

# URUGENDO RW'UMUTANGA-BUZIMA

Gusobanukirwa umutima wa Data wa twese ku  
by'Ubuzima



EDITION 5.1 Kinyarwanda version





# **URUGENDO RW'UMUTANGA-BUZIMA**

Urugendo  
rw'Umutanga-  
Buzima

Edition 5.1 Yasobanuwe mu Kinyarwanda

*Iyi ni gahunda y'amasomo y'Amahugurwa Mpuzamahanga  
Igamije Guha abayobozi ba Gikristo ubumenyi ku kumenya  
agaciro k'ubuzima*



# ***Urugendo rw'Umutanga-Buzima***

## **Edition 5.1 yo mu rurimi rw'I**

*Gahunda y'Amahugurwa*

*Mpuzamahanga Igamije Kugeza*

*Ubumenyei bwo kumenya agaciro*

*k'ubuzima*

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# Uko wakoresha iyi Mfashanyigisho

*Urugendo rw'Umutanga-Buzima rumaze guhindurwa mu ndimi nyinshi hamwe no kwigisha mu bantu bafite imico myinsi itandukanye. Umuryango LIFE International ubona ko ari ngombwa ko iyi mfashanyigisho cyaba igikoresho cyakoreshwa neza muri buri muco hamwe n'imiterere ya buri hantu.*

Muri izi nyigisho zigisha muri iyi mfashanyigisho, hari “Ibihe by’inyigisho zemewe kwigisha mu bihe binyuranye” hamwe “n’Ubundi bufasha mu Mahugurwa” muri iyi mfashanyigisho harimo ubufasha mu ku kwigisha uburyo wigisha hamwe no gufasha abitabiriye amahugurwa binyuze mu biganiro. Hano munsi niho hari ubusobanuro kuri ubwo bufasha:

**Ibihe by’Ibihe by’Amasomo uko byategenyijwe:** Ibi nibyo bihe byagenwe kugirango bikurikizwe muri buri gihe cy’Isomo. Ibi nibyo bihe byemewe buri gihe Isomo mu kwigisha, ibikorwa hamwe n’ibiganiro.

Ujye uzirikana kwibuka ko muri buri somo byateguve hano mu buryo bw’umwihariko, ubwo rero bigomba kuba byigishijw muri buri hagati y’isomo (“Igice cya kabiri kirarangije, ubu dutangiye irya Gatatu.”). Ihererekanya wa ry’amasomo rigomba gukurikirana neza kugirango inyigisho ziri muri iyi mfashanyigisho zumvikane neza ku murongo, ariko hari amasomo amwe asaba ko yigisha mu buryo bw’umwimerere busanzwe akigishwa ku gihe cyayo hakongerwamo n’ibiganiro.

## UBUFASHA MU MAHUGURWA

Utu dusanduka tuboneka hose mu masomo yo muri iyi mfashanyihgisho duherekeje buri kiciro cyamasomo. Ubwo bufasha bugamije kukugufasha muri buri somo wereka uko abitabiriye amahugurwa bahitamo ibibazo bagatangira ibiganiro hagati yabo. Ni kensi hazajya bigufasha kuguha ingeru z’uko ikiganiro cyatangizwa. Ujye wibika kuhagarika amasomo utegereze ibisubizo mu gihe wabajje ibibazo.

**Ibikorwa byo ku Mugerek:** Bumwe muri ubwo “Bufasha bw’Amahugurwa” buvuga ku bikorwa bikorera muri iryo somo. Amabwiriza ari muri ibyo bikorwa asobanuwe neza mu buryo burambuye mu migerekira iri muri buri mpera ya buri gice.

Iyo mfashanyigisho izakubera n’igitabo kikuyobora uburyo bwo kwigisha abitabiriye amahugurwa kinagufashe kumenya uburyo bwo kumenya kwigisha abandi batoza uburyo bwo gukeresha iyi mfashanyigisho. Ujye ugifatiramo note. Ujye wandikamo ibitekerezo wungutse mu gihe uri mu kwigisha amasomo. Hari amapage afite umwanya munini munsi yayo (yanditsweho “Notes”) iki nicyo uwo mwanya umaze. Kubera ko nawe ukigishwa uraza kubona ubushobozzi bwo kwigisha abandi, andika ibitekerezo bituma iki gitabo kiba icyawe wongeremo inkuru zawe bwite hamwe n’ibyo wabonye uzajya usangiza ubuhamba buzima mu banyeshuri bawe ibyo uzajya ubasangiza bizazana ingaruka nziza no gukura bagahinduka no kumenya neza umutima wa Data ku Buzima.







## Imbonerahamwe hamwe

### n'Intangiriro

*Muri iri somo ba nyir'ubwite, abayobozi, hamwe n'abitabiriye amahugurwa barabona amahirwe yo guhura baganire ku gikorwa cyo gusenga barimo gukora ubu, bongere baganire ku mahirwe yo kuba bakora igikorwa cyo gusenga amasengesho yo kwingga mbere yo gutangira hamwe no mu gihe cyo gutangira aya mahugurwa y'Urugendo rw'Umutanga-Buzima.*

**Igihe cyemewe muri iri somo ni:** Iminota 60

#### **Muri iri somo abitabiriye amahugurwa barakora ibi bikurikira:**

- Baraza kwibwirana mu matsinda yabo barimo hamwe no gutanga ubusobanuro mu ncamake ku bikorwa byabo byo gusenga, bisengera hamwe no gusengera abo bari kumwe mu itsinda.
- Baraza gushakisha intego bazanye mu kwitabira amahugurwa mbere y'Igikorwa cyo gusenga.
- Baraza gusobanukirwa neza uburyo inkuru y'ubuhanya bw'urugendo banyuzemo bushobora gukoreshwa mu gusohoza umugambi w'Imana.

#### **Intangiriro**

Turi mu bihe no mu minsi aho ubuzima bwa kiremwa muntu cyateshejwe agaciro kandi icyaha cyo gukuramo inda kikaba kikataje mu kurimbura amahanga. Muri buri tsinda ry'abantu, uhoreye ku muntu utaravuka ukagera k'ushaje, turiho turabona irimbura no gutesha agaciro ubuzima bw'abaremwe mu ishusho y'Imanawe. Igiteye agahinda cyane ni ukuri ko no mw'Itororero bisigaye bihaboneka nk'uko biri mu isi isanzwe.

Irimburwa ry'ubuzima bw'abantu rishenjagura umutima wa Data wacu wo mu ijuru, ariko Umwuka w'Imana usigaye ukangura Itororero kugaruka mu gikorwa cyo kubaha ubuzima bwa kiremwa muntu hamwe no kwica nkana uburenganzira bwo kubaho mu bo yaremye mu ishusho Ye. Kubabarirwa hamwe no guzungurwa birahari mu isi yose binyuze mu maraso ya Yesu yamentse, kandi Imana iradutumiye ngo tuyisange muri uyu murimo wo guzungurwa! Imana iri mu gikorwa cyo guzungura, gukiza, hamwe no no gusana imitima hamwe n'ubuzima bwakomerekejwe no gukuramo inda, kandi natwe tubasha kumwiyungaho muri uyu murimo wo gutanga ubuzima.

#### **Urugendo rw'Umutanga-Buzima Umuhate wo Guhugurwa**

*Urugendo rw'Umutanga-Buzima ni gahunda mpuzamahanga igamije guhugura hamwe no gutanga ubushobozi mu bayobozi kugirango bongere guha agaciro ubuzima bwa kiremwa muntu. Iyi gahunda ishingiye kuri Bibiliya kandi ikaba ishobora kwakirwa mu turere twose two mw'isi.*

#### **Amasengesho Mbere yo kugira umuhate wo gukora**

*"Maze abantu banje bitiriwe izina rynje nibicisha bugufi bagasenga bamashaka mu maso hanje bagahinduka bakareka ingeso zabo mbi nanje nzumva ndi mu ijuru mbababarire igicumuro cyabo, mbakirize ighugu." (2 Ngoma 7:14)*

Icyangombwa gikenewe cyane kugirango Urugendo rw'Umutanga Buzima rube urw'amahirwe, nuko haba igikorwa cy'urufatiro rwo gusengera igikorwa cy'amahugurwaa. Ayo masengesho agakorwa byibuze mbere y'iminsi 30 mbere yuko ayo mahugurwa y'urugendo rw'Umutanga-Buzima atangira, **Amasengesho ya mbere y'amahugurwa** agomba gutegurwa abazaza muri ayo mahugurwa bagasengera ayo mahugurwa agiye kuba, hamwe no kwemeranya n'ubushake bw'Imana mu gikorwa cyo gutanga ubuzima muri ako karere.

Amasengesho, kwinginga hamwe no kuramya nizo ntwaro z'Umwuka Imana yahaye Itorero kugirango zibashe no guhangana n'uburiganya hamwe n'imigamzi y'umwanzi uhora ashaka kwangiriza umurimo w'Imana (Abefeso 6:10-20). Urugendo rw'Umutanga Buzima rutegeurwa no gusenga akabona kwakira ukuri kwa Bibiliya ku gaciro k'ubuzima bw'umuntu.

Muri Luka 3:4-6 yubona Yohana Umubatiza ategurira Umwami Yesu inzirawe. Mu buryo bumeze nk'ubwo, Umuhate wo gusenga mbere y'amahugurwa ategura inzira—binyuze mu gusenga—kugirangi Ijambo ry'Imana ry'ukuri rihishurirwe mu mitima yacu abantu b'Imana kugirango impinduka ibashe kubaho.

### Inama ku buryo bwo gutegura kwicaramo:

Kugirango habe ibihe byiza by'ibiganiro hagati yabitabiriye amahugurwa n'abayobozi/banyr'ubwite, Abakoze igikorwa cy'amasengesho yo gutegura bose bagomba kwicara bakoze uruziga bishobotse. Mu gihe aho ayo mahugurwa mu matsinda akorewe ahantu hato bigatuma bigorana, ikiba kigamijwe ni uko abaitabiriye amahugurwa bagomba kwicara barebana, bakirinda kuba ku murongo aho umuntu areba inyuma y'umutwe wa mugenzi we.

### Umwitoto:

1. Banyiri ubwite/abayobozi batangira bibwira abagize itsinda, bagatanga amakuru yabo mu ncamake: izina, ighigu atuyemo (niba aturuka mu kindi gihugu kitari icyo amahugurwa ari kuberamo), uko yitabira amasengesho.
2. Saba abitabiriye amahugurwa bibwirane, u itsinda, batange amakuru nkayo abayobozi batanze.
3. Saba abitabiriye basubize ibisubizo bikurikira kugirango hgwe uburyo igikorwa c'amasengesho ari bukorwe mu matorero no mu karere amahugurwa ari gukorerwamo:
  - Ni ibiki muzanzwe musengera? Muyoborwa mute musenga?
  - Musengera iki? Ni iki mwibwira ko kiri bukorwe n'amasengesho?
  - Ibyanditswe bigira ruhare ki mu gikorwa cyo gusenga kwanyu?
4. Mwige ku bisubizo bitandukanye by'ibyo bibazo muri mu itsinda. Wibuke ko nta bisubizo “nyabyo”; Iki kiganiro kigamije gushyiraho urufatiro rw'igikorwa cyo gusenga.

### Intego z'amasengesho ya mbere y'umuhate

Kwiga uburyo bwo gusenga (“1. Kunamisha umutwe wawe. 2. Guhumiriza amaso yawe. 3. Gupfukama.” N’ibindi.) iibi *ntabwo* ari byo ntego z’amasengesho ya mbere y’umuhate. Intego yacu nyamukuru ni ukumenya neza **impamvu** tugomba gusengera amahugurwa ku *Rugendo rw'Utanga Ubuzima* ari imbere yacu, hamwe no kumenyera hamwe icyo tugomba gusengera ku bijyanye n’amahugurwa agiye kuba.

Imana yazamuye mu nzego abitabira aya mahugurwa y’ *Urugendo rw'Abatanga Ubuzima* bahabwa imyanya y’ububasha n’ubuyobozi, hamwe no guhabwa umuhamagaro wo ku rwego ruhanitse kugirango barengere agaciro kubuzima bw’abantu. Mu gihe wowe waje kwitabira aya masengesho ya mbere y’umugate nawe ushobora kwifatanya ukinjira muri uyu muhamagaro, intego y’aya masengesho ya mbere y’umuhate ni uguha ubushobozu hamwe no gutuma mu butumwa itsinda ry’abinginzi bahagarariye abitabiriye amahugurwa bose bahuguwe mu nyigisho z’Urugendo *rw'Umutanga-Buzima*, hamwe no gusengera igikorwa nyirizina.

Mu gusatira umuzozo abitabiriye Amasengesho ya Mbere y’Umuhate, bazaba bageze ku bintu bikurikira:

1. Bazaba bamenye akamaro hamwe no kuba ari ngombwa gusenga amasengesho yo kwinginga nk’igikorwa kibanziriza amahugurwa y’Urugendo rw’Umutanga-Buzima.
2. Bazaba bamaze guhabwa inyigisho zigaragaza agaciro k’ubuzima bw’umuntu.
3. Bazaba bamaze gufata neza iyerekwa kandi batumwe bajye kwindingira amahugurwa mu gihe arimo kuba na nyuma yayo.
4. Baba bashyizeho gahunda y’igenamigambi ku buryo bazajya basenga, kandi batangire gusenga bari kumwe.
5. Bazaba bamenye ibi bikurikira:
  - a. Urufatiro rw’ubuzima muri Bibiliya

- b. Uburyo bunyuranye bwo kubungabunga ubuzima bwateshejwe agaciro ku isi yose hamwe naho batuye, harimo no gukuramo inda
  - c. Bazaba bize neza ibiri mu nyigisho y'Urugendo rw'Umutanga-buzima
6. Bazaba bahawe amahirwe yo kumva impinduka mu buzima bwabo bwite.



Guhabwa ubumenyi hamwe n'uburezi ni ikintu cy'agaciro kenshi mu guha ubushobozzi abanyamasengesho yo kwindinga bakabona uko bakora neza ibijyanye n'umuhamagaro wabo bahawe n'Imana ngo bakore uruhare rwabo rwokuba abasare muri bose.

Amasengesho yawe agomba kurushaho kuba afite intumbero, kandi umutima wawe ukaba ushishikarije no guhora ugaruka muri icyo gikorwa cy'amasengesho kubera kumenya ibyifuzo bikuri imbere. Iyi niyo mpamvu amashengesho azajya yibanda ku gusengera ibibazo bireba ighilugu cyawe, hamwe no gukora igenamigambi hamwe no gufata ingamba zo gukomeza amasengesho y'ambere y'umuhate kugena imigambi hamwe no gufata ingamba zihameye zo gukomeza umuhate wawe wo gusenga amasengesho abanziriza igikorwa cy'amahugurwa y'*Urugendo rw'umutanga-buzima*. Watumiwe kugira uruhare muri iki gikorwa cyo gusenga amasengesho abanziriza Umuhate wo gusenga Abanziriza kuko wagaragaye nk'umuntu ubishishikariye kandi ubiyizera, kandi ubigaragaza mu migendere ya buri munsi, ari rwo mbaraga zo gusenga. Umuhate w'amasengesho Abanziriza ni amahirwe agenewe abinginzi buhuje ibitekerezo biteguye ku zagera ku musaruro mwiza uzava mu masengesho.

## Buri muyoboke wa Kristo ari mu Rugendo

Iyi mfasha-nyigisho yitiriwe Urugendo *rw'Umutanga-Buzima* kubera igice cyihariye cy'ubutumwa bwiza mu rugendo rw'umuyobozzi aba afite rukamugeza ku rwego rwo kumenya ikiri ku mutima w'Imana ku bijyanye n'ubuzima bw'ikiremw-muntu, hamwe no kwiga uburyo yasangira ibiri ku mutima we n'abandi bizera. Bri muntu afite aho ageze muri uru rugendo, ariko mu gihe aya mahugurwa y'*Urugendo rw'Umutanga-Buzima* ategurwa, umusangwa muri aya mahugurwa aba yaramaze kumenya bihagije hamwe no kumenya agaciro ko guhuriza hamwe abayobozi bo muri ako karere kugirango bahabwe ubushobozzi bwo gukora umurimo w'Imana wo gutanga Ubuzima mu karere no mu bihugu byabo.

Ariko, uru rugendo ntabwo rwahariwe Abapasitori n'Abayobozi gusa! Buri muyoboke wa Kristo yagombye kuyoborwa n'Umwuka w'Imana kwifatanya muri iki gikorwa cyihariye cyo gutanga Ubuzima. (Na wa wundi ukiri mushya mu bizera-yagombye kwitaba umuhamagaro w'Imana akayegurira ubuzima bwe.) Nk'abizera bakuze, twagombye kwiga gusuzuma ijwi ry'Umwuka Wera w'Imana, bagashobora kurushaho kumenya aho Imana ibayobora, icyo bagomba gukora, hari n'ubwo Imana *Ibahatira* igikorwa bagomba gukora nk'intambwe ikurikiraho mu ngendo zabo bwite.

## Umwitoto:

1. Umuwangwa w'Amasengesho y'Umuhate wa Mbere yo gutangiza amahugurwa ashobora gufata iminota cumi asangiza abitabiriye ubuhamya bw'urugendo rwe azirikana kwibanda ku gaciro k'Ubuzima bw'Umuntu hamwe nahoh buhurira n'ubutumwa bwiza.

*Icyitonderwa: Ubu buhamya ntabwo bivuze ko bugomba kuba burimo inkuru y'uko umusangwa yaje kwakira agakiza, ariko bugomba kuba burimo igihe nyirizina aho Imana yamuhishuriye agaciro k'ubuzima bw'ikiremwu muntu.*

2. Umuwangwa agomba gusubiza ibi bibazo ari mw'itsinda:
  - N'iki Imana yagushize ku mutima?
  - Ni hehe watangiriye mbere y'uko uyoborwa n'Umwuka ujya gufata iyi ntambwe y'ingenzi?
  - Ni kuki kwakira aya mahugurwa y'*Urugendo rw'Umutanga-Buzima* ari ay'ingenzi kuri wowe? Ni iki utekereza ko uzageraho mu karere kanyu?

Uburyo bwakorohera mu gutuma "umucyo wawe umurikira abandi" ni ukubabwira inkuru y'urugendo rwawe.

Izere ko Uwiteka azakoresha inkuru yawe kukugeza ku mugambi wayo mu buzima bw'abandi bantu, kandi ashobora kuzakwigisha ikintu gishya mu gihe uzaba urimo gutanga iyo nkuru! Hari ubwo byakorohera kumva ko inkuru z'abandi “*ziruta*” iyawe: *ziyiruta* gukora ku mutima, *ziyiruta* kwemeza, *ziyiruta* kugaragaza agakiza, *ziyiruta* gusubizamo imbaraga. Ariko uko si ko kuri. Inkuru yawe *ifite umwihariko* mu gukora ku mutima hamwe no kwemeza. Kandi inkuru yose iba irimo no guhura na Yesu iba irimo imbaraga zo gucungura hamwe no gukomeza abandi, kubera ko buri muntu muri twe yarazamuwe akurwa mu isayo n'ibyondo kugirango duhagarare ku rutare rukomeye (Zabuli 40)!

## Agaciro k'Ubuzima bw'Ikiremwa Muntu

*Muri iri somo, tugiye kwiga ku kuri ko umuntu ari umwihariko mu byaremwe byose kuko abagabo n'abagore baremwe mu ishusho y'Imana. Ubuzima bw'ikiremwa muntu cyose bufite agaciro burareshy, buraringaniye kandi bufite igiciro kimwe kinini kitagira ingano uhereye ku gusamwa ukagera ku gupfa bisanzwe, kubera ko abantu baremwe mu ishusho y'Imana.*

Igihe cyemewe muri iri somo ni: Iminota 60

### Muri iri Somo abitabiriye amahugurwa baraza:

1. Kwiga icyo Bibiliya ivuga ku gaciro k'ubuzima bw'abantu.
2. Gusobanura impamvu ubuzima bw'abantu ari ubw'agaciro.
3. Kumenya ko buri kiremwa-muntu—igitsina-gabo cyangwa igitsina-gore—byombi binganya agaciro mu maso y'Imana.

### Umwitoto

1. Abantu kubagabanyamo amatsinda atanu angana.
2. Buri tsinda risome igice cy'ibyanditswe kirigenewe kandi rikiganireho banavuge uko batekereza ku byo Imana ibigishije muri ibyo byanditswe ku bijyanye no kukurema hamwe n'agaciro k'ubuzima bw'ikiremwa-muntu.
  - **Itangiriro 1:27:** “Imana irema umuntu ngo agire ishusho yayo, afite ishusho y'Imana niko yamuremye, umugabo n'umugore niko yabaremye.”
  - **Zabuli 139:13-16** “Kuko ari wowe waremye ingingo zanje; wanteranyirije munda ya mama. Ndagushimira yuko naremwe uburyo buteye ubwoba butangaza, imirimo wakoze nibitangaza, Ibyo umutima wanje urabizi neza. Igikanka nti wagihishwe, ubwo naremerwaga mu rwhisho, ubwo naremeresherezwaga ubwenge mu byo hasi y'isi. Nkiri urusoro amaso yawe yarandebaga, mu gitabo cyawe handitswemo iminsi yanje yose.”
  - **Yeremiya 1:5** “Nakumunye ntarakurema munda ya nyoko kandi nakwejeje utaravuka.”
  - **Itangiriro 9:7** “Namwe mwororoke mugwire, mubyarire cyane mu isi, mugwiremo.”
  - **Yohana 3:16-17** “Kuko Imana yakunze abari mu isi cyane, byatumye itanga Umwana wayo w'ikinege, kugira ngo umwizera wese atarimbuka, ahubwo ahabwe ubugingo budashira. Kuko Imana itatumye Umwana wayo mu isi guciria abari mu isi ho iteka, ahubwo yabikoreye kugirango abari mu isi bakizwe nawe.”
3. Tanga inshingano uzihe umwe mu bagize itsinda yandike ingingo baganiriye mu kiganiro cyabo.
4. Mugaruke hamwe mw'itsinda rimwe, usabe buri mwanditsi w'itsinda asangize itsinda rigari ibyo baganiriyeho.

### Intangiriro

Bibiliya itwigisha ko Imana yaremye umuntu mu ishusho y'Imana: “Nuko Imana yaremye umuntu mu ishusho yayo; umugabo n'umugore Imana yabaremye mu ishusho yayo; umugabo n'umugore niwe wabaremye” (Itangiriro 1:26-27). Uku ni ukuri shingiro kandi ni rwo rufatiro dushingiraho tuvugira no kurinda ubuzima bw'abantu mu nzego zose. **Ubuzima bw'umuntu—bw'umugabo n'umugore—bombe bafite agaciro kareshya kandi katagira ingano, uhereye ku gusamwa kwabo ukageza aho bazapfira urupfu rusanzwe, kuko abantu baremwe mu ishusho y'Imana.**

“Uwiteka Imana irema umuntu mu mukungugu wo hasi, imuhumekera mu mazuru umwuka w'ubugingoumuntu ahinduka ubugingo buzima.” (Itangiriro 2:7). Umuntu ntasanzwe kuko Imana yamuhumekeyemo ubugingo—*ibi siko byabaye ku bindi biremwa bizima*. Umuntu yararobanuwe mu zindi nyamaswa kubera umwuka twahumekewemo hamwe no kubera ko twebwe dufite ubwenge, kandi byose twabihawenye n'Imana.

Abagabo n'Abagore ni abanyabwenge, bagira amarangamutima, kandi ni ibiremwa by'ibinyamwuka kandi bizahoraho ubuzira herezo; ibyo byose bituranga biragaragaza imiterere y'Imana iba muri twe abantu aribyo: urukundo, kuba abizerwa, ubutabera, gukiranuka, kwihangana, ubugwaneza, gucabugufi, ibambe, imbabazi, n'ubuntu.



Bibiliya ivuga yeruye ku buryo Imana ariyo isumba ibyo yaremye byose, ibi nibyo bituma Imana igira ubudasanzwe bwihariye ku bantu—*abagabo n'abagore*—kuko ari twe byaremwe byaremwe mu ishusho y'Imana. (Uyu mwihariko ntawo wihamiwe n'abayoboke ba Kristo bonyine, ariko busangiwe na buri muntu uri mu biremwa nyoko-muntu bose.) Imana yaturemye ifite umugambi kuri buri muntu muri twe (Zabuli 100:3, Zabuli 139:13-16a), kandi idufiteho umugambi uhereye ku gusamwa kwacu—uru nirwo rwego twangiriye kubaho (Yeremiyah 1:4-5).

## Umwitoto

1. Kora amatsinda mato agizwe n'abantu 3-5 muri buri tsinda.
2. Tanga ishingano kuri umwe muri bo zo kwandika ingingo z'ingenzi z'ibyo bizeho mu biganiro byo mw'itsinda ryabo.
3. Saba buri tsinda kuganira ku bisubizo babonye mu biganiro byabo ku bibazo bikurikira:
  - Musobanura mute *agaciro k'ubuzima bw'umuntu?* Mwandike ubusobanuro bwanyu.
  - Agaciro k'ubuzima bw'umuntu kahungabanya gute aho mu ntara cyangwa mu gihugu cyanyu?
  - Ni iki cyakozwe guhangana nibyo bibazo?
  - Ni iki uvuga ku cyagombaga kuba uruhare rw'umubiri wa Kristo mu guhashya ibyo bibazo byo kuhungabanya?
  - Ese haba hari ihungabanya ry'ubuzima bw'abantu riri hanze y'inshingano z'Itorero kwita kuri iki kibazo?
4. Musubire mu itsinda riri hamwe usabe umwanditsi wa buri tsinda asangize itsinda ryose hamwe ibyo bizeho mu matsinda mato yabo.

## Buri muntu anganya n'undi agaciro

Agaciro kacu imbere y'Imana ni kamwe nubwo twaba dutandukanye ku bitsina, imyaka tumaze, ibara ry'uruhi, amateka yacu, ururimi tuvuga, idini turimo, twaba abakene cyangwa abakire, ighugu tubamo, urwego rw'ubwenge dufite, ibyiciro by'ubudehe turimo cyangwa ibindi bintu byose. Buri muntu wese yaremye mu ishusho y'Imana kubera iyo mpamvu akwiriye kubawa, agafatwa neza mu cyubahiro, agahabwa umutekano, agatungwa neza, akagaburirwa, hamwe no kumwitaho akagira iterambere—ntawo ari uwo gusuzugurwa, kwirengagiza, guteshwa agaciro, guhezwa, gukurwaho, gutabwa, cyangwa kwicwa.

Buri buzima bw'umuntu bufite agaciro uhereye mu gihe cyo gusamwa, kandi agaciro kacu karakomeza kugera mu gihe cyose tukiri bazima. Igikorwa cyose cy'urugomo kigamije gukorera abanyantege nke, abamugaye, cyangwa abashaje byose bibabaza Imana nk'igikorwa cyo cy'urugomo cyakorera umwana ukiri munda ya nyina.

Abagabo n'abagore bose bafite ishusho y'Imana, nuko rero abagabo n'abagore bagomba guhabwa icyubahiro nagaciro bibakwiriye. *Umugabo* yaremye mu ishusho y'Imana, nundi nawe ni *umugore* waremye mu ishusho y'Imana. Nubwo abagore nabagabo bafite uruhare rudasa mu muryango, bakagira inzego z'imbaraga z'umubiri zidasa bakaba badahuje n'imbaraga zo gutekereza mu bintu byinshi, *bonmbi basangkiye kuba bafite ishusho y'Imana, icyo kigatuma banganya agaciro*.

Ukuri guteye isoni ni uko mu bihugu bimwe bagira umuco n'imigenzo igaragaza ko abagabo barusha abagore agaciro bakabaha agaciro kari munsi y'ako baha umugabo. Iyo ufashe umugore ukamuha agaciro kari munsi y'ak'umugabo ni uguzugura umuntu waremye mu ishusho y'Imana. Abagabo b'abakristo cyane cyane mu bihugu aho abagabo batakaje ububasha hamwe n'ubutware, bagombye gufata iyambere mu buryo bwo kwerekana uburyo bwiza bwo gufatamo abagore neza bakabereka ko abagabo bareshya n'abagore babo—ibyo ni ukuvuga ko ubushake bw'Imana ari ugufata abagore neza tubaha icyubahiro, tubafata mu buryo bwo kububaha.

# Umurima w'Iyogezabutumwa wabonetse kubera gukuramo inda

*Gukuramo inda birahari kandi birakorwa hafi muribihugu byose mw'isi, kandi ubu hari umubare w'abana bagera kuri milliyoni 56 z'abana bataravuka bakurwamo ku isi yose buri mwaka. Nubwo gukuramo inda bigaragara ko ari cyo gikorwa cy'urugomo kitesha agaciro kubuzima bw'ikiremwa muntu, hari n'ubundi buryo bwinshi busigaye bukorwa mu gutesha agaciro ubuzima bw'ikiremwa muntu. Muri iri somo, abaryitabiriye baraza kuganira kuri iki kibazo cyakwiriye ku isi yose cyo gukuramo inda, baraza kwiga no ku bundi buryo busigaye bukoreshwa mu gutesha agaciro ubuzima bwa kiremwa muntu mu turere no mu bihugu byabo.*

**Igihe cyemewe muri iri somo ni:** Iminota 60

## Muri iri somo abaryitabiriye:

- Baramenya ko gukuramo inda ari icyaha ku Mana no ku mwana utaravuka wakuwemo.
- Baramenya uburyo gukuramo inda biganisha ku kongera gutesha agaciro no kurimbura kugamije kusibanganya ubuzima bw'abantu.
- Barasobanukirwa igisubizo bibiliya itanga ku kibazo cyo gukuramo inda.

## UBUFASHA MU KUHUGURA

- Muri iki gice, bashishikarize gukora ibiganiro basuzumire mu matsinda yabo ibisubizo kibibazo bamaze kwigaho: “Agaciro k’ubuzima bw’umuntu kahungabanya gute aho mu ntara cyangwa mu gihugu cyany?” Uhe itsinda amahirwe yo kongeramo ibindi bitekerezo bungutse niba hari ibindi bikorwa babonye bihungabanya agaciro kubuzima b’abantu bitavuzeho.

## Intangiriro

Muri Yohana 10:10, Yesu yavuze ngo, “Umujura ntazanwa n’ikindi keretse kwiba no kwica no kurimbura.” Uku ni ukuri kwo mu mwuka kwihihe inyuma mu buryo bwinshi mu bantu ku buryo abantu bateshejwe agaciro mu isi: binyuze mu kubagira abacakara, imbata, kubagiriranabi, kubakubita, hamwe no kubica, iki nicyo cyaha gikomeye cyoretse imbaga y’ubuzima bw’abantu ku isi buri mwaka. Amagana y’ibihumbi by’abantu bahora bicwa ku isi yose ku isi buri mwaka. Isi ntabwo yigeze kubona akaga ko kwicwa no kurimbura ubuzima bw’abantu mu kinyejana turangije (kandi ntago biraboneka mu mateka y’abantu) ingaruka za genoside: kurimburwa kw’imbaga y’abantu, akenshi bagera kuri milliyoni, z’abantu.

Hari imibare yagaragajwe kandi ikaba yarabaye ingirakamaro mu kwereka neza ubwinshi bw’ubuzima bwatakajwe turimo kuvugaho...

## UBUFASHA MU KWIGISHA

1. Koresha igikoresho cy'icyuma (nk'isafuriya, ibikombe binini, indobo, cyangwa igisorori) hamwe n'duhurunguru tw'utwuma duto twinshi tugera kuri 6,000 (cyangwa utubuye duto, cyangwa ibishimbo byumye\*). Ibitandukanye mu bikombe bitanu, buri gikombe ushyiremo imibare ikurikira:
  - Ibishyimbo 12bihagarariye Ubuzima bw'abantu miliyon (1,174,000: genoside yakorewe abatutsi mu Rwanda)
  - Ibishyimbo 20bihagarariye Ubuzima bw'abantu miliyon (2,000,000: genoside yakorewe muri Cambodia)
  - Ibishyimbo 130bihagarariye Ubuzima bw'abantu miliyon (13,000,000 : ubwicanyi bwakorewe ahitwa Shoah)
  - Ibishyimbo 200bihagarariye Ubuzima bw'abantu miliyon (20,000,000: ubwicanyi bakozwe n'ingoma ya Stalin)
  - Ibishyimbo 5,600bihagarariye Ubuzima bw'abantu miliyon 5,600 (560,000,000: inda zakurwemo ku isi yose mu myaka 10 ishize)
2. Ibyo bishimbo bigomba guhishwa kugirango bitarangaza abantu.
3. Tangira uvuga uti: "Ngiye kubereka mu ncamake aho ikibazo cyo gukuramo inda kigeze kirusha ibindi byose ubukana bwo guhitana abo Imana yaremye mu ishuhsyo yayo."
4. Saba abitabiriye amahugurwa bahumurize ariko bumvirize gusa.
5. Babwire uti: "Ijwi mwumva rya buri gishimbo kigwa muri iyi bakure rihagarariye ubuzima bw'abantu babubuze ibihumbi ijana 100,000." Jugunya igishimbo kimwe muri cya gisorori cyangwa ikindi gikoresho wabonye.
6. Babwire uti: "Ubu nibwo buzima twabuze mu gihe cya jenoside yakorewe abatutsi mu gihugu cy'Afurika mu Rwanda mu mwaka wa 1994." Suka ibishimbo 12 muri cya gisarori.
7. Babwire uti: "Ubu nibwo buzima bwatakajwe mu gihe cya jenoside yabereye mu gihugu cyo ku mugabane wa Aziya cyitwa Cambodia mu myaka ya 1970s." Usuke ibishimbo 20 muri cya gisarori.
8. Babwire uti: "Ubu nibwo buzima bwatakajwe ku bwicanyi bwakozwe ku ngoma ya Hitler mu gihugu cy'Ubudage." Usuke ibishimbo 130 muri cya gisarori.
9. Babwire uti: "Ubu nibwo buzima bwatakajwe mu gihugu cy'Abasoviyeti yunz'ubumwe ku ngoma ya Stalin" Suka ibishimbo 200 muri cya gisalori.
10. Babwire uti: "Ubu nibwo buzima bwatakajwe hakuwemo inda mu myaka cumi ishize." Suka ibishimbo 5,600 muri cya gisalori.
11. Nyuma y'akaruhuko, uyobore isengesho risaba imbabazi z'Imana kubera icyaha cyo gukuramo inda.
12. Nyuma yo gusoza iryo sengesho, ubaganirize uburyo gukuramo inda kwishe abantu barenga miliyon 56 ku isi yose buri mwaka. Tugomba "gutabara abo bantu bahora bajyanwa kwicwa" (Imigani 24:11).

*Bishobora kukugora kurundanya utubuye cyangwa amasaro 6,000 . Ahubwo ushobora gukusanya ibishyimbo byumye ukabishyira mu ndobo y'icyuma cyangwa igikombe kinini cyavuyemo irangi ukajya ubisuka ubikura mu gikombe usuka mu kindi. Ushobora gusuka ubishyimbo ubikura mu kindi gikombe ukabikora inshuro icyenda ukagira umubare w'ibishyimbo 5,600. Uzirikane ko ijwi ryiza ryari kuboneka ukoresheje ibikoresho by'ibyuma udusaro cyangwa utuburunguru tw'utwuma bisukwa mu ndobo y'icyuma.*

Tumaze kubona ko abantu batacyitaye ku ubuzima bw'abantu bwateshejwe agaciro, abayobozi b'abanyapolitiki, abantu bo mu nzego zose, hamwe n'abantu bose muri rusange bose bamaze kwinjira mu bikorwa n'ingeso zitesha ubuzima agaciro. Ariko hari indi jenoside yihishe itagaragara ihora ihitana abantu benshi kurusha izindi zose uzishyize hamwe. Gukuramo inda kwica abantu bagera kuri miliyon 56 kwisi yose buri mwaka.

Nk'uko isi ikunze kwirengagiza ibikorwa by'ubwicanyi bubera mu bihugu bituranye, natwe nuko twabigenjeje twirengagije ubugome bukorwa mu gukuramo inda bihira ingaruka mbi ku miryango yacu, aho dutuye, no mu bihugu byacuwe. Niba ari ukuri ko ubuzima bwose bufite agaciro kangana imbere y'amaso y'Imana, ubwo rero abavuga ko bizera Yesu Kristo ntabwo bakwiriye kwirebera hirya bakareka iki cyaha gikomeye cyo gukuramo inda gukomeza. Ariko ntabwo dukwiye kubireba, tugomba kugira icyo dukora tukaregera abadashobora kwiregera, Nk'uko byavuzwe mu Imigani 24:11 "Abajyanirwa gupfa ubarakore,".

## Ihohoterwa ry'agaciro k'ubuzima bw'ikiremwamwa muntu

Hari uburyo bwinshi ubuzima bw'ikiremwamuntu bushobra guteshwa agaciro no kugenda bugabahywa uko iminsi ishyira indi mu mateka. Y'ubuzima:

- Mu gihe cy'ubuhinja: jenoside y'impinja, kubirengagiza, kubata
- Mu gihe cy'ubwana: guhohotera ihohoterwa rishyingiye ku gitsina, guceruza abantu
- Mu gihe cy'ubwangavu n'ubugimbi: Kubagira abacakara, kubakomeretsa
- Bamaze gukura: Kubasambanya, kubafata ku ngufu
- Bageze mu Busaza: Kubata mu nzu zirererwamo abasaza, kubatera inshinge z'imiti yica

Ariko, icyaha kiruta kuba kibi muri ibi byose, ni ugukuramo inda: iyicwa ry'abana bataravuka, bwa buzima bw'abantu b'abaziranenge bataragira ubarengera.

### UBUFASHA MU KWIGISHA

Bakangurire gukora ikiganiro ubaza itsinda icyo baba bazi ku gukuramo inda mu gihugu cyabo. *Ese gukuramo inda biremewe mu mategeko y'igihugu cyanyu? Niba ari byo, n'izihe ngamba zafashwe ku kubihagarika—niba hari icyakozwe—n'iki kihari? Ni inda zingahe zikurwamo buri mwaka mu karereintara/igihugu cy'iwanayu?*

Mbere y'iri somo, banza ushakishe ibisubizo kuri ibi bibazo ubashe kuyobora ikiganiro ufite ukuri kwabyo.

### Icyaha cyo gukuramo inda mu bihugu byose

Hari intambara ikomeye ku isi yose yo kurwanya ubusugire bw'ubuzima bw'abantu hamwe n'abataravuka. Umuryango wita ku buzima ku isi yose witwa OMS watanze imibare y'ikigereranyo yinda zisamwa buri mwaka zigera kuri miliyoni 210,000,000, hamwe n'izikabakaba miliyoni 56,000,000 zikurwamo buri mwaka. Uwo ni umubare utwereka ko *buri munota* hakurwamo inda ijana. Ibyo bituma isi iba ahantu hateye uwoboa aho umwana adashobora kuba, ahubwo byaba byiza agumye mu nda yanyina—aho Imana yageneye umwana kuba kandi afite umutekano.

Kuberako gukuramo inda bikorwa mbere yuko umwana avuka, bitumwa icyo gihe kiba ingorabahizi ku buzima bw'umuntu. Iyo abantu bemeye ko umwana utaravuka yicwa hakuwemo inda, ubwo nibwo ubona neza mu by'ukuri ko ubuzima bw'umuntu buri mu kaga ko guteshwa agaciro n'abantu kuri buri rwego rwo'ubuzima. Ariko haramutse habaye impinduka ku buryo isi yabona ubumenyi ku buryo bunyuranye n'uko ibirebamo hamwe no gufata ingamba zo guha agaciro abantu bamaze *kuvuka, abataravuka* nabo bahita bemerwa bagasubizwa agaciro kab. Niba tuyoborwa nuko isi irebamo ibintu tugaharanira uburenganzira bwo kubaho kw'umwana utaravuka, icyahita gikurikiraho ni ukurengera abana bavutse (tukarengera abana, abangavu, abakuze, hamwe n'abashaje).

### UBUFASHA MU KWIGISHA

Kangurira abantu gukora ikiganiro usaba itsinda kwerekana ibyo bashobora kwiga muri Bibiliya ku buryo bakoresha bahangana n'ikibazo cyo gukuramo inda.

### Igisubizo cya Bibiliya ku Gukuramo inda

Kubera ko Imana yibwira amagambo meza ku bana bataravuka—ivuga ko bafite agaciro, ari ab'igiciro, kandi nabo ari abantu—ibyo ntabwo ariko isi yose ibyumva, amamiliyonu y'ubuzima bw'abana bicwa batarabona amahirwe yo kumenya umugambi Imana ifite ku buzima bwabo. Ikirenga kuri ibyo, amamiliyonu y'ubuzima bw'abagabo n'abagore—hamwe n'abo bafitanye isano—bagerwaho n'ingaruka mbi kubera gukurwamo kwizo nda. Twebwe nk'abayoboke ba Kirisito, dufite impamvu nyinshi zituma dusabwa kugira icyo dukora.

## **UBUFASHA MU KWIGISHA**

Saba abitabiriye amagurwa basome imirongo ikurikira muri Bibiliya, hanyuma bayiganireho bari mu itsinda ryabo bige uburyo buri murongo wafasha gusobanura neza ihame ryafasha kuyobora ku kubona igisubizo kizima ku kibazo cyo gukuramo inda.

### **1. Imana iduhagarira kuba abarengezi b'abatagira kirengera.**

"Bumbura akanwa kawe uvugire ikiragi, kandi uburanire abatagira shinge na rugero. Bumbura akanwa kawe uce imanza zitabera, ucire abakene n'indushyi imanza zitunganye." *Imigani 31:8-9*

"Hari iibantu bitandatu ndetse birindwi, bimubera ikizira ni ibi: amazo y'ubwibone, ururimi rubeshya, amaboko avusha amaraso y'utariho urubanza, umuntu ugambirira ibibi, amaguru yihutira kugira urugomo Umugabo w'indarikwa uvuga ibinyoma, n'uteranya abavandimwe." *Imig. 6:16-19*

Imana ubwyo niyo murengezi w'abapfakazi akaba na se w'imfubyi (Zabuli 68:5). Uwiteka agirira imbabazi no kutabera no gukiranuka mu isi (Yeremiya 9:24), kandi Yaraturemye, ngo tugire ishusho ye, natwe tugomba gukora nkayo. Imana iteze ko abantu bayo bazarengera hamwe no kwita ku bakene no kuvugira abatagira ijambo, harimo n'abantu b'inzirakarengane: babandi bataravuka.

### **2. Imana itubwira ko kwizera kutagira ibikorwa kuba gupfuye.**

"Mbese bene Data, byavura iki niba umuntu avuga yuko afite kwizera, nyamara akaba ari nta murimo akora? Bene uko kwizera kwabasha kumukiza? Cyangwa se, hagira mwene Data w'umugabo cyangwa w'umugore wambaye ubusa kandi akaba abuze ibyokurya by'iminsi yose, maze umwe muri mwe akamubwira ati "Genda amahoro ususuruke uhage," ariko nti mumuhe iby'umubiri ukeneye byavura iki? Uko niko no kwizera iyo kudafite imirimo, ahubwo kuri konyine kuba gupfuye." *Yakobo 2:14-17*

Kuko Imana isumba byose, nta buzima bwabayeho ku mpanuka. Kubera ko ubuzima bw'umuntu bufite agaciro, buri mwana n'uwagaciro imbere mu maso y'Imana. Ibi nibyo twizera, kandi tugomba guhaguruka tukagira icyo dukora, kuko Bibiliya itubwira ko kwizera kutagira imirimo kuba gupfuye.

### **3. Imana yaduhaye umurimo wo kuba abunzi.**

"Ariko ibyo byose bituruka ku Mana, yiyunze natwe ku bwa Kristo ikaduha umurimo wo kuyunga n'abandi: kuko muri Kristo nimo Imana yiyungije n'abari mu is inti yaba ikibabaraho ibicumuro byabo Kandi noneho yatubikije ijambo ry'umwuzuro." *2 Abakorinto 5:18-19*

Umubano wacu n'Imana watunganyijwe binyuze mu mbaraga zo zo gucungurwa n'urupfu hamwe no kuzuka kwa Yesu Kristo. Ubu dufite amahirwe yo gusangira n'abandi Ubutumwa bwiza yaduhaye, harimo n'ababandi bahanganye n'ibyemezo bafashe byo gukuramo inda cyangwa ababifashe. Imana ikomeje kwiyunga n'abantu binyuze muri Yesu Kristo, kandi nitwe yahisemo ko tuyibera intumwa z'ubwiyunge!

## **Gusoza**

Ibikorwa by'imigenzo n'imico byahumye amaso y'abizera hamwe na babandi batizera. Abantu benshi bamaze kwemeranya n'igikorwa cyo gutakaza ubuzima bw'abantu binyuze mu gukuramo inda, kandi kwangirika kw'isi yacu kuraterwa no kwica abana b'abazira nenge biciwa bataravuka, bimaze kugera ku mibare itabarika: Miliyon 56 z'ubuzima butakazwa buri mwaka, ubuzima butabarika bumaze gutakazwa, imbagi y'abantu ikazima, n'abandi bantu bakabura irengero. Iyo tutitaye ku kumenya agaciro k'ubuzima bw'umuntu, tuba tugeze mu kaga ko gufata nabi tugatesha agaciro kabu hamwe n'icyubahiro by'abantu—harimo n'abataravuka—tukabambura icyubahiro n'agaciro bakwiriye kubera ko nabo baremwe mu ishusho y'Imana.

Kwangirika kw'ingeso nziza z'isi kurihuta cyane—n'imbere mu Itorero no hanze yaryo—ibicumuro ku bantu

bagenzi bacu rirakomeza gufata umurego ukabije. Dusigaye twifatanya n'ibikorwa bibi abantu bo mu binyejana byashize batabasha kumva, kandi nta gushidikanya ni vuba hano tukaba turimo gukorwa ibibi ndenga kamere,kerekha habaye impinduka mu myumvire hamwe n'iyobokama rishingiye kuri Bibiliya rigasubiza agaciro ikiremwa muntu mu bantu ku giti cyabo, mu miryango, mu baturanyi muri rusange, n'ibihugu. Imana Ishimwe kuko Umwuka Wera we arimo gukangura Itorero rya Yesu Kristo (hamwe n'abashumba baryo) bakagira umutima wo kubaha ubuzima. Haracyari igihe cy'imbabazi zayo hamwe n'ubuntu bwo kuducungura.

# Urugendo rw'Umutanga-Buzima Imbonerahamwe y'Amahugurwa

*Kubera ko intego y'Amasengesho abanziriza umuhate wo Gusenga ari ukugwiza imbaraga z'amasengesho mu mahugurwa y'u Rugendo rw'Umutanga-Buzima, iri somo rigiye guha abitabiriye amahugurwa imbonerahamwe y'amahugurwa agiye guhabwa abitabiriye amahugurwa y'Urugendo rw'Umutanga-Buzima.*

Igihe cyemewe muri iri somo ni: iminota 90

## Muri iri somo abitabiriye amahugurwa baraza:

- Kumenya iby'ingezi bigize ibiri mu *Rugendo rw'Umutanga-Buzima* ckugirango abitabiriye amahugurwa bamene ibyo baza kwigishwa byose muri aya mahugurwa y'Urugendo rw'Umutanga-Buzima.
- Kumenya ingingo z'ingenzi ziri mu mahugurwa y'Urugendo rw'Umutanga-Buzima izo ngingo zikaza kubereka intumbero yamasengesho yabo bazajya basenga.

## Intangiriro

Aya mahugurwa y'Urugendo rw'Umutanga-Buzima agamije gutanga ubumenyi buhindura ubuzima, guha agaciro-ubuzima bwa –kiremwa –muntu hamwe no kwibanda ku bibazo bikomeye bireba Abakristo, kandi akanategurira abitabiriye kumenya uko batanga ubutumwa bw'Ubuzima mu turere batuyemo hagamijwe kugera ku mpinduka yaho. Uru rufatiro rushingiye kuri Bibiliya ruraza gufasha abitabiriye amahugurwa mu gikorwa cyo gutegura abitabiriye amahugurwa y'Urugendo rw'Umutanga-Buzima bamene kuvugana nabo mu miryango yabo no mu materaniro, babaganiriza ibijyanye no guha agaciro Ubuzima bwa Kiremwa-muntuhamwe no mu Turere batuyemo.

### UBUFASHA MU KWIGISHA

Muri iri somo, bakangurire gutangira ikiganiro ubababaza ibibazo bitangiza ikiganiro bigaragaza akamaro k'amahugurwa yy'Urugendo rw'Umutanga-Buzima mu Karere kabu no mu gihugu muri rusange. *Iyo umukobwa utarashyingirwa atwite Itorero ribyatamo gute? Pasitoru akora iki? Pasitoru ni iki atagomba gukora? Ni kuki Pastori agomba kwifata muri ubwo buryo? Itorero rihagaze he ku kibazo cyo gukuramo inda? Wari wumva ikibwirizwa kivuga ku gukuramo inda mw'Itorero ryanyu? Cyangwa wari wumva ku ikibwiriza cyigisha ku bundi buryo bwo guhohotera Ubuzima bwa Kiremwa Muntu nko gucuruza abana cyangwa guhohotera abo bashakanye?*

## Ibiri mu mahugurwa y'Urugendo rw'Umutanga-Buzima?

Abayobozi b'Ubutumwa Bwiza:

- Bigishwa kubona no kumva ibiri ku mutima w'Imana Data ku bijyanye n'agaciro k'Ubuzima bwa Kiremwa muntu.
- Bakamenya uburemere bw'ikibazo cyo guhohotera ubuzima bwa kiremwa muntu mu matorero no mu Gihugu muri rusange.
- Bakahinyuzwa no kuba abasare mu kugira uruhare mu kugarurira agaciro ubuzima bwa kiremwa muntu.
- Bagahabwa amahirirwe yo guhabwa imbabazi ku byaha byabo hamwe no gukira.
- Bagahabwa ubushobozi bwongera imbaraga uruhare rwabo rwo gusenga—no kumenya ko bikenewe.
- Barakangurwa hamwe no gutegurwa kwigisha abandi bantu amahugurwa y'Urugendo rw'Umutanga-Buzima.

## **Akamaro k'amasomo y'Urugendo rw'Umutanga-Buzima**

Muri aya masomo ashingiye ku rufatiro rwa Bibiliya, kandi yuzuye akamaro hamwe no gukangura, abitabiriye amahugurwa baraza kwiga urufatiro rwo kumenya guha agaciro no gusubiza icyubahiro ubuzima bwa kiremwa muntu, kandi baraza guhabwa ubumenyi bwimbitse ku buryo bahabwa ubushobozi bwo kubukoresha mu buzima bwabo busanzwe no mu murimo w'Imana basanzwe bakora. Uko uku kuri kuzagenda gusakara mu miryango no mu materaniro, ingaruka nziza zizagwira mu Turere mu Ntara hose bizane virusi yanduza indwara yo kuba Umutanga-Buzima mu Mahanga yose no kw'Isi yose.

Izikurikiye ni ingingo z'ingenzi zikuwe muri buri somo muri iyi mfashanyigisho y'amahugurwa y'Urugendo rw'Umutanga-Buzima. Mu gikorwa cyo gusubiramo aya masomo abitabiriye amahugurwa barabona imbonerahamwe y'akamaro k'Amasengesho abanziriza Umuhate wo gukora Umurimo wo muri aya mahugurwa y'Urugendo rw'Umutanga-Buzima.

#### ***Isomo rya 1: Ingingo z'Ingenzi –Urugendo rw'Umuyobozi wa Gikristo***

- Igice kidasanzwe mu buzima no mu rugendo rw'Umuyobozi wa Gikristo mni mu gihe agenda agana ku gusobanukirwa neza umutima wa Data ku bijyanye n'ubuzima bw'abantu, hamwe no kwiga uburyo bwo gusangira umutima we n'abandi bizera.
- Ibihe byose Imana yarabivuze—kandi iracyakomeza kuvuga—ivugisha abantu bayo binyuze mu buryo bwinshi, nko mu byanditswe, Umwuka Wera, inyuze mu bantu, inyuze mu bimenyetso no mu nzozi, no mu bundi buryo.
- Kubera ko Imana ishaka kuvugana na buri muntu, buri muntu yagombye *gutegereza* Imana kumuvugisha kandi akagomba kwiga uburyo agenzura ijwi ry'Imana no gusobanukirwa neza icyo Ivuze.

#### ***Isomo rya 2: Ingingo z'Ingenzi –Uko ab'Isi babona***

- Buri muntu afite uko areba isi: ashingiye ku byo yizera hamwe n'indangagaciro zimufasha kubona ukuri bimugirira akamaro ko kubaho mu isi
- Uko umuntu abona isi niryo shingiro ryo gufata ibyemezo mu buzima, harimo n'ibyemezo byo gukuramo inda cyangwa gukomeza kumutwita.
- Uko Abakristo babonamo isi bituma bubahiriza agaciro k'ubuzima bwa kiremwa muntu hamwe no kuba umwana utaravuka ari umuntu wuzuye.

#### ***Isomo rya 3: Ingingo z'Ingenzi – Uko Imana yubahirije Ubuzima bw'Ikiremwa Muntu***

- Ikiremwa-muntu n'ikiremwa kidasanzwe mu byaremwe byse kuko abagabo n'abagore baremwe mu ishusho y'Imana.
- Ubuzima bw'abantu bufite agaciro kareshya kandi katagira ingano uhoreye ku gusamwa kugeza ku rupfu rusanzwe, kubera ko umuntu yaremwe mu ishusho y'Imana.
- Gutesha agaciro ubuzima bw'umuntu byateye urupfu bw'amagana ya za miliyoni z'abantu bitera kurimbuka gukomeye ku mubumbe w'isi yose.
- Tugomba guha agaciro ubuzima bw'abantu nk'uko Imana nayo ibikora, kandi tugahitamo kuba abatanga ubuzima mu byo tubona hamwe no gufasha kubaha abandi bantu, harimo n'abaravuka.

#### ***Isomo rya 4: Ingingo z'Ingenzi Uko wahinduka Umutanga-Buzima***

- Yesu Kristo yazanywe no gutanga ubugingo bwuzuye ku isi, kandi urugero rwe nirwo abigishwa be tugomba gukurikiza.
- Kuba umutanga-Buzima ahanini n'imibereho—uko tubayeho umunsi ku wundi.
- Intego yo gucungurwa kw'umutima w'umuntu na Kristo, bituma uwo muntu agaragaza umutima wa Kristo afitiye abandi bantu.
- Abacunguwe nibo bagaragaza umutima wa Kristo ku bandi bantu binyuze mu bitekerezo bigaragaza gucungurwa, kumva kugaragaza gucungurwa, kureba kugaragaza gucungurwa, amagambo agaragaza gucungurwa, hamwe n'ibikorwa bigaragaza gucungurwa.

### ***Isomo rya 5: Ingingo z’Ingenzi– Urufatiro rw’Umurimo w’Imana***

- Kugira ubwuzu n’Uwiteka nibyobihindura ubuzima bwacu kandi bikatuyobora mu gukora umurimo w’Imana neza.
- Tugomba kwemerera Imana ikategura imitima yacu gukora umurimo wayo.
- Kwiga no kwibaza ku Ijambo ry’Imana nirwo rufatiro shingiro mu mu murimo w’Imana.
- Twaremewe kuramya Imana, kandi kuramya kutwegereza hafi n’Imana.
- Imana ihora ishaka ko tuvugana nayo binyuze mu gusenga.
- Intambara yo mu mwuka niyo iuha ubushobozi bwo kurushaho gusobanukirwa Imana, umwanzi wacu hamwe no kwisobanukirwa ubwacu.
- Ivugabutumwa rihagarariye kwemera ko Imana yonyine ariyo yihariye ubushobozi bwo gusubiza ibyifuzo by’umuntu.

### ***Isomo rya 6: Ingingo z’Ingenzi– Umugambi w’Imana ku gushaka hamwe n’Umuryango yaremeye Umuryango***

- Imana niyo yaremye igikorwa cyo gushakana n’umuryango.
- Abagabo n’abagore bose bategetswe n’Imana kugandukirana.
- Itegeko ry’Imana yategetse abagabo mi ugukunda abagore babo kandi Itegeko yategetse abagore ni ukubaha abagabo babo.
- Gushyingirwa hagati y’umugabo umwe n’umugore umwe ni ryo shingiro ry’umuryango wa Gikristo.
- Abana ntabwo ari umutungo w aba nyina na ba se kandi basanangiyekuba bafite ishusho y’Imana.

### ***Isomo rya 7: Ingingo z’Ingenzi–Ibikorwa mpuza-bitsina muri Bibiliya***

- Guhuza ibitsina kwemewe na Bibiliya ni umugabo n’umugore bashakanye kubikora bishimisha bashimira Imana kubera iyo mpano yo kwishima yahaye abashakanye mu rushako rwabo, kandi bigakorwa hagati y’abashakanye byemewe.
- Guhuza ibitsina kwemewe na Bibiliya ni umugabo n’umugore babayeho bakurikiza amahame ya Bibiliya yo kuba intungane no kwezwa.
- Kororoka niwo mugambi w’Imana mu bashakanye umugabo n’umugore (kubyara abana), kuba umweu (guhinduka “umubiri umwe”), hamwe no kugaragaza ishusho y’Imana mu isi.
- Gukora imibonano mpuza-bitsina hagati y’abatarashakanye ni icyaha gitera ingaruka mbi mu mwuka, mu marangamutima hamwe no mu mubiri.

### ***Igice cya 8: Ingingo z’Ingenzi– Kororoka kw’Abantu***

- Imana niyo irema ubuzima bw’umuntu mu nda; abana ni umugisha.
- Ubuzima bw’umuntu butangirira mu gihe cyo gusamwa, intanga y’umugabo ahuye n’igi ry’umugore.
- Imana niyo ifite ububasha ku gusamwa no gukuza urusoro, obwo rero nta mwana ubaho “atarateguwe” cyangwa “utarateganyijwe” n’Imana.
- Igikorwa cyo guhuza ibitsina n’igikorwa gikorerwa mu mubiri, mu marangamutima, hamwe no guhura mu mwuka byagenewe umugabo n’umugore bashakanye byemewe.
- Igitsina cy’umuntu kitangira kuremwa mu gihe cyo gusamwa hakurikijwe ibigize intanga y’umugabo.
- Buri kiremwa muntu cyatangiye kubaho mu gusamwa kandi kikaba ari umuntu wihamiye umwanya mu nda ya nyina.
- Imana niyo irema ubuzima bw’umuntu mu nda; abana ni umugisha.
- Icyemezo cyo kuringaniza urubyaro mu bashakanye (bakoresheje cyangwa batakoresheje inama za muganga zo kuringaniza urubyaro) ni amahitamo asanzwe yo mu mwuka, kandi kikaba ibyo gushyirwa mu bikorwa.

### ***Isomo rya 9: Ingingo z’Ingenzi– Gahunda bakurikiza bakuramo inda***

- Gukuramo inda ni igikorwa gikorwa ku bushake, ni urugomo, kandi kikaba gikorwa mu buryo ndengakamere mu kurimbura ikiremwa muntu gifite ubuzima.
- Hari uburyo bwo gukuramo inda hakoreshejwe imiti yo kwa muganga, bakunze gukoresha ibinini, hari ubwo bakoresha inshinge.
- Hari ugukuramo inda babaze aho urusoro rukurwa mu nda hakoreshejwe uburyo bwo kubaga.
- Hari n’ubundi buryo bwinshi bukoreshwa hanze yo kwa muganaga hemewe.

### ***Isomo rya 10: Ingingo z’Ingenzi– Nyuma yo Gukuramo Inda***

- Hari ingaruka nyinshi zishaririye zigera ku babyeyi, no ku muryango wa bugufi hamwe no ku Itorero, Ighugu hamwe no ku muryango mugari w’umwana wakuwemo nyuma yo gukuramo inda (nyuma y’urupfu rw’umana), n’ibindi.
- Gukuramo inda bigera ku bice byose by’ubuzima—ku mubiri, mu mwuka, mu maranga-mutima, hamwe no mu mubano—ku mugore n’umugabo bafatanyije mu gufata icyemezo cyo gukuramo inda.
- Imana izi ibyerekanye n’ibyaha byose, harimo no gukuramo inda, nubwo byakorwa mu ibanga. Imana Ihora yiteguye kubabarira icyaha cyo gukuramo inda hamwe no gukiza ibikomere cyacyo.
- Kwatura, kwihana, hamwe no kubabarirwa kuri bamwe nizo ntambwe ziganisha mu nzira zisana umutima nyuma yo gukuramo inda.

### ***Isomo rya 11: Ingingo z’Ingenzi– Kwihana, Imbabazi, hamwe no Gukira***

- Icyifuzo gikomeye abagabo n’abagore bafite ni Imbabazi.
- Kamere y’icyaha cyo kwihugiraho niyo ikura abantu ku Mana, ikabinjiza mu gucirwaho iteka hamwe no no kutsindwa.
- Kwihana ni uguhindura imyumvire ku cyaha n’Imana. Bikubiyemo guhinduka mu mutima no mu bwenge.
- Umurimo wa Yesu yakoze ku Musaraba watumye imbabazi no gukira bishoboka ku bihana bakagaruka kwa Yesu.

### ***Isomo rya 12: Ingingo z’Ingenzi– Intambwe zikurikiraho***

- Tugomba gushaka Umutima w’Imana tukagenzura imigambi Ifite kuri twe hamwe n’Umurimo wayo.
- Ni ngombwa gusangiza hamwe no gusengana n’abandi ibyo twumva ko ari byo Imana ivugana natwe kugirango tubihamye hamwe no kuba inyangamugayo mu byo dusabwa.

# Intambara yo mu Mwuka hamwe n'Amasengesho yo Kwinginga

*Muri iri somo, abitabiriye amahugurwa baraza guhabwa amahirwe yo kuganira mu matsinda yabo ku ruhare rukomeye rw'amasengesho hamwe n'Intambara y'Umwuka ifite mu buzima bw'abizera no mu murimo w'Imana. Iri somo rikubiyemo imbonerahamwe ku buryo butandukanye abizera bashobora gukoresha basenga, ariko ntabwo bivuze bisimbura inama zitangwa n'iyi mfashanyigisho. Abitabiriye amahugurwa baraza guhabwa umwanya wo gusangira ibyo byo bibwira ku bahuguwemo kandi banavuge ibyo banyuzemo mu buzima bwabo igihe barwanaga intambara yo mu mwuka bari mu msengesho.*

**Igihe cyemwe muri iri somo ni:** Iminota 45

## Muri iri somo Abitabiriye amahugurwa baraza:

- Kumenya Impamu gusobanukirwa neza no kurwana Intambara yo mu Mwuka ari ngombwa.
- Baraza Kumenya uburyo butandukanye bwo gusenga hamwe n'intego zo gusenga.

### UBUFASHA MU KWIGISHA

Muri iri somo, urabakangurira gukora ibiganiro mu matsinda yabo ubabaza ibibazo byerekere n'Intambara yo mu Mwuka. Bimwe mu bibazo bishobra kubazwa harimo: "Uburambe ufite ku ntambara y'Umwuka bungana bute?" "Ibitero byo mu mwuka wabirwanaga ute?" "Intsinzi y'intambara yo mu mwuka wayigeragaho ute?"

## Intambara yacu ntabwo ari iy'umubiri n'amaraso

*Ibisigaye, mukomere mu Mwami no mu mbaraga z'ubushobozi bwe bwinshi. Mwambare intwaro zose z'Imana, kugirango mubashe guhagarara mudatsinzwe n'uburiganya bwa satani. Kuko tudakirana n'abafite amaraso n'umubiri, ahubwo dukirana n'abatware n'abafite ubushobozi n'abategeka iyi si y'umwijima, n'imyuka mibi y'ahantu ho mu ijuru.*

*Nuko rero mutware intwaro zose z'Imana, kugirango mubashe gukomera ku munsi mubi, kandi murangije byose mubashe guhagarara mudatsinzwe. Muagarare mushikamye mukenyeye ukuri, mwambaye gukiranuka nk'icyuma gikingira igituza, mukwese inkweto, ari zo butumwa bwiza bw'amahoro bubiteguza, kandi ikigeretse kuri byose mutware kwizera nk'ingabo ariko muzashoboza kuzimisha imyambi yaw a mubi yose yaka umuriro. Mwakire agakiza kabe ingofero, mwakire n'inkota y'Umwuka ariyo Jambo ry'Imana, musengeshe Umwuka iteka mu buryo bwose bwo gusenga no kwinginga, kandi ku bw'ibyo mugumye rwose kuba maso, musabire abera bose. Kandi najye munsabire mpabwe kuvuga nshize amanga uko mbumbuye akanwa, kugira ngo menyeshe abantu ubwiru bw'ubutumwa bwiza, aribwo mbereye intumwa yabwo kandi mbohesherejwe umunyururu, mvuge ibyabwo nshize amanga nk'uko binkwiriye.*

*Abefeso 6:10-20*

Isi turimo irafatika—tubasha kuyibona, tukayisogongera, hamwe no kuyikoraho. Ariko nayo ifite uburyo bw'umwuka wayo. Ibyanditswe bitwereka ko Imana ari Umwuka, natwe dufite imyuka, kandi hakaba hari n'ibinyamwuka byitwa abamarayika, bimwe muri byo byagwanye na satani bihinduka imyuka mibi. Muri Bibiliya, bizwi ku izina ry'abadayimoni, kandi ibi binyamwuka bikorera hano ku isi. Intambara iri hagati y'Imana (n'abamarayika b'Imana barwana intambara) na Satani (hamwe n'imyuka mibi) iyi ntambara ikomeje kurwanwa kandi dukunze kuyita intambara yo mu mwuka.

Yohana 10:10 hatubwira ko, "Umujura ntazanwa n'ikindi keretse kwiba no kwica no kurimbura; [Yesu yaje]

kugirango zibone ubugingo, ndetse ngo zibone bwinshi.” Iki gice cy’ibyanditswe cyerekana ukuri kw’intambara itaboneka n’amaso kandi tukaba tuyirwana buri munsi.

Iyo amaso yacu tuyarebesheje isi mu buryo bw’umwuka, duhita tubona ko gukuramo inda ari igikoresho cya kirimbuzi umwanzi wacu akoresha kugera neza ku ntego ye yo kwiba, kwica, hamwe no kurimbura. Ubu bumenyi buzana no guhishurirwa ko intambara turwana turwanya gukuramo inda hamwe no gutesha agaciro ubuzima bwa muntu ari intambara tugomba kurwana turi ku mavi yacu, dusenga.



## **Amasengesho yo Kwinginga**

“...Namwe, mwubakwe nk’amabuye mazima kugirango mube inzu y’Umwuka, n’ubwoko bw’abatambyi bwera bwo gutamaba ibitambo by’umwuka bishimwa n’Imana ku bwa Yesu Kristo.... Ariko mwebweho muri ubwoko bwatoranyirijwe, abatambyi bw’ubwami, ishyanga ryera n’abantu Imana yaronse, kugirango mwamamaze ishimwe ry’Iyabahamagaye, ibakura mu mwijima ikabageza mu mucyo wayo w’igitangaza.” 1 Petero 2:5, 9

Kuva 40 hamwe n’igitabo cy’Abalewi bisonanura neza uruhare rw’umutambyi ko ari we winginga Uwiteka ahagarariye igihugu. Intambwe ya mbere mu kwitegura kw’umutambyi yari ukwiyeza yahawe n’Imana agomba kweza umutima we, ibyo byakorerwaga ku gikarabiro cyabaga kiri hanze y’ihema ry’amateraniro. Kuva 39 naho havuga ku by’imyenda umutambyi yagombaga kwambara. Kimwe mu byo yagombaga kwambara n’igikingiriza igituza, cyabaga cyaraboheweho amabuye cumi n’abiri, buri buye ryabaga rihagarariye umuryango umwe w’Ab’Israyeli. Ayo mabuye yabaga ahagarariye igikorwa cyo kwikorera iihugu cyabisrayeli ku mutima akabijyana imbere y’Imana igihe cyose umutambyi yajyaga imbere y’Uwiteka. N’ubwo buryo abatambyi bakoreshaga bingingira igihugu hamwe no gutamba ibitambo byo gutambira ibyaha by’ighugu, kandi baturaga Uwiteka ibyifuzo by’abantu.

Mu buryo busa n’ubwo, kubera ko buri muntu muri twe ari umutambyi wo mu butambyi bwera, mwese mwahamagariwe kwingingira abitabira amahugurwa, hamwe no gushyira *Urugendo rw’Umutanga-Buzima* mu maboko y’Imana. Ni ngombwa ko witegurira uyu murimo ukomeye ushingiye mu mbaraga ukagera mu kwezwa, “wiyuhagira” ukoresha ibikorwa byo kwatura ibyaha no kwhiana. Ushobora gutangira usaba Uwiteka kugenzura umutima wawe hamwe no ku kweza akakwezaho ibyaha byose n’ibyo utarihana, ibyo wakoze kera ntubyihane, hamwe no gusaba Umwuka wera akagusiga amavuta mu gihe uzaba wereka Imana abantu bayo mu masengesho hamwe n’igikorwa cy’amahugurwa y’*Urugendo rw’Umutanga-Buzima*.

## **Umurongo wa Bibiliya ku bijyanye namasengesho yo kwinginga**

Ijambo ry’Imana ririmo ingero nyinshi z’abagabo n’abagore bitabiraga igikorwa cyo gusenga amasengesho yo kwinginga. Iyi mirongo ikora nk’urufatiro tubasha kubakaho urugero rw’amasengesho yacu, kandi ishobora gukora nk’urwibutso rutwibutsa hamwe no kudutera imbaraga igikorwa n’akamaro k’amasengesho yo kwinginga hamwe no kumenya ko ari cyo gikorwa cyakozwe n’abizera b’ibihe byose.

“Irya mbere ya byose ndaguhugurira kwingingira abantu bose, no kubasengera no kubasabira no kubashimira...” 1 Timoteyo 2:1

“Musengeshe Umwuka iteka mu buryo bwose bwo gusenga no kwinginga, kandi ku bw’ibyo mugumye rwose kuba maso, musabire abera bose...” Abefeso 6:18

“Yewe Yerusalemu, nshyize abarinzi ku kike zawe, ntibazaceceka ku manywa na nijoro, Yemwe abibutsa Uwiteka, ntimugatuze kandi ntimukamuhwemere kugeza ubwo azakomeza I Yerusalemu, akahahindura ishimwe mu isi.” Yesaya 62:6-7

# Guhamagarirwa Kwatura Ibyaha no Kubyihana

*Muri iri somo, abitabiriye amahugurwa baraza guhabwa amahirwe yo kwatura ibyaha byabo, harimo no gukuramo inda, hamwe na bya byaha byose byakozwe hirengagijwe agaciro k'ikiremwa muntu. Imana irashaka gusana imitima yakomeretse mu bagabo n'abagore, kandi tumenye yuko ibyaha bitatuwe no kubyihana bitera abitabiriye amahugurwa guterwa n'ibitero by'umwanzi mu gihe bingingira amahugurwa y'Urugendo rw'Umutanga-Buzima.*

**Iminota yemewe muri iri somo ni: 60**

## **Muri iri somo Abahuguwe baraza:**

- Baraza guhabwa mu buryo bwose bushobotse amahirwe yo kwatura ibyaha no kubyihana kuko bibasha kubangamira igikorwa cyo amasengesho yo kwinginga.
- Baraza gusengerana bafanyanye mu gusenga Imana ikore mu mitima yabo no buzima bwabo kugirango hagaragare inzira ibageza ku kwhiana ibyaha.
- Naraza kwakira Umwuka Wera abegereze bugufi n'umutima w'Imana binyuze mu kwatura no kwhiana.

## **UBUFASHA MU KWIGISHA**

Ibutsa abitabiriye amahugurwa ibyo bamaze kwiga mu biganiro byabo by'isomo ryo gutesha agaciro ubuzima bw'abantu mu karere kabu no mu gihugu cyabo. Fata iminota musubire muri rwa rutonde rwakozwe muri cya gihe, ubasabe kongera kubiganiraho barebe niba hari ubundi buryo butavuzwe ku guhohotera ikiremwa-muntu guhohoterwa.

## **Intangiriro**

Mw'Ijambo ry'Imana, Imana niho isezeranyiriza gukizwa ibyaha kw'ukuri kandi ku buryo burambye, harimo n'cyaha cyo gukuramo inda. Imana yiyyise izina "Uwiteka Imana idukiza" (Kuva 15:26) kandi akaba ari nawe the One "utubabarira ibyaha byacu byose akanadukiza indwara zazu zose" (Zabuli 103:3). Imana yifuzza ko tubaho ubuzima bwuzuye (Yohana 10:10)—ubuzima bwuzuye muri byose, ibyiringiro, hamwe n'ibyishimo. Iyo tumusanze tumukeneye ho ubufasha, Aratubabarira kandi akahindura ibice by'ubuzima bwacu byari byarabaswe n'ibyaha. Imana irashaka gusana imitima y'abagabo n'abagore yakomerekejwe no gukuramo inda.

## **Kongera kubona ubuzima nyuma yo gutesha agaciro ubuzima**

Wibuke ko nta cyaha cyamaze kwaturwa no kwhiana kigifite imbaraga zo kurimbura ubuzima bwacu. Tekereza ku mwami Dawidi, wakoze icyaha cyatumye apfusha umwana we w'umuhungu (2 Samweli 12:1-23). Amaze kwhiana, yarababariwe hanyuma arasanwa. Intego n'imigambi by'Imana ntabwo ari ukurimbura ubuzima bwa Dawidi amuziza ibyaha bye, kandi byari kuba iyo areka Imana ntiyihane no kwakira imbabazi zayo (Zabuli 51:1-17).

Bibiliya itwigisha ko umutima w'Imana uhorana udushikamiyeho, n'ubwo twaba tukiri mu byaha byacu: "Uwiteka n'umunyebambe kandi n'umunyembabazi; atinda kurakara, kandi urukundo rwe ruhoraho. Ntabwo yahora aturega, kandi ntagumana umujinya iminsi yose; ntabwo atwitura ibihwanye n'ibyaha byacu. Nk'uko ijuru ryitaruye isi, niko imbabazi agirira abamwubaha zingana" (Zabuli 103:8-11).

Amasezerano y'Imana ku munyabyaha ni ukuri, hamwe no ku wakorewe icyaha. Kwatura ibyaha hamwe no kubyihana (biterwa no kubaha Imana by'ukuri) ibyo n'ibyngombwa kugirango ubone kubabarirwa n'Imana. Iyo twatuye ibyaha byacu, cyangwa tukabarira abaducumuyeho, ubwo nibwo Imana "ikiza imitima yacu yamenetse akawomora inguma zazu" (Zabuli 147:3). Mu gihe Imana ibasha gukiza inwara ako kanya, birashoboka ko kuri bamwe ugukira ari nk'Urugendo. Kuberako gutesha agaciro ubuzima bw'umuntu—nko gukuramo inda, gufatwa ku ngufu, iohohoterwa ryo mu ngo, hamwe n'abarongorana bafitanye isano—gukira ukava muri ibyo bikomere biza binyuze mu

nzego, bimara igihe, kubera ingaruka zikomeye z'ibyo byaha.

ana niyo iducungura igatuma tukayiringira ikanahindura ubuzima bwacu bwabaswe n'icyaha. Imana iradutegereje twese koze ibyaha byatumye ubuzima bw'abandi bantu buteshwa agaciro, turamutse twicishije bugufi tubikunze tukatura ibyaha icu. Icyo dusabwa ni ukumwegera tugahabwa nawe ubufasha. Umusaraba wa Yesu Kristo ni soko yonyine dufite idukiza komere biri mu mitima yacu!



## Kwatura ibyaha Bizana Gukira

Kubera gukuramo inda byabaye ikibazo gikomeye mu mahanga *yose*, ushobora kuba warakuyemo inda cyangwa waragize uruhare rwo gufata umwanzuro wo gukuramo inda. Gukuramo inda kwawe bishobora kuba byarabaye mbere yuko uba umuyoboke wa Yesu Kristo, cyangwa bikaba byarabaye nyuma yuko wakira agakiza.

Kubera ko wahamagariwe kwingingira amahugurwa y'Urugendo rw'Umutanga-Buzima—kandi rukaba agiye kwibanda ku gutesha agaciro ubuzima bw'ikiremwa muntu—uraza kuba intego y'ibitero by'umwanzi uramutse ugifite ibyaha utaratura no kwihana ibi byaha bikurikira. Gukuramo inda, guhohotera gushingiye ku gitsina, kureba za poruno, ibikorwa by'imibonano mpuzubitsina ku buhuje ibitsina, kwica impinja, iohohotera rikorerwa mu rugo, gguta abana, uburaya, gufata ku ngufu, hamwe n'ubucuruzi bw'abantu ni bimwe mu bikorwa bihohotera bifite ubushobozi bwo kwangiriza ubuzima bw'umwizera mu gihe ibi byaha bitashiyizwe mu biganza by'Umwami Yesu.

Kugirango igikorwa cyo kwinginga gikorwe kivuye ku rufatiro ruzima mu by'umwuka no mu mbaraga, muraza guhabwa amahirwe yo kuba muri imbere y'Umwami musabe imbabazi z'ibyaha biri mu buzima bwanyu, harimo n'icyaha cyo gukuramo inda. Ibyiyongeye kuri ibyo, muraza gusabwa gukurikiza amabwiriza ya Yakobo 5:16, aho avuga ati, "*Mwaturirane ibyaha byabyu kandi musabirane, kugirango mukizwe. Gusenga kw'umukiranutsi kugira umumaro mwinshi, iyo asenganye umwete.*" Iyo twaturiye Umwami ibyaha byacu, We ni uwo kwizerwa mu kutubabarira. Iyo twaturiranye ibyaha byacu hagati yacu hamwe no gusengerana, Uwiteka ntabwo agarukira ku kutubabarira ibyaha gusa; aranadukiza!

## Umukoro

1. Mukore amatsinda y'abantu babiri babiri (abagabo/ukwabo n'abagore ukwabo).
2. Musomere hamwe muri Yakobo 5:16. Musabe umwe muri avuge ku byaha azi ku bijyanye n'ibyaha byo gukuramo inda, cyangwa iohohotera rigamije gutesha agaciro ubuzima bw'ikiremwa-muntu (mu mvugo, gukomeretsa umubiri, cyangwa iohohotera rishingiye ku gitsina; gutabwa; uburaya; guceruza ibitsina; kwica urubozo; n'ibindi.). Mu gihe murimo muganira, byaba ingirakamaro kuvuga niba warabikoze cyangwa warabikorewe.
3. Nyuma yo kwatura, uwo muri kumwe ashobora gusengera uwatuye, amusabira imbabazi zitangwa n'Imana, kandi agasaba no gukira kw'ubuzima bw'uwo asenjeye (hakurikijwe urugero rwo muri Yakobo 5:16).
4. Muhinduranye mubisubiremo. *Icyitonderwa: Iyo umwe cyangwa bombi mu bagize itsinda badafite ubushake bwo kwatura, amasengesho ashobora gukomeza.*
5. Mu gihe ibyo bikorwa birashoboka ko haba kuramya koroheje kandi gutuje.
6. Musabe abitabiriye amahugurwa gusangiza inkuru cyangwa ibitekerezo bungutse bahawé n'Umwami, hakurikijwe umwanya uhari. (Izi nkuru, akensi nubwo ziba zibabaje, zishobora gusubizamo imbaraga abitabiriye amahugurwa.)
7. Nyuma hamaze gutangwa umwanya uhagije wo kwatura no gusenga, musoze muramya, hamwe no guhimbaza Imana ku bw'imbabazi, ubwiza, hamwe n'ubuntu bwayo!

## Twahawe ubutumwa bwo Gusenga

*Binyujijwe mu bufatanye, muri iki gikorwa cy'Umuhate w'amasengesho abanziriza amahugurwa, abitabiriye amahugurwa bamaze gutegurwa no guhabwa ubushobozi bwo gukora iki gikorwa cyo kwingingira amahugurwa y' Urugendo rw'Umutanga Buzima. Iki ni ikimenyetso cy'igikorwa cyo gutumwa mu butumwa kibasha gutera abinginzi kugira imbaraga zo gukora urugendo rw'amasengesho afite imbaraga.*

**Umwanya wemewe muri iri somo ni Iminota:** 45

### Muri iri Somo Abahuguwe Baraza:

- Guhabwa amahirwe yo kwakira inshingano zo kuba abinginzi bingingira amahugurwa y'Urugendo rw'Umutanga Buzima.
- Guhabwa n'abayobozi inshingano yo kuba abinginzi.

*"Kandi nashatse umuntu muri bo wasana inkike, ngo ahagarare mu cyuho ahagarariye igihugu kugira ngo ntakirimbura, ariko si namubonye." Ezekiyeli 22:30*

### Intangiriro

Uwiteka hano ari mu kuvugana n'Umuhanuzi ibyerekeye ibyaha by'ab'iyerusalemu, cyane cyane ku byerekeye no kumena amaraso y'inziarakarengane. Arongeye yongera kuvuga ku byaha byo kuramya ibigirwamana; kwirengagiza imbabare, abapfakazi hamwe n'Infubyi; hamwe no kutubaha ababyeyi uko bikwiriye. Mu gihe cya Ezekiyeli, Imana yavuze ku Izacira igihugu urubanza, keretse Ibonye umutambyi uzasana inkike akahagaragara mu cyuho kiri hagati yayo n'abantu. Icyo Imana yashakaga ni uguha abantu imbabazi hamwe n'ubuntu bwayo kugirango itarimbura igihugu.

Ubu dufite ibibazo byo kudaha agaciyo ubuzima bwa kiremwa muntu, kandi tukagira n'ibyaha bindi byinshi. Inkuru nziza ihari ni uko iyo duhagaze mu mucyo w'umusaraba wa Kristo, tuba turiho mu gihe cy'ubuntu bw'Imana, kandi Ikaba ikora igikorwa cyo gucungura hamwe no kutugarurira ibyo umwanzi yatwibye ku bijyanye no kubahiriza agaciyo ubuzima bwa kiremwa muntu!

Wowe nk'umwinginzi urahamagarirwa gutegura inzira y'umwami gusohoza imigambi ye mu mahanga. Ubu butumire, bwokwingingira amahugurwa y'Urugendo rw'Umutanga-Buzima, ni inshingano zidasanzwe uhawé, kandi zirakomeye ntabwo ari izo gufata uko ubonye. Umwanzi wacu ntabwo ashaka ko uku kuri kwo kwubahiriza agaciyo k'ubuzima bwa kiremwa muntu kumvikana! Tugomba kuvuga turanguruye nk'uko Yohana Umubatiza yaranguruye ati, "ni mutegure inzira y'Uwiteka," uraza kuba wifatanyije hamwe n'abizera bari kw'isi hose mu gikorwa cyo gusengera hamwe mu bwumvikane musengera icyo Uwiteka ashaka ko gikorwa muri uyu mujyi ku bijyanye no gusubiza agaciyo k'ikiremwa-muntu!

### Ubutumire

Niba wakiriye neza izi nshingano zidasanzwe zo kwingingira iki gikorwa, uraba umaze kwinjira mu ntambara yo kurwanya urupfu rwo mu mwuka hamwe no kurimbura. Umwanzi ntabwo ashaka ko Itorero ryawe riba ahantu huzuye umutekano aho abagore bakiri bato batwite babonera gufashwa hamwe n'ubufasha. Umwanzi ntabwo ashaka ko Itorero ryawe riba ahantu abagabo n'abagore batsinzwe n'ibyaha babonera imbabazi, bakabohoka bakava mu ngoyi y'ibyaha n'isoni. Umwanzi ntabwo ashaka ko umuryango wawe, urushako rwawe, cyangwa urugo rwawe kuba rukomeye.

*Umwanzi ashobora kuba atakwifuriza ibi bintu byose, ariko bikaba ari byo Uwiteka akwifuriza cyane!* Gukira, gucungurwa, hamwe n'ubugingo bwinshi nibyo mbuto z'amahugurwa y'Urugendo rw'Umutanga-Buzima, agiye gukorerwa muri aka karere mu gihe cy'ukwezi uhereye none. Inshingano zawe zizaba guhinga no gufumbira ubutaka ukorwa igikorwa cyo kwingingingira abazaitabira amahugurwa bose, abasangwa, itsinda ry'abigisha, aho amahugurwa azakorerwa, ikirere, hamwe n'ibindi bintu Umwami yashira ku mutima wawe!

## **Umukoro**

1. Abashinzwe iki gikorwa cyo gusenga mbere y'amahugurwa bashobora kwicamo amatsinda mu cyumba barimo—cyangwa bagakora umurongo uzenguruka icyumba—bakitoranyamo (urugero, abayobozi bubashwe) cyangwa babiri babiri (urugero, abapasitori n'abafasha babo).
2. Abashinzwe iki gikorwa cyo gusenga mbere y'amahugurwa bashobora gusabwa kwigira imbere bakifatanya n'itsinda ryiteguye gusengana nabo (muri iryo tsinda rifite umwanya) kugirango basigwe amavuta, kandi banatumwe muri izo nshingano zo gusenga. (Bamwe mu bitabiriye amahugurwa bashobora guhitamo kwiheza ntibatambuke imbere gusengerwa no gutumwa.)
3. Itsinda ry'abanyamasengesho riza sengera abitabiriye amahugurwa yo gusengera zamahugurwa y'*Urugendo rw'Umutanga-Buzima*. Isengesho ryo kwimika ribasha kuba rigufi kandi ryoroheje (reba urugero hano munsi). Ntabwo ari ngombwa ko riba rirerire cyangwa ngo ribe iry'umuntu ku gitit cye rigomba kuba isengesho rusange.
4. Nyuma yo y'isengesho ryo kwimikwa kw'abanyamasengesho yo kwingingira amahugurwa ya mbere y'amahugurwa, abasangwa babasha guhura n'abimitswe mbere y'igikorwa nyirizina bakagera ku musozo: bagafatanyiriza hamwe gutegura gahunda y'igenamigambi ry'imyiteguro yz'amahugurwa y'*Urugendo rw'Umutanga-Buzima*.

## **Urugro rw'Ishengesho ryo kwimikisha amavuta:**

*Data wo mu ijuru, mw'Izina no mu bubasha bw'Umwami wacu Yesu Kristo, Nsize umugaragu wawe [Izina], musigiye kuba umutambyi wo kujya aba umwinginzi akahagarara mu cyuho cyo guharanira no gusana agaciro k'ikiremwa-muntu mu bantu bawe waremye mu ishusho yawe. AHamwe no kujya aharanira kugarura agaciro k'ubuzima ubwo butumwa bukinjira bukagera mu mizi y'Abayobozi no mw'Itorero ryanyu. Ndabasengera nsaba ko ubarinda, kuko ari abagaragu bawe babisigiwe, sabiye n'imiryango yabo ubakize ibitero by'umubi kandi buri umwe muri bo ujye umwuzuza Umwuka Wera, kugirango bazanjye bamenya uko basenga muri izi nshingano ubahaye. Ndasaba ko ubakoresha umurimo wo guhesha Umwana Wawe, Yesu icyubahiro, hamwe no guteza imbere Ubwami bwawe bwo mu ijuru hano ku isi. Amen.*

# Ingamba z'Amasengesho Abanziriza Amahugurwa hamwe n'Amasengesho yo Kwinginga

*Kugirango intego yo kugwiza amasengesho y'Amahugurwa y'Urugendo rw'Umutanga-Buzima igerweho, abitabiriye amahugurwa bagomba gusata umwanya baganira hamwe no kwiga uburyo basatamo ingamba. Iri somo riraza kuba rikubiyemo igihe cyo kwiga gutanga ubuzima abitabiriye amahugurwa batange igena-migambi ryabo imbere ya Data Imana yo mw'ijuru, kandi batangire kwingigira amahugurwa y'Urugendo rw'Umutanga-Buzima.*

**Igihe cyemewe muri iri somo ni:** Iminota 60

## Muri iri somo Abitabiriye amahugurwa baraza:

- Gukora igenamigambi ryo gusenga mbere (icyumweru kimwe byibuze), mugihе amahugurwa azaba akorwa, na nyuma y'amahugurwa y'Urugendo rw'Umutanga-Buzima.
- Gushyiraho gahunda nyobozi, niba ikenewe, uburyo bwo gukurikiza mu gusenga bugakwirakwizwa mu banyamasengesho kugirengo bashobore kukiyyobora neza amahugurwa y'Urugendo rw'Umutanga-Buzima.
- Gutangira amasengesho yo kwinginga.

*"Mukomeze gusenga muba maso, mushima. Kandi natwe mudusabire kugira ngo Imana idukingurire urugi rwo kuvuga ijambo ryayo, tuvuge uwiru bwa Kristo, ubwo nabohewe. Kugirango mbwerekane nk'uko nkwiriye kuvuga."*  
*Abakolosayi 4:2-4*

## Uko wategura igena-migambi ry'Amasengesho abanziriza amahugurwa y'Urugendo rw'Umutanga-Buzima

Iri teraniro turimo rigizwe "n'abayobozi b'imbere" ritanga amahirwe atagira uko asa yo gusenga uhagaragriye abandi bayobozi b'ivugabutumwa. Igikorwa cyo gusenga kwanyu nicyo kigiye gushyiraho urufatiro rw'umurimo w'Imana mu mitima no mu bwenge bwabo bagore n'abagabo, kandi mushyire ifumbire mu butaka aho imbuто zizaterwa nyuma yo gusoza amahugurwa y'Urugendo rw'Umtanga-Buzima.

Ni ngombwa ko mugira intego murasaho muri ibi byumweru bike musigaje, ibihe byose muha umwanya Umwuka Wera kuyobora igikorwa cyanyu, hamwe no gushyiraho imiterere ya gahunda ihame yo gusenga amsengesho yo kwinginga mbere y'amahugurwa, mu gihe cy'amahugurwa, na nyuma y'amahugurwa y'Urugendo rw'Umutanga-Buzima. Nyuma yo kugera aha, mutekereze kwiga ku bibazo bikurikira:

- Ninde ufite ubushake muri aba bari mw'itsinda akaba yashobora kuba umukorera bushake akaba umuhuzabikorwa, ashinzwe guhuza ibikorwa by'itsinda mu byumweru bike biri imbere?
- Itsinda rishoboye guhurira aho ryiyemeje guhurira mu byumweru bike biri imbere? Bihaye guhura kangahe? Amatariki ni ayahe, amasaha, n'aho bizabera?
- Ni izihe ngamba mwateguye zishobora gukurikiza mu kuyobora igikorwa cy'amasengesho?
- Ese byaba ari ingirakamaro gutegura gahunda y'amasengesho ya buri munsi? (Urugero rwakurikiza rubasha kwifashishwa ruri hano.) Bimwe mu byifuzo byasengerwa hakubiyemo:
  - Gusenga ko Imana yararika abo yatoye kuzitabira amahugurwa kandi bakazayitabira.
  - Gusenga ko Imana yategura ikanafumbira imitima y'abizitabira amahugurwa.

- Musenge murwanya ibitero by'umwanzi bishobora kuza rwanya igikorwa cy'amahugurwa y'*Urugendo rw'Umutanga-Buzima* binyuze mu ngendo z'azaza kuyitabira, indwara, ibitero byo mu miryango no mu buzima bwite.
- Musengere igikorwa cy'amahugurwa y'*Urugendo rw'Umutanga-Buzima*: musengere umutekano, imitima ikinguye, guhindurwa, gukorera mu mucyo, n'ibindi.
- Musenge kugirango igikorwa cy'amahugurwa y'*Urugendo rw'Umutanga-Buzima* kizagire umusaruro mu buzima bw'abazitabira amahugurwa bose.



Kumara umwanya muganira kuri ibyo bibazo bizaba ingirakamaro mu gihe muzaba muhuriye mw'itsinda ryanyu, hamwe n'abazaza mu mahugurwa y'Urugendo rw'Umutanga-Buzima. Zimwe mu nyungu ziboneka hakubiyemo:

- Amasengesho afite intego kandi ahuriweho na benshi
- Kuyoborwa mu masengesho y'umuntu ku gitit cye
- Gutanga inshingano kw'umuhuzabikorwa w'amasengesho ufite ubushobozi bwo gusubiza ibibazo byose hamwe no kuba umuhuza muri byose.
- Gukomeza kugira imishyikirano n'umuryango LIFE International ishyami ryawo *Ingabo y'amahina ku isi yose*
- Gushyiraho gahunda itanga amakuru neza mu kumenya abazitahira abazaza mu masengesho bose

## Umukoro

1. Itsinda muricemo amatsinda atanu agizwe n'abantu 3-5 buri rimwe. *Icyitonderwa: Abasangwa nibo babasha kugira uruhare runini mu gufasha muri uyu mwanya hakurikijwe uturere n'intara, cyane cyane iyo abitabiriye amahugurwa baturuka ahantu kure.*
2. Mugire ikiganiro mu matsinda yanyu musubiza ibibazo byabajije ejo mu biganiro.
3. Buri tsinda rito ni rihabwe umwanditsi wo kwandika ibyavuzwe, ibyo baganiriyeho, ingingo, ibisubizo, hamwe n'imyanzuro yafatiwe mw'itsinda bivugirwe mw'itsinda rusange.
4. Mwongere muhurire mwese mw'itsinda rusange hanyuma buri tsinda riagarirwe n'umwe muri bo avuge ibyavugiwe mw'itsinda lito hamwe no ku bagezeho ibitekerezo bagiye bunguka.
5. Nyuma y'amaraporo yose, itsinda ryose rishobora kuganira ku bisubizo byagiye biboneka mu matsinda mato kugirango hakorwe igenemigambi ry'amasengesho abanziriza amahugurwa y'Urugendo rw'Umutanga-Buzima.
6. Nk'uko bikwiriye, umwe mu bagize itsinda ry'abasangwa yagombye kwandika imyanzuro yavuye mw''itsinda ryose muri rusange kugirango igenamigambi rikorwe.  
Nyuma yo gukora igenamigambi, igihe gisigaye kishobora gukoreshwa hakorwa amasengesho: gukomeza umurimo wakozwe mu minsi ibiri ishyize, gusinga amavuta igenamigambi ryakozwe, hamwe no kwingingira abazitabira Urugendo rw'Umutanga-Buzima. Mufate umwanya uhagije mubyibazaho hamwe no kuramya, mbere yo kwiyegurira igikorwa cyo gusenga.  
Iyo niyo mpamvu uri hano!

## Umwanzuro

Binyuze mu gusenga tuba tugara gaza kumvira Data wacu wo mw'Ijuru, hamwe no kumwemerera duti "yego" twemera umurimo We wo kuducungura hano ku isi. Aboyobozi b'Ubutumwa bwiza batorwa n'Imana bakaba abashumba baragiye umukumbi we. Nk'uko Aaroni na Huri bazamuraga amaboko ya Mose mu gihe cy'Intambara z'Abisirayeli barwana n'Abameleki, niko namwe "muzamura amaboko" ya bene so hamwe na bashiki banyu bateranira mu turere bagahabwa ubushobozi bwo gusubiza ibibazo bitesha agaciro ubuzima bw'ikiremwa muntu mu turere no mu gihugu muri rusange.

Kwinginga kwanyu kurangwa no kuba abizerwa kuzatuma amahugurwa y'Urugendo rw'Umutanga-Buzima, akorwa neza agree ku ntego y'urufatiro rushikamye kandi azategura umurimo mwiza mu mitima no mubwenge bw'abantu bazitabira amahugurwa y'Urugendo rw'Umutanga-Buzima. Ushobora no kwiringira kuzabona imigisha y'Imana isesekaye mu gihe azaba ahindura ubuzima bwawe bugahinduka nk'ubw'Umwana we Yesu Kristo, ari we watubereye intangarugero twese mu gikorwa cyo kugirana umubano wuzuye ubwuzu na Se, ari we soko y'Imbaraga n'Ubushobozi bwose.



# Urugendo rw'Umutanga-Buzima

## UBUFASHA MU KWIGISHA

Nyuma yo kwakira abitabiriye amahugurwa, tekereza ku kubabaza ibibazo bikurikira:

1. Ese Imana Iravuze?
2. Niba Imana Ivuze, urayumva?
3. Niba Imana Ivuga ukaba uyumva, N'iki iri kukubwira? N'iki iri kuguhamagarira gukora?

## Intangiriro

### Ikaze & Isengesho

Umwuka Wera araza kuvugana natwe mu buryo budasanzwe binyuze muri iyi mfashanyigisho. Umurimo wacu ni ukumvira ijwi ry'Imana hamwe no gusobanukirwa icyo irimo kuduhamagarira gukora hamwe no kwiga. Irashaka ko twiga tukashishikarira umurimo, kandi hanyuma *tukabishyira mu bikorwa*.

Urufatiro rw'aya mahugurwa rwashyizweho ukwezi gushize mu gihe cy'amasengesho abanziriza umuhate, kandi urwo rufatiro rwashimangiwe mu byumweru bayashize uhereye ubwo bimikaga abanyamasengesho bari bitabiriye amahugurwa. Umwanzi wacu, umwanzi w'Imana hamwe n'ubuzima, ahora ahagaze ku ruhande ruturwanya muri ibi bikorwa, niyo mpamvu Amasengesho ya mbere y'umuhate yabaye ngombwa kugirango umwanzi ahashwe. Abinginzi banyu bahagaze mu cyuho barakomera babana hamwe n'abatanga ubuzima, babasengera ngo ubuzima bwabo burindwe, imiryango yabo, hamwe no kugirango muzabashe kwitanga hamwe no kuba mu mahugurwa.

Ibyiyongereye ku mashengesho abanziriza umuhate w'abitabiriye amahugurwa, amatsinda yarateguve ku bwanyu! Ibyo mugije kwiga hano Umwanzi arabyanga cyane, Ariko uri mwe arakomeye kuruta uri mu isi!

## UBUFASHA MU KWIGISHA

Baza abitabiriye amahugurwa niba harimo abitabiriye inyigisho z'Amasengesho Abanziriza umuhate wo gusenga. Ubasabe basubize kimwe cyangwa bimwe muri ibi bibazo bikurikira:

1. Wasobanura ibyabaye mu gihe mwari muri kumwe?
2. Amasengesho yateguve ate mu gihe cy'amasengesho Abanziriza umuhate?
3. Ubu ninde uri mu gusenga? Niki barimo gusengera?

Tanga umwanya w'ikiganiro.

Muri aya masomo uraza kuba wiga ibikurikira:

1. Urufatiro rw'ubuzima
  - Kumva ijwi ry'Imana
  - Uko Bibiliya ibona ubuzima bw'abantu
2. Utanga-Ubzima
  - Kubaho nk'ucunguwe
  - Kubana na Kristo
  - Urushako n'umuryango
3. Igitangaza cy'ubuzima
  - Imibonano mpuzabitsina muri Bibiliya
  - Ubumenyi mu bijyanye no guhuza ibitsina
  - Uko urusoro rw'umuntu rukura
  - Kuboneza imbyaro
4. Iteshwa ry'agaciro k'ubuzima
  - Gukuramo inda n'ingaruka zabyo
  - Ibibazo by'ubuzima kw'isi
5. Isanwa ry'ubuzima.
  - Kwhiana no kubabarirwa
  - Gukira hamwe no guhembuka
  - Gufata intambwe Ikurikiraho

#### **UBUFASHA MU KWIGISHA**

N'iby'ingenzi kumenya ko aya mahugurwa ashingiye ku ijambo ry'Imana hamwe n'aho bihirira nk'uko biri muri bibiliya. Kubera ibiri mur'uru rufatiro, bivuze ko ukuri kugaragazwa muri aya mahugurwa gushobora neza kujyana n'umuco w'aho arigukorerwa nk'uko bimeze mu muco wa Bibiliya.

#### **UBUFASHA MU KWIGISHA**

Abitabiriye amahugurwa bagomba gusobanukirwa neza intego nkuru z'amahugurwa y'

*Urugendo rw'Umutanga-Buzima:*

1. **Impinduka:** Abitabiriye amahugurwa baraza kubona impinduka mu buzima bwabo bayihawe n'Umwuka Wera w'Imana.
2. **Kwibyaza Umusaruro:** Abitabiriye amahugurwa baraza kwigishwa uko bashyira mu bikorwa ibyo bahuguwemo buri munsi mu buzima bwabo bwa buri munsi, batangira no kusangira n'abandi bantu ibyo baguhuguwe, kandi nyuma y'aho bakazahugura andi matsinda bakoresheje imfashanyigisho y'amahugurwa y'*Urugendo rw'Umutanga-Buzima*.
3. **Kwikuba:** Abitabiriye amahugurwa baraza kugenzura uburyo Imana yabahamagae mu muhamagaro wo gushyira mu bikorwa basubiza ikibazo cyo gutesha agaciro ubuzima bw'abantu, birashoboka ko baba batangiza umurimo w'lana wo gutanga-ubuzima cyangwa batanga ubufasha abandi gutangiza umurimo w'Imana wo gutanga-ubuzima mu turere batuyemo.

# Urugendo rw'Umuyobozi wa Gikristo

“Uwo Mwuka w’ukuri naza azabayobora mu kuri kose kuko atazavuga ku bwe, ahubwo ibyo azumva nibyo azavuga, kandi azababwira ibyenda kubaho.”

**Yohana 16:13**

## Muri iki gice Umwigishwa araza:

1. Gusobanukirwa uburyo urugendo rw’ubuzima bwe bwite bushobora gukoreshwa nk’igikoresho gisohoza intego z’Imana.
2. Kumenya inzira Imana inyuramo ivugana n’abantu bayo.
3. Kwibaza ibijyanye n’uburyo Imana yamuhamagariye umurimo wo kwita ku bibazo byo gutesha agaciro k’umuntu.

## Ingingo z’Ingenzi

- Igice kidasanzwe cy’urugendo rw’ubuzima bw’umuyobozi wa gikristo ni ukugenda yeagera umutima wa Dataku bijyanye n’ubuzima bw’umuntu, hamwe no kwiga, hamwe no kwiga uburyo yarushaho kubisangira n’abandi bizera.
- Uhereye kera kose Imana yaravugaga—kandi Iracyakomeza —Kuvugana n’Abantu bayo binyujijwe mu buryo bwinshi butandukanye, nko mu byanditswe, umwuka Wera, inyuze mu bandi bantu, ibimenyetso hamwe no mu nzosi, hamwe no mu bundi buryo.
- Kubera ko Imana ikeneye kuvugana na buri muntu, buri muntu akwiriye *kwitegura* ko Imana yavugana nawe kandi akiga kumva ijwi ry’Imana hamwe no gusobanukirwa neza icyo Ivuze.

## Ibyanditswe byateguwe wakwifashisha

Yohana 16:13, Zabuli 40, Matayo 5:13, Matayo 5:14, 2 Timoteyo 3:16-17, Yohana 16:13, 2 Samweli 12:1-15, Ibyak 5:33-40, Ibyak 9:10-19, Itangiriro 28:10-22, Itangiriro 37:6-11, Daniyeli 7, Matayo 1:18-21, Itangiriro 41, Daniyeli 2, Matayo 27:19

### UBUFASHA MU KWIGISHA

#### Iki gice cyateganyirijwe kumara iminota: 45

Iki gice gitangiza inyigisho ni amahirwe abitabiriye amahugurwa kwiga bigishijwe na bagenzi babo bari kumwe mu mahugurwa bakumva uburyo Imana yagiye ikora mu buzima bwabo. Imana ibasha gukoeshwa inkuru y’ubuzima bwa buri muntu mu buryo butanduknye kandi bwihariye mu kubiba ubuzima mu bandi. Wemerere iminota itari myinshi buri muntu abare inkuru ye bwite ayibwira umwegereye. Kugirango bashishikarire ibiganiro, babaze ibibazo bikurikira: Wowe Imama ikuvugisha gute? Tekereza Imana yigeze kuvugana nawe mu buryo *bugaragara*. Icyo gihe yavuze ate? Wameneye ute ko ari we ukuvugishije?

Nyuma ukurikizeho, guha abitabiriye amahugurwa umwanya wo gucecekera imbere y’Imana basaba kumurikira buri umwe muri bo babone kwibuka uko Imana yabiyeretse hamwe no gukunda Ikunda abantu bayo. Ubashishikarize gusaba Imana Ibiyereke mu gihe cy’aya mahugurwa, hamwe no kubereka uburyo urugendo rw’ubuzima bwabo bubasha kuba igikoresho mu gufasha abandi bantu.



Igikorwa cyo kuva ahantu ukagera ahandi tucyita urugendo, kandi *ubuzima* nabwo tukabwita urugendo: “*Urugendo rw’ubuzima.*” Buri muntu urugendo rwe rutangirira ku ku gusamwa kandi bukaba bugizwe n’ibikorwa bitabarika by’umunsi ku wundi. Iyo ubuzima bwacu burangiye ubwo urugendo ruba rurangiye, igitabo kiba kibumbwe, n’inkuru z’ingendo z’ubuzima bwacu hano ku isi zihinda ubuhamyu ku bantu bazabaho inyuma yacu.

**Igice cy’ihariye cy’urugendo rw’Umuyobozi w’Umukristo ni ukugenda agana ku gusobanukirwa neza Umutima w’Imana ku bijyanye n’ibibazo by’ubuzima bw’umuntu, hamwe no kwiga uburyo yaganira n’abandi bizera iby’Umutima w’Imana.**

Iki gice cy’urugendo rwawe gisaba ko “ugenda” uva ahantu hamwe ho gusobanukirwa ukagera ahandi.

Kugirango ube witeguye uru rugendo, ni ngombwa ko ugira ibyo umenya ku hantu ugiye kujya. Uraza gukenera I carita uzakoresha mu rugendo rwawe, bitabayi ibyo ushobora kwisanga wayobye inzira. Iki gikoresho gitoya kiraza kukubera ikarita ikuyobora mu nzira, kandi igufashe kuguha ubushobozo, imbaraga, hamwe no kuguha ubwenge bwo gusobanukirwa umutima w’Imana, hamwe n’urukundo ifitiye abantu bayo—abo buri umwe muri bo yamuremye mu ishusho Yayo. Urugendo rwawe rubasha kuba rugoyecyangwa rworoshye bitewe n’ibantu *bikubaho*. Rushobora na none kuba rwuzuye ibikorwa bituma ubona impinduka *ukaba* Umutanga-Buzima.

Buri muntu afite inkuru yabara, kandi nta nkuru ebyiri zisa. Kandi iyo izinyuzemo zombi usanga zifite ibyo zihuriraho kandi zenda gusa muri bimwe ugasanga zenda guhurira ku gahinda kamwe n’urushako, umuryango, no mu karere muri rusange, ibindi bikaba ari ibyatewe n’umuco hamwe n’ibindi bibazo byinsi byihariye. Bimwe mu bice by’inkuru y’ubuzima bwawe byuzuye ibitekerezo byubaka hamwe n’ubutwari — bimwe n’ibyo wanayuzemo bigitera imbaraga, cyangwa byahagurutsa abandi. Ibindi bice byuzuye agahinda cyangwa byuzuye amateka mabi ababaje, y’ibyo wakorewe n’abantu, ahantu wagiyie, hamwe n’ibyaye wumva utagishaka no kwibuka. Hari ibybukwa byinshi usanga byihishe mu byo twagiye twibikamo, kandi hari zimwe mur’izo nkuru zifite imbaraga zafasha mu guhindura isi no mu binyejana biri bizaza.

## Inkuru yawe igizwe n’iki?

Hari ubwo byoroha kumva ko inkuru z’abandi bantu ari zo “zikomeye” kurusha izacu: *zikaruta* kwemeza, *zikazirusha* imbaraga zo gufasha, *zizirusha* kwerekana gucungurwa, *zizirusha* gusubizamo imabaraga. Ariko uko siko kuri. Inkuru yawe n’iy’umwihariko mu kwemeza kandi isubizamo inegé abayumva. Kandi inkuru irimo ukuntu wabanye na Yesu iba irimo amagambo yo gucungurwa kandi ifite abantu bamwe ifasha, kuberako buri muntu muri twe yarazamuwe agakurwa mu isayo n’ibyondo tukahagarikwa ku rutare (Zabuli 40)!

Muri umunyu w’isi (Matayo 5:13); ntugatakaze “uburyohe” bwawe! Muri umucyo w’Isi (Matayo 5:14); ntugatwikirize umucyo wawe igitebo! Uburyo bworoshye bwatuma “umucyo wawe umurikira abandi” ni ukubabwira inkuru y’urugendo rwawe. Wizere Uwiteka nawe azakoresha inkuru yawe gusohoza imigambi ye mu buzima bw’abandi bantu, kandi hari byinshi birimo bishya byagira icyo byigisha mu gihe ubara inkuri yawe!

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## NOTES



## **Uyu munsi Imana irimo Kuvugana Natwe**

### **UBUFASHA MU KWIGISHA**

Muri iki gice, ushobora kubashishikariza kuganira ubabaza ibibazo bikurikira: Ni ubuhe buryo Imana isigaye ikoreshaivugana natwe muri iyi mins? Ni mu buhe buryo Imana yavuganye nawe inyuze mu byanditswe? Tanga urugero rugaragaza uburyo Imana yavuganye nawe inyuze mu Mwuka Wera. Andika ibisubizo baguhaye ku rubaho bose babirebe.

Iyo dutegeye amatwi ijwi ry'Imana hamwe n'ibyo Umwuka we Wera atubwira, ibyo twibwira hamwe n'ibyo dutekereza ku buzima bw'abantu hamwe no kwibaza ku bandi akenshi duhita duhinyuzwa. Hari ubwo Imana ituyobora gushishoza no kugenzura ibyo twizera hamwe n'indangagaciro zacu kugirango tubihuze tubishyire ku murongo umwe n'umwanya w'Imana. Uko tugenda tumenyera inzira z'Imana n'uburyo Ivugishamo abayoboke bayo, duhita tworoherwa gugenzura Ijwi ryayo tukaritandukanya n'urusaku rw'ibidusakuriza mu buzima bawacu bwa buri munsi.

### *Imana Ivugana inyuze mu Byanditswe*

Uburyo bwa mbere Imana inyuramo Ivugana natwe muri iyi mins ni mwijambo ryayo ryanditse, ari yo Bibiliyathe Bible. Ijambo ry'Imana ni ingirakamaro muri byse mu buzima bwacu hamwe no muri gihe. "Ibyanditswe byose byahumetswe n'Imana kandi bigira umumaro wo kwigisha, guhana, gutesha hamwe no guhugurira gukiranuka, kugirango umugaragu w'Imana abe afite ibikwiriye byose mu mirimo yose" (2 Timoteyo 3:16-17). Iyo Imana ivuze binyuze mw'Ijambo ryayo ryanditse, tugomba kumva hamwe no kumvira amategeko Yayo.

### *Imana Ivuga binyujije mu Mwuka Wera wayo*

Imana irongera muri ibi bihe ikavugana n'abantu bayo ibinyujije mu Mwuka Wera wayo. Yohana 16:13 a v u g a n g o , "Ariko uwo, umwuka w'ukuri, naza, azabayobora mu kuri kose. Ntabwo azajya avuga kubwe; azajya avuga ibyo azajya yumva, kandi azabawira ibigiye kubaho." Uburyo Umwuka w'Imana uvugana n'abizera buratandukanye bitewe n'imiterere ya buri muntu: tubasha kumva Umwuka avuga mw'ijwi ryumvikana, mu bwenge bwacu, cyangwa binyuze mu byiyumviro byacu.

Iyo Umwuka w'Imana uvuganye n'abizera, tugomba kwakira ubu butumwa tuka bugereranya n'Ijambo ry'Imana ryanditse. Iyo Imana Umwuka Wera avuganye natwe, icyo avuze cyose kijyana n'Ijambo ryayo neza nk'uko abitwereka mu byanditswe. Umwuka hamwe n'ijambobihora birikumwe bijyana muri iyo nzira.

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### **AHO BANDIKA**

## *Imana Ivuga Inyuze mu Bandi Bantu*

### **UBUFASHA MU KWIGISHA**

Muri iki gice, shishikariza abitabiriye amahugurwa kuganira ubabaza ibibazo bikurikira: Ni gute Imana yavuganye nawe inyuze mu bandi bantu? Ese Imana yigeze ivugana nawe inyuze mu bimenyetso n'inzozi?

Hari ubwo Imana ivugana natwe inyuze mu bandi bantu. Bibiliya yuzuye ingero zerekana uko Imana yagiye ivugisha abantu binyuze mu wundi muntu. Rumwe mu ngero zigaragara muri Bibiliya ni igithe Imana yatumaga ku Mwami Dawidi umuhanuzi Natani kugira ngo yihane ku bijyanye n'icyaha cy'ubusambanyi na Betisheba hamwe n'ubwicanyi bwari bwakorewe umugabo we, Uriya w'umuheti (2 Samweli 12:1-15). Urundi rugero ni uburyo umwigisha Gamaliyeli yagiriyeabayobozibidiniyakiyudako barekura Intumwaza Yesu kugirango ntibabe barwanya Imana, byatumye umugambi w'Imana n'ibikorwa byayo bishoboka (Ibyak 5:33-40). Urugero rwa gatatu ni cya gihe Imana yatumaga Ananiyasi kurambika ibiganza kuri Sawuli kugirango abashe guhumuka hamwe no kuzura Umwuka Wera. (Ibyak 9:10-19). N'uyu munsi Imana iracyavuga, Kandi hari ubwo ihitamo kuvugana nawe hamwe nanjye binyuze mu bandi bantu.

### *Imana Ivuga Inyuze mu Bimenyetso n'Inzozi*

Hari ubwo Imana Ivugana n'abantu bayo binyuze mu bimenyetso n'inzozi. Bibiliya yuzuye ingero nyinsi Imana Ivugisha abantu bayo muri ubu buryo. Imana yavuganye n'abakurambere bacu Yakobo (Itang 28:10-22) na Yosefu (Itang 37:6-11), yavuganye n'umuhanuzi Daniyeli (Daniyeli 7), ivugana na Yosefu—umugabo wa Mariya—ibavugisha ku bijyanye no kuvuka kwa Yesu (Matayo 1:18-21), hamwe n'abandi benshi.

Akensi inzozi ziba ziteye uwobwa kandi zitangaje hamwe no kuba zigoye gusobanura. Imana yakoresheje inzozi n'ubusobanuro bwazo kugirango ivugane na Farawo (Itang 41), Nebukadinezari (Daniyel 2), hamwe n'umugore wa Pilato (Matthew 27:19). Na nubu Imana iracyavugana n'abantu bayo inyuze mu Nzosi no mu binyetso, kandi ibyo bikaba bisaba kugira ubwenge buturuka ku Mana kugirango ubisobanukirwe.

### **Wowe Imana irakubwira iki?**

Kubera ko tumaze kumenya ko Imana ivugisha abantu bayo muri iki gihe, ikibazo twakwibaza ntabwo ari: Imana yavugana nanjye? Ahubwo cya ba: *Ese naba ntega amatwi* Imana kugirango numve icyo Imana ishaka kuvugana nanjye? Imana iracyavugana n'abantu bayo, kandi hari ibintu byinshi ishaka ko wowe nanjye yumenya: agaciro kacu, cyangwa umuhamagaro wacu ushingiye ku muhamagaro wacu wo kuba umucyo mu isi...hari ubutumwa bwinshi Imana ishaka ko wumva ibyo Imana yaguteguriye hamwe no kumva ibyo avuga. N'iki Ari *kukubwira*? Imana irashaka Ese Imana yaba ishaka ko Uyisubiza?

### **Ibibazo Twasuzuma**

1. Imana yavuganye nawe ite kandi ikuyobora ite mu buzima bwawe?
2. Ni gute Imana yakoresha inkuru yawe mu buzima bw'abandi bantu?
3. Ni ubuhe mu buryo Imana ivugana n'abantu bayo?
4. Ni iki Imana iri kukubwira ku bijyanye n'umutima Wayo ku buzima bw'abantu?

### **UBUFASHA MU KWIGISHA**

Hinyuza abitabiriye amahugurwa bitegereze *uburyo* Imana irimo kuvugana nabo muri aya mahugurwa hamwe no kubyakirana b'umvira.

Mu mwanya wogusenga bacecetse basaba Imana kubereka mu mitima yabo icyo Ibabwira ku bijyanye n'Umutima wayo ku bijyanye n'ubuzima bw'abantu. Bagire inama yo gutegereza no kumva ijwi ryayo, bandika ibyo bumva Imana ibabwira.

Soza usaba umwe cyangwa babiri basenge. Hanyuma ubabaze bya bibazo twatangiranye: Ese Imana Iravuga? Niba Ivuze wowe urumva? Niba Imana Ivuga nawe ukumva, ni iki iri kukubwira?



## Uko Bibiliya Ibona Isi

“Yabanjirize byose kandi byose bibeshwaho nawe.”

**Abakolosayi 1:17**

### Muri iki gice abigiswa baraza:

1. Gusobanukirwa uburyo uko umuntu areba isi biyobora ubuzima bwe.
2. Kugererena uko Bibiliya ireba Isi n'ibindi biggereranyo by'uko Isi ibonwamo.
3. Baraza kumenya inzira zinyurwamo binyuze mu buryo Bibiliya ibonamo Isi, bongere babone n'uburyo ibibazo by'ubuzima bwa kiremwa muntu byashyirwa mu bikorwa.

### Ingingo z'Ingenzi

- Buri muntu afite uko abonamo isi: Ibyo twizera hamwe n'indangagaciro zacu dushingiraho tureba isi, bituma tubona ukuri kw'ibintu hamwe no kumva neza isi icyo ari cyo.
- Uko umuntu abona isi ku gitit cye bituma ashingiraho gufata imyanzuro muri ubu buzima.
- Uko Abakristo babona isi bituma baha agaciro ubuzima bw'ikiremwa-muntu hamwe no kubahiriza uberenganzira bw'umwana utaravuka ko nawe ari umuntu byuzuye.

### Ibyanditswe Twakwifashisha

Abakolosayi 1:17, Imigani 14:12, Kuva 2:1-10, Itang 2:7, Zabuli 127:3-5, Yobu 10:8-12, Yeremiya 1:5, Matayo 1:18

#### UBUFASHA MU KWIGSHA

**Igihe cyagenewe iki gice ni iminota:** 65

Mbere y'uko usobanurira abigishwa ubusobanuro bw'uko *isi ibonwamo*, bahe amahirwe bayisobanurile.

## UBUFASHA MU GUHUGURA

Umukoro wa 1 (reba umugereka inyuma y'iki gice).

Uko isi ibinwamo ni gahunda banyuramo bareba ukuri kw'ibantu hamwe no gukora neza isi ikaba nziza. Twese dufite uko tubona isi kandi uko tubona ibantu, uko dutekereza, uburyo twitwaramo, n'uburyo tubaho bitugiraho ingaruka. Uko umuntu abona isi niho ashingira asobanukirwa ukuri kw'ibantu bikamuyobora gufata imyanzuro kandi ibyo bikaba ari byo by'ingenzi cyane.

Uko ubona isi bimeze nk'ureba isi uyibonera mu birahure byijimye. Ibyo ureba byose biri mu mwijima w'ibara risizwe ku birahuri. Iyo ibrahure bisize ibara ry'umutuku, ibyo ureba byose ubibona ari umutuku. Iyo umaze ubuzima bwawe bwose wambaye indorerwamo z'umutuku, byakugora kumva ko isi *Atari* umutuku!

Uko niko isi yawe iteye: isiga "amabara" ku buryo urebamo isi bitewe n'ibara ry'ibirahure wambaye.

Ni ngombwa cyane ko wa kwiyumvisha ko buri muntu yambaye indorwrwamo ye "aboneramo isi"— b a b a b a b i z i c y a n g w a b a t a b i z i . Umurage wawe, umuryango wawe, umuco wawe, hamwe na gahunda yo kwizera kwawe byose nibyo bigize isi yawe. Uko ubonamo isi, birahindukira, bikakuyobora bikakugenera uburyo ubaho ubuzima bwawe. Iyo bigeze ku bibazo byabatagira aho baba n'indushyi zo mu karere k'iwanu, uhagarara mu wuhe mwanya? *Igisubizo cyawe kirasubizwa n'uko ubonamo isi*. Wibaza iki ku kibazo cyabageze mu zabukuru n'uko bafatwa mu miryango yanyu? *Igisubizo cyawe kirasubizwa n'uko ubonamo isi*. Wizera ko abana bavukira mu byaha, cyangwa wizera ko bavuka ari beza hanyuma bakaza guhumanywa n'isi? *Igisubizo cyawe kirasubizwa n'uko ubonamo isi* Wibuke ko za ndorerwamo zawe zisize ibara nibyo bigusigira amabara ibantu byose ureba, kandi iyo usobanukiwe ko *ufite* uko ubona isi wihariye nibwo ubasha gutangira kwumva ko n'abandi bafite uko babonamo isi ukibaza uko nabo babonamo isi. Ubasha kuringaniza uko ubonamo isi: wahindura, wayigenderaho, wayikomeza, cyangwa ukishyiramo indi si nshya! Ibyo, nibyo biba mu gihe twinjijwe mu muryango w'Imana: duhita tugurana ukotubona isi bidafit'Imama, tugatangira kureba isi mu buryo bushingiye kuri -Kristo, aha niho Ijambo ry'Imana riduha ibirahure bushya noneho tukaba aribyo tureberamo isi.

## Ishingiro ry'uko Bibiliya Irebamo Isi

Uko Bibiliya irebamo Isi ni ukurebara isi ushingiye ku kumurikirwa n'umucyo uyobowe n'Ijambo ry'Imana. Bihita byinjira mu mu buzima bwawe bwose, uhoreye ku mafaranga ukagera ku myitwarire, uhoreye muri politike ukagera no kubukorikori. Ku Bakristo Bibiliya yagombye kuba ari yo ituyobora mu myanzuro yose bafata, every thought we have, and every value we embrace.

N'iby'ingenzi kuzirkana ko abakristu bose bafite uko babonamo isi, ariko si ko bose bafite imyumvire imwe ku isi bijyanye nuko *Bibiliya* ibonamo isi. Dukeneye kuyoborwa n'imibereho ijyanye n'uko Bibiliya ibonamo isi kuko dukeneye kubona ubuzima hamwe n'Ijambo dushingiye ku buryo Imana ibonamo isi. Iyo twibajije ibitandukanye n'byo Imana yibwira—yo twambaye ibirahure bitandukanye—ntabwo tubasha kubona ibantu uko bimeze. "Hariho inzira itunganiye umuntu Umuntu, Ariko iherezoo ryayo ni inzira y'urupfu." (Imigani 14:12). Iyo tubonye isi nk'uko Bibiliya iyibona, bituyobora mu kuba abanyangeso nziza, tukabona ibitangaza, hamwe n'ubushobozhi bwo gucungurwa.

Arikiko, wibuke, ko n'ubwo twaba dufite uko Bibiliya ibina isi, "twe tugarukira ku birebera mu ndorerwamo; hanyuma tukazabibona maso ku maso" (1 Abakorinto 13:12a). Uko tubona isi kwacu ntabwo kuzigera kugaragara neza mu gihe tuzaba tukiri hano ku isi. Kugeza ubwo tuzaba twageze mu Ijuru nibwo tuzabibona neza.

Uburyo bibiliya ibonamo isi bihanganye n'ubundi buryo bakoresha babona isi butakoresha bibiliya nk'urufatiro rwabyo. Auabuyobe buri muri ubwo buryo bundi bwose *budakoresha bibiliya babona isi* buhita bwigaragaza iyo ubugeranyije n'uburyo barebamo isi bakoresheje bibiliya. Ubwo buryo bwose bareberamo isi bujyana no kwizera ikintu cyose gifite imyuka cyangwa ubugingo— ibiti, ibitare, inyamaswa, abantu, izuba, ukwezi, ikirere, inyenyeri, n'ibindi. Iyi mikorere yo kureberamo isi ituma abantu baramya imyuka yo mu isi isanzwe, aho kuramya Imana Imwe rukumbi y'ukuri. Abantu bakunze kuba babaho mu bwoba bwo gutinya imyuka kandi bagerageza guhabwa imbaraga hamwe no gukomera binyuze mu gutamba ibitambo n'amaturo, ubupfumu, cyangwa magi. Urugero twatanga ku buryo bwo kureba isi mu buryo butari ubwa bibiliya ni bwa buryo burwanya bibiliya ku mugaragaro bukarwanya ibitangaza bikbaho mu buryo budasanzwe, ahubwo bigashyira hejuru abantu bakabazamura hejuru ku buryo babaramya. Dukurikije ubu buryo bwokureberamo isi, umuntu niwe ufite ububasha ku bintu byose byose harimo no guhitamo ni ryari ubuzima bw'undi muntu bwarangirira.

Ariko, *uburyo bwo kurebera isi muri bibiliya*, ini uburyo bwo kureba isi hamwe n'ubuzima dushingiye kukubaha Imana ifite imbaraga zindengakamere yigaragaje binyuze mu byo yeremye, muri bibiliya, hame no muri Yesu Kristo. Ku bakristo, Imana niyo ntumbero mu buzima, hamwe n'ukuri kwo mu byanditswe nibyo rugero dukurikiza mu mibereho yacu, kandi ukuri kw'ibyanditswe bikatubera urufatiro dushingiraho tubaho ubuzima bwac. Imibereho y'Umwizerwa w'umukristo yose ni ukubaho ubuzima buturuka mu kuramya Imana.

Kubera ko uko bibiliya ukw'ibona isi bikomoka ku byo biliya ivuga ku bijyanje n'ibibazo bikomeye mu buzima, ni ngombwa ko ibibazo byacu byose tubizana bikakemurirwa mw'Ijambo ry'Imana – tukibaza duti Ibyanditswe bikivugaho iki?

### *Bibiliya Ivuga Iki ku byerekeye Imana?*

Uko tubonamo Imana niko bituha uko tubona isi. Ibyanditswe bitubwira ibintu byinshi byerekeye uko Imana iri, hamwe n'icyo na kamere yayo. Mbere ya byose Bibiliya yemeza ko Imana Ibaho kandi Igororera abayishaka (Abaheb. 11:6). Niyo Mwami, utegeka ibintu byose kubera icyubahiro cyayo (Abakol. 1:16-17). Imana Ihoraho (Ibyah. 4:8) ni Nyiricyubahiro (Ps. 103:18) kandi ntahinduka (Abahe. 13:8). Imana Irera (1Petero 1:16), Ni nyir'ubuntu, irakiranuka, kandi Ikagira imbabazi. (Zab116:5) Igira Ubutabera (Zab 89:14), N'Imana Ibabarira, Igira imphuhwe hamwe n'ubugiraneza (Nehemiya 9:17). Niwe Mwami, kandi ntawundi ubaho(Yesaya 45:5)!

### *Bibiliya Ivuga Iki ku bijyanje n'Iremwa?*

Imana, Idakoresheje ibikoresho byari Bihari mbere yo kurema, yatumye ibyo tubona byose bibaho. I b y a r e m w e b i g a r a g a z a I m a n a (Zab. 19) kandi Ikihesha icyubahiro (Yesaya. 43:7). I b y a r e m w e b y o s e m b e r e b y a r i b y i z a b i t u n g a n y e , a r i k o u b u n t a b w o b i t u n g a n y e k u b e r a k w i n j i r a k w ' i c y a h a (Itang. 3:16-19). Uku kwangirika kw'igihe gito kuzacungurwa n'Imana (Abaroma. 8:19-22). Kureba isi ushingiye kuri biliya byemeza ko Imana ariyo ikomeye yonyine kandi ishobora byose n'ibyaremmwe byose kandi Ikaba isumba byose yaremye. Abantu bahawe ubutware ku byo yaremye byose, (Gen. 1:26) ku b i r e b e r e r a , hamwe no kubyitaho nk'abo yahaye kuba abahagarariye Umuremyi.

### *Bibiliya Ivuga Iki ku bijyanje n'abantu?*

Imana yaturemeye mu ishusho yayo hamwe no gusa nayo (Itang. 1:27). Uhoreye aho umugabo n'umugore baremewe mu ishusho y'Imana, nibo byaremwe biri ku rwego Imana yaremye biri ku isi (Abaheb. 2:6-8). Ubuzima bw'umuntu butangirira mu nda ku gusamwa (Zab 139:13-16). Abantu ni umwuka (Abaroma. 8:16). Twaremewe gukorera Imana (Yohana 12:26). Imana, umuremyi wacu, Ikunda abantu bose kandi yashyizeho umugambi wo gucungura kuva mu byaha (Yohana 3:16). Iyo uko tubona isi bishingiye kuri biliya bijyanje n'umwanya wacu hamwe n'umubano mwiza n'Imana

bidufasha kuzuza neza inshingano zacu zishingiye ku mitekerereze hamwe n'ibereho ishingiye ku Mana.

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**AHO BANDIKA**

## *Bibiliya ivuga iki ku bibi n'ibyiza?*

N'ubwo abagabo n'abagore baremwe mu ishusho y'Imana, kwinjira kw'icyaha mw'isi kwatumye ibyaremwe n'Imana bihumana, cyane cyane abantu (Abaroma. 5:12). Imana yashyizeho amategeko yayo, kandi arakomeye ku buryo niyo aducira urubanza (Umubwiriza. 12:13-14). Bibiliya ni rwo rugero rufite ububasha bwo kutumenyesha ibibi n'ibyiza (Zab. 119:11). Icyaha kituruka mu kumenya icyiza kandi ntugikore (Yakobo 4:17).

Bibiliya itubwira ko twese twakoze ibyaha (Abaroma. 3:23) kandi bikaba byemeza ko twapfuye mu mwuka kandi twarahejwe ku Mana (Abef. 2:1-3). Ku b w i y o m p a m v u n t a b w o d u s h o b o r a k u g a r a g a z a n e z a i s h u s h o y ' I m a n a n o g u s a n a y o n k ' u k o b i k w i r i y e (Abaroma. 1:18-32). Kubera icyaha, twagize kamere idutandukanya nayo tugahinduka abanyamahanga kuri yo (Abaroma. 8:7; Abef. 2:1-3) niyo mpamvu ibyemezo byacu hamwe n'ibikorwa ibihe byose biba byangirizwa n'icyaha. Abantu bashobora guhitamo gukora ibuntu byiza, ariko uko bibiliya ibonamo isi bidufasha gutandukanya ikibi n'icyiza, ikaba ariyo ntego yo gushimisha Imana.

## *Bibiliya Ivuga Iki ku Kuba ukomeye no kuba Umunyantege nke?*

Ibyanditswe biduhishurira Imana ihora irengera abanyantege nke n'abaabadafite imbaraga (Zab. 68:5) kandi twebwe abafite ishusho y'Imana tugomba kurengera abanyantege nke (Zab. 82:3). Ubuzima bw'Abantu bwose bwaremwe mu ishusho y'Imana kandi kubera iyo mpamvu, twese agaciro kacu karareshya-twaba abana cyangwa turi basaza, abarwaye n'abafite ubuzima bwiza, abanyantege nke n'abafite imbaraga. Imana yasezeranyije ko izakwibuka ko wagize uwo ufasha mu gihe uzaba ukeneye ubufasha (Zab.41:1). Twategetswe gufasha abanyantege nke (Ibyak 20:35).

## *Imana Ivuga Iki ku Gukuramo Inda no Gutesha agaciro Ubuzima bw'Abantu?*

Bibiliya nta gifatika ivuga ku gukuramo inda; n'ijambo gukuramo inda ntabwo riri mur byanditswe. Ariko Bibiliya ifite byinshi ivuga ku buzima n'urupfu. Kubijyanye n'aho umuzima butangirira, Bibiliya ntabwo itandukanya gusama, gutwita, hamwe no kubyara ngo bigire intambwe ubuzima bufata kugirango ubuzima bubeho, ahubwo, byose n'ibigize ibitangiza ubuzima, mu gihe ubuzima butangirira. Ibyanditswe bivuga ku gusama (Zab.51:5), inda (Zab.139:13), hamwe no kuvuka (Luk.1:31; 2:6-7) mu b i j y a n y e "ubuzima" ntabwo tuvuga ko bishoboka ko habaye ikintu cyaje guhinduka kiza kugira ubuzima. Ubuzima b'Abantu bwaremwe n'Imana (Itang. 1:26-27), kandi Imana yabujije kwica ubuzima bw'umuntu (Kuva. 20:3). Bibiliya iyubwira ko Imana yanga abamena amaraso y'inzirakarengane (Imigani. 6:16-19). Ibyanditswe biduhugura bitubwira kuba abatabara abanyantege nke hamwe no kubakura mu maboko yababarenganya (Zab. 82:4) hamwe no gutabara abajyanywe kwicwa (Imig. 24:11). Agaciro k'umuntu ntabwo agahabwa n'ibyo agezeho hano ku isi cyangwa urwego ariho mu gihugu cyangwa urwego rw'imibabaro baba bafite—agaciro k'ubuzima bw'umuntu gahoraho kubera ko bufite ishusho y'Imana. Umwana utaravuka, umugabo cyangwa umugore wamugaye, cyangwa umuntu ushaje ibyo ntabwo bababivuze ko batakaje agaciro ko kuba bararemwe mu ishusho y'Imana, nyanubwo bivuze ko batanganya agaciro, n'abandi bose.

## **Uko Bibiliya Isi Ibona Isi– Impamvu Dukeneye kubimenya**

Buri munsi tuba twugarijwe n'uburyo bwinshi butandukanye bwo Isi Ibonwamo. Duhora duterwa n'ibitekerezo bhanganye n'ibyo dusanganywe ku bijyanye n'amahame yerekeye ibijyanye n'Imana, Isi, Ubuzima bw'Abantu, Ibibi n'Ibyiza, imbaraga hamwe n'Intege nke, hamwe n'agaciro k'ubuzima bw'ikiremwa muntu biggereranyije n'uko Bibiliya Ibonamo Isi. Uko tubonamo Isi kwacu bituma tubona ibisubizo ku bibazo byacu by'ingenzi: Ni ryari ubuzima bw'ikiremwa muntu butangira? Ubuzima bw'ikiremwa muntu butangira bute? Ni nde uhitamo itangira n'isozwa ry'ubuzima bw'ikiremwa muntu? Bibiliya—hamwe n'uko ibonamo Isi biduha ishusho y'uko ibibona—ikanatumenesha ko Imana ariyo shingiro rya byose uhoreye ku gutangra kwa buri buzima bw'ikiremwa muntu no gusozwa kwabwo, kandi Imana yonyine ikaba ari yo yihariye ububasha bwo guhitamo itangira n'isozwa rya buri buzima bw'ikiremwa muntu. Kuri babandi batubahiriza ubu buryo bwo kubonamo Isi, bakunze kwizera kwizera ko bafite uburenganzira bwo gufata ibyemezo kuko bafite uburenganzira bwo gusoza ubuzima bakurikije imyanya bafite, bakurikije imibereho-myiza, cyangwa bakurikije ibikorwa bategkwa n'umuco wabo cyangwa indanga gaciro zabo.

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AHO KWANDIKA

## **Uko Bibiliya Ibona Isi Itesha Agaciro Ubuzima bw'Abantu**

Ubuzima bw'abantu bufite agaciro kuko Imana yaburemye mu Ishusho Yayo kandi Ikaba yaraburobanuye mu bindi biremwa Ikabuha agaciro. Wabaye umuntu uhoreye umunsi wasamwe. Igihe wasamwaga ntabwo wari umuntu w'igice hanyuma mu bihe byakurikiyeho ukaza kuba umuntu wuzuye. Wasamwe uri umuntu wuzuye, ikiremwa muntu cyaremwe mu ishusho y'Imana. Buri muntu ni uko yaremwe—Abakristo n'abatari Abakristo ni uko twese twaremwe. Nta kiremwa muntu gisumba ikindi.

Kubera ko agaciro kacu gakomoka ku kuri ko kuba twese turi ibiremwa muntu byaremwe n'Imana mu Ishusho Yayo, ibyo bikaba bivuze ko twese tunganya agaciro. Twese dufite agaciro kareshya, nubwo twaba turi abanyabwenge cyangwa abaswa, turi abakire cyangwa abakene, ubwoko cyangwa inkomoko, twaba abagabo cyangwa abagore, twaba turi abana cyangwa turi abasaza, twaba dufite ubushobozi cyangwa tutabufite, twaba duhagaze neza cyangwa tugayitse—twese dufite agaciro kareshya. Kuko aka ni agaciro twahawe n'Imana kandi kari muri buri muntu, ntabwo kazigera gatakara na rimwe.

Nta kintu kibasha kubihindura—gusaza, impanuka, kurwara, cyangwa urupfu, ibyo byose ntabwo byahindura. Ibyo tunyuramo mu buzima ntacyo bigabanyaho cyangwa ngo byongereho. Ishuhso y'Imana—niyo kashe yo gusa nawe niyo twambaye—nta muntu wayiduhanaguraho. Nubwo icyaha cyahindanyije iyo shusho, turacyari mu ishusho y'Imana.

Uhereye aho Gahini yiciye Abeli, ubuzima bw'ikiremwa muntu bwakomeje guteshwa agaciro no kugirirwa nabi inshuro zitarika mu buryo bufite amazina menshi atandukanye: ubwicanyi, ubucakara, genocide, gukuraho ubwoko, ubucuruzi bw'abantu, uburaya, gushora abana mu ntambara, kwica abaremye, kugabanya umubare w'abantu, kwica –birangiza ububabare, kwigira icyihebe, kubeshyerana, kwandagaza, k w a n g a , i r o n d a k o k o , k w i h e b a , gufata abagore nk'aho bafite agaciro kari munsi y'ak'umugabo, gukebahobimwe mu bice ndangabitsina, urutonde rurakomeza... kandi ibyo byose bikomeretsa umutima w'Imana kuko ari ubugome bukorerwa ishusho Yayo.

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AHO KWANDIKA

## **Umugereka: Uko Bibiliya Ibonamo Isi**

### **Umukoro 1 (iminota 5-10)**

*Icyitonderwa: Bitewe n'umwanya uba muke, ushobora guhitamo gukoresha imfashanyigisho imwe muri izi cyangwa zombi.*

Imfashanyigisho ya 1: (Ibirahure bisize amabara)

1. Uze witeguye ibrahure bisize amabara bibiri byibuze (ushobora gukoresha udupapuro twa pulastike dufite amabara atandukanye cyangwa ikintu cyose kibengerana cyagaragaza amabara ushobora kureberamo ugahingutsamo amaso). *Icyiton derwa : ni ngombwa ko bigira amabara abiri atandukanye, bitavanzemo amabara abiri (urugero, ushobora gukoresha ibrahure bibiri by'umuhondo hamwe n'ibindi bibiri by'umutuku, ariko ntibigomba kuba bifite amabara atijimwe kandi adasa bimwe bigomba kuba umutuku ibindi bikaba umuhondo).*
2. Babaze uti: “Iyo wumvise ijambo ‘uko isi ibonwamo’ ni iki gihita kiza mu bwenge bwawe? Wowe wasobanura ute ‘uko isi ibonwamo’?” *Akira ibisubizo ariko ntubanze kubabwira igisubizo nyacyo ku busobanuro ‘uko isi ibonwamo’.*
3. Ambara idorerwamo zifite ibara (cyangwa urebere muri bya birahure cyangwa pulastike z'amabara). *Wibaze uti “Iki cyumba kirasa gite nkirebeye muri aya marineti y'izuba?”*
4. Saba undi muntu kwambara za ndorerwamo z'izuba. Baza uti: “Iki cyumba kirasa gute kuri uyu muntu ucyambaye?”
5. Baza uti: “Nsobanurira *impamu* twembi tutari kubona ibantu bimwe kimwe.”
6. Baza uti: “Kurebera icyumba mu birahure bisize amabara bihuriye he n'uburyo tubaho mu buzima tubamo tubonamo isi?” cyangwa “Wagereranya ute uburyo tubonamo *icyumba* kumwe n'abakristo n'abatari abakristo ku buryo tubonamo Isi?”

Imfashanyigisho ya 2 (Inkuru)

1. Bara inkuru (iyo wahitamo n'inkuru wabonye ku giti cyawe) inkuru isobanura uburyo abantu babiri bashobora kuba bareba ikintu kimwe ariko bakakibona mu buryo butandukanye. *Reba urugero hepfo.*
2. Baza ibibazo byoroshye, bifashe kwerekana no kumva neza uko Isi ibonwamo, nk'ibi bikurikira:
  - “Ni kuki abantu babiri batandukanye babonye ibantu bibiri bisa, uburyo butandukanye?”
  - “Ni iki cyatumye babibona mu buryo butandukanye?”
  - “Ibi twabigererenya ko bisa gute, mu gihe ndi umukristo, nkabona ikintu runaka mu buryo butandukanye n'utari umukristo abibonamo?”

### **Inkuru y'Urugero:**

Abashakanye bari mu rugendo banyura muri Oregon, umwe mu mijyi yo muri Leta z'unze'Ubumwe z'Amerika. Aka ni akarere kagizwe n'imisozi n'ibibaya by'ibyatsi bibisi bitoshye, kuzuye imisozi yuzuye ibiti, hakaba nibiyaga n'imigezi byiza birimo amazi y'ibara ry'ubururu. Uko bakomezaga bagenda, umugabo yakomeje kugenda abwira umugore uburyo ari kubona aho hantu ari heza hafite amabara ashimishije amaso, ariko igisubizo cy'umugore cyari kitandukanye n'ibyo umugabo yamubwiraga: “Yego, ni heza, ariko haragaragara ko humye kandi hasa nabi.” Umugabo yahise atungurwa n'uko umugore amubwiye. Nyuma yo kugenda amasaha menshi, umugabo yaje kumenya ko umugore we yari yambaye indorerwamo z'izuba y'ibara ry'ibihogo kandi we nta ndorerwamo yari yambaye, bibaha bombi kubona ibitu bibiri bitandukanye aho hantu hamwe babonaga.

### **Umukoro wa 2 (iminota 45)**

1. Ukoreshje I karita y'uburyo isi ibonwamo iriho ubusa (reba hepfo), garagaza I karita nini *iriho ubusa* lbaza kuzuzamo nyuma y'umukoro. Koresha igikoresho k'ikinyamakuru ufite bugufi: urupapuro, ikibaho cy'umweru, ibipapuru biringaniye, Power Point n'ibindi.
2. Babaze iti: “Ni iki mwadusobanurira ku buryo *bwanyu* k'uburyo mubonamo Isi?” Reka abakumva batange ibisubizo bituruka muri bo bijyanjanye n'uburyo Abakristo babonamo isi ushingiye ku kuba ari abapasitori n'abayobozi b'Itorero.

3. Babaze uti: “Ni ubuhe buryo bukomeye bwo kubonamo isi buhari mu gihugu cyanyu?” Ushobora kubabaza amadini akomeye cyangwa za kaminuza/ibigo by’anyabwenge/ibidukikije by’ubuhanga bwa siyansi. Nyuma y’ikiganiro kigufi basobanurire ubabwira ko ikintu cyose kitari mu buryo bibiliya ibonamo isi kigomba gufatwa nk’ikinyuranyijen’uko “Bibiliya Ibonamo Isi.”



## **Ibikorwa byo mu matsinda mato**

4. Kora amatsinda mato ane cyangwa abiri agizwe (abantu 5-10 muri buri tsinda), ubahe ya makarita ariho *ubusa*. Ameze nk’ikarita y’uburyo Bibiliya Ibonamo Isi hepfo. Icyitonderwa hano kuri iyi karita ntugomba kuhavugira ijambo “gukuramo inda”.
5. Bwira igice cy’abagize itsinda kuzuza ibijyanye “n’Uko Bibiliya Ibonamo Isi” ku gice cy’ibumoso cyanditseho. Cya gice kindi cy’itsinda nacyo cyuzuze kuri ya karita ku ruhande rw’iburyo bandikeho ibjanye n’ubundi buryo bunyuranye “n’Uko Bibiliya Ibonamo Isi”. Amatsinda agomba gukoresha iminota 20 buri rimwe hakoreshejwe iminota ibiri kuri buri ngingo yandikwa kuri ya karita (imnota 10 muri yose hamwe). Kugirango ubashishikarize neza ugomba gusura buri tsinda buri kanya birashoboka ko bigusaba kubamenyesha buri minota ibiri igihe bashigaje.

## **Ibikorwa byo gukorerwa hamwe mu itsinda**

6. Nyuma y’iminota cumi, hamagara amatsinda yongere agaruke hamwe. Baza itsinda ryahawe kwiga ku buryo bibiliya Ibonamo Isi: “Dukurikije Bibiliya, Imana ni nde? Ni iki mwanditse mu matsinda yanyu?” Wandike ibyo bashubije. Komeza kugeza aho murangiriza ibiri ku ikarita, mwandike n’ibyanditswe ku ruhande ruriho ibinyuranye n’iby’uko Bibiliya Ibonamo Isi.
7. Mukirangiza umurongo wa mbere, vuga uti, “Uko tubona Imana biratugeza ku buryo dutekerezamo Isi.” Mukomeze murangize ikarita yose nk’uko biri mu ntambwe ya 5.
8. Mukomeze mwuzuze ikarita, mukoesheje bwa buryo hakurikijwe ibiri ku murongo. Ingero z’ibazo zaratanzwe kugirango zifashe abigishwa gugira ibiganiro hagati yaboIbibazo ntanga rugero (Birahari mu bitangwa)::
  - Ubuzima bw’ikiremwamuntu (Ubuzima bw’ikiremwa muntu bukomoka he? Ubuzima butangira ryari? Ubuzima bw’ikiremwa muntu bufite agaciro kangana iki, ugereranyije n’ibindibyaremwe?)
  - Ibyiza cyangwa. Ibibi (Ni gute ubu buryo bw’uko Bibiliya Ibonamo Isi bituma duhitamo ibibi n’ibyiza?)
  - Imbaraga cyangwa Intege nke (Ni iki Bibiliya itwigisha ku bijyanye n’isano iri hagati y’abakomeye n’abanyantege nke (infubyi, abapfakazi,)?) Abapagani hamwe n’abizera ubuzima bwabo bavuga iki ku bijyanye n’abanyantege nke n’abakomeye?)
  - Aha bigeze ongeramo “Gukuramo inda” ku murongo wa nyuma. Ibi bigomba gukorwa muri kumwe, mutari mu matsinda mato. (Uko bibiliya ibona isi bitwigisha kurinda abanyantege nke, B i b i l i y a i v u g a i k i k u b i j y a n y e n ’ a b a n a b a t a r a v u k a ? Umaze gusobanukirwa iby’abapagani hamwe n’abiyemera babonamo Isi n’uko babona ibijyanye n’abanyembaraga n’abanyantege nke, ubona gukoramo inda babibona bate?)
9. Hanyuma, iby’ikarita ubisoze muri ubu buryo:
  - Uburyo tubona Imana bituma duhitamo uko dusobanukirwa ibyaremwe.
  - Uburyo dusobanukirwa ibyaremwe biduha gufata umwanzuro w’uburyo tubona ubuzima bw’ikiremwa muntu.
  - Uko tubonamo isi mu bijyanye n’ubuzima bw’ikiremwa muntu nibyo biduha kumenya guhitamo ibibi n’ibyiza.
  - Aho dukura kumenya ibibi n’ibyiza niho hadutegeka uko tubona isano iri hagati y’abanyembaraga n’abanyantege nke mu baturanyi.
  - Uburyo tubonamo isano iri hagati y’abanyembaraga n’abanyantege nke nibyo bituyobora uko tubona ikibazo cyo gukoramo inda.
  - Iyo uko tubona isi y’Imana binyuranye n’uko Bbiliya Ibona Isi nibwo bitworohera gufata umwanzuro ku buryo dufite uberenganzira buhitamo ufite agaciro n’utagafite aho ubwo burenganzira kubuharira awaremye ubuzima.
10. Ikiganiro kirangije ushobora gutanga za mpapuro zimaze kuzuzuzwa.

Ibinyuranyije n'uko Isi Ibonwa	Uko Bibiliya Ibona Isi	Ibinyuranye n'Uko Bibiliya Ibonamo Isi
<b>Imana</b> Imana ni nde cyangwa n'iki?		
<b>Isi/Ibyaremwe</b> Isi yaremwe ite? Ni nde uyitegeka?		
<b>Ubuzima bw'ikiremwa muntu</b> Ubuzima bwavuye he? Ubuzima butangira ryari?  Agaciro k'ubuzima ni akahe ugereranyije n'ibindi biremwa?		
<b>Ibyiza bateganye n'Ibibi</b> Ni gute buri buryo Isi Ibonwamo biduha guhitamo ibyiza n'ibibi?  Ni nde uhitamo ibibi n'ibyiza?		
<b>Abakomeye bateganye n'aboroheje</b> Ni iki buri buryo Isi ibonwamo biduha gusobanukirwa isano iri hagati y'abakomeye n'aboroheje ?		
<b>Gukuramo inda hamwe no gutesha agaciro ubuzima</b> Ni iki kivugwa kuri buri buryo Isi Ibonwamo ku bijyanye no gukuramo inda hamwe no gutesha agaciro ubuzima bw'ikiremwa muntu?		

## **Agaciro k'Ubuzima bw'Ikiremwa Muntu**

“Imana irema umuntu ngo agire ishusho yayo, afite ishisho y’Imana niko  
yamuremye’umugabo n’umugore.”  
**Itangiriro 1:27**

### **Muri iri Somo uwiga araza kumenya:**

1. Ibyo Bibiliya ivuga ku bijyanye n’agaciro k’ubuzima bw’ikiremwa muntu.
2. Gusobanura impamvu ubuzima bw’ikiremwa muntu ari ubw’Agaciro.
3. Ko buri kiremwa muntu—umugabo cyangwa umugore, mu moko yose—bose baresha mu maso y’Imana.
4. Ko inzira zose banyuramo batesha agaciro ubuzima by’ikiremwa mumtu buganisha ku kurimbura ubuzima bw’ikiremwa muntu.
5. Gusobanukirwa igisubizo bibiliya itanga ku kibazo cyo gukuramo inda hamwe n’ibindi bikorwa bitesha agaciro ubuzima bw’ikiremwa muntu.

### **Ingingo z’Ingenzi**

- Ikiremwa muntu ntabwo gisanzwe mu byaremwe byose kuko abagabo n’abagore baremwe mu ishusho y’Imana.
- Ubuzima bw’abantu bwose bufite agaciro kareshya kandi gahenze bitagira ingano uhoreye ku gusamwa ukageza ku rupfu rusanzwe, kubera ko umuntu yaremewe mu ishusho y’Imana.
- Gutesha agaciro ubuzima bw’abantu byatumye ubuzima bwa za miliyoni z’abantu bapfa bituma ku isi yose haba gupfusha abantu benshi cyane.
- Tugomba guha agaciro ubuzima bw’abantu nk’uko Imana ibikora kandi tugahitamo kuba dufite ubushake bwo kuba abatanga ubuzima tukarengera abari mu kaga ko kurimbuka harimo n’abataravuka.

### **Ibyanditwe byakoreshejwe**

Itangiriro 1:26-27, Itangiriro 2:7, Zabuli 100:3, Zabuli 139:13-16a, Yeremiya 1:4-5, Itangiriro 1:27, Itangiriro 1:31a, Kuva 20:13, Imigani 6:17, Zabuli 139:13-14, Zabuli 139:15-16, Yeremiya 1:5, Itangiriro 1:27, Yohana 10:10, Imigani 24:11, Matayo 25:40, Imigani 31:8-9, Zabuli 68:5, Yeremiya 9:24, Yakobo 2:14-17, 2 Abakorinto 5:18-19

## **UBUFSHA MU KWIGISHA**

**Igihe cyagenewe iri somo ni :** iminota 60-90

Tangirana n'ibi bibazo:Ijambo guha agaciro ‘icyejewe’rivuze iki? Umaze kumva iryo jambo, ni iki gihita kiza mu bitekerezo?”

Hitamo gutangiza iri somo ubara inkuru y’imbaraga z’Imana mu gihe yaremaga mw’Itangiriro 1. Baza abitabiriye amahugurwa uburyo Imana yaremye umucyo—autegereze bagusubize ko bakubwira bati “Yarabivuze biraba,” cyangwa igisubizo gisa nicyo. Baza ibisa nibyo ku nyenyeri,ibimera, hamwe n’inyamaswa hanyuma ugere ku muntu. Tegereza igisubizo cyabo kuri buri kibazo. Wibande ku buryo Imana yafashe umukungugu wo hasi ku butaka. Ibi byari bitandukanye mu byo yari yabanje kurema byose. Uhereye kw’Itangiriro umugabo n’umugore bari“bararobanuwe” bakuwe mu bindi byaremwe; bari “abejejwe,” nyuma yo guhabwa ubuzima n’Umwuka w’Imana yabahumekeyemo.

Bibiliya yigisha ko Imana yaremye umuntu mu ishusho yayo kugirango agire ishusho y'Imana: “Imana irema umuntu ngo agire ishusho yayo, afite ishusho ishusho y'Imana niko yamuremye; umugabo n'umugore niko yabaremye” (Itangiriro 1:27). Iri hame niryo rufatiro shingiro ku kuri gufatika gutuma tuba abarengezi n'abita ku buzima bw'abantu bo mu nzego zose n'imyaka y'ubukure yose. **Ubuzima bwose burareshyia kandi bufite agaciro katagira ingano, uhoreye ku gusamwa ukagera ku rupfu rusanzwe, kuko abantu baremwe mu ishusho y'Imana.**

“Uwiteka Imana irema umuntu mu mukungugu wo hasi, imuhumekera mu mazuru umwuka w'ubugingo, umuntu ahinduka ubugingo buzima.” (Itangiriro 2:7). Umuntu ntasanzwe kuberako Imana yamuhumekeyemo ubuzima—*ntabwo ari uko byagenze mu iremwa ry'ibindi biremwa by'ibinyabuzima*. Abantu na none bararobanuwe batandukanywa n'inyamaswa kubera ko twahawe umwuka wo kumenya kandi hamwe no kugira ubwenge, kandi ibyo byose bikomoka ku Mana.

Abagabo n'abagore bafite ubwenge, amarangamutima, ingeso, hamwe no kuba ibiremwa by'ibinyamwu bizahoraho iteka ryose; izo ndanga gaciro zose ubusanzwe zari zihariwe n'Imana yonyine. Iso ndanga gaciro z'ishusho y'Imana iturimo hari ubwo zitugaragariramo mu byo dufite nk'urukundo, k u b a a b i z e r w a , u b u t a b e r a , rgukiranuka, k w i h a n g a n a , u b u g w a n e z a , g u c a b u g u f i , k u b a b a r i r a , kugira neza, hamwe n'ubuntu.

Bibiliya ivuga yeruye ibijyanye no gukomera kw'Imana ku byo yaremye byose, ariko ikavuga ku mwihariko w'umuntu udasanzwe—*abagabo n'abagore*—kubera ko twaremwe mu ishusho y'Imana. (Ubu budasa ntabwo bwihariwe n'abayoboke ba Kristo gusa ahubwo bukubiyemo abantu bose bari muri uwo muryango w'in yoko muntu.) Imana yaremyw buri umwe muri twe mu ishusho yayo, ifite impamvu (Zab 100:3, Zab 139:13-16a), kandi idufituye umugambi ku buzima bwacu uhoreye ku gusamwa kawcu ukageza ku buzima bwacu bwose tuzabaho (Yeremiya 1:4-5).

## **Bibiliya Ivuga Iki ku bijyanye n'agaciro k'ubuzima bw'abantu?**

*Ubuzimwa b'abatu bufite agaciro kuko Imana yaremye umuntu mu ishusho yayo.*

“Imana irema umuntu ngo agire ishusho yayo, afite ishusho y'Imana ni ko yabaremye” (Itangiriro 1:27). Uku niko kuri ko muri Bibiliya iha agaciro katagira urugero ubuzima bw'abantu. Agaciro dufite ntabwo kabarika nk'ibiceri by'amafaranga. Agaciro kacu kararenze kuko kabairwa mu mu gaciro k'izahabu n'ifezaariko gashyingiye ku waduhaye ishusho ye ajya kuturema.

*Ubuzima b'abantu ni ubw'agaciro kuko Imana ubwayo niyo yavuze iti ni byiza cyane.*

“Imana ireba ibyo yaremye byose, n'uko byari byiza cyane” (Itang 1:31a). Iri ni ijambo rikomeye Imana yavuze rikomeza ubwiza bw'ibyo Imana yaremye harimo no kuremwa kw'umuntu.

*Ubuzima b'abantu ni ubw'agaciro kuko Imana kuko Imana ibuza kandi yanga kwica Ubuzima.*

Itegeko rya gatandatu rirabivuga ku buryo bworoshye, “Ntukice” (Kuva 20:13). Mu Migani 6:17 havuga ko Uwiteka yanga “ibiganza bimena amaraso atariho urubanza.”

*Ubuzima b'abantu ni ubw'agaciro kuko Imana niyo yaremye Ubuzima bw'abantu.*

“Kuko ari wowe waremye ingingo zanje, wanteranyirije mu nda ya mama. Ndagushimira y'uko naremwe uburyo buteye ubwobaimrimo wakoze n'ibitangaza, Ibyo umutima wanje ubizi neza” (Zab 139:13-14).

*Ubuzima b'abantu ni ubw'agaciro kuko kuba Imana yaratumenye tutaravuka byari ibintu yateguve mu kuremwa kwacu, kandi akaba adufitiye intego mu buzima bwacu.*

“Igikanka cyanje ntiwagihishwe, ubwo naremerwaga mu rwihiwo, ubwo naremereshezwaga ubwenge mu hasi y'isi. Nkiri urusoro amaso yawe yarandebaga, mu gitabo cyawe handitsemo iminsi yanje yose, yategetswe itaburabaho numwe” (Zab 139:15-16). “Nakumenye ntarakurema mu nda ya nyoko kandi nakwejeje utaravuka, ngushyiriraho kuba umuhanuzi uhanurira amahanga” (Yeremiya 1:5).



## Buri muntu areshya n'undi mu gaciro

Agaciro kacu kasigara ari kamwe n'ubwo twaba dufite ibyo dutandukiranaho ku gitsina, imyaka, ibara ry'uruhu, ubwoko dukomokamo, ururimi cyangwa amateka y'inkomoko yacu, idini, ururimi, ibihugu dutuyemo, urwego tulihio mu bumenyi, imibereho cyangwa icyiciro turimo, cyangwa ibindi bituranga. Buri buzima bw'umuntu bwaremwe mu ishusho y'Imana kandi kubera ibyo bugomba kubawa, gufatwa neza mu cyubahiro, bukarindwa, bukarerwa, kandi bukatezwa imbere—ntabwo ari ubwo gusuzugurwa, kwirengagizwa, guteshwa agaciro, gushyirwa ku ruhande, guhkurwaho bukazimira, kujugunhywa, cyangwa ngo bwicwe.

Buri buzimwa bw'ikiremwa muntu bufite agaciro guhera ku gusamwa, kandi agaciro kacu karakomeza mu buzima bwacu bwose. Igikorwa cyurugomo cyakorerwa urwaye, umunyantege nke, uwa mugaye, cyangwa ushaje, cyangwa umwana ukiri mu nda yanyina utaravuka, kimeze nk'aho cyaba gikorewe Imana.

“Imana yaremye umuntu mu ishusho ye, mw'ishusho y'Imana nomo yabaremeye umugabo n'umugore” (Itang 1:27). Abagabo n'abagore bose bambaye ishusho y'Imana, niyo mpamvu abagabo n'abagore bose baringaniye mu gaciro no mu cyubahiro. N'ubwo abagabo n'abagore batandukanye mu nshingano zo mu muryango, bagatandukana no mu nzego zimbaraga z'umubiri, bakaba badahuje n'uburyo batekereza ku bintu byinshi, *bombi bambaye ishusho y'Imana, kandi bombi bafite agaciro katagira ingano.*

Gufata abagore nk'aho bafite agaciro kari munsi y'abagabo biba ari ukubahuka hamwe no gutesha agaciro ubuzima bw'abantu baremwe mu ishusho y'Imana kandi bitera ibibazo bikomeye mu bihugu byabo. Abagabo b'abakristo cyane cyane mu mahanga aho abagabo ari bo bafite ijambo n'ububasha ku buryo bafata abagore babo, nibo bagomba gufata iyambere bagatanga urugero bafata neza abagore babo nk'abo bareshya—ibyo nibyo, bigaragaza kuba abantu b'Imana, bakabana neza hamwe no kubahana.

## Gukuramo inda: Amateka y'Isi kuri Jenocide Ikomeye

### UBUFASHA MU KWIGISHA

Bababaze bya bibazo: “Mu gihugu cyanye ubuzima bw'ikiremwa muntu bagitesha bate agaciro?” Tanga umwanya w'ikiganiro kigufi.

Muri Yohana 10:10, Yesu yavuze ko, “Umujurua azanwa no kwiba no kwica no kurimbura.” Uku n i uku ri ko mu mwuka kuri inyuma uburyo bwinshi bukoreshwaabantu bahohotera no gutesha agaciro ubuzima bw'ikiremwa muntu. Uwo niwo mwuka uri inyuma y'ububuryo bwose bukoreshwa kugirango ubuzima bw'ikiremwa muntu buteshwe agaciro mu isi hose: binyuze mu bucakara, gucubya, guhohotera, gukomeretsa, hamwe n'ubwicanyi, ibyo byose n'ibikorwa byibasiye ubuzima bw'ikiremwa muntu. Hari ibihumbi by'abantu bahora bicwa buri mwaka kw'isi. Isi yose isigaye yarabaye indiri y'ubwicanyi aho ubuzima bw'abantu bumaze kuhatakarira mu mibare yo hejuru muri iki kinyejana turangije (hamwe no mu mateka yaranze ikiremwa muntu) biturutse kungaruka za Jenocide: ubu ni uburyo bwateguwe bukoreshwamu kurimbura imbagya y'abantu, ndetse hari ubwo bwicanyi bugera mu maliyoniy'ubuzima bw'abantu.

## **UBUFASHA MU KWIGISHA**

Mwuzuze umukoro wa 1 (reba ku mugereka ku mpera y'iki gice).

- Jenoside yo mu Rwanda mu mwaka wa (1994): yaguyemo abantu b'abatutsi barenga 1,174,000.
- Jenoside yo muri Cambodia mu mwaka wa (1975–1979): yaguyemo abantu bitwa aba Khmer 2,000,000.
- Ubwicanyi bwabereye ahitwa Shoah mu mwaka wa (1933–1945): haguyemo abantu b'abanyaburayi 13,000,000, harimo n'A bayahudi 6,000,000.
- Ubwicanyi bwabaye ku ngoma ya Stalin mu mwaka wa (1941–1953): haguyemo Abasoviyetes 20,000,000.

Tumaze kubona ko iyo ubuzima bw'ikiremwa muntu budahawe agaciro kabukwiriye, abayobozi ba Politike, amatsinda y'abantu, abantu bose binjira mu gikorwa cyo kurimbura ubuzima bw'abantu ku buryo burimbura imbagya y'abantu. Ariko igisigaye kitabonwa n'abenshi ni iyindi jenoside yica abantu benshi mu mwaka umwe kuruta ubwicanyi na za jenoside zose zigeze kubaho. Ubwo bwicanyi ni ugukuramo inda, kandi Gukuramo *inda bihitana ubuzima bw'abantu barenga miliyoni 56* ku isi yose buri mwaka.

Nk'uko ibihugu byirengagiza ubwicanyi buri mu bihugu by'ibaturanyi byabo, niko natwe twese hamwe twirengagije ubwicanyi bukorwa mu bugome mu gukuramo inda mu miryango yacu, uturere dutuyemo, no mu bihugu byacu. Niba ari ukuri ko ubuzima bw'ikiremwa muntu bwose buresha mu gaciyo imbere y'Imana, ubwo rero abavuga ko ari abizera ba Yesu Kristu *bagomba kureka kureba hirya* ntibirengagize ubwicanyi bukomeye bwo gukuramo inda. Ariko kubyirengagiza byonyine ntabwo bihagiye. Tugomba *kubona* iki kibi gikomeye, kandi tukagira icyo *dukora* mu kurengera abatashobora kwirengera. “Mutabare abajyanwa kwicwa,” niko mu Migani 24:11 havuga.

## Guteshwa kw'agaciro k'ikiremwa muntu mu nzego zose z'ubuzima

Ubwicanyi hamwe no gukuramo inda nibyo byibasiye ubuzima bw'ikiremwa muntu ku rwego rukabije ubugome kuko byombi bikuraho ubuzima bw'umuntu. Ubwicanyi bushoborwa gukorwa umwanya uwo ari wo wose nyuma yo kuvuka, ariko kubera ko gukuramo inda bikorwa mbere y'uko umuntu avuka, bisaba ko uwo muntu arengerwa vuba mbere y'uko ubuzima bw'umuntu bujya mu kaga, kandi ako kaga kabageraho mu gihe bakiri bato cyane bakiri ku rwego rwo kutabasha kwirengera. Ariko hari uburyo bwinshi bukoreshwa mu gutesha agaciro ubuzima bw'ikiremwa muntu hose mu nzego zo gukura:

- **Ku rwego rwo kuba Impinja:** Zicishwa imiti irimo uburozi, bakazireka zigapfa, Barazita ntibaziteho
- **Ku rwego rwo kuba Umwana:** Ihohoterwa rishingiye ku gitsina, barabacuruza, kujya mu gisirikare bakiri abana
- **Ku rwego rwo kuba Ingimbi:** Ubucakara, barabakomeretsa, bagashyingirwa imburagihe
- **Ku rwego ro kuba abakuze:** Uburaya, kubafata ku ngufu, kubashimuta
- **Ku rwego bageze mu zabukuru:** Barabata ntibabiteho, Babicisha inshinge

Ibyo byaha byose bikorerwa ubuzima bw'ikiremwa muntu imizi yabyo ikomoka mu gutesha agaciro ubuzima bw'ikiremwa muntu bikorwa mu gihe umwana ataravuka akicwa bakuramo inda. Turamutse dukurikije uko turebamo isi bituma twemera guha agaciro wa muntu utaravuka, byari gushoboka turamutse dusobanukiwe neza agaciro k'ibiremwa muntu byose byamaze kuvuka. Iyo uko tubona isi bituyoboye mu gikorwa cyo kurengera wa mwana utaravuka, kurengera kwacu ababana bamaze kuvuka (hamwe n'abana, ingimbi, Abakuze, hamwe n'abageze mu za bukur) byahita bikurikiraho byoroshye.

Ibi ntabwo ariko biri, ariko, bishoboka kuba ari ukuri gushoboka kugerwaho. Nubwo twaba tugeze ku kwemera by'ukuri agaciro Imana yahaye umwana w'imyaka itanu, ntabwo mu by'ukuri twagombye kwirengagiza agaciro k'umwana umaze amezi atanu ukiri mu nda. N'ubwo twavuga ko Imana ikunda umugore (nk'uko Ikunda umugabo), birashoboka ko twakomeza kunanirwa kwemera ukuri ko Imana inakunda wa *mukobwa utaravuka* nkuko ikunda wa mwana w'umuhungu utaravuka. N'ubwo twamenya ko Imana yita ku mukecuru w'umupfakazi ushaje cyane (ukeneye kwitabwaho n'abandi kugira ngo abeho), nabwo tubasha kwirengagiza ukuri ko Imana yita cyane *kuri wa mwana ukeneye kwitabwaho* ariko ataravuka.

Tuba mu isi aho abantu benshi basigaye barabaye intabwa kandi bari mu kaga ko kwicwa: i n f u b y i , a b a m u g a y e , a b a p f a k a z i , i m p u n z i . Niba Imana iha agaciro ubuzima bw'ikiremwa muntu ku buryo bureshya uhoreye ku gusamwa, niko byakabaye no ku kurinda ubuzima bw'ikiremwa muntu byagombye gutangirana uhoreye ku gusamwa abataravuka bakarindwa batarakurwamo. Kandi niba twemeranya n'Imana ko *na* wa mwana utaravuka afite agaciro katagira ingano, nibwo igikorwa cyacu cyo kurinda banyantege nke byari gukurikiraho bikagerwaho ku buryo bufatika. Niba umwana utaravuka afite agaciro, n'infubyi ifite agaciro. Niba umwana utaravuka afite agaciro, na wa wundi wamugaye azagira agaciro. INiba umwana utaravuka afite agaciro, na wa mupfakazi afite agaciro. Niba umwana utaravuka afite agaciro, na ya mpunzi ifite agaciro.

Buri muntu muri aba bari mu kaga, hamwe n'abandi benshi, bakwiriye guhabwa kurindwa. Bibiliya ifite byinshi ivuga ku barwaye, abashonje, imbohe—kandi tugomba gutekereza uburyo bwo gukora uko dushoboye byose tukagira icyo dukorera “abari hanyuma y'abandi” (Matayo 25:40). Ariko kuko buri buzima bw'ikiremwa muntu butangirana no gusamwa—twese tubanza kuba abataravuka mbere y'uko tuvuka—inda yagombye kuba ariko hantu ubuzima bufite agaciro butangirira kurindwa.

## **Igisubizo cya Bibiliya ku Kibazo cyo Gutesha Agaciro Ubuzima bw'Ikiremwa Muntu**

Uko Imana yibwira ku bijyanye n'ubuzima bw'ikiremwa muntu kitaravuka ni uko—abaremewe kwambara ishusho y'Imana bose bagira agaciro kangana—ntabwo bifatwa nk'ukuri ku isi yose, amamiliyonu y'ubuzima ahora yicwa mbere y'uko bahabwa amahirwe yuzuye y'umugambi w'Imana ku buzima bwabo. Twe nk'abayoboke ba Kristo, turasabwa kugira icyo dukora kubera impamvu nyinshi.

### ***1. Imana Iduhamagarira kurengera abatagira kirengera.***

Bumbura akanwa kawe uvugire ikiragi. Kandi uburanire abatagira shinge na rugero. Bumbura akanwa kawe uce imanza zitabera, Ucire abakene n'indushyi urubanza rutunganye.

Imigani 31:8-9

Hariho ibuntu bitandatu ndetse birindwi, Uwiteka yanga bimubera ikizira ni ibi: Amaso y'ubwibone, ururimi rubeshya, Amaboko avusha amaraso y'utariho urubanza, umutima ugambirira ibibi, Amaguru yihuta kugira urugomo, umugabo w'indarikwa uvuga ibinyoma, N'uteranya abavandimwe.

Imigani 6:16-19

Imana ubwayo niyo murengezi w'umupfakazi kandi akaba se w'infubyi (Zab 68:5). Agira imbabazi no kutabera no gukiranuka mu isi. (Yeremiya 9:24), kandi Niyo yaturemye, Dufite Ishusho Ye, tujye dukora ibisa bityo.

Imana Ikeneye ko abantu bayo baba abarengera hamwe no kwita ku bari mu kaga no mu bukene hamwe no kuvugira ababasha kwivugira, harimo na babandi bari mu kaga cyane: ari bo babana bataravuka.

## **2. Imana Itubwira ko kwizera kutagira ibikorwa kuba gufuye.**

Mbese bene Data, byavura iki niba umuntu avuga yuko afite kwizera, nyamara akaba ari nta mirimo akora? Bene uko kwizera kwabasha kumukiza? Cyangwa se, hagira mwene Data w'umugabo cyangwa w'umugore wambaye ubusa, kandi akaba abuze ibyo kurya by'iminsi yose. Maze umwe muri mwe akamubwira ati "Genda amahoro ususuruke uhage", ariko ntimumuhe ibyumbiri ukeneye byavura iki? Uko niko no kwizera iyo kudafite imirimo, ahubwo kuri konyine kuba gupfuye.

Yakobo 2:14-17

Kubera ko Imana ari Isumba byose, nta buzima bubaho ku mpanuka. Kubera ko ubuzima bw'ikiremwa muntu ari ubwejejwe mu maso y'Imana. Ibi nibyo twizera, kandi tugomba kubishyira mu bikorwa, kuko Bibiliya itubwira ko kwizrera kutagira imirimo kuba gupfuye.

## **3. Imana yatugabiye umurimo w'Ubwiyunge.**

Ariko byose bituruka ku Mana yiyunze natwe ku bwa Kristo, ikaduha umurimo wo kuyunga n'abandi: K u k o m u r i K r i s t o a r i m o I m a n a y i y u n g i y e n ' a b a r i m u i s i n t i y a b a i k i b a b a r a h o i b i c u m u r o b y a b o , k a n d i n o n e h o y a t u b i k i j e i j a m b o r y ' u m w u z u z o .

2 Abakorinto 5:18-19

Umubano wacu n'Imana watunganijwe binyuze mu mbaraga z'igitambo cy'urupfu no kuzuka bya Yesu Kristo. Ubu tukaba dufite amahirwe yo gusangira n'abandi Ubutumwa bwe Bwiza—hakubiyemo n'ukuri ko Imana yahaye ubuzima bw'ikiremwa muntu agaciro— tukabugeza kuri babandi bamaze gufata umwanzuro ku gukuramo inda, hamwe na babandi bakiri muri gahunda y'imyiteguro yo gukuramo inda. Imana iracyakomeje kwiyunga n'abantu bayo binyuze muri Yesu Kristo, kandi nitwe yahisemo ko tuba Intumwa z'Ubutumwa bw'ubwiyunge!

## **Umwanzuro**

Imyinsi mu miryango yo ku isi yose bamaze kumenyera kwhanganira gukomeza kubaura abantu binyuze mu gukuramo inda. Ikibazo cyo kwica abana babazira nenge kimaze gufata intera ndende ku buryo imibare yarazamutse igera aho irenga ingano: miliyon i z'ubuzima 56 —abana b'abahungu hamwe n'abana b'abakobwa—bicwa buri mwaka, hari n'ubuzima butabarika butakara, imbag a y'abantu ikarimbuka, abantu benshi bakaharimbikira. Iyo tudahaye agaciro ubuzima b'ikiremwa muntu Imana yahaye agaciro katagira ingano, kandi nti twubahe Umuremyi, tuba turi mu kaga ko kuzambura agaciro ubuzima bw'ikiremwa muntu, tukabima agaciro hamwe n'icyubahiro bahaw e n'Imana ubwo baremwaga mu ishusho y'Imana.

Imico y'abantu yageze aho yangirika ku rwego rwiyongera buri munsi ku isi hose, kandi n'ibaya dukorera bagenzi bacu nabyo byariyongereye, abagabo n'abagore bose bariyongera kugwiza imbaraga zo gukora ibaya bashize amanga. Ubu turi mu bikorwa bikomeye ntabwo tukiri babandi abo twari bo ibinjyejana bihise, kandi ntabwo dushidikanya ko ko tutazahura n'ibibi twahuye nabyo mbere ariko ni dukomeza iyi nyigisho ya Bibiliya ikatwinjira bihagije imiryango, ingo, abaturanyi, amahanga yose akabyitabira tuzabigeraho.

## **Ibibazo twakwibaza**

1. Ni kuki ubuzima bw'ikiremwa muntu bureshya mu gacirokandi bukagira agaciro katagira ingano
2. Ibyanditswe bishigikira gute igikorwa cyo kurengera ubuzima bw'ikiremwa muntu, harimo n'ubuzima bukiri mu nda?
3. Ni ubuhe buryo muri bumwe bakoresha batesha agaciro ubuzima bw'ikiremwa muntu mu gihugu cyawe?
4. Ni ubuhe buryo bufatika wakoresha urengera abataravuka?

## **Umugereka: Agaciro k'ubuzima bw'ikiremwa muntu**

### *Umukoro wa I (iminota 10)*

1. Koresha Igikoresho cy'icyuma kinini (, isafuriya cyangwa indobo cyangwa isarori) hamwe n'utuhurunguru tw'utwuma tugera kuri 6,000 (cyangwa utubuye duto cyangwa ibishyimbo byumye\*). Ubishyire mu bikombe bitanu, buri gikombe ugishyiremo umubare w'utwo duhurunguru ukurikije imibare ikurikira:
  - a. **12** (Ubuzima 1,174,000 : Bwatakajwe muri Jenoside yakorewe abatutsi mu Rwanda)
  - b. **20** (Ubuzima 2,000,000 : Bwatakajwe muri Jenoside yo muri Cambodia)
  - c. **130** (Ubuzima 13,000,000: Bwatakajwe mu bwicanyi bwo muri Shoah)
  - d. **200** (Ubuzima 20,000,000 : Bwaguye ku ngoma ya Stalin)
  - e. **5,600** (Ubuzima 560,000,000: Inda zakuwemo ku isi yose mu myaka 10 ishyize yonyine)
2. Twa duhurunguru tw'utwuma na cya gikoresho kinini bigomba kuba bihishe ahantu bitaboneka kugirango bigabanye kurangaza.
3. Babwire uti: “Ngiye kubereka mu ncamake uburyo ikibazo cyo gukuramo inda gikomeye cyane ugereranyije n'ibindi bibazo byibasira ibyaremwe n’Imana mu ishusho yayo.”
4. Babwire bahumirize amaso yabo kandi bumve cyane.
5. Vuga uti: “Ijwi rya buri gahurunguru kaguye muri iyi sorori [cyangwa indobo, n’ibindi.] riagarariye ubuzima bwatakajwe 100,000.” Ngaho jugunyamo akahurunguru kamwe muri ya ndobo cyangwa isarori.
6. Vuga uti: “Ubu nibwo buzima bwatakajwe mu gihe cya jenoside yakorewe Abatutsi muri Afurika mu gihugu cy'u Rwanda mu mwaka wa 1994.” Ngaho suka uduhurunguru 12 muri ya ndobo cyangwa isorori.
7. Vuga uti: “Ubu nibwo buzima bwatakajwe mu gihe cya jenoside yakorewe muri Aziya mu gihugu cya Cambodia mu mwaka w’agana muri 1970.” Ngaho suka uduhurunguru 20 muri ya ndobo cyangwa isarori.
8. Vuga uti: “Ubu nibwo buzima bwatakajwe mu ku ngoma ya y’Abasoviet bayobowe na Stalin.” Ngaho suka uduhurunguru 200 muri ya ndobo cyangwa isarori.
9. Vuga uti: “Ubu nibwo buzima bwatakajwe mu gukuramo inda mu myaka icumi ishize.” Ngaho suka uduhurunguru 5,600 muri ya ndobo cyangwa isarori.
10. Nyuma y’akaruhuko, yobora isengesho usaba imbabazi z’Imana kubera icyaha cyo gukuramo inda.
11. Mu gusoza isengesho ongera ukusanye twa duhurunguru cyangwa ibishyimbo byumye utangire ucuranurire twa duhurunguru mu bikombe bibiri binini ya majwi y’uduhurunguru miliyoni 56 z’abantu bapfa buri mwaka ku isi yose. Tugomba “gutabara abajyanwa kwicwa” (Imigani 24:11).

\* Birashoboka ko bidakunda kwegeranya ibishyimbo byumye 6,000 cyangwa uduhurunguru tw’utwuma. Ahubwo ibya koroha ni ukwegegenya ibishyimbo byumye 600 cyangwa uduhurunguru tw’utwuma ukajya uducuranura mu ndobo ebyiri. Bigusaba gucuranura incuro icyenda kugirango uzabone amajwi angana n’ibishyimbo 5,600. Menya ko ijwi ryiza ry’ibyo bishyimbo byumye riboneka ari uko wakoresheje ibikoresho bikoze mu mabati cyangwa ibyuma hanyuma ukabona gucuranura ibyuma muri ya ndobo.



# Uko Wahinduka Umutanga-Buzima

“Umuju ntazanwa n’ikindi keretse kwiba no kwica no kurimbura, ariko jyeweho nazanywe no kugirango zibone ubugingo, ndetse ngo zibone bwinshi.”

**Yohana 10:10**

## Muri iki gice abigishwa baraza:

1. Kumenya itandukaniro hagati y’ingeso yo “kwaka-ubuzima” hamwen’ingeso yo “gutanga-ubuzima”.
2. Kumenya uburyo abantu bakurikiza kugirango babe abatanga-buzima.

## Ingingo z’Ingenzi

- Yesu yazanywe no kuzana ubugingo buhoraho ku isi, kandi urugero rwe abigishwa be nirwo tugomba gukurikiza.
- Kuba Utanga-ubuzima ni *imywitarire* ya ngombwa —mu mibereho yacu ya buri munsu.
- Ugucungurwa duhabwa na Kristo mu mutima w’umuntu niko kudufasha kugaragaza *umutima afitiye* abantu.
- Abantu bacungwe nibo bagaragaza umutima wa Kristo mu bandi bantu binyuze mu mitekerereze iranga abacunguwe, imyumvire iranga abacunguwe, imirebere iranga abacunguwe, amagambo iranga abacunguwe, hamwe n’ibikorwa biranga abacunguwe.

## Ibyanditswe byakoreshejwe

Yohana 10:10, Yakobo 3:9-10, Yohana 8:29, 1 Abakorinto 2:16, Abaroma 12:2, Yohana 15:4, 1 Abatesaloniki 5:17, Yakobo 1:19, Yohana 8:47, Matayo 18:9, 1 Timoteyo 6:11, Imigani 18:21, Abakolosayi 4:5-6, Imigani 4:20-27

**UBUFASHA MU KWIGISHA**

**Umwanya wemewe muri iri somo ni:** iminota 60

Uko Bibiliya ibonamo Isi kuzima kugomba kuba gukubiyemo ukuri kujyanye n'ubuzima bw'ikiremwa muntu (harimo abagabo n'abagore, hamwe n'imyaka y'ubukure hamwe n'inzego zose z'ubuzima, harimo na babandi bataravuka) kuba bufite agaciro kenshi katagira ingano. Yesu yazanywe no kuzana ubugingo buhoraho, kandi twahamagariwe gusangira n'abandi bantu ubwo buzima. Niyo mpamvu tugomba kugira imibereho ya buri munsi dufite ingeso zigara gaza ko turi abatanga-buzima kuri bose mu buzima bwacu, kandi tugomba kubahisha Imana mu byo dutekereza byose, ibyo tuvuga hamwe no gukora—"...mujye mukora byose, guhimbaza Imana." 1 Abakorinto 10:31.

## Kuba Utanga-Ubzima bivuze iki?

Urugero rwiza rusumba izindi ku ku kumenya icyo bivuze kuba *utanga-ubuzima* ni ubuzima Yesu yabayeho. Igikorwa gikomeye cyo gutanga ubuzima mu mateka y'isi cyabayeho ubwo Imana yoherezaga Umwana wayo kuza gupfira ku musaraba azira ibyaha byacu. Icyo gikorwa kimwe rukumbi cyo gucungura abantu nicyo cyabay icy'ingenzi kandi kigera ku ntego yo gutanga ubuzima mu mateka y'abantu. Iyo niyo ngeso tugomba kwerekwa abagore, abagabo, n'abana—abamaze kuvuka n'abataravuka, abakenewe cyangwa abatakenewe, abateganyijwe cyangwa abatarateganyijwe, abakundwa cyangwa abadakundwa—ku nzego zose z'ubuzima bagezeho. Uko dutekereza, twumva, tuvuga, tureba, hamwe no gukora bigaragaza urukundo dufitye abandi bantu, kandi bikagaragaza uburyo imibereho y'ubuzima bwacu yahindutse mu mico no myitwarire igaragaza kamere yo gucungurwa.

Hari ubwo abana bavukana ubumuga butabasha kuvurwa bugakizwa no kubagwa cyangwa ubundi buvu. Hari abatabasha kugenda, bakaba bakeneye imbago cyangwa kugendera mu tugare. Wenda hari umuntu uzi utameze neza mu mutwe cyangwa afite amaranga mutima atameze neza atabasha kwihanganira umunaniro cyangwa ugira amatsiko bikabije. Wenda ni ibara ry'uruuhu rwawe rituma uhezwa mu bandi bigatuma udahabwa agaciro ukwiriye n'abantu ku buryo Imana iguhe agaciro. Kuba uri utanga-ubuzima bivuze ko ufata abantu bose neza—wirengagije imyaka bafite, urwego rw'ubuzima bariho, ubushobozi bafite cyangwa badafite, ubwoko cyangwa icyiciro bariho mu bukungu, b'aba ari abagabo cyagwa ari abagore, ari abakristo cyangwa abatizer—a kabafata neza ubahaye icyubahiro gikwiriya abaremwe mu ishusho y'Imana, na babandi twibwira ko tudakwiye gusangira nabo.

Kubera ibikorwa by'ubutanga-buzima Imana yadukoreye, ni muri ubwo buryo natwe twahawwe amabwiriza yo kuba abatanga ubuzima ku bandi. Kuba Utanga ubuzima birenze kuba ikibazo cya Tewologiya kigomba kwigwaho cyangwa kikabwirizwa; bigomba kuba *imibereho*, kandi bikagira ingaruka nziza ku buryo tubayeho mu buzima bwacu bwa buri munsi. Arik Imana yaduhamagariye gutanga ubuzima mu bice byose by'ubuzima bwacu kandi bikadufasha no guhangha n'ibiduhinyuza mu buzima bwacu. Tugomba kuba maso kugirango ibikorwa byacu bidahabana n'amagambo yacu hamwe no kwizera kwacu.

Urwo ni rwo dushimisha Umwami Data wa twese, kandi ni rwo tuvumisha abantu baremwe mu ishusho y'Imana. Mu kanwa kamwe havamo gushima no kuvuma. Bene Data, ibyo ntibikwiriye kumera bityo.

Yakobo 3:9-10

Ni gute twageza ku bantu tutazi urukundo rwa Kristo kandi tunanirwa kurugeza kubagize imiryango yacu hamwe n'abaturanyi bacu? Ni kuki ab'isi yabatizer aahitamo kwemera ibyo twizera hamwe n'imibereho tubayeho mu gihe natwe turi mu batesha agaciro ubuzima bw'abandi bakristo dukoresheje amagambo yacu hamwe n'ibikorwa? Ni gute twatanga ubutumwa butanga-ubuzima ku bagabo n'abagore bahanganye no guterwa inda batiteguye gutwara kandi muri icyo gihe bategereje ubutumwa bubaka-ubuzima binyuze mu mujinya cyangwa kuvugwa amagambo mabi agamije gushyigikira gukuramo inda hamwe nibindi bijyana nabyo?

Iyo wowe nanjye duhaye agaciro ubuzima bw'ikiremwa muntu nk'uko Imana ibikora, twahita dufata neza buri muntu wese duhuye nawe buryo bwuzuye urukundo, no mu buryo butanga-ubuzima rw'Imana. Mu gihe tubikora, tuba dufasha abantu gusobanukirwa urukundo rw'Imana, imbabazi, hamwe n'ubuntu, aho kubarundaho amagambo abaka—ubuzima yuzuye ikimwaro, umujinya no kwiheba. Binyuze mu mbaraga hamwe n'ubwenge duhabwa n'Umwaka Wera w'Imana itubamo, muzashobora kuba abatanga-ubuzima mu bantu bose Uwiteka azajya abazanira mu buzima bwanyu, n'ubwo bazaza barahindanyijwe n'ibyaha mu mateka yabo cyangwa ibyemezo baba barafashe byabanduje mu mateka yabo bikangiriza ubuzima bawabo barimo ubu.

Kuburi utanga-ubuzima ufite amahirwe menshi yo kwereka uwo muntu inzira yo kwakiramo Yesu Kristo hamwe no kumuyobora ku kubabarirwa hamwe no gukira duhabwa n'Imana binyuze mu Mwana We.

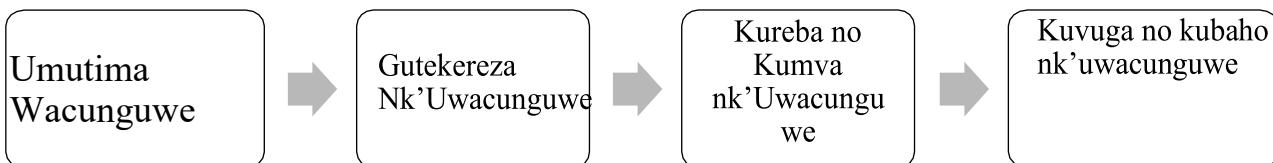
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**AHO BANDIKA**



## **Umutima Wacunguwe**

Nyuma yo kwakira Ubuntu bw'Imana buhoraho hamwe n'imbabazi zayo mu buzima bwacu binyuze mu murimo wakozwe na Yesu ku musaraba biduhatira gufata neza abantu batwegereye mu buryo bugaragaza—Ubuntu n'imbabazi. Umutima wacunguwe uba ubizi kandi ubisobanukiwe nza uburemere bw'icyaha hamwe n'imbabazi z'Imana zuzuye. Iyo umutima w'umuntu ucunguwe na Kristo, uhita winjira mu ruganda rushyiraho urufatiro rufite ibitekerezo, amatwi, amaso, iminwa, hamwe n'amaboko byo kuba utanga-ubuzima nka Kristo.



Iyo mpinduka ibaho igihe Kristo amaze gucungura umutima w'umuntu bikamuha ubushobozi bwo kugaragaza umutima wa Kristo mu bandi bantu. Duhita dutangira gusobanukirwa umutima w'imphuhwe Kristo afitiye abandi bantu iyo turebye isano afitanye n'Imana Data. Iyo niyo sano tugomba gukurikiza, twemerera Umwuka Wera kuturemamo umutima umeze nk'uw'Imama Data ari wo na Kristo yari afite.

Ibyanditswe bigaragaza neza kwifusa Yesu yari afite bwo kuneneza Se. Muri Yohana 8:29, Yesu yerekanye intumbero yari afite mu byo kunezeza Se mu bintu byose yakoraga: “Uwantumye turi kumwe; ntabwo yandeka njenyine, kuko mpora nkora ibimunezeza.” Mu gihe turimo gukura mu kugwiza ubushake bwo kunezeza Data, tuhigira byinshi bijyanye nawe, gusobanukirwa Imana kwacu kukarushaho kugwira. Uko dukomeza gusobanukirwa Imana, ni nako turushaho gusobanukirwa abandi hamwe no kwisobanukirwa.

## **Gutekereza nk'Uwacunguwe**

Gutekereza nk'Uwacunguwe bikomoka mu mutima wacunguwe. Umutima wacu hamwe n'ubwenge byombi bigomba guhindurwa bigahindurwa bikagera ku gusa na Kristo niba tuzahinduka tukaba abantu bageza ku bandi bantu tukaba abatanga-ubuzima nyabo. Uburyo utekereza aku bandi bantu nibyo rufatiro rw'ibindi bikorwa byose uzakora. Ese ugirira urukundo abakuvuga nabi? Ese waba witaye ku bugibgo buhoraho bw'abandi bantu gusumba uko wita ku nyungu zawe bwite? Buri muntu muri twe yagombye kugira gutekereza nk'uwacubguwe kubantu duhora duhura nabo buri munsi.

Bibiliya ibidusobanurira neza ko dushobora guhindura ubwenge n'ubuzima bwacu bikamera nk'ibya Kristo. ““Mbese ni nde wigeze kumenya icyo, Uwiteka atekereza ngo amwigishe?” Nyamara twebwe dufite gutekereza kwa Kristo” (1 Abakorinto 2:16). Kubera ibi, tubasha guhabwa ubushobozi bwo gusobanukirwa ukuri kw'iby'umwuka hamwe n'ubwenge nk'uko Kristo abiziwe. Ikindi chyanditswe gifite imbaraga kuri iri somo tukibona mu Abaroma 12:2: “Kandi ntimwishushanye n'ab'iki gihe, ahubwo muhinduke rwose mugize imitima yanyu mishya, kugirango mumenye neza ibyo Imana ishaka, aribyo byiza bishimwa kandi bitunganye rwose.”

Gutekereza kwacu kuzacungurwa, kandi tuzakura tugere aho dusobanukirwa neza ubushake bw'Imana dufata umwanya turi kumwe nawe buri munsi—dusoma Ijambo rye, dusenga, tuvugana nawe, hamwe no kumwumva avugana natwe. Uko tuzakomeza kugira umwanya wo kubana n'Uwiteka, niko n'ubwenge bwacu buzakomeza guhinduka buse nawe. Tugomba kuguma muri Kristo (Yohana 15:4)

kandi dusenga tudasiba (1 Abatesalonika 5:17) kugira ngo ubwenge bwacu buhinduke.

**UBUFASHA MU KWIGISHA**

Yobora ikiganiro n'itsinda ryose muri rusange mwige ku buryo twabasha kuba abatanga-ubuzima mu **gutekereza** kwacu.

## Kumva nk'Uwacunguwe

Bibiliya itubwira ko tugomba kwihutira kumva kandi tugatinda kuvuga (Yakobo 1:19)—uru nirwo rufatiro rwo *kumva nk'Uwacunguwe*. Kumva nk'uwacunguwe na none bisaba guhitamo *kutumva ibiganiro* bibi byose, utitaye ku uwaba abivuga. Hari ibihe ibi bigorana, ariko bikaba ibyangombwa mu guhinduka ukaba nka Kristo. Kwigendera ugahunga ibiganiro bitagaragaza Kristo Bizana kubohoka kandi bifite imbaraga nyinshi, ntabwo bigirira akamaro twebwe twenyine, ariko n'abatureba bose. Tugomba kuba abarinzi b'amarembo tukitararika ibyinjira mu bwenge bwacu binyuze mu byo twumva.

Iyo dukomeje kumva andi majwi igihe kirkire (nk'amajwi ya satani aduhendahenda kwinjira mu byaha) bigasumba amajwi y'Imana twumva, tuba turi mu kaga ko kutazongera kumva Ijwi ry'Imana. Yohana 8:47 havugango, “Uw'Imana yumva amagambo y'Imana. Impamu utumva Ijwi ry'Imana ni uko utari uwe.” Iri ni ijambo rikomeye ryavuzwe na Yesu abwira abayobozi b'amadini bari bazi ko bazi Imana, ariko mu byukuri bari kure nayo. Bahoraga bari aho umwanya bawumarira ku gutamba ibitambo bihoraho by'idini, ariko nta busabane n'Imana bafite. Uko turushaho kumara umwanya n'Uwiteka niko turushaho kumenya kurobanura ijwi rye mu yandi tudahusha. Amatwi yacu azatozwa kuba maso hamwe no kuba twiteguye kumva ijwi rye kuruta ayandi majwi yose. Kugira ngo tubere abandi bantu abatanga-buzima, tugomba kuba dushobora kumva neza ijwi rya Data, Umuremyi w'ubuzima, ari nawe utwuzuza ubuzima.

### UBUFASHA MU KWIGISHA

Yobora ikiganiro n'itsinda ryose muri rusange mwige ku buryo twabasha kuba abatanga-ubuzima mu **Kumva** kwacu.

## Kureba nk'Uwacunguwe

Cyangwa ijisho ryawe ni rikugushaa urinogore urite kure yawe. Ibyiza ni uko wakwinjira mu bugingo usigaranye ijisho rimwe gusa, birruta ko wajugunywa muri gehinomu y'umuriro ufite amaso yombi.

Matayo 18:9

Uyu ni umuhamagaro wihuse kandi usaba gushira mu bikorwa byihuse! Muri iy ‘isi yacu birihuta kureba ibintu bidatunganye. Isi imaze kuzura ibishuko byinshi bishuka umubiri bakoresha amashusho y'abagore bafite umubiri mwiza kugira ngo babashe kugurisha ibicuruzwa byabo, za sinema zamamaza, kandi zifata bwenge bwacu hamwe n'imitima bukuzura ibintu bitari iby'Uwiteka. Iki cyabaye igishuko ku bagabo n'abagabo, kandi tugomba kwihangana tukarobanura ibyo tureba byose, ibyo dusoma, hamwe n'ibyo tureba kuri internet, kuri televisiyo, cyangwa n'ibyo tubona muri za firime.

Iyo twemereye amaso yacu kureba ibishushanyo bibi byinjira mu bwenge bwacu binyuze mu maso, biraduhumanya n'umubano wacu n'Imana ukagira igitotsi. Ikindi, ibyo tubona bikora ku marangamutima yacu, umubiri wacu, imibanire yacu, no buzima bw'umwuka. Ibyo tubona bituma tuba *abaka-ubuzima* mu bitekerezo byacu, mu byo tuvuga, hamwe n'ibikorwa dukorera abandi. Guhumiriza amaso twanga kubireba ntabwo bihagije. Tugomba guhunga kureba ibishushanyo bibi, hamwe n'ubundi buryo bw'ibyaha, tugaharanira gukiranuka (1 Timoteyo 6:11). Hano niho tubona urufatiro rwo kureba nk'uwacunguwe.

Kureba nk'uwacunguwe birakenewe mu biganiro tukanira n'abantu duhura nabo. A bantu—cyane cyane abo twashakanye nabo, abana, hamwe n'abo dukunda—bashobora kureba mu mitima yacu bakatumenya baturebye mu maso gusa bakatumenya. Bashobora kutureba mu maso bakamenya niba tubakunda cyangwa tubabesha, tubemera, tubanezerewe, hamwe no kuba tubahesha umugisha cyangwa tubavuma...kandi bashobora no kumenya tutabishimiye. Kubona kwacu gushobora gucungurwa mu gihe tumaranyi iyihe turi twenyine n'Umwami, nibwo nawe akaduha amaso ye.

### **UBUFASHA MU GUHUGURA**

Bwira abigishwa bahindukire abo begeranye baganire ku buryo bwakoreshwa mu gutanga-ubuzima mu byo **bareba**. Abakorerabushake bashobora gutanga ibitekerezo byabo mu bo barikumwe mu itsinda. Cyangwa, ushobora kubaza iki kibazo ukakibaza itsinda ryose muri rusangeubaze mu kagiheraho muganira ikiganiro kigari abigishwa bose bakakigiramo uruhare

## Kuvuga nk'Uwacunguwe

Ururimi nirwo rukiza kandi nirwo rwica...

Imigani 18:21

Ubundi buryo butuma abantu babasha kutumenya ni ukumenya aho tumara ibihe byacu binyuze mu byo dukunda kuvuga. Ingeso nziza z'utanga- ubuzima zigomba kuba zikomoka mu mutima ziganisha mu bwenge, hanyuma zigasohokera mu magambo tuvuga. Ibyanditswe bivuga ko ururimi rufite imbaraga kandi rufite ubushobobi bwo kwica cyangwa rugakiza. Igihe cyose ubumbuye umunwa wawe ugiye kuvugana n'undi muntu, jy'ubanza uhitemo amagambo muri buvugane uhitemo amagambo *atanga ubuzima cyangwa yambura ubuzima* mu magambo uvuga. Iyo duhisemo amagambo afasha, agakomeza, ahugura—cyangwa amagambo ahana ariko mu rukundo—tuba *dutanga ubuzima* mu bandi bantu. Iyo duhisemo gukoresha amagambo atanyagura abantu cyangwa tugakoresha amagambo atuzamura hejuru yabo, tuba dufatiriye cyangwa *tubambuye ubuzima*. Usibye ibikorwa byawe, kuba utanga-ubuzima ukoresheje amagambo yawe ni bumwe mu buryo bufite imbaraga wakoresha kugirango umenyeshe Yesu mw'isi yose.

Abakolosayi 4:5-6 haduha ubujyanama bw'inyongera ku buryo twajya tuvuga nk'abacunguwe mu gihe tuvugana n'abadukikije: "Mugenendere mu bwenge ku byo mugirira abo hanze; mucunguze uburyo umwete. Ijambo ryanyu rifatanye iteka n'ubuntu bw'Imana, resize umunyu, kugirango mumenye uko mukwiriye gusubiza umuntu wese." *Ubuntu* hamwe n'umwunyu nbigomba kuba ari byo biranga ibyo tuvuga byose mu gihe tuvugana n'abandi bantu. Ibi bisaba kuba twiteguye mbere y'igihe, twiteguye ibiganiro turi buganire n'abo turi buhure nabo mu murimo wacu wa buri munsi. Ubwenge burahari kandi bubonekera mu kugira umwanya uhagije n'Imana hamwe no kuyisaba ubwenge. Kugira ngo dutegure "amahirwe neza" bisabako tubanza kubitegura tugakora igenamigambitwumviriza ibyo Umwuka yaba atwerekahamwe no kuyoborwan'Umwuka Wera. Ni muri ubwo buryo dushobora gukomeza gukura nk'abatanga-ubuzima mu ihe tuvugana n'abo Uwiteka aba yadushize imbere buri munsi.

### UBUFASHA MU GUHUGURA

Yobora ikiganiro n'itsinda ryose muri rusange mwige ku buryo twabasha kuba abatanga-ubuzima mu **kuvuga** kwacu..

## Kubaho nk'Uwacunguwe

Hanyuma, nk'abatanga-ubuzima dukeneye kwita ku buryo tubaho mu buzima bwacu bwa buri munsi. Ibikorwa bigaragaza abacunguwe nibyo byo bihita byerekana isano dufitanye n'Imana. Iyo ubuzima bwacu budakora ku mutima w'abantu tubaha ubutumwa bwiza, birashoboka ko natwe ari uko tutarakorwaho n'ubutumwa bwiza. Ariko, niba twaracunguwe by'ukuri, twagombye kuba tubigeza ku bandi bantu tubabwira ibya Yesu uko bishoboka kose, kandi tukubaho ku buryo bugaragaza urukundo rwe!

Twaremewe kuramya Imana no kumuhesha icyubahiro ibihe byose ku buryo buhoraho. Ibi nabyo ni ugutanga-ubuzima ku bandi, kandi ikintu kiruta ibindi mu gutanga ubuzima duhita tubiyumvamo muri twe imbere. Iyo tubayeho muri ubu buryo, tuba twujuje umugambi w'Imana ku buzima bwacu. Mu gihe mukora uko mushoboye mu buzima bwanyu bwose kuba abumvira Kristo, mwemera umurimo we wo gucungura muri buri gice cy'ubuzima bwanyu, ibikorwa byanyu bizajyana neza no guhamagarwa kwanyu. Ibikorwa by'abantu b'Imana batanga-ubuzima nibyo isi ikeneye cyane muri ibi bihe.

## Gusoza

Mwana wanjye, ita ku magambo yanje; Tegera ugutwi ibyo mvuga. Ntibile imbere y'amaso yawe, Ubikomeeze mu mutima wawe; Kuko ari byo buggingo, bw'ababibonye, bikaba umuze wose w'umubiri wabo wose Rinda umutima wawe kuruta ibindi byose birindwa, kuko ariho iby'ubugingo byose bikomokaho. Ikureho umunwa uvuga iby'ubugome; kandi ururimi ruvuga iby'ubugoryi urushyire kure nawe. Boneza amaso imbere yawe Ugumye uhatumbire. Tunganya inzira y'ibirenge byawe imbere yawe. Ntuhindukire iburyo cyangwa ibumoso; ukure ikirenge cyawe mu bibi.

Imiganzi 4:20-27

### **UBUFASHA MU GUHUGURA (Ikiganiro cyagutse muri rusange cyangwa ubashyire mu matsinda niba ari benshi)**

Basabae bige kuri ibi bibazo bikurikira – nk’uko twavugaga ku kuba utanga-ubuzima:

- Ese Imana yavuganye nawe?
- Ese urayumva?
- Niba Yavuze nawe ukaba wumvishije, ni iki ikubwiye?
- Ubu ugeze he mu rugendo rwawe?
- Ni ibihe bice mu buzima bwawe bikeneye gucungurwa kugirango ushobore kuba utanga-ubuzima?

Uhe abigishwa umwanya wo kubyibazaho, basenge, kandi basabe Imana ibereke ibyo bakeneye kwitaho kurusha ibindi. Hanyuma ubohereze babiri babiri bajye gusenga, bafashanye kandi bsabe Umwuka Wera abafashe kuba abatanga-buzima bakomeye.

Igihe cyarageze kera ko abantu b’Imana bakora batitangiriye itama baktanga bakurikije gucungurwa bahawe. Abantu b’Imana *bashobora* guhindura isi bakayuzuza icyubahiro cyayo turamutse duhisemo kubikora! Yesu yazanywe no gutanga ubugingo buhoraho, kandi turamutse twakiriye ubugingo aduha, imitima yacu iza cungurwa. Mu mutima wacunguwe haturuka ubwenge bwa Kristo, kandi azatuyobora mu kwegera abandi tubaha ubuzima. Mu gihe duhitamo ibyiza, Uwhiteka azagaba ingabo z’abatanga-buzima zitange ubuzima mu miryango yabo, abaturanyi babo, hamwe n’ibihugu byabo.

### **Ibibazo byo gusubiramo**

1. Kuba utanga-ubuzima bivuze iki?
2. Iyo umutima w’umuntu ucunguwe na Kristo, ni iki kimubaho mu buzima bwe bwo hanze?
3. Ni iki gituma tuba mu kaga turamutse twanze kumva ayandi majwi Atari ay’Imana?
4. Abakolosayi 4:5-6 haviga iki ku kuba umuvugabutumwa wacunguwe?

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### **AHO BANDIKA**



## Imfatiro z'Umwuka mu murimo

“Ariko dufite ubwo butunzi mu nzabya z’ibumba, kugira ngo imbaraga zisumba byose zibe iz’Imana zidaturutse kuri twe.”

**2 Abakoronto 4:7**

### Muri iki Gice abigishwa baraza kumenya:

1. Gusobanura imfatiro zo kubakaho ubwuzu n’Uwiteka.
2. Gusobanura uburyo isano iri hagati ya za mfatiro esheshatu hamwe n’agaciro k’ubuzima bw’ikiremwa muntu.
3. Gusobanura uburyo inkuru yo muri Bibiliya zivuga ibya Daniyeli ari urugero rukomeye rutwerekera uko iyo habaye ubwuzu n’Imana bitera umurimo w’Imana kugera neza ku ntego y’umurimo.

### Ingingo z’Ingenzi

- Kuba inshuti n’Uwitekabihindura ubuzima bwacu kandi bugatuma umurimo ugira imbaraga zo gukora ku mitima.
- Tugomba kwemerera Imana ikategurira imitima yacu umurimo.
- Gutekereza hamwe no kwiga Ijambo ry’Imana nibyo byubaka urufatiro rw’umurimo.
- Twaremewe kuramya Imana, kandi nibyo bitwegereza Imana.
- Imana yifuza ko tuvugana nayo binyuze mu gusenga.
- Intambara y’Umwuka niyo itwambika imbaraga zo gusobanukirwa neza Imana, umwanzi wacu, hamwe no kwimenya twe ubwacu.
- Ivugabutumwa ryerekana gusobanukirwa ko ari Imana yonyine ishobora gusubiza ibyifuzo by’abantu.

#### UBUFASHA MU GUHUGURA

Igihe cyemewe muri iki gice ni: amasaha 2.5

#### *Ibyanditswe byakoreshejwe: Tegura Umutima Wawe*

Abefeso 5:25-26, 1 Yohana 1:9, Zab 139:23, Gutegeka kwa kabiri 6:5, Abafiripi 2:6-8, Zab 66:17-18, Matayo 6:14-15, Abefeso 4:11-13, 2 Abakorinto 9:12, Luka 16:9, Abafiripi 1:21-26, 1 Abakorinto 6:20, 1 Samweli 15:22-23, Yohana 14:21

#### *Ibyanditswe byakoresheje: Kubaka ku Iambo ry’Imana*

Abaheburayo 4:11-13, Imigani 2:1-5, 1 Petero 1:23, Abaroma 10:17, Matayo 4:3-4, Abaroma 15:4, Zab 119:18, Zab 119:105, Abefeso 6:17

#### *Ibyanditswe byakoreshejwe: Tangirana no kuramya*

2 Ngoma 20, 1 Abakorinto 10:31, Abaroma 12:1, Zab 89:1-2, 1 Petero 2:9, Yohana 15:4-5, Abaheburayo 12:2-3, Abakolosayi 2:6-7

#### *Ibyanditswe byakoreshejwe: Kwiringira ku Gusenga*

Zab 25:4-5, 1 Samweli 2:1-10, Kuva 33:13, aAbefesho 1:3-14, Yakobona 1:5-8, Matayotayo 5:44,

Umubwiriza 4:12b, Abaheburayo Abaheburayo 3:7-8a, Abefeso 3:20

### **Ibyanditswe byakoreshejwe: Kurwana Intambara y'Umwuka**

1 Petero 5:8, Zakariya 4:8, Yohana 10:10, Abefeso 6:12, Abakolosayi 2:15, Ibyahishuwe 20:10, Itang 3:1, Abaroma 8:37, 1 Yohana 5:4-5, Abagatiya 2:20, 1 Abakorinto 1:30, Luka 9:1-2, Yoswa 1:5, 9, Abaroma 8:38-39

### **Ibyanditswe byakoreshejwe: Kubaho byerekana Ubutumwa bwiza**

Yohana 10:10, Luka 4:43, Matayo 10:42, Yohana 6:51, Abaroma 2:4

#### **UBUFASHA MU GUHUGURA**

Murangize umukoro wa 1 (reba umugereka uri ku mpera y'iki gice).

Twebwe abafite ishuhsyo ya Kristo nitwe tugaragaza Imico Ye. Abahuye na Yesu bose byagaragaye ko yajyaga asubiza ibyifuzo byabo—ibyifuzo byabo by'umubiri, ibyifuzo byabo bwite hamwe n'ibyifuzo by'amarangamutima yabo hamwe n'ibyifuzo byabo byo mu Mwuka. Mu gihe dushaka kwigana Yesu hamwe no kugaragaza kamere ye hamwe n'imico bye tubyereka isi,dukeneye kuba maso tukita ku byifuzo by'abantu duhura nabo,kandi ntitugarukira ku kureba ibibazo byabo gusa ariko tugomba kuba hari *ikintu dukora* kugirango tubafashe. Niba hari ushonje,tumugaburire. Niba hari ufite inyota,tugomba kumuha amazi.

Indi ndangagaciyo ya Yesu tugomba kugaragaza ni iyo kugira isano ya bugufi n'Imana Data. Niba dushaka gukora ku buzima bw'abantu, cyane cyane iyo bigeze ku gukemura ibibazo by'ubuzima n'urupfu, tugomba kubikora turi mu mwanya wo kwerekana umutima wa Data na Yesu' twegeranaye nawe bya hafi. Mugihe dushaka Imana hamwe no kubana na Kristo, nibwo duhabwa urukundo rw'Imana hamwe no duhindurwa. Gutekereza kwacu guhita guhinduka, ibyo twibwira birahinduka, hamwe n'uko tubona isi birahinduka. Uko dukomeza kwakira urukundo rw'Imana, ni nako tuba twiteguye neza kwerekana urukundo kuri babandi baba batwegereye.

#### **Daniyeli: Urugero rwo muri Bibiliya ku Mbaraga z'Imana zirengera**

Daniyeli yamaraga umwanya we mwinshi buri munsi ari ku mavi ye, asenga Imana byibuze gatatu buri munsi. Umwanya we yamaranaga n'Imana yari yarawugize uwa mbere. Yari yarahawe ububasha n'umwami w'Ibabuloni—Umwami King Dariyusi—kugirango areberere ubwami bwose, n'ubwo yari afite inshingano zikomeye zamusabaga kuba yuzuza gahunda yamusabaga ibihe bye byse, ibihe byse yabonaga umwanya wo gusenga.

Abajyanama b'Umwami Daruyusi bashutse umwami ngo yigire imana bajye bamuramya—byagizwe itegeko rya ngombwa iryo tegeko abajyanama bari bazi ko Daniyeli ataryubahiriza. Kubera kubaha Imana kwa Daniyeli, yanze amazi ye gupfukamira umwami, yaje kujugunyuwa mu rwobo rw'Intare kugirango zimurye, ariko intare ntacyo zamutwaye—Daniyeli yari yariyeguriye Umwami Imana hamwe n'ibaraga ze zo zo kumurengera. Daniyeli yari yareguriye Imana ubuzima bwe Imana nayo imurindira mu gihe yari agiye kwicwa. Ku munsi wakurikiyeho, Umwami Dariyusi yategetse ko urugigi rwari rukinze urwobo rw'intare rukingurwa, kandi—yanejejwe cyane—no kubona Daniyeli ntacyo yabaye. **U m w a m i   y a h i s e   a t e g e k a   k o  
D a n i y e l i   a b a   u m u t w a r e   w ' i g i h u g u   c y o s e   k a n d i   a h i t a   a h a b w a   g u t w a r a  
a b a n d i   b a t w a r e .**

Ubwenge bwa Daniyeli yari afite bwavaga he? Kwizera yari yaragukuye he? Byose byakomokaga he? Byose byakomokaga muri ya masengesho yasengaga gatatu ku munsi—uko buri munsi watangiraga n'uko warangiraga—Daniyeli we yabaga afite umwanya wo kubana n'Imana. Yari yarikoreye isano ikomeye n'Imana bituma n'Intare zibura icyo zimutwara. Kubera Daniyeli yabaye bugufi n'Imana byatumye ahabwa kuba umutware w'igihugu cyose. Tubona uru rugero rwa Daniyeli rwaduha kubona ko turamatse turukurikije twazakora ku mitima y'abisi turamatse tubanjye kumarana umwanya n'Imana.



## **Kugira ubwuzu n'Imana mbere yo gufata ku mitima yabantu**

Umutima wateguriwe kuza kora umurimo w'Imana ni wawundi wihaye Imana by'ukuri, uciye bugufi, umutima wihana, umutima ubabarira, umutima utanga, kandi wumvira. "...Kristo yakunze Itorero kandi araryitangira kugirango ribe iryera, aryogesheje amazi binyuze mu Ijambo" (Abefeso 5:25-26). Kugirangi twifatanye n'Imana mu murimo wayo tugomba kuba twiteguye kandi tubishaka ko twezwa kandi tugomba kumwemerera akategura imitima yacu.



Nk'uko igikoresho cy'ibumba gitunganyishwa ubwitonzi kigakorwa nk'umutako ukoswe mu buhangana, niko natwe buri muntu yaremwe n'Imana Data mu buryo bwihariye, turemwe mu ishusho Ye.



Uwiteka niwe ugenzura ubuzima bwacu akareba ahakenewe gusukurwa, kandi niwe udusukura aho asanze umwanda. Uyu ni umurimo ukomeza: ibihe byose turacyahamagarirwa *gusubira* kuri wa mwanya w'isano twari dufitanye na Kristo, kugirango atwereke ibyo tugomba gukosora.



Iyo igikombe kimaze gusukurwa, Nyiracyo nibwo ashobora kugisukamo ikindi kintu cyiza. Niwe uduha ubushobozi kandi akaduha ibyo dukeneye byose kugirango dukore umurimo yaduhaye.



Imana ihora iduha amahirwe atangaje yo kwisuka mu bandi: kugirango twite ku byifuzo byabo, kubitaho, no kubagezaho Amazi Yubugingo.



Hari ikintu gitangaje kiba nyuma yo kuba twisutse mu bandi: *nabo batangira kwisuka muri bagenzi babo babegereye*. Umurimo w'Imana ugenda wikuba binyuze mu Itorero ryayo uko tugenda dukomeza kuba abizerwa mu gusangira n'abandi ubuzima bwe.

## **Imfatiro z'Umwuka Esheshatu z'Umurimo w'Imana**

Buri muyoboke wa Yesu Kristo akeneye kumara umwanya uhagije n'Imana mbere yuko agira icyo atanga hamwe no kugira inama abandi. Ubwenge buri muri ubu buryo bigaragazwa neza n'umusaruro butanga. Iyo dushatse Imana tukayegera, duhita duhindurwa kubera kwegerana n'Imana, kandi Imana nayo ihita kora umurimo wayo inyuze muri twe kugirango dukore ku buzima bwa bensi. N'ubwo abandi bantu *batadukeneye*; bakeneye *Imana*. Nuko rero, mu gihe *bashaka* Imana banyuze muri wowe cyangwa jyewe, twe tuba tubaye ikiraro banyuzeho, Mu by'ukuri Imana niyo ibafsha. Kugendana n'Imana mufitanye isano bizatuma twebwe abakozi bayo kwita ku bibazo byabo tukanababwira amagambo y'ubujyanama hamwe no kubitaho no kubaha icyizere. Bitewe n'inraribonye dufite mu bwizerwa bw'Imana bituma tuvuga ukuri kwayo mu buzima bw'undi muntu.

Hano niho hari imyitozo Abakristo tugomba kwitoza mu by'Umwuka mu mibereho ya gikristo niyo igize urufatiro rushingirwaho dukora umurimo w'Imana mwiza, harimo no gusana abo twakomerekeje dutesha agaciro k'ikiremwa muntu.

1. Gutegura Umutima Wawe
2. Kubakira ku Ijambo ry'Imana
3. Gutangirana no Kuramya
4. Kwishingikiriza ku Masengesho
5. Kurwana Intambara y'Umwuka
6. Kubaho Imibereho y'Uwakiriye Ubutumwabwiza

Iyo umuyoboke wa Kristo uwo ari we wese akoze iyi myitozo, nibwo kwizera kwe n'ubuzima bwe bwo mu mwuka bukomera hamwe no gukura hamwe no kumera neza. Naho kuri babandi bari mu nshingano zo kuba abayobozi, izii nfatiro ni ngombwa kugirango bakore umurimo w'Imana ufite intumbero ishingiye kuri Kristo.

### **UBUFASHA MU GUHUGURA**

Mwuzuze umwitoto wa 2 (reba ku mugereka uri ku mpers y'iki gice).

## **Urufatiro rwa 1: Gutegura Umutima Wawe**

Urugendo rwo kuba Utanga-Ubuzima butangirira mu mitima yacu. Ubumwe bwacu na Data hamwe n'umurimo w'Imana ukora ku mitima y'abantu neza ushingiye ku kuba ibihe byose twemerera Umwuka Wera akagenzura imitima yacu hamwe no kutwereka aho dukeneye kubabarirwa no gusanwa.

Ariko nitwatura ibyaha byacu, niyo yo kwizerwa kandi ikiranuka kutubarira ibyaha byacu no kutwezaho gukiranirwa kose.

1 Yohana 1:9

Ingaruka nziza z'umurimo w'Imana dukora ushobora kudindizwa imitima yacu iramatse yuzuye uburakari, ubugome hamwe n'ibyaha. Nk'uko byari kuri Dawidi, iyo dutakambiye Imana tuyisaba kugenzura imitima yacu, Ihita ikora umurimo wo guhindura imitima yacu igahita irushaho kugaragaza kamere Yayo.

Mana ndondora umenye umutima wanjye, Mvugutira umenye ibyo ntekereza.

Zab 139:23

*Kuva ku Mutima ugabanyijemo ibice  
Ukagera ku Mutima Wiyeguriy'Imana*

Jyo twemereye umutima wacu kugandukira ibindi bintu birwanya kugandukira kwacu Umwami wacu Yesu Kristo, inama duha abandi bantu zihita zikama, no gukura kwacu mu kwizerwa bihita bbyana nabyo. Niba twifusa kuba abakristo bagendera mu intsinzi no kuba abakozi b'Umurimo w'Imana mwiza, tugomba kwigenzura tugakura mu nzira ibigirwa mana byose bituba gukorera Imana tukaba ari Yo dukorera yonyine. Imana itubwira ko tugomba kurwanya kamere y'icyaha cyabaye karande mu kiremwa muntu twubahiriza Itegeko risumba ayandi: "Ukundishe Uwiteka Imana yaye umutima wawe wose n'ubugingo bwawe bwose n'imbaraga zawe zose" (Gutegeka kwa kabiri 6:5).

*Kuva ku Mutima wuzuye Ubwibone ukagera ku Mutima Uciye bugufi*

Guca bugufi niyo nzira y'Imana. Ntabwo bivuze kwiyanga cyangwa kwishyira hasi. Ahubwo n'ibi bintu bitatu bijyana nta gisiga ikindi:

1. Kwishimira icyo Imana iri cyo
2. Kwishimira abo turi bo
3. Kuba twaremeye kwigomwa uburenganzira bwacu kugirango twitangire abandi.



Urugero Yesu yadusigiye ku kwicisha bugufi ni rwo rugero rukomeye dufite. Imigambi yawe igomba kuba imeze nk'iya Yesu Kristo:

Mugire wa mutima wari muri Kristo Yesu. Uwo nubwo yabanje kugira akamero k'Imana, ntiyatekereje yuko guhwana n'Imana ari ikiintu cyo kugundirwa; ahubwo yisiga ubusa ajyana akamero k'umugaragu w'imbata, agira ishusho y'umuntu, kandi amaze kuboneka afite ishusho y'umuntu, yicisha bugufi, araganduka ntiyanga no gupfa ndetse urupfu—urupfu rwo ku musaraba!

A b a f i r i p i 2:5-8

### *Kuva ku Mutima Utihana ukagera ku Mutima Wihana*

Iyo twirengagije icyaha mu mutima wacu cyangwa tukibwira ko ingeso y'icyaha karande ari ibisanzwe byemewe, tuba twiyubakiye urusika hagati yacu n'Imana. Uburyo bumwe buhari bwo gukuraho urwo rusika ni ukwihana. Ibi umwanditsi wa Zabuli yabimene neza avuga ko icyaha cyitambika kikahagarika umubano wacu n'Imana: "Nayitakishirije akanwa kanje, Ururimi rwanjye rwarayihimbaje. Iyaba naribwiraga ibyo gukiranirwa mu mutima wanje, Uwiteka ntaba anyumviye;" (Zab 66:17-18). Imana ntabwo ishobora kwifatanya n'icyaha. Cyangwa ngo Icyirengagize, nubwo twaba twarakihanye kitakiri mu buzima bwacu.

### *Kuva ku Mutima Utababarira ukagera ku Mutima Ubabarira*

Kutababarira ni icyaha Yesu ataciye ku ruhande. Yavuze ko, "Kuko ni mubabarira abantu ibyaha byabo, na So wo mu ijuru azababarira namwe, ariko nimutababarira abantu, na So nawe ntazababarira ibyaha byanyu." (Matayo 6:14-15). Niba utarababarira abantu ibyaha bagukoreye, ntabwo ushobora kuvuga neza umutumwa bw'urukundo rw'Imana hamwe n'imbabazi zayo. Imbabazi nizo zituma bishoboka kubona abadukoreye ibyaha aria bantu bameze nkatwe: umunyabyaha ukeneye imbabazi n'urukundo rw'Imana.

### *Kuva ku Mutima w'Ubugugu ukagera ku Mutima Utanga*

Imana niyo igira niyo Yatanze ibyo ku isi byose kandi Ishaka ko natwe tugira Ubuntu bwo gutanga tuyiha byose hamwe n'ubuntu bwo gutanga duha abandi abantu.

Kuba utanga-Ubzima bivuze ko tumenza ko impano twahawwe n'Imana Atari iz'in'yungu zacu gusa. Impano z'Umwuka twahawwe ni izo kubaka umubiri wa Kristo (Abefeso 4:11-13). Bimwe mu byo dufite twabihawwe kugirango tubitange mu guhaza ibyifuzo by'abandi bantu b'Imana (2 Abakorinto 9:12), kandi bimwe n'ibyo kuzana abantu kuri Kristo (Luka 16:9). N'ubuzima tubaho turi impano zahawwe abandi bantu (Abafiripi 1:21-26), kandi tugomba kubahisha Imana imibiri yacu (1 Abakorinto 6:20).

### *Kuva ku Mutima w'Ubugome ukagera ku Mutima w'Umvira*

Kwigomeka kw'umutima w'ikiremwa muntu niwo nkomoko y'ibyaha byose bikorwa mu gecumura ku Mana. Kumvira rero ni ibyengenzi cyane mu mubano wacu, abantu hamwe n'Ibyaremwe by'Imana. Umwami Sawuli yirengagije amabwiriza yahawe, arabeshya, hanyuma agerageza kuramya Imana. Samweli yaramucyashe aramubwira ati,

Samweli aramusubiza ati," Mbese Uwiteka yishimira ibitambo byoswa n'ibindi bitambo kuruta uko yakwishimira umwumviye? Erega kumvira kuruta ibitambo, kandi kwitonda kuruta ibinure by'amasekurume y'intama. Kuko ubugome busa n'icyaha cy'uburozi, kandi n'udakurwa ku ijambo asa n'uramya ibishushanyo na Tirafimu. Ubwo wanze ijambo ry'Uwiteka, na we yanze ko uba ku ngoma.

1 Samweli 15:22-23

Kuramya kwacu, ubuhamya bwacu, amasengesho yacu, hamwe no gukorera Imana kwacu byose bihinduka imfabusia yio tutagaragaje urukundo dukunda Imana yacu hamwe no kuyumvira. Iyo tuyibwira ibindi kandi tukabaho ubundi buryo, umurimo wacu hamwe no kuramya kwacu kuba gutakaje agaciro. Yesu yabwiye abigishwa be ati, "Ufite amategeko yanje akayitondera niwe unkunda, kandi unkunda azakundwa na Data, nanje nzamukunda mwiyereke." (Yohana 14:21). Kumvira amategeko y'Imana nibwo buryo bufatika mu kugaragaza ko twumvira

Imana tubikunze.

## **Gusoza**

Ibiranga umutima wihaye Imana kandi witeguye gukora umurimo w'Imana ni, Kwiha Imana, gucabugifi, kwihana, kugira Ubuntu, hamwe no kumvira. Imana iza dusanga aho turi hose mu rugendo rugana ku guhinduka tukaba nka Kristo, kandi buri muntu muri twe ni Imana ubwayo niyo izatwiyereza, idukoremo ibikoresho bikwiriye umugambi wayo.

## **Urufatiro rwa 2: Kubaka ku Ijambo ry'Imana**

Impamvu yacu ya mbere ituma dusoma Bibiliya ni ukurushaho kumenya Imana. Iyo tugeze ku kuyisobanukirwa neza hamwe no kumenya inzira zayo neza nibwo tugera neza ku rugero rwo gukura no kurushaho kugwiza urukundo tuyikunda. Mu gihe turimo dukura mu rukundo, ubushake bwacu bwo kumwehera no kumwumvira nabyo bihita bikura. Muri uru ruhererekane, dufashwamo n'Umwuka Wera we, noho duhindurirwa tukagera ku kusa na Yesu. Igihe tumara dusoma hamwe no kwiga ku byo dusoma muri Bibiliya bidufasha kwegera Imana kandi nibyo tuba dukeneye cyane turamutse dufite intego yo kuzakora ku mutima y'abatuy'Isi.

Kwizera kwa gikristo gushingiye ku Ijambo ry'Imana ari naryo ‘rizima kandi rikora, rityaye kurusha inkota yose y'ubugi bubiri...rikabangukira kugenzura ibyo umutima wibwira ukagambirira.’ (Abaheburayo 4:12 ESV).

Nuko tugire umwete wo kwinjira muri ubwo buruhukiro, kugira ngo hatagira umuntu ugwa akurikije icyitegererezo cy aba bandi cyo kutumvira. Kuko Ijambo ry'Imana ari rizima, rifite imbaraga kandi rikagira ubugi buruta ubw'inkota zose, rigahinguranya ndetse kugeza ubwo rigabanya ubugingo n'umusokoro kandi rikabangukira kugenzura ibyo umutima wibwira ukagambirira. Nta cyaremwe kitagaragara imbere yayo, ahubwo byse bitwikuwe nk'ibymbaye ubusa mu maso y'izatubaza ibyo twakoze.

Abaheburayo 4:11-13

Kugira ngo tube abizera bakuze, Ijambo ry'Imana niryo dukeneye kugira ngo tumenye uko tugomba kubaho nk'abayoboke ba Kristo.

Bibiliya itubwira ko tugomba gufata amategeko y'Imana nk'intu  
cy'agaciro.

Mwana wanje, niwemera amagambo yanje, ugakomeza amategeko yanje, Bituma utegera ubwenge amatwi, umutima wawe ukawuhugirira kujijuka—Niba uririra ubwenge bwo guhitamo, kandi ijwi ryawe ukarangurura urihamagaza kujijuka, Ukabushaka nk'ifeza, ubugenzura nk'ugenzenza ubutunzi buhishwe, Nibwo uzamenya kubaha Uwiteka icyo ari cyo, Ukabona kumenya Imana.

Imigani 2:1-5

*Ijambo ry'Imana rikiza ibyaha  
kandi rigakiza indwara.*

Abantu bari mu bihe bigoranye byo kwiheba bakeneye ibiruta kubizeza ko bakira bakava mu bihe barimo. Iyo ari abizera, baba bakeneye agakiza kabakura mu byaha. Abatizera n'Abizera bose bahuje icyifuzo kimwe cyo gukizwa bagaca bugufi hamwe no kugira intsinzi kuri satani, ari we mwanzu uhora adukangisha kuturimbura twese. Nk'abakozi b'Imana, tubasha gutanga icyo twahawe: agakiza, intsinzi, hamwe no gukira twahawe binyuze mu Ijambo ry'Imana.

Kuko mwabyawe ubwa kabiri, mutabyawe n'imbuto ibora ahubwo mwabyawe n'imbuto itabora, mubiheshejwe n'Ijambo ry'Imana rizima rihoraho.

1 Petero 1:23

*Ijambo ry'Imana ryongera kwizera n'imigisha.*

Binyuze mu kwiga kw'Ijambo ry'Imana, tubasha kubaka kwizera kwacu kandi tukagwiza ubwenge bikadufasha kugeza ku bandi ubutumwa bwiza. Guhora twumva inkuru z'akababaro tubwirwa n'abo dufasha bidutera gucika integer cyane, ariko Ijambo ry'Imana niryo ridusubizamo imbaraga mu mitima yacu kandi rikanadufasha kubona ya shusho ngari: hagati mu mibabaro dufite none, Imana iradukunda kandi iri ku ruhande rwacu.

Dore, kwizera guheshwa no kumva, no kumva kuzanwa n'Ijambo rya Kristo.

Romans 10:17

*Ijambo ry'Imana rifite imbaraga zisenya ibitero bya Satani.*

Twese buri munsi satani araturega kandi akanatubeshya, ariko Imbo ry'Imana rikaduha imbaraga zo kurwanya umubi kandi rikaduha intsinzi mu ntabara z'Umwuka duhora turwana. Kugirango dukore umurimo mwiza ugera ku ntego, tugomba kuziba umunwa wa satani uhora utubeshya, kandi nta kimwirukana agahunga nk'Ijambo ry'Imana.

Umushukanyi aramwegera aramubwira ati, "Niba uri Umwana w'Imana, bwira aya mabuye ahinduke imitsima." Yesu aramusubiza ati, "Handitswe ngo Umuntu ntatungwa n'umutsima gusa, ahubwo atungwa n'amagambo yose ava mu kanwa k'Imana."

Matayo 4:3-4

*Ijambo ry'Imana n'ingirakamaro kandi ni ngombwa kuri buri mwizerwa.*

Bibiliya yanditswe ku bwawe: kugusubizamo imbaraga hamwe no kuguha ibyiringiro (Abaroma 15:4). Ku bwibyo rero, uburyo wahitamo bwose bwo gusoma Bibiliya, ujye wibuka gusoma ubanje gusenga, usoma amagambo yose wumva ari ayawe, hamwe no gusoma witeguye kumvira. Usabe Imana iguhe gusobanukirwa (Zab 119:18), hanyuma wemerere Ijambo ryayo kuba iryawe bwite. Ufate umwanya wo kuryibazaho kandi urishyire mu bikorwa mu buzima bwawe bwite.

### **Uko wakoresha Ijambo ry'Imana Ufasha Umuntu uri mu Bibazo**

*Yoborwa n'Umwuka Wera.*

Mu gihe umuntu uje akugana afite ibibazo, saba Uwiteka akwerekere icyo ashaka ko uvugana nuwo muntu. Hanyuma, wumve icyo Imana iri buvuge. Mu gihe wumva ibyanditswe ari byo bije mu bwenge bwawe, hita wizera ko uri kuyoborwa n'Umwuka w'Imana. Umwanzi ntabwo yakwemera ko ubwira uwo muntu ukuri kandi ari ko kuri bumufashe! Umwuka Wera niwe uza kukuyobora aguhe imbabazi no gushyira mu gaciro muri byose. Binyuze mu Ijambo ry'Imana, Umwuka Wera niwe uza kuzana kwemeza icyaha, ibyiringiro, amahoro, hamwe no gusubizwamo imbaraga.

*Ube Maso wumve icyo Umwuka akubwira.*

Ijambo ry'Imana ni itara rimurikira ibirenge byacu, kandi niryo rumuri rutumurikira mu nzira zacu (Zab 119:105). Itara riramurika mu mwijima; ntabwo rigomba gukoreshwa nk'itoroshi kumurika ibayaha by'abantu bahatwa ibibazo. Reka Ijambo ry'iamana ubwaryo ryikorere umurimo ryerekane inzira igomba kunyurwamo, kandi tugomba kwirinda ibishuko byo kutunga urumuri mu maso y'umuntu kugirango ugaragaze ubuhumyi afite. Ibuka ko Ijambo ry'Imana ari "inkota y'Umwuka" (Abefeso 6:17). Iyo rikoreshejwe n'ubuhanga, inkota ibasha kwirukana umwanzi, ariko iyo ikoreshejwe n'ibuswa cyangwa mu buryo butitaweho, ishobora gukomeretsa umuntu ugerageza gufasha. Ijambo ry'Imana n'intwaro ikomeye mu kurwanya Satani, ariko igomba gukoreshwa neza kandi mu buhangi mu gihe ufite abantu ugerageza gufasha mu murimo w'Imana.

### **Gusoza**

Imana yatwandikiye amagambo yayo muri Bibiliya. Kubera ibyo rero, tugomba kuyiringira ko yazaduha ibyo dukaneye byose kugira ngo tugirane nayo umubano mwiza, mu buzima bwacu bwite, hamwe no mu gihe dukorera umurimo w'Imana mu bantu. Mu gihe tuba tuyobowe n'Umwuka mu gutanga ubufasha, ducyaha, hamwe no gutanga ukuri kw'Imana, twisanga twinjijwe mu rukundo rwo gukunda wa wundi ibyanditswe biba byatweretse, kandi ntabwo twabyihanganira kutamugezaho ubwo bufasha bwo kwerekana urukundo rwa Kristo ku bandi bantu.

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**AHO BANDIKA**

## **Urufatiro rwa 3: Tangirana no Kuramya**

Mu gihe Umwami Yehoshefati yari ari mu bihe bigoye ku ngoma ye ari umwami wa Yuda, yaje kumenya ko hari ingabo zikomeye z'ibihugu bitatu byari byateraniye kurwanya no kurimbura Abisrayeli. Nubwo yari umwami ukomeye, Muri 2 Ngoma 20 hatubwira ko yagize ubwoba. Ahari yaribwiye ati, “*Ni gute nabasha kurwanya ngatsinda aba banzi bakomeye z'ibihugu bitatu? Ubunini bw'umubare wazo munini ubwawo uradusenya! Ntabwo nabasha gukiza abantu bacu.*” Birashoboka ko ibyo yibwiraga byari ukuri. We ku giti cye ntabwo yari kubasha gukiza abantu be abanzi bari babagabyeho icyo igitero. Ariko Yekosefati yari azi ko hari usumba byose uri hejuru y'ikibazo cyari kibugarije muri icyo gihe. Har’Imana.

Yekosefati yegeranyije abantu be atangira kubabwira uburyo bari kumwe n’Imana nini cyane, kandi yizerwa, n’uburyo iyo Mana ari nziza. Yari azi ko Imana yahoraga iri kumwe nabo ibihe byose yongera kubibutsa ibyo Imana yakoze kera. Yekosefati yibutse ibihe Imana yabahaga intsinsi bakanesha, n’ubwo byagaragaraga nk’ibidashoboka. Hanyuma uyu mwami abwira Imana ati, “Ntabwo tuzi icyo twakora, ariko amaso yacu ni wowe tuyahanze.” Imana yahise isubiza inyuze mu muhanuzi wayo iti, “Ntutinye cyangwa ngo ucike integer kubw’ubunini bw’izo ngabo. Kubera ko urugamba Atari urwawe, ariko n’urw’Imana.” (2 Ngoma. 20:15)

Umunsi wakurikiyeho, Yekosephati yashize imbere y’ingabo umutwe w’abaramya, bagenda baramya, bahimbaza Imana Imana. “Ubwo batangiraga kuririmba no kuramya, Imana ihita itega ibico [ingabo] z’abanzi, ziratsindwa [zirarimburana]” (2 Ngoma 20:22–23). Yekosefati yamenye ko atashobora gutsinda urugamba ari wenyinyine, ariko Imana isezeranya gukora uwo murimo. *BGutangirana no kuramya nibyo byabaye urufunguzo rwakinguye intsinsi.*

Iyo twamamaje dushize amanga ukuri ko buri buzima bw’ikiremwa muntu bufite agaciro bwahawé n’Imana, tuba twinjiye mu ntambara y’umwuka kandi tuba twishize ku murongo w’imbere ku rugamba aho umwanzi atubona neza. Intumbero ya mbere hamwe n’intego ze z’ibanze ni ukurimbura buri shusho y’Imana. Iyi niyo ntabara yok u rwego rwo hejuru umwanzi yagabye arwanya Imana, intambara igenda ikagera ku rwego rw’intambara “Dawidi yarwanye na Goliaty”. Ikintu cya mbere dukora tugeze ku rugamba ni ugupfukama duciye bugufi, gupfukamira Iyo Imwe rukumbi ifite imbaraga zo kunesha imigambi y’umwanzi yose.

### **Kuramya ni Iki?**

Ni kensi dukunze kwibwira ko kuramya bigarukira mu guceranga no kuririmba ducurang’umuziki. Nibyo, kuririmba duhimbaza ni bumwe mu buryo dukoresha mu kuramya Imana. Ariko kuramya bikubiyemo uburyo tubaho imiberereho yacu turi igitambo cy’Imana. Kuramya birimo ibikorwa n’imirimo byacu byoroheje, bigizwe n’amagambo yacu tubwira abari mu bibazo, hamwe n’umwanya dufata turi kumwe n’imiryangi yacu. Hari uburyo bwinshi butabarika bwo kuramya Imana kandi umuziki ni kimwe muri byo.

Kuramya bikubiyemo guhimbaza Imana kubera icyo iri cyo (imigambi yo mu mutima) hamwe n’ibikorwa bigaragaza urukundo dufitiye Imana yacu (ari zo ngeso zacu). Ikintu cyose gikorwa mu guhimbaza no gushimisha Imana ni ukuramya. Bibiliya iki gitekerezo ikitweraka muri ubu buryo: “Namwe iyo murya cyangwa munywa cyangwa mukora ikindi kintu cyose, mujye mukorera byose guhimbaza Imana.” (1 Abakorinto 10:31). Iyo dutekereje ko ibyo dufite byose twabitangaho igitambo bigakorera Imana, amagambo y’Itumwa Pawulo adufasha gusobanukirwa ibi byose neza ibyo tuvuga iyo tuvuze: “Nuko bene Data, ndabingga ku bw’imbabazi z’Imana ngo mutange imibiri yanyu, ibe ibitambo bizima byera bishimwa n’Imana, ariko —kuyikorera kwanyu gukwiriye.” (Abaroma 12:1).

### **Ni iyihe mpamvu ituma Kuramya biba ibyingenzi?**

Dufite impamvu nyinshi mu buzima bwacu zituma turamya Imana. Turamya Imana kuko ikwiriye kuyiramya, kandi twaremewe kuyiramya, kubera ko kugira umurimo ukora ku mitima y’abantu bikomoka ku kuba dufite isano ya bugufi cyane n’Imana, kubera ko kuramya ariko kunesha intambara zo mu mwuka, kandi kubera ko kuramya byubaka kwizera kwacu.

### ***Imana irabikwiriye!***

Impamvu ya mbere tugomba kuramya Imana ni ukubera icyo Imana iri cyo—Kamere y'Imana ubwayo yigize umuntu. Irakwiriye kubahwa hamwe no guhabwa ikuzo ahantu hose kandi ibihe byose. Twongera kuramya Imana kubera ibyo yakoze uhoreye kera mu mateka y'ibihe byose, ibyo ikora mu buzima bwacu muri iki gihe turimo, hamwe ni ibyo Izakora mu bihe biri imbere. Uko ibihe byaba bimeze kose Imana ikwiriye guhimbazwa.

Nzaririmba iteka imbabazi z'Uwiteka, Ab'ibihe byose nzabamenyesha umurava wawe n'akanwa kanje. Kuko navuze nti, “imbabazi zawe zizakomezwa iteka,no mu ijuru ubwaho uzahashimangira umurava wawe”.

Zabuli 89:1-2



### **Twaremewe kuyiramya.**

Twaremewe kumenya Imana no kuyishimira mu bihe turimo no mu bihe bizahoraho iteka. Twaremanywe n'ubushake twubatswemo imbere bwo kuramya hamwe no kuba turi kumwe nayo tuyiramya. Ntabwo twanyurwa nyabyo tutaramya Imana, kandi ubuzima bwacu bwuzura umunezero iyo twujuje intego zacu.

Ariko mwebweho muri ubwoko bwatoranyijwe, abatambyi b'ubwami, ishyanga ryera n'abantu Imana yaronse, kugira ngo mwamamaze ishimwe ry'iyabahamagaye, ikabakura mu mwijima ikabageza mu mucyo w'igitangaza.

1 Petero 2:9

### **Umurimo dukora ugakora ku mitima y'abantu ukomoka ku kuba dufite isano ya bugufi n'Imana.**

Iyo twirengagije igihe cyacy tumara turamya Umwami wacu, tubasha guha abandi bantu ibike mu byo dufite: imbaraga nke zidahagije, urukundo rudahoraho, hamwe n'ibikorwa bidafatika. Tabwo twebwe ubwacu twakwhaza. Abantu bakeneye ibyo tuba twahawe n'Imana gusa: imbaraga zidashyira, urukundo ruhoraho, hamwe n'ibikorwa bisa kandi bifatika. *Niwe uzahora aduhaza wenyine.* Mbere y'uko dukora umurimo w'Imana mu bandi bantu, tugomba kubanza kuzura Imana binyuze mu kuramya.

"Mugume muri jye, nanjye ngume muri mwe. Nk'uko ishami ritabasha kwera imbuto ubwaryo ritagumye mu muzabibu, ni ko namwe mutabasha nimutaguma muri jye. Ni jye muzabibu, namwe muri amashami. Uguma muri jye nanjye nkaguma muri we, uwo niwe wera imbuto nyinshi, kuko ari ntacyo mubasha gukora mutamfite."

Yohana 15:4-5

### **Kuramya niko kunesha urugamba.**

Kuramya bituma dukura amaso yacu ku bibazo dufite tugatumbira Imwe yonyine ihora yicaye ku ntebe y'Ubwami afite imbaraga n'imbabazi. Bituma twihangana mu gihe umurimo w'Imana dukora uduca intege, kandi bigadukomeza tukihangana mu gihe dufaswe nabi, badushinyaguriye hamwe no kudusuzugura.

Dutumbira Yesu wenyine, ari we Banze ryo kwizera kandi ari we ugusohoza rwose, yihanganiye umusaraba ku bw'ibyishimo byamushyizwe imbere ntuyita ku isoni zawe, yicara iburyo bw'inteba y'Imana. Nuko muzirikane uwo wihanganiye ubwanzi bw'abanyabyaha bukomeye butyo, kugira ngo mudacogora mukagwa isari mu mitima yanyu.

Abaheburayo 12:2-3

Mbere y'uko dushinga ikirenge ku rugamba, dukeneye gukora nk'uko umwami Yekosefati yakoze: kuramya Imwe rukumbi ny'ubushobozi n'imbaraga zose. Imana izaturwanira, Izatuha intsinzi kandi izabikora ku bwayo.

### **Kuramya kubaka kwizera kwacu.**

Kuramya n'umutima wose bituma twizera Imana hamwe no kuyiringira no kwizera amasezerano yayo. Ni muri ubwo buryo iyo duhuye n'abaje badusanga kugira ngo tubafashe mu bijyanye no gufata ibyemezo by'ubuzima n'urupfu, ntabwo tuba dusa n'abadafite ibyiringiro, kandi ntabwo twabura ibyo tuvuga kugira ngo dufashe abantu. Dushobora kuha abantu ibyiringiro bifite imbaraga duhabwa no kuramya Imana yacu yayindi igira imbabazi zihora ari nshya buri gitondo.

Nuko rero nk'uko mwakiriye Kristo Yesu Umwami wacu abe ari ko mugendera muri we, mushoreye imizi muri we kandi mwubatswe muri we, mukomejwe no kwizera nk'uko mwigishijwe, mufite ishimwe ryinshi risesekaye.

Abakolosayi 2:6-7

## **Kuramya bidukora ku mutima gute?**

Mu gihe turamya Imana kuko ikwiriye amashimwe yacu yose, kuramya birengaho bikaduhindura mu buryo bugaragara. Kuramya bihindura ibitekerezo byacu, amarangamutima hamwe n'ibikorwa byacu.

### ***Kuramya bihindura ibitekerezo byacu: MU MUTWE***

Ibinyoma nukuri bihora birwanira kwitabwaho, kandi urwo rugamba rubera mu bwenge bwacu. Ibinyoma biraza bigashyushya biti, “Imana ntabwo ihagije. Ahari nta yabasha kumbabarira. Ntabwo yitaye ku bibazo byanjye.” Ibi binyoma biraza bikatwikira imbaraga z’Imana, imbabazi zayo, hamwe n’urukundo rwayo.

Bigatuma habaho umwanya wo guhitamo kuramya, aribyo binesha ibinyoma

ihe byose duhitamo kuramya Imana, ibitekerezo byacu tugomba kubyishyira ku Mana, hamwe n'ukuri kwayo. Mu gihe duhaye iri umwanya wacu, ni nako bikomeza kugira imizi muri twe hamwe no kwinjira mu bitekerezo byacu. Iyo duhisemo kuvuga duti, rakoze, Mana, ko Ukomeye uri munini kurusha ibibazo mpanganye nabyo. Urakoze no kubabaririra ibi byaha. Urakoze kuko ikunda kandi ukunda abantu dusangije ubuzima bwanjye,” bya binyoma bihitabihunga. Kuko kuramya bikubiyemo kuvuga iri ku bijyanye n’Imana, bifite imbaraga zo gukosora ibitekerezo byacu, bikajyana n’ukuri.

### ***Kuramya bikora ku marangamutima yacu: MUMUTIMA***

Iyo dusingije Imana Data wacu, dutangira kuva muri byabindi byaturangazaga byose bihanganye nawe tukamutumbira we wenyine, amazina Ye, hamwe n’inzira ze. Mu gihe dukomeje gukora dutyo, duhita twibuka ko adukunda bidashingiye ku byatubaho byose, ubwo uwobwa bwacu buvaho. Duhita dushyira imbere mu bwenge bwacu ko ari we Uduha ibyo dukeneye byose kandi ko ari we murengezi wacu uwobwa bacu bugahita buvaho. Duhita twibuka amasezerano ye yok u twitaho, hamwe no gukomeza ibyiringiro tumufitye ko ibintu byose azabikora byose biganisha ku ku kudukorera ibyiza, no kwiganyira kwacu kugahita kuvalo. Mu gihe dukomeje kuba turi mu mwanya wo kuramya, duhita tumenya ko aho gukomeza kugira uwobwa, dutinya, hamwe no kwiganyira, tugahita twumva dutekanye, dushizeamanga, hamwe no kugira amahoro.

### ***Kuramya gutuma tugira ibyo dukora: AMABOKO***

N’abakristo bibabaho, bagakoresha nabi ururimi n’amaboko yabo mu gukora ibikorwa bibi no kuvuga amagambo ashariyi. Bigatuma tutabasha kugaragariza urukundo rwacu abandi nk’uko Kristo adukunda, kandi ibyo bikorwa n’amagambo bikaba ari byo bigaragaza abo turi bo mu mutima no mu bikorwa byacu. Ariko, uko dukomeje kuramya Imana, Ihita nayo Itwihihurira. Ikatwuzuza urukundo kugeza ubwo rutwuzura rukana sesekara. Mu gihe turimo turamya Imana nayo iba ku murimo wo gukosora ibikorwa byacu, tukisanga dushaka kumena rwa rukundo ruzana impinduka mu bandi. Mu gihe dushakisha abo tuzasangira nabo urukundo, nibwo natwe tugenda duhinduka dusa na Yesu, uhora ashaka ko dusukamo urukundo rwe. Mu gihe adusukamo urukundo rwe rukomeye, natwe turahindukira tukarusuka mu bandi bantu aba yaduhuje nabo akoreshsheje amatwi yacu yumviriza, indimi zacu dukoresha tuvuga ukuri, ubufasha bufatika, dutanga umwanya wacu uhenze, hamwe n’amasengesho dusenga mu nyungu zabo. Ibi bikorwa byuzuye urukundo tubigeraho biturutse ku murimo uba wakozwe n’Imana imbere muri twe.

## **Gusoza**

Turiho kubera kuramya Imana mu bikorwa by’ubuzima bwacu, uhereye ku bikorwa bisanzwe ukangeza ku bikorwa bidasanze byihariye bijya biba ibihe byose mu buzima bw’umuntu. Binyuze mu guhamagarwa n’Imana kuza kwakira gucungurwa binyuze mu kumuramya kwacu hamwe no ku mwakira mu kuramya kwacu, nibyo bituma twegera Imana, nayo ika twegera. Mu gihe turushijeho kumubona neza, nibwo turushaho kugwiza ubushobozi bwo gukemura ibibazo byabantu hamwe no kumenya uko tubafasha mu bibazo byabo. Mu gihe ducishijwe bugufi urukundo rw’Imana, nibwo dutangira gukunda by’ukuri abo tugerageza gufasha. Iyo tumenye uko twakumzwe, nibwo tubohoka tugasubiza inyuma ibitekerezo tukareka Imana igakora umurimo wayo wo gucungura ubugingo bw’abantu, kandi ibi nibyo bitwereka ko urugamba zwarutsinze.

Mu gihe duhanganye n’ibibazo biturenze (nk’uko umwami Yekosefati yabikoze) tujye twihutira guhita dutangira kuramya Imana. Kandi mu gihe dukora umurimo w’Imana mu bandi bantu, tujye tubikora tubygisha no ku byinjiza mu buzima bw’abantu tubamenyesha ko kuramya Imana aribyo by’ibanze. Iyo turamije Imana mu kuri no mu Mwuka, duhita tugira ibyiringiro ko nawe azakunda abantu be binyuze muri twe tukabona gutsinda urugamba dutsinze intsinzi.



## **Urufatiro rwa 4: Kubeshwaho no Gusenga**

Gusenga ni ukuvugana n'Imana bikorwa hagati yacu nayo. Ni intambwe ya ngombwa mu gukura kw'umubano wacu nayo. Ahora aduhamagariria gusuka imitima yacu imbere ye, niho tumubariza ibibazo by'ingutu dufite, tukamwereka ibitugoye byose hamwe no kumwereka inzozi zazu zose, hamwe no kuruhukira imbere ye bucece. Hanyuma nawe nibwo, Atubwira ibiri ku mutima we. *Ibyo byose nibyo gusenga.* YUvugana n'Imana nayo Ikavugana nawe.

### **Usenga Ute?**

Iyo tumaze kumenya ko gusenga ari ukubona umwanya wo kuba imbere yo kubaho kw'Imana, tukiga ibyayo, hamwe no kumenya nayo, duhita tureka kubona gusenga “nk'igikorwa tugomba gukora.” *Gusenga bihita biba icyangombwa gituma tugira umubano n'Imana.* Dufite inshingano zo gusenga nk'abakristo kuko mu byanditswe Imana idutegeka gusenga, ariko iyo tumenye ko gusenga ari kimwe mu by'ingenzi bituma turushaho kumenya Imana, **inshingano zazu** zo gusenga zihita zihinduka **umunezero.** Mu gihe cyo gusenga, niho turushaho kumenya ko gukunda Imana ari ibifatika, ariko bigatuma tugira ingaruka twari tutiteguye mu byo dukoresha n'Imana. Kandi mu gihe gusenga ari ukuganira—kuvuga hamwe no kumviriza, ibyo bibasha gukorwa nta mabwiriza—ni byiza kwibuka ko hari amabwiriza ngenderwaho y'ingenzi.

*Gusengera ibintu byose.*

Imana izi n'umubare w'umushatsi uri ku mutwe wawe. *Ibikubaho byose iba ibyitayeho.* Nk'umubyeyi wese ukunda kandi akita ku be, niko Imana itwumva ibyitayeho. Imana irakwishimira. Igikomeye kurusha ibindi ni uko umenya *uburyo* uvuga *icyo* ushaka kuvuga.

*Vugisha Ukuri.*

Imana iraguhamagarira kuyibwiza ukuri ibikugoye, ibigutera umunezero, hamwe n'ibiguhiyuza. Kuvugisha ukuri imbere y'Imana byubaka icyizere kandi bikaba igice kimwe mu bituma wegera hafi cyane n'Imana.

*Koresha Ijambo ry'Imana.*

Bumwe mu buryo wakoresha usenga ni ugusenga amasengesho yawe wigana uingero ziri muri Bibiliya, nk'urugero rw'isengesho ry'Umwami Dawidi(Zabuli 25:4-5), Hana (1 Samweli 2:1-10), Mose (Kuva 33:13), cyangwa Pawulo (Abaefeso 1:3-14).

*Izere ko Imana ikumva kandi Igusubiza.*

Umubano wawe hamwe no kuvugana n'Imana byawo bishingiye ku cyizere. Mu gihe usenga, izere Imana ko ikumva kandi igusubiza (Yakobo 1:5-8).

*Sengera abanzi bawe.*

Imana Ishaka ko abantu bose bagera ku kwizera gukiza kuri muri Yesu Kristo. Igane Yesu, wa sengeye abanzi be mu gihe yari ahanganye n'urupfu rwo ku musaraba: “Data, ubabarire, kuko batazi ibyo bakora” (Luka 23:34). Yesu yasengeye abanzi be kuko yari azi agaciyo k'abantu ko ari ibiremwa bihoraho iteka ryose kaba ari bo ari mu guha ubugingo: “Ariko jyeweho ndababwira nti Mukunde abanzi banyu, musabire ababarenganya,” (Matayo 5:44).

*Senga wenyine kandi usengane n'abandi.*

Imana ikunda ko ufata umwanya wo kubana nawe uri wenyine; ni ikintu cy'ingenzi mu mubano wawe nayo. Na none akeneye guhura nawe uri hamwe n'abandi bizera. “Umugozi w'inyabutatu ntabwo upfa gucika.” (Umubwiriza 4:12b).

### *Umviriza Imana.*

Tugomba kumva ibyo Imana yavuze mu Ijambo ryayo, ariyo Bibiliya. Ariko Imana iraduhamagarira kuyumva mu gihe dusenga. “Nuko rero nk’uko Umwuka Wera avuga ati uyu munsi niwumva ijwi ryayo, ntimwinangire imitima”” (Abaheburayo 3:7-8a).

## Gusoza

Mu gihe muri gukora umurimo w'Imana mu bandi bantu, bitera umunezero n'ibyishimo kumenya ko utari wenyine. Imana, wa mujyanama mwiza, ari kumwe nawe. Ya Mana yacu yuzuye ubwenge kandi ifite imbaraga nyinshi iriteguye kuduha urukundo rwayo hamwe no kurugeza ku bandi. Mu gihe uvuga kandi wumviriza Imana, Nayo izakuyobora kandi iguhe ibikoresho ukeneye mu murimo wayo mu bantu izajya ikwereka yabakuzaniye mu nzira unyuramo. Azakora ibikomeye cyane bisumbye ibyo wamusaba cyangwa wakwibwira (Abefeso 3:20).

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## Urufatiro rwa 5: Rwana Intambara y'Umwuka

Isi yacu n'igifatika—dushobora kuyibona n'amaso yacu tukabona ibiyirimo, tukumva ibiyivugirwamo, tugasogongera uburyohe bw'ibiyirimo, tugakora ku biyirimo hamwe no guhumurirwa ibiyirimo. Ariko ikaba ifite uruhande rwayo rw'iby'umwuka. Ibyanditswe biduhishurira ko Imana ari Umwuka, kandi natwe dufite umwuka, kandi hakaba hari ibinyabuzima by'ibinyamwuka byitwa abamarayika, bamwe muri bo bagwanye na satani bahinduka imyuka mibi. Muri Bibiliya, bakunze kwitwa abadayimoni. Isi y'umwuka nayo irahari ku buryo bufatika iri kumwe n'ibi binyabuzima by'ibinyamwuka—abamarayika hamwe n'abadayimoni—bahora bari ku murimo bakorera mu isi. Intambara iri hagati y'Imana (n'ibi binyabuzima bikomeye by'abamarayika by'ibirwanyi kabuhariwe) biri kumwe na satani (hamwe n'imyuka ye mibi) ni intambara ihoraho ikunze kwitwa *intambara y'Umwuka*.

Intambara yo mu Mwuka irahari kandi irwanirwa hose kandi mu bihe byose. Bamwe bayibona nko gukabya cyangwa bakirengagiza nti bizere ko satani abaho. Abandi bakabikabya bakabiha imbaraga nyinshi hamwe no kugira amarangamutima atinya satani hamwe n'isi yo mu mwuka. Kubikabiriza ntawbo ari byo ahubwo kwemera ko izo mbaraga zitaboneka no gukora kw'ibyo binyabuzima guhari nibyo byaba byiza bigafatirwa ingamba. Iyo umaze kwinjira mu ruhando rw'intambara yo mu mwuka, uba wiyemeje kurwana na wa mwanzni “utontoma nk'intare ishaka uwo inconcomera.” (1 Petero 5:8).

Ubwo Kristo yapfiraga ku musaraba, nibwo Satani yaneshejwe. Imigambi ye yose yo kurimbura ishusho y'Imana yaramupfubanye. Uhereye icyo gihe, uburyo bumwe bwonyine umwanzi satani yari asigaje bwo guciria amacandwe mu maso y'ishusho y'Imana kwari ugutesha agaciro ubuzima bw'ikiremwa muntu cyaremwe mu ishusho y'Imana. Iyo abantu b'Imana bahaze ku kuri kwo guha agaciro ubuzima bw'ikiremwa muntu, bituma ibinyoma by'umwanzi bishyirwa ahagaragara mu mucyo, igitero kiba kigabwe imbere hagati mu migambi ya satani yateguriraga Imana.

## Ni kuki ari ngombwa ko turwana intambara y'Umwuka?

Intambara yo mu mwuka ni ngombwa kuko ibyanditswe bitubwira yuko hari intambara nyinshi tugomba kurwana “si ku bw'amaboko kandi si ku bw'imbaraga ahubwo ni ku bw'Umwuka Wanjeny,'niko Uwiteka Nyiringabo avuga” (Zakariya 4:6). Niba ufite gushidikanya ku kubaho kw'intambara yo mwuka muri iyi si ya none, soma ibyanditswe, wizere ufite kwizera ibyanditswemo, usabe Imana igufashe ubone ibiri kuba aho uri. Hano dufite impamvu zidasanzwe ebyiri zihariye zituma intambara irwanya ubuzima bw'ikiremwa muntu igomba kurwanywa mu isi yo mu mwuka.

*Ntabwo watsinda intambara yo mu mwuka uyirengagiza.*

Satani ashaka kurimbura ubuzima bw'ikiremwa muntu aho bishobotse hose, ukubiyemo n'ubuzima bw'abana bw'abataravuka, arashaka no kurimbura ubuzima bw'bababyeyi' mu mubiri, mu marangamutima, hamwe no mu mwuka. Ufite amahairwe hamwe n'inshingano zo guhagarara hagati mu cyuho ukarwanya umwanzi wacu utaboneka, ukavuga ukuri ugatanga ibyiringiro mu gihe satani ateye ibinyoma hejuru, azanye imivurungutano, hamwe no kwiheba mu bagabo n'abagore bari mu kaga ku gutwara inda zidateganyijwe. Ugomba kuva mu munyenga urimo mu mubano urimo n'Imana, ukarwana intambara, kandi kubera ko Kristo yatsinze ibitero byose satani yagabye, nawe uzatsinda.

[Yesu yaravuze ati.] “Umujurwa ntazanwa n'ikindi keretse kwiba no kwica no kurimbura; Ariko jyeweho nazanywe no kugirango zibone ubugingo,ndetse ngo zibone bwinshi.”



*Ntabwo watsinda intambara y'ubuzima urwanya umwanzi utari we.*

Umwanzi w'ubuzima nyawe ni nde? Ntabwo ari nyina cyangwa se, muganga ukuramo inda cyangwa abamufasha, kandi ntabwo ari inshuti, cyangwa abagize umuryango bashobora ari bo bahatira umugore guhitamo gukuramo inda. N'ubwo bose bashobora kubigiramo uruhare bagashyigikira icyo cyaha gikomeye cyo gukuramo inda, *ntabo ari bo mwanzo*. TNabo nuko bemeye ibinyoma bya satani ku byo Imana yibwira, ibinyoma bivuga ko Imana idakomeye bihagije, itagira imbabazi zihagije, itagira ubwenge buhagije, ntabwo akiri ngombwa bihagije gutanga ubufsha muri iki kibazo. *YUmwanzo wawe kandi akaba umwanzi wabo bose bashyigikira gukuramo inda ni nawe mwanzo w'Imana, Satani, niwe urwanya Imana hamwe n'umurimo wayo mu bantu.*

Kuko tudakirana nabafite amaraso n'umubiriahubwo dukirana n'abafite ubushobozi n'abategeka iyi si y'umwijima, n'imyuka mibi y'ahantu ho mu ijuru.

Abefeso 6:12

## **Ni iki dukeneye kugirango Tumenye Kurwana Intambara y'Umwuka?**

*Menya Imana, Niwe Mugaba-w'Ikirenga w'Ingabo*

Nta wundi umeze nk'Imana. Nta nuwareshya nawe. Ashobora kunesha abanzi be avuze Ijambo rimwe gusa, ariko agahitamo kutabikora. Ahubwo, Akatwigisha kurwana turi kumwe nawe, kandi uburyo bwe budasanzwe ntabwo buneshwa. Bukubiyemo amasengesho, kuvugisha ukuri mu rukundo, kuneshesha ikibi ikcyiza, hamwe no gutanga imbabazi no gukiza.

Yesu yumvaga intambara yo mu mwuka neza akayifata nkintambara y'umubiri, kuko nawe ubuzima yabunyuzemo nk'umuntu. Ariko, intabara zose Yesu yarwanye yatsinze. Intambara yari hagati ya y'ubwami bwa satani bw'umwijima hamwe n'ubwami bwa Yesu bw'umucyo, Mu bitero bya satani byose icyari igikomeye cyari ukubamba Umwan w'Imana. Iki nacyo cyabaye kuneshwa kwa satani gukomeye, kuko mu minsi itatu nyuma yaho Yesu yaje kuzuka ava mu bapfuye. Binyuze mu kubambwa kwe no kuzuka kwe, Umwami Yesu Kristo yishyuye umwenda w'ibaya by'ibiremwa mutu byose kandi atsinda Satani hamwe n'ubwami bwe iteka ryose. Ibi byabaye intambara y'umwuka ikomeye, kandi Kristo yarayitsinze ku buryo budasubirwaho.

Kandi imaze kunyaga abatware n'abafite ubushobozi, ibahemura ku mugaragaro, [Yesu]ibivuga hejuru ku bw'umusaraba,

Abakolosayi 2:15

*Menya Satani, Umwanzi Wawe*

Satani ntabwo areshya, kandi ntazigera areshya, n'Imana. Yari umu marayika waremwe ariko yigomeka ku Mana bamwirukana mu ijuru. Satani ni umugome waneshejwe nta mbaraga agifite keretse izo yemerewe n'Imana, kandi hari umunsi Imana iza mujugunya mu nyanza y'umuriro (Ibyahishuwe 20:10).

Imana ishaka ko utsinda umwanzi wawe. Kugira ngo ubigereho, ugomba kumenya ingamba za satani hamwe no kumenya ingamba z'Imana ikoresha kumunesha. Dukurikije Itangiriro 3:1, uyu mwanzo arusha "uburiganya bwinshyi inyamaswa zose zaremwe." Satani ikoresha uburyo butandukanye akurikije abantu n'ibibazo ateganya kubateza, ariko kubera inarribonye ryawe uzasanga ntacyo afite uretse ibinyoma byinshi gusa. Iyo ahimbye ikinyoma kigakora, icyo nicyo akunda gukoresha kenshi kugirango abone uko atuma ducogora.

### **Uburyo bw'ibanke satani akunda gukoresha hakubiyemo:**

1. *Igitero ku bikuranga*—"Urabizi ko kuba umuyobozi utazabishobora bizakunanira."
2. *Igitero kuri kamere y'Imana*—"Imana ntabwo ikwitayeho. Izakureka ube wenylene."
3. *Igitero cyo kwimura intumbero yawe*—"Umara umwanya mwinshi mu masengesho atagira icyo amaze. Ukeneye kwinezeza."
4. *Igitero cyo kugukura mu mubano n'Imana*—"Imana imaze amezi itakuvugisha. Kuki wigora usenga?"
5. *Ikamya ibikoresho ukoresha*—"Ntabwo ufite ibyo usabwa kuba ufite kugirango ukore, kandi uhora ufite umunaniro."

Wibuke ko ibigeragezo byse n'ibighinyuza byse Atari ko byose biva kwa satani. Ariko, biba bikeneye gushishoza no kugenzura no kubisengera. Satani agaba ibitero by'ibinyoma, kandi uburiganya bwe buhora buhishe ubugome bwoshyu gukora nabi kandi bwuzuye uburiganya. Intambara y'Umwuka ikunze kurangwa n'ibitero byo mu bwenge bwawe. Ibitekerezo bibi bitangira ari bitoya ku buryo ushobora kutabimenza, ariko ubuyobe wemeye, hari ubwo ubyemera utabizi, shyiraho urufatiro wiyeemeze kujya urushyingiraho utekereza hamwe no gufata ibyemezo. Tugomba kuba maso mu byo twibaza, kandi tukihutira gutandukanya ukuri mu binyoma.

## *Menya Uwo uri we, Intwari Ku rugamba*

Ubu satani akomeje kudugabaho ibitero. Ariko kubera intsinsi ya Kristo ku musaraba, natwe dufite Intsinzi! Ntabwo tukiri abatsinzwe, turi Abatsinze! Turi abatsinze ndetse no kurushaho (Abaroma 8:37). Ariko ibi bishoboka bite? Imana itubwira ko dushobora gutsinda umwanzi wacu kubera ko turi muri Kristo kandi kubera ko yaduhaye Imbaraga ze hamwe n'ubushobozi bw'e. Ibi ni bimwe mu bigize Ubuntu duhabwa iyo tumwakiriye.

Kuko icyabyawe n'Imana cyose kinesha iby'isi, kandi uku niko kunesha kwanesheje iby'isi, ni ukwizera kwacu. Ni nde unesa iby'isi? keretse uwizera yuko Yesu ari Umwana w'Imana.

1 Yohana 5:4-5

Iyo wizeye Kristo, uba warabambanywe nawe (Abagalatiya 2:20). Kandi wahise uzukana nawe, nubwo ibyaha byawe byasigaye bipfuye. Icyo gihe Kristo yari muri wowe, kandi nawe uri muri Kristo (1 Abakorinto 1:30). Ibantu byose afite, nawe ubifiteho uburenganzira. Kubera ko ari ukiranuka, kubera iyo mpamvu nawe uhita uba ukiranuka. Yatsinze umwanzi ku buryo budasubirwaho; nawe uhita uhinduka umutsinzi. Ibantu byose Imana yakoreye Kristo ari we Mutwe, Natwe, umubiri we yarabidukoreye.

Yesu yateguriraga abigishwa be ku zanyura mu bintu byose, harimo n'intambara. Yamaraga kwirukana abadayimoni akabatuma kujya kubrukana. Nawe nk'umwigishwa we wo muri iki gihe-nibyo agutezeho, ube uwateguriwe kwitabira kurwana iyi ntambara.

Ahamagara abaigishwa be cumin a babiri arabateranya, abaha ubushobozi n'ubutware bwo gutegeka abadayimoni bose no gukiza indwara, Abatuma kubwiriza abantu iby'ubwami bw'Imana no gukiza abarwayi.

Luka 9:1-2

Mu gihe Yesu yazamurwaga ajya mw'ijuru, Amagambo ye yo kusezera ku bugishwa be yari amabwiriza yo kwakira imbaraga. Binyuze mu Mwuka Wera, twese twahawe imbaraga zo kunesha umwanzi. Ni ngombwa ko buri muntu muri twe, hamwe n'Itorero ryose, twakira iyi mpano yo gutumwa yuzuye imbaraga n'ububasha. Dufite imbaraga hamwe n'ububasha twambitswe n'Imana ubwayo, nta mwanya wo kugira ubwoba cyangwa ngo dusuzugure imbaraga twahawe na Kristo.

## **Intambara yo mu mwuka isaba Imbaraga no Gukomera**

Twebwe nk'ABigishwa ba Kristo turi mu isi itegekwa n'umwanzi wacu, turi mu ntambara ikomeye y'ubuzima n'urupfu. Ariko ntabwo dukwiriye kugira ubwoba. Imana yaduhamagariye kuba intwari ku rugamba, kandi abo Imana ihamagaye ibaha ubushobozi. Guhangana n'ibibazo bisaba gushyira ubwoba, mu gihe uhanganye n'ibibazo by'abantu mu gihe uvugana nabo ibijyanye n'ubuzima bw'ikiremwa muntu. Kandi bisaba ubutwari kugira imbabazi, kandi bisaba ubutwari kuvugisha ukuri. Ariko kuba umunyembaraga kandi ukaba n'intwari, kubera ko

Nta muntu numwe warinda kuguhagarara imbere iminsi yose yo kubaho kwave. Nk'uko nabanaga na Mose niko nzabana nawe; Si nzagusiga kandi sinzaguhana... Komera ushikame. ntutinye; kandi ntukuke umutima, kuko Uwiteka Imana yawe iri kumwe nawe aho uzajya hose.

Yosuwa 1:5, 9

Kubera ko ufite amasezerano y'Imana hamwe no kubaho kwe, ushobora kuba intwari. Bisaba ubutwari kwanga guhunga usubira inyuma. Mu gihe uhagaze uhanganye n'umwanzi, wanga gupfukamira ibinyoma bye hamwe n'ibitero bye, niwe ugomba ghunga (Yakobo 4:7). Mu by'ukuri, iyo Pawulo atubwira mu Abafeso ko tugomba kwambara intwaro zose z'Imana, akanaduhugura inshuro enye zose ko tugomba *guhagarara dushikamye*. Ibi byumvikana neza iyo twibutse ko umwanzi wacu yamaze gutsindwa ahubwo ari umujura gusa—ahobora kukwiba intsini yawe uramutse uhunze ukava ku rugamba. Icyo ugomba gukora ni ugushikama ukibutsa satani ko uzi ko ari wowe utsinda,kandi ko ari we ugomba guhunga.

## Gusoza

Ubu intambara yo mu mwuka tuyirimo turayirwana. Uko ukomeza kuvuga ukankora ibikorwa byo kurinda ubuzima bw'ikiremwa muntu, umwanzi ubwe azagutea ibitero aho ufite integer nke hose. Arikoi cyo nicyo wavukiye—kuba ingabo y'umusaraba. Ntabwo ugomba gutinya intambara; Imana yagusezeranyije ko uzatsinda. Arikoi, nta nzira ya bugufi yo kuba umurwanyi w'umuhang; ugomba kubyitoza. Mu gihe uri mu myitoto, ntuzibagirwe ko:

Kuko meneye neza yuko naho rwaba urupfu cyangwa ubugingo, cyangwa abamarayika, cyangwa abategeka, cyangwa ibirih cyangwa ibizaba, cyangwa abafite ubushobozi, cyangwa cyangwa uburebure bw'igihagararo, cyangwa uburebure bw'ikijyepfo, cyangwa ikindi cyaremwe cyose, bitazabasha kudutandukanya n'urukundo rw'Imana ruri muri Kristo Yesu umwami wacu.

Abaroma 8:38-39

## **Urufatiro rwa 6: Kubaho Imibereho Ikwiriye Ubutumwa bwiza**

Yesu yazanywe no kuduha ubugingo—bwinshi kandi buhoraho (Yohan a10:10); ibyo nibyo nibyo kuri niko mutima w'ubutumwa bwiza. Kugirango tugeze ku bandi iyi ‘Nkuru Nziza’ (Luka 4:43) ya Yesu—ariko gukora umurimo w'ivugabutumwa—bivuze ko tugomba gusangiza abandi ibijyanje n'ubugingo atanga tukanabbwira ko ashaka ko buri muntu abuhabwa. Niba urukundo ari rwo ruduhatira kubwira abandi bantu ibya Yesu, ninako urwo rukundo rwagombye kuduhatira kongeramo no kubabwira ukuri ku buryo Imana iha agaciro buri buzima bw'ikiremwa muntu, ukubiyemo n'abataravuka.

Ighe umara uri kumwe n'abandi bantu kigomba kugaragara nk'igihe cyeguriwe Imana. Icyo gihe Imana iba iri gukora umurimo mu buzima bwabo, nubwo wowe waba utabasha kubibona. Kubera ibyo rero, uzaba ukeneye kumva neza witonze, ubiyatayeho, kandi uvuge amagambo atanga abantu ibyiringiro. Wibuke ko ijambony'ibyiringiro rigaragara ugomba gutanga uha abantu ari ukuri ko Imana ibakunda, bidashingiye ku bibazo byabo nuburyo bibagoye. Imana ingorane zabo irazibona, kandi irahari ku bwabo.

Iyo ubayeho imibereho ikwiriye ubutumwa bwiza bwa bwa Yesu Kristo nibwo ushobora kugaragaza neza uko wita ku bandi bantu ubakunda nk'uko Yesu yari kubakunda.

Iyi niyo kamere yo gutanga-ubuzima yo mu butumwa bwiza, kandi bikaba ari ingirakamaro cyane cyane mu gufasha abantu bari mu kaga.

### ***Kubaho imibereho ijyanye n'ubutumwa bwiza bivuze iki?***

Inkuru nziza y'uko Yesu adukunda nicyo kintu kiri ku mutima w'ubutumwa bwiza bwa Yesu Kristo, iyo niyo nkuru nziza ivuga ko Imana yatanze Umwana wayo agapfa mu mwanya wacu, kugirango duhabwe ubuzima bwe hamwe ubugibgo buhoraho! Iyi nkuru *ikomeye* ni ukuri kureba umuntu wese wuzuye: mu mwuka, mu marangamutima, mu bwenge, mu mibereho myiza, hamwe no ku mubiri. Imana itureba mu buryo butandukanye n'ubwo ababyeyi bacu, cyangwa imiryango yacu, c a n g w a u b u r y o a b a t u r a n y i b a c u b a t u r e b a m o . Urukundo rw'Imana ruhoraho ntabwo ruhinduka rubitewe n'ibyo twakoze, ibibazo dufite, cyangwa ibyo abandi bantu badutekerezaho, Urukundo rw'Imana ntabwo ruhunduka. Imana tubona nk'abana bayo ikunda, kandi Ikunda ko imenyekana ko ariyo Data wacu wo mu Ijuru.

Twebwe nk'abayoboke ba Yesu, nitwe tuzanira isi ubu butumwa bwiza bw'urukundo tukabugeza kuri abari mu isi itureba itatwuba, kandi tukabereka urukundo rwa Data tubabwira amagambo hamwe no mu bikorwa. Urukundo Yesu akunda abantu rutandukanye n'urwo abayobozi b'amadini bo mu gihe cye. Abayobayobozi b'idini ibitaga ku cyabahiro *cyabo* cyonyine, ariko Yesu we yitaga ku cyabahiro cya *Se*. Urupfu rwe rwo ku musaraba nirwo rwabaye uburyo buduhesha ubugingo, kugirango tubashe kubaho imibereho ijyanye n'ubutumwa bwiza buri munsi.

### ***Ni kuki ari ngombwa ko tubaho imibereho ijyanye n'ubutumwa bwiza?***

*Imana yonyine niyo ishobora guhaza ibyifuzo by'umuntu.*

Iyo tumaze kumva ibyifuzo by'umuntu uri mu bibazo, dushakishije ibisubizo, twamuhyae ubujyanama mw'ibanga, hamwe no kumwitaho, tuba dufashije kugabanya ibibazo byari mukomereye. Mu gihe dukora hamwe no kuvuga ibintu Imana iba yadushyize ku mutima no mu bwenge bwacu, tuba tubayeho imibereho ijyanye n'ubutumwa bwiza.

Hari ubwo biba, bitewe n'uburemere bw'ibibazo umuntu aba arimo, imitima yabo bantu ihita yoroha bagatangira kwibaza uburyo n'ibabazo byabo byo mu mwuka byakwitabwaho, bagasaba imbabazi, hamwe no kumenya intego z'Imana ku buzima bwabo, Umugabo cyangwa umugore ashobora kuba aboroga bucce, “Ibi ntabwo nabikora jyenyine. Ibi bigomba kuba ari iby'ubuzima kuruta ibibazo byanjye byabtakaje ibyiringiro!” Iyo a b a n t u b a g e z e k u m p e r u k a y a b o , bakunze kuba bageze ku kuba biteguye kwakira ukuri ko gukunda Data. Kuko ni mu kugukunda Data *honyine* aho mu rukundo rwa Data niho dushobora by'ukuri kugera ku gusubiza neza ibyifuzo by'umuntu.

***Imana Ishaka ko urukundo rwayo rwerekwa abantu.***

Mu gihe uvugana n'undi muntu, n'iby'ingenzi kwibuka ko Imana ibakunda cyane. Ibifuriza ibyiza, kandi ibyo byiza bikaba bikubiyemo agakiza, ubuzima bufite intego, hamwe n'umubano wabugufi nawe. Nk'umuntu ubywe bwa kabiri kandi wambaye ishusho y'Imana, uhawe inshingano hamwe no gutegekwa kujyana ubu butumwa bw'urukundo. Ni amahirwe yawe uhawe hamwe n'inshingano zo gusangira n'abandi uku kuri n'abantu Imana izashyira mu buzima bwawe.

Imana ifite uburyo butangaje ku buryo ahuza abantu. Imana iba izi neza icyo umuntu yifuza kumva, kandi akunze kuzana umuntu ukwiriye mu buzima bwe. Uzatangazwa n'uburyo amateka, ibibazo, ingorane, hamwe n'ibyo bagiye bayuramo buri munsi byose bizajya bihura mu bantu Imana izajya ikuzanira n'uburyo bazaba bakeneye gufashwa mu buryo busa. Ku Mana nta bihe bias n'ibindi.

## **Gusoza**

Akensi dukunze guhabwa amahirwe yo kumva Umutima w'Imana hamwe no kuba amaboko ye, dufasha abantu bari mu bibazo. Nubwo ari uko biri, Imana niyo isigara ifite umurimo wo kwigarurira umuntu kandi ikanabayobora ku kwhiana binyuze mu mbabazi zayo (Abaroma 2:4). Ibintu byose *ukora*, ntabwo ari byo *uvuga*, gusa anibyo byerekana no kugaragaza urukundo rw'Imana. Kubaho imibereho ijyana n'ubutumwa bwiza bivuze kuba uri umugiraneza, dukora ibyo dushoboye byose dufasha abakene, hamwe no kwita ku buzima bwabo. Kandi bivuze kuba dusangira ibyiringiro dufite muri Kristo ku buryo abandi babona akamaro k'ubutumwa bwiza mu buzima bwabo bwose. Kuri buri muntu muzajya muhura buri munsi, ufite amahirwe yo kumubwira ubutumwa bw'urukundo rw'Imana binyuze mu magambo yawe hamwe n'ibikorwa byawe—kandi *uko* niko kubaho imibereho ijyanye n'ubutumwa bwiza.

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## **AHO BANDIKA**



## **Umugereka: Imfatiro z'Umwuka mu murimo w'Imana**

### *Umukoro wa I (iminota 30)*

1. Hitamo abakorerabushake 5 baze imbere.
2. Buri umwe muri bo umuhe igishushanyo kiriho ikibindi, muri gahunda yihuse, ukihe buri mukorera bushake.
3. Basabe ibyo bishushanyo babishyire muri gahunda.  
Nta yandi mabwiriza agomba gutangwa; nta n'ikindi kigomba kuvugwa.
4. Bamaze guhitamo gahunda bigomba kujyamo, baza abandi bigishwa niba batekereza niba iyo guhunda ari yo. Iyo bavuze batii“oya” basabe bazamure amajywi bafashe baba bakorera bushake.
5. Mu gihe buri muntu yamaze kwemera ko ariyo gahunda yabyo neza, babaze icyo icyo gishushanyo gihagarariye.
6. Bashimire umurimo mwiza bakoze. Hanyuma, niba bikenewe, mwongere musubiremo gutegura cya gishushanyo.
7. Ubakira ku byo abitabiriye amahugurwa bavuze kuri icyo gishushanyo ahanyuma ukomeze ubasibanurire umwuka w'Imfatiro z'Umurimo w'Imana wo mu mwuka wa LIFE International's nk'uko bagusobanuriye ku mpera y'iki gicce.

## **Umugereka: Imfatiro z'Umwuka mu murimo**

**Umukoro wa 2**

### **Umukoro –Imfatiro z'Umwuka**

#### **Intangiriro**

Mu gutangira iki gice, twabonye ku kamaro ko kugira umubano wa bugufi na Kristo kugira ngo tubashye gukora umurimo w'Imana ufata ku mitima no kuzana impinduka ifatika. I b i t w a b y i s e u b w u z u , mbere yuko tubyita umurimo ufata ku mitima.

Tugiye gukorana nawe uyu mukoro dusubiramo za mfatiro z'umwuka zose uko ari 6 tuzisure tubone niba zadufasha gudutera umwete wo kugira umubano cyangwa isano yimbitse na Data. I z i m f a t i r o 6 z i k u b i y e m o :

- Gutegura umutima wawe
- Kubakira ku Ijambo ry'Imana
- Gutangirana no Kuramya
- Kwishingikiriza ku masengesho
- Kurwana Intambara y'Umwuka
- Kubaho imibereho ijyanye n'ubutumwa bwiza

#### **Igice cya mbere:**

Mumaze gushyirwa mu matsinda 6 buri rimwe ryahawe rumwe muri za nfatiro 6. Musabwe gufata iminota musuzuma urufatiro mwahawwe kandi musubize ibibazo bikurikiye:

- 1) Ni izihe ngingo z'ingenzi eshatu wumva washaka ko hagira uzimenya muri izi mfatiro z'Umwuka?
- 2) Iyo wari kuba ugiye gukora ikiganiro ku zindi mfatiro z'Umwuka, vuga impamvu z'ingenzi wizera ko zaba ari zo z'ingenzi zigize urufatiro rw'Umwuka?
- 3) Ni ibihe bikorwa byakorwa wajynamu ko bikorwa mwubakisha mu gushinga urufatiro rw'umwuka rwakora neza ku mitima n'ubuzima bw'abantu?
- 4) Ni gute Imfatiro z'umwuka zifite kamaro mu guhinduka umutanga-buzima? I b i k e n e r w a m u m u r i m o w ' I m a n a w o g u t a n g a - u b u z i m a ?

Mwitegura kwiga kuri ibyo bibazo mutange ibisubizo byanyu muri mu itsinda ryanyu ryose muri rusange.

#### **Igice cya Kabiri:**

Mufate iminota kuri buri rumwe muri za mfatiro z'Umwuka 5. Muhitemo ingingo imwe muhisemo oko ariyo y'ingenzi kuruta izindi ibe ari yo mwifusa ko umuntu yamenya kuri buri rumwe muri zamfatiro.

# Uburyo Imana Yaremyemo Umuryango

“Nicyo gituma umuntu azasiga se na nyina akabana n’umugore we akaramata, bombi bakaba umubiri umwe.” Ibyo ni ubwiru bukomeye cyane —ariko ibyo mvuga byerekeye kuri Kristo n’Itorero.

**Abefeso 5:31-32**

## Muri iki gice uwiga araza:

1. Gusobanura uburyo gushyingirwa bigaragara nk’ “Iscerano.”
2. Guhitamo uburyo gushyingirwa bishushanya Imana.
3. Kumenya uburyo gushyingirwa kwo mumihango y’umuco cyangwa imigenzo bishobora bitandukanye n’uko Bibiliya ibonamo isi.
4. Kumenya inshingano abagabo n’abagore bafite hagati yabo.
5. Kumenya uburyo abana Atari abagaragu cyangwa umutungo w’ababyeyi.

## Ingingo z’Ingenzi

- Imana niyo wahanze urugo no gushyingirwa.
- Abagore n’abagabo bombi bahawe n’Imana amabwiriza yo kugandukirana.
- Itegeko Imana yahaye abagabo ni ugukunda abagore babo kandi Itegeko yategetse abagore ni ukubaha abagabo babo.
- Gushakana hagati y’umugabo umwe n’umugore umwe nibyo bigize umuryango wa gikristo.
- Abana ntabwo ari umutungo wa banyina na base ahubwo ni abo basangiyi ishusho y’imana nkabo.

## Ibyanditswe byakoreshejwe

Abefeso 5:31-32, Itangiriro 2:18, Itangiriro 2:22-24, Mariko 10:9, Abefeso 5:21-33, Imigani 22:6, Gutegeka kwa kabiri 6:5-7, Abefeso 6:4, abuki 127:3-5, Matayo 18:6, Matayo 18:10, Imigani 24:11

### UBUFASHA MU GUHUGURA

**Igihe cyemewe muri iri somo ni:** Amasaha 3

Ibyinshi mu byo tugiye kwiga muri iki gice biraza kuba bikomoka imbere mu masomo ubwayo. Iyo abiga bavuze imwe mu ngingo ziri muri iri somo, wowe umwigisha ugomba kuyishimangira. Unwigisha agomba gutangiza ibiganiro ku ngingo iyo ari yo yose abigishwa batavuzeho.

## Gushyingirwa byahanzwe n'Imana

Dukurikije Bibiliya, Imana ubwayo niyo yatangije gahunda yo gushyingirwa mu ngobyi ya Adeni, ubwo yashyiringira Adamu na Eva mu muhango wo gushyingirwa. Mw'Itangiriro 2:18—bwari ubwa mbere biba muri icyo gihe cyo kurema—Imana yavuze ko hari ikintu *kitari* cyiza: kubera ko umugabo Imana yari yaremye yari wenyine.

“Urwo rubavu Uwiteka Imana yakuye muri uwo muntu, iruhindura umugore imushyira uwo muntu. Aravuga ati, ‘Iri ni igufwa ryo mu magufwa yanje, ni akara ko mu mara yanje, azitwa’ umugore” kuko yakuwe mu mugabo.’ Nicyo gituma umuntu azasiga se na nyina, akabana n’umugore we akaramata, bombi bakaba umubiri umwe.”

Itangiriro 2:22-24

*Imana* niyo yahitiyemo Adamu umugore, kandi *Imana* niyo yazanye Eva imushyingira Adamu. Kuba umugabo n’umugore ntabwo ari ibantu umugabo n’umugore bihimiye ku bwabo.

Gushyingirwa ni isezerano ryera imbere y’Imana, ubwumvikane busobanurwa n’Ibyanditswe ko ari umubano ugomba kubaho igithe cyose cy’ubuzima. Ibi byaje gushimangirwa na Yesu ubwo yavugaga muri Mariko 10:9 ati, “Icyo Imana yateranyije hamwe, ntihazagire ugitanukanya.” Mu muco w’Abayuda, abantu b’Imana basinyaga amasezerano yanditse iyo bakoraga uyu muhango wo gushyingira kugirango amasezerano ashirweho ubushishi. Umuhango wo gushyingira wagombaga gukorwa mu ruhame imbere y’abantu berekana umukwe n’umugeni biyemeje kurushinga no kugirana umubano wemejwe n’isezerano. Arik, ntabwo ari *umuhango* wonyine wabaga ukomeye gusa mu gihe cyo gushyingira; icyarushaga agaciro ni *ugusezerana* imbere y’Imana n’abantu. Gushyingirwa ni gahunda yemewe n’abantu bose ko ari isezerano rishingiye kuri Bibiliya ryo kwiyemeza kubana bigakorwa hagati y’Imana no hagati y’abagiye gushyingirwa.

## Kuba Ingaragu si Umuvumo

Biragaragara neza dukurikije ibyanditswe twabonye haruguru byerekana ko Imana ariyo yahanze gahunda yo gushyingirwa. Arik, ubu hari abagabo n’abagore bakuze batarashyingirwa—birashoboka ko hari bamwe babuze abo bashakanye barabaye abapfakazi, hari n’abandi ingo zabo zasenytse bikarangira batanye. Arik, akensi, hari ubwo umuntu aba ingaragu bitewe n’azindi mpamvu—bishoboka ko batarabona umuntu ukwiriye, cyangwa babajwe n’abo bakundanye kera ubu bakaba batinya gukomeza kubabazwa, cyangwa wenda bakaba barahisemo kudashaka undi muntu basangira ibice by’ubuzima bwabo. Bamwe banyuzwe no kuba ingaragu, arik hakaba na babandi batarashaka kandi bamaze igithe kirekire barembejwe no kwibana.

Impamu yose wagira ituma uba ingaragu, Itorero niho hantu hagoye kubona abantu bumva ibantu kimwe. Abantu benshi ntabwo banabyitaho, keretse babaye ari ingaragu, arik iyo tubishishoje n’amaso atyaye, bihita bigaragara ko umuco wacu wa gikristo ushyira imbere gushyingirwa. Igihe cyose ubutumwa bwerekeye gushyingirwa buba bushyizwe mu bice bitanduknye kandi budafite intego. Arik abantu b’ingaragu nibo bawumva neza kurushaho: n t a b w o u z i g e r a u b a u w u z u y e u t a r a s h y i n g i r w a n g o u b y a r e u m w a n a . Iyo myumvire ntabwo ari imyumvire y’abatanga-Ubzima.

Bibiliya ibigaragaza neza ko mu kuba ingaragu harimo inyungu. Mu by’ukuri, batatu mu bagabo b’ingenzi mw’Isezerano Rishya, arib, Pawulo (Intumwa), Yohana (Umubatiza) na Yesu, bari ingaragu, ntabwo bashyingiwe kandi bari bageze mu gihe cyo gushyingirwa—ibantu byari bidasanze muri icyo kinyejana cya mbere cyo mw’isi y’abayuda.

Gushyingirwa ntabwo ari imibereho twakagombye guhita twifuza—urwo rwego rw’imibereho rwihariwe n’Imana. And Kandi kuba ingaragu bihabwa umwanya wa kabiri mu bwiza.

Mu by’ukuri, kuba ingaragu no gushyingirwa byombi bitanga ubuhamba bwiza mu mibereho y’ubutumwa bwiza. Gushyingirwa bishushanya amasezerano Imana yakoranye natwe muri Kristo. Kuba ingaragu bisobanura uburyo ubutumwa bwiza buhagije kuko bigaragaza neza isano yacu na Yesu. Uko niko gushyingirwa nyako, mu muryango wacu tuzabamo iteka ryose kandi ari yo maherezo n’intego yacu.

## **Gushyingirwa kwa Gikristo**

Abefeso 5:32 havuga ko mu mibereho yo gushyingirwa “umuntu asiga se nan a nyina akabana n’umugore we akaramata, kandi bombi bakaba umubiri umwe.’ Ubu ni uwiru bukomeye—ariko ndavuga kuri Kristo n’Itorero.” Gushyingiranwa kw’umugabo n’umugore bishushanya ishusho y’Imana birema igishushanyo cy’umubano uri hagati ya Yesu Kristo n’Abayoboke be, ari ryo Torero. Uwo mubano—na Kristo—niwo uzahoraho iteka ryose, kandi gushyingirwa kwa gikristo kwagombye kuba gushikamye kandi ukaba umubano urambye.



## UBUFASHA MU GUHUGURA

Saba abigishwa gutekereza kuri ibi bibazo: Gushyingirwa byerekana bite Kamere y'Imana nk'abantu batatu bari mur'umwe? Ni mu buhe buryo gushyingirwa byerekana ishusho y'Imana? Bahe iminota ikwiriye babiganireho.

Gushyingirwa bishushanya kamere y'Imana y'abantu batatu muri umwe: Data, Umwana, n'Umwuka Wera. Iyo umugabo n'umugore bari kumwe n'Imana hagati mu masezerano yo gushyingirwa kwabo, baba baba babaye indorerwamo y'Ishusho y'Imana.

Gushyingirwa bikunze kugaragara nk'aho ari iby'umuntu ku gitit cye—ikintu kigomba gukorerwa mu ibanga hagati y'umugabo n'umugore we. Arko kamere yo gushyingirwa, nayo mu buryo busanzwe, kwagombye kuba igikorwa cya rusange, hamwe no kumenya uruhare rw'Imana kuko ari we udufasha gusohoza amasezerano.

Gushyingirwa—bitari by'umuhamango—bigomba kuba igikorwa kigaragaza ishusho y'Imana, kandi bikaba ubuhamya ku buntu bwayo butuma turambana mu buzima bwacu.

## Inshingano z'Umugabo n'Umugore

### UBUFASHA MU GUHUGURA

Murangize umukoro wa 1 (reba ku mugereka uri ku mpera z'iki gice).

Nubwo abagabo n'abagore bafite agaciro karshya mu maso y'Imana, Bibiliya ivuga uruhare rwhihariye rwahawe umugabo kandi hakaba uruhare rwhihariye rwahawe umugore. Abefesso 5:21–33 hatduha umurongo ngenderwaho abagabo n'abagore bagomba gukurikiza mu muryango wa gikristo. Kuhugurwa kwibanze—kuri ku mugabo n'umugore—bombi bagomba guca bugufi bakubahana nk'uko bubaha Kristo (umurongo wa 21). Umugore yahawe amabwiriza yo kugandukira umugabo we nk'uko yabikorera Umwami (umurongo wa 22), kandi akamwubaha (umurongo wa 33). Umugabo nawe yategetswe gukunda umugore we nk'uko Kristo yakunze itorero (umurongo wa 25), akamukunda nk'uko akunda umubiri we bwite (umurongo wa 28) akamukunda nk'uko yikunda (umurongo wa 33).

Uku kugandukirana, bijyanye n'abagabo kwereka abagore babo urukundo hamwe n'abagore kwerekana kubaha, nibyo bishyiraho urufatiro nyarwo rw'umunezero hamwe n'imigisha isangiwe n'abashyingiranywe, Imana nayo ikabona uko ikomeza gukora umurimo mwiza nk'uko yawukoze mbere ajya gushing umubano w'abashakanye.

## Umuryango wa Gikristo

### UBUFASHA MU GUHUGURA

Saba abitabiriye amahugurwa gutekereza kuri ibi bibazo bikurikira: Dukurikije uko Bibiliya ibonamo isi, ababyeyi bagomba gufata gute abana babo? Ni gute **batagomba** kubafatamo? Abana bagomba kwifata gute mu mubano hagati yabo n'ababyeyi babo?

Gushyingirwa nicyo gikorwa cy'ingenzi mu muryango wa gikristo: umugabo umwe n'umugore umwe nibo bashyingirwa imbere y'Imana bakabana mu gihe cy'ubuzima bwabo cyos. Mu gushyingirwa kwa mbere, Imana yashyingiye Adamu na Eva abinziza mu mu mubano w'isezerano, Anabategeka kubyara no kugwiza isi no kuyitegeka. Ibi nibyo kwera imbuto zo kugwiza zakomeje kubaho nyuma yo kuremwa, kandi bikaba bituruka mu kubana umubano mwiza ushimangiwe no gukora imibonano mpuzabitsina.

Ibi ni byo byakiriwe muri buri muco no mu bantu bose Muri buri muco babiha izina umuryango, wuzuye ufite amategeko hamwe n'ibigomba kuzuzwa mu buryo bwo kwifata mu muryango hamwe no gukurikiza gahunda mu bikorwa mu muryango mwiza.

Ariko hari ibihe ubwo haba imiryango yo mu muco uwo ari wo wose itubahiriza uko bibiliya ibonamo isiumuryango. Dukeneye kwitaho neza ingo hamwe n'imiryango kandi tukarinda indangagaciro zayo z'urukundo, imbabazi, hamwe n'ubugwaneza bigomba kuba ari rugero rwa gikristo bigasimbura ubutware, ubugome, hamwe no kubana baterana uwobwa ibintu bisigaye byariganje mu bashyingiranywe no mu miryango ku isi yose.

Nubwo umubare munini ugizwe n'imiryango igizwe n'umubyei w'umugabo hamwe n'umubyeyi w'umugore ku isi (papa na mama babana batarashyingiwe) kandi umubare w'abana ukagenda ugabanuka kubera kuboneza imbyaro. Ariko kuko ibyo byabaye umugenzo gakondo mubihugu byinshi, ntabwo bivuze ko n'ibindi bintu byose bitakubera byiza hamwe n'umuryango wawe.

Hari imiryango myiza itangaje igizwe n'umubyeyi umwe – umu mama cyangwa umu papa – nubwo iyo mibereho yo kuba umubyeyi umwe iba ifite imirimo myinshi yo kuba papa ukaba na mama, Imana ishaka ko iyi miryango yombi igubwa neza kandi igakurikiza urugero rw'urukundo rw'Imana. Kandi hasigaye haradutse umbare munini wingo zimeze gutyo mu itorero, aho umwe mu bashakanye aba yarigeze gushakana nundi muntu bagatandukanywa n'urupfu cyangwa gutana cyangwa bakaba baturuka mu miryngó imeze gutyo bakinjira mu wundi muryango mushya. Akanshi, baza bafite abana bakuye mu gushyingirwa kwa mbere kandi aba babyeyi baba bafite ibibahinyuza byinshi kubara ko bagomba gukunda abo bana mu buryo bureshya, kubera ko baba batari abawe, ariko ari abacu.

Kandi hari n'imiryango itagira abana – baba ariko babihisemo cyangwa kubera izindi mpamvu. Kubera ko abo bashakanye baba bakeneye cyane abana ntibibashobokere, ibi ni ibintu biba bigoranye cyane. Ariko hari ubundi buryo umuntu uyahitamo, harimo kujya kwa muganga cyangwa mu kigo cy'impfubyi cyangwa umwana uba wararokotse gukurwamo akiri munda bakaguha umwana wabuze ababyeyi ukamubera umubyeyi.

Inku nziza ni uko ikibazo cyawe uko cyaba kimeze kose – cyaba igisanzwe cyangwa ikidasanzwe–byose So arabizi kandi arabizirikana no kubiha agaciro, umuryango wawe awitayeho nk'uko yita ku yindi miryango isanzwe.

Mu Migani 22:6 havuga ngo, “Menyereza umwana inzira akwiriye kunyuramo, Azarinda asaza atarayivamo.” Izi nizo nshingano buri mubyeyi yahawé: mama na papa. “Ukundishe Uwiteka Imana yawe Umutima wawe wose n'ubugingo bwawe bwose n'imbaraga zawe zose. Aya mategeko ngutegeka uyu munsi ahore ku mutima wawe. Ujye ugira umwete wo kuyigisha abana bawe, ujye uyavuga wicaye mu nzu yawe, nuko uryamye n'uko ubytse.” (Gutegeka kwa kabiri 6:5-7).

Imbuto tubiba mu mitima y'abana bacu—cyane cyane izingenzi ari rwo rukundo rwo gukunda Imana hamwe n'Ijambo ryayo—rizamera rikure, rigire imizi hamwe no kugira ingaruka nziza mu kubayobora mu bikorwa byabo byose. Iyo niyo mpamvu ko tugomba kubiba Ijambo ry'Imana mu mitima ya'abana bacu bakiri bato.

## Umupapa w'Umukristo

Akensi umugabo nawe afite umurimo hamwe n'inshingano zo kuba umupapa. Ababapapa nibo bafite inshingano zo kutwigisha kubaha Imana, akamaro ko kwiga ibyanditswe, hamwe no kwigisha n'ingeso nziza zifasha mu kubaho imibereho myiza igeza ku gutera imbere mu by'umwuka hamwe no gutera imbere mu buzima busanzwe. Bibiliya ivuga ko umupapa agomba kuba maso akigisha abana be amagambo y'Imana hamwe no kugendera mu nzira z'Imana kugirango bazakure neza mu by'umwuka hamwe no mu mibereho yabo y'ubuzima busanzwe. Ni akazi ka *papa*—ntabwo ari akazi k'ishuri, abandi bantu, ntabwo ari na akazi k'Itorero—kurera abana bakagira uburere hamwe no guhugurwa mu nzira z'Uwiteka (Abefeso 6:4). “Kuba umugabo bivuze iki?” “Gukorera Imana bivuze iki?” “Nakunda nte umugore wanjye?” “Nyobora nte mu rugo rwanjye?” “Abana banjye ngomba kubarera nte?” “Itorero ryanje nagombye kurikorera nte?” “Abaturanyi banjye ni gute ngomba kubakorera?” Ibisubizo by'ibi bibazo by'ingenzi bishobora kuboneka ku mupapa w'intanganugero wubaha Imana.

Umugabo w'umukristo akaba na papa ashobora kuba igikoresho cy'Imana kigeza Ubuntu bw'Imana mu muryango we. Abagabo bagomba kuzirikana kumenya no kwita ku muhamagaro bahawé, bakawusohoza babifashijwemo n'ubufatanye bw'abagore babo, kugirango hashingwe imiryango yubaha Imana hamwe no guha uburezi ikinyejana gikurikiyeho cy'abagabo n'abagore bazateza imbere Ubwami bw'Imana.

## Umugore w'Umukristo

Abagore bensi bagira umugisha wo kuba abamama. Abamama bagira uruhare rudasanzwe kandi rwihariye mu buzima bw'abana babo. Uruhare rw'umumama rutangira yo kuvuka kw'umwana, mu gihe Imana iteza imbere imico, indangagaciro, hamwe no kumuha amaheme ngenderwaho akanabiraga abana be. Uruhare rukomeye rw'umumama rutangirira ku kuvuka kw'umwana kugakomeza kugera aho abana babaye abantu bakuru. Abamama bashobora gukomeza kuba isoko yo kuyorwa hamwe n'ubwenge, bikagera no mugihé abana bamaze gukura bakera no kubyara ababo 73 bana. Mu gihe uruhare rw'umumama rugenda ruhinduka bitewe n'impinduka ziterwa n'imyaka, urukundo, kurera no kwitaho hamwe no gukomeza umutima bitangwa na mama ntabwo bijya bigira aho birangirira.



## **Abana n'Impano**

Ijambo ry'Imana rivuga ko, "Dore abana ni umwandu uturuka ku Uwiteka, Imbuto z'Inda ni zo ngoroano atanga. Nk'uko imyambi yo mu ntoki z'intwari iri, Niko ko abana bo mu busore bamera. Hahirwa ufite ikirimba kibuzuye, Abameze batyo ntibazakorwa n'isoni, Uko bazavuganira n'abanzi babo mu marembo." (Zaburi 127:3-5). Yesu yaravuze ati, "Ariko ushuka umwe muri aba bato banyizera akamugusha, ikiruta ni uko yahambirwa urusyo mu ijosi rye, akazikwa imihenegeri mu nyanjap." (Matayo 18:6). Mwirinde mudasuzugura umwe muri aba bana bato. Yarongeye aravuga ati, Ndababwira yuko abamarayika babo bo mu ijuru bahora bareba mu maso ha Data wo mu ijuru" (Matayo 18:10).

Ababyeyi nta bubasha bafite bwo guhohoterwa abana babo—haba kubakubita, kubatoteza ku mubiri cyangwa kubabkorera iohohoterwa rishyingiye ku gitsina. Ababyeyi ntawo bagomba gufata abana babo nk'imbata cyangwa umutungo wabo. Kuko buri umwe muri bo yaremwe mu ishusho y'Imana, bafite agaciro kareshya n'akababyeyi babo kandi Kristo akaba yarapfiriye ibyaha *byabo* nk'uko yapfiriye ibyaha *byanyu*.

Twebwe nk'ababyeyi, tugomba kuba mbere na mbere twarahamagariwe kuba abarinzi b'abana bacu: tukarinda ubuzima bwabo gukomereka cyangwa guhohoterwa n'abantu bashaka kubakomeretsa. Hari abantu benshi bashaka gukomeretsa abana bo mu mu bigero cy'imyaka yose, ariko ababkuramo inda nibo banzi ba mbere ba bana bataravuka. Batunzwe no kurangiza ubuzima bw'abana. Imigani 24:11 havuga ngo, "Abajyanirwa gupfa ubarokore". Urupfu nirwo rubikiwe abana benshi bataravuka bazira ko batabiteguye—hamwe n'abajyanwa kugurishwa mu buraya hamwe no kubacuruza ku nyungu zabo—iyo abamama n'abapapa batahagurutse bakahagarara, bakarinda, hamwe no kurengera abana babo—ari bo bitwa umwandu w'Imana bakaba n'impango.

## **Gusoza**

Muri buri muco, mu bantu bose, muri buri gihugu byse byo mu isi, umuryango ufite agaciro kadasanzwe. Imana iradukunda, ikatwitaho, kandi ikaduha ibyo dukeneye byose—kimwe n'isi yose—ibinyujije mu muryango. Uburyo Imana yaremye umuryango nta rugero twabugereranya nabwobufite, kandi ntabundi buryo bw'imikorere twabusimbuza, kuko nta handi hagenewe kubana mu mubano wuzuye kumvikana, mu gihe cy'ubuzima bwose, turangwa n'umubano wuzuye urukundo. Mugihe tugerageje kwangiriza hamwe no gutsembe umuryango, tuba dufatanyije n'umwanzi kurimbura icyo Uwiteka yaremye. Kandi imigisha y'Imana ikomeye—usibye agakiza gusa—ni ubuzima bw'ikiremwa muntu, kandi isoko yabwo ikaba iri mu gushyingirwa.

Binyuze mu gushyingirwa nibwo twiga byinshi ku bijyanye n'urukundo rudashingiye ku kintu icyo ari cyo cyose, kubahana mu cyubahiro, tukiga uburyo tubabarira, h a m w e n o k u m e n y a u b u r y o t w a b a b a r i w e . Ninaho tubasha kubona intenge nke zacu hamwe no gukura tureba hamwe no guhishurirwa byimbitse. Ninaho tubasha kwiremamo umutima w'ubugaragu, hamwe no kwegera bugufi n'Imana. Tubasha kuba abarinzi tukarwanya gukuramo inda—ubwicanyi bugitana ubuzima bw'ikiremwa mubtu kitaravuka—kandi tubasha no guhaguruka tugateza imbere umuryango wubaha Imana hamwe no gutuma habaho impinduka igaragara muri babandi dukoreramo umurimo w'Imana.

## **Ibibazo Twasubiramo kugenzura**

1. Ni gute gushyingirwa kwerekana kamere y'Imana?
2. Ni ukuhe guhugurwa kw'ibanze Imana ihugura umugabo ku buryo agomba gufatamo umugore we? Umugore we yahawe mahugurwa ku buryo agomba gufatamo umugabo we?
3. Nyuma y'aho Imana imaze gushyingira Adamu na Eva, ni iki yababwiye gukora?
4. Ni nde wa mbere washinzwe kurera abana mu guhabwa uburerebwiza hamwe no kubaguhura mu nzira z'Uwiteka?
5. Ni kuki abapapa n'abamama batagomba gufata abana babooo nk'imbata cyangwa umutungo wabo?

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**AHO KWANDIKA**

## **Umugereka: Uko Imana yahanze Umuryango**

### **Umukoro wa 1 (Isaha imwe 1)**

#### **Gukorera mu matsinda (iminota 20)**

1. Saba abigishwa bajye mu matsinda ane (amatsinda abiri agizwe n'abagabo hamwe n'ayandi abiri agizwe n'abagore)
2. Tanga amabwiriza akurikira mu itsinda rimwe grigizwe n'abagabo hamwe nirindi **rimwe** grigizwe n'abagore (nyuma yo kubaha impapuro za mbere ziraho umukoro):
  - Musuzumire hamwe uyu murongo: “Bagabo, mukunde abagore banyu, nk’uko Kristo yakunze itorero akaryitangira” (Abefeso 5:25).
  - Dukurikije iki cyanditswe mwandike mushyira ku rutonde **uburyo Yesu yakunze itorero hamwe n’uburyo yabaye umugaragu w’abigishwa be** waribo babaye urufatiro itorero ryubatsweho. (Uru rutonde mu rwandike ku rupapuro runini mukoresheje ibikaramu binini.)
  - Mwibuke, ko uru **ntabwo** ari rwo rutonde rw’uburyo abagabo bagomba gukundamo abagore babo. Uru ni urutonde rw’ingero zo muri Bibiliya zerekana uburyo **bwonyine** Kristo yakunze itorero.
3. Tanga amabwiriza akurikira ku yandi matsinda asigaye agizwe n'abagabo n'abagore (nyuma yo kubaha impapuro z’umukoro za 2 )
  - Musuzumira hamwe uyu murongo: “Nk’uko itorero rigandukira Kristo, ari nako abagore bagandukira abagabo babo muri byose” (Abefeso 5:24).
  - Dukurikije uyu murongo mwandike urutonde ruriho **uburyo Itorero rigandukira Kristo**. (Ibi byandikwe ku rupapuro runini.)
  - Mwibuke ko, uru **atari** urutonde rugizwe n’uburyo abagore bagomba kugandukiramo abagabo babo. Uru ni urutonde ruriho ingero **zonyine** zo muri bibiliya zigizwe n’uburyo itorero rigomba kugandukiramo Kristo.

#### Raporozivuye mu matsinda (iminota 30)

6. Nyuma yo kongera guhuriza hamwe amatsinda yose akaba rimwe, **Itsinda rya 1** rigizwe n'abagabo n'abagore bashobora gutanga raporo z’urutonde zivuye mu matsinda yabo.
7. Nyuma yaho amatsinda yombi amaze gutanga raporo y’urutonde rwabo, itsinda ryose muri rusange rishobora kuganira ku byatandukanye n’ibisa mu byo bashyize ku ntonde zabo.
8. **Itsinda rya 2** abagabo n'abagore noneho bashobora gutanga raporo y’intonde zabo.
9. Nyuma y’aho amatsinda yombi amaze gutanga raporo zayo, itsinda ryose muri rusange rishobora kuganira ko byatandukanye n’ibisa mu byo bashyize ku ntonde zabo. Amagambo asoza hamwe no gusenga(iminota10)

#### **Gusoza**

Nyuma yahoo amatsinda arangirije gutanga amaraporoy’intonde zayo, itsinda ryose rishobora kwiga ku byo babonye muri bibiliya ku ngingo zijiyanne no gushyingirwa hamwe n’umuryango, hamwe n’uburyo hamwe n’uburyo bakosora imyumvire yabo bari basanganywe ku gushyingirwa hamwe n’umuryango.



## AMASOMO YANDITSE YA 1

### **Itsinda rya #1 (itsinda rimwe rito buri rimwe rigizwe n'abagabo n'abagore)**

1. Musuzumire hamwe uyu murongo: “Bagabo, mukunde abagore banyu, nk’uko Kristo yakunze itorero akaryitangira” (Abefeso 5:25).
2. Mukore urutonde rw’ingero zo muri bibiliya ku buryo Yesu yakunze itorero abigiswa be akanabakorera nk’umugaragu. (Mukore uru rutonde mukoresheje igikaramu kinini murwandike ku gipapuro kinini mwahawe.)
3. Mwibuke ko, uru ATARI urutonde rwerekana uburyo abagabo bagomba gukunda abagore babo. Uru ni urutonde rw’ingero zo muri Bibiliya ZONYINE zerekana uburyo Kristo yakunze itorero.
4. Muhitemo uza kuba umuvugizi w’itsinda ryanyu abasomere urtonde rwanyu musubiye mw’itsinda ryose muri rusange.

## AMASOMO YANDITSE YA 2

1. Mukore urutonde rw'ingero zo muri bibiliya ku buryo itorero rigandukira Kristo, nk'uko abagore bagomba kugandukira abagabo babo muri byose. (Mukore uru rutonde mukoresheje igikaramu kinini murwandike ku gipapuro kinini mwahawe.)
2. Mwibuke ko, uru ATARI urutonde rwerekana uburyo itorero rigomba kugandukira Kristo. Uru ni urutonde rw'ingero zo muri Bibiliya ZONYINE zerekana uburyo Itorero rigomba kugandukira Kristo.
3. Muhitemo uza kuba umuvugizi w'itsinda ryanyu abasomere urtonde rwanyu musubiye mw'itsinda ryose muri rusange.

# Imibonano Mpuzabitsina muri Bibiliya

“Nicyo gituma umuntu azasiga se na nyina akabana  
n’umugore we akaramata, bombi bakaba umubiri  
umwe.” **Itangiriro 2:24**

## Muri iki gice abigishwa baraza kumenya:

1. Gusobanura igikorwa cy’imibonano mpuza bitsina.
2. Basobanukirwe imiterere y’imibonano mpuzabitsina nkuko Imana ibibona muri Bibiliya.
3. Baraza gusobanukirwa intego zo gukora imibonano mpuza bitsina hagati yabakoze isezerano ryo gushyingirwa.
4. Baraza gusobanukirwa uruhare rudasanzwe mu bagabo n’abagore, hamwe no kumenya uburyo bwemewe na Bibiliya mu kwerekana ubushake bwo gukora imibonano mpuzabitsina.
5. Baraza kumenya imwe cyangwa ebyibiru mu ngeso mbi zo gukora imibonano mpuzabitsina mu buryo butemewe na Bibili.
6. Gushyira ku rutonde amabwiriza atangwa na Bibiliya ku mibereho mpuzabitsina myiza ikwiriye abakiranutsi.

## Ingingo z’Ingenzi

- Imibonano mpuzabitsina yemewe na Bibiliya ni ikorwa hagati y’umugabo n’umugore bashyingiwe ikaba ari yo mpano nziza Imana yaremye kugirango ishimishe abashyingiranwe.
- Imibonano mpuzabitsina yemewe na Bibiliya ni ikorwa hagati y’umugabo n’umugore babana mu buryo bwemewe n’amahame agena guhuza ibitsina mu buryo bukwiriye abakiranutsi.
- Intego z’Imana ku bagore n’abagabo bashyingiwe ni ukororoka (kubyara abana), kubana (guhinduka “umubiri umwe”), hamwe no kwerekana ishusho y’Imana mu isi.
- Gukorera imibonano mpuzabitsina hanze y’amabwiriza ya Bibiliya ni icyaha gitera ingaruka mbi z’ibibazo byo mu biri, hamwe n’ibyo mu mwuka

## Ibyanditswe Byakoreshejwe

Itangiriro 2:24, 1 Abakorinto 10:31, 1 Timoteyo 3:15, Itangiriro 4:1, Luka 1:34, Itangiriro 1:27-28, Imigani 5:15-19, 1 Abatesaloniki 4:3, 7, Malaki 2:14-15, Zabuli 139:13, Abaroma 8:5-8, 1 Yohana 1:9, Abaheburayo 4, Matayo 5:28, 1 Abakorinto 6:13b, 18a, 2 Abakorinto 10:5, Job 31:1, 1 Samweli 16:7, Abafiripi4:8

## UBUFASHA MU GUHUGURA

Igihe cyemewe muri iri somo ni: Amasaha 2

**Ni ngombwa ko amasomo ari muri iki gice yigwa neza, nti hagire icyirengagizwa cyangwa guhina.**

Ni byiza ko dutangira iiri somo twibutsa abigishwa ibibazo twatangiranye aya mahugurwa: Ese Imana iravuze? Niba iri kuvuga, uri mu kuyumva? Niba Imana irimo kuvuga wowe uri kuyumva, ni iki irimo kukubwira gukora?

**Ni byiza kandi birafasha abigishwa kuba maso bakitondera amagambo akomeye agiye gukoreshwa muri iri somo.** Kuvuga ikintu nubwo cyaba cyoroheje nubwo cyaba ari ukubabwira amagambo akurikira bibasha kubategurira iri somo: “Tugije kwiga ku ngingo zikomeye muri iri somo kandi turakoresha amagambo afite imvugo n’inyito yo kwa muganga tweruye ku buryo busobanura imyororekere y’abantu. Imana niyo yaremye gahunda yo guhuza ibitsina, kandi ibyo yaremye byse ni byiza! Ntabwo tugomba gukorwa n’amagambo tugiye gukoresha mugihe dukoresha amagambo ajyanye no guhuza ibitsina kw’abantu.”

## Igice cya 1: Imibonano mpuzabitsina yemewe na Bibiliya

Imana niyo yaremye gahunda yo guhuza ibitsina agamije ko twishima a neza hamwe no kumuha icyubahiro—ni umugisha uturuka ku Mana twahawe. Ni byiza kuri twe kubera ko bifasha abagabo n’abagore gufashanya n’Imana kubana umubano wimbitse bagafasha Imana kurema ubuzima bushya—ariko kubyara umwana. Gahunda yo gukora imibonano mpuzabitsina ifasha abagabo n’abagore kubana akaramata no kwerekana umubano wuzuye kuzura, iyo bari muri ibyo bikorwa niho bahindukira “umubiri umwe.” Gukorwa imibonano mpuzabitsina ni byiza kubera ko ibikorwa byose dukorera mu mubiri biba bidutegura kuramya Imana (1 Abakorinto 10:31). Imibonano mpuzabitsina yemewe na Bibiliya ku bagabo n’abagore bakoresheje ubushobozi Imana yabaremanye kandi bakabukoresha nk’uko bikwiriye.

## UBUFASHA MU GUHUGURA

Bwira abigishwa bahindukire bagenzi babo baganire muri make ibi bibazo bitatu bari (mu matsinda ya 2-3):

1. Ni kuki utekereza ko iyi ngingo igoye kuyivugaho?
2. Ni kuki tuvuga ku bijyanye n’imibonano mpuzabitsina mu rusengero?
3. Ni he wakwifuza ko abana bawe bigira ibijyanye n’imyororokere?

Bamaze kubona umwanya wo kuganira kuri ibyo bibazo, bishobora kubafasha habaye umukorera bushake uganira akagaragaza ibyo atekereza kuri ibyo bibazo mu itsinda ryose. Mugire umwanya w’umudendezo wo kuganira ku bisubizo biturutse mw’itsinda.

## UBUFASHA MU GUHUGURA

Babaze ibibazo bikurikira ubahe iminota mike yo kubyigaho:

“*Ni gute Imana yaturemeye imibonano mpuzabitsina kutubera byiza?*”

“*Ni buhe buryo wibwira ko Imana yaturemeye gahunda yo guhuza ibitsina kugirango tumuhesha icyubahiro?*”

Kubera impamu nyinshi zitandukanye, ingingo y’imibonano mpuzabitsina ikomerera abantu benshi kuyivugaho, turengagije ibyo umuco wabo ubigisha.

Abizera bakunze kwirengagiza kuvuga ku kibazo cyo kororoka hamwe no gukora imibonano mpuzabitsina kubera ko nta muttu wabibiyigishije uko bikorwa neza mu buryo buhesha Imana icyubahiro. Hari ubwo kubyirengagiza kwacu aribyo bituma tubikora nabi mu bundi buryo, hamwe n’ibiyumviro byacu kutubwira ko nta bubasha dufite bwo kwigisha kuri iyi ngingo. Muri ibi bibazo, birakwiriye ko twatura ibyaha byacu tukabyihana tugasaba Imana kutubabarira.

Kuganira ku mibonano mpuza bitsina bikunze kudukuza isoni, ariko kubera ko Imana ari yo yaremye ibuntu byose—harimo n'ibonano mpuzabitsina—Abantu b'Imana bafite uburenganzira n'ubasha bwo ku bivugaho bashyize amanga, kandi badafite isoni. Bakabiganiraho n'imiryango, abagabo n'abagore babo, hamwe n'ababyeyi kubiganiraho n'abana babo bafite umudendezo. Birushaho kuba byiza abana bigishijwe n'ababyeyi babo ibijyanye n'imyorororkere hamwe no guhuza ibitsina bakabyigisha mu buryo buhesha Imana icybahiro hamwe na gahunda yayo yo guhuza ibitsina mu bantu birutwa no kubyigishwa mu buryo bw'isi ubyigishijwe n'inshuti zo mu mihana, n'abaturanyi, ku ishuri, cyangwa ku kazi aho bakorera.

Abayoboke ba Kristo, abapasitor, hamwe n'abayobozi b'itorero nabo babasha kuvuga bigisha ukuri bakoresheje ubasha bafite bakabyigisha mu nsengero. Abantu b'Imana nibo barinzi b'ukuri kujyanye n'imibonano mpuza bitsina, kubera koi torero ry'Imana ihoraho niryo “nkingi kandi rikaba n'urufatiro rwubatseho ukuri” (1 Timoteyo 3:15). Itorero nicyo kigo cy'amahugurwa ku isi gifite umuhamagaro, ubushobozi hamwe n'ibikoresho bituma bavuga bashize amanga ibyo kugarurira agaciro ubuzima bwa kiremwa muntu hamwe no kwigisha kuba inyangamugayo mu bijyanye na gahunda y'imibonano mpuzabitsina mu itorero—ari ryo Mubiri wa Kristo Uhoraho.

## **Imibonano mpuzabitsina ni iki?**

Imibonano mpuzabitsina (cyangwa kuryamana) ni uguhura kw'umugabo n'umugore bahujwe no gukora igikorwa cyo kororoka (Kongera kurema) hamwe no gushyimangira ubumwe bw'abashyingiranywe. Igikorwa cyo guhuza ibitsina nicyo gitanga uburyo abakundana hamwe no kuzura batanga no kwakira umunezero hagati yabo. Bikorwa umugabo ashlyize igitsina cye mu gitsina cy'umugore we. Mu gihe cy'uko kwihuza, umugabo asohora amasohoro akayashyira mu gitsina cy'umugore we. Iyo intanga ifumbiye igi, icyo gihe nobwo ubuzima bw'ikiremwa muntu buba bwasamwe, gutwita bigahita bitangira.

Kororoka kw'ibiremwa muntu ni igikorwa cy'umwimerere kikomoka ku mibonano mpuzabitsina, nubwo Atari imibonano mpuzabitsina yose itera gutwita. Imana yaremye imibonano mpuza bitsina iyirema igamije gutanga umunezero usangiwe hamwe no kuba ingirakamaro ku mugabo n'umugore, kandi ubushake bwo gukora imibonano mpuzabitsina ni kimwe mu bushake buhiga ubundi tugira. Imana yaremye imibonano yo guhuza ibitsina ikaba yaragenewe gukorwa hagati y'umugabo n'umugore bashyingiranywe bonyine. "Nicyo gituma umuntu azasiga se na nyina akabana akaramata n'umugore we, kandi bombi bakaba umubiri umwe." (Itangiriro 2:24). Iyo Imana ihaye umuryango abana, bahita batanga urwibutso rw'umubano w'umubiri umwe uwo mubano niwo utuma umugabo n'umugore bagira umugisha mu mibereho yabo yo gushyingirwa.

Bibiriya zimwe zigithe ubusobanuro busa ku ijambu "kumenya" bashaka kuvuga igikorwa cy'imibonano mpuzabitsina, kandi imibonano mpuzabitsina ni uburyo bwimbitse bw'ikiremwa muntu kumenya ikindi kiremwa muntu. "Adamu amenya umugore we, asama inda abyara Kayini" (Itangiriro 4:1). Nyina wa Yesu ntabwo yumvaga uburyo azatwita akabyara umwana w'umuhungu adakoze imibonano mpuzabitsina. "Nuko Mariya abwira marayika ati, 'Bishoboka bite, kubera ko ntaramenya umugabo'" (Luka 1:34). Imibonano mpuzabitsina ituma umugabo n'umugore bamenyana cyane ku buryo bahinduka "umubiri umwe." imibonano mpuza bitsina irenze kuba igikorwa cy'umubiri—ni igikorwa cy'umwuka, kigaragaza amarangamutima, hamwe no kuba imboneza mubano.

## **Imibonano mpuza bitsina yemewe na Bibiliya ni iki?**

Imibonano mpuza bitsina yemewe na Bibiliya iha agaciro guhuza ibitsina nk'uko Imana ibiha agaciro. N'impano twahawe n'Imana, yaduhaye kugirango idushimishe. Bibiliya yemeza uwiza bw'ibyo Imana yaremye, hakubiyemo ibiremwa byose hamwe n'ubushobozi bwabyo byo guhuza ibitsina hamwe no kororo. Imana niyo yaremye kuzura kw'umugabo n'umugore binyuze mu mibonano mpuza bitsina ishimisha imibiri yabo, igahaza amarangamutima yabo, hamwe no kuba ingira kamaro mu umwuka. Iyo iyi mpano twahawe n'Imana ikoreshejwe neza, bihesha Imana icyubahiro.

***Igikorwa cyo Guhuza Ibetsina hagati y'Abashyingiranywe n'Impano Nziza twahawe n'Imana***

### **UBUFASHA MU GUHUGURA**

Yobora abigishwa mu kiganiro cy'uburyo Bibiliya igaragaza ko imibonano mpuza bitsina ari impano twahawe n'Imana.

Imibonano mpuza bitsina yemewe na Bibiliya yubahiriza uburyo ibiremwa muntu byaremwe mu ishusho y'Imana, hamwe no guhuza ibitsina kw'ibiremwa muntu, nk'uko byateguwe n'Imana, ibi birenze igikorwa cyo guhuza ibitsina, byaba bias no guhuza ibitsina hagati y'inyamaswa.

Mu Itangiriro 1:27-28 havuga ngo: "Nuko Imana irema umuntu mu ishusho yayo, mu ishusho y'Imana niko yabaremye umugabo n'umugore n'umugore niko yabaremye. Imana ibaha umugisha irababwira iti, 'Mugende mubyare kandi mwororoke mugwire; mwuvure isi muyitegeke. Mutegeke amafi yo mu Nyanja n'ibisiga byo mu kirere hamwe n'ibiremwa byse byikurura ahasi.'" Bibiliya ntabwo itandukanya igikorwa cyo guhuza ibitsina no kurema, n'ubwo Atari imibonano yose ituma gutwita no kubyara abana biba. Kandi kuzuza isi habyawe abana benshi nibyo Imana yategetse muri icyi cyanditswe. Kandi, umutekano w'amasezerano hagati y'abashakanyeniyo atuma habaho umubano mwiza w'imibonano mpuzabitsina nibwo byishimirwa n'umugabo n'umugore.

Ujye unywa amazi y'iriba ryawe, amazi ava mu isoko wicukuriye. Mbese amasoko yawe yasaandarira hanze, Nimigezi yawe yatemba mu mayira? Bibe ibywae bwite, kandi ntubikorere ku nzaduka. Isoko yawe iheriwe, kandi wishimire w'ubusore bwawe. Nk'imparakazi ikundwa n'isirabo nziza, amabere ye ahore akunezeza, kandi ujye wishimira cyane urukundo.

Imigani 5:15-19

*Igikorwa cy'imibonano mpuza bitsina hagati  
yabashyingiwe igomba kuba Myiza kandi Yera*

#### **UBUFASHA MU GUHUGURA**

Saba abigishwa baganire ku ngero zifatika ziri muri Bibiliya ku nyigisho yigisha ko igikorea cy'imibonano mpuza bitsina hagati y'abashingiwe kigomba kuba cyiza kandi ari icyera.



Imibonano mpuza bitsina yemewe na Bibiliya ni yo yayindi ikurikiza amahame ya Bibiliya. Bibiliya itanga amabwiriza ategeka hamwe nabuza abashyingiwe gukora imibonano mpuza bitsina ku buryo bwemewe. Hari imyifatire yemewe kandi ari yo igomba gukurikizwa, kandi hakanabaho imyifatire tugomba kwirinda gukurikiza. Kuberako igikorwa cyo guhuza ibitsina ni impano twahawe n’Imana, Imana ibyakira neza iyo bikorewe mu bwisanzure no mu buryo yabiteganijemo akabiha n’umugisha. Imibonano mpuza bitsina yemewe muri Bibiliya ntabwo igomba kurangwa “n’umwanda” cyangwa ikintu cyose cyatuma dukorwa n’isoni. Ariko kamere y’icyaha itwandumu hamwe no kudutesha agaciro mu bice by’ubuzima bwacu bwose, icyaha cyaratwanduje kitesha agaciro igikorwa cyacu cy’imibonano mpuza bitsina. Tugomba kuba maso tukirinda ibihe byose kuba abakora neza igikorwa cy’imibonano mpuza bitsina tugasigara turi abera.

“Icyo Imana ishaka ni iki: ni ukwezwa kwanyu no kwirinda gusambana... Imana nti yaduhamagariye kwanduzwa, ahubwo yaduhamagariye kwezwa.”

1 Abatesaloniki 4:3, 7

Nyamara mukabaza muti, “Impamvu n’iki?” Impamvu ni uko Uwiteka yabaye umugabo wo guhamya ibyawe, n’iby’umugore wo mu busore bwawe wariganije nubwo yari mugenzi wawe, akaba n’umugore mwasezeranye isezerano. Mbese ntiyaremye umwe, naho yari afite umwuka usagutse? Icyatumye arema umwe ni iki? Ni uko yashakaga urubyaro rwubaha Imana. Nuko rero murinde imitima yanyu hatagira uriganya umugore wo mu busore bwe.

Malaki 2:14-15

### ***Imibonano mpuza bitsina hagati y’abashyingiranywe Ishushanya Ishusho y’Imana mu isi***

#### **UBUFASHA MU GUHUGURA**

Saba abigishwa baganire ku buryo Imibonano mpuza bitsina hagati y’abashyingiranywe igaragaza Imana ku isi.

Imibonano mpuza bitsina yemewe na Bibiliya nib wo buryo bwo kwerekana ishusho y’Imana Rurema. Indanga gaciro za mbere tubonana Imana mu byanditwe nizo kuba Umuremyi w’isi yose. Bibiliya ikomeza kutubwira ku mugaragaro ko Imana ikomeza kurema abantu ifatanyije n’abamama mu nda zabo: “Kuko ari wowe waremye ingingo zanjye; wanteranyirije mu nda ya mama” (Zabuli 139:13). Ni kubera iyo mpamvu, iyo umugabo n’umugore bari gukora imibonano mpuza bitsina kandi Imana nayo igakingura inda y’umugore, baba babaye abafatanyije n’Imana kurema ubuzima bw’ikiremwa mutu gishya. Umugore niwe usohora igi, umugabo agatanga imbuto, Imana nayo ikagira uruhare rwayo rwo “kuuhira” bwa buzima bushya! Mbega umugisha ukomeye! Umupastori umwe yigeze kuvuga ati, “Iyo ubuzima bw’ikiremwa mutu gishya kiremwe, isi yose ihita ihinduka kubeera ko ikintu gishya kitari gisanzweho cyageze ku isi kandi kikazabaho iteka ryose.” Nk’uko Imana yaremye isi ayikuye mu busa busa, ni uko Arema ubugingo bw’ikirema mutu gishya. Umugabo n’umugore nibo batanga ibigize umubiri w’umwana, Imana nayo ikarema

#### **UBUFASHA MU GUHUGURA**

Mbere yuko utangiza iki gice, ushobora guha inama abigishwa bose bari kumwe batarajya mu matsinda, ukabigisha uko Imana yaremye ibiryo. Ibiryo nibyo gaburo ry’ibanze rituma imibiri yacu imera neza igashisha, ariko Imana yaremye kurya biba umunezero. Nyuma abigishwa bamaze gusobanukirwa iby’ibiryo, baba babasha gusubiza iki kibazo: “Ni kuki Imana yaremye Imibonanao mpuza bitsina?”

ubugingo.

### **Ni kuki Imana yaremye Imibonano mpuza bitsina?**

Intego zituma umugabo n'umugore bakora imibonano mpuza bitsina n'yo gukomeza kuremwa kw'abantu (kubyara abana) hamwe n'ubumwe (guhinduka umubiri umwe). Imibonano mpuza bitsina n'impanoirema itangaje twahawe n'Imana. Imana ihora ishaka ko igikorwa cyo kurema gihora gikomeza kenshi. Imana niyo yaremye umugabo n'umugore kugirango ababiri bazahure hamwe bahinduke "umubiri umwe" mu gihe bahuye bombi bagakorana imibonano mpuza bitsina.

Muri rusange, Imana yakoresheje ubwenge bwayo buhambaye kuvanga umunezero mu bikorwa byose dukora bikadushimisha mu gihe turimo: kurya, kunywa,kuryama, gukora imibonano mpuzabitsina, n'ibindi. Mu mico y'abamwe mu bantu bafite ibiryo byinshi, kurya babigize umunezero, ariko ibyishimo ntabwo ari byo

*intego* y'ibanze yo kurya; gutunga umubiri niyo ntego nyamukuru yo kurya. Kuryama bitanga umunezero, ariko umunezero siyo *ntego* yo kuryama; kuruhura no gutuma umubiri kugarura ubuyanja niyo ntego nyamukuru yo kuryama. Gukora imibonano mpuza bitsina bitanga umunezero, ariko umunezero siyo *ntego* nyamukuru yo gukora imibonano mpuza bitsina; ahubwo gukomeza igikorwa cyo kurema hamwe no gushyimangira kubana kw'abashyingiranwe niyo ntego nyamukuru.

Nk'uko hari abagore n'abagabo bakoresha nabi ibikorwa byo kurya, kunywa, hamwe no kuryama—bigira abanya nda nini, abasinzi, cyangwa bakigira abanebwe—ninako bakoreha nabi igikorwa cyo gukora imibonano mpuza bitsina: Bagakora imibonano mpuza bitsina bagamije kwishimisha cyangwa kwihuza n'abo batashyingiranywe. Kugira ngo abagabo n'abagore babone imigisha yuzuye Imana yageneye guha abagabo n'abagore binyuze mu gukora imibonano mpuza bitsina, ni ngombwa ko babikora bakurikije mu buryo Imana yagenny. Nubwo umugabo n'umugore ari abantu babiri batandukanye, Imana yabaremye bafite ubushobozi bwo guhuza imibiri yabo binyuze mu gushyiringirwa bagahinduka umuntu umwe mu buryo imibiri yabo ihura bakagira umunezero usumba iyindi yose abantu babasha kubona.

#### **UBUFASHA MU GUHUGURA (Bagire inama bakoreshe ibyanditswe –Umwigisha yitegure neza)**

Bwira abigishwa gutekereza ku buryo gukora imibonano mpuza bitsina bitandukanye hagati y'abagabo n'abagore no mu mico itandukanye. Bimwe mu bibazo bakwibaza baganira: Ni izihe ngeso cyangwa uruhare umugabo agomba kugira cyangwa umugabo ni ibiki yaba yifuza ku mugore? Ese bavuga ko bijyanye n'amahame yemewe na Bibiliya? Uratekereza ko ibyo bitekerezo byaturutse he?

#### **Abagabo n'imibonano mpuza bitsina**

Abagabo nibo bahawe inshingano zo kuyobora, gutanga amabwiriza, guhereza, hamwe no kurinda imiryango yabo, hamwe no gutanga urugero, mu kugira ingeso z'abubaha Imana. Iyo abagabo bumviye Imana bakuzuza inshingano zabobahawe n'Imana neza, isi yose iba ihawe umugisha. Abagore bakumva bakunzwe kandi batekanye, kandi bahita bakomera bagashishikarira kuba abagore bubaha Imana aribyo yabaremye.

Abakobwa babo nabo bari kumva bakunzwe kandi bafite umutekano, kandi ntabwo bari kuzerera bashaka umutekano mu maboko y'abahisi n'abagenzi. Abahungu baboon abo bari kurererwa munsi y'abagabo ntangarugero mu kubaha Imana kandi —kubera ko bifuza kuba nka ba se—nibwo bashobora gukura bakavamo abagabo bubaha Imana. Abagabo bubaha Imana nibo bagira ijambo ku bagore babo, abakobwa, hamwe n'abahungu, kandi bakaba ari bo bafite ijambo mu karere dutuyemo no mu muco wacu.

Iyo abagabo birengagije inshingano bahawé n'Imana, biteye agahinda ko, ibigize ubuzima byose—uhereye ku muryango ukageza ku muco hamwe na leta—bitangira kwangirika bikagenda nabi. Ntabwo byakagombye kuba igitangaza ko zimwe mu ngamba satani ajya akoresha kwangiriza umuryango, hamwe n'abaturanyi, ari ukwambura abagabo imbaraga. Intego ye nyamukuru ni ugutatanya intama azikuramo abashumba: ari bo bagabo. Kndi uhereye mu mateka yak era zimwe mu ntwaro umwanzi yakoresheje kwari ukwambura abagabo intwaro byabaga byaturutse ku bagabo bakoze nabi imibonano mpuza bitsina. Umugabo utiteguye gutsinda ibishuko byo gukora imibonano mpuzabitsina ni umugabo uri mu kaga ko kugwa mu cyaha cyo gukora imibonanno mpuzabitsina. Umugabo ucyikoreye umutwaro muri we w'ibyaha by'busambanyi atarihana, ni nawe mugabo ugendana ibyaha bitababariwe birashoboka ko atashobora kuba umurwanyi w'intambara yo mu mwuka.

## **Abagore n'imibonano mpuza bitsina**

Nyuma y'uko Imana irema Adamu, wa mugabo wa mbere, Yavuze ko “Atari byiza ko umugabo aba wenyine,” nibwo Imana yaremaga umugore: ari we Eva. Iki nicyo gihe cyonyine tubona ko Imana yavuze ko hari ikintu “kitari cyiza” mu byaremwe byayo. Imana yaremye Eva kugirango amubere mugenzi we, umufasha we, hamwe no kumubera isooko y'imbaraga. Kandi Imana yaremye abagore n'abagabo imbaraga zo kwegerana no gukundana. Kimwe mu binezeza umugabo bifite imbaraga ni ukuba umugore ahari, kandi kimwe mu bigaragaza kurema kw'Imana Data ni ukuri kugaragarira mu mico itandukanye hamwe n'amatsinda atandukanye y'abantu basanga abagore baremye neza kandi bateye neza bifite igikundiro! Abagore bifite uburenganzira bwo kwishyimira uko bateye neza babibwirwa n'abagabo babo—bakamenya ko bakunzwe kandi bifite igikundiro (soma indirimbo ya salomo!). Ariko imbere y'abagabo batari abagabo babo, abagore bagomba kwifata no kwambara neza—mu kugaragara kwabo hamwe n'ingeso nziza. Mu gihe abagore Atari bo bashinzwe ibitekerezo hamwe no kwifuza kw'abagabo, ntabwo bakwiriye kwigaragaza nk'aho ari ibikoresho byabo bakoresha mu guhaza irari ryabo.

Imana yaremye umugabo n'umugore kugirango buzuzanye, kandi uburyo bufatika bw'umubiri sugaragara umugore n'umugabo bakuzuzanya neza ni ugukora imibonano mpuza bitsina. Ariko abagabo n'abagore bagomba kumenya neza uburyo bw'umwimerere Imana yageneye abatu bakaba ari bwo bakoresha bahesha Imana icyubahiro. Ingaruka mbi zituruka ku kudaha Imana icyubahiro, harimo gukora ibyaha bijyanye no guhuza ibitsina, indwara zandurira mu mibonano mpuzabitsina, gukomereka kw'imitima, g u t w a r a i n d a z i d a t e g u w e , kamwe—no gukuramo inda—nyuma y'ibyo byose.

Imana yaremanye abagore icyifuzo cyo gukundwa no kwifuzwa. Abakobwa bakiri bato bakunda ko ba se babawira ko ari beza, abagore nabo bifusa kumenya niba abagabo babo babakunda bakabaha agaciro kabu. Biteye agahinda ko hari abagore n'abakobwa batwarwa nuko kwifuza kubarimo bikabinjiza mu gikorwa cyo gutanga imibiri yabo mu bikorwa byo gukora imibonano mpuzabitsina n'abagabo batari abagabo babo babigiranye ayo magambo yo kubataka ubwiza bwabo. Imana yagaragaje urukundo ikunda abakobwa bayo cyane ubwo yoherezaga Umwana wayo ku isi azanywe no kubapfira. Kandi Imana yashatse ko abagabo—abapapa, abavandimwe, abashingiranywe n'abagore, bakaba n'abana b'Imana—kubaha abagore cyane hamwe no kubafata nk'abafite igiciro cyinshi cyane.

Hari abantu bafite imico yo kutemera gahunda itangaje Imana yageneye abagore kwishimira imibonano mpuza bitsina; bakagera naho bagegena no gukuraho ibice bimwe by'ibitsina byabo bagamije kubabuza kwishima ibyishimo Imana yabahaye. Kandi ku rundi ruhande hari abandi bantu bashyigikira umuco wo gusambanya umugore mbere yuko ashyingirwa. Ibyanditswe bitwigisha ko ibyo byose bitari muri gahunda Imana yageneye ahubwo imibonano mpuzabitsina yagenewe abashyingiranywe bonyine.

**Igice cya 2: Imibonano mpuzabitsina**  
**itemewe na Bibiliya, Kwangiriza**  
**hamwe no Gukoresha nabi Igikorwa**  
**cy'Imibonano Mpuzabitsina**

**UBUFASHA MU GUHUGURA**

Saba abigishwa gushyira ku rutonde ibintu byangiriza hamwe no gukoreshwa nabi imibonano mpuza bitsina bashireho byinshi bishoboka bamare iminota igera kuri 5 bakora uyu mukoro.

Ibyaha ndengakamere ku mibonano mpuza bitsina ni ukwangiriza ibyiza kandi bishimwa, hamwe n'uby'ukuri ku kororoka no kwigwira hamwe no gukora ubumwe mu bikorwa byo gukora imibonano mpuza bitsina ari byo ntego zo gushyingiranwa kw'isezerano. Abayobozi b'Itorero bahura n'abantu imbere no hanze yaryo bahuye n'ibibazo byo kwangiriza amahame y'imibonano mpuzabitsina mu buryo bwinshi butandukanye, hakubiyemo:

- Gukora imibonano mpuzabitsina n'abo batashyingiranywe
- Gufata ku ngufu (gukoresha abagore imibonano mpuza bitsina ku gahato)
- pornography (amasusho y'urukoza soni, inyandiko, cyangwa ibindi bikoresko bigenewe kubyutsa irari ryo gutuma abantu bifusa gukora imibonano mpuza bitsina)
- bestiality (ibikorwa mpuzabitsina n'inyamaswa)
- promiscuity (ibikorwa byo guhuza ibitsina byihishe imbere mu muntu)
- irari (guhura utekereza imibonano mpuzabitsina)
- guharika (gutunga abagore barenze umugore umwe)
- Gukunita abagore hamwe no kubakomeretsa
- Uburaya (gukora imibonano mpuza bitsina n'abantu benshi utarobanuye ugamije guhabwa amafaranga cyangwa ikindi kintu cy'agaciro)
- Ubucuruzi bw'abakoreshwa imibonano mpuzabitsina cyangwa kubagira imbara
- Gusambanya wa n'uwo mufitanye isano (ibikorwa b'imibonano mpuzabitsina n'uwo mufitanye isano ya bugufi)
- Ihohoterwa rishingiye ku gitsina (gugata ku ngufu, gukomeretsa bishingiye ku gitsina, cyangwa kwangiriza i gitsina)
- Ubutinganyi (ibikorwa mpuzabitsina hagati y'abantu bahuje ibitsina)
- Kwiyambura ukerekana ubusa bwawe (ibikorwa by'imibonano mpuzabitsina cyangwa kwerekana yambaye ubusa mu ruhame)
- masochism (gutanga umunezero w'ibikorwa mpuzabitsina bikomoka ku kubabaza cyangwa gukangisha kubabazwa)
- sadism (gutanga umunezero w'ibikorwa mpuzabitsina bikomoka ku kubabaza uwo mukorana imibonano mpuza bitsina)
- pedophilia (gukoresha abana bato imibonano mpuzabitsina)
- voyeurism (kureba mu ibanga ibikorwa mpuzabitsina)

**Ingaruka mbi zo gukora imibonano mpuzabitsina bitemewe na Bibiliya ni izihe?**

## ***Ingaruka mbi zo mu Mwuka***

### **UBUFASHA MU GUHUGURA**

“Ni izihe ngaruka mbi zo mu Mwuka mwabona mu ngeso zo guhuza ibitsina ku buryo butemewe na Bibiliya?”

Satani icyo yifuza ni ukuyobya buri muntu uko bishobotse kose akamukura ku Mana. Ibi azabigeraho akoresheje uburyo bwose bushoboka. Icyaha cyo gukora imibonano mpuza bitsina n’igikoresho cya satani kidahusha intego—kandi kirimbura—kitandukanya vuba umuntu n’Imana. Nyuma yahoo umuntu akoze icyaha cyo gukora imibonano mpuzabitsina, Satani ahita akoresha gutsindwa n’urubanza, isoni, gucirwaho iteka hamwe n’ibirego bikubuza kwhiana ahubwo ugakomeza kuguma mu cyaha. Iyo umuntu afite umubano n’Imana, Satani anezewa no gukora uko ashoboye kwica uwo mubano. Iyo umuntu ataramenya Uwiteka, ibyo nabyo umwanzi biramunezeza agakora uko ashoboye kumubuza kuzagira umubano n’Imana no mu bihe bye by’ejohazaza. Ibihe byose, Satani ahora ashaka uburyo bwo kugerageza kugusha no kwinjiza umunyabyaha mu bikorwa byo gukora imibonano mpuza bitsina, agamije kumushyira mu mutego hamwe no kumuta mu rwobo rw’isayo aho kuruvamo no kurucika bigaragara ko bidashoboka.

## ***Ingaruka mbi ku Marangamutima hamwe no kwica Umubano n’Imana***

### **UBUFASHA MU GUHUGURA**

“Ni izihe ngaruka mbi ku marangamutima hamwe no kwica umubano n’Imana ushobora kubona”

Twebwe abaremwe mu ishusho y’Imana, twaremewe gukunda hamwe no gukundwa. Muri ya nzara yacu yo gukundwa no kuzura, imibonano mpuzabitsina hari ubwo yigaragaza nk’aho ari bwo buryo bwonyine buhari bwo kugaragaza ko duhawe urukundo twifuzaga. Arik, kuri babandi bamenyereye gukora ibyaha byo gukora imibonano mpuzabitsina, bashobora kubona ko imibonano mpuzabitsina itabageza ku rukundo bashakaga ahubwo ibageza ku kababaro ko mu mutima, kwahukana, hamwe no kwica umubano mwiza bari bafitanye. Imibonano mpuzabitsina yateguve n’Imana kugirango ihurize hamwe umugabo n’umugore.

Mu kubana akaramata hagati y’abashyingiwe, niho umubano ugaragarira mu gukora imibonano mpuzabitsina igashimangira ubwuzu mu gihe cyose cyo kubana kwabo. Gukora imibonano hagati y’abashyingiwe bikomeza urukundo ruri hagati y’umugabo n’umugore we.

Umubano hamwe n’imibonano mpuzabitsina bikorewe hanze yo gushyingirwa, ntabwo, uba ukingiwe hamwe no gushyigikirwa n’isezerano ryo gushyingirwa. Ibi bivuze ko iyo tugeze mu bibazo tudashobora gukumira, umwe mu bakoranaga imibonano mpuza bitsina “afite uburenganzira” kwigendera, agasiga mugenzi we yirwanaho n’ibikomere bituruka ku mubano wasenyutse. Gutana kwabakoranaga imibonano mpuza bitsina batarashyingiwe birababaza cyane ku buryo uwakomeretse cyane kubera uko gutandukana akomeza kwiyubakaho uruzitiro kugirango atazongera gukomeretwa mu mubano azagirana n’undi muntu ejo hazaza.

Nyuma y’iherezo no guseswa kw’umubano wabakoranaga imibonano mpuzabitsina, wa mugabo cyangwa umugore ashobora guhora yirwanaho kugirango ibyamubayeho bitazongera kumubaho akahora agereranya uwo bari kumwe na wa wundi babanaga kera. Ikindi twakongeraho, wa wundi bakoranaga imibonano mpuzabitsina ahorana ikibazo cyo kugereranya uwo bari kumwe na wa wundi bakoranaga imibonano mpuza bitsina bagatandukana.

Akandi kaga ku bantu bakorana imibonano mpuzabitsina batarashyingiwe ni uko iyo mibonano iba ari yo ntego yonyine baba bafite mu mubano wabo. Imibonano mpuza bitsina igasimbura ibiganiro, bakabura bya bikorwa bitari uguhuza ibitsina kandi bikenewe mu mubano, hamwe no gukorera hamwe ibikorwa bituma babana. Ibikorwa byo guhuza ibitsina hari ubwo bitera gugira ibitekerezo byo kuzura kandi mu by’ukuri ntabihari muri uwo mubano wabo. Umugabo cyangwa umugore abasha kwemera ko kuko afite uwo bakoranaga imibonano mpuza bitsina, bituma uwo bayikorana amukundano kumumenya kurushaho, kandi mu byukuri, bya bindi bituma umubano w’ukuri uba bidahari. Kuzura kuba guhari ni ukwo kunezeza umubiri gusa.

## **Ingaruka mbi ku Mubiri**

### **UBUFASHA KU GUHUGURA**

“Ni izihe ngaruka mbi ku mubiri ziterwa n’ingeso yo gukora imibonano mpuza bitsina itemewe na Bibiriya ushobora kubona?”

### **Gutwita**

Bitewe nuko Imana yabiteguye, impamvu ya mbere yo gukora imibonano mpuza bitsina ni ukororoka. Kubera ibyo rero gukora imibonano mpuza bitsina bigomba kuvamo gutwita, byaba byateguwe cyangwa bitateguwe, bikenewe cyangwa bidakenewe. Iyo gutwita bidakenewe, nyuma yo gukora imibonano mpuzabitsina byaba byiza kubyihorera. Ariko, kubera ko abantu bashaka kwishimisha bakora imibonano mpuzabitsina badashaka gutera inda cyangwa gutwita ari byo bigomba kuba nyuma y’imibonano mpuzabitsina, niyo mpamvu ikoredhwa ry’ibinini bibuza gutwita bisigaye bikoreshwa cyane hirindwa gusama. Keretse ubundi buryo bwo kwica intanga, kuringaniza imbyaro byaje kumenyekana ko bidakora 100%, gutwita byakomeje kuba binyuranyije n’ubushake bw’abakoranye imibonano mpuzabitsina. Birababaje ko icyo gihe iyooo bigenze gutyo abakoranye imibonano mpuzabitsina baba bafite amahitamo yo kubyara cyangwa gukuramo inda.

### **UBUFASHA MU GUHUGURA**

Mukore umukoro wa 2.

### **Kwandura indwara zandurira mu mibonano mpuzabitsina**

### **UBUFASHA MU GUHUGURA**

Baza abiga bakubwire uburyo basanzwe bigisha gukiranuka mu byogukora imibonano mpuzabitsina yemewe n’Imana ku bakiranutsi? Ese byabyaye uwuhe musaruro? Batekereza ko ari iki cyahinduka kugirango birusheho kugira umusaruro mwiza wo gufasha abandi bantu babaho imibereho ishimisha Imana mu bijyanye n’imibonano mpuza bitsina mu buzima bwabo?

Ubwandu bwandurira mu gukora imibonano mpuza bitsina (STIs) n i u b w a n d u w a n d u z w a u k a n d u r a i n d w a r a i t e r w a n o g u k o r a n a i m i b o n a n o m p u z a b i t s i n a n ’ u n d i m u n t u w a y a n d u y e . Ubwo bwandu bushobora kuba buterwa n’udukoko cyangwa virusi. Ubwandu bwandurira mu gukora imibonano mpuza bitsina STIs butera n’udukoko harimo izitwa chlamydia, imitezi (gonorrhea), hamwe niyitwa mburugu (syphilis). Ubwo bwandu bukizwa no kunywa imiti ya antibiotics iyo yavuwe kare. Ubwandu bwandurira mu gukora imibonano mpuza bitsina STIs buterwa na virusi harimo za hepatitis B, herpes, virusi itera Sida (HIV), hamwe na virusi itera abantu yitwa papilloma (HPV). Hari indwara z’ubwandu bwandurira mu gukora imibonano mpuza bitsina STIs zitavurwa ngo zikire, ariko ibyuririzi byazo bikavurwa n’imiti. Hari ibiri ku mugereka ku mpera y’iki gice biza gusobanura neza ku bimenyetso by’izo ndwara zandurira mu gukora imibonano mpuza bitsina STIs.

Izi ndwara zandurira mu gukora imibonano mpuza bitsina STIs zikunze gukwirakwizwa no gukora imibonano mpuzabitsina, kandi zibasha kwanduza n’abandi binyuze mu gukora imibonano mpuzabitsina cyangwa kwegerana umubiri ku wundi.

Akensi utu dukoko dutera umubiri w'umuntu habaye guhura kwa amatembabuzi azanwa no gukora imibonano mpuza bitsina n'umuntu wanduye. Ubundi bwandu bwandura ari uko abantu begeranyije imibiri yabo ibisebe biri ku ruhu bikahura nibyo umuntu wanduye. Hari ubwo, Ubwo bwandu bwandurira mu gukora imibonano mpuza bitsina STIs bubasha kwanduzwa n'indwara zitari izo guhuza ibitsina ariko bikanduzwa no gukorakoranaho, gusangira inzembe n'inshinje, cyangwa umubyeyi akanduza umwana we mu gihe cyo kumutwita cyangwa kumubyara.

Hari amoko y'ubwandumu arenga 25 asanzwe azwi ku bwandu bwanduza abantu binyuze mu gukora imibonano mpuzabitsina. Mu bashyingiranywe, hagati yabasanzwe bafitanye amateka yo guhuza ibitsina nta kaga kahari cyane. Ariko hanze y'abashakanye, hari akaga gakomeye ko kwandura ubwandurira mu gukora imibonano mpuza bitsina STI iyo abo mukorana imibonano mpuza ari benshi. Ubryo buhari bwo kwirinda kwandura izo ndwara zandurira mu gukora imibonano mpuzabitsina ni ukuyikorana n'umugabo we cyangwa umugore we bashyingiranywe gusa, bizeye ko bombi ari nta bwandu bafite.

### **Igice cya 3: Uburyo wabaho ubuzima bukiranuka hamwe no gukora imibonano mpuza bitsina byemewe n'Imana**

Imana ishaka ko abantu bayo babaho imibereho yo gukiranuka no mu buzima no kwirinda ubusambanyi; uwo niwo muco yifuriza abantu be bose. Tugomba kureka ubuzima tabagamo bwo gukora ibyaha tugakurikiza kuyoborwa n'Umwuka. “Ababaho bakurikije umubiri ubwenge bwabo buba buyoborwa n'ibyo umubiri wifuza; ariko ababaho bayoborwa n'Umwuka ubwenge bwabo buba bitekereza ibyo Umwuka yifuza. Ubbwenge buyoborwa n'umubiri n'urupfu, ariko ubwenge buyoborwa n'Umwuka ni ubuzima n'amahoro. Ubwenge buyoborwa n'umubiri ni umwanzi w'Imana; ntabwo bwumvira amategeko y'Imana, kandi bibasha kubikora. Abagendera mu mubiri ntabwo babasha kunezeza Imana” (Abaroma 8:5-8). Tugomba kwhiana ibyaha byacu tugahabwa imbabazi z'Imana—harimo n'iby'imibonano mpuzabitsia twakoze. Bibiliya ivuga ngo, “Ariko nitwatura ibyaha byacu, niyo yo kwizerwa kandi ikiranuka kutubarira ibyaha byacu no kutwezaho gukiraniwa kose” (1 Yohana 1:9).

#### **Kurongorana ni kubahwe**

Dukurikije Ijambo ry'Imana, kurongorana bikwiriye kubahwa cyane: “Kurongorana kubahwe na bose, kandi kubana kw'abarongoranye kwe kugira ikikwanduza, kuko abahehesi n'abasambanyi Imana izabaciraho iteka” (Abaheburayo 13:4). “Nta Busambanyi” ni zimwe mu ndanga gaciro tugomba kuba tugaragariza Imana yacu—ibi bireba abantu bose abashyingiwe n'abatarashyingirwa, kandi Yesu yigishije avuga ati iyo umuntu ureba undi n'amaso amwifuza aba amaze gusambana nawe mu mutima (Matayo 5:28).

Gusambana byanduza kubana kw'abashyingiranywe kandi bikangiriza ubumwe hagati y'abashyingiranywe. y'abana n'ababyeyi. Ubusambanyi burakomeza bukangiriza umubano mu bagize umuryango hamwe no kwangiriza umubano hagati y'abana n'ababyeyi.

#### **Hunga ubusambanyi bw'imibonano mpuzabitsina**

Isi yacu itwereka ibishuko by'amoko menshi atandukanye y'ibusambanyi adushora mu gukora imibonano mpuzabitsina, akensi no mu ngo zacu; nthabura uburyo bwinshi bwo kwanduza imibiri yacu. Bibiliya ivuga ko, “Nuko rero umubiri si uwo gusambana, ahubwo ni uw'Umwami, nawe ni uw'umubiri” “Muhunge ubusambanyi.” (1 Abakorinto 6:13b, 18a).

Icyitonderwa: Wabonye ijambo Pawulo yakoresheje asobanura ubusambanyi bushingiye ku gukora imibonano mpuza bitsina: tugomba *guhunga* ubusambanyi. Guhunga bivuze kwiruka ukava aho wari uri, ukaguruka, ukagenda wihuse. Pawulo ntabwo atubwira kubika imitwe yacu cyangwa ngo duhumirize tubyime amaso cyangwa ngo tuzinge amaboko yacu. Atubwira guhunga tukahava!

#### **Dufata mpiri Ibitekerezo tukabigomororera Kristo**

Mu gihe turi guhunga ubusambanyi bushingiye ku gukora imibonano mpuzabotsina, tugomba kubaka urukuta hagati yacu n'ibidushuka gukora ibyaha dufata mpiri ibitekerezo byacu no kubigomororera Kristo (2 Abakorinto 10:5). Yobu avuga ko “yakoze isezerano n'amaso [Ye] ngo atarebana umugore muto amaso arimo ubuhehesi” (Yobu 31:1). Uru nirwo rugero tugomba gukurikiza kugirango tubevo dutandujwe no gukora imibonano mpuza bitsina mu buryo bwose.

Ibishuko duhorana nabyo hafi mu matelefone no muri za mudasubwa zacu. Amashusho adutera ubuhehesi ari ahantu hose, cyane cyane kuri Internet. Ubushakashatsi bwagaragaje ko abapasitori 60% barwana n'ikibazo cyo kureba poruno. Abagabo n'abagore bonbi bamaze kwimjizwa muri icyo kibazo cyo kugergezwa, bakagira irari, hamwe no gukora imibonano mpuzabitsina binyuze muri iki cyaha cy'ibanga.

Wibuke ko mu gihe umuntu yita ku gusa neza kwo ku mubiri, Imana yo ireba imbere mu mutima (1 Samweli 16:7). Imana ntabwo yita ku byo uvuga ku bijyanye n'imibonano mpuzabitsina; Ahubwo yita ku buryo wahisemo kwifata. Mu yandi magambo, amagambo meza avugwa ku bijyanye n'abashyingiranywe ntaho ahuriye no kuba uyavuga akora ibikorwa by'ubusambanyi yihishe inyuma y'inzugi zugaye.

Uru rugamba rutangirira mu bwenge. Ariko iyo ibitekerezo byawe bysse ubyeguriye Umwami, Niwe uguha imbaraga ukeneye zo kwirinda gukora ibayaha by'ubusambanyi. "Ibisigaye bene Data,ibyukuri 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." (Abafiripi 4:8).

## Gusoza

Kuba inyangamugayo mu byo Bibiliya yigisha ku bikorwa mpuzabitsina nibwo buryo twakoresha no gukumira gukora icyaha ku Mana dukora imibonano mpuzabitsina. Kandi gukora imibonano mpuza bitsina bitera gutwara inda zidateganyijwe, tubaye inyangamugayo mu byo Bibiliya yigisha ku bikorwa mpuzabitsina byadufasha gukumira gukuramo inda zatwiswe mu buryo budateganyijwe. Kugirango abagabo n'abagore babeho uko Imana yabiteganyije, hamwe n'uko yateganyije ko baba abasare mu mu kuba inyangamugayo hamwe no kuba abarinzi b'ubuzima bw'ikiremwa muntu, tugomba kubanza kuba twiyemeje kwitanga tukiyegurira Kristo.

Dukeneye guhinduka mu mutima hamwe no guhindura mu *ingeso*, kandi ni muri Kristo honyine imitima yacu ishobora guhindukira. Ni mukwitanga byuzuye niho dushobora guca bugufi, tukumvira, no kuba abayobozi basa na Yesu aho ni naho Imana yatugeneye kuba. Ntabwo dukwiriye kumenya We must not only know *ibyerekeye* Kristo, tugomba *kumenya* Kristo byukuri. Kandi iyo tumaze kumenya Kristo by'ukuri, tukanamenya ubwenge bwe, nibwo tubasha gusa nawe hamwe no kugaragaza ishusho ye muri iyi isi yuzuye akababaro.

Kristo tumumenya ari uko twiga Ijambo ry'Imana turisangiye n'abaturanyi hamwe n'abandi bizera, kumarana nawe umwanya mu gusenga, twumviriza ijwi rye, hamwe no gukora ibyo atubwira gukora. Binyuze mu kumumenya byimbitse, hamwe no kugirana nawe umubano mwiza, ibyo nibyo bidufasha kubaho imibereho irushijeho kuba myiza ituma twirinda ibishuko bya satani mpano y'ubuzima twahawe n'Imana kudushimisha hagati y'abashakanye umwanzi akabihindura umutego wo kutugusha no gutumwa dutsindwa.

Wibuke ko, Bibiliya itubwira ko: "Nta kigeragezo kibasha kubageraho kitari urusange mu bantu, kandi Imana ni iyo kwizerwa ibiruta ibyo mushobora, ahubwo hamwe n'ikibagerageza izabacira akanzu, kugirango mubone uko mubasha kucyihanganira." (1 Abakorinto 10:13). Imana yaduhaye inzira yubuhungiro muri buri gishuko uzahura nacyo. Ntabwo bikiri ngombwa ko uba umuhigo w'umwanzi hamwe no kuba kugwa mu mutego.

## Ibibazo byo Gusubiramo

1. Intego y'umwimerere hamwe n'umugambi w'Imana mu gukora ibikorwa mpuzabitsina ni izihe?
2. Ni izihe ngaruka nziza zaba abagabo n'abagore baramutse bakoze neza uruhare rwabo Imana yabahaye mu muryango no gushyingirwa kwabo?
3. Ni iki Imana ivuga ku bijyanye n'ibyo Bibiliya yigisha ku busambanyi?
4. Ni izihe mu ngaruka mbi ziboneka mu gihe umuntu akoze imibonano mpuzabitsina hanze y'uburyo Bibiliya yigisha?
5. Ni izihe ntabwe umuntu yafata kugirango yifate neza mu kwiyemeza kuba intungane no kwirinda kwiyanduza n'ubusambanyi?

# **Umugereka: Ibyo Bibiliya yigisha ku Mibonano mpuzabitsina**

## **Umukoro wa 1**

### **(Iminota 20) STI**

#### **Ibikorwa**

1. Mbere yuko iri somo ritangira, banza ubaze umwe mu bigishwa kandi ubikore mw'ibanga umusabe kuza kwitabira ku buryo uri bumubwire kubikoramo.
2. Buri mwigishwa aba yahawe udupapuro ari bwandikeho. Kamwe muri utwo dupapuro gafite ibara rito ry'umutuku mu nguni.
3. Basobanurire ko baza kugendagenda bazenguruka mu cyumba kandi usabe abantu bane bandike amazina yabo ku mpapuro zabo. Baraza kuba bafite iminota itatu kwegeranya udwo dupapuro turiho amazina yababantu bane.
4. Nyuma yahoo buri muntu amaze kubona ya mazina ane, saba abantu bose bicare.
5. Saba wa wundi uftite agapapuro kariho ibara rito ry'umutuku ahagarare. Iyo amaze guhagarara babwire ko iryo bara rihagarariye indwara yandurira mu gukora imibonano mpuzabitsina (STI).
6. Saba uwo muntu gusoma amazina ari kuri ka gapapuro afite. Uko abantu bahamagawe bagomba guhagarara.
7. Hagomba kuba abantu batanu bahagaze. Saba abicaye nabo bahagarare niba bafite izina ryabo bantu bahagaze ku rutonde bafite.
8. Bakomeze babisubiremo kugeza wa muntu umwe utitabiriye nawe asigaye ahagaze.
9. Baza abigishwa uti: "Niba ibara ry'umutuku rihagarariye indwara (STI), uribaza ko intego y'uyu mukoro ari iki?"
10. Bihita bigaragara ko iyo ugize abantu barenze umwe mukorana imibonano mpuza bitsina, ntabwo uba ukoranye nuwo muntu wenyine ariko uba uyikoze na babandi bose bakoranye nawe imibonano mpuza bitsina no gukomeza....
11. Hanyuma mwarimu azana wa muntu yasabye kutitabira ibyo bikorwa mu cyumba.
12. Ubaze itsinda ryose aho uyu muntu atandukaniye n'abibitabiriye uyu mukoro.
13. "Uyu muntu yarifashe ntiyakora imibonano mpuzabitsina. Uyu muntu afite afite igihamya cy'ijana ku ijana (100%) ko nta ndwara nimwe yandurira mu gukora imibonano mpuza bitsina (STI) cyangwa nta nakaga ko gutwara inda afite kuko yifashe nti yakora imibonano mpuzabitsina."

#### **Uko Indwara zandurira mu mibonano mpuza bitsina STI Zikwirakwizwa**

**Babaze uti:** Ubwandu bw'indwara zandurira mu gukora imibonano mpuzabitsina bukwirakwizwa gute? Bareke babiganireho ubwabo bashake ibyo abantu bo mu muco wabo bemera uburyo ubwo bw'indwara zandurira mu gukora imibonano mpuzabitsina (STI) bukwirakwizwa. Nubwo mu gihe cy'ibyo biganiro ubasha kumva bimwe mu byo bizera biba bidashingiye ku kuri, bareke bakomeze baganire ku mugaragaro biba byiza ubaretse bagakomeza kukanira; wirinde gukosora amakosa uba wumvise mu baba bizera. Nyuma y'ikiganiro, ushobora kuyobora abigishwa mu kumenya ukuri ku ndwara zandurira mu gukora imibonano mpuzabitsina(STI) n'uburyo zandura hamwe no gukwirakwizwa kwazo.

**Babaze uti:** Ni izihe indwara zandurira mu gukora imibonano mpuzabitsina muzi? Ushobora kwandika urutonde rwazo ku rubaho.

**Babaze uti:** Mwaba muzi imiterere y'izo ndwara (STI) uko ari ibiri? (izikomoka ku dukoko (Bacterial)hamwe n'izidakira (viral)

Kora tabulo isa nk'iri hepfo hanyuma uhe abigishwa amahirwe yo niba ziterwa n'agakoko(Bacterial) cyangwa Idwara zidakira(Viral)mu gihe nawe uri kuzandika.

<b>Udukoko(Bacterial )</b>	<b>Izidakira(Viral)</b>
Chlamydia G onorrhea Syphilis	Hepatitis B Herpes HIV HPV

**Izishobora kuvurwa n'imiti ya antibiotics iyo  
ivuwe kare**

**Itabasha kuvurwa**



# Zimwe mu Ndwara Zandurira mu mibonano Mpuzabitsina (STI) Hamwe n'Ibimenyetso byazo<sup>1</sup>

## Iziterwa n'udukoko

**Uburwayi bwa Chlamydia.** Iyi Ndwara iyo igitangira bwambere nta bimenyetso igaragaza na gato,cyane cyane mu bagore. Ibimenyetso bigaraga nyuma aho umugore atangira kumva uburyaryate akishima mu gitsina, atangira kuvamo amashyira, adafite impumuro mugitsina,akaribwa mu gihe cy'imibonano mpuzabitsina, kandi agakenera kunyara kenshi cyangwa akaribwa mu gihe arimo kwhagarika. Abagore bashobora no kuva amaraso hagati y'ibihe byabo bari mu mihango cyangwa bakaribwa mu myanya yabo yo mu mugongo. Ibimenyetso by'iyi ndwara ku bagabo brimo kuribwa cyangwa kwocherwa mu gitsina mu gihe cyo kwhagarika cyangwa bakavamo amatembabuzi,asa n'amata mu gitsina cyabo.

**Imitezi (Gonorrhea) (cyangwa “GC”).** Ikimenyetso cy'iyi ndwara mu bagabo bashobora kugira amashyira afashe asa n'ibara ry'umuhondo mu gitsina hamwe no kuribwa mu gihe cyo kwhagarika cyangwa se nti bigire ibimenyetso byerekana. Ku gitsina aho inkari zisohokera hashobora kuzana udusebe. Imitezi akensi ntabwo igaragaza ibimenyetso mu bagore. Iyo ibimenyetso byigaragaje,abagore bakunze gusohora amashyira mu gitsina afite ibara ry'umweru, icyatsi, cyangwa umuhondo, iyo bari kwhagarika barababara, bakaribwa bari mu mihango, cyangwa bakava cyane bari mu mihango. Hari nubwo bahinda umuriro hamwe no kuribwa munda bibabaho. Imitezi ishobora gutera udusebe mu mihogu ku bantu bonka ibitsina cyangwa kubabara mu nyo kubakora ubutinganyi.

**Mburugu (Syphilis).** Ibimenyetso bya mbere ni ukugira udusebe (tutababaza,tw'umutuku). U d u s e b e dushobora kugaragara aho wafashwe mu gihe mwakoraga imibonano mpuzabitsina, ku mabya, mu kabuno, ku rurimi hamwe no mu mihogu. Mu mahashya hashobora kuza utubyimba. Amaze make nyuma yaho, ubasha gufatwa no guhinda umuriro, kuribwa mu mihogu, hamwe no kuribwa mu mutwe, ntusonze cyangwa kubabara mu ngingo. Kumera uduheri ku ntoke no mu birenge byawe. Nyuma y'ibi bimenyetso, ushobora kuzamara imyaka myinshi utongeye kubibona. Iyo ibimenyetso bigarutse, ubwandum bushobora kugera mu mutwe bukangiriza ubwonko, urutirigongongo, ku ruhu hamwe no mu magupfwa.

## Iziterwa na za virusi

**Uburwayi bwa Hepatite B.** Ibimenyetso by'iyi ndawara birimo kuribwa mu mitsi, guhinda umuriro, umunaniro, kubura apeti, kuribwa umutwe hamwe no no guhora uzengerezwa. Mu gihe iyi ndwara ikomeje kumera nabi, ushobora kunyara inkari z'ibara ry'umukara, ukituma uhitwa ibintu bisa n'amazi , ukagira amaso n'uruhi bifite ibara ry'umuhondo, hamwe no koroha mu myanya y'urwagashya (aho hafi no munsi y'imbavu z'iburyo). Hepatite B irica kuko ituma urwagashya rudakora cyangwa igatera kanseri y'urwagashya.

**Uburwayi bwa Herpes.** Ibimenyetso bitangirana no n'uburyaryate no kwishima agereye igitsina. Hari uduheri duto tubasha kugaraga ahantu hegereye ku munwa w'igitsina. Iyo ibyo bibaye, ushobora kumva kuribwa, cyane cyane iyo ugiye kwhagarika. Udusebe tugera aho tugahinduka uduheri twumye. Muri cya gihe cya mbere cyo gusessa uduheri, ushobora kugira ibibyimba bibyimbye, guhinda umuriro hamwe no kwishima umubiri wose. Ariko hari abantu bamwe batagira ibyo bimenyetso bidasanze. Izo ndwara zishobora kujya zikuzahaza ubuzima bwowe bwose, ariko zikajya zigabanya ubukana bwo kuribwa uko ibihe bigenda byiyongera.

**Sida (VHI).** VHI ni virusi itera Sida (indwara yica uturemangingo tw'amaraso). Iyo ndwara ica intege umubiri wawe ukabura imbaraga zo kurwanya indwara mu mubiri wawe. Uko umubiri wawe ukomeza gutakaza

imbaraga zo kurinda umubiri, uruhererekane rw'indwara rutangira kukuzaho kugeza aho utagishobora kwirwanaho. Ibimenyetso bishobora gufata imyaka kwigaragaza ariko birimo ubu bwandu bukurikira bidasanzwe, umunaniro udasobanutse, kubira ibyuya nijoro hamwe no kunanuka.

**Indwara yabantu yitwa Papillomavirus (HPV). Iyi ndwara** HPV ituma ahegereye igitsina hose no ku munwa wacyo hamera ibintu bidatera uburibwe. Ubwo buheri ntabwo buryana, ariko bukuba amahoro kubera uko busa. Hari ubwo virusi zitera iyi nwara zigaragara ku maso. Hari aho iyi ndwara ihurira na kanseri y'umura; niyo mpamvu kwisiga imiti yabyo ari iby'ingenzi.

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<sup>1</sup>Inyigisho zo muri iri somo ry'Indwara zandurira mu bikorwa by'imibonano mpuzabitsina STI hamwe n'Ibimenyetso byazo byakuwe mu gitabo cya "Types of STIs," STIs (Sexually Transmitted Infections) - Common STIs and tips on prevention,College of Family Physicians of Canada, <http://www.cfp.ca/english/cfp/programs/patient%20education/sti/default.asp?s=1>.

## Imyororokere y'Abantu

“Kuko ari wowe waremye ingingo zanje, wanteranirije mu nda ya mama.”

**Zabuli 139:13**

### Muri iki gice abigishwa baraza:

1. Gusobanukira imiterere y'umubiri w'abagabo n'abagore, gahunda yo kujya mu mihango, hamwe n'uburyo gutwara inda bitangira.
2. Basobanure uko amagi ahura n'intanga, uko batera inda, hamwe n'uburyo bw'imyororokere.
3. Kumenye intambwe za mbere zo gutangira kw'ubuzima hamwe no kumenya uburyo bashobora kubisobanurira undi muntu.
4. Kumenya ko ubuzima ari impano twahawe n'Imana
5. Kwiga amoko atandukanye yo kuboneza imbyaro

### Ingingo z'Iingenzi

- Imana niyo irema ubuzima bw'ikiremwa muntu mu nda; abana ni umugisha.
- Ubuzima bw'ikiremwa muntu butangirira ku gusamwa, igihe intanga y'umugabo ihuye n'igi ry'umugore.
- Imana niyo itegeka gusamwa no gukura kw'inda, ubwo rero nta mwana “utarateguwe” cyangwa “udakenewe” ubaho imbere y'Imana.
- Igikorwa cy'imbonano mpuza bitsina nicyo shingiro ry'ubumwe bwo mu mwuka, mu mubiri, mu marangamutima, hagati y'Umugabo n'Umugore.
- Ibitsina by'abantu, byaremwe igihe basamwaga, biterwa n'ibigize intanga y'umugabo.
- Buri kiremwa muntu ni umuntu byumwihariko, utandukanye na se cyangwa nyina.
- Guhitamo kw'abashakanye guhitamo umubare w'abana bazabyara (bakoresheje ibinini byo kuringaniza imbayaro cyangwa batabikoresheje) ni igikorwa cyo gufata icyemezo kigomba gukurikiza ingeso nzinza hamwe no kumvira Umwuka, kandi ni igikorwa gishyirwa mu bikorwa.

### Ibyanditswe Byakoreshejwe

Zab 139:13, Gutegeka kwa kabiri 28:4, 11, Zab 127:3-5, Yesaya 40:11, Itangiriro 1:27-28, Matayo 1:20, Yesaya 49:1, Zab 139:13-16a, Zab 127:3-5a, Mariko 10:13-14, 16, Zab 82:3-4, Zab 139:13-16a, Itangiriro 5:1, Yakobo 3:9, Itangiriro 29:31, Rusi 4:13, Yeremiya 1:5, Luka 1:41-44, Zab 51:5, Itangiriro 25:21, Abagalatiya 1:15a, Luka 1:24-25, Itangiriro 22:17, Itangiriro 9:1, Mariko 9:42, Abaroma 5:8, Gutegeka kwa kabiri 10:18

### UBUFASHA MU GUHUGURA

**Irisomo rifata:** amasaha 3

**Iri somo ririmo:**

Iterambere hamwe no

n'imyororokere

y'abantu

Gukura kw'inda

Gukora Imikoro hakoreshejwe kwandika ku bipapuro binini cyangwa amafoto y'infashanyigisho y'umwigisha



## **Igice cya Mbere: Inyigisho z'Ubuzima**

### **Uko Isi Ibona Gutwita**

#### **UBUFASHA MU GUHUGURA**

Ibibazo byo kuganiraho:

- Iyo umugore n'umugabo mu muco wanyu iyo bamenye ko batwite, babyifatamo gute, nyuma yo guteganya kubyara umwana?
- Ese uko umumama abyifatamo bitandukanye nuko umupapa abyifatamo?
- Ni ibihe birori, imigenzo ikorwa mu bijyanye no gutwita?
- Ese imigenzo ikorerwa umwana w'umuhungu isa n'ikorerwa umwana w'umuhungu?
- Abana b'abahungu bafatwa gute bitandukanye n'uko bafata abana b'abakobwa?
- Niba kubyara umwana **mwifuzaga** bitera umunezero (“Twabyaye umwana!”), abantu bifata gute iyo babyaye umwana **batiteguye cyangwa batabiteganyije?**

Mu buryo isi ibibonamo, gutwita ni kenshi biba byiza cyangwa bikaba ibintu bibi, bitewe nuko uwo mwana yaba akenewe. Iyo uwo mwana ari udakenewe, tubwo gutwitabihita bhinduka ikibazo cyangwa ingorane—ubwo ubuzima bw'umwana bikarangira burangiriye mu gukuramo inda. Ariko, iyo umwana ari ukenewe, ubwo uko gutwita bihita biba ibintu bitera umunezero. Muri ubwo buryo bwombi, uwo mwana ababa ikiremwa muntu; ni uburyo tubyibaza kuri uwo mwana nibwo butandukana.

Mu isi isanzwe nuko ibibona, ubwo, isi ibona gutwita nk'ikibazo gikeneye gushakira umuti kandi gukuramo inda nibyo bifatwa nk'uburyo bwihuse bwo kugikemuramo.

Iyi myumvire iyo ibaye ituma ikibazo gikomerere cyane cyane umugore bigatuma ahitamo gukuramo inda ya wamwana we *udakenewe* utaravuka ku byumweru 25 bya nyuma yo gutwita kwe, mu gihe muri iryo vuriro habasha kuba hari itsinda ry'abaganga babahanga barimo gukora umurimo ugoranye cyane wo gukiza ubuzima bw'umwana *ukenewe* wavutse atujuje amezi yo kuvuka kandi ari mu kigero cya wa wundi udakenewe, cy'ibyumweru 25. Mu kibazo kimwe hano turabona ubuzima bw'umwana umwe burangizwa mu kindi kibazo turabona ko nta cyakozwe cyangwa hatangwe umutungo kugirango ubuzima bw'umwaba bukizwe.

Mu bindi bihugu umuntu ashobora kuregwa ibirego *bibiri* cicyo guhotora umugore utwite hamwe n'umwana we utaravuka, Nubwo uwo mugore ashobora ari munzira imujyana gukouramo inda mu buryo *bwemewe n'amategeko*.

### **Uko Bibiliya ibonamo Gutwita**

#### **UBUFASHA MU GUHUGURA**

Ibibazo byo Kuganiraho:

- Mwibaza ko Imana yumva ite ikibazo cyo gutwita?
- Mwibaza ko Imana yumva ku mwana w'umukobwa ugererenyije umwana w'umuhungu?
- Ni kuruhe rwego rwo gutwita aho n'iImana ubwayo yibwira guha agaciro ubuzima?(Murebe ibi biri mu nyigisho yo *gukomera kw'umwana*)

Uko Bibiliya ibona igikorwa cyo gutwita birahabanye cyane, ku buryo bugaraga butandukanye, n'ubwo bhabanye n'uko isi ibonamo. Imana ubwayi ibyo byose niro ibikomeza hamwe ikagena n'ibihe byabyo hamwe n'ubuzima, ababyeyi baba babishaka cyangwa batabishaka ntabwo bibuza wa mawana kugira agaciro yahawe n'Imana. Kugirango ababyeyi "bahiritemo" umwana urupfu binyuze mu gukuramo inda ntabwo byemewe mu muco usanzwe, kubera ko baba bihaye uruhare rwagombye kuba ari urw'Imana yonyine.

Ku buryo buhabanye n'ubwo Bibiliya ibonamo, Isi yo ibona ko wa mwana udakenewe aba ari umutwaro ku babyeyi, Bibiliya yo itwigisha ko abana ari umugisha duhabwa n'Umwami wacu (Gutegeka kwa kabiri 28:4, 11; Zabuli 127:3-5; Yesaya 40:11).

Ni ukuri ko hari ibihe bihinyusa ababyeyi banyuramo mu gihe batwise umwana utaravuka adateganyijwe cyangwa adakenewe; ariko icyo kibazo kigomba gufatawa neza n'ubwitonzi burimo impuhwe n'imbabazi. Ariko ibibazo byo gutwita ntabwo byagombye kuvamo umwanzuro wo gutesha agaciro ubuzima bw'umwana w'inzira karengane utaravuka.

## Ibyo Bibiliya yigisha ku Gutwita hamwe n'Abana

### UBUFASHA MU GUHUGURA

Aho gusoma bisanzwe kuri buri kibazo ku ngingo zikurira, byaba byiza abigishwa basomye ibyanditswe bakabiganiraho hamwe no kwishakira ku bwabo icyo buri murongo uvuze ku byo Bibiliya yigisha ku gutwita hamwe nagaciro iha Abana.

### ***Imana ikoresha gutwita irema ubuzima bw'ikiremwa muntu mw'ishusho Yayo.***

Gutwita n'impano yahawe ibiremwa muntu kandi nibwo buryo bwonyine Imana ikoresha mu gikorwa cyayo cyo kuzuza isi no gusohoza umugambi w'Imana wo kuzuza isi hamwe no kuyitegeka bakorera Imana. Uhoreye igihe umuntu amaze kuremwa habayeho igikorwa cyo gutwita (bikunze kwitwa gusama), uwo mwana aba aremwe mu ishusho y'Imana. Nubwo icyaha cyangirije abantu, turacyafite ya shusho y'Imanawe.

Nuko Imana irema umuntu mu ishusho yayo, mu ishusho yayo nimo yabaremey; umugabo n'umugore. Imana ibaha umugisha irababwira iti, "Mugende mubyare mwororoke; mwuzuze isi hamwe no kuyitegeka."

Itangiriro 1:27-28

### ***Umwana utaravuka aba ari umuntu wuzuye.***

Muri Matayo 1:20, marayika yavugaga ku mwana Yesu utaravuka: "Yozefu, mwene Dawidi, wirinya kugira Mariya umugore wawe; kuko Umwana atwite n'Uwumwuka Wera." Umuhanuzi Yesaya yamuvuzeho: "Uwiteka yampamagaye nkiri munda; Nkiri munda ya mama yanyise izina" (Yesaya 49:1) Ikindi, Imana ifite umugambi kuri buzima bwa buri mwana utaravuka, hamwe no kumenya uburebure bw'igihe cy'ubuzima azamara cyangwa n'inego zihariye azageraho mu buzima .

Iminsi yo kubaho kwanje yanditswe mu gitabo cyawe mbere yuko ibaho.

Zabuli 139:16

### ***Imana niyo yihariye ububsha bwo gutwita no kugenzura imikurire y'urusoro.***

Imana niyo irema ubuzima bw'umuntu. Niyo igenzura gukura kwa buri mwana utaravuka, kandi buri mwana utaravuka amuzi neza.

Waremye ingingo zanje z'imbere; wandemeye mu nda ya mama. Nzahora ngushimira, kuko naremwe mu buryo butangaje; Imirimo yawe irantangaza, Ibyo ubugingo bwanje burabizi neza. Igikanka cyanje ntabwo gihishwe mu maso yawe, Ubwo naremerwaga mu ibanga, Ndemerwa mu buhanga bukomeye munsi y'isi; Amaso yawe yambonye ntararemwa; Mugitabo cyawe nimo imisi yanje yo kubaho yanditswe, Mbere yuko n'umwe muri yo uba.

Zabuli 139:13–16a (NASB)

### ***Abana ni Umugisha.***

Abana bakeneye guhabwa umwanya mwinshi hamwe n'imbaraga, kandi hari ubwo bihinyuza ababyeyi, abana ni umugisha duhabwa n'Imana. Mu by'ukuri, mu bihe byo mu minsi ya Bibiliya, Abagore b'Abaheburayokazi babaga ari ingumba bavugaga ko babaga barakoze ikintu kibi cyangwa bakaba baravumwe.

Abana ni umwandu w'Uwiteka, urubyaro rwe nirwo bihembo bye. Bameze nk'emyambi mu kuboko kw'intwari nuko abana bo mibusore bameze. Hahirwa uwo ikirimba cye cyuzuyemo abana.

Zabuli 127:3-5



### ***Imana iha abana bose agaciro, abakiri mu nda n'abazisohotsemo.***

Imana iha abantu agaciro ku nzego zose z'ubuzima, harimo nabataravuka hamwe n'abana bavutse. Na Yesu ubwe yabaye umwana utaravuka mu nda ya nyina Mariya, Nawe yarabyawе avuka bisanzwe, kandi arakura uhereye mu kuba uruhinja ukageza ku muntu ukuze. Mu gihe yakoreraga umurimo we hano ku isi, Yesu yasabanaga n'abana abigambiriye, nubwo abigishwa be babonaga ari byiza kubirukana. Yakoresheje ibiryo by'umwana agaburira ibihumbi by'abantu. Yarekaga ibindi yakoraga akajya gukiza abana, akababohora bakavamo abadayimoni, hari nubwo yabazuye bava mu rupfu. Yesu ntabwo yafataga abana nk'abarovoya gahunda ahubwo yarabokesheje nk'urugero mu kwizera hamwe no kwakira umurava n'urukundo rw'Imana. Kandi, Yesu yapfiriye ibyaha by'abantu bamwizeye bose kw'isi, harimo n'abana bo mu mahanga yose. Agaciro Imana iha ubuzima kagaragajwe nuko Imana yatanze umwana wayo wikinege ahinduka igiciro cyo gucungura abanyabyaha, ibyo bigaragaza uburyo abantu bose Imana.

Abantu bamuzanira abana kugira ngo abarambikaho ibiganza, ariko abigishwa be barabacyaha. Yesu abibonye, biramubabaza.

Arababwira ati, "Nimureke abana baze bansange, nti mubabuze, kuko abameze nkabo nibo bazaragwa ubwami bw'Imana." Nuko afata abana mu maboko ye, abarambikaho ibiganza abaha umugisha.

Mariko 10:13-14, 16

### ***Tugomba kurinda hamwe no guha agaciro abana bamaze kuvuka bakava mu nda n'abana bakiri mu nda.***

Dushinzwe kurinda no guha abanat bose agaciro, harimo abavutse n'abataravuka, kuko baremwe mu ishusho y'Imana.

Twebwe nk'abigana Imana, ari yo murengezi wabatagira ubarengera, natwe duhamagariwe kubigenza dutyo.

Abana bose n'abanyantege nke kandi nta kurengerwa bafite. Igitero cyatera utu tuntu tukiri duto cyagombye kuvugirizwa induru tukajya kubatabara tubarinda.

Muce imanza zikwiriye uworoheje n'imfubyi, Muce imanza zirenganura umunyamubabaro n'umutindi. Mutabare uworoheje, mubakize amaboko y'abanyabyaha.

Zabuli 82:3-4

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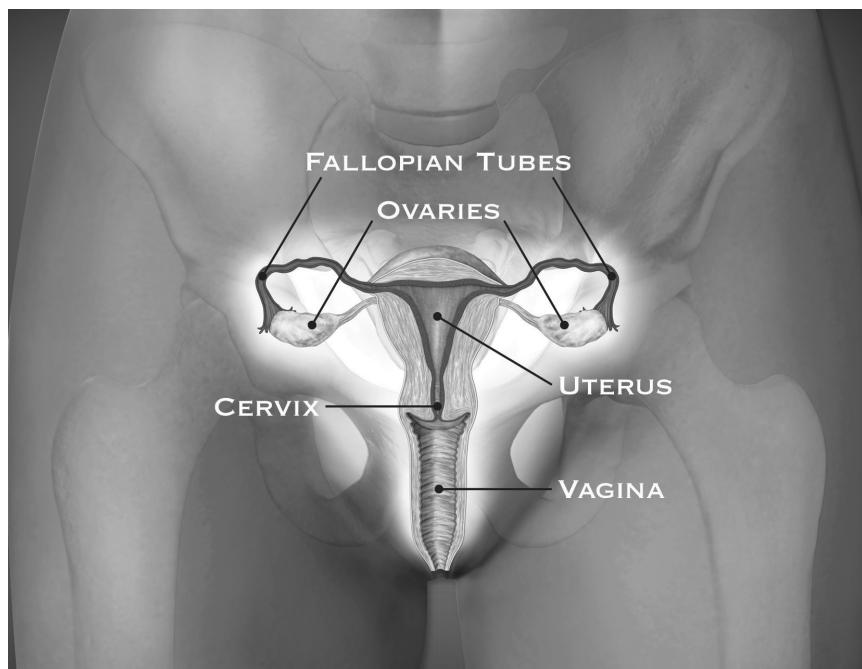
### **AHO BANDIKA NOTE**

## **Igice cya Kabiri: Igitangaza gitangaje cyo gukomeza iremwa ry'Abantu**

Igikorwa cyo gukora imibonano mpuza bitsina kivamo ubumwe hagati y'umugabo n'umugore, Gukura mu by'umwuka, mu mubiri, mu marangamutima, hamwe n'ubumwe hagati y'umugabo n'umugore. Ubwo bumwe bufite ubushoboz bwo gutuma baba umubiri umwe binyuze mu kurema umwana mushya—icyo kiba kibaye ikimenyetso cy'ubumwe hagati y'umugabo n'umugore. Iyo umugabo n'umugore bafatanyije n'Imana kurema ubuzima bushya binyuze mu gukora imibonano mpuzabitsina iyo n'impano igaragara twahawe. Mu gihe cyo gutwita, umuntu udasanzwe aba yaremwe yuzuye—umubiri, ubugingo, hamwe n'umwuka—byose nibwo bitangira kubaho. Nta wundi wigeze kubaho as nuwo muntu kandi ntawbo hazongera kubaho asa nawe. Abantu nibo biremwa by'ikirenga Imana yaremye mu byo yaremye hano ku isi kuko twaremewe mu ishusho yayo.

Ni ngombwa ko dusobanukirwa uruhererekane rwo kurema bundi bushya Imana yateguye. Ibyo bikubi yemo kumenya izina y'ingingo z'imibiru yacu hamwe n'imikorere yazo mu kugira uruhare mu gukomeza gahunda yo kurema. Tugiye gutangirana n'ishusho yerekana igitsina cy'umugore hamwe na gahunda y'imyororokere.

### **Igitsina cy'umugore na Gahunda y'imyororokere**



### *Igitsina cy'umugore*

Igitsina cy'umugore n'inzira igizwe n'imitsi ikweduka iri mu gitsina cy'umugore ikaba ihera ku irembo ry'inda ibyara (Vagina) (ibice bigaragara by'igitsina) ikagera ku irembo rya nyababyeyi (Cervix), inyuze mu bice by'epfo mu nzira ifunganye ya nyababyeyi, ari yo (uterus).

### *Nyababyeyi*

Nyababyeyi, ari yo akensihi bita ingobyi iheka umwana (uterus), hameze nk'umwobo uteye nka pome iciyemo kabiri kandi icuritse. Nyababyeyi y'umugore ukuze neza ifite cm 7.6 mu burebure, hamwe na cm 5.1 mu bugari hamwe na cm 2.5 ibujyakuzimu. Iri ahagana mu majyephoo y'ibiyunguyungu hagati y'ibibero by'umugore. Munsi yaho, niho hari inda ibyara aho ifite irembo ryinjira mu gitsina, kikayobora cyerekeza imbere mu gitsina cy'umubiri w'umugore. Hejuru, niho hari nyababyeyi, iyo nyababyeyi ifatanye n'imiheha ku mpande zombi ziyobora intanga zikagera muri nyababyeyi. Iyo nyababyeyi nirwo rugo rwa mbere rw'uwo mwana utaravuka. Inkuta za nyababyeyi ari yo uterus zigizwe n'imitsi kandi zifite ububasha bwo gukweduka ikaba nini bijyanye nuko umwana agenda akura mu nda ya nyina. Iyo mitsi niyo yifatanya igafasha mu kuzana amagi.

Amagi y'umugore uko yombi ari abiri rimwe riba ibumoso irindi rikaba iburyo. Buri igi riba rifite umubyimba ungana nigishyimbo gifite cm 4 mu burebure. Ayo magi yombi afite imirimbo ibiri: umurimo wo kubyara amagi hamwe ‘imisembure izwi nka *hormones* ( bisanzwe). Iyo misemburo niyo itegeka imyifatire y’umubiri w’umugore (amabere, umusatsi, imiterere y’umubiri, n’ibindi.) kandi igafasha kugenzura neza gahunda yo kujya mu mihangi hamwe no gutwita.



### *Igi (cyangwa Ovum)*

Amagi (ova) ava muri ya magi abiri y'umugore mbere yo kuvuka kw'umwana. Mu gihe cyo kubyara, mbere yo kuvuka kwe aba afite amagi yose azakenera; umubiri we ntabwo uzongera gukenera ayandi magi kuko ayo afite arahagije. Buri gi rigizwe n'akaremango kamwe kandi iryo gi rikagira za chromosomes 23—igice kimwe cya ADN y'umugore, cyangwa code y'uruhererekane y'uturemango ndangasano. Izo za chromosomes ziba zirimo amakuru yose y'imiterere y'umubyeyi, ibyo nibyo byivanga n'amakuru y'imiterere y'umugabo cyagihe umugabo aba yasohoye intanga igafumbira rya gi muri cya gihe cyo gutwita cyangwa gusama.

### *Imiheha*

Hari imiheha ibiri yitwa *fallopian tubes* iba iri hejuru ya nyababyeyi ku mpande zombi iburyo n'ibimoso ifite utuntu dusa n'intoke iyo niyo ijyana hejuru muri nyababyeyi kandi iba ijyana ya magi muri nyababyeyi. Iyo miheha ikora umurimo wo kuba inzira amagi anyuramo ava mu bubiko bw'amagi ajya muri nyababyeyi.

## **Gahunda y'Imihango y'abagore**

Buri kwezi, hari umusemburo witwa pituitary *gland*—urugingo ruba mu bwonko bw'umugore—wohereza uruhererekane rw'imisemburo (hormones) hagatangizwa, kugenzura, hamwe no gutegeka gahunda ya systeme yo kororoka yose. Iyo misemburo (hormones) iba yiteguye kubona amagi arekurwa, igi rimwe riba rifite amagi mato 40,000+ yayandi yari ahari uhereye ku kuvuka—ikindi nuko ayo magi ariyo azakenera mu bihe byose yo kubyara abana.

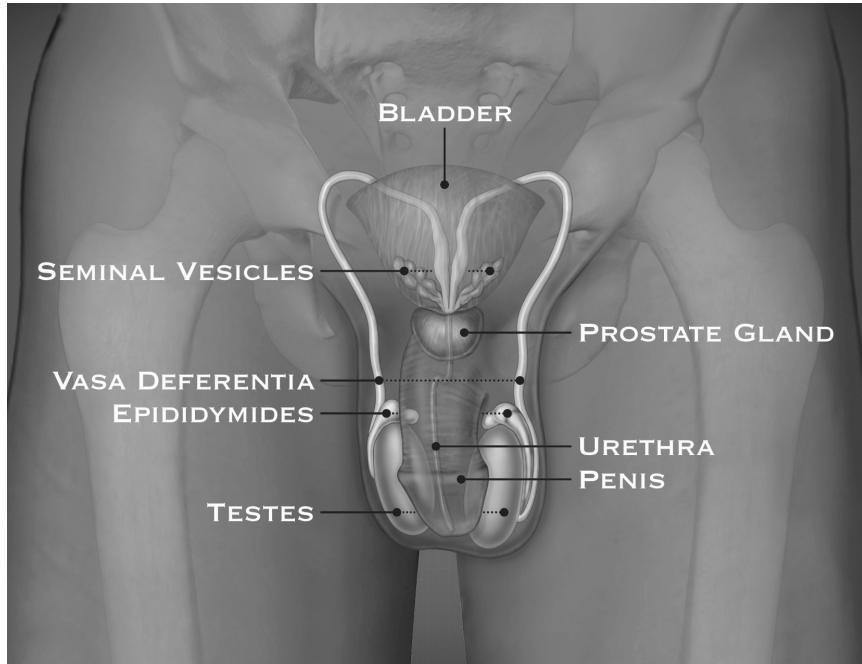
Iyo misemburo (hormones) niyo yitegura no kubyibushya Nyababyeyi (*endometrium*) kugirango gutwita bizashoboke.

Gutwita bikangura iyindi misemburo (hormones) ikiyongera, niyo ibwira nyababyeyi kwitegura, hamwe no kugaburira ubuzima bushya. Iyo gutwita bitabaye, nyababyeyi nibwo isohora amaraso akanyura mu mubiri wose mu gihe cyo kujya mu *mihango*. Uku gusohoka kw'amaraso anyuze mu gitsina kurakomeza bikageza iminsi itatu cyangwa irindwi. Uru ruhererekane rurakomeza rukaba rimwe mu kwezi. Kandi ibi bitandukana bitewe n'imiterere y'umugore, mu gihe iyo mihango ishobora kuba hagati y'iminsi 26 kugeza ku minsi 32, hakurikijwe imiterere y'umubiri we hamwe n'ibindi bijyana nabyo.

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AHO BANDIKA NOTE

## Igitsina cy'Umugabo n'Imyororokere



### Igitsina cy'umugabo

Igitsina cy'umugabo ni urugingo ruboneka rukoreshwa mu gukora imibonano mpuzabitsina. Ibyongereye ku kuba aricyo gikoresho mu gukora umurimo wo kororoka, icky gitsina nicyo gikoreshwa kunyara inkari zigasohoka mu mubiri.

### Amabya

Ababya (mu bwinshyi *testes*) ni urugingo rukoreshwa mu gukora imibonano mpuza bitsina. Ayo mabya niyo ruganda rukora *intanga*, akaremango kamwe iyo kahuye n'igi ry'umugore bigakora urusoro ari rwo rwego ubuzima bw'ikiremwa muntu rutangiriraho. Ku mugabo ufite ubuzima bwiza bw'imyororokere, ya mabya abiri ashobora gukora amasohoro ataboneka n'amaso agera kuri za milliyoni nyinshi. Ayo mabya nibwo bubiko bw'intanga- ateye ku buryo ashobora gukura akagera kuri (5.1 cm) mu burebure hamwe na (2.5 cm) mu bugari. Amabya abana ari imbere mu ruhu rwitwa scrotum, agafuka kagaragara hanze aho igitsina kiba munsi y'igitsina.

### Epididymis

Epididymis n'akantu kamwe gateye nk'ingata ntoya, katari kanini, kakaba kizinze cyane kandi kafatanye kuri buri rimwe muri ya mabya. Nyuma y'aho intanga zimaze gukorera muri ya mabya, nizo zikura zikagera ku rwego rwa epididymis kugeza aho zizarekurirwa mu gihe cyo kurangiza kw'umugabo.

### Vas Deferens

Vas deferens ni umuheha uhuza za epididymis kuri urethra hamwe no kwimura intanga ziva mu mabya mu gihe cyo kurangiza kw'umugabo.

## Gutangira kw'Ubuzima bw'ikiremwa munntu

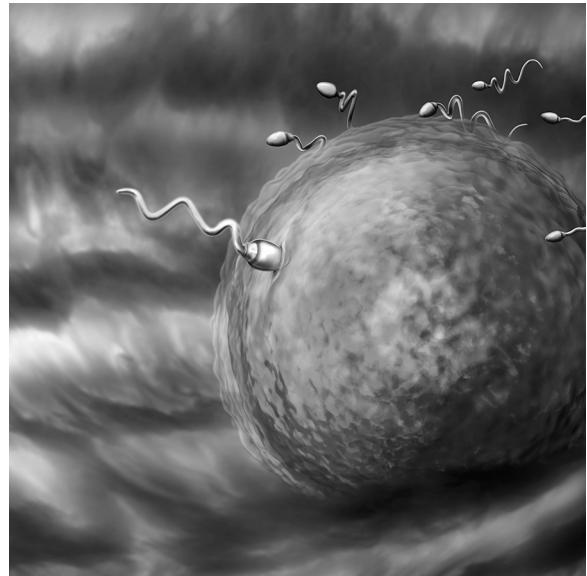
Nyuma y'ibyumweru bibiri umugore agitangira kujya mu mihango, ububiko bw'amagi y'umugore buhita burekura igi. Ibi nibyo twita guhumbika (ovulation). Igi rikora urugendo runyura muri ya miheha twise (fallopian tube) aho ritegerezza gufumbirwa n'intanga.

Mu gihe igitsina cy'umugabo cyitegura gukora imibonano mpuza bitsina, igitsina cy'umugabo gifata umurego kikabyimba cyikuzura amaraso kigakomera nibyo twita gushyukwa. Icyo gitsina cy'umugabo bacyinjiza mu gitsina cy'umugore ubwo imibonano mpuzabitsina ikaba iratangiye. Iyo i g i h e c y o k u r a n g i z a i m i b o n a n o m p u z a b i t s i n a k i g e z e , ibyo nibyo twita kurangiza,(cyangwa gusohora ). Imitsi y'igitsina ihita yohereza intanga n'imbaraga nyinshi mu gitsina cy'umugore muri icyo gihe cyo kurangiza. Amamiliyon i y'intanga ararekurwa akava mu gitsina cy'umugabo akinjira mu gitsina cy'umugore anyuze mu irembo no muri ya miheha akinjira muri nyababyeyi aharekejwe n'amatembabuzi ameze (nk'urerenda).

Muri ya mamiliyon i y'intanga ayasohotse mbere,niyo yinjira akagera kuri rya gi. Za ntanga ziragenda zikazenguruka rya gi zikarifumbira, ariko ni rimwe gusa ribasha kunyuramo. Iyo intanga n'igi bihuye bikinjira,rihita ryigira impinduka zituma izindi ntanga zitinjira. Uru ruhererekane nirwo rwitwa gufumbira cyangwa gutwita. Ubwo umugore aba yasamy e agatwita

Iyo intanga yinjiye mw'igi ry'umugore, hari aside ndangasano (yitwa deoxyribonucleic cyangwa DNA) ituruka kuri buri mubyeyi bikahurira hamwe bikarema ikiremwa muntu cyihariye cyitwa zygote. Iki ni ikinyabuzima kidasanze, cyuzuye kandi ntabwo gifite aho kihuriye n'ababyeyi bacyo. (N'ubwoko bw'amaraso y'umwana akensi ntabwo aba ahuye nay'anyina.) Za chromosomes 23 zituruka kuri buri mubyeyi ziba zahuye zigatangira kwiremamo izidi zingana nazo zikaba chromosome 46-z'ikiremwa muntu. Ibisabwa byose kugirango umwana akure abe umuntu bilita byigaragaza kuri uru rwego—igitsina, ibara ry'amaso, ibara ry'umusatsi, ibimentso by'ibikumwe, hamwe n'ibindi byinshi—muri iki gihe nibwo bitangira kwigaragaza.

Uru rusoro rumwe rutangira kwikubamo kabiri zikaba ebyiri nyuma y'amasa 24-30, zikongera zikikuba nyuma y'amasa 15 zigahinduka insoro enye. Kwikuba hamwe no gukura kw'insoro byikuba ku muvuduko munini cyane. Mu gihezygote irimo gukura, ikora urugendo runyura muri ya miheha (fallopian tube) ikagera muri nyababyeyi mu gihe cy'iminsi ibiri cyangwa itanu. Ku munsi wa gatanu cyangwa wa gatandatu nibwo iba yageze kuri nyababyeyi ikiyomekaho igakomeza gukura rukaba urusoro nyarwo. Nyababyeyi itangira kugaburira bwa buzima bushya kugeza ubwo ruhinduka ikinyabuzima, igakomeza gufasha ubuzima kugeza ku kuvuka kw'ijo nda.



### Gusamwa kw'Inda Ikikuramo

Ikigereranyo cya hafi kuri 12/100 y'inda zisamwa zinanirwa kugera kuri nyababyeyi no kwiyomekaho. Hari

n'ibihe bidasanzwe igi ryafumbiwe ry'iyomeka muri ya miheha (fallopian tube).

Ibi nibyo byitwa gusama inda ikikuramo bikitwa ectopic (cyangwa tubal), kandi bikunze kuba ibihe bikomeye cyane birimo n'akaga ko gupfa kw'umwana. Kuko uko umwana akomeza gukurira mu miheha nibwo bitera ya miheheha guturika. Bigatuma umubyeyi ava amaraso menshi bigashyira umubyeyi mu kaga hamwe no gupfa kw'umwana. Iyo ubutabazi bw'ubuvuzi bwo kwa muganga butabonetse vuba bagakura ya nda ku miheha (fallopian tube), n i b w o u m w e m u r i b o —umwana—cyangwa nyina —cyangwa se bombi—baba bagiye gupfa.

Kubagwa kw'inda zo muri ubu bwoko zikunze guhitana ubuzima bw'abantu, *ariko ntabwo bimeze kimwe no gukuramo inda* kuko kubaga kwo gukiza ubuzima (bw'umubyeyi), bitagamije gukuraho ubuzima bw'umwana. Ni ngombwa gusobanukirwa ko *inda y'umwana yayobeye mu miheha (ectopic pregnancy) biba bigoye gukiza umwana akabaho.*

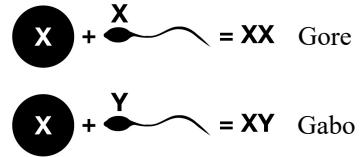
## *Uko Igitsina cy'Umwana Cyigaragaza mu gihe cyo Gusamwa*

Muri za chromosomes 46, ebyeri nizo ziba zihetse chromosomes z'igitsina, imwe ikaba yitwa X cyangwa Y. Kugirango havuke umukobwa, hagomba guhura chromosomes ebyiri X + X. Kugirango havuka umuhungu, hagomba guhura chromosomes ebyiri arizo X + Y. Mbere yo gusama, buri gi rizima ribyara (rya gi ry'umugore ryivanga n'intanga z'umugabo) ziba zikoreye chromosome y'igitsina imwe, ubwo nibwo biba byahuye uku biri kose bikaba uko bireme XX cyangwa XY

Mu bubiko bw'amagi igi rimwe *ry'irigore* X; bivuze ko buri gi ry'umugore ari "irigore." Mu masohoro y'umugabo haba hahetwsemo intanga imwe y'ingore X cyangwa intanga imwe y'ingabo Y. Ubwo bivuze ko buri ntanga isohose igomba kuba ari "intanga ngore" cyanga ari "intanga ngabo", ***Igitsina cy'umuntu ugiye kuvuka kigenwa n'igisohowe mu masohoro y'umugabo.*** Iyo amasohoro yasohowe ahetse X, ibyo bituma uzavuka aba *igitsina gore* (X + X). Iyo amasohoro yasohowe ahetse Y, ibyo bituma uzavuka aba *migitsina gabu* (X + Y).

Kubera ko hari abantu benshi batazi uku kuri ku myororokere, abagore baraharenganira ko aribo bireba ku gutuma havuka umuhungu cyangwa umukobwa wasamwe, kubera ko ari bo babyara abana. Urugero, ba bagabo bajya barakarira abagore babo ko babyara abana b'abakobwa gusa aho kubyara abahungu gusa, ntabwo bagombye kujya babigereka ku bagore babo. Kandi nubwo intanga ariyo igena igitsina cy'umwana uzavuka, ntabwo ryaba ikosa twemeye ko abagabo aribo bafite ububasha bugena igitsina kizavuka. Ntabwo ari bo bafite ubwo bubasha. Ibuka ko: hari za *milliyoni* z'intanga zisohoka mu masohoro ku ncuro imwe umugabo arangije, kandi buri ntanga igomba kuba ari ingore cyangwa ari ingabo—***ntabwo byaba byombi.***

Twese tugomba kwibuka ko Imana ariyo iha ibi bikorwa byo kuremwa kwa buri buzima bw'ikiremwa muntu: baba igitsinagore cyangwa igitsina gabu. Buri muntu muri twe yaremwe mu ishusho y'Imana: twaba turi igitsinagore cyangwa igitsina gabu. Imana niyo muremyi wa buri kiremwa muntu, baba igitsinagore cyangwa igitsinagabo, kandi Imana Ibaha agaciro kamwe kandi igakunda buri muntu kimwe.



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### AHO BANDIKA NOTE



## **Igice cya Gatatu: Uko umuntu akurira mu nda**

Kuvuga ko umwana aba “afatanye” na nyina munda sibyo. Ni undi umuntu wihariye, ikiremwamuntu kiri muri nyina. Ntabwo ari “igishobora kuzaba” ubuzima—N’ubuzima—kandi bufite ubushobozi bukomeye.

### **UBUFASHA MU GUHUGURA**

Saba abigishwa bajye mu matsinda agizwe n’abantu 2-3 basubize ibibazo bikurikira, bakoresheje iyi mfashanyigisho (cyangwa cya gipapuro kiriho *ubuzima bukiri mu Nda*):

- Ni iki kiba igihe intanga yinjiye mu igi?
- Ni ryari umutima w’urusoro rutangira gutera?
- Ni ryari ingingo zose z’imbere zitangira gukora?
- Ni irihe tandukaniro riri hagati yawe n’aka “gato”?

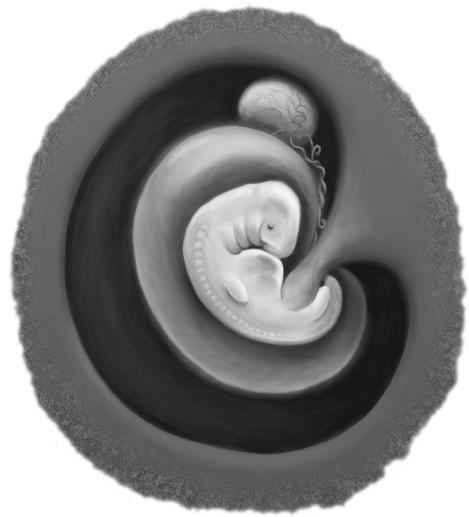
Nyuma yo guha amatsinda iminota 5-10 kugirango barangize umukoro, baza bya bibazo uranguruye mwongere muganire ku bisubizo muri mu itsinda rigari mere yo gukomeza n’iki gice

Gusobanukirwa uko ikiremwa muntu gikurira mu nda bidufasha gushimira Imana kubera umurimo w’igitangaza n’imiterere yo kuremwa kw’ubuzima, kandi biradushishikariza kuramya Imana, Umuremyi w’ubuzima bwose.

Mu mico myinshi, gutwita muri rusange batangira kubara “ikigereranyo gitangirirwaho kubara ubukuru bw’inda,” aho umunsi wa mbere umugore ahagaritse imihango (LMP). Gukura no gufumbira muri rusange biba ahagana ku munsi wa 14, cyangwa ibyumweru bibi, byo gusama. Mu gihe kujya mu mihangi bitinze agatangira kwibwira ko ashobora kuba yasamye, wa mwana uri kuremwa aba afite hafi “ibyumweru bitanu”, kandi gutangira gukura biba byaratangiye ibyumweru bitatu bihise. Igihembe cyo gutwita kibarwa mu bihembe bitatu: Icy a mbere, ibyumweru 1–13; icyakabiri, ibyumweru 14–26; hamwe n’icya gatatu, ibyumweru 27–40.

### *Ibyumweru Bine (Ukwezi Kumwe)*

Byinshi mu ngingo hamwe n’ibigize umubiri biba bitangiye kwirema, birimo ubwonko hamwe n’urutirigongo, umutima, inda hamwe n’amara, imitsi yo ku magupfwa, amaso, hamwe n’amatwi. Nubwo yaba amaze kuba umubyeyi, muri iki gihe umugore aba atarakeka ko atwite. Umutima w’umwana uba uri hafi gutangira gutera mu minsi mike iri imbere.



## *Ibyumweru Umunani (Amezi Abiri)*

Gutera kw'umutima w'urusoro gutangira ku mvikana ku kamashine kumviriza, n'amaraso aba yatangiye gukwira mu mubiri wose. Ingingo zose z'ingenzi ziba zirimo kwirema. Mu maso haba hatangiye kugaragara, amaboko n'amaguru biba bikomeje gukura. Nubwo nyina aba ataratangira ku byumva, umubiri w'urusoro n'ingingo zose zitangira kunyeganyega.

- Hano niho urusoro ruba rumaze kugira 90 ku ijana birenze ku byo twebwe abantu bakuri dufite.
- Hano umukondo uba utangiye kuboneka.
- Urusoro rutangira gukorakora hamwe no kugira ubwenge budasobanukiwe neza ariko bishoboka kubishyira ku gipimo.
- Amabya n'imyanya myororokero bitangira kwirema.
- Ibihaha biba bihari.
- Kuryoherwa biraje, ishinya y'amenyo igatangira kubyimba, hamwe n'ingohe z'amaso zitangira kugaragara.
- Umutwe utangira kuba munini ingingga zo hanze zigatangira kugaragaza igitsina niba ari gaboo cyangwa gore.
- Amatwi y'inyma atangira kwirema.



## *Ibyumweru cumi na bibiri (Amezi Atatu)*

Rya gi riba rimaze kuba urusoro, ubu nibwo ashobora gutangira kwonka urutoki rwe. Ingingo zose za ngomwa ubu zirahari kandi zitangiye gukora. Umwe mu mirimo y'iyanyuma, ubu iba imaze gukura neza, ni ukugaburira umubiri w'umwana ibiryo byuzuye intungamubiri zirimo umuyaga n'amaraso. Ayo maraso yuzuye intungamubiri niyo akwirakwira hose mu mubiri anyuze mitsi hamwe no mumukondo ufatanya umwana ku yanyuma.

- Impyikoo ubu zatangiye gukora inkari.
- Umutwe ubu wabaye munini kandi ugize Kimwe cya kabiri c'umubiri wose.
- Kwirema kw'amagupfwa kuri mu nzira mu magupfwa.
- Uduhu turinda amaso twatangiye kurinda amaso.
- Imyanya ndanga gitsina itangiye kwitandukanya.
- Ubu ubwonko butangiye gutegeka gukora kw'imitsi, nk'uko biboneka hano biragaragazwa no kutangira kwonka igikumwe no kwayura.



### *Ibyumweru cumi na Bitandatu (Amezi Ane)*

Ubu ibyo umwana akora nyina atangiye kubyumva, uko ninako ibikorwa by'umwana bikomeza kugira umurego. Aho bizajya kugerera mu bihe bya nyuma byo gutwita, si uko ibikorwa bw'umwana bigaragara hanze gusa, ahubwo biba bitangiye kunyeganyega imbere mu nda hose biba bishoboka kubibona iyo umwana arimo gukura. Aho kwihinira imbere, umutwe w'umwana utangira kunamuka ukarushaho kuba nk'uko wari umeze. Amaso y'umwana atangiye kwegera hafi mu ruhanga rwe, kandi amatwi ye arimo kwegera kugera aho azaba. Amamiliyoni y'intanga ubu arimo arakura avamo umwana wuzuye, kandi nyababyeyi iraho. Iyo uyu mwana mutoya amaze kuvuka, umubiri we uba urimo amagi yose azakenera kugirango abyare mu gihe ari umukobwa, kandi ahora yiyongera —amezi atanu mbere yuko avuka!

- Umunwa w'umwana utangira kugaragaza ibimenyetso byo kwonka kandi umwana aba atangiye konka amacandwe arimo na aside y'imyunyu ngugu.
- Kumera kw'amenyo biba bitangiye kuza.
- Uruhu narwo ruracyameze nk'agapapuro ka plasitike.
- Kumira hamwe no kunyehanyeza igituza bitangiye kuza.
- Umwijima hamwe n'umwijima biba byatangiye gukora.
- Umutwe w'umwana uba watangiye gukura neza ..
- Umutima ubu uriho urakubitira ku gipimo cya 110–180 buri munotakandi upompa litiro 23.7 z'amaraso buri munsi.



### *Ibyumweru Makumy'abiri (Amezi Atamu)*

Nubwo uyru rusoro rumaze kuba ikiremwa muntu uhoreye ku gihe rwasamwe, ubu rushobora kugaragara neza harimo n'ibikumwe n'amano bibasha kuboneka. Umushtsi wirenende uba uboneka, hamwe n'amavuta umwana aba arimo atunga neza uruhu rw'umubiri w'umwana. Hano umwana aba amaze gufata gahunda y'amasaha yo gusinzira hamwe no gukanguka, kandi aba ashobora kuba yifatiye uruhande rwiza akunda gusinziramo. Kubera ko muri iki gihe ibice ndangabitsina biba batangiye kwirema, iyo bamushyize mu machine igitsina cye kiba kigaragara. Kandi kubera ingingo zose z'umubiri ziba zaratangiye gukora, imbaraga nyinshi z'umwana ziba zaragiye mu gufasha umwana kubyibuba.

- Hari ubushakashatsi bwemeje ko muri iki gihe umwana ashobora kubabara.
- Uruhu hano rurekeraho kuba rusa na plastike hagatangira kuza ibinure.
- Hano umwana atangira gukubita ibipfunsi no gutera imigeri kenshi cyane, ku buryo na nyina abyumva!



- Hano ibitsiki hamwe n'ingohe biba byatangiyе kugaragara.
- Guhumbya hamwe no gukambya agahanga bitangira kuza.
- Ubu umwana ashobora konka igikumwe.
- Mu gihe ibihaha bitaratangira gukora neza kugirango umwana abashe kubaho hanze y'inda ya nyina, i b i k o r w a b y o g u h u m e k a b i b a b i k e .
- Umwana amaze kuzura muri ya mazi ya nyina ubu abasha kwihindukiza uko abishaka impande zose imbere n'inyuma.

### *Ibyumweru Makumyabiri na bine (Amezi Atandatu)*

Muri iki gihe umwana aba ashobora kumva amajwi yo hanze y'inda ya nyina, kandi amajwi y'urusaku rwinshi abasha ku mukangura! Nubwo nyina atabasha kumva, amatwi y'umwana aba yatangiye gukora. Uramutse ushoboye kurebera mu machine wabona umwana, aseka, amwenyura, hamwe no kuzinga iminya. Hano umwana ageze ahantu ashobora kubaho Atari mu nda ya nyina aramutse yitaweho cyane. Umwana muto kuruta abandi bavutse bataragera igihe cyo kuvuka yari afite ibyumweru 22 b y o n y i n e ; yari ageze hagati y'igihe cyo kuvuka!

- Amaso aba akora neza.
- Ibitsike hamwe n'ingohe biba bigaragara neza.
- Gukura kw'ubwonko gukomeza kwiyongera ku muvuduko munini.
- Ibihaha biba bikura ku muvuduko minini.
- Amaso atangira kwhihindukiza kenshi, ibyo bikajyana no kurota inzozi, zishobora gupimwa.



### *Ibyumweru Makumyabiri n'umunani (Amezi arindwi)*

Uramutse ushyize ugutwi kwawe kun da y'umugore utwite, ushobora kumva umutima w'umwana utera. Kandi nubwo ibihaha by'umwana bitarakura neza, abasha kubaho aramutse agize amahirwe yo kuvuka muri iki gihe. Abana benshi iyo bageze kuri uru rwego rwo gutwita, ibyo bivuze ko baba bacuramye cyangwa bahagaze mu nda ya banyina. Haba hari igihe cyinshi umwana guhindhukira uko abishaka, ariko, abana benshi bakunza kuzenguruka mu nda ibyumweru bike mbere yo kuvuka.

- Ubwenge bwe buba bumeze nk'ubwumana mukuru.
- Nubwo atabasha kurira kugeza avutse, amaso ye ubu ashobora kuvamo amarira.
- Ubu ubwonko bw'umwana bwatangiye kugenzura "guhumeka" imigendere n'ubushyuhe bw'umubiri.
- Amaso ye atangiye guhumbya no guhumuriza, kandi amaso y'umwana ashobora kubona urumuri.
- Umwana aba ari gukora siporo munda ya nyina atera imigeri hamwe no kwinanura.
- Ibinure byinshi biba bitangiye kuza, hamwe n'uruuhu rw'umwana gutangira kunyerera, rutakaza iminkanyari yarwo.





### *Ibyumweru mirongo Itatu na Bibiri (Amezi Umunani)*

Ibikorwa by'umwana akinira mu nda bitangira kugabanuka kuko aba yitegura gucerika umutwe epfo aho agiye ku zavukira. Iminkanyari yose yok u ruhu ubu iba yaramaze kuva ku ruhanga rwe. Igihe azavukira ibyumweru unani uhoreye ubu, uburemere bwe buzaba bwikubye inshuro zirenze kabiri!

- Nubwo ibihaha bitarakura neza, "guhumeka" biragenda neza.
- Nubwo amagupfwa atarakura neza, arahari kandi aracyuroshey.
- Uruhe rw'umwana rumaze gukura.
- Inzara z'intoki hamwe n'amano birimo birakura.
- Umushatsi w'umwana utangiye gukura ku mutwe we



### *Ibyumweru Mirongo Itatu na Bitandatu (Amezi Icyenda)*

Hano umwana aba yamaze kwikaraga acuritse umutwe awushyize mu mwanya wo hepfo ahagana ku matakoye ariho azaguma kugeza avutse azavukiramo. Uku kwimuka niko gufasha umubyeyi guhumeka neza, ariko kuko umwana yamanutse akegera uruhago rw'inkari, umubyeyi agiye gukenera kwiagarika kenshi. Ibinure birenze iby'umwana akeneye—bigera hafi ku magarama 10 buri cyumwerua—niyo afasha mu kugenzura ubushyuhe bw'umubiri nyuma yo kuvuka kw'umwana. Uburemere bw'umubiri w'umwana aho azavukira uzaba ugizwe na 15 kw'ijana by'ibinure.

- Amaso ye atangira guhumuka mu gihe akangutse, no guhumiriza mu gihe cyo kuryama.
- Umwana atangira kumenya aho urumuri ruri akaba ariho yerekera.
- Amatwi y'umwana yo hanze ubu aba amaze kumva neza.
- Ubu umwana ashobora gufata agakomeza ikintu.



### **UBUFAHA MU GUHUGURA**

Dukurikije ubu busobanuro bwo gukura kw'umwana abiga bajye mu matsinda ya babiri babiri. Bahe iminota 10 buri muntu asobanure ibyo yize ku gukura kw'umwana akoresheje igipapuro byanditsweho. Nyuma y'iminota 10 bahinduranye uwumvaga atangire nawe asobanure mu minota 10. Nyuma y'aho bombi bahawe amahirwe yo kwitoza kwigisha abantu bagarure bakureba ubabaze uko bumva bameze nyuma yo kwitoza kwigisha kandi niba bafite ibibazo babibaze.

## **Igice cya Kane: Kuboneza Urubyaro n'Ibinini**

### **UBUFASHA MU GUHUGURA**

Ni byingenzi gutangira iri somo no gusenga. Iyi ngingo itera impaka mu bantu bo mico myinshi, kandi impaka zituma abantu bireme ibice ibyobikaba byabuza umurimo w'Imana gukorwa neza mu gihe cyo gukora imikoro. Usengere amahoro kuganza, kugirango basobanukirwe neza hamwe no kureka umwuka Wera gukora muri ibi biganiro.

Ibihe byose wibuke kwibutsa abiga baramutse babuze ubwenge ku ngingo ayo ari yo yose – harimo n'yo kubeneza urubyaro –Imana yiteguye kubutanga hamwe no kubayobora.

Ku bashakanye ari abakristo, icyemezo cyo guhitamo umubare w'abana bazabyara hamwe no kuringaniza urubyaro bashobora kubibona nk'ukintu kidashoboka gukorwa, ariko bagifata nk'icyemezo kireba *umuco mbonezabupfura no kuba icy'Umwuka* niyo mpamvu bagomba kucyitondera mu gihe bashaka mu maso h'Imana bakamenya ubushake bwayo ku buzima bwabo.

Umuntu waremwe mu ishusho y'Imana atangira kuba umuntu uhereye ige cyo gusamwa cya gihe intanga ihuye n'igi ( intanga ngabo ihuye n'intanga ngore ). Imana niyo ihuza uturango ndangasano tuvuye ku mugore n'umugabo ikarema umuntu mushya, udasanzwe mu gihe cyo gusamwa. Mu gihe cyo guterwa kw'yo nda (hahandi igi rihuye n'intanga bikagira muri nyababyeyi), umuntu aba amaze icyumweru ari muzima. Kw bw'yo mpamvu rero, iyo gahunda yo kuboneza urubyaro *bibuza gutera* uyu muntu udasanzwe kuzavuka, ubwo gukuramo inda kwa mbere kuba kwabaye. Ibi babyita *guhagarika urubyaro*, cyangwa kuyihagarika kujyamo itarajyamo, hakoreshejwe uburyo n'ibinini bikoreshwu mu gukuramo inda. Hari uburyo bwinshyi bwo kuboneza urubyaro buri hano ku rutonde bukekwhao gukora uwo murimo.

### **UBUFASHA MU GUHUGURA**

Baza **abiga** wuburyo bazi cyangwa bumvishe bukoreshwa mu kubeneza urubyaro busanzwe bukoreshwa mu gihugu cyabo?

### ***Uburyo butanu bwo guhagarika kubyara (Kuboneza Urubyaro cyangwa***

#### ***cyangwa Guhagarika Kubyara) Bitari-ugukuramo nda***

1. *Ibinini Bibuza gusama*—Mbere yo gukora imibonano mpuza bitsina, umugabo cyangwa umugore arikingira agashyiraho agakingirizo kabuza intanga guhura n'igi. Udukingirizo tw'abagabo n'abagabo ni urugero rwiza rukoreshwa (Condoms/diaphragms).
2. *Uburyo busanzwe bwa kamere mu kuringaniza urubyaro hamwe no kumenya Iminsi y'Uburumbuke*—Umugabo n'umugore barafashanya bakabuza intanga kwinjira mu mibiri yabo mu gihe cy'iminsi y'uburumbuke, ubusanzwe ibi bikorwa birinda gukora imibonano mpuzabitsina muri iyo minsi. Uburyo bwo kubara iminsi hamwe n'ubwo gukurikiza ibimenyetso(Syntothermal Method/Standard Days Method (kubara urunigi) izo nizo ngero ebyiri zo kuboneza urubyaro busanzwe.

Uburyo bwo kubara iminsi (SDM) ni uburyo bworoshye, bugezwaho,bukoreshwa mu kumenya iminsi y'uburumbuke mu kuboneza urubyaro bwahimbwe no kugergezwa n'ikigo cy'ubushakashatsi cyitwa Institute of Reproductive Health mu mwaka wa 2001. Bakurikije ubumenyi muntu n'uburumbuke ari byo sed on reproductive physiology, SDM igaragaza iminsi muri buri kwezi mu mihangi y'abagore aho umugore atabasha gusama aramutse akoza imibonano mpuzabitsinaiidakingiye. Mu gihe umugore adashaka gusama, we n'umugabo we birinda gukora imibonano idakingingiye ku munsi wa 8-9 wo mu minsi ajya mu mihangi. Umugore ashobora gukoresha urunigi, umugozi uboshyeho amasaro y'amabara, bikamufasha kumenya iminsi ye yo kujya mu mihangi akamenya iminsi atabasha gusama. Ubwo buryo bwo gukoresha amasaro burororoshye kandi nta ngaruka zo ku ruhande bigira, ubu buryo ni bwiza kuri babandi batinya ingaruka zo kunywa ibinini.

***Uburyo bushobora Gukuramo Inda***

3. *Intra-Uterine Device (IUD) cyangwa Spiral*—Agakoresho gato, gakunze kuba gateye nk'inyuguti ya T-, karimo imiti, abaganga b'inzobere bagashyira imbere muri nyababyeyi. Ako gakoresho kaba karimo imiti karekura ka gabanya imbaraga n'umuvuduko w'intanga ntizitere inda, ibyo bishobora guhagarika gusama, cyangwa bigatuma intanga ziba amazi atabasha gutera inda,

4. *Hormonal Contraceptives*—Mu bihe bitandukanye kandi biphererekye, umugore anywa ibinini kugirango abashe guhagarika umusemburo w'amagi, ari nayo ahagarika gusama. Birashoboka, nubwo byizewe ko bidakunze kuba kenshi, “ububiko bw'amagi bukinguka bugatuma gusama” biba mu gihe umugore afata ibinini bihagarika gusama. Ibi bivuze ko nubwo umugore yaba akoresha uburyo busanzwe bwo kuringaniza urubyaro, igi rishobora kurekurwa rigafumbirwa. Iyo ibyo bibaye, hari ibintu bibiri bishoboka kuba. Urusoro rushobora kunanirwa gufata kuri nyababyeyi kuko ibinini byahagaritse uburyo busanzwe gukora nk'uko bisanzwe buba bukenewe kugirango inda ifate kuri nyababyeyi. *I k i n d i c y a s h o b o k a n i u k o u r u s o r o r u s h o b o r a g u f a t a k u r i n y a b a b y e y i k a n d i g u s a m a b i g a k o m e z a b i s a n z w e . I b i n i b i r i n g a n i z a u r u b y a r o (“i k i n i n i ”) h a m w e n a D e p o - P r o v e r a , u r u s h y i n g e , i z o n i n g e r o e b y i r i z o g u h a g a r i k a u r u b y a r o .*
5. *Emergency Contraceptives*—Kugeza ku minsi itatu cyangwa itanu nyuma yo gukora imibonano mpuzabitsina, imiti ihagarika gusama (chemical) ishobora guhagarika umusemburo (icyo gihe umusemburo uba utaraba) cyangwa uruhu rwa nyababyeyi rudashoboye gufumbira igi. Iyo igi rifumbiwe, *n'i b i n i n i b i k a b u z a i n d a g u f a t a , b i t e r a i n d a k u v a m o m b e r e y ' i g i h e . P l a n B n a e l l a n i z o n g e r o z ' a g a t e g a n y o z ' i b i n i n i . I b i n i n i b y a P l a n B b i r i m o u m u s e m b u r o w i t w a l e v o n o r g e s t r e l — u m u t i u k u n z e g u k o r e s w a m u b i n i n i b y o s e b i h a g a r i k a g u s a m a .*
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3138379/>

### UBUFASHA MU GUHUGURA

Iyo ubajijwe ko hari uburyo runaka bwo kubeneza urubyaro *bwiza cyangwa bubi, bunyuranyije n'umuco cyangwa utemewe na Bibiliya*, abaza abiga uti igi ririmbo gufumbirwa cyangwa urusoro rugiye kwangirika. Bahe umwanya babiganireho babishakire ibisubizo.

### Umwanzuro

Gutwita hamwe n'intambwe urusoro rufata rugana ku gukura bitwibutsa ko “twaremwe mu buryo butangaje” (Zabuli 139:14). Imana niyo yaremye buri mwana wese utaravuka, kandi kuremwa kwe gutangaje hamwe no kwitaho buri kintu ku kuremwa kw'ibyo yaremye. Dushobora kubona uburyo atwitaho—hamwe n'uburyo yeremye ishusho ye—yayindi yahaye agaciyo kenshi kuruta ibindi byose yaremye ku isi.

Kuko ari wowe waremye ingingo zanje, wanteranyirije mu nda ya mama. Ndagushimira yuko naremwe uburyo buteye ubwoba! butangaza, imirimo wakoze ni ibitangaza, ibyo umutima wanje urabizi neza.

Zabuli 139:13-14

### Ibibazo byo gusubiramo

1. Ni itandukaniro ki riri ku buryo isi ibonamo gutwita inda hamwe n'uko Bibiliya ibonamo gutwita?
2. Ibice by'ingenzi mu kwiga isomo rijyanye n'imyororokere y'Umugore? Umugabo? Ni ibihe?
3. Sobanura Inda gufata kuri nyababyeyi, hamwe no Gusamwa. Sobanura uburyo gusama bitangira.
4. Shyira ku rutonde iby'ingenzi bibiri cyangwa bitatu bijyanye n'ubuzima mu gihe cy'intabwe zabwo za mbere kandi usobanure uburyo ushobora kubisobanurira undi muntu.
5. Ni iki wizera ku giti cyawe ku bijyanye no kuringaniza urubyaro? Ni kuberiki abantu baba bashaka kwiharira uruhare rw'ubushobozi bwabo mu kuringaniza urubyaro no gutwita abana?

## ***Umugereka: Ibyanditswe by'innyongera ku bijyanye no Gutwita n'abana***

“Iki ni igitabo cy’urubyaro rwa Adamu. Ku munsi Imana yaremeyemo uumuntu, afite ishusho y’Imana.” *Itangiriro 5:1*

“Urwo nirwo dushmanisha Umwami Data wa twese, kandi ni rwo tuvumisha abantu baremwe mu ishusho yayo.”

*Yakobo 3:9*

“Uwiteka abona ko Leya anyungakaye azibura inda ye, ariko Rasheli yari ingumba. *Itangiriro 29:31*

Nuko Bowazi acura Rusi aba umugore we, aryamana nawe , Uwiteka amuha gusama inda,abyara umuhungu.” *Rusi 4:13*

“Nakumenye ntarakurema mu nda ya nyoko kandi nakwejeje utaravuka, ngishyiraho kuba umuhanuzi uhanurira amahanga..” *Yeremiya 1:5*

“Maze Elizabeti yumvishe indamutso ya Mariya umwana asimbuka mu nda ye,Eizabeti yuzuzwa Umwuka Wera. Avuga ijwi rirenga ati “Mu bagore urahirwa , n’imbuto yo munda yawe irahirwa”! Mbese ibi nabikesha iki ko nyina w’Umwami wanjye angendereye? Ijwi ry’indamutso yawe ryinjiye mu matwi yanjye,umwana asimbagurikatswa mu nda yanjye no kwishima.”” *Luka 1:41-44*

“Dore naremanywe gukiranurwa,mu byaha ni mo mama yamyariye.” *Psalm 51:7*

“Isaka yingingira umugore we Uwiteka kuko yari ingumba,Uwiteka yemera kwinginga kwe, Rebeka umugore we asama inda.” *Itangiriro 25:21*

“Ariko Imana...yantoranyije mu nda ya mama, impamagara ku buntu bwayo...” *Abagalatiya 1:15a*

“Bukeye umugore we Elizabeti asama inda,abihisha amezi atanu Aravuga ati Uku niko Umwami Imana yankoreye mu minsi yandebagamo,ikanteturura mu bantu.””

*Luke 1:24-25*

“Yuko no kuguha umugisha, no kugwiza nzagwiza urubyaro rwawe ruhwane n’inyenyeri zo mu ijuru,kandi ruhwane n’umusenyi wo mu kibayaI will surely bless you and make your descendants as numerous as the stars in the sky and as the sand on theseashore.” *Itang 22:17*

“Imana iha umugisha Nowa n’abana be,irababwira iti “Mwororoke,mugwire,mwuzure isi.””

*Itang 9:1*

“Umuntu wese uzashuka umwe muri aba bato banyizera —akamugusha, —ibyiza ni uko yahambirwa urusyo mu ijosi akarohwa mu nyanja.” *Mariko 9:42*

“Icira impfubyi n’abapfakazi imanza zibarengera ,ikunda umusuhuke w’umunyamahanga ikamugaburira ikamwambika.” *Gutegeka kwa kabiri 10:18*

# Intambwe bakurikiza Bakuramo Inda

“Abajyanirwa gupfa ubarokore;kandi  
abarindiriye kwicwa ntubazibukire.”

**Imigani 24:11**

## Muri iki Gice abiga baraza:

Kumenya uburyo gukuramo inda ari icyaha ku Mana hamwe no kuri wa mwana utaravuka.

1 Basobanure uburyo bukoreshwa mu gukuramo inda, ingaruka zabyo mbi, hamwe n'akaga gaterwa no gukuramo inda.

## Ingingo z'Ingenzi

- Gukuramo inda bikorwa bigambiriwe, bikoranwa ubugome, kandi n'gikorwa kirimbuzi kirimbura abantu ku buryo budasanzwe.
- Gukuramo inda bikorwa bikorwa hakoresheje imiti yabugenewe yakozwe iri mu binini, hari nubwo bayitera mu nshyinge.
- Hari n'ubundi buryo bwo gukuramo inda hakoreshejwe kubaga aho urusoro rubagwa rugakurwa kuri nyababyeyi hakoreshejwe ibyuma byabugenewe.
- Hari n'ubundi buryo bukoreshwa bakuramo inda butemewe no kwa muganga.

## Ibyanditswe Byakoreshejwe

Imigani 24:11, Kuva 20:13, Gutegeka kwa kabiri 19:10, Imigani 6:16-17, Yeremiya 7:30-34,  
Imigani 24:11; Zaburi 82:3, Gutegeka kwa kabiri 30:19-20a

### UBUFASHA MU GUHUGURA

**Iri somo rigenewe:** iminota 60

Ningombwa cyane ko iri somo ritangirana no gusenga. Kwiga ibijyanye bo kurimbura ubuzima binyuze mu gukuramo inda bitera agahinda n'ubwoba. Musenge muhagarika ibitero by'umwanzi, kandi musenge kugirango musobanukirwe neza ibisobanuro muhabwa n'Umwuka w'Imana n'uburyo abaga bakira neza ibyo bigiswa. Muhore mwibuka kwibutsa abiga ko Imana yababariye ibyaha byose, harimo n'icyaha cyo gukuramo inda.

## Icyaha cyo Gukuramo Inda

Gikorerwa uruhinja Imana iba yarahishe ahantu hari umutekano usesuye ku isi ariho mu nda ya nyina, gukuramo inda bivuze ikintu kimwe. Kuri ka gahinja gatoya, katagira kirengera, katagira ugaha uburinzi, gukuramo inda ntabwo ari gahunda yita ku kurengera uburenganzira bwo myororokere cyangwa uburenganzira bwo kutavogerwa nayandi mategeko arengera ikiremwa muntu...ariko ni ikibazo cy'urupfu, irangizwa ry'ubuzima bw'uruhi.

Nkuko mumaze kwiga, gukuramo inda ni umwanzi ukomeye urimbura ubuzima bw'abantu baremwe mu ishusho y'Imana hano ku isi buri mwaka...hafi ubuzima bugera kuri za miliyoni 56, baremwe mu ishusho y'Imana.

Gukuramo inda ni icyaha gikorerwa Imana. Ni ibitero simusiga Satani aba yagabye ku baremwe mu ishusho y'Imana. Twebwe, abaremwe mu ishusho y'Imana, ntabwo dukwiriye gucecka mu gihe aka karengane kari mu gukorwa. Iki gice kiraza kugufasha guhabwa amakuru ajyanye no gukora kw'umwanzi. Mu gihe tugiye kwinjira muri iyi ngingo, usabwe kuba ba maso ukitondera ibigukikije byose. IzI n'inyigisho z'ingenzi, kandi ziremereye kandi bigoye bamwe kumva. Mukomeze iri somo n'umutima wo gusenga hamwe no kugira impuhwe.

Kubera ko Imana iha agaciro ubuzima bw'abantu, kandi ifite uruhare mu kuremwa kwa buri muntu, Umutima we urababara mu gihe ikiremwa muntu cyoroheje cyane cyaremwe mu ishusho yayo, ari bo ba bana bataravuka, bicwa mu bugome bukabije. Iryo yicwa ry'abana ribabaza umutima w'Imana kandi bigatera umujinya w'Imana kugurumana (Yeremiya 7:30–34). Imana irimo kuduhamagarira kuba abatabazi b'abari kujuyanwa kwicwa (Imigani 24:11; Zabuli 82:3).

## Gukuramo Inda ni iki?

### UBUFASHA MU GUHUGURA

Ibibazo byo Kuganiraho:

- Gukuramo inda ni iki?
- Ijambo gukuramo inda warisobanura ute?

Gukuramo inda bisobanurwa ko ari igikorwa cyo gusoza gukura kw'inda hakozwe igikorwa cyo gukuramo cyangwa kwirukana urusoro rukava kuri nyababyeyi mbere yuko rubasha kwibeshaho rutari kuri nyababyeyi. **Kuvamo kw'inda bidateganyijwe** bikunze kwitwa kuvamo kw'inda, aho urusoro rupfa rukavamo bisanzwe bitewe n'impanuka cyangwa ibindi bibazo by'ubuzima. Gukuramo inda bizwi nk'igikorwa cyo **gugukuramo inda bigambiriwe** kandi byateguwe.

Nubwo hari amategeko ahana icyaha cyo gukuramo inda, iki cyaha kirushaho kuba icyemewe kurushaho kuba ikibuijwe, gukuramo inda birakorwa mu bihigi byose ku isi. Mu bihugu bitete ye imbere cyane, gukuramo inda byitaweho cyane mu kugenzurwa, nta n'ubwo byemewe n'amategeko, kandi bikaba bikorerwa mu mavuriro yose. Mu bindi bihugu, aho amategeko yo gukuramo inda abujijwe c yan e , cyangwa aho ubuvuzi buhenze cyane, gukuramo inda bikunze gukorera hanze y'amavuriro.

## Intambwe bakurikiza Bakuramo Inda

### UBUFASHA MU GUHUGURA

Saba abigishwa babwire itsinda uburyo bwo gukuramo inda bumvise zikoreshwa mu gihugu cyabo. Mu gihe abigishwa bavuga uburyo butandukanye bukoreshwa mu gukuramo inda bazi, ushobora kwandika ku kibaho ugakora imirongo itatu you can write them down on the board creating three categories (Imiti, kubaga, hamwe n'ubundi bwungana). Ubashishikarize gushaka ubundi buryo bagire bwinshi bishoboka ariko ntabusobanuro bwishsi bakeye kubusobanuraho. Ni urutonde rwanditswe ku rubaho gusa rukenewe hanyuma mugakomeza kwiga ibisigaye.

Ubu buryo bw'ibenze uko ari butatu ni uburyo bwo gukuramo inda bigambiriwe kandi byiteguwe: Gukorehsha **imiti/ibinini** (cyangwa ubwo kwa muganga), **kubaga**, hamwe n'uburyo **bwunganira**. Gukuramo inda hakoreshejwe imiti cyangwa ibinini ni uburyo bwo gukuuramo inda utabaze umubyeyi ahubwo ugakoresha imiti cyangwa ibinini ugatuma urusoro rupfa. Gukuramo inda hakoreshejwe uburyo bwo kubaga umubyeyi ni ukubaga ugakura urusoro kuri nyababyeyi y'umugore. Ubundi buryo bwa gatatu, uburyo bundi bwunganira bwo gukuramo inda ni uburyo bwo kunywa ibinyobwa bikaze birimo uburozi bwica urusoro, **birimo ibindi birozi binjiza muri nyababaye**, hamwe no gukubita ukoresheje imbaraga kunda y'umubyeyi utwite.

#### ***Uburyo bwo gukuramo inda hakoreshejwe kunywa imiti***

Gukuramo inda hakoreshejwe kunywa imiti ni uburyo bwo gutuma inda ivamo hakoreshejwe kunywa imiti iri mu binini, hari nubwo bayitera mu nshinge. Iyi miti ikorera mu buryo butandukanye igatuma urusoro rugikura rupfa. Imiti ituma urupfu rw'urusoro izwi ku izina rya **abortifacients**.

Hari imiti y'ubwoko butatu ikoreshwa iyo bakuramo inda kwa muganga, **mifepristone**, **misoprostol**, hamwe na **methotrexate**. Mifepristone ni izina ry'umuti uzwi ku isi yose nka RU-486, Mifeprex, cyangwa Mifegyne. Misoprostol ni izina rizwi ry'umuti wamenyekanye nka Cytotec. Hari undi muti utaramenyekana cyane ariko ukoreshwa cyane mu mavuriro mu gukuramo inda witwa, methotrexate, muri rusange ukunze kuvangwa na misoprostol.

Imiti bakoresha bakuramo inda igenda itandukana mu bihuguu bitandukanye. Hari imiti ikoreshwa bakuramo inda ikaba iri ku giciro kidahenze, ibyo bigatuma abagore boroherwa gukuramo inda kuko barayinywa batayihawe na muganga, cyangwa bayihawe na muganga, cyangwa undi muntu w'umubyaza.

Ingaruka zo gukuramo inda hakoreshejwe kunywa imiti cyangwa gutera inshinge harimo kuribwa, kuva mu gitsina, ibicurane, kuribwa umutwe, kuzengererwa, kumva umuriro, guhinda umushitsi, umunaniro, kuruka, guhitwa, kumva ubukonje, hamwe n'umuriro. Ibibazo Bizana nabyo ni ukugira ubwandu, kuva amaraso menshi (hemorrhage) bisaba kungererwa amaraso, inda kuvamo ku buryo butuzuye (aho hari ibice by'urusoro bisigara muri nyababyeyi), gusama bigakomeza bigasaba kubagwa kugirango iyo nda ikurwemo, kandi—si kenshi, ariko hari ubwo bitera—urupfu.

## ***Uburyo bwo kubaga***

Gukuramo inda hakoreshejwe uburyo bwo kubaga umubyeyi aho urusoro rubagwa rugakurwa kuri nyabababyeyi hakoreshejwe ibyuma n'imikasi yabugenewe. Hari uburyo bune buzwi bukoreshwa muri ubu buryo bwo kubaga aribwo: Gukuramo inda hakoreshejwe igikoresho cyitwa "vacuum" (cyangwa gukurura hakoreshejwe umwuka) gukuramo inda hakoreshejwe *aspiration, dilation* "guhanagura" hamwe na *curettage*"kugegena", dilation hamwe evacuation gukurura hakoreshejwe imashine y'umwuka , hamwe na instillation "kwumisha" (cyangwa saline). Ubwo buryo, bwitwa dilation hamwe na extraction "gukeba", busigaye bukoreshwa gake cyane.

Mu gihe umubyeyi atwite, irembo rya nyabababyeyi riba rifunze cyane ku buryo inda itavamo yonyine keretse habaye kuramukwa kw'ibise. Kugirango haboneke inzira yinjira muri nyabababyeyi mu gihe cyo kubaga bakuramo inda babaze, iryo rembo rigomba gukurwaho (cyangwa bakaryagura rikaba rinini) hakoreshejwe ibyuma n'imikasi cyangwa imiti. Nyuma yo gukurwaho kw'irembo, hakoreshwah ubundi buryo butandukanye bwo gukuramo inda hakoreshejwe ibikoresho rwa rusoro rukiri ruzima bakarukuramo. Mu gukuramo inda zikiri ntoya zo mu mezi ya mbere hakoreshwah igikoresho cy'umwuka, cyitwa "rukuruzi" aspirator, kigakoreshwa guhanagura cyangwa gukoropa nyabababyeyi igasigara ubusa. Gukuramo inda zikuze bisaba gukoreshwa ibindi bikoresho by'inyongera, nko kugegena no gukeba, kugirango bagende bakuramo ingingo buhoro buhoro kugeza bakuye ingingo zose kugeza aho zose zikuwe muri nyabababyeyi. Rukuruzi niyo ikoreshwa nyuma y'ubundi buryo bwose.

Side effects of surgical abortion often include pain and cramping, vaginal bleeding, diarrhea, and the nausea and vomiting generally associated with anesthesia use. Complications include infection, excessive bleeding (hemorrhage), cervical injury, uterine perforation, and incomplete abortion.

Ubundi buryo bwo kubaga bakuramo inda, buzwi kw'izina rya "instillation" (cyangwa saline), ni uburyo bakoresha bakoresheje gukuramo inda bateye umubyeyi urushinge rurimo umuti w'uburozi ukinjira munda ya nyuma umwana agapfa, ya mazi arinda urusoro agasharirarwa bigahagarika gukura kwa rwa rusoro. Kuberako rwa rusoro ruhumeka, rukanarya intungamubiri, kandi ruba ruzengurutswe n'amazi impande zose, urusoro rumira wa muti ufite uburozi rugapfa. Uwo muti urimo uburozi utwika uruhu rw'urusoro. (Umuti ukunze gukoreshwa muri ubu buryo witwa saline, hyperosmolar urea, hamwe na synthetic prostaglandins.)

Gukuramo inda hakoresheje "kuumisha" ariyo Instillation, nubwo bisigaye bitagikoreshwa kenshi, nibwo bukoreshwa muri rusange mu gukuramo inda ziri mu mezi yok u rwego rwa kabiri n'urwa gatatu. Ubu buryo busigaye butagikoreshwa mu bihugu byateye imbere cyane kuko hamaze kuboneka ubundi buryo bufite ingaruka nkeya z'akaga ko guhitana ababyeyi.

## ***Uburyo Bwunganira***

Hari ubundi buryo bwo gukuramo inda bwunganira ubwo twabonye bukoreshwa hanze y'amavuriro azwi kubera impamvu zitandukanye: kuba ubwo buryo bwo gukuramo inda buboneka bitagoranye, igiciro kidahenze, kwemerwa n'amategeko, kwemerwa mu muco hamwe no mu muryngo, n'ibindi. Ubu buryo bwo gukuramo inda bushobora kuba umubyeyi utwite yabyikorera ku gitit cye atarinze kujya kwa muganga. Birashoboka no kuba byakorwa n'undi muntu (wahawe amahugurwa yo kwa muganga cyangwa atarayahawe) nk'umubyaza wo kwa muganga, umuvandimwe, cyangwa inshuti. Hari uburyo butatu bw'ibanze bw'uburyo bwunganira mu gukuramo inda: ibinini bikuramo inda banywa, imiti binjiza imbere muri nyababyeyi, hamwe no gukoresha imbaraga hanze ku mubiri.

Nk'uko bigenda mu buryo bwose bukoreshwa mu gukuramo inda, kubabara, cramping, hamwe no kuva kw'igitsina bigomba kuba byiteguwe. Ibibazo bibasha kwigaragaza harimo gufatwan'ubwandu, kuva amaraso menshi (hemorrhage) bituma umubyeyi akenera kongerwamo amaraso, gukomereka kw'irembo rya nyababyeyi, kuvalmo kw'inda bituzuye, hamwe n'inda gukomeza gukura. Uwinshi muri ubu buryo butera akaga kenshi ku buzima bw'umubyeyi hamwe no gutuma habaho akaga gakomeye ku buzima bw'umugore utwite. Imyinshi muri iyi miti bavuguta ifite uburozi bwinshi ku buryo bwahita buroga umubyeyi akahasiga ubuzima. Iyo miti binjiza muri nyababyeyi ishobora gutera umubyeyi ihungabana hamwe no kugira ubwandum bukomeye, kandi, dukurikije ubusobanuro bwo gukubita hanze ku mubiri ukoresheje imbaraga, bibasha nabyo gutuma gukomereka hamwe n'ihungaba rikomeye mu mugore utwite.

### *Imiti yo Kunywa bakuramo inda*

Imiti banywa bakuramo inda ikunze kuba iyo banywa bayivugutse mu byatsi cyangwa ibinini aho umugore utwite ayinywa agahita agira ibise. Iyo miti iba yateguwe ku buryo ituma nyababyeyi inyerera hamwe no korosha irembo rya nyababyeyi, bigatuma imihango ihita iza hamwe no gusohora rwa rusoro rwari muri gahunda yo gukura. Gutegura iyo miti y'ibyatsi harimo nk' imiti yabsshinwa yitwa dong quai (angelica sinensis), pennyroyal, ibishishwa by'imizi y'ipamba, tansy (mugwort), cohosh yirabura, juniper, rue ( ruta ), tangawizi, imbuto za celery, birthwort, hamwe no kunywa vitamine C ku rugero rwinshi. Iyo miti mu bikoreswa mu kuyiteguraa harimo isabune, turpentine, hamwe na aside.

### *Gukuramo inda hakoreshejwe Ibintu byo hanze*

Hari uburyo bubiri bw'ibanze bwo kwinjiza ibintu bikomeye bikajomba jomba urusoro—nko gukoresha umwumbati, igiti, urusinga, urushinge babohesha, amahwa, cyangwa igupfwa ry'inkoko—bakabijomba imbere muri nyababyeyi. Ingaruka z'ibyo byose ni ugutobora iyanyuma iba irinze urusoro. Iyo iyanyuma imaze gutoborwa, rwa rusoro ruhita rupfa, umubiri w'umugore nawo ugahita usohora rwa rusoro rwapfuye. Izindi ngaruka ni uko iyo iyanyuma imaze gupfumurwa, icyakoreshejwe gihita cyinjira kigakomeretsa hamwe no kwica urusoro.

### *Gukubita n'imbaraga ku mubiri inyuma ugamije gukuramo inda*

Hari uburyo bwinshi bukoreshwa mu gukuramo inda no gukubita n'imbaraga kunda y'umubyeyi nabyo bituma ivamo, ku rugero rutandukanye, kandi bimaze imyaka myinshi ishize. Uhoreye kera gukomeza kujombagura umubyeyi ibiti n'ibindi bikoresho byakorwaga n'abantu bo mu mico itandukanye bashaka gukuramo inda. Ibikorwa bibabaza—nko gukubita umubyeyi ibipfunsi, inshyi, cyangwa imigeri ku nda y'umugore utwite—byarakoreshwaga, kugeza aho umugore utwite akikubita hasi kugirango atume ibise bisa. Gukanda inda y'umugore utwite nabwo ni ubundi buryo, aho umuntu akanda, agapyonyora, hamwe no gupfukama kunda y'umugore utwite kugirango hicwe rwa rusoro hamwe no gutera inda kuvamo.



## **Umwanzuro**

Byaba byemewe cyangwa bitemewe n'amategeko mubihugu runaka, gukuramo inda bikunze gukorwa kw'isi yose. Mu gihe abantu bamwe baba abanyantege nke kurusha abandi mu buryo bafatamo ikibazo cyo gukuramo inda, kubera ibihe baba barimo, n i n g o m b w a g u s o b a n u k i r w a k o g u k u r a m o i n d a g i s i g a r a a r i i k i b a z o k i g e r a g e z a c y a n e , niba Atari ibikunze guhitwamo n'amamiliyoni y'abagore n'abagabo baba bahanganye n'ikibabazo cyo gutwita batabyiteguye. Tugomba kuba twiteguye kurengera abantu bakagira ingeso nziza mu mibanire yabo y'imibonano mpuzabitsina mu bashakanye hamwe no kuba twiteguye gufasha abakomerekejwe no gukora imibonano mpuzabitsina hanze y'ubushake bw'Imana.

Uyu munsi ntanze ijuru n'isi ho abahamya bazabashinja, yuko ngushyize imbere ubugingo n'urupfu, n'umugisha n'umuvumo. Nuko uhitemo ubugingo, ubone kubaho wowe n'urubyaro rwawe, Ukunde uwiteka Imana yawe uyumvire, uyifatanyeho akaramata kuko ari yo bugingo bwawe....

Gutegeka kwa akbiri 30:19-20

### **UBUFASHA MU GUHUGURA**

Iri somo rirangize musenga musaba Imana imbabazi mwiningira abantu kugirango Imana ibabaririre icyaha cyo kurimbura ubuzima. Musengere gucungurwa hamwe no gukira ibikomere byo mu mitima. Musengere Itorero kwakira neza ubu butumwa no kubwumvira kugirango ritangire kurengera ubuzima bw'abana bataravuka. Musenge Imana ibereke buri muntu uri aho gufata umwanzuro w'icyo agomba gukora muri uyu muhamagaro bahawe.

# Nyuma yo Gukuramo Inda

“Uwiteka,wumvise ibyo abanyamubabaro bashaka,Uzakomeze imitima  
yabo,uzatyarize ugutwi , kurira kwabo.”

**Zabuli 10:17**

## Muri iki Gice abiga baraza:

1. Kumenya ingaruka z'igihe kirekire zikomoka ku gukuramo inda zishobora kuba mu buzima bw'umuntu.
2. Gusobanukirwa ukuri kwo mu Mwuka ari nako muzi ukomokamo kwiyemeza gufata icyemezo cyo guhitamo gukuramo inda.
3. Kumenya inzira ya Bibiliya inyurwamo kugera ku gusanwa nyuma yo gukuramo inda.

## Ingingo z'Ingenzi

- Ingaruka zikomeye ziterwa no gukuramo inda (nyuma y'upfu rw'umwana) zigera kure cyane zikaba ikibazo gikomeye ku babyeyi, ku muryango wa bugufi no ku muryango mugari w'umuryango w'umwana wakuwemo, itorero, no mu baturanyi, n'ahandi henshi.
- Gujuramo inda bishobora kugira ingaruka mbi mu bice byose by'ubuzima—ku mubiri, mu mwuka, mu maranagamutima, hamwe no ku mubano—ku mugore n'umugabo bagize uruhare rwo gufata icyemezo cyo guhitamo gukura inda.
- Imana izi byose bijyanye n'icyaha, harimo n'icyo gukuramo inda, n'ubwo cyaba cyarakorewe mu ibanga. Imana ihora yiteguye kubabarira abakoze icyaha cyo gukuramo inda hamwe no kubakiza ibikomere.
- Kwatura, kwihana, hamwe no guha abandi imbabazi ni ibikorwa by'ingenzi cyane mu nzira yo gusanwa nyuma yo gukora icyaha cyo gukuramo inda.

## Ibyanditswe Byakorereshejwe

Zabuli 10:17, John 10:10, Zabuli 103:8-11, Matayo 6:6, 1 Yohana 3:20, Zabuli 34:18, Zabuli 10:17-18, Kuva 15:26, Zabuli 103:3, Zabuli 103:2-5, 12-14, 2 Abakorinto 5:17, Ezekiyeli 36:26, 1 Yohana 1:9, Yakobo 5:16, Matayo 6:14-15, Abakolosayi 3:13, Ezekiyeli 18:32, Amaganya 3:32-33, 2 Petero 3:9, Ibyak 17:30, 2 Ngoma 7:14

### UBUFASHA MU GUHUGURA

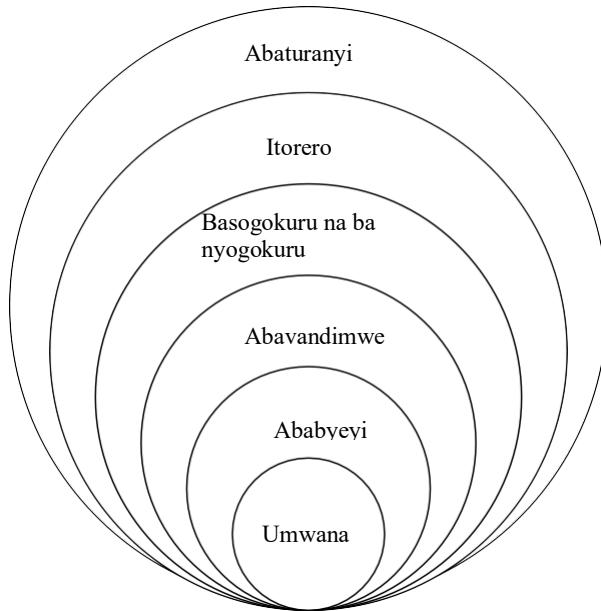
**Umwanya wemewe muri iri somo ni:** iminota 90 (ikunze kugabanuka – ariko fata umwanya ukeneye, ariko ube maso)

Biraza kuba iby'ingenzi gutangira iri somo no gusenga, musaba Imana kubahumura amaso n'imitima yanyu ishobore kumva Ijwi mu gihe Iza kuba ibereka henshi mu buzima bwanyu hakeneye gukira hamwe no gusanwa. Mu gihe wigisha iri somo ni ngombwa ko utanga ubumenyi ku buryo Umwuka Wera agenda genda mu mitima y'abagabo n'abagore. Nubwo umwanya wo gusenga uza gutangwa mu isomo rikurikiye iri ari ryo “Kwihana, Imbabazi hamwe no Gukira” birashoboka ko abiga bashobora kuba bakingutse mu mitima bashakakugaragazauko babayumba hamwe no kwaturira bagenzi babo ibiri mu mitima yabo mu gihe abagabo n'abagore bakiri mu matsinda yabo. Ubasha kugira umudendezo wo kubemerera umwanya wo kwaturirana hagati yabo muri iri somo.

Gukuramo inda ni igikorwa cyo kurimbura ubuzima bw'umwana utaravuka mu buryo budasanzwe ubigambiriye, kandi icyo gikorwa cyo gukuramo inda cyica indangagaciro z'abayeyi baremanywe. Aho kuba ari bo bari kurera, umugore niwe uhindutse urangiza ubuzima. Aho kuba umurinzi, umugabo ahindutse ugira umwana intabwa. Buri muntu wese ugira uruhare mu gukuramo inda aba yarahuye n'akababaro ko gupfusha. Uko gupfusha kugaragara ku buryo butandukanye bituruka ku buryo umuntu abireba, kandi birashoboka cyangwa ntibishoboke cyangwa bishobora kuba bijyana no kugaragara kw'ibimenyetso bigaragara ku mubiri, ku marangamutima, cyangwa mu mibanire.

### **UBUFASHA MU GUHUGURA**

Izi nziga zituma umuntu atumbira ku cyo ari kwiga zisobanura uko ingaruka zo gukuramo inda hamwe nuko zigera ku bantu muri rusange. Mu gihe bafahanya gukora umukoro n'ababegereye, abiga bashobora kureba kuri izo nziga ziraho ubusobanuro bagashyira ku rutonde rw'abantu bagerwaho n'ingaruka zo gukuramo inda. Nyuma yo gusobanukirwa gupfusha bikomeye kwabaye ubwo umwana yakurwagamo—akabura **ubuzima**—bwira abiga bafate umunota umwe bashyira ku rutonde rw'ingaruka zabonetse mu matsinda agizwe na batanu yose: ababyeyi, abavukanyi, ba sogokuru na banyirakuru, itorero, h a m w e n ' a b a t u r a n y i . N y u m a y ' u y u m u k o r o w ' i m i n o t a i t a n u , abakorerabushake bashobora gusangiza abandi ibisubizo babonye n'itsinda rigari ryose hamwe, ushobora kwandika ibisubizo byabo ku rubaho and you can record their



### **Ingaruka zikomeye zo Gupfusha Nyuma yo Gukuramo Inda**

Umwana wakuwemo niwe uhomba cyane: aba abuze ubuzima. Nyina nawe aba abuze umwana, hamwe n'amahirwe yo kuba inarararibonye mu kuba umabyeyi. Mu gihe umugabo nawe atabasha kunyura mu gutwita hamwe no kubyara nk'uko umugore abinyuramo, nawe abura byinshi bitewe no kuvamo kw'umwana we hamwe no n'amahirwe yokumurera. Abavukanyi ba wa mwana wakuwemo—bene nyina bariho n'abazavuka nyuma—baba babuze amahirwe yo kuzasangira ubuzima hamwe no kumenyana ku buryo bukomeye cyane. Basogokuru na Banyogokuru b'umwana wakuwemo, na babandi baba baragize uruhare mu gefata icyemezo cyo gukuramo inda, nabo baba bahombye byinshi, ukubiyemo no guhomba wa murage duhabwa binyuze mu kubyara abana n'abuzukuru.

Ingaruka z'ighombo nyuma yo gukuramo inda ni nyinshi, nubwo abiga bashobora kuba batazumva, kandi benshi muri

bo bumva batazigera bahura nazo. Ariko hari ibyiringiro ku mugabo n'umugore bakuyemo inda y'umwana wabo—ibyiringiro birenze gucirwaho iteka cyangwa kwicuza bibasha kugera ku muntu. Imana izi byose bijyanye no gufata ibyemezo byo gukuramo inda: ibyabaye byose irabizi, ibyatume biba, hamwe n'akababaro byateye. Imana ifite umugambi wo guhindura ibyo satani yateguye bibi ikabihindura ibyiza. Nubwo gusanwa byafata umwanya, Imana yasezeranyije ko izatanga gukira, imbabazi, hamwe n'ibyiringiro ikabiha abagizweho n'ingaruka zo gukuramo inda hamwe nabamusanga bamukeneye ho gucungurwa. Ibyiringiro byo gusanwa nyuma yo gukuramo inda ni ubutumwa bugomba kugezwa kuri babandi bose bakuyemo inda z'abana babo. Gukuramo inda ntabwo ari byo herezo ry'ikuru. Mu by'ukuri, bishobora kuba gutangira gushya!

## UBUFASHA MU GUHUGURA

Kuri iri somo rikurikira, tubona ko iyo dutandukanyije abagabo tukabashyira mu itsinda ryabo n'abagorewe tukabashyira mu rindi tsinda (kugirango gushyra amanga hamwe no kubika ibanga bishoboke) akensi bikunze gufasha cyane.

## Ingaruka mbi zo Gukuramo Inda

Kwiga ku bijyanye n'ingaruka mbi z'igihe kirekire zo gukuramo inda bishobora kuba intambwe ya mbere ku mugore cyangwa umugabo uri mu munzira yo gukira. Umugore wifuza kuzabyara abana ashobora kutamenya ko kutabyara kwe bishobora kuba bituruka ku gukuramo inda byamubayeho. Umugabo nawe ashobora kuba atazi ko ikimubuza kugira ubusabane busesuye n'Imana ari uko yagize uruhare mu gikorwa cyo gukuramo inda. Umugore wakuyemo inda y'umwana we abasha kuba atazi ko kubura uwumvikane hamwe n'imibanire mibi n'abantu bishobora kuba bituruka kuri ya nda y'umwana we yakuyemo.

Iyo abagore n'abagabo bumvishe ibijyanye n'ibibazo abandi bahuye nabyo bitewe no kukuramo inda, bahita bahura nabyo mu buzima bwabo.

## *Ingaruka mbi zo ku Mubiri*

Mu kongera ku bibazo byo ku ruhande by'ingaruka mbi zo gukuramo inda, hari ingaruka zigaragara kera nyuma yo gukurwamo kw'inda. **Ihungabana rya nyabayeyi mu gihe inda yakurwagamo rishobora gutera ibibazo by'ubugumba ejo hazaza, harimo n'inda kwikuramo ubwazo hamwe n'ibibazo byo kunanirwa kongera gusama inda y'undi mwana.** Ariko ni ngombwa ko dusobanukirwa, ko ibibazo bituma inda zikuramo biterwa n'impamvu nyinshi zitandukanye zidafite aho zihuriye no gukuramo inda bigambiriwe. Kubera ibyo rero, gukuramo inda bigambiriwe bishobora gutera akaga kenshi harimo n'inda kwikuramo, ariko tugomba kuzirikana ko Atari inda zose zikuramo zitewe no gukuramo inda kwabaye.

Na none, habaye ubushakashatsi mpuzamahanga bwakozwe bujyanye no gukuramo inda ku bushake byagaragaye ko gukuramo inda bifitanye isano na kanseri y'amabere. Ubu bushakashatsi buvuga ko gukuramo inda bihita bihagarika gukura kw'uturema ngingo hamwe no guhagarika gukura kw'amabere bisanzwe, aho uturemangingo dushinzwe kurinda amabere tuyarinda ya kanseri duhita dukura tukaba twinshi mu gihe cyo gutwita cyose.

Dukurikije ubu bushakashatsi, gukuramo inda bishobora gukuraho bwa burinzi burinda amabere gaterwa na kansensi y'amabere binyuze mu gutwara inda mu gihe gikwiriye. Ariko, hari ubundi bushakashatsi bwananiwe kubona aho gukuramo inda bihirira na kanseri y'amabere.

## UBUFASHA MU GUHUGURA

Wibutse abigishwa ko umuntu ashobora kuba abana n'ubwandumu bwanadura mu mibonano mpuza bitsina akamara imyaka myinshi ntbashe no kubimenya. Bishobora gufata imyaka myinshi nta bimenyetso byo ku ruhu bimugaragaraho. Mu buryo nk'ubwo, za ngaruka ziterwa no gukuramo inda zigargarira mu buryo bwo mu mwuka, mu marangamutima, hamwe no mu buryo bw'umubano nabwo nabwo buhita bugaragara muri uwo mwanya nabyo bishobora gufata imyaka myinshi bitaragaragara, nubwo umuntu aba agikeneye gukira.

1. Nyuma yuko umaze kubasobanurira mu nca make ibijjanye n'ingaruka zigargarara ku mubiri nyuma yo gugukuramo inda, abigishwa bateranyirize mu matsinda atatu. Bamaze kugera mu matsinda yabo baba bafite iminota itanu yo kwandika urutonde rw'uburyo gukuramo inda bitugiraho ingaruka mbi bandike ingaruka zitagargarara ku mubiri.
2. Itsinda rya 1 ryandike urutonde rw'ingaruka zo mu Mwuka; Itsinda rya 2, ryandike ingaruka zo mu **amarangamutima**; hamwe n'Itsinda rya 3, bandike ingaruka zo mu **mubano**. (Mbere y'iri somo ushabora gutegura impapuro nini zirihou ubusa ukazitanga mu matsinda.)
3. Nyuma y'iminota itanu, userukira buri tsinda ashobora kuza agatanga rwa rutonde akarusangiza itsinda rigari.
4. Nyuma yuko buri muntu waserukiye itsinda amaze gusangiza itsinda ryose, ushabora gusoza ikiganiro cyose uvuga ku zindi ngaruka mbi amatsinda atabashije gushyira ku rutonde.

## UBUFASHA MU GUHUGURA

Abatoza babifitiye inararibonye basanze ko iyo ushyize umurongo hagati y'urwo rupapuro bifasha cyane haba urutonde iburyo n'ibimoso aho amatinda abiri akora uyu mukoro bagatanga n'imbonera hamwe y'ibitekerezo byabo bakabisangiza itsinda ryose.

### ***Ingaruka mbi zo mu Mwuka***

Gukuramo inda bikubiyemo kwanga kumvira Ijambo ry'Imana, by'umwihariko Itegeko ryayo ryo kwica ubuzima butariho urubanza. Kwica ubuzima butariho urubanza—nk'uko biba mu gukuramo inda—n'ubwicanyi, kandi ni icyaha. Hari ingaruka nyinshi zo mu Mwuka kubera ubwicanyi, kandi Imana yonyine niyo ishabora gukuraho urubanza rwo kuba ubuzima bwarishwe mu gukuramo inda.

Icyemezo cyo guhitamo gukuramo umwana, umugore n'umugabo baba bagaragaje ko bananiniwe kwiringira ubushobozi bw'Imana hamwe no guhitamo kwayo hamwe no guhitamo kwayo guha ubuzima wa muntu ukuri munda. Baba bananiwe no kwiringira Imana ku bushobozi bwayo mu kugira neza kawayo, kugabura kwayo, hamwe n'uburinzi bwayo. Nyuma yo gukuramo inda, umuntu ahita abona ko yatatiriye ibyo byiringiro bagatangira kubona Imana nk'aho itari iyo kwizerwa.

Bahita bakora ubufatanye bukomeye ku buryo butavugwa na satani ushaka kwica umwana wabo (Yohana 10:10a). Kandi satani aba ashaka kurimbura nyina na se w'umwana, agahagarika umubano wabo nabo, umuryango wabo hamwe n'abakunzi babo bose, hamwe no kwangiriza umubano n'umuryengo mugari wabo, hamwe no kwangiriza umubano wabo mwiza bafitanye n'Imana. Nyuma amaze kubashuka bakemera ko gukuramo inda ari cyo cyemezo “cyiza”, bagakuramo wa mwana, satani akoresha icyo gikorwa kubacira urubanza. Ingaruka zabyo ni ugutandukana n'Imana, bakagerwaho n'ikimwaro cyo kwitesha agaciyo k'ishusho yabo, hamwe no kababaro gakabije.

Hari ubwo abagore nabo baba bashaka gukuramo abana babo, ariko gukuramo inda babitewe nabandi (cyangwa se babihatiwe) barimo: se w'umwana, abyebeyi babo, abaturanyi cyangwa ubuyobozi bwa leta,

n'ibindi.

Kwangirika kwo mu mico mu gukoramo inda ntawabasha kubisobanura neza, ariko ingaruka zo mu mwuka zo zirakabije kandi zirakomeretsa cyane.

### ***Ingaruka mbi zo Mu Marangamutima***

Ingaruka zo gufata icyemezo cyo guhitamo gukoramo inda zifite byinshi byangiriza ubuzima bw'amarangamutima y'umuntu hamwe n'imibereho ye myiza. Ingaruka mbi z'amarangamutima y'umuntu zishobora guhita zigaragaza ingaruka zo ku mubiri. Ingaruka z'amarangamutima zishobora, kuba nyinshi zikarenga hamwe no gutera ibikomere iyo bidateguve neza hamwe no kumenyekana hakiri kare bikabonerwa ibisubizo. Ubwinshi bwo kwigaragaza kw'amarangamutima nyuma yo gukoramo inda akensi bisigaye bitera uwoba wa muntu bireba hamwe n'abamukikije.

Hari urwunge rw'ibibazo bishobora kugira ingaruka z'amaranamutima, kandi ibyinshi muri byo bifite inkomoko mu kugira uwoba, isoni, hamwe no kumva urubanza. Ibyiyumviro nyuma yo gukoramo inda bikunze kwakirwa mu buryo bubiri butandukanye: kuba byahishwa ntibigaragazwe cyangwa, hagakorwa ibishoboka byose ibyo bikorwa bigahishwa cyangwa bikavugwa nta marangamutima abaye no gturika kwabyo.

Ibyo byombi ari ugucecka cyangwa kubihuha bikaba nko guturika byombi bitera ibibazo, k u b e r a k o  
b i f a t a i m b a r a g a n y i n s h i k w i f a t a c y a n g w a g u h i s h a a y o m a r a n g a m u t i m a  
“a t a g i k e n e w e”, hakasigara imbaraga nke nk'aho zidagikenewe.

Zimwe mu ngaruka z'Amarangamutima zisanzwe zituruka ku gufata ibyemezo byogukuramo inda zimwe muri izo ni izi:

- Umujinya
- Isoni
- Gucika intege
- Kubabara
- Kutemera
- Guhangayika
- Kumva urubanza hamwe no kwicuza
- Akababaro gahoraho kandi kodashyira
- Kugira ibihebihindagurika ntunezerwe

Uruvange rw'izo ngaruka zikomatanyije rushobora gutera amarangamutima y'umuntu hamwe n'imibereho ye myiza kugenda yangirika cyane agatuma yahitamo kwiyahura cyangwa kugerageza kwiyahura. Tugendera kuyahabwa.  
Ingaruka mbi mu Mibanire n'abandi

Ingaruka zikunze kuba mbi cyane kandi zangiriza hamwe no gukomeretsa zigera ku mugabo n'umugore bahisemo gukoramo umwana wabo ni ukwica hamwe no kubura icyizere. Ku mugore, aba atakaje amahirwe yahawé n'Imana yo kuba umubyeyi urinda no kurera umwana we, kandi kuba yarananiwe gukora inshingano ye byica icyizere yari yifitiye. Ku mugabo, gukoramo inda ni ukwihemukira imbere muri we. Iyo umugabo yifatanyije mu gufata icyemezo cyo guhitamo gukoramo inda aba yirengagije uruhare rwe rwo kuba umurinzi hamwe no kuba uhahira wa mwana bigatuma nawe atakaza icyizere cyari kimurimo. Kubera kubura icyizere, umugabo n'umugore bombi, bahita bangiriza umubano mwiza wari hagati yabo, Urugero: (Banza ubabaze ibi: “umubano mwiza wakwangirizwa gute? N'ingaruka zabyo zabiizihe?”)

- Kunanirwa gukora neza imibonano mpuzapitsina: kwitandukanya n'imibonano mpuzabitsina, guvana inyuma, gukorana n'abandi imibonano mpuza bitsina, kwitabira ibikorwa by'ubutinganyi
- Kunanirwa kugira umubano wa bugufi
- Kwigunga
- Kubura kwifatanya n'abana, guhohotera abana, hamwe no guta abana

Gutakaza icyizere bishobora gukomeza kukarenga imipaka y'imibanire y'umugore cyangwa umugabo, no mu muryango mu bashakanye, twakongeramo nuko batakaza icyizere cyo kuba mw'itorero no mu baturanyi muri rusange. Ntabwo ari ibidasanzwe ku bantu banyuze mu bibazo byo gukuramo inda (cyane cyane abagore) kubura icyizerere muri buri mubano—cyane cyane abari mu buyobozi cyangwa mu myanya y'ububasha. Izi ngorane zo kubura icyizere zishobora no kwinjira mw'itorero hamwe no mu baturanyi muri rusange, kandi bikaba bitaboneka ku maso, bitazwi, cyangwa bakabimenza ariko bakabyumva nabi. Izi ngorane zigomba gufatirwa imyanzuro cyane cyane ku bayobozi bo mw'itorero bagafata ingamba zo kuguhashya ingaruka mbi zo gukuramo inda ziba ziri mu baturanyi no mu materaniro yacu kugirango twite neza ku byifuzo by'abantu turimo.

Mu gihe ingaruka zo kutumvira ukuri kw'Imana kwahishuwe mw'Ijambo ryayo ku bijyannyne n'ubuzima hamwe na wa mwana utaravuka akiri mu nda bitera ingaruka mbi, ariko kuri babandi bihana bakava mu byaha byabo bahabwa n'Imana imbabazi kandi bashobora guhabwa gukira rwose—umubiri, ubugingo, hamwe n'Umwuka.

### **Inzira igana ku gusanwa Nyuma yo Gukuramo Inda**

Birashoboka gukira by'ukuri kandi birambye ukuva mu byaha, harimo n'icyaha cyo gukuramo inda. "Uwiteka ni umunyebambe n'umunyembabazi, atinda kurakara, afite kugira neza kwinshyi kandi ni umutunzi w'ubuntu, ntabwo yihutira kurakara, yuzuye urukundo. Ntabwo azahora aturega, cyangwa ahore abitse uburakari iteka ryose; ntiyatugiriye ibihwanye no gukiraniwa kwacu cyangwa ngo atwiture inabi twamukoreye. Nk'uko ijuru ryitaruye isi Niko imababzi agirira abamwubaha zingana" (Zabuli 103:8-11).

Kugirango twakire gukira icyaha cyo gukuramo inda, tugomba kugarukira Imana Ikadufasha. Gukuramo inda ni icyaha cya mbere imbere y'Imana kandi kikaba n'icyaha imbere y'abantu, harimo no kurangiza ubuzima bw'umwana utaravuka. Abitabira gufata ibyemezo byo gukuramo inda bagomba kwhana bakatura icyaha cyo gufatanya na n'umwanzi, wabashyutse ko gukuramo inda ari bwo buryo bwonyine bwasubiza ikibazo ikibazo cy'umwana udakene. Papa na mama bagomba guhitamo kwizera ukuri kw'Imana bakifatanya nako.

Bibiliya itwigisha neza amahame yo gucungurwa ninayo aduha ibyiringiro kandi agafasha wa mugore wamaze gukuramo umwana we, hamwe n'umugabo ushabora cyangwa ntashobore kwifatanya mu gufata ibemezo byo gukuramo inda.

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### **AHO BANDIKA NOTE**

### *Imana irazi kandi yumva agahinda k'umugabo n'umugore nyuma yo gukuramo inda.*

Yesu yavuze ko Imana Data ari “Se wanyu, ureba ibikorerwa mu ibanga” (Matayo 6:6). Ni muri ubwo buryo rero, Bibiliya ivuga ngo, “Imana irakomeye gusumba imitima yacu, kandi izi ibantu byose” (1 Yohana 3:20). Ibyakozwe byose arabizi neza. Irazi ibijyanye no gukuramo inda byakozwe n’umugore hamwe n’uruhare rw’umugabo mu gukuramo iyi nda, ariko ibyo sibyo byonyine azi. Azi nuwabagiriye inama yo gukuramo inda nuwa bahozaga ku nkeke ababwira gukuramo inda. Azi nuburyo muganga wamukuyemo inda yamukoreye. Azi nimpamvu se wumwana atahagaze kigabo ngo arengere umwana we wari atarovuka. Azi neza wa mwana wakuwemo. Imana, kandi Imana yonyine, irazi byose bijyanye no gukurwamo iyo nda.

Imana iri bugufi n’ababaye mu mutima (Zabuli 34:18). Iyo umugore n’umugabo bakuyemo umwana bahamagaye Imana, Imana ihita ibumva.

Uwiteka wumvise ibyo abanyamubabaro bashaka, uzakomeze imitima yabo uzatyarize ugutwi, kugirango ucire n’abahatwa imanza zibakwiriye, umuntu wakomotse mu butaka ye kuzongera gutera ubwoba.

Zabuli 10:17-18

### *Imana ishaka kubarira no gukiza umugabo n’umugore nyuma yo gukuramo inda.*

Imana yiyita Imana idukiza (Kuva 15:26), itubabarira ibyaha byacu byose, kandi ikadukiza indwara zacu zose (Zaburi 103:3). Ishaka ko tubaho mu buzima bwuzuye (Yohana 10:10); ni ukuri ibyo bivuze ko itwifuriza ubuzima bwuzuye, ibyiringiro, haamwe n’ibyishimo. Nta cyaha cyatuwe kigifite imbaraga zo kurimbura ubuzima bwacu. Gukuramo inda—haba icyemezo cyo kuyikuramo cyarafashwe na nyina w’umwana na se akabishyigikira—ni icyaha Imana izabarira kuko amaraso ya Yesu yamenetse ku bwabo. Imana ishaka kubarira, kandi ishaka ko nabo bibabarira hamwe no kubarira abandi. Na none ishaka kubakiza aho bakomeretse hose. Umva umutima wa Data kuri babandi bose bababazwa kubera ingaruka z’icyaha, harimo n’icyaha cyo gukuramo inda.

Mutima wanjye, himbaza Uwiteka,

Ntiwabagirwe ibyiza yakugiriye  
byose— niwe ubabarira ibyo  
wakiraniwe byose, agakiza  
indwara zawe zose,

Agacungura ubugingo bwawe ngo butajya muri rwa rwobo, akakwambika imababazi no kugirwa neza nk’ikamba, agahaza ubusaza bwawe ibyiza, agatuma usubira mu busore bushya, bumeze nk’ubw’ikizu.

Nk’uko aho izuba rirasira hitaruye aho rirengera, uko niko yajyanye kure yacu ibicumuro byacu.

Nk’uko Se w’abana abagirira imbambe,

Niko n’Uwiteka arigirira abamwubaha; kuko azi imiremerwe yacu, Yibuka ko turi umukungugu.

Zaburi 103:2-5, 12-14

Umuntu wese iyo ari muri Kristo, aba ari icyaremwe gishya, ibya kera biba bishyize. Dore byose biba bihindutse bishya. icyaremwe gishya cyaje: Igishaje nacyo kiragiye, igishyasa kiri hano!

2 Abakorinto 5:17

Nzabaha n’ umutima mushya kandi mbasukeho umutima mushya; Nzabakuraho umutima ukomeye nk’ibuye, mbashyiremo umutima woroshye.

Ezekiel 36:26

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### AHO BANDIKA NOTE

## UBUFASHA MU GUHUGURA

Fasha ababyeyi bari mu itsinda batekereze inshuro abana babo barwanye bagakomeretsanya cyane. Iyo abana bakomeretse barwana bibabaza ababyeyi kandi bakagerageza kongera kubahuza kugirango umubano wabo ukomeze. Baza abiga uti: “Ni izihe ntambwe zigomba gufatwa kugirango umubano ugaruke bongere bagarurwe mu muryango?” Shyira ku rutonde rw’ibisubizo byabo ku rubaho. Mu gihe itsinda rimaze gushyira ku rutonde intambwe zikurikizwa kugirango umubano ugaruke, bihuze nuko Imana ishaka kudusana no kudukiza no kudukura mu byaha byacu tuba twamucumuyeho harimo n’icyaha cyo gukuramo inda.

Nk’uko ababyeyi babazwa no kurwana kw’abana babo, natwe niko dukwiye gushaka gusubira ku Mana nk’uko nayo iba ishaka kutwigarurira mu gihe tuyivuyeho tujya mu byaha:

1. Abana **baturira** ababyeyi babo ibyaha, mu gihe turimo **kwatura** ibyaha byacu (1 Yohana 1:9).
2. Abana **baturirana** ibyaha bakoze, kubera ko tugomba kwaturirana (Yakobo 5:16).
3. Abana **bababarirana** ibyaha, nk’uko twese twategetswe kubabarira abandi bantu (Matayo 6:14- 15).

## Kwatura hamwe n’Imbabazi

Kwatura ibyaha byacu (harimo n’icyaha cyo gukuramo inda) hamwe no kukibabarira na babandi babigizemo uruhare. Izo nizo ntambwe zikenewe kugirango tubabarirwe n’Imana hamwe no gusanwa tukagaruka mu mubano mwiza n’Imana. Bamaze guhitamo kumvira Ijambo ry’Imana—bakazirikana ko Imana izi byose bijyanye n’ibyaha byabo kandi ikaba yiteguye kubabarira—nyuma yo gukuramo inda abagabo n’abagore bagomba kwiyemeza gukurikiza amabwiriza y’Imana.

### *Aturira Imana Ibyaha Byawe*

Muri 1 Yohana 1:9 hatubwira ko “Ariko nitwatura ibyaha byacu, ni yo yo kwizerwa kandi ikiranukira kutubabarira ibyaha byacu no kutwezaho gukiraniwa kose.” Nubwo umwanzi wacu ahora atwibutsa ibyaha byacu, tugomba kwiga kubaho mu mudendezo duhabwa n’Imbabazi z’Imana. Tugomba kwanga ibyaha twakoze aribyo satani ahora aturegesha kandi Imana yarabitubabariye kera.

### *Mwaturirane Ibyaha Byanyu Mubone Gukira*

Muri Yakobo 5:16 havuga ngo: “Mwaturirane ibyaha byanyu kandi musabirane, kugirango mukizwe. Gusenga kw’umukiranutsi kugira umumaro mwinshi, iyo asenganye umwete.” Iki gice cy’ibyanditswe ntabwo ari igitekerezo duhabwa gusa ariko ni amabwiriza tugomba gukurikiza. Twese tugomba kwaturirana ibyaha byacu, tugasabirana, tukabona kwakira gukizwa ibyaha byacu. Ukwo kwaturirana ntabwo kugomba kwamamazwa (imbere y’abantu benshi, urugero), ariko ni ngombwa ko byaturwa mu ijwi riranguruye abantu bari kumwe byibuze babiri babiri. Dukurikije ibi byanditswe twahawe na Yakobo, gukira ubwabyo niyo ntego yo kwatura.

### *Babarira n’Abibigizemo Uruhare Bose*

Muri Matayo 6:14-15 havuga ngo “kuko nimubarira abantu ibyaha byabo, na So wo mu ijuru azabarira namwe, ariko ni mutabarira abantu, na So nawe ntazabarira ibyaha byanyu.” Abagabo n’abagore banyuze mu bibazo byo gukuramo inda, birashoboka ko bagira ingorane zo kubabarira iyo batabanje kwemera imbabazi z’Imana ku byaha byabo. Ariko kubera ko dutegekwa kwaturirana ibyaha byacu, twategetswe n’Imana muri aya magambo “mwhanganirana kandi mubarirana ibyaha, uko umuntu agize icyo apfa n’undi. Nk’uko Umwami wacu yababariye, abe ari ko namwe mubarirana” (Abakolosayi 3:13).

**AHO BANDIKA NOTE**

## **Umwanzuro**

Nubwo igihe cyose hari ingaruka mbi z'ibyaha byacu, ariko hari n'ibyiringiro. Imana iravuga ngo, "Ntabwo nezezwa n'urupfu rw'umuntu uwo ari we wese...Mwihane Mubeho!" (Ezekiyeli 18:32). Bibiliya itwigisha ko nubwo Imana "naho yababaza umuntu, ariko azamugirira ibambe,nk'uko imbabazi ze nyinshi zingana. Kuko atanezewa no kubabaza abantu,cyangwa kubatera agahinda" (Amaganya 3:32-33). Intego nyamukuru adufitiye mu nca make iri muri 2 Petero 3:9. Umwami Imana ntitinza isezerano ryayo,nk'uko bamwe babitekereza yuko iritinza. Ahubwo itwihanganira idashaka ko hagira n'umwe urimbuka,ahubwo ishaka ko bose bihanna." Arik "noneho" itegeka abantu bose bari hose kwihana" (Ibyak 17:30) kugirango ibone uko isana,gukiza,hamwe no kugarura ubuzima bwuzuye.

Gukuramo inda byica impinja kandi bikagira ingaruka mbi ku babigizemo uruhare bose. Kandi kubura amahirwe yo kuba umumama cyangwa umupapa birababaje cyane. Arik, Imana isumba gukuramo inda. Uyu munsi Imana iratubwira ibyo yabwiye abantu bayo ba kera:

Maze abantu banjye, bitiriwe izina ryanje,nibicisha bugufi bagasenga, bagashaka mu maso hanjie bagahindukira bakareka ingeso zabo mbi,nanjye nzumva ndi mu ijuru mbabarire igicumuro cyabo,mbakirize ighugu.

2 Ngoma 7:14

Inshingano twahawe ni uguca bugufi, gusenga, gushaka mu maso h'Imana, hamwe no kureka ibyaha byacu, harimo n'icyaha cyo gukuramo inda. Imana nijya gutusubiza, Yavuze ko izumva, ikabarira, hamwe no gukiza. I m a n a y i f u z a k o d u h i n d u k a m u m i t i m a y a c u t u k a y i g a r u k i r a . Nta gikomere na kimwe itakiza kandi nta cyaha na kimwe itabarira, turamutse tumugarutseho tukamusaba. Kubera Ubuntu bwayo, abagore n'abagabo bashobora kwakira gukira kugaragara muri ubu buzima kandi bakazakira burundi mu bihe bizaza.

### **UBUFASHA MU GUHUGURA**

1. Saba abiga basabe Imana kubereka ibyo bakeneye kwatura no kwihana.
2. Tanga umwanya wo kumviriza no gucecka imbere y'Imana bategereze uko iri bubasubize.
3. Nyuma y'iminota mike, ubahe umwanya wo kwaturirana ibyaha hagati yabo no ku Mana.

## **Ibibazo byo Gusubiramo**

1. Ni ubuhe buryo bwo gukuramo inda bushobora kugira ingaruka mbi ku buzima bw'umuntu?
2. Sobanura akaga kari mu gukuramo inda mu buryo bwo ku mubiri, mu marangamutima, hamwe no mu Mwuka.
3. Nubwo habasha kuba hari *impamvu* nyinshi zituma umuntu ahitamo  
gukuramo inda,umuzi wo mu mwuka utuma bafata icyemezo cyo gukuramo  
inda ni uwuhe ?
4. Intabwo zo muri Bibiliya ziganisha ku gusanwa ibikomere byo gukuramo inda ni izihe?
5. Ni iki Imana ivuga ku mbabazi? Ese imbabazi itanga zaba zikora no ku cyaha cyo gukuramo inda?

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## **AHO BANDIKA NOTE**



## Kwihana, Imbabazi, hamwe no Gukira

“...Maze abantu banje bitiriwe izina ryanje ni bicishisha bugufi bagasenga, bagashaka mu maso hanjie bagahindukira bakareka ingeso zabo mbi,nanjye nzumva ndi mu ijuru mbabarire igicumuro cyabo,mbakirize igihugu.”

**2 Gutegeka kwa kabiri 7:14**

### Muri iki gice abiga baraza:

1. Kumenya icyaha cy'Umwami Dawidi hamwe nuko yabyifashemo nyuma yuko bamweretse icyaha cye.
2. Kumenya ingaruka zo kutubaha Imana mu buzima bw'umukristu, ingaruka ku miryango, hamwe no ku baturanyi babo.
3. Basobanure za Ntambwe eshatu zo kwihana.
4. Bamenye uruhare rw'umukristu nk'intumwa ya Kristo: gufasha abandi gugarura icyubahiro cyabo binyuze mu kwihana by'ukuri, imbabazi hamwe no gukira.

### Ingingo z'Igenzi

- Icyifuzo gikomeye kuri buri mugabo n'umugore bavukiye hano ku isi ni imbabazi hamwe n'ubwiyunge na Data.
- Kamere yo kwikunda duterwa n'icyaha niyo iyobya abizera bakava ku Mana, bakinjira mu gutsindwa hamwe no kwiheba.
- Kwihana ni uguhindura imyumvire ku cyaha no ku Mana. Bikubiyemo guhindura byombi umutima n'ubwenge.
- Umurimo Kristo yakoze ku musaraba watumye imbabazi hamwe no gukira bishoboka kuri bose baba bihanye bakagaruka kuri Yesu, bigatuma basubizwa icyubahiro cyabo.

### Ibyanditswe Byakoreshejwe

2 Ngoma 7:14, 2 Samweli 11:1-27, Ibyak 13:22, Zabuli 51:17, Yohana 3:16, 1 Yohana 3:4, Yesaya 59:2, 2 Abakorinto 7:10, 1 Yohana 1:8, Zabuli 51, Abaheburayo 8:12, 1 Yohana 1:9, Abaroma 3:24, Yesaya 53:5

#### UBUFASHA MU GUHUGURA

**Umwanya wemewe muri iki gice ni:** iminota 20 yo kwigisha; hakenye umwanya umwanya wo gufasha abantu gusenga

Biragaragara ko iki ari igihe cyo guhindurwa kw'imitima yabigishwa. Intego y'iki gice ni ugushyiraho umwanya wo kwisuzuma bituma buri muntu asuzuma umutima we, agahangana n'isoni zibasha kumubuza gukorera neza, kwiringira imbabazi z'Imana, bakava mu kutumvira kwabo, hamwe no gutangira urugendo rw'inzira yo gusanwa kw'umutima.

### **Inkuru ya Dawidi na Batisheba (2 Samweli 11:1-27)**

Hari ku mugoroba umwe, ingabo z'Abisirayeli ziri ku rugamba, Umwami Dawidi arunguruka ari hejuru y'inzu ye abona umugore mwiza wari arimo kwiyuhagira. Atumaho uwo mugore witwaha Batisheba, amujyana mu nzu ye akorana nawe imibonano mpuzabitsina. Nyuma yahoo yaje kohereza Umwami Dawidi ubutumwa bumumenyesha ko yari yasamye inda y'umwana we.

Dawidi atumaho umugabo wa Batisheba, Uriya—wari ingabo mu ngabo z'Umwami Dawidi—agerageza ku mwininga ngo atahé ajye gukorana n'umugore we imibonano mpuzabitsina, kugirango icyaha cya Dawidi cy'ubusambanyi kitazamenyekana. Uriya yarabyanze abwira Umwami Dawidi ko atabashaga, mu myumvire myiza y'icyo gihe bari ku rugamba gutaha ngo yishimane n'umugore we bagenzi be bari kurugamba.

Dawidi yaramwohereje asubira ku rugamba ariko abwira umugaba w'ingabo bo gushyira Uriya ku murongo w'imbere kugirango ingabo nizitera, basubire inyuma bamureke wenylene, kugirango arwane ntumutabara atsindwe, akubitwe hasi yicwe—ibyo niko byabaye. Uriya yarishwe umwami Dawidi acura umugore we Betisheba amugira umugore we, aza kubyarira Dawidi umwana w'umuhungu wari wasamwe mu hihe bombi bakoranaga imibonano mpuzabitsina. Umuhanuzi Natani ajya gusura Umami Dawidi amucira umugani wahise ugaragaza isoni za Dawidi, hamwe n'uburyo yacumuye ku Mana. Umwami Dawidi yaratuye yihana icyaha cye, Natani nawe amubwira ko Imana yamubabariye. Ariko, n'ubwo Imana yari yamubabariye ikamusubiza icybahiro cye, hagombaga kuba ingaruka zikomeye zitewe no kutubaha Imana kwa Dawidi, kwutubaha Imana kwa Betisheba, hamwe n'uruhare yabigizemo kandi ari umushumba watowe n'Imana.

Muri iyi nkuru twize ko Dawidi, wari waratowe n'Imana agasigirwa kuba Umwami w'Abisirayeli, yari yatsinzwe n'urubanza rwo kwifuza, gusambana, hamwe no kwica. Ibyo byaha byose byari baykozwe n'umuyobozi w'umunya Mwuka ku rwego rw'igihugu cy'abantu b'Imana yitoreye! Nubwo ibyo byabaye, Dawidi yaje kumenyekana umugabo “w'umutima umeze nk'uw'Imana” (Ibyak 13:22).

Ibyo byashoboka bite? Ni uko Dawidi yitwaye nyuma yuko umuhanuzi amweretse icyaha cye. Nubwo Imana yanga icyaha, icyo Imana yitaho ni icyo dukora nyuma yo gukora icyaha. Dawidi yakiriye neza guhanwa kubera icyaha yakoze binyuze mu kwihana kwe. Yagaraje umutima umenetse kandi uciye bugufide (Zabuli 51:17).

Nyuma yo kwihana kwa kw'Umwami Dawidi, Imana yumvise icyo yari akenye guhabwa kandi ari cyo isi yose ikeneye:Imbabazi.

Kubera ko Imana izi neza iki kibazo, Byatumye ihaguruka ituma Umwana Wayo Yesu Kristo az gupfa mu mwanya wacu, ubwo nib wo yatanganga imbabazi z'ibaha byacu. Imbabazi zari—kandi ziracyari—icyifuzo cyacu gikomeye, kandi nta wundi washobora kuduha icyo cyifuzo utari Umwami n'Umukiza wacu, Yesu Kristo (Yohana 3:16). Kandi kubera ko imbabazi zaduhawe ku buntu, natwe dutegekwa no kuziha abandi. Yesu yatuyoboye neza atubwira kubabarira abaducumuyeho, kandi Umwuka Wera twahawe niwe udufasha kubabarira abandi.

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### **AHO BANDIKA NOTE**

## Ibyaha by'Imibonano mpuzabitsina Birangiriza ku Buryo Budasanzwe

Nibyo nkomoko, y'icyaha cyo kwica itegeko ry'Imana (1 Yohana 3:4), hamwe no kwica Itegeko ry'Imana bikageza ku gutandukana nayo (Yesaya 59:2). Abayoboke ba Kristo, nta kintu kibabaza nko gutsindwa nk'isoni, urubanza, hamwe no kubatwa no kuvangirwa bikomoka mu kwica isezerano ryacu twakoze n'Imana binyuze mu gukora icyaha. Iyo bitunaniye kwihana ibyaha byacu neza, ntabwo ingaruka mbi zaba kuri twe gusa, ahubwo ziba no kubo twashakanye, abana bacu, no kumiryango yacu, no ku materaniro yacu hamwe n'abaturanyi bacu.

Icyaha gitera icyaho hagati yacu n'Imana, kandi, *gihora* kitwangiriza. Ibyaha dukora mu ibanga, cyane cyane ibyerekeye n'ubusambanyi, bifite ubushobozi bwo kutwangiriza. Isi dutuyemo yamaze kuzura ubusambanyi yamaze gushyiraho ibihe biruhije aho n'abakristo bigeze byibuze rimwe—cyangwa *ba* na nubu—bakiri imbata cyangwa ingaruzwa muheto z'icyaha cy'ubusambanyi. Icyaha cy'Ubusambanyi, iyo ukiretse ntukirwanye, gitera kumva urubanza hamwe n'ikimwaro kigahagarika ibyiringiro hamwe n'ubasha kandi kikatubuza gutanga ubuyobozi bwiza dutanga urugero rwiza.

Ibyaha bishingiye ku guhuza ibitsina harimo kugira abo mukorana imibonano mpuzabitsina barenze kuwo mwashakanye, kubatwa no gukora imibonano mpuza bitsina, ubusambanyi, kurbaporuno, guhora utekereza imibonano mpuzabitsina, Iho hoterwa rishingiye ku gitsina, gufata ku ngufu, n'ibindi byinshi. Bimwe muri ibi byaha bishobora kuvamo gutwita, aribyo bibasha gukomeza bikavamo icyaha gikomeye cyo gukuramo inda. Ingaruka z'ibyo byaha bishingiye ku mibonano mpuzabitsina, bishobora gutera abantu ibikomere bikomeye. Hari bensi bahohotewe nko gufatwa ku ngufu. Hari bamwe basamye bagahatirwa gukuramo inda. Abandi bakuyemo inda kubera kutabisobanukirwa. Bamwe bakuyemo inda kubera ko bibonye batawe, ari abakene, no kuba nta bufasha bafite. Hari bamwe bafashwe ku ngufu bakiri bato cyane. Bamwe bakoreshejwe imibonano mpuza bitsina ubuzima bwabo bwose bibaviramo kubatwa no gukora imibonano mpuzabitsin hamwe no ningeso mbi zo gukora ibikorwa by'ukoza soni.

### UBUFASHA MU GUHUGURA

Saba abigishwa baganire ku nkuru y'Umwami Dawidi bige ku buryo ibasha gutuma uwizera uri mu kurwana n'ibyaha by'ubusambanyi agira ibyiringiro.

Inku y'Umwami Dawidi itanga ibyiringiro ku mwizera uri mu ntambara yo kurwana n'ibyaha by'ubusambanyi hamwe n'ingaruka zabyo. Mu gihe yari mu bibazo bye na Betisheba, Dawidi yarabeshye, arasambana, hamwe no kwica, kandi yarababariwe. Imana yamushubije icyubahiro cye hamwe n'umuryango we. Ibi bitwereka ko nta cyaha kirenze imbaraga zo kubabarira hamwe n'ubushobozi bwa Yesu Kristo, watanze ubuzima bwe kugirango atugarurire icyubahiro cyacu, atwunge n'Imana, imiryango yacu, hamwe n'abaturanyi bacu.

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### AHO BANDIKA NOTE

## Kwihana

“Agahinda ko mu buryo bw’Iman gatera kwihana kuticuzwa, nako kukazana agakiza...”

2 Abakorinto 7:10

Mu bintu Uwiteka ashaka, ni uko Itorero ryahaguruka rigahinduka rigahagurutsa urubyaro rw’abacunguwe rukurwa mu myanda y’ibyaha by’ubusambanyi. Kugirango Imana igere kuri ibi tugomba kubanza kwihana. Kwihana bivuze guhindura imyumvire dufite ku cyaha no ku Mana. Iyi ni impinduka igomba guhera mu bwenge no mu mitima yacu. Kwihana birenze kwicuza cyangwa gukozwa isoni.

Na Yuda Iskariyoti yaricujije akorwa n’isoni nyuma yo kugambanira Yesu, ariko aguma mu cyaha aho gusubira ku Mana. Kwihana ntabwo ari ukureka ibyaha wakoraga mu mwanya runaka; ni ughinduka burundu ukava mu byaha wakoraga. Kwihana ntabwo ari uguhisha ingeso zacu z’ibyaha. Dawidi yagerageje guhisha icyaha cye, ariko Imana igishyira ahagaragara. Kwihana by’ukuri bisaba imyumvire myiza ku cyaha, imyumvure myiza kuri wowe bwite, hamwe no kugira imyumvure ikwiriye no kubaha Imana.

Kwihana bigira intambwe eshatu:

### ***Intambwe ya 1: Menya Gutsindwa urubanza Kwawe Hamwe n’Isoni***

Muri 1 Yohana 1:8 hatubwira ko “nituvuga yuko ari nta cyaha dufite tuba twishutse, ukuri kuba kutari muri twe.” Intambwe ya mbere mu kwihana ikubiyemo kumenya ko turi abanyabayaha kandi twacumuye kandi gutandukana kwacu n’Imana kudukoza isoni.

#### **UBUFASHA MU GUHUGURA**

Saba abigishwa baganire ku kibazo cya Dawidi bashake kumenya ni ryari Dawidi yamenye gutsindwa n’urubanza mu mutima we, hamwe n’ibyo yanditse bigaragaza uko yiringiye Imana yamubabariye

### ***Intambwe ya 2: Wizere ko Imana Izakubabarira***

Intambwe ya kabiri mu kwihana ikubiyemo kwizerwa ko Imana izatubarira. Muri Zaburi ya 51, Umwami Dawidi yanditse avuga ati, “Mana umbabarire ku bw’imbabazi zawe, ku bw’imbabazi zawe nyinshi usibanganye ibicumuro byanjye” (umurongo wa 1). Kwihana si ukwemera ibayaha byacu, ni no kumenya ko Imana ishaka kandi ibishoboye kutubabarira. Mu Abaheburayo 8:12 twasezeranyijwe ko Imana iza “babarira gukiraniwa [kwacu] kandi ibyaha [byacu] ntabwo izabyibuka ukundi.”

### ***Intambwe ya 3: Hinduka uve mu Byaha usange Imana***

Iyo tumaze kumenya ko dutsinzwe urubanza rw’ibyaha imbere y’Imana, kandi ko kukubabarira ibishaka, tugomba rero kuyigana kugirango duhabwe imbabazi. Ibayaha baycu buma Imana idahabwa icyubahiro, natwe kikatwambura icybahiro, ariko ishobora kudusana hamwe no kudusubiza icybahiro cyacu. Twegera Imana Data binyuze muri Yesu Kristo , ari we Mwana w’Imana.

Muri 1 Yohana 1:9 havuga ngo, “Ariko ni twatura ibyaha byacu, niyo yo kwizerwa kandi ikiranukira kutubabarira ibyaha byacu no kutwezaho gukiraniwa kose.” Abaroma 3:24 hatubwira ko kubera ko Kristo yishyuye umwenda w’ibayaha byacu, “twaratsindishirijwe ku buntu” b i n y u z e m u r i W e , ubu tukaba turi abere imbere y’Imana.

#### **UBUFASHA MU GUHUGURA**

Baza abaigigwa uburyo Dawidi yagaragaje kwihana by’ukuri.

## **Kubabarirwa hamwe no Gusanwa**

Mu nkuru ya yUmwami Dawidi, ni ukuri ko yakoze icyaha cyo gusambana na Batisheba hamwe no gutuma umugabo we yicywa. Ariko aho gusigara ari imbata y’icyaha cye, nyuma yuko ashinjwa n’ukuri kw’ibaha yakoze Umwami Dawidi yahise yemera icyaha cye aracyatura. Yarihanye. Muri Zaburi ya 51 Dawidi yaravuze ati, “ni wowe [Mana] ni wowe ubwawe nacumuyeho.” Dawidi yahise yemera icyaha cye, Iramubabarira. Nk’uko yababariye Dawidi, ni nako izatubarira ibyaha byacu.

Kubabarirwa kwacu hamwe n’ibabazi biruzuye, ntakabuza. Umurimo Yesu yakoreye ku musaraba watumye duhabwa imbabazi z’ibyaha byacu, kandi nizo rufatiro rwo gukira kwacu hamwe no gusanwa. Muri Yesaya 53:5 havuga ngo, “Nyamara ibicumuro byacu ni byo yacumitiwe, yashenjaguriwe gukiraniwa kwacu, igihano kiduhesha amahoro cyari kuri we , kandi imibyimba ye ni yo adukirisha.” Y b w o Yesu yishyuraga umwenda w’ibayaha byacu binyuze mu rupfu rwe hamwe

n o k u z u k a k w e b y a t u m y e g u c u n g u r w a k w a c u k u z u r a , bitareba inyuma ku  
bayatubayeho.



## **Umwanzuro**

Amakosa yawe ashobora guhinduka ubuhamya bwawe bukomeye. Ntaho tubona mu Isezerano rishya aho abizera Yesu biswe abanyabyaha. Ahubwo, tubona babita abera, abakozi, abatanbyi, hamwe n'abana. Iyo niyo ndangamuntu yacu nshya. Birashoboka ko twaba twarakomerekejwe, ariko ntabwo twataye agaciro. Turi abatambyi bakorera ubwami bw'Imana. Biratangaje zyane ko Umwami Yesu atubabarira nyuma yahoo tukajya tumuhemukira kenshi. Uko niko twahawwe ugitangaza cyo guhabwa imbabazi: gutsindwa sicyo cya nyuma ku Mana! Nubwo gutsindwa kwacu kwaba ari kunini cyane gukabije, cyangwa isoni zacu zarashinze imizi mu isoni zacu, Arahari ariteguye kutubabarira kandi ariteguye kongera kudutuma ku murimo wo kumukorera.

### **UBUFASHA BWO GUGUHURA**

Nyuma yo kubigisha ni ngombwa ko ubemerera igihe cyo gukora mu masengesho y'umurimo w'Imana bakora. Ibi bigomba gukorwa mu buro bamenyereye.

Hagomba kuba amahirwe yo gukora ibikurikira:

Igihe cyo gutanga ubuhamya kubyo Imana irimo gukora mu buzima bwabo cyangwa ibyo yakoze mu buzima bwabo.

Igihe cyo kwatura (mw'ibanga muri kumwe n'undi)

Gufashanya mu gusengerana

Umwanya wo gusinga abo bayobozi bw'umurimo w'Imana w'abatanga-Buzima  
(bakabasiga amavuta aho bikwiriye) Unwayawo kunezerwa hamwe no kwishima Imana.

## **Ibibazo byo Gusubiramo**

1. Ingaruka mbi z'icyaha ni izihe mu buzima bw'umwizerwa?
2. Ibibazo by'ibyaha byo guhuza ibitsina bifite ngaruka ki cyane cyane mu kwangiriza umukristo?
3. Kugirango umuntu yakire kubabarirwa n'Imana, ni ikihe gikorwa abanza gukorwa mbere yuko ababarirwa?
4. Ni izihe Umwami Dawigi yafashe nyuma y'icyaha yakoranye na kugeza ku gusanwa?

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### **AHO BANDIKA NOTE**

## Intambwe Zikurikiraho

“Nuko nsaba Imana nyir’Ijuru, maze nsubiza Umwami nti “Niba umwami abikunze kandi umugaragu wawe nkakugiriraho ubuhake, unyohereze I Buyuda mu murwa urimo ibituro by aba sogokuruza, mbone kuwubaka.”

Nehemiya 2:4-5

### Muri iki gice abiga baraza:

1. Guhabwa amahirwe yo gusenga amasengesho yo kumviriza. Bandike kandi basangire ibyo Imana yabahishuriye.
2. Gutegura uko batangira igenamigambi rizakoreshwa mu kuyobora intambwe zizakurikizwa bazihawe n’aya mahugurwa.

### Ingingo z’Ingenzi

- Tugomba gushaka umutima w’Imana kugirango tugenzure igenamigambi Imana idufitiye mu murimo wayo.
- Ni ngombwa gusangira hamwe no gusenga turi kumwe n’abandi tugasaba Imana kuvugana natwe ikabyemeza hamwe no kudufasha gusohoza neza inshingano.

### Ibyanditswe Byakoreshejwe

Nehemiya 2 & 3

#### UBUFASHA MU GUHUGURA

Igihe cyemewe muri iri somo ni: iminota90

#### Ibikoresho Bikenewe

- Ibipapuro binini byo guteguriraho igenamigambi
- Ibikaramu binini

#### Impapuro zo gutanga

- Impapuro zitangwa za 12.1: Amabwirizwa yo mu matsinda mato: Intambwe zikurikizwa

#### Intangiro umwigisha akoresha

Kingura iri somo rya nyuma ubaza bya bibazo bitatu watangiranye ku munsi wa mbere: Ese Imana iravuze? Niba ivuze, wowe urumvise? Niba wumvise ni iki yavugaga? Bwira abigishwa ko baza kugira umwanya wo kumviriza hamwe no kwandika ibyo bumvise Imana ibabwira gukoresha ibyo bafite bamaze kwiga.

Urugero rw'umuhanuzi Yeremiya nirwo nirwo rugero rw'umuyobozi tuza gukurikirana hafi. Umutima we wari wakozweho bituma bose bamubona nk'umuyoboziuzi ibyifuzo by'abantu be. Amaze kumenya icyo Imana ibabwira gukora yahise abishyira mu bikorwa no kumvira. Atangirana no gukora igenamigambi ako kanya atangira kurishyira mu bikorwa asohoza ibyo Imana yamuhamagariye gukora.

Hari amahirwe menshi dufite yo kwitabira ibiterane, amahugurwa, hamwe no kwiga. TIBI biduha ibyo tuba dukeneye mu kwiga kwacu, ariko tubasha kudafata umwanya uhagije wo kwibaza ibyo Imana iduhamagarira gukora nyuma y'amahugurwa twahawe. Imbaraga zo guhinduka ntabwo ziri mu mahugurwa ubwayo, ariko ziri mu gukora ibyo tuba tumaze kwiga,

Urugendo rw'Umutanga-Buzima, kuri twebwe abamaze kwiyemeza, i ri n'itangiriro. Muri aya ma hugurwa mumaze kwigishwa no guhinyuzwa guhora mwumviriza ijwi ry'Imana, muyisaba kumenya icyo yabahamagariye gukora. Tugomba kubyakira tubyumvira nk'uko Nehemiya yabikoze. Tugomba gukurikiza urugero rw'umuhanuzi:

1. **Kumviriza:** Fata umwanya wo kumviriza Imana kandi tukamenya icyo aduhamagarira gukora nyuma y'ibyo tumaze kwiga.
2. **Kumvira:** Twakirane kumvira dutekereza *uburyo* wtubasha kugera ku byo yaduhamagariye gukora.
3. **Gukora:** Muri uwo mwanya tugahita dukurikizaho intamwe zikurikira zo gushyira igenamigambi mu bikorwa.

Niba Nehemiya yaranditse igenamigambi rye rigomba kuba ryasaga n'ibi bikurikira:

### **Ni iki kizakorwa?**

Gusana inkike z'Iyerusalem

*Nehemiya 2:1-5*

### **Bizakorwa gute?**

1. Gusaba Umwami uruhusha n'ubufasha.

2. Gusuzuma Inkike.

3. Gutegura abakozi.

4. Gutangira gusana

*Nehemiya 2:7*

### **Bizakorwa na bande?**

Urutonde rwabazabikora.

*Nehemiya 3*

### **Bizakorerwa he?**

Gahunda isobanuye neza y'abazabikora n'ibyo aho bazakora n'aho bazaba bashinzwe gukora mu gusana.

*Nehemiya 3*

### **Ni ryari bizakorwa?**

Itariki nyayo ntabwo yanditswe muri Bibiliya ariko Bibiliya yerekana ko Nehemiya yahaye umwami umwanya wa genwe. Imana iravuga Tugomba kumviriza. Tugomba kubyakira twumvira ibyo Iduhamagarira gukora.

*Nehemiya 2:6*

### **UBUFASHA MU GUHUGURA**

Mwuzuze uyu mukoro wa 1 (murebe ku mugereka uri inyuma y'iki gice)

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**AHO BANDIKA NOTE**

## **Umugereka: Intambwe**

### **Umukoro wa I**

#### **Lumviriza Imana (iminota 5 )**

1. Basobanurire uburyo bari bumare iminota itanu bari mu masengesho yo bucece bumviriza. Basabe bafate impapuro n'ikaramu bandike ibyo bumva Imana ibabwira.
2. Bwira abiga kwandika ibitekerezo byose bumva bahawe n'Imana kuzakoresha mu murimo wayo wo gutanga obuzima mu gihugu cyabo (cyngwa kure yaho). Ikintu kinejeje ni uko Imana imaze iminsi ibavugisha mu minsi yose bamaze mu mahugurwa? Nubwo baba bataremera neza ibyo bitekerezo ko bituruka ku Mana, bashobora kubyandika bakaza kubikoresha mu gihe cy'amasengesho.
3. Tegura ko habaho iminota itanu yo guceceka mu gihe kugirango buri muntu yumvirize kandi yandike.

#### **Gutegura igenamigambi (iminota 45)**

1. Nyuma y'igihe cyo gusenga bacecetse bajye mu matsinda ane cyangwa atanu (cyangwa mu matsinda atarenze abantu umunani) kandi ubabwire basangire ikintu icyo ari cyose kubijyanye n'ibyo Umwami yaba yavuganye nabo.
  - Nikensi biba byiza kubanza gukorana n'abasangwa mbere y'igihe akabashyira mu matsinda. Umusangwa ashobora gushaka kubashyira mu matsinda akurikije uturere cyangwa intara, Itorero, cyangwa minisiteri baturukamo. Guhuza mu hagati y'abagize amatsinda birafasha kuko niyo bagiye gukora igenamigambi biborohera. I b y o b i r a b a f a s h a k u g u m a n a b a r i k u m w e n o k u z a k o r a n a m u g i h e k i r i i m b e r e .
2. Iyo abantu bagize amahurwe yo guhurira mu matsinda bagasangira ibyo bumva Imana ibahishuriye mu gusenga kwabo kwa bucece bumviriza Imana basabe bamare umwanya bari kumwe mu masengesho.
3. Nyuma yahoo bamariye gusubizanyamo imbaraga basabe bahrize hamwe ibitekerezo byabo byose kw'igena migambi nk'itsinda RIMWE. Ntabwo ari mbombwa ko bahriza hamwe igenamiganbi ryose hamwe ariko itsinda ryose rigomba kuba babyumvikanyeho. Ibikorwa by'Igenamigambi bigomba kuba ari igikoresho cy'umurimo w'Imana muri rusange aho kuba igikoresho cy'umuntu ku giticye.
4. Iryo genamigambi rigomba kuba rikubiyemo:
  - NI IKI Imana yabahabagariye gukorawe
  - Irababwira kuzagikora MUTE
  - NI BANDE bagiye gukorera
  - NI HEHE bagiye gukorera
  - NI RYARI bazagera kuri ibyo bikorwa?
5. Basobanurire uburyo bagomba kwandikamo igenamigamni ryabo ku mpapuro nini bahawe.
6. Buri tsinda rigomba guhitamo urihagarariye kugira ngo atange raporo y'itsinda.

#### **Gutanga Igenamigambi (iminota 30)**

1. Saba buri tsinda ritange raporo y'igenamigambi bateguye. Biba byiza iyo buri tsinda rikoresha iminota iga kuri itanu.
2. Mu gusoza, saba umusangwa asenge ishengesho ry'umugisha kuri ryagenamigambi.



## URUPAPURO RW'AMASOMO 12.1: Intambwe n'amabwiriza zikurikizwa mu matsinda mato

### Mufite iminota 30 yo gukora uyu mukoro.

1. Musangire ibyo Uwiteka ashobora kuba yavuganye namwe. Ni gute yababwiye kwifatamo mugusubiza iki kibazo?
2. Musengere hamwe nk'itsinda, “mushishikarizanya gukora ibikorwa byiza.”
3. Nyuma yo gusangira ibyo muzakora, mu korere hamwe igena migambi ry'ibizakorwa RIMWE.
  - Iryo genamigambi mwakoreye hamwe ntabwo ari ngombwa ko riba rifite ibantu byose byari kuri za ntonde byose ariko abagize itsinda bagomba kumvikana ku bizakorwa byose. Iryo genamigambi rinonosoye rigomba kuba ririmo ibitekerezo b'abakozi bose ritakozwe n'umuntu umwe ku giti cye.
4. Iryo genemigambi ryanyu muryandike ku gipapuro kinini mwahawe.

*Uru ni urugero rw'uburyo igena migambi ryakorwa hakurikijwe inshingano Yeremiya yahawe zo gusana inkike:*

NI KI ?	UBURYO BIZAKORWAMO?	NI BANDE?	NI HEHE?	NI RYARI BIZAKORWA?
Gusana Inkike	1. Gusaba Umwami uruhushya hamwe n'ubufasha. 2. Kugenzura Inkike. 3. Gutegura abakozi. 4. Gutangira gusana	Nehe miya, Eliya Ahabu , Zakuri , Abana b'Iyeriko N'ibindi...	Kw'Irembo ry'Intama, Ahegery'Irembo ry'Intama n'ibindi....	Mu mwaka wa 20 w'ingoma y' Artaxerxes Mutarama. 15

Igena migambi ry'itsinda ryanyu rishobora kuba rigizwe n'ibi bikurikira:

- NI IKI Imana ibahagarira gukora
- NI UBUHE BURYO Ibahamagariye ku bikoramo
- NI BANDE Ibatumyeho gukorera
- NI HEHE Ibatumye gukorera
- NI RYARI muzabigeraho?



# Ibyerekeye Umuryango LIFE International

## Ubutumwa bw'Umuryango LIFE International

Ni ugushyigikira agaciro kw'ikiremwa muntu ku isi yose, kugirango isi yose aho abantu babasha kubona ibyiringiro hamwe no gukira biboneka muri Yesu Kristo.

### Agaciro k'Ubuzima

Ibiremwa muntu bifite agaciro kenshi, katagira ingano, kubera ko twe – abagabo n'abagore – twaremwe n'ibiganza by'Imana, mw'ishusho Yayo. Ubuzima bw'ikiremwa muntu butangirira ku gusamwa kukageza aho duhumekera umwuka wacu wa nyuma, kandi buri gihe tumara mu buzima bwacu bwose cyagenwe n'Imana.

Bidashingiye ku gitsina, ubwoko, imyaka, ubushobozi, icyubahiro, cyangwa icyo ari cyo cyose kitugize, buri muntu – uhereye ku mwana utaravuka ukageza ku mugabo n'umugore bageze mu za bukuru – bose ni ibiremwa muntu kandi bikunzwe n'Imana. Mu by'ukuri, Data yahaye agaciro kenshi ibiremwa muntu ku buryo byatumye Itanga Umwana wayo Yesu Kristo ho igitambo, kugirango aducungure hamwe no kuduha ubugingo bushya. Inkuru nziza y'Ubutumwa bwiza ntaho wabitandukanyiriza n'agaciro k'ubuzima bw'ikiremwa muntu. Iyo ubuzima bw'ikiremwa muntu buteshjwe agaciro mu buryo ubwo ari bwo bwose – k u b i g i r a i m b a t a , k u b u c u r u z a , g u h o h o t e r a a b a n a , u b u r a y a , k u b w i c a k u b u s h a k e , g u k u r a m o i n d a ... b i r a b a b a j e k o u r u t o n d e a r i r u r e r u r e k u b u r y o r u t a g i r a i h e r e z o – n ' i g i t e r o cyeruye ku kurwanya ishusho y'Imana hamwe no gutesha agaciro imiterere hamwe n'icyubahiro cy'Imana.

Urugero rw'uburyo ubuzima buteshwamo agaciro rurababaje bikabije. Urugero, iyo urebye abataravuka – aribo bari mu kaga gakomeye kandi badafite n'umwe uhari warengera ubuzima bwabo. Mu bana basamwa bagera ku mubare ugera kuri miliyon 211 ku isi yose buri mwaka, abagera kuri miliyon 56 bose batakaza ubuzima bwabo mu gikorwa cyo gukuramo inda. Uyu mubare usumba imibare y'impfu zo ku isi yose ziba zatewe n'impamu zitandukanye zirimo, indwara, inzara, intambara, ubwicanyi, impanuka, ubusaza, hamwe n'ibindi byinshi. Izo mpfu zirenze umubare w'abaturage bo mu gihugu cya Netherlands, Australia, hamwe n'Ubugiriki ubushize hamwe. Ubwicanyi bwo gukuramo inda ku isi yose buri ku isonga mu kurangiza ubuzima bw'abantu baremwe mu ishusho y'Imana ku muvuduko ugera kuri babiri buri segonda.

### Itangiriro ry'Ubutumwa bwacu

Uwashyinze umuryango LIFE International Kurt Dillinger yari yarayobowe kuyobora ikigo cyo gutanga ubufasha ku bakobwa batewe inda ahagana mu mpera z'umwaka wa 1990.

Icyo gihe, yaje gukora urugendo agera muri Amerika y'Abalatini (Amerika y'amajyepfo) hamwe no mu Burayi bw'Iburasira-zuba, aho niho yahuriye n'iteshwa ry'agaciro k'ubuzima ku rwego ruhanitse cyane ibyo yabonye bimutera agahinda cyane. Yahise afata gahunda yo gusenga, asaba Imana kumuyobora, Imana imuyobora kugeza ubutumwa bwo gukiza –ubuzima ku mahanga yose aho gukuramo inda byemewe n'amategeko. Yahise ashinga umuryango mushya awita izina rya "Life Initiatives For Eternity", cyangwa LIFE International. (umuryango wita ku kugeza umuhate wo kugeza ubutumwa bwubuzima Ku isi yose)

Mu minsi yawo ya mbere, umuryango LIFE International wafatanyije n'abafatanya bikorwa bo ku isi yose guhangi ibigo bifasha hamwe no gutanga ibikoresho ku bakobwa n'abagore batewe inda zitateganyijwe mu bihugu byinshi. Ariko, nyuma yahoo gato, Kurt ari kumwe n'abakozi be baje

kunguka ubundi buryo bw'imikorere – b wo “gushinga” ikigo kimwe buri g ihe – ubu buryo babonye bushobora kuzajya bukoreshwa mu kugwiza ibigo, aho abayobozi basanzwe hamwe n'abapastori bazajya baza bagahabwa amaguhurwa bagatangiza bihuje n'umuco waho muri za minisiteri zo gutanga-ubuzima mu turere twabo no mu Bihugu byabo batuyemo. Umusaruro waje kuvamo kwari ugushinga za minisiteri zigenga kandi zatangaga ubufasha hanyuma bakaza gukemura n'ibibazo byabaturanyi babo, Babafasha guhangana n'ibibazo by'ikorwa bihaganye no gutesha agaciro ubuzima.

Ubu uyu muryango, LIFE International umaze imyaka irenga makumi abiri waramaze kubona uburyo abakiristu benshi batandukana n'ibyo bavuga ko bizera ari ko nti babikore bakatangira kubaho imibereho ijyanye n'uko bizera byukuri. Ni kenshi cyane, Abayoboke ba Kristo ku isi yose bijandika mu bikorwa bibi byo gutesha agaciro ubuzima bw'ikiremwa muntu. A b apasitor i bohereza abakobwa babo kujya gukuramo inda kugirango bahunge ikimwaro n'isoni, abagabo bakemeza ibikorwa bisanzwe aho umukobwa ,n'abagore bakuramo inda z'abana b'abakobwa kuko bagoranye kurera cyangwa batagikenewe, hamwe na abagabo bagurisha abakobwa babo mu buraya cyangwa babashyira mu bigo birera imfubyi.

## Kumenyekanisha Umutima wa Data ku by'Ubuzima

Yesu yazanywe no kuzana ubugingo buhoraho aho umwanzi wacu yabwibye (Yohana 10:10). Aho umuryango LIFE International ukorera, turahari twiyemeje kumenyekanisha uku kuri ku isi yose. Twemera ko Imana ku buryo budasanzwe yateguriye umuryango LIFE International kwamamaza ibyiringirobihindura biri mu butumwa bwiza mu butumwa bw'ivvugabutumwa bwo gusohoka hanze aho gukuramo indabyamamaye bigahabwa intebé hamwe no gutesha agaciro ubuzima bw'ikiremwa muntu. Ikirenze ku gukizaubuzima bw'umwana utaravuka hamwe no guha ubufasha babandi bari mu kaga k'ubuzima bwaboguteswa agaciro – nubwo ibyo byose ari ingenzi – icyo twifuza kiruta ibindi byose nukubonaimitima n'ubuzima bihinduka binyujijwe mu kwakira ubuzima bushya buri muri Kristo. Ubutumwabwacu twahawe bwa mbere ni ukubona ko abantu bagera ku kwizera Imana.

Urugero dukoresha mu murimo w'Imana dukora ni ukugeza ku bantu amahugurwa ahumura abayobozi ba gikristo, mu karere twahawemo ubutumire, hamwe no gusangira nabo ubutumwa buhindura bukanagaragaza umutima wa Data ku buzima. Umurimo wacu ubusanzwe ukurikiza gahunda yo gukora amahugurwa hamwe no gutera abahuguwe umunezero n'ubusabane:

- **Ibiganiro byo kumeza** – Abayobozi ba gikristo hamwe n'abantu n'abandi bayobozi bafite ijambo mu karere baricarana bakiga ku bibazo bikomeye cyane kurutaibindi: icyo Bibiliya ivuga ku kibazo cyo gutesha agaciro ubuzima bw'ikiremwa muntu, bakiga ibijyanye n'uburyo ubuzima bw'ikiremwa muntu buteshwamo agaciro mu karere batuyemo hamwe n'uko bahamagariwe kuzanira ubuzima ku isi yose muri rusange.
- **Gahunda y'Umuhate wo gusenga Mbere y'Amahugurwa** – Abinginzi bo mu karere berekwa iyerekwa bakanahabwa ubutumwa n'inshingano zo gutegura amasengesho abanziriza amahugurwa ukwezikumwe mbere y'amahugurwa y'Urugendo rw'Umutanga-Buzima. Izo ntvari z'amasengesho barahagarara bakarwanya imbaraga z'umwanzi zose zigerageza kuburizamo igikorwa cy'amahugurwa. Ibyo dukora byose bikomoka ku mbaraga z'amasengesho.
- **Urugendo r'Umutanga-Buzima** – Muri aya mahugurwa y'urugendo rw'umutanga-buzima hategurwa abagabo n'abagore bahawe amakuru n'abayobozi bo mu hihugu amagugurwa azakorerwa, bakigishwa inyigisho zo muri bibiliya zihindura, kandi zikaba n urufatiro rugaragaza Umutima wa Data ku buzima, uhoreye rwego rwo gusamwa ukagera ku rwego rwo gupfa urupfrusanzwe, kandi bagahabwa amahugurwa shingiro ku murimo wo gutanga ubuzima.
- **Minisiteri zigamije Gukora Ibikorwa byo Gutanga Ubuzima** – Abo bagabo n'abagore aribo bayobozi bahuguwe bashinga za Ministeri zigenga-zikanifasha. Abo bayobozi bahuguwe nibo bagaragaza urukundo rw'Imana batanga serivise hamwe no gukora gahunda aho babona ubuzima buteshwa agaciro mu turere twabo batuyemo. Nyuma y'ayo mahugurwa haboneka umusaruro mwiza,hakaboneka impinduka mu buzima bw'abantu binyuze mu kwakira urukundo rw'Imana, rwa rundi rutuma habaho kumvira kw'abafite ishusho y'Imana biggerwaho.
- **Isana mitima Ku bakuyemo inda** – Aya mahugurwa aha ubushobozi abayobozi bakageza ubufasha bwo gukira n'isana mitima ku bagabo n'abagore baba barahuye n'ibikomere byo mu mitima bitewe no gukuramo inda hamwe no kubafasha kuva mu bibazo bihora bibagora mu mubiri, mu maranga mutima yabo ,hamwe no kubagira inama ku buryo bava muri za ngaruka mbi mu mwuka wabo.
- **Umuryango LIFE International Academy** – Icyorezo cya COVID-19 cyazanye impinduka ikomeye ku buryo dukoramo amahugurwa ku isi yose. Mbere yaho nk'umwaka twumvaga tuyoborwa gutegura amahugurwa tukayashyira kuri website yacu. Ubu, iryo shami ririmo gutanga ibikoresho by'amahugurwa hamwe no guha abayobozi ubushobozi 133 bwo gutanga amahugurwa ahantu hose hari abantu benshi ku migabane yose.
- **Amahuriro yo mu Ntara** – Twagiye duha inshingano abayobozi b'ingenzi twamaze guhura kandi bakababafitiye umurava ivvugabutumwa hamwe n'ubutumwa bw'ubuzima mu bihugu byose batuyemo (Amerika y'aba Latin , Asiya y'Uburasira-zuba bw'amajyepfo, n'ahandi.) aho ubu butumwa butera impinduka butaragera, gusangira ingamba hamwe n'ibikoresho, hamwe no

guhura no gukomenyazanya.

- ***Umuhate wo kujya mu gihugu cya Malta*** – Umuryango LIFE International bwa mbere ku Isi ugiye kuzatangiza Kongiresi y'ubuzima irimo gutegurwa mu gihugu cya Malta mu mwaka wa 2023, hazatumirwa abatumirwa bavuye mu bihugu byose ku isi yose aho dufite abafatanyije gushaka Umutima wa Data ku buzima hamwe no gukurikirana aho umwuka atuyobora ku kibazo cyo kugwiza abatanga-buzima ku isi yose

### **Isi imaze guhindurwa**

Umurimo w'umuryango LIFE International ubu ukomeje kujya imbere mu bihugu birenga 100, utezwa imbere n'abayobozi bamaze guhugurwa hamwe no guhabwa ubushobozi bwo gukorera imbere mu bihugu hamwe no kuba abahugura abandi, tukaba tugeze ku gikorwa cyo guhangwa umuryango w'abantu bamaze kumva neza Umutima wa Data ku bijyanye n'agaciro k'ubuzima. Ingaruka zabyo nziza ni uko, hamaze kuvuka umurimo w'Imana wo gutanga ubuzima ugeze mu Magana – urugero ni ibigo bifasha abatewe inda, amavuriro abyaza, ibigo birera imfubyi, gahunda zo kugaburira abana, amahugurwa ahabwa abagore bari mu kaga, hamwe n'ibindi byinshi – **b i m a z e g u t a n g i z w ,** kandi hakaba hamaze kuboneka ibihumbi by'ubuzima bwamaze guhindurwa. Iyo mpindika ntabwo igamije gukiza

Ubuzima bw'umwana utaravuka gusa cyangwa guteza imbere ubuzima bw'abantu binyuze mw'iterambere, ahubwo ni uguhindura ubuzima ku buryo bwuzuye byabaye mu bantu mu gihe abantu bahuraga amaso ku maso na Data wo mu ijuru udukunda hamwe no huhinduka abayoboke b'Imana hamwe no kumushaka kugirango bamuhe icybahiro binyuze mu buzima bwabo.

Twabonye ko kugira imyumvire mibi ku gaciro k'ubuzima bishobora gutera amakuba menshi n'akababaro, ibihabanye nibyo nabyo bishoboka kuba ukuri: iyo habaye imyumvire myiza ku buzima bw'ikiremwa mutu bitera abantu guhabwa uburinzi kuri buri ntambwe mu buzima bwabo. Abana bataravuka nabo bahabwa amahirwe yo kubaho, abatarahabwaga agaciro bahita bahabwa agaciro kabu, abagore n'abagabo bahita babona gukira nyuma yo gukuramo inda, kandi abantu bahita bakira ibyiringiro by'ubugingo buhoraho muri Yesu Kristo.

Mu gihe dufatanyije tukahuza ubwenge nk'abayobozi ba gikristo tukagura ubwami bw'Imana, Uwiteka nawe araza guhagurutsa umutwe w'ingaboz'abatanga-buzima bafite ubushobozi bwo gutanga-ubuzima mu miryango yabo, mu baturanyi babo mu karere batuyemo, hamwe n'ibihugu batuyemo, kandi agaciro k'ishusho y'Imana mu bantu bose ikavugwa ku isi yose.

Icyubahiro kibe Icy'Imana!

## Ifatanye Natwe!

Tunejejwe nuko wafashe umwanya wawe hamwe n'ibikoresho byawé ukitabira amahugurwa y'Urugendo rw'Umutanga-Buzima. Twebwe, hamwe na babandi bagize uruhare mu gusenga amasengesho abanziriza umuhate wo gusengera aya mahugurwa, twarabaseneye dusaba Data kuzana impinduka mu buzima bwanyu ari wo musaruro uturutse mu nyigisho mwahawwe mu mahugurwa mumazemo iki cyumweru cyose.

Muraza kwibuka bya bibazo by'ingenzi twatangiranye, kandi bikana nyarabajijwe ibihe byose twamaze turi kumwe:

- Ese Imana Iravuze?
- Niba Ivuze, wowe urumva?
- Niba Ivuze ukaba wumvise, ni iki Iri kukubwira – ni iki Iri kuguhamagarira gukora?
- Ese waba witeguye kumvira?

Dukeneye kumva ibijyanye n'icyo kiganiro... cy'ibyo Imana Irimo kukuyobora gukora mu murimo w'Imana ukora n'Umutanga-Buzima mu karere utuyemo hamwe no ku isi yose? Kandi turashaka kugenzurira hamwe tukareba umuhamagaro ukurimo kugirango turebe uburyo dushobora gufashanya nawe ukatubera umufatanya bikorwa kugirango turebe uburyo twagufashamo kugeza urukundo rwa Data hamwe n'umutima we wo gukunda ubuzima ku bo muturanye kandi ufiteho ijambo.

Imana iguhe umugisha, mugihe ukomeza kugaragaza ishusho ye ukagaragaza umutima we ku buzima.



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