INYOBORA Y'UMURONGOZI

Version 09.10.24

IBIRARO BISHIKANA AFRIKA KU GUKIRA

Kujabuka inzuzi z'ihahamuka rituruka ku ntambara ugana ikibanza c'inkomezi n'umutekano

Rev. Chris Adsit

Bridges to Healing – Africa © 2009 Campus Crusade for Christ, Inc. All rights reserved.

Bridges to Healing – Africa: Journeying across the rivers of combat-related trauma to a place of strength and stability, part of the **Bridges to Healing Series**, is a publication of Military Ministry Press. It is an adaptation of "The Combat Trauma Healing Manual" © 2007 Military Ministry Press.

Limitations: No portion of this book may be reproduced, stored in a retrieval system or transmitted in any form or by any means – electronic, mechanical, photocopy, recording or any other – except for brief quotations in printed reviews or for educational purposes, without the prior written permission of the publisher.

Published by Military Ministry Press, part of Cru Military (formerly Military Ministry), a division of Campus Crusade for Christ, Inc., P.O. Box 120124, Newport News, VA 23612-0124, USA. For more information about Cru Military, please visit our web site at www.crumilitary.org or call 1-757-928-7200 or toll-free in the USA, 1-800-444-6006.

All Scripture quotations, unless otherwise indicated, are taken from the *New American Standard Bible.* Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977 by the Lockman Foundation. Used by permission.

DISCLAIMER

This book is not a substitute for appropriate medical or psychological care for those experiencing significant emotional pain or whose ability to function at home, school or work is impaired. Chronic or extreme stress may cause a wide assortment of physical and psychological problems. Some may require evaluation and treatment by medical or mental heal professionals. When in doubt, seek advice from a professional.

«Mutwarane imigenderanire yanyu
kandi muzuze itegeko rya Kristo.»

– Abagalatiya 6:2

Nuko baraza bamuzanira umuntu amugaye, atwarwa n'abantu bane.
Yezu abonye ukwizera kwabo, abwira uwo kimuga ati: «Mwananje, ivyaha vyawe birababariwe.
Haguruke, utore paleti yawe, ugende muhira.»

– Mariko 2:1-12

Iciyumviro: Uwakomeretse yoshobora kubura inkomezi n'ukwizera kugira ngo abandanye, ariko Imana izotera iteka urukundo n'umwiyemezo w'abamukikuje baza kumufasha. Ariko wiyumvire iki: bisaba umuntu umwe gusa kugira ngo akore itandukaniro, ahamagare abandi batatu akavuga ati: «N'uko mfise ubutumwa. Munyifatanyeko.» Wewe Murongozi w'Itsinda, urashobora kuba uwo.

– Chris Adsit

Reboot Recovery
PO Box 381
Pleasant View, TN 37146
USA
(931)292-2011
www.RebootRecovery.com
www.RebootRecovery.com/reboot-international-resources

Cru Military
PO Box 120124
Newport News, Virginia 23612
USA
(757)928-7200
www.CruMilitary.org

Ibirimwo

Ingingo nyamukuru zo kurongora Umugwi Witaho Ihahamuka Rituruka ku Ntambara

1. Icigwa Mbagarabwenge Dusanga Mu "Biraro Bishikana ku Gukira"....................................1
2. Ingene Umugwi Wawe Witaho Ihahamuka Rituruka ku Ntambara Rifasha Mu Gutorera Umuti Ivyazanywe n'Ihahamuka ry'Intambara no Kubura Urutonde Biva ku Kajagari k'Inyuma y'Intambara 1
3. Ni ibiki Vya Nkenerwa Bikuru ku Bashikiwe N'Ihahamuka Batonze?..................................1
4. Intumbero zawe Nyamukuru Zikwiye kuba Izihe? 2
5. Uri Nde?Ujejwe Iki? 2
6. Mukwiye kubonana Indwi Zingahe?..2
7. Buri Cigwa GIkwiye kumara Umwanya Ungana Gute?..2
8. Ibibera Mu Mugwi 3
9. Icigwa Ca Mbere, Ibintu vyo kujabuka…..kandi Ubisubiremwo kenshi...............................6
10. Uko Icigwa Gitunganijwe 7
11. Ingene Ibirimwo Wovyigisha Ukabimara...8
12. Amategeko 10
13. Ivyo Wokora N'ivyo ubujijwe..10
14. Ibintu Vyo Gukora Hagati y'amakoraniro 13

Guhanahana ivyiyumviro, Ikigabane ku kigabane 13

Intangamarara:Hariho inzira 13

Ikiraro 1: **GUTAHURA**…………ivyashitse 15

Ikiraro 2: **GUHUZA**…………..n'Umukiza 18

Ikiraro 3: **KWUZURA** …………Mpwemu Year 19

Ikiraro 4: **GUHARIRA**…………Guhabwa imbabazi canke kuzitanga 22

Ikiraro 5: **KWUBAKA**…………….Inzu izana ugukiza 26

Ikiraro 6: **KWIBUKA**……………ivyagushikiye 29

Ikiraro 7: **GUTUNTUZWA**…………n'ivyo watakaje 32

Ikiraro 8: **KWIGWANIRA**…………..ubwawe mu Mpwemu 35

Ikiraro 9: **KUBONA**………….Uwo uri we vy'ukuri 38

Ikoraniro risozera...40

Kurongora Umugwi Witaho Ihahamuka Rituruka ku Ntambara

Ukoresheje Ibiraro Bishikana Afrika ku Gukira

1. **ICIGWA MBAGARABWENGE DUSANGA MU "BIRARO BISHIKANA KU GUKIRA".**
   - Imana ni yo Mukiza (Kuvayo 15:26) ariko wewe NTURI umukiza. Ntiwigore mu kwiyumvira ko utegerezwa gutora inzira yo "gukiza" abari mu mugwi wawe. Ntavyo woshobora!
   - Ariko Imana igomba gukorana nawe mu kwubaka ivyotuma Mpwemu Yera ashikira umubiri w'uwahahamutse, umutima n'impwemu ngo imukize.
2. **INGENE UMUGWI WAWE WITAHO IHAHAMUKA RITURUKA KU NTAMBARA RIZOFASHA MU GUTORERA UMUTI IVYAZANYWE N'IHAHAMUKA RY'INTAMBARA NO KUBURA URUTONDE BIVA KU KAJAGARI K'INYUMA Y'INTAMBARA.**

Igihe cose umuntu aciye mu kintu kimuteye ubwoba yibaza ko yohava akomereka cane ku mubiri canke agapfa, canke igihe ashikiwe n'ivyago canke amakuba, Imana ishoboza ubwonko bwiwe kugira umwifato umufasha kuguma ari muzima muri ako kaga. Ubwonko bukorera icarimwe ibintu bibiri. Ubwa mbere, buhwamisha ibishobisho umuntu yari asanganywe n'umwifato wo gukenguza. Ubwa kabiri, bukoranya ubushobozi bw'umubiri bugahangana n'ubwoba.Ashobora kugwanya uwumuteye akoresheje inkomezi zirenze urugero, ubunyarutsi no kwihangana canke kwiruka nk'ingeregere ahunga.

Igihe ico cago kirangiye kandi wa wundi yacika kw'icumu yahunze ari mu kibanza gitekanye, vya bishobisho vyahwamishwa na kwa gukenguza bikwiye gufatirwa akanya "bigatorerwa umuti". Akwiye kwemerera ivyo yibuka vyaguhahamuye bikagaruka mu bwenge, kandi avyiyumvireko anabivuge. Ibi bituma vya bishobisho vyiwe bimenyera. Ashobora gushavura, akijigwa, agacika ivutu, akarira, akagira ubwoba canke akababara, ariko ni vyiza. Arakeneye kumenya akarenganyo k'ivyo yabonye canke yaciyemwo. Ashobora no gukenera gushikiriza ubuhemu canke ishavu ku Mana kubw'ico camushikiye. Biri mu bigize ugutorera ihahamuka umuti. Bidakozwe, hanyuma akabandanya ahwamisha ingaruka z'ibishobisho, canke akagerageza kwifata nk'uko umengo ivyabaye ntaco vyari bivuze, ibimenyetso vy'ukubura urutonde biva ku kajagari k'inyuma y'intambara bizokwiyerekana bidatevye.

Ntibihagije ko uwahahamutse yiyumvira gusa ivyamushikiye. Gushira ivyo vyiyumviro mu majambo (yaba ayanditswe canke avuzwe) no kubivugana n'uwundi abitahura bishobora kuvamwo umutima w'impuhwe w'ikigongwe. Iki cugururira umuntu urugi rudasanzwe kugira ugukira kw'Imana gushike.

Nk'uwurongoye umugwi mutoya biciye mu *Biraro Bishikana Afrika ku Gukira*, uriko urabaha ikibanza gitekanye aho bashobora kuronka ugutahura ivyabashikiye ku mubiri, mu mutwe no mu mpwemu. Uriko urabafasha kuvugana ivyo baciyemwo kandi muba muriko muravugana n'ivyabashikiye bihahamura. Bitayeko, uriko uraba intambuko zifadika zizobafasha ingene bakwiye kwifata mu ngaruka nyinshi zigoye zizokurikira zisanzwe ziboneka kuri abo bashikiwe n'ihahamura. Harimwo nko gutsindwa mu mutima, intuntu, ubwoba, ishavu, guta ivyizigiro, gutakaza karangamuntu, n'ishavu no kutizigira Imana. Uriko urabereka ko atari bonyene, ko hariho abandi bashobora kwisunga. Ikirengeje, uriko urabereka ingene boshiraho bakanagumya imigenderanire ikomeye n'Umuremyi n'Umukiza wabo.

3. **NI IBIKI VYA NKENERWA BIKURU KU BASHIKIWE N'IHAHAMUKA BATONZE?**
   - Imbabazi, kwibabarira,ubwabo, kubabarira ababababaje, gusaba Imana imbabazi.
   - Gutahura ivyabashikiye, ku mubiri, mu mutwe no mu mpwemu.
   - Ikibanza n'inzira ho kurangiza ihahamuka ryabo, intuntu, n'ivyo bahomvye.
   - Gutahura ivyabashikiye, ku mubiri, mu mutwe no mu mpwemu.
   - Ikibanza n'inzira zo kurangiriza ihahamuka ryabo, intuntu n'ivyo bahomvye.

- Gutahura ko kwuzura Mpwemu Yera, kugenzurwa nawe, guterwa inkomezi no kurongorwa umusi ku wundi, akanya ku kandi.
- Gusuzuma ibimenyetso vyabo, kumenya "ibidakabura" n'ibituma ivyakabuwe bigaruka cane.
- Kugira ivyizigiro vya kazoza.
- Abakunzi batahura ingene bamerewe bakamenya ingene bobafasha gushiraho ivyotuma habaho gukira.
- Kwubaha no guha iteka kubw'ukwitanga bagize no kubw'intambara bariko baracamwo ubu.

4. INTUMBERO ZAWE NYAMUKURU ZIKWIYE KUBA IZIHE?

- Gutanga ibikoresho bigira ico vyunguye ku bijanye n'ihahamuka ryo mu ntambara. Uko batahura uko bamerewe ni ko bagabanya guhagarika imitima, ni ko bagira inguvu zo gukira kwabo.
- Gushiraho ivyotuma Mpwemu Yera agira ico abakozeko ubwawo. Ni Mpwemu vy'ukuri ashobora kubakiza, rero dushaka kubafasha kumwisunga we nk'isoko rya mbere ryo gufasha no gukiza.
- Kubafasha kuja mu bikorwa vyo gufasha no gusukurira abandi. Ivyo bakeneye bizoca biboneka ari bito ni yo bahanga amaso ku vyofasha abandi. Bazokwiga ko "uko utanga vyinshi ni ko uronka vyinshi." (Ivyakozwe n'intumwa 20:35, *Gutanga kuzana umugisha kuruta guhabwa*; Luka 6:38 *Mutange muzohabwa*….)

5. URI NDE? UJEJWE IKI?

- Naho umutwe w'iki gitabo ivyo "Kurongora" Umugwi Witaho Ihahamuka Rituruka ku Ntambara, ntabwo vy'ukuri uri "Umurongozi", uri "Umworoshi". Umurongozi ni Imana. Ico ujejwe ni kworosha ico Imana igomba gushitsa, kandi utegerezwa kuyihanuza igihe cose co guhurira hamwe. Uri icegera cayo. Witege ko wewe n'umugwi ibarongora.
- Ibisabwa vy'umworoshi:
  - ♦ Umutima w'urukundo, witwararika, kandi wumviriza
  - ♦ Kwemera guhanga amaso Imana no kugendera aho ikurongorera
  - ♦ Guca bugufi. Umutima w'ubwibone uzotuma ataco ushikako nk'umuntu ukorana n'Imana (1Petero 5:5 *Imana irwanya abibona, ariko abicisha bugufi ikabaha ubuntu*)

6. MUKWIYE KUBONANA INDWI ZINGAHE?

- Wibaza ko bizofata igihe kingana gute kugira bashobore gukira? Nta n'umwe yobivuga avyemeza, ariko bizotwara umwanya. Naho iki gitabo kirimwo ibigabane icenda gusa, ntiwiyumvire ko worangiza ikigabane kimwe mu kiringo c'indwi. Coshobora kumara amezi atandatu canke arenga. Ico tugomba kuvuga ni iki. "guca muri iki gikoresho turengana" si yo ntumbero ni "kwinjiza iki gitabo mu bagize umugwi." Emerera Imana n'abagize umugwi bahurize ku muvuduko bogirako.
- Naho bimeze uko, abantu benshi ntibakunda kwitangira ikintu batazi igihe ukwitanga kwabo kuzomara. Rero saba abantu bitangire ikiringo kizwi, kumbure indwi umunani canke cumi. Hanyuma babarire ko ico kiringo kirangiye bashobora kwongera gusuzuma no gufata ingingo nimba bashaka kubandanya baza mu kindi kiringo c'indwi munani ziyongerako. Inyuma y'indwi atari nyinshi, hafi bose bazobona ingene bariko barafashwa cane, kandi bazoshaka kwigumira mu migwi ata kiringo nyezina kirinze gushingwa.

7. BURI CIGWA GIKWIYE KUMARA UMWANYA UNGANA GUTE?

- Isaha ntikwiye vy'ukuri kugira habeho guhanahana ivyiyumviro neza no gutera intambwe ifadika mu cigwa, ariko nimba ata kundi vyogenda, fata iyo saha.

- Isaha n'inusu woba ari umwanya mwiza. Amasaha abiri nayo nyene ni neza, ariko si uwo ari we wese akunze ukwo gukoranira hamwe aca amara ico gihe cose, na cane cane abantu bafise ingorane ziterwa n'ukubura urutonde biva ku kajagari k'inyuma y'intambara. Ndasubiyemwo, reka Mpwemu Yera (n'ivyifuzo vy'abanyamugwi) bikurongore.

8. IBIBERA MU MUGWI

- Uburyo batatu bikorwamwo:
  - ♦ **Solo** (Umuntu aca ku Biraro Bishikana Afrika ku Gukira ari wenyene), ibi ni **NEZA**. Ariko aha hariho ikigorana: kugira uwahahamuwe n'intambara ashike aho akira, bizoba nkenerwa ko akorera muri bimwe vyahahamuye kandi bibabaje kuruta ibindi mu buzima bwiwe. Iki gitabo kiravyorosha. Kubw'ivyo, abantu bahitamwo kugiheba kandi ntibahura n'ivyo bibuka vyabashikiye. Rero ntivyoba vyiza guha iki gitabo uwahamutse ukamubarira uti:"akira, iki kizofasha". Abantu benshi bakeneye umuntu yobafasha bakumirako ku gikorwa kigoye nk'iki, atari uko, bocika intege bakagishira i ruhande. Naho ari uko, hariho abantu b'ubwira,batangura neza maze bakananirwa kurondera gukira bagaheba ibigoye igitabo (n'Imana) bibasaba gukora.
  - ♦ **Umwe k'umwe** (umuntu akora nk'uwuvyara mugenziwe ku kintu ku wahahamuwe n'intambara kandi amufasha gutera intambwe muri iki gitabo). Ni **neza cane**.Igihe iki gitabo gisavye umuntu guca muri vya bibanza bigoye, uwuvyara uwundi ashobora kumuba hafi mu kumutera intege, mu masengesho, mu kumukomeza no kumwizeza. Vyongeye, mu gihe bwa buryo bwa "Solo" bwo ata muntu bushiraho wo gutera inkuru uwahahamuwe n'intambara, ubu buryo bw'umwe k'umwe buramushiraho.
- **Umugwi mutoya**: **Ni neza birengeje**. Harimwo uwunguka twinshi muri ubu buryo.
  - ▲ Haba hariho abantu benshi bafise ivyabashikiye bisa bumviriza inkuru z'umwe umwe, harimwo ukwitanaho n'impuhwe bidasanzwe. Ibi bitera intege umuntu agashaka kuvuga inkuru yiwe.
  - ▲ Umwe wese aterwa intege no kubona abanyamugwi batahura n'imiburiburi bimwe mu vyamushikiye. Ibi bituma basunikwa kuvuga mu mizi kandi mu kuri ata gutinya kuvugwa.
  - ▲ Umwe wese yigira vyinshi ku banyamugwi biciye mu guhanahana ijambo no mu biganiro vyaziyemwo. Biga vyinshi kuruta uko umuntu yokwiga mu buryo bw'umwe k'umwe.
  - ▲ Igihe umunywanyi aganiriye n'uwundi ico yungutse, bagahanurana bagaterana intege, umwe yiyumva ari ngirakamaro aronse ukwiyemera no kwiyizigira igihe babonye ingene amajambo yabo yafashije abandi. Ibi bivuga ko aba bagabo n'abagore bakwiye gusukurira abandi kugira ngo bifashe ubwabo gukira. Iyi ni inzira imwe ngirakamaro yo kubikora.
- Abagize umugwi
  - ♦ Bari bakwiye kuba benshi kugira habeho guhanahana no kuganira vyiza…..
  - ♦ …ariko kandi ugereranye kugira ntihagire uwugira isoni zo kuvugira aheru. Abantu barashobora gusamara mu mugwi munini. Iyo ari benshi cane, biroroshe gutekereza no kutumvikana. Kuguma utekereje ntaco bifasha umunyamugwi n'umwe.
  - ♦ Bake babaho: abanyamugwi batatu (3) na wewe.
  - ♦ Benshi babaho: kuva ku banyamugwi 10 kugeza 12 gushirako wewe n'imiburiburi uwundi umwe akwungirije. Iciyumviro: Umurongozi umwe akwiye gukorana n'abanyamugwi bashika kuri batandatu, ushizeko icegera igihe ari indwi canke barenga).

- Gutunganya umugwi: Aha hariho ibintu wokwiyumvirako mu gufata abakwije ibisabwa bashobora (kandi kumbure bakwiye) kugarukirizako mu gutunganya umugwi.

  ♦ **Igitsina**. Bakwiye kuba bose abagabo, abagore canke uruvange? Bamwe bavuga ko uruvange rukubagana. Abagabo bohava badakunda kuvuga ivyabo kw'itsitso, mu kuri, canke ido n'ido igihe abagore boba ari ho bari, bakagira intambamyi zo kubivuga. Abagore bohava bumva batewe ubwoba no kuvuga bimwe mu vyabahahamuye bari kumwe n'abagabo, rero bagira intambamyi. Canke umuntu yoshaka gukwegakwega abanywanyi bamwe badasangiye igitsina barimwo, bogerageza kwivuga neza kuruta mugishingo co kuvuga ukuri uko kuri. Ku rundi ruhande, ibi ntivyari bikwiye kuba ikibazo c'abo muriko murakorana. Rimwe na rimwe, nk'akarorero, umugwi ugizwe n'abagabo n'abagore b'abasirikare ushobora kubamwo ibiganiro vyugurutse kandi birimwo ukuri. Ibintu bitovuzwe iyo baba bose ari abagabo canke bose ari abagore bivugwa n'umwitwarariko mwinshi, kandi ibitsina biragira ico vyize.

  Rero, nk'uko uzobisoma kenshi muri iki gice, zanira ikibazo Imana maze ubone ico ikivugako. Rondera kurongorwa nayo bivanye n'umugwi wose urongoye. Nta nzira yama ari mbi canke nziza wokoresha kuri ico.

  ♦ **Abatarashinga izabo/abubakanye** bakwiye kuba abantu batarashinga urwabo canke dukwiye kwemera abubakanye bashikiwe n'ihahamuka ngo bavangane? Canke iyo migwi ibiri twoyitandukanya? Hariho ibintu bidakenewe ku batararongora, kandi bamwe bohava biyumvira ko umwanya bamaze kuri ivyo bintu wabaye uw'impfagusa kuri bo. Ku rundi ruhande, hariho n'ibindi ataco bimaze ku bubakanye. Kubw'ivyo bituma, urakwiye gutandukanya abubatse n'abatubatse.

  Ariko abandi bovuga ko benshi muri abo batubatse nimba atari bose umusi umwe bazoshinga izabo, kandi ko ivyo bari kwigira hamwe n'abubatse vyozobafasha cane. kandi ivyo bohigiye n'ubutunzi buri muri ivyo baronse ku bakenyezi vyokwigishije cane imisore itarubaka. Vyongeye, abagabo barongoye, mu kugerageza gukingira iteka ariko ataco rifasha abakenyezi babo ku vyo baciyemwo vyabaranduye umutima, ntibovuga biramvuye mu kuri bari kumwe n'umugwi w'abakenyezi babo. Ariko abasore batarubaka ntibagira amakenga guserura vyinshi vyo mu vyabahahamuye, mu guterera abakenyezi iciyumviro gishobora gufasha abagabo babo batariko barababarira inkuru yose. Bashobora kwinginga abagabo babo mu rukundo. Kubabwira vyose.

  N'aha nyene, rondera kurongorwa n'Imana kuri ico kintu. Mwe n'Imana mwibaza ko icoba ciza ari ikihe?

  ♦ **Umugwanyi/ uwutari umugwanyi; umusirikare/uwutari umusirikare**. Umuntu ashobora gushikirwa n'ukubura urutonde biturutse ku kajagari k'inyuma y'intambara mu bihe vy'intambara canke mu bihe atari ivy'intambara. Umuntu ashobora guhura n'ivyo bimenyetso bisa n'ivy'intambara yaba uwuri mu gisirikare canke umunyagihugu yahahamuwe n'igisirikare mu karenganyo. Kandi umuntu ntategerezwa kuba umugwanyi, ushobora kuba wabaye inzira ifasha aho intambara yaciye, ariko ugahura n'ukubura urutonde ruva ku kajagari k'inyuma y'intambara. Mbega wovanga iyi migwi ibiri? N'ubu imigwi itandukanye yogira amakenga kuvugana bimwe mu biranga ihahamuka baciyemwo, canke nimba bokwikeka ko babacira urubanza. N'aho naho kandi, ntibikwiye kuba ikibazo. Rero nk'uko twabivuze, ni wewe n'Imana mufata ingingo.

- **Abakristo/Abatari abakristo**. Ibiraro Bishikana Afrika ku Gukira bisaba inzira itomoye irongorwa na Kristo kw'ihahamuka rikomoka ku ngwano. Nta mbabazi bisaba mu kwerekana Imana nk'uwaturemye kandi ashobora kudukiza, kandi ukingira umusomyi gukomeza imigenderanire ishitse n'Imana. Iyo tugarageje kuja kure y'ivyo, mu vy'ukuri nta kintu gishasha tuba dufise co gusangira n'abo bashikiwe n'ihahamuka rikomoka ku ntambara. Rero, benshi bovuga ko coba ari iciyumviro kibi gushiramwo abadakijijwe, bosamaza umugwi n'ivyiyumviro vy'ijambo ry'Imana abakristo bamaze guha ikibanza mu bwenge bwabo. Ku rundi ruhande, benshi bavuga ko vyoba vyiza gushiramwo abatari abakristo kubera ko bahurira na Kristo muri ayo makoraniro! Ukwo ni ukuri, ariko vyogira akamaro kumenyesha abatari abakristo kuva mu ntango ko iki cigwa kiriko kiratangwa mu ntumbero rukristo. Ntibategerezwa kuba abakristo kugira babe mu cigwa, ariko icigwa kizokwerekana Imana nk'umwe adasanzwe mu bizana ugukira. Nimba ata ngorane bibatera, barahawe kaze.
- **Abahahamuwe n'intambara/Ababafasha/Abakunzi/Umuryango**. Vyoba ari vyiza ko abafasha uwashikiwe n'ihahamuka mu ngwano batonda? Ukubaho kw'abafasha abahahamutse gushobora gutuma uwahahamutse adashaka kuvuga vyose vy'ihahamuka ryiwe, akagomba kwikingira.

Ariko nimba vyomugwa neza kuvuga ataco ahishije, ata kubesha, abamufasha bohigira vyinshi mu vyo uwahahamutse ariko aracamwo. Vyoba ivy'akamaro muri ico gihe ku bababfasha kuvugana nabo babamenyesha ko batifuza ko bavyigumizamwo kubera bo. Bakwiye kubinginga mu rukundo ngo bavuge vyose badahishije, kugira bashobore gufasha gusumba.

- **Intambara zitandukanye, amatati**. Itati ryose ritorerwa umuti ukwaryo. Uko ivyononekaye bingana, ubuhinga, igitigiri c'abantu biraba, imigwi y'abantu canke abantu bahuriye ku bintu baharanira, vyose biratandukanye. Abasirikare bamwe bokwiyumvira bati:"Iyo utagwana intambara nagwanye, bishoboka ko utari gutahura ivyo naciyemwo." Hohavuye habamwo n'ubwibone:"Intambara nagwanye yari rurangiza kuruta iyo wagwanye, rero ihahamuka nagize risumba iryo wagize."Nimba wibaza ko ibi vyohava bishika, vyoba vyiza ushize hamwe abahuye n'ingorane zimwe. (Iciyumviro: ca imigwi myinshi).
  Ku rundi ruhande, iyo ubwibone butabaye ingorane,abagwanyi benshi bazogira uwu mwifato wo kuvuga:"waragwanye, naragwanye, turi abavukanyi turashobora gufashanya", ata kuraba amatati ayo ari yo.

Muri Reta zunze Ubumwe, benshi mu rwaruka ruza ruvuye mu ntambara iri muri Iraki na Afuganistani barondera abatama bagwanye intambara yo muri vietinamu, kugira babahe impanuro ingene bokwifata muri vya bimenyetso biboneka ku baciweko n'ihahamuka inyuma y'intambara. Itombora mbi, abakukuruke benshi bagwaniye muri vietinamu ntibazi ingene babahanura (ibijanye n'ibimenyetso biboneka kubaciweko n'ihahamuka inyuma y'intambara vyagiye kwigwa inyuma cane abo bakukuruke batakirimwo mu mabango yabo), ariko, naho biri uko, barafatanije ubugenzi. Vyogize akamaro kadasanzwe iyo abo basirikare bashaje baba bazi ivyo bobwira abo bagabo n'abagore bakiri bato babitura ngo babahanure. Ibi vyoja mu ngiro iyaba ingabo zaciye mu ngorane zimwe zegeranirizwa hamwe.

Ariko kandi, wewe n'Imana mukwiye gufata ingingo y'icoba ciza.

- **Ingingo mfatirwako wokoresha kuri aba bakwije ibisabwa**:
  - Ube umushakashatsi kandi uryohore ingene urongora umugwi, ariko wizigire Imana, ikurongore.
  - Umugwi urimwo abantu baciye muri bimwe bashobora gutuma ibiganiro vyoroha, bitabamwo ububeshi, kandi bavugana ido n'ido, ariko umugwi ugizwe n'abantu batandukanye bashobora kugira ugukira gushika kure igihe bigiye ku bitari kumenyekana mu mugwi urimwo abasa n'abahurije kuvyo baciyemwo.
  - Igihe ufasha umugwi urimwo uruvange rw'ibitsina canke harimwo abubakanye, raba ubatandukanye mu vyigwa bimwe biga, hanyuma ubagarukane hamwe mu nyuma. Muri iyi migwi yatandukanijwe, wewe (n'icegera) shimikira ku bintu bishikira bose vyari kuzibiranywa iyo baba bari hamwe.
  - Nimba uri umugabo urongoye umugwi urimwo abagore, shiramwo umugore wawe.
  - Azotahura ivyobakenye n'ingene bavyifatamwo kugusumvya, akore nk'<uwugusobanurira>
    - Ashobora kwongerako n'utundi tw'igikenyezi dukenewe muri iryo koraniro no mu biganiro.
    - Yoshobora no kugukingira abagore bogerageza kukugwanya.
    - Ntiwikengere uri kumwe n'uwo mudahuje igitsina.

9. ICIGWA CA MBERE, IBINTU VYO KUJABUKA….KANDI UBISUBIREMWO KENSHI

- Shimangira ko Yesu ari umukiza. (Kuvayo 15:26, *kuko jewe, Uhoraho, ndi umukiza*).Ugukira kwabo ntikuzova iwawe, k'umuganga, mu gitabo canke k'umwe mu mu banyamugwi, Imana ni yo yonyene bakwiye kuronderako imfashanyo. (Zaburi 121:1, 2 *Ndunamurira amaso yanje imisozi, mbega ugutabarwa kwanje kuzova he? Ugutabarwa kwanje kuva k'Uhoraho, Umuremyi w'ijuru n'isi). Urashobora kuvuga nk'uku*.

  "Sinja gushobora kugukomeza, nta n'umwe ngaha yogukomeza, iki gitabo ntigishobora kugukomeza, Imana gusa niyo ishoboye kugufasha muri vyose."

- Bivuge neza ko uyu mugwi uzovugana ku bimenyetso bizanwa no kubura urutonde bitewe n'akajagari k'ihahamuka ry'inyuma y'intambara n'ihahamuka ryo mu ngwano wisunze Bibiliya. Bafashe babitahure ko "intumbero y'uyu mugwi ari gushiraho ibihe mu buzima bwawe aho Imana ishobora gushikira neza umubiri wawe, ubwenge n'impwemu mu ntumbero yo gukiza, kandi tugomba kugufasha gushiraho ivyo bihe."
- Nimba hariho umunyamugwi atarafata ingingo yo kwihuza n'Imana, bamenyeshe ko ikigabane ca kabiri kizoshimikira kuri ico kintu gifise akamaro kanini. Bafashe biyumve amahoro, ntibiyumve ko bacirirwa urubanza kuba atari abakristo. Intumbero yacu si kubinjiza ku nguvu mu bwami bw'Imana mu kubatsindisha canke kubatera ubwoba ariko ni kubatuma bagubwa neza hamwe natwe.
- Bamenyeshe ko :"nimba ukeneye ko tuvugana ijambo ku rindi kuri ico kintu [co kuba umukristo], urambarira".
- Babaze ibibazo bimwe ku bijanye n'**ivyo biteze muri ibi**. "Witeze kuzokwunguka iki muri aya makoraniro? Unyitezeko iki? Weho wiyitezeko iki? Witeze iki kuri uwo mwicaranye?" Wemeze neza ko ivyo biteze ari ivy'ukuri.
- Bafashe batahure ico ari co "kwongera kuja ku rutonde", tuba tuvuze ko nimba umuntu yaraciye mu bihe bihahamura cane kugeza aho yisanga ari mu kubura urutonde bitewe n'akajagari k'inyuma y'ihahamuka, adashobora kwongera kugira ubuzima uko bwahora imbere y'ihahamuka

n'ubwo arico agomba kuruta ikindi cose mw'isi. Ariko Imana izomufasha kwongera "kuja ku rutonde", aho basubira gukomera kandi bagashikama no kwuzura n'ivyo ihahamuka ryazanye mu buzima bwabo. "Kwongera kuja ku rutonde" bishobora no kuba vyiza gusumba "uko yahora" kuko Imana yama ikoresha kugeza kugira yubake ibintu vyiza muri twebwe. (Abaroma 5:3-5, Yakobo 1:2-4, 1Petero 5:10).

- Bafashe batahure ko bishobora kuza bukebuke, ariko kugumako no kwumirako bizobarenganya ivyo bihe.
- Nta na kimwe kiba gitumburuka ku mukristo, Imana yakuzanye aha ifise igituma."Kandi nimba uri ngaha uyu musi utarakizwa, birashoboka neza ko Imana yakuzanye muri uyu mugwi kugira ikugire umwe mu bayo, kandi igukize. N'ibi navyo, si impanuka."

10. UKO ICIGWA GITUNGANIJWE.

- **Agakorwa ko muhira ?canke nta gakorwa ko muhira?**

Icoba ciza ni ikihe? Gusaba abanyamugwi bawe gusoma impapuro zikurikira imbere ya buri koraniro, kwuzuza ahagaragara no gukora imyimenyerezo itandukanye iyo iki gitabo kiduhamagarira gukora?Canke vyoba vyiza ataco ubabwiye gukora mu mwanya uri hagati y'amakoraniro,mukagira hamwe murizo mpapuro?

Ca citonderwa ca kera co kwiga kiracakora:"Ntaco utasizemwo uzosangamwo." Nimba umuntu yofata akanya n'ubwira vyo gukora agakorwa ko muhira imbere y'icigwa cose, akiyumvira ubwiwe ku ngingo ngenderwako, akiyumvira ku bibazo, ivyanditswe vyera, Imana, azoba yamaze kwiga vyinshi niyo yakoranira hamwe n'abandi bavugana ku cigwa.

Ariko abantu benshi bashikiwe n'ihahamuka ryo mu ngwano ntibagira ukwihangana no kwita ku kintu ngo batekereze bakore agakorwa ko muhira. Mu vy'ukuri ntidushaka kubigizayo. N'ubu twashaka kugutera intege ufate ingingo kuri ivyo.

Mu ntango y'ibikorwa vy'akamaraniro y'imigwi, urashobora gutera intege umugwi gusoma impapuro zibiri zikurikira imbere y'icigwa gikurikira no kubona ingene kigenda. *Ntiwigere* usaba gusoma impapuro zitatu canke zine, na zibiri ni neza nimba umugwi utihutagiza. Nimba benshi mu mugwi baguma baza mu vyigwa batakubitije akajisho ku bitabo vyabo, ntubashigikire gukora uko.

Vyoba ari vyiza kandi kubamenyesha, mu gusozera icigwa, ivyo utegekanya kuzoshikirako igihe hoba hariho abakeneye kubandanya biga ibikurikira.

- **Gira integuro, uyikorereko**. Aha musi, turaja kuguha ingene amakoraniro yawe yotunganywa. Ariko ntube umuja w'ingene bitunganijwe. Emerera Mpwemu Yera ahindure ivyo wateguye uko bigenda birakurikirana! Gushika ku ntumbero wihaye wanditse kuri buri kigabane ntibigira akamaro nko kwemerera Mpwemu Yera gushitsa intumbero zayo!
- **Integuro.** <u>Ubwa mbere</u>, mara akanya mu masengesho usaba Imana gutegura umutima wawe. Saba Imana ifashe umuntu wese kwibuka ikoraniro no kurigira ata ngorane. Saba Imana ibafashe gutegera no kwiga uko bisabwa.

  <u>Igikurikira</u>, ca ku ntumbero z'ikigabane mu gice c'iki gitabo citwa "<u>Ibibazo vyo kuganirako ikigabane ku kindi</u>"(uhereye ku rupapuro rwa 13) rero uzoronka iciyumviro nyamukuru c'ico buri "kiraro" kizoba kiriko kiragerageza kwigisha ubuzima bwabo.

  <u>Hanyuma</u>, soma ibibazo vyatanzwe vyo kuganirako. <u>Ntako vyogenda ngo ugerageze guhanahana ivyiyumviro ku bibazo vyose vyiyumviriwe</u>! Twatanze vyinshi bishoboka wokenera kugira

utanguze ibiganiro vyinshi. Toramwo ivyo ubona bifise ikimazi kandi vyogufasha guhuza neza abanyamugwi bawe. Urashobora no kwandika ibibazo washiswemwo muri iki gitabo Ibiraro Bishikana Afrika ku Gukira.

Mu gukora uku, ntuzoguma uzunguruka kuri iki gitabo n'iyi nyigisho ndongoramurongonzi. Urakwiye vy'ukuri kwiyumvira ibindi bibazo vyoba vyiza gusumba ivyategekanijwe muri iki gitabo. Gerageza ukoreshe ibibazo Imana iguhaye!

- **Uko vyotunganywa**:

  1. **Ni muhe bashasha kaze**. Inyigisho zimaze gutangura, hariho abantu badakunda kwemerera abantu bashasha kubera bisaba ko baguma babasubiriramwo ivyo bavuganye. Abandi barabemerera ngo babatera intege mu mwihwezo w'ivyo barimwo. Ariko kandi, bikuvako.

  2. **Isengesho ryo kwugurura** (umuntu umwe asabwa kurongorwa n'Imana no gusengera imitwaro isanzwe izwi). Ntutange umwanya wo gusengera imitwaro iva mu mugwi aka kanya, mwohava mutaronka akanya k'ivyigwa!Ushobora kurongora iryo sengesho ryo kwugurura canke ukabisaba uwundi imbere y'igihe.

  3. **Kuganira utegura kwinjira mu cigwa**. Mu gishingo co gusimbira mu cigwa giturumbuka, ganira ikintu ngirakamaro n'abagize umugwi. Ntukiremereza cane canke ngo gitware umwanya, ariko ni akanya ko kugarukana ivyiyumviro vy'abantu hamwe.Ashobora kuba amakuru afise ico yokwigisha abanyamugwi, ikinyamakuru waronse, bereke ayandi masoko y'inkuru canke ibitabo uzi, saba umuntu yobayagira adasanzwe, gira agakino karyoshe, mwereke ireresi, gira ico utereye abandi mu vyo wize muri Bibiliya, n'ibindi.

  4. **Gusubiramwo amategeko** uja gusoma mu kanya gakurikira (cane cane"Wubahirize ivy'ibanga vy'abanyamugwi")

  Ntuvuge amategeko yose akanya kose, wewe cishako gusa kandi ubibutse makeya muri yo akenewe.

  5. **Ca ku masonga ivyigwa vy'indwi yaheze** (nturenze iminota itanu).

  6. **Tangura ivyigwa vy'indwi mutanguye**. Raba hepfo ico bavuga ingene vyokorwa.

  7. **Senga igihe mugeze mu bigoye**. Umwanya ku wundi, umuntu ashobora kugumirwa ku vyo ariko ariga, ivyo yibuka canke ibiganiro. Bashobora gushavura cane, kwijirigwa canke bagahagarika kwongera kuza canke ntibasubire kuvyitaho. Ibihe nk'ivyo bishitse, ca uhagarika hanyuma musengere uwo muntu nk'umugwi. Ibi bizofasha mu mugwi wawe kuba "umugwi w'abavukanyi"!

  8. **Ca ku masonga ivyo muzokwiga indwi ikurikira**. Vugane intumbero zawe z'icigwa gikwikira (impapuro zo gusoma, urufatiro rw'ibikurikira).

  9. **Rangiriza mw'isengesho**. Ako ni akanya keza ko kubaza abanyamugwi ko bafise ivyo basengera bakwiye kuvuganako.

11. INGENE IBIRIMWO WOVYIGISHA UKABIMARA

- Uretse igihe mwoba mwavyemeranije, fata ko vyose bamaze kubisoma. Ariko ni wumve umwidegemvyo (canke bwira uwundi asome) wo gusoma icigwa imbere y'uko mutangura kukivuganako.

- **Ikibazo c'intangamarara**. Tanguza ikibazo kibategura ku cigwa kiri muri ico gice canke ikigabane. Ibibazo bimwe vyo muri ico gice canke ikigabane. Ibibazo bimwe vyo muri buri mugwi vyavuzwe aha hepfo bizoshikirizwa muri iki gitabo ndongoramurongonzi.
  Nk'akarorero; ikiraro c'7 kivuga ku Ntuntu…"Uretse ivyo waciyemwo mu ntambara, ni igiki coba caragutuntuje muri kahise?" Iki gishobora kuba ikibazo co kwisanzura bashobora kwishura umwe wese afatiye ku vyo yaciyemwo canke yabonye, n'igihe batoba basomye iki kigabane.
- **Ikibazo kijanye n'ibirimwo**. Baza ikibazo gishobora kwishurwa n'ibirimwo basomye (canke wabasomeye)
  Nk'akarorero:"Ni igiki gikabura intuntu?"Ico uriko urarondera tugisanga mu gace ka gatatu inyuma y'inkuru y'ibanze.
  URUHOMBO rukabura intuntu.
  Iyumvire ibibazo bibiri bifatiye ku birimwo kuri buri gice mu cigwa kiri imbere.
- **Ibibazo vyo gusuzuma**. Fatira kuri iyo nyishu ukoresheje ikibazo co gusuzuma:

"Nk'ingaruka y'ivyo waciyemwo bihahamura [canke ivyo waciyemwo mu ngwano, ikintu cose gikwiriye ku mugwi wawe], ni ibiki woba warahomvye?"

Icitonderwa: Ibirimwo mu cigwa bizogushikana muri iki kibazo. Bizofasha abanyamugwi gutangura kuraba imbere, bava mu mvugo baja ku muntu bwite, bafadika kandi bishobora kuja mu ngiro.

Ushobora gukwirikirana ikibazo c'isuzuma ukoresheje ibibazo vy'isuzuma vyinshi, ufatiye ku vyaganiriwe nka:

- ▲ "Washoboye kwifata gute muri urwo ruhombo?"
- ▲ "Vyakumereye gute?"
- ▲ "Subira uvyiyumvire. Urashobora kwiyumvira inzira Imana yagufashijemwo muri ico gihe gikomeye?"
- ▲ "Wibaza ko uzosubira kuronka ivyo wahomvye, canke kubisubiriza? Mbega wiyumvira gute uvyibutse? Wibaza ko wokora iki kuri ivyo wiyumvira?"

Kwongera guha ikintu intumbero. Igikoresho ngirakamaro cane co gusuzuma ni kugira ikintu twokwita "kwongera guha ikintu intumbero."Umuntu amaze kwishura kimwe mu bibazo vyawe, ongera ugihe intumbero mu mugwi muri rusangi. "Bamwe bo muri mwebwe mwiyumvira iki ku vyo Samir yashikirije?" canke ku muntu kanaka?, "Mwai, uramenya n'ivyo Samir yashikirije?" canke, "Kamili, ubivugako iki?wiyumvira iki ku vyo Samir yavuze?".

Ibibazo vyo gukora. Gerageza utegure ibibazo bibiri canke bitatu vyokangurira umugwi kugira umwifato ugaragara umuntu wese ku giti ciwe ku bintu biriko biraseruka. Uturorero:

  - ♦ "Mbega hari ico iki kikubarira gukora wumva wokora?"
  - ♦ "Wogikorako iki? Ryari?"
  - ♦ "Hari n'umwe muri mwebwe yiyumvira inzira ifadika y'ingene twofata iki kintu mu masaha 48 ari imbere?"
  - ♦ "Iki ni ikintu dukeneye kwiyumvirako no kumenya neza, canke mwibaza ko uwu mwanya dukwiye kugira ico tugikozeko?"
  - ♦ "Igihe wahura n'iki kintu muri kahise, wavyifashemwo gute? Hari ico vyagufashije?"
  - ♦ "Wibaza ko vyogusaba iki kugira iki kintu kigire ikibanza mu buzima bwawe?"
- **Izindi nzira zo kugwiza uguhanahana ivyiyumviro**
  - ♦ "Ni ibihe vyiyumviro vyakujemwo igihe wasoma iki gice?"

- "Hari ibibazo ibi vyavyuye?"
- "Warashoboye kubimenya ukoresheje ibi vyavuzwe, (umurongo wo muri Bibiliya, igice c'amajambo)? Gute?"
- "Iki nico niyumviriye…..wewe wiyumvira iki?"
- "Iki gice (aya majambo yashikirijwe, uyu murongo wo muri Bibiliya, iki gice c'amajambo) bituma wiyumvira gute? Wibaze ko ari kubera iki vyatumye wiyumva uko?
- (Ufatiye ku ciyumviro cashikirijwe mu gice)"Hari n'umwe ngaha amaze gushikirwa n'iki?"
- "Mbega iki kintu caguhinduye gute?Carahinduye uko wiyumvira Imana?Ishengero?Igisirikare?Ubwawe?"
- "Ni igiki kikugora muri iki?"
- "Ucifatamwo gute ?"

- **Imyimenyerezo yo kwuzuza ahari utuburungu**
  - Ushitse ahantu muri iki gitabo hereka umusomyi aho yuzuza mu tuburungu canke akora imyimenyerezo, baza ko hari uwayikoze. Hanyuma babaze ko hari uwushaka ko bahanahana ivyiyumviro ku nyishu zabo.
  - Atari uko, ubwo nyene bahe umwanya wo kuyikora, hanyuma muhanahane ivyuyimviro ku vyo banditse haciye akanya. Nimba harimwo uwo bigora kwandika, muhe akanya abivuge nimba abikunze.

12. AMATEGEKO :

Nk'uko bimera igihe cose umugwi ukoranye, ni nkenerwa kwumvikana ku bintu bikwiye n'ibidakwiye. Aya mategeko akurikira ni amwe azotuma umugwi ukora neza, uko bisabwa, gutyo kudahuriza ku kintu bikagabanuka. Twagomba tuguterere iciyumviro ko aya mategeko woyandika ukwayo (hamwe n'ibindi wogomba kwongeramwo) maze uyahe abari mu mugwi mu cigwa ca mbere ugiranye na bo.

1. Wubahe ivy'ibanga vy'abanyamugwi. Ugumye ibanga mu bintu vyose vyavugiwe hano. Ntihagire uwo ubarira ivyo mwavuganye n'umuntu, yaba intwazangabo zikuru, abakunzi canke mbere n'abo mwubakanye.
2. Ntihagire uwundi muntu atari mu mugwi muvugana ku muntu ari mu mugwi.
3. Ntabe ari wewe wihariza ijambo mu kiganiro, reka abandi bavuge. Nturondongore, mu kudondagura vyose mu vyo waciyemwo. Shikiriza iciyumviro cawe mu bunyarutsi !
4. Gira umwete wo kuvuga ivyo wumva mu bwenge canke wiyumvamwo biri mu bizana ugukira kwawe. Uko ubivuga, ni ko uzokwumva uguwe neza, kandi niko uzoshikira "kwongera kuja ku rutonde" n'ingoga.
5. Ariko menya ko ufise "uburenganzira bwo kugira isoni". Nta n'umwe azogutegeka kubivuga utabikunze. Ni NEZA "kurengana"(umuntu), mu kiganiro canke mu bihe vyo gusenga. Nimba ushobora kurengera isoni ukabivuga, ni vyiza kuri wewe, ariko nta n'umwe azogutegeka kuvuga.
6. Ni witegure wongere ubikunde kwumva zimwe mu mpanuro n'inkuru zigumye kandi zibabaza. Gerageza uko ushoboye kwagura ubuntu, no kutavyifatamwo nabi.
7. Umviriza neza udacisha hejuru, intererano zose z'ivyiyumviro uzubahirize.
8. Ntunegure canke ngo ucire imanza abanyamugwi, ereka umutima w'ubuntu n'ikigongwe, nk'uko Imana yabikugiriye.
9. Ntuze uracira abantu mw'ijambo.

10. Ntiwigereranye n'abandi banyamugwi. Umwe wese arisa, kandi ari ku kibanza ciwe mu rugendo rwo gukira. Ni wite ku kuntu Imana iriko irakora mu buzima bwawe.
11. Rondera akaryo ko kwemera no kwubahiriza umwe wese mw'ikoraniro.
12. Ntuje urasiba. Shika ku gihe.
13. Ni musangire ivy'umugwi. Ntituri aha ngo tukuryosharyoshe, bose bategerezwa kwiyumvamwo no kwitanga ubwabo mu guterera kugira umugwi uroranirwe kandi ushike kw'ihangiro.

13. IVYO WOKORA N'IVYO UBIBUJIJWE

Aha hari igitigiri c'ibintu ngenderwako bizogaragara ko ari nkenerwa, ntaco bitwaye ubuto bw'umugwi urongoye, ariko cane-cane ko urongoye Umugwi Witaho Ihahamuka Rituruka ku Rugamba.

- Shika kare, tunganya ikibanza, bahe utuvuna musase (nk'ibinyobwa), kumbure shiramwo akaziki ko guhimbaza, gusenga, witegure kubaha kaze bariko baraza. Kora ibishoboka bituma umwanya wubahirizwa.
- Ntube umuntu wo gusomera abandi. Tera intege abanyamugwi nabo bahanahane ivyiyumviro.Hari imvugo ngo:"uwuvuga cane ni we yiga vyinshi". Hamwe wasomera abandi ku vyigwa bimwe, umenye neza ko uriko uratanga inkuru ariko udashobora kwizera ko bariko barayakira. Igihe umwe canke babiri gusa ari bo bafata amajambo kenshi, abandi baca babona ko babakuyemwo kandi ntibasubira kwiga neza. Ico cigwa gihera carambiye, abacitavye nabo biga bike. Umuntu azozigama yongere ashire mu ngiro bitanu kw'ijana (5%) z'ivyo yize muri ubu buryo.

- Ku rundi ruhande, nimba ushobora gutera intege abanyamugwi ngo baje barungurana ivyiyumviro, muvugane ivyo bize n'ivyo baciyemwo, bazanye ibindi bibazo kandi muvugane, ivyigwa vyo mu mugwi bizogira akamaro, Bizoryoha kandi bizohimbara umuntu Wese abirimwo. Abantu bariga, bagatahura kandi bagakoresha inkuru nshasha cane kuruta igihe bashobora kwibonera inyishu maze bakagira ico bungutse ubwabo, gusumba aho hoba hariho umuntu ababwira ivyo bakwiye gukora. Abahinga mu kwigisha bita ubu buryo"Bareke bibeko".Ibi bimera nk'umukino ariko biratera intege cane.

Ibuka ko iki gitabo gitanga ingene bitunganijwe n'ibirimwo ngirakamararo, ariko ugukira nyakuri kuzova mu guhanahana ivyiyumviro, mu gukorera hamwe, no gushira mu ngiro nkibikorwa vy'Imana kuri bo ata gucisha ahandi.

- Igihe ata n'umwe yishuye ikibazo co guhanahanako ivyiyumviro ubwo nyene, rindira akanya gato. Kunuma si ikintu kibi, bishobora gusigura ko bari bariyumvira. Iyo ata nyishu ibonetse inyuma y'umunota canke urenga, urashobora gusubira kubaza ico kibazo mu bundi buryo, canke ubaze umuntu asa n'uwugomba kugira ico avuze ariko akeneye uwumutera intege. Canke, ukagira inyishu utanze kuri ico kibazo hanyuma ukabaza abandi ico bibaza kuri nyishu, canke ubaze ko hari uwundi yogira ico yongera kuri iyo nyishu.
- Fata akanya ko gushimangira, kwubahiriza no gutera intege buri munyamugwi. Vyagure mu kwerekana ko bisaba umwete kugira bagire ico bakoze muri ayo makoraniro. Kugira ico

baterereye vyerekana ko biteguye gukora igikorwa kitoroshe kizoba gikenewe kugira ushike mu kibanza c'ugukira.

- Gerageza kudakosora abanyamugwi bavuze ibintu uko bitari na gato. Vuga nk'uku:"Ico ciyumviro kirakomeye (canke "uko vyogenda", "intererano", "uko biboneka"), Samir. Sinari navyiyumviriye uko ubwa mbere."Mbega abandi muvyiyumvirako iki?"
- Igihe ubajije ikibazo gikeneye inyishu ngufi, izo nyishu zandike, ku kibaho, ku rupapuro rwagutse, canke uzimurire mu vyo wimuye ufise mu maboko. Ibi bizogufasha kwibuka inyishu batanze kugira ushobore kuja kuzigarukako mu mugwi mu ncamake. Bitayeko, abatanze inyishu baraza kwumva baremye kubera wasanze inyishu zabo ari iz'ikimazi kugeza aho uzandika ku rubaho. Ikindi, birafasha kwumviriza neza igihe bikenewe ko inyishu zabo zegeranywa zikandikwa.
- Abahinga batubwira ko hafi inusu y'ivyo dushikiriza bica mu "kugene umubiri wavyifashemwo". Igihe umuntu ariko yishura ikibazo cawe, ibihimba vy'umubiri birafise imvugo itera intege kandi itavuguruza. Umugenzo wose urisa. Mu mugenzo wa Amerika, gukora ibi bikurikira vyerekana ko ufise umwitwarariko, ariko ushobora kuba ukeneye kwongeramwo n'ibi vyiyumviro kugira binywane n'umugenzo kanaka.
- Bahange amaso, ntubahe ibitugu, umere nk'uwunama mu kwerekana ko ushaka kwumviriza.
- Usubiye kwunamuka, ukanyura intoke imbere yawe, uraba hirya no hino bariko baravuga, uriko uraraba ivyo wimuye n'ibindi. Uriko uraganira, "ivyo uriko uravuga ntabwo vy'ukuri ari ivy'ikimazi kuri jewe.
- Nk'uko bimaze kumenyeshwa, ni wandika ivyo bavuga, ibi bizoba bisobanura ngo:"Ndumva ko ivyo uriko uravuga ari ngirakamaro ku buryo ntegerezwa kuvyandika kugira sindavyibagire!"
- Menya neza ko uriko urasengera umugwi wawe n'umuntu wese ari muri wo, ku musi ku musi!
- Igisha n'abandi basengere umugwi.
- Igihe cose bahe utwo kubavuna umusase!N'aho yoba amazi, udusuguti tuzimbutse, udutumbura, birafasha kuzana ibihe vyiza. Yesu yaritanze mu bihe vyo kwigisha intumwa basangira umukate.
- Muragabe murabe ingene icigwa gitangwa.
    - ♦ Umuhira w'umuntu ni ikibanza co kwiruhutsa, kizana kugubwa neza, kidateye ubwoba. Kwigira mu rusengero ni NEZA, cane cane iyo ufise umugwi munini kandi ukeneye ikibanza. Ariko i muhira ni ikibanza cakira abantu gusumba ahandi.
    - ♦ Tondeka intebe ku muzingi nimba bishoboka. Ni vyiza ko abanyamugwi bicara bashobora kubonana.
    - ♦ Witeho ibintu nk'ubushuhe bw'ico kibanza c'ikoraniro, umuco, intebe zimeze neza, ibitanga akayaga, n'ibisamaza biva mu kibano.
- Wihanganire abanyamugwi, uko bikorwa, abatonze mw'ikoraniro, n'ubutegetsi bw'ishengero.
- Bemerere ko baserura agashavu, umubabaro, kuzazanirwa, n'ibindi. Ibi biri mu bigize uko bigenda.
- Witege ko bazana ibintu vyo kurogota canke vy'umuziro, vy'ubupangani, kuvuga ubuhemu, canke kurakira Imana, ishengero n'abakristo. N'ubu kandi, ni nkenerwa kuko niko bigenda. Biratinda bigahwama. Muri ico gihe, gerageza ntuce ubandanya kugira ico ubivuzeko canke ngo ubacire urubanza. Bereke ubugwaneza, impuhwe n'ugutahura.
- Nimba hariho umuntu aguma aterera ivyiyumviro gusumvya abandi, vugana nawe gato inyuma y'aho:"Birakworohera cane guterera ivyiyumviro, ariko nibaza ko abandi bafise isoni (canke batiyemera nkawe). Twokora iki kugira tubibakuremwo no kubaha akaryo nabo ko guterera ivyiyumviro?"

- Ntushire ku mugaragaro amazina, umwidondoro canke umwidondoro wo kuri ntasobwa ata ruhusha ufise.
- Nimba bishoboka, rondera uwogufasha: arashobora gukora nk'umusubirizi, fasha kugira imyiteguro, fasha kugira ibiganiro bigume bibandanya, kandi amenyerezwe kurongora umugwi arimwo.
- Ivyigwa nka vyose bifata akanya katari gato. Gerageza ushiremwo ibintu vyiza igihe cose bishoboka.
- Tanga ibitabo ku banyamugwi ataco barishe nimba bishoboka."Mwakoze ivyo mushoboye: Tugomba kubibashimira. Nibwo buryo bwacu bwo gushima kubona mwateye intambwe ya mbere yo kuza hano."
    - ♦ Igihe boshimika ngo barihe, vuga uti "**EMERA**. Ariko nzokoresha aya mahera mu kugurira uwundi igitabo."
    - ♦ Mu kumenyekanisha uwo Mugwi Witaho abandi, menyesha ko ibikoresho bizoba ari vya gusa, "Ni ingabire tubaha."
  - ♦ Bifate nk'ingabire y'ugukira; kuziganya mu gukira kwabo.

14. IBINTU VYO GUKORA HAGATI Y'AMAKORANIRO

- Hamagara, canke uce imuhira iwe muganire, baza isengesho ry'ivyo basengeye hamwe, raba ko bakeneye uwobatera inkunga indwi iza, n'ibindi.
- Bandikire kuri ntasobwa (nimba bafise umwidondoro wo ku ntasobwa) canke ubarungikire icete co kubatera intege.
- Rondera akanya ukamarane n'umwe k'umwe n'abanyamugwi.
- Tegura ingene vyoshirwa ahabona, haba mu gutwenza canke igikorwa c'umugambi.
- Tunganya imfungurwa kandi utumire abubakanye.
- Tunganya akaruhuko ko mu mpera y'indwi, harimwo canke hatarimwo abubakanye.
- Biramaze kuvugwa, ariko kubisubiramwo birafasha: BASENGERE!

GUHANAHANA IVYIYUMVIRO: IKIGABANE KU KIGABANE

<u>INTANGAMARARA:HARIHO INZIRA…</u>

Amahangiro:

- Kubamenyesha ko Imana ari yo rufatiro mu bihe vyo gukira turiko turavuga.
- Kubafasha kumenya abantu babiri bavugwa mu nkuru y'ibanze, no kumenya ko batari bonyene mu bihe bigoye barimwo.
- Kubaha ico bafatirako mu kwiga, iciyumviro c'ingene babayeho kigaragajwe n'inzuzi cenda zo kujabuka, n'ibiraro icenda Imana ishaka gushiraho mu ntumbero yo kubashikana mu kibanza co gukira.

Guhanahana ivyiyumviro:

Ubwa mbere ca ku masonga ibintu wasomye ku nomero "**9. Icigwa ca Mbere, Ibintu vyo kujabuka**" wibaza ko vyoba ngirakamaro.

Hanyuma, ni winjire mu Ntangamarara bwite. Usome ubwawe canke usabe uwundi asome canke uhe umuntu wese mu banyamugwi asome igice c'igisomwa.

Ntukoreshe ibi bibazo vyose, hitamwo ivyo wibaza ko vyofasha umugwi wawe. **Icitonderwa** : Si igice cose kizoba gifise ubwoko bwose bune bw'ibibazo muri vyo. Urashobora kwongerako ivyiwawe igihe cose.

- **Ibibazo vy'ibanze**
  - Benshi muri twebwe duhura n'ihahamuka rimwe canke irindi mu buzima bwacu. Hafi twese. Hari bamwe muri mwebwe mushima kuganira bimwe mu vyabashikiye bigoye bihanganiye mu buzima bwabo ?[Bishobora kuba ibikomoka ku ntambara canke atari vyo.]
  - Mbega ivyo vyagushikiye vyaguhinduye gute ?
  - Ni bangahe muri mwebwe mwoba mumaze kwumva ivy'ukubura urutonde biva ku kajagari k'inyuma y'intambara ? Wavyumviseko iki ? [Babwire ko tuzoba turiko turiga vyinshi bijanye n'ivyo mu kigabane ca mbere.]
- **Ibibazo bishingiye ku biri mu cigwa**
  - Bimwe mu bigoye Samweli yahuye navyo ni ibiki? Ni iyihe ngaruka vyagize ku mugore wiwe?
  - Samweli yashaka iki kuruta ibindi?
  - Iki gitabo gitekanya iki mu kugufasha ibijanye n'ihahamuka riva ku ngorane (canke rituruka ku ntambara)?
- **Ibibazo vy'isuzuma**
  - Hari n'umwe muri mwebwe yoba yarigeze ibimenyetso nk'ivyashikiye Samweli? Wobikunda ukabituronderera?
  - Samweli yibaza ingene yonigana n'ivyo bimenyetso ubuzima bwose yari asigaje kubaho. Hari abiyumvira uko muri mwebwe?
- **Hari igituma na kimwe coguha ivyizigiro?**
  - Samweli yari yibajije ko Imana yari yamwibagiye hamwe na Imani ,vyoba bishika ukiyumvira ukwo?
  - Samweli yifuje cane gusubira kumera nk'uko yahora, mwoshobora kudonda uko vyari bimeze imbere y'intambara? Mwoba mwiyumvira ingene muzosubira gushika muri ico kibanza?
  - Intambara mwaciyemwo yohinduye gute uko wibona ubwawe?
- **Ibibazo vyo gukora**
  - Samweli ararira ati:"Twarazimiye!"Yavugishije ukuri ingene yiyumvira k'ukubura urutonde. Ariko rimwe na rimwe ivyo tuvuga twibwira, tubwira n'abo twegeranye bishobora kuba kimwe mu biteye ingorane. Bishimangira ivyo twiyumvira bibi bigatuma twiyumva ata vyizigiro. Igihe cose Samweli yiyumvamwo uburakari bwiyongera, ni igiki yoca yibwira mw'ico gishingo? Ntituriko turarondera ikinyoma cumvikana neza mu gutwi. Ni ibiki yari kuvuga vy'ukuri kandi vyo?
  - Soma ku rupapuro rw'ibirimwo. Muri ibi biraro cenda ni ikihe kiraro kizokugora kujabuka kuruta ibindi? Ni ibiki wotangura gukora ubu bizogutegura kwegera no kujabuka ico kiraro?
  - Muri iyi ntangamarara, havuga:"Hariho inzira."Witeguye gukora iki kugira umenye inzira igushikana mu kibanza co gukira?[*Hamwe n'ibi, ufise ivyizigiro yuko bazobona ko igitabo c'Ibiraro Bishikana Afrika ku Gukira kizoba kimwe mu bikoresho Imana izokoresha kugira bamenye inzira yabo, no kubatera intege ngo bagaruke mw'ikoraniro rizokwirikira*]

❖ ❖ ❖ ❖ ❖

IKIRARO 1: GUTAHURA……………………IVYASHITSE

KUJABUKA URUZI RW'UKUZAZANIRWA, UMUBABARO N'AMAKENGA

Amahangiro:

- Kubafasha gutahura ibimenyetso biboneka, nsigabwenge, n'ivyo mu mpwemu vy'ihahamuka ryabo.
- Kubafasha gutahura ko uko bamerewe ariko bigenda kw'ihahamuka, vyaremwe n'Imana ngo ibazigame mu gihe c'ubuzima canke urupfu.
- Kugira umwimenyerezo uzobafasha kumenya ibimenyetso vyabo.
- Kubafasha gutahura ko uko bamerewe ari ingaruka y'ubushake, y'ukugwa, ni ingaruka y'igihe umuntu afashe mugenzi wiwe nk'igikoko.
- Kubafasha gutahura ko Imana ari yo bafatanije gusumba ibindi, atari umwansi wabo.

Ibibazo vyo kwungurana ubwenge:

N'ubu naho, ntukoreshe ibi bibazo vyose, hitamwo ivyo wibaza ko vyogufasha cane mu mugwi wawe.

Kuber'iki mmeze uku?

- **Ibibazo vy'ibanze**
  - Woshobora kuvuga bimwe mu vyo Jomo yiyumvamwo n'ibimenyetso?
  - Hari umuntu muri mwebwe yobikunda akatubarira uko yiyumva hamwe n'ibimenyetso?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Ni mu nzira ki intambara Jomo yaciyemwo yamuhinduye? Imbere y'aho yari ameze gute? Ubu n'aho atandukanye gute na mbere?
  - Reka turabe ca gishushanyo c'ihahamuka rikomoka ku ntambara mu gitabo cawe. Uriko urasoma ibiranga buri karongo gashinze kuri uwo murongo urambitse, shirako "X" ku murongo aho wibaza ko uri ubu nyene.
  - Hari ikibazo ufise kuri ivyo bivugwa kuri utwo turongo dushinze kuri uwo murongo urambitse?
- **Ibibazo vy'isuzuma**
  - Intambara waciyemwo yaguhinduye gute?
  - Iyo wiyumviriye ingene wari umeze ukiva mu ntambara canke inyuma gato y'ivyaguhahamuye, wiyumvira ko ibimenyetso n'ivyakubabaje wiyumvamwo vyiyongeranya canke bigabanuka? [*Ibi bizokumenyesha ko ibimenyetso vy'inyuma y'ihahamuka canke ihahamuka rikomoka ku ntambara bigabanuka canke biba bibi cane, canke ko vyoba vyaratevye gutangura, bigatuma vyiyerekana inyuma y'amezi canke imyaka inyuma y'ivyashitse bihahamura*.]

Nimba ufise ingorane z'ihahamuka ryo mu ngwano canke ukabura urutonde biva ku kajagari k'inyuma y'ihahamuka, ukwiye kumenya….

- **Ibibazo vy'ibanze**
  - Imbere y'uko usoma iki gice, wari usanzwe uzi iki kw'ihahamuka ryo mu ngwano canke ukabura urutonde biva ku kajagari k'inyuma y'ihahamuka?
- **Ibibazo bishingiye ku biri mu cigwa?**

- Dufatiye kuri iki gice, wari usanzwe uzi iki kw'ihahamuka ryo mu ngwano canke ukabura urutonde biva ku kajagari k'inyuma y'ihahamuka ari imbonekarimwe?
- Mbega iki gice, hari ico kikwigisha ko ihahamuka ryo mu ngwano canke ukubura urutonde biva ku kajagari k'inyuma y'ihahamuka ari akajagari gashobora gukira n'ingonga kandi vyoroshe? Vyoba bivuga ko umuntu akeneye gusa kugira umwete, inkomezi, n'ukwizera maze bidatevye agasubira kumera neza?

- **Ibibazo vy'isuzuma**
  - Hari ivyagutangaje igihe wasoma ibiri muri iki gice? Ni ibihe? Kuki vyagutangaje?
  - Utahura iki iyo bavuze ko kubura urutonde biva ku kajagari k'inyuma y'ihahamuka ari igikomere co mu mutima? Igikomere ca karangamuntu?
  - Woba uzi bamwe bo mu bagenzi bawe boba bafise ihahamuka ryo mu ngwano?
- **Ibibazo vyo gukora**
  - Wibaza ko wokora iki kubw'abagenzi bawe wibaza ko boba bananijwe n'ihahamuka ryo mu ngwano canke ukubura urutonde biva ku kajagari k'inyuma y'ihahamuka?

Ni ibiki bituma haba kubura urutonde biva ku kajagari k'inyuma y'ihahamuka?

- **Ibibazo vy'ibanze**
  - Iyo ushikiwe n'akarenganyo, canke watewe n'umuntu canke yakugiriye nabi utari uvyiteze, mbega uca uvyifatamwo gute?Bigenda gute iyo ushikiwe n'ikiza canke impanuka, atari ikosa ry'umuntu?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Uriko urasoma ibintu bitandukanye bitondetswe muri iki gice bishobora gutuma haba ukubura urutonde biva ku kajagari k'inyuma y'ihahamuka, ni ibiki muri ivyo wibaza ko vyoba vyaragize ico biterera mu vyo uriko uracamwo vy'ihahamuka ryo mu ngwano canke kubura urutonde biva ku kajagari k'inyuma y'ihahamuka?
- **Ibibazo vy'isuzuma**
  - Kuki wibaza ko ukubura urutonde biva ku kajagari k'inyuma y'ihahamuka bishobora gukomera canke bikamara igihe kirekire na cane iyo ihahamuka rivuye ku gikorwa umuntu akoze nkana?
  - Wibaza ko abantu bose bazokwifata kumwe iyo habaye ikintu gihahamura?kuber'iki?
- **Ibibazo vyo gukora**
  - Uzi ko ibintu vyinshi bihahamura bituma haba ukubura urutonde biva ku kajagari k'inyuma y'ihahamuka, kandi ufatiye ku vyo waciyemwo muri kahise, wokora iki kugira witegurire ibihahamuka vyo muri kazoza?

Ubuhinga Imana yaturemanye bwo kwigwanira/Gushobora kwitabariza mu gihe c'akaga.

- **Ibibazo vy'ibanze**
  - Kubera iki wibaza ko Imana yaturemanye umwifato udasanzwe useruka gusa igihe turi mu kaga kadasanzwe?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Gushikiriza iki kintu muri iki gitabo bishobora kuba bitasobanuritse ku bantu benshi. Wovuga ko ari inzira ki nyamukuru ubu buhinga bwo kwigwanira bukoramwo? Hari uwobivuga mu ncamake akoresheje amungane abiri gusa?
  - Ubu buhinga bwo kwigwanira butuma tuguma mu mutekano gute?
    - [*Icitonderwa ku murongozi, urashobora kumara akanya uriko urasigurira neza amwe mu majambo ari muri iki gice*]

  - Hari abantu muri mwebwe bashaka ko muvugana aho mwashize “X” kuri ya mirongo ibiri muri iki gice?
  - Hari bamwe muri mwebwe babajije iki kibazo kibajijwe aha: "Kubera iki ntashobora gukomeza?"Bitubwire, kuki wibaza ko utashoboye gukomeza?
- **Ibibazo vy’isuzuma**
  - Igihe washikirwa n’ihahamura vyarenganye, hari muri mwebwe uwovyibuka, akibuka ingene vyagiye bikurikirana kuri wewe?
  - Woba ufise iciyumviro ingene "Kwibohora" ukava mu kaga "maze ugakomeza?"
- Woba umaze kwiyumvira ko uko ubayeho ubu kubw’ihahamuka riva ku ngwano ryerekana ko uri umunyantege nke, umunebwe, umunyamugayo? Ko wamaze kwiga urufatiro rwo mu bwenge no mu mpwemu rw’ingene ubayeho, ivyo vyahinduye gute uko wibona ubwawe?

Ibimenyetso vyerekana ukubura urutonde bivuye ku kajagari k’inyuma y’ihahamuka

- **Ibibazo bishingiye ku biri mu cigwa**
  - Nimba utarabigira, soma urwo rutonde rw’ibimenyesto maze wihweze ivyoba biriko birakubonekako. Hariho amajambo canke imvugo ukeneye kubazako?
  - Wovuga mu mpfunyapfunyo gute iyo migwi itatu y’ibimenyetso?
- **Ibibazo vy’isuzuma**
  - Uravye muri twa tuzu washiramwo utumenyetso, ugomvye kudomako urutoke ku bimenyetso bitatu vyakugoye kwihanganira gusumba ibindi, vyoba ivyahe?
  - Igitigiri c’utuzu washizemwo utumenyetso gituma wumva utaye ivyizigiro? Canke kigutera ivyizigiro?
  - Birafasha gushobora kubona ibimenyetso uriko urahura navyo bishizwe ahabona ku rupapuro harya imbere yawe no kumenya ko abandi benshi bariko bahura n’ivyo bimenyetso nyene?
- **Ibibazo vyo gukora**
  - Mbega wotangura gukora iki aka kanya ngo ufashe kugabanya uburemere bw’ibi bimenyetso kuri wewe?
  - [*Icitonderwa: Bashobora kuba ataco bariyumvira, uretse gusenga no kubandanya baza muri aya makoraniro y’imigwi. Ariko ivyo ni NEZA. Bamenyeshe ko intumbero nyamukuru y’iki gitabo n’amakoraniro mu migwi ari kuba ibintu bitomoye kandi bikorwa bashobora gukora bikazana ugukira. Rero, gerageza uzogume uza uko indwi itashe*!]

Ariko none, Imana yari he?

- **Ibibazo vy’ibanze**
  - Igihe wariko uraca mu biguhahamura, woba warisanze uriko urabaza ico kibazo? Hari inyishu waronse?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Nimba warabajije ico kibazo, iki gice kivuga iki ingene ari vyiza canke bibi kwiyumvira uko?
  - Hariho bamwe muri mwebwe mwotubarira aho mwashize X ku murongo muri iki gice? Mwotubwira igituma mwashize ako kamenyetso harya?
  - Uremeranya canke ntiwemeranya n’iyi mvugo muri iki gice:”Uko ubayeho bitumwa n’ibicumuro vy’abantu babi, si Imana."?
- **Ibibazo vyo gukora**

- Aka kanya nyene, uriko uriruka ugana hehe? Utumbereye Imana canke uva ku Mana? Nimba uriko uva ku Mana, wiyumvira ko ari iciyumviro ciza? Bizogusaba iki kugira uhindure iyo uriko uraja?

❖ ❖ ❖ ❖ ❖

IKIRARO 2: GUHUZA………………..N'UMUKIZA

KUJABUKA URUZI RWO GUTANDUKANA N'UMUREMYI WAWE

Amahangiro:

- Kubafasha batahure ko Imana ari yo kirumara mu gukira kwabo
- Kubaha inzira ifadika mu gutangura imigenderanire y'umuntu ubwiwe na Yesu Kristo.
- Kubafishisha iki kintu "c'icemezo c'agakiza" bamaze kwakira Kristo nk'Umukiza wabo.

Ibibazo vyo guhanahanako ivyiyumviro:

Umukiza

- **Ibibazo vy'ibanze**
  - Mbega wibaza ko Imana ifise uruhara rungana gute mu gukira kwawe?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Kuki kamanga yumva abiryoherewe kandi aremye? Mbega Imana yari ifise uruhara ki mu buzima bwiwe kirya gihe? Wibaza ko ibihimbaro vyiwe no kurema vyari bifise ishingiro?
  - Ni igiki yari yibagiye?
  - Mbega Muganga Mbere yari yiyumviriye ko yosubira kumukomeza? Mbega Muganga yavuze ko yari gusubira gukira bigenze gute?
- **Ibibazo vy'isuzuma**
  - Mbega ugukira mu buryo bw'umubiri, no mu buryo bwo mu bwenge no mu buryo bw'impwemu bufitaniye isano rimeze gute?
  - Ku giharuro ca rimwe kw'icumi, aho rimwe ari rito cane kandi cumi kakaba ariko kegereye cane, wovuga ko woba wegereye gute ubu mu kuja mu murongo w'ivyitonderwa vy'Imana vyo gukira (mu bwenge no mu mpwemu)?
- **Ibibazo vyo gukora**
  - Wokora iki kugira ushire ku murongo neza ubuzima bwawe hamwe n'ivy'urufatiro rwo gukira rw'Imana?

Urashaka kumenya Imana ku giti cawe?

- **Ibibazo vy'ibanze**
  - Wibaza ko bishoboka ko Umuntu amenya Imana ku giti ciwe? Kuki wiyumvira uko?
- **Ibibazo bishingiye ku biri mu cigwa hamwe n'ivyo gusuzuma**
  - [*1. Imana iragukunda*…..]. Bibiliya ivuga ko Imana igukunda cane gose kugeza aho ikora iki kugira iguhe ubugingo budashira? Wokwemera ko umwana wawe w'umuhungu apfa mu gishingo c'uwundi? Kubera iki wibaza ko abantu benshi, benshi batamenya Imana ku giti cabo?
  - [2. *Umuntu ni umucumuzi kandi yaratandukanye*…..]. Ni igiki gituma umuntu atandukana n'Imana ? Hoba hariho abantu na bamwe batatandukanye n'Imana ? Wibaza ko ingaruka z'ukwo gutandukana ari izihe ?biragaragara uyu musi canke ni ivy'ibihe bidashira gusa ?Uwo

muzingi ushushanya imanga nini iri hagati y'Imana n'umuntu, umuntu agerageza guhamvya Imana. Abantu babigerageza mu nzira izihe? Harimwo inzira zibishikako ?

- [3. *Yesu niwe wenyene Imana yatanze*…..]. Dufatiye ku Abaroma 5:8, Imana yatweretse urukundo idukunda gute? Yararindiriye ngo tubanze gutungana, tube abantu b'Imana imbere y'uko ibikora? Yesu avugwa ko ari Umwana w'Imana, tubimenya gute ko vy'ukuri yari we?[*Izuka ryiwe, n'igitigiri c'abantu babibereye ivyabona*].
  Ni igiki cahindutse muri uyu muzingi ugereranije n'umuzingi wambere?
  [*Mu kwemera kwose uretse rukristo, Umuntu agerageza uko ashoboye kugira ashikire Imana. Kimwe mu vy'umwihariko mu kwemera rukristo nuko ari Imana ,vyo ibishoboka kugira ishikire umuntu*.] Mbega Yesu yavuze ko hari inzira zingahe umuntu yocamwo ngo ashikire Data?[*Biciye muri we gusa. Yohana 14:6*]
- [*4. Dutegerezwa kwakira Kristo umwe wese ku giti ciwe*….] Birashoboka ko tugira imigenderanire n'Imana mu kuba neza cane no gukora ibintu vyinshi vyo kugirira abandi ubuntu n'Imana?[*Oya, raba Abanyefeso 2:8,9*]. Muri Yohana 1:12, havuga ko dukwiye kwakira Kristo no kumwizera. Ubudasa ni ubuhe? Mwibaza ko Yesu yagomvye kuvuga iki igihe yavuga ko dukwiye kuvuka ubwa kabiri"?

  Mwibaza ko bishoboka ko umuntu yizera Imana atugururira urugi Yesu Kristo mu bugingo bwiwe?"Ubushake"bwacu bwinjira gute ku kungene Yesu abikora?

- [Imizingi ibiri.] Muratahura uyu muzingi? Mwese mwishuye gute ibibazo bibiri biri muri iyo mizingi?
- Igihe mwakiriye Kristo mu bugingo bwanyu, mumenya gute ko yishuye amasengesho yanyu akaza no muri mwebwe?
- Bigenda gute ataco mwumvise ko cahindutse?
- Ni ibiki bigushikira aho nyene bidatevye igihe usavye Kristo ngo akubere umukiza ? [*Ibintu bitanu vyose biri ku rutonde musi y'ico gishusho c'itereni. Kandi, n'ibindi vyiyongerako biratondetse musi mu "gusozera*"]
- Urashobora kwitega ko ubuzima bwawe buzoca bworoha, butagira ingorane, ata bimenyetso vy'ihahamuka ryo mu ngwano ? kubera iki ?

- **Ibibazo vyo gukora**
  - Woba umaze kwugururira Yesu urugi mu bugingo bwawe, ukamusaba ngo yinjire akubere umukiza ? Nimba bitari uko, wumva ushaka kubikora uyu musi ?
  - Nimba wari umaze gusaba Kristo ngo aze mu bugingo bwawe, wumva wosubira kugira bushasha ukwo kwiyemeza uyu musi muri iki kibanza ?

❖ ❖ ❖ ❖ ❖

IKIRARO 3 : KWUZURA……..MPWEMU YERA

KUJABUKA URUZI RW'INTEGE NKE

Amahangiro :

- Kubafasha gutahura igikorwa ca Mpwemu Yera mu bugingo bw'umukristo.
- Kubafasha gutahura ingene buzuzwa (bagenzurwa, bakomezwa, barongorwa) na Mpwemu Yera no kubahuza n'isoko ry'ububasha rikomeye mu bugingo bw'Umukristo.
- Kubafasha gutahura no gukoresha rwa rufatiro rwo "Guhema mu Mpwemu"bamaze kwemezwa icaha mu bugingo bwabo.

Ibibazo vyo guhanahanako ivyiyumviro

Igihe ukeneye inguvu zirengeye izo ufise…..

- Woba umaze kwiyumvamwo ko ata nkomezi zikwiye ufise zo kurangiza umusi, canke mbere zo kuva mu gitanda ? Wakoze iki ?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Muri iyi nkuru, ni igiki cagereranijwe n'uruzuru rw'imbere (canke icuma gikiriza imizingo) cari cahezemwo amavuta? [*Imigambi, ivyo yizigira n'ivyipfuzo vy'umukristo atuzuye Mpwemu Yera. Kubw'ivyo, ntahujwe n'ububasha akeneye kugira ibintu ngirakamaro mu bugingo bwiwe.*]
  - Wibaza ko kirya kimodoka gitanga amavuta gisubirira iki? [*Imana, kuzana ububasha, ubushobozi no kurongorwa na Mpwemu Yera*]
- **Ibibazo vyo gusuzuma**
  - Ninde canke iki yaserutse nk'umutabazi wa barya bantu bari mu nzu yasambutse?[*Ni ubumwe hagati ya Mukunzi n'ikizuru c'imbere giterura imizigo cari camaze kwuzura amavuta. Mu gihe Imana ishoboye gukora ikintu cose ishaka biciye mu bitangaza, irakunda gukorana natwe mu gushitsa ubugombe bwayo. Itanga ububasha n'ubushobozi igihe dukora ngo dushitse ibikeneye gukorwa.*]
  - Iyo kirya kimodoka gitanga amavuta kitaza, biboneka ko Mukunzi atari gutabara Emma na Mariamu?Ata mfashanyo ya Mpwemu Yera, wibaza ko vyoroshe ko muzoshobora gukira ihahamuka ryo mu ngwano no kubandanya uja mu kibanza co gukira?
- **Ibibazo vyo gukora**
  - Mbega wibaza ko wokora iki kuri ibi?

Mpwemu Yera ni nde?/Kwuzuzwa Mpwemu Yera

- **Ibibazo vy'ibanze**
  - Akanya gato ko guhanahana inyishu ngufi. Mu ryungane rimwe canke abiri, ni ibiki wari usanzwe uzi kubijanye no kwuzura Mpwemu Yera imbere yuko uza muri iki cigwa?
- **Ibibazo bishingiye ku biri mu cigwa**
  - IKi gice gikoresha amungane make mu kwerekana Imana mu "Butatu". Iki cigwa kiragutse cane kandi kiradondora neza, ariko utahura iki iyo tuvuze "Ubutatu"?
  - Usomye urutonde rw'ibintu Mpwemu Yera yifuza kudukorera, ni ibiki ari ngirakamaro gusumba ibindi kuri wewe kandi kubera iki?
  - Ni ibihe vyagezwe Imana itanga mu Abanyefeso 5:18 (Umurongo wo muri Bibilia muri iki gitabo)?
- **Ibibazo vyo gusuzuma**
  - Usomye urutonde rw'ibintu Mpwemu Yera yifuza kudukorera, ni ibiki ari ngirakamaro gusumba ibindi kuri wewe kandi kuber'iki?
  - Uratahura ubudasa buri hagati "Kugererwamwo" no "kwuzuzwa" Mpwemu Yera? [*Nimba atari uko, ni usubiremwo ayo majambo kandi "kugererwamwo"ni "ukuri gufise aho guhagaze". Bisobanura ko ari ukudahindagura ikibanza imbere y'Imana kuva duhaye kaze Yesu Kristo mu bugingo bwacu. Azokwama yibera muri twebwe kandi ntazokwigera atuvamwo (Abaheburayo 13:5b). Ariko "kwuzuzwa"ni "ukuri gutegerezwa". Ivyo bisobanura ko twuzuzwa (tugenzurwa, turongorwa, dukomezwa) na Mpwemu w'Imana igihe ingingo zimwe zashizwe mu ngiro. Bijanye n'ivyipfuzo, ukwumvira, kwishikana ngo uganzwe nayo, n'ibindi*]

- Mbega ni gute *ubushobozi bwo kugenzura* umwambiro busa n'ubushobozi bwo *kugenzura* Mpwemu Yera mu muntu? Ivyo bibiri bitandukanye gute?

Imigwi itatu y'abantu….

- **Ibibazo vy'ibanze**
  - Wiyumvira iki ku rufatiro ndongorabumenyi dusanga mu muzingi wa mbere:"Ni jewe ntegeka umushaha wanje!"Mbega iyo mvugo ni nziza umuntu yogenderako, canke siyo? vyoba ari vyo hoho?

Hari uwoshobora vy'ukuri kugenzura ubugingo bwiwe?

- **Ibibazo bishingiye ku biri mu cigwa**
  - Ni iyihe ngorane nyamukuru mu buzima yerekanywe mu muzingi wa mbere?
  - Ni iyihe ngorane nyamukuru mu buzima yerekanywe mu muzingi wa gatatu?
  - Ni akamaro ki ku muntu afise Kristo ku nganji y'ubuzima bwiwe?
- **Ibibazo vy'isuzuma**
  - Muri iyi mizingi itatu, ni uwahe werekana umuntu ashobora gukira ihahamuka ryo mu ngwano ryamushikiye? Kuki uvyibaza uko?
- **Ibibazo vy'isuzuma**
  - Nk'uko ibibazo vyo mu gitabo cawe bibaza, ni uwuhe muzingi ushushanya ubuzima bwawe?
  - Ni uwuhe muzingi wifuza woba werekana ubuzima bwawe?
  - Wibaza ko wokora iki kuri ivyo?

Intambuko zitanu zishikana ku kwuzuzwa….

- **Ibibazo vy'ibanze**
  - Iyo umenya ko hariho ikintu wari gukora cari kukuzanira ububasha n'intererano vy'Imana y'ivyaremwe mu bwenge no mu mubiri, wari gukora iki? *[Inkuru nziza ni, Imana ntishiraho ibikorwa bigumye kandi bigoye kurangura kuri twebwe kugira ibi bishike. Irabitworohereza!]*
- **Ibibazo bishingiye ku biri mu cigwa n'ibibazo vy'isuzuma**
  - [1. Icifuzo] Mbega uyu murongo uri mu gitabo ca Matayo 5:6, uvuga ko hasabwa iki kugira umuntu yuzuzwe? Mbega ni gute bamwe bo muri mwebwe bishuye ico kibazo ca kabiri?Ico "cifuzo"gisa gute canke cumvikana gute mu buzima bwawe? Wibaza ko umuntu yoshikirwa no kwuzura Mpwemu Yera atagomvye vy'ukuri kurongorwa n'Imana mu buzima bwiwe?
  - [2. Kwatura] Ni izihe nzira abantu bashobora "kuzimisha"Mpwemu Yera mu buzima bwabo? Iyo umuntu yanse kwemera no kwatura ivyaha vyiwe imbere y'Imana, ivyo vyoshobora gute kugumiza Mpwemu Yera mu kibanza co gusuzuma umuntu?
  - [3. Kwishikana] Wishuye ikibazo gute?, ni "kwishikana" (canke guhereza canke gutanga) ubwawe ku Mana igikorwa udashoboye canke ugamije? Ivyo bishika gusa igihe ugikeneye canke utagikeneye, canke usabwa gufata ingingo icerekeye no kugikora", nk'uko bivugwa mu gisomwa (Abaroma 6:16-18). Wibaza ko ivyo bisobanura iki? Hari ico wibuka wakoze muri kahise wibaza ko cari kuba igitwengeje canke kibohora kandi kigatuma nawe ubugingo bwawe bumera neza, ariko mu nyuma ukisanga waraboshwe?
  - [4. Gusaba] Dufatiye ku murongo wa Bibiliya muri iki gisomwa (Luka 11:9-13) wibaza ko Imana ishaka ku rugero rungana gute kuvuga "Ego!"kuri abo bayisaba kwuzura Mpwemu Yera?Kuber'iki?

- **Ibibazo vyo gukora**
  - Mumaze gusoma isengesho ryo mu gice co *Gusaba kwuzuzwa*, wumva rihuye n'ivyo wumva mu mutima? Nimba ari ko biri, wumva worisenga (canke irisa n'iryo) ubu nyene?

Nomenya gute ko nujujwe Mpwemu Yera?/Uguhema kwo mu Mpwemu

- **Ibibazo bishingiye ku biri mu cigwa**

  - Ni gute **icagezwe** n'**isezerano** vy'Imana bikorera hamwe mu kumenyesha vy'ukuri ko iyo ukwikirikiza za Ntambuko zitanu ugasaba kwuzuzwa Mpwemu Yera uba ugenzurwa, urongorwa kandi ukomejwe na We?
  - Ni gute gusohora impwemu bimeze no kwatura ivyaha vyawe?
  - Ni gute kwinjiza impwemu bimeze nko gusaba Mpwemu Yera ngo yongere aganze ubuzima bwawe?
  - Iyo ucumuye, ukongera kuganza intebe y'ubuzima bwawe, mbega ibi bisobanura ko utakijijwe? Nimba atari uko, bisobanura iki?
  - Ni kangahe wibaza ko ukwiye "guhema mu Mpwemu?"
- **Ibibazo vy'isuzuma**
  - Wibaza gute ko uzomenya igihe wakuye Kristo ku nganji mu buzima bwawe, ukaba ari wewe uhavyagiye?
  - Hari uwukeneye kuvugana n'umugwi ingene ubuzima bwawe, igihe woba utuzuye Mpwemu Yera, n'ingene bwomera igihe woba wuzuye Mpwemu Yera?
- **Ibibazo vyo gukora**
- Ni ibiki wokora mu kwemeza neza ko ugendera mu bwuzure bwa Mpwemu Yera hafi igihe cose? [*Hanahane ivyiyumviro. Bimwe mu vyashikirizwa bishobora kuba: Gufata akanya usoma ijambo ry'Imana buri musi, gusaba Mpwemu Yera ngo anyuzure ubwa mbere igihe mvyutse buri gatondo, gusaba umugenzi twegeranye w'umwizigirwa kumba hafi no kumbarira igihe abonye mu bikorwa no mu myifato yanje ko noba nasubiye kwicara ku nganji y'ubuzima bwanje, n'ibindi*]

❖ ❖ ❖ ❖ ❖

<u>IKIRARO 4: GUHARIRA….KURONKA IMBABAZI CANKE KUZITANGA</u>

KUJABUKA URUZI RW'ISHAVU NO KWIHORA

Amahangiro:

- Gushimika ko kutagira ico bakoze kubw'ishavu bizotuma "Umuzi w'umururazi"ukura kandi ukagira ingaruka mbi ku buzima bwabo
- Kubafasha gutahura akamaro ko kurondera imbabazi z'Imana kubw'ibicumuro vyabo n'ingene bavyifatamwo.
- Kubafasha kumenya badakekeranya ko Imana ishoboye guharira ivyaha vyose ata kivuyemwo.
- Kwerekana ubudasa hagati yo "gutsindwa mu mutima ata kigutsindisha"no gutsindwa mu mutima kandi vy'ukuri utsindwa n'ivyo wakoze "no kubafasha guserangura ubwoko bwo gutsindwa mu mutima biyumvamwo.
- Kubafasha gutahura akamaro ko gusaba imbabazi abandi, n'ingene bigenda.
- Kubafasha gutahura akamaro ko guharira ababakomerekeje (ku mubiri, mu bwenge, mu mpwemu) n'ingene bigenda.

Ibibazo vyo guhanahanako ivyiyumviro

Umuzi w'umururazi

- **Ibibazo vy'ibanze**
  - Uriko uriyumvira akarenganyo wagiriwe mu buzima bwawe, abaguteye bakakugirira nabi canke babigiriye abakunzi bawe ata gituma, wumva wifuza ku rugero rungana gute kwihora no gusubiriza mu nkoko? Wumva iki kigusunika ari ciza canke kibi mu buzima bwawe?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Wibaza ko Semogera afise icireguzo ku cifuzo ciwe co kwihora abamwiciye abavyeyi, abavukanyi n'abakunzi?
  - Wibaza ko Semogera azokwigera ashika aho yihora bikwiye kugeza aho azokwumva adashaka guhiga abamwiciye abavyeyi, hanyuma asubire kumera neza mu buzima nka mbere? Gute?
- **Ibibazo vyo gukora**
  - Dufatiye ku rugezo rwa rimwe kw'icumi, aho rimwe ari "Oya namba" cumi rikaba ari "Nivyo cane", Semogera akuze womwegereza igiharuro ikihe ufatiye ku gushaka kwihora?Utegekanya gukora iki ufatiye ku gushaka kwihora? Utegekanya gukora iki kubw'ico?

Gusaba Imana imbabazi

- **Ibibazo vy'ibanze**
  - Wumva bifise akamaro kangana gute iyo Umuntu "atunganiye Imana"mu kwemeranya nayo igihe atsinzwe ku caha, akacatura kandi akagumiza Kristo ku ntebe y'inganji mu buzima bwiwe? Mbega bizogira ico bikoze gute ku gushobora kwihuza n'ububasha bw'Imana bukiza?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Hari umuntu muri mwebwe yosigura ubudasa buri hagati yo "gutsindwa mu mutima ariko vy'ukuri atakigutsindisha" no "gutsindwa mu mutima kubw'ivyo wakoze bigutsindisha"?
  - Hari umuntu muri mwebwe yashize akamenyetso mu tuzu turi musi y'igice co Gutsindwa mu mutima ariko atakigutsindisha? Woducira ku mayange ibijanye n'ivyo waciyemwo vyatumye wiyumvira ukwo?
  - Iki gice kivuga ko ukwiye kwifata gute muri ivyo wiyumvamwo vyo gutsindwa mu mutima ariko atakigutsindisha?
  - Nimba wumva uguwe nabi no gutsindwa mu mutima kubw'ivyo wakoze bigutsindisha uriko uracamwo, kubera iki iyi ari inkuru nziza?
  - Ni izihe ntambuko zibiri umuntu akenye gushira mu ngiro kugira Urupfu rwo kwitanga rwa Yesu rumukize ivyaha vyiwe?
  - Iyo twaturiye Imana ivyaha vyacu (bisobanurwa kwemerera Imana ko twacumuye), idusezeranira gukora iki? Uretse kudaharira, ikindi ikora ni igiki? [*kutweza ibigabitanyo vyacu vyose*.]
  - Bisobanura iki "kwihana"?
  - Mbega biramaze kugira intambwe imwe muri izi zibiri gusa?ndashobora kwatura sinihane maze nkitega inkurikizi imwe?
  - Ni ryari bikenewe ko dusubiza (turiha) abo twacumuyeko?
- **Ibibazo vy'isuzuma**
  - Wibaza ko ari kubera iki abantu baguma biyumvamwo gutsindwa mu mutima kandi atakibagira?

- Birashoboka ko woba warakoze ikintu kibi cane ku buryo Imana itoba igishobora kukubabarira?[*Inyishu ni Oya. Zaburi 103:2,3 Mutima wanje himbaza Uhoraho, ntiwibagire ivyiza yakugiriye vyose. Ni we aharira ibigabitanyo vyawe vyose, agakiza indwara zawe zose; Yesaya 1:18, Naho ivyaha vyanyu vyotukura tukutuku, bizokwezwa derere nka shelegi, naho vyotukura nk'agahama, bizohinduka nk'ubwoya bw'intama y'umwero*]
- Ninde ashaka ko uguma ucinyizwa n'umutwaro wo kudaharirwa icaha?[satani] Ugomba umwemerere aronke ico ashaka aha hantu? Nta ciza bikuzanira, ntibiva ku Mana, satani gusa niwe abinezererwa![*Neza, vuga ubutumwa gatoya, ariko ni ikintu ciza co gukora*!]

- **Ibibazo vy'isuzuma**
  - Wibuka iki kuri wa "Mugambi w'Icibutso"?Uramaze kuwukora? Nimba utarawukora, wibaza ko bifise akamaro gukurikirana inyigisho z'ingene bawukora?
  - Mwumva mwozobikorera hamwe nk'umugwi mu ndwi iza?

Gusaba abandi imbabazi

- **Ibibazo vy'ibanze**
  - Nimba hariho uwo wakoresheje muri kahise, wiyumvira ko ari ngirakamaro gute kumusaba imbabazi?
  - Wibaza ko bikwiye kuvyaturira Imana, no kuyisezeranira kutazokwongera kubikora kandi hanyuma ntushobore guhura n'uwo muntu wababaje? Kubera iki?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Mu mirongo iri muri iki gice (Matayo 5:23, 24), ni gute Yesu yerekana ko ari ngirakamaro ko urondera kwitatura n'imbabazi kuri abo wababaje muri kahise?
  - Woshobora gute kumenya uwo ukwiye gusaba imbabazi?[*Nk'uko igitabo kibivuga, saba Imana ikwereke abo wababaje*]
  - Ni kuki kubabaza umuntu bimeze nk'"icaha kirimwo bibiri "? [*Raba igice gikwirikira: Saba Imana ikubabarire kubw'umubabaro wateje*]
  - Kubera iki ari iciyumviro ciza gusengera abo wababaje imbere y'uko uja kubonana nabo?
- **Ibibazo vy'isuzuma**
  - Vyokugora canke vyokugumira kuja kurondera uwo wababaje ngo umusabe imbabazi? Wibaza ko ari igiki gituma ibi bigora abantu benshi?
  - Wibaza ko wokwiyumva gute umaze kubishira mu ngiro? Wibaza ko bitazohindura uwo muntu wababaje?
  - Igihe wumvise biguteye amakenga cane kuja kumusaba imbabazi, wokora iki kugira witere intege ubwawe kugira ubishikeko?
  - Wokora iki igihe uwo muntu wagiye gusaba imbabazi aciye ashavura, akanka kukubabarira? [*Ba umugwaneza kandi yiyoroheje maze ugende. Wakoze vyose ushoboye. Nk'uko biba mu migenderanire yose, ushobora kugira ico ukoze ku bikwerekeye. Ntaco ushobora ku vyerekeye uwundi muntu. Urashobora kumusaba imbabazi hanyuma ugatera intambwe yo kwitatura, ariko wewe ntushobora gutuma aza kukwitaturako. Musengere, raba ukuntu Imana yoshobora kumworosha umutima kubw'urukundo rwayo rubonekera muri wewe canke abandi*]
  - Wokora iki igihe umuntu wagiriye nabi aba kure yawe, canke utazi iyo aba, canke yarapfuye?
  - Harimwo ikibi ikihe mu kubarira umuntu wacumuyeko ibi bikwirikira:"Nimba wumva narakugiriye nabi mu buryo kanaka, ndasavye imbabazi"? Canke harimwo ikibi ikihe mu kuvuga, "Mbabarira nakoze ivyo nakoze, ariko iyo utankorera ivyo wankoreye ubwa mbere, simba navyifashemwo uko navyifashemwo."

- **Ibibazo vyo gukora**
  - Ni ibihe bintu bifadika wokora mu gusubira kwubaka umwizerano n'umuntu wagiriye nabi?

Guharira abagukomekereje

- **Ibibazo vy'ibanze**
  - Iyo uhariye uwakugiriye nabi, nturondere kwihora ntuba uriko uremeranya nawe ko ivyo yakoze ari VYIZA? Ntazobandanya agirira nabi abandi?[*Duhariye, ntituba twirengagije icaha. Dushaka ko Imana igira ico ikoze ubwayo, twebwe dukuramwo akarenge tukayireka igakora. Igihe Yesu yasaba Se wiwe ngo aharire abariko baramwica, ntiyariko arirengagiza ubwicanyi n'ivyo bemera atari vyo. Yesu yariko arabereka urukundo rwa Data, rwari gushobora kubazana mu kibanza c'ubugororotsi no kwitatura n'Imana. Ku rugezo rw'ibihe vyose, ico nico cifuzwa cane gusumba kubabona babihaniwe. Turashobora kubabarira umuntu bivuye mu mutima kugira ntitugumane akazikira kuri we, ariko kandi twemereye urutonde rwemewe ngo ruzane ubucamanza bubereye. Abicanyi bazoronka ingero y'ivyo bakoze*]
- **Ibibazo bishingiye ku biri mu cigwa no gusuzuma**
  - Uramaze kwumva irya mvugo, "Umuriro ugwanya n'umuriro?" Urashobora gutahura igituma abantu bemera icigwa mbagarabwenge? Kubera iki atari inzira ngirakamaro ikwiye gukoreshwa?
  - Wunguka iki iyo ubabariye abakugiriye nabi? Bikubabaza gute iyo utababariye abakugiriye nabi?
  - Kubabarira abakugiriye nabi bisa gute n'ingene Imana ikora mu kubabarira abayicumuyeko? Uragomba vy'ukuri kumera nk'Imana? Uku kuntu Imana imeze hari ingorane vyogutera?
  - Hari ukeneye kutubarira aho yashize X kuri wa murongo werekana ingene wizera neza ko Imana ishobora kuguha umutima uharira abakugirira nabi? Wumva ubikunze ko dufata iminota ibiri ubu nyene ngo tugusengere kubw'ico kintu?
  - Ninde wibaza yobikora neza mu kurondera kwihora abakubabaje bakurenganije, canke abakunzi bawe, wewe canke Imana ngo ifate mu ntoke ikibazo ataco wewe utereye?
- **Ibibazo vyo gukora**
  - Nimba utarabikora, reka dufate akanya ubu nyene duce kuri izo ntambuko zo guharira abagukomerekeje.
  - Nimba wewe warabikoze, wigore utubarire ingene vyagenze .vyari bigoye? Inyuma y'akanya gato wiyumvise gute?

Ni ikintu wumva wozokora kenshi kugeza ibigumbagumba vyawe bihavuye bigahamvya ubugombe bwawe?

❖ ❖ ❖ ❖ ❖

IKIRARO 5: KWUBAKA INZU………….IZANA UGUKIZA

KUJABUKA URUZI RW'UBUKENE BWO MU MPWEMU

Amahangiro:

- Kugira intererano ifadika ku kungene hokwubakwa ivyotuma Imana ishikira neza ubwenge, umubiri n'impwemu vy'uwashikiwe n'ihahamuka mu ntumbero yo kumukiza.
- Kubafasha gutahura ukuri kw'urufatiro kujanye n'ibintu bine vy'umushinge w'inzu izana ugukiza: Amasengesho, ijambo ry'Imana, ihuriro ry'abakristo, n'impanuro rukristo, vyose hamwe.

Ibibazo vyo guhanahanako ivyiyumviro

Kwubaka inzu nya nzu

- **Ibibazo vy'ibanze**
  - Hari umuntu muri mwebwe yoba amaze kwubaka inzu? Nimba arimwo, mu minota ibiri, atwigishe ingene bigenda, kuva mu ntango gushika mu mpera [*Ahejeje, baza ibibazo vy'ingene bigenda n'ibikoresho yavuze, werekana ingene inyubakwa yoba isa igihe twogerageza kwubaka inzu mu buryo atavuze, ata mwubatsi arimwo, dukoresheje ibikoresho bidashemeye, dukurikije inzira zitari ku rutonde, n'ibindi*]
- **Ibibazo bishingiye ku biri mu cigwa**
  - Ni ibihe bintu ngenderwako vy'ubujuju Akili yariko arakoresha mu kwubaka i5zu yiwe? Hari ivyaboneka nk'iciyumviro kirashe ,ariko ntivyari vyo?
  - Akili yategekanya kwubaka inzu yiwe akoresheje amashami, amabuye, ibinogo n'umutaka. Iki gitabo kiduhanura ko twokwubakisha iki inzu zacu izana ugukiza? *[Wibuke vya bintu bine vy'urufatiro vy'"inzu izana ugukiza" yabo mu mpera z'iki gice: Amasengesho, Ijambo ry'Imana, ihuriro ry'abakristo, n'impanuro rukristo]*
- **Ibibazo vy'isuzuma**
  - Uravye ukuntu wagiye wiga kw'ihahamuka ryo mu ngwano kuri uru rugezo, wibaza ko uriko urubaka "inzu nziza izana ugukiza", canke hariho izindi nzira uzi ukeneye ngo wige neza ico cigwa?
  - Ibibazo vyo gukora
    - Ni ibiki utegekanya guhindura mu kwezi kuza?

1. Isengesho: Kuvugana bishemeye n'umugabisha wawe wo mu Mana

- **Ibibazo vy'ibanze**
  - Nk'uko ikibazo gitangurira iki gice kibaza, kubera iki wibaza ko abantu benshi bamara akanya gato mu masengesho?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Amasengesho ashushanywa gute n'imigenderanire iri hagati y'umugabo n'umugore?
  - Ni izihe nzira zitatu zitandukanye Imana icamwo mu kwishura amasengesho?
    - *[Menya neza: iyo ufise Umwanya, soma ibisomwa bimwe bitondetse musi ya buri nzira muri zitatu Imana icamwo mu kwishura amasengesho]*
  - Twogwiza gute inyishu "Ego" mu masengesho yacu [*Raba Zaburi 37:4 mu gitabo – Nimba Imana ari yo guhimbarwa kwacu, ivyipfuzo vyacu bizohura n'ivy'Imana, n'imbere yuko tugira ico tuyisaba, amasengesho yacu azokwerekana ubugombe bwayo.*]

- **Ibibazo vy'isuzuma**
  - Wumva umengo ubu usenga kenshi cane, gake cane, canke umwanya ukwiye? Nimba ari gake cane, wokora iki kugira ubihindure? Nimba ari kenshi cane…..wompa ukuboko kwawe?? (Uri muri bake vy'ukuri!)
  - Wibaza ko bizogufasha gute mu kumara umwanya mwinshi uganira n'Imana ibijanye n'ihahamuka ryawe ryo mu ntambara?
  - Ibintu bibiri wasengeye uyu musi ni ibiki? Raba urutonde rw'uturorero tw'amasengesho turi muri Bibiliya. Mbega amasengesho yawe abiri yasa n'amwe muri ayo urimwo ?
  - Wumva uhimbawe n'iciyumviro c'uko wosaba Imana ico ugomvye cose, yuko woshikiriza Imana amakenga, ishavu, kuzazanirwa n'ubwoba ?
  - Ni kuki wibaza ko vyama ari ngirakamaro gufatanya ibisabo vyacu n'amashimwe, nk'uko tubisanga mu Abifilipi 4 :6 ?
- **Ibibazo vyo gukora**
  - Warumvise utewe intege no kwuzuza muri ca kibanza c'utuburungu c'"ukwiyemeza ku giti cawe" muri iki gice ? Nimba biri uko wumva wotubwira ivyo wanditse ?
  - Woba ufise iciyumviro c'ingene uzokwumirako kuri uku kwiyemeza ?[Bimeze gute ivyo guhitamwo "umugenzi wo mu ngwano"azokuryamako ?]

Ijambo ry'Imana, imfungurwa n'ikirwanishwa vyawe vyo mu Mana

- **Ibibazo vy'ibanze**
  - Hari umuntu muri mwebwe yodondora ibishikira umubiri utaronka ibifungurwa vyiza ?
  - Hari umuntu muri mwebwe amaze kugira urugendo rurerure atagira imfungurwa, kimwe mu vyo waciyemwo vyaguhahamuye ? Vyari bimeze gute ? Vyagize ingaruka zimeze gute ku nkomezi, intege, umwitwarariko, ubushobozi bwo gukora ivyo wari ukeneye gukora, n'ibindi ?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Reka turabe bimwe vyose mu vyanditswe vyera muri uru rubaho rwerekana inyungu zo gusoma, kwiga, no gukoresha Bibiliya. *[Nimba uyu mwimenyerezo baramaze kuwukora, basabe bavuge ivyo bakuyemwo. Atari uko, bikorere hamwe nk'umugwi ubu nyene. Biheze,…..]*
    Mbega ibi vyose biboneka nk'imvo nziza zotuma ubigira akamenyero ko gusoma Bibiliya ku musi?None, ni igiki cogukura muri izi mfungurwa za buri munsi z'ivyo kurya ari vyo jambo ry'Imana?
- **Ibibazo vy'isuzuma**
  - Ijambo ry'Imana risa gute n'umutsima n'amata?*[Matayo 4:4, 1Petero 2:2]*
  - Kugenda urugendo rurerure ata mfungurwa zo mu mpwemu bisa gute no kugenda ata mfungurwa zo mu buryo bw'umubiri?
  - Ijambo ry'Imana risa gute n'inkota? *[Abanyefeso 6:17, Abaheburayo 4:12]*. Ijambo ry'Imana worikoresha gute nk'ikigwanishwa, kandi wokigwanisha nde ?
  - Muri zaburi 119 :9,11 igihe Dawidi yavuga ko "yanyegeje ijambo ryawe mu mutima wanje,"wibaza ko yogomba kuvuga iki ? *[Kurifata ku mutwe no kuryiyumvirako. Menya neza : Umuntu azoshobora kwibuka neza 5% y'ivyo yumva, 15% y'ivyo asoma, 35% y'ivyo yiga, ariko 100% y'ivyo afata ku mutwe. Ibi bikwigisha iki ku tumaro two gukoresha inzira zitandukanye zo gukoresha mw' ijambo ry'Imana ?]*

- **Ibibazo vyo gukora**
  - Warumvise utewe intege no kwuzuza ca kibanza c'utuburungu c'"ukwiyemeza ku giti cawe" muri iki gice ? Nimba biri uko, wumva wotubwira ivyo wanditse ?

Ihuriro rukristo, Ikambi y'urufatiro yo mu Mana

- **Ibibazo vy'ibanze**
  - Wibaza ko iri jambo "Ishengero"risobanura iki? Bikumarira iki kugira ishengero bwite usengeramwo?
  - Ni ibihe bituma abantu batagomba kuja ku rusengero? Twokora iki kugira dukureho ivyo bituma ?
  - Kuri mwebwe mwigeze kuba mu gisirikare, tubarire ibijanye n'ikambi gisirikare y'urufatiro. Muri yo haberayo iki ? Ni ikihe cari ciza muri yo ? Ni ibiki biri muri yo bisa n'uko vyari bikwiye gukorwa mw'ishengero ?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Ni gute ishengero rigereranywa n'umubiri?
  - Reka turabe bimwe mu vyanditswe vyera muri uru rubaho vyerekana ibikwiye gushikira ishengero. *[Nimba uyu mwimenyerezo baramaze kuwukora, basabe bavuge ivyo bakuyemwo. Atari uko bikorere hamwe nk'umugwi ubu nyene. Biheze,….]* Nimba kimwe cose muri ibi vyahora bishika mw' ishengero, wumva woterwa intege zo kujayo ? Woterera iki kugira umenye neza ko bishika mw'ishengero ryawe ?
  - Abashikiwe n'ihahamuka ryo mu ntambara bashobora kumera nk'abigigwayo igugu ry'abantu, n'ishengero. Ariko imvo zotuma bikenegwa ko umuntu agira akigoro ko kujayo ni izihe ? *[Menya neza : Iki cigwa kiratanga urutonde rw'ibintu bibi bija kure y'aho abakristo bakoraniye hamwe. Bahindure ivyiyumviro babone imvugo nziza z'ibintu vyiza bishika igihe umuntu amaranye akanye n'abandi bakristo]*
  - Inyungu Umusiguzi 4 :9-12 yerekana ni izihe igihe abantu bamaranye akanya n'abandi bakristo bozonezerwa ?
- **Ibibazo vy'isuzuma**
  - Mbega ufise urugezo wifuza rwo gukoranira hamwe n'abandi bakristo ? Bitari uko, utegekanya gukora iki ? Twogufasha gute ?

Impanuro rukristo

- **Ibibazo vy'ibanze**
  - Hari abantu muri mwebwe bamaze kuba mubihe vyo kuronka impanuro zishemeye, yaba umuhanuzi w'umukristo, canke umumenyeshamana wo mu nzego z'umutekano, umwungere, canke umuhanuzi atari umukristo ? Vyari bimeze gute ? Wakunzemwo iki ? Ni ibiki utakunze ?
  - Wibaza ko abantu benshi biyumvira iki kuri abo baronka impanuro ? Ni ikimenyetso c'intege nke canke c'ubwenge ? Wewe wiyumvira iki ? Kubera iki ?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Wisunze ihahamuka ryo mu ntambara no kubura urutonde bivuye ku kajagari k'inyuma y'ihahamuka, ni igiki ngirakamaro cane gishobora gushika mu mwanya wo guhanurana? *[Urahawe akaryo ko guserura no kuvuga ivyacinyijwe, ivyibukwa bibabaje vy'ihahamuka ryawe no kubisozerera mu kibanza gitekanye, ari co kintu ngirakamaro cane mu bigize ugukira kwawe.]*

- **Ibibazo vy'isuzuma**
  - Nimba utoshobora kuronka canke ngo uhembe uwuguhanura, woca ukora iki? *[Rondera umugenzi w'umukristo azi neza kwumviriza kandi yiteguye kwumviriza ibintu bigoye ukeneye kuvuga, kumbure uwundi munyamugwi wo muri uyu mugwi? Urabe neza ko uyu muntu ashobora kubika ivyo muvugana nk'ibanga]*
  - Ku ruhande rumwe, ivyo uriko urabona ngaha muri aya makoraniro birasa cane n'ivyogushikira mu makoraniro y'ibihe vy'uguhanurana (twizera ko uriko uravugana n'abandi basigaye ivyabaye bihahamura)?
  - Ni mu nzira izihe uwuhanura, umumenyeshamana mu nzego z'umutekano, canke umwungere ashobora kuvugana umwe k'umwe kugira yunguke gusumba abandi muri uyu mugwi?
  - Ni izihe nyungu zo gufatanya babiri baje mu mugwi nk'uku no kubonana n'umuhanuzi yavyigiye, umumenyeshamana mu nzego z'umutekano, canke umwungere ku rufatiro rwama rwisubiriza.
- **Ibibazo vyo gukora**
  - Naho ubu ata muntu n'umwe wovuga ko ari "Umuhanuzi"wawe, utegekanya gukora iki kuri ico? Ninde wokwegera ngo akubere umuhanuzi?

❖ ❖ ❖ ❖ ❖

IKIRARO 6: KWIBUKA……………………….IVYAGUSHIKIYE

KUJABUKA URUZI RWO KWIBUKA IBIBABAJE VYAGUSHIKIYE

Amahangiro:

- Gufasha abanyamugwi kwibuka, kuzungurutsa no kurangiza ivyo wibuka bibabaje vy'ihahamuka ryabo.
- Kubibutsa ko kuguma bazibiranya ivyo bibuka bizobagirira nabi kuruta ivyiza, rero naho bitoroshe uko umuntu yovyibaza, ni vyiza kubishira ku mugaragaro no kubivugako.
- Icitonderwa ku mworoshabikorwa.

Menyesha umugwi ko iki kiraro gishobora kuba ica mbere kigoye kujabuka ariko gishobora gufasha gusumba ibindi vyose. Urashobora gucamwo iki kigabane mu vyigwa bitatu (canke birenga): ica mbere co kuvugana ku nkuru y'ibanze, "amategeko" no kwandika "Igice ca 1:Ubuzima bwanje imbere y'ihahamuka". Icigwa ca kabiri bokwandika "Igice ca 2: Ivyanshikiye mu Gihe c'Intambara".Icigwa ca gatatu bokwandika "Igice ca 3: Ubuzima Bwanje Kuva Intambara Itanguye." Ni ivyawe kumenya ariko vyogira akamaro banditse mukiri kumwe mu mugwi hamwe n'uwundi wo mu wundi mugwi bavugane inkuru zabo, mbere ushiremwo ibiganiro hagati yabo. Nimba wobatuma bakaja kuvyandikira i muhira bakabizana babivugane n'abandi, ivyo ni vyiza. Ivyo ari vyo vyose wewe n'Imana muhurizako.

Ibibazo vyo guhaganahanako ivyiyumviro

Ingene ibibazo bitoya biba binini

- **Ibibazo vy'ibanze**
  - Woba waraciye mu vyo Hamisi yaciyemwo, aho wasuzuguye ikibazo gitoya kigahava kiba ingorane nini? Wumva wobiganira n'abandi basigaye?

- Wibaza ko iyi mvugo isobanura iki?"Uko ugwaye ni kwo n'amabanga yawe nayo agwaye"
- Si itegeko kuvyishura n'ijwi rirenga, ariko vyiyumvireko gusa.Woba ufise amabanga ahura n'igihe cawe c'ihahamuka wibitsemwo bituma uremba?

- **Ibibazo bishingiye ku biri mu cigwa**
  - Umwifato wa Hamisi ku vyo yibuka vyo mu ngwano wari uwuhe? Mbega vyaramufasha canke vyaramubabaza? Kuki?
  - Kuber'iki benshi muri twebwe bahitamwo kutiyumvira ku vy'imibabaro ya kahise kuruta kubishira ahabona no kubivuganako?
  - Ni ibiki vyo mu bigumbagumba vyogushikira uriko uratorera umuti ivyo wibuka. Naho ari uko, ikintu ciza kizovamwo ni igiki?
- **Ibibazo vy'isuzuma**
  - Iki ciyumviro co gucinyiza ivyo wibuka gisa gute n'ikoreshwa nabi ry'umwambiro n'ibiyayuramutwe? Ni ibiki bindi abantu bajamwo mu kugerageza kwisamaza kugira ntibibuke ivyababaje?
- **Ibibazo vyo gukora**
  - Ni ibiki ukora kugira ntiwibuke ivyakubayeko bihahamura ukwiye guhagarika gukora? Ni imyifato ki ukeneyeko imfashanyo kugira uyineshe?

Gushira amabanga ahabona

- **Ibibazo vy'ibanze**
  - Wibaza iki ku ciyumviro c'uko ubuzima bwawe bumeze nk'icese Imana yanditse? Wiyumvira ko Imana ari Umwanditsi mwiza canke mubi?
- **Ibibazo bifatiye ku biri mu cigwa**
  - Imana siyo ntango y'ikibi, ariko ibibi vyinshi vyaragushikiye mu buzima bwawe. Ukwo gukurakuranwa kwayo gufatana neza gute n'icese c'Imana?
  - Ni murabire "amategeko" hamwe nk'umugwi. Mushikiriye iryo mudatahura canke mukagira ico muribazako, baze umworoshabikorwa w'umugwi wanyu.
- **Ibibazo vy'isuzuma**
  - Wibaza ko uzoshobora kwandika inkuru yawe? Nimba bidashoboka, woshobora kuyifata mu majwi, canke ukayibarira umwe mu bakunzi bawe, umunyamugwi canke umworoshabikorwa wo mu mugwi wawe?

Kwandika inkuru yawe: <u>Igice ca 1</u>: Ubuzima Bwanje Imbere y'Ihahamuka

- **Ibibazo vy'ibanze**
  - Woba wiyizi nk'umutezi w'inkuru?
  - Ni ibiki wibaza ko bituma inkuru iba nziza? Umutezi w'inkuru mwiza?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Ni kuki wibaza ko ari iciyumviro ciza ko utangura uyu mwimenyerezo mu kwandika uko ubuzima bwawe bwari bumeze imbere y'uko uhahamuka?
  - Soma ivyashikirijwe bijanye n'ivyo woshiramwo muri iki gice c'inkuru. Ni ibiki wibaza ko uzokoresha?
- **Umwimenyerezo udasanzwe**
  - *Reka batangure kwandika. Baterere iciyumviro c'ingene umwanya boteguriṛako ungana.*
  - *Barangije, urashobora gufatamwo babiri bababwire ivyo banditse canke urindire kugeza ikindi cigwa gishikiriwe maze uhe akanya benshi bababwire mu gice ca mbere c'ikoraniro. Bamaze gusoma, reka abanyamugwi bagire ico babivuzeko, babaze ibibazo, ariko igisumba*

ikindi, gushimira uwagize ico avuga. Kimwe mu bikiza muri uyu mwimenyerezo ni kwandika, ariko gusoma n'ijwi ivyo banditse vyongerako kuri kamere ko gukiza.

Kwandika inkuru yawe: Igice ca 2: Ivya Mbayeko Mu Ntambara

- **Ibibazo vy'ibanze**
  - Hari ivyakugumiye mukwandika Igice ca 1? Wibaza ko hari ico wakuyemwo muri uwo mwimenyerezo?
  - Wibaza ko bizokugora gute mu kwandika Igice ca 2? Mbega hoho uracashaka kwandika?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Wibaza ko bifise akamaro kangana gute guhura n'ivyo wiyumvamwo n'ibigumbagumba uriko uriyumvira iki gice kigira kabiri c'inkuru yawe?[*Raba ivyo Muganga Matsakis yanditse muri iki gice*]
- **Umwimenyerezo udasanzwe**
  - Reka turabe kandi"amategeko" imbere y'uko mutangura kwandika. Niyo vyakurengera mu bigumbagumba uriko urakora uyu mwimenyerezo, ni VYIZA kuruhuka, sohoka hanze gatoya,... ariko kora ibishoka ugaruke. Ata kubesha, urashobora kudasubira gushaka kwinjira, ariko utegerezwa kwibuka ko bigoye ariko ari ngirakamaro.
  - Basomere iki gice c'ivyo biyumvamwo n'ibigumbagumba, bazoba biteguye batagwishwa igihumura n'ivyo biyumvamwo bishobora kuja ahabona. Maze, bareke batangure kwandika.
  - Kandi, barangije, baza abantu babiri bababwire ivyo banditse, canke urindire ikindi cigwa gishike.

Kwandika inkuru yawe: Igice ca 3: Ubuzima Bwanje kuva Intambara Itanguye

- **Ibibazo vy'ibanze**
  - Wabikoze gute mu gice ca 2? Wasanze bigoye uko wibaza ko bija kugenda, canke vyararushirije kugora?
  - Wibaza ko wungutse iki mu kwandika ico gice c'iyo nkuru?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Soma ivyashikirijwe nk'ivyiyumviro bijanye n'ibiri muri iki gice. Ni ibiki wibaza ko wokwandikako?
- **Umwimenyerezo udasanzwe**
  - Ongere murabe "amategeko" irindi kandi mwumva mubikeneye, canke muce ku masonga ayo mwibaza ko ari ngirakamaro.Suzuma neza ko batahura, ko bakwiye kwandika ibibi n'ivyiza vyabashikiye kuva ihahamuka ryabo ritanguye, n'ingene bavyibazako. Hanyuma bareke batangure kwandika.
  - Barangije, saba babiri muri bo bavuge ivyo banditse canke murindire kugeza icigwa gikwirikira gitanguye.

Guha Yesu kaze mu mubabaro wawe

- **Ibibazo vy'ibanze**
  - Urafise ibibanza bigoye cane, vyijimye binyegeje mu bwenge bwawe. Yesu ashaka gukorera iki ivyo bibanza? Wibaza ko hari ingorane bimutera mu kuvyinjiramwo? Kubera iki?
- **Umwimenyerezo udasanzwe**
  - Soma iki gice nk'umugwi,suzuma neza ko batahura ingene baja kubigira mu kwerekana uwu mwimenyerezo. Batahuze ko atari umwimenyerezo ukorwa rimwe mu buzima. Ni ikintu

bakwiye kwiyemeza rimwe na rimwe inyuma y'ikiringo runaka mu kwemerera Imana ngo ishikire igice cose c'ubuzima bwabo.

- Suzuma neza ko mukwiye kubanza gusengera hamwe imbere yo gukora uwu mwimenyerezo.
- Urashobora no gushira abantu mu vyumba bitandukanye, canke mu nzu murimwo, canke kuja mu bibanza bitandukanye hanze, kugira baje aha bonyene maze biyumvire batekanye.
- Uyu mwimenyerezo ni mwiza wo gukoresha uri mu karuhuko canke uri ahantu kure y'imuhira nk'umugwi.
- Umaze guhereza abanyamugwi akanya gakwiye ari bonyene (kuva ku minota 30 gushika kuri 60), basubize hamwe maze bavugane ivyo babonye.

❖ ❖ ❖ ❖ ❖

IKIRARO 7: GUTUNTUZWA……………….N'IVYO WATAKAJE

KUJABUKA URUZI RW'UMUBABARO URENZE URUGERO

Amahangiro:

- Gutahuza abanyamugwi ko gutuntuzwa n'ivyo bahomvye mu gihe c'ihahamuka atari VYIZA gusa ariko ari *ngirakamaro*.
- Batahuze ingene gutuntura bisanzwe bikorwa.
- Bahe ibintu bifadika vy'ingene batuntura canke badatuntura.
- Bahe ibintu bifadika bijanye n'ingene bagandara.

- **Ibibazo vyo guhanahanako ivyiyumviro**

Kwirengagiza intuntu

- **Ibibazo vy'ibanze**
  - Hanze y'ivyo waciyemwo bifatiye ku ntambara, ni igiki cagutuntuje muri kahise? Wibaza ko kigutuntuza?
  - Ivyiyumviro vyawe bijanye n'intuntu ni ibiki? Mbega ni ngirakamaro kuterekana ibishobisho igihe ubabajwe n'ivyo watakaje? Mbega gutuntura kwerekana kubura ukwizera? Kugandara ku mugaragaro kubw'ivyo wabuze gufatwa nko kutagira ubugabo canke intege nke? Bikugwa nabi iyo umuntu akubonye uriko urarizwa n'ivyo watakaje?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Vyasa nk'uko umengo Sentwali yari mu ngorane ziva kw'ihahamuka ryo mu ngwano? Kubera iki uvyibaza uko?
  - Ni ibiki Sekuru Léon yagerageje kumubarira ngo akore hakiri kare mu nkuru*?[Kuvuga ivyo vyaciyemwo vyamuhahamuye]*
  - None yakoze iki kugira ntatunture? *[Yirengagije ingene vyamubajije, yagerageje kwiyobagiza abakunzi biwe bapfuye, amakuba yabonye, ivyamushikiye yacinyije]* Mbega iki ni ikintu bamwe muri mwebwe mukora?
  - Sekuru Léon yahanuye Sentwali gukora iki?*[Ni mwige ingene bigenda mu gutuntura]*

- **Ibibazo vy'isuzuma**
  - Wibaza ko uko Sentwali yabikoze mu kwirengagiza no gucinyiza ivyo yibuka n'intuntu ari ikintu ciza? Kubera iki?
  - Sentwali yagereranywa gute na ca kimashini co kurima co mu kigwati?
  - Iyo hageze ko ugira ico ukoze ku vyo wibuka vyaguhahamuye, umera nka Sentwali canke nka Sekuru Léon? Kuber'iki?
- **Ibibazo vyo gukora**
  - Nimba ibi utarabikora, wohitamwo umuntu mukwiye kuvugana ivyo watakaje mw'ihahamuka? Gira urutonde, kandi utangure gusenga usaba Imana ikwereke neza uwo mukwiye kubivugana?

Gutahura intuntu–"Umubabaro uhishijwe"/ Intumbero y'intuntu

- **Ibibazo vy'ibanze**
  - Igihe ikintu kibi cane cagushikira canke cashikira umukunzi wawe, hanyuma bikagutuntuza, bikumerera gute wewe? Wodondora uko wiyumvira?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Ni ibiki bikabura intuntu? *[Uruhombo–Agace ka 3]*
  - Hari abashaka kuvuga ivyo banditse mu mwimenyerezo wa "Vuga uruhombo rwawe" muri iki gice ?
  - Kuva ku rutonde rw'"Igihe dutuntura", ni igiki kikwereka wewe ubwawe nk'igituma ciza gituma wari ukwiye gutuntura ? Kubera iki ?
- **Ibibazo vy'isuzuma**
  - Ni kuki wibaza ko ari ngirakamaro ko "udomako" ivyo wahomvye ?
  - Ivyo wahomvye washoboye kuvyifatamwo gute? Vyakugizeko ingaruka gute?
  - Iyumvire kandi. Urashobora kwiyumvira inzira Imana yaciyemwo mu kugufasha muri kirya gihe kigoye?
  - Wibaza ko uzosubira kuronka ivyo watakaje; canke kubisubiriza. Ivyo bituma wiyumva gute? Wibaza ko wokora iki kuri ivyo vyiyumviro?
  - Woba warigeze kugira ingorane ku mubiri canke ku mutwe *[Raba urutonde: "Iyo twanse gutuntura"]* zifatiye ku kudashaka gutuntuzwa n'ivyo watakaje?

Uko tutotuntura/ uko twotuntura

- **Ibibazo vy'ibanze**
  - Ni izihe nzira zidatomoye wabonye abantu bakoresha mu gutuntuzwa n'ivyo babuze muri kahise?
- **Ibibazo bishingiye ku biri mu cigwa & Ibibazo vy'isuzuma**
  - Nimba utarabikora, fata akanya gato urabe urutonde rw'ingene tudakwiye gutuntura, wongere ushireko akamenyetso no ku vyo dukwiye gukora.*[Inyuma y'akanya gato….]* Hari muri mwebwe umuntu yumva yovugana urutonde rwiwe n'abanyamugwi? Wohitamwo kimwe canke bibiri washizeko akamenyesto maze muvugane akarorero k'ingene ubwawe wakoresheje ubwo buhinga mu gutuntura kudatomoye?
  - Raba intambuko indwi z'intuntu Elizabeth Kübler-Ross yerekanye. *[Zisome n'ijwi rirenga]* Uriko uribuka ivyaguhahamuye vyo mu ntambara, woshobora kuvuga intambuko y'intuntu ugezako ubu? *[Barashobora kuvuga intambuko zibiri icarimwe, navyo ni VYIZA. Ariko,suzuma neza ko batahura ko abantu badategerezwa guca muri izi ntambuko mu rukurikirane rwiza, rutomoye. Soma aka gace, "amajambo make y'ingene bigenda"]*

- ◇ Ni ibiki wibaza ko vyogushikana ku rundi rugezo?
- ◇ Soma uyu murongo mu gitabo (2 Abikorinto 1:3, 4). Muri uyu murongo wa Bibiliya, hari ikintu c'inyungu kizova mu mwanya wawe w'amakuba n'intuntu? Hari umuntu uzi yaciye mw'ihahamuka nk'iryawe ariko aragufasha ubu? Hari uwo wiyumvira nawe wofasha?

- **Ibibazo vyo gukora**
  - ◇ Nimba hari iciyumviro ufise c'ivyo wokora ngo utere intambwe ikwirikira mu vy'intuntu, mbega uzobishira mu ngiro gute? Ninde yogufasha? Uzobitangura ryari?
  - ◇ Nimba hari umuntu uzi wofasha uko nawe wafashijwe (nk'uko tubisanga mu 2 Abikorinto 1:3,4), wogira integuro yo gutangura kubikora?

Ingene bagira ikigandaro ciza

- **Ibibazo vy'ibanze**
  - ◇ Ni izihe nzira wewe canke abaryango bawe mwokoresha mu kugandarira umukunzi wanyu yapfuye?
- **Ibibazo bishingiye ku biri mu cigwa**
  - ◇ Ubudasa buri he hagati y'**intuntu** n'**ikigandaro**?
  - ◇ Soma Matayo 5:4 muri Bibiliya yawe. Uyu murongo uvuga neza na neza kubijanye no kugubwa neza?
  - ◇ Ufatiye kuri Zaburi 34:18 (mu gitabo), wokwitega iki ku Mana kubw'umubabaro n'ihahamuka vyagushikiye?
  - ◇ Ni igiki dukwiye kuronka mu kwizera [Imana]. Vyogenda gute dushize ukwizera kwacu mu bidukikuje canke mu cifuzo kanaka?Mbega ivyo twobigwanya gute?
- **Ibibazo vy'isuzuma**
  - ◇ Hari uwo woba uzi yogufasha mugacana mu mwonga w'intuntu, nk'uko biri mu gice "Ntugerageze kujayo wenyene?"
  - ◇ Inzira zimwe zishoboka zo kugwanya ishavu zikunda guherekeza intuntu ziratondetse mu gice ca "Gira ico ukoze kuri iryo shavu ryawe". Hari inzira yiyongerako uzi?
  - ◇ Hari umuntu muri mwebwe yokwigereranya n'Umwami Dawidi n'ingene yari atuntuye? Ni ibiki bimwe vy'ingene yagandara? Wibaza ko Dawidi hari ico "abantu bose" bamusumvya?Iyo utuntura nk'uko Umwami Dawidi umugwanyi akomeye yabigize, wari kuba ucumva ko bikubujije amahoro, ucitse intege canke ugayitse?
- **Ibibazo vyo gukora**
  - ◇ Warakoze ivyatanzwe nk'urufatiro mu gice "Ibuka iyo Imana iri", Ukabona Yesu agufumbatiriye n'amaboko yiwe akugumije? Bitari uko, fata akanya ubu nyene umusabe yinjire mu mibabaro yawe, umwibonere akugumbiriye.
  - ◇ Nimba utarabikora, wovugana n'umugenzi abikunze kugufasha kujana mu bikorwa vy'intuntu, nk'uko biri mu gice ca "Ntugerageze kujayo wenyene"?

Ibimenyetso vyerekana ko ikigandaro cawe hari ico kiriko kirafasha

- **Ibibazo bishingiye ku biri mu cigwa**
  - ◇ Ni ibihe bibazo vya "Kubera iki?" Wanditse muri iki gice?
  - ◇ Washoboye gute guhindura bimwe muri vyo bibazo muri "gute?"
  - ◇ Ni ibihe bibazo vya "gute?" vyiyongerako waronse ? *[Uyu woba umwimenyerezo wo gukorera hamwe mu mugwi, akanya ko gusuka ivyiyumviro]*

- **Ibibazo vy'isuzuma**
  - Ni kubera ibi bibazo "Gute ?" bikwiriye kubazwa gusumba ibibazo "kubera iki ?"
  - Woba umaze kuronka inyishu nyinshi z'ibibazo "Kubera iki ?"
- **Ibibazo vyo gukora**
  - Ni ikintu ki c'icibutso c'intuntu wokora kikaguhuza n'ivyo watakaje vyakubabaje ? Utegekanya kugikora ryari ?

❖ ❖ ❖ ❖ ❖

IKIRARO 8 : KWIGWANIRA……………………………UBWAWE MU MPWEMU

KUJABUKA URUZI RW'INTEGE NKE MU MPWEMU

Amahangiro:

- Gufasha abanyamugwi gutahura umwansi wabo w'UKURI uwo ari we, n'ingene bomugwanya mu bwami bw'impwemu.
- Kubafasha gutahura ayo majambo "Urwinjiriro n'ivyicaro" nk'ibibanza vy'intege nke satani azokoresha mu kugerageza kubanesha no kumenya aho yokwinjirira n'ivyicaro mu buzima bwabo bamenye ingene babibungabunga.
- Kubafasha gutahura no gukoresha ibigwanishwa bafise mu kugwana na satani.

Ibibazo vyo guhanahanako ivyiyumviro

Kugwanya=intsinzi

- **Ibibazo vy'ibanze**
  - Ni ubuhinga ki bw'urufatiro bwo mu ntambara woba uzi? Wobuhuza n'intambara yo mu mpwemu n'umwansi wacu wa kera, satani?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Nk'uko satani yagerageje Ojo ngo yibe amafaranga ya Bonsu, Ni ibihe vyiyumviro vyo kumuryosharyosha yakoresheje?
  - Ni ibiki Ojo yakoze amaze kumenya ikigeragezo ca satani, yagwanije satani gute?
  - Ni igiki catumye satani ata akomoka? *[Ubushake bwa Ojo bwo kugwanya ibigeragezo vya satani. Raba Yakobo 4 :7,8 muri Bibiliya yawe ubivugane n'abandi. Herekana ko ni twagwanya umwansi, nawe azoduhunga. Ni ukuri kw'urufatiro gukorana n'iki kiraro. Uzobona ibintu bine vyose muri Yakobo 4 :7,8 muri iyi nkuru.*

    1. Wiyegurire Imana (Ojo yari umukristo). 2.Gwanya umwansi. 3. Egera Imana (Amasengesho yiwe inyuma y'imishamirano). 4.Yoza amaboko yawe (ihane). Ariko kandi, Ojo yakoresheje uburyo bwa Yesu bukuru igihe yagwanya satani muri Matayo 4, ijambo ry'Imana ryari ikigwanishwa ciwe.]
  - Ojo yakoze iki satani amaze kumuvako?
- **Ibibazo vy'isuzuma**
  - Woba wari kugwa muri bimwe mu vyiyumviro vya satani bihendahenda muri iyi nkuru? Wibaza ko hari uwo vyari gushikira? Wibaza iki ku muntu ubushobozi bwiwe bwo gufata ingingo bwanyoshwe n'ihahamuka riva ku ntambara, adafise ivyizigiro ku vyo akeneye?

- **Ibibazo vyo gukora**
  - Ikindi gihe satani yokugeragerasha icaha, wovyifatamwo gute nk'uko Ojo yabigize?

Menya umwansi wawe

- **Ibibazo vy'ibanze**
  - Nimba bamwe muri mwebwe ngaha boba barigeze (canke bari) mu gisirikare, ni ubuhinga ki woba wibuka bw'abo mwagwana?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Raba aho hari utuburungu muri iki cigwa. Kamwe kose muri two gahuriranye n'ikintu kimwe muri iyi nkuru y'ibanze. Mbega wohuza kamwe kose muri utu tuburungu n'igice mu nkuru bihuye?
- **Ibibazo vy'isuzuma**
  - Igihe co gusuka ivyiyumviro uko bije kwose. Satani umuziko iki? Ikintu cose woba wiyumvira c'inkomoko, ubuhinga bwiwe, iyo aja, uko ameze kandi vyose turavyandika ngaha *[Ku rubaho rwirabura, urubaho rwera, urupapuro runini, canke mu gatabo kawe wandikamwo. Bamaze kurangiza ivyiyumviro vyabo, nimba hari ibindi wokwiyumvira, vyongere kuri uru rutonde]*

Ubuhinga bwa satani bw'intango–Urwinjiriro n'ivyicaro

- **Ibibazo vy'ibanze**
  - Iki gice kivuga ingene satani kenshi azoduha "umwidegemvyo" umeze ukuntu, ariko imisi yose bitujana mu *kunyohwa*
- **Ibibazo bishingiye ku biri mu cigwa n'ibibazo vy'isuzuma**
  - Soma Itanguriro 4:1-12 muri Bibiliya yawe utahure ibivugwa ku kuri dusanga ku murongo w'7. Havuga ko icaha (satani) kiriko kirakora iki? Mbega urugi bariko baravuga rusigura iki? *[Rusigura ubugombe bw'umuntu, agace ka 3 muri iki gice]*
  - Ninde kandi agomba kwinjira muri urwo rugi rw'ubugombe bwawe? *[Yesu, Ivyahishuriwe Yohana3:20]* Mbega Yesu amaze guca muri urwo rugi ruca ruhindirwako rukugarwa? *[Mu vy'ukuri Oya, tubandanya turunguruka hanze turaba ivyo satani afise yotanga, rimwe na rimwe turamureka akinjira. Nico gituma Mpwemu Yera n'impwemu mbi zama mu ntambara imwe yose ishaka ko tuyumva tukayumvira]*
  - Ikindi kigereranyo gikoreshwa mu kuvuga ubuhinga bwa satani ni igiki? *[Ivyicaro]*. Ivyicaro bikoreshwa gute mu "kwigarurira" umusozi canke agasozi? Bisa gute n'uburyo satani akoresha ngo atwigarurire?*[Azobikora mu kantu gato, mu buryo butigaragaza carimwe, kugira ngo ntibonere hafi ibikorwa vyiwe]*
  - Fata akanya (nimba utari bwagafate) maze wandike aho satani yokwinjirira canke ivyicaro yotugeragerasha mu caha *(urashobora kurabira ku vyo wanditse muri ca gice c'8 "Kugwanira ibibanza dufisemwo intege nke")*. Nimba harimwo umuntu ashize amanga, kumbure yoba ashaka kuvuga ivyo bibanza ahobahobamwo?
  - Ubu rero raba rwa rutonde rw'"Urwinjiriro n'ivyicaro bishoboka"ca akazingi kuri kimwe cose cagushikiye canke wagiyemwo *[Bibutse ko, kubera gusa bamaze gushikirwa kenshi n'ivyo biri ku rutonde, bidasobanura ko bakinguruye urugi. Ariko biranashoboka. Ni ikintu bakwiye kubaza Imana]*
    - *Icitonderwa:Urashobora ubwa mbere kurabira hamwe nk'umugwi inzira n'ivyicaro bishoboka mu gusuzuma ko hariho umuntu abafiseko ibibazo*
  - Reka dufate akanya gakwiye umwe wese mu kuraba izi ntambuko zitatu zanditse musi yo "kwugara inzira z'urwinjiriro"

[Icitonderwa: Urashobora kubareka bagasohoka hanze canke bakaja mu bindi bibanza vy'iyo nyubakwa kugira bashobore kwiherera ukwa bonyene. Nimba hari ico bakora mu biri ku rutonde ku ntambuko igira kabiri (nko gusambura ibintu bibabuza amahoro) bakwiye kubikora hanyuma kandi babimenyeshe umugwi. Ikindi gishoboka ni kubikora bari iwabo muhira, hanyuma bakabimenyesha umugwi mw'ikoraniro rizokwirikira. Bivanye n'ingene begeranye mu ndwi ziheze, murashobora no kubikorera mu mugwi. Umwe akaja hagati mu mugwi, abandi bakamurambikikako ibiganza bakamusengera ariko arasubiramwo isengesho bamubarira, na cane-cane adomako inzira z'urwinjiriro yuguruye. Hanyuma uwundi agakurikira. Ibi bizoterera cane mu mugwi kandi abantu bitwararikane. Kandi, bibutse bose ivy'"itegeko" ryo kwiherera no kugumya ibanga.]

Ikigwanishwa cacu # 1: Ubushobozi

- **Ibibazo vy'ibanze**
  - Ni akamaro ki uzi k'"ibigwanishwa vyo ku rwego rwo hejuru" hageze mu ntambara?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Ni ubuhe budasa buri hagati y'"ububasha" na "exousia"? [Risomwa "ECK-SOO-SEE-Uh.]
  - Ninde yahawe exousia ya Kristo ngo adufashe mu ntambara ya twe na satani? Exousia ya Kristo tuyikoresha gute?*[Biciye mw'ijambo ryatuwe, nk'uko muri ya nkuru y'ibanze Ojo yabigize igihe yategeka satani kuvaho; nk'uko Yesu yabigize muri Matayo 4 igihe yategeka satani kuvaho. Aho hose, satani yategerezwa kwumvira, guhagarika ibikorwa vyiwe na kuvaho, exouisia yacu irakomeye kuruta iyi kubera iva kuri Kristo]*
  - Nimba tuba mu caha, kikaba ku nganji y'ubuzima bwacu, ntitugombe kwihana, wibaza ko twobandanya twizera exousia yacu ngo turakomeye kurusha iya satani? *[Oya, ikibanza cacu co kugwaniramwo kiri muri "kristo mu bwami bw'ijuru"(Abanyefeso2:6). Nimba twagararije Imana nkana, tuzimya Mpwemu wayo kandi tukivana ku bushake bwacu mu "cumba c'intambara gisirikare" .Turacakijijwe vy'ukuri, ariko turiko turagerageza kwigwanira twenyene, kandi tugiye gukubitwa cane. Ni vyiza cane kugumiza umugabisha mukuru, w'ubwenge bwose, yamaho ku nganji y'intambara mu bugingo bwacu!]*

Ibigwanishwa vyacu # 2: Ibigwanishwa vyo mu Mpwemu

- **Ibibazo vy'ibanze**
  - Mu mikino, ni kuki abakinyi bazibira neza n'abinjiza beza banganya akamaro?Ni kubera iki kandi ari ngirakamaro mu ntambara za gisirikare?
- **Ibibazo bishingiye ku biri mu cigwa n'ibibazo vy'isuzuma**
  - Raba urutonde rw'ibintu bitandatu bigize ibigwanishwa vyo mu mpwemu vyacu. Wibaza ko vyari kumera gute iyo Imana itabiduha vyose uko ari bitandatu?(Nk'akarorero, kubera iki kutagira umukanda w'ukuri bituma tugwa mu bitero vya satani?)
  - Kuki "inkota ya Mpwemu"ari imwe rudende?Tuyikoresha gute mu gutera? Tuyikoresha gute mu kwigwanira?
- **Igikorwa c'isuzuma**
  - Duhereye ejo mu gatondo mu mwanya w'amasengesho no kwiyegereza Imana, uze wumere biciye mu masengesho ivyo bintu bitandatu vy'ibigwanishwa vyo mu mpwemu vyawe wongere uvyambare. Wiyumvire ubwawe uhagaze imbere y'inganji y'Imana iriko irabiguhereza. Vyakire, kandi uvyambare. Urashobora gusenga usubiramwo aya majambo:"Data wo mw'ijuru, ndakiriye mu biganza vyawe kandi nkeneye ukuri. Urakoze Yesu, ko uri ukuri. Uyu musi nizeye ukwo kuri gusa, mvuge ukuri gusa, nakire ukuri gusa." Gutyo gutyo kuri kimwe cose co muri ivyo bigwanishwa.

Ibigwanishwa vyacu # 3: Ijambo ry'Imana

- **Ibibazo vy'ibanze**
  - Mbega abana b'abantu bakora ibintu gute iyo hari ivyo bakeneye kurangura? Nk'akarorero, iyo twubaka inzu, dukenera "ibikoresho ibihe? *[Uturorero: inkomezi zacu, ibipawa, inyundo, imisumeno, incabiti, n'ibindi]"*
- **Ibibazo bishingiye ku biri mu cigwa**
  - Mbega ivyo birangurwa gute mu bwami bw'Impwemu? *[Biciye mw'ijambo rivuzwe. Saba abanyamugwi bafise Bibiliya barabe uturorero tw'uru rutonde mu bitabo bakoreramwo. Ku kintu cose, baza "Uyu muntu yakoresheje gute ijambo rivuzwe mu gushitsa igikorwa c'impwemu"]*
- **Ibibazo vy'isuzuma**
  - Nimba satani yariko arategura kukuyovya mu kukubarira ikinyoma, wokwigwanira gute ukamunesha? *[Suzuma neza ko inyishu yawe irimwo kubwira satani ata gucisha hirya no hino, no gusubiramwo umurongo wo mu vyanditswe ugwanya ububeshi, nk'Abalewi 19:11]*
  - Ojo yakoresheje gute ijambo rivuzwe n'ijambo ry'Imana mu kugwanya satani mu nkuru y'ibanze?
- **Umugambi wo gukora**
  - Nk'umugwi, shira hamwe "Ihandaki ry'ibigwanishwa vy'intambara yo mu mpwemu". Mwiyumvire ibigeragezo rusangi satani akoresha maze mutore umurongo mwomugwanisha kandi ugakoreshwa mu ntambara yo mpwemu. Uturorero:Ishavu–imigani 16:32, kubesha –Abalewi 19:11, kutubaha uburongozi –Abanyefeso 5:21, Umwambiro Imigani 20:21, n'ibindi.

❖ ❖ ❖ ❖ ❖

<u>IKIRARO 9: KUBONA……UWO URI VY'UKURI</u>

KUJABUKA URUZI RWO KWIYANKA

Amahangiro:

- Kubafasha kwongera gusanasana karangamuntu kabo kasambaguritse badafatiye ku kungene isi, umurwanizi canke ubwabo babibona.
- **Ibibazo vyo guhanahanako ivyiyumviro**

Kwibagira ukuri

- **Ibibazo vy'ibanze**
  - Ivyakubayeko mu ntambara bihahamura vyahinduye gute uko wiyizi? Uko wibona kwabaye kwiza canke kubi?
- **Ibibazo bishingiye ku biri mu cigwa**
  - Adama yiyumvira gute inyuma y'intambara yaciyemwo?
  - Vyari vyo? [Mu bijanye n'ingene yari abayeho, ego–yari imboregwa, ntaco yari yishoboje, n'ibindi. Ariko siko <u>ameze</u>. Imigani 23:7, havuga:"kuko uko yiyumvira mu mutima ariko ameze."Ivyo twiyumvirako ubwacu ni vyo bizoturongora mu vyo dukora, uko twibona, n'ingene abandi batubona. Nico gituma ari ngirakamaro cane ko tuvuga <u>ukuri</u> ubwacu.]
- **Ibibazo vy'isuzuma**
  - Adama womubarira ko yogerageza guhindura iki mu bwenge bwiwe?

Ihahamuka rikomoka ku ntambara no kwiyanka

- **Ibibazo vy'ibanze**
  - "kwiyanka" ni ijambo riremereye. Hari abantu muri mwebwe mwibaza ko rihuje n'ingene mwiyumva?Hamwe wari kuronka ijambo ryari rikwiye kandi ritaremereye cane, vyomera gute?
- **Ibibazo bishingiye ku biri mu cigwa & n'ibibazo vy'isuzuma**
  - Ni inkomezi ki zicanira akariro k'umugwanyi w'umukukuruke mu kwibonamwo ishusho mbi no kwiyanka?
  - Satani azokoresha gute uku kwiyanka nk'urwinjiriro canke icicaro ngo aneshe uwashikiwe n'ihahamuka rifatiye ku ntambara?
  - Imfatiro zo kwibona nabi ni ibinyoma vya satani. Mbega akubarira ibinyoma gute ? Akoresha inzira izihe ?
  - Mara akanya (nimba utaragafata) uriko uriga "Gusuzuma uko wibona." *[icitonderwa : Suzuma neza ko umunyamugwi wese atahura amajambo yose.]* Uko igitabo kivyerekana, shira akamenyetso X ku murongo wose werekana uko wibona ubwawe. Uhejeje, vugana n'abanyamugwi ivyo wizemwo hanyuma ubahe "amanota" waronse ajanye n'ingene wibona muri rusangi. Birakunezereye canke bikuguye nabi ? Wumva bikwiye guhinduka ? Wibaza ko bishoboka ?
- **Ibibazo vy'isuzuma**
  - Iyo hageze ibijanye n'ingene twibona, kubera iki twumviriza ibinyoma vy'umwansi, tukirengagiza ukuri kuva mw'ijambo ry'Imana ?

Ikinyoma # 1 gushika # 8/Karangamuntu kawe k' UKURI # 1 gushika # 8

Icitonderwa: Kimwe cose muri ibi bice munani, kwirikiza uku bikorwa ngaha musi. Fata akanya imbere y'uko umugwi ukorana wiyumvire ikibazo kimwe canke bibiri vy'isuzuma wokoresha inyuma y'icigwa cose mu kwiga. Nk'akarorero, ufatiye kuri Abanyefeso 1:4 – "nk'uko yadutoranirije muri we,itanguriro ry'isi ritarashirwaho,kugira ngo tube abera tutagira agasembwa imbere yayo,turi mu rukundo." Ikibazo co mu gitabo : wari uzwi, ukunzwe kandi waratoranijwe n'Imana kuva ryari? Inyishu ni: "Kuva mbere itararema isi." Ikibazo ciza c'isuzuma kuri ico coba, "Kubera ko Imana y'ibiriho yakumenye kandi ikagukunda imbere y'uko mbere irema isi, ivyo bikwiye guhindura gute uko wiyubaha?

- **Ibibazo bishingiye ku biri mu cigwa n'ibibazo vy'isuzuma**
- Ni bande muri mwebwe muguma muhura n'ivyo "binyoma vy'umwansi" akanya ku kandi ? Ni ibiki bituma wiyumva ukwo ?
- Soma imirongo ya Bibiliya muri iki gice maze urabe ko woshobora kwishura ikibazo cabajijwe inyuma y'umurongo wose wa Bibiliya. [canke reka tuvyishurire hamwe nk'umugwi.]

Jewe ndi uyu

Icitonderwa : Nimba ushoboye kugwiza inyandiko z'uku kwatura kwashize ku rutonde ibintu munani vy'ukuri vy'ingene wibona biboneka muri iki cigwa, umunyamugwi wese muhe urwo rwandiko. Batere intege barumanike ahantu mu cumba cabo canke i muhira, barugumize muri Bibiliya zabo, canke ahantu hose aho bashobora kurubona kenshi rukabibutsa ukuri kw'abo ari bo.

- **Umwimenyerezo wo mu mugwi**
  - Hagurutsa abanyamugwi babisome n'ijwi ryumvikana. Vyogira n'akamaro kuruta igihe bohagarara ku muzingi, ukuboko kumwe gufashe urwo rwandiko ukundi gufashe ku bitugu vy'uwo bahagararanye.

- **Ibibazo bifatiye ku biri mu cigwa**
  - Mwoba mwifuza kugira isuzuma kandi ry'ingene mwibona inyuma y'ukwezi mubone ubudasa mubone ubudasa Imana yashizeho ?
- **Ibibazo vy'isuzuma**
  - Inyuma y'ivyo tumaze kwiga vyose muri iki gice, hari ikintu kimwe canke bibiri muri ibi bintu munani kiriko (biriko) kiragutera uruhagarara ?

IKORANIRO RISOZERA

Ikoraniro risozera ibikorwa rikwiye kuba umwanya wo kunezerwa urimwo iteka. Tegura amazimano, utumire abubakanye n'abanyamuryango. Umunyamugwi wese muhe akanya avuge mu majambo make ivyabaye mu gihe abanyamugwi bahurira hamwe, maze urongore amasengesho usengere uwo muntu.

Vyoba vyiza kandi uhaye abanyamugwi bose icibutso : seretifika (certificat), umudari, ikingoro, ikintu gitoya kibajwe, ikintu kigaragara kizobibutsa uyu mwanya bamaze muri Uyu Mugwi Witaho Ihahamuka ryo mu Ntambara, n'ivyo Imana yakoze vyose muri iki gihe.

Igikorwa cawe gikwirikira, nimba kitarakorwa, ni kubashira mu bikorwa vyo gusukurira abandi. Iciyumviro gikomeye ni kubatera intege zo kurongora Umugwi Witaho Ihahamuka ryo mu Ntambara canke kubafasha mu bikwirikira. Ntubemerere kuzingama ubu ! Batere intege mu kubandanya barondera ubwami bw'Imana n'ukugororoka kwayo. (Matayo 6 :33)!

REBOOT RECOVERY
OVERCOMING TRAUMA TOGETHER

Reboot Recovery
PO Box 381
Pleasant View, Tennessee 37146
USA
(931) 292-2011
www.RebootRecovery.com
www.RebootRecovery.com/reboot-international-resources

MILITARY MINISTRY

cru MILITARY

Campus Crusade for Christ International – Military Ministry
PO Box 120124
Newport News, Virginia 23612
USA
(757) 928-7200
www. MilitaryMinistry.org
www.PTSDHealing.org