

TRUTH CENTERED TRANSFORMATION

MODULE



UMTSHATO NENTSAPHO ISIBONISI SOMFUNDISI

Inyani Esekelezwe Kutshintsho— Imodyuli: Umtshato kunye noSapho v4. Copyright ©2020^{SEP} Reconciled World, Phoenix, Arizona, United States of America. www.reconciledworld.org

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Okungarhwebiyo – Awunakusebenzisa lo msebenzi ngeenjongo zorhwebo.



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Ngaphambi kokuba Uqalise

Inqaku loMququzeleli oKhethekileyo loMtshato & neModyuli yoSapho

Isifundo ngasinye ziyure ezi-2-hayi iiyure ezi-1.5. Cela abathathi-nxaxheba ukuba bameme amaqabane abo ukuba beze kuqeqesho. Yenza uhlengahlengiso kwiingxoxo zesibini. Khuthaza wonk' ubani ukuba abe nenxaxheba kolu qeqesho nokuba akatshatanga okanye akanabantwana. Ezi zihloko zibalulekile ukuba wonke umntu afunde ukuphuhlisa ubudlelwane obunempilo kuzo zonke iindawo zoluntu.

Zonke iiZibonisi Mifanekiso zisemva kwiSikhokelo sikaTitshala. Ukuba awushicileli iSikhokelo soMfundi ukulungiselela abathathi-nxaxheba, yenza ikopi ibe nye kumntu ngamnye uQaphela iiyantlukwano zethu kwiSifundo 2. Icawe nganye inokufuna ukuhlawulela ikopi yeSikhokelo soMfundi ukukhumbula iimbono eziphambili zale modyuli.

Ukulungiselela Ukufundisa Isifundo

1. Funda **isiKhokelo sikaTitshala** ngononophelo, amaxesha amaninzi ukuba kunokwenzeka. Gxininisa okanye ubhale amanqaku emacaleni ephepha ukuze uzikhumbuze ngeengongoma ezibalulekileyo.
2. Jonga **kwiingcamango eziphambili** kwisifundo ngasinye ukuze wazi ukuba abafundi kufuneka bafunde ntoni kwisifundo.
3. Funda zonke izibhalo **ezingcwele** ngaphambili.
4. Jonga ukuze ubone ukuba zeziphi **imathiriyeli** ezifunekayo kwisifundo ngasinye kwaye uqinisekise ukuba wenza iikopi zeziKhokelo zaBafundi (izinikezelo) kwaye wenze izinto ezibonwayo ezisetyenziswayo kwisifundo.
5. Qinisekisa ukuba uqhelene **nomsebenzi** ngamnye kwisifundo (indima-nganye, imidlalo, izixhobo ezibonwayo). Unokuziqhelanisa nosapho okanye abahlobo bakho.
6. Thatha ixesha **lokuthandazela** ukuba uThixo alungiselele abafundi, ukuba abafundi beve oko uThixo afuna bakuve, kwaye ukuba akuncede ufundise izixhobo. Khumbula ukuba kungenxa yamandla kaThixo kuphela apho siya kubona abantu beguquka.

Usisebenzisa njani esi Sikhokelo sikaTitshala

1. **Izimvo eziphambili kunye neMathiriyeli:** Isifundo ngasinye siqala ngeli candelu.
 - a. **Iingcamango Eziphambili** – Kukho iingcamango ezilungileyo ezininzi kwisifundo ngasinye, kodwa abathathi-nxaxheba bafanele baziqonde ngokucacileyo ezi ngcamango ziphambili ekupheleni kwesifundo ngasinye. Kuhle ukuzibuza ukuba ucinga ukuba abathathi-nxaxheba bangazikhumbula na ezi ngcamango ziphambili emva kokuba ukhokele isifundo. Ziphe ixesha lokwenza impinda yeengongoma eziziintloko ngokufuthi ukuze ubancede bakhumbule.
 - b. **Izinto Eziphathekayo** – Izixhobo ezithile ezifunekayo zidweliswe kwisifundo ngasinye, kubandakanywa iziNcedo eziBonakalayo kunye nezibonisi zabafundi. Esi Sikhokelo sikaTitshala siya kubonisa ukuba zisetyenziswe nini na.
 - **IZIKHOKHELI ZABAFUNDI** – iya kubhalwa ngolu hlobo.
 - **OKUBONWAYO** – iya kubhalwa ngolu hlobo.
2. **Imiyalelo yoMququzeleli:** Kukho imiyalelo ekhethekileyo kwisifundo ukukunceda ukuba ukhokele uqeqesho kakuhle. Ezi azenzelwanga ukuba kwabelwane ngazo nabafundi. Funda oku kwangaphambili ukuze ulungele ukukhokela iingxoxo kunye nemisebenzi. Eminye imibuzo iya kuba

neependulo ezikhelelweyo ukukunceda njengombhexeshi wazi ukuba zeziphi na iingcamango onokuzigxininisa kunye nabafundi. Ezi ayizizo kuphela iimpendulo ezilungileyo, ezinye iimpendulo zilungile.

Isifundo 1: lindima Emtshatweni

lingcamango eziphambili

1. Amadoda anendima ezimbini emtshatweni. Bamele babe yinkokeli yosapho yaye bathande abafazi babo ngendlela efanayo naleyo uKristu walithanda ngayo iBandla nangendlela efanayo nabazithandayo nabazikhathalele ngayo.
2. Abafazi banendima ezimbini emtshatweni. Bamele bathande, babahlonele baze bathobele amadoda abo ngendlela efundiswa yiBhayibhile baze babe ngabancedi abahlonel' uThixo.

Izinto eziphathekayo

1. Isikhokelo soMfundi:
 - a. lindima zamadoda nabafazi

Intshayelelo

INGXOXO YEQELA ELIKHULU

Impumelelo yemitshato yethu ifuna ukuba amadoda nabafazi baphile ngemvisiswano kwaye babalise ngendlela uKristu afuna ngayo. Omnye wemiba ephambili yokwakha umtshato wakho kukuqonda iindima ezahlukeneyo zamaqabane.

Imiyalelo yoMququzeleli: Funda ibali ngalinye uze uxoxe ngemibuzo ekwiqela elikhulu.

Ibali likaLeah

U-Leah wangcungcutheka emnyango ecoca imifuno ukulungiselela isidlo sangokuhlwa. Ngalo lonke ixesha wayedla ngokugudla i-hamokh apho usana lwakhe lulele khona ukuze alugcine luzulazula ngapha nangapha. Umkhwekazi wakhe wayengqengqe kukhuko loqalo olukufutshane erhona kancinane kubushushu basemva kwemini. ULeyla wayeneminyaka emibini kuphela etshatile, yaye ubomi bakhe babuhluke kakhulu kunokuba wayelindele. Wayeziva emdala kwaye ediniwe. Wayebakhumbula abahlobo bakhe yaye wayenqwenela ukutyelela umamakhe noyise. Koko kwafuneka anyamekele umntwana aze agcinele intsapho yomyeni wakhe nekhaya labo.

ULeyla wayesazi ukuba umazala wakhe uya kulindela ukuba yonke into ilungele isidlo sangokuhlwa xa evuka. ULeyla wazolula waza wahlilikhla indawo ebuhlungu emva kwentamo yakhe. Xa yena noTimeus babesaqala ukutshata, maxa wambi wayefika ekhaya evela emsebenzini kwangethuba baze bahamb' ahambe okanye baqhube isithuthuthu. Ngoku wayehlala kude kube sebusuku nabahlobo bakhe. Wafika ekhaya enuka utywala necuba kwaye akazange athethe namazwi ambalwa ngaphambi kokuba alale.

ULeyla wayedibene no-Timeus kwiqela lecawa yolutsha. Ngaphambi kokuba batshate, wayebonakala ekuthanda ukuya ecaweni. Wayecinga ukuba wayeza kuba ngumyeni notata olungileyo. UTimeus wayengenankohlakalo. Akazange ambethe uLeyla kwaye wayesazi ukuba akahambi nabanye abafazi, kodwa intliziyo yakhe yayisoloko ikude. NangeCawa emva kwemini xa esekhaya, wayebonakala ekude. Akazange adlale nomntwana okanye athethe noLeyla. Wayelala kuphela okanye abukele iTV. Ukuba umntwana uyakhala okanye ukuba unina wakhalaza ngoLeyla, uTimeus waxabana noLeyla waza wamkhwaza. ULeyla waqalisa ukunqwenela ukuba wayengazange atshate. Akazange acinge ukuba ubomi bunganzima ngolu hlobo.

Ibali likaTimeus

Kamva kwangokuhlwa uTimeus wayehleli esela ikofu nabahlobo bakhe. UBaara wabalisa isiqhulo ngabafazi esasibahlekisa bonke. UTimeus wacinga ngoLeah wangcangcazela. Wayesazi ukuba uza kumlinda xa efika ekhaya kwaye uzakuba nomsindo. Zange onwabe. Wayesoloko ekhalazela umama

kaTimeus nangawo wonke umsebenzi ekwakufuneka ewenze endlwini. UTimeus wayesazi ukuba umama wakhe unokuba nzima, kodwa wayenqwenela ukuba uLeah abe nomonde ngakumbi. Umama wakhe usebenze nzima ubomi bakhe bonke ebefanele ukuphumla ngoba ebemdala. ULeah kufuneka ayiqonde loo nto.

UTimeus wayesele eqalile ukuzihlalela nabahlobo bakhe efumana izizathu zokuba angabikho ekhaya kuba wayengafuni kumamela zonke iingxabano zikaLeah nonina. Wayediniwe zizikhalazo zikaLeya ngomsebenzi wakhe nomntwana. Wayesoloko ebonakala enomsindo ngakuye. Ngaba wayengaqondi ukuba wayesebenza imini yonke kwaye wayefuna nje ukuba athule kwaye aphumle ngokuhlwa?

Wayengafuni nokuya ecaweni noLeah. Wayecaphukela ukwenza ngathi yonke into ihamba kakuhle phakathi kwabo. Nanini na xa besiya kwiinkonzo zakusasa ngeCawe uLeah wayenxibisa umntwana aze aayine eyona hempe ka-Timeus. Kwaba ngathi ufuna wonke umntu akholelwe ukuba baphumelele kwaye bonwabile. Inyaniso yayikukuba babesokola ukufumana imali eyaneleyo kwaye babengonwabanga ekhaya. U-Timeus wayesele eqalile ukuzibuza ukuba ingaba ukhona na umntu owonwabileyo njengoko babesenza. Waziva edimazekile kangokuba wayengasafuni nokuya ecaweni. Wayengaqinisekanga ukuba kukho nayiphi na intsingiselo kuyo. Akazange acinge ukuba ubomi bungabhideka ngolu hlobo.

- Kwenzeka ntoni kula mabali mabini?
- Oku kuthelakiswa njani neentsapho ezikwindawo zethu?

INGXOXO YEQELA ELINCINANE

- Ungamcebisa uthini uLeah? Cinga ngezinto ezifunwa nguTimeus; yintoni anokuyenza ukuze anyamekele uTimeus ngcono?
- Ungamcebisa uthini uTimeus? Cinga ngezinto ezifunwa nguLeah; yintoni anokuyenza ukuze anyamekele uLeah ngcono?

Kwesi sifundo, siza kuhlolisisa indima yendoda nomfazi emtshatweni. UThixo usinike imigaqo ekhokelayo ukuze siphumelele emtshatweni.

Indima yoMyeni

INGXOXO YEQELA ELIKHULU

- Ungayichaza njani indima yomyeni emtshatweni?

Funda amaEfese 5:23, 25, 28-29.

- Zithini ezi vesi ngendima yomyeni?
 - *Indoda yintloko yomfazi.*
 - *Indoda mayimthande umkakhe, njengokuba naye uKristu walithandayo ibandla.*
 - *Indoda ifanele imthande umfazi wayo njengoko izithanda yaye iwunyanamekela umzimba wayo.*
- Indoda mayibe yintloko yomfazi, njengokuba naye uKristu eyintloko yebandla, eli. UKristu usebenza njani njengentloko yebandla? Indoda ifanele ibe njani njengentloko yomfazi? Yiyiphi eminye imizekelo esebenzayo?
 - *Umyeni yinkokeli.*
 - *UYesu wanikela ngobomi bakhe kunye namalungelo akhe njengoThixo ukuze abe nguMsindisi wethu ngoko indoda imele izincame ukuze inyamekele, ikhusele, kwaye ilungiselele umfazi wayo kungekhona nje ukwenza okona kulungileyo kuye.*
 - *Ayimnyanzeli umfazi wayo ukuba azithobe kodwa imthanda ngokungagungqiyo. (UKristu akaze alinyanzele ibandla ukuba lizithobe.)*

- *Xa indoda isenza izigqibo, ifanele ixubushe nomfazi wayo ize icinge ngeyona nto imlungeleyo umfazi wayo, kungekhona oko kuyilungeleyo yona.*
- Ekubeni indoda ifanele imthande umfazi wayo ngendlela uKristu alithanda ngayo iBandla Lakhe, ungaluchaza njani uthando lukaThixo?

INGXOXO YEQELA ELINCINANE

Sebenzisa **ISIKHOKELO SOMFUNDI**: Indima yabayeni nabafazi.

Funda eyoku-1 kwabaseKorinte 13:4-8 nakwabaseFilipi 2:1-8 uze uphendule le mibuzo ilandelayo:

- Indinyana nganye kwezi iluchaza njani uthando lukaThixo?
 - Eyoku-1 kwabaseKorinte 13:4-8 – *Uzeka kade umsindo, unobubele, akanamona, akanakratshi, akanakratshi, akanazintloni, akanaluhahananiso; Aluvuyiswa kububi kodwa kwinyaniso. Iyakhusela, iyathemba, inethemba kwaye iyanyamezela. Uthando soze lwehluleka.*
 - Filipi 2: 1-8 – *ukuthobeka, ukunyamekela izilangazelelo zabanye kuqala, ukukhonza kunye nokuzincama.*
- Indoda inokubonisa njani ukuba iyamthanda umfazi wayo ngezi ndlela? Kumaqela enu yizani nezinto ezili-10 ezisebenzisekayo ezinokwenziwa yindoda ukubonisa olu hlobo lothando ngomfazi wayo.
 - *Mxolele umfazi wakhe xa bengaboni ngasonye*
 - *Mamela izimvo zomfazi wakhe xa esenza isigqibo*
 - *Nceda ujonge umntwana – hlamba umntwana*
 - *Ukhelela umfazi wakhe amanzi*
 - *Thembeka emfazini wakhe*
 - *Jonga abantwana ukuze umfazi wakhe abe nexesha lokutyelela abanye*
 - *Qwalasela iimfuno zomfazi wakhe ngaphambi kweemfuno zakhe*
 - *Yiba ngumzekelo omhle womoya - qinisekisa ukuba usapho luya ecaweni veki nganye*
 - *Thandazela umfazi wakhe*
 - *Funani izimvo zakhe kwaye nithethe ngezigqibo ezibalulekileyo kunye*
- Ukuba indoda iphatha umfazi wayo ngendlela efundiswa yiBhayibhile, ucinga ukuba oko kuya kuba nawuphi umphumo emtshatweni?

INGXELO MVA - *Phonononga imibuzo engasentla.*

INGXOXO YEQELA ELIKHULU

UTHixo unike amadoda iindima ezimbini eziphambili emtshatweni—ukuba abe yintloko yomfazi aze abathande abafazi bawo njengoko ezithanda, kanye njengokuba uKristu esenza kwiBandla. UYesu wamisela isimo sengqondo somkhonzi, ehlamba iinyawo zabafundi bakhe kwaye anikele ngobomi baKhe njengedini losindiso lwethu. UYesu wayenenyameko yaye enobubele, wancama amalungelo akhe njengoThixo, yaye akazange alawule.

Kubalulekile ukuba siqonde indlela uYesu awayimisela ngayo ezi ndima nokuba singalandeli enye yezi ndima zimbini size siyilibale enye. Ukuba sijonga kubomi buka-Abraham, sibona maxa wambi wayegxininisa enye phezu kwenye yaye kwisihlandlo ngasinye iphumela kwiingxaki.

1. **Esebenza njengentloko, kodwa engenalo uthando (Genesis 12:10-16):** UAbraham wathabatha umfazi wakhe wamsa eYiputa ukubaleka indlala. Waxelela umfazi wakhe ukuba axelele wonke umntu ukuba ungudade wabo ukuze angamoshwa. Noko ke, oku kwakuthetha ukuba uSara wathatyathwa nguFaro ukuba abe ngomnye wabafazi bakhe. Kule meko, sinokubona ukuba uAbraham wayeyintloko-ntsapho yaye ezama ukucombulula ingxaki yendlala eyayikwintsapho yakhe. Noko ke, wayengamthandi umfazi wakhe ngokumcela ukuba axoke aze abe ngumfazi wenye indoda. Kwafuneka uThixo angenelele aze amsindise uSara kuloo meko.

2. **Enothando, kodwa engenzi njengentloko-ntsapho (Genesis 16:1-4):** USara wacela uAbraham ukuba alale noHagare ukuze abe nomntwana ngaye yaye, xa kuvela iingxaki, wacela uAbraham ukuba amgxothe uHagare. UAbraham wahambisana neminqweno kaSara ngaphandle kokuthandazela nokuba yayisisigqibo esifanelekileyo kusini na. Wayemthanda uSara kodwa, njengentloko yomfazi wakhe, wayefanele amkhumbuze uSara ngemiyalelo kaThixo yokuba iintlobano zesini zibe zezibini ezitshatileyo aze angavumi ukuhambisana namacebo akhe.

Kuzo zombini ezi meko uAbraham wayengengomyeni olungileyo. Ukuba indoda iza kuba yindoda elungileyo, kufuneka zombini ibe yintloko yomfazi wayo YAYE imthande umfazi wayo ngendlela uYesu alithanda ngayo iBandla. Omnye ngaphandle komnye uya kuwonakalisa umtshato.

Indima yoMfazi

INGXOXO YEQELA ELIKHULU

- Kwindawo ohlala kuyo, yiyiphi indima eqhelekileyo yomfazi?

Funda iGenesis 2:18, 20.

- UThixo umchaza njani umfazi? (*umncedi*)
- Ungamchaza njani 'umncedi'? Zeziphi izinto aqhele ukuzenza umncedi?

Funda iDuteronomi 33:29 neNdumiso 121:1-2.

- Ngubani umncedi wethu kwezi ndinyana?
- Ungamchaza njani umncedi i kwezi ndinyana?

NgesiHebhere (ulwimi lwantlandlolo) igama elifanayo elithi 'umncedi' lisetyenziswa kwindinyana nganye yezi. Xa uThixo wayechaza amabhinqa njengomncedi, wasebenzisa kwaeli gama wayelisebenzisa ukuze azichaze. USathana uye wasixokisa waza wasinika ukuqonda okuphosakeleyo 'ngomncedi.' Ayifani nengcamango yokuba sisicaka okanye ikhoboka. Ingcaciso yokwenene yegama elithi 'umncedi' elasetyenziswa nguThixo kumfazi lithetha 'umntu owomeleleyo oza kuxhasa aze anikele uncedo kumntu osweleleyo.' Eli gama linye lisetyenziswa izihlandlo ezili-16 libhekisela kwiinkalo zobuntu bukaThixo: UYehova ungamandla ethu, umkhululi wethu, umkhuseleli wethu, noncedo lwethu! UThixo wadala uEva ukuze anike uAdam amandla noncedo oluxabisekileyo.

- Ukuqonda ingcamango yeBhayibhile 'yomncedi' kuyitshintsha njani indlela esiyiqonda ngayo indima yomfazi?

Funda amaEfese 5:22,24, 33; kunye neyoku-1 kaPetros 3:5.

- Zithini ezi vesi ngendima yomfazi?
 - *Umfazi ke makayithobele indoda yakhe, njengoko kukuyo iNkosi.*
 - *Umfazi ufanele ayiphathe ngentlonelo.*

UThixo unike abafazi iindima ezimbini ezibalulekileyo emtshatweni. Eyokuqala kukuthanda, ukuhlonipha nokuzithoba kumyeni wakhe njengenkokeli yosapho. Okwesibini kukuba ngumncedi ohlonel' uThixo onamandla nonamandla.

INGXOXO YEQELA ELINCINANE

Sebenzisa i SIKHOKELO SOMFUNDI: Indima yabayeni nabafazi ukuphendula le mibuzo ilandelayo:

- Ziziphi ezinye iindlela zokuba 'ngumncedi' nokubonisa ukuzithoba nentlonelo yobuthixo kubayeni? Ngamaqela zama ukucinga ngemizekelo eli-10.
 - *Lungiselela ukutya, indlu ecocekileyo, njl.*
 - *Qiniseka ukuba intsapho inempahla ecocekileyo*
 - *Mxhase emsebenzini wakhe*

- *Dala ikhaya elonwabileyo*
- *Bakhuthazeni abayeni bethu*
- *Yabelana ngemibono kunye neengcinga zethu kunye nabayeni bethu*
- *Sithandazele abayeni bethu*
- *Thobelani abayeni bethu*
- *Thethani kakuhle ngamadoda ethu*
- Bekuya kuwuchaphazela njani umtshato ukuba umfazi ebenokwenza ezi zinto?

INGXELO MVA - *Cela iqela ngalinye libelane ngeempendulo zalo.*

Umtshato Wobuthixo

INGXOXO YEQELA ELIKHULU

Funda iMizekeliso 31:10-31.

- Zazibhalwe ngabani ezi ndinyana? (*umfazi ohloniphekileyo*)
- Zazibhalelwa bani ezi ndinyana? (*vs. 2 – amadoda*)
- Dwelisa imisebenzi eyenziwa ngulo mfazi
 - *Usebenza ngezandla zakhe ekwenzeni izinto - iimpahla kunye nezinto zendlu*
 - *Ulungiselela intsapho yakhe ukutya okumnandi*
 - *Uthenga umhlaba*
 - *Utyala isidiliya*
 - *Uthenga kwaye arhwebe ngempumelelo kwindawo yentengiso*
 - *Usebenza nzima*
 - *Ukhathalele amahlwempu nabasweleyo*
 - *Unyamekela ikhaya*
- Zeziphi izinto eziqhelekileyo ezenziwa ngabasetyhini kwindawo yakho? Zeziphi ezingavumelekanga ukuba zenziwe ngabasetyhini kwindawo yakho?
- Indoda imphatha njani umfazi wayo (*ivesi 28-31*)? (*Uyamdumisa, amzukise, Amnike neziqhamo zezandla zakhe.*)
- Kwindinyana yama-30 kutheni indoda incuma umfazi wayo ize imbize ngobalaseleyo? (Ngokuba uyamoyika uYehova.)
- Umhlonela njani umfazi wakho?

Esi sicatshulwa sabhalwa ngumama kaKumkani ukuze simncede aqonde indlela umfazi ohlonel' uThixo akhangeleka ngayo, nendlela axabiseke ngayo nanamandla ngayo umfazi onjalo (jonga kwindinyana 10) Asikokunikela uludwe lwezinto afanele azenze umfazi okanye umfazi onjalo. Isizathu sokuphatha umfazi njengekhoboka. Ayikhuthazi ubuvila endodeni kodwa kunoko ibiza indoda ukuba imphathe kakuhle umfazi wayo.

Uthando nentlonipho

INGXOXO YEQELA ELIKHULU

Funda amaEfese 5:33.

- Le vesi isibonisa ntoni malunga neendima zamadoda nabafazi kumtshato wobuthixo?

Sinikwa imiyalelo emibini elula, omnye ngowomyeni omnye ngowomfazi. Madoda, BATHANDENI abafazi benu. Nina bafazi, WAHLONELENI amadoda enu. Kutheni ucinga ukuba yahlukile? Kutheni abafazi bexelelwa ukuba bahlonele kwaye amadoda axelelwe ukuba athande? Ngokuba uThixo uyasazi; Uyazi kakuhle into esiyidingayo. Uyazi ukuba amadoda afuna ukhlonelwa yaye abafazi bafuna ukuthandwa. Amadoda asathanda ukuthandwa kwaye abafazi bahlonitshwe, kodwa amadoda akhetha intlonipho kunye nabasetyhini uthando.

Unokukubona oku kubomi obuhlekileyo. Emkhosini, indawo elawulwa ngamadoda, intlonipho nembeko zibalulekile. Amadoda anqwenela ukunyuka phezulu ukuze ahlonitshwe ngakumbi. Ihambo yokungahloneli ayinyanyezelwa. Ukungathandi umphathi wakho akuyongxaki. Abaphathi abafuni ukuthandwa; banqwenela ukuhlonelwa. Abasetyhini, kwelinye icala, bakha iindawo ezikhuthazayo-bafuna ukuthandwa; abaxhalatyiswanga kukuhlonelwa.

Into edla ngokwenzeka kukuba abafazi bangabahloneli abayeni babo, emva koko abayeni bangababonisi uthando abafazi babo. Ngenxa yokuba beziva bengathandwa, abafazi ababonisi ntlonelo, yaye amadoda aziva engahlonelwa akalubonisi uthando. Iba ngumjikelo. Inokuqala endodeni okanye emfazini, kodwa xa sele iqalile isuka ijikeleze—umjikelo wokungabi nantlonelo nokungabikho kothando.

Mamela eli bali kwaye ubone ukuba livakala njengemeko eqhelekileyo.

Kwakuyiveki enzima ndisebenza emasimini. Ilanga laligqats' ubhobhoyi yaye nobushushu babunganyamezeleki emasimini apho kwakungekho siqabu sincinane. UMatthew wayevuyiswa kukuba kungekudala wayeza kubuya aze kubona umfazi wakhe. Wayengekho iintsuku ezilishumi; yayilixesha elide kakhulu ukuba kude nosapho. Njengoko wayeqhuba ngendlela, wayenethemba lokuba naye wayenokuvuyela ukubona ngendlela awayeza kubona ngayo.

UMariya wayesekhaya; wadinwa emva kokuba ejonge abantwana engafumani ncedo lungako, edanekile kukuba abakhange baziphathe kakuhle. Wayekhangele phambili ekufikeni komyeni wakhe ekhaya. Wayemtsalele umnxeba kwangoko ngaloo mini emkhumbuza ukuba eze nerayisi ekhaya. Wayengakwazi ukuphuma kuba kwakunzima ukusa abantwana abancinci naphina. Wayenethemba lokuba uza kubuya kungekudala—abantwana babesele belambile yaye wayengenayo nento yokubatyisa.

"Ndisekhaya," watsho uMatthew.

"Ekugqibeleni!" watsho uMary. "Iphi irayisi?"

"Owu," waphendula watsho uMatthew, "ndiyilibele—kuninzi ekufuneka ndikukhumbule namhlanje."

"Ungayenza njani loo nto?" UMariya weva ilizwi lakhe linyuka. "Baza kutya ntoni abantwana?"

"Awunayo irayisi kwaphela?"

"HAYI! Yiyo loo nto ndikucelile ukuba uze nayo. Ngamanye amaxesha ndicinga ukuba ukhathalele abahlobo bakho ngaphezu kosapho. Ungaze ulibale ukuphuma uye kuphunga nabo."

"Kulungile, ndiza kufumana!" Watsho ekhwaza uMateyu xa ephuma ngomnyango. Ulonwabo ababenalo bobabini kumbono wokubonana lwalusele luphelile, endaweni yalo ngumsindo nobuhlungu.

- Kwenzeke ntoni kweli bali?
- Wasabela njani uMariya kuMateyu?
 - *Wadana uMarry wayilibala irayisi*
- Wasabela njani uMateyu kuMariya?
 - *Wacaphuka*
- Kwenzeke ntoni ekugqibeleni?
 - *Waphuma uMateyu*

Imiyalelo yoMququzeleli: Khumbuza ikhosi — le ngxabano AYIKHO malunga nerayisi. Yinto yokuba uMariya azive ngathi umyeni wakhe umlibele kuba walibala into enye awayeyicelile. Imalunga nokuziva uMatthew engathandwa ngenxa yokuba umfazi wakhe wayengakuxabisanga konke oko wayekwenzile kodwa endaweni yoko wamngxolisa.

Manene, ngamanye amaxesha oku (ukuphuma) kuyinto elungileyo. Ngamanye amaxesha (y)abayeni bethu bayaphambana (y)zizimvo zethu kangokuba bafune ixesha lokuzola, ukuze bangaphenduli ngendlela engafanelekanga, njengokubetha okanye ukusebenzisa intetho ehlabayo.

Nangona kunjalo, ucinga ukuba abafazi bacinga ntoni xa amadoda ephuma? AKANDITHANDI NAM.
Akandithandi nokundithanda ngokwaneleyo ukuba angacombulula le ngxaki!

Madoda, kufuneka nikhumbule ukunxibelelana ngokucacileyo xa niphuma. “Ndinomsindo omkhulu ngoku. Ndiyakuthanda yaye ndifuna ukukuphatha ngendlela ezukisa uThixo, kodwa ndifuna ixesha lokuzola.”

Ngaba eli bali lalinokwahluka njani?

- Wayenokuthini ngokwahlukileyo uMariya?
“Ndiyibulela kakhulu yonke into eniyenzileyo ukuze ninyamekele intsapho, wonke umsebenzi nemigudu yenu. Noko ke, siyayifuna irayisi—ungenza enye into uze uyifumane?”
- UMateyu wayenokuthini ngokwahlukileyo?
“Bendixakekile ndicinga ngendlela endingavuya ngayo xa ndikubona; indlela endikuthanda ngayo kwaye ndikuxabisa ngayo ukuba irayisi yaphuma engqondweni yam. Mandihambe ndiyokuyifuna ngoku; izakuthatha umzuzu nje.”

Kwimeko nganye umntu kufuneka ayeke umjikelo kwaye mhlawumbi abonise uthando okanye intlonipho. Kwanaxa singafuni, kufuneka sikhumbule—siyalelwe! IBhayibhile ayithi, ‘Xa indoda yakho ithandeka, yihlonele. Xa umfazi wakho enobubele, mthande.’ UKristu akazange alinde de kube kuhle ukuba asithande. Simele sikhumbule ukuba, kwanokuba asifuni, ngenxa yothando lwethu ngoThixo, kufuneka sithandane yaye sihlonelane.

INGXOXO YEQELA ELINCINANE

Khumbula ibali likaTimeus noLeya.

- Ucinga ukuba ingxaki yothando nentlonipho ibonakala njani kweli bali?
- Ungamcebisa uthini uTimeus?
- Ungamcebisa uthini uLeah?

KUNYE NOMNCIDISI WAKHO

1. Yenza uludwe lwezinto ezenziwa ngumyeni okanye inkosikazi yakho ukukunceda. (Kubantu abangatshatanga, uyihlo nonyoko benza ntoni ukukunceda?)
2. Ujonga phezu kolu luhlu, thandaza kwaye umbulele uThixo ngomyeni okanye umfazi wakho (okanye abazali).

UKUCAMNGCA NGOBUQU BAKHO

Yintoni onokuyenza kanye emva kolu qeqesho ukuze uphucule ulwalamano lwakho neqabane lakho okanye intsapho yakho?

1. Ngosuku olulandelayo:
 - **Abayeni:** Xelela umfazi wakho ukuba uyambulela nangento ayenzayo ukunyamekela intsapho yakho. Mbuze ukuba akukho nto onokuyenza ukuze ubomi bakhe bungabi nzima. Khumbula ukuba ufuna ukwazi ukuba uyamthanda.
 - **Abafazi:** Xelela umyeni wakho ukuba uyambulela yaye uyakuxabisa ukuzibhokoxa kwakhe ekunyamekeleni intsapho yakho. Mbuze ukuba kukho nantoni na onokuyenza ukuze ubomi bakhe bungabinzima. Khumbula ukuba ufuna ukwazi ukuba uyamhlonelela.

- **Abangatshatanga:** Xelela abazali bakho ukuba unombulelo ngabo nangako konke abakwenzela intsapho yakho. Babuze ukuba kukho nantoni na onokuyenza ukuze ubomi babo bungabi nzima.
- 2. Emva koko, suku ngalunye emva koko, zama ukwenza ubuncinane into enye ukubonisa umyeni okanye umfazi wakho (okanye abazali) ukuba uyamthanda okanye uyamhlonela.
- 3. Thata ixesha ngoku ubhale phantsi izimvo ezimbalwa ezizezakho onokuthi uzenze ngosuku ngalunye kule veki. Thandaza ucele uThixo akuncede wenze ezi zinto.

La manyathelo asenokuvakala enzima kakhulu. Ukuba awukakulungeli ukuthetha nomyeni okanye umfazi wakho (okanye abazali), ngoko qala ngokumthandazela yonke imihla. Thandaza ngalo lonke ixesha uziva ulusizi okanye unomsindo. Mbulele uThixo ngomyeni okanye inkosikazi yakho kwaye ucele uThixo akuncede emtshatweni wakho.

Isifundo 2: Umtshato Owonwabisayo

lingcamango eziphambili

1. Sinokuba nemitshato eyonwabisayo xa siqonda umahluko phakathi kwethu neqabane lethu lomtshato okanye ilungu lentsapho elisondeleyo.
2. Kufuneka sifunde iindlela eziphilileyo nezingokwebhayibhile zokulungisa ukungavisisani kwethu nokusombulula iingxabano.

Izinto eziphathekayo

1. Isikhokelo soMfundi:
 - a. Wuqonde Umahluko Wethu (Ikopi enye kumntu ngamnye kunye nokongezwayo kwamaqabane)
 - b. Ukusombulula Ukungavisisani

Umtshato Owonwabisayo

Olunye ungquzulwano luhlala lusenzeka nakumtshato osempilweni.

- Zeziphi izinto abantu abatshatileyo abadla ngokungavumelani ngazo?

INGXOXO YEQELA ELINCINANE

Funda ezi ndinyana zilandelayo—Yintoni esinokuyiqonda kwezi vesi ezisinceda ukuba siqonde indlela yokusingatha impixano ngcono?

- 1 Korinte 15:41 & 1 Korinte 12:4-7 – *UTHixo usenze elowo nalowo; sineemvelaphi ezahlukeneyo kwaye sinikwe iitalente ezahlukeneyo. Kufuneka siwuqonde umahluko size sikulungele ukwamkela indlela uThixo asenze sahluka ngayo.*

INGXELO MVA

INGXOXO YEQELA ELIKHULU

UTHixo usenze sahluka. Njengoko sibonile kweyoku-1 kwabaseKorinte, sineziphiwo, ubuchule namandla awahlukahlukeneyo. Oku akwenzi omnye umntu abengcono kunomnye. Singabantu ngabanye njengoko uThixo wasenzayo. UThixo akazange asenze safana sonke. Wasenza sahluka. Kwinqaku elilandelayo, siza kubona ezinye zeendlela uThixo asenze sahluka ngazo. Khumbula ukuba nganye kwezi ngongoma, asikukuba umntu omnye ungcono kunomnye, yimbonakaliso yendlela uThixo awasenza ngayo.

UMSEBENZI WOMNTU NOKWEQELA

Imiyalelo yoMququzeleli: Umntu ngamnye uya kufuna ikopi ye- **SIKHOKELO SOMFUNDI** – Ukuqonda liyantlukwano Zethu. Kubalulekile ukunika imiyalelo ecacileyo yalo msebenzi! Unokuba namadoda kwelinye icala legumbi kunye nabafazi kwelinye. Ukuba abantu abakwazi ukufunda, okanye ukuba abaziqondi iinkcazo, ungafunda isihloko ngasinye kwaye ubaphawule emgceni. Yenzani eyokuqala kunye.

Umntu ngamnye ufuna ikopi ye- **SIKHOKELO SOMFUNDI** – Ukuqonda liyantlukwano Zethu. Siza kujonga iphepha kabini:

1. Ixesha lokuqala – funda isihloko ngasinye kwaye uphawule emgceni ngo "X" into oyithandayo.
 - Masenze eyokuqala kunye. Abantu - ngaba ungathanda ukuchitha ixesha nabantu okanye ukuba wedwa? Ukuba uthanda ukuba phakathi kwabantu, beka u“X” kufutshane nesiphelo sasekunene somgca. Ukuba uthanda zombini ungabeka u“X” kufutshane nombindi womgca. Ukuba ukhetha ukuba wedwa beka u“X” ekhohlo ekupheleni komgca. (*Bonisa ebhodini*)

- Yiya kulo lonke iphepha kwaye uphawule oko ukhetha kwimeko nganye.
2. Okwesibini – funda isihloko ngasinye kwaye uphawule emgceni ngo "O" into ocinga ukuba **iqabane lakho okanye ilungu losapho** elisondeleyo lingathanda. Sukuxoxa ngale nto neqabane lakho.
 3. Xa wena neqabane lakho nigqibile ngo-1 no-2 nibonisane iphepha lenu. Xoxa ngesihloko ngasinye kunye nemibuzo engasemva kwi-**SIKHOKELO SOMFUNDI**.
 - Ngaba uye wakuqonda ngokuchanekileyo ukhetho lomnye umntu? Ngaba wothuswa yintoni?
 - Ngaba wena neqabane lakho (okanye ilungu losapho olusondeleyo) benisoloko nineempendulo ezifanayo kwisihloko ngasinye?
 - Zeziphi iindawo enifana ngazo kakhulu kwaye nifumanisa kulula ukuvuma?
 - Zeziphi iindawo owahluka kakhulu kuzo?
 - Zeziphi izihloko ezidala ukungavisisani emtshatweni wakho okanye kubudlelwane bakho?
 - Thetha ngendlela onokuzisingatha ngayo ezi nkalo zokungavisisani kwakho.
 - Unokuwasebenzisa njani amandla omntu ngamnye ukwakha umtshato okanye ulwalamano lwakho?

4. Bhala isicwangciso kunye: Yenza isicwangciso sokujongana neendawo apho wahluka kakhulu. Khetha iindawo ezi-2 zomahluko kwaye ubhale phantsi isicwangciso sakho malunga nendlela oza kuzisombulula ngayo. Imizekelo ibandakanyiwe kwi**SIKHOKELO SOMFUNDI**.

INGXELO MVA

Imiyalelo yoMququzeleli: *Cela isibini esinye okanye ezibini ukuba babelane ngesicwangciso sabo somahluko omnye.*

Ukungavisisani kwethu kunokukhokelela kungquzulwano ukuba asizixoxi kwaye senze isicwangciso esisebenza kubo bobabini abantu.

Ukusombulula Ukungavisisani

Kuya kuhlala kukho ukungavisisani, kodwa kufuneka sifunde ukukucombulula ngendlela ephilileyo.

Asinakuvumela ungquzulwano lwakhe. Kufuneka sizame ukusombulula ngokukhawuleza nayiphi na ingxabano ngaphambi kokuba ibe nexesha lokukhula.

INGXOXO YEQELA ELINCINANE

Jonga ezi ndinyana zilandelayo. Yintoni esinokuyifunda kwivesi nganye malunga nokusombulula ingxabano?

- Efese 4:32 – *Kufuneka sibe nobubele, uvelwano size sikulungele ukuxolela, sikhumbula ukuba nathi asifezekanga.*
- 1 Petros 3:9; Mateyu 5:23-24 – *Kufuneka sikulungele ukucela uxolo. Kwanokuba omnye umntu uqalise iingxaki, kufuneka sikulungele ukulungisa izinto.*
- Filipi 2:3-4 – *Kufuneka sicinge omnye nomnye njengobaluleke ngaphezu kwethu.*
- Efese 4:26 – *Ilanga malingatshoni sicaphukile. Esi sisikhumbuzo esihle sokuba ulumke ukusombulula iiyantlukwano ngokukhawuleza kwaye ungavumeli ukuba kudlule iintsuku. Oku kubaluleke kakhulu emitshatweni yethu, kodwa nakubo bonke ubudlelwane bethu.*
- Mateyu 7:3-5 – *Qiniseka ukuba uyaziqonda iimpazamo zakho kuqala—musa ukukhawuleza ukuzalatha iimpazamo zabanye.*
- Mateyu 18:15 – *Thethani ngemibandela ngasese, kungekhona phambi kwabanye, ingakumbi abantwana.*
- IMizekeliso 15:1 – *Ukungaboni ngasonye kuzolile. Khethani ixesha apho nobabini nizolile. Ukuba unomsindo, yibekele elinye ixesha ingxoxo.*
- Kolose 4:6 – *Xela amanqaku akho ngobubele ngaphandle kokuhlaselana.*

CINGA

- Yeyiphi kule migaqo ekulula ukuyenza ngexesha lokungavisisani?
- Yeyiphi le migaqo ekunzima ukuyenza ngexesha lokungavisisani?
- Nguwuphi umgaqo omnye okanye emibini ongathanda ukuqala ukuyisebenzisa ebomini bakho?

UMSEBENZI WEQELA ELINCINANE

Yenza umdlalo wokulinganisa. Khetha ukungavisisani okufanayo emitshatweni kwaye ubonise indlela yokusombulula ukungavisisani usebenzisa yonke le migaqo.

Imiyalelo yoMququzeleli: *Cela iqela ngalinye kumaqela amancinane ukuba lenze umdlalo-ndima walo weqela lonke.*

UHLOLO LWEQELA ELIKHULU

Kwesi sifundo, sifunde ukuqaphela iyantlukwano kubudlelwane bethu, ukwenza isicwangciso sokujongana neeyantlukwano zethu, nokusombulula ukungavisisani kwethu ngendlela yebhayibhile.

- Ngowuphi umgaqo obalulekileyo wokusombulula ingxabano odla ngokuwulibala ngexesha lokungavisisani?
- Zeziphi ezinye zeembono zeendlela zokukhumbula le nyaniso kwixesha elizayo xa ninokungavisisani?

Khumbula ukuba, le migaqo asingobantu abatshatileyo kuphela abafanele bayisebenzise namaqabane abo kuphela. Singayisebenzisa le migaqo kubo bonke ubudlelwane bethu nanini na sinongquzulwano.

Imiyalelo Yabakhokeli: *Qukumbela ngokuthandazela ukuba uThixo ancede ngamnye wabo abangavisisani ngendlela ephilileyo neyobuthixo aze aqinisekise ukuba ukungavisisani kwabo akubi ziingxabano nokulwa.*

Isifundo 3: Ukujongana Nobuhlungu

lingcamango eziphambili

1. Kufuneka siqaphele kwaye sijongane nendlela esikhathazana ngayo kuba intlungu engasonjululwanga inokuwuchitha umtshato.
2. Ukucela uxolo ngokunyanisekileyo kwabo sibacaphukisileyo kuya kunceda ukubuyisela ubuhlobo bethu.
3. Sibaxolela abanye ngenxa yombulelo kuThixo osixoleleyo.
4. Uxolelo yinkqubo ekufuneka sihambe ngayo ngokuqhubekayo ukuze sisuse amanxeba kubudlelwane bethu.

Izinto eziphathekayo

1. Izibonisi Zemifanekiso (ifumaneka kwicandelo leVisual Aids ekupheleni kweSikhokelo sikaTitshala)
 - a. Umfanekiso wosapho (ikopi enye ngeqela ngalinye - yahlulwe)
2. Isikhokelo soMfundi:
 - a. Ukuchonga Ubuhlungu (ikopi enye ngomntu ngamnye)
 - b. Amanyathelo okucela uxolo (ikopi enye kumntu ngamnye)
 - c. Amanyathelo Okuxolelwa
3. Iteyiphu (yanele ukuba iqela ngalinye lisebenzise ukuhlanganisa umfanekiso wosapho)

Uphononongo kunye nentshayeleyo

INGXOXO YEQELA ELIKHULU

Imiyalelo yoMququzeleli: Buza iqela ukuba ikhona na into abayikhumbulayo kwizifundo ezidlulileyo. Hlohlisa ezi ndinyana ukuze ukhumbuze iqela ngeengongoma eziziintloko.

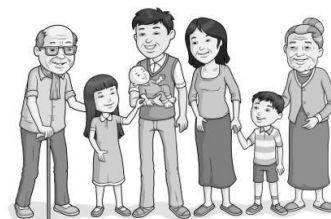
- Yeyiphi eminye yemigaqo oyifundileyo malunga nendlela esinokuxoxa ngayo nokusombulula ukungavisisani kwethu?

Nakweyona mitshato igqwesileyo kubakho amaxesha apho indoda okanye inkosikazi okanye bobabini bekhathazana. Maxa wambi wayemenza buhlungu ngabom; maxa wambi yayingenzwanga ngabom.

UMSEBENZI WEQELA ELIKHULU

Imiyalelo yoMququzeleli: Nika iqela ngalinye ikopi ekrazukileyo

OKUBONWAYO – Umfanekiso wentsapho (ubuncinane kwi-4-6 iziqwenga) kunye ne-teyiphu ethile. Bacele ukuba bawukhuphele kunye umfanekiso. (Umfanekiso ufumaneka ngasemva kwiSikhokelo sikaTitshala)



Ngaphandle kwekhasethi, bekungenakwenzeka ukuhlanganisa lo mfanekiso kwakhona. Uxolelo 'likhasethi' kubudlelwane, ngakumbi umtshato. Igcina amaqhekeza kunye naxa kukho inxeba kunye nobudlelwane obuphukileyo.

Intlungu iyayichitha imitshato. Kwenza abantu bangasondelani kwaye bangasaxhasani.

Kwesi sifundo, siza kujonga indlela yokubuyisela umtshato owonakaliswe yintlungu.

Okokuqala – Zibuze kutheni Usiva Intlungu

INGXOXO YEQELA ELIKHULU

Imiyalelo yoMququzeleli: Jonga i **SIKHOKELO SOMFUNDI** - Ukuchonga lintlungu kunye.

Funda uMateyu 5:23-24.

- Ngokwale vesi ucinga kubaluleke kangakanani ukuxolelanisa intlungu okanye impixano?
- Ithetha ukuthini le vesi xa ithi 'ukuba nento ngakuwe'?
- Yintoni esimele siyenze xa kukho umonakalo emitshatweni yethu?

IBhayibhile ikwenza kucace ukuba sifanele sixolelanise ubuhlobo. UThixo ucinga ukuba kubaluleke kakhulu ukuba asixelele ukuba siyishiye inkonzo yonqulo siye kwenjenjalo. Ukukhawuleza ukuba sixolelanise ubudlelwane kokuncinci ukwenzakala kunokukhula. Emva kweenyanga ezimbalwa, oko kwaqala njengokungcungcuthekiswa kancinane kunokukhula ngokulula kube yingxaki enkulu.

Le vesi isikhumbuza ukuba, xa sicaphukisa umntu, kufuneka siye kucela ukuxolelwa. Kwindinyana elandelayo, sibona ukuba xa kukho umntu osicaphukisayo, sisenembopheleleko yokuba siye kuye.

CINGA

Sizakuthatha imizuzu embalwa ukuba sithi cwaka sicele uThixo ukuba asibonise ukuba kukho naziphi na iindlela esiyehle salimaza amaqabane ethu. Ukuba akutshatanga, cinga ngomhlobo osenyongweni okanye ilungu lentsapho endaweni yoko. Cinga ngale mimandla ilandelayo kwaye ubhale phantsi iingcinga zakho:

- Ngaba ikho into oye wasilela ukuyenza obufanele ukuba uyayenza?
- Ngaba kukho nantoni na oyenzileyo (okanye oyenzayo) obungafanele uyenze?
- Ngaba wohlulekile ukwenza into oyaziyo ukuba iqabane lakho lifuna uyenzile?
- Ngaba ukhe wathetha nantoni na eye yabuhlungu?
- Ngaba uye wasilela ukubonisa uthando nokhuthazo?

INGXOXO YEQELA ELIKHULU

Funda uMateyu 18:15.

Akufuneki nje ukuba siqaphele iindlela esibangele amaqabane ethu buhlungu kwaye senzakalise imitshato yethu, kodwa kufuneka sikulungele ukuxelela amaqabane ethu xa sonzakele. Ngamanye amaxesha amaqabane ethu akafuni kusikhathaza, kodwa sisenzakala. Basenokungayiqondi into abayenzileyo. Ukuba awubaxeleli loo ntlungu isenokuwuchitha umtshato wakho. Iqabane lakho alinakuze liyazi into engalunganga kwaye ngoko alinako ukulungisa ukukrazula.

CINGA

Ngoku khawukhe ucinge ngeendlela oye wenzakala ngazo. Isenokuba yinto okanye ingabiyonto iqabane lakho eliyiqondayo ukuba liyakwenzakalisa.

- Ngaba kukho iindlela oye wakhathazwa ngazo liqabane lakho?
- Thandaza kwaye uzibophelele ekuqaliseni ukuxoxa ngezi zinto neqabane lakho kule veki.

Akukho namnye kuthi ofezekileyo. Sonke siye sabakhathaza abanye, yaye sonke siye senzakala. Kwindawo eselelo yesi sifundo siza kufunda banzi malunga nendlela yokuxolelanisa ubudlelwane bethu kwezi ntlungu. Kule veki kufuneka ukhumbule izinto obuzicinga ngoku kwaye uxoxe ngazo neqabane lakho-noxolo kwaye uxolele xa kufanelekile.

Funda uLuka 15:11-22.

- Yiyiphi imiqobo awajogana nayo unyana omncinane?
- Kwafuneka enze ntoni unyana omncinane ukuze abuyisele ubuhlobo bakhe noyise?
- Yintoni esinokuyifunda kweli bali lokucela uxolo?
- Wathini lo tata? (*Waxolela.*)
- Yintoni esinokuyifunda kweli bali lokuxolela?

Amanyathelo amabini alandelayo okubuyisela ubudlelwane kukucela uxolo nokuxolela.

Okwesibini - Cela Uxolo Xa Ukhathaze Abanye

INGXOXO YEQELA ELIKHULU

Yiyiphi eminye yemiqobo esijongana nayo xa sicela uxolo nokucela abanye ukuba basixolele?

- Ikratshi
- Iintloni
- Ukufumana ixesha
- Uloyiko

Imiyalelo yoMququzeleli: Bhala la manyathelo kwibhodi emhlophe njengoko ufunda inyathelo ngalinye elikwi **SIKHOKELO SOMFUNDI** – Amanyathelo okucela uxolo.

Kukho amaNyathelo ama-6 okucela uxolo ukuze ubuyisele ubudlelwane xa wonzakalise abanye:

Amanyathelo okucela uxolo

1. **Vuma kuThixo** – Xa sikhathaza amaqabane ethu, nathi asimthobeli uThixo. Kufuneka siye kuThixo simcele ukuba asixolele ngezinto esizenzileyo. Ukwamkela ukuxolelwa nguThixo kuya kusinika intliziyo ethobekileyo yokusivuma isono nokucela uxolo komnye umntu.
2. **Chazela omnye umntu ngaphandle kokuzithethelela** – Ngokufuthi xa sivuma izono, siye sifune ukucacisa isizathu sokuba senze le nto siyenzileyo. Noko ke, oku kusenokwenza kube nzima ukuba omnye umntu asixolele.

Umzekelo 1:

Ukutyhola: Ndiyazi bendikugxeka phambi kwetshomi zakho izolo, kodwa ngendingayenzanga ukuba ubungabuyanga iyure enye emva kwexesha.

Ngokufanelekileyo: Ndikuvise ubuhlungu ngokukugxeka phambi kwabahlobo bakho izolo; ibingengobubele obo kum.

Umzekelo 2:

Ukutyhola: Ndiyayazi bendikrwada kwaye ndikrwada ngakuwe phezolo, kodwa bekumele ukhumbule ukuba umamakho ebendigxeka kakhulu mva nje kwaye ndidiniwe ngumsebenzi.

Ngokufanelekileyo: Ibikukuzicingela nokungabi naluvelwano kum ukuba krwada nobukrwada ngakuwe phezolo. Ndiyaxolisa ngokukuvisa ubuhlungu.

Thelekisa umzekelo ngamnye kule ingasentla. Yiyiphi indlela onokuthi uxolele ngayo?

3. **Cela uxolo** – Qinisekisa ukuba uyichaza ngokuthe ngqo into ozisolayo ngayo kwaye uvakalise usizi lwakho ngokunyanisekileyo. Yithi, 'Ndibuhlungu gqitha ngoko ndikwenzileyo' okanye 'Ndibuhlungu gqitha ngendlela endakuphatha ngayo.'
4. **Cela ukuxolelwa** – Kufuneka siqonde ukuba siyakufuna ukuxolelwa. Kusenokwenzeka ukuba iqabane lakho alikakulungeli ukukuxolela ngokukhawuleza, ngoko ke kusenokufuneka sibe nomonde. Thandaza ukuba uThixo alincede iqabane lakho likuxolele. Akufunekanga ubanyanzele ukuba bathi bakuxolele ngaphandle kwentando yabo.
5. **Guqula ukuziphatha kwakho** – Akwanelanga ukuvuma izono nokucela uxolo ukuba asicebanga ukutshintsha nokuba sizimisele ukuqhubeka sisenza impazamo efanayo. Inxalenye yokubuyisela ubudlelwane kukuqinisekisa ukuba uzimisele kwaye uzimisele ukutshintsha indlela oziphethe ngayo. Ngokusemandleni akho kufuneka uzame ukuba ungaphindi uyenze kwakhona.

6. **Yamkele imiphumo** – Umntu unokufuna ixesha lokukuxolela. Kufuneka ube nomonde ucele uThixo ukuba akuncede akuxolele. Amanye amanxeba anokuphelisa ukuthembana kubudlelwane. Kufuneka uqonde ukuba iqabane lakho lisenokungakuthembi ngokulula njengoko lalisenza ngaphambili. Esi sisiphumo sesenzo sakho. Ukucela uxolo akwenzi yonke into ibe ntsha ngokuzenzekelayo. Ngamanye amaxesha kufuneka uphile nemiphumo yento oyenzileyo. Kuthath' ixesha ukuba intlungu oyibangeleyo iphele.

UMSEBENZI WEQELA

Cinga ngemeko eqhelekileyo apho kusenokufuneka ubani acele uxolo kwiqabane lakhe okanye kwelinye ilungu lentsapho elisondeleyo. Nitshintshisane ngokudlala indima eniza kucela uxolo ngayo kwaye nicele uxolo.

Imiyalelo yoMququzeleli: *Ungamema abo bangathanda ukudlala indima yabo phambi kweqela ukuba benjenjalo.*

Isicelo

CINGA

Cela uThixo akubonise ukuba kukho ntoni na emtshatweni wakho ofuna ukucela uxolo ngayo.

1. Yenza isicwangciso sexesha oza kuthetha ngalo neqabane lakho. Xa uthetha neqabane lakho, cela uxolo ngentlungu oye wayibangela. Zama ukuhamba ngala manyathelo. Ukuba akutshatanga unokusebenzisa la manyathelo manye ukuze ucombulule intlungu kulo naluphi na ulwalamano osenokuba unalo—ngokomzekelo nabazali, abantakwenu, izalamane okanye abahlobo.
2. Khetha ixesha elifanelekileyo lokuba bobabini bathethe. Fumana ixesha elingayi kuphazanyiswa kwaye bobabini abantu abadiniwe kakhulu.
3. Thandaza ucele uThixo ukuba akuphe intliziyo ethobekileyo, akuphe amazwi alungileyo onokuthetha ngawo. Thandaza ukuba uThixo alilungiselele iqabane lakho ukuba likuve kwaye likulungele ukukuxolela.
4. Kunikele eNkosini ukuba wenze oko. Ngaba ukho nabani na onokukuthandazela aze alubeke uxanduva lokwenza oku?

Ubaxolele Abantu Abakuviswe Kabuhlungu

INGXOXO YEQELA ELIKHULU

Funda ezi ndinyana zilandelayo uze ushwankathele oko kuthethwa yiBhayibhile ngokuxolela.

- Luka 23:34 – *UYesu waxolela, yaye eqonda ukuba abanye babengazi ukuba benza ntoni na.*
- UMateyu 18: 21-22 – *UYesu waxelela uPetros ukuba axolele amaxesha angama-77 (ngamaxesha onke).*
- KwabaseKolose 3:13 – *Xolelanani njengoko iNkosi yasixolelayo.*

UThixo usixolele kakhulu. Usiyalela ukuba sixolelane. Maxa wambi kuba nzima ukuxolela abanye xa besona.

- Ngokusuka kumava akho, yeyiphi eminye yemiphumo yokungaxoleli emtshatweni?
 - Ubukrakra – ukwakha iintlungu
 - Yaphula ukuthembana omnye komnye
 - Ukunganeliseki ngomtshato kunye nokungathembeki okungenzeka
 - Iingxaki zosapho – nabantwana baziva bengakhuselekanga kwaye besoyika

Ukuxolela kubalulekile ukuqinisekisa ukuba umtshato uyakhula. EBhayibhileni siyalelwa ukuba sixolele izihlandlo ezininzi. Kodwa kuqala kufuneka sikuqonde ngokucacileyo ukuba ukuxolela kuyintoni na nokungekuko.

Imiyalelo yoMququzeleli: Zoba iikholamu ezimbini ebhodini uze ubhale “Uxolelo AYIKUKO” kunye no “Uxolelo LUYI” kwikholamu nganye. Bhala ingongoma nganye njengoko uyicacisayo.

Uxolelo AYIKUKO	Uxolelo LUYI
<ol style="list-style-type: none"> 1. Imvakalelo 2. Ukwamkela ukungabikho kokusesikweni okanye ukunyamezela ukuziphatha okubi okanye ukuxhaphaza 3. Ukufuna umntu atshintshe ngaphambi kokuba simxolele 4. Ukulibala 5. Ukwenza ngathi akunamsebenzi 	<ol style="list-style-type: none"> 1. Ukhetho esilwenzayo 2. Sijongane nobubi obenziweyo, kodwa sikhetha ukungalikhathazi iqabane lethu 3. Ukuthembela kuThixo ukujongana nomnye umntu kunye nokuxolela nangaphambi kokuba atshintshe 4. Ukukhulula amaqabane ethu ezandleni zikaThixo xa siziva sinomsindo okanye sibuhlungu; singafuni impindezelo 5. Ukwamkela ukufa kukaYesu njengentlawulo yazo zonke izono

Uxolelo AYIKUKO:

- **Imvakalelo.** Ukuxolela lukhetho esilwenzayo. Akuyomfuneko ukuba silinde de sizive sixolelwe, kunoko, sigqiba kwelokuba simxolele. Asizibuzi, ‘Ngaba ndiziva ndifuna ukuxolela?’ kodwa kunoko sisuka nje sigqibe kwelokuba sixolele size siyeke ukuzisizela nomnqweno wethu wokuziphindezela.
- **Ukufuna umntu atshintshe ngaphambi kokuba simxolele.** Asinakunyanzela umntu ukuba atshintshe. Sixolela ngenxa yokuba uKristu usixolele yaye usiyalela ukuba sixolele abanye, kungekhona ngenxa yoko sikufunayo emntwini.
- **Ukwamkela okungekho sikweni.** Xa sixolela umntu, akuyomfuneko ukuba sikholelwe ukuba oko akwenzileyo kulungile. Sinokuqonda ukuba oko bakwenzileyo kwakuphosakele, kodwa siya kubaxolela. Ukuxolela omnye umntu akuthethi kuthi simvumela ukuba aqhubeke esenza izinto ezimbi. Ukuxolela akuthethi ukuba siyayinyamezela impatho eyenzakalisayo okanye exhaphazayo.
- **Ukulibala.** Maxa wambi njengoko sixolela, asinakukwazi ukuyilibala ngokukhawuleza intlungu esiye sayiva. Kufuneka siqhubeke simxolela loo mntu rhoqo njengoko siqala ukuba nomsindo.
- **Ukwenza ngathi akunamsebenzi.** Xa sixolela umntu, asithi into ayenzileyo ilungile okanye ayikhange ibe nempembelelo kuthi. Sithi, nangona besenzakalise kakubi, sisezakubaxolela. Siyamthemba uThixo ukuba uza kuqhubana nomnye umntu.

Uxolelo LUYI:

- **Ukhetho esilwenzayo.** Yimpendulo kuxolelo lukaThixo kuthi kwaye sithobela Yena.
- **Ukujongana nokungalunganga okwenziwe.** Kufuneka siqonde ukuba kukho umntu owenze into engalunganga kuthi kwaye indlela aziphethe ngayo isikhubekisile, kodwa sikhetha ukungabambeleli kwintlungu.
- **Ukuthembela kuThixo ukujongana nabanye.** Sivumela uThixo asenze siqiniseke, yaye siyaxolela kwanangaphambi kokuba ubani atshintshe.
- **Ukumkhululela ezandleni zikaThixo.** Njengoko sixolela, sincama ilungelo lethu lokuziphindezela okanye lokufuna utshintsho. Endaweni yoko sivumela uThixo ukuba aqeqeshe okanye amguqule umntu ngendlela afuna ngayo.
- **Ukwamkela ukufa kukaYesu njengentlawulo yazo zonke izono.** Emva kokuba simxolele loo mntu, asinakuqhubeka simkhumbuzi loo mntu ngento ayenzileyo size siyisebenzise ukuze asenzele izinto.

Ukuxolela kunokuba nzima, ngakumbi ukuba loo mntu uye wasenza buhlungu ngokwenene. IBhayibhile isikhumbuzi ukuba sixolela kuba sinombulelo ngoko uThixo asenzele kona, kungekhona kuba loo mntu ngokuyimfuneko ‘efanelwe’ ukuxolelwa. Xa sixolela, asitsho ukuba oko bakwenzileyo kulungile, kodwa sithi

sikulungele ukuvumela uThixo abe ngumgwebi aze enze isigqibo ngendlela afuna ukuphendula ngayo kwizenzo zabo.

CINGA

- Yeyiphi ingcamango entsha oyifundileyo ngokuxolela?
- Unokukusebenzisa njani oko ukufundileyo emtshatweni wakho kule veki izayo?

Amanyathelo Okuxolelwa

Imiyalelo yoMququzeleli: Sebenzisa **ISIKHOKELO SOMFUNDI** – Amanyathelo oXolelo ukuthetha ngamanyathelo oxolelo. Emva kokudlula amanyathelo, bonisa indlela uAdam osebalini enze ngayo okanye angalenzanga ngayo eli nyathelo. Emva koko bancede bacacise nantoni na abangaqinisekanga ngayo.

Ukuba intlungu oye wayifumana ibincinci, kungalula ukuhamba ngala manyathelo. Ukuba intlungu yayibaluleke ngakumbi, ke le nkqubo inokuthatha ixesha elingakumbi.

1. Vuma ukuba le nto yenziwe kuwe ibingekho sikweni.
2. Vuma nawuphi na umsindo kunye nomnqweno wokwenzakalisa umntu.
3. Cela uThixo akuncede umxolele omnye umntu.
4. Khetha ukungaziphindezeli.
5. Wuyeke umnqweno wokwenzakalisa umntu.
6. Umgwebo lo wunike uThixo;
7. Cela uThixo asuse nabuphi na ubukrakra nengqumbo.
8. Cela uThixo aphilise intlungu yakho kunye nazo zonke iziphumo zokungabikho kokusesikweni ebomini bakho.

QALANI KUNYE (Hayi iqabane lakho)

- Ngawaphi amanyathelo okuxolelwa awona anzima kuwe?
- Yintoni enokukunceda wenze eli nyathelo libe lula?
- Yintoni enye ekufuneka ulixolele iqabane lakho?

Ukuba akukho nto niyicingayo neqabane lakho, ngoko cinga ngaye nabani na ongomnye ekusenokwenzeka ukuba uye wakuphatha ngokungekho sikweni. Ukuba awukwazi ukucinga nantoni na, vele uthandaze ngokuzolileyo uthandazela abo bahamba kwinkqubo.

UKUHLOLA

Imiyalelo yoMququzeleli: Funda inyathelo ngalinye ngokuvakalayo njengoko abathathi-nxaxheba bevala amehlo abo. Misa umzuzu omnye emva kokuba inyathelo ngalinye lifundiwe ukuze abathathi-nxaxheba babe nexesha lokucinga ngenyathelo ngalinye. Xa ugqibile ukufunda onke amanyathelo ayi-8, thandazela iqela, ukuba uThixo asuse intlungu efike ngenxa yokungekho sikweni abasanda kukuxolela.

Vala amehlo akho kwaye umelele kwaye ucinge ngokuxolela iqabane lakho njengoko kufundwa kwinyathelo ngalinye.

Qalani Kwakhona Ndawonye

INGXOXO YEQELA ELIKHULU

Funda indinyana nganye uze uchonge eyona ngongoma iphambili kwindinyana nganye:

- 1 Korinte 13:4-5 – Uthando alunamqathango yaye alugcini ingxelo yezono ezenziweyo.
- Yakobi 5:16 – Zivume izono zethu, sithandazelane, kwaye nibabale omnye nomnye.
- KwabaseFilipi 3:13 – Libala izinto ezidluleyo kwaye ugxile kwikamva.

Sakuba siyisebenzile inkqubo yokupholisa amanxeba, ukucela uxolo, nokuxolela, ngoko kufuneka sikulungele ukuqalisa kwakhona. Kunzima ukuhamba kule nkqubo, ngoko ke kufuneka sithuthuzelane kwaye sithandazelane. Emva koko, kunokuba sikhumbule izinto ezenzeka kwixesha elidluleyo, kufuneka sinikele ingqalelo kwikamva.

- Kukangaphi kufuneka ucoce indlu yakho?

Kanye njengokucoca indlu, kufuneka sicoce amanxeba emitshatweni yethu kunye nolunye ulwalamano rhoqo. Ukuba asiwacoci rhoqo amanxeba, ayakha kwaye anokwenza umonakalo omkhulu kubudlelwane bethu! Nceda umtshato wakho uhlale womelele ngokuqinisekisa ukuba uqhubeka nale nkqubo rhoqo.

Ukuqukumbela

Imiyalelo yoMququzeleli: Phinda uphonononge ukuba LUYINI uxolelo kwaye AKULUYAYI kunye namanyathelo oxolelo. Phanononga aManyathelo ama-4 okubuyisela ubuDlelwane obonakeleyo. Buza nayiphi na imibuzo eyongezelelweyo.

Kwizifundo ezi-2 zokugqibela, sathetha ngeendlela ezine zokubuyisela ubudlelwane obonakalisiweyo.

Uyakhumbula ukuba ziyintoni na?

- 1 – Chonga Intlungu
- 2 – Cela Uxolo Xa Ukhathaze Abanye
- 3 – Ubaxolele Abantu Abakuvise Kabuhlungu
- 4 – Qalani Kwakhona Ndawonye

Emva kokuba senze ezi zinto, kufuneka sijonge phambili, singagxininisi kwizinto ezidluleyo. Kwakhona kufuneka siqinisekise ukuba siyayihamba le nkqubo ngalo lonke ixesha sikhathazana. Kufuneka sithembeke kuThixo ukuba asincede kule nkqubo.

IQELA ELINCINANE OKANYE AMAQABANE NOMTHANDAZO (Oku kunokwenziwa namaqabane)

Ningamaqela okanye neqabane lakho, thandazelanani. Cela uThixo akuncede uxolele abanye ngendlela akuxolele ngayo. Cela uThixo aphilise ubudlelwane bakho ngokuziqhelanisa nokuxolelwa.

Isifundo 4: Ukomeleza Umtshato Wakho

lingcamango eziphambili

1. Ukuze sibonise uthando kumaqabane ethu, kufuneka siyazi into ewenza azive ethandwa.
2. Xa isibini sithandaza kunye, sibeka uThixo kwindawo yokuqala emtshatweni waso.
3. Kufuneka sibeke phambili amaqabane ethu phambi kwabanye, kuba emtshatweni abantu ababini baba banye.

Izinto eziphathekayo

1. Isikhokelo soMfundi: lilwimi eziNtlanu zothando

Intshayelelo

INGXOXO YEQELA ELIKHULU

Umtshato sisipho esimangalisayo esivela kuThixo, yaye xa amadoda nabafazi bemaneyene ngamandla emtshatweni, banokwenza izinto ezimangalisayo ukuze bakhonze baze bazukise uThixo. Nangona kunjalo, ukuze oku kwenzeke, imitshato yethu kufuneka yomelele kwaye ibe sempilweni. Ukwenza umtshato womelele kwaye uwugcine womelele ubomi bakho bonke kufuna umsebenzi onzima. Kwesi sifundo, siza kujonga iindlela ezahlukeneyo onokuqinisa ngazo umtshato wakho.

Iindlela Ezi-3 Zokomeleza Umtshato Wakho

1. Bonisa uthando lwakho
2. Thandazani kunye
3. Beka iqabane lakho ngaphambi kwabanye

Imiyalelo yoMququzeleli: Bhala ebhodini iindlela ezi-3 zokuqinisa uMtshato wakho okanye wenze ipowusta.

Bonisa Uthando Lwakho

INGXOXO YEQELA ELIKHULU

Wonke umntu ufuna ukuziva ethandwa. Ukuba ufunda ukubonisa uthando kwiqabane lakho, oko kuya kuwomeleza umtshato wakho.

Imiyalelo yoMququzeleli: Bhala le miqondiso ilandelayo ebhodini (okanye ungaprinta njengoNcedo olubonakalayo)

사랑해

- Ngubani owaziyo ukuba ithini na le nto?

Asinakuyifunda le nto kuba ibhalwe ngesiKorea. Asisazi isiKorea, ngoko ayithethi nto kuthi. Ithi, 'Ndiyakuthanda.' Indlela esilubonisa ngayo uthando iyafana. Kukho iindlela ezahlukeneyo zokubonisa uthando kunye neendlela ezahlukeneyo abantu abaziva bethandwa. Ukuba sisebenzisa ulwimi olungafanelekanga, abantu abasiqondi. Iyabhidisa njengala magama asebhodini.

Iilwimi Zothando Ezintlanu Ezahlukeneyo

Kwincwadi kaGary Chapman ebizwa ngokuba liLwimi EziNtlanu Zothando, uchaza iindlela ezi-5 eziqhelekileyo abantu abaziva bethandwa. Abantu abafani yaye baneendlela ezahlukeneyo abalufumana ngazo uthando. Ukuba sibonisa uthando ngendlela eyahlukileyo kuleyo amaqabane ethu amaninzi aziva ethandwa ngayo, oko kuya kuba ngathi sithetha ulwimi olwahlukileyo kuwo yaye wona asenokuziva engathandwa. Sisenokuba siyathetha, kodwa abaqondi. Ukuba sifuna ukuthetha namaqabane ethu, kufuneka sithethe ulwimi lwawo.

Kuyafana nangothando—kufuneka sifunde ulwimi lothando lomnye umntu ukuze sikwazi ukubonisa uthando kubo ngendlela abanokuyiqonda kakuhle. Imfihlelo yokugcina uthando lwakho luphila emtshatweni wakho kukufunda ukubonisa uthando lwakho ngendlela eya kuthi iqabane lakho lizive lithandwa.

Imiyalelo yoMququzeleli: Jonga **ISIKHOKELO SOMFUNDI – ilwimi Ezintlanu Zothando**

Kukho iilwimi ezi-5 ezahlukeneyo zothando.

1. **Ukukhonzana** – Abanye abantu baziva bethandwa xa sibenzela izinto. Ezi isenokuba zizinto ezilula njengokucoca indlu, ukuhlamba izitya, okanye ukutsala ukhula.
2. **Amazwi oQinisekiso** – Abanye abantu baziva bethandwa xa sithetha izinto ezintle kubo. Basenokuncoma oku, 'Upheke kamnandi' okanye 'Uneenwele ezintle' okanye 'Ungumama ophum' izandla.' Basenokuba ngamazwi ombulelo okanye oxabiso: 'Enkosi ngokupheka isidlo sangokuhlwa.' okanye 'Enkosi ngesidlo sangokuhlwa. ukusebenza nzima ukuze ondle intsapho.'
3. **Izipho** – Abanye abantu baziva bethandwa xa befumana isipho. Izipho akuyomfuneko ukuba zibize okanye zide zibe yimali. Isenokuba lula njengentyatyambo oyikhayo endleleni egodukayo okanye umbongo owubhalileyo.
4. **Ukuchukunyiswa ngokomzimba** – Abanye abantu baziva bethandwa ngokubamba umzimba. Oku kubandakanya yonke into ukusuka ekubambeni izandla, ukuwola, okanye ukuphulula iinwele zomnye umntu.
5. **Ukuchitha Ixesha Eligxilileyo Kunye** – Abanye abantu baziva bethandwa xa sichitha ixesha elikhethekileyo kunye nabo. Oku akuthethi ukuba sikwigumbi elinye kodwa senza izinto ezahlukeneyo. Kuthetha ukuba sinikela ingqalelo engqalileyo omnye komnye. Kumakhaya ethu axakekileyo, kusenokuthetha ukuba sihamba kunye size sabelane ngeentsuku zethu.

Usenokufumanisa ukuba iqabane lakho lisabela kakuhle kulwimi olunye lothando kunezinye. Umntu ngamnye unokhetho lwakhe. Zama ukufumanisa ukuba yeyiphi indlela yokubonisa uthando ebaluleke kakhulu kwiqabane lakho uze wenze okungakumbi ngolo hlobo.

INGXOXO YEQELA ELINCINANE

Zeziphi iindlela ezi-2–4 onokubonisa ngazo indlela nganye kwezi zahlukeneyo zokubonisa uthando?

INGXELO MVA

Imiyalelo yoMququzeleli: *Cela iqela ngalinye ukuba labelane ngezimvo ezisebenzisekayo ngendlela yokubonisa uthando kwiilwimi ezi-5 zothando.*

Ukuba sifuna imitshato eyonwabisayo, sifuna ukuqiniseka ukuba amaqabane ethu aziva ethandwa. Kwanokuba amaqabane ethu awenzi mgudu, xa siqalisa ukubonisa uthando kuwo ngendlela athanda ngayo, aya kuwuxabisa loo mnqweno. Kananjalo baya kukhula ngakumbi uthando kunye nokuxolela kuthi. Ukuba abaziva bethandwa kuya kuba nzima ukuhlala nabo kwaye bacaphuke ngokulula ngakumbi kuthi.

CINGA

- Cinga ngeqabane lakho – yintoni elibonakala liyithanda okanye eliyixabisileyo?
- Zeziphi ezinye iindlela ezintsha onokubonisa ngazo uthando kwiqabane lakho ngoko nangoko?
- Zeziphi izinto ezi-5 ozixabisayo ngeqabane lakho? Zama ukuthetha ngokuthe ngqo. Suku ngalinye zama ukuthetha into oyithandayo ngeqabane lakho.
- Zicingeni. Zeziphi iindlela zokubonisa uthando ozikethayo? Zeziphi izinto ezenziwa liqabane lakho ezikwenza uzive uthandwa kakhulu?

Ukuba kunzima ukwazi ukuba iqabane lakho lithanda ntoni, ungazama umfuniselo. Kwinyanga enye khetha olunye lweelwimi zothando kwaye uziqhelise ukubonisa uthando ngaloo ndlela. Ithini impendulo? Ukuba akukho tshintsho zama ulwimi olwahlukileyo. Qhubeka uzama inyanga nenyanga de ubone impendulo evela kwiqabane lakho.

Thandazani Kunye

INGXOXO YEQELA ELIKHULU

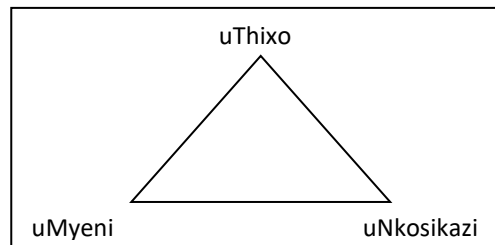
Funda INTshumayeli 4:12: 'Intambo emisonto emithathu ayiqhawuki lula.

Obunye ubuchule obubalulekileyo bokwakha umtshato owomeleleyo kukuthandaza kunye. Xa sithandaza kunye, sibeka uThixo embindini womtshato wethu. UThixo akazange afune ukuba abayeni okanye abafazi bethu bahlangabezane nazo zonke iimfuno zethu. Xa silindele ukuba abayeni okanye abafazi bethu basiqonde ngokupheleleyo kwaye bahlangabezane nazo zonke iimfuno zethu, ngoko siyasilela kwaye siyakhathazana. Sadalelwa ukuba sibe nobudlelwane noThixo-Nguye kuphela okwaziyo ukuhlangabezana nazo zonke iimfuno zethu.

Imiyalelo yoMququzeleli: Zoba lo mfanekiso ebhodini okanye ipowusta.

Umtshato kufuneka ubukeke njengalo mfanekiso:

- Umyeni unxibelelene ngokuthe ngqo noThixo.
- Umfazi unxibelelene ngokuthe ngqo noThixo.
- Indoda nomfazi banxibelelene omnye komnye.



Enye indlela ebalulekileyo yokuba uThixo abe sesazulwini somtshato kukuzinika ixesha lokuthetha naye kunye nomntu ngamnye.

Ukuthandaza kunye kuya kunceda indoda nomfazi bomeleze umtshato wabo. Kuya kunceda ekuqinisekiseni ukuba umtshato owonwabileyo uhlala ubomi bonke. Njengoko sithandaza, sinokufuna ukuthanda kukaThixo ngocelomngeni esijamelana nalo nezigqibo ekufuneka sizenze. Ukuthandaza kukwasinceda ukuba sigxininise kwaye sixhomekeke kuThixo.

Nali icebiso elisebenzisekayo lokuthandaza kunye:

- Khethani ixesha elinye lokuthandaza kunye kwaye nizigcine kulo. Umzekelo, xa uqala ukuvuka okanye ukulala okanye xa abantwana besanda kuya esikolweni.
- Thandaza yonke imihla. Kungcono uzame ukuthandaza nje imizuzu emi-5 ngosuku kunesiqingatha seyure kanye ngenyanga.
- Qala ngokubulela uThixo omnye komnye, umtshato wenu, intsapho, njl.
- Sebenzisa eli xesha ukuthandazela iimfuno zomnye, hayi iimfuno zehlabathi.
- Mamelani omnye komnye ngoxa nithandaza.
- Qiniseka ukuba uyathandaza kuThixo. Musa ukusebenzisa umthandazo wakho ukuzama ukutshintsha omnye umntu.

Beka Iqabane Lakho Phambi Kwabanye

INGXOXO YEQELA ELIKHULU

Imiyalelo yoMququzeleli: Funda okanye ubalise eli bali.

UTamare wayemcaphukele kakhulu uKalebhi. Akazange akholelwe ukuba uyenzile kwakhona. Wayesandula ukufika ekhaya ezokwazisa ukuba wayeza kuhamba iintsuku ezi-4 ukuya kunceda umama wakhe.

Waye wachaza ukuba umntwana oneenyanga ezine ubudala uyagula kwaye wayengakwazi ukulala. Ngoko wayefuna ukuba uKalebhi amncedise kowabo nabanye abantwana aze alungise amasimi ukuze alime. Kodwa wathi sele ethethile nabahlobo bakhe ngale meko baza bavumelana ukuba makaye kunina.

Ngoko, wayeza kuhamba kusasa. Ngexa uTamare wayehleli evukile esondla usana lwabo, kwafuneka avume ukuba wayeyithanda indlela awayemkhathalele ngayo unina. Kodwa waba nomona—kutheni engazange abone ukuba kufuneka amnyamekele ngendlela efanayo? Ngubani owayeza kumnceda?

- Kwenzeke ntoni kweli bali?
- Ngaba ikhe yenzeke le nto apha ekuhlaleni?
- Yayiyintoni ingxaki?
- Ucinga ukuba ngubani owayengalunganga? Ngoba?

Ngaphambi kokuba indoda nomfazi batshate, mntu ngamnye ulilungu lentsapho yabazali bakhe. Xa isibini sitshata, siqalisa intsapho entsha.

KuMarko 10:6-9 uYesu ubhekisela kwindinyana ekwiGenesis, ethi, indoda mayimshiya uyise nonina, baze abo babini babe nyama-nye; Kwakhona uYesu uthi, 'Ngoko ke, oko uThixo akumanyileyo ndawonye makungahlulwa mntu.' Oku kusifundisa ukubaluleka kwalo mtshato mtsha. Indoda itshintsha izinto eziphambili kusapho lwayo oludala ukuya kusapho lwayo olutsha. Unoxanduva lokuqala ngokunyamekela umfazi nabantwana bakhe.

Oku akuthethi ukuba masiyeke ukubabeka abazali bethu okanye ukunyamekela amalungu entsapho yethu.

Funda eyoku-1 kuTimoti 5:8.

- Ithini yona kule ndinyana?

Kuba emtshatweni abantu ababini baba banye, kufuneka sibeke amaqabane ethu kuqala kunabanye. Kodwa asifanele siyityeshale indoda okanye intsapho yomfazi. Ulwalamano lwendoda nomfazi yeyona mbopheleleko ibalulekileyo esiyinikwe nguThixo. Ngoko ke, oku kuthetha ukuba kufuneka sifunde ukubeka phambili amaqabane ethu kuqala, kodwa singayityesheli intsapho yomyeni nenkosikazi.

- Kweli bali, ziziphi iindlela uKalebhi awayebabeka ngazo abanye ngaphambi komfazi wakhe?
 - *Watyelala unina endaweni yokuba ahlale nomfazi wakhe.*
 - *Wabavumela abahlobo bakhe ukuba benze isigqibo malunga nokuba ufanele ahambe okanye angayi kunokwenza isigqibo esisekelwe kwizicelo zomfazi wakhe.*
 - *Waphuma netshomi zakhe kunoba ahlale endlini ancedise nomntwana.*
- Yeyiphi eminye imizekelo yendlela esenza ngayo abanye babaluleke ngaphezu kwamaqabane ethu?
- UKalebhi wayenokumbeka njani umfazi wakhe kwindawo yokuqala aze aqhubeke enyamekela unina?

Kukho iinkalo ezininzi ekufuneka sibeke amaqabane ethu kuqala kuzo kubomi bethu. Namhlanje siza kujonga iinkalo nje ezimbini.

1. **Ixesha** – Oku akuthethi ukuba sichitha ixesha elininzi kunye nabo kodwa, ukuba bafuna uncedo lwethu, sibabeke phambi kwabanye abantu.
2. **Izigqibo** – Xa umntu etshatile, kufuneka enze izigqibo zakhe nokuba kunye neqabane lakhe okanye acinge malunga neqabane lakhe njengoko sele litshilo. Izigqibo eziphathelele indoda nomfazi azifanele zenziwe ngabanye. Umfazi ufanele abe negalelo elingakumbi kunaye nawuphi na omnye umntu yaye

indoda ifanele imhlonele umfazi wayo kuzo zonke izigqibo zayo. Le yindlela esebenzisekayo 'yokuthobelana ngokuhlonela uKristu,' njengoko eyabase-Efese 5:21 isitsho. Esona sigqibo silungileyo senziwa emva konxibelelwano oluhle, ukucingisisa ngenyameko nomthandazo yindoda nomfazi.

- Oku kuqonda kuya kuyitshintsha njani indlela indoda nomfazi ababebeka ngayo amaqabane abo ngaphambi kwabanye?
 - *Baza kudala usapho olutsha ababeza kulubeka phambili kwaye baluhloniphe kuqala.*
 - *Emva koko babenyamekela baze baphulaphule icebiso leentsapho zabo zombini.*

DLALA INDIMA (Ukuba ixesha likhona)

Yenza umdlalo-linganiso obonisa into edla ngokwenzeka kwiintsapho kunye nokuba bekuya kujongeka njani xa sibeka amaqabane ethu kuqala.

CINGA

Thatha ixesha lokucinga ngomzekelo omnye ebomini bakho kwindawo nganye onokuthi kuyo wenze umsebenzi ongcono ngokubeka iqabane lakho kuqala kunabanye. Ngoko, kumzekelo ngamnye, cela uThixo yaye kamva iqabane lakho likuxolele. Cela uThixo akuncede utshintshe kwaye ukhumbule ukuba uxanduva lokuqala akunike lona liqabane lakho.

- Ixesha – Ngaba kukho amaxesha apho wenze abahlobo bakho okanye abanye babaluleke ngakumbi kuneqabane lakho?
- Izigqibo – Ngaba zikhona izigqibo ozenzileyo ngaphandle kokuqwalasela iingcinga okanye iimvakalelo zeqabane lakho?

Ukuqukumabela

INGXOXO YEQELA ELIKHULU

Namhlanje sijonge iindlela ezi-3 zokuwomeleza umtshato wethu:

1. Ukubonisa uthando lwakho
2. Ukuthandaza kunye
3. Ukubeka iqabane lakho kuqala

Zama ukuqhelisela ukwenza ezi zinto ngoko nangoko ukuze umtshato wakho womelele.

Isifundo 5: Abafazi Baxabisekile

lingcamango eziphambili

1. Omabini amadoda nabafazi banexabiso elilinganayo kuba benziwe ngokomfanekiselo kaThixo baza bahlawulelwa nguKristu.
2. Kufuneka siwaxabise size siwaphathe amabhinqa ngendlela uYesu awawaphatha ngayo, kwanokuba ahluke gqitha kwisithethe sethu.

Izinto eziphathekayo

1. Isikhokelo soMfundi:
 - a. Inkubeko kunye neendlela ngexesha likaYesu
 - b. Uluntu lwethu
2. Amakhadi aluhlaza kunye naMthubi
3. Amanzi kunye namashwamshwam azakunikwa kuMsebenzi weQela elikhulu

Intshayelelo

UMSEBENZI WEQELA ELIKHULU

Imiyalelo yoMququzeleli: Beka amakhadi atyheli naluhlaza phezu kwetafile. Cela wonke umntu ukuba athathe enye.

Namhlanje siza kwenza izinto ngokwahlukileyo. Umntu ngamnye unekhadi elityheli okanye eliluhlaza. Bonke abo banamakhadi aluhlaza baya kubuyela emva kwegumbi. Ndicela uhlale uthule ungaphazamisi abanye. Senza isifundo esibalulekileyo kwaye sifuna nje izimvo zabantu abambalwa abaphambili. Nceda uthule, ungasiphazamisi, kwaye ungaphazamisi abanye.

Imiyalelo yoMququzeleli: Nika wonke umntu okwiqela elityheli iqhekeza lelekese. Khangela ukuba kukho enye into abayifunayo. Babuze ukuba baziva bekhululekile kwaye bekulungele na ukuqalisa isifundo. Baphatheni njengababekileyo. Ukuba nabani na kwiqela eliluhlaza uyashukuma okanye uyathetha, jonga phezulu uze umkhumbuze ngemiyalelo.

Kwingxelo nganye kwezi ucinga ukuba abantu kwindawo ohlala kuyo bangavumelana okanye bangavumelani nayo kwaye kutheni.

1. 'Amantombazana angumthwalo kwintsapho yawo.'
 2. 'Abafazi abafanele babe nomhlaba okanye bafumane ilifa.'
 3. 'Kulungile ukubetha umfazi ongathobeliyo.'
 4. 'Abafazi bafanele babonwe yaye bangaviwa.'
- Ngaba kukho ezinye iinkcazo eziqhelekileyo kwindawo yakho malunga nabasetyhini? Yeyiphi eminye imizekelo?

INKCAZELO YOMSEBENZI

Imiyalelo yoMququzeleli: Cela iqela eliluhlaza ukuba libuyele kwiqela elityheli. Qwalasela ngokubuza imibuzo kwiqela ngalinye uze wenze izigqibo kwiqela ngokusekelwe kula mava.

Kwimizuzu eli-10 yokugqibela, iqela eliluhlaza alibandakanywanga kwingxoxo.

- **Iqela eliluhlaza:**
 - Bekuvakala kunjani ukungabandakanywa kwiingxoxo nokungavunyelwa ukuba uthethe?
 - Ngaba ubufuna ukuthatha inxaxheba kwaye wabelane ngezimvo zakho?

- Uye waziva njani xa ubona iqela elityheli lifumana amashwamshwam kwaye akwafumana nanye?
- Ngaba ucinga ukuba oku kuyakhe kwenzeke eluntwini? Ngoobani abangabandakanywanga?
- **Iqela elityheli:**
 - Ivakale njani ukungaquki inxalenye yeqela kumaqela amancinci nakwiingxoxo?
 - Ngaba uqaphele ukuba elinye iqela alifumananga manzi okanye amashwamshwam? Ucinga ntoni ngaloo nto?
 - Ngaba waziva ungakhululekanga? Kutheni okanye kutheni kungenjalo?
- **Wonke umntu:**
 - Yintoni engazange ibonakale ilungile kule nto?
 - Ngawaphi amathuba alahlekileyo ngokungaqukwa kweqela eliluhlaza kulo msebenzi?

Lo msebenzi wawumalunga nocalucalulo—inyaniso yokuba amaxesha amaninzi eluntwini asiwaxabisi kakhulu amabhinqa namantombazana njengamadoda namakhwenkwe. Kweli tyeli asicalulanga ngokwesini kodwa ngombala wekhadi olicholileyo. Noko ke, kwiindawo ezininzi oku akufani kakhulu nocalucalulo ajamelene nalo amantombazana namabhinqa.

- Ngaba izimvo zabasetyhini ziyafunwa kuluntu oluphambili okanye kwimiba yecawe? Kutheni okanye kutheni kungenjalo?
- Ngaba kukho amalungelo akhethekileyo anikwe amadoda kodwa kungekhona kumabhinqa? Ucinga ukuba ivakala njani loo nto?

Kwesi sifundo, siza kuthetha ngendlela esicinga ngayo ngabasetyhini kunye namantombazana. Siza kujonga nezinye iindlela esibaphatha ngazo ezingabonisi ukuba sibaxabisile.

INGXOXO YEQELA ELIKHULU

Funda iGenesis 1:27-28.

Ezi ndinyana zisibonisa ukuba amadoda nabafazi badalwe ngokomfanekiselo kaThixo. Ngelixa abanye abantu bephikisa ngelithi ngumntu kuphela owenziwe ngokomfanekiselo kaThixo kuba ezinye iinguqulelo zithi ‘umntu’ kunye ‘naye’. NgesiHebhere uThixo usebenzisa igama elithi ‘Adam’, elinokubhekisela kumntu okanye kulo lonke uluntu. Kodwa eBhayibhileni nanini na uThixo ebhekisa kwindoda nje, hayi umfazi, usebenzisa igama elithi ‘Ish’. Kwisivakalisi esilandelayo Uqhubeka ecacisa ukuba yindoda nebhinqa abhekisela kuyo.

Njengoko ukhumbula kwisifundo 1, uEva wadalwa njengomncedi ka-Adam. Kutheni ucinga ukuba akukho wumbi umncedi wayenokufunyanwa? Umhlaba wawuzaliswe zizilwanyana ezimangalisayo, kodwa akukho nasinye esasilungile ngokwaneleyo. Impendulo ilula, kuba akukho silwanyana sidalwe ngokomfanekiselo kaThixo, ngoko asikho isilwanyana esasinokuwandisa umhlaba njengoAdam noEva. Ukuze baqhubeke befeza umsebenzi awayewunikwe nguThixo, bobabini kwakufuneka benziwe ngokomfanekiselo kaThixo.

KwiModyuli yoku-1, sifunde ukuba uThixo wenza indoda nomfazi ngokomfanekiso wakhe. Ngelishwa, imithetho yethu yenkcubeko kunye nokulindela akuhambelani nexabiso uThixo awalinika abafazi benziwe ngokomfanekiselo wakhe.

- Kwenzeka ntoni ukuba owasetyhini akayilandeli imigaqo yenkcubeko kunye nokulindela?
- Aza kusabela njani amalungu entsapho yakhe ahlukeneyo (umyeni, abazali, abasebukhweni)?

Inyaniso Ngabafazi

INGXOXO YEQELA ELIKHULU

UThixo wadala amadoda nabafazi ngokomfanekiselo Wakhe benexabiso nexabiso. Zombini zimela imiba kaThixo kwihlalathi. UThixo wabaxelela bobabini ukuba bawuzalise umhlaba baze bawulawule kunye njengamaqabane.

Funda iGenesis 3:6.

UAdam noEva bona ngokungamthobeli uThixo baza bafumana imiphumo yesono sabo. Ulwalamano lwabo olugqibeleleyo lwaphuka.

- Yintoni eyatshintshayo kulwalamano luka-Adam noEva emva kokuba bonile ngokungamthobeli uThixo?
 - *Batyholana.*
 - *Umfazi uya kufuna ukulawula indoda, kodwa indoda iya kulawula umfazi.*
 - *Icebo likaThixo lomanyano nobunye latshatyalaliswa.*
- Isono nokwaphuka emhlabeni wethu kube nefuthe njani kwindlela abantu ababona ngayo abantu basetyhini kwinkcubeko yethu?

Funda amaGalati 3:26-29.

- Ngoobani abathi bangabantwana bakaThixo ngoKristu Yesu? (*Bonke abanokholo.*)
- Le ndinyana ithi akusekho mYuda namGrike, ikhoboka nokhululekileyo, indoda nankazana. Ithetha ntoni le nto? (*Sonke sinethuba elilinganayo lokuba ngabantwana bakaThixo.*)

NgoKristu amadoda nabafazi banokuba ngabantwana bakaThixo, iindlela zobomi obungunaphakade, kwaye bobabini babuyiselwe ngokupheleleyo kubudlelwane noThixo.

Funda iZenzo 2:17-18, 21 neyoku- 1 kaPetros 4:10-11.

- Le vesi ithi kuya kwenzeka ntoni xa uMoya kaThixo uthululelwa phezu kwabantu bonke?
- Ngaba iyakumangalisa into yokuba iintombi kunye nabafazi babandakanywe ekwamkeleni izipho zokuprofeta eziza kusetyenziswa ebandleni?
- Xa wonk' ubani esebenzisa izipho aziphiwa nguThixo, uba yintoni umphumo?
- Bekuya kwenzeka ntoni ukuba abafazi neentombi babengazisebenzisi izipho abaziphiwa nguThixo?

UThixo unika amadoda namabhinqa izipho ukuze zisetyenziswe ekwakheni uBukumkani bukaThixo nokuzisa uzuko nozuko kuThixo.

- Unokumnceda njani umfazi wakho asebenzise zonke izipho azinikwe nguThixo?
- Unokuyinceda njani intombi yakho ikhulise ize izisebenzise izipho eziyinikwe nguThixo?
- Ungabakhuthaza njani abafazi becawe yakho nakwindawo ohlala kuyo ukuba basebenzise izipho abaziphiwe nguThixo?

INkcubeko Ngexesha likaYesu kunye nendlela awabaphatha ngayo abafazi

INGXOXO YEQELA ELIKHULU

Namhlanje siza kuhlolisa indlela awayejongwa ngayo amabhinqa ngexesha likaYesu nendlela uYesu awayewaphatha ngayo amabhinqa. Unokufunda kunye **KWISIKHOKELO SAKHO SOMFUNDI** – Inkcubeko kunye neendlela ngexesha likaYesu.

Inkcubeko Ngexesha likaYesu

Imithetho nezithethe zamaYuda namaRoma zazingabaxabisi kangako abafazi. Abasetyhini babonwa njengabangaphantsi (abangaphantsi nangaphantsi) kumadoda.

- **Abafazi babephathwa njengempahla.** Babengazimelanga. Mhlawumbi babengabendlu kayise okanye kwindlu yomyeni wabo. Amadoda angamaYuda ayede akwalelwe ukuba athethe nawo nawaphi na amabhinqa esitratweni. Ubukho babo abuzange bubhalwe okanye buqondwe kwiziganeko ezibalulekileyo.

- **Abafazi babekelwe imiqathango ekunquleni uThixo.** Linkokeli zonqulo zongeze imithetho emitsha eyayithetha ukuba abafazi babevunyelwa kuphela ukuya 'kwinkundla yabafazi' etempileni. (Inkundla yabasetyhini ayizange ibe kuyilo lokuqala lwetempile). Babengakwazi ukufunda iLizwi likaThixo okanye ukuba nenxaxheba ekunquleni etempileni.
- **Ngokuqhelekileyo abafazi babengabandakanywanga ekubeni bafunde.** Ekubeni kwakunikelwa imfundo kwizikolo zesikhungu, amantombazana ayengakhuthazwa ukuba abe nenxaxheba.
- **Amabhinqa ayengenamalungelo asemthethweni.** Babengenakuba nomhlaba, bafumane ilifa ngaphandle kokuba kwakungekho madoda kumnombo wentsapho, okanye baqhawule umtshato nabayeni babo. Abafazi babengavunyelwa ukuba banike ubungqina kwinkundla yomthetho ngaphandle kokuba indoda inokuqinisekisa ibali labo.

Ngokuqhelekileyo, ngokwesithethe sexesha likaYesu, abafazi babejongwa njengabangathembekanga kangako, abangakrelekrele nabangenamoya kangako kunamadoda.

Iindlela zikaYesu

Isimo sengqondo sikaYesu ngabafazi sasahluka ngokupheleleyo kunenkcubeko yelo xesha. Wayephatha amadoda nabafazi ngembeko nesidima esilinganayo. Abafazi ngelo xesha babengazange bayazi indoda enjengoYesu.

- **UYesu wayewaphatha ngembeko nangesidima amabhinqa.** Wayethetha nabafazi esidlangalaleni. UYesu wathetha nomSamariyakazi owayengowasemzini 'nesono' (Yohane 4:7). Wathetha ngobabalo, ngenyaniso, nangobubele kumfazi owayebanjwe ekrexeza (Yohane 8:1-11).
- **UYesu wayewalungiselela amabhinqa yaye wayebaphatha njengomntu.** UYesu wafikelela kubafazi njengabantu ababefaneleke ngokulinganayo njengamadoda ukuba baphiliswe baze basindiswe. Akazange ayihoye imithetho eyayinikwe uMoses eyayisithi aninakumchukumisa umfazi ophuma igazi (Marko 5:25-34). Waphilisa umfazi owayesisiqhwala iminyaka elishumi elinesibhozo ngenxa yomoya oyidemoni waza wambiza ngokuba 'yintombi ka-Abraham' (Luka 13:10-17). Waphilisa intombi yomfazi ongumKanana (Mateyu 15:22-28).
- **Wafundisa abafazi.** Wayeyithabatha nzulu imibuzo neengxoxo zabo. UYesu waphathisa iinyaniso zikamoya ezibalulekileyo kumabhinqa namadoda. UYesu wafundisa uMariya udade boMarta (Luka 10:38-42). Abafazi baba ngabokuqala ukubona iNkosi evukileyo kwaye baxelelwa ukuba base iindaba ezinkulu kubafundi (Yohane 20:1-18). Abafazi abaninzi babehamba noYesu bexhasa ubulungiseleli bakhe (Luka 8:1-3) njengoko wayefundisa abafundi bakhe nezihlwele.

INGXOXO YEQELA ELINCINANE (Jonga ISIKHOKELO SABAFUNDI)

1. Unokuyichaza njani indlela abafazi ababephathwa ngayo ngexesha uYesu wayephila emhlabeni?
2. Ngaba kukho nakuphi na ukufana phakathi kwendlela isithethe sakho esibaphatha ngayo abafazi nendlela inkcubeko yexesha likaYesu eyayibaphatha ngayo abafazi?
3. Nguwuphi umahluko phakathi kwendlela uYesu awayewaphatha ngayo amabhinqa nendlela izithethe zelo xesha ezaziwaphatha ngayo amabhinqa?
4. Ucinga ukuba avakalelwa njani amabhinqa xa uYesu wayewaphatha ngolu hlobo?
5. Ngaba iicawe zethu ziziphatha ngokwenkcubeko yethu okanye zixelisa uYesu? Yeyiphi eminye imizekelo?

INGXELO YOMBUZO - Imiyalelo yoMququzeleli: Yijonge le mibuzo ingasentla kwaye ucele iqela ngalinye ukuba labelane ngeempendulo zalo.

NjengamaKristu, kufuneka silandele umzekelo kaYesu ngaphambi kwenkcubeko yethu. UYesu ungumzekelo wethu.

Sinokwenza Umahluko

INGXOXO YEQELA ELIKHULU

UYesu wenza umahluko kwinkcubeko yakhe, kwaye singenza umahluko kwinkcubeko yethu.

Funda eli bali lokwenyani (amagama atshintshiwe):

USojib akazange acinge ukuba amadoda nabafazi badalwe ngexabiso elilinganayo nguThixo. Akazange acinge ngomfazi wakhe konke konke. Babenomvuzo omncinane yaye babengenakukwazi ukuthenga ukutya okwaneleyo. Ngoko, ubusuku ngabunye kwisidlo sangokuhlwa kwenzeka into efanayo. USojib wayehlala etafileni yedwa atye yonke irayisi nekheri ayifunayo. Akugqiba wavuka, watya okuseleyo umfazi wakhe. Ngenye imini uSojib waya kuqeqesho olumalunga nemilinganiselo yeBhayibhile nomtshato. Wafika ekhaya waza wagqiba kwelokuba enze okuthile ukubonisa ukuba uyamxabisa umfazi wakhe. Ngexesha lesidlo sangokuhlwa, wacela umfazi wakhe ukuba ahlale naye etafileni. Wathatha irayisi awayeyiphekile wayicanda kubini ngokulinganayo, wamnika icandelo elinye waza elinye walithatha. Wenze njalo nangekhari. Umfazi wakhe wamangaliswa! Ubusuku ngabunye uSojib waqhubeka esenza into enye. Wahhlala phantsi nomfazi wakhe waza wabelana ngayo yonke into ngokulinganayo. Njengoko oku kwakuqhubeka, wafumanisa ukuba ulwalamano lwakhe nomfazi wakhe luyaphucuka. Bamanzana ngakumbi, yaye nabanye ekuhlaleni baqalisa ukulandela umzekelo wabo omhle womtshato ophilileyo.

- Zeziphi izenzo zemihla ngemihla awathi uSojib wagqiba ekubeni azitshintshe ukubonisa ukuba uyayixabisa inkosikazi yakhe?
- Wasabela njani umfazi wakhe kolu tshintsho?
- Olu tshintsho lwabachaphazela njani abanye (umfazi wakhe, nabanye ekuhlaleni)?

Abantu abaninzi namhlanje abawajongi amabhinqa namantombazana ngendlela uThixo afuna ngayo. Izithethe zethu zenkcubeko zinamandla, kwaye abantu abaninzi bacinga ukuba zamkelekile. Noko ke, impatho-mbi yakhe nawuphi na umntu odalwe ngokomfanekiso kaThixo ayifanelekanga. Kumenza buhlungu uThixo, yaye sifanele simcele ukuba asincede siguqule iindlela zethu.

Kufuneka sijonge izithethe kunye nezenzo zethu kwaye sifunde into engalunganga ngokwembono kaThixo. Siza kusebenzisa **ISIKHOKELO SABAFUNDI** – Uluntu lwethu ukucinga ngezinye iindawo kuluntu lwethu.

Imiyalelo yoMququzeleli: *Phambi kokuba uqalise ingxoxo yeqela elincinane, cacisa imixholo emine ekwitshati ukuze ubancede bacinge ngemizekelo yasekuhlaleni. Buza imibuzo kwaye unike imizekelo ngokubanzi engezantsi kumxholo ngamnye.*



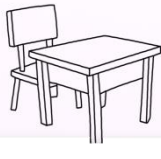

- **Usapho** – Zeziphi iindlela abasetyhini namantombazana abaphathwa ngokwahlukileyo kunamadoda namakhwenkwe ekhaya? Zeziphi iindlela abaphathwa kakubi ngazo?
 - Umzekelo – Xa umqeqeshi wabuza iqela lamagqirha angamaKristu angama-20 ukuba ngaba bakhe babetha abafazi babo, i-18 yaphakamisa izandla ukubonisa ukuba babenayo. Emva koko umqeqeshi wabuza, bangaphi kuni abakholelwa ukuba bekuya kulunga ukubetha umfazi wakho ukuba wenze into ezisa ihlazo entsatsheni—bonke baphakamisa izandla zabo.
- **Isikolo** – Zeziphi iindlela amantombazana aphathwa ngokwahlukileyo kunamakhwenkwe esikolweni? Ngawaphi amathuba abangenawo anokuthi amakhwenkwe abe nawo?
 - Umzekelo – Ezinye izikolo aziwawumeli amantombazana ukuba athathe iiklasi ezithile okanye enze imisebenzi efana nokuba ngugqirha okanye umqhubi wenqwelomoya okanye umakhi.
- **Icawa** – Zeziphi iindlela abafazi namantombazana abaphathwa ngokwahlukileyo kunamadoda namakhwenkwe ecaweni? Yiyiphi imida abanayo kuphela ngenxa yokuba bengamabhinqa?
 - Umzekelo – Isibini kwabathathu samaKristu ngabafazi—kwenzeka ntoni ukuba abavunyelwa yaye bakhuthazwa ukuba basebenzise izipho zabo?

- **Uluntu** – Zeziphi iindlela abasetyhini namantombazana abaphathwa ngokwahlukileyo kunamadoda namakhwenkwe kwindawo yethu? Zeziphi iindlela abasetyhini namantombazana abaphathwa kakubi ngayo kwindawo yethu?
 - Umzekelo – Kwelinye ilizwe laseAfrika elidlavulwe yimfazwe phantse isiqingatha sabo bonke abafazi baye badlwengulwa, nangona ilizwe elo ligqalwa njengabobuKristu. Kwelinye ilizwe laseAsia, rhoqo ngemizuzu eyi-8 intombazana iyalahleka ize ithengiswe ebukhobokeni.

Bobabini amadoda nabafazi babaluleke kakhulu. UThixo ufuna siziphathe ngembeko nangexabiso. Sifuna ukubona amadoda nabafazi bephumelela.

INGXOXO YEQELA ELINCINANE

Sebenzisa **ISIKHOKELO SOMFUNDI** – Uluntu lwethu. Thethani kunye malunga nommandla ngamnye kwaye nigcwalise le tshati. Qwalasela iingxaki ozibonayo kwindawo ohlala kuyo malunga nendlela abasetyhini kunye namantombazana abaphathwa ngayo kwaye ucinge ngeengcinga ezi-1-2 kwindawo nganye onokuyenza ukuphatha abafazi kunye namantombazana ngesidima, intlonipho kunye nexabiso.

Indawo	Impatho engalunganga kunye nokungalingani kuluntu lwethu	Into Esinokuyenza (1-2 izimvo kwindawo nganye)
 Usapho	<i>Nika umzekelo okhethekileyo kwindawo ohlala kuyo (umzekelo, izipho ezikhethekileyo zinikwa xa amakhwenkwe ezalwa; amakhwenkwe aqala ukutya kwaye akhuthazwa ukuba aye esikolweni).</i>	<i>Bhiyozela xa omabini amakhwenkwe namantombazana ezalwa. Ukukhuthaza ukuphathwa ngokulinganayo kwamakhwenkwe kunye namantombazana - ukutya, imfundo, ilifa, njl.</i>
 Icawa		
 Isikolo		
 Uluntu		

- Zeziphi izinto ezimbini onokuthi uzenze ngokwahlukileyo kwikhaya lakho ukuhlonipha umfazi wakho? lintombi zakho?
- Zeziphi izinto ezimbini onokuthi uzenze ngokwahlukileyo kwindawo ohlala kuyo ukuhlonipha abafazi namantombazana?

Yabelanani ngento enizimisele ukuyenza. Nithandazelane kwaye nicele uThixo anincede nizenze ezi zinto.

INGXELO MVA

Imiyalelo yoMququzeleli: Jonga amaqela ukuze uqiniseke ukuba anokucinga ngemizekelo yasekuhlaleni yemiba kunye nezinye iindlela zokuphatha abasetyhini kunye namantombazana kakuhle. Nika amaqela ixesha elaneleyo lokusebenza kule tshathi. Xa uninzi lwamaqela luggqityiwe, cela amavolontiya ukuba abelane ngombono omnye kwindawo nganye – usapho, icawa, isikolo kunye noluntu. Qinisekisa ukuba banokucinga ngeendlela ezimbalwa ezahlukeneyo zokuhlonipha abafazi kunye namantombazana. Bakhuthaze ukuba bacele iingcamango nobulumko bukaThixo kuThixo.

Sonke senziwe ngokomfanekiselo kaThixo—amadoda nabafazi. UThixo usithanda kangangokuba wathumela unyana wakhe ukuba asifele ukuze amadoda nabafazi babe ngabantwana bakhe. Akukho bantu baphakamileyo nabaphantsi eBukumkanini bukaThixo. Udale ngamnye wethu ngokwendlela afuna sibe ngayo, kwaye unenjongo ekhethekileyo ngamadoda nabafazi.

Sinokwenza umahluko ngokumisela abanye indlela yokuphatha abafazi namantombazana njengoYesu. Oku kuya kuzukisa uThixo yaye kuya kunceda abanye babone ukuba abafazi baxabisekile. Sinokuqala ngezinto ezincinci ukunceda abantu babone ukuba abafazi babalulekile. Sifuna ukuba amadoda nabafazi baphile ngendlela uThixo afuna ngayo.

UKUZIPHONONONGA okanye KUNYE NOMNCEDISI

UThixo uyazukiswa xa sisenza oko sikufundayo. Ungazibophelela ukwenza ntoni ngale nto siyifundileyo?

- Zeziphi izinto ezimbini oya kuzenza ekhayeni lakho ukuhlonipha inkosikazi kunye neentombi zakho?
- Zeziphi izinto ezimbini oya kuzenza kwindawo ohlala kuyo ukuhlonipha abafazi namantombazana?

Yabelanani ngento enizimisele ukuyenza. Nithandazelane kwaye nicele uThixo akuncede nizenze ezi zinto.

Isifundo 6: Indima yomzali

lingcamango eziphambili

1. Abantwana basisipho esivela kuThixo.
2. Abazali banembopheleleko yokunyamekela iimfuno zabantwana babo nokubakhokela njengoko bekhula ngokomoya, ngokwasengqondweni, ngokwentlalo, nasemzimbeni.

Izinto eziphathekayo

1. Isikhokelo soMfundi: Ukunceda Abantwana Bakhule (ikopi enye kumntu ngamnye)

Intshayelelo

INGXOXO YEQELA ELIKHULU

Kwabo bangabazali:

- Butshintshe njani ubomi bakho oko waba ngumzali? Luluphi utshintsho olwalulindelwe? Ziziphi iinguqulelo ebezingalindelekanga?
- Unokuyichaza njani indima yakho njengomzali?
- Leliphi icebiso elikunike usapho olwandisiweyo malunga nokuba ngumzali (ingcebiso elungileyo kunye neengcebiso ezimbi)?

Kunzima ukuba ngumzali. Akukho ncwadi yemiyalelo eneenkcukacha ukusinceda ukuba senze ntoni. Sifuna abantwana bethu bonwabe baze baziphathe kakuhle, baze bakhule bakwazi ukunyamekela iintsapho zabo baze babe ngamalungu alungileyo ebutho labantu namaKristu awomeleleyo. Kodwa sikwenza njani oku? Ngelishwa, akukho mpendulo zilula.

Ngokuqhelekileyo, wonke umntu omdala uzifumana enoxanduva lokunyamekela nokukhulisa abantwana. Namhlanje siza kuqala sijonge indima yomzali yokunceda abantwana bethu bakhule ngokomoya nangokwengqondo. Kwezi zifundo zintathu zilandelayo siza kufunda ubuchule bokukhokela abantwana bethu nokubanceda baziphathe kakuhle.

Indima yomzali

INGXOXO YEQELA ELIKHULU

Funda iNdumiso 127:3

- Sifunda ntoni ngabantwana kwezi vesi?
 - Abantwana bayintsikelelo evela kuThixo

Njengoko sijonga indinyana 1-2, sikhunjuzwa ukuba asinakwenza nto ngaphandle koncedo lukaThixo. Ukukhulisa abantwana akwahlukanga. Abantwana basisipho esivela kuThixo yaye ukukhulisa abantwana abahlone! uThixo kufuna uncedo lukaThixo.

Imiyalelo yabaququzeleli: Abantu abaninzi baya kucinga ngeentswelo zokwenyama. Bakhuthaze ukuba bacinge ngezinye iimfuno zomntwana. Bakhumbuze ngoLuka 2:52 nangeendlela ezine uYesu awakhula ngazo—ngokomzimba, ngokwentlalo, ngokomoya nangobulumko.

- Ziziphi ezinye zeemfuno umntwana anazo?
- Ngubani onoxanduva lokuhlangabezana nezo mfuno?

Indima yomzali yokunyamekela abantwana yimbopheleleko enkulu esisoloko siziva singafanelekile ukuyenza.

INGXOXO YAMAQELA AMANCANE

Imiyalelo yoMququzeleli: Bhala iivesi ezintlanu ebhodini okanye emakhadini kwiqela ngalinye.

Kumaqela enu, jongani ezi ndinyana zilandelayo. Zithini ezi ndinyana ngendima yomzali?

- IMizekeliso 22:6 – Simele sibakhokele abantwana bethu.
- Efese 6:4 – Simele sibaqeqeshe abantwana bethu.
- Duteronomi 6:6-7 – Simele sikhulise abantwana bethu ngokomoya.
- IMizekeliso 1:8 – Simele sibakhulise ngokwasengqondweni abantwana bethu.
- IMizekeliso 31:15, 21 – Simele sinyamekele iintswelo zokwenyama zabantwana bethu.

INGXELO MVA

Imiyalelo yoMququzeleli: Buza amaqela ukuba ithini indinyana nganye ngendima yomzali uze ugxininise iingongoma eziziintloko ezikekeleyo zingasentla.

Njengabazali, sinikwe imbopheleleko yokuqeqesha okanye yokukhokela abantwana bethu. UThixo usinike imbopheleleko yokubanceda bakhule babe ngamadoda namabhinqa anamandla kaThixo. Le mbopheleleko inikwe indoda nomfazi ukuba bakhulise abantwana babo. Nangona intsapho eyandisiweyo inokunceda, abazali banembopheleleko eyintloko.

iBhayibhile isixelela ukuba le mbopheleleko ibaluleke gqitha. Xa uPawulos enika uTimoti imiyalelo malunga nendlela yokukhetha abo bafanele ukuba ziinkokeli ebandleni, enye yeempawu yayikukuba babenabantwana ababeziphethe kakuhle (1 Timoti 3:4-5). Njengabazali, kufuneka sinyamekele iimfuno zokwenyama nezengqondo zabantwana bethu. Kwakhona iBhayibhile isixelela ukuba ngabazali abanembopheleleko yokufundisa abantwana iBhayibhile, kungekhona icawa.

Kanye njengokuba uYesu wakhula kwiindawo ezine zobomi Bakhe (Luka 2:52), sifuna ukunceda abantwana bethu bakhule kwezo nkalo zine—ngokomoya, ngokwasengqondweni (ubulumko), ngokwasemzimbeni, nasentlalweni.

Ukukhula Ngokomoya

INGXOXO YEQELA ELINCINANE

- Ziziphi ezinye zeendlela onokubanceda ngazo abantwana bakho bakhule ngokomoya?
- Ucinga ukuba kubaluleke kangakanani ukunceda abantwana bakhule ngokomoya?
- Ziziphi ezinye zeengxaki esijamelana nazo ekuncedeni abantwana bethu bakhule ngokomoya?
- Sinokuboyisa njani obu bunzima?

INGXELO MVA

Imiyalelo yoMququzeleli: Jonga **ISIKHOKELO SOMFUNDI** - Ukunceda Abantwana Bakhule. Ukuba iklasi inezinga eliphezulu lokufunda, bhala iimpendulo zombuzo wokuqala ebhodini.

INGXOXO YEQELA ELIKHULU

Funda iDuteronomi 6:6-7.

- Oku kufundisa ntoni ngokubaluleka kokunceda umntwana akhule ngokomoya?

Iindlela ezi-3 zokunceda umntwana akhule ngokomoya:

1. **Unqulo lwentsapho okanye ufundo lweBhayibhile** – Zama ukuzinika ixesha yonke imihla ukufunda iBhayibhile okanye ukubalisela abantwana bakho amabali eBhayibhile. Bancede baqonde amabali. Wakuba usigqibile isicatshulwa okanye ibali, babuze imibuzo efana nothi 'Sinokufunda ntoni ngoThixo kweli bali? Yintoni esinokuyifunda kwindlela esifanele siziphathe ngayo?'
 - Ngaba ukhe wazama oku?
 - Ngaba isebenza kakuhle? Ungabacebisa uthini abo bangazange balizame?
2. **Ukuthandaza nabantwana bethu** – Kufuneka sizibekele ixesha lokuthandaza nabantwana bethu. Khetha ixesha oqhele ukukhululeka ngalo. Qiniseka ukuba uchitha elo xesha nomntwana wakho umamele izinto

ezibaxhalabisayo yaye uthandaza kunye naye. Xa bebancinane kakhulu, banokukuxelela into omawuyithandazele uze wenze umthandazo omfutshane. Njengoko bekhula, nabo banokuqalisa ukuthandaza. Bancede babone xa uThixo eyiphendula imithandazo yabo.

- Ngaba ukhe wazama oku?
 - Ngaba isebenza kakuhle? Ungabacebisa uthini abo bangazange balizame?
3. **Ukuchitha ixesha kunye** – Thethani ngoThixo ngalo lonke ixesha xa nikunye. Bafundise ngoThixo. Xa uphumela ngaphandle uze ubone umthi usenokugqabaza ngendlela uThixo asithanda ngayo kangangokuba walungiselela imithi yokusinika ikhusi, iinkuni, nokutya, nokwenza ilizwe lethu libe lihle. Thetha ngendlela umhlaba ongokaThixo ngayo kwaye sinikwe uxanduva lokuwunyamekela. Hlala ukhangela iindlela zokunceda abantwana bakho babone uThixo.
- Ngaba ukhe wazama oku?
 - Ngaba isebenza kakuhle? Ungabacebisa uthini abo bangazange balizame?

CINGA

- Kuzo zonke iimbono ezinikiweyo, yeyiphi into enye okanye ezimbini onokuqalisa ukuzenza ukunceda umntwana wakho akhule?

Ukukhula Ngengqondo

INGXOXO YEQELA ELIKHULU

Kwakhona kufuneka sibancede abantwana bethu bakhule ngokwasengqondweni.

- Ziziphi ezinye zeendlela esinokubanceda ngazo abantwana bethu bakhule ngokwasengqondweni?
 - *Xa besebancinci kufuneka sibafundise ekhaya. Xa sele bekhulile, kufuneka sibase esikolweni ukuze bafunde ngakumbi.*
 - *Abantwana abancinci banemibuzo emininzi. Zama ukuphendula imibuzo emininzi kangangoko unako.*
- Ziziphi ezinye zeengxaki esijongene nazo xa sizama ukunceda abantwana bethu bakhule ngokwasengqondweni?
- Sinokuyoyisa njani le mingeni?

Olunye uxanduva lwethu kukunceda abantwana bethu bakhule ngokwasengqondweni. Ukuba sijonga kuLuka 2:52 sibona ukuba uYesu wakhula ebulumkweni. Kwakhona sifuna abantwana bethu bakhule ebulumkweni. Iindlela ezimbini esinokukwenza ngazo oko ziquka:

1. Fundisa abantwana abancinci kakhulu ekhaya.

Zama ukubacacisela izinto xa besebancinci kwaye benomdla. Bafundise ii-ABC zabo, amanani, amagama emibala neemilo (unxantathu, isikwere, isangqa, njl. njl.). Kubantwana abancinci, bavumele ukuba bakhethe phakathi kwezinto ezimbini onokukhetha kuzo xa isigqibo singenamsebenzi. Umzekelo, "Ngaba uyafuna ukunxiba ihempe ebomvu okanye ihempe eluhlaza namhlanje?" Thatha ixesha lokuphendula imibuzo yabo!

2. Thumela esikolweni abantwana abakubudala bokuhamba isikolo.

Ngamanye amaxesha kufuneka sizincame ukuze sithumele abantwana bethu esikolweni, kodwa oku kukwayinxalenye ebalulekileyo yokuba ngumzali. Ngemfundo singakwazi ukunika abantwana bethu amathuba kwixesha elizayo. Asizazi izicwangciso uThixo anazo ngabantwana bethu, kodwa kufuneka siqinisekise ukuba banalo ithuba lokuphonononga ukhetho lwabo. UThixo unokukhetha umntwana wakho ukuba azise utshintsho olukhulu kwindawo yakho. Ngokufuthi, bafuna imfundo noqeqesho ukuze benjenjalo. Ukuzinikela kwakho ngoku kunokuvumela umntwana wakho akwazi ukuya eyunivesithi kwaye ancede usapho lwakho kwixesha elizayo.

INGXOXO YEQELA ELINCINANE

- Uqhuba kakuhle kangakanani kwezi zinto zimbini ngoku?

- Zeziphi ezinye zeengxaki ojongana nazo xa usenza ezi zinto?
- Ziziphi ezinye iimbono zokunceda abantwana bakhule ngobulumko?

INGXELO MVA – Ukuba ikhosi inezinga eliphezulu lokufunda bhala iimpendulo zombuzo wokuqala ebhodini.

CINGA

- Kuzo zonke iimbono ezinikiweyo, yeyiphi into enye okanye ezimbini onokuqalisa ukuzenza ukunceda umntwana wakho akhule?

Ukukhula ngokweNtlalo

INGXOXO YEQELA ELIKHULU

Kwakhona kufuneka sibancede abantwana bethu bakhulise ulwalamano lwabo nabanye.

- Yeyiphi eminye imizekelo yobudlelwane abantwana abanabo nabanye abantu?
 - *Abantakwethu*
 - *Abahlobo (abamelwane, icawa, isikolo)*
 - *Abantu abadala (izalamane, abamelwane, ootitshala, iinkokeli zabahlali)*
 - *Abazali*
- Kutheni ucinga ukuba kubalulekile ukunceda abantwana bethu bakhule ngokwentlalo – ukuba babe nobudlelwane obunempilo nabanye?
- Zeziphi ezinye iingxaki eziqhelekileyo abantwana ababa nazo nabanye abantu?

Intsapho yindawo apho abantwana bafunda ukunxulumana nabanye. Ke ngoko, abazali kufuneka bachithe ixesha nabantwana babo kwaye babonise ezona zakhono zoluntu. Sebenzisa **ISIKHOKELO SOMFUNDI** – Ukunceda Abantwana Bakhule.

Kukho iindlela ezi-3 zokunceda abantwana bethu bakhule ekuhlaleni:

1. Fundisa abantwana indlela uThixo afuna banxulumane ngayo nabanye.

Funda ivesi nganye. Sifunda ntoni kwezi vesi ezibalulekileyo ukuba sizifundise abantwana bethu?

- KwabaseFilipi 2:3 – *Musa ukuzicingela, xabisa abanye ngaphezu kwakho.*
- Kolose 3:13, 15 – *Xolela abanye xa bekukhubekisile, xolelana nabanye, kwaye uhlale unombulelo.*
- Mateyu 5:44 – *Zithandeni iintshaba zenu, nibathandazele abo banitshutshisayo;*
- 1 Korinte 13:4-5 – *Uthando luzeka kade umsindo yaye lunobubele. Uthando aluqhayisi, alunakratshi. Ayicaphuki msinya, yaye ayigcini ingxelo yobubi.*
- Mateyu 7:12 – *Kuphela yenza kwabanye izinto obungathanda ukuba bazenze kuwe.*

IBhayibhile isanceda siqonde ukubaluleka kokuhlalisana ngoxolo nabanye, ukuthanda wonke umntu, ukuba nomonde, ububele, ukuxolela, nokuphatha abanye ngendlela esifuna ukuphathwa ngayo. Kuyimfuneko ukuthetha ngale nto xa abantwana bakho besebancinci nanjengoko bekhula kwaye nobudlelwane babo buyatshintsha.

2. Yiba ngumzekelo. Abantwana bafunda izakhono zentlalo ngokujonga abanye, ngakumbi abazali babo. Indlela onxulumana ngayo nabanye ingumzekelo wemihla ngemihla ebantwaneni bakho.

Cinga ngendlela oqhubana ngayo nabanye nendlela uThixo angathanda ngayo unxulumane nabo ngokutsho koko sikufunda eBhayibhileni.

- Ungumzekelo omhle ngaziphi iindlela kubantwana bakho?
- Yiyiphi inkalo ongathanda ukuba ngumzekelo obhetele kuyo ngoncedo lukaThixo?

3. Nceda abantwana bakho bajongane nemingeni kubudlelwane babo xa bevela.

Amaxesha amaninzi, abantwana abafuni kukuxelela ngeengxaki abanazo nabanye abantu, kodwa basenokuqalisa ukwenza izinto ngendlela eyahlukileyo. Unokuqaphela ukwanda komsindo, ubundlobongela obusemzimbeni, okanye ukuzola ngokungaqhelekanga kunye nokurhoxa. Ezi ziimpawu ezibonisa ukuba banokuba neengxaki nabanye abantu. Abantwana bafuna inkxaso nokhuthazo ukuze bathethe ngale miba baze bafunde ukuphatha abanye kakuhle naxa bekhathazwa, benomsindo, okanye bephethwe kakubi ngabanye. Bavumele babelane ngoko kwenzekileyo, indlela abavakalelwa ngayo, nendlela abaye bahlangabezana ngayo noko. Olu hlobo lwencoko ngumzekelo kumntwana onothando, owamkelayo, onobubele. Oku kubaluleke kakhulu xa besebancinci ngoko baya kukuthemba ukuba uya kubanceda kwezi meko njengoko bekhula.

INGXOXO YEQELA ELINCINANE

- Ziziphi ezinye iindlela onokunceda ngazo umntwana wakho afunde ukucinga kakuhle ngabanye aze abaphathe ngothando nangobubele?

INGXELO MVA

Imiyalelo yoMququzeleli: Bhala izimvo ebhodini.

Ulwalamano lwethu nabanye lubaluleke kakhulu. Ukuzingca yihambo eqhelekileyo ebantwaneni, kodwa ayimkholisi uThixo. Sifuna ukufundisa abantwana bethu ukucinga, ukuthetha, nokwenza ngobubele kwabanye. Kwakhona kufuneka sibafundise ukujongana neengxabano. Ezi zinto kufuneka zifundiswe kwaye zifaniswe kubantwana bethu.

CINGA

- Kuzo zonke iibono ezinikiweyo, yeyiphi into enye okanye ezimbini onokuthi uqalise ukuzenza ukunceda umntwana wakho akhule eluntwini?

Ukukhula ngokwaseMzimbeni

INGXOXO YEQELA ELIKHULU

*Imiyalelo yoMququzeleli: Sebenzisa **ISIKHOKELO SOMFUNDI** – Ukunceda Abantwana Bakhule.*

- Ziziphi ezinye zeendlela esinokubanceda ngazo abantwana bethu bakhule ngokwasemzimbeni?
 - Ukutya okunesondlo
 - Lala
 - Indawo yokuhlala, impahla
 - Umthambo (umsebenzi kunye nokudlala)
 - Izenzo ezinempilo
- Ziziphi ezinye iindlela zempilo eziqhelekileyo ozifundisayo abantwana bakho?
 - Ukuhlamba izandla
 - Ukusebenzisa indlu yangasese
 - Umngxuma wenkunkuma
 - Ilinetha zokulala
- Zibaluleke kangakanani ekukhuseleni impilo yabantwana?

KUNYE NOMNCEDISI

- Ziziphi kwezi zenzo zisempilweni ozenzayo okanye ongazenziyo? Yintoni enye onokuyenza ukuze unyamekele impilo yabantwana ophiwe nguThixo?

Ukuqokumbela

INGXOXO YEQELA ELIKHULU

Indima yomzali kukukhokela abantwana bethu, ukubabonelela ngeentswelo zabo, nokubanceda bakhule ngokomoya, ngokwasengqondweni, ngokwentlalo, nangokwasemzimbeni.

Thatha imizuzu embalwa ucinge ngabantwana bakho (ukuba unabantwana) kunye nokuba ubanceda njani bakhule kuzo zone ezi nkalo. Ngaba kukho nayiphi na imimandla ocinga ukuba kufuneka ugxininise ngakumbi kuyo? Cela uThixo akuncede ukwazi ukukhokela abantwana bakho, ulungiselele iintswelo zabo, uze ubancede bakhule kuzo zonke iinkalo zobomi babo.

CINGA

- Ziziphi izinto osele uzenza kakuhle ukunceda abantwana bakho bakhule?
- Zeziphi iinkalo ofuna ukugxila kuzo ngakumbi?
- Zeziphi iingcamango ezintsha onazo kule mfundiso malunga nento onokuyenza ukunceda abantwana bakho bakhule?

Isifundo 7: UkuNxibelelana nabantwana

lingcamango eziphambili:

1. Abantwana abakwazi ukwenza iimvakalelo ezinamandla kakuhle. Ngenxa yoko, badla ngokwenza izinto ezingafanelekanga. Kunokuba sibangxolise kufuneka sibancede bajongane neemvakalelo zabo ngokuphulaphula.
2. Amazwi ethu anamandla okwakha okanye okubakhathaza abantwana bethu. Unxibelelwano oluhle namazwi akhuthazayoanceda abantwana babe yile nto uThixo afuna babe yiyo.

Izinto eziphathekayo

1. Izinto ezibonwayo (ezifumaneka kwicandelo Lezibonisi Zemifanekiso kwiSikhokelo sikaTitshala):
 - a. Ukumamela Ngononophelo Ebantwaneni Ukulinganisa indima (iikopi ezi-2 zamavolontiya)
2. Isikhokelo soMfundi:
 - a. Iindlela Zokuphendula Kubantwana
 - b. Imigaqo yokuphulaphula
 - c. Amandla Amazwi Ethu

Ukujongana Neemvakalelo Ezomeleleyo

UMSEBENZI WEQELA ELIKHULU – DLALA-INDIMA

Umntwana ufika aze anyathele ngeenyawo. 'Ndiyamcaphukela umntwana, umbi kakhulu.' (*Hit the wall.*)

- Ngaba le nto ikhe yenzeke kusapho lwakho okanye kwindawo ohlala kuyo?
- Ngokuqhelekileyo abantu babeza kusabela njani?

Kukho iindlela ezahlukeneyo esiye siphendule ngazo xa abantwana beziphatha kakubi. Sidla ngokwenza enye yezi zilandelayo:

- **Ukukhanyela:** Akunakuba kubi kangako.' 'Akunakwenzeka ukuba uthethe oko.'
- **Impendulo enengqiqo:** 'Akukho nto unokuyenza ngaloo nto—yeka ukukhalaza.' 'Musa ukuba sisidenge! Uyazi ukuba kufuneka uye esikolweni.' 'Ukuba ufuna umsebenzi ophucukileyo kufuneka uye esikolweni.'
- **Ingecebiso:** 'Kuya kufuneka usebenze nzima ukuze ugcine abahlobo bakho okanye uya kuba lilolo kakhulu.' 'Kufuneka ufunde ukuzilwela.'
- **Umgwebo:** 'Hayi indlela embi ngayo le nto uyithethayo!' 'Umele ukuba wenze okuthile ngayo.'
- **Imibuzo:** 'Wenze ntoni?' 'Kutheni uthetha izinto ezimanyumnyezi nje?'
- **Ukuzikhusela komnye umntu:** 'Yintombazana entle.' 'Ndiqinisekile ukuba ebengazimisela ngayo.' 'Ngaba umntwana udla ngokuzola okanye atshintshe indlela aziphatha ngayo xa sisenza ezi zinto?'

Xa sisabela ngolu hlobo, asimncedi umntwana ukuba aqonde iimvakalelo zakhe aze asabele ngendlela eyakhayo. Kunoko umntwana uya kuziva elusizi, ehlazekile, ehlazekile, ebekek' ityala, okanye nomsindo. Kodwa xa sibaphulaphula abantwana bethu, sinokubanceda baqonde iimvakalelo zabo size sibaphathe kakuhle.

INGXOXO YEQELA ELIKHULU

- Ngaba wakha wacatshukiswa yinto ethile waza wenza kakubi okanye wazisola?

Ngokufuthi xa sidakumbile okanye sinomsindo, sinokwenza izinto esizisolayo ngazo. Oku kususiphumo sokungazi indlela yokusingatha iimvakalelo ezinzulu. Kunzima ngakumbi kubantwana.

Abantwana badla ngokuba neemvakalelo ezinkulu kodwa abazi ukuba bazilawule njani. Amaxesha amaninzi abakwazi ukusixelela kanye indlela abavakalelwa ngayo—abayiqondi kakuhle bona ngokwabo ngoko ke abakwazi ukuyithetha kwabanye. Ngenxa yoko, xa becaphukile, badla ngokuziphatha kakubi okanye bathethe izinto ezingafanelekanga. Ukuba sifuna ukunceda abantwana baziphathe kakuhle, kufuneka sibancede baveze iimvakalelo zabo.

Ukumamela kakuhle

INGXOXO YEQELA ELIKHULU

Funda amaEfese 6:4

- Ziziphi ezinye iindlela ootata ababaphatha ngazo abantwana babo ezibenza badane, babe nomsindo?

UMSEBENZI WEQELA ELIKHULU--INDIMA

*Imiyalelo yoMququzeleli: Cela abantu ababini kwiqela ukuba bakuncede wenze lo mdlalo-ndima ulandelayo. Nika amavolontiya amabini i-**ISIBONISI MFANEKISO** – Ukumamela Abantwana Ngononophelo Lilinganisa-indima. Cela amavolontiya ukuba alungiselele kwangaphambili ukuze bazive bezithembile.*

UTata uhleli efunda iphephandaba.

UNyana ubalekela egumbini ekhwaza, 'Andisokuze ndiphinde ndidlale naye! Ndimthiyile!'

UTata ulibeka phantsi iphephandaba, aphethukele kunyana wakhe aze athi, 'Ndiyakubona ukuba unomsindo kakhulu.'

UNyana uthi, 'Akakufanelanga ukuba nabahlobo!'

UTata uthi, 'Owu?'

UNyana uthi, 'Ndidlale kakuhle kwaye ndafumana iinjongo ezi-2. Kwathi ke ekupheleni xa amanqaku ayelingana, ndaphoswa linqaku.'

UTata uthi, 'Mmmm.'

UNyana uthi, 'Emva koko uMika wathi phambi kwakhe wonke umntu lityala lam ukuba asiphumelelanga. Ngoko, ndamngxolisa ndaza ndahamba.'

UTata uthi, 'Oko kumele ukuba kukuhlaze gqitha.'

UNyana ngokuzolileyo uthi, 'Ewe, ibimbi, kodwa akwaba bendingazange ndimqumbele uMika. Ngoyena mhlobo wam osenyongweni.'

UTata uthi, 'Ndiyakuva.'

UNyana uthi, 'Ndicinga ukuba ndikhe ndibuye ndiye kubona ukuba uMika usekhona na. Ndicinga ukuba ebefuna ngokwenene ukuba siphumelele.'

UTata uyancuma.

INGXOXO YEQELA ELIKHULU

- Zazinjani iimvakalelo zomntwana ekuqaleni?
- Batshintshe njani?
- Ziziphi ezinye zezinto ezahlukahlukeneyo ezenziwa ngutata ukuze ancede unyana ahlangebezane neemvakalelo zakhe?
 - *Beka phantsi iphephandaba ukuze ugxininise kunyana wakhe*
 - *Khange uphazamise*
 - *Uzamkele iimvakalelo zakhe (umzekelo, 'Owu', 'Mmmm')*
 - *Wanceda unyana wakhe wazi iimvakalelo awayenazo (umzekelo, 'ndiyabona ukuba unomsindo kakhulu'; 'Oko kumele ukuba kwakukhlazisa gqitha.')*
- Wothuswa yintoni ngesiphumo?

Imigaqo yokuphulaphula kwiimvakalelo zabantwana

Ukuphulaphula Ngenyameko

‘Andrew, ndiyabona ukuba ukhathazeke ngokwenene. Ndixelele ukuba kwenzeke ntoni.’

Ukumamela kakuhle umntwana kumnceda akwazi ukumelana neemvakalelo zakhe ngendlela efanelekileyo endaweni yokuziphatha kakubi. Ibanceda bafunde indlela yokucombulula iingxaki ize ibanike ubuchule ababudingayo ukuze babe ngabantu abadala abaqolileyo. Ibanceda bazive ngcono ngeziqu zabo kwaye bafunde indlela yokuziphatha kakuhle. Sesinye sezona zakhono zibalulekileyo zokukhulisa abantwana.

Xa sizama ukukhuthaza umntwana ukuba atyale iimvakalelo ezimbi, umntwana udla ngokukhathazeka. Abantwana banokuhlangabezana neemvakalelo ezininzi kwaye bafumane izisombululo zabo xa sibamamela ngononophelo kwaye siqhelisela le migaqo:

Imigaqo yokuphulaphula kunye nokuPhendula kwiimvakalelo zabantwana

Imiyalelo yoMququzeleli: Funda ISIKHOKELO SOMFUNDI – Imigaqo yokuphulaphula.

Ukumamela ngenyameko abantwana bethu, kufuneka senze izinto ezi-3:

- 1. Mamela ngengqalelo yakho epheleleyo** (*Umzekelo wokulinganisa: Utata wabeka iphephandaba lakhe phantsi*)
 - Kulula emntwaneni ukuba wenza into ebonisa ukuba unikela ingqalelo epheleleyo. Imizekelo: ukubeka iphepha lakho phantsi kwaye ujonge umntwana, ujike ujonge umntwana; ephuma ekhitshini eyohlala phantsi.
 - Kunzima ngabantwana ukujongana neemvakalelo ezinamandla bebodwa. Ukuba akukho mntu ubancedisayo, ngoko iimvakalelo ziba namandla kwaye zihlala zibonakaliswa ngokuziphatha okubi.
- 2. Ziqonde iimvakalelo zabo:** (*Umzekelo kumdlalo olinganisiweyo: ‘Owu’, ‘Mmm’, ‘ndiyaqonda’*)
 - Sebenzisa ibinzana okanye igama - Oh, mmm, wow, ewe, okanye ndiyaqonda.
 - Sebenzisa ezinye iimpawu ezingezizo ezomlomo - ukunqwala intloko, ukudibana kwamehlo, inkangeleko yobuso.
 - Musa ukubenza bazive kakubi ngokuba naloo mvakalelo. Kubantwana, kufuneka samkele iimvakalelo zabo size sibancede bahlangabezane neemvakalelo zabo ngaphandle kokuziphatha kakubi.
- 3. Bancede bazi ukuba baziva njani:** (*Umzekelo ovela kumdlalo olinganisiweyo: ‘Oko kumele ukuba kwakubangel’ iintloni.’*)
 - Help them by using feeling words to express what their behaviour shows you.
 - Abantwana badla ngokungakwazi ukukuxelela indlela abaziva ngayo. Ukuba ubenzela oku, bavakalelwa kukuba uyabaqonda kwaye uyabamkela. Ngokuqhelekileyo baziva bethuthuzelekile baze bazole. Sukuba nexhala ukuba awulunganga. Umntwana wakho uya kukuxelela ukuba awuqondanga.
 - Yiyiphi imizekelo eqhelekileyo yeemvakalelo abanazo abantwana?

○ Ukukhazeka	○ Unomsindo
○ Uphoxekile	○ Ungcatshiwe
○ Ibuhlungu	○ Ndimangalisiwe
○ Ndineentloni	○ Ndonwabile

UMSEBENZI WEQELA AMANCINCI (abantu aba-2-3)

Phonononga amanqaku kwi **SIKHOKELO SABAFUNDI** – Imigaqo yokuphulaphula kwiimvakalelo zabantwana. Yenza iindima ezimbini.

1. Kumdlalo-linganiso wokuqala, bonisa into edla ngokwenzeka kwindawo ohlala kuyo xa umntwana ecaphukile nendlela abazali abasabela ngayo.

2. Kumdlalo-ndima wesibini, bonisa izakhono zokuphulaphula kunye nemigaqo oyifundileyo namhlanje. Unokusebenzisa ezinye zeemeko ezikhankanywe ngaphambili okanye ucinge ngenye imeko eqhelekileyo.

Imiyalelo yoMququzeleli: Nika amaqela imizuzu eli-10 ukulungiselela iindima zabo ze ucele abo bazimiseleyo ukuba babonise imidlalo-ndima yabo phambi kweqela. Emva kwendima nganye usebenzisa izakhono zokumamela, buza iqela lilonke ukuba yeyiphi imigaqo esetyenzisiweyo kulo mdlalo. Ukuba kukho imigaqo engakhange ibonakaliswe, jonga ukuba kukho nabani na onokwenza umdlalo-linganiso okhawulezayo esebenzisa ezo zakhono.

Ukuze sincede abantwana bethu baziphathe kakuhle, kufuneka sibancede bakwazi ukuhlangabezana neemvakalelo zabo. Ukuze senze oku kufuneka sibaphulaphule ngenyameko. Ukuze siphulaphule ngenyameko kufuneka senze izinto ezintathu:

1. Mamela ngengqalelo yakho epheleleyo.
2. Ziqonde iimvakalelo zabo.
3. Bancede bayazi indlela abaziva ngayo.

Amandla Amazwi Ethu

INGXOXO YEQELA ELIKHULU

IBhayibhile inento eninzi yokuthetha ngamazwi ethu, indlela esilusebenzisa ngayo ulwimi lwethu namazwi esiwathethayo. Le vesi ilandelayo ibhekiswa kootata kuba beyintloko yekhaya kodwa ifanele wonke umntu onyamekela abantwana.

Imiyalelo yoMququzeleli: Sebenzisa **ISIKHOKELO SOMFUNDI** – Amandla Amazwi Ethu.

Funda amaKolose 3:21 nabase-Efese 6:4.

- Zeziphi iintlobo zokuziphatha nezenzo ezibangela ukuba abantwana bacatshukiswe (indima 21)?
- Ziziphi iindlela zokuziphatha kunye nezenzo ezibangela ukuba abantwana babe nomsindo kwaye badimazeke?

Enye yeendlela esibacaphukisa ngayo abantwana bethu kukungabamameli kakuhle. Enye indlela ngamagama esiwasebenzisayo. Kweli candelo, siza kuhlolisisa indlela esinokuwasebenzisa ngayo amazwi ethu ukuze sikhathaze okanye sibakhe abantwana bethu.

Funda iMizekeliso 12:18.

Kule ndinyana, sikhunjuzwa ukuba amazwi anokuhlaba njengekrele okanye aphilise.

- Loluphi uhlobo lwamagama anokugqobhoza njengekrele?
 - 'Usisidenge'
 - 'Awuxabisekanga'
- Ngawaphi amagama anokuphilisa?
 - 'Unesiphiwo kakhulu'
 - 'Ndiyayithanda indlela omphatha ngobubele ngayo udadewenu'
- Ngaba ukhumbula nantoni na eyathethwa kuwe usengumntwana—ebuhlungu okanye ephilisayo? Isenokuba ivela kubazali bakho, abantakwenu, utitshala, njl.
- Ibe naliphi ifuthe kubomi bakho?

Imiyalelo yoMququzeleli: Nika iqela ixesha elaneleyo lokucinga ngenyameko malunga namandla amazwi ethu. Bancede babone ukuba ezinye zezinto ezathethwa kubo besengabamntwana basazikhumbula. Amagama abenempembelelo kwaye asenefuthe nanamhlanje. Bathandazele ngokufutshane abo bakhumbula izinto ezimbi ezazithethwa kubo.

Masithandazele ukuba uThixo asiphilise kwinkumbulo yawo nawaphi na amazwi amabi athethwa ngabanye ngathi kwaye asincede sibaxolele ngaloo mazwi. Kwakhona siya kucela uThixo ukuba asikhumbuze ngezinto ezakhayo abantu abazithethayo ngathi, yaye okona kubalulekileyo koko uThixo akuthethayo ngathi.

Amazwi Abuhlangu

INGXOXO YEQELA ELIKHULU

*Imiyalelo yoMququzeleli: Sebenzisa **ISIKHOKELO SOMFUNDI** – Amandla Amazwi Ethu.*

Amazwi ahlabayo zizinto esizithethayo ezenzakalisa umntu. Ngokufuthi, asicebi ukumenza buhlangu umntu. Enyanisweni, ngokuqhelekileyo ezi zinto kuthiwa zikhuthaza umntwana ukuba atshintshe kodwa umphumo uba kubuhlangu emntwaneni.

Amagama amaninzi ahlabayo angena kolunye lwezi ndidi:

- **Amazwi athethwa ngumsindo nonxunguphalo**
Ngokufuthi, asithethi oko sikuthethileyo (umzekelo, 'Akwaba ngewungazange uzalwe!').
- **Ileyibhile sinika abantwana**
Xa abantwana benza into esingayithandiyo, sisoloko sithetha okuthile ngomntwana endaweni yokuziphatha (umzekelo, Uyoyisakala' okanye 'Usisidenge').
- **Ukuthalekisa**
Kulula kakhulu ukuthalekisa umntwana nabantakwabo noodade wabo (umzekelo, 'Akwaba ubunjengomntakwenu ngakumbi' okanye 'Akaqiqi njengodade wabo').
- **Uqikelelo**
Maxa wambi sibaxelela into eza kwenzeka kwixesha elizayo (umzekelo, 'Awunakuze uwufumane umsebenzi' okanye 'Uza kufana nomalume wakho olivila').
- **Ukuthetha kakubi kwabanye**
Maxa wambi sithetha kakubi ngabantwana bethu kwabanye xa besiva (umzekelo, 'Unyana wam akaluphumelelanga uviwo lwakhe kwakhona. Akazami ngokwaneleyo.' okanye 'Yintombi yam le. Uligeza!').

Ngokuqhelekileyo amazwi ahlabayo aphumeza okuchaseneyo noko sikufunayo kubantwana bethu. Ngokomzekelo, sifuna ukubona abantwana bethu besebenza nzima, kodwa ukuva la mazwi kubenza bacinge ukuba akukho nto banokuyenza kakuhle. Ngoko, bayayeka ukuzama. Amazwi ahlabayo anokuthintela abantwana ekubeni babe yiyo yonke le nto uThixo abenzele ukuba babe yiyo.

UKUZIPHONONONGA okanye KUNYE NOMNCEDISI

Cinga ngale mibuzo mibini uze uthandaze ngokuzolileyo ucele uThixo akuncede ufunde iindlela ezilunge ngakumbi zokuthetha nabantwana bakho.

- Ngawaphi amazwi ahlabayo oye wawathetha kubantwana bakho?
- Ziziphi iimeko oye wathetha ngazo?

Unxibelelwano Oluhle

INGXOXO YEQELA ELIKHULU

Siyakwazi ukunxibelelana kakuhle nabantwana.

Funda IMizekeliso 15:1: 'Impendulo ethambileyo ibuyisa ubushushu, kodwa ilizwi elidubulayo linyusa umsindo.

Imigaqo yoNxibelelwano oluLungileyo

1. **Cacisa umntwana ukuba yintoni eyinyani ngokukhawuleza** ukuba uthethe into engeyonyani, nokuba ubungayithethanga. Oku kuthintela ukungaqondani kwexesha elide.

2. **Cela uxolo kwaye uthethe kakuhle emva kokusebenzisa amazwi ahlabayo kakhulu ngumsindo.** Oku kunika umntwana wakho umzekelo wokucela uxolo anokuwuxelisa. Kwakhona kumnika ithuba lokucela uxolo ukuba kufanelekile ngokwenza oko ukucaphukisileyo. Abantwana baya kukuhlonela ngakumbi ukuba ucela uxolo xa wonile, yaye baya kushukunyelwa ukukukholisa.

Funda eli bali lilandelayo:

UChun wayekhohlelwa ukuba kwakungcono ukuba unyana wakhe okwishumi elivisayo ahlale exakekile ngemisebenzi eyahlukeneyo yecawe. Ngokufuthi kangangoko kunokwenzeka wayemndulula ukuba aye kwiinkampu nakwiinkomfa zeBhayibhile, ecinga ukuba oku kwakumlungele. Kodwa unyana kaChun akazange ayonwabele. Wayeneentloni, yaye wayengakhululekanga ukuya kwezi ziganeko. Xa inkomfa yolutsha yabhengezwa kwisixeko esikhulu, uChun kunye nonyana wakhe baba nengxabano enkulu malunga nokuhamba kwakhe. UChun wabanomsindo kangangokuba wakhwaza unyana wakhe waza wanyanzelisa ukuba aye kwinkomfa.

Unyana wakhe wenza uhambo olude ukuya kwinkomfa. Wayengazi mntu kwaye wayelusizi. Wayesoloko ecinga ngezinto ezibuhlungu ezazithethwa nguyise kuye. Wathi akufika ekhaya, enomsindo kangangokuba akazange avume nokuthetha noyise.

Ngelixa unyana wakhe wayengekho, uChun waya kwi-TCT yoMtshato kunye noqeqesho loSapho. Wafunda ukucela uxolo nokucela uxolo nakunyana wakhe xa ethetha amazwi ahlabayo. Ngokuqhelekileyo, wayengenakuze acinge ngokucela uxolo kunyana wakhe. Kwinkcubeko yakhe, abantu babekhohlelwa ukuba abazali kunye nabadala basoloko benyanisile, ngoko ke kwakungekho mfuneko yokucela uxolo ebantwaneni. Kodwa uChun waqonda ukuba umonile unyana wakhe ngokumngxolisa kwaye angammameli. Wahamba wayocela uxolo kuye. Unyana wakhe akazange athethe naye kangangeveki, kodwa ukususela ngelo xesha umsindo wakhe waqalisa ukuhla. Waphinda waqalisa ukuthetha noyise yaye ngokuthe ngcembe ubuhlobo babo baqalisa ukuchacha.

- Kutheni uChun efuna ukuba unyana wakhe aye kwinkomfa yolutsha?
- Kutheni unyana wakhe engafuni ukuya kwimisebenzi efana nenkomfa yolutsha?
- Kwenzeka ntoni xa uChun engazange amphulaphule unyana wakhe kwaye aqonde iimvakalelo zakhe?
- Zeziphi ezinye iindlela uChun ebenokumamela ngcono ngazo unyana wakhe? Oku ngekwakuyiguqule njani imiphumo yale meko?
- Xa uChun eqonda ukuba akaphulaphulanga, wenza ntoni? Yayichaphazela njani loo meko?
- Inkcubeko yakhe yayikhohlelwa ntoni ngokucela uxolo ebantwaneni babo?

3. **Chaza indlela oziphatha ngayo ekuphoxayo okanye ekucaphukise ngayo endaweni yokubhala umntwana.** Ukuthi, 'Ibibubudenge gqitha obo!' kuphumelela ngakumbi yaye akwenzakalisanga kunokuthi, 'Usisidenge!'
4. **Ungaze uthlekise abantwana bakho nabanye.** Ukuzithelekisa nabanye kwenza abantwana bazive kakubi yaye kubangele inzondo. Kwenza kube nzima ebantwaneni bakho ukuhlalisana kakuhle.
5. **Thetha izinto ezintle kuphela ngomntwana wakho xa kunokwenzeka ukuba akuve.**
6. **Ungaze wazise umntwana wakho ngeempawu ezimbi.**

UMSEBENZI WEQELA ELINCINCI (abantu aba-2-3)

Kumaqela enu, khethani enye yale migaqo kwaye niyile iskiti ukubonisa ukuba ningayisebenzisa njani na kusapho lwakho.

Imiyalelo yoMququzeleli: Nika amaqela imizuzu emi-5 ukulungiselela umdlalo-linganiso wabo emva koko ucele abo bakulungeleyo ukubonakalisa indima yabo phambi kweqela. Emva kwendima nganye, buza iqela lonke ukuba yeyiphi imigaqo esetyenzisiweyo kulo mdlalo.

CINGA

Imiyalelo yabaququzeleli: Sebenzisa icandelo elithi Ukunika Amagama Akhuthazayo **KWISIKHOKELO SOMFUNDI**. Bakhuthaze ukuba bangqale kwaye uqinisekise ukuba wonke umntu unexesha elininzi lokucinga ngezinto azixabisayo ngabantwana bakhe. Ukuba bayakwazi, bakhuthaze ukuba bazibhale phantsi.

Kunokuba sisebenzise amazwi ahlabayo kufuneka sifune amathuba okukhuthaza abantwana bethu.

Thatha imizuzu emi-5 ucinge ngezinto ezi-5 onokuzithetha ukukhuthaza umntwana ngamnye wakho. Ngokucacileyo unokuba ngcono. Kwabo bangenabantwana, mhlawumbi bakhethe ukucinga ngeendlela zokukhuthaza abanye abantwana onxibelelana nabo okanye amanye amalungu entsapho yakho.

Ngokomzekelo, 'Ndiyayixabisa indlela odla ngokundinceda ngayo ekhitshini xa ubuya esikolweni. Kumnandi ukuchitha ixesha nawe, kwaye uwenza ube lula umsebenzi wam' kubhetele kuba "Uyintombazana elungileyo."

KUNYE NOMNCEDISI (Namaqabane Ukuba Kunokwenzeka)

Xoxa ngezinto osele uzenza kakuhle kwindlela othetha ngayo nabantwana bakho. Ngawaphi amazwi okhe wawasebenzisa anokubakhathaza abantwana bakho? Yabelana nomnye umntu ngezinye iindlela oceba ukukhuthaza ngazo abantwana bakho okanye abantwana onxibelelana nabo.

Ukuqukumbela

INGXOXO YEQELA ELIKHULU

Amazwi ethu anokusetyenziswa ukukhuthaza abantwana bethu okanye ukubakhathaza. Nangona singenanjongo yokubakhathaza ngamazwi ethu, amazwi ethu ahlabayo anokubathintela abantwana bethu ekubeni babe yile nto uThixo afuna babe yiyo. Sinokufunda ukusebenzisa ubuchule bokunxibelelana kakuhle nabantwana bethu. Kufuneka siqhelisele ukutshintsha imikhwa yethu nendlela esithetha ngayo nabantwana bethu, kodwa iBhayibhile isixelela ukuba kubalulekile ukusebenzisa ulwimi lwethu ukukhuthaza nokwakha abanye.

Zama ukufumana amathuba amaninzi kangangoko kunokwenzeka okukhuthaza abantwana bakho kwiveki ezayo. Zama ukukuphepha ukuthetha amazwi ahlabayo yaye, ukuba uthetha into ecaphukisayo, khawuleza ucele uxolo uze uchaze oko ubuthetha ngako.

Isifundo 8: Ukuziphatha Ngothando

Nempumelelo

lingcamango eziphambili

1. Uqeqesho luthetha ukukhokela nokuqeqesha abantwana ukuze bafunde ukwenza izinto ngendlela yobuthixo. Ayithethi nje isohlwayo.
2. Uqeqesho oluphumelelayo lwenziwa ngothando yaye aluguquguquki.
3. Ukohlwaya ngokwasemzimbeni AYIYIYO kuphela kwendlela okanye ehlala iyeyona ndlela isebenzayo yokuqeqesha abantwana.

Izinto eziphathekayo

1. ISIBONISI SOMFANEKISO (ifumaneka kwicandelo leziBONISI ZEMIFANEKISO ekupheleni kweSikhokelo sikaTitshala):
 - a. IiDrama ezizezinye zeeDrama
2. Isikhokelo soMfundi
 - a. Ukuqeqesha Abantwana
 - b. Iindlela ezizezinye zokuziphatha

Intshayelelo

INGXOXO YEQELA ELIKHULU

Funda iMizekeliso 29:17 nese-13:24.

- Ezi ndinyana zisifundisa ntoni ngoqeqesho?
- Kubaluleke kangakanani ukuba sibaqeqeshe abantwana bethu?
- Ukuba siyabathanda abantwana bethu ngaba sifanele sibaqeqeshe?
- Ngaba uqeqesho olufanelekileyo lulungile okanye lubi emntwaneni?
- Ziziphi iindlela eziqhelekileyo abantu abazisebenzisayo ukuqeqesha abantwana babo?

Funda la mabali mabini:

USete wayenabakhuluwa noodade abathandathu. Ngenye imini oodade wabo babemgezela, wonela. Wayenomsindo kangangokuba wabajulela ngejagi enkulu yamanzi. Ingqayi yabetha oodade wabo ababini baza baqalisa ukulila. Udadobawo wayibona lento ayenzileyo wabiza uyise. Uyise wafika ngokukhawuleza waza waqala ukukhwaza uSete. Wonke umntu wayesoyika, kwanabamelwane ababebukele. Wabetha uSeth ka-4 okanye ka-5 ngebhanti kwaye wamxelela ukuba kungcono angaze aphinde enze oko okanye akayi kukwazi ukuhamba ngosuku olulandelayo. USeth wayebaququmbele kakhulu oosisi bakhe. Ngosuku olulandelayo omnye wodade wabo waqalisa ukumqhula. Wonke umntu wahleka. USeth wabetha usisi wakhe. Ngeli xesha utata wakhe wavele wahleka nomntu wonke.

UDina wayethanda ukuzoba. Wayengakuthandi ukwenza imisebenzi yakhe yasekhaya. Umama wakhe wayemkhumbuza yonke imihla ukuba enze imisebenzi yakhe yasekhaya. Namhlanje, uxelele uDina ukuba, ukuba akawenzi umsebenzi wakhe ekupheleni kosuku, akanakuchitha ixesha lokuzoba iveki yonke. Ukuphuma kwesikolo, wagoduka waza waqalisa ukuzoba. Walibala ngemisebenzi yakhe yasekhaya. Emva kwesidlo sangokuhlwa, umama wakhe wambuza ngemisebenzi yakhe yasekhaya. UDina waqonda ukuba ulibele ukuzenza. Umama wakhe wambuza ngento awayeyithethile ngaloo ntsasa. Wambuza enoba uyawukhumbula na umphumo wokungawenzi umsebenzi wakhe yasekhaya. UDina wakhumbula. Wamxelela ukuba eze nezinto zokuzoba. Umama wakhe wathi ukuba uyenzile imisebenzi yakhe iveki

yonke, angaphinda ayifumane ngeveki ezayo. Nangona kunjalo, suku ngalunye elibala ukwenza imisebenzi yakhe yasekhaya, uya kuphulukana nolunye usuku lokuzoba kwiveki ezayo.

- Leliphi ibali elifana kakhulu noluntu lwakho?
- Ziziphi iindlela ezahlukeneyo abazali ababini ababaqeqesha ngazo abantwana babo?
 - *Uyise kaSete wabetha unyana wakhe ngelinye ixesha waza wamhleka ngelinye ixesha waza umama kaDina walihlutha ilungelo lakhe lokuzoba.*
- Leliphi ibali elibonisa imizekelo emihle yoqeqesho? Ngoba?
 - *Unina kaDina wamqeqesha ngothando, waqinisekisa ukuba uDina uyayiqonda into ayenzileyo engalunganga kunye nokuba yintoni umphumo, kwaye wayehambelana.*

Kwesi sifundo, siza kujonga indlela yokukhokela abantwana bethu kuqeqesho lobuthixo. Kwakhona siza kuhlolisisa ezinye iindlela zokunceda abantwana babe nentsebenziswano ukuze singabohlwayi ngokwasemzimbeni. Ukuba sisebenzisa ezi kunye nezinye iindlela zobugcisa esizifundileyo, akuyomfuneko ukuba sibohlwaye rhoqo abantwana bethu.

lingcebiso ezilungileyo zokuqeqesha umntwana

INGXOXO YEQELA ELIKHULU

*Imiyalelo yoMququzeleli: Jonga **ISIKHOKELO SABAFUNDI** – Ukuqeqesha abantwana.*

Uqeqesho luthetha ukukhokela nokuqeqesha abantwana ukuze bafunde ukuziphatha ngendlela yobuthixo. Uqeqesho aluthethi isohlwayo kuphela. Kukho iindlela ezahlukeneyo zokuqeqesha abantwana. Ingqeqesho ilungile ukuba yenziwa ngothando kwaye yenziwa ngokungaguququkiyo.

Abantwana bethu sibaqeqesha kuba sibathanda yaye sifuna bafunde ukuphila ubomi bobuthixo, benze ukhetho olufanelekileyo baze babaphathe kakuhle abanye. Ngamanye amaxesha indlela esiqeqesha ngayo abantwana ayisebenzi kuba ibangela uvukelo, ubukrakra, iintliziyo ezilukhuni, iintloni, uloyiko kunye nokungazithembi. Kubaluleke kakhulu ukuqonda into esinokuyenza ukuze senze uqeqesho lwethu luphumelele ukunceda abantwana bethu bakhule baqole kulwalamano lwabo nabanye noThixo.

lingcebiso zoQeqesho olusebenzayo:

1. Qinisekisa ukuba abantwana bayazi ukuba siyabathanda naxa sibaqeqesha.
 - Ungaze umohlwaye umntwana wakho xa unomsindo. Oku kufundisa nje umntwana ukubetha okanye ukukhwaza xa enomsindo. Ukuba uziva unomsindo zama ukuzola kuqala kwaye umntwana wakho ahlale ekoneni de ube ukulungele.
 - Emva kokuqeqesha umntwana, kubalulekile ukubonisa uthando lwakho olungagungqiyo kuye. Kwakhona usenokuthetha amazwi alukhuthazo emntwaneni, njengokuthi, 'Ndikholelwa ukuba unokwenza ukhetho olufanelekileyo kwixesha elizayo,' okanye 'Ndikholelwa ukuba unokufunda ukuba nobubele kumzalwana wakho.' Uthando luyintshukumisa elunge ngakumbi kunoloyiko. Oku kukwanceda umntwana azive ekhuselekile esazi ukuba usathandwa.
2. Ungaguququki kuqeqesho lwakho.
 - Ukuba sivumela abantwana benze into ethile ngaxeshanye size sibohlwaye kwixesha elizayo, abantwana baya kubhideka koko banokukwenza nabangakwaziyo ukukwenza. Baya koyika ukuba baya kwenza into engalunganga ngempazamo. Ukuba asiguququki abantwana baya kufunda okulungileyo nokubi.
 - Ukugrogrisa ngokohlwaya umntwana ngenxa yokuziphatha kakubi kodwa ukunganyanzelisi isiphumo kuyabhidisa kwaye akusebenzi.
3. Qinisekisa ukuba umntwana uyayiqonda into ayenzileyo engalunganga.

- Buza umntwana ukuba uyayazi into ayenzileyo engalunganga. Ukuba abazi, chaza ngokuzolileyo.
 - UNGAZE uqeqeshe okanye umbethe umntwana ungakhange uthethe naye ngento ayenzileyo.
4. Cacisa okulindelekileyo kwindlela yokuziphatha elungileyo oyifunayo.
 - Ngamanye amaxesha abantwana abayazi into elindelekileyo. Nika abantwana imida ecacileyo.
 - Qinisekisa ukuba umntwana uyayiqonda into ofuna ukuba ayenze kwixesha elizayo.
 5. Uhlobo loqeqesho okanye isohlwayo kufuneka lohluke ngokuxhomekeke kwiminyaka yomntwana.
 - Abantwana abancinane (2-10) badla ngokulungiswa ngokujonga ngqongqo, ngokubabetha okanye ngokubahlalisa ekoneni ixesha elide elilingana nobudala babo (umzekelo, imizuzu eli-10 kumntwana oneminyaka eli-10 ubudala).
 - Abantwana abasele bekhulile (11-18) bayasabela xa behluthwa amalungelo baze bafune ukuba nembopheleleko ngehambo nokhetho lwabo.
 6. Ubuqatha boqeqesho bufanele bulingane nobunzulu besono esenziweyo.
 - Ukuba ukuziphatha kakubi kunzulu, ngoko uqeqesho lufanele lube nzulu. Ukuba ukuziphatha kakubi kuncinci, ngoko uqeqesho kufuneka lube lula.
 - Akufanelekanga ukuthabatha ilungelo kwinyanga enye ukuba umntwana wenza iphutha kanye kuphela. Kuya kufaneleka ngakumbi ukuthabatha ilungelo losuku kwaye ukuba ukuziphatha kuyaqhubeka, ngoko yandisa ixesha.
 7. Xa kunokwenzeka, sebenzisa uhlobo loqeqesho olunxibelelene ngokungqalileyo nokuziphatha kakubi.
 - Injongo yale ndlela yokuqeqesha kukunceda umntwana athabathe uxanduva lokulungisa ukuziphatha kwakhe okubi.
 - Ngokomzekelo, ukuba uSara uyathanda ukuncedisa unina ekulungiseleleni ukutya, kodwa wamngxolisa umntakwabo owayefuna ukumnceda, unina wayedla ngokumxelela ukuba akanakukwazi ukumnceda xa epheka de avumele umntakwabo amncede. Okanye, ukuba uPetros ubetha itafile aze achitheke amanzi, unina angamcela ukuba amncede ayicoce.

INGXOXO YEQELA ELINCINANE

Sebenzisa **ISIKHOKELO SOMFUNDI** – Ukuqeqesha Abantwana.

- Ngawaphi amacebiso osele uwasebenzisile kubantwana bakho?
- Ngawaphi la macebiso ongazange ucinge okanye uve ngawo?
- Funda ibali likaSeth kwakhona kwintshayelelo. Dlula kwinyathelo ngalinye kwaye uthethe malunga nokuba utata kaSeth angenza ntoni ngendlela eyahlukileyo ukusebenzisa ingcebiso kule meko.

UKUZIBONAKALISA KOBUQU OKANYE NEQHUBA

- Zeziphi izinto ezenziwa ngabantwana bakho ezikucaphukisayo? Ziziphi izinto onokuzenza ukuze uzole ngaphambi kokuba uqeqeshe abantwana bakho?
- Yintoni onokuyenza ukuze ubonise abantwana bakho ukuba ubaqeqesha kuba ubathanda?
- Yintoni enye entsha oya kuyenza xa uqeqesha abantwana bakho kwixesha elizayo?

lindlela ezizezinye endaweni yokohlwaya ngokwasenyameni

INGXOXO YEQELA ELIKHULU

Ngamanye amaxesha kufanelekile ukubetha umntwana omncinci (iminyaka eyi-2-10). Ukubetha kwahlukile kunokubetha umntwana. Xa ubetha umntwana, linda de uzive uzolile, mse kwindawo eyahlukileyo, umchazele isizathu sokuba umbethe, uze umbethe. Musa ukubetha umntwana phambi kwabanye. Oku kunokuba

neentloni kwaye kubangele ubukrakra. Emva kokubetha, kufuneka ubawole kwaye ubaqinisekise ngothando lwakho. Ukubethwa kwenziwa kuqeqesho kwaye **kuqhutywe luthando** ukuguqula indlela yokuziphatha kwixesha elizayo. Ayifanele ibangele ingozi emzimbeni okanye ishukunyiswe ngumsindo. Ukuba isetyenziswa ngobulumko, inokuba yindlela ephumelelayo yokuthintela ukuziphatha okubi nokukhuthaza ukuthobela nokuziva unqabisekile. Ukuba umbetha rhoqo umntwana, intliziyo yakhe inokuba lukhuni kwaye ibe nemvukelo.

INGXOXO YEQELA ELINCINANE

- Zeziphi ezinye iindlela zokuqeqesha abantwana bakho ngaphandle kokubabetha?

UMSEBENZI WEQELA ELIKHULU

Imiyalelo yoMququzeleli: Sika idrama nganye kwi-**SIBONISI MFANEKISO** – ezizezinye iindlela zokuziphatha cela abantu ababini abahlukeneyo ukuba benze imidlalo. Emva komdlalo ngamnye, phendula imibuzo uze uchaze olunye uhlobo loqeqesho olunokusetyenziswa kuloo meko.

Ukuqeqesha umntwana wakho akuthethi nje ukumbetha. Isohlwayo esingokwasemzimbeni AYIYIYO kuphela kwendlela yokuqeqesha abantwana. Nazi ezinye iindlela ezilungileyo zokohlwaya ngokwasemzimbeni ezinokusebenza ngakumbi:

IDrama 1 – Nika umsebenzi oluncedo

Umntwana ubetha ipleyiti phantsi efuna ukutya.

Umama uyafowuna: ‘Yeka ukwenza loo ngxolo. Ungasinceda ngokusiphathela amanzi okutya.’

INGXOXO YEQELA ELIKHULU

- Umzali wamqeqesha njani umntwana?
 - Yiyiphi iminyaka yabantwana eyona ndlela ifanelekileyo yokuqeqesha abantwana?
1. Nika umntwana **umsebenzi oluncedo** endaweni yokuziphatha engamkelekanga. Ngokukodwa kubantwana abancinci, unokutshintsha indlela yokuziphatha ecaphukisayo okanye engafanelekanga ngokuphazamisa umntwana ngenye indlela efanelekileyo efana nokunceda umzali okanye umntakwenu okanye ukwenza into oyaziyo ukuba bathanda ukuyenza. Kusefanelekile ukwazisa umntwana ukuba awuyithandi indlela yakhe yokuziphatha.

IDrama 2 – Ukungavunywa okumandla kunye nolindelo olucacileyo

Umntwana ususa isiciko kwiipeni aze azilahle.

Umama uthi: ‘Leyo asiyondlela yokuphatha iipeni zikadade wenu. Ukuba uboleka into, ndilindele ukuba uyinyamekele. Faka iziciko ngoko nangoko uze uzibuyisele ebhokisini.’

INGXOXO YEQELA ELIKHULU

- Umzali wamqeqesha njani umntwana?
 - Yiyiphi iminyaka yabantwana eyiyeyona ndlela ifanelekileyo yokuqeqesha abantwana?
2. Bonisa **ukungavumi okunamandla** (ngaphandle kokuhlasela umlingiswa womntwana). Ngokomzekelo, kubantwana abancinane ukujonga ngqwabalala okanye ingxelo ecacileyo yokungavumelani nehambo yabo inokuba nempumelelo kuba umntwana efuna ukuthandwa nokwamkelwa. Gxininisa ekuziphatheni kwaye musa ukusebenzisa amagama arhabaxa okanye amabi ngomntwana. Thetha into enje, ‘Andithandi xa (uchaze indlela aziphethe ngayo).’

3. **Thatha amalungelo.**

Ngokomzekelo, unokuthatha into yokudlala emntwaneni kangangexesha elithile okanye ungamvumeli ukuba abukele umabonwakude kangangexesha elithile. Khumbula, ubude bexesha bufanele buhambelane nobunzulu bokuziphatha ekufuneka kuguqulwe kwaye bufanele bufanele ubudala babo.

IDrama yesi-3 – Bonisa ukuba angaluthatha njani uxanduva ngento ayenzileyo

Umntwana osevenkileni xa eqhekeza into ngempazamo.

Ezolile **uMama uthi**: 'Thatha la maqhekeza size siye kumnini-venkile uze ucele uxolo. Emva koko ndiza kuyihlawula.'

INGXOXO YEQELA ELIKHULU

- Umzali wamqeqesha njani umntwana?
- Yiyiphi iminyaka yabantwana eyona ndlela ifanelekileyo yokuqeqesha abantwana?

4. **Bonisa umntwana indlela anokuluthwala ngayo uxanduva ngoko akwenzileyo.**

Ngokomzekelo, ukuba kukho into ephukile okanye inkunkuma eyenziwe (nokuba kungenganjongo) umntwana uyacelwa ukuba alungise okanye acoce. Oku kufundisa umntwana ukuba asombulule iingxaki abanoxanduva lokuzidala. (Umzekelo: UAdam uwisa umninawa wakhe endle. Uyise uthi makamncede aphakame, amhlole ukuba wonzakele na, aze amxelele ukuba uyaxolisa.)

IDrama 4 – Nika ukhetho, unyanzelise isiphumo, kwaye uvumele umntwana ahlupheke ngenxa yesiphumo

Umama ulungiselela ukuya emarikeneni.

Umntwana uyabuza: 'Mama, ndingahamba nam?'

Umama uthi: 'Kwixesha elidluleyo uziphathe kakubi waza wakhwaza ufuna imoto entsha njengoko sasidlula kwivenkile yamathoyisi. Ungeza ngeli xesha, kodwa unokhetho. Uziphathe kakuhle ngaphandle kokukhala okanye kwixesha elizayo xa uhlala ekhaya. Uyaqonda?'

Umntwana ukhalela imoto entsha kwivenkile yokudlala endleleni eya emarikeneni. **Umama** umgodusa ezolile.

Ngosuku olulandelayo uMama ulungiselela ukuya emarikeneni.

Umntwana ubalekela kuye aze athi: 'Ngaba ndingahamba nawe?'

Umama uthi: 'Hayi—izolo ubunokuzikhethela: ukuziphatha kakuhle okanye ukuhlala ekhaya kwixesha elizayo. Ubuziphethe kakubi izolo so kufuneka uhlale ekhaya namhlanje noMakhulu. Nisenokuza ngenye imini ukuba niziphathe kakuhle.'

INGXOXO YEQELA ELIKHULU

- Umzali wamqeqesha njani umntwana?
- Yiyiphi iminyaka yabantwana eyona ndlela ifanelekileyo yokuqeqesha abantwana?

5. **Yahlula umntwana kwabanye – 'kuphele ixesha.'**

Ngokomzekelo, unokumbeka umntwana esihlalweni, kwigumbi okanye kwindawo yedwa apho anokuqwalasela oko akwenzileyo nokuba kutheni kwakungalunganga. Oku kuvumela umntwana ukuba azole aze akwazi ukuzibamba. Emva koko thatha imizuzu embalwa uthethe nomntwana ukuze uqiniseke ukuba uyakuqonda oko akwenzileyo, isizathu sokuba kuphosakele, nolunye ukhetho anokulwenza kwixesha elizayo. Khumbula, oku kufuneka kwenziwe kuphela inani elifanayo lemisuzu yobudala bomntwana. Umzekelo, umntwana oneminyaka emi-6 kufuneka ahlale ekoneni imizuzu emi-6.

6. **Nika ukhetho – Isimilo esivumelekile okanye ukuvumela ukohlwaywa**

Ingongoma kukunika umntwana ukhetho phakathi kokulungileyo nomphumo wokhetho oluphosakeleyo. Kubalulekile ukuba umphumo ube yinto ethile, yokwenene, kwaye ingabi yingozi,

kodwa into umntwana angayikhumbula okanye angayifuni ukuba yenzeke. Umzekelo, ukuba umntwana wakho akazukuxubha amazinyo ungamnika ukhetho lokuxubha amazinyo ngoku okanye angazityi iilekese imini yonke. Oku kusebenza kuyo yonke iminyaka.

7. Vumela umntwana ukuba **abandezeleke kwimiphumo yemvelo** yokuziphatha kwakhe. Ngokomzekelo, ukuba umntwana akazikhathaleli izinto zakhe, umphumo wendalo awuyi kuhlala ixesha elide. Okanye, ukuba umntwana akayithathi into yokudlala ayithandayo, umphumo wendalo usenokuba ulahlekile. Imiphumo yendalo inokufundisa abantwana ukuba nembopheleleko. Oku kusebenza kakhulu kubantwana abadala.

UMSEBENZI WEQELA ELINCINANE okanye KUNYE NEQELA

1. Funda **ISIKHOKELO SOMFUNDI** – lindlela ezizezinye zokuziphatha
2. Cinga ngeemeko apho abantwana bakho ekhaya besoloko bengathobeli okanye beziphatha kakubi.
3. Khetha imeko enye kwaye ucinge ngezinye iindlela ezilungileyo zokohlwaya ngokwasemzimbeni. Lungiselela umdlalo-ndima omnye usebenzisa ubuchule obutsha kuloo meko.
4. Yenza umdlalo-linganiso weqela lonke.

Uphononongo

INGXOXO YEQELA ELIKHULU

Imiyalelo yoMququzeleli: Thatha ixesha ukuze ubone ukuba zeziphi izimvo kule modyuli abantu abazikhumbulayo kunye nendlela abaceba ukusebenzisa ngayo oko bakufundileyo. Kusenokubakho imixholo ekuya kufuneka uyihlohlise kwakhona. Ekupheleni kwesifundo, thatha ixesha lokuthandazela ukuba uThixo abancede akhokele abantwana babo kwaye abancede basisebenzise esi sifundo sanamhlanje.

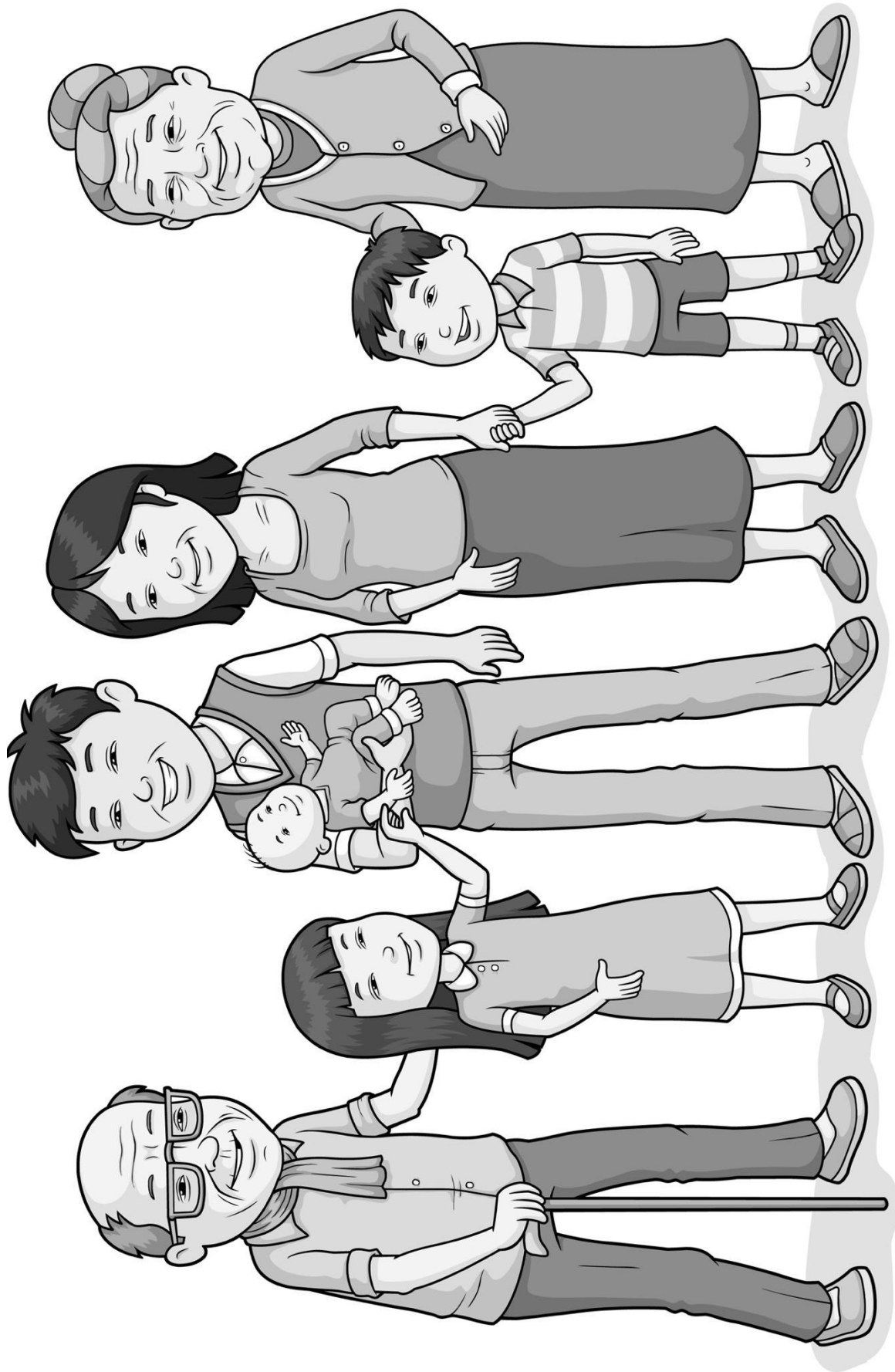
Kule modyuli, sixoxe ngeendlela ezininzi ezahlukeneyo kunye nemigaqo.

- Zeziphi iindlela okanye imigaqo ngoqeqesho oyikhumbulayo?
- Zeziphi eziye zaluncedo kakhulu kuwe?
- Yintoni ofuna ukuzama ukuyenza ngakumbi? Kwaye yintoni ongafuni ukuyenza?
- Luluphi utshintsho onokulubona emntwaneni wakho xa usebenzisa ezi ndlela?
- Yintoni enokukunceda kukuthembela kuThixo ukuba asebenzise ezi ndlela ukuze enze utshintsho oluhle ebantwaneni bakho?

Xa siqeqesha abantwana bethu, siyabakhokela kwaye sibalungisele ubomi bobuthixo. Uqeqesho lobuthixo luqhutywa luthando. Ukuze ingqeqesho isebenze kakuhle, kufuneka singaguquguquki kwaye sibe nobulumko kwindlela esibaqeqesha ngayo abantwana bethu ukuze bangacaphuki okanye babe nenzondo. Abantwana abafunda ukuphila ngendlela yobuthixo bayintsikelelo kuThixo, kwindawo abahlala kuyo nakwiintsapho zabo.

IZibonisi Mifanekiso

Umzobo womndeni – nikeza iqela ngalinye



Ukuphulaphula Ngenyameko Abantwana

Dlala indima

UTata uhleli ufunda iphephandaba

UNyana ubalekela egumbini ekhwaza, *'Andisokuze ndidlale naye kwakhona! Ndiyamcaphukela!'*

UTata ulibeka phantsi iphephandaba, aphethukele kunyana wakhe, aze athi, *'Ndiyakubona ukuba unomsindo kakhulu.'*

UNyana uthi, *'Akakufanelanga ukuba nabahlobo!'*

UTata uthi, *'Owu?'*

UNyana uthi, *'Ndidlale kakuhle kwaye ndafaka amaqaku amabini. Kwathi ke ekupheleni xa amaqaku ayelingana, ndaphoswa linqaku.'*

UTata uthi, *'Mmm.'*

UNyana uthi, *'Kwaye emva koko uMika wathi phambi kwabo bonke ukuba yayilityala lam ukuba asiphumelelanga. Ndiye ndamkhwaza ndahamba ...'*

UTata uthi, *'Oko kumele ukuba kwaba kukuhlazisa kakhulu.'*

UNyana uthi ngokuzola ngakumbi, *'Ewe, kwakusoyikeka, kodwa akwaba ndandingazange ndibe nomsindo kuMika. Ngoyena mhlobo wam osenyongweni.'*

UTata uthi, *'Ndiyaqonda.'*

UNyana uthi, *'Ndicinga ukuba ndiza kubuya ndibone ukuba uMikha usekhona na. Ndicinga ukuba wayefuna ngokwenene ukuba siphumelele.'*

UTata uyancuma.

Idrama ezizezinye zeeDrama

IDrama 1 – *Nika umsebenzi oluncedo*

Umntwana **ubetha ipleyiti phantsi efuna ukutya.**

Umama uyafowuna: **‘Yeka ukwenza loo ngxolo. Unokunceda ngokuzisa amanzi okutya kwethu.’**

IDrama 2 – *Ukungavunywa okumandla kunye nolindelo olucacileyo*

Umntwana **ususa isiciko kwiipeni aze azilahle.**

Umama uthi: **‘Leyo asiyondlela yokuphatha iipeni zikadade wenu. Ukuba uboleka into, ndilindele ukuba uyinyamekele. Faka iziciko ngoko nangoko uze uzibuyisele ebhokisini.’**

IDrama 3 – *Bonisa indlela anokwenza ngayo ukulungisa*

Umntwana **osevenkileni xa eqhekeza into ngempazamo.**

Ezolile uMama uthi: **‘Thatha la maqhekeza size siye kumnini-venkile uze ucele uxolo. Emva koko ndiza kuyihlawula.’**

IDrama 4 – *Nika ukhetho, unyanzelise isiphumo, kwaye uvumele umntwana ahlupheke ngenxa yesiphumo*

Umama **ulungiselela ukuya emariken.**

Umntwana uyabuza: **‘Mama, ndingahamba nam?’**

Umama uthi: **‘Kwixesha elidluleyo uziphathe kakubi waza wakhwaza ufuna imoto entsha njengoko sasidlula kwivenkile yokudlala. Ungeza ngeli xesha, kodwa unokhetho. Uziphathe kakuhle ngaphandle kokukhala okanye kwixesha elizayo xa uhlala ekhaya. Uyaqonda?’**

Umntwana **ukhalela imoto entsha kwindawo yokudlala endleleni eya emariken. Umama umgodusa ezolile.**

Ngosuku olulandelayo uMama ulungiselela ukuya emariken

Umntwana **ubalekela kuye aze athi: ‘Ngaba ndingahamba nawe?’**

Umama uthi: **‘Hayi—izolo ubunokuzikhethela, ukuziphatha kakuhle okanye ukuhlala ekhaya kwixesha elizayo. Ubuziphethe kakubi izolo kengoko kufuneka uhlale ekhaya namhlanje noMakhulu. Nisenokuza ngenye imini ukuba nizophatha kakuhle.’**