

Uma izikhathi  
zinzima ...



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## Awuwedwa

Kuba nezikhathi lapho kuba sengathi izinto azihambi kahle empilweni yakho. Lokho kungabangelwa noma ngabe yini kusukela ekushoneni komuntu omthandayo, kube ukwehlakazeka komshado, ukuphela kobungani obunabo kuye ekuphelelweni umsebenzi. Lokhu kulahlekelwa noma ukuphoxeka okufana nalokhu kungakushiya uphatheke kabi, ulusizi futhi unehliziyo ebuhlungu.

## UNkulunkulu uyakuthanda futhi uyakunakekela

Uyaphilisa abehliziyo echobozekileyo; izilonda zabo uyazibopha.

[AmaHubo 147:3](#)

Iyakwalusa umhlambi wayo njengomalusi, ithubhe amawundlu ngemikhono yayo, iwagone esifubeni sayo, ihole kahle izindlezane.

[U-Isaya 40:11](#)

“Azesule izinyembezi zonke emehlweni abo; ukufa akusayikuba khona; nokudabuka, nokukhala, nobuhlungu akusayikuba khona; ngokuba okokuqala kudlulile.”

Wayesethi ohlezi esihlalweni sobukhosi: “Bheka, ngenza konke kube kusha.”

[IsAmbulo 21:4-5a](#)

## Ukuthula ngezikhathi zesivunguvungu

Ngezikhathi zobunzima sifikelwa ukudangala. Siyakhathazeka bese sifikelwa

**\*Wonke amavesi acashunwe eBhayibhelini lesiZulu lango 1959/1997.**

ukusola uNkulunkulu ngokusiyekelela.  
UNkulunkulu uyasiqinisekisa ngobukhona  
bakhe ezimpilweni zethu futhi uyazithulisa  
nezivunguvungu ezingaphakathi ezibilini  
zethu.

Ngokuba yena ushilo wathi, “Angisoze  
ngakuyeka, angisoze ngakushiya,” ukuze  
sisho ngesibindi, sithi:

“INkosi ingumsizi wami, angiyikwesaba;  
umuntu angangenzani na?”

[KumaHeberu 13:5b-6](#)

“Lokho ngikukhulume kini ukuba nibe  
nokuthula kimi. Ezweni niyakuba lusizi,  
kepha yimani isibindi, mina ngilingobile  
izwe.”

[NgokukaJohane 16:33](#)

## Ukubona ukukhanya

Uma sikhathazekile, siyaye sicabange  
kakhulu ngalokho okubi okusivelele,  
sigcine singasayiboni indlela  
esingasizakala ngayo. Kodwa iBhayibheli  
liyasikhuthaza ukuthi sibheke futhi sibone  
ukukhanya nekusasa eliqhakazile, futhi  
sidlulise lokho okubi okusivelele.

“Uma ulungisa inhliziyo yakho,  
welulele izandla zakho kuye;  
uma udedisele kude ukona  
okusesandleni sakho,  
ungahlalisi ububi ematendeni akho,  
khona uyakuphakamisa ubuso  
bakho ungenamahloni,  
uqine, ungesabi.

Ngokuba uyakukhohlwa  
ukuhlupheka kwakho,  
ukukhumbule kunjengamanzi  
adlulileyo.

Ukuphila kwakho kuyakusa kunemini;  
noma kuhlwa, kuyakuba njengokusa nje.”

[UJobe 11:13-17](#)



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