

## ISabatha: Ukuba Namava kanye Nokuphila Isimilo SikaNkulunkulu



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### NgeSabatha Ntambama

#### Funda Kuleliviki:

*Genesis 1, 2; Eksod. 16:14–29; Isa. 58:1–14; Mat. 12:1–13; Luka 13:10–17.*

#### Indimana Yekhanda:

“Wayesethi kubo: “Isabatha lenzelwa umuntu, umuntu akenzelwanga isabatha. Ngokunjalo iNdodana yomuntu iyinkosi neyeSabatha” (Mark 2:27, 28, NKJV).

**U**Jodie kwakunguye kuphela um-Seventh-day Adventist eklasini lakhe, futhi ukukhetha kwakhe ukungayi kwezinye izinhlelo ngeSabatha kwenza izinkolelo zakhe zigqame. Ngelinye ilanga omunye wabangani bakhe, u-Gayle, wambiza. Umyeni ka-Gayle wayengezokuba sekhaya Amaviki ayisithupha, futhi u-Gayle wacela u-Jodie ukuba azochitha olweSihlanu abalandelayo abayisithupha kanye naye, ngoba wayazi ukuthi u-Jodie “wayengenzi lutho” ngobusuku balezozinsuku.

Ngobusuku bolweZihlanu abane abalandelayo badla ndawonye, badlala umculo, babelana ngamava abo obuKristu, futhi bajabulela ukuba ndawonye. NgolweSihlanu lwesihlanu, u-Gayle watshela u-Jodie ukuthi wayekade eyothenga futhi wabuka isikhathi. Kuhle, ecabanga. ISabatha seliseduzane. Ngokuphazima wabona ukuthi wayenamava okuthile okusha empilweni yakhe yobuKristu. Wayekhulile, efunde kabanzi ngoNkulunkulu wakhe, futhi edephise nokholo lwakhe. ISabatha lalibe yithuba lokufunda kanye nokuzithuthukisa. Yindaba ethathekisayo emayelana nendlela esingacabanga ngayo ngeSabatha, hhayi nje njegosuku lokuphumula, kepha njengendlela yokufunda, futhi.

*\*Funda isifundo saleliviki ukulungiselela iSabatha, December 19.*

## Isikhathi Sokumangaliswa

Usuke wazibuza ukuthi kungani uNkulunkulu akhetha ukusinikeza imibiko emibili evumelanayo yeNdalo ezahlukweni zokuqala ezimbili zikaGenesisi na? UGenesisi 1 ubuyekza iviki loKudala kanye nesimanga somhlaba njengoba unikezwa isimo nempilo, okugcina ngokudalwa kwendoda nowesifazane Ngosuku lwesithupha. UGenesisi 2 ubuka umbiko ofanayo kepha ngenye indlela, ngokugxila okukhethekile osukwini lwesithupha. UAdama ngumongo walomfanekiso manje, futhi konke kuchazwa njengokwakhe konke kanye nowesifazane: insimu, imifula, izilwane, futhi, nembala, nowesifazane. Ukudala kujule kakhulu ukuba kuxoxwe ngendaba eyodwa. Okokuqala, sifunda ngoMdali onamandla, nobuciko oneso lobuhle obuphelele. Bese sihlangani noNkulunkulu wobudlelwane, ofuna isintu sithandane futhi sinakekelane kanye nayo yonke indalo.

**Funda uGenesisi 1 no 2 futhi ucabange ngendlela iSabatha lokuqala (Gen. 2:1–3) elixhumana ngayo nendaba yokuqala yoKudala bese libuka phambili kwindaba yesibili yoKudala. Ukuphetha kwakho kukusiza kanjani ukuba uqonde isibusiso sikaNkulunkulu seSabatha kanye nokulenza libengcwele na?**

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Zicabange wena unguAdamu noma uEva ngaleloSabatha lokuqala. Wusuku lwakho lokuqala uphila, usuku lwakho lokuqala nomlingani wakho, kanye nosuku lwakho lokuqala noNkulunkulu. Yeka wena usuku lwemfundo! Uqala Ukufunda ngoNkulunkulu odale lobubuhle. Umangaliswe ngokubona indlovu bese ubona iseke, kukodwa kukhethekile. Uyamamatheka lapho ubuka imikhuba yendlulamithi noma inyathi. Uyathula ngokumangala kulemibala nezimo, uthathekiswa yimisindo eminingi Emtoti; uzitike ngobumnandi obubanzi namaphunga futhi uthathekiswa yimizwa engafani yezinto. Ngaphezu kwakho konke, uqale Ukufunda ngobudlelwane: ukuba nomthwalo, ukunakekela, uthando. Ubenamava ako noMdali wakho; uqale ukukwenza nakho konke okudaliweyo. ISabatha lokuqala alikwazi ukuthi lalingamava athule kuAdamu noEva. Kwakuyithuba elidalwe nguNkulunkulu lokuthi bona bagxile kuMdali wabo kanye nokudaliwe. Kwakuyisikhathi sabo sokumangala.

**Yenza uhla lwamathuba ahlukeni uAdamu noEva ababanawo ngaleloSabatha lokuqala. Yiliphi kulamathuba elisafanelekile namuhla, nakuba kunga ngendlela ehlukeni na? Ungawavundisa kanjani amaSabatha akho na?**

## Isikhathi Sokuthola Kabusha

Ngenkathi uMose ecelwa ukuba ahole abakwaIsrayeli ebakhipha eGibhithe, kusobala ukuthi izixuku zilahlekelwe ngumbono wazo njengabantwana bakaNkulunkulu. Badinga ukuthola kabusha ukuthi uNkulunkulu ungubani lo ofuna bamkhonze nobanikeza izithembiso Eziningi ngekusasa elimangalisayo. ISabatha lingamava okufunda ayisihloko ohambweni lokuthola kabusha. Futhi luba wuphawu olusobala kwezinye izizwe lobudlelwane obukhethekile phakathi kukaNkulunkulu nalesisizwe. Amava emana amele indlela yokufundisa abakwaIsrayeli.

**Ku-Eksodusi 16:14-29. Yiziphi izifundo ezilapho zokuthi abakwaIsrayile bazifunde na?**

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UNkulunkulu unikeza isimangaliso semana kwabakwaIsrayeli, ebanikeza nje ukudla okwanele usuku ngalunye. Uma ebanikeze okungaphezulu kwalokho, bangase bakhohlwe ukuthi ngubani obanikezayo. Ngalokho zonke izinsuku wayebenzela isimangaliso, futhi babona ukunaka kukaNkulunkulu. NgeSabatha, nokho, isimo sasehluka, njengalokhu usuku lwalukhethekile. Manje izimangaliso ezimbili zazenzeke: ukudla okuphindwe kabili ngoLwesihlanu, futhi ukudla kwakungaboli ebusuku. Lokho kwayekela iSabatha ukuba abakwaIsrayeli bamangaliswe nguNkulunkulu owayengumkhululi wabo futhi bathole kabusha okwakuchazwa ngokuba ngabantu bakaNkulunkulu.

AbakwaIsrayeli kwakumele bayidle lemana iminyaka engu-40 (Eksod 16:35). UNkulunkulu abuye ayaleze uMose ukuba agcine i-omer yemana ukukhumbuzisa abakwaIsrayeli ngendlela ayebondle ngayo ehlane (Eksod. 16:32, 33). Kwakuyoba yisikhumbuzo futhi samava osuku lweSabatha. Kunezinye isikhawu lapho uNkulunkulu ekwenza kube sobala kwabakwaIsrayeli ukuthi iSabatha likhethekile. ISabatha kwakuyindlela uNkulunkulu ayesiza ngayo abakwaIsrayeli ukuthola kabusha ukuthi bangobani kanye noNkulunkulu wabo. Babecelwa ukuba balalele futhi bagcine iSabatha lingcwele, kodwa lokhu kwakukwingqikithi yokuthuthukisa ukuqonda okujulile ngesimilo soMdali wabo futhi nokwakha ubudlelwane baphakade nesithembiso.

**Ukhuluma nosebusa othola iSabatha “libhora.” Uligcina ngoba yilokho okushiwo yiBhayibheli kanye nabazali bakhe. Yiziphi izincomo ongazinikeza ukumsiza alithole kabusha iSabatha njengamava amahle okufunda na?**

## Isikhathi Sokufunda Lokho Okusemqoka

Ukwehla nokwenyuka kwamava abakwaIsrayeli noNkulunkulu kwakuxhumene kakhulu nendlela ababephatha ngayo Isabatha. UNkulunkulu wabona ukungavumi kwabo ukuhlonipha iSabatha njengophawu lokungafaneleki Kwakhe ezimpilweni zabo \*Jer. 17:19-27). Ukuzinkela kabusha kwiSabatha kwakuyingxenye futhi yokubuyisa—uphawu lokuthi Okusemqoka kwakuhleleke ngokulungileyo. UIsaya 58 uveza ukuqhathanisa okuthathekisayo.

**Funda uIsaya 58:1–14. Yini eshiwo nguNkuliunkulu kubantu Bakhe lapho efanelekile nakithi namuhla na?**

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AbakwaIsrayeli babonakala njengabalandeli bakaNkulunkulu—ngokukhonza kwabo, ekuzileni kwabo—kodwa indlela abaphila ngayo izimpilo zabo sebeqedile Ukukhonza ibonisa ukuthi benza nje imikhuba yokuziphatha okuhle; akukho ukuqiniseka kokuzinikela kwenhliziyo emthethweni kaNkulunkulu. UIsaya uyaqhubeka kwisahluko 58 ukuveza lokho uNkulunkulu akulindele kubantu Bakhe.

Akugcini lapho. Funda uIsaya 58:13, 14. Kungani uNkulunkulu egxila kwiSabatha ekugcineni kwalesisahluko na? Umprofethi usebenzisa izisho lapha ezifana nalezo ezikwisahluko sonke: “ungenzi ngokokuthanda kwakho”; “ungahambi ngezindlela zakho”; “ungawuqhubi umsebenzi wakho, ukhulume ize” (NIV), umprofethi uyaxwayisa. Ngamanye amazwi, iSabatha akusona isikhathi sokukhonza ngokwenjwayelo, ube Ucabanga imicabango yakho futhi uphila impilo engafanele eyokukhonza. ISabatha kumele libe “yintokozi” futhi “lihlonipheke.” Ngokwengqiqithi yaso sonke Isahluko, iSabatha limayelana nokuthokoza ekufundeni ngesimilo kanye nezinhloso zikaNkulunkulu, bese futhi siphila lesosimilo kanye nezinhloso ebudlelwaneni bethu nabanye. Ukwazi ukudlula esimweni sokugcina iSabatha kanye nokukhonza akwanele. Ukufunda kumele kuthinte impilo. ISabatha yisikhathi Sokufunda kanye Nokuphila lokho okusemqoka.

**Ngabe uyathokoza kwiSabatha na? Uma Kungenjalo, yini ongayenza ukuguqula lokho na? Ukufundile yina “ukuhlonipha” iSabatha na? Xoxani ngokuthi lokhu kusho ukuthi neklasi lakho ngeSabatha. Makube ngokuphathekayo.**

## Isikhathi Sokuthola Ukulinganisa

UJesu wahlonipha futhi wagcina umthetho kaNkulunkulu (Mat. 5:17, 18). Kepha uJesu wabeka inselele kubaholi bezenkolo ngokuhumusha kwabo umthetho. Ayikho kwizinsalele Zakhe eyethusa okwakujwayelekile njengokukhetha ayekwenza ngokugcina iSabatha. Amasinagoge ayeyithuba njalo ngeSabatha lokufundisa—i-Torah yayifundwa futhi ihumushwe njalo. Ababhali kanye nabaFarisi babekwazi okubhaliwe. Kepha, uJesu wadlulela ekufundiseni Kwakhe ngeSabatha kubalandeli Bakhe.

**Funda uMathewu 12:1-13 no Luka 13:10-17. Yini uJesu ayeyifundisa abantu ngesikhathi Sakhe, kanye nathi namuhla, ngalezizigameko na?**

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Imibango emayelana noJesu ephulukisa ngeSabatha yaholela ezimpikiswaneni ezibalulekileyo kwezikamoya mayelana nesimo sesono, isizathu seSabatha, ubudlelwane phakathi kukaJesu noBaba, kanye nesimo segunya likaJesu.

Indlela uJesu ayebuka ngayo iSabatha ishiwo kangcono kwindimana yethu Yekhanda yaleliviki: “Wayesethi kubo, ‘Isabatha lenzelwa umuntu, umuntu akenzelwanga isabatha. Ngokunjalo iNdodana yomuntu iyinkosi neyeSabatha’” (Marko 2:27, 28, NKJV). Wayefuna ukugcizelela ukuthi iSabatha akumele libe Umthwalo. “Lalenzelwe” (lalidalelwe) njengethuba elilodwa lokuthi abantu bafunde ngesimilo sikaNkulunkulu owenze iSabatha futhi kufundwe ngamava ngokuthathela phezulu indalo Yakhe.

Ngokubuza Imibuzo ngenxa yezenzo Zakhe, uJesu wenza abafundi Bakhe, abaholi bamaJuda, kanye nezixuku ukuba bacabange ngokujulile ngeZibhalo nokuthi ukholo lwabo kanye noNkulunkulu wabo kwakuchaza ini. Kulula kunoma ngubani kithi ukubambeka emithethweni nasezimisweni okungase zibe azizimbi ngokwazo, kodwa okuthi ekugcineni kube yizona ezisemqoka kunakho konke, kunokuba zibe yindlela eya esiphethweni—futhi lesosiphetho kumele kube ulwazi lwesimilo sikaNkulunkulu esimkhonzayo. Futhi lokho, ke, kusiholela ekulaleleni ngokwethembeka Yena ngokumi ekwethembeni ukufaneleka kokulunga kukaKristu ngathi.

**Kwenzekani ngokugcina kwakho iSabatha na? Ngabe uselenze usuku lokungenzi lokhu nalokhuya, kunokuba lube yisikhathi sokuphumula ngempela eNkosini futhi nokuyazi kangcono na? Uma kunjalo, ungaguquka kanjani ukuze uthola okuningi kulo uNkulunkulu akhlosele kona na?**

## Isikhathi Somphakathi

UJesu wabonisa kubafundi Bakhe umkhuba wokuya esinagogeni maviki onke. Ngemuva kokuvuka Kwakhe baqhubeka nalomfaniso, njengalokhu kwenza nabanye abalandeli bakaJesu. Isinagoge laba ngenye yezindawo eziphambili zokuthi abapostoli babuze Imibuzo emayelana noVuko, futhi iSabatha lanikeza ithuba elikhulu lokuba umphakathi uhlangane ndawonye futhi ufunde. Futhi ke, uJesu wayenguMesiya ongumHeberu, uMesiya owayeprofethwe kwiTestamente Elidala, elalifundwa kwisinagoge iSabatha ngalinye. Iyiphi indawo engcono, ke, amakholwa ayenayo yokuphakamisa uJesu kunakwisinagoge, ikakhulu ngenkathi befakaza kumaJuda nakwabanye “ababesaba uNkulunkulu” (Izenzo 13:16, 26, NKJV) na?

**Buka izindimana ezilandelayo. Zisitshelani ngendlela abalandeli bakaJesu ababefakaza ngayo ezinkundleni zomphakathi na? Lapho ufunda lezindimana, cabanga ngezindawo ababekhuluma kuzo, ngabantu ababekhuluma nabo, ngalokho ababekusho, kanye nemiphumela Izenzo 13:14–45; Izenzo 16:13, 14; Izenzo 17:1–5; Izenzo 18:4.**

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Ubufakazi babapostoli babungalokho abakubonile futhi benamva ngako futhi bungokwezikamoya. UPawule wakhuluma kabanzi ngomlando wakwaIsrayeli, eqala “ngobaba bethu” (Izenzo 13:17) eGibhithe, futhi walandela umlando wabo kusukela esikhathini sabahluleli, samakhosi, kuye kuDavide, okusuka kuye wakwazi ukukhuluma ngoJesu. UPawule nabanye batshengisa futhi indlela amava abo kanye nokuqonda kwabo kwenza umqondo ngokwengqikithi yeZibhalo. Bethula ulwazi, futhi baxoxa baxoxisana. Ukuxubana kobufakazi ngamava kanye neZibhalo kwethulwa ngokushumayela, ukufundisa, kanye nokuxoxisana kwakunamandla kakhulu. Njengalokhu izahluko zeBhayibheli zikhombisa, abanye babaholi bezenkolo babanomhawu ngegunya labapostoli kanye namandla ababanawo phezu kwabantu, amaJuda nabeZizwe.

Ibandla lama-Seventh-day Adventist linomlando onamandla, nalo, wobufakazi obukhuthazayo kanye nokuxoxisana ngezibhalo ngokushumayela kanye nokufundisa/ukwabelana. Ukuhlanganisa Isikole seSabatha kanye nentshumayelo kanye neminye imihlangano yeSabatha (ezabasha, ngokwesibonelo) kunikeza isisekelo esinamndla semfundo ehlelekile ekukhonzeni kwama-Adventist. Nakuba lokhu kudingeka ukuba kuhambisane namanye amava okufunda, kubalulekile kumava okufunda eSabatha.

**Ukucabanga Kabanzi:**

Funda Ellen G. White, “The Sabbath,” pp. 281–289, in *The Desire of Ages*. “Asikho esinye isimiso esanikezwe amaJuda esasenza ngokugcwele ukubehlukanisa nezizwe ezibakakile njengeSabatha. UNkulunkulu wayehlele ukuthi ukuginwa kwalo kubakhombe njengabakhonzi Bakhe. Kwakuwuphawu lokwehlukana nezithixo, kanye nokuxhumana kwabo noNkulunkulu weqiniso. Kepha ukuze baligcine lingcwele iSabatha, abantu kumele nabo babengcwele. Ngokholo kumele babengabathatha iqhaza ekulungeni kukaKristu. Ngenkathi umyalelo unikezwa abakwaIsrayeli, ‘Khumbula usuku lweSabatha ulungcwalise,’ kusho iNkosi kubo, ‘Niyakuba ngabantu abangcwele kimi.’ Ex. 20:8; 22:31. Kungalokhu kuphela iSabatha elalikwazi ukuphawula uIsrayeli njengabakhonza uNkulunkulu.”—Ellen G. White, *The Desire of Ages*, p. 283. “Ngalokho iSabatha liwuphawu lwamandla kaKristu okusenza sibengcwele. . . . Njengophawu lwamandla Akhe okungcwalisa, iSabatha linikezwa bonke okuthi ngoKristu babeyingxenyane kaIsrayeli kaNkulunkulu.”—*The Desire of Ages*, pp. 288, 289.

**Imibuzo Yokuxoxisana:**

1. Imvamisa ama-Seventh-day Adventist achitha isikhathi ecabanga ngalokho okungavumelekile ukukwenza ngeSabatha. Yakha Imibuzo ezogcina abagcini beSabatha begxile emiqondweni okuxoxwe ngayo kulesisifundo futhi egcizelela iSabatha linjengamava okufunda. Ngokwesibonelo: “Yini engiyenzayo ngeSabatha eyenza ngikwazi Ukufunda kabanzi ngesimilo sikaNkulunkulu na?”
2. Buka izicaphuno ezingenhla eziphuma ku-Ellen G. White. Zincoma ukuthi akusona nje isimo sokucina iSabatha esiphawula abagcini beSabatha emphakathini. Abantu “abayingxenyane yokulunga kukaKristu” futhi benziwe baba “ngcwele” bangaba ngabanjani na? Lokho kuhlangukana kanjani neSabatha na?
3. Yiziphi izindlela onganonthisa ngazo amava akho eSabatha na? Khomba imigomo emithathu egxilisa kulokho ongafuna Ukufunda ngokugcina iSabatha ezinyangeni ezingu-12 ezizayo.