

K'Umwana w'Umunyamwema,

KUBERA IKI NTUKURA?

Hari aho urigera wibaza igituma udasa nk'abandi bana? Igituma urukoba rwawe rutukura uko? Igituma imishatsi yawe isa n'umuhondo uko?

NTURWAYE. NTUVUMWE.

Nturwaye. Ufise ico bita Ubunyamwema. Eka si indwara. Eka nta mugera ubitera. Ntiwagize urwo rukoba rutukura urwanduye, kandi nta muntu ashobora kurukwandurako.

Ntibiterwa n'impwemu canke utumana. Ntibizanwa n'umuvumo.

UBUNYAMWEMA N'IKI?

Hanyuma ni kubera iki urukoba rwawe rutukura?

Ni kubera gusa urukoba rwawe rutagira ibintu bitanga ibara canke ibara bita meranine. Amaraso yawe rero aca abonekera ku mubiri wawe bigatuma umubiri wawe umera nk'uwutukura. N'ukuntu bita ubunyamwema. N'ukuntu si indwara. Bisigura gusa ko, “uko ariko ibintu vyifashe.” Muri uko kuntu bita ubunyamwema, urukoba ntirukora ibitanga ibara canke ibara, bigatuma uca usa nk'uwera canke uwutukura.

UBUDASA NI UBWIZA. IMANA IRABUKUNDA.

Imana irakunda ubudasa. Yaremye amabara menshi hamwe n'amoko atandukanye y'abantu muri ino si yacu kandi irayakunda yose. Imana yarakuremye kandi iragukunda nawe. Ubwo isi ntiyoba irambira, ari mbi mu gihe amashurwe yose yarikuba afise ibara rimwe? Canke utunyugunyugu twose dusa? Canke abana bose basa? Imana irakunda ubwiza buva mu dututu tw'amabara atandukanye. Niyo yaremye amabara yose. Abana birabura cane, cane nk'amakara ni beza kuriyo, kandi n'abana bafise inzobe nyinshi nabo nyene Imana irabakunda kandi irakunda n'abana bera canke batukura, nk'amashurwe meza. (Mwigisha, ukoreshe ishurwe iryo ariryo ryose riboneka kenshi rifise ibara ribona cane.) Yaremye ayo mabara yose. Yakuremye uko nyene uri kandi Iragukunda uko nyene uri.

ABANTU BAMWE BAMWE NTIBATEGERA

Nimba abandi babatinya rimwe na rimwe, ni kuko gusa badategera ico arico ubuyamwema. Ntusa nk'abandi mugabo umeze nk'abo ahanini.

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URASHOBORA GUKORA IBINTU VY'AKAMARO MU BUZIMA BWAVE

Abantu benshi b'abanyamwema barakuze barashobora gukora ibintu bikomeye cane. Bamwe mu baririmvyi bazwi cane, abari mu ma Leta hamwe n'abikorera ivyabo niba nyamwema. Ufashijwe n'Imana urashobora gukora ikintu cose abandi bantu bakora.

(Werekane amasanamu y'abanyamwema bashoboye gushika ku bintu bihambaye.)

Abantu benshi bafise ubunyamwema baraciye ubwenge gose. Urashobora kwiga nk'abandi bose. Urashobora kuja kw'ishure. Urashobora kwigenza neza mu vyigwa vyawe.

URASHOBORA KURAMBA

Abantu bafise ubunyamwema barashobora gusaza kurugezo rusanze nk'abandi bantu bose.

IVYO WOKORA KU NGORANE ZIBIRI UHURA NAZO

Hariho ingorane zibiri abantu ba nyamwema bakunda guhura nazo, kandi hariho ivyo wokora kugira ngo izo ngorane ntizikubabaze.

RIMWE- AMASO YAWA YOROSHE

Rimwe, amaso yawe aroroshe cane iyo ahuye n'umuco kandi arashobora gusha vyoroshe. Ntufise meranine ikingira izuba amaso y'abandi bantu. Ushobora gukingira amaso yawe mu kwama wambaye amarori y'izuba igihe cose uri hanze ku murango. Urashobora no kwambara inkofero ifise ahaseruka imbere hashobora gupfuka amaso yawe. Abakirisu bakunda Yesu bakurungikiye akaganuke k'amarori y'izuba. Turizeye ko azofasha amaso yawe. Tuguhaye kano kaganuke kugira ngo tukwereke gusa ko Imana ikwitayeho. Yipfuza ko ugira ubuzima bwiza kandi ko uba umugenzi wayo ibihe vyose.

Amaso yawe arashobora kandi kuba yoroshe mu bundi buryo. Nimba ufise ingorane zo kubona mw'ishure, baza umwigisha wawe nimba ushobora kwimuka ukegera mu kibanza kiri imbere mw'ishure.

KABIRI- UMUBIRI WAVE WOROSHE

Kabiri, umubiri wawe uroroshe cane kandi urashobora gusha vyoroshe. Kubera ivyo, urukoba rwawe n'umunwa wawe biragira ibiguma vyoroshe cane. Ba

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nyamwema benshi barafatwa n'indwara ya kansere y'urukoba kubera urukoba rwabo rudafise ibikenewe ngo rukingire umubiri imishwarara yonona y'izuba.

Hariho ibintu bibiri wokora kugira ukingire urukoba rwawe izuba. Ubwambere, gerageza kwirinda kuba hanze ku zuba kuva hafi isaha zine z'igitondo gushika isaha icenda. Muri ico gihe c'umunsi, ico gihe gikikuje isaha zitandatu z'umutaga, imishwarara y'izuba iba ishushye gose kandi iba irasa itumbereye kandi ishobora kubabaza gose. Muri ico gihe rero usabwa kuguma mu nzu canke mu gatutu umwanya munini bishoboka.

Urashobora kadi kwambara impuzu z'amaboko maremare. Ishati n'ipantaro zera canke zisa nk'umuco zikozwe mu pampa zizokingira urukoba rwawe kandi zirasire ahandi imishwarara y'izuba. Wame wugaye ibipfungo vy'ishati zawe gushika hejuru. Urashobora no kwambara inkofero ifise ahantu haseruka hanini hashobora gupfuka no gukingira amaso n'amatwi vyawe. Urashobora kandi no kwisiga amavuta azibira izuba kugira ukingire umubiri. Ni ngirakamaro cane ku bice vy'umubiri bitazoba bipfutswe. Amavuta y'inazi ntazozibira izuba mugabo ni meza ku mubiri wawe kandi arashobora kugukingira bimwe mu bibi bishobora guterwa n'izuba. Woshobora gusiga amavuta y'inazi ku mubiri wawe mwijoro canke mu gihe c'imvura mu gihe uri mu nzu.

IMANA IRAGUKUNDA

Imana iragukunda. Uri uwagaciro kuriyo. Igukunda uko umeze nyene. Urashobora kuba umuhezagiro ku muryango wawe no kw'isi.

NI IBIHE BIBAZO UFISE?

Ni ibihe bibazo ufise bijanye nivywo twavuze canke kubijanye no kuba nyamwema ?

Ni izihe ngorane wahuye nazo nka nyamwema?

Vyateguwe na :

Every Child Ministries (Ibikorwa kuri buri Mwana Wese)

Ishirahamwe rukirisu ridakorana na Leta rizana ivyizigiro ku "bana bibagiwe bo muri Afrika"

Kubera abana ari amikoro ya mbere ahambaye kuri buri gihugu-
Ubutunzi bwiza buva ku Man!

Agasandugu k'amakete 28080

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INSIGURO ZIJANYE N'INTANGO Z'UBUZIMA : Ikoreshwa gusa n'abana bakuze canke bize gusumba abandi canke ku bana bakeneye vy'ukuri insobanuro z'ubuhinga zisagutse.

Insobanuro zisagutse ku bana bakuze canke bigiye imbere:

Umuvyeyi w'umugore wese arafise muri we irigi, hama umuvyeyi wese w'umugabo arafise muri we imbuto. Ivyo ni nk'imbuto z'umuntu mushasha. Iyo bihuye, umuntu mushasha aba akozwe.

Naho ari nto gose, irigi ryose n'imbuto yose itwara muri yo uburyo bwo kwimyenekanisha. Ubwo buryo bwo kwimyenekanisha nibwo buhitamwo ingene urwo ruhinja ruzoba rumeze. Umuvyeyi w'umugore afise igice c'ibivamwo umwana n'umuvyeyi w'umugabo nawe akagira igice c'ibivamwo umwana. Iyo bihuye, uruhinja ruca rurunka ibikwiye kugira rukure.

Ivyo bintu vyo kwimyenekanisha bivamwo umwana nivyo vyerekana nimba urwo ruhinja ruzoba umuhungu canke umukobwa, nimba ruzoba runini canke ruto, nimba ruzogira imishatsi y'intetere canke irende. Ivyo bintu vyo kwimyenekanisha ni navyo vyerekana ingene umubiri uzoba umeze, ingene amaso azoba ameze. Ivyo bintu bijanye no kwimyenekanisha nivyo bivamwo umwana ni navyo bimenyeshya ibintu vyose bijanye n'urwo ruhinja rushasha. Ingene urwo ruhinja rugenda rurakurira mu nda ya nyina, ibivamwo umwana bigenda birarwerekana ingene rukura.

Abantu bamwe batwara ivyo bivamwo abana bigenda birabwira uruhinja ruriko rurakura ngo, "Gira urukoba rwirabura cane." Umubiri ugaca ubikora mu gukora ico bita meranine ku rugezo runini cane. Ico nico giha urukoba ibara ryarwo. N'abazungu barafise meranine mu rukoba, ariko abirabure nibo bayifise ari nyishi. Ni ukuvuga ko hari abantu bafise ibivamwo umwana bibwira uruhinja ruriko rurakura ngo, "Kora meranine nyinshi"

Abandi bafise ivyo bivamwo umwana bibwira uruhinja ruriko rurakura ngo, "Ntukore meranine. Ntukore urukoba rwirabura." Nimba rero ari umuvyeyi umwe afise ivyo bivamwo umwana, uruhinja ruzokwirabura, kubera ibivamwo umwana vy'uwundi muvyeyi bizoguma bigira biti, "Kora meranine"

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Birashika rimwe na rimwe, abantu babiri bakubakana kandi bose bakaba bafise ibivamwo umwana bivuga ngo, “Ntukore meranine.”

Muri ico gihe urwo ruhinja ruzokura nkuko bisanzwe ariko ntiruzoba rufise meranine na nke canke ibitanga ibara ku rukoba rwarwo.” Igihe ruzovuka uzoshobora kubona amaraso muni y’urukoba rwarwo, bice bituma rusa nk’urutukura cane.

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