

# IBIRARO BISHIKANA AFRIKA KU GUKIRA

Kujabuka inzuzi z'ihahamuka rituruka ku  
ntambara ugana ikibanza c'inkomezi n'umutekano



Rev. Chris Adsit



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“Mutwarane imigenderanire yanyu  
kandi muzuze itegeko rya Kristo.”

– Abagalatiya 6:2

Nuko baraza bamuzanira umuntu amugaye, atwarwa n’abantu bane.

Yezu abonye ukwizera kwabo, abwira uwo kimuga ati: «Mwananje, ivyaha vyawe birababariwe.  
Haguruke, utore paleti yawe, ugende muhira.”

– Mariko 2:1-12



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Amashimwe menshi ashikire aba bagize ico baterereye gikomeye kijanye n'ubuhinga:

Intangamarara: **Nick Adducci**-Orlando, Florida  
Ikigabane 1: **Shani Carpenter**-Rancho Santa Margarita, California  
Ikigabane 2: **Tamara Sheline**-San Clemente, California  
Ikigabane 3: **Mel Fahrney**-Grand Junction, Colorado  
Ikigabane 4: **Elizabeth Petrovic**-Eugene, Oregon  
Ikigabane 5: **Paul Boggs**-Houston, Texas  
Ikigabane 6: **James Silvani**-Kehei, Maui, Hawaii  
Ikigabane 7: **Jessica Adsit**-Eugene, Oregon  
Ikigabane 8: **Bryan Duddles**-Tucson, Arizona  
Ikigabane 9: **Angela Gia**-Bakersfield, California

### ***Ugushima***

Ndashimiye cane Suzana McLain ku co yaterereye gikomeye kijanye n'imico yo muri Afrika, hamwe no guhubura no gusuzuma ibijanye n'ijambo ry'Imana n'ibindi. Suzana yakoranye na Wycliffe International and Global Teams ikiringo c'imyaka munani mu Rwanda, Zaïre (ubu yitwa Reta Iharanira Demokarasi ya Congo) na Kenya. Ubu akorera ishirahamwe BEE mu guha ubumenyi abarongozu b'amashengero kw'isi, bo mu bihugu bitarashikirwa n'inyigisho zo kuba intumwa, mu gutunganya ivyigwa, mu guhindura ururimi, no gufasha kwigisha abantu bakuze gusoma no kwandika.

## Intangamarara: Hariho inzira...

Amajoro menshi, Samweli agira indoto ziteye ubwoba. Zituma agangabuka akava mw'itiro akaraba irya n'ino, akagerageza kwereguza ngo arabe uwoba ashaka kumusimbirako amutere. Aca atora ningoga inkoni iremereye yama hafi yiwe akayikiriza ngo akubite Umukenyezi wiwe Imani. Aca yiruka akava mu gitanda, ntahave amwitiranya n'umwansi. Umutima wa Samweli uriko urateragira nk'ingoma, ariko aratuzwagirika, akeraguza mu mwiza ngo arabe ko yobona abasoda b'abansi baje kumwica.

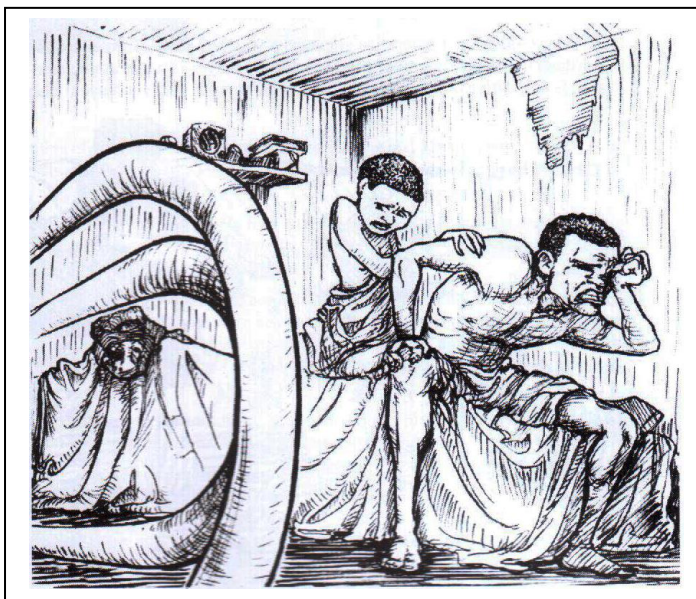
Ariko inyuma y'iminota itari mike, Samweli arasubira agatora akenge akamenya ko ari wenyene. Nta basoda b'abansi bahari, ntabiteye ubwoba, maze ahari ishavu hagasubira uguhagarika umutima.

Aca yita ku gitanda, agaca aguma arira. Umupfasoni wiwe aca yinjirana amakenga mu cumba akamwicara

iruhande hanyuma akamuhumuriza amuseguye. Samweli ariyumvira uko ubuzima bwahora bumeze imbere y'uko abasoda baza.

Ashira ijwi hejuru ati: "Twarazimiye"

"Turi kure y'i muhira n'igisagara vy'amahoro twahora tubamwo. Sinshobora gukora canke gusinzira. Namana ubwoba ko hari uwogomba kutwica. Nakubereye umugabo ateye ubwoba, Imani. Ntacomariye abana banje. Kandi ntaco mbona nokora." Ako kanya aca ata ishavu ku ntebe iri impande y'igitanda mu kuyiterera mu cumba.



Araraba umugore wiwe afise amosozi mu maso abitewe n'ishavu. "Mbabarira, Imani. Ndashaka gusubira kuba nk'uko nahora imbere y'uko intambara itangura, imbere y'uko abavyeyi bacu bicwa ntaranaraswa, imbere y'uko Imana itwibagira. Ariko simbona uko vyogenda kugira bishoboke. Hariho inzuzi myinshi mu nzira kandi zagutse cane zigoye kujabuka. Ese iyaba narigushobora gutora inzira inshikanayo....."

Imani aca aririra hamwe na Samweli kuko yumva umubabaro nk'uwo umugabo wiwe yumva, akumva ataye ivyizigiro nk'umugabo wiwe kandi akaba ataco abona yomufasha ngo amumare umubabaro.....

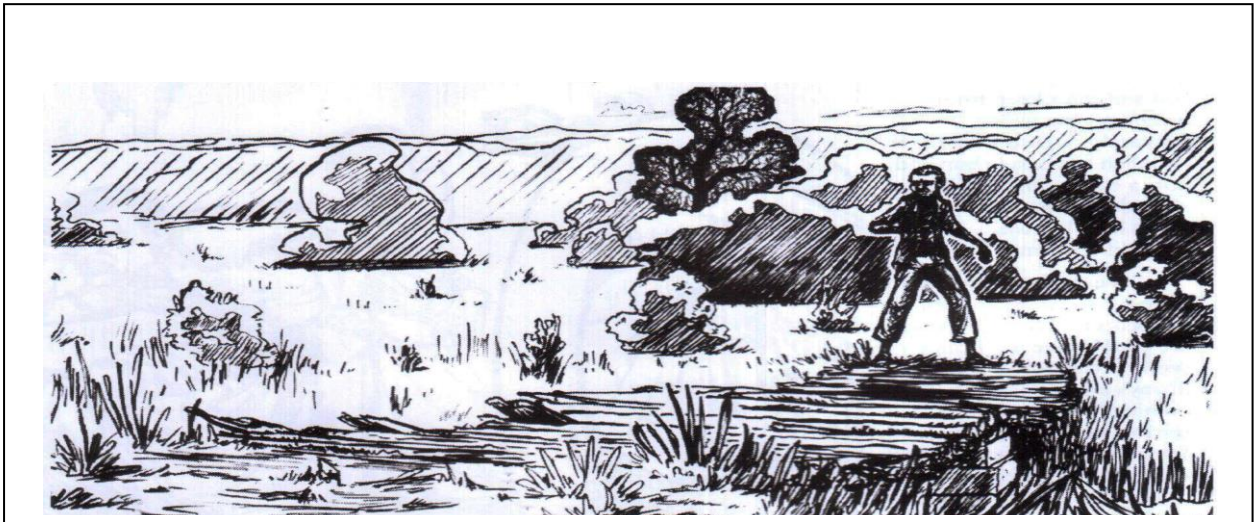
Samweli na Imani, nk'uko amamiriyoni y'abandi bantu bameze muri Afrika, barahura n'ihahamuka riteye ubwoba bitewe n'intambara n' imigumuko. Bishoboka ko uriko urasoma ibi kuko washikiwe n'iryo hahamuka nawe. Nk'uko ibintu biri mw'ishinga rya Afrika uyu musu, biragaragara ko udashoboye kuzosubira kumera nka mbere intambara itaronona ubuzima bwawe. Ariko ntucike intege, urashobora kwongera gushika mu kibanza c'ugukira, gukomera, umutekano n'amahoro. **Hariho inzira.**

Ihahamuka ryagushikiye rishobora kuba ryarakunyaze amahoro, umunezero, ubushobozi bwo gukunda, ivyizigiro vyawe, n'ibindi.

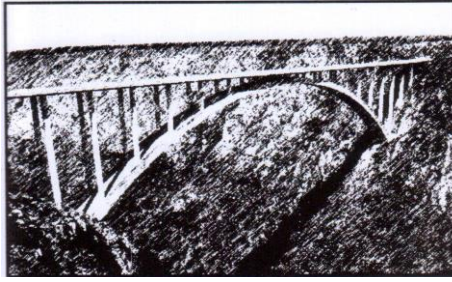
Ariko ntacobitwaye ivyagushikiye, urashobora kwongera kubigarukana kandi! Nk'uko vyagendeye Samweli muri iyo nkuru twamaze kwumva, wokwiyumvira ko Imana yagutaye. Sivyoy! Turazi ko rimwe na rimwe bisa nk'uko, ariko nk'uko uzobisoma mu kigabane ca mbere, Imana yamye igendana nawe mu makuba yose wacyemwo. Iri kumwe nawe n'ubu, ishaka kugufasha ngo ushike mu kibanza co gukira.

Turabona inzuzi munani zoshobora kukubuza gushika icyo ushaka kuja. Muri iki gitabo tuzogushikana ku biraro cenda bizogushoboza kujabuka no gusozera urugendo rwawe. Ntibizokworoha. Bizogusaba gufata ingingo, kugira icyo ukoze, maze wizigire ko Imana izogushikana muhira. Uzosabwa gukora ku bibanza vyo mu mutima, mu mushaha no mu bwenge, bishobora kukubabaza ubwa mbere, ariko bizogushikana ku gukomezwa no gukira. Hazokwiburuka imbizi zo kugutera intege mu rugendo rwawe, ibihe vyo gutahura gushitse, n'ukujabuka mu ntsinzi utugezi twari twarazibye iterambere ryawe igihe kirekire. Rimwe na rimwe ntibizoba vyoroshe ariko bizoba bikwiriye gukorwa.

Ncuti zacu, dutunturiye hamwe namwe muri vyose mwahomvye, haba ibigaragara, ibisigarabwenge canke ivy'impwemu. Ariko ni mukomere ku muheto. Abantu benshi barabasengera muri aka kanya musoma iki gitabo. Kandi Mpwemu w'Imana ari kumwe namwe uyu mwanya yipfuza cane kujana namwe gushika ku kibanza c'ugukira.







Ikiraro 1:

## GUTAHURA

.....ivyashitse

Kujabuka uruzi rw'ukuzazanirwa,

Umubabaro w'amakenga

**Kubera iki mmeze uku?**

Jomo yamye ari umuntu akomeye kandi yiyemera. Nk'umuhungu, mu gihe ciwe c'ubuyabaga, mu myimenyerezo yo kwinonora yama ari umuntu akora ibishimwa. Mw'ishure yakora neza, agakundwa n'abandi banyeshure ndetse n'abarezi, mbere mu migamabi yiwe yipfuza kuzoba umwigisha.

Amaze gukura yinjira mu gisirikare c'igihugu. Akora imyimenyerezo abinezereye, aja arunguruzwa mu mabanga ningonga na ningonga, aba intwazangabo yo ku rwego rwa Lieutenant. Yari afise ipfuhe ryo kurwanya abansi b'amahoro mu gihugu ciwe. Yari azi ko iryo shaka ari ryiza kandi Imana izomukingira.

Nta kugabishwa kwabaho igihe abansi batera, kandi vyaboneka ko bava mu mpande zose. Jomo ateguka ingabo ziwe mu gushiraho ubuhinga bwo kwikingira, abansi bari benshi cane. Yibonera n'amaso yiwe ingabo ziwe ziriko ziricwa n'amagerenade n'ibindi bigwanishwa nka Ak-47s, RPGs. Yararashe uko ashoboye kugeza aho amasasu amuherana, maze aranyaga amagara, na kare hagupha uyu musu wopfa ejo. Baramwirutseko bamurasa ku bitugu, arakubitwa ndeste afatwa mpiri.

Uwo musu yarakubaguwe bamuronderamwo inkuru z'uwo mugwi arimwo. Iryo joro, igihe uwari amurariye yafatwa n'agatiro, yaramuciye mu myanya y'intoke yisubirira ahari umutekano.

Ivyo vyabaye haracye imyaka irenga itatu. Jomo yahoze ari umunyabwira, atorera ibibazo umuti. Yaragwanye n'umwete, akora uko ashoboye kwose. Yaracitse kw'icumu. Ariko none, ni kubera iki yumva atsindwa mu mutima?

Ni kuki igihe cose asinziriye aguma abona za ngabo ziwe ziriko ziricwa? Kubera iki aguma agira indoto mbi mbere akaguma abona amashusho y'ivyabaye? Ni kuki yama ashavuye, afise ubwoba ko abansi bashobora kandi kumubona, bakamuhiga, bakamurasa nka ba bagenzi bahorana, ntakija mu rusengero-ico yumva yokora ni kuguma muhira akumviriza umuziki. Igihe yumvise urwamo hanze aca aryama hasi akikwega aja musu y'igitanda. Yamana amaganya, guhagarika umutima, n'ukwigunga.

**Jomo ari mw'irinde ritumwa n'ihahamuka rituruka ku rugamba**

Iryo "hahamuka rituruka ku rugamba" ryerekana urukurikirane rw'ibintu bidatondetse neza biboneka muri abo bacye mu bintu bihahamurira bifatiye ku ntambara (umugwi w'ibintu vyashitse) harimwo urupfu ruteye ubwoba, ugukomereka kudasanzwe, bigatuma umwifato waba nsigarabwenge urangwa n'ubwoba bwinshi, guhagarika umutima, guta ivyizigiro canke gucika ivutu.



***Iki gicapu gikurikira cerekana urukurikirane rw'ihahamuka rituruka ku rugamba:***

| Bidakaze                                                     |                                                                                                   |                                                                                                            | Bikaze cane                                                                                                                                                           |                                                                                                                                                                                                                      |
|--------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ivyongera kuba mu muntu                                      | Umwifato ufatiye ku biteye umudugararo.                                                           | Akajagari gaturuka ku mpinduka, kubura uburagamo, kwamana amarira, gutakaza ivyizigiro, ishavu, kunigana ; | Kubura urutonde bitumwa n'akajagari gakomeye gutakaza umunezero, igaruka ry'amashusho ya kahise mu bwenge, indoto mbi, ukwigunga, kubura itiro, birahera mu ndwi zine | Kubura urutonde ruva ku kajagari inyuma y'ihahamuka, ubwoba, kubura ico wimarira, gucika ivutu, gutakaza ubwenge, gukaza itiro, bibabaza, ukwiyahura, amakenga arenze, ugukoresha nabi ibiyayura mutwe n'ibiboreza ; |
| ukutizigirana, gushavuza uwo mwubakanye, abana, umusirikare; | guhagarika umutima, guta intumbero, amakenga atumwa n'urugamba ; Birahera mu ndwi zitari nyinshi. | Bihera mu mezi atandatu                                                                                    |                                                                                                                                                                       | Bimara ikiringo kiva ku ndwi zine kugeza ku myaka.                                                                                                                                                                   |



Umuntu wese afise uko yifata gutandukanye n’uwundi bivanye n’uko ibituma biba bitandukanye. Jomo yagira umwifato udasanze yisangije, mu gihe abandi baciye mu vyo yacyemwo bashobora kurangiriza mu mwifato udakaze muri rwa rukurikirane. Ariko kandi abandi bashobora gukorwako n’ivyabaye gusumba Jomo.

Abashikiwe n’ihahamuka rituruka ku ntambara ugana i bubamfu bw’urwo rukurikirane kenshi bazokwerekana ibimenyetso bike, kandi bazotora mitende ata kuvurwa bihanitse. Abashikiwe n’ihahamuka bari i buryo bw’urwo rukurikirane babonekako ibimenyetso bikomeye kandi biteba kuzimangana mu kiringo kingana n’ukwezi, canke imyaka, kandi, bitavuwe, bimara ubuzima bwose. Ivyo bimenyesto bishobora kutihuta kuboneka kumara amezi canke imyaka y’ibihe bihamamuka.

Ku ruhande ruhera i buryo rw’ico gicapu, tuhasanga ukubura urutonde bitewe n’akajagari k’inyuma y’ihahamuka. Ibi ni ivyagaragaye mu basirikare no mu bacitse kw’icumu mu ntambara bigashikirizwa n’abaganga haraciye ibinjana, ariko bikaba vyanditswe bikadondagurwa mu bitabo bijanye n’ubuganga kuva mu 1980. Ivyo bigaragaza ko biboneka ku bwoko bw’intambara butandukanye ata kuvangura.

*Nimba ugeramiwe n’ihahamuka rituruka ku rugamba canke ukubura urutonde ruva ku kajagari k’inyuma y’ihahamuka, ukwiye kumenya...*

- Ukubura urutonde ruva ku kajagari k’inyuma y’ihahamuka si ikintu kitamenyerewe. Ni umwifato uhuriweko n’abandi ku bintu bishika bitandukanye.
- Ibihumbi amajana vy’abagabo n’abagore birabageramiye nk’uko nawe vyagushikiye.
- Ni ibisanze ko ushikirwa n’ibibi bikomoka ku ntambara, umubabaro, kugirigwa nabi bikomeye, n’ugucika ivutu.
- Gusugerezwa n’urupfu birahindura umuntu-vyoba ari bibdasanzwe igihe ataco vyokugira. Vyerekana ko uri ikiremwa muntu kandi ibiba mu ntambara bikuraje ishingira.
- Nturi umunyanteye nke, inkehabwenge canke ntumeze nk’abandi-warakomerekejwe.
- Ukubura urutonde ruva ku kajagari k’inyuma y’ihahamuka ni igikorwa co mu mutima, ni gukomeretsa karangamuntu.
- Nimba umuntu yararashwe mu kirenge, ntawomwitegako kwiruka no gusimba ata kanya kahaciye. Niko biri no ku muntu afise igikomere mu mutima, hariho ivyo udashaka kurangura vuba na vuba.

*Ukubura urutonde bitewe n’akajagari k’inyuma y’ihahamuka bitumwa n’iki?*

Ububabare nsigabwenge canke ubwoko bwose bw’ibishika bibabaje bituma umuntu yiyumvira ko bashobora gukomeretswa canke kwicwa bishobora gutuma habaho ukubura urutonde bitewe n’akajagari k’inyuma y’ihahamuka. Mu yandi majambo, ukubura urutonde bitewe n’akajagari k’inyuma y’ihahamuka gushobora gutumwa n’ibindi iruhande y’urugamaba:

- Gukubagurwa ku mubiri, kunyuruza imodoka
- Ikubagurwa rifatiye ku mabanga y’abubabaje, gufata ku nguvu
- Kunyuruza abantu, gufatwa mpiri
- Iterabwoba
- Gukubagura
- Ibiza vyitamwo n’ibikwegwa n’umuntu
- Impanuka
- Kuronka inkuru z’icavutu, nk’ibipimo vy’ingwara iteye ubwoba
- Gushikirwa n’ibiteye ubwoba, gukebagurwa canke ibishikira umuntu bimwegereza urupfu.

Ukubura urutonde bitewe n’akajagari k’inyuma y’ihahamuka gushobora gukara cane canke kumara igihe iyo ihahamuka ritewe n’igikorwa categuwe n’umuntu, gusumba ivyitayemwo canke vyatumwe n’impanuka. Bitayeko, kwihanganira ibishika bihahamuka bishobora gukomeza umuntu. NK’akarorero, iyo umuntu yafashwe nabi akiri umwana, akibonera ubwiwe umuvukanyi yagandaguwe canke akaba yarashikiwe n’impanuka y’imodoka hanyuma akisanga mu bihe vy’intambara, nta nkeka ko uwo muntu azogira ingaruka zikomeye cane kurusha abandi baciye mu bihe vy’intambara nkawe.

## Uburyo bwo kwigwanirira Imana yaremanye Umuntu

Umwe mu migambi inengesereye igihe Imana yaturema yadushakako kwari ukudushoboza kwigwanira no guca muri ivyo bihe bitandukanye bikomeye duhura navyo. Kubw’iyo ntumbero, Imana yadushizemwo ubuhinga kanaka bwo kumenya ingene twifata mu gihe c’ibikomeye.

Hariho ikibanza co mu bwonko kiri amaja epfo yabwo. Ico gihe gisuzuma ibikorwa vyose biba ata buhinga bwinshi bushizwemwo nko guhema, kunoganza imfungurwa n’ugutera kw’umutima. Ico gice c’ubwonko gikora igikorwa ntegekakabindi kuruta igice c’ubwonko c’amaja ruguru, igice kidufasha kwiyumvira, gufata ingingo, ...Akarorero;

ntaco bitwaye ibintu bibi ushaka gukora,

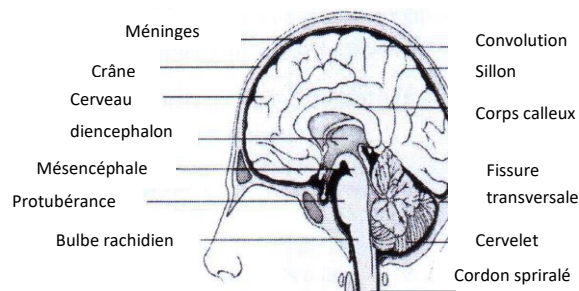
ivyo ntibishobora gutuma umutima uhagarika gutera kubera uvyiyumviyeke. Woshobora kwirengagiza guhema akanya gato cane, ariko inyuma y’akanya isase ka gace k’ubwonko k’epfo gaca kiganza kagatuma uhema.

Iyo duhuye n’ibitera ubwoba mu buzima, hari inkaburamubiri zica zisukwa mu murindi w’amaraso. Ka gace k’epfo mu bwonko gaca gategeka umutima wacu gutera wiruka cane, amahaha yacu agapompa cane, bigatuma ibindi bice vy’umubiri vyitegurira kwigwanira canke kunyaga amagara. Ibihumbi vy’imitsi mitomito mu maboko no mu maguru ikagororoka, ikarungika amaraso avuye mu rukoba aja mu mitsi kugira habe ukwihangana no kunyaruka – maze iyo ibitsina bitandukanye vy’umubiri bikomeretse, ntituvirirana cane. Duca tugira ubwira, inkomezi n’ubunyarutsi maze tudatevye tukiruka, tugasimba, tugatera, tugakubita kuruta uko twahora tubikora imbere.

Ariko hari ikindi kiba i bwina mu bwonko. Twisanga mu bihe vyo kutagira ugukenguza cane ibiriko biraba no gushobora kuvyifatamwo neza. Ijwi risumba irindi rikavuga riti: "Wiyumvire bike, ukore vyinshi". Ubwonko bwacu kubika ibikomeye bisiguritse mu biriko biraba, kumbure kugira muri kazoza tuze tuvuyibuke maze tubirwanye.

Igihe akaga kabandanije kudutera ubwoba, ka gace ko mu bwonko niko kahadukura. Aba ari umwanya wa kamwe – gupfa canke gukira. Iki gice c’ubwonko gisuzuma vyose, nta ngorane bitera. Ubwo nyene gica giha amategeko umubiri gukora ibishoboka kugira ntihagire icononekara, rimwe na rimwe ivyashitse birahava bigatera isoni uwahamutse inyuma y’aho. Ariko ntaco bitwaye uwo uri we, ni ic’ingenzi kumenya ibintu bibiri:

1. Imana yaguhaye ubwo buryo bwo kwifata uko kugira ushobore gukora vyose bishoboka ngo ubeho - yatumye uguma uri muzima. Imana irazi ko gihe dutewe ubwoba, ni ngombwa ko twovyifatamwo ukwo, bitagenze uko naho twopfa. Kuri urwo rugezo, umwihezo, ubuntu, ubwenge, n’uguca bugufi mw’isi ntaco vyoba bimaze.
2. Ntaco bitwaye akigoro wagize mu kugerageza, ivyabaye ntavyo wari gushobora guhagarika. Wobuza ko umutima utera? Oya. Mbere ntidushobora kwigenzura igihe ubwonko bwacu bwamaze gufata iyo ngendo.





Mbega woshobora kwibuka kimwe canke vyinshi vyo muri ibi bikorwa ntagenzurwa igihe wari mu bihe vy'ubuzima biteye ubwoba? Nimba uvyibuka, shira aka kamenyetso "X" kuri uyu murongo werekane ingene vyari bitoroshe.

Bigendeka-----Bikaze cane

Woba warasubiye gushikirwa navyo umaze gushika mu kibanza gitekanye, biciye mu nzira zo kubona amashusho yavyo mu bwenge?

Nimba vyarashitse, ongera uvyerekana kuri uyu murongo ingene vyari bitoroshe.

Bigendeka-----Bikaze cane



### Kurengerwa n'ibihe bitoroshe vy'ikigeragezo

Ushobora kuba uvuga uti, "Ashii, ikigeragezo kiragiye, ugutabara mu kigeragezo kw'Imana kwarabikoze, nararokotse. None rero, kubera iki ntashobora gutera intambwe mbandanye? Kuki nguma mbona ivyanshikiye?"

Kenshi, uwashikiwe n'ihahamuka ashobora kumara akanya gato imbere y'uko asubira gukira mbere akamera neza hafi yo kumera nk'uko yahora. Ariko nimba icamuhahamukuye cari gikaze cane, giteye ubuzima ubwoba, canke bikaba vyabaye vyinshi, ubwonko *ntibushaksa* kuvana n'ico kigeragezo kitoroshe. Ubwonko butahura ko bwagabishijwe mbere bukwiye kuguma hafi kugira bugire ico bukoze igihe cose ikigeragezo nk'ico gisubiye kwaduka. Ni icyumviro ciza kiretse vyanse ko birengana. Ni nayo nsiguro nyamukuru y'ukubura urutonde bitewe n'akajagari k'inyuma y'ihahamuka.

Igihe cose ubwonko bwawe bwiyumviriye ko bwegereye hafi "y'idondorero ry'ikibi" bitumwe n'inzira imwe canke iyindi (nko kumoterwa, kwumva ijwi, kubona, kwibuka), buca bunyaruka kwugurura ya mbikamashusho y'ihahamuka riheruka gushika mbere bugashimika mu kwibutsa yuko bidakenewe kwongera kubona ayo wabonye. "Mbega ntukomeye mu mutwe?" Twarahatswe gupfa igihe twari harya ubuheruka! Va ngaho!"

Iyo umuntu atavyitwayemwo neza inyuma y'ihahamuka mu kuba mu kibanza bakwiranye mu kuvugana na mugenzi we ivyashitse, akamera ko ibigumbagumba vyanyigishijwe bisohoka bikamuvamwo, akagira umwihwezo w'ivyabaye, agashavuzwa n'akarenganyo k'ivyamushikiye, maze rya shavu n'umururazi bikamuvamwo, bizomurundanamwo ibihe n'ibihe.

*Ibimenyetso vy'ukubura urutonde bitewe n'akajagari k'inyuma y'ihahamuka.*

Abahinga mu vy'ubuganga bujanye n'ihahamuka barerekanye imigwi itatu mikuru y'ivyo bimenyetso. Cisha amaso kuri uru rutonde rukurikira maze ushire akamenyetso ku kimenyetso coba kigushikira iyi misi:

1. **Kwongera kubona ibimenyetso:** Ivyibukwa hamwe n'amafoto y'ibihe vy'ihahamuka bishobora kugusunikira giturumbuka mu kwibuka ibimenyetso bifatiye k'ukubura urutonde bitewe n'akajagari k'inyuma y'ihahamuka. Kenshi bikurikirana n'ibishobisho bikomeye nk'intuntu, ugutsindwa mu mutima, ubwoba, ishavu. Rimwe na rimwe ivyo wibuka wacyemwo usanga biba bikomeye nk'uko umengo n'ivyo vyongeye kugaruka ubwavyo.

- ☐ Indoto mbi
- ☐ Gusinzira ugenda, kurara uranigana mw'itiro
- ☐ Ivyo wibuka ku murango utabishaka, amashusho, ivyiyumviro, kurota ku murango

- ☐ Amashusho ya kahise agaruka mu bwenge, kwumva umengo wongeye gushikirwa n'ikintu gihahamuka
- ☐ Igarukagaruka mu buryo bugaragara ry'ivyahamuye umuntu
- ☐ Kugumiza umutima ku vyashitse mu ntambara, kwamiza ivyiyumviro muri kahise
- ☐ Urukurikirane rw'ibiringo vyashitse mw'ihahamuka
- ☐ Guhagarika umutima, kujoregwa n'ubwoba butagira izina, ubwoba buri ubwoko butandukanye

**2. Ibimenyetso vyerekana ukwirengagiza.** Abashikiwe n'ihahamuka baragerageza kwirengagiza ibibashikira, abantu, canke ivyabaye bibibutsa ihahamuka ryabashikiye. Barajorerwa, ibishobisho bigahera, bakavyikuramwo mu kwiyo bagiza ivyabashikiye bibabaje.

- ☐ Umwifato ugaragara canke utaboneka no kwiyo bagiza ibishobora kwibutsa iryo hahamuka
- ☐ Ukwigunga, ubwoba bwo kuganira n'abandi
- ☐ Kutagubwa neza mw'igugu ry'abantu canke uruja n'uruza
- ☐ Guta ivyizigiro, kurengerwa, kwijirwa, kutabona agaciro k'ibintu, kwigunga
- ☐ Kutizera abandi
- ☐ Kwirinda kuvuga ivyaguhamuye
- ☐ Kutabona akamaro canke ibitera intege mu kazi, akaruhuko, ivyaha bikuryohere, ikijanye n'amabanga y'abubatswe, imyimenyerezo
- ☐ Imigenderanire yaha ishemeye ikagabanywa, ntiyitabweho, kutegerana, bigasaba inguvu nyinshi kugira isubireho
- ☐ Kujorerwa, ata mwitwarariko, atanezerwa canke ngo ashavure, yumye muri we
- ☐ Kugerageza kwihumura ukoresheje ibiyayura mutwe, umwambiro, imfungurwa
- ☐ Ivyuyimviro vyo kwiya no kubinyegeza
- ☐ Uburuhuke bwo ku mubiri
- ☐ Gusuzugura no kutiyitaho mw'isuku, imfunguro, n'imyimenyerezo.

**3. Ibimenyetso bikabura.** Mu gutinya irindi hahamuka rishobora kwaduka, abashikiwe n'ihahamuka bama bagavye, bari kw'izamu, bahagaritse umutima, badashobora gusinzira, bashavura, bashangashirwa. Benshi usanga bitunye ku bintu, bakama bibuka ingorane

- ☐ Ishavu, gushangashirwa, "gushavura akanya", ubushangashirwe bugahwama
- ☐ Kugira amakenga arenze, akumva akeneye kwamana inkota canke inkoho, mbere n'amakenga arenze mu bigumbagumba
- ☐ Arakangwa vyoroshe, urwamo ruramuhagarika umutima, bafise uruhagarara
- ☐ Kwiyumvira ntibinyaruka, kuzazaniwa, ntibinyaruka gutorera ingorane umuti, kwita ku kintu
- ☐ Yibagira cane
- ☐ Biragorana gutora itiro, canke gukaza itiro, kwamana itiro
- ☐ Ivyuya vyo mw'ijoro
- ☐ Umutima utera cane, guhemagurika, umutima urateragira cane ata mpamvu igaragara
- ☐ Kwibaza/guta ukwizera, kwumva Imana yaraguhemukiye canke yaraguhewe, kurakarira Imana
- ☐ Gutinya kuba inkazi
- ☐ Kuba inkazi, gusomborotsa imishamirano
- ☐ Kugira ivyiyumviro vyo kwica no kubigerageza
- ☐ Guhagarika umutima wegereje ukwezi canke umwaka wo kwibuka ivyaguhamuye
- ☐ Kwemera ibishobora gushika, no guhagarika umutima w'ibigaye gushika
- ☐ Kwikabagura, kwicapurako ibicapo, kwica ibihimba vy'umubiri

Uwahamuye n'urugamba ntapfagushikirwa n'ibi bimenyetso vyose uko biri kwose. Ashobora gushikirwa na bimwe mu vyo mu mugwi wambere, kimwe canke bibiri vyo mu mugwi wa kabiri, bine vyo mu mugwi wa gatatu – ivyo bimenyetso biba vyisa kuri buri muntu vyashikiye.

Nimba n'ubu uriko uraca muri urwo ruhagarara ruturuka ku rugamba canke ukubura urutonde bitewe n'akajagari k'inyuma y'ihahamuka, hariho ibituma vyinshi vyo kugira ivyizigiro!

Abantu bashoboye mu myaka myinshi kwigira ku bashikiwe n'urwo ruhagarara baratangajwe n'ingene basubiye kumera neza. Ababaye mu nkambi z'impunzi, imbohe zo mu ntambara zamaze imyaka zarafashwe, abafashwe mpiri bagategwa ubwoba, benshi baboneka bashobora kubirengera mu gishingo co kunanirwa. Benshi bashikiwe n'ihahamuka rikomoka ku ntambara baharuye bisunga ivyo bacyemwo mu gukomeza no guteza imbere ubuzima bwabo. Imana irashobora kwongera kwubaka ubuzima bwawe kwasambutse, akazi, umuryango naho woba uguma wibuka ibibi vyagushikiye.

### Ariko Imana yari he?

Amajambo ya Samweli mu ntangamarara yari, ".....igihe Imana yatwibagira". Igihe umuntu aciye mu bihe bigoye, igihe ikibi ciganje, igihe inzirikarengane zigiriye nabi, igihe impanuka zititezwe ziturutse mu vyasambutse canke urupfu, ni ibimenyerewe ku muntu kwibaza, "Imana yari he? Kuki itabindenganije?". Ni ibintu bibaho kandi bisanzwe.

Bamwe mu bagabo n'abagore buzuye ukwizera kuva ku Mana muri kahise bakoze nk'uko.

N'Umwana w'Imana – Yesu Kristo – yarasemereye ari ku musaraba yabambweko....

"*Mana yanje !Mana yanje !n'iki kikumpebesheje ?*" Matayo 27:46

Mbega uzi iki ku bijanye n'Imana? Abagendanye n'Imana bari kumwe neza igihe kirekire cane batubwira ko ari "Imana nziza cane gose" kandi "Ikomeye cane gose" Rindira gato. Nimba Imana ari Mushobora vyose, yoshobora gukora vyose igomba ikanabuza ko ibibi bishika.

None.....kuber'iki ibibi vyinshi bishika mw'isi itwarwa n'Imana nziza cane kandi ikomeye.Ng'iki igituma.....

"Kuko Urukundo Imana yakunze abari mw'isi...."(Yohana 3:16).

Imana irakunda isi yose, kandi Imana iragukunda ku rugero umuntu atoshobora kwiyumvira. Urukundo rwayo si urw'ibishobisho rumwe twama tubona mu mareresi canke mu ndoto. Ni urukundo rushitse, rutikunda, rubohora. Rwamaho, si urw'akanya ka none gusa.

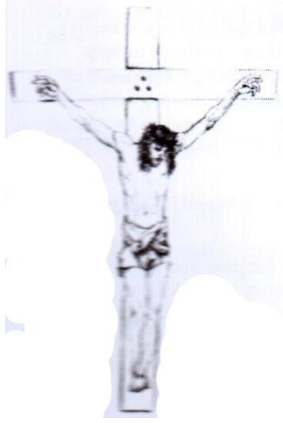
Kubw'urukundo rwayo idukunda, ntidufata ku gakanu ngo tugire ico dukoze. Ntinezera n'abantu bakora ivyo bategerezwa gukora babanje kwingingwa. Iragukunda, kandi ico ikeneye kuruta ibindi vyose mu biriho ni urukundo rwawe, ni umukunde nawe ata gahato. Nimba harimwo agahato, ntabwo ari urukundo na gato. Ni kugira ico ukoze kugira hagire ikiba nk'uko biri mu vyigwa vya physique na chimie.

Kuva mw'itanguriro, Imana yamye yipfuza ko dufata ingingo nziza twebwe ubwacu nk'uko urukundo rwayo rubitwiringira. Urukundo ntirutegekwa, ntiruhatwa.



**Shira aka kamenyetso "X" kuri uwo murongo werekana neza ingene wiyumvamwo Imana ubu nyene.**

|                               |                 |                                          |                             |                                                |                                                               |                                                      |
|-------------------------------|-----------------|------------------------------------------|-----------------------------|------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------|
| Sinizera<br>ko Imana<br>ibaho | Ndanka<br>Imana | Ndashavujwe<br>n'uguhemukirwa<br>n'Imana | Ntahompagaze<br>ku vy'Imana | Ndakunda<br>Imana ariko<br>ndafise<br>amakenga | Ndikondak<br>ura mu<br>gakiza no<br>mu<br>rukundo<br>rw'Imana | Ndakunda<br>kandi<br>ndizigira<br>Imana<br>cane gose |
|-------------------------------|-----------------|------------------------------------------|-----------------------------|------------------------------------------------|---------------------------------------------------------------|------------------------------------------------------|



**"Ntidushaka ko uyu muntu atuganza".** Uwo yari Yesu yariko avuga inkuru muri Luka 19 ingene bamwihakanye nk'Umwami. Iyo nkuru yahavuye iba yo haciye imisi mike, *"Ni abambwe, nta mwami dufise atari kayisari !"*. Abantu ntibashaka Imana canke Umwana wayo nk'umutwe wabo, mbere baramwishe. Ariko ivyo ntivyari bishasha. Abantu bamye biyamiriza ukuganza kw'Imana kuva mu gihe ca Adamu na Eva. Umwana w'umuntu yabwiye Imana "Oya" kuva ku karyo ka mbere kandi natwe twamye tuvuga "Oya" kuva ico gihe mu binyabuzima, mu mahanga, no mu bantu ku giti cabo. Imana iraza mu rukundo ikavuga, *"Nokubera inkizo, umufasha wawe, umurongozi wawe, umugendanyi wawe, ntume ugubwa neza!"* Maze umwe wese muri twebwe igihe kimwe canke ikindi yavuze *"Oya ntibikenewe. Numva nkwiye kuba uko umutima wanje wipfuzwa. Mpa amahoro, nzobikora uko ndabibona"*

Imana ntiyahinduye ivyiyumviro mu kwubahiriza ubugombe bwacu. Yaraturetse dukora ivyo dushaka. Yaravye hirya, ariko ntiri kure. Iracari harya, yiteguye kugira ico ikoze ariko twaretse inzira zacu. "Ntidukeneye Imana – turashobora kwitunganiriza ivyacu neza."

Ariko uko bigaragara, tuba dukoze ikintu kitari co mu kwitunganiriza ivyacu uko tuvuyumva. Nico gituma uri mu ruhagarara aka kanya, mbere kumbure ukaba uriko urasoma iki gitabo. Umuhinga yanonosoye ivya kahise yitwa Will Durant avuga ko mu myaka 5,000 ya kahise kanditswe, imyaka 29 gusa niyo ata ntambara yayogeje ibintu kuri uyu mubumbe tubako.

Umugabo umwe ari mw'ibohero mu Budagi mu ntambara ya kabiri y'isi yabwiye mugenzi we : "Imana iri he?" Uri uwundi amaze kuraba amaganya n'ibihe barimwo n'isi ataco ishoboye kubafasha aca yishura: "Mbega umwana w'umuntu ari he?" Ni ic'ingenzi gutahura:

## **Ivyo urimwo vyakubayeko vyatewe n'ibikorwa vy'ivyaha vy'abantu babi – si Imana**

Imana siyo ituma ibibi. Yagumanye nawe n'igihe wariko uraca mu vyaguhahamuye – Yaragufashije mu nzira ushobora kuba utatahuye. Yararijijwe n'abo mu muryango wawe n'abagenzi bapfuye nk'uko yaririyeye ku mva y'umukunzi wiwe Lazaro (Yohana 11:35). Aracihanganye kugeza ku musu w'urubanza no kurandura abakoze ibibi bose. Ariko imbere y'aho, igendana nawe no mu bihe vy'amaganya akomeye n'umubabaro ucamwo. Yiteguye kuza kukuramira niyo wabimwemerera.

### **Kumenya abansi bawe n'abo mufataniye**

Warabonye abansi bawe. Wamenya ko basunikwa bagahabwa inguvu n'abansi mu vy'impwemu banka Imana, bakwanka, kandi kubera Imana igukunda, ata kindi bipfuzwa atari kukunesha no kukwica. Intumbero yabo ni kukurotsa nk'intambwe igenda irivuga (1Petero 5:8). Bafatira ku ntege nke dufise, ivyo twacyemwo vyose, aho duhobahoba kugira bashike ku ntumbero yabo badufiseko. Bazokoresha ivyaguhahamuye kugira baronke aho bamenera maze baharase imyampi yabo.

### **Nibo ari abansi bacu. Si Imana.**

Woba umaze kubona imiswi iri kumwe na nyina wayo ? Iyo hagize ikiza kuyigirira nabi, ica yiruka ija kwa nyina wayo nayo ikavyura amubi ikayifuka mu kuyikingira. Mbega woba wibaza ko igihe imfysisi yoseruka mu gikoni aho iyo miswi iri, hari umuswi wova mu mubi ya nyina ugahungira ku mfysisi? Woba ari umuswi w'ikiju cane canke wazazaniwe. Imfysisi nayo yobinezera cane.

Naho ari uko, abantu benshi igihe basugerejwe n'ingorane bahunga ya Mana itorera umuti ikibazo cose kibaho mu gishingo co kuyihungirako.





Mbega wibaza ko bitumwa n'iki?

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Mbega uriko uriruka ugana he? Uja iyo Imana iri canke uvayo? Kuber'iki?

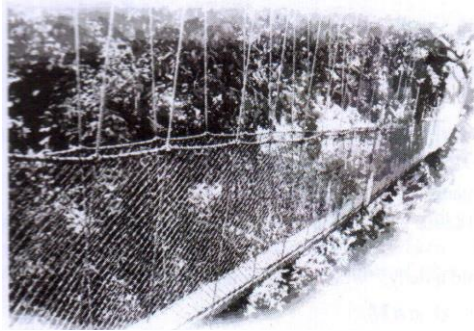
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**Mu gusozera:**

- Ihahamuka rituruka ku rugamba n'ukubura urutonde bitewe n'akajagari k'inyuma y'ihahamuka bifatiye ku myifato y'imikorere, ibishobisho n'ivy'impwemu bijana ku biteye ubwoba ubuzima harimwo uguhagarika umutima cane, umubabaro no gucika ivutu. Imana yashizeho iyo myifato yose kugira bigufashe kubirengana atari kugira ngo iryo hahamuka ritume umuntu arengerwa n'amakuba amushikiye (mu kutarivuganako, guhakana ivyabaye, canke mukwerekana ko vyari ibisanzwe).
- Imana siyo soko ry'ihahamuka, ariko ni igihe umuntu afashe mugenziwe bukoko, abitumwe na satani n'inkomezi z'abadayimoni. Imana iri kumwe nawe, iriteguye kugufasha muri ico kibazo.
- Imana yarikumwe nawe igihe waca mu miriro y'ivyaguhahamuye. Imana yaremeye biraba kubw'intumbero z'ibihe bidashira no mu nzira itotuma hari ico vyonona ku mwidagemyo w'ubugombe bw'umwana w'umuntu.

Nimba UTAHURA ibi bintu, bizogufasha kuva mu kuzazanirwa, biguhe insiguro y'umubabaro uriko uracamwo, bizimanganye amakenga ufise biciye mu kwizera, ushikire inkomezi n'ugutekana.



Ikiraro 2 :

## GUHUZA

.....n'Umukiza

Kujabuka uruzi rwo gutandukana

n'Umuremyi wawe

**Kukw'icavyawe n'Imana cose kinesha isi, iyi ni yo ntsinzi yacu yatsinze isi, n'ukwizera kwacu. Ninde atsinda isi, atari uwizera ko Yesu ari sUmwana w'Imana?**

**– 1Yohana 5:4-5**

### Umukiza.

Kamanga yari umugabo abushitse. Wari kubitahura iyaba warabaye mu kwigwati ciwe. Yari afise inka zirenga mirongo itanu, impene zitari nke, umurima munini, umukenyezi mwiza, abana b'amagara meza batanu, n'amafaranga menshi. Yari yikwije, yari yitunze nta yindi mfashanyo yari akeneye.

Ntiyari akeneye n'imfashanyo iva ku Mana. Mbega ni ikihe kindi Imana yari kumukorera itaribwamukorere? Yemera ko Imana ibaho, ariko ntacagira gutuma yitwararika Imana. Ni uguta umwanya, niko yiyumvira. Ndafise ibindi bikorwa bimpanze.

Kamanga ntiyigeze yiyumvira ingene intambara, ugutana mu mitwe hagati y'utugwi, ugushamirana vyashobora kuzimanganya ubutunzi bw'umuntu. Imishamirano yarahavuye irashika mu kigwati yabamwo. Kubera ubutunzi bwiwe bwari ku gataka ka reta, ntaco bwabaye ariko igisoda carabwikoze mu kugaburira ingabo zaco. Abansi bamaze kubasugereza ntaco basigaje mu murima, bafashe ku nguvu umugore wiwe, umuhungu mukuru wiwe baramujana bamugira umwe mu ngabo zabo. Bagiye kugenda basiga bamuvunye amaguru yiwe yompi kugira ntabakwirikirane. Imana yarakinze ntibamwica.

Nk'uko nawe ushobora kuvyibaza, kamanga vyaramubabaje, biramushavuzi. Ababanyi baramutwaye kwa muganga – uwo nawe akaba yahoze avura umuryango wiwe kuva Kamanaga akiri muto.

"Mubona mwovura aya maguru yanje ga muganga Mbere?". Ababaye cane arongera ati: "Mbega umutima wanje wo, mwowuvura?". Kamanga atangura kurira.

Mbere amufata mu bitugu vyiwe ati: "Umbabarire, Kamanga. Ayo maguru yawe n'umutima wawe simbona ingene nobivura. Simbona ingene nobigenza."



Kamanga aca yitegereza Muganga ababaye. "Ugomvye kuvuga iki? Nariko ndivugira gusa

kubijanye n'umutima, vy'ukuri ntiwovuvura. Ariko nta nkeka aya maguru woyavura. None nturi muganga?"

"Ego, ndi we, ariko nta muntu nshobora gukiza. Ariko ndazi ayo maguru n'uwo mutima bishobora gukiza" Kamanga arazazanirwa ariko avuga ati: "Mbarira rero ingene vyokira"

"Igihe nari mw'ishure ry'ubuganga, baranyigishije icigwa ngirakamaro: Abaganga nta muntu bakiza. Imiti no kubaga abagwayi ntibikiza. Ico bakora gusa ni gukura mu mubiri ibiteye intambamyi, maze bagakora ico bashoboye cose kuri iyo ngwara kugira ukuntu Imana yategekanije gukira mu muntu bishobore gushika atakabuza. Mu vy'ukuri, Imana niyo Mukiza, Kamanga. Umuntu arakira mu gukorwako n'Imana mu gitangaza. Ariko kenshi bakira iyo bari mu rutonde rw'ibintu nyamukuru Imana yadushizemwo bidukiza.

Kamanga aca arabitahura. Aravuga: "Uyu musu urashobora gutondeka amagufa neza ariko hagakenyerwa ugukiza kw'Imana, ukwo Imana yiteguriye gutangura niwaheza."

"Neza cane. Ni ko bimeze no kuri uwo mutima wawe, Kamanga. Waragize ikibazo kidasanzwe mu mutima, umutima wawe warakomeretse. N'uwo nawo Imana irashaka kuwukiza ariko bisaba ko umutima wawe wemera kuja ku rutonde rw'ivyitonderwa vy'Imana kugira ukire nawo."

Kamanga yaravyiyumviriye akanya hanyuma avugana ubwitonzi ati: "Muganga Mbere, niwaheza kugira ico umfashije kubw'ayo maguru, uce usigurira neza ingene nobikora."

Ivyo Mbere yabwiye Kamanga inyuma y'aho bisa n'ivyo uja gusoma muri iki kigabane. Imwe mu nzuzi zituma udashobora kujabuka ngo ushike mu kibanza co gukira ni uruzi rwo gutandukana n'Imana-umuremyi wawe. Benshi mu bariko barasoma ibi bashobora kuba baramaze guhuzwa n'Imana biciye mu mwana wayo Yesu Kristo, baramaze kujabuka ico kiraro. Ariko nimba utarigera uha kaze Kristo ngo akubere Umwami, iyi niyo ntambwe yambere ngirakamaro kugira ube mu rutonde rwiza rw'ivyitonderwa vy'ugukira kuva ku Mana.

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## Woba wifuza kumenya Imana ku giti cawe?

Ego, urashobora kumenya Imana ku giti cawe, ata kibanje gusabwa. Imana irafise ipfuhe ryo gushiraho imigenderanire y'urukundo yamaze gutegekanya.

Ikurindiranye igishika ngo witabe akamo kiwe. Urashobora kuronswa imbabazi z'ivyaha vyawe n'umwizero w'ubugingo budashira biciye mu kwizera umwana wiwe Yesu Kristo.

Intambamyi nyamukuru itubuza kumenya Imana ku giti cacu ni ukutamenya Imana iyo ari yo n'ivyo yadukoreye. Soma wongere umenye wewe ubwawe ingene wotangura guhindura ubuzima ugire imigenderanire n'Imana.



Ibi bintu **bine nyamukuru** bizogufasha kumenya ingene wotahura Imana ukaba mu buzima busagutse yasezeranye.



*IMANA IRAGUKUNDA KANDI YAKUREMYE NGO UYIMENYE*

*KU GITI CAWE*

### Urukundo rw'Imana

Kuk'urukundo Imana yakunze abari mw'isi ari rwo rwatumye itanga umwana wayo w'ikinege, ng'umwizera wese ntaz'apfe rubi, arikw'ahabwe ubugingo budashira

### Umugambi w'Imana

Ubu nibwo bugingo budashira, ko bamenya wewe, Imana yonyene y'ukuri, n'uwo watumye, Yesu Kristo. yohana 17 3

N'iki kitubuza kumenya Imana ku giti cacu?

## **2** *UMUNTU NI UMUCUZI ATANDUKANIJWE N'IMANA, NTIDUSHOBORA KUYIMENYA KU GITI CACU NO KUBA MU RUKUNDO RWAYO*

### **Umuntu ni umucumuzi**

Bose bakoze ivyaha  
ntibashikira ubwiza bw'Imana

—Abaroma 3 :23

Twese twazimiye nk'intama, twese twagiye  
isabagire, umuntu wese mu nzira yiwe, Uhoraho  
amuremeka ukugabitanya kwacu twese

—Yesaya 53 :6

Umuntu yaremwe ngo akorane n'Imana. Kubw'ukutagondwa kuva kuvyo ushaka, yafashe inzira yiwe yisangije gukorana n'Imana bivaho. Ivyo yipfuzaga, birangwa n'ukugarariza no kwitandukanya, bigaragaza ico Bibiliya yita icaha.

### **Umuntu yaratandukanijwe**

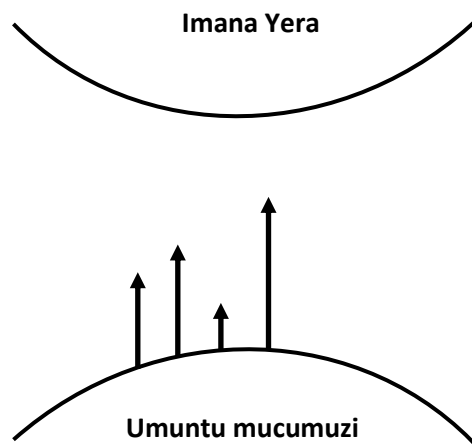
Ariko ibigabitanyo ni vyo vyabatandukanije  
n'Imana yanyu, kandi ivyaha vyanyu  
vyabakanguriye mu nyonga hayo, bituma  
yanka no kwumva.

—Yesaya 59 :2

Ingabire y'icaha ni urupfu

[Itandukana n'Imana mu vy'Impwemu]

—Abaroma 6 : 23a



Iyo shusho iri aho yerekana ko Imana Yera umuntu ari umucumuzi. Imanga nini niyo ibatandukanya. Iyo myampi yerekana ko Umuntu aguma arondera gushikira Imana ashireho imigenderanire n'Imana

akoresheje akigoro kiwe. Utwo twigoro duca munzira zitandukanye nko kubaho ubuzima bwiza, ivyo umuntu agenderako, ukwemera, ariko ategerezwa kugira aho agarukira.

Ikintu ngenderwako ca gatatu gisobanura inzira yo kujabuka iyo manga....

### **3** *YESU KRISTO NIWE WENYENE YATANZWE KUBW'ICAHA C'UMUNTU. BICIYE MURI WE GUSA TURASHOBORA KUMENYA IMANA KU GITI CACU TUKIBERA MU RUKUNDO RWAYO*

#### **IMANA YAPFUYE MU GISHINGO**

Ariko Imana yatweretse urukundo rwayo idukunda, kuko Kristo yadupfiriye tukiri abanyavyaha.

–Abaroma 5:8

#### **YAZUTSE MUBAPFUYE**

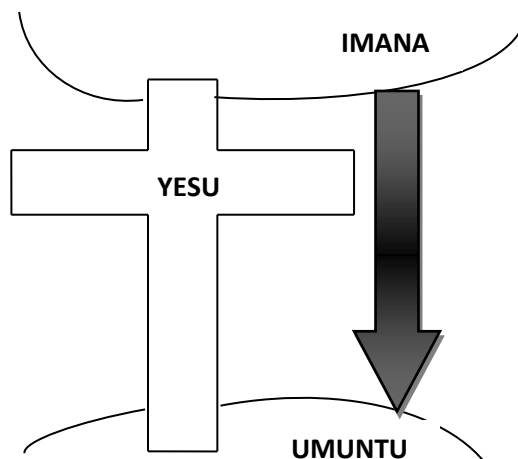
Kristo yapfiriye ivyaha vyacu...agahambwa...Yazutse mu bapfuye ku musu ugira gatatu nk'uko ivyanditswe bibivuga...Yiyereka Petero, hanyuma cumi na babiri. Hanyuma yiyereka abarenga amaja atanu....

– 1Korinto15 :3-6

**Niwe nzira imwe gusa ishikana ku Mana**

Yesu arambwira, ati Ni jewe nzira n'ukuri n'ubugingo, nta wushika kwa Data ntamujanye

–Yohana 14:6



Ico gishusho cerekana ko Imana yashizeho ikiraro kuri ya manga yadutandukanya n'Imana. Yabikoze mu kurungika Umwana wayo Yesu Kristo ngo apfe ku musaraba mu gishingo cacu ngo atange ikiguzi c'ivyaha vyacu.

Kumenya gusa ukwo kuri muri izo nzira zitatu ntibihagije...

### **4** *DUTEGEREZA UMWE WESE KWAKIRA YESU KRISTO NK' UMWAMI N'UMUKIZA, MAZE DUSHOBORA KUMENYA IMANA UBWACU NO KUBA MU RUKUNDO RW'IMANA.*

#### **DUTEGEREZA KWAKIRA KRISTO**

Ariko abamwakiriye bose yabahaye ububasha bwo gucika abana biwe, ni bo bizeye izina ryiwe.

– Yohana 1 :12

#### **TWAKIRA KRISTO BICIYE MU KWIZERA**

Ubuntu ni bwo bwadukijije kubw'ukwizera : na vyo nyene ntivyavuye kuri mwebwe, n'ingabire y'Imana, ntivyavuye ku bikorwa, kugira hoye kugira uwirarira

– Epheso 2:8-9

**IGIHE TWAKIRIYE KRISTO  
HABA HABAYEHO IVUKA  
RISHA**

Yesu aramwishura ati : "N'ukuri, n'ukuri ndakubwire : Iyo umuntu atavyawe ubwa kabiri, ntashobora kubona ubwami bw'Imana."

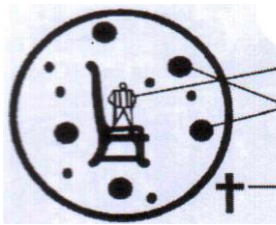
–Yohana 3:3

**TWAKIRA KRISTO BICIYE MU  
KWIZERA**

Ehe mpagaze ku rugi, ndaramukije umuntu ni yumva ijwi ryanje akugurura urugi, ndinjira iwe dusangire.

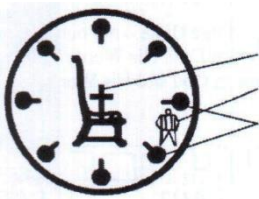
–Ivyahishuriwe Yohana 3:20

Kwakira Kristo ni guhindukirira Imana (kwihana) no kwizigira Imana ngo ize mu buzima bwacu, itubabarire, itugire uko ishaka ko tuba. Kwemera dukoresheje ubwenge bwacu ko Yesu Kristo ari Umwana w'Imana n'uko yapfuye ku musaraba kubw'ivyaha vyacu ntibimaze. No kubishiramwo ibishobisho vy'ivyadushikiye ntibimaze. Twakira Yesu Kristo kubw'ukwizera, nk'igikorwa c'ivyo tugomba.



**UBUZIMA BUHawe INTUMBERO NA NYENE BWO**

Umuntu bwiwe niwe ateguka ibizana inyungu niwe abiha umurongo bivuye mu kudahuza n'umugambi w'Imana, bibuza amahoro, kwihebura Kristo ntakibanza afise muri ubwo buzima.



**IMANA NIYO ITEGEKA**

Ibizana inyungu Imana niyo ibiha intumbero bivuye mu kunywana n'Imana Yiyegurira Kristo

- Ni uwuhe muzingi ushushaniye neza ubuzima bwawe?
- Ni uwuhe muzingi wipfuzako woshushanya ubuzima bwawe?

**URASHOBORA KWAKIRA KRISTO UBUNYENE MU KWIZERA BICIYE MU MASENGESHO.**

(Amasengesho ni kuyaga n'Imana)

Imana irazi umutima wawe kandi ntiyitaye ku majambo yawe kuko izi umwifato w'umutima wawe. Iri rikurikira ni isengesho nk'urufatiro:

*"Mwami Yesu, ndashaka kukumenya ubwanje. Warakoze gupfira ku musaraba kubw'ibicumuro vyanje. Nduguruye urugi rw'ubuzima bwanje, ndakwakiriye nk'Umwami n'Umukiza wanjye. Urakoze kumbabarira no kumpa ubugingo budashira. Ganza ubuzima bwanje. Ungire uko ugomba ko mba."*

Mbega iryo sengesho rihuye n'icipfuzo c'umutima wawe? Nimba ari vyo senga iryo sengesho ubu nyene, Kristo araza mu buzima bwawe, nk'uko yabisezeranye.

**NI GUTE WOMENYA KO KRISTO ARI MU BUZIMA BWawe?**

Warakiriye Kristo mu buzima bwawe? Bihuye n'isezerano ryiwe mu vyahishuriwe yohana 3:20, Kristo ari he mu migenderanire mufitaniye? Kristo yavuze ko akwiye kuza mu buzima bwawe abe umugenzi wawe

kugira ushobore kumumenya ubwawe. Mbega yokuzimiza? Mbega ni ikihe kikwemeza ko Imana yishuye amasengesho yawe?(ubwizigirwa bw’Imana ubwayo n’ijambo ryiwe.)

## BIBILIA IDUSEZERANIRA UBUGINGO BUDASHIRA KU BAMWAKIRIYE BOSE

Shimira Imana kenshi ko Kristo ari mu buzima bwawe kandi ko atazoguta (Heburayo 13:5). Urakwiye kumumenya ufatiye kw’isezerano ryiwe Kristo akubamwo ko nawe ufise ubugingo budashira kuva igihe uhaye Imana ikaze mu buzima bwawe. Ntizoguhemukira.

Icibutso ngirakamaro....

## NTUSHIRE URUFATIRO KUVYO WIYUMVAMWO

Isezerano ry’Imana, Bibilia ni bwo bubasha bwacu. Ubuzima bw’abakristo ku bw’ukwizera mu **bwizigirwa** bw’Imana ubwayo n’ijambo ryayo. Iyi shusho y’itereni yerekana **ibiriho** imigenderanire hagati y’Imana n’ijambo ryayo, **ukwizera** (kwizigira Imana n’ijambo ryayo) n’**ivyo twiyumvamwo** (ibiva mu kwizera no kwumvira) (Yohana 14:21)



Itereni irashobora kwiungurura iri kumwe canke itari kumwe n’ico gihimba cayo canyuma. Ariko ntishobora kwiungurura idafise imoteri, iyo modoka yanyuma nta bubasha ifise bwo gukora ico gikorwa.

Muri icyo ntumbero, twebe abakristo ntidushira urufatiro kuvyo twiyumvamwo canke ibigumbagumba, ariko dushira ukwizera kwacu mu kwizigirwa kw’Imana n’amasezerano dusanga mw’ijambo ryayo.

## UBU RERO KO WAMAZE KWINJIRA MU MIGENDERANIRE YAWE BWITE N’IMANA....

Igihe wakira Kristo mu kwizera, nk’igikorwa kivuye mu bugombe bwawe, ibintu vyinshi vyarabaye harimwo ibi bikurikira:

1. Kristo yaraje mu buzima bwawe (Ivyahishuriye 3:20, Abikokosayi 1:27)
2. Ivyaha vyawe vyarahariwe (Kolosayi 1:14)
3. Wahindutse umwana w’Imana (Yohana 1:12)
4. Waronse ubugingo budashira (Yohana 5:24)
5. Watanguye gushikira ibikomeye Imana yakuremeye (Yohana 5:18)

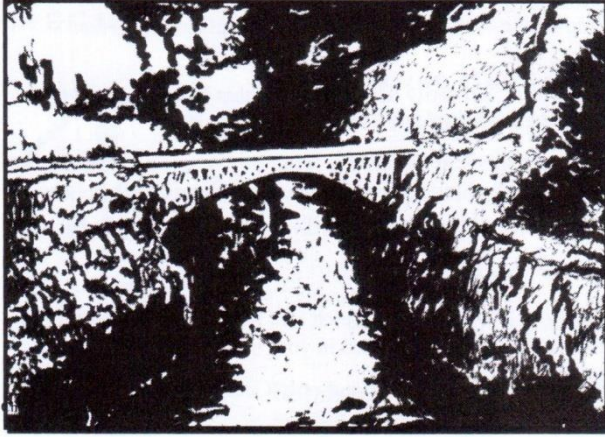


## Gusozera:

- Imana niyo Mukiza w’ingwara zose n’ububabare, bwaba ubw’umubiri, mu vyiyumviro canke mu mpwemu.
- Nimba wifuza kwakira ugukira kwiwe, usabwa guhuza umutima wawe n’umutima w’Imana. Muri icyo gihe, Imana izoshikira umubiri kugira igukize ivyiyumviro, impwemu ata ntambamyi.



- Intambara ya mbere kandi ngirakamaro y'iki kiraro ni **GUHURA** n'umuremyi wawe. Niyo yakuremye, izi vyose bikwerekeye, kandi yifuza gose kugukiza mu nzira zose.
- Mu gusaba umwana w'Imana ngo aze mu buzima bwawe no mu gutanguza imigenderanire mishasha na yo, uba uriko urahura n'Imana. Ibabarira ivyaha vyawe vyose, ntaco bitwaye uko bisa. Irakweza. Iremeza ko uri umugororotsi mu nyonga hayo. Igukura mu bwami bw'umwiza ikujane mu bwami bw'umuco. Iraguha Mpwemu Yera. Irakugira umuhungu canke umukobwa wayo. Ica igendana nawe mu rugendo rwawe uja mu kibanza c'ugukira.
- Ibi ntibisobanura ko ubuzima bwawe buca bworoha, butagira ingorane. Uzokwama uhura n'ingorane nyinshi. Ariko itandukaniro n'uko uwutorera umuti ikibazo asumba bose kw'isi akubamwo. Azobana nawe ngo agufashe kuntambwe yose mu rugendo.



Ikiraro 3 :



## KWUZURA

....Mpwemu Yera

***Ariko muzohabwa ubushobozi, Mpwemu Yera ni yabazako, muzoba ivyabona vyo kunshingir'intahe... – Ivyakozwe n'intumwa 1:8***

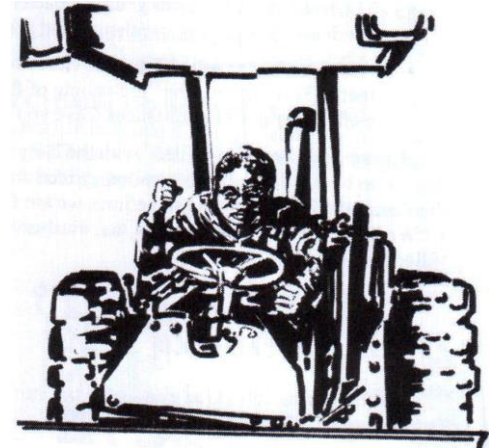
### Igihe ukeneye inkomezi zirengeye izo usanganywe...

Igihe Mukunzi yumva ikintu gituritse, yaciye ata ivyo yari afise vyose hanyuma ariruka aja iyo giturikiye. Wari kwiyumvira ko yari kunyaga amagara ataja iyo giturikiye, ariko yarigushobora kuvuga ko urwo rwamo rwumvikanye hafi y'aho aba. Ntiyabanje kumara umwanya yiyumvira, yaciye yiruka. Umugore wiwe Emma n'umukobwa wabo Mariamu bari muhira, yari akeneye kumenya ko bari amahoro.

Umutima wiwe waragurugumvye ageze kw'ikona ryo kw'ibarabara abako. Inzu yiwe yari yasambuwe, ibisakazo vyari vyasanzaye aho inzu yahora. Yaciye yiruka ku musozi ugizwe n'ibibuye. "Emma!Emma!uri he?woba uri hiyo? Gira ico uvuze!"

Mukunzi yumvise iminiho n'amarira. Ntiyari gushobora kuvuga ko ari Emma canke Miriamu, ariko yakoze ico ashoboye cose ngo abatabare atabanje kurondera kumenya abo ari bo. Yaciye akuraho ibirokosima n'imbaho bitagoranye, ariko Mukunzi abona ko ibihomoka bigiye kumubana vyinshi.

Yitegereje acishije mw'ibarabara yumva agize umwizero. Aca abona icuma gifasha guterura imizigo kiri ahantu hariko harabera urwubako. Mukunzi yari azi gukoresha ico Cuma. Carigufasha vyoroshe gukiriza bimwe mu bihomoka. Aca agisimbirako, aracicarako agerageza kucatsa. Carahinda kigahinda ariko biranka. Nta mavuta yari arimwo. Mobuto atangura kugitako ishavu. Mbega notabara gute Emma na Miriamu? ndi jenyene sinshoboye. Aravye ibubamfu bwiwe, acishije mu mwotsi abona ikimodoka gitwara petrori. Mukunzi abonye ico kimodoka aca azungagiza amaboko gica kirahagarara impande y'aho ca cuma gisomba imizigo



"Amavuta yaheze", Mukunzi aratabaza. "Womfasha?"

"Ego cane", aramwishura. Mu kanya isase itangi ya ya mashini yikorera imizigo yari yamaze kwuzura petrori. Asubiye kwatsa ya mashini yaciye yaka. Aca acana ya mashini mw'ibarabara, n'abandi benshi batabara baraza gufasha Mukunzi maze ya mashini ikuraho vya bihomoka mu bwitonzi.

Vyatwaye amasaha arenga atanu uwo musu, ariko Mukunzi hamwe n'imashini yariko arakoresha yarashoboye kurokora abantu benshi muri ivyo bihomoka, harimwo Emma na Mariamu.



Mukunzi yari yataye ivyizigiro vyo gutabara umugore n'umukobwa biwe muri irya nyubakwa yari yasambuwe n'inkozi z'ikibi z'iterabwoba. Ariko ntaco bitwaye inkomezi yari afise, ntiyari gushobora gukiriza ivyahomotse. Ariko imashini yari ishoboye gukora ivyo adashoboye. Ariko iyo mashini n'iyi yari kuba nshasha, igezweho, ikomeye cane, ikora neza ariko itagira petreri ntaco yari gushobora gukora.

Ariko vyagenze gute itangi rimaze kwuzura amavuta? Ubushobozi? Mukunzi ariko aranyonga iyo mashini yashoboye gukora ibikomeye, ivyo atari gushobora ari wenyene.

Niko bimeze no mu migenderanire hagati y'umukristo na Mpwemu Yera. Niyo soko ry'inkomezi zacu! Turashobora kuba twibasha, dukomeye,...Ariko ata Mpwemu Yera wo kudukomeza, nta nakimwe dushobora kurangura gifise akamaro canke ngo gikoreshwe ibihe vyose.

## Mbega Mpwemu Yera ni nde?

Aha hariho ibintu bigaragara bijanye na Mpwemu Yera umuntu akwiye kumenya, vyinshi muri vyo bizogira ico biterereye kw'ihahamuka rikomoka ku rugamba ririko rirakubuza umutekano (turasavye wumve umwidegemvyo wo gusoma iyo mirongo yanditswe muri Bibilia yawe):

- Bibilia itwereka Imana nk'ubutatu butagatifu – batatu muri umwe. Imana ni imwe kandi imwe gusa (Gusubira mu vyagezwe 6:4, Yesaya 43:10) ariko Imana yiyerekana mu baperesona batatu.
  - Imana Data (Yohana 6:27)
  - Imana Mwana-Yesu Kristo (Yohana 20:26-28)
  - Imana Mpwemu Yera (1 Korinto 3:16)
- Mpwemu Yera araturongora (Yohana 16:13)
- Mpwemu Yera atwigisha vyose (Yohana 14:26)
- Mpwemu Yera iduha umwidegemvyo (2 korinto 3:17)
- Mpwemu Yera aduha ububasha (Ivyakozwe 1:8)
- Mpwemu Yera ni ikidodo c'Imana. Ni ikimenyetso kuri twebwe cerekana ko turi abayo kandi ko tuzoshika amahoro mw'ijuru (Abanyefeso 1:13-14)
- Mpwemu Yera ni nk'imbizi z'amazi zitemba ziva muri twebwe (Yohana 7:37-40)
- Mpwemu Yera irema muri twebwe ingeso nziza ziva ku Mana nka: umunezero, urukundo, amahoro, ukwihangana, ingeso nziza, kuba umwizigirwa, ubugwaneza, ukwirinda (Galatiya 5:22 -23)
- Umuntu wese yasavye Yesu Kristo ngo aze mu buzima bwiwe, Mpwemu w'Imana aba muri we. Ni ico twita "Ukugerera kwa Mpwemu Yera mu ", kandi ni ikintu ngenderwako camaho. Ntizigera na rimwe uko vyogenda kwose idusiga twenyene (ibihe vyose bisobanura ibihe vyose). Yohana 14:16,17.

Ariko kugira umuntu "yuzure" Mpwemu Yera, biratandukanye no "kugeregwamwo". Nk'uko uzovyiga muri iki kigabane, "kwuzura" ni "kuganzwa, kurongorwa, gushobozwa" nayo. Iyi ngingo ishingiyeye ku cipfuzo no kwumvira kw'Umukristo, rero rimwe na rimwe turuzuzwa ahandi naho ntitwuzuzwa. Bituvako. Umwigisha umwe niwe yavuze ngo "Turava". Rero, nk'inkono yatobotse itegerezwa kwama isukwamwo, yuzuzwa kandi, ni ko natwe dukwiye kugenza buhoro mu kuzigama iki citonderwa co "kwuzuzwa".



## Kwuzura kwa Mpwemu Yera



Mu Banyefeso 5 :18, Imana idutegeka ibintu bibiri. Kimwe ciza, n'ikindi kibi itubuza. Ni ibihe ?

1. \_\_\_\_\_
2. \_\_\_\_\_

Kandi ntimukaboregwe vino irimwo ubuhumbu, ariko mwuzure Mpwemu.

—Efeso 5 :18

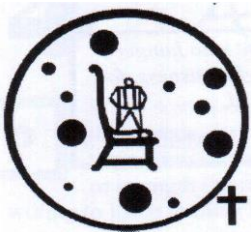
Ico uyu murongo ugomba kuvuga ni uko, umwambiro ushobora kutuganza (utujana mu nzira zitubaka), Mpwemu Yera tumwemereye, ashobora kutuganza mu nzira nziza, inzira zubaka.



### UBWOKO BUTATU BW'ABANTU...

#### UMUNTU BUNTU, "NIWE ATEGEKA UMUSHAHA WANJE !"

1 Korinto 2 : 14



S = ubwiwe, niwe aganje, ubuzima bwiwe niwe abugenzura

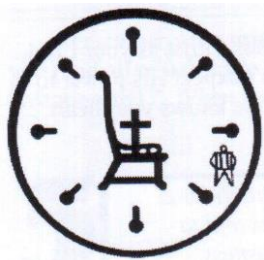
+ = Kristo, nta kibanza afise mu buzima

Imizingi= Ibikorwa, ivy'ikimazi, ibiruta ibindi n'imigambi idahuye n'ubugombe bw'Imana.

Ibi vyerekana **umuntu atari uwa kristo** adafise imigenderanire n'Imana. Niwe kurongora ubuzima bwiwe mu nzira ataho zishika kandi mu nzira z'ukwikunda. Ariko ivyo bitumwa n'ibibabaje, ugucika intege, no kutemera umugambi utunganye Imana ifise ku muntu.

#### UMUNTU W'IMPWEMU – "AGENDERA MU KWIZERA NO KWUMVIRA "

1 Korinto 2 : 15,16



S = siwe ubwiwe aganje, yegurira Imana ubuzima bwiwe.

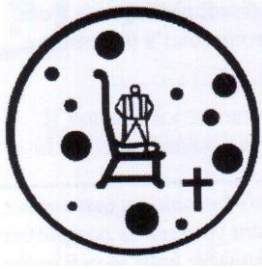
+ = Kristo niwe aganje, niwe arongora kandi akomeza umukristo.

Imizingi= Ibikorwa, ivy'ikimazi, ibiruta ibindi n'imigambi ihuye n'imigambi y'Imana.

Ibi vyerekana **umukristo yuzuye Mpwemu** agendana na Kristo. Ko Imana ishobora vyose, izi vyose, irashoboye kwizera ko ubuzima bw'umukristo buzohura n'imigambi Imana imufitiye. Ivyo vyamuka mu rukundo, umunezero, amahoro, ukwihangana, kugira neza, ingeso nziza, kuba umwizigirwa, ubugwaneza, ukwirinda, n'ibindi. Nta cemeza ko ubuzima budashira kugira ingorane, ariko gusa bugenda buhuriza hamwe n'imigambi Imana imufiseko.

## UMUNTU AGANJWE NA KAMEREMERE K'UMUBIRI. "NZOBIKURA NGAHA, URAKOZE"

1 Korinto 3 : 1-3



S = yongera kwiganza ubwiwe, agerageza kurongora ubuzima bwiwe  
ataco Imana iterereyemwo

+ = Imana iracari muri we, ariko ntikiganje, ntiyemerewe kumubera  
Umwami

Imizingi= Ibikorwa, ivy'ikimazi, ibiruta ibindi n'imigambi ntabihurizako  
n'Imana

Ibi vyerekana **Umukristo akiganjwe na kameremere, umukristo w'isi** atariko aragenda n'Imana. Uko asuzugura canke agarariza inzira z'Imana, ubuzima bwiwe buba mu kuzazanirwa. Igihe ubuzima bw'umukristo wo mw'isi bugereranijwe n'ubw'uwutari umukristo, nta tandukaniro rinini ririho mu bimubabaza, guta ivyizigiro, no kubura amahirwe.



Wige iyo mizingi itatu n'ivyayivuzweko. Ni uwuhe werekana ubuzima bwawe ?

Ni uwuhe wifuza ko wokwerekana ubuzima bwawe ?



INTAMBWE ZITANU ZO KWUZURA MPWEMU YERA....

### **I** Kwifuza (kwiza)

*Hahirwa abafise inzara n'inyota vyo  
kugororoka kuko ari bo bazohazwa*

– Matayo 5:6



Muri Matayo 5:6, Yesu avuga ko hasabwa iki kugira umuntu ahazwe ?

Mbega iki "cifuzo" gisa canke cumvikana gute mu buzima bwawe ?

Suzuma umutima wawe. Mbega "urafise inzara n'inyota vyo kugororoka?" Vy'ukuri urashaka Yesu nk'Umwami wawe, na Mpwemu w'Imana nk'Umufasha wawe? Mbega uriteguye kwumvira ico Imana ikubwira? Ntiwitega ububasha bwiwe kukuzamwo igihe woba "uriko urigirisha." Imana iraba mu mutima, kandi irazi umutima wawe neza.

## 2 KWATURA

*Ni twatura ivyaha vyacu, ni yo yokwizigirwa kandi igororoka, ivyo ni vyo bituma iduharira ivyaha vyacu, ikatwoza ukugabitanya kwose.*

– 1 Yohana 1 : 9

Igihe usutse amazi ku muriro uba uwuzimije, ntuba ugiteka ivyo kurya, canke ngo ukumare imbeho. Na Mpwemu w’Imana arashobora kuzimwa. Ushobora kumuzimya ubunyene kubw’icaha, ubariye Imana uti "Oya" canke mu kuvuga "Ego" ubibwira ivyipfuzo bibi. Mw’isengesho, saba Imana ikubarire ivyaha vyoba vyaragutandukanije n’umugambi n’ububasha bwayo. Niyo yobikwibutsa, emerera Imana ko wahisemwo nabi (Iyo niyo ntango yo kwatura). Saba Imana iguharire kimwe cose. Tuzobifatira akanya gakwiye turiko turarabira hamwe imbabazi ku kiraro ca kane – Kubabarira.

## 3 KWIYEGURIRA



"Kwiyegurira" (Kwishikana, kwitanga) kwacu bivugwa muri aka gace, wibaza ko ari kutagira ico ukoze canke kwitanga ata ntumbero?

*Kandi ntimugahe icaha imibiri yanyu ngo ikoreshe n’ukugabitanya, ariko mwishikanire Imana nk’abazuke bavuye mu bapfuye, n’imibiri yanyu muyihe Imana kugira ngo ikoreshe no kugororoka. Mbivuze nk’imvugo y’abantu, kubw’integere nke z’imibiri yanyu ibiteye isoni n’umugararizo, kuba abagurano bavyo, abe ari ko na none muha ukugororoka imibiri yanyu, kuba abagurano bakwo, kugira ngo mwezwe.*  
–Abaroma 6 :13,19

Abantu benshi bafata ubuja nk’ikandamiza ritagira ishingiro kandi kenshi ni ko biri. Mu bwami bw’impwemu, satani yifuza kukugira umuja wiwe uko ashaka, navyo bishikana umuntu ku kwononekara. Ariko Imana ishaka ko woba "umuja" wayo uko ibishaka ariko kandi ku nyungu yawe, ugashika ku mwiddegemvyo uvuye mu bugucinyiza, winjire mu guhura gukomeye n’ibintu bizokwubaka bikuzanire ukwumva uhagijwe, ugushitswa kw’ibintu n’umunezero.

Ico dukwiye gutahura c’ingirakamaro tugisanga mu **Baroma 6:16-18** (UBUTUMWA DUSANGAMWO):

*Murazi neza cane mufatiye kuvyo mwacyemwo yuko hari ibikorwa bimwe vyiyitirira umwidedegemvyo ariko biwonona. Ni mwitanga ku caha, nk’akarorero, nta kindi gikorwa c’umwidedegemvyo muzoba musigaje. Ariko ni mwiye gurira inzira z’Imana, umwidedegemvyo ntumuzovana nawo. Ubuzima bwanyu mwararetse icaha kiba arico kibarongora. Ariko shima Imana s ko watanguye kwumvira umurongozi mushasha, umwe ivyo akubwira gukora bituma uba umwidedegemvyo ukabaho mu mwidedegemvyo wiwe usagutse.*

## 4

### SABA



Igihe abantu baje ku Mana bafise  
ivyo bayisaba, bibaza ko bakwiye

kugira ico bakoze gitangaje c'ukwizera canke inkomezi bitume Imana yobumviriza ikore ivyo bayisavye. Ariko, iki gisomwa ca Bibilia kivuga ko dukwiye kugira umwifato uwuhe w'urufatiro kugira Imana igire ico ikoze kuvyo dukeneye canke twifuza? Mbega idutumira gukora iki?

*Nanje ndababwire : Musabe muzohabwa, murondere muzoronka, muramutse muzokwugururirwa. Kuko usaba wese ahabwa, uwurondera aronka, uramutsa yugururirwa. Kandi ninde muri mwebwe w'umuvyeyi umwana wiwe yomusaba umutsima akamuha ibuye, canke yomusaba ifi akamuha inzoka, canke yomusaba irigi akamuha sikoropiyo? None mwebwe, ko muzi guha ingabire nziza abana banyu muri babi, mbega so wo mw'ijuru ntazorushiriza rwose guha Mpwemu Yera abamusavye?*

– Luka 11 :9-13

Mwibuke ivyo twamaze kuvuga bijanye n'ubu n'ubugombe bwacu? Imana ntizokwaka iryo bakwe ryiza ryo guhitamwo. Kuko wewe (natwe twese) twahisemwo kwitandukanya n'Imana, mukwiye kwongera guhitamwo "kwihera" nayo kandi. Iyo usavye, uba uriko ubugombe bwawe mu nzira nziza, ico Imana iriko irondera gusa!

## 5

### UYISHIMIRA MU KWIZERA



Tuhura ko uyu murongo uvuga  
"...mwizere yuko mubihawe...".

*Nico gitumye mbabwira y'uko ivyo musenga canke musaba vyose, mwizere yuko mubihawe kandi muzobibona.*

– Mariko 11 :24

Ikintu vy'ukuri kiba camaze kuba. Mbega haca haba iki iyo, mu vy'ukuri, wizera ko wamaze kuronka ico wasengeye?

Iyo usavye ikintu hanyuma ukizera ko wakironse, igikwiye guca gikurikira ni gushima. Gushima imisi yose ni ikimenyetso yuko ufise ukwizera ko Imana yumvise ikishura amasengesho yawe.



## Gusaba kwuzuzwa

Iyo usenga Imana, ntiyitwararika cane amajambo yawe nk'uko yitwararika umwifato w'umutima wawe. Ariko kandi birafasha rimwe na rimwe gushikiriza akari ku mutima iyo uwundi agushikiriza amajambo.

Ngiki igisabisho coba nk'icitegerezo:

*Data, ndagukeneye. Ndafise inzara n'inyota vyo kukugororokera, kuruta ibisigazwa vy'isi. Ndagushaka umbere Umwami n'umurongozi. Ndatuye ko nihaye ikibanza cawe mu buzima bwanje kandi nagucumuyeko. Nagize amahitamwo atari yo. Ndakwinginze ubimbabarire. Ndakwiyeguriye nciye bugufi, ndifuza kukorera kuruta uko nikorera canke nkorera umwansi satani. Ndakwinginze unyuzuze Mpwemu wawe Yera. Ndavuye mu kibanza co kwiganza, ni wewe ndagihaye. Nisunze isezerano ryawe, ndizeye ko wumvise isengesho ryanje kandi ko wanyujuje Mpwemu Yera. Urakoze! Amen.*



Wumva iryo sengesho rihuye n'icifuzo c'umutima wawe ? Wumva iryo sengesho worisenga ubu nyene ?

Nimba iryo sengesho canke irisa n'iryo warisenze, andika igenekerezo y'uyu musi ngaha: \_\_\_\_\_



## Ni gute nomenya ko Mpwemu w'Imana yanyuzuye?

Dukwiye kumenya tudakekeranya ko ico dusavye Mpwemu w'Imana ngo atwuzure, bica biba kuno ubwo nyene kuri ibi bisabwa bibiri: Itegeko ryayo n'isezrano ryayo. Wamaze gusoma itegeko ryayo mu kanya muri iki kigabane:

*Kandi ntimukaborerwe vino irimwo ubuhumbi, ariko mwuzure  
Mpwemu* – Abanyefeso 5 : 18

Iyo Imana igutegetse gukora ikintu, urakwiye kwemera ata nkeka yuko ari ubugombe bwayo. Ubu reka dusome isezzerano rijanye n'ibishika igihe dusavye Imana ikintu tuzi ko kiri mu bugombe bwayo.

*Kand'ubu ni bwo bushizi bw'ubwoba dufise kuri yo, nuko iryo dusavye ikintu cose gihwanye n'ivy'igomba, itwumva. Kandi ko tuzi ko yumva ico dusavye cose, bitumenyesha yuko duhawe ivyo tuyisavye.*

– 1 Yohana 5 : 14-15

Gusaba kwuzuzwa Mpwemu Yera biri mu bugombe bwayo kuri buri uwizera, rero urakwiye kwumva uremeshejwe ko iryo usavye kwuzuzwa, wari ukwiye gutangura kubiyishimira vuba na bwango kuko vyamaze kuba.

## Guhema mu Mpwemu

Birababaje, ariko akamenyero kacye twabwemo abantu ni kwongera kwiganza ubwacu umwanya ku mwanya. Dufata ingingo y'ivyo dushaka igihe dushaka ivyo dushaka, tukibagira ivyo Imana ishaka.

Maze Imana ikaduha ivyo dushaka: Irakinjira aho ivyagiye muri twabwemo tukahasubira. Ivyo ntibisobanura ko tutaba tugikijijwe canke ko Mpwemu Yera yatuvuyemwo. Bisobanura gusa ko tuba twungururije muri kamere k'"umuntu w'isi" Iraturindira yihanganye kugeza habaye "ihema ryo mu Mpwemu"

**Gusohora impwemu:** Iyo usohoye impwemu, uba ukuye mu mubiri ico twita "dioxyde de carbone" ishobora kugirira nabi umubiri. Igihe umenye ko hari icaha mu buzima bwawe, ukwiye ubwambere gusohora impwemu mu kwaturira Imana icaha cawe. Mpwemu w'Imana arakubwira ko hari ikitameze neza maze ugaca wemeranya nayo – uko ni ukwatura. Nimba vy'ukuri wemeranije nayo ibijanye na co, ntuca uvuga ukwo gusa, uca unareka gukora ico Mpwemu w'Imana yadomyeko urutoke. Ukwo ni ukwihana, guhagarika, guhindukira ugafata iyindi nzira.

**Kwinjiza impwemu:** Iyo uhemye winjiza impwemu, uba ugarukanye mu mubiri impwemu zitanga ubugingo. Usohora mbi, ukinjiza nziza. Ukwo ni guhema! Umaze guhema usohora mu mpwemu, guhema mu buzima bwa Mpwemu Yera uyisaba ngo yongere iganze ubuzima bwawe. Mu kwizera, saba Mpwemu Yera akuganze, akurongore yongere agukomeze.

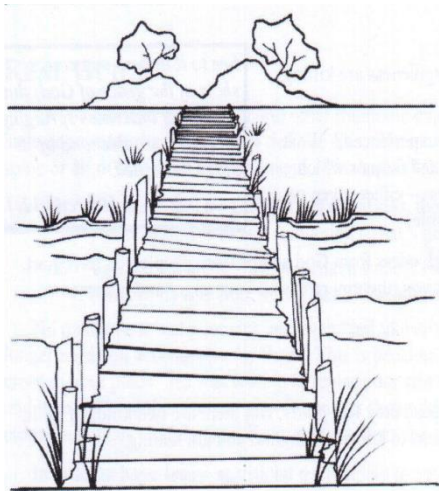


**Mbega ibi ndabikora incuro zingaha?** Incuro zose ukeneye. Birashoboka rikaba rimwe mu ndwi, rimwe ku musi, rimwe kw'isaha canke inyuma y'iminuta itari myinshi. Ic'ingenzi ni kutarambirwa no kurushwa ukabiheba. NK'uko bigendera umuntu ariko arasoma nturi yigwanira arondera ingene yoronka akayaga ngo aheme akura amazi mu mahaha, natwe dukwiye kumenya ico dukeneye kidasanzwe cotuma Mpwemu Yera aguma aganje imibiri yacu twatura ivyaha vyacu, turondera kwuzura Mpwemu Yera.



### *Gusozera:*

- Kubw'inkomezi zacu ntidushobora kubaho ubuzima buhimbara Imana canke ngo twumve ko duhagijwe ubwacu. Turakeneye amavuta arengeye kure ayo dusanzwe tumenyereye mu macupa yacu.
- Ukwuzuzwa Mpwemu Yera, ukugenzurwa nawe, kurongorwa no gukomezwa bishigikira ubuzima bwacu, bivana n'ubugombe bwacu bwo kwemerera Imana umwidgevvyo wacu uva kuri yo.
- Turashobora kugarariza Imana tukabaho ubuzima busa n'ubw'uwundi atagira imigenderanire na mikeya n'Imana. Canke tugasaba ukwuzuzwa kwayo no kubaho ubuzima busagutse, bufise ico bumazse, bwuzuye umunezero Imana ishaka ko tubaho.
- Ubuzima nk'ubwo busaba ko duhitamwo ubwacu kugumiza Imana ku ntebe y'inganji y'ubuzima bwacu, kandi bidatevye tukayigarukana mu cicaro cayo igihe cose dusanze twahirikishije ivyaha vyacu.
- Ukwuzuzwa Mpwemu Yera kuzoguha ububasha, ubwenge n'ukwihangana kugira ushobore gushika mu kibanza cawe c'ugukira.



Ikiraro 4 :

## GUHARIRA

...guhabwa imbabazi no kuzitanga

Kujabuka uruzi rw'ishavu no kwihora

***Naho ivyaha vyanyu vyotukura tukutuku  
bizokwera derere nka shelegi, naho  
vyotukura nk'agahama bizohinduka  
nk'ubwoya bw'intama y'umwero.***

– Yesaya 1:18

## Umuzi wo kurura

Semogera yari afise imyaka umunani igihe ibimodoka vyuzuye abicanyi b'inkazi basagata ikigwata yabamwo. Bari bagabishijwe bidashemeye, bose barahunga. Bamwe bo muri ico gisagara bahitana imipanga n'ubuhiri bagerageza kwigwanira n'imiryango yabo, ariko abo babisha bari benshi barabarengera.

Uwo musore w'umuyabaga arihisha hanyuma mu mubabaro utagira izina yibonera n'amaso yiwe abagabo batatu bacumitagura Se wiwe kugeza aho acikana. Na nyina nawe abandi bagabo baramuburuta bamujana mw'ishamba. Somogera yarashobora kumwumva ariko araboroga ariko ntiyashobora kubona ivyariko bimubako. Haciye akanya, ntiyasubira kumwumva nta na hamwe yashobora kubona basaza we na bashikiwe.

Hariho amaraso menshi. Abantu benshi baboroga. Umuriro. Umwotsi. Ibituragurika. Semogera arata umutwe atabona ico yokora. Giturumbuka yumva ukuboko kumukoze ku bitugu. Ntiyubahutse kuraba uwo ari we, mugenzi we Tugeni aramwongorera mu gutwi.

"Semogera! Dutegerezwa kuva ngaha. Nyaruka tujane! "Tugeni ararindira kugeza ata mubisha n'umwe yari akiri hafi, maze afata ukuboko kwa Semogera bahungira mw'ishamba.

Semogera na Tugeni bamara amezi menshi bayerera. Bahuye n'abandi bana bari baciye kw'icumu ry'abari bateye, bakora ivyo bashobye banyaga amagara. Naho ku mubiri Semogera yari akomeye, we n'abandi bana bakwiragira barondera ivyo kurya, umutima wiwe wari wamaze gutimba umeze nk'ibuye. Nta kindi yirirwa ariyumvira imisi yose kiretse igitondo c'amaganya abavyeyi biwe baciweko, Ikigwati cabo kigaturirwa, n'ubuzima bwiwe bugahoterwa. Urwanko yanka abo babisha n'icipfuzo kidahera co kwihora nico cari kimwiganziye arakigendana ibihe.



Ubu Semogera yakuze. Yamaze imyaka myinshi yiyumvira ingene yogandagura abamwiciye umuryango. Yinjiye mu gisoda, anyotewe kuronka akaryo ko kwihora. Ntakindi cari kimuraje ishingira. Ntiyari yitwararitse akazi kiwe, umugore, gutunga umuryango, kwubaka urugo canke ivyo munezera. Afise ikintu kimwe gusa yipfuzo : Kwihora – Ni bwo buzima bwiwe.



Ayo makuba Semogera yacyiemwo ntawe yari akwiye gushikira. Umubabaro wiwe, ivyo yatakaje, n'intuntu yagize birarengeye ivyo umwana w'umuntu yokwihanganira. Biratahuritse kwumva yifashe uko yifashe.

Ariko ni wiyumvire gato. N'ubwo abo bicanyi ataco bakoze ku mubiri wa Semogera bakoresheje umupanga canke ubuhiri, baramukomerekeje bikomeye mu mutima, mu bwenge no mu mpemu. Vyari vyoroshe ko abantu babona ibikomere ku mubiri wa Semogera bakamuha imfashanyo. Ariko ishavu ritaboneka, umururazi no kudaharira biriko biramwica nk'uko vya bigwanisho vyishe umuryango wiwe.

Weho ni gute ? Ni ayahe makuba wabonye canke yagushikiye ? Mbega weho ntabo woba wakoreye nk'ivyo? Nimba ishavu, umururazi, ugutsindwa mu mutima, no guta ivyizigiro vyatewe n'ivyo wacyiemwo bitarahura n'imbabazi zabo izo watanze canke wahawe, urugendo rugushikana mu kibanza co gukira ntiruzoshoboka.

*Mwizigame, ntihagire umuntu adashikira ubuntu bw'Imana, kandi ntihagire umuzi wo kurura umera, ukabahagarika imitima, abenshi bakandura.*

– Abaheburayo 12 : 15

Iki kiraro ca kane kizogufasha kuronka inzira yo kuronka imbabazi ziva ku Mana canke ku bantu wababaje. Bizogufasha kwiga ingene woharira abakubabaje, maze uhindire hanze ishavu n'umururazi ufise.

## Kurondera imbabazi ziva ku Mana

Abantu nka bose barifuza kurondera imbabazi z'Imana igihe bumva ko batsindwa mu mutima. Ariko gutsindwa mu mutima biri uburyo bubiri. Hamwe hakenewe imbabazi ariko ahandi ntizikenewe. Ni vyiza ko umenya ukwo gutsindwa mu mutima uko ari ko.

### GUTSINDWA MU MUTIMA KANDI ATA KIDUTSINDISHA

Gutsindwa mu mutima ni ikintu ciza, caremwe n'Imana. Intumbero ni kugira igihe dukoze ibibabaza abandi canke twebwe ubwacu bitume twifuza gusubira ku Mana tuyisabe imbabazi no kumera neza nk'uko twari. Ariko biramuhimbara kudushiramwo ivyiyumviro bidutsindisha mu kutwereka ko ivyagezwe vy'Imana ataco bitumarira. Uko gutsindwa mu mutima nta kindi bimara uretse ko bitera ukwijirirwa n'ukuburanirwa. Ibi bishika kuko ata yindi nzira yo kwiambura ubwacu ingaruka z'ugutsindwa mu mutima kandi atakigutsinda kiretse igihe tubitahuye ko ari ikinyoma. Utu ni uturorero tw'ugutsindwa mu mutima kandi atagifashe, shira akamenyetso ku co wibaza ko kikwerekeye canke wisangamwo:

- ☐ **Ugutsindwa mu mutima ku muntu yacitse kw'icumu:** "Sinarinkwiriye gusigara ndi muzima igihe abandi bitaba Imana." "Iyo mbabazwa cane abandi bari kubabazwa gato." "Iyo ngapfa abandi bari gukira."
- ☐ **Gutsindishwa n'umunezero ufise kuko wacitse kw'icumu:** "biranterera isoni cane, ariko sinshobora kutavyiyumvira, ndanezerewe cane ho ntapfuye." "Mbega ni gute nokwiyumva nguwe neza abandi barapfuye?"
- ☐ **Gutsindishwa n'uruhungo, ingwano, n'ukujorezwa:** "Nahora nibaza ngo ndi agakomeye, ariko nameze nk'uwuguye mu vyara vy'ingwe, sinashobora kuvyikuramwo!" "Igihe yansimba agahakwa kunyica, nacye nshangashirwa. Naramwishe, naramujonjaguye kugeza aho mu maso amera nk'inyama".
- ☐ **Gutsindishwa n'abo mwifatanije:** "Ndi umusirikare, kandi abasirikare rimwe na rimwe barakora amabi. Ndi kumwe n'inkozi z'ikibi"
- ☐ **Gutsindishwa n'ivyo utashoboye gukora neza:** " Iyo ngira ico nkoze n'ingoga, n'ubuhinga kandi neza, abantu ntibababajwe, bagapfa. "

- ❑ **Gutsindishwa n’ukutabona ico wofata:** "Umugore yaboneka nk’uwambariye kw’ibombe". Twagumye tumwisaba tumubaza kuza agana iyo turi. Iyo ntamurasa, yari guhitana abo twari kumwe bese. Naramurashe, ariko nta bombe yari afise. Mbega nzobaho gute n’ivyo vyashitse?"
- ❑ **Gutsindishwa n’uko ataco wofasha:** "Nari nagomvye cane gutabara umugenzi wanjye yari yafashwe n’urutsinga rw’umuriro, ariko bari bamubohereye. Iyo nshobora gusa kumushikira, aba ari muzima".
- ❑ **Gutsindishwa n’ico usabwa gukora canke ujejwe :** "Ico nari njejwe kwari gucungera umutekano w’abantu banje. Bamwe muri bo barapfuye, ariko mu vy’ukuri sinakoze igikorwa. Vyose ni ikosha ryanje".

Kimwe cose muri ivyo vyamaze kudondagurwa, nta na kimwe co gutsindisha Umuntu nk’uko Imana n’amategeko yayo biri. Kimwe cose gishingiye ku cyumviro kitari c’ukuri.

Mu vy’ukuri, ni ibisanzwe kwijirirwa, gushavura hakubabazwa n’uko ibintu vyahindutse, ariko nawe ntuce ujana n’uko vyagenze. Si ivyawe kwiremeka ivyashitse bidakwiye, bitaryoshe, rero reka kuvyiremereza. Ibuka ko ufise umwansi wo mu mpwemu azogerageza gukorera kuvyo wacyemwo wibuka kugira aguce intege mbere agusambure. Ongera wibuke ivyo wakuze wumva: "Ubuzima ntibwama bumeze uko vyifuzwa, kandi ni ko buzokwama kugeza dushitse mw’ijuru.

Inzira imwe gusa yo gukoresha mu gihe habaye gutsindwa mu mutima kandi atakigutsinda ni kumenya bifatiye ku kinyoma.

Akiriza umuco kw’isoko ry’aho biva (rya satani) hanyuma usabe Imana ibigukuremwo. Ivyo vyiyumviro bigutsindisha bishobora kumanwaho vyihuse canke bitevye ariko komeza kubizanira Imana maze uyireke iguture umutwaro wawe. Ntaco bishobora gushikako. Imana ntigomba ko uvyikorera, nta n’uwundi abikwifuriza.



## Gutsindwa mu mutima vy’ukuri

Nk’uko ufata ivyo wacyemwo imyaka iheze bihamamurira vyaba ibikomoka ku ntambara canke ibindi, ushobora kuba warakoze ibintu vy’ivyaha vy’ukuri. Vyose ntibisa na vya bindi vy’ibinyoma twamaze gutondeka. Ushobora kuba wararenze icagezwe kimwe canke vyose cumi (kuvayo 20: 1-7). **Aha hariho inkuru nziza zibiri ukeneye kwumva:**

1. Nimba wumva utsindwa n’ivyo vyaha, ni kubera ubu nyene utayobowe, utirengagiza Mpwemu Yera, uritaye kuri Mpwemu Yera akwingingira. Ivyo ni vyiza!
2. Nturi wenyene, twese twaracumuye, umwe wese muri twebwewe yakozwe ivyamutandukanije n’Imana. Niko bimeze ku muntu. Ariko kandi birashobora kwongera gutunganywa.

Ntaco bitwaye ububi bw’ivyaha vyawe, naho "vyotukura nk’agahama"(Yesaya 1:18), Imana irashobora kubiharira, kandi ntibizoba bikikugira imbohe yavyo. Ibi ni kubera Yesu yitanze akavyikorera mu gishingo cawe ku musaraba. Yaremeye gusubiriza ivyaha vyawe ubugororotsi. Yaravyirokereye ubwiwe, ahabwa igihano kirengeye ibindi ku bw’ivyaha: urupfu. Ariko inyuma agaragaza ububasha ku rupfu na kamere k’ibihe bidashira k’Imana-mwana. Arazuka mu bapfuye mu nkomezi no mu ntsinzi.

Kugira urupfu rwo kwitanga rwa Yesu rugire ico rukoze kub'ivyaha vyawe, hari intambwe zibiri usabwa gutera:

## 1. ATURA

Mu kigiriki (ururimi nkomoko rw'isezerano Risha) ijambo "kwatura" riva mw'ijambo risobanura, "kuvuga ikintu kimwe nka". Imana yakubwiye ikintu kibi wakoze, nka, "Yohana, warivye aya mahera". Mu kwatura vuga ico nyene: "Ego, ni vyo. Narivye aya mahera kandi ndemeza ko vyari bibi. Ndakwinginze mbabarira ". Bibilia iraduha isezerano rikomeye rijanye n'ibi:

*Ni **twatura** ivyaha vyacu, ni yo yokwizigirwa kandi igororoka, ivyo ni vyo bituma iduharira ivyaha vyacu, ikatwoza ukugabitanya kwose.*

– 1 Yohana 1 : 9

### Umugambi w'icibutso

Rondera urwavya rufise umunwa ushobora kurumya neza. Fata akanya gato hanyuma uje imbere y'Imana. Yisabe ikubwire iguhishutse. Ku rundi rupapuro, shirako urutonde rw'ivyaha vyose Imana igize ico ikubwirako.

Urangije, fata rwa rutonde mwemeranye kuri buri kintu wanditse. Hanyuma andika "1 Yohana 1:9"

Ku mpera ya rwa rupapuro mu ndome nini, inyangirako iboneka.

Injiza rwa rupapuro mu rwavya. Rushira ahantu hatekanye hanyuma uturire rwa rupapuro. Rwigereze ruriko rurasha maze ushimire Imana nk'ikimenyetso c'ivyo Imana yakoreye rwa rutonde rw'ivyaha vyahora bikubangamiye.

Umuriro umaze kuzima no gucureha, fundikira ku busunwa bw'urwavya maze ushireko agatambara ku mpera. Andika "1 Yohana 1: 9" n'igenekerezo kuri ako gatambara. Hanyuma shira urwo rwavya rurimwo umunyota ahantu ngo bikwibutse imbabazi z'Imana. Igihe satani agera ku kukwibutse ibicumuro vyawe, uce usokorora rwa "rwavya rw'icibutso" kandi umwibutse ivyo Yesu Kristo yagukoreye kubw'ivyaha vyawe.

Nimba wamye uhagarikwa umutima n'ugutsindwa mu mutima kandi ata kigutsindisha, uce uvyandika ku rutonde wongere ubitwire ako kanya nyene. Bwira satani ko atagishoboye gukoresha ivyagiriye vy'ibinyoma kandi.

## 2. IHANE

Ijambo "kwihana" riva mu kigiriki, risobanura "guhindukira ugafata iyindi nzira". Mu gihe "kwatura" ari kugira amasezerano hagati yawe n'Imana bibera mu bwami bw'Impwemu, "kwihana" nakwo kujanye n'igikorwa gikeneye kubera mw'isi y'ibiboneka. Ntibikwiye gusa kuvuga ngo:"Oh, mbabarira. Narakivugije. Mpanganza, " hanyuma ugasubiramwo ca caha nyene incuro n'incuro. Ukwo si ukwatura haba namba, kuko iyaba wari wemeraniye n'Imana ko ari bibi, wari kugerageza guhagarika kubisubiramwo.

Ng'iki icigwa dukuramwo: Imana ntirondera gusa ko mwemeranya ku bijanye n'ivyaha vyawe. Yitayeho igikorwa c'ukwihana kubaye vy'ukuri, bigatunganya inzira kugira Imana izanes ugukira ata kabuza

*Nuko mwihane muhindukire, ivyaha vyanyu bihanagurwe, ibihe vyo guhembuka bibone ingene biza bivuye mu nyonga z'Umwami Imana*

–Ivyakozwe n'intumwa 3 : 19

**Kwatura no kwihana** ntibiba rimwe bikaba biraheze. Urwavya rw'icibutso wakoze rwibutsa ko umusi umwe wahisemwo uravuga uti, "kuva uyu musu kubandanya, ndamenye ko ivyaha vyanje bihariwe, kandi ntaco nagira imbere y'Imana" Ibi bizokworohere mu kugumiza Imana ku nganji y'ubuzima bwawe biciye mu "guhema kwo mu Mpwemu" uko bikenewe.

**Gusanura ivyononekaye.** Mu bihe bimwe, urashobora gukenere gusanura ivyononekaye, kimwe mu bigize ukwihana kwawe. Nimba warivye ikintu, urakwiye kukigarukana canke kugisubiza uwakinyazwe. Nimba warabesheye umuntu bigatesha rubwa umuntu, birakwiye ko utunganya, ugasanura ivyasambutse. Nimba waravyaye umwana biciye mu busambanyi, usabwa kumufasha. Nimba wararenze ku cagezwe, urakwiye kuvugana n'Imana kugira usubire musu y'uburongozi bwayo. Imbabazi ntisobanura ko uba ubaye uwidegemvya ku co wategerezwa gukora kigukwegera ku caha cawe. Bisobanura ko bitakigutandukanije n'Imana no gutegura inzira yiwe kugira ngo Imana ikorere mu buzima bwawe. Ariko mu bishikana ku gukira harimwo gutera intambwe yo gutunganya ibintu n'abandi bantu.

## "ARIKO NTUZI IVYO NAKOZE...."

Hariho abantu, bitegereje ivyaha bakoze baca bafata umwanzuro ko badashobora guharirwa. Baba musu y'umutwaro w'isoni no kwicira urubanza bizohava bikabagirira nabi. Baba musu y'uwo mutwaro atari aho Imana ibagomba, ariko kubera ari ho Umwansi abashaka, hakama ugutsindwa mu mutima. Ntubitahure nabi, hariho icaha kubw'ivyo hariho gutsindwa mu mutima, ariko ikinyoma yuko ari icaha ntababarirwa bituma ukwo gutsindwa mu mutima bikugirira nabi mu kinyoma.

Kugira umuntu yiyumvire ko Imana idashaka canke idashoboye guharira icaha ciwe aba agarukiriza hagufi canke adakomeye. Bariko barafata ingingo kuvyo Imana ishoboye n'ivyo idashoboye. Yaramaze kubitubarira muri Yesaya 1:18 ( mu majambo asubiwemwo): "Ntaco bitwaye ububi bw'ivyaha vyawe, ndashobora kukweza. Ntaco bitwaye iyo wibiriye, ndashobora kugusangayo nkagukurayo. Urumva vy'ukuri ko uri agahambaye ngo ushobore kubarira Mushoboravyose, Imana y'ibiriho ngo: "Oya ntavyo woshobora!" Sindagushigikiye.

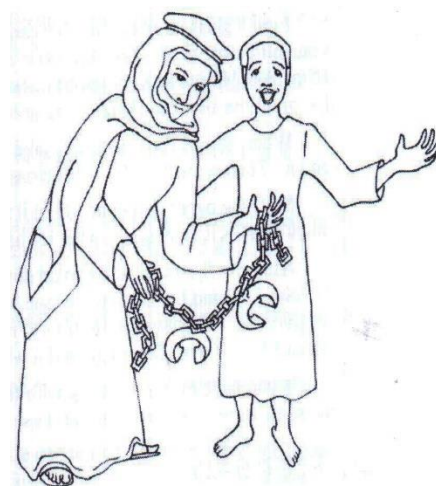
Intumwa Paulo (uwo Imana yacyemwo mu kwandika igice kinini c'isezerano risha) yivugira ubwiwe nk'"agahebuza mu banyavyaha"(1 Timoteyo 1:15). Ng'iki gituma imbere y'uko ahinduka akaba umukristo, yari yahonyanze ivyagezwe vyinshi vy'Imana.

Yaratera ubwoba, agahama, akagira imbohe, agashira mu buroko, agakubagura kandi akica abakristo, abahora ko ari abakristo gusa. Iyo aronka ibakwe ryo kubikorera Yesu, yari kubifata nk'iteka ridasanzwe atewe. Ariko ahura na Kristo, vyose birahinduka. Nico gituma yashoboye kwandika ashize amanga:

*Kubw'ikimazi na Mesiya, amaraso yiwe yararetse ava ku gicaniro c'umusaraba. Turi ubwoko bwidegemvya, twigijwe kure y'amakosa n'ibihano bivuye ku bikorwa bibi twakoze. Ngo ntitube abidengemvya gusa ariko umwidegemvyo usagutse.*

– Abanyefeso 1 : 7,8

Nimba Imana yarahariye Paulo, agahebuza kw'isi mu banyavyaha, yashobora kandi kuguharira. Nimba utagize umwimenyerezo w'urwavya, bikore kuri iki "c'ivyaha bitoharirwa" vyamye bikandamiza. Shimira Imana kukugira uwidegemvya bikwiye.



## Kurondera imbabazi ziva ku bandi

Kugira ukire, umwe wese muri twebwe akeneye imbabazi ziva ku Mana no ku bo twakoshereje. Kuri bamwe, kwemera ko bakoreye ikibi uwundi no gusaba imbabazi biragoye cane. Ariko Yesu yigisha ko iki ari ic'ingirakamaro ku rugero rw'uko mukwiye no kubanza kureka gutazira Imana mukabanza kwitatura.

*Uku ni kwo nshaka ko mwifata muri ibi. Ni winjira ngo uhimbaze canke ugiye gushikana ukibuka ko hariho uwo mupfa ikintu, banza usige ishikanwa ryawe, wihute ugende mwitature. Inyuma y'ivyo uce ugaruka ubandanye imirimo yawe wari ugabiye ku Mana*

**Izi ni intambwe zitandatu ushobora gutera zogufasha mu gusaba imbabazi umuntu.**

### 1. SABA IMANA IKWEREKE ABO WABABAJE

Dufatire kw'isengesho Dawidi yasenze:

*Mana, nsuzuma, umenye umutima wanjye, n'uncace, umenye ivyiyumviro vyanje. Urabe yuko hariho inzira y'ibibi yoba iri muri jewe, undongore mu nzira y'ibihe bidashira.*

– Zaburi 139 :23,24

Nimba wuzuye Mpwemu Yera, hanyuma hakaba hariho uwo wababajye, Imana izoca imukwibutsa bidatevye. Wugurukire Imana muri vyose ikubarira.



Imana yoba yakwibukije umuntu umwe canke babiri ? Andika izina ryiwe canke amazina yabo ku rundi rupapuro canke kuri uru nyene.

### 2. SABA IMANA IGUHARIRE KUBW'UMUBABARO WATEJE

Iki ni nk'icaha "kirimwo bibiri". Waracumuye ku muntu, mbere no ku Mana mu kurenga ku cagezwe cayo. Kora ivya nkenerwa vyo kwatura no kwihana kubw'ico wakoze. Witunganye n'Imana ubwa mbere. [Icitonderwa: si itegeko ko uguma ubikora kumwe wabikora ukoresheje urwavya rw'icibutso igihe cose watuye icaha! csari ikimenyamenya cabaye rimwe kikagaragaza uko bikwiye kwama mu buzima bwawe.]

### 3. SENGERA UWO WABABAJE

Fata akanya usengera umuntu wacomerekeje ku mubiri canke mu mutima. Saba Imana ikize ibikomere wateje. Saba Imana ikore igitangaza: kugira ivyiyumviro bibi vy'umuntu wababajye agufitiye birengerwe n'urukundo rudasanzwe rw'Imana. Saba Imana iguhe inzira nziza zo guhura nawe. Wongere uyisabe itume uwo muntu agutahura akugirire imbabazi.

### 4. GIRA AKIGORO USHIKIRE UWO WABABAJE

Ico nticoshe, ariko Imana izobana nawe, kuko izoba inezewe n'ivyo uriko urakora. Bishobora gutangurira mu kubahamagara kuri telephone, canke ikete. Bamenyeshe ko hariho ico ugomba ko muvugana, maze murabe ingene mwobonana. Nimba bitokunda ko mubonana amaso mu yandi, uzoca ubikora ukoresheje inzira ya telephone, ariko kuvuga imbonankubone ni yo nzira irashe.

Barashobora kumbure, bafatiye ku mvugo, gutahura ivyo ari vyo n'ingene bikubujije amahoro.



Ni ryari uzoshira mu ngiro ngo ubonane n'umwe wese muri abo wamaze kwandika?

## 5. UCIYE BUGUFI, DONDORERA UWO MUNTU IVYO WAKOZE HANYUMA USABE IMBABAZI

Urashobora gukora ikintu gisa n'iki : "Albert, ibuka ca gihe ko.....Nariyumviye cane kuvyashitse kuva kirya gihe, ngo ndagusabe umbabarire ku vyo nakoze. Nakoze ibitari vyo. Mbega wumva wombabarira?" Ntiwiyerekane nk'umuntu mwiza canke ngo ugerageze kwiregura no guha insiguro ivyo wakoze. Ni wemange gusa ivyo wakoze. Ni wishikane, ukirije amaboko.

## 6. GERAGEZA UGARUKANE KWIZERANA HAGATI Yawe NA WE

Barashobora kukubarira canke ntibakikubarire aho nyene, ko bakubabariye. Ntaco bitwaye, ntiwokwitega ubwo nyene ko imigenderanire yoca isubira kuba nk'uko yahora imbere. Ko kwizerana wabisambuye, bizogufata akanya kugira musubire kwizerana. Bizogusaba kugira ico ukoze kugira werekane ko ivyo wavuze vyari vyo, kandi ko wahindutse. Saba Imana iguhe ivyiyumviro vyubaka wokoresha mu kubikora.



## Guharira abakugiriye nabi

### "KUGWANYA UMURIRO UKORESHEJE UMURIRO"/ "KUGERA INGERE KU YINDI"

Mu mico imwe, iyo mvugo isobanura ko mu kugwanya ikibi, ukoresha ikindi kibi. Ivyo nivyongera yari yiyemeje nk'uko tubibona mu nkuru itangurira iki kigabane. Ariko inzira irashe yo kugwanya umuriro ni gukoresha igihushane cawo naco akaba ari amazi.

Ivyo vyerekeye ingene abantu bagiriranira imigenderanire, kugwanisha umuriro ntivyigera bitorera umuti ikibazo, ahubwo bica bituma umuriro wongerekana, kandi satani arabikunda. Imana iduha ubundi buryo atari ubwo mw'ijambo ryiwe:

Mu bwami bw'Imana, twarahawe uburyo bwo kumenya ingene tugenze imiriro yatse itewe n'ihahamuka ku buryo dutumbera ku gukira : naco ni igihushane c'ikibi.

*Ikibi coye kukunesha, yamara ikibi ukinesheshe iciza.*

– Abaroma 12:21

## KUBERA IKI NKWIYE KUBABARIRA?

### 1. Ku neza yawe

Mu bice vyinshi kw'isi, igiti c'ubumara c'amababi yoroshe, arembye, gikura kiduga, kiragasara. Ugikozeko uca uhurigwa umubiri wose ukababwa mu kiringo kirenga indwi. Kugira bahonye ico giti ni kugihera ku mizi, bakakirandura cose. Usize umuzi n'umwe mu kuzimu, kirongera kigakura mw'ibanga kikigarurira ahantu hatari hato mu myaka itari myinshi. Kigereranywa n'umuzi wo kurura uvugwa mu Baheburayo 12:15

*Mwizigame ntihagire umuntu adashikira ubuntu bw'Imana, kandi ntihagire umuzi wo kurura umera, ukabahagarika imitima, abenshi bakandura.*

– Abaheburayo 12:15



Tumaze gukomerekera (ku mubiri, mu bigumbagumba, mu mpwemu) tukumva ataco dushoboye gukora ku ngaruka, umururazi ntakabuza uragwira. Urwanko tugirira abaduteye ruriyongera, ukwijirirwa bikiyongera bigatuma dushavura birenze tukuzura urwanko. Ico bitanga n'uko ata muntu n'umwe yifuza kutwegera kandi. Umururazi uragasara nka ca giti c'ubumara twavugaga. Ikibabaje n'uko iryo shavu ryose n'ubumara ataco bikora ku muntu atsindwa n'ivyo yakoze kiretse wa wundi yakomeretswa. Biramugirira nabi bikongera bikamugirira nabi.

Inzira imwe gusa yofasha ni kukirandurana n'imizi, kandi bikorwa gusa mu kubabarira uwakugiriye nabi. Igihe turanduye umuzi urura dufashijwe n'Imana, inzigo n'akazika k'uwatugiriye nabi vyahora vyiyongera birahagarara, bikatwemerera kubandanya tugasanura ivyasambutse.

Mara akanya gato wenyene uriko urasenga. Saba Imana iguhishurire ko woba ufise canke udafise umuzi wo kurura mu mutima wawe ku bantu bakubabaje canke bafashije mu kuzana ivyaguhahamuye. Nimba inyishu ari "ego", saba Imana ikwereke ico wokora. Umviriza Imana. Ishobora kuguha inyishu ubwo nyene, canke umuti wayo. Ukawubona inyuma y'imisi canke indwi. Nimba hari ico Imana ikubwiye woshira mu ngiro, candike. (canke uje kucandika ku rupapuro rugaragara uhava ushikira imbere gato):

## 2. Ni ikimenyetso camuka ku Mana

Turi abahungu n'abakobwa b'Imana nzima, kandi icifuzo cayo n'uko dukura dusa nayo.

*Ntiyatugiriye ibihwanye n'ivyaha vyacu, ntiyadusubirije mu nkoko ibihwanye n'ibigabitanyo vyacu. Nk'ukw'ijuru ryitanguye isi niko ikigongwe agirira abamwubaha kingana*

– Zaburi 103 :10,11

Iciyumviro nyamukuru dusanga muri ikigisomwa n'uko Imana itadusubiriza mu ndumane. Iraduharira. Iyo uhariye, uba ukoze nk'Imana. Ikindi gihe ufashe ingingo yo gusaba ivyo urekuriwe, raba neza ko vy'ukuri udashaka ivyo ufiseko uburenganzira. Iyo uhabwa ivyo mukwiranye ufiseko uburenganzira. Uyu musu wari kuba uri muri gihenomu. Mu gishingo cavyo, nk'uko Imana yatugiriye, iriko iradusaba kubikorera abandi natwe, kutabaharurako icaha.

*Ni kwo kuvuga yuko Imana yari muri Kristo yiyuzuzwa n'abari mw'isi, ntiyabahurako ibicumuro vyabo, kandi yatubikije ijamba ry'umwuzuro.*

– 2 Korinto 5 : 19



Mbega wumva wemezwa ku rugero rungana gute ko Imana ishobora gukora igitangaza mu mutima wawe ikagushoboza guharira abakubabaje ? (ca akazingi ku giharuro cerekana urugo rwo kwemezwa).

1 2 3 4 5 6 7 8 9 10

**AGAKORWA KO GUSENGA.** Vyashobora kugusaba igitangaza kugira ugere aho uharira abakubabaje. Uru rugero rw'urukundo n'imbabazi na rwo "rurengeye ivyo tumenyereye". Nimba washize "X" amaja kuri 10 y'uwo murongo, tangura gusaba Imana ico gitangaza. Wewe ubwawe ntiwoshobora kuvyikorera ariko Imana yabikuremamwo, ni wugurura umutima.

## 3. Bituma Imana izana ubutungane bushitse

Bibilia yerekana amabwirizwa menshi y'Imana atumbereye ku kurinda abantu ikibi. Haravugwa ibintu nk'ukwica, gufata ku nguvu, gusahura, ubusuma, n'ibindi. Igihe abantu bagaye kubiri n'ibindi

*Abo nkunda, ntimwihorane, ariko muhe uburyo uburake bw'Imana. Kuko handitswe ngo uguhora ni ukwanje, ni jewe nzobasubiriza mu nkoko ni ko Uhoraho agize.*

– Abaroma 12 : 19

vyagezwe, Imana irigisha abarongozi bo mu vy'amasengesho n'abatwari ingene bakwiye guhana abakoze amabi no kubatega kuriha abatakaje ivyabo.

Iyi ni inzira itahuritse yo gukoresha igihe hadutse akarenganyo. Mbega bigende gute iyo abakoze ayo makosha batamenyekanye? Canke iyo ababikoze atawobahangara? Canke iyo vyakozwe n'abari gutunganiriza abandi?

Yesu Kristo aratubarira ati: "Ndazi ko mwacumuweko, murakeneye kurenganurwa. Ariko kuki mutoreka nkagifata mu minwe ubwanje? Ni wakuramwo akarenge, ukareka uburenganzira bwawe bwo kwishuza canke kwihora, nosubiriza mu nkoko umwansi wawe ibikwiranye. Ukwihora ni ukwanje, nzobimuhembera.

Ariko nzobikora ku buryo umururazi ukuvamwo, nshire mu rubanza uwakugiriye nabi, kandi mwempi ndabazane mu bugorotsi bwanje. Ubivugako iki?

## INTUMBERO ZO GUHARIRA ABAKUBABAJE

### 1. Saba Imana iguhe ivyiyumviro vyayo birengeye ibiboneka kubw'ivyo.

Satani ashaka kwongera umuriro ku wundi. Ariko Imana igufitiye inzira isumba iya satani kandi iragumye cane. Ariko uhisemwo guharira, ntuba uriko urafata icaha ibisanzwe

Canke usuzugura ivyagushikiye. Uba urwanije satani umwansi wawe w'ukuri ata gukikira ashaka gukoresha umururazi wawe ngo agucuranguze. Ivyiyumviro vyawe bikwiye kuba: "Ndazi aha hariho satani, mpisemwo gusambura uru rutavanako rw'umubabaro no kugira nabi. Mu gishingo co kwongerako ikibi, nzokirwanya, ndakinyikize, ndacice kizimanganye nkoresha iciza." Imana irashobora kuguha ivyo vyiyumviro.

### 2. Gira urutonde rw'ibihahamuka vyagushikiye n'ababiteje kimwe-kimwe cose

Vyandike vyose, atari binini gusa. Ntuvuye ngo: "Oh, kirya ntaco gitwaye"

### 3. Gira ico ukoze kikwivireyemwo mu kwatura imbabazi kuri buri muntu

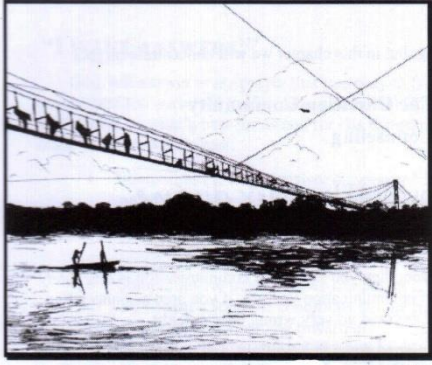
Iki cerekana ukwumvira, ushobora kubitumwa canke kutabitumwa n'ibigumbagumba. Wosenga uku gukurikira:

"Mwami, nk'igikorwa co kwumvira ndahisemwo guharira \_\_\_\_\_. Si uko ndavyiyumvamwo ariko ndagukunda kandi ndazi ko ukunda, ndashaka kukwumvira. Uyu musu rero ndabohoye sinkimucira urubanza. Mubabazira ku vyagenda yemwo vyazibiye igikorwa cawe muri jewe no muri we bitumwe no kudatanga imbabazi kwanje. Ndavyuye muri iyo nzira yanje kugira ubugombe bwawe bube kuri \_\_\_\_\_ no kuri jewe. \_\_\_\_\_"

### Gusozera:

- Akarenganyo n'ihahamuka vyama bituma ishavu mu bo vyashikiye, no gutsindwa mu mutima ku babigize. Igihe ata gikozwe kuw'iryo shavu no gutsindwa mu mutima, birahindukira bikaba "umuzi wo kurura" kandi bikagira ingaruka mbi kuri wewe.
- Kugira ico ukoze ku vyaha vyawe bisaba **kwatura** (igikorwa kiba hagati yawe n'Imana mu mutima) no **kwihana** (igikorwa kiba hagati yawe n'abo wababaje mu buryo bugaragara).

Igihe urondera **GUHARIRA** hagati yawe n'Imana, hagati yawe n'abo wababajeje, no hagati yawe n'abakubabaje, uzokwumva ukuryohereza kw'Imana, ubohoke maze utere intambwe uja mu kibanza co gukura.



Ikiraro 5 :

## KWUBAKA

...Inzu yo Gukiza

Kujabuka uruzi rw'ubukene bwo mu Mpwemu

Uhoraho iyo atari we yubaka inzu, abayubaka baba baruhira ubusa...

– Zaburi 127 : 1

### Kwubaka inzu nyayo

Enos yagiye gutemberera umugezi wiwe yariko arubaka inzu nshasha, inzu yiwe ya mbere. Inyuma y'urugendo rurenza isaha, arahava arashika mu kigwati Akili abamwo, ciza cubatse ku nkengera y'uruzi.

"Amahoro, Akili !Iki kibanza gisa neza co kwubakamwo inzu yawe !"

"Enos ! ndanezerewe ko wabishoboye ! Ego, nk'uko ubibona, nayubakanye umwete. Isa n'iyarangiye, jewe n'umuryango wanjye tuzashobora kuyimukiramwo mu ndwi iza. Si vyiza cane ?"

Enos yarazazaniwe igihe yaraba aho Akili yariko aratunga urutoke. Ivyo yashobora kubona vyari ibiti bishinze hasi, ibinogo vyimvye, n'amabuye nka mirongo itanu vyerekana aho impome z'inyuma zica, n'umutaka uboheye ku giti cariko kirakura hagati.

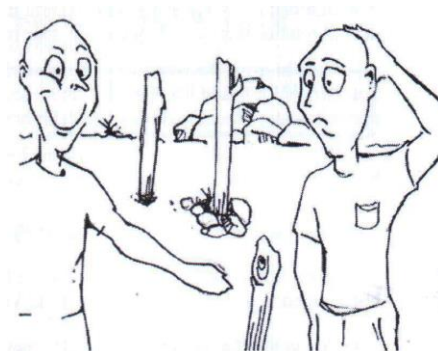
"Akili, iyi ntisa n'inzu. Nta na kimwe kiriko. Wiyumvira gute ko umuryango wawe ushobora kuba ngaha?"

Akili aca asa n'uwubabaye. "Ntunga ko atari inzu nini nk'uyo ubamwo, ariko nibaza ko ari neza. Umuryango wanjye uzashobora kumenya aho ivyumba biri, ibimambo, aho ibihome vy'ivyuma biri, Amabuye, n'ibinogo uzosanga vyavuyemwo ibibanza vy'ububiko. Kandi imvura niyo yotangura kugwa, tuzoca twese turondera aho twugama musu y'urya umutaka".

Enos vyaramuzaniye, birankako atwenga canke ngo amujane kwa muganga. "Akili, mugenzi, urakeneye inzu ifise ibihome nyezina, n'igisenge, n'inzugi n'amadirisha. Iyi nzu ntaco yokumarira. Urugizi ruzosuriranya rusuyisezeranye yose. Warayegereje cane."

"Neza, Enos, urabona ko nakoresheje ivyubakisho bizimbutse. Uruzi ni rwayisenyeranya, ntibizonsaba vyinshi kwongera kwubaka! "

Enos aca yumvira ikigongwe mugenziwe. Birashoboka ko atamenye ingene yokwubaka, canke nta mahera yari afise yo kugura ibikoresho vyo kwubakisha. "Akili, nibaza ko uyu musu ari uw'amahirwe kuri wewe. Kubera jewe nawe turiko



turaja mu gisagara, ndaja kukuronderera umuntu yogufasha kwubaka inzu yawe, ndaja kugufasha ndakugurire ibikoresho vyo kwubaka ukeneye kugira wubake inzu nziza!"



Nimba uri mu ngorane zikomoka kw'ihahamuka, nawe urakeneye kwubaka inzu, inzu izana ugukira. Bitari uko, uzobandanya kubaho mu bukene buvuye ku kutagira inzu mu mpwemu, kubw'ububasha

bw'inkomezi zigwanya ubuzima bwawe. Kugira ibe inzu nziza, itegerezwa kubamwo ibintu kanaka bizogufasha kuguma uri mu migenderanire n'Imana. Bizotuma Imana ishikira umubiri wawe, ubwenge n'impwemu kugira igire ico igukoreye. Ntaco vyomara ukoresheje ibikoresho ivyo ari ivyo vyose. Bitegerezwa kuba bimeze neza, biramba kandi vyamaho. Ariko muri iki kigabane tuzoshimikira ku bintu bine bizofasha gushiraho umushinge ukomeye w'inzu izana ugukiras:

- Amasengesho

- Ihuriro ry'abakristo

- Ijambo ry'Imana

- Guhanura rukristo

## 1. Isengesho: Kuvugana bishemeye n'umugabisha wo mw'ijuru

Nimba waracye mu gikorwa ico ari co cose c'igisirikare, uratahura ko kuvugana ari ikintu gifise akamaro cane kugira bigende neza. Ntaco bitwaye inzira zo kuvugana mukoresha, igihe imigenderanire yawe na bagenzawe yacitse, na cane cane n'abagabisha bawe, ibintu bishobora kwononekara bidatevye.

Ni wibaze iporoto y'abasoda baguye mu mutego bari mu ntambara, umusereja akaba adashobora kuronka ingene yovugana n'umugabisha wiwe ngo atabaze? Umusirikare arazi ko ni yagira ingorane aja gutabaza umugwi uri mu biro bikuru vy'intwaramiheto kugira ukore vyose bishoboka babarungikire imfashanyo, babatabare.

Ariko ntibitahurika ingene abakristo bake cane bakoresha nabi birengeye ukwemera dufitaniye n'Imana. Iyumvire: kumarana akanya gato n'Umuremyi wacu n'Umukiza muvugana gusa canke wiyumvira!



Ni kuki wibaza ko benshi mu bakristo badasenga cane? \_\_\_\_\_

Mbega ni kubera abantu boba badatahura neza amasengesho ico amaze? Naho Imana ikunda kwishura ibisabo tuyisaba mu masengesho, iyo siyo ntumbero yayo gusa. Dutegerezwa gutahura ko ubukristo atari ivyo twemera gusa canke intumbero y'ubuzima bwacu. Ni *imigenderanire* na Data wo mw'ijuru. Kandi mu migenderanire yose, hategerezwa kubaho kuvugana. Ntitwama misi yose tugira ico twungutse bivuye mu kuvugana gusa, ariko kuvugana gukomeza imigenderanire, bikugurura urugi rw'ibitugirira akamaro vy'ubwoko bwose.

Ndavugana n'umugore wanjye buri musi kuko ari umugenzi wanjye andutira abandi, ndamukunda. Tuvugana vyose. Hari igihe mvuga akumviriza, nawe ashikiriwe nkamwumviriza. Rimwe na rimwe mu kuvugana ntaturinda gukoresha amajambo. Kubera ico, imigenderanire yacu irashimangiye kandi twese turumva tunyuzwe.

Mbega vyari kugenda gute iyo igihe ca mbere navuganye nawe kwari kumubwira ivyo nashaka? Imigenderanire yacu yari kuba ihobahoba. Kuvugana kwiza gukeneye ubuhinga butandukanye, n'ingene bukoreshwa, si gusaba gusa.

## IMANA IGOMBA KO MUSENGERA IKI?

Aha hariho imirongo mike iva mu vyanditswe vyera n'impfanyampfunyo y'ivyo umusenzi yariko arasengera, canke mbere ivyashimikiweko mu murongo. Iyi mirongo ndetse n'iyindi yokubera akarorero k'ivyo wosengera ubwawe:

- *Uduhe ivyo kurya dukwiranye uyu musi*  
*Matayo 6:11* : Igisabo cerekeye ivyo dukeneye biboneka
- *Ndagukunda Uhoraho we nkomezi zanje.*  
*Uhoraho ni igitandara canje, ni umurokozi wanje,*  
*ni Imana yanje, igitandara canje gikomeye,*  
*ni we nzohungirako, ni we nkinzo yanje, n'ihembe*  
*ry'agakiza kanje, ni umunara wanje wo guhungiramwo.*  
*Ndambaza Uhoraho abereye gushimwa:*  
*Niho nzokizwa abansi banje.* –Zaburi 18:1-3 : Guhimbaza, ukerekana urukundo ukunda Imana, ukayishemagiza ku bw'imfashanyo yayo, ukanezererwa ingene ari isoko ridasanzwe
- *Mwame mukenguruka muri vyose, kuko*  
*Ico ari co Imana ibagombako muri*  
*Kristo Yesu.* –1 Abitesalonike 5:18 : Shimira Imana ivyo yadukoreye vyose
- *Mana yanje, Mana yanje n'iki kikumpebesheje,*  
*ukaba kure ntuntabare, kure y'amajambo yo*  
*yo kuniha kwanje?* –Zaburi 22: 1,2 : Gushikiriza mu kuri ubwoba n'amakenga, ugatabaza imfashanyo
- *Ni twatura ivyaha vyacu, ni yo yokwizigirwa*  
*kandi igoroka: ivyo ni vyo bituma iduharira*  
*ivyaha vyacu, ikatwoza kugabitanya kwose.*  
–1 Yohana 1:9 : Kwatura ivyaha vyacu kugira duharirwe, twezwe
- *Ntutujane mu bitwosha nabi ariko udukize*  
*wa mubi.* –Matayo 6:13 : Gusaba Imana ngo idufashe ituzigame iturinde icaha n'ibiva kuri satani
- *Ntimugire ico mwiganyira, ariko muri vyose*  
*Ivyo mugomba bimenyeshwe Imana mu*  
*gusenga no mu kwinginga bifatanije no*  
*gukenguruka.* –Ab'ifilipi 4:6 : Musabe ico mugomba cose, mufatanije no gukenguruka

### "NDAKENEYE INYISHU"

Imana izokwishura isengesho ryose ryasanzwe mu kwizera. Isengesho ryose. Ariko ico kumenya ni uko, iyo twamwiyeguriye ubwacu nk'Umwami n'umurongozi, ni yo ica imenya ingene yishura Amasengesho yacu. Inyishu zayo zizokwama ari nziza kuri twebw no mu bwami bwayo. Ko Imana izi vyose, ishobora vyose y'ibihe vyose, irazi vyiza ivyo ari vyo!

- Hari igihe yishura isengesho ryacu "**Oya** ntivyokubera vyiza". Nk'uko umuvyeyi mwiza ahakanira umwana akeneye gukinisha ya "grenade" isa neza, y'umuzingirimeze nk'umupira.  
**Inyigisho zo gushimangira:** Uturorero aho Imana ivuga "Oya" (no ku mwana wayo): 2 Samweli 12: 15-18, Matayo 26:37-42, 2 Abikorinto 12:7-10

- Hari igihe yishura isengesho ryacu **"Rindira**. Ibi vyokubera vyiza ariko atari ubu nyene. Ihangane. Mu mwanya muto bizoba vyatunganye" NK'uko nabwiye umugenzi yashaka kujabuka ibarabara kandi hariho imodoka yariko iranyaruka iza iyo turi.

**Inyigisho zo gushimangira:** uturorero aho Imana ivuga "rindira" Itanguriro 15:2-5, Itanguriro 50:24,25, kuvayo 5:22,23; kuvayo 6:6-8. Aho hose ugushitswa kw'ivyasezeranywe kwabaye haciye imyaka myinshi.

- Hari igihe Imana yishura isengesho ryacu **"Ego!** Ibi vyokubera vyiza!" nk'uko nabwiye umugore wanjye igihe yambaza, "Wumva twojana kw'iratiro ry'ibikoko uyu musi?"

**Inyigisho zo gushimangira:** Uturorero aho Imana ivuga "Ego": Zaburi 32:5, 1 Samweli 1:11,19,20; 1 Ivyo ku Ngoma 4:9,10; 2 Abami 6:15-18. Aho hose, Imana yavuze "Ego" kuvyo basavye.

Mu vyukuri, twifuza ko "Ego" zigwira mu nyishu duhabwa. Zaburi 37:4 itwigisha ikintu gikomeye ingene twobikora. —————→

Uhimbarwe n'Uhoraho nawe azoguha ivyo umutima wawe ugomba.

– Zaburi 37 :4

Mbega dukore iki kugira ntibubuze Imana gushikira impwemu zacu kugira ivyipfuzo vyacu binyuranye n'ivy'Imana imbere y'uko dutangura gusenga? Dukeneye guhimbarwa n'Imana, kugira umwifato w'urukundo ku Mana, wo kwemera no guca bugufi. Turashobora kwemezwa neza ko Imana izi ibidukwiye. Twari dukwiye kwemera ubugombe bw'Imana ngo butubeko. Maze tuzashobora gusenga dushize amanga nk'uko Yesu yasenze: —————→

Ariko ntibibe uko jewe nshaka, bibe nk'uko wewe ushaka

## KWIYEMEZA UBWAWE

Nzokwitanga ngire igihe co kwisengera, ndi umwe canke ndi kumwe n'abandi, ikiringo kitari musi y'iminota————— imisi————— mu ndwi, mu ndwi————— ziza, mpereye kw'igenekerezo rya—————

Nzosaba ——— insuzume, intere intege, imfashe ndonke inyishu z'ibibazo mpura navyo.

## 2. Ijambo ry'Imana - ibirwanishwa n'ivyo kurya biva ku Mana

Urazi ko umubiri wawe ukeneye ivyo kurya, kugira ni washika mu gihe gikomeye ube ufise ivya nkenerwa. Ugusonga kutwibutsa ko utahaye umubiri ibikwiye canke ko umubiri ukeneye ibindi. Ko umaze kuvuka mu buryo bw'impwemu, warahindutse icaremwe ca Mpwemu gikeneye ivyo kurya vy'impwemu. Nkuko Bibiliyasa ivyigisha:

Umuntu ntatungwa n'umutsima gusa ariko atungwa n'ijambo ryose riva mu kanwa k'Imana.

– Matayo 4 : 4

Mumere nk'inzoya zivutse vuba, mwifuze amata y'umutima adafunguye kugira ngo abakuze abashitse ku gakiza.

– 1 Petero 2 : 2

Umukristo ataronka ivyo kurya vyamaho vy'ijambo ry'Imana azorangiriza mu mpwemu inyoshwe, y'intege nke kandi igwaye. Woba warabaye mu nkambi y'impunzi, canke warabonye amafoto y'impunzi. Birateye agahinda kubona ingene bonda, babuze ivyo kurya bikwiye.

Iyaba twasobora gufata amafoto y'abakristo bamwe uyu musu, wosanga basa n'abo bagabo n'abagore babuze ivyo bafungura igihe kirekire. Ntiwemere ko bigushikira. Umenye neza ko uronka ivyo kurya vya Mpwemu w'Imana, vy' intete n'inkoko.

## INYUNGU ZIVA MU GUSOMA, KWIGA NO GUKOresha BIBILIA:

Ibi bisomwa bikurikira vyerekana inyungu ziva mu guha ikibanza ijambo ry'Imana mu buzima bwawe. Andika n'imiburiburi ikintu kimwe wunguka usanga muri buri gisomwa:

|                                                                                                                                                                                                                                                                                                       |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p><b>Imana ivugana na Yosua:</b> "ibiri muri ico gitabo c'ivyagezwe ntuzubikure mu kanwa kawe, ariko uze wame ubirimbura ku murongo no mw'ijoro, kugira ngo ubone kwitondera ivyanditswemwo vyose, ni ho ivyawe bizogenda neza, ukagira amahirwe"</p> <p style="text-align: right;">– Yosua 1: 8</p> |  |
| <p><b>Umwami Dawidi yandika:</b> "Ivyagezwe vy'Imana yiwe biri mu mutima wiwe, nta ntambuko ziwe zizonyerera"</p> <p style="text-align: right;">– Zaburi 37:31</p>                                                                                                                                    |  |
| <p><b>Umwami Dawidi yandika:</b> "Umusore azokwezesha inzira yiwe iki? Azoyezesha kuyitondera nk'ukw'ijambo ryawe rivuga...Nabitse ijambo ryawe mu mutima wanjye ngo noye kugucumurako"</p> <p style="text-align: right;">– Zaburi 119:9,11</p>                                                       |  |
| <p><b>Yesu aravugaga:</b> "Ni mwaguma muri jewe, amajambo yanje akaguma muri mwebwe, musabe ico mugomba cose kizobabera kuno"</p> <p style="text-align: right;">– Yohana 15:7</p>                                                                                                                     |  |
| <p><b>Yesu aravugaga:</b> "Nuko Yesu abwira abayuda bari bamwemeye, ati ni mwaguma mw'ijambo ryanje, muri abigishwa banje vy'ukuri. Kandi muzomenya ukuri kandi ukuri kuzobaha kwidegemvya."</p> <p style="text-align: right;">– Yohana 8: 31,32</p>                                                  |  |

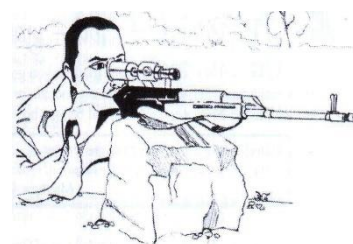
## KWAKIRA INKOTA

Ijambo ry'Imana rirafise ikindi gikorwa: ni **ikigwanishwa**. Mu Abanyefeso 6:14-17, Bibilia iravugaga ku bigwanishwa vyo mu Mpwemu biriho kubw'uwizera wese:...mukenyeje ukuri, ukugororoka nk'icuma gikingira igikiriza, inkweto z'ivyo ubutumwa bwiza bw'amahoro bibiteguza, inkinzira y'ukwizera, inkofero y'agakiza.....ibi ni ibikoresho vyo kwikingira vy'intambara. Ariko ica nyuma cavuzwe ni "inkota ya mpwemu, ni yo jambo ry'Imana". Ico ni ikigwanishwa gikoreshe mu gutera no mu kwikingira.

Urashobora gusoma inkuru idasanzwe ingene Yesu yakoresheje ijambo ry'Imana ariko arageragezwa na satani muri Matayo 4:1-11. Incuro zibiri satani yarateye Yesu. Incuro zibiri yakoresheje ivyanditswe vyera, ukwikingira. Kw'igeragezwa rigira gatatu, Yesu ntiyakankamiye gusa satani ariko yamwirukanishije inkota y'ijambo. Abaheburayo 4:12 hatubarira ko "Ijambo ry'Imana ni rizima, rifise ubukuba, rifise ubugi buruta ubw'inkota zose..."

Ni wige kuyikoresha

Umusirikare afise ikigwanishwa ciwe aba azi ibice bikigize vyose, atakamusoba. Ubu rero ni umwanya wo gutangura imyimenyerezo kugira umenye ico kigwanisha cawe gishasha, Ijambo ry'Imana, nk'uko wari umenyereye kimwe wahorana. Kizotuma uguma uri muzima.



## KWIYEMEZA UBWAWE

Nzokwitanga ngire igihe co kwisomera Bibilia kitari musiyiminota \_\_\_\_\_, imisi \_\_\_\_\_ mu ndwi, mu ndwi \_\_\_\_\_ ziza, mpereye kw'igenekerezo rya \_\_\_\_\_. Nzosaba \_\_\_\_\_ insuzume, intere intege, imfashe ndonke inyishu z'ibibazo mpura navyo.

### 3. *Ihuriro ry'abakristo – ikambi shingiro y'Imana*

Imana yaremye ishengero kuba ikambi nshingiro y'igisoda. Ni ikibanza aho abasoda biwe bashobora gushikiramwo bavuye mu rugamba, aho baruhukira, bakahagirira imyimenyerezo, bakigiraho ivy'ubwenge buhanitse, bakamarana akanya na bagenzi babo, bakahakirira hanyuma bakitegura gusubira gusohoka.

Mbega ninde yari akwiye gukora ivyo vyose? Abakristo buzuye Mpwemu Yera bari mw'ishengero. Imana yatugize abantu b'ingabire kandi bashoboye gukorera nk'uko Mpwemu Yera aturungoye.

Ntituriko turavugaga neza neza inyubakwa ngaha, n'ubwo aho ari ho dusanga "ishengero". Ishengero rigagutse, ikintu kizima kigizwe n'abakristo kw'isi yose. Bibilia irigereranya n'Umubiri wa Kristo". Kristo ni we mutwe, natwe turi nk'amaboko n'amaguru, dushitsa igikorwa ciwe kw'isi. Icifuzo ciwe n'uko dukorera hamwe, kandi tubikoze ukwo niho tuzoshitsa ivyo Imana yagabiye.

*Uko Imana yaremye imibiri yacu ni akarero ko gutahura ubuzima bwacu hamwe nk'ishengero, umubiri ntiwireme ibice, iza tuvugaga n'izo tutavuka, iza tubona n'izo tutabona. Ingingo kandi urugingo rumwe iyo rubabaye, ingingo zose zibabaranywa narwo, canke zikirira hamwe. Canke urugingo iyo rumwe ruhawe icubahiro, ingingo zose zihimbaranywa narwo.*

*–1 Abikorinto 12 : 25,26 (ubutumwa dusangamwo)*

"Ishengero" mu bisanzwe ni abakristo bari hamwe. Ryashobora no kuba iteraniro ryabo riri mu nyubakwa canke abakristo bari kumwe b'abagenzi barabana mu rukundo, baturutse integere bakarongorwa na Mpwemu Yera. Uko bisa kwose, ni ivy'ingirakamaro ko unywanira ukegerana neza n'abizera bakuzi kandi bagukunda.



Aha hariho ibisomwa vyerekana icari gikwiye kuba igihe Abakristo bashizeho ihuriro rituma habaho ikibanza aho Imana yofasha kandi igakiza. Andika ico wize muri ibi bisomwa:

|                                                                                                                                                                                                                                                                             |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p><i>Ukw'icuma gikarisha ikindi, niko umuntu akarisha mugenzi we.</i></p> <p>– Imigani 27:17</p>                                                                                                                                                                           |  |
| <p><i>Munezeranwe n'abanezerewe, murirane n'abarira. Muhuze umutima, ntimushire umutima ku bikomeye. Mukundane n'abaciye bugufi, ntimwitwararike abakize.</i></p> <p>– Abaroma 12: 15,16 (ubutumwa dusangamwo)</p>                                                          |  |
| <p><i>Twebwe abakomeye dukwiye kwihanganira intege nke z'abadakomeye, no kutinezereza. Inkomezi zogira ico zikoze, ntizibe izo kwicarika. Umwe wese muri twebwe agirire neza abadukikuje, twibaze duti: "Mbega nofasha gute?"</i> –Abaroma 15:1,2 (ubutumwa dusangamwo)</p> |  |
| <p><i>Ariko muhanurane uko bukeye bicitwa uyu musu, ntihagire uwo muri mwebwe akomantazwa umutima n'uruhendo rw'icaha.</i></p> <p>– Abaheburayo 3: 13</p>                                                                                                                   |  |
| <p><i>Bana bato, ntidukundane mu majamba canke ku rurimi, ariko dukundane mu vyo dukora no mu kuri.</i></p> <p>– 1 Yohana 3:18</p>                                                                                                                                          |  |

#### UKUBURA URUTONDE BIVUYE KU KAJAGARI K'INYUMA Y'IHAMUKA, KWIGUNGA N'ISHENGERO

Nimba uri mu ngorane z'ihahamuka zikomoka ku rugamba canke ukubura urutonde bivuye ku kajagari k'inyuma y'ihahamuka, birashoboka cane ko utumva umerewe neza kuba mu migwi y'abantu utazi. Biragushavuzwa kwiyumvira ko hashobora kuba hariho umuntu yifuza kukugirira nabi canke abandira. Kubw'iyi mpamvu, ugerageza kwigirira kure y'ishengero nk'ingingo y'umutekano". Kwitandukanya n'abandi biboneka ko ari yo nzira irashe wahisemwo. Mu ntango iboneka ari nziza, kandi iroroshe kuruta kugerageza gukorana n'abantu badatashyirwa. Ariko ni imwe mu nzira mbi zibaho wohitamwo. kwigunga ubwawe....

- biragabanyaga cane uruhahamuka rw'imfashanyo, urwo Imana izokoresha mu kuguha ivyo ukeneye.
- bigukuramwo ukwegerana n'abantu ukunda kandi bakwitwararika.
- bikugwiriza umwanya wo kwiganyira no kwumva ko uri wenyene, ataco wifashije kandi ucinyijwe.
- bigatuma ukunira mu rwenge rwa satani, kuziguriza inyamaswa, kuzimanganya inzira zocamwo imfashanyo, kwerekana ko bicitse, no gutanga inzira zo gusambura mu kugumizako ingorane (ibiyayuramutwe, umwambiro, ubusambanyi, ubugizi bwa nabi,...)
- bikubuza kuba mu migenderanire myiza ikwongera inkomezi kandi igakiza.
- bituma ibigukikuje ataco bigufasha (ntahomfatwa), nta kibi mbere nta n'iciza bitanga.

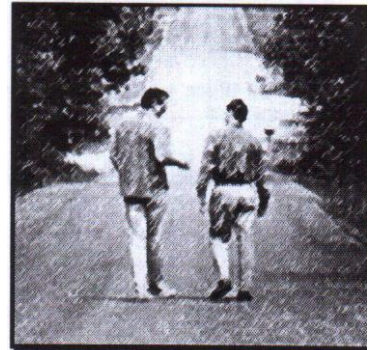
Vyongeye, kwigunga binyuranije n'umugambi shingiro w'umuremyi wacu. Yaturemye ngo tube mu bandi kurya kw'iraro ry'ibikoko. Ugukorera hamwe kw'abakristo kwashizweho cane cane kubw'ibihe nk'ivyo. Harimwo inguvu n'umutekano mu bumwe...

*Babiri baruta umwe, kuko baronka impera kubw'ubutame bwabo. Kuko umwe ni yatebuka mugenzi we azomuvyura: ariko utemvye uri wenyene, adafise ikimuvyura aba agowe. Kandi ikindi, babiri iyo baryamanye barasusuruka: ariko umuntu umwe gusa yosusuruka ate? Naho umuntu yashobora kunesha umwe, babiri bomunanira kandi igitsinda c'imigozi itatu ntigicika vuba.*

– Umusiguzi 4: 9-12

## 4. Guhanurana rukristo

Kimwe mu bintu woba wibuka kuva ku kiraro ca mbere muri iki gitabo n'uko mu vyo wacyemwo vyaguhahamuye, ukagerageza kwigwanira Imana yakuremanye kwagize ikibanza kinini. Kimwe muri ubwo bushobozi Imana yakuremanye harimwo kugwanya umwifato w'ibishobisho n'umwiheze maze ugashira umutima kubiteye ubwoba bigushikiye. Imana ntiyashatse ko ubicinyisza. Irakeneye ko wongera ukabikabura kandi ubitumbereze mu Kibanza c'umutekano, ubifashijwe n'Imana. Ishaka ko mubivuganako n'umuntu azi neza kwumviriza.



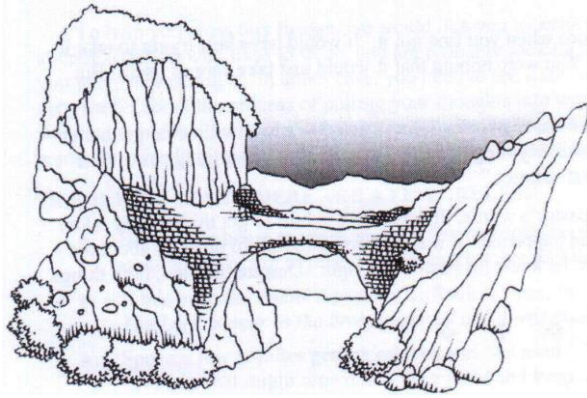
Abashakashatsi bize ko nimba woshobora kubikora mu misi itatu mu gihe c'ihahamuka, uba ufise amahirwe yo kudashikirwa no kubura urutonde bivuye ku kajagari k'inyuma y'ihahamuka.

Uko urindira inyuma y'imisi itatu, niko bizogutera ingorane. Nimba washikiwe n'ibintu vyinshi bihahamuka canke vyagutevyeko hanyuma akaba ataco wakoze mu misi itatu y'iryo hahamuka canke bikaba vyaheruka kugushikira, ni ivy'ikimazi cane kuvuga ivyagushikiye.

Bashobora kuba bafise amajambo agutera intege, impanuro nziza, bongere bakwereke umurongo mwiza wogufasha. Ariko ikintu c'agaciro gusumba ibindi bashobora kuguha ni umwanya n'ikibanza kugira ushobore kuvuga. Urakwiye kwemera ibigumbagumba wanyikije bigaseruka n'ivyo wacyemwo canke wiyumviriyeko. Birumvikana ko umuntu ashavuzwa n'akarenganyo k'ivyo wacyemwo kugira ngo wikuremwo ishavu n'umururazi. Harashobora kubaho amosozi, kuboroga, ubwoba, guhagarika umutima mbere bishobora no kukugora kuvuga. Ariko ushoboye kubirengera, ukabitsinda coba kimwe mu bintu bifasha vyo mu nzu yawe izana gukira.

### *Gusozera:*

- **KWUBAKA** inzu izana gukiza bizogwanya ubukene bwose bwo mu mpwemu uriko urabamwo ubu
- Nimba vy'ukuri washimitse mu bijanye no gushiraho ivyozana gukiza...
  - Shiraho umugambi ujanye n'ukuvugana n'Imana mu **masengesho** ubudasiba, usengera ico ari co cose atakuvangura. Irashaka kukwumviriza.
  - Wiyemeze gusoma no gukoresha **ijambo ry'Imana** ubudasiba-imisi yose bishobotse. Ni vyo kurya vyawe vy'impwemu, kandi ni ikirwanisho cawe.
  - Gira akigoro kugira ukorere hamwe n'abandi bakristo. Birashoboka ko ubwa mbere bitokurwa neza ariko bizokubera isoko ry'inkomezi.
  - Rondera **umuhanuzi** azogufasha gutorera umuti ihahamuka ryawe. Vyashobora kukugora kwibuka no kuvuga ivy'ihahamuka ryawe, ariko bizogufasha kujabuka no kuvuga ivy'ihahamuka ryawe, ariko bizogufasha kujabuka iki kiraro.



Ikiraro 6 :

## KWIBUKA

....ivyagushikiye

Kujabuka uruzi rw'ivyo wibuka bibabaje

**Ibi ndavyibuka,  
umutima ukantunturira mu nda.**

– Zaburi 42 : 4

### Ingene ingorane ntoya ziba nini

Ubushuhe bwa Hamisi bwaguma bwiyoungera. Yari arushye cane, yarababara hose mu ngingo, ntiyashobora gufungura kandi akaribwa mu nda. Ariko yarashaka cane kwubahiriza isango yari afitaniye n'umupasitori wiwe. Hamisi yari yaragize uruhara mu mishamirano yari hagati y'impande zibiri mu gihugu ciwe, akaba yari mu ngorane zikomeye z'ukubura urutonde bivuye ku kajagari k'inyuma y'ihahamuka. Indoto ziwe mbi, ishavu rirenze, gukoresha umwambiro, ubwoba bwo kwikanga uwomutera amusanze mu nzu umwanya wose, ibi vyose vyatumye umugore wiwe aja mu ruhagarara kugeza aho amusaba ngo ave muri icyo nzu. Hamisi ntiyabona icyo yokora. Yagize ivyizigiro ko Pasitori yari kumuha impanuro ingene umugore wiwe yomwerera akagaruka mu nzu.

Pasitori Onyango yuguruye urugi yaravuze ati: "Hamisi! Injira. Mugenzi, umengo ntumerewe neza. Ni ibiki vyagushikiye? Uragwaye Malaria?"

"Oya, Pasitori. Ntabwo ari yo. Sinzi ivyo ari vyo, ariko sinshobora kuvyemera ko bimpagarika. Ndacagukeneye udufashe twe n'umugore wanjye."

Pasitori Onyango yaramurabanye ikigongwe. Yiyumviriye ko yomurungika aho yari kugira aruhuke. Ariko hari igikorwa nkenyerwa co guhanura bari bakeneye gukora kijanywe n'ukubura urutonde bivuye ku kajagari k'inyuma y'ihahamuka. Ubwo rero, Hamisi, nimba wobishobora, injira wicare."

Bahora babonana indwi zitari nke, ariko nta bintu bishemeye bashikako. Igihe cose Pasitori Onyango yabaza Hamisi ngo amubarire bimwe mu vyamushikiye ari ku rugamba, yaca ashavura cane, akagira ubwoba akanka kuvuga na kimwe. "Pasitori, ivyo ni vya kahise. Nshaka kuvyibagira. Birambabaza n'icyo ndavyiyumviriye, kubivuga bingirira nabi cane. Oya, reka tuvuye ibindi."

Hamisi yicaye ku ntebe. Pasitori Onyango yabonye atanguye kubira icya bimwe atari ivyo kuvuga, imikanya iravyuka hamwe n'ububabare. "Hamisi, jewe mbona ugwaye. Kumbure wari ukwiye kuja kuraba umuganga, mu gishingo co kuza kuraba jewe uyu musu."

"Oya, Pasitori. Ndazi neza ko ibi ata na kimwe. Ni ngirakamaro cane ko tuvugana ibijanywe n'urugo rwanje n'umugore wanjye."

Ako kanya, Pasitori Onyango aca abona ko hariko pasoma ku kiganza ciwe. "Hamisi, wabaye iki icyo kiganza cawe?"

"Nta na kimwe. Umusi umwe nariko ndakora mu nkwi zica zirancumita. Nibaza ko rwaciye rujamwo imigera."



"Reka ndabe" Hamisi yaciye abohora ikiganza ciwe. Hanyuma y'ivyo Pasitori Onyango yabonye vyaramubabaje. Urutoke rwari rwagiyemwo imigera. Rwari rwamaze kuvyimba cane, amashira asa n'akatsi kabisi akaja aratamba ava hamwe rwacumitwa. Haraboneka umurongo utukura watera uduga mu kuboko mu rushato. Amaraso arimwo ubumara!

"Hamisi, ndafise ibintu bibiri ndakubarira. Ubwa mbere, aha hantu ca gucumise hazokwica utahivuje ubu nyene. Ngomba ndagutware ku bitaro ubu nyene nkikubwira ikigira kabiri. Naco ni iki : ivyo wibuka vya kahise vyo mu ntambara bimeze nk'aha hantu wakomeretse. Ica gucumise caboneka ari gito kandi ukikibona wamengo ntaco kivuze. Cari kuba carakubabaje uriko uragisokora, waracihojeje ntiwagira ico ucibazako. Wibajije ko hazokwikiza ariko vyagushize mu ngorane nyinshi.

"Hamisi, bizokugora kwikuramwo ivyo wibuka vyo mu ntambara. Ariko ni utabikora, ntuzokwigera ukira ahubwo uzosinzikara. Ndaguteze yompi. Mbarira ikintu cose, ntibindandura umutima canke ndagucire urubanza."

Ariko utegerezwa gufata ingingo yo kubigira. Aka kanya, reka tuje kuvuza ico gikomere.

Bari mu nzira baja ku bitaro, Hamisi yiyumviriye ku majambo ya Pasitori wiwe. Vyari bigiye kumubabaza mu kugikurayo kuruta iyo agikuramwo igihe camucumita. Vyari bigiye kubabaza gutangura kwigana ivyo yacyemwo mu ntambara. Mu mutima iwe, yari azi ko ivyo Pasitori yavuze vyari vyo. Naho bibabaza, vyompi vyari bikeneye gusohoka kugira ashobore gukira.



Kujorerwa

Kutiyumvira kuvyashitse

Kuvyirengagiza

Kudandahirwa

Kuvyikuramwo ukoresheje umwambiro n'ibiyayuramutwe.

Ibi bintu biratanga amahoro kuruta kuvyibuka. Biroroshe cane. Kwibuka ivyabaye igihe wari mu ntambara birababaje, birarusha, kandi bitera uruhagarara. Mbega ni kuki ?

Kubera ari ikintu woshobora gukora. Bigusaba gufata ingingo no kugira ico ukoze. Biratera intege. Ni ivy'ikimazi kugira ukire. Utabikunze, uzobandanya gusinzikara.

Igihe washikirwa n'amakuba y'intambara, ubwonko bwawe bwaciye bufata inzira yo kwikingira kugira ugume uri muzima. Ivyashitse vyinshi bihamamuka vyari bikeneye ko bitegwa umuti ariko vyarengejweko uruho rw'amazi. Ivyo bintu ubu birakwiye kwiyumvirwako, gufatirwa ingingo, kwishurwa, guhuzwa n'ibigumbagumba, ko bikubabaza bikirukanwa mu bwenge no mu buzima bwawe. Ubwonko bwafashe amafoto y'icibutso c'ivyagushikiye kandi ari mu bwenge bwawe, bigenda bibangabanganye n'ibigumbagumba bica ivutu umushaha.

Ariko ntivyari bikwiye ko biguma aho biri. Bimeze nko guterwa n'imigera, bikakugwaza na cane cane mu bihe bidakwiye, bigakwira ubuzima bwose. Igihe imigera iteye ntimenyekane ngo hagire igikorwa, bizoba bibi cane, ntibiba vyiza. NK'uko Umwami Dawidi, ashobora kuba yarashikiwe n'urutonde bivuye ku kagari k'inyuma y'ihahamuka yanditse :

*Ngicereje, amagufa yanje atewe gusaza, amajambo yanje yahindutse  
ukuniha umusi ukira.*

– Zaburi 32 :3 (Ubutumwa)

Ni ibintu vyoroshe gutahura : nimba ivyo wibuka vyaguhahamuye wobitega umuco w'Imana, ububasha bwavyo bukiriko bwohindurwa ubusa, bugakurwaho.

Nta mabanga dufise ku Mana izi vyose. Ariko rimwe na rimwe hari igice c'ubwenge bwacu kigerageza kunyegera ibanga ikindi gice. Turazi ivyashitse. Ariko mu mugambi uhishije, wo kwigwanira, wibesha, turagerageza kunyegera ugutahura kwacu ukuri kubabaza, mbere tukabinyegera n'ibindi vyose bisigaye. Ariko uwo mugambi ntaco ugifasha, urababaza. Nkuko David Grossman, umwanditsi w'igitabo citwa "On killing", yanditse ati: **"ugwaye uko amabanga yawe agwaye"**

## Gushira amabanga ku mugaragaro

Imana yaranditse inkuru yawe, uri inkuru yayo. Bibilia ivuga:

*Kuko turi ibiremwa vyayo, twaremewe muri Kristo Yesu ngo dukore ibikorwa vyiza, ivyo Imana yateguye kera ngo tubigenderemwo.*

– Efeso 2:10

Mu kigiriki (ururimi soko rw'Isezerano Risha) ijambo "ikiremwa" ni "poiema" ryakomotsemwo iri jambo ry'icongereza "poem" twosigura mu Kirundi dukoresheje ijambo "icese". Uri agace Imana ikoresha mu kwandika, n'ivyo vyose nk'ihahamuka, ububabare, n'ibigoye.

Imana siyo iteza ikibi, nk'uko twavyize igihe twajabuka ikiraro ca mbere. Ariko, nk'uko yanditse ubuzima bwawe, ikabona imipfunda y'ikibi yari kuguseka, vyose yarabishiriyeho impera. Yaramenye ingene yari igiye kugukomeza, yarategekanije kuguha inkomezi nsha, irashaka cane kukubona ugenda mu nkomezi no mu kwizigirwa kandi. Ntizokuraho umubabaro, ako kanya nyene, ariko izofatanyaga umushaham'umubiri wawe, n'impwemu maze iwukoreshe kugira itume wegera use na Yesu Kristo kuruta uko wahora.

Mu kugufasha kujabuka ikiraro, twifuza ko wandika ibijanye n'ihahamuka. Nimba uri umuntu ukunda kwandika, urashobora kuba urindiriye uyu mwimenyerezo. Nimba udakunda kwandika, woba uriko urabitinya. Uko bigenda kwose, ukwiye kubona ico bimaze: igikorwa gikiza – si umukino. Birafasha kwibuka no gutondeka ivyiyumviro. Nimba udashobora kwandika, akaba ari umuntu ariko aragusomera iki gitabo, kumbure woca ukoresha kubidonda. Tubwire icyo nkuru gusa....

## IMBERE Y'UKO DUTANGURA, AYA NI AMATEGEKO MAKE YOKORESHA

- Imbere y'uko utangura kwandika, fata akanya uri mu masengesho, usabe Imana irongore ivyiyumviro vyawe n'ivyo wandika: yisabe iguhishurire ivyo wokwibuka vyose vyogufasha mu gukira kwawe.
- Nimba uyu mwimenyerezo usa n'uwakugoye, barira Imana ko bikenewe ko ibigufashamwo. Izobigufashamwo.  
Uhoraho aba hafi y'abafise imitima imenetse, kandi akiza abafise imitima ijanjaguritse (Zaburi 34:18)
- Fata akanya widegemvya kandi "udataye intumbero". Ibi bisobanura gufatira umwanya igikorwa co gukura ivyiyumviro n'ivyo witwararika vyari kugwirirana mu bwenge bwawe bikakubaza kwiyumvira cane kuvyo wacyemwo muri kahise. Fata akanya, winjire mu mizi, uhema bukebuke, wugaye amaso yawe, maze usubize ivyiyumviro vyawe mu kibanza n'umwanya vy'ihahamuka.
- Iyumvire ko uriko urarorera ku mboneshakure ivyagushikiye vyaguhahamuye.
- Ntibiguhagarike umutima udashoboye kwibuka ido n'ido. Kwibagira ni ikimenyetso rusangi c'ukubura urutonde bivuye ku kagari k'inyuma y'ihahamuka, rero kora ivy'ushoboye ntubabazwe n'ibisigaye. Bishoboka ko Imana izi yuko utiteguriye guhangana na bimwe mu vyo wokwibuka.
- Iyumvire kuri ibi bitera kugubwa neza dusanga mu gitabo ca Muganga Aphrodite Matsakis citwa "I can't Get Over It":
  - Ntuzopfa, ntuzomeneka, ntuzosaba, canke ngo vyanke ko ugira ico uranguye nimba ugira umwete wo kwibuka.

- Kwibuka ntibizova mu vyo wibuka ubu nyene bigushikira kandi bigaragara mu buzima.
- Ivyo wibuka vy'ukuri ntibizoba umurengera.
- Ntutegerezwa gukora ibi vyose mu mwanya umwe, ngo uve hasi ubihejeje. Nimba wumvise bikurengeye cane, ruhuka.
- Twifuza kugufasha gutahura neza iryo hahamuka, si ukuguhahamuka kandi. Rero ni watangura gushikirwa na bimwe vyo muri ibi bikwirikira, haba hageze ko URUHUKA akanya:
  - Kwumva uciitse intege
  - gusesemwa, gucibwamwo, n'ububabare butagira insiguro
  - Usahagurika, uhemagirika
  - Ubushangashirwe, ingeso mbi
  - Kuguma ujugumira
  - Kwifuza kwiikebagura canke kwibabaza ubwawe
  - Umutima uguma uteragira
  - Ivyiyumviro vyo kwiyahura canke kwiyica
  - Kudakorwako n'ukuri, amashusho wibuka ivyashitse, ivyo wikeka
  - Kutabona iyo uja, utazi neza aho uri
- Ntuhagarikwe umutima n'ibihagaritse abigisha imitima nko kuvuga urudome rumwe rumwe, utumenyetso two gusoma, ingene rwandika, indimburo, n'ibindi. Wewe ni wandike gusa. Ntuzobiharerwa ikibanza canke ipete.
- Iyumvire ufise ikintu mu maboko gikabura bimwe mu vyo wibuka. Ivyo na vyo ni nk'amafoto, ibintu witwaje mu rugamba, umwambaro wawe (uniforme), imidari, amakete waronse ari yo ukiri, ikintu c'icibutso wazanye muhira, umuziki wumvise ari yo uri,...
- Nimba wibaza ko udashoboye kwandika iyo nkuru yawe, iyumvire kubifata mu majwi nka "bande-cassette", canke ubiwire umugenzi wizigiye yokwandikira bikuru-bikuru vy'uyo nkuru.

## Kwandika inkuru yawe

Uyu mwimenyerezo ufise ibice: imbere y'ihahamuka, mu gihe c'ihahamuka, n'inyuma y'ihahamuka. Igice cose kirafise akamaro mu kudonda ido n'ido inkuru yawe, rero ntihagire ico usimba! Mu gice ca 1, twifuza ko umara akanya wandika ingene ubuzima bwari bumeze imbere y'intambara. Soma ibi bibazo bikwirikira kugira bikwereke ingene wiyumvira ibijanye n'ivyo wokwandika (ntibikenewe ko wishura ibibazo vyose, ivyo ushaka kwandika gusa, kumbure bitatu canke bine):

- wakuriye he?
- Ni ibiki wizera ku Mana?
- Wari umerewe gute mu muryango?
- Ni ibihe vyakubonekako nk'ivy'ukuri ? canke nk'ibisanzwe?
- Ni ibiki wakunda canke utakunda kuri wewe?
- Ni ibiki vyakunezera kenshi ukiri muto? Ni ibiki vyaguha umunezero?
- Ni igiki cakugora cane kuruta ibindi?
- Ni ibiki vyakunezera kenshi ukiri muto? Ni ibiki vyaguha umunezero?
- Abagenzi bawe bari bameze gute?
- Ivyo warota canke wifuza gushikako mu buzima vyari ibiki ?
- Wokwiyumvira "urufatiro" rwaba mw'ijambo canke mu ryungane wari ufise imbere y'intambara?

Ubu rero, ku rupapuro ruri ukwarwo, tangura kwandika igice ca mbere c'inkuru yawe. Ku mutwe w'urupapuro urashobora kwandika iyi ndanzi y'amajambo:

### Igice ca 1: Ubuzima Bwanje Imbere y'Thahamuka

Ubu rero urashobora gutangura kwandika...



Ivyo ntivyari bigoye cane, niko vyari ? Ariko ubu, Igice ca 2 kija kuba kigoye gato. Muri iki gikorwa, dushaka ko wandika ivyakubayeko mw'ihahamuka, canke ivyabaye bijanye n'igihe cawe co mu ntambara. Nimba umeze nka benshi baciye ku rubuga rw'intambara, ushobora kuba washikiwe n'impanuka nyinshi zatereye ku vyo urimwo ubu. Andika bimwe mu vyakubabaje kuruta ibindi. Canke nimba udashobora kwibuka impanuka n'imwe yaguhahamuye, dondora ingene n'igihe ibimenyetso vy'ukubura urutonde bivuye ku kajagari k'inyuma y'ihahamuka vyatanguriye kukugora, ingene wavyifashemwo, n'ingene vyagwiriye. Igwirirana ry'ibintu bitobito mu kiringo kirekire rishobora kubirundanya bikaba umusozi w'ububabare.

Uriko urandika, ntuvuge gusa ido n'ido ry'izo mpanuka. Reka ubwenge bwawe busubire inyuma bwibuke ivyo wabonye, wumvise canke wiyumvise navyo. Ni ibiki vyakumoteye/vyakunukiye? Wumvise iki? Wumvise iki ubirigase? Vuga uko wumvise ubushuhe, ubukanye, umusenyi. Ivyo wacyemwo vyatumye wiyumvira gute? Mbega mu vy'ibigumbagumba wavyifashemwo gute kubw'ihahamuka? Muganga Aphrodite Matsakis yandika ku kamaro k'"ingene wiyumva" ku gukira kwawe:

Kugira ukire neza, utegerezwa kugira ico ukoze kubw'ihahamuka Atari ku vyo mu mutwe gusa, ariko no kuvyo yiyumvamwo naho. Ibi bisaba gukorwa mu nzira zibiri:

- Ubwa mbere, uko wiyumvira vyatewe n'ihahamuka utiyumvamwo ubwa mbere bikwiye kudomwako urutoke.
- Ubwa kabiri, kandi kigoye kuruta, ivyo wiyumvamwo utegerezwa kubicamwo, n'imiburiburi, ku rugero rw'ibishobosho.

Ivyo wiyumvamwo bitewe n'ihahamuka bishobora kuba ari vyo bikomeye gusumba ibindi ku biremwa muntu, muri ivyo harimwo ubwoba, ishavu, intuntu no gutsindwa mu mutima. Nimba wibaza ko ibi utabifise, ni wiyumvire kandi. Uracafise ibimenyesto vyatumwe n'ihahamuka? Ufise ingorane yo kwama muri kamenyere? Urameneka umutwe? Urababara mu mugongo, ingorane zo mu nda canke ibindi bimenyetso vyo ku mubiri bidafise igituma cumvikana? Nimba ari uko biri, ibi bihanura ko naho woba ataco ugomba gukora kubw'ivyo wiyumvamwo, vyovyo bizogira ico bigukozeko.

Wewe n'ibikurimwo murakwiye kumenyana. Ihangana rya Isirayeri rimaze kuneshwa n'abanya Babuloni bagatwarwa ari inyagano I Babuloni, ibigumbagumba vyabo vyari vyinshi cane. Ariko ntibavyigumijemwo. Ivyo bacyemwo babiseruye mu kurira, gutuntura no kwandika iyi ntimba:

*Ku nzuzi z'i Babuloni ni ho twahora twicara mbere tugaturika tukarira twibutse i Siyoni. Ku biti vyaho ni ho twari tumanitse inanga zacu. Kuko abatwamukanye turi inyagano batugomberako indirimbo aho hantu, abatugaraguza agati batugombako akanyamuneza, bati ni muturimbire ku ndirimbo z'i siyoni.*

– Zaburi 137 :1-3

Nk'uko twabivuze, ibi ntibizokworoha. Ivyo umuntu yiyumvamwo bitewe n'ivyo wabuze canke n'ihahamuka ni gake bihimbara. Bizobuza kugubwa neza mbere bitere ububabare. Nico gituma ukwiye

kwitangira, n’umutima ubikunze, iki gikorwa kitoroshe. Hari ukwitanga kwinshi wagize kugera aha bigeze ariko turiko turagusaba kwongera gutanga ikindi kandi. Ariko uku kwitanga ni ukwawe ubwawe, kwitangira umuryango wawe, abagenzi bawe n’ubwami bw’Imana. Turakwinginze wibuke: ico uzoronkamwo ni ico uzoba warashizemwo.

## Igice ca 2: IVYANSHIKIYE MU GIHE C’INGWANO

Turagusavye aka akanya utangure kwandika....



Rimwe na rimwe kwibuka, na cane cane ibihe vyacu vy’ingorane bishobora kubabaza, ariko ni ko gukira kw’ibishobisho kumera. Birasa cane no kuvura igufa ryavunitse, uko bigenda kurababaza, ariko birakenewe kugira habeho ugukira nyezina. Mudutunge kugushira muri ivyo. Ariko nk’uko umuganga abaga abagwayi azobikubwira, gukira ntigushoboka hatabanje kubaho ububabare.

Igice ca 3 ntigira gikwiye kugora. Muri aka gace, twifuza ko udondora vy’ukuri uko ubuzima bwawe bumeze iki gihe, vyompi vyiza na bibi. Urashobora kuba uhagijwe n’uko umerewe ubu, nimba ari ko biri, andika igituma. Ku rundi ruhande, nimba uri mu ngorane z’ukubura urutonde bivuye ku kajagari k’inyuma y’ihahamuka, birashoboka ko ubuzima bwawe Atari urugendo rukuryoheye nk’uko woba uriko uraca mu nzira yuzuyemwo amashurwe. Ntiwizibire mu gusohora ivyiyumviro kandi ube imvugakuri, Atari ibijanye n’igihagararo cawe ufise ariko kandi n’ingene uvuyumvamwo. Ibi bibazo vyogufasha kwiyumvira:

- Mbega utandukanye gute n’uko wahora umeze imbere y’intambara?
- Ukora iki ubu? Nimba ufise ico ukora? Mbega ako kazi karaguhagije canke karaguhagarika umutima? Mbega niko wari witeze?
- Mbega imigenderanire yawe n’uwo mwubakanye imeze gute? Abana bawe? Abavyeyi? Abavukanyi?
- Imigenderanire yawe n’abagenzi atari abasirikare b’imbere y’intambara imeze gute?
- Uracafise imigenderanire n’abo mwahorana ku rugamba? Nimba iriho, bigenda gute iyo muhuye?
- Hari impanuka zihuruka kugushikira zatweretse urugezo rwawe rwo guhagarika umutima, ishavu, n’ububabare kuva uvuye mu ntambara?
- Ni ibihe bimenyetso biguhagarika umutima kuruta ibindi?
- Ni ibiki bikabura ibimenyetso vyawe kandi haba iki iyo bikabuwe? Bishika incuro zingana gute?
- Ni ibiki bituma ushaka kurira, udodagura ku meza, ukubita ku ruhome?
- Mbega ivyo wacyemwo mu ntambara biguha insiguro iyihe? Hari insiguro ushobora gukuramwo?
- Ubuzima bwawe ubu butandukanye gute n’uko wiyumvira ko buzoba igihe winjira mu gisoda? Bituma wiyumvira gute?
- Ni ibiki vyiza biboneka mu buzima bwawe muri iki gihe? Ni ibiki biguha umunezero, ivyizigiro, inguvu? Ni ibiki bigutwenga ? Ni ibiki witeze gukora ?

N’ubu nyene, ntugerageze kwishura ibibazo vyose, cane cane ivyo wumva usunikwa kwandikako. Ariko twari twifuza ko ico kibazo ca nyuma utogisimba.



### Igice ca 3: UBUZIMA BWANJE GUHERA MU NGWANO

Turagusavye aka kanya utangure kwandika...



#### Guha Yesu kaze mu bubabare bwawe

Yesu Kristo arashaka kwinjira hose mu buzima bwawe, ntakeneye kwiinjiza ku nguvu no kukurengera ariko ashaka kuzana ugukira n'intsinzi. NK'uko imodoka y'igipolisi ikizura akarere karimwo intambara iva ku nzu ija ku yindi, isaka buri cumba, ahinyegeje n'ahoba ubwihisho bw'inkozi z'ikibi z'iterabwoba, arashaka no kwinjira ahari umwijima gusumba ahandi ngo yigarurire aho abansi bawe binyegeje, baba ababoneka, bo mu bishobisho canke bo mu mpwemu.

*Iserura ibitamenyekana vyo mu mwiza, kandi igitutu  
c'urupfu igishira ahabona.* – Yobu 12:22

Iki kiraro categuwe ngo kigufashe kwibuka no kubona ihahamuka wabonesheje, amaso yawe y'ubwenge, kumbure winjire mu mizi kurusha uko woba warigeze kubikora. Turazi ko bishobora kuba vyari bibabaje bigakabura ibigumbagumba vyinshi muri wewe. NK'uko twabishimitseko ubwa mbere, vyose si bibi. Uyu ushobora kuba umwanya mwiza cane wo kuvugana n'Imana ibijanye n'ingene wiyumvira ubu nyene, ingene wiyumvise igihe hari ivyagushikiye n'ingene wiyumva ubu nyene, ingene wiyumvise igihe hari ivyagushikiye, n'ivyo woba wifuza ko agukorera. Uyu mwanya wokubera mwiza wo kuzana Yesu muri ivyo bibanza vyijimye, vy'ibintu vyo mu nkuru yawe, kugira ngo akwereke abansi bawe kandi azane umuco wo gukira ugufashe.

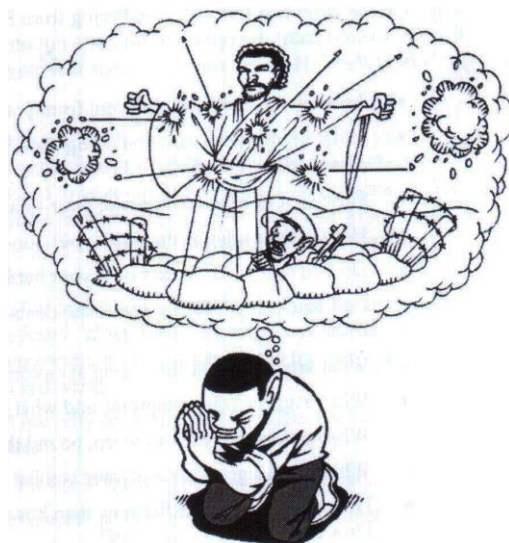
N'umwiza na wo ntugira ico woguhisha, ariko mw'ijoro habona nko ku murango, umwiza n'umuco kuri wewe ni bimwe.

– Zaburi 139 : 12

Ni yo ihishura ivy'amabanga y'iyi bihera, ni yo izi ibiri mu mwiza, kandi umuco ubana nayo.

– Daniyeli 2:22

Igihe washikirwa n'ivyaguhahamuye, wakikujwe n'ivyago. Ushobora kuba wariyumviye ko wagira upfe kandi vyarakugoye kwiyumvira neza. Ubwonko bwari kukwemerera kwiyumvira neza. Ubwonko bwari kukwemerera kwiyumvira ikintukimwe: kuguma uri muzima. Birashoboka ko ata cyumviro wagize c'iyi Imana yari ugisegerejwe n'ico gihuhusi,



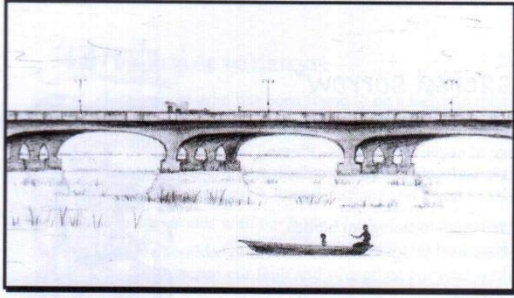
ariko Kristo Yesu niho yari ari, iruhande yawe. Fata akanya uri wenyene umuhe kaze mu bubabare bwawe, ntabutinya. Musabe akwugurure amaso, amatwi, umutima n'ubwenge. Hanyuma ihweze ivyo wanditse mu gice ca 2 uca umubona ho. Ahagaze hehe?

- Ariko araraba hehe?
- Ubona ariko akora iki?
- Ariko aragukorako?
- Hari icyo ariko arakubwira?
- Hari ikindi ushobora kwumva?
- Ariko arakumotereza canke aragusosereza?
- Ashaka ko ukora iki?

"Guha Yesu kaze mu bubabare bwawe" (Vyitwa kandi "gukiza ivyo umuntu yibuka") ni umwimenyerezo wo mu mpwemu wari ukwiye kwitwararika kenshi, nimba wogira icyo ubikoze. Bisaba umwete, gufata ingingo ntabanduka yo kubikora, no kwama ugira umwifato mwiza igihe ubikoze. Bisaba kandi kuvyimenyereza. Urashobora canke ntushobora kuba "warabonye" Yesu neza cane igihe wabigerageza ubwa mbere, ariko uko ukomeza imitsi yawe yo mu mpwemu, uzobona ukunywana nawe gukomeye. Ntufate minenegwe ibintu ngenderwako wize igihe wajabuka ikiraro ca 5 kijanye n'inzu izana ugukiza. Ivyo bintu ngenderwako bishira urufatiro rwo gushimangira imigenderanire na we. Kandi ntuzi wibagire ko vy'ukuri ari imigenderanire. Inkuru Imana iriko irandika kuri wewe ntivuga gusa ko uzi ivyago ariko kandi ko uyizi.

### *Gusozera:*

- Ivyo wacyemwo bihamamuka vyakweze ivyo wibuka bifatanye n'ibishobisho bikomeye. Ubwonko bwawe bwarakurekuye uracinyiza ivyo wibuka n'ibishobisho mu gihe cy'ihahamuka kugira bigufashe gufatira umwanya ukwiye akazi ko kuguma uri muzima.
- Ariko kuguma ucinyije ivyo wibuka n'ibishobisho kumara igihe kirekire bikugirira ingaruka mbi. Ni nkenerwa ko uvyibuka wibuka kandi ukabibamwo mu kibanza gitekanye. Utabikoze uzokemeza kugira ingorane z'ihahamuka riva ku ntambara canke kubura urutonde bitewe n'akajagari k'inyuma y'ihahamuka.
- Uhaye Yesu kaze mu vyo wacyemwo vyaguhahamuye, bituma ubwoba buthindwe, ivyo wibuka bibabaje birengerwa, kandi urugi rw'ugukiza kw'Imana rukuguruka.
- "Uko ugwaye ni ko n'amabanga yawe agwaye ". Rero sohora amabanga uyashire ku muco w'Imana ukiza.



Ikiraro 7 :

## GUTUNTURA

.....ivyo wahomvye.

Kujabuka uruzi rw'amaganya

***Hahirwa abatuntuye kuko ari bo bazokwirugwa.***

## Kwirengagiza intuntu

– **Matayo 5 : 4**

"Meze neza," Sentwali yabivuganye kumwenyura atahorana. Hanyuma aca araba hasi. "Ntaco bimaze kurazwa ishingira n'ivyanje, sogokuru."

Ariko sekuru Léon vyari bimuraje ishingira. Igihe umugwi ugwanya reta watangura kandi abagwanyi bagatangura gukora amabi, Sentwali yaciye yinjira igisoda. Yari amaze umwaka avuye ku rugamba. Yari yarahindutse atakiri uko yari ari. Ntiyegera abantu, agakanya. Ntiyari agifungura cane, adatora agatiro, atakivuga menshi. Igihe yavugaga, sekuru Léon yamubwiye ko ari kwiyoberanya, agerageza kwerekana ko akomeye.

Sentwali, sinibaza ko vyose bimeze neza. Ndashobora kukubwira ko ufise ibikomere vyinshi muri wewe, iruhanda y'ivyo ku mubiri ufise. Wakomeretse mu mutima, kandi ntibirakira. Mbarira ivy'ivyo bikomere.

Sentwali yaranize impwemu akanya aca arahemuka. Ntiyagomba kugira icyo avuze kuri vyo, ariko yagomba kwerekana ko yubashe sekuru. Yaciye aduza ibitugu. "urabizi ,sogokuru. Yari intambara. Ibintu vy'ishano vyarabaye mu ntambara. Abagenzi banje benshi barapfuye." Sentwali ariyijanyira imitima maze avugaga atekanye ati:"Gihagi yarafashwe, arakubagurwa imbere y'uko bahava bakamwica."

"Uvugaga wa mubanyi wawe, Gahigi mutoya, umwe mwakina hamwe kuva mukiri abana?"

"Ego, urya nyene. Ariko, nk'uko nabivuze, yari intambara. Dutegerezwa kubandanya." Mu maso kwa Sentwali haca harijirwaga kandi. Sekuru Léon aca ashira ikibanza ciwe kw'ivi rya Sentwali avugana ubwitonzi ati:"uramaze gutuntuzwa n'abagenzi bawe, ga mwana?"

Bari abasoda, sogokuru. Ndi umusoda. Urupfu ruri mu bigize akazi kacu, twabimenye igihe twinjira igisoda. Ntidukwiye kurufata nk'ikintu gihambaye igihe cose hari uwacu yanyazwe amagara.

Ninde yakubwiye ivyo ?"Sekuru Léon yabivuganye ishavu ? « Ninde yakubariye ko udakwiye kurufata nk'ikintu gihambaye igihe abagenzi bawe bariko barapfa ?"

Sentwali ariyijanyira imitima mu kwishura. Sinzi. Nta n'umwe yabidutegetse. Ni nk'itegeko ataho ryanditswe. Iyo abagenzi bawe bishwe, ntuka uja mu ruhagarara rurenze, utegerezwa kubandanya ubuzima".

"Ivyo ndashobora kubitahura igihe uri mu ntambara, iheze utegerezwa gufata akanya ukagandarira abagenzi bawe."

" Sogokuru, nyizera ko ndavyipfuzaga. Ariko ndafise ubwoba ko ninabikora bizoba bimeze nk'uruhomwe rwari ruzibiyemo amazi ruzoba rusenyutse, sinzoba ngishobora guhagarika amosozi ! Rero ngerageza kutavyiyumvirako."

Wa mutama w'ubwenge aca ariyumvira akanya. "Sentwali, umaze nka cyakimaduka cyakurima gishajye mu kigwati. Wibuke muri cyo gihe cy'iremba igihe umwe wese yatariye." Ikiraro 7 : Gutuntura~54

kimodoka caguma gifumba no kwiruka nabi hanyuma kikazima. Abasi yari kuba yashizemwo amavuta, ariko yaravyibagiye. Ata mavuta, ntaco yari gukora. Amaze kuvyibuka, hanyuma agashiramwo amavuta, yaciye ikora neza.

"Aka kanya ntumeze neza, mwana wanje. Umushaha wawe urakeneye amavuta, atari uko uzozima nka ca kimodoka kirima. Wibaza ko amosozi yawe atazokama ni watangura kurira ? Ariko ndakwijeje yuko azokoma. Sogokuru Léon yaciye ava ku ntebe yiwe. "Sentwali, ingo tujane. Nzokwigisha ingene batuntura, ndabifisemwo uburambe."

## *Gutahura intuntu - "Umubabaro ushikirizwa Imana"*

Igihe cose tugize ico dutakaje mu migenderanire iyo kanaka, ni kimwe mu bigize inzira isanzwe kandi niko biremwe kugira dushobore kwumva twikuyes ibintu bibi vy'ibishobisho.

Menya neza: uko bitunganijwe birasanzwe kandi niko biremwe. Biturimwo. Imana yarabiremye. Imana yarabiciyemwo. Uwo ari we wese arabicamwo.

Ijambo ry'icongereza rivuga "intuntu" riva mu rivuga ry'ikiratini risobanurwa "kwikorera umutwaro". Uko ni ko vy'ukuri intuntu imeze, si vyo? Umutwaro uremeye, wifuza ko wotura, ariko udashobora.

Intuntu yama ikaburwa no kubura umuntu

canke ikintu wari witwararitse. Intuntu ziratandukanye.

Turatuntura gato iyo ishata twakunda yononekaye tukaba dutegerezwa kuyita. Turatuntura gato umugwi wo kwononora dukunda utakaje ivyizigiro vyo gutsinda ihiganwa. Ariko dutuntura cane gose iyo tubuze uwo dukunda.



Ariko, Muganga H. Norman Wright, nk'umuntu ahanura abafise intuntu n'ihahamuka, atubarira ati: "Kugira ico ubuze si umwansi. Kudahangana navyo ni we mwansi". Kandi Muganga Gerald arandika ati: "Intuntu si ingorane yo gutorera umuti, canke kunesha. Ni inzira yashizweho yo guserura urukundo.....umubabaro ushikirizwa Imana."

### **VUGA IVYO WATAKAJE**

Hari vyinshi watakaje mu buzima bwawe, nk'uko twese biri. Ariko umwanya wamaze mu ntambara watumye ugira "ibigabanuka mu buzima" ushobora kuba wasanze bigoye ingene uvyifatamwo. Nk'uko wajabutse ikiraro ca 6, wakoze igikorwa gikomeye mu gushira mu majambo ivya gushikiye. Kubw'uyu mwimenyerezo, orosha ico utumbereye gato, maze wandike ivyo watakaje cane cane. Urashobora kwandika ibikomere vyo ku mubiri vyatumye ataco ugishobora gukora, abagenzi wabuze, imigambi, indoto (ivyo wategura kuzokora), ukwizera, urukundo, vyose wibuka. Ubivuze, urashobora gushira mu ngiro igikorwa kitoroshe co gutuntuzwa navyo.



Imana yadushizemwo uyo mwifato wo gutuntura mu ntumbero yo kumenya ingene twifata mu bihe bitwibutsa ivyo twatakaje mu mitwe yacu, mu bigumbagumba, no mu vy'impwemu, mu kubifatanya n'ibishika ibintu vyaramaze guhinduka, no kudufasha gushika mu gihe c'inkomezi nyinshi, co kwimbura no kwizera. Nimba tutifuza guhura n'ingene gutuntura bikorwa, canke tukagerageza guca inzira ngufi, dusigara turazimagirika mu kiyaga c'umubabaro, ntitwigere dushika ku nkombe z'inkomezi Imana yaduteguriye.

Nk'uko intwazangabo zikunda kubibarira ingabo nshasha zicinjira zisti : "Ububabare ni intege nke ziba ziriko zirava mu mubiri !" Ni muri iyo nzira, abanditse Gukiza inkomere z'ihahamuka (Healing The Wounds of Trauma) bandika : "Amososi ni inzira Imana yashizeho kugira ububabare buve mu mubiri wacu." Ni twagwanya uku bikorwa, umubabaro wacu ntuzigera ugabanuka.

## IGIHE DUTUNTUYE

- Tuba twifatanije vy'ukuri n'ibigumbagumba bizanana n'ivyo twatakaje, mu gishingo co kubinyikiza canke kubihakana. Nk'uko abahinga mu vy'intuntu babivuga "Ntushobora gukira ivyo utiyumva mu mubiri."
- Tuba turiko turigaragamvya akarenganyo k'ivyo twabuze, ivyo twemezwa neza mu gishingo co kwifata nk'uko umengo vyose bimeze neza.
- Tuba turiko tuvuga ko twipfuza cane ko ivyabaye bitari bikwiye kuba, mu gishingo co kubifata minenengwe.
- Tuba turiko duhangana n'ingaruka z'ivyashitse, tuzizimanganya kandi tubifata nka nkama, mu gishingo co kubihunga canke twigirisha ko ata cabaye, bigatuma ingaruka zavyo zidushikira incuro nyinshi.
- Tuba twemereye ubwonko bwacu gusubizamwo ikanda y'ivyo twibuka vyaduhahamuye turi mu kibanza gitekanye, tukabikuramwo iterabwoba kandi tukabishira mu buzima bwacu bw'inyuma y'ihahamuka.
- Tuba turiko turaha Yesu kaze ngo yinjire mw'ishamba ry'umuzitanyu ry'umubabaro wacu, turicemwo turi kumwe, aturemeshe turigezemwo hagati maze ajane natwe gushika tursirenze, mu gishingo co kurera amaboko twataye ubwenge bimwe bitagira izina.

## IGIHE TWANSE GUTUNTURA :

- Intuntu itatorewe umuti yabonetse nk'ikintu gitera ugukura kw'ingorane nsigabwenge, harimwo ubushangashigwe, kutaguma hamwe, kurengerwa, kunohorwa n'ikintu, kutirengagiza, uruhagarara, kugurugumba.
- Intuntu itashizwe ahabona ishobora kuzana ingorane ku magara y'umuntu no gutuma biyayuka. Aho tuvuga nk'ingwara y'igisukari, ingwara y'umutima, cancer, asima, n'ibindi bitera uruhagarara mu mubiri nko guhurirwa, uburibwe n'ububabare.
- Ntiduhuza n'uko imibiri yacu yatunganijwe mu kugira ico ikoze mu gihe habaye ikintu gihahamuka.
- Ntiduhuza n'icifuzo c'Imana co kudasanga mu muriro w'ihahamuka ryacu, tukaja kure y'imigambi yayo yo gukomeza ukwizera kwacu n'imigenderanire yacu na yo.

## INGENE TUTOTUNTURA

Abantu bamwe bazokora ico bashoboye gusumba gukora igikorwa kigoye c'intuntu, bakibaza ko hari ico bashitseko. Ivyo bikozwe bishobora kuduha agahengwe mu gihe gito, ariko ntibidukuramwo umubabaro. Ibi bikwirikira vyerekana ingene abantu bifata batarinze guhangana vy'ukuri n'intuntu yabo. Shira akamenyetso ku co wibaza ko wokora akanya ku kandi.

Ikiraro 7 : Gutuntura~56

- ☐ Guhagarika kuja mu ruhagarara rwo kwifata nabi canke kwiyeze umuho umugabanyije.
- ☐ Ntitwite cane ku biboneka ko vyoroshe kurangurwa, wirinde gucika intege mu gukora ibishimwa.

- ☐ Gwanya, usambure ikintu cose kiguteye ubwoba.
- ☐ Wirinde, uje kure y'ikintu cose cogutera uruhagarara.
- ☐ Uzuza ahari ikinogo, ahari intege nke uhuzurisha inkomezi ukuye ahandi.
- ☐ Wanke, ntiwemere icyumviro kikubarira ko vyigeze gushika.
- ☐ Kwimura, kwungururiza igikorwa kibi mu kibanza ciza (nko gukubita imbwa).
- ☐ Kuja kure y'ukuri kw'isi ikwereka ko ivyo wifuza utobishikako.
- ☐ Erekan, rabira ku bandi mu kubandanya ibimenyetso vyiza.
- ☐ Shira mu bwenge, ugwanye ibishobisho mu gushingira gusa ku biriho kandi bitumbereye.
- ☐ Kutitwararika ukugirirwa nabi, kumenya ingene wokora uciye bugufi no kutagira ico bikugize.
- ☐ Kubonera kure, kubona ibimenyetso bitari vyiza mu bandi.
- ☐ Gushiraho ibituma vyumvikana ku bw'umwifato mubi.
- ☐ Gusubira inyuma, gusubira kumera nk'umwana mu gukinga ingorane canke uruhara rwawe.
- ☐ Gucinyiza, kwima ikibanza ibikwiringa bibi igihe wirengagije umuzi ubituma.
- ☐ Kudaha akamaro, gusuzugura ikintu cari gifise akamaro vy'ukuri.

Nimba uzi kimwe muri iyi myifato muri wewe, ukwiye ubwa mbere kubona ico bisigariye: kwifuza inzira zicira hagufi zo kwongera gusubira kuba nka mbere ariko ntibizogushitsayo namba.

Guterera icyumviro: ereka umugenzi uru rutonde hanyuma umubaze ko hoba harimwo bimwe woba wiyemeje muri iyi myifato.

Hanyuma, bigire umutwaro wo gusengera. Saba Imana igufashe kumenya ko uriko uragwanya igikorwa c'intuntu mu kugwa muri aka kamenyero. Saba Imana igufashe mukorane muri uru rugendo rwo gutuntura.

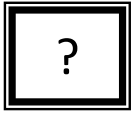
## INGENE GUTUNTURA BIKORWA

**MENYA NEZA INGENE BIGENDA:** Birafise uko bitunganijwe, vy'ukuri. Ariko ntibitunganijwe mu buryo ntabanduka. Umwe wese azomenya ingene yifata mu ntuntu yiwe bitandukanye gato n'uwundi akurikira. N'aho ari uko, hariho ibintu nyamukuru bikenerwa, bigereranywa n'ibuye rigera ibirometero mu rugendo, bikumenyesha ko uriko uratera intambwe wunguruza (canke ko utariko urunguruza).

Elizabeth Küber-Ross yari Umuganga w'umunya Swisse yize icigwa c'ivyo gutuntura imyaka myinshi. Mu gitabo ciwe citwa "On Death and Dying" avuga ko abantu hafi bose bafise ikintu rusangi bahura na co icyo bari mu buzima buhinduwe n'ihahamuka canke ivyago. Izi ni intambuko indwi adondora:

- **Igihe ibintu atakigenda:** kuranduka umutima, kwumva wazazaniwe inyuma yo guhura n'ivyago canke ihahamuka, ata ngingo ishobora gufatwa y'ibikwirikira.
- **Igihe co kwanka:** kugerageza kwanka ukuri. Oya! Ibi ntibishobora kuba biriko biraba! Canke, ntaco vyankozeko, ntivyari bibi. Canke mbere, ntivyigeze bishika. Waravyiyumviriye gusa.
- **Igihe c'ishavu:** ibishobisho vyuzuyemwo gushavura biraseruka! Ubuzima burabishe! Ubukari bwihijije buraseruka kuri buri muntu bitumwe n'akantu gato, guta umwikomo ku bandi.
- **Igihe co guta utora:** kurondera inzira yo kubivamwo ariko bidakunda. Gusezeranira Imana ico uzokora ibintu ni vyagenda neza, ushiraho ibisabwa vyo gukira, nka: Intambara ni yahagarara, nzoca mera neza.
- **Igihe co kwemera akaje:** ukuri kuja ku mugaragaro. Igihe kibi cane, ariko aho ibintu birahinduka kuko uwutuntuye arahava agatahura ko atagishobora gusubiza ubuzima uko bwahora.
- **Igihe co kugerageza:** kurondera inzira z'ukuri. Kumbure nari nkwiye kugerageza kandi ingene nova muri ibi bintu. Kumbure nari nkwiye kuraba uwo ndavyiganira. Kur

- **Igihe co kwemera:** Guhava ugatora inzira yo gukomeza. Ubu aratahura cane gose ihahamuka canke ivyago. Vyari bibi, bibi vy'ukuri, ariko nararokotse. Ngiye kubigira neza. Isi yanje yarahindutse ariko ndashobora kuba muri iyi si nshasha. Ndashobora no gutera imbere.



Wiyumviriye ihahamuka wacyemwo, n'intuntu wumva kubera ivyo watakaje, ni ibihe muri ivyo watakaje, ni ibihe muri ivyo duhejeje kudondagura vyoba vyerekana neza uko umerewe mu bwenge bwawe ?

**Amajambo make ku bijanye n'ingene bigenda.** Nk'uko twabivuze ubwa mbere, ntabwo bifise inzira ntabanduka vyubahiriza. Urashobora kudaca kuri izi ntambuko zose. Hari iyo ushobora gusimba ukazoyigarukako mu nyuma. Hari iyo ushobora gucamwo n'ingoga kandi vyoroshe iyindi nayo ukayitebamwo umwanya murermure. Ushobora kwisanga wasubiye inyuma hanyuma intambuko zibiri canke ukaguma uzunguruka ata rutonde ku ntambuko zitandukanye. Nta numwe yovuga yemeza neza ingene azovyifatamwo mu gihe c'ihahamuka wisangije.

Kubw'ivyo, ntugwe mu kigeragezo co kugereranya ingene wifata mu ntuntu yawe n'ivy'uwundi. Ni waguma wifatanije n'Imana mu nkomezi muri urwo rugendo, izokurenganya igucishe ku ntambuko zose igushikane ku ntambuko ya nyuma vyihuse cane bishoboka.

Bizomara igihe kingana gute? Ata kubesha, ikiringo bishoboka ko gisumba ico ushaka. Uko biri, nimba ihahamuka wacyemwo ryari rikaze cane, intuntu izokwamaho. Ntizoba isumvya ubuzima bwawe uko buri ubu, ariko hazokwamaho ikinogo aho umuntu wabuze canke ikintu canke indoto yawe ya kazoza vyahora biri. Urya mubabaro ntaho uzoja. Ariko si bibi vyose, bifate nk'icibutso c'ubwinshi bw'urukundo n'agaciro cari canke vyari bifise imbere y'uko ubitakaza. Imana izobikoresha:

*Imana y'Umwami wacu Yesu Kristo, ari yo se, iragahezagirwa, Data wa twese w'imbabazi kandi Imana yirura imibabaro yose, itwirura mu marushwa yacu yose kugira ngo natwe tubone uko twirura imibabaro abari mu marushwa yose, tuyibiruze uko natwe twiruze n'Imana.*

–2 Abikorinto 1 : 3,4

## Ingene turonka ugutuntura kwiza

Igihe dushikiwe n'ikiduhahamura, intuntu ni yo twumva. Gutuntura ni kugira ico dukoze kubw'ivyo. Ni gusohorera hanze umubabaro w'imbere. Na Yesu Kristo, azi vyose, avuga ko iyo tubikoze tuba turi abahirwe kandi tuzokwirurwa (Matayo 5 : 4). Ibi ni vya ngenderwako vyo guhoza mu bwenge uriko urasohora umururazi biciye mu gutuntura.

## ❖ IBUKA AHO IMANA IRI

Kubera iki igikomere cawe, Imana irakwiyegereza bidasanzwe. Imana irakwitayeho. Ni inyarukundo kandi nyene imbabazi, yiteguye gufasha uwo ari we wese azoyemerera. Ubifatireko! Urashobora kwitega ko Imana iseruka kandi ikishura ivyo ukeneye aka kanya. Ni nk'umugenzi wawe pfa mpfe avuga ati: "Nimba hari ico ukenye coses, ntujijanye imitima nsaba!" Nico avuga.

*Uhoraho aba hafi y'abafise imitima imenetse, kandi akiza abafise imitima ijanjaguritse.*

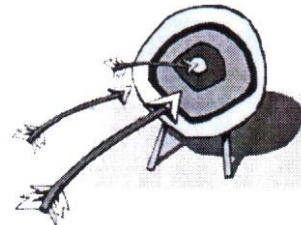
– Zaburi 34 : 18

Saba Yesu yinjirane nawe mu bubabare. Humiriza wumve aciye inyuma yawe akugumbire akugumye. Mureke agukuremwo ububabare mu mubiri, mu mushaha no mu mpwemu abishire muri we.

## ❖ TUMBEREZA NEZA INTUMBERO Y'UKWIZERA

Ni wibaze ubwawe iki kibazo: "nizera iki?" wishuye gute? Twizere ko utishuye ko "ata na kimwe", kumbure inyishu yawe yari imeze nk'imwe muri izi:

- "Ko Imana izomvana muri aka gasuzuguro."
- "Ko ukuguru kwanje kuzokira"
- "Ko umugabo wanje atazonta "
- "Ko nshobora guheba kunywa cane"
- "Ko nshobora gutsinda ishavu"



Ibi vyose ni amahangiro akomeye y'ukwizera n'ibisabo vyiza dutura Imana, ariko si vyo wari ukwiye kwizera. Uvyizeye, ntibishike vyoca bigenda gute mu kwizera? Inyishu imwe y'ico kibazo "nizera iki?" ikwiye kuba "Imana". Igihe dushize ukwizera kwacu ku bidukikuje canke icifuzo kanaka, tuba dukombosye Imana mu buzima bwacu tukihemukira ubwacu.

Ukwizera kwacu kw'ukuri ntikuri mu kintu tugomba ko gishika, kuri mu Mana? Iriko irakora ikintu ciza kivuye mu bihe turimwo naho twoba tudashobora kubibona. Umuntu afise ukwizera gushitse azobwira Imana ashize amanga ivyipfuzo vyawe bikomeye, avyegurire mu maboko yayo y'ubwenge kandi y'urukundo, atakuraba ivyo ari vyo. Izokwama ikora vyiza. Rimwe na rimwe turashobora kugerageza cane kugira Imana ihindure ibihe vyacu, kandi nayo iriko irakoresha ivyo bihe nyene ngo iduhindure!

## ❖ NTUGERAGEZE KUVYIKORERA

Gutuntura biragoye no kwirurwa ni igikorwa kitoroshe. Igikorwa co kwirura c'ukuri ntigikorwa conyene. Ntugerageze kuba inking y'inkomezi kuri buri muntu wese agukikuje. Uzosanzara. Menya neza kurondera abantu bake uzi wokwitura babe aho igihe ubakenye. Igihe utuntuye, bisa n'uko waguye mu kidobo kinini. Ntushobora kukwirayo ubwawe, ukeneye umugenzi aguterera umugozi. Umenye neza ko ufise abagenzi iruhande bashobora kugukwega.

## ❖ GIRA ICO UKOZE KUBW'ISHAVU RYAWU

Iyo ishavu ryuzuranye rihinduka umururazi. Kandi, nk'uko twavyize, umururazi uzokwuzura useseke urenge imbibe z'ubuzima bwawe. Ni vyiza gushavura. Ni ibisanzwe, biratahuritse igihe wahuye n'akarenganyo, n'ibibabaza, n'ibintu bitera intuntu. Biranditse muri Bibilia ko Yesu ubwiye yashavuye ibihe bimwe (Mariko 3:1-5, Mariko 10:14, Yohana 2:13-16). Ariko ni ico dukoze kubw'ishavu gishobora kutujana mu caha.



Bibilia ivuga mu Banyefeso 4:26, "Ni waraka ntibigukoreshe icaha. Igihe wumvise ishavu riyongeranya muri wewe, ubwa mbere herera kure y'ikintu cariguteye nimba wobishobora. Nk'akarorero, nimba ari umuntu, va mu cumba, nimba ari aho uri, ja mu kindi kibanza. Ni nko gusokora inkwi mu muriro. Ata nkwi, bidatevye umuriro urazima. Genda kwiruka, gira ama "pompages", kurima, guca igiti, gutera igiti, kunyonga ikinga. Canke nimba ubishoboye, gira ico ukoze gifise akamaro nko gufasha umuntu abikeneye, kwubaka ikintu, kuja ku rusengero urabe ko hari ico bakeneye wobafasha.

#### ❖ KURIRA AMOSOZI AGATEMBA

Ibi biragora abagabo gusumba abagore. Baboneka ari abantu bigumya ntibatwarwe n'ibishobisho bikaze bijanye n'intuntu. Ibi bitumwa n'imvugo dusanga mu bantu: "Abahungu bakuze ntibarira". Kumbure si vyo ariko abagabo bakuze bakwiye kurira iyo hageze gutuntura no kwirura.

Umwami Dawidi yanesheje ikigatanya gipima imetero zitatu z'uburebure mu ngwano, yishe intambwe, n'idubu n'amaboko akiri umuhungu, yatwaye inshato z'abafilisitiya amajana abiri azitanga nk'inkwano. Hari n'uwari musu y'ubutware bwiwe yashoboye kwica abagabo amajana umunani mu ntambara imwe (aho ibigwanishwa bicira umuriro ntivyari bwabeho). Yari afise uwundi yashoboye gukingira ikibanza mfasha rugamba agikura mu menyo y'igisoda c'Abafilisitiya n'uwundi yishe abagabo amajana atatu mu ngwano imwe akoresheje icumu. Dawidi yari umutware wabo. Turashobora kwemeza ko yari "umugabo abushitse". Ariko nticabujije ko ibishobisho vyawe abikoresha mu gihe c'amaganya:

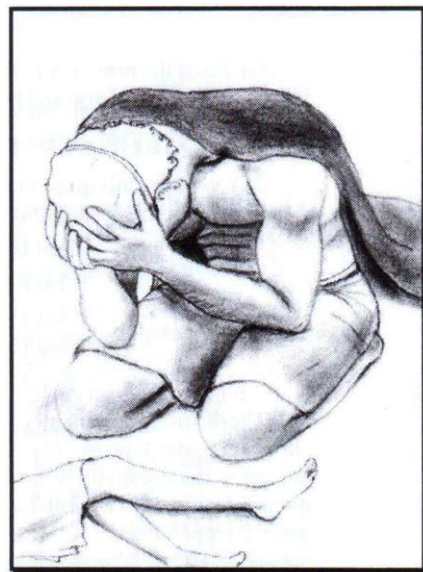
*Kuniha kurandambiye, uko ijoro rije ntotesha uburiri bwanje amosozi,  
uburiri bwanje ndayabucuncuburirako. (Zaburi 6:6)*

*Nkamera nk'aho ari umukunzi wanjye canke mwene mama arwaye,  
Nkicurikira nk'ugandaye, nk'uririra nyina. (Zaburi 35:14)*

*Kurira kwanje kuranduhije, umuhogo urumye, amaso yanje yakobotse  
Nkiorereye Imana yanje. (Zaburi 69:3)*

#### ❖ KUGIRA INTUNTU Y'ICIBUTSO

Abashakashatsi mu gisata c'intuntu no kugandara barabonye ko ivyibutso bifise uruhara ntangere dutanguye kugira ico dukoze kubw'intuntu no kuzana ugukira. Nico gituma dufise imva. Ibi ni ibintu bifise insiguro mu vyo twacyemwo n'ibimenyetso vy'intuntu yacu. Turabikeneye.



Ni gute wofata ku mutwe intuntu ikomoka kw'ihahamuka ? wokora iki canke woshiraho iki coguha ikimenyetso kigaragara c'umubabaro wawe, ikintu kizokwerekana ivyo watakaje ? Ibi bisaba ko umuntu agira ico akoze ico wewe n'Imana mwemeranije. Bishobora kuba ibintu bisanzwe nk'ibuye risenye riri mu mufuko wawe wakuye ku rubuga rw'intambara, icese wandiste ukagishira ku ruhome, canke itafari ryo ku munara riri mu karima k'utwatsi wateguye neza impande y'inzu.

## Ibimenyetso vyerekana ko ikigandaro cawe gifise ico kiriko kirafasha

Nk'ingaruka z'ihahamuka n'ibindi vyitamwo, umuntu ari mu maganya abaza ibibazo vyinshi birimwo "Kubera iki?"

*Kuber'iki ibi vyashitse? kubera iki jewe? Kubera iki ubu? Kuber'iki nakoze birya? Kuber'iki Imana yemeye ko bishika? Kuber'iki ntegerezwa kubabara cane? Ibi bibazo vyose birasanzwe, bibaho kandi vyama vyitezwe. Nta n'umwe yokwagiriza amakosa kubera ubibajije.*



Ni ibihe bibazo "kuber'iki?" wabajije canke ubaza? \_\_\_\_\_

Ikibabaje c'ivyo bibazo "Kuber'iki?" ni uko vyinshi muri vyo bitazokwigera vyishurwa tukiri musi y'ijuru. Turashimika iyo tubibaza kandi tuba dukeneye inyishu. Ariko inyishu zavyo ntiziboneka.

Igihe utanguye kubaza "Gute?", ico ni ikimenyetso ko wateye intambwe. *Ni gute nokwubaka izindi ndoto? Ni gute nokomeza? Ni gute nokwifata mu vyo nabuze canke natakaje? Ni gute nosubira mu buzima busanzwe kandi? Ni gute nokwigira ku vyo nacyemwo?*

Ibi bibazo vyose birashobora kwishurwa. Biraba muri kazoza atari kahise. Bivuga igikwiye gukorwa atari kwiyumvira. Basaba Imana imfashanyo canke abandi bantu.

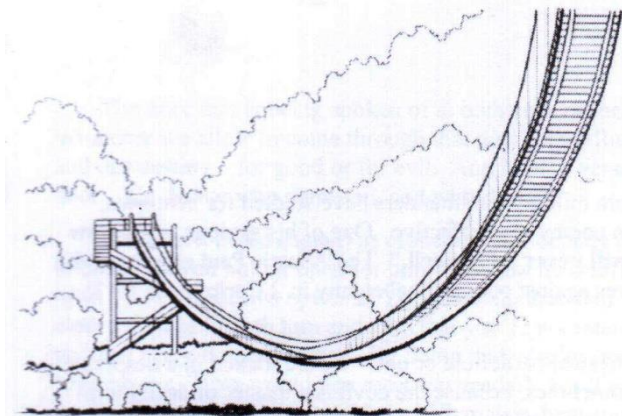


Ni gute wohindura vya bibazo "kuber'iki?" wandika ukabihindura "Ni gute"? Ni ibihe bindi bibazo "ni gute?" wari ukwiye kubaza? \_\_\_\_\_

### Gusozera :

- Igihe uguye mu gihe c'ihahamuka kirimwo ubwoko butandukanye bw'ivyo utakaza, utiyemeje kubigandarira, ntuzashobora kurengana umubabaro wawe.
- Ntaco bimaze guhakana ko ihahamuka ryagushikiye, canke kurifata nk'ikintu ataco kigutwaye.

Imana irifuza kujana nawe mu gihe c'amaganya. Hariho inyifato itomoye n'ibikorwa ushobora kwiyezeza bizogufasha mu GUTUNTUZA n'ivyo watakaje maze bikagushikana kure mu rugendo rugushikana mu kibanza c'ubukiriro.



Ikiraro 8 :

## KWIGWANIRA

.... Ubwawe mu Mpwemu

Kujabuka uruzi rw'intege nke mu Mpwemu

**Nuko mugamburukire Imana, ariko  
murwanye wa murwanizi, nawe azobahunga.  
Mwiyegereze Imana nayo izobegera.**

–Yakobo 4:7,8

### Kwihagararako = intsinzi

"Ojo, uri umusoda. Urakomeye. Ni vyo ukeneye gusumba ibindi. Urabikwiriye gusumba Bonzu umwe avyibushye kandi w'ikinebwe. Komeza, ubishikire !"

Ojo yariko araraba agapfungo k'amahera yari abonye giturumbuka kanyegeje mu bubiko bw'aho yari asavye indaro. Yari akeneye amahera bimwe bidasanzwe. Kuva agarutse avuye ku rugamba, ibintu ntivyari vyifashe neza. Yari yasivye ku kazi imisi myinshi, umukoresha yari yamaze kumwirukana ku kazi. Ntiyashobora kuvyihanganira, ntiyashobora kuja gukora imisi imwe. Yiyumva ko yohitanwa n'icari cose, ari mu kibanza co gushikirwa n'ingorane, afise amakenga ko abo bakora boba bariko barategura kumwica.

"Yatore, Ojo !" Ijwi yumva mu mutwe wiwe ryari ryumvikana kandi rimwinginga.

"Nca nkora iki ni namenyekana ko nivyemurumuna yanyeretse ubugwaneza, akampa indaro ?" Woca umwica abimenye. Abantu bama bicwa muri iyi micungararo, intambara iracabandanya ! Ninde yobimenya ? Ninde yovyitaho ? Ni nde yohava akwegakako ico caha ?"

Ojo yaciye avugira mu ntamatama, "noca ngura inzoga nyinshi...."

"Ego, nivyo ! kandi inzoga ni kimwe mu bintu bimpumuriza. Ni umuti wawe ! Vy'ukuri, nta kibi kirimwo uronse umuti, kirimwo ?" Kandi ndafise abantu benshi mfitiye imyenda. Vyotorera umuti ingorane nyinshi."

"None ko wijijanya imitima ? Ni ayawe. Yatore twigire !"

Ojo yumvirije mu maboko yiwe ingene ka gapfungo k'amahera karemereye. Yari amahera menshi atari bwigere abona igihe kirekire. Yari akwiye kuyatora. Yari yatakaje menshi nk'umusoda, aka ni akanya ko kwiriha.

Irindi jwi ryaje mu bwenge bwiwe. Ntukibe. Ntukice.

Ivyiyumviro birgwanira mu mutima wiwe, ingwano.

Birahava bimera nk'uko umengo yari mu ndoto. "Ndi mu biki ?

Ibi ni bibi ! satani ! Namenye ijwi ryawe ! Wigize nk'uwuriko

arampanura neza, ariko uriko uragerageza kunyica !

Uriko urangerageza ngo ncumure ku mugenzi no ku cagezwe c'Imana.

Biranditswe : Ntukibe. Rero ndagutegetse mw'izina rya

Yesu Kristo Umwami wanjye, cereza kandi umvemwo !"

"Uri umusazi !" satani yaridodomvye ariko arasohoka.

"Urakoze Yesu kumfasha. Umbabarire ko nagomvye kwiba amahera ya Bonsu. Ariko ndi umuhirwe ko ugendana nanje igihe cose, ukarongora intambuko zanje ukazirinda urwobo rw'umwansi yanciriye.

Ubu ngomba nshire Bonsu amahera yiwe ndamubwire arondere ikibanza ciza co kuyanyegezamwo !



## Menya Umwansi wawe

Hariho umugwanyi wa kera w'umushinwa yitwa Sun Tzu, intwazangabo mu gisirikare, baramwigiyeko ibinjana vyinshi kubera ubwenge bwiwe bujanye n'ingene batsinda umwansi neza bwari butomoye. Kimwe mu vyo yavuze ni : "**Menya umwansi wawe nawe ubwawe wimenye. Mu ntambara ijana ntuzokwigera uneshwa.**" Intumwa Paulo ashikiriza ico cyumviro kijanye n'ivyo dukeneye mu gutegeza kwigwanira tugwanya umwansi wacu wo mu mpwemu mu 2 Abikorinto 2 : 11 : "Ntituyobewe imigabo yiwe."

Dutegerezwa misi yose kwibuka yuko, twaba turi ku rugamba rugaragara canke atari yo turi, tuba twugaraniwe mu ntambara tugwana n'umwansi w'umwicanyi : satani. Rimwe na rimwe bishobora kutaboneka nk'uko, kuko umurwanizi ari se w'ibinyoma.

Intambara yo mu mpwemu imitima yacu igwana ntaho itaniye n'irya irimwo amasoro n'amabombe. Ariko abasirikare benshi bo mu bwami bw'Imana ntibazi umwansi wabo, mbere ntibamenya ko hariho intambara.

### Uhuha bwiwe

Urashobora kubona ubuhinga bwa satani bwinshi muri icyo nkuru ibanziriza iki kigabane. Bwinshi muri bwo bufatiye ku kinyoma. Nk'uko Sun Tzu nawe yabivuze : "**Intambara yose ifise urufatiro ikinyoma.**" Raba ko woronka akarorero kuri buri kintu muri ya nkuru.

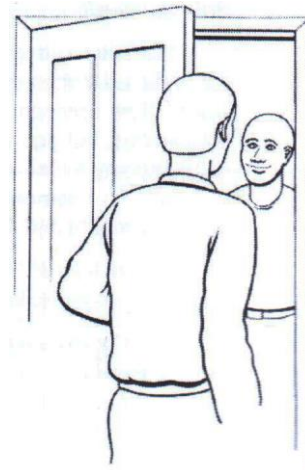
- Rimwe na rimwe satani azoguhendahendesha ubwibone ngo agute mu caha (Matayo 4 : 8,9).
- Rimwe na rimwe satani azofatira kuvyo ukeneye aho aguhendahenda ngo uhitamo kwikenura. **Uko bigenda kwose, Imana ntishaka ko ubabara, irabishaka? Ishaka ko wama unezerewe, siyo?** (Matayo 4:3) satani arakunda kukwigira uri hasi, ugiye, uciyijwe, uri mu mubabaro.
- Rimwe na rimwe azokuzanira ikigeragezo kiyoberanije nk'icifuzo co kugira ibintu neza. *Niyo wakora ibi uzoca umererwa neza, uzororanyirwa gusumba* (Itanguriro 3:4,5).
- Ntazokwigera akwereka ikibi, azokuzako nk'"umumarayika w'umuco"(2 Abikorinto 11: 13-15)
- Azokwama arondera aho uhobahoba, aho ufise integeshe nke, aho vyama bikugora mu buzima, ibibanza ibirwanishwa vyo mu mpwemu vyavuyemwo. (Abanyefeso 6:13). Nimba uri mu ngorane y'ihahamuka riva ku ntambara ibimenyetso vyawe vyerekana ibice uhobahobamwo, rero ivyo bintu bitegerezwa kurindwa. Umenye neza ko umwansi w'umuhizi azokwama imisi yose atera aho abona ko hadakingiwe. Ntashobora kukuzako atumbereye aho ukomeye.
- Azohengera uri wenyene ata bandi bakristo bari hafi bo kugufasha. (Matayo 4:1)
- Azokuyobesha ijwi ry'Imana n'ijambo ryayo mu mutima (Luka 8:11,12)

## *Ubuho bwa satani-Inzugi n'ivyicaro*

### URWINJIRIRO

Itanguriro 4:1-12 havuga ivuka ry'abahungu babiri ba mbere ba Adamu na Eva, Kayini na Abeli. Igihamana kibi, havugwa ubwicanyi bwa mbere bwabayeho bwatangujwe n'umwicanyi ubwiwe. Kayini na Abeli bashikaniye Imana, Kubw'imvo kanaka ishikanwa rya kayini ntirakiriwe. Ntituzi neza kuber'iki, kumbure vyavanye n'umwifato w'umutima wiwe igihe yariko arashikana. Kayini aca arashavura, arijirwa. Imana yarabona ibiri mu mutima iwe hanyuma irabimubarira, imuha impanuro z'akamaro, izo kayini yarenzako. Ku murongo w'indwi (7), Imana ibarira kayini:

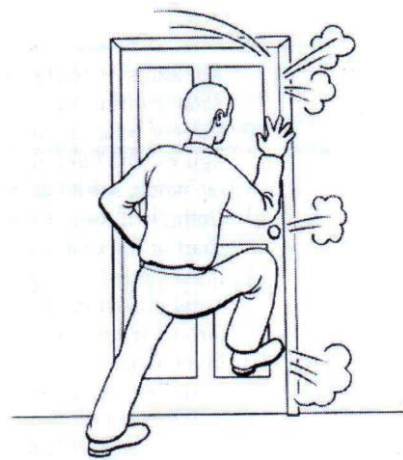
*Ni wakora neza ntuzokwemerwa ? Ariko ni utakora neza icaha kibunze ku rugi kandi ni wewe cifuza, ariko urakwiye kukinesha. – Itanguriro 4 :7*



Iki? Kugenzura? Nibajije ko satani yariko araduha umwidegemvyo! Umuntu yiyegurira ibigeragezo vyo "gutanga umwidegemvyo" vya satani aza neza ko vyose bijana mu buja. Biranezereje ko mu gitabo ca nyuma ca Bibilia Yesu naho nyene avugaga ibijanye no guhagarara ku rugi: *Ehe mpagaze ku rugi ndaramukije. Umuntu ni yumva ijwi ryanje akugurura urugi ndinjira iwe dusangire.* (Ivyashuriwe Yohana 3:20)

Urugi ruriko ruravugwa mu ntango no mu mpera za Bibilia rusigura ubushake bwacu. Ico twemerera cose kwinjira giciye muri rurya rugi kizogira ico gikoze ku guhitamwo kwacu, ubuzima bwacu n'icyo butera buja, ku vyiza canke ibibi. Muri icyo mirongo yompi, turasuzuma ku urugi. Turafata ingingo z'uukwiye kwinjira n'uutabikwiye.

Imana yerekana icaha(satani) kibunze ku rugi hanze y'ubugombe bwawe, kigerageza kukwemeza ngo ucugururire kuko kigomba canke agomba kukuganza, buhoro-buhoro. Ufise inzira zibiri. Urashobora kwugara n'inguvu zose urwo rugi, ukarungikira ubutumwa bwumvikana satani n'Imana yuko ata mwitwarariko ufise mu vyo ariko arakubeshabesha, canke ugatoborera agatoboro. Ukoze ivyo, uba uriko uravugaga uti:"satani, ndugururiye ivyo uriko urambarira. Womfasha gute muri ibi nkeneye?" Azoca akubarira uko bikwiye kumera. Kandi ni waba uri inkehabwenge uzovumviriza. Azobihinyanyura wumve ari vyiza kandi bimeze neza. Maze inyuma y'akanya gato, uzokwisanga wamwugururiye urugi.



## IVYICARO

Ico kintu nyene ngenderwako kiraboneka kandi mu Abanyefeso 4: 26,27

*Ni mwaraka ntibibakoreshe icaha : izuba ntirirenge mukiratse kandi ntumuhe wa Murwanizi icicaró.*

– Abanyefeso 4 :26,27

Ishavu si icaha. Ariko ivyo dukora dushavuye bishobora kuba ivyaha, canke ishavu rishobora kuturongorera mu caha iyo tutagize ico dukora bidatevye. Iyo turetse inyifato mbi, z'ivyaha canke Atari iz'ivyaha, bikatugumamwo mu bwenge, twita mu kaga ko guha satani "icicaró"

Igihe uriko uraduga umusozi muremure, urakenera aho uja uricara uruhuka kugira ubandanye. Icaro kimwe ntigishobora kugushikana aho umusozi uherera, kimwe cose kigushikana ku gikwirikira. Iki ni ikintu nyamukuru co kwibuka ingene satani azogerageza kugira ico akoze ku buzima bwawe. Ntazokwiyadukiza ngo vyose abikorere icarimwe. Ntashobora, azoca mu biboneka. Ariko ashoboye kuronka icicaró gitoya, ashoboye kukwumvisha ko akwiye kukuganza na gato mu kibanza gito, aba yamaze kukwegera akuganze mu bibanza vyagutse. Imana iguhanura: Ntumuhe n'icicaró na kimwe ca mbere! Umaze kukimuha bizoba bigoye kukimwaka.

Ikindi kintu ngirakamaro: satani aronka gute icicaró? Turakimuha, ntaciha ku nguvu. Ntaganze ubugombe bwacu. Ariko aratubesha mu kwiyumvira ko tuzogira ico twungutse ni twemera ivyo atubwira. Rero tugaca tumuha icicaró gato tukagujije n'ikintu twibaza ko ari ico agaciro kanini. Twama twibesha.

## GU KINGIRA AHO DUFISE INTEGE NKE



Umwe wese muri twebwe arafise ahari intege nke, ahahosbahoba mu buzima bwacu. Satani arahazi neza kandi niho arindiriye. Ntazota umwanya ku bibanza vy'inkomezi, afise ubumenyi n'ubuhinga bwo kurondeza mu bwitonzi ahantu hadakomeye nk'ahandi kugira aronke aho amenere mu kwinjira. Uzoba ukoze neza gushiraho inkizo nziza niyo wafata akanya ko kumenya ibice ufisemwo intege nke.

Fata akanya ubu nyene usabe Imana iguhishurire aho bishoboka. Ni hehe ukunda gutsindwa? Ni ibihe bigeragezo bikugora kwihanganira? Ni hehe wari umaze kunanirwa?

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## INZIRA ZO KWINJIRAMWO N'IVYICARO BISHOBOKA

Turasavye mugumize mu mitwe ko uru rutonde ruhagarariye inzira zo kwinjiriramwo zishoboka. Kubera gusa wahuye na kimwe muri ibi bikwirikira, ntibisobanura ko wakinguruye urugi canke wahaye umwansi icicaró. Ariko kandi birashoboka ko ariko vyagenze. Baza Imana icoba muri ibi cerekane urugi rwuguruye mu buzima bwawe.

1. Kwumviriza imiziki ya satani.
2. Gutunga amashusho, ibitabo, inkino birimwo ububasha bw'umwiza.
3. Kugirira inzigo n'umururazi Imana n'abandi.
4. Kugwanya ubutegetsu.
5. Kwunga imigenderanire canke ubucuti bushitse n'abantu barimwo abadayimoni.
6. Ibikorwa bibi vy'ubusambanyi n'abantu barimwo abadayimoni.

7. Kuja mu bikorwa vy'ubusambanyi n'uwo ari we wese.
8. Kuja mu busambanyi n'imaraya naho ryoba rimwe.
9. Abakurambere canke imiryango yemeye ibintazi
10. Abavyeyi, imiryango canke abategetsi batwegereye bemeye ibintazi, akarorero: amareba, kuraguza
11. Kuja ku mupfumu ufise amashusho y'izuba, amasi ngo bakuragurire canke bakubwire ibigiye kuba.
12. Kwifatanya n'ibikorwa nsigabwenge nko kuguruka mu kirere, ububasha bw'umwiza, gupfumura...
13. Kwifatanya canke kuja mu migirwa y'ibintazi, kubandwa, imisi mikuru, gutanga ibimazi,....
14. Kwihakana ivyo wahora uzi nk'ukuri.
15. Kuja mu bikorwa vy'ukwemera kutari kw'ukuri, canke imigirwa.
16. Gukoresha nabi ibiyayura mutwe na/canke umwambiro.
17. Gukoresha nabi ivyatsi.
18. Kunyoha umwitwarariko na/canke kwiryohera kw'umubiri.
19. Gukwegwakwegwa n'ubugizi bwa nabi no kwica
20. Kwinezeza mu kwica abantu canke ibikoko.
21. Ishari ryamaho urudaca, canke ishavu.
22. Amareresi y'ubusambanyi.
23. Kubura itiro igihe kirekire.
24. Guhekera wiyumvira cane ku kindi kintu cose atari ukuri wahishuriwe n'Imana.
25. Kuririmba uhibongoza canke ubundi buryo bwose bwo guhimbaza mu bintazi.
26. Gufata ku nguvu/ubusambanyi bubera hagati mu banyango (yaba uwabigiriwe canke uwabigize).

## KUZIBIRA INZIRA ZO KWINJIRAMWO

"Ukwiye kukinesha» (Itanguriro 4:7). Igihe cose umenye urugi rwuguruye mu buzima bwawe, hariho intambuko zitatu ukwiye gucako mu kurwugara:

1. **Kwatura no kwihana kuba waruguruye urugi.** Nimba vyavuye ku ruhande rwawe, iyo ntambuko iratomoye. Subira ku kiraro ca kane wiyubutse ivyo kwatura no kwihana.

Ariko inzira zimwe zo kwinjirama zishobora kuba zuguruye igihe ataco wari wishoboye, Atari kugarariza Imana na gato, nk'igihe wari watwawe umuti wo kugutimbisha canke wahahamutse mu rugamba. Birashoboka ko wahavuye uhitamwo uvyigombeye bivanye n'ikintu cacye gitangura. Birashobora kuba nko kuguma wumva ububabare inyuma y'igihe boba bakubaze, canke ikintu gikomeye kigusunikira gukora ikintu ukwiye kurandura cadutse inyuma y'ivyo wacyemwo mu ntambara. Muri ivyo bihe, ukwiye kwatura icaha, ariko kandi no gufata ingingo yo kwugara urugi soko rya vyo.

2. **Kugira ico ukoze mu kwerekana ukwihana no kweza ubuzima bwawe.**

- Guhindira hanze ugushungumirwa, ishavu n'umururazi.
- Gusaba imbabazi uwo wese wababaje canke wagiriye nabi.
- Gusubiza ico cose wivye canke wasambuye.
- Kuvavanura n'ivyo wifataniye vy'ibintazi wemera.
- Gusambura ibintu vyose bibabaza (ivy'amareba, inkino n'ibindi vy'ibintazi, amareresi y'ubusambanyi, ibitabo, imiziki ya satani, ibiyayuramutwe, umwambiro,...)
- Gusambura imigenderanire yose yonona (n'imaraya, abanywa ibiyayuramutwe, abarenga ibigo, abicanyi)
- Garuka uje musi y'ububasha bw'Imana (kwongera kwuzuzwa Mpwemu Yera).



### 3. Ongera kandi usabe kwuzuzwa Mpwemu Yera. ISENGESHO RYO GUFATIRAKO:

*Data, ndatuye ko nugururiye urugi umwansi wanjye. Naramuhaye icicaró. Naragize intege nke kandi naribeshe igihe nafata ingingo, ariko biri ku gatwe kanje. Ndakwaturiyeye yuko na ...[vuga ivyo wakoze mu kwugurura urugi]. Ndemeranya nawe ko ari icaha, kandi ukimparire. Ndakwinginze umparire. Nisunze isezerano ryawe ryo mw'ijambo ryawe, ndemeye imbabazi zawe kuivyaha vyanje. Urakoze.*

*Kandi ubu, Data, imbere yawe n'imbere y'ububasha bw'umwiza, ni ingingo yanje kandi ndavavanuye n'ukwugurura urugi kwanje. Ndarwugaye n'icicaró ndagikuyeho. Satani, ndakuyeho ububasha bwawe n'ubushobozi bwo kunkoresha kandi uko wabikoze. Ndakuboshe mw'izina rya Yesu Kristo, Uhoraho, Umukiza n'Umwami.*

*Data, ndasavye ukomeze aho ntabasha. Ntihasokwongere kuba umuhora. Ndiyemeje gukora igishoboka cose uzombarira kijanyeye n'iki canshikiye.*

*Ndongeye kukwiha ngo wongere unganze. Ndasavye unyuzure, ungenzure, undongore, kandi unkomeze na Mpwemu wawe Yera. Amen*



#### Ibigwanishwa vyacu

##### IKIGWANISHWA # 1: UBUBASHA

*Kuko ibigwanishwa vy'intambara yacu atari ivyo mu buryo bw'umubiri, ariko imbere y'Imana bifise ubushobozi bwo gushingura akarimbi.*

–2Abikorinto 10 :4

Kuba umwe mu biremwa bikomeye gusumba ibindi Imana yaremeye, no gutunganya ubuhinga bw'intambara ibinjana, satani ni umwansi akomeye cane kandi w'umwicanyi gusumba ikintu cose twashobora kwiyumvira. Iyaba twatana mu mitwe mu nkomezi zacu ubwacu, yadufyonyoye nk'inda.

Ariko Bibiliya iravugako ku bubasha Yesu Kristo yaduhaye nk'abasuku n'abasirikare biwe. Ijambo ry'ikigiriki ribivugako neza ni:

#### EXOUSIA: "Uburenganzira, ubushobozi, ububasha, ubushobozi bwo gutegeka, nyene ububasha"

Birarenze ububasha, ni ububasha n'ubushobozi. Ni nko mu mukino wa "Rugby". Mu kibuga hajayo abantu mirongo itatu bafise inkomezi ziteye ubwoba. Barakomeye, baranyaruka, kandi bashobora kubabaza abantu benshi cane. Ariko si bo bafise ububasha. Hariho batanu canke batandatu bari hasi bambaye imipira y'amarangi atandukanye n'abafise amafirimbi bafise exousia – bitwa abahagarikizi. Abakinyi ba "rugby" barashobora gusa abantu hasi ariko abahagarikizi bashobora kubasohora hanze. Iyo ni exousia!

Abanyefeso 1 :19-23 harafise vyinshi kuri exousia ya Yesu Kristo.

*Mumenye n'ubwinshi buhebuje bw'ubushobozi bwayo ikoreshereza muri twebw abizera, nk'uko kwa gukora kw'ububasha bw'ubushobozi bwayo kungana. Ukwo yakoreye muri Kristo, hamwe yamuzura mu bapfuye, ikamuvyagiza i buryo bwayo ahantu ho mw'ijuru, imushize hejuru cane y'ubukuru bwose n'ububasha bwose n'ubushobozi bwose n'ubwami bwose n'izina ryose rivugwa, si muri iki gihe gusa, ariko no mu kizozo. Kandi imuha ishengero ngo abe umutwe w'umwiza wo gusumba vyose, ni ryo mubiri wiwe, unengesereye unengeserera vyose hose*





Abakolosayi 2:9-10 havuga ko hariho uwundi iruhande ya Kristo afise ukunengesera nk'ukwo na exousia. Muceko umuzingi uyo muri iki gisomwa:

*Kuki muri Kristo ari ho haba ukunengesera kwose kw'Imana mu buryo bw'umubiri. Kandi munengeserezwa no kuba muri Kristos, ni we mutwe w'ubukuru bwose n'ububasha bwose (exousia).*

#### **IKIBANZA CAWE CO KUGWANIRAMWO:**

Nta n'ububasha buri musu y'izuba busumba ubwa Yesu Kristo. Nta mwami, nta "général", nta mukuru w'igihugu, nta dayimoni, nta mumarayika, na satani ubwiwe yohagarara imbere ya exousia ya Kristo. Ko ubu turi abana biwe, Imana yaduhaye ibikenewe muri ubwo bubasha nyene igihe tugwana n'inkomezi z'umwiza. Kandi turafise ubu bubasha kuko Kristo yitanze agapfira ku musaraba hanyuma arazuka kandi anesheje satani, icaha n'urupfu rimwe rizima. Tugwana turi mu kibanza c'intsinzi n'ububasha, twicaranye na Kristo ahantu ho mw'ijuru (Abanyefeso 2:6)

#### **IKIGWANISHWA # 1: IBIGWANISHWA VYACU VYO MU MPWEMU**

Muri "rugby", mu mupira w'amaguru no mu ntambara, twarabonye ko ata kwikingira kwiza tudashobora gutera abansi.

Iyo urugamba rwarese, gufura neza hamwe n'ibirwanishwa vyo gutera abansi ntaco bimaze, batugemye urusasu mu gikiriza biba birangiye. Nico gituma abantu bavumbuye ibigwanishwa. Ariko Imana yaremye ibigwanishwa vyo mu mpwemu kera cane kubw'intambara zo mu mpwemu.

*Kubw'ivyo mwabire ibigwanishwa vyose vy'Imana kugira ngo mushobore kudatsindwa ku musu mubi kandi ni mwaheza vyose mugahagarara mushikamye. Nuko rero ni mushikame, mukenyeje ukuri, mwambaye ukugoroka nk'icuma gikingira igikiriza, mwambaye inkweto z'ivyo ubutumwa bwiza bw'amahoro bibiteguza. Kandi hamwe n'ivyo vyose mwabire inkinzo y'ukwizera ni yo muzashobora kuzimisha imyampi ya wa mubi yose yaka umuriro. Mwabire inkofero y'agakiza, bo n'inkota ya Mpwemu ni yo jambo ry'Imana.*

—Abanyefeso 6 :13-17

Turabe mu ncamake kimwe cose mu bigwanishwa Imana yaduhaye:

**Gukenyeza ukuri:** Ubuhinga bukomeye satani akoresha ni ikinyoma. Ico natwe tumugwanisha ni ukuri. Dukenyeje umukanda w'ukuri, uratugabisha ibinyoma n'ubuhinga buyovya bw'umwansi ukadufasha kugwana neza.

**Ukugororoka nk'icuma gikingira igikiriza.** Icuma gikingira igikiriza gifise igikorwa nyamukuru gikingira ibihimba nyamukuru vy'umubiri. Ubuzima bwobandanya ata kuguru canke ukuboko, ariko ata mutima biba birangiye. Imitima yacu icungewe n'ukugororoka kwa Yesu Kristo twaronse igihe twakizwa.

**Inkweto z'ivyo ubutumwa bwiza bw'amahoro.** Inkweto zikingira ibirenge kandi zigushobora guhagarara ata kunyerera no gushikama. Ivyo bitariho, ba bandi batagenze ibirenge bisa cane bohava bagenda batihuta bafise ubwoba, abo nabo mu rugamba barakarirwa. Ko ubutumwa bwiza bw'Imana twabuhaye ikibanza bikwiranye, Imana iduha amahoro n'iyi twoba dusugerejwe mu ntambara.

**Inkinzo y'ukwizera.** NK'uko twizigira kandi tukirata inkomezi zayo n'ububasha vyo kudukingira, inkinzo yacu izokwama ikomeye kandi tuzokingirwa.

Niyo twasamarira umwansi n'inkomezi ziwe, tuzotakaza ukwizera kwacu.

**Inkofero y'agakiza.** NK'uko icuma gikingira igikiriza gikingira ibihimba vy'umubiri nyamukuru, inkofero ikingira igihimba c'umubiri nyamukuru aho vyose mu buzima bwacu biva: ubwonko bwacu. Nimba umutwe

ukomerekejwe, ibindi bihimba vy'umubiri ntaco biba bigikora. Ibitero vya satani bikuru bitumberezwa ku bwonko. Agakiza k'Imana kadukingira ivyo satani yotugirako.

**Inkota ya Mpwemu.** Iki ni ikintu cisangije, kuko gishobora kuba ikirwanishwa gikingira canke gitera. Inkota ni ijambo ry'Imana. Igihe Yesu yaterwa na satani mu bugaragwa (Matayo 4 :1-11) yaneshesha umugwanizi ivyanditswe mw'ijambo ry'Imana.

### IKIGWANISHWA # 3 : IJAMBO RY'IMANA

Uko dushira mu ngiro ibintu mu bwami bw'Impwemu ntidukoresha inkomezi z'umubiri, umuyagankuba, ubuhinga ngurukanabumenyi, ama "bulldozers" canke amabombe. Dukoresha "ijambo rivuzwe". Nk'icigwa kiryoshe kuri ibi, raba iyi mirongo ubone ingene Imana, Yesu n'abigishwa biwe bakoresha ijambo bavuze mu gushitsa igikorwa ca Mpwemu :

|                  |                   |                               |
|------------------|-------------------|-------------------------------|
| Itanguriro 1 : 3 | Mariko 1 : 25-26  | Ivyakozwe n'intumwa 3 : 6-8   |
| Matayo 4 : 10    | Mariko 4 : 39     | Ivyakozwe n'intumwa 13 : 8-11 |
| Matayo 9 : 6     | Yohana 11 : 43,44 | Ivyakozwe n'intumwa 16 : 18   |
| Matayo 12 :13    |                   |                               |

Mu gutondeka ibigwanishwa vyo mu mpwemu, inkota ya Mpwemu inganishwa n'ijambo ry'Imana. Igihe Imana yashaka kurema, yarateguka bikaba. Igihe Yesu yashaka kuneshya satani, gukiza, gucerezesha umuyaga, kuzura abapfuye canke gusenda abadayimoni, yakoresha ijambo ryo gutegeka. Igihe abigishwa biwe bakenera gukiza canke kugwana intambara yo mu mpwemu, bigana akarorero kiwe bagateguka nk'abaserukira shebuja.

Uku ni ko kandi Yesu ashaka ko ugwanya umwansi wawe. Uri ku rwego rwo hejuru, ufise ububasha bw'ubugororotsi n'abo mufatanije bo mu mpwemu (abamarayika). Unesha intambara yo mu mpwemu mu gutegeka umwansi wawe, nk'uko Yesu yabikoze igihe yanesha satani mu bugaragwa muri Matayo 4.

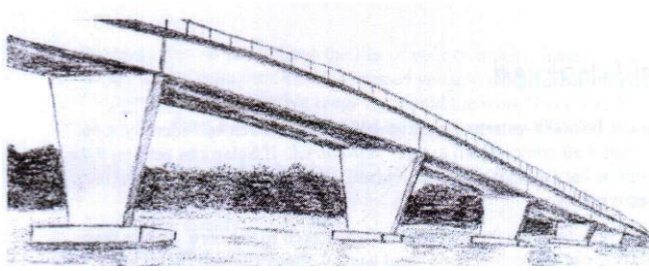
Ongera usome inkuru ibanziriza iki kigabane ubone ingene Ojo yabariye umwansi igihe amenye ko yari yatewe. Ibi ni vyo bikuru-bikuru yakoresheje :

1. Yabariye satani ata gukikiriza.
2. Yaramuhakaniye, akoresheje ububasha yahawe nk'umwana w'Imana.
3. Yarasokoroye inkota, yakoresheje ijambo ry'Imana nk'urufatiro rwemewe.
4. Yarategutse satani akoresheje ijambo ngo acereze yongere yomoke.
5. Ako kanya nyene yaciye amara akanya avugana n'Imana ayihimbaza.

### Gusozera

- Satani ni intambwe igenda irivugavuga, arondera kugutsontsomera (1Petero 5:8). Ntamenye kugukinisha, kugutuma wiyumva nabi, kukugora, canke kugukomeretsa. Ahubwo akeneye kugusambura. Ibi ubishire ku muzirikanyi.
- Ariko Imana iri ku ruhande rwawe. Yaraguhaye ibigwanishwa vyinshi vyo gutera no kwikingira, ubikoresheje neza, bizogukingira imyampi ya wa mubi.
- Raba neza ko satani ataragukomeretsa mu gusuzuma aho satani yoba yarinjiriyemo canke ivyicarwo.

Umaze kumenya neza ubuhinga bw'umwansi wawe ukagira ubumenyi bwo **KWIKINGIRA** ubwawe, uzokwama ugendera hafi y'ikibanza c'ugukira.



Ikiraro 9 :

## KUBONA

....Uwo uri vy'ukuri

Kujabuka uruzi rwo kwiyanika

### Kwibagira ukuri

Lunda yariko aragenda amanuka mw'ibarabara rikuru mu gisagara iwabo, ari mu nzira aja kugendera umugenzi. Ajabutse ibarabara, akubitiza akajisho hepfo y'ibarabara i buryo abona umugabo yicaye hasi ahanze amaso imbere. Impuzu ziwe ziriko umwanda kandi zitabaguritse, umushatsi wiwe hari haciye igihe udasokozwa, kandi aho yari yicaye hari amacupa abiri, maze Lunda yaciye agenda bukebuke yitegereza wa mugabo.

Arahava aramumenya. "Adama! Ni wewe ?"

Wa Mugabo ahindukiza umutwe bukebuke, araba Lunda mu maso, aca araba hirya kandi. "Oya, wihenze, si we!"

Lunda yaciye amwegera. "Adama, ni jewe Lunda. Tuva hamwe, ndakwibuka kw'ishure. Twarakiniye hamwe umupira w'amaguru. Ntunyibuka ?"

Adama aca araba hasi mu maboko. "Ego, ndakwibuka Lunda. Ni vyiza kukubona. Ariko si nkiri uwo wibuka"

"Adamu, ico naherutse kwumva ni uko wari wagiye mw'ishure ry'imyimenyerezo ya gisirikare. Bari bakugize intwazangabo, kandi bose barakunzezerwa! Hari ikintu....ikintu gitegerezwa kuba carabaye. Washitse gute muri ibi?"

Adama yaciye amuraba inkenkenyuke. "Ntavyo ugomba kumenya. Biramaze ko ndakubonye, ni wigire."

N'aho yari yambaye neza, Lunda yacaye yicara i ruhande ya Adama aravugaga, "Mbabarira, numva ntoguma mpagaze. Ntegerezwa kwicara. Rero nkiri ngaha, mbarira ivyabaye, n'igituma wicaye aha uku?"

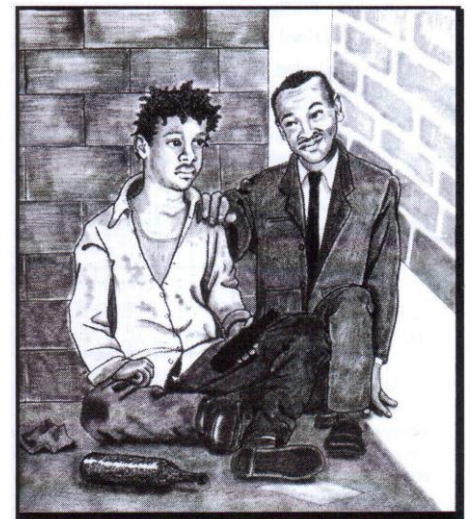
Adama yaciye akingiriza ukuboko kwiwe ku maso yiwe yari atukurije, ayakingira izuba. "Lunda, ntiha gire umwanya uta kuri jewe ngaha. Wari ufise iyo wariko uraja, jewe ntaho mfise. Rero ni wigire. Ntibikinkwiriye ko unyitwararika."

"Adama mugenzi wanjye, aka kanya ivyo sindavyizeye. Turi abagenzi. Twari mu mugwi umwe. Twarakuranye. Birandajye ishingira, ndakeneye kwumva inkuru yawe."

Adama yaciye araba Lunda hanyuma aramwemyura. "Umugiraneza. Wanywe uri umugiraneza."

Kandi wahora uri umukinyi mwiza mu mugwi wacu w'umupira w'amaguru waranyaruka gusumba abandi, wari ukomeye gusumba abandi, watwenge gusumba abandi, twari dufise umugwi ukomeye, siywo?

Adama yaciye asubiza ukuboko kwiwe ku maso yiwe. "Aho hari mu misi yahera. Ubu ntaco ndi. Lunda, umubiri n'ubwenge vyanje vyarononekaye. Ndi imboregwa, ikimuga, ntakazi ndambiramwo, umugore yarantaye antwara abana, simbona ingene nshobora kubandanya kubaho. Ibi vyose ni intambara yabinkoreye. Ubu nta vyizigiro mfise. Ndi imburakimazi."



Oya, ivyo sindavyemera. Ndakuzi, kandi Imana irakuzi, n'ubwo wibagiye uwo uri we. Ego, warononekaye ariko nturapfa. Reka tuje kunywa icyi. Ndaja kukwibutsa uwo uri we."

## Ihahamuka ritewe n'Intambara no kwiyanika

Cite uko ugomba, gifise amazina menshi. Ukwisuzugura, kutibonamwo iciza, kwibona ko wononekaye, kwiaturako ubukene, kwama ubona ko ata ciza gishoboka,...ariko vyose biza kuri: kwiyanika. Nimba satani yaguteza kwama wisuzugura no kwicira urubanza wibabaza kugeza aho wiyanka, ni akagenda gato gusa kuva aho uri uja kwiyahura, ari wo mugambi wa nyuma umwansi agufitiye.

Iyo umuntu aciye mw'ihahamuka rikomeye, Uko bibona birajugumiza gushitsa kw'itsina. Uko bahora bibona nk'abantu biyumvira ibitomye, bikwiye, bashoboye, bakomeye kandi babushitse, ivyo vyose bisubirirwa n'ivyiyumviro vy'ubwoba, kuzazanirwa, gucika intege, no kutagira ico wifashije.

Ingaruka zo kwibona ukutariko ziserukira mu mwifato naho, vyonona imigambi yawe, ibikorwa, ibisumba ibindi, uko wokwifata, ivy'agaciro, ivyizigiro, indoto, ivyo uhahamiye, imigenderanire yo mu kibano,...uru rutonde rurabandanya cane kandi cane.

Mu gihe ihahamuka ariryo rishobora kuba ari ryo ryatanguriye umuriro wo kwiyanika, hariho ibindi bitatu bikomeza kwongerako amavuta kuri uwo muriro: **satani, ibigukikije, no kwiaturako bibi**.

Ibi bitatu bikorera hamwe ngo bitume wisuzugura cane kandi cane, hanyuma wikuremwo ivyizigiro vya kazozo kawe keza. Dutegerezwa gushira ahabona aba bansi batatu, tubone ivyo bimaze kwonona, tumenye n'ibitero vyabo ni yo vyaza muri kazozo.

### GUSUZUMA UKO WIBONA – Ingene wibona ubwawe

Muganga Steven stosney, umutegetsi mpuzamakungu kw'ihahamuka no kuzira akarengane, yatunganije igikoreshe kizofasha gusuzuma uko wibona ubu, ibibi n'ivyiza wibonamwo.

Uburyo busanzwe Muganga Steven stosney abikoramwo burinjira mu mizi cane gusumba uko twashobora kubikoresha muri iki gitabo, ariko bimwe mu bikigize bizoba nkenyerwa ngaha. Hari ubwoko munani bw'ingene umuntu yibona butondetse aho hepfo, hariho uruhande rwa vyiza n'urundi rwa bibi. Shira aka kamenyetso "X" aho kuri buri murongo werekana uko wibona ubu.

Wubahitse.....Utubahitse

Ngirakamaro.....Atagira akamaro

Wababariwe.....Uregwa/Utsindwa n'urubanza

Uri uw'agaciro.....Ntugira agaciro

WaremeSwe.....Waragawe

Urakomeye.....Ntukomeye

Urakundwa.....Ntukundwa

Warahujwe.....Watandukanijwe n'abandi

Ata nkeka, abansi bawe bashaka ko ama "X" yawe yegera cane ku ruhande rw'i buryo uko bishoboka kwose, navyo bikaba bikugumiza mu kibanza co kutigwanira. Nimba aho ari ho ama "X" yawe ari uyu musu, ni kubera wagaburiwe **IBINYOMA**! Ehe ivyo Umwana w'Imana avuga kuri satani:

*Uwo yahereye ubwa mbere na mbere ari umwicanyi, kandi ntiyahagaze mu kuri, kuko ata kuri kuri muri we. Iyo avuga ibinyoma, avuga ivyiwe. Kuko ari umunyabinyoma, kandi ari we se wavyo.*  
– Yohana 8 : 44

Muri aka kanya, urashobora kuba utari ku rubuga rw'intambara ruboneka, ariko uri mu ntambara. Kandi, nk'uko wavuye igihe twajabuka ikiraro ca 8, intambara ishingiyeye ku kinyoma. Satani yamye ahinyanyura ubuhinga bwo kuyobezwa haciye imyaka ibihumbi. Muri iki kigabane turajya gushira ku mugaragaro ibinyoma vyawe vyinshi bishoboka. Iyo ikinyoma gifukutse, abahora babeshwa baragira ico bahungukira. Tugomba ko ushobora kuvugana nka Paulo: "Ntituyobewe imigabo yiwe"(2 Abikorinto 2:11)

Ibi binyoma vyaremwe na satani ubwiye. Azobikwongorera muri vya vyiyumviro utama witwararitse mu bihe vy'integere nke zirenze. Azokwibutsa ivyashitse vyo mu bwana bwawe "zivyeze". Azokubarira kandi ingene ivyo urimwo vyaguhamuye "vyemeza" ibinyoma vyawe. Azobishimangira akoresheje ubutumwa buza iwawe buvuye mu bigukikuje. Azoba azi neza ko uriko urumviriza igihe abagenzi basubiramwo ivyo binyoma nyene haba ku mpanuka canke vyateguwe. Bidatevye, nawe azogukoresha avuge nya binyoma ubwawe. Kandi twese turazi ingene dutega ugutwi cane ivyiyumviro vyacu.

Ariko, kuki wizera ibinyoma vy'umwami wawe? Ahubwo, wari ukwiye kwumva wemezwa no kwizera ukuri kuva kuri umwe yakurema, agukunda bikwiye kugeza aho arungika Umwana wiwe ngo agupfira. Ibi bikurikira ni **imitego umunani iyovya** satani n'isi baguteze. Dufate ko wari umaze kuvyumva canke utari bwavumvye. Ikinyoma cose kijana n'ukuri kukivugurura, Imana ishaka ko wumva canke wizera.

## ***IKINYOMA # 1: UTUBAHITSE***

### **Ububeshi bw'umwami:**

- Nta muntu urimwo
- Nta wukwitayeho. Kuki bokwitaho?
- Nta numwe ashaka kukumenya.
- Nta cubahiro ukwiye nk'ico abandi baronka.
- Ntaco, wibaza ko uri nde?

Wari umaze kwumva ivyo vyamaze kuvugwa? Wari umaze kuvyibwira? Birashoboka ko utavuze ayo majamba nyene, ariko ibintu bimaze kuba ubucuri, abashikiwe n'ihahamuka rituruka ku ntambara barumva bakizera ubwo butumwa bwa satani. "Uramaze kubigaragaza ko uri umuntu yari akwiye kandi adategerezwa kwubahwa." Uravyumva, ukaraba ibihe urimwo, ukaraba n'ingene abantu bagufata, ugaca wizera "ukuri" kw'ivyo binyoma.

Ivyihishije bisambuka giturumbuka (nk'ibombe inyegejwe ku nkengeri z'ibarabara). Kugira bimere neza, ikinyoma cose gitegerezwa kuba kirimwo ikintu c'ukuri. Nta kinyoma ciza cigera gisa n'ikinyoma. Ivyihijije bisambuka giturumbuka bikora ico vyagenewe neza, gukomeretsa no kwica abantu biboneka umengo ntaco vyokwonona: ipfundo ry'ivyatsi i ruhande y'ibarabara, ibuye canke itafari vyamanyutse. Nico gituma bigira ico bishitseko. Iyo ata nkuru ihushanyeye dufise, twibaza ko ububeshi tubona kandi twumva ari ukuri.

Neza, Imana igomba kuguha inkuru y'ukuri inyuranya n'ibinyoma vya satani. Ihahamuka ryawe ryaraguhinduye, ico ni kimwe mu bigize ukuri. Ariko mu kuvuga, "Kubera nahindutse kandi ntagikora uko nahora, sinkwiye icubahiro" ni ikinyoma ceruye gikwiye guhindurwa ubusa n'ukuri kw'Imana.

Ijambo ry'Imana si ukuri gusa, ni rizima kandi rifise ubukuba nk'uko bivugwa mu Baheburayo 4:12. Ivyo bisigura yuko atari amajamba abavugishwa bakera bafyitagura ku rupapuri. Ikiraro 9 : Kubona~72

Vyarabandanije kubaho uyu musu. Igihe usomye ayo majambo, Mpwemu Yera akayaha inkomezi kandi akayahumekeramwo ubuzima, acaba amajambo y’Imana aje abarirwa wewe, aha nyene mu kinjana ca mirongo ibiri na rimwe.

Ivyo tubona aho haruguru ni vyo kuri ivyo vyose Umunani ari vyo kuri kurwanya ububeshi turiko turaserangura muri ibi bikwirikira.....

## KARANGAMUNTU KAWU K’UKURI: URUBAHITSE

**Inyuma ya buri murongo wo muri Bibilia, ishura ibibazo. Iyi mirongo yo muri Bibilia ikubarira uwo uri we vy’ukuri.**

**[Yesu aravugaga]: Sinkibita abashumba, kuko umushumba atamenya ico shebuja akora, ariko mweho nabise abakunzi kuko ivyo numvanye data vyose nabibamenyesheje. –Yohana 15:15**

- Yesu Kristo, Umwana w’Imana, akwita \_\_\_\_\_ wiwe.

**Kuko uweza n’abazwa bese bakomotse kuri Imwe. Ni co gituma atagira isoni zo kubita bene se.**

**– Abaheburayo 2 : 11**

- Yesu Kristo ntibimutera isoni kukwita \_\_\_\_\_ wiwe.

**Nk’uko yadutoranije muri we, itanguriro ry’isi ritarashirwaho, kugira ngo tube abera tutagira agasembwa imbere yayo turi mu rukundo. –Abanyefeso 1:4**

- Wari uzwi, ukunzwe kandi watoranijwe n’Imana haciye igihe kingana gute? \_\_\_\_\_

**Nico gituma utakiri umugurano, ariko uri umwana wayo, kandi ko uri Umwana wayo, uri umuragwa, ubihawe n’Imana. –Abigaliya 4:7**

- Uri umwana w’Imana kandi uri \_\_\_\_\_ wayo.

Ivyo vyanditswe aho haruguru hakwerekana nk’umugenzi, umuvukanyi, umwana na samuragwa w’umwami w’ivyaremwe! Yagize imigabo ku bwawe n’imbere y’uko irema Adamu na Eva. Kandi urakwiye kumenya udukeranya ko vy’ukuri binezererwa ko wahavuye ukabigaragaza. Urakunzwe kandi urubahitse cane.

## IKINYOMA # 2: MBURAKAMARO

**Ububeshi bw’umwansi.**

- Nta n’umwe ashaka kwumva iryo ugoni.
- Uri agafi gato mu kiyaga kinini
- Taramuka
- Ntuduhamagare, turaguhamagara
- Woba umaze kurangura iki?

## *KARANGAMUNTU K'UKURI: NGIRAKAMARO*

Inyuma ya buri murongo wo muri Bibilia, ishura ibibazo bikurikira uwo uri we vy'ukuri.

Ariko abamwakiriye bose yabahaye ububasha bwo gucika abana b'Imana, nib o bizeye izina ryiwe.  
—Yohana 1:12

- Ko wamaze kwakira Kristo, wahawe ububasha bwo kwitwa \_\_\_\_\_ ?
- Iyo wihweje vyose mu bizohoraho n'ibindi bikoko vyose n'abamarayika Imana yaremye, wovuga ko vyari bifise akamaro kameze gute? \_\_\_\_\_

**Muri umunyu w'isi. Matayo 5:13**

- Imana yakuremye ngo ube \_\_\_\_\_ wayo kw'isi. Muri icyo ntumbero, intererano yawe izoba iki?

**Muri umuco w'isi. Matayo 5:14**

- Imana yakuremye ngo ubu \_\_\_\_\_ wiwe mw'isi. Ni gute ibi bizofasha isi? \_\_\_\_\_

Ntufise gusa ibibanza vy'iteka nk'umwana w'Imana w'ibihe bidashira, Uburyoshi n'umuco wavyo, warigishijwe kandi uratsindira uburungozi rudende bw'umwami bw'Imana kw'isi. Yarakomererejwe, kandi abamukurikira bose barakomeretswa, nk'uko biri nawe. Waracye mu muriro ukurako inkamba. Bibilia ivuga ko mu bihe vy'iherezo bizoyangara mu kibano maze ibihe vy'iherezo bizoca biza, kandi ivyo bihe bishobora kuba vyegereye. Ni nde abereye kuturongora muri ivyo bihe vy'ihahamuka gusumba wewe ? Warigeze mu marushya uravayo. Harankwa ariko ni ahantu umenyereye. Ubu uri ngirakamaro, ariko mu myaka iza uzoba ufise agaciro kadasanzwe.



## *IKINYOMA # 3: UREGWA/UTSINDWA N'URUBANZA*

**Ububeshi bw'umwansi:**

- Wakoze ikintu giteye ubwoba.
- Ntushobora kwizigirwa.
- Nturi uwo guharirwa.
- Bose barazi ko uri indyarya.

## *KARANGAMUNTU K'UKURI: WARAHARIWE*

Uramaze kwiga vyinshi bijanye n'ibi igihe wajabuka ikiraro ca 4, ariko ntaco vyokwica hagize ico wongerako.

Inyuma ya buri murongo wo muri Bibilia, andika ico buri muri murongo uvuga ku bijanye n'uwo uri we vy'ukuri.

**Nuko rero noneho abari muri Kristo Yesu nta rubanza ruzobatsinda. —Abaroma 8:1**

- Nk'umukristo, ni ibiki bitazogushikira?

**None rero, ko twatsindanishirijwe no kwizera, dufise amahoro ku Mana**

**kubw'Umwami wacu Yesu Kristo. —Abaroma 5: 1**

- Wara \_\_\_\_\_ mu kwizera, bisobanura ko "udatsindwa n'urubanza". Rero ntukiri mu ntambara n'Imana, ubu wara \_\_\_\_\_ hamwe nayo. Intambara yararangiyeye. Wewe n'Imana ntumukiri abansi. Amabi wakoze mu ntambara ntaco akikugira.

**Kandi ivyaha vyabo n'ukugabitanya kwabo sinzovyibuka ukundi. —Abaheburayo 10:17**

- Imana yiyumvira iki ku vyaha n'ibigabitanyo vyawe?

## IKINYOMA # 4: NTUGIRA AGACIRO

### Ububeshi bw'umwansi

- Ntitugukeneye.
- Ntaco umaze.
- Nturi mwiza cane.
- Tuzorondera uwukuruta.

## KARANGAMUNTU KAWWE K'UKURI: URI UW'AGACIRO

Inyuma ya buri murongo wa Bibilia, raba igituma ukuba wararobanuwe "Imana ibaha agaciro"

**Uhoraho yanyiyeretse kera, ati "n'ukuri naragukunze urukundo rudashira, ni co gituma nkwiyegezanya imbabazi" – Yeremiya 31:3**

- Ninde agukunda? \_\_\_\_\_ Kuva ryari? \_\_\_\_\_
- Wiyumvira ko gukundwa n'Imana ibihe bidashira no kuzanwa mu migenderanire y'urukundo rwayo biguha agaciro kangana gute? \_\_\_\_\_

**Ntimuzi yuko imibiri yanyu ari insengero za Mpwemu Yera ari muri mwebwe, uwo mufise, avuye ku Mana? Kandi si mwe mwiganza, kuko mwaguzwe igiciro. Nuko rero, mushimishe Imana mu mibiri yanyu. – 1Ab'ikorinto 6:19-20**

- Umubiri wawe wahindutse iki? \_\_\_\_\_
- Igihe Isirayeri yari ikomeye, n'imbere y'uko Kristo aza, ingoro muri Yerusalemu yari ikibanza kimwe kw'isi aho Imana yahurira n'umwana w'umuntu. Yari inyubakwa ishajije kandi izimvye kw'isi muri ico gihe ku bw'iyi mvo, kuva Kristo azutse, twahindutse ingoro y'Imana. Ubu turi aho Imana yiyerekanira dufise? \_\_\_\_\_
- Bitayeko, uwu murongo wa Bibiliya uvuga ko twaguzwe igiciro kinini. Ni ikihe giciro Imana Data yarishe mu kutugura? \_\_\_\_\_



## IKINYOMA # 5: WARAGawe

### Ububeshi bw'Umwansi

- Uri ukunanirwa
- Ntukwijwe ibisabwa
- Ndakwinginze vaho
- Abandi bose barakuruta
- Nta n'umwe agushaka



## ***KARANGAMUNTU KAZE K'UKURI: WAREMEWE***

Inyuma ya buri murongo wo muri Bibiliya, ihweze igituma uko warobanuwe "kwemerwa n'Imana" :

**Kugira ngo ubwiza bw'ubuntu bwayo bushimwe, ubwo yatugabiriyemo mu wo ikunda.**

**– Abanyefeso 1 : 6**

- Ubuntu bw'Imana bwakugize iki mu bo akunda (Kristo) ? \_\_\_\_\_

**Nuko mumwegere ariwe buye rifise ubugingo, ryagawe n'abantu ariko ku Mana ryaratoranijwe, riri n'igicro. Mwubakwe nk'amabuye afise ubugingo, kugira ngo mube inzu yo mu buryo bw'Impwemu, mugire ibango ry'ubuherezi ryera, ngo mutange ibimazi mu buryo bw'Impwemu, bishimwa n'Imana kubwa Yesu Kristo. –1Petero 2 :4,5**

- "Ibuye rifise ubugingo"ni Yesu Kristo, umwe yanswe n'abantu (igihe yabambwa) ariko ryatoranijwe kandi rifise agaciro kuri Data. Muri icyo nzira, mwaratoranijwe n'Umwubatsi Mukuru ngo mube mu bigize inzu yiwe y'Impwemu, kandi uboneka uri iki ku Mana biciye muri Kristo Yesu ? \_\_\_\_\_

**Nuko ni twegere intebe y'ubuntu dushize ubwoba, kugira ngo turonke ikigongwe, tubone ubuntu bwo kudutabara mu gihe gikwiye. –Abaheburayo 4 :16**

- Kubera dufise uburenganzira bwo kwegera intebe y'Imana dushize amanga, vyoba bivugako twemerwa n'Imana bigoranye canke ijana kw'ijana (zitira inyishu).

## ***IKINYOMA # 6: NTUKOMEYE***

**Ububeshi bw'Umwansi**

- Uri umunyanteye nke.
- Ni gute umuntu ashobora kubura icyo yimarira?
- Uri ibidandazwa vyononekaye.
- Hariho umuntu yama akwitwararika.
- Nta kintu na kimwe gikomeye wokora?

## ***KARANGAMUNTU KAZE K'UKURI: URAKOMEYE***

Inyuma ya buri murongo wo muri Bibiliya, ishura ibibazo vyerekana ubushobozi bwawe nk'umuhungu canke umukobwa w'Umwami.

**Kuko Imana itaduhaye umutima w'ubujora ariko yaduhaye uw'ubushobozi n'urukundo no kwirinda. – 2Timoteyo1 :7**

- Imana yaduhaye "umutima"umeze gute ? \_\_\_\_\_
- Mweho muri abava ku Mana, bana bato, kandi ba bandi mwarabanesheje kuko uri muri mwebwe aruta uri mu b'isi. – 1 Yohana 4 : 4**
- "Uri mu b'isi" bagomba kuvuga satani n'abo bafaniye. "Isi" bavugako ni uko isi itunganijwe itanzwa na satani. Igihe wewe ugwana na satani, ni nde afise ubushobozi bwo kuneshya ? \_\_\_\_\_



## *IKINYOMA # 7: NTUKUNDWA*

### **Ububeshi bw'Umwansi**

- Ninde yogukunda ?
- Nta turanga twiza vy'ukuri ufise
- Uri mubi kandi uragorana
- Urarengeye gukundwa n'Imana canke n'abantu

## *KARANGAMUNTU KAWU K'UKURI: URAKUNDWA*

Uri uw'akamaro katosorongeka. Imana yaragukunze cane kugeza yemera gutanga umwana wayo ngo agucungure agukure mu vyaha. Naho wari kuba uri umwe kw'isi, yari kubigukorera. Biraboneka ko hariho ikintu kuri wewe gikundwa bimwe bitovugwa!

**Kuko menye neza ntakekeranya yuko naho rwoba urupfu, canke ubugingo, canke abamarayika, canke abaganza canke ibiriho canke ibizozza, canke abafise ubushobozi, canke uburebure bw'igihagararo, canke uburebure bw'amajepfo, canke ikindi caremwe cose, ata kizoshobora kudutandukanya n'urukundo rw'Imana ruri muri Kristo Yesu Umwami wacu**

**– Abaroma 8:38,39.**

- Muri icyo gisomwa, gira urutonde rw'ibintu ukuye muri icyo Imana yokugwaniramo kugira ngo ikuronge kubera urukundo rwayo: \_\_\_\_\_

**Nta wogira urukundo ruruta urw'uk'umuntu yigira abakunzi biwe. –Yohana 15:13**

- Ibi Yesu yabivuze umwanya muto imbere y'uko abambwaga. Mbega abo "bakunzi" yariho aravugaga yagomba kwigira ni bande? \_\_\_\_\_

**Ariko Imana yatweretse urukundo rwayo idukunda kuko Kristo yadupfiriye tukiri abanyavyaha. – Abaroma 5: 8**

Vyogusaba urukundo rungana gute kugira wemere gupfira uwundi muntu? Wokwigira nyoko wawe? Umwana wawe? Umukunzi wawe aruta abandi? Birashoboka ko muri ku rugamba hoba hariho uwitanye mu nzira zitoroshe kugira arokore ubuzima bwawe. Ni ukutikunda birenze urugero, ni igikorwa c'urukundo. Ariko wibaza ko wokwitanga ngo upfira umuntu yaraye aguhemukiye, yaguciriye amate mu maso, yagusogose mu nda, yakwivuye isakoshi yawe, imodoka yawe n'umugore wawe? Woba ufise urukundo n'imbabazi birenze ukwemera kugira umupfira. Ariko kandi, twari abo igihe Kristo yadupfira ku musaraba. Urwo rungana uko ni rwo adukunda.

## *IKINYOMA # 8: WARATANDUKANIJE*

### **Ububeshi bw'Umwansi**

- Uri inyakamwe kandi ukwiye kuguma uko.
- Abantu baranezerwa icyo utabaho uri ngaha.
- Nta n'umwe agushakira mu mugwi wabo.
- Nta wundi muntu ukeneye.
- Ntukwiye kugira abandi bantu cane gose.

# KARANGAMUNTU KAWA K'UKURI: WARAHUJWE

## WARAHUJWE N'IMANA:

[Yesu aravuga:] Ni jewe muzabibu, namwe muri amashami, uguma muri jewe nanje nkaguma muri we, uwo ni we yama cane kuko ataco mubasha gukora mutamfise. –Yohana 15:5

- Ni iyihe shusho yo "guhuzwa" Yesu yakoresheje mu kwerekana ingene twegeranye n'Imana?

**Mwese muri abana b'Imana kubwo kwizera Kristo Yesu. Abagalatiya 3:26**

- Ni izihe nzira zishitse, zisobanuritse abana n'abavyeyi bahurizwako? \_\_\_\_\_

**Nabambanywe na Kristo ariko ndiho, yamara si jewe nkiriho ni Kristo ariho muri jewe.**

– Abagalatiya 2:20

- Uyu murongo wo muri Bibilia werekana ko Kristo aba he? \_\_\_\_\_  
Hari uwundi wibaza ko yoba akwegereye kurusha uwo?

## WARAHUJWE N'UMUBIRI WA KRISTO, ABANDI BAKRISTO:

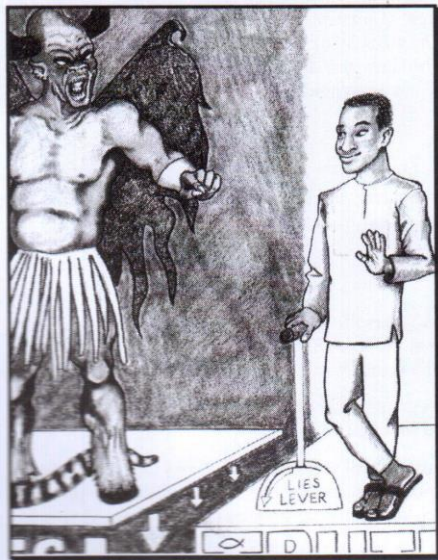
**Namwe muri umubiri wa Kristo, kandi umuntu wese wo muri mwebwe n'urungiro rwawo.**

–1Abikorinto 12:27

- Mbega abakristo ni umugwi umwe mu bigize iki? \_\_\_\_\_
- Mbega ingingo n'utundi duce tw'umubiri dufatanijwe gute? \_\_\_\_\_

**Nuko ntumukiri abashitsi na kavantara, ariko musangiye ubwoko n'abera, muri abo mu ngoro y'Imana. –Abanyefeso 2:19**

- Uyu murongo wo muri Bibilia uduha amashusho abiri yo "guhuzwa" kwacu n'abandi bantu. Ni ayahe?



Igihe uriko uraca mu ngorane ziva kw'ihahamuka ry'intambara, hazobaho ibihe aho wiyumvira ko uri inyakamwe, wanswe, udakundwa, utagira agaciro kandi utagira akamaro. Nico gihe satani azokora ico ashoboye mu kwemeza no mu kwugurura ivyo vyiyumviro. Ni ico gihe ukeneye kumenya ubuhinga ukoresha. Ariko akoresha ikinyoma kugira atume unanirwa.

Ariko arabesha. Wobivuga gute igihe satani ariko arabesha? Igihe cose wumvise ijwi ryiwe? Gwanya ububeshi bwiwe ukoresheje ukuri kuva mw'ijambo ry'Imana.

Ku rupapuro rukurikira hariho imvugo yatura ukuri kujanye n'uwo uri vy'ukuri, inyuranije n'ububeshi bwa satani.

Mu kuvuga ayo majambo duza ijwi nimba bishoboka, ufatiye ku vyo wiyizeko biva mw'ijambo ry'Imana.

## JEWE NDI UYU:

### ***Ndubahitse***

Ndi umukunzi w'Imana ishobora vyose mw'ijuru no mw'isi. (Yohana 15:15)  
Yesu ntibimutera isoni kunyita umuvukanyi wiwe. (Abaheburayo 2:11)  
Naratoranijwe n'Imana, ndera kandi singira agasembwa mu nyonga zayo (Abanyefeso 1:4)  
Ndi samuragwa w'ubutunzi bw'umuremyi w'isi (Abagalatiya 4:7)

### ***Ngirakamaro***

Narahawe ububasha bwo kwitwa Umwana w'Imana. (Yohana 1:12)  
Imana yangize umunyu n'umuco wayo mw'isi. (Matayo 5:13,14)  
Ndi ikiremwa c'ibihe bidashira (Yohana 3:16)

### ***Narahariwe***

Singitsindwa n'urubanza (Abaroma 8:11)  
Naratsindanishirijwe mu maso y'umucamanza agororotse (Abaroma 5:1)  
Mfise amahoro ku Mana (Abaroma 5:1)  
Imana nticibuka ibigabitanyo vyanje (Abaheburayo 10:17)

### ***Ndi uw'igicro***

Imana inkunda urukundo rudashira (Yeremiya 31:3)  
Ndi ingoro y'Imana, naguzwe igicro kinini (1Abikorinto 6:19,20)  
Imana iranzi, yarantoraniye, yarampamagaye, yarantsindanishirije, yarampaye ubwiza  
(Abaroma 8:29, 30)

### ***Naremewe***

Naremewe muri Kristo. (Abanyefeso 1:6)  
Ndi ibuye ry'igicro, ryatoranijwe, rizima mu nyubakwa y'Imana (1Petero 2:4,5)  
Ndafise ukwegera gushitse ku ntebe y'ubuntu bw'inganji y'Imana nshize amanga  
(Abaheburayo 4:16)

### ***Ndakomeye***

Imana yaduhaye umutima w'ubushobozi, w'urukundo no kwirinda (2Timoteyo 1:7)  
Mpwemu w'Imana muri jewe arakomeye kuruta mpwemu mbi ziri mw'isi (1Yohana 4:4)  
Ndi uwavyawe n'Imana kandi nizera Yesu, ndanesha isi (1Yohana 5:4-5)

### ***Ndakundwa***

Ndakundwa n'Imana kandi nta na kimwe codutandukanya (Abaroma 8:38,39)  
Ndakundwa birenze urugero, kugeza aho Imana impfira (Yohana 15:13)  
Ndakundwa ata gisabwe, n'iyi mba nacumuye (Abaroma 5:8)

### ***Narahujwe***

Ngumana n'Imana mu bumwe kandi nama ivyamwa (Yohana 15:5)  
Kristo anyegereye nk'umutima n'amahaha yanje (Abagalatiya 3:26)  
Ndi umwe mu bagize umubiri wa Kristo hamwe n'amamiriyoni  
y'abavukanyi (1 Korinto 12:27)  
Ndi umunywanyani w'ibihe vyose mu bwami bw'Imana no mu rugo (Abanyefeso 2:19)

### ***Gusuzuma***

**Andika itariki y'uyu musu:** \_\_\_\_\_ Ukwezi kumwe kuva uyu musu, ongera ugire "isuzuma ry'uko wibona ubwawe" wahejeje mu ntango y'iki kigabane. Nimba wagumye wiyumvira urutavanako kandi ukatura ukwo kuri kuri aho hejuru kujanye na karangamuntu kawe k'ukuri, woca ubona ko ama "X" yimukiye, bimwe biboneka, i bubamfu!

## Gusozera:

- Satani n’isi biguma bikubesha kubijane nawe ubwawe. Intumbero yiwe ni gutuma wiyanka ubwawe kandi bitume uta vyizigiro ntushake kubaho kandi. Mu gishingo co kwizera ibinyoma biva kwa se w’ibinyoma vyose, wari ukwiye kwizera ivyo Umwe ari we Nzira, n’Ukuri n’Ubugingo akuvugako.
- Uko wibona ubwawe ni ngirakamaro cane. Bizogira ico bihinduye mu kibanza vyinshi vy’ubuzima bwawe. Umenye neza ko uko wibona bihuye n’uko Imana ikubona.
- Iyo uriko **URIBONA** ubwawe uko Imana ikubona, uzojabuka iki kiraro. Igihe cose utariko urasubira inyuma uca ku bindi biraro mu nzira itari yo, uzoba mu kibanza aho ugukira kwawe gushobora gushika kwihuse, kandi uzoba uriko ugana ikibanza c’umutekano ushimangiwe muri Kristo!