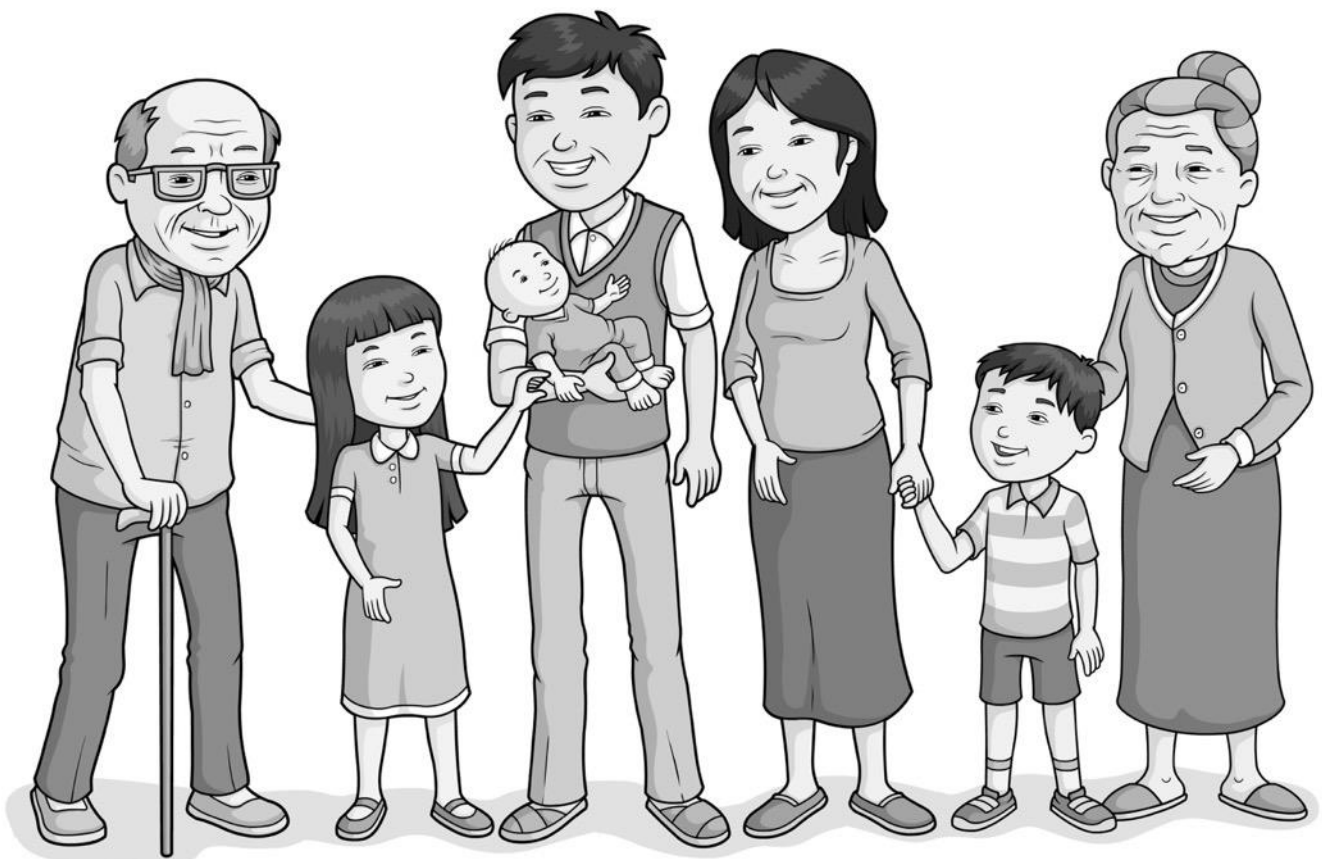


**TRUTH  
CENTERED  
TRANSFORMATION**

**MODULE**



**OBUSHWERE HAMWE  
N'AMAKA  
EKITABO K'OMWEGI**

# Eishomo 1: Obujunanizibwa bw'abashaija n'abakazi banyina maka

## Obujunanizibwa bw'omushaija

Shoma 1 Abakorinso 13:4-8 hamwe na Abafilippi 2:1-8 reero ogarukamu ebibuuzo ebi ahaifo

1. Buri runiriri nirushoborora ruta rukundo ya Ruhanga?
  - 1 Abakorinso 13:4-8
  - Abafilippi 2:1-8
2. Omushaija nabaasa ata kworeka rukundo aha mukazi we omu miringo egi? (Omu bibiina byanyu, Mugambe ebintu ikumi birikurebwa ebi omushaija yakubaasa kukora okworeka rukundo nk'egi aha mukazi we.
3. Omushaija ku yakutwaza omukazi we omu muringo ugu Baibuli erikwehyesa, notekateeka ngu kyikaretaho empinduka ki omu bushwere?

## Obujunanizibwa bw'omukazi

Shoma Okutandika 2:18,20, Eky' Ebiragiro33:29, Abefeeso 5:22, 24, 33.

1. Nibintu ki ebi Leya akakozire 'okuhwera' hamwe nokutwaaza Timeyo nekitiniisa?
2. Nimiringo ki ei omukazi arikuba omuhwezi kandi akorobera iba omumuringo gw'okutiina Ruhanga? Omububiina muteekateekye ebyokureberaho ikumi
3. Nikibaasa kukwata kita aha bushere kuri nogira ngu omukazi nakora ebintu nk'ebi?
4. Nibiki ebirikuzarukamu omukazi yaaba tahikiriize obujunanizibwe bwe omubushwere?

# Eishomo 1: Ekihandiko aha Rukundo hamwe n'okuhaana ekitinisa

Abantu baingi nibaikirizna ngu obushwere bugumire. Bumwe bugumire munonga. Mugyenzi waitu omubushwere niwe ashemereire okuba owemoika okukira abandi boona kandi enkingi erikukirayo amaani omunsi. Kwonka obutosha tikiri kitsyo, keingi nituhutazana. Ahabwaki hakira kubaho obutahuzingana kandi tukabumaraho tuta?

Ruhanga Atuheire ekyokugarukamu omubaibuli. Ekyahandikirwe kimwe ekikuru ahabushwere omubaibuli ni Abefeeso 5. Abaikiriza omuri Kristo baingi nibamanya ekyahandikirwe eki kwonka katushube treebe aha runyiriri rwa muheru.

*N'obu kiraabe kiri kityo, omuntu weena omuriimwe akunde omukazi we, nk'oku ayekunda; n'omukazi nawe ashemereire kutiina iba. Abefeeso 5:33*

Tuheirwe ebiragiro bibiri ebyanguhi; kimwe nikyomushaija ekindi nikyomukazi. Abashaija MUKUNDE abakazi baanyu. Abakazi, MUTIINE baabaro imwe. Ahabwaki kitanukireho? Ahabwaki abakazi nibaragirwa okutiina kandi abashaija okukunda. Ahabwokuba Ruhanga natumanya. Nimanya eki ekiturikweteenga buzima. Naamanya ngu abashaija nibeteenga ekitinisa kandi abakazi nibeteenga Rukundo. Abashaija bakyakunda okukundwa nibakazi nibeda ekitinisa, kwonka eki abashaija barikukirayo kweenda nekitiniisa kandi abakazi beenda okukundwa.

Abakazi barabasa kutangarira ekyo, ahabwokuba abakazi baingi nibatekyereza ngu abashaija nabi nibeenda okukundwa. Niyo nshonga ahabwaki okwegyesa kweingi ahabushwere nikwegyesa ahakukunda kwonka. Tibakira kwegyesa ahakutiina abashaija baabo. Abakazi baingi nibatekyereza ngu abakazi baingi nibeenda okukundwa okukira okuhabwa ekitiniisa, kwonka ago timazima.

Twayetegyereza gye nitureeba oku abakazi beenda okukundwa kandi abashaija barikweenda okuhaabwa ekitiniisa. Omumahe, niyo turikureeba abashaija baribaingi okukira abakazi, okuhabwa ekitiniisa nikikuru munonga. Abashaija barakunda okwongyerwaho enyota. Okugaya tikurikwikirizibwa omubahaija. Okutakunda omudumizi waawe tikizibu. Abadumizi tibarikwenda ngu baakundwe kureka ngu bahaabwe ekitinisa.

Aharubaju orundi wareeba omubitabo byaabakazi, noreeba baing omuribo barioreka ngu nibenda ngu bakundwa. Nibakora kyoona ekirikubasika kugira ngu bakundwe. Eki omukazi arikukirayo kutiina nokugira abantu tibaramukuunde. Kandi bo abashaija ekibarakirayo kutiina nokugira ngu tibarabatemu ekitiniisa.

Twaaba nitwenda ngu obushwere bwaitu bweyongyere kubonera, tushemereire kureeba ngu twayorebera eki kiragiro kyanguhi kitsyo – abashaija mukunde abakazi banyu, naimwe abakazi mutiine baabaro imwe.

## **Okuhigwa omumpurizingana**

Tushemereire kwetegyereza ekindi kintu kikuru – okuhurizingana. Abashaija naabakazi niboreka okubarikweenda okukundwa/ekitiniisa omumiringo etarikushushushana. Eki abakazi bagaamba tikyo keingi abashaija bahuriraga. Kandi abashaija ekibarikugyezaho kugamba abakazi ttikyo bahuriraga

Nomanya ngu omuringo ugu abakazi bagambiragamu ngu tibarikukundwa nigutuma abashaija bahurira ngu tibaheebwa ekitiniisa? Kandi oku abashaija barikugarukamu, abakzai bahurira tibakundwa nokukirayo okubaaba barikuteekateeka. Eki nikrugamu omwetrooro gushambire. Nitwenda ngu tukundwe kandi tuheebwa ekitiniisa kwonka omuring okuturihurizingana gutumwa twahurira twangirwe kandi tigayirwe kimwe.

Obushazi obu butuma twakora ekintu nikyo kimwe kandi turikugumizamu okubishishira kimwe. Tushemereire kuhinduraho okutunga ekiturikwenda.

Okweyongyera kwetegyerereza eki, reka tureebe omugane ogu aheifo:

*Ekaba eaire esande egumire okukora omumisiri. Omushana nekibiga bikaba bibeire biingi munonga. Van yashemereire munonga ngu omukanya kakye naija kuba nagarukayo omuuka okureeba omukazi we. Akaba amazire ebiro 10 atarimuka, bukaba buri obwiire buraingwa atari omukaye. Kuyabaire naatambura okuruga ahankuuto kuhika omuuka yategyerereza ngu namukazi naija kuba ategyerereze nikihika nkekyeeye*

*Thuyi akaba arimuuka, aruhire ahanyuma yokureberera abaana ari wenka, kandi arikureeba emicwe yaayo etari mirungi. Nawe akaba ategyerereze nikihika okureeba omushajja weye arikutaaha. Akaba yahereze kumuterera esimu ngu arete amate gomwerere ahakuba akaba tabasize kushohora naabaaaana. Akaba aine amatsiko ngu naija eshaha yoona. Omwerere akaba yatandikire kuburwa obusingye kandi ataine ekyokumuha.*

*“Nataaha,” Van yaayeta.*

*“Ahamuheru,” Thuyi yamugarukamu “amate g’omwerere garahi”*

*“Oh,” Van yagarukamu “nayebirwe, naaba nyine ebyokwijuka erizooba”*

*“Okabasa ota kukora otsyo!” Thuyi yaagambira ahaiguru, “Omwaana yakunywa ki?”*

*“tiharuho ekindi eki oine? Tikarya ebiturikuza kurya”*

*“eki tikikabasika, noyenda arwaare? N’omwerere. Bumwe nintekyerereza nofayo munonga ahabanywani baawe okukira eka yaawe. Tokayebwa kuza kwehamu nabo.”*

*“kare, kangarukeyo ngure amate” Van yatongana arikushohora aine ekiniga. Ekihika ekibabaire bona baine barikwenda ngu barebane kikaba kihereze kubura kare.*

Embeera egi nebase etarikushushana neyoweitu kwonka keingi okuhajana nikushushana.

Turishemereire kurenzya ameisho ahabirikugambwa tukateekateeka ahari eki ekirikubaho.

Ekitushemereire kwijuka nobukuru bwa **rukundo ahabakazi** na **ekitiniisa ahabashaija**. Omukazi yatandika kugubwa kubi keingi nikiba nikimanyisa ngu nahurira atakunzirwe, kandi abashaija bagira ekiniga ninga bahunama bakanga kugaamba nikimanyisa ngu tiyahabwa ekitiniisa

Katushube tureebe ogu omugane omubirahuri bya rukundo n’ekitiniisa.

Van yaayebwa okureeta amate g’omwaana. Eki nikizibu kikye munonga tikishemereire nokurugamu orutaro. Van naabasa kuza ahaduuka akagagura. Abashaija tibakaitegyereza akantu kakye nkaako okurugamu orutaro ruhango. Van ashemereire kwetegyerereza ngu obu yayebwa amate, kikatuma Thuyi yetekyerereza ngu tarikumukunda. Yamushaba okukora ekintu kimwe kandi obwe atwire atarumu. Ahabwaki tiyabasa kwijuka eki kintu kimwe kyonka? Hoona tiwe yayebirwe? Nikwe atamwinire mugasho atsyo? Niyo nshonga yamugarukiremu kubi. “Okakora ota basyo? Van we tarikwetegyerereza ngu Thuyi yahurira atakunzirwe. Van yagubwa kubi yahurira omukazi tamuteremu ekitiniisa. Buzima yayebirwe, tiyakigyendereire okwebwa okugura amate. Kwonka ahakuba Van tiyahamya rukundo ye ahari Thuyi, namukaaknkamira ogundi murundi, “Torikutufaho! Nofa ahari banywani baawe kukira okurikutufaho” yamucwera orubanja. Nayenda ngu amworekye oku atamufireho kandi okukiriyo nikimukora kubi munonga.

Kwonka, Van nagira ekiniga ashohora. Okuyamgarukamu nahurira tiyamutamu kitiniisa nakakye. Tikabasa kwikiriza ngu Thuyi naabasa kugamba ekintu nk’eki. Akagira ata ngu takubafaho, kandi obwe amazire wiki yoona arikututuka ngu abase kureberera ekaye. Nashohora juba kugira ngu atagira ekindi ekiyagamba obundi kibi n’okukiraho. Abakazi baingi tibakayetegyerereza ahabwaki abashaija

nibatamburamu ninga banga kugamba. Tibakayetegyereza ahabwaki abashaija tibakfayo okugamba bakahika okwkirizana. Abakazi nibo nibakunda okugamba. Kubarikugira ekizibu nabakazi Bagyenzi baabo nibagamba obutakaikirizan obwo babumaraho. Kwonka abashaija bo nibatamburamu baanga kungamba. Abakazi bategyereza ngu obutagamba obu nikindi ekirikuhamya okubatarikubakunda. Eki abakazi barikweteenga kwetegyereza abahaija nibatamburamu ahakuba bashaasha munonga tibarikumanya n'ekyokugamba. Nibatamburamu ahabwokukunda n'okukurinda gye!

**Abakazi kubarikunyiiga,  
nikimanyisa yahurira  
atakunzirwe. Kandi  
omushaija we ku  
arikugira ekiniga ninga  
bahunama nokugira  
nibahurira batahabwa**

Van yaguma naatangara ahabwaki Thuyi amate yagahindura ekintu kihango kitsyo. Kwonka Van naabandi bashaija bashemereire kwetegyereza ngu amate tigo gabeire gari ekizibu kureka Thuyi ekiyabaire nayeenda n'okuhamya ngu naamukunda. Akaba nayenda ngu amworeke ngu buzima yashasha kandi akamushaba okusaasira kwonka we Van yayetegyereza ngu tiyamutamu kitiniisa nawe yagira ekiniga. Ekirikushesha nokugira ngu bakaba batwiire bategyereize okurebana nikihika. Mbweni okubabaire betebekanisa okushemererwa hati byahinduka nobwe baaba abokugiranira ebiniga.

Abashaija naabakazi nibetegyereza ebintu okutarushushana. Yaaba ori omukazi obundi noyetegyereza embera ei Thuyi yabaire arimu knadi omusasibwa. Akaba amazire omuuka wenka okumara ebiro ikumi. Akaba nayeteenga okuhwerwa. Kandi yaaba ori omushaija obundi noyetegyereza Van. Akaba aruhire, arikukora e wiki yona ahabwokubesaho ekaye! Amate yagabirwe! Omukazi we takayetegyereza ebi Byoona yaaba nibakora ahabwe neeka yona!

Ekirikutwanguyira nokusasibwa ugu omuntu oine obuhangwa nk'obwaitu. Abakazi nibetegyereza nk'oku abakazi beategyereza. Naabashaija beategyereza nk'oku abashaija beategyereza. **Kwonka twaaba nitweenda okugira obushwere burungi nikyeteenga twetegyereze oku abakazi beategyereza twaaba turi abashaija ninga oku abashaija beategyereza twaaba turi abakazi.** Abakazi bashemereire kwetegyereza ngu abashaija okubakwatamu enshobi nikimanyisa ngu tiwamuha, nari okumuha ekitiniisa. Abashaija nabo bashemereire kwetegyereza ngu omukazi yayetomboita, yakukwatamu enshobi, ninga yarira nokugira ngu nahurira takunzirwe.

Nk'okurikureeba ugu n'omwetrooro gugumire munonga. Oku omukazi arikuhurira ngu tomukuzire nikwo arikweyongyera okwetomboita. Oku arikweyongyera kwetomboita nikwe omushaija arikweyongyera kuhurira ngu tarikumubaha reero ayeyongyera kumutwaaza omumuringo ogurikumworeka ku atrikumukunda.

Ekihama kyobushwere oburikushemeza nokuhindura ugu omwetrooro. Nituteekwa kworobera Ruhanga yaaba kyanguhi ninga kitugumiire. Ijuka orunyiriri omu Abefeeso 5:33. Abashaija nimutekwa kukunda abakazi baanyu, abakazi numuteekwa kutiina baabaroimwe. Eki nikiragiyo kya Ruhanga.

- Abakazi – mugyezeho kwijuka ngu ku orikwetomboita, okakwata enshobi omumushaija waawe, nahurira wamugaya omumwanya gw'okumuha ekitiniisa. Wareeba yaayanga kugamba naiwe, ninga akakugarukamu kubi, nokugira yayetegyereza ngu tiwamuha kitiniisa. Oyebuuze, “eki ndikuza kugaamba ninga okukora nikija kwetegyerezibwa nk'okumuha ekitiniisa ninga okutamuha ekitiniisa?”
- Abashaija – gyezaho kwijuka ngu omukazi waawe yayetomboita nahabwokuba yahurira ngu takunzirwe. Ku orikwaanga kugaamba nawe ninga okamugarukamu kubi nikyeyongyera kumuretera kutekyereza ngu torikumukunda. Otakagambire ninga okukora ekintu kyoona, oyebuuze “Ekindikuza kugaamba ninga kukora nikija kwetegyerezibwa nka rukundo ninga etari rukundo ahariwe?”

## Eishomo 2: Okwetegyereza obutashushana bwaitu

1. Ahaburi kintu oteho akamanyiso “X” orikupima oku orikukirayo kutwaaza
2. Ahaburi kintu oteho akamanyiso “O” oku munywaani waawe akirayo kutwaaza

<b>Okutaikirizingana</b>		
Okumaraho enshonga ahonaaho	_____	Rinda obusingye
<b>Esente</b>		
Okushohoza esente	_____	okubiika
<b>Abantu</b>		
Okuba naabandi	_____	Okuba wenka
<b>OKukora entebekanisa</b>		
Okuremera ahantebekanisa	_____	Okukora ekiraija
<b>Okurinda obwiire</b>		
Okuhikaho kare	_____	Hikiraho ahabwiire ninga okyerererwe
<b>Okuhumuraho</b>		
Okushohora kwehamu	_____	Guma omuuka
<b>Okunyaama</b>		
Okunyaama kikyerezezi	_____	Okwimuka kare
<b>Emizaano yaaheru</b>		
Munonga	_____	Okutabifaho
<b>Okujwara</b>		
Obutongore	_____	Okuwabona
<b>Obuteeka</b>		
Munonga	_____	vagari
<b>TV</b>		
Igumeho	_____	Wayenda oginagye

Nibutashushana ki obundi oburesireho obutaikirizana omukakwate kanyu?

3. Waheza mwerekane ebimwahandika aharupapura kandi mubiganireho:
  - a. Otwiire noyetegyerereza gye ebi mugyenzi waawe akunda? Haruho ekyakutangaaza?
  - b. Okuwagarukamu nikushushana na mugyenzi waawe okuyagarukamu ahamitwe egi?
  - c. Nimumiringo ki ei murikwikirizamu munonga?
  - d. Nimumiringi ei murikukirayo okutashushana?
  - e. Nibyakugambahi ki ebirikukirayo kuretaho okutikirizana omubushwere bwaanyu?
  - f. Mugambe okumwakukora okumaraho obutaikirizana obu.
  - g. Mukakoresa muta ebi buri omwe ainemu amaani okwombeka obushwere bwaanyu?

Kumwokuba mutakamazire obwiire buraingwa omubushwere, kirabisika ngu omubiingi timurikutebana. Omumwaanya gwokugyezaho okuhindura mugyenzi waawe, sherura ebi ainemu amaani kandi omushagikye omuri ebi ainemu obweremwa. Ninga nimubasa kuteekateeka ngu nimushushana munonga ahakuba timukajubwiine gye. Nimubasa kweteenga kugarukamu eki okukora ekyo mwayongyera kwemanya.

4. **Muhandike entebekanisa hamwe:** okumurakoreho ahari ebi mutarikushushanamu. Mutorone ebintu 2 ebirikubatanisa munonga kandi muhandike entebekanisa yaanyu okumurasingure omumbeeera ezi.

Ekyokureberaho 1 – Esente

Omukundwa waawe yaaba nakunda okushohoza kandi nokunda okubiika, mukore entebekanisa okumurashoze sente zimwe ezindi mukazibiika. Obundi mwikirizana okushoho omuhendo oguragiriirwe kandi mugyenzi waawe agire esente ezi arikugira ahanshaho buri wiki/okwezi okushohoza ahabintu ebimwikirizineho hamwe

Ekyokureberaho 2 – Okuruhukaho

Obundi iwe nokunda okuruhukiraho omuuka, kandi mugyenzi waawe nakunda kushohora kuza kwehamu, mwikirizane aha muringo ogu mwena murikubasa kushemererwa. Nimubasa kwikirizana kushohora hamwe rimwe omu wiki kandi mugiraho erindi eizooba rimwe ry'okuguma hamwe omuuka. Ninga mukirizana ngu bumwe mugyenzi waawe naija kushohora wenka, iwe osigare omuuka.

Pulani yaitu:

1.

2.

# Eishomo 2: Okumaraho obutaikirizana

Mushome buri runyiriri. Ohandikye engyendererwa y'okumaraho obutaikirizana.

ORUNYIRIRI	ENGYENDERERWAHO
Matayo 7:3-5	
Matayo 18:15	
Enfumu 15:1	
Abakolosai 4:6	
Abafilipi 2:3	
Abefeeso 4:26	
Enfumu 19:11	



# Eishomo 3: Okujumbura Obuhuta

*<sup>23</sup>N'ahabw'ekyo ku oraabe oreetsire empongano yaawe aha itambiro, waijukira aho eki oshobeize mugyenzi waawe, <sup>24</sup>otsigye empongano yaawe omu maisho g'eatambiro, ogyende, obanze ogarukane nawe, bwanyima ogarukye oheyo empongano yaawe egyo. Matayo 5:23-24*

## Okweshujuma Iwe Nk'omuntu

Twaza kutwara edakiika nkye tushabe Ruhanga omumubonano, atwereke yaba hariho emiringo ei tuhutaizemu abakundwa baitu ninga waba otashweirwe, tekateeka ahari munywani waawe nari omunyabuzare.

- Hariho eki oremirwe kukora ei oshemereire kuba nokora?
- Hariho eki okozire (nari oriyo nokora) eki otashemereire kukora?
- Oremirwe kukora ekintu eki orikumanya ngu omushaija nari omukazi waawe nayenda ngu omukorere?
- Hariho eki ogambire kyikahutaza mugyenzi waawe?
- Oremirwe kworeka rukundo hamwe n'okugaruramu amaani?

*“Mwene waanyu ku arakukore kubi, gyenda omumanyise eki akushagiize muri mwembi.” Matayo 18:15*

## Okweshujuma Iwe Nk'omuntu

- Hariho emiringo eyi ohutazibwemu ahabw'omukundwa waawe? Obundi hariho oku omugyenze waawe atarikukimanya ngu nakuhutaaza

## OKUTA OMUNKOLA

Shaba kandi oyeheyo kutandiika kuganiira ebintu ebyo hamwe n'omukundwa waawe egi wiiki.

# Eishomo 3: Entambwe omukushaba okusasirwa

Entambwe 6 z’okushaba okusasirwa kugira ngu ogaruzeho obukwate waheza kuhutaza abandi.

1. **Oyaturiire Ruhanga** – Twahututaza bagyenzi baitu, nituba twagomera Ruhanga. Nitwetenga kuza omumaisho ga Ruhanga Tukamushaba okusasirwa ahabw’enshobe ezitukozire. Okwakiira okusasirwa kwa Ruhanga nikuza kutuhereza omutima mucureezi gw’okwatura n’okushaba okusasirwa aha ndiijo muntu.
2. **Oyaturiire omuntu ou ohutaize hatariho rwekazo yoona.** Emirunfi emingi ku turikwatura, nituba nitwenda kushoborora ahabw’enki twakozire eki twakozire konka, eki nikibaasa kutuma omuntu yagumirwa okutusasira.

## Eky’okureberaho 1

*Okuta orubanja ahandijo* – Nimanya ngu nkugambireho kubi omumaisho ga banywani baawe nyomwabazyo, onka tinakubaire ninkikora ntyo kuri otaratumire twakyererwa eshaaha emwe.

*Ekihikire* - Nahutaize ndi kukugambaho kubi omumaisho ga banywani baawe nyomwabazyo nanye tinankozire gye.

## Eky’okureberaho 2.

*Okuta orubanja ahandijo.* Nimanya ngu nyigire kandi nakugambira kubi nyomwabazyo omukiira konka wabeire oshemereire kwijuka ngu nyoko atwaire nanjuma munoga kandi nduhire n’emirimo yoona.

*Ekihikire* – Kikaba kiri okweyendeza n’obutafayo ahariinye okukugambira kubi n’okukujuma ekiro nya nyomwabazyo. Onsasire okukuhutaza.

Gyerageranisa eby’okureberaho ebi bibiri aharuguru. Ni muringo ugu orikubaasa kurahukirwa kusasira?

3. **Shaba okusasirwa/oyeere enshobe yaawe.** Gyezaho orebe ngu nogamba ky’inyinie eki orikushabira okusasirwa kandi oyoreke obusaasi omu mazima. Nobaasa kugamba oti. “Ninshasha munoga ahabw’ekinakozire nginga nimpurira kubi ahabw’omuringo ugu nakutwarizemu.”
4. **Shaba okusasirwa** – Nitwetenga kumanya ngu nitwetenga okusasirwa. Nikibasiika ngu mugyenzi naba atetekatekyire kutusasira ahonaho, nahabw’ekyo nitutekwa kugumisiriza. Shaba ngu Ruhanga ahwere mugyenzi waaw akusasire. Tushemereire kubagyema kugamba ngu nakusasira ktarugire aha kukunda kwabo.
5. **Hindura emicwe yaawe.** Tikirikumara okwatura n’okushaba okusasirwa twaba tuteine entebekanisa y’okuhinduka kandi n’okumaririra tutashsba kukora enshobe niyo emwe. Ekicweka kimwe aha kugaruza ho obukwate n’okugyezaho kureeba ngu nokunda kandi oyetekatekire kuhindura emicw yaawe. Ogyezeho n’amaani kureeba ngu tiwashuba kukora enshobe ezo.
6. **Oikirize ebizarukemu bikorwa byaawe.** Omuntu nabaasa kwetenga obiire kugira ngu akusasire. Oshemereire kugumisiriza n’okushaba Ruhanga okubahwera ngu bakusasiire. Obuhuta bumwe nibubaasa kushenya obwesigwa omu kakwate. Noyetenga twetegyereza ngu omukundwa waawe n’abaasa kuta kwesiga juba nk’oku babaire ni bakwesiga enyima ho. Eki n’ekizarukiire omu bikorwa byaawe. Okushaba okusasirwa ti eiteeka ngu ebintu byoona bihinduke bisya. Obumwe na bumwe oyine kuturaho n’ebizarukire omu bi okozeire. Nikitwara obwiire kugira ngu obuhuta bw’okozeire burugeho.

## Eishomo 4: Entambwe z’okusasira

Obuhuta obu warabiremu u burabe bwabeire buri bukye, nikibaasa onkwanguha okuraba omu entambwe ezi, Obuhuta ku burabe bwabeire buhango, nikibaasa okutwara akaire karingwa.

1. Oiriize ngu ekyakukoreirwe kikaba kitari ky’oburinganiza.
2. Oikirize einiga hamwe n’ekyetengo ky’okuhutaza omuntu.
3. Oshabe Ruhanga akuhwere oasaasire ondiiho muntu.
4. Osharamu okutahooa enzigu.
5. Reka ekyetengo ky’okuhutaza ondiiho muntu kigurugemu.
6. Omurimo ogw’okucwa orubanja ogurekyere Ruhanga.
7. Oshabe Ruhanga akwihemu obusharizi n’ekiniga.
8. Oshabe Ruhanga akutambire obusaasi hamwe na byoona ebyazarukire omu butari buringaniza omu magara gaawe.

### Okuhaana Ebiteekateeko Omu Bubiina Bw’abantu Bakye

- Ni ntambwe ki ez’okusaasira eziri kukugumira munoga?
- Ni ki ekyakukuhwera okutuma ezi ntambwe zakwanguhira?
- Nikintu ki kimwe ekyorikweteenga okusasira omukundwa waawe?

Waba otarikubaasa kutekateeka ekintu kyoona ahamukundwa waawe, reero otekateeke aha muntu weena owakutwariize kubi, kandi waba nabwe otakabaasa kutekateeka aha muntu, reero oshabe mpora orikushabira abantu abarikweraba omu kintu eki.

# Lesson 5: Five Love Languages

## Five Different Love Languages

Abantu tibarikushushwana kandi baine n'emiringo etarikushushana ey'okwakiira rukundo . Twayoreka rukundo omu muringo gutarikushushwana nogu abakundwa baitu barikuhurira bakunzirwe, obwo nikirebeeka nkabarikubagambira orurimi orundi kandi babaasa kuhurira bankuzirwe. Nitubaasa kuba nitugamba konka bo batarikwetegyeresa. Twaba nitwenda kugamba n'abakundwa baitu nitwetenga kugamba orurimi rwaabo. Nikyokimwe na rukondo orw'ondiiho muntu kugira ngu tubaase okuboreka rukundo omu muringo ogu barikubasa kwetegyereza gye.

Hariho endimi eitaano za rukundo ezitarikushushana. Shoma buri emwe reero oteekateke bibiri kuhitsya ahari bina ebi orikubaasa kukoreramu eki omu bushwere bwaawe.

1. **Okuherezana** -Abantu bamwe nibahurira bakunzirwe twabakorera ebintu. Ebi nibibaasa kuba biri ebintu bikye nka ,okubonesa enju , okwozya ebyombo , okubagara omwata
2. **Ebigambo ebirikworeka okusiima.** Abantu bamwe nibahurira bakunzirwe twabagambira ebigambo birungi –Nibibaasa kuba ebigambo by'okubagambaho nka 'noteeka gye ' nginga oine' eishokye rurungi ' nginga ori maama w'amaani''. Nibibaasa kuba ebigambo by'okusiima nka "webare kuteeka kyakiiri " webare kukora n'amaani okugambira eka"
3. **Ebiconco** – Abantu bamwe nibahurira baakunzirwe twabahereza ebiconco. Ebiconco tibiri kwetegwa kuba nibigura ahaiguru nginga ebirikutwara esente. Nibibaasa kuba byanguhi nk'ekimuri eki ocweire aha muhanda orikutaaha nginga ekyevugo eki ohandikiire.
4. **Okukwata aha mubiri gwe.** Abantu bamwe nibahurira bakunzirwe okurabira omu ubakwataho. Eki kirimu byoona nka okukwatana omungaro, okubumbatira nari okuhereza eishoye ry'ogwo mugenzi waawe.
5. **Okumara obwiire burungi hamwe.** Abantu bamwe nibahurira bakunzirwe kutui kumara obwiire bw'omutano naabo. Eki tikirikumanyisa ngu turi omukishengye kimwe turikukora ebintu ebintu kushwana. Nikimanyisa ngu nituherezana okuhukirizana. Omu maka gaitu agarimu emirimo maingi, nikibaasa kumanyisa ngu mutambbure hamwe kandi mubagane ebyabaho omwi zooba.

Nobaasa kushanga ngu omukundwa waawe nagarukamu gye omuringo gumwe rwa ruundo okukiira eyindi. Buri muntu aine eki arikukunda ogyezeho kujumbura ni muringo rwa rukundo ogu omukundwa waawe arikukiraye kukunda reero okore baingi omumuringo ogwo.

## Eishomo 6: Abakazi hamwe naabana b'obwishiki

Shoma ebigambo ebi reero muhaane ebiteekateeko yaaba nimukikiriza nginga timukakikiriza? Ahabwaki?

Okugaamba	Noyikirizana neekyo? Ahabwaki
"Abaishiki noomugugu muhango ahaaka"	
"Abakazi tibashemereire kutuunga eitaka nari obuhunguzi"	
"kihikire okuteera omukazi yaaba tarikukworobera."	
"Abakazi bashemereire kureebwa kutari kuhururwa."	

Ningamba ki eihindi ei orikubasa kuteekateeka omuntwaaza yaanyu ebirikworeka oku abakazi nginga abashaija bashemereire kutwaaza nari kutwazibwa? Noikirizana nengamba egyo?

Shoma Okutandika 1:27-28.

Ekyahandikirwe eki nikitworeka oku abashaija naabakazi boona bahangirwe omunshusha ya Ruhanga.

Handika orukarara rw'ebintu ebirikworeka oku abakazi naabaishiki barikutworeka ekishushani kya Ruhanga.

Nihabaho ki omukazi yaaba tagyendeire ahanwaaza y'ekyaanga eki atwiremu?

Abeeka ye nibakoraki ahari ekyo (omushaija, abazaire, abanyabuzaare b'iba)?

# Eishomo 6: Entwaaza omu bwiire bwa Yesu hamwe n'oku Yesu yatwarize

Erizooba nitweenda kureeba oku abakazi babaire nibatwazibwa omu bwiire bwa Yesu hamwe n'oku Yesu yabatwarizemu. Yesu akataho empiduka omu mitwarize yaabantu abuyabaire atwiremu naitwe nitubasa kutaho empinduka omumitwarize yaabantu abatutwiremu. Mushome ebi omububiina bwaanyu bwaabantu bakye kandi mugaanire ahabibuuzo aharupapura orukuteireho.

## Entwaaza omubwiire bwa Yesu:

Ebiragiro hamwe n'emitwarize ya bayudaaya hamwe naabaroma ekaba terikureeba mugasho omubakazi. Abakazi bakaba nibareebwa nk'ekyahansi aha bashaija.

- **Abakazi bakaba nibareebwa nkobutungi.** Bakaba batarikwemaririra. Bakaba nibabarwa omumaka gaabeishebo nginga agabaibabo. Abayudaaya bakaba batarikwikirizibwa n'okugamba naabakazi omurwaatu nk'omunkuuto. Naahamikoro abakazi bakaba batarikubarwa.
- **Abakazi bakaba nibakugirwa n'omukuramya Ruhanga.** Bakaba nibaikirizibwa okutarenga ahambuga yaabakazi omu hekaaru. Bakaba nibakugirwa n'okutatunga ekigambo kya Ruhanga butunu nari okuhika ahari Ruhanga omukuramya.
- **Abakazi bakaaba tibarikwegyesibwa.** Ahakuba obwegyese bukaba nibutungwa omusinagoogi, abaishiki bakaba batarikwikirizibwa kwenyigiramu.
- **Abakaba bakaba betaine bugabe omubiragiro.** Bakaba batarikwikirizibwa kutuunga eitaka, batakungura nari okushenda b'ibabo. Bakaba batakabasa kuherezayo bwamushainja omu iramuriro shana habaho omushaija orikubuhama.

Omubwijwiire, omumitwarize yaabantu omubwiire bwa Yesu, abakazi bakaba batarikwesigwa, barikutwarwamu nkaabarikwetegyereza kukye kandi batari b'omwoyo ekirikumara.

## Oku Yesu yaatwarize:

Enyegyesa ya Yesu ekaba eri eyomutaano neentwaza yaabayudaaya naabarooma. Abashaija naabakazi akabatwaaza omukitiinisa ekirikushusha. Abakazi omubwiire bwa Yesu bakaba batakarebegaho mushaija nka Yesu.



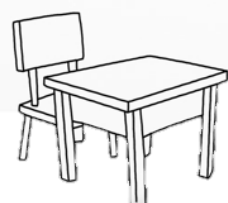

- **Yesu akaba naatwaza abakazi omumuringo gw'ekitiinisa.** Akagamba naabakazi omurwaatu. Yesu akagamba n'omusamariakazi owabaire ari omunyamahanga kandi omunyabibi (Yoh 4:7). Akagamba omurwaatu n'omukazi owabaire akwatsirwe omukikorwa ky'obushambani (Yoh 8:1-11). Yesu akatandika okukora eby'okutangaza ahabw'okuhabwa nyina (Yoh 2:1-11).
- **Yesu akaba nahereza okubugabugana ebyetaago byaabakazi.** Omubuhereza bwa Yesu akaba nabugabugana ebyetaago byaabakazi nk'oku yabaire abugabugana ebya bashaija. Akehuza ebiragiro ebya Musa ebyabaire birikugira ngu tokabasa kukwata aha mukazi omumicwe yaaabakazi (Mako 5:25-34). Akakiza omukazi owabaire azingazingirwe omwoyo wa daimoni okumara emyaka 18 yaamweta "Muhara wa Aburahamu". (Luka 13:10-17). Akahwera omu kananikazi (Matayo 15:22-28).
- **Yesu Akegyesa Abakazi.** Akaba naayakiira ebibuuzo byaabo nkabikuru. Yesu akegyesa ennono zaamazima ge abashaija naabakazi omuburinganiza. Akegyesa Mariamu, murumuna wa Mariza (Luka 10: 38-42). Abakazi nibo baabandize okureeba Yesu azokire kandi baragirwe okutwara aga amakuru marungi omubeegi (Yoh 20:1-18). Abakazi baingi bakaba bagyenda na Yesu barikushagika obuhereza bwe (Luka 8:1-3) obu yabaire nayegyesa entumwa nenkuyaanja yaabantu

## **Ebibuuzo by'okugaaniraho:**

1. Nooshoborora ota oku abakazi babaire batwazibwa omubwiire bwa Yesu?
2. Oku Yesu yaatwarize abakazi kukaba nikushsushana neetwaaza y'obu obwiire ninga kukaba kutanireho?
3. Haruho oku entwaaza yaanyu okumurikutwaaza abakazi omumicwe yaanyu okukurikushushana n'oku entwaaza y'obwiire bwa Yesu okubabaire barikutwaaza abakazi?
4. Nimiringo ki ei Yesu yaatwarizemu abakazi okutarikushushana n'oku obu bwiire babaire batwazamu abakazi?
5. Notekyereza abakazi bakahurira bata obu Yesu yabatwarize atyo?
6. Nibyokureberaho biha ebirikworeka oku omumakazisa gaitu tutwazamu abakazi okutarikushsushana na Yesu okuyatwarize; ninga okukurikushushana n'emitwarize yaabanyakole nari abakiga?

# Eishomo 6: Ekyaanga kyaitu

Mugambe ahaburikicweka kandi mwijuze ekipande n'ebizibu ebirikureebwa omukyaanga kyaitu oku abakazi naabaana b'obwishiki barikutwazibwa. Mworekye n'ebitekyerezo kimwe nari bibiri oku abakazi naabaishiki barikubasa kutwazibwa omukitiniisa n'omugasho.

Ekicweka	Okutwazibwa kubi & obutari buringaniza	Ekiturikubasa kukora (Ebitekyerezo 1-2)
 <p><b>Omuuka</b></p>		
 <p><b>Ekanisa</b></p>		
 <p><b>Eishomero</b></p>		
 <p><b>Ekyaanga</b></p>		

- Nibintu ki bibiri ebi orikubasa kuhinduraho omumaka gaawe okutwaaza gye omumuringo gw'ekitiniisa omukyaara waawe? Abaana baawe b'obwishiki?
- Nibintu ki bibiri ebi orikubas kuhinduraho omukyaanga kyaawe ahabw'okutwaaza gye abakazi n'abaishiki omuringo gw'okubahereza ekitiniisa?

Mubagane hamwe ebimurikuza kwehayo okukora. Mushabirane kandi mushabe Ruhanga abahwere okuhikiriza okuhiga kwaanyu.



# Eishomo 7: Okuhwera Abaana Kukura

*“Manyiiza omwana omuhanda ogu ashemereire kutoora;  
Kandi n'obu arikura, tarigurugamu.”*

**Enfumu 22:6**

## Okukura omumwoyo

*“<sup>6</sup>Kandi ebigambo ebi, ebi ndikukuragiira eri izooba, bishemereire kukuguma aha mutima; <sup>7</sup>ogume oyezirike kubyegyesa abaana baawe, ogume obigaaniireho oshutami omu nju yaawe, nari noogyenda omu muhanda, kandi waaba nooza kubyama, kandi noimuka.” Eky' Ebiragi 6:6-7*

### 1. Okushoma Baibuli nari Okweherera nk'eka

Gyezaho okutwaraho obwiire buri izooba hamwe n'okugambira abaana baawe emigane ya baibuli. Obegyese kwetegyereza egyo emigane. Mwaheza okushoma ekicweka nari omugane, obabuuze ebibuuzo nka: Eki kyahandikirwe nikitwegyesa ki ahari Ruhanga? Nikitwegyesa ki okutushemereire kutwaaza?

### 2. Okushaba hamwe n'abaana

Tushemereire kugiraho obwiire bw'okushaba n'abaana baitu. Oronde obwiire obw'orikuba oteine emirimo eindi. Oreebe ngu obu obwire wabumara naabaana baawe orikubahurikiza hamwe n'okushaba nabo. Baaba bakiri bato munonga nibabasa kugambira eby'okushabira reero okabashabira omubugufu. Baakura nabo nibabasa kutandika kushaba. Obahwere kwetegyereza oku Ruhanga yaabagarukamu.

### 3. Okutwaara obwiire n'abaana baitu

Obwiire bwoona ogaambe ahari Ruhanga waaba orinabaana baawe. Obegyese hari Ruhanga. Mwashohora aheru wareebe omuti noobasa kugira ekiwagamba nk'oku Ruhanga araturukunda munoonga kugira ngu akatuha emiti erikutuhereza ekicuucu, enku, ebijuma hamwe n'okuboneza obuhangwa. Obagambire oku ensi yooni n'eya Ruhanga kando okutuweirwe obujunanizibwa bw'okugireberera. Obutoosha osherure oku orikubasa kuyamba abaana okureeba Ruhanga.

## Okukura omubiteekateeko/Obwengye

*“Mwana wangye, guma ohurire ebi sho arikukuhabura,  
Kandi otanga ebi nyoko arikukwegyesa.” Enfumu 1:8*

### 1. Oyegyesa obwereere omuuka

Ogyezeho okubashoborera ebibuuzo byaabo. Obe niiwe wabagyesa za ABC n'okubara 1,2, eraangi, n'ebindi nk'ebi. Obaikirize okwetoanira omubintu ebyanguhi. Nka, “noyenda kujwara esaati erikutukura nari eya bururu erizooba?” obahereze obwiire okugarukamu ebibuuzo byaabo!

### 2. Abaana abahikize emyaka ey'okuza ahishomero obohereze aheishomero

Nitweteenga okugira ebitwayefereza kugira ngu abaana baitu baze kweega, kandi nabwe n'obujunanizibwa bukuru ahamuzeire. Okurabira omubwegyesa nituhereza abaana baitu emigisha y'omumeisho. Titukamanya entebekanisa ezi Ruhanga ainire abaana baitu, kwonka tushemereire kureeba baine omugisha gw'okujumbura ekibarikubasa kukora. Ruhanga nabaasa kutorana omwaana waawe okugira empinduka eiyaresho omukyaanga nari ihanga ryaawe. Haza naaba nayeteenga obwegyesa kugira ngu abase kukora eki Ruhanga amwetsire kukora. Okweshasha kwaawe hati nikubasa n'okuhwera omwaana waawe okuza omumashomero gaiguru reero akahwera eka yaawe omubwiire bw'omumeisho. Oyihereho akakwete kw'omwaana waawe na Ruhanga, obwegyesa n'ekindi kishumuruza okuhwera omwaana okugira amagara marungi. Byombi (amagara g'omwoyo n'obwegyesa) oreebe ngu wabihereza omwaana waawe.

## Okukura omukugira akakwate n'abandi abantu

*"Mutarikora ekintu kyona ahabw'okurwanira orubaju nari okwekuza, kureka omu bucureezi omuntu weena asiime mugenzi we okukira oku arikwesiima."* **Abafilipi 2:3.**

### 1. Oyegyese abaana oku Ruhanga naayenda ngu bagire akakwate n'abandi abantu.

Mushome buri runyiriri. Nenki ekiturikweega omuburi runyiriri kiri kikuru okwegyesa abaana baitu?

- Abafilipi 2:3
- Abakolosai 3:13, 15
- Matayo 5:44
- 1 Abakorinso 13:4-5
- Matayo 7:12

Baibuli nituhwera okwetegyereza obukuru oburi omukugira obusingye naabandi bantu, turikukunda buri omwe, okugira obugumisiriza, embabazi, okusasira hamwe n'okutwaaza abandi nk'okuturikwenda ngu batwaaze. Nitweteenga eki okukigyesa abaana bakiri bato nabaaba nibakura obukwate bwaabo burahinduka.

### 2. Obe eky'okureberaho. Abaana nibeega obukugu omukukwatanisa naabandi okurabira omukureeba abandi okukira munonga abazaire baabo. Omuringo oku orikukwatanisa naabandi nekyokureberaho kyaburizooba ahabaana baawe.

Oteekateeke ahamuringo oku orikukwatanisa naabandi hamwe n'oku Ruhanga akayenzire ngu otwaaze okurugirira okuturikweega omu baibuli.

- Nimiringo ki ei orikutekyereza ngu ori okokureberaho kirungi ahabaana baawe?
- Nimiringo ki ei orikweteenga ngu Ruhanga okuhweremu okuba eky'okureberaho kirungi?

### 3. Oyambe abaana baawe okubokubasa kutwaaza bahigwa omubukwate bwaabo naabandi abantu.

Keingi abaana tibarakugambire bagira ebizibu omukukwatanisa naabandi abantu, kwonka nibabasa kuhindikaho omumitwarize yaabo. Noobasa kureeba bayeyongyera okugira ekiniga, obusharizi, okuhunama hamwe nokuguma baribenka. Obu nibubasa kuba obumanyiso ngu bariyo nibagira ebizibu naabandi abantu. Abaana nibeteenga obushagiki omukugamba ahashonga ezi hamwe n'okubokubasa kweega kutwaaza gye abandi bantu naabaaba bahutaziibwe, batungiire, ninga barikutwazibwa kubi abandi bantu. Reeka babagane ekyabaho, okubarikwehurira omumagara gaabo, hamwe n'okubatwaaza. Okuganiira nk'oku n'omwaana nekyokureberaho kyakakwate ka rukundo, okwakiira omuntu omumbeera ei arimu hamwe n'embabazi. Kandi nikirungi munonga omumyaka y'omwaana akiri muto kugira bakwesigye n'okubahwera omumbeera ezitari zimwe.

- Nimiringo ki ei orikubasa kuhweramu abaana baawe okweega kuteekateeka kurungi ahabandi hamwe n'okutwaaza abandi na rukundo nembabazi?

Okuturikukwatanisa naabandi nikikuru. Okweyendeeza nikyo buri muntu arikwanguhirwa kukora kwonka tikikashemeza Ruhanga. Nitwenda okwegyesa abaana baitu kugira ngu batekyereze gye ahabandi, kandi baabatwaze gye n’okukira bo okubarikweenda batwazibwemu. Eiteka eryo rishemereire kugyesibwa omubigambo n’omubikorwa.

## Okukura omumubiri

- Nimiringo ki ei turikubasa kuhweramu abaana baitu kukura gye omumagara gaabo g’omubiri?

Ebyo byoona nibiyaamba abaana baitu kugira amagara marungi g’omubiri. Kimwe ekikuru ekitushemereire kukora nokubasira abaana baitu okukura baine amagara marungi obwo barikutuunga ebyokurya baine ebiriisa byoona buri eizooba. Okugira ngu obwongo bwaabo bukure gye, tushemereire kureeba ngu nibarya ebyokurya birimu ebiriisa byoona.

Eiteka 1+3:

- Emwe n’omukyeri nari ekyokurya ekindi ekiri omuruganda rw’omukyeri (akahunga, oburo, ebitakuri, ekitookyee, n’ebindi). Nitweteenga okurya omukyeeri nari ekindi omukika ekyo reero tukagaitaho ekindi okuruga omubika by’eby’okurya.
- Ishatu n’ebindi bika by’ebyokurya ebitushemereire kwongyeraho buri eizooba:
  - Ekika kya 1 – Ebirikwombeka omubiri nka – amahuri, amate, ebihimba, ebyenyanja n’enyama.
  - Ekika kya 2 – Ebijuma hamwe n’emboga (bijwiire endinda mubiri n’ebiriisa).
  - Ekika kya 3 – Buto hamwe n’ebishaju (nibyetaagwa omubukye).

## Okweshujuma lwe Nk’omuntu

- Nibiki ebo oriyo nookora okugira ngu abaana baawe bakure gye?
- Nibiki ebi orikwettenga kweyongyera kutamu amaani?
- Nibintu ki ebisya ebiwayega omuishomo eri ebiraija kuyamba kuhwera abaana baawe kukura?

# Eishomo 8: Emiringo y’okugarukamu abaana

“omwaana azeirwe tindikumukunda! Nimubi baasi!”

“Omushomesa waangye neekiragi!”

“Yanteire entomi! Tindishuba kuzaana nawe!”

Nimuringo ki ogwabutoosha ugu omuzaire w’omwaana wemyaaka etaano yagaamba ebi aharuguru arikukira kumugarukamu?

Haruho emiringo etari emwe y’okugarukamu omwaana yakora nginga yagamba kubi. Keingi titukateekateeka ahanyehurire y’omwaana omumagara ge. Nituhendera tutahwereire ugu omwaana kwetegereza. Nitukora kimwe ahari ebyo aheifo:

**Okwanga:** ‘Iwe. Tikibi munonga batyo.’ ‘ekyorikugamba torikukimanyisa.’

**Oku orikutekyereza:** ‘tiharuhomwe ekyorikubasa kukora ahari ekyo – rekyeraho okwetomboita.’ ‘otaba mushema! Nomanyisa notekwa kuza aheishomero.’ ‘waaba noyenda omurimo omurungi notekwa kuza aheishomero.’

**Obuhabuzi:** ‘oshemereire kukora munonga kureeba ugu waguma nabanywani baawe kitari ekyo noija kuguma wenka.’ ‘oshemereire kwega kwerehanaho.’

**Okucwa orubanja:** ‘Kuwagamba ekintu kibi munonga!’ ‘oshemereire kuba nawe babandize kumurahura.’

**Ebibuuzo:** ‘Waakozire ki?’ ‘ahabwaki noogamba ekintu kibi nk’eki?’

**Okuhorereza ondijo muntu:** ‘nanka n’omwishiki aine micwe mirungi.’ ‘nimpamya yabaire atakigyendereire.’

## Okweshujuma Iwe Nk’omuntu:

Noteekateeka ugu omuby’okureberaho ebi aharuguru, okatwaaza ota omwaana ahaburi kimwe?

Noteekateeka ugu okatwarize okurikushushana nk’okutwayega omu ishomo eri?

# Eishomo 8: Engyendererwaho z'okuhurikiza

## Okuhurikiza gye

Okuhurikiza gye omwaana nikimuhwera okushujuma gye okubarikuhurira omumwaanya gw'okugumiza akatwaaza kubi. Nikihwera omwaana okweega okumanya ek'okukora hamwe n'okugira emyoga erimuhwere n'omumyaka yabukuru. Nikimuhwera okuhurira gye hamwe n'ikwega emicwe mirungi. Okuhurikiza gye nigumwe emyoga mikuru omukworora abaana.

Twaaba nitugyezaho okugaruramu omwaana okureka omuze mubi keingi nagubwa kubi. Abaana nibaabasa kwejumburira ebyokugarukamu twabahurikiza gye tukakuratira engyendererwaho ezi:

## Engyendererwaho z'okuhurikiza hamwe n'okugarukamu abaana omumbeera zaabo

Okuhurikiza gye abaana baitu nitweteenga okukora ebintu bishatu:

### 1. Ohurikize obateireho omutima:

- Nikyanguhira omwaana yareeba ngu ekyarikugaamba okiteireho omutima. Eky'okureberaho, okuta ebipapura byaawe ahansi okamutaho amaisho. Okuruga ahari ebiwaaba orikukora yaaba omukiyungwa reero okashutama nawe.
- Nikigumira abaana okusingura embeera egumire bonka. Habura owabahwera egyo embeera neyeyongyera okuguma ekirikuzarukamu emicwe mibi.

### 2. Oyetegyeze okubarikwehurira:

- Okoreso ebigambo nka: 'Oh' ninga 'Mmm' ninga 'Wow' ninga 'eego' ninga 'naakwetegyezeza'
- Okorese obubonero butarimo ebigambo – okwikirisa omutwe, okumutaho amaisho, okuorikurebeka ahameisho
- Otatuma baturira kubi omukwehurira kwaabo. Nitweteenga okubakiira nk'okubari omukwehurira kwaabo kandi tukabahwera okuzisingura batahendeire omumicwe mibi.

### 3. Obahwere okwetegyezeza okubarikwehurira omumagara gaabo:

- Obahwere okwetegyezeza okubarikwehurira omumagara gaabo orikukoresa ebigambo nka, "nintekyereza okahurira waashwaara".
- Kengi abaana tibakabasa kugambira okubarikwehurira omumagara gaabo. Wakibakorera nibamanyanga ngu n'obetegyezeza nk'okubari. Nibahumurizibwa kandi bacureere. Nawakihusya, otererakirira. Omwaana waawe naija kugambira yaaba tiwakyetegyezeza.

Nibyokureberaho biha ebirikworeka abaana "okubarikwehurira omumagara gaabo"

# Eishomo 9: Okuhurizingana okurungi

## Ebyahandikirwe

- Abakolosai 3:21 na Abefeeso 6:4  
Baibuli nitugambira ngu titushemereire kuretera abaana baitu kugubwa kubi, okugira obusharizi, ninga okubamara amaani.
- Enfumu 12:18  
Orunyiriri oru nirutwijusya okutorana ebigambo ebirikukiza bitari ebirikhutaaza.

## Ebigambo Ebrahimutaaza

Ebigambo ebrahimutaaza nibintu ebiturkugamba haza bikahutaaza omuntu. Keingi nituba tutagyendereire ngu tuhutaaze ogu omuntu. Omumazima nituba tuggyendereire okwombeka ogu omwaana. Omumwaanya gw'okuhinduka ogu omwaana nayikiriza ekiwamugambaho, ahwa amaani kandi arekyeraho n'okugyezaho.

Ebigambo ebingi ebrahimutaaza nink'omuribyho:

- **Ebigambo eby'orikugaamba omukiniga n'okuremwa.**
  - Keingi nituba tutarikumanyisa ekitwagaamba. Eky'okureberaho. "n'obwe kuri tindakuziire!"
- **Obupaande obuturikubaamba ahabaana**
  - Omwaana yakora ekitutarikweenda, nitugaamba ahamwaana omumwaanya gw'okugaamba ahamucwe mubi. Ekyokureberaho – "ory'omushema" ninga "ori luza"
- **Okugyerageranisa**
  - Kyanguhi okugyerageranisa omwaana naabanyanya nari bakurube. "kuri notwaaza nkamukuru waawe" ninga "taine bwengye nk'obu munyaanya aine"
- **Okuragura**
  - Bumwe nitubagambira ebiribabaho. Eky'okureberaho, "Toritunga murimo." nari "orinka shonto. Kandi naiwe oribankawe"
- **Okubagambira ebirikugarura enyima**
  - Bumwe tugaamba kubi ahabaana baitu haza batuhuriire. Sometimes we talk negatively about our children to others when they can hear us. "omutabani wangye yashubire yaagwe ebizaamu. Takufayo." Ninga "omuhara wangye nikw'ari. n'omushazi!"

Keingi ebigambo ebirikhutaaza nibizarukamu ekitutarikwenda. Eky'okureberaho nitwenda okureeba abaana baitu barikora munoonga kwonka kubarikuhurira ebigambo ebi nibituma baremwa okugyezaho okukora munoonga. Ebigambo ebirikhutaaza nibibasa kutuma abaana baremwa kuhika ahari ekyo eki Ruhanga yaabahangire ngu bahikeho.

## Engyendererwaho omukuhurizingana okurikwombeka

1. **Shobororera abaana amazima go g'enyini jubajuba yaaba wagaamba ekintu gatari mazima.**  
Nawaba otakigyendereire. Eki nikizibira okutetegyerezana.
2. **Oshabe okusasirwa kandi omugambire gye amazima hati.**

Eki nikimuhereza eky'okureberaho ky'okushaba okusasirwa kyayetengyesa. Nangwa nabaasa n'okweega okushaba okusasirwa ahabw'ekyo ekiyashobya. Abaana nibaija kukuha ekitinisa washaba okusasirwa kandi nibaija n'okwenda kukushemeza.

3. **Oshoborore omucwe ogurikukunyiiza omumwanya gw'okuta ekipande ahamwaana.**  
ogire "ekiwakora kyaba kiri eky'obushema munonga!" nikirungi kandi tikikashasha nk'okugira, "Ory'omushema!"
4. **Otarishushanirizana abaana baawe.**  
Okugyerageranisana abaana nikituma abaana bayeyaanga. Nibabasa n'okwangana batakwatanisa gye.
5. **Obutoosha ogume n'ogamba ebintu birungi kusha ebirabasa kwombeka yaaba akuhuriire.**
6. **Otakayanjura omwaana waawe orikukoresa ebirikumuraanga kubi.**

## **Okugaamba ebigambo ebirikugaruramu amaani**

Omumwaanya gw'okoresa ebigambo ebirahutaaza tushemereire kukoresa ebigambo ebirombeka abaana baitu. Teekateeka ebintu bitaano ebi orikubaasa kugaamba okugararumu amaani buri omwe omubaana baawe. Ogambe ebirikubasa kureebwa butunu:

Eky'okureberaho: "ninsiima munonga omuringo ogurikumpweera omukiyungwe haza obwe waheza kuruga aha ishomero. Nikirungi munonga okumara obwe bwiire naiwe kandi obwe orikunyanguhizaho." (obwe nooba wagaamba gye okukira kugaamba kusha "ori omwishiki murungi")

# Eishomo 10: Okuhana Abaana

Mushome Enfumu 29:17 hamwe na 13:24.

## Eby'okukuhwera omukuhana abaana kurungi

Okuhana nikimanyisa okwebembera hamwe nokuhabura abaana kugira ngu beege okugyendera omumihanda gya Ruhanga. Okuhana tikirikumanyisa okuha ebifubiro kusha. Hariho emiringo miingi ei okuhanamu abaana. Okuhana nikuba kurungi kwakorwa omuri rukundo kandi omumuringo gw'okugumizamu.

Nituhana abaana baitu ahakuba nitubakuunda kandi nitweenda ngu beegye akugyendera omumihanda y'okutiina Ruhanga, bakore okusharamu kurungi kandi batwaaze gye abandi abantu. Bumwe nabumwe okuturikuhana abaana niguba gutaboneire ahakuba nigutuma abaana bagoma, bagira obushariizi, emitima egangaire, okushwaara, hamwe n'okutiina batarikwekakasa. Nikuru munonga okwetegyereza ekiturikubaasa kukora kugira ngu omukuhana kwaitu kubasise abaana kukura kuhika aharugyero ruhikire omukakwate kaabo na Ruhanga.

### 1. Okuhamya ngu abaana nibamanya ngu nitubakuunda natwaaba nitubahana.

- Otarifubira omwaana waawe waaba oine ekiniga. Eki nikyegyesa omwaana okurwaaana ninga okugambira ahaiguru yagira ekiniga. Wahurira oine ekiniga ogyezeho obanze wahikaikana, reero bwanyima oshutamisa omwaana waawe orikwetebekekanisa.
- Oreebe ngu wamwijusya ekigyendererwa ky'okumufubira okukiri okumuhwera okwettwara gye n'okugira emicwe mirungi. Kandi oshoborore ngu obu n'obujunanizibwa bwaawe nk'omuzaire, kandi ahakuba n'omukuunda nikyo kirikutuma wamufubira.
- Ahanyuma y'okufubira omwaana, nikukru munonga okumworeka ngu n'omukunda nk'okwaari kweena. Noobasa nokumgambira ebigambo birikumugaruzamu amaani nka, "ninyikiriza noobasa kusharamu gye omu bwiire bw'omumaisho". Rukundo nigaruramu amaani okukira okutiniisa. Eki nikyamba omwaana kwekakasa kumanya akyakundwa.

### 2. Obe orikugumizamu (otarikuremuura) omukuhana kwaawe.

- Twaikiriza abaana kushobya erizooba tukabareka kandi tukabafubira obundi, abaana nibaija kubuzabuzibwa okutamanya ekyabarikubasa kukora nekyabatarikwikirizibwa kukora. Nibaija kutiina ngu obundi bakashobya batakigyendereire
- Kwonka twaaba tutarikuremuura abaana nibaija kwetegyereza ekibi n'ekirungi. Nibaza kuhurira barinzirwe gye ahakuba nibamanya ngu abazaire baabo babateireho amaisho obwiire bwoona kandi nibabakunda.

### 3. Oreebe ngu omwaana nayetegyereza eki yashobya.

- Buuzaza omwaana yaaba naamanya eki yashobya. Yaaba tibarikukimanya, obashoborore gye.
- OTARIHANA okukira okukoresa omunyafu otakagambire nabo ekibashobya.

### 4. Shoborora oku orikwenda ahindureho omumitwarize ye.

- Bumwenabumwe abaana tibakamanya ekibashemereire kuba nibakora ninga okutakora. Oborekye gye ahubashereire kuba nibahendera.
- Kandi obamanyise gye eki orikweenda bakore nomubwiire bw'omu maisho

### 5. Omuringo gw'okuhana ninga ekifubiro gushemereire kurugirira aha myaka y'omwaana.

- Abaana bato abaine emyaka (2-10) nibabasa kuhanwa n'erisho rikazire, omunyafu, ninga okubashutamisa omumwanya gumwe nk'omunshonda okumara akairekurugirira ahamyaka yaabo.
- Abakuzire nk'emyaka (11-18) nibetegyereza okufubirwa omumuringo gw'okugira obugabe obuwaabaka kandi hamwe n'okureeba ngu bamanya obujunanizibwa bwaabo omumbera egyo



**6. Obuhango bw'ekifubiro bushemeire kwingana obuhango bw'enshobi eyakorwa.**

- Enshobi yaaba erimpango, n'ekifubiro kishemereire kuba kiringaniriire. Enshobi yaaba erinkyey, nanekifubire nikwo kishemereire kuba kiringaniriire.
- Nikiba tikiboneire omwaana kumwihaho obugabe bw'ekintu nanka okumara okweezi kandi obu enshobi yagikozire omurundi gumwe kusha. Nikiba kihikire okumuzibira ekintu kyarikukunda okumara eizooba rimwe reero yaagimizamu nashobya niwe ogumizamu noyengyeramu ekifubiro.

**7. Ogumizemu otarikuremuura n'okuhana**

- Okukora ekyorikugamba bumwe nikiba kigumire, kwonka nikikora munonga kandi omwaana nakuha ekitiniisa n'obwesigwa. Nikimworeka nofayo munonga okugira ekiwakoraho.
- Okutisiriza omwaana ngu noija kumufubira kwonka otagumizemu kumufubira nikibuzabuza omwaana.

**8. Kyaaba nikibasika okorese okuhana okurikushushaniriza n'enshobi ei omwaana yaakora.**

- Ekigyendererwa k'ekifubiro nk'eki nokuhwera omwaana agire obujunanzibwa ahanshobi yeye.
- Eky'okureberaho, Sarah yaaba naakunda okuhwera nyina omukuteeka, kwonka yaagambira kubi munyanya owaba nayenda kukwatanisa nabo omukuteeka. Nyinabo naabasa kuha Sarah ekifubiro okutamwikiriza kuteeka nawe okuhisya obu arikikunde ngu bateekye namunyaanya. Ninga Petero ku yokuteera emeeza amaizi gaakatikaho, nyina amuragiira kugisimuura.

## **Okuhaana Ebiteekateeko Omu Bubiina Bw'abantu Bakye**

1. Omuri ebi aharuguru nibiha ebiwarakoreseho omubaana baawe?
2. Omuri ebi nibiha ebi otakteekateekagaho nari kuhurira?
3. Mushube mushome omugane gwa Seezi omu kwanjura. Mushujume burintambwe kandi mugambe ahari ekyo eki ishe Seezi arikubasa kukora omumuringo ogundi omumbeera egi.

Seezi akaba aine banyanya nabakurube mukaaga. Eizooba rimwe bakurube nabanyanya bakaba nibamurahura kandi bamuganzya. Yaagira ekiniga munonga yabarekyera e jaaga y'amaizi. Ejaaga yateera babiri ahari banyaanya batandika kurira. Nyineto waabo kuyakirebire yaagambira ishebo. Ishebo akarahuka kwijja yagambira kubi Seezi. Abantu boona bakangarara naabatahi bakajja kureeba ekyabaho. Yaateera Seezi eminyaaifu etaano kandi yamugira ngu atarishubira ninga aryamuteera ez'okumuzibira n'okubasa kutambura. Seezi yaatungurira munonga banyaanya. Eizooba eryakuratireho omwe ahabanyaanya akatandika kurahura Seezi. Bur'omwe yasheka. Seezi yaamutera oruhi. Ishe kuyakirebire akafa kweshekyera naabandi boona.

## **Okweshujuma lwe Nk'omuntu**

1. Nibintu ki ebi abaana baawe barikukora ebirukukwihaho waaya? Nibintu ki ebi orikubasa kukora kugira ngu ohikikane otakabafubiire?
2. Nenzi okirikubase kukora okworeka abaana baawe ngu n'obahana ahakuba n'obakunda?
3. Nikintu kimwe ekyorakore waaba n'ohana abaana baawe okuruga hati?

## Emiringo Eindi eyo Kuhana Abaana

**Bumwe kihikiri okukoresa akanyafu ahamwaana omuto (ow’emyaaka 2-10).** Okukoresa akanyaafu kiine omutaano n’okuratuura nari okusanuura omwaana. Otakateire omwaana obanze wikikana ekiniga. Omwaana omutwaare omumwaanya ogundi, nk’omukishengye, omushoborore ahabwanki orikuza kumuteera. Otamuterera omumesisho gaabandi baana. Nikimushwaaza kandi kimuretere n’obushariizi. Ahanyuma omworekye rukundo kandi omuhamye okaramukuunda. Omunyaafu nigukiresibwa ahabwokuhana kandi **ahabwa rukuundo** okuhindura omwaana kugira ngu agire emicwe mirungi. Tikushemeire kuhutaaza omwaana ninga ahabw’ekiniga. Okuhaana kwatwazibwagye nikubaasa kutuma omwaana yahinduka kandi yarugamu omuntu w’omugasho. Waguma noteera omwaana obutoosha kirabasa okurugamu okugaangaaza omutima.

Okuhana omwaana tikirikumanyisa kumuteera kusha. Okufubira tigwo muringo gwonka ogwokuhana. Aheifo haruho eindi miringo erikubasa kukora gye n’okukira ahakutera:

- ☐ Omwaana muhereze **omurimo gwiine omugasho** omumwaanya gw’ekibi ekiyashobya
- ☐ Oyorekye **okutasiima munoonga** (Otarikumujuma ninga kumugira ngu nibusha)
- ☐ **Gira ebiwaamwiima ninga kumuzibira kukora**
- ☐ Yoreka omwaana **okwarikubasa kugira obujunanizibwa ahabw’ekiyakora**
- ☐ **Omwaana omushoroore** omubandi baana – “Okumara obwiire”
- ☐ **Omuhe okutorana** - omucwe oguhikire ninga ekirarugyemu / okuzibirwa
- ☐ Ikiriza omwaana **okuraba omubusaasi oburikuruga omucwe ugu.**

## Okuhaana Ebiteekateeko Omu Bubiina Bw’abantu Bakye

1. Teekateeka ahambeera omubaana baawe okubarikugoma ninga bakagira emicwe emibi omuuka.
2. Orikukoresa ebitekyerezo ebitwayegaho omu ishomo eri okukoreso emiringo eindi kutari kukoresa omunyaafu, mutebekaniseho akazaano nka gurupu okworeka okumwokuhana omwaana.
3. Ogu omuzaano muguzaniire ekibiina kyoona. Mubuuze ekibiina okubagambira omuringo gw’okuhana ogwakoresibwa.