

TUVUGE TUTAZIGUYE KU

*GUCIKA INTEGE*



JOYCE MEYER

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TUVUGETUTAZIGUYE KU

# ***GUCIKA INTEGE***

**GUTSINDA INTAMBARA ZO MU MUTIMA KU  
BW'IMBARAGA Z'IJAMBO RY'IMANA!**

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## Intangiriro

Twese mu gihe kimwe cyangwa ikindi, twahuye n'ibidutenguha. Mu by'ukuri byaba bidasanze turangije icyumweru tudahuye n'ibidutenguha.

Tuba twiteguye ko ikintu kizaba mu buryo runaka, noneho kitaba uko twari tugitegereje kikaba kiradutengushye.

Iyo ikintu kigutengushye, ntumenye uko ubwitwaramo, bikuviramo gucika intege. Kandi iyo tugumye muri uko gucika intege igihe kirekire, biradusenya, kandi uko guseniyuka kugatuma nta kindi kintu dukora neza.

Hari abakristo benshi bananiwe gukomeza urugendo bameze nk'abatakaye iruhande rw'inzira y'ubuzima, kubera ko batabashije kumenya uko bakwitwara imbere y'ibibaca intege. Gusenyuka bagize, guterwa akenshi n'utuntu duto duto twagiye tubaca intege, ntibamenye uko babyitwaramo.

Yesu yagiye akiza abo Satani yakandamije (Ibyakozwe 10:38). Ntabwo ari ubushake bw'Imana ko tuba mu rucantege, dusenyuka cyangwa dutwazwa igitugu! Iyo duhuye n'ibicantege, tugomba kumenya uburyo twakongera gusubizwamo intege, kugirango tudacika intege tukagera n'aho dusenyuka.

Iyo twize gushyira ibyiringiro n'ikizere cyacu muri Kristo Yesu, we Rutare (1Korinto 10:4) tukarwanyiriza Satani aho adutereye, dushobora kuba mu buzima bwuzuye ibyishimo n'amahoro y'Umwami, turinzwe gucika intege.





**IGICE CYA MBERE**  
**KUBATUKA KU GUKANDAMIZWA**



# I

## USUMBA BYOSE ABA MURI TWE

...Yesu w'I Nazareti, uko Imana yamusutseho [Umwuka Wera] n'imbaraga, ubushobozi n'ubutware, akagenda agirira abantu neza, ariko by'umwihariko abo Satani atwaza igitugu, kuko Imana yari irikumwe na we. *Ibyakozwe 10:38*

Umurimo wa Yesu akiri ku isi, umuhamagaro we, dushobora ndetse kuvuga ngo “akazi ke” wari uwo kugenda genda hose, afite gusigwa k'Umwuka Wera, abatura abari batwajwe igitugu na Satani.

Izo mbaraga turazifite natwe uyu muni. Ntabwo ari ubushake bw'Imana ko abana bayo basuzugurwa, batwazwa igitugu. Kandi imbaraga za Yesu na n'ubu ziracyahari kugira ngo zitubature ku bubata bwose.

Inkoranya magambo yitwa “Webster” isobanura gutwazwa igitugu nko gukandamiza, kugirango, cyane cyane, umutima n'ibitekerezo bicike intege.

Ubundi busobanuro bw'iryo jambo ni ukugonga, gusyonyora, gutsindagirira ikintu hasi.

Nemera ko umwanzi Satani ashobora gutwaza igitugu ibitekerezo byacu, umwuka wacu ndetse n'igice icyo aricyo cyose cy'ubuzima bwacu, yaba umutima ndetse n'umubiri. Rimwe na rimwe hari igihe abikora twe ntitunamenye ko ari kutugirira nabi.

Kenshi na kenshi, tujya twumva hari ikintu kituremereye. Benshi muri twe hari n’abumva baremerewe kugeza n’aho bibagora gutekereza no gufata ibyemezo. Ikindi gihe hari ubwo twumva dukandamijwe mu buryo bw’umubiri.

Tugomba kumenya ko kenshi na kenshi Satani azagerageza gukandamiza ibice bitandukanye by’ubuzima bwacu mu buryo butandukanye, ku mpamvu zitandukanye. Dufite imbaraga muri Kristo zo guhangana n’ubukana bw’umwanzi. Nitutamuhangara dufite ubutware n’imbaraga we azabikora aturwanya.

N’ubwo Satani ari we se w’ibibi byose, hari ibintu bimwe dukoresha na kamere bikadukururira kuremererwa cyangwa kumva dukandamijwe. Dushobora kumva turemerewe, bitewe n’uko tutakemuye utubazo duto duto twagiye duhura natwo. Abantu usanga bavuzza induru, biganyira, bavuga abandi amagambo mabi kandi baca imanza, bashobora kumva baremerewe.

Kugirango twumve “twujijwe” nk’aho hari isoko y’amazi y’ubugingo idudubiza muri twe, tugomba guhangana n’umwanzi ushaka kudutwaza igitugu, tukazibira inzira ze zose. Ariko na none tugomba kwirinda kwikururira ibiduca intege n’ibitubata. Ikiruta byose ni ukwihutira gukora icyo Imana idusaba gukora.

Nitwumvira Imana tuzakora ibikorwa by’akataraboneka. Kandi Imana iduha Umwuka Wera ukorera muri twe cyane kugirango atubashishe gukora ibyo ishaka.

Na none kandi, cya gitabo gisobanura amagambo twifashishije kivuga ko gukorana ubutwari bishaka kuvuga, gukorana imbaraga, kugira ishyaka ryinshi, kwirundumurira mu

mushinga runaka, ibyo bigasobanura kugira ibitekerezo bishya ku kintu.

Nk’uko Imana yabishyizeho mu irema, ubushobozi bwo gutekereza yahaye umuntu si bubi. Ubushobozi bwo gutekereza ni bwo butuma umuntu agenda yunguka ibindi bintu bishya binyuze mu bitekerezo byo guhanga. Tekereza ukuntu Adamu byamusabye gutekereza cyane, ubwo yitaga amazina inyamaswa zose akiri mu murwa wera, mbere y’uko acumura. Bamwe muri twe ntibitworohera no kubonera imbwa yacu izina!

### ***Kuyoborwa n’Umwuka***

Iyo twemereye Umwuka Wera kutuyobora tukareka n’imbuto ze (Abagalatiya 5:22,23) zikagaragra muri twe, duhinduka abahanzi, n’abavumbuzi. Dushobora kugaragaza ubushobozi bw’Imana bwo buri muri twe mu guhimba ibintu. Abantu benshi barahangayitse aho kubaho mu buzima bwuzuye imbaraga z’imana. Iyo dukoresheje ubushobozi twahawe n’Imana bwo guhanga bituma tuva mu mihangayiko!

Usanga abantu bamwe bararemanywe gutekereza cyane, guhimba, guhanga, no gukorana ubutwari kurusha abandi. Ariko buri wese ashobora gukoresha urugero Imana yashyize muri we rwo gutekereza, guhanga, kuvumbura no gukorana ubutwari kugira ngo arusheho kunogerwa, kungukirwa, no kumva anyuzwe mu mibereho ye.

Aho kugira ngo dutegereze ko ibintu bitwizanira, dushobora gutuma bibaho. Urugero, aho kugirango dutekereze ko abantu badusanga ngo tube inshuti, dushobora kubegera tugatangira kubagira inshuti.

## ***Kwirukana Satani Ubudahwema***

Satani araturubeshya (Yohana 8:44). Nitutamurwanya dushikamye kandi dushishikaye ngo duhagarike amajwi ye y'ibinyoma azayobora ubuzima bwacu. Ahora azerera nk'intare itontoma (1Petero 5:8). Ariko dufite Intare ya Yuda, Yesu uba muri twe. Ahubwo nitwe twagombye kwivuga nyako nk'intare.

Iyo Satani aza adusatira tugomba kuba maso mu mwuka tugakuraho icyo ashaka kwishingikirizaho cyose, hanyuma tukamusubiza inyuma. Ibyo bishobora gukorwa mu masagonda make.

Satani ahora ashaka buri gihe kudusatira. Iyo dusubiye inyuma arakomeza akegera imbere. Iyo twe duteye intambwe tumusanga mu bushobozi Kristo yashyize muri twe, umwanzi asubira inyuma.

Tugomba guhora dushikamye mu butware bwacu kugirango tumurwanye. Niduhagarara, azakomeza kuza adusatira kugirango adusubize inyuma. Satani ni Umubeshyi, umujura, umunyabinyoma. Aza ameze nk'intare ariko si intare. Twizera Yesu Kristo ufite imbaraga, usumba byose uri mu ruhande rwacu. "...uri muri twe aruta uri mu bisi" (1Yohana 4:4).

Umenye Ijambo ry'Imana neza, ku buryo umunota wose igitekerezo kije muri wowe kitajyanye n'umurongo w'Ijambo ry'Imana, uzabwire Satani uti: "mubeshyi, sinshobora kukumvira!"

Ushobora guhitamo kumara igihe cyawe usubira inyuma, wihishe umwanzi cyangwa umurwanya ngo asubire inyuma.

## **Hitamo ubugingo**

Uyu muni ntanze ijuru n'isi ho abahamya bazagushinja y'uko ngushyize imbere ubugingo n'urupfu, umugisha n'umuvumo. Ni uko uhitemo ubugingo ubone kubaho wowe n'urubyaro rwawe.

*Gutegekwa 30:19*

Umunezero n'ibyishimo ntibituruka hanze, bituruka imbere. Ni icyemezo umuntu afata, akagihitamo abyishakiye, kandi tukabihitamo mu buzima bwacu bwa buri muni.

Mu murimo wacu w'ivugabutumwa dufite umugore umwe ukiri muto udukorera, wumva afite ibibazo byinshi byo gukemura mu bugingo bwe. Ariko n'ubwo afite ibyo yifuza kugeraho, arishimye kandi afite amahoro. Uwo mugore afite umunezero n'ibyishimo, bidatewe n'uko nta kibazo afite, ahubwo bitewe n'icyemezo yafashe cyo kunezererwa ubuzima bwe, n'akazi ke n'ubwo ari mu ntambara.

Buri muni aba afite amahitamo: kuzura agahinda, cyangwa kuzura umunezero w'Umwami. Aya mahitamo ni yo buri wese aba afite buri muni. Iyo duhisemo kwitiramira tukumvira umwanzi, aturimburira ubugingo, duhitamo guhagarara kigabo no kugira umwete mu kumurwanya kubw'ibyo tukabaho mu bugingo bwuzuye Imana bubonerwa muri Kristo Yesu.

Uko byamera kose tuzajya mu ijuru. None se turashaka kubanza kugera mu ijuru kugirango turebe uburyo twashoboraga kunezerwa mu isi? Reka duhitamo ubugingo nonaha kandi tubunezererwe nk'uko Imana ibyifuza.





## 2

### **BA MASO KANDI USENGE**

Mwese mukanguke (mwite ku kintu icyo ari cyo cyose). Mube maso kandi musenge, mutajya mu moshya. Umutima ni wo ukunze, ariko umubiri ufite intege nke. *Matayo 26:41*

Tekereza, umenye ko urugo rwawe rugoswe n’abagizi ba nabi, kandi ko akanya ako ariko kose bashobora guca urugi bakagusangamo imbere. Wumva utarushaho kuba maso, ukarinda umuryango?

Ese wakora iki, ku bw’impamvu runaka udashoboye kuba maso no kwirinda, ese ntiwakora ibishoboka byose undi muntu wo mu rugo akabyuka, akaba maso, kubera icyo kibazo?

Muri uriya murongo twabonye, Yesu adusaba kuba maso, tukitonda cyane, tukita ku kantu kose, tukiyongeramo imbaraga, tukirinda kandi tugasenga.

Nk’abakristo, tugomba kumenya igikomye cyose, tukaba muri uwo mwanya tukirinda. Hanyuma byaba ngombwa, tukaba twiteguye gufata intwaro tugahangana n’igitero cy’umwanzi.

### ***Ba umurwany***

Ujye urwana intambara nziza yo kwizera...

*1 Timoteyo 6:12*

Gukorana umurava ni ukuba umurwanyi. Nk’uko Intumwa Pawulo yavuze ko yarwanye intambara nziza yo kwizera, (2 Timoteyo 4:7), ni ko yasabaga umwigishwa we yareze Timoteyo kurwana intambara nziza yo kwizera.

Ni muri ubwo buryo wowe nanjye tugomba kurwana intambara nziza yo kwizera mu buzima bwacu buri muri muni. Turwana n’imyuka mibi y’ahantu ho mu kirere.

Iyo ntambara ibera mu bitekerezo no mu mitima yacu. Bumwe mu buryo bwo kurwana intambara nziza yo kwizera ni ukumenya umwanzu no kumenya igihe ibintu bigenda neza cyangwa nta kigenda. Reka nguhe urugero: hari igihe mu minsi yashize naganiraga n’umuntu, noneho uko twaganiraga nkumva nta mutekano mfite muri jye, kandi mbona ko ibyo byabaga buri gihe iyo nageragezaga kuganira n’uwo muntu. Akenshi nagendaga nibaza nti: “ariko ni igiki kitagenda, sinumva impamvu ibi bimba?” Numvaga ntari mu mwanya wanjye iyo nabaga ndikumwe nawe. Uko nagendaga mbitekerezaho, ni ko narushijeho gusobanukirwa impamvu ya byo. Buri gihe iyo twahuraga tukaganira, nabaga mpangayikishijwe n’uko hari icyo nakoze we atabonye neza.

Ikindi gihe duhuye, bwa bwoba butangira kuntaha na none. Ariko noneho mpararira gitwari, ndahagarara ndasenga nti “Mu izina rya Yesu Kristo mfashye ubutware kuri uyu mwuka, ntabwo ngumya kugira ubwoba. Niba uyu muntu atishimira ibyo nkora, ibyo biramureba we n’Imana. Ngomba kubohoka. Ntabwo ngomba gushingira ibyemezo by’ubuzima bwajye byose ku byo undi muntu wese azatekereza. Umva Satani, ntabwo ibyo bizampagarika umutima mu izina rya Yesu, Amen!”

Ndahagarara, numva nuzuwe n'umunezero. Iyo nabaga nemereye Satani, yambuzaga amahoro. icyo ni cyo kibazo cyacu, twemerera byose ngo bitugireho ingaruka. Kenshi na kenshi ntabwo tugenda dusatira Satani iyo aje adusanga, tugahangayika, tukagira ubwoba, tugashidikanya, tukicira imanza; tugasubira inyuma, tukihisha ahantu mu nguni, tukamwemerera agatangira akadukubita.

Wowe nanjye ntabwo tugomba kumudebekera, ahubwo tugomba guhagarara gisirikare. Umwanzi ashaka kuturwanya akoresheje n'ibidukikije ndetse n'abantu duhorana nabo. Ariko Imana ishaka ko twibagirwa udushwambagara Satani atubohesha, tukareka no kubohwa n'ibyho abandi bavuga. Ishaka ko turwana n'imyuka mibi irwanya ubugingo bwacu ikanatwiba amahoro yacu n'umunezero.

### ***Ni iki gisanzwe?***

Kuko aho amakimbirane (kwifuza kubi) n'intonganya (guhanga no kwifuza k'umubiri) no kuvurungana (kutaruhuka, kutuzuzanya, kugoma) no gukora ibibi byose biri.

Ariko ubwenge buva mu ijuru, iryambere ya byose buraboneye (nta kosa) kandi ni ubw'amahoro, ni ubw'ineza (burubaha, buritonda), bwemera kugirwa inama bwuzuye imbabazi n'imbutu nziza, butarobanura ku butoni kandi butagira uburyarya.

*Yakobo 3:16,17*

Umuvurungano ntabwo ari ikintu kibereye umukristo wavutse ubwa kabiri cyane cyane ku byerekeye imibanire ye

n’Imana. Igihe cyose hari umuvurungano uzamutse muri twe, tugomba kuwurwanya.

Ariko kenshi na kenshi usanga tuvuga ngo hari ikitagenda muri twe aho twakamenye ko twatewe mu buryo bw’umwuka.

Ahandi kandi twibeshya ni ukugerageza kumva impamvu ya buri kantu, aho twabaye maso ngo dusenge nk’uko Yesu Kristo yadutegetse.

Igihe cyose wumva watangiye kumva utameze neza igihe cyose wumva uremerewe, ukumva ufite kutishima muri wowe, Ba maso usenge. Ibyo ni byo bikujyana mu gusenga ubudasiba

(1 Tesalonike 5:17). Uba witeguye, igihe cyose wumva ko ukeneye gusenga.

Ariko se ibisanzwe ku bakristo ni ibihe? Kugirango nsubize iki kibazo reka tubanze turebe ibidasanzwe.

Ntabwo bisanzwe guhangayika, ntabwo bisanzwe guhangayikishwa n’ibitekerezo, twibaza ibibazo tudashobora kubonera ibisubizo. Ntibisanzwe ko dutwarwa n’ibitekerezo byo kwibaza uko abandi badutekereza. Ntibisanzwe gucika intege, kuremererwa, kumva ko utari mwiza. Nti bisanzwe kumva ko utari umuntu nk’abandi. Ibi bishobora kuba byarahindutse ibisanzwe kuri bamwe.

Ariko ntabwo Imana yigeze iteganya ko ibi biba ibintu bisanzwe. Ntabwo yateganiye ko ubuzima buzagenda butya. Kubaho twuzuye imivurungano, tubuzwa amahoro n’ibitekerezo byacu. Igihe ibi bitekerezo bije muri twe, twakagombye kumenya ibyo ari byo ko ari ibinyoma bituruka ku mwanzi Satani.

Mu gitabo yise “Umuntu w’umwuka” (The Spiritual Man) mu gice yise ngo: “ibiremerera Umwuka”, Watchman we yavuze ko muri ibyo bihe “Umwuka aba akeneye kuba mu mudendezo wuzuye. Yakagombye iteka koroha nk’akababa kagenda mu muyaga... Umukristo agomba kumenya ibintu biremerera umwuka we ibyo aribyo. Kenshi hari igihe yumva ari muni y’izindi mbaraga zimukandamije akumva ameze nk’ugeretsweho umutwari w’ibiro ibihumbi uremereye umutima we... Uwo mutwari ni wo Satani akoresha kugira ngo abuze umwuka umutekano, akawubuza ibyishimo no koroha, kubw’ibyo akawubuza gukorana n’Umwuka Wera..... Umwuka udafite ibiwuremereye ni ishingiro ryo kunesha. Igihe cyose umwuka abangamiwe n’imbaraga runaka, ntabwo ibitekerezo bikora neza.”

Ingingo zacu zirakorana. Tugomba kuguma mu mwanya w’ubwisanzure no kubaho mu bisanzwe. Kugira ngo ibyo tubigereho, tugomba kuba muni y’ubuyobozi bw’Umwami Yesu.

### ***Ubutware bwa Kristo***

Dukubita hasi impaka n’ikintu cyose cyishyiriye hejuru kurwanya kumenya Imana, dufata mpiri ibitekerezwa mu mitima byose ngo tubigomorer Kristo. (Mesiya, Uwasizwe)     2 *Korinto 10:5*

Umwami aduha ubutware hejuru y’umwanzi Satani, ariko abiduha iyo tumutakiye tukamusaba ngo aze yivange mu bibazo byacu. Imibereho yacu ntacyo izahindukaho igihe cyose twicaye tugahera mu kwifuzaga gusa ngo iyaba ibintu byari bihindutse. Tugomba kugira icyo dukora.

Umwami ahora yiteguye kandi yifuza kugira icyo akora ku bantu bacitse intege, batagize icyo bakunze, b'abanebwe, bahondoberera mu ntege nke, bagamburura, - ibintu byose bitwizingiraho bikatujyana mu kwiheba, gucika intege no kubura ibyiringiro. Ariko tugomba kuba dufite uruhare muri uwo murimo.

Ntabwo twahamagariwe gukoreshwa n'amaranga mutima. Twahamagariwe gufata Ijambo ry'Imana tukarikomeza tukarireka rikagira uruhare mu buzima bwacu bwa buri muni.

Kugirango ibyo tubigereho tugomba guhora turi maso mu buryo bw'umwuka - igihe cyose.

### 3

## IBINTU BITANDATU BYO GUKORANWA IMBARAGA

Uhereye ku gihe cya Yohana umubatiza ukageza none, ubwami bwo mu ijuru buratwaranirwa, intwarane zibugishamo imbaraga [nk'igihembo cy'igicro- umugabane wo mu bwami bw'Imana ushakwa n'umwete mwinshi no kwitanga kose. *Matayo 11:12*

Tugomba kwinjira mu bwami bw'Imana - Gukiranuka, amahoro n'ibyishimo (Abaroma 14:17) n'imbaraga. Igihe cyose wumva ko ubabajwe n'ibigutengushye, hagarika igitero cya Satani n'ubutwari bwinshi.

Mu myaka yose maze nkora umurimo w'Imana, ndetse n'imyaka yose maze ndi umukristo nize ko hari ibintu bitandatu tugomba gukorana imbaraga.

#### 1. *Tekereza gitwari*

...Hari umwami wajya kurwana n'undi ntabanze kwicara ngo ajye inama y'uko yabasha gutabarana n'ingabo ze ibihumbi icumi, ngo arwane n'umuteye afite ingabo ze ibihumbi makumyabiri. *Luka 14:31*

Umujenerali witegura urugamba aratekereza, agateganya akareba uko agiye kwambarira urugamba n'uko azanesha umwanzi atakaje ibikoresho bike n'ingabo nke.

Wowe nanjye tugomba kugenza dutyo mu rugamba rwacu



rw'umwuka no mu mibereho isanzwe. Tugomba gutekereza tuti: “Mbese ni gute nava mu myenda?”

Nigute inzu yanjye yagira isuku? Ni gute nafata neza umuryango wanjye?

Ariko na none tugomba gutekereza ngo: <sup>2</sup>Mbese ni gute nagera ku bantu benshi muri uyu murimo w'Imana? Ni gute nageza ibyiza ku baturanyi bange? Ni gute nabera abakene umugisha? Ni gute nakwitanga biruseho ku murimo w'Imana?<sup>2</sup>.

Bitekerezeho! Tekereza uko warushaho gukora no kuba mu murimo w'Imana. Birumvikana, iyo ufite umuryango, ni wo ugomba gufata umwanya wawe w'ibanze. Ntacyatuma udaha abana umwanya w'ibanze niba ubafite. Ugomba kumarana nabo umwanya munini, cyane cyane bakiri mu myaka yo hasi.

Ariko rimwe na rimwe birashoboka kwita ku rugo no ku murimo w'Imana. Nabikoze igihe kinini. Natangije umuryango w'ivugabutumwa witwa “Life In the Word” (Ubugingo mu Ijambo) umuhungu wanjye afite umwaka umwe gusa.

Uzabona ko ushobora gukora ikintu cyose watekerezaga ko kidashoboka igihe cyose wahamagawe n'Imana kandi ukaba wemera kugikora wivuye inyuma. Tekereza k'uburyo uzana ibintu bishya. Ntiwicare ngo uvuge ngo iyaba nakoraga kurusha uku. Gira ubutwari utangire ukore. Tekereza gitwari.

## 2. *Sengana umwete*

Ni uko rero, twegere intebe y'ubuntu tudatinya [intebe y'Imana abanyabyaha baboneraho imbabazi batari bikwiye] kugirango tubabarirwe

[ibyaha byacu] tubone ubuntu bwo kudutabara mu gihe gikwiriye [ubufasha nyabwo, buziye igihe, buje igihe bwari bukenewe]. *Abaheburayo 4:16*

Ni gute twaza imbere y’intebe y’ubutware y’Imana ntabwoba, nta pfunwe? Ibyo ni byo gusengana umwete. Wowe nanjye ntabwo tugomba kugira ipfunwe no kubura icyo tuvugira imbere y’Imana. Tugomba gushira amanga tukayegera tukayibwira ibyo dukeneye. Dushobora kuyibwira ibyo tuyitegerejeho ko idukosora biri mu masezerano y’ijambo ryayo.

Mu b’Efeso 3:20 hatubwira ko Imana ishobora: “gukora ibiruta cyane ibyo dushobora (gutinyuka) gusaba ndetse n’ibyo (twibwira byose, dutekereza, twifuza).”

Ca akarongo ku ijambo “gutinyuka”. Wowe nanjye tugomba gushira amanga, tukagira ubutwari, tukaba abakristo batinyutse. Niwegera intebe y’ubuntu, ujye usengana umwete.

### *3. Vuga ushize amaganga*

Umuntu navuga, [reka] avuge nk’ubwirijwe n’Imana. *1 Petero 4:11*

Nk’abana b’Imana, wowe nanjye tugomba gutinyuka tukagira ijwi ry’ubushizi bw’amanga. Hano iyo mvuga kuvuga dushize amanga simba nshaka kuvuga kubikorera mu mubiri. Mba nshaka kuvuga ko ari ukubikora mu mwuka ugahangana n’imbaraga z’umwanzi. Reka mbahe urugero: hari aho Bibliya itubwira ngo tugomba kutagira amahugu (tugira ubwitonzi) nk’inuma (Matayo 10:16), ariko ahandi ikatubwira ko tugomba gutinyuka nk’intare (Imigani 28:1) byansabye igihe kugirango mbashe guhuza ibi bice byombi.

Hanyuma naje gutekereza umukozi ukorera umuntu utari umukristo, akamuhamagara ngo aze yisobanure agatangira kumubwira nabi cyane amurenganya. Umukozi akaba azi ko nagira icyo asubiza shebuja, ibye biribumurangirane. Agatega amatwi akicecekerera, akumva gusa ibyo shebuja amushinja. N’ubwo inyuma agaragarana ubwitonzi nk’ubwinuma, ariko muri we imbere aba afite ubushizi bw’amanga nk’ubw’intare.

Ni muri ubwo buryo wowe nanjye rimwe na rimwe dushobora kugaragara dufite ubwitonzi inyuma nk’ubw’inuma, ariko tukagira ubukare nk’ubw’intare mu mwuka.

Dushobora kwemera ko amagambo y’abadusebya atugeraho, ariko ntidushobora kwemera kuyakira muri twe mu buryo bw’umwuka. Ntitwemere ko agera muri twe ngo dutangire twicire imanza. Dushobora gusengera mu mwuka tunafite ibitubuza amahoro mu mubiri.

Twaba turi ukwacu, tutakiri kumwe n’uwo muntu, dushobora kwatuzza akanwa kacu n’ubutwari tugafata mpiri uwo mwanzi utwoherezaho ibyo bitutsi. Iyo hagize umuntu uje andwanya mu mubiri, mpita ntangira gusenga mu mwuka. Nzi ko ntagomba gutembanwa n’ibyo bitutsi ahubwo ndirinda mu mwuka.

Imyaka myinshi nagiye nemera abantu bakandundaho “amase”, hanyuma dutangira kujya duhangana mu mubiri. Nyuma yaho nza kumenya ko nta buryo na bumwe muri ubu bungeza kucyo nshaka.

Naje kumenya bingoye ko tutarwana n’abafite inyama n’amaraso ahubwo ko turwana n’abafite ubutware n’ubushobozi n’imyuka mibi y’ahantu ho mu ijuru. Hanyuma niga uko umuntu yakwitegura kurwana intambara yo mu mwuka.

Ushobora nawe kwiga gukora nkanjye. Gira ubwitonzi nk'ubw'inuma kandi ushire ubwoba nk'intare, iga kugira ijwi rishize amanga (rifite ubutware).

Niba ugiye guhagarara imbere y'abantu uvuga, ntukubike umutwe ngo wiyongorere, ngo urye iminwa, cyangwa ngo usuhuze umutima. Hagarara wemye, ubarebe mu maso, ubabwire neza, udaciye ku ruhande, kandi mu buryo bunonsoye. Ungikanya ingingo uzikurikiranya neza, ukore ku buryo bose bakumva neza.

Nturye amagambo, ngo wumve nta mutekano, utazi icyo uribuvuge. Shira amanga ubumbure akanwa kawe uvuge ibyo ugomba kuvuga nta pfunwe, wumva wiyizeye. Niba ugiye kuramya no guhimbaza Imana, bikore ushize amanga. Nubumbura akanwa hari icyo uvuga, vuga nk'ubwirijwe n'Imana. Vugana imbaraga, ibyishimo, wuzuye ubuntu - kandi ushize amanga.

#### *4. Tanga utitangiriye*

Mutange namwe muzahabwa [impano],  
Urugero rwiza rutsindagiye, rucugushije,  
rusesekaye, nirwo muzagererwa, kuko urugero  
mugeramo [mu nkangara cyangwa mu dufuka  
dukoze mu myenda] [urugero mukoresha mugirira  
abandi neza] ari rwo muzagererwamo namwe.

*Luka 6:38*

Nidutanga, tujye dutangana ubuntu n'umwete wose kuko uburyo dutangamo ari na bwo duhabwamo. Iyo turebye mu mashakoshi yacu cyangwa mu makofi yacu ntitugomba

gukuramo uduceri cyangwa inote nto. Ahubwo tugomba gutanga nk'uko Imana yaduhaye ibisaga.

Ubu namenye ko nta turo riba rito ko nta n'irinini. Ahubwo iyo twamaze kumenya ko tugomba gutura no gutanga tutitangiriye, tuba twinjiye mu yindi mibereho y'ubuzima bwa gikristo.

Nize kuba rugabisha birenge (umuntu utanga atitangiriye itama). Nifuza gutanga igihe cyose. Igihe kimwe nari mu nzu y'isomero hanyuma mbona agasanduku k'umuryango umwe ushinzwe kugaburira abana badafite ibyo kurya. Iruhande rw'ako gasanduku, hari hari icyapa cyanditseho ngo, amasenti mirongo itanu yatuma abana babiri babona ibyo barya iminsi ibiri. Ntangira gukora mu gashakoshi kanjye ngo ndebemo amafaranga nafashisha, ijwi rirambwira ngo “si ngombwa, wowe uhora utanga burigihe.”

Numva nuzuye uburakari, uburakari bwo mu mwuka! Nta muntu wamvugishije ariko numvaga mbira muri jye. Nkora mu gashakoshi kanjye, nkuramo amafaranga nyashyira muri ka gasanduka kugirango nerekaneko ko nshobora gutanga nk'igikorwa nkoze mbohotse.

Nawe ushobora gukora utyo. Niwumva hari ijwi rikubwira ngo yasubizeyo, ahubwo ujye utanga birushijeho. Ujye wereka Satani ko uri umuntu utangana umwete wose.

## *5. Kora gitwari*

Umurimo wawe wose werekejeho amaboko yawe, uwukorane umwete... *Umubwiriza 9:10*

Ikintu cyose twerekejeho amaboko, tugomba kugikorana umwete. Ntukarebe umurimo imbere yawe ngo ugutere ubwoba, usigare wifuza ngo icyawugukura imbere. Wihambireho mu mbaraga z’Umwuka Wera, kandi ushire ubwoba uvuge uti: “uyu ni umurimo Umwami yampaye gukora, kandi mfashijwe n’Umwuka Wera ngiye kuwukora n’imbaraga zanjye zose kubw’icyubahiro cy’Imana.”

## *6. Kunda cyane*

Ngiri itegeko ryanjye: Mukundane [bijyanye] nk’uko nabakunze. Nta wufite urukundo [ntawigeze werekana impuhwe] ruruta urw’umuntu upfira [utanga ubuzima bwe kubw’] inshuti ze. *Yohana 15:12,13*

Nk’abana b’Imana, tugomba gukunda abandi nk’uko Imana yadukunze. Ibyo ni byo bisobanura gukundana cyane, kandi witanze. Gukunda bisaba imbaraga. Ntabwo dushobora gukunda umuntu n’umwe. iyo tutiteguye gutanga ikiguzi.

Umunsi umwe nahaye amaherena meza cyane umubyeyi umwe. Kamere yanjye yashakaga ko nyagumana akaba ayanjye. Ariko Umwuka akambwira ko yifuza ko numvira Yesu nkayatanga.

Nyuma wa mubyeyi yaje guhagarara mu iteraniro ashima Imana ko yamuhaye amaherena yari yambaye, ku buntu. Umwuka arambwira ati: “Ni byo koko yayabonye nk’impano ariko wowe warayaguze. Niko n’agakiza ari impano y’Imana. kuri wowe, ariko kasabye ko Yesu atanga ubugingo bwe nk’ikiguzi.”

Urukundo ni impano iruta izindi zose. Niwerekana urukundo rw’Imana, bikorane ubwitange kandi ku buntu-bikorane umwete.

## 4

### **UKO WAKWITWARA IMBERE Y'IBIGUTENGUHA**

Ukurikije Igitabo gisobanura amagambo twifashishije, gutenguha umuntu ni ukutamukorera icyo yari akwiringiyeho, yagushakagaho, yari agutegerejeho, ko wa mukorera. Mu yandi magambo, iyo dushyize ibyiringiro, ikizere, cyangwa wari witeguye ikintu, hanyuma kimwe wari witeguye, wizeye, ntikibe, uba utengushywe.

Nta muntu n'umwe mu buzima utaragera aho ahura n'ibimutenguha. Nta n'uwakwizera ko atazahura nabyo. Gutenguhwa ni kimwe mu bigize ubuzima, umuntu agomba kumenya uko abyitwaramo kuko bijyana ku gucika intege, kandi iyo ibyo bikomeje bisenya umuntu. Hari abantu benshi bumva barasenyutse ntibamenye impamvu.

Ntibamenye ko ikibazo cyatangiyeye kera, mu byagiye bibatenguha, byaje guhindukamo ikibazo gikomeye cyane nyuma.

#### ***Ita ku tumenyetso duto duto***

Iyo mbyutse mu gitondo nkumva simpumeka neza, mfite agakorora mu muhogo nkumva ndwaze umutwe, numva ko ngiye kurwara ibicurane. Naje gusanga ko iyo nsenze ngafata vitamine C na A nkaruhuka cyane, kenshi nagiyeye nkira.

Gutenguhwa na byo ni ko bimera. Na byo bitangizwa n'utumenyetso duto tugomba guhangana na two igihe dutangiye kubona twaje. Nk'uko nabivuze, igihe cyose tubonye ibimenyetso bya mbere by'ibitero bya Satani, tugomba kumurwaniriza aho ateye aturuka.



Bigira umumaro iyo ufashe ingamba, ugashinga ibirindiro, ukimara guhura n'ibigutenguha, kuruta gutegereza kuza igihe uzagwira mu rwobo rwo gucika intege no kwiheba. Twese tuzi neza ko byoroshye cyane kubabarira uwo mwanya umuntu waduhemukiye, kuruta kumubabarira hashize igihe. Twamaze guha akanya Satani ngo aduteze uburakari, ubusharire no kwintangira.

Ibyo ni kimwe n'iyo wahuye n'ibigutenguha. Birushaho koroha no kugira umumaro iyo uhanganye na byo muri uwo mwanya ugihura na byo, kurusha uko wategereza ukageza ubwo ucitse intege, ukavunika ukanasenyuka mu mutima.

### ***Ibitera kumva utengushywe***

Dutekereze ko mwateguye gusohoka no gusangira n'inshuti cyangwa gukora ikindi gikorwa gikorwa hanze; nk'ubukwe, hanyuma imvura ikagwa.

Ukaba watumiye inshuti zawe n'abavandimwe, witeguye ndetse watanze amafaranga menshi yo kugenzura kenshi na kenshi ureba ko byose bitunganye, ikintu cyose kiri mu mwanya wacyo. Nyuma y'ibyo byose imvura, ikagwa ikangiza ibyo mwateguye byose. Ibyo rero ni byo bita gutenguhwa n'ibihe. Ariko ibyo biroroshye ndetse bishobora kwihanganirwa. Namenye ko mu bihe nk'ibyo, aho kugirango ute umutwe ahubwo ukwiye kuvuga ngo: “basi, iyi mvura irampemukiye, ariko si ryo herezo rya byose, noneho ngiye gukora ibyiza kuruta ibi.”

Hari igihe uhura n'ibigutenguha, byo ariko ugasanga birakomeye ndetse bikaba byakwangiza. Cyane cyane iyo

bihereranye n'abantu, atari ibintu; nk'uru rugero tumaze kubona rw'ihinduka ry'ibihe.

## ***Ntukizere abantu cyane***

Ariko Yesu ntiyabiringira kuko yari azi abantu  
bose. *Yohana 2:24*

Niduhura n'ibidutenguha, tugomba kwihangana, kuko ubuzima butuzuyemo ibyiza gusa. Hari ibidutenguha kubera ko muri kamere y'abantu nta n'umwe utunganye. Kubw'ibyonyanga abantu benshi abo baba aribo bose baduhemukira, kubera ko twabiringiye cyane. Ibyo ntabwo ari uguca imanza cyangwa kutizera ahubwo niko imibereho y'abantu imeze. Niyo mpamvu tudakwiriye gushingira imibereho yacu ku bantu, kabone n'inshuti zacu za hafi.

Ibyo bishobora kugutangaza, cyane cyane bivuzwe n'umuntu nkanjye umaze igihe kinini agerageza kwizera abantu. Ariko nk'uko twabibonye, mu buzima bwa Yesu, birashoboka ko twiringira abantu kugera ku rugero runaka, ariko tutabakinguriye cyane imitima yacu mu buryo butarimo ubwenge no gushishoza.

Dufashe ikitegererezo kuri Yesu, jye nawe tugomba gukunda abantu, ariko ntabwo tugomba kwizera abantu ijana ku ijana. Keretse umusazi ni we wabikora. Kubera iki? Kuberako, haba kera cyangwa vuba, abantu bageraho bakaduhinduka, ndetse natwe bitinze cyangwa bitebutse dutenguha abandi.

Kwibeshya ni kimwe mu biranga umwana w'umuntu. Umunyabwenge rero ni ubasha kwirinda ingaruka za byo kuri we cyangwa ku bandi.

Uburyo bwiza kandi buboneye bwo kwirinda ko hagira ikigutenguha ni uguteganya uburyo bwo kwirinda ibyagutenguha. Kandi uburyo bwiza bwo kubigeraho ni ukugerageza gushyira mu gaciro mu byo tuba twiringiye, twifuzza cyangwa dutegereje ko bizaba cyane cyane iyo ibyo tubitegereje ku bantu no kuri twe.

Umwana w'umunyabwenge anezeza se. Ariko umwana upfapfana ababaza nyina.

*Imigani 10:1*

Rimwe na rimwe, abana batenguha ababyeyi ba bo cyane. Muri iyi minsi bisa nk'aho ababyeyi benshi bafite ikibazo cy'uko abana ba bo batabumva. Bisa nk'aho ibyo bababwira byinjirira mu gutwi kumwe bigasohokera mu kundi.

Ibyo nanjye byambayeho. Ubwo umuhungu wanjye Daniyeli yari akiri muto yari ameze atyo. Iyo namubwiraga ikintu, kandi nzi ko ari icyo kwitonderwa, kandi gikomeye, yandebaga nk'aho nta jambo na rimwe nigeze mubwira.

Umunsi umwe, yahanishijwe gusigara mu ishuri abandi bagiye gufata amafunguro ya saa sita kubera amakosa yari yakoze. Mubajije impamvu yabikoze, azamura intugu gusa, aricecekera. Ndamubwira nti: “icyo si igisubizo, mbwira, kubera iki wakoze biriya?” Aransubiza ati: “simbizi”.

Igihe cyose iyo namubazaga impamvu yakoze amakosa, igisubizo cy'e cyari kimwe, yarambwiraga ati: “simbizi”.

Noneho ngerageza kumuha inyigisho z'uko umuntu yakwitwara neza, yumvira ndetse yitondera ikintu cyose, kugirango yitegurire ejo hazaza.

Umunsi ukurikiye mwohereza ku ishuri, nizera ko nzabona impinduka mu mico no mu myifatire ye. Ahubwo ngiye kubona mbona anzaniye akandiko ka mwarimu kavuga ngo, Daniyeli yitwaye nabi uyu munsi kurusha indi minsi yose kuva ishuri ryatangira.

Imyitwarire nk'iyi iba urucanteye ku babyeyi. Kandi igenda irushaho kuba mibi uko abana bagenda bakura, kubera ko baba bategerejweho byinshi.

Uko wiringira byinshi, ukifuzza byinshi, ugatekereza byinshi ni ko urushaho kubabara, iyo ibyo wari utegereje bitabaye. Kandi na none, akantu gato gashobora guteza uburakari no gusharirirwa, bitewe n'uko hari ibyagutengushye ntuhangane na byo uwo mwanya mu buryo buri bwo.

### ***Ibyana by'ingunzu byonona inzabibu***

Mudufatire inguzu, bya byana by'ingunzu  
byonona inzabibu... *Indirimbo ya Salomo 2:15*

Akantu gato wari wiringiye ntikabe gashobora kubyutsa ishavu, rishobora gukura rikavamo ikibazo kinini gishobora kuvamo kwangiza ibintu byinshi.

Hirya yo guhura n'ibidutenguha bikomeye nko kubura akazi, kutazamurwa mu ntera, kubura inzu twifuzza, dushobora kubura amahoro no kurakazwa n'utuntu twinshi tutuvangira. Urugero : tekereza ufitanye gahunda n'umuntu yo gusangira nawe saa sita hanyuma ntaze. Cyangwa tekereza ukoze urugendo rudasanze ukajya mu mugi cyangwa mu cyamunara kugura ibintu bamanuye ibiciro, wagerayo ugasanga ibintu byose

babiguze byashize. Cyangwa tekereza wari witeguye kwambara neza ngo ujye mu munsu mukuru. Byagera ku munota wanyuma, ugasanga hari ikizinga ku mwenda wawe.

Utu tuntu mu by'ukuri ni utuntu duto, ariko dushobora guteza akababaro kenshi mu mutima. Niyo mpamvu tugomba kumenya uko twitwara imbere y'utu tubazo ku buryo tutagira icyo tudukoraho. Bitabaye ibyo bishobora kuturenga bikaba ndetse byafata n'indi ntera nini. Noneho nyuma tukazasanga turi imbere y'ikibazo kinini kigoye kubonera umuti.

Reka mbahe urugero: “Tekereza utangiye imirimo y'umunsi wakererewe, ubwo uba wamaze gutangira kubura amahoro. Noneho uri mu nzira, imodoka zikaba nyinshi mu muhanda, zikakubuza kwihuta ugakererwa kurusha uko wabitekerezaga. Noneho waza kugera ku kazi ugasanga hari umuntu uri kukuvuga nabi kubera ko udahari. Ukagenda ukanywa icyayi kugirango ujye mu mwanya wawe, ubashe gutuza, cyose ukacyimenaho, kandi ufitanye inama n'umukoresha wawe, nta gihe cyo guhindura imyenda! Ibyo byose bigenda bisunikana kugeza ubwo wumva ugiye guta umutwe. Ibyo byajya kurangira ukabona ibizami byo kwa muganga wakoresheje bizanye igisubizo utiteguraga kubona kitari cyiza. Hejuru y'ibyo byose umukunzi wawe (Fiancé) akaguterefone agutera ubwoba ko agiye guhagarika ubushuti nawe, kandi mwari mwaramaze kubibwira rubanda rwose!

Ese ubwo wabigenza ute? Wa kwizera cyangwa wasara? Utwo tubazo duto duto utari witeguye, nk'ibyo bibazo byo mu muhanda, byo kunegurwa, n'icyo cyayi cyakumetseho bigutesha umutwe, kuburyo bikumaramo imbaraga zose zo guhangana n'ibibazo nyabyo, aribyo kurwara no gutandukana n'umukunzi.

Ni yo mpamvu tugomba kurinda “ibyana by’ingunzu” kugirango bitonona “inzabibu”. Kubera ko byose hamwe bishobora guteza ibibazo bingana n’uko hari ibyagutengushye, mu buryo bukomeye byaje bikurikiye cyangwa bibanjirije utwo tubazo duto duto.

Tugomba kwiga gukora nk’uko Paul yakoze mu gitabo cy’Ibyakozwe n’Intumwa ubwo inzoka yizingurizaga ku kuboko kwe. We icyo yakoze ni ugukungutira hasi. Ibyakozwe 28:15. Nitumenya guhangana no kwitwara neza imbere y’ibidutenguha, ntabwo bizakura ngo bivemo ibibazo binini byo kudusenyana.



## 5

### **KWISHINGIKIRIZA KURI YESU**

Ibi ndabyibuka ngahinduka umutima; ubwo najyanaga n'abantu benshi, nkabajyana mu nzu y'Imana, tugendana ijwi ry'ibyishimo n'ishimwe, turi iteraniro riziririza umunsi mukuru.

*Zaburi 42:5*

Wowe nanjye tugomba gushyira ibyiringiro byacu mu Mana kubera ko tutazi ikizatubaho ejo. Ibice byinshi byo muri Biblia, urugero mu 1 Bakorinto 10:4, Yesu agereranywa n'urutare. Intumwa Pawulo yarakomeje mu Bakolosayi 2:7 atubwira ko tugomba gushinga no gushorera imizi muri we.

Nta na hamwe Biblia itubwira ngo dushingire kandi dushorere imizi mu bantu, mu kazi kacu, mu matorero yacu, mu nshuti zacu cyangwa muri twe ubwacu.

Imizi yacu nishorera mu rutare ari rwo Yesu Kristo, tuzaba duhagaze neza. Ariko nidushorera mu wundi muntu cyangwa ikintu icyo aricyo cyose tuzaba dufite ibibazo.

Nta muntu n'umwe cyangwa ikintu icyo aricyo cyose gikomeye cyo kwishingikirizaho, kitanyeganyezwa nka Yesu. Niyo mpamvu ntashaka ko abantu bashingira imizi yabo muri jye cyangwa mu murimo w'ivugabutumwa nkora. Ndashaka ko bashingwa kuri Yesu. Nzi neza ko nshobora kubatenguha mu buryo bumwe cyangwa ubundi, kandi nabo bazatenguha. Icyo ni cyo kibazo cyacu twe abana b'abantu, usanga bishoboka ko dushobora guhemukirana. Ariko Yesu siko ari.



Shinga kandi ushorere imizi muri Yesu. Shyira ibyiringiro byawe byose muri we, we udahinduka na rimwe. Ntubishyire mu muntu uwo ari we wese, mu bihe, muri konti yawe, mu kazi kawe cyangwa mu kintu icyo aricyo cyose. Nudashyira ibyiringiro byawe no kwizera kwawe mu Rutare rw'Agakiza kawe, urikururira gutenguhwa. Ibyo bikazatuma ucika intege ndetse bigusenye.

## **Abantu barakosa**

Kwizera umuhemu mu gihe cy'amakuba, Ni  
nk'iryinyo ricitse n'ikirenge gitanye. *Imigani 25:19*

Gushyira ibyiringiro mu mwana w'umuntu uhindukana n'ibihe ni ibibazo, bisa no kugira iryinyo ryamunzwe cyangwa akaguru kavunikiye mu ruringo.

Mu myaka yashize umukobwa wanjye yemeranije n'umuhungu ko bazabana, bambikana impeta z'ubufiyanse, amafaranga arategurwa, n'imyiteguro y'ubukwe iratangira. Nyuma y'uko bamaze kubimenyeshya imiryango, byose byaje gukubitwa hasi n'uko uwo musore yaje kumuca inyuma.

Byari ibintu bibabaje cyane. Byongeye ko uwo mukobwa mwiza, w'igitangaza, w'imicombyiza witeguraga kurongorwa, hari abandi bari baramutengushye mbere y'uwo.

Ariko muri iki gihe yabashije gutsinda Satani. Aho kugirango ateshwe umutwe no kwicira urubanza, yaravuze ati: "Mana ushimwe kuko menye icyo uyu musore ari cyo mbere y'uko tubana, ngo nzicuze bitagishobotse."

Numvise nishimye ku bwe no kubw'ukuntu yitwaye imbere y'icyo kibazo gikomeye atari yiteguye no kuri uko gutenguhwa. N'ubwo yumvaga yishimiye ko bibaye mbere y'uko babana, ariko yari ababaye. Njye na se nk'ababyeyi twamubaye hafi, turamukomeza, tumugira inama, turamusengera.

Byongeye kandi yatangiye kumva amakaseti y'inyigisho zanjye, asoma n'ibitabo nanditse bikomeza abantu bikanabasubizamo ibyiringiro. Yabashije guca muri ibyo bihe by'ibigeragezo bigoye kuko kwizera kwe n'ibyiringiro bye bitari biri mu muntu ufudika ahubwo byari muri Yesu udahemuka. Yakomeje kumutumbira nk'urugero rwiza rwo kwihangana imbere y'ibicantegye n'ibitenguha abantu.

Ibyo nibyo buri wese wo muri twe akeneye kwiga gukora. Ubu yarongowe n'umugabo mwiza cyane, kandi we n'umugabo we turakorana mu muryango wacu w'ivugabutumwa.

### ***Komeza utumbire Yesu***

Ni uko natwe ubwo tugoswe n'igicucu cy'abahamya bangana batyo, twiyambure ibituremerera byose, n'icyaha kibasha kutwizingitiraho vuba, dusiganirwe aho dutegekwa twihanganye dutumbira Yesu wenyine, ariwe banze ryo kwizera kandi ariwe ugusohoza rwose, yihanganiye umusaraba ku bw'ibyishimo byamushyizwe imbere, ntiyita ku isoni za wo yicara iburyo bw'intebe y'Imana. Nuko muzirikane uwo wihanganiye ubwanzi bw'abanyabyaha bukomeye butyo, kugirango mudacogora mukagwa isari mu mitima yanyu.

*Abeheburayo 12:1-3*

Ntabwo bisaba kuba umuntu udasanze kugirango ucogore, uve mu byo wari urimo, hanyuma use nk'urambaraye iruhande rw'inzira y'ubuzima, uvuge ngo: “mbivuyemo”. Umuntu wese, kabone n'utizera yabikora.

Ntabwo bisaba ngo ube uri umukristo, kugirango ube “Mbivuyemo”. Ariko, iyo ufashe kuri Yesu, cyangwa ahubwo we ubwe akaba agufashe, atangira kukongeramo imbaraga n’ubutwari hanyuma ibintu bitangaje kandi by’igitangaza bigatangira kuba. Ntabwo akwemerera “kubivamo”.

Ushobora kuvuga uti “Mwami ndeka, singishaka gukomeza na gato.” Ariko ntazakwemerera “kubivamo” n’iyo wowe waba ubishaka. Nagiye kenshi nshaka kurambika byose ngo mbivemo nigendere. Ariko ubu, buri gitondo ntangira umunsi numva ndi mushya kandi mfite imbaraga nshya. Ntangira umunsi nsenga kandi nsoma Biblia, mvuga amagambo y’Imana, nshaka Imana.

Satani ashobora kuza akanyongorera ati: “Erega ibyo si byo bikugira umukiranutsi, wabikoze imyaka myinshi, none reba icyo byakugejejeho, uracyafite ibibazo!”

Icyo gihe mpita mvuga nti: “ceceka Satani, Biblia ivuga ko ngomba kureba kuri Yesu akambera ikitegererezo. Niwe muyobozi wanjye. Ninawe usohoza kwizera kwanjye.”

Ibyo ni byo umukobwa wanjye yakoze kugirango akomere umutima kandi akomeze urugendo, n’ubwo yari yahuye n’ibibazo. Yashoboraga kureba ku byamubayeho byose akavuga ati: “byongeye bimbaho kandi! – ndongeye ndabenzwe! Byabaye inshuro imwe, ebyiri, none birongeye birabaye bwa gatatu! Ahubwo yakomeje guhanga amaso kuri Yesu.

Uyu munsi wowe nanjye tugomba gufata icyemezo cy’uko icyaba cyose, tuzakomeza tukarwana, tugakomeza, n’ubwo haza ikibazo kimeze gite.

## **Subira mu mwanya waze**

Muhuze umutima, ntimukararikire ibikomeye,  
ahubwo mwemere kubana n'ibyorohye.  
Ntimukiyite abanyabwenge. *Roma 12:16.*

Mu minsi yashize natekerezaga ibyo Imana yakoze mu bugingo bwanjye no mu murimo w'ivugabutumwa nkora. Ni byiza ko nagize akanya ko kubitekereza, ariko ntabwo buri gihe byari byorohye. Hari iminsi myinshi nifuje gushyira byose hasi nkabivamo, nkagenda.

Nababwiye uko iyo numvaga ntentebutse, nciye intege, Umwami yazaga akambwira ati: “Joyisi, iyo uhuye n'ibicanteye n'ibigutenguha, uba ugomba gusubira mu mwanya wawe wambere. Kuko nutagaruka, uzacika intege kandi uko gucika intege bikagusenya”. Niyo mpamvu tugomba kwiga kujyana n'igihe no guhindura imikorere, no guhindura icyerekezo igihe bibaye ngombwa. Ibyo ni byo umukobwa wanjye yakoze, bituma ubuzima bwe buhinduka bushya kandi ntiyaba akiri wa wundi wa kera.

Birumvikana ko bitazoroha iminsi yose. Birorohye gusubira mu mwanya wawe imvura yaguye mwasohokeye mu misozi, kuruta uko wasubira mu mwanya wawe watandukanye n'inshuti. Ariko igisubizo cya byo ni kimwe, n'ubwo ibihe waba urimo byaba bitandukanye.

Tutabashije gusubira mu mwanya wacu wa mbere nyuma yo gutenguhwa, ngo tumenye guhindura imikorere, no gufata icyerekezo gishya, ntabwo dushobora kubona cyangwa ngo turyohere n'ubuzima bw'igitangaza Imana yatugeneye.



## 6

### TEKEREZA KU BY'IMANA

Ntihakagire icyo mwiganyira, ahubwo ibyo mushaka byose bimenywe n'Imana mubisabiye, mubyingingiye, (n'iby'ifuzo bisobanutse) mushima. Ni uko amahoro y'Imana [muzayabona, kuriya kumva umuntu atuje mu mutima muri Kristo no kutagira icyo utinya guturutse ku Mana, no kwishimira icyo ari cyo cyose iguhaye ukiri ku isi, ayo mahoro] ahebuje rwose, ayo umuntu yamenya, azarindire imitima yanyu n'ibyo mwibwira muri Kristo Yesu. *Abafilipi 4:6,7*

Niba udashaka gusenywa n'uko hari ibyagutengushye, ntukabitekerezeho cyane. Ese wari uzi ko uko wiyumva bishingira k'uko utekereza? Niba ushaka kubihinyuza, uzafate iminota nka makumyabiri ntugire ahandi werekeza ibitekerezo, usibye ku bibazo byawe, nyuma y'icyo gihe uko wari wifashe n'uko wiyumvaga bizaba byahindutse. Wenda uzacika intege, urakare, cyangwa wumve ubuze uko wifata. Ariko ibibazo byawe byo ntibizahindukaho na gato.

Ni cyo gituma ushobora kujya mu rusengero, ukaririmba, ukumva inyigisho, hanyuma ugasubira mu rugo wuzuye kugayana, cyangwa umeze nk'uko waturutse yo umeze.

Ibyo biba byatewe n'uko wagiye mu rusengero, aho kugirango ushyire umutima wawe n'umwuka wawe ku Mana, ahubwo ugatwarwa no gutekereza ku bibazo byawe.

## ***Ese usabana na nde?***

Mu numero imwe y'ikinyamakuru cyanjye gisohoka buri kwezi, nabajije abasomyi iki kibazo: “ese usabana n’Imana cyangwa usabana n’ibibazo byawe?”

Impamvu nabajije kiriya kibazo abasomyi b’icyo kinyamakuru, ni uko Imana yari yarakimbajije igitondo kimwe.

Uwo munsu nabyutse ndi gutekereza ku bibazo byanjye. Mu kanya gato Umwuka w’Imana aramvugisha. Numvaga ijwi rye risa n’irindakariye, arambwira ati: “Joyisi, ushaka gusabana nanjye cyangwa ushaka gusabana n’ibibazo byawe?” Hanyuma arambwira ibyo ngiye kukubwira nawe: “ntukibaze cyane ku bya gutengushye.”

Nihagira ibigutenguha, ntukicare, nurangiza ngo utangire kwicira imanza. Kubera ko, uko waba wiyumva kose, ntaho utandukaniye n’abandi. Bijya bidukomerera kenshi na kenshi kuko Satani ajya aza akatwerekako ko ntawundi muntu wigeze ahura n’ibisa nk’ibyo twahuye nabyo. Ibyo si byo.

Igihe kimwe nafashije umukobwa wanjye cyane, kuberako twicaranye nkamubwira ubuzima nanyuzemo mu gihe narimfite imyaka 18 kugeza kuri 23. Nkimutekerereza izo nkuru, yumvise asubijwemo imbaraga mu bugingo.

Nk’umuntu uwo ariwe wese, yari yaragiye ahura n’ibintu byamubabaje, ariko uko imyaka yakuraga, ubuzima bwanjye bwo bwagendaga buba bubi cyane kandi biteye ubwoba.

Nk’urugero, namubwiye uburyo nabaga mu nzu imwe muri Okalendi (Oakland) muri Kariforiniya (California) mu birometero

hafi 5.000 uvuye aho twari dutuye. Aho nta modoka yari ihari, nta televiziyo, nta telefone nta n'uwari unyitayeho. Namubwiye uko najyaga nicara muri iyo nzu nijoro, njiyenyine, nkandika imivugo y'ishavu nk'icira imanza, bwacya nkajya ku kazi. Ndamubwita nti: “shima Imana ko ufite umuryango mwiza, akazi keza, urugo rwiza n'imodoka nziza, kubera ko icyo gihe nje ntabyo narimfite.”

Maze kumuha ubuhamya bwanjye, yumva atangajwe n'uburyo yari abayeho neza, n'ibyiringiro by'ibyiza byari bimuri imbere.

Buri wese ashobora guhitamo atyo. Dushobora gutangazwa n'ibyo dutunze cyangwa dushobora gutunga, cyangwa tugacibwa intege n'uko hari ibyo tudafite.

Ikizwi ni uko niba nta kintu ufite, ntacyo ufite nyine. Kwicara ukifuza ngo iyaba nari mfite ibi n'ibi ntacyo byongera. Dushobora kwifuza ngo iyaba byari hindutse gutya na gutya, ariko nyine ntibihindutse.

Niba dushaka gutsinda gucika intege no gusenyuka mu mutima bitewe n'uko hari ibyo twari twiringiye bitabaye, tugomba kureba uko ikibazo kiri, tugahangana na cyo, uko giteye cyangwa kimeze.

Ikindi tuzi ni uko, uko ububi bw'ikintu bwaba bungana kose, tugomba kumenya ko haba hari amahitamo. Dushobora guhitamo gusabana n'ibibazo byacu cyangwa gusabana n'Imana.

Kabone n'aho twaba twatakaje ibingana bite, cyangwa twumva tumeze nabi gute, tuba tugifite ubushobozi bwo kuyobora ibitekerezo byacu mu muyoboro w'ibishoboka cyangwa w'ibidashoboka.



## ***Ibi abe aribyo mwibwira!***

Ibisigaye benedata, iby’ukuri byose, ibyo kubahwa byose, ibyo gukiranuka byose, ibiboneye byose, iby’igikundiro byose, n’ibishimwa byose, nihaba hariho ingeso nziza, kandi hakabaho ishimwe, abe ari byo mwibwira [mu bihozeho ibitekerezo]. *Abafilipi 4:8*

Umurongo wa 6 n’uwa 7 w’iki gice yatubwiye ngo niba hari ikibazo dufite ntikikadutere ubwoba cyangwa ngo duhagarike umutima, ahubwo tujye tugifata tucyereke Imana mu masengesho.

Duhawe ikizere ko nitubikora dutyo, amahoro y’Imana azaturinda ubwoba, gucika intege, ko azarinda kandi imitima yacu n’ibyo twibwira muri Kristo Yesu.

Ariko, hano mu murongo wa 8 turahabona ikindi tugomba gukora kugirango tubone umunezero, umunezero uruta uwo umuntu yakwibwira, n’amahoro y’Imana. Tugomba kumenya kugenzura ibitekerezo byacu.

Tugomba kuvana ubwenge bwacu ku gutekereza nabi, tukabujyana ku gutekereza neza.

Ngirango urabona ko ikintu cya mbere dusabwa gukora ari ugutekereza, kwibwira iby’ukuri byose. Ibyo ntibivuga ko tugomba gutekereza ku bintu bibi byatubayeho mu gihe cyashize ngo ni uko nyine byabaye. Hari itandukaniro riri hagati “y’iby’ukuri” n’ “ibyabayeho”.

Ibintu byatugezeho, ibyo ni “ibyabayeho” ariko Yesu ni

Ijambo, ni ukuri, kandi aruta ibyabayeho. Reka mbahe urugero nishingikirije ku buzima bw'umwe mu nshuti zacu.

Mu myaka yashize umugabo w'iyi nshuti yacu yitabye Imana ajya kwibanira na yo. Ubu ari mu ijuru, kandi ntazongera kumubona ukundi keretse na we agezeye. Ibyo ni "ibyabayeho".

Ariko ukuri ni uko ubuzima bw'uwasigaye butagiyehe iherezo nk'aho ntacyo bikimumariye kubaho. Umwanzi ashobora kumutekererasha atyo, ariko si ukuri."

Ibyabaye ni uko wa musore wari warambagije uyu mukobwa wanjye yamubeshye, bikamubabaza cyane, ariko ukuri ni uko ubuzima bwe butahagarariye kuri uko guhemukirwa. Ukuri ni uko yari agifite ubuzima bwe bwose imbere ye. Kandi bukaba bwari bwuzuye imigisha.

Ibyabaye ni uko yatakaje umukunzi (fiyanse), ariko ukuri ni uko yari agifite ejo hazaza heza, urugo n'umuryango bya gikristo, imodoka ye, akazi keza, inshuti zimwitaho n'urukundo rw'Imana.

Iki kibazo cyaje bucya akagira gusa isabukuru y'imyaka 19 amaze avutse. Mbega impano yari abonye! Ariko aho kugirango ashavure, arakare yahisemo kugira uburyo bundi bwo gufatamo ibintu n'ikerekezo gishya.

Yaravuze ati: "Ejo nzagira isabukuru y'imyaka 19, jye uko mbyumva, uwo uzaba umunsi wa mbere w'iminsi nshigaje kubaho."

Natangajwe n'uko yabyifashemo, mugurira ka ajenda, ndamubwira nti: "andikamo ibitangaza byose wizeye ko Imana

izagukorera uyu mwaka, hanyuma ku isabukuru yawe tuzabisoma twishimane." Ibyo kandi niko twabikoze. Ibyo ni byo njye nawe tugomba gukora n'ubundi. N'ubwo tutabuza ibidutenguha, ariko dufite ubushobozi bwo guhitamo uko twakwitwara imbere y'ibyo bibazo bidushyikiye.

Dushobora kwemerera ibitekerezo byacu bikaguma kuri ibyo bibazo, kugeza ubwo ducika intege ndetse bikadukomeretsa, cyangwa dushobora guhitamo kwibuka no kuzirikana ibyatubayeho byiza mu buzima bwacu. ndetse tukanizera n'ibyiza bindi Imana itubikiye mu minsi iri imbere.

## 7

### **IBYIRINGIRO NO GUTEGEREZA IBYZA**

[kuko intego niyemeje ari] kugirango mumenye [kugirango mpore ngirana na we ubushuti bwimbitse, ndushaho kumenya, nsobanukirwa, mbona neza ibitangaza by'uko ari, ku buryo bukomeye kandi busobanutse], menye imbaraga zo mu kuzuka kwe [akoreshereza mu bizera] no gufatanya imibabaro ye [no kujya nshushanywa na we mu buryo bw'umwuka] no gupfa kwe. *Abafiripi 3:10*

Muri uyu murongo, Pawulo avuga ko hari ikintu yakoze ntekereza ko twese dukwiriye gukora: yari yarihayeho intego. Wowe nanjye dukwiye kugira intego. Tugomba kugira ibyiringiro n'icyerekezo ndetse n'umugambi mu buzima. Akenshi usanga abantu bagiye bahura n'ibibaca intege cyane, batakaza icyerekezo n'imigambi bya bo. Batinya kugira ikindi kintu cyangwa undi muntu biringira, batinya ko bishobora kutabagendekera neza na none.

Banga cyane agahinda kuzanwa no gutenguhwa ku buryo bahitamo kutagira icyo biringira aho kugirango bazagire ikibakomeretsa. Igiteye agahinda ni uko muri ubu buzima aribo ahubwo bataneshya, baneshwa kubera ko insinzi ituruka gusa ku gutinyuka.

### ***Gukomereka bihembera urwikekwe***

Kugira ngo niba bishoboka ngere ku muzuko

[w'umwuka n'ubugingo, bitume nzamuka]  
w'abapfuye [n'ubwo nkiri mu mubiri].

*Abafilipi 3:11*

Igihe umukobwa ahemukiwe n'abasore yakundaga inshuro ebyiri cyangwa eshatu, abitindaho. Akibwira ati: "Sinzongera kugira undi muhungu nizera ukundi."

Ibyo rero ni byo rwose umwanzi ashaka ko twese dukora. Niba wowe nanjye dufite inshuti zitugusha cyangwa zidusubiza inyuma, Satani ashaka ko tuvuga ngo: "Ndabibonye, nta wundi nzongera kwizera ukundi."

Iyo dukoze dutyo rero tuba turimo gukinira mu biganza by'umwanzi.

Umuntu umwe yigeze kuvuga ati: "Iyo wakomerekejwe uhorana urwikekwe."

Ibyo bishobora kuba ukuri, ariko rero ni kimwe mu nzira umwanzi akoresha mu kuduca intege no kutujyana kure y'itego Imana idufiteho mu buzima. Satani ashaka ko twizera ko buri wese ameze nk'uriya waduhemukiye. Ariko si byo.

Igihe cyose, umwanzi agerageza gufata bike mu byo twanyuzemo bitari byiza akabikoresha mu kutwemeza ko tutagomba kugira umuntu n'umwe twizera mu buzima. Niba warigeze kugira ibikubabaza ntutangire gutekereza ko udashobora kugira n'umwe wizera. Nubikora, uzaba wemereye ngo Satani akwibe imwe mu migisha myinshi ihebuje Imana yakugeneye.

Intumwa Pawulo yari ifite intege, inzozo zo mu mwuka. Yashakaga kugera ahantu icyamubaho icyo aricyo cyose

kitamuhindura, cyangwa ngo gitume atabaho ubuzima bwuzuye, asohoza umugambi w'Imana kuri we. Kugirango agere kuri iyo ntego yagomba gutinyuka. Ntiyagomba rero kwizera Imana gusa, yagombaga no kwizera abandi bantu. Yemeye gutinyuka, yemera no kugira ibyo apfirwa. Wowe nanjye dukwiriye gukora dutyo. Tugomba gukomeza urugendo kabone n'aho umwanzi yashyira ikintu icyo aricyo cyose mu nzira yacu kugirango aduce intege, ducogore, tubivemo. Tugomba gukomeza, kugeza ubwo tuzagera ku cyo twifuza kugeraho.

### ***Hatana ujya imbere***

Si uko maze kuyigeraho (iyo ntego) cyangwa ngo mbe maze gutunganywa rwose, ahubwo ndakurikira ngo ahari mfate (nsingire) icyo Kristo (Mesiya) yamfatiye. Benedata sinibwira yuko maze kugifata ariko kimwe cyo, nibagirwa ibiri inyuma, ngasingira ibiri imbere.

Ndamaranira kugera aho dutanguranwa ngo mpabwe ingororano (zihebuje zo mu ijuru) zo guhamagara kw'Imana muri Kristo Yesu kwavuye mu ijuru. *Abafilipi 3:12-14.*

Mu murongo wa 12, Pawulo aravuga ko n'ubwo ataragera ku ntego, ngo afate icyo Kristo yamufatiye, atacogoye ahubwo akomeje. Hanyuma ku murongo wa 13 arakomeza avuga ko hari ikintu kimwe akora.

Iki kintu kigomba kuba gikomeye kandi ari ingirakamaro cyane kuko cyavuzwe n'umuntu wanditse bibiri bya gatatu by'Isezerano Rishya, abihishuriwe n'Umwuka Wera.

Ese iryo hame ni irihe ryafashije intumwa ikomeye nka Pawulo gukora imirimo nk'iyoyakoze, kandi rigatuma agera ku byo yifuzaga no kuntego ze?

Iri hame ririmo ibice bibiri; igice cya mbere ni ukwibagirwa ibiri inyuma, igice cya kabiri ni ukumaranira kujya imbere kugirango asingire ibimutegereje mu gihe kizaza.

Iri ni isomo rikomeye twese tugomba kwiga. Urugero, tekereza uriya mugore wafushije umugabo we. Iyo tuvuga ko agomba kwibagirwa ibiri inyuma, ntabwo tuba dushaka kuvuga ko yibagirwa rwose umugabo we ntiyongere no kumutekereza. Ahubwo tuba dushaka kuvuga ko ibitekerezo bye bitagombye gutwarwa cyane n'ubuzima bwe bwa kera, kuko byamutera ibibazo, byamutesha umutwe, bigatuma ahora mu buzima bwe bwa kera, aho kugirango amaranire kujya imbere.

Nibutse umugore wo mu itorero ryacu, wafushije umwana w'umuhungu wari ufite imyaka 16 wishwe na kanseri yo mu maraso. Twari twaramusengeye turamwizerera ngo Imana imukize. Ariko siko byagenze, yaje kwitaba Imana. Muri uwo mubabaro n'ako gahinda, Imana yafashije uwo mugore.

Umunsi umwe, imihango yo gushyingura yararangiyeye, uwo mugore yari ari kumesa imyenda, aza kugwa ku ishata y'umuhungu we. Akiyifata mu ntoke, arayigundira cyane maze ararira cyane. Nyuma yaje kuvuga ko yumvise agahinda kenshi gafashe umutima we.

Amaze kugarura ubwenge no kumenya ibyamubayeho, yatangiye kwatura izina rya Yesu. Afata imwe mu mashata y'umuhungu we ashize amanga aravuga, ati: "Satani, ibi ubirebe.

Nzakoresha uyu mwenda nk'igikoresho cyo guhimbaza Imana. Ntabwo nzicwa n'agahinda ahubwo nzagendana amashimwe."

Birasanzwe ko umuntu ababazwa n'ibyamubayeho mu gihe cyashize. Ariko ibi bikaba gusa mu gihe runaka no kubw'impamvu runaka. Byatinda cyangwa byabanguka, tuba dukwiye kwiyambura ako gahinda n'icyo gihombo tukabitera umugongo tugakomeza tukajya imbere.

Iyo Pawulo avuga ngo twibagirwe ibiri inyuma dusingire ibiri imbere, aba ashaka kuvuga intege nke zacu zagaragaye mu buzima twanyuzemo. Ariko, dushobora gukoresha rino hame mu buzima bwacu bwose.

Niba dushaka kugendera mu muhamagaro wacu no mu nshingano twahawe n'Imana muri ubu buzima tugomba kugira intege nka Pawulo, tugahatana tujya imbere, kugirango tuyishyikire.





## IKINTU GISHYA

Ibya kera ntimubyibuke [ntimubitendeho cyane]  
kandi ibyashize mwe kubyitaho. Dore ngiye gukora  
ikintu gishya, ubu ko kigiye kwaduka,  
ntimuzakimenya? *Yesaya 43:18,19*

Iyo twibuka ibyatubayeho, umutego tugomba kwirinda ni ukubireka ngo bitujyane mu gahinda, tuvuga ngo ibi byakagombye kuba byarabayeho, aho kugira ngo dushime Imana kubw'ibiriho dutegerezanye amatsiko ibizaza.

Kugirango ntangize umuryango wanjye w'ivugabutumwa, byansabye kureka akazi nakoraga k'uwungirije Pasitori w'itorero ryanjye. Cyari ikintu kitoroshye gukora. Kandi namaze igihe kinini mvunika kubw'inshuti zanjye zo muri iryo torero twatandukanye, nkanavunwa n'uko hari ibintu twakoranaga ntakibonekamo.

Nagombaga kwibagirwa ibyahise, nyamara ibitekerezo byanjye n'amarangamutima yanjye akagenda abigarukaho cyane. Ariko nyuma naje kubinesha ntangira kwishimira ibiri imbere, ariko na none ku rundi ruhande nkababazwa n'akazi naretse n'inshuti nasize.

Iyo mvune yambuzaga umunezero muri uwo murimo mushya. Cyari igihe kimbujije amahoro. Ariko muri ibyo bihe nigiyemo byinshi bijyanye no kureka ibyahise bikagenda, umuntu agatumbira ibiri imbere.

Kenshi na kenshi Imana yaranyibutsaga ngo: "ugomba

kureka ibyahise bikagenda. Ibyahise ntibikiri ibyawu ubu ndakora ikintu gishya."

## **NDIHO!**

Uwiteka abwira Mose ... Abe ariko uzabwira Abisirayeri uti: "NDIHO! Kandi Imana ibwira Mose iti abe ariko uzabwira Abisirayeri uti UWITEKA, Imana ya basogokuruza banyu, Imana ya Abrahamu, Imana ya Isaka, Imana ya Yakobo yabantumyeho, iryo ni ryo zina ryanjye iteka ryose, urwo ni rwo rwibutso rwanjye ruzahoraho ibihe byose." *Kuva 3:14,15.*

Iyo wowe nanjye duhariye umwanya munini ibyahise, bidushyira mu bibazo. Ni yo mpamvu umwanya ku wundi Umwami Imana atwibutsa, nk'uko yabikoreye Mose n'Abisirayeri, y'uko yitwa "NDIHO", "atitwa "NAHOZEHO".

Tugomba kwibuka ibyiza Imana yadukoreye mu gihe cyashize nk'uko yabikoreye Abrahamu Isaka na Yakobo n'abandi bagabo n'abagore bo kwizerwa bo muri Biblia. Ariko ntabwo tugomba kwibanda gusa ku munezero n'intsinzi byo mu gihe cyashize ngo twibagirwe kunezererwa ibyo Imana irigukora mu gihe turimo, n'ibyo itubikiye mu gihe kiri imbere.

Muri Yohana 8:58 dusoma ngo: "Yesu arababwira ati: 'Ni ukuri ni ukuri ndababwira ko Aburahamu ataravuka NDIHO". Abaheburayo 13:8 haratubwirango: "Yesu Kristo (Mesiya) ntahinduka uko yari ejo n'uyu muni niko ari kandi ni ko azahora iteka ryose." Uku niko kwizera kwacu gukwiye kumera iminsi yose, iteka ryose, ubudasiba, ubudahinduka- n'ubu!

## **Wireba inyuma**

Yesu aramubwira ati: "Nta muntu ufashe isuka ureba inyuma (kubyahise), ukwiriye ubwami bw'Imana."  
*Luka 9:62*

Imana ntabwo ishaka ko tuba mu buzima bw'ibyashize. Iziko n'uwaduha ubushobozi bwo gusubiza ibintu inyuma, tukongera tukarema ibintu uko byari bimeze icyo gihe, bitamera nk'uko byari bimeze. Wari uzi impamvu? Ni uko ibyo byari iby'icyo gihe, ubu tukaba turi muri iki gihe.

Ejo harasshize, haragenda. Hasigaye mu mateka y'ibihe. Ubu ni none. Dufite Imana y'igihe turimo, kuko turiho muri iki gihe kandi tugomba kubaho mu buzima tugezemo. Umunsi wose icyarimwe ukwawo.

Kenshi na kenshi abantu babuzwa umunezero wabo n'uko hari ibintu byigeze kubashimisha mu gihe cyashize, ariko bikaba bitakiriho. Benshi bajya batezwa agahinda n'uko babona hariho Imana yahozeho ariko yigendeye itakibaho. Hari abantu bari kugenda bakonjya, kubera ibihe bigeze kugirana n'Imana ubu bitagihari. Birababaje kuba bitagihari, ariko nyine ntibigihari kandi ntacyo wowe nanjye twabikoraho. Ahubwo tugomba kwiga kubaho muri iki gihe. Imana irimo irakora ubu. Reka twishimire ibyo ikora ubu.

Tugomba gutera umugongo ibyahise tugasingira ibyo Imana iri gukora ubu mu buzima turimo. Imana ishimwe ko dushobora gusingira ibyo Imana itubikiye, ariko hagati aho tugomba gufata isuka yacu tukirinda kureba inyuma kubyahise bidashobora kongera kugaruka.

## ***Dusubire inyuma, cyangwa duhatane tujya imbere?***

Abavuga batyo baba berekana yuko bashaka gakondo (igihugu cya bo). Iyo baba barakumbuye [barihambiriye] iyo bavuyemo, baba barabonye uburyo bwo gusubirayo. Ariko noneho barashaka gakondo irusha icyo gihugu kuba cyiza, ariyo yo mu ijuru ni cyo gituma Imana idakorwa n'isoni zo kwitwa Imana yabo- [Imana ya Aburahamu, Isaka na Yakobo] kuko yabiteguriye Umudugudu.

*Abaheburayo 11:14-16.*

Iki gice kiravuga ku bisarayeli bakuwe mu gihugu cyabo cya gakondo bagaca mu bibazo no mu bihe bigoye kugira ngo bagere muri gakondo nshya. Kivuga ko iyo baba barakumbuye iyo bavuye, baba barabonye uburyo bwo gusubirayo. Ariko noneho barashaka gakondo nshya irusha icyo gihugu kuba cyiza. Gakondo bateguriwe n'Imana. Kubw'ibyo bahatanira kuyigeramo n'ubwo bahura n'ibibatangira n'ibibarushya.

Wowe nanjye tugomba kugira guhitamo nk'uko. Dushobora guhitamo gukumbura gakondo yacu cyangwa tugahitamo kureba imbere dutegereje gusingira umunezero waho.

Iki gice ntikivuga ko tugomba kutibuka na rimwe ibihe byiza twigeze kugira, cyangwa ngo twe kongera kwibuka abacu twakundaga twatandukanye. Ahubwo kiratubwira ko tutari dukwiye gushyira imitima yacu n'ibitekerezo byacu ku byahise iteka.

Kubera ko tubigenje dutyo, twabura ibyo Imana yaduteguriye mu gihe kiri imbere.

Ni yo mpamvu tugomba kugira umuhigo ko tutazapfusha ubuzima bwacu ubusa tureba ku byahise, ahubwo ko tugomba guharanira gusingira ibiri imbere. Ubwo ni bwo butumwa bw'uyu muni, iki ni ikintu dushobora kandi tugomba gukora buri muni tukiriho.

Hari igihe namaze nkoresha iri jambo nk'aho ngomba kwibagirwa amakosa yanjye n'amafuti yanjye nagize. Hanyuma, umunsi umwe nza gusanga nabwo ndimo nihemukira mu gukomeza kugendera no kwishimira gusa intsinzi zanjye za kera.

Niba ikintu kirangiye, tugomba gukurura rido tukagitwikira, hanyuma tugakomeza n'ibindi bishya tutabigereranije byombi. Ntitugomba kugereranya amakosa cyangwa inzitizi y'iki gihe n'amakosa cyangwa intsinzi yo mu gihe cyashize. Nitubigeranya, bizatwinjiza mu gucika intege cyangwa mu kwishyira hejuru.

Tugomba rwose kwishimira ubuzima nk'uko turi kububamo ubu. Dushobora kubigeraho igihe twirinda kugereranya ubuzima cyangwa agace k'ubuzima twanyuzemo n'ubuzima turimo. Niyo mpamvu Imana itubwira muri Yesaya 43:18,19 kutibuka ibyashize cyangwa ngo twite kubyashize. Kubera iki? Kubera ko byagiye, Imana ikaba iremye ibindi bishya. Birimo biraserukana umucyo imbere y'amaso yacu kandi tugomba kubyitegerezanya ubushishozi niba dushaka kubibamo tukabigiriramo umugisha.

### ***Biba urira, usarure mu munezero***

Ababiba barira, bazasura bishima, baririmba.

*Zaburi 126:5*

Ibyatubayeho mu gihe cyahise ntacyo bivuze kandi na none ibitubaho uyu muni si iherezo ry'ubuzima bwacu. Kandi ntitugomba kureka umwanzi ngo abitwemeze.

Umwanzi wacu azagerageza kutwerekana ko twakoze amakosa inshuro nyinshi kandi ko ubu nta garuriro. Ntitugomba kumwumvira ahubwo tugomba kumubwira ngo: "Satani, uri umubeshyi, ukaba na se w'ibinyoma. Uyu ni umunsi mushya ngomba kubona igitangaza."

Impamvu duhora twiteguye ko hari igitangaza kiri bukoreke mu buzima bwacu, ni uko tuba tutazi igihe kiribuzire. Ntabwo tuba tuzi igihe Imana iributugenderere. icyo nicyo gituma ubuzima bukubera igitangaza.

Satani aba ashaka kutubwira ko igihe cyacu kitaragera kandi n'igitangaza cyacu kitazabaho. Ariko nituguma gushinga imizi muri Yesu Kristo, byanze bikunze igihe cyacu kizagera n'igitangaza cyacu kizakoreka.

Ariko tugomba kubyitegura. Tugahashya Satani kugirango ataduca intege, bikatujyana mu kwiheba no kurambika (gukubita) hasi byose. Nituva mubyo twiyemeje, Imana yo nta cyo bizaba biyibwiye, ibyo yatugambiriyeho ntibizashyika.

Ni yo mpamvu Imana ihora ituburira muri Biblia ngo ntitugire ubwoba, cyangwa ngo ducike intege, cyangwa ngo tugamburure.

Kubera ko izi ko n'ubwo "kurira kwararira umuntu nijoro... bwacya impundu zikavuga" Zaburi 30:6.

## ***Imana izasohozwa umurimo wa yo***

Icyo nzi neza rwose ntashidikanya, ni uko  
iyatangiye umurimo mwiza muri mwe izawurangiza  
rwose [uwo murimo mwiza] kugeza ku muni wa  
Yesu Kristo [kugeza kuri wa muni azagarukiraho].

*Abafilipi 1:6*

Imana ntijya itangira ikintu itazarangiza. Ni yo banze ni na  
yo isohozwa. (Abaheburayo 12:2)

Kenshi na kenshi, ikibazo si Imana ahubwo nitwe. Usanga  
tubaswe n'ibyahise, n'ibya kera ntitubashe kwitegereza no kwita  
ku bishya, Imana irimo gukora muri iki gihe turimo ubu. Impamvu  
tutita ku bishya ni uko usanga tukihambiriye ku byashaje uko  
byaba byaragenze kose.

Ibyo Imana yagukoreye ejo ni igitangaza, ariko ifite  
ubushobozi bwo kubigukubira inshuro ebyiri ndetse nyinshi uyu  
muni ndetse n'ejo hazaza. Ikibazo tugomba kwibaza ni iki:  
"Ese ni iki dushaka, ni ibyahise cyangwa ni ibishya?"





## VINO NSHYA MU MIFUKA Y'IMPU MISHYA

Yongera kubacira undi mugani ati: "nta muntu utabura igitambaro ku mwenda mushya ngo akidode ku mwenda ushaje, uwagira atyo yaca wa wundi [wa mwenda] cyadozweho, kandi igitambaro atabuye ku mushya nticyahwana n'ushaje. Kandi nta muntu usuka vino y'umutobe mu mifuka y'impu ishaje. Uwagira atyo, vino y'umutobe yaturitsa [yasandaza] iyo mifuka, vino igasandara hasi, imifuka ikononekara. Ahubwo ibikwiriye ni ugusuka vino y'umutobe mu mifuka mishya." *Luka 5:36-38*

Mu minsi ya vuba Imana yanyunguye ubundi bumenyi bushya ku byerekeranye n'iki gice.

Nakundaga gutekereza ko ibi bikoreshwa gusa ku gakiza gatanga k'ubuntu aho kugira ngo gatange no gukurikiza amategeko. Ariko nabonye ko gishobora gukoreshwa ku buzima bushya (imibereho mishya) n'imitekerereze mishya by'abantu bahindutse koko ibyaremwe bishya muri Kristo Yesu.

Wowe nanjye duhora dushaka kubona ibintu bishya, ariko n'ibyacu bishaje tugashaka kubigundira. Nyamara Yesu atubwira neza ko ibi bidashoboka. Mu kubisobanura neza yakoresheje uyu mugani ko nta watera ikiremo gishya ku mwenda ushaje cyangwa se ngo ashyire vino y'umutobe mu mifuka y'impu ishaje.

## **Umugani w'ubudozi**

Umuntu wese uzi ibyerekeye ubudozi azi neza ko ntawatera ikiremo gishya ku mwenda ushaje. Niba ufite umwenda ushaje wamashwe ukagenda ugabanyurwa ndetse usazishwa no kuwumesa, iyo ugerageje gusana akenge kawuriho ukoresheje ikiremo gishyashya, uko igihe gihita wa mwenda mushya urononekara, ugacika. N'iyi bitagenda gutyo, cya kiremo ntigihwana na wa mwenda washaje kuko kitigeze gishajishwa n'iminsi no kukimesa.

Muri iki gice, Yesu aratwihanangiriza kudafata imibereho mishya ngo tubuvange n'ubuzima, n'imibereho twahozemo cyera kuko bitajyana. Ni nako bitashoboka gushyira vino nshya mu mu mifuka ishaje.

## **Ni iki kirushijeho kuba cyiza?**

Kandi nta muntu wanyoye vino ihiye washaka idahiye, kuko agirango "ihiye niyo nziza".

*Luka 5:39*

Muzi impamvu umuntu avuga ko vino ihiye [ishaje] ariyo nziza kuruta idahiye [nshya]?

Ni kimwe n'uko njye na we duhitamo kwikomereza imibereho ya kera. Kuko iyo ya kera ariyo iduha kwisanzura.

Abenshi muri twe duhitamo ya mibereho ya kera kuruta imishya kuko tuba twarayimenyereye. N'ubwo hari igice cyo muri twe kiba gishaka vino nshya, ibintu bishya, umunsi mushya, imigendere mishya ariko hari ikindi gice cyo muri twe kiba

gishaka kwiboha ku byakera kuko aribyo kenshi na kenshi twumva bitunogeye.

Aho kugendana n'Imana, duhitamo kwigumira aho turi kuko aribyo birushijeho kutworohera.

Kwimuka biragora. Biragoranye kwimuka ugatura mu mugi mushya ukabona incuti nshya, muganga mushya, itorerero rishya, ishuri rishya.

(Rimwe na rimwe birangora kwimura igikoresho kimwe ngo ngishyire mu wundi mwanya!) Igikunze kubaho ni uko twigumira aho turi tukishimira ibyo dufite n'ibyo tuzi.

Ariko icyo twiyibagiza ni uko twe nk'abakristo twahindutse ibyaremwe bishya.

### ***Ibintu byahindutse bishya!***

Umuntu wese iyo ari [iyo ateye nk'ishami] muri Kristo Yesu, aba ari icyaremwe gishya. Ibya kera [imimerere ya kera n'ubuzima bw'umwuka] biba bishize dore byose biba bihindutse bishya.

*2 Abakorinto 5:17*

Wowe nanjye tugomba kumenya neza ko turi ibyaremwe bishya muri Kristo Yesu.

Twahamagariwe imibereho mishya muri we. Ntitugomba rero gutinya ngo dukomeze gutwarwa n'ibyo twagenderagamo kera cyangwa ngo dukomeze tube mu buzima twabagamo cyera kuko ibyo bidatuma twishimira kwakira ibyo Imana itegura kuduha mu mibereho yacu mishya.

Ibyo nabimenye neza ubwo Imana yavuganaga nanjye muri aya magambo: "Joyisi, ntubona ko aha ariho ibanga ryo kuba icyaremwe gishya rishingiye; ko i byakera bishize kandi ko ibintu byose biba byabaye bishya?"

Ibyo ntibiza gusa igihe twemeye kuza ku ruhimbi kwakira Yesu. Ahubwo ni ubuzima bwose buba bugomba guhinduka, n'imyitwarire.

### ***Ibya kera tubisohore, twinjize ibishya!***

Kukw'Imana yatugambiriye ikirusha ho kuba  
cyiza ... *Abaheburayo 11:40*

Ubu wabonye neza ko ibyo ufite ubu bitari kuba ari bibi, iyo ujya kureka kubigereranya n'ibyo wari ufite, wabayemo.

Iyo tugiye kuvuga ubutumwa mu Buhinde, aho ubukene n'imibereho ari bibi cyane, uburyo babayeho biratubabaza cyane, kurusha uko bo bibabaza. Utekereza ko ari iki kibitera? Ntayindi mpamvu ni uko nta bundi buzima bazi bagereranya n'ubwabo. Imibereho tubona abaturage bo mu Buhinde babamo ni yo n'ubundi babayemo igihe kirekire.

Birumvikana, twe tuba twarabaye muri Amerika, ahantu hari ibintu, hakaba n'ibisaguka.

Ni yo mpamvu iyo tugiye mu Buhinde ahantu hose tugera tubona imibereho yaho ari mibi, kuburyo butavugwa ugereraniye n'imibereho yacu myiza dusanzwe tuzi.

Ni iyihe mpamvu yo kubaho umunsi ku wundi ucitse intege, ubuze ibyiringiro kandi ukandamijwe n'imibereho yawe ya cyera kandi itakiriho?

Ntukicare ngo uhe agaciro ibintu byashaje. Ntukibuke ibyarangiye na busa. Ubu byose byarangiye, byasimbuwe n'ibindi bishyashya bibirushijeho kuba byiza, cyane cyane iyo wabisobanukiwe. Haranira gusingira ibiri imbere.

Wakora iki uhuye n'ibigutenguha mu buzima bwawe? Bikujeho kuko ari ko ubuzima bumeze. Bishobora kuba akantu gato cyangwa ikintu kinini.

Bishobora kuba ibintu bidakomeye nko gusohokana n'inshuti imvura ikagwa, cyangwa se bishobora kuba ari ikintu gikomeye nko gutandukana n'uwo mwendaga gushakana.

Ishusho byafata iyo ariyo yose, ibibazo ntibizabura kuza. Igihe bikuremereye nk'urutare ushobora kubireka bikagutsindagira hasi, ugacika intege kandi ugasenyuka, cyangwa se ushobora kubikoresha nk'amabuye yo gukandagiraho wambukiraho kugirango ugere ku bintu byiza byisumbuye.

Nta kuntu ushobora kwicara ngo uhore utekereza ibintu bibi, hanyuma ngo uzagire ubuzima bwiza. Ntibishoboka. Uko wicara ugatekereza ibibazo byawe ni ko urushaho gucika intege kandi iyo ubaye muri ubwo buzima igihe kirekire buraguhenebereza ukazahara, (ukagera ahantu habi utabasha kwikura, mu bibazo bikomeye).

Ariko Imana igufiteye ibintu birushijeho kuba byiza kuruta ibyo!

Uyu muni ukubere mushya. Igihe uhuye n'ibikugora mu buzima, jya uhita ugerageza.

kubyima amaso, ubirebe nk'ibihise maze ugerageze gukomeza urugendo ushize amanga.

Jya wibagirwa ibiri inyuma usingire ibiri imbere.

Ibuka ko Imana irimo gukora ikintu gishya ku buzima bwawe. Ni uko rero ibagirwa ibya kera, maze ubone kwishimira mu buzima bushya Imana yaguteguriye kuva cyera.

## UMWANZURO

Kandi ngo Kristo abe [ature, yime, abe iteka] mu mitima yanyu kubwo kwizera, kugirango ubwo mumaze gushorera imizi mu rukundo, mukaba mushikamye mubashe gukomera mutanyeganyega.

*Abefeso 3:17*

Ndagushishikariza kwitondera aho ushingira kwizera kwawe n'ibyiringiro byawe.

Mu Befeso 3:17 hatubwira gushinga imizi mu rukundo. Tugomba gushorera imizi mu rukundo rw'Umwami wacu Yesu Kristo. Muri we aho kubaka mu bandi bantu, ku bana, ku nshuti zacu, cyangwa se ku kazi dukora, n'ibindi.

Yesu agereranywa n'urutare rudashobora kunyeganyezwa. Niba ushinze imizi ku rutare, ugahura n'utubazo tworoshye uzavuga uti: "Ntacyo bitwaye." Ukomeze ubuzima nk'uko bisanzwe.

Nihaza ibibazo bikomeye, ushobora gukira imvune zo mu mutima bivuye ku Mwami wacu no ku bw'ubushobozi bwe, maze ugakomeza urugendo.

Iyo wubatse ku bindi bintu bitari Imana, wisanga mu bibazo, mu ngorane no mu gusuhuza umutima, kuko nta kindi kintu cyangwa undi muntu uri "Rutare Rutanyeganyega" keretse Yesu wenyine.

Iga guhindura uburyo bw'imikorere no kugendana n'aho ibintu



bigeze, kandi wabishobora. Kuki ugomba kubikora? Ni kubw'inyungu zawe. Bona ko ari iby'igiciro guhindura uburyo bw'imikorere no kumenya kubana n'abantu batandukanye no kuba mu buzima butandukanye.

Ntiwibaze cyane ku byagutengushye wahuye na byo, bireke bigende, maze ureke Imana ikwitaho. Hangana n'ibiguca intege bihingutse, hanyuma umenye gusubiza ibintu mu buryo.

Aho kugirango wibande cyane ku bibazo byawe biguca intege tumbira Imana. Ibwire amasezerano ya yo. Atura Ijambo rya yo, hanyuma uyiyegurire wese, uyegurire n'ibibazo byawe mu masengesho.

Bara ibyo usigaranye ntubare ibyo watakaje. Ibi bituma uba mu mwanya Imana irimo ariwo uyu. Wibuke ko Yesu yavuze ko yitwa "Ndiho" atitwa "Nahozeho" cyangwa "Nzabaho". Ari hano kandi kubwawe muri uyu mwanya. Ubu ushobora gutangira kuryoherwa n'ubuzima!

**IGICE CYA KABIRI**  
**IMIRONGO YO MURI BIBLIA**



## **IMIRONGO YO MURI BIBLIA IFASHA MU KURWANYA GUCIKA INTEGE**

[Mbega, mbega ibiba byarambayeho!] Mba nararabye iyo ntizera ko nzarebera kugira neza k'Uwiteka. Tegereza Uwiteka, komera umutima wawe uhumure, ujye utegereza Uwiteka.

*Zaburi 27:13,14*

Nabonye ibintu [n'abantu] byose bifite aho bigarukira [ubutware ubwo aribwo bwose byaba bifite, ubukire, n'icyubahiro] ariko amategeko yawe ni magari cyane [ni ay'iteka ryose]

*Zaburi 119:96*

Reba abanzi banjye, ni benshi, kandi banyanga urwango rw'inkazi.

*Zaburi 25:19*

Erega nzi ibyo nibwira nzabagirira, ni amahoro, si bibi, kugira ngo mbareme umutima w'ibyo muzabona hanyuma.

*Yeremia 29:11*

Ariko jyeweho nzahoza amaso ku Uwiteka; nzategereza Imana impe agakiza : Imana yanjye izanyumvira.

*Mika 7:7*

Muhuze imitima; ntimukararikire ibikomeye (mudashobora kugeraho, byo mu rwego ruhanitse, bigirwa na bake), ahubwo mwemere kubana [n'abantu, n'ibintu] byoroheje. Ntimukiyite abanyabwenge.

*Abaroma 12:16*

Bakundwa, ntimwihôranire, ahubwo mureke Imana ihôreshe uburakari bwayo, kuko byanditswe ngo “guhôra ni ukwanjye, ni jye uzitura, ni ko Uwituka avuga”. *Abaroma 12:19*

Imana ni iyo kwizerwa, yabahamagariye gufatanya n’Umwana wa yo Yesu Kristo, Umwami wacu. *I Korinto 1:9*

Ariko, nk’uko byanditswe ngo “Ibyo ijisho ritigeze kureba, n’ibyo ugutwi kutigeze kumva, ibitigeze kwinjira mu mutima w’umuntu, [ibyo byose] Imana yabyiteguriye abayikunda [bayiramyaga kuko bayikunze, bayumvira batabajije impamvu, banayishimira ibyiza byose ibaha]. *I Korinto 2:9*

Ariko Imana ishimwe, kuko ihora iturangaje imbere, ikaduha kuneshereza muri Kristo [nk’intwari z’urugamba rwa Kristo], no gukwiza hose impumuro nziza yo kuyimenya. *2 Korinto 2:14*

Twe gucogorera gukora neza, kuko igihe nigisohora, tuzasarura nitutagwa isari. *Galatiya 6:9*

Kuko yagambiriye kuri twe kera (yari yarabigenye, yarabiteguye mu rukundo) ko duhinduka (duhishurwa turi) nk’abana ba yo tubiheshejwe na Yesu Kristo kubw’ineza y’ubushake bwa yo [kuko byari biyinejeje,

yabiyihitiyemo] - [kugirango tuzabe] mu buntu bwa  
yo butagira akagero (ubuntu n'imbabazi)  
bushimwe, ubwo yaduhereye mu mukunzi wayo.

*Abefeso 1:5,6*

Ubu, kubw'uwo (kubera) no [ku gikorwa]  
cy'imbaraga ze zikorera muri twe, abasha  
[kubw'ubushake bwe] gukorera ibiruta cyane ibyo  
[dutinyuka] gusaba, gutekereza [birenze kure  
cyane amasengesho yacu, ibyifuzo, ibitekerezo,  
ibyiringiro n'inzozu zacu].

*Abefeso 3:20*

Ariko mwebweho benedata, ntimugacogore  
gukora neza, [ahubwo mukomeze mukore ibyiza  
mudacika intege].

*2 Tesalonike 3:13*



## **UBUZIMA BW'UMWANDITSI**

Joyce MEYER yabaye umwigisha w'Ijambo ry'Imana guhera 1976. Hanyuma yiyegurira burundu umurimo w'ivugabutumwa guhera 1980. Ni umwanditsi w'ikirangirire wanditse ibitabo by'impuguro birenga 54. Muri byo twavugaga nka “Secret to Exceptional Living”, “The Joy of Believing Prayer”, ... “Battlefield of the Mind.” Yasohoye n'amakasete yo kumva arenga 220 n'andi makaseti yo kureba arenga 90. Inyigisho za Joyisi zo kuri Radiyo na Televiziyo zakoreshejwe mu bihugu byinshi byo ku isi. Azenguruka mu bihugu byinshi yigisha ijambo ry'Imana mu biterane bizwi cyane ku izina “ry'Ubugingo mu Ijambo” [Life in the Word]

Joyce n'umugabo we Dave bafitanye abana bane kandi batuye mu mugi wa Mutagatifu Ludoviko muri Misuri (Amerika).



