

“Yizani KuM . . .”



SABATHA EMVA KWEMINI

Fundela Isifundo Sale Veki: *Mat. 11:20–30, Mat. 5:5, Dut. 18:15, Gal. 5:1, Eks. 18:13–22, Gal. 6:2.*

Indima Yenkumbulo: “Yizani kum nonke nina nibulalekayo, nisindwayo ngumthwalo, ndoninika ukuphumla” (*Mat. 11:28*).

“**Y**izani kum nonke nina nibulalekayo, nisindwayo ngumthwalo, ndoninika ukuphumla.” Hay’ ubuhle besithembiso esisinikiweyo apha nguYesu. Emva kwako konke, ingaba ukho phakathi kwethu ongazange azive esindwa ngumthwalo, okanye ngumsebenzi ngokwawo (njengoko kukholisa ukuba njalo) kodwa kukusebenza nzima nokusindwa okuziswa bubomi ngokwabo? Yena uYesu apha uyasixelela ukuba, kunjalo, uyazi ukuba sithubeleza entweni, kunjalo, unako ukusinceda—phofu, ukuba siyamvumela.

Kuthi ke, emva kokuba esixelele ukuba sithwale idyokhwe yaKhe, uYesu uthi, “Kuba idyokhwe yam imnandi, nomthwalo wam ulula” (*Mat. 11:30*). Ngamanye amazwi, *Zisuseni idyokhwe nemithwalo eniyithweleyo (yinikeni Mna) nithabathe eyaM endaweni yezenu, kuba eyaM kulula ukuyithwala.*

Singenza njani ukuze sikuzuze ukuphumla athetha ngako uYesu? Kuko konke, siphila kwihlabathi apha, emva kwesono, uYehova wathi kuAdam “‘Uya kudla ukudla kokubila kobuso bakho’” (*Gen. 3:19*). Ngoko ke, sikwazile ukuba kunjani ukusebenza nzima nokuthwala imithwalo, izinto ezibonakala zinzima kakhulu ukuzithwalela, thina ngokwethu singancedwa.

**Funda esi sifundo ukulungiselela iSabatha kaJulayi 31.*

“ ‘Ndoninika Ukuphumla’ ”

Funda: uMateyu 11:20–28, xa uYesu athi: “ ‘Yizani kum nonke nina nibulalekayo, nisindwayo ngumthwalo, ndoninika ukuphumla.’ ” Ithethwe kwimeko ethini le ntetho? UYesu usinika njani oku kuphumla?

Njengathi sonke, uYesu wayengaze athethe nje esithubeni. Ukuze sibe nokumqonda, sidinga ukubamba imeko kanye le yayimjikelezile, ngokukodwa xa singafuni ukumva kakubi uYesu.

UMateyu 11 uphawula apho kujikwa khona kwiVangeli kaMateyu. Intetho ezihlasela izixeko zaseGalili zezona zakha zalukhuni kwiVangeli yonke ukuza kuthi ga kule ndawo.

UYesu akathengi buso; ufaka umnwe kanye enxebeni; uzihlanganisa nabantu abanga“boni” (*Mat. 9:9–13*); ibango laKhe lokuxolela izono lisisinyeliso emehlweni enkokeli zenkolo (*Mat. 9:1–8*).

Ngokwenene, uYesu uthetha amazwi agxeka kalukhuni kubantu, ade abathelekise, ngokungathandekiyo, neSodom, eyayibonwa ngelo xesha (njenganamhla) njengendawo yenkohlakalo engenantanga. “ ‘Ke ndithi kuni, Kuya kuba nokunyamezeleka okomhlaba waseSodom ngomhla womgwebo kunawe’ ” (*Mat. 11:24*).

Ukungavani kuyakhula—kanti ke, phakathi kwako konke oku, uYesu uguqula ikhasi anike ukuphumla kwenene. Uyakwazi ukwenza oko kuba “ ‘zonke izinto zinikelwe kum nguBawo; kanjalo akukho urmaziyo uNyana, kuphela nguYise’ ” (*Mat. 11:27*). Isakhono sikaYesu sokunika ukuphumla sixhomekeke kubuThixo baKhe kwakunye nobunye baKhe noYise.

Ngaphambi kokuba size sithule imithwalo yethu, sidinga ukuba siqonde ukuba asinako ukuzithwalela yona sisedwa. Inyaniso yethi, abaninzi kuthi abasokuze beze singakhange siyibone siyivume eyona meko iyiyo esikuyo. Isimemo sikaYesu sisekwe phezu kwesidingo [sethu].

Intetho yaKhe kuMateyu 11:28, kwisiGrike semveli iqala ngesinyanzelo “ ‘Yizani’ ” ayikhethisi; “ ‘yizani’ ” oko kumele imeko yokufumana ukuphumla. U“ ‘Yizani’ ” uthetha ukuba sidinga ukuba sinikezele ulawulo. Kanye ngeli xesha sinako ukukwazi ukulawula izinto ezininzi ebomini bethu ngezinto zempucuko zeli xesha, ukuza kuYesu asiyindlela yemveli. Kakuhle, kubantu abaninzi, ukuzinikela [okanye ukuzinikezela] yeyona nto inzima kakhulu ebomini bobuKristu.

Siyakuthanda ukuthetha, phofu kufanelekile, ngako konke uThixo athi asenzele kona kuKristu nangendlela esingenako thina ukuzisindisa ngayo, nezinye izinto ezinjalo. Konke oko kuyinyaniso. Sekunjelo, ekugqibeleni, kusafuneka sisezingqondweni, senze ukhetho, lo“kuza” kuYesu, okuthetha ukuziyekela kuYe. Kulapha apho ubunyaniso bentando ekhululekileyo buba phambili nasembindini kubomi bobuKristu.

Uthwele imithwalo enjani [okanye iyintoni imithwalo yakho? Ungakufunda njani ukuyinikela kuYesu uxhamle ukuphumla akunikayo, okwamdla ixabiso elikhulu kakhulu Yena?

“ ‘Thabathani Idyokhwe Yam Niyithwale’ ”

Funda: Mateyu 11:29, 30. Kutheni uYesu esiyalela ukuba sithabathe idyokhwe yaKhe kanye emva kokuba esimemele ukuba sinnike imithwalo yethu size sifumane uphumlo lwenene?

Emva ko“ ‘yizani’ ” wokuqala kuMateyu 11:28, kulandela izinyanzeliso ezibini kuMateyu 11:29. U“ ‘Thabathani’ ” no“ ‘nifunde’ ” bazisa ingqwalaselo yabaphulaphuli (nabafundi) kuYesu. Kufuneka sithabathe idyokhwe yaKhe sifunde kuYe.

Ulwalamano olusondeleyo kuThixo phakathi kukaYise noNyana (ebekusele kuthewhe ngalo ku*Mat. 11:25–27*) lusinika umzekelo onamandla onako ukuchaza umzekeliso wedyokhwe kwezi ndima. Bobabini, uYise noNyana bamanyene ekusebenzeleni ukusindisa uluntu. Lo gama idyokhwe ingumfuziselo wokuzinikela (*bona: Yeremiya 27*), ikwangumzekeliso obonisa injongo emanyeneyo. Sithoba kwidyokhwe yaKhe samkele umsebenzi asinikayo ukuba sisikelele abo basingqongileyo. Asiyithwelanga idyokhwe yaKhe; koko sibotshwe nje kunye naYe kuba idyokhwe yaKhe “ ‘ilula’ ” nomthwalo waKhe “ ‘ulula’ ” (*Mat. 11:30*).

Isinyanzeliso sesibini “ ‘nifunde kuM’ ” siphinda le ngcamango. Kwisenzi sesiGrike u“funda” uhambelana nesaci “mfundi.” Xa sifunda kuYesu, siba ngabafundi baKhe ngokwenene. Ukuthobela nokuzinikela kuzimpawu zobufundi.

Yintoni umahluko phakathi koku“sindwa ngumthwalo” (*Mat. 11:28*) nokuthabatha idyokhwe (*Mat. 11:29*)?

Idyokhwe yayingumfuziselo oqhelekileyo kwaYuda ngokubhekise emthethweni. UIZenzo 15:10 uyisebenzisa ngokubhekiselele kumthetho wolwaluko. UmaGalati 5:1 uyithelekisa nenkululeko enikwa nguYesu kunye nedyokhwe yobukhoboka ebhekisa emthethweni njengoyindlela yosindiso.

Ukubotshwa noYesu kucinezela ukuthobela nokuzinikela ekulandeleni amanyathelo waKhe nokuba nenxaxheba kumsebenzi waKhe. Nangona singenako ukulindela ukongeza nto kusindiso asizuzele lona uYesu emnqamlezweni, sinako ukuba ngabameli baKhe, sabelane ngeendaba ezilungileyo nabo basijikelezileyo. Ukuwuchaza kukaYesu umthetho, njengakwiNtshumayelo yaseNtabeni (*Mateyu 5–7*) kulukhuni kunokuba besenza abaFarisi.

Ufuna ukutyandwa kwentliziyo nokwenziwa ngokutsha kweenjongo zethu— phofu ke, idyokhwe yaKhe ilula nomthwalo waKhe ulula (*Mat. 11:30*).

Isithembiso esingumangaliso! Ukuphumla kwemiphefumlo yenu. Ukuxhamle njani oko kuphumla? Kunjani? Ngokuqwalasela kuYesu noko akunikayo, singaqala njani ukukwazi oko kuphumla?

“ ‘Ndinobulali, Ndithobekile Ngentliziyo’ ”

Ubulali sisakhono esijongelwe phantsi kule mihla. Ukuthobeka kuyahlekwa. Izixhobo zosasazo zisifundisa ukuba sihoye abakhwazayo, abanengxolo, abaphambeneyo, abalwayo, nabaphakamileyo. Inyaniso yeyokuba, imingangatho emininzi yehlabathi ichasene noko uThixo akuthabatha ngokubalulekileyo nokunexabiso.

“Ukwazi inyaniso akuxhomekekanga kakhulu kumandla obuchopho ngaphezu kobunyulu benjongo, ubulula bokholo olunyanisekileyo noluxhomekekileyo. Kwabo bathi ngokuthobeka kwentliziyo bafune inkokelo yezulu, iingelosi zikaThixo ziyasondela. UMoya Oyingcwele uyanikwa ukuba abatyhilele iindyebo ezityebileyo zenyaniso.”—Ellen G. White, *Christ’s Object Isifundos*, iph. 59.

Funda: Mateyu 5:5, 1 Petros 3:4, noIsaya 57:15. Ungakuchaza njani ukululama nokuthobeka ngokwezi ndima?

UPawulos ngo“bulali nokuthantamisa kukaKristu” ku-2 Korinte 10:1. Ubulali nokuthobeka asiyinkcazo yebhetyebhetye, abantu abangakwaziyo ukuma entweni. UYesu ngokukokwaKhe akazange azame kungqubana [nabantu], ekholisa ukukuphepha kuba umsebenzi awayewuzele wawungekazalisekiswa (*Yohane 4:1–3*). Kwathi kwakuqondwa kuYe, waphendula ngesibindi. Kanti ke, kwangalo elo xesha, wathetha ngobubele. Ukukhalela kwaKhe iYerusalem kanye ngaphambi komnqamlezo, umzekelo, yayingezizo iziqalekiso ezikhwazwayo, kodwa amazwi ayimifanekiso ezaliswe ziinyembezi ngentshabalalo yexesha elizayo (*Luka 19:41–44*).

KwiTestamente eNtsha, uYesu ukholisa ukuzotywa njengoMoses wesibini. Uthetha esentabeni xa esandlala imithetho-siseko yobukumkani baKhe (*Mat. 5:1*). Wondla isihlewele esikhulu ngokutya okungummangaliso (*Mat. 14:13–21*). UNumeri 12:3 umchaza uMoses njengo“lulamileyo,” nokuphindwa kuMateyu 11:29. Abantu babona ukondliwa kwama-5,000 bamangale, bathi, “ ‘Lo nguye inyaniso umprofeti lowo uzayo ehlabathini’ ” (*Yohane 6:14*)—kubhekiswa kuDuteronomi 18:15 nakwindawo kaMoses njengomprofeti.

Ukuthobeka nobulali bukaYesu ngokucacileyo kuya budlula obukaMoses. Ngapha koko, unguMsindisi wethu onguThixo. Lo gama uMoses wazinikela ukuba asindise abantu bakhe (*Eks. 32:32*), ukufa kwakhe kwakungayi kufeza nto, kuba uMoses wayengumoni yena ngokwakhe emdinga uMsindisi, ongumthwali wesono ukuba ahlawulele izono zakhe. Nangona sinako ukufunda kuMoses nebali lobomi bakhe, asinako ukufumana usindiso kuye.

Endaweni yoko, sidinga uMsindisi onokuma endaweni yethu, angabi nguMthetheleli nje kodwa abe ngothabatha indawo yethu. Ukuthethelela kubalulekile, kodwa nguThixo kuphela ojinga emnqamlezweni onguMthwali wezono zethu, ohlawulele ngesiqu saKhe isohlwayo sezono zethu, onako ukusisindisa kwiziphumo zokusemthethweni ezibe ziza kuziswa kuthi ngokufanelekileyo zizono zethu. Yiyo le nto, nokuba ube umkhulu kangakanani umzekelo kaYesu ngenxa yethu, ubungayi kuba lulutho ngaphandle koMnqamlezo nokuvuka.

“ ‘Kuba Idyokhwe Yam Imnandi’ ”

Siye saphawula ukuba ukusebenzisa kukaMateyu “idyokhwe” kule ndawo kuhambelana nokusetyenziswa kwesi saci kwisiYuda kwakunye nezinye iindima zeTestamente eNtsha kubhekiswa kwindlela engeyiyo yokwazi umthetho.

Isaci sesiGrike esiguqulwe sangu“lula” esiNgesini kuMateyu 11:30 linako ukuguqulwa ngo“ulungile, mnandi, ukuba nomsebenzi, ukuba nobubele.” Abantu abaninzi abasijikelezileyo bawuthabatha umthetho kaThixo njengocinezelayo, ekunzima ukuba uthotyelwe, maxa wambi, awuhambi mgceni. Singabanceda njani ukuba bafumane ubuhle bomthetho sibakhuthaze ukuba bamthande uMniki-mthetho?

Abazali basoloko bewukhumbula umzuzu xa abantwana babo bethabatha amanyathelo okuqala. Inyathelo lokuqala elibathazayo lilandelwa lelesibini elisondeleyo, kube lelesithathu—ngelo xesha sukuba umntwana eza kukhubeka awe. Kubakho neenyembezi nokugruzuka, kodwa ngako nje ukuba umntwana ayive inkululeko yokuhamba, uya kuphakama azame kwakhona. Hamba, yiwa, phakama, hamba, yiwa, phakama. Ukulandelelana kuyaphindaphinda amaxesha amaninzi phambi kokuba umntwana ahambe ngokuqinileyo. Kanti ke, phakathi kokukhubeka nokuwa, kukho ubuso obuncinane obuzidlayo obukhwaza ngoloyiso: *Tata, mama, ndiyakwazi ukuhamba!*

Ukuhamba noYesu kusenokungasoloko kulula, kodwa kusoloko kulungile kwaye kuyinto elungileyo yokwenziwa. Singakhubeka; singade siwe; kanti, sinako ukuphakama siqhubeke sihamba naYe ecaleni kwethu.

KumaGalati 5:1, uPawulos wabhala wathi: “Yimani ngoko enkululekweni, athe uKristu wasikhululela kuyo; nize ningabuyi nibanjwe yidyokhwe yobukhoboka.” Kuthetha ukuthini oko? Usikhulule njani uKristu? Uyintoni umahluko phakathi kwedyokhwe athi masiyithwale ne“dyokhwe yobukhoboka” asilumkisa ngayo uPawulos?

Singaqiniseka ukuba, nokuba wayethetha ntoni uPawulos nge“dyokhwe yobukhoboka,” wayengabhekisi ekuthobeleni umthetho kaThixo, imiThetho eliShumi. Ukuchasana noko, kungokuthobela, ngokholo, ukuqonda ukuba usindiso lwethu lukhuselekile, lungasekwanga emthethweni kodwa kubulungisa bukaKristu obusiqumileyo, ukuze sibe nokuphumla nenkululeko yenene.

Kutheni le nto ukuphila ubomi bokuthobela imithetho kaThixo buzaliswe kakhulu luphumlo [okanye kukonwaba] kunobo esithi kubo singawuthobeli loo mthetho?

“ ‘Umthwalo Wam Ulula [khaphukhaphu]’ ”

Intetho kaYesu yokugqibela kuMateyu 11:30 isebenzisa umfanekiso wokuthwala umthwalo: “ ‘Kuba idyokhwe yam imnandi nomthwalo wam ulula’ ”.

UMoses wavuya kakhulu akubona umkhwe wakhe emva kokuba uIsrayeli eyishiyile iYiputa wanqumla ulwandle. Funda: Eksodus 18:13–22. Kuyinto enjani ukuthwalisana nomnye ngomthwalo kweli bali?

UEksodus 18:13 usixelela ukuba abantu beza kuMoses ukuba abenzele izigqibo kususela kusasa kude kube lurhatya. Wathi akuyibona le nto umkhwe wakhe, wambongoza enyanisekile umkhwenyana wakhe ukuba amisele indlela eya kumvumela ukuba akwazi ukuqwalasela imiba emikhulu lo gama abanye bekhathalela izinto ezincinane. Isibhalo sisixelela ukuba uMoses walimamela ilizwi likaYetro, wazenza ezi nguqulelo ziguqula ubomi.

Xa uYesu wayesixelela ukuba umthwalo waKhe ulula, wayefuna ukusikhumbuzisa ukuba singaxhomekeka kuye, Yena onguMthwali womthwalo. NjengoMoses, kufuneka sifunde ukuba siyabadinga abanye ukuba sabelane ngemithwalo yethu. Ku-1 Korinte 12:12–26, umfanekiso ozotywa nguPawulos womzimba kaKrisu unika umzekeliso olungileyo wokuba ingakhangeleka njani imithwalo ekwabelwana ngayo. Sidinga umzimba osebenzayo ukuze sikwazi ukuthwala nabuphi ubunzima. Sidinga imilenze, iingalo amagxa, izihlunu, nemisipha ukuba sithwale nantoni.

Funda: Galati 6:2. Ukuthwala umthwalo womnye kusanceda njani ukuba siwuzalisekise umthetho kaKristu?

Kule ndawo kubhalwe kuyo le ntetho lunokufumaneka uncedo. KumaGalati 6:1, uPawulos uyaxela ukuba, xa umzalwana okanye udade esiwa esilingweni, kufuneka simbuyisele loo mntu ngomoya wobulali (khumbula ibango likaYesu kuMateyu 11:29 lokuba unobulali). Ukuthwala umthwalo kuthetha ukumbuyisela othe waphuma endleleni ukuze ancedwe loo mtu abone ubalalo lukaThixo. Ukongeza apho, kukwathetha ukuncedana xa thina, okanye abanye, besiva ubunzima. Isaci sesiGrike esithetha “umthwalo” sinokubhekisa kwinto enzima okanye ilitye. Sisikhumbuzo sokuba sonke sithwele imithwalo nokuba sonke siyaludinga uncedo ekuyithwaleni. Ukwabelana ngemithwalo ngumsebenzi onikwe ibandla lizulu ofuna ubulali nothi wenze kubekho imfesane.

Cinga ngexesha lokugqibela owancedwa ngumntu othile kumthwalo owawubulaleka uphantsi kwawo. Yintoni eyenza ukuba ibe yinto enkulu leyo kuwe? Ngumthwalo kabani wena onganceda uwuthwale ngoku?

Ingamango Eyongeziweyo: “Xa uwubona unzima umsebenzi wakho, xa ukhalaza ngeenzima nezilingo, xa usithi akunamandla okumelana nesihendo, usithi akukwazi ukoyisa ukungabi namonde, nokuba ubomi bakho bobuKristu ngumsebenzi ongumnqantsa, qiniseka ukuba akuthwelanga idyokhwe kaKristu; uthwele idyokhwe yankosi yimbi.”—Ellen G. White, *Child Guidance*, iph. 267.

“Sikho isidingo sokuba sihlale siphaphamile sinokuzinikela okuzingisileyo, nokunyanisekileyo, kodwa ezi zinto ziya kubakho ngokwendalo xa umphefumlo ugcinwe ngamandla kaThixo ngokholo. Akukho nto sinokuyenza, asinakwenza nto konke ukuzithengisa ukuba sithandwe nguThixo. Kufuneka singathembeli nje konke kuthi okanye kwimisebenzi yethu elungileyo; kodwa xa sithi, njengabantu abonayo, izidalwa ezizaliswe sisono, size kuKristu, uya kubamkela bonke abeza kuYe bethembele ngokupheleleyo kokuhle okuzuzeka kuMsindisi owabethelelwayo. Uthando luphuma entliziyweni. Kuse nokungabikho kubhabhazela kwakuziva, kodwa kukho ukuthembela okuzaliswe luxolo oluhleliyo ngaphakathi.

Wonke umthwalo ukhaphukhaphu; kuba idyokhwe ayinikayo uKristu ilula. Umsebenzi uba ngovuyisayo, nombingelelo ube ngowonwabisayo. Indlela eyayikhangeleka ngaphambili igqunywe bubumnyama iyakhanya yimitha ephuma kwiLanga loBulungisa. Oku ke kukuhamba ekukhanyeni njengoko uKristu esekukhanyeni.”—Ellen G. White, *Faith and Works*, amaph. 38, 39.

Imibuzo Yokuxoxwa:

- 1 Uyawukhumbula umzuzu owawuhamba noYesu ngexesha lokwenza isigqibo sokuzinikela? Wubalise lo mzuzu eklasini yakho uxhala ngokukodwa kwisizathu sokuba uzinikele.
- 2 Funda umthandazo kaYesu kuMateyu 11:25–27 nixoxe eklasini yenu ngendlela esithi ngayo sizuze ulwazi ngobabalo (“ezi zinto”) kwizilumko neengqondi size sizityhile kwiintsana?
- 3 ngendlela ephathekayo, singenza njani thina ukunceda abo basingqongileyo abaxakene nemithwalo yabo ukuba beze kuYesu baze bazuze ukuphumla?
- 4 Gxilani ngakumbi kwingcamango yokuba “nobulali nokuthobeka ngentliziyo.” Asinto imbi leyo yokuba umntu azibabaze? Asimele yini ukuba sive kamnandi ngathi, ngakumbi umntu oxakene nokuzithandabuza? Umnqamlezo noko ukumeleyo ufanele ukusinceda njani ukuba sikuqonde ukuba uthini uYesu ngokuba “nobulali nokuthobeka?” oko kukuthi, xa kukho umnqamlezo [okanye phambi komnqamlezo], kungani ukuba ubulali nokuthobeka kube kuphela kwengqondo [okanye umoya] ofanelekileyo emasibe nawo?