

LETSATSI 1



International **Marriage week** SA  
1-7 SEPTEMBER 2014  
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## PUISANO

### - KHOSO E KHUTSHWANE

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O a amogelwa mo letsatsing la ntlha la dithulaganyo tsa Beke ya Lenyalo. Re dumela gore wena le monna wa gago le tla tswelela ka botlalo mo dikhosong tseno tsa lenyalo. E buiseng yotlhe mmogo, e buisaneng le buela kwa godimo mme le letlelelaneng gore mongwe le mongwe a ntshe maikutlo a gagwe le pego.

#### PUISANO KE MOTHEO WA 'NTLO YALENYALO'

O akanyang fa o utlwa ka lentswe lenyalo? Go tla setshwantsho sefe fa o akanya ka lenyalo?

Ke potso e gantsi re e botsang banyalani ka nako ya dipuo tsa rona mme re utlwa dikarabo tse di kgatlhang tota. Mongwe o kile a re lenyalo le dira gore ba akanye ka 'nickerball', ka gonne e thata mme le fa go ntse jalo e a itumedisa. Motho mongwe o ne a re lenyalo le dira gore ba akanye ka mokoro mo lewatleng, ka gonne go na le dinako tsa thetebalo ya kagiso mme ka dinako tse dingwe go nna ditsuatsue tse di maswe tsa metsi tse di kgarakgatshang mokoro. Ka go rialo, motho mongwe o dumela gore lenyalo le tshwana le lebolomo le le mo nkgwaneng le le tlhokang go tlhokomelwa ka metlha eseng jalo le tla korobela le bo le swa.

Nna le Elna gantsi re bona setshwantsho sa ntlo fa re utlwa lefoko lenyalo kgotsa re akanya ka lone. Fela jaaka ntlo e tlhoka go agiwa mo motheong o o tiileng ka ditena tsa kago le go sirelediwa ka borulelo, lenyalo le lone le tlhoka motheo o o tiileng, ditena tse di agang le borulelo.

Lefa go ntse jalo, ntlo nngwe le nngwe gape e tlhoka semente go tshwaraganya sengwe le sengwe. Mo go rona, puisano ke semente sa lenyalo. Puisano e tshwaraganya sengwe le sengwe. Fa go se na puisano, go buisana mmogo le go buisana le Modimo, sengwe le sengwe mo lenyalong se tla phuthama.

Fela jaaka ntlo, lenyalo le tlhoka puisano e e bothitho gore le le nne teng le gore le tswelole le atlegile. Fela jaaka semente sa ntlo se ka seka sa tlhakangwa sentle mme ga felela ka gore ntlo e phanyege, e kgaogane le go wa, ka tsela e e tshwanang puisano mo matlong a rona a lenyalo e ka nna a seka a tlhakangwa sentle. Phelelo e nna legae la lenyalo le le phanyegang motlhofo, le le kgaoganang le go thubega. Mme fa puisano e dirisiwa sentle, ntlo ya rona ya lenyalo, kgotsa tsalano ya rona ya lenyalo, ga e kitla e phanyega, e kgaogana kgotsa e wa.

Gantsi nna le Elna re a itlhatlhoba go tlhomamisa gore a puisano ya rona le puisano ya rona le Modimo e santse e e siame, mme mo makgetlong a se kalo, re lemogile gore re ne re sa tlhokomele puisano ya rona . Ka bobedi re bo re dira tshwetso ya gore re tshwanetse go buisana mmogo le go buisana le Modimo ka dilo tsa tsatsi le letsatsi mme gape le ka dilo tse di boteng tse di leng botlhokwa tota mo lenyalong.

A o batla go akanya ka semente sa ntlo ya gago ya lenyalo? Se tshwakantswe mo se tiileng go le kana kang? Baakanya bothata jono mme o tiise lenyalo la gago le boitumelo jwa gago.

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## DIPOTSO TSA PUISANO (bosigong jono)

*Buisana ka dipotso tseno le molekane wa gago bosigong jono. Gakologelwa, ga le tlhoke go dumalana ka sengwe le sengwe. Letlelelang gore mongwe le mongwe o tla nna le dipono tse di sa tshwaneng le tsa yo mongwe mme le reetsane dipelo.*

- O akanya gore sebopego sa puisano e e siameng mo lenyalong ke sefe?

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- Banyalani ba ka dirang go tokafatsa puisano ya bone e le gore motse wa bone wa lenyalo o nne o tiile?

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## LEANO LA GO TSAYA KGATO

Dirisa sebaka seno go sobokanya leano la gago la go tsaya kgato ya go tswelera pele.

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## THUTO YA BAEBELE

Bala temana eno ya Baebele ka dithanolo di le mmalwa tsa Baebele o bo o kwala seo se go amang. Buisanang ka se o se kwadileng le molekane wa gago.

- Pesalema 1:27

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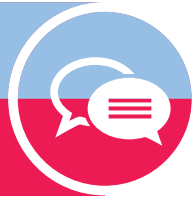
Ka moso o tla amogela karolo ya letsatsi la bobedi la khoso e khutshwane eno. Mo karolong ya kamoso re tla bua ka kgolagano ya maikutlo e e dirang puisano e e tiileng gareng ga batho ba babedi.

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#### **Puisano e e tiileng e dira gore batho ba tshwaragane ka maikutlo ka tsela e e mosola**

"Puisanang go seng jalo lenyalo la lona le tla swa!" Ano ke mafoko a ga Dennis Rainey mo bukeng ya gagwe ya, 'Lonely husbands' (Banna ba ba ikutlwang ba le bos). Basadi ba ba ikutlwang ba le Bosi. Mafoko a a batlang a go emisa mo ditseleng tsa gago le go go dira gore o ipotse gore a go ka nna maswe go le kalo.

Go ka ya Dennis, go ikutlwa o le nosi mme o le gare ga batho ke bongwe jwa malwetsi abogolo a nako ya rona. Ke seemo sa maikutlo se se nnang teng fa batho ba sa buisa ka tsela e e utlwalang mme ka gone ba sa kgone go nna le kgoaganano e e utlwalang ya maikutlo le mongwe.

Seno se gatelela botlhokwa jwa puisano e e bothitho le kafa e ka thibelang gore batho ba seka ba ikutlwa ba le bos ka gone. Go ikutlwa o le nosi o se na ope yo o gaufi le ene go botlhoko tota, mme ebile go botlhoko le go feta fa o ikutlwa o le nosi mme o na le batho ba bangwe. Se ke sone se Dennis a buang ka sone; go ikutlwa o le nosi ga batho le fa ba ratana le batho ba bangwe. Ke go ikutlwa o le nosi ga batho ka gone batho ba sa buisane sentle.

Se se itumedisang ke gore go na le tharabololo e e ka emisang bolwetsi jo bo maswe jo bo ise bo tshware batho. Tharabololo ke puisano e e bothitho mme re ka kgona go nna le yone. Santlha, re tshwanetse go tlhaloganya gore puisano e e tlwaelegileng fela e farologane thata le puisano e e bothitho. Puisano e e bothitho ke fa batho ba buisana ka se tota e leng sa botlhokwa - ba bua ka maikutlo a bone. Seno ke fa batho ba babedi ba dira boiteko jwa go bua ka dikgang tse di kwa teng ba bo ba leka go reetsana tota.

Puisano eno e na le bokgoni jwa go tshwaraganya batho ba babedi, mme tshwaragano eo e tla fedisa boikutlo jwa bonosi jwa mofuta mongwe le mongwe.

E dira gore batho ba babedi ba ikutlwe ba atamalane, boikutlo jo bo molemo thata. Boikutlo jwa gore, 'Ke na le mongwe'. Boikutlo jo e leng phapang ya go nna nosi. Ke boikutlo jo mongwe le mongwe a bo eletsang. Gongwe jaanong, fa o bala seno, o lemoga gore fa gongwe o ikutlwa o le nosi mme o ntse o le mo lenyalong kgotsa o ratana le mongwe. Re batla go go gwetlha. Gogela molekane wa gago gaufi le wena mme o bue le ene ka seno. O seka wa itlhoboga. O ka nna wa dira leano lengwe. O ka dira ka botswerere mo nonofong eno ya puisano mme wa nna le tshwaragano e e kgotsofatsang, ya maikutlo e e ka fedisang o ikutlwa o le nosi.

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## DIPOTSO TSA PUISANO (bosigong jono)

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- Ke eng se se mo pelong ya gago se se kgoreletsang gore o nne le puisano e e bothitho?

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- O ka phepafatsa pelo ya gago jang go ntsha sengwe le sengwe se se kgoreletsang puisano ya lona?

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## LEANO LA GO TSAYA KGATO

Dirisa sebaka seno go sobokanya leano la gago la go tsaya kgato ya go tswelera pele.

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## THUTO YA BAEBELE

Bala temana eno ya Baebele ka dithanolo di le mmalwa tsa Baebele o bo o kwala seo se go amang. Buisanang ka se o se kwadileng le molekane wa gago.

- Diane 4:23

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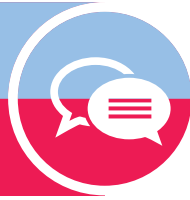
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Ka moso o tla amogela karolo ya letsatsi la bone la khoso e khutshwane eno. Karolo ya kamoso e tla bo e le ka go reetsa kelotlhoko.

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#### Puisano e e Bothitho e simolola mo pelong

*"Gustav le Elna, le buisana kafa le ratang puisano e e utlwalang ka teng, kafa go leng molemo ka teng le kafa banyalani bangwe le bangwe ba ka utlwalang monate wa yone ka teng mme ka tsela eo, ba tshwaragane mo go kopanela diko ga bone nnang jo bo jesang monate le jo bo kgotsofatsang. Lefa go le jalo, ke batla go le bolelela gore, ga go bonolo. Ga le itse lona gore go thata go le kana kang tota. Re lekile makgetlo a le mantsi mme ke ne ke itse go santse go le gale gore re ne re se na go atlega mme nako le nako ke ne ke bua boammaaruri. Morago ga beke e le nngwe kgotsa di le pedi re tla bo re tswana fela go se na phetogo epe. Ga re itlhaloganye, ka bobedi re tenegile, go ntse bosula fela mme bana ba tsamaela kgakala le rona."*

Ke dumela gore go na le manyalo a le mmalwa a a bontshang maikutlo a motho yo o re kwaletseng lekwalo leno. Maikutlo a go sulafalelwa le go tlhakana maikutlo a a mo lekwalong leno a phepafetse. Pelo ya motho yono ga e ise e siamele puisano e bothitho gotlhelele, mme ke gone fa puisano e e bothitho e tshwanetseng go simolola teng, mo pelong. Mafoko a a molemo ke gore, go sa kgathalasege kafa motho yono a ikutlwang a sulafaletswe le go fenngwa ka teng, o gaufi thata le tharabololo. Gotlhe mo go tlhokegang, ke phetogo ya pelo. Mathaio 12:34 ya re: "Molomo o bua se se tletseng mo pelong." Puisano e e bothitho e simolola mo pelong. *Fela jaaka sengwe le sengwe mo botshelong sa botlhokwa ga se dinonofo tse di bonalang mo teng mme ke tse di bonalang kafa ntle. Motho o ka ithuta bokgoni jo bo siameng thata, a leke ditsela tsotlhe tsa go dira dilo tse di kwadilweng kgotsa a kitlanye meno jaaka motho yo o mo bukeng eno, mme fa pelo ya gagwe e sa siama, ga go sepe se se nnang le mosola.*

Henry Ford o ne a re: "Fa o dumela gore o ka kgona kgotsa o sa dumela gore o ka se kgone, se o se dumelang ke sone se se se tla diragalang". Mafoko a gagwe a tsamaisana le Diane 4:23 e e reng: "Go feta tsotlhe tse dingwe tse di tshwanetseng go disiwana, dibela pelo ya gago, gonne metswedi ya botshelo e tswa mo go yone."

Tshimologo ya katlego ke fa o kgona go ya mo botenye jwa pelo ya gago o bo o letlelela dikakanyo tsa gago gore di diragale. A o tlhopha dikakanyo tsa kagiso mo pelong ya gago kgotsa a o nna o akantse ka dikgogakogano? A o tlile go letlelela ditsuatsue go tsena mo pelong ya gago kgotsa a o tlile go tlatsa pelo ya gago ka dikakanyo tsa kagiso le katlego, tse Modimo o batlang gore o nne le tsona? Fela jaaka o ka tlhopha gore o tshela peterolo efe mo koloing ya gago, ka tsela e e tshwanang o ka tlhopha se o se letlelela mo pelong ya gago.

O ka tlhopha go tsholetsa tlhogo ka monyenyo mme o tlhome mogopolo mo dinonofong tse di siameng tsa molekane wa gago. Ke gone o tla ikutlwang o fentse go sa kgathalasege matsubutsubu a magolo a o fetang mo go one. Fa o lwela gore go nne le puisano e e bothitho mo lenyalong la lona o tshwanetse go simolola mo pelong ya gago. Baakanya pelo ya gago gompieno. Ke gone o tla bong o siame gore o nne le puisano e e bothitho.

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## DIPOTSO TSA PUISANO (bosigong jono)

*Buisana ka dipotso tseno le molekane wa gago bosigong jono. Gakologelwa, ga le tlhoke go dumalana ka sengwe le sengwe. Letlelelang gore mongwe le mongwe o tla nna le dipono tse di sa tshwaneng le tsa yo mongwe mme le reetsane dipelo.*

- O ka tlhalosa jang kgolagano e e utlwalang, ya maikutlo le molekane wa gago?

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- Puisano e ka tokafatsa jang kgolagano ya lona ya maikutlo?

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## LEANO LA GO TSAYA KGATO

Dirisa sebaka seno go sobokanya leano la gago la go tsaya kgato ya go tswelela pele.

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## THUTO YA BAEBELE

Bala temana eno ya Baebele ka dithanolo di le mmalwa tsa Baebele o bo o kwala seo se go amang. Buisanang ka se o se kwadileng le molekane wa gago.

- Diane.18:22

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Ka moso o tla amogela karolo ya letsatsi la boraro la khoso e khutshwane eno. Mo karolong ya ka moso re tla buisana ka gore go diragalang jang gore puisano e e utlwalang e simolole mo pelong.

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#### Go Reetsa ka Kelotlhoko

"Ke itse gore o dumela gore o tlhologanya se o akanyeng gore ke se buile lefa go le jalo ga ke bone gore a o lemoga gore se o se utlwileng ga se se ke se kayang." Ano ke mafoko a a kgatlang tota a ga Kenneth Erickson mo bukeng ya gagwe, "Maatla a Puisano".

Gantsi o ka reetsa motho o bo o tlhomamisega gore o tlhologanya se o akanyeng gore motho yoo o se buile, mme o bo o lemoga gore tota ga o a utlwa se se neng se kaiwa. Fa motho a sa reetse ka kelotlhoko, ga a kitla a fitlha mo a tlhologanyang bokao jwa se motho yo mongwe a se buileng. Go reetsa ka kelotlhoko ke bokgoni jwa puisano jo bo dirang gore o kgone go lemoga bokao jwa batho ba ba mo tikologong ya gago.

Ke ipoditse gantsi gore ke eng se se dirang gore ke utlwe mafoko a motho ke bo ke akanya gore ke a a tlhologanya mme ke bo ke sa tshware bokao kgotsa boikaelelo jwa one. Ka lesego ke lemogile karabo ya seno. Mafoko a le mangwe a kaya se se farologaneng mo bathong ba ba farologaneng. Ka sekai, ke bereka go fitlha bosigonyana phirimane nngwe ke bo ke solofetse Elna gore ga ke na go fitlha thari thata mo gae. Fa ke fitlha mo gae ka nako ya bongwe morago ga bosigogare, o tla bo a tenegile fela thata ka gonne ke rile ga ke na go fitlha thari mo gae. Go sa utlwana mo ka bonako fela go ka fetoga go omana le go latofatsana ka tsela e e sa itumediseng. Ke fela fa re sena go buisana ka gone, re lemogang gore fa ke re ke tlile go tla go setse go le thari, ke raya ka nako ya bobedi mo mosong letsatsi le le latelang mme ene fa a re o tla tla go setse go le thari, o raya 11pm mo go jone bosigo joo.

Ga se gore mafoko a a tshwanang a raya selo se se tshwanang mo bathong ba babedi ba ba farologaneng. Ke sone se re tshwanetseng go reetsa ka kelotlhoko ka gonne ke gone fela re ka kgonang go tla go sa utlwaneng mo go sa tlhokegeng mme re ka tlhologanyang se tota e leng boikaelelo kgotsa bokao jwa motho yo mongwe. Go reetsa ka kelotlhoko ga go reye go reetsa mafoko fela, ke go batla boikaelelo kgotsa ditiro tse di bakang gore go buiwer mafoko one ao. Go reetsa ka kelotlhoko ke go batla se se mo pelong ya motho yo mongwe.

Tsela e nngwe ya go reetsa ka kelotlhoko ke go botsa dipotso ka mokgwa o montle a a bontshang fa o na le kgatlhego. Fa re boela gape kwa tiragalong ya "go tla go setse go le thari": fela ka go botsa "o raya goreng fa o re o tla tla go setse go le thari?" go tilwa go bolaisana pelo thata.

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- A o ka akanya ka nako e wena le molekane wa gago le neng la seka la utlwana? Go ne ga diragalang?

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- O ka rata gore molekane wa gago a direng go bontsha kgatlhego mo boikaelelong kgotsa se o se kayang?

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Dirisa sebaka seno go sobokanya leano la gago la go tsaya kgato ya go tswelera pele.

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## THUTO YA BAEBELE

Bala temana eno ya Baebele ka dithanolo di le mmalwa tsa Baebele o bo o kwala seo se go amang. Buisanang ka se o se kwadileng le molekane wa gago.

- Diane 18:2

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Ka moso o tla amogela karolo ya letsatsi la botlhano la khoso e khutshwane eno. Setlhogo sa karolo ya ka moso ke, "Tokafatsa bokgoni jwa gago jwa go reetsa".

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#### Tokafatsa bokgoni jwa gago jwa go reetsa

Ka nako e e rileng, Elna o ne a mpotsa gore a metsi a a mo galaseng e e fa pele game a ne a le tsididi. Ke ne ke itse gore a ne a le tsididi monate mme ka mo raya ka re nkamo tshelala one mo galaseng ya gago. Ka bonako fela a bo a fetola ka mafoko a a latelang: "Ga ke a go kopa galase ya metsi, ke ne ke batla fela go itse gore a a tsididi. Ke eng o sa reetse se ke se buang?"

Jalo banyalani ba le bantsi gantsi ba diragalelwa ke se se neng sa diragalela Elna ka letsatsi leo, e leng gore ga ba reediwe. Gantsi banyalani ba le bantsi ba re: "Ga ke a rialo," kgotsa "Ke ne ke sa reye jalo."

Nna ke dumela gore go bolaisana pelo mo go tlwaelegile thata ka gonne bontsi jwa batho ga ba ke ba reetsa. Batho ba le bantsi ga ba kgona go fedisa mokgwa wa gone o o sa siamang wa go reetsa le go godisa bokgoni jwa go reetsa ka botswerere.

"Itseng seno, bakaulengwe ba me ba ba rategang: Motho mongwe le mongwe o tshwanetse go nna bonako go utlwa, bonya go bua, bonya go shakgala." Mafoko ano ke a ga Jakobe 1:19. Nna ke rata thata karolo e e reng re tshwanetse go ikemisetsa le go tlhagafalela go reetsa. Go reetsa, go reetsa ka tshwanelo, le go reetsa sentle mme o utlwa se molekane wa gago tota a se buang, ke sengwe sa diphiri tsa go dira gore puisano ya gago e nne bothitho. Ke selo se se motlhofo tota mme lefa go le jalo se se thata tota.

Fa nna le Elna re ne re lemoga gore re tshwanetse go tokafatsa puisano ya rona, re ne ra simoilola ka bokgoni jwa rona jwa go akanya. Re ne ra simolola go ithutolola mekgwa ya rona yotlhe ya go sa reetse sentle. Mongwe wa yone e ne e le wa go akanya ka sengwe se sele fa motho yo mongwe a bua. Ka gonne motho yo o tlwaelegileng o akanya ka bonako jo bo fetang se motho yo mongwe a se buang gane, go diragala ka bonako mo o simololang go akanya fa motho yo mongwe a ntse a bua. Monna o tswelletse ka go bua ka gore o tlhotse jang mme mosadi ene o akanya ka dijo tse di mo setofong. Mosadi o buisana ka se ene le mmaagwe ba neng ba tlotla ka sone mo mogaleng fa monna ene a akanyetse ka metshameko ya khomphiutara e a batlang go ya go e tshameka. Ka dinako dingwe tiragalo eno e feletse e le selo se se jesang monate le go tshagisa mo botsalanong jwa rona.

Elna o tla bo a tswelletse a bua a ba a ema ka bonako a le fa gare ga se a se buang a bo a re: Ga o a reetsa se ke se buang?" Ga ke itse gore o kgona jang mme o itse sentle fa ke simolola go akanya ka dilo di sele ke bo ke lemoga gore ke tshwanetse go ipateletsa go tlhoma mogopolo mo go se a le kang go se mpolelela.

Mokgwa o mongwe o o sa siamang wa go reetsa ke go tlhophisa se o batlang go se utlwa. Seno se diragala fa ke utlwa fela se ke batlang go se utlwa kgotsa karolo e e tlhomamisang dipelaelo tsa me fela. Re tshwanetse go ithuta go leka go utlwa sengwe le sengwe se motho yo mongwe a le kang go se bua. Go ka ikatisiwa go dira jalo ka gore gangwe le gape o botse motho yo mongwe o re: "A ke go utlwa sentle gore wa re?" O bo o boeletsa se o akanyang gore se builwe ke motho yo mongwe. Seno se thusa thata tota go tla go sa utlwane.

Mokgwa o mongwe o o sa siamang wa go reetsa o re tshwanetseng go dirisana le one ke go reetsa ka mokgwa wa go athola. Fa ke reeditse ke athola mafoko le maitlomo a gagwe mme e re fa a fetsa, ke bo ke semeletse go mo tshwaya diphoso le go di mmakanyetsa. Seno se senya ditshono tsotlhe tsa gore go nne le puisano e e bothitho.

A ga o batle fela go gogela molekano wa gago gaufi le wena, o bo o nyenya ka lorato, o bo o mo atla mme o bo o mmotsa ka go re: "A o dumela gore ke ne ke go reeditse tota jaaka molekane wa me?" Molekane wa gago o ka nna a idibala, mme fa a itharabolagelwa, lo ka simolola go tswelala ka puisano ya lona.

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## DIPOTSO TSA PUISANO (bosigong jono)

**Buisana ka dipotso tseno le molekane wa gago bosigong jono. Gakologelwa, ga le tlhoke go dumalana ka sengwe le sengwe. Letlelelang gore mongwe le mongwe o tla nna le dipono tse di sa tshwaneng le tsa yo mongwe mme le reetsane dipelo.**

- Wena o na le molato ofe wa bokgoni jwa go sa reetse sentle?

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- O ka dirang go tokafatsa bokgoni jwa gago jwa go reetsa?

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## LEANO LA GO TSAYA KGATO

Dirisa sebaka seno go sobokanya leano la gago la go tsaya kgato ya go tswelera pele.

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## THUTO YA BAEBELE

Bala temana eno ya Baebele ka dithanolo di le mmalwa tsa Baebele o bo o kwala seo se go amang. Buisanang ka se o se kwadileng le molekane wa gago.

- James. 1:19

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Ka moso o tla amogela karolo ya letsatsi la borataro la khoso e khutshwane eno. Setlhogo sa karolo ya ka moso ke, "Bua ka tsela e e siameng".

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## PUISANO

### - KHOSO E KHUTSHWANE

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#### Bua ka tsela e e siameng

"Go ka diragala gore batho ba lebale se o se buileng. Go ka diragala gore batho ba lebale se o se dirileng. Mme ga kitla ba lebala kafa o dirileng gore ba ikutlwe ka teng

Ope fela yo buileng mafoko ano lantlha, o ne a bua boammaaruri tota! Batho ba tla gakologelwa kafa o dirileng gore ba ikutlwe ka teng mme tsela e o buang ka yone e tla nna le seabe se segolo mo maikutlong ao. A o bua ka tsela e e dira gore moratiwa wa gago a ikutlwe a itumetse? O ka bua jang gore o dire gore motho yo mongwe a ikutlwe a itumetse go na le gore a solafale maikutlo? Re batla go go naya ditlhabobothale di se kae tse di ka go thusang go dira seno.

Tlhabobothale ya ntlha e tswa mo bukeng ya Diane 15:2, e e reng, "Karabo fa e le bonolo e faposa bogale, mme lefoko le le utlwisang botlhoko le tsosa bogale." Fa gongwe, bogolo jang mo manyalong, motho o ikutlwa o batla go goela kwa godimo, go bua mafoko a a bogale, mme gantsi re felela re dira jalo, a ga go jalo? Mme temana eno ya re lefoko le le bonolo le tlisa kagiso mme le tima bogale.

Se se tla diragalang ke gore le gakologelwe e le lone le le neng la tlisa kagiso. Jalo, nako e e tlang fa molekane wa gago a kgopisegile ka gonne o tlogetse diaparo tse di leswe go bapa le mmanki wa washene o sa di tsenya mo go one, leka go dirisa mafoko a a bonolo a a tshwanang le: "Tshwarelo tlhe". Se se ka diragalang ke gore a gakologelwe mafoko ao, ka gonne a tla dira gore a ikutlwe a itumetse.

Tlhabobothale e nngwe e tswa mo go Diane 15:5. Ya re: "Go ritibala ga loleme ke setlhare sa botshelo, mme tshokamo ya lone e raya go utlwa botlhoko mo moyeng." Re lemogile gore dikgwetlho tse di diragalang mo letsatsing di ka nna tsa dira gore motho a ikutlwe a wela dibete ebile a gateletse maikutlo. Go itsisiwe ka tshoganyetso gore ke maitseboa a batsadi kwa sekolong mme bana ba ne ba sa go bolelela ka gone. Sekoloto sa mogala se o leletseng go se duela. Mokgweetsi wa koloi yo o ka go tlhoka botho a kgabaganyang fa pele ga koloi ya gago ka lebelo. Re ka di bua di le dintsi. Gantsi Elna o bua kafa a ratang ka teng fa a ikutlwa jalo nna ke bo ke go atametsa gaufi le nna ke mo tshewara ke bo ke re: "Ke a go rata." Mafoko ano a a ritibatsang a mo tlhabola gape gore a tswelele le botshelo.

Go na le tlhabobothale e nngwe e e mo go Baefeso 4:29 e e balebale jaana "... A go se tswe lefoko le le bodileng mo molomong wa lona, fa e se lefoko le fa e le lefe le le molemo go aga kafa go tlhokegang ka gone gore le tle le abele bautlwi se se rategang." Gore go le bonolo fela gore re tshwayane diphoso? Gore go le bonolo fela gore re pegane melato? Go nna jaaka ekete go itiragalela fela. "Wena o botlhaswa tota, bona kafa fela kafa o tlogeteng toulo e e metsi fa fatshe." Tlhabobothale eno ke ebanyalani bangwe le bangwe ba ka tsenya mo pelong.

Diane 12:25 gatelela seno fa e re, "Go tshwenyega ka tlhobaelo mo pelong ya motho ke gone go tla e obang, mme lefoko le le molemo le a e ipedisa." "Toulo e e metsi e ka tswa e le fa fatshe, mme maikutlo a lorato a santse a tsoga mo pelong ya me fa ke go leba." "Lebotlolo la metsi le le mo forijeng ga le na sepe, mme o itse gore ke eng - ke santse ke tsentshiwa ke lerato la gago." Mafoko ano a botsala a ka dira gore letsatsi le le maswe le fetoge le le tlhabileng sentle mme a dira gore maikutlo a a bosula a fetoge maikutlo a a siameng.

Tlhabobothale ya bofelo emo go Diane 12:18. "Go na le yo o buang a sa akanye jaaka e kete ka ditlhabo tsa tshaka, mme loleme lwa ba ba botlhale ke phodiso." Fa re akanya pele ga re bua, re tla kgona go buisana ka tsela e e siameng.

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## DIPOTSO TSA PUISANO (bosigong jono)

**Buisana ka dipotso tseno le molekane wa gago bosigong jono. Gakologelwa, ga le tlhoke go dumalana ka sengwe le sengwe. Letlelelang gore mongwe le mongwe o tla nna le dipono tse di sa tshwaneng le tsa yo mongwe mme le reetsane dipelo.**

- Ke tlhabobotlhale efe mo go tsengoe e 'buang' le wena go feta a mangwe?

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- Tsela e e molemo thata ya go dirisa ditlhabobotlhale tseno mo lenyalong la gago ke efe?

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## LEANO LA GO TSAYA KGATO

Dirisa sebaka seno go sobokanya leano la gago la go tsaya kgato ya go tswelera pele.

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## THUTO YA BAEBELE

Bala temana eno ya Baebele ka dithanolo di le mmalwa tsa Baebele o bo o kwala seo se go amang. Buisanang ka se o se kwadileng le molekane wa gago.

- Diane 15:1 \_\_\_\_\_
- Diane 15:4 \_\_\_\_\_
- Baefeso 4:29 \_\_\_\_\_
- Diane 12:25 \_\_\_\_\_
- Diane 25:11 \_\_\_\_\_
- Diane 12:18 \_\_\_\_\_

Ka moso o tla amogela karolo ya letsatsi la bosupa la khoso e khutshwane eno. Karolo ya kamoso e tla bua ka puisano ya lorato.

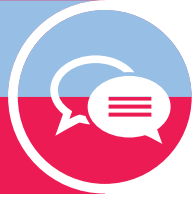
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## PUISANO

### - KHOSO E KHUTSHWANE

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#### Buisana ka Lorato

Puisano e e bothitho ke yone e e dirang gore botsalano bope fela bo tiye. Lerato le le bontshiwang ka dinako tsotlhe fela le na le seabe se segolo thata mo botsalanaong. Mme ke eng se se ka thusang fa dilo tse pedi tseno di kopanngwa. Ke eng se se ka thusang batho ba babedi go tlhoma mogopolo mo go kopanyeng puisano e e bothitho le lerato le le bontshiwang ka dinako tsotlhe fela mo botsalanong jwa bone? A ka kgona go bona seno mo mogopolong wa gago, batho ba babedi ba ba dirang tshwetso ya gore ba oketse go buisana la lerato nako nngwe le nngwe?

Banyalani ba buisana ka dilo tse dingwe di le dintsi, mme go tweng ka go buisana ka lerato? Ke akanya gore go ka utlwala jaaka le le mo honeymoon gape. Banyalani ba tla batla go nna ba le mmogo fela ka gonne ba natefelelwa ke go nna mmogo.

Gongwe eno ke nako ya gore o dire jalo gompiano. "Go simolola ka nako eno go ya pele, nako le nako fa ke bona tshono ya go dira jalo, ke tla buisana ka lerato gantsi le molekane wa me." Lefa go ntse jalo: "Motho o ka dira se jang?" Ke ka buisana ka lerato gantsi jang le molekane wa me? Ke ka simolola jang?"

Karabo e motlhofo ka tsela e e gakgamatsang: Botsa molekane wa gago Gakologelwa, puisano ga se go bua fela. Fa o akgola molekane wa gago o buisana ka lerato. Go ka buisanngwa ka lerato le molekane ka mafoko, ditiro le go mmontsha lerato. Lefa go ntse jalo o tshwanetse go botsa molekane wa gago gore ene o batla gore o buisane ka lerato jang le ene. O tshwanetse go itse gore molekane o batla go amogela lerato jang. Fa o sa itse seo ga o na go kgona go buisana ka lerato sentle.

A o ikemiseditse go itse gore o ka buisana ka lerato jang ka tsela e e siameng le molekane wa gago? A o ikemisedite go dira boiteko le go nna le boitemogelo jwa go buisana le molekane wa gago ka lerato ka tsela eno? Fa e le gore o ikemisetse go kopanya puisano e e bothitho le lerato le eseng la maemo a a rileng ka tsela eno, lenyalo la gago le tla nonofela go ya pele.

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## DIPOTSO TSA PUISANO (bosigong jono)

*Buisana ka dipotso tseno le molekane wa gago bosigong jono. Gakologelwa, ga le tlhoke go dumalana ka sengwe le sengwe. Letlelelang gore mongwe le mongwe o tla nna le dipono tse di sa tshwaneng le tsa yo mongwe mme le reetsane dipelo.*

- O batla gore molekane wa gago a buisane ka lerato jang le wena?

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- O ka nna le bokgoni jang ka iketlo jwa go buisana le molekane wa gago ka lerato

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## LEANO LA GO TSAYA KGATO

Dirisa sebaka seno go sobokanya leano la gago la go tsaya kgato ya go tswelera pele.

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## THUTO YA BAEBELE

Bala temana eno ya Baebele ka dithanolo di le mmalwa tsa Baebele o bo o kwala seo se go amang. Buisanang ka se o se kwadileng le molekane wa gago.

- Bafilipi. 1:9

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