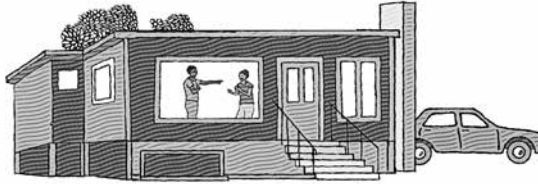


## Izikhathi Ezincane Zenhlopheko



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### ISABATHA EMINI

#### **Kuleliviki Funda:**

Mat. 7:5; Efe. 1:7; Fil. 2:4-8; Efe. 4:26, 27; Jakobe 1:19, 20; Kol. 3:19; Mat. 7:12.

#### **Indimana Yekhanda:**

“Thukuthelani ningoni; ilanga malingashoni nisathukuthele” (Efesu 4:26, NKJV.)

**N**amakhaya angcono kunawo onke ayabhekana nezikhathi zomshikashika kanye nokungquzulana. Kungokunye kwamaqiniso okuphila emhlabeni wesono. Izinto ezilula, njengokuthi yisikhathi sikabani sokukhipha udoti, noma indodakazi yakho isiwuqedile umsebenzi wasekhaya wesikole noma indodana yakho iyiqedile imisebenzi yayo, yizinto ezincane ezikwaziyo, ngokujwayelekile, ukuba zixazululeke kalula. Kodwa ezinye zinengozi yokuphazamisa impilo yomndeni. Umamezala okuhlukumeza kwakhe nokuxhaphaza kunengozi yokushabalalisa umshado wovesifazane kanye nempilo yakhe; ubaba ogula ngengqondo ohlukumeza izingane zakhe; indodana ephambuka emfundisweni yayo yezenkolo iyophila impilo yamanyala; noma indodakazi ezithola isingumluthwa.

Ngokuphindaphinda kwiTestamente Elisha sitshelwa ukuba sithandane (Johane 13:34, Rom. 12:10), ukuba siphilisane ngokuthula nangokuzwana (Rom. 15:5, Heb. 12:14), ukuba sibekezelelane, sibemnene, futhi sibe nomusa komunye nomunye (1 Kor. 13:4), ukubeka abanye ngaphambi kwethu (Fil. 2:3), kanye nokuthwala imithwalo yabanye (Efe. 4:2). Nembala, konke Lokhu kulula ukukusho kunokukwenza, nakuwo amalungu omndeni wethu. Kulesisifundo, sizobuka ezinye zezindlela ezingasiza ekunciphiseni izikhathi ezincane zenhlupheko, ikakhulu emndenini.

*\*Funda isifundo saleliviki ukulungiselela iSabatha lika-June 8.*

## Ukungquzulana

**Funda uMathewu 7:5 kanye neZaga 19:11. Yiziphi izimiso ezimbili ezibalulekileyo ezingasisiza sigweme ukuxabana nabanye na?**

Umbhali weZaga uveza into enqala lapha: “Ukuqala kwempikiswano kufana nokuvuza kwamanzi—ngalokho kuvumbe kungakaqali inkathazo yangempela” (Zag. 17:14, CEV). Uma kuke kwaqala, ukuxabana kungabalukhuni ukukuqeda. NgokwabaseRoma 14:19, singakugwema ukuxabana ngokulandela izinto ezimbili: lokho okuletha ukuthula kanye nalokho okukhulisa (okondla) omunye. Zibaluleke kangakanani lezizimiso ekuzwaneni komndeni na? Ngezinye izikhathi ngenkathi uvuma indima yakho kwingxabano, kungamthambisa omunye. Thatha isinyathelo esibuyela emuva futhi ubheke uma kuyimpi efanele. Izaga zithi “Labo abaphusile bayephuza ukuthukuthela, futhi kuwudumo kubo ukudlula esiphambekweni” (Zag. 19:11, NRSV). Kusenjanlo, cabanga ngomehluko Lokhu okungawenza empilweni yakho ezinsukwini ezintathu. Futhi ke, kuyoba namthelela muni eminyakeni emihlanu kuye kweyishumi na? Mingaki imishado, ngokwesibonelo, ebe nezikhathi ezilukhuni ngezinto namuhla ezibukeka ziyize na?

Kunokuba uvumele ukuxabana kuqhubeke isikhathi eside, njengoba ukhuluma nomunye umuntu, oshade naye, ingane, umngani, osebenza naye, ungafuna ukuba inkinga ichazeke kahle noma udaba okukhulunywa ngalo futhi kugxilwe kulona kuphela. Ukuxabana kuvama ukudlanga lapho udaba obelususe umsindo lushabalala namazwi olaka; kusenjalo, izinto esezadlula noma okwakudala kuvuke kabusha (Lokhu kungaba yingozi kakhulu, ikakhulu emshadweni. Enye indlela yokuba nesiqalo Esihle nesipholile sengxoxo ngeyokuqinisa ubudlelwane benu. Yenza omunye azi ukuthi uyanaka kakhulu ngaye kanye nobudlelwane benu. Lapho usuyiphimisele imizwa yakho emihle, ungabhekana nodaba olusematheni; nakuba Kunjalo, qaphela ukuba ungasebenzisi igama ukodwa. Ukusho umqondo omuhle bese uthi “kodwa” kuchitha lokho osanda kukusho. Uma uke wabelana ngemizwa yakho, lalela uvo lomunye umuntu, zindla ngalokho akushilo, uphakamise isisombululo kuphela esifaka imizwa yawo wonke umuntu (Fil. 2:4, 5).

**Buka emuva kokunye ukungquzulana manje okubukeka kuyize. Yini ongayifunda kulawomava okungasiza, okungenani ngakuwe, ukuba ugweme okufanayo ukuba kuphinde kwenzeke futhi na?**

## Ezinye Izimiso Zomshado

Umshado, njengeSabatha, yisipho sikaNkulunkulu kubantu esisuka eEdeni. Futhi, njengamaSeventh-day Adventist, siyazi ukuthi isitha semiphefumulo yethu senzeni, futhi senzeni, kwiSabatha kanye nomshado. Nemishado engcono kunayo yonke, ngezinye izikhathi, izobhekana nokungquzulana. Okulandelayo yizimiso ezimbalwa ezingasiza abashadileyo ukuba babhekane nalezizinto.

**Funda abasEfesu 1:7. Yisiphi isimiso esibucayi esitholakala lapha okumele sibe yingxeny yomshado na?**

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Kumele ufunde ukuthethelela, ikakhulu lapho oshade naye engakufanele. Noma ngubani angathethelela abakufanele: empeleni, akuyona intethelelo leyo. Intethelelo yeqiniso ngukuthethelela labo abangakufanele, ngendlela iNkosi esithethelela ngayo ngoKristu. Kumele senze kanjalo. Kungenjalo, umshado wethu, uma usindile (okungeke kwenzeke), uyofana nesihogo.

**Funda abaseRoma 3:23. Yisiphi isimiso esibucayi esitholakala lapha futhi na?**

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Kumele wamukele ukuthi ushade nesoni, nesidalwa esonakele ngezinga elithile emizweni, enyameni, kanye nakwezikamoya. Kujwayele lokho. Yamukela amaphutha omlingani wakho. Khuleka kuwo. Ungase ufune ukuba uphile nalawo maphutha, kodwa akudingekile ukuba ugxile kuwo. Uma wenzenjalo, azokudla uphila. UNkulunkulu ongcewele nopheleleyo, ngoKristu, usamukela sinjengoba sinjalo: wena, ongengcewele futhi ongaphellele, kumele wenze okufanayo kumlingani wakho.

**Funda abaseFiliphi 2:4-8. Yisiphi isimiso esibalulekile lapha, futhi, esingasisebenzisa ukusisiza, hhayi nje kuphela emshadweni, kodwa kubo bonke ubudlelwane obungase bube yinkinga na?**

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## Indima Yentukuthelo Ekuxabaneni

Ngubani ongakaze abenamava okuthukuthela na? Okwenza kubelukhuni kakhulu yima intukuthelo ibhekiswe kwilungu lomndeni. Ngokuhambisa nokungafuni ukuxolela, ukuthukuthela kungaba wushevu ongaleta ubuhlungu nokuhlupheka ekhaya kanye nasemdenini nakubudlelwane bubonke.

**Funda abasEfesu 4:26, 27 noMshumayeli 7:9. Singakulinganisa kanjani ukuqonda kwethu intukuthelo njengomuzwa kanye nentukuthelo njengesono na? Yini umehluko na?**

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**UJakobe uthini kuJakobe 1:19, 20 okumele sikusebenzise sonke isikhathi sinako, kodwa ikakhulu lapho sibhekene namlungu omndeni ozenzo zawo kanye nemicabango kanye namzwi isicasula na?**

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Uma ucasulwe okuthile, kunokuba ukuyeke kube yifu elimnyama empilweni yakho, kuguqule kube yinto enhle. Khulekela labo abakulimazile noma bekuhlukumeza, baxolele futhi ube yisibusiso kubo. Kusenokuba kungabi lula ekuqaleni, kodwa uma uthatha isinqumo futhi unamathele kuso, uNkulunkulu uzoyidlala indima Yakhe.

Ngezinye izikhathi isisusa sentukuthelo sisemakhaya esakhulela kuwo. Abantu abathukuthela baphuma emindenini ethukuthelayo ngoba bafunda kulabo abababukayo futhi baqhubeke nokuziphatha okufanayo ezimpilweni zabo, Ekugcineni bakudlulisele ezinganeni zabo. Kwezinye izikhathi ukuthukuthela kungaba ngumphumela wezidingo ezingafezekanga noma umhobholo, njengoKayini, okwamholela ekubulaleni umfowabo. Kungenzeka ube nesizathu Esihle sokuthukuthela, kodwa ungasisebenzisi njengezaba zokuhlala unjalo. Ungakuphiki noma uzame ukukhulumela. Kunalokho, cela usizo kuNkulunkulu lokubhekana nako ngendlela enhle. Umpostoli uPawule usinikeza iseluleko esilungileyo: “Ningavumeli ububi buninqobe, kepha nqobani ububi ngokulunga” (Rom. 12:21, CEV).

**Sonke sinezinto ezisicasulayo, kuze kube buhlungu. Futhi, kwezinye izikhathi, kusenokuba sicasuka kufanele. Umbuzo uthi, Singenzenjani, ngamandla kaNkulunkulu, ukuba singayivumeli leyontukuthelo isenze thina, kanye nalabo abasizungezile, sibebuhlungu na?**

# Ukuxabana, Ukuhlukumeza, Amandla, NoKulawula

Ngezinye izikhathi ukuxabana okungasombululwanga kanye nentukuthelo kungakhula kube yinto embi, ebhubhisayo, futhi nobudlelwane obuhlukumezayo. Ukuhlukumeza kungaba yizinhlobo eziningi—okwasenyameni, ngenkulumo, ngemizwa, ngokomqondo, ngokocansi, njalo, njalo. Kodwa noma yiluphi uhlobo lokuhlukumeza luphikisana nesimiso esingumongo wombuso kaNkulunkulu—uthando olungensihawu.

**Yiziphi izimfundiso ezibucayo ngobudlelwane ezitholakala ku 1 Johane 4:7,8 nabaseKolose 3:19 na?**

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“Bayeni, thandani omkenu futhi ningabi nesihluku ngakubo” (Kol. 3:19, NIV). Igama isihluku kwisiGriki sakuqala libhekise kothile ethukuthela noma emuncu ngakumlingani wakhe, ebanga ubuhlungu obungapheli, enenzondo enkulu, ngakuye. UPawule usobala kakhulu ngokuthi umlingani angabi nalaka nenzondo. Ukuhlukumeza ngokwemizwa, ngokocansi, nangokwenyama akwamukelekile kumyeni ongumKristu noma umlingani. Kunalokho, okwamukelekile ngokuthanda oshade naye. Futhi uPawule Ukwenza kube sobala ukuthi uthando luyabekezela futhi lumnene nokuthi uthando aluzondi, aluzidli, aliziqhenyi, aluluhlaza, aluzifuneli okwalo, aluthukutheli kalula, alunamagqubu, aluthandi ububi, kodwa luthokoza ngeqiniso. Uthando luvikela njalo, lwethemba njalo, luyalonda njalo. Akukho ezimpawini zothando okuvuna noma okwamukela ukuhlukumeza noma yingaluphi uhlobo

Ubudlelwane obunempilo yilobo bobabili abalingani benomuzwa wokuvikeleka nokuphepha, lapho intukuthelo ilawulwa ngendlela enemphilo, futhi lapho ukukhonza omunye kungumkhuba. Imvamisa abahlukunyeziwe bazizwa benecala, sengathi yibona abachukuluze umhlukumezi noma mhlawumbe ngandlela thile bakufanele ukuhlukumezwa. Abahlukumezi bangalawula kakhulu futhi imvamisa bangompetha ekwenzeni umenziwa azizwe enecala. Iqiniso wukuthi akekho ofanele ukuhlukumezwa ngomunye, futhi abahlukumezi banomthwalo ngezinqumo nezenzo zabo. Izindaba Ezilungileyo ngezokuthi iBhayibheli linikeza induduzo, hhayi ukuba necala, kulabo abahlukumeziwe. Kwezinye izimo, lapho inkinga ingalawuleki, akumele abantu besabe ukufunda usizo ngaphandle.

**Kuyishwa ukuthi kwamanye amasiko ukuhlukumezwa kwabesifazane kuyavunwa. Kungani kungamele kube khona umKristu owela kulokhu kuziphatha, nakuba isiko livuma na?**

## Intethelelo NoKuthula

**“Phathani abanye ngendlela enifuna baniphathe ngayo. Umthetho nabaProfethi bamayelana nalokhu konke” (Mat. 7:12, CEV).Cabanga ngazo zonke izindlela kumava akho, phakathi komndeni wakho nangaphandle, odinga ukusebenzisa lesisimo, futhi, emigqeni engezansi, bhala ukuthi yiziphi lezozikhathi futhi ubheke, ngokholo, ukuthi ungakwenza kanjani lokho.**

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Umbhali wamaHeberu weluleka, “Zamelani ukuthula nabo bonke kanye nokungcweliswa, ongenakho angeyibone iNkosi” (Heb. 12:14, NKJV).Nalapho sesithathe zonke izinyathelo ezifanelekile, abanye abantu abasilimazile bazoqhubeka nokungezwa bangaguquki. Mhlawumbe abanye bangaxolisa, kodwa abanye bangaxolisi. Noma yikuphi, kuyinzuzo kithi, ikakhulu uma kuyilungu lomndeni, ukuba sithathe uhambo lokuxolela esikhulume ngakho ngaphambili.

Empeleni, intethelelo yingxeny e semqoka yokuzazulula ingxabano, ikakhulu emndenini. Ngenkathi umuntu ona ngakithina, isitha sikaNkulunkulu siyathanda ukufaka udonga phakathi kwethu nalowomuntu, umgoqo osivimbela ukuba sithande omunye umuntu njengalokhu uKristu esithandile. Ukuxolela yisinqumo esisenza ukuze zidlule kokuvimbile. “Asithethelelwa ngoba sithethelele, kodwa njengalokhu sithethelela. Isisekelo sakho konke ukuthethelela sitholakala othandweni lukaNkulunkulu esingalufanele, kodwa ngenxa yomoya wethu ngakwabanye sibonisa ukuthi ngabe lolothando silwamukele yini. Ngalokho uKristu uthi, ‘Ngokwahlulela enahlulela ngakho nani niyakwahlulelwa ngakho, nangaleso silinganiso enilinganisa ngaso nani niyakulinganiselwa ngaso.’ Mat. 7:2.” —Ellen G. White, *Christ’s Object Lessons*, p. 251.

Kusenjalo, uma kuyithina esisephutheni, siyadinga ukuzama ukulungisa ubudlelwane obephukile nomunye umuntu, okungafaka ukuya kulowomuntu futhi usho ukuthi uyazisola ngokwenzile, futhi ucele intethelelo yabo. Yilokho uJesu akusho: “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” (Mat. 5:23, 24, CEV). Kumnandi uma othile obesilimazile exolisa futhi ecela intethelelo. Ngokunjalo, kubamnandi uma senzenjalo nakwabanye.

**Ukucabanga ngakho konke odinga ukuxolelwa kukho kukusiza kanjani ukuba ufunde ukuxolela abanye na?**

### Umcabango Obanzi:

“Imvamisa abazali abamunye ekuphatheni imindeni yabo. Ubaba, onezingane zakhe ezincane, futhi engazi lutho ngezimo zazo kanye nemimoya yazo, ulukhuni futhi unesihluku. Akalulawuli ulaka lwakhe, kodwa ulungisa ngesankahla. Ingane iyakwazi Lokhu, futhi kunokuba ithobekwe, ukujeza kuyigcwalisa ngolaka. Umama uvumele ukona okuncane kudlule Ngesinye isikhathi abuye akujezisele Ngesinye. Izingane azisazi ukuthi zilindele ini, futhi zilingeke ukuba zibone ibange ezingalithatha ekonene zingakajeziswa. Ngalokho imbewu yobubi etshaliwe iyahluma ithele izithelo.”—Ellen G. White, *The Adventist Home*, pp. 314, 315.

“Ikhaya kumele libe yisizinda sothando olumsulwa noluphakeme. Ukuthula, ukuzwana, uthando, kanye nokujabula kumele ngokubekezela kukhuliswe zonke izinsuku, zize lezizinto eziyigugu zihlale ezinhliziyweni zalabo abayingxenywe yomndeni. Isithombo sothando kumele sondliwe ngokuqikelela, kungenjalo sizokufa. Sonke isimiso esilungileyo kumele sithandwe uma kumele sikhule emphefumulweni. Lokho okutshalwa nguSathane enhliziyweni—umhobholo, umona, ukuzindla ngokubi, ukukhuluma okubi, ukungabekezeli, ukubandlulula, ubugovu, ukufisa okomunye, kanye nobuze—kumele kusiphulwe. Uma lezizinto ezimbi zivunyelwa ukuba zisale emphefumulweni, zizothela izithelo esezingcolise abaningi. O, baningi abalima lezizitshalo eziwushevu ezibulala izithelo eziyigugu zothando futhi zingcolise umphefumulo!”—Pages 195, 196.

### Imibuzo Yokuxoxisana:

1. Funda isicaphuno esilandelayo mayelana nomshado. “Ngokuba asinaye umPristi omkhulu ongenakuzwelana nobuthakathaka bethu, kepha olingiwe kukho konke njengathi, engenasono” (Heb. 4:15). Njengalokhu uKristu azibeka esimeni sethu, ukuba akwazi ukuzwana nathi, kumele senze okufanayo nesishade nabo. Zama ukubuka noma yisiphi isimo noma inkinga hhayi kuphela ngokokubona kwakho kepha ngokokubona kwakhe. Buka ngendlela abuka ngayo, ngendlela okumthinta ngayo, futhi nesizathu sokuthi ezwe ngendlela ezwa ngayo. Lesisimiso singahamba ibanga elide ekuxazululeni izimo ezilukhuni. Kungaziphi izindlela esingasebenzisa ngazo lesisimiso kuzo zonke izigaba ezingase zisixabanisa nabanye na?
2. Eklasini, phendulani lombuzo, “Ngabe ukuthukuthela kuyisono ngasonke isikhathi na?” Mela Impendulo yakho.