A black and white photograph showing a close-up of a hand holding a baby's foot. The hand is positioned in the center, with fingers gently gripping the foot. The background is a textured, crumpled fabric. The overall tone is soft and intimate.

# Ukubizelwa unakekelo

*Uncedo oluphuma kwizibhalo lwaBanakekeli*

# Ukubizelwa unakekelo

*Uncedo oluphuma kwizibhalo  
IwaBanakekeli*



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# Intshayelelo

*Unakekelo lubizo olunemivuzo emininzi. Kuwe njengomnakekeli, lunganentsingiselo enzulu nengqiqo ngento ebuyiyo ubomi bakho. Kambe ke, unakekelo ngumsebenzi odinisayo kumnakekeli. Kuninzi ukugula okusingqongileyo – abantu abaneHIV/Aids, ukuguga nezigulane ezigulela ukubhubha. Izibhalo ezingcwele ziza kuzisa ithemba, inkuthazo nemibono ngonakekelo lwakho. Sithandazela ukuba ezi zicatshulwa zeZibhalo zibe ngumngeni wokuba ukhule emoyeni ze ukholo lwakho lube nzulu nangakumbi. Amazwi abubomi eLizwi achaphazela bonke abanakekeli; abantu nje abanakekela ilungu losapho, abanakakeli ngokubanzi okanye abacebisi abaqeqeshiweyo abanikeza inkxaso nesikhokelo.*

*Le ncwadi inemigomo engamashumi amathathu apho kukhethwe izicatshulwa ezithile kwizibhalo ezicacisa ngemiba eyahlukileyo yokunakekela. Umgomo ngamnye uza kulandelwa yimibuzo yokucamngca, yaye oku kuza kukunceda ukuba ufunde izibhalo ze usebenzise imiyalezo yazo ebomini bakho nasemsebenzini wakho wonakekelo. Ungafunda umgomo ube mnye ngosuku ngalunye usebenzisa le ncwadana njengesirisi yokucamngca inyanga ibe nye. Kungenjalo ungayisebenzisela iingxoxo zamaqela zeveki nganye, umzekelo xa ninendibano zokuthandaza zabanakekeli kwiziko lenu.*

*Unga wena nonakekelo lwakho ningangumjelo wothando nenkathalo kaThixo.*

# Unakekelo njengobizo

*NgoMoya oyiNgcwele, uKrestu wabhengeza iiNdaba eziLungileyo kwabacinezelekileyo, kumabanjwa nakubazili.*

Ke mna ndonganyelwe nguMoya woMhlekez  
 uNdikhoyo,  
 kuba kaloku uNdikhoyo undithambisile.  
 Undithume ukubhengeza iindaba ezimnandi  
 kumahlwempu,  
 ndibophe abantliziyo zingamahlwili,  
 ndibhengeze ukukhululeka kwabathinjwa,  
 ndazise inkululeko kumabanjwa.  
 Undithume ukuba ndivakalise ndithi  
 uthwasile unyaka wobabalo lukaNdikhoyo,  
 umhla wempindezelo yoThixo wethu.  
 Uthi mandithuthuzele abo banesingqala;  
 ewe, abo banesingqala eZiyon mandibathi jize  
 ngesithsaba endaweni yezimnyama,  
 intambiso yolonwabo endaweni yokulila,  
 ndibathi wambu ngengoma yochulumacho endaweni  
 yomva-ndedwa.  
 Kaloku bona kothiwa bayimithi yobulungisa,  
 imithi etyalwe nguNdikhoyo ngokwakhe,  
 ukuze baphuhlise isihomo sakhe.

Bona baya kuzivusa izixeko zamandulo,  
 bawavumbulule namabhodlo asel' adilizwa.  
 Baya kuzakha izixeko esezingamabobosi,  
 ezo zatshatyalaliswa kwizizukulwana ezadlulayo.

*UISAYA 61:1-4*

*UKrestu ukwasibizela ukuba sincede abo badinga uncedo.*

Thwalisanani ubunzima, xa nenjenjalo nithobela umyalelo kaKristu.

*KUMAGALATI 6:2*



**Makhe sicamngce:**

- Ingaba wakubiza njani uThixo kolu bizo lonakekelo?
- Khawudwelise iindlela ezi Zifundo zingentla ezihambelana ngayo nobizo lwakho lonakekelo.
- Ungaluqinisa njani olu bizo lwakho lokuba ngumnakekeli?

**Amanqaku akho:**

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## Unakekelo njengozalisekiso lowona mthetho ubalulekileyo

*Owona mthetho ubalulekileyo ungothando – ukuthanda uMdali wethu nokuthanda abo basingqongileyo.*

Kwafika omnye wabachazi-mthetho, wabeva bebambene ngemibuzo, waqonda ukuba uYesu ubaphendule kakuhle. Wambuza ke esithi: “Owona myalelo mkhulu kunayo yonke nguwuphi?”

UYesu wamphendula esithi: “Owona myalelo mkhulu ngulo uthi: ‘Yiva, Sirayeli, iNkosi uThixo wethu yiNkosi ényé. Uze uyithande ke iNkosi uThixo wakho ngentliziyo yakho iphela, nangomphefumlo wakho uphela, nangengqondo yakho iphela, nangamandla akho ephela.’ Owesibini ke ngulo: ‘Uze umthande ummelwane wakho kanye ngale ndlela uzithanda ngayo nawe.’ Akukho myalelo wumbi ubalulekileyo kunalé mibini.”

UMARKO 12:28-31

*UYesu wacacisa owona mthetho ubalulekileyo ngeli bali lilandelayo elimalunga nomntu owayenceda nowakhathelela umntu owayedinga uncedo:*

Ke kaloku kwafika umchazi-mthetho, walinga uYesu esithi, “Mfundisi, kufuneka ndenze ntoni na ukuze ndibudle ilifa ubomi obungunaphakade?”

UYesu wathi kuye: “Khawutsho, kubhalwe ntoni emthethweni?”

Ke yena wathi: “Kuthiwa: ‘Uze uyithande iNkosi uThixo wakho ngentliziyo yakho iphela, nangomphefumlo wakho uphela, nangamandla akho ephela, nangengqondo yakho iphela; umthande ummelwane wakho kanye ngale ndlela uzithanda ngayo nawe.’ ”

UYesu ke wathi kuye: “Uchane ecwethe! Yenjenjalo kanye; wobudla ubomi.”

Ke yena umchazi-mthetho, efuna ukuzenza ilungisa, wathi kuYesu: “Ngubani ummelwane wam?”

UYesu wamphendula wathi: “Umntu othile wayesihla evela eJerusalem, esiya eJeriko, waza wagaxeleka ezihangeni,



ezamhluba izambatho zakhe, zamngxwelerha, zemka zimshiya esecicini lokufa. Ke kaloku kwakukho mbingeleli uthile owayesihla kwangaloo ndlela, owathi akumbona wacezela phaya. Kwangokunjalo ke nomLevi, akufika kuloo ndawo, uthe akumbona wacezela phaya. Ke umSamariya othile owayeseluhambeni wafika kuye, wathi akumbona wavelana naye, wasondela, wawabopha amanxeba akhe, ewagalela ioyile newayini. Wamkhwelisa kwidonki yakhe, wamsa kwindlu yabahambi, wamonga. Ukumka kwakhe ngengomso, urhole imali, wanika umnini-ndlu, wathi kuye: 'Uze umonge; nento othe wadleka yona ngaphezu koku ndoyihlawula ekubuyeni kwam.'

Waqhuba uYesu wathi: "Khawutsho ke, nguwuphi kwabo bathathu owaba ngummelwane walowo wagaxeleka ezihangeni?"

Umchazi-mthetho wathi: "Ngulowo waba novelwano."

Waza uYesu wathi kuye: "Hamba uye kwenjenjalo ke nawe."

*ULUKA 10:25-37*

### **Makhe sicamngce:**

- Khawudwelise iindlela unakekelo oluthi luzalisekise ngayo lo mthetho ungowona ubalulekileyo.
- AmaSamariya ayecatshukelwa ngamaJuda. Kulo mzekeliso kaYesu, indoda yoMsamariya inceda indoda yomJuda eyonzakelyo. Le nto ithetha ntoni kuwe njengomnakekeli?
- Ungalwenza nzulu njani unakekelo lwakho ngokwasemoyeni ekuzalisekiseni lo mthetho ubalulekileyo?

### **Amanqaku akho:**

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# UThixo ngumthombo walo lonke unakekelo

*Unakekelo lubandakanya intuthuzelo – ukwenza ukuba umthwalo womnye umntu uthwaleke; ngomzimba, ngeemvakalelo nangokomoya. IBhayibhile ithetha kakhulu ngale nto, ngakumbi ngoThixo othuthuzela abantu bakhe okanye oyalela umntu othile ukuba abathuthuzele.*

“Thuthuzelani, bathuthuzeleni abantu bam,”  
utsho kaloku uThixo wenu.

“Thethani kakuhle neJerusalem;  
dandulukani niyixelele ukuba umzabalazo wayo  
ufezekile.

Kaloku izono zayo zixolelwe;  
uNdikhoyo uyibonelele ngaphezu kunobugwenxa  
bayo.”

UISAYA 40:1-2

Memelelani ngovuyo, nina mazulu;  
yeyezela uhlahlambe, wena mhlaba;  
hlokomani nivume, nina zintaba!  
Kaloku uNdikhoyo uyabathuthuzela abantu bakhe;  
uhlabekile ziinkxwaleko zeentsizana zakhe.

Ke yena uZiyon uthi:

“Hayi bo! UNdikhoyo undifulathele;  
iNkosi isuke yandilibala.”

Waphendula ke esithi:

“Ngaba umfazi angalulibala na usana lwakhe,  
ade angavakalelwa ngowakhe umntwana?  
Noba ke yena angade amlibale,  
okokwam ke mna soze ndikufulathele,  
kuba igama lakho ndilivambile,  
ndilithe tyaba esandleni sam;  
iindonga zakho zihlala zisemehlweni am.

Bayeza oonyana bakho;  
baza kuphinda bakuvuse;  
abakutshabalalisayo bayemka.  
Khawulaqaze uqwalasele:  
nâbo oonyana bakho bexhontelana;  
nâbo bebuya begxalathelana.  
Ndiyafunga mna Thixo ophilayo,  
nawe wozingca ngoonyana bakho,  
uxel' umtshakazi ngobuyoko-yoko bakhe.”

UISAYA 49:13-18

*Kwileta yakhe yesibini ayibhalela ibandla laseKorinte,  
umPostile uPawulos ucacisa ukuba siwufuna phi na umthombo  
wentuthuzelo, nokukwazi kwethu ukuthuthuzela abanye.*

Makabongwe uThixo, uyise weNkosi yethu uYesu Krestu, uBawo uSozinceba, uThixo umthombo wentuthuzelo. Yena uyasithuthuzela ezimbandezelweni zethu zonke, ukuze nathi sikwazi ukubathuthuzela abanye kwangaloo ntuthuzelo ivela kuye. Njengoko ziphuphumela kuthi iimbandezelo zikaKrestu, ngokunjalo ke, kwangaye uKrestu, iphuphumela kuni nentuthuzelo yethu. Xa sukuba thina sisiva ubunzima, loo nto ibangela ukuba nikhuthale, nto leyo iphelela elusindisweni. Naxa sukuba thina sithuthuzelwa, siyancedwa ukuze sikwazi ukunithuthuzela, khon' ukuze nizithwale ngomonde iimbandezelo ezifana nezethu. Ithemba lethu ngani aligungqi, kuba siyazi ukuba njengoko nidlelana nathi nje ngeembandezelo, nikwadlelana nathi nangothuthuzelo esilufumana kuThixo.

2 KWABASEKORINTE 1:3-7

### **Makhe sicamngce:**

- Uke uyicinge ukuba uza kuqhubeka njani nobomi xa uphelelwe ngamandla nomoya wakho uhlile? Ikhona imeko enje oyicingayo eyakhe yakwehlela apho wathuthuzelwa nguThixo waze wakupha amandla okuba uthuthuzele abanye abantu obakhathaleleyo?
- Khawudwelise izinto onokuzikhumbuza ngazo ukuba ekugqibeleni, uThixo nguye umthombo wako konke ukuthuthuzela.
- Ungabelana njani ngothando lukaThixo xa unakekela abantu?

# Umphilisi owenzakeleyo

*Isiprofeto sikalsaya ngesicaka sikaThixo esithi sibandezelekile kodwa siphilise abanye sinika inkcaza edala uvakalelo ngobizo lwesicaka esithi sona kuqala senzakele kodwa sikwazi ukuphilisa intlungu yomnye umntu.*

Kaloku isicaka sikhule njengesithole kwelibharhileyo, suke asabi namfaneleko nabunganga, saba ngasijonga asabi namtsalane. Abantu basidelile basibukula, saba ngumntu wenkxwaleko nentlungu. Saba njengalowo ufulathelwayo, engasiwa so; saba ngulowo udeliweyo, nathi asasikhathalela.

“Kanti ngenene buthwelwe nguye ubuthathaka bethu, inkxwaleko yethu yâsemagxeni akhe. Ngenene thina besiba ubandezelekile, sisithi uyabethwa nguThixo. Phofu ke ungxwelerhwe ngenxa yokukreqa kwethu; ewe, ubulewe ngenxa yobugwenxa bethu. Ukohlwaywa kwakhe kusiphathele uxolo; thina sinyangwe ngamanxeba akhe.”

UISAYA 53:2-5

## Makhe sicamngce:

- Ingaba ikhona into ekuhlanganisa nalo “mphilisi wenzakeleyo” kunakekelo olunikezayo?
- Ingaba ukhe “wenzakala” njengomnakekeli?
- Ukuba kunjalo, ucinga ukuba lo “mphilisi wenzakeleyo” angakuphilisa njani?

## Indlela ojonga ngayo izinto

*NjengamaKrestu, sifanele ukuba sijonge izinto ngendlela uYesu awayezijonga ngayo.*

Njengoko nimanywe noYesu Krestu izimvo zenu mazifane nezakhe; kuba kaloku:

Nakuba ubume bakhe babunguThixo ngenkqu,  
 ukulingana noThixo akakubawelanga  
 kangangokude afune ukusunduzana naye.  
 Ndaweni yaloo nto waziqongqotha ubuyena,  
 wathatha isimo sesicaka,  
 waba ngumntu ncakasana.  
 Engumntu ebantwini,  
 wazambesa intobeko,  
 ntobeko leyo yamsa ekufeni –  
 ukufa kwasemngamlezweni.  
 Kungoko ke athe uThixo wamphakamisa kakhulu,  
 wamthi jize ngelona gama lingaphezu kwawo onke  
     amanye amagama,  
 ukuze bonke abaphilayo,  
 ezulwini, emhlabeni, naphantsi komhlaba,  
 bagobe amadolo benika imbeko kwigama likaYesu;  
 bathi bebonke bavume bengafihlisi  
 ukuba uYesu Krestu yiNkosi,  
 bebonakalisa ubungangamsha bukaThixo onguBawo.

*KWABASEFILIPHI 2:5-11*

### **Makhe sicamngce:**

- Yintoni esiyifundayo kwesi sicutshulwa ngendlela uYesu ajonga ngayo izinto?
- Dwelisa iindlela onokuthi “ucinge ngendlela efanayo ngayo nekaKrestu” kunakekelo lwakho.

## Inkuthazo evela kwizibhalo

*IBhayibhile inika amazwi amaninzi enkuthazo kulowo uwafunayo. Emva kokubhubha kukaMosis, uThixo wathetha noYoshuwa awayemkhethele ukuba akhokele abantu bakwaSirayeli abase kwilizwe lesithembiso laseKanana. Kwesi sicutshulwa silandelayo, sifunda amazwi kaThixo enkuthazo kuYoshuwa:*

Yomelela, ukhaliphe, kuba uza kubangenisa aba bantu kweli lizwe endithembise ooyise-mkhulu ngesifungo ukuba loba lilifa labo. Yomelela ke, ukhaliphe kunene! Uze unyamekele ukuwuthobela wonke umthetho owuwiselwe nguMosis isicaka sam. Khon' ukuze ube nempumelelo naphi na apho uya khona, ungàze uphambuke kuwo nakancinane. Kufuneka incwadi yomthetho ikukhokele kuyo yonke into oyithethayo. Uze uyifunde uyigocagoce ubusuku nemini, uzazi uzithobele izinto ezibhaliweyo kuyo. Xa wenjenjalo woba nenkqubela nempumelelo. Kaloku ndim okuyalelayo. Yomelela ke, ukhaliphe. Uze ungoyiki unkwantye; kaloku mna Ndikhoyo Thixo wakho ndiya kusoloko ndisecaleni kwakho naphi na apho unyathela khona.”

UYOSHUWA 1:6-9

*Ehmbelana nala mazwi kaThixo kuYoshuwa, umPostile uPawulos ubhala athi, “Kaloku zonke izinto eziseziBhalweni zabhalelwa ukusifundisa khon'ukuze sihlale sihleli sinethemba ngonyamezelo nenkuthazo” (KwabaseRoma 15:4).*

### **Makhe sicamngce:**

- Ingaba likhona ixesha olicingayo apha wakhe wakhuthazwa zizibhalo?
- Ngokwale ntetho kaThixo ibhekisa kuYoshuwa, idibana njani intobeko nenkuthazo enikezwa yiBhayibhile?
- Yeyiphi indima enokudlalwa yiBhayibhile ekukugcineni “womelele yaye ukhaliphile” kunakekelo olunikezayo?

# UMoya oyiNgcwele nonakekelo lwakho

*UYesu wathembisa abafundi bakhe ukuba uBawo uya kubathumelela uMoya oyiNgcwele:*

“Ukuba niyandithanda noyigcina imiyalelo yam. Wothi ke uBawo, ndakumcela, aninike omnye uMmeli, ukuze ahlale nani ngonaphakade. Lo Mmeli nguMoya wenyaniso, lowo ihlabathi lingenako ukumamkela, kuba lingenako ukumbona, lingamazi nokumazi. Nina ke niyamazi, kuba uhleli nani, eya kuba ngaphakathi kuni.

“Ndiyabuya; andiyi kunishiya niziinkedama. Selisondele ixesha lokuba ihlabathi lingabi sandibona. Kodwa nina niya kundibona, kuba mna ndiyaphila, naye nani niya kuphila. Ngaloo mini niya kuqonda okokuba ndikuBawo, nani nikum, nam ndikuni.

“Lowo uyamkelayo imiyalelo yam ayigcine, nguye ondithandayo. Lowo ke undithandayo mna, uya kuthandwa nguBawo. Nam ndiya kumthanda, ndizibonakalise kuye.”

*UYOHANE 14:15-21*

## **Makhe sicamngce:**

- Dwelisa iindlela angakunceda ngazo uMoya oyiNgcwele kubizo lwakho lobunakekeli.
- Ingaba likhona ixesha olicingayo apho wawusazi ukuba uMoya oyiNgcwele uyakunceda kunakekelo olunikezayo?
- Ungenza njani ukuze uvumele uMoya oyiNgcwele ukuba ukukhokele emsebenzini wakho wonakekelo?

# Isipho sonakekelo

*Sithe ukunakekela lubizo. IBhayibhile isifundisa ukuba uThixo usinika izipho zomoya nokwazi kubantu ukuze bakwazi ukuphumeza ubizo lwabo.*

Ngalo ubabalo endababalwa ngalo ndithi kuni nonke: Musani ukuzicingela ngaphezu koko umntu amelwe kukuzicingela ngako. Ndaweni yaloo nto yibani neengcinga ezithobekileyo. Elowo nalowo makazikhuthaze ngokokholo aluphiwe nguThixo. Kaloku, kwanjengokuba sinamalungu amaninzi mzimbeni mnye, abe ke onke amalungu la engenamsebenzi mnye, ngokunjalo thina aba, sibaninzi nje, simzimba mnye ngokumanywa noKrestu. Sonke ke ngabanye singamalungu omnye elomnye. Masizisebenzise ke iziphiwo ezahlukeneyo esababalwa ngazo nguThixo. Ukuba sinesiphiwo sokuvakalisa ilizwi elivela kuThixo, masilivakalise ngokokholo esinalo. Ukuba sinesiphiwo sokukhonza abanye, masizingise ekukhonzeni. Ukuba sinesiphiwo sokufundisa, masifundise kangangoko sinako. Ukuba sinesiphiwo sokukhuthaza, masiqine ekukhuthazeni. Ongumabi makazabe izipho ngesisa. Owongameleyo makongamele ngenzondelelo. Owenza inceba makayenze echwayitile.

*KWABASEROMA 12:3-8*

Ngenxa yeso sizathu ndiyakukhumbuza ukuba usivuselele eso sipho wasinikwa nguThixo ukukubeka kwam izandla. Kuba kaloku uMoya esimnikwe nguThixo asingowobuphakuphaku, koko uvuselela isibindi, uthando, nokuzeyisa.

*2 KUTIMOTI 1:6-7*

## **Makhe sicamngce:**

- Kubomi bakho, ingaba zikhona izipho oziqaphelayo ezikhankanywe kwizibhalo? Ukuba kunjalo, zeziphi?
- Ezi zipho uzinikelwe ukuba kuzuze bani ngazo?
- “Ungasisebenzisa ngokupheleleyo kanjani isipho osinikwe nguThixo”?
- Ingaba ngamanye amaxesha ukhe woyike ukusebenzisa isipho okanye izipho zakho? Yeyiphi inkuthazo oyifumanayo kwisicatshulwa sesibini seZibhalo?



## Imivuzo yonakekelo

*Xa uYesu wayethetha ngomhla apho aya kugweba abantu beentlanga zonke, wathetha nangomvuzo oya kufunyanwa ngabo banakekele abagulayo.*

“Xa athe wafika uNyana woLuntu esebuqaqawulini bakhe, enazo zonke izithunywa zezulu, uya kuhlala enkundleni yakhe yobungangamsha, zihlanganiselwe phambi kwakhe zonke iintlanga. Wothi ke abahlule abanye kwabanye ngokomalusi esahlula iigusha ezibhokhweni. Zona iigusha wozibeka ngasekunene kwakhe, iibhokhwe ngasekhohlo. Ukumkani ke uya kuthi kwabangasekunene: ‘Yizani, nina basikelelweyo nguBawo, nixhamle uyolo lolawulo enalulungiselelwayo kwasekusekweni kwehlabathi; kuba ndandilambile, nandipha ukutya; ndandinxaniwe, nandipha amanzi; ndandingowasemzini, nandamkela; ndandihamba ze, nandambathisa; ndandigula, nandihambela; ndandisentolongweni, nandivelela.’

“Omphendula ke amalungisa esithi: ‘Nkosi, ngaba sakubona nini na ulambile, sakupha ukutya; unxaniwe, sakunika amanzi? Ngaba sakubona nini na ungowasemzini, sakwamkela; uhamba ze, sakwambathisa? Ngaba sakubona nini na ugula, okanye usentolongweni, sakuhambela?’ Wophendula ukumkani athi kuwo: ‘Ndithi kuni, inene, ekubeni nithe nenjenjalo nakomnye kula mawethu angawona agqusha eluthulini, nithe nenjenjalo nakum.’

“Wothi ke kwabo bangasekhohlo: ‘Mkani kum, nina baqalekisiweyo nguThixo, niye emlilweni ongunaphakade, olungiselelwe umtyholi nezithunywa zakhe; kuba ndandilambile, naza anandipha kutya; ndandinxaniwe, naza anandipha manzi; ndandingowasemzini, naza anandamkela; ndandihamba ze, naza anandambathisa; ndandigula, ndandisentolongweni, naza anandihambela.’

“Bophendula ke bathi: ‘Nkosi, ngaba sakubona nini na ulambile, unxaniwe, ungowasemzini, uhamba ze, ugula, okanye usentolongweni, saza asakunceda?’ Wobaphendula ke athi: ‘Ndithi kuni, inene, ekubeni ningenzanga njalo nakumnye waba bangabona bancinane, anenzanga njalo nakum.’ Baya kumka aba,

baye esohlwayweni esingunaphakade. Ke wona amalungisa aya kuya ebomini obungunaphakade.”

UMATEWU 25:31-46

**Makhe sicamngce:**

- Uya kuba yintoni umvuzo wabo bakholise iNkosi – phakathi kwezinye izinto – abo banakekele abagulayo? Kutheni beza kuvuzwa ngale ndlela?
- Luthetha ntoni “uyolo lolawulo enalulungiselelwayo kwasekusekweni kwehlabathi” kuwe?
- UYesu uthi, nantoni na eniyenzela abantu bakhe, nokuba ibonakala ngathi ayibalulekanga kangakanani, uyenzela yena. Ingaba ukwazi lo mba kuluchaphazela njani unakekelo olunikezayo?
- Yeyiphi imivuzo (ephathekayo, yobudlelwane neyomoya) osele uyifumene ngomsebenzi wakho njengomnakekeli?

**Amanqaku akho:**

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## Abanakekeli basikelelekile

*Isibhalo sisifundisa ukuba uNdikhoyo uyabasikelela abo banakekele abanye.*

Hayi uyolo lomntu obonelela amahlwempu;  
womhlangula uNdikhoyo xa yena esengxakini.  
Womkhusela amlondoloze ebomini.  
Womthamsanqela emhlabeni,  
angamyekeli kwiintshaba zakhe.  
UNdikhoyo womonga xa angaphilanga,  
ambuyisele empilweni.

*IINDUMISO 41:1-3*

Kwathi, akuhlala phantsi, beza kuye abafundi bakhe; waza wabafundisa, esithi:

“Banoyolo abo bazilahlela kuThixo, kuba balawulwa  
nguThixo bona!  
Banoyolo abo basezintsizini, kuba baya konwatyiswa  
nguThixo bona!  
Banoyolo abo balulamileyo, kuba baya kwabelwa  
ihlabathi nguThixo bona!  
Banoyolo abo balambela banxanelwe ubulungisa,  
kuba baya kwaneliswa nguThixo bona!  
Banoyolo abo banenceba, kuba baya kwenzelwa  
inceba nguThixo bona!  
Banoyolo abo bantliziyo ihlambulukileyo, kuba baya  
kumbona uThixo bona!  
Banoyolo abo bangabaxolisi, kuba uThixo uya kuthi  
bangabantwana bakhe!  
Banoyolo abo batshutshiswayo ngokuba besenza ubulungisa,  
kuba balawulwa nguThixo bona!

“Ninoyolo nina xa bathe abantu baningcikiva ngenxa yam,  
benitshutshisa, bethetha zonke izinto ezikhohlakeleyo ngani  
bexoka. Vuyani ke, nigcobe, kuba ninomvuzo omkhulu ezulwini.  
Kakade babesenjenjalo abantu ukubatshutshisa abashumayeli  
ababekho ngaphambi kwenu.”

*UMATEWU 5:1b-12*



**Makhe sicamngce:**

- Xa ucinga, inokuba ithetha ukuthini iBhayibhile xa ithi uThixo uyamsikelela umntu?
- UYesu uthi, “UThixo uyabasikelela abantu abanenceba”. Zeziphi iintsikelelo ezizodwa azikhankankayo zabo bantu? Oko kuhlngana njani nonakekelo?
- Dwelisa ezinye iindlela othi wena njengomnakekeli uzive usikelelwe nguThixo.

**Amanqaku akho:**

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## Unakekelo nobudlelwane onabo nabantu

*Kweli hlabathi lonakeleyo, yinyaniso into yokuba ubudlelwane abusoloko busebenza ngale ndlela siqwena ngayo. Kwincwadi yoMsebenzi wabaThunywa sifunda ngoBharnabha, ogama lakhe lithetha “umthuthuzeli” (UMsebenzi wabaThunywa 4:36-37). Yila ndoda yathatha uPawulos – owayesakubizwa ngokuba nguSawule – wamkhulisa xa wayeqala ubizo lwakhe:*

Wada wancedwa nguBharnabha owamthathayo, wamsa kubathunywa, wabachazela indlela awabonana ngayo neNkosi, nento eyathethwayo yiNkosi kuye. Wababalisela nangokulishumayela kukaSawule ngesibindi igama likaYesu eDamasko.

UMSEBENZI WABATHUNYWA 9:27

*Emva kwethuba, sifunde ngendlela abahlukana ngayo:*

Ekuhambeni kwexesha wathi uPawulos kuBharnabha: “Makhe sityelele amakholwa kuzo zonke iidolophu apho sasikhe salishumayela khona ilizwi leNkosi, siqonde ukuba aphila njani na.” UBharnabha wafuna ukuba kuhanjwe noYohane Marko, kodwa uPawulos yena akathandanga ukuba bahambe naye, kuba ngokuya babehambe naye kuqala wajika esithubeni, wabashiya ePamfili. Baxambulisana ke ngale ndawo, bada bagqibela ngokwahlukana. UBharnabha wahamba noMarko, basinga eSipro ngesikhephe. Waza yena uPawulos wakhetha ukuhamba noSilas. Ke amakholwa abanikela ezibeleni zikaThixo, bemka.

UMSEBENZI WABATHUNYWA 15:36-40

*Kodwa, iBhayibhile ithi masizame ngandlela zonke ukulungisa ubudlelwane ngomoya wothando.*

Ningabantu bakaThixo abanyuliweyo abathandiwewo nina, abakhe ngenkqu. Ngoko ke nxibani ezifanele abakhe: inceba, ububele, ukuthobeka, ubulali, nomonde. Nyamezelanani, nixolelane. Ukuba omnye ukhalazela omnye xolelanani kwanjengokuba nayo iNkosi yanixolelayo.



Ngaphezu kwazo zonke ezi zinto yongezani uthando, lona lubopha izinto zonke zibe yimbumba egqibeleleyo. Uxolo eniluphiwa nguKrestu malube lulo olugweba iintliziyo zenu, kuba uThixo wanibizela kolu xolo ukuze nibe ngamalungu omzimba omnye.

*KWABASEKOLOSE 3:12-15a*

**Makhe sicamngce:**

- Bobuphi ubudlelwane obuchaphazela kakhulu umsebenzi wakho wonakekelo?
- Ingaba ukhona umntu owakhe wasebenza phantsi kwakhe njengendlela uBharnabha awancediswa ngayo nguPawulos? Ingaba ukhona umntu – mhlawumbi omnye umnakekeli – odinga uncedo, onokumncedisa umkhokele yaye umkhulise?
- Zeziphi izikhokelo ezifumaneka eBhayibhileni zokugcina ubudlelwane bubuhle?
- Ingaba bukho ubudlelwane ofuna ukubulungisa? Ingaba ukhona umntu ekufuneka umxolele?

**Amanqaku akho:**

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## Ukudinwa kakhulu komnakekeli

*Izibhalo ziyangqina ukuba ngamanye amaxesha sipheliswa ngamandla sifune ukunikezela njengohlobo awenza ngalo uEliya umprofethi xa ukumkanikazi ongcolileyo uJezebehe wayesithi uzimisele ukumbulala. Kumaxesha anjalo, sifumana isiqinisekiso sokuba uThixo uyayiqonda imeko esikuyo yaye uya kuba nenceba kuthi asihlaziyele amandla.*

Akuluva olo daba uEliya woyika, wabaleka, esindisa ubomi bakhe. Uthe akufika eBheshebha kwelakwaJuda, walishiya khona ihlakani lakhe. Ke yena wathatha uhambo lwemini enye, wangena entlango. Wathi ke akufumana umthi wonwele, wahlala phantsi kwawo, wathandazela ukuba afe. Wathi: “Kwanele ngoku, Ndikhoyo! Buthathe ubomi bam; kuba andilunganga ukugqitha oobawo.” Wasuka ke wangqenqa apho phantsi kwaloo mthi wonwele, wasindwa bubuthongo, walala.

Kwabonakala isithunywa sezulu, samshukumisa uEliya, sathi: “Vuka, utye!” Wathi khwaphululu walaqaza, waza wabona iqebengwana lesonka ebesojiwe ngamalahle ashushu, kunye nendebe yamanzi. Wathatha ke, watya wasela, waza waphinda walala.

Siphinde sabuya isithunywa sikaNdikhoyo, samshukumisa sathi: “Vuka utye, kuba lude uhambo lwakho.” Wavuka ke, watya wasela. Oko kutya ke kwamomeleza, waza wathatha uhambo lweentsuku ezimashumi mane nobusuku bazo, wada waya kufika eHorebhe, intaba kaThixo.

1 YOOKUMKANI 19:3-8

Ngoko ke, sinombingeleli omkhulu nje, uDabulamazulu, uYesu uNyana kaThixo, masibambelele nkqi kwesi sivumo sethu. Kaloku owethu umbingeleli omkhulu ngosivelayo ebuthathakeni bethu, kuba walingwa ngeendlela zonke njengathi, kodwa zange one. Masisondele ke ngoko singenadyudyu apho ahleli khona esihlalweni sokulawula uThixo wethu onenceba; apho sakwenzelwa khona ububele nesisa, sinedakale ngoku kuselithuba.

KUMAHEBHERE 4:14-16



**Makhe sicamngce:**

- Ingaba wakhe waziva uzidinisa kakhulu? Okanye ingaba wakhe wadinwa kakhulu? Yintoni eyabangela oku?
- Ungazikhathalela njani ngendlela eyiyo ukuphepha ukudinwa okugqithisileyo?
- UYesu uyakuqonda ukubulaleka kwakho. Yintoni ofuna ukuyisa kuYe namhlanje?

**Amanqaku akho:**

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## Ixesha lokuyeka udlulele phambili

*Sifunda ezibhalweni ukuba kukho ubulumko ekukwazini ukwamkela nasekuyekeni, exesheni lokukhangela nasekunikezeleni wamkele ukuba into ethile imkile, nakwixesha lokubambelela nelokuyeka.*

Yonke into inxesha layo;  
 umbandela ngamnye unethuba lawo apha emhlabeni.  
 Ukuzalwa kunxesha lako,  
 nokufa kunxesha lako.  
 Likho ixesha lokutyala,  
 likwakho nexesha lokuncothula.  
 Likho ixesha lokubulala,  
 kanti likho nexesha lokunyanganga.  
 Ukuchitha kunxesha lako,  
 nokwakha kunxesha lako.  
 Ukulila kunxesha lako,  
 nokuhleka kunxesha lako.  
 Likho ixesha lokuzila,  
 likwakho nexesha lemihlali.  
 Ukusarhaza amatye kunxesha lako,  
 nokuqokelela amatye kunxesha lako.  
 Likho ixesha lokuwolana,  
 likwakho nexesha lokuyeka ukuwolana.  
 Ukufuna kunxesha lako,  
 nokuncama kunxesha lako.  
 Ukugcina kunxesha lako,  
 nokulahla kunxesha lako.  
 Likho ixesha lokukrazula,  
 likwakho nexesha lokuthunga.  
 Ukuthi cwaka kunxesha lako,  
 kanti nokuthetha kunxesha lako.  
 Uthando lunxesha lalo,  
 nokucaphukela kunxesha lako.  
 Likho ixesha lemfazwe,  
 kanti likwakho nexesha loxolo.

Umntu uzuza ntoni ke ngemizabalazo yakhe? Ndilubonile uxanduva alunike uluntu uThixo. Into yonke uyimisele ixesha layo. Umntu yena umnike ulangazelelo lokuqonda nangamaxesha angamiselwanga. Kodwa ke umntu akafikeleli ekuyazini into eyenziwa nguThixo ukususela ekuqaleni kuye esiphelweni. Ndifumanise ukuba akukho nto iyenye angayenzayo umntu ngaphandle kokuba ahlale onwabile, enze okulungileyo lo gama esaphila, kwanokuba wonke umntu atye asele aneliseke yimigudu yakhe. Kaloku sisipho esivela kuThixo eso. Ndiyazi ukuba yonke into eyenziwa nguThixo iya kuhlala ihleli; akukho nto inokongezwa kuyo, kungekho nto inokususwa kuyo. UThixo uyakwenza oku ukuze ahlonelwe ngabantu.

AMAVA ENGQONDI 3:1-14

**Makhe sicamngce:**

- Ingaba esi sibhalo sithetha ntoni kuwe ngomsebenzi wakho wonakekelo?
- Ngawaphi amava odibene nawo “exesha ..., lokufa, ... lokulila ... nelokwahlukana? Wamelana njani nale meko?
- Ingaba zikho iimeko ekufuneka uziyeke zidlule ukuze ukwazi ukuqhubeka nobomi? Ingaba yeyiphi eyona ndlela ingcono yokwenza oku?

**Amanqaku akho:**

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## Uhlaziyo lonakekelo

*Sonke siba namaxesha okuba sidinwe, kodwa kwiZwi lakhe, uThixo usithembisa ukuba uza kusinika amandla amatsha.*

Ngani ke, Yakobi, ukuba ukhalaze,  
nditsho wena, Sirayeli, ukuba uthi:  
“UNdikhoyo akabuqondi ubume bam;  
uThixo wam akandazeleleli nganto”?  
Kanti ngaba awazi na?  
Ngaba zange uve na?  
UNdikhoyo nguThixo onguSonini-nanini;  
yena ngumdali wehlabathi jikelele.  
Yena soze adinwe atyhafe,  
nengqiqo yakhe ayiphengululeki.  
Yena ngumhlaziyi wâbo batyhafileyo,  
umomelezi wâbo bangenamandla.  
Kanti ke nolutsha luyadinwa lutyhafe,  
abafana bakhubeke bawe,  
kambe ke bona abakholosa ngoNdikhoyo  
bosuka bahlaziyeke bomelele.  
Bosuka bantinge baxel’ ukhozi;  
noba sebebaleka, soze badinwe;  
ewe, baya kuhamba bangaze batyhafe.

UISAYA 40:27-31

### **Makhe sicamngce:**

- Ingaba likho ixesha olikhumbulayo apho wakhe waziva njengabantu bakaSirayeli, ekwakungathi uThixo akakumamelanga, engathi akakhathali ngento eyenzeka kuwe? Waphumela njani kuloo meko ngelo xesha?
- Zeziphi izinto ofuna uhlaziyo kuzo kunakekelo lwakho?
- Ingaba esi sifundo sisifundisa ntoni ngendlela uThixo enza ngayo kwabo badiniweyo nabanxaphileyo?
- Kufuneka wenze ntoni ukwenza esi sithembiso sohlaziyo sibe sesakho?

# Ukuzingisa

*Izibhalo zisikhuthaza ukuba siqhubeke yaye singanikezeli.*

Ngoko ke, thina siphahlwe ngamangqina amaninzi kangaka nje, masiyilahle ke yonke into enokusibambezele, ingakumbi isono, kuba sona siyarhintyela. Masingene kolu gqatso luphambi kwethu sizimisele. Amehlo ethu makathi ntsho kuYesu; kaloku síxhomekeke kuye isiqalo ndawonye nekamva lokholo lwethu. Ewe kaloku, yena wathi, ngenxa yenyhweba eyayimlindele, wawunyamezela umnqamlezo, walidela nehlozo lawo; kungokunje uhleli ewongeni kwibhotwe likaThixo.

Ngenene mkhumbuleni yena, kuba wamelana nayo yonke inkcaso yaboni. Xa nisenjenjalo ke niya kukhuthala ningatyhafi.

*KUMAHEBHERE 12:1-3*

## Makhe sicamngce:

- IBhayibhile isifundisa ukuba “unyamezelo luyasakha isimo somntu, yaye oko kusinika ithemba elingasayi kusidanisa”. Ingaba oku kuthetha ntoni kunakekelo lwakho?
- Dwelisa izinto ezikulibazisayo ekufuneka uziyekile.
- Uza kuwagcina njani amehlo akho ejonge kuncedo lukaYesu ukuze uzingise njengomnakekeli?

## Amanqaku akho:

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## Ukungamkelwa komsebenzi wakho

*Ngelinye ixesha uza kudibana nabantu abangawamkeliyo lo msebenzi uwezayo wokuba ngumnakekeli. IBhayibhile isinika izikhokelo zokuba sijongana njani nezo meko.*

Ngubani onganenzakalisayo xa nisenza okulungileyo? Phofu ke, nokuba ningatshutshiswa ngenxa yokwenza okulungileyo, ikwalithamsanqa naloo nto. Ze ningoyiki nina, ningaxhali nokuxhala oku. Hlonelani iNkosi uKrestu ehleli kuni ngaphakathi, nihlale nilungele ukuphendula nabani na onibuza ngethemba eniqamele ngalo. Kodwa loo nto ze niyenze ngobulali nangembeko, ningenasazela nganto, ukuze nokuba niyanyenjwa, abo banihlebayo badane ngenxa yendlela eniziphethe ngayo ukulandela uKrestu. Kaloku kungcono ukutshutshiswa ngenxa yobulungisa, xa kuyintando kaThixo oko, kunokutshutshiselwa izenzo ezibi.

1 KAPETROS 3:13-17

### **Makhe sicamngce:**

- Ngelinye ixesha singazikhathaza kakhulu ngendlela abanye abantu abacinga ngayo ngathi. Ingaba wakhe wanayo le nkxalabo? Ibe naliphi ifuthe kumsebenzi wakho wonakekelo?
- Ingaba lukhe alwamkelwa unakekelo olwenzayo? Waye wathini kuloo meko?
- Uye wenzeni xa ufumana ukungamkeleki kwakho nokomsebenzi wakho wokukhathalela abantu?

## Isazela noxolelo

*Sonke siyazenza iimpazamo kumaxesha ngamaxesha. Abanye bethu sikhe sadibana nokuphatheka kakubi.*

Ewe, uNdikhoyo uthi:

“Yizani, khe sithetha-thethane.

Noba sewudyobheke wankone sisono,  
mna ndokuhlambulula utsho ube msulwa;  
kanti nokuba sewuyinyhuku-nyhuku,  
mna ndiya kukwenza ube mhlophe qhwa.”

*UISAYA 1:18*

UNdikhoyo unenceba nesisu;  
uqumba kade, yimvuze-mvuze enobubele.  
Kaloku akasolok’ engxolisa, yaye akananqala.  
Akasohlwayi njengoko sifanelwe kukohlwaywa,  
engaziphindezeli ngokwezigqitho zethu.  
Kungangokuba kude kwesibhakabhaka emhlabeni  
ukubalasele kwezibele zakhe kwabamhlonelayo;  
ulogxoth’ izono zithi qelele kuthi  
njengempumalanga nentshonalanga.

*IINDUMISO 103:8-12*

“Ke ngoko, ukuba usondeza esibingelelweni into oyinikela kuThixo, wathi ulapho wakhumbula ukuba uwenu unendawo ngakuwe, wushiye apho umnikelo wakho phambi kweqonga lamadini, uhambe uye kuxolisana nowenu kuqala, uze emva koko uwusondeze umnikelo wakho.”

*UMATEWU 5:23-24*

Xa ke sithi sinobudlelane noThixo, kodwa sibe sihleli ebumnyameni, sithetha ubuxoki, nezenzo zethu azingqinelani nenyanyiso. Kodwa ke ukuba sihleli ekukhanyeni njengaye uThixo, siba nobudlelane. Ke lona igazi likaYesu uNyana wakhe lisihlambulula kuso sonke isono.

Xa sithi asinasono siyazikhohlisa, asinanyani mpela. Kodwa ke, ukuba siyazivuma izono zethu, uThixo uthembekile, ulilungisa; wosixolela izono zethu, asihlambulule kuko konke ukungalungisi.

*1 KAYOHANE 1:6-9*



Ndaweni yaloo nto yenzelanani ububele ninobulali, nixolelane, kwanjengokuba naye uThixo wanixolelayo ngoKrestu.

*KWABASE-EFESE 4:32*

**Makhe sicamngce:**

- Xa ucinga, kutheni uxolelo lusingqongileko esibaluleke kangaka eBhayibhileni?
- Ingaba ukhona umntu ekufuneka umxolele?
- Ingaba ikho into ofuna ukuyicelela uxolelo (kuThixo okanye kwabanye abantu)?
- Ingaba ikhona mhlawumbi into ekufuneka uzixolele ngayo?

**Amanqaku akho:**

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## Ukujongana nokubula

*Njengomnakekeli, ujongene nokubulaleka kaninzi, incinezelo yabo ubakhathaleleyo, intlungu yabo ubathandayo, nakwezakho iintlungu. Asisoloko sikuqonda konke ukubulaleka esikubonayo yaye ngelinye ixesha siziva sifana noYobi owakhala esentlungwini ezama ukuqonda ukuba kutheni ezo zinto zimehlela.*

“Ke bona ubomi bomntu yimbulaleko emhlabeni;  
imihla yakhe ngumzabalazo onjengobomi bomqeshwa.  
Imihla yakhe injengeyekhoboka elisoloko lilangazelela  
    ukuhlwa;  
injengeyomqeshwa olangazelela umvuzo wakhe.  
Ewe, esam isabelo ziinyanga ngeenyanga zokulambatha;  
mna ndabelwe ubusuku beenzingo.  
Xa ndilalayo ndithi: ‘Yaz’ba kuya kusa nini na?’  
Nobo busuku ke busuka bube bude gqitha,  
ke mna ndibe ndimbola-mboleka kude kuse.  
Umzimba wam wambethe iimpethu nothuli;  
ulusu lona lucandekile, luyabhidla.

“Imihla yam ikhawuleza okomatshini wokuluka;  
iya kufikelela esiphelweni ingaginyisi mathe.  
Khawukhumbule ke, kuba ubomi bam  
    bunjengomphunga;  
amehlo am akasoze aphinde akubone okuhle.  
Nâbo bandibonayo ngoku soze babe sandibona;  
ndiya kuphel’ emehlweni undijongile.  
Njengokuqhabalakana nokunyamalala kwamafu  
unjalo ofayo, akaphindi abuye.  
Akaphindi eze ekhayeni lakhe,  
angabi sazana nendawo yakhe.

“Hayi khona, andiyi kuthi cwaka!  
Ndiya kuwuphalaza umva-ndedwa wam,  
    ndikhale ndibindekile!  
Ngani ke ukuba ude undimisele umlindi?  
Ngaba ndilulwandle, okanye isilo solwandle?



Ndakulala ndiye ndicinge ukuba umandlalo wam  
wondithuthuzela,  
ndithi ubuthongo bondithomalalisa.  
Kodwa wena usuka undirhwaqelise ngamaphupha;  
usuka undivingcele ngemibono.  
Ndide ke mna ndikhethe ukukrwitshwa;  
kanye ndinyula ukufa kunokuphila kulo mzimba wam.  
Ewe kambe, ndidikiwe bobu bomi;  
kakade andiyi kuphila ngonaphakade.  
Hayi ndiyekeni, kuba ubomi bam bunjengomphunga.

“Yaz’ba uyintoni na umntu, le nto umxabise kangaka;  
ngani ukuba umzondelele kangaka?  
Ewe, yonke imihla uyamphicotha;  
ngayo yonke imizuzu uyamvavanya.  
Hayi kaloku, khawuthi gu kancinci;  
khawundiyeke ndikhe ndiginy’ amathe!  
Ke ukuba ndiyona, ikukhathaza ngani loo nto,  
wena Malusi woluntu?  
Ngani ukuba ndibe selisweni lakho kangaka?  
Ngaba ndingumthwalo ongako kuwe?  
Ngaba awungendixoleli na isono sam,  
ubulibale ubutyala bam?  
Kuba ke ngoku ndiza kulala kobandayo;  
uthi undifuna ndibe ndingasekho!”

UYOBI 7:1-21

*Kodwa iLizwi likaThixo likwasinika ithemba ekucinezelekeni nasekubulalekeni. Elizwini lakhe, uThixo usifundisa indlela eyiyo yokujongana nokubulaleka.*

Masithini na ke ngezi zinto? Ukuba uThixo ungakuthi ngubani onokusichasa? Yena kaloku akambandezanga owakhe uNyana, koko usuke wamnikela ngenxa yethu sonke. Angathini ke ukungasibabali asiphe zonke ezinye izinto? Ngubani na oya kubamangalela abanyulwa bakaThixo, inguThixo nje obagwebelayo? Ngubani onokubagweba, ethe wafa nje uKrestu, wathi ngaphezu koko wabuya wavuka, waza waya kuhlala ewongeni kwaThixo, apho asithethelela khona? Ngubani ke onokusahlukanisa nothando lukaKrestu? Yimbandezelo na?

Yinkxwaleko na? Yintshushiso na? Yindlala na? Bubuzé na?  
Yingozi na? Likrele na? Kunjengoko izibhalo zitshoyo ukuthi:

“Ngenxa yakho sisesichengeni sokubulawa;  
yiyo loo nto sesifana neegusha eziya kuxhelwa nje.”

Kanti ke, kwezi zinto zonke sisuka soyise sitshatshale ngalowo wasithandayo. Kaloku ndiqinisekile kukuba asikuko nakufa, nabomi, nazithunywa zezulu, nazilawuli, nanto zikhoyo, nanto zizayo, naziphathamandla, nanto ziphezulu, nanto zingaphantsi, nditsho nasiphi na isidalwa, esiya kuba nako ukusahlula nothando lukaThixo olukuye uKrestu Yesu, iNkosi yethu.

*KWABASEROMA 8:31-39*

**Makhe sicamngce:**

- Luchaphazeleka njani unakekelo lwakho xa ubona ukubulaleka okuninzi? Ujongana njani nokubulaleka odibana nako qho?
- Leliphi ithemba obanika lona abo babulalekayo? Oku kukunceda njani xa wena ubulaleka?

**Amanqaku akho:**

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## Ukukhula ekubulalekeni

*Noxa singasoloko sifuna ukukuva oku, iyinyani into yokuba siyakhula xa sikhe sadlula ekubulalekeni. IBhayibhile ikwasifundisa ukuba ukubulaleka kunceda ukukhulisa izimo zethu.*

Njengoko sikholwa, sigwetyelwe nguThixo, sinoxolo naye ngenxa yeNkosi yethu uYesu Krestu. Kaloku sibe nako ukungena ngoKrestu ngokukholwa kolu babalo sikulo. Siyaqhayisa ke sithembe ukuba nenxaxheba ebuqaqawulini bukaThixo. Ngaphezu koko, siqhayisa nangeembandezelo ezi, sisazi nje ukuba iibandezelo zisiqhelisa ukunyamezela. Ke ukunyamezela kubonisa ukuba sicikidekile. Ukucikideka ke kudala ithemba. Ithemba ke lona alidanisi, kuba uthando lukaThixo luthululelwe ezintliziyweni zethu ngoMoya oyiNgcwele esamnikwayo.

*KWABASEROMA 5:1-5*

### **Makhe sicamngce:**

- Ungacinga umzekelo wendlela othe wakhula ngayo ekubulalekeni?
- Ingaba ukwimeko apho ubulalekayo ngoku? Ungacinga iindlela onokuthi ukhule ngazo ekubulalekeni?
- Dwelisa iindlela apho ukukhula ngenxa yokubaluleka kunokuthi kube yinkuthazo kwabanye, ingakumbi abo ubanakekelayo.

### **Amanqaku akho:**

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# Uxolo nolonwabo

*Siyafunda kwizibhalo apho uxolo novuyo lokwenyani lufumaneka khona.*

*UYesu wathi:*

“Ndinishiya noxolo olulolwam, olungafani nakancinane nolweli hlabathi. Ze ningakhathazeki, ningoyiki.”

UYOHANE 14:27

Ngoko ke, nimanywe neNkosi nje, yonwabani! Ewe, ndiyaphinda ndithi vuyani!

Bazeleleleni bonke abantu. INkosi isemnyango. Sanukuba naxhala; kodwa iintswelo zenu ziseni kuThixo ngomthandazo, nimbongoze ninombulelo. Ke lona uxolo lukaThixo olungaphaya kokuqonda luya kuzalusa iintliziyo neengcinga zenu ningahlukani noKrestu.

KWABASEFILIPHI 4:4-7

## **Makhe sicamngce:**

- Ungathi yintoni indima yoxolo nolonwabo kubomi bomnakekeli?
- Ingaba lukhona utshintsho ekufuneka ulwenzile ukuze ubomi bakho buhambelane nezi zicatshulwa zeBhayibhile?
- Ingaba ukhona umzekelo apho uxolo nolonwabo olusuka kuThixo, luye lwanceda kumsebenzi wakho wonakekelo?

## **Amanqaku akho:**

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## Umthandazo

*Umthandazo uchazwa njengomphefumlo wobomi bobuKrestu.  
IBhayibhile igxininisa kakhulu emthandazweni.*

“Xa uthandazayo, uze ungabi njengabahanahanisi, bona bathand’ ukuthandaza bemi ezindlwini zesikhungo nasezikoneni zezitalato, ngenjongo yokuba babonwe ngabantu. Inene, sebewufumene umvuzo wabo. Ke wena, xa uthandazayo, ngena egumbini lakho, uluvale ucango, uthandaze kuYihlo ongabonwayo. Ke uYihlo, yena obona okwenzeka emfihlekweni, wokuvuza.

“Ngoko ke, xa nithandazayo, ze ningenzi milembelele ingento, njengabangakholwayo, bona baba boviwa ngenxa yamazwi abo amaninzi. Ze ningafani nabo, kuba uYihlo uyakwazi enikusweleyo ninge kaceli. Thandazani ke ngoko nina nithi:


“ ‘Bawo wethu osezulwini:  
Malaziwe lihlonelwe igama lakho,  
malongame ulawulo lwakho,  
makwenziwe ukuthanda kwakho, emhlabeni njengasezulwini.  
Sibonelele kwiintswelo zethu zemihla ngemihla;  
usixolele amatyala ethu,  
njengokuba nathi sibaxolela abasonayo;  
ungasiyekeli ekulingweni,  
koko sihlangule kumtyholi;  
[kuba ngenene nguwe olawulayo,  
namandla ngawakho, nodumo, kude kube ngunaphakade!  
Amen.]’

“Kaloku xa nibaxolela abantu izigqitho zabo, uYihlo osezulwini wonixolela nani. Xa ningabaxoleli abantu izigqitho zabo, noYihlo akayi kunixolela iziphoso zenu.”

UMATEWU 6:5-15

Kuqala, ndiqononondisa ndisithi: izicelo, imithandazo, izikhungo, nemibulelo, mazenzelwe bonke abantu. linkosi nabasemagunyeni bonke mabathandazelwe.

1 KUTIMOTI 2:1



Ngokukwanjalo noMoya uyasixhasa ekusweleni kwethu amandla, kuba kaloku asiyazi eyona ndlela singathandaza ngayo. Kodwa ke kweso singqala sethu sikhohliwe uMoya ngokwakhe uyasithethelela. Ke uThixo oziphengululayo iintliziyo uyazazi iingcamango zoMoya, kuba kaloku uMoya uthethelela abantu bakaThixo ngokwentando kaThixo.

Siyazi ke ukuba kuyo yonke imeko uThixo ubenzela okulungileyo abo bamthandayo.

*KWABASEROMA 8:26-28a*

**Makhe sicamngce:**

- Dwelisa indlela umthandazo ongumfuziselo nesawufundiswa nguYesu, obaluleke ngayo kubanakekeli.
- Yeyiphi indima edlalwa ngumthandazo ngoku kumsebenzi wakho wonakekelo? Yeyiphi indima efanelwe ukudlalwa ngumthandazo?
- Ingaba wakhe wakwimeko apho ungazaziyo ukuba uthandazele ntoni, waze uMoya wakuthandazela “ngendlela engenakuchazeka ngamazwi”?
- Ingaba ikho into odinga ukuyizisa kuThixo ngomthandazo ngoku?

**Amanqaku akho:**

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## Ukunyaniseka

*Ezinye zeempawu ezibalulekileyo zomnakekeli kukunyaniseka: ukunyaniseka kuThixo nakusekunyanisekeni kwabanye abantu. Funda indlela uPawulos acenga ngayo uTimoti ukuba ahlale enyanisekile.*

Phuthuma ukulungisa, unqulo, ukuthemba, uthando, ukunyamezela, nobulali. Kolu gqatso lokholo yenza konke okusemandleni ukuze ubufumane ubomi obungonaphakade. Ewe, kaloku wabizelwa yona le njongo, ngokuya wawusenza isivumo sokholo phambi kwamangqina amaninzi. Ngoku ke ndiyakugunyazisa phambi koThixo umniki bomi kuzo zonke izinto, naphambi koYesu Krestu, owenza isivumo wangqina phambi koPontiyo Pilato. Wuthobeke umyalelo, uwuphathe nyulu ungenabala, kude kube yiMini yokubonakala kweNkosi yethu uYesu Krestu.

1 KUTIMOTI 6:11b-14

### Makhe sicamngce:

- Ucinga ukuba utheni ukunyaniseka kubalulekile kumnakekeli?
- Sesiphi isiqhamo esinokuba khona xa unganyanisekanga kuThixo kumsebenzi wakho wonakekelo? Ukunganyaniseki kona kwabanye abantu?
- Ungaqinisekisa njani ukuba uya kuhlala unyanisekile kubizo lwakho njengomnakekeli?

### Amanqaku akho:

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# Ubulumko

*Abanakekeli baye amaxesha amaninzi bajongane neemeko ezinzima. Kuye kudingeke ubulumko kwezi meko.*

“Isiseko sobulumko kukuthobela uNdikhoyo;  
umntu omaziyo oyiNgcwele kanye uzuza ingqiqo.”

IZAFOBE 9:10

Kholosa ngoNdikhoyo ngomxhelo wakho wonke,  
ungaze ungqiyame ngezakho iimbono.  
Mkhumbule uNdikhoyo kuyo yonke ihambo yakho,  
waye ke yena eya kukukhokela kuzo zonke iindlela zakho.

Musa ukuzibona usisilumko wena ngokwakho;  
ndaweni yaloo nto hlala umhlonela uNdikhoyo,  
ubucezele ububi.

Loo nto iya kuwunika impilo umzimba wakho,  
atsho omelezeke amathambo akho.

IZAFOBE 3:5-8


Mawethu, zithatheni njengabantu abanethamsanqa, xa nifikelwa zizilingo ngezilingo. Kaloku isiqhamo sokumelana nezilingo ngokholo lunyamezelo. Kona ke ukunyamezela kuzala isimilo esicikidekileyo, nesingalambathi nganto. Ke ukuba kukho bani uswele ubulumko, makabucele kuThixo. UThixo onobubele nesisa kubo bonke abantu, womnika. Kodwa ke loo mntu makacele ekholwa, engathandabuzi konke. Kaloku umntu othandabuzayo ufana namaza alatyuziswa ngumoya elwandle. Umntu onjalo ke makangalindeli kwenzelwa nto yiNkosi. Kaloku umntu ongqondo ilala neli, ivuke neli, akaze abe nazigqibo nganto.

EKAYAKOBI 1:2-8

## **Makhe sicamngce:**

- Ingaba uyavumelana nale ntetho ingentla ukuba “umnakekeli uye ajongane neemeko ezinzima”? Kutheni kunjalo okanye kutheni kungenjalo?
- NgokweziBhalo, ubulumko buqala phi?



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- Ungacinga imeko apho ukhe wadinga waze wafumana ubulumko bukaThixo nokuboniswa ngumoya kaThixo? Kwakwenzeke ntoni?

**Amanqaku akho:**

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## Ukhuseleko phantsi koThixo

*Kobu bomi, ungehlelwa yingozi nanini na ungakhange wafumana silumkiso. Yile nto kuba yintuthuzelo ukufunda eBhayibhileni ngokhuseleko olufumana kuThixo.*

Lowo uhleli ekhuselwe nguPhezukonke,  
 uhlala esemthunzini kaSomandla.  
 Yena uya kuthi: “Ndikhoyo, ungumkhuseli wam;  
 uyingqaba yam, wena Thixo, ndiya kuthembela kuwe.”  
 Kuba nguye okuhlangula emgibeni wabakugcayiseleyo  
 nakubhubhane wesifo,  
 akwambathise ngamaphiko akhe, akufihle ekhusini lakhe,  
 kube likhaka nekhusele lakho ukuthembeka kwakhe.  
 Akuyi koyika zingozi zasebusuku,  
 nakuhlaselwa ngequbuliso emini,  
 nabhubhani wangobusuku,  
 nasifo sigquqisayo emini emaqanda.

Nokuba kungawa iwaka ecaleni kwakho,  
 neshumi lamawaka liwe likungqonge,  
 akusayi kuchukunyiswa nto wena.  
 Uya kuqwalasela ukubone ngamehlo akho  
 ukohlwaywa kwawo amatshijolo.

Ngenxa yokuba uthembele ngoNdikhoyo,  
 wamenza umkhuseli wakho uPhezukonke,  
 akuyi kuhlelwa bubu;  
 akuyi kusondela nasibetho emzini wakho.  
 Kaloku woziwisela umthetho ngawe izithunywa zakhe  
 wokuba zikugcine endleleni yakho,  
 zikufunqule hleze ukhubeke elityeni.  
 Wonyathela phezu kweengonyama neenyoka,  
 unyhashe amathol’ eengonyama noogqoloma.

Ngenxa yokuba endithanda, ndomhlangula;  
 ndimphakamise, kuba elazi igama lam.  
 Akuzibika kum, ndiya kumva;  
 ndiya kuba naye ezimbandezelweni,

ndimhlangule, ndimbek' ezimbekweni,  
ndimvuze ngobomi obude,  
ndimbonise ukuba ndiyasindisa.

*IINDUMISO 91*

**Makhe sicamngce:**

- Njengomnakekeli, ingaba ukhe udinge ukhuseleko kumsebenzi wakho? Ukuba kunjalo, entwenini?
- Kwesi sibhalo, ingaba zikhona iimeko kwimpilo yakho eziphantsi kokhuselo lukaThixo? Ingaba zikhona izinto ofuna ukuzisebenzisa kwezi zinto kobakho ubomi?
- Ungacinga imeko okanye iimeko apho wafumana ukukhuselwa nguThixo kwixa elidlulileyo?
- Ingaba ezi meko, nala mava nezi nyani zifundiswa kwiNdumiso 91 zingakunceda njani kwimeko okuyo ngoku?

**Amanqaku akho:**

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# Isimemo sokuphumla kuThixo

*Ukuba ngumnakekeli kudinga okuninzi emntwini. Ngenxa yeso sizathu, ukuphumla kubalulekile. UYesu uyasimema ukuba siye kuYe size kufumana ukuphumla.*

“Yizani kum, nina nonke nisindwayo, nibulalekayo; ndoniphumza. Ngenani edyokhweni yam, nifunde kum, kuba mna ndilulamile, ndingontliziyo ithobekileyo. Nothi ke nizifumanele ukuphumla iintliziyo zenu, kuba idyokhwe yam ayityabuli, nomthwalo wam ulula.”

UMATEWU 11:28-30

Ndithe cwaka ndikholose ngoThixo;  
kaloku nguye yedwa ondikhululayo.  
Ndizimela ngaye, nguye ondisindisayo.  
Yinqaba yam, soze ndichukunyiswe.

Koda kube nini nimhlasela umntu,  
ninxanel’ igazi lakhe,  
noba enjengodonga olukekeleyo,  
enqwa nothango oluwayo?  
Nizungula ukumbhukuqa awe;  
niqhayisa ngokuxoka.  
Ngomlomo niyathamsanqelisa,  
ukanti niyaqalekisa ngaphakathi.

Ndithe cwaka, ndikholose ngoThixo;  
kaloku nguye yedwa ithemba lam.  
Ndizimela ngaye, nguye ondisindisayo.  
Yinqaba yam, soze ndichukunyiswe.  
Ndisindiswa nguThixo, uliwonga lam.  
UThixo yinqaba yam, ndizimela ngaye.

Maxa onke thembelani kuye, bantundini,  
nizityand’ igila kuye;  
kaloku uThixo yinqaba yethu.

IINDUMISO 62:1-8



**Makhe sicamngce:**

- Ukuphumla okunikezwa nguYesu ucinga ukuba kuthetha ukuthini kwabo abeza kuYe?
- Ingaba ungacinga ngeendlela eziphathekayo onokuza ngazo uze kuphumla kuThixo? Ingaba unemithwalo ofuna ukuyizisa kuYe?
- Ungasenza isigqibo sokulinda uThixo ngokuzola? Ingaba zikhona izinto ezenza kube nzima ukulinda uThixo ngomonde?

**Amanqaku akho:**

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## Iingcinga

*Indlela umntu acinga ngayo inefuthe kumazwi akhe nezenzo zakhe. Ngenxa yeso sizathu, iLizwi likaThixo lisixelela ukuba silumke kwizinto esigxininisa iingcinga zethu kuso.*

Musani ke ukuthatha isimilo sabantu beli phakade, kodwa iingqondo zenu maziguquke zihlaziyeke, nize niyivume intando kaThixo, yona ilungileyo, ikholekileyo, igqibeleleyo.

*KWABASEROMA 12:2*

Mandiphethe ngelithi, mawethu, hlalani nicinga ngezinto eziyinyaniso nezindilekileyo nazo zonke izinto ezilungileyo nezinyulu, zonke ezithandekayo nezinesidima nangezinto ezintle ngokupheleleyo kwanezincomekayo.

*KWABASEFILIPHI 4:8*

### **Makhe sicamngce:**

- Ungamvumela njani uThixo ukuba atshintshe indlela ocinga ngayo?
- Ungakhe ucinge ngeendlela ezicacileyo zokugxininisa iingcinga zakho “kwizinto eziyinyaniso nezindilekileyo nazo zonke izinto ezilungileyo nezinyulu, zonke ezithandekayo nezinesidima nangezinto ezintle ngokupheleleyo kwanezincomekayo”?

### **Amanqaku akho:**

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## Isikhokelo sabanakekeli

*Esi sicutshulwa seZibhalo silandelayo singabonwa njengesikhokelo sabanakekeli.*

Ningabantu bakaThixo abanyuliweyo abathandiweyo nina, abakhe ngenkqu. Ngoko ke nxibani ezifanele abakhe: inceba, ububele, ukuthobeka, ubulali, nomonde. Nyamezelanani, nixolelane. Ukuba omnye ukhalazela omnye xolelanani kwanjengokuba nayo iNkosi yanixolelayo.

Ngaphezu kwazo zonke ezi zinto yongezani uthando, lona lubopha izinto zonke zibe yimbumba egqibeleleyo. Uxolo eniluphiwa nguKrestu malube lulo olugweba iintliziyo zenu, kuba uThixo wanibizela kolu xolo ukuze nibe ngamalungu omzimba omnye. Phuphumani ke ngumbulelo. Maluhlale ngokupheleleyo ezintliziweni zenu udaba lukaKrestu. Fundisanani, niyalane ngobulali. Culani iindumiso, nihlabele amaculo, nivuma iingoma zoMoya, nibulela uThixo ngentliziyo. Nantoni na ke eniyenzayo, nokuba niyathetha, nokuba niyenza, yenzeleni egameni leNkosi uYesu, nibulela uThixo uYise ngayo.

*KWABASEKOLOSE 3:12-17*

### **Makhe sicamngce:**

- Ungavuma ukuba esi sicutshulwa singathathwa njengesikhokelo sabanakekeli? Utsho ngoba kutheni ukuba siso okanye kutheni singenakuba siso?
- Ngokwalo mhlathi, yeyiphi eyona nto ibalulekileyo kunezinye? Kutheni ibalulekile kunezinye?
- Kuza kuba neziphi iziphumo ebomini bakho nakumsebenzi wakho wonakekelo ukuphila ngokwale migaqo?

# Umthandazo wokuxhasa abanakekeli

*Lo mthandazo ulandelayo womPostile uPawulos oya kumaKrestu angamaEfese ubalungele kakhulu abanakekeli.*

Ngenxa yezi zinto ke, ndakuba ndivile ngokholo eninalo kuYesu iNkosi yethu, nangendlela eniluthanda ngayo lonke usapho lukaThixo, andiphezi ukumbulela uThixo ngenxa yenu, xa ndinikhumbulayo emthandazweni. Ndiyamcela uThixo weNkosi yethu uYesu Krestu, uSosidima, ukuba aniphe uMoya wobulumko, anityhilele uThixo, ukuze nimazi. Ndiyamcela ukuba anikhanyisele nibe nokuqonda, khon' ukuze nilazi ithemba anibizele kulo, niziqonde iintsikelelo ezingaka ezililifa lemilowo yakhe, nikuve ukongama kwawo amandla akhe ngakuthi, thina bathembele kuye. La mandla ikwangalawa wavusa ngawo uKrestu ekufeni, waza wamthwesa ubukhosi ezulwini. Ngenxa yobo bukhosi wongamele lonke ulawulo, negunya, nawo onke amandla nobukhosi. Ubukhosi bakhe bungaphezu kwawo onke amawonga obungangamsha nawo onke amagama anokukhankanywa kweli lizwe nakwelizayo. Izinto zonke uThixo uzibeke phantsi kolawulo lukaKrestu, waza wammisela wayintloko yezinto zonke ebandleni. Ibandla ke lingumzimba kaKrestu, liphuphuma bubukho bakhe lowo uphuphuma bubukho bukaThixo.

*KWABASE-EFESE 1:15-23*

## **Makhe sicamngce:**

- Yeyiphi imiba yemithandazo ekhankanywe kulo mhlathi ebalulekileyo kule meko abanakekeli abazifumana bekuyo? Ngoba kutheni?
- Cela umntu akuthandezele yonke imihla. Bangasebenzisa lo mthandazo njengesikhokelo.



## Uthando, ngaphezu kwezinto zonke

*Enye yezihloko ezigxininiswayo kwiTestamente eNtsha luthando. Kuba umsebenzi wonakekelo ubandakanya uthando oluninzi, kubalulekile ukuthathela ingqalelo ukuba iLizwi likaThixo lisifundisa ntoni ngesi sihloko.*

Ewe kambe, ndingade ndibe liciko lokuthetha iilwimi zabantu, ndide ndithethe nezezithunywa zezulu – kodwa ndingenalo uthando, intetho yam isuka ibe yingxolo nje, efana neyentsimbi ehlokomayo, necangci elikhenkcezayo. Ndingade ndibe naso nesiphiwo sokushumayela ngefuthe, ndinalo lonke ulwazi, ndizazi nezinto ezingaziwa mntu, ndinalo nokholo olugungqisa iintaba, kodwa ndingenalo uthando, andinto konke! Ewe, nokuba ndinganikisa ngempahla yam yonke, ndide nam ngokwam ndizinikele ukuba nditshiswe, kodwa ke ndingenalo uthando, akuncedi nto konke-konke.

Uthando lunomonde, lunobubele. Uthando alunamona, alugwagwisi, lungakhukhumali. Uthando alugezi, alufuni okukokwalo, alunachuku, alunanzondo. Uthando aluvuyiswa bububi, luvuyiswa yinyaniso. Uthando aluncami; lukholwa zizinto zonke, luthemba izinto zonke, lunyamezela izinto zonke.

Uthando alupheli. Zikho zona iintshumayelo ezinefuthe, kodwa ziyatshitsha. Zikho neziphiwo zokuthetha iilwimi, kodwa nazo ziyabhanga. Kukwakho nokwazi, kodwa kuyadlula nako. Kaloku ezi ziphiwo sinazo zokwazi nokushumayela azigqibelelanga. Kodwa ke xa kuthe kwafika oko kugqibeleleyo okungagqibelelanga kuya kuphuthiswa konke.

Xeshikweni bendingumntwana, bendithetha njengomntwana, ndicinga njengomntwana, ndinezimvo zobuntwana; njengoko ke ndimdala, ndahlukene ngoku neendlela zobuntwana. Into esiyibonayo ngoku yimbonakalo nje eluzizi ngokungathi sikhangele esipilini; kanti ke ngoko siya kubona ngokucacileyo. Ukwazi kwam ngoku akugqibelelanga, kanti ke ndokwazi kakuhle ngoko, kufane nokundazi kwakhe uThixo ukwazi kwam.

Ngalinye ke, zintathu izinto eziya kuhlala zihleli: lukholo, nethemba, nothando. Engaphezu kwazo zonke ke luthando.



**Makhe sicamngce:**

- Ucinga ukuba kutheni uthando lunikwa indawo ebaluleke kangaka eBhayibhileni?
- Chaza iindlela ezahlukileyo uthando olwahluka ngazo kwindlela abantu abalubona nabaluchaza ngayo. Kubaluleke njani oku kumsebenzi wakho wonakekelo?
- Yeyiphi imiba yezothando ekufuneka ugxininise kakhulu kuyo kumsebenzi wakho wonakekelo? Yeyiphi iindlela onokukwenza ngayo oku?

**Amanqaku akho:**

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# Umbono kanaphakade

*Ithemba eliziswa liLizwi likaThixo kuthi lahlukile kulo naliphi na elinye ithemba, ngoba lona alipheli. Njengabanakekeli, kufuneka ubone umsebenzi wakho wonakekelo ngeliso lomsebenzi wanaphakade ukuze uqonde eyona ntsingiselo yawo.*

Ndabona izulu elitsha nehlabathi elitsha. Kaloku elokuqala izulu nelokuqala ihlabathi laliselidlule. Kwakungasekho nolwandle olu. Ndabona nesixeko esingcwele, iJerusalem entsha, isihla ivela kuThixo ezulwini. Yayingasentle! Yayingathi ngumtshakazi ehombele umyeni. Ndiva ilizwi elikhulu, livela ngasesihlalweni sokulawula, lisithi: “Uyasibona esi sixeko? Kulapho uThixo ahlala khona nabantu. Uya kuhlala phakathi kwabo, babe yimilowo yakhe, yena abe nguThixo wabo. UThixo ngenkqu uya kuhlala nabo. Uya kubosula zonke iinyembezi. Akusayi kubuye kubekho kufa, nalusizi, nasikhalo, nazintlungu. Kaloku lidlule ilizwe lokuqala.”

Ke lowo uhleli esihlalweni sokulawula wathi: “Ngoku yonke indalo ndiyenza ntsha.” Ubuye wathi: “Bhala kaloku! La mazwi ndiwathethayo athembekile, ayinyaniso.” Wabuya wathi: “Sekwenzekile. Ndim u-A kwano-Z, ndim isiqalo nesiphelo. Nabani na onxaniweyo ndomnika ngesisa amanzi aphuma emthonjeni odlisa ubomi. Lowo woyisayo wozixhamla zibe lilifa lakhe ezi zinto. Mna ndoba nguThixo wakhe, yena abe ngunyana wam.”

ISITYHILELO 21:1-7

## **Makhe sicamngce:**

- Yeyiphi intsingiselo unakekelo lwakho olunayo kulo mbono womsebenzi ongapheliyo. Ngaphandle kwenzuzo zangoku kwabo babulalekayo, yeyiphi enye into unakekelo lwakho oluyinika abantu ngokomsebenzi wanaphakade?
- Yintoni eziswa ngulo mhlathi kubanakekeli nakubo bonke ababulalekayo?
- Ingaba ungacinga ngeendlela ezibonakalayo onokwenza ngazo ukuba eli themba libonakale kwabo ubanakekelayo?

# Amaqaku akho

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