



INDIMI ESHANU (5) URUKUNDO RUVUGWAMO



1 Abakorinto 13:13

Ariko none hagumyeho kwizera n'ibyiringiro
n' **urukundo**, ibyo uko ari bitatu, ariko ikiruta
ibindi ni **urukundo**.

Ni iki kiba ku rukundo nyuma yo gushyingirana?

Ibibanza

- ❖ Yaragize ati:
 - ▶ Maze gushyingirwa inshuro eshatu (5)
 - ▶ Buri gihe biba ari umunyenga mbere y'uko dushyingirwa, ariko nyuma y'ubukwe gato, byose bihita bishira. Ni nk'aho rukundo twari dufitanye rutumuwe n'umuyaga.
 - ▶ Mu busanzwe ndi umuntu wize, ndi umuhanga, ndumvikana (flexible), mfite akazi kanjye bwite kandi kanyinjiriza, ariko urukundo rwarananiye. Umenya ntararemewe gukunda no gukundwa.

Ni iki kiba ku rukundo nyuma yo gushyingiranwa?

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Ibikurikira

- ❖ None se umaze igihe kingana gute ushyingiwe?
- ▶ Umugore wa mbere twamaranye imyaka icumi, uwa kabiri tumarana imyaka itatu, uwa gatatu we twamaranye amezi atandatu gusa.
- ❖ None se urukundo rwanyu ruhita rushira mu mwaka umwe cyangwa rugenda rugabanuka gahoro gahoro?
- ▶ Uwa mbere twamaranye imyaka ine y'uburyohe. Ubwo twamaraga kubyarana umwana, nabonaga urukundo rwose yararuhariye umwana wenyine. Ntiyari akinyitaho, mbese wabonaga ko atakinkeneye na gato.
- ❖ None se, waba warabimuganirijeho?
- ▶ Yeee, narabimubwiye. Ansubiza ko nasaze kandi iryo ari ifuhe gusa kandi ko ntumva icyo bisobanuye kwita ku mwana amasaha 24 ku munsu. Ko ahubwo nakagombye gufata umwanya nkamufasha imirimo yo mu rugo no kwita ku mwana n'indi mirimo yo mu rugo. Nyuma y'igihe runaka, urukundo rwari rwarashize duhora mu ntonganya gusa. Nuko twemb twiyemeza gutandukana kuko twabonaga twese byaduha amahoro.

Ni iki kiba ku rukundo nyuma yo gushyingiranwa?

Ibikurikira

- ▶ Mu rushako rwanjye rwa kabiri ho, byabaye agahomamunwa guhera ku muni wa mbere. Mbese yari intambara ihoraho. Ukwezi kwa buki kwanshaririye kuruta umuravumba kandi ntibyigeze bihinduka na rimwe.
- ▶ Uyu twari twararambagizaniye amezi 6 gusa.
- ▶ Cyakora urukundo rwacu rwagurumanaga kuruta umuriro wose wigeze kubaho.
- ▶ Byari agahebuzo.
- ▶ Cyakora ntumbaze icyabaye tumaze gushyingiranwa. Kari agahinda n'umubabaro kuva mu ntangiriro.

Ni iki kiba ku rukundo nyuma yo gushyingiranwa?

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Ibikurikira

- ▶ Ubuheruka bwo sinzi icyabyivanzemo: nari maze imyaka itatu nibana nyuma yo gutandukana n'uwo twari kumwe. Uyu mugore twarambagizaniye imyaka 2 yose.
- ▶ Nibwiraga ko buri wese azi ibyo arimo n'ibyo ashaka. Numvaga ko byibuze iyi nshuro nsobanukiwe n'icyo gukunda bivuze. Twiyumvanagamo bihagije.
- ▶ Sinahindutse nyuma yo gushyingiranwa, nakomeje kumubwira ukuntu ari mwiza, ukuntu mukunda, uburyo ntewe ishema no kuba umugabo we.
- ▶ Nyuma y'iminsi mikeya, yatangiye kwitotombera ko ntandurura ibintu ngo mbishyire aho byagenewe, ko ntamanika imyenda yanjye mu kabati kayo neza n'ibindi. Yewe yageze n'aho ambwira ko atakiyumvamo kunyizera mbese ibintu byose biba negative.
- ▶ Tutarashyingiranwa, yahoraga ambonaho ibyiza gusa, ntiyitombaga mbese buri kintu cyose cyari cyiza. Sinzi uko byaje rero kugira ngo ahinduke ambonemo indashoboka mu bintu byose. Byarangiye twemeraniye gutandukana. Ubu hashize umwaka dutandukanye.

Ni iki kiba ku rukundo nyuma yo gushyingiranwa?

Ibikurikira

Ubu rero ibyambereye ihurizo ni ibi:

1. Ni iki kiba ku rukundo nyuma yo gushyingirwa?
2. Mbese ibyambayeho hari ahandi biba? Cg ndihariye?
3. Ese ni yo mpamvu haba hariho za gatanya nyinshi muri iyi minsi? Sinjya rwose nshyikira ukuntu ibi bintu bimbayeho ubugira gatatu kose!
4. Ariko se bariya barambana bagasazana, baba barize kubaho batanyuzwe mu rukundo cg se haba hari aho urukundo rw'ukuri rukiboneka?
5. Niba hari aho rukiboneka, babigenza bate?

Ni iki kiba ku rukundo nyuma yo gushyingiranwa?

- Bamwe babaza ababyeyi, abandi inshuti, abandi Google ariko nta gisubizo babona cy'ukuri.
- Kugira ngo ikinyamakuru kigurwe cyane, byibuze bashyiramo ingingo ivuga ku rukundo.
Ngira ngo ibibera mu itangazamakuru ryo mu Rwanda murabibona (radio, television etc.)
- **Mbese ni nko kujya kwa muganga bakaguha paracetamol kandi urwaye cancer!**
- Buri wese yifuza guhirwa mu rukundo ndetse abashakashatsi batagira ingano babyanditseho ibitabo nabyo bitagira ingano.
- Umwanditsi umwe yanditse igitabo cyitwa **“inzira 101 yo guhamiriza uwo ukunda ko umukunda koko.”** Nuko abantu bakagerageza inzira 3 cg 4 zimubereye maze bikanga ndetse rimwe na rimwe uwo ushaka guhamiriza urukundo ntabirebe irihumye.
- Ni kenshi twibaza impamvu abana/urubyiruko rwishora mu mibonano mpuzabitsina, mu biyobyabwenge, mu kwiyandarika gutandukanye yewe bamwe bikabaviramo no kwiyahura. Nyamara iyo hagize uganirizwa, asubiza ko **“aba ashaka urukundo yaburiye mu muryango, adahabwa n'ababyeyi n'ibindi.”**

Kwiga ururimi uwo ukunda avuga kandi yumva

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Ibikurikira

- Hariho ikintu nyamukuru tugomba gusobanukirwa: abantu tuvuga indimi zinyuranye z'urukundo. Cyangwa se tuvuga urukundo mu ndimi zitandukanye.
- Ubundi iyo umwana yiga kuvuga, atangira avuga ururimi nyina avuga (langue maternelle cg se mother tongue). Uru ni rwo rurimi umuntu yumva kuruta izindi zose zo ku isi.
- Cyakora uko umuntu akura agenda yiga izindi ndimi, bitewe n'uko isi imutegeka kuzimenya no kuzikoresha.
- Ubundi umuntu yiyumva mu rurimi rwa kavukire ariko uko arushaho gukoresha urundi rurimi yize nyuma ni ko arushaho kurwumva, kurwisangamo no kurukunda.
- Ibaze ariko umunyarwanda ari nko muri Pakistan maze agatangira gusuhuza no kubaza ibyo ashaka mu Kinyarwanda! Nta n'umwe wamwumva kuko abaho ntibavuga ikinyarwanda.
Byatubera nka ya nkuru dusoma muri bibiliya y'ibyabereye ku munara wa Babeli (Itangiriro 11:1-9).
- Iyo rero dushaka kuvugana mu buryo butaziguye (directly) n'undi muntu utari twe, **tugomba kwiga ururimi uwo dushaka kubwira yumva**, kuko hari igihe ururimi rwawe rw'urukundo ruhabanye n'urwo mukundana **nk'uko ikinyarwanda gihabanye n'igishinwa.**

Kwiga ururimi uwo ukunda avuga

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Ibikurikira

- Ku rugero rwatangiriyeho, uriya mugabo yavugaga ururimi umugore we atumva: namubwiraga ko mukunda, ukuntu ari mwiza, ukuntu nterwa ishema no kuba umugabo we n'ibindi.
- Yavugaga urukundo, yari amaramaje, ariko umugore we ntiyumvaga urwo rurimi! Wasanga umugore we yarashakiraga urukundo rw'umugabo we mu bikorwa ariko ntarubone.
- Kuba umunyakuri ntibihagije! Tugomba kwiga kuvuga ururimi rwumvwa n'abo tubwira, niba koko dushaka ko batwumva.
- Tugiye kurebera hamwe uburyo butane (5) urukundo rushobora kuvugwamo. Gusa twibukiranye ko mu ndimi zisanzwe, tujya tugiramo dialects (indimi shami nyinshi). Ni yo mpamvu no muri izi ndimi eshanu (5) hashobora kubamo indimi shami nyinshi zarushingiraho.
- Ushobora kuba warasomye ibitabo byinshi bivuga ku buryo wahamiriza uwo ukunda ko umukunda, ariko ndakurahiye, byose bihuriza hamwe muri izi ndimi eshanu (5). **Igihatse byose, ni ukumenya kuvuga ururimi uwo ushaka kubwira yumva.**

Imikurire y'umwana n'ururimi rw'urukundo

Uko umwana akura, agenda yigira ku babyeyi be kwerekana amarangamutima ye.

- Hari abana bakurana umuco wo **kwigirira icyizere** mu gihe abandi **bakura bumva ko nta cyiza bagira**.
- Bamwe bakura **bumva batekanye** mu gihe abandi bakura **bumva nta mutekano bafite na mba**.
- Hari abakura **bumva ko bakunzwe, bakenewe kandi bishimwe** mu gihe **abandi bakurira mu rwango, bumva sosiyete itabakeneye kandi batishimiwe**.
- Bariya rero bakura biyumvamo ko bakunzwe bazagira amarangamutima ahuje cyane n'ababareze, berekana urukundo mu rurimi barweretswemo kandi biborohera kwerekana ko na bo bakunze.
- Bazakuzwa ururimi rumwe rw'urukundo rusa neza n'urw'ababareze kandi mu gihe kiri imbere baba bashobora kwiga izindi ndimi z'urukundo biboroheye. Cyakora ururimi rw'urukundo baziyumvamo kuruta urundi ni rwa rundi rwa mbere bakuze batozwa.

Imikurire y'umwana n'ururimi rw'urukundo

- Ba bandi rero bakura biyumvamo kudakundwa, kudashakwa no kutishimirwa nabo bazakura hari ururimi rw'urukundo runaka bazi gusa bizaba nka kwa kundi umuntu aba afite azi ururimi ariko akaruvuga nabi (poor grammar). Nyamara kandi baramutse bigishijwe kurutaho kandi bakabishyiramo umuhati, bashobora kuvuga ururimi rwabo neza ndetse bakaniga izindi.
 - Umugabo n'umugore ubundi bashobora ku guhuriza ku kuvuga ururimi rumwe rw'urukundo. Ariko iyo badahuje, bitera impungenge no gucanganyukirwa kuko badashobora kumvikana.
 - Iyo tutavuga urukundo mu rurimi uwo turubwira yumva neza, biba bimeze nko kuvuga igishinwa ubwira umuntu uvuga ikinyarwanda gusa.
 - Dusabwa kumenya neza ubwacu ururimi rw'urukundo twumva neza kuruta izindi, hanyuma tukiga urwo uwo dukundana avuga kugira ngo bibe mahwi.
- => Ntabwo urukundo ruguruka cg se ngi rushire nyuma yo gushakana, ariko kugira ngo icyo kibatsi gihoreho bizagusaba kwiga kuvuga ururimi rw'urukundo uwo mwashakanye yumva.

Ikigega cy'urukundo gihore cyuzuye

- Abashinzwe iby'ubuzima bwo mu mutwe bemeza ko icyifuzo cyo gukundwa gihoraho ku rwego rwose rw'ubuzima.
- Kwa kundi umuntu yifuza kumva ko ari mu muryango umukeneye kandi umukunze.
- Bitewe n'ingano y'urukundo ahabwa, umwana azakura yiyumvamo inshingano nk'umuntu Mukuru. Nyamara urwo rukundo nataruhabwa, azagwingira.
- Muri buri mwana, harimo ikigega cy'urukundo gikeneye guhora cyuzuye.
- ❑ Iyo akunzwe bituma gihora cyuzuye kandi akure neza
- ❑ Nihaba nta kintu kirimo kandi, azagira imico mibi. Burya ngo akenshi imico myinshi mibi y'abana ituruka ku kumva badakunzwe (mbese baba bakora uko bashoboye kose ngo bashakisha urwo rukundo bumva Babura).
- ❑ Umuganga umwe w'abana yaravuze ati “sinari narigeze mbona uburyo bakeneye kubwirwa urukundo mu buryo bumva, ariko nagiye mbona ibyaturutsemo.”
- ❑ Bituma bashakisha urukundo mu buryo bwose bahuye na bwo kandi akenshi buba ari bubu.

Ikigega cy'urukundo gihore cyuzuye

Igihe kimwe uyu mwanditsi yatanze ubu buhamya:

- Yitwa Ashley, afite imyaka 13, yari yaje kwivuza indwara zandurira mu mibonano mpuzabitsina. Ababyeyi be bari bacitse ururondogoro kandi ikosa bakariherereza ku ishuri umwana wabo yigamo kuko ryabigishaga ibyerekeranye n'ubuzima bw'imyororokere. Ikibazo cyabagarukaga mu ntekerezo cyari iki ngo “kuki koko yabikoze?”
- Ubwo yaganiraga na Ashley, yaramubwiye ati “iwacu batandukanye mfite imyaka 6. niyumvagamwo ko papa yataye urugo kubera ko atankundaga. Ubwo nari ngize imyaka 10, mama yongeye gushaka umugabo, numvise ko agize amahirwe abonye undi muntu umukunda, ariko nje nari ngisigariye aho, nta we mfite unkunda. Nanjye nifuzaga gukundwa. Ubwo najyaga ku ishuri rero, ni ho nahuriye n'uriya muhungu. Yarandutaga, ariko yarankundaga pe, yangiriraga impuhwe cyane maze nanjye ntangira kumwiyumvamo. Sinifuzaga gusambana ariko kandi nifuzaga gukundwa.”

Ikigega cy'urukundo gihore cyuzuye

Ibikurikira

- Ikigega cy'urukundo cya Ashley cyahozemo ubusa mu gihe cy'imyaka myinshi. Nta gushidikanya ko nyina n'umugabo yaje gushaka nyuma bamukundaga kuko bamurihiye ishuri, baramugaburira baramutungira muri byose, bityo bakibwira ko umwana wabo akunzwe bihagije. Ntibigeze basobanukirwa ko uburyo bakundamo umwana wabo, we Atari bwo yifuzaga gukundwamo. **Muri makeya, bavugaga ururimi rw'urukundo umwana wabo atumva, kandi ikibabaje muri byose babimenye bakererewe cyane.**
- Umugabo umwe yabwiye uyu muganga ati “bimaze iki kugira inzu nziza, imodoka nziza, gutembera ku nkengeri z'ikiyaga, no kugira irya mirengi ku ntenyonyi niba umugore wawe atagukunda?”
- Undi mugore umwe na we ati “umugabo wanjye anka amazi umunsi ukira kandi bwakwira akifuza ko mupfumbata. Mba numva binteye ishozi.”

Ikigega cy'urukundo gihore cyuzuye

- Byashoboka ko kimwe muri ibi bikurikira, cyaba kihishe inyuma y'intambara zidashira mu miryango, umwiryane, kubabazanya, gucana inyuma, guhohoterana ndetse n'ibindi:
 1. Ikigega cy'urukundo kibereye ku gipimo cyo hasi cyane mu ndiba;
 2. Kwitwara uko tubonye kandi bibanganye mu miryango yacu, gutandukana, amagambo akakaye y'umujinya n'uburakari;
 3. Kudashyira hamwe mu murimo w'Imana;
 4. Ubukristu bwa nta kigenda
- None se ubundi iki kigega cy'urukundo kiramutse cyuzuye:
 1. Byatuma imiryango igeze aharindimuka yongera kuzahuka?
 2. Byatuma imiryango yongera gusabana maze bagashakira hamwe uko bakemura amakimbirane bafitanye?
 3. Byatuma imiryango yubatswe mishya igira ireme bityo ntisenyuke bya hato na hato?

Ikigega cy'urukundo gihore cyuzuye

1. Nizera neza ko kuzuzwa ikigega cy'urukundo rwacu ari ingenzi ku miryango nk'uko imodoka ikenera amavuta meza kandi yujuje ubuziranenge kugira ngo ishobore kugenda.
2. Nizera ntashidikanya ko gusobanukirwa izi ndimi eshanu urukundo rushobora kuvugwamo ndetse no kwiga ururimi rwihariye rw'urukundo uwo mukundana avuga, bihindura mu mizi imyitwarire ye. Erega abantu bitwara bitandukanye n'uko bitwaraga mbere iyo ikigega cyabo cy'urukundo cyuzuye neza.

Mu ngo zacu, iyo urukundo ruteze iyihuse

- Ni ha handi imisatsi ya madamu iba iri ahantu hose (keretse ahari iyo asutse gusa);
- Hamwe indorerwamo ihoramo umwanda kandi yahanaguwe;
- Ha handi inkweto zitijyana aho zibikwa;
- Ha handi imyenda imeshe yo ubwayo itivangura n'itameshe (hari ugomba kubitandukanya)
- Ni hamwe amasogisi atikura mu nkweto ngo yishyire aho bayamesera;
- Ha handi imyenda itikura muri salon;
- Erega ni hamwe amasahani ubwayo atiyozza kandi ibyombo bitihanagura;
- Ni ha handi indoor ishobora gutera guhangayika kandi ijambo rimwe rigahinguranya umutima;
- Ni ha handi abakundanye by'ukuri bashobora guhinduka abanzi karundura, mbese hamwe gushyingiranwa twita ukwera kugahinduka urugamba nk'izindi zose zimena amaraso.



Gatanya zeze



- Ubundi hariho amahitamo abiri, iyo bitagenze neza:
 1. Ni urwandiko Imana yangeneye, ngomba kubyihanganira;
 2. Sinabivamo, ngomba kuguruka nkamenya iyo bweze!

- ❖ Abakuze rero (ababyeyi bacu ubu) kera bahitagamo guhebera urwaje, bagashonga bashira ariko ntibasenye.

- ❖ Abasore b'ubu bo ni imiguruko gusa: wasanga Atari we naremewe kuko Imana ntiyatuma mbaho ntya. Si uguhinduranya, ukagira ngo ni imyambaro y'aba star bari gukora videos.

Ururimi rwa mbere: kubwirana ibyiyumviro byanyu cg imitoma (words of affirmation)

Imigani 18:21: 21a **Ururimi ni rwo rwica kandi ni rwo rukiza**, Abarukunda bazatungwa n'icyo ruzana.

Imigani 12:25 25 Amaganya yo mu mutima atera umuntu akiyumviro, **Ariko ijambo ryiza risusurutsa uwo umutima.**

- Uwitwa Mark Twain yaragize ati “nshobora kugendera ku ijambo ryiza amezi abiri yose.”

Uramutse ufashe ibyo yavuze nk'ukuri, uyu mugabo birahagije ko wamubwira amagambo meza 6 gusa, ubundi ikigega cye cy'urukundo kigahora cyuzuye.

- Ntabwo bitangaje ko wakumva umuntu akubwiye ati “mperuka kumva uwo twashakanye ambwira ko ankunda keraaa akintereta.”
- Nyamara ijambo ryiza, kubwira umuntu uko umwishimira, ko umukunda, ko akurutira abandi bose. **ni intwaro ityaye ubugi bwombi ku buryo idashobora gusiga umutima uko yawusanze**

Ururimi rwa mbere: kubwirana ibyiyumviro byanyu cg imitoma (words of affirmation)

Ntabwo bikomeye niba ushaka kubikora, bisaba gusa kubishaka, ukoroshya umutima maze ugatangira uti:

- ❖ Ndagukunda;
- ❖ Uwo mwenda urakubereye;
- ❖ Mu bantu bose bo ku isi, ni wowe uzi guteka ibirayi neza, iyo watetse ndanyurwa;
- ❖ Ndagushimira ko utunganya ibyo twakoresheje imuhira;
- ❖ Ngushimira ko udahwema kwita ku mwana buri gihe;
- ❖ Ndagushimira ko ufasha abana umukoro wa nimugoroba;

Ibaze uko muri urwo rugo byaba bimeze, niba ushobora gushimirwa icyo wakoze byibuze kimwe ku muni kandi ukabibwirwa.

Ni ukuri twagira byinshi binyura umutima wacu.

Mu gihe uwo ubwira ari rwo rurimi rw'urukundo yiyumvamo kuruta izindi, nta kabuza uzaba umushimiye ahamurya kandi rwose nta mahari azababa hagati.

Ururimi rwa mbere: kubwirana ibyiyumviro byanyu cg

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imitoma (words of affirmation)

Ibikurikira

- Umugore umwe yahoraga asaba umugabo we ko yamusigira irangi mu cyumba, ariko hashira amezi 9 yose umugabo atabikora.
- aho aboneye umwanya, akigira kwiyogereza imodoka ye, kuyitunganya amatara n'ibindi. Ibyo rero bikarakaza umugore cyane. Ku buryo umugore yahitaga amusimbukana, ati “aho kunsigira irangi wigiriye kwiyogereza imodoka yawe.”
- Ubwo yagishaga inama umuganga (psychologist) yamubwiye kureka aho gusaba umugabo we ikintu kimwe, ko ahubwo azajya amushimira ibyo yakoreye umuryango (ingero ni nyinshi twavuzeho mbere).
- Uyu mugore yatashye ababaye, ariko yiyemeza gukurikiza inama. Nyuma y'ibyumweru 3 yagarutse abwira muganga ko umuti wakoze!
- Sinshaka kuvuga ko tugomba gutegesha amagambo meza abo tubana kugira ngo badukorere ibyo dushaka, ariko kubashimira ibyo bakora bibongerera imbaraga zo gukora byinshi birimo n'ibyo twifuzaga ariko tukaba twari twarabibuze.

=> Ubundi urukundo nyarwo ni ugukora ikiri bunyure uwo tugikoreye si ugukora ibitunyura twebwe ubwacu.

Ururimi rwa mbere: kubwirana ibyiyumviro byanyu cg imitoma (words of affirmation)

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Ibikurikira

Amagambo atera umwete, atera imbaraga.

- Umugore umwe yakundaga kwandika (nubwo Atari byo yari yarize).
- Nyuma yo kwandika inyandiko ye ya mbere, yayijyanye mu kinyamakuru ariko barayanga. Nuko na we acika integer. Yiyemeje kujya yandika ariko akabibika.
- Nyamara umugabo we ntiyajyaga abisoma kuko yabaga na we ahugiye mu kazi ke katari koroshye.
- Umugabo we yiyemeje gushyira imbaraga nyinshi ku muryango kuruta kwiye gurira akazi gusa.
- Igihe kimwe yasomye inyandiko y'umugore we mae arayikunda, ni ko kumusanga aho yandikiraga, amubwira ukuntu yandika neza kandi ibintu bifite akamaro. Amutera imbaraga zo gushaka ikinyamakuru azajya abinyuzamo, kandi koko zaje gukundwa cyane ku buryo ubu ari umwanditsi ukomeye w'ibitabo.
- ❖ **Uburyo wowe utera imbaraga uwo mukundana byanamufasha kwaguka mu mpano ye n'akazi ke.**
- ❖ **Gutera undi imbaraga bisabwa gukoranwa ubugwaneza, ukareba isi mu buryo uwo uri kubwira ayirebamo (weight loss par ex), ukamenya icyo uwo ubwira aha agaciro.**
- ❖ **Ndabyumva, mbyitayeho, turi kumwe, nagufasha gute! Ngayo amwe mu magambo atera imbaraga.**

Ururimi rwa mbere: kubwirana ibyiyumviro byanyu cg imitoma (words of affirmation)

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Ibikurikira

Dore ibyagufasha:

1. Zirikana ko uru ari rwo rurimi rw'uwo ukunda;
2. Bivuge kenshi gashoboka kandi umutinyuke ubimubwire;
3. Mwandikire akabaruwa k'urukundo;
4. Mubwirire mu maso y'abandi ko umukunda;
5. Kopera ibyo abandi bakoresha babwira abakunzi babo ko babakunda;
6. Menya aho ari umunyambaraga, maze rwose ujye uhora uhamubwira;
7. Cyangwa se ujye unyuzamo umugurire udu carte postale
8. Niba ubona biri kukugora, korera imyitozo nko mu ndorerwamo, bizagutinyura;
9. Shakisha n'ibindi wakora (iyi list ntirangiye)

Ururimi rwa kabiri: kumarana igihe cya mwenyine (quality time)

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Ibibanza

- Kumarana igihe runaka muri mwenyine, muganira ibyanyu
- Kubona ko umwitayeho wenyine nta kindi kiguhugije,
- Kugira ibyo mukorera hamwe
- ❑ Byumve neza Simvuze ko mwicarana muri salon mureba amakuru (icyo gihe uzaba witaye kuri TV)
- ❑ Ahubwo ndagize nti:
- ❖ Nimwicarane muri salon wenda cg se ahandi ariko nta TV cg se abandi babasakuriza,
- ❖ Nimusohoke mukorane urugendo rw'amaguru (walk) mwenyine, mujye gusangirira ahandi hatari mu rugo iwanyu, maze mwicare cg se muhagarare murebana mu maso muganire (hari jardin nyinshi z'Ubuntu zitagombera amafaranga).
- ❖ Zirikana ko guha uwo ukunda igihe ari nko kumuha ku buzima bwawe kuko igihe mumarana kidashobora kugaruka.
- ❖ Bizatuma yumva ko muri umwe, muganira ibyubaka (Atari ibya mva he na njya he)
- ❖ **Gushyingiranwa ni ukubana si umushinga umwe akorera ingengabihe ngo undi abe agomba kuyuzuzza.**

Ururimi rwa kabiri: kumarana igihe cya mwenyine (quality time)

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Ibikurikira

Dore bimwe mu bizagufasha kuvuga uru rurimi neza:

- Komezama umurebe mu maso mu gihe ari kukubwira
- Mu gihe uteze amatwi, wibibangikanya n'ibindi (nko kwandika message kuri telephone cg se kuyivugiraho)
- Ishyire mu mwanya we: naba meze gute ndamutse ari njye uri kuvuga ibyo ndi kubwirwa?
- Itegereze ibimenyetso byo ku mubiri we: afite ubwoba, ari kurira, afite isoni ...
- Kora uko ushoboye ntumuce mu ijamba (ngo akenshi abantu bumva amasegonda 17 ubundi bagahita bavuga). Byumvikane ko baba batari kumva ahubwo baba bari gushakisha icyo bavuga ayo masegonda ashize.
- Iga kuvuga neza: si umwanya wo gushyira amakosa kuri mugenzi wawe, guhera ku bitagenda neza, gusaba icyi wifuzaga mu buryo bwumvikana. Abenshi muri twe twigishijwe kutavugaga ibiturimo, kuko byonyine no gusaba biye (bille) washoboraga kubihanirwa.
- Niba rero umuntu ari kukubwira uko yiyumva, uko abona ibintu, mureke abivuge hanyuma mubiganireho. Si umwanya wo kumubwira ko atagomba kuvugaga bene ibyo, kurakara, kurira n'ibindi!

Ururimi rwa kabiri: kumarana igihe cya mwenyine (quality time)

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Ibikurikira

Bamwe bameze nk'inyanja ipfuye: iyo ubabwiye ntibasubiza, ubabwira uko wiyumva bakaruca bakarumira!

Abandi rero bameze nk'ibitabo bifunguye: icyo bumvise, icyo babonye, mbese ni mu matwi no ku munwa! Nta banga bagira.

- Tukiri hano, reka tuvuge ko mu gihe mumarana mushobora kugira icyo mukorera hamwe nko kujyana guhaha, kujyana muri sport, gufatanya gukoropa mu rugo, umwe agatera ipasi undi akabika imyenda, umwe agakoresha homework undi akareba uko imeze n'ibindi n'ibindi
- Ni ho muzajya munaganirira ibyababayeho kera mutarahura!
- Nimufate ikiruhuko muri kumwe, muve mu rugo muje ahandi, mwisanzure!
- Nimwishyiremo ko mugiteretana, nimufunge radio, TV na telefones. Ngaho nimwisanzure!
- ❖ Mushobora guhitamo igihe cyiza cyo kumarana igihe, kandi uko mutekereza ko bibafitiye akamaro, nimunatekereze ko bifitiye akamaro abana banyu. Buri mwana yakagombye kugira umwihariko we, nta kirogoya kandi yitaweho. Ni yo mpamvu kugira abana bake bizabaha umwanya munini kuruta kugira benshi.

Ururimi rwa kabiri: kumarana igihe cya mwenyine (quality time)

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Ibikurikira

Dore bimwe mu byagufasha:

1. Nimutembera ahantu hafite icyo hasobanuye kuri mwembi;
2. Mujoyane muri sport (burya no mu muganda mwajyana kandi bikabaryohera);
3. Nimukore list y'ibyo mwumva mwakorera hamwe hanyuma mubishakire igihe;
4. Baza umukunzi wawe uruhande rumworohera kwicaramo iyo muri kuganira;
5. Mushake akanya ka buri muni muganireho (naho kaba gatoya), bizatuma mutagira ibirarane;
6. Mufate umugoroba umwe nka buri mezi atatu, maze musubiremo iby'ubuzima bwanyu;

Ururimi rwa gatatu: **guhana impano** (Receiving Gifts)

Ibibanza

- Cya kintu ufata mu ntoki, warangiza ukimwenyuzwa uti “yantekerejeho” cg se uti “yanyibutse.”
- Ababyeyi b’abagore bahora bibuka inshuro ya mbere umwana wabo aba yarabahaye impano ya mbere (naho rwaba ururabo yaciye ku nzira). Barishima cyane n’iyo rwaba ari urwo atifuzaga ko umwana yaca, ariko yumva rwose akunzwe cyane.
- Ibirori byose bigira umwanya wo gutanga impano kandi impano iziruta zose ikaba impeta abashyingiranwe bambikana.
- Gusa nk’izindi ndimi ebyiri twamaze kuvugaho, ntabwo uru rurimi ari rusange ku bantu bose: bamwe bararwumva abandi ntibarwumve, bamwe barwibonamo abandi ntibarwibonemo.
- Impano zishobora kuba mu moko yose: nini, ntoya, zihenze, zihendutse, zo mu gihugu cg izo hanze y’igihugu kandi mu mabara yose.
- Reka turebe uri nka Bill Gate maze buri munsu ukajya uha umugore wawe impano ifite agaciro k’amafaranga igihumbi. Umugore yageza aho akibaza niba ari ukumwereka urukundo, ariko biramutse ari umuryango rwose ukennye, birashoboka ko irindazi ry’amafaranga ijana ryatuma umutima ugira akanyamuneza ukwezi kose.

Ururimi rwa gatatu: **guhana impano** (Receiving Gifts)

- Niba uwo ushaka guhamiriza urukundo, ururimi rwe rwa mbere rw'urukundo ari **“ukuguha impano”** uri umunyamahirwe kuko ni rwo rurimi rwa mbere rworoshye kuvugwa.
- Impano ishobora kugurwa, ushobora kuyikorera n'intoki zawe.
- Ni ururimi rworoshye kuko umugabo ashobora guhagarara agaca ururabo ku nzira akarushyira umugore we. Niba ari rwo rurimi avuga, ibi bizaba agahozo kuko azisanga mu mwanya we.
- Ushobora kwitwaza ko nawe utigeze uhabwa impano ukiri umwana, ko bikugora guhitamo impano! Ntugire impungenge rwose, uri umunyamahirwe kuko **“byose mu buzima birigwa.”** usabwa gusa gukora ka list k'impano yigeze guhabwa zikamunezeza, ubundi utangire ukopera. Iyo byanze burya wanamubaza da!
- Hari uburyo bubiri abantu bateye: abashaka kwizigamira n'abakoresha amafaranga.
- ❑ Niba uri ukoresha amafaranga, bizakorohera gutanga (mu gihe wabonye ko ururimi rw'uwo ubwira ari impano)
- ❑ Ariko niba ukunda kuzigama, bizakugora kuko uzaba wumva ari ugutagaguza. Aha bigusaba kubyimenyereza ukumva ko uko umuha ari ukubitsa mu marangamutima ye, no kuzuza ikigega cye cy'urukundo.

Ururimi rwa gatatu: **guhana impano** (Receiving Gifts)

Ibikurikira

Kwitangaho impano wowe ubwawe

- Impano ya mbere ni ukuhaba mu gihe agukeneye, mu byishimo, mu burwayi, mu gihe uwo mwashakanye yagiye kubyara, mu gihe umwana yabonye impamyabushobozi (yagiye guhabwa amanota).
- Reka tuvuge ko koko wenda umugore wawe akunda impano z'indabo. Maze umunsi yagiye kubyara, wowe ukajya kureba umupira wa Arsenal. Utekereza se ko numwoherereza ikamyo y'indabo izamunezeza? Oya, kubera ko impano ya mbere ni wowe ubwawe.
- Zirikana ko kubana n'abo ukunda mu gihe kibakomereye ariyo mpano ya mbere ishobora kubashimisha niba ururimi rwa mbere rw'urukundo bavuga ari "impano."
- Uzasanga hari abantu bumva ko kuba batanga byose (financially) ku miryango yabo bihagije kugira ngo igihe gisigaye cyose bagiharire akazi. Oya, si byo.

Ururimi rwa gatatu: **guhana impano** (Receiving Gifts)

Ibikurikira

Ibyagufasha niba uwo ukunda impano zituma yumva akunzwe

- Ushobora guhinduranya impano nyinshi. Nakubaza impamvu, uzamusubize ko uri kugerageza kuzuza ikigega cye cy'amarangamutima;
- Reka uko wiyumva bikuyobore: nuhitamo kumuha impano, ujye aho wabona byinshi bitandukanye maze umuhitiremo kimwe mu bihari (ushoboye kwigondera);
- Gerageza kumukorera impano n'amaboko yawe, urebe uko abyakira.
- Gira nka gutya umutungure, maze umare icyumweru umugenera impano! Ni byo ntiwabikora buri gihe ariko icyo gihe gishobora kwisubiramo nka nyuma y'igihe runaka kandi rwose azabona ko umuzirikana.
- Gerageza gukora urutonde rw'ibyo akunda uhereye ku byo ajya akubwira (ubundi iyo uganira n'umuntu ugenda umumenya. Ikintu cya mbere ni amakuru, ntabwo ari rero).

Ururimi rwa gatatu: **guhana impano** (Receiving Gifts)

Ibikurikira

Ibyagufasha niba uwo ukunda impano zituma yumva akunzwe

- Ushobora no gusaba ubufasha mu gihe washobewe
- Shaka igihe umwiheho impano, maze umubwire uti wenda uku kwezi kose uzambwire aho ushaka ko tujyana, ubukwe dutaha se cy ibindi. Uti ndahari ku bwawe
- Shaka igitabo uzi kivuga ibyo akunda, umusabe kugisoma hanyuma muzakiganireho.
- Fata isabukuru ye imwe y'amavuko cy se yo gushyingirwa kwanyu hanyuma umusabe ko mwaha impano itorero ryanyu.

Ururimi rwa kane: kumukorera ikintu uzi ko yifuza ko umukorera (Acts of Service)

Ibibanza

Muga, ndamukunda cyane. Azi kwita ku rugo, azi guteka neza cyane, amesera imyenda kandi akayitera ipasi, ni umubyeyi mwiza cyane uzi kwita ku bana. Iteka ryose nahoze mwiyumvamo ko ankunda!

Ingero ni nyinshi:

- Gutegura ibyo kurya,
- Gutegura ameza,
- Koza amasahani cg Gukoropa mu nzu,
- Guhindurira umwana ibyo yambaye,

Mbese bya bintu bizagusaba umwanya wawe.

Mwibuke Yesu mu butumwa Bwiza bwanditswe na Yohana 13:1-20 ubwo yozaga ibirenge by'abigishwa be. Cyari mu gihe abantu bambaraga inkweto zifunguye, umukungugu ukabajya ku birenge, mbese babaga basa nabi. Yesu ntiyategereje ahubwo yabakoreye icyo bose bari banze gukora arangije arababwira ati “**namwe mujye mukora mutya.**” Ati kandi “**ushaka kuba Mukuru muri mwe, abanze abe uworoheje.**”

Ururimi rwa kane: kumukorera ikintu uzi ko yifuza ko umukorera (Acts of Service)

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Ibikurikira

Pahulo yabisubiyemo mu Bagataliya 5:13: Bene Data, mwahamagariwe umudendezo, ariko umudendezo wanyu ntimukawugire urwitwazo rwo gukurikiza ibya kamere, ahubwo mukorerane mu rukundo.

- Ushobora kuba ufite akazi kagufata umwanya munini wenda umugore wawe adakora agatuma ava mu rugo. Zirikana ko na we aba yavunitse maze nushyika mu rugo ugire ibyo umufasha.
- Nta tegeko rivuga ko umuntu uvuye mu kazi ko hanze y'urugo adashobora guhanagura inkweto atahanye zirimo icyondo cg se izo azambara ejo,
- Nta tegeko rihana umuntu utiriwe mu rugo kuba yategura imyenda yo kwambara ejo ndetse agategura n'iyo abana bazambara ejo!
- Niba kuri we yumva akunzwe ari uko afashijwe imirimo runaka, kandi ukaba warayimufashaga kera ukkimutereta, nutabikomeza ntibizakunda kuko ni kimwe mu byo yagukundiye. Muri makeya uzaba uri kumuhinduka.
- Iyo abagabo ari bo bakora akazi gatuma bava mu rugo byo akenshi ni byo bibyara ibibazo kuko iyo bageze imuhira nta kindi baba bashaka gufasha. Ariko kandi zirikana ko niba ari rwo rurimi rw'urukundo umufasha wawe avuga, uzaba wabyishe kuko ntazigera yumva ko ukimukunda.

Ururimi rwa kane: kumukorera ikintu uzi ko yifuza ko umukorera (Acts of Service)

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Ibikurikira

- Ubundi ukurikije aho igihe kigeze, nta tandukaniro ryakagombye kuba mu mirimo y'abagore n'iy'abagabo. Niba duhaguruka tugafatanya gushaka igitunga urugo, twagakwiriye no gufatanya mu mirimo yo mu rugo igihe tuvuye muri ako kazi. N'iyo kandi umwe yaba yasigaye imuhira, tukamufasha kuko ntibisaba byinshi.
- Dukwiriye kureka kumva ko tuzabaho nk'uko ba data na ba mama babayeho kuko ntabwo twabyirutse mu kinjyejana kimwe. Ariko ikiruta byose, tugaharanira igituma ikigega cy'urukundo cya mugenzi wacu gihora cyuzuye twita ku rurimi rw'urukundo avuga.

Ururimi rwa kane: kumukorera ikintu uzi ko yifuza ko umukorera (Acts of Service)

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Ibikurikira

➤ Dore ibyagufasha:

1. Kora urutonde rw'ibyo ajya agusaba kumufasha, maze byibuze buri cyumweru ugire icyo umufasha.
2. Rimwe na rimwe mubwire uti ndagukunda n'ikimenyimenyi ndagufasha iki n'iki,
3. Saba umufasha wawe kukwandikira urutonde rw'ibintu byibuze 10 yumva wamufasha,
4. Igihe umufasha wawe adahari, saba abana mufatanye mukore ikintu kiri bumushimishe,
5. Niba hari icyo ahora agusaba kumufasha, menya ko kukimufasha bimurutira kumuha impano ibihumbi,
6. Burya ushobora kumwandikira akajambo gatoya kamusaba kugira icyo agufasha maze ugasoza umushimira ko ari bugikore,
7. Mufashe ibintu bifatika kandi bimusaba imbaraga nyinshi,
8. Niba bitakunda ko umufasha icyo kintu kandi ukaba wabona amafaranga, shaka umuntu uri bukore icyo gikorwa maze umuhembe (urugero: nko gutema ibyatsi biri mu rugo)
9. Mubaze icyo yifuza ko wamufasha buri muni,
10. Ntukarambirwe, jya unyuzamo umufashe wibwirije ubundi unamubaze icyo wamufasha!

Ururimi rwa gatanu: **gukoranaho** (Physical Touch)

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Ibibanza

Mariko 10:13 “Bamuzanira abana bato ngo abakoreho”

Mariko 10:16 Arabakikira, abaha umugisha abarambitseho ibiganza.

- Gukora ku muntu bishobora kubaka cg gusenya umubano, bishobora kukubwira ko umuntu agukunze cg akwanze.
- Birashoboka ko ushobora gukubita umwana urushyi, ariko ku mwana niba ururimi rwe rw’urukundo ari ukumukoraho, numukubita azabifata nko kumwanga.
- Guhoberana umwana ubwuzu bimwereka ko umukunze, ariko bigira volume nini cyane ku mwana uvuga ururimi rw’urukundo rwo gukoranaho. Burya no ku bakuru ni uko.
- Niba rero ku wo mushakanye, kumukoraho ari ko kumukunda, nta kizamunezeza nko kumuhobera ababaye cg se yishimye kuko azumva ko umukunda koko
- Kugendana mu nzira mufatanye akaboko
- Kunyuzamo ukagira icyo umwongorera umuturutse inyuma

=>**Mufate nk’umwiza umwe uzi wabonye.**

Ururimi rwa gatanu: **gukoranaho** (Physical Touch)

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Ibikurikira

Ibyagufasha mu kuvuga neza uru rurimi:

1. Niba mufite umugisha wo kugira imodoka, jya unyuzamo umukingurire umuryango.
2. Twese tugira aho twicara, banza umenye ko yicaye hanyuma ubone wicare,
3. Mufate mu maboko yawe, umuhobere kandi umubwire icyo umushimaho ako kanya (ukoresheje ururimi rwa mbere rw'urukundo twavuze.)
4. Niba mwazanye mu rusengeru, igihe cyo gusenga mufate ikiganza hanyuma musenge. Niba ari itsinda rya babiri babiri, wijya gushaka undi, fata uwo wawe mwazanye. (idem ku bana bawe mwazanye mu rusengeru). Idem mu gihe cy'ifunguro ryera.
5. Niba mufite abashyitsi babagendereye, fata umukunzi wawe ikiganza cg se umwiyegamize mu gihe hari ijamba riri kuvugwa,
6. Niba agusanze mu rugo watashye, mwakire umuhobera.

Abana by'umwihariko

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Biroroshye kumenya ururimi rw'urukundo umwana wawe avuga:

1. Niba iyo akubonye yihutira kuguhobera no kukuriira, menya ko uwo mwana wawe avuga ururimi rwo **gukoranaho** (Physical Touch)
2. Niba umwana wawe iyo akubonye akubwira udukuru twinshi akanashaka kukwereka ibyabereye mu rugo, ururimi rwe ni **ukumarana igihe mwenyine**(quality time)
3. Niba iyo umwana akubonye ugeze imuhira yihutira kuguha utwo yaguhishiye akanakubaza icyo wamuzaniye, ururimi rwe ni **impano** (Receiving Gifts)
4. Niba iyo akubonye akubwira ukuntu yari yagukumbuye, ukuntu uri mwiza, uko agukunda, ururimi rwe ni **ukuvuga ibyiyumviro bye cg imitoma** (words of affirmation)
5. Niba umwana wawe kandi yiherera akaguhanagurira inkweto, akakuzanira kamambiri, akagutegurira ameza, biroroshye, ururimi rwe ni **ugukora ikintu azi ko wifuza ko agukorera** (Acts of Service)

Ibyo kuzirikanwa

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1. Ururimi rwa mbere: **kubwirana ibyiyumviro byanyu cg imitoma** (words of affirmation)
2. Ururimi rwa kabiri: **kumarana igihe cya mwenyine** (quality time)
3. Ururimi rwa gatatu: **guhana impano** (Receiving Gifts)
4. Ururimi rwa kane: **kumukorera ikintu uzi ko yifuza ko umukorera** (Acts of Service)
5. Ururimi rwa gatanu: **gukoranaho** (Physical Touch)

Umusozo