

**GUHITAMO NEZA UWO
MUZABANA :**

**“IBANGA RYO KUGIRA
UMUNEZERO, URUKUNDO
RUTAGAJUKA,
N’ITERAMBERE MU RUGO
RWawe”**

By Edison HABİYAREMYE

Ubukwe no Gushyingiranwa: Itangiriro2 :18

- Ni igihango twarazwe n' Imana ubwayo;
- Ni irembo ry'urugo si iry'urushako;
- Gushyingirana bivuze gusiga bose ukabana n'umugore wawe n' umugabo wawe akaramata iteka;
- Gushyingiranwa ni igihango cy' iteka. Urugo rwa none ni ijuru rito cg se ukuzimu, umuriro (kuko mu gushyingiranywa habaho guhuza umutima, umubiri, ibitekerezo, amarangamutima, umwuka)
Abefeso 5:31

- Gushyingiranwa n' uwo muzabana bizagenga imibereho yawe n' ahazaza hawe. None na nyuma y' ubu buzima.
- Kwegurira umusore umutima wawe, kumwerera ko umubera umugore, uba umuhaye ipfundo ry' ubuzima bwawe uba
- Umuhaye diregisiyo ngo agutware wagombye kumenya neza niba azakugeza aho wifuza kugera, aho Imana yifuza kujya kandi niba uzagerayo amahoro (Yohani 3:27)
- Umubumbyi azi neza ikibumbano cye!

UMWANZURO UKOMEYE

- Niba abagamiye gushyingiranwa batifuza kuzagira imibereho y'ubuhanya, kwicuza n'amaganya nyuma yo gushyingiranwa, **bagomba kubyibazaho mu buryo bwimbitse mbere y'uko babana.**
- **Gutera iyi ntambwe utabitekerejeho ni bumwe mu buryo bwangiriza ukuba ingirakamaro kw'abasore n'inkumi.**
- Ubuzima buhinduka umutwaro n'umuvumo.

- **Nta muntu ushobora gusenya umunezero n'umumaro w'umugore no kurwaza umutima we ngo ageze ku rugero nk'urw'umugabo we;**
- **Kimwe nk'uko nta wushobora gukonjesha ibyiringiro n'ibiyumviro by'umugabo, ngo bice intege imbaraga ze kandi ngo birimbure icyitegererezo cye n'ahazaza he nk'umugore we.**

Urugo rwa gikristo, p.43

Gushyingiranwa

- Ugushyingiranwa ni ikintu kizagira ingaruka nziza cyangwa mbi mu buzima bwanyu haba muri iyi isi kimwe no mu isi izaza.
- **Umukristo nyakuri ntazatera iyo ntambwe atabonye ibihamya ko Imana ibyemeye.**
- Ntazifuza kwihitiramo ubwe ahubwo aziyumvamo ko Imana igomba kumuhitiramo.

- **Ntitugomba kwinezeza ubwacu kuko na Kristo nawe atinejeje ubwe.**
- **Sinshaka kuvuga ko umuntu agomba gushaka uwo adakunda.**
- **Byaba ari ugukora icyaha.**
- **Ariko na none ntitugomba kwemerera ibishashagirana n'ibishyika byacu kutuyobora mu irimbukiro.**
- **Imana idusaba kuyegurira umutima wose n'ibyo dukunda kurusha ibindi.**

Itonde wibihubukira

- Mu ngo nyinshi ugushyingiranwa ni umutwaro uremereye kurusha iyindi.
- Ibihumbi byinshi by'imiryango babana ariko badahuje.
- Ibitabo byo mu ijuru byuzuye ibibi, ubugome n'urugomo bitwikiriwe umwambaro w'ubukwe.
- Iyo ni yo mpamvu ngira inama urubwiruko rugeze mu gihe cyo gushyingirwa ko batagomba guhubukira guhitamo uwo bazabana.

- Inzira y'ubuzima bw'abashyingiranwe ishobora gushuka umuntu ko itatswe ubwiza kandi igasa nk'iyuzuye umunezero, ariko mbese wowe ntushobora kubona ibyo utari witeze nk'uko abandi ibihumbi byinshi byabagendekeye?
- **Abagamije gushyingirwa bakwiriye kuzirikana ingeso n'imimerere y'urugo bagiye gushinga.**
- **Ubwo bazamara guhinduka ababyeyi, bazagirwaho ibyiringiro bikomeye.**
- **Kuri bo ni ho hazaturuka urugero rukomeye rw'imibereho y'abana babo muri iyi si, n'umunezero wabo mu isi izaza.**



**Ingeso z'iby'umubiri
n'iby'umwuka abana
bazagira zituruka
cyane ku ngeso
z'ababyeyi.
Kandi ingeso zo mu
rugo ni zo zerekana
uko iz'igihugu
zizamera;
uburemere bwo
kureshya kw'ingeso
z'urugo ni bwo
buzatuma umunzani
ujya hejuru
cyangwa hasi.**

Urugo rwa gikriso, p.44

Ibimenyetso by'ingenzi mu guhitamo

- Abasore b'abakristo bakwiriye kwitonda cyane mu byo gukundana no guhitamo bagenzi babo.
- Mwirinde kugira ngo ibyo mutekereza ubu ko ari izahabu nziza bitaba inkamba.
- Incuti z'isi zishaka gushyira ibibazitira mu nzira yo gukorera Imana kwanyu, kandi abantu benshi barimburwa n'umubano uteye agahinda, ari uw'umurimo bakora cyangwa abagore bafite batahwituwe cyangwa batarezwe neza!



**Pima icyo ureba cyose,
witegereze amajyambere
yose y'ingeso z'uwo
ugambiriye gufatanywa
na we mu bugingo
bwawe.**

**Iyi ntambwe ugiye gutera
ni imwe mu zikomeye
cyane mu bugingo
bwawe kandi ntikwiriye
guteranwa ubwira.**

**Naho wakunda,
ntugakunde utabanje
gutekereza.**

Kubw'ibyo:

- Mugomba gufata igihe gihagije cyo kurambagizanya;
- Kwigana ubushishozi imico y'uwo witegura gufatanywa nawe;
- Kureba isoko y'urukundo rwanyu n'icyerekezo ibyiyumviro mufite bivomwamo;
- Dore ko iyo usesenguye usanga ibyitwa urukundo rw'iki gihe ari imibare gusa (igifatika buri wese azakura ku wundi);

- **Suzuma witonze, urebe y'uko numara gushyingirwa uzagira umunezero cyangwa uzamererwa nabi ukaba umutindi.**
- **Wibaze uti: “Mbese uku gufatanywa kuzamfasha ngere mu ijuru?”**
- **Kuzanyongerera urukundo nkunda Imana? Kandi kuzagwiza umurimo wanjye ngire umumaro muri ubu bugingo?”**
- **Niba utekereje ibyo ugasanga bitazagusubiza inyuma, noneho ukomeze umugambi wawe wubashye Imana. Urugo rwa gikristo, p.45**

Umwana apfa mu iterura!

- Iyo witegereje neza ushobora gusanga ko intandaro y'ibibazo mu muryango ikomoka ku mpamvu yatumye abashakanye bashinga urugo rimwe na rimwe
- Impamvu zitera abasore n'inkumi kurwubaka ni nyinshi.
- Ariko mu gihe cya none iyo witegereje usanga impamvu nyinshi zitera gushaka zidashingiye ku rukundo nyakuri.

Igenzura ryakozwe

- Hakurikijwe iperereza ryakozwe mu mashuri makuru ku bijyanye n'ibyifuzo byo gushaka, habajijwe ikibazo gikurikira:

Ese muratekereza ko muzagira ubuzima bwiza mumaze kurwubaka?

- 15% gusa b'abakobwa bo muri amerika ya ruguru
- 26% bo mu bwongereza na 29% bo muri Nolvège nibo basubije yego

Dore uko bimeze

- icyegeranyo gikurikira cyerekana impamvu zinyuranye zituma abantu bashaka abagore cg abagabo:
 - kubera gutwita 4%
 - Gushaka kuva iwabo 5%
 - Kwifuza abana 12%
 - Kwanga kuba wenyine 13%
 - Kubera ari ngombwa gushaka

Dukomeze.....

- Kubwo gushaka umuntu wo gukorana imibonano mpuzabitsina 19%
- Kubera urukundo 29%
- Urabona ko 71% bashakana babitewe n'zindi mpamvu zitari urukundo nyakuri, akenshi bituma uwashyingiwe aba atazi neza icyo agiye gukorera urugo rwe cyangwa umugabo ukwiye.
- Nicyo gituma imiryango myinshi igizwe n'abagabo n'abagore bameze nk'intumwa zitazi icyo zatumwe.

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Imana igufitiye umufasha!

- Mbere yo kwinjira muri gahunda yo gushaka uwo muzubakana umuryango hari ibintu bikwiye kwitabwaho:
 1. Zirikana ko Imana ariyo muhanzi w'umuryango
 2. Zirikana ko Imana igufitiye umuhamagararo
 3. Bityo ku biyeguriye Umwami Yesu ntibazakora ikinyuranye n'ubushake bwe!

Dukomeze.....

4. Imana igufitiye umufasha ukwiye
5. Guhitamo umufasha ukwiye bikubiyemo:
Gushaka-kuvumbura no guhitamo umufasha
Imana yamaze gushaka no kuvumbura kandi
imushyira iruhande rwawe.
- 6. Uwo mufasha Imana yakuboneye arakwiye
kandi abasha kukunyura mu mpande zose:
Mu by'Umwuka-mu by'ubwenge-mu
marangamutima-no mu by'ibiyumviro.**

Dukomeze.....

7. Uwo muntu nubwo ariho akaba azwi n’Imana wowe ntumuzi
8. Ugomba kumushaka, ukamubona kandi ukamuhitamo
9. Ubasha kwibaza uti: **“Kuki Imana itoroshya ibintu, ngo imunzanire imunyereke hatw ntazakora ikosa ryo kuba nakwibeshya muri uko gushakisha- mu gushaka no guhitamo kwanjye?”**
10. Zirikana ko umugambi ukomeye Imana igufitiye ni ukugutegurira kuzimikanwa na Kristo.
11. Kandi Imana yifuza ko dukoresha ubwenge n’ubushobozi yaduhaye.

Dukomeze.....

12. Iramutse iguhatiye guhitamo kwayo yaba ikubujije umudendezo wawe.
13. Yifuza ko ukorana nayo bityo guhitamo uwo muzubakana umuryango ni imwe muri formation Imana yifuza ko ugira.
14. Ubasha kuvuga uti: **“Ndabyemeye ariko nayo igomba kundinda kuzakora amakosa”**.
15. Ni wowe ubwawe ugomba gufata ingamba zo guhitamo neza kuko Imana iragufata nk’umuntu mukuru.
16. Niba warimenyereje kumvira Imana mu buryo bwuzuye nta kabuza uzabona umuntu Imana yaguteguriye!

Intambwe ku ntambwe!

1. Ugomba guhitamo

- Ese kuki Imana idafata umusore/umukobwa maze ngo ize ikubwire iti “Mukobwa x dore umusore ugukwiye!”, Musore dore umukobwa ugukwiye!
- Iramutse ibikoze ityo umunsi umwe ushobora kuzayishinza ko itaguhaye uburenganzira bwo guhitamo (Itangiriro 3:12)
- Imana ntizaguhatira guhitamo uwo yaguhitiyemo.
- Imigani 19:14; 18:22; 31:10

2. Uzagira icyo uzahitamo!

- Imana yiteguye kugufasha mu gushakisha kwawe. Yasezeranye kubikora (Zaburi 32:8,9).
- Azagufasha ariko nawe usabwa kumvira no kuba umunyabwenge, Ijambo ry'Imana ryongera kutubwira mu Abefeso 5:17.
- Birashoboka kuba warakiriye Imana ariko ukaba utaremera kugengwa n'ubushake bwayo 100%
- Niba ari uko bimeze uzahitamo nabi.

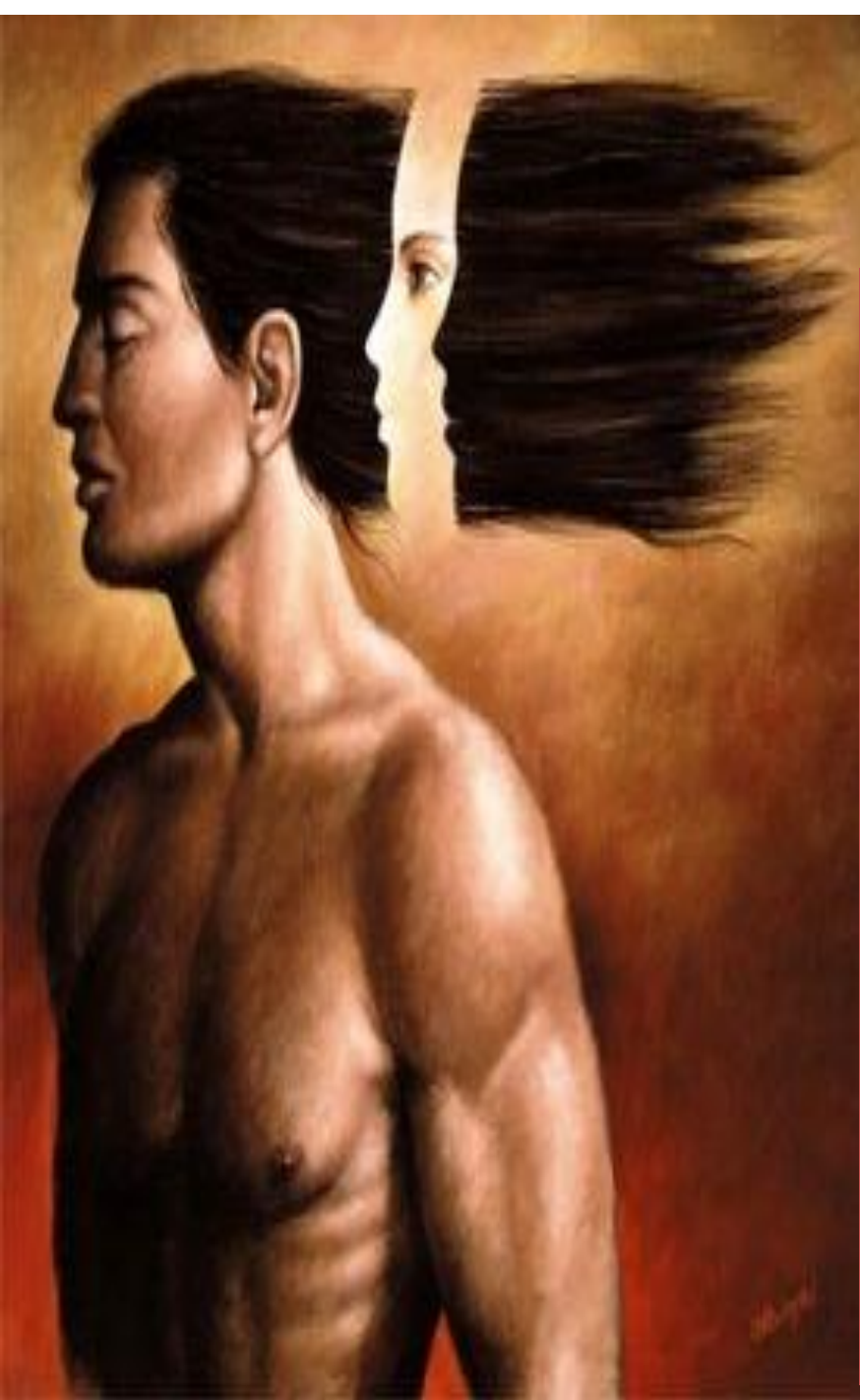
Dukomeze.....

- **Umukobwa/ umusore ashobora kwibwira ati: Igihe nzarongorwa /nzarongora n'umwizera byose bizagenda neza kuko twese turi abana b'Imana.**
- **Aha hari ubupfu bukomeye ni nko kwibwira uti: “Nshobora kwambara urukweto mbonye mu kirenge icyo ari icyo cyose!”**
- **Mbese uzumva umeze ute igihe ikirenge cy'imoso kizaba kiri mu rukweto rw'iburyo?**
- **Ntibivuze ko umuhungu wese ashobora kukubera umufasha ngo nuko yakiriye Umwami!**

- Imana itegereje ko ukorana nayo mu gushaka umufasha yakugeneye.
- Uzirikane ko uko wanga kumva no kuyoborwa n'ubushake bw'Imana ukayoborwa n'ibiyumviro byawe uzasarura ibyo urimo kubiba.
- Ndibwira ko ubu ikibazo urimo kwibaza ari iki: **“Nzi neza ko Imana yifuza ko nshaka umugabo/ umugore, ariko mu kuri nzamubona nte?”**

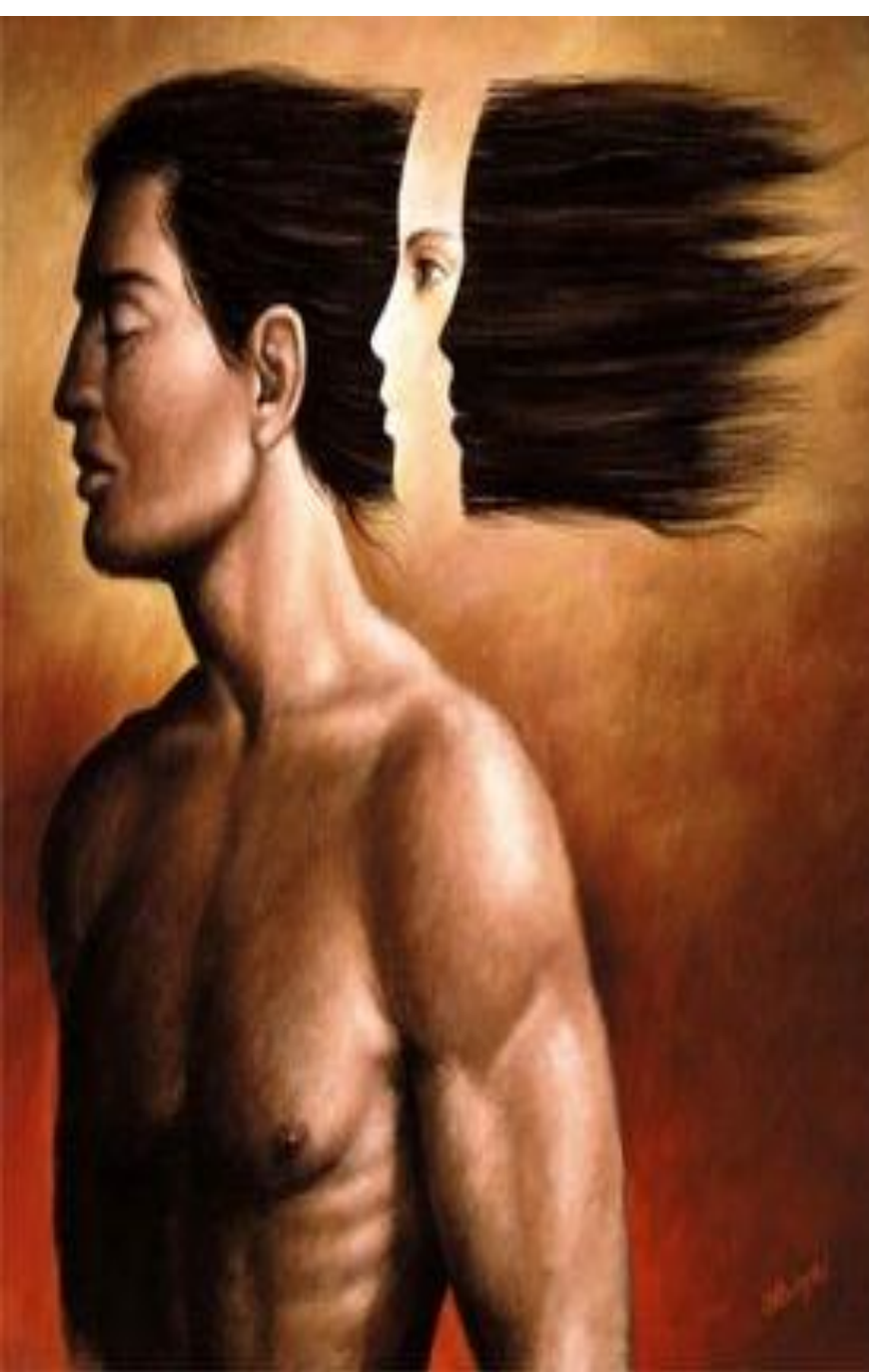
Ibyo ugomba kwitaho:

1. Imenye wowe ubwawe
2. Shaka umwizera mwuzuzanya: Mu by'Umwuka-mu by'ubwenge no mu bukure-mu ibyiyumviro -mu kimeru no mu mico.
3. Shaka umuntu wumva wibonamo kandi nawe ukwibonamo.
4. Gendera mu bushake bw'Uwiteka
5. Mukundane



1. Imenye wowe ubwawe

1. Intambwe ya mbere mu gushaka umugabo/umugore ugukwiye banza umenye icyo uri cyo n'icyo ufite cyo kumuha.
2. Ni gute wavuga umugabo/umugore ukwiye mu gihe wowe ubwawe utazi icyo uri cyo? Ese byashoboka ko habaho umuntu ukwiye ku muntu utazwi? Ese ashobora kuzuzanya n'umuntu utazwi?
3. Ni ubupfu bukabije kwibwira uti: “Kuko nta kinanira Imana, nzafata uwo mbonye wese, ibisigaye Imana izabikora”.



1. Imenye wowe ubwawe

4. Nubwo Imana ishobora byose, ntabwo ishobora gukora ibibonetse byose. Ikora ibihuje na kamere yayo y'urukundo.
5. Bityo rero si ngombwa gufunga amaso ngo uhitemo umuntu mubi ngo utegereze ko Imana izakora igitangaza kugira ngo kubana kwanyu kuzabe ntamakemwa.



- **Ese wiyeguriye ubushake bw'Imana mu buryo bwuzuye, ku buryo ushobora kuyobora mu by'Umwuka uwakwihaye wese?**
- **Ese uha agaciro kangana iki gahunda z'Itorero n'amateraniro yo gusenga? Ese uracyari uruhinja mu kwizera? Ese ufite umutima w'amaharakubiri?**
- **Ese waba uzi umugambi Imana ifitiye ubuzima bwawe?**



- Ese umugabo/umugore wifuza gushaka aza gufasha gusohoza umurimo Uwiteka yaguhamagariye?
- Ese wanga icyaha n'umutima wawe wose? Wabatuwe mu bubata bwacyo? Cg kiracyagufiteho ububasha?
- Ese mu buryo bwuzuye witanze nk'igitambo kizima kandi gishimwa mu maso y'Imana cg uracyari uw'isi? Urifuza kujya mu ijuru mu gihe ukiri imbata kandi wishimira iby'isi?
- Ese intambwe ku ntambwe uko Uwiteka aguhishuriye ubushake bwe, witeguye kumwumvira muri byose?

2. Imenye mu by'Ubwenge!

- **Ibibazo bikurikira bizagufasha:**
 - 1. Mfite amashuri angahe?**
 - 2. Umugabo/umugore nifuza gushaka ese niteguye kumufasha mu by'ubwenge?**
 - 3. Ese umugabo/ umugore unkwiye agomba kuba afite amashuri angahe? Kugira ngo tubashe kuzuzanya**

2. Menya amarangamutima yawe!

- **Ibaze uti:**
 - 1. Ese ndi introverti ou extraverti?**
 - 2. Ese bijya bingora kwisobanura mu bwisanzure?**
 - 3. Ese biranyohera gushaka incuti cg birangora kubizera?**
 - 4. Ese igihe ngize ikibazo ngitindaho cg nigarura vuba?**
 - 5. Ese ndakazwa n'utuntu duto?**

3. Menya ibyiyumviro byawe mu by'imibonano mpuzabitsina

- **Ibaze uti:**
 - 1. Ese ndi sensible sexuellement?**
 - 2. Ese ni iki kinkururira cyane mu byerekeye imibonano mpuzabitsina?**
 - 3. Ese biranyohera cyane kugirana isano n'uwu dutaduhuje igitsina cg birangora cyane kubiyumvamo?**
 - 4. Ese ndashabutse cg ngenda gahoro.....**

4. Menya ikimero cyawe!

- **Ibaze:**

- 1. Ese ndabyibushye, ndananutse? Ese niyongera ibiro mu buryo bworoshye?**
- 2. Ese mbasha kwitegaka mu mirire?**
- 3. Ese nkunda umusore/ umugore umeze ate? Uteye ate? Amaso-amazuru-mu maso he hameze hate?**

5. Menya uko uteye!

- Ibaze uti:

1. Ese ngira gahunda mu bikorwa byanjye (ordonnée ou desordonnée) cg ntacyo bimbiye icy'ingenzi ni umugabo/umugore.
2. Ese nkunda umuhungu/umukobwa ugira urusaku cg utuje?
3. Ese nkunda kwibera mu rugo cg mu kazi hanze?
4. Ese nkunda kwakira abashyitsi cg simbakunda!

Dukomeze.....

- 5. Ese ndi umukobwa/umuhungu usesagura cg nzi kuzigama?**
- 6. Ese mbanguka mu mgambo, mu bitekerezo no mu bikorwa.... Cg mbanza kwitonda?**
- 7. Ese mfata ibintu mu buryo buremeye mu gihe byari byoroshye cg ibiremeye ndabyoroshya?**
- 8. Ese ngira isuku cg iby'isuku ntiwambarizaho?**
- 9. Ese nzi ku adapta ku bantu bashya, ibihe, igitekerezo n'ahantu cg nsimbarara ku byanjye?**

6. Menya uko ubuzima bwawe buhagaze!

- **Ibi bibazo bizagufasha:**
 - 1. Ese mfite ubuzima buzira umuze cg nkunda kurwaragurika?**
 - 2. Ese hari ubumuga bukomeye naba mfite?**
 - 3. Ese ngira icyuya kinuka? Ese nifata nte iyo ndwaye?**
 - 4. Ese mbifata nk'ibyoroshye cg biranegekaza ku buryo mba numva nkeneye kwitabwaho bikomeye kandi nta muntu wamva iruhande?**

Dukomeze.....

- 5. Ese ngirira impuhwe umuntu urwaye, kumutega amatwi, kumuhuriza, kumufasha no kumuba bugufi**
- 6. Cg mpitamo gushyira itandukaniro hagati yanjye nawe.**
- 7. Ese kurya cg guteka no gutekera abandi no kubagaburira cg ntuzi guteka, ndetse kubera udakunda kurya utekereza ko n'abandi ari uko.**

7. Menya inkomoko yawe!

- 1. Ese nkomoka mu muryango wasenyutse cg mu muryango muzima.**
- 2. Ese ababyeyi banjye babanye bate?**
- 3. Ese umuryango wanjye wita ku by'amoko n'uturere?**
- 4. Ese mu muryango nkomokamo harangwamo urukundo, gushyira hamwe no gushyikirana?**
- 5. Ni abantu bagira ubuntu, bakira ubagana wese?**

Dukomeze.....

- 6. Ese ni abantu bakunda Imana n'abayo cg ntacyo bibabwiye?**
- 7. Ese mu muryango wacu bafata bate umugore? Umugabo? Abana?**
- 8. Ese umuryango wanjye ni abanyamwaga?**
- 9. Ese igihe Papa atashye yakirwa ate mu muryango na mama ndetse natwe abana?**
- 10. Ese ni umuryango ubana neza n'abaturanyi?**
- 11. Ese abo tuva inda imwe basaza banjye barumuna banye na bakuru banjye bateye bate?**
- 12. Ese nakuriye ahantu hameze hate? Mu bukene? Cg aho mbasha kubona buri kimwe nifuza?**

Imenye wowe ubwawe!

- Mu kuri tubasha kuvuga byinshi kuri iyi ngingo; ariko iyo umaze kwisuzuma neza kandi ugasubiza ibi bibazo byose, mu mucyo no mu kuri uzaba umaze gusobanukirwa neza n'icyo ukeneye mu mugabo/umugore wifuza gushaka.
- Nta kintu kimwe gikwiye kwirengagizwa kandi ubona ko ari ingenzi mu iterambere n'umunezero mu muryango witegura gushinga kuko urukundo si ubuhumyi!

Dukomeze.....

- Ubasha kwibwira uti “Ijwi ry’umukunzi wanjye ni ryiza (Sa voix est douce comme une caresse)” uko ryaba ryiza kose ariko indi mico yirengagijwe ntacyo byaba bimaze.
- Ngaho tekereza utwawe n’ijwi ariko uwo mugabo/umugore wawe akaba asesagura umutungo w’urugo ku buryo wowe n’abana mutakibasha kubona igaburo, ibyo wabyihanganira kugeza ryari?

Dukomeze.....

- Ubasha kwihanganira kwikorera umutwaro ukawugendana 1km cg 2 km ariko sinzi ko wawihanganira igihe usabwa kuwugendana 100km cg 1000km.
- Mu gihe ubona ko utarimo guhuza n'uwo witaga ko yazakubera umufasha mureke kuko afite uwo bazahuza kandi ibintu bigende neza!

Ibishashagirana byose si Zahabu

- **Ku byo guhitamo uwo tuzabana, ni byiza kwirinda gukururwa n'ibintu bigaragara inyuma.**
- **Umusore rimwe na rimwe atekereza ku bwiza bugaragara inyuma, umukobwa we agatekereza ku mwanya umusore afite muri sosiyeti, umurimo akora ndetse no ku mafranga.**

- **Abandi bakibaza niba uwo bazabana mu gihe kizaza akunda umuziki, siporo, gutembera, niba yirabura cyangwa ari inzobe, umuntu ufite imbaraga n'ibindi wabasha kongeraho nawe.**
- **Ibi ni bimwe mu bibazo byinshi twibaza, ariko niba ari byo dushingiraho dushaka uzatubera umufasha mu gihe kizaza tuba turimo kunyura ku ruhande rw'icy'ingenzi kigomba gukorwa.**
- **Kuri iyi ngingo abakristo benshi baratsinzwe.**

- **Simvuze ko uzabyirengagiza ntubihe agaciro, ariko icyo ukeneye kuruta ibindi byose ni umufasha ufite imico iboneye.**
- **Ufite ubwenge bw'iby'Umwuka, umuntu urangwa no kubaha Imana kandi imibereho ye yose ikaba ishingiye ku gusabana n'Imana.**
- **Icyo ukeneye k'uzakubera umufasha kuruta ibindi ni umuntu ubasha kugukomeza no kugusubizamo ibyiringiro igihe umuraba wisutse ku muryango.**

Itonde ubitekereze.....

- **Ubusanzwe mbese yo gusezeranira umuntu kubana nawe**
- **Ugomba kubanza kumva ko wabonye ibihamya bikwemeza ko wabonye umuntu muzima kubw'ubushake bw'Imana kandi unyuze umutima wawe!**
- **Kandi kugira ngo ibyo ubigereho, ukeneye igihe kihariye cyo kubana n'Imana wihanganye kandi usenga.**

- **Ubundi hagendewe ku bushake bw’Imana,**
- **Abantu bagomba guhitamo inshuti rimwe gusa**
- **Ariko kuko turi abantu ba kamere tuva mu masezerano kenshi,**
- **Bityo tukisanga mu mibereho yo guhinduranya inshuti buri kanya mbere yo kubasha kubona uwo tuzashyingiranwa nawe.**
- **Muri ibi byose ukwiye kwirinda gukora ikosa ryo guhitamo nabi.**

Ibihamya by'Itorero vol.2, p.139-143 & Ubutumwa ku basore,p.439,440

- Ushobora ahari kuvuga uti: «Ariko hari ijambo navuze kandi nemeye. Ni gute mbasha kwisubiraho?»
- Niba isezerano watanze rivuguruza Ibyanditswe byera, ibyiza ni ukubivamo hakiri kare.
- Nuko wicishije bugufi, ujye imbere y'Imana wihane ubugoryi wakoze bwo gutanga isezerano ridafite impamvu.

Dukomeze.....

- Ibyiza nuko wakwisubiraho ku ijambo wavuze mu gutinya Imana, aho kurikomeraho ngo uteshe izina ry'Imana yawe agaciro.
- Ibuka ko hari ijuru dukwiye guharanira kujyamo n'inzira igana mu irimbukiro dukwiye kuzibukira.
- Imana ikomera kucyo yashatse kuvuga.
- Ubwo yabuzaga ababyeyi bacu ba mbere kurya ku giti cyabuzaniywe, kutumvira kwabo kwinjije satani n'uburiganya bwe mu isi.

Ikirutaho ni ukwica amasezerano y'ubupfayongo

- Nubwo isezerano ryaba ryarasezeranywe utazi neza ingeso z'uwo ugambiriye ko mufatanywa, ntugatekereze yuko iryo sezerano riguhatira guhiga umuhigo wo gushyingirwa no gufatanywa mu bugingo bwawe n'uwo udakunda kandi utubashye.

Urugo rwa gikristo, p.47

- **Witondere cyane uko ujya gusezerana; ariko ikiruseho, ndetse kiruseho cyane, ni ukwica amasezerano mbere yo gushyingirwa kuruta ko mwazatandukana hanyuma, nk'uko benshi bagenza.**
- **Nimureke intambwe yose yerekeza ku masezerano yo gushyingirwa iteranwe ubupfura, ubugwaneza, gukiranuka n'umugambi wo gushishikarira kunezeza Imana no kuyubaha.**
- **Gushyingirwa bihindura ubugingo bwombi, ubwo muri iyi si n'ubwo mu isi izaza.**
- **Umukristo nyakuri nta migambi azagira Imana itemera.**

Urugo rwa gikristo, p.48

Dukomeze.....

- **Nitwimura Imana, nayo izaturekera uburenganzira bwacu**
- **Ikintu kimwe rukumbi cyatuzanira amahoro n'umutekano muri ubu buzima, ni ukumvira ubushake bw'Imana ku kiguzi cyose byadusaba.**
- **Kuko Niyo ubwenge n'urukundo rutarondoreka.**

**Gukundana kw'inkumi
n'abasore:
“Tomber amoureux”**

Amazi menshi ntiyazimya urukundo

**Amazi menshi ntiyazimya urukundo, N'inzuzi
zuzuye ntizarurenga hejuru. Umuntu watanga
ibyho afite mu rugo rwe byose, Kugira ngo
agure urukundo, Yagawa rwose.
Umubwiriza 8:7**

Ntibikwiye!

- Inama nziza “Il ne faut pas tomber amoureux”
- Abakobwa bawe bavuga ko igihe bahuraga n’umusore X umutima wavuye mu gitereko ku buryo atabashaga gusinzira-kurya-gutekereza-ndetse no kwitegeka,.....
- icyo aba yifuza ni uwo musore ku kiguzi byamusaba cyose harimo n’ubugingo bwe.

Dukomeze.....

- Bamwe byatumye batsindwa ibizamini, abandi barasibira.
- Abandi mu bugoryi n'ubujiji birunduriye mu maboko y'abo bahungu bavuga ko bakunda ubundi bahinduka ibikoresho byabo.
- Ntibigera batekereza ngo bibaze bati: Uyu musore ni uwahe? Akora iki? Ese afite iyihe mishinga?
- Ibi nibyo bituma mubona inda z'indaro zarabaye nyinshi bigatuma bashinga urugo rutateguwe!

Dukomeze.....

- Iki ni ikintu kibi cyane kandi ntigikwiye mu baragwa b'Ubwami bw'Imana!
 1. Uwo musore wagukuye mu byawe ashobora kuba atizera Imana.
 2. Kuba wamaze kuva hasi bishobora gutuma udatekerezaza icyo uri icyo imbere y'Imana no kuyisaba ubufasha mu guhitamo kwawe.
- Reka mbabwire ko abakobwa bameze batya ni abarwayi bo mu mutwe bakeneye kujyanwa I Ndera.

Inama ku mukobwa watwawe n'urukundo rupfuye:

- **Waguye mu ifuti ribabaje cyane, ryabaye gikwira muri iki kinyejana cyasigingiye by'umwihariko ku bagore.**
- **Ukunda gukururana n'abo mudahuje igitsina.**
- **Ukunda gucudika na bo, ukunda kubareba indoro yoroshye ibareshya muri kumwe, kandi ukemera ko mugirana urukururano ruhabanye n'imicyaho intumwa Pauloyadusigiye igira iti "Mwirinde igisa n'ikibi cyose."...**



Sais-tu aimer ?

Dans ma tête
il y a toi, toi et,
encore toi❤️

Sais-tu aimer ? [f](#) [t](#) [v](#) /SaisTuaimer



Intekerezo zawe zikure kubirebana n'urukundo. Mu iyobokamana ryawe uvangamo urukundo, ibyiyumviro birwaye by'urukundo bidakuza ahubwo bisigingiza. Si wowe wenyine wanduye, abandi benshi bayobejwe n'icyitegererezo cyawe n'uregero rwawe... Ibyifuzo by'inzozu zawe zisa no gututira mu kirere ukubaka mu nyanja bikugaragaza nk'udashoboye gukora umurimo w'ingenzi. Wibereye mu isi y'intekerezo gusa; uba intwari yo mu ntekerezo gusa kandi uri umukristo wo mu ntekerezo gusa.

Abakobwa bateye batya ni abo kwitonderwa!

- **Abakobwa bateje akaga kandi ntibasha kubaka ngo urugo rwabo rukomere.**
- **Kuko uko yakuwe mu bye n'umusore uyu munsu; ejo nabona undi nabwo azava mu bye mu buryo bworoshye.**
- **Iyi ngeso nta nubwo ikurwaho no gushaka kuko nubundi agatima ke gahora karehareha!**
- **Mwitonde cyane uko mugenda mutagenda nk'abatagira ubwenge!**

URUKUNDO NYAKURI

“Abakorinto 13:4-8”

Urukundo!

- Urukundo ni kamere itunganye dukomora ku Mana.
- Uzitegereze ibyaremwe byose byumvira gahunda bikomora kuri Yo.
- Urukundo nyakuri ni ukwitanga gushyitse,
- Imbaraga zarwo ni ukwiyibagirwa,
- Ubwiza bwarwo ni ibikorwa,
- Urufatiro rwarwo ni ukwiyibagirwa ugakorera abandi.
- Gukunda abandi si ingingo yoroshye, kugira ngo umuntu abigereho, asabwa guhinduka, akagororwa ku giti cye.

Guide de formation personnelle, p.38

Dukomeze.....

- Urukundo ni kamere itunganye, abantu benshi ntibayisobanukiwe neza.
- Urukundo ntabwo ari igihunga giherekejwe no kugurumana mu kwifuza cyg rukuruzi hagati y'abakiri bato.
- Urukundo rw'ukuri rushingiye ku mpamvu nyazo no kumenya umukunzi byimbitse.
- Ibuka ko urukundo ruhubukiyeho ari impumyi, rubasha kukugeza ku bantu bakwiriye kimwe n'abadakwiriye.

Dukomeze.....

- Urukundo nk'urwo rukwiye kwitondeshwa maze mugaha umwanya ibitekerezo bya no kwibaza byimbitse.
- Urukundo ni impano y'agaciro duhabwa iturutse mu ijuru.
- Urukundo nyakuri ntabwo ari amarangamutima, ni ihame!
- Abayoborwa n'urukundo nyakuri ntabwo ari impumyi kandi ntibakora iby'ubupfapfa.

Dukomeze.....

- Hariho urukundo rumwe nyakuri, ntiruhinduka, ruritanga kandi rurera.
- Ni ikintu cy'agaciro kenshi kidakunda kuboneka.
- Urukundo ni igiti gifite impumuro y'ubumana: rushaka kurindwa no kugaburirwa.
- Imitima yuzuye urukundo nyakuri, ihumeka amagambo y'urukundo atera umunezero mu muryango kdi rugira ingaruka yo gutunganya abagirana umushyikirano n'abarufite.

Urugo rwa gikristo, p.49

- Bayobowe na Mwuka Wera, bazakunda Imana hejuru y'ibindi byose kandi bakunde bagenzi babo nk'uko bikunda.
- Reka abifuza kugira inshuti basuzumane ubwitonzi buri cyiyumviro cyabo cyose kandi bagenzire imico y'uwo yumva yifuza gufatanya nawe ubuzima bw'ahazaza.
- Reka kandi buri ntambwe yose yerekeza ku guhuzwa iteranywe ubupfura, kwiyoroshya, no kurangwa n'icyifuzo cyo kubahisha Imana.



**Kubaka
umuryango bigira
uruhare ku
mibereho y'iki
gihe n'ejo hazaza.
Umukristo nyakuri
ntazinjira mu
mushinga azi neza
ko Imana
itawemeza,
Ubutumwa ku
basore, p.433**



•Menya ko niba ushaka urukundo utazabigeraho umunsi umwe ngo bibe bihagije iteka ryose.

•Ugomba kurufata neza buri munsi, ukaganira ibirwerekereyeho, ukarushyira mu bikorwa ngo rutere imbere, ukarurata, ukaruha umwanya w'imbere, ukarubaraho ubutungane bwuzuye.

•Urukundo ntiruboneka hagati y'abantu batiringiranye.

•Kandi urukundo nirwo buye ry'imbanzirizamushinga ku muntu wese ushaka urugo ruhire.

Guide de formation personnelle, p.53

Urukundo!

- Urukundo rugomba kuba icyiyumviro kiboneye, cyera kandi kibasha kuyoborwa
- Ese bisobanuye iki gukunda umuhungu cg gukunda umukobwa?
- Bisobanuye ko wabonye ikintu kikunyura muri we no mu mico ye, kandi ukumva unyuzwe iyo uri kumwe na we.
- Warangiza uko wakabaye wese-umutima-umutwe-n'ibisigaye byawe byose ugatemba ugana kuri we kandi ugasanga nawe yiteguye kukwakira uko uri.

Dukomeze.....

- Abantu bacika intege kubera ko badakunzwe n'umuntu bumvaga bakunze, mu kuri abo ntibazi urukundo icyo ari cyo
- Baba bikunda ubwabo kdi icyo gihe inarijye (moi) niyo iba yakomeretse.
- Mu kuri niba bakundaga uwo muntu bakagombye no kwishimira amahitamo yagize nubwo atari wowe yahisemo.
- Kuko umugambi w'urukundo ni uguhesha umugisha umuntu ukunda kandi nta mugisha wasezeraniwe inarijye.

Urukundo rushobora gukomeza gukura

- Urukundo ntirukeneye gupfa ahubwo rugomba gukura!
- Uko iminsi ihita indi igataha rukeneye kongerwamo amavuta maze ibishashi byarwo bigakomeza kugera kuri bose.
- Dore bimwe mu bishobora kugufasha mu gukuza urukundo rwanyu:
 - 1. Kugenda ureka ibintu byo mu buzima bwawe incuti yawe idakunda.**

- 2. Kurushaho kubaka mu mibeho ibyo incuti yawe ikunda.**
- 3. Kuvumbura amakosa yawe no kuyicuza no kumenya gusaba imbabazi aho kwisobanura.**
- 4. Kugira ubutwari bwo kwemera gucisha make no guhomba igihe habaye impaka.**
- 5. Kugira ubutwari bwo gutera intambwe ya mbere y'ubwiyunge utitaye ku kuba mugenzi wawe ari we uri mu makosa.**
- 6. Kwirinda za critiques zitubaka**
- 7. Kurushaho kwegera Imana no gusabana nayo no kwitandukanya n'icyaha cyose no kuyikorera wicishije bugufi.**

- 8. Kugira ubushobozi bwo guha agaciro icyiza kiri muri mugenzi wawe no kwihanganira amafuti ye.**
- 9. Guhana impano-ibisigo n'imitomakwandikirana za message zubaka cy se akandiko k'urukundo gusurana n'ibindi...**
- 10. Guhamiriza mugenzi wawe ko umukunda atari mu bikorwa gusa ahubwo no mu magambo.**

Ubu none ni igihe cyo kwemera

- Ubu noneho uba ugeze igihe cyo kwemera cg guhakanira wa muntu wagusabye ubucuti.
- **Ikindi ugomba kwitondera nuko utagomba kwemerera umuntu ngo nuko wabonye ko hari byinshi muhuje, ugomba kuba umukunda mbere ya byose.**
- **Niba rwose wumva umusore (umukobwa) utamukunda wikwihingamo urukundo muhakanire mu kinyabupfura ubundi ubuzima bukomeze.**

Nimwiganireho mumenyane!

- **Ubu noneho ni igihe cyo kumenyana mu buryo bwimbitse.**
- **Kuko buri wese aba yifiteho amakuru y'ubuzima bwe yibitseho buri wese akeneye kumenya.**
- **Mushake umwanya, mushake igihe muganire**
- **Senga, saba Imana kukuyobora mu kuri no gukiranuka kandi uyisabe kukurinda ikinyoma cy'uburyo bwose.**
- **Reka umusore afate iya mbere mu kiganiro**

Ni biki mushobora kuganiraho?

- I. Icyo uzi ku mibonano mpuzabitsina?
 1. Ese uri imanzi?
 2. Waryamanye n'abakobwa bangahe?
 3. Ese hari abana waba ufite hanze?
 4. Hari indwara zandurira mu mibonano mpuzabitsina waba warigeze urwara?
 5. Ese hari ubusembwa bw'igitsina waba ufite?
 6. Ese waba ugira ubwoba bw'imibonano mpuzabitsina?

II. Uko buzima bwe buhagaze?

- 1. Mubaze uko ubuzima bwe buhagaze, indwara yarwaye n'izo arwaye kandi nawe umubwire ubwawe**
- 2. Indwara mu muryango wanyu murwara**
- 3. Ikimenyetso cy'uburwayi ushobora kuba wumva ufite**
- 4. Ibiguhangayitse mu byerekeye imibonano mpuzabitsina.**

III. Uko muhagaze mu mutungo

- 1. Muvugane ku byerekeye umutungo wanyu naho uherereye**
- 2. Imyenda ufite niyo we afite**
- 3. Ibyo yinjiza bimuzanira inyungu**
- 4. Imihigo wasezeraniye Imana**
- 5. Inshingano ufite ku muryango ukomokamo n'abandi.**

IV. Ibadatunganye wanyuzemo!

- 1. Ubumaji**
- 2. Kuba wararaguzaga**
- 3. Waratekeraga**
- 4. Wararogeshaga**
- 5. N'ikindi cyaba gifitanye isano n'inzira
mbi zose**

V. Ibindi

1. Muganire ku by'inshuti n'abo ukeka ko batakwifuriza ibyiza mu buzima
2. Muganire kandi ku ntumbero y'iby'Umwuka ufite:
 - a. Ibyo ufata nk'agaciro mu myizerere yawe
 - b. Ibyo wagambiriye mu gusohoza inshingano Imana yaguhaye
 - c. Imibereho yawe y'iby'Umwuka yihariye.

Teraho umusumari!

- Ahasigaye egurira byose Uwiteka ubundi umuragize urugendo rwawe, Zaburi 37:5
- Kugira ngo ubone ko urugendo rwawe ruhiriwe hari ibintu 3 byagufasha
 1. Kumva ufitanye amahoro n'Imana, Abakol 3:15
 2. Kuba itorerero rizi inzira urimo
 3. Kuba ababyeyi bo ku mpande zombi bazi gahunda yanyu.

Fiancailles

- *Fiancaille ni iki ?*

Dukurikije inkoranyamagambo Larousse :

- **Fiançailles** : Ni igihe gitandukanya isezerano ryo gushyingirwa no gushyingirwa nyirizina.
- **Fiancé** : Bisobanuye umuntu wasezeraniye undi kubana nawe kandi nawe agahabwa iryo sezerano. Ubu busobanuro bwombi burumvikana neza kandi Bibiliya nayo ubwayo irabihamya. *Luka 2:5*

Kurambagizanya gushingiye ku bushake bw'Imana

- ***Fiancailles:***

*“Igihe kiri hagati y’igihe impande zombi
zimaze kwemeranywa kuzabana
akaramata n’igihe bashyize ibintu ku
mugaragararo imbere y’ubutegetsu bwite
bwa leta n’imbere y’Imana
bashyingiranwa mu Itorero”*

Iki gihe kigomba kungana iki?

- **Kigomba kuba kigufi bishoboka kubera impamvu zikurikira:**

1. Kwirinda kuba mwagwa mu byaha bikurikira:

- **Ibitekerezo bibi**
- **Gukorakoranaho kudakwiye**
- **Gusoma kwanduye**
- **Guhoberana kubasha kuganisha ku mibonano mpuzabitsina**

- 2. Kwirinda ko umubano wanyu wagira ikiwuhungabanya**
- 3. Gucika intege kuko ibintu bitava mu nzira kubera umukristo aba ari ku rugamba kandi Satani n'abambari be nabo baba babarya isataburenge. Kubera iki gihe gifata umwanya munini inkumi n'umusore bakaba bagwa muri secheresse spirituelle.**
- 4. Ikindi iki gihe gitwara umutungo**
- 5. Ibyiyumviro by'umutima birahazarira**
- 6. Bidindiza umushyikirano abantu bagirana hagati yabo (Elles freinent le developpement social)**

Kuba imbonera muri iki gihe

- **Iki gihe cyo kurambagizanya kigomba kuba imbonera**
- **Umwami wacu yifuza imitima iboneye, Matayo 5:28.**
- **Bivuze ko uryamana na faincé we Imana rwose imubara nk'ukoze icyaha cy'ubusambanyi.**
- **Mwirinde ikintu cyose cyabagusha mu mutego wo kugomera amategeko y'Imana.**

Ita kuri ibi bizagufasha

- 1. Irinde gusomana n'umukunzi wawe mu gihe cyose mutashyingiranwa**
- 2. Mwirinde guhoberana kwimbitse kumwe gukangura ibyiyumviro by'umubiri igihe mwiherereye mwenyine.**
- 3. Mwirinde gukorakoranaho ku myanya ibasha gukangura ibyiyumviro biganisha ku kwifuza imibonano mpuzabitsina.**
- 4. Mwirinde kuganirira ahantu habateza ibishuko igihe muri mwenyine.**

- 5. Zirikana ko igihe cyose uhuye n'umukunzi wawe abamarayika batacumuye baba babazengurutse, tugomba kwirinda igikorwa cyose cyatuma batwivumburira.**
- 6. Dukwiye kwihanganira gutegereza igihe cyo gushyingiranwa kwacu mbere yuko dushyingiranwa.**
- 7. Tuzaharanira kutagira na kimwe tuzimiza aho tuzagera ku nsinzi**
- 8. Tuzirinda icyatuma izina ry'Imana riteshwa agaciro nubwo abakristo benshi basigaye barataye umurongo.**



**Ntukigere uvuga ijambo
cyangwa ngo ukore
igikorwa cyagutera
ipfumwe abamarayika bera
baramutse babyanditse mu
bitabo byo mu ijuru.
Ugomba guharanira gusa
guhisha Imana icyubahiro.
Umutima ugomba
kuzurwamo gusa
n'urukundo rwera kandi
ruboneye rukwiriye
umuyoboke wa
Kristo, rugahinduka kamere
yawo, ikiruseho rukaba
urw'ijuru kuruta urw'isi.**



**Ikintu cyose kinyuranye
n'uru rukundo ruboneye
mu irambagiza
kirangiriza kandi
kigatesha umuntu
agaciro. Muri ubwo
buryo, ugushyingiranwa
kugatakaza kwera
n'icyubahiro cyakwo
imbere y'Imana yera
kandi itunganye; Imana
ntikwitaho kereka gusa
kuyobowe n'amahame
y'Ibyanditswe.**

Umusozo

- Ntimugomba gushyira imitima yanyu mu kaga binyuriye mu kubiba imbuto z'urukungu.
- Ntimushobora kuba abanenganenzi mu guhitamo uwo muzabana.
- Nshuti basore nkunda, agahe gato mutakaza mu kubiba imbuto z'ubupfu kazera umusaruro uzuza agahinda mu mibereho yanyu yose.
- Isaha imwe gusa y'ubupfu, wirunduriye mu gishuko ishobora guha ubuzima bwawe bwose icyerekezo kibi.

- **Munyura mu busore rimwe gusa, rero nimububyaze umusaruro.**
- **Igihe uzaba urenze iki cyiciro, ntuzashobora gusubira inyuma ngo ukosore amafuti wagikozemo.**
- **Uwanga gufatanya n'Imana maze akishyira mu nzira y'ibishuko azatsindwa byanze bikunze.**
- **Imana iri kugerageza buri musore wese.**



Zaburi 119:9-12

**Umusore azeza inzira ye
ate? Azayejeshya
kuyitondera nk'uko
ijambo ryawe ritegeka.
Nagushakishije umutima
wose, Ntukunde ko
nyoba ngo ndeke ibyo
wategetse. Nabikiye
ijambo ryawe mu mutima
wanjye, Kugira ngo
ntagucumuraho.
Uwiteka, uri uwo
guhimbazwa, Ujye
unyigisha amategeko
wandikishije.**