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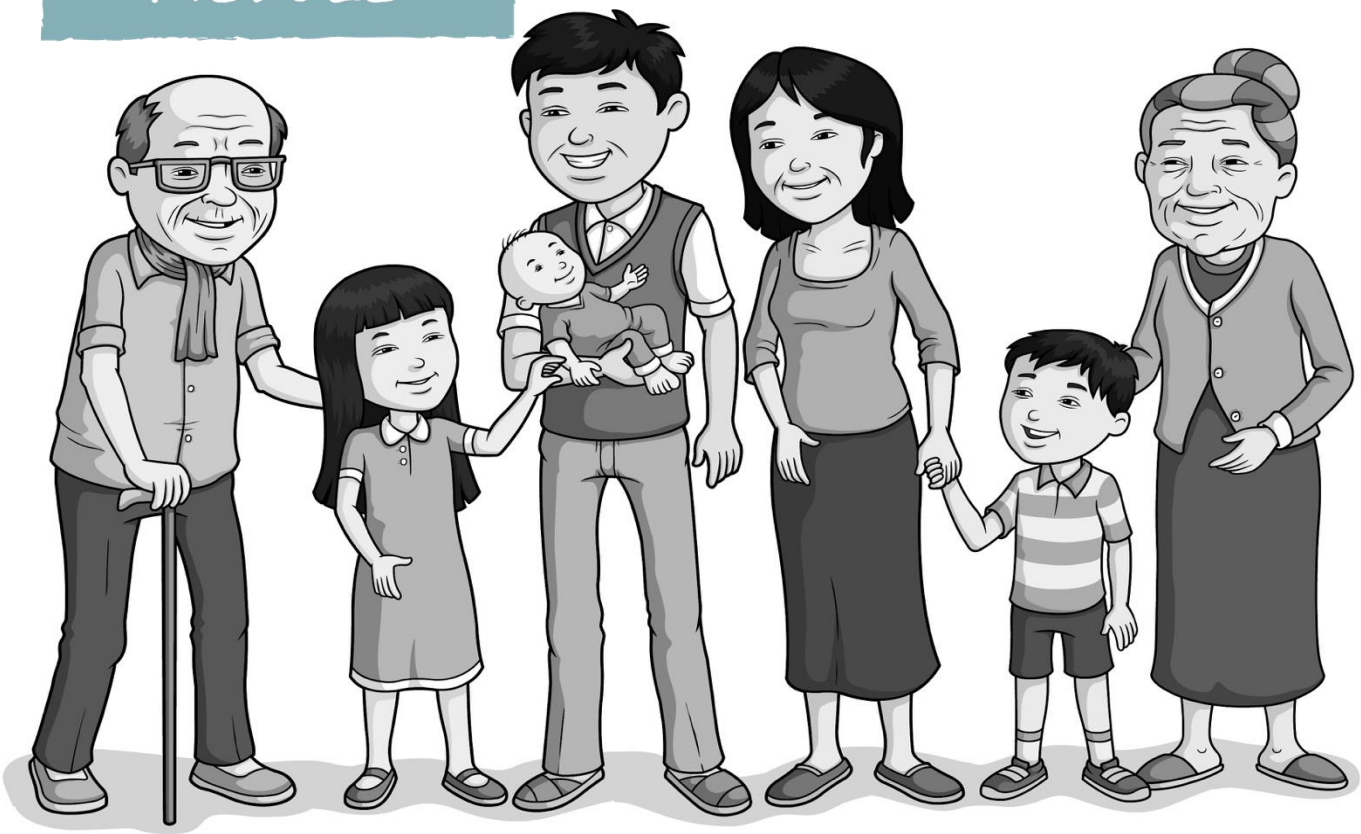

# Ndoa & Familia

# Mwongozo wa Mwalimu

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# SHUKRANI

watu wengi wamechangia zana hizo na kufanya program yote kuwa na ufanisi mkubwa zaidi. Nafasi ya kuwashukuru wote ni ndogo.

Sehemu kubwa ya material ya awali hutokana na Kate Marsden, aliyetushirikisha material ambazo amezitengeneza na kuzifanyia majaribio Bangladesh. Material za Kate tayari zimeendana na mazingira husika na zilikuwa na vitendo vizuri mno. Hayo yamerahisisha uundaji wa kitabu hiki. Mara ya kwanza nilipofundisha moduli hii nimewaona wanaume wazima wakitoa machozi kwa furaha ya kwamba kuna njia mbadala ya kuwaadhibu watoto. Sikutegemea kwamba hilo ni tatizo ila Kate alijua. Asante Kate.'

Nataka kumshukuru Heather Hicks, aliyeboresha masomo na kuongeza somo lililohitajika sana somo linalohusu wanawake. Mimi ni mtu wa kusonga mbele si wa kupitia kitu hatua kwa hatua. Kwa hiyo nashukuru kuwa na mtu anayekuwa tayari kupitia masomo haya na kuyatayarisha yatumike kwa maeneo mengi. Asante, Heather.

Nawashukuru pia wawezeshaji waliofanya kazi nasi miaka nenda rudi wakisoma na kutumia mawazo hayo. Hao ni mashujaa wangu. Kazi yao na marejesho yao yametusaidia kuunda material zenye manufaa na msaada wao umenisaidia kuendelea wakati nilipotaka kukata tamaa. Bado nina upendo wa pekee kwa wawezeshaji wa kwanza waliokaa wakinishangaa nilipojaribu kujifunza jinsi ya kufundisha. Wamejitahidi kuelewa na kufundisha dhana ambazo hazikuendana na mazingira yao. Hata hivyo jamii hizo zimeondokana na umasikini —hayo yamenikumbusha siku hadi siku kwamba kazi hii si yangu haiendi kwa sababu ya uwezo wangu bali ni ya Mungu na vitendo vyake. Namshukuru Mungu ameniruhusu kushiriki kwenye vitendo vyake na anavyonitumia pamoja na udhaifu wangu. Mungu pekee asifiwe.

Mwishoni nataka kumshukuru mume wangu aliyenifundisha maana ya ndoa. Bila yeye hayo yote yasingewezekana. Najua ulivyojitolea miaka nenda rudi ili yote hayo yatokee. Wewe ni upepo unaorusha mabawa yangu. Nakupenda.,

Anna Ho
Mkurugenzi Mtendaji
Reconciled World

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# Kabla Hujaanza

## Kujiandaa Kufundisha Somo

1. Soma kupitia **Kiongozi cha Mwalimu** kwa uangalifu, mara nyingi iwezekanavyo. Sisitiza au andika notisi pembeni mwa karatasi kujikumbusha pointi za muhimu.
2. Angalia **mawazo makuu** kwa kila kipindi ili ujue wanafunzi watajifunza nini katika somo.
3. Soma aya zote za Biblia kabla.
4. Angalia kuona ni **materials** gani yanahiyajika katika kila somo na kuhakikisha unatengeneza nakala za handout na kutengeneza vionyeshi ambavyo vinatumika katika somo hilo.
5. Hakikisha unaelewa kila **shughuli** katika somo (maigizo, michezo, vionyeshi). Unaweza kuifanyia mazoezi pamoja na familia au marafiki zako.
6. Chukua muda **kuomba** ili Mungu aandae wanafunzi, wanafunzi wasikie kile Mungu anachotaka wasikie na Akusaidie kufundisha vitini. Kumbuka kwamba ni kwa nguvu ya Mungu tu kwamba tutaweza kuwabadilisha watu.

## Vidokezo muhimu kwa ufundishaji wenye tija

1. Fika mapema na uandae vitini na eneo utakalokuwa unatumia.
2. Usipitie kitini haraka. Andaa muda wa kutosha kwa ajili ya majadiliano, shughuli na mapumziko. Lengo ni kwa watu kupata muda wa kuelewa na kushirikishwa katika mchakato wa kujifunza. Tembea mahali kutoka mada kwenda mada inayohakikisha kila mmoja ameelewa. Baadhi ya moduli zinaweza kuchuka zaidi ya nusu siku au siku nzima.
3. Pitia tena mara nyingi. Mwanzoni mwa kila kipindi waambie darasa warudie yote waliyojifunza hadi sasa katika Moduli ya mafunzo. Kurudiarudia husaidia watu kukumbuka walichojifunza.
4. Fuata Mwongozo wa Mwalimu pamoja na notisi zako za maandalio.
5. Hakikisha unajumuisha sehemu zote nne za kila somo.
    a. Tambulisha mada – Shughuli zitaunganisha mada na uzoefu wao wa nyuma.
    b. Toa taarifa mpya – Kuna namna nyingi za kushirikisha taarifa mpya
    c. Wape wanafunzi kazi ya kufanya kwa kile walichojifunza – Kazi huwawezesha kuelewa vizuri Zaidi taarifa kwa kufanya kazi na wengine, kutengeneza kitu, au kutumia taarifa mpya kwa namna fulani.
    d. Kuunganisha taarifa na Maisha yao – hii ni hatua ya utumiaji ambayo inamsaidia mwanafunzi kuamua njia maalum watakazotumia taarifa mpya walizojifunza katika Maisha yao.Kujifunza bila kutumia hakuleti mabadiliko na hakufai.
6. Pitia kanuni zako za elimu ya watu wazima na maarifa mengine yaliyofundishwa katika mafunzo ya maendeleo ya mwezeshaji.
    a. Toa maelekezo ya wazi.
    b. Uliza maswali mengi yasiyo ya majibu ya ndiyo au hapana.
    c. Washukuru watu kwa ushiriki wao.
    d. Usiwaambie watu kile wanachoweza kujifunza vizuri zaidi kwa ugunduzi.
    e. Jenga kwenye kile watu tayari wanakijua na utambue ubunifu wao.
    f. Uwe mvumilivu na usubiri watu waitike.

7. Himiza kila mmoja kushiriki, kushirikisha na kuchangia kwenye majadiliano. Tafuta njia za kufanya watu wenye aibu kushiriki bila kuwaaibisha.
8. Omba siku nzima kwa Mungu kuonyesha mambo mapya kwako na kwa wanafunzi.

## Jinsi ya kutumia mwongozo huu wa Mwalimu

1. **Mawazo Makuu na Materials:** Kila somo huanza na sehemu hii.
    a. **Mawazo Makuu**–Kuna mawazo mengi mazuri katika kila somo, lakini washiriki lazima waelewe mawazo haya makuu ifikapo mwisho wa kila somo. Ni vizuri kujiuliza kama unadhani washiriki wanaweza kukumbuka mawazo haya mazuri baada ya kuongoza somo. Chukua muda kupitia mawazo makuu mara nyingi kuwasaidia kukumbuka.
    b. **Material** – Materials maalum yanayohitajika yameorodheshwa kwa kila somo, pamoja na Vionyeshi na Handouts za wanafunzi. Unaweza kuchagua kutoa nakala ya mwongozo mzima wa mwanafunzi kwa kila mshiriki, au kutengeneza idadi ndogo kabisa ya nakala kwa kikundi kidogo cha mjadala. Kama hutumii mwongozo wa mwanafunzi, unaweza kuandika haya na maswali kwenye ubao mweupe au kwenye manila au andika haya kwenye karatasi kwa kila kikundi. Ikiwa mwongozo wa mwanafunzi ni wa muhimu sana kwa kila mmoja kuwa nao, utaboldiwa kwenye orodha ya material. Tunashauri pia kuwa na karatasi za manila, ubao mweupe. AU ubao mweusi wa chaki wa kutumia kwa kikundi kikubwa. Vionyeshi vyote vinapatikana katika sehemu baada ya masomo.
2. **Maelekezo kwa mwezeshaji:** Kuna maelekezo maalum katika somo kukusaidia uongoze mafunzo vizuri. Maelekezo haya hayahakusudiwi kushirikishwa kwa wanafunzi. Soma aya kwanza ili uwe tayari kuongoza majadiliano na kazi. Baadhi ya maswali yatakuwa na majibu yaliyoitalikiwa kukusaidia kama mwezeshaji kujua mawazo gani ya kusisitiza kwa wanafunzi. Haya si majibu mazuri tu, bali baadhi ya majibu mazuri.
3. **Kutawala Muda na Mtiririko:** Urefu wa mida haujumuishwi kwa kila somo.
    a. Chukua muda mwingi kadri inavyohitajika kusadia watu wajifunze mawazo katika somo. Ni bora kujishughulisha na kile watu wanachojifunza kuliko kumaliza somo katika muda uliopangwa.
    b. Kumbuka kutenga muda kwa wawezeshaji kuanza na maombi, kushirikishana shuhuda, kujadili matatizo yoyote waliyo nayo na kusali pamoja

## Angalizo maalum kwa Moduli ya Ndoa & Familia

Masomo haya ni kilasomo masaa 2 —siyo muda wakawaida wa saa 1.5. Wahimize kila mmoja kushiriki katika mafunzo haya hata kama hawajaoa/olewa au kama hawana watoto. Fanya marekebisho kwa majadiiano ya wanandoa. Mada hizi ni za muhimu kwa kila mmoja kujifunza kuendeleza mahusiano mema katika jamii zote.

# Somo 1: Majukumu katika Ndoa

**MawazoMakuu**

1. Wanaume wana majukumu mawili katika ndoa. Wanatakiwa kuwa Viongozi wa familia na wanatakiwa kuwapenda wake zao kama Kristo alivyolipenda kanisa na kama wanayojipenda na kujijali wenyewe.
2. Wanawake wana majukumu mawili katika ndoa. Wanatakiwa kupenda, kuheshimu, kuwatii waume zao kama Bibliainavyofundisha na kuwa msaidizi kimungu.

**Materials**

1. Mwongozo wa Mwanafunzi:
    a. 1.1 Majukumu ya Waume na Wake.
    b. 1.2 Makala ya Mapenzi na Heshima (Optional)

## Utangulizi

**KIKUNDI KIKUBWA CHA MJADALA**

Mafanikio ya ndoa zetu yanawataka wanaume na wanawake kuishi kwa amani na kuhusiana jinsi Kristo alivyokusudia. Moja ya njia muhimu za kuijenga ndoa yako ni kuelewa majukumu tofauti ya wanandoa.

***Maelekezo kwa mwezeshaji:*** *Soma kila hadithi na jadili maswali katika kikundi kikubwa.*

**Hadithi ya Leah**

Leah alichuchumaa mlangoni akiosha mboga kwa ajili ya mlo wa jioni. Kila mara alisukuma kitanda cha bembea ambako mtoto wake alikuwa amelala kukifanya kiendelee kuyumba mbele na nyuma. Mama mkwe wake alilala kwenye mkeka wa bamboo karibu akikoroma polepole katika joto la mchana. Leah alikuwa ameolewa miaka miwili tu na tayari Maisha yake yalikuwa tofauti na alivyotegemea. Alijihisi kuzeeka na kuchoka. Aliwa miss marafiki zake na alitamani awatembelee mama yake na baba yake. Badala yake alilazimika kulea mtoto na kutunza nyumba kwa ajili ya familia ya mume wake.

Leah alijua mama mkwe wake angetegemea kila kitu kuwa tayari kwa ajili yam lo wa jioni akiamka. Leah alijinyoosha na kukunya sehemu inayouma nyuma ya shino lake. Mwanzoni yeye Timeus walipooana, mumewake wakati mwingine alirudi mapema kutoka kazinina walienda kunyoosha miguu au walitoka wakiendesha pikipiki. Sasa alichelewa kurudi akiwa na marafiki zake. Alirudi akinukia pombe na sigara na aliongea maneno machache kabla ya kwenda kulala.

Leah alikuwa amekutana kwenye kikundi cha vijana cha kanisa. Kabla hawajaoana alionekana kama anayependa kwenda kanisani. Alidhani kama angekuwa mume mwema na baba mwema. Timeus hakuwa katili. Hakumpiga Leah na alijua hakutembea na wanawake wengine, lakini moyo wake daima ulikuwa mbali. Hata Jumapili mchana alipokuwa nyumbani alionekana kuwa mbali. Kamwe hakucheza na mtoto au kuongea na Leah. Alilala tu au aliangalia TV. Kama mtoto angelia au kama mama yake angelalamika kuhusu Leah, Timeus alibishana na Leah na alimfokea. Leah alianza kutamani bora asingeolewa. Hakutegemea Maisha yangeweza kuwa magumu kiasi hicho.

**Hadithi ya Timeus**

Baadaye jioni ya siku hiyo Timeus alikaa akinywa kahawa na marafiki zake. Baaraalikuwa anasema utani kuhusu wananwake uliowafanya wote wacheke. Timeus alimfikiria Leah na alitetemeka. Alijua alikuwa anamsubiri akirudi nyumbani na alikuwa na hasira. Kamwe hakuwa na furaha. Daima alilalamika kuhusu mama yake Timeus na kuhusu kazi zote alizolazimika kuzifanya nyumba nzima. Timeus alijua mama yake

angekuwa mgumu, lakini alitamani Leahawe mvumilivu zaidi. Mama yake alikuwa amefanya kazi sana Maisha yake yote na alistahili kupumzika sasa kwa kuwa amezeeka. Leah alitakiwa kuelewa hilo.

Timeus alikuwa ameanza kuchelewa nje na marafiki na kutafuta visingizio kutokaa nyumbani kwa sababu hakutaka kusikiliza mabishano yote kati ya Leah na mama yake. Alikuwa amechoshwa na malalamiko ya Leah kuhusu kazi yake na mtoto. Daima Leah alionekana mwenye kumkasirikia Timeus.Hakuelewa kwamba alifanya kazi kutwa nzima na alihitaji utulivu na kupumzika jioni?

Hata alikwepa kwenda kanisani na Leah. Alichukia kuigiza kwamba kila kitu kilikuwa sawa kati yao. Kila walipokwenda kwenye ibada za Jumapili asubuhi Leahalimvalisha mtoto na kunyoosha shati zuri sana la Timeus. Ilikuwa kana kwamba alitaka kila mtu aamini kwamba ni wenye ustawi na wenye furaha. Ukweli ni kwamba walihangaika kupata pesa na kamwe hawakuwa na furaha nyumbani. Timeus alikuwa ameanza kujiuliza kama kweli kulikuwa na mtu yeyote mwenye furaha kama walivyoigiza kuwa. Alijihisi kukatishwa tamaa kiasi kwamba hakutaka hata kwenda kanisani tena. Hakuwa na hakika kama kulikuwa na maana yoyote kufanya hivyo. Hakuwahi kufikiria kama Maisha yanaweza kuwa yenye kuchanganya kiasi hicho.

- Nini kilitokea katika hadithi hizi mbili?
- Hii inafananaje na familia katika jamii yetu?

**KIKUNDI KIDOGO CHA MJADALA**

- Ushauri gani ungempa Leah? Fikiria kile Timeus anahitaji: Angeweza kufanya nini kumtunza Timeus vizuri zaidi?
- Ushauri gani ungempa Timeus?: Fikiria kile Leah anahitaji: Angeweza kufanya nini kumtunza Leahvizuri zaidi?

Katika somo hili, tutaenda kuangalia jukumu la mume na mke katika ndoa. Mungu ametupa kanuni za kutusaidia kuwa na ndoa zilizofanikiwa.

## Jukumu la mume (Tumia Mwongozo wa Mwanafunzi 1.1)

**KIKUNDI KIKUBWA CHA MJADALA**

- Unawezaje kueleza wajibu wa mume katika ndoa?

Soma Waefeso 5:23, 25, 28-29.

- Aya hizi zinasema nini kuhusu mume?
    - *Mume ni kichwa cha mke.*
    - *Mume ampende mke kama Kristo alivyopenda kanisa.*
    - *Mume ampende mke kama anavyopenda na kujali mwili wake mwenyewe.*

- Mume awe kichwa cha mkewe kama Kristo alivyo kichwa cha kanisa. Kristo anafanyaje kama kichwa cha kanisa? Mume afanyeje kama kichwa cha mkewe? Nini ni mifano halisi?
    - *Mume ni kiongozi.*
    - *Yesu alitoa Maisha yake na haki zake awe mwokozi wetu hivyo mume lazima ajitoe kutunza, kulinda, na kutoa kwa ajili ya mke wake na siyo kufanya kwa kile ambacho ni chema kwa ajili yake tu*
    - *Hamlazimishi mke wake kumtii bali anampenda bila masharti. (Kristo kamwe halazimishi kanisa kutii.)*

- *Mume anapofanya maamuzi, ayajadili na mke wake na kuzingatia kilicho bora kwa mke wake, na siyo tu kilicho bora kwa ajili yake.*

- Kwa kuwa mume lazima ampende mkewe kama Kristu apendavyo kanisa lake, unawezaje kueleza upendo wa Mungu?

**MJADALA KATIKA KIKUNDI KIDOGO**

Tumia Mwongozo wa mwanafunzi 1.1.

Soma1 Wakorinto 13:4-8 na Wafilipi 2:1-8 na jibu maswali yafuatayo:

- Namna gani kila moja ya aya hizi inamweleza Mungu?
  - 1 Wakorinto: 13:4-8 – *huvumilia, hufadhili, hauhusudu, hautakabari haujivuni, haukosi kuwa na adabu, hautafuti mambo yake, hauoni uchungu, hauhesabu mabaya. Haufurahii udhalimu bali katika ukweli. Huvumilia, huamini, hutumaini na hustahimili. Upendo haupungui neno.*
  - Wafilipi 2:1-8 – *mnyenyekevu, kufikiria matakwa ya wengine kwanza, kutumikia na kutoa sadaka.*
- Mwanaume anawezaje kuonyesha upendo kwa mke wake katika njia hizi? Katika makundi yenu njoo na vitu 10 halisi ambavyo mume anaweza kuonyesha aina hii ya upendo kwa mke wake.
  - *Kusamehe mke wake wanapokuwa na kutokukubaliana.*
  - *Kusikiliza mawazo ya mke wake wanapofanya uamuzi*
  - *Kusaidia kumtunza mtoto – kumwosha mtoto*
  - *Kuchota maji kwa ajili ya mke wake*
  - *Kuwa mwaminifu kwa mke wake*
  - *Kutunza watoto ili mke wake awe na muda wa kuwatembelea wengine*
  - *Kufikiria mahitaji ya mke wake kabla ya mahitaji yake.*
  - *Kuwa mfano mzuri wa kiroho – kuhakikisha familia inahudhuria kanisa kila wiki*
  - *Kumwombea mke wake*
  - *Kuomba mawazo yake na kuongelea maamuzi muhimu pamoja.*
- Kama mume angemfanyia mke wake kama Biblia inavyofundisha, ingeleta matokea gani kwenye ndoa?

**TOA/RUDISHA RIPOTI**

***Maelekezo kwa mwezeshaji:*** *Pitia maswali hapo juu.*

**MJADALA KWA KIKUNDI KIKUBWA**

Mungu amempa mume nyajibu mbili za msingi katika ndoa—kuwa kichwa cha mke wake na kuwapenda wake zao kama wanavyojipenda wao wenyewe, kama Kristo anavyofanya kwa kanisa. Yesu alijifanya mtumishi, kuosha miguu ya wanafunzi wake na kutoa Maisha yake kama sadaka kwa wokovu wetu. Yesu alikuwa mwenye kujali na mkarimu, alitoa haki zake kama Mungu, na hakuwa mwenye kutawala.

Ni muhimu kwamba tuelewe jinsi Yesu alivyoonyesha mfano kutimiza nyajibu hizi mbili na kwamba tusifuate wajibu mmoja na kusahau mwingine. Tukiangalia Maisha ya Abrahamu tunaona wakati mwingine alisisitiza Zaidi wajibu mmoja kuliko mwingine na kila mara ilileta matatizo.

1. **Kuwajibika kama kichwa, lakini bila upendo (Mwanzo 12:10-16):** Abrahamu alimchukua mke wake Misri kuepuka njaa. Alimwambia mke wake amwambie kila mtu kwamba ni dada yake ili asidhuriwe. Hata hivyo, hii ilimaanisha kwamba Sarah alichukuliwa kwa Pharaoh kuwa mmoja wa wake zake. Kwa maana hii, tunaweza kuona kwamba Abraham alikuwa akiwajibika kama mkuu wa kaya na akijaribu kutatua tatizo la njaa kwa familia yake. Hata hivyo, hakumpenda mke wake kwa kumwomba

adanganye na awe mke wa mwanaume mwingine. Mungu alilazimika kuingilia kati na kumwokoa Sarah kutoka kwenye hali hiyo.

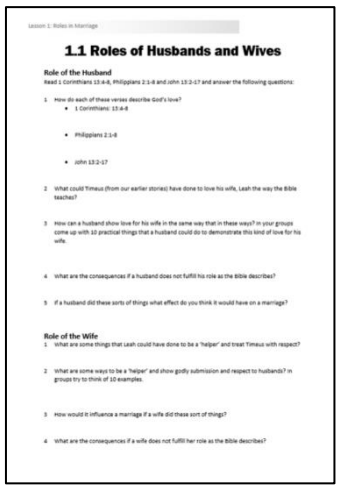
**Kupenda, lakini bila kuwajibika kama kichwa chakaya (Mwanzo 16:1-4)**: Sarah alimwomba Abraham kulala na Hagar ili aweze kupata mtoto kupitia kwake na kisha matatizo yalipoibuka akamwomba Abrahamu amfukuze Hagar. Abrahamualifuata matakwa ya Sarah bila hata kuomba kama ushauri sahihi au la. Alimpenda Sarah lakini kama kichwa cha mke wake angemkumbusha Sarah juu ya amri ya Mungu kwa kuwatendo la ndoa ni kwa wana ndoa na si kukubali kufuata mipango yake (Sarah).

Katika mifano yote miwili Abrahamu hakuwa mume mzuri. Kama mwanaume anataka kuwa mume mzuri lazima awe vyote kichwa cha mke wake NA ampende mke wake kama Yesu alivyolipenda kanisa. Kimoja bila kingine kitaliumiza ndoa

## Wajibu wa Mke(Tumia Mwongozo wa Mwanafunzi 1.1)

**MJADALA KATIKA KIKUNDI KIKUBWA**

- Katika eneo lako, nini hasa wajibu wa mke?



Lesson 1: Roles in Marriage

**1.1 Roles of Husbands and Wives**

**Role of the Husband**

Read 1 Corinthians 13:4-8, Philippians 2:1-8 and John 13:2-17 and answer the following questions:

1 How do each of these verses describe God's love?
- 1 Corinthians 13:4-8
- Philippians 2:1-8
- John 13:2-17

2 What could Timaus (from our earlier stories) have done to love his wife, Leah the way the Bible teaches?

3 How can a husband show love for his wife in the same way that in these ways? In your groups come up with 10 practical things that a husband could do to demonstrate this kind of love for his wife.

4 What are the consequences if a husband does not fulfill his role as the Bible describes?

5 If a husband did these sorts of things what effect do you think it would have on a marriage?

**Role of the Wife**

1 What are some things that Leah could have done to be a 'helper' and treat Timaus with respect?

2 What are some ways to be a 'helper' and show godly submission and respect to husbands? In groups try to think of 10 examples.

3 How would it influence a marriage if a wife did these sort of things?

4 What are the consequences if a wife does not fulfill her role as the Bible describes?

Soma Mwanzo 2:18, 20.

- Mungu anamwelezaje mwanamke? *(msaidizi)*
- Ungewezaje kutafsiri 'msaidizi'? Vitu gani hasa msaidizi hufanya?

SomaKumbukumbu la Torati 33:29 na Zaburi121:1-2.

- Nani ni msaidizi katika aya hizi?
- Unawezaje kumweleza msaidizi katika aya hizi?

Katika kiebrania (lugha ya asili) neno lilelile msaidizi linatumika katika kila moja na aya hizi. Mungu anamweleza mwanamke kama msaidizi, Anatumia neno lilelile ambalo analitumia kujieleza mwenyewe. Shetaniametudanganya na ametupa uelewa usio sahihi wa 'msaidizi.'Siyo wazo lilelile la kuwa mtumishi au mtumwa. Tafsiri halisi ya 'msaidizi' ambayo Mungu alitumia kwa mwanamke inamaanisha 'mtu mwenye nguvu ajaye kutegemeza, kutua msaada kwa mtu mwenye uhitaji.' Neno hili hili limetumika mra 16 kuelezea tabia ya Mungu: Yeye ni nguvu yetu, mwokozi wetu, mlinzi wetu, namsaada wetu! Mungu alimuumba Evakutoa nguvu ya thamani na msaada kwa Adamu.

- Kwa kuelewa wazo la kibiblia la 'msaidizi', hiyo inabadilishaje uelewa wetu wa wajibu wa mke?

Soma Waefeso 5:22,24, 33; na I Petro 3:5.

- Aya hizi zinasemaje kuhusu wajibu wa mke?
    - *Mwanamke amtii mume wake kama Bwana.*
    - *Mke amchukulie kwa heshima.*

Mungu amewapa wake nyajibu mbili za msingi katika ndoa. Kwanza ni kuwapenda, kuwaheshimu na kuwanyenyekea waume zao kama kiongozi wa familia. Pili ni msaidizi wa kimungu ambaye ana nguvu na anaweza.

**MJADALA KATIKA KIKUNDI KIDOGO**

Tumia mwongozo wa mwanafunzi 1.1 kujibu maswali yafuatayo:

- Ni nanmna gani za kuwa 'msaidizi'na kuonyesha utiifu na heshima kwa waume? Katika vikundi jaribu kufikiria mifano 10.
    - *Kuandaa chakula, kusafisha nyumba, nk.*

- *Kuhakikisha kwamba familia ina nguo safi*
- *Kumtegemeza katika kazi yake*
- *Kutengeneza nyumba yenye furaha*
- *Kutia moyo waume zetu*
- *Kushirikisha mawazo na fikra waume zetu*
- *Kuwaombea waume zetu*
- *Kutii waume zetu*
- *Kuongelea vizuri waume zetu*

- Ingeathiri ndoa namna gani kama mke angefanya yote haya?

**REJESHA RIPOTI**
***Maelekezo kwa mwezeshaji:*** *Wafanye kila kikundi washirikishane majibu.*

**MJADALA KATIKA KIKUNDI KIKUBWA**
***Maelekezo kwa mwezeshaji:*** *Kama ni kawaida kwa wanawake katika nchi yako kufanya kazi nyingi Zaidi, basi sehemu hii labda haifai sana. Inaweza kuishia kusisitiza uwongo kwamba wanawake wafanye kazi kama watumwa wanaume wakikaa na kuangalia. Lakini, kama wnawake kwa kawaida wanabanwa kufanya kazi Fulani, basi sehemu hii inaweza kusaidia kutoa mtazamo wa kibiblia Zaidi wa aina ya kazi ambazo yafaa wanawake wazifanye.*
Soma Mithali 31:10-31.

- Aya hizi ziliandikwa kwa ajili ya nani? *(mwanamke anayeheshimika)*
- Nani aliwandikiwa aya hizi? *(vs. 2 –wanaume)*
- Orodhesha kazi gani mwanamke huyu anafanya
    - *Anatumia mikono kutengeneza vitu– nguo na vitu vya nyumbani*
    - *Anaandaa chakula kizuri kwa familia yake*
    - *Ananunua ardhi*
    - *Anapanda zabibu*
    - *Ananunua na kufanya biashara kwa ufanisi sokoni*
    - *Anafanya kazi kwa bidii*
    - *Anawajali maskini na wahitaji*
    - *Anatunza nyumba*
- Kazi gani ni za kawaida kwa wanawake kufanya katika eneo lako? Zipi ambazo hasa haziruhusiwi wanawake kufanya katika eneo lako?
- Kwa nini mwanamke huyu anaheshimika? *(Si mzembe na anaweza na anathaminika.)*
- Kazi gani anafanya mke wako? Namna gani unamheshimu?

## Upendo na Heshima

**MJADALA KATIKA KIKUNDI KIKUBWA**
Soma Waefeso 5:33.

- Aya hii inatuonyesha nini kuhusu nyajibu za waume na wake katika ndoa ya kimungu?

Tunapewa amri mbili rahisi, moja kwa mume na moja kwa mke. Waume WAPENDENI wake zenu. Wake, WATIINIwaume zenu. Kwa nini unafikiri ni tofauti? Kwa nini wake wanaambiwa kuheshimu na waume wanaambiwa kupenda? Kwa sababu Mungu anatujua, Anajua kabisa kile tunachohitaji. Anajua wanaume wanahitaji heshima na wanawake wanahitaji upendo. Wanaume bado pia wanapenda kupendwa na wanawake wanapenda kuheshimiwa lakini wanaume wanapendelea heshima na wanawake wanapendelea upendo.

Unaweza kuona hili katika Maisha ya kawaida. Jeshini, sehemu inayotawaliwa na wanaume, heshima na adhama ni muhimu. Wanaume hugombea kupanda vyeo ili kupata heshima zaidi. Utovu wa nidhamu hauvumiliki. Kutompenda kamanda wako si tatizo. Makamanda hawatamani kupendwa; wanatamani kuheshimiwa. Wanawake, kwa upande mwingine, hujenga mazingira ya kulea—wanataka kupendwa; hawahofii sana kuhusu kuheshimika.

Kinachotokea mara nyingi ni kwamba wanawake hawaonyeshi heshima kwa waume zao, halafu wanaume hawaonyeshi upendo kwa wake zao, kwa sababu wanahisi wake wasiopendwa hawaonyeshi heshima, na wanaume wanaojihisi kutoheshimika hawaonyeshi upendo. Inakuwa mzunguko.Inaweza kuanza na mume au mke, lakini ikiisha anza inaendelea kuzunguka tena na tena – mzunguko wa ukosefu wa heshima na upendo.

Sikiliza hadithi hii na ona kama inafanan na hali ya namna hiyo.

Ilikuwa wiki ngumu ya kufanya kazi mashambani. Jua lilionekana kuwaka Zaidi na joto lilikuwa halivumiliki nje mashambani ambako hakukuwa na kivuli. Mathayo alikuwa na hamu kwamba arudi nyumbani mapema amwone mke wake. Alikuwa amemaliza siku 10 nje; huu ulikuwa muda mrefu Zaidi kwake kuwa mbali na familia.Akiendesha kurudi nyumbani alitumaini kumkuta mke wake akiwa na shauku ya kumwona kama yeye alivyokuwa.

Maria alikuwa nyumbani; alikuwa amechoka baada ya kuwatunza watoto bila msaada mkubwa, na akiwa amekata tamaa kwamba hawaonyeshi tabia nzuri. Alitamani mume wake arudi nyumbani.Alikuwa amempigia mapema siku hiyo kumkumbusha kuleta maziwa kwa ajili yamtoto.Alikuwa ameshindwa kutoka kwa sababu ilikuwa vigumu kutoka pamoja na watoto wadogo.Alitegemea angerudi mapema—mtoto alikuwa tayari ameanza kuhangaika na hakuwa na chochote cha kumlisha.

“Niko’ nyumbani,” aliita Mathayo.
“Hatimaye!” akasema Maria. “Maziwa yamtoto yako wapi?”
“Oh,” akajibu Mathayo, “nimesahau—Nilikuwa na mambo mengi ya kukumbuka leo.”
“Kwanini umefanya hivyo?” Mariaalifoka. “Mtoto atakula nini?”
“Huna kitu kingine chochote? Hawezi kula kile tunachokula?”
“Hapana hawezi! Unataka augue? Ni mtoto mdogo. Wakati mwingine nadhani unawajali zaidi marafiki zako kuliko familia yako. Kamwe husahau kwenda kwenye kahawa pamoja nao.”
“Sawa, ngoja niyatafute!” Mathayo alifoka akitoka nje ya mlango. Furaha ya kuonana waliyokuwa nayo wote wawili ilikuwa tayari imeishayeyuka, nafasi yake ikichukuliwa na hasira na maumivu.

- Nini kimetokea katika hadithi hii?
- Nini ulikuwa mwitikio wa Maria kwa Mathayo?
    - *Maria alikuwa amechanganyikiwa akasahau maziwa*
- Nini ulikuwa mwitikio wa Mathayo kwa Maria?
    - *Alichukia*
- Nini kilitokea mwishoni?
    - *Mathayo anatoka nje*

***Maelekezo kwa mwezeshaji:*** *Likumbushe darasa – ugomvi huu SI kuhusu maziwa. Ni kuhusu Mary kuhisi kama mume wake amemsahau kwa sababu amesahau kitu kimoja alichomwomba. Ni kuhusu Mathayo kuhisi hapendwi kwa sababu mke wake hashukuru kwa yote aliyofanya badala yake anamlalamikia.*

Wanawake , wakati mwingine hiki ni kitu kizuri. Wakati mwingine waume zenu wamechukizwa sana na maneno yenu kiasi kwamba wanataka kutuliza vichwa vyao hivyo hawaitiki kwa namna isiyo ya kimungu, kama kupiga au kutumia lugha ya kuumiza

Lakini, unadhani wanawake hufikiria nini wakati wanaume wanapotembea nje? HANIPENDI. Hanipendi hata kiasi cha kutosha kutatua tatizo!

Wanaume , Mnahitaji kukumbuka kuwasiliana bayana mnapotoka nje. "Nina hasira kupita kiasi sasa hivi. Ninakupenda na nataka kukutendea kwa namna inayomheshimu Mungu, lakini nahitaji muda kupoa kidogo."

Hadithi hii ingekuwa tofauti namna gani?

- Maria angeweza kusema nini kwa namna tofauti?
  *"Ninatambua yote uliyofanya kwa ajili ya familia, kazi zako na jitihada zako zote. Lakini, binti yetu anahitaji maziwa—unaweza kufanya kitu kimoja Zaidi ukapata maziwa kiasi?"*

- Mathayo angeweza kusema nini kwa namna tofauti?
  *"Nilikuwa bize nafikiria ni namna gani ningefurahi kukuona; kiasi gani nakupenda na kukuthamini kwamba maziwa yameruka kichwani mwangu. Ngoja niende niyalete sasa hivi; itachukua dakika moja tu."*

Kwa vyovyote mtu lazima akomeshe mzunguko wa ukichaa na aonyeshe ama upendo au heshima. Hata tusipotaka, tunahitaji kukumbuka —tunaamriwa! Biblia haijasema, mume wako akiwa mwema mpende, mheshimu. Mke wako akiwa mwema, mpende. Kristo hakusubiri hadi tuwe watu wema atupende. Lazima tukumbuke, hata kama hatutaki, kutokana na upendo wetu kwa Mungu, tunahitaji kupendana na kuheshimiana.

**MJADALA WA KIKUNDI KIDOGO**

Kumbuka hadithi ya Timeus na Leah.

- Unafikiri tatizo la upenda na heshima linazingatiwaje katika hadithi hii?
- Ushauri gani ungeutoa kwa Timeus?
- Ushauri gani ungeutoa kwa Leah?

**PAMOJA NA MWENZA**

1. Orodhesha vitu ambavyo mume au mke wako hufanya kukusaidia. (kwa waliopeke yao, Nini baba na mama yako wanafanya kukusaidia?)
2. Unapopitia orodha, Sali na mshukuru Mungu kwa ajili ya Mume au mke wako (auwazazi).

**TAFAKARI BINAFSI**

Unaweza kufanya nini baada tu ya mafunzo haya kuboresha uhusiano wako na mwenzio au familia?

1. Siku inayofuata:
   - **Waume:** Mwambie mke wako unamshukuru kwa yote anayofanya kutunza familia yako. Muulize kama kuna chochote unachoweza kufanya kufanya Maisha yake yawe rahisi Zaidi kidogo.Kumbuka anataka kujua kwamba unampenda.
   - **Wake:** Mwambie mume wako unamshukuru kwa yote anayofanya kutunza familia yako. Muulize kama kuna chochote unachoweza kufanya kufanya Maisha yake yawe rahisi Zaidi kidogo.Kumbuka anataka kujua kwamba unamheshimu.

- **Wasiooa/olewa:** Waambie wazazi wako unawashukuru kwa yote wanayofanya kwaajili ya familia yako. Waulize kama kuna chochote unachoweza kufanya kufanya Maisha yao yawe rahisi zaidi kidogo.

2. Kisha kila siku baadaye jaribu kufanya angalau kitu kimoja kumwonyesha mume/mke wako (au wazazi) kwamba unampenda au unamheshimu.
3. Chukua muda sasa kuandika mawazo machache ya kwako ya nini unaweza kufanya kila siku wiki hii. Sali na umwombe Mungu akusaidie kufanya haya.
   Hatua hizi zinaweza kuonekana ngumu muno. Kama hujawa tayari kuongea na mume au mke wako (au wazazi), basi anza kwa kumuombea kila siku. Omba kila mara unapojisikia mwenye huzuni au mwenye hasira. Mshukuru Mungu kwa ajili ya mume au mke wako na umwombe aisaidie ndoa yako.

# Somo 2: Ndoa yenye furaha

**Mawazo makuu**

1. Tunaweza kuwa na ndoa zenye furaha kwa kuelewa tofauti tulizo nazo na wenzetu au wanafamilia wa karibu.
2. Tunahitaji kujifunza njia njema na za kibiblia kushughulikia tofauti zetu na kutatua migongano.

**Materials**

1. Mwongozo wa mwanafunzi:
    a. **2.1 Tambua tofauti zetu (Nakala 1 kwa mtu na za ziada kwa wanandoa**)
    b. 2.2 Kutatua migogoro yetu

## Ndoa yenye Furaha (Tumia mwongozo wa mwanafunzi 2.1)

Migogogro mingine daima itakuja hata katika ndoa imara.

- Ni katika mambo gani wanandoa hutofautiana?

**KIKUNDI KIDOGO CHA MJADALA**

Soma haya zifuatazo—tunaweza kujifunza nini kutoka kwenye aya kinachowezakutusaidia kushughulika na migongano vizuri zaidi?

- 1 Wakorinto 15:41 & 1 Wakorinto 12:4-7– *Mungu amemuumba kila mmoja wetu kipekee; Tuna zamamni tofauti na tumepewa vipawa tofauti. Tunahitaji kuelewa tofauti zetu na kuwa tayari kukubali jinsi MUngu alivyotuumba tofauti*
- Waefeso 4:32 – *Tunahitaji kuwa wema na wenye upendo na tayari kusamehe, tukikumbuka kwamba sisi pia si wakamilifu.*
- 1 Petro 3:9 & Mathayo 5:23-24 – *Tunahitaji kuwa tayari kuomba msamaha. Hata kama mtu mwingine ndiye aliyeanzisha matatizo, tunahitaji kuwa tayari kuweka mambo sawa.*
- Wafilipi 2:3-4 – *We need to think of each other as more important than ourselves.*

**REJESHA RIPOTI**

***Maelekezo kwa mwezeshaji:*** *Waombe kikundi kushirikishana waliyojifunza kuhusu namana ya kushughulika na migogoro kutoka kwenye seti ya kwanza ya aya. Waombe kikundi kingine tofauti kushirikishana kwa kila seti nyingine za aya.*

**MJADALA WA KIKUNDI KIKUBWA**

**Mungu amemuumba kila mmoja wetu tofauti.** Kama tulivyoona katika 1 Wakorinto,tuna vipawa, maarifa na nguvu tofauti. Hii HAIMFANYI mmoja bora kuliko mwingine. Tuko kila mmoja kama Mungu alivyotuumba. Mungu hakutuumba sote sawa. Alituumba wa peke. Katika zoezi lijalo, tutaona baadhi ya namna mungu alivyotuumba wa pekee. Kumbuka kwa kila moja ya hoja hizi, si kwamba mtu mmoja ni bora kuliko mwingine, ni tafakuri ya jinsi Mungu alivyotuumba.

**KAZI YA MTU NA MWANANDOA**

***Maelekezo kwa mwezeshaji:*** *Kila mtu atahitaji nakala moja ya mwongozo wa mwanafunzi 2.1 –Kutambua tofauti zetu. Ni muhimu kutoa maelekezo wazi kwa kazi hii!Unaweza kupanga wanaume upande mmoja wa chumba na wanawake upande mwingine. Kama watu hawawezi kusoma, au kama hawaelewi sentensi, basi unaweza kusoma kila mada na uwafanye waweke alama kwenye msitari. Fanya ya kwanza pamoja.*

Kila mtu anahitaji nakala ya mwongozo wa mwanafunzi 2.1. Tutapitia kitini mara mbili:

1. Mara ya kwanza– Soma kila mada na weka alama "X" kwenye mstari Unapenda nini.
    - Tufanye ya kwanza pamoja. Watu–ungependelea kutumia muda na watu au kuwa peke yako? Kama unapenda kuwa na watu, basi weka alama 'X" karibu na mwisho wa mstari kulia. Kama unapenda vyote basi weka alama "X" karibu na katikati ya msitari. Kama unapendelea kukaa peke yako weka alama "X" mwisho wa mstari upande wa kushoto. (*Onyesha ubaoni*)
    - Pitia karatasi nzima na weka alama kile unachopendelea katika kila hali
2. Mara ya pili– soma kila mada na weka alama "O" kile unachodhani **mwezako au mwanafamila wako wa karibu** angependa. Usijadili hili na mke/mume wako.
3. Baada yaw ewe na mke /mume wako kumaliza 1 na 2 onyeshanan karatasi zenu. Jadili kila mada na maswali yaliyo nyuma ya mwongozo wa mwanafunzi 2.1.
    - Ulielewa vizuri kabisa vitu mwenzako anavyopendelea? Ulishangazwa na chochote?
    - Wewe na mwenza wako/ mwanafamilia wa karibu daima mlikuwa na majibu yanayofanana kwa kila moja ya mada hizi?
    - Ni katika maeneo gani mnafanana sana n ani rahisi kukubaliana?
    - Ni katika maeneo gani mnatofautiana sana?
    - Mada gani zinaleta kutokukubaliana katika ndoa yenu?
    - Ongea kuhusu namna mnavyoweza kutawala maeneo ambayo mnatofautiana.
    - Hunawezaje kutumia nguvu za kila mtu kujenga ndoa au mahusiano yako?

**4. Andika mpango pamoja:** Tengeneza mpango kushughulika na maeneo ambayo mnatofautiana sana. Chagua maeneo 2 mnayotofautiana naandika mpango wako wa kuyatatua. Mifano imetolewa katika kitabu cha mwanafunzi.

**REJESHA RIPOTI**

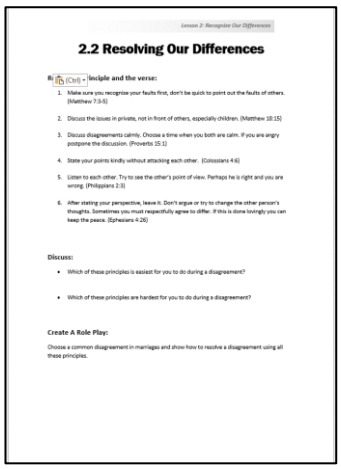
***Maelekezo kwa mwezeshaji:*** *Mwombe mke na mume au wake wawili na waume zao kushirikishana mpango wao wa utatuzi wa mgogoro mmoja.*

Tofauti zetu zinaweza kupelekea kuwa mgogoro kama hatuzijadili na kutengeneza mpango unaotekelezeka kwa pande zote mbili.

## Kutatua kutofautiana (Tumia Mwongozo wa Mwanafunzi 2.2)

Daima kutakuwepo kutofautiana lakini tunahitaji kujifunza kuyatatua kwa njia nzuri. Hatuwezi kuacha mgogoro ujijenge. Tunahitaji kutatua mgogoro wowote haraka kabla haujakua.

Waefeso 4:26 anatuambia kwamba tusiache jua lizame tukiwa bado na hasira. Hili ni kumbusho zuri kuwa waangalifu na kutatua tofauti haraka na si kuacha siku zipite. Hii ni muhimu sana katika ndoa zetu lakini pia katika mahusiano yetu yote.


Lesson 2: Recognize Our Differences

2.2 Resolving Our Differences

(Ctrl) - Inciple and the verse:

1. Make sure you recognize your faults first, don't be quick to point out the faults of others. (Matthew 7:3-5)
2. Discuss the issues in private, not in front of others, especially children. (Matthew 18:15)
3. Discuss disagreements calmly. Choose a time when you both are calm. If you are angry postpone the discussion. (Proverbs 15:1)
4. State your points kindly without attacking each other. (Colossians 4:6)
5. Listen to each other. Try to see the other's point of view. Perhaps he is right and you are wrong. (Philippians 2:3)
6. After stating your perspective, leave it. Don't argue or try to change the other person's thoughts. Sometimes you must respectfully agree to differ. If this is done lovingly you can keep the peace. (Ephesians 4:26)

Discuss:

- Which of these principles is easiest for you to do during a disagreement?
- Which of these principles are hardest for you to do during a disagreement?

Create A Role Play:

Choose a common disagreement in marriages and show how to resolve a disagreement using all these principles.

**KIKUNDI KIKUBWA CHA MJADALA**

***Maelekezo kwa mwezeshaji:*** Tumia 2.2 Kutatua tofauti. Soma kila kanuni na aya.

- Hakikisha unatambua makossa yako kwanza —usiwe mwepesi kusema makossa ya wengine. (Mathayo 7:3-5)
- Jadili masuala yenu kwa falagha, si mbele za watu, hasa watoto. *(*Mathayo 18:15)

- Jadili tofauti zenu kwa utulivu. Chagua muda ambapo nyote wawili mmetulia. Kama mna hasira,ahirisha mjadala. (Mithali 15:1)
- Toeni hoja zenu kwa upole bila kushambuliana. (Wakolosai 4:6)
- Sikilizaneni. Jaribu kuona upande wa mwanzako. Labda yuko sahihi na wewe hauko sahihi. (Wafilipi 2:3)
- Baada ya kueleza upande wako, acha. Usibishe au kujaribu kubadili mawazo ya mtu mwingine. Wakati mwingine lazima kwa heshima mkubaliane kutofautiana. Kama hili likifanyika kwa upendo mtatunza amani. (Waefeso 4:26)

**MJADALA KATIKA KIKUNDI KIDOGO**

- Ipi kati ya kanuni hizi ni rahisi Zaidi kwako kufanya wakati wa kutofautiana?
- Ipi kati ya kanuni hizi ni ngumu Zaidi kwako kufanya wakati wa kutofautiana?

**KAZI KWA KIKUNDI KIDOGO**

Tengeneza igizo. Chagua kutofautiana kwa kawaida katika ndoa na onyesha namna ya kutatua tofauti kwa kutumia kanuni hizi zote.

***Maelekezo kwa mwezeshaji**: Omba kila vikundi wafanye igizo kwa sehemu ya kikundi iliyobaki.*

**PITIO LA KIKUNDI KIKUBWA**

Katika somo hili, tumejifunza kutambua tofauti katika mahusiano yetu, kutengeneza mpango kushughulika nayo, na kujifunza namna ya kutatua tofauti zetu.

- Kanuni gani muhimu za kutatua migogoro ambazo mara nyingi huwa unazisahau wakati wa hali ya kutofautiana?
- Nini mawazo ya njia/namna za kukumbuka ukweli huu utakapokuwa na hali ya kutofautiana?

Kumbuka, kanuni hizi siyo tu kwa watu waliooana, kutumia tu kwa ajili ya wenzao. Tunaweza kutumia kanuni hizi katika mahusaino yetu yote kila tunapokuwa na mgongano

***Maelekezo kwa mwezeshaji**: Malizia kwa kuomba ili Mungu awasaidie kila mmoja wao kutofautiana kwa namna nzuri, ya kimungu na kuhakikisha kwamba tofauti zao haziwi mabishano na magomvi.*

# Somo 3: kustahimili maumivu

**Mawazo makuu**

1. Tunahitaji kutambua na kushughulika na jinsi tunavyoumizana kwa sababu maumivu yasiyotatuliwa yanaweza kuharibu ndoa.
2. Kuomba msahaha kwa ukweli wale tuliowaumiza kutasaidia kurekebisha uhusiano wetu.
3. Tunawasamehe wengine kwa sababu ya shukrani tuliyonayo kwa Mungu ambaye ametusamehe.
4. Msamaha ni mchakato ambao lazima tuupitie kusafisha maumivu katika mahusiano.

**Materials**

1. Vionyeshi (vinapatikana katika upande wa vionyeshi mwishoni mwa masomo):
    a. 3.1Picha ya familia (nakala moja kwa kikundi – iliyochanika)
2. Mwongozo wa mwanafunzi:
    a. 3.1Ainisha maumivu (nakala moja kwa mtu)
    b. 3.2Hatua kwa kuomba msamaha (nakala moja kwa mtu)
    c. 3.3 Hatua kwa msamaha
3. Utepe (wa kutosha kwa kila kikundi kutumia kuweka picha ya familia pamoja)

## Pitio & Utangulizi (TumiaKionyeshi 3.1)

**MJADALA WA KIKUNDI KIKUBWA**

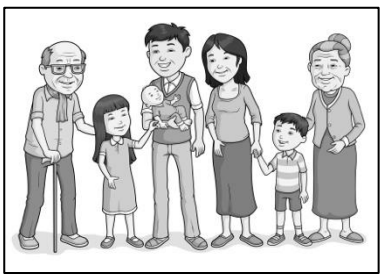
***Maelekezo kwa mwezeshaji:*** *Uliza kikundi kama wanakumbuka kitu chochote kutoka kwenye masomo yaliyotangulia.Pitia tena aya kukumbusha kikundi mawazo makuu.*

- Ni kanuni gani ulizojifunza za namna tunavyoweza kujadili na kutatua tofauti zetu?

Hata katika ndoa bora kabisa kuna mida ambapo mume au mke au wote huumizana. Wakati mwingine kuumiza kulikuwa kwa makusudi au si kwa makusudi.

**KAZI KWA KIKUNDI KIKUBWA**

***Maelekezo kwa mwezeshaji:*** *Toa nakala kwa kila kikundi ya kionyeshi kilichochanika cha kionyeshi 3.1,Picha ya Familia(angalaupicha 4-6) na tepe. Waombe wazifunge kwa utepe tena pamoja. (Picha inapatikana nyuma ya Mwongozo wa Mwalimu)*



Bila ugwe, ingeshindikana kuweka picha pamoja tena. Msamaha ni "utepe/ugwe"katika mahusiano hasa ya ndoa. una shikilia vipande pamoja hata kama kulikuwa na maumivu au mahusiano yaliyovunjika.

Muamivu huaribu ndoa. Huwafanya watu wasiwe karibu na huacha kuendelea kusaidiana.

Katika somo hili, tutaangalia jinsi ya kurejesha ndoa zilizoharibiwa na kuumizana.

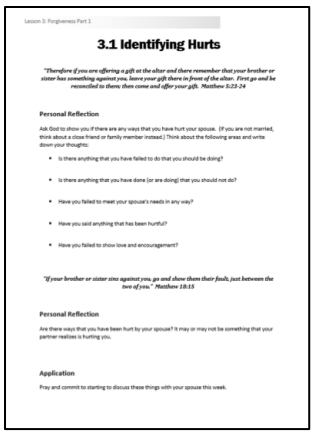
## Kwanza – Tambua maumivu (TumiaMwongozo wa mwanafunzi 3.1)

**MJADALA WA KIKUNDI KIKUBWA**

***Maelekezo kwa mwezeshaji:*** *Pitia mwongozo wa mwanafunzi 3.1 tambua maumivu pamoja.*

Soma Mathayo 5:23-24.

- Kulingana na aya hiiunadhani ni muhimu namna gani suluhisha maumivu au mgogoro?
- Nini maana ya aya hii "ana neno juu yako"?
- Tufanye nini kama kuna maumivu katika ndoa yetu?



Lesson 3: Forgiveness Part 1

**3.1 Identifying Hurts**

*"Therefore if you are offering a gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. Matthew 5:23-24*

**Personal Reflection**

Ask God to show you if there are any ways that you have hurt your spouse. (If you are not married, think about a close friend or family member instead.) Think about the following areas and write down your thoughts:

- Is there anything that you have failed to do that you should be doing?
- Is there anything that you have done (or are doing) that you should not do?
- Have you failed to meet your spouse's needs in any way?
- Have you said anything that has been hurtful?
- Have you failed to show love and encouragement?

*"If your brother or sister sins against you, go and show them their fault, just between the two of you." Matthew 18:15*

**Personal Reflection**

Are there ways that you have been hurt by your spouse? It may or may not be something that your partner realizes is hurting you.

**Application**

Pray and commit to starting to discuss these things with your spouse this week.

Biblia inaweka bayana kwamba tusuluhishe mahusiano yetu. Mungu anafikiri kwamba hiyo ni muhimu kwamba Anatuambia kuacha ibada ya kuabudu kwenda kufanya hivyo. Haraka Zaidi tunavyosuluhisha mahusiano ndivyo tunavyokua tukiwa na maumivu pungufu. Baada miezi michache, kile kilichoanza kama maumivu kidogo kinaweza kwa urahisi kukua kuwa tatizo kubwa.

Haya hii inatukumbusha kwamba tukimuudhi mtu tunahitaji kwenda kuomba msamaha. Katika aya inayofuata, tunaona kwamba kama mtu akituudhi bado tuna wajibu wa kuwa watu wa kwenda.

**TAFAKARI BINAFSI**

Tunaenda kuchukua dakika chache kimya kumwomba Mungu atuonyeshe kama kuna namna yoyote tumemuumiza mwenza wako, au kama hujaoa/olewa, fikiria Rafiki wa karibu au mwanafamilia badala yake. Fikiria kuhusu maeneo yafuatayo na andika mawazo yako:

- Kuna chochote ambacho umeshindwa kufanya ambacho unatakiwa kufanya?
- Kuna chochote ambacho umefanya (unafanya) ambacho hukutakiwa kufanya?
- Umeshindwa kufanya kitu unachojua mume wako/mke wako anataka ufanye?
- Umesema kitu ambacho kinaumiza?
- Umeshindwa kuonyesha upendo na matumaini?

**MJADALA WA KIKUNDI KIKUBWA**

Soma Mathayo 18:15.

Hatuhitaji tu kutambua namna gani tumewasababishia wenzetu maumivu na kuumiza ndoa zetu, bali pia tunahitaji kuwa tayari kuwaambia wenzetu pale tunapoumizwa. Wakati mwingine wenzetu hawana makusudi ya kutuumiza lakini bado tunaumizwa. ometimes our partner doesn't mean to hurt us but we still get hurt. Wanaweza wasijue walichofanya.Kama huwaambii basi hayo maumivu yanaweza kutengeneza mpasuko katika ndoa yako. Mwenzako hatajua shida ni nini kwa hiyo hawezi kurekebisha mpasuko

**TAFAKARI BINAFSI**

Sasa chukua muda na fikiria juu ya namna gani umeumizwa. Inaweza au isiweze kuwa kitu ambacho mwenzako anaelewa anakuumiza/ anakukwaza.

- Kuna namna umekwazwa na mwenzako?
- Omba na amua kuanza kujadili mambo haya na mwenzako wiki hii.

Hakuna yeyyote kati yetu aliyemkamilifu. Sote tumewakwaza wengine na sote tumewahi kukwazwa. Katika sehemu iliyobaki ya somo hili tutajifunza Zaidi namna ya kusuhisha mahusiano yetu kutokana na maumivu haya.Wiki hii tunahitaji kukumbuka mambo uliyofikiria sasa na kuyajadili na mwenzako – kuomba msamaha na kusamehe inapobidi.

# Pili – Omba msamaha unapowaumiza wengine(Tumia Mwondozo wa mwanafunzi 3.2)

**MJADALA WA KIKUNDI KIKUBWA**

Ni vizuizi gani tunakumbana navyo tunapoomba msamaha na kuomba wengine watusamehe?

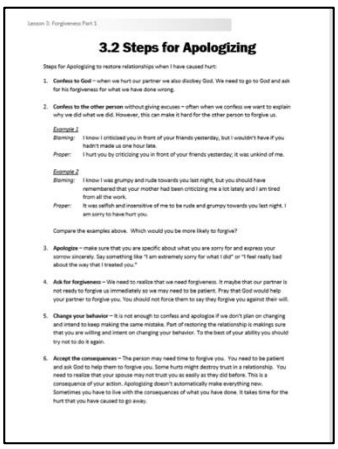
- *Kiburi*
- *Aibu*
- *Kupata muda*
- *Hofu*

Soma Luka 15:11-22.

- Vikwazo gani yule mwana mdogo alikumbana navyo?
- Nini yule mwana mdogo anatakiwa afanye kurejesha uhusiano wake na baba yake?
- Nini tunajifunza kutoka kwenye hadithi hii kuhusu kuomba msamaha?

***Maelekezo kwa mwezeshaji:*** *Andika hatua hizi kwenye ubao unaposoma kila hatua kwenye mwongozo wa mwanafunzi 3.2 –Hatua za kuomba msamaha.*

Kuna hatua 6 za kuomba msamaha kurejesha mahusiano unapowaumiza wengine:



Lesson 3: Forgiveness Part 1

**3.2 Steps for Apologizing**

Steps for Apologizing to restore relationships when I have caused hurt:

1. **Confess to God** – when we hurt our partner we also disobey God. We need to go to God and ask for his forgiveness for what we have done wrong.
2. **Confess to the other person** without giving excuses – often when we confess we want to explain why we did what we did. However, this can make it hard for the other person to forgive us.

   *Example 1*
   *Blaming:* I know I criticized you in front of your friends yesterday, but I wouldn't have if you hadn't made us one hour late.
   *Proper:* I hurt you by criticizing you in front of your friends yesterday; it was unkind of me.

   *Example 2*
   *Blaming:* I know I was grumpy and rude towards you last night, but you should have remembered that your mother had been criticizing me a lot lately and I am tired from all the work.
   *Proper:* It was selfish and insensitive of me to be rude and grumpy towards you last night. I am sorry to have hurt you.

   Compare the examples above. Which would you be more likely to forgive?
3. **Apologize** – make sure that you are specific about what you are sorry for and express your sorrow sincerely. Say something like "I am extremely sorry for what I did" or "I feel really bad about the way that I treated you."
4. **Ask for forgiveness** – We need to realize that we need forgiveness. It maybe that our partner is not ready to forgive us immediately so we may need to be patient. Pray that God would help your partner to forgive you. You should not force them to say they forgive you against their will.
5. **Change your behavior** – It is not enough to confess and apologize if we don't plan on changing and intend to keep making the same mistake. Part of restoring the relationship is makings sure that you are willing and intent on changing your behavior. To the best of your ability you should try not to do it again.
6. **Accept the consequences** – The person may need time to forgive you. You need to be patient and ask God to help them to forgive you. Some hurts might destroy trust in a relationship. You need to realize that your spouse may not trust you as easily as they did before. This is a consequence of your action. Apologizing doesn't automatically make everything new. Sometimes you have to live with the consequences of what you have done. It takes time for the hurt that you have caused to go away.

**Hatua za kuomba msamaha**

1. **Tubu kwa Mungu** – Tunapoumiza mwenzetu pia tunamwasi Mungu.Tunahitaji kwenda kwa Mungu na kumwomba msamaha kwa ajili ya yale tuliyokosea. Kukubali msamaha wa Mungu kutatupa moyo mnyenyekevu kutubu na kuomba msamaha kwa mtu mwingine.
2. **Kiri kosa bila kutoa visingizio** –Mara nyingi tunapotubu (tunapoomba msamaha), tunataka kutoa maelezo kwa nini tulifanya tulichofanya. Lakini, hii inaweza kufanya vigumu kwa mtu mwingine kutusamehe.

   *<u>Mfano 1:</u>*
   *Kulaumu:* Najua nilikukosoa mbele ya Rafiki zako jana, lakini nisingefanya hivyo kama usingetuchelewesha kwa saa nzima.
   *Nzuri:* Nilikuumiza kwa kukukosoa mbele ya Rafiki zako jana; nilikosa utu wema kwa kufanya hivyo.

   *<u>Mfano 2:</u>*
   *Kulaumu:* Najua nilikuwa mwenye hamaki na fidhuli kwako jana usiku, lakini lazima ukumbuke mama yako amekuwa akinikosoa sana siku hizi na nimechoka kwa kazi zote.
   *Nzuri:* Nilikuwa mbinafsi na mtu asiyejali hisia za wengine kwako jana usiku. Samahani nilikuumiza. Linganisha kila mfano hapo juu. Njia ipi ungeweza kusamehe kwa urahisi zaidi?

3. **Kuomba msamaha** – Hakikisha unjua haswa kile unachombea msamaha na eleza masikitiko yako kwa ukweli. Sema kitu kama "Naomba msamaha sana kupita kiasi," au "Ninajisikia vibaya kweli kwa jinsi nilivyokutendea."

4. **Kuomba msamaha** – Tunahitaji kujua kwamba tunahitaji msamaha. Inawezekana kwamba mwenzetu hayuko tayari kutusamehe mara moja hivyo tunaweza kuhitaji kuwa wavumilivu. Omba ili Mungu amsaidie mwenzako akusamehe. Usiwalazimishe waseme wamekusamehe kinyume na matakwa yao
5. **Badili mwenendo wako** – Haitoshi kutubu na kuomba msamaha kama hatuna mpango wa kubadilika na kama tunakusudia kurudia makosa yaleyale tena. Sehemu ya kurejesha mahusiano ni kuhakikisha kwamba uko radhi na makini kubadili tabia yako. Jaribu kadri ya uwezo wako kutokurudia hilo tena.
6. **Kubali matokeo** –Watu wanaweza kuhitaji muda kutusamehe. Unahitaji kuwa na subira na kumwomba Mungu awasaidie wakusamehe. Maumivu mengine huharibu Imani katika mahusiano. Unahitaji kuelewa kwamba mwenzako anaweza asikuamini kama alifanya awali. Haya ni matokeo ya matendo yako. Kuomba msamaha hakufanyi upya kila kit umara moja. Wakati mwingine lazima uishi na matokeo ya kile ulichofanya. Inachukua muda maumivu uliyosababisha kutoweka.

**KAZI YA MWENZA**

Fikiria hali ya kawaida ambayo mtu angehitaji kuomba msamaha kutoka kwa mwenza au mwanafamilia wa karibu. Peana zamu za kuigiza jinsi ya kuomba msamaha.

***Maelekezo kwa mwezeshaji:****unaweza kuwaita wanaopenda kufanya igizo mbele ya kikundi wafanye hivyo.*

## Utumiaji

**TAFAKARI BINAFSI**

Mwombe Mungu akuonyeshe kama kuna chochote katika ndoa yako ambacho unahita kuombea msamaha.

1. Tengeneza mpango wa lini utaongea na mwenzako. Utakapoongea na mwenzako, omba msamaha kwa maumivu uliyosababisha. Jaribu kupitia hatua hizi. Kama hujaolewa basi unaweza kutumia hatua hizi kutatua maumivu katika uhusiano wowote unaoweza kuwa nao—kwa mfano,na wazazi, ndugu, jamaa au rafiki.
2. Chagua muda mzuri kwa wote wawili kuongea. Tafuta muda ambao hautaingiliwa na wote wawili hawajachoka sana.
3. Sali na umwombe Mungu akupe moyo mnyenyekevu na akupe maneno sahihi ya kusema. Omba kwamba Mungu ataandaa mwenzako kukusikia na awe tayari kukusamehe.
4. Mkabidhi Mungu afanye hili.Kuna mtu yeyote anayeweza kukuombea na kukuwajibisha kufanya hivi?

## Samehe watu wanaokuumiza

**MJADALA WA KIKUNDI KIKUBWA**

Soma aya zifuatazo na fanya muhutasari wa nini Biblia inasema kuhusu msamaha

- Luka 23:34 – Yesu alisamehe na alitambua hawakujua walichokitenda.
- Mathayo 18:21-22 – Yesu alimwambia Petro kusamehe mara 77 (Kila wakati)
- Wakolosai 3:13 – Tusameheane kama Bwana alivyotusamehe

Mungu ametusamehe mengi. Anatuamuru tusameheane. Wakati mwingine ni vigumu kusamehe wengine wanapotuumiza.

- Kutokana na uzoefu wako, nini matokeo ya kutosamehe katika ndoa?
    - *Uchungu –kujengeka kwa maumivu*
    - *Kuvunjika kwa uaminifu kati yenu*
    - *Kutoridhishwa na ndoa na uwezekano wa usaliti*
    - *Mivutano ya kifamilia – hata watoto kujihisi si salama na kuogopa*

Msamaha ni wa lazima kuhakikisha kwamba ndoa inakuwa imara. Katika Biblia,tunaamria mara nyingi kusamehe. Lakini kwanza tunahitaji kuelewa wazi msamaha ni nini na si nini.

***Maelekezo kwa mwezeshaji:****Chora mihimili miwili ubaoni na andika "Msamaha SI" na "Msamaha NI" katika kila mhimili. Andika kila pointi unapoieleza.*

| Msamaha SI | Msamaha NI |
|---|---|
| 1. Hisia<br>2. Kukubali uonevu au kuvumilia tabia inayoumiza au tabia chafu<br>3. Kudai mtu abadilike kabla ya kumsamehe<br>4. Kusahau<br>5. Kusingizia kwamba si kitu | 1. Uchaguzi tunaofanya<br>2. Tunakabiliana na ubaya uliofanywa, lakini tunachagua kutong'ang'ania maumivu dhidi ya mwenza wetu.<br>3. Tunamwamini Mungu ashughulike na mtu mwingine na kusamehe hata kabla hawajabadilika<br>4. Kuachilia mwenza wetu mikononi mwa Mungu tunapohisi hasira au maumivu; kutokutafuta kisasi<br>5. Kukubali kifo cha Yesu kama malipo ya dhambi zote |

Msamaha SI:

- **Hisia.** Msamaha ni uchaguzi tunaofanya. Hatusubiri hadi tuhisi msamaha bali badala yake tunaamua kwamba tutamsamehe mtu. Hatujiulizi "Hivi ninajisikia kusamehe?" bali tunaamua kusamehe na kuachilia kujihurumia na hamu ya kisasi.
- **Kudai mtu abadilike kabla hatujamsamehe**. Hatuwezi kumlazimisha mtu abadilike. Tunasamehe kwa sababu Kristo ametusamehe na anatuamuru kuwasamehe wengine, sio kwa sababu ya kile tunachodai kwa mtu.
- **Kukubali uonevu**. Tunapomsamehe mtu,hatuhitaji kuamini kwamba walichofanya kilikuwa sahihi. Tunaweza kutambua kwamba walichofanya kilikuwa kibaya lakini hata hivyo tutawasamehe. Kwa kuwa tunawasamehe watu haimaanishi kwamba tunawaruhusu waendelee kutuumiza. Msamaha HAumaanishi tunavumilia tabia chafu na za kuumiza.
- **Kusahau**. Wakati mwingine tunaposamehe hatuwezi kusahau mara moja maumivu yaliyosababishwa kwetu. Tunahitaji kuendelea kusamehe mara nyingi tunapoanza kuhisi hasira.
- **Kusingizia kwamba si kitu**. Tunapomsamehe mtu,hatusemi kwamba walichofanya kilikuwa sawa na kwamba hakikutuathiri. Tunasema pamoja na jinsi walivyotujeruhi bado tutawasamehe. Tunamwamini Mungu kushughulika na mtu mwingine.

Msamaha NI:

- **Uchaguzi tunaofanya.** Ni jibu kwa msamaha wa Mungu kwetu n ani utii Kwake.
- **Kukabiliana na ubaya uliofanywa.**Tunahitaji kutambua kwamba mtu alifanya kitu kibaya kwetu na kwamba hicho kimetuumiza, lakini tunachagua kutong'ang'ania kwenye maumivu.
- **Kumwamini Mungu ashughulike na wengine.** Tunamwacha Mungu alete ushawishi na tunasamehe hata kabla mtu hajabadilika.
- **Kumwachilia mikononi mwa Mungu.**Tunaposamehe,tunaachilia haki yetu ya kisasi au kudai mabadiliko. Badala yake tunamruhusu Mungu ampe nidhamu au ambadilishe anavyotaka.
- **Kukubali kifo cha Yesu kama malipo ya dhambi zote.**Baada ya kumsamehe mtu hatuwezi kuendelea kumkumbusha mtu yale aliyoyafanya na kulitumia kuwafanya watufanyie vitu.

Msamaha unaweza,hasa kama mtu ametuumiza. Bibliainatukumbusha kwamba tunasamehe kwa sababu ya shukrani kwa kile Mungu alichotutendea, siyo kwa sababu mtu lazima "anastahili" msamaha. Tunaposamehe,

hatusemi kwamba walichofanya kilikuwa sawa, lakini tunasema kwamba tuko radhi kuacha Mungu awe mwamuzi na aamue namna gani anataka kujibu matendo yao.

**TAFAKARI BINAFSI**

- Wazi gani jipya umejifunza kuhusu msamaha?
- Namna gani unaweza kutumia ulichojifunza katika ndoa yako wiki ijayo?

## Hatua za msamaha (Tumia Mwongozo wa Mwanafunzi 3.3)

**MJADALA WA KIKUNDI KIKUBWA**

***Maelekezo kwa mwezeshaji:*** *Soma hadithi ifuatayo:*

Adam na Eva walikuwa wamechoka kwa siku ndefu bustanini. Tangu walipokula tunda kutoka kwenye mti Mungu aliowakatazo wasile tunda, walionekana kubishana muda wote. Zamani, walionekana kutovurugwa na tofauti zao lakini katika wiki mbili zilizopita walitofautiana kwa kila kitu. Adamu alitaka kupumzika mwisho wa siku lakini Eva alitaka kwenda kutembea bustanini. Adamu alitaka tunda kula lakini Eva alitaka mboga. Eva alitaka watoto lakini Adamu alifurahi kuishi peke yake na Eva. Adamu alipenda kulala chini ya nyota, Eva altaka kulala kwenye majani laini Zaidi chini hifadhi ya pango. Wote wawili Adamuna Eva walikuwa frustrated na walikuwa na ugomvi mkubwa ulioishia kwenye mambo mengi ya kuumiza kusemwa. Evaalianza kulia na Adamu akaondoka.

Adamualipotembea, alielewa kwamba alikuwa amemuumiza Evakwa Maneno yake na kwa kuondoka wakati Eva anaeongea. Alijisikia vibaya lakini alikuwa na hasira kwamba asingemsikiliza au hata kujaribu kuelewa alichotaka na alichopenda. Alifikiri, “Alinisukuma mbali kwa kutonisikliza, hivyo sasa anajua jinsi nilivyojisikia.” Adamualihisi Mungu alimhukumu kwa tabia yake mbaya na alijua ni kweli. Alisimama na alikaa chini na kuomba:

“Mungu, ninajua sikuwa mwenye upendo au mwema kwa Eva. Nakiri kwamba nilitaka ahisi maumivu niliyohisi na nilijiona niko sahihi kwa matendo yangu. Nilikosea na mtazamo wangu ulikuwa mbaya. Mungu, Utanisamehe na kunisaidia nimsamehe Eva? Naamini utafanya kazi katika moyo wa Eva na sitalipa kisasi kwa mambo aliyofanya yaliyoniumiza. Mungu, utanisaidia kuachilia maumivu ninayohisi? Mimi si hakimu wake. Hiyo ni kazi yako, Mungu. Nisaidie nisiwe mwenye uchungu au mwenye kisasi. Nisaidie nimsamehe na ponya maumivu ambayo sote wawili tunahisi. Mungu, nisaidie niwe mume unayetaka niwe na sisi tuwe na ndoa nzuri. Asante, Baba, kwa kunisamehe na kunisaidia nimsamehe Eva na kumpenda sana siku zijazo.”

Adamu alirudi nyumbani kuongea na Eva…

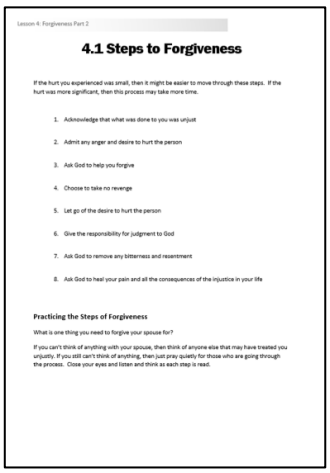
Hadithi hii inatukumbusha kwamba kwa sababu ya dhambi duniani, tutakuwa na magumu na labda tutawaumiza hata watu tunaowapenda. Adamu pia ametuonyesha hatua za msamaha tunazohitaji kupitia mtu anapotuumiza. Ni vitu gani Adamu alifanya ili aweze kumsamehe Eva kwa maumivu aliyohisi?

**Hatua za msamaha**

***Maelekezo kwa mwezeshaji:*** *Tumia Mwongozo wa Mwanafunzi 3.3kuongelea Hatua za Msamaha. Baada ya kupitia hatua hizo, bainisha jinsi Adamu katika hadithi hii alifanya au hakufanya hatua hii. Na saidia kuweka bayana chochote ambacho hawana uhakika nacho.*

Kama maumivu uliyopata yalikuwa madogo, basi inaweza kuwa rahisi zaidi kupitia hatua hizi. Kama maumivu yalikuwa makali zaidi, basi mchakato huu unaweza kuchukua muda zaidi.

1. Tambua kwamba kilichofanywa kwako kilikuwa cha kionevu.
2. Kubali hasira na hamu ya kumdhuru mtu.
3. Umwombe Mungu akusaidie kumsamehe mwenzako.
4. Uchague kutokulipiza kisasi.
5. Uachane na hamu ya kumwumiza mwenzako.
6. Umwachie Mungu nafasi ya kutoa hukumu.
7. Mwombe Mungu akuondolee uchungu na kujisikia vibaya.
8. Mwombe Mungu akuponeshe na akuondolee matokeo ya ukosefu wa haki maishani mwako.


Lesson 4: Forgiveness Part 2

**4.1 Steps to Forgiveness**

If the hurt you experienced was small, then it might be easier to move through these steps. If the hurt was more significant, then this process may take more time.

1. Acknowledge that what was done to you was unjust
2. Admit any anger and desire to hurt the person
3. Ask God to help you forgive
4. Choose to take no revenge
5. Let go of the desire to hurt the person
6. Give the responsibility for judgment to God
7. Ask God to remove any bitterness and resentment
8. Ask God to heal your pain and all the consequences of the injustice in your life

**Practicing the Steps of Forgiveness**

What is one thing you need to forgive your spouse for?

If you can't think of anything with your spouse, then think of anyone else that may have treated you unjustly. If you still can't think of anything, then just pray quietly for those who are going through the process. Close your eyes and listen and think as each step is read.

**PAMOJA NA MWENZA (si mke/mume wako)**

- Hatua ipi ya msamaha ni ngumu zaidi kwako ?
- Kitu gani kitakurahisishia hatua hiyo?
- Kitu gani unapaswa kumsamehe mke/mume wako?

Kama hakuna kitu upande wa mke/mume wako umfikirie mtu mwingine aliyekutendea mabaya. Ikiwa huna mtu uwaombee wale wapitao mchakato wa kusamehe.

**MARUDIO**

***Maelekezo kwa mwezeshaji:*** *Usome kila hatua kwa sauti wakati washiriki wanakuwa wamefumba macho. Usubiri kidogo baada ya kusoma kila hatua ili washiriki wapate nafasi kutafakari kila hatua. Utakapokuwa umemaliza kusoma hatua zote nane ukiombee kikundi ili Mungu awaondolee maumivu yaliyotokana na udhalimu waliousamehe*

Fumba macho usikilize na ufikirie kumsamehe mke/mume wako wakati kila hatua inaposomwa.

## Kuanza upya kwa pamoja

**MJADALA KATIKA KIKUNDI KIKUBWA**

Soma kila and identify the main idea in each verse:

- I Wakorintho 13:4-5 – Upendo hauna mashriti na haukumbuki mabaya
- Yakobo 5:16 – Ukiri dhambi zako, mwombeane na mpeane heri
- Wafilipo 3:13 – Sahau kilichopita na ulenge wakati ujao.

Tukishapitia mchakato wa kubaini maumivu, kuomba msamaha, na kusamehe tuwe tayari kuanza upya. Kupitia mchakato huo ni kugumu kwa hiyo tufarijiane na kuombeana.Halafu badala ya kukumbuka kilichotokea wakati uliopita lazima tufikirie wakati ujao.

- Mara ngapi unasafisha nyumbani kwako?

Sawasawa na kufanya usafi manyumbani lazima tusafishe maumivu kwenye ndoa zetu na mahusiano mengine kila mara. Tusiposafisha maumivu huongezeka na kuharibu mahusiano yetu. Usaidie ndoa yako iwe imara kwa kupitia mchakato huo kila mara.

## Hitimisho

***Maelekezo kwa mwezeshaji:*** *Rejesha maana ya msamaha na kitu kisicho msamaha pamoja na hatua za msamaha. Rudia hatua 4 za kuponesha mahusiano yaliyovunjika. Uliza kama kuna maswali ya ziada.*

Kwenye masomo mawili yaliyopita tumezungumzia njia nne za kurudisha mahusiano yaliyovunjika. Unazikumbuka?

1 – Tambua maumivu
2 – Unapowaumiza wengine omba msamaha
3 – Uwasamehe waliokuumiza.
4 – Mwanze upya kwa pamoja

Baada ya kufanya hivyo lazima tuangale mbele badala ya kungangania kilichopita. Lazima tuupitie mchakato kila tunapoumizana Lazima tumtengemeaa Mungu atusaidie katika hilo

**Maombi ya kikundi kidogo/mke/mume(Hilo laweza kufanywa na mke/mume)**
Kwenye kikundi au na mke/mume wako mwombeane. Mwombe Mungu akusaidie uwasamehe wengine kama alivyokusamehe, Mwombe Mungu aponeshe mahusiano yako kupitia utoaji wa msamaha.

# Somo 4: Kuimarisha ndoa yako

**Mawazo Makuu**

1. Kuwaonesha upendo wake/waume zetu, lazima tujue nini itawafanya wajisikie wamependwa.
2. Mke na mume wanapoomba pamoja wanamfanya Mungu awe katikati ya mahusiano yao. Lazima tuwape mke/mume kipao mbele kuliko wengine kwa sababu kupitia ndoa watu wawili wanakuwa mtu mmoja.

**Nyenzo (Materials)**

1. Mwongozo wa mwanafunzi:
    a. 4.1 Lugha tano za upendo

## Utangulizi

**MJADALA KATIKA KIKUNDI KIKUBWA**

Ndoa ni Zawadi ya ajabu kutoka kwa Mungu na pale ambapo waume na wake zao wameunganika kwenye ndoa imara huweza wanaweza kufanya maajabu kumtumikia na kumtukuza Mungu. Hata hivyo ili haya yatokee ndoa zetu lazima ziwe imara na zenye afya. Kwenye hilo tutaangalia njia mbalimbali za kuimarisha nadoa yako.

<u>njia 3 za kuboresha ndoa yako</u>

1. Onesha upendo wako
2. mwombe pamoja
3. umpe mume/mke wako kipao mbele

***Maelekezo kwa mwezeshaji:*** *Andika njia za kuimarisha ndoa yako ubaoni au tengeneza karatasi kubwa*

## Onyesha upendo wako (Tumia mwongozo wa mwanafunzi 4.1)

**MJADALA KATIKA KIKUNDI KIKUBWA**

Kila mmoja huhitaji upendo. Ukijifunza kuonesha upendo kwa mke/mume wako ndoa yako itaimarika.

***Maelekezo kwa mwezeshaji:*** *Andika alama zifuatazo ubaoni au zichapishe kama kioneshi.*

- Nani anaelewa maana za alama hizo?

Hatuwezi kuisoma kwa sababu imeandikwa kwenye lugha ya Kikorea. Hatujui kikorea kwa hiyo haina maana kwetu. Inamanisha 'Nakupenda." Namna ya kuonesha upendo yaweza kuwa ile ile. Kuna njia mbali mbali kuonesha upendo na njia mbalimbali zinazomfanya mtu ajisikie anapendwa. Tukikosea lugha watu hawatuelewi. Inawachanganya kama maneno haya ubaoni.

**Lugha tano tofauti za upendo**

Kwenye kitabu chake kiitwacho *The Five Love Languages* Gary Chapman anaeleza njia 5 za kumfanya mtu ajisikie kupendwa. Watu wanatofautiana na wanapokea upendo tofauti. Tukionesha upendo wetu kwa namna isiyolingana na jinsi mke/mume wetu hujisikia kupendwa tunaongea lugha tofauti na inawezekana hajisikii

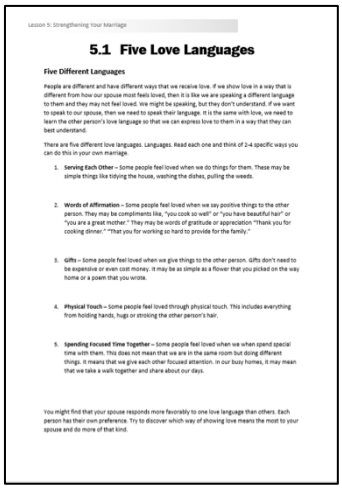
kupendwa. Tunaongea lakini hawaelewi. Tukitaka kuongea na mke/mume wetu lazima tuongee lugha yao. Upande wa upendo ni hivyo hivyo lazima tujifunze lugha ya upendo ya mwenzetu ili tuwaoneshe upendo kwa namna watakayoielewa. Siri ya kutunza uhai wa upendo kwenye ndoa yako ni kujifunza kuonesha upendo kwa namna itakayomfanya mke/mume wako ajisikie kupendwa.

Kuna lugha tano za upendo

1. **Kutumikiana** – Watu wengine hujisikia kupendwa tunapowafanyia kitu. Huweza kuwa vitu vya kawaida sana kama kusafisha nyumba kuosha vyombo kupalilia.
2. **Maneno ya kutia moyo** – Watu wengine hujisikia kupendwa tunapowaambia mambo mazuri. Kwa mfano maneno ya pongezi kama "Unapika vizuri sana," au "Una nywele nzuri mno " au "Wewe ni mama bora." Huweza kuwa maneno ya shukrani au ya kutambua umuhimu: "Asante kwa kupika chakula cha jioni." "Asante kwa kufanya kazi kwa bidii kutunza familia."
3. **Zawadi** – Baadhi ya watu hujisikia kupendwa tunapowapa vitu. Zawadi siyo lazima ziwe ghali au zenye gharama. Inaweza kuwa kitu kidogo kama ua ulilopata njiani au shairi ulililoliandika.
4. **kumgusa mtu** – Watu wengine hujisikia kupendwa unapowagusa. Pamoja na kushikana mikono kukuumbatiana au kugusagusa nywele za mtu.
5. **Kuwa pamoja** – Watu wengine hujisikia kupendwa tukitumia muda pamoja nao. Haimanishi tumo chumbani kila mtu akifanya la kwake. Inamanisha tunafanya kitu kwa kumlenga mwenzetu. Kwenye maisha yetu ya nyumbani labda inabidi tutembee pamoja na kuelezana tulichokifanya kutwa nzima.

Unaweza kugundua kwamba mke/mume wake anapendelea lugha moja ya upendo kuzidi nyingine. Kila mtu hupendelea la kwake. Jitahidi kugundua mke/mume wako hupendelea njia ipi ya kuonesha upendo halafu utumie njia hii mara nyingi zaidi.
Mjadala katika kikundi kidogo
Utaje namna 2–4 unapoweza kuonesha njia hizo za upendo?

**REJESHA RIPOTI**
***Maelekezo kwa mwezeshaji:*** *Uombe kila kikundi waeleze mawazo jinsi ya kuonesha upendo kuendana na lugha 5 za upendo.*


Lesson 5: Strengthening Your Marriage

**5.1 Five Love Languages**

**Five Different Languages**

People are different and have different ways that we receive love. If we show love in a way that is different from how our spouse most feels loved, then it is like we are speaking a different language to them and they may not feel loved. We might be speaking, but they don't understand. If we want to speak to our spouse, then we need to speak their language. It is the same with love, we need to learn the other person's love language so that we can express love to them in a way that they can best understand.

There are five different love languages. Languages. Read each one and think of 2-4 specific ways you can do this in your own marriage.

1. **Serving Each Other** – Some people feel loved when we do things for them. These may be simple things like tidying the house, washing the dishes, pulling the weeds.
2. **Words of Affirmation** – Some people feel loved when we say positive things to the other person. They may be compliments like, "you cook so well" or "you have beautiful hair" or "you are a great mother." They may be words of gratitude or appreciation "Thank you for cooking dinner." "That you for working so hard to provide for the family."
3. **Gifts** – Some people feel loved when we give things to the other person. Gifts don't need to be expensive or even cost money. It may be as simple as a flower that you picked on the way home or a poem that you wrote.
4. **Physical Touch** – Some people feel loved through physical touch. This includes everything from holding hands, hugs or stroking the other person's hair.
5. **Spending Focused Time Together** – Some people feel loved when we when spend special time with them. This does not mean that we are in the same room but doing different things. It means that we give each other focused attention. In our busy homes, it may mean that we take a walk together and share about our days.

You might find that your spouse responds more favorably to one love language than others. Each person has their own preference. Try to discover which way of showing love means the most to your spouse and do more of that kind.

Tukitaka ndoa yenye furaha lazima tuhakikishe wake/waume wetu hujisikia kupendwa. Hata wake/waume wasipojitahidi tukianza kuwaonesha upendo kwa namna wanayoipenda watafurahia.Watazidi kutupenda na kutusamehe Wasipojisikia kupendwa itakuwa ngumu kuishi nao na watakuwa mwepesi zaidi kutukasirikia.

**TAFAKARI BINAFSI**

- Umfikirie mke/mume wako – anapenda au anafurahia nini?
- Kuna njia gani mpya ya kumonesha upendo papo kwa hapo?
- Taja mambo matano unapompendea mke/mume wako? Ufikirie mambo maalum. Kila siku utamke kitu kimoja unachompendea mke/mume wako..
- Ujifikirie wewe mwenyewe. Unapendelea njia gani ya kuonesha upendo? Vitu gani anavyovifanya mke/mume wako hukufanya unajisika kupendwa?

Ikiwa ni ngumu kujua anachokipenda mke/mume wako ujaribishie. Uchague lugha moja ya kuonesha upendo kwa mwezi mmoja. Kuna matokeo gani? Ikiwa hakuna mabadiliko ujaribu lugha nyingine. Jaribu kila mwezi hadi utakapopata matokeo kutoka mke/mume wako.

## Ombeni pamoja

**MJADALA KATIKA KIKUNDI KIKUBWA**

Usome Ecclesiastes 4:12. "Kamba yenye nyusi tatu haikatiki haraka."

Kitu kingine muhimu kwenye kujenga ndoa imara ni kuomba pamoja. Tunapoomba pamoja tunamweka Mungu awe katikati ya ndoa yetu. Mungu hakutaka mume wetu au mke wetu atutimizie mahitaji yetu yote Tunapotegemea mume wetu au mke wetu atuelewe kabisa na kututimizia mahitaji yetu yote tutashindwa na tutaumizana. Tuliumbwa kuwa na mahusiano na Mungu - yeye peke yake huweza kututimizia mahitaji yetu yote.

***Maelekezo kwa mwezeshaji:*** *Uchore picha hii kwenye ubao au karatasi*

Mungu

mume mke

Ndoa ifanane na picha hiyo

- mume ameunganika moja kwa moja na Mungu
- mke ameunganika moja kwa moja na Mungu
- mume na mke wameungana

Njia moja muhimu inayomfanya Mungu awe katikati ya ndoa ni kuongea naye pamoja na pia kila mmoja wenu aongee naye peke yake.

Kuomba pamoja itawasaidia mke na mume kuimarisha ndoa yao. Itasaidia ndoa yenye furaha kudumu kwa maisha yote. Tunapoomba tunatafuta mapenzi ya Mungu kwa ajili ya changamoto tunazopambana nazo na kuhusu maamuzi tutakayoyachukua. Kuomba kunatusaidia sisi sote kumlenga na kumtegemea Mungu.

Hapo kuna ushauri kwa ajili ya kuomba pamoja:

- Chagua muda maalum kuomba pamoja na uendelee nao. Kwa mfano mnapoamka au mnapoenda kulala au watoto wanapokuwa wameenda shule,
- Ombeni kila siku.Ni bora kuomba dakika tano kila siku kuliko nusu saa mara mmoja kwa mwezi.
- Uanze kwa kumshukuru Mungu kwa ajili ya mwenzako familia yenu nk
- Mtumie muda huu kuombeana nyinyi kwa nyinyi si kuwaombea wengine duniani kote.
- Uhakikishe unamwomba Mungu usitumie muda huo kumbadilisha mwenzako

## Umpe mke/mume kipao mbele

**MJADALA KATIKA KIKUNDI KIKUBWA**

***Maelekezo kwa mwezeshaji:****Soma au eleza hadithi hiyo.*

Caleb na Tamar wamejifunza kuoneshana upendo kwa njia bora. Lakini usiku mmoja waligombana tena Caleb akaondoka akitoka na marafiki zake.Tamar amesikitika mno. ugomvi umetokea aliposema ataondoka kwa muda wa siku nne kumtembelea mamake Tamar alimweleza mtoto wao wa miezi minne alikuwa anaumwa na alishindwa kulala. Alimwambia Caleb anamhitaji kumsaidia nyumbani na watoto wengine pamoja na kazi ya kuandaa mashamba Caleb alisema kwa jinsi mamake alimwita lazima aende.

Caleb alirudi usiku.Alimwambia alikuwa amejadili na marafiki zake. Walikubali amtembelee mamake. Kwa hiyo atakuwa anaondoka alfajiri. Wakati Tamar alikesha kumnyonyesha mtoto wake alikiri alipenda Calem alivyomjali mamake. Lakini aliona wivu pia—kwa nini Caleb haelewi kwamba anamhitaji amjali kama anavyomjali mamake? Nani atakayemsaidia?

- nini kilichotokea kwenye hadithi hiyo?

- Hayo yatokea kwenye jamii hiyo?
- Tatizo ilikuwa nini?
- nini ilienda vibaya? Kwa nini?

Kabla mwanamume na mwanamke hawajaoana kila moja ameungana na familia yake. Wanapooana wanaanzisha familia mpya.

Katika Marko 10:6-9 Yesu anazungumzia mstari katika Mwanzo kwamba mume anawaacha baba na mama na hao wawili wanakuwa mwili mmoja Pia amesema "Kwa hiyo kilichounganishwa na Mungu kisitenganishwe na yeyote." hayo hutufundisha umuhimu wa umoja wa ndoa. Mume badala ya kutoa kipaumbele kwa familia yake ya awali anatoa kipaumbele kwa familia yake mpya.
Hayo haimanishi tunaacha kuwaheshimu wazazi wetu au kuwajali ndugu zetu

Zote 1 Timoteo 5:8

- Mstari huu unasemaje?

Kwa sababu wakati wa ndoa watu wawili wanakuwa mwili mmoja lazima tumpe mke/mume wetu kipaombele kuliko wengine. Lakini tusiwaache ndugu ya mke au mume. Uhusiano kati ya mke na mume ni wajibu muhimu kuliko wote tuliopewa na Mungu. Kwa hiyo tujifunze tumpe mke/mume wetu kipaombele lakini pia tusiwaache ndugu ya mume wala mke.

- Kwenye hadithi hapo juu Caleb aliwatanguliza wengine badala ya mke wake kwa namna gani?
    - *Alimtembelea mamake badala ya kukaa na mke wake.*
    - *Aliwaruhusu marafiki zake kufanya maamuzi aende asiende badala ya kuamua kulingana na mapenzi ya mke wake .*
    - *Alitoka na rafiki zake badala ya kubaki nyumbani na kusaidia kuhusu mtoto.*
- Kuna mifano mengine inayoonesha jinsi tunavyotoa kipaombele kwa wengine tofauti na mke/mume wetu?
- Caleb angewezaje kutoa kipaombele kwa mke wake huko akimjali mamake?

Kuna maeneo kadhaa ambapo tunapaswa kumtanguliza mke/mume wetu Leo tunaangalia maeneo mawili tu.

**Muda** – Huu haimanishi tu kutumia muda mwingi zaidi pamoja nao lakini pia wakihitaji msaada wetu tunawajali wao kabla ya wengine

**Maamuzi** – Tukiwa tumeoana tunafanya maamuzi yetu pamoja na mke/mume wetu au tukifikiria walichotuambia. Maamuzi yanayowahusu mume/mke hayapaswi kutolewa na wengine.Mke anapaswa kuchangia kwenye maamuzi kuliko watu wote wengine na mume amheshimu mke anapofanya maamuzi. Hiyo ndiyo namna ya "kunyenyekeana wakati wa kumheshimu Kristo " Waefeso 5:21. Maamuzi bora hutokana na mawasiliano bora, kutafakari na maombi ya mume na mke.

- Maelewano hayo yatabadilishaje jinsi mume na mke wanawapa wenzao kipaombele?
    - *wangetengeneza familia mpya watakaoipa kipaombele na kuiheshimu.*
    - *baada ya hapo wangewajali na kupokea ushauri wa familia zote mbili.*

**Igizo (ikiwa kuna muda)**
Mtoe igizo kuonesha kinachotokea kwenye familia na jinsi mambo yangeenda kama tungempa kipaombele mke/mume wetu.

**TAFAKARI BINAFSI**

Ufikirie mfano mmoja kuonesha jinsi unavyoweza kuboresha kutoa kipaombele kwa mke/mume wako. Halafu kwa kila mfano uombe msamaha kwa Mungu na kwa mwenzako. Umwombe Mungu akusaidie kubadilika na kukumbuka kwamba wajibu wako wa kwanza aliyokupa ni mke/mume wako.

- Muda – Kuna muda ambapo umewafanya rafiki zako au wengine wawe muhimu kuliko mke/mume wako?
- Maamuzi – Kuna maamuzi uliyoyafanya bila kujali mawazo au hisia za mke/mume wako?

## Hitimisho

**MJADALA KATIKA KIKUNDI KIKUBWA**

Leo tuliangalia njia tatu za kuimarisha ndoa yetu:

1. Onesha upendo wako
2. kuomba pamoja
3. kumpa mke/mume wako kipaumbele

Uanze kufanya hayo sasa hivi ili ndoa yako iimarike.

# Somo 5: Wanawake ni wa thamani

**Mawazo Makuu**

1. Wote wanaume na wanawake wanalingana upande wa thamani kwa sababu wameumbwa kwa mfano wa Mungu na wameokolewa na Kristo.
2. Lazima tuwathamini na kuwatendea wanawake kama Yesu alivyofanya hata kama ni tofauti na mila zetu.

**Materials**

1. mwongozo wa mwanafunzi:
    a. 5.1 Wanawake na wasichana
    b. 5.2 Mila na tabia za Yesu
    c. 5.3 Jamii yetu
2. kadi za kijani na za manjano
3. Maji na vitafunywa kwa ajili ya tukio kwenye kikundi kibubwa

## Utangulizi (Tumia mwongozo wa mwanafunzi 5.1)

**VITENDO KWENYE KIKUNDI KIKUBWA**

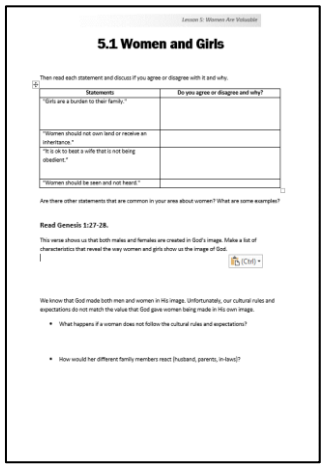
***Maelekezo kwa mwezeshaji:*** *Uweke kadi za manjano na za kijani mezani. Uwaambie wote wachukue kadi moja.*

Leo tutaendesha mambo tofauti kidogo. kila mmoja ana kadi ya kijani au ya manjano. Wenye kadi za manjano waende kwenye eneo la nyuma chumbani Mkae kimiya msitusumbue. Tunafanya somo muhimu na tunataka maoni ya watu wachache muhimu tu Mkae kimiya msituingilie msitusumbue

***Maelekezo kwa mwezeshaji:*** *Umpe kila mmoja kwenye kikundi ya manjano pipi. Uwaulize kama wangependa kitu kingine Uwaulize kama wanajisikia vizuri wakiwa tayari kuanza somo. Uwaangalie kama wageni rasmi. Ikiwa mmoja wao wa kikundi cha kijani anabadilisha anavyokaa au akiongea uwakumbushe maelekezo.*

Kwa kila kauli unadhani watu pale unapoishi watakubaliana nayo au hawatakubaliana nayo. Kwa nini.

1. "Msichana ni mzigo kwa familia."
2. "Wanawake wasimiliki ardhi wala wasipokee urithi "
3. “Ni sawa kumpiga mke asiye mtiifu.”
4. "Wanawake waonekane lakini wasisikike."



Lesson 5: Women Are Valuable

**5.1 Women and Girls**

Then read each statement and discuss if you agree or disagree with it and why.

| Statements | Do you agree or disagree and why? |
|---|---|
| "Girls are a burden to their family." | |
| "Women should not own land or receive an inheritance." | |
| "It is ok to beat a wife that is not being obedient." | |
| "Women should be seen and not heard." | |

Are there other statements that are common in your area about women? What are some examples?

**Read Genesis 1:27-28.**

This verse shows us that both males and females are created in God's image. Make a list of characteristics that reveal the way women and girls show us the image of God.

We know that God made both men and women in His image. Unfortunately, our cultural rules and expectations do not match the value that God gave women being made in His own image.

- What happens if a woman does not follow the cultural rules and expectations?
- How would her different family members react (husband, parents, in-laws)?

Kuna kauli zingine kwenu zinazohusu wanawake? Utoe mifano

**Tafakari kitendo**

***Maelekezo kwa mwezeshaji:*** *Ukiambie kikundi cha kijani kuungana na kikundi cha manjano Uulize maswali kwa kila kikundi halafu upate hitimisho kutokana na walichokipitia.*

Kwa dakika 10 zilizopita kikundi cha kijani kilitengwa na maongezi.

- **Kikundi cha kijani:**
    - Mmejisikiaje kutengwa na maongezi na kukataliwa kuongea?
    - Ulitamani kushiriki na kutoa mawazo?
    - Mmejisikiaje kikundi cha manjano walipopewa vitafunywa na ninyi hamkupewa?

    - Mnadhani hayo hutokea kwenye jamii? Nani hutengwa?
- **Kikundi cha manjano:**
    - Mmejisikiaje kuwatenga wenzenu kwenye vikundi na maongezi?
    - Mmegundua wenzenu hawakupewa maji wala vitafunwa?
    - Umejisikia huru? Kwa nini ndiyo au hapana?
- **Wote:**
    - Kitu gani kilionekana si sawa?
    - Mlipoteza fursa gani kwa kukitenga kikundi cha kijani?

kitendo hicho kilihusu ubaguzi ndani ya jamii mara nyingi hatuwathamini wanawake na wasichana kama tunavyowathamini wanaume na wavulana. Safari hii hatukubaguana kwa jinsia bali tulibaguana kutokana na rangi ya kadi uliyoichukua. Hata hivyo hayo yafanana na ubaguzi zidi ya wasichana na wanawake.

- Maoni ya wanawake hutafutwa kwenye jamii au kanisani? Kwa nini ndiyo au hapana ?
- Kuna fursa maalum kwa ajili ya wanauma tu? Hayo yanaleta hisia gani?

Kwenye somo hilo, tunazungumzia tunavyowaona wanawake na wasichana. Pia tunaangalia tunavyowatendea kwa namna inayoashiria kwamba hatuwadhamini.

**MJADALA KATIKA KIKUNDI KIKUBWA**

Soma Mwanzo 1:27-28.

Mstari huu huonyesha kwamba wanaume na wanawake waliumbwa wafanane na Mungu. Uandae orodha ya sifa za wanawake na wasichana zinazotuonyesha kwamba wameumbwa kwa mfano wa Mungu.

Kwenye Moduli ya 1 tumejifunza Mungu ameumba wanaume na wanawake kwa mfano wake. Kwa bahati mbaya mila zetu na mategemeo yetu ya kimila haziendani na thamani Mungu aliyoiwapa wanawake alipowaumba kwa mfano wake.

- Mwanamke asipoendana na mila ya jamii yake kutatokea nini?
- Ndugu zake wangefanyaje (mume, wazazi, wakwe zake)?

## Ukweli kuhusu wanawake

**MJADALA KATIKA KIKUNDI KIKUBWA**

Mungu aliwaumbe wote wanaume na wanawake kwa mfano wake wakiwa na umuhimu na thamani. Wote huonyesha sura ya Mungu duniani. Mungu aliwaambia wote wajaze nchi na kuitawala kwa kushirikiana.

Soma Mwanzo 3:6.

Adam na Hawa wametenda dhambi kwa kutomtii Mungu na wakakutana na matokeo ya dhambi yao.Mahusiano yao bora yakaharibika.

- Nini kimebadilika kwenye mahusiano kati ya Adamu na Hawa baada ya kutenda dhambi ya kutokumtii Mungu?
    - *Wakalaumiana.*
    - *Mke alitaka kumtawala mume na mume alitaka kumtawala mke.*
    - *Mpango wa Mungu wa umoja umeharibika.*
- Dhambi na uvunjifu wa umoja umeathiri vipi tunavyowafikiria wanawake kwenye utamaduni wetu?

Usome Wagalatia 3:26-29.

- Akina nani ni watoto wa Mungu kupitia Yesu Kristu ? *(Wote wenye imani)*

- Mstari unasema hakuna tena Myahudi wala asiye Myahudi, mtumwa wala aliyezaliwa huru, mwanamke wala mwanamume. Hayo humanisha nini? *(Wote tuna nafasi sawa kuwa watoto wa Mungu)*

Kupitia Kristo wote wanaume na wanawake waweza kuwa watoto wa Mungu warithi wa uhai wa milele na wote wawili wamerudi kwenye mahusiano kamili na Mungu.

Soma Matendo ya Mitume 2:17-18,21 1 Petro 4:10-11.

- Mstari huu unasema nini kitakachotokea baada ya roho ya Mungu kuwashukia watu wote?
- Inakushangaza kuona kwamba mabinti na wanawake pia wapewa zawadi ya unabii kanisani? Watu wote wakitumia talanta wanazozipewa na Mungu kutatokea nini?
- Ikiwa wanawake na mabinti hawatumii talanta zao kutoka kwa Mungu kutatokea nini?

Mungu hutoa talanta kwa wanaume na wanawake wazitumie kujenga ufalme wa Mungu na kuleta sifa na utukufu kwa Mungu.

- Utamsaidiaje mke wako kutumia talanta zote alizopewa na Mungu?
- Utamsaidiaje binti yako kuendelea na kutumia talanta zote alizopewa na Mungu?
- Utawezaje kuwatia moyo wanawake kwenye kanisa lako na jamii yako kutumia talanta walizopewa na Mungu?

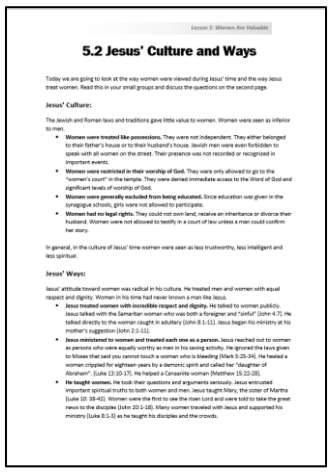
## Utamaduni wa Yesu na jinsi alivyowatendea wanawake (Tumia Mwongozo wa wanafunzi 5.2)

**Mjadala katika kikundi kikubwa**

Leo tutaangalia watu waliwaonaje wanawake enzi za Yesu na jinsi Yesu alivyowatendea. Unaweza kufuatilia kwenye mwongozo wako wa mwanafunzi 5.2.

**Utamaduni wa Yesu:** Sheria na mila za Wayahudi na Warumi hazikuwathamini sana wanawake. Wanawake walionekana hawana umuhimu sawa na wanaume..

- **Wanawake walikuwa sawa na mali.** Hawakujitegemea walikuwa mali wa kaya ya baba yao au mali ya kaya ya waume wao. Wanaume wa kiyahudi walikatazwa kuongea na wanawake barabarani. Hawakuhesabiwa wala kutolewa taarifa kwenye matukio muhimu.
- **Wanawake waliwekewa mipaka kwenye kumabudu Mungu.** Waliruhusiwa tu kwenda kwenye eneo la wanawake hekaluni. Hawakuweza kusoma neno la Mungu au kuabudu hekaluni.
- **Wanawake walitengwa na elimu.** Kwa sababu elimu ilitolewa kwenye shule za synagogi wanawake hawakuruhusiwa kushiriki.
- **Wanawake walikuwa hawana haki za kisheria.** Hawakuweza kumiliki ardhi kupokea urithi au kuwapa talaka waume wao. Hawakuweza kutoa ushahidi mahakamani bila maneno yao kuthibitishwa na mwanamume.



*Lesson 5: Women Are Valuable*

**5.2 Jesus' Culture and Ways**

Today we are going to look at the way women were viewed during Jesus' time and the way Jesus treat women. Read this in your small groups and discuss the questions on the second page.

**Jesus' Culture:**

The Jewish and Roman laws and traditions gave little value to women. Women were seen as inferior to men.

- **Women were treated like possessions.** They were not independent. They either belonged to their father's house or to their husband's house. Jewish men were even forbidden to speak with all women on the street. Their presence was not recorded or recognized in important events.
- **Women were restricted in their worship of God.** They were only allowed to go to the "women's court" in the temple. They were denied immediate access to the Word of God and significant levels of worship of God.
- **Women were generally excluded from being educated.** Since education was given in the synagogue schools, girls were not allowed to participate.
- **Women had no legal rights.** They could not own land, receive an inheritance or divorce their husband. Women were not allowed to testify in a court of law unless a man could confirm her story.

In general, in the culture of Jesus' time women were seen as less trustworthy, less intelligent and less spiritual.

**Jesus' Ways:**

Jesus' attitude toward women was radical in his culture. He treated men and women with equal respect and dignity. Woman in his time had never known a man like Jesus.

- **Jesus treated women with incredible respect and dignity.** He talked to women publicly. Jesus talked with the Samaritan woman who was both a foreigner and "sinful" (John 4:7). He talked directly to the woman caught in adultery (John 8:1-11). Jesus began his ministry at his mother's suggestion (John 2:1-11).
- **Jesus ministered to women and treated each one as a person.** Jesus reached out to women as persons who were equally worthy as men in his saving activity. He ignored the laws given to Moses that said you cannot touch a woman who is bleeding (Mark 5:25-34). He healed a woman crippled for eighteen years by a demonic spirit and called her "daughter of Abraham". (Luke 13:10-17). He helped a Canaanite woman (Matthew 15:22-28).
- **He taught women.** He took their questions and arguments seriously. Jesus entrusted important spiritual truths to both women and men. Jesus taught Mary, the sister of Martha (Luke 10: 38-42). Women were the first to see the risen Lord and were told to take the great news to the disciples (John 20:1-18). Many women traveled with Jesus and supported his ministry (Luke 8:1-3) as he taught his disciples and the crowds.

Kwa ujumla enzi za Yesu wanawake walionekana wamepungukiwa upande wa uwaminifu, akili na pia upande wa kiroho.

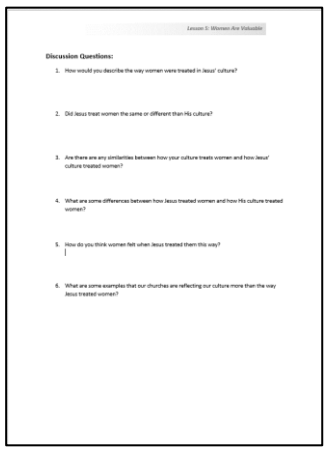
**Njia za Yesu**

Mtazamo wa Yesu kuhusu wanawake ulitofautiana kabisa na utamaduni wake. Aliwaheshimu wanaume na wanawake. Wanawake wa enzi zile walikuwa hawajawahi kumwona mwanamume kama Yesu.

- **Yesu aliwaheshimu wanawake kwa namna ya pekee.**Aliongea na wanawake hadharani.Yesu aliongea na mwanamke Msamaria aliyekuwa mgeni na mwenye dhambi (Tohanna 4:7). Aliongea kwa huruma, ukweli na neema na mwanamke aliyekamatwa uzinzi (Yohanna 8:1-11).
- **Yesu aliwahudumia wanawake alimtendea kila mmoja kama binadamu.** Yesu aliwatafuta wanawake akiwaangalia kama binadamu wanaostahili kuponyeshwa na kuokolewa kama wanaume. Alidharau sheria ya Musa inayosema huwezi kumgusa mwanamke mwenye hedhi (Mariko 5:25-34). Alimponyesha mwanamke aliumizwa miaka kuminanane na pepo akimwita "binti wa Ibrahimu"(Luka 13:10-17). Alimponyesha mtoto wa mwanamke wa Kanaan (Matayo 15:22-28).
- **Aliwafundisha wanawake.** Aliwaheshimu maswali na hoja zao.Yesu alifundisha ukweli wa kiroho kwa wanawake na wanaume. Yesu alimfundisha Maria dada yake na Martha (Luke 10:38-42). Wanawake walikuwa wa kwanza kumwona Bwana baada ya kufufuka kwake wakaambiwa kupeleka habari kwa wanafunzi wake. (Yohanna 20:1-18). Wanawake wengi walisafiri na Yesu na kuusaidia utumishi wake alipokuwa anawafundisha wanafunzi wake na umati wa watu. (Luka 8:1-3).

**MJADALA KATIKA KIKUNDI KIDOGO**

1. Ungeelezaje wanawake walivyotendewa kwenye mila za Yesu?
2. Yesu aliwatendea wanawake kulingana na au tofauti na utamaduni wake?
3. Mtazamo wa utamaduni wako kuhusu wanawake unafanana na mtazamo wa utamaduni wa Yesu?
4. Kuna tofauti gani ukilinganisha jinsi Yesu alivyowatendea wanawake na jinsi walivyofanyiwa kutokana na utamaduni wao?
5. Unafikiri wanawake walijisikiaje walipofanyiwa hivyo?
6. Toa mifano kuonyesha jinsi kanisa linafuata utamaduni kuliko kumfuata Yesu alivyowatendea wanawake


Lesson 5: Women Are Valuable

Discussion Questions:

1. How would you describe the way women were treated in Jesus' culture?
2. Did Jesus treat women the same or different than His culture?
3. Are there are any similarities between how your culture treats women and how Jesus' culture treated women?
4. What are some differences between how Jesus treated women and how His culture treated women?
5. How do you think women felt when Jesus treated them this way?
6. What are some examples that our churches are reflecting our culture more than the way Jesus treated women?

**REJESHA RIPOTI -** ***Maelekezo kwa mwezeshaji:*** *Upitie maswali upya na uwaambie kila kikundi watoe majibu yao.*

Kama Wakristo tunapaswa kumfuata Yesu kuliko mila. Yesu ni mfano wetu.

## Tunaweza kuleta tofauti Tumia Mwongozo wa Mwanafunzi 5.3)

**MJADALA KATIKA KIKUNDI KIKUBWA**

Yesu alileta mabadiliko kwenye mila yake nasi tunaweza kuleta mabadiliko kwenye tamaduni zetu.

Soma hadithi hiyo (majina yamebadilishwa):

> Sojib hakuwahi kufikiria kwamba wanaume na wanawake wameumbwa na thamani iliyo sawa mbele ya Mungu. Hakumfikiria mke wake. Walikuwa na mapato madogo na hawakuweza kununua chakula cha kutosha. Kwa hiyo kila jioni hali ile ile imejirudia Soji amekaa mezani peke yake akala wali na mboga mpaka akashiba.Atakapomaliza mke wake atakula kilichobaki. Siku moja Sojib alihudhuria mafunzo ya maadili ya kibiblia na ndoa. Alirudi nyumbani akiamua afanye kitu kuonyesha kwamba anamthamini mke wake. Wakati wa chakula cha jioni alimwambia mke wake wakae wote. Akagawa wali katika sehemu mbili zilizolingana. Akampa mke wake sehemu mmoja. Vivyo hivyo akagawana mboga. Mke wake ameshangaa! Kila jioni Sojib akaendelea kufanya hivyo. Amekaa na mke wake wakigawana kila kitu nusu kwa nusu. Kadri

muda ulivyoenda akakuta uhusiano wake na mke wake umeboreka Wakawa na umoja na watu wengine wakaanza kuiga mfano wao wa ndoa bora.

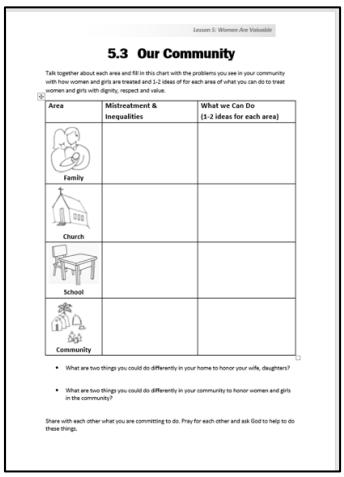
- Sojib amebadilisha nini kuonyesha anamthamini mke wake?
- Mke wake akafanyaje?
- Maisha ya wengine yamebadilikaje (mke wake wengine kwenye jamii)?

Tamaduni nyingi haziangalii wanawake jinsi Mungu anavyopenda. Mila zetu zina nguvu na watu wengi hudhani ziko sawa. Hata hivyo kumfanyia mtu anayefanana na Mungu vibaya hakufai. Hayo yanamsikitisha Mungu na tunapaswa kumwomba tubadilishe tabia zetu.

Lazima tuangalie mila na tamaduni zetu na tujifunze kisichokubalika kwa mtazamo wa Mungu. Tutatumia Mwogozo wa mwanafunzi 5.3 kufikiria sehemu za jamii yetu

***Maelekezo kwa mwezeshaji:*** *Kabla ya kuanza mjadala katika kikundi kidogo Uliza maswali na utoe mifano ya jumla hapo chini kwa ajili ya mazingira yote. Fafanua mazingira manne kwenye karatasi kuwasaidia kufikiria mifano iliyopo.*

- **Familia** – Kuna tofauti gani kati ya wanawake na wasichana na wanaume na wavulana manyumbani. Kwa namna gani wanafanyiwa vibaya?
    - Mfano – Mwezeshaji alipowauliza kikundi cha madaktari wa Kikristo 20 kama wameshawahi kuwapiga wake zao 18 wameinua mikono kuonyesha wameshafanya hivyo. Mwezeshaji akauliza je ni sawa kumpiga mke akifanya chochote kinacholeta aibu kwa familia – wote wakainua mikono.
- **Shule**– Wasichana wanatofautishwa na wavulana shuleni? Kwa namna gani? Kuna fursa gani ambazo wasichana hawapewi?
    - Mfano – Baadhi ya shule hawaruhusu wasichana kuchukua masomo fulani au kuingia kwenye fani fulani kama kuwa daktari au rubani au mjenzi
- **Kanisa** – Kuna tofauti gani kati ya wanawake na wasichana na wanaume na wavulana kanisani? Wanakutana na vikwazo gani kwa sababu wana jinsia ya kike?
    - mfano – Theluthi mbili ya wakristo wote ni wanawake — nini itatokea wanapozuiliwa wasitumie talanta zao?
- **Jamii** – Wanawake na wasichana wanakuwa tofauti na wanaume na wavulana kwenye jamii zetu? Kivipi? Wanawake na wasichana wanapitia mambo gani mabaya kwenye jamii zetu?
    - Mfano – Kwenye nchi moja yenye vita Afrika karibu nusu ya wanawake wote wamebakwa pamoja na kwamba ni nchi yenye Wakristo wengi. Kwenye nchi nyingine Asia kila baada ya dakika 8 binti mmoja anapotea akiuzwa kwenye utumwa.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5.3 Our Community

Talk together about each area and fill in this chart with the problems you see in your community with how women and girls are treated and 1-2 ideas of for each area of what you can do to treat women and girls with dignity, respect and value.

| Area | Mistreatment & Inequalities | What we Can Do (1-2 ideas for each area) |
|---|---|---|
| Family | | |
| Church | | |
| School | | |
| Community | | |

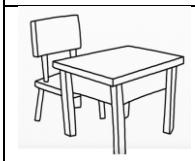
- What are two things you could do differently in your home to honor your wife, daughters?
- What are two things you could do differently in your community to honor women and girls in the community?

Share with each other what you are committing to do. Pray for each other and ask God to help to do these things.

Wote wanaume na wanawake ni wa muhimu sana. Mungu anataka tuwaheshimu na kuwathamini wote. Tunataka kuwaona wote wanaume na wanawake wawe na maendeleo.

**MJADALA KATIKA KIKUNDI KIDOGO**

Tumia Mwongozo wa Mwanafunzi 5.3. Mjadili kila eneo na ujaze jedwali na matatizo unayoyaona kwenye jamii yako. Eleza jinsi wanawake na wasichana wanavyofanyiwa. Pia ueleze dhana 1-2 kuonyesha utakachofanya kuhakikisha wanawake na wasichana wanaweza kuheshimiwa na kuthaminiwa kwenye jamii yako.

| Eneo | Ukosefu wa haki sawa na vitendo vibaya kwenye jamii yetu | Tunachoweza kufanya (dhana1-2 kwa kila eneo) |
|---|---|---|
| **Familia** | ***Utoe mfano unaoendana na jamii yako. (mf. Zawadi maalum hutolewa anapozaliwa mtoto wa kiume wavulana wanakula kwanza na wahamasishwa kwenda shuleni).*** | ***Sherekea wanapozaliwa watoto wa kiume na wa kike. Uhamasishe watoto wa kiume na wa kike watendewe sawa – kula, elimu, urithi nk*** |
| **Kanisa** | | |
|  **Shule** | | |
| **Jamii** | | |

- Kitu gani unachoweza kubadilisha nyumbani kwako kuwaheshimu mke wako na binti zako?
- Kitu gani unachoweza kufanya kwenye jamii yako kuwaheshimu wanawake na wasichana?

Mwelezane mtakachoenda kufanya. Mwombeane na kumomba Mungu awasaidie kufanya vitu hivyo.

**REJESHA RIPOTI**

***Maelekezo kwa mwezeshaji:*** *Ukague vikundi kuhakikisha wanafikiria mifano kutoka maeneo yao na wafikirie njia kuwafanyia wema wanawake na wasichana. Uwape vikundi muda mwingi kufanyia kazi jedwali hilo.Wakikaribia kumaliza uwaombe wawashirikishe wenzao kwa kueleza dhana 1 kwa kila eneo – familia, kanisa, shule na jamii. Uhakikishe wanafikiria njia kadhaa kuheshimu wanawake na wasichana. Uwaambie wamwombe Mungu awape mawazo na hekima.*

Wote tumeumbwa kwa mfano wa Mungu—wanaume na wanawake. Mungu anatupenda kiasi cha kumtuma mtoto wake atufie ili wanaume na wanawake wawe watoto wake. Hakuna mkubwa au mdogo kwenye ufalme wa Mungu. Alituumba anavyotutaka na ana makusudi maalum kwa wanawake na wanaume.

Tunaweza kuleta tofauti tunapowaonyesha wengine jinsi kuwafanyia wanawake na wasichana kutokana na mfano wa Yesu. Kufanya hivyo kutamheshimu Mungu na kuwasaidia wengine kuona kwamba wanawake wana thamani. Tunataka wanawake na wanaume waishi kuendana na mapenzi ya Mungu.

**TAFAKARI BINAFSI au PAMOJA NA MWENZA**

Tunamheshimu Mungu tunapotekeleza tulichojifunza. Utatekelezaje ulichojifunza?

- Taja mabadiliko mawili utakayoyafanya nyumbani kwako kumheshimu mke wako na binti zako
- Taja mambo mawili utakayoyafanya kuwaheshimu wanawake na wasichana kwenye jamii?

Mwambiane mtakachokifanya. Mwombeane na mwombe Mungu awasaidie kufanya hivyo.

# Somo 6: majukumu ya mzazi

**Mawazo Makuu**

1. Watoto ni zawadi kutoka kwa Mungu.
2. Wazazi wana majukumu ya kutimiza mahitaji ya watoto na kuwaongoza wanapokuwa kiroho kiakili kimahusiano na kimwili.

**Nyenzo (Materials)**

1. Mwongozo Wa Mwanafunzi:
    a. 6.1 kuwasaidia watoto kukua (kila mtu kitabu kimoja)

## Utangulizi

**MJADALA KATIKA KIKUNDI KIKUBWA**

Kwa walio wazazi:

- Maisha yako yamebadilikaje tangu ulipokuwa mzazi? Mabadiliko yapi uliyotarajia? Mabadiliko yapi hukuyategemea?
- Unawezaje kueleza kazi yako ya kuwa mzazi?
- Ndugu na jamaa wamekupa ushauri gani kuhusu kuwa Mzazi (ushauri mzuri na mbaya)?

Kuwa mzazi ni kugumu. Hakuna kitabu kinachokuelekeza. Tunataka watoto wetu wafurahi na wawe na tabia njema wakuwe wawe na uwezo wa kutunza familia zao. Wawe wanajamii wema na wakristo imara. Lakini tuwafundishaje? Kwa bahati mbaya hakuna majibu ya moja kwa moja.

Kwa kawaida kila mtu mzima anajikuta na wajibu wa kuwatunza na kuwalea watoto. Leo tunaaangalia majukumu ya mzazi kuwasaidia watoto wakue kiroho na kiakili. Kwenye masomo matatu yajayo tutajifunza namna ya kuwaongoza watoto wetu na kuwasaidia wawe na tabia njema.

## Majukumu ya Mzazi

**MJADALA KATIKA KIKUNDI KIKUBWA**

***Maelekezo kwa mwezeshaji:*** *Watu wengi zaidi hufikiria mahitaji ya kimwili. Uwahamasishe wafikirie mahitaji mengine ya mtoto. Uwakumbushe Luka 2:52 na njia nne za ukuaji wa Yesu —kimwili, kimahusiano, kiroho na kihekima.*

- baadhi ya mahitaji ya mtoto ni nini?
- nani anayewajibika kutimiza mahitaji hayo?

Majukumu ya mzazi kuwatunza watoto ni wajibu mkubwa sana. Mara nyingi tunajisikia kwamba wajibu huo unatuzidi uwezo.

**Mjadala kwenye vikundi vidogo.**

***Maelekezo kwa mwezeshaji:*** *Andika mistari mitano ubaoni au kwenye kadi kwa kila kikundi.*

Kwenye vikundi uiangalie mistari ifuatayo. Mistari hii inasemaje kuhusu majukumu ya mzazi?

- Methali 22:6 – *Lazima tuwaongoze watoto wetu.*
- Waefeso 6:4 – *Tuwafundishe watoto wetu.*
- Deuteronomi 6:6-7 – *Tuwaendeleze watoto wetu kiroho.*
- Methali 1:8 – *Tuwaendeleze watoto wetu kiroho.*
- Methali 31:15, 21 –*Tuwatimizie mahitaji yao ya kimwili.*

**REJESHA RIPOTI**

***Maelekezo kwa mwezeshaji:*** *Uwaulize vikundi kila mstari unasemaji kuhusu jukumu la mzazi na usisitize Mawazo Makuu hapo juu.*

tukiwa wazazi tumepewa majukumu ya kuwafundisha au kuwaongoza watoto wetu. Mungu ametupa wajibu kuwaendeleza wawe wanaume na wanawake imara wa Mungu. Jukumu hilo ni la wote mume na mke kuwalea watoto wao. Hata kama ndugu waweza kusaidia jukumu la kwanza ni la wazazi.

Biblia inataja umuhimu wa wajibu huo. Paulo anapomelekeza Timoteo kuwachagua viongozi kanisani kipengele kimoja kinadai wawe na watoto wenye tabia njema. (1 Timoteo 3:4-5).Kama wazazi lazima tutimize mahitaji ya kimwili na kiakili ya watoto wetu. Pia Biblia inasema wazazi si kanisa wana wajibu wa kuwafundisha watoto Biblia. Sawa na Yesu alipokua kwenye maeneo manne kwenye maisha yake (Luka 2:52), tunataka kuwasaidia watoto wetu wakue kwenye maeneo hayo manne—kiroho, kiakili (hekima), kimwili na kimahusiano.

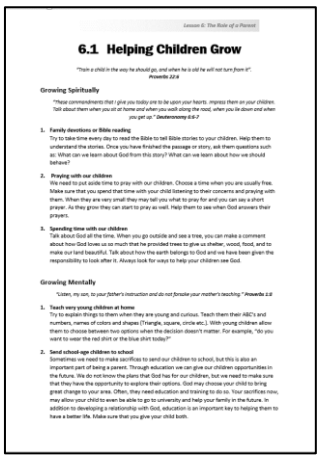
## Kukua kiroho (Tumia Mwongozo wa Mwanafunzi 6.1)

**MJADALA KATIKA KIKUNDI KIDOGO**

- Taja baadhi ya njia ya kuwasaidia watoto kukua kiroho?
- Kuwasaidia watoto wako kukua kiroho kuna umuhimu gani?
- Taja baadhi ya matatizo tunayoyapata tunapowasaidia watoto wetu kukua kiroho?
- Tunawezaje kutatua matatizo hayo?

**REJESHA RIPOTI**

***Maelekezo kwa mwezeshaji:*** *Ikiwa daraasa wanajua kusoma na kuandika uandike majibu ya swali ya kwanza ubaoni.*



*Lesson 6: The Role of a Parent*

**6.1 Helping Children Grow**

*"Train a child in the way he should go, and when he is old he will not turn from it".*
*Proverbs 22:6*

**Growing Spiritually**

*"These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up." Deuteronomy 6:6-7*

1. **Family devotions or Bible reading**
Try to take time every day to read the Bible to tell Bible stories to your children. Help them to understand the stories. Once you have finished the passage or story, ask them questions such as: What can we learn about God from this story? What can we learn about how we should behave?

2. **Praying with our children**
We need to put aside time to pray with our children. Choose a time when you are usually free. Make sure that you spend that time with your child listening to their concerns and praying with them. When they are very small they may tell you what to pray for and you can say a short prayer. As they grow they can start to pray as well. Help them to see when God answers their prayers.

3. **Spending time with our children**
Talk about God all the time. When you go outside and see a tree, you can make a comment about how God loves us so much that he provided trees to give us shelter, wood, food, and to make our land beautiful. Talk about how the earth belongs to God and we have been given the responsibility to look after it. Always look for ways to help your children see God.

**Growing Mentally**

*"Listen, my son, to your father's instruction and do not forsake your mother's teaching." Proverbs 1:8*

1. **Teach very young children at home**
Try to explain things to them when they are young and curious. Teach them their ABC's and numbers, names of colors and shapes (Triangle, square, circle etc.). With young children allow them to choose between two options when the decision doesn't matter. For example, "do you want to wear the red shirt or the blue shirt today?"

2. **Send school-age children to school**
Sometimes we need to make sacrifices to send our children to school, but this is also an important part of being a parent. Through education we can give our children opportunities in the future. We do not know the plans that God has for our children, but we need to make sure that they have the opportunity to explore their options. God may choose your child to bring great change to your area. Often, they need education and training to do so. Your sacrifices now, may allow your child to even be able to go to university and help your family in the future. In addition to developing a relationship with God, education is an important key to helping them to have a better life. Make sure that you give your child both.

**MJADALA KATIKA KIKUNDI KIKUBWA**

*Soma Deuteronomi 6:6-7.*

- Hapo unafundishwa nini kuhusu umuhimu wa kumsaidia mtoto akue kiroho?

Njia tatu za kumsaidia mtoto akue kiroho:

1. **Maombi ya kifamilia na kusoma biblia** – Uchukue muda kila siku kusoma Biblia uwasimulie watoto hadithi za kibiblia. Uwasaidie kuelewa hadithi hizo. Ukimaliza sehemu au hadithi uwaulize maswali kama – Hadithi hii inatufundisha nini kuhusu Mungu? Tunajifunza nini juu ya mwenendo wetu kutokana na hadithi hiyo ?
    - Mmejaribu kufanya hivyo?
    - Inafanya kazi vizuri? Unatoa ushauri gani kwa wale ambao hawajajaribu?
2. **Kuomba na watoto wetu** – Inatubidi kutenga muda kuomba na watoto wetu. Chagua muda ambapo una nafasi. Uhakikishe unapata muda na mtoto wako unasikiliza mawazo yake na kuomba naye. Wakiwa wadogo sana waweza kukwambia uombee nini halafu unaomba maombi mafupi. Wakikua wanaweza kuanza kuomba wenyewe. Uwasaidie waone Mungu anavyojibu maombi yao
    - Mmejaribu kufanya hivyo?
    - Inafanya kazi vizuri? Unatoa ushauri gani kwa wale ambao hawajajaribu?
3. **Kuwa pamoja** – Muda wote mkiwa pamoja uongee juu ya Mungu.Uwafundishe kuhusu Mungu.Mkitoka nje na mnaona mti mnaweza kueleza Mungu anavyotupenda akatupatia miti tupate makaazi, mbao na chakula na kupendezesha nchi. Eleza kwamba dunia ni mali ya Mungu na ametupa wajibu kuitunza. Muda wote utafute namna ya kuwasaidia watoto wamwone Mungu

- Mmejaribu kufanya hivyo?
- Inafanya kazi vizuri? Unatoa ushauri gani kwa wale ambao hawajajaribu?

**TAFAKARI BINAFSI**

- Kati ya mawazo yote yaliyotolewa,yapi unaweza kuyatekeleza kumsaidia mtoto wako akue?

## Kukua kiakili

**MJADALA KATIKA KIKUNDI KIKUBWA**

Pia inabidi tuwasaidie watoto wetu wakue kiakili.

- Taja njia za kuwasaidia watoto wetu wakue kiakili
  - *Wakiwa wadogo inabidi tuwafundishe nyumbani. Wakikua lazima tuwapeleke shuleni wajifunza zaidi.*
  - *Watoto wadogo wana maswali mengi. Jitahidi kujibu maswali mengi iwezekanavyo.*
- Tunapata matatizo gani kuwasaidia watoto wetu wakue kiakili?
- Tunawezaje kutatua matatizo hayo?

Mojawapo ya nyajibu zetu ni kuwasaidia watoto wetu wakue kiakili. Tukitazama Luka 2:52 tunamwona Yesu akiongezewa hekima. Tunataka watoto wetu waongezewe hekima. Njia mbili ni pamoja na:

1. **Uwafundishe watoto wadogo sana nyumbani.**
   Uwaeleze mambo wakiwa wadogo na wenye maswali mengi. Uwafundishe ABC nambari, majina ya rangi na maumbo (pembe tatu mraba duara nk) Uwaruhusu watoto wadogo wachague kati ya mambo mawili kama si muhimu wanachokichagua. Kwa mfano ungependa kuvaa shirti nyekundu au ya buluu leo. Uchukue muda kujibu maswali yao!
2. **Watoto wenye umri wa kwenda shule uwapeleke shule.**
   Mara nyingine inabidi tujitolee kuwapeleka watoto shule lakini kufanya hivyo ni sehemu muhimu ya kuwa mzazi, Kupitia elimu tunawapa watoto wetu fursa za baadaye. Hatujui Mungu ana mpango gani na watoto wetu lakini lazima tuhakikishe wapate nafasi kufuatilia nafasi mbali mbali Mungu aweza kumchagua mtoto wako alete mabadiliko makubwa kwenye eneo lako. Mara nyingi watoto wanahitaji elimu na mafunzo kufanya hivyo. Kujitolea kwako kunaweza kumwezesha mtoto wako aende chuo kikuu na kuisaidia familia huko mbeleni. Pamoja na kujenga mahusiano na Mungu elimu ni muhimu kuwasaidia wapate maisha bora. Uhakikishe unampa mtoto wako yote mawili.

**MJADALA KATIKA KIKUNDI KIDOGO**

- Kwa sasa unafanya vizuri katika mambo hayo ?
- Unapata shida gani unapofanya hivyo?
- Una mawazo gani mengine ya kuwasaidia watoto wako wakue kiakili na waongezewe hekima?

**REJESHA RIPOTI**

***Maelekezo kwa mwezeshaji:*** *Ikiwa wanajua kusoma na kuandika uandike majibu ya swali la kwanza ubaoni.*

**TAFAKARI BINAFSI**

- Kati ya mawazo yote yaliyotolewa utaje moja au mawili unayoweza kuanza nayo kumsaidia mtoto wako akue.

## kukua kimahusiano

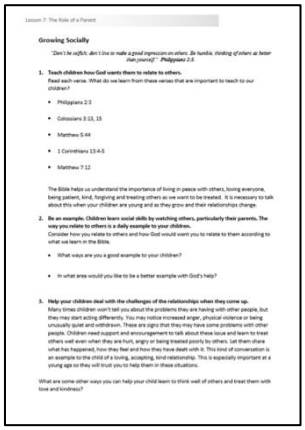
**MJADALA KATIKA KIKUNDI KIKUBWA**

Pia inabidi tuwasaidie watoto wetu wakue katika mahusiano yao na wengine

- Utoe mifano ya mahusiano ya watoto na wengine?
  - *ndugu*
  - *marafiki(majirani, kanisani,shuleni)*
  - *watu wazima (ndugu,majirani, walimu, viongozi)*
  - *wazazi*
- Kwa nini ni muhimu kuwasaidia watoto wetu kukua kimahusiano — kuwa na mahusiano bora na wengine ?
- Taja matatizo ya kawaida kati ya watoto na watu wengine?

Familia ni sehemu ambapo watoto hujifunza kujenga mahusiano. Kwa hiyo wazazi wawe na watoto wao wawaoneshe mahusiano bora.

Kuna njia tatu kwa mtoto kukua kimahusiano



Lesson 7: The Role of a Parent

**Growing Socially**

*"Don't be selfish, don't live to make a good impression on others. Be humble, thinking of others as better than yourself." Philippians 2:3*

1. **Teach children how God wants them to relate to others.**
   Read each verse. What do we learn from these verses that are important to teach to our children?
   - Philippians 2:3
   - Colossians 3:13, 15
   - Matthew 5:44
   - 1 Corinthians 13:4-5
   - Matthew 7:12

   The Bible helps us understand the importance of living in peace with others, loving everyone, being patient, kind, forgiving and treating others as we want to be treated. It is necessary to talk about this when your children are young and as they grow and their relationships change.

2. **Be an example. Children learn social skills by watching others, particularly their parents. The way you relate to others is a daily example to your children.**
   Consider how you relate to others and how God would want you to relate to them according to what we learn in the Bible.
   - What ways are you a good example to your children?
   - In what area would you like to be a better example with God's help?

3. **Help your children deal with the challenges of the relationships when they come up.**
   Many times children won't tell you about the problems they are having with other people, but they may start acting differently. You may notice increased anger, physical violence or being unusually quiet and withdrawn. These are signs that they may have some problems with other people. Children need support and encouragement to talk about these issue and learn to treat others well even when they are hurt, angry or being treated poorly by others. Let them share what has happened, how they feel and how they have dealt with it. This kind of conversation is an example to the child of a loving, accepting, kind relationship. This is especially important at a young age so they will trust you to help them in these situations.

What are some other ways you can help your child learn to think well of others and treat them with love and kindness?

1. **Uwafundishe watoto jinsi Mungu anavyotaka tuwasiliane na wengine.**
   Soma kila mstari tunajifunza nini kutokana na mistari hiyo ambayo ni muhimu kuwafundisha watoto wetu.
   - Wafilipo 2:3–*usiwe mbinafsi uwajali wengine kuliko unavyojijali mwenyewe*
   - Wakolosai 3:13, 15 – Uwasamehe wengine wakikuumiza uelewane na wengine na uwe mtu mwenye shukrani.
   - Matayo 5:44 – *Uwapende maadui zako na uwaombee wanaokuonea.*
   - 1 Wakorinto 13:4-5 – *Upendo huvumilia Upendo haujivunii si mwepesi kukasirika na hakumbuki maovu.*
   - Matayo 7:12 – *Uwafanyie wengine unachotaka wakufanyie tu*

   Biblia inatufundisha umuhimu wa kuishi na wengine kwa amani. Kuwapenda watu wote kuwa wenye subira, wakarimu wepesi kusamehe na tunaowafanyia wengine tunavyopenda kufanyiwa. Ni muhimu kuyazungumzia hayo watoto wakiwa wadogo na pia wanapokua na mahusiano yao hubadilika.

2. **Uwe mfano.Watoto hujifunza mahusiano kutoka wengine hasa wazazi wao. Unavyowasiliana na wengine ni mfano kwa watoto wako.**
   Ufikirie unavyowasiliana na wengine na jinsi Mungu anapenda uwasiliane nao
   - Katika mambo gani unakuwa mfano bora kwa watoto wako?
   - Kwenye maeneo yapi ungependa uwe mfano bora kupitia msaada wa Mungu?

3. **Uwasaidia watoto wako wakipata changamoto kwenye mahusiano yao.**
   Mara nyingi watoto hawatakwambia wakipata matatizo kwenye mahusiano yao na watu wengine ila watakuwa na tabia tofauti. Unaweza kuona wako mwepesi kukasirika, wakipigana, au wakiwa wakimia sana Hizo ni dalili kwamba wana shida na watu wengine. Watoto wanahitaji kutiwa moyo waongee kuhusu mambo hayo na kufundishwa kuwatendea wema wengine hata kama wameumia wamekasirika au wamefanyiwa vibaya na wengine. Wakwambie kilichotokea wanavyojisikia na walivyofanya. Maongezi hayo ni mfano wa mahusiano yenye upendo na ukarimu. Hayo ni muhimu wakiwa na umri mdogo ili wakuamini kuwasaidia katika mazingira kama hayo.

**MJADALA KATIKA KIKUNDI KIDOGO**

- Taja njia za kumfundisha mtoto wako kujifunza kuwafikiria wema wengine na kuasiliana nao katika upendo na ukarimu

**REJESHA RIPOTI**

***Maelekezo kwa mwezeshaji:****Andika mawazo ubaoni*

Mahusiano wetu na wengine ni muhimu sana.Kuwa mbinafsi ni tabia ya kawaida kwa binadamu lakini haimpendezi Mungu. Tunataka watoto wetu wawafikirie wema wengine na kuwafanyia wema kuliko wanavyotegemea. Pia inabidi tuwafundishe kustahimili ugomvi. Hayo lazima yafundishwe na kuonyeshwa kupitia mfano.

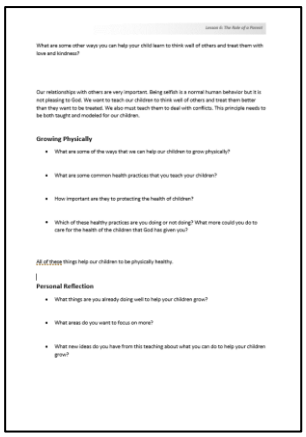
**TAFAKARI BINAFSI**

- kutokana na mawazo yote yaliyotolewa chagua moja au mawili kuanza nayo kumsaidia mtoto wako

## Kukua kimwili

**MJADALA KATIKA KIKUNDI KIKUBWA**

- Taja baadhi ya njia kuwasaidia watoto wetu wakue kimwili
    - *chakula bora*
    - *kulala*
    - *makazi mavazi na kadhalika.*
    - *mazoezi(vitendo na michezo)*
    - *afya*
- Tabia zipi za kiafya unawafundisha watoto wako?
    - *kunawa mikono*
    - *kutumia choo*
    - *kuhifadhi taka*
    - *vyandarua*
- Tabia hizo zina umuhimu gani kulinda afya ya watoto wetu?



*Lesson 6: The Role of a Parent*

What are some other ways you can help your child learn to think well of others and treat them with love and kindness?

Our relationships with others are very important. Being selfish is a normal human behavior but it is not pleasing to God. We want to teach our children to think well of others and treat them better than they want to be treated. We also must teach them to deal with conflicts. This principle needs to be both taught and modeled for our children.

**Growing Physically**

- What are some of the ways that we can help our children to grow physically?
- What are some common health practices that you teach your children?
- How important are they to protecting the health of children?
- Which of these healthy practices are you doing or not doing? What more could you do to care for the health of the children that God has given you?

All of these things help our children to be physically healthy.

**Personal Reflection**

- What things are you already doing well to help your children grow?
- What areas do you want to focus on more?
- What new ideas do you have from this teaching about what you can do to help your children grow?

**PAMOJA NA MWENZA**

- Unafanya zipi kati ya hizo tabia za kulinda afya na zipi huzifuati? Ungeweza kufanya nini ya ziada kulinda afya za watoto uliowapewa na Mungu.

## Hitimisho

**MJADALA KATIKA KIKUNDI KIKUBWA**

Majukumu ya wazazi ni kuwaongoza watoto wetu kuwatimizia mahitaji yao na kuwasaidia kuendelea kiroho, kiakili kimahusiano na kimwili.

Uchukue dakika chache kuwafikiria watoto wako mwenyewe (ikiwa una watoto) na jinsi unavyowasaidia kukua kwenye maeneo hayo manne. Kuna maeneo ambayo inabidi uweke msisitizo zaidi. Mwombe Mungu akusaidie kuwaongoza watoto wako kutimiza mahitaji yao na kuwasaidia wakue kwenye maeneo yote ya maisha yao.

**TAFAKARI BINAFSI**

Unafanya vizuri katika maeneo gani?
Kwenye maeneo yapi unataka kufanya vizuri zaidi?
Umejifunza kitu gani kipya kuhusu unavyoweza kuwasaidia watoto wako wakue?

# Somo 7: Kuwasiliana na watoto

**Mawazo Makuu:**

1. Watoto hawawezi kumudu hisia kali. Kutokana na hayo mara nyingi wana mwenendo usiofaa. Badala ya kuwagombeza inabidi tuwasaidie kumudu hisia zao tukiwasikiliza.
2. Maneno yetu yana uwezo kuwajenga au kuwaumiza watoto wetu. Mawasiliano mazuri na maneno yenye kutia moyo huwasaidia watoto wetu wawe kama Mungu anavyotaka.

**Nyenzo/Materials**

1. Vionyeshi (vimo kwenye sura ya vionyeshi nyuma ya masomo):
    a. 7.1 Igizo la kuwasikiliza watoto (nyakala mbili kwa wanaojitolea)

2. Mwongozo wa Mwanafunzi :
    a. 7.1 Njia za kuwajibu watoto
    b. 7.2 Kanuni ya kusikiliza
    c. 7.3 Nguvu za maneno yetu

## Kumudu hisia kali (Tumia mwongozo wa mwanafunzi 7.1)

**KITENDO KATIKA KIKUNDI KIKUBWA – IGIZO**

Mtoto anaingia akikanyaga chini kwa nguvu. "Namchukia mtoto, ana sura mbaya ."(*Anagonga ukuta)*

Hayo hutokea kwenye familia yako au jamii yako ?

Kawaida watu wangefanyaje?

**MJADALA KATIKA KIKUNDI KIKUBWA**

Umeshawahi kukazirishwa na kitu ukafanya kitu ambacho umekijutia baadaye ?

Mara nyingi tunaposikitika au kukasirika tunaweza kufanya kitu tunachokijutia baadaye. Hayo hutokea kwa sababu tunashindwa kumudu hisia kali.

Watoto mara nyingi wana hisia kubwa wakishindwa kuzimudu. Mara nyingi watoto hushindwa kueleza hizia zao. Hawajijui wenyewe ndiyo maana hushindwa kujieleza kwa wengine. Matokeo yake mara nyingi wanaonyesha tabia isiyostahili au wanasema vitu vibaya. Tukitaka watoto wawe na tabia njema inabidi tuwasaidie kueleza hisia zao.

*Lesson 7: Communicating With Children*

**7.1 Ways of Responding to Children**

Often when we are sad or angry we can do things we regret. This is a result of not knowing how to handle intense feelings. It is even harder for children.

'I hate the new baby! She's so ugly!'

'My teacher is stupid!'

'He punched me! I will never play with him again!'

Children often have big emotions but don't know how to manage them. Often children are unable to tell us exactly how they feel—they don't understand it well themselves so they cannot communicate it to others. As a result, in their frustration, they often misbehave or say things inappropriately. If we want to help children to behave well, we need to help them to express their feelings.

There are a variety of ways that we respond when children behave badly. Usually we do not try to help children understand their feelings. Instead we do one of the following:

**Denial:** 'Come on. It can't be that bad.' 'You can't possibly mean that.'

**Rational response:** 'There is nothing you can do about it – stop complaining.' 'Don't be silly! You know you have to go to school.' 'If you want a good job you have to go to school.'

**Advice:** 'You will need to work hard to keep your friends or you will be very lonely.' 'You have to learn to fight back.'

**Judgment:** 'What a terrible thing to say!' 'You must have done something to him.'

**Questions:** 'What did you do?' 'Why do you say such horrible things?'

**Defense of the other person:** 'She's a nice girl.' 'I'm sure he didn't mean it.'

What are some other examples of ways of responding for each of these listed above?

**Personal Reflection:**

What do you think your response would be to a child with each of these examples?

Do you think you would have the same response as any of those we discussed?

Kuna mambo mbalimbali tunayoyafanya watoto wakiwa na tabia mbaya.Mara nyingi tunafanya yafuatayo :

- **Kukataa:**"Mambo si mabaya kiasi hiyo.""Humanishi unachokisema."
- **kujibu kiutu mzima:**"Hamna la kufanya - usilalamike.""Usiwe mjinga unajua lazima uende shule!""Ukitaka kazi nzuri lazima uende shuleni."
- **Ushauri:**"Lazima ujitahidi ubaki na marafiki zako au utakuwa mpweke.""Ujifunze kujitetea."
- **hukumu:**"Umesema kitu kibaya mno!""Lazima utakuwa umemfanyia kitu."
- **Maswali:**"Umefanyaje?""Kwa nini unaongea vitu vibaya hivyo?"
- **Kumtetea mwingine:**"yeye ni msichana mzuri.""Najua hakumanisha."

- Tukifanya hivyo mtoto hutulia?

Tunapofanya hivyo hatumsaidii mtoto kujifunza kujua hisia zake na kuzimudu vizuri. Badala yake mtoto atajisikia aibu, haya na hata hasira. Lakini tunapowasikiliza watoto wetu tunaweza kuwasaidia waelewe hisia zao na waweze kuzimudu vizuri.

**TAFAKARI BINAFSI**

- Wewe ungefanyaje mtoto akifanya kama inavyoelezwa hapo juu?
- Unafikiri ungefanya kama inavyoelezwa hapo juu ?

## Kusikiliza vizuri (Utumie vionyeshi 7.1)

**MJADALA KATIKA KIKUNDI KIKUBWA**

Somo Waefeso 6:4

- Eleza jinsi akina baba wanavyowafanyia watoto wao mpaka wachoke wakasirike na kuona uchungu?

Kumsikiliza mtoto kunamsaidia kumudu hisia zake vizuri badala ya kuonyesha tabia mbaya. Inawasaidia kujifunza kutatua matatizo na huwapa ujuzi unaohitajika unapokuwa mtu mzima. Inawasaidia kujisikia vizuri na kuwa na tabia njema. Ni ujuzi muhimu zaidi unapowalea watoto. Tunapomwambia mtoto asiwe na hisia mbaya kawaida mtoto hukasirika zaidi.

**KITENDO KWENYE KIKUNDI KIKUBWA - IGIZO**

***Maelekezo kwa mwezeshaji:****Uwaombe watu wawili kwenye kikundi wakusaidie igizo ifuatayo. Uwape kionyeshi 7.1 –Igizo la kumsikiliza mtoto. Uwaandae mapema ili wajiamini.*

**Baba** amekaa akisoma gazeti.
**Mtoto** anaingia chumbani akipiga kelele, “Sitacheza naye kamwe! Namchukia!”
**Baba** anaweka gazeti anamgeukia mtoto wake akisema, “Nakuona umekasirika sana.”
**Mtoto** anasema, “Hastahili kuwa na marafiki!”
**Baba** anasema, “Oh?”
**Mtoto** anasema, “Nimecheza vizuri mno nikafunga magoli mawili. Halafu mwishoni tulipofungana sare nimekosa goli moja.”
**Baba** anasema, “Mmmm.”
**Mtoto** anasema, “Na baadaye Micah akasema mbele ya wote kwamba ni kosa langu hatukushinda. Nikampigia kelele nikaondoka…”
**Baba** anasema, “Utakuwa umeona aibu sana.”
**Mtoto** anasema akianza kutulia, “Ndiyo ilikuwa mbaya lakini natamani nisingemkasirikia Micah. Yeye ni rafiki yangu wa karibu.”
**Baba** anasema, “Nakuelewa.”
**Mtoto** anasema, “Nadhani nitarudi kuona kama Micah bado yupo nahisi alikuwa na shauku kubwa sana tushinde.”
**Baba** anatabasamu.

**MJADALA KATIKA KIKUNDI KIKUBWA**

- Mwanzoni mtoto amejisikiaje?
- Hisia zake zimebadilikaje?
- Baba amefanyaje kumsaidia mtoto kumudu hisia zake ?
    - *kuweka gazeti pembeni kumsikiliza mtoto wake*
    - *Hakumwingilia*

- *Amemkubalia hisia zake (e.g.,"Oh," "Mmmm.")*
- *alimsaidia mtoto wake kuzitambua hisia zake (nk "Naona umekasirika kweli ." "Utakuwa umeona aibu.")*

- Nini kilichokushangaza kuhusiana na matokeo?

## Kanuni za kuwasikiliza watoto hisia zao (Tumia Mwongozo wa Mwanafunzi 7.2)

**MJADALA KATIKA KIKUNDI KIKUBWA**

Soma hadithi ifuatayo:

> Andrew alikuwa na marifiki wengi kwenye jamii. Lakini siku moja wakati wa kutoka shuleni wavulana wengine wameanza kumtania Andrew kuhusu nguo zake za zamani zilizochafuka. Walimnyoshea vidole wakamcheka wakamangusha halafu watoto wawili walimrushia uchafu.
>
> Andrew alipofika nyumbani alitupa vitabu vyake ukutani akakanyaga chini akapaza sauti akisema "Naichukia hii nyumba! Naichukia shule yangu! Nachukia kila kitu!"

Nini kilichomhuzunisha Andrew?

- Andrew akafanyaje?
- Andrew atakuwa anajisikiaje?
- Wewe kama mzazi ungefanyaje ikiwa hujui kilichompata Andrew kabla ya kufika nyumbani ?

**Kusikiliza kwa umakini**

"Andrew naona unajisikia vibaya. Nini kumetokea?"

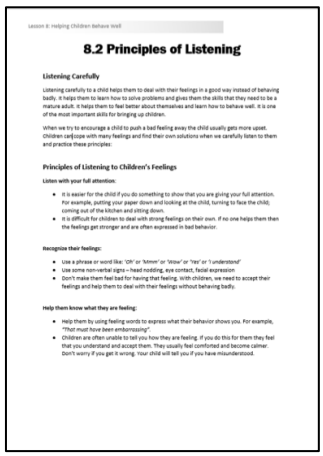
Kumsikiliza mtoto kwa makini inamsaidia kumudu hisia zake vizuri badala ya kuonyesha tabia mbaya. Inamsaidia kujifunza kutatua matatizo na kumwezesha kuwa mtu mzima. Inawafanya wajiamini na kuwa na tabia njema. Ni ujuzi muhimu zaidi wakati wa kuwalea watoto.

Tunapomlazimisha mtoto asijisikie vibaya mtoto hujisikia vibaya zaidi. Watoto waweza kumudu hisia nyingi na kutafuta soluhu wenyewe ikiwa tunawasikiliza na kufuata kanuni hizo:

**Kanuni za kusikiliza na kuitikia hisia za watoto.**

Kuwasikiliza watoto wetu lazima tufanye mambo matatu:

1. **Kusikiliza kwa makini** *(Mfano kwenye igizo: Baba ameweka gazeti pembeni )*
   - Ni rahisi zaidi kwa mtoto ukifanya kitu kumonyesha unamsikiliza kwa makini. Mifano ni kuweka gazeti pembeni, kumwangalia mtoto usoni, kutoka jikoni, kukaa.
   - Ni vigumu kwa mtoto kumudu hisia kali. Bila kusaidiwa na mtu hisia zinaongezeka na kusababisha tabia mbaya.



Lesson 8: Helping Children Behave Well

**8.2 Principles of Listening**

**Listening Carefully**

Listening carefully to a child helps them to deal with their feelings in a good way instead of behaving badly. It helps them to learn how to solve problems and gives them the skills that they need to be a mature adult. It helps them to feel better about themselves and learn how to behave well. It is one of the most important skills for bringing up children.

When we try to encourage a child to push a bad feeling away the child usually gets more upset. Children can cope with many feelings and find their own solutions when we carefully listen to them and practice these principles:

**Principles of Listening to Children's Feelings**

**Listen with your full attention:**

- It is easier for the child if you do something to show that you are giving your full attention. For example, putting your paper down and looking at the child, turning to face the child, coming out of the kitchen and sitting down.
- It is difficult for children to deal with strong feelings on their own. If no one helps them then the feelings get stronger and are often expressed in bad behavior.

**Recognize their feelings:**

- Use a phrase or word like: 'Oh' or 'hmm' or 'Wow' or 'Yes' or 'I understand'
- Use some non-verbal signs – head nodding, eye contact, facial expression
- Don't make them feel bad for having that feeling. With children, we need to accept their feelings and help them to deal with their feelings without behaving badly.

**Help them know what they are feeling:**

- Help them by using feeling words to express what their behavior shows you. For example, *"That must have been embarrassing"*.
- Children are often unable to tell you how they are feeling. If you do this for them they feel that you understand and accept them. They usually feel comforted and become calmer. Don't worry if you get it wrong. Your child will tell you if you have misunderstood.

2. **Kutambua hisia zao:***(Mifano kutoka igizo: "Oh," "Mmm," "nakuelewa")*
   - Tumia neno ya kuitikia – *"Oh" or "Mmm" or "kumbe" or "ehe" au "nakuelewa*"
   - Utumie inshara nyingine – kutikisa kichwa, kumwangalia usoni, unavyokunja uso.

- Usiwafanye wajisikie vibaya kwa sababu wanaumia. Kwa watoto lazima tukubali hisia zao na kuwasaidia kuzimudu bila kuanza tabia mbaya.

3. **Uwasaidie kutambua hisia zao:** *(Mfano kwenye igizo: "Utakuwa umesikia aibu.")*
   - Uwape maneno yanayoeleza hisia.
   - Watoto mara nyingi hawawezi kueleza wanavyojisikia. Ukiwaambia hisia zao watajisikia unawaelewa na kuwakubalia.Wanafarijika na kutulia. Hamna shida ukikosea. Mtoto wako atakwambia ikiwa hujamelewa.

   utoe mifano ya hisia za watoto
   - *kusikitika*
   - *kuchoshwa na mambo*
   - *kuumizwa*
   - *kuona haya*
   - *kukasirika*
   - *kujisikia kuangushwa*
   - *kushangaa*
   - *kufurahi*

Jadili:
- Wazazi wa Andrew waweza kufanya nini kumsikiliza kijana wao?
- Wazazi wakimsikiliza na kumsaidia kumuda hisia zake itatokea nini?

**Kitendo katika kikundi kidogo (watu 2-3 )**
Pitia kilichoelezwa kwenye Mwongozo wa Mwanafunzi 7.1
Andaa maigizo mawili.
1. Kwenye igizo la kwanza onyesha kinachotokea kwenye jamii mtoto anapokasirika. Wazazi wanafanyaje?,
2. Kwenye igizo la pili uonyeshe uwezo wa kusikiliza na kanuni ulizojifunza leo. Unaweza kutumia matukio ya hapo juu au kufikiria zingine zinazotokea mara kwa mara.

***Maelekezo kwa mwezeshaji****: Uwape vikundi dakika 10 kuandaa maigizo yao.uwaombe kuigiza mbele ya wenzao. Baada ya kila igizo lenye uwezo wa kusikiliza uwaulize watazamaji wataje kanuni za kusikiliza zilizoonyeshwa. Ikiwa kuna kanuni zilizosahaulika uliza kama kuna watu wanaoweza kuandaa igizo la kuzionyesha hizo*

Kuwasaidia watoto wetu wawe na tabia nzuri inabidi tuwasaidie kumudu hisia zao. Kufanya hivyo inabidi tuwasikilize kwa umakini. Ili kusikiliza vizuri lazima tufanye mambo matatu:
1. kusikiliza kwa umakini.
2. Kutambua hisia zao.
3. Kuwasaidia kutambua hisia zao.

## Nguvu za maneno yetu (Tumia Mwogozo wa Mwanafunzi 7.3)

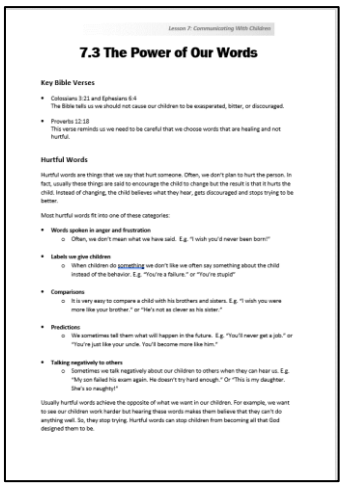
**MJADALA KATIKA KIKUNDI KIKUBWA**
Biblia husema vitu vingi kuhusu maneno yetu na jinsi tunavyotumia ulimi wetu na maneno tunayoyasema. Mstari unaofuata unawalenga akina Baba lakini inamfaa mtu yeyote anayelea watoto. .

Usome Wakolosai 3:21 na Waefeso 6:4.
- Tabia zipi na vitendo gani huwachosha watoto (m 21)?
- Tabia zipi na vitendo gani zinawafanya watoto wawe na uchungu na wakate tamaa?

Njia moja kuwachosha watoto wetu ni kutokuwasikiliza kama tulivyoona hapo juu. Njia nyingine ni maneno tunaoyatumia. Kwenye somo hilo tutaangalia tunavyoweza kutumia maneno yetu kuwaumiza au kuwajenga watoto wetu..

Usome Methali 12:18.
Kwenye mstari huu tunakumbushwa kwamba maneno huweza kukata kama panga au huweza kuleta uponyaji.

- Aina gani ya maneno huweza kukata kama panga ?
    - *"Wewe ni Mjinga"*
    - *"huna maana"*
- Aina gani ya maneno huweza kukata kuleta uponyaji?
    - *"Una uwezo mkubwa"*
    - *"Ninapenda unavyomfanyia dadako"*
- Unakumbuka chochote ulichoambiwa ukiwa mtoto—kizuri au kibaya? Labda umeambiwa na wazazi wako, ndugu zako, mwalimu nk.
- Maneno hayo yameathiri vipi maisha yako?



*Lesson 7: Communicating With Children*

**7.3 The Power of Our Words**

**Key Bible Verses**

- Colossians 3:21 and Ephesians 6:4
  The Bible tells us we should not cause our children to be exasperated, bitter, or discouraged.
- Proverbs 12:18
  This verse reminds us we need to be careful that we choose words that are healing and not hurtful.

**Hurtful Words**

Hurtful words are things that we say that hurt someone. Often, we don't plan to hurt the person. In fact, usually these things are said to encourage the child to change but the result is that it hurts the child. Instead of changing, the child believes what they hear, gets discouraged and stops trying to be better.

Most hurtful words fit into one of these categories:

- **Words spoken in anger and frustration**
  - Often, we don't mean what we have said. E.g. "I wish you'd never been born!"
- **Labels we give children**
  - When children do something we don't like we often say something about the child instead of the behavior. E.g. "You're a failure." or "You're stupid"
- **Comparisons**
  - It is very easy to compare a child with his brothers and sisters. E.g. "I wish you were more like your brother." or "He's not as clever as his sister."
- **Predictions**
  - We sometimes tell them what will happen in the future. E.g. "You'll never get a job." or "You're just like your uncle. You'll become more like him."
- **Talking negatively to others**
  - Sometimes we talk negatively about our children to others when they can hear us. E.g. "My son failed his exam again. He doesn't try hard enough." Or "This is my daughter. She's so naughty!"

Usually hurtful words achieve the opposite of what we want in our children. For example, we want to see our children work harder but hearing these words makes them believe that they can't do anything well. So, they stop trying. Hurtful words can stop children from becoming all that God designed them to be.

***Maelekezo kwa mwezeshaji:*** *Uwape vikundi muda wa kutosha kufikiria nguvu za maneno. Uwasaidie kuona kwamba wanakumbuka maneno walioambiwa utotoni hadi leo. Maneno yalikuwa na nguvu na yana nguvu hadi leo. Uwaombee walioambiwa maneno mabaya.*

Tumwombe Mungu kutuponyesha na kumbukumbu ya maneno mabaya atusaidie kuwasamehe waliotuambia maneno mabaya. Mungu atukumbushe maneno mazuri tulioambiwa na hasa Mungu anachotuambia

## Maneno yanayoumiza (Utumie Mwongozo wa Mwanafunzi 7.3)

**MJADALA KATIKA KIKUNDI KIKUBWA**

Maneno yanayoumiza ni vitu tunavyovisema vinavyomumiza mtu. Mara nyingi hatutaki kumumiza mtu. Mara nyingi tunasema hivyo kumtia moyo mtoto abadilike lakini mtoto anaumia. Badala ya mtoto kubadilika anaamini alichoambiwa na anaacha kujaribu kubadilika.

Maneno mengi yanayoumiza huingia kwenye vikundi vifuatavyo:

- **Maneno yanayosemwa mtu akikasirika na kuchoshwa**
  mara nyingi hatumanishi tunachokisema. (mf., "Natamani usingezaliwa!").
- **kuwaweka kwenye kikundi**
  Mtoto anachokifanya tunamsema yeye badala yatabia ( "huna uwezo," or "wewe ni mjinga").
- **kuwalinganisha**
  ni rahisi kumlinganisha mtoto na dada zake na kaka zake (mf "natamani ungekuwa kama kaka yako," au "dadake anamzidi akili ").
- **utabiri**
  Mara nyingine tunawaambia kitakachotokea baadaye (mf hutapata kazi kamwe., au"wewe ni sawa na mjomba wako utazidi kumfanana").
- **kuwasema vibaya kwa wengine**
  Mara nyingine tunawasema vibaya watoto wetu wakiweza kutusikia (mf "Kijana wangu ameshindwa mtihani hana bidii," au "Huyu ni binti yangu. Ni mtundu mno").

Kwa kawaida maneno yanayoumiza yanawafanya watoto waende kinyume na matakwa yetu. Kwa mfano tunataka watoto waongeze bidii lakini wakisikia maneno hayo wanajua hawawezi na wanaacha kujaribu. Maneno yanayoumiza yaweza kuwazuia watoto wasikue jinsi Mungu anavyotaka..

**TAFAKARI BINAFSI au PAMOJA NA MWENZA**

Utafakari maswali hayo mawili halafu umwombe Mungu ujifunze njia bora kuongea na watoto wako

- Unayasema maneno yapi yanayoumiza?
- Unayasema kwenye mazingira yapi?

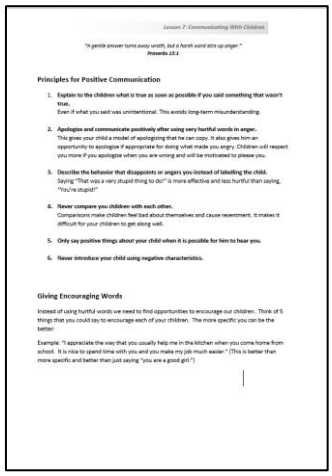
## Mawasiliano mazuri

**MJADALA KATIKA KIKUNDI KIKUBWA**

Inawezekana kuwasiliana vizuri na watoto

Soma Methali 15:1.

"jibu pole huondoa hasira lakini neno kali huchochea hasira."



Lesson 7: Communicating With Children

"A gentle answer turns away wrath, but a harsh word stirs up anger."
Proverbs 15:1

**Principles for Positive Communication**

1. **Explain to the children what is true as soon as possible if you said something that wasn't true.**
   Even if what you said was unintentional. This avoids long-term misunderstanding.
2. **Apologize and communicate positively after using very hurtful words in anger.**
   This gives your child a model of apologizing that he can copy. It also gives him an opportunity to apologize if appropriate for doing what made you angry. Children will respect you more if you apologize when you are wrong and will be motivated to please you.
3. **Describe the behavior that disappoints or angers you instead of labelling the child.**
   Saying "That was a very stupid thing to do!" is more effective and less hurtful than saying, "You're stupid!"
4. **Never compare you children with each other.**
   Comparisons make children feel bad about themselves and cause resentment. It makes it difficult for your children to get along well.
5. **Only say positive things about your child when it is possible for him to hear you.**
6. **Never introduce your child using negative characteristics.**

**Giving Encouraging Words**

Instead of using hurtful words we need to find opportunities to encourage our children. Think of 5 things that you could say to encourage each of your children. The more specific you can be the better.

Example: "I appreciate the way that you usually help me in the kitchen when you come home from school. It is nice to spend time with you and you make my job much easier." (This is better than more specific and better than just saying "you are a good girl.")

**<u>Kanuni za mawasiliano mazuri</u>**

1. **Umweleze mtoto ukweli haraka iwezekanavyo ikiwa umesema kitu kisicho ukweli ,**hata kama umeongea bila kusuudia. Kufanya hivyo huzuia kutokuelewana.
2. **Uombe msamaha na utumie mawasiliano mazuri baada ya kutumia maneno yanayoumiza unapokuwa na hasira.** Hayo yanampa mtoto mfano wa kuiga. Pia anapata nafasi kuomba msamaha kwa kukukasirisha. Watoto watakuheshimu zaidi ukiomba msamaha pale ulipokosea na watatiwa moyo kukufurahisha.

Soma hadithi ifuatayo:

Chun aliamni ni bora kwa kijana wake kuwa bisi kanisani muda wote. Mara nyingi iwezekanavyo alimtuma ahudhurie kambi na washa za Biblia akaamini kufanya hivyo kutamsaidia mtoto wake. Lakini mtoto wa Chun hakufurahia vitu hivyo. Alikuwa mwenye aibu na ilimsumbua kwenda kwenye matukio. Walipotangaziwa kongamano ya vijana kwenye mji mkubwa wakaanza ugomvi mkubwa. Chun alikasirika alimpasia sauti mtoto wake wa kiume na kumsisitizia aende kwenye kongamano.

Mtoto wake amesafiri muda mrefu kufika kwenye kongamano. Hakumjua mtu amejisikia vibaya. Alifikiria maneno makali ya babake. Aliporudi nyumbani alikasirika kiasi cha kutokuongea na babake.

Wakati kijana alipokuwa safarini Chun amehudhuria mafunzo ya TCT Ndoa na Familia. Amejifunza kuomba msamaha hata kwa mtoto wake ikiwa ameongea maneno yanayoumiza.Kawaida asingefikiria kumomba mtoto wake msamaha. Kimila watu waamini wazazi na wazee wako sawa muda wote kwa hiyo hakuna sababu kuomba msamaha kwa watoto. Lakini Chun aligundua alimkosea mtoto wake kwa kumpasia sauti na kutokumsikiliza. Akamomba msamaha. Mtoto wake hakumsemesha wiki nyingi lakini kuanzia pale hasira zake zikapungua. Ameanza kuongea na Baba yake na uhusiano wao umeanza kupona polepole.

- Kwa nini Chun alitaka mtoto wake ahudhurie kongamano?
- Kwa nini kijana wake hakutaka kuhudhuria matukio kama kongamano ile ya vijana?
- Chun alipokataa kumsikiliza mtoto wake na kutambua hisia zake kumetokea nini?

- Chun angeweza kutumia njia zipi kumsikiliza mtoto wake? Kufanya hivyo kungebadilisha nini?
- Chun alipogundua hasikilizi vizuri amefanyaje? Kufanya hivyo kumebadilisha nini?
- Utamaduni wake umesemaje kuhusu kuomba msamaha kwa watoto wao?

3. **Eleza tabia inayokukatisha tama au kukasirisha badala ya kumwita mtoto majina.** Kusema "umefanya kitu kijinga" inaleta mafanikio zaidi na haiumizi kama kusema "wewe ni mjinga!"
4. **Kamwe usiwalinganishe watoto.** Kuwalinganisha watoto huwafanya kujisikia vibaya na huleta chuki.Inawapa shida kuelewana na ndugu zao
5. **Utamke maneno mazuri tu kuhusu mtoto wako ikiwa anaweza kukusikia.**
6. **Kamwe usimtambulishe kwa tabia mbaya.**

**KITENDO KATIKA KIKUNDI KIDOGO (watu 2-3 )**
Kwenye kikundi uchague kanuni moja na utengeneze igizo fupi kuonesha utakavyoitumia kwenye familia yako.

***Maelekezo kwa mwezeshaji:*** *Uwape dakika 5 kuandaa halafu uwaombe wajitolee kuonesha igizo lao.Baada ya kila igizo uwaulize wengine kanuni zipi zilizotumika kwenye igizo.*

**TAFAKARI BINAFSI**
***Maelekezo kwa mwezeshaji****: Tumia sehemu Kutoa maneno ya kutia moyo kwenye Mwongozo wa Mwanafunzi 7.3. Uwatie moyo kufikiria vizuri vitu wanavyovipenda kuhusu watoto wao na wakiweza waandike. Uwape muda mwingi.*

Badala ya kutumia maneno yanayoumiza lazima tutafute nafasi kuwatia moyo watoto wetu.

Tumia dakika 5 kupata mambo matano kumwambia kila mtoto wako kumtia moyo, Uwe makini sana. Ikiwa huna watoto ufikirie watoto ambao unakutana nao au ndugu wengine.

> Kwa mfano, "Nafurahia unavyonisaidia jikoni ukitoka shuleni. Nafurahi kuwa na wewe na unanisaidia kazi." ni bora kuliko "Wewe ni binti mzuri."

**PAMOJA NA MWENZA (na mke/mume ikiwezekana)**
Mjadili mnapofanya vizuri katika kuwasiliana na watoto. Umetumia maneno gani ya kuwaumiza watoto wako ? Ujadili na mwingine unavyopanga kuwatia moyo watoto wako au watoto wa wengine.

## Hitimisho

**MJADALA KATIKA KIKUNDI KIKUBWA**
Maneno yetu yanaweza kuwatia moyo watoto wetu au kuwaumiza.Hata kama hatutaki kuwaumiza maneno yetu yanayoumiza yaweza kuwazuia watoto wasiwe kama Mungu anavyowapangia wawe. Tunaweza kujifunza mawasiliano mazuri na watoto wetu. Inahitaji mazoezi kubadilisha mazoea yetu na jinsi tunavyoongea na watoto wetu. Biblia inatuambia ni muhimu kutumia ndimi zetu kuwatia moyo na kuwajenga wengine

Wiki ijayo tafuta nafasi nyingi kuwatia moyo watoto wako. Ukwepe maneno yanayoumiza na ukisema kitu kibaya uwahi kuomba msamaha na kueleza ulichomanisha.

# Somo 8: Nidhamu yenye upendo na mafanikio

**Mawazo Makuu**

1. Nidhamu humanisha kuwaongoza watoto wajifunze kuwae na mwenendo wa kimungu. Haimanishi adhabu peke yake.
2. Adhabu hutolewa kwa upendo na ni endelevu.
   Viboko SI njia peke kuleta nidhamu na mara nyingine si njia yenye mafanikio makubwa.

**Materials**

1. Vionyeshi (kwenye sehemu ya vionyeshi nyuma ya masomo):
   a. 8.1 maigizo ya njia mbadala ya kutoa adhabu

2. Mwongozo wa Mwanafunzi
   a. 8.1 Kuwaadhibu watoto
   b. 8.2 Njia mbadala za kuadhibu

## Utangulizi

**MJADALA KATIKA KIKUNDI KIKUBWA**

Soma Methali 29:17 na 13:24.

- Mistari hii inatufundisha nini kuhusu nidhamu?
- Kuwaadhibu watoto wenu kuna umuhimu gani?
- Tukiwapenda watoto wetu itabidi tuwaadhibu?
- Adhabu stahiki ni nzuri au mbaya kwa mtoto?
- Kwa kawaida watu wanafanyaje kuwaadhibu watoto wao?

Usome hadithi hizo mbili:

> Seth alikuwa na kaka zake na dada zake sita. Siku moja dada zake walimtania akachoka. Alikasirika akawatubia jagi kubwa lenye maji. Jagi liliwagonga dada zake wawili wakaanza kulia. Shangazi yake aliona alichokifanya akamwita baba.Baba akaja akamkaripia Seth Wote wakaogopa hata majirani walioangalia. Akampiga Seth maranne au maratano akitumia mkanda wake akamwambia asirudie au atamchapa hadi atashindwa kutembea. Seth aliwakasirikia sana dada zake. Kesho yake dada mmoja akaanza kumtania Seth. Wote wakacheka. Seth akampiga dadake kibao. Safari hii baba akacheka na wengine.

> Dinah alipenda kuchora, hakupenda kufanya kazi zake. Kila siku mama akamkumbusha kufanya kazi zake. Leo alimwambia Dinah asipofanya kazi zake hataweza kuchora wiki nzima. Alipotoka shuleni akaanza kuchora. Alisahau kazi zake. Baada ya chakula cha jioni mama akamwuliza kuhusu kazi zake. Dinah aligundua amesahau kuzifanya. Mamake alimuliza alichokisema asubuhi. Akamwuliza kama anakumbuka matokeo ya kutokufanya kazi zake. Dinah akakumbuka. Akamwambia alete vifaa vyake vya kuchora Baada ya hapo mamake akasema akifanya kazi zake kwa muda wa wiki nzima atarudishiwa vifaa vyake vya kuchora wiki ijayo.Hata hivyo kila anaposahau kazi zake atapoteza siku nyingine za kuchora wiki ijayo.

1. Hadithi ipi inafanana na jamii yako?
2. Wazazi wametumia njia zipi kuwaadhibu watoto wao
   - *Babake Sethalimchappa mara ya kwanza na kumcheka mara ya pili na mamake Dinah akachukua vifaa vyake vya kuchora.*

*3.* Hadithi ipi imeonyesha adhabu bora? Kwa nini*?*

- *Mamake Dinah alimadhibu kwa upendo alihakikisha Dinah ameelewa kosa lake na matokeo yake Mamake Dinah ameonyesha msimamo*

Kwenye somo hilo tunajifunza namna ya kuwaongoza watoto wetu kupitia nidhamu itokayo kwa Mungu. Pia tutaangalia mbinu mbadala kuwasaidia watoto ili tusiwachape. Tukitumia mbinu hizo na mambo mengine tuliyoyasoma hatutalazimika kwaadhibu watoto wetu mara nyingi.

## Namna ya kuadhibu mtoto vizuri (Tumia Mwongozo wa Mwanafunzi 8.1)

**MJADALA KATIKA KIKUNDI KIKUBWA**

Nidhamu humanisha kuongoza na kuwarekebisha watoto ili wajifunze kuwa na tabia ya kimungu. Nidhamu haimanishi kuwaadhibu watoto. Kuna njia mbalimbali kuwafundisha watoto nidhamu. Nidhamu ni nzuri ikitolewa kwa upendo na ikionyesha msimamo.

Tunawaadhibu watoto wetu kwa sababu tunawapenda na tunataka kuwafundisha kuishi maisha ya kumpendeza Mungu, kuwa na maamuzi bora na kuwatendea wema wengine. Mara nyingine tunavyoadhibu haisaidii kwa sababu inasababisha kufanya kinyume, uchungu mioyo migumu, aibu, woga na kutokujiaminiNi muhimu kuelewa tufanye nini ili adhabu iwe yenye ufanisi iwasaidie watoto wetu kuwa na mahusiano yaliyokomaa na Mungu na watu wengine.

**Namna ya kutoa nidhamu bora:**

1. Uhakikishe watoto wanajua tunawapenda hata kama tunawapa adhabu.
    - Kamwe usitoe adhabu ukiwa umekasirika. Kufanya hivyo kunamfundisha mtoto kupaza sauti au kupiga kila anapokasirika. Ukikasirika utulie kwanza na umwambie mtoto akae pembeni hadi utakapokuwa tayari.
    - Baada ya kutoa adhabu ni muhimu kumwambia mtoto unampenda. Pia unaweza kumwambia maneno ya kumtia moyo: “Naamini sasa unajua kuamua jinsi la kufanya,” au “Naamini utajifunza kuwa mpole kwa mdogo wako.” Upendo unahamasisha kuliko woga. Pia inamsaidia mtoto kujisikia salama akijua bado anapendwa.

2. Uwe na msimamo katika kutoa adhabu.
    - Tukiwaruhusu watoto kufanya kitu siku moja na siku nyingine tunawaadhibu watoto hawatajua wanachokatazwa na wanachoruhusiwa kufanya. Wataogopa kukosea kwa Bahati mbaya. Tukiwa na msimamo watajifunza kinachokuwa sahihi na kinachokuwa kosa.
    - Kutishia adhabu bila kuitoa inamchanganya mtoto na hakuna ufanisi.

3. Uhakikishe mtoto anajua alichokosea
    - Mwulize mtoto kama anajua alichokosea. Ikiwa hawajui uwaeleze taratibu.
    - KAMWE usimadhibu mtoto bila kumelewesha alichokosea.

4. Eleza tabia njema unayoitaka.
    - Mara nyingine watoto hawajui wanachotakiwa kufanya uwawekee mipaka inayoeleweka.
    - Uhakikishe mtoto anaelewa anachotakiwa kufanya huko mbeleni.

5. Aina ya adhabu iendane na umri wa mtoto

- watoto wadogo (2-10) wanaweza kurekebishwa kwa kuangaliwa na macho makali, kwa kuchapwa au kumkalisha pembeni peke yake kwa muda unaoendana na umri wake. (mf dakika 10 kwa mtoto mwenye umri wa miaka 10).
- Watoto wakubwa (11-18) wanaelewa wanaponimwa nafasi ya kufanya wanachokipenda na kuambiwa kuwajibika kwa tabia zao na maamuzi yao.

6. Ukali wa adhabu uendane na kosa lililofanyika
    - Ikiwa kosa ni kubwa adhabu iwe kali. Ikiwa kosa ni dogo adhabu isiwe kali sana.
    - Si sawa kumkataza kitu anachokipenda kwa mwezi mzima ikiwa amekosea mara moja tu. Ni bora kumkataza kwa siku moja na kosa likiendelea muda wa adhabu unaongezewa.

7. Ikiwezekana utumie aina ya adhabu inayoendana na kosa lililotendeka
    - Lengo la aina hii ya nidhamu ni kumfanya mtoto awajibike kurekebisha kosa lake.
    - Kwa mfano, ikiwa Sarahanapenda kumsaidia mamake kupika akamkaripia mdogo wake aliyetaka kusaidia pia mamake Sarah angemwambia asimsaidie hadi atakapomkubalia mdogo wake naye asaidie pia. Au Peter akigonga meza maji yakimwagika mamake angemwambia akaushe maji.

**MJADALA KATIKA KIKUNDI KIDOGO**

Pitia Mwongozo wa Mwanafunzi 8.1

- Njia zipi umeshazitumia kwa watoto wako?
- Njia zipi hujazitumia wala kusikia?
- Soma hadithi ya Seth kwenye utangulizi. Mjadili babake Seth angepaswa kufanyaje ukitumia njia zilizoelezwa.

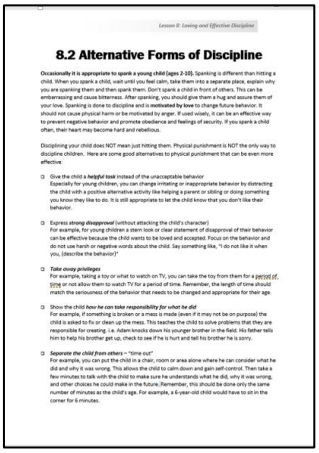
**TAFAKARI BINAFSI AU PAMOJA NA MWENZA**

- Watoto wako wanafanyaje kinachokukasirisha zaidi? Unaweza ukafanyaje ili utulie kabla hujawapa adhabu.
- Utafanyaje kuwaonesha watoto wako kwamba unawaadhibu kwa sababu unawapenda?
- Taja kitu kimoja utakachokifanya kuwaadhibu watoto wako huko mbeleni?

## adhabu mbadala (Utumie kionyeshi 8.1 &Mwongozo wa Mwanafunzi8.2)

**MJADALA KATIKA KIKUNDI KIKUBWA**

**mara nyingine inabidi uwachape watoto (ages 2-10).** Kumchapa mtoto ni tofauti na kumpiga. Unapomchapa mtoto subiri hadi utakapotulia uwapeleke pembeni eleza sababu ya kuwachapa halafu uwachape. Usimchape mbele ya wengine. Ukifanya hivyo ataaibika na kuona uchungu. Baada ya kumchappa umkumbatie na kumwambia unampenda. Unamchapa ili apate nidhamu na **sababu ni upendo** ili kumbadilishia tabia zake za baadaye. Adhabu isimjeruhi kimwili na isitokane na hasira. Ikitumika kwa hekima ni njia yenye ufanisi kuzuia tabia mbaya huleta kutii na kujisikia salama. Ukimchapa mtoto mara nyingi moyo wao unakuwa mgumu na anakwenda kinyume.



*Lesson 8: Loving and Effective Discipline*

**8.2 Alternative Forms of Discipline**

**Occasionally it is appropriate to spank a young child (ages 2-10).** Spanking is different than hitting a child. When you spank a child, wait until you feel calm, take them into a separate place, explain why you are spanking them and then spank them. Don't spank a child in front of others. This can be embarrassing and cause bitterness. After spanking, you should give them a hug and assure them of your love. Spanking is done to discipline and is ***motivated by love*** to change future behavior. It should not cause physical harm or be motivated by anger. If used wisely, it can be an effective way to prevent negative behavior and promote obedience and feelings of security. If you spank a child often, their heart may become hard and rebellious.

Disciplining your child does NOT mean just hitting them. Physical punishment is NOT the only way to discipline children. Here are some good alternatives to physical punishment that can be even more effective :

- Give the child a ***helpful task*** instead of the unacceptable behavior.
  Especially for young children, you can change irritating or inappropriate behavior by distracting the child with a positive alternative activity like helping a parent or sibling or doing something you know they like to do. It is still appropriate to let the child know that you don't like their behavior.
- Express ***strong disapproval*** (without attacking the child's character)
  For example, for young children a stern look or clear statement of disapproval of their behavior can be effective because the child wants to be loved and accepted. Focus on the behavior and do not use harsh or negative words about the child. Say something like, "I do not like it when you, (describe the behavior)"
- ***Take away privileges***
  For example, taking a toy or what to watch on TV, you can take the toy from them for a period of time or not allow them to watch TV for a period of time. Remember, the length of time should match the seriousness of the behavior that needs to be changed and appropriate for their age.
- Show the child ***how he can take responsibility for what he did***
  For example, if something is broken or a mess is made (even if it may not be on purpose) the child is asked to fix or clean up the mess. This teaches the child to solve problems that they are responsible for creating : i.e. Adam knocks down his younger brother in the field. His father tells him to help his brother get up, check to see if he is hurt and tell his brother he is sorry.
- ***Separate the child from others*** – "time out"
  For example, you can put the child in a chair, room or area alone where he can consider what he did and why it was wrong. This allows the child to calm down and gain self-control. Then take a few minutes to talk with the child to make sure he understands what he did, why it was wrong, and other choices he could make in the future. Remember, this should be done only the same number of minutes as the child's age. For example, a 6-year-old child would have to sit in the corner for 6 minutes.

**MJADALA KATIKA KIKUNDI KIDOGO**

- Kuna njia gani kumadhibu mtoto zaidi ya kumchapa?

**KITENDO KATIKA KIKUNDI KIKUBWA**

***Maelekezo kwa mwezeshaji:****Ukate kila igizo kutoko Vionyehsi Aid 8.1 – Njia mbadala za nidhamu uwaombe watu wawili wawili waigize kila igizo. Baada ya kila igizo ujibu maswali na eleza adhabu mbadala inayoweza kutumika katika mazingira husika.*

Kumadhibu mtoto hamanishi kumpiga tu. Kumchapa mtoto si adhabu ya pekee kuwapa watoto. Hapo kuna adhabu mbadala zinazoweza kuwa na ufanisi zaidi:

**Igizo 1 – *kutoa kazi ya kusaidia***

| |
|---|
| **Mtoto** anagongagonga sahani chini akidai chakula.<br>**Mama anasema: "**Acha kupiga kelele. Unaweza kusaidia kwa kuleta maji kwa ajili ya chakula chetu." |

**MJADALA KATIKA KIKUNDI KIKUBWA**

- Mzazi alimadhibu vipi mtoto?
- Adhabu hii inawafaa watoto wenye umri gani?

1. Umpe mtoto **kazi ya kusaidia** badala ya tabia mbaya. Hasa kwa watoto wadogo unaweza kumtoa mtoto kwenye kitendo kinachosumbua kwa kumfanya amsaidie mzazi au ndugu yake au kwa kufanya kitu anachopenda kukifanya Hata hivyo lazima mtoto ajue kwamba hupendi alichokifanya awali.

**Igizo 2 – *kuonyesha kwamba hupendi kitu na kuonyesha matarajio***

| |
|---|
| **Mtoto** anatoa mifuniko kwenye kalamu na kuzirusha hapa na pale.<br>**Mama anasema: "**Hiyo siyo unavyofanyia kalamu za dadako. Ukitumia kitu chake nataka ukitunze. Urudishe mifuniko sasa hivi na uweke kalamu kwenye kasha." |

**MJADALA KATIKA KIKUNDI KIKUBWA**

- Mzazi alimadhibu vipi mtoto?
- Adhabu hii inawafaa watoto wenye umri gani?

2. Onyesha hupendi kitu (bila kumsema vibaya mtoto).
   Kwa mfano itafaa ukiwaangalia watoto wadogo kwa macho makali au ukiwaambia hupendi kitu kwa sababu mtoto anatamani kupendwa. Ulenge tabia usimwite mtoto majina mabaya. Sema kitu kama "Sipendi unapo (eleza alichokifanya)."

3. **Uondoe kitu.**
   Kwa mfano unaweza kumnima kitu cha kuchezea kwa muda, au kumkataza kuangalia runinga kwa muda. Kumbuka urefu wa muda uendane na kosa na ulingane na umri wa mtoto.

**Igizo 3 – *Umwonyeshe anavyoweza kuwajibika kwa alichokifanya***

| |
|---|
| **Mtoto** anavunja kitu kwa bahati mbaya akiwa dukani.<br>**Mama anasema kwa utulivu :** "Okota vipande halafu tutakwenda kwa mwenye duka na uombe msamaha. Halafu nitakilipia." |

**MJADALA KATIKA KIKUNDI KIKUBWA**

- Mzazi alimadhibu vipi mtoto?
- Adhabu hii inawafaa watoto wenye umri gani?

4. Umfundishe mtoto **kuwajibika kwa alichokifanya**

Kwa mfano kitu kikiharibika au kikivurugiwa (hata kama si kwa makusudi) mtoto aliambiwa kurekebisha au kusafisha. Hapo mtoto anajifunza kutatua matatizo aliyoyasababisha. (Mfano: Adam anamangusha mdogo wake shambani. Babake anamwambia amsaidie kuamka kumwangalia kama ameumia na kumwomba msamaha.)

**Igizo 4 – *Umpe kuchagua,uwe na msimamo na mtoto apitie matokeo***

**Mama** anajiandaa kwenda sokoni.
**Mtotoanauliza:** "Ma, naweza kwenda?"
**Mama anasema:** "Safari iliyopita ulikuwa na tabia mbaya ukapiga kelele unataka gari jipya tulipopita kwenye duka la michezo. Unaweza kuja lakini uchague: Uwe na tabia njema usilie au safari nyingine utabaki nyumbani. Umenielewa?"
**Mtoto analilila kigari** wanapopita kwenye duka la michezo wakienda sokoni. **Mama** anamrudisha nyumbani bila kusema lolote..
Siku inayofuata **Mama** anajiandaa kwenda sokoni.
**Mtoto** anamkimbilia akisema**: "**Naweza kuja na wewe?"
**Mama anasema: "**Hapana—jana uliweza kuchagua kuwa na tabia nzuri au kubaki nyumbani safari nyingine. Ulikuwa na tabia mbaya kwa hiyo leo lazima ubaki nyumbani na bibi. Siku nyingine unaweza kuja ukiwa na tabia nzuri."

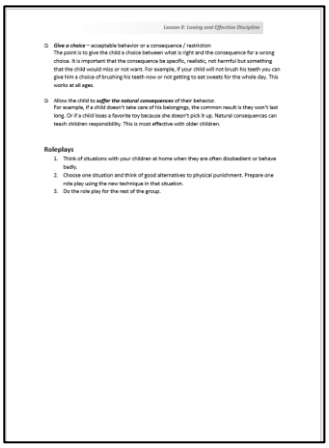
**MJADALA KATIKA KIKUNDI KIKUBWA**

- Mzazi alimadhibu vipi mtoto?
- Adhabu hii inawafaa watoto wenye umri gani?

5. **Um tenganishe mtoto na wengine**– "time out."
   Kwa mfano unamweka mtoto kitini chumbani au kwenye eneo peke yake atafakari alichokifanya na kwa nini ilikuwa kosa. Hapo anaweza kutulia. Halafu uchukue dakika chache kuongea na mtoto ukihakikisha anaelewa alichokifanya kwa nini ilikuwa kosa na anachopaswa kukifanya huko mbeleni. Kumbuka umtenge kwa muda unaolingana na umri wa mtoto. Kwa mfano mtoto wa miaka sita akae pembeni kwa dakika sita tu.

6. **Aweze kuchagua**– awe na tabia njema au akutane na matokeo**.**
   Mtoto aweze kuchagua kati ya kufanya kinachotakiwa na matokeo ya tabia mbaya. Ni muhimu matokeo yaeleweke vizuri yasimdhuru mtoto lakini iwe kitu ambacho mtoto atakikumbuka akinimwa.Kwa mfano unamwambia mtoto apige mswaki au asile vitu vitamu kwa wiki nzima. Adhabu hii inafanya kazi kwa umri wowote.

7. mwache mtoto apate matokeo ya alichokifanya.
   Kwa mfano mtoto asipotunza vitu vyake havitadumu au vinapotea. Matokeo yanafundisha uwajibikaji. Hasa kwa watoto mwenye umri mkubwa zaidi.


Lesson 8: Loving and Effective Discipline

- **Give a choice** – acceptable behavior or a consequence / restriction
  The point is to give the child a choice between what is right and the consequence for a wrong choice. It is important that the consequence be specific, realistic, not harmful but something that the child would miss or not want. For example, if your child will not brush his teeth you can give him a choice of brushing his teeth now or not getting to eat sweets for the whole day. This works at all ages.
- Allow the child to **suffer the natural consequences** of their behavior.
  For example, if a child doesn't take care of his belongings, the common result is they won't last long. Or if a child loses a favorite toy because she doesn't pick it up. Natural consequences can teach children responsibility. This is most effective with older children.

**Roleplays**

1. Think of situations with your children at home when they are often disobedient or behave badly.
2. Choose one situation and think of good alternatives to physical punishment. Prepare one role play using the new technique in that situation.
3. Do the role play for the rest of the group.

**KITENDO KWENYE KIKUNDI KIDOGO au PAMOJA NA MWENZA**

1. Upitie Mwongozo wa Mwanafunzi 8.2
2. Ufikiria mazingira nyumbani ambapo watoto wako hawatii au wanaonyesha tabia mbaya.
3. Ufikirie jambo moja na ufikirie adhabu mbadala. Andaa agizo kuonyesha njia mpya kutoa adhabu kwenye mazingira husika
4. Mwigize kwa ajili ya wengine.

## Marudio

**MJADALA KATIKA KIKUNDI KIKUBWA**

***Maelekezo kwa mwezeshaji:*** *Uchukue muda kuona njia zipi watu wanazikumbuka na jinsi walivyopanga kutumia walichojifunza. Labda kunakuwa na maada ambazo inabidi uzirudie. Uchukue muda mwisho wa somo kumwomba Mungu kuwaongoza watoto wao na uwasaidie kutumia somo la leo.*

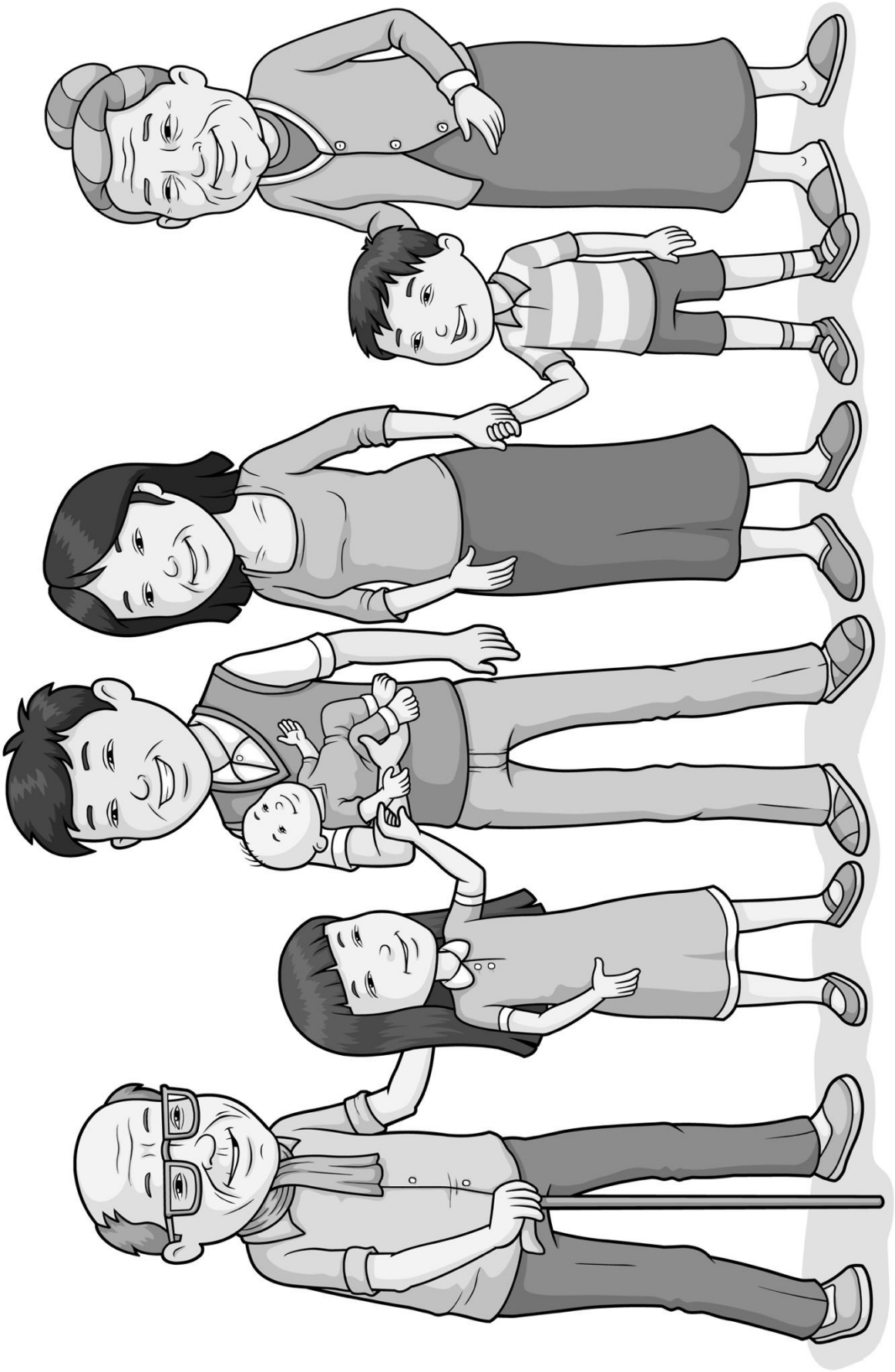
Kwenye moduli hiyo tulijadili njia nyingi na kanuni.

- Unakumbuka njia au kanuni zipi za nidhamu?
- Zipi zimekusaidia zaidi?
- Kitu gani unataka kufanya zaidi? Na nini unataka kuacha?
- Ukitumia njia hizo unataegemea kuona mabadiliko gani kwa mtoto wako?
- Nini kitakusaidia kumtegemea Mungu kutumia njia hizo na kuleta mabadiliko mazuri kwa watoto wako?

Tunapowaadhibu watoto wetu tunawaongoza na kuwarekebisha kuishi maisha ya kimungu. Adhabu ya kimungu inatokana na upendo. Ili adhabu iwe na ufanisi inabidi tuwe na msimamo na wenye hekima tunapowaadhibu watoto wetu ili wasiwe watu wenye uchungu na chuki. Watoto wanaojifunza kupitia njia za kimungu ni baraka kwa Mungu, jamii na familia zao.

Vionyeshi

# 3.1 Picha ya familia



# 7.1 Uwasikilize watoto kwa makini Igizo

**Baba** amekaa akisoma gazeti.

**Mtoto** anaingia chumbani akipiga kelele, “Sitacheza naye kamwe! Namchukia!”

**Baba** anaweka gazeti anamgeukia mtoto wake akisema, “Nakuona umekasirika sana.”

**Mtoto** anasema, “Hastahili kuwa na marafiki!”

**Baba** anasema, “Oh?”

**Baba** amekaa akisoma gazeti.

**Mtoto** anaingia chumbani akipiga kelele, “Sitacheza naye kamwe! Namchukia!”

**Baba** anaweka gazeti anamgeukia mtoto wake akisema, “Nakuona umekasirika sana.”

**Mtoto** anasema, “Hastahili kuwa na marafiki!”

**Baba** anasema, “Oh?”

**Mtoto** anasema, “Nimecheza vizuri mno nikafunga magoli mawili. Halafu mwishoni tulipofungana sare nimekosa goli moja.”

**Baba** anasema, “Mmmm.”

**Mtoto** anasema, “Na baadaye  Micah akasema mbele ya wote kwamba ni kosa langu hatukushinda. Nikampigia kelele nikaondoka…”

**Baba** anasema, “Utakuwa umeona aibu sana.”

**Mtoto** anasema akianza kutulia, “Ndiyo ilikuwa mbaya lakini natamani nisingemkasirikia Micah. Yeye ni rafiki yangu wa karibu.”

**Baba** anasema, “Nakuelewa.”

**Mtoto** anasema, “Nadhani nitarudi kuona kama Micah bado yupo nahisi alikuwa na shauku kubwa sana tushinde.”

**Baba** anatabasamu.

# 8.1 Kuwaadhibu watoto

**Igizo 1 –** ***kutoa kazi ya kusaidia***

**Mtoto** anagongagonga sahani chini akidai chakula.
**Mama anasema: "**Acha kupiga kelele. Unaweza kusaidia kwa kuleta maji kwa ajili ya chakula chetu."

**Igizo 2 –** ***kuonyesha kwamba hupendi kitu na kuonyesha matarajio***

**Mtoto** anatoa mifuniko kwenye kalamu na kuzirusha hapa na pale.
**Mama anasema: "**Hiyo siyo unavyofanyia kalamu za dadako. Ukitumia kitu chake nataka ukitunze. Urudishe mifuniko sasa hivi na uweke kalamu kwenye kasha."

**Igizo 3 –** ***Umwonyeshe anavyoweza kuwajibika kwa alichokifanya***

**Mtoto** anavunja kitu kwa bahati mbaya akiwa dukani.
**Mama anasema kwa utulivu :** "Okota vipande halafu tutakwenda kwa mwenye duka na uombe msamaha. Halafu nitakilipia."

**Igizo 4 –** ***Umpe kuchagua,uwe na msimamo na mtoto apitie matokeo***

**Mama** anajiandaa kwenda sokoni.
**Mtoto anauliza:** "Ma, naweza kwenda?"
**Mama anasema:** "Safari iliyopita ulikuwa na tabia mbaya ukapiga kelele unataka gari jipya tulipopita kwenye duka la michezo. Unaweza kuja lakini uchague: Uwe na tabia njema usilie au safari nyingine utabaki nyumbani.Umenielewa?"
**Mtoto analilila kigari** wanapopita kwenye duka la michezo wakienda sokoni.**Mama** anamrudisha nyumbani bila kusema lolote..
Siku inayofuata **Mama** anajiandaa kwenda sokoni.
**Mtoto** anamkimbilia akisema**: "**Naweza kuja na wewe?"
**Mama anasema: "**Hapana—jana uliweza kuchagua kuwa na tabia nzuri au kubaki nyumbani safari nyingine. Ulikuwa na tabia mbaya kwa hiyo leo lazima ubaki nyumbani na bibi. Siku nyingine unaweza kuja ukiwa na tabia nzuri."