto ekufuneka zizingisile ukubakho imihla ngemihla, zide ezi zinto zinexabiso zihlale ezintliziyweni zabo benze usapho. Isityalo sothando kufuneka sondliwe ngobunono, kungenjalo siya kufa. Wonke umthetho-siseko olungileyo kufuneka wonwatyelwe ukuba siya kuwenza ukhule emphefumleni. Oko uSathana akutyalayo entliziyweni—umnqweno, umona, ukucinga okubi, ukuthetha okubi, ukungabi namonde, intiyo, umona, ukubawa, nokungabi nto—kufuneka kuncothulwe. Ukuba ezi zinto zimbi zivunyelwe ukuba zihlale emphefumleni, ziya kuthwala isiqhamo esiya kubangcolisa abaninzi. Owu, bangaphi abatyala izityalo eziyityhefu ezithi zibulale iziqhamo zothando ziwungcolise umphefumo!” *Amaphepha* 195, 196.

Imibuzo Yokuxoxwa:

1. Funda esi sicutshulwa esivela kwinqaku elingomtshato. ““Kuba asinambingeleli mkhulu ungenako ukuvelana nezilwelwe zethu; ke, sinowahendwayo ngeento zonke, ngokokufana nathi engenasono” (Heb. 4:15). Kanye njengoko uKristu wazibeka kwimeko yethu, ukuze adlelane nathi ngeyona ndlela iyiyiyo, kufuneka nathi senze njalo kumaqabane ethu asemntshatweni. Zama ukuyibona nayiphi imeko ekhoyo okanye imeko enzima ungaveli kwelakho icala kuphela kodwa nakweleqabane lakho. Yibone indlela eliyibona ngayo imeko, nokuba ibe negalelo elithini kulo, nokuba kungani ukuba live ngendlela eliva ngayo. Umthetho-siseko ungahamba indlela ende ekusombululeni iimeko ezinzima. Zeziphi iindlela esinokuthi ngazo sisebenzise lo mthetho-siseko kuzo zonke iindawo ezibonakala zinokuba nokungqubana nabanye?
2. Eklasini, phendulani lo mbuzo: “Ungaba umsindo usisono ngamaxesha onke?” Elowo makayikhusele indawo ame kuyo.