

# Ukusebenza Ubusuku Nemini, Zonke Izinsuku (24/7)



## NGESABATHA NTAMBAMA

**Kuleliviki Funda ku:** *Gen. 2:1-3, Jer. 45:1-5, Eks. 20:11, 2 Sam. 7:12, Marko 6:30-32, Gen. 4:1-17.*

**Indimana Yekhanda:** “Umphefumulo wami ulangazelela, womela amageceke kaJehova, inhliziyi yami nomzimba wami kuyahuba ngokwethaba kuNkulunkulu ophilayo” (*iHubo 84:2*).

**N**ci, nci, nci. Iwashi lancinciza njalo lingaphezi. Kwase kusele amahora amabili kuphela ngaphambi kokuqala kweSabatha. UMariya waphefumulela phezulu, ebuka igumbi elincane. Amathoyizi ezingane ayesasakazeke yonke indawo; ekhishini kwakumahliphihliphhi; uSarah, umagcino wabo wayephethwe umkhuhlane, elele; kanti wayevume ukuthi ngakusasa uzobingelela izivakashi enkonzweni, okwakusho ukuthi babedinga ukusuka ekhaya imizuzu engamashumi amathathu ngaphambi kwesikhathi esejwayelekile. “*Sengathi bengingaba nokuthula kusasa,*” kuzindla uMariya.

Kusenjalo, kwenye inxenye yedolobha, uJosh, umyeni kaMariya wayemi emgqeni ukuze akhokhele ukudla kwasekhaya. Izimoto emgaqweni zazikade ziminyene. Kubonakala sengathi wonke umuntu wayezothenga ngalesikhathi. *Ngidinga ukuphumula, angikwazi ukuphila ngalendlela,* kusho uJosh enhliziyweni yakhe. *Kufanele umuntu aphile kangcono kunalokhu.*

Izimpilo zethu zilawulwa yizikhathi zokuphuthuma, ukubonana nodokotela, ukuxoxa kwi-Skype, ukuyothenga, nemicimbi yesikole. Noma sisebenzisa amabhasi, izitimela, izikutha, noma imoto ukuhambisa abemindeni yethu, umshikashika wokuhlala sixhumene nomhlaba osizungezile ufuna ukugwinya lokho okuyikona okubalulekile.

Sikuthola kanjani ukuphumula phakathi kokuphithizela okungaka?

*\*Funda isifundo saleliviki ukulungisela iSabatha likaNtulikazi 3.*

## Ukhathele, Uyingcuba

**Funda:** uGenesis 2:1-3. Kwakudingeke ngani ukuthi uNkulunkulu adale usuku lokuphumula kungakabikho noyedwa umuntu okhathele?

Ngisho nangaphambi kokuthi abantu baqale izimpilo zabo ezimatasatasa abazigidlabeze bona ngazo, uNkulunkulu wenza isikhumbuzo sokuvusa imiqondo yethu. Lolusuku lwaluzokuba isikhathi sokuthi “khumu,” sithokozela ukuphila; usuku lokuphila, hhayi elokwenza utho, usuku lokuthokozela ngendlela ekhethekile isipho sotshani, umoya, izilwane zasendle, amanzi, abantu, kanti ngaphezu kwakho konke, uMdali wazo zonke izipho ezinhle.

Lokhu kwakungesona isimemo sesikhashana-nje esaphelelwa yisikhathi ngokuxoshwa eEdeni. UNkulunkulu wayefuna ukuqiniseka ukuthi isimemo siyohlala njalo njalo, ngakhoke kusukela ekuqaleni, wafaka ukuphumula kweSabatha phakathi naphakathi kwesikhathi. Sasiyohlala sikhona isimemo sokuphumula, futhi kugujwe indalo njalo ngosuku lwesikhombisa.

Bewungalindela ukuthi njengoba sinezinsiza ezingaka ezenza umsebenzi ube lula besingafanele ukuba matasatasa njengabantu ababephila eminyakeni engamakhulu amabili edlule. Kodwa kubonakala ukuphumula kuyivelakancane nanamhlanje. Ngisho noma singekho emsebenzini, sichitha isikhathi sishikashikeka. Kubonakala sengathi silokhu sisele ngemuva; noma ngabe senze okungakanani, kusekhona okudinga ukwenziwa.

Ucwaningo luyatshengisa ukuthi silala amahora ambalwa, kanti abaningi bathembele kwi-*caffeine* ukuze baqhubeke nempilo. Nakuba sinama *cell phone* angcono, ama-*computer* asheshayo, i-internet esheshayo, kubonakala singenaso isikhathi esanele.

**Lezindimana ezilandelayo zifundisani ngokubaluleka kwesidingo sethu sokuthola ukuphumula?** *Marko 6:31, iHubo 4:8, Eksoduse 23:12, Duteronomi 5:14, noMathewu 11:28.*

LoNkulunkulu owasidala wayazi ukuthi sizodinga ukuphumula kwemizimba. Ngakhoke wenza iziwombe phakathi kwesikhathi—ubusuku neSabatha—ukusinika ithuba lokuphumuza imizimba. Ukuvuma uJesu njengeNkosi yempilo yethu kusho nokuzimisela ukwenza okusifanele—ukuzinika isikhathi sokuphumula. Angithi vele, umyalo weSabatha akusona isincomo-nje. Umyalo!

**Uthini-ke ngempilo yakho yokushikashikeka? Yini ongayenza ukuze uthokozele ukuphumula kwasemzimbeni nokwasemphefumulweni, lokho kuphumula uNkulunkulu afuna sibe nakho?**

## Ukuphelelwa Umfutho

Ukuqwasha ebusuku nokucobeka ngenxa yokukhandleka komzimba, yizinkinga zangempela. Okukhathaza kakhulu kodwa, ukuzizwa sewuphelelwe umfutho. Kanti-ke uma wenezela ukuphelelwa ubuthongo phezu kwezinkinga zomphefumulo, ngaphelelwa yithemba kabuhlungu.

UBaruki, unobhala kaJeremiya, wayezizwa kanjalo izikhathi eziningi eminyakeni eshubile yokugcina eJerusalema ngaphambi kwesiphithiphithi, ukuhlupheka, nosizi olwaluzolandela ukuchithwa kweJerusalema ngabaseBabiloni.

**Funda: uJeremiya 45:1-5. Bhala kafishane ngesimo sempilo yasemphefumulweni kaBaruki.**

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Ake ucabanga-nje ukuthi ungazizwa kanjani ukuba uNkulunkulu ubengakuthumela umyalezo oqondene nawe ngqo? UBaruki wathola umyalezo ovela ngqo esihlalweni sikaNkulunkulu (*Jer. 45:2*). Sitshelwa ukuthi lokho kwenzeka ngonyaka wesine kaJehowakimu inkosi yakwaJuda, okulinganiselwa eminyakeni engu 605 noma 604 ngaphambi kokuzalwa kukaJesu. UJeremiya 45:3 isibonelo esihle sokuthi abantu bazizwa kanjani uma sekuphela umfutho (njengemoto ephelilelwa uphethiloli).

Esikwaziyo okuvela eBhayibhelini mayelana nalesikhathi, ukuthi ukusola kukaBaruki kwakungelona ize. Wayenezizathu ezinhle zokuzizwa ephelilelwe yithemba, engenasibindi. Kwakwenzeka izinto ezimbi eziningi, kanti kwakusazolandela ezinye futhi.

**UNkulunkulu uphendula kanjani kulobuhlungu bukaBaruki? Funda uJeremiya 45:4, 5.**

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Ukuphendula kukaNkulunkulu ubuhlungu bukaBaruki kusikhumbuza ukuthi ukujabha nobuhlungu buka Nkulunkulu babubukhulu kakhulu ukwedlula okukaBaruki. Wayelakhile iJerusalema; wayesezolitha; wayetshale uIsrayeli abe yisivini (*Isaya 5:1-7*); wayesezolisiphula aliyise ekuthunjweni. Akusiyo into ayeyihlele abantu baKhe lena, kodwa kwakudingekile ukuthi yenzeke ngenxa yokumhlubuka kwabo.

Kodwa lalisekhona ithemba ngoBaruki. UNkulunkulu wayezoyilonda impilo kaBaruki phakathi kwencithakalo, ukuthunjwa, nokulahlekelwa.

**Phinda ufunde amazwi kaNkulunkulu aqondiswe kuBaruki. Singathola muphi umyalezo thina kuwona? Kusitshelani ngokuthi, sekwenzeke konke, uNkulunkulu uzokuba ngakithina noma isimo sinjani?**

## Ukuchazwa Kokuphumula eTestamenteni eliDala

Noma kanjani, sonke siyadinga ukuphumula, okuyisizathu sokuthi kukhulunywe ngakho kulo lonke iBhayibheli. Nakuba uNkulunkulu wasidalela ukunyakazisa imizimba, lokho kunyakaza akube nezikhathi zekhefu.

ITestamente eliDala lesiHeberu liqukethe amagama amaningi achaza ukuphumula. Usuku lokuphumula kukaNkulunkulu lwesikhombisa olwalusanda kudalwa kuGenesis 2:2, 3 luchazwa ngokusebenzisa isenzo esithi *Shabbat*, “ukukhawula umsebenzi, ukuphumula, ukuhlaba ikhefu,” okuyigama lokwenza elihambisana nebizo elithi “iSabatha.” Sona lesi senzo sisetshenzisiwe kuEksoduse 5:5 sahunyushwa ngokuthi “ukwenza umuntu aphumule” emsebenzini wakhe. Ngentukuthelo, uFaro wasola uMose “ngokwenza uIsrayeli aphumule” emsebenzini wakhe.

Ukugagulwa kokuphumula kukaNkulunkulu ngeSabatha losuku lwesikhombisa emyalweni wesine kuchazwa ngesiHeberu ngokuthi *nuakh* (*Eks. 20:11, Duter. 5:14*). Lesenzo sihunyushwe ngokuthi “phumula” kuJobe 3:13 noma ngendlela eyisaga “ukuma” lapho kukhulunywa ngomphongolo wesivumelwano kuNumeri 10:36. Ku 2 Amakhosi 2:15 kuthiwa umoya kaEliya “wahlala” phezu kukaElisha.

Elinye igama eliyisenzo nelibalulekile lithi shaqt, “khumuleka, yiba nokuthula.” Lisetshenziswe kuJoshuwa 11:23 lapho lichaza khona ukuphumula kwezwe ezimpini ngemuva kokunqoba kukaJoshuwa kokuqala. Leligama livame ukusho “uxolo” ezincwadini zikaJoshuwa nabaHluleli.

Isenzo esithi *raqa* naso sisetshenziswa ukusho ukuphumula. Ngesikhathi uNkulunkulu exwayisa ngokungalaleli kuDuteronomi, utshela uIsrayeli ukuthi ngeke bakuthole ukuphumula ekudingisweni (*Duter. 28:65*). Liyavela futhi kuJeremiya 50:34, lichaza ukwehluleka ukuletha ukuphumula.

**Funda:** uDuteronomi 31:16 no 2 Samuweli 7:12. Uhlobo luni lokuphumula okukhulunywa ngalo lapha?

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Zombili lezindimana zisebenzisa indlela eyisaga ethathelwa esenzweni esithi *shakab*, elisho “ukulala phansi.” Esivumelwaneni sikaNkulunkulu noDavide, uNkulunkulu wethembisa owayezokuba yinkosi yakwaIsrayeli ukuthi “ ‘uma izinsuku zakho sezizigwalisekile, sewuphumule nawoyihlo, ngiyomisa imbewu yakho ngemuva kwakho’ ” (*2 Sam. 7:12, NKJV*).

Uhla olude nesingaluqedanga lapha lwezenzo ezehlukene zesiHeberu ezichaza ukuphumula, luyasisiza ukuqonda ukuthi umqondo wegama eliyisenzo elisho ukuphumula alixhumene negama elithile noma amagama. Siphumula ngabanye ngabanye noma njengesixuku. Ukuphumula kusithinta ngokwasemzimbeni, ekuhlaleni nabanye abantu, nangokomphefumulo, futhi akugcini ngeSabatha lodwa.

**Ukufa kuyisitha, futhi ngelinye ilanga kuyochithwa. Nakuba sibakhalela kangaka futhi sibakhumbula kangaka abafuleyo bethu, kungani kuyinduduzo ukwazi ukuthi baphumule njengamanje?**

## Ukuphumula eTestamenteni eliSha

Igama eliyisenzo elivame ukusho ukuphumula eTestamenteni eliSha lithi *anapauō*, “ukuphumula, ukuhlumelela, ukuvuseleleka.” Lisetshenziswe emazwini adumile kaJesu aphathelene nokuphumula, Mathewu 11:28: “Zanini Kimi nonke nina enikhatheleyo nenisindwayo, Mina ngizokuniphumuza” “lingasho ukuphumula emzimbeni (*Math. 26:45*). Ekuvaleliseni kokugcina kwabaseKorinte, uPawulu uzwakalisa intokozo yakhe ngokufika kwabangane abahlumelela umphefumulo wakhe (*1 Korinte 16:18*).

Esinye isenzo esisho ukuphumula ilelo gama elithi *hēsychazō*. Lichaza ukuphumula kweSabatha kwabafundi njengoba uJesu waphumula ethuneni (*Luka 23:56*). Kodwa libuye lisetshenziswe ukuchaza ukuphila impilo yokuthula (*1 Thesalonika 4:11*) futhi lingasho ukuthi umuntu akaphiki lutho, kungakho nje ethule (*Izenzo 11:18*).

Uma incwadi ebhalelwe amaHeberu kusahluko 4:4 ichaza ukuphumula kukaNkulunkulu ngosuku lwesikhombisa ngemuva kokudala, isebenzisa isenzo sesiGriki esithi *katapauō*, “khawula, phumuza, phumula,” okuzwakalisa indlela esetshenziswa yiSeptuagint, okuyiTestamente eliDala lesiGriki. Imvama yokusetshenziswa kwalesenzo eTestamenteni eliSha itholakala kumaHeberu 4.

**Funda:** uMarko 6:30-32. Kungani uJesu atshela abafundi baKhe ukuthi babuyele nganxanye baphumule, njengoba babenamathuba amaningi kangaka okusebenza? Ake ubuke isithombe esikhulu kuMarko 6 ngesikhathi usazindla ngalombuzo.

Ukuthi “ ‘Buyelani nganxanye nodwa ...niphumule isikhashana’ “ (*Marko 6:31, NKJV*) akusona isimemo. Umyalo abafanele ukuwulalela. UJesu ukhathazekile ngabafundi baKhe nangempilo yabo nemimoya yabo. Bebesanda kubuya emsebenzini omkhulu wowangelo akade ebathume kuwona ngababili (*Marko 6:7*). UMarko 6:30 uchaza ukubuya kwabo benomdlandla. Izinhliziyi zabo zazichichima. Babefuna ukwabelana noJesu ngokunqoba kwabo nokwesilela kwabo; kodwa uJesu uyakuvimba konke lokho ngokuthi abaqale ngokuphumula. UMarko wenza nencazelo ethi: “ Ngokuba babebanengi abezayo nabahambayo, abaze bathola nasikhathi sokudla” (*Marko 6:31*). Ukuba matasatasa ngokweqile emsebenzini kaNkulunkulu inselelo kubafundi. UJesu uyasikhumbusa ukuthi sidinga ukuqaphela impilo yethu ngokuthi siziphe izikhathi zokuphumula.

**Yiziphi izindlela zokusiza nokuphumuza umfundisi wakho noma umdala noma ubani omunye omaziyo obonakala sengathi uzikhandla kokweqile ekwenzeni umsebenzi weNkosi? Yini ongayenza ukuzwakalisa ukuthakasela kwakho, umsize lowo muntu athole ukuphumula?**

## Uzulane Ongumhambuma

**Funda:** uGenesis 4:1-12. Yini eyenza ukuthi uKayini abe “uzulane ongumhambuma” (*Gen. 4:12, NIV*) emhlabeni?

IBhayibheli alichazi kabanzi ukuthi kungani uNkulunkulu wanaka uAbela nomnikelo wakhe, kodwa akaze amnaka uKayini nomnikelo wakhe (*Gen. 4:4, 5*). Kodwa siyasazi isizathu. “UKayini weza phambi kukaNkulunkulu ekhononda futhi egcwele ukungakholwa enhliziyweni mayelana nomhlatshelelo othenjisiwe, nesidingo semihlatshelo. Isipho sakhe asitshengisanga ukuzisola ngezono zakhe. Wazitshela, njengabaningi namhlanje, ukuthi kungaba ukuvuma ukuthi ubuthakathaka uma elandela icebo elishiwo uNkulunkulu njengoba linjalo, ukwethembela ngokuphelele kuMsindisi othenjisiwe. Wakhetha indlela yokuzethemba. Wayezokuba ngokwakhe okulunga.”—Ellen G. White, *Patriarchs and Prophets*, p. 72.

Uma uNkulunkulu ethi uKayini uzokuba uzulane ongumhambuma emhlabeni, akusho ukuthi uNkulunkulu wamenza waba yilokho; esikhundleni, lokho kwaba umphumela wezenzo zakhe zokona nokungalaleli. Ngokungatholi ukuphumula kuNkulunkulu, uKayini wathola ukuthi ayikho enye indlela angakuthola ngayo ukuphumula kweqiniso.

Igama lesiHeberu elihunyushwe ngokuthi “ukunaka” (*Gen. 4:4*) lingabuye lichazwe ngokuthi “ukubukisisa kahle.” Ukugxila kokubukisisa kahle kukaNkulunkulu akukho kangako emnikelweni, kodwa kwisimo somqondo salowo onikelayo. Ukwaliwa komnikelo wezithelo kaKayini akusona isenzo esasingalindelekile sikaNkulunkulu. Kunalokho, sichaza ukuhlolisiswa kahle kwesimilo, isimo somqondo, nesisusa salowo onikelayo. Yisibonelo esihle sokwahlulelwa okwenzekayo ezulwini khona manje (ukuphenywa kwezincwadi).

**Funda:** uGenesis 4:13-17 bese uchaza ukuphendula kukaKayini ngesinqumo sikaNkulunkulu.

Uma sizama ukubalekela uNkulunkulu, asikutholi ukuphumula. Sizama ukugcwalisa isikhala sokulangazelela umusa wezulu ngezinto, abangane, noma ngokuba matasatasa. UKayini waqala ukwakha umbuso nedolobha. Kokubili lokhu amagxathu amakhulu, asho ukuzimisela nomfutho, kodwa uma kuwumbuso ongenaNkulunkulu, nedolobha elihlubukayo, ekugcineni kuyokuba yize.

**Noma singagcina sihlupheka ngenxa yezono zethu, njengoba kuvame ukwenzeka, singafunda kanjani ukwamukela intethelelo esiyithola ngenxa yesiphambano?**

**Ukujula Nomcabango:** “Ngokubuka kwabefundisi (oRabi) inkolo yayipheleliswa ngokuhlala umatasatasa. Babethembele kulokho okubonakala ngaphandle ukutshengisa ukuthi bakholwe kangakanani. Kanjalo-ke bazehlukanisa noNkulunkulu, bazibona bengadingi lutho noma muntu. Isekhona namanje ingozi enjalo. Kuyasetshenzwa, abantu baphumelele ekusebenzeleni uNkulunkulu, kunengozi yokwethemba amasu abantu nezinhlelo zabo. Kunomkhuba wokuncipha komthandazo, nokukholwa okuncane. Njengabafundi, sisengozini yokulahlekelwa umbono wokuthi sencike kuNkulunkulu, sifune ukusindiswa ngomsebenzi wethu. Sidinga ukubheka njalo kuJesu, sazi ukuthi amandla aKhe okuyiwona enza umsebenzi. Nakuba kudingekile ukuthi sisebenze ukuze kusindiswe abadukile, siyadinga futhi ukuzinika isikhathi sokuzindla, sokuthandaza, nokufunda izwi likaNkulunkulu. Yilowo msebenzi kuphela owenziwe ngomthandazo omkhulu, wangcweliswa ngokulunga kukaKrestu, okuyothi ekugcineni ufaneleke.”—Ellen G. White, *The Desire of Ages*, p. 362.

### Imibuzo Yokuxoxisana:

- ① Ingcindezi ehlale ikhona yokufeza okwenziwayo, ukutholakala njalo uma ufuneka (ngesiqu noma ngeZoom), nokuzama ukuphila ngokwemigomo engafinyeleleki, futhi engaveli nakuNkulunkulu, kungakugulisa—emphefumulweni, emzimbeni, nasengqondweni. Ibandla lakho lingenza kanjani ukuba yindawo eyamukela abantu abakhathele, abalangazelele ukuphumula?
- ② Kungase kwenzeke-nje ukuthi simatasatasa ngokweqile, nasekwenzeni okuhle okukaNkulunkulu? Cabanga ngendaba kaJesu nabafundi baKhe kuMarko 6:30-32, nixoxe ngayo eklasini.
- ③ Ngo 1899, kwepuhlwa irekhodi lesivini. Umuntu othile washayela imoto yagijima amamayela angu 39.24 nge hora, waphila ukuyixoxa leyo ndaba enkulu kangako. Namhlanje, nokho, izimoto zigijima ngaphezu kakhulu kwalokho. Ama-cell phone ayashesha kakhulu ukwedlula ama-computer ayekade ekhona eminyakeni edlule. Izindiza zigijima kakhulu kunakuqala, futhi isivini siyakhula. Esikushoyo ukuthi yonke into esiyenzayo namhlanje yenziwa ngokushesha okukhulu kunakuqala, kodwa, hhawu? Sisazizwa siphansi kwengcindezi, singenakho nokuphumula okwanele. Lokho kufanele kusitsheleni ngesimo sabantu nokuthi uNkulunkulu wakwenza ukuphumula kwabaluleka kuze kube omunye wemiyalo yaKhe?
- ④ Ake ugxile kulomqondo wokuthi naseEdeni, singakangeni isono, ukuphumula kweSabatha kwase kukhona. Lokho kufanele kusitsheleni ngokudingeka kokuphumula ngisho nasemhlabeni ongenasono, omuhle?