

TRUTH CENTERED TRANSFORMATION

MODULE



IMITSHADO LEMULI UGWALO LWABABALISI

Inguquko egxile eqinisweni –Ugwalo lwezifundo 3.3: Ukuzwisisa iqiniso likaNkulunkulu lamanga kaSathane
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Lumsebenzi Awuthengiswa – akumelanga usebenzise lumsebenzi ukuthi uzuze imali.



Uma ufisa yinxenye yalaba abatolika lumsebenzi ungaya ebulenjini ku info@tctprogram.org.

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Izibongo

Abantu abanengi bancedisile kule impahla yokusebenzisa njalo benze ukuthi umsebenzi lo ube lempumela enhle. Zincane izibongo zethu kibo bonke.

Impahla enengi esetshenziswe kulolugwalo ivele kuKate Marsden, owanika impahla ayisebenzisa wayihlola eBangladesh. Impahla kaKate yayivele ihleliwe njalo igcwele imsebenzi yokwenza emnandi kakhulu. Lokhu kwenza ukuhlunganisa ugwalo lolu kwaba lula kakhulu. Ngicalisa ukufundisa ugwalo lolu, ngabona amadoda ejabula ebona ukuthi kulezinye indlela ezingasetshenziswa ukukhuza abantwana ngaphandle kokutshaya. Mina ngangingaboni kuyisidingo lokhu kodwa uKate wayekwazi lokhu. Ngiyabonga Kate.

Ngithanda ukubonga uHeather Hicks, owasa izifundo ezingeni elilandelayo wengeza ngesifundo esidingeka kakhulu, isifundo sabomama. Mina ngokwami ngijaha ukuya phambili ngingabuyelelanga lokho engikwenzayo. Ngakho ngibonga lo olesineke sokubuyelela lezi zifundo ezenza zilungele ukwabelwa kabanzi. Ngiyabonga Heather.

Ngiyathanda ukubonga ababalisi abasebenze lathi eminyakeni yonke – befunda njalo besenzisa imiqondo le. Bangamaqhawe ami aqotho. Ukusebenzisa kwabo imiqondo le mpumela ibe mqoka ekusincediseni ukuthi silobe ingwalo ezibe losizo olokhulu, ukukhuthaza kwazo yikho okungenze ngaqhubekela phambili lapho sengilahla ithemba. Ngithanda kakhulu iqembu lababalisi bakuqala, abahlala balela loba kwakungazwisiseki ngifunda ukufundisa, ngingakwazi lokuthi ngifundiseni. Baba lesineke, bazama ukuzwisisa loba ukufundisa imiqondo esacina sayibona ukuthi yanzima kakhulu ezingeni labo. Njalo uNkulunkulu wakhipha izigaba lezi ebuyangeni – isikhumbuzo esingapheliyo esitshengisa ukuthi kwakungekho ngamandla ami, kumbe lokho engangikwenza kodwa kwakungokuka Nkulunkulu lalokho aykwenza. Lokhu kungithinta ngendlela enkulu kakhulu ukuthi uNkulunkulu ungivumele ukuthi ngibe yingxenye yalindatshana lokhu ungisebenzisile wangakhangele ubuthakathaka bami. Udumo malube Kuye yedwa.

Isiphetho ngithanda ukubonga umkami, owangifundisa ukuthi umtshado omuhle uyini. Engekho yena konke lokhu bekungeke kwenzenke. Ngiyazi ukuthi yikuzinikela kwakho eminyakeni le okwenze lokhu kwenzeke. Ungumoya ongaphansi kwamaphiko ami njalo ngyakuthanda.

Anna Ho
Executive Director
Reconciled World

Ungakaqalisi

Ukulungiselela ukufundisa isifundo

1. Bala uzwisise **ugwalo lwababalisi**, uma kudingeka ukuthi uyiphindaphinde yenza kanjalo. Khanyisa loba ulobe imicijo emqoka eceleni kwephepha ukuze uyikhumbule uma usufundisa.
2. Khangelisisa **imiqondo emqoka** yesifundo sinaye ngasinye ukuze wazi ukuthi abafundi bamele bafundeni kuleso sifundo.
3. Funda **imibhalo** ezasetshenziswa esifundweni isifundo singakaqalisi.
4. Bona ukuthi yiphi **impahla yokusebenzisa** oyidingayo kulesi sifundo, ubone ukuthi uyadinga lezo ndingakalo lempahlakuphathisa ezizasetshenziswa kuleso sifundo.
5. Bona ukuthi **imisebenzi** yonke emele yenziwe esifundweni uyayazi (imidlalo lempahlakuphathisa). Ungazama ukukwenza labangane loba lemuli yakho ungakayenzi phambi kwezifundi.
6. Thatha isikhathi **ukhuleke**, ukuze uNkulunkulu avule indlebe zezifundi ukuthi zizwe lokho uNkulunkulu afuna zikuzwe njalo akusize ukuthi ufundise kuhle. Khumbula ukuthi kungamandla kaNkulunkulu ukuze sibone abantu beguquka.

Ukusetshenziswa kogwalo lwababalisi

1. **Injongo zesihloko lokuzasetshenziswa:** isifundo sinaye ngasinye siqala ngenyathelo leli.
 - a. **Injongo zesihloko** – izifundi kumele zenelise ukugcwalisela lezinjongo ekupheleni kwesifundo sinaye ngasinye. Kuhle ukuzibuza ukuthi wenelisile yini ukufeza injongo zesifundo ngemva kwesifundo sakho. Thatha isikhathi ubuyelele imicijo emqoka ukuze usize izifundi zihlale ziyikhumbula.
 - b. **Impahla yokusebenzisa** – impahla yokusebenzisa edingakalayo kusifundo sinaye ngasinye ilotshiwe lokhu kugoqela insiza ezibonwa ngamehlo lamanothi. Loluhlo lwababalisi luzatshengisa lapho okumele kusetshenziswe:
 - **UGWALO LWABAFUNDI** – Luyabe lulotshwe kanje.
 - **INSIZA EZIBONWA NGAMEHLO** – ziyabe zilotshwe kanje.
2. **Iziqondiso zoqhuba uhlelo:** Kule ziqondiso eziqakathekileyo esifundweni ezikunceda ukuthi ukhokhele izifundo kuhle. Alezo ziqondisa akumelanga uzabele abafundi. Umele uzibale usalungiselela isifundo ukuze wazi ukukhokhela ingxoxo lemisebenzi esifundweni. Eminye imbuzo iyabe ilempendulo ezilotshwe ngama italika ukuze zikusize njengomqondisi ukuthi umele utholeni ezifundini. Lezi mpendulo ayisizo zodwa eziqondileyo kodwa ziyinxenye yezimpendulo eziqondileyo.

Umcijo oqakathekileyo kulo obalisa ugwalo lomendo lemuli

Izifundo lezi zithatha isikhathi esingaba ngamahla amabili – hatshi ihola lenxenye njengezinye izifundo. Cella izifundi ukuthi zimeme amadoda kumbe amakhosikazi azo kule imfundiso. Yenza inguquko ezithile engxoxweni zalabo abathetheneyo. Kuthaza wonke umuntu ukuthi baphathise ezifundweni lezi loba bengathathwanga kumbe bengela bantwana. Lezi zihloko ziqakatheke kakhulu kuwo wonke umuntu ngoba zisifundisa ukuba lobudlelwano obuhle lalabo esakhelane labo labo ezigabeni zonke.

Insiza ezibonwa ngamehlo zonke zisemuva kogwalo lwababalisi. Uma ungelalo ugwalo lwezifundi, dinga ingxenye yogwalo elesihloko esithi Nanzelela imahluko yethu ekusifundo sesibili. Ibandla linye ngalinye lingathanda ukuhlawulela ugwalo lwezifundi ukuze likhumbule imiqondo emqoka yalezi zifundo.

Isifundo sokuqala: Okukhangelelwe ukuba abantu bakwenze emtshadweni

Imqondo emqoka

1. Amadoda akhangelelwe ukuba enze izinto ezimbili emtshadweni. Kumele abe zinkokheli zemuli njslo kumele athande amakhosikazi awo ngendlela uKristu athanda ngayo ibandla langendlela abazithanda ngayo.
2. Abafazi bakhangelelwe ukuba benze izinto ezimbili emtshadweni. Kumele bathande, bahloniphe njalo bazehlise kubomkabo ngendlela ibhayibhili elibafundisa ngayo ukuba ngumsizi ogcwele ubuNkulunkulu.

Impahla yokusebenzisa

Ugwalo lwezifundi:

- a. Okukhangelelwe ukuba kwenziwe ngamadoda labafazi
- b. Indatshana yothando lokuhlonipha (ungakhetha)

Isingeniso

INGXOXO YEQEMBU ELIKHULU

Ukuphumelela kwemitshado yethu kudinga ukuthi amadoda labafazi baphile ngokuthobelana bazwanane ngendlela uKristu afisa ngayo. Into eyodwa emqoka yokwakha umtshado wakho yikuzwisisa okumele kwenziwe ngomunye wakho

Iziqondiso zoqondisayo: Cela abazinikeleyo babale izindatshana lixoxe ngemibuzo elandelayo eqenjini elikhulu.

Indatshana kaLeah

ULeah wayequthile emyango egezisa imibhida eyayizadliwa ntambama. Ngemva kwesikhatshana wayekhangela lapho okulele khona umntwana. Uninazala wayelele bucwadlana ecansini ehoqela phansi. ULeah wayesele minyaka emibili nje ethethwe, impilo yakhe yayisiguquke yaba ngokunye ayengakukhangelelanga. Wayesezizwa egugile njalo esediniwe. Wayesekhumbula abangane bakhe esefisa lokuvakatshela unina loyise. Wayengenelisi ukukwenza loku ngoba kwakumele anakekele umntwana agcine lendlu yemuli yomkakhe.

ULeah wayesazi ukuthi uninazala uyathi evuka uyabe ekhangelele ukuthola ukudla kwantambama sokulungile. Wazenwaya lapho ayelimele khona ngemva kwentamo. Wathi esanda kwendela kuTimeus, umkakhe wayelokuphangisa ukuphenduka emsebenzini bephume bezihambela kumbe baphume ngomdududu. Kathesi umkakhe sehlala ebanganini bakhe kuze kube sebusuku. Ubuya endlini enuka utshwala le gwayi avele axoxe kancane ahle alale.

ULeah wahlangana loTimeus eqenjini labantu abatsha esontweni. Bengakatshadi wayekhanya engumuntu othanda okwesonto. Wayebona angathi uzaba yindoda enhle, ubaba omuhle. UTimeus wayengela nhliziyi embi. Wayengamtshayi uLeah njalo wayengela abanye abafazi emaceleni, kodwa inhliziyi yakhe yayikhatshana nje. Loba ngesonto emini uma esendlini wayekhanya ekhatshana emicabangweni. Wayengadlali lomntwana kumbe ukuxoxa loLeah. Wayetshona elele kumbe ebukele umabona kude. Uma umntwana engakhala kumbe unina akhonone ngoLeah, uTimeus wayexabana loLeah. ULeah wayesefisa ukuthi ngabe wayengathathwanga. Wayengazake waphupha impilo yakhe inzima kangako.

Indatshana kaTimeus

Ngaleyo ntambama uTimeus wayehlezi enatha ikofi labangane bakhe. UBaara wayephoxa abafazi ebahlekisa bonke. UTimeus wacabanga ngoLeah waqhuqha. Wayekwazi ukuthi wayezathola esezondile emlindle endlini. Wayengasajabuli. Wayehlala ekhonona ngonina kaTimeus langemsebenzi ayayenza endini. UTimeus laye wayekwazi ukuthi unina wayehlupha, kodwa wayefisa ukuthi ngabe uLeah wayeqhubeka embekezelela. Unina wayesebenze nzima impilo yakhe yonke, ulungelo lokuthi aphumule kathesi. ULeah kumele akuzwisisse lokho.

UTimeus wayeseqale ukuhlala labangane bakhe, edinga izizatho zokungabi endlini ebalekela ukulalela ingxabano kanina loLeah. Wayesediniwe ngokukhonona kukaLeah ngemsebenzi lomntawana. Wayehlala engathi umzondele. Wayengazwisisi na ukuthi usebenza ilanga lonke njalo kwakumele afike azithulele aphumule ntambama?

Wayesebalekela ukuya esontweni loLeah. Wayekuzonda ukwenza angathi konke kwakulungile phakathi kwabo bobabili. Babesithi uma besiya esontweni yekuseni ngeSonto uLeah agqokise umntwana a-ayinele uTimeus iyembe enhle kulawo wonke. Kwakungathi ufuna wonke umuntu akholwe ukuthi bayaphumelela njalo bayajabula bonke. Lona iqiniso kwakuyikuthi babedonsa nzima ukuthi babe lemali eyaneleyo njalo babengelayo intokozo emzini wabo. UTimeus wayeseqale ukuzibuza ukuthi bakhona ababethokoza ngendlela abakhanya bethokoza ngayo ngempela. Wezwa ephelwa luthando okokuthi wayengasafuni ukuphinda abuyele esontweni. Wayengasela qiniso ngokuqakatheka kokuya esontweni. Wayengazakhe ephuphe impilo ingazwisiseki kanje.

- Kuyini okwenzakalayo kulezi ndatshana ezimbili?
- Lokhu kuyafana na lokusezimulini ezisezigabeni zethu?
- Ungamxwayisa usithini uLeah? Cabanga ngezidingo zikaTimeus: angenzani ukuthi aphafe uTimeus ngendlela engcono?
- Ungamxwayisa usithini uTimeus? Cabanga ngezidingo zikaLeah: angenzani ukuthi aphafe uLeah ngendlela engcono?

Kulesi sifundo sizakhangela okukhangelelwe ukuba kwenziwe yindoda lomfazi emtshadweni. UNkulunkulu usinikile lokho okumele sikulandele ukuze sibe lemtshado ephumelelayo.

Okukhangelwe ukuba indoda ikwenze

INGXOXO YEQEMBU ELIKHULU

- Ungakuchaza usithini lokhu okukhangelelwe ukuba kwenziwe yindoda emtshadweni?

Bala kwabaseEfeso 5:23, 25, 28-29.

- Amavesi la athini ngokumele kwenziwe yindoda emtshadweni?
 - Indoda iyinhloko yomfazi
 - Indoda izakuthanda umfazi wayo ngendlela uKristu athanda ngayo ibandla
 - Indoda izakuthanda umfazi wayo ngendlela ezithanda langendlela enakekela umzimba wayo
- Indoda izakuba yinhloko yomfazi wayo njengoba uKristu eyinhloko yebandla. UKristu uba yinhloko yebandla njani? Indoda kumele ibe yinhloko yomfazi wayo njani? Yiziphi izibonelo ezibambekayo?
 - Indoda ingumkhokheli
 - UJesu wanikela impilo yakhe lamalungelo akhe okuba nguNkulunkulu umsindisi wethu ngakho indoda kumele izinikele ekugcineni, ekuvikeleni lasekondleni umfazi wayo hatshi ykwenza lokho okulungele yona.

- *Indoda ayibambi umfazi wayo ngamandla ukuthi azehlise kuyo kodwa yona imthanda okungela migoqo. (uKristu akabambi ibandla ngamandla ukuthi lizehlise kuye.)*
- *Lapho indoda ikhetha ukwenza okuthile kumele ixoxele umfaziwayo ikhethe lokho okulungele umfazi wayo, hatshi okulungele yona yodwa.*
- Njengoba indonda kumele ithande umfazi wayo ngendlela uKristu athanda ngayo ibandla lakhe, ungaluchaza njani uthando lukaNkulunkulu?

INGXOXO YEQEMBU ELINCANE

Sebenzisa **UGWALO LWEZIFUNDI**- Imsebenzi ekhangelelwe emadodeni lasebafazini.

Bala KwabaseKorinte bakuqala 13: 4-8, Kwabase Filiphi 2: 1-8 laku Johane 13: 2-17 ube usuphendula imibuzo elandlayo:

- Amavesi la aluchaza njani uthando lukaNkulunkulu?
 - 1 AbaseKorinte 13:4-8 – *luyabekezela, lulobubele, kalula mona, kaluzi ncomi, kaluzikhukhumezi, kaluziphathi ngokungafanelanga, kaluzidingeli kwalo, kalucunuki, kalunakani okubi. Kaluthokozi ngokungalinganga, kodwa luthokoza eqinisweni. Lusibekela izinto zonke, lukholwa izinto zonke, luthemba izinto zonke, lubekezelela izinto zonke. Uthando ngalungeke lwehluleke.*
 - AbaseFiliphi 2:1-8 – *luyazehlisa, lucabanga okufunwa ngabanye kuqala, lusebenzela abanye, luyazinikela humble.*
 - Johane 13:2-17 – *ukusebenzela abanye*
- Kuyini uTimeus (endatshananeni esiyibalileyo) akade engakwenza ukuthi athande umfazi wakhe uLeah ngendlela efundiswa yiBhayibhili?
 - *Engazinikela ekuncediseni eminye yemisebzi yasendlini kumbe ukudlala lomntwana*
 - *Ukuchitha isikhathi sakhe eloLeah*
 - *Ukukhuthaza uLeah ukuthi abe lesikhathi lemuli yakibo.*
 - *Angakhuthaza uLeah ngokuxoxa ngobudlelwano bakhe loninazala.*
- Indoda ingalutshengisa njani uthando kumfazi wayo ngalezi ndlela? Emaqenjini enu dingani izinto ezilithumi ezibambekayo indoda engazenza ukuze itshengise uthando kumfazi wayo.
 - *Ukuxolela umfazi wakhe uma bengaxabana*
 - *Ukulalela imbono yomfazi wakhe uma befuna ukwenza ulutho oluthile*
 - *Ukuncedisa ukunakekela umntwana – ukumgezisa umntwana*
 - *Ukukhela umfazi wakhe amanzi*
 - *Ukuthembeka kumfazi wakhe*
 - *Ukukhangela abantwana ukuze umfazi wakhe athole isikhathi sokukuvakatshela abanye*
 - *Ukucabanga isidingo zomfazi wakhe engakacabangi ezakhe*
 - *Ukuba yisibonelo esihle ezintweni zikamoya – ukubona ukuthi imuli yakho iyahamba esontweni amaviki onke.*
 - *Ukukhulekela umfazi wakhe*
 - *Ukucela imbono yakhe uma lithatha isinqumo esiqakathekileyo*
- Kuba lempumela bani uma indoda ingagcwaliseli lokho okumele ikwenze okuchazwe eBhayibhili?
- Uma indoda iphatha umfazi wayo ngendlela efundiswa yiBhayibhili, ubona angathi lokhu kuba lempumela bani emtshadweni?

NIKEZA IMPUMELA

Iziqondiso zoqondiso: Hlola imibuzo ephezulu. Cela iqembu linye ngalinye ukuthi labe imsebenzi eliyilobe phansi. Amanga esintu sengavuka; buyela kulokho okutshiwo yiBhayibhili ukhuthaze izifundi ukuthi zikhuleke ngakho.

INGXOXO YEQEMBU ELIKHULU

UNkulunkulu wanikeza amadoda imsebenzi emibili emqoka eyokwenza emtshadweni – owokuba yinhloko yabafazi bawo lowokuthanda abafazi bawo ngendlela uKristu athanda ngayo langendlela abazithanda ngayo. UJesu watshengisa ukuziphatha kwenceku, ukugezisa abafundi bakhe inyawo lokunikela impilo yakhe njengomhlatshelelo wensidiso yethu. UJesu wayelobubele lo musa, wanikela ilungelo lakhe lobuNkulunkulu, wayengakhuleli muntu.

Kuqakathekile ukuthi sizwisise indlela uJesu atshengisa ngayo lokho okumele sikwenze lokuthi silandele konke hatshi ukuthi silandele okunye sitshiye okunye. Uma sikhangele impilo ka Abrama sibona ukuthi kwezinye izikhathi wayegcizelela okunye ukwedlula okunye, lokhu kwamdalela inhlupho.

1. **Ukuba yinhloko, kodwa ungela thando (UGenesise 12:10-16):** U-Abrama wahamba lomkakhe eGibhithe bebalekela indlela. Watshela umkakhe ukuthi atshele abantu ukuthi wayengudadewabo ukuze bengamlimazi. Lokhu kutsho ukuthi uSara wathathwa waba ngomunye wabafazi bakaFaro. Lapha siyabona ukuthi u-Abrama wayesenza njengenhloko yomuzi njalo wayezama ukulungisa uhlupho lwendlala eyayisifikele imuli yakhe. Kodwa kwakungaso kuthanda umkakhe ukumcela ukuthi aqambe amanga abe ngumfazi weyinye indoda. UNkulunkulu wangenela ukuze aphephise uSara kuleso simo. s
2. **Ukuthanda, kodwa ungenzi njengenhloko yomuzi (UGenesise 16:1-4):** USara wacela indoda yakhe ukuthi angene incekekazi yakhe ukuze imzalele umntwana njalo kwathi sekulenhluwapho wamcela njalo uAbrama ukuthi ayixotshe incekekazi yakhe uHagari. U-Abrama wavumelana loSara engazange ake akhuluke ukuthi abe kwazi ukuthi lokho ayesezakwenza kwakulungile kumbe hatshi. Wayemthanda uSara kodwa njengenhloko yomkakhe kwakumele akhumbuze uSara ngemilayo kaNkulunkulu mayilana ngendaba zocansi ebantwini abatshadileyo, angavumi inhlelo zikaSara.

Kuzo zonke lezi ndawo ezimbili uAbrama kazange waba yindoda enhle. Uma indoda izakuba yindoda enhle kumele ibe yinhloko yomkayo NJALO ithande umkayo ngendlela uJesu athanda ngayo ibandla lakhe. Uma ingenza okukodwa itshiye okunye kuyawulimaza umtshado.

Okukhangelwe ukuba umfazi akwenze

INGXOXO YEQEMBU ELIKHULU

- Esigabeni sakho, kuyini okukhangelelwe ukuba umfazi oqotho akwenze?

Bala UGenesise 2:18, 20.

- UNkulunkulu umchaza njani umfazi ? (*umsizi*)
- Ungamchasisa njani ‘umsizi’? Umsizi oqotho wenzani?

Bala UDuteronomi 33:29 lo Izihlabelelo 121:1-2.

- Ngubani umsizi wethu kula amavesi?
- Ungamchaza njani umsizi kula amavesi?

Khonokhu okokuthi elimini olwalotshelwa iBhayibhili lakuqala kusetshenziswe ibala elifanayo kuvesi inye ngayinye. Lapho uNkulunkulu echaza umafazi njengomsizi, wasebenzisa ibala elitsho umsizi esilisebenzise kusibonelo sesibili. USathane usiqambeke amanga njalo wasinika ukungazwisi ‘umsizi’. Akufani lokuba yinceku kumbe isigqili. Ngokuqotho umsizi uNkulunkulu amfananisa lomfazi ngumuntu wesibili. Umsizi eBhayibhilini ngumuntu olamandla okusekela, lokunceda uma ulesidingo. Ibala loneli lisetshenziswe kanenginengi (16 times) lichaza ukuba kukaNkulunkulu: ungamandla ethu, umsindisi wethu, umvikeli wethu njalo ulusizo lwethu! UNkulunkulu wadala uEva ukuze anike uAdamu amandla lomncedisi.

- Ngokuzwisisa okutshiwo liBhayibhili uma lisithi ‘umsizi’, lokhu kuguqula njani ukuzwisisa kwakho lokho okukhangelelwe ukuba kwenziwe ngumfazi?

Bala kwabase Efesu 5:22,24,33; I UPetro 3:5.

- Amavesi la athini ngokukhangelelwe ukuba umfazi akwenze?
 - *Umfazi kumele azehlise endodeni yakhe njengoba ezedlisa eNkosini.*
 - *Umfazi kumele ahloniphe indoda.*

UNkulunkulu wanika abafazi imsebenzi emibili eyokwenza emtshadweni. Owakuqala yikuthanda, ukuhlonipha lokuzehlisa emadodeni awo ngoba ayinhloko yemuli. Owesibili ngowokuba ngumsizi olobuNkulunkulu oqinileyo njalo owenelisayo.

INGXOXO YEQEMBU ELINCANE

Sebenzisa **UGWALO LWEZIFUNDI** - Imsebenzi ekhangelelwe emadodeni lasebafazini – ukuze uphendule imibuzo elandelayo :

- Yikuyini uLeah ayengakwenza ukuze abe “ngumsizi” njalo ahloniphe uTimeus?
- Yiziphi ezinye indlela zokuba “ngumsizi” lezokutshengisa ukuzehlisa okulobuNkulunkulu lokuhlonipha emadodeni abo? Emaqenjini zamani ukucabanga izibonelo ezilitshumi.
 - *Ukupheka ukudla, ukulungisa endlini*
 - *Ukubona ukuthi imuli ilezigqoko ezinhlanzekileyo*
 - *UKuwakhuthaza emsebenzini awo*
 - *Ukwenza wonke umuntu emulini ahlale ethokoza*
 - *Ukukhuthaza amadoda ethu*
 - *Ukwabelana imicabango yethu lamadoda ethu*
 - *Ukukhulekela amadoda ethu*
 - *Ukulalela amadoda ethu*
 - *Ukukhuluma kuhle ngamadoda ethu*
- Ungabanjani umtshado uma umfazi angenza lezi zinto?
- Kungaba njani uma umfazi engekela ukwenza umsebenzi wakhe olotshwe eBhayibhilini?

NIKEZA IMPUMELA

Iziqondiso zoqondisayo: *Cela iqembu linye ngalinye ukuthi labe imsebenzi eliyilobe phansi. Hlola imibuzo ephezulu. Uma kungaba lokungazwanani kumbe imibuzo ngokuthi kutshoni ukuzehlisa emadodeni abo, bakhuthaze ukuthi babuyelele indima esebhukwini labaseEfesu bacele ukuhlakanipha kuNkulunkulu.*

INGXOXO YEQEMBU ELIKHULU

Iziqondiso zoqondisayo: *Uma kuvamile esikweni lakini ukuthi abafazi benze imisebenzi eminengi, lesi sigaba sesingabe singalunganga. Sesingacina siqinisa amanga okuthi abafazi kumele basebenze njengezigqili amadoda ehlezi ebukele. Kodwa uma abafazi bengavunyelwa ukwenza ezinye izinto, lesi sigaba singaba luncedo ekutshengiseni eminye imisebenzi engenziwa ngabesifazana kuqathaniswa lalokho okusebhayibhilini.*

Bala Izaga 31: 10-31.

- Kulotshwe ngobani kulawa mavesi? (*ngomfazi ohloniphekayo*)
- Alotshelwe bani lawa mavesi? (*vs. 2 – amadoda*)
- Loba phansi lokho okwenziwa ngulowumfazi
 - *Usebenzisa izandla zakhe ukwenza izinto ezitshiyeneyo – izigqoko lempahla zendlini.*
 - *Ulungisela imuli yakhe ukudla okumnandi*
 - *Ukuthenga insimu*
 - *Uyahlanyela ivini*
 - *Uyathenga ethengisa emkambo*
 - *Usebenza nzima*
 - *Uyanekekela abayanga labelezidingo*
 - *Uyanakekela imuli yakhe*

- Yiphi imisebenzi evame ukwenziwa ngabo mama lapho ohlala khona? Yiphi imisebenzi abangavunyelwayo ukuyiyenza?
- Kungani lumfazi ehlonitshwa? (akasovila njalo uyanelisa uyakhwabithwa)
- Umfazi wakho wenza yiphi imisebenzi? Umhlonipha njani?

Amanyathelo okwenza umsebenzi

INGXOXO YEQEMBU ELIKHULU

Bala kwabaseEfesu 5:21.

- Ivesi le isitshengisani ngemisebenzi emele yenziwe ngamadoda labafazi emtshadweni ongcwele?

Iziqondiso zoqondiso: Sebenzisa **UGWALO LWEZIFUNDI** – Uthando lokuhlonipha – uma kuhlangele amadoda labafazi kumbe kungela kukhulumisana kuhle phakathi kwamadoda labafazi lapho ohlala khona, lokhu kuyindatshana enhle eyokuloba kumagazini(magazine).

Sitshona sicabanga ngalokho esifisa ukuthi amadoda kumba abafazi bethu basenzela khona. Sidaniswa yikho konke abangasenzeli khona. Kwesinye isikhathi lokhu kusenxa sithandabuze uthando lwamadoda kumbe lwabafazi bethu. Asizameni enye indlela yokucabanga leyokwenza.

LOMNGANE WAKHO

1. Lobani phansi izinto amadoda kumbe abafazi benu abazenzayo ukuthi balincipise. (Kulabo abangathathwanga, uyihlo lonyoko benzani ukuthi bakuncipise).
2. Likhangele lokho elikulobileyo, thandazani libonge uNkulunkulu ngamadoda labafazi benu (kumbe ngabazali benu).

UKUZIHLOLA

Kuyini ozakwenza okulungileyo ngemva kwalimfundiso ukuze uvuselele ubudlelwano bakho lomkakho kumbe lemuli yakho?

1. Ngelanga elilandelayo:
 - **Madoda:** Tshela umfazi wakho ukuthi uyabonga ukuthi ulaye, ubonga njalo lokho akwenzela khona enakekela imuli yakho. Mbuze ukuthi kukhona na ongakwenza ukuze umethule umthwalo. Khumbula ukuthi ufuna ukuba kwazi ukuthi uyamthanda.
 - **Bafazi:** Tshela umkakho ukuthi uyabonga ukuthi ulaye, ubonga njalo ukusebenza kwakhe nzima enakekela imuli yakho. Mbuze ukuthi kukhona na ongakwenza ukuze umethule umthwalo. Khumbula ukuthi ufuna ukuba kwazi ukuthi uyamhlonipha.
 - **Abangathathwanga :** Tshela abazali bakho ukuthi uyabonga ukuthi ulabo, ubonga njalo konke abakwenzela imuli yakho. Babuze ukuthi kukhona na ongakwenza ukuthi ubethule umthwalo.
2. Ngemva kokwenza lokhu suku ngosuku zama ukwenza into eyodwa ukuze utshengise umkakho kumbe umfazi wakho(kumbe umzali wakho) ukuthi uyamthanda kumbe uyamhlonipha. Isibonelo:
 - ULeah wayengazama ukungakhulumi lapho uTimeus' ephuza ukubuya endlini, njalo wayengazama ukubekezelela uninazala.
 - UTimeus wayengabuya edlala lomntwana uma esetshayisile emsebenzini, njalo engaxoxa loleah embuza ukuthi belinjani ilanga lakhe, laye emtshale ngelakhe ilanga.
3. Thatha isikhathi ulobe imicabango yakho ngalokho ozakwenza ngaliviki. Thandaza ucele uNkulunkulu akusize uzenze lezi zinto.

Lawa manyathelo angazwakala enzima. Uma ungakazimiseli ukukhuluma lendoda kumbe lomfazi wakho (kumbe abazali bakho) qala ngokumthandazela nsukuzonke. Thandaza lapho uzizwa udaile kumbe uzondile. Bonga uNkulunkulu ngomfazi wakho kumbe ngendoda yakho ucele njalo ukuthi uNkulunkulu akusize emtshadweni wakho.

Isifundo sesibili: UMtshado olentokozo

Imqondo emqoka

1. Singaba lemitshado elentokozo uma singabakwazi imahluko ekhona phakathi kwethu lambomkethu kumbe lezihlobo zethu eziseduze.
2. Kumele sifunde indlela ezilungileyo ezebhayibhili ezokhangela imahluko yethu lezokukhulumisana ngemva kokuxabana.

Impahla yokusebenzisa

Ugwalo Lwezifundi:

- a. **Ukunanzelela ukwehlukana kwethu (Nikeza umuntu iphepha elilodwa lelinye elomkakhe)**
- b. Ukukhulumisana ngemva kokuxabana

Inkulumo mpendukwano eyisingeniso

UMSEBENZI WOKWENZA OWEQEMBU ELIKHULU

Iziqondiso zoqondisayo: Cela abafazi abathathu abazinikeleyo. Banikeze omunye umsebenzi kule emithathu: owokuba nguMara, ngunina kaMara, ngubakazi wakhe uSusanna.

Olandisayo: UMara uhlezi esitulweni endlini kanina, ecaphukile. Ukhuluma lonina.

Mara: “Ilanga lomtshado wethu lalilihle okokuthi ngacabanga ukuthi langemva komtshadownethu impilo yethu izaba inhle. Kodwa ngemva kwenyanga nje sokonakele konke.”

(ubakazi wakhe, uSusanna, uyangena.)

Susanna: “Kuyini okonakeleyo?”

Mara: “akulalutho olwenzakala ngendlela ebengiyikhangelele. Ngangibona angathi ngizathokoza ngemva kokuthathwa. Kodwa kathesi sesitshina sixabana ngazo zonke izikhathi, asivumelani ngitsho.”

Susanna: “Oh, Lami ngangilohlupho olufana lolwakho lomkami! Kodwa ubakazi wakhuluma lami wanginceda kakhulu. Woza lapha. Asixoxe ngako.”

INGXOXO YEQEMBU ELIKHULU

- Kwenzakaleni kule inkulumo mpendukwano?
- Kuyake kwenzakale na kulindawo?
- KUngani kusenzakala?
- Abantu baxoxa ngenhlupho zabo ngendlela uMara axoxa ngayo lobakazi wakhe uSusanna na? Kungani baxoxa kumbe bengaxoxi?
- Singamnceda sisithini uMara?

Umtshado olentokozo

Okunye ukuxabana kuzahlala kukhona loba emtshadweni eyakhekileyo. Ungezwa umuntu ekutshela ukuthi akuzake kwaxatshanwa emtshadweni wakhe mhlawumbe uyabe engakutsheli iqiniso lakhe lonke.

- Yikuyini okuvame ukuxabanisa abantu abathetheneyo?

INGXOXO YEQEMBU ELINCANE

Bala amavesi la alandelayo – kuyini esikuzwayo kula amavesi okungasinceda ukuthi sikhulumisane kuhle uma sixabana?

- 1AbaseKorinte 15:41 & 1 AbaseKorinte 12:4-7 – UNkulunkulu wasenza sehlukana, silembali ezehlukeneyo njalo sinikezwe izipho ezehlukeneyo. Kumele sizwisiswe imehluko esilayo njalo sizimisele ukwamukela indlela uNkulunkulu asehlukanise ngayo.
- Abase-Efesu 4:32 – Kumele sibe mnene njalo sibe lesihawu, kumele sizimisele ukuthethelela, sikhumbula ukuthi thina lathi asimsulwa.
- 1 Petro 3:9 & UMathewu 5:23-24 – *Kumele sizimisele ukuxolisa. Loba kungomunye oqale inhlupho, kumele sizimisele ukubuyisana.*
- Philippians 2:3-4 – *Kumele sibone omunye eqakathekile ukwedlula thina.*

Nikeza impumela

Iziqondiso zoqondiso: *Cela iqembu ukuthi labe lokho elikufundileyo ngokubuyisana emavesini akuqala. Cela iqembu elehlukeneyo ukuthi labe kwamanye amavesi alandelayo.*

INGXOXO YEQEMBU ELIKHULU

Kuzaba lokungavumelani. UNkulunkulu wasenza sehlukana. Silembali ezehlukeneyo njalo uma sithathana sikhangelele izinto ezehlukeneyo. Sonke silomcabango owokuthi sifuna indoda kumbe umfazi wethu abenjani kodwa akwenzakali ukuthi lumuntu abe ngendlela esimcabanga ngayo.

UMSEBENZI WOKWENZA LOMKAKHO

Iziqondiso zoqondiso: *Omunye lomunye kumele abe **LOGWALO LWEZIFUNDI** – Nanzelela umehluko wethu. Kuqakathekile ukuthi ufake izixwayiso zalumsebenzi zibesobala! Uma abantu benegenelisi ukubala kumbe bengazwisisi eminye imitsho kuvunyelwe ukuthi ubafundele isihloko sinye ngasinye ubacele ukuthi baphawule emizileni. Yenzani umutsho wakuqala lonke. Cela umuntu alobe u“X” kumbe ibizo lakhe emzileni omele lokho angakufuna. Bakhuthaze ukuthi bethembeke kulokho abangakufuna. Kuqala kumele bahambe bephawula lokho abangakufuna besebebuyela akuqaliseni bephawula lokho okungenziwa ngumkabo ngokuloba u“O”. Qonqosela ukuthi akumelanga baxoxe ngalokho abakulobileyo lomkabo. Uma omunye ebuye yedwa mnikeze amanye amanothi ahambe lawo endlini ayonika umkakhe aqale ayoloba kube sekungkhona bezaxoxangawo. Uma sebelobile konke, bacele ukuthi bakhangele lokho abakulobileyo ndawonye, umuntu lomkakhe.*

Omunye lomunye kumele anikezwe amanothi asegwawweni lwezifundi, amanothi la sizawakhengela kabili:

1. Okokuqala – Bala isihloko sinye ngasinye uphawule emzileni ngo “X” njalo ulobe ibizo lakho ukuze utshengise ukuthi yikho okuthandayo.
 - Asenze isihloko sokuqala sonke. Ukungavumelani – uma kungaba lokungavumelani ungafisa ukuthi lilungise indaba yenu khonapho khonapho kumbe uzama ukugcina ukuthula? Uma usizwa kufanele kugcinwe ukuthula emtshadweni lasebudlelwani benu, phawula ngo “X” bucwadlana lalapho okuphelela khona umzila lo esandleni sokudla. Uma ufuna ukukwenza kokubili faka uphawu lwakho phakathi laphakathi komzila.
 - Bala ikhasi lonke ube uphawula lokho okufunayo kusimo sinye ngasinye.
2. Okwesibili – bala isihloko sinye ngasinye uphawule umzila ngo “O” lapho obona angathi **umkakho kumbe isihlobo sakho esiseduze** singafuna. Ungaxoxi ngalokhu lomkakho. Phawula lokho obona angathi kungafunwa ngumkakho.
3. Uma wena lomkakho imisebenzi yonke yomibili tshengisanani amaphepha enu lixoxe ngesihloko sinye ngasinye lemibuzo esemuva kwamanothi asegwawweni lwezifundi.

Lesson 2: Recognize Our Differences

1. For each topic mark on the line with an "X" where **your** preferences lie.
2. For each topic mark on the line with an "O" where your spouse or friend's preferences lie.

Sort it out immediately	Disagreements	Keep the peace
Spend	Money	Save
Spend time with others	People	Spend time alone
Make plans and stick to them	Planning	Be spontaneous
Arrive early	Punctuality	Arrive just in time or late
Go out	Relaxation	Stay home
Go to bed late	Sleeping	Get up early
Enthusiast	Sport	Uninterested
Formal	Clothes	Casual
Very tidy	Tidiness	Messy
Keep it on	T.V.	Throw it out

What other differences have created conflict in your relationship?

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Uma seliqedile, tshengisanani elikulobileyo emaphepheni enu lixoxe ngakho:

- Ubukwazi na okufunwa ngomunye wakho? Kukhona na okukumangalisileyo?
- Wena lomkakhko kumbe lesihlobo sakho esiseduze belilempendulo ezifanayo na kuzihloko zonke?
- Beliloba izinto ezihambelanayo njalo esivumelanayo na?
- Yiziphi indawo lapho ebelingavumelani khona?
- Yiziphi izihloko eziletha ukungavumelani emtshadweni wenu?
- Khulamani ngokuthi lingazilungisa njani lezi indawo zenu ezilehlukanisayo.
- Ungabona njani amandla omunye wakho ukuze wakhe ubudlelano kumbe umtshado wakho?

Uma lisanda kuthathana, kutsho ukuthi impendulo zenu ezinengi ziyabe zisehlukana. Kulokuthi uzam ukuguqula omunye umuntu kumele udinge lapho abaqine khona ubancedise lapho ababuthakathaka khona. Kumbe ungabona angathi imehluko yenu milutshwana ngoba alikaboni imehluko yenu. Kungaba lesidingo sokuthi liphinde lenze lumsebenzi uma imehluko yenu isivelile.

4. **Lobani uhlelo lobabili:** Yenzani uhlelo lobabili olokuthi lizalungisa njani indawo zenu lapho elehlukene khona. Khethani indawo ezimbili lapho elehlukene khona lilobe phansi uhlelo lwenu lokuzilungisa lezindawo.

Isibonelo sokuqala – Imali

Uma umkakho ethanda ukusebenzisa imali kodwa wena uthanda ukugcina imali, dinga icebo lokuthi lizayisebenzisa njani imali yenu. Mhlawumbe livumelane ukuthi liyasebenzisa imali engaka, ligcine engaka umkakho ube umnike imali ethile azabe eyisebeznisa ezidingweni zasendlini kusiya ngokuthi livumelaneni.

Isibonelo sesibili – Ukuqeda isizungu

Uma indlela yakho kuyikuhlala endlini omunye wakho ethanda ukuyavakatsha vumelanani ngendlela ezalithokozisa lobabili. Uma lingavumelana ukuthi liyabe liphuma lonke okobusuku obobudwa ngeviki kwenye iviki lihlale endlini. Kumbé lingavumelana ukuthi okobusuku obubodwa omunye wakho uyaphuma labanye wena usale kobunye ubusuku kuphume wena.

Nikeza impumela

Iziqondiso zoqondiso: *Cela abantu abathetheneyo imuli eyodwa kumbé ezimbili zabelane labanye lokho ezihlele ukukwenza emahlukeni othile abalawo bobabili.*

Ukwehlukana kwethu kungadala ukungazwanani uma singaxoxi ngakho njalo singenza uhlelo olungasisebenzeli ngendlela efanayo.

Ukubuyisana

Ukungavumelani kuzahlala kukhona, kodwa kumele sifunde ukubuyisana ngendlela elungileyo. Akumelanga sivumele ukungazwanani kusibuse. Kumele sizame ukubuyisana ukungazwanani kungakakhuli kakhulu.

Kwabase-Efesu 4:26 sitshelwa ukuthi akumelanga lize litshone ulokhe uzondile. Lesi yiskhumbuzo esihle esitshengisa ukuthi kumele sihlakaniphe sibuyisane ukungazwanani kwethu kudlulise amalanga. Lokhu kuqakathekile emitshadweni yethu lasebudlelwaneni bethu.

INGXOXO YEQEMBU ELINCANE

Sebenzisa **UGWALO LWEZIFUNDI** - Ukubuyisana. Bala amavesi wonke. Loba phansi isenzo esimqoka uma sibuyisana.

- UMathewu 7:3-5 – *Bona ukuthi uqala unanzelele amaphutha akho, ungagijimeli ukuqamba amaphutha abanye.*
- UMathewu 18:15 – *Xoxani ngalolu daba lilodwa, hatshi phambi kwabanye abantu, ikhakhulu abantwana.*
- Izaga 15:1 – *Xoxani ngalo lithambile. Uma uthukuthele khulumani ngalo kwelinye ilanga.*
- AbaseKolose 4:6 – *Khulumani imicabango yenu ngokuthula, lingasebenzisi amazwi alukhuni noma awokuxabana.*
- Abase- Filiphi 2:3 – *Zama ukubona umcabango womunye. Mhlawmbe yena uqondile wena awuqondanga.*
- Abase-Efesu 4:26 – *Khuluma elakho icele, utshiyane lakho. Ungaphikisani lomunye uzama ukuthi avumelane lawe. Kwezinye izikhathi kumele uvume ukwehlukana labanye. Lokhu ligakwenza lothando liyahlala lilokuthula.*
- Izaga 19:11 – *Ungezwa buhlungu kumbé ukwenza njengomuntu ochaphukileyo. Thanda kakhulu ukwedlula okwansuku zonke, ukuthula kuzahlala kukhona endlini yakho.*

NIKEZA IMPUMELA

Iziqondiso zoqondiso: Uma amaqembu eseqambile izenzo ezimqoka, zihlole njalo usebenzisa amanothi aphezulu. Loba isenzo esimqoka kuvesi inyengayinye emdulini.

UMSEBENZI WOKWENZA OWEQEMBU ELINCANE (Ungakhetha)

Usebenzisa imqodo emqoka oyibonileyo, dala inkulumo mpendulwano ezimbili – eyakuqala utshengisa indlela engalunganga eyokubuyisana kweyesibili utshengisa indlela eqondileyo. Khetha isimo esivamileyo ukuze ulethe umqondo owehlukileyo ngaso. Ungasebenzisa izibonelo ezike zaqanjwa phezulu.

Iziqondiso zomqondisi: ceta amaqembu onke ukuthi enze inkulumo mpendulwano. Ube usubabuza ukuthi yisiphi isenzo esimqoka abasibonileyo sinsenziwa kumbe esingenziwanga.

UKUHLOLA LILIQEMBU ELIKHULU

Kulesisifundo, sifunde ukunanzelela ukwehlukana kwethu ebudlelwaneni bethu, ukudinga icebo lokuxoxa ngemahluko yethu lendlela zokubuyisana.

- Yiziphi zalezi zenzo ezimqoka ekubuyisaneni otshona uzilibala kumbe ezinzima ukwenza?
- Yiwaphi amanye amacebo awokuthi ukhumbule leliqiniso ma kungaba lokungazwisisani kwelizayo?

Khumbula ukuthi lezi zenzo azisizo zabantu abatshadileyo kuphela kumbe ezokwenza uma ulomkakho kuphela, kodwa singakwenza kuloba yibuphi ubudlelwano uma kungab lokungazwanani.

Iziqondiso zoqondiso: Phethani ngokuthandaza ukuthi uNkulunkulu alincele ukuthi lixabane ngendlela elungileyo, engcwele lokuthi imehluko yenu ingabi yikuxabana lokulwa.

Isifundo sesithathu: Ukumelana lezinhlungu

Imqondo emqoka

1. Kumele sinanzelele njalo silungise indlela esikhubana ngayo ngoba uma kungalungiswanga lokhu kuyalimaza imitshado yethu.
2. Ukuxolisa okuqotho kulabo esibakhubayo kuyasinceda ukuthi sibuyise ubudlelwano bethu.

Impahla yokusebenzisa

Insiza ebonwa ngamehlo (emaphethelweni esifundo):

- a. Umfanekiso wemuli (umfanekiso owodwa kuqeqembu linye – lidatshulwe ngaphakathi)

Ugwalo lwezifundi:

- b. Ukwazi izinhlungu (iphepha linye kumuntu munye)
- c. Amanathelo okuxolisa (iphepha linye kumuntu munye)

Iphepha lokunamathisela (elanele wonke umuntu ukuthi asebenzise ukunamathisela umfanekiso wemuli)

Ukuhlola lesingeniso

INGXOXO YEQEMBU ELIKHULU

Iziqondiso zoqondiso: buza iqembu uma kukhona elisakukhumbula ezifundweni eselidlule kizo. Hlola amavesi ukhumbuze iqembu imqondo eqoka.

- Yiziphi ezinye izenzo ozifundileyo ezokuxoxisana ngemahluko yethu lokubuyisana?

Loba emtshadweni engcwele kulezikhathi lapho indoda lomfazi abakhubana khona. Kwezinye izikhathi bakhubana ngabomo, kwezinye izikhathi bengananzeleli.

UMSEBENZI WOKWENZA OWEQEMBU ELIKHULU

Iziqondiso zoqondiso: Nikeza iqembu linye ngalinye **INSIZA EBONWA NGAMEHLO** - umfanekiso wemuli (udatshulwe waba ngamaphetshana amane kusiya kwayisithupha, lephepha lokunamathisela. Bacele ukuthi banamathisele umfanekiso.



Kungela phepha lokunamathisela bekuyaba nzima ukunamathisela umfanekiso lo ubambane futhi. Uxolo “luyiphepha lokunamathisela” ebudlelwani, ikakhulu emtshadweni. Lubambanisa okwehlukeneyo ngaze kube lobuhlungu lobudlelwano obephukileyo.

Ubuhlungu buyabulala imitshado. Benza abantu bengasondelelani bengasakhuthazani.

Kulesi sifundo, sizakhangela indlela yokubuyisa umtshado owephulwe yibuhlungu.

Okwakuqala – woba kwazi ubuhlungu bakhona

INGXOXO YEQEMBU ELIKHULU

Iziqondiso zoqondiso: Balani **UGWALO LWEZIFUNDI** – Ukwazi izinhlungu – ndawonye. Nikeza isikhathi sokuzihlola ngemva kokubala lokuxoxa ngevesi eyodwa.

Bala UMathewu 5:23-24.

- Uma ukhangele ivesi le ubona angathi kuqakatheke kangani ukubuyisana?
- Itshoni livesi uma isithi 'ulutho olumelana lawe'?
- Kumele senzeni uma kulenhlungu emtshadweni wethu?

IBhayibhili likwenza kube sobala ukuthi kumele sibuyisane ebudlelaneni bethu. UNkulunkulu ubona angathi kuqakathe okokuthi kumele sitshiye inkonzo yendumiso ukuze siyobuyisana. Uma singaphangisa ukubuyisana ubuhlungu abukhuli ebudlelaneni bethu. Ngemva kwenyanga ezimbalwa, okwaqala kukuncane kungakhula kube luhlupho olukhulu.

Kule verse, sikhunjuzwa ukuthi uma singacaphula umuntu kumele siyoxolisa. Evesini elandelayo sibona ukuthi umuntu engasizondisa kumele kube yithi esimlandayo njalo.

UKUZIHLOLA

Sizathatha imzuzu embalwa ukuthi sicele uNkulunkulu ukuthi asitshengise uma sakhuba omunye wethu ngenye indlela (umkakho, kumbe uma ungathathwanga ungacabanga ngomngane kumbe isihlobo). Cabanga ngendawo lezi ezilandelayo:

- Kukhona na owehluleke ukukwenza kodwa omele ubukwenza?
- Kukhona na owakwenzayo (okwenzayo) ongamelanga ukwenze?
- Kukhona na owehluleke ukukwenza okwaziyo ukuthi indoda kumbe umfazi wakho ifuna ukwenze?
- Uke wakhuluma into ezizwisa ubuhlungu na?
- Wehlulekile ukutshengisa uthando lokukhuthaza na?

INGXOXO YEQEMBU ELIKHULU

Bala UMathewu 18:15.

Akumelanga sibone ukuthi sibone ukuthi sizwise omunye wethu ubuhlungu salimaza umtshado wethu kuphela, kodwa kumele sizimisele ukutshela omunye wethu lapho esikhubeke khona. Kwezinye isikhathi omunye wethu uyabe engajonganga ukusizwisa ubuhlungu kodwa asizwise ubuhlungu. Mhlawumbe engananzeleli ukuthi usizwise ubuhlungu. Uma ungamtshelanga, ubuhlungu bonobo bungalimaza umtshado wakho. Omunye wakho uyabe engakwazi ukuthi iphutha lingaphi ngakho kasoze enelise ukuthi alungise lapho okonakele khona.

UKUZIHLOLA

Thatha isikhathi ucabange ngendlela owazwiswa ngazo ubuhlungu. Kungaba yinto omunye wakho ayibonayo ukuthi iyakulimaza kumbe yinto angayiboniyo.

- Wake wazwiswa ubuhlungu ngomunye wakho na?

UKUSEBENZISA

Thandaza uzinikele ekuqaliseni ukuxoxa ngalezi zinto lomunye wakho kule iviki.

Akula omsulwa. Sonke sake sakhuba abanye, sonke sake sazwiswa ubuhlungu. Isifundo lesi siqhubeka sisifundisa ngokubuyisana ngemvwa kokukhubana. Kule iviki kumele sikhumbule izinto ozicabange kathesi ozazixoxa lomunye wakho – uxolisa njalo uxolela uma kumele wenze njalo.

Okwsibili – Xolisa uma ungakhuba abanye

INGXOXO YEQEMBU ELIKHULU

Kuyini okunye okusikhubayo okusehlulekisa ukuxolisa kumbe ukucela uxolo kwabanye?

- Ukuzigqaja

- Ukuyangiswa
- Ukudinga isikhathi
- Ukwesaba

Bala ULuka 15:11-22.

- Kuyini okwakhuba umfana omncane?
- Umfana omncane kwakumele enzeni ukuthi abuyise ubudlelwano bakhe loyise?
- Sifandani ngokuxolisa kule indatshana?

Iziqondiso zoqondiso: Loba amanyathelo la emdulini kumbe ulobe iphepha elikhulu ukuze kubalwe amanyathelo wonke. Cela abazinikeleyo ukuthi babale **UGWALO LWEZIFUNDI** – Amanyathelo okuxolisa – bechasisa inyathelo linyengalinye. Uma wonke umuntu esezwisisa wonke amanyathelo, phethangokubenzisa inkulumo mpendulwano yokuxolisa.

Kulamanyathelo ayisithupha awokuxolisa ukuze ubuyise ubudlelwano uma ngizwise omunye ubuhlungu:

1. Vuma kuNkulunkulu
2. Vuma kuye lowomuntu ungelazaba
3. Xolisa usitsho lokho okwenzileyo
4. Cela uxolo
5. Guqula izenzo zakho
6. Amukela umvuzo wezenzo zakho

Asixoxeni kabanzi ngamanyathelo okuxolisa:

Amanyathelo okuxolisa

1. **Vuma kuNkulunkulu** – Uma sizwisa omunye ethu ubuhlungu siyabe singalaleli uNkulunkulu. Kumele siyekuNkulunkulu sicele uxolo kulokho esiyabe sikonile. Ukwamukela ukuxolelwa nguNkulunkulu kuzasinika ukuzehlisa okokuthi siyovuma njalo sixolise komunye umuntu.
2. **Vuma kuye lowomuntu ungelazaba** – Uma sivuma sivame ukufuna ukuchasisa ukuthi kungani senze lokho esikwenzileyo. Kodwa lokhu kungakwenza kube nzima ukuthi omunye umuntu akuxolele.

Isibonelo 1:

Ukusola: Ngiyakwazi ukuthi ngikuphikise phambi kwabangane bakho izolo, kodwa bengingeke ngikwenze lokho ngabe awusiphuzisanga ngehola elilodwa.

Okulungileyo: Ngakuzwisa ubuhlungu ngokukusola phambi kwabangane bakho izolo; kwabayikungabi mnene kwami lokho.

Isibonelo 2:

Ukusola: Ngiyakwazi ukuthi bengingazithobanga phambikwakho izolo ebusuku, kodwa bekumele ukhumbule ukuthi unyoko ubengisola kakhulu njalo mina sengidiniwe ngemsebenzi yonke nje.

Okulungileyo: bekuyikungacabangi kwami, lokungazweli kwami okungeze ngangazithobi phambikwakho izolo ebusuku. Ngiyaxolisa ngokukuzwisa ubuhlungu.

Qathanisa izibonelo eziphezulu. Ungaxolela uphi?

3. **Xolisa**– Bona ukuthi uyatsho ukuthi kungani uxolisa utshangise ukuzisola kwakho. Khuluma amzwi ahambelana lokuthi, “Ngiyaxolisa kakhulu ngalokho engkwenzileyo” kumbe “Ngiyazisola ngendlela engikuphathe ngayo.”

4. **Cela uxolo** – Kumele sinanzelele ukuthi sidinga uxolo. Kungaba yikuthi omunye wethu kakazimiseli ukusixolela khonapho khonapho ngakho kumele sibekizele. Thandaz ukuthi uNkulunkulu ancediseomunye wakho ukuthi akuxolele. Akumelanga umbambe ngamandla ukuthi athi uyakuxolela.
5. **Guqula izenzo zakho** – Ukuvuma lokuxolisa akwanelanga uma ungazimisela ukuguqula izenzo zakho, ujonge ukube ulokhe usenza iphutha elifanayo. Inxenye yokubuyisa ubudlelwano yikubona ukuthi uzimisele ukuguqula izenzo zakho. Ngamandla akho onke kumele uzame ukungakwenzi futhi.
6. **Amukela umvuzo wezenzo zakho** – Umuntu lowo angathatha iskhathi ukuthi akuxolele. Kumele ubekezele ucele uNkulunkulu amncedise ukuthi akuxolele. Obunye ubuhlungu bungabulala ithemba ebudlelwaneni. Kumele unanzelele ukuthi umkakho uyabe engasakuthembi njengakuqala. Lo ngumvuzo wezenzo zakho. Ukuxolisa akwenzi yonke into ibe intsha. Kwezinye izkhathi kumele uphile lemvuzo yezenzo zakho. Kuthatha isikhathi ukuthi ubuhlungu obudalileyo buphele.

UMSEBENZI WOKWENA LOMNGANE

Cabanga ngesimo esivamileyo lapho okungadingakala ukuthi ucele uxole kumkakho kumbe esihlobeni sakho esiseduzee. Tshintshanani ukwenza inkulumo mpendulwano litshengisa indlela ebeliza xolisa ngayo.

Iziqondiso zoqondiso: Ungabiza labo abafuna ukwenza inkulumo mpendulwano yabo phambi kweqembu lonke.

Isiphetho

Abase-Efesu 4:31-32 ithi, “Konke ukubaba, lentukuthelo, lolaka kakususwe kini...Libe mnene omunye komunye, lithethelelane njengalokhu uNkulunkulu laye walithethelela kuKristu.”

Kulesi sifundo, sikhangele ingxenye ezimbili zokubuyisa ubudlelwano obephulwe yibuhlungu.

Inyathelo 1: woba kwazi konke, ubuhlungu obuzwisa abanye lobuhlungu obuzwayo. UNkulunkulu usinikile izopha lokuthi silungise konke.

Inyathelo 2: xolisa (buyelela amanyathelo ayisithupha masinyane)

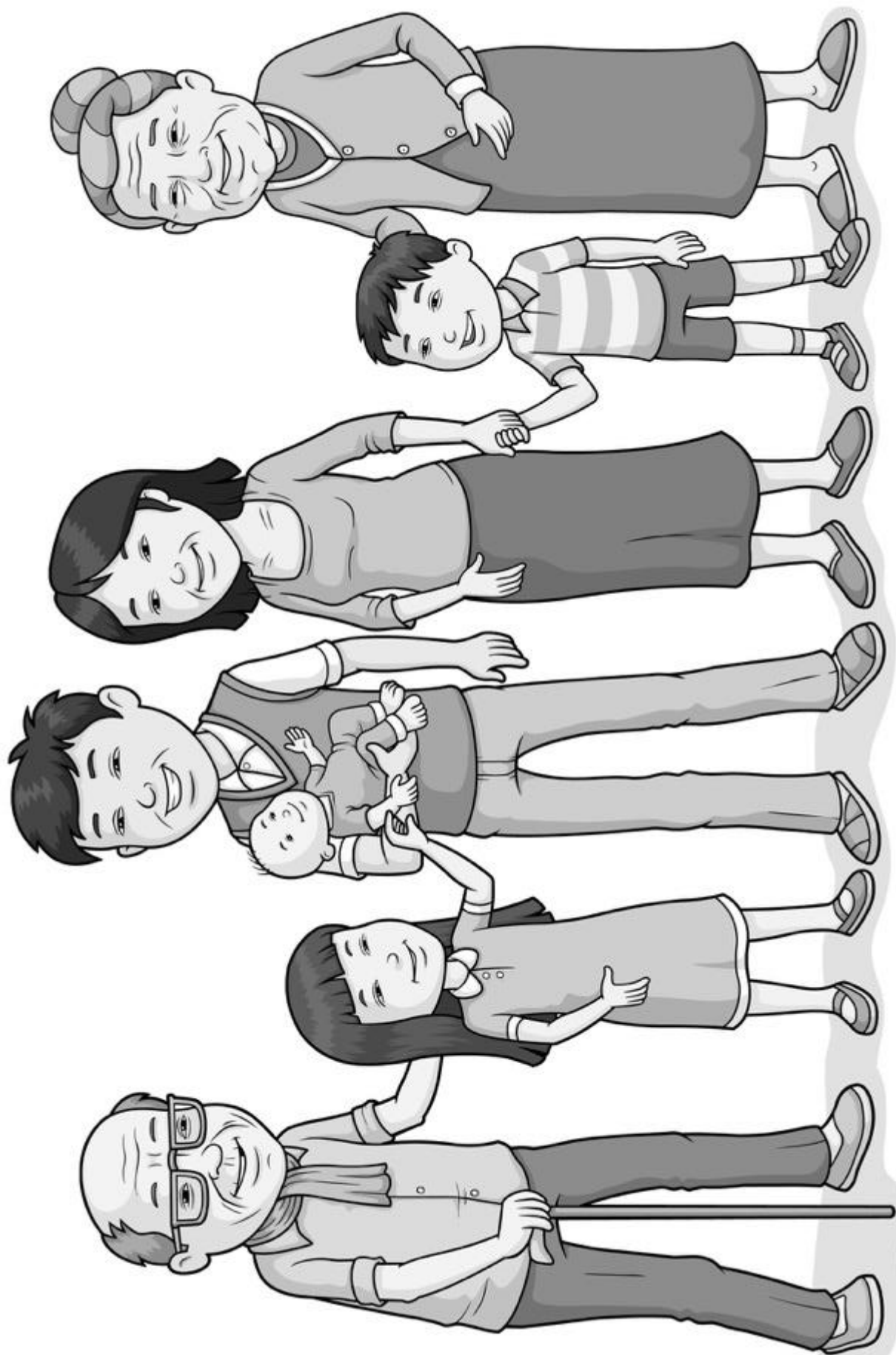
1. Vuma kuNkulunkulu
2. Vuma kuye lowomuntu ungelazaba
3. Xolisa usitsho lokho okwenzileyo
4. Cela uxolo
5. Guqula izenzo zakho
6. Amukela umvuzo wezenzo zakho

Okulandelayo, sizakangela amanyathelo oxolo lokuqalisa kutsha.

UKUSEBENZISA ISIFUNDO

Cela uNkulunkulu ukuthi akutshengise lokho omele ukuxolise emtshadweni wakho uma kukhona.

1. Dala uhlelo oluchaza ukuthi uzakhuluma nini lomkakho. Lapho ukhuluma lomkakho, xolisa ngokumzwa ubuhlungu. Zama ukulandela amanyathelo la. Uma ungathathwanga kumbe ungathathanga ungasebenzisa amanyathelo afanayo ukulungisa ubuhlungu kuloba yibuphi ubudlelwano, isibonelo, ubudlelwano labazali, abanawa, izihlobo kumbe abangane.
2. Khetha isikhathi esihle sokuthi abantu bakhulume. Dinga isikhathi esingasoze saphazanyiswa lapho abantu bonke bengadinwanga kakhulu.
3. Thandaza ucele uNkulunkulu akunike inhliziyo yokuzehlisa akunikeze njalo lamzwi okukhuluma. Khuleka ukuthi uNkulunkulu alungiselele umkakho ukuthi akuzwe, azimisele njalo ukukuxolela.
4. Zinikele eNkosini ukuthi ukwenze lokhu. Ukhona na ongakuthandazela njalo abone ukuthi ukwenzile lokhu?



Isifundo sesine: Uxolo

Imqondo emqoka

1. Sixolela abanye kuvela ekubongeni kwethu uNkulunkulu owasixolelayo.
2. Ukuxolela yisimo okumele singene kuso ukuze sihlanze ubuhlungu obubakhona ebudlelwaneni bethu.

Impahla yokusebenzisa

Ugwalo Lwezifundi:

- a. Amanyathelo okuxolela

Ukuhlola

INGXOXO YEQEMBU ELIKHULU

- Yiziphi izenzo zakuqala ezimbili esizifunde esifundweni esidluleyo ezokubuyisa ubudlelwano osobephukile?
 - *UKubakwazi inhlungu lamanyathelo okuxolisa uma ungazwisa abanye ubuhlungu.*
- Yiwaphi amanyathelo ayisithupha okuxolisa?
 1. Vuma kuNkulunkulu
 2. Vuma kuye lowomuntu ungelazaba
 3. Xolisa usitsho lokho okwenzileyo
 4. Cela uxolo
 5. Guqula izenzo zakho
 6. Amukela umvuzo wezenzo zakho

Xolela abantu abakuzwisa ubuhlungu

INGXOXO YEQEMBU ELIKHULU

Bala amavesi alandelayo ufinyeze lokho okutshiwo yiBhayibhili ngoxolo

- ULuka 23:34 – UJesu waxolela njalo wabona ukuthi abanye babengakwazi ukuthi benzani
- UMathewu 18:21-22 – UJesu watshela uPetro ukuthi kumele axolele kuze kube ngamatshumi ayisikhombisa aphindwe kasikhombisa (sonke isikhathi)
- KwabaseKolose 3:13 – Xolelanani njengalokho iNkosi yasixolela.

UNkulunkulu usixolele kokunengi. Usitshela ukuthi kumele sixolelane. Kwezinye izikhathi kunzima ukuxolela abanye uma besizwisa ubuhlungu.

- Kulokho osukubonile, yiphi eminye yemivuzo yokungaxolelani emtshadweni?
 - *Ukubaba – Ukwanda kobuhlungu*
 - *Ukungethembani*
 - *Ukungasuthiseki emtshadweni lokungethembeki kungabakhona*
 - *Ukungezwanani emulini – abantwana labo bezwa besesaba bengavikelekanga*

Ukuxolela kuqakatheke kakhulu ekukhuliseni umtshado oqinileyo. EBhayibhlini. Sitshelwa kanengi ukuthi ukuthi sixolele. Kodwa kumele sizwisise ukuthi khona ukuxolela kuyini kuqala.

Iziqondiso zoqondiso: Dweba imizila emibili emdulini, kwelinye icele ulobe ukuthi “Ukuxolela AKUSIKHO” kwelinye icele ulobe ukuthi “Ukuxolela YI-”. Loba imicijo uyichasisa.

Ukuxolela AKUSIKHO	Ukuxolela YI-
<ol style="list-style-type: none"> 1. Muzwa 2. Kuvuma ukwahlulela okungalunganga kumbe ukuhlukuluzwa 3. kubamba umuntu ngamandla ukuthi aqale aguquke singakamxoleli 4. Kukhohlwa 5. Kwenza angathi awulandaba 	<ol style="list-style-type: none"> 1. Yisinqumo esisithathayo 2. Yikumelana lobubi obenziwayo, kodwa ukhethe ukungabambi isikhwili 3. Yikukholwa ukuthi uNkulunkulu uzalungisa lowo muntu lokumxolela engakaguquki 4. Yikubeka umuntu okuthethayo esandleni sikaNkulunkulu uma sisizwa ubuhlungu, hatshi ukufuna ukuphindisela 5. kwamukela ukuthi ukufa kukaJesu kwaba yinhlawulo yezono zonke

Ukuxolela AKUSIKHO:

- **Muzwa.** Ukuxolela yisinqumo esisithathayo. Akumelanga silindele ukuzwa uxolo kodwa kumele sikhetho ukuthi umuntu othile siyamxolela. Asizibuzi ukuthi “Ngizwa ngifuna ukuxolela na?” kodwa siyakhetha ukuxolela sitshiyane lokufisa ukuphindisela.
- **Kubamba umuntu ngamandla ukuthi aqale aguquke singakamxoleli.** Angeke sibambe umuntu ngamadla ukuthi aguquke. Sixolela ngoba uKristu wasixolela njalo usitshela ukuthi sixolele abanye, hatshi ngalokho esikufuna komunye umuntu.
- **Kuvuma ukwahlulelwa okungalunganga.** Uma singaxolela umuntu, akumelanga sikhohlwe ukuthi lokho akwenzileyo kulungile. Singananzelela ukuthi akwenzileyo akungalunganga kodwa simxolele loba kunjalo. Ngokuxolela umuntu asimvumeli ukuthi aqhubekele phambili esizwisa ubuhlungu. Ukuxolela AKUTSHO ukuthi samukele ukuzwiswa ubuhlungu kumbe ukuhlukuluzwa.
- **Kukhohlwa.** Kwesinye isikhathi singaxolela akutsho ukuthi siyahle sikhohlwe ubuhlungu esibuzwisiweyo. Kumele siqhubeke sixolela umuntu lapho siqala ukuzwa sithukuthela.
- **Kwenza angathi awulandaba.** Uma sixolela umuntu, asitsho ukuthi akwenzayo kwakulungile kumbe akusithintanga. Sitsho ukuthi loba wakwenza lokho akwenzayo wasizwisa ubuhlungu siyamxolela kunjalo. Sisethemba ukuthi uNkulunkulu uzamlungisa lowo muntu.

Ukuxolela yi- :

- **Sinqumo esisithathayo.** Njengokulandela ukuxolelwa kwethu nguNkulunkulu lokumlalela kwethu.
- **Kumelana lobubi obenziwayo.** Kumele sinanzelele ukuthi omunye umuntu usenzele okubi wasizwisa ubuhlungu, kodwa sikhetho ukungabambi isikhwili.
- **Kukholwa ukuthi uNkulunkulu uzalungisa abantu.** Siyavumela uNkulunkulu alethe ukukholwa lokuxolela umuntu engakaguquki.
- **Kumbeka esandleni sikaNkulunkulu.** Sisaxolela, sinikela ilungelo lethu lokuphindisela kumbe elokufuna inguquko. Sivumela uNkulunkulu ukuthi aqondise kumbe aguqule umuntu lo ngokuthanda kwakhe.
- **Kwamukela ukuthi ukufa kukaJesu kwaba yinhlawulo yezono zonke.** Ngemva kokuxolela umuntu akumelanga sihlale simkhumbuzwa ngalokho akwenzayo ukuze simsebenzise.

Ukuxolela kungaba nzima ikakhulu uma umuntu lowo esizwisa ubuhlungu obukhulu. IBhayibhili liyasikumbuzwa ukuthi sixolela kuvela ekubongeni kwethu kulokho uNkulunkulu asenzela khona, hatshi ngoba umuntu kumele axolelwe. Uma sixolela umuntu asitsho ukuthi lokho akwenzileyo bekulungile , kodwa sithi sizimisele ukwenza uNkulunkulu abe ngumahluleli akhethe indlela afuna ukuphendula ngayo izenzo zalowo muntu.

UKUZIHLOLA

- Yiwuphi umqondo omutsha owufundileyo ngoxolo?
- Lokhu okufundileyo ungakusebenzisa njani emtshadweni wakho kule iviki?

Amanyathelo okuxolela

INGXOXO YEQEMBU ELIKHULU

Izinqondiso zoqondisayo: Bala indatshana elandelayo:

UAdamu loEva basebediniwe ngemva kokusebena esivandeni. Lokhe badla isithelo sesihlahla uNkulunkulu abalisayo ukuthi basidle, sebetshona bexabana. Kudala babengaxatshaniswa yikwehlukana kwabo kodwa amaviki amabili la adlulileyo bebengavumelani kukho konke. U-Adamu wayefuna ukuphumula ntambama kodwa u-Eva wayefuna ukuyahambahamba esivandeni. U-Adamu wayefuna ukudla isithelo, kodwa u-Eva wayefuna ukudla okuphekiweyo okuvela engandini. U-Eva wayesefuna ukuba labantwana kodwa U-Adamu wayebona kulungile ukuthi bahlale bobabili. U-Adamu wayethanda ukulala phandle ekhangele inkanyezi, kodwa u-Eva wayethanda ukulala eqamele amahlamvu abuthakathaka obhalwini. U-Adamu lo-Eva bonke basebethwele nzima baxabana bacina betshelana amagama alukhuni, u-Eva wakhala u-Adamu wasuka wahamba.

U-Adamu esahamba wananzelela ukuthi wayezwise u-Eva ubuhlungu ngamazwi akhe langokuhamba kwakhe emtshiya ekhala. Wazisola kodwa wayezondele ukuthi u-Eva wayengamlaleli kumbe khona ukuthi azame ukuzwisa lokho yena ayekufuna njalo ekuthanda. Wacabanga, “nguye owaye mfuqile ngokungalaleli kwakhe, ngakho kathesi wayesezwisa ukuthi uzwa njani”. U-Adamu wezwa uNkulunkulu emthonisa ngesenzo sakhe esibi njalo wakwazi ukuthi wayewonile. Wema wahlala phansi waqala ukukhuleka,

Nkulunkulu, ngiyakwazi ukuthi angizange ngabamnene, ngatshengisa uthando ku-Eva. Ngiyavuma ukuthi begifuna ukumzisa ubuhlungu ngizwe ngahlulelwe yizenzo zami. Bengingaqondanga lezenzo zami bezizibi. Nkulunkulu ngicela ungixolele ungisize ngixolele u-Eva. Ngiyakholwa ukuthi uzasebenza enhlizweni ka-Eva njalo angisoze ngiphindisele kulokho akwenzileyo okungizwise ubuhlungu. Nkulunkulu, ungangisiza uthulise ubuhlungu engibuzwayo? Angisomahluleli wakhe. Lo ngumsebenzi wakho, Nkulunkulu. Ngisize ngingababi, ngisize ngimxolele utilise ubuhlungu esibuzwayo sonke. Nkulunkulu, ngisize ngibe yindoda ofuna ngibe yiyo ukuze sibe lomtshado omuhle. Ngiyabonga Baba ngokungixolela lokungancedisa ukuthi ngixolele u-Eva lokuthi ngimthande ngendlela eqondileyo kwelizayo.”

U-Adamu wabuyela wayokhuluma lo-Eva...

Indatshana le isifundisa ukuthi ngenxa yesono esisemhlabeni, sizakuba lobunzima obuthile njalo sizazwisa abantu esibathandayo ubuhlungu. U-Adamu usitshengise amanyathelo oxolo okumele siwalendele uma omunye engasizwisa ubuhlungu.

- U-Adamu wenzani ukuze enlise ukuxolela u-Eva ngobuhlungu ayebuzwa?

Amanyathelo oxolo

*Izinqondiso zoqondisayo: Sebenzisa **UGWALO LWEZIFUNDI**—Amanyathelo oxolo – ukuthi uxoxe ngamanyathelo oxolo. Ngemva kokukhangela lawamayathelo, qamba ukuthi kungaphi lapho u-Adamu alandela kumbe lapho angalandelanga khona amanyathelo lawa. Basize ubachasisele lapho abangazwisi khona.*

Uma ubuhlungu owabuzayo babungekho bukhulu kangako, kungaba lula ukulandela amanyathelo lawa. Uma wazwela ubuhlungu obukhulu, kungathatha isikhathi eside ukuthi ulandele amanyathelo lawa.

1. Vuma ukuthi owakwenzelwayo kwakungalunganga
2. Vuma uma uzondile njalo ulesifiso sokuzwisa isitha sakho ubuhlungu
3. Cela uNkulunkulu ukuthi akusize uxolele umuntu lowo
4. Khetha ukungaphindiseli

5. Tshiyana lesifiso sokufuna ukuzwisa omunye ubuhlungu
6. Nikeza uNkulunkulu umsebenzi wokuba ngumahluleli
7. Cela uNkulunkulu akhiphe ukubaba lokuzwela ubuhlungu
8. Cela uNkulunkulu asilise ubuhlungu bakho lemivuzo yonke yokuhlukuluzwa empilweni yonke

LOMNGANE WAKHO (Hatshi umkakho)

- Yiwaphi amanyathelo oxolo anzima kakhulu kuwe?
- Kuyini okungakunceda ukuthi wenze la manyathelo abe lula?
- Kuyini umkakho akonela khona omele umxolelele khona?

Uma kungela okucabangayo umkakho akwenzela khona, cabanga ngomunye umuntu nje owakonelayo. Uma kulokhe kungela okucabangayo, khulekela abanye abasadinga ababonelayo.

HLOLA

Iziqondiso zoqondiso: Bala amanyathelo ngezwi eliphezulu izifundi zisavale amehlo. Mana kancane ngemva kokubala inyathelo elilodwa ukuze izifundi zibe lesikhathi sokucabanga ngalo lelo nyathelo. Uma usuqedile ukubala amanyathelo onke ayisitshiya ngalombili, likhulekele iqembu lakho ucela uNkulunkulu ukuthi akhiphe ubuhlungu obubangelwa yikonelwa yilabo asebebaxolele.

Vala amehlo akho ulalele njalo ucabange ngomkakho kusabalwa inyathelo linye ngalinye.

Qalisani kutsha lindawonye

INGXOXO YEQEMBU ELIKHULU

Bala ivesi eyodwa uqambe umqondo omqoka kuvesi yinye ngayinye:

- I AbaseKorinte 13:4-5 – Uthando kalula migoqo njalo kalunakani okubi
- UJakobe 5:16 – Sivume izon zethu, sikhulekelane njalo sinikane umusa
- AbaseFiliphi 3:13 – Kohlwa okwadlulayo ukhangele okuzayo

Umasesiqedile ukudinga lapho esazwisa ubuhlungu khona, ukuxolisa lokuxolela, kumele sibe sezimisele ukuqalisa kutsha. Kunzima ukukwenza lokhu, kodwa kumele sikhuthazane njalo sikhulekelane. Kulokuthi sibe sicabange ngalokho okwenzeke emuva kumele sijonge kwelizayo.

- Uvame ukuhlanza iguma lakho kangaki?

Njengokuhlanza endlini, kumele sihlanze ubuhlungu emitshadweni lasebudlelwaneni bethu. Uma singahlala isikhathi singahlanzi ubuhlungu busuka bube yingcekeza buphazamise ubudlelwano bethu! Qinisa umtshado wakho ngokuhlala ukwenza lokhu.

Isiphetho

Iziqondiso zoqondiso: Buyelela ukuchazwa koxolo lamanyathelo oxolo. Buyelela amanyathelo amane awokubuyisa ubudlelwano obephukileyo. Nikeza abantu ithuba lokuba babuze imbuzo.

Ezifundweni ezibili ezedluleyo, sixoxe ngendlela ezine eokubuyisa ubudlelwano obephukileyo, usazikhumbula na?

- 1 – Ukuba kwazi inhlungu
- 2 – Xolisa ungazwisa abanye ubuhlungu
- 3 – Xolela labo abakuzwisa ubuhlungu
- 4 – Qalisani kutsha lindawonye

Ngemva kokwenza lokhu kumele sikhangele phambili singaxili kokwadolulayo. Kumele sibone ukuthi siyabuyelela amanyathelo lawa uma singazwisana ubuhlungu. Kumele sithembele KuNkulunkulu ukuthi asisize sisakwenza lokhu.

UMTHANDAZO WEQEMBU ELINCANE KUMBE OWABANTU (Lokhu ungalweza lomkakho)

Emaqenjini nu kumbe lomkakho, thandazelanani. Cela uNkulunkulu ukuthi akusize uxolele abnaye njangalokhu yena wakuxolela. Celani uNkulunkulu ukuthi asilise ubudlelwano benu ngokuxolelana.

Isifundo sesihlanu: Ukuqinisa Umtshado Wakho

Imiqondo emqoka

1. Ukutshengisa uthando kubomkethu lapho befuna ukubakwazi indlela esibathanda ngayo.
2. Abantu abathetheneyo bengakuleka ndawonye, bafaka uNkulunkulu abephakathi komtshado wabo.
3. Kumele siqakathekise abomkethu phambi kwabanye bonke ngoba ngomtshado abantu ababili babamunye.

Impahla yokusebenzisa

Ugwalo Lwezifundi:

- a. Indimi zothando ezinhlanu

Isingeniso

INGXOXO YEQEMBU ELIKHULU

Umuntu ogijimayo wenzani uma efuna ukuhlala eqinileyo lokhuthi ahlale esenelisa? (*Isb. Uhlala esenza, ethwala insimbi, usebenza nzima*)

Lokhu kuyasebenza lasmitshadweni yethu. Umtshado yisipho sihle kakhulu esivela kuNkulunkulu, njalo uma amadoda labafazi bengabambana emtshadweni bayenza izinto ezinkulu besebenzela njalo bedumisa uNkulunkulu. Kodwa ukuthi lokhu kwenzakale imtshado yethu kumele iqine njalo iphile. Ukwenza umtshadouqine lokuwugcina uqinile okwempilo yethu yonke ngumsebenzi onzima. Kulesi sifundo, sizakhanga indlela ezehlukeneyo ezokuqinisa umtshado wakho.

Indlela ezintathu zokuqinisa umtshado wakho

1. Tshengisa uthando lwakho
2. Khulekani ndawonye
3. Faka umkakho phambi kwabanye bonke

Iziqondiso zoqondisayo: Loba indlela ezintathu zokuqinisa umtshado wakho emdulini kumbe ephepheni elikhulu.

Tshengisa uthanda lwakho

INGXOXO YEQEMBU ELIKHULU

Wonke umuntu ufuna ukuzwa ethandiwe. Ungafunda ukutshengisa uthando lwakho kumkakho, kuzaqinisa umtshado wakho.

Iziqondiso zoqondisayo: Xoxa indatshana elandelayo

UCaleb loTamar sehlezi emtshadweni okweminyaka eyisikhombisa. Bengakatshadi, babecitha isikhathi sabo bonke. UCaleb wayetshona etshela uTamar ukuthi muhle okunganani, uTamar laye wayetshona exoxela abangane bakhe ngomusa lobuhle bukaCaleb. Bathi sebetshadile, uTamar wayefuna umkakhe atshone ethokoza ngakho wayetshona egcina indlu ihlanzekile etshona epheka ukudla okwaneleyo sunku zonke. UCaleb laye wayefuna ukuba yindoda enhle, ngakho wayesebenza isikhathi eside ukuze uTamar athole konke akudingayo. Ngemva kweminyaka ethile bazala abantwana bonke bahlala bephathekile. UCaleb wayethi engafika evela emsebenzini uyabe ediniwe efuna ukuphumulakwezinye izikhathi wayesiya enkonzweni kumbe ayoncedisa abazali bakhe. UTamar wayesehumbula isikhathi ababesiba bonke bengakatshadi. Loba wayelabantwana abane wayezizwa

eyedwa. Bonke, uTamar locale babengathokozi emtshadweni wabo, kodwa babebona angathi kwakunjalo uthando lwabo lwalungasafani lalolo ababelalo kuqala.

Ngenye isonto, umfundisi wayekhuluma ngomtshado ebandleni. Wakhuluma ngokuqakatheka ngokutshengisa ukubonga lothando komunye wakho. Wathi kulendlela ezinhlanu amadoda labafazi abangakwenza ngakho – ukusebenzelana, ukutsho izinto ezinhle omunye komunye, ukuthengelana izipho, ukubambana, lokuchitha isikhathi lindawonye kungela okuliphazamisayo. Wabanika izopha lokuthi bazame ukukwenza lokhu okwenyanga eyodwa elandelayo babone ukuthi kwakuzenzakalani.

UCaleb loTamar bavumelana ukuthi babefuna ukwenza lokho umfundisi ayebafundise khona. Baqala ukuzama indlela zokwenza ezintsha. Ngelinye ilanga uCaleb walethela uTamar amaluba athengisiwa emkambo. UTamar wabonga uCaleb ngokusebenza nzima enakekela imuli yakhe. UCaleb waqala ukuncedisa uTamar kweminye imisebenzi ngaleyo intambama. UTamar waqala ukubingelela uCaleb ngokumgona lokumanga nsukuzonke uma evela emsebenzini. Ngemva kwenyanga bezama indlela ezintsha zokutshengisa uthando lokubonga kwabo, uCaleb loTamar basebethokoza impela emtshadweni wabo. Uthando lwabo lwasoluvuselelekele njalo, solungathi ngolwalaba abasanda kutshada.

- Bafundani ebandleni ngendlela ezinhlanu zokutshengisa uthando?
- Yiziphi ezinye indlela uCaleb loTamar abatshengisana ngazo uthando?

INGXOXO YEQEMBU ELINCANE

Imfihlo yokugcina uthando lwakho luphila emtshadweni wakho, yikufunda ukutshengisa uthando lwakho ngendlela ezenza omunye wakho azwe ethandiwe. Egwalweni Gary Chapman oluthiwa ‘The Five Love Languages’, uchasisa indlela ezinhlanu abantu abavame ukuzwa ngazo ukuthi bathandiwe.

Iziqondiso zoqondisayo: Bala **UGWALO LWEZIFUNDI** – Indimi zothando ezinhlanu - ukuze uzwisise indimi zothando ezinhlanu, ucabange ngendlela ezimbili kusiya kwezine ongenza ngazo lokhu emtshadweni wakho.

Indimi ezinhlanu ezehlukeneyo

Abantu bayehlukana njalo balendlela ezehlukeneyo abamukela ngazo uthando. Uma ungatshengisa uthando ngendlela ehlukeneyo kulaleyo omunye wakho azwa ngayo ukuthi uthandiwe, kuyafana lokuthi ukhuluma ulimi olwehlukeneyo kuye, sengezwa engathandwa. Ungabe ukhuluma, kodwa yena engezwa. Uma ufuna ukukhuluma lomkakho, kumele ukhulume ngolimi lwakhe aluzwayo. Kuyafa lothando, kumele sifunde ulimi lothando lomunye ukuze simtshengise uthando ngendlela aluzwisisa ngayo.

Kulendimi zothando ezinhlanu ezehlukeneyo. Bala ulimi olulodwa ucabange ngendlela ezimbili kusiya kwezine ongakwenza ngako lokhu emtshadweni wakho.

1. **Ukusebenzelana** – Abanye abantu bazwa bethandiwe uma singabenzela imsebenzi. Lokhu kungaba yizinto ezilula ezinjengokuthintitha endlini, ukugezisa imiganu, ukuhlakula.
2. **Amazwi okuvuma** – Abanye abantu bazwa bethandiwe ungakhuluma okuhle kibo. Kungaba yikumbuka usithi, “upheka kuhle” kumbe “ulenwele ezinhle” kumbe “ungumama omuhle okwamagama.” Lawa mazwi engaba ngamazwi okubonga kumbe awobuka “Ngiyabonga ngokungiphekela ukudla kwantambama.” “Ngiyabonga ngokusebenza kwakho nzima ukuze unakekele imulu.”
3. **Izipho** – Abanye abantu bazwa bethandiwe uma sibanikeza izipho. Izipho akumelanga kube yisipho esibiza imali enengi. Kungaba yizinto ezinjenge luba olidobhe usiza endlini kumbe inkondlo oyilobileyo.

4. **Ukubambana** – Abanye abantu bazwa bethandiwe ungababamba enyameni. Lokhu kugqela konke ukubambana izandla, ukugonana kumbe ukudlalisa inwele zomunye.
5. **Ukuchitha isikhathi lilonke kungela okuliphazamisayo** – Abanye bazwa bethandiwe uma ungabanikeza isikhathi esiqakathekileyo. Lokhu akutsho ukuthi libe sekamelweni elilodwa omunye esenza okwakhe. Kutsho ukuthi sinikana isikhathi sobabili singakhangelanga okunye. Emzini ethu ephathekileyo kungatsho ukuthi siyaphuma siyohambahamba sixoxe ngamalanga ethu.

Ungathola ukuthi omunye wakho uzwa ethandiwe kolunye ulimi lothando kulezinye indimi zothando. Omunye lomunye ulolimi aluthandayo. Zama ukudingisisa ukuthi yiphi indlela yothando ezwakalayo komunye wakho wenze ngayo kakhulu.

Nikeza impumela

Iziqondiso zoqondisayo: *Cela iqembu linye ngalinye labe imqondo ebambekayo eyendlela zokutshengisa uthando kundimi zothando ezinhlanu.*

Uma sifuna umtshado ogcwele intokozo, sifuna ukubona ukuthi omunye wethu uzwa ethandiwe. Loba omunye wethu engazami lutho, singaqala ukumtshengisa uthando ngendlela ayithandayo, uyabonga. Laye uyaqala ukusithanda lokuxola. Uma esizwa engathandwa kuyaba nzima ukuphila laye njalo siyabe siphangisa ukumcaphula.

UKUZIHLOLA UWEDWA kumbe ULOMUNYE WAKHO

Uma sifuna ukutshengisa uthando komunye wethu ngendlela ayithandayo, kumele sibekwazi ukuthi yiphi indlela yokutshengisa uthando ayizwisisayo ube usenza kakhulu ngaleyo ndlela.

- Cabanga ngomunye wakho, ukhanya ethandani?
- Yiziphi ezinye indlela ezintsha ongenza ngazo ukuze umtshengise uthando ngendlela eyiyo?
- Cabanga ngani. Yiziphi indlela zothando ezilenzile lizwe lithandiwe? Yikuyini okwenziwa ngomunye wakho okukwenza uzwe uthandiwe kakhulu?

Uma kunzima ukuba kwazi ukuthi omunye wakho uthandani, ukuzama indlela ezehlukeneyo. Okwenyanga eyodwa khetha ulimi lothando olulodwa utshengise uthando lwakho ngaleyo ndlela. Kumenza ezwe ethandiwe na? Uma kungela nguquko zama ezinye indimi zothando. Zama ngenyanga ngenyanga uze uthole ulimi oluthandwa ngomunye wakho. Uma lokhu okokuzama indimi ezehlukeneyo kungehlula, buza.

Khulekani Ndawonye

INGXOXO YEQEMBU ELIKHULU

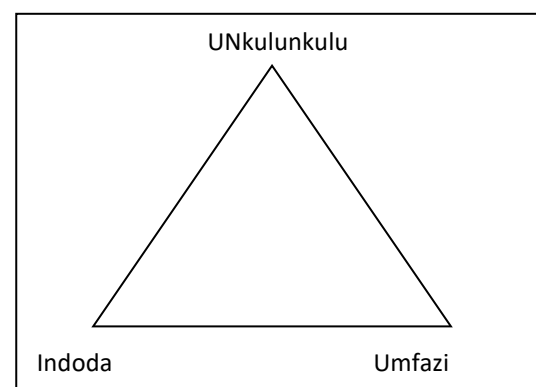
Bala Umtshumayeli 4:12. “Intambo elemicu emithathu kayiqanyulwa masinyane.”

Olunye ulwazi oluqakathekileyo ekwakheni umtshado oqinileyo yikuthandaza ndawonye. Uma sithandaza ndawonye, sifaka uNkulunkulu phakathi komtshado wethu. UNkulunkulu wayengajonganga ukuthi indoda yethu kume umfazi wethu asinike konke esikufunayo. Uma sesikhangelele indoda kumbe umfazi wethu ukuthi asizwisise kukho konke njalo asinikeze konke esikufunayo, senza iphutha njalo sizwisana ubuhlungu. Sadalelwa ukuba sibe lobudlelwano loNkulunkulu – nguye ongasenzela konke esikufunayo.

Iziqondiso zoqondisayo: *Dweba lumfanekiso emdulini kumbe ephepheni elikhulu.*

Umtshado kumele ufane lomfanekiso lo:

- Indoda ibambene loNkulunkulu



- Umfazi ubambene loNkulunkulu
- Indodalomfazi babambene

Enye indlela eqakathekileyo eyokuthi uNkulunkulu abe phakathi komtshado, yikuthatha isikhathi likhulume laye lindawonye lalapho lisendaweni ezehlukeneyo.

Ukukhuleka ndawonye kuzanceda indonda lomfazi ukuthi baqinise umtshado wabo. Kuzenza ukuthi Umtshado lo olokuthokoza uhlala isikhathi eside. Sisakhuleka singacela intando kaNkulunkulu ukuthi yenzeke uma sihlalanga lenhlupho lalapho sithatha izinqumo. Ukukhuleka kuyasanceda njalo ekufakeni ithemba lethu lonke lasekukhangeleni kuNkulunkulu.

Nansi ezinye izixwayiso ezibambekayo ezokukhuleka ndawonye:

- Khethani isikhathi esisodwa lapho elikhuleka lonke. Isibonelo, lingakhuleka lisanda kuvuka ekuseni, lisiya lala kumbe uma abantwana sebehamba esikolweni.
- Likhuleke nsuku zonke. Kungcono ukukhuleka Okwemizuzu emihlanu nsukuzonke kulokukhuleka okwenxenywe eyodwa kwezimbili eyehola kanye ngenyanga.
- Qalani libonge uNkulunkulu ngokulihlanganisa, ngomtshado wenu, lemuli yenu njalonjalo.
- Sebenzisani isikhathi lesi ukuthi likhulekele izidingo zenu, hatshi izidingo zomhlaba wonke.
- Lalelanani lisakhuleka.
- Bona ukuthi umthandazo wakho uyakuNkulunkulu, ungasebenzisi umthandazo ekuzameni ukuguqula omunye wakho.

Faka Omunye Wakho Phambi Kwabanye Bonke

INGXOXO YEQEMBU ELIKHULU

Iziqondiso zoqondiso: Bala kumbe xoxa lindatshana

UCaleb loTamar babefunda ukutshengisana uthando ngendlela ezingcono. Kodwa ngelinye ilanga baxabana uCaleb wasesuka endlini wahamba labangane bakhe. UTamar wazonda kakhulu. Lingxabano yaqala lapho uCaleb esithi uyaphuma okwamalanga amane usayovakatshela izihlobo zakhe. Wachasisa ukuthi umntwana olenyanga ezine ezelwe wayegula esehluleka ukulala. Wayetshela uCaleb ukuthi wayedinga usizo lwakhe endlini ekukhangeleni abanye abantwana lokulima emasimini. Kodwa uCaleb wathi omunye wezihlobo zakhe wayengezwa kuhle ngakho kwakumele ayoncedisa.

UCaleb waphuza ukufika endlini ngalobo busuku. Wasesithi wayexoxele abangane bakhe ngesimo ababekuso, bamtshela ukuthi kwakuqondile ukuthi ayovakatshela izihlobo zakhe. Bavumelana ukuthi uzakuya vakatshela izihlobo zakhe. Ngakho wayezasuka ekuseni ngelanga elilandelayo. UTamar esahlezi emunyisa umntwana, kwakumele avume ukuthi wayecabanga ukuthi wayebuka ukuthi umkakhe ulendaba kakhulu ngezihlobo zakhe. Wezwa esiba lomona kancane – kungani wayengaboni ukuthi laye wayedinga ukuthi abelendaba laye ngaleyo ndlela? Ngubani owayezamncedisa?

- Kuyini okwenzakalayo kule indatshana?
- Lokhu kuyenzakala na kulesi sigaba?
- Kwakuyini uhlupho?
- Ngubani owayengaqondanga? Kungani?
- Kuyini uCaleb ayengakwenza ukuthi afake umfazi wakhe kuqala?

Indoda lomfazi uma bengakathathani bonke balemuli zabo. Kodwa abantu bengathathana baqala imuli entsha.

KuMarko 10:6-9 UJesu ubuyelela ivesi ekuGenesise, eyokuthi indoda kumele itshiye uyise lonina, laba bobabili baba yinyamanye njalo uthi “ Ngakho lokho uNkulunkulu akuhlanganisileyo, kakungabi lamuntu

okwehlukanisayo.” Lokhu kusifundisa ngokuqakatheka kwalokho okuhlanganiswe ngumtshado. Indoda iyaguqula indlela eqakathekisa ngayo izinto emulini yayo endala kusiya mulini yayo entsha. Kumele inakekele umfazi wayo labantwana bayo kuqala.

Lokhu akutsho ukuthi kumele sekele ukuhlonipha abazali bethu kumbe ukunakekela izihlobo zethu.

Bala 1 UTimothi 5:8

Ngoba emtshadweni abantu ababili babanyamanye, kumele sifake omunye wethu phambili kulabanye bonke, kodwa akumelanga silahle izihlobo zethu zonke ezendodeni lezasemfazini. Ubudlelwano bomfazi lendoda yiwo umsebenzi oqakathekileyo kakhulu esiwunikwe nguNkulunkulu. Ngakho lokhu kutsho ukuthi kumele sifunde ukuqakathekisa omunye wethu kuqala, kodwa singalahli izihlobo zendoda lezomfazi.

- Endatshaneni, yiziphi ezinye indlela uCaleb afaka ngazo abanye phambi komfazi wakhe?
 - *Wavakatshela abangane bakhe kulokuthi ahlale lomkakhe*
 - *Wavumela abangane bakhe bamkhethele ukuthi ahambe kumbe angahambi kulokuthi akhethe ekhangele izicelo zomfazi wakhe*
 - *Waphuma labangane bakhe kulokuthi ahlale endlini ancedise umfazi wakhe ukubamba umntwana*
- Ngeziphi ezinye izibonelo ezendlela esiqakathekisa ngazo abanye abantu kulomunye wethu?
- UCaleb wayezakwenza njani ukuthi aqakathekise umfazi wakhe ngapha atshengise izihlobo zakhe ukuthi ulendaba lazo?

Kulendawo ezinengi lapho okumele sifake omunye wethu phambili empilweni zethu. Namhla sizakhangela indawo ezimbili kuphela.

1. **Isikhathi** – Lokhu akutsho ukuthi kumele sitshona sichitha isikhathi silaye, kodwa uma edinga usizo lwethu kumele siqale ngaye singakasizi abanye.
2. **Ukukhetha** – Uma sesitshandile, sikhetha okokwenza silomunye wethu kumbe sikhangele lokho okutshiwo ngomunye wethu. Izinqumo ezipathelana lendoda lomfazi akumelanga zikhethwe ngabanye. Umfazi kumele abelesandla ekukhetheni ukwedlula abany abantu njalo indoda kumel ihloniphe konke lokho okukhethwa ngumfazi wayo. Le yindlela ebambekayo eyoku, “zehlisela phansi omunye komunye ekumesabeni uNkulunkulu,” njengoba kulotshiwe kwabase-Efesu 5:21. Ukhetho oluhle lwenziwa ngemva kokukhulumelana kuhle, ukuzihlola ngonanzelelo, kokuthandaza kwendoda lomfazi bendawonye.

Iziqondiso zoqondisayo: Ncedisa iqembu ukuthi linanzele ukuqakatheka kokususa ukwazakala kwabo lemisebenzi yabo kuvela emulini zabazali babo kusiya komunye wabo lamsemulini yabo entsha. Basize ubatshengise ukuqakatheka kokuqala imuli entsha lokuqakathekisana emulini. Ngakho ndawonye laba bantu abathetheneyo bazahlonipha imuli zonke zombili. Gcizelela ukuthi akumelanga silahle imuli zethu, kodwa kumele sifunde ukuqakathekisa omunye wethu. Kungaba lesidng sokuxoxa kabanzi ngalolu daba udinge indlela zokuqakathesa abanye bethu singalahlanga imuli zethu.

- Ukuzwisisa lokhu kungaguqula njani indlela indoda lomfazi ababekana ngayo phambili bengakaqakathekisi abanye abantu?
 - *Bayadala imuli entsha abazayiqakathekisa bahloniphe kuqala.*
 - *Bazanakekela njalo balalele izixwayiso ezivela emulini zombili.*

UKUZIHLOLA

Tatha isikhathi ucabange ngesibonelo empilweni yakho, kuzozonke indawo ongenza umsebenzi omuhle ngokufaka omunye wakho phambili ungakafaki abanye abantu. Kusibonelo sinye ngasinye, cela uNkulunkulu

kuqala lomunye wakho ukuthi bakuxolele. Cela uNkulunkulu ukuthi ukuthi akusize ukuguquke njalo ukhumbule ukuthi umsebenzi akunika wona owakuqala ngomunye wakho.

- Isikhathi – Kulezikhathi lapho owenza abangane bakho kumbe abanye abantu baqakatheka ukwedlula omunye wakho?
- Ukukhetha – Kukhona na owakhetha ukukwenza ungacabanganga ngemicabango kumbe ngemizwa yomunye wakho?

Isiphetho

INGXOXO YEQEMBU ELIKHULU

Namhla sikhangele indlela ezintathu esingaqinisa ngazo imitshado yethu:

1. Tshengisa uthando lwakho
2. Khulekani ndawonye
3. Faka omunye wakho phambi kwabanye bonke

Zama ukwenza lezizinto ngendlela efaneleyo ukuze umtshado wakho ukhule uqinile.

Isifundo sesithupha: Abesifazana baqakathekile

Imqondo emqoka

1. Abesilisa labesifazana baqakatheke ngendlela efanayo ngoba bonke badalwa ngomfanekiso kaNkulunkulu njalo basindiswa kuKristu.
2. Kumele siqakathekise siphathe abesifazana ngendlela uJesu ayesenza ngayo, ngaze kwehlukene kakhulu lamasiko ethu.

Impahla yokusebenzisa

Ugwalo Lwezifundi:

- a. Abesifazana lamankazana
- b. Amasiko lendlela zikaJesu
- c. Isigaba sethu

Amaphepha aluhlaza lalithanga

Amanzi lokudla okuzabelwana lapho kusenziwa umsebenzi weqembu elikhulu

Isingeniso

UMSEBENZI WOKWENZA OWEQEMBU ELIKHULU

Iziqondiso zoqondiso: Nikeza abantu amaphepha aluhlaza lalithanga. Bona ukuthi amanye amadoda azathola aluhlaza amanye ethole alithanga, wenze okufanayo lasebafazini. Nikeza **INSIZA EBONWA** **NGAMEHLO** le komunye oseqembini lalabo abathole amaphepha aluhlaza. – Izixwayiso zeqembu eliluhlaza:

“Hambani ngemuva kwekamelo lime libukele, lilalele ngonanzelelo kulesi sifundo, kodwa lingakhulumi. Isifundo lesi singakaqalisi nikezani abafundi bakwelinye iqembu amanzi lokudla kumbe leziwiji. Ungathathi amanye amanzi kumbe ukudla umsebenzi lo ungakapheli.”

Namhlanje sizenza izinto ngendlela ehlukeneyo kancane. Wonke umuntu kumele athole iphepha – eliluhlaza kumbe elilithanga.

Bonke abalamaphepha aluhlaza hambani ngemuva kwekamelo liyobala izixwayiso zenu liliqembu.

Abalamaphepha alithanga bazahlala la belinde ingxoxo elandelayo.

INGXOXO YEQEMBU ELINCANE (UGWALO LWEZIFUNDI – Abesifazana lamankazana)

Bala imitsho elandelayo uxoxe ukuba uyavumelana kumbe uyaphikisana lalokho ekutshoyo, utsho ukuthi kungani.

1. "Amankazana angumthwalo emulini zawo."
2. "Abesifazana akumelanga bazuze indawo ebiza bona kumbe baphiwe ilifa."
3. "Kulungile na ukutshaya umfazi ongalaleliyo."
4. "Abesifazana kumele babonwe kodwa bengazwiwa."

Yiziphi izitsho esikweni lakho ongazicabanga, ezitshengisa ukwehlukana kwakolokho okukhangelelwe emadodeni lasebafazini? Uyavumelana lazo na?

Iziqondiso zoqondiso: Zama ukucabanga ngesibonelo esikweni lakho usuba khuthaza ukuthi bacabange ezinye izibonelo.

NIKEZA IMPUMELA

Iziqondiso zoqondiso: Cella amaqembu ukuthi abelane izitsho abazilobephansi. Ube usubala isitsho sinye ngasinye ubuza iqembu ukuthi liyavumelana laso kumbe hatshi lokuthi betsho ukuthi kungani.

INGXOXO YEQEMBU ELIKHULU

Bala uGenesis 1:27-28.

Livesi isitshengisa ukuthi abesilisa labesifazana badalwa ngomfanekiso kaNkulunkulu.

Loba phansi izimo ezitshengisa indlela abasifazana lamankazana abatshengisa ngayo umfanekiso kaNkulunkulu.

Kugwalo lwezifundo lwakuqala, safunda ukuthi uNkulunkulu wenza abesilisa labesifazana ngomfanekiso wakhe. Kodwa amasiko ethu lokukhangelela kwethu akuhamabelani lendlela uNkulunkulu aqakathekisa ngayo abesifazana ngokwenziwa kwabo gomfanekiso wakhe.

- Kwenzakalani uma umfazi engasalandelanga imkhuba lalokho akhangelelwe ukuba akwenze emasikweni?
- Kwenzakalani uma umfazi engasalandelanga imkhuba lalokho akhangelelwe ukuba akwenze emasikweni?

UKWENZIWA KOMSEBENZI

Iziqondiso zoqondiso: Cella abeqembu eliluhlaza baphenduke bezohlangana labeqembu elilithanga. Buza imibuzo kuqembu linye ngalinye ube usuthola usiphetho kuqembu linye ngalinye ugxile kulokhu.

Kumizuzu elitshumi lanhlano kusiya kwengamatshumi amabili edluleyo iqembu eliluhlaza belicelwe ukuthi lilandele izixwayiso ezithile ezenze ukuthi lingaphathisi engxoxweni zamaqembu amancane lamakhulu.

- **Iqembu eliluhlaza:**
 - Bekunjani ukungabikhona engxoxweni lokungavunyelwa ukukhuluma?
 - Belifuna ukuphathisa lokwaba imicabango yenu na?
 - Licelwe ukuba linikeze ukudla lina lingatholi. Kulenze lazwa njani ukuthi linikeze abeqembu elilithanga ukudla lina lingakudlanga?
- **Iqembu elilithanga:**
 - Bekunjani ukungamemi ingxenye yeqembu ukuthi izophathisa engxoxweni zamaqembu amancane?
 - Likubonile na ukuthi elinye iqembu alitholanga amanzi lokudla? Licabangani ngalokho ?
 - Akuliphathanga kuhle yini? Kungani?
- **Wonke umuntu:**
 - Kuyini akade kukhanya kungalunganga ngalokhu okwenzakeleyo?
 - Sihlakelwe yini ngokungamemi iqembu eliluhlaza ukuthi lizophathisa emsebenzini lo?

Kulesi sifundo, sizaxoxa ngendlela esicabanga ngayo ngabesifazana lamankazana. Sizakhangela njalo ezinye indlela esibaphatha ngazo ezingatshengisiyo ukuthi siyabaqakathekisa.

Iqiniso Ngabesifazana

INGXOXO YEQEMBU ELIKHULU

UNkulunkulu wadala amadoda labafazi ngomfanekisowakhe beqakathekile njalo belentengo ephezulu. Bonke bamela izimo zikaNkulunkulu emhlabeni. UNkulunkulu wabatshela wathi bagcwalise umhlaba bawukhokhele bencedisana.

Bala uGenesis 3:6.

UAdam loEva bona ngokungaleleli uNkulunkulu, badla umvuzo wesono sabo. UBudlelwano babo obumsulwa bephuka.

- Kuyini okwaguqukayo ebudlelwaneni buka-Adamu loEva ngemva kokonela uNkulunkulu?
 - *Basolana*
 - *Umfazi wayefuna ukubusa indoda kodwa yona ibuse umfazi.*
 - *Uhlelo lukaNkulunkulu olokuba munye lwabidlizeka*
- Isono lokwephuka okusemhlabeni kuguqule njani indlela abantu ababona ngayo abesifazana esikweni lwethu?

Bala AbaseGalathiya 3:26-29.

- Ngobani abantwana bakaNkulunkulu ngokholo kuKristu Jesu? (*Bonke abalokholo*)
- Ivesi le ithi kakukho umJuda kumbe umGriki, obotshiweyo kumbe okhululekileyo, owesilisa kumbe owesifazana? Lokhu kutshoni? (*sonke silethuba elifanayo lokuba ngabantwana bakaNkulunkulu*)

NgoKristu abesilisa labesifazana baba ngabantwana bakaNkulunkulu, indlalifa zokuphila okunaphakade, njalo bonke babuyiselwe ebudlelwaneni loNkulunkulu.

Bala Imisebenzi 2:17-18,21 lo 1 Petro 4:10-11.

- Ivesi le ithi kuzenzakalani uma uMoya kaNkulunkulu usutheliwe ebantwini bonke?
- Kuyakumangalisa na ukuthi amadodakazi labesifazana babaliwe kulabo abazazuza izipho zokuphrofetha ezizasetshenziswa ebandleni?
- Uma wonke umuntu engasebenzisa isipho asinikezwe nguNkulunkulu, kuba lempumela enjani?
- Kungenzakalani uma abasifazana lamadodakazi bengekela ukusebenzisa izipho abazinikezwe nguNkulunkulu?

UNkulunkulu unikeza bonke izipho, abesilisa labesifazana, ukuze zisetshezeniswe ekwakheni uMbuso kaNkulunkulu njalo zilethe udumo lokubatshezwa kuNkulunkulu.

- Ungamsiza njani umfazi wakho ukuthi asebenzise izipho zonke uNkulunkulu amnikeze zona?
- Ungayisiza njani indondakazi yakho ukuthi ikhulise njalo isebenzise izipho ezinikezwe nguNkulunkulu?
- Ungabakhuthaza njani abesifazana abasebandleni lasesigabeni sakho ukuthi basebenzise izipho uNkulunkulu abanikeze zona?

Isiko LikaJesu Lendlela Ayephatha Ngayo Abesifazana

INGXOXO YEQEMBU ELINCANE

Namahlanje sizakhangela indlela abesifazana ababebonwa ngayo ngesikhathi sikaJesu lendlela uJesu ayephatha ngayo abesifazana. Bala **UGWALO LWEZIFUNDI**— Isiko likaJesu lendlela zakhe— emaqenjini enu amancane xoxani imibuzo esekhasini lesibili.

Isiko likaJesu:

Imikhuba lemithetho yamaJuda lamaRoma yayi ngabaqakathekisi kangako abesifazana. Abesifazana babekhangelelwa phansi (bengaphansi njalo bengancedi kakhulu) kwabesilisa.

- **Abesifazana babephathwa njengempahla.** Babengazimeli bodwa. Babengabezindlu zaboyise kumbe ezamadoda abo. Abesilisa abangamaJuda babengavunyelwa ukukhuluma labesifazane ezitaladeni. Ukuba khona kwabo kwakungananzelelwa njalo kungabalwa emidlalweni eqakathekileyo.
- **Abesifazana babesengqatshelwa ekukhonzeni uNkulunkulu wabo.** Babevunyelwa ukungena “edale labomama” kuphela. Babengenelisi ukubala ilizwi likaNkulunkulu kumbe ukuthi baphathise ekukhonzeni phakathi eThempelini.

- **Abesifazana babenganikwa ithuba lokufunda.** Njengoba imfundo yayitholwa ezikolweni ezazisemasinagogu, amankazana ayengavunyelwa ukuthi abe yingxenye yalabo abafundayo.
- **Abesifazana babengela malungelo asemthethweni.** Babengavunyelwa ukuthi babelendawo ebiza bona, ukuthi banikezwe ilifa, kumbe ukuthi bayale amadoda abo. Babengavunyelwa ukuthi banikeze ubufakazi edale lomthetho ngaphandle kokuthi omunye owesilisa avumelane lendaba yabo.

Jikelele, esikweni lesikhathi sikaJesu abesifazana babebonwa bengethembekanga, bengahlakaniphanga, bengaqinanga kokukamoya njengabesilisa.

Indlela zikaJesu

Indlela uJesu ayekhangela ngayo abesifazana yayehlukene kakhulu leyesiko lakhe. Wayephatha abesilisa labesifazana ngendlela efanayo eyokuhlonipha. Abesifazana abesikhathi sakhe babengakaze babone owesilisa onjengoJesu.

- **UJesu wayephatha abesifazana ngenhlonipho enkulu kakhulu.** Wayekhuluma labesifazana egcekeni. UJesu wakhuluma lowesifazana owayevela eSamariya, owayengowezizweni njalo “eyisoni” (Johane 4:7). Wakhuluma ngomusa, ngeqiniso lobunene kowesifazana owabanjwa efeba (UJohane 8: 1-11).
- **UJesu watshumayeza abesifazana, bonke ebaphatha njengabantu abapheleleyo.** UJesu wafinyelela kwabesifazana ebafanisa labesilisa bonke ebabona befanele ukusiliswa lokusindiswa. Watshaya indiva imithetho kaMose eyayisithi kamelanga athinte owesifazana owophayo (UMarko 5:25-34). Wasilisa owesifazana owayegogekile okweminyaka eyitshumi lexisifacaminwe mibili owayelomoya wobuthakathaka njalo wambiza ngokuthi “ndodakazi kaAbrahama” (ULuke 13:10-17). Wasilisa indodakazi yowesifaze weKhanani (UMathewu 15:22-28).
- **Wayefundisa abesifazana.** Wayephatha imibuzo lokuphikisana kwabo ngokuphuthuma. UJesu wathemba abesifazane labesilisa ngeqiniso eliqakathekileyo. UJesu wafundisa uMariya, udadewabo kaMarta (ULuka 10: 38-42). Abesifazana yibo abaqala ukubona iNkosi isivukile bathunywa ukuba bahambise lowu mlayezo oqakathekileyo ebafundini bakaJesu (UJohane 20:1-18). Abesifazane abanengi bahamba loJesu bekhuthaza umsebenzi wakhe (ULuka 8: 1-3) esafundisa abafundi bakhe lamaxuku abantu.

IMIBUZO YENGXOXO (UGWALO LWEZIFUNDI – Isiko LikaJesu Lendlela zakhe):

1. Ungayichaza usithini indlela abesifazana ababephathwa ngayo esikweni likaJesu?
2. UJesu wayephatha abesifazana ngendlela efanayo kumbe engafaniyo leyesiko lakhe?
3. Kulokuhambelana na phakathi kwendlela isiko lakho lelikaJesu eliphatha ngayo abesifazane?
4. Yiphi eminye imehluko khona phakathi kwendlela uJesu ayephatha ngayo abesifazana langendlela isiko lakhe elalibaphatha ngayo?
5. Ubona angathi abesifazana babesizwa njani uma uJesu ebaphatha ngaleyo ndlela?

NIKEZA IMPUMELA

Iziqondiso zoqondisayo: Bala imibuzo engaphezulu ucele iqembu linye ngalinye ukuthi litsho impendulo zalo.

NjengamaKristu, kumele silandele isibonelo sikaJesu phambi kokuba silandele amasiko ethu. UJesu uyisibonelo sethu.

Singenza umehluko

INGXOXO YEQEMBU ELIKHULU

UJesu wenza umehluko esikweni lakhe, lathi singenza umehluko kwawethu amasiko.

Bala indatshana eliqiniso (Amabizo atshintshiwe):

USojib wayengakaze acabange ngokuthi abesilisa labesifazana badalwa ngokulingana nguNkulunkulu. Wayengacabangi ngomfazi wakhe ngitsho. Babezuza imali encane eyayinganeli ukuthenga ukudla okubaneleyo. Ngakho nsukuzonke ngesikhathi sokudla ukudla kwantambama kwakusenzakala ito efanayo. USojib wayehlala etafuleni adle yonke irayisi ayifunayo. Engaqeda asukume, umfazi wakhe abesidla khonokho okuyabe kusele. Ngelinye ilanga uSojib wahamba emfundisweni ekhuluma ngesimo somtshado ngokwaseBhayibhiloni. Wathi ephnduka endlini wakhetha ukutshengisa umfazi wakhe ukuthi uyamqakathekisa. Ngesikhathi sokudla okwantambama, wacela umfazi wakhe ukuthi ahlale laye. Wathatha irayisi ayeyiphekile wayiphakulula yaba ngeyabantu ababili, wanikeza eyinye kumfazi wakhe. Konke lomsohlo wakwenza njalo. Umfazi wakhe wamangala! USojib waqhubekela phambilikwenza lokho. Wayesehlala phansi abelane lomfazi wakhe ngokulingeneyo. Lokhu kusaqhubekela phambili ubudlelwano babo babangcono. Babambana kakhulu, njalo abanye esigabeni baqala ukulandela isibonelo somtshado ophilileyo.

- Kuyini akhetha ukwenza nsuku zonke ukuze atshengise ukuthi uyamqakathekisa umfazi wakhe?
- Umfazi wakhe wenzani ebona linguquko?
- Inguquko le yabaphatha njani abanye? (umfazi wakhe, abanye esigabeni?)

Amasiko amanengi namhla awakhangelisi abesifazane ngendlela uNkulunkulu afisa ngayo. Imikhuba yethu iqinile njalo abantu abanengi babona angathi iyamukeleka. Kodwa, ukungaphathwa kuhle kwaloba yiwuohi umuntu odalwe emfanekisweni kaNkulunkulu akulunganga. Kuzwisa uNkulunkulu ubuhlungu ngakho kumele sicele uNkulunkulu asisize siguqule indlela zethu.

Kumele sikhangele imikhuba yethu lesikwenzayo sazi okungalunganga emehlweni kaNkulunkulu. Sizasebenzisa **UGWALO LWEZIFUNDI**– Isigaba Sethu – ukuthi sicabange ngezinye indawo ezisesigabeni sethu.

Iziqondiso zoqondiso: Ungakaqalisi ingxoxo yeqembu elincane, bala indaba ezine ezisephepheni elisemdulini. Buza imibuzo unikeze izibonelo ezivamileyo kundaba inye ngayinye ukuze ubasize ukuthi bacabange ngezibonelo zakuleyindawo.





- **Imuli** – Yiziphi indlela abesifazana lamankazana abaphathwa ngendlela ehlukileyo kulabesilisa labafana ezindlini? Baphathwa kubi ngaziphi indlela?
 - Isibonelo – Omunye ofundisayo wabuza iqembu laboDokotela abangamaKristu ababengamatshumi amabili, ukuthi bangaki abake batshaya abafazi babo, abalitshumi lesificaminwemibili baphakamisa izandla. Ofundisayo wasebuza ukuthi, bangaki ababekholwa ukuthi kulungile ukutshaya abafazi babo uma bengenza ulutho oluyangisisa imuli – bonke baphakamisa izandla.
- **Isikolo**– Yiziphi indlela amankazana aaphathwa ngendlela ehlukileyo kulezabafana esikolo? Yiwaphi amathuba abangelawo abafana abangaba lawo?
 - Isibonelo– ezinye izikolo azivumi ukuthi amankazana athathe izifundo ezithile ezinjengokuba ngudokotela, umtshayeli wendizamtshina kumbe umakhi.
- **Ibandla** – Yiziphi indlela abesifazana lamankazana abaphathwa ngendlela engafani laleyo abesilisa labafana abaphathwa ngayo emabandleni? Ngokuba ngabesifazana, bengqatshelwa ukwenzani?
 - Isibonelo – Inxenywe ezimbili kwenzintathu ezamaKristu ngabesifazana, Kwenzakalani uma bengavunyelwa njalo bengakhuthazwa ukusebenzisa izipho zabo?
- **Isigaba** – Yiziphi indlela abesifazana lamankazana abaphathwa ngazo ezingafani lalezo abesilisa labafana abaphathwa ngazo esigabeni sethu? Abesifazane lamankazana bahlukuluzwa njani esigabeni sethu?

- Isibonelo – Kweline ilizwe le-Afrika elabhidlizwa yimpi inxenywe eyodwa kwezimbili zabesifazana yabanjwa iganyavu, loba lelilizwe likhangelelwa ekubeni lamaKristu amanengi. Kwamanye amazwe ase-Asia, emizuzwini eyisifika minwemibili kulahleka inkazana ithengiselwa ebugqilini.

Bonke, abesifazana labesilisa baqakathekile kakhulu. UNkulunkulu ufuna sibaphathe ngenhlonipho langokuqakatheka bonke. Sifuna ukubona abesifazana labesilisa bephumelela bonke.

INGXOXO YEQEMBU ELINCANE

Sebenzisa **UGWALO LWEZIFUNDI** – Isigaba sethu. Khulumani lonke ngendawo yinye ngayinye ligcwalise izikhala ezisephepheni leli ngezinhlobo elizibonayo esigabeni senu, ngendlela abesifazana lamankazana abaphathwa ngayo njalo ngomcabango owodwa kumbe emibili kundawo yinye ngayinye ngalokho ongakwenza ukuze uphathe abesifazana lamankazana ngenhlonipho lokuqakatheka.

Indawo	Ukuhlukuluzwa lokungalingani esigabeni sethu	Singenzani (Umcabango owodwa kumbe emibili nkundawo yinye ngayinye)
 Imuli	<i>Nikeza isibonelo esivela esigabeni sakho. i.e. Izipho ezihle ziyanikezwa uma kuzalwa abafana. Abafana badla kuqala njalo bayakhuthazwa ukuthi baye esikolo</i>	<i>Kuthokozwe uma abafana lamankaza bezalwa. Sikhuthaze ukuthi abafana lamankazana baphathwe ngendlela efanayo – uma kudliwa, emfundweni, ekuphiweni ilifa, njalonjalo.</i>
 Ibandla		
 Isikolo		
 Isigaba		

- Yiziphi izinto ezimbili ongazenza ngendlela eguqukileyo endlini yakho ukuze uhloniphe umfazi lamadodakazi akho?
- Yiziphi izinto ezimbili ongazenza ngendlela eguqukileyo endlini yakho ukuze uhloniphe abesifazana lamankazana esigabeni?

Abelanani labanye lokho elizinikele ukukwenza. Khulekelanani licela uNkulunkulu ukuthi alisize lizenze lezi zinto.

NIKEZA IMPUMELA

Iziqondiso zoqondiso: *Khangela amaqembu ubone ukuthi ayanelisa ukucabanga izibonelo zakulesi sigaba ezendaba lezinye indlela zokuphatha abesifazana lamankazana kuhle. Nikeza amaqembu isikhathi esinengi ukuthi ukuthi benze lokhu. Uma amaqembu amanengi eseqeda cela abazinikeleyo ukuthi babele abanye ngomcabango abalawo kundawo inye ngayinye – imuli, ibandla, isikolo lesigaba. Bona ukuthi bayanelisa ukucabanga ngendlela ezechukileyo ezokuhlonipha abesifazana lamankazana. Bakuthaze ukuthi bacele uNkulunkulu abanike ulwazi lemicabango yakhe.*

Sonke senziwe ngomfanekiso kaNkulunkulu – abesilisa labesifazana. UNkulunkulu uyasithanda kakhulu waze wathumela indodana yakhe ezelwe yodwa ukuthi izosifela ukuze abesilisa labesifazana babe ngabantwana bakhe. Akulabantu abaphezulu kwabanye embusweni kaNkulunkulu. Sonke wasidala ngendlela afuna sibe yiyona, njalo ulenjongo enhle ngabesilisa labesifazana.

Singenza umahluko ngokwenza isibonelo sokuphatha abesifazana lamankazana kwabanye njengoJesu. Lokhu kuzadumisa uNkulunkulu njalo kuncede abanye ukuthi babone ukuthi abesifazana baqakathekile. Singaqala ngezinto ezincane ukuze sitshengise abantu ukuthi abesifazana baqakathekile. Sifuna abesilisa labesifazana baphile ngendlela uNkulunkulu afisa ngayo.

UKUZIHLOLA UWEDWA kumbe ULOMUNYE WAKHO

UNkulunkulu uyadunyiswa uma singenza lokho esikufundayo. Ungazinikela ekwenzeni ngalokhu esesikufundile?

- Yiziphi izinto ezimbili ongazenza ngendlela eguqukileyo endlini yakho ukuze uhloniphe umfazi lamadodakazi akho?
- Yiziphi izinto ezimbili ongazenza ngendlela eguqukileyo endlini yakho ukuze uhloniphe abesifazana lamankazana esigabeni?

Abelanani labanye lokho elizinikele ukukwenza. Khulekelanani licela uNkulunkulu ukuthi alisize lizenze lezi zinto.

Izixwayiso zeqembu eliluhlaza

*Hambani ngemuva
kwekamelolime libukele,
lilalele ngonanzelelo kulesi
sifundo, kodwa lingakhulumisi.*

*Isifundo lesi singakaqalisi
nikezani abafundi bakwelinye
iqembu amanzi lokudla kumbe
leziwiji. Ungathathi amanye
amanzi kumbe ukudla
umsebenzi lo ungakapheli.*

Isifundo sesikhombisa: Okukhangelelwe ukuba umzali akwenze

Imiqondo emqoka

1. Abantwana yizipho ezivela kuNkulunkulu.
2. Abazali bakhangelelwe ukuthi banikeze abantwana babo konke abakudingayo besakhula kokumoya, ekuhlakanipheni, ekuhlaleni lasenyameni.

Impahla yokusebenzisa

Ugwalo Lwezifundi:

- a. Ukuncedisa abantwana ukuba bekhule (nikeza umuntu elilodwa)

Isingeniso

INGXOXO YEQEMBU ELIKHULU

Kulabo abangabazali:

- Impilo yakho yaguquka yaba njani lapho usiba ngumzali? Yiphi inguquko eyayikhangelelwe? Yiphi inguquko eyayingakhangelelwanga?
- Ungachaza ukuthi ukhangelelwe ukuba wenzeni njengomzali?
- Izihlobo zakho zikuxwayise zathini ngokuba ngumzali (Izixwayiso ezihle lezimbi)?

Kunzimana ukuba ngumzali. Akula gwalo lokusincedisela ngokusitshela ukuthi kumele senzeni. Sifuna abantwana bethu bathokoze, baziphathe kuhle, njalo bakhule benelise ukukhangela imuli zabo babe yizakhamizi ezihle lamaKristu aqinileyo. Lokhu singakwenza njani? Akula mpendulo ezilula.

Namhla sizaqalisa ukukhangela okukhangelelwe ukuba umzali akwenze ukuze ancedise abantwana bethu bakhule emoyeni lasekuhlakanipheni. Kuyinto evamileyo ukuthi wonke umuntu omdala uzithola elomsebenzi wokunakekela abantwana. Ezifundweni ezintathu ezilandelayo sizafunda amaqhinga okuhola abantwana bethu lokubancedisa ukuthi baziphathe kuhle.

Okukhangelelwe Ukuba Umzali Akwenze

INGXOXO YEQEMBU ELIKHULU

Izinqondiso zoqondisayo: Abantu abanengi bazacabanga ngezidingo zenyama. Bakhuthaze ukuthi bacabange ngezinye izidingo zomntwana. Bakhumbuze ngendlela ezine uJesu akhulakuzo kuLuka 2:52 – enyameni, okwenhlalo, emoyeni lasekuhlakanipheni.

- Yiziphi ezinye izidingo umntwana alazo?
- Ngubani okumele amnikeze lokho akudingayo?

Umsebenzi womzali wokunakekela abantwanabakhe ngumsebenzi omkhulu esizwa singenelisi ukuwenza.

INGXOXO YEQEMBU ELINCANE

Izinqondiso zoqondisayo: Loba amavesi amahlanu emdulini kumbe emaphepheni unikeze iqembu linye ngalinye.

Emaqenjini enu khangelani amavesi alandelayo. Amavesi la athini ngalokho okukhangelelwe ukuba umzali akwenze?

- Izaga 22:6 – Kumele sifundise abantwana bethu.
- Abase-Efesu 6:4 – Kumele sondle abantwana bethu.
- UDuteronomi 6:6-7 – Kumele sikhulise abantwana bethu emoyeni.

- Izaga 1:8 – Kumele sikhulise abantwana bethu ekuhlakanipheni.
- Izaga 31:15, 21 – Kumele sinike abantwana bethu abakudingayo enyameni.

NIKEZA IMPUMELA

Izinqondiso zoqondiso: Buza amaqembu ukuthi ivesi inye ngayinye ithini ngalokho umzali amele akwenze ugcizelele imiqondo elotshwa ngamatalika phezulu.

Njengabazali, sinikiwe umsebenzi wokondla kumbe ukufundisa abantwana bethu. UNkulunkulu usinikeze umsebenzi wokuthi sibancedise bakhule babe ngamadoda labafazi bakaNkulunkulu. Lumsebenzi unikezwe indoda lomfazi ukuthi bakhulise abantwana babo. Loba izihlobo zingancedisa, abazali yibo abalomsebenzi omqoka.

Ibhayibhili lisitshela ukuthi umsebenzi lo uqakathekile kakhulu. Uma uPhawuli enikeza uTimothi izixwayiso zokukhetha abazahla ibandla, esinye isimilo akhetha ngaso ngesokuthi babelabantwana abalalela ngenhlonipho yonke(1 Timothy 3:4-5). Njengabazali, kumele sinakekele izidingo zabantwana bethu, ezenyameni lezokuhlakanipha. IBhayibhili liyasitshela njalo ukuthi abazali, hatshi ibandla, yibo abamele bafundise abantwana iBhayibhili. Njengoba uJesu wakhula endaweni zonke ezine empilweni yakhe(ULuka 2:52), sifuna ukuncedisa abantwana bethu bakhule kuzonezi indawo ezine - Emoyeni, ekuhlakanipheni, enyameni lasenhlalweni.

Ukukhula Emoyeni

INGXOXO YEQEMBU ELIKHULU

- Yiziphi ezinye izinto ozenzayo ukuze usize abantwana bakho bakhule kokukamoya?
- Ubona angathi kuqakatheke kangani ukusiza abantwana ukuthi bakhule emoyeni?
- Yibuphi obunye ubunzima esihlangana labo uma sizama ukusiza abantwana bethu kuthi bakhule emoyeni?
- Singazinqoba kanjani lezinhlopho?
- Yiziphi ezinye indlela esingasiza ngazo abantwana bethu ukuthi bakhule emoyeni?

Izinqondiso zoqondiso: Bala **UGWALO LWEZIFUNDI**- Ukuncedisa abantwana ukuba bakhule. Cela abazinikeleyo babale konke okulotshiweyo kumcijo munye ngamunye. Lizasebenzisa ugwalo lolu ezigabeni ezine ezilandelayo. Nikeza izifundi isikhathi sokuthi bazihlole bekhangela indlela zokwenza lokhu emulini zabo ngemva kwesigaba sinye ngasinye.

Bala UDuteronomi 6:6-7.

Indlela ezintathu zokusiza umntwana akhule emoyeni:

1. **Ukuba lesikhathi sokubala ibhayibhili ndawonye liyimuli**– Zama ukuthatha isikhathi nsukuzonke ubalela abantwana bakho iBhayibhili ubaxoxela indatshana zasebhayibhilini. Bancedise ukuthi bazwisise lezi ndatshana. Ungaqeda ukubala indatshana yinye ngayinye buza imibuzo efana lale –
 - Sifundani ngoNkulunkulu kulendatshana?
 - Singafundani ngendlela okumele siziphathe ngayo?
2. **Ukukhuleka labantwana bethu** – Kumele sifake isikhathi sokhuleka labantwana bethu eceleni. Khetha isikhathi lapho ongaphathekanga khona. Bona ukuthi uchitha isikhathi soneso lomntanakho ulalele akucabangayo ukhuleka laye. Uma esamncane engakutshela ukuthi sikhulekeleni utsho umathandazo omfisthane ngakhonokho. Ekhula uyaqala ukukhuleka laye. Bancedise babone lapho uNkulunkulu ephendula imikhuleko yabo.
3. **Ukuchitha isikhathi lindawonye** – Khulumani ngoNkulunkulu uma lilonke. Bafundise ngoNkulunkulu Ungaphuma phandle ubone isihlahla bona ukuthi uyabonga uNkulunkulu ngothando lwakhe lokunika isihlahla esisinika indawo yokuhlala, inkuni, ukudla lokucecisa umhlaba. Khuluma ngokuthi umhlaba

ngokaNkulunkulu lokuthi sinikwe umsebenzi wokuba siwunakekele. Hlala udinga indlela zokubatshe ngisa uNkulunkulu.

- Yikuphi okwenzayo kathesi?
- Yikuphi kulokhu ofuna ukukwenza kakhulu kwelizayo?

Ukukhula Ekuhlakanipheni

INGXOXO YEQEMBU ELIKHULU

Kumele sisize abantwana bethu bakhule ekuhlakanipheni.

- Yiziphi ezinye indlela ezinganceda abantwana bethu ukuthi bakhule ekuhlakanipheni?
 - *Uma besabancane kumele sibafundise endlini. Kuthi uma sebekhulakhulile sibase esikolo bayofunda okunye okunengi.*
 - *Abantwana abancane balemibuzo eminengi. Zama ukuyiphendula yonke leyo mibuzo.*
- Yiziphi ezinye inhlopho esihlangana lazo lapho sizama ukuncedisa abantwana bethu ukuthi bakhule ekuhlakanipheni?
- Singazinqoba njani lezi nhlopho?

Omunye umsebenzi esilawo ngowokusiza abantwana bethu ukuthi bakhule ekuhlakanipheni. Uma singakhangela kuLuka 2:52 sibona ukuthi UJesu wakhule ekuhlakanipheni. Lathi sifuna abantwana bethu bakhule ekuhlakanipheni.

Izinqondiso zoqondiso: *Cela abazinikeleyo babale konke okulotshwe ngaphansi komcijo munye ngamunye.*

1. Fundisa wonke umntwana endlini.

Zama ukubachasisela izinto besabancane besalothando lokufuna ukubakwazi. Bafundise oABC amanani, amabizo embala amashepu (triangle, square, circle, njalonzalo.) Uma ulomntwana omncane banikeze ithuba lokuba bakhethe phakathi kwezinto ezimbili uma ukhetho lwabo lungasoze luguqule lutho. Isibonelo, “Namhla ufuna ukugqoka iskipa esibomvu kumbe esilluhlaza okwesibhakabhaka?” Thatha isikhathi uphendula imibuzo yabo!

2. Abantwana abasezingeni lokuya esikolo kabahanjiswe esikolo

Kwezinye izikhathi kumele sizinikele ukuthi sihambise abantwana bethuesikolo, kodwa lokhu lakho kuyinxenye eqakathekileyo eyokuba ngumzali. Ngemfundo sinika abantwana bethu amathuba kwelizayo. Asizazi inhlelo zikaNkulunkulu ngabantwana bethu, kodwa kumele sibone ukuthi ukuthi balethuba lokuzama konke okusemandleni abo. UNkulunkulu angakhetha umntanakho ukuthi alethe umehluko omkhulu esigabeni sakho. Ukuthi benze lokhu kuvame kudinga ukuthi bafunde kuqala. Ukuzinikela kwakho kungenza umntanakho ahambe eNyuvesi njalo asize imuli yakho kwelizayo. Ukwengeza ekubeni lobudlelwano loNkulunkulu, imfundo yisihluthulelo esiqakathekileyo ekubancediseni ukuthi babe lempilo engcono. Bona ukuthi unikeza umntakho konke.

- Wenza kuhle kangani kulokhu kokubili kathesi?
- Yikuphi okunzima kuwe kulokhu okubili?

Ukukhula Enhlalweni

INGXOXO YEQEMBU ELIKHULU

Kumele sisize abantwana bethu bakhule ebudlelaneni labanye.

- Yiziphi izibonelo zobudlelwano abantwana abalabo labanye?
 - *Izihlobo*
 - *Abangane (omakhelwane, ebandleni, esikolo)*
 - *Abantu abadala (izihlobo, omakhelwane, ababalisi, abakhokheli besigaba)*
 - *Abazali*

- Ubona angathi kungani kuqakathekile ukuthi sincede abantwana bethu bakhule ekuhlalisaneni labanye – ukuthi babe lobudlelwano obuphilileyo labanye?
- Kuyini okuhle ngokuthi abantwana bakhobabe lobudlelwano obuhle labanye?
- Yiziphi inhlopho abantwana abavame ukuba lazo labanye abantu?

INGXOXO YEQEMBU ELINCANE

Emulini kulapho abantwana abafunda ukuhlangana labanye. Ngakhoke, abazali kumele bachithe isikhathi labantwana babo babafundise ukuhlalisana kuhle labanye. Sebenzisa **UGWALO LWEZIFUNDI**– Ukuncedisa abantwana ukuba bekhule – ukuthi ubale ngendlela ezintathu zokuncedisa abantwana bethu ukuthi bakhule kwezenhlalo. Landela izixwayiso ezisegwalweni lwezifundi.

1. Fundisa abantwana ukuthi uNkulunkulu ufuna bahlalisane njani labanye.

Bala ivesi inye ngayinye. Sifundani kulawa mavesi aqakathekileyo ebantwaneni bethu?

- AbaseFiliphi 2:3–*Ungacabangi okwakho wedwa, qakathekisa abanye phambi kokuba uziqakathekise.*
- AbaseKolose 3:13, 15 – *Xolela abanye bengakukhuba, hlala ulokuthulalabanye njalo uhlale ubonga.*
- UMathewu 5:44 – *Thanda izitha zakho ukhulekele labo abakuqalekisayo.*
- 1 AbaseKorinte 13:4-5 – *Uthando luyabekezela njalo lumnene. Uthando aluzikhukhumezi njalo aluzigqaji. Aluphangisi ukuzonda njalo alunakani okubi.*
- UMathewu 7:12 – *Yenzela abanye lokho ofuna bakwenzele khona.*

IBhayibhili liyasinceda ukuthi sizwisise ukuqakatheka kokuhlala labanye ngokuthula, ukuthanda wonke umuntu, ukubekezela, ukubamnene, ukuxolela lokuphatha abanye ngendlela esifisa ukuphathwa ngayo. Kuqakathekile ukukhuluma ngalokhu abantwana bakho besabancane, uma bekhula ubudlelwano babo buyaguquka.

2. Woba yisibonelo. Abantwana kumele bafunde ukuhlalisana kuhle labanye ngokubukela abanye ikakhulu abazali babo. Indlela ohlalisana layo labanye nsukuzonke yisibonelo kubantwana bakho.

Cabanga ngendlela ohlalisana labanye langendlela uNkulunkulu afuna uhlalisane labo njengoba kulotshiwe eBhayibhilini.

- Yiziphi indlela eziyisibonelo esihle ebantwaneni bakho?
- Kukuyiphi indawo, lapho ofuna ukuba yisibonelo esingcono ebantwaneni bakho ngokusizwa nguNkulunkulu?

3. Ncedisa abantwana bakho bamelane lenhlupho abahlangana lazo ebudlelwani babo.

Ezikhathini ezinengi, abantwana abakutsheli ngenhlupho abalazo labanye abantu, kodwa sebengaqala ukwenza ngendlela ehlukileyo. Ungananzela ukuba sephangisa ukuzonda, sethanda ukulwa, kumbe ukuthulisela lokuzisusa kwabanye. Lezi yizibonakaliso zokuthi bengabe belenhlupho labaye abantu. Abantwana badinga ukukhuthazwa ukuthi bakhulume ngezinto lezi lokuthi bafunde ukuphatha abanye kuhle loba bezwiswe ubuhlungu, bezondile kumbe bekhangalelwa phansi ngabanye. Bavumele baxoxe ngalokho okwenzakele, ukuthi bazwa njani lokuthi benzene ukuthi bamelane lalokhu. Leyi ngxoxo yisibonelo sobudlelwano obulothando, ukwamukela lobumnene kumntwana. Lokhu kuqakathekile uma umntwana esamncane ukuze akwethembe ukuthi ungamsiza kuzimo ezinje.

- Yiziphi ezinye indlela ongasiza ngazo umntakho ukuthi afunde ukucabangela abanye okuhle, ukuthi abaphathe ngothando lobumnene?

NIKEZA IMPUMELA

Iziqondiso zoqondiso: Buza amaqembu ukuthi ivesi inye ithini ngokufundisa lokutshengisa ubudlelwano obuphilileyo. Gcizelela imqondo emqoka elotshwengamatalika.

Ubudlelwano bethu labanye buqakathekile kakhulu. Ukuzicabangela wena wedwa yikho umuntu avame ukukwenza kodwa akumthokozisi uNkulunkulu. Sifuna ukufundisa abantwana bethu ukucabangela abanye okuhle, ukuthi babaphathe ngendlela engcono abafisa ukuphathwa ngayo. Kumele sibafundise ukumelana lokungazwanani. Lezi zinto kumele bazifundiswe njalo bazitshengiswe.

Ukukhula Enyameni

INGXOXO YEQEMBU ELIKHULU

- Yiziphi ezinye indlela ezingancedisa abantwana bethu ukuthi bakhule enyameni?
 - Ukudla okwakha umzimba
 - Ukulala
 - Indawo yokuhlala, lezigqoko etc.
 - Ukwenza okuhlazekileyo – ukugeza izandla, ukusebenzisa izambuzi, ukwenqabela umkhuhlane
 - Ukudlala (ukwenza imsebenzi lokudlala)

Zonke lezi zinto zancedisa abantwana bethu ukuthi baphile kuhle enyameni. Into eyodwa okumele siyenze ukuze abantwana bethu benelise ukukhula belempilakahle yikubona ukuthi badla ukudla okwakha umzimba nsuku zonke. Ukuze ingqondo zabo zikhule kuhle kumele babelokudla okufaneleyo.

Iziqondiso zoqondiso: Uma usuke wafundisa ngogwalo lwezempilakahle, ungabuyelela umthetho we 1+3 kumbe ungenise umqondo wamaqembu amathathu okudla njalo uchasisa ukuthi bazafunda okunengi kumfundiso ezayo. Lokhu kuchasiswe kabanzi egwalweni lwezifundo zempila kahle.

Ugwalo Lwezifundo zempila kahle lukhuluma ngomthetho we 1+3 ukuze lusikhumbuze ukuthi sinikeze imuli zethu ukudla okwakha imizimba nsukuzonke.

Sibuyele emuva kancane, uyini umthetho we 1+3? Kulamaqembu amathathu awokudla okumele abe khona ekudleni kwethu nsukuzonke.

- U1 umele irayisi kumbe ukudla kwansukuzonke. Kumele sidle irayisi kumbe okunye ukudla okulesisindo esifanayo nsukuzonke lokunye okuvela emaqenjini amathathu okudla.
- U3 umele okunye ukudla okuthathu okumele sikudle nsukuzonke:
 - Iqembu 1 – ukudla okwakha umzimba okunjengamaqanda, uchago, indumba, inhlanzi lenyama.
 - Iqembu 2 – Izithelo lokulinywayo okuphekwayo (ukugcwele amavithamini lokunye okwakha umzimba).
 - Iqembu 3 – Amafutha (lokhu akumelanga kwande).

Xoxa:

- Yibuphi ubunzima abantu abakule ndawo abahlangana labo uma befuna ukunikeza abantwana babo ukudla okwakha umzimba?
- Singabunqoba njani lobu bunzima?

Abantwana abagatholi ukudla okwakha umzimba okwaneleyo balamathuba okugula imikhuhlane ebangelwa yikungatholi ukudla okwakha umzimba, ukungakhuli, lemikhuhlane eguqula ukuba kwabo enyameni, ukuhlakanipha lokunye.

Isiphetho

INGXOXO YEQEMBU ELIKHULU

Umsebenzi womzali yikufundisa abantwana, ukubanakekela lokubasiza ukuthi bakhule emoyeni, ekuhlakanipheni, enhlalweni lasenyameni.

Thatha imizuzu emilutshwana ucabange ngabantwana bakho (uma ulabo) lokuthi ubancedisa njani ukuthi bakhule endaweni zonke zizine. Zikhona na indawo obona angathi kumele ugxile kuzo kakhulu? Cela uNkulunkulu ukuthi akusize wenelise ukufundisa abantwana bakho ubanakekele njalo ubasize bakhule kuzo zonke indawo empilweni zabo.

UKUZIHLOLA

- Kuyini okwenzela abantwana bakho ukuze ubazise bakhule?
- Yiziphi indawo ofuna ukugxila kuzo kakhulu?
- Yiphi imqondo emitsha oyithole kulesisifundo ngendlela ongasiza ngayo abantwana bakho ukuthi bakhule?

Isifundo sesitshiyagalombili: Ukuncedisa abantwana ukuthi baziphathe kuhle

Imiqondo emqoka

1. Abantwana badinga usizo ukuthi benelise ukeveza indlela abezwa ngayo ukuze benelise ukulungisa inhlopho abahlangana lazo.
2. Ukulalelisa kulokubhuvukela abantwana kusiza abantwana ukuthi bafunde ukulungisa inhlopho zabo ngendlela yomuntu okhulileyo

Impahla yokusebenzisa

Insiza ebonwa ngamehlo (emaphethelweni esifundo):

- a. Inkulumbo mpendulwano yokulalelisa abantwana (amaphepha amabili awalabo abazazinikela)

Ugwalo Lwezifundi:

- b. Indlela zokulalela abantwana
- c. Imithetho yokulalela

Isingeniso

INGXOXO YEQEMBU ELIKHULU

Wake wacaphukela ultho okokuthi wacina usenza into eyakwenza wazisola?

Ngezikhathi ezinemgi uma sizondile kumbe sidanile senza izinto ezisenza sizisole phambili. Lokhu kubangelwa yikungazi ukumelana lemizwa elamandla. Abantwana labo bayafana. Abantwana bavame ukungenelisi ukuthi bazwa njani kahlekahle – labo abazwisisi ngakho abenelisi ukutshela abanye. Ekuhlulukelweni kwabo, avame ukungaziphathi ngendlela efaneleyo lokukhuluma kubi. Uma sifuna abantwana baziphathe kuhle kumele sibasize ukuthi benelise ukutsho ukuthi bazwa njani.

Izaga 22:6 ithi “Fundisa umntwana endleleni angahamba ngayo; ngitsho esemdala kayi kuphambuk akuyo.”

- Ubona angathi lokhu kutshoni?

Lokhu kutsho ukuthi singathatha isikhathi sisize abantwana bethu bayafunda ukuziphatha kuhle. Lokhu sikwenza ngokubancedisa ukuthi bazwisise imizwa yabo baphendule ngendlela eyakhayo. Ngakho bazenelisa ukukhula benze lokho okwenziwa ngabadala. Loba sebekhulile bazenelisa ukwenza izinto eziveza ukuthi sebekhulile lapho behlangana leimo ezizondisayo kumbe ezinzima.

Indlela zokuphendula abantwana

Iziqondiso zoqondisayo: Nikeza abantu isikhathi sokuthi baphume lempendulo ezihambelanayo kumutsho munye lomunye. Sebenzisa **UGWALO LWEZIFUNDI**– Indlela zokuphendula abantwana – ukuze utshengise impendulo ezivamileyo ukhuthaze iqembu ukuthi lidinge ezinye impendulo ezifana lalezi.

- Umzali engaphendula esithinini uma umntanakhe oleminyaka eyisithupha engathi:
 - Angimfuni umntwana omutsha! Mubi kakhulu!
 - Umbalisi wami kacabangi!
 - Ungtshayile! Angisadlali laye futhi!

Kulendlela ezechukeneyo esiphendula ngazo uma abantwana bengaziphatha ngendlela engayisiyo. Sivame ukungacabangi ngendlela abantwana abezwangayo uma sibaphendula. Ngakho, asizami ukusiza abantwana ukuthi bazwisisa imizwa yabo. Kodwa senza okunye kwalokhu okulandelayo:

- **Ukuphika:** ‘Hawu. Ngeke kube kubi kangako.’ ‘Ngeke utsho khonokho.’
- **Ukuphendula ngendlela esicabanga ngayo:** ‘Akula lutho ongalwenza – yekela ukukhonona.’ ‘Ungabi yisithutha! Uyakwazi ukuthi kumele uhambe esikolo.’ ‘Uma ufuna umsebenzi omuhle kumele uhambe esikolo.’
- **Ukuxwayisa:** ‘Kumele usebenze nzima ukuze ugcine abangane bakho ngoba impilo yakho ingabaduma ube lesizungu.’ ‘Umele ufunde ukubisela uma abanye bekutshaya.’
- **Ukwahlulela:** ‘Kubi kakhulu akukhulumileyo!’ ‘Kukhona omenze khona.’
- **Imibuzo:** ‘Wenzi?’ ‘Kungani ukhuluma izinto ezimbi kangaka?’
- **Ukuvikela omunye umuntu:** ‘Yinkazana enhle.’ ‘Ngileqiniso ebengatsho khonokho.’

Uma siphendula ngalezi indlela asibancedisi abantwana ukuthi bafunde ukuzwisisa imizwa yabo njalo baphendule ngendlela eyakhayo. Kodwa umntwana uezwa edana, elenhloni, eyangeka, esoliwe njalo engazonda. Kodwa uma singalalela abantwana bethu, singabancedisa ukuthi bazwisisa imizwa yabo njalo bamelane layo ngendlela eyakhayo.

UKUZIHLOLA

- Ubona angathi ungaphendula usithini umntanako kuzibonelo ezinikweyo phezulu?
- Ubona angathi impendulo zakho zingafana lalezi ebesixoxa ngazo na?

Ukulalelisa

INGXOXO YEQEMBU ELIKKHULU

Bala Abase-Efesu 6:4.

- Yiziphi ezinye indlela obaba abaphatha ngazo abantwana babo ezibathukuthelisayo, ezibenza bababe?

Ukulalelisa umntwana kuyamsiza ukuthi amelane lemizwa yakhe ngendlela elungileyo kulokuthi beziphathe kubi. Kubancedisa ukuthi bafunde ukulungisa inhlupho njalo kubanikeza ulwazi abaludingayo ukuthi babe ngumuntu omdala ophelileyo. Kuyabasiza ukuthi bazwe ngcono ngokuba kwabo lokubafundisa ukuziphatha kahle. Ngolunye lolwazi oluqakathekileyo ekukhuliseni abantwana.

INGXOXO YEQEMBU ELIKHULU - INKULUMOMPENDULWANO

Iziqondiso zoqondiso: *Cela abantu ababili eqenjini ukuthi bakusize ngokwenza inkulumompendulwano elandelayo. Nika abazinikeleyo ababili **INSIZA EBONWA NGAMEHLO**—Inkulumompendulwano yokulalelisa abantwana. Cela abazinikeleyo ukuthi balungiselele kuselesikhathi ukuze babelesibindi.*

UBaba uhlezi ebala iphephandaba.

Indodana ingena igijima imemeza, “Angsahlali laye futhi! Ngiyamzonda!”

UBaba Ubeka phansi iphephandaba, akhangangele umntakhe athi, “Ngiyabona ukuthi uzonde kakhulu.”

Indodana ithi, “Kamelanga abe labangane vele!”

UBaba athi, “Yebo?”

Indodana ithi, “Ngidlale kuhle ngahlohla kabili. Emaphethelweni sesilingene ngakhutha ukuhlohla.”

UBaba athi, “Mmmm.”

Indodana ithi, “Ngemva kwalokho uMicah wasekhuluma phambi komuntu wonke, ukuthi yimi engenze sadiwa. Ngakho mina ngimhwabhele ngasuka khonapho...”

UBaba athi, “Ngethemba kukuyangisile lokho.”

Indodana ithi ngelozithobileyo, “Ye, bekukubi kodwa sengifisa ukuthi ngabe angimzondelanga uMicah. Ungumngane wami engimthanda kulabo bonke.”

UBaba athi, “Ngiyakuzwisisa.”

Indodana ithi, “Ngbona ngzabuyela ngiyokhangela ukuthi uMicah lokhe ekhona yini. Ngethemba ebefuna singobe sibili.”

UBaba abobotheke.

INGXOXO YEQEMBU ELIKHULU

- Ekuqaleni umntwana lo wayesizwa njani?
- Yaguquka njani lemizwa?
- Kuyini okwenziwa ngubaba okwehlukeneyo ukuthi ancedise indodana yakhe imelane lemizwa yayo?
 - *Ukubeka phansi iphepha ndaba ukuthi akhangele indodana yakhe*
 - *Kaqumanga inkulumo yendodana yakhe*
 - *Wamukela imizwa yakhe (Isibonelo, “Oh,” “Mmmm.”)*
 - *Wasiza indoda yakhe ukuthi yazi ukuthi yayisizwa njani (Isibonelo, “Ngiyabona ukuthi uzonde kakhulu.” “Ngethemba kukuyangisile lokho.”)*
- Kuyini okukumangalisileyo ngempumela yakhona?

Singazama ukukhuthaza umntwana ukuthi afuqe umuzwa omubi khatshana, umntwana uvame ukuzonda kakhulu. Umntwana angamelana lemizwa eminengi njalo athole impendulo uma singamlalelisa silandele limthetho.

Imithetho yokulalela imizwa yabantwana

INGXOXO YEQEMBU ELIKHULU

Bala indatshana elandelayo:

UChun wayekholwa ukuthi kwakulunge kakhulu ukuthi umntanakhe osezingeni lokuthomba atshone ephathekile ngemsebenzi yebandla. Wayevame ukumhambisa emhlanganweni yeBhayibhili, enakana ukuthi yikho okumlungeleyo. Kodwa indodana yayingakuthandi konke lokhu. Yayilenhloni, njalo kwakungampathi kuhle ukuthi ahambe emihlanganweni yedwa. Kodwa umhlangano omkhulu owabatsha wathi ususeduze, uChun kazihluphanga ngemizwa yendodana yakhe, wayibamba ngamandla ukuthi ihambe. Indodana yakhe yahamba umango omude isiya khonale. Yayingazi muntu khonale, njalo isihlulukelwe. Indodana kaChun yayisidiniwe ngokubanjwa ngamandla ukuthi yenze lokhu sonke isikhathi. Yathi ibuyela endlini yayizonde kakhulu yaze yayala ukukhuluma loyise.

Ngesikhathi esifanayo, uChun wahamba kumfundiso yeMitshado lemuli eyeTCT. Wafunda ngokuxolisa lokucela uxolo ebantwini. Yena ngokwakhe wayengeke acabange ngokucela uxolo kundodana yakhe. Esikweni lakibo, abantu babekholwa ukuthi abazali labantu abadala batshona beqondile, ngakho kwakungela sidingo sokuthi axolise emntwaneni. Kodwa uChun wananzelela ukuthi wayewonele indodana yakhe ngokungayilaleli. Wahamba wayoxolisa kuyo. Indodana yakhe yayingakhulumanga laye emavikini ambalwa, kodwa kusukela khonapho inzondo yaqala ukwehla. Indodana yakhe yaqala ukukhuluma laye kancane kancane ubudlelwano baqala ukusila.

- Kungani uChun wayefuna umntanakhe ahambe kule imihlangano?
- Kungani indodana yakhe yayingafuni ukuya emihlanganweni yabatsha?
- Kuyini okwenzakalayo lapho uChun engalaleli lokunanzelela imizwa yendodana yakhe?
- Lapho uChun esebone ukuthi kalalelanga kuhle, wenzani? Lokho kwenza isimo saba njani?

Imithetho yokulalela

Ukulalelisa

Iziqondiso zoqondisayo: Bala **UGWALO LWEZIFUNDI**– Imithetho yokulalela. Uphendule imibuzo.

Ukulalalesisa umntwana kuyamsiza ukuthi amelane lemiswa yakhe ngendlela elungileyo kulokuthi beziphathe kubi. Kubancedisa ukuthi bafunde ukulungisa inhlupho njalo kubanikeza ulwazi abaludingayo ukuthi babe ngumuntu omdala opheleleyo. Kuyabasiza ukuthi bazwe ngcono ngokuba kwabo lokubafundisa ukuziphatha kahle. Ngolunye lolwazi oluqathekileyo ekukhuliseni abantwana.

Singazama ukukhuthaza umntwana ukuthi afuqe umuzwa omubi khatshana, umntwana uvame ukuzonda kakhulu. Umntwana angamelana lemiswa eminengi njalo athole impendulo uma singamlalalesisa silandele limthetho:

Imithetho yokulalela leyokuphendula imizwa yabantwana

Ukuze silalalesise abantwana bethu kumele senze izinto ezintathu:

1. **Lalela yena ungenzi okunye** [isibonelo esivela kuNkulumompendulwano: *Ubaba wabeka phansi iphephandaba lakhe*]
 - Kulula kakhulu emntwaneni uma ungenza ulutho olumtshengisa ukuthi sulalele yena yedwa. Isibonelo, Ukubeka phansi iphephandaba lakho ukhangele umntwana, ukutshibilika ukhangele umntwana; ukuphuma emkulwini uzohlala laye phansi.
 - Abantwana abenelisi ukumelana lemiswa elamandla bebodwa. Uma kungaswelakala obancedisayo imizwa le ibakhulele, ivame ukuziveza ngokungezwa (ukuziphatha kubi).
2. **Bona imizwa yabo**: [isibonelo esivela kuNkulumompendulwano: *“Oh”, “Mmm”, “Ngiyakuzwisisa”*]
 - Sebenzisa umutshwana kumbe ibala – ‘Oh’ kumbe ‘Mmm’ kumbe ‘kwakuhle’ kumbe ‘Yebo’ kumbe ‘ngiyakuzwisisa’.
 - Sebenzisa izenzo – vuma ngekhandla, ukusebenzisa ukuhlangana kwamehlo, sebenzisa ubuso.
 - Ungabenzi bezisole ngokuba lomuzwa lowo. Uma sikhangele abantwana, kumele samukele imizwa yabo sibasize bamelane lemiswa yabo bengaziphathanga kubi.
3. **Basize babekwazi ukuthi bazwa njani**: [isibonelo esivela kuNkulumompendulwano: *“Ngethemba kukuyangisile lokho”*]
 - Basize ngokusebenzisa amabala akhomba imizwa ukuze bazi ukuthi izenzo zabo zikutshengisani.
 - Abantwana bavame ukungenelisi ukukhuluma lokho abakuzwayo. Ungabenzela lokhu bazwa angani uyabazwisisa njalo uyabamukela. Bazwa beduduzekile njalo bayehlisa umoya. Ungazikhathazi ungaphambanisa. Umntanakho uzakutshela uma phambanisile.
 - Abantwana bavame ukuzwa njani?
 - Ukudana Ukuzonda
 - Ukuhlulukelwa Ukuthengiswa
 - Ubuhlungu Ukumangala
 - Ukuyangeka Ukuthaba

Xoxa:

- Yiziphi ezinje indlela uChun ayengalalela ngayo umntanakhe?
- Lokhu kwakuzaguqula njani impumela yakhona?

UMSEBENZI WOKWENZA OWEQEMBU ELINCANE (abantu ababili kumbe abathathu)

Yenzani inkulumompendulwano ezimbili.

1. Kunkulamo mpendulwano yakuqala, tshengisa okuvame ukwenzeka esigabeni senu uma umntwana ezondile lokuthi abazali bakhe bamphendula njani.
2. Kunkulamo mpendulwano yesibili, tshengisa ulwazi lokulalalesisa lemithetho oyifunde namhla. Ungasebenzisa izimo eziqanjwe phezu kumbe ucabange ngezimo ezivame ukuba khona.

Iziqondiso zoqondisayo: nikeza amaqembu imizuzu elitshumi ukuthi balungise inkulumompendulwano yabo ube usucela labo abazinikeleyo benze inkulamo mpendulwano phambi kwabanye. Ngemva kwenkulamo mpendulwano yolwazi lokulalalesisa, cela abanye abafundi ukuthi batsho ukuthi yiphi imithetho yokulalalesisa

esetshenziweyo kunkulomo mpendulwano ezenziweyo. Uma eminye imithetho ingavezwanga kulezinkulomo mpendulwano cela omunye enze eyakhe inkulumompendulwano masinya esebenzisa lolo lwazi.

Isiphetho

INGXOXO YEQEMBU ELIKHULU

Ukuthi sisize abantwana bethu baziphathe kuhle kumele sibancedis bamelane lemizwa yabo. Ukuze senze lokhu kumele sibalalelisise. Ukuthi sibalalelisise kumele sense izinto lezi ezintathu:

1. Lalelisa ukhangele yena yedwa.
2. Nanzelela imizwa yabo.
3. Bancedise bazi lokhu abakuzwayo.

UKUSEBENZISA LOKHU

Cabanga ngokuthi lokhu ungakwenza njani lokhu okufundileyo ngaleyi iviki labantwana bakho kumbe labanye abantwana ohlangana labo, abantwana babomakhelwane, izihlobo etc.

Inkulumompendulwano yokulalelisisa abantwana

UBaba uhlezi ebala iphephandaba.

Indodana ingena igijima imemeza, “Angsahlali laye futhi! Ngiyamzonda!”

UBaba Ubeka phansi iphephandaba, akhangangele umntakhe athi, “Ngiyabona ukuthi uzonde kakhulu.”

Indodana ithi, “Kamelanga abe labangane vele!”

UBaba athi, “Yebo?”

Indodana ithi, “Ngidlale kuhle ngahlohla kabili. Emaphethelweni sesilingene ngakhutha ukuhlohla.”

UBaba athi, “Mmmm.”

Indodana ithi, “ Ngemva kwalokho uMicah wasekhuluma phambi komuntu wonke, ukuthi yimi engenze sadliwa. Ngakho mina ngimhwabhele ngasuka khonapho...”

UBaba athi, “Ngethemba kukuyangisile lokho.”

Indodana ithi ngelozithobileyo, “Ye,bekukubi kodwa sengifisa ukuthi ngabe angimzondelanga uMicah. Ungumngane wami engimthanda kulabo bonke.”

UBaba athi, “Ngiyakuzwisisa.”

Indodana ithi, “Ngbona ngzabuyela ngiyokhangela ukuthi uMicah lokhe ekhona yini. Ngethemba ebefuna sinqobe sibili.”

UBaba abobothoke.

Isifundo Sesitshiyagalolunye: Ukuqakatheka Kwamazwi Ethu

Imiqondo emqoka

1. Amazwi ethu alamandla okwakha kumbe ukuzwisa abantwana bethu ubuhlungu.
2. Ukukhulumisana kuhle lamazwi okukhuthaza asiza abantwana ukuthi babe yilokho uNkulunkulu afisa babeyikhona.

Impahla yokusebenzisa

Ugwalo Lwezifundi:

- a. Ukukhulumisana kuhle

Isingeniso

INGXOXO YEQEMBU ELIKHULU

IBhayibhili litsho okunengi ngamazwi ethu langendlela esikhuluma ngayo. Ivesi elandelayo ikhangelane labobaba ngoba yibo inhloko zemizi kodwa ilungele wonke umuntu onakekela abantwana.

Bala KwabaseKolose 3:21.

- Yizenzo bani ezenza abantwana badane (V21)?
- Yizenzo bani ezenza abantwana bathukuthele?

Enye indlela esidanisa ngayo abantwana yikungabalalelisisi njengoba sitshilo esifundweni esidlulileyo. Okunye okubadanisayo ngamazwi esiwasebenzisayo. Kulesi sifundo, sizahlola indlela esingasebenzisa ngayo amazwi ukwakha lokuzwisa abantwana ubuhlungu.

Bala Izaga 12:18.

Kule ivesi siyakhunjuzwa ukuthi amazwi ahlaba njengenkemba ayasilisa.

- Yiwaphi amazwi angahlaba njenkemba?
 - “Awucabangi”
 - “Awuncedi”
- Yiwaphi amabala angasilisa?
 - “Ulesipho esihle”
 - “Udadewenu umphatha ngomusa”
- Kukhona okukhumbulayo owakutshelwa usamncane – okubuhlungu kumbe okusilisayo? Ungabe wakutshelwa ngabazali, izihlobo lababalisi, njalonjalo.
- Lokhu kwenza nguquko bani empilweni yakho?

Iziqondiso zoqondisayo: Nikeza amaqembu isikhathi sokuthi bacabange ngamandla amazwi. Bancedise ukuthi babone ukuthi basakhumbula ezinye izinto abazitshelwa besabancane. Amazwi ayelelisindo njalo lokhe elesisindo lanamuhla. Khulekani kancane lisenzela labo abatshelwa amazwi abuhlungu.

Asikhulekeni uNkulunkulu asilise imcabango yamazwi angakhiyo akhulunywa kithi njalo asisize siabxolele labo abawatsho kithi lawo mazwi. Sicele uNkulunkulu asisize sicabange amazwi ayakhayo esawakhulunyelwayo lalokho uNkulunkulu akutsho ngathi.

Amazwi abuhlungu

INGXOXO YEQEMBU ELIKHULU

*Iziqondiso zoqondiso: Sebenzisa **UGWALO LWEZIFUNDI** – Ukukhulumisana kuhle – ukuze wenze izigaba ezilandelayo kulesi sifundo.*

Ukukhuluma okwakhayo

Amazwi abuhlungu

Amazwi abuhlungu ngamazwi esiwatshoyo azwisa omunye ubuhlungu. Sivame ukungakuhleli lokhu. Amazwi la uma siwakhuluma siyabe sijonge ukukhuthaza umntwana ukuthi aguquke kodwa wona amlimaze. Kulokuthi aguquke, umntwana ukholwa lokho akuzwayo, alahle ithemba, ahle ekele ukuzama ukuba ngcono.

Amazwi abuhlungu kakhulu akwana ezigabeni lezi ezilandelayo:

- **Amazwi akhulunywa umuntu ethukuthele**
Sivame ukutsho izinto esingela qiniso lazo (Isibonelo, “Ngifisa ukuthi ngabe awuzalwanga!”).
- **Amabizo esiwanika abantwana**
Uma abantwana bengenxa esingakuthandiyo, siyatsho amanye amazwi ngomntwana kulokuthi sikhulumele leso senzo esibi (Isibonelo, “Awuphumeleli,” kumbe “Uyisithutha”).
- **Ukufananisa**
Kulula ukufananisa umntwana labodadewabo labafowabo (Isibonelo, “Ngifisa ukuthi ngabe ufana lomfowenu,” kumbe “Kahlakaniphanga njengo dadewabo lo”).
- **Ukutsho okuzenzakala kwelizayo**
Kwezinye isikhathi sibatshela lokho okuzenzakala kwelizayo (Isibonelo, awusoze wathola umsebenzi,” kumbe “ Unjengomalumakho. Uzafana laye.”
- **Ukukhulumela abanye amazwi angakhiyo**
Kwezinye izikhathi sikhuluma kubi ngabantwana bethu besizwa (Isibonelo, “ Umntanami kaphumelelanga emihlolisweni yakhe. Kazami vele,” kumbe “ Le yindodakazi yami. Ayizwa kakhulu !”)

Amazwi abuhlungu avame ukwenza okwehlukene lalokho esifuna ukuthi akwenze. Isibonelo, sifuna ukubona abantwana bethu besenza nzima kodwa ukuzwa amazwi lawa kubenza bakholwe ukuthi abanelisi ukwenza loba yini ngakho bayahle bekele lokuzama. Amazwi abuhlungu ayenza abantwana bekele ukuba yilokho uNkulunkulu abahlelele khona.

UKUZIHLOLA UWEDWA kumbe ULOMUNYE WAKHO

Cabanga ngemibuzo le emibili ubusukhulekela enhlizweni ucela uNkulunkulu akusize ufunde indlela ezingcono ezokukhuluma labantwana bakho.

- Yiwaphi amazwi abuhlungu owakhuluma labantwana bakho?
- Uwatsho ezimeni ezinjani?

Ukukhulumisana kuhle

INGXOXO YEQEMBU ELIKHULU

Kuyenzeka ukuthi sikhulmisane kuhle labantwana.

Bala Izaga 15:1.

“Impendulo ethambileyo ibuyisela emuva ulaka, kodwa ilizwi elilukhuni livusa intukuthelo.”

Facilitator Instructions: Cella abazinikeleyo ukuthi babale imicijo ese **GWALWENI LWEZIFUNDI** engaphansi kwesihloko ‘Ukukhulumisana kuhle.’ Cella iqembu ukuthi lilalelisisa licabange ngokuthi lingasebenzisa njani imicabango le emulini zabo. Cella abantu ukuthi babelane ukuthi ukuthi bangayisebenzisa njani imithetho le.

Imithetho yokukhulumisana kuhle

1. **Tshela umntwana iqiniso masinyane uma uke wamtshela okungasiqiniso.** Loba ungakhulumanga ngabomo. Lokhu kwenqabela ukungazwisisani okwesikhathi eside.
2. **Xolisa ukhulume kuhle ngemva kokhuluma amazwi abuhlungu uzondile.** Lokhu kunikeza umntwana isibonelo sokuxolela angasifunda. Lokhu kuyamnikeza ithuba lokuthi axolise ngokukuzondisa akwenzileyo. Abantwana bazakuhlonipha kakhulu uma ungaxolisa lapho ophambanisa khona njalo uyabakhuthaza ukuthi bakuthokozise.
 - Khumbula indatshana kaChun lendodana yakhe kusifundo sesitshiyagalombili? (*uma kungideka ibale futhi*). Isiko lakhe lalikhulwa ukuthini ngokuxolisa ebantwaneni babo?
 - Yiphi inkolo evamileyo endaweni ohlala kuyo kumbe emulini yakho?
3. **Chaza isenzo esikuzondisayo esingakujabulisiyo kulokuthi unikze umntwana ibizo.** Ukuthi, “Into oyenzileyo ayilancedo! Kungcono njalo akubuhlungu njengokuthi, “Awucabangi!”
4. **Ungaze wafananisa umntwana labanye.** Ukufananisa abantwana kubenza bazisole ngokubakwabo kudale ukungasuthiseki. Kwenza kube nzima ukuthi abantwana bakho bezwanane kuhle.
5. **Khuluma okuhle kodwa ngomntanakhona uma elapho angakuzwa khona.**
6. **Ungazisi umntanakhona ngezenzo ezibi.**

UMSEBENZI WOKWENZA OWEQEMBU ELINCANE (abantu ababili kumbe abathathu)

Eqenjini lakho, khetha umthetho owodwa kule lenze okungumdlalwana okutshengisa indlela ongayisebenzisa ngayo emulini yakho.

Izinqondiso zoqondisayo: Nikeza amaqembu imizuzu emihlanu ukuthi balungise inkulumompendulwano ubusucela ukuthi bayenze phambi kwabanye. Ngemva kwenkulumo mpendulwano yinye ngayinye, buza izifundi ukuthi yiphi imithetho esetshenzisiweyo.

Amazwi Akhuthazayo

UKUZIHLOLA

Izinqondiso zoqondisayo: Sebenzisa isigaba esithi ‘Ukunikeza Amazwi Akhuthazayo’ ku **GWALO LWEZIFUNDI** Ubakhuthaze ukuthi bacace njalo babone ukuthi wonke umuntu ulesikhathi esaneleyo sokucabanga ngezinto abangizibonga ebantwaneni babo uma besenelisa bazilobe phansi.

Ukunikeza amazwi akhuthazayo

Kulokusebenzisa amazwi alukhuni emntwaneni kumele sithole amathuba okukhuthaza abantwana.

Thatha imizuzu emihlanu ucabange ngezinto ezinhlanu ongazitsho ukuthi ukhuthaze abantwana bakho. Ungacaca kungaba ngcono. Kulabo abangela bantwana sungacabanga ngendlela yokukhuthaza abanye abantwana ohlangana labo kumbe abayizihlobo zakho.

Isibonelo, “Ngithanda indlela ovame ukungingcedisa ngayo emkulwini ungavela esikolo. Kumnandi ukuchitha isikhathi lawe wenza umsebenzi wami ube lula kakhulu” kungcono kulokuthi “ Uyinkazana elungileyo.”

LOMNGANE WAKHO (Lomkakho uma kusenza)

Xoxani ngalokho ebelikwenzela abantwana benu uma kade livele lisenza kuhle ekukhulumeni labantwana. Yiwaphi amazwi angabe azwisa abantwana bakho ubuhlungu? Xoxela omunye indlela ofisa ukukhuthaza umntanakho ngayo kumbe abanye abantwana ohlangana labo.

Isiphetho

INGXOXO YEQEMBU ELIKHULU

Amazwi ethu angasetshenziswa ekwakheni lasekuzwiseni abantwana bethu ubuhlungu. Loba siyabe singajonganga ukubazwisa ubuhlungu ngamazwi ethu, amazwi ethu angenza abantwana bethu bengabi yikho uNkulunkulu afisa babeyikho. Singafunda ukukhulumisana kuhle labantwana bethu. Ukwenza yikho okuguqula imkhuba lendlela esikhuma ngayo labantwana, IBhayibhili lisitshela ukuthi kuqakatheke kanganani ukusebenzisa ulimi lwethu ekukhuthazeni lasekwakheni abanye.

Zama ukudinga amathuba amanengi awokukhuthaza abantwana bakho kuviki ezayo. Zama ukubalekela ukusebenzisa amazwi alukhuni njalo uma ungatsho okulukhuni kibo xolisa masinyane uchasise lokho okade uzama ukukutsho.

Isifundo setshumi: Ukulaya okuveza uthando okusebenzayo.

Imiqondo emqoka

1. Ukulaya kutsho ukuhola lokuqondisa abantwana ukuze bafunde ukwenza ngendlela elobuNkulunkulu. Akutsho ukujezisa kuphela.
2. Ukulaya okusebenzayo kwenziwa ngothando njalo kuyaqhubeka.
3. Ukujezisa enyameni AKUSIYO yodwa indlela kumbe indlela esebenzayo ekulayeni abantwana.

Impahla yokusebenzisa

Insiza ebonwa ngamehlo: Imidlalo eveza indlela zokulaya ezehlukeneyo
Ugwalo Lwezifundi: Ukulaya abantwana

Isingeniso

INGXOXO YEQEMBU ELIKHULU

Bala Izaga 29:17 lo 13:24.

- Amavesi la asifundisani ngokulaya?
- Kuqakatheke kangani ukuthi silaye abantwana bethu?
- Uma sithanda abantwana bethu kumele sibalaye na?
- Ukulaya okuqondileyo kuhle kumbe kubi emntwaneni?
- Uma sikhuluma ngokulaya, yiziphi indlela esivame ukulaya abantwana bethu ngazo?

Balandatshana lezi ezibili:

USeth wayelabodadewabo labafowabo abayisithupha. Ngelinye ilanga odadewabo babemqala waze wacaphuka. Wazonda okokuthi waze wabajikijela ngenkomitsho yamanzi enkulu. Watshaya odadewabo ngaleyonkomitsho baze bakhala. Uyisekazi wabona lokho ayekwenzile wabiza uyise. Uyise weza ngokuphangangisa waqhala ukukhulumela phezulu ekhuza uSeth. Wonke umuntu wesaba, labo makhelwane ababebukele besaba. Watshaya uSeth kane kumbe kahlanu ngebhanti wamtshela wathi engakuphindi ngoba wayezamtshaya aze ehluleke ukuhamba ngelanga elilandelayo. USeth wabazondela kakhulu odadewabo. Ngelanga elilandelayo omunye wabodadewabo wamqala, wonke umuntu wamhleka. USeth wahlaba udadewabo ngempama. Kathesi ubabakhe wahleka njengawonke umuntu.

UDinah wayethanda ukudweba. Wayengathandi ukwenza imisebenzi yakhe yasendlini. Unina wayetshona mkhumbuzi ukuth enze imisebenzi yakhe. Namhla unina umtshela wathi engekela ukwenza imisebenzi ilanga lize liyotshona, kasoze amvumele ukudweba okwewiki yonke. Uthe evela esikolo, ufike endlini waqala ukudweba wakhohlwa ngemisebenzi yakhe. Ngemva kokudla ukudla kwantambama unina wambuza ngemisebenzi yakhe. UDinah wananzelela ukuthi wayekhohlwe ukuyenza. Unina wambuza ukuthi ubetheni ekuseni. Wambuza ukuthi ebekhumbula yini umvuzo wokungenzi imisebenzi yakhe. UDinah wakhumbula. Unina wathi elethe yonke impahla ayeyisebenzisa ekudwebeni. Unina wasesithi uma engenza imisebenzi yakhe nsuku zonke kuleyo iviki wayezathola izinto zakhe kuviki ezayo, kodwa engakhohlwa ukwenza uyabe elokhe esengenza amalanga akhe okungabi lempahla yakhe yokudwebisa kuviki ezayo.

- Yiphi indatshana engenzeka esigabeni sakho?
- Laba bazali ababili basebenzisa ziphi indlela ezehlukeneyo ekulayeni abantwana babo?

- UyisekaSeth watshaya indodana yakhe okwakuqala okwesibili yamhleka, unina kaDinah wathathela uDinah ilungelo lakhe lokudweba.
- Khetha ukuthi yiphi indatshana etshengisa izibonelo ezihle zokulaya uchaze ukuthi kungani usitsho njalo.
 - Unina kaDinah walaya umntanake ngothando, wabona ukuthi uDinah uyazwisisa lokho ayekuphambanisile lemivuzo yakho, njalo wema ngamazwi akhe.

Kulesi sifundo, sizakhangela indlela zokuhola abantwana bethu ngolayo olulobuNkulunkulu. Sizakhangela njalo ezinye indlela zokuncedisa abantwana ukuthi basebenzelane ndawonye lathi ukuze singajezisi enyameni. Uma singasebenzisa lolulwazi lokunye esikufundileyo kuyabe kungasela sidingo sokuthi sikhale sijezisa abantwana bethu okwenyameni.

Izixwayiso ezihle zokulaya umntwana

INGXOXO YEQEMBU ELIKHULU

Iziqondiso zoqondiso: Sebenzisa abazinikeleyo ukuthi babale ‘Izixwayiso zolayo lwabantwana olusebenzayo’ ezise **EGWALWENI LWEZIFUNDI**– Ukulaya abantwana.

Ukulaya kutsho ukuhola lokuqondisa abantwana ukuze bafunde ukwenza ngendlela elobuNkulunkulu. Ukulaya akutsho ukujezisa kuphela. Kulendlela ezehlukeneyo zokulaya abantwana. Ukulaya kuhle uma kusenziwa ngothando njalo kuqhubeka.

Silaya abantwana bethu ngoba siyabathanda njalo sifuna ukuthi bafunde indlela zokuphila impilo ezilobuNkulunkulu, ukukhetha izinto ezinhle lokuphatha abanye kuhle. Kwezinye izikhathi indlela esilaya ngayo abantwana ayisebenzi ngoba idala ukuthi abantwana basivukele, ukufuthelana, ukuyangeka, ukwesaba, ukungahlaliseki. Kuqakathekile ukuzwisisa ukuthi singenzani ukuze sense ulayo lwethu lusebenze ekuncedeni abantwana bethu bakhule ebudlelwaneni babo labanye kanye loNkulunkulu.

Izixwayiso zolayo olusebenzayo:

1. Bona ukuthi abantwana bayakwazi ukuthi siyabathanda loba sibalaya.
 - Akumelanga ujezise umntwana lapho uzondile. Lokhu kufundisa umntwana ukuthi uma engazonda kumele atshaye kumbe apopote. Uma uzizwa uzondile zama ukwehlisa umoya uhlalise umntanakho uze uzwe usuzimisele.
 - Bakhumbuze ukuthi ubajezisele ukuthi baziphathe kuhle. Bachasisele ukuthi lo ngumsebenzi wakho njengomzali njalo ubalaya ngoba uyabathanda.
 - Ngemva kokulaya umntwana, kuqakathekile ukuthi ubatshele ukuthi ubathanda kanganani. Ungakhuluma amazwi akhuthazayo njengokuthi, “Ngiyakholwa uza khetha ukwenza okulungileyo kwelizayo” kumbe “Ngiyakholwa uzafunda ukuba lomusa kumfowenu.” Uthando luyakhuthaza ukwedlula ukwesaba. Lokhu kuyanceda umntwana ukuthi abekwazi ukuthi lokhe ethandwa.
2. Ukulaya kwakho kumele kuqhubeka kumele ume ngamazwi akho.
 - Uma singavumela abantwana bethu benze ulutho oluthile namhla kusasa sivuke sibajezisele ukwenza into efanayo, abantwana bayaswela ukuthi balandele kuphi. Bayesaba ukuthi bazaphambanisa bengananzelelanga.
 - Kodwa uma singama ngalokhu esikukhulumileyo bayafunda ukuthi lokhu kulungile lokho akulunganga. Bayezwa bevikelwe ngoba bayakwazi ukuthi abazali babo babakhangele njalo bayabathanda.
3. Bona ukuthi umntanakho uyazwisisa ukuthi kuyini akonileyo.
 - Buza umntwana ukuthi uyakwazi na ukuthi uwoneni. Uma engakwazi, mchasisele.
 - UNGAZE watshaya umntwana kumbe ukumlaya ungakhukhulumanga laye ngokuthi woneni.

4. Mtshela indlela yokuziphatha kuhle oyikhangelele kuye.
 - Kwezinye izikhathi abantwana bayabe bengakwazi ukuthi kuyini okukhangelelweyo. Nikeza abantwana imithetho esobala.
 - Bona ukuthi umntwana uyazwisisa ukuthi ufuna aziphathe njani kwelizayo.
5. Indlela olaya ngayo umntwana kumele yehlukane kusiya ngezanga akulo kumbe iminyaka yakhe.
 - Abantwana abancane (2-10) engalaywa ngokumkhangelisisa ungabobotheki, ngokumtshaya kancane kumbe ukumhlalisa ekhoneneni elithile okwesikhatshana.
 - Abantwana asebekhulakhulile(11-18) baphendula njani uma bengathathelwa ilungelo lokwenza izinto abazithandayo ukuze baguqule izenzo.
6. Ubunzima bomlayo kumele buhambelane lalokho umntwana akonileyo.
 - Uma ewone kakhulu, kumele umjezise kakhulu. Kodwa uma engawonanga kakhulu akumelanga umzwise ubuhlungu kakhulu.
 - Akulunganga ukuthi walise umntwana ukwenza lokho akuthandayo okwenyanga yena eyenze iphutha elincane kanye. Kungabangcono ukuthi umalise okwelanga elilodwa, kodwa engaphinda njalo kulungile ukuthi lawe wengeze amalanga.
7. Landela ngolayo
 - Ukwenza lokho okutshoyo kungaba nzima ngaleso sikhathi, kodwa kuyasebenza njalo kudala ukuhlonipha lethemba. Kutshengisa ukuthi ulendaba yikho wenze okuthile.
 - Ukube ulokhe wethembisa umntwana ukuthi uzamjezisa kodwa ungakwenzi lokho akusebenzi njalo kuyenza umntwana engabi kwazi iqiniso lakho.
8. Uma kusenza laya ngendlela engenelana lokona kwalowo mntwana.
 - Injongo yokwenza lokhu yikuncedisa umntwana ukuthi alungise indlela aziphathe ngayo.
 - Isibonelo, uma uSarah ethanda ukuncedisa unina ukupheka, kodwa ekhulumele kubi umfowabo okade efuna ukuncedisa laye. Unina kaSarah uzayalisa uSarah ukuthi amncedise aze avumele umfowabo ukuthi laye amncedise. Kumbe uPetro angatshaya itafula amanzi achitheke, unina uzamcela ukuthi amncede ekwesuleni lawo manzi.

INGXOXO YEQEMBU ELINCANE

- Yiziphi kulezi izixwayiso ozinikiweyo osuke wazisebenzisa ebantwaneni bakho?
- Yiziphi izixwayiso kulezi ongazake wazizwa kumbe ongzake wazicabanga?
- Bala indatshana kaSeth esesingenisweni. Ulandele amanyathelo onke uxoxe ngalokho uyisekaSeth ayengakuguqula kulokho ayekwenzile ukuze asebenzise lezi zixwayiso esime sakhe.

UKUZIHLOLA UWEDWA kumbe ULOMUNYE WAKHO

- Kuyini abantwana bakho abakwenzayo okukuzondisa kakhulu? Kuyini okubambekayo ongakwenza ukuze wehlise umoya ungakalayi abantwana bakho?
- Ungenzani ukuthi utshengise abantwana bakho ukuthi uyabalaya ngenxa yokuthi uyabathanda?
- Kuyini okutsha ozakwenza uma usulaya abantwana bakho kwelizayo?

Okunye ukujezisa okungasikho kwenyamini

INGXOXO YEQEMBU ELINCANE

- Yiziphi ezinye indlela ongalaya ngazo abantwana bakho ngaphandle kokubajezisa enyamini?

Ezinye indlela zokulaya abantwana

Iziqondiso zoqondiso: Bala isigaba sezinye indlela zokulaya ezise **GWALWENI LWEZIFUNDI** - Ukulaya Abantwana. Nikeza izibonelo uchasisa kukho konke.

Kuqondile ukuthi utshaye umntanakho kancane kwezinye isikhathi (oleminyaka 2-10). Ukutshaya umntwana kancane akufani lokubetha umntwana. Ungatshaya umntwana kancane, melela uze wehlise umoya, muse

kweyinye indawo, ukhulume laye umcasisele ukuthi kungani umtshayile. Ungamtshayi phambi kwabanye abantwana. Lokhu kungamnyangisa kumenze athukuthale. Ngemva kokumtshaya kumele umgone umnike isiqiniseko ngothando lwakho. Ukutshaya umntwana yikulaya umntwana njalo **kubangelwa luthando**. Akumelanga kulimaze kumbe kubangelwe yintukuthelo. Kungasetshenziswa kuhle, kungaba yindlela esebenzayo eyokwenqabela abantwana ekuziphatheni kubi kukhuthaze ukulalela lokuzwa evikelekile. Ungathsona utshaya umntanakho, inhlizyo yakhe iyaba lukhuni sengakuvukela.

Ukulaya umntanakho AKUTSHO ukumtshaya nje. Ukujezisa enyameni AKUSIYO yodwa indlela yokulaya abantwana. Nanzi ezinye indlela ezingasokujezisa enyameni ezingasebenza ngcono:

1. Nikeza umntwana **umsebenzi wokwenza** umsuse kulokho akwenzayo
Ikhakhulu abantwana abancane, ungaguqula ukwenza kwabo okubi ngokubasusa kulokho abakwenzayo ubanikeze umsebenzi wokwenza ongcono kungaba yikukuncedisa ukwenza okuthile kumbe ubenzise lokho okwaziyo ukuthi bayakuthanda.
2. Tshengisa **ukungavumelani** lalokho abakwenzayo (ungaphazamisanga isimo somntwana)
Isibonelo, umntwana omncane ungamuthi nhlo emehlweni, kumbe utsho umutsho ozaveza ukungavumelani kwakho lalokho abakwenzayo, kungasebenza ngoba umntwana ufuna ukuthandwa lokwamukelwa. Khangela isenzo somntwana ungasebenzisi amazwi alukhuni kumbe atsho okubi ngomntwana. Ithi, “Angithandi ukuthi u...(uchaze leso senzo)”
 - Yiziphi ezinye izinto ongathandi ukuthi abantwana bakho bazenze? What are some things you don’t like your children doing? (Funda ukukutsho ngendlela elotshwe phezulu)
 - *Ukutshaya abanye abantwana - “Angithandi ukuthi utshaye abanye abantwana.”*
 - *Ukuthethisa - “Angithandi ukuthi uthethise”*
3. **Mthathele amathuba/amalungelo okwenza okuthile**
Isibonelo, ukumthathela okokudlalisa kumbe ukumalisa ukubukela okuthile kumabona kude, ungathatha okokudlalisa kwakhe okwesikhathi esithile kumbe ubalise ukubukela okuthile okwesikhathi esithile. Khumbula, ukuthi isikhathi omthathela ulutho lolo kumele sihambelane lesisindo sokona kwabo kumbe leminyaka yabo.
 - Yikuyini okuthandwa ngabantwana abezinga leli, iminyaka 2-5, 6-11 and 12-18?
 - *2-5 – ukudlala lamathoyi, lokudlala labangane, njalonzalo*
 - *6-11 – ukudlala labangane phandle, ukubukela umabonakude, ukubala, njalonzalo.*
 - *12-18 – Ukuchitha isikhathi labangane, ukudlalisa umakhalekhukhwini, ukubukela amamuvu njalonzalo.*
4. Tshengisa umntwana **ukuthi engalungisa njani lokho akonileyo**.
Isibonelo, uma ebulele inkomitsho , kumbe engcolisile(loba engenzanga ngabomo) uyamcela ukuthi alungise kumbe akhiphe ingcekeza ayifakileyo. Lokhu kuyafundisa umntwana ukuthi nguye alungise inhlu pho kumbe amaphutha awenzileyo. Isibonelo, UAdamu uwisa umnawakhe emasimini.uyise umcela ukuthi amncedise ukuthi asukume, amkhangele ukuthi ulimele na axolise kumnawakhe.
 - Kuyini okunye abantwana abangakwenza ongabacela ukuthi bakulungise?
 - *Ukuchitha amanzi kumbe ukudla*
 - *Ukungcolisa endlini*
 - *Ukuqamula ulutho*
 - *Ukulimaza omunye*
5. **Ehlukanisa umntwana lowo labanye – “mphumuze”**
Isibonelo, ungamhlalisa esitulweni, ekamelweni kumbe kwenye indawo eyedwa ukuze athole isikhathi sokucabanga ukuthi lokho akwenzileyo kubi, lokuthi kungani kukubi. Lokhukuncedisa abantwana ukuthi benelise ukwehlisa umoya lokuziphatha kuhle. Thatha imizuzwana uxoxe laye umntwana

ubone ukuthi uyazwisisa ukuthi wenzeni, lokuthi kungani kukubi lokho akwenzileyo, umtshengise lalokho angakhetha ukukwenza kwelizayo. Khumbula ukuthi lokho umele ukwenze phakathi kwemizuzu ehambelana leminyaka yalowo mntwana. Isibonelo, umntwana oleminyaka eyisithupha kumele ahlale yedwa okwemizuzu eyisithupha.

- Umntwana oleminyaka eyisithupha kumele ehlale ekhoneneni okwesikhathi esinganani? *Imizuzu eyisithupha*
- Umntwana oleminyaka elitshumi kumele aliswe ukudlala labangane bakhe okwesikhathi esinganani? *Imizuzu elitshumi*

6. **Mvumele akhethe** - Ukuziphatha kuhle / umvuzo wezenzo zakhe kumbe ukubanjelwa kokunye Umqondo walokhu yikunikeza umntwana ithuba lokuthi akhethe phakathi kokwenza okulungileyo lomvuzo wokwenza okungalunganga. Kuqakathekile ukuthi umvuzo wakhona ube sobala, ungabi ngolimizuzu okokuthi umntwana uyacina engafuni kumbe engezwa. Isibonelo, uma umntwana wakho engaxubhi, ungathi akhethe phakathi kokuxubha khonapho khonapho, kumbe ukungadli iziwiji ilanga lonke. Lokhu kuyasebenza kuwo wonke amazing.
7. Vumela umntwana **amelane lempumela** yezenzo zakhe. Isibonelo, uma umntwana enganakekeli impahla yakhe, ivame ukungahlali okwesikhathi eside. Kumbe umntwana angalahlekelwa yithoyi yakhe ayithandayo ngoba kayidobhanga. Impumela zezenzo zingafundisa abantwana ukuthi banakekele impahla yabo. Lokhu kusebenza kakhulu ebantwaneni asebekhulile. Lokhu akulunganga uma kuzafaka umntwana engozini kumbe ukulimaza abanye abantu. Akusebenzi futhi uma impumela yakhona izahlala okwesikhathi eside kumbe umntwana wakhona engelandaba.

INGXOXO YEQEMBU ELIKHULU

Iziqondiso zoqondiso: Quma imidlalo yonke **KUNSIZA EBONWA NGAMEHLO** – Imidlalo ezeza indlela zokulaya ezehlukeneyo – ube usunikeza inkulumompendulwano eyehlukeneyo kuqembu linye ngalinye. Banikeze imizuzu emihlanu ukuthi bazilungiselele. Ngemva komdlalo munye ngamunye xoxani ngemibuzo le elandelayo:

- Umdlalo lo ubutshengisa yiphi indlela yokulaya?
- Leyindlela yokulaya ilungele ukusebenza kubantwana baliphi izinga?
- Lumlalo lo uveze ziphi izixwayiso zokulaya okusebenzayo?

Umdlalo 1 – Nikeza umsebenzi oncedayo

Umntwana utshayeela umganu phansi esithi ufuna ukudla.

Umama amemeze: “Yekela ukwenza umsindo lowo. Unganceda ngokuletha amanzi silungise ukudla kwethu.”

Umdlalo 2 – Ukutshengisa ukungavumelani lesenzo lokuveza imithetho esegcekeni

Umntwana ukhipha izivalo zensiba zokubhalisa ezijikela yonke ndawo.

Umama athi: “Ayisiyo indlela ophatha ngayo insiba zikadadewenu. Ungeboleka ulutho ngikhangelele ukuthi ulunakekele. Bisela izivalo lezo kathesi ubisele insiba lezo ebhokisini.”

Umdlalo 3 – Mtshengise ukuthi angakulungisa njani lokho akwenzileyo

Umntwana usesitolo abeseiphula ulutho ngephutha.

Ngelithobekileyo **UMama athi** : “ Dobha inhlamvu lezo siye kulo othengisayo kumele uyoxolisa. Ngibe sengizikhokhela.”

Umdlalo 4 – Mvumele ukuba akhethe, faka impumela, wekele umntwana amelane lempumela

Umama ulungiselela ukuya emkambo.

Umntwana acele: “Mama,ngcela ukuhamba lami?”

Umama athi: “Ngize ngihambe lawe awuziphathanga kahle, wakhalela imota yokudlalisa lapho sidlula esitolo esithengisa amathoyi. Singahamba sonke kodwa kumele ukhethe. Uziphathe kuhle ungakhali ngoba ungakwenza lokhu kwelizayo uzasala endlini. Uyezwa?”

UMntwana akhalele imota entsha esitolweni esithengisa amathoyi besiya emkambo. **Umama** ngokuthula amuse endlini.

Ngelanga elilandelayo **Umama** sezilungiselela ukuya emkambo.

Umntwana uyagijima esiya kuye esithi: “Ngcela ukuhamba lawe?”

Umama athi: “Hayi—izolo ngithe ukhethe: Ukuthi uzaziphatha kahle kumbe usale endlini kwelizayo. Izolo awuziphathanga kuhle ngakho namhla uzasala endlini logogo. Sengingazo hamba lawe kwelinye ilanga uma ungaziphatha kuhle.”

UMSEBENZI WOKWENZA OWEQEMBU ELINCANE kumbe LOMUNYE WAKHO

1. Cabanga ngezimo owaba kuzo labantwana bakho lapho ababengalaleli khona kumbe beziphatha kubi.
2. Khetha isimo esisodwa ucabange ngezinye indlela zokujezisa ezingaso kuzwisa umntwana ubuhlungu enyameni. Yenza inkulumo mpendulwano usebenzisa ulwazi olutsha kuleso simo.
3. Yenza inkulumo mpendulwano yakho phambi kweqembu lonke.

Iziqondiso zoqondisayo: Buza labo ababukeleyo ukuthi yiphi enye indlela esetshenzisiweyo eyokulaya kuleyo nkulumo mpendulwano.

Hlola

INGXOXO YEQEMBU ELIKHULU

Iziqondiso zoqondisayo: Thatha isikhathi ubone ukuthi yiphi imiqondo kulezi zifundo abantu abayikhumbulayo lokuthi bahlele ukuyisebenzisa njani. Kungaba lezinye izihloko ongapisa ukuthi lizihlole futhi. Thatha isikhathi emaphethelweni alesi sifundo ukhuleke ukuthi uNkulunkulu abasize bahole abantwana njalo ibasize basebenzise isifundo sanamuhla.

Emavikini ambalwa adlulileyo sixoxe ngezenzo lolwazi olunengi olwehlukeneyo.

- Yiluphi ulwazi lemithetho yokulaya osayikhumbula?
- Yikuphi okukuncede kakhulu?
- Kuyini ofisa ukukwenza kakhulu? Kuyini ongasafuni ukukwenza?
- YInguquko bani ongayibona emntwaneni wakho uma ungasebenzisa lolulwazi?
- Kuyini okungakusiza ukuthi uthembe uNkulunkulu ukuze usebenzise ulwazi lolu njalo udale inguquko enhle ebantwaneni bakho?

Uma silaya abantwana bethu, siyabahola njalo siyabaqondisa ukuthi baphile impilo engcwele. Ukulaya okungcwele kubangelwa luthando. Ukuze ukulaya kusebenze kumele siqhubeke njalo sime ngalokho esiyabe sikutshilo njalo kumele sibe lokuhlakanipha uma silaya abantwana bethu ukuze bangathukutheli. Abantwana abafunda ukuphila impilo engcwele bayisibusiso kuNkulunkulu, esigabeni sabo, lasezimulini zabo.

Imidlalo eveza indlela zokulaya ezehlukene

Umdlalo 1 – Nikeza umsebenzi oncedayo

Umntwana utshayeleva umganu phansi esithi ufuna ukudla.

Umama amemeze: “Yekela ukwenza umsindo lowo. Unganceda ngokuletha amanzi silungise ukudla kwethu.”

Umdlalo 2 – Ukutshengisa ukungavumelani lesenzo lokuveza imithetho esegcekeni

Umntwana ukhipha izivalo zensiba zokubhalisa ezijikela yonke ndawo.

Umama athi: “Ayisiyo indlela ophatha ngayo insiba zikadadewenu. Ungeboleka ulutho ngikhangelele ukuthi ulunakekele. Bisela izivalo lezo kathesi ubisele insiba lezo ebhokisini.”

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Ngelithobekileyo **UMama athi** : “ Dobha inhlamvu lezo siye kulo othengisayo kumele uyoxolisa. Ngibe sengizikhokhela.”

Umdlalo 4 – Mvumele ukuba akhethe, faka impumela, wekele umntwana amelane lempumela

Umama ulungiselela ukuya emkambo.

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