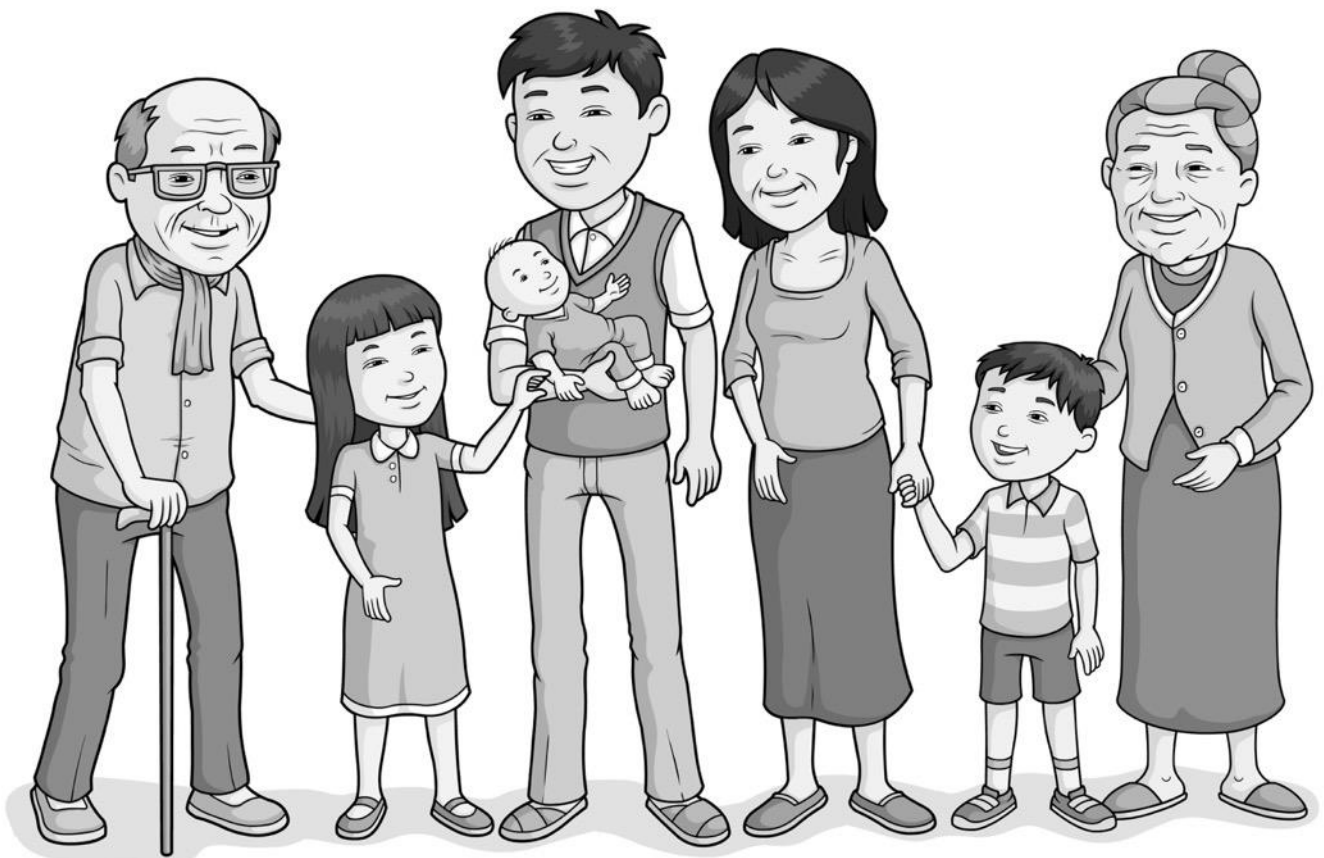


**TRUTH  
CENTERED  
TRANSFORMATION**

**MODULE**



# **IMITSHADO LEMULI UGWALO LWEZIFUNDI**

# Isifundo sakuqala: Okukhangelelwe ukuba kwenziwe ngamadoda labafazi

## Okukhangelwe ukuba indoda ikwenze

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Bala 1 AbaseKorinte 13:4-8, AbaseFiliphi 2:1-8 loJohane 13:2-17 ubusuphendula imibuzo elandelayo:

- 1 Amavesi la aluchaza njani uthando lukaNkulunkulu?
  - 1 AbaseKorinte: 13:4-8
  - AbaseFiliphi 2:1-8
  - UJohane 13:2-17
- 2 Kuyini uTimeus (endatshananeni esiyibalileyo) akade engakwenza ukuthi athande umfazi wakhe uLeah ngendlela efundiswa yiBhayibhili?
- 3 Indoda ingalutshengisa njani uthando kumfazi wayo ngalezi ndlela? Emaqenjini enu dingani izinto ezilitshumi ezibambekayo indoda engazenza ukuze itshengise uthando kumfazi wayo.
- 4 Kuba lempumela bani uma indoda ingagcwaliseli lokho okumele ikwenze okuchazwe eBhayibhilini?
- 5 Uma indoda iphatha umfazi wayo ngendlela efundiswa yiBhayibhili, ubona angathi lokhu kuba lempumela bani emtshadweni?

## Okukhangelwe ukuba umfazi akwenze

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Bala uGenesis 2:18,20, UDuteronomi 33:29, KwabaseEfesu 5:22, 24, 33.

- 1 Yikuyini uLeah ayengakwenza ukuze abe “ngumsizi” njalo ahloniphe uTimeus?
- 2 Yiziphi ezinye indlela zokuba “ngumsizi” lezokutshengisa ukuzehlisa okulobuNkulunkulu lokuhlonipha emadodeni abo? Emaqenjini zamani ukucabanga izibonelo ezilitshumi.
- 3 Ungabanjani umtshado uma umfazi angenza lezi zinto?
- 4 Kungaba njani uma umfazi engekela ukwenza umsebenzi wakhe olotshwe eBhayibhilini?

# Isifundo sakuqala: Indatshana yothando lokuhlonipha

Abantu abanengi bayavuma ukuthi , umtshado awukho lula. Kwezinye izikhathi ungaba nzima kakhulu. Umuntu osithethayo kumele abe ngumngane wethu lesisekelo sethu emhlabeni. Kodwa akuhlali kunjalo, esikhathini esinengi sizwisana ubuhlungu kumbe siyalwa. Kungani sixabana masinya kangaka singakwenqabela njani lokhu?

UNKulunkulu usinikeze impendulo ebhayibhlini. Enye indima emqoka ekhuluma ngomtshado ngabaseEfesu 5. AmaKristu amanengi ayawazi amavesi la kodwa kumele sikhangele njalo ivesi yokucina.

*“Ngalokho lonke ngokukhethekileyo lani-ke, ngulowo lalowo kathande ngokunjalo owakhe umfazi njengaye; lomfazi ukuze ahloniphe indoda.” Abase-Efesu 5:33*

Sinikewe imilayo emibili elula; owodwa owamadoda omunye ngowabafazi. Madoda THANDANI abafazi benu. Bafazi HLONIPHANI amadoda enu. Ubona angani kungani yehlukene? Kungani abafazi betshelwe ukuthi bahloniphe, amadoda atshelwa ukuthi athande? Ngoba uNKulunkulu uyasazi, uyakwazi lokho esikudingayo. Uyakwazi ukuthi amadoda adinga ukuhlonitshwa lokuthi abafazi badinga ukuthandwa. Amadoda ayafuna ukuthandwa labafazi bayafuna ukuhlonitshwa kodwa amadoda sengakhetha ukuhlonitshwa omama bakhethethando.

Ebafazini, kungaba yindaba ezethusayo lezi. Ngoba abesifazane abanengi bacabanga ukuthi, njengabo, bafuna ukuthandwa nje. Vele imfundiso ezinengi zigxile ethandweni. Imfundiso zokuthi abesifazane bahloniphe amadoda abo zikhohlakele. Abafazi bavame ukucabanga ukuthi amadoda afuna ukuthandwa ukwedlula ukuhlonitshwa. Kodwa lokhu akuqondanga.

Uma singakhangela , sibona izibonelo ezinengi zokuthi amadoda adinga inhlonipho njalo abafazi badinga uthando. Emasotsheni kugcwele abesilisa, ukuhlonipha kuyinto eqakathekileyo. Amadoda afisa ukuba lezikhundla lapho ukuze bazuze inhlonipho epehzu. Umuntua ongahloniphiyo kamukelwa. Ukungathandi umkhokheli wakho akulankinga. Abakhokheli abadingi kuthandwa badinga ukuhlonitshwa.

Kodwa, ungakhangela amamagazini abesifazane uzabona ukuthi inengi labo lifuna ukuthandwa, kumbe ekuzenzeni lithandeki. Abesifazane bayenza loba yini ukuthi bathandeki. Ukwesaba okukhulu ebafazini yikwesaba ukuthi abantu abasoze bebande. Amadoda kawakho njalo, amadoda esaba ukungahlonitshwa.

Uma sifuna ukubona imitshado yethu isiba ngcono kumele sibone ukuthi siyalela lumlayo olula. Madoda thandani abafazi benu, bafazi hloniphani amadoda enu.

## **Ukungakhulumisani kuhle**

Ukuze senze lokhu kumele sizwisise enye indawo eqakatheke kakhulu – ukukhulumisana. Amadoda labafazi bakhuluma isifiso sabo sokuhlonitshwa kumbe esokuthandwa ngendlela ezehlukeneyo. Amadoda avame ukungezwa lokho abafazi abakutshoyo. Njalo amadoda lokho azama ukukutsho ayisikho abafazi abakuzwayo.

Ubukwazi na? Indlela abesifazane abakhuluma ngayo ukuthi bezwa bengathandwa yenza amadoda ezwe anagthi awahlonitshwa? Njalo indlela amadoda aphenula ngayo uma esizwa engahlonitshwa yenza abafazi bezwe bengathandwa kakhulu. Abanye bathi lokhu yindlela ehlanyayo eyothando - sifuna ukuthandwa kodwa ukukhulumisana kwethu kwenza sonke sizwe singathandwa kumbe singahlonitshwa

Ukuhlanya yilapho umntu elokhe ephindaphinda into eyodwa – njalonjalo – kulokhe kusiba lempumela efanayo. Akusebenzi! Kumele sidale umahluko ukuze sithole impumela eyehlukeneyo lapho amadoda azwa ehlonitshwa, abafazi abezwa bethandiwe.

Ukuze sizwisisse ngcono, asikhangeleni indatshana elandelayo:

*Kwakube yiviki enzima besebenza emasimini. Ilanga lalingathi litshisa kakhulu emasimini lapho okwakungela zihlahla khona. UVan wayethokoza ukuthi wayesezaya bona unkosikazi wakhe. Wayengekho endlini okwamalanga amatshumi; kwakuyisikhathi eside sokuthi abekhatshana lemuli yakhe. Esatshayela imota wayelethemba lokuthi laye unkosikazi wakhe wayeza jabula ukumbona ngendlela yena ayezajabula ngayo.*

*UThuy wayesendlini, wayediniwe ngokukhangela abantwana kungela omncedisayo, ecasulwa yikuthi abantwana bakhona labo babengaziphathi kuhle. Wayelindele ukuthi indoda yakhe ize endlini. Wayeke wayitshayela ucingo ekuseni ngalelo langa wayicela ukuthi ingakhohlwa ukubuya lochago lomntwana. Yena wayengenelisi ukuphuma ngoba kwakunzima ukuthi aphume labantwana. Wayelethemba lokuthi umkakhe wayezabuya masinya, umntwana wayesengathi seqale ukuhlupha yena wayengela lutho lokumnika ukuthi adle.*

*“Sengsendlini,” wamemeza UVan.*

*“Wazewafika,” watsho UThuy “Lungaphi uchago lomntwana”*

*“Oh,” waphendula UVan “Ngkhohliwe, bengilezinto ezinengi zokukhumbula namhla.”*

*“Ukwenze njani lokho!” UThuy wezwa izwi lakhe likhwela, “Umntwana uzakudlani?”*

*“Akukho okunye angakudla yini? Kenelisi ukudla esikudlayo yini?”*

*“Akula, ufuna aqale ukugula? Ngumntwana omncane lo. Kwezinye izikhathi ngcabanga ukuthi ulendaba labangane bakho ukwedlula imuli yakho. Awukaze wakhohlwa ukuyanatha ikofi labo.”*

*“Kulungile sengisiyaluthenga” UVan wamemeza ephuma emnyango. Yonke injabulo ababecabanga ukuthi bazaba layo lapho behlangana yayisinyamalele, inzondo lobuhlungu kwathatha indawo yayo.*

Loba okenzeka kungakhanya kwehlukene lalokho okwenzeka ezindlini zethu ingxabano ivame ukuhambelana. Kumele sikhangele phambili kwalokho okukhulunywayo ukuze sizwisisse lokho okwenzakalayo. Okumele sikucabange yikuqatheka **kothando kwabesifazana le nhlonipho kwabesilisa**. Uma owesifazana engaqala ukuzwa edanile kumbe echaphukile kutsho ukuthi uzwa engathandwa. Uma abesilisa sebezondile kumbe bengesenelisi ukukhuluma kutsho ukuthi bazwa bengahlonitshwa.

Asikhangeleni lindaba njalo sisebenzisa ilihlo lothando lenhlonipho.

UVan sekhohlwe uchago lomntwana. Lolu luhlupho oluncane njalo asilo imbangela yengxabano enkulu. UVan sengaphuma aye ezitolo ayoluthenga. Abesilisa bavame ukumangala ukuthi kungani into encane kangako isiba yindaba enkulu. UVan kumele azwisisse ukuthi lapho ekhohlwa uchago wenze uThuy wezwa engathandwa. Ucele into eyodwa nje, yena ebengekho okwamalanga amanengi. Kungani engakhumbulanga into eyodwa nje? UMKhohliwe laye na? Kaqakathekanga kangako? Ngakho uphendula echothoza. “Ukwenze njani lokho?” UVan kananzeleli ukuthi umkakhe uzwa engathandwa. Yena ubona ungazwisisi kwakhe azwe engahlonitshwa. Kazwisisi. Oqotho ukhohliwe; ebengaqondanga ukulukhohlwa uchago. Ngenxa yokuthi kamniki isiqiniseko sothando lwakhe, umkakhe, uyamhlasela njalo, “Awulandaba lathi. Ulendaba labangane bakho.” Kathesi sezwise ubuhlungu, usehlasela isimo sakhe. Ufuna ukumtshengisa indlela azwa ngayo ubuhlungu lokungathandwa.

**Uma owesifazana engaqala ukuzwa edanile kumbe echaphukile kutsho ukuthi uzwa engathandwa. Uma abesilisa sebezondile kumbe bengesenelisi ukukhuluma kutsho ukuthi bazwa bengahlonitshwa.**

UVan uphendula ngokuzonda lokuphuma ahambe. Uzwe engahlonitshwa ngokumchothoza kwakhe. Akakhohlwa ukuthi ebengathsho into enjalo. Kungani esithi kabanakekeli, yena esebenze iviki yonke ukuthi abanakekele? Uyaphuma masinya engakakhulumi lutho azazisola ngalo kumbe engakaqali ukulwa. Abesifazane bavame ukungazwisisi ukuthi kungani abesilisa bephuma behambe kumbe bengafuni izinto zokukhuluma. Abafazi abakholwa ukuthi abesilisa bancane okokuthi abenelisi ukuthi balungisise ingxabano. Abesifazana

bathanda ukukhuluma, njalo uma bengaba lohlupho labangane babo, bayakhuluma konke kulungiseke. Kodwa abesilisa bayasuka behambe. Ngakho abasifazana bacabanga ukuthi amadoda abo abathandi kakhulu okokuthi ayehluleka ukulungisa izinto. Imizwa yabo yokungathandwa isuka ibemngeni. Abesifazana kumele bazwisisa ukuthi aabesilisa bavame ukuhamba ngoba bazwa ubuhlungu njalo bazondile ngakho abakwazi ukuthi baphendule njani kumbe abazethembi ukuthi bengaphendula kuhle. Bayahamba ngoba bafuna ukukuvikela, ngoba bayakuthanda!

UVan usele emangele ukuthi kungani uThuy enze indaba yochago yabankulu kangaka. UVan labantu besilisa kumele bazwisisa ukuthi uchago alusilo inking, inking akube yikuthi uThuy ebedinga ukunikwa isiqiniseko sokuthi uyathandwa. Ebefuna ukuthi azisole njalo acele uxolo kodwa ngenxa yokuthi ebesizwa ehlaselwa angahlonitshwa uphendule ngenzondo. Into eyisithutha yikuthi bonke bebhangelele ukubonana. Kodwa, inhlelo zabo zentambama egcwele intokozo zibhidliziwe njalo kusobala ukuthi leyo ntambama bayabe bezondelene.

Abesilisa labesifazana babona izinto ngendlela engafaniyo. Uma ungowesifazana, ngethemba uzwela uThuy usizi. Ubesendlini okwamalanga amatshumi eyedwa. Ubedinga uncendo. Uma ungowesilisa, ngethemba uzwela uVan. Ubediniwe, wayebe leviki ephathekileyo, esebenza emasimini ukuze anakekele imuli yakhe! Wakhohlwa nje! Wayengaboni na ukuthi wayesenza umsebenzi wonke lo esenzela imuli yakhe!

Kulula ukuzwela umuntu ofana lawe ngoba siyazwisisa indlela ababona ngayo izinto. Abesifazana bayazwisisa indlela abesifazana abacabanga ngayo. Abesilisa bayazwisisa indlela abesilisa abacabanga ngayo. **Kodwa uma sifuna ukuthokoza kumele sizwisisa indlela abanye abacabanga ngayo.** Abesifazane kumele bazwisisa ukuthi uchothozwa kuzwakala njengokungahloniphi ebantwini besilisa. Abesilisa labo kumele bananzelele ukuthi uma abesifazane bekhonona, bechothoza kumbe bekhala bazwa bengathandwa.

Njengoba ubona yindlela ehlanyayo. Indlela owesifazana azwa engathandwa ngayo ihambelana lendlela achothoza lakhonona ngayo. Uma ekhonona indoda izwa ingahlonitshwa ngakho imphathe ngendlela emenza azwe engthandwa.

Imfihlo yokuba lomtshado olentokozo yikuphendulela lindlela ehlanyayo. Kumele sihambe ngokulalela uNkulunkulu loba kulula kumbe kunzima. Khumbula kwabaseEfesu 5:33. Madoda thandani abafazi benu, bafazi kumele lihloniphe amadoda nu. Yikho uNkulunkulu asitshele ukuba sikwenze.

- Abafazi – zama ukukhumbula ukuthi lapho ukhonona kumbe uchothoza indoda izwa ingahlonitshwa. Uma ingaphuma kumbe ingakhuluma amazwi alukhuni kungenxa yokuthi bazwa bengahlonitshwa. Zibuze ukuthi “Lokhu engifuna ukukhuluma kumbe ukukwenza kuzakhanya kuyikuhlonipha kumbe ukungahloniphi?”
- Amadoda – zama ukukhumbula ukuthi uma umfazi wakho ekhonona wenziwa yikuthiuzwa engathandwa. Uma engaphuma umtshiye kumbe ukhulume amazwi alukhuni umenza azwe engathandwa kakhulu. Ungakhulumi lutho loba ukwenza ulutho zibuze ukuthi “Lokhu engifuna ukukutsho kumb ukukwenza kuyakhanya kuyikuthanda kumbe ukungathandi.”

# Isifundo sesibili: Ukunanzelela ukwehlukana kwethu

1. Kusihloko sinye ngasinye loba u “X” lalapho **ongafuna** khona.
2. Kusihloko sinye ngasinye loba u “O” lapho omunye wakho kumbe umngane wakho angafuna khona.

<b>Ukungavumelani</b>		
Akulungiswe masinyane	_____	Ukungakhulumi ngakho
<b>Imali</b>		
Kayisetshenziswe	_____	Kayigcinwe
<b>Abantu</b>		
Ukuhlala labanye abantu	_____	Ukuhlala wedwa
<b>Ukuhlela</b>		
Ukwenza uhlelo kulandelwe lolo hlelo loba kutheni	_____	Ukwenza izinto ngokuza kwazo
<b>Ukugcina isikhathi</b>		
Ukufika masinyane	_____	Ukufika ngasoneso sikhathi kumbe ukunhuza
<b>Ukuchitha isizungu</b>		
Ukuyavakatsha	_____	Ukuhlala endlini
<b>Ukulala</b>		
Ukulala masinyane	_____	Ukuphangisa ukuvuka
<b>Ezomdlalo</b>		
Uzithanda kakhulu	_____	Awuzihluphi ngazo
<b>Izigqoko</b>		
Ezomsebenzi	_____	Ezokudlala
<b>Ukuhlanzeka</b>		
Uhlanzeke kakhulu	_____	Ungcolile
<b>iT.V.</b>		
Ufuna ihlale idlala	_____	Uyayicitsha

Yiphi eminye imehluko edale ukungazwanani ebudlelwaneni benu?

3. Uma seliqedile, tshengisanani elikulobileyo emaphepheni enu lixoxe ngakho:
- a) Ubukwazi na okufunwa ngomunye wakho? Kukhona na okukumangalisileyo?
  - b) Wena lomkakhko kumbe lesihlobo sakho esiseduze belilempendulo ezifanayo na kuzihloko zonke?
  - c) Beliloba izinto ezihambelanayo njalo esivumelanayo na?
  - d) Yiziphi indawo lapho ebelingavumelani khona?
  - e) Yiziphi izihloko eziletha ukungavumelani emtshadweni wenu?
  - f) Khulumanani ngokuthi lingazilungisa njani lezi indawo zenu ezilehlukenisayo.
  - g) 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.

- 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 eyisebenzisa 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. Kumbe lingavumelana ukuthi okobusuku obubodwa omunye wakho uyaphuma labanye wena usale kobunye ubusuku kuphume wena.

Uhlelo lwethu:

1.

2.

# Isifundo sesibili: Ukubuyisana

Bala amavesi wonke. Loba phansi isenzo esimqoka uma sibuyisana.

IVESI	ISENZO ESIMQOKA
UMathewu 7:3-5	
UMathewu 18:15	
Izaga 15:1	
AbaseKolose 4:6	
AbaseFiliphi 2:3	
AbaseEfesu 4:26	
Izaga 19:11	



# Isifundo sesithathu: Ukwazi izinhlungu

*“Ngakho uba uletha umnikelo wakho elathini, ubusukhumbula ulapho ukuthi umfowenu ulolutho olumelana lawe, tshiya lapho umnikelo wakho phambi kwelathi, uhambe, uqale ubuyisane lomfowenu ubusuzonikela umnikelo wakho. UMathewu 5:23-24*

## Ukuzihlola

Cela uNkulunkulu ukuthi akutshengise uma wakhuba omunye wakho ngenye indlela (umkakho, kumbe uma ungathathwanga ungacabanga ngomngane kumbe isihlobo). Cabanga ngendawo lezi ezilandelayo ulobe phansi imicabango yakho:

- 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?

*“Kodwa nxa umfowenu ekona, hamba umsole phakathi kwakho layelilodwa.” UMathewu 18:15*

## Ukuzihlola

Cabanga ngendlela owazwiswa ngazo ubuhlungu. Kungaba yinto omunye wakho ayibonayo ukuthi iyakulimaza kumbe yinto angayiboniyo.

## Ukusebenzisa

Thandaza uzinikele ekuqaliseni ukuxoxa ngalezi zinto lomunye wakho kule iviki.

# Isifundo sesithathu: Amanyathelo okuxolisa

Amanyathelo okuxolisa ukuze ubuyisele ubudlelwano uma uzwise abanye ubuhlungu:

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.

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 sibekezele. 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 wezeno 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 wezeno zakho. Ukuxolisa akwenzi yonke into ibe intsha. Kwezinye izkhathi kumele uphile lemvuzo yezeno zakho. Kuthatha isikhathi ukuthi ubuhlungu obudalileyo buphele.

# Isifundo sesine: Amanyathelo okuxolela

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

## Ingxoxo yeqembu elincane

- Yiwaphi amanyathelo oxolo anzima kakhulu kuwe?
- Kuyini okungakunceda ukuthi wenze la manyathelo abe lula?

## Ukwenza amanyathelo okuxolela

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 abakonelayo.

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

# Isifundo sesihlanu: Indimi zothando ezinhlanu

## Indimi zothando ezinhlanu ezehlukene

Abantu bayehlukana njalo balendlela ezehlukeneyo abamukela ngazo uthando. Uma ungatshengisa uthando ngendlela ehlukene 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.

- **Ukusebenzelana** – Abanye abantu bazwa bethandiwe uma singabenzela imsebenzi. Lokhu kungaba yizinto ezilula ezinjengokuthintitha endlini, ukugezisa imiganu, ukuhlakula.
- **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.”
- **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.
- **Ukubambana** – Abanye abantu bazwa bethandiwe ungababamba enyameni. Lokhu kugaqela konke ukubambana izandla, ukugonana kumbe ukudlalisa inwele zomunye.
- **Ukuchitha isikhathi lilonke kungela okuliphazamisayo** – Abanye bazwa bethandiwe uma ungabanikeza isikhathi esiqathekileyo. 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.

# Isifundo sesithupha:Abesifazana lamankazana

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

Imitsho	Uyavuma kumbe uyaphikisa. Kungani?
"Amankazana angumthwalo emulini zawo."	
"Abesifazana akumelanga bazuze indawo ebiza bona kumbe baphiwe ilifa."	
"Kulungile na ukutshaya umfazi ongalaleliyo."	
" Abesifazana kumele babonwe kodwa bengazwiwa."	

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

Bala UGenesis 1:27-28.

Livesi isitshengisa ukuthi abesilisaa labesifazana badalwa ngomfanekiso kaNkulunkulu.

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

Kwenzakalani uma umfazi engasalandelanga imkhuba lalokho akhangelelwe ukuba akwenze emasikweni?

Kwenzakalani uma umfazi engasalandelanga imkhuba lalokho akhangelelwe ukuba akwenze emasikweni?

# Isifundo sesithupha: Isiko likaJesu lindlela zakhe

Namhla sizakhangela indlela abesifazane ababekhangelwa ngayo ngesikhathi sikaJesu lindlela uJesu ayebaphatha ngayo. UJesu wadala umehluko esikweni lakhe lathi singadala umehluko kwawethu amasiko. Balani lokhu emaqenjini enu amancane lixoxe ngemibuzo elandelayo ekhasini lesibili.

## Isiko likaJesu:

Imikhuba lemithetho yamaJuda lamaRoma yayi ngabaqakathekisi kangako abesifazana. Abesifazana babekhangelwa phansi 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 ebona befanele ukusiliswa lokusindiswa. Watshaya indiva imithetho kaMose eyayisithi kamelanga athinte owesifazana owophayo (UMarko 5:25-34). Wasilisa owesifazana owayegogekile okweminyaka eyitshumi lexisificaminwe mibili owayelomoya wobuthakathaka njalo wambiza ngokuthi “ndodakazi kaAbrahama” (ULuke 13:10-17). Wasilisa indodakazi yowesifaze weKhanani (UMathewu 15:22-28).



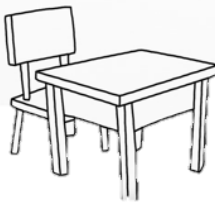

- **Wayefundisa abesifazana.** Wayephatha imibuzo lokuphikisana kwabo ngokuphuthuma. UJesu wathemba abesifazane labesiliza ngeqeniso eliqakathekileyo. UJesu wafundisa uMariya, udadewabo kaMarta (ULuka 10: 38-42). Abesifazana yibo abaqala ukubona iNkosi isivukile bathunywa ukuba bahambise lowu mlayezo 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:**

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?

# Isifundo sesithupha: Isigaba sethu

Khulumani lonke ngendawo yinye ngayinye ligcwalise izikhala ezisephepheni leli ngezinhlopho 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)
 <b>Imuli</b>		
 <b>Ibandla</b>		
 <b>Esikolo</b>		
 <b>Isigaba</b>		

- 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.



# Isifundo sesikhombisa: Ukuncedisa abantwana ukuba bekhule

*“Fundisa umntwana endleleni angahamba ngayo; ngitsho esemdala kayikuphambuka kuyo.”  
Izaga 22:6*

## Ukukhula Emoyeni

*“Njalo amazwi la engikulaya ngawo lamuhla azakuba senhliziyweni yakho, njalo uzawafundisa abantwana bakho ngokukhuthala, uzakhuluma ngawo lapho uhlezi endlini yakho, lalapho uhamba endleleni, lalapho ulala, lalapho uvuka..” UDuteronomi 6:6-7*

1. **Ukuba lesikhathi sokubala ibhayibhili ndawonye liyimuli**— Zama ukuthatha isikhathi nsukuzonke ubalela abantwana bakho iBhayibhili ubaxoxela indatshana zasebhayibhilini. Bancedise ukuthi bazwisisle 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 zokubatshengisa uNkulunkulu.

## Ukukhula Ekuhlakanipheni

*“Ndodana yami lalela ukulaya kukayihlo, ungawudeli umlayo kanyoko.” Izaga 1:8*

1. **Fundisa wonke umntwana endlini.**  
Zama ukubachasisela izinto besabancane besalothando lokufuna ukubakwazi. Bafundise oABC amanani, amabizo embala amashepu (triangle, square, circle, njalonjalo.) 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.

## Ukukhula Enhlalweni

*"Lingenzi lutho ngokubangisana kumbe ngokuziqhenya, kodwa ngokuthobeka liphakamise omnye komunye ngcono kulani." **AbaseFiliphi 2:3.***

### 1. Fundisa abantwana ukuthi uNkulunkulu ufuna bahlalisane njani labanye.

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

- AbaseFiliphi 2:3
- AbaseKolose 3:13, 15
- UMathewu 5:44
- 1 AbaseKorinte 13:4-5
- UMathewu 7:12

IBhayibhili liyasanceda 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 eBhayibhili.

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

### 3. Ncedisa abantwana bakho bamelane lenhlupho abahlangana lazo ebudlelwaneni 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?

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 kumelebazifundiswe njalo bazitshengiswe.

## Ukukhula Enyameni

- Yiziphi ezinye indlela ezingancedisa abantwana bethu ukuthi bakhule enyameni?

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.

Umthetho we 1+3 :

- 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).

## 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:Indlela zokulalela abantwana

Angimfuni umntwana omutsha! Mubi kakhulu!

Umbalisi wami kacabangi!

Ungtshayile! Angisadlali laye futhi!

Umzali engaphendula esithinini uma umntanakhe oleminyaka eyisithupha engatsho lokhu okulotshwe ngaphezulu?

Kulendlela ezehlukeneyo esiphendula ngazo uma abantwana bengaziphatha ngendlela engayisiyo. Sivame ukungacabangi ngendlela abantwana abezwangayo uma sibaphendula. Ngakhoke, asizami ukusiza abantwana ukuthi bazwisisse 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.'

## Ukuzihlola:

Ubona angathi ungaphendula usithini umntanakho kuzibonelo ezinikweyo phezulu?

Ubona angathi impendulo zakho zingafana lalezi ebesixoxa ngazo na?

# Isifundo sesitshiyagalombili: imithetho yokulalela

## Ukulalelisa

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 oluqakathekileyo ekukhuliseni abantwana.

Singazama ukukhuthaza umntwana ukuthi afuqele umuzwa omubi khatshana, umntwana uvame ukuzonda kakhulu. Umntwana angamelana lemiswa eminengi njalo athole impendulo uma singamlalelisa silandele imithetho:

## Imithetho yokulalela leyokuphendula imizwa yabantwana

Ukuze silalelise abantwana bethu kumele senze izinto ezintathu:

### 1. Lalela yena ungenzi okunye

- 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 abanelisi ukumelana lemiswa elamandla bebodwa. Uma kungaswelakala obancedisayo imizwa le ibakhulele, ivame ukuziveza ngokungezwa (ukuziphatha kubi).

### 2. Bona imizwa yabo:

- 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:

- 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?

# Isifundo sesitshiyagalolunye: Ukukhulumisana kuhle

## Amavesi amqoka

- AbaseKolose 3:21 lo Abase-Efesu 6:4  
IBhayibhili lisitshela ukuthi akumelanga sense abantwana bethu bezonde, kumbe balahle ithemba.
- Izaga 12:18  
Ivesi le isikhumbuza ukuthi kumele sinanzelele sikhethe kuhle amabala ethu, sikhethe amabala asilisayo hatshi alimazayo.

## 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 bakhole ukuthi abenelisi ukwenza loba yini ngakho bayahle bekele lokuzama. Amazwi abuhlungu ayenza abantwana bekele ukuba yilokho uNkulunkulu abahlelele khona.

## 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.
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 ngomntanakho uma elapho angakuzwa khona.**
6. **Ungazisi umntanakho ngezenzo ezibi.**

## Ukunikeza amazwi akhuthazayo

Kulokusebenzisa amazwi alukhuni emntwaneni kumele sithole amathuba okukhuthaza abantwana.

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

# Isifundo setshumi:Ukulaya abantwana

Bala Izaga 29:17 lo 13:24.

## Izixwayiso ezihle zokulaya umntwana

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.

### 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 ubatshale ukuthi ubathanda kangani. 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 sibajezisela ukwenza into efanayo, abantwana bayaswela ukuthi balandele kuphi. Bayesaba ukuthi bazaphambanisa bengananzelelanga.
- Kodwa uma singama ngalokhu esikukhulumileyo bayafunda ukuthi lokhu kulungile lokho akulunganga. Bayezwa bevikelawe 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. Mtshale 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 ngezinga 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 ancedise. 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.

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 phezu 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.

#### Ukuzihlola

1. Kuyini abantwana bakho abakwenzayo okukuzondisa kakhulu? Kuyini okubambekayo ungakwenza ukuze wehlise umoya ungakalayi abantwana bakho?
2. Ungenzani ukuthi utshengise abantwana bakho ukuthi uyabalaya ngenxa yokuthi uyabathanda?
3. Kuyini okutsha ozakwenza uma usulaya abantwana bakho kwelizayo?

## Ezinye indlela zokulaya abantwana

**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 athukuthele. 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, inhliziyi yakhe iyaba lukhuni sengakuvukela.

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

<input type="checkbox"/> Give the child a <b>helpfultask</b> instead of the unacceptable behaviour
<input type="checkbox"/> Nikeza umntwana <b>umsebenzi wokwenza</b> umsuse kulokho akwenzayo
<input type="checkbox"/> Tshengisa <b>ukungavumelani</b> lalokho abakwenzayo (ungaphazamisanga isimo somntwana)
<input type="checkbox"/> <b>Mthathele amathuba/amalungelo okwenza okuthile</b>
<input type="checkbox"/> Tshengisa umntwana <b>ukuthi engalungisa njani lokho akonileyo.</b>
<input type="checkbox"/> <b>Ehlukanisa umntwana lowo labanye</b> – “mphumuze”
<input type="checkbox"/> <b>Mvumele akhethe</b> - Ukuziphatha kuhle / umvuzo wezenzo zakhe kumbe ukubanjelwa kokunye
<input type="checkbox"/> Vumela umntwana <b>amelane lempumela</b> yezenzo zakhe.

## Ingxoxo yeqembu elincane

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.