

Ukuphila Kumphakathi Oxakeke Umlibe



SABATHA EMVA KWEMINI

Fundela Isifundo Sale Veki: *Gen. 2:1–3, Yer. 45:1–5, Eks. 20:11, 2 Sam. 7:12, Marko 6:30–32, Gen. 4:1–17.*

Indima Yenkumbulo: “Umphefumlo wam ulangazelela, uyaphela kukuzilangazelela, iintendezezo zikaYehova; intliziyo yam nenyama yam imemelela kuThixo ophilileyo” (*Ind. 84:2*).

Tik, tok; tik, tok; tik, tok. Yatsho iwotshi ithe chu, ingenalusizi. Kwakusele iiyure ezimbini kuqale iSabatha. UMary waba nesingqala akukhangela igunjana ahleli kulo. Kwakuthe saa izinto zokudlala zabantwana; ekhitshini kukwagximfi; uSarah, eyona ntwezana incinane, ilele ebhedini inefiva; wayevumile ukuba ngengomso uza kusebenza enkonzweni, nto leyo eyayithetha ukuba kufuneka bahambe kuselithuba. *Akwaba bendingafumana inzolo ngomso*, wanomnqweno otshoyo uMary.

Kwangelo xesha linye, kwelinye icala ledolophu, uJosh, umyeni kaMary, wayemi emgcezi eza kuhlawulela inkinkqa yabo yeveki. Imoto endleleni zaziyinyakanyaka. Imigca yokuhlawula yayimide kakhulu. Kwakungathi wonke umntu uze kuthenga ngoku. *Ndiyakudinga ukuphumla, andikwazi ukunyamezela le nto.* Watsho uJosh ezishwabulela ngaphakathi. *Abumele kuphelel'apha ubomi.*

Ubomi bethu bulawulwa ngamaxesha akhawulezileyo, iiyure zokusebenza, ukuya koogqirha, ukuncokola kooSkype, ukuthenga, imicimbi yesikolo. Nokuba sihamba ngeebhasi, skhwele izikuta, okanye siqhuba iveni ezincinane ukujikeleza neentsapho zethu, yonke ingxolo esijikelezileyo ehlabathini ibetha kusithele konke okubaluleke ngokwenene.

Sikufumana njani ukuphumla phakathi kwengxolo nesiphithiphithi esililo hlobo?

**Funda esi sifundo ukulungiselela iSabatha kaJulayi 3.*

Ukuqobeka Nokudinwa

Funda: uGenesis 2:1–3. Kungani ukuba uThixo adale umhla wokuphumla kungekabikho mntu udiniweyo?

Uluntu lungekabaleki luye kuzifaka kubomi obuneengxaki, uThixo wamisela uPhawu, indlela ephilileyo yokusebenzisa inkumbulo yethu. Lo mhla wawuza kuba lixesha lokuyeka nokonwabela ngokuzithandela ubomi; umhla wokuqikileka nje nokungenzi nto, umhla wokonwabela ukubuka isipho sengca, umoya, izilwanyana, amanzi, abantu, ngaphezu kwako konke, uMdali waso sonke isipho esilungileyo.

Esi yayingesiso isimemo sexesha elinye elaliza kuphela kwakuphunywa e-Eden. UThixo wayefuna ukuqinisekisa ukuba isimemo siya kumelana nexesha, waza wathi kwasekuqalekeni, wasontela uphumlo lweSabatha kulo lonke ilaphu lexesha. Sasiya kuhlala sikho isimemo rhoqo, sokuvuyela ukuphumla kweNdalo lonke ixesha ngomhla wesixhenxe.

Umntu ebengacinga ukuba, njengoko sinezixhobo zokwenza singasebenzi nzima, besimelwe kukungadinwa njengabo babephila kumawaka amabini eminyaka eyadlulayo. Sekunjalo, akwanelanga ngoku ukuphumla. Nemizuzu esingasebenziyo ngayo nayo ichithwa ngokwenza into eninzi. Sisoloko singathi sishiywe lixesha; nokuba sesenze okungakanani, kusala kukuninzi ekufuneka kwenziwe.

Uphando lukwabonisa ukuba, silala kancinane, kwaye abaninzi baxhomekeka kwisiyobisi ukubagcina bengalelanga. Nangona sineecell phones ezikhawulezayo, iikhompyutha ezenza uqhagamshelo olukhawulezayo, sekunjalo asinaxesha laneleyo.

Zifundisa ntoni ezi ndima zilandelayo ngokubaluleka kokuba sifumane ukuphumla?
Marko 6:31, INdumiso 4:8, Eksodus 23:12, Duteronomi 5:14, noMateyu 11:28.

UThixo owasidalayo wayesazi ukuba siya kuludinga uphumlo lomzimba. Wakha imijikelezo exesheni—ubusuku, neSabatha—ukuze asinike ithuba lophumlo lomzimba. Ukumamkela uYesu njengeNkosi yobomi bethu nako kubandakanya ukukuxabisa kwethu ukwenza ithuba lokuphumla. Ngapha koko, umthetho weSabatha awulilo icebiso nje kuphela. Ungumyalelo!

Uthini ngobukho bakho obukutshutshisayo? Ungenza ntoni ukuze ufumane kakuhle ukuphumla, okwasemzimbeni nokwasemoyeni, uThixo afuna ukuba sibe nako?

Ukuhamba Ungenanto [imoto engenapetrol]

Ukungabi nabuthongo nokudinwa ngenxa yokuqobeka kuyingxaki ekhoyo. Okukhathaza kakhulu, kodwa, kuxa siziva ukuba siqhubeka “sesingenamvakalelo.” Kuthi ke, kwakongezeka ukungabi nabuthongo kwizilingo ezikhathaza umoya, sisuke sityhafe ngendlela emangalisayo.

UBharuki, owayebhalela uYeremiya, unokuba wayeziva enjalo ngeminyaka yokugqibela yengxuba-kaxaka yaseYerusalem, phambi kwesiphithiphithi, ukubulaleka, nembudembude ezaziza kuba semva kokutshatyalaliswa kwesixeko ngamaBhabheli.

Funda: Yeremiya 45:1–5. Gqabaza ngocinga ukuba yayiyimeko yempilo yemvakalelo kaBharuki’s emotional health.

Ungakwazi ukucinga ukuba unokuziva njani xa uThixo enokuthumela isigidimi esilungisiweyo kuwe ngokwakho? UBharuki wasamkela isigidimi sivela ngqo etroneni kaThixo (*Yer. 45:2*). Sixelelwa ukuba oku kwenzeka “ngomnyaka wesine kaYoyakim wakwaYuda,” owama-605 okanye 604 b.c. UYeremiya 45:3 usibonisa indlela abantu ababeziva beyiyo xa babephila bengena “moya”.

Koko sikwaziyo ngokwasesiBhalweni ngeli xesha, kucacile ukuba izikhalazo zikaBharuki yayingezizo izikhalo nje ezingenamsebenzi. Wayenezizathu eziphathekayo ukuba azive ephelelwe lithemba edinwe emphfumleni. Zininzi izinto ezazisenzeka, zaye zizininzi ezizayo.

Wasabela njani uThixo kwiintlungu neengqaqambo zikaBharuki? Funda: Yeremiya 45:4, 5.

Ukusabela kukaThixo kwintlungu yenene kaBharuki kusikhumbuza into yokuba uThixo ukuncama nentlungu kaThixo kunokuba kwakukukhulu kunoko kukaBharuki. Wayakhe iYerusalem; wayeza kuyidiliza; wayemyale ulsrayeli abe sisidiliya (*Isa. 5:1–7*); wayeza kumnyothula amse ekuthinjweni. Asinto le eyayifunwa nguYehova ngabantu baKhe, kodwa kwakufuneka yenzekile ngenxa yokumvukela kwabo.

Phofu ke, kwakukho ukukhanya phaya phambili ngakuBharuki. UThixo wayeza kubugcina ubomi bukaBharuki—naphakathi kwentshabalalo, ukuthinjwa, nelahleko.

Phinda ufunde amazwi kaThixo awabhekisa kuBharuki. Sithini isigidimi esinokuzifumanela sona kuso? Oko kukuthi, sithini kuthi ngobukho bukaThixo ekugqibeleni, nokuba ithini na imeko yethu?

Ukucacisa Uphumlo KwiTestamente Endala

Ngokuqinisekileyo, sonke siyaludinga uphumlo, nto leyo eyenza ukuba umxholo walo ube kuyo yonke iBhayibhile. Nangona uThixo wasidalela ukuba sisebenze, loo msebenzi kufuneka uqhawulwa-qhawulwe ngophumlo.

Umzekelo, iTestamente eNdala yesiHebhere, isebenzisa izaci eziliqela ukuthetha ngophumlo. Ukuchaza uphumlo lukaThixo ngomhla omtsha wesixhenxe odaliweyo kuGenesis 2:2, 3 isebenzisa isenzi *shabbat*, “ukuyeka ukusebenza, ukuphumla, ukuthabatha ikhefu,” imo yokwenza yesibizo “Sabatha.” Kwasona esi senzi sisetyenziswe kuEksodus 5:5 ngemo yokwenza kubekho okwenzekayo njengo “kwenza ukuba umntu aphumle” emsebenzini wakhe.

Ukubhekisa emsebenzini wokuphumla kukaThixo ngeSabatha yomhla wesixhenxe kumthetho wesine kubekwe ngemo yesiHebhere yesenzi unuakh (*Eks. 20:11, Dut. 5:14*). Isenzi esiguqulwe ngokuthi “ukuphumla” kuYobhi 3:13 okanye ngokomfanekiso, “ndazola” ozekelisa noku “lalisa” kwetyeya yomnqophiso kuNumeri 10:36. U-2 Kumkani 2:15 uyibeka ngendlela ethi, umoya kaEliya “wahlala” kuElisha [IBHAYIBHILE].

Enye imo ebelulekileyo yesenzi *ngushaqat*, “zola, yiba nophumlo, yithi cwaka.” Le mo isetyenziswe kuYoshuwa 11:23, apho ichaza ukuphumla kwelizwe emfazweni emva koloyiso lokuqala lukaYoshuwa. Isaci esi sikholisa ukubonakala sibonisa “uxolo” ezincwadini zikaYoshuwa naBagwebi.

Isenzi *uraga* naso sisetyenziswa ukubonisa uphumlo. Kwizilumkiso ngokungathobeli kuDuteronomi, uThixo uxelela uIsrayeli ukuba abasayi kuba nakuphumla ekuthinjweni (*Dut. 28:65*). Kwasona eso senzo sibonakala sikwimo yokwenza ukuba kwenzeke okuthile kuYeremiya 50:34, sichaza ukungakwazi ukwenza ukuba kubekho ukuphumla.

Funda: Duteronomi 31:16 no-2 Samuweli 7:12. Luhlobo olunjani lophumlo ekuthethwa ngalo apha?

Ezi ndima zombini zisebenzisa isangotshe sesenzi *shakab*, esithetha nje ukungqengqa, ukulala.” Emnqophisweni kaThixo noDavide, uThixo uthembisa ukumkani wexesha elizayo kaIsrayeli ukuba “ ‘Xa ithe yazaliseka imihla yakho walala kooyihlo, ndoyiphakamisa emva kwakho imbewu yakho’ ” (*2 Sam. 7:12*).

Udederhu (nolungaphelelanga phofu) lwezenzi zesiHebhere ezahlukeneyo ezithetha ngophumlo lusineda ukuba siyiqonde imfundo yobuThixo engophumlo ukuba ayingqengqe kwigama elinye okanye amabini. Siyaphumla, umntu eyedwa okanye sihlalene. Uphumlo lunegalelo emzimbeni, ekuhlaleni nakwimvakalelo yasemoyeni kwaye aluphelelanga kwiSabatha kuphela.

Ukufa kulutshaba ngokuqinisekileyo, kwaye ngenye imini kuya kubhangiswa. Nokuba sikhala kangakanani ngokulahlekwa ngabo sibathandayo bathe bafa, yintoni eyintuthuzelo kuthi ukudlula ukwazi ukuba, okwangoku, baphumle?

Uphumlo KwiTestamente eNtsha

Imo yesenzi yophumlo ekholisa ukufunyanwa kwiTestamente eNtsha nguanapauō, “phumla, phola, hlaziyeka.” Isetyenziswe kwenye yeentetho zikaYesu edumileyo ngophumlo, Mateyu 11:28: “ ‘Yizani kum nonke nina nibulalekayo, nisindwayo ngumthwalo, ndoninika ukuphumla’ ”. Inokubhekisa kuphumlo lomzimba (*Mat. 26:45*). Kumbuliso wakhe wokugqibela kumaKorinte, uPawulos uthetha ngovuyo lwakhe ngokufika kwabahlobo bakhe abahlaziya umoya wakhe (*1 Kor. 16:18*).

Esinye isenzi esisetyenziswe ukubonisa uphumlo ngu*hēsychazō*. Sichaza ngophumlo lweSabatha kubafundi xa uYesu wayephumle engwabeni (*Luka 23:56*). Sikwasetyenziswa ukuchaza ukuphila ubomi obunenzolo (*1 Tes. 4:11*) saye sikwabonisa ukuba umntu akananto ayichasayo ngenxa yoko uzolile [uthe cwaka okanye akathethi] (*IZenzo 11:18*).

Xa ileta yamaHebhere, kumaHebhere 4:4, ichaza uphumlo lokudala kukaThixo ngomhla wesixhenxe, isebenzisa isenzi sesiGrike *ukatapauō*, “yenza kuyekwe, beka bucala, phumla,” iphinda ukusebenzisa kweSeptuagint, inguqulelo yeTestamente eNdala yesiGrike. Okunika umdla, ukusetyenziswa okuninzi kwesi senzi kwiTestamente eNtsha kukumaHebhere 4.

Funda Marko 6:30–32. Kuthetni le nto uYesu esithi kubafundi baKhe mabaye ngasese baphumle, baye bebe namathuba amaninzi ababe sanda kuba nawo? Qwalasela kububanzi besahluko uMarko 6 xa ucinga ngalo mbuzo.

“ ‘Yizani nina ngasese . . . niphumle kancinane’ ” (*Marko 6:31*), yintetho le engabekwanga njengesimemo. Ibekwe ngemo yokunyanzelisa, engumyalelo okanye enika umyalelo. UYesu unakekele abafundi baKhe kwakunye nempilo yabo yomzimba neemvakalelo zabo. Babesanda kubuya kuhambo lovangelo olunzima apho uYesu wayebathume behamba ngababini ngababini (*Marko 6:7*). UMarko 6:30 uchaza ukubuya kwabo okwakunovuyo. Iintliziyo zabo zinokuba zazigcwele. Babefuna ukwabelana ngoloyiso lwabo kwakunye nokusilela kwabo noYesu; wasuka uYesu wakumisa konke oko ngokubabizela kuqala ekuphumleni. UMarko uquka intetho echazayo: “Kuba bebaninzi abezayo nabemkayo; babengenalo ke nethutyana lokuba badle” (*Marko 6:31*). Ukugutyungelwa nokuxakeka kakhulu ngumsebenzi kaThixo kungumngeni ovakalayo nakubafundi. UYesu uyasikhumbuza nathi ukuba kuyadingeka ukuba siyijonge impilo yethu nokuvakalelwa kwethu ngokukwanjalo ngokuceba ukuba kubekho amathuba okuphumla.

Zeziphi iindlela ezingamnceda zinnike umtyhi umfundisi webandla lenu okanye umdala kanti nomnye enaziyo ukuba unokuba uqobekile ngenxa yokuxakeka ngumsebenzi weNkosi? Yintoni eningayenza ukubonisa ukukuxabisa kwenu nokumnceda lo mntu ukuba azuze ukuphumla?

Imbacu Engenakuphumla

Funda: Genesis 4:1–12. Yintoni eyamenza uKayin wayi “mbacu engenakuphumla” (Gen. 4:12, NIV) emhlabeni?

Ingxelo yeBhayibhile ayisibeki ngokuphandle isizathu sokuba kutheni aze uThixo ambheke uAbheli nomnikelo wakhe kodwa angam “bheki” uKayin nomnikelo wakhe (Gen. 4:4, 5). Noko kunjalo, siyasazi isizathu. “UKayin weza phambi kukaThixo nokukrokra nokungakholwa entliziyweni yakhe ngokubhekisele kumbingelelo othenjisiweyo kwanokubaluleka kweminikelo yemibingelelo. Isipho sakhe sasingabonisi kuguquka esonweni. Weva ngathi, njengabaninzi kule mihla, kuya kuba kukuvuma ubuthakathaka ukulandela ngqo icebo elibekwe nguThixo, ukuxhoma usindiso lwakhe ngokupheleleyo kucamagusho loMsindisi othenjisiweyo. Wakhetha ukulandela indlela yokuxhomekeka kwisiqu sakhe. Wayeza kuza ngokwakhe ukulunga.”—Ellen G. White, *Amanyange Nabaprofeti*, iph. 72.

Xa uThixo wayexelela uKayin ukuba uya kuba “yimbacu engenakuphumla” emhlabeni, asikukuba uThixo wayemenze ukuba abe njalo; koko, oko kwenzeka *kusisiphumo* sezenzo zakhe zesono nokungathobeli. Ngokungakufumani ukuphumla kuThixo, uKayin wafumanisa ukuba ayikho enye indlela anokukufumana ngayo, sitsho ke uphumlo olululo.

Igama lesiHebhere eliguqulwe “bhaka” (Gen. 4:4) linokubekwa ngokuthi “wahlolisisa, waqwalasela ngocoselelo.” Ukuqwalasela kukaThixo ngokusondeleyo akukangako kumnikelo kodwa kakhulu kwingqondo [*okanye* kwimo] yalowo unikelayo. Ukuwala kukaThixo umnikelo weziqhamo kaKayin akusiso isenzo sokusabela kukaThixo onomkhethe noguquguqukayo. Endaweni yoko, kuchaza indlela yononophelo lokuqatshelwa nokuvavanywa kwesimilo, umoya [*okanye* ingqondo], neemvakalelo zalowo uzisa umnikelo. Ngumzekelo omhle lo womgwebho wophengululo.

Funda: Genesis 4:13–17 uchaze indlela uKayin asabele ngayo kwisigwebo sikaThixo.

Xa sizama ukubaleka ebusweni bukaThixo, asibi nakuphumla. Sizama ukwanelisa ulangazelelo lobabalo lukaThixo ngezinto, ulwalamano nabantu, okanye ukuphila ubomi bokuzixakekisa kakhulu. UKayin waqala ukwakha ubukumkani nesixeko. Kokubini oko kukhulu kakhulu kwaye kuxela ukuzimisela namandla, kodwa, ukuba bubukumkani obungenaye uThixo, busisixeko sovukelo, ekuggibeleni abusayi kuba lulutho.

Nokuba singaphela sithwaxwa ziziphumo zezono zethu, njengoko kuye kube njalo, singakufunda njani ukukwamkela ukuxolelwa kuzo esikunikwa ngomnqamlezo?

Ingcamango Eyongeziweyo: “Ekuqikeleleni koorabhi, yayiyinxalenye yenkolo ukusoloko kuxakekiwe ngumsebenzi. Babe xhomekeke ekusebenzeni emehlweni ukuze kubonwe ubungcwele babo obukhulu. Ngoko bayahlula imiphefumlo yabo kuThixo, bazakha ngokuzanelisa. Ingozi ezinjalo zisekho. Ngokunyuka komsebenzi, nabantu besiba nempumelelo nakuwuphi umsebenzi kaThixo, ikho ingozi yokuthembela kumacebo neendlela zabantu. Kukho umkhwa wokuthandaza kancinane, nokuba nokholo oluncinane. Njengabafundi [bakaYesu], nathi sisengozini yokulahlekwa ngumbono wokuxhomekeka kwethu kuThixo, size sifune ukwenza ukusebenza kwethu kube ngumsindisi wethu. Sidinga ukuthi rhoqo sikhangelwa kuYesu, sisazi ukuba kusemandleni aKhe esinokuthi siwenze umsebenzi. Nangona kufuneka sisebenze ngokunyaniseka ukusindisa abalahlekileyo, kufuneka silitshathe ixesha lokucamngca, ukuthandaza, nokufunda ilizwi likaThixo. Ngumsebenzi owenziwe ngomthandazo omninzi, nongwaliswe ngokuhle kukaKristu, oya kuthi, ekugqibeleni, ukwazi ukwenza okulungileyo.”—Ellen G. White, *Ulangazelelo Lwamaphakade*, iph. 362.

Imibuzo Yokuxoxwa:

- ① Uxinzelelo lokuzama ukwenza ngokugqwesa zonke izinto, nokuba sikhona lonke ixesha [ububu okanye ngemibono yecellphone], nokuzama ukuphila kwimigangatho eminye yayo engasokuze ifikeleleke nengamiselwanga nguThixo, oko kubenza abantu ukuba basoloko begula kwimo yemvakalelo, emzimbeni nasemoyeni. Lingenza njani ibandla lenu ukuba libe yindawo yabo yokwamkela abo baqobekileyo, badiniweyo belangazelela uphumlo?
- ② Ingaba kunokwenzeka ukuba sixakeke kakhulu, mhlawumbi sisenzela uThixo okulungileyo? Cingani ngebali likaYesu nabafundi baKhe kuMarko 6:30–32 nize nixoxe ngendlela elingasetyenziswa ngayo kwiqela lenu leSikoko seSabatha.
- ③ Ngomnyaka we-1899, kwabakho imbali entsha yamendu. Mntu uthile waqhuba imoto ngamendu angama-39.24 eemayile ngeyure-nto leyo eyaba yimbali ngobomi bakhe! Namhlanje iimoto zibaleka ngaphaya kwaloo nto. Amendu asebenza kwiicell phone neekompyutha zethu asithetheki. Iihambo ngeenqwelo-moya zikhawuleza kakhulu kunamaxesha akudala. Yonke into esiyenzayo ikhawuleza kakhulu. Sekunjalo! Sixhinile, siyaleqa, asinako nokuphumla ngokwaneleyo. Kusixelela ntoni oku ngesiseko sendalo yomntu nokuba kutheni ukuze uThixo akwenze ukuba ukuphumla kube yinto ebaluleke kakhulu kude kube ngomnye wemithetho yaKhe?
- ④ Gxilani ngakumbi kwingcamango yokuba nase-Eden, ngaphambi kokungena kwesono, uphumlo lweSabatha lwamiselwa. Ngaphandle koko kunika umdla okungemfundo ngoThixo okwakhelwe kule nyaniso, kusixelela ntoni oku kumiselwa kophumlo lweSabatha ngokudingeka kophumlo kanye kwihlabathi elingenasono, neligqibeleleyo?