

# **Umhlahlandlela Wokuphila**



**Ukuhlakanipha okusendleleni  
yempilo yansukuzonke!**

## **Roadmap for Life**

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# **Ukuhlakanipha okusendleleni yempilo yansuku zonke!**

Nsuku zonke ohambeni lwakho ngempilo lunezinyathelo ezincane, njengokuhamba ekhaya okokuqala kuze kufike lapho ushintsha khona nomsebenzi noma ushada nesithandwa sakho sangempela/seqiniso noma ukhulisa umndeni. Konke lokhu kwenzeka ngenkathi usendaweni engajwayelekile futhi uhangana nabantu abavela kumasikompilo ehlukene bevela kuzo zonke izindawo emhlabeni. Ungazithola usubambeka noma uphume endleleni ngenkathi ushintshanisa imisebenzi, abantu othandana nabo kanye nezingcindezi zansuku zonke ezijikijelwa yimpilo kuwe. Inselelo wukuphila ngokholo onalo ngendlela enomqondo. NgeBhayibheli njengomkhombandlela (GPS) wakho, qinisekisa ukuthi usendleleni efanele. Bheka izixhumanisi ngendlela ofuna ukuyilandela encwadini yaMahubo.

*USimakade uyaziqinisa izinyathelo zomuntu  
lapho eyithanda indlela yakhe.*

*Uma ewa, akayukufumbeka phansi,  
ngokuba uSimakade ubamba isandla sakhe.*

**IHubo 37:23-24**

*Wenza izinyawo zami zibe njengezendluzele,  
angimise ngiqine ezindaweni zami eziphakemeyo.* **IHubo 18:33**

*Ngiphakamisela amehlo ami ezintabeni,  
usizo lwami luyakuvelaphi na?  
Usizo lwami luvela kuSimakade,  
owenzile izulu nomhlaba.*

*Akayukuluvumela unyawo lwakho lushibilike;  
okulondayo akozeli.  
Impela olonda u-Israyeli akozeli,  
futhi akalali.  
USimakade ungumvikeli wakho,*

*uSimakade ungu'mthunzi wakho  
ngasesandleni sakho sokunene.  
Ilanga aliyukukushaya emini,  
nenyanga ebusuku.*

*USimakade uzokuvikela kukho konke okubi,  
awugcine umphefumulo wakho.  
USimakade uylolondoloza ukuphuma kwakho  
nokungena kwakho,  
kusukela manje kuze kube phakade.*

**IHubo 121**

## **Yiba nobuhlakani bokukhetha okulungile**

Akukhathaleki ukuthi ungazithola ukuphi ohambweni lwakho, uzobhekana nezinqumo zokuziphatha. Uzohlangabezana nezinkolelo eziphikisanayo nezindlela zokuphila ezahlukene. Nokho ezinye izimo zinhle ngokusobala noma zimbi, izimo ezivivinya ukhola lwakho kakhulu ngeke zicace bha. Ukubhekisa amehlo akho kuNkulunkulu kuzokusiza ukuthola indlela yakho kulo mhlabo.

*Ubusisiwe umuntu  
ongahambi ngeseluleko sababi,  
ongemi endleleni yezoni,  
ongabi mdibi munye nabaklolodayo,  
kodwa othokoza ngoMthetho kaSimakade,  
azindle ngawo imini nobusuku.  
Ufana nesihlahla esitshalwe ngasemifulen i yamanzi,  
esithela isithelo saso ngesikhathi esifaneleyo,  
esimaqabunga aso angabuni.  
Uyaphumelela kukho konke akwenzayo.*

**IHubo 1:1-3**

*Gingqela imisebenzi yakho kuSimakade,  
ukuze amasu akho aphumelele.*

**IZaga 16:3**

## Lapho usaba

Kuyajabulisa ukuhamba empilweni ujabulela inkululeko yakho namathuba okukhula komuntu siqu. Nakuba lokhu kuyinto enhle, ukwesaba ukungalinganisi, ukwehluleka ukufinyelela imigomo yakho, ukulungisa izimo ezingavamile noma ukwenqatshwa abanye kungase kubangele ukukhathazeka ngezindlela eziningi. UNkulunkulu uyakuqonda ukungaqiniseki kwakho futhi wenza ingqondo yakho ikhululeke ngeBhayibheli.

*Ungesabi, ngokuba Mina nginawe;  
ungabi naluvalo, ngokuba Mina  
nginguNkulunkulu wakho;  
ngiyakuqinisa, futhi ngiyakusiza,  
yebo, ngiyakusekela ngesandla sokunene  
sokulunga kwami.*

**U-Izaya 41:10**

## Thembela ebuhleni buka Nkulunkulu

*Simakade, umusa wakho ufinyelela emazulwini,  
ukwethembeka kwakho kufika emafwini.  
Ukulunga kwakho kunjengezintaba ezinkulu,  
ukwehlulela kwakho kunjengotwa olujulile.  
Simakade, usindisa abantu nezilwane ngokufanayo.  
Umusa wakho uligugu, Nkulunkulu!  
Bonke abantu baphephela  
phansi komthunzi wamaphiko akho.  
Bazitika ngokumtoti okusendlini yakho,  
ubaphuzise emfuleni wokuthokoza kwakho.  
Ngokuba umthombo wokuphila ukuwe,  
ukukhanya sikubona ekukhanyeni kwakho.*

**IHubo 36:5-9**

## Namathela kwezakho izindinganiso

Zama ukulandela iseluleko esingezansi sokuzigcina ekulahleni ukuba nesibindi lapho uhlangabezana nezinselelo.

## Thola “Izwi” lakho nsukuzonke

Qala usuku njalo ngeZwi likaNkulunkulu ngenkathi uxhumana naye osukwini lonke ngomkhuleko. Iyona ndlela kuperha yokugcina iziqalongqangi zakho zihambelane nalokho okholelwa kukho.

*Izinyathelo zami ziqinise ezwini lakho;  
mangingabuswa nayinye inkohlakalo.*

**IHubo 119:133**

*Inhlizyo yami yethabile,  
Nkulunkulu, ngizohlabelela,  
ngihube ngakho konke okwami.  
Vukani, lugubhu nehabhu!  
Ngizakuvusa ukusa.*

*Simakade ngizokubonga phakathi kwabantu,  
ngikudumise phakathi kwezizwe,  
ngokuba umusa wakho mkhulu phezu kwamazulu,  
ukwethembeka kwakho kufinyelela emafini.*

**IHubo 108:1-4**

## Sukumela lokho okholelwa kukho

Kunesisho esithi: Uma ungazfuni ezami izimiso, nginazo ezinye! Kunjalo indlela obuka ngayo izinto iyashintsha ngokuhamba kwasikhathi. Kodwa kunezinye izinkolelo ezihlala zinjalo.

*Omusha angayigcina kanjani indlela yakhe  
ihlanzekile na?*

*Ngokugcina okwezwi lakho.*

*Ngikufunile ngenhlizyo yami yonke,  
mangingaphambuki emiyalweni yakho.  
Enhlizyweni yami ngiyalilonda izwi lakho,  
ukuze ngingoni kuwe.*

**IHubo 119:9-11**

*Makungabi bikho muntu owedelela ubusha bakho, kodwa yiba yisibonelo kwabakholwayo ngokukhuluma, ngokuziphatha, ngothando, ngokukholwa nangokuhlanzeka.* **1 KuThimothewu 4:12**

## Amazwi akho awabe ufakazi wakho

Uma kukhona ogxeka izinkolelo zakho, ungesabi ukuma kokholelwa kukho. Ngokufanayo, kumele uwelane nabantu abanezinkolelo ezehlukile kwezakho.

*Hambani ngokuhlakanipha kubo abangaphandle, nithengisise isikhathi. Ukukhuluma kwenu makube nomusa njalo, kuyoliswe ngosawoti, ukuze nazi enifanele ukubaphendula ngakho bonke abantu.*

**KwabaseKholose 4:5-6**

## Hlela kahle izinto eziza kuqala kuwe

Nquma ukuthi yikuphi okufanele ukwenze namhlanje, kubhale phansi uma kukusiza lokho, qala ngokubalulekile bese usebenza uqale ngokusekuqaleni kulolo hlu. Uma kukhona okungeke kwenzeke kulolo suku, musa ukukufaka ohlwini! Kanti futhi uma kungakuphathi kahle ukwenza izinhla, okungenani zama futhi usebenze ngohlaka olubanzi oluzokuniyeza umhlahlandlela.

*“Ngakho-ke ningakhathazeki nithi: ‘Siyakudlani?’ noma: ‘Siyakuphuzani?’ noma: ‘Siyakwembathani na?’ Ngokuba konke lokhu kufunwa ngabezizwe; ingani uYihlo wasezulwini uyazi ukuthi niyakudinga konke lokhu. Kodwa funani kuqala umbuso wakhe nokulunga kwakhe, yikhona konke lokhu kuyakwenezelelwa kinina. Ngakho-ke ningakhathazeki ngengomuso, ngokuba ingomuso liyakukhathalela okwalo. Inkathazo yosuku yanele lona.”*

**NgokukaMathewu 6:31-33**

*Zithokozise ngoSimakade,  
khona ezokunika okufiswa yinhlizyo yakho.*

**IHubo 37:4**

## Zikhuze wena uqobo

Yenza isiqiniseko sokuthi uyazikhaza wena qobo. Uma ungakwenzi lokho, akekho omunye ozokwenzela – ngisho uNkulunkulu uqobo!

*Ukumesaba uSimakade  
kuyisiqalo sobuhlakani.  
Iziwula ziyakwedelela ukuhlakanipha nokuyalwa.*

**IZaga 1:7**

*... masilahle konke okusindayo nesono esithandela kangaka kithi,  
sigijime ngokubekezela kulokhu kuncintisana esikumiselweyo,  
sibhekile kuJesu ongumqalisi nompheleli wokukholwa kwethu ...*

**KumaHebheru 12:1b-2a**

## **Khulumu noNkulunkulu nsuku zonke**

Le iyona ndlela kuphela yokugcina impilo yakho ibalulekile  
kanye nobuwena ngoBukhrisu kuhlangene. Vuselela kabusha  
umphefumulo wakho nsukuzonke ngamazwi kaNkulunkulu  
ngenkathi uxhumana naye emkhulekweni wansuku zonke.

*Yizwa izwi lokukhala kwami,  
Nkosi yami, Nkulunkulu wami,  
ngokuba ngikhuleka kuwe.  
Simakade, ekuseni  
uyalizwa izwi lami;  
ekuseni ngethula kuwe  
isicelo sami, ngilinde.*

**IHubo 5:2-3**

## **Xhumana nabantu baka Nkulunkulu**

Umbuso kaNkulunkulu ungunderi lapho sidingana sonke  
khona. Thola isonto ngaphandle kokuchitha isikhathi bese  
uzibandakanye nenkonzo. Ukudumisa namanye amakholwa  
kungakusiza ukukugcina unamandla. Ukuya esontweni  
okungenani kanye evikini kungakusiza ukuba kukugcine ugxitile.

*Phakamiselani izandla zenu  
ngasendaweni engcwele,  
nibonge uSimakade.*

**IHubo 134:2**

*Hlokoma kuSimakade ngezwi lokuhalalisa,  
mhlabo wonke.  
Mkhonzeni uSimakade ngokwethaba,  
nisondele phambi kwakhe, nihuba ngentokozo.  
Yazini ukuthi uSimakade unguNkulunkulu;  
nguYena osidalileyo, asizidalanga thina,  
singabantu bakhe, nezimvu zedlelo lakhe.*

*Ngenani emasangweni akhe ngokubonga,  
nasemagcekeni akhe ngokudumisa,  
mbongeni, nidumise igama lakhe.  
Ngokuba uSimakade muhle,  
umusa wakhe umi phakade,  
nokwethembeka kwakhe, ezizukulwaneni ngezizukulwane.*

**IHubo 100**

## **Thintana njalo nesizukulwane esidala**

Bangaba “badala” kodwa “bake baba lapho futhi bakwenza lokho”. Vuma ukuthi bayakuthanda futhi bakufisela okuhle kodwa. Noma kunjalo uzoludinga usizo lwabo kanye neseluleko impilo yakho yonke.

*Ndodana yami,  
ungawukhohlwa umthetho wami,  
kepha inhliziyo yakho  
mayilonde imiyalelo yami,  
khona iyakwenezelu kuwe izinsuku,  
neminyaka yokuphila nokuthula.*

*Ububele neqiniso makungakushiyi;  
kubophele entanyeni yakho,  
ukulobe esibhebheni senhliziyo yakho,  
ukuze uthole umusa nodumo oluhle  
emehlweni kaNkulunkulu nabantu.*

**IZaga 3:1-4**

*Yizwani madodana ami, ukuyala kukayihlo,  
nilalelelisise, ukuze nazi ukuqonda.  
Ngokuba ngininika imfundiso enhile;  
ningawushayi indiva umthetho wami.  
Ngokuba ngangiyindodana kababa,  
ngintekentekana, futhi ngingedwa kumame,  
wangifundisa,  
wathi, kimi:*

*"Inhlizyo yakho mayibambelele emazwini ami,  
ugcine imiyalelo yami, uphile.  
Zuza ukuhlakanipha, uzuze ukuqonda;  
ungakhohlwa, ungachezuki emazwini omlomo wami."*

*Bambelela ekuyalweni, ungakuyeki;  
kulonde,  
ngokuba kungukuphila kwakho.*

**Izaga 4:1-5,13**

# Uyini umbono wami namagugu?

Uma sifuna ukuba njengoKhristu, njengoba esicela ukuba sibe njalo, amagugu wethu ayobonakala ngendlela esiphila ngayo. Ekugcineni amagugu esikholelwa kuwo akukhona okufanele kwensiwe noma kungenziwa. Kuwukusebenzela ukufana noKhristu kukho konke esikwenzayo.

## UKhristu njengesibonelo kimi

Noma ngabe yini okholelwa kuyo noma ngabe ulandela bani, lokho kuzoveza ubunjalo bezinkolelo zakho, amagugu kanye nendlela yokuziphatha. Njengamakholwa, amagugu wethu aboshelwe ekuthobelni uKhristu. Bumbekani ngomfanekiso kaKhristu - hhayi ozakwenu, abazali, labo osebenza nabo noma usikompilo ophila kulo.

“Ningibizelani nithi: ‘Nkosi, Nkosi,’ nibe ningakwenzi engikushoyo na? Yilovo nalowo oza kimi, ezwe amazwi ami, awenze, ngizakunikhombisa ukuthi ufana nobani. Ufana nomuntu owathi uma akha indlu, wemba wajula, wabeka isisekelo edwaleni.”

**NgokukaLuka 6:46-48a**

“Mina ngingumvini, nina ningamagatsha. Ohlala kimi, nami kuye, lowo-ke uthela izithelo eziningi, ngokuba ngaphandle kwami ningenze lutho.”

**Ngokukajohane 15:5**

Ningalingisi leli lizwe, kodwa niguqulwe isimo ngokwenziwa ibe yintsha ingqondo yenu ukuze nikwazi ukuhlolisa okuyintando kaNkulunkulu, okuhle, okuthandekayo, nokupheleleyo.

**KwabaseRoma 12:2**

## Iqiniso libalulekile

Uma uKhristu eyiqiniso, ngakho-ke kuyachaza ukuthi ukuqamba amanga nokungathembeki kuyakwehlukanisa noKhristu. Ukwethembeka kuwukulandela ezinyathelweni zika Jesu, ngoba Akawaqambi amanga. Ukufunda ukwethembeka okungaphezulu kuyokusiza ukukugcina unonembeza ohlanzekile.

UJesu wathi: “Mina ngiyindlela, neqiniso, nokuphila.”

**NgokukaJohane 14:6a**

“Othembekile kokuncinyane, uthembekile nakokukhulu; ongalungile kokuncinyane, kalungile nakokukhulu.”

**NgokukaLuka 16:10**

“Uma nimi esifundisweni sami, ningabafundi bami uqobo, niyakulazi iqiniso, neqiniso liyakunikhulula.”

**NgokukaJohane 8:31b-32**

## Amagugu obuKhristu ngaphansi kwebhayithi

Ukucaca kangcono kwakho kulokho okholelwa kukho, kwenza kubelula kakhudlwana ukuletha iziqalongqangi zakho zihambisane nemigomo okholelwa kuyo.

UPawula ufingqa indlela yokuphila yamakholwa esusela ezimfundisweni zika Khristu kanje:

- *Uthando malungabi nakuzenzisa.*
- *Nyanyani okubi, nibambelele kokuhle.*
- *Thandanani ngokujulile ngothando lobuzalwane; nindulelane ekuhloniphaneni.*
- *Eukhuthaleni, ningabi ngamavila; nivuthe emoyeni, nikhonze iNkosi.*
- *Ethembeni nithokoze, osizini nibekezele, nasekukhulekeni ningaphezi.*
- *Nifune njalo ukuhlanganyela ekusweleni kwabangcweli, nisize nabayizihambi.*
- *Babusiseni abanahluphayo; busisani, ningaqalekisi.*

- *Thokozani nabathokozayo, nikhale nabakhalayo.*
- *Nibe mqondo munye, nicabangelane ngokufanayo; ningazikhukhumezi, kodwa zihlanganiseni nabathobekileyo.*
- *Ningazishayi abahlakaniphileyo.*
- *Ningaphindisi okubi ngokubi, khuthalelani ukwenza okuhle phambi kwabantu bonke.*
- *Uma kungenzeka, hlalani ngokuthula nabantu bonke.*

**KwabaseRoma 12:9-18**

## Mayelana neMiyalelo Elishumi?

Imiyalelo emine yokuqala iyasiqondisa ukuthi kumele simthande kanjani uNkulunkulu, kanti eyokugcina eyisithupha isiqondisa ngokuthanda abanye.

UJesu ukhulumma ngemithetho bese egqamisa ukusetshenziswa kwayo ekufundiseni kwakhe. Akagxeki ukubulala nje kuphela, uxwayisa abalandeli bakhe ukuba babone ukuthi ulaka olungaxazululiwe nalo lucekela abanye phansi. Akanqabeli ukuphingga nje kuphela, kodwa uxwayisa abalandeli bakhe ukuba babe msulwa engqondweni nase nhliziyweni.

*“Nizwile, kwathiwa kwabasemandulo: ‘Ungabulali; yilowo nalowo obulalayo uyakuba necala ehlulelw.’ Kepha Mina ngithi kini: ... Nalowo othi kumfowabo: ‘Silima,’ uyakuba necala emphakathini, nalowo othi: ‘Siwula,’ kumfowabo uyakuba necala, aphonswe esihogweni somlilo.”*

**NgokukaMathewu 5:21-22a,c**

*“Uma ningithanda, niyakuyigcina imiyalo yami.”*

**NgokukaJohane 14:15**

# Impilo IYAMANGALISA!

Impilo imfishane ngakho-ke yenza konke okumele ukwenze ngokwenza izinkumbulo oyokwazi ukuba ubuye uzivakashele kabusha ngaphandle kokuzisola emva kwesikhathi. Gwema isimo sendodana yolahleko. Ngokwesaba ukushiya ekhaya ungena ohlotsheni olusha lobugqila bese emosha kakhulu.

*"Umuntu othile wayenamadodana amabili. Encane yathi kuyise: 'Baba, ngnike isabelo sefa esingesami,' uyise wawabelwa ifa. Kwathi emva kwezinsukwana nje, indodana encane yaqoqa konke okungokwayo yahamba, yaya ezweni elikude, yafike yalisaphaza ifa layo, iphila ngendlela eyonakeleyo."*

**NgokukaLuka 15:11b-13**

*Jabula nsizwa ebusheni bakho,  
inhliziyo yakho ayikujabulise  
ezinsukwini zobusha bakho.  
Landela izindlela zenhliziyo yakho,  
nakho konke okubonwa ngamehlo akho,  
kodwa khumbula  
ukuthi uNkulunkulu uzokwehlulela  
ngazo zonke lezo zinto.  
Susa ukungeneliseki engqondweni yakho,  
uxoshe ubuhlungu emzimbeni wakho,  
ngokuba ubusha nokuqala kokuphila kuyize.*

**UMshumayeli 11:9-10**

## Yiba yiKholwa ELIMANGALISAYO

Lokho kusho ukuletha okwenzayo bese ukusho kuhambelane nalokho okholelwa kukho. Uma siba njengoKhristu, amagugu esikholelwa kuwo angaphezulu kunohla lokufanele kwensiwe nokungafanele kwensiwe. Kunjengokuba njengo Khristu kukho konke esikwenzayo.

*Ngakho-ke njengabakhethiweyo bakaNkulunkulu, abangcwele nabathandekayo, yembathani ububele enhliziyeni; isisa, ukuzithoba, ubumnene, nokuqinisela ekuhluphekeni;*

nibekezelelane, nithethelane, uma umuntu enesikhalo ngomunye, njengokuba neNkosi yanithethelela, nani yenzani kanjalo. Phezu kwakho konke lokho, yembathani uthando oluyisibopho sokuphelela.

**KwabaseKholose 3:12-14**

## **Yazi lapho ohamba ugcine khona**

Ingcindezi yozakwenu ivamise ukuziveza kabi uma uphakathi kwabantu abangangawe noma usendaweni entsha uzimisele ngokwemukeleka. Ukubhekwa kweqiniso njalo ukuthi ungubani nokuthi umephi kuyokusiza ukuthi uhlale usemgudwini ofanele. Khumbula isisho sakudala: "uma ungazi ukuthi umephi, uzothatheka kunoma iyiphi into."

Ngakho-ke yibani ngabalingisa uNkulunkulu njengabantwana abathandekayo, nihambe othandweni, njengoba uKhristu wasithanda, wazinikela ngenxa yethu, ukuba abe ngumnikelo; umhlatshelo, nephunga elimnandi kuNkulunkulu. Kepha ubufube, nakho konke ukungcola, noma umhobholo, makungaphathwa neze phakathi kwenu, njengoba kufanele abangcwele, kanjalo nehlazo, nokubheda, nokulawula, okuyizinto ezingafanele; kodwa kunalokho, makube ngukubonga. Ngokuba yazini lokhu, nikuqonde ukuthi akukho sifebe, noma ongcolileyo, noma onomhawu okungukuthi okhonza izithombe, oyoba nefu embusweni kaKhristu noNkulunkulu.

**Kwabase-Efesu 5:1-5**

Ningadakwa yiwayini, ngokuba kulo kuvela ukuhuheka, kodwa nigcwaliswe ngoMoya ...

**Kwabase-Efesu 5:18**

Thokozani eNkosini njalonjalo; ngiyaphinda ngithi: thokozani! Ukubekezela kwenu akwaziwe ngabantu bonke; iNkosi iseduze. Ningakhathazeki ngalutho, kodwa kukho konke izicelo zenu mazaziwe nguNkulunkulu ngomkhuleko, ngokunxusa nangokubonga. Ukuthula kukaNkulunkulu okudlula ukuqonda konke kuyakuzilondoloza izinhlizyo zenu nemicabango yenu kuKhristu uJesu. Elokugcina, bazalwane, konke okuyiqiniso, konke

okuhloniphekayo, konke okulungileyo, konke okumhlophe, konke okuthandekayo, konke okutusekayo, uma kukhona okuhle, noma okubongekayo, zindlani ngakho. Enakufunda, nakwemukela, nakuzwa, nakubona kimi, kwenzeni konke lokho; uNkulunkulu wokuthula uyakuba nani.

**KwabaseFiliphi 4:4-9**

## Yiba owenza kangconywana

Yenza ukholo lwakho lube nobuqiniso ngokuba yikholwa elikhuthtele. Yiba yivolontiya ekhishini lesobho noma ungene kweminye yemiklamo yomphakathi. Ungaba ukukhanya kubangani bakho ekhampasini noma emsebenzini ngendlela onakekelana ngayo.

“Kanjalo, makukhanye ukukhanya kwenu phambi kwabantu, ukuba babone imisebenzi yenu emihle, bamdumise uYihlo osezulwini.”

**NgokukaMathewu 5:16**

Bantwanyana, masingathandi ngezwi nangokukhuluma nje, kodwa makubonakale ngezenzo nangeqiniso.      **1 KaJohane 3:18**

Masingakhathali ngukwenza okuhle, ngokuba siyovuna ngesikhathi esifaneleyo, uma singadangali. Ngakho-ke njengokuba sinethuba, masenze okuhle kubo bonke, ikakhulu kwabendlu yokukholwa.      **KwabaseGalathya 6:9-10**

Ngalokho siyazi ukuthi singabeqiniso; inhliziyoyethu iyakuba neqholo phambi kwakhe.      **1 KaJohane 3:19**

# **Uthando LUYISIMANGALISO!**

Siyathanda ukukholwa ukuthi uthando yilona olwenza umhlaba uzungeze. Uthando lweqiniso luyamangalisa, kakhulu nendlela yokuphunyula! Kuso ISihlabelelo Sezihlabelelo sifunda ukuthi:

*Ngokuba uthando lunamandla njengokufa,  
isikhwele sinonya njengendawo yabafileyo,  
amalangabi alo angamalangabi omlilo,  
ilangabi elinamandla.  
Amanzi amaningi ngeke alucima uthando,  
nemifula ayinakulukhukhula.*

## **ISihlabelelo Sezihlabelelo 8:6b-7**

Futhi ngubani oyoke aqonde ulimi lwezithandani ezimbili ezithandana kakhulu:

*Insizwa:*

*Njengomnduze phakathi kwameva,  
sinjalo isithandwa sami  
phakathi kwezintokazi.  
Njengesihlahla samahhabhula  
phakathi kwezihlahla ehlathini,  
unjalo othandiweyo wami  
phakathi kwezinsizwa.*

## **ISihlabelelo Sezihlabelelo 2:2-3a**

Ngisho umbhali wezincwadi ohlakaniphile nomdala weZaga nakho konke ukuhlakanipha ngeke akwazi ukuqonda isimangaliso sothando:

*"Kukhona izinto ezintathu  
ezingimangalisa kakhulu,  
yebo, ezine engingazaziyo:  
indlela yokhozi emkhathini,  
indlela yenyoka edwaleni,  
indlela yomkhumbi phakathi nolwandle,  
nendlela yendoda entombini."*

## **IZaga 30:18-19**

## Ucansi – isihloko esibucayi

Ucansi lusezingqondweni eziningana kubantu abaningi. Kuncane kabi okusivimba ekwenzeni ucansi, noma ngabe kusebudlelwaneni obuzinzile, osebunesikhathi eside noma abalingani abalandelanayo. Njengekholwa, kumele kucace bha ukuthi umephi mayelana nalokhu. iBhayibheli linikeza imihlahlandlela ecacile mayelana nobufubebe. Noma kunjalo iBhayibheli livulelekile mayelana nokuyengeka ngokomzimba phakathi kwabantu ababili othandweni. Qinisekisa ukufunda iSihlabeledelo Sezihlabeledelo, incwadi yonke yezinkondlo ezidumisa uthando:

*Ungephuce inhliziyo yami,  
dadewethu, makoti wami.  
Ungephuce inhliziyo yami  
ngokungibuka kanye nje  
ngeso lakho,  
nangomucu owodwa nje  
womexo wentamo yakho.*

### iSihlabeledelo Sezihlabeledelo 4:9

*Othandiweyo wami uyakhazimula ngobumhlophe,  
ubomvu, uyakhanga phakathi kweshumi lezinkulungwane.*

### iSihlabeledelo Sezihlabeledelo 5:10

Noma kunjalo, njengazonke izinto ezinhle empilweni, kunombandela okhona:

*Anazi yini ukuthi umzimba wenu uyithempeli likaMoya oNgcwele  
eninaye, enimemukele evela kuNkulunkulu, nokuthi anizimele  
ngokwenu na? Ngokuba nathengwa ngenani elikhulu.  
Ngakho-ke mngcweliseni uNkulunkulu emizimbeni yenu.*

### 1 KwabaseKhorinte 6:19-20

*Ngakho-ke lowo othi umile, makaqapheli ukuba angawi.  
Anifikelwanga ngukulingwa okungenjengokwamuntu, kodwa  
uNkulunkulu uthembekile, akayukuvuma ukuba nilingwe  
ngokungaphezu kwamandla enu. Kepha kuyakuthi lapho  
nilingwa, anenze nibe namandla okuphunyuka, nibe namandla  
okubekezelza.*

### 1 KwabaseKhorinte 10:12-13

## **Qaphela izingibe**

Asikho isizathu kunoma yimuphi umuntu onengqondo enomqondo wonke ongesaba ukufa. Kodwa qaphelani izinto ezinganephuca injabulo yenu nobumsulwa.

## **Izithombe zobulili ezingcolile – igciwane elibulalayo**

Izithombe zobulili ezingcolile kade zaba khona kodwa ngenxa yabezindaba zokuxhumana besimanje sekusabalale kwaze kwafika lapho ingasekho into enobungcwele ngisho nabamsulwa phakathi kwethu sebenindekile. IBhayibheli alicwecwi amazwi alo ngokungakhuthazi ukuziphatha kabi ngezocansi.

*Ukulula kungokwesi, nesisu singesokudla, kodwa uNkulunkulu uyakushabalalisa kokubili. Umzimba akusiwo owobufebe, ungoweNkosi, neNkosi ingeyomzimba. UNkulunkulu wayivusa iNkosi, nathi uyakusivusa ngamandla akhe.*

*Ngakho-ke balekelani ubufebe. Zonke izono umuntu azenzayo zenzeka ngaphandle komzimba, kodwa ofebayo ungcilisa owakhe umzimba.*

### **1 KwabaseKhorinte 6:13b-14,18**

*... masizihlambulule kukho konke ukungcola kwenyama nokomoya, siphelilise ubungcwele ngokwesaba uNkulunkulu.*

### **2 KwabaseKhorinte 7:1b**

## **Hlakanipha nge “zidakamizwa nophuzo”**

Ayikho into enjalo yokuhlakanipha ngezidakamizwa noma ngophuzo, ngale nje kokuthi izikhangisi zikamabonakude (TV) zikutshelani. Zenza iziphukuphuku ngisho nabantu abahlakaniphe kakhulu. Noma kunjalo ukuphuza nokusebenzisa izidakamizwa kubonakala kuyingxenyen yeshashalazi lanamhlanje kwezenhlalo. Vumani ukuthi

bangaba khona abantu emshungwini wabangani bakho, abantu osebenza nabo ngisho nomndeni imbala abaphuzayo noma abasebenzisa izidakamizwa. Mukela ukuthi bazikhethelle kanti nawe uzikhethelle. Khetha ukuzizungeza ngabantu ongajabula nabo ngaphandle kokusebenzisa izidakamizwa kanye notshwala ukuba badakwe.

## Ukudakwa akulungile!

Ibhayibheli livamise ukukhuluma ngemithelela yokusebenzisa utshwala ekhona ngokufanayo ekusebenziseni izidakamizwa. Umbhalu weZaga uyexwayisa ngokuthi:

*Iwayini liyisedeleli,  
uphuzo olunamandla lungumxokozeli;  
bonke abadiyazeliswa yilo kabahlakaniphile.*

**IZaga 20:1**

*Ngubani othi:*

*“Maye!”*

*Ngubani onosizi na?*

*Ngubani onengxabano na?*

*Ngubani okhonondayo na?*

*Ngubani olimele kungenasisusa na?*

*Ngubani onamehlo aklwelileyo na?*

*Yilabo abahlalela iwayini,  
abaphuza noma yiliphi iwayini elixutshiweyo.*

*Ungabolibuka iwayini ulibone libomvu,*

*licwebezela endebeni,*

*lehla kalula emphinjeni,*

*ekugcineni liluma njengenyoka;*

*lihlaba njengebululu.*

*Amehlo akho azobona imihlola,*

*inhлизио yakho ikhulume okuphambeneyo.*

*Uyakuba njengolele ekujuleni kolwandle,*

*nohlezi esihlokweni sensika yomkhumbi.*

*Uyakuthi:*

*“Bagadlile, angalimala;*

*bangishayile, ngangaqonda ukuthi kwenzekeni.*

*Ekuvukeni kwami, ngisayobuye ngilifune.”*

**IZaga 23:29-35**

# Isizungu nomzwangedwa

Kunezikhathi empilweni yethu lapho sизizwa singasodwa futhi siqhelile kwabanye. Noma kunjalo, kungaba ngenxa yezizathu ezisobala, njengokuba nezinkinga ebudlelwaneni nomlingani wakho noma ulahlekelwe umuntu omthandayo. Kungakhathaleki ngokweminyaka yakho, isizungu singaba yinkinga enkulu kanti akuvamile ukuba kube lula ukuthola iqembu labantu abacabanga ngokufanayo ukuba upholilane nabo. UKhristu, oqonda isizungu kanye nokungathandwa, waba njengomunye wethu.

*ULizwi waba ngumuntu, wahlala phakathi kwethu. Sabona inkazimulo yakhe, inkazimulo yozelwe yedwa kuYise, egcwele umusa neqiniso.*

**Ngokukajohane 1:14**

Umhubi uvamise njalo ukubiza uNkulunkulu eyedwa futhi enganakwe muntu:

*Bheka ngakimi, ube nomusa kimi,  
ngokuba ngiyinhlw, futhi ngiyahlushwa.*

**IHubo 25:16**

*Ungayifihleli ubuso bakho inceku yakho,  
ngokuba ngikhathazekile,  
phuthuma ungiphendule.  
Sondela kuwo umphefumulo wami,  
uwuhlenge,  
ngikhulule ngenxa yezitha zami.*

*... ngafisa ukuzwelwa,  
kodwa angitholanga baduduizi.*

**IHubo 69:17-18,20b**

## Lapho uzizwa uphansi kakhulu

Imizwa yokuzizwa unesizungu ivamise ukufika ihambe ngesikhathi uphila. Noma kunjalo, uma uqhubeka nokuba wedwa ngaphandle kwasizathu esibonakalayo kungaba uphawu lwengcindezi. Kulokhu, kumele ukhulume ngakho, kungabe kusemndenini wakho, kumngani noma lowo oweluleka ngokwengqondo.

UKhristu, owabhekana nakho konke ukuphelelwa yithemba, ukunikeza indawo enhliziyweni yakhe:

*“Zanini kimi, nina nonke enikhatheloye nenisindwayo, ngizakuniphumuza. Bekani ijoka lami phezu kwenu, nifunde kimi, ngokuba ngimnene, ngithobile ngenhlizyo; yikhona imiphefumulo yenu iyakufumana ukuphumula. Ngokuba ijoka lami alinzima, nomthwalo wami ulula.”*

**NgokukaMathewu 11:28-30**

## Hlanganyela neqembu leSifundo seBhayibheli

Iyona ndlela eshesha kunazo zonke yokuxhumana nabantu ofisa ukuzithola ukanye nabo. Uma ungeke ulithole iqembu ozodumisa nalo, zama ukuhlanganisa iqembu lesifundo seBhayibheli. Beka incwajana endaweni yangakini, esitolo ngisho noma emsebenzini, uzomangala ngesasasa ozolithola.

*“Ngiqinisisile futhi ngithi kini: uma ababili kini emhlabeni bevumelana noma ngaluphi udaba abalucelayo, bayakwenzelwa nguBaba osezulwini.”*

**NgokukaMathewu 18:19**

## Bala kabusha indawo yakho ofuna ukufinyelela kuyo

Uma ubona ukuthi akuhambi kahle, ungabi namahloni ukucela umkhuleko komunye wamakholwa noma okungakuvuselela. Khuluma noMfundisi wakho ucele iseluleko.

*Kwathi lapho inhlizyo yami iba nomunyu,  
nezinso zami zibhokodwa,  
ngaba yisiphukuphuku,  
angaze ngazi lutho,  
ngaba yisilwane kuwe.*

*Kepha mina ngiyakube nginawe njalo,  
ungibambile ngesandla sami sokunene.  
Uyakungihola ngesiluleko sakho,  
andukuba ungamukele enkazimulweni.*

**IHubo 73:21-24**

Ukufundisa kohlakaniphileyo kungumthombo wokuphila,  
ukuze kudedwe ezihibeni zokufa.

**IZaga 13:14**

## Ungakhohlwa ukuzikhulisa njalo njalo!

Ukufunda izinto ezintsha yinto efanele noma kusiphi isigaba. Irixazululo zayizolo azyiona impendulo ezindabeni zanamhlanje. Ngokufanayo ukhola lwakho ludinga ukukhula kanye nawe. Ukukhula kuza nokufunda kanye nokuzwa iZwi leNkosi kanjalo ukufunda ukukhuleka kanye namanye amakholwa.

*Ngokuba lowo nalowo osaphuza ubisi akakakuqondi okwezwi lokulunga, ngokuba useyingane. Kepha ukudla okuqinileyo kungokwabakhulileyo, asebenomqondo oqequeshekileyo, asebekwazi ukwehlukanisa okuhle nokubi.* **KumaHebheru 5 13-14**

... size sifinyelele sonke ebunyeni bokukholwa nasekwazini iNdodana kaNkulunkulu, ebudoden iobupheleleyo, esilinganisweni sobukhulu bokuphelela kukaKhristu, ukuze singabe sisaba yizingane, siphonswa le nale ngamagagasi, sipheshulwa yinoma yimuphi umoya wemfundiso ngokukhohlisa kwabantu nangobuqili obunamacebo adukisayo.

**Kwabase-Efesu 4:13-14**

Ukuhlala ugxitile eZwini kuyokusiza ukuba uhlale uneqiniso ekukholweni kwakho. Uma ubhekene nengxaki ngokuziphatha ngokwesimilo, ukwazi iZwi kuzokusiza ukuba wenze izinqumo ezhambisana nezinkolelo zobuKhristu.

*Bazinikela njalo esifundisweni sabaphostoli, ekuhlanganeni, ekuhlephulen i sinkwa, nasemikhulekweni.* **IZenzo 2:42**

## Finyelela ephusheni lakho

Uhambo lomuntu nomuntu lunokuzikhethela okumbalwa okubalulekile empilweni oluzonquma impumelelo noma ukwehluleka kwabo. Ungaqiniseka kanjani ukuthi ukuzikhethela okwenzayo kuyobe kuyilokho okulungile?

Konke enikwenzayo kwenzeni ngenhliziyo, kungathi nikwenzela iNkosi, hhayi abantu, nazi ukuthi niyakwemukeliswa umvuzo oyifa eNkosini. Khonzani iNkosi uKhristu.

**KwabaseKholose 3:23-24**

Akusho ukuthi sengifinyelele kulokhu kumbe sengiphelelisiwe, kodwa ngiyaphikelela ukuba kambe ngingaze ngikubambe lokho nami engabanjelwa khona nguKhristu uJesu. Bazalwane, angisho ukuthi mina uqobo sengikubambile, kodwa kunye engikwenzayo: ngikhohlwa okungasemuva, ngizelulela kokungaphambili; ngiphokophele emgomeni, emklomelweni wokubizwa okukhulu kwaphezulu, nguNkulunkulu kuJesu Khristu.

**KwabaseFilippi 3:12-14**

## Thola izipho zakho

Sonke sifuna ukwenza izinto empilweni yethu ezisenza sizizwe sibakhulu. Wonke umuntu uphiwe izici ezithile ezivela kuNkulunkulu, ubuhlakani obukwenza wehluke kwabanye. Yingakho kubalulekile ukuthola izipho zakho ezechlukile kanye namathalente.

Sinezipho zomusa ezahlukaneyo ngokomusa esiwuphiweyo: uma kungesokuphrofetha, asiphrofethe ngesilinganiso sokukholwa. Uma kungesokukhonza, kube sekukhonzeni; esokufundisa, kube sekufundiseni; esokugqugquzel, kube sekukhuthazeni; esokuphana, aphane ngokukhululeka; esokuhola, ahole ngenkuthalo; kanye nesesihe, akwenze ngentokozo.

**KwabaseRoma 12:6-8**

## UKhristu uyisipho sikaNkulunkulu kuwe

ULizwi waba ngumuntu, wahlala phakathi kwethu. Sabona inkazimulo yakhe, inkazimulo yozelwe yedwa kuYise, egcwele umusa neqiniso.

**NgokukaJohane 1:14**

“Ngokuba uNkulunkulu walithanda izwe kangaka, waze wanikela ngeNdodana yakhe ezelwe yodwa, ukuba yilowo nalowo okholwa yiyo angabhubhi, kodwa abe nokuphila okuphakade. Ngokuba uNkulunkulu kayithumelanga iNdodana yakhe ezweni ukuba izokwehlulela izwe, kodwa ukuba izwe lisindiswe ngayo.”

**NgokukaJohane 3:16-17**

Kepha uNkulunkulu ubonakalisa ukusithanda kwakhe ngalokhu, ukuthi siseyizoni, uKhristu wasifela.

**KwabaseRoma 5:8**

... esinokuhlengwa kuye ngegazi lakhe, ukuthethethelwa kweziphambeko ngokwengcebo yomusa wakhe ...

**Kwabase-Efesu 1:7**

... nokho manje usebuyisene nani emzimbeni wenyama yayo ngokufa ukuba animise ningcwele, ningenasisihla nacala phambi kwakhe ...

**KwabaseKholose 1:22**

# **Yenza umkhuleko ube wulimi lwakho olumisiwe**

Umkhuleko uygazi lokuphila lohkhola lwakho. Wenza ukuqaphela ubungcwele obukuwe kanye nobukhona bukaNkulunkulu kukho konke okwenzayo. Umkhuleko ubaluleke njengokuphefumula. Ukwenza uxhumane nobukhona bukaNkulunkulu obunikeza impilo.

*Kwathi ngalezo zinsuku uJesu waphuma waya entaben i eyokhuleka; wahlala ubusuku bonke ekhuleka kuNkulunkulu.*

**NgokukaLuka 6:12**

## **Thintana noMdali wakho**

Kwesinye isikhathi ohambeni lwakho, ungazibuza ngalokho okufundiswe abazali bakho, abangani kanye nabanye abebeyingxene empilweni yakho. Khumbula ukuthi uNkulunkulu uhlala engumlawuli wempilo yakho.

*“Ngokuba Mina ngiyawazi amacebo enginawo ngani,” kusho uSimakade, “amacebo okuba nibe nenhlalakahle, hhayi awokunilimaza, awokuninika ikusasa nethemba. Niyakungibiza, nize nikhuleke kimi, ngiyakunizwa. Niyakungifuna, ningifumane, lapho ningifunisia ngenhliziyo yenu yonke.”   **UJeremiya 29:11-13***

*Manje kwabafihlela uSimakade amasu abo,  
abazenco zabo zisebumnyameni,  
abathi:*

*“Ngubani osibonayo?*

*Ngubani osaziyo na?”*

*Izinto niyazihlanekezelwa.*

*Umbumbi angathathwa yini njengebumba na?*

*Izinto ezenziweyo zingasho yini  
kumenzi wazo, zithi:*

*“Akangenzanga.”*

*Intu ebunjiweyo ingasho yini  
kokubumbileyo, ithi:*

*“Akazi lutho,” na?*

**U-Izaya 29:15-16**

## Umthandazo uyingxoxo noNkulunkulu ophilayo

*Ngiphendule lapho ngikhala,  
Nkulunkulu ongukulunga kwami.  
Ekucindezelweni wangenzela indawo ebanzi;  
yiba nomusa kimi,  
uzwe umkhuleko wami.*

**IHubo 4:1**

## Umkhuleko uyakugcina ungoni

*“Lindani, nikhuleke ukuze ningangeni ekulingweni;  
umoya uyavuma, kodwa umzimba ubuthakathaka.”*

**NgokukaMathewu 26:41**

Ukuthandaza nabanye kusho ukuthi usendaweni enhle.

*“Ngokuba lapho kuhlangene khona ababili noma  
abathathu egameni lami, ngikhona lapho phakathi kwabo.”*

**NgokukaMathewu 18:20**

## Umthandazo ukunika amandla ngezikathathi ezinzima

*Ngosuku engakhala ngalo, wangiphendula;  
waqinisa umoya wami,  
ngaba namandla.*

**IHubo 138:3**

## Umthandazo awuxoxiswana

*Kwathi lapho uDaniyeli esazi ukuthi umbhalo ulotshiwe, wangena endlini yakhe, amafasitela ayesekamelweni lakhe eliphezulu ayevulekele ngaseJerusalema, waguqa ngamadolo kathathu ngosuku, wakhuleka, wabonga uNkulunkulu wakhe, njengalokho ayenzile kuqala.*

**UDaniyeli 6 10**

## Intethelelo iza ngomthandazo

*Ngihawukele, Nkulunkulu,  
ngokomusa wakho,  
wesule iziphambeko zami  
ngokobubele bakho obukhulu.  
Ngigezisise ebubini bami,  
ungihlanze esonweni sami.*

**IHubo 51:1-2**

## Umkhuleko wezinga eliphezulu wazikhathi zonke

Ngezikhathi zonke asinamazwi okukhuleka noma asazi ukuthi sizokhuleka kanjani. UKristu wasinika umkhuleko obalulekile osuwesekele amakholwa eminyakeni eminingi eyedlule kuze kube manje:

*“ ‘Baba wethu osezulwini,  
malingcweliswe igama lakho;  
mawufike umbuso wakho;  
mayenziwe intando yakho emhlabeni njengasezulwini;  
siphe namuhla isinkwa sethu  
semihla ngemihla;  
sithethelele amacala ethu,  
njengalokhu nathi sibathethelela  
abanecala kithi;  
ungasingenisi ekulingweni,  
kodwa usikhulule kokubi;  
ngokuba umbuso ungowakho,  
namandla, nenkazimulo,  
kuze kube phakade. Amen.’ ”*

**NgokukaMathewu 6:9-13**

# **iBhayibheli – imanuwali yakho yokusebenza impilo yakho yonke!**

Izigidi zamakholwa emhlabeni wonke zikhola ukuthi iBhayibheli liyiZwi likaNkulunkulu. Balifunda njalo, balitadishe futhi balithathe njengo mhlahlandlala wempilo yabo.

KuHubo 119:105 umhubi uthi:

*Izwi lakho liyisibani ezinyaweni zami  
nokukhanya endleleni yami.*

Izwi lakho liyisibani ezinyaweni zami nokukhanya endleleni yami.

*Nakuba yikuphi okwakulotshwe phambilini, kwalotshelwa  
ukuba kusifundise ukuthi ngokubekerezela nangokuggugquzelwa  
yimbhalo, sibe nethemba.*

**KwabaseRoma 15:4**

## **iBhayibheli likhuluma nawe**

iBhayibheli alifani nencwajana yomyalelo noma iwebhusayithi enikeza izimpendulo ezicocekile nezixazululo esezenziwe ngomumo emibuzweni ehlukahlukene kanye nezinkinga. Le ncwadi ikhuluma nawe uma uvulelekile ukulalela iZwi likaNkulunkulu futhi ulenze libe yingxenye yempilo yakho yansuku zonke.

*Phela izwi likaNkulunkulu liphilile, linamandla, libukhali  
kunezinkemba zonke ezisika nganhlangothi zombili, lihlaba kuze  
kuhlukaniswe umphefumulo nomoya, amalunga nomnkantsha,  
lehlulela imicabango, nezizindlo zenhiliziyo.*

**KumaHebheru 4:12**

## I**Bhayibheli liyi GPS yakho**

Liphathelene nohla olubanzi lwezindaba, izehlakalo kanye nezimo zangempela zempilo ezibhekana nabalifundayo namhlanje. Iningi lale mibuzo iphendulwa ngendlela yokulinganisa ngesibonelo, iseluleko kanye neziyalo eziqonde ngqo.

Uma, kwesinye isikhathi, kusengathi akunangxenyenye yeZwi engasetshenziswa odabeni oluthile, kuvamise ukuba kube nemigomo ebanzi engasetshenziswa njengemihlahlandlela, isib. umyalo wokuqala, “**Ungabi nabanye onkulunkulu ngaphandle kwami**” awukhulumi ngemifanekiso yezithombe nje kuphela, kodwa nangempahla noma into umuntu ayithandayo ngaphezu kukaNkulunkulu.

## I**Bhayibheli linjengesibuko**

Lena akusiyo incwadi othola kuyo ulwazi ngethemba lokuthola usizo; incwadi futhi lapho sizihiela khona futhi sifunde ukwazi uNkulunkulu, njengoba amakholwa kade enza eminyakeni eminingi eyedlulile.

Ekugcineni, ukukholwa umyalezo weBhayibheli futhi ulenze ingxenyenye yempilo yakho kuwudaba lokukholwa. Yenza iBhayibheli libe yingxenyenye “yokuphuma nokungena” kwakho ngokubheka izifundo ezilandelayo futhi uzigcine kwi “diski yakho eqinile” ukuze ubheke kuyo ngokushesha mayelana neseluleko, isikhuthazo kanye nokudla okusheshayo komphefumulo.

# Uhambo olungakhohlakaliyo!

Qinisekisa ukuthi uyawabheka lawa mavesi. Kungaba isiqalo sesipiliyon i eihle, esijbulisa kakhulu noMdali wakho ngokwazi ukuthi:

... kwabamthandayo uNkulunkulu, konke kusebenzelana kube ngokuhle, kulabo ababiziweyo ngokwecebo lakhe.

**KwabaseRoma 8:28**

## IBhayibheli lisikhombisa okudingwa umhlaba

Ukholo	<b>Mak 9:23; 11:22</b>
Ukwethembeka	<b>Jak 1:12-15</b>
Ukuxolela	<b>AMah 32:1-5; Mat 18:21-22;</b> <b>1 Joh 1:9; Khol 3:13</b>
Ubuhle	<b>1 Phe 3:8-17</b>
Injabulo	<b>UMsh 7:14; IZag 15:13; AMah 118:24</b>
Ukwelapheka	<b>Luk 4:18-19</b>
Ithemba	<b>AMah 119:114; Rom 15:13</b>
Ukuthobeka	<b>1 Phe 5:5-6</b>
Intokozo	<b>UJer 31:13; 1 The 5:16</b>
Jabula njalo	<b>1 The 5:16</b>
Uthando	<b>1 Kho 13</b>
Uthando omunye komunye	<b>1 Phe 4:8</b>
Ukubekezela	<b>Jak 5:7-11</b>
Ukuthula	<b>U-Iza 26:3; Fil 4:6-7</b>
Ukuzithiba	<b>Thit 2:1-10</b>
Ukwethembba	<b>U-Iza 12:2; IZag 3:5</b>
Ukuhlakanipha	<b>IZag 1:7</b>
Ukufakaza	<b>UJer 1:4-10; IZen 1:8</b>

## I Bhayibheli lisifundisa ngokukholwa

Ukuvuma uJesu Khristu	<b>Rom 10:9-10,13</b>
Ukuphuma esonweni	<b>1 Joh 1:8-9</b>
Ukukholwa kuJesu	<b>Joh 6:47</b>
Uthando luka Nkulunkulu	<b>Joh 3:16; U-Iza 54:10</b>
UJesu uMsindisi wethu	<b>Joh 4:42; 1 Tim 2:3-5</b>
Mukela uJesu	<b>Mak 10:15; Joh 1:12-13</b>

## I Bhayibheli lisikhombisa ukuthi kungani siphila

Ukusebenzela uNkulunkulu	<b>UJos 24:15</b>
Ukuba njengoJesu	<b>2 Kho 3:18</b>
Ukwenza intando kaBaba	<b>Joh 4:34</b>
Ukufuna umbuso kaNkulunkulu	<b>Mat 6:33</b>
Ukudumisa uNkulunkulu	<b>Rom 15:5-6</b>
Ukuqedo umjaho	<b>IZen 20:24; 1 Kho 9:24</b>

## I Bhayibheli lisifundisa indlela yokuphila

Ukujabula	<b>Fil 4:4</b>
Ukubonga	<b>AMah 136</b>
Ukulalela	<b>IZen 5:29; Jak 4:17</b>
Ubuqotho	<b>Jak 5:12</b>
Ukunqoba	<b>Rom 12:21</b>
Ukuphikelela	<b>UJos 1:6-9; 2 Thi 4:7; Heb 12:1</b>
Injabulo	<b>AMah 16:11; 1 The 5:16</b>
Jabulani njalo	<b>1 The 5:16</b>
Inkululeko	<b>Gal 5:10-16</b>
Iqiniso	<b>Joh 8:32</b>
Ukwenza okulungile	<b>Jak 1:2-8</b>

## I Bhayibheli linikeza intokomalo namandla

Inhlupheko	<b>2 Kho 8:9</b>
Inkuthazo	<b>U-Iza 40:31; AMah 28:7</b>
Ingcindezi	<b>1 AMak 19:3-12</b>
Ukufa	<b>Joh 14:1-14</b>
Ukulahlekelwa yithemba	<b>UNeh 4:1-23; 6:15-16</b>
Ukukhathala	<b>U-Iza 40:29-31</b>
Intokomalo	<b>1 Phe 5:7; AMah 146:8-9; 147:3</b>

Sengathi uNkulunkulu, "umbhali" wale ncwadi, angakugqugquzela ukuba uqonde futhi ukholwe umlayezo ovela kuye ngqo obhekiswe kuwe, ngenkathi usacabanga ngale ngxenye encane yeseluleko esivela kuPawula sibhekiswe ku:

*Yibani njengezingane ebubini, ekuqondeni nibe ngabakhulileyo.*

**1 KwabaseKhorinte 14:20b**