

EKATHISHA



Ukuphokophelela ukuguqula imiphakathi

Izifundo zeBhayibheli zixhumanisa ukholo nenguquko



Social Justice Season 2011
Diakonia Council of Churches

UKUGUQULA IZIMPILO

Izifundo zeBhayibheli zixhumanisa ukholo nenguquko



*Ukuphokophelela
ukuguqula
imiphakathi*



Isikhathi sobulungiswa 2011
Diakonia Council of Churches

UMKHULEKO WOKUVULA WAMASONTO ONKE

*Nkulunkulu olungileyo, moya wokuphila,
Ngizunikela kuwe namhlanje, nginxusa intando
nendlela yakho*

*Ukuba ibe ngumthombo ogobhozayo empilweni
yami.*

*Ngiyavuma ukuthi amandla okulunga kwakho
ayahlumelela*

*Emzimbeni, nasengqondweni, nasemoyeni,
nasemphefumulweni.*

*Ngicela uphefumulele kimi umoya wenguquko
nasebandleni,*

*Nasemndenini, nasemphakathini engikuwo.
Ngicela languquko kuJesu ongiqinisayo.*

Amen



Isikhathi sobulungiswa 2011
Diakonia Council of Churches

OKUQUKETHWE

AMASU OKUSIZA OZOHOLA INGXOXISWANO 5

ISINGENISO 7

IZIFUNDO ZEBHAYIBHELI:

Isonto lokuqala 1
■ Ukuguqulwa kwesimo esimbuka ngaso uNkulunkulu nesizibuka ngaso thina (izizindlo ngokwenkolo nezimo) 9

Isonto lesibili 2
■ Izizindlo ngokwenkolo ekuphatheni nasebuholini (ukuba nesibindi sokumela into) 13

Isonto lesithathu 3
■ Ukwabelana ngezinsiza (ukuba nesibindi sokumela into) 17

Isonto lesine 4
■ Ukuphokophelela phambili ngethemba (izindaba ezinhle) 22

NGEZOMKHANDLU WAMABANDLA 27

IMITHOMBO YOLWAZI 28



UKUZINDLA KWANSUKUZONKE

Ngizimisele futhi ngijonge ukwenza konke okudingekile ukuphumelelisa izinguquko empilweni yami.

Umuntu angabhekana kanjani nezehlakalo zezinhlekelele kwingabade jikelele? Angenza mehluko muni? Ezimweni zokuzibhekelela, nesokubhekana nezinselulo zokulutheka okungase kwenziwe amasikompilo ezizwe zaphesheya? Lokhu kungaholela ekuxhaphazweni kwabantu nezemvelo? Abaholi balamazwe bazicabangela bona nenzuzo ngokwezepolitiki noma baqhubezele ubukhondlakhondla babo. Izinhlangotho ezinkulu kwezomnotho zishaya indiva izimpilo zabantu ngokubanukubezela kwezemvelo.

Ngiyakholwa wonke umuntu ngamunye angabamba iqhaza elithile kulesisimo.

http://www.enewsbuilder.net/emmabragdon/e_article001144880.cfm?x=b11,0,w

Yiba nentshisekelo mphefumulo wami wokufuna Okusha, ungavinjwa lutho shisekela impumelelo Noma kanjani. Uyoshesha ukuthola umfutho Nomhlaba uveze okusha okuyinzuzo kuwo.

John O'Donahue

AMASU OKUSIZA OZOHOLA INGXOXISWANO

1. Sebenzisa esinye sezixazululo (ekhasini) ekuqaleni kwayo yonke imihlangano yesonto – ikakhulukazi uma kuyiqembu eliqalayo ukuthumela umhlangano wesikhathi sobulungiswa.
2. Banike ithuba baxoxe ngokubavelele ngesonto elidlulileyo. Esontweni lesibili buza ukuthi kubahambe kanjani ezinqumweni ababezithathile.
3. Khuthaza ukuba bonke bakhulume, kuvamile abanye bakhululeke eqenjini kodwa abanye banamahloni. Yiba namasu okubavimbela abakhuluma kakhulu bangachazi bese ukhuthaza abanamahloni ukuthi babhoboke. Ukwenza njalo banike izigatshana zokuba bazifundele abanye.
4. Sebenzisa uhlelo lokufundisa olumisiwe (learning cycle) Ukubalekelela bonke bahlomule kokufundiswayo – **funda, bheka, zindla bese uyenza**
5. Guquguquula indlela yokuxoxisana isonto ngesonto. Umholi ohlelekile akemi endleleni eyodwa yokubuzwa, ukuze amalungu eqembu angakwazi ukuqagela imibuzo yesonto elizayo. Esontweni lokuqala kujwayelekile ukulandela indlela esohlelweni ukuze amalungu azizwe ekhululekile. Kusukela kwelesibili umholi usengangenisa izinguqukwana lapha nalaphaya, makukhumbuleke ukuthi ukulingisa nokunye okuqhayo ukulekelela ukukhumbula kalula okufundiswayo.
6. Hlela isikhathi ngokufanele kwenzeke, ubonisana namalungu, futhi kugcinwe. Kudala ukuzethemba kumalungu ukwazi isikhathi sokuqala izifundo zebhayibheli nesokuphetha. Kulekelela ukuhlelwa kwezinto zokuhamba.
7. Zilungiselele kahle. Umhloli ongazilungiselele kahle uyabonakala. Loku kuholela ekumonyukeni kwamalungu kancane kancane umhlangano usaqhubeka. Bekisa ngokuthile lapho uzocaphuma ufunde khona. Zihlelele wena isikhathi ozosithatha kuleso nalesosihloko sezifundo ziphelele. (Akubalulekile ukuba iqembu lixoxisane ngayoyonke imibuzo evukayo.)
8. Hlela isikhathi sokuvula nesokuvala ngomkhuleko.

IZIPHAKAMISO ZOKUXAZULULA EZISAMDLALWANA

Kudingeke kakhulu ekuqaleni kokuhlangana kweqembu noma kukhona amalungu amasha axhuma iqembu elidala.

1. Ukuzifuna

Thatha imizuzu emihlanu ukubheka esikhwameni sakho noma esemali.

Thola

- into owake wabanayo isikhathi eside
- into eyigugu
- into eveza okuthile ngawe
- into ekukhumbuzisa isikhathi sokungebeleka
- into ekwenza ungajabuli/ ekukhathazayo

wonke umuntu akaveze iphuzwana lokuqala, landelisa kubo bonke. Akudingekile baqede uhla bonke ukuze kongeke isikhathi. Okubili kulungile umuntu ngamunye.

2. Imibuzo edala ukuzwana

- wenzani ukuzithokozisa?
- iholide elakuhlaba umxhwele kungaba yiliphi?
- sehlakalo sini osikhumbulayo esakuhlaba umxhwele ninomndeni usemncane?
- yini eyigugu kumngani wakho?
- yini oyithandayo owayifunda kubazali bakho, futhi yini ongathanda ukuyiguqula?
- yini eyenzeka empilweni yakho okwamanje? Yini eyenza ithandeki?
- uma zonke izinto zikuhambela kahle, yini ongathanda ukuyenza eminyakeni emihlanu ezayo?
- yini ongathanda ishiwo ngawe mhla ungcwatshwa?
- kwenzeka nini uma kwenzeka ukuba uNkulunkulu abengaphezu kokuba igama nje? Landa ngokwenzeka.

3. Unalo ulwazi?

Kuhle ukuba iqembu belingazani kahle. Funa amaphuzu enza ulangazelele ukwazi ngomunye nomunye eqenjini ngaphambi

kokuqoqana ndawonye. Akube amaphuzu aqavile ngomuntu, njengokuthi “unesikebhe esibizwa ngaye” noma “ngike ngashayisa imoto yami izikhathi ezine endaweni eyodwa” noma “nginewele”.

Loba emaphepheni ehlukeni iphuzu elilodwa ngomuntu – bese

ushiya isikhala maqondana nalo. Nikeza lamaphepha kumalungu bese ubanika imizuzu emihlanu kuya kweyisikhombisa ukuba bagcwalise izikhala ngamagama afanele. Uma sebebatholile abaqondene bafanele bathole elinye iphuzu ngalawomuntu. Ekugcineni sebezokwazisa iqembu ngalowo nalawomuntu ngokwemiphumela yamaphepha.

4. Impilo yami ngesithombe

Mabalethe amaphepha noma amaphepha-bhuku anezithombe. Mabasike izithombe ezichaza okuthile ngabo. Uma isikhathi sivuma bangakha okuthile okusamhlobiso okuchaza okuthile ngabo.

5. Isiqhingi ehlane

Buza lokhu: Uma ungase uzithole uhlezi esiqhingini unyaka wonke, bese kuthiwa khetha izinto ezintathu ozithandayo ngale kwezidingo. Yiziphi izinto ongazikhetha. Phinda uchaze izizathu zokukhethile.

6. Amaqhawe

Ilungu ngalinye alisho abantu abathathu elibakhonzile, noma basaphila noma sebashona. Babakhetheleni? Futhi babuze uma bengathola ithuba lokuxoxisana kungaba ubani onomlando abangathanda ukuxoxa naye nesizathu salokho. Abasho nemibuzo emibili abangambuzisa yona.

7. Okuyingqayizivele

Ilungu alikhulumisane nabobonke lithole okuyingqayizivele ngomunye, nomunye. Njengokuthi “Angikaze ngibe ngaphandle kwesifunda engizalelwe kuso” noma “siyishumi kithi – izingane”

ISINGENISO:

Siyanamukela kulomgubho wesikhathi sobulungiswa 2011. Kulamasonto amane masivule izinhliziyi ukuze uMoya oNgcwele angene asebenze, asilekelele ekuguguleni izimpilo zethu, ukuze kufinyelele ekugugukeni kwamabandla ethu.

Siyadinga ukuzikhuthaza njalo ngokwenzekayo emiphakathini futhi sizibandakanye nayo.

Siyanikhuthaza futhi ukuba nibambe iqhaza elibonakalayo ekugubheni lesisikhathi sobulungiswa esihlelelwe inyanga ka-Agasti.

Izigaba zezifundo zeBhayibheli ezine zilandela uhlelo olufanayo. Kukhona umkhuleko ohleliwe ekhasini lesibili, kulandele ukuzindla kugcine inkondlo. Isifundo esicashunwe eBhayibhelini sibayingqikithi yesonto.

Sebenzisa okuhleliwe. Kuvumelekile uzenzele owakho umkhuleko.

Ungakusebenzisa kokubili. Izizindlo ungazenza ngokuphimisela noma buthule. Iqembu uma lilikhulu lingaqenjula libe amaqenjuna.

Imibuzo yokuxoxisana izoveza imibono yomuntu, futhi neyemiphakathi neyamabandla. Lokho kunganikhathazi. Esole ingabuye ibhekwe emva kwezinkonzo ngamasonto noma ngelinye-nje ilanga.

Ithuba elivelayo ngaphambi kokuvala, hlela okuzokwenziwa esontweni elilandelayo. Indlela eholela ekugugukeni idinga ukwazi ukumelana nezinsalelo ezivelayo kulesosigaba nesigaba, futhi kubekhona nokuzimisela mayelana nokuqhubeka nokucubungula amaphuzu, kugcinwe sekuthathwa izinqumo ngokuzokwenziwa ezigabeni zozine.

Amalungu awavumelane ngokuzinikela ekwenzeni okuthile isonto ngesonto, kukhumbuleke ukuthi okwenziwayo kungaba okwesikhashana noma okwesikhathi eside.

Kungenziwa ngoyedwa, noma iqembu lonke noma kubandakanye nebandla.





*Ukuphokophelela
ukuguqula
imiphakathi*

Isondo Lokuqala

I Ukuguqulwa kwesimo esimbuka ngaso uNkulunkulu nesizi- buka ngaso thina

ISIFUNDO SEBHAYI BHELI:

KwabaseRoma 12:1 – 8

Ukuhamba okungcwele

Ngakho ngiyancenga, bazalwane, ngobubele bukaNkulunkulu ukuba ninikele imizimba yenu ibe ngumnikelo ophilileyo, ongcwele, othandeka kuNkulunkulu kube ngukukhonza kwenu kokuqonda; ningalingisi lelizwe, kodwa niguqulwe isimo ngokwenziwa ibentsha ingqondo yenu, ukuze nibe nokuhlolisisa okuyintando kaNkulunkulu, okuhle, nokuthandekayo, nokupheleleyo.

Ukuthobeka

Ngokuba ngomusa engiwuphiweyo ngisho kulowo nalowo ophakathi kwenu ukuthi angacabangi athi mkhulu kunalokho afanele ukukucabanga, kodwa acabange kube ngokuqonda, njengalokhu uNkulunkulu abele lowo isilinganiso sokukholwa. Ngokuba njengalokhu sinezitho eziningi emzimbeni munye, kepha izitho zonke azinamsebenzi munye, kanjalo thina esibaningi simzimba munye kuKristu, kepha ngabanye siyizitho, omunye esomunye. Sineziphomomusa ezahlukileyo ngokomusa esiwuphiweyo; uma singesokuprofetha, asiprofethe ngesilinganiso sokukholwa; uma singesokukhonza, kube senkonzweni; ofundisayo, kube sekufundiseni, oyalayo, ekuyaleni; owabayo, enze ngobuqotho; oholayo, ngenkuthalo, ohawukelayo, ngentokozo.

BUKISISA LOKHU:

UMoya oNgcwele ungumduduzi, futhi impela umoya kaNkulunkulu uyamduduzisa okhathazekile, ngokufanayo umoya uyamnyakazisa onethezekile. Isimo esiguquliwe esizibuka ngayo sisizwa UMoya oNgcwele siyasikhuthaza futhi sisiqungise isibindi sokungazinyezi kugcine ngokuletha into beko kwabaziphakamisayo. Uma ucabanga ngeyakho impilo ngawedwana yikuphi lapho uke wabanokuzisola, yikuphi lapho uzwe ukuhlumeleleka ngokukaMoya kaNkulunkulu?





AMAXOXO NGEMIBUZO:

1. Izinkolo eziningi ezahlukene zenza imihlatshelo enhlobo-nhlobo kodwa kithina kusho ukuthini ukuba 'Umhlatshelo ophilayo?' Ngokuhamba kwesikhathi lokhu kube nomthelela muni esimweni ombuka ngaso uNkulunkulu na?

2. Kubafundi bokuqala kwakwenziwa kakhulu ukumemezela ukuthi 'uKristu uyiNkosi' emphakathini owawuthi 'uKhesari uyinkosi'. Yiziphi izindlela imiphakathi yethu eyenza ingcindezi yokuba silandele indlela yasezweni yokuziphatha kunokulandela ekaJesu na?

3. Ngokubona kwakho yimiphi imiphumela emibi evela ekutheni abantu bazibone bengcono kakhulu kunaloko abayiko noma bazinyeze na? Usazindla kanjalo qhubekela emkhakheni wezepolitiki, wezokusebenza, wezempilo yokholo, wezemindeni nemiphakathi.

4. Ukuzicabanga sesiguqulwe UMoya oNgcwele kaNkulunkulu kusikhulula kanjani ukuba sibenokukhuthazeka ekusebenziseni izipho zomusa namakhono esiwamukeliswa nguNkulunkulu na?

UHLELO OLUNGALANDELWA:

Banikeze umbono wokuba lokho abazokwenza bakubhale phansi, kodwa baqale bacobelelane ngamunye ngemibono yabo bese bexoxisana njengeqembu.

1. _____

2. _____

3. _____

4. _____

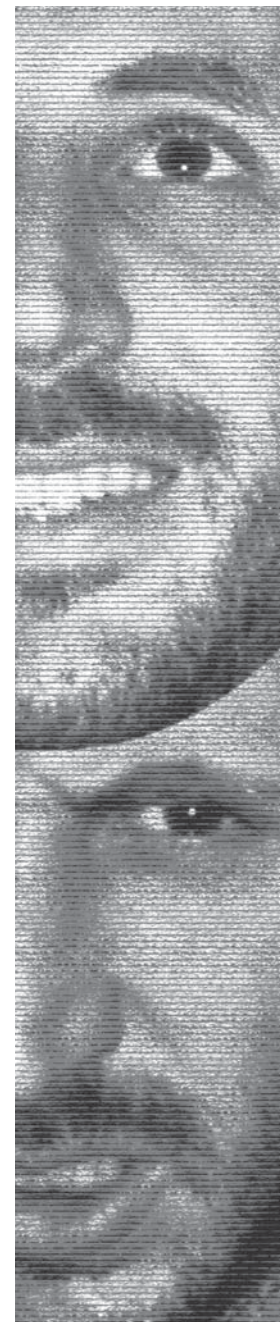
AMASU OKUCOBELELA

UNkulunkulu uthokoza ngokulunga nokwahlulelwa: " Ohlakaniphileyo makangazibongi ngokuhlakanipha kwakhe, neqhawe malingazibongi ngobuqhawe balo, nocebileyo makangazibongi ngengecebo yakhe, kepha ozibongayo makazibonge ngalokhu ukuthi uyangiqonda, angazi ukuthi nginguJehova owenza umusa nokwahlulela nokulunga emhlabeni, ngoba ngiyathokoza ngokunjalo" (Jer. 9:23-24)

Inguquko Ngokomoya inezindlela ezixhumanayo yize kukhona nokwehlukana.

Emkhakheni wezengqondo, inguquko ngokomoya incike ezintweni umuntu azasisayo ikakhulukazi nalokho okuphathelene nomphefumulo nephakade lakhe. Okubili singakucaphuna kokubhalwe u-Kenneth Pagrament no Raymond Paloutzian:

- Abangongcweti ngokwezengqondo: **u-Pargament** uthi "ingqikithi yokuguquka ngokomoya isho ushintsho olujulile emphefumulweni nendlela obuka ngayo iphakade lakho, kwenza ugqozi lokuzinikela ekwenzeni okusha futhi nokwehlukile" (ikhasi18).
- **u-Paloutzian** yena uthi "inguquko ngokomoya isho ushintsho ezisekelweni zempilo yakho nendlela obuka ngayo impilo yezwe nomthelela walokho jikelele" (ikhasi 334).





Iziphakamiso zokungenziwa yiqembu

1. Hlelani inkonzo yebandla eqondene nesikhathi sobulungiswa. Ayigqamise okuyindlela entsha yokubheka uNkulunkulu
2. Zamani izindlela ezintsha zokudumisa uNkulunkulu
3. Qambani iculo noma inkondlo engasebenza kulenkonzu
4. Vakashelani ibandla elinye emphakathini. Hlola indlela elikhonza ngayo nendlela elimbuka ngayo uNkulunkulu
5. Hlela inkonzo yokuthula lapho kuzozindlwa khona ngendlela entsha yokubuka uNkulunkulu
6. Mema uchwepheshe wokuzilolonga ngokwempilo jikelele. Uzokwethula inkulumo yokukhuthaza ukuziphatha kahle nokuzinakekela.
7. Hlelela usonto sikole isifundo esikhuthaza ukuziphatha kahle komuntu jikelele
8. Zinikele ukusiza ekhaya eligcina abantu abadala nezingane ezikhubazekile. Isibonelo: Cheshire homes ne St. Giles Association
9. Bhala uhla lwemibuzo ezoba yinhlolovo mayelana nokuziphatha kahle. Igcwaliswa ngumuntu ngamunye. Ifanele igcwaliswe ngalelisonto obanike ngalo.

BHALA AMANOTHI:

Isonto Lesibili

2 Izizindlo ngokwenkolo ekuphatheni nasebuholini

ISIFUNDO SEBHAYIBHELI: 2 Samweli 12:1-7

Ukuzisola nokujeziswa kukaDavide

UJehova wayesethuma uNathani kuDavide. Wafika kuye, wathi kuye: Kwakukhona amadoda amabili emzini munye, enye icebile, enye impofu. Ecebileyo yayinezimvu nezinkomo eziningi kakhulu, kepha empofu yayingenalutho, inekhukazana lilinye elincane nje kuphela, eyayilithengile yalondla; lakhulela kuyo nakubantwana bayo; ladla ucezu lwayo, laphuza esitsheni sayo, lalala esifubeni sayo, lalinjengendokazi kuyo. Kwase kufika isihambi endodeni ecebileyo, yayeka ukuthatha ezimvini nasezinkomeni zayo ukusilungisela lesosihambi, esasifiké kuyo, kepha yathatha ixhukazana lendoda empofu, yalilungisela umuntu owayefiké kuyo. Intukuthelo kaDavide yavutha kakhulu ngalowomuntu, wathi kuNathani; Kuphila kukajehova, umuntu owenzé lokho ufanele ukufa; uyakulibuyisa ixhukazana, liphindwe kane ngokuba enzé lokho nangokuba wayengenasihawu. UNathani wathi kuDavide: Nguwe lowomuntu. Usho kanye uJehova uNkulunkulu kalsrayeli, uthi: Ngakugcoba ube yinkosi phezu kukalsrayeli, ngakophula esandleni sikaSawule.

BUKISISA LOKHU:

Kuyinto engelula ukubhekana ngqo nombuso onamandla mayelana nokwenziwa kweqiniso ngisho ungumphrofethi kaNkulunkulu kumele uqaphele. UNathani wenza umzekeliso ogudla eqinisweni. UDavide wathukuthela wagana unwabu ngalendaba, ephuthuma eyenza isigwebo esinzima angasikhipha ngalesisenzo esibi kangaka. Yilaphoke uNathani esethi 'Nguwe lowomuntu!' UDavide wabe esebona iqiniso nokufanele akwenze. Uma seseka abaholi bemikhakha enhlobonhlobo ebandleni, kuHulumeni, emindenini sisuke sikhombisa ukubethemba ngamakhono abo ebuholini. Uma sekwenzeka okuphambene nokulindel-





ekile asithandi ukubagxeka ngokuphoxayo sifuna ukubakhuthaza ukuze benze kahle. Nokho sikhathi simbe akubi yisu elihle ukubaqonda ngqo futhi akukhombisi inhlonipho ukwenzajalo futhi akuyona indlela yesintu leyo. Sidinga ubunono, sicophelela ukubelekelela ukwenza ngcono isimo. Kungaboniswa ngendlela emazombe, enokucophelela nenhlonipho kodwa ibe iveza ngokusobala ukuthi okwenzekile akwemukeleki qobo. Futhi kungaphawuleka ukuthi kungenzeka amanye amaphuzu angabanomthelela awuvelanga, kube ngozithoba. Kungaxoxwa nendatshana enhle, enombhingo omncane ukuze kukhululwe isimo esingaba nokushuba, abantu bazizwe bekhululekile, bemukelekile.

AMAXOXO NGEMIBUZO:

1. Kukhona yini ongakukhumbula emibhalweni engcwele lapho uJesu ebeka inselelo kubaholi benkolo nabombusazwe ngesikhathi sakhe?

2. Kukekwenzeka yini kuwe ukuba uthi “Ngingathanda ukubu za kuhulumeni ngalokhu” ubesewenzani ngalokho?

3. Uma ungenasibindi sokubhekana nabaholi bezepolitiki zikhona yini izinhlaka noma izinhlangano ebandleni lakho ezingakuxhumanisa? Yiliphi iqhaza ongazimisela ukulibamba? Futhi ungasiza kanjani ebandleni lakho nasezinhlanganweni zalo ukuqinisekisa ukuthi abaholi bahambisa izinto ngendlela eyiyo?

4. Akhona yini amaphuzu athile asemqoka ongathanda ukuba acutshungulwe ebandleni lakho nakwinqubomgomo yalo?

UHLELO OLUNGALANDELWA:

Banikeze umbono wokuba lokho abazokwenza bakubhale phansi, kodwa baqale bacobelelane ngamunye ngemibono yabo bese bexoxisana njengeqembu.

1. _____

2. _____

3. _____

4. _____

AMASU OKUCOBELELA

Ngokujwayelekile ukugxeka okwakhayo kwenziwa ngendlela yokuthi: okokuqala uyancoma, ukhuthaze. Ukulinganisa, “siyabona ukuthi miningi imisebenzi evulelekile phansi kwalenqubo osuyiqalile”, Okwesibili: beka gokusobala okungavumelekile. Ukulinganisa “sicabanga ukuthi amathenda awabiwanga ngokomthetho”, Okwesithathu: ukuqinisekisa ukuthi niyasicabangela njengomphakathi: isilinganiso “sicabanga ukuthi senizokwenza uphenyo mayelana nalesisikhalo bese nisazisa ngomphumela nesixazululo”, Khuthaza iqembu liqhamukise ezinye izindlela ezingasetshenziswa ekuqapheni ukusebenza kwabaholi.

Ukukhuthaza ukuphepha kwezingane kuyinhloso esekelwe isiqubulo, **“Acts of transformation: from war toys to peace art”**, okuqondwe ngaso ukukhuthaza imfundo eyisisekelo sokwenza inguquko kusetshenziswa amathoyizi avuselela ukuthula, hhayi lawo avusa ulaka nempi. Sivumelani izingane zidlale ngamathoyizi ayizikhali zempi na? Zifundani kulokho? Izingane zifunda ukuxhumana ngemidlalo bese kuholela ekukhuleni ngokwengqondo. Ekugcineni zibe ngamalungu omphakathi azigqajayo futhi anokuzithiba. Inhlangano ekhuthaza ukuthula enesiqubulo esithi “promoting a culture of peace society of BC’s (UNICEF) ithemba ukuthi: izingane ezizozimbandakanya kuloluhlelo zizofunda indlela enhle yokuziphatha futhi yonge nemvelo. Futhi zigcina zingamalungu emiphakathi anekusasa eliqhakazile, kungekho bandlululo, kunokuthula.





Iziphakamiso ezingenziwa yiqembu

1. Mema ikhansela ukuze nixoxisane ngezikhalo eninazo endaweni
2. Celani ithuba lokwethula iziphakamiso zenu esigungwini sebandla noma kubuholi balo
3. Bhalani isiphakamiso, nisethule kubaphathi bebandla
4. Ningabhalisela izifundo zokukhuluma phambi kukawonkewonke noma nibe amalungu ekilabhu yabafundiswa ukubhala inkulumo noma ukwethula izinkulumo.
5. Bhala uhla lwemibuzo ezoba yinhlolovo yalelosonto: ithinte izinto umuntu ashiseka ngazo, nokubuza ukuthi yiluphi ulwazi engilidingayo ngokuthile. Kunezelwe nemibuzo evela kulo iqembu.
6. Thola ulwazi ngesixazululo esiphumelele esenziwe abaholi bomphakathi enkingeni ebikhona kuwo

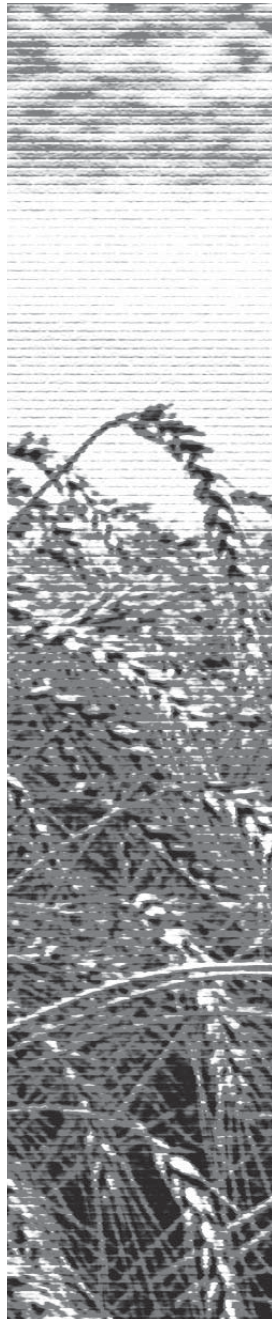
BHALA AMANOTHI:

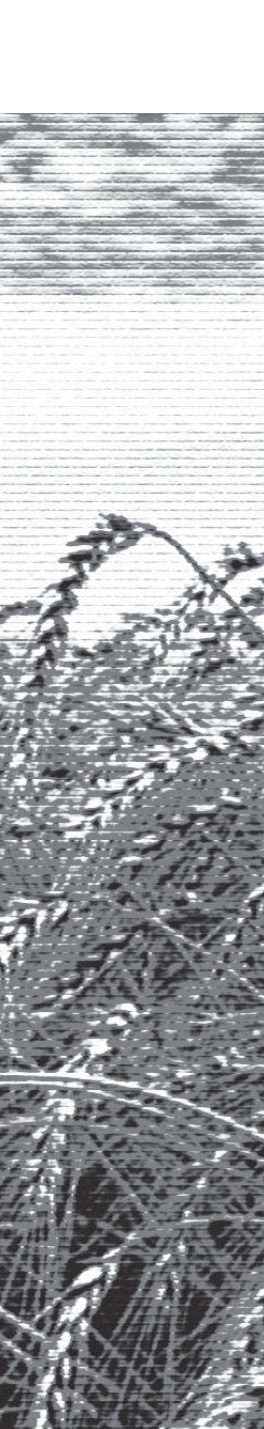
Isono Sebhayibheli

3 Ukwabelana ngezinsiza

ISIFUNDO SEBHAYIBHELI: uRuthe 2:1-16

UNawomi wayenesihlobo somyeni wakhe, umuntu ocebileyo, owomndeni ka-Elimeleki, igama lakhe linguBowazi. URuthe wakwaMowabi wathi kuNawomi: “Mangihambe, ngiye ensimini, ngikhothoze ezikhwetshini emva kwalowo engiyakufumana umusa emehlweni akhe.” Wathi kuye: “Hamba, ndodakazi yami.” Wahamba, waya wakhothoza ensimini emva kwabavuni; kwase kwenzeka ukuba afike esiqeshini sensimu sikaBowazi womndeni ka-Elimeleki. Bheka, uBowazi wafika evela eBetlehema, wathi kwabavunayo: “UJehova makabe nani.” Bathi kuye: “UJehova makakubusise.” Wayesethi uBowazi encekwinini yakhe eyayibekwe phezu kwabavuni: “Ngekabani le ntombazana na?” Inceku eyayibekwe phezu kwabavuni yaphendula yathi: “Kuyintombazana yakwaMowabi ebuye noNawomi ezweni lakwaMowabi; ithi: ‘Ake ngikhothoze, ngibuthe ezithungwini emva kwabavuni.’ Selokhu ifikile, iqhubekile kusukela ekuseni kuze kube manje, ihlale kancane endlini kuphela.” UBowazi wayesethi kuRuthe: “Angithi uyezwa, ndodakazi yami? Ungayi ukukhothoza kwenye insimu, futhi unga-suki lapha, kepha namathela kuwo amantombazana ami lapha. Amehlo akho mawabe sensimini ayivunayo, uwalandele; angithi ngiyalile abafana ukuba bangakuthinti na? Nxa womile, yana ezi-tsheni, uphuze lokho abakukhileyo abafana.” Wayesewa ngobuso bakhe, wakhothamela emhlabathini, wathi kuye: “Ngifumaneleni umusa emehlweni akho ukuba unginake, lokhu ngingoweziwe, na?” UBowazi waphendula, wathi kuye: “Kubikiwe kimi konke omenzele khona unyokozala selokhu afa umyeni wakho nokuthi ushiyile uyihlo nonyoko nezwe lokuzalwa kwakho, weza kubantu ongabazanga ngaphambili. UJehova makakuvuze ngomsebenzi wakho, uphiwe umvuzo opheleleyo nguehova uNkulunkulu ka-Ishrayeli oze ukuba uphephele phansi kwamaphiko akhe.” Wathi: “Mangifumane umusa emehlweni akho, nkosi, ngokuba ungi-dudzile nangokuba ukhulume kahle kuyo incekekazi yakho, noma





ngingenjengeny ezeincekukazi zakho.” Ngesikhathi sokudla uBowazi wathi kuye: “Woza lapha, udle isinkwa, ugcobhoze ucezu lwakho kuviniga.” Wahlala eceleni kwabavuni, wamnika utshwele, wadla wasutha, washiya phansi. Esesukile ekukhothozeni uBowazi wayala abafana bakhe, wathi: “Makakhothoze nasezithungwini, ningamkhathazi. Anoke nimkhiphele nokuthile ezithungwini, nikushiye ukuba akukhothoze, ningamsoli.”

BUKISISA LOKHU:

Ukukhothoza akulona isikompilo lethu, ikakhulukazi njengo-ba sekwavunwa ngemishini eseqophelweni eliphezulu. Ku-jwayelekile noko ukuthi abalimi bezohwebo, babadedele abalimi abancane balandele becoshe okugejeke emishinini. Okwenziwa uBhowazi kuRuthe kwakunga jwayelekile. Loko kokuthi abavuni bavele bamkhiphele ezithungwini ukuze akhothoze ngokuthe xaxa. Ngabe wathinteka ukuzwa impatho enhle uRuthe kuNawomi nanoma ukukhuthala kwakhe? Kungenzeka futhi ukuthi wakhangwa ubuhle bakhe obuhehayo. IBhayibheli alikuchazi lokhu kodwa kusobala wayethathekile. Ngokwesikompilo lethu ikakhulu ubuntu, nathi sinazo izindlela zokuziphatha. Isimo sasicishe sifane nezifiki kuleli lakithi eNingizimu Afrika ngesikhathi samanje. URuthe naye njengesifiki wayengenalo ilungelo lokuba yisisebenzi kulelozwe. Ake ucabange izindlela ongazisa ngazo izifiki ohlangabezana nazo. Eminyakeni edlule ngesikhathi somgubho wobulungiswa, kwenziwa isiphakamiso, sokuzindla ngobundeni ‘endlini kaNkulunkulu’. Ngokokholo lesosiphakamiso sasigcizelela ukuthi umhlaba unako ukudla okunganelisa abantu bonke kodwa akwaneli uma kukhona ubugovu ebantwini. UBhowazi usikhombisa ukuthi singabanesihe sabelane nabanye sethembela kuNkulunkulu hhayi ekugodleni izinto. Kutholakala ukuthi abantu abaphanayo akungoba benokuningi. Bangabantu ase-bajwayela ukwabelana nabanye ngabanako. Uma uncishana kokuncane onako, uyoncishana noma sewunenala. Ngokugqathanisa, abampofu baphana ngokwedlule kwabanothile.

AMAXOXO NGEMIBUZO:

1. Ngesikhathi abantu bekwenzela umusa wazizwa unjani? Xoxa ngaloko neqembu okulo.

2. Kunini lapho kubalula kuwe ukuphana futhi kunini lapho kubanzima khona?

3. Singabafuza kanjani abantwana abangabheki izinga lomuntu?

4. Yimaphi amaphuzu obulungiswa agqamayo kulendaba yeBhayibheli?

5. Emabandleni ethu, umoya wokuphana singawu dlondlobalisa kanjani ukuze kuhlomule iningi?



UHLELO OLUNGALANDELWA:

Banikeze umbono wokuba lokho abazokwenza bakubhale phansi, kodwa baqale bacobelelane ngamunye ngemibono yabo bese bexoxisana njengeqembu.

1. _____

2. _____

3. _____

4. _____

AMASU OKUCOBELELA

Small Acts of Inclusion® – Creating Cultural Transformation with Social Networking

Icashunwe kwi: Diversity and inclusion series

Innovations – isisungule indlela entsha sha yokuxhumanisa amasikompilo. Lokhu kungachazwa ngokuthi Ukulinganiswa kwamathuba kwenza izisebenzi zibe nokuzethemba ngomsebenzi eziwenzayo, zeneliseke nangomhlomulo, nemboni idlondlobale. Izimboni eziningi sezenze okuningi okuncomekayo ekulinganisweni kwamathuba ngokosikompilo emazingeni aphezulu.

Nokho akukafinyeleleki ngezinga elifanayo kumazinga aphansi. Ekugcineni, ukuxhumana okungcwele kokwenzeka mhla ukwamukeleka kwaba nxa zonke sekulinganwa kwabanganeno nabangaphesheya.

Loluhlelo lusekelwa ukuxhumana ngolwazi nemibono nokusatshalaliswa kwezinguquko. Ubudlelwano obukhona kumanje kuleyo nakuleyonhlangano kwakha umbono okhulayo. Okuhlanganisa abantu yizidingo ezifanayo nezintshisekelo – njengamaqembu enza amaprojethi athile; ababhekele izidingo zezimboni; nabaxhumanisi. Izinguquko zenzeka ekuxhumaneni – ngamunye noma ngokweqembu noma ngokwesigungu.

Iziphakamiso ezingenziwa yiqembu

1. Khuthaza ibandla lakho linikele ngokuphana.
Isilinganiso: abazinikele ukusiza indawo egcina abadala
2. Hlela umcimbi, nabokufika bameme balande ngezingqinamba ezaholela ekushiyeni amazwe akubo, baqhubeke balande ngobunzima abahlangabezane nabo sebekuleli.
3. Hlanganyela noma uqale iqembu elizofundisa isiNgesi noma isiZulu ezinganeni nakwabadala
4. Nikela isikhathi noma ugququzele iqembu elizokhuculula ishashalazi lokungcebeleka noma lemidlalo.
5. Hlela ukufunda incwadi “THE *OIKOS JOURNEY*” noma ugququzele abazofunda ndawonye.
(www.diakonia.org.za)

BHALA AMANOTHI:

*Isondo
Lesine*

4 Ukuphokophelela phambili ngethemba

ISIFUNDO SEBHAYIBHELI: abaseKolose 1:3-12

Simbonga njalonjalo uNkulunkulu uYise weNkosi yethu uJesu Kristu, nxa sinikhulekela, lokhu sizwile ngokukholwa kwenu kuKristu Jesu nangothando eninalo kubo bonke abangcwele, ngenxa yethemba enibekelwe lona ezulwini, enezwa ngalo ngaphambili ngezwi le-qiniso leVangeli elifikile kini, njengalokhu likhona ezweni lonke lithela izithelo, landa, njengokuba kunjalo naphakathi kwenu, kusukela osukwini enezwa ngalo, nazi umusa kaNkulunkulu nge-qiniso, njengalokho nafunda ku-Ephafra othandekayo oyinceku kanye nathi, oyisikhonzi esithembekayo sikaKristu ngenxa yenu; okunguyena futhi wasitshela ngothando lwenu ngoMoya.

Amavesi 9-12: Ngalokho nathi, kusukela osukwini esezwa ngalo, asi-yeki ukunikhulekela nokuninxusela ukuba nigcwaliswe ngokwazi intando yakhe ngokuhlakanipha konke nokuqonda okungomoya, nihambe ngokufanele iNkosi, niyithokozise ngakho konke, nithela izithelo emisebenzini yonke elungileyo, nikhula ekumazini uNku-lunkulu, niqiniswe nokuqiniswa konke ngokwamandla enkazimulo yakhe, kuze kube ngukubekezela konke nokubheka kade ngoku-jabula; nibonga uYise owanenza nifanele isabelo sefa labangcwele ekukhanyeni.

BUKISISA LOKHU:

Encwadini 'The power of hope' (Amandla ethemba) ebha-lwe nguVictor Frank ezindla ngokwakwenzeka ezinkanjini zokusebenza kanzima okwakunesihluku ngesikhathi sika-Hitler, ubhala kanje "Lowo onesizathu sokuphila uyakwazi ukumelana noma yiluphi uhlobo lobunzima ahlangebaza-na nalo." EBhayibhelini ithemba lisemqoka futhi liyisimo. Futhi libuye libeyisisekelo sokwamukelwa kweVangeli. Lihlanganiswa nokukholwa nothando. Ake ucabange nge-

sikhathi lapho wabona ithemba liguqula isimo esidikiba-lisayo, lifaka umfutho nomdlandla wokwenza ngcono ne-nqubekela phambili.

Thatha imizuzu emihlanu uzindla buthule:

- Kuwe ithemba lisho ukuthini?
- Uphumelela kanjani ukuqhubeka nempilo emuva kokudikibala?


AMAXOXO NGEMIBUZO:

- Qhaza lini elibanjwe yithemba empilweni yakho?

- Uma ukhululekile, ake uxoxe ngemibono ekufikele ekuzindleni buthule nomunye eqenjini.

- Elakho ithemba ligxilephi?

- Ithemba likusize kanjani ekubhekaneni nezinsalelo ezisempilweni yakho?



5. Usizakele kanjani kulezizifundo zeBhayibheli ekuhambeni kwakho ngokholo.

6. Thatha umkhuleko evesini 9-12 uwubhale kabusha usuzibhalela wena noma iqembu uwubhale usulungisa isimo esiwuhlupho kuwe ongakwazi ukubhekana naso kodwa uwubhale ngendlela eyiqiniso.

UHLELO OLUNGALANDELWA:

Banikeze umbono wokuba lokho abazokwenza bakubhale phansi, kodwa baqale bacobelelane ngamunye ngemibono yabo bese bexoxisana njengeqembu.

1. _____

2. _____

3. _____

4. _____

AMASU OKUCOBELELA

Imibuzo yezenkolo enezelelwe:

1. Esigabeni sokuqala salesisifundo kubhalwe ngezihloko: ithemba nothando. Umbhali ukwehlukhanise kanjani futhi wakuxhumanisa kanjani nempilo yethu?
2. Ebandleni laseKolose yini efakazela ukuthi ithemba lenza okuphathekayo?
3. Lelibandla lalinezinselelo eziningi nokwesatshiswa. Engxenyeni yesibili yalesosahluko, umphostoli uyakhuleka. Chaza ukuthi lomkhuleko usivezela kanjani ithemba levangeli elisilekelela ngayo ukubhekana nesimo esinzima nokuguqula indlela esizibuka ngayo izinto?

Uyini umkhuleko wethemba ngokweVangeli nethemba ngokujwayelekile?

<http://www.desiringgod.org/resource-library/ask-pastor-john/what-is-so-important-about-christian-hope>

Igama " iThemba" ngokwesilungu esijwayelekile linencazelo ehlukile kwethi " isiqiniseko".

Ungasho kanje " angazi kuzokwenzekani kodwa ngiyethemba kuzokwenzeka"

Uma ufunda igama " iThemba" eBhayibhelini (ngokuka-Petro: 1-13 "ngakho zibopheni izinkalo zengqondo yenu nizithibe, nethembe ngokupheleleyo umusa enizokwabelwa ekwambulweni kuka-Jesu Krestu") alisho into engatshazwayo. Akukhona ukuthi " angazi kuzokwenzekani kodwa ngithemba kuzokwenzeka" aliyikho loko lelothemba lobuKrestu.

Ithemba lobuKrestu lingukuqiniseka ngokuthenjiswa uNkulunkulu ukuthi kuzokwenzeka ithemba lobuKrestu lingukwazi ukuthi akuthembisile uNkulunkulu uzokwenza, futhi ungabi nokungabaza.



Iziphakamiso ezingenziwa yiqembu

1. Bhala umthandazo wethemba. Cella omunye awubhale oqwembeni oluhlotshisiwe. Lungafakwa odongeni lezaziso zebandla. Ungafakwa futhi ezingqwembeni ezincane zokubekisa amakhasi emabhukwini ebandla. Lezingqwembana zingaphiwa amalungu ebandla enkonzweni yokuphetha umgubho wesikhathi sobulungiswa 2011.
2. Hlela usuku nje olulodwa lokwenza okuthile okuhle emphakathini (ekhasini 28).
3. Hlela ukufeza isifiso somunye osegulela ukufa.
4. Hlela inkonzo yokuthula yeqembu lakho kodwa bangamenywa nabakwamanye amaqembu.

BHALA AMANOTHI:

IMINININGWANE NGOMKHANDLU WAMABANDLA I-DIAKONIA

UMkhandlu wamabandla i-Diakonia uyihlangano yobumbano lobunceku bamabandla amaningi. Usekelwe nguMasipala weTheku, KwaZulu Natal. UMkhandlu wakhiwe amabandla ayishumi nesithupha bese inezelwe ezinye izihlangano ezimbili. Usuneminyaka engamashumi amathathu nanhlano yasungulwa. Usabalalisa ubunceku bamabandla futhi umele nobulungiswa emiphakathini.

UMBONO

Umphakathi oguqukile olwela ukuba kubekhona ubulungiswa emphakathini.

INJONGO

Singamabandla abumbene sikhuthazwa yinkolo yobuKrestu, sijonge uku-gqugquzela izinguquko ezizokwenza abantu bazithuthukise, bakwazi ukuzi-mela, futhi bawuqhubezele umoya wobulungiswa.


INHLOSO NGQANGI

Ukuqiniseka ukuzibandakanya kwamabandla ekwakhiweni kobulungiswa sizimisele kuloku:

- **Ubulungiswa emphakathini:** ukukhuthaza ukuthula nokubuyisana okuholela ekwakhiweni kwezinhlelo ezizobhekana nobhubhane lwesandulela – ngculazi nengculazi. Ukwakha ubudlelwano phakathi kwamabandla nezombusazwe kuze kufinyelele emazingeni aphansi.
- **Ubulungiswa kwezomnotho:** ukufundisa ngolwazi nokufuna amalungelo abampofu kwezenhlo nezomnotho, ukuqhakambisa izinhlelo zikadekle ezingcono nokuthola izidingo nezinkonzo zikahulumeni, nokuqwashisa ngomthelela womnotho womhlaba jikelele emnothweni wethu.
- **Ubulungiswa ngokwezemvelo:** sikhuthaza izinhlelo zokongiswa kwezemvelo nokuqedwa kwendlala. Sixhumana nongoti ukuze sithole ulwazi lwesikhathi samanje lokongeka kwezemvelo nezitshalo kwingabade.

Izinhlelo eziphathelene nesandulela ngculazi nengculazi, nobugebengu, nentsha kanye nokulinganiswa kwamalungelo ziyinqikithi yokuzibandakanya kwethu.





iMinistries Support Programme iyingxeny yohlelo olubalulekile lomsebenzi wethu, ekukhuliseni ubudlelwano phakathi kwethu njengenhlangano kanye namabandla esisebenzisana nawo. Sizolamukela ithuba lokuba sivakashele ibandla lakho sizokhuluma ngomsebenzi wethu bese sifunda nakinina njengebandla.

Imithombo yesicobelelo:

1. **Amabhayibheli: The Poverty and Justice Bible**
Contemporary English Version, British and Foreign Bible Society 2008.

Okucashunwe kuma website:

1. <http://www.wartoystopeaceart.com>
2. <http://www.innovint.com/services/small-acts-of-inclusion.php>
3. http://www.enebuilder.net/emmabragdon/e_article001144880.cfm?x=b11,0,w
4. [http://en.wikipedia.org/wiki/Ubuntu_\(philosophy\)](http://en.wikipedia.org/wiki/Ubuntu_(philosophy))
5. <http://bible.oremus.org>
6. http://en.wikipedia.org/wiki/Spiritual_transformation
7. http://www.google.co.za/search?q=random+acts+of+culture&rls=com.microsoft:en-us:IE-SearchBox&ie=UTF-8&oe=UTF-8&sourceid=ie7&rlz=1I7ADRA_en
8. <http://www.randomactsofkindness.org/>
9. <http://www.diakonia.org.za>
10. <http://www.desiringgod.org/resource-library/ask-pastor-john/what-is-so-important-about-christian-hope>
11. http://www.equalityforwomen.org/courses/russell/rus_1_2.htm

(Okunye kucashunwe kuma-website kunjengoba kunjalo, okunye kwaguqulwa, kuthi okunyeke kube okokuvula umqondo nje.)



Diakonia Council of Churches
20 Diakonia Avenue, Durban
PO Box 61341, Bishopsgate 4008
the.director@diakonia.org.za
www.diakonia.org.za