

**UMUBANO UNEJEJE**



## AMASHAKIRO Y'IBIRIMO

<b>UMUBANO UNEJEJE</b> .....	<b>1</b>
.....	<b>1</b>
<b>AMASHAKIRO Y'IBIRIMO</b> .....	<b>2</b>
<b>1.URUKUNDO</b> .....	<b>6</b>
<i>INKUNGA Y'ABABYEYI</i> .....	8
<i>AMASEZERANO YO GUSHYINGIRANWA</i> .....	9
<b>1.1 INAMA KU BASORE N'INKUMI BIFUZA KURUSHINGA</b> .....	<b>10</b>
<b>1.2 URUKUNDO NYAKURI</b> .....	<b>11</b>
<i>UBURYO URUKUNDO RUHEBUJE BYOSE KUBA INGENZI</i> .....	11
<i>NI KUKI URUKUNDO RWABUZE MU MIRYANGO ?</i> .....	14
<b>2. IBIJANYE NO GUHITAMO</b> .....	<b>15</b>
<b>2.1 GUFATA ICYEMEZO CYO GUSHAKA</b> .....	<b>16</b>
<b>2.2 SI BYIZA GUSHAKA UTARAGEZA KU GIHE</b> .....	<b>17</b>
<b>2.3 GUHITAMO K'UMUSORE</b> .....	<b>18</b>
<b>2.4 GUHITAMO K'UMUKOBWA</b> .....	<b>18</b>
<i>INAMA KU BASORE N'INKUMI</i> .....	20
<i>INAMA KU MUKOBWA UFITE IMIBEREHO YO GUTWARWA N'URUKUNDO</i> .....	21
<i>INAMA KU MUNYESHURI</i> .....	22
<b>2.5 NTUKISHYINGIRE</b> .....	<b>22</b>
<i>AMAHEREZO YO GUHITAMO NABI</i> .....	22
<b>3. IBANGA RY'UMUNEZERO</b> .....	<b>22</b>
<b>3.1. URUGO RWIZA NI IJURU RITO</b> .....	<b>24</b>
<b>3.2 WOVE NI IYIHE MPAMVU YAGUTEYE GUSHAKA</b> .....	<b>25</b>
<b>3.3 JYA WEREKANA URUKUNDO RWAVE MU MAGAMBO NO MU BIKORWA</b> .....	<b>25</b>
<i>IBIHEMBO BY'URUKUNDO NO KUBABARIRANA</i> .....	26
<b>3.4 URASHAKA KUVUGURURA UMUBANO WANYU?</b> .....	<b>27</b>
<b>3.5 UBURYO BWIZA BWO GUSHYIKIRANA</b> .....	<b>29</b>
<b>4 .KUBANA AKARAMATA</b> .....	<b>30</b>
<b>4.1 KOMATANA KW'ABASHAKANYE</b> .....	<b>30</b>

KWIZERANA .....	31
KUGARAGAZA UKO URI .....	31
UMUDENDEZO .....	31
IGIHE .....	32
KUBA UMWE.....	33
<b>4.2 AMAHAME AGENGA UMUSHYIKIRANO MWIZA.....</b>	<b>33</b>
<i>KUMENYA GUSHYIKIRANA MU MAGAMBO. ....</i>	<i>33</i>
<i>KUREBANA MU BWUZU N'URUKUNDO. ....</i>	<i>34</i>
<i>KWEGERANA KW'IMIBIRI. ....</i>	<i>35</i>
<i>KUGARAGARIZWA URUKUNDO N'UWO MWASHAKANYE BITERA KUGUBWA NEZA. ....</i>	<i>35</i>
<b>4.3 IGITUMA ABANTU BAKUNDANA URUKUNDO RUDASHIRA.....</b>	<b>36</b>
NTUKISHIMIRE GUTEGEKA UMUGABO KUKO BIGABANYA ICYUBAHIRO CYE N'ICYAWE .....	38
Nawe mugabo ntugatwaze umugore wawe igitugu n'umwaga.....	38
<b>5. GUSHYIKIRANA .....</b>	<b>39</b>
<b>5.1 UBUHANGA BWO KUMVA.....</b>	<b>39</b>
<b>5.2 GUSHYIKIRANA UDAKORESHEJE AMAGAMBO .....</b>	<b>40</b>
<i>GUKORESHA IBICE BY'UMUBIRI :.....</i>	<i>41</i>
IMYAMBARO .....	41
UBUBASHA BW'IMYAMBARO .....	42
IJWI.....	43
IBIMENYETSO BY'ISURA YO MU MASO .....	43
<b>6 . IMIVUGIRE Y'ABASHAKANYE.....</b>	<b>43</b>
<i>MBESE HARI ITANDUKANIRO HAGATI Y'ABAGABO N'ABAGORE MU BURYO BASHYIKIRANA ? .....</i>	<i>43</i>
<i>MBESE ABAGORE BAVUGA CYANE ? .....</i>	<i>43</i>
<i>ESE IBYO NI UKURI ? .....</i>	<i>43</i>
<b>6.1 ABAGABO NTIBAVUGA KIMWE NK'ABAGORE? .....</b>	<b>44</b>
<i>MBESE BABA BAVUGA IBIKI ?.....</i>	<i>44</i>
ITANDUKANIRO RIHERA MU IVUKA .....	44
<b>7. KUGANIRA KW'ABASHAKANYE .....</b>	<b>45</b>
IMITERERE Y'UMUGABO N'UMUGORE NI YO IBAHUZA .....	46
URUFUNGUZO RW'UMUSHYIKIRANO .....	47
<b>7.1 KUKI ABASHAKANYE BATAGANIRA KU RUKUNDO RWABO .....</b>	<b>48</b>
NI IBISANZWE.....	48
ARIKO ABANTU BAGOMBYE KUBYITAHO... ..	48
IYO NYIFATO NTIKWIYE. ....	49
<b>7.2 KWIFATA MU BIGANIRO.....</b>	<b>49</b>

<b>7.3 UBUMWE BW'ABASHAKANYE .....</b>	<b>49</b>
GUHUZA IMITIMA BY'UKURI .....	49
UBUMWE BW' IMIBIRI BUKWIYE.....	50
AMAKIMBIRANE N'UBUMWE.....	51
MU BURIRI IBIBAZO BIRAVUKA.....	51
NTA KWIREBA WENYINE .....	52
IPFUNWE KU BAGORE.....	52
IPFUNWE KU BAGABO .....	52
KURENGA IPFUNWE.....	53
<b>7.4 KUVUGURURA UMUSHYIKIRANO W'URUKUNDO .....</b>	<b>53</b>
<i>TUREBERE HAMWE INGERO ZIKURIKIRA :</i> .....	53
<b>7.5 GANIRA NA MUGENZI WAWU.....</b>	<b>54</b>
<i>TUBIVUGEHO ?</i> .....	54
TANGIRA IKIGANIRO UHEREYE KU NYANDIKO YIZEWE .....	54
KUVUGA IBIGUTERA IPFUNWE CYANGWA UBWOBA .....	54
KWEREKANA IKINTU UTARI USANZWE UZI KIKABA CYARAGUTANGAJE.....	54
USHOBORA NO KUBAZA IBIBAZO.....	54
INTERURO ZAHURANIJE.....	55
<b>7.6 NI NGOMBWA KUBIVUGAHO CYANGWA.....</b>	<b>56</b>
<b>KUBICECEKA .....</b>	<b>56</b>
<i>BYOSE</i> .....	56
<b>7.7 KUGANIRA KU MIBEREHO Y'ABASHAKANYE .....</b>	<b>56</b>
IGIHE CYO KUGANIRA KU MIBANIRE YANYU .....	57
AHO ABASHAKANYE BAKWIRIYE KUGANIRIRA.....	57
<b>7.8 KUGANIRA KU BIBAZO BIDA KUNDA GUHISHU- RWA .....</b>	<b>57</b>
UBURYO BUKWIYE BWO KUBIGANIRAHU .....	57
<i>NONEHO VERONIKA ASHOBOGA GUTANGIRA IKIGANIRO CYE NA DANIELI :</i> .....	58
GUKURIKIRANA NO GUSHAKASHAKA IGISUBIZO.....	59
<b>7.9 NJYEWE IKIBAZO CYANJYE KIRIHARIYE.....</b>	<b>59</b>
BIMWE MU BISUBIZO.....	59
INDUNDURO Y'UMUNEZERO .....	61
GUHUZA URUGWIRO MU BURYO BUNEJEJE .....	61
<b>7.10. UMURIMO W'UBWONKO MU RUKUNDO .....</b>	<b>62</b>
DUSOBANUKIRWE N'UMURIMO W'UBWONKO MU RUKUNDO RW'ABASHAKANYE .....	62
<b>8. GAHUNDA I MUHIRA .....</b>	<b>63</b>

IMBARAGA Z'UMUBIRI NIZIKORESHWE NEZA .....	64
<b>8.1 URUGERO RUKWIRIYE NI URUHE? .....</b>	<b>64</b>
MU GIHE CY'ABAKURAMBERE .....	64
<b>8.2 IGIHE UMUGABO ABAJIJE IBIDAHWITSE .....</b>	<b>66</b>
GUSHYINGIRWA NI KWIZA KANDI KURERA.....	67
<b>9 . GUTEKA NEZA MU MURYANGO.....</b>	<b>68</b>
ISUKU, KWICISHA BUGUFI NO KUGIRA GAHUNDA.....	68
ICYIZA CYA GAHUNDA MU KUZANA UMUNEZERO MU RUGO.....	68
<b>9.1 TUMENYE UMUMARO WO GUTEKA NEZA .....</b>	<b>69</b>
UBUMENYI BWO GUTEGURA IBYO KURYA BUHWANYE N'ITARANTO CUMI .....	69
AGACIRO K'ABAKORA UMURIMO WO GUTEGURA IBYO KURYA.....	69
<b>9.2 INSHINGANO YA BURI MUDAMU NI UKUBA UMUTETSI MWIZA .....</b>	<b>70</b>
ABAGABO N'ABAGORE NIMWIGE GUTEGURA IBYO KURYA .....	70
<b>9.3 UBUGOROZI BW'IBY'UMUZE MUKE NO GUTEKA NEZA .....</b>	<b>71</b>
MUSHYIRE KU RUHANDE IBINURE KUKO BIGABANYA UMUMARO W'IBYO KURYA BYANYU.....	71
<b>10 . GUTEGANYIRIZA ABANA NO KUBONEZA URUBYARO .....</b>	<b>71</b>
IKOSA RIKOMEYE KU BAGORE, ABANA NO KURI RUBANDA .....	72
AKAMARO K'UBUZIMA BW'UMUGORE.....	72
IZINDI NGINGO ZO KWITABWAHO .....	72
INAMA KU BABYEYI BAFITE IMIRYANGO MIGARI.....	72
<b>10.1. ABANA BAJYANYE N'UBUSHOBOZI BW'UMURYANGO .....</b>	<b>73</b>
IMWE MU MPAMVU ZITEZA IBIBAZO.....	73
KUBYARA ABAKWIRANYE N'UBUSHOBOZI .....	73
URUGERO.....	74
UBUZIMA BWIZA.....	74
IBYIZA BYO KUBYARA MU GIHE CYIFUJWE.....	75
<b>10.2 KUNGANIRA IKIREMWA MUNTU BIGOMA GUHERA MU RUGO .....</b>	<b>75</b>
<b>10.3 KUBONEZA URUBYARO .....</b>	<b>75</b>
KUBARA IMINSI.....	75
IBYO KWITABWAHO .....	76
NI GUTE BABARA IMINSI MU RWEGO RWO KWIRINDA GUSAMA IGIHE KITARI NGOMBA.....	77
AMEZI AFITE IMINSI IDAHINDAGURIKA ( MOIS RÉGULIERS).....	77
AMEZI AFITE IMINSI IHINDAGURIKA ( MOIS IRRÉGULIERS ) .....	78
<b>IBITABO BYIFASHISHIJE .....</b>	<b>78</b>

<b>IMIGEREKA .....</b>	<b>79</b>
UMUGEREKA WA 1.....	79
UMUGEREKA WA 2.....	79
UMUGEREKA WA 3.....	80
UMUGEREKA WA 4.....	80
IMBONERAHAMWE YOROHEJE .....	80
<b>INSHAMAKE .....</b>	<b>81</b>

*Iki gitabo cyanditswe mu rwego rwo kunganira abubatse n'abifuza kurushinga kugira ngo bagere ku mubano unejeje. Ikigaragara ni uko ingo nyinshi muri iki gihe zifite ingorane. Nyuma yo gushyingiranwa abashakanye ntibakomeza urukundo nk'uko babisezeranye. Bibwira ko gukomeza kugaragaza urukundo ari ikimenyetso cy'intege nke. Hari ingo nyinshi zubakwa bene zo batazi uburyo bukwiye bwo kubana neza na bagenzi babo, ugasanga biteje akaga, benshi bakicuza impamvu yabateye gushaka bagatangira kwitotomba, no gusebanya bakavuga ko ugushyingiranwa ari urusobe rw'ibibazo.*

*Nyamara iyo ugushyingiranwa gukoranywe ubwenge kandi abashakanye bagakomeza kugaragarizanya urukundo mu magambo no mu bikorwa bitera umunezero ntagereranywa. Buri wese agomba gusobanukirwa ko ugushyingiranwa kugamije kuzanira umuntu umunezero. Urukundo rukwiye kuboneka hagati y'abashyingiranywe, ndetse rukagera no ku baturanyi. Bizatuma umuryango wose urindwa ingorane zishobora kubinjirana. Kurwirengagiza gato kw'abashyingiranwe bishobora kuba intandaro y'akaga ku bagabo n'abagore, ku bana, ku baturanyi, ku karere ndetse no ku gihugu.*

*Ubwumvikane buke hagati y'abashakanye no kutamenya inshingano y'ababyeyi bitera kutizerana, imibereho mibi, ubukene, uburere bubi, ubujiji, ubusambo, umurage mubi, uburwayi, gusuzugurwa no kwangwa. Yewe ni yo nkomoko y'umurunga w'uruhererekane rw'akaga n'umubabaro bidashira byibasiye isi ya none.*

*Hariho abantu bagaragara ko ari abatunzi, no mu maso habo hakaguhamiriza ko bafite imibereho myiza ku mubiri. Ariko ku rundi ruhande ugasanga babuze imibereho myiza y'ibitekerezo kubera ko batabanye neza n'abo bashakanye.*

*Ni yo mpamvu ushaka kunganira ikiremwa muntu akwiriye guhera mu rugo. Nawe ushobora kuba intumwa y'umunezero n'ibyishimo biva ku rukundo. Niwiyemeza kubana neza n'uwo mwashakanye bizagutera kugubwa neza ku mutima no kugira impagarike nzima. Ntimushakire kure ibiri hafi yanyu, umunezero wanyu n'uw'abazabakomokaho muwufite mu biganza byanyu.*

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## 1.URUKUNDO

Ugushyingiranwa ni impano y'agahozo Imana yahaye umugabo n'umugore igamije kubahesha umunezero. Hari abatekereza ko kugwiza ibintu n'abantu mu rugo bizana umunezero. Oya, uwaremye umuntu ni we wenyine ushobora kumuha umunezero ushyitse. Umunezero twawugereranya n'imbaraga iba mu mutima itera kunyurwa no kwishimira ibyo waramukanye, byaba bike cyangwa byinshi.

Ufite bene iyo mbaraga muri we ashobora kubonera umunezero aho abandi bawuburiye. Ibyo ntibitangwa n'amashuri, ubukire, uburanga cyangwa se umuryango ukomeye. "Icyubahiro no gukomera biri imbere ye, imbaraga n'ubwiza biri ahera he." (Zaburi 96 :6) "Nimuze, tumuramyeye twunamyeye, dupfukamire Uwitaka, Umuremyi wacu." (Zaburi 95 :6.)

Abantu bajye bazirikana ko ubutunzi bufite amababa kandi ko bushobora kuguruka igihe bushakiye bukabasiga. Umuririmbyi ufite kunyurwa muri we yagize ati : "ivundi ry'inzu ryanezeza hari urukundo, n'ibiririmo byose byaba inyamibwa hari urukundo mu rugo". Ibyishimo n'umunezero byabaye ingume mu miryango myinshi. Ugushyingiranwa ariko gufatanywa hagati y'umusore n'inkumi ngo babe umubiri umwe, ubwo busobanuro bwihishe benshi. Bifatanya mu buryo bw'umubiri ariko guhuza urugwiro kw'imitima bibari kure. Bashobora kubyarana, bagasangira ku meza amwe, bakabana mu nzu imwe ariko nta komatana kwimbitse ngo urukundo n'umunezero bisabe mu muryango wabo. Kubana kw'abashyingiranywe kuri benshi byatakaje uburyohe.

Ariko abubatse mu gihe bagize Imana nyambere mu mibereho yabo, ishobora kubafasha kuvugurura urukundo rwabo, n'amazi yo kunywa yabahindukira nka vino ya buri muni ku bw'umunezero wabo. Icyo yifuriza abagize umuryango ni uko buri wese yanezeza mugenzi we. Uzanezereza n'inyigisho ziri muri iki gitabo, zizakunganira, zigufashe kurinda no kubagarira imbuto y'urukundo ibarimo.

Imana irema umuntu, ngo agire ishusho yayo, afite ishusho y'Imana ni ko yamuremye; umugabo n'umugore ni ko yabaremye. Imana ibaha umugisha, Imana irababwira iti: "Mwororoke, mugwire, mwuzure isi, mwimenyereze ibiyirimo; mutware amafi yo mu nyanja, n'inyoni n'ibisiga byo mu kirere, n'ibintu byose bifite ubugingo byigenza ku isi".- (Itangiriro 1:27.28.)

*Ugushyingiranwa ni imwe mu mpano inejeje umuntu yashoboye kwambukana ubwo yavanwaga muri Edeni amaze gucumura. Hamwe n'ikiruhuko cya nyuma y'iminsi irindwi. Imana yabimuhaye ngo bijye bimunezeza. Ni yo mpamvu ari byo Satani arwanyanya kurusha ibindi, kugira ngo umuntu abure umunezero n'uburuhukiro Imana imwifuriza.*

- Niba hari ingingo ikwiriye gusuzumanwa ubwitonzi kandi bigakorana umutima udahubuka, iyo ngingo ni ugushyingiranwa. Niba ari ingenzi ko Bibiliya iba umujyanama ibyo nibikorwe mbere yo gutera intambwe ituma habaho gufatanywa kw'abantu babiri mu buzima. Nyamara abantu bibwira ko muri iyo nzira bakwiriye kuyoborwa n'amarangamutima ; kandi byagaragaye ko ayobora benshi mu bifatanije ku kurimbuka. Aha ni ho abasore benshi bakunda

kugaragaza ko bafite gushishoza guke ugereraniye n'indi migabane yo muri ubu buzima ; kuri iyi ngingo banga kugirwa inama.

Ugushyingiranwa bisa n'aho bibashyiraho imbaraga idasanzwe ibakurura. Kuri icyo kibazo ntabwo bemera gutegekwa n'Imana. Ni imbohe z'ibyo bibwira, kandi bakabikora mu ibanga, nk'aho batinya ko umushinga wabo wakomwa mu nkokora.

Benshi bagenda berekeza ku cyambu cy'akaga. Bakeneye umuyobozi, ariko ntabwo bemera kugirwa inama, kandi ari ngombwa, bibwira ko bazayobora ubwato bwabo neza, ntabwo bamenya ko bidatinze buzameneka nibuhura n'urutare rwihishe mu nyanja, bashobora kurohama, ibyiringiro n'umunezero wabo bikayoyoka.

Keretse babaye abasomyi ba Bibiliya, naho ubundi bazakora amakosa akomeye azatuma umunezero wabo ubwabo n'uwa bagenzi babo ubura, muri ubu buzima n'ubw'ahazaza.

Niba wari ufite akamenyero ko gusenga kabiri mu muni mbere y'uko utangira gutekereza ku gushyingiranwa, noneho ugomba gusenga incuro enye mu muni igihe utangiye kubitekerezaho.- (*Urugo rwa gikristo, p.67,68.*)

### ***Inkunga y'ababyeyi***

-Niba ufite amahirwe yo kugira ababyeyi bubaha Imana, saba inama yabo. Babwire iby'ibyifuzo n'imigambi ufite; maze uhere ku nararibonye bagize mu buzima.

Yabaye abana bashyikiranaga cyane n'ababyeyi, kandi bakabizigira, bagasangira ibyishimo n'ibibabaza, byatuma birinda ingorane z'ahazaza. Igihe abasore babonye ko hari ibitabasobanukiye, batazi icyo bakora, nibawire ababyeyi babo ibibazo bafite nta guhisha bavuge uko babyumva basabe inama. Ni nde wundi warusha ababyeyi kumenya ibintu bizana ingorane zishobora kwaduka? Ni nde wabarusha gusobanukirwa n'imico yihariye ya buri mwana wabo? Niba bafite imibereho ya gikirisitu bazaharanira urukundo rw'abana babo no kwemerwa n'ijuru kuruta ibyiza bya hano kw'isi. Ibyo bizatuma banezewa n'abana babo maze babasabire kugira ngo Imana ibayobore. Mbere ya byose bazabarangira inzira igana ku nshuti nziza ikaba n'Umujyanama udatenguha.- (*Urugo rwa gikristo, p.70.*)

-Namwe basore, mugandukire abakuru. Mwese mukenyere kwicisha bugufi kugira ngo mukorerane: kuko Imana irwanya abibone, naho abicisha bugufi ikabahera ubuntu. Nuko mwicisha bugufi muri muni y'ukuboko gukomeye kw'Imana, kugira ngo ibashyire hejuru mu gihe gikwiriye. Muyikoreze amaganya yanyu yose, kuko yita kuri mwe.- (*IPetero 5:5-7.*)

- Kuki abasore n'inkumi bataba abanyabwenge, babonye amaherezo y'ubuhanya aturuka ku gushyingirwa ? Kuki bakomeza kwiyumvamo ko badakeneye inama y'umuntu mukuru n'iy'abantu benshi bazi ibyo neza ? Abagabo n'abagore bagaragariza mu mirimo yabo ubwigengesere bukomeye. Mu gihe bataragira ikintu gikomeye bakora, bitegura iby'iy' mirimo, igihe, imari, nuko ibyo bakabyiga bitonze cyane kugira ngo bitazabananira bamaze kubitangira.

Mbese bakwiriye kwitonda biruseho bate (abasore n'inkumi) mu gihe bagiye mu byo gushyingiranwa kandi ari byo bizagira icyo bihindura mu by'igihe kizaza no mu buzima buzaza ? Mu kigwi cyo kugenza batyo, biterera mu byo gushyingirwa nk'abikinira, batabikomeje, babihubukiye bahumye ndetse batitonze ngo batekereze. Impamvu itera ibyo nta yindi ni Satani ukunda kureba ubutindi no kononekara mu isi, maze akazunguriza urwo rushundura kuroba abantu.



Yishimira kugira bene abo bantu batagira kuzirikana, akabavutsa umunezero wo muri iyi si n'uw'iwabo mu isi izaza.

Mbese abana bakwiriye kugisha inama kwifuza kwabo gusa n'ibyo bararikiye batagiriwe inama ikwiye n'ababyeyi babo ? Bamwe basa n'aho batitaye ku nama no ku bwenge by'ababyeyi babo, cyangwa ngo bazirikane ubwenge bwabo bushyitse. Kwikunda kwamaze gukinga imiryango y'imitima yabo y'urukundo umwana akwiriye kugirana na se na nyina. Ubwenge bw'abasore bukwiye gukangurwa muri ibyo. Itegeko rya gatanu ni ryo tegeko ryonyine rukumbi ririmo isezerano, ariko rikomezwa bya nikize ndetse rikirengagizwa n'abashaka kwikundisha. Gusuzugura urukundo rwa ba nyina, gukoza isoni ba se ni ibyaha bihora byanditswe ku basore benshi.

Ifuti rimwe ryo mu mafuti akomeye cyane yerekeye kuri ibyo, ni uko abasore bataramenya iyo

biva n'iyi bijya badashaka ko hagira ikirogoya urukundo rwabo, ko nta gikwiye kuruzitira. Niba hari ikintu gikwiriye kwitonderwa no kwitabwaho cyane, icyo kintu cyaba iki. Inyunganizi iturutse ku bandi, gupima ku munzani ukareba ku mpande zombi utuje kandi witonze, birakwiriye rwose. Nyamara ibi bikorwa n'abantu benshi cyane batabanje gutekereza. Nshuti basore, nimugishe Imana n'ababyeyi banyu bubaha Imana inama. Musengere icyo mushaka gukora.

Wabaza uti : "Mbese ababyeyi bakwiriye guhitiramo umwana wabo mugenzi we batitaye ku bushake bw'uwo muhungu cyangwa umukobwa wabo ?" Ndababaza ikibazo nk'uko biri. Mbese umuhungu cyangwa umukobwa akwiriye guhitamo uwo bazabana atagishije ababyeyi be inama, kandi iyo ntambwe ari iyo kuzanira ababyeyi umunezero niba abo babyeyi babakunda ? None se umwana ugiriwe inama agahendahendwa n'ababyeyi be, akwiriye kugumya gukurikira ibyo yishakiye ? Ndasubiza neruye nti oya ; keretse niba atazashyingirwa. Itegeko rya gatanu ribuzanya iyo ngeso. "Wubahe so na nyoko, kugira ngo uramire mu gihugu, Uwiteka Imana yawe iguha." Iri ni itegeko rifite isezerano Uwiteka atazabura rwose gusohoreza abubaha ababyeyi babo. Ababyeyi b'abanyabwenge ntabwo bazihutira guhitiramo abana babo abafasha batabyumvikanyeho. (*Inama zigirwa Itorero, vol. 2 pp. 12-14.*) **Urugero rw'icyitegererezo**

-Ababyeyi ntibari bakwiye kwibagirwa ko ari bo shingiro ry'umunezero w'abana babo. Kubaha kwa Isaka mu kumvira inama se yamugiriye ni umusaruro w'uburere yahawe, ni byo byatumye akunda ubuzima bwo kumvira.

Nk'uko yubahirijwe n'Imana ngo abe umuragwa w'amasezerano yahawe isi yose, Isaka, igihe yari amaze kugira imyaka mirongo ine, yumviye igitekerezo cya se wari wasabye umugaragu we ngo ajye kumushakira umufasha. icyaje kuva muri uko gushyingirwa twabonye ko byabaye urugero rw'umunezero wo mu rugo: "Isaka azana Rebeka mu ihema rya nyina Sara; aramurongora, aba umugore we :

aramukundakazwa. Isaka ashira umubabaro wa nyina yapfushije." - (*Urugo rwa gikristu, p.71.*)

### ***Amasezerano yo gushyingiranwa***

- Gushyingiranwa kwa gikristo n'ubucuti bukomeye cyane ku mugabo n'umugore. **Kingsley** yaravuze ati : „Ni amahirwe cyane kugira inshuti, inshuti imwe ibasha kwiringirwa iteka

na mugenzi wayo, inshuti izi ibyiza bihebuje ibindi, ikamenya n'ibitubereye cyane, inshuti idukunda bona n'ubwo dufite ibicumuro byinshi." Pawulo, n'ubwo we atigeze umugore, urukundo rw'abashyingiranywe yarugereraniye n'ururi hagati ya Kristo n'Itorero rye. Bwana **Taylor** yaravuze ati : „Niba ushaka umunezero, rongora cyangwa rongorwa ; niba ushaka kugira amagara mazima, rongora, niba uri umukobwa rongorwa ; Umugore mwiza ni impano nziza ihebuje y'umugabo ivuye mu ijuru ; umunyebanga we umubabarira, n'umugabura w'ubuntu butarondoreka, agasanduku ke gashyinguye amabuye y'igiciro cyinshi ; ijwi ry'umugore ni indirimbo nziza iryohera amatwi y'umugabo ; inseko y'umugore ; ni umunsi mwiza w'umugabo we kumusoma kwe, gukomeza ubucuti bw'umugabo we, amategeko ye, gahunda yo kuyobora imuhira neza, ni umufasha we w'ukuri ; iminwa ye ni abajyanama bizerwa b'umugabo we. Amasengesho y'umugore ni abafasha beza bavugira umugabo we bakamuzanira imigisha yo mu ijuru.“- (*Umunezero wo gushyingirwa*, pp. 3-4.)

### 1.1 INAMA KU BASORE N'INKUMI BIFUZA KURUSHINGA

- Ubukwe ni umuhango wera wahanzwe n'Imana kandi ntabwo ukwiriye rwose kujyanwamo umutima wo kwikunda. Abarangamiye gutera iyo ntambwe bakwiriye gutekereza icyubahiro cyawo bibombaritse kandi basenga bashakashaka n'inama y'Imana kugira ngo babashe kumenya yuko bakurikiye inzira bafatanijemo n'ibyo Imana ishaka. Ibyo Ijambo ry'Imana ryigisha byerekeye ku bukwe bikwiriye kuzirikanwa byitondewe. Abo mu ijuru bishimira ubukwe butahanywe umutima wifuzanya umwete gusohoza ibyo Ijambo ry'Imana ryigisha.

Niba hariho ikintu icyo ari cyo cyose gikwiriye kuzirikanwa impamvu ya cyo, kandi ukakigambirira udahubutse, icyo kintu ni ugushyingirwa.- (*Inama zigirwa Itorero*, vol.2, p. 11.)

- Ntabwo dukwiriye gushyigikira ko habaho ugushyingiranwa hagati y'abantu batarageza ku gihe.

Ntabwo bikwiriye gukora amasezerano afite uburemere bwagutse nk'ayo gushyingiranwa nta myiteguro ihagije ibanje kubaho, mbere y'uko imbaraga z'umubiri n'iz'ibitekerezo zikuza amajyambere yazo.

Abasore n'inkumi hari ubwo bashyingiranwa mu gihe urukundo rwabo no gushira mu gaciro bitarakura, nta bitekerezo byiza kandi bitunganye bafite, hanyuma bagatangira inshingano z'abubatse, babishowemo no gutwarwa kw'ibyifuzo bihutiyeho.

Ariko kandi gukururana gutangiwe mu myaka yo hasi akenshi byakunze kuvamo umubano wuzuyemo ibibazo cyangwa bikabyara gutandukana k'urukozasoni. Inkundo z'imburagihe zari zikwiriye guhagarikwa zikarindira igihe inarabonye izatuma urukundo ruhabwa umurongo ukwiriye maze rukarindwa ingorane. Abanga kwifata bahura n'ibibazo byo kugira ubuzima bubabaje.- (*Urugo rwa gikristu*, p. 75.)

- Abarambagizanya bashobora kuba badafite ibintu bijyanye n'ubukungu bw'amafaranga; ariko bagomba kwishimira ubuzima, ari yo mpano y'agaciro iruta ibintu byose.

Gutandukana bikabije mu myaka byo bikwiriye kwitonderwa. Kwibagirwa iryo hame bishobora kwangiza ubuzima bw'umuto muri bo, abana bavutse muri uwo mubano usanga akenshi babuze imbaraga z'ibitekerezo n'iz'umubiri. Ntibashobora kubona kwitabwaho k'umwe mu babyeyi ushaje, w'umugore cyangwa w'umugabo, kumwe gukenerwa mu gihe cy'ubuto, kuko urupfu rushobora kumubatwara mu gihe bari bakeneye cyane inama n'urukundo bye.- (*Urugo rwa gikristu, p. 77.*)

-Nta rwitwazo ruhabaye nta wari ukwiriye kwinjira mu buzima bw'abubatse, mbere yo kugira ubumenyi bufatika ku nshingano za buri muni z'umuryango. Umugore agomba kuba afite amahugurwa mu bwenge no kumenya gukora bihagije kugira ngo bizamubashishe kurera abana be neza.

Abagore benshi bagaragara ko bize cyane, bafite n'impamyabumenyi zo mu mashuri y'ibyamamare, usanga ari bo bajijwe bikomeye ku bijyanye n'inshingano za buri muni z'ubuzima. Nta bumenyi bw'ibanze bafite ku bijyanye n'imigendekere myiza y'umuryango ari ryo shingiro ry'umunezero wawo. Ariko kandi baba bazi kuburanira isumbwe ry'umugore n'uburenganzira bwe, mu gihe na bo ubwabo usanga bari muni y'umurongo werekana umugore ukwiye.

Buri mukobwa wese wa Eva afite uburenganzira bwo kwiga ubumenyi bwimbitse ku nshingano zo mu rugo, no guhabwa inyigisho zuzuye ku migabane yose y'imirimo yo mu rugo.

Buri nkumi yose yagombye guhabwa amahugurwa akwiriye azamushoboza, mu gihe azaba ahamagariwe kuba umugore n'umubyeyi, ngo ashobore gutunganya nk'umwamikazi mu mwihariko yagenewe. Agomba kugira ubushobozi buhagije kugira ngo ashobore kwigisha abana be no kuyobora abakozi bo mu rugo ; cyangwa mu gihe ari we bireba akamenya gutunganya iby'isuku mu rugo. Ni we bireba kwiyigisha iby'imiterere n'imikorere y'umubiri hamwe n'amahame y'iby'isuku, ku byo guteka n'imyambaro, umurimo n'ibyishimo, ndetse n'iby'ikinyabupfura gituma umuryango we umera neza.- (*Urugo rwa gikristu,p.83-84.*)

*Buri mukobwa wese wa Eva afite uburenganzira bwo kwiga ubumenyi bwimbitse ku nshingano zo mu rugo, no guhabwa inyigisho zuzuye ku migabane yose y'imirimo yo mu muryango.*

## **1.2 URUKUNDO NYAKURI**

Udakunda ntazi Imana kuko Imana ari Urukundo. Dukeneye cyane kugira ubwumvikane no guhesha abandi umunezero, kandi ibyo ntitwabigeraho tudafite urukundo rwimbitse rugaragarira mubikorwa.

### ***Uburyo urukundo ruhebuje byose kuba ingenzi***

- Urukundo rurihangana, rukagira neza ; urukundo ntirugira ishyari ; urukundo ntirwirarira, ntirwihimbaza ; ntirukora ibiteye isoni, ntirushaka ibyarwo, ntiruhutiraho ; ntitutekereza ikibi ku bantu. Ntirwishimira gukiranirwa kw'abandi, ahubwo rwishimira ukuri ; rubabarira byose ; rwihanganira byose. Urukundo ntabwo ruzashira.- (*I Korinto 13 :4-8.*)

*Urukundo ni kamere itunganye dukomora ku Mana. Uzitegereze ibyaremwe byose byumvira gahunda bikomora kuri yo.*

-Urukundo nyakuri ni ukwitanga gushyitse, imbaraga za rwo ni ukwiyibagirwa, ubwiza bwa rwo 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.)

## Urukundo ni iki ?

-Urukundo ni kamere itunganye, abantu benshi ntibayisobanukirwa neza. Urukundo ntabwo ari igihunga giherekwejwe no kugururumana mu kwifuzza cyangwa rukuruzi hagati y'abakiri bato. Oya, urukundo ntabwo ari urwo. Urukundo rw'ukuri rushingiye ku mpamvu nyazo no kumenya umukunzi byimbitse. Ariko kandi kwimarira mu muntu ukamuha ibitekerezo byose n'urukundo rwawe rwose na byo si byiza. Ni ugusayisha kandi bishira vuba.

Mwibuke ko urukundo ruhubukiyeho ari impumyi. Rushobora kukugeza ku bantu bakwiriyeye kimwe n'abadakwiriyeye. Urukundo nk'urwo rukwiriyeye kwitondeshwa maze mugaha umwanya ibitekerezo byiza 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.

Hariho urukundo rumwe nyakuri, ntiruhinduka, ruritanga kandi rurera. Ni ikintu cy'agaciro kenshi kidakunda kuboneka. Hari abita urukundo imibereho yo gutwarwa.

Urukundo ni igiti gifite impumuro y'ubumana: rushaka kurindwa no kugaburirwa. Imitima yuzuye urukundo nyakuri, ihumeka amagambo y'urukundo, atera umunezero mu muryango, kandi rugira ingaruka yo gutunganya abagirana umushyikirano n'abarufite. - (Urugo rwa

*gikristo, p.49.)*

*Hariho urukundo rumwe nyakuri, ntiruhinduka, ruritanga kandi rurera. Ni ikintu cy'agaciro kenshi kidakunda kuboneka.*

-Menya ko niba ushaka urukundo utazabigeraho umunsi umwe ngo bibe bihagije iteka ryose. Ugomba kurufata neza buri munsi, ukaganira ibirwerekeyeho, ukarushyira mu bikorwa ngo rutere imbere, ukarurata, ukaruha umwanya w'imbere, ukarubaraho ubutungane bwuzuye. Urukundo ntiruboneka hagati y'abantu batiringiranye. Kandi urukundo ni rwo buye ry'imbanzirizamushinga ku muntu wese ushaka urugo ruhire.- (*Guide de formation personnelle, p. 53.*)

*Ni kuki urukundo rwabuze mu miryango ?*

Ingo nyinshi abazigize barahanganye ndetse hari n'ababitangiye uhereye umunsi baboneyeho uburenganzira bwo kubana. Bamwe bafatanijwe n'abo badashaka kandi badakunda, abandi bashyingiranywe n'abo batazi neza, bamaze kubasobanukirwa barabazinukwa umutima ubavaho. Abandi bakurikiye ubukire none bwarashize ubu bari mu maganya y'urudaca no gusebanya. Hari n'ibindi tutarondoye, ni byo byabaye imizi yo kubura umunezero mu miryango myinshi.

Pima icyo ureba cyose, witegereze amajyambere yose y'ingeso z'uwo ugambiriye gufatanywa na we mu bugingo bwawe. Iyi ntambwe ugiye gutera ni imwe yo mu zikomeye cyane mu bugingo bwawe, kandi ntikwiriye guteranwa ubwira. N'aho wakunda, ntugakunde utabanje gutekereza.

Suzuma witonze, urebe yuko 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.

Guhitamo umufasha muzabana iteka gukwiriye kuba ukuzana imibereho myiza y'umubiri, iy'ubwenge n'iy'iby'umwuka ku babyeyi no kubana babo, kukazabashisha ababyeyi n'abana guhesha umugisha bagenzi babo no kubaha Umuremyi wabo.

... Umusore nashake uwo kumuhagarara iruhande ubashije kumufasha imitwari yo mu bugingo, ufite kureshya kuzamwongerera ubupfura n'ubutungane kandi uzamunezeresha urukundo rwe.- (*Inama zigirwa Itorero, vol.2, p.5-6.*)

- Umwari akwiriye kwemera mugenzi we bazabana iteka, ufite ingeso zitunganye za kigabo, umugabo w'umunyamwete kandi wiringirwa, ukunda Imana kandi akayubaha.- (*Inama zigirwa Itorero, vol.2, p.8.*)

-Umva mukobwa utekereze, utege amatwi kandi wibagirwe ishyanga ryanyu n'inzu yaso".- (*Zaburi,45:10.*)

-Isoko yawe ihirwe kandi wishimire umugore wo mu busore bwawe. Nk'imparakazi ikundwa n'isirabo nziza, amabere ye ahore akunezeza. Kandi ujye wishimira cyane urukundo rwe.- (*Imigani5:1819.*)

- Inshuti zikundana ibihe byose kandi umuvandimwe avukira gukura abandi mu makuba.- (Imigani 17 :17 .)

## 2. IBIJYANYE NO GUHITAMO

-Mu birebana no kubaka umuryango, hakenewe abantu babiri, basobanukiwe neza ko bombi hari icyo umwe atakwishoboza, kikaba gishobora kuzuzwa na mugenzi we, akabikora nk'ukorera urungiro rwe bwite. ....Ujye ukunda kuganira n'abanyabwenge, ariko ujye ushakira ishema mu gutinya Uhoraho.

... Nk'uko umukene ahoza ibitekerezo ku bukene bwe, ni ko n'umwibone ahoza ijisho ku cyiza yaramukanye.

... Uwima ababyeyi be n'iyi aguhaye aba acitswe. Nk'uko ikime kirinda imyaka yo mu cyi, ni ko n'ijambo ryiza ryose riherekeje impano uhawe ririnda umutima wawe.

Ikiganiro cy'umunyabwenge kiraruhira, naho iyo umupfapfa agize icyo avuga, imitima y'abamwumva ihakura umutwaro w'indaterurwa.

Urugo ruhire rugizwe n'umugabo n'umugore bumvikana n'abavandimwe, bafite ubucuti mu baturanyi, n'umubano mwiza wabo bombi.

Umugabo n'umugore ni uruzitiro rurinda ubutunzi bwabo, iyo umwe arangaye ibyabo bipfa ubusa. Burya inshuti yawe ni uwo mugokana, kandi waterwa akakurengera, wananirwa akakuruhura, uwo ni we rugingo rwawe.

Uwo usaba inama akayiguha, aruta uwifuza gutegeka yabibura akivumbura. Ushakira abandi ibyiza, aruta ukunda abamuzaniye gusa.

Ukunda n'abamwanga aruta uwifuza gukundwa nta cyiza yakoreye abandi.

Umwete wo kugorora no kurema imico myiza ituma umuntu amererwa neza, ni wo murimo ukomeye isi yose ihanze amaso n'Imana ikaba iwushaka. Imico myiza kandi ifite amahame asobanutse neza kandi y'ukuri. Izo ngeso zikaba zishingiye ku rukundo, ubutabera, ubugiraneza no kuba inyangamugayo.

...Iyo ukunze umuntu ntabwo ubigaragarisha kumuseza gusa, ahubwo umwerekana ibigomba kumufasha ngo ashobore gukora ibimutera gukundwa. Ukamwigisha umwitayeho ngo ashobore guhinduka ingirakamaro, akajya agaragaza ibyishimo no kwikomeza n'ubwo yaba ari mu bihe bibi, akaba umuntu wiringirwa kandi na we akajya yiringira abandi.

...Umuntu ukunda abandi atyo, iyo ageze imbere y'abakuru n'abato yirinda gusuzugura, ahubwo arabubaha akanabaha agaciro kabo. Akabaha inama zisobanutse kandi zifite imbaraga yo kumvisha, yo kuboneza yo kubatera akanyabugabo no kubasubiza mu nzira yo gutunganya. Umuntu nk'uko ntigira uwo akerensa, ntategekeshya igitugu, guhinyura no kuzinukwa abandi ntibishobora kumubonekaho.

Bitewe n'uko aba asobanukiwe amahirwe akomoka mu gusohozwa inshingano kwa buri muntu wese. Bene uwo yemeza mugenzi we abikuye ku mutima ibimureba akamubuza guhunga inshingano yo kubana n'abandi. Akamubuza kwigira nabi akoresheje kwiyoberanya no guhisha umugambi mubi umurimo ari byo bigezweho muri iki gihe.- (*Urugo ruhire, n°1, p.20.*)

## 2.1 GUFATA ICYEMEZO CYO GUSHAKA

-Niba abasore n'inkumi basengaga kabiri ku muni bataratekereza ibyo gushyingirwa, noneho bakwiriye gusenga kane mu muni mbere yo gutangira iyo ntambwe. Gushyingirwa ni ikintu kizareshya ubugingo bwawe, kikabuhindura, ukiri muri iyi si no mu isi izaza.

Umugabane munini w'ubukwe bwo muri iki gihe cyacu, n'uburyo bucyuzwa, bituma buba ikimenyetso kimwe mu bimenyetso by'iminsi y'imperuka. Abagabo n'abagore batagonda ijosi, badakurwa ku ijamba, batuma Imana ititabwaho. Idini bariterera iyo nk'aho ritagize icyo rimaze muri icyo gihe cy'icyubahiro kandi gikomeye.- (*Inama zigirwa itorero, vol.2, p.12.*)

-Abavuga ko ari abakristo ntibagombye kwinjira mu masezerano yo gushyingirwa batabanje kwigana ubushishozi icyo kibazo mu buryo bukwiye, bitonze, kandi basenga kugira ngo bamenye niba Imana izahabwa icyubahiro muri uko gufatanywa kwabo.- (*Conseils sur la conduite sexuelle, l'adultère et le divorce., p. 5.*)

-Mutekereze mwimbitse niba ubuzima bwanyu mwembi buzagenda neza, cyangwa niba buzabamerera nabi. Mwibaze iki kibazo : Mbese uku gufatanywa kuzamfasha mu nzira ijya mu ijuru ? Kuzatuma ndushaho kuba ingirakamaro muri ubu buzima ?

Nubona nta nzitizi zihari, utere intambwe y'imbere kandi utinya Imana.- (*Conseils sur la conduite sexuelle, l'adultère et le divorce., p. 5.*)

-Kugira ngo abantu batazagira ibitekerezo bibi n'akaga bitewe n'amakosa bakoze nyuma yo gushyingiranwa, mbere ya byose bagomba gutekereza bitonze kandi bimbitse ku cyemezo n'amasezerano yabo.

Amasezerano nk'ayo akozwe ntabushishozi ashobora kuba intandaro yo gukoma mu nkokora imibereho y'abasore n'inkumi. Ubuzima bukaba umutwari n'umuvumo. Nta muntu yaba umugabo ukwiriye gusenya umunezero we bitewe n'umugore, maze ngo mu kubaho kwe umutwari we uhorane intimba. Noneho ugasanga abuze ibyiringiro n'imigambi ya kigabo, bigatera ikinya imbaraga ze bikangiza imibereho ye n'ejo hazaza, kandi nta wundi wamuteza ayo makuba utari umugore we.

Ku bagabo n'abagore benshi, kugubwa neza cyangwa kugubwa nabi, ibyiringiro byo mu buzima bw'ahazaza bitangira ku muni wo gushyingiranwa kwabo. Ndashaka gukangurira abakiri abasore ingorane baba bitera by'umwihariko igihe bagirana amasezerano y'akaga.

Ugushyingiranwa ni igikorwa kigira ingaruka mu buzima bwanyu bwa buri muni ndetse no mu gihe kizaza. Umukirisitu nyakuri ntabwo yakwiha gufata icyemezo nk'icyo atabanje kumenya ko Imana ibishyigikiye. Ntabwo azishimira guhitamo akurikije ubushake bwe ahubwo aziyumvamo ko Imana ikwiye kumuhitiramo.

Ntabwo dukwiriye gukora dukurikije irari ryacu kuko Kristo na we ntabwo yakurikije ugushaka kwe. Ntabwo nshaka kuvuga ko umuntu yashyingiranwa n'uwo adakunda, kuko byaba



ari ugukora icyaha. Ahubwo ndashaka kuvuga ko tutagomba kwemerera irari ry'ibitekerezo no gushiduka ngo bitujyane ku kurimbuka.

Imana iradusaba umutima wacu, impagarike, n'urukundo rwimbitse.- (Urugo rwa gikristu, p. 45.)

*Gushyingiranwa ni impano y'agahozo. Iyo urugo rugengwa n'amahame y'Imana aho buri wese agerageza kumva mugenzi we, mu gushakira hamwe ibisubizo no gusobanukirwa kimwe ku bintu runaka, ntabwo ari umwe ubyungukiramo ahubwo ni bombi.*

## **2.2 SI BYIZA GUSHAKA UTARAGEZA KU GIHE**

-Mbere yo kwinjira mu nshingano z'abubatse, musore nawe nkumi mugomba kubanza kumenya bihagije inshingano za buri munsu z'ubuzima kugira ngo muzashobore kuzitunganya. Ntabwo mu kwiriye gushyigikira urushako ruhukiyeho igihe kitaragera.

Amasezerano nk'ayo afite ingaruka zikomeye ntabwo akwiriye gukorwa hatabanje kubaho imyiteguro ihagije rwose, cyangwa ngo akorwe mu gihe mutaragira imbaraga zihagije z'umubiri n'iz'ibitekerezo.

-...Emma ndibwira ko nta wundi ufashe umwanya w'imbere mu mutima wanjye nkawe. Ni yo mpamvu, nkugira inama ngo utere intambwe yose ufite ubushishozi kandi upime buri cyemezo ufata. Ugiye gutera intambwe igushyira mu nshingano. Ntubikorane ubuhubutsi rero. Ntureke ngo utwarwe n'igitekerezo cyo gushyingirwa gusa.- (Conseils sur la conduite sexuelle, l'adultère et le divorce p.6.)

-Abantu bake ni bo basobanukiwe no gushyingiranwa icyari cyo. Benshi bibwira ko ari urugero rw'umunezero utagira inkomyi. Yabaye bari bazi nibura kimwe cya kane cy'agahinda gafata abagabo n'abagore, bakoze amasezeno yo gushyingiranwa bahubutse bakaba bari mu migozi badashobora guca, ntibatangazwa n'uko nanditse ibi. Ingo nyinshi gushyingiranwa byababereye ububata bw'umubabaro.

...Mbere yo kugirana amasezerano yo gushyingiranwa, abarambagizanya bagombye kubanza gutekerezanya ubushishozi, umuryango bashakira gushinga n'ingaruka izawukomokaho. Igihe bazahinduka ababyeyi mbese bazabitswa ibyera. Umunezero w'abana babo n'uw'isi mu rundi ruhande ushingiyeye kuri bo umugabane munini. Nibo batanga urugero fatizo mu gihagararo no mu bwenge by'abana babo. Ku mico y'ab'umuryango ni ho ibitekerezo byiza rubanda ibikomora. Imico ya buri muryango igira uruhare rwo gutuma umunzani w'isi uhengamira ku kibi cyangwa ku cyiza.- (Urugo rwa gikristo, p.44)

*Komatana hagati y'abashakanye gushobora kugerwaho iyo buri wese abirwanirira. Bityo mushobora kugera ubwo musogongera ku munezero wo kubaho kwanyu.*

## **2.3 GUHITAMO K'UMUSORE**

-Urugo n'amatungo umuntu abiragwa n'ababyeyi be; Ariko umugore witonda umuhabwa n'Uwiteka.- (*Imigani 19:14.*)

-Umusore akwiye guhitamo umufasha uzi kwikorera imitwari ye y'ubu buzima, ibyo bigira ingaruka zo gutunganya, kandi uzamunezeresha urukundo rwe."Umugore witonda umuhabwa n'Uwiteka. "Umutima w'umugabo we uhora umwiringira. ...kuko amukorera ibyiza, si ibibi, iminsi yose y'ubuzima bwe. ... Abumbuzi akanwa ke ubwenge ; kandi itegeko ry'ururimi rwe riva ku rukundo. Amenya neza imico yo mu rugo rwe ; kandi ntabwo aya ibyo kurya by'ubute. Abana be barahaguruka bakamwita Nyiramugisha ; n'umugabo we na we aramushima ati : "Abagore benshi bagenza neza; Ariko weho urabarusha bese". "Ubonye bene uwo mugore aba bonye umunezero."

Dore ingingo zimwe na zimwe zigomba kwitabwaho :

Mbese umuntu ushaka gushyingiranwa na we ashobora kukuzanira umunezero mu rugo?

Mbese

azamenya gucunga umutungo, uretse uwo abona cyangwa n'uwo umuzaniye ntazabimarira mu kwaya ashaka kugaragara neza? Mbese amahame ye kuri iyo ngingo afite ishingiro? Mbese hari ikindi kintu azi cyamufasha? Nzi neza ko mu bitekerezo by'umuntu watwawe wihutira gushaka, ibibazo nk'ibi ntibimubamo kuko yibwira ko nta gaciro bifite. Nyamara birasaba ko byitabwaho, kuko bigira ingaruka byanze bikunze ku buzima bwanyu bw'ahazaza.

Mu guhitamo umufasha wawe wite kuri iyi mico. Mbese azagaragaza kwihangana kandi abe ukunda gukora? Cyangwa azarekeraho kwita ku babyeyi bawe mu gihe bazaba bakeneye inkunga? Mbese ntazashaka kubagucaho kugira ngo yigerere ku migambi ye yo guhaza irari rye, maze agatererana so na nyoko, muri ubwo buryo. Usibye kuba babuze umukazana ukunda, noneho bakabura n'umuhungu wabo?- (*Urugo rwa gikristu, p. 46.*)

- Umugore w'imico myiza ni nde wamubona ? Arusha cyane rwose marijani igiciro. Umutima w'umugabo we uhora umwiringira ; kandi ntazabura kunguka. Ahora amugirira neza ntabwo amugirira nabi, igihe cyose akiriho. ...Aramburira abakene ibiganza ; kandi indushyi akazitiza amaboko. Ntatinyisha abo mu rugo rwe imbeho, kuko abo mu rugo rwe bese bambaye ibikomere by'imihamba. Umugabo we amenyekana mu marembo y'umudugudu, yicaranye n'abakuru b'igihugu.- (*Imigani 31 :10 -13, 20 – 23.*)

- Ubonye umugore mwiza, aba abonye ikintu cyiza; Akaba abonye umugisha ahawe n'Uwiteka. – (*Imigani 18:22.*)

## **2.4 GUHITAMO K'UMUKOBWA**

-Utwo kurya dukakaye turimo amahoro, turuta urugo rwuzuye ibyo kurya, ariko rufite intonganya.- (*Imigani 17:1.*)

Mbere yo kurambura ikiganza, buri mukobwa wese yagombye kwibaza: Niba umuhungu agiye kuragiza ahazaza he abikwiriye koko. Mbese amateka ye ni ayahe? Mbese imibereho ye y'igihe gishize yabayeho myiza? Mbese urukundo yerekana rufite kamere y'ibyiza kandi ruratanganye? Cyangwa ayoborwa n'urukundo rushashagirana inyuma gusa? Mbese afite imico izafasha umugore we kunezerwa?

Mbese azabonera amahoro n'ibyishimo mu rukundo azamukunda? Mbese umukobwa azashobora kurinda ubumuntu bwe cyangwa gushyira mu gaciro kwe n'umutimanama we cyangwa bizaganzurwa n'umugabo we?

...Mbese azashobora gushyira imbere ibyo Umukiza amutegeka? Mbese umubiri n'umutima, intekerezo n'imigambi bizakomerezwa mu nzira y'ubutungane no kwera? Ibi byose bigira uruhare runini mu buzima bw'umugore wubatse.

Umugore wifuzaga kubaka umuryango w'amahoro n'umunezero, kandi wifuzaga gusimbuka ingorane z'umubabaro n'agahinda, mbere yo gutanga urukundo rwe agomba kuba afite amakuru ahagije akanibaza ibi bibazo bikurikira: mbese inshuti yanjye ifite nyina? None imico ye ni iyihe? Ese izirikana ko ifite inshingano kuri nyina? Mbese yita ku byifuzo bye n'umunezero we? Ariko niba atubaha, ntiyite kuri nyina, azagaragaza icyubahiro no kwita ku bwiza n'urukundo by'umugore we? Igihe tuzaba turangije ibyumweru bya mbere by'ubukwe, n'amareshya mugeni, ese azakomeza ankunde?

Azihanganira amafuti yanjye, cyangwa azahitamo inzira yo kujōrana, gusebanya n'umwuka wo gushaka gutegeka? Urukundo rw'ukuri ruzajya rufunga amaso ku mafuti menshi: urukundo ntiruzajya ruyitaho.- (*Urugo rwa gikristu, p. 46-47.*)

-Umukobwa agomba guhitamo umugabo ugaragara ko ari umusore w'imico itunganye n'ubutwari, ufite kwitegeka, wiha gahunda, kandi utari intiriganya kandi utinya Imana.

Muhunge abantu batagira ikinyabupfura. Mwifate imbere y'umuntu w'umunenganenzi utagira icyo yitaho n'umuntu usuzugura ibyera. Mwirinde gukururana n'abantu bafite imvugo idakwiye, ahubwo n'abagerageza kunywa ibisindisha. Ntimwumve ibitekerezo by'umuntu udafite umutimanama umukangurira inshingano ze imbere y'Imana.

Ukuri gutunganye kweza imitima kuzabatera imbaraga zo kwigira kure y'abantu batagira urukundo no gutinya Imana, bakiyobagiza amahame y'ubutabera nyakuri. Dushobora kwihanganira ubumuga, kujijwa muri byinshi, ariko si ko bikwiye kumera ku muntu wabaswe n'ingeso mibi.- (*Urugo rwa gikristo, p.47.*)

-Ugushyingiranwa guturutse ku buhubutsi n'ibitekerezo bishingiye ku kwikunda muri rusange

ntabwo kwigira amaherezo meza, ahubwo kurangwa n'ingorane n'amaganya. Umwe mu bashakanye cyangwa bombi usanga batunguwe n'akaga, bakifuzaga kuba bakwivuguruzaga ku masezerano bakoze gitunguro. Biroroshye, nsubiremo ngo biroroshye cyane muri iyo nzira gukora ifuti nko kongera kugorora ibyo wamaze kwangiza.- (*Urugo rwa gikristo, p.47.*)

### *Inama ku basore n'inkumi*

Musore nawe nkumi mu buto bwawe jya wirinda gutwarwa nk'uko ibibembe byirindwa. Ndavuga ibijyanye n'agahararo, agakungu no guhora abantu bakururana usangana abasore n'inkumi. Abenshi bishora mu myitwarire nk'iyi babitewe no kwigana abo bakeka ko bajijutse kubarusha, babyita ko ari byo bigezweho. Iryo shyaka urisanga ahanini mu basore n'inkumi batangiye gusoreka, ntibabasha kugenzura ngo bamenye ko batitondesheje ubuto bwabo bushobora kubabyarira amazi nk'ibisusa. Iyo nsubije amaso inyuma nkareba abasore n'inkumi bari bafite uburanga cyangwa igikundiro, ariko bakaba bataragize kubytwaramo neza ubu barahindanye kandi baricuza byinshi. Ni cyo gituma ukwiriye kuzirikana ko udakwiye kuba imbata y'amajyambere, sinkubwira ngo usigare inyuma ariko kandi ntukwiriye no kuba mu b'imbere bagendana n'ibyaduka. Uzareke amajyambere agukorere ntukayakorere. Imico imwe n'imwe igenda yaduka ishaka kwerekana urukundo ukundi kurenze uko Imana yarugennye maze ugasanga abantu barica amahame y'Imana. Kandi iyo wishe ihame cyangwa itegeko ryayo, burya ntabwo riba ripfuye ahubwo ni wowe ugenda upfa buhoro buhoro.

Nshuti zanjye, ibyo amaso menshi arangamira, indimi nyinshi zikabiririmba n'amatwi menshi akishimira kubyumva si byo ijuru riyatayeho.

- Abasore biringira cyane ibyo bahubukiye. Ntabwo bakwiriye kwiroha, cyangwa ngo bagirwe imbata ako kanya nk'uko baneshejwe n'uburanga bw'inyuma. Kubonana ko muri iki gihe kw'abashaka kuzashyingiranwa, akenshi ni inama y'uburiganya n'uburyarya umwanzi w'imitima akoresha cyane abibagiza Uwiteka. Kugira ubwenge busanzwe na byo birakenewe; nyamara na bwo bufite akamaro gake muri ibi. Ibitekerezo n'urukundo rw'agahararo, bikwiriye kwirindwa nk'uwirinda ibibembe. Abasore n'inkumi benshi cyane bo muri iki gihe ntabwo baboneye; ni cyo gituma bakwiriye kwitonda cyane. (*Inama zigirwa Itorero, vol. 2, p. 14-15.*)

-Ugomba kwirinda kwishuka mu ntekerezo kimwe no gutwarwa n'urukundo nk'uko wirinda ibibembe. Muri kino gihe cyacu abasore n'inkumi barorongotanira kure y'ibitunganye by'ukuri; iyo myitwarire iradukangurira gukorana ikintu cyose ubushishozi. ...N'aho umuntu yagira intege nke mu bindi, akagerageza kugumana kamere yo kwifata agakomeza imico yo kwanga ikibi agakunda icyiza bene uwo aba afite umutimanama ushira mu gaciro.

*Abakiri bato baragirwa inama yo kwirinda gutwarwa. Urajye uzirikana ko ibishashagirana byose atari zahabu*

Hariho abantu bamwe na bamwe mu gihe runaka bagiye bagaragaza ko bafite gutungana, ariko noneho ubu ntibagitinya Imana, umutimanama wabo nta mucyo ukigira. Ni imbaramumaro; ibiganiro byabo nta mumaro bigira. Ubwenge bwabo bwuzuyemo ibyo kurambagizanya no gushyigiranwa gusa, nta kindi gitekerezo kizima gitunganye kibabamo.

Abasore batwawe n'urukundo no gushyingiranwa. Iyo ngeso kuri ubu igezweho. Kuba maso birakwiriye kugira ngo birinde abasore izo nzira mbi.

Ntabwo abana b'abakobwa bigishwa kwifata no kwiyibagirwa bo ubwabo. Barateteshwa maze bakabagarira ubwibone bwabo. Bakabemerera kugenza uko bashaka, ari byo bibatera

kwinangira no gushaka kunezeza kwikunda kwabo, mbese babyeyi ntabwo muzi icyo mwakora kugira ngo mubakize kugwa mu rwobo.

Satani arabakweshebana abafatiye muri icyo myitwarire yabo, mu kubura kwifata no gucisha make kwa kigore, maze bakaba igisebo ku batizera. N'abahungu na bo ni uko barekerwa umudendeze wo gukora ibibaje mu mutwe. Bapfa kugera mu gihe cy'ubusore, maze bagatangira kwirukanka inyuma y'amakumi yo mu kigero cyabo, bakabajyana iwabo mu rugo maze bakanezeranwa na bo. Abo babyeyi babaye imbata zo kutigomwa urukundo rwabo ruhumye ku bana babo, ku buryo badafata ibyemezo bihamye byahagarika abo bana mu bwigenge nk'ubwo n'inyota yo gushaka kuba abadacomwa imbere.-

*(Urugo rwa gikristo, p.50-5)1*

### ***Inama ku mukobwa ufite imibereho yo gutwarwa n'urukundo***

-Waguye mu ifiti ribabaje, kandi urihuriyeho na benshi muri kino gihe cyacu cyangiritse, cyane cyane igitsina gore. Watwawe cyane n'abo mudahuje igitsina. Ukunda kugendana n'abasore, kandi ufite imyitwarire ibashotora, bityo uha icyuho umushyikirano udahamanyana n'inyigisho z'intumwa itugira inama yo "kwirinda ikintu cyose gisa n'ikibi". ...

Hindukiza ibitekerezo byawe bive ku migambi yo gushaka kubaho uko ibitekerezo bikwereka.

Uravanga iyobokamana yawe no kubogamira ku mibereho yo gutwarwa n'urukundo, ntabwo bituma ibitekerezo byawe bikura ahubwo birasigingira. Ntabwo ari wowe wenyine byafashe: hari n'abandi bashajijwe n'urugero rwawe n'ingeso zawe. ...Kwishyira mu nzizi no kwitekerezaho ibyiza gusa bigukuramo imbaraga, ukaba imbaramumaro. Wibereye mu isi y'inzizi n'ibyifuzo; none witanze mu byifuzo uba umukirisito mu ntekerezo gusa.- *(Urugo rwa gikristo, p.51.) Ingeso idakwiriye: Gukinisha imitima*

- Gukinisha imitima ni icyaha kitagira uko kingana mu maso y'Imana Yera. Nyamara bamwe bakunda inkumi bakanazikundisha, hanyuma bakagenda bakibagirwa amagambo bavuze yose n'amaherezo yayo. Babona undi bakamubengukwa, bakavuga amagambo ahwanye n'aya mbere, bakamugira nk'uwa mbere.

Iyo ngeso yigaragaza mu mibereho yabo iyo bamaze gushyingirwa. Gushyingirwa konyine ntigutera ubwenge bujahagurika gushikama; ngo bukomere kandi bube ubw'ukuri mu ngeso. Barambirwa gukomeza gukiranuka, maze intekerezo zanduye zikigaragariza mu mirimo yanduye.

... Umusore wishimira kubana no kuzura n'inkumi ababyeyi bayo batabizi, ntabwo aba ayikoreye ibikwiriye bya gikristo cyangwa abikoreye ababyeyi bayo. Igihe bavugana udukuru kandi bagahurira mu rwihisho, uwo musore abasha kumushuka, maze yakora atyo akaba atakibashije kugaragaza ingeso nziza no gukiranuka k'umutima umwana w'Imana akwiriye kugira. *(Inama zigirwa Itorero, vol.2, p.16.)*

*Abasore n'inkumi hari ubwo bakabya kugeza ubwo biyuhiza umunezero wagenewe abashyingiranwe, bibwira ko ari ibigezweho. Baba bica amahame Imana yashyizeho. Kandi icyo umuntu yishe itegeko cyangwa ihame ryayo, burya ntabwo ripfa ahubwo ni we ugenda apfa buhoro buhoro.*

### *Inama ku munyeshuri*

-Dore uri mu gihe cyo gukurikirana amasomo yawe. Erekeza ibitekerezo byawe ku by'umwuka. Igizayo imibereho yawe yo gutwarwa n'urukundo. Hitamo kwiubakamo inyigisho zifite umumaro kandi zifatika, kugira ngo ugere ku rugero rwo kwitegeka. Ubu uri mu gihe cyo gutunganya imico yawe, ntabwo ugomba gufata nk'ikintu cyoroshye icyakubuza kugera ku cyo ugamije kigufitiye inyungu nziza, no kuzaba ingirakamaro ku murimo Imana yagushinze.-(*Urugo rwa gikristo, p.52.*)

### **2.5 NTUKISHYINGIRE**

- (Abasore n'inkumi) Kugira ngo basohoze imigambi yabo, bahemuka ku mugaragaro bagateshuka inzira ya Bibiliya, maze bakigaragaza ko atari abanyakuri ku babakunda kandi bagerageza kubabera abarinzi bakiranuka. Uko kwishyiringira ko mu rwihisho ntabwo kuba guhuje n'Ijambo ry'Imana. Uyobora umukobwa amuvana ku nshingano ze, akamuvana ku bitekerezo by'inama y'Imana no ku gitekerezo cyo kumvira no kubaha ababyeyi be, ntaba ari umunyakuri mu masezerano yo gushyirirwa. "Ntukibe" ni itegeko ryanditswe n'urutoki rw'Imana ku bisate by'amabuye, nyamara se ni kangaha urukundo rwihishe mu buryarya rukoreshwa maze bakabyihorera! Bahendahendesha uburyarya, bakaganirira mu rwihisho, kugeza ubwo urukundo rw'utazi iyo biva n'iyi bijya ntanamenye n'amaherezo y'ibyo rutakiri ku babyeyi be, akitanga k'ugendana ingeso mbi kandi atamukunze. Bibiliya iciraho iteka uburyarya bw'uburyo bwose. (*Inama zigirwa Itorero, Vol.2, pp. 16-17.*)

### *Amaherezo yo guhitamo nabi*

-Umugore wa Loti, wari ufite imico yo kwikunda no kutubaha Imana, yakoze byinshi kugira ngo atandukanye umugabo we na Aburahamu. Iyo hataba uriya mugore Loti ntiyari guhama i Sodomu, aho atari akibona inama n'ubwenge bya nyirarume (Aburahamu). Iyo ataza kugira inyigisho yahawe na Aburahamu mu bwana bwe, kubana n'uwo mugore n'abaturage bahindanye b'uwo mujyi nta kabuza byajyaga gutuma acura umwijima bikamutera kugwa mu buhakanyi. Urushako rwa Loti no guhitamo Sodomu nk'ubuturo, byabaye amapfundo y'ikubitiro y'umurunga w'uruhererekane rw'akaga no kurimbuka byumije isi agasabo mu bihe byinshi. Nta muntu n'umwe utinya Imana wakwihandagaza ngo yifatanye na mugenzi we utayitinya.-(*Conseils sur la conduite sexuelle, l'adultère et le divorce, p.7.*)

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### **3. IBANGA RY'UMUNEZERO**

-Kandi Uwiteka Imana iravuga iti: "Si byiza ko uyu muntu aba wenyine; reka muremere umufasha umukwiriye. ...Uwiteka Imana isinziriza uwo muntu ubuticura, arasinzira: imukuramo urubavu rumwe, ihasubiza inyama: urwo rubavu Uwiteka Imana yakuye muri uwo muntu, iruhindura umugore imushyira uwo muntu. Aravuga ati: Uyu ni igufwa ryo mu magufwa yanjye, n'Akara ko mu mara yanjye: Azitwa Umugore, kuko yakuwe mu Mugabo".- (*Itangiriro 2:21,22,23.*)

*Abashyingiranwe baba binjiye mu ishuri ritarangira, aho buri wese ahora ashakisha icyanzeza mugenzi we.*

-Uwahaye Adamu Eva ngo amubere umugore ni we wakoze igitangaza cya mbere mu birori by'ubukwe (i Kana). Mu nzu y'ibirori aho inshuti n'ab'umuryango bishimiraga hamwe ni ho Kristo yatangiriye umurimo we muri rubanda. Ni uko yemera ubukwe atyo abikora azi ko ari umuhango yahanze ubwe. Yategetse yuko abagabo n'abagore bakwiriye gufatanywa mu buryo bwera bakazabana mu minsi yose yo kubaho kwabo, bakarera abo mu rugo rwabo, ari bo bakwiriye kwambikwa ikamba ry'icyubahiro bakamenywaho ko ari abo mu muryango wo mu ijuru. (*Inama zigirwa Itorero, vol.2, p. 27.*)

- Ubwenge ni bwo bwubaka urugo; kandi rukomezwa no kujijuka. Kumenya ni ko kuzuza amazu yo muri rwo mo ibintu byose by'igiciro cyinshi n'iby'igikundiyo.- (*Imigani 24:3-4.*)

- Abantu bamamaza ubutumwa buheruka bagomba kwiyumvamo ko ari inshingano yabo guhugura ababyeyi mu birebana n'ubukristo bwo mu rugo... Ubwo ni bwo buryo bwiza buzamurura no gukuraho umwuka wa gifarisayo, ni byo bizacagagura imbaraga zirwanya ukuri. Idini mu rugo ni byo byiringiro byacu bikomeye.- (*Ibhamya by'itorero, vol.2, p.474-475.*)

Gusobanukirwa n'umubano w'abashakanye bishaka kumenya no gusobanukirwa n'ubwiru bw'urukundo rw'Imana kuko rusabye isanzure ry'ijuru. Ubwenge bw'umuntu ni bugufi ku rukundo rwayo, ni inyanja nk'uko tutasobanukirwa Imana. Umuririmbyi yaravuze ati: "Urukundo rw'Imana yacu ntawarondora uko rungana, rusumba ukwezi, rusumba izuba, ndetse n'ikuzimu rugerayo. N'aho ibyatsi byose byahinduka uducumu tw'abanditsi n'inyanja zikaba wino, ijuru rikaba impapuro, maze ab'isi bose bakandikaho iby'urwo rukundo ntibarumara ahubwo hakama inyanja arizo".

Abubatse bakaba baragize amahirwe yo kurusogongera, bakarukomeza na nyuma yo gushyingiranwa bagize amahirwe. Bene abo babonera umunezero aho abandi bawuburiye. Bahisemo neza kuko biyemeje kuba intumwa z'urukundo n'umunezero mu miryango yabo. Ntibazasonzera urukundo n'ubugira neza bya bagenzi babo ngo babibure. Bifitemo byose bibatera kunyurwa, mu byinshi cyangwa mu bike nta kibabuza gushyikirana.

-Iyobokamana ishyizwe mu bikorwa mu muryango izana imbaraga itangaje. Imyitwarire y'umugabo ku mugore n'iy'umugore ku mugabo we, ishobora kuba myiza bikagera ubwo umuryango uba umwiteguro wo kuzinjira mu muryango wo mu ijuru. - (*Urugo rwa gikristo, p. 89.*)

-Imana ni yo yizihije ubukwe bwo gushyingiranwa bwa mbere. Uwo muhango washyizweho n'Umuremyi w'ibiriho. "Gushyingiranwa kubahwe na bose". (*Abaheburayo 13:4.*)

Ni imwe mu mpano za mbere Imana yahaye umuntu kandi ni rimwe mu mabwiriza yambukanye (*ubukwe n'isabato*) ubwo yavaga muri Edeni amaze gucumura.

Iyo amahame y'Imana yubahirijwe, ugushyingiranwa kuba impano y'agahozo.

Biba umurinzi wo gutungana n'umunezero ku muntu. Byunganira amakene mu mibereho ye n'abandi, bikazamura igihagararo, ubwenge n'iby'umwuka muri we. - (*Conseils sur la conduite sexuelle, l'adultère et le divorce E.G. White, p.3.*)

-Imana ishaka ko mu muryango haba ahantu harusha ahandi kunezeza kuri iyi si, kikaba ikimenyetso nyakuri cy'uko iwacu heza mu ijuru hameze. Mu gutunganya inshingano z'abashyingiranywe mu muryango, bagahuza inyungu zabo n'iza Yesu Kristo, bakishingikiriza ku mbaraga n'amasezerano bye, umugabo n'umugore muri uko gufatanywa bagira umunezero wishimirwa n'abamarayika b'Imana. - (*Urugo rwa giktisto, p. 98.*)

### 3.1. URUGO RWIZA NI IJURU RITO

- Mu rugo rwawe hakenewe ubukristo, niba tuvuga amagambo adakwiriye, ubuhamya dutanga mu nsengeru nta gaciro na gato buzagira. Ubukristo n'idini byawe bizahinduka imburamumaro, niba mutagaragaje ubugwaneza, ubugiraneza hamwe n'urugwiro mu ngo zanyu. Iyaba mu ngo zacu hagaragara ubukristo bwuzuye no mu Itorero haba harimo imbaraga ikomeye. - (*Ubutumwa ku basore, p.325.*)

-Uwakugereraniriza neza ijuri ni nk'urugo ruyoborwa n'Umwuka w'Imana. Gushaka kwayo nigusohozwa, umugabo n'umugore bazubahana kandi babibe imbuto y'urukundo no kwizerana. - (*Urugo rwa gikristo, p 15.*)

-Ntimukibagirwe ko mutuma urugo rwanyu ruba umucyo n'umunezero kuri mwebwe ubwanyu no ku bana banyu igihe mwiziritse ku kuri k'Uwaducunguye.

Nimwinjiza Kristo mu rugo muba mwiga gutandukanya ikibi n'icyiza. Muzashobozwa kunganira abana banyu babe ibiti byo gukiranuka, byera imbuto z'Umwuka.

Ingorane zishobora kubazaho, kuko ari umuganane mu mibereho y'abantu; ariko ntimukwiye gucika intege. Ahubwo kwibuka ubugiraneza mwagiriwe n'ubuntu, bijye bikesha imitima yanyu no mu minsi irushije iyindi gucura umwijima. - (*Urugo rwa gikristo, p.15.*)

-Amasano y'umuryango ni yo arusha ayandi kwegerana, kugira urukundo no kwera. Yashyizweho kugira ngo abere ab'isi umugisha. Noneho ugushyingiranwa ni impano nziza igihe bikoranywe ubwenge, mu gutinya Imana no kuzirikana inshingano zigendana na byo.

Buri rugo rugomba kuba ahantu huje urukundo, aho abamarayika bafata icumbi kugira ngo bahakorere umurimo wabo wo koroshya imitima y'ababyeyi n'iy'abana.

Ingo zacu zigomba guhinduka Beteri, imitima ikaba igicaniro. Ahantu hose urukundo rw'Imana ruzabibwa mu mitima, hazaboneka amahoro, umucyo n'ibyishimo. Mufungurire ijambo



ry’Imana imbere y’imiryango yanyu mufite urukundo, mubaza muti: “Imana yavuze iki?,- (*Urugo rwa gikristo, p.15.*)

### 3.2 WOVE NI IYIHE MPAMVU YAGUTEYE GUSHAKA

Impamvu zitera abasore n’inkumi kurwubaka ni nyinshi. Ariko iyo witegereje usanga impamvu nyinshi zitera gushaka zidashingiye ku rukundo nyakuri. Hakurikijwe iperereza ryakozwe mu mashuri makuru ku bijyanye n’ibyifuzo byo gushaka, habajijwe ikibazo gikurikira:

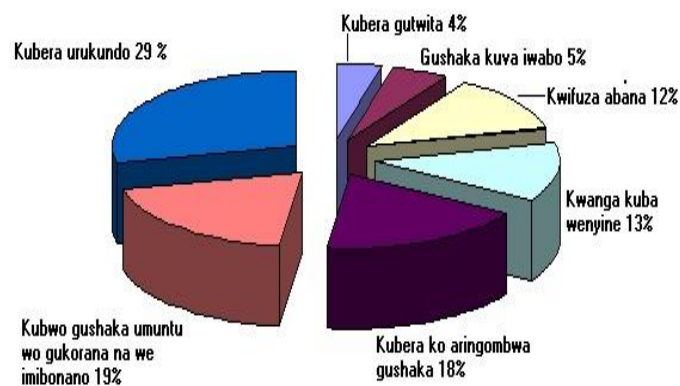
*Ese muratekereza ko muzagira ubuzima bwiza mumaze kurwubaka?* 15% gusa b’abakobwa bo muri Amerika ya ruguru, 26% bo mu bwongereza na 29% bo muri Noruveje ni bo basubije Yego.

Iyo umuntu aba mu bantu benshi, nk’uko bimeze ku bakobwa biga mu mashuri makuru batwarwa n’ibyifuzo byo gushaka. Kubera ko aho baba haba huzuyemo bene icyo cyifuzo, kabone n’aho yaba atabyiyumvamo amaherezo bimujyamo, n’aho imibereho y’ubuzima arimo itabimwemerera.

Ubuzima bwo mu muryango na bwo bugira ingaruka ku basore n’abakobwa mu kwifuzaga gushyingirwa.

Birumvikana ko uruhare runini ruterwa n’umuco hamwe n’uburezi. Ariko ntawakwirengagiza ko n’ubwo bimeze bityo biba bikangura amakene ya muntu aba yisanganiwe afite imizi mu miterere y’umubiri: gukururwa n’umuntu badahuje igitsina.

*Ikigereranyo gikurikira cyerekana impamvu zinyuranye zituma abantu bashaka abagore cyangwa abagabo..*



### 3.3 JYA WEREKANA URUKUNDO RWawe MU MAGAMBO NO MU BIKORWA

-Bagore, mukunde abagabo banyu, nk’uko mugandukira umwami wacu- (*Abefeso5:22.*)

-...Bagabo, mukunde abagore banyu, nk'uko Kristo yakunze Itorero akaryitangira, .....Uko ni ko abagabo bakwiriye gukunda abagore babo. Ukunda umugore we aba yikunda: kuko ari nta muntu wakwanga umubiri we, ahubwo yawugaburira akawukuyakuya nk'uko Kristo abigirira Itorero: kuko turi ingingo z'umubiri we. Ni cyo gituma umuntu azasiga se na nyina, akabana n'umugore we akaramata, bombi bakaba umubiri umwe.- (*Abefeso 5:25;28-31.*)

- Nuko namwe buri muntu wese akunde umugore we nk'uko yikunda, kugira ngo umugore na we abone uko yubaha umugabo we.- (*Abefeso 5:33.*)

-Mu rugo rurimo urukundo, aho rwigaragaza mu magambo, mu ndoro, no mu bikorwa ni ahantu abamarayika bakunda kuba; batunganya icyo kirere bakoresheje umucyo urabagirana. Aho udukorwa dutoya two mu rugo dutera umunezero ntagereranywa. Mu buryo nk'ubwo, nta nshingano yo muri ubu buzima izagaragarira umugore wawe nk'umutwari umuremereye.

Azayikorana ibyishimo kandi ku bamuzengurutse azaba nk'imirasire y'izuba; ku mutima we hazaturuka indirimbo zo guhimbaza Imana. Kuri ubu ntabwo abona urukundo rwawe. Wamuhaye akito ko kugufata atyo. Ukora inshingano nk'umutwari w'urugo, ariko ntabwo bihagije. Harabura umurimo ukomeye w'urukundo rugaragarira ku kwitabwaho n'umukunzi. Urukundo rugomba kugaragara ku ishusho yo mu maso hacu, mu bikorwa byacu, ndetse no mu ijwi iyo tuvuga.- (*Urugo rwa gikristo, p. 103-104*)

-Mu tuntu duto ni ho ingeso z'umuntu zigaragarira. Ikintu gituma twemerwa n'ijuru tukiri muri ubu bugingo ni ibikorwa bito bito bidasobanukiye abantu, birimo kwigomwa kwa buri muni, bikoranywe umwete, ishyamba n'ubugiraneza. Ntitugomba kuberaho kwinezeza ahubwo tujye tunezeza abandi. Kwita cyane ku tuntu duto duto ukatugiriramo amakenga kandi utwo dukorwa ukadukorana urugwiro, ku bantu benshi ibyo byagiye biba inkomoko y'umunezero wabo. Gukora neza ufite ubushake, umwete n'ishyamba ni byo bituma imibereho yawe ihinduka umugisha, umunezero n'ibyishimo.

Gusuzugura kandi ntuhe agaciro uturimo duto twiza, uba wihamagariye uburemere butagira ingano.- (*Abakurambere n'Abahanuzi, p.137.*)

-Nimureke umugabo yige icyazanira umugore we umunezero, n'umugore yige icyazanira umugabo we umunezero. Nta numwe ukwiriye kwirengagiza utuntu duto tugaragaza kugira neza n'udukorwa duto dushimisha kandi dutuma habaho kunezerwa.- (*Umurimo w'ubuvuzi, p.393.*)

*Urukundo rukeneye kurindwa no kugaburirwa, mu ndoro, mu magambo no mu dukorwa tumwe abantu bita ko ari duto, ariko dushimisha mugenzi wawe.*

*Bake cyane mu bubatse ni bo bashobora kwegerana umwe akoze ku wundi. Cyangwa bagatembera bari kumwe. Ariko bene ibyo bikorwa byerekana guhuza urugwiro bikanahishura ubucuti bwimbitse, urukundo no kwitabwaho.*

### **Ibihembo by'urukundo no kubabarirana**

-Nta mbaraga yo ku isi yabasha kubagumisha hamwe, wowe n'umugabo wawe, mu bumwe bwa gikristu niba mutabiba urukundo no kubabarirana umwe ku wundi. Ubuzima bwanyu nk'abashakanye bugomba kurangwa no guhuza urugwiro, urukundo, gutungana no gukora ibyiza, bizabongeramo imbaraga y'Umwuka, izatuma umwe abera undi icyo ijamba ry'Imana ribasaba. Nimwuzuzura inshingano ibashyira imbere, muzatuma ijuru rimanuka hafi yanyu maze muyihe ikaze mu mibereho yanyu.

Mwene Data nawe Mushiki wanjye, mwibuke ko Imana ari urukundo kandi ko, ku bw'imbabazi zayo, mushobora kugera ubwo umwe atuma undi agira umunezero, nk'uko mwabyiyemeje igihe mwashyininirangaga

Abagabo n'abagore bashobora kugera ku rugero Imana ibifuriza, baramutse bemeye kunganirwa na Kristo. Kandi ibyo ntibyashobokera ubwenge bw'umuntu, ubuntu bwe buzagera ku bamwiyegurira nta kwizigama. Imbabazi ze zizafatanyisha imitima yabo imigozi yo mu ijuru; urukundo ntabwo ruzaba rushingiye gusa ku kubwirana amagambo meza ariyohere. – (*Urugo rwa gikristo*, p. 106.)

### 3.4 URASHAKA KUVUGURURA UMUBANO WANYU?

-Mwene Data na murumuna wanjye : mwafatanishijwe isezerano ryo kuzabana mu minsi yose yo kubaho kwanyu. Mwatangiye kwiga iby'imibereho y'abashyiringanywe.

...Gusobanukirwa neza n'umubano w'abashyiringanywe ukwiye, ni umurimo ugomba gukorwa mu myaka yo kubaho y'umuntu yose. Abashyiringanywe baba binjiye mu ishuri batazarangiza muri ubu bugingo. Mwene Data, igihe cy'umugore wawe n'imbaraga ze n'umunezero we bibaye isanga n'ingoyi ku byawe, uko umumereye bishobora kuba impumuro y'ubugingo izana ubugingo cyangwa iy'urupfu izana urupfu. Witonde cyane utangiza ubugingo bwe.

Murumuna wanjye, ukwiye kwiga ubu ngubu ibyigisho bya mbere by'ingirakamaro byerekeye inshingano n'imibereho y'uwashyiringiye. Uramenye ujye wiga ibyo byigisho uko bukeye n'uko bwije ubikiranutsemo. Ntukagire ubwo winuba cyangwa ngo ugire ikizizi. Ntukifuze kumererwa neza mu bugingo no kudamarara. Jya uhora wirinze kugira ngo udakundira umutima wawe wo kwikanyiza kukubamo.- (*Inama zigirwa Itorere*, vol.2, p.29.)

*Umugabo n'umugore bagomba gukundana, bagahora bavugurura urukundo rwabo umwe ku wundi, bityo bizatuma bagirana ubucuti na rukuruzi bidashira hagati yabo, kandi bizabatera kurinda umuryango mu rukundo rw'abashakanye.*

-Dukwiye gusobanukirwa ko mu mibereho y'abashakanye kubana no kumvikana ari ibintu bibiri bitandukanye. Ingo nyinshi ziri mu kaga ko kutagira umubano ukwiriye. Abagabo n'abagore babana bya mbuze uko ngira. Muri iki gihe cy'amajyambere imibereho igenda irushaho gukomera,

ab'urugo ntibakigirana umushyikirano uhagije. Kubaho batagira igihe cyo kuganira, ngo basangire ibibababaza n'ibibanezeza bitera akaga ko kubura umushyikirano no komatana hagati yabo. Kubura umwanya, kwirengagiza umushyikirano cyangwa se kutamenya gushyikirana hagati y'abubatse biteza ingorane ab'umuryango.

*Dore impamvu ya mbere* ituma abubatse badahuza umushyikirano:

Abashakanye benshi bashyikirana mu buryo budashyitse bw'amajyejuru kubera ko batazi amahame y'ingenzi agenga ubuhanga bwo gushyikirana.

*Impamvu ya kabiri* ituma abashakanye badahuza umushyikirano:

Babiterwa no gutinyana hagati yabo, bityo ntibabwirane twose, uko biyumva mu ntekerezo zabo no kwerekana ibyishimo bihishwe mu mitima. Gutinya ko mugenzi wawe ashobora kutakira neza ibyo utekereza, bitangira imbaraga n'ubwuzu bwo kuvuga wisanzuye icyo ushaka, bigatuma mudasangira ibitekerezo n'umunezero ufite ku mutima.

*Impamvu ya gatatu* ituma abashakanye badashyikirana neza ngo bahuze urugwiro:

Ni ukwisuzugura mu bitekerezo, iyo umwe mu bashakanye yibwira ko ibitekerezo bye bifite agaciro gake imbere ya mugenzi we, atangira kwibwira ati " Ese byatanga iki ndamutse nshaka ko ibitekerezo byanjye mbisangira n'uwo twashakanye. Ese yakwita ku byo namugezaho?"  
.- (*Vivez communiquez*, p. 15)

*Impavu ya kane* ituma hatabaho gushyikirana no guhuza urugwiro iterwa no gucika intege: Bitewe n'uko ibihe byinshi umugabo cyangwa umugore, yaba yaragerageje kuzana umushyikirano mwiza mu rugo ariko imihati ye ikaba yaragiye iba imfabusa.

Mu gihe yashakaga ko bagirana ikiganiro cyimbitse cy'ubucuti, mugenzi we agahita ahindura ikiganiro, cyangwa se akamutera umugongo, muri icyo gihe umushyikirano uragorana.

Kugira ngo turusheho kumva iyi ngingo neza ni byiza kwifashisha urugero.

Mbese nta gihe umwana muto yaje agusanga ashimishijwe no kukubwira inkuru z'ibyo yabonye, yifuza ko musangira ibyishimo, weho ugasa n'aho umwikiza uti : " *Nuko sha, ngaho genda, nanjye ndimo gusoma ikinyamakuru*". Imigenzereze nk'iyi itera umwana kumva ko nyina cyangwa se ibyo yifuza ko bamufasha kwishimira babifata nk'aho nta gaciro bifite.

Bityo, umwana agera ubwo ahitamo kwigumanira ibitekerezo n'amarangamutima bye mu cyimbo

cyo kubigaragariza umuntu utamwitayeho. Maze nk'uko akanyamasyo gatinya gusohora umutwe wako kugira ngo hatagira ibikoko biwangiza, ahubwo kakawusohora gato cyane kugira ngo gafate umwuka wo guhumeka. Amaherezo ni ko n'umuntu udategerwa amatwi mu gihe cyo gushyikirana, ahorana intimba kandi ntagaragaze ibyishimo n'umubabaro kuko adahabwa uburyo bwo kubigaragaza.

Uburyo dukoresha dushyikirana bumwe twumva ari bwiza kandi bukaba butunyuze, akenshi buba bufitanye isano n'imiryango twarerewemo. Mu myaka y'ubuto twitegerezaga uburyo abadukuriye bashyikiranamo, inyifato bagiraga imbere y'ikibazo runaka no guhindagurika maze tukabigana.

Nyamara uburyo ukoresha igihe uri mu kiganiro hari ubwo buba budahwitse imbere ya mugenzi wawe. Birashoboka ko mwebwe iwanyu mu muryango ibibazo byo kutavuga rumwe byakemurwaga hakoreshejwe guceceka, naho iwabo bigakemurwa mu buryo bwo kuvuga cyane. Ntabwo uburyo bwo gushyikirana tubukomora gusa mu miryango yacu, dushobora no kubikomora ahandi umuntu yamaze igihe kinini cyangwa no ku bo abana na bo.- (*Vivez communiquez*, p. 15.)

### 3.5 UBURYO BWIZA BWO GUSHYIKIRANA

Abubatse bagomba kumenya ko umunezero cyangwa umubabaro bifitanye isano n'uburyo bakoresha bashyikirana. Uburyo muvuga, n'amagambo mukoresha, inyifato muyavugana, ijwi mukoresha n'uburyo wita kuri mugenzi wawe iyo akuvugisha.

- Umutima w'umunyabwenge wigisha ururimi rwe ; Kandi umwungura ubwenge mu byo avuga. Amagambo anezeza ni nk'ubuki. Aryohera ubugingo bw'umuntu, agakomeza ingingo ze.- (*Imigani 16 :23-24 .*)

-Ubwumvikane mu gushaka gukemura ibitagenda neza, kunyurwa mu makene y'umutima, kumvikana, kunyurwa n'urukundo no guhuza urugwiro mu mibonano y'urukundo, kugira imigambi imwe, amajyambere y'ubucuti n'ubumwe ntibishobora kugerwaho keretse bisasiwe n'uburyo bwiza bwo gushyikirana. Uburyo budahwitse bwo gushyikirana butuma abashakanye baha ubusobanuro budakwiye ibikorwa bya bagenzi babo. Nta kunyurwa n'ubucuti buba hagati yabo, ibibazo ntibikemurwa maze ubumwe bukabura.

Uko igihe kigenda gihita kigabanura amahirwe yo gukemura ibibazo byabo, bitewe n'akamenyerero n'ibitekerezo byaheze mu mutima. Byatumye abantu benshi bahera mu rushundura rw'imigenzo yabo bimenyereje yo gushyikirana kudahwitse, bakumva babuze ubushobozi bwo kuvugurura imibereho yabo. Bamwe bashyikirana bakoresheje uburyo budakwiye bw'amajyejuru ndetse budafite n'agaciro, mu bwenge bwabo ntibabone ko ibyo bishobora gutambamira umushyikirano n'urugwiro bagirana n'abandi.

N'ubwo bimeze bityo ubushakashatsi bwerekanye ko 50% by'abagore, na 35% by'abagabo bakozweho iperereza bemezaga ko badahwema gushakisha uburyo bavugurura umushyikirano n'abo bashakanye. Ubwo bushake bwo kubigeraho burahari, igisigaye ni uko batazi icyo bakora ngo batsinde kamere yabo ya mbere idatunganye bayisimbuze igikwiye.- (*Vivez communiquez*, p.14,15,20.)

*Nk'uko umubiri ukenera ibyo kurya ngo ugubwe neza kandi ubone imbaraga, ni ko n'umushyikirano mwiza utera imibereho myiza y'ibitekerezo.*

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#### 4 .KUBANA AKARAMATA

*Nakora iyihe mpinduramatwara kugira ngo ngere ku cyo nifuza; umushyikirano urushijeho kuba mwiza ?*

- Mu mibereho y'abashakanye rimwe na rimwe abagabo n'abagore bagenza nk'abana barezwe nabi. Umugabo ashaka ubwe buryo n'umugore agashaka ubwe, ntihagire n'umwe wumva undi, bene ibyo bizana umubabaro ukomeye cyane. Bombi, umugabo n'umugore bagomba kwemera kumvikana mu buryo bakora cyangwa batekereza. Ntibishoboka ko banezerwa mu gihe bombi bagikomeje kwikorera uko bishakiye. (*Inama zigirwa Itorero, vol.2, p.38.*)

-Nimugire gahunda ihanye yo kuvugurura uburyo musanzwe mushyikiranamo. Mubirwanirire, wakumva ubishaka cyangwa utabishaka. Kabone n'aho uwo mwashakanye atabishishikarira, wowe jya ukurikiza ayo mahame. Ntugakundire umutima wo kwivovota kukubamo, kwigunga no kwigizayo uwo mwashakanye mu gihe utabonye umusaruro vuba. Umenye neza ko hatabayeho kwitanga ku ruhande rwawe nta musaruro ushimishije wazaboneka.

Mu by'ukuri niba ushishikajwe no kuvugurura umushyikirano wanyu, uziumvamo imbaraga zigutera kwiga uburyo bwo kubigeraho. Uwo murimo ugomba kuwugira nyambere, kuko uzatuma ugera ku mubano unejeje mu mibereho y'abantu n'abandi ndetse no mu buzima bw'uwo mwashakanye.- (*Vivez communiquez, p.21.*)

- Ku bantu benshi, amagambo meza, indoro igaragaza impuhwe, ugushima, bishobora kubabera (dore ko akenshi baba barwana n'ibibarushya kandi bari mu bwigunge), nk'igikombe cyuzuye amazi akonje ku mutima ufite inyota. Ijambo rigaragaza impuhwe, igikorwa cy'ubugiraneza bishobora gukura ku muntu imitwari imuremereye.- (*Inyigisho zo ku musozi w'umugisha, p. 23.*)

#### 4.1 KOMATANA KW'ABASHAKANYE

- Imana yategetse ko abashyiriranywe bakwiriye kugira urukundo rushyitse no kumvikana. Umukwe n'umugeni nibazeranire imbere y'abo mu ijuru yuko bazakundana nk'uko Imana yabibategetse. Umugore akwiriye kumvira no kubaha umugabo we kandi umugabo akwiriye gukunda no gutunga umugore we. Abagabo n'abagore bagitangira kubana bakwiriye kongera kwitanga ku Mana.

N'ubwo umugabo n'umugore baba barashyiriranywe babyitondeye kandi babitekereje, bake ni bo bafatanywa burundu mu gihe umuhango wo gushyirirwa ukorwa. Gufatanywa burundu kwa babiri ni umurimo ukorwa mu myaka ikurikiyeho.

Iyo abashyingiranywe bahuye n'ibibereho iruhije no guhagairika umutima, umunezero uturuka ku gushyingirwa urashira. Umugabo n'umugore bigana ingeso kuko bitashobokaga kuzimenya mu mubano wabo wa mbere. icyo ni cyo gihe kiruta ibindi cyo kugeragezwa mu mibereho yabo. Umunezero n'akamaro k'ibibereho yabo yose yo mu gihe kizaza bikomoka ku byo biyemeje ubwo. Akenshi baragenzurana umwe akabona intege nke n'amafuti atibwiraga kuri mugenzi we bakibonana. Ariko imitima yafatanijwe n'urukundo igenzura ibyiza aho kugenzura amafuti. Bose bakwiriye kugenzura ibyiza aho kugenzura ibibi. Akenshi uko tumeze n'ibituzengurutse byose ni byo byerekana uko twibwira ko undi muntu ameze.

Hariho bamwe bagira ngo kwerekana urukundo ni intege nke, maze bakagumana umutima wo kwitandukanya n'abandi. Bene uwo mutima uzitira amajyambere y'impuhwe. Iyo umubano n'umutima w'ubupfura bizitiwe, biruma, maze umutima ukuzura agahinda kandi ugakonja. Urukundo ntirubasha kumara igihe kirekire rudafite ikirugaragaza. Mwe gukundira umutima w'uwo mufatanije ko wicwa n'inzara yo gushaka ineza n'impuhwe.

Umuntu wese akwiriye gukunda atabihatiwe. Nimwimenyereze ingeso nziza cyane, kandi mwihutire kumenya ingeso nziza z'undi. Kugira umutima unezerewe ni ikintu gitangaje giteye ubwuzu kandi kinejeje. Impuhwe no kubaha bituma umuntu ahirimbanira gushaka ibyiza. Urukundo na rwo rukomezwa no guhirimbanira gushaka ibyiza. (*Inama zigirwa Itorero, Vol. 2., pp 34-35.*)

-Komatana no guhuza urugwiro ntabwo bipfa kwizana. Akenshi bikunda kwitiranwa no guhuza imibiri kw'abashyingiranwe, cyangwa ibi bigaragara inyuma, bene ibyo biboneka vuba cyane. Ariko guhuza urugwiro, kumva muhuriye hamwe amarangamutima, urukundo n'ibitekerezo burya bituruka ku mpamvu nyinshi zituma guhuza urugwiro bibaho, rugakura kandi rukaramba. Dore ingingo enye zikwiriye kwitabwaho :

### **Kwizerana**

Kwizerana biboneka buhoro buhoro. Ni igiti gisaba kwitonderwa. Gikeneye kuvomerwa, iyo gikuze kizana imibereho myiza. Gushyira mu gaciro no kubahana ni zo nkingi zo kwizerana.

### **Kugaragaza uko uri**

Bitinde cyangwa byihute igihishwe amaherezo kizatahurwa, kandi kikaba cyazana inabi. Ikintu gishobora kuba atari cyiza, ariko kwitwararika burya kuruta kubeshya, na none ntakwibagirwa ko kugaragaza uko uri bitandukanye no guhubuka. Ushobora kandi ugomba kugaragaza amarangamutima (akari ku mutima) yawe udakikiye, ariko ukabikorana ikinyabupfura n'urukundo.

### **Umudendezo**

Urukundo rutera umudendezo. Ukwizerana hagati yanyu bibyara ukwishyira ukizana. Nta wukwiriye kuba nk'umwami imbere ya mugenzi. Buri wese aba akwiriye kugendera ku mutimanama we atagendera ku ruhato.

## Igihe

Komatana « kwa huti huti » ntikubaho. Kwemerana no kugirirana icyizere bisaba igihe, rimwe na rimwe kirekire, hamwe no kugaragaza uko uri. Ni byiza kumenya ko igihe ari inkunga ikomeye mu gutsimbataza urukundo, hamwe no kuruhesha agaciro hagati y'abashakanye babikunze.

Ukomatana nyakuri kw'imitima ni inararibonye idakunda kuboneka henshi. Nyamara, iyo kugezweho, ni icyizere cy'umunezero ushyitse.- (*Vivez communiquez*, p.115.)

-Mu gufatanywa ko mu mibereho yanyu ni ho urukundo rwanyu rukwiye gutuma munezerwa. Umuntu wese akwiriye kunezeza undi. Uwo ni wo mugambi Imana ibafitiye.

Ariko kuko mukwiriye kuba umwe, nta wukwiriye kuburira ubumwe ku wundi.- (*Inama zigirwa Itorero vol.2.p.29.*)

-Komatana ni rukuruzi idasanzwe hagati y'abantu babiri bakundana ndetse ikarenga uburanga bugaragarira amaso. Bijyana no kwitabwaho, imyifatire, impagarike, ubwenge n'umutima. Ugushyingiranwa no komatana umwe ku wundi ni ibintu bibiri bitandukanye. Imiryango myinshi y'abashyingiranwe usanga imigozi ibafatanije idakomeye. Ku buryo ingorane nto cyane yabacamo ikabatandukanya. Ariko umuryango w'abantu bomatanye by'ukuri ushobora gusimbuka ukarenga ingorane zose ziboneka.

Muri iki gitabo twifashishije Ubushakashatsi bwakozwe na **Klaus** na **Kennel** kugira ngo abantu barusheho gusobanukirwa no komatana icyari cyo.

Yagaragaje ko mu gihe cy'iminota cumi n'itanu yo kwegerana kw'imibiri hagati y'umwana na nyina cyangwa umwana na se, ibyo bigakorwa nyuma y'amasaha atatu umwana avutse, bituma umwana n'umubyeyi bagirana komatana guhambaye. Isano yabo igira umwihariko udasanzwe. Gufata umwana mu maboko, kumukuyakuya, kumufata akaganza, kumuhobera ni ibintu by'ingenzi mu buzima bwe bwose.

Mu mwaka 1915 dogiteri **Henry Chapin** yatangaje ko ku bigo icumi birera imfubyi byo muri Amerika ya ruguru abana hafi ya bose bapfaga batarageza ku myaka ibiri. Ibyo byaterwaga n'uko nta bakozi bahagije byari bifite, ku buryo abari baragenewe kwita kuri izo mpinja bari bafite imirimo myinshi.

Ku bwo kutarebana n'ababarera, kutumva amajwi yabo no kutabakuyakuya, byatumye badindira mu gikuriro, bakarwara bikomeye nyuma bagapfa.

(Birashoboka ko n'urukundo rumaze igihe kirekire rutabona umukunzi, rutumva ijwi rye ngo arukuyakuye, byatuma rusigingira mu gikuriro, bidatinze rukarwara ndetse rukanapfa).

Mu muco gusoma umwana ni ikimenyetso cy'isano yimbitse, keretse mu gihe cy'uburwayi bwanduza. Nta mwana wagombye kuvutswa uburenganzira bwo kuba yahoberwa no gukuyakuwa.

*Iyo umwana muto adakunda kubona se iruhande rwe, akura aziko nyina ari we umufitiye akamaro wenyine.*



Impumuro na yo ni imwe mu ngingo zikomeye zo komatana. Buri mudamu na buri mugabo bafite impumuro yihariye ibomatanya n'umwana wabo. Inararibonye mu burere bw'abana bakiri ku ibere bashobora guhoza umwana bakoresheje kurambika iruhande rwe umwenda wa nyina cyangwa uwa se. Ubumwe no komatana ntabwo byahariwe abakiri bato, n'abeza gusa. Birashoboka mu kigero cy'imyaka yose. Igihe cyose umugore n'umugabo bongeye gukundana bundi bushya, igihe cyo komatana no guhuza urugwiro kiba cyongeye gutangira.- (Vivez communiquez, p. 25.) Icyitonderwa :

Ibi bishaka kutwigisha ko burya ku bijyanye no komatana, abantu bakuru badatandukanye cyane n'abana.

### **Kuba umwe**

- Ni cyo kizatuma umuntu asiga se na nyina, akabana n'umugore we akaramata, bombi bakaba umubiri umwe.- (*Abefeso 5: 31*)

-Gushyingirwa, ariko gufatanywa mukaba umwe mu mibereho yose, ni igishushanyo cy'ubumwe Kristo afitanye n'Itorero, ni wo mutima umugabo n'umugore bakwiye kugirirana.- (*Inama zigirwa Itorero, vol.2 p.31.*)

- ... Uko ni ko abagabo bakwiriye gukunda abagore babo nk'imibiri yabo. Ukunda umugore we abayikunda: kuko ari nta muntu wakwanga umubiri we, ahubwo yawugaburira, akawukuyakuya, nk'uko Kristo abigirira Itorero. Kuko turi ingingo z'umubiri umwe.- (*Abefeso 2:28-30.*)

- Imana yaremye umugore imukuye mu mugabo, ngo amubere mugenzi we n'umufasha we, ngo abe umwe nawe, amuhumurize, amutere ubutwari, kandi amuheshe umugisha, kandi ngo umugabo na we amubere umufasha ukomeye. Abashyingiranywe bose bafite umugambi wera. Umugabo agomba kubona urukundo rwera raturutse mu mutima w'umugore, umugore akwiriye kugusha neza no gukuza ingeso z'umugabo we no gutuma ziba zishyitse zigasohozwa umugambi Imana ibafitiye.- (*Inama zigirwa Itorero, vol.2. p. 27. )*

### **4.2 AMAHAME AGENGA UMUSHYIKIRANO MWIZA**

Kugira ngo ugere ku muti w'ibi bibazo biragusaba kwita ku byo ugirira mugenzi wawe. Dore zimwe mu nzira zo gushyikirana zikwiye kwitabwaho.

*Kumenya gushyikirana mu magambo.*

-Amagambo anezeza ni nk'ubuki. Aryohera ubugingo bw'umuntu, agakomeza ubugingo bwe.- (*Imigani 16 :24.*)

-Abashakanye benshi bahura n'ingorane ku bwo kutamenya gushyikirana mu magambo. Ni kimwe mu bimenyetso byoroshye kugenzura mu miryango y'abashakanye aho ubumwe bwangiritse. Igihe abashakanye bahisemo uburyo bwo kubwirana aho kuganira, ntabwo baba bashyikirana. Usanga imibereho yabo yiganjemo guhangana umwe ashaka kumvisha undi, gushinjanya, kujorana no gukozanya isoni mu burakari. Abashakanye benshi bashyikirana bakoresheje uburyo busenya babitewe n'uko nta bundi buryo bazi. Maze bakibera mu ngorane bo ubwabo bikururiye zitari ngombwa ndetse bakibera mu bwigunge.

Ariko abashakanye bafitanye ubumwe nyabwo ni abiyigishije guhora bafunguye inzira zo gushyikirana. Hagati yabo bumvana ikinyabupfura kandi bakemera amarangamutima aturuka ku rukundo rwa mugenzi we, n'aho baba batayasangiye. Buri wese yumva afite umudendezo wo kuba yagira icyo avuga, kabone n'aho mugenzi we yaba atararangiza kuvuga, ntatinya ko bya mugwa nabi. Ibihe byose iyo baganira ntabwo interuro bazusa, ariko ntibibabuzwa kumva icyo mugenzi we yari ashatse kuvuga. Bombi bagira inararibonye mu kumva umunezero wo gutegera amatwi inkuru abwirwa n'uwo bashakanye. Mu byishimo no mu mubabaro nta kibabuza gushyikirana.

Uretse no gukoresha amagambo mu gushyikirana, bashobora gushyikirana bakoresheje ibimenyetso baba baritoje ubwabo kandi baziranyeho, bitewe n'igihe bamaranye. Ikimenyetso gitanzwe, indoro, inseko..., bishobora kumvikanisha byinshi byakubirwa mu nteruro zigizwe n'amagambo menshi.

Kubera ko baba bashyikirana neza, biyumvamo umudendezo wo kubwirana icyo batekereza n'uko biyumva, bene abo baba bagize itsinda nyakuri ku bijyanye n'imigendekere myiza y'urugo, ndetse n'umuryango: Bityo rero bazigama ingufu n'igihe. Iyo haje ingorane, bazirwanya bashyize hamwe mu buryo bwubaka, bakazikemura badahuye n'ububabare bwinshi ndetse n'ipfunwe. Bahuriza hamwe gushaka ibisubizo by'ibibazo bafite ibyiringiro.- (*Vivez communiquez*, p. 33.)

*Abashakanye bafitanye ubumwe nyabwo ni abiyigishije guhora bafunguye inzira zo gushyikirana neza.*

*Kurebana mu bwuzu n'urukundo.*

Abashakanye bamwe ntibarebana mu maso, ku bwo kubura igihe, kubera amasoni, kubisuzugura cyangwa kumva nta cyo bimaze. Ahubwo umwe acunga undi arebye ku ruhanda akaba aribwo amureba. Akenshi kutarebana mu maso biterwa n'uko mu mibanire yabo hari ibyo birengagiza nko gusabana imbabazi ku makosa umwe yakoreye undi. Bagakomeza bibwira ko ntacyo bitwaye, kugeza ubwo umwe iyo yubuye amaso akayahuza na mugenzi we yumva bimuteye isoni cyangwa ipfunwe. Biragoye kurebana n'umuntu mu maso iyo hariho kuryaryana cyangwa umugambi uhishwe mu mutima w'umwe muri bo. Burya indoro ifite imbaraga nyinshi mu gushyikirana.

- Iyo winjiye mu mazu banyweramo cyangwa bariramo, birakorohera kumenya abantu bari mu gihe cyo kurambagizanya n'abandi bantu bubatse. Abashakanye kuzabana baba barebana hatwo na hatwo mu maso n'ubwuzu bwinshi. Burya bitonze kandi barebana, baseka baganira. Bacishamo bagafatana mu biganza. Naho abashakanye, usanga kenshi hagati yabo harimo intera. Muri icyo gihe amaso bayahanga ibyo kurya n'amasahane, inkuta cyangwa abandi bateraniye muri icyo cyumba, kandi barebana gake cyane mu maso.

*Ibyishimo n'umunezero ntabwo ari iby'abato n'abeza gusa, ahubwo bishobokera bese ikigero baba bagezemo icyari cyo cyose kuko icyo bisangiye n'abashakanye bituma urukundo rudashira.*

Abashakanye bose bagomba kumara igihe bashyikirana mu buryo bw'indoro, cyangwa kurebana mu maso, by'umwihariko iyo bari mu bihe by'ibibazo.- (*Vivez communiquez*, p. 33.)

*Kwegerana kw'imibiri.*

Abana batagararijwe ubwuzu n'urugwiro mu kwegerwa mu buryo bw'umubiri akenshi bagira ingorane yo guhungabana ku bitera umunezero.

Kwegerana kw'imubiri burya ni ingenzi mu mibereho myiza y'ibitekerezo. Abakuze na bo ntabwo batandukanye cyane n'abana kuri iyo ngingo. Twese dufite amakene cyane yo kwegerwa ku mubiri n'abo twashakanye ku bwo kugaragarizwa urukundo no guhuza imitima bibiturukaho. Ahubwo abakuze bakeneye kwegerwa no gukuyakuwa kuruta uko bakenera imibonano y'urukundo.

Abantu bamwe bavuga ko badakunda umuntu ubakoraho: batekereza ko batabikeneye ndetse ko bibabuza umutuzo. Iyo myitwarire ifite imizi ituruka ku guhungabana baba baragize mu bwana bwabo, cyangwa bikomoka ku mibereho yabo y'urushako yagiye ishyira inzitizi ku bwisanzure no ku kunezerwa bituma buri wese aba nyamwigendaho. Ariko abashakanye n'ubwo hagati yabo haba harimo intera nini yatewe no kutumvikana, bashobora gusogongera ku munezero wo kwegerwa no gukuyakuwa, biherekejwe n'urukundo rw'abo bashakanye baramutse bahinduye imibereho yabo uyu muni.

Abashakanye bashobora gufatana mu biganza gukoranaho hatu na hatu babinezerewe, kwegerana nijoro batagamije gukangura ubushake bw'imibiri; kwicarana umwe iruhande rw'undi igihe barimo kureba amashusho n'ahandi. Kuramukanya babyitayeho igihe bamaze umwanya batari kumwe nabyo ni byiza.

***Kugaragarizwa urukundo n'uwo mwashakanye bitera kugubwa neza.***

Gushyikirana no guhuza urugwiro bihagije, kurebana mu maso umwe ku wundi, kwegerana umwe akoze ku wundi iyo bikozwe buri gihe bibyara umunezero wuje urugwiro mu mutima, kunyurwa kuri buri wese no kugubwa neza k'umutima. Kubaka isano y'abashakanye bibasaba igihe gihagije ndetse n'umuhati. Abakirambagizanya bitwara koko nk'abantu bakundana. N'abashakanye na bo bagomba gukora nk'abakunzi bagakurikiza inzira zose zo komatana, kugira ngo bavugurure kandi batsimbataze urukundo rwabo.- (*Vivez communiquez*, p. 33, 34,35.)

Jya uzirikana ko n'ubwo mwashakanye buri wese agasiga se na nyina urukundo rwanyu rukeneye kongera gukura kugira ngo mugire umunezero. Ibyo bizatuma mugira icyo mwimarira kandi mukimarire n'abandi. Menya ko gukunda no gukundwa byigwa. Ni ubuhanga bwo kwikururiraho mugenzi wawe. Gerageza rero, uzirikane ko byose bishobokera uwizeye.

-Hari abantu bamwe batekereza ko kugaragaza urukundo ari ikimenyetso cy'intege nke, ibyo bigatuma bagira kwifata gutuma bigizayo abandi. Umutima umeze utyo wirukana umutima w'impuhwe..... Urukundo ntirushobora kumara igihe kirekire rutagize ibirugaragaza. Nyabuna umuntu mubana cyangwa uwo mugize icyo muhuriyeho ntakigere abura ikimenyetso kiguturutseho kugaragaza ko umukunda kandi ko umwitayeho.- (*Umurimo w'ubuvuzi, p. 360.*)

- Nk'umutapuwa mu biti byo mu ishyamba, ni ko umukunzi wanjye ameze mu bahungu. Nicaye mu gicucu cye nezerewe cyane, amatunda ye yarandyoheye. (Indirimbo za Solomo 2 :3.)

Umugabo akwiriye gufasha umugore we kandi akamugaragariza ineza n'urukundo ruhoraho.

Niba umugabo ashaka ko umugore we akomeza kugaragaza imbaraga z'ubuto n'umunezero kugira ngo abe nk'imirasire y'izuba mu rugo, akwiriye kumwunganira mu bimurushya. Ineza n'urukundo bye bizamutera inkunga kandi kwishima azagaragariza umugore we bizamugarukira maze bitere umutima we kunezerwa.- (*Urugo rwa gikristo, p.218.*)

*Abashakanye bagaragaza kubahiriza ingingo eshatu zikurikira (1) Gusobanurira no kumvisha mugenzi wawe uko wiyumva, (2) Gutegera amatwi mugenzi wawe ubwitayeho no (3) kuganira ku bibazo mu buryo bwo kubikemura; iyo myitwarire izabafasha gukiza no kugarura ubumwe bw'abashyiranywe bufite intege nke cyangwa bwangiritse*

#### **4.3 IGITUMA ABANTU BAKUNDANA URUKUNDO RUDASHIRA**

- Kenshi uko tumerewe ni ko kudukwishurira uko undi ameze. Benshi babona ko kugaragaza ko ukunda ari intege nke. Umutima nk'uko ni wo usuzuma impuhwe z'umuntu uko zingana. Iyo umuntu atakigira ubuntu, burashira, umutima we urakonja. Iyo urukundo rutagaragajwe ntirukomeza kubaho. Ntugatume uwo mwashyiranywe asonzera ubugwaneza no kugirirwa impuhwe.

N'ubwo umugabo n'umugore bagira ingorane n'ibibaca intege, nta n'umwe ukwiriye gutekereza ko yihenze igihe yemeraga gushyiranywa na mugenzi we. Mukomeze ibitekerezo mwahoranye kera. Mukomezanye igihe murwana intambara muri ubu buzima. Buri muntu yige uko yarushaho kunezeza undi. Ubwo ni bwo urukundo rwaba nk'uko mwarutangiranye mu cyimbo cyo kurangira ku munsu w'ubukwe bwanyu.

Umuryango wose w'abashyiranywe uzengurutse n'uruziga rutunganye. Nta muntu n'umwe ufite uburenganzira bwo kwinjira muri urwo ruziga. Umugabo cyangwa umugore ntakagire umuntu uwariye wese yemerera kugira uruhare mu mabanga agomba kwiharirwa n'abashakanye bonyine.

Umuntu wese akwiriye gukunda uwo bashakanye kuruta kumubwira ko agomba kumukunda. Mujye mwihutira kumenya ibyiza abo mwashakanye bafite. Gushyiranywe umuntu biramushyushya kandi bikamutera kunyurwa. Kubaha umuntu no kumugirira impuhwe bimutera kurwanira kurushaho gukora ibitunganye.

Ari umugabo cyangwa umugore nta wukwiriye gushyiranywe mu gipfunsi uwo bashakanye. Bombi bafitanye isano n'Imana. Buri muntu akwiriye kwibariza Imana ati 'Icy'ukuri

ni ikihe?" "Nasohozza nte imigambi yanjye?". Mujye mugira Kristo nyambere, uheruka n'uw'ikubitiro muri byose. Uko murushaho gukunda Kristo urukundo rukomeye, ni ko urukundo mukundana mwembi ruzarushaho gutungana no gukomera. Ibyo Kristo yatugiriye ni byo natwe tugomba kugirirana ubwacu. „Kandi mugendere mu rukundo nk'uko Kristo yadukunze.“ (*Abefeso 5:2*). Ntihakagire uhatira undi gukora ibyo yifuza. Ntimushobora kugenza gutyo ngo mukomeze gukundana. Mujye mugwa neza, mwihangane, kandi mushyikirane. Ku bw'ubuntu bw'Imana, ubasha kunezeza uwo mwashakanye, nk'uko mwabisezeranye igihe mwashyiringanwaga.

Ariko wibuke ko utazagira umunezero igihe wihugiraho gusa, ahubwo wanezerwa uramutse weretse uwo mwashakanye ko umukunda koko. Mugerageze no gushaka uburyo mwanezeza ababazengurutse. Ibyishimo by'ukuri ntibiboneka mu bikorwa byo kwihugiraho. Igihe ugerageza kugira imibereho nk'iya Kristo, ujye ugeregeza gutsinda kwihugiraho maze wunganire abandi mu byo bakeneye, ni bwo uzabasha guhesha ab'isi umugisha.-(*Rengera ubuzima*, vol.2, pp. 40-41.)

*Guhuza urugwiro nyakuri kuboneka mu gusabana, kwegerana, no mu byishimo. Burya kwegerana kw'imibiri hagati y'abashakanye gushobora kuba umuti mwiza ku bikomere biterwa n'amakimbirane, urwango cyangwa inyifato idakwiye. Inama zigirwa abamaze gushyiringirwa*

- Gushyiringirwa, ari ko gufatanywa mu kaba umwe mu mibereho yose, ni igishushanyo cy'ubumwe Kristo afitanye n'Itorero rye. Umutima Kristo afitiye Itorero ni wo mutima umugabo n'umugore bakwiriye kugiriranira.

Nta n'umwe, ari umugabo cyangwa umugore, ukwiriye gutegeka. Uwiteka yabitanzemo icyigisho gikwiriye kutuyobora muri ibyo. Umugabo akwiriye kurinda umugore we nk'uko Kristo arinda Itorero. Umugore na we akwiriye kubaha no gukunda umugabo we. Bombi bakwiriye kugira umutima w'ineza, bakagambirira yuko batazababazanya cyangwa ngo bahemukirane.

Mwene Data nawe murumuna wanjye, mwembi mufite imbaraga yo gutegeka ikomeye. Iyo mbaraga mushobora kuyigira umugisha ukomeye cyangwa umuvumo ukomeye kuri mwe no ku bo mubana. Ntimugahatane ngo umwe ashake ko undi akora nk'uko ashaka. Ntimushobora gukora ibyo kandi ngo munakundane. Kugaragaza ko wikunda byonona amahoro n'umunezero w'urugo. Ntimukagirane impagarara mu minsi yo kubana kwanyu. Nimugenza mutyo muzababara mwembi. Mugire ineza ku mvugo kandi mube abanyamahoro mu byo mukora, ibyo mwifuza byanyu mubireke. Murinde cyane amagambo yanyu, kuko afite imbaraga yo kuzana icyiza cyangwa kubabaza undi. Ntimugakundire ubukana kumvikana mu magambo yanyu. Mu mibereho yanyu yafatanijwe mujye muzanamo impumuro y'ishusho ya Kristo.

Igihe umugabo atarafatanywa n'umugore mu gihe cyo gushyiringirwa, akwiriye kwiga uburyo bwo kwitegeka no gukorerana n'abandi.

Mwene Data, ukwiriye kuba umugwaneza, ukihangana, ukababarira. Wibuke ko umugore wawe yemeye ko umubera umugabo, bitari ukugira ngo ubone uko umutegeka, ahubwo ngo umubere umufasha. Ntuzagire ubwo uba inkazi n'umunyagituna. Ntugakoreshe imbaraga ngo uhatire umugore wawe gukora uko ushaka. Wibuke ko na we agira umutima ushaka gukora icyo yishakiye nk'uko nawe ushaka gukora ibyawewe. Wibuke kandi yuko ufite amahirwe yo kumenya byinshi. Jya uba umunyebambe n'inyangamugayo. "Ubwenge buva mu ijuru, ubwa mbere

buraboneye, kandi ni ubw' amahoro, ni ubw' ineza, bwemera kugirwa inama, bwuzuye imbabazi n' imbuto nziza".

Mwene Data nawe murumuna wanjye, mwibuke ko Imana ari urukundo kandi yuko ku bw' ubuntu bwayo mushobora kunezeranwa, nk' uko mwabisezeranye mu masezerano yo gushyingiranwa kwanyu. Kandi mushobora gukoresha ubwenge n' imbaraga mugafasha imibereho igoramye ikagororokera Imana mubiheshejwe n' imbaraga y' Umucunguzi.

...Ntimukikingirane ahubwo munyurwe musesekazanyeho urukundo rwanyu. Mukoreshe uburyo bwose bwatuma musangira umunezero, n' ababazengurutse mufatanye na bo urukundo rwanyu. Amagambo y' ineza, kurebana impuhwe, amagambo y' umunezero, yabasha kubera benshi barushye kandi bihebye nk' agacuma k' amazi akonje ku mutima wishwe n' inyota. Ijambo ry' umunezero, umurimo w' ineza bishobora kugera aho byoroshye imitwari iremerereye ibitugu byarushye. Umunezero nyakuri uboneka mu murimo utikanyiza. Kandi ijambo ryose n' umurimo wose wakozwe muri ubwo buryo byandikwa mu bitabo byo mu ijuru ko byakorewe Kristo. (*Inama zigirwa Itorero*, pp. 31-32.)

### **Ntukishimire gutegeka umugabo kuko bigabanya icyubahiro cye n' icyawe**

- Mariya ....., mbitewe n' urukundo, nka mushiki wawe ndetse n' umubyeyi wawe, ni yo mpamvu nshaka rwose kukwiyama gusubira iki kintu. Ibihe byinshi numvise ijwi ryawe ritegeka ndetse n' uburyo utagira kwihangana igihe uvugana n' umugabo wawe Yohana imbere y' abantu. Mariya, benshi barabibonye maze barabimbwira. Ibyo rwose bigabanya icyubahiro cyawe.

Nk' abagore, twibuke ko Imana yashatse ko tugandukira abagabo. Ni we mutwari w' urugo, niba bishoboka, ibyifuzo, imigambi n' imitekerereze bigomba kugira injyana imwe n' iby' umugabo. Keretse ku bibazo bijyane n' umutimanama, naho ubundi Ijambo ry' Imana riha uburenganzira umugabo. Tugandukire abatware.- (*Ellen G.W., Conseils sur la conduite sexuelle, l'adultère et le divorce*, p.21-22.)

### **Nawe mugabo ntugatwaze umugore wawe igitugu n' umwaga**

-...Ntukigere wishyira hejuru y' umugore wawe. Ubugiraneza n' urukundo akeneye nubimuha bizakugarukira nawe. Niba ushaka ko agukunda, urukundo rwe uzaruzanisha amagambo n' ibikorwa.

Umunezero w' umugore wawe uri mu biganza byawe. Imico yawe kuri ubu irasa n' aho ivuga aya magambo : « Kugira ngo ugire umunezero ugomba kurundurira ubushake bwawe mu bwanjye, ukemera gukora ibyo nshaka ». Wishimira gutegeka gusa, wibwira ko ari uburenganzira bwawe.

Ariko bishyire kera nukomeza gukora utyo ugakurikiza ingeso zawe, burya ntabwo uba wigisha urukundo umugore wawe amaherezo azakuvaho. Azagera ubwo asugusuzugura ubutware bwawe kandi bitari byarigeze kumugaragaraho mu buzima bwe bwa kigore.- (*Ellen G.W., Conseils sur la conduite sexuelle, l'adultère et le divorce*, p.24.)

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## 5. GUSHYIKIRANA

-Mu gihe tugirana ibiganiro dushobora gusobanukirwa neza ko uwo turimo kuvugana na we ashishikajwe no kutwumva cyangwa se ko atitaye ku byo tuvuga, ahubwo ahugiye ku makene n'ibibazo bye. (*Vivez communiquez*, p. 41.)

Dore bimwe mu bisubizo byatanzwe n'abantu babajijwe bubatse ku bijyanye n'umushyikirano hagati y'abashakanye:

**47%** Bemezaga ko ; abo bashakanye na bo babatega amatwi bakumva icyo bashaka kubabwira rimwe na rimwe, ubundi gake cyangwa se ntibabumve.

**55%** Bemeza ko ; abo bashakanye na bo babashinja kutabategera amatwi ibihe byinshi cyangwa bakabikora rimwe na rimwe.

Ku bantu bose bakozwe ho iperereza binubiraga uburyo abo bashakanye barangara igihe bababwira ntibite ku bivugwa. Abandi bavuga ko abo bashakanye na bo bakora uko bashoboye ntibarebane na bo mu maso igihe bavugana.

Abagore binubiraga uko abagabo babo batabategera amatwi igihe babavugisha. Abagabo na bo bakinubira ko ibyo babwira abagore babo bakunda kubyibagirwa.- (*Vivez communiquez*, p. 40.)

### 5.1 UBUHANGA BWO KUMVA

- Kuko ubwenge ari ubwugamo ; ariko umumaro wo kumenya ni uyu : ni uko ubwenge burinda ubugingo bw'ubufite.- (*Umubwiriza 7 :12.*)

- Ushobora kwibwira ko kumva ari ikintu cyoroshye. Ariko kugira ngo ube umuntu utega amatwi kandi akanumva abishyizeho umwete, akanazirikana ibivuzwe birakomeye kuruta kuba umuntu uzi kuvuga neza.

Ntabwo ari ikintu cyoroshye kumva, kuko bisaba kwakira mu bwenge ibivugwa. Bisaba gushungura no kuzirikana amagambo avuzwe. Bisaba ubwitonzi, kwitegereza uwo muvugana, kumenya impamvu y'ibivugwa, kumenya kubaza ibibazo bikwiriye, gutanga ibisubizo bikwiranye n'ibyo wabajijwe, kumenya uburyo n'igihe cyo guceceka.

Ibyo byose bisaba ubwitange ariko birakenewe, kandi bizatugarukira igihe imibanire yacu n'abandi izaba ya vuguruwe.- (*Vivez communiquez*, p.40, 44.)

### **Bimwe mu bigaragaza ko umuntu atumva uwo bashyikirana :**

- Imyifatire igaragaza ko uwo muvugana arimo gutakaza igihe cye akuvugisha.
- Kwizembagiza nk'uwabuze uko acika umuvugisha.
- Kutagaragaza ikimenyetso cy'uko urimo kumva.
- Guca mu ijamba mugenzi wawe no kutamurekera umwanya wo kuvuga ngo arangize igitekerezo cye.
- Kongera gusubira mu byo yahereyeho munganira.
- Kongera kumubaza ikibazo yasubije kare.
- Kuvuguruza uwo munganira utabanje kumva igitekerezo cye.
- Guca mu biganiriro uterefone cyangwa ugahita wivugishiriza undi muntu uri ku ruhanda. □  
Kwegera cyane umuntu murimo kuvugana.

Imico mibi nk'iyi ireze kuko abantu batigeze bigishwa. Kumva neza ni ikintu gisuzugurwa cyane nyamara gifite umwanya ukomeye mu gushyikirana no guhuza urugwiro. Gutega amatwi no kumva ntabwo bigombera impamyabushobozi ahubwo bishobora kwigwa na buri wese.- (*Vivez communiquez*, p. 55.)

### **Amahame akurikira yagaragaye nk'ayingenzi mu gufasha abantu kwakira neza ibivugwa igihe bashyikirana :**

- **Kurebana mu maso** : igihe wari uhugiye ku kindi kintu ugomba kuba ukiretse ukareba uwo muvugana,
- **Imyifatire na yo igira icyo isobanura** : igihe wicaye kunama gato kugira ngo use n'uwegera ukubwira, bigaragaza ko umwitayeho.
- **Kugaragaza ko witaye ku bivugwa** : kwita ku bivugwa ubyerekanisha umutwe, guseka iyo ibiganiriro bibisaba.
- **Amagambo akwiye** : iyo myifatire yose igomba guherekezwa n'amagambo akwiye « ndabyumva, ndabyemeye, ni byo, ndumva icyo ushaka kuvuga... »
- **Kubaza ibibazo bikwiye** : mu kinyabupfura kandi mu gihe cyabyo. Bifasha uvuga iyo ubajije ibibazo bigaragaza ko wamukurikiranye.
- **Kurekera uvuga ubwisanzure**, akarangiza igitekerezo cyo ukabona umwanya wo kuvuga.
- **Kumva no gucengera** : igihe wibwira ko warangije kumva, ugomba kwitonda ukaba uretse kuvuga nibura amasegonda mirongo itatu.- (*Vivez communiquez*, p. 57.)

## **5.2 GUSHYIKIRANA UDAKORESHEJE AMAGAMBO**

Ubwo buryo bushobora gusobanura byinshi kuruta n'amagambo. Hari ubwo kuvugisha umubiri bishobora gusobanura mu buryo bufututse cyane ibitashobora kuvugwa mu magambo.

Amagambo ashobora kuvuga iby'ukuri ariko bikavuguruzwa n'ijwi bivuganywe. Urugero : « Oya ntabwo nkurakariye » uko avuga ayo magambo ni ko akubita igipfutsi ku meza. Urundi rugero « Komeza ndakumva » mu gihe utavana amaso mu kinyamakuru utanareba n'uwu muvugana. « Nanjye ndagukunda » bikavugwa nta kunyegenyega n'ijwi ritagira



umwuka. Ni ukuvuga ko ibisubizo bitangwa n'ibice by'umubiri, no kugaragaza amarangamutima bigize umugabane wo gushyikirana kutari ukw'amagambo.

Ni uburyo bwo gutanga ubutumwa utavuze. Bijyanye n'ijwi uvuga akoresha n'umuvuduko waryo. Ibyo byose byemeza cyangwa bikanyomoza ibyo abantu baba bavuga.- (*Vivez communiquez*, p.48, 49.)

Gushyikirana hadakoreshejwe amagambo birimo ibyiciro bitatu :

### *Gukoresha ibice by'umubiri :*

Imyitwarire ku mubiri ishobora kuvuguruzwa ubutumwa bwatanzwe mu magambo ; gutentebuka kw'intugu bigaragaza gucika intege. Kwitangira itama bigaragaza kubura ibyiringiro. Kuzamura intugu bishaka kuvuga ngo simbizi, simbyitayeho.

Isura y'umuntu na yo iri mu cyiciro cy'ibice by'umubiri ikaba itanga ubutumwa nta kuvuga kandi mu buryo busobanutse.

Amaso aja agaragaza ibyifuzo by'umuntu ku buryo busobanutse neza. Kubera ko afite ubushobozi bwo guhindura icyerekezo, kuba mato cyangwa manini. Umuvuduko mu kwica amaso ibyo byose byerekana akuzuye umutima. Kwica ijisho mu buryo bwihuse ku mukunzi bisobanuye byinshi kuruta amagambo menshi. Ushobora kuvugisha amaso ibi bikurikira « Ntabwo nkwitayeho » cyangwa « Uri ingenzi kuri njye.»

Ibimenyetso na byo ni uburyo bwo gushyikirana. Guhana ibiganza, gukubita urugi, kugerageza kujugunya icyo ufite mu ntoki, kwipfumbata... ibyo byose bitanga ubutumwa.

### **Imyambaro**

Uburyo twambara ni kimwe mu bimenyetso bigaragaza imyitwarire yacu. Kwambara mu buryo butitaweho bigaragaza ko umuntu ubwe na we atihaga agaciro.- (*Vivez communiquez*, p.49, 50.)

Hari umugani w'ikimenywa na bese uvuga ngo "Mbwira inshuti yawe najye nkubwire uwo uri we". Ibi bishaka kutwumvisha ko iyo witegereje imyambarire umuntu runaka akunda, bihita bikumenyeshya uko ateye n'ibyo yifuzaga mu mutima we. Imyambaro n'uko umuntu yambaye ni byo n'ubundi bigaragaza ingeso z'umugabo n'umugore. Tumenyera ingeso z'umuntu ku myambaro yambaye. Umugore wiyoroshya utinya Imana kandi akubaha n'abantu yambarana ikinyabupfura. Ubwenge bwarezwe neza bugaragazwa no gutoranya imyambaro yoroheje kandi ikwiye. Umugore wiyoroshya kandi ntiyirate mu kwambara no mu ngeso ze, aba agaragaza yuko umugore nyakuri agaragarira ku kwirinda kuboneye. Agaciro gahanitse k'umwenda ntabwo ari ko kawugira mwiza. Kwambara by'ikirenga si byo bigira umuntu mwiza kandi si byo bimutera gukundwa. Agaciro k'igiti ntigakomoka ku izina cyitwa ahubwo kava ku matunda cyera. Ineza y'umuntu ni yo imutera gukundwa. Ngaho nawe mbwira tujye inama, wabura ingeso nziza zose zikenerwa,

maze kwambara byonyine akaba ariko bigutera gukundwa. Abagore n'abakobwa bakwiriye kwambara mu buryo bworoheje. Bakwiriye kwambara imyambaro ikwiriye, bagira isoni kandi birinda.

- Ntimugakurikize uburyo bwadutse bw'ubupfapfa bwo kwambara. Mujye mwambara neza kandi mu buryo bukwiye, ariko ntimukigire abo kurangirwa, mubikoresheje kwambara by'ikirenga, cyangwa kwambara mu buryo bubu butagira gahunda. Mujye mugenza nk'aho ijisho ry'Imana ribareba. Kandi yuko muriho kandi mwemewe n'Imana.- (*Inama zigirwa Itorero, Vol.2,pp.119-120.*)

### **Ububasha bw'imyambaro**

- Gukunda kwambara (by'ikirenga) kwangiza ingeso nziza maze bigatuma umugore aba atakibaye umukristokazi mwiza, ukwiye kandi wirinda. Imyambaro ibengerana kandi y'igiciro cyinshi kenshi itera umutima w'uyambaye uburaya kandi ikabyutsa iruba mu mutima w'umureba. Imana ibona yuko kwangirika kw'ingeso akenshi kubanzirizwa no kwibona no kwirata mu myambaro. Ibona yuko imyambaro y'igiciro cyinshi iniga ubushake bwo gukora ibyiza.

Imyambaro yoroheje, idakurura amaso kandi itari iy'umwirato ni yo yizihye abakobwa barumuna banjye b'amakumi.

... Bagore, namwe bakobwa, mwitandukanye n'igisa n'ikibi cyose. Muri iki gihe cyihuta, kinukishwa n'ibiboze, ntimuzaba amahoro, keretse nimurindwa. Kwera n'ubupfura ni ingume. ... Kwiyoroshya mu myambaro nigufatanyaga n'ubupfura bwo mu ngeso, bizagenda n'inkumi ifite ingeso zera maze biyibere ingabo iyikingira ibyago igihumbi.

Kwiyoroshya mu myambaro kuzatuma umugore w'ubwenge agaragara ko ari umunyahirwe.

Abenshi, kugira ngo bagendane n'ibyadutse by'ubupfayongo, baretse umurimbo basanganywe uvanze no kwiyoroshya maze barangamira ibyadutse. Batanga igihe n'imari n'imbaraga z'ubwenge n'ubutungane bw'umutima, maze bakegurira impagarike yabo yose ku byadutse. Basore n'inkumi nkunda, ingeso ibarimo yo kwambara bikurikije uburyo bwadutse bw'iby'umurimbo, n'izahabu, n'imyenda itatswe yo kurimbana, ntibizatera abandi gushima idini yanyu cyangwa ukuri muvuga ko mukurikiza. Abantu bazi kugenzura bazareba umwete wanyu wo kwirimbisha inyuma bibahamirize ko muri abanyanteye nke n'abirasi. (*Inama zigirwa Itorero, V. ..., pp.122-123.*)

- Nuko uhunge irari rya gisore, ahubwo ukurikize gukiranuka no kwizera n'urukundo n'amahoro, ufatanije n'abambaza Umwami wacu bafite imitima iboneye - ( 2 *Timoteyo 2:22.*)

- Kandi ntimwishushanye n'ab'iki gihe, ahubwo muhinduke rwose, mugize imitima mishya, kugira ngo mumenye neza ibyo Imana ishima, ni byo byiza bishimwa kandi bitunganye rwose.- (*Abaroma 12:2.*) Niba wagendanaga n'ibyadutse noneho

ushobora guhindura imico, ugasaba Imana umutima mushya uti: "Mana undememo umutima wera, unsubizemo umutima ukomeye." (*Zaburi 51:10.*)

-Ni ihirwe ryacu gushimishiriza Umuremyi wacu mu myambaro nk'uko tumushimishiriza mu bindi byose. Ashaka yuko imyambaro yacu itaba iboneye kandi ari mizima gusa, ahubwo ko iba ikwiriye kandi myiza. Dukwiye gushaka ko twambaye neza. Mu gihe cyo gukora imirimo mu ihema Imana yasobanuye akantu kose kerekeye ku myambaro y'abakorera imbere yayo. Ibyo biratwerekako yitaye ku myambaro y'abamukorera. ...Dukwiriye kumugaragaza muri byose. Ishusho yacu ikwiriye kugaragazwa n'isuku, ikinyabupfura no kubonera mu buryo bwose.- (*Inama zigirwa Itorero, vol.2, p. 118.*)

### **Ijwi**

Ubwumvikane bw'ijwi, umuvuduko waryo, ijwi ryo gusetsa, cyangwa kuvuga ku bandi bishobora kubyutsa urugwiro cyangwa uburakari. Guhindura ijwi, ubwumvikane bwaryo bishobora gutuma uwumva akwegera cyangwa akaguhunga.

### **Ibimenyetso by'isura yo mu maso**

Amarira atemba ku matama, kumwenyura, guhuma, guseka usesuye, kwitsa umutima ni uburyo bwo kuvuga bigira ingaruka mu gusobanura ibivugwa mu magambo.- (*Vivez, communiquez, p. 50.*)

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## **6 . IMIVUGIRE Y'ABASHAKANYE**

*Mbese hari itandukaniro hagati y'abagabo n'abagore mu buryo bashyikirana ?*

Mbere yo gusubiza icyo kibazo ni ngombwa kubanza gukurikirana ikiganiro mu itsinda ririmo abagabo n'iririmo abagore kugira ngo umenye itandukaniro riri hagati yabo.

Abagore n'abagabo kubera imiterere yabo baratandukanye mu buryo bwo gushyikirana hakurikijwe inararibonye yagenzuwe.

Abahungu n'abakobwa barerwa mu buryo butandukanye, n'ubwo baba mu muryango umwe. Kuva bakivuka baraganizwa, bakarerwa mu buryo butandukaye. Kubera izo mpamvu zose kandi no kuba batandukanye mu buryo bw'ubwonko n'imigenzereze, abagabo ntibavugaga mu buryo bumwe n'abagore.- (*Vivez communiquez, p. 72,73.*)

*Mbese abagore bavugaga cyane ?*

- Muri rusange bikunda kuvugwa ko abagore bavugaga cyane kurusha abagabo.

*Ese ibyo ni ukuri ?*

Yee, ibyo ni ukuri, abagore bavugaga cyane.

Ubushakashatsi bwakorewe muri Kaminuza ya **Harvard** (Massachusetts, muri Leta Zunze Ubumwe za Amerika) bwerekanye ko muri rusange abana b'abakobwa bavuga vuba kuruta abahungu ; bavuga neza amagambo abahungu bo mu kigero cyabo badashobora kuvuga.- (*Vivez communiquez*, p. 73.)

- **Diane Mc Guinness**, Umushakashatsi muri Kaminuza ya Stanford (Californie), na we yabonye ibintu nk'ibyo igihe yari amaze gukora inyigo ku buryo abana bavuga bari hagati y'imyaka ibiri kugeza ku myaka ine.

Yabonye ko abana b'abakobwa bashoboraga kuganira cyangwa bakaganiza abandi, bakanavugisha ibikinisho bakoresheje amagambo yumvikana neza cyane.

Ku bana b'abahungu ntabwo ariko yabibonye byari bitandukanye: igice kimwe cy'amagambo yabo cyashoboraga kumvikana, ariko ikindi gice ahanini wasangaga kigizwe no guhumira « Ououm », « Ououj », « Mmmm », « Yaaa ».....

Abana b'ingimbi z'abahungu bagira ingorane kimwe na bashiki babo mu gusoma, mu kwandika no kuvuga. Ku icumi bagira ibibazo byo gusoma no kuvuga, icyenda baboneka mu bahungu.

Ndetse n'abakuze ntabwo bashyikira urugero rw'abagore, kuko muri rusange umugabo avuga amagambo ahwanye na kimwe cya kabiri cy'ayo umugore avuga ku munsu.

## 6.1 ABAGABO NTIBAVUGA KIMWE NK'ABAGORE?

### *Mbese baba bavuga ibiki ?*

Abagabo n'abagore bakunda kuvuga ku bintu bitandukanye mu biganiriro bagira. Abagore bakunda kwibwira ibiganiriro bitarangira by'abagabo igihe bavuga ibijyanye n'imikino, amamodoka cyangwa iby'ubucuruzi, uburyo amamashini akora n'uko akomera.

Abagabo na bo bakunda gucamo ibiganiriro by'abagore igihe baba bavuga iby'incuti zabo cyangwa abantu batazi. Ku bagore ubundi birasanzwe ko bakunda kuvuga iby'abantu cyangwa amasano n'imibereho rusange, kuko ari byo bigaragaza uruhare rwabo, kwita no kugirira impungenge uwo baganira na we. Gusangira ibyo n'uwo bakunda ni ikimenyetso cy'ubucuti bukomeye.- (*Vivez communiquez*, p. 73,74.)

-Iyo ubwo buryo butishimiwe n'uwo bashakanye aba akinze irembo ry'ingenzi rimugeza ku mutima w'umugore we. Kandi iyo umugore adashimishijwe n'ibiganiriro bimwe bigize inyungu zo hejuru z'umugabo we, nawe aba yishyiriyeho urukuta rutuma badashyikirana no kuba yakwigizwayo.

### **Itandukaniriro rihera mu ivuka**

Urebye itandukaniriro mu miterere ubona ibi bikurikira:

- Kubera kwiganza kw'igice cy'ibumoso cy'ubwonko gituma abagabo bagira umwihariko ku bitekerezo bifite icyerekezo, bikurikirana ibintu, bishakashaka kandi byahuraniye.

- Abagore bakoresha cyane igice cy'ubwonko cy'iburyo, kiringaniza amarangamutima, kuvuga n'ubushobozi mu gushyikirana.

Ni igice cy'ubwonko ahanini cyita ku mibanire rusange y'abantu n'abandi.- (*Vivez communiquez, p. 74.*)

-Ni yo mpamvu usanga abagore biyumvamo ibibazengurutse kandi bakagira no gushikurwa, mu gihe abagabo baba bashaka ibintu bifite injyana kandi bitunganye.

Abagabo bashaka uburyo bwo kugera ku muti w'ibibazo, uretse ibijyanye n'ubuzima bwo mu rugo. Inarijye y'umugabo yumva ikomeretse iyo asabwa gufata ingamba zo gukemura ikibazo cyo mu rugo. Ni cyo gituma igihe umugore yumiwe, ubwenge bw'umugabo buhita bushakisha igisubizo ako kanya. Igihe arimo kurira akamuhoza amubwira ati : « Nturire ncuti, uziko wiheba vuba ». icyo umugabo akora cyose kiba kigamije guhunga amarangamutima y'umugore, mu gihe umufasha we yari akeneye inkunga ngo ahabwe igisubizo kimubwira kiti: « Mbwira. N'iki cyakubabaje ? » Ibyo bishobora kumutera inkunga kuko aba yumviswe kandi ni byo akeneye.- (*Vivez communiquez, p. 74*)

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## 7. KUGANIRA KW'ABASHAKANYE

Ariko ku bwo kwirinda gusambana, umugabo wese agire uwe mugore, n'umugore wese agire uwe mugabo. Umugabo ahe umugore we ibimukwiriye, kandi n'umugore na we abigenze atyo ku mugabo we : kuko umugore adatwara umubiri we, ahubwo utwarwa n'umugabo we : kandi n'umugabo adatwara umubiri we, ahubwo utwarwa n'umugore we. Ntimukiyimane, keretse ahari musezeranye igihe, kugira ngo mubone uburyo bwo gusenga, kandi mwongere guhura, Satani atabageragerasha iruba ry'imibiri yanyu.- (*1 Abakorinto 7:2-5.*)

- Ujye unywa amazi y'iriba ryawe, Amazi y'iriba wifukuriye. Mbese amasoko yawe yasandarira hanze, n'imigezi yawe yatamba mu mayira ?

Bibe ibyawwe bwite kandi ntubikorere ku nzaduka. Isoko yawe ihirwe kandi wishimire umugore w'ubusore bwawe.- (*Imigani 5:15-18.*)

-Hari abatekereza koigikorwa cy'imibonano y'urukundo ishingiyeye ku bitsina ari ikintu kitavugwaho, cy'ibanga kidasohoka ndetse cy'umwihariko. Bibwira ko haba abacurabwenge, abihaye Imana ndetse n'abandi, nta wari ukwiriye kubivugaho. Dukwiriye kumenya ko ari nk'indi mibereho yose rusange mu bantu, gahunda idakwiye muri urwo rwego amaherezo ntigira ingaruka ku muntu umwe gusa, ahubwo izigira no ku nshuti ze n'ababana n'uwo muryango. Uwo murimo ufashe umugabane w'ingenzi mu buzima bwa muntu. Kubera izo mpamvu zose, imyigishirize ku

bijyanye n'imyitwarire, imyizerere, iyobokamana, n'amategeko, uretse no kubivugaho ahubwo bifite inshingano ikomeye yo kubyitaho, mu rwego rwo gusegasera ubuzima bw'umuntu nk'ikiremwa.-(*Guide de la vie familiale*, p.330-331.)

Mu mateka y'amadini habayeho harimo abagabo b'ibyatwa bahoraga barwanira icyateza abayoboke babo imbere, ariko ntabwo baretse kugira icyo bavuga ku bijyanye n'imibonano y'urukundo y'abashakanye. Bibiliya yakunze kugaruka ku mibanire y'abashakanye. Mu gitabo Pawulo yandikiye Abaheburayo, yagize ati : "kurongorana kubahwe na bose, kandi kuryamana kw'abarongoranye kwe kugira ikikwanduza ; kuko abahahezi n'abasambanyi, Imana izabaciraho iteka".- (*Abaheburayo 13 :4.*)

Ni yo mpamvu kugira ibyo umuntu asobanura cyangwa agasobanura kuri iyi ngingo byakorwa mu bupfura, kugira ngo umuntu arushaho kwisobanukirwa, bityo yimenyeho byinshi atigeze amenya. Ndibwira ntashidikanya ko azabona urukundo rutangaje mu buryo umuntu yaremwe, ngo yororoke kandi abere mugenzi we igisubizo cy'umunezero n'ibyishimo.

Imibonano y'urukundo ku bashakanye ntabwo ishingiyeye ku kororoka gusa, ahubwo ifite umugabane munini mu munezero wabo no kubeza. Umuntu yaremanywe ubushake mu mubiri no mu bwenge bwo kwifuzwa uwo badahuje igitsina, ni cyo gituma iyo ari kumwe n'uwo bashakanye babanye mu buryo bwiza muri urwo rwego bimurinda ubusambanyi no guheheta.

### **Imiterere y'umugabo n'umugore ni yo ibahuza**

-Guhera mu bwangavu kugeza mu bugeni, ibyo umugore amenya ku bagabo biba ari bike cyane. Ntabwo amenya impamvu umugabo we atekereza atya agakora kuriya. Iyo abonye imigenzereze y'abagabo bamwe cyangwa kumva imvugo yabo arumirwa bikamutera isoni cyangwa akababara. Isoni n'umubabaro abiterwa no kutamenya neza uko umugabo ateye.

Umugore agomba kumenya ko we n'umugabo we batandukanye. Ntibashobora gutekereza kimwe, cyangwa ngo umwe yifuze undi mu gihe na we amwifuzwa.-(*Inganzo y'umunezero*, p. 27.)

Imana yaremye umugabo n'umugore ku buryo muri buri karemangingo (cellule) batandukanye bitangaje. Ni yo mpamvu umwe yumva ataba wenyine ahubwo agakururwa na mugenzi we. Icyo ni cyo gitera umusore n'inkumi gushakana ngo babane. Buri wese agasiga se na nyina kugira ngo babe umubiri umwe.

-Umugore n'umugabo batandukanye cyane cyane mu bitekerezo, mu bishobora kubashimisha no kubatera ubwugugu. Umugabo aterwa ubwugugu n'ibintu byinshi. Ari ibitekerezo bye bwite ari ibyo yumva cyangwa se areba. Yibwira kandi ko umugore we na we ari uko, kandi atari ko biri. Igihe abonye ko ikimunejeje, ikimushimishije cyangwa se ikimutangaje atari cyo kinejeje, gishimishije ngo gitangaze umugore we, agwa mu kantu akumirwa kandi bikamubabaza. Mu byukuri, ikintu cyose gitunguye umugore kikamugwirira atacyiteguye ntikumugera ku mutima, ahubwo aragisuzugura. Umugore ashimishwa n'uko umugabo we amushishira, akamusomagura kandi akanwiyegereza. Igitekerezo cy'igikorwa mpuzabitsina cyamuturuka he niba nta mugabo umuri iruhande ngo abimwibutse? Nta wabibonera igisubizo

gihuje n'ukuri kwa buri wese, uretse kubyemera gutyo kandi buri mugore bikamubera gihamya imufasha gutsimbura ubwumvikane n'urukundo mu rugo rwe.

Mu rubyiruko rw'ubu ni bake babwirwa n'ababyeyi babo ibyerekeye urukundo rushingiye ku bitsina, ngo bamenye hakiri kare ayo mabanga y'ubuzima, bamenye umubiri wabo n'ubwiza bwawo mu byerekeye gukunda no kororoka ndetse no gushimisha. Ubundi urubyiruko rukeneye kumenya hakiri kare ko rutitondeye umubiri warwo, rushobora gutwara inda z'indaro no kwandura indwara zandurira mu myanya ndangagitsina.

Uko biri kose, imirerere y'ababyeyi si yo yonyine umwana agenderaho ngo abe umugabo cyangwa umugore w'imico iyi n'iyi. Atora n'iy'ahandi, ari iy'akarere atuyemo cyangwa se aho agenda. Ibyo byose atoragura bitokoza umuco n'uburere ahabwa n'ababyeyi be kandi bikamujija kuko kenshi biba bica ukubiri n'ukuntu yarezwe. Mu byerekeye ibitsina yumva ibinyoma n'ibigambo byinshi, bimwe bikamutera isoni.

Ni bwo akenshi yiga ingeso z'ubusambanyi, azigishijwe n'abasore cyangwa se abagabo bakuze, bikamubera bibi, bikamutera ubwoba akabizinkwa. ...Uretse iyo atara hirya no hino, haba n'imico cyangwa imigirire umukobwa abona iwabo ikamujija, akabura icyo yafata n'icyo yareka. Urugero: buri wese azi neza ko abahungu n'abakobwa bashimishwa no gukina, no gukubitana udupfunsi. Abahungu bakunda gukinisha abakobwa kandi n'abakobwa birabashimisha. Nyamara buri wese ashaka kwerekana no kwemeza umukobwa ko ari bibi, ko bigayitse, ko bidashimishije, kandi nyamara azi neza ko bimushimishije. Rero kwirengagiza no guhakana ibigaragara na byo biramujija. Ibyo byose bituma umukobwa yiga kuba incakura, agakerebuka, akifuturira ikibi n'icyiza. - (*Inganzo y'umunezero*, p. 32-33-34.)

-Nta wakwirengagiza uruhare runini rufitwe no guhuza imibiri kw'abashakanye mu mibereho ndetse n'umumunezero wabo. Hari ubwo abagabo n'abagore imibonano y'urukundo itabagendekera neza kunyurwa hagati yabo kukabura. Iyo ugenzuye usanga inyuma yabyo hariho kubura k'urukundo nyakuri, kudashikurwa no kutemerana hagati yabo.

Umudamu umwe yegereye Umugishwanama uzwi mu bijyanye n'abashakanye maze aramubaza ati « *kuki igihe imibonano y'urukundo n'uwo twashakanye irangiye niyumvamo ko nabaye igikoresho* ». Amubwira ko buri gihe aba ategereje ko umugabo we amubwira amagambo y'urukundo kandi akamuramburira amaboko akamuhoberana urugwiro.... Yakomeje abaza ati « *Mbese urumva ibyo bizagera ubwo bihinduka maze ibintu bikagenda neza ?* »

Umugishwanama yaramusubije ati « *Yego ndabyemera. Ariko bigombera kugaragaza ubushobozi, umwereka ikiri ku mutima wawe n'amakene yawe yo gushaka kwitabwaho.* » (*Vivez communiquez*, p.-133.)

## Urufunguzo rw'umushyikirano

Ndibwira ko inyigisho zisobanura ubwumvikane mu bashakanye zagaragajwe, ariko ntizamamajwe bihagije, kugira ngo ukeneye ibisobanuro muri urwo rwego abone aho abisanga atagombye kumva bike byo mu biganiriro, na byo kandi biba byuzuyemo ibinyoma, amakabyankuru, amabwire, gushukana n'ibindi. Bigatuma umuntu yemera ko ibyo

yumvanye runaka ari yo mpamo, kandi nyamara « umuco w'urugo runaka ntiwubaka urundi ».

Ibitekerezo biri muri iyi nyandiko byandikiwe kugutera inkunga, kugira ngo ujijukirwe no kubana neza na mugenzi wawe, kandi buri muni bikubere isoko y'umunezero n'ibyishimo aho kukubera umutwaro. Gushaka si umuruho kandi si agahato, ahubwo ni umugenzo utagira uko usa ufiteye umugabo n'umugore akamaro kanini, ndetse bikarenga imbibi z'umuryango.

-Inyigo nyinshi zagaragaje ko umushyikirano mwiza ari wo rufunguzo rw'imibonano y'urukundo ishimishije. Impuguke ku bijyanye n'ibitsina (sexologue) **Alexandra Penney** avuga ko :

-« Hejuru y'izindi mpamvu zose, gushyikirana ni ikintu cy'ingenzi kitakwiringagizwa mbere y'imibonano y'urukundo. Gushyikirana byarasobanuwe cyane. Ariko byakomeje kugaragara ko kutamenya gushyikirana neza ari imwe mu mpamvu zikomeye ituma abantu benshi batagirana ubumwe bwiza, ndetse n'ubushobozi buke bw'abashakanye bwo kuvuga icyo bifuzwa cyangwa icyo bakeneye. »- (*Vivez communiquez*, p 134.)

*Mu gihe umushyikirano wanyu uzaba ari mwiza, n'isano y'urukundo igufatanye na mugenzi wawe izarushaho gukomera no kunezeza.*

## **7.1 KUKI ABASHAKANYE BATAGANIRA KU RUKUNDO RWABO**

### **Ni ibisanzwe**

*Kuki tugira kwifata mu kuganira ku mibonano y'urukundo n'abo twashakanye?*

Bamwe batekereza ko imibonano y'urukundo ari ikintu cyikoresha nk'uko guhumeka bigenda, ku buryo atari ngombwa kubiganiraho. Nyamara bibwira ko imibiri ari ibintu bishobora gukoreshwa hatabayeho imigambi nta kugira n'icyo bivugwaho.

Uko kwemera kwaba ari ukuri, iyo byose biza kuba bigenda neza muri ubu buzima. Ariko kugenda neza kw'ibintu si ibya buri gihe, haba mu mibonano y'abubatse no mu yindi migabane y'ubuzima.

### **Ariko abantu bagombye kubyitaho...**

Hari umuntu utekereza ko mugenzi we agomba kumenya, agasobanukirwa kandi agahaza amakene ye, atabanje kuyamubwira. Uwo ni wo mutego ukomeye dushobora kugwamo.

Umudamu umwe yaravuze ati : « *Simba nshaka kubwira umugabo wanjye ibinezeza n'ibyo nkunda, kuva dushyingiranywe hashize imyaka cumi n'ibiri, ntiyigeze ashobora kumenya ibyo nkunda, kandi ntazigera abimenya. Niba akeneye ko nzabanza kubimubwira*



*ntazabibona. Nshaka ko yabikora ku bw'urukundo kandi bikizana, atari uko mbanje kubimusaba. »*

Uwo mugabo azakomeza kujijwa n'ibyo mugenzi we akunda kuko yibwira ko umugabo ashobora gufindura ibitekerezo bye. Naramuka adatahuye neza ibyo ashaka azakomeza kumushinja ko atamukunda ntanamwiteho.

*Iyo nyifato ntikwiye.*

Ikibabaje ni uko bamwe batekereza ko ikiganiro hamwe n'abo bashakanye ku mibonano y'urukundo atari ngombwa, cyangwa ntibakunde kubiganira, ubundi bagatekereza ko atari ibiganiro byabashishikaza.-(*Vivez communiquez p. 134.*)

## **7.2 KWIFATA MU BIGANIRO**

- Abantu babajijwe mu iperereza ku gushyikirana, rigaragaza ukwifata mu kuvuga weruye ku bitsina:

- *30% Babajijwe b'ibitsina byombi batangaje ko bajya baganira na bagenzi babo ibiganiro byimbitse. □ 70% Basigaye batangaje ko bitari buri gihe ndetse ubundi ntibabivugagaho.*
- *Naho 72 muri abo bose basubije bavuga ko bifuzaga ko abo bashakanye na bo babaganiriza mu buryo bweruye ibiri ku mutima wabo n'ikibashimisha ku mibonano y'urukundo.*

Abadashobora gufungurira umutima wabo uwo bashakanye ngo bavugane amanyakuri ntacyo basize inyuma kuri iyo ngingo, ntibashobore kugaragaza ibibanezeza cyangwa ibitabanyura bashobora kugira ingorane zo kutishimana na bagenzi babo no guhorana umunya.

Umudamu wize ibyo gushyikirana yagize ati: « *Njye n'uwo twashakanye iyo tudafashe igihe ngo tunganire ibyerekeye ibibazo byacu ngo tubishakire umuti, numva ndemerewe mfite n'uburakari. Ariko iyo tumaze kubiganiraho tukabikemura numva ndi hafi y'umugabo wanjye. Nk'aho yahoze ankuyakuya. Nyuma yaho numva ngize ubushake bwo kuba twakundana. »- (*Vivez communiquez, p. 134.*)*

-Ni yo mpamvu abashaka kugira imibonano y'urukundo ishimishije bagomba kumenyesha abo bashakanye mu magambo ibyo bifuzaga n'ibyo bakunda bishimira.- (*Vivez communiquez, p. 134.*)

## **7.3 UBUMWE BW'ABASHAKANYE**

### **Guhuza imitima by'ukuri**

Umugabo umwe ukiri muto yagiye kureba umudamu we wari wabyariye ku bitaro; ahageze umuganga yamubajije niba yifuzaga kuvugana n'umufasha we.

Maze uwo mugabo amusubiza bwangu ati: « Kugira ngo bigende bite? » akomeza agira ati : « Ubu hashize imyaka ibiri tutavugana ».

Buri wese azi neza ko umugore atwita igihe cy'amezi icyenda. Ariko kutavugana neza kwabo kwari kumaze imyaka ibiri, nyamara ntabwo byababuzaga kugirana imibonano mpuzabitsina. Igikorwa cyo guhuza ibitsina kugira ngo umuntu agabanye ubushake bw'umubiri aba afite, bisobanuye ko haba hari urukundo ruke, ..... Amaherezo bibyara imibonano y'umuhango kandi itanyuze bene yo.

### **Ubumwe bw' imibiri bukwiye**

Niba igikorwa cy'urukundo kidakoranywe umutima ukeye, icyizere no kwishyira ukizana, ntabwo cyaba ari igikorwa cy'urukundo nyakuri. Icyo gikorwa kigomba gukorwa nta kwizigama. icy'ingenzi buri wese agomba kwiha undi.

Abashakanye bifuzwa cyangwa bagakora imibonano batabanje kubitekerezaho, bakirengagiza ubumwe bwo guhuza urugwiro, bashobora kwibwira ko kugira ngo urugo rwabo rudasenyuka ari ngombwa kwiga ubundi buhanga bwo gukora imibonano.

Nyamara mu bihe nk'ibyo n'ubwo buhanga bushya buganisha ku mibonano itagira ubumuntu no kutanyurwa. Bityo kwiyumvamo ko nta rugwiro birakomeza ni bwo hakurikiraho guhinduranya abagenzi, gushakisha mu nyandiko zivuga iby'imibonano, na za filimi. Ariko ibyo byose ntabwo bizana ibisubizo by'ukuri. Ahubwo byica ubuzima. *Umunezero ushyitse*

Abashakanye ntabwo bakwizera kugera ku nararibonye y'imibonano y'urukundo ishimishije kandi inyuze, keretse bombi biyumvishije mu mitima yabo urukundo nyakuri, gushimana nta mbebya, kwita ku mahame yo gushyikirana, kubahana, no kugirirana icyizere. Buri wese akamenyesha mugenzi we nta gukikira ibyo badahurizaho n'ibyo bakunda kuruta ibindi.

Kunyurwa muri urwo rwego biva ku guhuza mu zindi gahunda z'imibereho isanzwe y'ubuzima. Na none nk'uko bisanzwe imyifatire idatunganye ishobora gutera imbogamizi mu buzima bw'imibonano y'urukundo rw'abashakanye.- (*Vivez communiquez*, p. 135)

-Niba habuze kimwe cyangwa byinshi mu bintu by'ingenzi mu mibanire isanzwe, abashakanye ntibagira imibonano y'urukundo ikwiye.

*Gufatana mu biganza, guhoberana bigombye kuba umugabane wa buri muni.*  
*Aho buri wese yikururiraho undi ibyo ni byo bibyara komatana no kunezerwa mu mushyikirano wahariwe abashyiranywe.*  
***Byose birakenewe***

- **Nancy V. P.** ati: « *Iyo abashakanye baje kungisha inama ku bijyanye n'ibibazo bafite ku mibonano y'urukundo, mbanza kwiga imibereho yabo muri rusange* »: mbanza kubaza ibibazo bikurikira :

- Mbese umugabo ahaza amakene y'urukundo n'umutekano by'umugore we?
- Umugore akemura amakene yo kwitabwaho no kuzirikana umugabo we?

- Mbese abashakanye baremerana cyangwa ubuzima bwabo bugizwe n'itunganya, kujorana bituma habaho intera hagati yabo no gusenya.
- Ese uyu muryango uzi kandi wita ku mahame yo gushyikirana?
- Ese bashobora kubwirana ibiri mu mitima nta kwizigama, umwe ategera undi amatwi?
- Mbese bazi neza amakene yabo anyuranye kandi bagerageza kuyakemura?
- Mbese buri wese azirikana inshingano ye n'ubushobozi bwe, cyangwa umwe ahora ashaka gutegeka undi?

Iyo ibyo bibazo byose bimaze gushyirwa ni bwo nshobora gutangira ikibazo kijyanye n'imibonano. Kuko kunezerwa mu mibonano y'abashakanye ni ingaruka ikomoka ku mibereho inejeje y'abashakanye iba iri hagati yabo.

### *Amakimbirane n'ubumwe.*

Umugabane munini w'ibibazo biboneka mu mibonano y'urukundo biba bifitanye isano n'ibibazo cyangwa se amakimbirane atarigeze akemurwa. Bitangira ari udukosa duto tudashyirwa ahagaragara, nyuma bikazabyara amakimbirane akomeye no kwigizanyayo. - (*Vivez communiquez p. 136.*)

-Ni nde wanyama mu buriri maze agahobera mu maboko ye umuntu urakaye cyane, kandi amubona nk'aho ari we wateje ubwo burakari?

Yego umugore wumvira yareka umugabo we agakoresha umubiri we, ariko na we yamuhanisha guhisha ibimenyetso by'umunezero; na none muri ako kanya ntibyashoboka ko umugabo agaragaza urugwiro n'urukundo.

Ahantu hose, komatana kw'imibiri kutagira amakemwa gushimishije gushoboka iyo hariho komatana kw'imitima.

### **Mu buriri ibibazo biravuka**

Mu buriri burya ni bwo ibibazo bizuka, n'ibyabaye byose muri uwo munsu mu yindi mibanire y'abashakanye birazimburwa. Umugore ashobora kumva ko agoswe n'umugabo, ndetse ko amubuza kuba yagira umwanzuro na we ubwe afata. Kubera izo mpamvu akumva uburenganzira bwe buryamiwe. Ni yo mpamvu yibuza umunezero w'imibonano y'urukundo agatangira guhimba impamvu ku yindi. Hari n'ubwo aba atizera gutsinda mu makimbirane afitanye n'umugabo ariko aho afite uburenganzira ku mubiri we ni ho akandira.

Kutagira uruhare mu mibonano y'urukundo bishobora kuba uburyo bwo kwihimuranaho no kugaragaza uburakari.

20% bakoreweho iperereza batangaje ko kwiyimana babikoresha nk'igihano. Mu bundi buryo bikoreshwa nk'intwariyo yo kurwanira ubutegetsi mu rugo.

Rimwe na rimwe kwifungirana mu cyumba, guterana umugongo, gukora ibimenyetso byo kwivumbura cyangwa kwigirayo uko bishobotse kure y'uwo bashakanye. Iyo myitwarire ni ibimenyetso byo kwigizanyayo. - (*Vivez communiquez, p. 137.*)

## Nta kwireba wenyine

-Umugabo w'imbaraga nke (impuissant) cyangwa umugore wahuzwe umugabo (fligide) bahorana umunya kuri bagenzi babo. Akabimarana imyaka myinshi. Kubera ko baba badashoboye kugaragaza uburakari bwabo ako kanya babugaragaza bananirwa gukora imibonano y'urukundo.

Kutita cyangwa se kuzinukwa imibonano hakwiriye kwigwa uburyo bwo kubyikuramo, umuntu akabyivanamo abivugisha umunwa aho kubikoresha ibindi bice by'umubiri.

Ibibazo cyangwa uburakari bikwiriye kugaragarizwa mu magambo. Ababizi neza bemeza ko iyo ibibabaje bivuzwe uko bikwiye, ishyushyu ry'uwo bashakanye ririyongera n'imibonano ikurikiyeho ikarushaho kugenda neza.

Iyo amakimbirane asesuye cyangwa ahishwe acengeye akagera ku buriri amaherezo ateza imivurungano y'ubumwe.- (*Vivez communiquez*, p. 137,138.)

## Ipfunwe ku bagore

-Iyo umugabo avuze ikintu kibi ku mugore kijyanye n'uburanga kandi umugore we atashobora kugira icyo akora ngo agikosore, bigereranywa n'ubuhotozi. *Urugero* : kuvuga ko afite ibiro byinshi, ko afite mu gituzo hato, aba amuhindaniye ku buryo we akomeza kwibwira ko adafite ubwiza bwakurura umugabo, kabone n'aho yaba afite ubundi buranga.

Ku mpamvu z'uko imibonano y'urukundo ikorana cyane n'ibitekerezo, umugore niyumva ko umubiri we udateye kwifuzwa cyangwa ko udashimwa n'umugabo we bishobora kumutera kutanezewa n'imibonano y'urukundo, ahubwo akumva afite isoni n'ipfunwe.

Gutinya ko atari bugere ku ndunduro y'ibyishimo na byo bishobora gutera umugore kumva adashishikajwe n'icyo gikorwa.

Abandi bagore bumva bafite ubwoba bwo kwishimira imibonano babitewe n'uburere bahawe mu miryango aho babumvishaga ko imibonano ari ikintu kibi ndetse ko ari umwanda kidakwiye. N'igihe bamaze gushyingirwa bumva ko barimo gukora ibidakwiriye, ko bihaye umunezero udasanze nk'aho barenze urubibi cyangwa ahari bakoze ibintu bidakwiriye. Abandi bagore batinya gufata iya mbere mu bijyanye n'imibonano, badashaka ko abagabo babo bababona ko batinyutse cyane.- (*Vivez communiquez* p. 138.)

## Ipfunwe ku bagabo

-N'abagabo na bo bagira amapfunwe yabo ariko ntibakunda kuyemera no kuyagaragaza, kuko badakunda kugaragaza ikibari ku mutima. N'ubwo ibibahangayikisha bitandukanye, abagabo na bo bashobora kugira ipfunwe nk'abagore. Abagore bakomereka vuba cyane ku bijyanye n'uko bagaragara inyuma. Naho abagabo bafite uko babibona ku bijyanye n'imiterere yabo.

Abagabo bamwe bumva batanejeje kuba badafite ubwoya ku gituzo, cyangwa se ko badafite ibizigira bigaragara. Kuba batari banini, kuba bafite umubiri worohereye, kuba bafite ubundi busembwa bishobora kugira ingaruka zitari nziza ku mibanire.

Bitewe n'imiterere y'umugabo yo kudashobora gukora imibonano, ntibyamushobokera kubihisha, kimwe no kubabazwa n'uko umugore we atagera ku ndunduro y'ibyishimo, maze akiciraho iteka, agashidikanya ubuhanga bwe cyangwa ubushobozi bwe bwo kunezeza mugenzi we. Ndetse bamwe bajya bigereranya ku bandi bagabo.

### **Kurenga ipfunwe**

Iyo uhisemo inzira yo kurwanya ipfunwe, uba uri mu nzira nziza kugira ngo ubigaragaze mu mvugo nta gisizwe inyuma mu rwego rwo kuritsinda.

Igihe twifungiraniye ntuvugye iby'ipfunwe dufite ngo dufatanye na bagenzi bacu kubishakira umuti, bizadukomerera gukemura icyo kibazo.

Kuvugana ukuri gusesuye ku ipfunwe cyangwa ikindi kibazo utinya kuvuga, bituma urenga urusika rutuma hatabaho urukundo, kutishisha no kugira imibonano y'urukundo yuje urugwiro inejeje. Kandi umenye ko nta muntu washobora kugaragaza ikiri ku mutima mu gihe hari ugutinyana no kwigizanyayo.- (Vivez communiquez p. 138.)

### **7.4 KUVUGURURA UMUSHYIKIRANO W'URUKUNDO**

*Turebere hamwe ingero zikurikira :*

**Gerari** yitotombera umudamu we Helena kubera ko imibanire yabo ku bijyanye n'imibonano y'urukundo ihorana ijyana idahinduka kandi idashimishije. Mugenzi we yarerewe mu muryango aho yigishijwe ko ibijyanye n'imibonano y'urukundo ko ari ibintu bihishwe bitavugwaho. Umugabo yagerageje kubiganiraho na we ariko aranangira.

**Lise** aravugaga ko uburyo umugabo we akoresha mbere y'uko bagirana imibonano butamunyura, n'iyi bayigize ntimunogera. Ariko ahora afite gutinya mu mutima we kumubwira ko ashimishwa n'uko abanza kumukuyakuya mbere y'uko bajya muri icyo gikorwa.

Hashize imyaka runaka **Hari** ahaye mugenzi we igitekerezo cy'uburyo yumva bumunyuze yifuzaga ko bakoresha mu mibonano y'urukundo. Ariko **Anne** yaramwangiye. icyakurikiyeho ni uko batigeze bongera kubiganiraho. **Hari** n'ubwo adashakaga kongera kuvuga icyifuzo cye ariko ahorana ku mutima we intimba kuko **Anne** yamuhemukiye akanga kumushimisha. Bityo yumva nta bwisanzure ku bijyanye n'imibonano y'urukundo afite.

**Geraldine** we ntaba ashakaga kugirana imibonano ya buri muni na mugenzi we **Valante**. Atekereza ko umugabo we nta kindi akunda kwitaho kitari imibonano mpuzabitsina. **Valante** na we amushinja ko imiterere ye irangwa no kudashabuka no kutagira ubwitange bwo kumunezeza. Bagirana impaka zitari nziza kuri iyi ngingo, kuri ubu nta n'umwe muri bo ugihangara kuba yazana icyo kiganiro.

Izi ni zimwe mu ngero zatanze mu zindi nyinshi mu ngo nyinshi zitigera ziganirwaho ngo bene zo bazikemure. Ntibigera bavugaga ibitekerezo, amarangamutima n'ibyibifuzo byabo. icyo umwe agambiriye undi acyigizayo kuko aba yumva abangamiwe.- (Vivez communiquez, p. 140.)

## 7.5 GANIRA NA MUGENZI WAVE

### *Tubivugeho ?*

- Abantu bamwe baja bashobora kuganira ku mibonano yabo y'urukundo mu buryo busanzwe nta kibazo rwose. Ariko hari abandi bumva bafite ipfunwe ryo kubiganiraho, bakagira n'isoni nyinshi. Igice umusomyi w'iki gitabo yaba aherereyemo mu bimaze kuvugwa, impanuro zikurikira zishobora kubafasha iwanyu mu rugo mu gutangira ikiganiro na mugenzi wawe kuri icyo ngingo.

### **Tangira ikiganiro uhereye ku nyandiko yizewe**

Bumwe mu buryo bworoshye bwo kuganiza mugenzi wawe ni ukumubwira ibyo washoboye gusoma mu nyandiko mwembi mufitiye icyizere, ku bijyanye n'ubuzima bw'abashakanye cyangwa se ku mibonano y'urukundo, ibyo wabonye ko bitagusobanukiye icyo gihe ushobora kumusaba ko mwabivugaho.

### **Kuvuga ibigutera ipfunwe cyangwa ubwoba**

Umuntu ugira amasoni cyane, cyangwa wumva yarazinutswe imibonano, ashobora gutangira ikiganiro yerekana mu kuri kose uburyo bimugora kuganira kuri icyo kibazo. Ashobora gutangira agira ati : *"Numva bingoye cyane kuvuga ibintu nk'ibyo.... Nashakaga kugira icyo nkubwira ku bijyanye n'ubuzima bwacu bw'urukundo, ariko simbona uburyo mbivugamo. Amagambo yo kubivugamo ndumva atari kuboneka. Numva sinzi uko meze".* Bene icyo cyifuzo gituma mugenzi wawe agutegera amatwi akagufasha kuva mu kibazo.- (*Vivez communiquez,p.154.*)

### **Kwerekana ikintu utari usanzwe uzi kikaba cyaragutangaje**

Ubundi buryo bwo gutangiza ikiganiro ni ukwerekana ibyaguteye gutangara : *"Umva nawe ibyo nasomye ; burya mirongo itanu ku ijana by'abashakanye bafite ibibazo bijyanye n'imibonano mpuzabitsina kandi ntibafata igihe ngo babivugeho hagati yabo ubwabo. Ese ntabwo ubona ko ari umubare munini"* cyangwa se *"Wari uzi ko, hakurikijwe amaperereza yakozwe abagore bizera kandi bagashyira mu bikorwa ari bo bagaragaza kwishimira imibonano y'urukundo? Kandi ko ari bo banyurwa, bakanagira uruhare muri yo, bakanagera ku ndunduro y'ibyishimo kurusha abandi ?*

### **Ushobora no kubaza ibibazo**

Baza ibibazo mugenzi wawe ku bintu bijya bimunezeza cyangwa ibitamunezeza na bwo ni ubundi buryo bwo kuba mwatangira ikiganiro. Akenshi abashakanye ntabwo baja bita ku

binezeza bagenzi babo cyangwa ibitabanezeza, kubera ko batigeze babibabaza. Uwifuza kurenga umurongo wo kwicecekeramuri uwo mushyikirano wagenewe abashakanye ashobora gutangiza ibibazo byoroheje akenshi bisaba igisubizo kigufi cya "Yego" cyangwa "Oya".

"Mbese ibi birakunyura?" "Ese wakwifuza ko twajya tugaruka kuri ibi kenshi?" Ibibazo nk'ibi bikunda korohera abagabo gusubiza. Niba ari bwo bwa mbere mwagerageza kuganira ku buzima bw'urukundo igisubizo cya Oya cyangwa Yego ntigikwiye kuguca intege kuko kirahagije cyane cyane ku muntu utajya akunda ko byavugwaho. Si byiza gushaka kubaza ibibazo byose icyarimwe, cyangwa ngo wibwire ko uri bubone ibisubizo byose uwo munsu kandi ari bwo bwa mbere mwagirana bene icyo kiganiro.

Ugomba kwirinda ibibazo bidasobanutse cyangwa birimo urujijo nk'ibi: "Ese ni ibiki bikunzezeza?" "Ni ibiki wumva bigukangura?" hari ubwo yagusubiza ati: "Ni byose", ugasanga ntacyo ukuyemo. Ibyiza rero ni ukubaza ibibazo bisobanutse kandi biri ku mubare, kugira ngo nawe ubone ibisubizo ushaka.

### **Interuro zahuranije**

Interuro zidaciye ku ruhande na zo zishobora kuba uburyo bwiza bwo gutangira ikiganiro cy'urukundo rwanyu, zishobora kuba ziteye zitya: *Ese utekereza ko nkiri muto nigeze ngira amatsiko ku bijyanye n'urukundo....* "Uburyo bunezeza bwo gukuyakuya ni...." "Iyo turimo kuganira iby'urukundo numva...." "Umushyikirano w'urukundo nagize hamwe nawe wanejeje kurusha ibindi byose ni cya gihe..."

#### ***Kuganira ku byo muhuriyeho***

Ubundi buryo mushobora guheraho muganira iby'umushyikirano w'urukundo rwanyu, ni ukuvuga ibintu mwembi mwemeranyaho. Urugero: *Mbese ukunda ko nguhobera, cyangwa ni iki kikunzezeza mu gihe cyo gukora urukundo.* Iyo mumaze gufungura ikiganiro kugeza aho, noneho birashoboka kuba mwavugaga mwimbitse mu kiganiro cyanyu. Amaherezo mushobora no kugera ku bibazo bijya bigutera ipfunwe cyangwa se bituma wumva bibyukije indi mbaraga muri wowe.

Ntukwiye gutangazwa n'uko mugenzi wawe yerekana ko ataguye neza n'ibyo bibazo. Nawe bishobora kukubaho. Ntugomba guhagararira aho. Iyo myitwarire ishobora kugeza ku gisubizo cyiza, igihe mubijyanye mu buryo bwubaka, aho kugira ngo bivemo inzitizi ahubwo bikavamo uburyo bwo gushyikirana butaziguye. - (*Vivez communiquez, p.154-155.*)

- Niba abashakanye batize gushyikirana ngo bamenye kubwirana ibyo batekereza, ibyo bishimira mu rukundo, ntibashobora kugira umunezero usesuye uturutse ku rugwiro.

Nawe usoma iki gitabo hari ubwo waba waragerageje kugirana ikiganiro n'uwo mwashakanye ariko ntibigende neza ahubwo ukabona ibisubizo bitari byiza ukiyemeza kutazabisubira.

Birashoboka ko weho waba waranze no kuba wahingutsa ikiganiro nk'icyo kuko watinyaga ko uwo mwashakanye yagusubizanya inabi. Ni byo, birashoboka ariko kugira ngo habeho imibonano y'urukundo ikwiye ni ngombwa guharanira umushyikirano no gushaka ibiganiro bitarimo gukikira.

Nimutagera ubwo muhishurirana amakene yanyu ngo mufate igihe cyo kubwirana ibyo mudahurizaho, muzaba mutakaza umugabane munini w'ibyishimo byo guhuza imibiri n'imitima.- (*Vivez, communiquez, p. 141.*)

## 7.6 NI NGOMBWA KUBIVUGAHO CYANGWA KUBICECEKA

Ubwo buryo bwombi bufite amaherezo, birakwiye ko uhitamo.

### *Byose*

Kudahisha igitekerezo bitera imbaraga iganisha ku cyiza, kuko itera kuvuga ibiri ku mutima byose n'ibitekerezo, ndetse bigatuma hatabaho kumvirana no gushaka gusobanura ibintu uko bitari.

Mu rundi ruhande hari ubwo kudahisha ibyo uzi byatera inabi. Kunegura cyangwa kujora mugenzi wawe ku busembwa budashobora gukosoka si byiza, byasa n'aho ari ubugizi bwa nabi.- (*Vivez, communiquez, p. 142.*)

## 7.7 KUGANIRA KU MIBEREHO Y'ABASHAKANYE

-Mbere yo kwinjira cyane mu kiganiro cy'ibyo musanzwe muzi cyangwa ibyo mwifuzako kugeraho, ibyo mudakora ariko mwifuzako gukora mu gihe cyo guhuza urugwiro, birakwiye ko icyo kiganiro kibanza gusasirwa n'icyizere no kubahana. Ibyo bishakira gusobanukirwa n'ibi bikurikira: Ni ngomba kwemera uwo mwashakanye uko ari. Ni ngomba kumwubaha igihe cyose ku bw'uburengazira bwe bwo kuba yararemwe mu buryo butandukanye n'ubwawe. Byongeye kandi ukwiriye kumva ukanemera ko afite kubona ibintu mu buryo bunyuranye n'ubwawe, ndetse no ku bijyanye n'imibonano y'urukundo.

Urwo rugero rw'ubwizerane ruzatuma abashakanye baganira byose ndetse na bimwe bidakunda kuvugwaho kubera amasoni.

Ni ngombwa kubanza gutekereza byimbitse no gusubiramo mu ntekerezo ikiganiro ushaka kuganira n'uwo mwashakanye kuri icyo kibazo.

*Ni ryari, kandi ni hehe, nakoresha ijwi riteye rite kugira ngo muganize?*

*Noneho ushyire byose kuri gahunda mu bitekerezo byawe. « Ndavuga iki kugira ngo nterure ikiganiro nk'icyo hagati yacu ? Mbese nashobora nte kurasa ku ntego y'ikibazo ndetse ngo menye n'ibyo yifuzako ». Gerageza use n'uganira n'uwo mwashakanye mu ntekerezo zawe.*

*Ese nabyifatamo nte igihe mugenzi wanjye agaragaje ubushake buke bwo kuganira nanjye ? Nabigenza nte mu gihe yanze ?*

Muri make utegure ikiganiro cyawe witonze uko bishoboka kose kuko guteganya kuzana umutekano no kutikandagira, kandi ni byo bizana amahirwe yo kugera ku ntego.

Ni byiza kugira igitekerezo gihanye ukamenya ingingo ushaka kwerekezaho ikiganiro cyanyu, ndetse byaba ngombwa ushobora kwitoza ukoresheje kuvuga uranguruye ijwi wiherereye kuko bizagufasha kuvugana na mugenzi wawe igihe muri kumwe. Bibaye ngombwa ushobora no



kwifashisha kwandika ingingo ubona ko ari ingenzi kuganiraho.- (*Vivez, communiquez*, p. 142,143.)

### **Igihe cyo kuganira ku mibanire yanyu**

-Inararibonye nyinshi zemeza ko atari byiza mu gihe cy'umibonano y'abashakanye kuganira ibibanyura n'ibitabanyura. Ahubwo mbere cyangwa nyuma y'icyo gikorwa ni cyo gihe gikwiye cyo kubiganiraho.

Ahubwo kubiganiraho mbere byaba umugabane w'integuza y'icyo gikorwa.

Mbere yaho bishobora kuba byiza kuganira ibibanyura ndetse no kumvikana ku byo muri bukurikizeho.

Igihe icyo gikorwa kirangiye na none ni igihe cyiza cyo kuganira.

Umudamu umwe aritangira ubuhamya agira ati : « *Ibihe bimwe na bimwe njye n'uwo twashakanye tugumana umwe mu maboko y'undi tuganira ku bimaze gutambuka n'ibyo twumvise. Icyo gihe ni bwo mbasha kumubwira ibyishimo mukeshya ndetse no kumumenyeshya ibyo nkunda ko twajya tugarukaho kenshi* ».

N'ubwo haba hari n'ibibazo bifite imizi mu myaka yashize, igihe ntikirarenga kugira ngo bivugweho mu gihe bizaba bikoranywe ubushishozi.

*Urugo rw'abantu bashobora kuganira ku bibareba byose ruba rufite amahirwe menshi yo kwirinda kugwa mu bibazo bimwe na bimwe.*

### **Aho abashakanye bakwiriye kuganirira**

Birakwiye guhitamo ahantu hakwiriye hababereye mwembi aho umushyikirano n'urugwiro byagerwaho nta kirogoya. N'ubwo ku buriri bw'abashakanye ari ahantu hakwiriye ho kuvugira amagambo nk'ayo, akenshi atera bamwe kwirwanirira, birakwiye kwikuramo inyifato nk'iyi mu kiganiro gisaba kuvuga utiziganye imbere y'uwo mwashakanye.

Aho ari ho hose mwahisemo kuganirira mugomba kuba mwateganiye ko ari ahantu muri mwenyine kandi nta kirogoya. Mu bihe bimwe na bimwe mushobora kuganirira ahantu hifubye kuko kurebena mu maso bikunze kugorana ku bantu bafite ikibazo hagati yabo.

## **7.8 KUGANIRA KU BIBAZO BIDA KUNDA GUHISHURWA**

### **Uburyo bukwiye bwo kubiganiraho**

**Daniyeri na Veronika** kuva barwubatswe hashize imyaka umunani. Mu mibereho yabo bakunda imirimo y'amaboko bafatanyiriza hamwe iyo bavuye ku kazi. Nyamara uwo muryango ugaragarira abantu ko umeze neza, ufite ibibazo bitaworoheye na gato.

**Daniyeri** ahora ababajwe n''imbaraga nke agira mu mibonano n'uwu bashakanye zituma agera ku ndunduro y'ibyishimo vuba cyane (éjacuration précoce), kandi ntabwo azi uburyo yava muri icyo kibazo. Yumva afite isoni cyangwa ipfunwe, ndetse akiciraho iteka ku bwo kutamara akanya mu gihe cy'urukundo, kandi atekereza ko igihe cyamushiranye cyo kuba yabiganira n'umufasha we ngo babishakire umuti.

**Veronika** na we ku ruhande rwe ntabwo ashaka gukomeretsa umugabo we, ni cyo gituma asa n'unyuzwe mu gihe cy'imibonano yabo kugira ngo amugaragarize ko ageze ku ndunduro y'ibyishimo. Atinya kubwira umutware we ko atajya yumva ibyishimo kubera igihe kigufi bagirana cyo guhuza imibiri.

N'ubwo Veronika atagera ku ndunduro y'ibyishimo mu gihe cy'urukundo bagirana, yumva yakomeza kugira imyifatire myiza ku mugabo we.

Iyo **Daniyeri** na **Veronika** bafata igihe bakaganira ku kibazo cyabo bagitangira kubana bajyaga

kuba barashatse umuti w'icyo kibazo gihora kibatera ipfunwe kikanababaza na n'uyu muni. Ikibazo cyabo cyakomeje kwihambira kubera ko batahujije inama ngo bagishakire umuti.- (*Vivez communiquez*, p. 143.)

-Iyo abashakanye batinze kuganira ku kibazo, ibishyize kera bigera ubwo bigorana kugikemura.

Ingorane nyinshi ziboneka mu mibonano y'abashakanye zifite amahirwe yo kuba zabonerwa ibisubizo mu gihe abashakanye babivuganye nta gukikira, kandi bakagira ubushake bwo kuzirwanya.

Mu buryo bwiza bwo kubiganiraho baraduha urugero rwa **Daniyeri** na **Veronika** : Kugira ngo utangire neza ikiganiro : Ubanza kwerekana ikibazo gihari, ukabaza niba cyaba ari igihe cyiza cyo kubiganiraho.

### ***Noneho Veronika ashobora gutangira ikiganiro cye na Daniyeri :***

Iyo utangiye ikiganiro ujye utanga ubutumwa bwawe ukoresheje insimbura zina ya mbere yo mu buke ( *njyewe, ndumva, ndashaka...*). Vuga uko ubyumva nta guhisha, werekane ikikuri ku mutima. Uko wumva ikibazo n'ingaruka bikugiraho. Mu gihe uvuga ingaruka bikugiraho ubivuge udashinja mugenzi wawe nk'aho ari we nyirabayazana. Impamvu yo gukoresha insimbura zina ya mbere yo mu buke ni ukugira ngo ugaragaze imyumvire yawe ku giti cyawe. Bituma umuntu yisanzura ntakomeze kugumana ibintu bitari byiza bihishwe mu mutima we, kugira ngo bitazagera ubwo bisandara bigatangazwa nta rutangira.

Ariko hari ubwo ushobora gukoresha iyo nsimburazina ya mbere yo mu buke ukayikoresha nabi, urugero. « *Njyewe ndananiwe. Sinzi uko uba umeze igihe uri ku buriri. Ntuzi gukora urukundo ntugeza ubwo unezeza. Akenshi birangiza kare. Wowe ikigushishikaza ni ukwishimisha ku giti cyawe, njyewe ntacyo nkuramo* » n'ibindi... . Amagambo nk'ayo atera ikimwaro, n'ayo guca urubanza atera mugenzi wawe guhaguruka maze akirwanirira.

**Dore amagambo akwiriye :** « *N’ubwo nkunda ko tugirana imibonano nje nawe, mbona hari ikibazo twagombye kuganiraho. Nje numva hari ikinsobwa, mbona burya bisa n’ibirangira vuba cyane. Mba numva nkeneye gutegurwa bihagije mbere yo guhuza imibiri. Rimwe na rimwe imibonano ntijya irenza iminota itanu, kandi kuri jye ntabwo ihagije. Igihe cyiza kuri jye gitangira iyo kuri wowe byose bigeze ku iherezo. Ibyo birambabaza, nkabura uko ngira, ndetse rimwe na rimwe bikantera kurakara. Nasomye mu gitabo kivuga ku mibonano y’abashakanye ko igihe umugabo arangiza vuba nka nyuma y’iminota ibiri akimara gutangira icyo gikorwa, ngo haba hari ikibazo. Mbese waba utekereza ko ari yo ngorane natwe twaba dufite ? »*

Impamvu umugabo aguha ugomba kuzakirana ubwitonzi. Niba akumvanye umutima witeguye gufatanya na we muri icyo kiganiro, mukomeze.

### **Gukurikirana no gushakashaka igisubizo**

Kubera ikiganiro kidakikiye **Veronika** yagiranye na **Daniyeli** byatumye bagera ku gisubizo gishimishije ku kibazo bari bamaranye iminsi.

Na none ibibazo byose ntabwo bijya bikemuka mu buryo bworoshye. Niba bidakunze ushaka ubundi buryo hanyuma ukazongera ugatangira ikiganiro bundi bushya. Umenye ko ibibazo byinshi byagiye bikemurwa nyuma yo kugerageza inshuro nyinshi.

### **7.9 NJYWE IKIBAZO CYANJYE KIRIHARIYE...**

Ntabwo tugamije kwerekana urutonde rw’ibibazo byose bishobora gutera ingorane mu mibereho y’imibonano y’abashakanye, kandi ngo dutange ibisubizo by’ibitangaza kuri buri kimwe cyose. Ariko twasanze ari byiza ko havugwa ingero zimwe na zimwe zikunda kugaruka kenshi mu mibereho y’abantu.

### **Bimwe mu bisubizo**

1° « *Akunda kunsaba gukora ibintu bitanzezeza. Nkumva mbuze uko mwangira. »*

Ugomba kubyitwaramo neza kandi witonze : Kugira ngo uhoshe amakimbirane ashobora kuza hagati yanyu, ushobora gukoresha imvugo isa n’iyi : « *Sheri ibi ndumva bitangwa neza »* cyangwa se « *Ndumva ntacyo nabikoraho uyu mugoroba »* cyangwa « *Numva ntameze neza iyo mbikoze, numva ntatekanye mu bitekerezo »* Umugabo ukunda kandi wumva, igihe uzaba umubwije ukuri kose ntazabura kukurinda ikintu cyose cyaguteza inabi.

2° « *Ajya ansaba ko twakora ibintu numva binyuranye n’umutimanama wanjye. »*

Na none ni byiza kuvugisha ukuri kose ntacyo umuhishe : « *Ntabwo nshobora gukora ibyo kuko njyewe mbona atari byiza »* cyangwa « *Narerewe aho banyigishije ko ibyo bintu atari byiza.* »

Buri gihe ugomba kwirinda amagambo yo gushaka gushinja mugenzi wawe umugaragariza ko atari muzima cyangwa ko yahindanye.

3° « Hashize igihe kirekire ntagera ku ndunduro y'ibyishimo mu gikorwa cy'urukundo ngo nishimire ubutwari bw'umugabo wanjye. Ariko aho bigeze ndaremye, ariko sinzi uko nabihingutsa ngo mbimubwire. »

Nk'uko twabivuze haruguru ushobora kwifashisha ikiganiro cya Daniyeri na Veronika. Naho ubundi si byiza gutungura umugabo ukamubwira ibyo. Byabyutsa amakimbirane yandi aho kuyakemura. Bitagukundiye ubwawe wakwifashisha abagishwanama muri urwo rwego (Psychologue, ou conseiller conjugal.)

4° « Buri gihe madamu aba ategereje ko ari jye ufata iya mbere ku bijyanye n'imibonano. Nanjye nakunda ko yaba ari we ufata iya mbere. »

Birashoboka ko ako kanya atahita agaragaza ko yabikora, ku bwo kwanga ko wamufata nk'umuntu utinyuka cyane. Ariko kugerageza kumutinyura byamufasha bikagabanya ubwoba bwe.

5° « Kuva dushyingiranywe tumaranye imyaka myinshi, buri gihe umugabo wanjye ahora afata iya mbere ku bijyanye n'urukundo. Njye sinigeze mbikora. Ni gute namubwira ko nanjye numva nakwishimira gufata iya mbere rimwe na rimwe kandi nkabimubwira ntamukomerekeje ? »

Abagabo benshi bakunda ko abafasha babo bafata iya mbrere, ariko atari buri gihe. Gerageza umubwire mu magambo yoroheje nk'aya : « Uyu mugoroba ndumva mfite urukumbuzi n'ubushake byinshi... Nakwishimira gutangira igikorwa hamwe nawe. Mbese urabitekerezaho iki ? »

Abagabo bake ni bo bakwigizayo iyo mpano. Niba usanzwe utagira amagambo menshi ukaba utinya ko umutware wawe yabifata nabi, ushobora kuvuga utya uti : « Nasomye mu gatabo kavuga ku mibanire y'abashakanye ko abagabo mukunda ko abagore banyu babasaba ko haba imibonano, kandi ko bagira uruhare muri yo mu gihe irimo gukorwa. Mbese wakunda ko mbikora ? »

6° « Bijya binanira kwangira umugabo wanjye ko tugirana imibonano ya buri muni, yumva ko ari ukumwigizayo. Iyo namwangiye ku muni ukurikiyeho agaragaza ubukonje, akavuga nabi ajorana kabone n'iyi namuramburira amaboko nkamuhobera ndetse nkamukuyakuya. Noneho nanjye bikagabanya ubushake muri jye. Ubwo ni bwo hatangira igihe cyo kutavuga rumwe gishobora no kuba cyamara n'ibyumweru. Nagerageje kubimuganirizaho ambwira ko, iyo nanze n'iyi byaba bitewe n'umunaniro cyangwa ndi mu mihango y'abagore, ngo ni uko mba nshaka kumwigizayo, ngo ni jye impamvu ziba ziturutseho. Ikimpangayikishije gusa ni uko andakarira. Mbese hari uburyo burushijeho kuba bwiza bwo kubimubwiramo ? »

Mu buzima bw'abashakanye birashoboka ko umwe adakora imibonano kubera ko yumva atayishaka. Ariko ibyo bitera ingorane, no mu mibanire isanzwe mu yindi migabane

y'ubuzima, kuko abantu bafatiwe cyane mu bijyanye n'ubuzima bw'imibonano mpuzabitsina.

Abantu benshi banga kuvuga ko batabishaka ako kanya ahubwo bakabanza gushakisha izindi nzira, ni bwo bashaka uko batongana kugira ngo icyo gikorwa kiburiremo. Ubundi hakabaho kwisinziriza cyangwa kugaragaza ko unaniwe cyane, ubundi kugaragaza ko ufite imirimo myinshi ikubuza kuryama cyangwa kwirengagiza amarenga mu genzi wawe arimo akoresha. Izo nzitwazo zose ntabwo zinezeza uwo mwashakanye ahubwo zizana umutima utari mwiza.

Turakomeza gusaba ko abantu bajya bavuga ukuri kose kuko ari bwo buryo bwiza. Niba mu byukuri unaniwe vuga uti : « *Uyu mugoroba ndananiwe by'ikirenga sinakubera incuti nziza muri icyo gikorwa* » Noneho umusezeranire ko ubutaha uzaba witeguye kugira ngo muzagire imibonano ibashimishije. Iryo sezerano rizatuma mugenzi wawe atumva ko yigijweyo.

7° « *Ubuzima bwacu ku mibonano y'urukundo ni ntamakemwa, ariko hariho ibintu bimwe nakunda ko mugenzi wanjye yajya agarukaho kenshi, ariko sinzi uko nabimusaba.* »

Byagutangaza kumenya cyangwa gusobanukirwa uko abantu bakunda, bifuzwa kandi bahora bashaka gukorera bagenzi babo ibibanezeza, igihe bamaze kumenya ibyo bashaka.

8° « *Ibihe bimwe ankuyakuya mu buryo butanyuze. Ni gute namubwira kutabigenza atyo, ntamukomerekeje ?* »

Mu kumumenyeshya ibitekerezo byawe ukoreshe insimburazina ya mbere yo mu buke. Aho kuvuga uti : « *Sinkunda ko unkorera aha* » wavuga uti « *Numva ntameze neza iyo wihutiye kunkorakora aha, kubera ko mba numva igihe cyaho kitaragera .* »

### **Indunduro y'umunezero**

Ntabwo tugomba guhora duhanze amaso ibitagenda neza. Ahubwo amagambo yo gushima no gutangarira igikorwa cyiza agomba gukoreshwa buri gihe iwacu ahakorerwa urukundo. Kugira ngo mugenzi wawe yiyumvemo ko ashoboye, kandi ko akwiye urukundo, anateye kwifuzwa. Amagambo akurikira yaba nk'umuti ku murwayi « *Nimugoroba wantangaje, burya uzi ibintu* » cyangwa se « *uzi ko wari watwawe* » ubundi uti: « *Uranezeza ni cyo gituma numva ndushaho kugukunda no kubana nawe* », ibyo bizatuma mugenzi wawe yumva yishimiye ubushobozi bwe bwo gukora urukundo no kukunezeza.- (*Vivez communiquez, p.150.*)

-Bene ayo magambo twagereranya n'ibigwi birata ubushobozi bw'umukunzi atera uwubutse urugo kugira akanyamuneza agaharanira kubana neza na mugenzi we mu buryo bumvikanyeho. Atera urukundo ruruseho, ibakwe no guhuza urugwiro mu rukundo ruzakurikiraho.

### **Guhuza urugwiro mu buryo bunejeje**

Uko iminsi ihereza iy'indi abagize umuryango bashobora kugira ibitekerezo bitari byiza bibereka ko abo bashakanye atari bo bonyine bariho. Ndetse iyo nyifato ishobora no kugera ku

buriri, igatuma habaho ibyiswe injyana idahinduka, kwibubana, no kwifuza ibishyashya, ndetse bikaba byabyara guhemukirana.

Si byiza gukora ibikorwa bisa n'aho ari umugenzo udahinduka. Kugaragarizanya urukundo no kwerekana ubwuzi bwo mu mutima mufitanye mu guhura kwanyu ni byo bizana urundi rukumbuzi.

Ntitugomba kwibagirwa na rimwe ko amagambo akoreshejwe neza ari yo atera ubushake ; kuko urwungano rw'ingenzi rukora ku mibonano y'urukundo ari ubwonko.- (*Vivez communiquez, p 151.*)

## **7.10. UMURIMO W'UBWONKO MU RUKUNDO**

### **Dusobanukirwe n'umurimo w'ubwonko mu rukundo rw'abashakanye**

-Ni ngombwa kumenya ko icyifuzo cy'igikorwa mpuzabitsina kidakomoka mu myanya iranga igitsina, ahubwo kivuka mu bwonko no mu mitsi ibushamikiyeho. Gushaka icyo gikorwa ni ikintu kitagira uko gisa cy'urushamikirane kireba kandi kinezeza umubiri n'umutima, mbese umuntu wese uko yagahagaze. Birahwanye ku mugabo no ku mugore n'ubwo batari bamwe bwose.

Reka tubanze turebe icyifuzo gituruka mu gitekerezo, ku kintu wabonye cyangwa wumvise. Ibyo bibera ahantu mu gipande cy'ubwonko. Ubwonko bukohereza icyo cyifuzo mu mitsi igera mu gice cyabwo cyo hasi, ari wo musokoro w'urutirigongo. Imitsi na yo ikagenda itumanaho bikagera kuri buri gice, buri nyama, buri gufwa, buri gace k'umubiri kakagira uko kabyiyumvamo.

Iyo icyifuzo mpuzabitsina giturutse ku bwumvumve bw'umubiri inyuma, nko gusomana, gukorakora ku itama, imitsi yo muri icyo gice cy'umubiri ituma ku musokoro w'urutirigongo. Uko bigenda biruhije isobanura. Biva mu musokoro w'urutirigongo bijya mu bwonko, na bwo bukabyohereza mu mitsi ihera. Umubiri wose ukabyiyumvamo icyarimwe. Ni nk'ibitangaza.

Iyo icyo cyifuzo kivutse mu muntu, ari nta gihe cyangwa nta mwanya bibonetse, mbese nk'umugore umugabo ahobeye kandi atetse, anyarukiye mu gikoni ashishikajwe n'amafunguro, icyo gihe icyifuzo kizimira mu kanya gato. Nyamara iyo abubatse biherereye bagakora batyo, bya bimenyetso bitangira gukora bigakwira umubiri wose kugeza ubwo bakora wa murimo mpuzabitsina. Mu gihe icyifuzo gikura mu muntu, imikorere y'umubiri isanzwe irahinduka kandi ikarushaho gukaza umurego.

Ibice by'umubiri birikoresha cyangwa bikinyeganyezwa ubwabyo iyo icyifuzo mpuzabitsina kivutse mu muntu. Agahumeka yitsa cyane kandi vuba, agahumagira nk'uwirutse ahatereza. Ni cyo gituma mu maso he hasa n'ahuje ishavu, aho kuzura ibyishimo. Imitsi irarega ku buryo budasanzwe.

Umutima utera vuba nk'uw'umukinnyi wiruka asiganwa.

Mu mitsi, amaraso atemba vuba ari menshi kurusha ubusanzwe. Ni cyo gitera igitsina cy'umugabo gutumbagira, kimwe n'ibindi bice bimwe bigize imyanya ndangagitsina y'inyuma y'umugore. Ndetse amazuru arafora, uruhu rw'umubiri rugashyuha cyane. Bavuga ko muri icyo gihe udukomere turi ku mubiri duhagarara kuva. Ntabwo umuntu aba acyumva neza ibimukikije, aba yirunduriye ku bwumvumve yiyumvamo. Nta kumva ubushyuhe n'ubukonje, guhumurirwa no kuryoherwa biba bitakiriho. Ntacyo umuntu abona nta icyo yumva. Imitsi irarega, bigatuma amasonisoni umuntu asanganywe ayoyoka.

Mu mubiri wose, inda, amaboko, amaguru, ibirenge, mu maso no mu gituza, inyama ziriyunga zikarega, ntizinyeganyege ku bushake. Hari n'ibindi byinshi tutabasha gusobanura muri iki gitabo, ariko mu magambo avunaguye ni uko bigenda mu gihe cy'umurimo ugeza ku byishimo by'indunduro. Nta kanya na gato, igice cy'umubiri cyitarura ibindi. Byose birafatanyika bikaba urwunge.- (*Inganzo y'umunezero, p.12-13.*)

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## 8. GAHUNDA I MUHIRA

Ubumwe bw'umubiri mu byerekeye umugabo n'umugore n'ikimenyetso cyo gushyingirwa. Ku bw'ibyo dushobora gusobanukirwa n'uburyo Imana idakunda ubusambanyi. Yahisemo gushyingiranwa ngo bibe ikimenyetso kigaragaza ubumwe buri hagati yayo n'abantu. Inama nziza iva mu bitabo byiza byemerwa cyane ni uko isano iri hagati y'imimerere y'umugabo n'umugore ishobora kuba akaga gakomeye iyo ikoreshejwe birenze urugero. Iyi mibereho imeze nko kurya no kunywa, na yo yavuzwe muri Bibiliya, "Namwe iyo murya, cyangwa munywa, cyangwa mukora ikindi kintu cyose, mujye mukorera byose guhimbaza Imana".- (*1Abakorinto 10:31*)

Dushatse gufashwa na Bibiliya twasoma aya magambo ngo: "Kurongorana kubahwe na bose, kandi kuryamana kw'abarongoranye he kugira ikikwanduza" (*Abaheburayo 13:4*). Gushyingiranwa iyo kubaye ikintu gitwikira irari ryo kwifuza kubi ni umwanda, ni bwo rero bihinduka bibi bya kabutindi n'akaga.- (*Umunezero wo gushyingirwa, p 21.*)

Dukurikije inyigisho z'abafite ubumenyi buhambaye bagiye banyuza mu bitabo binyuranye, haba no mu bitabo by'Umwuka w'ubuhanuzi, bidusobanurira amabwiriza y'Imana kuri iyo ngino, byose bihuriza ku kwirinda gusayisha mu mibonano y'urukundo. Iyo bikozwe nta kwifata bicogozza imbaraga z'umubiri n'ibitekerezo, maze umuntu akaba atagishoboye kugira umumaro ku Mana no kuri rubanda.

- Kuva ku kigero cy'imyaka 20 kugeza ku kigero cy'imyaka 30, bavuga ko abagabo baba bafite ibakwe n'amatwara maremare, ku buryo bashobora kubonana incuro nyishi mu ijoro rimwe, kandi bakabikora babikeneye koko. Iyo hashize igihe ayo makare aragabanuka. Kubishobora biterwa n'ubuzima n'ubutwari bya buri mugabo, bigaterwa n'uko yaramutse, kandi na none nk'uko byavuzwe, n'umutima mwiza w'umugore we.

Umutegarugori ashinzwe umurimo ukomeye wo gutuma imibanire n'umugabo we ishingiyeye ku mishyikirano y'ibitsina iramba kandi ikaba indakemwa igihe bombi bagifite amagara mazima kuko bombi bibafitiye akamaro kanini. Igihe na we yerekanye ko abyishimiye bitera umugabo ubumenyi n'ubushobozi bitangaje kandi ibyishimo byabo bigashyira kera. Bavuga ko ibyishimo bitangira kunogera umugore iyo amaze gukura (benshi bavuga ku kigero cy'imyaka mirongo itatu) kandi icyo gihe iby'umugabo byo biba bitangiye gukendera. Bityo bigatuma atera inkunga umugabo ku buryo umunezero wabo udacogora na rimwe.- (*Inganzo y'umunezero*, p.46-47)

### **Imbaraga z'umubiri nizikoreshwe neza**

-Buri wese azi ko umukinnyi cyangwa se abakora akazi ko gutekereza cyane, igihe basabwa gukorana ingufu ngo batange umusaruro munini bibasaba kugabanya imibonano mpuzabitsina cyangwa se no kutayikora.

Ku ngimbi z'abasore n'abakobwa, usibye no kuba ari icyaha gukora imibonano, ni cyo gihe aba atangiye gushinga imfatiro z'imikurire, ntabwo rero akwiye gupfusha ubusa asesagura imbaraga ze, kandi atari yakura.

Abagabo n'abagore kuri ubu bafite impagarike imeze neza, ni abo mu gihe bari bakiri ingimbi beguriye imbaraga zabo z'ubuzima, mu gutunganya impagarike yabo n'ibitekerezo bizima. Birinze kunyanyagiza imbaraga zabo mu guhuza ibitsina kuko icyo gihe batari bagakuzwe haba mu bitekerezo no ku mubiri. ...Inyigo za mbere zakozwe n'umuganga w'umudage witwa Magnus Hirschfeld, ...uyu afatanije n'abamwunganiraga yerekanye ubushakashatsi yavanye mu iperereza ko inshuro zo kubonana ku bagabo n'abagore ziteye zitya:

Abantu bafite hagati y'imyaka 20 na 30 bashobora kubonana inshuro 100 kugeza kuri 300 mu mwaka; Abari hagati y'imyaka 30 na 40 bageza ku inshuro 50 kugeza ku 150 mu mwaka, naho abari hejuru y'imyaka mirongo 40 bakabonana inshuro 50 kugeza ku 100 mu mwaka.

Nyuma y'isesengura riturutse mu bushakashatsi bwinshi (**Kinsey, Hunt, Bell, Levin, Trusel na Westoff**), **Masters na Johnson** bageze ku mwanzuro ko abashakanye bo muri Amerika ya ruguru bafite ikigero cy'imyaka 20 ku geza kuri 35 babonana inshuro 2 cyangwa 3 mu cyumweru, izo inshuro zigenda zigabanuka buhoro buhoro. Iyo bigeze ku myaka 50 ikigereranyo cy'inshuro z'imibonano iba inshuro imwe mu cyumweru. ... Kwiyongera no kugabanuka kw'inshuro z'imibonano umuntu yafata isomo ko bigenda bigabanuka ukurikije uko imyaka igenda yiyongera. Ibyo bigaterwa n'uko imbaraga n'ubushobozi bigabanuka kandi n'inyungu zigenda zihindagurika zikurikije imiterere y'ubuzima, ku buryo imibonano itaba ari yo yonyine iba ihanzwe amaso.-(*Guide de la vie familiale*, p.322-323-324.)

## **8.1 URUGERO RUKWIRIYE NI URUHE?**

### **Mu gihe cy'abakurambere**

-Inyandiko zo mu gihe cy'abakurambere, zimaze imyaka igera ku bihumbi bine, zerekana ko umuntu yashoboraga gukora imibonano inshuro zigera kuri mirongo itanu mu mwaka, ...



**Mose**, Umucamanza mukuru w'Abahaburayo, ntabwo yashizeho urugero runaka ku byerekeye imibonano mpuzabitsina; nyamara yabuzaniye imibonano mu minsi y'imihango y'abagore ndetse no mu cyumweru kibanza; ku buryo hasigaraga **iminsi cumi n'itanu mu kwezi kose**. *Mu gihe cy'ubugereki kugeza ku bugorozi (mu kinyejana cya 16)*

Mu bugereki bwa kera, umucamanza witwa **Solon** n'umucurabwenge **Socrate** bo bemeraga ko ibyiza ari uko umuntu yagira imibonano nibura **rimwe mu minsi icumi**.

Naho **Muhamadi** (Mahomet) we yagiraga inama abayoboke be ko bajya bakora imibonano rimwe mu cyumweru.

**Maritini Luteri**, umugorozi w'umuporotesitanti, yagiraga inama abantu kujya bakora imibonano mpuzabitsina **kabiri mu cyumweru**.

Inkingi zikubitiro z'amadini akomeye, nka Mose, Muhamadi na Luteri, ntibashoboraga kwirengagiza kugira icyo batangaza ku mibereho myiza n'igikorwa cy'imibonano mpuzabitsina, kimwe n'abacurabwenge nka **Solon** na **Socrate**.

Mu gushyira mu bikorwa inama tugirwa zo kudasayisha mu mibonano y'urukundo rw'abashakanye, dufatiye ku ngero z'abakurambere, buri muryango ukurikije ikigero cy'imyaka bagezemo bashobora kwiha gahunda. Ibyo bizabafasha kurinda impagarike yabo mu buzima buzira umuze, n'ubwenge bwabo ntibuzacogora ngo babe abantu batagira umumaro kuri iyi si. Imiterere y'umubiri w'umuntu ifite uko imumenyeshya igipimo utashobora kwihanganira, bitewe no kuwukoresha cyane, nk'igihe ibice by'umubiri bitangiye kugira ububabare, gutakaza imbaraga bikabije ibyo bigomba kwirindwa rwose.

-Abagabo n'abagore bafite umwuka wo gutinya Imana nibakangukire inshingano yabo. Benshi bavuga ko ari abakirisitu bari mu bubabare bwo kugwa ikinya kw'imitsi yumva n'iy'ubwonko (paralysie nerveuse et cérébrale) kubera kutirinda muri urwo rwego. Benshi muri abo bafatwa nk'abantu b'ingirakamaro, bari mu myanya ikomeye, barasenga, bakanarira, ariko bafite amagufwa n'umusokoro byamunzwe. Yewe ni abapfu bahagaze, ntibazigera barenga amarembo y'Umurwa wo mu ijuru.

Oh, yabaye nashoboraga kumvisha abantu bose ko bahamagarirwa n'Imana gusegasera impagarike n'ibitekerezo byabo mu rugero rutunganye kugira ngo bakorere Umuremyi wabo mu buryo bw'intangarugero.-(*Consels sur la conduite sexuelle, l'adultère et le divorce, p.135-136.*)

-Abashakanye benshi ntabwo bafite ubumenyi bukenewe mu gushyira mu bikorwa ubuzima bw'abashakanye. Ntibabababura kugira ngo Satani atabaca mu rihumye maze akabagiraho urutabi ku bwenge no ku buzima bwabo. Ntibasobanukirwa ko Imana ishaka yuko bagira kwitegeka ku bijyanye no gusayisha mu buzima bw'abubatse. Bake ni bo basobanukiwe ko gutegeka iruba ryabo ari inshingano y'iyobokamana. Kubera ko bafatanijwe n'uwo bari bakunze, ugushyingirwa babibonamo urwaho rwo gukingira iruba ryabo. Yewe abagabo n'abagore bavuga ko batunganye baha umudendezo ishyushyu ryabo, nta gutekereza ko Imana ibabaraho gutakaza imbaraga z'ikirenga bikagabanura ibigega by'ubuzima n'imbaraga z'impagarike.-(*Consels sur la conduite sexuelle, l'adultère et le divorce, p.132133.*)

- Abagabo bakwiye kuba abigengesera, bitonda, badahindagurika, bakiranuka kandi bagira impuhwe. Bakwiye kugaragaza urukundo n'ibambe. Nibasohoza ibyo Kristo yavuze, urukundo rwabo ntiruzaba urw'ingeso ziteye insoni zatuma imibiri yabo irimbuka, abagore babo bakagira intege nke kandi bakarwaragura. Ntibazakomeza kwishimira irari rya kamere y'umubiri, mu gihe mu matwi y'abagore babo humvikana ijwi ribabwira ko bakwiriye kumvira abagabo babo muri byose. Umugabo nagira ingeso nziza, akagira umutima wera, akagira ubwenge umukristo nyakuri akwiriye wese kugira, bizagaragarira mu miryamanire ye n'uwo yashatse. Niba umugabo afite umutima wari muri Kristo, ntazaba umurimbuzi w'umubiri, ahubwo azuzwamo urukundo rw'ineza, ashaka gushyikira urugero rwo hejuru cyane muri Kristo.

Nta mugabo wabasha gukunda umugore we by'ukuri mu gihe umugore we azihanganira kuba imbata y'irari rye. Iyo umugore yemeye ata agaciro yari afite ku mugabo we. Usanga yishyize ku gaciro ko hasi cyane, mu buryo yazemerera n'undi wese kumugenza nk'uko yamumenyereje. Ntiyemera ko ari umuntu ushikamye kandi uboneye. Aramurambirwa, maze agashaka abandi abitewe no gushaka kongera irari rimujyana ku kurimbuka. Amategeko y'Imana ntaba akiyacira akari urutega. Abo bagabo ni babi kuruta inyamaswa; ni abadayimoni bafite ishusho y'abantu. Ntibazi imibereho myiza n'ingeso nyakuri n'urukundo rwejejwe.

Umugore nawe afuhira umugabo we, maze akamutekerezaho nabi yuko abonye urwaho yagana ku wundi mugore. Umugore abona ko umugabo we atayoborwa n'umutima uhana cyangwa no kubaha Imana; ibihindizo byamutangiraga bikurwaho n'irari; ibyiza by'Imana byose byabaga mu mugabo bikagirwa imbata y'ibibi n'irari rya kinyamaswa.

## **8.2 IGIHE UMUGABO ABAJIJE IBIDAHWITSE**

- Igikwiye gutekerezwa ni iki: Mbese umugore akwiriye kwiyumvamo ko aringombwa kwemera ibyo umugabo ashaka mu gihe areba ko nta kindi kibimutera ahubwo ko ari irari ribi ribimutegeka, mu gihe afite impamvu n'ubwenge bimwemeza yuko nabikora bigira icyo bitwara umubiri we yashinzwe n'Imana ngo ube uwera kandi w'icyubahiro ngo awurinde ube igitambo kizima cy'Imana?

Si urukundo ruboneye kandi rwera rutuma umugore yishimira irari rya kinyamaswa ry'umugabo we ririmbura amagara n'ubugingo. Niba afite urukundo nyakuri n'ubwenge, azashaka uko yahindura ubwenge bw'umugabo we, abuvanemo kwishimira irari ry'ibibi, amutere kwishimira ibyo hejuru by'Umwuka, abikoresheje kumusobanurira iby'Umwuka binejeje. Ibyaba byiza ni ukumuhendahenda yicishije bugufi mu nzira y'urukundo, n'ubwo byatera umugabo we kumurakarira, biruta ko yakonona agaciro k'umubiri we abitewe no kuryamana birenze urugero. Akwiye kumwibutsa mu buryo bwiza no mu neza yuko mbere ya byose Imana yitaye ku kubaho kwe, kandi ko adakwiriye gusuzugura ibyo ishaka, kuko azabibazwa ku munsu ukomeye w'Imana.

Niba umugore afite urukundo rushyitse, maze agakomerasha ikinyabupfura cye no kwera n'icyubahiro cya kigore, ashobora gukoresha byinshi ubwenge bwe akeza umugabo we, maze agasohoza atyo umurimo we ukomeye. Aramutse agenje atyo ashobora kwikizanya n'umugabo we, akaba akoze umurimo urimo ibiri. Muri ibyo byiza cyane kandi biruhanije cyane hagomba ubwenge no kwihangana, ndetse n'ubutwari burimo gukiranuka n'ubushizi bw'amanga. Imbaraga

n'ubuntu bishobora kuboneka mu masengesho. Urukundo nyakuri ni rwo rukwiriye kuba ingeso itegeka umutima.

Gukunda Imana no gukunda umugabo ni byo byonyine bishobora kuba ishingiro ryo gukora neza.

Igihe umugore yeguriye umubiri we n'ubwenge ku mategeko y'umugabo, akemera ubushake bwe muri byose, agahara umutima we uhana, n'ikinyabupfura cye, abura umwanya wo gukoresha icyitegererezo cye gikomeye kubasha kuyobora neza umugabo we. Umugore akwiriye koroshya kamere y'ubukana y'umugabo we, kandi icyitegererezo cye cyo kwera kikabasha gukoreshwa mu buryo bwera kandi buboneye, kikamutera kugira umwete wo guhirimbanira gutegeka irari rye maze akagira ubwenge buruseho bw'iby'Umwuka, kugira ngo bashobore gusangira kamere n'Imana, kandi ngo babone uko bahunga kononekara kuri muri iyi si guterwa n'irari.

Imbaraga ireshya ibasha kuba ikomeye igatera ubwenge gutekereza ibyo hejuru bifite icyubahiro gikomeye, biruta iby'imburamumaro, by'iruba rya kamere ritera umutima utavuguruwe n'ubuntu guhora ubirarikiye. Niba umugore yiyumvamo yuko inzira yo kunezeza umugabo we ari ugukora ibihwanye n'ingeso ye, kandi urukundo rw'irari rya kinyamaswa rukaba ari rwo rumutegeka ibyo akora, umugore ababaza Imana; kuko aba atayoboje umugabo we ingeso yera. Niba yiyumvamo yuko akwiriye kwemera iruba rya kinyamaswa ry'umugabo we atagize icyo avuga cyo kwangirira, abatarasobanukirwa n'inshingano afite ku mugabo we no ku Mana ye.- (*Inama zigirwa Itorero, vol. 2, pp 44-47.*)

### **Gushyingirwa ni kwiza kandi kurera**

-Nta cyaha kiri mu kurya no kunywa ubwabyo, cyangwa mu gushyingirwa no gushyingira. Mu gihe cya Nowa gushyingirwa kwari kwiza, n'ubu kandi gushyingirwa ni kwiza, niba icyo cyiza gikozwe mu buryo butunganye ntikibemo kurya no kunywa bisayishije bizana icyaha.

Ariko mu gihe cya Nowa, abantu bashyingirwaga batagishije Imana inama cyangwa ngo bashakashake inama yayo yo kubayobora.

Kuko imibereho yo muri ubu bugingo ihita vuba, ikwiriye gukoreshwa mu buryo bwagira icyo bumarira abandi mu byo dukora no mu byo tuvuga. Mu gihe cya Nowa habaye urukundo rw'irari rya kamere rushayishije ku cyo Imana yageneye kuba cyiza, bituma gushyingirwa kuba icyaha imbere y'Imana. Hariho benshi bazimiza ubugingo bwabo muri iki gihe isi igezemo bitewe no guhugira mu bitekerezo byo gushyingira no gushyingirwa.

Gushyingirwa kurera, ariko muri iki gihe cy'umwaku, uko gushyingirwa kuzuyemo ibibi by'uburyo bwose. Gukorwa mu buryo bubi, none kwahindutse icyaha kimwe kiri mu bimenyetso by'iminsi y'imperuka, ndetse gushyingirwa kumera nk'uko mu gihe cyabanjirije umwuzure, ubwo kwari icyaha. Igihe umuco wera n'amategeko yo gushyingirwa bizaba bisobanutse, noneho bizemerwa n'abo mu ijuru kandi amaherezo azaba kunezerwa impande zombi, kandi Imana izubahirizwa.- (*Inama zigirwa Itorero, vol. 2, pp 40-41*)

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## 9 . GUTEKA NEZA MU MURYANGO

### **Isuku, kwicisha bugufi no kugira gahunda**

-Isuku, kwicisha bugufi na gahunda ni ibintu by'ingenzi mu gutunganya mu rugo. Ariko umugore wirundurira mu mirimo ye y'ingenzi mu buzima akirengagiza gutera imbere k'umubiri n'intekerezo by'abana be aba akora ikosa rikomeye.

Abizera bagomba kwigishwa ko ubukene bwabo budakwiye kuba intandaro yo kuba abanyamwanda cyangwa kwirengagiza gusukura imyambaro yabo cyangwa amazu yabo. Hakwiriye gutangwa umuganda ukwiriye mu gusobanurira abatiyumvisha akamaro k'isuku. Ni ngombwa kwigisha umumaro wayo ku bantu bagomba guhagararira Imana ikomeye kandi yera, ngo bagumane imitima yicishije bugufi kandi itunganye, kugira ngo uko gutungana kugere no ku myambaro yabo no ku bigize inzu yabo, ku buryo abamarayika barinzi babona ko ukuri kwagize umumaro kukabatera guhinduka mu kubaho kwabo, kukeza imitima yabo kandi kugutunganya ubushake bwabo. Abakiriye ukuri, ntibagaragaze intabwe y'amajyambere mu magambo cyangwa mu myitwarire, mu myambarire no mu yindi migabane, abo bariho ku bwabo si ku bwa Kristu. Ntabwo bigeze babyarwa bundi bushya muri Yesu Kristo, kugira ngo bahabwe gutungana no kwera. ...

N'ubwo tugomba kwirinda gusesagura mu bijyanye n'imitako n'ibindi byo kwibonekeza bidafite umumaro, ntabwo tugomba kuba abatagira icyo bitaho na ba ntibindeba mu buryo tugaragara inyuma. Ku bijyanye n'impagarike zacu n'ingo zacu bigomba kuba bifite isuku kandi bibereye ijisho. Urubwiruko rugomba kwigishwa umumaro wo kugaragara nta kinegu bigahesha Imana n'ukuri icyubahiro.

Kubura kw'isuku bishobora gutera uburwayi. Indwara ntizabaho zidafite ikizitera. Ibyorezo bikaze by'indwara z'umuriro zagiye zigaragara mu mijyi no mu midugudu kugeza ubu yafatwaga nk'aho ari nta makemwa, ariko habonetsemo imfu, no gushyirahwa kw'ingingo zimwe na zimwe. Ingero nyinshi, ingo z'abibasiwe n'ibyo byorezo zirimo ibintu bihumanya bikwirakwiza uburozi bwica mu kirere, maze bugahumekwa n'abazirimo ndetse n'abaturanyi. Umuntu atangazwa n'ubujiji buriho bwo gusuzugura kwita ku magara.- (*Urugo rwa gikristu, p.22.*)

### **Icyiza cya gahunda mu kuzana umunezero mu rugo**

-Kugaragaza ubunenganenzi, gahunda nke no kutagira kwihwitura mu migabane imwe nimwe, bituma Imana itatwishimira. Ubwo busembwa ni ingeso zikomeye zishobora gutera kugabanuka k'urukundo rw'umugabo ku mugore we, iyo akunda gahunda, abana bafite ikinyabupfura n'inzu iteguye neza. Umugore cyangwa umubyeyi ntiyashobora gutegura neza mu nzu ngo habonere niba adakunda gahunda, ntashake gukomeza ishema rye kandi ntakomeze kwitwararika mu buryo bukwiye. Ni yo mpamvu abagore bagaragaza ubunenganenzi kuri ziriya ngingo badatindiganije bagomba kwiyigisha izo nshingano bagashyikira imico myiza itunganye batari basanganywe.- (*Urugo rwa gikristu, p.22-23.*)

-Ibihe byinshi, umugore akaba n'umubyeyi w'abana nta gihe abona cyo gusoma ibitabo, ngo amenye ibibera hirya no hino, kandi ngo abe umufasha ukwiriye umugabo we, ashobore

gukurikirana amajyambere y'ubwenge bw'abana be, no kugira Umucunguzi we inshuti ya hafi y'agaciro gakomeye. Buhoro buhoro agera ubwo aba imbata yo mu rugo rwe, imbaraga ze n'igihe cye bigashirira mu tuntu n'utundi tudashira. Kera kabaye, akagera ubwo yibona nk'umushyitsi mu rugo rwe. Uburyo bumwe bwo guha umurungo abana be buberekeza ku byiza bukaba bwatatakaye ubutagaruka.

Mwebwe mushinga ingo, mufate ingamba zo kubaho mu bwenge. icya mbere gikwiye kugushishikaza ni ukubona ubuturo butunganye. Ushake ibintu bishobora kukorohereza mu mirimo bizakuzanira ubuzima no kumererwa neza.- (*Urugo rwa gikristu, p.23.*)

## **9.1 TUMENYE UMUMARO WO GUTEKA NEZA**

-Ni icyaha gutegura ku meza ibyo kurya bitameze neza, kuko ibyo kurya bifitanye isano yahuranye n'ubuzima n'impagarike y'umuntu yose. Umwami ashaka ko ubwoko bwe bugira kuzirikana akamaro ko gutegura ibyo kurya mu buryo budateganya imyanya yagenewe kubitunganya kugira ngo bitagira ingaruka ku miterere y'ibitekerezo.

### **Ubumenyi bwo gutegura ibyo kurya buhwanye n'itarantocumi**

- Inshingano yo gutegura ibyokurya ntabwo igomba gufatwa nk'aho ari ubucakara. Byagendekera bite abatuye isi, abakora uwo mwuga baramutse bawuretse ku mpamvu bavuga ko uwo mwuga udahabwa agaciro? Ubuhanga bwo gutegura ibyo kurya bushobora guhabwa agaciro kari muni ugereranye n'indi myuga, nyamara ni umurimo wari ukwiye gushyirwa hejuru y'iyindi yose. Uko ni ko Imana ireba umurimo wo gutegura ibyo kurya bikwiriye. Ku buryo bw'umwihariko izirikana abirunduriye muri uwo murimo wo gutegura ibyo kurya bikwiriye kandi bishimishije. Umuntu ufite impano muri we yo gutegura neza ibyo kurya kandi akabikora nk'uko bikwiye akwiye guhabwa na we isumbwe ry'hejuru ndetse kurusha abakora indi myuga.

Ubwo bushobozi bukwiye guhwana na talantocumi; kuko icyo ukozwe neza ugira uruhare runini mu gukomeza umubiri w'umuntu n'impagarike. Ukwiye gushyirwa mu rwego rw'impano zifite agaciro kubera isano yomatanye n'ubuzima n'impagarike.- (*Conseils sur la nutrition et les aliments, p. 295.*)

### **Agaciro k'abakora umurimo wo gutegura ibyo kurya**

-Nshima umudozi wanjye, nzi n'agaciro k'umunyamabanga wanjye, ariko ufata umwanya w'ingenzi mu rugo rwanjye, ni utegurira ibyo kurya, uzi neza uburyo bwo gutegura ibyo kurya bigirira umumaro ubuzima bigakomeza ubwonko, amagufwa n'imitsi.

Hari umubare munini w'abakobwa bakiri bato bashatse abagabo kandi bafite abana ariko bazi bike ku nshingano z'umugore ndetse n'umubyeyi. Bazi gusoma ndetse no gukoresha ibyuma bya muzika, ariko ntibazi guteka. Ntibazi uburyo bwo gutegura umutsima mwiza (umukati), ari cyo cy'ingenzi ku mibereho y'abagize umuryango..... Kumenya guteka neza no gutegura ku meza ibyo kurya bitera akayabagwe (appétit), bigomba ubwenge n'inararibonye.

Umuntu utegura ibyo kurya bikanyura mu rwungano ngogora bikavamo amaraso yo gukoreshwa mu mubiri, afite umwanya w'ingenzi kandi w'icyubahiro. Urwego rw'umunyamabanga, urw'umudozi w'imyenda, n'urw'umwigisha wa muzika ntabwo bikwiye kugereranwa n'urw'utegura ibyo kurya.- (*Conseils sur la nutrition et les aliments, p.297.*)

## **9.2 INSHINGANO YA BURI MUDAMU NI UKUBA UMUTETSI MWIZA**

- Benshi muri bashiki bacu ntabwo bazi guteka neza. Ndashaka kubabwira ibi bikurikira: N'iyiyo naba mfite imyaka mirongo ine kuri ubu ngubu nashakashaka umuntu uzi guteka neza aho yaba ari mu gihugu, kandi namarana na we igihe cyose cya ngombwa kugira ngo nanjye ngire ubuhanga muri uwo mwuga. Ni inshingano yanyu kumenya guteka. Na none mugomba kubyigisha abakobwa banyu. Nimubikora muzaba mwubaka uruzitiro rubazengurutse ruzabatesha, rukabarinda ubusazi no kwifuza byajyaga kuzabatwara.

Abakozi bo mu ngo bagomba kwiga gutegura ibyo kurya bakihatira ibyigwa kandi bakabishyira mu bikorwa. Ubunenganenzi mu gukora uwo murimo bushobora kuba intandaro y'ububabare nyakuri bw'abantu benshi. Ndabwira abo bakozi ko igihe kigeze kugira ngo imbaraga zari zisinziye zikangurwe maze mwige. Amasaha yagiye mu kwiga gutegura ibyo kurya byoroheje kandi biryoshye ntabwo yapfuye ubusa.- (*Conseils sur la nutrition et les aliments, p. 297.*)

### **Abagabo n'abagore nimwige gutegura ibyo kurya**

-... Bagabo namwe bagore mwahawe n'Imana ubwenge nimwige gutegura ibyo kurya. Ntabwo nibeshya igihe mbwira abagabo mbahugurira kumenya gutegura ibyo kurya byoroheje kandi byiza. Imirimo yabo akenshi ibasaba kuba ahantu hadakunda kuboneka ibyo kurya bikwiriye. Hari inshingano zibasaba kumara ibyumweru byinshi mu miryango itita kuri ibi bintu, ku buryo bibasaba kuba bakoresha ubumenyi bafite mu byo gutegura ibyo kurya.- (*Conseils sur la nutrition et les aliments, p. 298.*)

-Imana irashaka ko abagabo n'abagore baterwa umuhati mu gukuza impano zabo mu byo gutegura ibyo kurya byiza bakoresheje ibiribwa by'umwimerere by'aho batuye. Nibahanga amaso Umwami bagakoresha ubushobozi n'ubuhanga kandi bayobowe n'Umwuka Wera

bazigishwa gutegura ibyo kurya byiza kandi bakoresheje ibyo kurya by'umwimerere. Uko ni ko bazigisha abakene kwibonera ubwabo ibyasimbura inyama, abo na bo ku rwabo ruhanda bazigisha bagenzi babo. Ariko kugira ngo ibyo bigerweho bagomba kwitanga bafite umuhati n'imbaraga. Iyo ibyo biza gukorwa kare na kare ubu mu Itorerero haba hari abantu benshi bigisha ababazengurutse. Tuzirikane inshingano zacu kandi dushake no kuzisohozza. Ntitugomba gutegereza ko abandi bakora mu mwanya wacu umurimo Umwami yadushinze.- (*Conseils sur la nutrition et les aliment, P. 299.*)

### **9.3 UBUGOROZI BW'IBY'UMUZE MUKE NO GUTEKA NEZA**

-Imwe mu mpamvu zatumye abantu bava mu bugorozi bw'iby'umuze muke, ni uko batigeze bigishwa gutegura ibyo kurya byagenewe gusimbura ibyo bari bamenyereye. Bumvise babuze uburyohe nk'ubwo mu byo kurya bari bamenyereye, hanyuma twumva bavuga ko bashatse gukora ubugorozi bw'imirire ariko bikananirana. Benshi bashaka gukora ubugororzi bw'iby'umuze muke bafite ubumenyi buke cyane muri urwo rwego rwo guteka neza; bakabikoresha nabi ndetse imyanya yabo itunganya ibyokurya ikahangirikira, ku buryo abantu ba hafi cyangwa kure bafatanyije na bo muri uwo mugambi bagize wo gucika intege. Abagize amahirwe yo kubona ubumenyi babukuye mu mashuri yigisha guteka bashobora kubiboneramo inyungu bo ndetse n'abo bazigisha.

#### **Mushyire ku ruhande ibinure kuko bigabanya umumaro w'ibyo kurya byanyu**

Turabagira inama... yo guhindura akamenyero k'imibereho yanyu, ariko mu bikorane ubwenge. Nabonye imiryango yaretse gukoresha ibyo kurya birimo inyama, ariko babisimbuzwa ibyo kurya bikennye cyane, kandi biteguwe nabi ku buryo bigwa nabi igifu. Abo bantu bambwiye ko ubugorozi bw'iby'umuze muke bitabaguye neza ko ahubwo byatumye bagira imbaraga nke. Ariko impamvu imwe mu zatumye batabishobora : ni ibyo kurya bikennye cyane, biteguwe nta suku, kandi ku buryo bumwe. Ntabwo hagomba kuba invange nyinshi ku igaburo rimwe, ariko kandi ntabwo amafunguro yose agomba kuba agizwe n'ubwoko bumwe. Yego amafunguro agomba kuba agizwe n'ibyo kurya byoroheje, bigomba kuba biteye akayabagwe (appétissant). Muri byose mushyire ku ruhande ibinure kuko bigabanya umumaro w'ibyo kurya byanyu. Mwishatire kurya cyane imbuto n'imboga.

Kumenya gutegura ibyo kurya bikwiriye ni ingenzi cyane. Mu buryo bwihariye ni ukuri ko inyama zidakwiye gukoreshwa. Ni ingenzi na none kuzisimbuzwa kugira ngo ze kuzongera kwifuzwa mu byo kurya, ibyataganijwe kuzisimbura bigomba gutegurwa neza.

Ni inshingano ikomeye cyane ku baganga kwigisha, no kongera kwigisha mu magambo no mu nyandiko abantu bose bafite inshingano zo gutegura ibyo kurya.- (Conseils sur la nutrition et les aliments, p. 300-301.)

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### **10 . GUTEGANYIRIZA ABANA NO KUBONEZA URUBYARO**

-Ababyeyi bakwiriye kuzirikana bitonze inshingano z'ibyo bakwiriye gukorera abana babo. Ntibemerewe kubyara abana mu isi bo kubera abandi umutwaro.

Mbega ukuntu agaciro ku mwana kazirikanwa bya nikize! Umutima uba ku munezero w'iruba ryabo, maze imitwari iremereye ikikorezwa umugore ari we nyina w'abana, ikangiza ubugingo bwe kandi ikaremaza imbaraga z'Umwuka. Igihe afite imbaraga nke kandi acogoye mu mutima, agira atya akabona agoswe n'umukumbi muto atabasha kurera nk'uko bikwiriye. Babura ibyigisho bibakwiriye, bagakurira gukoza Imana isoni no gufatanya n'abandi ibibi bya kamere yabo ubwabo, maze uko akaba ari ko ingabo Satani yishimira gukoresha ziboneka. – (*Inama zigirwa Itorero, vol 2, p. 63,64.*)

### **Ikosa rikomeye ku bagore, abana no kuri rubanda**

-Hariho ababyeyi badahangayikishwa no kuba bafite cyangwa badafite ubushobozi bwo gutunga imiryango minini, maze bakabyara abana benshi, bakenera kwitabwaho no kwigishwa na bo... Ni ikibi gikomeye cyane, si kuri nyina gusa ahubwo no ku bana ndetse no kuri rubanda ....Ababyeyi buri gihe bagomba kugira igitekerezo cyo gushakira abana babo ejo hazaza heza. Ntabwo bari bakwiye kumara imbaraga zose mu gukemura amakene y'ubuzima.

Mbere yo gutekereza kwagura imiryango yabo, babanze bibaze niba Imana izahabwa icyubahiro cyangwa se niba atari ko bizagenda mu gihe abo bana bavutse. Bari bakwiriye gushaka uko Imana yahimbazwa kuva bagitangira kubana ndetse no mu mibereho yose izakurikiraho.

*Urubyaro rushobora kuba isoko y'ibyishimo cyangwa iy'umubabaro mu muryango.*

### **Akamaro k'ubuzima bw'umugore**

Kubera inshingano z'ababyeyi, bakwiye kwibaza babyitayeho niba koko ari igihe gikwiye cyo kugira abana. Mbese ubuzima bw'umubyeyi buramwemerera kuba yabitaho ? Mbese umugabo afite uburyo buhagije bwo kubigisha no kubahugura mu gihe bazaba babikeneye ? Ni kangahe ejo hazaza h'abana hirengagijwe ? Ahubwo igishishikaza ni ukwita ku munezero, bityo umutwari ukikorezwa umugore maze ubuzima bwe bukamungwa. N'imbaraga z'iby'Umwuka zigacogora. Impagarike ye ikabura intege noneho agacibwa intege no kubona abana bamuzengurutse adashobora kwitaho nk'uko byari bikwiriye. Kubera ko batazahabwa uburere bukwiriye, bazakurira mu buryo buzashyira mu rwego rwo guhesha Imana icyubahiro gike no gukwirakwiza mu bandi ingeso zabo mbi.

### **Izindi ngingo zo kwitabwaho**

Imana ishaka ko ababyeyi babaho batekereza neza ku buryo buri mwana bamuha uburere bukwiriye. Umugore agomba kubona imbaraga n'igihe cyo gukoresha ubushobozi bw'ibitekerezo mu byo agirira abana be kugira ngo abategurire gukorana n'abamarayika.

### **Inama ku babyeyi bafite imiryango migari**



Mugomba kwibaza ikibazo ngo: Mbese ndarera abana kugira ngo bazongerere ingufu gukura kw'imbaraga y'umwijima no gukomeza ingabo za ko, cyangwa ndabarera Kirisitu? Niba mudashoboye kuringaniza imico yabo kugira ngo igere ku rugero Imana ishaka, noneho ibyiza ntimwongere kubyara abandi kugira ngo mushobore kunganira ahabonetse icyuho, bityo bizababera byiza namwe nk'ababyeyi ndetse na rubanda.

### **10.1. ABANA BAJYANYE N'UBUSHOBOZI BW'UMURYANGO**

- Ababyeyi bagomba kuzirikana cyane ku mibereho y'ahazaza y'abana babo. Nta burenganzira bafite bwo kubyara abana bo kubera abandi umutwaro. Mbese bafite ubushobozi bubabashisha gutunga umuryango kandi ntube umutwaro ku wundi muntu? Niba bimeze bityo baba bakoze icyaha cyo kubyara abana batazibera bitabwaho, batazabona ibyo kurya, n'imyambaro. Abantu badashoboye kwirwanaho akenshi ni bo buzuza amazu abana, mu gihe abagaragaza uburyo bwo kongera umutungo w'urugo usanga bafite abana bakwiye. Abantu batagera ubwo babona ibibatunga bibahagije ntabwo bari bakwiye kugira abana.- (*Urugo rwa gikristu, pp 154-157.*)

#### **Imwe mu mpamvu ziteza ibibazo**

-Abantu benshi bafite ingorane zo kwibeshaho no mu gihe batararwubaka bafata imigambi yo gushyingirana kandi bazi neza ko ntacyo bafite cyo gutunga umuryango. Ikirushijeho kandi kuba kibi ni uko batazi kuyobora urugo. Imyitwarire yabo ugasanga irimo ubunabwoba n'ubunenganenzi. Ntibazi kwifata ubwabo, usanga ibibazo byabarenze, ntakwihangana, bakanitotomba. Iyo bene abo bantu babaye (abakirisitu) bumva ko bafite uburenganzira bwo kugobokwa na bene se bafite amikoro. Iyo batabonye icyo bari bategereje, bitotombera Itorero bakarirega ko ritabaho mu kwizera kwaryo. Ariko se ni nde ukwiye kwita kuri icyo kibazo? Mbese umurimo w'Imana ukwiye kudindira mu ntango, ububiko bukabamo ubusa ari ukugira ngo hagobokwe bene iyo miryango minini? Ni ukuri oya. Ababyeyi ni bo bakwiriye guhangana n'izo ngorane.- (*Urugo rwa gikristu, p. 157.*)

#### **Kubyara abakwiranye n'ubushobozi**

-Impamvu izo ari zo zose zitera kubyara abo ushoboye kurera muri iyi isi irushaho kugenda itera imbere, hamwe n'imidugudu minini aho ikibazo cy'amacumbi n'ibyo kurya bigenda birushaho kuba ingorabahizi, kubyara abakwiranye n'ubushobozi biragenda birushaho kuba ngombwa. Na none bijyanye n'uko igikorwa cy'imibonano y'abashakanye kitaba gishingiye buri gihe ku kubyara abana, ahubwo ari n'uburyo buzana umunezero hagati y'abashakanye. Ni yo mpamvu kubyara abo ushoboye kurera biza nk'ikintu cy'ibanze mu muryango w'abashyingiranywe.- (*Vivez communiquez, pp 215, 216.*)

*Uko bishobotse ababyeyi bashobora gutekereza uko bagira urubyaro rukwiranye n'amikoro bafite*

### **Urugero**

-Virijiniya ni umwana w'imfura mu muryango uciriritse. Afite musaza we hagati yabo haciyemo intera y'imyaka itatu.

Franki we avuka mu muryango ufite ubukungu butameze neza ndetse n'imyumvire yabo iracyari hasi. Afite barumuna be bane baba mu mujyi mu nzu ishaje. Bidatinze azaba afite undi murumuna we, nibigenda neza nyina ntakuremo inda ku buryo butunguranye.

Viriginiya afite ubuzima bwiza, kuko abona ibyo kurya bihagije kandi bifite intungamubiri za ngombwa, ndetse yitabwaho ku bijyanye n'isuku. Rimwe na rimwe ajya arwara, ariko muri rusange akongera akisubiza vuba. Ubu ariho ararangiza amashuri abanza. Arakurikirana n'amasomo ya muzika. Ashimishwa n'uko bidatinze azaba ashobora gucuranga ibice bito by'indirimo akoresheje icyuma cya piyano.

Gatatu mu cyumweru ajya ku kibuga kibegereye agakina udukino akunda.

Franki we aba mu buzima butanejeje kuva yavuka. Mbere na mbere yagize ibihe byo kuba ku ibere igihe gihagije, ariko nyuma ibyo kurya bye byaje kugira amakene kandi ntibibe byuzuye (alimentation carencée et déséquilibrée). Kubera izo mpamvu yagiye ahura n'indwara nyinshi.

Ababyeyi be bazashobora kumwigisha kugeza ku mashuri abanza gusa, n'ubwo agaragaza igikuriro kandi akaba afite n'ubwenge mu ishuri, amikoro y'umuryango we ntabwo amwemerera gukomeza ngo azagere mu mashuri yisumbuye.

Naho kuri barumuna be ubuzima buri imbere nta cyizere bubagaragariza.

Iyo ababyeyi ba Franki baza kugira abana bakwiranye n'amikoro bafite, ubushobozi bwabo buke bwajyaga kunganira andi makene y'ubuzima.

Iyo baza kuba baramenye uburyo bwo kudasama inda batabigambiriye, imibereho yabo muri rusange, ndeste no ku bijyanye no guhuza urugwiro by'umwihariko biba bimeze neza kuruta uko biri. Muri make imibereho yabo mu rugo bose iba yaravuguruwe ikaba myiza.

### **Ubuzima bwiza**

Imfu z'abana no kurwaragurika kwabo biterwa n'ubuzima, n'imirire ba nyina bari bafite igihe bari batwite. Ubundi bigaterwa n'ibyo kurya n'isuku bihabwa buri mwana.

Tugomba gukora uburyo bushobotse bwose kugira ngo imibereho izamuke hakurikijwe ubuzima butuzengurutse. Tubyitegereje twabona ko kubyara abo ushoboye kurera ari uburyo bwo guteganyiriza ubuzima, kuko bitera imibereho myiza y'umuryango wose muri rusange tugabanya ingorane z'uburwayi n'imfu, ku babyeyi n'abana. Bizatuma ababyeyi babona igihe cyo kwita ku byateza urugo imbere no kubona uburyo bwo kwigisha abana babo.

## **Ibyiza byo kubyara mu gihe cyifujwe**

Kuvuka k'umwana akaza mu gihe ababyeyi babyifuza ni byiza, byorohereza gukomera k'umuryango. Kubera ko avuka mu gihe bamushaka, kumwifuriza ikaze ni ikintu cy'ingezi, uko kumwishimira kugira umumaro mu mikurire ye. Ariko umwana uje mu gihe ababyeyi batamwifuje ashobora gutera ibibazo mu ntekerezo z'ababyeyi ndetse no kuri bakuru be. Iyo uwo mwana aje guteza ikibazo cy'ubukungu ni we uzaba uwa mbere wo kugerwaho n'ingaruka zacyo.

Kubyara abo ushoboye kurera byorohereza ubuzima bw'umugore, niba kubyara abana bihereye ku myaka 18 kugera ku myaka 35 ingorane zihambaye ziterwa no gutwara inda zizirindwa, mu gihe ubuzima bw'umugore buzaba bwaziha icyuho.

Umuryango ugomba guteganyiriza ubuzima bwawo, ugashyiramo ingingo y'ingenzi yo kororoka hakurikijwe amikoro n'amakene yawo.

*Kwitegereza uko abana bo muri iki gihe bameze bikwereka uko ejo hazaba hameze. Buri mubyeyi akwiye kuzirikana ko ibyiza bibikwa mu burezi.*

## **10.2 KUNGANIRA IKIREMWA MUNTU BIGOMA GUHERA MU RUGO**

-Kunganira ikiremwamuntu no kugiteza imbere bitangirira mu rugo. Umurimo w'ababyeyi ni wo indi yose igenderaho. Imibereho myiza y'abaturage, kujya mbere kw'Iterero n'amajyambere y'igihugu bishingiye ku bikorerwa mu ngo.- (*Rengera ubuzima, vol.1, p. 35.*) - Kureba abana bo muri iki gihe bikwereka uko abantu bo mu gihe kizaza bazaba bameze, kandi uko bazamera biterwa n'uko bameze mu rugo. Urugo rutabasha kwigisha, umuntu yavuga ko ari rwo rufite uruhare mu biteza indwara, n'ubuhanya n'umuvumo byabaye karande mu bantu.

Abana baramutse bateguwe neza kugira ngo babashe kuzasohozza inshingano bashinzwe no kwivana mu byago, mwabona isi yose ihindutse bitangaje. – (*Rengera ubuzima, vol.1, p. 36*)

-Kubyara abo ushoboye kurera byagombye kuba uburyo bwo gushakira imibereho myiza aba none n'ab'ejo hazaza.

Mu bihugu byateye imbere abategetsu bafite inshingano zo gukangurira imiryango by'umwihariko abagiye kurushinga, kugira ngo bamenye neza ingaruka z'ibyemezo bafata kuri bo ubwabo, ku bazabakomokaho ndetse no kuri rubanda muri rusange, mu gihe babyaye abana bo kuba kuri iyi si.- (*Vivez communiquez, p. 217, 218.*)

## **10.3 KUBONEZA URUBYARO**

### **Kubara iminsi**

Muri iki gitabo twashatse kuvuga ku buryo bumwe bwo kuringaniza urubyaro n'ubushobozi bw'umuryango, ari bwo kubara iminsi.

Ubu buryo bujyanye no gukurikirana imikorere n'imiterere y'umubiri, kugira ngo umugore amenye neza adashidikanya igihe cyo gusama ari cyo cyitwa **igihe cy'uburumbuke**. Agomba kandi kumenya indi minsi isigaye. Iyo minsi ikaba igabanijemo ibyiciro bibiri. Harimo iminsi yo kuva ; ari byo bita kujya imugongo. Ikindi gice kigizwe n'iminsi y'ubwumuke ari yo abashakanye bemerewemo kugira imibonano.

### **Ibyo kwitabwaho**

Mbere yo gufata umugambi wo gukoresha ubu buryo, ni byiza kuzirikana ibi bikurikira :

**Ukwezi k'umugore** ni igihe gihera ku munsu wa mbere yagiriye mu mihango kikageza ku munsu ubanziriza imihango y'ubutaha. Ni ukuvuga ko umunsu wa mbere w'imihango itaha utabarwa kuko ni wo utangira ukundi kwezi. Abagore bose ariko ntabwo bahuza iminsi y'ukwezi. Hari abagira guhera ku munsu 21 hari n'abageza ku munsu 35.

#### ***Ibyo kuzirikana***

1. **Umunsu wa mbere w'ukwezi k'umugore** : ni umunsu wa mbere w'imihango (umunsu yatangiriyeho kujya imugongo.)

1. **Umunsu wa nyuma w'ukwezi k'umugore** : ni umunsu ubanziriza imihango y'ukwezi gutaha. Ni ukuvuga ko umunsu imihango y'ukwezi gutaha izaziraho utabarwa.

2. **Gusama bishoboka** : igihe umugore ari mu burumbuke. Ku munsu imbuto y'umugore yiteguye kwakira iy'umugabo, cyangwa ku munsu ukurikiyeho kuko icyo mbuto imara igihe cy'amasaha 24 kugeza 48 (iminsi ibiri.)

3. **Guhisha kw'imbuto y'umugore** kuba ahagana ku munsu wa 14 **ubanziriza imihango y'ukwezi gutaha**. Ni ukuvuga ko imihango y'abagore iza nyuma y'iminsi 14 imbuto y'umugore imaze kubura imbuto y'umugabo. Bitewe n'uko umubiri atari imashini idahinduka hashobora kubaho guhinduka gato igihe kingana **n'umunsu umwe, cyangwa ibiri** imbere cyangwa inyuma. Ni ukuvuga ko imbuto y'umugore ishobora guhisha ku munsu wa 14 ubanziriza imihango y'ubutaha, cyangwa se ukigira hino ho iminsi ibiri ubundi ukarenzaho indi ibiri. Ni yo mpamvu kugira ngo hizerwe umutekano, itariki yo guhisha kw'imbuto y'umugore bibarirwa hagati y'umunsu **wa 12 n'uwa 16** ubanziriza ukwezi gutaha. Kuva kuri 12 kugeza 16 harimo **iminsi itanu (5)**. Muri kariya gahereho hari amahirwe menshi yo gusama.

5. **Uburame bw'imbuto y'umugabo**: Imbuto y'umugabo ifite uburame bungana n'amasaha 48-72. Ni ukuvuga **iminsi ibiri kugeza ku munsu itatu (2-3)**. Byumvikane ko umugabo n'umugore bashobora kugirana imibonano nk'uyu munsu ariko umugore ntabwo, imbuto y'umugabo igategereza. Nk'ezo cyangwa ejo bundi imbuto y'umugore yahisha akaba ari ho asama.

**Noneho ni ngomba kuzirikana ko imbuto y'umugabo ishobora kugira uburame bw'iminsi itatu 3.**

**Ni gute babara iminsi mu rwego rwo kwirinda gusama igihe kitari ngomba**

Ubusanzwe abagore bose ntibagira amezi angana nk'uko twabibonye haruguru. Ikigeretse kuri ibyo bose ntibagira amezi adahindagurika. Hari abagira iminsi y'ukwezi ikaguma kuri gahunda imwe, naho abandi umubare w'iminsi igize ukwezi kwabo igahora ihindagurika buri kwezi.

**Amezi afite iminsi idahindagurika ( mois réguliers)**

Turabanziriza ku bafite amezi agizwe n'iminsi idahindagurika (mois réguliers).

**Urugero rw'ifatizo :** Igihe ukwezi k'umugore gufite iminsi 28, ni ukuvuga ko imbuto ye ihisha ku munsu wa **14** ubanziriza uriya wa **28**. Urundi rugero : Umugore ufite ukwezi kw'iminsi **32**. Igihe imbuto ye iba yiteguye kubayasama ni ku munsu wa **14** ubanziriza uriya munsu wa **32**. Iri hame ntirihinduka ku mugore uwo ari we wese. Imbuto ye ihisha ku munsu wa **14** mbere y'uko atangira ukundi kwezi (kujya imugongo ku nshuro y'ubutaha).

Iyo umaze kumenya ibi, haba hasigaye gukora imyitoto ukoresheje kwandika ku kirangaminsi iminsi y'ukwezi k'umugore. Wandika uherye ku munsu wa mbere w'ukwezi. Twabonye ko umunsu wa mbere w'ukwezi ari umunsu wa mbere w'imihango igihe watangiriye kubariraho (Ku gishushanyo uwo munsu ugaragazwa n'ibara ry'umutuku). Uzakomeza kwandika buri munsu kugeza ku munsu wa nyuma w'ukwezi ari wo ubanziriza imihango y'ubutaha ( ku gishushanyo ubanzirizwa n'ibara ritukura).

Nujya kubara uzahera kuri uwo munsu wa nyuma waherukiyeho wandika ugaruke inyuma ho **iminsi 14**, (ku gishushanyo urahabona imibare iri hejuru y'ikirangaminsi ; uherye inyuma kuri **1 ugaruke kugeza kuri 14**) kugira ngo umenye igihe imbuto y'umugore iba yiteguye yahishije (umunsu wa **14** ku gishushanyo ugaragazwa n'ibara ry'icyatsi cyijimye).

Igisigaye ni ukumenya uko uzirinda kuba wasama. Niba uzirikana ko ku munsu wa **14** ushobora guhinduka, ukigira hino yawo iminsi **ibiri** cyangwa hirya iminsi **ibiri**. Ni ukuvuga ko iminsi yo gusama iboneka hagati y'umunsu wa 13 wigiye hino na 17 icyo gihe kingana **n'iminsi itanu 5** (Reba ku gishushanyo N° 1). Iyo minsi uko ari 5 ni yo umugore ashobora gusamamo, igomba kwitonderwa, igashakirwa umutekano hirya no hino mu buryo bukurikira.

Hino y'uriya munsu wa 13 nta mibonano igomba kuhaba mu gihe **cy'iminsi itatu 3** (ku gishushanyo N° 1 igaragazwa n'ibara ry'ubururu bukeye). Kubera ko imbuto y'umugabo ari cyo gihe imara itegereje iy'umugore yayibura igapfa.

Hirya y'umunsu wa 17 naho nta mibonano igomba kuhaba mu gihe **cy'iminsi ibiri 2** (ku gishushanyo N° 1 igaragarzwa n'ibara ry'ubururu bukeye, kuko imbuto y'umugore iramutse ihishije kuri uwo munsu kandi ifite igihe cy'uburame bushobora kugera ku **minsi 2** birumvikana ko iyo mibonano yatuma habaho gusama).

Abavumbuye ubwo buryo hari n'ubwo bongeraho indi **minsi 2** hirya no hino kugira ngo bakomeze umutekano wabwo.

*(Rebera ku gishushanyo N°1 umugereka wa 1)*

### **Amezi afite iminsi ihindagurika ( mois irréguliers )**

Kugeza aha buri mugore wese ashobora gushushanya ikirangaminsi kandi akamenya iminsi agomba kuba yasamamo n'indi bidashoboka, kugira ngo yirinde gutwita igihe kidakwiye.

Ariko abagore benshi bagira iminsi y'ukwezi ikunda guhindagurika. Iyo bimeze bityo biragorana kugira ngo umugore azamenye igihe ashobora kuba yasama n'igihe aba ari mu gihe cyo kuba atasama. Agomba nibura kumara amezi atandatu cyangwa umwaka arimo kubara anandika ku kirangaminsi, akajya buri gihe yandikaho iminsi ya buri kwezi nk'uko twabibonye haruguru. Nyuma y'icyo gihe cy'amezi atandatu cyangwa umwaka, ni bwo azareba muri ya mezi yose afatemo **abiri** gusa. Kumwe gufite **iminsi mikeya** n'ukundi gufite **iminsi myinshi**. Ikizakurikiraho, buri kwezi azashakamo igihe ashobora gusamamo nk'uko bisanzwe yifashishije amabwiriza twabonye haruguru. Cyane cyane agomba kwita ku kumenya igihe gitangirira. N'ukwezi kurekure na ko azabigenza atyo abare arebe igihe cyo kuba yasama cyane cyane yite ku gihe kirangirira. Ukwezi kugufi kuzamufasha kumenya igihe azajya atangira kwirinda ngo adasama atabigendereye. Ukwezi kurekure kuzajya kumufasha kumenya igihe azajya asohoka mu bihe byo kuba yasama.- (*Guide de la vie familiale, pp. 219-223.*)

*(Rebera ku gishushanyo N°3 umugereka wa 3)*

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*Hari igitekerezo, icyifuzo cyangwa inyunganizi ufite ku byanditse muri iki gitabo wakwifashisha adereshe ikurikira. Bizadufasha kumenya uburyo mwakiriye igitabo no kudufasha kubategurira ibindi bizakurikira. Tubaye tubashimiye.*

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## IMIGEREKA

Umugereka wa 1.

**Igishushanyo N° 1:** Ukwezi k,,umugore gufite iminsi 28

Iminsi yose irimo amabara ni iyo kwitonderwa. Iminsi abashakanye bafitemo umudendezo wo kubonana ni ifite ibara ry,,umweru. Ni uguhera ku munsu wa 5 kugeza ku wa 7 no kuva ku wa 22 kugeza ku wa 28.

**Igishushanyo N° 2:** Ukwezi k,,umugore gufite iminsi 32

Iminsi yose irimo amabara ni iyo kwitonderwa. Iminsi abashakanye bafitemo umudendezo wo kubonana ni ifite ibara ry,,umweru. Ni uguhera ku munsu wa 5 kugeza ku wa 11 no kuva ku wa 26 kugeza ku wa 32.

Umugereka wa 2.

*Umwitoto wo kubara: Igishushanyo N°2. Tugiye kubara duherewe inyuma ku munsu wa 32, tugaruke imbere ho iminsi 14 biragwa ku munsu wa 19 aribwo imbuto y'umugore iba yiteguye*

*gusama. Ariko bishobora no guhindukaho iminsi ibiri hino (17,18) cyangwa hirya (20,21). Hino wongere uteganye iminsi itatu intanga ngabo imara itarapfa (14,15,16), hirya naho urateganya iminsi ibiri intanga ngore imara itegereje iy'umugabo (22,23). Mu rwego rwo gukomeza umutekano w'uburyo bwo kuringaniza urubyaro n'ubushobozi, mushobora kongeraho indi minsi 2 hirya no hino ; ariyo 12, 13 n'uwa 24 na 25 ;. Ahasigaye ni uko buri wese yakora imyitozo akurikije uko ukwezi kwe kungana akurikije amabwiriza twabonye haruguru*

*Ihame ryo kubara ntirihinduka, icyo ukwiriye kumenya ni uko umugore ufite ukwezi kw'iminsi myinshi abashakanye baba bafite iminsi myinshi yo kubonana kurusha ufite ukwezi ku gufi. Ku gishushanyo cya 2 urabona ko umudendeze wo kubonana uhera ku munsi wa 5-11 no kuva 26-32. Mu gihe ku gishushanyo cya 1 umudendeze w'abashakanye uhera ku munsi wa 5 kugeza ku wa 7 no kuva ku wa 22 kugeza ku wa 28.*

### Umugereka wa 3.

***Igishushanyo N°3 : Ni imfashanyigisho ku Mugore ufite ukwezi guhindagurika.***

*Twabonye ko we kugira ngo azagere ubwo amenya igihe nya cyo yasamiramo bimusaba kumara nibura umwaka cyangwa amezi atandatu arimo kubara iminsi y'ukwezi kwe yandika iminsi ya buri kwezi. Nyuma ni bwo afatamo abiri gusa. Kumwe gufite iminsi mike n'ukundi gufite iminsi myinshi. Urugero ukwezi ku gufi ni iminsi 27, ukurekure ni iminsi 31. Noneho buri kwezi aragushushanya nk'uko bimeze ku gishushanyo hejuru. Arabara nk'uko twabibonye ku gishushanyo cya N°1 n'icya 2. Iyo amaze kubarira ayo mezi yombi, amenya igihe cyo kwitonderwa kuri buri kwezi. N.B. Ukwezi kugufi niko kuzajya kumufasha kumenya intangiriro y'igihe agomba kwirinda imibonano mpuzabitsina. Naho ukwezi kurekure kuzamufasha kumenya igihe azasohokera muri cya gihe cyo kwirinda imibonano y'urukundo.*

### Umugereka wa 4

#### **IMBONERAHAMWE YOROHEJE**

*Mu mbonerahamwe iri ku rupapuro rukurikira imibare iri mu ibara ry'umuhondo yerekana iminsi y'ukwezi k'umugore. Niba umugore afite ukwezi kw'iminsi iyi n'iyi ahita areba ibumoso bwawo akamenya igihe azatangirira igihe cy'uburumbuke yasamamo. Nashaka kumenya igihe azavira mu burumbuke, azareba umubare uri iburyo.*

*Urugero: Ukwezi kw'iminsi 28 (reba mu ibara ry'umuhondo), nureba ibumoso uramenya umunsi wazatangiriraho uburumbuke hari 8. Umunsi uzavira mu burumbuke ni uwa 21.*

*Iyo umugore afite ukwezi guhindagurika, iyo azi neza iminsi y'ukwezi ku gufi, n'iminsi y'ukwezi kurekure, ubwa mbere yifashisha ukugufi (iminsi ikugize) akareba umubare uri ibumoso agahita amenya igihe azagira mu burumbuke (igihe cyo gusama). Nyuma agafata iminsi y'ukwezi kurekure akareba iburyo akamenya igihe azavira mu burumbuke.*



***Urugero: Ukwezi kugufi gufite iminsi 27, naho ukurekure gufite 31. Ku gishushanyo N°4 reba***

***27 mu ibara ry'umuhondo ibumoso mu bururu urabona ko igihe cy'uburumbuke cyo gusama kizatangira ku munsi wa 7. Reba 31 mu ibara ry'umuhondo iburyo urabona umunsi wa 24 ni bwo igihe cy'uburumbuke kizaba kirangiye.***

### INSHAMAKE

Urukundo ni kamere itunganye, abantu benshi ntibarusobanukirwa neza. Urukundo ni igiti gifite impumuro y'ubumana : rushaka kurindwa no kugaburirwa. Niba ushaka urukundo ugomba kuruharanira. Ntirushobora kumara igihe rudafite ikirugaragaza.

Mu buryo bworoheje kandi bunezeza umusomyi iki gitabo cyandikiwe kunganira abubatse n'abifuza kurushinga, kugira ngo bagire umubano unejeje mu ngo zabo. Ushobora kwifashisha inyigisho zikirimo mu kuvugurura umushyikirano wari warangiritse hagati yanyu. Harimo kandi ibisubizo by'ibibazo ujya wibaza kenshi ku buzima bw'abashakanye, ndetse na bimwe utekereza ko ari umwihariko kuri wowe.

Ikigamijwe ni ugusobanurira abantu ko ugushyingiranwa kudakwiriye kuba iherezo ry'urukundo, ahubwo ko ariho ruba rukwiriye kugaragazwa birushijeho mu mibanire y'abashakanye. Uzasobanukirwa n'uburyo wakwitegura kurushinga. Abubatse bo barerekwa uburyo bwiza bwo gushyikirana hagati yabo n'igituma abantu bakundana urukundo rudashira.

Ikinyabupfura n'isuku mu rugo, uruhare rw'imyambarire mu kubaka ingeso, n'uburyo abana bashobora kuba isoko y'umunezero cyangwa iy'umuvurungano mu muryango.

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