

USUKU 1



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

### - IMFUNDO EFUSHANISIWE

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Uyamukelwa osukwini lokuqala lwezinhlelo ezithi Iviki Lomshado. Sithemba ukuthi wena nomyeni wakho nizothatha amagxathu amakhulu ukuya phambili ngalolu hlelo lwemfundo ngomshado. Lufundeni ndawonye, nixoxe ngalo ngokuphumisela ngokuzwakalayo futhi ninikane ithuba lokuveza imibono engafani nalokho enitshelana kona.

#### UKUKHULUMISANA KUWUSIMENDE 'WEKHAYA LOMSHADO'

Yini oyicabangayo uma uzwa izwi elithi umshado? Sithombe sini esifika engqondweni uma ucabanga ngomshado?

Lona wumbuzo esivame ukuwubuzwa imibhangwana (couples) ezingxoxweni zethu futhi siyaye sithole izimpendulo ezithakazelisayo. Othile wake wathi umshado umenza acabange nge-'nickerball', ngoba iyinto elukhuni kodwa emnandi kakhulu. Omunye wathi umshado umcabangisa isikebhe esisolwandle, ngoba kuba nezikhathi zokuzola okunokuthula kodwa ngezinye izikhathi kube neziphepho ezisikahlamezayo isikebhe. Khona lapho, omunye yena waba nomuzwa wokuthi umshado ufana nesitshalo sasesitsheni lesi esidinga ukunakekelwa njalo ngoba kungenjalo siyabuna sife.

Mina no-Elna sivame ukubona umfanekiso wekhaya lapho sizwa ngezwi elithi umshado noma uma sicabanga ngawo. Njengoba nje ikhaya lidinga ukwakhiwa phezu kwesisekelo esiqinile ngezitini zokwakha nophahla oluletha isivikelo, kanjalo umshado nawo udinga isisekelo esiqinile, izitini zokwakha kanye nophahla.

Nokho, ikhaya ngalinye lidinga futhi usimende ukuze ligcine zonke izinto zisendaweni yazo. Kithi, ukukhulumisana kuwusimende womshado. Ukukhulumisana kugcina zonke izinto zibambene. Ngaphandle kokukhulumisana, phakathi komunye nomunye kanye noNkulunkulu, konke okuphakathi emshadweni kuyohlakazeka.

Njengekhaya nje, umshado udinga ukukhulumisana okusezingeni ukuze ube khona nokuwugcina usebenza ngokuphumelelayo. Njengoba nje usimende wekhaya unokuxubeka kabi bese kudala izimfa, kulihlukanise phakathi ikhaya futhi kuliwohloze, ngendlela efanayo ukukhulumisana emakhaya ethu omshado kungase kube okungaxubekile kahle. Umphumela uba yikhaya lomshado nalo eliklayeka masinya, lihlukane futhi liwohloke. Kodwa uma ukukhulumisana kusetshenziswa ngokufanele, ikhaya lethu lomshado, noma ubuhlobo emshadweni, alisoze laklayeka, lihlukane noma liwohloke.

Mina no-Elna sikwenza umkhuba ukuba sizihlale ngamunye ukuze siqiniseke ukuthi ukukhulumisana phakathi kwethu nanoNkulunkulu kusekuhle yini, futhi eziwombeni ezimbalwa sathola ukuthi ukukhulumisana kwethu sasikuyekelele. Sibe sesinquma ndawonye ukuthi sidinga ukukhulumisana omunye nomunye nanoNkulunkulu kodwa futhi nangezinto ezijulile ezibaluleke ngempela emshadweni.

Ingabe uyathanda ukukhuluma ngosimende wekhaya lakho lomshado? Ulungiselelwe waba ngonamandla kangakanani? Lulungise lolu daba wenze umshado wakho uqine futhi ujabulise.

**(Lesi siqephu sithathwe ku-'Talk your way to a healthy marriage' etholakala engosini ethi [www.beterverhoudings.co.za](http://www.beterverhoudings.co.za))**

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## IMIBUZO YENGXOXO (namuhla kusihlwa)

**Xoxa ngale mibuzo nowakwakho namuhla kusihlwa. Khumbula, akudingeki nivumelane ngakho konke. Kuvumeleni ukhlukahluka kwemibono futhi nilalelane ngokusuka enhliziyweni.**

- Yini oyibheka njengophawu lokukhulumisana okuhle emshadweni?

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- Yini imibhangqwana (couples) engayenza ukwenza ngcono ukukhulumisana kwayo ukuze ikhaya lomshado wayo lihlale liqinile?

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## OHLELA UKUKWENZA

Sebenzisa lesi sikhala ukuze ubhale kafushane lokho ohlela ukukwenza ukuya phambili.

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## ISIFUNDO SEBHAYIBHELI

Funda leli vesi leBhayibheli ezinkumushweni ezimbalwa zeBhayibheli bese ubhala phansi lokho okukuthinta kakhulu. Xoxa nowakwakho ngaloko okubhale phansi.

- IHubo 1:27

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Kusasa uzothola ingxenye yosuku lwesibili yale mfundo efushanisiwe. Engxenyeni yakusasa sizoxoxa ngokusondelana okungokomzwelo okwakha ukukhulumisana okuphilayo phakathi kwabantu ababili.

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## UKUKHULUMISANA

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Ukukhulumisana okuhle kwakha ukusondelana ngokomzwelo okuyigugu kakhulu

"Khulumisanani kungenjalo umshado wenu uzofa!" Lawa ngamazwi kaDennis Rainey encwadini yakhe ethi 'Lonely husbands. Lonely Wives.' Amazwi akubamba ume ngqi akwenze uzibuze ukuthi ingabe ngempela le ndaba ibucayi ngaleyo ndlela.

NgokukaDennis, ukuba nesizungu ube uzungezwe ngabantu abaningi kungesinye sezifo ezesabekayo zesikhathi sethu. Yisi-mo esingokomzwelo esiba khona lapho abantu bengakhulumisani kahle okwenza umuntu ahluleke ukwakha ukuxhumana okuhle okungokomzwelo nomuntu othile.

Loku kugcizelela ukubaluleka kokukhulumisana okusezingeni eliphezulu nendlela okungavimbela ngayo isizungu kubantu. Kubi kabi ukuzizwa unesizungu kungekho muntu eduze kwakho, kodwa kubi nakakhulu uma isizungu sikuphethe ube uzu-ngezwe ngabantu. Yilokhu-ke uDennis akhuluma ngako, leso sizungu abantu ababa naso yize benobuhlobo nabanye abantu. Yisizungu esibangwa wukuthi abantu abakhulumisani ngendlela enhle omunye nomunye.

Izindaba ezinhle ziwukuthi likhona ikhambi elikwaziyo ukusiphula lesi sifo esiyingozi. Leli khambi ukukhulumisana okuhle, futhi yinto sonke esikwazi kahle kamhlophe ukuyenza. Okokuqala, kumele siqonde ukuthi kunomehluko omkhulu phakathi kokukhulumisana kokugcina icala nokukhulumisana okuhle. Ukukhulumisana okuhle kuba khona lapho abantu bexoxa khona ngezindaba ezibaluleke ngempela – bekwenza ngendlela engokomzwelo. Lokhu kwenzeka lapho abantu ababili benza umzamo oqotho wokuxoxa ngezihloko ezijulile futhi balalelane ngempela.

Lokhu khulumisana kuyakwazi ukwakha ukusondelana ngokomzwelo phakathi kwabantu ababili, futhi loko kusondelana kulususa ngokuphelele uhlobo ngalunye lwesizungu.

Kuvumela abantu ababili ukuba bazizwe besondelene, okuwumuzwa ongenakufaniswa nalutho. Umuzwa wokuthi 'Mina ngingowalapha'. Umuzwa ongahambisani nhlobo nesizungu. Umuzwa sonke esiwuhalelayo. Mhlawumbe uyaqaphela manje, njengoba ufunda lapha, ukuthi ngezinye izikhathi uye uzizwe unesizungu ube ushadile noma unothile othandana naye.

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**Xoxa ngale mibuzo nowakwakho namuhla kusihlwa. Khumbula, akudingeki nivumelane ngakho konke. Kuvumeleni ukhlukahluka kwemibono futhi nilalelane ngokusuka enhliziyweni.**

- Ungakuchaza kanjani ukuxhumana nowakwakho ngendlela enhle, engokomzwelo?

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- Ukukhulumisana kungakuthuthukisa kanjani ukuxhumana phakathi kwenu?

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## OHLELA UKUKWENZA

Sebenzisa lesi sikhala ukuze ubhale kafushane lokho ohlela ukukwenza ukuya phambili.

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## ISIFUNDO SEBHAYIBHELI

Funda leli vesi leBhayibheli ezinkumushweni ezimbalwa zeBhayibheli bese ubhala phansi lokho okukuthinta kakhulu. Xoxa nowakwakho ngaloko okubhale phansi.

- IzAga.18:22

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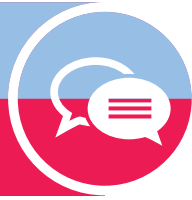
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#### Ukukhulumisana Okuhle kuqala kweyakho inhliziyo

*"Gustav no-Elna, nikhuluma kamnandi ngokukhulumisana okuhle, indlela okumangalisa ngayo nangendlela yonke imibhangq-wana (couples) engakunambitha ngayo bese ngaleyo ndlela ikhula ize ifike eqophelweni lapho ukusondelana ngokomzwelo kwangempela kuyinto ejabulisayo neyalenisayo. Nokho, ngithanda ukunitshela lokhu; akulula ngaleyo ndlela. Anazi ukuthi kuyinto enzima kangakanani ngempela. Thina sesizame kaningi kodwa isikhathi ngasinye ngivele ngazi kusengaphambili ukuthi ngeke siphumelele futhi njalo nje ngisuke ngiqinisile. Ngemva kwesonto elilodwa noma amabili sibuyela la kade sivele sikhona. Akekho oqonda omunye phakathi kwethu, sobabili sithukuthele, umoya ushubile endlini nezingane azisondeli nokusondela kithi."*

Ngicabanga ukuthi miningi imishado ebonisa imizwa yalo muntu owasibhalela le ncwadi. Ukubheka izinto ngeso elingelihle nokukhulungatheka kule ncwadi kusobala. Inhliziyo yalo muntu ayikulungele nakancane ukukhulumisana okuhle, futhi yikhona-ke la lapho ukukhulumisana okuhle kumele kuqale khona, enhliziyweni. Izindaba ezinhle ziwukuthi kungakhathaliseki ukuthi lo muntu unombono ongemuhle futhi uzizwa ehluleke kangakanani, eqinisweni useduze kakhulu kwempumelelo ephawulekayo. Okudingeka ngempela wushintsho enhliziyweni. UMathewu 12:34 uthi, "Ngoba umlomo ukhuluma ngokuphuphuma kwenhliziyo." Ukukhulumisana okuhle kuqala enhliziyweni. Njengayo yonke into ekuphileni, akuzona izimfanelo ezingaphakathi kodwa kunaloko ngezingaphandle. Umuntu angabufunda bonke ubuciko obumangalisayo, azame lelo nalelo resiphi elisebhukwini noma ugedle imihlathi njengalo muntu okule ncwadi, kodwa uma inhliziyo yakho ingalungile, khona-ke konke okunye akusizi ngalutho.

UHenry Ford wathi: "Kungakhathaliseki ukuthi ukholelwa ukuthi kusemandleni akho noma ukholelwa ukuthi akukho emandleni akho, unembile. Amazwi akhe ahambisana nezAga 4:23 ezithi: "Qapha inhliziyo yakho ngaphezu kwakho konke, ngoba iyona enquma inkambo yokuphila kwakho."

Ukumba ujule enhliziyweni yakho futhi uvumele ukuvela kwemicabango kuwukuqala kwempumelelo yakho. Ingabe ukhetha imicabango yokuthula ngaphakathi enhliziyweni yakho noma ugubuzela imicabango yokuphikisana? Ingabe uzovumela izivunguvungu ngaphakathi enhliziyweni yakho noma uzokhetha ukugcwalisa inhliziyo yakho ngemicabango yokuthula nokuchuma, uNkulunkulu ayicabangayo ngawe? Njengoba nje ungase ukhethe ukuthi yimuphi uphethilomu ofuna ukugcwalisa ngawo imoto yakho, ngendlela efanayo ungakhetha ukuthi yini oyivumela ngaphakathi enhliziyweni yakho.

Ungase ukhethe ukuphakamisa ikhanda umamatheke futhi ugxile ezimfanelweni ezinhle owakwakho anazo. Yilapho ungazithola unqoba khona kungakhathaliseki ukuthi izivunguvungu zina-mandla kangakanani. Uma uzabalazela ukukhulumisana okuhle emshadweni wakho, indawo yokuqala kusenzelisiyakho yakho. Lungisa inhliziyo yakho namuhla. Khona-ke uzobe usukulungele ukukhulumisana okuhle.

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**IMIBUZO YENGXOXO** (namuhla kusihlwa)

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- Kukhonani enhliziyweni yakho le ekuthonya kabi ukukhulumisana kwakho?

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- Ungayihlambulula kanjani inhliziyweni yakho kuko konke okuphazamisa ukukhulumisana kwenu?

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## **OHLELA UKUKWENZA**

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## **ISIFUNDO SEBHAYIBHELI**

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- IzAga 4:23

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Kusasa uzothola ingxenye yosuku lwesithathu yale mfundo efushanisiwe. Engxenyeni yakusasa sizoxoxa ngokuthi kwenzeka kanjani ukuthi ukukhulumisana okuhle kuqala kweyakho inhliziyweni.

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#### Ukukhathalela Kwangempela

"Ngiyazi ukuthi ukholwa ukuthi uyakuqonda lokho ocabanga ukuthi ngikushilo kodwa angiqiniseki ukuthi uyaqaphela yini ukuthi okuzwile akukona lokho engikushoyo." Lawa ngamazwi ahlabahlosile kaKenneth Erickson encwadini yakhe ethi. "The Power of Communication".

Ngokuvamile ulalela umuntu uqiniseke ukuthi uyakuqonda lokho ocabanga ukuthi loyo muntu ukushilo, bese uthola ukuthi awuzange ukuzwe nhlobo lokho abekuqondile noma akushoyo ngempela. Ngaphandle kokukhathalela (interest) kwangempela, umuntu akasoze akufinyelele ukukuqonda lokho omunye umuntu akushoyo. Ukukhathalela kwangempela kuyikhono lokukhulumisana elikwenza ukwazi ukuthola lokho okuqondwe ngabantu abakuzungezile.

Ngivame ukumangala ukuthi kwenzeka kanjani ukuthi ngiwezwe amazwi omuntu futhi ngicabange ukuthi ngiyawaqonda nokho ngidlule ngikugeje lokho akushoyo ngempela noma akuhlosile. Ngenhlanhla, ngayithola impendulo yalokhu. Ngokwesibonelo, ngobunye ubusuku ngizosebenza ngishayise sekwephuzile futhi ngithembisa u-Elna ukuthi angeke ngifike sekwephuze kakhulu ekhaya. Lokhu kungaqondani kungase masinyane kuholele empikiswaneni eshubile kanye nokusolana nhlangothi zombili. Kungemva kokuba sesixoxile ngakho, lapho siqaphela khona ukuthi uma ngithi ngizokwephuza, ngisho ihora lesibili ekuseni ngakusasa kanti yena uma ethi uzokwephuza usho u-11 ebusuku ngobusuku obufanayo.

Amazwi afanayo awasho ngaso sonke isikhathi into efanayo kubantu ababili abehlukene. Yingakho sikudinga ukukhathalela na ngempela ngoba yilapho singakwazi khona ukukugwema ukungazwisani okungadingekile bese sikwazi ukuthola lokho lo omunye umuntu akuhlosile noma okuyikona akushoyo ngempela. Ukukhathalelana kwangempela akusho ukulalela amazwi kuphela, kusho ukufuna lokho okuhlosiwe ngamazwi ashiwoyo nalokho lawo mazwi afuna ukukudlulisela kwenye indlebe. Ukukhathalela kwangempela kufuna inhliziyi yalo omunye umuntu.

Enye indlela yokuba ngokhathalela ngempela ukubuza imibuzo ngendlela ejabulisayo ebonisa ukumkhathalela omunye. Uma ubhekisela kule ndaba "yokwephuza ukufika ekhaya": ngokumane ubuze "usho ukuthini ngokuthi uzokwephuza ukufika?" kuningi ukukhungatheka obekungagwemeka.

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- Ungake ucabange isikhathi lapho wena nomuntu wakho nake nezwana ngokungeyiko? Yini eyenzeka?  
\_\_\_\_\_  
\_\_\_\_\_
- Ungathanda ukubona umuntu wakho esibonisa kanjani isithakazelo esithe xaxa kuloko okuhlose noma okushoyo ngempela?  
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## OHLELA UKUKWENZA

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## ISIFUNDO SEBHAYIBHELI

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- IzAga 18:2  
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Kusasa uzothola ingxenye yosuku lwesihlanu yale mfundo efushanisiwe. Ingxenye yakusasa inesihloko esithi, 'Thuthukisa amakhono akho okulalela.'



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#### Thuthukisa ikhono lakho lokulalela

Emcimbini othile u-Elna wangibuza ukuthi iyabanda yini le ngilazi yamanzi ephambi kwami. Ngangazi ukuthi ibanda kamnandi ngabe sengizama futhi nokumupha ingilazi. Ngokushesha wasabela ngokuthi: "Angiwacelanga amanzi, bengifuna ukwazi nje kuphela ukuthi ayabanda yini. Kungani ungalaleli ukuthi ngithini?"

Banengi abashadile abavame ukuzizwa ngendlela u-Elna azizwa ngayo ngalelo langa, okuwukuthi abalalelwa. Abantu abashadile abayizinkulungwane bavame ukuthi: "Akusiko loko engikushilo," noma "Akusiko loko ebengikuhlosile." Nginombono wokuthi loku kukhungatheka kuvame kangaka ngoba iningi labantu alikaze lifunde ukulalela ngempela. Iningi labantu alikaze liyilahle imikhuba yalo yokulalela okungekuhle futhi lithuthukise ikhono lokulalela okushaya emhloeni.

"Bafowethu nodadewethu abathandekayo, qaphelani lokhu. Wonke umuntu kumelwe asheshe ukuzwa, ephuze ukukhuluma, futhi ephuze nokuthukuthela." Lawa ngamazwi kaJakobe 1:19. Mina ngokwami ngithanda kakhulu le ngxenye ethi kumele sizimisele futhi sikulangazelele ukulalela. Ukulalela, ukulalelisisa, futhi ukulalela kahle futhi uzwe ngempela lokho owakwakho akushoyo, kungenye yezimfihlo zokukhulumisana okuhle. Kulula kodwa futhi akuve kunzima.

Lapho mina no-Elna siqaphela ukuthi kumele sithuthukise ukukhulumisana kwethu, saqala ngamakhono ethu okukhulumisana. Saqala ukugwema yonke imikhuba yethu yokulalela ebuthaka. Omunye wayo ukucabanga into ethile lapho omunye umuntu esakhuluma. Ngenxa yokuthi umuntu ovamile ucabanga izikhathi ezine ngaphezu kwalokho omunye umuntu akushoyo, kwenzeka kalula ukuthi uqala ukucabanga lapho omunye umuntu esakhuluma. Indoda ithi isematasa ikhuluma ngosuku lwayo owesifazane yena ebe ecabanga ngokudla kwakhe okusesitofini. Owesifazane uthi esematasa ecabanga ngengxoxo yakhe ocingweni nonina indoda yona ibe icabanga ngamagemu ekhompuyutha efuna ukuhamba iyowadlala. Lokhu ngezinye izikhathi kusilethele injabulo enkulu ebuhlotsheni bethu.

U-Elna uzoba matasa nomusho othile bese kungakabiphi anqamule ingxoxo bese ethi: "Awungilalele." Angazi ukuthi ukhona kanjani ukwenza lokhu kodwa uyazi lapho imicabango yami isiqala ukuzulazula bese ngiqaphela ukuthi kumelwe ngiphogo indlela engicabanga ngayo ngibuyele emuva kulokho azama ukukusho.

Enye indlela yokulalela engeyinhle ukukhetha lokho ofuna ukukulalela. Lokhu kwenzeka lapho ngifuna ukulalela lokho engifuna ukukulalela kuphela noma ingxenye efakazela izinsolo zami. Kumelwe sifunde ukuzama nokuzwa konke omunye umuntu azama ukukusho. Kungaphrakthizwa ngokubuza kaningana omunye umuntu: "Ingabe uzama ukusho lokhu?" Bese uzama ukuphinda lokho omunye umuntu akushilo. Lokhu kusiza kakhulu ukuze kugwenywe ukungaqondani. Enye indlela engeyinhle okudingeka sibhekane nayo ukulalela ngendlela eyahlulelayo. Ngesikhathi ngilalele ngahlulela amazwi nezisuzo zakhe futhi lapho eseqedile, ngimhlome ngamazwi okumgxeka nawokumlungisa. Lokhu kulimaza wonke amathuba okukhulumisana okunenzuzo.

Ungafuni nje kuphela ukuzama ukusondeza owakwakho eduze, momotheka ngothando, mange bese umbuza: "Ingabe unomuzwa wokuthi ngiyakulalela ngempela njengomngane wami?" Owakwakho angase aquleke, kodwa lapho esephapheme, ungase uqhubeke nokuxoxa ngalokhu ngokuqhubekayo.

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## IMIBUZO YENGXOXO (namuhla kusihlwa)

**Xoxa ngale mibuzo nowakwakho namuhla kusihlwa. Khumbula, akudingeki nivumelane ngakho konke. Kuvumeleni ukhlukahluka kwemibono futhi nilalelane ngokusuka enhliziyweni.**

- Yiliphi icala onalo lamakhono okulalela angemahle?

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- Yini ongayenza ukuze uthuthukise amakhono akho okulalela?

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## OHLELA UKUKWENZA

Sebenzisa lesi sikhala ukuze ubhale kafushane lokho ohlela ukukwenza ukuya phambili.

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## ISIFUNDO SEBHAYIBHELI

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Jakobe. 1:19

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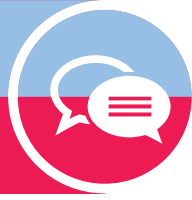
Kusasa uzothola ingxenye yosuku lwesithupha yale mfundo efushanisiwe. Ingxenye yakusasa ineshloko esithi, "Khuluma ngendlela efanele".

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## UKUKHULUMISANA - IMFUNDO EFUSHANISIWE

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### Khuluma ngendlela efanele

"Cishe abantu bazokukhohlwa lokho okushilo. Cishe futhi abantu bazokukhohlwa nalokho okwenzile. Kodwa abasoze bayikhohlwa indlela obenze bazizwa ngayo."

Kungakhathaliseki ukuthi ngubani owaqala ukusho la mazwi, ngokungangabazeki ayiqiniso elingenakuphikwa! Abantu bayokhum-bula indlela owabenza bazizwa ngayo futhi indlela okhuluma ngayo iyoba negalelo elinamandla kuleyo mizwa. Ingabe ukhuluma ngendlela eyenza abathandekayo bakho bazizwe kamnandi? Ungakhuluma kanjani ngendlela eyokwenza umuntu azizwe kamnandi kunokuba azizwe kabuhlungu? Sifisa ukukunika amacebiso ambalwa angase abe wusizo kulokhu.

Icebiso lokuqala livela encwadini yezAga 15:2, ethi: "Impendulo, emnene iyakuxosha ukufutheka, kodwa izwi elinokhahlo libhebhe-zela intukuthelo." Kwezinye izikhathi, ikakhulukazi emishadweni, umuntu uke azizwe sengathi angamemeza, noma akhiphe amazwi anokhahlo, futhi empeleni sivamile ukukwenza, akunjalo? Kodwa leli vesi lithi impendulo ethambile iletha ukuthula futhi inqande ukuthukuthela.

Cishe nakanjani iyohlala ikhumbuleka njengokuthile okwakhayo. Ngakho, lapho ngokuzayo owakwakhokha ephatheke kabi ngoba wena ushiye iwashingi engcolile eduze kukabhasikidi wewashingi esikhundleni sokuyifaka phakathi, zama ukusebenzisa amazwi amnene anjengokuthi: "Ngiyaxolisa." Cishe uyohlala eyikhumbula le nkulumo ngoba iyomenza azizwe kahle kakhulu.

Icebiso elilandelayo livela kuzAga 15:4. Zithi: "Ulimi oluthobayo lungumuthi wokuphila, kodwa ulimi oluphendukezelwe lwephula umoya." Siye sathola ukuthi izinselele zosuku zingenza umuntu kalula nje azizwe engakhululekile futhi ecindezelekile. Umhlangano wabazali wakusihlwa esikoleni omane uqhamuke nje esikheleni ingane yakho engakutshelanga ngawo. I-akhawunti yocingo okhohlwe ukuyikhokha. Umshayeli wemonto omane nje ngokweyisa avele angene phambi kwakho. Kuningi esingakubala. U-Elna ngaso sonke isikhathi uyasho ukuthi ukujabulela kangakanani ukuvele ngimbambe kamnandi ngimsondeze bese ngithi: "Ngiyakuthanda." La mazwi aduduzayo amnika umdlandla omusha wokuphila.

Kukhona elinye icebiso kweyabase-Efesu 4:29 efundeka kanje: "... ningavumeli ukuba kuphume noma iyiphi inkulamo engcolile emilonyeni yenu, kodwa lokho okuwusizo kuphela kokwakha abanye ngokwezidingo zabo, ukuze kuzuzise labo abalalele." Kungani sigxekana kalula kangaka? Kungani siwabona kalula amaphutha kwabanye? Kunjengokungathi kumane kuzenzakalele. "Awuve uyidlabha, bheka indlela ovele ulishiye ngayo ithawula elimanzi phansi." Leli yicebiso umbhangqwana ngamunye ongacabangisisa ngalo.

IzAga 12:25 zivumelana kahle kakhulu naloku lapho zithi, "Ukukhathazeka enhliziyweni yomuntu yikho okuyenza ibhocobale, kodwa izwi lomusa liyenza ijabule. "Yize ushiye ithawula elimanzi phansi, ngisalokhu ngikuthola uyisingqazu." "Ibhodlela lamanzi efrijini alinalutho, kodwa uyazi - ngisazifela ngawe." Amazwi anjalo omusa angase alushintshe usuku olubi lube ngoluqhakazile aguqule nemizwa engemihle ibe ejabulisayo.

Icebiso lethu lokugcina likuzAga 12:18. "Amazwi obudedengu ahlaba njengezinkemba, kodwa ulimi lwabahlakaniphile luletha ukuphulukiswa." Uma siqala ngokucabanga ngaphambi kokukhuluma sizokhulumisana ngendlela efanele.

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- Yiliphi kula macebiso 'eliqondene' nawe ngqo?

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- Iyiphi indlela ekahle kakhulu yokusebenzisa leli cebiso emshadweni wakho?

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## OHLELA UKUKWENZA

Sebenzisa lesi sikhala ukuze ubhale kafushane lokho ohlela ukukwenza ukuya phambili.

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## ISIFUNDO SEBHAYIBHELI

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- IzAga 15:1 \_\_\_\_\_
- IzAga 15:4 \_\_\_\_\_
- Efesu 4:29 \_\_\_\_\_
- IzAga 12:25 \_\_\_\_\_
- IzAga 25:11 \_\_\_\_\_
- IzAga 12:18 \_\_\_\_\_

Kusasa uzothola ingxenye yosuku lwesithupha yale mfundo efushanisiwe. Ingxenye yakusasa inesihloko esithi, "Khuluma ngendlela efanele".

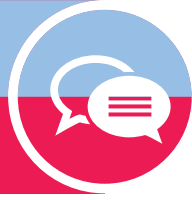
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### - IMFUNDO EFUSHANISIWE

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#### Dluliselanani Uthando

Ukukhulumisana kahle kuyimbangela yokuchuma kokuthandana. Uthando olungenamibandela luyoba ngisho nanomthelela omkhulu kakhulu ebuhlotsheni. Kodwa kuyokwenzekani uma lezi zinto ezimbili zididiyelwa? Kuyokwenzekani uma abantu ababili begxila ekudidiyeleni ukukhulumisana okuhle kanye nothando olungenamibandela ebuhlotsheni babo? Ake ucabange nje, abantu ababili abenza isinqumo sokukhuluma ngothando ngokwengeziwe komunye nomunye noma nini lapho ithuba libavulekela?

Ziningi izinto imibhangqwana (couples) eshadile exoxa ngazo, kodwa kuthiwani ngokukhuluma ngothando? Ngicabanga ukuthi ungase uzwe sengathi uku-honeymoon futhi. Kungase kuzwakale sengathi usanda kuthandana nomuntu futhi. Imibhangqwana iyofisa sengathi ingahlala indawonye ngenxa nje yokuthi iyakujabulela kakhulu ukuba ndawonye.

Mhlawumbe yiso isikhathi sokuba wenze leso sinqumo namuhla. "Kusukela manje kuye phambili, ngalelo nalelo thuba elivelayo, ngizodlulisela uthando olwengeziwe esithandweni sami." Kodwa: "Umuntu ukwenza kanjani lokhu? Ngikhuluma kanjani ngothando kakhudlwana nowakwami? Ngiqala kuphi?"

Impendulo ilula ngendlela eyinqaba. Buza owakwakho. Khumbula, ukuxhumana akuhlanganisi ukukhuluma nje kuphela. Uma uncoma umuntu wakho wedlulisela uthando. Uthando lunokwedluliselwa kumuntu wakho ngamazwi, izenzo kanye nomzwelo (affection). Kodwa udinga ukuthola kowakwakho ukuthi yena ukhetha ukuba ulwedlulisele kanjani uthando. Udinga ukuthola ukuthi owakwakho yena ukhetha ukulwemukela kanjani uthando. Ngaphandle kokukwazi lokhu ngeke ukwazi ukwedlulisela uthando ngendlela ephumelelayo.

Uzimisele yini ukuthola ukuthi ungalwedlulisela kanjani uthando kowakwakho ngendlela efanele? Uzimisele yini ukwenza umzamo bese uba nolwazi lokwedlulisela uthando lwakho kumuntu wakho ngale ndlela? Uma uzimisele ukudidiyela ukukhulumisana kweqophelo kanye nothando olungenamibandela ngale ndlela, umshado wakho uzoqina udlondlobale.

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- Ukhetha ukuba owakwakho alwedlulisele kanjani uthando kuwe?

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- Ungakwenza kanjani ukuthi ngenhloso ube nolwazi lokwedlulisele uthando kumuntu wakho?

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## OHLELA UKUKWENZA

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## ISIFUNDO SEBHAYIBHELI

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- Fil. 1:9

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