INAMA KU MIRIRE N'IBYO KURYA

ELLEN G. WHITE

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Iriburiro

Impamvu Yatumye Iki Gitabo Kibaho

Imyaka myinshi mbere y'uko abahanga mu by'imiterere n'imikorere y'umubiri bita ku isano ikomeye iri hagati y'imirire n'ubuzima bwacu, Ellen G. White yari yaragaragaje ku buryo busobanutse isano ikomeye iri hagati y'ibyo turya n'imibereho yacu y'iby'umubiri n'iby'umwuka. Guhera mu mwaka wa 1863 ugakomeza, Ellen G. White yagarutse kenshi mu nyigisho no mu nyandiko ze, ku kamaro k'imirire n'ibyokurya biboneye. Inama ze, nk'uko tuzisanga mu tunyamakuru duto, mu bitabo, mu binyamakuru by'itorero, ndetse no mu buhamya bwe bwite, zazanye impinduka ikomeye ku miterere y'imirire iranga Abadiventisti b'Umunsi wa Karindwi, kandi ingaruka zazo zigera ku buryo buziguye no ku bantu bose. IMN 2.1

Inyandiko za Ellen White zerekeranye n'imirire n'ubuzima buzira umuze zaje gukusanyirizwa hamwe mu mwaka wa 1926 mu gitabo kigizwe n'ingingo zateguriwe gufasha mbere ya byose abanyeshuri bigaga amasomo y'iby'ubuvuzi n'imirire mu Ishuri ryateguraga Ababwirizabutumwa mu by'Ubuvuzi rya Loma Linda muri Leta Zunze Ubumwe z'Amerika. Icyo gitabo cy'ikubitiro mu kunyuzwa mu icapiro cyari gifite umutwe uvuga ngo, "Inyigisho z'Ibihamya ku Mirire n'Ibyokurya," cyahise gitangwa kirashira. IMN 2.2

Ikindi gitabo gishya kandi kinini kuruta icya mbere, cyaje kuboneka mu mwaka wa 1938, cyitwa "Inama ku Mirire n'Ibyokurya." Ni cyo cyasohotse ari "ingeri ya kabiri," kandi imirimo yo kugitegura yayobowe n'Inama Nkuru ishinzwe kurinda inyandiko za Ellen G. White. Ingeri ya gatatu, yaje gucapwa mu ngano ntoya kugira ngo igendane n'ingano z'ibindi bitabo bisanzwe bifasha Abakristo mu ngo zabo, maze isohoka mu icapiro mu mwaka wa 1946. Iki twasobanuye mu kinyarwanda ni ingeri ya kane, kandi nticyigeze gihinduka haba mu nyandiko, haba n'uko impapuro zikurikirana. IMN 2.3

Izi ni Inyandiko Zahurijwe Hamwe Uko Zakabaye

Mu guhuriza hamwe inyandiko zikubiyemo Inama ku Mirire n'Ibyokurya, abanditsi bashinzwe kurinda inyandiko za Ellen White bitaye cyane ku kwegeranya inyandiko zose n'amabwiriza yose yatanzwe na Ellen White

kugira ngo biboneke mur'iki gitabo. Iki gitabo rero cyahurijwe hamwe ni umwihariko mu bitabo bya Ellen G. White, kuko cyerekana inama zashyizwe hamwe hakurikijwe ingingo zumvikana kandi zishingiye ku ngingo rusange ariko hirindwa ugusubiramo kutari ngombwa. IMN 3.1

Buri mugabane w'iki gitabo ugizwe n'inyandiko Ellen White yanditse mu buryo bwuzuye ku ngingo runaka. Nta kintu na kimwe cy'ingenzi cyirengagijwe. Akenshi, mu nyandiko z'umwimerere, usanga ko ingingo nyinshi z'ibyigisho binyuranye by'ubuzima zavuzweho zose mu gika kimwe. Kugira ngo buri ngingo ivugweho mu buryo burambuye byari gutuma habaho isubiramo ry'amagambo. Mu kwirinda iryo subiramo ry'amagambo ya hato na hato, hakoreshejwe ibisobanuro birambuye biboneka ku migereka y'igitabo. IMN 3.2

Nubwo habayeho inzitizi zitewe n'igihe ndetse no kwirinda isubiramo ritari ngombwa ryo kwandika buri nteruro yose ivugwa kuri buri kibazo cy'imirire, inyigisho zose zatanzwe na Ellen G. White zashyizwe mur'iki gitabo mu buryo bwuzuye. IMN 3.3

Akaga ko Gufata Umugabane Umwe Ukawuha Ubusobanuro Rusange

Imiterere y'imyandikire y'iki gitabo igaragara nk'igitabo cy'inkoranyamagambo, aho usanga ingingo z'ingenzi zaragiye zivugwaho mu buryo bwihariye, bigatuma kugishakamo ibyo ukeneye bigenda byorohera umusomyi. Ariko na none imiterere y'igitabo cy'inkoranyamagambo ibasha no guteza umusomyi kumva no gukoresha nabi amagambo yacyo. Kugira ngo intego y'umwanditsi w'iki gitabo igerweho, ni ngombwa ko cyigwa mu buryo bwuzuye, aho gufata umugabane umwe ukwawo ukawutandukanya n'ibisigaye byose. IMN 4.1

Umusomyi w'iki gitabo akwiriye kwiyumvisha ko interuro imwe mu nyandiko za Ellen White ku ngingo runaka y'iby'imirire idahagije kumvikanisha ibyo yari agendereye kwigisha n'ubusobanuro bwa rusange ku byerekeranye n'ibyo umubiri ukeneye mu mirire. Nk'urugero, amagambo dusanga ku gika cya 488 mur'iki gitabo, mu nteruro yakuwe mu gitabo cye cyitwa "Ibihamya by'Itorero," umuzingo wa 2, urupapuro rwa 352, aragira ati, "Ibinyampeke n'imbuto byateguwe bitarimo amavuta, kandi mu buryo bworoheje bushoboka, ni byo byokurya by'abavuga ko bitegura kwimurirwa kuba mu ijuru." Mu mucyo w'ayandi magambo yanditse ahandi,

byagaragaye ko umugambi wa Ellen White atari uwo kwigisha ko abazimurirwa mu ijuru bagomba gukoresha ibyokurya birangwa n' "ibinyampeke n'imbuto." Mu nyandiko ye yanditse mu 1869 atanga inama zo kureka gukoresha inyama, iriya nteruro igaragaza "ibinyampeke n'imbuto" nk'ibyokurya bitarimo inyama. Iyo nteruro ntivugwamo ubunyobwa, imboga, cyangwa ibikomoka ku matungo, ibyo Ellen White yemeraga ko bifite akamaro ko kuba bigize gahunda y'imirire yuzuye. IMN 4.2

Indi nteruro dusanga ku gika cya 487 cy'urwo rupapuro, yanditswe hashize imyaka makumyabiri [iki gitabo cyanditswe], ivuga ku byerekeranye n'imirire itanga intungamubiri, ugukomera n'imbaraga ubwonko bukeneye, ivuga "imbuto, ibinyampeke, n'imboga" byateguranywe n' "amata cyangwa amavuta." Nta bunyobwa buvugwamo. Ku yindi subi y'urwo rupapuro, yanditswe mu 1905, "ibinyampeke, ubunyobwa, imboga, n'imbuto" bivugwa nk'ibyokurya bisimbura inyama. Mur'iyi nteruro, amata ntabwo avugwamo. Nyamara kandi, amata ayavugamo mu nteruro yanditse mu 1909 ku rupapuro rwa 355, aho agira ati, "Imboga zikwiriye guteguranwa n'amata make cyangwa amavuta make cyangwa ikindi kimeze nka byo kugira ngo bitange uburyohe. … Abantu bamwe, bitewe no kwirinda gukoresha amata, amagi, n'amavuta, bananiwe kubona ibibisimbura umubiri ukeneye ngo ube wujuje indyo iboneye, maze kubwo ingaruka z'ibyo, barangwa n'intege nke ntibashobore gukora umurimo. Bityo ibyo bizanira inzitizi ivugurura mu by'ubuzima." IMN 5.1

Hari izindi ngero nyinshi zisa nk'izo zavuzwe mbere dusanga ko Ellen White atavuga mu nteruro imwe ibintu byose uko byakabaye biranga indyo iboneye. Ni ngombwa rero kwitonda kugira ngo twumve neza igitekerezo cye kuri buri ngingo. Ntidukwiriye gukoresha uko twishakiye interuro dufashe ahantu runaka, kugira ngo tudafata umugabane umwe tukawutandukanya n'ubusobanuro rusange. IMN 5.2

Buri Wese Arararikirwa Kwiga

Icyifuzo cya Ellen White ni uko inyandiko ze ku by'imirire zatera abantu kurushaho kugira umwete wo kwiga no gushakashaka iby'imirire irushijeho kuba myiza, kugira ngo zinafashe abandi kugira ubumenyi

n’ubunararibonye no kwiyongera k’ubushakashatsi. Yaranditse ati: IMN 5.3

“Imibereho yacu ikwiriye kurangwa no guhora twiga uburyo bwo kwita ku mibiri yacu ikaba mitaraga, kugira ngo ingingo zose z’umubiri wacu zikore zuzuzanya.”IMN 6.1

“Ni inshingano yacu idasubirwaho kwiga amategeko yo mu byaremwe tubyitondeye. Dukwiriye kwiga ibyo ayo mategeko adusaba bigendanye n’imibiri yacu maze tukayubahiriza. Kubigiramo ubujiji ni icyaha.” IMN 6.2

Madame White yiyumvishaga neza ko buri muntu akwiriye kugira ubumenyi bwuzuye, abukomoye kw’iterambere rya siyansi ku by’ubushakashatsi mu by’imirire, igihe cyose imyanzuro yuzuzanya n’inama zatanzwe binyuze mu nyandiko zahumetswe. IMN 6.3

Akaga k’Ubwaka bwo Gukabya

Ellen White ntiyatindaga kwerekana akaga kazanwa n’ubwaka bwo gukabya mu bintu bihutiyeho, bidatekerejweho, cyangwa bihubukiwe mu gutegura ibyokurya biboneye ku muryango. Ibi yabigaragarije mu magambo yavuze agira ati, “kubwo gutegura nabi, hagategurwa indyo ituzuye” umubyeyi abasha “kubangamira ndetse akaba yakwica ubuzima bw’abantu bakuru n’iterambere ry’umwana.” Muri ayo magambo na none, ararikira ababyeyi “gutanga indyo igendanye n’ibyo umubiri ukeneye, bishimishije kandi biryoshye.” IMN 6.4

Mu gihe bamwe badasobanukirwa n’impamvu indyo yuzuye kandi itunganye igendana no gukoresha ibintu bimwe bikomoka ku mata ku rugero, Ellen White arabishyigikira, kandi akarwanya igitekerezo cyo kureka kubikoresha. Ibi turushaho kubisobanukirwa cyane muri iki gihe, aho ubumenyi bwerekana ko zimwe mu ntungamubiri ntoya zifitiye umumaro ukomeye imikorere y’umubiri. Zimwe muri izo ntungamubiri, nubwo zisa nk’izitaboneka mu byokurya by’imboga, dusanga ziganje mu mvange y’indyo igizwe n’amata, amagi n’imboga. Iyi ndyo ni ingenzi cyane ku bana bakeneye gukura neza kandi nk’uko Ellen White abivuga, bakwiriye kurindwa “indyo iteguwe nabi kandi ituzuye.” IMN 6.5

Ahagana mu mpera z’ikinyejana, Ellen White yatangiye kwandika ko bitewe no kwiyongera kw’indwara ziboneka mu matungo, ibyokurya byose biva ku matungo, hamwe n’amata, bigomba kuzagera igihe bikarekwa

(reba ingingo 605-608). Muri icyo gihe kandi, yihanangirije kenshi ibyo kwihutira guhubukira gufata icyo cyemezo, maze mu mwaka wa 1909 atangaza ko igihe kizagera ubwo ibyo bizaba ngombwa, ariko yihanangiriza abantu kwirinda gutera abandi ubwoba bashyiraho "ibyemezo by'imburagihe n'amategeko akabije." Yatanze inama avuga ko tugomba "gutegereza kugeza ubwo ibihe bizabidutegeka, n'Imana ikadutegurira inzira yo kubyinjiramo." IMN 7.1

Ibyokurya bigizwe n'amata, amagi n'imboga ni byo byakomeje gufasha Ellen White ubwo yari akiri mu murimo kugeza agize imyaka 88 y'ubukuru. IMN 7.2

Kurikiza Amahame y'Ingenzi Igihe Wiga Iki Gitabo

Mu gihe wiga inama ku mirire ziboneka muri iki gitabo, ugomba kubikora ukurikiza amwe mu mahame y'ingenzi. Amabwiriza yose akwiriye kwiganwa ubwenge n'ibitekerezo byagutse, hakoreshejwe kumva inama mu buryo rusange, budahabanye, kandi bwuzuye. Hakwiriye kubaho ubushishozi mu gihe usoma interuro yose ivugwa mu ngingo runaka y'iki gitabo. Bityo, kugira ngo usobanukirwe icyo umwanditsi yari agamije kuvuga, ukwiriye kugenzuza interuro iyindi nteruro. Niba amagambo y'interuro imwe asa nk'aho anyuranya n'ayandi, umwigishwa w'iki gitabo aba akwiriye kugereranya amagambo y'iyo nteruro cyangwa akagereranya aya zombi n'amagambo aboneka mu mwimerere. IMN 7.3

Umwigishwa kandi akwiriye gukurikiza urugero rwa Ellen White akemera kugendera ku mahame y'ibanze atatu nk'uko yayavuzeho mu mpapuro ziri imbere, agira ati: IMN 8.1

1. "Guhindura imirire bikwiriye gukorwa buhoro buhoro;" IMN 8.2
2. "Nta murongo runaka ngenderwaho tugamije gutanga ngo ukurikizwe mu by'imirire;" IMN 8.3
3. "Nta muntu n'umwe ukwiriye kumfatiraho urugero" IMN 8.4

Imyanzuro ku Ivugurura mu by'Ubuzima

Ivugurura mu by'imirire ni ikintu kivugira ubwacyo kuko gifite akamaro. Imbuto zacyo zizagaragazwa n'uko tuzagira ubuzima buzira umuze,

imbaraga, umwuka mwiza, no kumva tubayeho neza. Ndetse n’imibereho y’ibya Mwuka ibasha kunganirwa n’ingeso twimenyereje mu by’ubuzima bwiza. Binyuze mu iterambere rigikomeje kugerwaho n’abahanga mu bya siyansi, ni ibintu bishimishije guhamya yuko amenshi mu mahame y’ingenzi ndetse n’inyigisho zoroheje, byahishuriwe Abadiventisti b’Umunsi wa Karindwi biturutse ku nyandiko za Ellen White zahumetswe n’Imana. IMN 8.5

Turasabira cyane kandi twifuriza abazasoma iki gitabo bose kugira ngo kizabafashe biruseho kugira ubuzima buzira umuze, bwaba ubw’umubiri n’ubw’umwuka. IMN 8.6

Abashinzwe Kurinda Inyandiko za Ellen White Washington,
D.C.
September 17, 1976

IGICE CYA 1 - IMPAMVU DUKENEYE IVUGURURA

Kugira ngo Duheshe Imana Ikuzo

1. Twahawe amahirwe amwe rukumbi mu buzima; kandi buri wese akwiriye kwibaza ati, “Ni buryo ki nazigama imbaraga zanjye kugira ngo zizampe inyungu iruta izindi? Ni buryo ki narushaho gukora icyahesha Imana ikuzo kandi kikagirira umumaro bagenzi banjye?” Kuko ubuzima bugira agaciro gusa igihe bukoreshejwe kugira ngo ibyo bigerweho. IMN 9.1

Inshingano y’ibanze dufite imbere y’Imana n’imbere y’abantu ni ukwiteza imbere. Buri mpano Umuremyi wacu yaduhaye ikwiriye kumenyerezwa ikagezwa ku rwego rwo hejuru rw’ubutungane, kugira ngo turusheho gukora ibyiza biruta ibindi tubasha gukora. Bityo, igihe nk’icyo tukimara dukora ibyiza bikenewe kugira ngo habeho ubuzima buzira umuze mu by’umubiri n’intekerezo kandi ubwo buzima bukomeze kubungabungwa. Ntidukwiriye gusigingiza cyangwa ngo tuburizemo inshingano iyo ariyo yose y’umubiri n’iy’intekerezo. Turamutse tubikoze, twazasarura ingaruka zabyo. IMN 9.2

Amahitamo y’Ubuzima cyangwa Urupfu

Buri muntu wese afite amahirwe, ku rugero runaka, yo guhitamo kuba icyo ashaka kuba cyo. Imigisha tugenerwa muri ubu buzima, ndetse n’iyo ahazaza, ayifiteho uruhare. Buri ntambwe yose atera, imushoboza kwiyubakira imico y’ingenzi, kandi akongererwa imbaraga nshya. Aba ashobora buri munsi kongererwa ubwenge n’ubumenyi, akabona ibimushimisha uko arushaho gutera imbere, akurira mu mico no mu buntu. Impano ze zizarushaho kwiyongera uko azikoresha; kandi uko arushaho gukoresha ubwenge abona, ni ko ubushobozi bwe bwo kumenya burushaho kwiyongera. Ubuhanga bwe, ubumenyi, n’imico bizatera imbere byongererwe imbaraga kandi bibe bitunganye. IMN 10.1

Ku rundi ruhande, ashobora gutesha agaciro impano ze igihe atazikoresha, cyangwa zikanduzwa n’ingeso mbi, kutirinda, cyangwa kudashikama mu by’iyobokamana n’imico mbonera. Ubwo rero atangira kugenda ajya mu mworera; bitewe no kutumvira amategeko y’Imana

n’ay’ubuzima. Ibyifuzo bye biramutegeka, n’ibyo abogamiyemo bikamujyana kure. Abona ko icyoroshye ari ukwemera gukururwa n’imbaraga z’umubi ziba zigikorera muri we, aho kuzirwanya ngo ajye mbere. Igikurikiraho ni ukurohama mu bibi, indwara, n’urupfu. Aya ni yo mateka y’abantu benshi bagombye kuba bariyeguriye gukorera Imana n’abantu. IMN 10.2

Gushaka Ubutungane

2. Imana ishaka ko tugera ku rugero rw’ubutungane twaheshejwe n’impano ya Kristo. Iturarikira guhitamo uruhande rwiza, twifatanya n’ingabo z’ijuru, twemera amahame azatubashisha gusubizwamo ishusho y’Imana. Imana yaduhishuriye amahame aduhesha ubugingo binyuze mu ijambo ryayo yanditse no mu gitabo cy’ibyaremwe. Inshingano yacu ni ukumenya ayo mahame, no gufatanya na Yo kubwo kuyumvira tukemera ko imibiri n’ubugingo byacu bisubizwamo intege. IMN 10.3

3. Umubiri mutaraga ni igikoresho cy’Imana. Ni uwayo kuko yawuremye ikanawucungura; kandi iyo dukoresha nabi zimwe mu mpano (mbaraga) zawo tuba twiba Imana icyubahiro kiyikwiriye. IMN 11.1

Ikibazo cyo Kumvira

4. Inshingano dusabwa kuzuza imbere y’Imana igihe idusaba kuyegurira imibiri iboneye, itunganye, kandi mitaraga ntituzisobanukirwa uko bikwiriye. IMN 11.2

5. Kunanirwa kwita ku mibiri yacu ni igitutsi ku Muremyi. Amategeko Imana yashyizeho abaye yubahirijwe, yarinda abantu indwara no gupfa bakenyutse. IMN 11.3

6. Imwe mu mpamvu ituma tudashimishwa n’imigisha y’Imana, ni uko tudaha umwanya w’ibanze umucyo yanejejwe no kuduha ku byerekeranye n’amategeko agenga imibereho n’ubuzima. IMN 11.4

7. Imana ni yo yashyizeho amategeko agenga imibiri nk’uko ari Yo yashyizeho amategeko Cumi. Yandikishije amategeko yayo urutoki rwayo bwite iyandika kuri buri mutsi, buri mukaya, na buri mpano Imana yahaye umuntu. IMN 11.5

8. Umuremyi w'umuntu yatunganyije neza imashini y'imibiri yacu. Buri rugingo rukora rwaremwe mu buryo butangaje kandi bw'ubwenge. Kandi Imana ubwayo yasezeranye kwita kuri iyo mashini y'umubiri ituma ukora neza igihe cyose umuntu yubahirije amategeko yayo kandi agakorana n'Imana. Buri tegeko riyoboye imashini y'umuntu rigomba kwitabwaho nk'itegeko ry'Imana kubwo inkomoko yaryo, imico, n'akamaro nk'ibyo tubona mu ijambo ry'Imana. Igikorwa cyose cyo kutita no kudaha agaciro, gukoresha nabi ayo mategeko y'umubiri w'umuntu, ni ukwica itegeko ry'Imana. Tubasha kwitegereza kandi tugatangarira umurimo w'Imana ugaragarira mu byaremwe, ariko igitangaza gikomeye tugisanga mu mubiri w'umuntu. [Ic yaha cyo gukoresha nabi imibiri cyangwa kwijimisha ubwonko — 194] IMN 11.6

9. Kwica amategeko y'ubuzima bwacu bigaragara mu kuri nk'icyaha nk'uko bimeze ku kwica amategeko icumi. Gukora kimwe muri ibyo ni ukwica amategeko y'Imana. Abagomera amategeko y'Imana babikorera mu mibiri yabo bazaba banabasha no kugomera ya mategeko Imana yatangarije ku musozi Sinayi. IMN 12.1

Umukiza wacu yihanangirije abigishwa be ababwira ko mbere yuko agaruka hazabaho ibintu bimeze nk'ibyabanjirije igihe cy'umwuzure. Abantu bazaba barangwa no kurya no kunywa ku buryo burengeje urugero, kandi abatuye isi bazaba bahugiye mu kwishimisha. Ibi bintu ni byo biriho muri iki gihe. Abatuye isi bahugiye mu guhaza irari ryabo; kandi imbaraga idukururira ku migenzereze y'ab'isi igenda itujyana mu bubata bugamije kwanduza imico yacu, imico igenda irushaho gukurura abantu bakarushaho kumera nk'abaturage baciriweho iteka b'i Sodomu. Najyaga nibaza ukuntu abatuye iyi si bashobora kuzarimbuka, nk'uko abari batuye Sodomu na Gomora barimbutse. Ariko noneho iki gihe cyanyeretse impamvu idashidikanywa yo gushayisha mu bibi n'urupfu ruhitana abatuye isi. Ibyifuzo by'ubuhumyi ni byo bitegeka intekerezo, kandi imico y'ingenzi iguranwa ubuhehesi bukabije. IMN 12.2

Dukwiriye guhora twiga uburyo bwo gufata imibiri yacu igahora ari mitaraga, kugira ngo ingingo zayo zose zikorane mu bwuzuzanye. Abana b'Imana ntibashobora guyihimbarisha imibiri yokamwe n'imize y'uburwayi cyangwa ifite intekerezo zaremaye. Abiyandavuza mu buryo ubwo aribwo bwose bwo kutirinda, haba mu mirire cyangwa mu minywere yabo, baba

bazimiza imbaraga y'imibiri yabo, kandi basigingiza imbaraga z'intekerezo zabo. IMN 12.3

10. Kuba amategeko agenga ibyaremwe ari amategeko ava ku Mana, ni inshingano yacu mu buryo bwuzuye gutanga igihe cyacu tukayiga tuyatekerezaho. Dukwiriye kuyiga tukamenya ibyo adusaba bigendanye no kwita ku mibiri yacu, maze tukabyitwararikaho. [Kubigiramo ubujiji ni icyaha]. IMN 12.4

"Ntimuzi yuko imibiri yanyu ari ingingo za Kristo?" "Mbese ntimuzi yuko imibiri yanyu ari insengero z'Umwuka Wera uri muri mwe, uwo mufite wavuye ku Mana? Kandi ntimuri abanyu ngo mwigenge kuko mwaguzwe igiciro. Nuko rero mutume imibiri yanyu ihimbaza Imana." 1 Kor. 6:15, 19, 20. Imibiri yacu yaguzwe na Kristo kugira ngo imubere ibikoresho, kandi ntidufite uburenganzira bwo kuyikoreshereza uko twishakiye. Nyamara ibyo umuntu yarabikoze. Yakoresheje umubiri we nk'aho amategeko awugenga atabasha kuwuhana. Bitewe n'irari ribi, ingingo zawo n'ubushobozi bwawo byabaye ibinyantegenke, birarwara, biraremara. Kandi izi ngaruka Satani yazanye kubwo ibishuko bye bwite, azikoresha anenga Imana. Yereka Imana umubiri w'umuntu Kristo yacunguye ngo awugire uwe; ngaho nimurebe iyo shusho y'umuntu iba igaragara imbere y'Umuremyi we! Bitewe n'uko umuntu yacumuye agahindanya umubiri we, kandi agahindanya imigenzereze ye, mbega uburyo akoza Imana isoni! IMN 13.1

Iyo umugabo n'umugore bihannye by'ukuri, batangira kubona amategeko y'ubuzima Imana yashyiriyeho imibereho yabo ngo ibe mizima, maze bagashaka uko birinda ibyateza intege nke imibiri yabo, ubwenge bwabo, n'ibitekerezo byabo. Kumvira ayo mategeko bigomba kuba inshingano y'umuntu wese. Igihe tutayumviye tugomba guhura n'ingaruka z'uburwayi. Tuba tugomba kuzasubiza Imana impamvu ya bene iyo myitwarire n'imigenzereze. Bityo, ikibazo tubazwa si iki ngo, "Ni iki abantu bazavuga?" ahubwo ni iki ngo, "Mbese nkanjye w'Umukristo, ni buryo ki nafata urusengero Imana yampaye? Mbese nakora ibyiza bishoboka byose mu buryo bw'umubiri n'uburyo bw'umwuka ngo ndinde umubiri wanjye ukomeze kuba ahantu Mwuka Muziranenge yibera, cyangwa nawuhindura igitambo cy'intekerezo mbi n'ibikorwa bibi by'iyi si?" IMN 13.2

Igihano cy'Ubujijji

11. Imana yagennye amategeko agamije kuyobora imiterere yacu, maze ayo mategeko mvajuru iyashyira mu mibereho yacu. Uwo ari we wese ugomeye ayo mategeko, bitinde bitebuke, agerwaho n'igihano kigendanye na byo. Inyinshi mu ndwara zagiye zizahaza kandi n'ubu zikibabaza abantu bazitewe n'ubujiji bikururiye bwo kutamenya ayo mategeko. Bene abo bantu bigira ba ntibindeba ku byerekeranye n'amategeko agenga ubuzima, maze bagakora ubutaruhuka kugeza ubwo batagangara, noneho igihe bamaze kugera ku buce, umubiri n'intekerezo bitagifite igaruriro, bakajya kwa muganga maze bakiyuhiza imiti kugeza ubwo bapfuye. IMN 14.1

Nta Guhora mu Bujiji Igihe Cyose

12. Iyo abantu bamwe babwiwe ibyerekeranye n'ibyiza byo kugira ubuzima bwiza, akenshi barakubwira bati, "Turabizi cyane ariko kubikora bikatunanira." Ntibazirikana ko bazabazwa iby'umucyo wose babonye werekeranye no kwitungira amagara mazima, kandi ko ingeso yabo yose mbi iba igaragarira mu maso y'Imana. Ntitugomba gufata imibiri yacu uko twishakiye. Buri rugingo rw'umubiri, na buri ngirangingo yose y'ubuzima, bikwiriye kurindwa imigenzereze mibi yose yabigirira nabi. IMN 14.2

Inshingano yo Kwakira Umucyo

13. Igihe umucyo wo kwitungira amagara mazima watugeragaho, kuva icyo gihe twakomeje kwibaza ibibazo bikurikira, "Mbese naba nshyira mu bikorwa gahunda nziza yo kwirinda ku kintu cyose?" "Mbese imirire yanjye yaba inganisha ku rugero rutuma nshobora gukora ibintu byinshi kandi birushijeho kuba byiza?" Niba tudashobora gusubiza ibi bibazo twemera ibyo bitubaza, twaba duhagaze imbere y'Imana dutsindwa n'urubanza, kuko izatubaza iby'umucyo yashyize imbere yacu. Imana yirengagije igihe cy'ubujiji twabayemo, ariko uko umucyo ugenda urushaho kutugeraho, iradusaba guhindura imigenzereze yacu mibi igamije kurimbura ubuzima bwacu, maze tugafata umwanya ukwiriye wo kumvira amategeko agenga imibiri yacu. IMN 15.1

14. Ubuzima bwiza ni ubutunzi. Mu butunzi dufite bw'igihe gihita, ubu ni bwo butunzi buruta ubundi bwose. Turamutse tudafite ubuzima bwiza, gushaka ubukire, kwiga, no gushaka icyubahiro byaba bisa nko gukora ubusa. Nta na kimwe muri ibyo cyaduha umunezero tubaye tudafite ubuzima bwiza. Ni icyaha gikabije gukoresha nabi ubuzima bwiza Imana yaduhaye. Bene uko kubukoresha nabi bituma imibiri yacu ihinduka iminyantege nke, tugahora tutagira icyo tugeraho, ndetse niyo twaba dufite amashuri angana iki. IMN 15.2

[Tubona ingero nyinshi z'imibabaro abantu bikururiye bitewe no kwirengagiza uwo mucyo] IMN 15.3

15. Imana yatanze ku bwinshi ibituma ibiremwa byayo bikomeza kubaho mu munezero. Iyo amategeko yayo ataza kugomerwa, byose bigakorwa mu buryo buhuye n'ubushake bwayo, umuntu yari kugira ubuzima bwiza, amahoro, n'umunezero mu mwanya w'amakuba, n'ibibi bihoraho. IMN 15.4

16. Gukurikiza neza amategeko Imana yashyize mu mibereho yacu bizaduha icyizere cyo kugira ubuzima bwiza, kandi ntihazabaho kwica amabwiriza yayo.IMN 16.1

Igitambo Kitagira Inenge

17. Mu muhango wakorwaga kera n'Abayahudi baramya Imana, basabwaga ko igitambo cyose bazanye imbere y'Imana kigomba kuba kidafite inenge. Mu Byanditswe byera tubwirwa ko tugomba gutanga imibiri yacu ho ibitambo bizima, byera, bishimwa n'Imana, ariko kuyikorera kwacu gukwiriye (Rom. 12:1). Turi umurimo w'intoki z'Imana. Igihe umunyezaburi yatekerezaga ku murimo utangaje Imana yakoreye umuntu, yaravuze ati, "Naremwe mu buryo buteye ubwoba butangaza." Hari abantu benshi bize amashuri bagira ubumenyi mu bya siyansi, ndetse bakaba bazi n'inyigisho y'ukuri, nyamara bakaba badasobanukiwe amategeko agenga ubuzima bwabo. Imana yaduhaye ubushobozi n'impano; kandi ni inshingano yacu, nk'abahungu n'abakobwa bayo, kubikoresha mu buryo burusha ubundi kuba bwiza. Nituramuka dusigingije izo mbaraga n'ubushobozi by'intekerezo cyangwa umubiri tubimenyereza ingeso mbi cyangwa

tukabyicisha irari ribi, ntibizadushobokera kubaha Imana nk’uko bikwiriye. IMN 16.2

18. Imana idusaba kuyegurira imibiri yacu nk’ibitambo bizima, ntidusaba ibitambo byapfuye cyangwa ibitambo bigiye gupfa. Ibitambo byatangwaga kera n’Abaheburayo byagombaga kuba bidafite inenge. None se koko Imana yanezezwa n’igitambo cy’umuntu cyuzuye uburwayi kandi gihumanye? Itubwira ko imibiri yacu ari insengero za Mwuka Muziranenge; kandi Ikadusaba kwita kuri uru rusengero, kugira ngo ruhinduke ahantu hakwiriye ho guturwa na Mwuka. Intumwa Pawulo aduha uyu muburo: “Kandi ntimuri abanyu ngo mwigenge, kuko mwaguzwe igiciro. Nuko rero mutume imibiri yanyu n’umwuka wanyu [by’Imana] bihimbaza Imana.” Ikintu cyose kigendanye no kurinda umubiri ngo ugire ubuzima bwiza gikwiriye kwitabwaho, kugira ngo abantu babashe gukorera Imana umurimo uboneye, kandi babashe no gusohoza inshingano zabo mu muryango no mu gihugu. IMN 16.3

Igitambo Cyuje Imbabazi

19. Dukwiriye kunguka ubumenyi ku byerekeranye n’uburyo bw’imirire, iminywere, n’imyambarire kugira ngo turinde ubuzima bwacu. Indwara iterwa no kwica amategeko agenga ubuzima; ni ingaruka yo kwica itegeko ry’ibyaremwe. Inshingano yacu y’ibanze, dushinzwe imbere y’Imana, imbere yacu n’imbere ya bagenzi bacu, ni ukumvira amategeko y’Imana, akubiyemo amategeko agenga ubuzima. Iyo turwaye, twikoreza inshuti zacu umutwaro uremereye, kandi natwe tukaremereza imiryango yacu na bagenzi bacu mu buryo budakwiriye. Kandi igihe dupfuye imbura gihe tuzize kwica amategeko agenga ibyaremwe, duteza abandi agahinda n’umubabaro; tuba tugomwe bagenzi bacu ibyo twagombye kubakorera turi bazima; tuba twambuye abagize imiryango yacu ibyiza n’ubufasha twagombye kubakorera;

kandi tukaba twibye Imana inshingano y’umurimo yifuzaga ko twayikorera twamamaza ikuzo ryayo. Nonese ubwo, murumva tutaba twishe itegeko ry’Imana mu buryo bubi birenze urugero? Ariko Imana yacu ni Imana yuje imbabazi, ubuntu, igira neza, kuko iyo umucyo ugeze ku bantu bari barandavuje ubuzima bwabo mu byaha, maze bakemera ibyaha

byabo, bakihana maze bagashaka imbabazi z'Imana, yemera igitambo [ituro] cyabo cyoroheje bayituye, maze ikabakira. Mbega ukuntu igaragariza umunyabyaha wihana imbabazi zayo ntiyange no kwakira ubuzima aba asigaranye bwahuye n'umubabaro! Kubwo imbabazi nyinshi igira, ikiza bene aba bantu bakamera nk'abakuwe mu muriro. Ariko mbega igitambo cyoroheje, igitambo cyuje imbabazi birenze urugero, cyo kwemera kwiyegurira Imana izira inenge kandi itunganye! Imbaraga z'ubwenge zacogojwe n'ingeso mbi z'ibyaha abantu biyandavujemo. Ibyifuzo byaranduye, ishusho y'ubugingo n'umubiri irasibangana. IMN 17.1

Impamvu Dukeneye Umucyo ku Bugorozi mu by'Ubuzima

20. Uhoraho yatumye umucyo we kutumurikira muri iyi minsi iheruka, kugira ngo ubwihebe n'umwijima byaranze abo mu bihe byahise kubwo kwinangira mu byaha bitamuruke ku rugero runaka, kandi ngo isayo y'ibibi byabagezeho bitewe no kutirinda mu mirire no mu minywere bigabanuke. IMN 18.1

Mu bwenge bwe, Uhoraho yateguye kugeza ubwoko bwe ku rugero ruzabubashisha kwitandukanya n'iby'isi mu by'umwuka no mu migenzereze, kugira ngo abana babo batabasha kujyanwa mu bishuko byo kuyoborwa n'ibigirwamana, ngo bahindanywe no kwangirika kw'iki gihe. Umugambi w'Imana ni uko ababyeyi b'abizera hamwe n'abana babo bahagarara bashikamye nk'abahamya nyakuri bahagarariye Kristo, abakandida biteguye guhabwa ubugingo buhoraho. Abasangiye kamere y'ubumana bazahunga kwangirika kw'ibinezeza byuzuye kuri iyi si. Ntibishoboka ko abiyandavuza kamere y'irari n'ibinezeza bagera ku butungane bwa Gikristo. IMN 18.2

21. Imana yemereye umucyo w'ubugorozi mu by'ubuzima kutumurikira muri iyi minsi iheruka, kugira ngo nitugendera muri uwo mucyo dushobore guhunga akaga k'uburyo bwinshi kabasha kutugeraho. Satani arakorana imbaraga nyinshi ajyana abantu benshi mu byo guhaza irari ku buryo bukabije, kwishimira ibibanezeza, no kumara iminsi yabo bari mu by'ubupfapfa. Abereka ibirangaza byo mu buzima burangwa no kwishimira ibinezeza no kwikunda gukabije. Akuzuza imbaraga zo kutirinda mu ntekerezo zabo n'imibiri yabo. Uwo abashije kunesha, amushyira munsi

y’ubutware bwe, aho akomeza kumushukashukira no kumubuza uburyo, maze uwo mwanzi w’ubutungane bwose agasigara agenzura ibimunezeza byose. IMN 18.3

22. Kugira ngo turinde amagara yacu, tugomba kwirinda muri byose, kwirinda mu byo dukora, kwirinda mu byo turya no mu byo tunywa. Data wo mu ijuru yatwoherereje umucyo w’ubugorozi mu by’ubuzima kugira ngo aturinde ibibi bituruka ku irari ryangijwe n’icyaha, kandi ngo abakunda ubutungane n’ubuziranenge babashe kumenya uburyo bwo gukoreshanya ubwenge ibintu byiza yabahaye, kandi mu gukoresha amahame yo kwirinda mu mibereho yabo ya buri munsi, babashe kwezwa n’ukuri. IMN 19.1

23. Reka igihe cyose tujye tuzirikana ko impamvu y’ingenzi y’ubugorozi mu byo kwirinda ari ukurinda mu buryo bwose bushoboka iterambere ry’ubwenge, ubugingo n’umubiri. Amategeko yose yo mu byaremwe, ari yo mategeko y’Imana, yashyiriweho kutuzanira ibyiza. Kuyumvira bitwongerera ibyishimo muri ubu buzima bwa none, kandi bikadufasha no kwitegura kubaho ubuzima bw’iteka ryose. IMN 19.2

Akamaro k’Amahame Agenga Ubuzima

24. Neretswe ko amahame twahawe mu minsi ya mbere y’ubutumwa ari ingenzi cyane kandi ko akwiriye kwitabwaho cyane muri iki gihe nk’uko yari ari icyo gihe. Hari bamwe batigeze bakurikiza umucyo watanzwe werekeranye n’imirire. Ubu noneho igihe kirageze ngo bakure urumuri aho ruteretse maze bareke rumurike cyane, rurabagirane. IMN 19.3

Amahame yo kwitungira amagara mazima afite ubusobanuro bukomeye kuri buri muntu wese muri twe by’umwihariko, no ku bantu bose muri rusange ….IMN 20.1

Ubu abantu bose baranyura mu kigeragezo kugira ngo bemerwe. Twabatirijwe muri Kristo, kandi nituramuka dukoze uruhare rwacu twitandukanya n’ikintu cyose cyadukururira gusubira inyuma kikaba cyatujyana aho tudakwiriye kuba, tuzahabwa imbaraga yo gukurira muri Kristo, we Mutwe wacu muzima, maze tuzabone agakiza k’Imana. IMN 20.2

Mu gihe gusa tubaye abanyabwenge tukagendera mu mahame agenga ubuzima buzira umuze, nibwo tubasha gukanguka rwose tukabona imbaraga z'ikibi ziterwa no gukoresha imirire idatunganye. Abamara kubona amakosa babayemo bakagira ubutwari bwo kuyazibukira no guhindura ingeso zabo, bazabona ko inzira y'ubugorozi isaba guhora uri ku rugamba no kwihangana gukomeye. Ariko igihe bazahindura bagakoresha imirire ikwiriye, bazabona ko gukoresha ibyokurya bafataga mbere nk'ibitagirira nabi imibiri yabo, bibahindukira buhoro buhoro urufatiro rwo kwirinda indwara zo kuribwa mu nda n'izindi ndwara.IMN 20.3

Ku Ruhembe rw'Imbere rw'Abagorozi

25. Abadiventiste b'Umunsi wa Karindwi bafite amahame y'ukuri y'agaciro gakomeye. Mu gihe gisaga imyaka mirongo ine ishize, Uhoraho yaduhaye umucyo udasanzwe werekeranye n'ubugorozi mu by'ubuzima, ariko se twaba tuwugenderamo dute? Ni bangahe banze gukurikiza inama z'Imana! Nk'ubwoko bw'Imana, dukwiriye kurushaho gukurikiza umucyo twabonye. Inshingano yacu ni ugusobanukirwa no kubahiriza amahame y'ubugorozi mu by'ubuzima. Ku byerekeranye n'amahame yo kwirinda, ni twebwe dukwiriye kuba nyambere kurenza abandi bantu. Nyamara kandi, hari bamwe muri twebwe b'abizera b'itorero b'abahanga mu byanditswe, ndetse n'abagabura b'ubutumwa bwiza, baha agaciro gake umucyo Imana yatanze kuri iyo ngingo. Bararya uko bishakiye kandi bagakora uko bishakiye. IMN 20.4

Reka abigisha n'abayobozi bakora uyu murimo bashikame ku mahame ya Bibiliya ku byerekeranye n'ubugorozi mu by'ubuzima kandi bahe ubuhamya budaciye ku ruhande abantu bose bizera ko turiho mu bihe biheruka by'amateka y'iyi si. Hagomba kubaho umurongo utandukanya abakorera Imana n'abakorera inyungu zabo bwite. IMN 21.1

26. Mbese abantu "bategereje ibyiringiro by'umugisha, ari byo kuzaboneka k'ubwiza bwa Yesu Kristo, ari we Mana yacu ikomeye n'Umukiza watwitangiriye kugira ngo aducungure mu bugome bwose, kandi wuhagiriye abantu kugira ngo babe ubwoko bwe bwite bugira ishyaka ry'imirimo myiza" (Tito 2:13, 14), bashobora kugenda inyuma y'ab'ingirwamadini b'iki gihe batizera kugaruka k'Umukiza wacu? Abantu

be bwite, abo yuhagira ngo abeze, kugira ngo azabimurire mu ijuru badahuye n'urupfu, ntibakwiriye kuba ab'inyuma mu gukora imirimo myiza. Mu mihati yabo yo kwiyeza ubwabo bakamaraho imyanda yose y'umubiri n'umwuka, batunganyirizwa kuba abera bubaha Imana, bakwiriye kuba ku ruhembe rw'imbere kurusha abandi bantu bose bo ku isi, nk'uko umurimo wabo uruta kure uw'abandi bose. IMN 21.2

Ubugorozi mu by'Ubuzima no Gusengera Abarwayi

27. Kugira ngo tubashe kwezwa no gukomeza kubonera, twebwe Abadiventiste b'Umunsi wa Karindwi tugomba kugira Mwuka Muziranenge mu mitima yacu no mu ngo zacu. Uhoraho yampaye umucyo anyereka ko igihe Abisiraheli b'iki gihe bazaba bicishije bugufi imbere y'Imana, bakiyeza imyanda yose yahumanyije insengero z'imitima yabo, Uhoraho azumva amasengesho bazasabira abarwayi, maze abahere umugisha mu gukoresha imiti Imana yabahaye ngo ibakize indwara. Igihe umuntu azakoresha kwizera agakora uko ashoboye ngo arwanye indwara, akoresheje uburyo bworoshye bwo kwivuza Imana yamuhaye, uwo muhati we Imana izawuhira. IMN 21.3

Nyuma y'umucyo mwinshi abantu b'Imana bahawe, nibaramuka bakomeje kugundira ingeso mbi, bakanga kureka inarijye ngo bemere kwakira ivugurura, bazahura n'ingaruka z'uko kwigomeka. Nibaramuka biyemeje gukomeza kugundira irari ribi, ntabwo Imana izabakiza ingaruka zo kwinangira kwabo. "Bazaryamana umubabaro" Yesaya 50:11. IMN 22.1

Abihandagaza bakavuga bati "Imana yarankijije, sinkeneye kwitwararika mu mirire yanjye, nshobora kurya no kunywa nk'uko mbishaka," bazabona ko mu mibiri yabo no mu bugingo bwabo bakeneye cyane imbaraga y'Imana ivugurura imibereho yabo. Bitewe n'uko Imana yabakijije kubw'ubuntu bwayo, ntimugomba gukomeza kwifatanya n'imigenzereze y'iyi si. Mujye mugenza nk'uko Kristo yabategetse nyuma yo kubakiza akababwira ati, "genda, ntukongere gukora icyaha." Yohana 8:11. Irari ntirikwiriye kubabera ikigirwamana. IMN 22.2

28. Ivugurura mu by'ubuzima ni icyiciro cy'umurimo wihariye w'Imana kubwo inyungu z'ubwoko bwayo...IMN 22.3

Nabonye ko impamvu y'ingenzi ituma Imana itumva amasengesho abagaragu bayo basenga basabira abarwayi bari muri twe ari uko batayihesha icyubahiro mu byo bakora igihe bica amategeko yayo agenga ubuzima. Kandi nabonye ko Imana yashyizeho gahunda y'ivugurura mu by'ubuzima inashyiraho Ibigo by'Ubuzima kugira ngo bitegure inzira y'amasengesho asenganywe kwizera ngo abashe gusubizwa mu buryo bwuzuye. Kwizera n'imirimo myiza bikwiriye guhora ari isanga n'ingoyi mu gukiza abakomeretse bari muri twe, kandi bikabahuriza mu guhimbaza Imana hano kuri iyi si, no kuzaragwa agakiza igihe Kristo azaba agarutse.IMN 22.4

29. Benshi bibwira ko Imana izabarinda indwara bitewe gusa no kumva ko bayisabye kubibakorera. Nyamara Imana ntiyita ku masengesho yabo, bitewe n'uko kwizera kwabo kutigeze gutunganywa n'imirimo. Imana ntizakora igitangaza cyo kurinda indwara abatita ku buzima bwabo, ahubwo bakagomera amategeko y'ubuzima, kandi ntibakoreshe imbaraga ngo birinde indwara. Nituramuka dukoze ibyo dushoboye ku ruhande rwacu kugira ngo tugire amagara mazima, nta kabuza ibyo bizakurikirwa n'imigisha tuzabona, kandi tuzashobora gusaba Imana twizeye ngo ihe umugisha imihati yacu mu kwirindira ubuzima. Nayo rero izasubiza amasengesho yacu, niba ibyo bigamije guhesha izina ryayo icyubahiro. Ariko nimureke twese dusobanukirwe ko dufite umurimo tugomba gukora. Ntabwo Imana izakora igitangaza cyo kubungabunga ubuzima bw'abantu bitwara nabi bateza indwara imibiri yabo, bitewe no kutita ku mategeko y'ubuzima. IMN 22.5

Abishimira gutegekwa n'irari ryo kwifuza kwabo, bakagerwaho n'umubabaro bitewe no kutirinda kwabo, maze bagafata ibiyobyabwenge ngo bibagabanyirize uburibwe, bagomba kumenya ko Imana itazababara ngo ize gukiza ubuzima n'imibereho byashyizwe mu kaga kameze gatyo. Impamvu iba ibyaye ingaruka. Ku iherezo, icyo abenshi bakora, ni ugukurikiza amabwiriza y'ijambo ry'Imana, bakajya gusaba abakuru b'itorero kubasengera ngo babashe kongera kubona amagara mazima. Ntabwo Imana iba yiteguye gusubiza ayo masengesho asabiwe bene abo bantu, kuko izi neza yuko baramutse bongeye kugira amagara mazima, basubira na none gutambira amagara yabo ku gicaniro cy'ibyifuzo by'irari rirwanya ubuzima buzira umuze.IMN 23.1

Isomo Dukura ku Gutsindwa kw'Abisiraheli

30. Uhoraho yahaye ijambo rye Abisiraheli ba kera, ababwira ko nibaramuka bamunambyeho, bagakora ibyo abasaba byose, azabarinda indwara zose nk'izo yateje Abanyegiputa; ariko iri sezerano ryari riherekejwe n'ikigombero cyo kuyumvira. Iyo Abisiraheli baramuka bumviye amabwiriza bahawe, maze bagakoresha amahirwe bafite, baba barahindutse icyigisho cy'ubuzima no gukungahara abatuye isi bose bagomba kwigiraho. Abisiraheli bananiwe kuzuza umugambi Imana yari ibafitiye, bityo babura imigisha yari ibagenewe. Ariko Yosefu, Daniyeli, Mose, Eliya n'abandi benshi, batubereye ibyitegererezo by'ingenzi by'ababayeho imibereho itunganye ikurikije uwo mugambi w'ukuri. No muri iki gihe, gukiranuka kuzazana ingaruka zimeze nk'izo. Natwe twandikiwe ngo, "Muri ubwoko bwatoranyijwe, abatambyi b'ubwami, ishyanga ryera n'abantu Imana yaronse, kugira ngo mwamamaze ishimwe ry'Iyabahamagaye, ikabakura mu mwijima ikabageza mu mucyo wayo w'itangaza." 1 Petero 2:9. IMN 23.2

31. Iyo Abisiraheli baramuka bumviye amabwiriza bahawe, maze bagakoresha amahirwe bafite, baba barahindutse icyigisho cy'ubuzima no gukungahara abatuye isi bose bagomba kwigiraho. Iyo ubwo bwoko buramuka bugize imibereho ikurikije umugambi w'Imana, buba bwararinzwe indwara zashegeshe ibindi bihugu. Baba bararushije abandi bantu bose kugira imbaraga z'umubiri n'imbaraga z'ubwenge. IMN 24.1

Isiganwa rya Gikristo

32. "Mbese ntimuzi yuko mu birori abasiganwa biruka bose, ariko ugororerwa akaba umwe? Namwe abe ari ko mwiruka kugira ngo mugororerwe. Umuntu wese urushanwa yirinda muri byose. Abandi bagenzereza batyo kugira ngo bahabwe ikamba ryangirika, naho twebwe tugenzereza dutyo kugira ngo duhabwe iritangirika" (1 Kor. 9:24, 25). IMN 24.2

Aha tuhabona ibyiza byo kwimenyereza kwifata no kwirinda. Intumwa Pawulo abitwereka mu ishusho igaragaza urugamba mu by'umwuka n'ingororano zarwo, aho atwibutsa uburyo imikino itandukanye yatangijwe

n’Abagereki mu bihe bya kera bakayikorera guhesha icyubahiro imana zabo. Abagombaga kujya muri iyo mikino, batozwaga gukurikiza amategeko ku buryo bukaze. Ikintu gikundwa cyose cyashoboraga gucogoza imbaraga z’umubiri cyararekwaga. Babuzwaga gukoresha ibyokurya bikomoka ku matungo n’inzoga, kugira ngo babone imbaraga z’umubiri, bakomere, kandi babe bashikamye. IMN 24.3

Gutsindira igihembo babaga baharaniye, cyabaga kigizwe n’amashami y’amababi y’imikindo bambikaga umuntu ku mutwe bikagendana no gukomerwa amashyi kw’imbaga y’abantu babaga baje mu birori, ni cyo gihembo kiruta ibindi baharaniraga. Niba ibintu nk’ibyo byarasabaga ukwihangana, bigasaba ukwifata gukomeye gutyo, kugira ngo umuntu agire icyizere cyo kubona igihembo nk’icyo kidafite agaciro, kandi cyahabwaga umuntu umwe gusa, mbese ukwitanga dusabwa kwahwana n’iki, ukwifata dusabwa byangana iki, kugira ngo tuzahabwe ikamba ridashira, tuzegukane ubugingo buhoraho! IMN 24.4

Dufite umurimo tugomba gukora: kwigomwa gukomeye no gukorana ubushake. Ingeso zacu zose, ibituryohera byose, n’ibyo tubogamiraho byose bigomba kumenyerezwa bikaba mahwi n’amategeko agenga imibereho n’ubuzima. Nitubigenza dutyo, tuzaba twizeye umutekano w’imibiri yacu, dufite n’ubwenge butyaye budushoboza kugenzura ikibi tukagitandukanya n’icyiza. IMN 25.1

Twigire kuri Daniyeli

33. Kugira ngo dusobanukirwe uko bikwiriye ukuri kw’inyigisho yo kwirinda, tugomba kuyiga dushingiye kuri Bibiliya. Nta handi kandi tubasha kubonera ubusobanuro bwagutse ndetse ngo tuhabone icyitegererezo cyo kwirinda nyakuri hamwe n’imigisha igendana na byo, kurusha uko tubibwirwa mu gitekerezo cy’umuhanuzi Daniyeli hamwe na bagenzi be b’Abaheburayo babaga mu ngoro i Babuloni. ...IMN 25.2

Imana yubahisha iteka abayitunganira. Abasore bafite impano kurusha abandi bo mu bihugu byose byatwarwaga n’umutware ukomeye bari barahurijwe i Babuloni, ariko muri bo abanyagano b’Abaheburayo bari bahebuje abandi bose. Bari abasore bashinguye, bafite intambuko nziza,

b’uburanga, bafite intekerezo zitunganye, badafite ikizinga; ibi byose byari ibimenyetso biranga ingeso zabo, ibimenyetso by’ubwiza buranga abubahiriza amategeko y’ibyaremwe. IMN 25.3

Igitekerezo cya Daniyeli na bagenzi be cyashyizwe mu nzandiko zahumetswe n’Imana kugira ngo gifashe urubyiruko ruzabaho uko ibihe bihaye ibindi. Ibyo abo bashoboye gukora, n’abandi babasha kubikora. Mbese aba basore b’Abaheburayo ntibahagaze bashikamye mu bigeragezo kandi bagatanga ubuhamya bukomeye bagaragaza kwirinda nyakuri? N’abasore b’iki gihe rero babasha gutanga ubuhamya nk’ubwo. IMN 25.4

Icyigisho tubona hano dukwiriye kurushaho kukizirikana. Ingorane dufite si ukugira bike, ahubwo ni ukugira ibirenze urugero. Kenshi duhura n’ikigeragezo cy’umurengwe. Abashaka kurinda imbaraga zabo ngo zidaca ukubiri n’umurimo w’Imana bagomba kubahiriza gahunda yo kwirinda mu mikoreshereze y’imigisha ibaha, kimwe no kureka rwose ingeso yose itesha agaciro kandi y’urukozasoni. IMN 25.5

Urubyiruko rw’iki gihe rurakururwa n’ibinezeza bigamije kugerageza irari ryarwo. By’umwihariko, mu mijyi yacu minini, harimo ibikurura umutima by’uburyo bwinshi kandi mu buryo bworoshye. Abameze nka Daniyeli, bakirinda kwiyandurisha ibyo bibi, bazasarura ingororano zo kwirinda kwabo. Imbaraga nyinshi z’ubuzima bwabo hamwe n’ubushobozi bwo kwihangana kwabo kwagiye kwiyongera bibabera ububiko bubagoboka mu gihe bibaye ngombwa. IMN 26.1

Ingeso zitunganye z’umubiri zerereza imbaraga z’ibitekerezo. Ubushobozi bw’ubwenge, imbaraga z’umubiri, no kugira uburame biterwa no kubahiriza amategeko ahoraho. Ibi ntibipfa kwizana, cyangwa ngo biboneke kubwo amahirwe. Ntabwo Imana ibasha kunyuranya na kamere yayo ngo irinde umuntu ingaruka zo kugomera amategeko aranga ibyaremwe. Hari ukuri kw’ingenzi dusanga mu mugani ugira uti, “Buri muntu ni we umenya ubuzima bwe.” Mu gihe ababyeyi ari bo bagira uruhare mu murage w’imico iranga abana babo, ndetse bakabategurira n’uburere no kunagurwa bizababafasha binyuze mu mashuri, ni n’ukuri ko inzego z’imirimo dushinzwe hamwe n’akamaro dufitiye iyi si biterwa ahanini n’ibikorwa byacu bwite. Daniyeli na bagenzi be bishimiye inyungu bavanye mu burere

no kunagurwa babonye mu myaka ya mbere y'ubuzima bwabo, ariko izo nyungu ubwazo ntizajyaga kuba zihagije ngo zibahindure icyo babaye. Igihe cyarageze kugira ngo bakore uruhare rwabo, ubwo ahazaza hari kugenwa n'imyitwarire yabo. Noneho bafata icyemezo cyo kuba indahemuka ku masomo bigishijwe bakiri bato. Gutinya Imana, ari ryo shingiro ry'ubwenge, ni byo byabaye urufatiro rw'ugukomera kwabo. Mwuka w'Imana yahaye imbaraga buri mugambi nyakuri wose, na buri cyemezo cyose. IMN 26.2

34. Igihe aba basore [Daniyeli, Hananiya, Meshaki, na Azariya] bari muri iri shuri ryabateguraga, ntibahawe uburenganzira bwo kuba i bwami gusa, ahubwo banasabwe kujya barya ibyokurya by'inyama, bakananywa na vino byavaga ku meza y'umwami. Mu kubakorera ibi byose, umwami yabaga agamije kubahesha icyubahiro gikomeye, ndetse akanita ku iterambere ry'umutekano w'imibiri n'ubwenge byabo ku rwego rwo hejuru. IMN 27.1

Mu nyama zahabwaga umwami, habagamo inyama z'ingurube n'izindi zabaga zaravuzwe mu mategeko ya Mose ko ari ibyokurya byanduye, kandi byari byarabujijwe Abaheburayo. Ahangaha Daniyeli yahahuriye n'ikigeragezo kitoroshye. Nonese yajyaga gukurikiza inyigisho z'ababyeyi be ku byerekeranye n'inyama n'ibinyobwa maze agakoza isoni umwami, bikamuviramo kubura umwanya ndetse akaba yabura n'ubugingo bwe, cyangwa yari kwirengagiza itegeko ry'Umwami Imana maze akemera kurebwa neza n'umwami, bityo akemera izo nyungu zitagira uko zingana zigamije iterambere ry'ubwenge bwe no guhendwa n'iby'isi? IMN 27.2

Ntabwo Daniyeli yashidikanyije. Yafashe icyemezo cyo guhagarara kigabo akarinda ubudahemuka bwe, uko byamugendekera kose. Nuko "agambirira mu mutima we kutaziyandurisha ibyokurya by'umwami cyangwa vino yanywaga." IMN 27.3

Benshi mu bavugwa ko ari Abakristo muri iki gihe bemeza ko Daniyeli yari umuntu ukabya, ndetse bakamufata nk'umuntu udasanzwe na nyamwigendaho. Babona ko ikibazo cyo kurya no kunywa atari ikintu cy'agaciro gakomeye ku buryo cyatuma umuntu afata icyemezo kidakuka, icyemezo cyatuma umuntu yiyemeza no guhara inyungu z'iyi si. Abatekereza batyo bazabona ku munsi w'urubanza ko bateshutse bakareka ibyo Imana yabasabye, maze bakishyiriraho ibyo bibwira ubwabo

nk’urugero rubereka icy’ukuri n’ikitari ukuri. Bazabonako ibyo batahaga agaciro atari ko byari biri mu maso y’Imana. Ibyo Imana isaba bikwiriye kubahirizwa mu buryo butunganye. Abemera kandi bakubahiriza rimwe mu mabwiriza yayo kuko ari byo bibagororokeye, nyamara ntibubahirize n’irindi bitewe n’uko babona ko kuryubahiriza bibasaba kwigomwa, bigapfobya urugero rwo gukurikiza icy’ukuri, baba bahaye abandi urugero rwo gupfobya amategeko atunganye y’Imana. Ijambo ngo, “Niko Uhoraho avuga” ni ryo rigomba kuba urugero rwacu muri byose. ... IMN 27.4

Imico ya Daniyeli yagaragarijwe abatuye isi nk’urugero rw’icyo ubuntu bw’Imana bubasha gukorera abantu bacumuye kandi bagaheneberezwa na kamere y’icyaha. Igitekerezo cy’imibereho yo kwiyanga kwe cyongerera imbaraga kamere muntu dusangiye na we. Imibereho ye tuyibonamo imbaraga zidutera natwe umwete wo kurwanya ikigeragezo, maze dushikamye mu buntu kandi twicishije bugufi, tugahagarara mu kuri igihe dusakiranye n’ikigeragezo gikomeye. IMN 28.1

Daniyeli yashoboraga kubona urwitwazo rusa nk’urwumvikana rumutera kudakurikiza gahunda yari yarihaye yo kwirinda; ariko kwemerwa n’Imana ni byo byari bifite igiciro kinini kuri we kurusha kugirirwa neza n’umutegetsi ukomeye wo ku isi, igiciro ndetse kiruta imibereho ubwayo. Kuba imyitwarire ya Daniyeli yaramuhesheje kugirira umugisha kuri Melizari umutware warindaga abasore b’Abaheburayo, byatumye amusaba kubemerera kutarya ku byokurya by’inyama byo ku meza y’umwami, cyangwa ngo banywe kuri vino ye, ibyo bituma Melizari atinya ko umwami atamwishimira, bityo akaba yabura n’ubugingo bwe. Kimwe nk’uko abenshi muri iki gihe babyibwira, yatekerezaga ko indyo yoroheje ishobora gutuma aba basore basa nabi, bakarwara, ndetse ntibagire imbaraga z’umubiri, nyamara indyo ihenze cyane yavaga ku meza y’umwami ikaba ariyo yari kubahindura abasore b’intarumikwa kandi beza, kandi ko yari kubaha imbaraga nyinshi kurusha abandi bose.IMN 28.2

Daniyeli asaba ko babaha iminsi icumi yo kugeragezwa, abo basore b’Abaheburayo bakayimara barya ibyokurya byoroheje, mu gihe bagenzi babo bari kuba barya ku byokurya bivuye ku meza y’umwami. Amaherezo icyifuzo cyabo cyaremewe, maze Daniyeli yumva afite icyizere ko azagera ku mugambi we. Nubwo yari akiri muto, Daniyeli yari yarabonye ingaruka

zibabaje ku bantu bagiye bakoresha inzoga hamwe no kubaho ubuzima bw'umurengwe bikabazanira ingaruka ku mubiri no mu ntekerezo.IMN 28.3

Nyuma y'iminsi icumi, umusaruro wabonetse wanyuranye n'ibyo Melizari yibwiraga ko bizaba. Abasore bari barimenyereje kwirinda bari bakeye, babyibushye, bafite imbaraga z'umubiri n'iz'ibitekerezo, baruta kure bagenzi babo bari barirundumuriye mu mururumba wo kugira ipfa ry'ibyokurya. Nk'ingaruka y'icyo kigeragezo, Daniyeli na bagenzi be bemerewe gukomeza imirire yabo yoroheje mu gihe cyose bamaze mu ishuri ryabateguriraga gukora inshingano zabo i bwami. IMN 29.1

UBUSHAKE BW'IMANA BURATSINDA

Uwiteka yitaye ku cyemezo kidakuka no kwiyanga kw'aba basore b'Abaheburayo maze abacunshumuriraho umugisha. Yabahaye "kujijuka no kuba abahanga mu byo bigishwa no mu by'ubwenge bwo kumenya ibyerekanwa byose no gusobanura inzozi." Hanyuma y'iyo myaka itatu y'amasomo yabo, igihe umwami yabahaga ikizamini cyo kugenzura ubushobozi n'ibyo bigishijwe, "mu bandi bose ntihabonetse uhwanye na Daniyeli na Hananiya, na Mishayeli na Azariya. Ni cyo cyatumye abagira abakozi be. Mu ijambo ryose ry'ubwenge no kumeya, icyo umwami yababazaga, yabonaga barusha abakonikoni n'abapfumu bose bari mu gihugu cye cyose inkubwe cumi." Daniyeli 1:19, 20. IMN 29.2

Aha natwe twese tugomba kuhigira isomo, cyane cyane abasore n'urubyiruko. Kumvira ubushake bw'Imana n'ibyo idusaba bizanira umugisha ubuzima bwacu bw'umubiri n'intekerezo. Kugira ngo tugere ku rugero ruhanitse rw'igipimo cy'intekerezo n'ubuhanga twifuza kugeraho, ni ngombwa ko dushaka ubwenge n'imbaraga dukomora ku Mana, tukubahiriza gahunda yo kwirinda idahinduka mu ngeso z'ubuzima bwacu. Urugero rwa Daniyeli na bagenzi be rutwereka intsinzi ishingiye ku ihame rirwanya ikigeragezo cyo gutegekwa no gutwarwa n'inda. Rutwereka ko igihe abasore bashikamye ku myizerere ya Gikristo babasha gutsinda irari ry'umubiri, bagakomeza kuba indahemuka ku bushake n'ibyo Imana isaba, nubwo bwose byabasaba ubwitange bukomeye. IMN 29.3

Ntibiteguye Ijwi Rikomeye

35. Neretswe ko ivugurura mu by'ubuzima ari umugabane w'ubutumwa bwa marayika wa gatatu, kandi ko byombi bifitanye ubumwe nk'ubw'isanga n'ingoyi nk'uko ikiganza n'ukuboko bimeze ku mubiri w'umuntu. Nabonye ko twebwe nk'abantu tugomba gutera imbere muri uyu murimo ukomeye. Abagabura bagomba gukorera hamwe n'abizera. Ubwoko bw'Imana ntibwiteguye kumva ijwi rikomeye rya marayika wa gatatu. Bafite umurimo bagomba gukora ubwabo aho gutegereza ko Imana ari Yo izawubakorera. Yabasigiye uwo murimo ngo babe ari bo bawukora. Ni umurimo w'umuntu ku giti cye; nta wushobora kuwukorera undi. "Ncuti nkunda, ayo masezerano ni twe yahawe. Bityo rero nimucyo twiyeze, twivaneho ikintu cyose gishobora kuduhumanya imibiri cyangwa imitima, twihatire kuba abaziranenge rwose tubitewe no gutinya Imana." Inda nini ni icyaha cyamaze kuba gikwira muri iki gihe. Umururumba ugira imbata abagabo n'abagore, kandi ukijimisha intekerezo n'umutimanama wabo kugeza ku rugero rw'uko baba batakibasha kwishimira amagambo y'ukuri kandi atunganye yo mu Ijambo ry'Imana. Basigara bagengwa n'ibyifuzo bigayitse.IMN 30.1

Kugira ngo ubwoko bw'Imana bube bwiteguye kwimurwa, bugomba kwimenya bihagije. Bagomba gusobanukirwa n'ibyifuzo by'imibiri yabo ku buryo babasha kuvuga nk'umunyazaburi bati, "Ndagushimira ukuntu wandemye mu buryo buteye ubwoba kandi butangaza." Ibyifuzo by'imibiri yabo bigomba guhora bigengwa n'imbaraga z'ubwenge n'intekerezo. Umubiri ukwiriye kugengwa n'intekerezo, aho kugira ngo intekerezo zigengwe n'umubiri. IMN 30.2

Kwitegura Imbaraga y'Ububyutse

36. Imana ishaka ko abantu bayo bahumanurwaho imyanda yose y'umubiri n'umutima, bagatunganyirizwa kuba abaziranenge bubaha Imana. Abirengagiza iyi nshingano kandi bagashaka urwitwazo, bibwira ko Imana izabakorera umurimo bo ubwabo Yabashinze gukora, bazisanga badashyitse, mu gihe abagwaneza bubahirije ibyo imanza z'Imana zisaba, bazaba bikinze uburakari bw'Imana kuri wa munsi. IMN 31.1

Neretswe ko niba ubwoko bw’Imana budakoranye umwete, ahubwo bugategereza ko igihe cy’ihembura n’ububyutse kigera ngo gikosore ibitagenda neza n’amafuti yabo; niba bishingikirije kuri iryo hembura ngo ribakureho imyanda y’umubiri n’iy’umutima, maze bakamamaza ijwi riheruka rya malayika wa gatatu, bazisanga badashyitse. Ububyutse cyangwa imbaraga y’Imana buhabwa gusa ababwiteguye bakora umurimo Imana yabashinze, ariwo wo kwiyezaho imyanda yose y’umubiri n’iyo mu mutima, bakiyejesha kwiboneza bubaha Imana. IMN 31.2

Irarika Ryagenewe Abashidikanya

37. Ukudakurikiza amabwiriza atunganye byagiye bigeza mu kaga ubwoko bw’Imana. Hagiye habaho ugusubira inyuma mu bugorozi mu by’ubuzima, maze kubwo kubura iby’umwuka bigatuma benshi badaha Imana icyubahiro cyayo. Iyo ubwoko bw’Imana bugendera mu mucyo ntibwazaga kubera abandi intaza. IMN 31.3

Mbese twebwe abagize amahirwe akomeye atyo dushobora kwemerera ab’isi kutujya imbere mu byerekeranye n’ubugorozi mu by’ubuzima? Mbese twabasha gutesha agaciro ubwenge bwacu kandi tugakoresha nabi impano n’ubushobozi bwacu bitewe n’imirire idakwiriye? Mbese twagomera amategeko yera y’Imana tukayasimbuza ibikorwa byacu byo kwikunda? Mbese twabaho imibereho irangwa no kudashyira mu gaciro? Mbese imibereho yacu yanyuranya n’amahame ya Gikristo ku buryo Umukiza wacu aterwa isoni no kutwita abavandimwe be? IMN 31.4

Aho ikidukwiriye ahubwo si ugukora umurimo w’abavugabutumwa mu by’ubuvuzi ari wo wo gushyira ubutumwa bwiza mu bikorwa, tukabaho imibereho yerekana ko amahoro y’Imana ari yo agenga imitima yacu? Mbese ntidukwiriye gukura inkomyi imbere y’abatizera, tugahora tuzirikana icyo kuba Umukristo mu bikorwa bisobanuye? Icyaruta ni uko twareka kwitwa Abakristo aho kubabo ku izina kandi tugakomeza kurangwa no kuba abantu batitegeka mu by’inda mu buryo bukomeza kutujyana mu ngeso zidatunganye. IMN 32.1

Imana irararikira buri mwizera w’itorero kwitanga akegurira imibereho ye gukorera Imana. Iraturarikira kugira ivugurura nyakuri. Ibyaremwe byose

biranihishwa n’umuvumo. Abantu b’Imana bakwiriye kujya mu ruhande rubashoboza gukurira mu buntu bwayo, bakezwa mu mibiri, mu mutima no mu mwuka, bejeshejwe ukuri. Igihe bazareka imigenzereze yose irwanya ubuzima, bazasobanukirwa neza no kuba abantu b’Imana mu buryo nyakuri. Impinduka itangaje izagaragarira mu mibereho yabo ya Gikristo. IMN 32.2

Abantu Bose Barasuzumwa

38. Ni ikintu cy’agaciro gakomeye ko buri wese muri twe akora uruhare rwe, kandi tukamenya neza ibyo dukwiriye kurya n’ibyo dukwiriye kunywa, ndetse n’ukuntu tugomba kurinda ubuzima bwacu. Ubu abantu bose barasuzumwa kugira ngo bigaragare niba bemera amahame agenga ivugurura mu by’ubuzima cyangwa se niba bahitamo gukurikiza imibereho yo kubaho uko imibiri yabo ibishaka. IMN 32.3

Ntihakagire uwibwira ko ashobora kwikorera uko yishakiye ku byerekeranye n’imirire. Ahubwo reka abicaranye nawe ku meza babone ko ufite amabwiriza agenga imirire yawe, nk’uko agomba no kukugenga no mu bindi byose, kugira ngo icyubahiro cy’Imana kigaragarire bose. Ntushobora kwikorera uko wishakiye; kuko ugomba gutegura imico yo mu buzima buhoraho bw’ahazaza. Buri muntu wese afite inshingano zikomeye. Nimureke dusobanukirwe n’izo nshingano, kandi tuzisohoze uko bikwiriye mu izina rya Yesu. IMN 32.4

Ndabwira buri muntu wese uhura n’ikigeragezo cy’umururumba w’inda nini nti, ‘Ntukemerere gutsindwa n’ikigeragezo, ahubwo wihatire gukoresha indyo yuzuye.’ Ushobora kwimenyereza ubwawe kunyurwa n’indyo ifitiye akamaro umubiri. Imana ifasha abafite ubushake bwo kwifasha; ariko igihe abantu badashaka kwigomwa ngo bakurikize inama n’ubushake bw’Imana, ni buryo ki yakorana na bo? Nimureke dusohoze inshingano yacu, twubaha Imana kandi duhinda umushyitsi kugira ngo tutagwa mu makosa yo gufata nabi imibiri yacu, kuko Imana yadutegetse kuyifata neza ngo ibe mitaraga ku buryo bwose bushoboka. IMN 33.1

Ivugurura Nyakuri ni Ivugurura Rihera mu Mutima

39. Abakorera Imana ntibakwiriye gushaka gushimwa n'ab'isi no guhaza irari ryabo. Abaganga bo mu bigo byacu bagomba kurangwa n'imibereho ishingiye ku mahame y'ubugorozi mu by'ubuzima. Nta na rimwe abantu bazaba abarangwa no kwirinda nyakuri igihe cyose ubuntu bwa Kristo budakorera mu mitima yabo. Ibyo isi igusezeranira byose ntibishobora kuguhindura cyangwa ngo bihindure umugore wawe maze ngo mube abagorozi mu by'ubuzima. Nta kwigomwa mu mirire uko ariko kose kwabasha kugukiza uburwayi bw'irari n'umururumba. Mwenedata nawe mushiki wanjye ____ ntuzashobora kugera ku kwirinda muri byose keretse gusa umutima wawe uhinduwe n'ubuntu bw'Imana. IMN 33.2

Ibihe ntibishobora kuzana ivugurura. Ubukristo busaba ivugurura ryo mu mutima. Umurimo Kristo akorera mu mutima uzagaragarira mu mutima wahindutse. Umugambi w'ivugurura ritangiriye inyuma kugira ngo rikomereze imbere ntacyo wigeze ugeraho, kandi ntacyo uzigera ugeraho. Umugambi Imana igufitiye ni ugutangirira ku cyicaro cy'aho ingorane zose zishingiye, mu mutima, hanyuma ibiri mu mutima bigakwiza amahame yo gukiranuka; ivugurura nyakuri rizagaragara inyuma kimwe n'imbere. IMN 33.3

40. Abarangwa no kugira imibereho yisumbuyeho ibegereza umugambi w'Imana, bakurikije umucyo Imana yabahaye binyuze mu ijambo ryayo n'ubuhamya bwa Mwuka Wera, ntibazigera bahindura imigenzereze yabo ngo bashimishe inshuti zabo n'ab'imiryango yabo, naho yaba umwe cyangwa babiri cyangwa benshi, babaho imibereho inyuranye n'umugambi wuje ubwenge w'Imana. Niba amahame yo kubaho kwacu agenda ajya mbere, tugakomeza kubahiriza amabwiriza adakuka mu by'imirire, niba nk'Abakristo turangwa no kwiga kwishimira no kunyurwa n'umugambi w'Imana, twazashobora kugira imbaraga ihindura abandi igendana n'ubushake bw'Imana. Ikibazo ni iki ngo, "Mbese dufite ubushake bwo kuba abagorozi nyakuri mu by'ubuzima?" IMN 34.1

Ikibazo cy'Ingenzi cy'Ibanze

41. Nabwirijwe ko ngomba kugeza ku bizera bacu bose ubutumwa bw'ivugurura mu by'ubuzima, kuko abenshi bamaze gusubira inyuma bareka gukurikiza amabwiriza y'ivugurura mu by'ubuzima. IMN 34.2

Umugambi Imana ifitiye abana bayo ni ugukura bakagera ku kigero cy'igihagararo cy'abagabo n'abagore bari muri Kristo. Kugira ngo ibyo babigereho, bagomba gukoresha imbaraga yose y'ibitekerezo, umutima, n'umubiri. Ntibakwiriye kwemera ko hagira imbaraga batakaza yaba iy'ibitekerezo cyangwa iy'umubiri. IMN 34.3

Ikibazo cy'ukuntu twabasha kurinda ubuzima bwacu ni ikibazo cy'ingenzi kandi cy'ibanze. Igihe twiga kuri iki kibazo dufite umwuka wo kubaha Imana, tuzasobanukirwa yuko igifite akamaro kurenza ibindi, mu guteza imbere imibiri yacu n'umwuka wacu, ari ugukoresha imirire yoroheje. Nimureke twige iki kibazo twitonze. Dukeneye ubumenyi no guhitamo kugira ngo tubigereho. Ntitugomba kurwanya amategeko y'ibyaremwe, ahubwo dukwiriye kuyubaha. IMN 34.4

Abamaze kumenya ububi bwo gukoresha inyama, icyayi n'ikawa, n'imitegurire mibi y'ibyokurya, kandi bakaba bariyemeje kugirana isezerano n'Imana kubwo kwitanga, ntibazakomeza kwiyandavuza bakoresha imirire bazi ko ari mibi ku buzima bwabo. Imana ishaka ko ibyifuzo by'imirire yacu biba biboneye, kandi tukarangwa no kugira imibereho yo kwizinukwa mu byerekeranye no gukoresha ibyo bintu bitari byiza. Uyu ni wo murimo ugomba gukorwa mbere y'uko ubwoko bw'Imana buhagarara imbere yayo butunganye. IMN 34.5

Ubwoko bw'Imana bwasigaye bugomba kuba abantu bahindutse. Kwigisha ubu butumwa bigomba kugeza abantu ku kwihana no guhindurwa abaziranenge. Tugomba kwiyumvamo imbaraga ya Mwuka w'Imana. Ubu ni ubutumwa bw'igitangaza kandi busobanutse; busobanukiye umuntu wese ubwakira, kandi bugomba kwamamazwa mu ijwi rirenga. Tugomba kugira ukwizera nyakuri kandi gushikamye kutwereka ko ubu butumwa buzakomeza kugira imbaraga kugeza ku iherezo ry'igihe. IMN 35.1

Hariho bamwe bavuga ko ari abizera bakemera imwe mu migabane y'Ibihamya nk'ubutumwa bwavuye ku Mana, nyamara bakanga imigabane irwanya imirire igendana n'ibyifuzo byabo. Bene abo baba bakora ibinyuranye n'ibibabera byiza, hamwe n'ibishimwa n'itorero. Ni ngombwa ko tugendera mu mucyo mu gihe tugifite umucyo. Abavuga ko bemera ivugurura mu by'ubuzima, nyamara bakarwanya amahame yaryo mu

buzima bwabo bwa buri munsi, baba bamunga imitima yabo kandi bakerekana ipica y'imibereho mibi imbere y'abizera n'abatizera. IMN 35.2

Abantu bazi ukuri bafite inshingano y'ingenzi yo guhuza kwizera kwabo n'imirimo yabo, ibyo bigatuma imibereho yabo irushaho gutunganywa no kwezwa, maze bakaba biteguye gukora umurimo ugomba kurangizwa muri iyi minsi iheruka yo kwamamaza ubutumwa. Nta gihe cyangwa imbaraga bafite byo gupfusha ubusa bahaza irari ryabo. Dukwiriye kumva aya magambo kandi tukayaha agaciro ngo, "Nuko mwihane muhindukire, ibyaha byanyu bihanagurwe ngo iminsi yo guhemburwa ibone uko iza ituruka ku Mwami Imana." Ibyakozwe n'Intumwa 3:19. Hari benshi muri twe babuze iby'umwuka, kandi babaye batihannye ngo bahindukire, bashobora kuzarimbuka. Mbese ushobora kwigerezaho utyo? ... IMN 35.3

Imbaraga ya Kristo gusa ni yo yonyine ishobora guhindura umutima n'intekerezo by'imibereho y'umuntu wifuza kuzasangira na We imibereho mishya yo mu bwami bw'ijuru. Umukiza Yesu aravuga ati, "Umuntu utabyawe ubwa kabiri ntabasha kubona ubwami bw'Imana." Yohana 3:3. Iyobokamana riva ku Mana ni ryo ryonyine rishobora kuyobora abantu ku Mana. Kugira ngo tubashe kuyikorera uko bikwiriye, tugomba kubyarwa na Mwuka w'Imana. Ibi bizatuma dushobora kuba maso. Bizaboneza imitima kandi bivugurure intekerezo zacu, kandi biduhe ubushobozi bushya bwo kumenya no gukunda Imana. Bizadushoboza kugira ubushake bwo kumvira ibyo idushakaho byose. Uku ni ko kuramya nyakuri. IMN 36.1

Kurwanira Hamwe

42. Twahawe umurimo wo guteza imbere ivugurura mu by'ubuzima.

Uhoraho yifuza ko ubwoko bwe buhuriza hamwe kandi bugakorera hamwe. Nk'uko mubizi, ntitugomba kuva mu byimbo twabayemo mu myaka mirongo itatu n'itanu ishize [Ibi byanditswe mu mwaka wa 1902], aho Uhoraho adusaba kuguma. Irinde rero utaba uri mu mwanya urwanya umurimo w'ivugurura mu by'ubuzima. Uyu murimo uzakomeza gutera imbere; kuko ari uburyo Uhoraho yashyizeho ngo bugabanyirize imibabaro abatuye iyi si, kandi ngo ubwoko bwe bubashe gutunganywa. IMN 36.2

Ujye witondera rero imyifatire ugaragaza, hato utaba nyirabayazana mu kurema ibice. Mwenedata, nubwo byakunanira kuzanira umugisha imibereho yawe n'iy'umuryango wawe kubwo kudakurikiza amabwiriza y'ubugorozi mu by'ubuzima, ntukabere ikigusha abandi ngo urwanye umucyo Imana yatanze kuri iyi ngingo. IMN 36.3

43. Imana yahaye ubwoko bwayo ubutumwa bwerekeranye n'ivugurura mu by'ubuzima. IMN 37.1

Uyu mucyo wakomeje kubamurikira mu gihe cy'imyaka mirongo itatu; kandi Uhoraho ntashobora kureka abagaragu Be ngo bagume mu nzira inyuranye n'iyo. Ntiyishimira ko abagaragu Be bakora ibinyuranyije n'ubutumwa nk'ubu, ari bwo yabahaye ngo babugeze ku bandi. Mbese yakwishimira ko umugabane umwe w'abakozi bakora ahantu, bigisha ko amahame y'ubugorozi mu by'ubuzima yomatanye n'ubutumwa bwa marayika wa gatatu nk'uko ukuboko komatanye n'umubiri, mu gihe abakozi bagenzi babo, kubwo imikorere yabo, bigisha amahame anyuranye n'ayo by'ihabya? Ibi bigaragara nk'icyaha mu maso y'Imana... IMN 37.2

Nta kintu gica intege abarinzi b'Uwiteka nko kugirana isano n'abantu bafite imbaraga z'ibitekerezo, kandi basobanukiwe n'impamvu zo kwizera kwacu, ariko bakaba bagaragaza mu magambo no mu bikorwa byabo ko banyuranya bikomeye n'amategeko ayobora umutimanama. IMN 37.3 Umucyo Imana yatanze ku byerekeye ivugurura mu by'ubuzima ntuzabura kugeza mu kaga umuntu ugerageza kuwurwanya; kandi nta muntu n'umwe ubasha kwizera gutsinda mu murimo w'Imana igihe cyose arwanya mu magambo no mu bikorwa uwo mucyo Imana yatanze. IMN 37.4

44. Ni ngombwa ko abagabura batanga amabwiriza yerekeranye no kugira imibereho yo kwirinda. Bakwiriye kwerekana uburyo imirire, akazi, ikiruhuko, n'imyambarire bifitanye isano n'ubuzima bwacu. Abemera ukuri ko muri iyi minsi iheruka bagomba kugira icyo bakora kur'iki kibazo. Kirabareba, kandi Imana irabasaba guhaguruka bagashyira umwete mu murimo w'iri vugurura. Ntabwo Imana izishimira imigenzereze yabo nibatita kuri iki kibazo. IMN 37.5

Kwivutsa Umugisha

45. Umumarayika yarambwiye ati, “Mwirinde irari muterwa na kamere yanyu rirwanya ubugingo bwanyu.” Mwateshutse ku ivugurura ry’ubuzima. Murifata nk’akantu k’ubusabusa kitaruye ukuri. Nyamara siko biri; ni umugabane ugize ukuri. Uyu ni umurimo mwashyizwe imbere kandi urushaho kugenda ugaragarira amaso yanyu kuruta ikindi kintu mwigeze mubona. Iyo mugize gushidikanya mugasubira inyuma, mukananirwa kugundira umugisha mwashyizwe imbere, mugira igihombo. Muba mwivutsa umugisha nyirizina ijuru ryabaringanirije kugira ngo uzabasindagize mu bihe biruhije. Satani abashyira imbere ibyo akabateza gushidikanya uwo mucyo, maze mukaba mwarwanya icyari kuzanira inyungu ikomeye ubuzima bwanyu bw’umubiri n’umwuka. IMN 37.6

[Izo ni inzitwazo zo gukora nabi zituruka kuri Satani — 710]. IMN 38.1

Mwibuke ko hari Urubanza

46. Uhoraho arashaka abanyabushake binjira mu ngabo Ze. Abagabo n’abagore b’abanyantegenke bakeneye guhinduka bakaba abagorozi b’iby’ubuzima buzira umuze. Imana yiteguye gukorana n’abana bayo mu kurinda ubuzima bwabo, niba bigengesera mu mirire yabo, bakirinda kugaburira igifu ibikiremereza bitari ngombwa. Kubw’ubuntu bwayo, yaduteguriye inzira iboneye yo gukoresha ibyaremwe mu buryo bwizewe kandi buzima, buhagije abantu bose babasha gukurikiza. Yaduhaye ibikwiriye byose biva mu butaka ngo bitume tugira amagara mazima mu buryo bwuzuye. IMN 38.2

Udaha agaciro amabwiriza Imana yatanze mu ijambo ryayo no mu byo yaremye, ntiyumvire amabwiriza yayo, aba ameze nk’umuntu urindagira. Ni Umukristo w’umurwayi. Imibereho ye y’iby’umwuka iri mu kaga. Ariho, nyamara imibereho ye nta mpumuro igira. Ntaha agaciro ibihe byiza by’ubuntu. IMN 38.3

Abantu benshi bagiye bateza akaga imibiri yabo kubwo kutita ku mategeko y’ubuzima, kandi babasha kutazongera kugira imibiri mitaraga kubera uko gukerensa kwabo; nyamara n’ubu bashobora kwihana kandi bagahindukira. Umuntu yagerageje kwigira umunyabwenge kurusha Imana. Yihindukiye itegeko ubwe. Imana iraturarikira kwita ku byo idusaba, ntidukomeze kuyisuzuguza tutita ku mbaraga z’imibiri yacu, intekerezo

zacu, n’iz’umwuka wacu. Gusaza no gukenyuka imburagihe ni ingaruka zo kuba kure y’Imana abantu bagakurikiza imigenzereze y’iyi si. Umuntu ukomeza gushyira imbere inarijye azagerwaho n’ingaruka. Mu rubanza tuzabona ukuntu Imana ifuhira abagomera amategeko y’ubuzima. Maze mu gihe tuzaba dusubije amaso inyuma, tuzabona akamaro ko kumenya Imana, akamaro ko kugira imico twafashe, niba tuzaba twaragize Bibiliya umujyanama wacu.IMN 38.4

Imana yifuza ko abantu bayo baba abanyabwenge kandi bakagira ubumenyi. Mu gihe turushaho kubona amakuba, ubumuga bw’umubiri, n’indwara zaje mu isi bitewe n’ingaruka z’ubujiji zitewe no kutamenya gufata neza imibiri, ni buryo ki twakwirengagiza gutanga imiburo? Kristo yavuze ko nk’uko byari biri mu minsi ya Nowa, ubwo isi yari yuzuwemo n’ubugizi bwa nabi no kwangirika gutewe n’ibyaha birenze urugero, niko bizaba no mu gihe Umwana w’umuntu azaba ari hafi kugaruka. Imana yaduhaye umucyo mwinshi, kandi nituwugenderamo, tuzabona agakiza kayo. IMN 39.1

Ni ngombwa ko habaho impinduka. Iki ni igihe duhawe ngo dushyire hasi kwiyemera kwacu no kwiyumva mu mutima ko twihagije, maze tugashaka Uwiteka bigishoboka ko abonwa. Nk’abantu, dukeneye kwicisha bugufi imbere y’Imana; kuko imigenzereze yacu irangwa no kudahuza n’ibyo Imana ishaka. IMN 39.2

Uwiteka araduhamagarira kugaruka mu murongo. Igihe twataye kirahagije. Ijoro riregereje. Imanza z’Imana ziragaragarira ku isi no mu nyanja. Nta mahirwe ya kabiri y’imbabazi tuzongera guhabwa. Iki si igihe cyo kurindagira. Reka buri wese ashimire Imana ko tugifite amahirwe yo kubaka imico izatuma tubaho imibereho y’iteka ryose mu gihe kigiye kuza.

47. Ntihakagire umuntu uvuga ko yubaha Imana ngo yirengagize kandi akerense imibereho myiza y’umubiri, maze yibwire ko kutirinda atari icyaha, kandi ko bitabasha kugira ingaruka mu by’umwuka. Hariho isano y’ubumwe hagati y’umubiri n’intekerezo zacu.IMN 40.1

48. Ababyeyi bacu ba mbere bagize ibyifuzo byo kutirinda bituma babura iwabo heza mu busitani bwa Edeni. Kwirinda muri byose bidufitiye ubusobanuro burenze ibyo kongera gukomorerwa tugasubizwa muri Edeni twabuze. IMN 40.2

49. Kugomera amategeko agenga imibiri yacu ni ukugomera amategeko y’Imana. Yesu Kristo ni Umuremyi wacu. Ni We nkomoko yo kubaho kwacu. Ni We waremye imiterere y’umubiri w’umuntu. Ni We washyizeho amategeko agenga imibiri yacu, nk’uko ari We washyizeho amategeko mbonera agenga imyitwarire y’abantu. Umuntu rero utita kandi ngo ahe agaciro ingeso n’imigenzereze by’imibereho y’umubiri n’ubuzima bwawo, aba agomeye Imana. Benshi mu bavuga ko bakunda Yesu Kristo ntibamugaragariza icyubahiro akwiriye ngo bumvire Uwo wemeye gutanga ubuzima bwe kugira ngo abakize urupfu rw’iteka ryose. Ntabwo ahabwa icyubahiro akwiriye, cyangwa ngo yubahwe, cyangwa ngo abishimirwe. Ibi ubibonera ku buryo bafata nabi imibiri yabo bakayihemukira bagomera amategeko agenga ubuzima bwabo. IMN 40.3

50. Gukomeza kwica amategeko agenga ibyaremwe ni ugukomeza kwica amategeko y’Imana. Uburemere bw’imibabaro n’agahinda tubona mu bantu hirya no hino muri iki gihe, ubumuga, kuba abantu barahindutse ibisenzegeri, abarwayi, no kubura ubwenge byuzuye isi, bihindura isi, ugereranyije n’uko yagombaga kuba ndetse n’uko Imana yari yarayiteguriye kuba, ibitaro by’ababembe; kandi abantu b’iki gihe ni abanyantegenke, nta mbaraga z’umubiri, iz’ibitekerezo n’iz’ubwenge bakifitiye. Ako kaga kose kakomeje kwiyongera uko ibihe byagendaga biha ibindi bitewe n’uko umuntu wacumuye yakomeje kugenda yica amategeko y’Imana. Ibyaha biteye ubwoba bikomeje gukorwa bitewe no kwirundumurira mu irari ry’ibyifuzo bibi.IMN 41.1

51. Gukabya mu mirire, mu minywere, mu gusinzira, ndetse no mu byo tureba ni icyaha. Iyo imbaraga z'ibikorwa by'umubiri n'ubwonko zihurije hamwe mu mibereho myiza bitanga umunezero; kandi uko izo mbaraga zirushaho kwererezwa mu buryo butunganye ni ko umunezero nyakuri urushaho kwiyongera. IMN 41.2

Igihe Kwezwa Bidashoboka

52. Umugabane munini w'indwara zose zizahaza abantu uba ari ingaruka z'ingeso mbi bimenyereje, bitewe n'ubujiji banze kureka, cyangwa bitewe no kutita ku mucyo Imana yatanze ugendana n'amategeko agenga imibereho yabo. Ntabwo twabasha guhesha Imana ikuzo mu gihe turangwa no kugira imibereho igomera amategeko y'ubuzima. Ntabwo umutima wabasha gukomeza kuba uwerejwe Imana mu gihe wokamwe n'umururumba wo kwifuza ibibi.

Umubiri wokamwe n'uburwayi ndetse n'ubwenge butakiri buzima bitewe n'ibyifuzo by'irari ribi byakomeje gusigasirwa bituma umubiri n'umwuka bidashobora kwezwa. Intumwa Pawulo yasobanukiwe n'akamaro ko kugira amagara mazima y'umubiri kugira ngo umuntu abashe kugira imico itunganye ya Gikristo. Atugira inama agira ati, "Ahubwo mbabaza umubiri wanjye nkawukoresha agahato, kugira ngo ntazamara kwigisha abandi naho jye ngasigara ntemewe." 1 Abanyakorinti 9:27, Bibiliya Ijambo ry'Imana. Atubwira iby'imbuto za Mwuka, dusangamo imbuto yo kwirinda. Agira ati, "Aba Kristo Yesu babambye kamere yabo ku musaraba, hamwe n'ingeso mbi zayo n'irari ryayo." Abanyagalati 5:24, Bibiliya Ijambo ry'Imana. IMN 42.1

Ubujiji Bwanze Kurekwa Bwongera Icyaha

53. Ni inshingano yacu kumenya uko twarinda umubiri wacu mu buryo butuma ugira imibereho irushijeho kuba myiza cyane, kandi ni inshingano yera kubaho dukurikije umucyo Imana yaduhereye ubuntu. Nituramuka dufunze amaso tukanga kwakira umucyo kubwo gutinya kubona amakosa yacu, tudashaka kureka, aho kugira ngo ibyaha byacu bigabanuke ahubwo

biziyongera. Niba umucyo wanzwe hamwe, ntuzitabwaho n'ahandi. Ni icyaha gikomeye kugomera amategeko agenga ubuzima bwacu nk'uko ari icyaha kugomera rimwe mu mategeko cumi,

kuko tudashobora kubahiriza amwe ngo ayandi tuyice. Ntidushobora gukunda Imana n'umutima wacu wose, ubwenge bwacu bwose, umutima wacu wose, ubugingo bwacu bwose, n'imbaraga zacu zose mu gihe dufite urukundo rw'irari, n'umururumba kuruta uko dukunze Imana. Buri munsi imbaraga zacu zo guhesha Imana ikuzo zigenda zigabanuka, mu gihe idusaba kuyegurira imbaraga zacu zose, n'umutima wacu wose. Bitewe n'ingeso mbi twimenyereje, tugenda tugabanya uburame bwacu, kandi twitwa ko turi abayoboke ba Kristo, bitegura kuragwa ubuzima budapfa. IMN 42.2

Mwenedata nawe mushiki wanjye, ufite umurimo ugomba gukora kandi nta wundi muntu ushobora kuwugukorera. Kanguka uve mu bitotsi urimo, maze Kristo aguhe ubuzima. Hindura umurongo w'imibereho yawe, imirire yawe, iminywere yawe, n'imikorere yawe. Kuko nukomeza umurongo w'imibereho wabayemo imyaka myinshi, ntuzigera uhishukirwa n'ibintu byera kandi byaguhesha ubugingo buhoraho. Ibyifuzo byawe birayoyoka, n'ubwenge bwawe bukijimishwa. Ntabwo wabashije gukurira mu buntu no mu kumenya ukuri nk'uko yari amahirwe wahawe. Ntiwakomeje gukurira mu by'umwuka, ahubwo wagiye urushaho gusigingirira mu mwijima. IMN 43.1

54. Umuntu ni we wabaye ikamba ry'ibiremwa byose by'Imana, aremwa mu ishusho y'Imana, kandi ashyirwa mu mwanya w'Imana … Umuntu afite agaciro gakomeye imbere y'Imana, kuko yaremwe abumbabumbwe mu ishusho y'Imana. Iri hame rikwiriye kutwereka akamaro ko kwigisha hakoreshejwe amagambo n'ibikorwa, icyaha kizanwa no guhumanya umubiri binyuze mu kwiyandavuza irari ribi, cyangwa indi migenzereze yose y'icyaha, bigakorerwa umubiri waremewe kwerekana Imana imbere y'abatuye isi. IMN 43.2

Ingaruka Zigera ku Ntekerezo Bitewe no Kutumvira Amategeko y'Umubiri

55. Imana ishaka ko abantu bayo bahora batera imbere. Dukeneye kumenya ko umururumba ari inkomyi iruta izindi zose ku iterambere ry'intekerezo no kwezwa k'ubugingo bwacu. Nubwo abenshi tuvuga ko twemera kandi tukigisha ivugurura mu by'imirire, benshi muri twe turya mu buryo budakwiriye. IMN 44.1

56. Ntidukwiriye gutegura ibyokurya byinshi bikabije byo ku munsi w'Isabato cyangwa ngo dutegure ibyokurya binyuranye mu buryo bukabije kurenza ibyo dukoresha ku yindi minsi. Ibiri amambu, ibyokurya byo kuri uwo munsi bikwiriye kuba byoroheje, kandi tukarya bikeya, kugira ngo tworohereze ubwonko bubashe kugira imbaraga zo kwakira iby'umwuka. Igifu cyuzuye gituma ubwonko buremererwa. Amagambo y'ingenzi abasha kunyura mu matwi ariko ntahabwe agaciro, bitewe n'uko ubwonko budakora neza kubwo kurya mu buryo budakwiriye. Bitewe no kurya birengeje urugero ku munsi w'Isabato, ku buryo abenshi badatekereza, bigomwa imigisha yateguriwe uwo munsi wera. IMN 44.2

57. Neretswe ko amwe mu materaniro yacu makuru aba anyuranye cyane n'uko Imana yateguye ko agomba kumera. Abantu bayazamo batiteguye kugendererwa na Mwuka w'Imana Muziranenge. Muri rusange, mbere y'uko amateraniro agera, bashiki bacu bafata igihe kinini bari mu myiteguro y'umurimbo w'inyuma, maze bakibagirwa rwose umurimbo w'imbere, ari wo w'agaciro gakomeye mu maso y'Imana. Igihe kinini kandi bagikoresha bateka ibidafite umumaro, bategura za keke na gato zuzuyemo amasukari hamwe n'ibindi biribwa bizanira ingaruka mbi ababirya. Iyaba abo bashiki bacu bateguraga umugati mwiza n'ibindi byokurya bifitiye umubiri akamaro bo ubwabo n'imiryango yabo barushaho kuba biteguye kwakira amagambo y'ubugingo, kandi bakarushaho kuba biteguye kwakira imbaraga ya Mwuka Wera. IMN 44.3

Kenshi igifu kiremerezwa n'ibyokurya rimwe na rimwe bitoroshye kandi bitaboneye nk'ibiba byaririwe mu rugo, aho usanga bacuragana mu mirimo inshuro ebyiri cyangwa eshatu. Ibi bitera ubwonko gusinzira bigatuma umuntu adashobora kwishimira iby'umwuka bihoraho, maze amateraniro yahumuza, abantu bagataha uko baje nta mugisha wo gusabana na Mwuka w'Imana babonye... Nimureke imyiteguro yacu mu mirire no mu myambarire ye kuba ikintu cy'ibanze, ahubwo tubanze gutegura imitima yacu dutekereza iby'imigisha dukeneye tukiri imuhira. IMN 44.4

[Umururumba ubuza umuntu kumenya ukuri kw'iki gihe — 72] IMN 45.1
[Umururumba uremaza imyanya y'ibyumvirizo — 227] IMN 45.2
[Umururumba ugabanya ubushobozi bw'ubwonko — 209, 226] IMN 45.3
[Umururumba ugabanya ubushobozi bw'umuntu mu gutegura imigambi n'inama — 71] IMN 45.4

[Umururumba ugabanya imbaraga z'iby'umwuka, intekerezo, n'umubiri by'abana — 346] IMN 45.5

[Kuryama mu gihe higishwa ukuri kw'Ijambo ry'Imana — 222] IMN 45.6

[Imbaraga y'intekerezo n'ubwenge byongerwa n'imirire iboneye — 85, 117, 206] IMN 45.7

[Ingaruka zo kurya inyama ku bushobozi bw'intekerezo — 678, 680, 682, 686] IMN 45.8

[Izindi nyigisho ku mirire ikwiriye mu gihe cy'amateraniro makuru — 124] IMN 45.9

Ingaruka zo Kwishimira Ukuri

58. Mukeneye kugira intekerezo ziboneye kandi zifite imbaraga kugira ngo mushobore kwishimira imico y'ukuri guhebuje, mushobore kumenya agaciro k'impongano, kandi muhe agaciro gakwiriye ibizahoraho iteka ryose. Nimukomeza inzira mbi, mukagumya kwishimira akamenyero k'imirire mibi, ari byo bigabanya imbaraga z'intekerezo, ntimuzaba mugishobora guha agaciro gakwiriye iby'agakiza n'ubugingo buhoraho kandi ari byo bibararikira kurangwa n'imibereho imeze nk'iya Kristo. Ibyo rero bizatuma mutagira imbaraga zo kwitanga ngo mukurikize ubushake bw'Imana musabwa n'Ijambo ryayo, kandi bwa ngombwa kugira ngo butume mugira amagara mazima mu ntekerezo, abategurira ubugingo bw'iteka. IMN 45.10

59. Ndetse nubwo mwaba mwariyemeje guhora murya ibyokurya biboneye, mbese mwaba muzirikana guhesha Imana ikuzo mu mibiri yanyu n'umwuka Imana yabatije, igihe murya ibyokurya byinshi mu buryo bukabije? Abarya ibyokurya byinshi bakuzuza igifu, bityo bakagiha ibikiremereye, ntibababasha kwishimira kwakira no gukomeza ukuri kw'Ijambo ry'Imana. Ubwonko bwabo ntibushobora gukorwaho ngo

buhugukire kwakira no guha agaciro iby’impongano y’umusaraba hamwe n’igitambo gikomeye cyatambiwe umunyabyaha wacumuye. Ntibishobokera abantu nk’abo kwishimira ingororano ikomeye, y’igiciro cyinshi kandi ihebuje ibikiwe abazanesha bose b’indahemuka. Ntidukwiriye rwose kwemerera umugabane wacu wa kamere ya kinyamaswa gutegeka ubwenge n’intekerezo byacu.IMN 46.1

60. Bamwe bakunda kwishimira irari ry’umubiri n’umururumba, ari byo birwanya ubugingo, bikaba n’inzitizi y’iterambere ryabo mu bya Mwuka. Bahorana igishinja mu mutimanama, kandi n’igihe bagezweho n’amagambo y’ukuri, bumva abakomerekeje. Batangira ubwabo kwicira urubanza, bakibwira ko ibyigisho byigishijwe ari bo byari bigendereye. Bumva bakomerekejwe, maze ubwabo bakivana mu iteraniro ry’abera. Bareka ibyo guteranira hamwe n’abandi, maze kuva ubwo bagatangira kwiha amahoro ntibashake ko hagira ikibashinja. Bidatinze bumva batagifitiye inyota amateraniro, ntibabe bagikunze ukuri, kandi, mu gihe batihannye ngo bagire ivugurura ryuzuye, basubira inyuma maze bakajya kwifatanya n’umutware wigometse ku Mana, bagahagarara munsi y’ibendera ryijimye rya Satani. Iyo bemeye kubamba irari ry’umubiri ari ryo rirwanya ubugingo, babasha kuva mu nzira [y’umubi], aho imyambi y’ukuri ishobora kunyura ntibakomeretse. Ariko igihe bakomeje kugundira irari ry’umubiri, maze bakishimira ibigirwamana byabo, baba bemeye gukomeretswa n’imyambi y’ukuri, kandi iyo ukuri kwigishijwe, ntibabura gukomereka. IMN 46.2

Gukoresha ibikabura umubiri biva mu nganda ni ukwica ubuzima kandi bitera ubwonko guhondobera, bigatuma umuntu adashobora kwishimira inyigisho z’ukuri guhoraho. Abishimira ibi bigirwamana ntibashobora guha agaciro gakwiriye agakiza bahawe na Kristo kubwo ubuzima bwe yemeye gutanga, akababazwa kandi adafite inenge, maze ku iherezo akemera gutanga ubugingo bwe butakoze icyaha kugira ngo akure umunyabyaha mu rupfu. IMN 47.1

61. Amavuta n’inyama bikabura umubiri. Ibi byica igifu kandi bigahindura icyanga cy’ibyokurya. Imyakura yumva y’ubwonko irasinzira, maze irari rya kinyamaswa rikiyongera, imbaraga z’ubwenge n’ibitekerezo zikagenda zishira. Izi mbaraga zikomeye, zifite umurimo wo gutegeka umubiri, zitangira gucika intege, umuntu ntabe akibasha kugenzura ngo amenye

iby'ukuri guhoraho. Kubera iyo mpamvu, iby'umwuka no gusenga bigwa ikinya. Satani anezezwa no kubona abashije kugenzura intekerezo z'abagabo n'abagore anyuze mu irari ry'imirire yabo, intekerezo nyamara ziba zararemwe n'Umuremyi kugira ngo zikore umurimo ukomeye kandi w'ingenzi. IMN 47.2

Ingaruka ku Gushishoza no Gufata Ibyemezo

62. Ikintu cyose kigabanya imbaraga z'umubiri gica intege ubwenge kigatuma budashobora gutandukanya ukuri n'ikinyoma. Ibyo bituma tutabasha uko bikwiriye guhitamo icyiza, maze tukabura imbaraga zihagije z'ubushake bwo gukora icyo tuzi ko ari cyiza. IMN 47.3

Gukoresha nabi imbaraga z'umubiri bigabanya igihe ubuzima bwacu bwagombye gukoreshwa mu murimo wo guhimbaza Imana, bityo ntitube twujuje ibyangombwa bidushoboza kuzuza inshingano z'umurimo Imana yaduhaye gukora. IMN 47.4

63. Abamaze kubona umucyo ku mirire n'imyambarire byoroheje, bakagendera ku kumvira amategeko agenga umutimanama n'ay'umubiri, nyamara bakareka wa mucyo ugamije kubereka uko bagomba gukora, bazaba bivukije inshingano zabo mu bindi bintu. Mu kureka umusaraba bagombaga gutwara kugira ngo bahuze n'amategeko agenga ibyaremwe, baba bahumye umutimanama wabo maze, kugira ngo birinde igishinja, bagatangira kugomera Amategeko Cumi y'Imana. Bamwe bahitamo babigambiriye kutihanganira umusaraba no kwanga gukorwa n'isoni. IMN 48.1

64. Abikururira indwara kubwo gushaka guhaza irari ryabo ntibagira ubuzima buzira umuze mu mubiri no mu ntekerezo. Ntibashobora gushishoza ngo bamenye ibihamya byerekana ukuri bityo ngo basobanukirwe n'ibyo Imana ishaka. Umukiza wacu ntazarambura ikiganza cye ngo akigeze hasi cyane kugira ngo azahure abo bantu mu buzima bubi bijyanyemo, niba bakomeje kuguma mu nzira itemba ibajyana mu rwobo. IMN 48.2

Bose bararikirwa gukora ibishoboka byose kugira ngo bagire imibiri mizima n'intekerezo zitunganye. Nibashaka guhaza irari ryabo, bakijimisha ibyumviro byabo, maze bagahuma imbaraga zo gushishoza kwabo kugira ngo badashimishwa n'imico itunganye y'Imana, cyangwa ngo bishimire

kwiga Ijambo ryayo, bazabe bazi ko Imana itazemera ituro ryabo ridashyitse rihwanye nk'uko itemeye irya Kayini. Icyo Imana ibasaba ni ukwiyeza bakivanaho imyanda yo ku mubiri n'umwuka wabo, bakibonereza kuba abera bubaha Uwiteka. IMN 48.3

Nyuma y'uko umuntu akoze ibishoboka byose ngo agire amagara mazima, arwanya irari n'umururumba, maze akagira ubwenge buzima n'intekerezo zejejwe, akaba ashobora guha Imana ituro rivuye mu gukiranuka, ubwo rero aba akijijwe gusa biturutse ku gitangaza cy'imbabazi z'Imana, nk'uko ya nkuge yakize ikuwe mu nkubi y'umwuzure. Nowa yakoze ibyo Imana yamusabye byose kugira ngo inkuge igire umutekano; maze Imana na Yo ikora umurimo umuntu atashoboraga gukora, irinda inkuge kubwo ubushobozi bw'igitangaza cyayo. IMN 48.4

65. Byinshi mu bigeragezo itorero rihura na byo bituruka ku mururumba wo gukoresha nabi igifu. Abarya ibyokurya kandi bagakora akazi mu buryo butarimo kwirinda ntibanatekereze neza barangwa no kuvuga amagambo ndetse no gukora ibikorwa badatekerejeho. Umuntu urangwa no kutirinda ntashobora kuba umuntu wihangana. Kuba umuntu utirinda ntibisaba kuba umuntu unywa ibinyobwa bisindisha gusa. Icyaha cyo gukabya mu mirire, ukarya utirinda, uhora urya inshuro nyinshi, urya ibyokurya byinshi bikabije kandi bitaboneye, byangiza imikorere myiza y'urwungano rw'igogora, bikagera ku bwonko, maze bikagabanya imbaraga zo gutekereza, bityo bikagwabiza imbaraga yo gushyira mu gaciro, kwitonda, no kugubwa neza mu ntekerezo no mu bikorwa.

Ibi rero ni byo nkomoko y'ibigeragezo bigera ku itorero. Niyo mpamvu, kugira ngo abantu b'Imana babe bemewe imbere yayo, aho bashobora kuyiheshereza ikuzo mu mibiri yabo n'umwuka wabo, ari na byo kandi bahawe n'Imana ubwayo, bagomba gushishikarira no kugira umwete wo kwanga umururumba uturuka ku irari mu mirire, bakarangwa no kwirinda muri byose. Ubwo rero ni bwo bazashobora guha agaciro no gusobanukirwa ukuri mu bwiza n'ubusobanuro bwabwo, maze bakakugendana mu mibereho yabo, hanyuma kubwo gukomeza iyo nzira irangwa n'ubwenge no gutekereza bikwiriye, ntibahe urwaho abanzi bo kwizera kwacu kugira ngo badakerensa uko kuri. IMN 49.1

66. Mwenedata nawe Mushikiwanjye G, nimuhaguruke ndabinginze.

Ntimwakiriye umucyo w'ivugurura mu by'ubuzima ngo muwugenderemo. Iyo muza kurwanya irari ryanyu mu mirire, muba mwaririnze byinshi; kandi ikirushije ibindi byose, muba mwararinze imibiri yanyu igakomeza kuba mitaraga, n'imbaraga z'ubwenge zibashoboza kwakira ukuri guhoraho zikiyongera ku rugero rwo hejuru. Muba mwaragize intekerezo ziboneye zituma mushobora kugenzura mukamenya ibihamya nyakuri biranga ukuri, kandi mukarushaho kuba mwiteguye kubwira abandi impamvu z'ibyiringiro byanyu. IMN 49.2

67. Abantu bamwe banenze uyu murimo w'ivugurura bavuga ko udakenewe kandi ko ugamije gukura imitima y'abantu ku kuri kw'iki gihe. Bavuga ko iby'ivugurura ku mirire ari ibintu byo gukabya. Ibi bigaragaza ko batazi ibyo bavuga. Mu gihe abagabo n'abagore bavuga ko ari intungane, bokojwe n'indwara kuva mu gitwariro cyo ku mitwe yabo ukagera mu bworo bw'ibirenge byabo, nyamara imbaraga z'imibiri yabo n'ubwenge bwabo ndetse n'umutimanama wabo byarasigingijwe no guhaza irari ryabo ribi ndetse no gukora birenze urugero, ni buryo ki babasha kugenzura bakamenya ibihamya by'ukuri kandi bagasobanukirwa neza n'ibyo Imana ibashakaho? Niba imbaraga z'umutimanama n'ubwenge bwabo byaraguye ikinya, ntibashobora kumenya agaciro k'impongano cyangwa imico ihebuje y'umurimo w'Imana, habe no kwishimira kwiga Ijambo ryayo.

Ni buryo ki umuntu ufite intekerezo zidakora neza bitewe no kurya cyane bikabije yabasha kuba yiteguye igihe cyose gusubiza umubajije wese impamvu y'ibyiringiro bye, afite umutima woroheje kandi yubaha? Bidatinze bene uwo muntu atangira kwitiranya ibintu, ntaba agifite ibitekerezo biri hamwe, kandi bitewe n'intekerezo zirwaye atangira kubona nabi ibintu, kandi kubwo kubura ukwiyoroshya mu mutima n'ubugwaneza biranga imibereho ya Kristo, asigara agayisha umurimo we afatanyije n'abantu batagira ubwenge. Iyo turebeye ibintu mu mucyo w'iyobokamana ry'ukuri, tuba tugomba kuba abagorozi nyakuri kugira ngo tugira imibereho nk'iya Kristo. IMN 50.1

Nabonye ko Data wa twese wo mu ijuru yadusukiye umugisha ukomeye wo kugira umucyo mu by'ivugurura, ku buryo dukwiriye kumvira ibyo adusaba, kandi tugahimbaza Imana mu mibiri yacu n'umutima wacu, ubwe yikubitiye, maze tukazabasha guhagarara tudatsinzwe imbere y'intebe y'Imana. Ukwizera kwacu kudusaba kuzamuka tukagera ku rugero

rukwiriye, maze tugakomeza kujya mbere. Mu gihe benshi bibaza urugendo abandi bagorozi mu by'ubuzima bamaze gukora, bari bakwiriye ahubwo kugira icyo bakora ubwabo nk'abantu batekereza. Urugendo turimo rurababaje, duhura n'indwara zinyuranye zituzahaza. Benshi barwaye indwara bakomora ku babyeyi babo, zikababababaza cyane bitewe n'ingeso mbi ababyeyi babo bimenyereje; maze kandi bagakomeza iyo nzira ibateza akaga ndetse n'abana babo babakurikiza. Bahinduka injiji bitewe na bo. Baba abarwayi kandi ntibamenye ko izo ngeso zabo mbi ari zo zibagejeje muri ako kaga. IMN 50.2

Hari bake gusa bamaze gukanguka bihagije bagasobanukirwa n'uburyo ingeso zabo mu mirire zifitanye isano n'ubuzima bwabo, imico yabo, akamaro kabo muri iyi si, n'ahazaza habo h'iteka ryose. Nabonye ko ari inshingano y'abakiriye umucyo mvajuru kandi bakamenya akamaro ko kuwugenderamo kwereka abagihura n'imibabaro inyungu ikomeye yo kugira ubwo bumenyi. Abakomeza Isabato kandi bategereje kugaruka kw'Umukiza kuri bugufi cyane ntibakwiriye kuba aba nyuma mu kugaragaza inyungu itangaje y'uyu murimo ukomeye w'ivugurura mu by'imirire. Abagabo n'abagore bagomba kwigishwa, abagabura n'abizera bagomba kwiyumvisha ko bafite umutwaro w'umurimo wo gukangura abantu, bakagenda bawugeza ku bandi. IMN 51.1

68. Ibyo twimenyereje gukoresha imibiri yacu bigira ingaruka ikomeye ku nsinzi ya buri wese. Uko turushaho kwigengesera mu mirire yacu, niko tuzarushaho kurya indyo yoroheje idakabura umubiri kandi igatera ingingo zawo zose gukora neza, bityo bigatuma tubona neza inshingano yacu. Ni ngombwa rero ko twita cyane ku kugenzura buri kamenyero, buri migenzereze yacu, kugira ngo twirinde ubuzima bwagerwaho n'uburwayi bukagusha ikinya ahantu hose. IMN 51.2

69. Imibereho y'umubiri wacu ibeshejweho n'ibyo turya; niba tutagenzura irari tugirira ibyokurya dukoresheje intekerezo zitunganye, niba tutirinda mu mirire n'iminywere yacu yose, ntituzashobora kugira intekerezo n'imibiri bifite ubuzima bwiza bihagije budushoboza gusobanukirwa n'intego y'Ibyanditswe bigira biti, 'Nakora iki ngo mbone ubugingo buhoraho?' Akamenyero kabi kose k'umubiri kazatuma imikorere yose y'ubuzima iba mibi, kandi ibyo bizagira ingaruka yo konona imikorere isanzwe y'igifu, bitume kitagishobora gukora neza umurimo wacyo. Imirire yacu ifitanye

isano ikomeye n'imyitwarire yacu ku buryo ibasha kutujyana mu bishuko no gukora icyaha.IMN 51.3

70. Niba Umukiza w'abantu, uwari ufite imbaraga mvajuru, yarakeneraga gusenga, ni buryo ki abantu b'abanyantegenke nkatwe, abanyabyaha bashiraho, dukwiriye gusobanukirwa akamaro ko gusenga dushyizeho umwete kandi ubutadohoka! Igihe Kristo yabaga agoswe bikomeye n'ibigeragezo, ntacyo yaryaga. Yiyeguriraga Imana, kandi binyuze mu gusenga kuvuye ku mutima, no kwiyegurira ubushake bwa Se, yabashaga kunesha. Abamamaza ukuri ko muri iyi minsi iheruka, kuruta uko abandi Bakristo bakora, bakwiriye gukurikiza urugero rukomeye rwa Kristo rwo gusenga. IMN 52.1

"Birahagije ko umwigishwa amera nk'Umwigisha, n'umugaragu akamera nka Shebuja." (Mat 10:25). Akenshi twuzuza ameza yacu ibyokurya bihenze nyamara bidafitiye akamaro imibiri, bitewe n'uko tubikunze kuruta uko twagombye kwiyanga, kwigengesera tukirinda indwara, tukagira imbaraga z'ibitekerezo. Yesu yahoraga ashakana umwete imbaraga ziva kuri Data wo mu ijuru. Umwana w'Imana yabihaga agaciro cyane kurusha kwicara ku meza yuzuyeho ibifite agaciro gakomeye. Yaduhaye urugero rw'uko isengesho ari ingenzi kugira ngo duhabwe imbaraga zidushoboza guhangana n'ubushobozi bw'umwijima, kandi tubashe gukora umurimo twahawe. Imbaraga zacu ni ubusa, ariko izo duhabwa n'Imana zifite ubushobozi, kandi ziha buri wese uzakiriye guhinduka umuneshi biruseho. IMN 52.2

Umururumba utuma intekerezo zikora nabi — 237IMN 52.3

Umururumba wijimisha umutimanama — 72 IMN 52.4

Ingaruka ku Mbaraga no ku kuba Ingirakamaro

71. Mbega ukuntu akenshi bibabaje, aho kugira ngo habeho ukwiyanga gukomeye, usanga igifu cyujujwe ibyokurya byinshi bidafitiye akamaro umubiri, kandi bigomba kubora. Kubabaza igifu bigira ingaruka ku bwonko. Umuntu w'umunyamururumba ntabona yuko yitesha agaciro igihe atanga inama ikubiyemo ubwenge, akanitesha agaciro igihe ageza ku bandi inama zigamije guteza imbere umurimo w'Imana. Ariko niko bimeze. Ntashobora gushishoza ngo amenye iby'umwuka, kandi no mu materaniro, aho kubona

ibikwiriye ngo abyishimire avuge yego na Amina, ahora ahakana, avuga oya. Inyunganizi ze ziba zihabanye n'ibigenderewe mu cyigisho. Ibyokurya aba yariye biba byaciye intege imbaraga z'ubwonko bwe. IMN 53.1

Kugira umururumba bibuza umuntu guhamya ukuri. Gushima Imana kwacu kubwo imigisha iduha bigerwaho n'ingaruka ikomeye bitewe n'ibyokurya tuba twashyize mu gifu. Umururumba uterwa n'irari ni wo ntandaro y'amakimbirane, amahane, kwirema ibice, n'ibindi bibi byinshi. Habaho kuvuga amagambo ahutiyeho, gukora ibikorwa bibi, imigenzereze itarimo kubaha, gutwarwa n'ibintu cyane, kandi ibyo byose bigaterwa n'uko ubwonko bwarwaye bitewe n'imigirire iremereza igifu. IMN 53.2

72. Abantu bamwe ntibashobora guterwa ubwuzu no gukenera kurya ibyokurya n'ibyokunywa bihesha Imana icyubahiro. Umururumba wo guhaza irari ubagiraho ingaruka mu mibereho y'ubuzima bwabo. Ubonekera mu miryango yabo, mu matorero yabo, mu masengesho babamo, ndetse no mu myifatire y'abana babo. Ibyo byababereye umuvumo. Ntibashobora kwemera ukuri kw'iyi minsi iheruka. Imana yateganyirije bihagije ibigamije ukubaho no gushimisha ibiremwa byayo byose; kandi iyo amategeko yayo ataza kugomerwa, ibikorwa byose bikaba mahwi n'ubushake bw'Imana, imibereho myiza, amahoro n'ibyishimo biba byarasagambye mu cyimbo cy'umubabaro n'ikibi cyakomeje kubaho. IMN 53.3

73. Umucunguzi w'isi yamenye ko gutegekwa n'umururumba bizazanira umubiri akaga mu ntekerezo, hanyuma bigatuma ingingo zumva kandi zikakira ibyera n'ibihoraho zitabasha kugira ubushishozi. Kristo yamenye ko abatuye isi bazatwarwa n'umururumba, kandi ko uyu mururumba uzangiza ubushobozi bw'intekerezo. Niba umururumba w'irari wari ukomereye cyane ikiremwamuntu ku buryo kurwana n'imbaraga zawo byasabye ko Umwana w'Imana yigomwa kurya hafi ibyumweru bitandatu kugira ngo abikorere umuntu, mbega ukuntu Umukristo afite inshingano itoroshye yo kunesha nk'uko Kristo yanesheje! Imbaraga yo guhangana n'ikigeragezo cyo gutsinda umururumba w'irari mu mirire ushobora kubonekera gusa mu ishavu Kristo yagize muri icyo gihe kirekire yamaze yigomwe kurya ari mu butayu.IMN 54.1

Kristo yari azi ko kugira ngo asohoze umugambi wo gukiza umuntu agomba gutangira umurimo wo gucungura uwo muntu aho n'ubundi

yacumuriye akagwa mu cyaha. Adamu yacumuye kubwo gushaka guhaza umururumba w'irari ry'inda. Kugira ngo yereke umuntu inshingano ze zo kumvira amategeko y'Imana, Yesu yatangiye umurimo we wo gucungura avugurura ingezo z'umubiri w'umuntu. Uguhenebera kw'imico n'ukw'inyokomuntu bishingiye cyane ku gushaka guhaza umururumba w'irari ry'ikibi. IMN 54.2

Inshingano Zihariye n'Ibigeragezo by'Abagabura

Twese dufite inshingano yihariye yo kunesha irari mu mirire, cyane cyane abagabura bashinzwe kwigisha ukuri. Akamaro kabo kazarushaho kuba ari ingenzi niba bategeka irari n'ibyifuzo byabo; kandi bazarushaho kugira ubushobozi mu bwenge n'intekerezo zabo, nibafatanyiriza hamwe imirimo y'umubiri n'imyitozo y'ubwenge. Nibahuriza hamwe ingeso zo kwirinda hamwe n'imirimo y'umubiri n'iy'ubwenge, bazabasha gusohoza imirimo myinshi kandi barinde intekerezo zabo. Nibakomeza iyo nzira, intekerezo zabo n'amagambo yabo bizajya byisukiranya, inshingano zabo mu by'umwuka zizagira imbaraga biruseho, kandi bigire ingaruka zikomeye ku bumva amagambo yabo.IMN 54.3

Ukutirinda mu mirire, ndetse no ku byokurya bifite intungamubiri, bizagira ingaruka ku mikorere yose y'umubiri, kandi bizaca intege amarangamutima y'ingenzi kandi aboneye. IMN 55.1

74. Abantu bamwe bazana mu materaniro ibyokurya bidakwiranye n'ibihe nk'ibyo, byiganjemo keke n'amasukari, hamwe n'ibyokurya bitandukanye bibasha guteza ingorane igogora mu mubiri w'umuntu muzima. Birumvikana ko ibiryoshye kurusha ibindi babiha umugabura. Bene ibyo byokurya babimuzanira ku meza, maze bakamurarika kuri ayo meza. Ubwo rero, abagabura bahura n'ikigeragezo cyo kurya byinshi, kuri bene ibyo byokurya biteje akaga. Ibyo ntibituma ba bagabura badakora umurimo wo kubwiriza uko bikwiriye gusa, ahubwo binabateza ibibazo byo kugugarirwa no kumererwa nabi mu nda. IMN 55.2

Nubwo byasa nk'ibigaragaje ikinyabupfura gike, umugabura ntakwiriye kwemera bene ubwo buryo bwo kwakirwa, nubwo bwose baba babikoranye umutima mwiza. N'abizera kandi bakwiriye kumwumva, ntibamuhatire

guhindura icyifuzo cye. Baba bishuka igihe bashaka kugerageza umugabura bamuha ibyokurya bizanira ibibazo umubiri. Hari impano z'ingenzi zagiye zibura muri ubwo buryo bitewe no gukora umurimo w'Imana; kandi benshi, nubwo bagaragara ko ari bazima, usanga babuze umugabane w'imbaraga no gukomera mu bushobozi bw'imibiri yabo. Abagabura, kurusha abandi bantu bose, bakwiriye kuzigama imbaraga z'ubwonko n'imyakura yabo. Bagomba kwirinda ibyokurya n'ibyokunywa byose bifite imbaraga zo guteza ubwiyabirire cyangwa gukabura imyakura y'umubiri. Kwikanga k'umubiri gukurikirwa n'indwara y'ubwihebe bukabije; umururumba mu mirire wijimisha ubwonko, kandi ugatuma intekerezo zigira ibibazo no guhuzagurika. Nta muntu ushobora kugira icyo ageraho mu by'umwuka igihe cyose atarubahiriza gahunda idakuka yo kwirinda mu mirire. Imana ntishobora kwemera ko Mwuka wayo Muziranenge abana n'abantu bakomeza kwinangira baca intege imibiri n'intekerezo zabo, mu gihe bagombye kuba bazi neza ibyokurya bakwiriye gufata kugira ngo bagire ubuzima bwiza. IMN 55.3

"Mujye Mukorera byose Guhimbaza Imana"

75. Intumwa Pawulo, ahumekewe na Mwuka w'Imana, yatwandikiye ati,
"ibyo mukora byose," yemwe n'igikorwa gisanzwe cyo kurya cyangwa kunywa, tugomba kugikora tutagamije guhaza umururumba, ahubwo tukagikora twumva ari inshingano yacu — "dukorera byose guhimbaza Imana." (1 Abakorinto 10:31). Buri mugabane wose w'umubiri wacu ugomba kurindwa; tugomba kwirinda kugira ngo tutagira ikintu dushyira mu gifu kikangiza intekerezo nziza kandi zitunganye zo mu bwonko bwacu. Bamwe baribaza bati, 'mbese umubiri wanjye sinawukorera ibyo nshaka?' Bisa nk'aho inama tubaha ari izigamije kubavutsa ikintu cyiza cyane, igihe tubabwira ko ari ngombwa kurya ibyokurya mu buryo bukwiriye, kandi ingeso zabo zikagendana n'ibyo amategeko y'Imana asaba. IMN 56.1

Hariho ibintu buri muntu wese afitiye uburenganzira. Buri wese afite uko asa n'ibimuranga bye bwite; nta muntu ushobora gusa n'undi. Kandi abantu bose bagomba gukora uko babyumva, bakurikije uko umutimanama wabo ubabwira. Ku byerekeranye n'inshingano dufite ndetse n'imbaraga zacu, byose tubikomora ku Mana kuko ari Yo dukesha ubuzima. Ibi ntitubikesha

umuntu, ahubwo tubihabwa n'Imana gusa. Turi abayo kuko yatwiremeye ikanaducungura. Imibiri yacu ntituyigengaho ku buryo twayikoresha uko tubyumva, tukaba twayiteza ubumuga bitewe n'ingeso zibasha kuyiremaza, ntibe igishobora gukorera Imana umurimo utunganye. Imibereho yacu n'ubushobozi dufite byose ni ibyayo. Ni Yo itwitaho buri kanya; ihora iyoboye imikorere y'umubiri wacu wose; iramutse ituretse ngo twiyobore ubwacu n'akanya gato, tubasha gupfa. Mu buryo budasubirwaho, tubeshejweho n'Imana. IMN 56.2

Dushobora kwiga icyigisho gikomeye igihe dusobanukiwe n'isano dufitanye n'Imana, hamwe n'isano Imana ifitanye natwe. Amagambo ngo, "Ntimuri abanyu ngo mwigenge, mwaguzwe igiciro cyinshi" (1 Abakorinto 6:19, 20), akwiriye guhora mu ntekerezo zacu, kugira ngo duhore tuzirikana uburenganzira Imana ifite ku mataranto yacu, ku byo dutunze, ubushobozi bwacu ku bandi, no kuri twebwe ubwacu. Tugomba kwiga uko twakwita kuri iyi mpano y'Imana, mu ntekerezo, mu bugingo, mu mubiri, ibyo Kristo yaguze akabigira ibye, kugira ngo tumukorere umurimo mwiza kandi unejeje. IMN 57.1

76. Umucyo wamurikiye inzira yanyu ku byerekeye ivugurura mu mirire, none inshingano ireba ubwoko bw'Imana bwo mur'iyi minsi iheruka ni ukwirinda muri byose. Nabonye ko mwebwe muri mu mubare w'abasigaye batarabona uwo mucyo, none mukaba mukeneye gukosora imirire yanyu, iminywere yanyu, n'imikorere yanyu yose. Igihe uwo mucyo w'ukuri uzakirwa kandi ugakurikizwa, uzasohoza umurimo wose w'ivugurura mu mibereho n'imico y'abantu bose bazaba bejejwe na wo. IMN 57.2

Isano n'Imibereho Yanesheje

77. Kurya, kunywa, no kwambara, byose bigira ingaruka ku iterambere ryacu mu bya Mwuka. IMN 57.3

78. Byinshi mu biribwa byaribwagwa n'abapagani byari ikizira ku Bisiraheli. Ibyo ntibyapfaga gutoranywa ku buryo bubonetse bwose. Ibintu byaziraga byababaga ari bibi. Kandi kuba byaravuzwe ko byanduye byatangaga icyigisho cy'uko gukoresha ibyo byokurya ari ikizira. Bivuga ko icyica umubiri gishobora no kwica ubugingo. Ntigituma ugikoresha ashobora kugirana umushyikirano n'Imana, ngo ashobore kuyikorera umurimo ukwiriye kandi utunganye. IMN 57.4

79. Mwuka w’Imana ntashobora kuza kudufasha ngo aboneze imico yacu ya Gikristo, mu gihe twiyandavurisha guhaza irari ryacu mu mirire twica ubuzima bwacu, tugengwa n’ishyari rirwanya ubugingo. IMN 57.5

80. Abafatanyije na kamere y’ubumana bazahunga ukononekara kuri muri iyi si gutewe n’irari. Ntibishoboka ko ababaswe n’umururumba bashyikira ukubonera kw’imibereho ya Gikristo. IMN 58.1

81. Uko ni ko kugirwa intungane by’ukuri. Ntabwo ari inyigisho gusa, ngo bibe ibiri mu mutima, cyangwa amagambo runaka, ahubwo ni amahame mazima, nyakuri, twakira mu mibereho yacu ya buri munsi. Bisaba ko ingeso zacu mu mirire, mu minywere no mu myambarire ziduha umutekano wo kurinda ubuzima bwacu bw’umubiri, intekerezo n’umutimanama, kugira ngo tumurikire Nyagasani imibiri yacu ifite ingeso zitangijwe no kwangirika, ahubwo imeze nk’ “ibitambo bizima, byera kandi bishimwa n’Imana.” IMN 58.2

82. Ingeso zacu mu mirire n’iminywere zerekana niba turi ab’isi cyangwa niba turi mu mubare w’abo Imana yatandukanyije n’ab’isi ikoresheje imbaraga ikomeye y’inkota y’ukuri kwayo. IMN 58.3

83. Kutirinda mu mirire yacu ni byo bidutera uburwayi, kandi bikiba Imana icyubahiro cyayo. Bitewe no kwanga kureka inarijye, benshi mu bwoko bw’Imana ntibababasha kugera ku rugero rukwiriye rw’iby’umwuka yabashyiriyeho, kandi n’iyo bihannye bagahindukira, imibereho y’iteka ryose izakomeza guhamya iby’igihombo bagize banga kureka inarijye. IMN 58.4

84. Mbega ukuntu abantu benshi bivutsa imigisha Imana ibabikiye yo kubaha ubuzima bwiza n’impano za Mwuka! Hariho benshi barwana ngo bagere ku nsinzi kandi babone imigisha idasanzwe kugira ngo bagire byinshi bageraho. Kugira ngo ibyo babigereho, bahora bumva ko bagomba kurwana intambara yo gusenga bafite agahinda kandi babogoza amarira. Iyo aba bantu bashakashaka mu Byanditswe basengera kugira ngo bamenye ubushake bw’Imana, maze bagakora ibyo Imana ishaka babikuye ku mutima, batizigamye, kandi batikunda, bazabona uburuhukiro mu mitima. Agahinda kose, amarira yose n’intambara barwana, ntibishobora kubazanira umugisha bifuza. Bagomba kubanza gusezerera inarijye burundu. Bagomba gukora umurimo uri imbere yabo, utuma babona ubuntu bwinshi Imana isezeranira abayisaba bizeye.IMN 58.5

Yesu agira ati, “Umuntu nashaka kunkurikira niyiyange, yikorere umusaraba we iminsi yose ankurikire” Luka 9:23. Nimureke dukurikire Umukiza wicishaga bugufi kandi akiyanga. Nimureke twerereze Umuntu w’I Kaluvari mu magambo no mu mibereho yera. Umukiza yiyegereza abemera kwiyegurira Imana. Niba hari igihe twakeneye ko Mwuka w’Imana akorana n’imitima n’imibiri yacu, ni iki turimo. Nimureke twemerere imbaraga y’ubushobozi mvajuru idushoboze kubaho imibereho yejejwe kandi yo kwitanga. IMN 59.1

85. Nk’uko ababyeyi bacu ba mbere babuze Edeni kubera irari ritewe n’umururumba, ibyiringiro byacu rukumbi byo kongera gusubizwa Edeni tubibonera mu kwifata twirinda irari n’ibyifuzo byacu. Kwifata mu mirire no kwigenzura mu mururumba tugira bizarinda ubwonko bwacu kandi bihe imbaraga intekerezo n’umutimanama wacu. Ibi kandi bishoboza abantu kwegurira ubushake bwabo imbaraga iruta izindi ikaba ariyo ibugenzura, ikabashoboza gutandukanya ukuri n’ikinyoma, icyera n’ikintu gisanzwe. Abasobanukiwe by’ukuri igitambo cya Kristo wemeye guhara iwe mu ijuru akaza muri iyi si kugira ngo imibereho ye ishobore kwereka umuntu ukuntu abasha kwirinda ikigeragezo, bazumva ko bagomba kwiyanga maze bagahitamo gufatanya na Kristo imibabaro ye. IMN 59.2

Kubaha Uwiteka ni ishingiro ry’ubwenge. Abanesha nk’uko Kristo yanesheje bazahora bakeneye kwirinda ibishuko bya Satani. Kubwo kugira umutimanama umurikiwe na Mwuka bazirinda irari n’umururumba, bagire intekerezo ziboneye, n’imbaraga y’ubushishozi, kugira ngo batabona imirimo n’ubuhendanyi bya Satani bakabyitiranya n’ibitangaza by’Imana. Benshi bifuza kuzahabwa ingororano n’intsinzi bigenewe abanesheje, nyamara ntibafite ubushake bwo kwihanganira imiruho, kwigomwa, no kwiyanga nk’uko Umucunguzi wabo. Kumvira no gukomeza umuhati wacu ni byo bizadushoboza gusa kunesha nk’uko Kristo yanesheje.IMN 59.3

Imbaraga y’irari itegeka ubushake bwa muntu ni yo izatuma ibihumbi byinshi by’abantu barimbuka, mu gihe iyo baza kuyitsinda, baba barabonye ubushobozi bw’umutimanama wo gutsinda urugamba kuri buri kigeragezo cya Satani. Ariko ababaye imbata z’irari ntibazabasha kugera ku butungane bw’imico ya Gikristo. Igicumuro cy’umuntu kimaze imyaka ibihumbi bitandatu cyazanye ingaruka z’uburwayi, umubabaro, n’urupfu. Kandi mu

gihe twegereza iherezo ry'ibihe, ibishuko bya Satani byo guteza abantu irari n'inda nini bizarushaho kugira imbaraga nyinshi kandi kubitsinda bibe ikintu kitoroshye. IMN 60.1

86. Uwishimira umucyo Imana yamuhaye ku ivugurura mu by'ubuzima azabona iby'ingenzi byo kumufasha mu murimo wo kumuhindura intungane binyuze mu kuri, kandi azaba ari umuntu witeguye kuzaragwa imibereho yo kudapfa. IMN 60.2

[Isano hagati y'imirire yoroheje n'ubushishozi mu by'umwuka — 119] IMN 60.3

[Kutabasha kugenzura irari bigabanya imbaraga yo kurwanya ibigeragezo — 237] IMN 60.4

[Urukuta rwo kwitegeka ntirugomba gusenyuka — 260] IMN 60.5

[Kurya inyama bicogoza iterambere ry'imbaraga mu by'umwuka — 655, 656, 657, 660, 682, 683, 684, 688]IMN 60.6

[Abatsinda irari bahabwa ubushobozi bwo kunesha ibindi bigeragezo — 253] IMN 60.7

[Ukuremwa kw'imico gucogozwa no kudafata neza igifu — 719]

2.ISANO Y'IMIRIRE KU NTEKEREZO

Ukwangirika kw'Intekerezo mu Bihe bya Mbere

87. Abantu babayeho mbere y'umwuzure baryaga ibyokurya bikomoka ku matungo, kandi bagashimishwa no guhaza irari ryabo kugeza ubwo bujurije igikombe cyabo, maze Imana yeza isi, iyihumanuraho umwanda wayo ikoresheje umwuzure.IMN 60.9

Icyaha cyari cyarabaye gikwira kuva ku gucumura k'umuntu akagwa. Nubwo abantu bakeya bari barakomeje kuba indahemuka ku Mana, umugabane munini warangije inzira zabo imbere y'Imana. Ukurimbuka kw'imigi ya Sodomu na Gomora kwatewe n'ububi bwabo bukabije. Biyandavurishije irari ryo kutirinda kwabo, n'ingeso z'ibyifuzo byabo byangiritse, kugeza ubwo bahindutse ba ruharwa mu kibi, maze ibyaha byabo bihinduka ikizira, mu buryo igikombe cyabo cy'ibibi cyuzuye, hanyuma bakongorwa n'umuriro uvuye mu ijuru. IMN 61.1

88. No muri iyi minsi yacu hariho ibyaha bimeze nk'ibyo mu minsi ya Nowa byatumye Imana isuka uburakari bwayo ku iyi si. Abagabo n'abagore b'iki gihe bahindutse abanyamururumba n'abasinzi bitewe n'imirire n'iminywere yabo. Icyo cyaha cy'umururumba cyahinduye ibyifuzo by'abantu bo mu gihe cya Nowa, bituma ingezo zabo zihinduka mbi, kugeza ubwo ubugizi bwa nabi n'ibyaha byabo bikabije bizamuka bikagera mu ijuru, maze Imana ihitamo kweza isi ikayikuramo uko guhumana ikoresheje umwuzure.IMN 61.2

Ibyaha nk'ibyo by'umururumba n'ubusinzi ni byo byagushije ikinya intekerezo z'abaturage b'i Sodomu, ku buryo abagabo n'abagore bo muri uwo murwa wangiritse bishimiraga gukora ibibi. Ni cyo cyatumye Kristo aburira abatuye isi agira ati, "No mu minsi ya Loti na yo byari bimeze bityo: bararyaga, baranywaga, baraguraga, barabibaga, barubakaga, maze umunsi Loti yavuye i Sodomu, umuriro n'amazuku biva mu ijuru biragwa, birabarimbura bose. Ni na ko bizamera umunsi Umwana w'umuntu azabonekeraho." Luka 17:28-30. IMN 61.3

Kristo yadusigiye hano icyigisho cy'ingenzi cyane. Mu nyigisho ze ntabwo yashyigikiye ubunebwe no gutwarwa n'iraha. Ubuzima bwe bwari

bunyuranye n’ibi. Kristo yari umukozi w’umunyamwete. Imibereho ye yaranzwe no kwiyanga, gukorana umwete, kwihangana, gukorera abandi, no kwirinda. Atwereka akaga kari mu gushyira inda imbere, tukayirutisha ibindi. Aduhishurira ingaruka yo kwemera gutegekwa n’irari ry’umururumba. Imbaraga z’ibitekerezo ziradohoka, maze icyaha ntigifatwe nk’icyaha. Ubugome burenzwa amaso, n’ibyifuzo bibi bigasigara byarigaruriye umutima, kugeza ubwo ikibi cyimuye iby’ukuri n’imikorere myiza, maze izina ry’Imana rigatukwa. Ibi byose ni ingaruka yo kugira umururumba mu mirire no mu minywere. Iyi ni yo miterere y’ibintu Yesu yavuze ko bizaba biriho mbere yo kugaruka kwe.IMN 61.4

Mbese abantu bazemera uyu muburo? Mbese bazishimira umucyo, cyangwa bazahitamo kuba imbata z’irari n’ibyifuzo bibi? Kristo yadushyize imbere ikintu cy’agaciro tugomba guharanira kuruta ibyo kurya n’ibyokunywa imibiri yacu ihora yifuza, ndetse n’imyambaro duhangayikira. Kurya, kunywa, no kwambara bihangayitse abantu birenze urugero ku buryo byabahindukiye ibicumuro, kandi bikaba bimwe mu byaha bigaragara byo mu minsi iheruka, bikaba n’ibimenyetso biranga kugaruka kwa Kristo. Igihe, amafaranga, n’imbaraga bigize umutungo w’Imana, nyamara ikaba yarawudutije, bipfushwa ubusa mu myambarire, mu guhaza irari mu mirire n’iminywere, bikagira ingaruka zo guca intege ubuzima, bikageza abantu mu mibabaro no mu rupfu. Ntibishoboka rero ko twatanga imibiri yacu ngo ibe ibitambo bizima byeguriwe Imana, igihe yuzuye kwangirika n’uburwayi bitewe n’imyifatire yacu yo kwishimira mu byaha. IMN 62.1

Ukwangirika Gutewe n’Irari ryo Kutitegeka

89. Abantu benshi batangazwa n’ukuntu mwenemuntu yagiye ahenebera ku mubiri, mu ntekerezo no mu mico mbonera. Ntibasobanukirwa ko uko guhenebera guterwa no kugomera itegekonshinga n’amategeko y’Imana, ndetse no kugomera amategeko agenga ubuzima. Uko kugomera Amategeko Cumi y’Imana gutuma ibakuraho ikiganza cyayo cy’imigisha.IMN 62.2

Ukutirinda mu mirire no mu minywere, no kwijandika mu ngeso mbi, byatumye umubiri n’intekerezo bigwa ikinya, ku buryo ibyera n’ibyanduye bisigaye bifatwa kimwe. IMN 63.1

90. Abafata icyemezo kibaturutseho cyo kuba imbata z'umururumba, akenshi bagenda barushaho gushayisha, maze bakiyandavuza ibyifuzo byabo byangiritse, kandi byangijwe no kutirinda mu mirire n'iminywere yabo. Baha umudendezo ibyifuzo byabo bigayitse kugeza ubwo ubuzima bwabo n'intekerezo zabo bihahababarira bikomeye. Ubushobozi bwabo bwo gutekereza burushaho kwangirika ku rwego rwo hejuru bitewe n'akamenyero ko kuba mu bibi. IMN 63.2

91. Kugira igihe gihindagurika mu mirire n'iminywere, n'ingeso mbi yo kwambara nabi, byangiza ubwonko, bigahindanya umutima kandi bigatera ingeso zitunganye z'umuntu guhinduka zikajya mu bubata bw'ingeso za kinyamaswa. IMN 63.3

92. Abavuga ko ari abantu b'Imana ntibakwiriye kutita ku buzima bw'imibiri yabo, ngo maze bishyigikire bavuga ko ukutirinda atari icyaha, kandi ko bidafitanye isano n'imibereho yabo y'iby'umwuka. Hari isano y'imikoranire hagati y'umubiri n'intekerezo zikorana na Mwuka. Igipimo cy'ingeso z'umuntu kibasha kujya ejuru cyangwa kigaheneberezwa n'iby'umubiri we wimenyereje. Kurya bikabije indyo irusha izindi kuba nziza biremaza amarangamutima yo mu ntekerezo. Kandi n'igihe indyo itaboneye, na bwo bigira ingaruka zibabaza umubiri. Akamenyero kose kadatuma umubiri ukora neza gahenebereza ubushobozi bwawo butunganye kandi bwo hejuru. Akamenyero kabi mu mirire no mu minywere kaganisha umuntu mu gukora amakosa mu ntekerezo no mu bikorwa. Umururumba wongera imbaraga za kinyamaswa, zigakora ku ntekerezo no ku bushobozi bw'iby'umwuka. IMN 63.4

Intumwa Petero atugira inama ati, "Ncuti nkunda, ndabihanangiriza … kugira ngo mwirinde irari muterwa na kamere yanyu rirwanya ubugingo bwanyu." (1 Petero 2:11). Benshi babona ko uyu muburo ureba gusa abatagira umutima. Nyamara ufite ubusobanuro bwagutse. Uturarikira kurinda ubugingo bwacu ikintu cyose cyabwangiza bitewe no kwishimira irari cyangwa ibyifuzo bibi. Ni umuburo urusha iyindi uturarikira kwifata tukirinda ibintu byose bikabura umubiri n'ibiyobyabwenge nk'icyayi, ikawa, itabi, inzoga, urumogi, n'indi miti yica ubwenge. Ibyo bikurura imibiri bishobora gushyirwa mu mubare w'ibiteza irari rizanira intekerezo z'umuntu ingaruka zikomeye kandi zica cyane. Uko izo ngeso ziterwa n'irari zitangira kwirema rugikubita, niko zizagenda zihambira umuntu zikamugira imbata

y'irari iterwa na kamere, bityo zikarushaho kugenda zigabanya igipimo cy'umuntu mu by'umwuka. IMN 64.1

93. Mukeneye kwirinda muri byose. Mujye mumenyereza gukoresha ubushobozi bwo hejuru bw'intekerezo zanyu, ibyo bizatuma imbaraga za kinyamaswa zicika intege. Ntibishoboka ko imbaraga z'iby'umwuka ziyongera mu gihe mudategeka irari n'ibyifuzo byanyu bibi. Nicyo gituma intumwa ihumekewe yavuze aya magambo ngo, "Ahubwo mbabaza umubiri wanjye nkawukoresha agahato, kugira ngo ntazamara kwigisha abandi naho jye ngasigara ntemewe." (1 Abakorinti 9:27, BII). IMN 64.2 Mwenedata, kanguka wowe, ndagusabira, maze ureke umurimo wa Mwuka w'Imana ugucengeremo cyane aho kugarukira inyuma; reka ugere ku isoko ya buri gikorwa cyawe cyose. Icyo ukeneye cyane ni ugushikama ku mahame no kugira imbaraga y'ibikorwa mu by'umwuka n'iby'umubiri. Umuhati wawe ubuze ubwitange. Mbega ukuntu abantu badashaka kureka irari ryabo ari benshi kandi iby'umwuka byabo bikarushaho kugenda bigabanuka! Imyakura y'ubwonko bwabo igenda isinzira kandi bagasa nk'abaguye ikinya kubera umururumba mu mirire yabo. Bene abo iyo bagiye mu nzu y'Imana ku munsi w'Isabato, usanga basinzira. Imbaraga irarika ntibasha no gukangura ubwenge bwabo. Ndetse n'iyo ijambo ry'ukuri ryigishanywa imbaraga ya Mwuka ntiribasha kubakangura mu bitotsi by'intekerezo baba bafite ngo babone umucyo ubamurikira. Mbese bene aba bantu bigeze biga guhesha Imana ikuzo muri byose? IMN 65.1

Ingaruka z'Imirire Yoroheje

94. Iyaba abavuga ko bakurikiza amategeko y'Imana batagiraga icyaha, umutima wanjye watuza; ariko ntabwo ariko bameze. Kuko bamwe mu bavuga ko bakurikiza amategeko yose icumi bica itegeko ryo kwirinda ubusambanyi. Ni iki nakora ngo nkangure imitima yabo yaguye ikinya? Icyabarinda ni kimwe gusa, ni uko imitima yabo yahora izirikana amahame akubiye mu mategeko ayobora imyitwarire yabo. Niba hariho igihe tubona ko abantu bagomba kwita ku mirire yoroheje, ni iki turimo. Ntidukwiriye guha abana bacu inyama, kuko zigira ingaruka zo gukangura no kongera ibyifuzo bibi, kandi zikagabanya ubushobozi bw'intekerezo. Ibinyampeke n'imbuto bitateguranywe amavuta y'amatungo kandi bigategurwa mu buryo busanzwe bwa karemano, ni byo bikwiriye kuba ibyokurya by'abitegura

kuzajya mu ijuru. Uko ibyokurya biba bidafite ibikabura umubiri, ni ko byorohera umubiri gutegeka ibyifuzo byawo bibi. Ntidukwiriye kwishimira uburyohe ngo tuburutishe amagara mazima mu by'umubiri, ubwenge cyangwa intekerezo. IMN 65.2

Gutwarwa n'ibyifuzo bibi byagiye bijyana benshi mu mwijima ntibarebe umucyo; kuko batinya kureba ibyaha batifuza kureka. Nyamara bose babasha kureba niba babyifuza. Nibahitamo umwijima bakawurutisha umucyo, ububi bwabo buzarushaho kwiyongera. Ariko se ni kuki abagabo n'abagore badasoma ngo bahinduke abanyabwenge muri ibi bintu, kandi bifite ingaruka ku mibiri yabo, ubwenge n'imbaraga zabo? Imana yabahaye ingando bagomba gufata neza, bakayirinda mu buryo bwose bushoboka kugira ngo bashobore kuyikorera umurimo no kuyihesha ikuzo.IMN 66.1

Kwirinda Bidufasha Gutegeka Intekerezo

95. Ibyokurya byanyu ntabwo byoroheje kandi ntibiboneye ku buzima bwanyu ku buryo byakorera umubiri amaraso y'ubwoko bwiza cyane. Amaraso mabi yijimisha ubushobozi bw'intekerezo n'ubuhanga, agakangura kandi agaha imbaraga ibyifuzo bibi bya kamere yanyu. Nta n'umwe muri mwe ukwiriye gukoresha imirire ifite ibikabura umubiri; kuko ishobora kuzanira akaga umubiri wawe, ikananiza iterambere ry'ubugingo bwawe n'ubw'abana bawe. IMN 66.2

Mutegura ku meza yanyu ibyokurya biteza ikigeragezo imyanya y'urwungano ngogozi, bigakangura ibyifuzo bya kinyamaswa, kandi bigaca intege ubushobozi bw'intekerezo n'ubuhanga. Ibyokurya bifite ibinure byinshi n'inyama ntibibafitiye umumaro na mba… IMN 66.3

Ndabinginga, kubwa Kristo, ngo mushyire gahunda mu ntekerezo zanyu no mu ngo zanyu. Mureke ukuri mvajuru kwerereze intekerezo zanyu, kubeze mwebwe ubwanyu, ubugingo bwanyu, imibiri yanyu, n'umwuka wanyu. 'Mwirinde irari ry'umubiri rirwanya ubugingo.' Mwenedata G, imirire yawe iri hafi gukurura imbaraga zikangura ibyifuzo bibi mu mubiri wawe. Ntabwo utegeka umubiri wawe nk'uko ari inshingano yawe ngo ubikore kubwo gushaka kwera no kubaha Imana. Ugomba kwirinda mu mirire kugira ngo ubashe kuba umuntu wihangana. IMN 67.1

96. Ntabwo isi ari yo ikwiriye kuduha urugero tugenderaho. Isi yerekana ko ibyokurya bigezweho ari ibitera ipfa kandi bifite ibinure ndetse biteguranywe ibikabura umubiri, bityo bigaha umubiri imbaraga ya kinyamaswa maze bigasigingiza iterambere ry'ubushobozi bw'intekerezo. Nta rindi sezerano ryo gutsinda intambara ya Gikristo ryahawe umwe mu bahungu cyangwa abakobwa ba Adamu uretse gusa baramutse bafashe icyemezo cyo kwirinda muri byose. Nibakora ibyo, urugamba barwana ntiruzaba ari imfabusa. IMN 67.2

Niba Abakristo bakoresheje imibiri yabo agahato (1 Kor 9:27), bakareka irari ryabo n'ibyifuzo byabo byose uko byakabaye bigategekwa n'umutimanama umurikiwe na Mwuka, bakumva yuko inshingano bafite imbere y'Imana n'imbere ya bagenzi babo ari ukumvira amategeko agenga ubuzima buzira umuze n'imibereho yabo, bazabona imigisha y'imbaraga z'umubiri n'ubwenge. Bazagira ubushobozi bw'intekerezo zibashoboza kurwanya Satani; kandi mu Izina rya wa Wundi watsinze irari ku bwabo, bazarushaho kuba abaneshi ku giti cyabo. Uru rugamba ruri imbere y'abantu bose biyemeza kururwana. IMN 67.3

[Ingaruka y'imirire y'inyama ku bushobozi bw'intekerezo — 658, 683, 684, 685, 686, 687] IMN 67.4

[Urugo rwo mu giturage — isano yarwo n'imirire n'umutimanama — 711] IMN 68.1

[Kubura imbaraga z'ibitekerezo bitewe n'umururumba w'abana mu mirire n'iminywere — 347]IMN 68.2

[Ibyokurya bitera umubiri ubwiyabirire, ubukana n'umushiha — 556, 558, 562, 574] IMN 68.3

[Umururumba mu mirire ucogoza imbaraga z'intekerezo — 231]

IGICE CYA 3 - IVUGURURA MU BY'UBUZIMA N'UBUTUMWA BWA MARAYIKA WA GATATU

Nk'uko Ikiganza Gifitanye Isano n'Umubiri

97. Ku itariki 10 Ukuboza 1871, nongeye kwerekwa ko ivugurura mu by'ubuzima ari umugabane umwe w'umurimo ukomeye ugamije gutegurira abantu gusanganira Umwami Yesu. Ufitanye isano y'isanga n'ingoyi n'ubutumwa bwa marayika wa gatatu, nk'uko ikiganza kiyifitanye n'umubiri. Ntabwo umuntu yahaye agaciro Amategeko Cumi; ariko Uhoraho ntazaza guhana abagomera ayo mategeko atabanje kubohereza ubutumwa bw'umuburo. Ubwo butumwa bwamamazwa na marayika wa gatatu. Iyo abantu baza kumvira Amategeko Cumi y'Imana, imibereho yabo igakurikiza ibyo ayo mategeko asaba, nta muvumo w'akaga k'indwara zuzuye isi uba uriho.IMN 68.5

Gutegurira Abantu Gusanganira Yesu

Abagabo n'abagore ntibashobora kwica amategeko agenga ibyaremwe binyuze mu kuba abanyamururumba no kubatwa n'irari ribi hamwe n'ibyifuzo bibi, ngo maze bareke no kugomera amategeko y'Imana. Niyo mpamvu Imana yemeye ko tugerwaho n'umucyo w'ubugorozi mu byo kwitungira amagara mazima, kugira ngo tumenye icyaha cyacu igihe tugomeye amategeko yishyiriyeho ubwayo ngo agenge imibereho yacu. Ibyishimo tugira n'agahinda tugira byose bituruka ku kumvira kwacu cyangwa kutumvira amategeko y'ibyaremwe. Data ubuntu bwinshi wo mu ijuru ahora areba imibereho ibabaje abantu babamo, bamwe babizi naho abandi benshi batabisobanukiwe, iterwa no kugomera amategeko yashyizeho. Maze kubwo urukundo n'imbabazi igirira ikiremwamuntu, ituma umucyo wayo kubamurikira ikabohereza ivugurura mu by'ubuzima buzira umuze. Yerekanye amategeko yayo, n'igihano kigendana no kuyagomera, kugira ngo bose bamenye, kandi bitwararike mu kubaho imibereho ihuje n'amategeko y'ibyaremwe. Yatangaje ku mugaragaro amategeko yayo kandi iyashyira ahabona, ku buryo ameze nk'umudugudu wubatse mu mpinga y'umusozi. Abantu bose barebwa na yo babasha kuyasobanukirwa baramutse babishatse. Abantu b'ibiburabwenge ntibarebwa na yo. Umurimo wa marayika wa gatatu ugamije kwamamaza ayo mategeko no

kurarikira abatuye isi kuyumvira, kugira ngo abantu bategurirwe gusanganira Umwami ugiye kugaruka bidatinze.

Gutsindwa kwa Adamu — Gutsinda kwa Kristo

Adamu na Eva batsinzwe n'irari ryo kutirinda. Kristo yaraje maze arwana ashikamye n'ikigeragezo kirenze cya Satani, hanyuma, kubwa mwenemuntu, atsinda irari, bityo yereka umuntu ko na we ashobora gutsinda. Nk'uko Adamu yatsinzwe n'irari, bityo akabura Paradiso nziza ya Edeni, ni ko bene Adamu, binyuze muri Kristo, babasha gutsinda irari kandi kubwo kwirinda muri byose, bakazongera gusubizwa Edeni. IMN 70.1

Ubufasha Butuma Dushishoza Tukamenya Ukuri

Ubujiji ntibushobora muri iki gihe kuba urwitwazo rwo kugomera amategeko. Twabonye umucyo uhagije, ku buryo nta n'umwe ukwiriye kuba mu bujiji, kuko Imana ikomeye Ubwayo ari Yo Mwigisha. Abantu bose bafite inshingano yera imbere y'Imana yo kwerekana ukuri kuzuye n'imibereho nyakuri Imana yabahaye binyuze mu ivugurura mu by'ubuzima. Yagennye ko ingingo ikomeye y'ivugurura mu by'ubuzima igomba kugibwaho impaka, maze rubanda rugakangukira kuyiga bihagije; kuko bitashobokera abagabo n'abagore, bitewe n'ingeso zabo z'ubunyacyaha no kwica imibiri yabo hamwe no kwangiza ubwonko bwabo, kubasha gushishoza bakamenya ukuri gutunganye, ari ko gushobora kubagira intungane, bakabonezwa, bakaba abantu biyubashye, kandi bakwiranye n' umuryango w'abamarayika b'ijuru mu bwami bw'ikuzo… IMN 70.2

Kwezwa cyangwa Guhanwa

Intumwa Pawulo itera umwete itorero igira iti, "Nuko bene Data, ndabinginga kubw'imbabazi z'Imana ngo mutange imibiri yanyu, ibe ibitambo bizima byera bishimwa n'Imana, ari ko kuyikorera kwanyu gukwiriye." (Abaroma 12:1). Bityo rero, abantu babasha kuboneza imibiri yabo yahindanyijwe n'imigenzereze mibi y'ibyaha. Igihe banduye, ntibashobora kuramya Imana mu buryo bukwiriye, kandi ntibashobora kuba

mu ijuru. Niba umuntu yishimira umucyo Imana yatanganye imbabazi zayo w'ivugurura mu by'ubuzima, azabasha kwezwa n'ukuri, maze abe ukwiriye ubugingo buhoraho. Ariko natita kuri uwo mucyo, maze akarangwa no kugira imibereho igomera amategeko y'ibyaremwe, agomba kuzabona igihano. IMN 70.3

Ishusho y'Umurimo wa Eliya na Yohana

98. Uhoraho yakomeje guhamagarira abantu be kwita ku bugorozi mu by'ubuzima mu gihe cy'imyaka myinshi. Uyu ni umwe mu migabane ikomeye igomba kuranga umurimo wo guteguriza abantu gusanganira Umwana w'umuntu. Akoreshejwe na Mwuka n'ubushobozi umuhanuzi Eliya yari afite, Yohana Umubatiza yakomeje umurimo wo gutegura inzira y'Uhoraho, kugira ngo agarure abantu ku bwenge no ku gukiranuka. Yari ahagarariye abazaba bariho muri iyi minsi y'imperuka, abo Imana yashinze kugeza ku bantu ukuri kwera, bagategura inzira yo kugaruka kwa Kristo. Yohana yari umugorozi. Marayika Gaburiyeli, aturutse mu ijuru, yahaye ababyeyi bombi ba Yohana amabwiriza yerekeranye n'ivugurura mu by'ubuzima. Yababwiye ko umuhungu wabo adakwiriye kuzanywa vino cyangwa igisindisha, kandi ko azuzuzwa Mwuka Muziranenge kuva akivuka. IMN 71.1

Yohana yitandukanyije n'incuti ndetse n'ibinezeza byo muri ubu buzima. Imyambarire ye yoroheje, yari igizwe n'ikanzu iboshye mu ruhu rw'ubwoya bw'ingamiya, yari igishinja ku myambarire y'Abatambyi b'Abayahudi bambaraga iby'imirimbo igamije gukabya no kwiyerekana. Imirire ye, yari igizwe gusa n'ibimera, n'isanane hamwe n'ubuki bw'ubuhura, yari igishinja ku mirire yuzuye umururumba, n'ubusambo bw'inda nini bwari gikwira ahantu hose icyo gihe. IMN 71.2

Umuhanuzi Malaki avuga ati, "Dore nzabohererereza umuhanuzi Eliya, umunsi w'Uwiteka ukomeye kandi uteye ubwoba utaragera. Uwo ni we uzasanganya imitima y'abana n'iya ba se." (Mal. 3:23, 24). Ahangaha umuhanuzi agaragaza ubwoko bw'umurimo ugomba gukorwa. Abagomba gutegura inzira yo Kugaruka kwa Kristo bagereranywa n'umukiranutsi Eliya, nk'uko Yohana yaje arangwa na Mwuka wari muri Eliya, ategura inzira yo kuza kwa mbere kwa Yesu Kristo.IMN 71.3

Ingingo ikomeye y'ivugururura (ubugorozi) mu by'imirire igomba kwigishwa ikagibwaho impaka, maze intekerezo z'abantu zigakorwaho. Kwirinda muri byose bigomba kuba isanga n'ingoyi n'ubutumwa, gukura abantu b'Imana mu bigirwamana byabo, mu mururumba, ubusambo n'inda nini, no kwaya mu myambarire ndetse n'ibindi bintu. IMN 72.1

Itandukaniro Rihabanye

Kwiyanga, kwicisha bugufi no kwirinda abakiranutsi basabwa kugira, abo Imana iyobora kandi igaha umugisha, kugomba kugaragara imbere y'abantu ko kunyuranye by'ihabya n'ingeso zo kwaya, kwica ubuzima biranga abariho muri iki gihe cy'ubuhenebere. Imana yanyeretse ko ivugururura mu by'ubuzima ari isanga n'ingoyi n'ubutumwa bwa marayika wa gatatu, nk'uko ikiganza cyomatanye n'umubiri. Nta handi hantu ubona impamvu ikomeye yo guhenebera k'umubiri n'ubwenge nk'igihe abantu bakerensa iyi ngingo y'ingenzi. Abarangwa no kugira umururumba no kwishimira ibibi, maze bagafunga amaso ngo batabona umucyo kubwo gutinya kureba ibibi birengagije kureka, baba bafite igicumuro imbere y'Imana. IMN 72.2

Umuntu wese utera umugongo umucyo mu kintu runaka aba anangira umutima we kwanga umucyo no mu bindi bintu. Umuntu wica amabwiriza yerekeranye n'imirire n'imyambarire, aba ategura inzira yo kwica ibyo Imana isaba byo kuzaduhesha inyungu z'iteka ryose… IMN 72.3

Abantu Imana iyoboye bagomba kuba ubwoko bwayo bwihariye. Ntibagomba kwitwara nk'ab'isi. Ariko nibakurikiza amabwiriza y'Imana, bazasohoza imigambi ibafitiye, maze biyegurire ubushake bwayo. Kristo azatura mu mitima yabo. Urusengero rw'Imana ruzaba urwera. Intumwa iragira iti, umubiri wawe ni urusengero rwa Mwuka Muziranenge. IMN 72.4

Imana ntisaba abana bayo kwiyanga ku buryo bababaza imbaraga z'umubiri wabo. Ibiri amambu, ibasaba kumvira amategeko yo mu byaremwe, ngo barinde ubuzima bw'imibiri yabo. Yabahaye inzira bagomba kunyuramo, kandi ni inzira ihagije kuri buri Mukristo wese. Imana yadupfumbaturiye ikiganza cyayo cyuje imigisha, iduha ibyiza byayo byinshi kandi binyuranye, bituma tubaho kandi tukishima. Ariko kugira ngo

tunyurwe n’ibigomba kuturyohera mu buryo busanzwe, ari byo bizatuma twitungira amagara mazima, yashyizeho urubibi ku irari ry’ubwo buryohe. Iratubwira iti, Itonde, wirinde, wange irari ridasanzwe. Iyo dukomeje kugira irari ribi, tuba twishe amategeko agenga imibereho yacu, tukaba ba nyirabayazana b’imikoreshereze mibi y’imibiri yacu, kandi tukikururira indwara. IMN 73.1

Ha Umwanya Ukwiriye Umurimo w’Ubuzima bwiza

99. Ukutita ku bitabo bivuga iby’ubuzima kwaranze abantu benshi ni ikosa imbere y’Imana. Ubushake bw’Imana si ugutandukanya umurimo w’ubuzima n’umurimo mugari itorero ryayo ryahawe. Ukuri kw’iki gihe gushingiye ku murimo w’ivugurura mu by’ubuzima nk’uko kuboneka no mu bindi byiciro by’umurimo w’ubutumwa bwiza. Nta cyiciro na kimwe cyabasha gutandukanywa n’ibindi ngo kibe cyuzuye.IMN 73.2

Ubutumwa bwiza bw’ubuzima bufite abavugizi bashoboye, nyamara umurimo wabo wazitijwe n’uko benshi mu bagabura, abayobozi ba za Filidi na Konferansi, n’abandi bayobozi bafite imyanya ikomeye bananiwe kwita ku kibazo cy’ivugurura mu by’ubuzima. Ntibamenye isano icyo kibazo gifitanye n’umurimo w’ubutumwa bashinzwe nk’uko ukuboko kw’iburyo kuyifitanye n’umubiri. Nubwo benshi mu bizera na bamwe mu bagabura bagaragaje ko bitaye kuri icyi cyiciro ariko ku buryo bworoheje, Uhoraho yerekanye ko acyitayeho akomeza kugihundagazaho umugisha.IMN 73.3

Iyo uyobowe uko bikwiriye, umurimo w’ubuzima uhinduka icyanzu kinyurwamo n’ukuri kukagera ku mitima ya benshi. Igihe ubutumwa bwa marayika wa gatatu buzaba bwakiriwe uko bwakabaye, ivugurura mu by’ubuzima rizahabwa umwanya waryo mu nama za Filidi, mu mirimo y’itorero, mu ngo, ku meza, no mu mirimo yose ikorerwa mu rugo. Ubwo rero ikiganza cy’iburyo kizafasha kandi kirinde umubiri. IMN 74.1

Ariko igihe umurimo w’ubuzima uzaba wahawe umwanya ukwiriye mu iyamamaza ry’ubutumwa bwa marayika wa gatatu, abawurwanira ntibazongera kuvunika bashaka ko uhabwa umwanya mu butumwa.IMN 74.2

Dukeneye Kwitegeka

100. Imwe mu ngaruka zibabaje cyane z'icyaha cy'inkomoko zabaye iz'uko umuntu yatakaje ubushobozi bwo kwitegeka. Umuntu aramutse asubiranye ubwo bushobozi, yabasha kugera ku iterambere rifatika. IMN 74.3

Umubiri ni yo nzira rukumbi ituma intekerezo n'ubugingo bitera imbere kugira ngo imico ibashe kubakwa. Niyo mpamvu umwanzi w'ubugingo ahora ateza ibigeragezo ubushobozi bw'umubiri awuca intege akanawusigingiza. Gutsinda kwe bivuga ko tuba twemeye guha umubi impagarike yacu yose ngo ayigenge. Igihe ibyifuzo bya kamere y'umubiri wacu bitagengwa n'ubushobozi mvajuru byazawuzanira urupfu no kurimbuka. IMN 74.4

Umubiri ugomba gutegekwa. Tugomba gutegeka imbaraga z'ubushobozi bw'ukubaho kwacu kose. Ibyifuzo byacu bigomba kugengwa n'ubushake bugendera munsi y'ubutware bw'Imana. Ubushobozi bw'intekerezo zacu, zejejwe n'ubuntu mvajuru, ni bwo buzayobora imibereho yacu. IMN 74.5 Ibyo Imana idusaba ni byo bikwiriye kuba mu mutimanama wacu. Abagabo n'abagore bagomba gukanguka bagasobanukirwa inshingano yabo yo kwitegeka, kugira imibereho iboneye, kwibohora ku irari ryose ribi n'ingeso yose yanduye. Bakeneye kubona yuko ubushobozi bwose bw'intekerezo zabo n'imibiri yabo ari impano bahabwa n'Imana, kandi ko bagomba kubirinda mu buryo bwose bushoboka kugira ngo bikore umurimo w'Imana. IMN 75.1

Abagabura n'Abizera Bagomba Gukorera Hamwe

101. Umugabane umwe w'ingenzi w'umurimo w'ubugabura ushingiye ku kwereka abizera mu buryo bukiranuka amahame y'ivugurura mu by'ubuzima, nk'uko yomatanye n'ubutumwa bwa marayika wa gatatu, nk'umugabane w'uwo murimo. Bakwiriye ubwabo kwakira iryo vugurura rikayobora imibereho yabo, ndetse bakararikira n'abandi bavuga ko bemera ukuri kuyakira. IMN 75.2

102. Neretswe ko ivugurura mu by'ubuzima rigize umugabane w'ubutumwa bwa marayika wa gatatu, kandi ko ari insanga n'ingoyi n'ubwo butumwa, nk'uko ikiganza n'ukuboko bimeranye n'umubiri. Nabonye ko twebwe nk'abizera bagize itorero ry'Imana tugomba gutera intambwe tujya mbere muri uyu murimo ukomeye. Abagabura n'abizera bagomba gukorera hamwe. Ntabwo abantu b'Imana biteguye kumva ijwi rirenga rya marayika wa gatatu. Bafite umurimo w'ingenzi bagomba gukora ubwabo badakwiriye kurekera Imana ngo iwubakorere. Uyu murimo yarawubasigiye ngo bawukore. Buri wese agomba kuwugiramo uruhare; nta wubasha kuwukora mu cyimbo cy'undi. IMN 75.3

Umugabane umwe, Aho kuba Ubutumwa Uko Bwakabaye

103. Umurimo w'ivugurura mu by'ubuzima ufitanye isano ikomeye n'umurimo w'ubutumwa bwa marayika wa gatatu, ariko na none si ubutumwa. Ababwiriza bacu bakwiriye kwigisha inyigisho z'ivugurura mu by'ubuzima, ariko ntibazigire ibyigisho by'ibanze ngo bifate umwanya w'ubutumwa. Umwanya w'izo nyigisho hamwe n'izindi gahunda zimeze nkazo ni uwo guteguza abantu igikorwa cyo gukurikira ubutumwa buba bwateguwe. Muri izo gahunda z'ibanze, inyigisho ku ivugurura mu by'ubuzima ni ikintu cy'ingenzi cyane. Dukwiriye kwita kuri buri murimo w'ivugurura tukawukorana umwete, ariko kandi tukirinda kwerekana ko tuwujenjekeye, tukanirinda kugwa mu mutego w'ubwaka. IMN 75.4

104. Umurimo w'ivugurura mu by'ubuzima ufitanye isano ikomeye n'ubutumwa bwa marayika wa gatatu nk'iyo ukuboko gufitanye n'umubiri; ariko ukuboko ntigushobora kujya mu mwanya w'umubiri. Kwamamaza ubutumwa bwa marayika wa gatatu, amategeko y'Imana no guhamya Yesu, ni umutwaro w'umurimo wacu. Ubutumwa bugomba kwamamazwa mu ijwi riranguruye, kandi bukagera ku batuye isi yose. Kwigisha amahame y'ubuzima bigomba kugendana n'ubu butumwa, ntibigomba gutandukana na bwo, cyangwa ngo bishyirwe mu mwanya wabwo. IMN 76

Isano y'Ivugurura mu by'Ubuzima n'Ibigo by'Ubuvuzi

105. Amavuriro yashyizweho agomba gukorana no kuzuzanya mu buryo bw'isanga n'ingoyi n'Ubutumwa bwiza. Uhoraho yatanze amabwiriza

avuga ko umurimo w'Ubutumwa bwiza ugomba gutezwa imbere; kandi Ubutumwa bwiza bukubiyemo ivugurura ry'ubuzima mu migabane yaryo yose. Umurimo wacu ni uwo kumurikira iyi si, kuko irushaho kwijimishwa n'imiyaga igenda yaduka, itegurira inzira ibyago biheruka Imana izemera ko bigera ku iyi si. Abarinzi bakiranuka b'Uhoraho bagomba kuburira abatuye isi… IMN 76.1

Ivugurura mu by'ubuzima rigomba guhabwa umwanya w'ingenzi mu iyamamazwa ry'ubutumwa bwa marayika wa gatatu. Amahame y'ivugurura ry'ubuzima aboneka mu ijambo ry'Imana. Ubutumwa bwiza bw'ubuzima bugomba komatana n'umurimo w'Ijambo ry'Imana. Umugambi w'Imana ni uko imbaraga y'ivugurura mu by'ubuzima igomba kuba umugabane ugize iyamamaza rikomeye kandi riheruka ry'Ubutumwa bwiza. IMN 76.2

Abaganga bacu bagomba kuba abakozi b'Imana. Bagomba kuba abantu bafite ububasha bwejejwe kandi bwahinduwe n'ubuntu bw'Imana. Imikorere yabo igomba kuba igendana n'ukuri kugomba kugezwa ku batuye isi. Umurimo w'ivugurura mu by'ubuzima, ufatanyije mu buryo bwuzuye n'umurimo w'Ubutumwa bwiza, ugomba guhishura ububasha bw'Imana yawutanze. Biturutse ku mbaraga y'Ubutumwa bwiza, umurimo w'ivugabutumwa mu by'ubuvuzi uzazana ivugurura rikomeye. Ariko umurimo w'ivugabutumwa mu by'ubuvuzi nutandukanywa n'Ubutumwa bwiza, umurimo uzacumbagira. IMN 77.1

106. Ibigo byacu by'amavuriro n'amatorero yacu bibasha kugera ku rwego rwo hejuru rw'ubutungane. Inyigisho z'ubugorozi mu by'ubuzima zigomba kwigishwa kandi zigakurikizwa n'abizera bacu. Uhoraho araduhamagarira kugira ivugurura mu mahame y'ubugorozi mu by'ubuzima. Abadiventisti b'Umunsi wa Karindwi dufite umurimo udasanzwe twahawe gukora nk'intumwa, kugira ngo ufashe ubugingo n'imibiri by'abantu. IMN 77.2

Kristo yavuze ku bwoko bwe ati, "Muri umucyo w'isi." (Matayo 5:14). Turi ubwoko bwahamagawe n'Imana ngo twamamaze inyigisho z'ukuri mvajuru. Umurimo uhebuje kandi wera wigeze uhabwa abantu buntu ni uwo kwamamaza ubutumwa bwa marayika wa mbere, wa kabiri, n'uwa gatatu kuri iyi si yacu. Mu migi yacu minini, hagomba kubamo ibigo by'ubuzima bigamije kwita ku barwayi no kwigisha amahame y'ivugurura mu by'ubuzima. IMN 77.3

Icyanzu Tugomba Kunyuramo

107. Nabwirijwe ko tutagomba gutinda gukora umurimo ukeneye gukorwa werekeranye n'ivugurura mu by'ubuzima. Binyuze muri uyu murimo, tugomba kugera ku bantu batuye ku misozi n'abari mu bibaya.IMN 77.4

108. Nabonye ko kubwo ubushake bw'Uwiteka, umurimo w'ivugabutumwa w'ubuvuzi ugomba kutubera icyanzu gikomeye tunyuramo, kugira ngo n'abarwayi bagerweho. IMN 78.1 **Gukuraho Urwikekwe — Kongera Ubushobozi**

109. Iyaba abantu barushagaho guha agaciro ivugurura mu by'ubuzima, amenshi mu magambo y'urwikekwe atuma ukuri gukubiye mu butumwa bwa marayika wa gatatu kutagera kuri benshi yata agaciro. Igihe abantu bazakangukira iyi ngingo, inzira yo gusobanukirwa ukundi kuri izaba imaze gutegurwa. Abantu nibabona ko turi abahanga mu byo kugira ubuzima bwiza, bazaba biteguye no kutwizera igihe tuvuga iby'amahame ya Bibiliya twigisha. IMN 78.2

Uyu mugabane w'umurimo w'Umwami ntiwitaweho uko bikwiriye, kandi kubwo kuwukerensa, hari byinshi abantu babuze. Itorero niriramuka rishyize umwete mwinshi mu murimo w'amavugurura Imana ishaka gukoresha iritegurira kugaruka kwayo, imbaraga z'abizera zizarushaho kwiyongera kurenza uko ziri ubungubu. Imana yavuganye n'abantu bayo, kandi yiteze ko bayitegera amatwi bakumvira ijwi ryayo. Nubwo ivugurura mu by'ubuzima ubwaryo atari ubutumwa bwa marayika wa gatatu, byombi bifitanye isano y'isanga n'ingoyi.

Abantu bose babwiriza ubutumwa bakwiriye no kwigisha inyigisho z'ivugurura mu by'ubuzima. Iyi ni insanganyamatsiko tugomba gusobanukirwa, kugira ngo tube twiteguye guhangana n'ibihe bitwegereye, kandi ikwiriye guhabwa umwanya w'ingenzi. Satani n'abambari be barashaka gukoma mu nkokora uyu murimo w'ivugurura, kandi bazakora ibishoboka byose ngo bakure umutima banateze ibirushya abiyemeje kuwukora. Ariko nta muntu ukwiriye gucibwa intege n'ibyo, cyangwa ngo

areke umuhati we kubera ibyo bikangisho by'umwanzi. Umuhanuzi w'Imana Yesaya atubwira kwigira ku mico yaranze Kristo agira ati, "Ntazacogora, ntazakuka umutima kugeza aho azasohoreza gukiranuka mu isi" (Yesaya 42:4). Nuko rero, ntihakagire umuyoboke we uvuga ibyo gutsindwa cyangwa gucika intege, ahubwo ujye wibuka igiciro cy'ikiguzi yatanze ngo acungure umuntu atarimbuka, ahubwo abone ubugingo buhoraho. IMN 78.3

110. Umurimo w'ivugurura mu by'ubuzima ni inzira Imana ikoresha kugira ngo igabanye imibabaro kuri iyi si yacu, no kugira ngo yeze itorero ryayo. Mwigishe abantu bamenye ko bashobora kuba ibikoresho mu biganza by'Imana, kubwo gufatanya n'Umwigisha Mukuru mu kugarura mu bantu imbaraga y'umubiri n'imibereho y'iby'umwuka mizima. Uyu murimo washyizweho umukono n'ijuru, kandi uzafungurira imiryango izindi nyigisho z'ukuri kw'agaciro gakomeye. Umuntu wese ushaka kuwukora abishishikariye azabona umwanya.

IGICE CYA 4 - IMIRIRE IBONEYE

UMUGABANE WA I — IBYOKURYA ABABYEYI BACU BA MBERE BAHAWE

Byatoranyijwe n'Umuremyi

111. Kugira ngo tumenye ibyokurya birusha ibindi kuba byiza, tugomba kwiga umugambi Imana yagiriye umuntu katanga ka mbere ku byerekeranye n'ibizamutunga. Iyaremye umuntu kandi Igasobanukirwa n'ibyifuzo bye, yageneye Adamu ibyokurya bye. Yaramubwiye iti, "Dore mbahaye ibimera byose byera imbuto biri mu isi yose, n'igiti cyose gifite imbuto zirimo utubuto twacyo, bizabe ibyokurya byanyu." (Itangiriro 1:29). Amaze kuva mu busitani bwa Edeni kubwo umuvumo w'icyaha, uwo muntu kugira ngo abone ibyokurya bimutunga yahawe n'uburenganzira bwo kurya "imboga zo mu murima."IMN 80.1

Ibinyampeke, imbuto (amatunda) n'imboga ni byo byokurya Umuremyi wacu yaduhitiyemo. Ibi byokurya, iyo biteguwe mu buryo bworoheje kandi busanzwe, ni byo biduha intungamubiri kandi bigatuma tugira amagara mazima. Bitwongerera imbaraga, ubushobozi bwo kwihangana, ubushobozi bw'intekerezo tudashobora kubona igihe dukoresheje ibyokurya byateguwe mu buryo bukomeye kandi bikubiyemo ibikabura umubiri. IMN 80.2

112. Imana ni Yo yagennye ibyokurya bigomba gutunga mwene muntu. Ntibyari mu mugambi wayo kubona umuntu abura ubuzima. Nta rupfu rwagombaga kuza muri Edeni. Imbuto z'ibiti byo muri ubwo busitani ni zo zari ibyokurya bikwiriye umuntu yari akeneye. IMN 80.3

[Reba ibijyana n'ibingibi ku ngingo ya 639]. IMN 81.1

Guhamagarirwa Kugaruka

113. Uhoraho afite umugambi wo kugarura abantu be ku mibereho yo gutungwa n'indyo yoroheje igizwe n'amatunda, imboga, n'impeke… Imana yahaye ababyeyi bacu ba mbere imbuto z'amatunda mu mwimerere wazo. IMN 81.2

114. Imana irakorana n'abantu bayo. Ntiyifuza ko babaho badafite ikibatunga. Irabagarura ku buzima bwo gutungwa n'ibyokurya yahaye umuntu katanga ka mbere. Imirire yabo igomba kuba igizwe n'ibyokurya biva mu bintu Imana yatanze. Ibyo bintu by'ishingiro dukoresha dutegura

ibyokurya bigizwe n’amatunda, impeke, ibinyamavuta bifite imbuto zerera mu butaka nk’ubunyobwa n’imbuto zifite utubuto dukomeye zerera ku biti, ariko hanakoreshwa n’ibifitanye inkomoko na byo. IMN 81.3

115. Kenshi na kenshi nagiye nerekwa ko Imana igarura abantu bayo ku mugambi wayo wa mbere, ari wo wo kwirinda gukoresha inyama. Ishaka ko twigisha abandi inzira irushaho kuba nziza… IMN 81.4

Nitureka kurya inyama, tukirinda no kuzirarikira, ahubwo tugatoza abantu kurushaho gukoresha amatunda n’impeke, tuzaba dukurikije umugambi Imana yari idufitiye kuva mbere hose. Inyama ntizizaba zigikoreshwa n’abantu b’Imana. IMN 81.5

[Isiraheli yagaruwe ku mirire y’ibanze — 644]. IMN 81.6

[Umugambi w’Imana mu mirire y’Abisiraheli — 641, 643, 644].

UMUGABANE WA II: IMIRIRE YOROHEJE

Idufasha Kugira Intekerezo Nzima Tukabona Ibintu Neza

116. Niba hari igihe dukeneye kurya ibyokurya byoroheje cyane, ni ikingiki. IMN 82.1

117. Imana ishaka ko abantu bimenyereza gukoresha imbaraga z’imico yabo. Abiyemera si bo bazabona umunsi umwe ingororano ikomeye. Imana ishaka yuko abakora umurimo wayo barangwa no kugira intekerezo nzima kandi bakabona ibintu neza. Bagomba kuba abirinda mu mirire; ibyokurya bihenze kandi bikabura umubiri ntibigomba kuba ku meza yabo; kandi iyo ubwonko bwabo bukomeje kuremerezwa n’iyo mirire, ntibahe umwanya imyitozo ngororangingo, baba bakwiriye gukoresha imirire idahenze, ndetse bakarya ibyokurya byoroheje. Mu kugira intekerezo ziboneye, kubasha gufata icyemezo kidakuka, no kugira imbaraga z’ubwonko zimuhesha ubumenyi, Daniyeli yabiheshejwe cyane cyane n’imirire ye iboneye, hamwe n’imibereho ye yo gusenga. IMN 82.2

[Daniyeli yahisemo indyo yoroheje — 33, 34, 241, 242] IMN 82.3

118. Nshuti zanjye nkunda, aho kugerageza guhunga indwara, murashaka kwishyira mu bubata bwazo. Mukwiriye kwirinda gukoresha ibiyobyabwenge, kandi mugakurikiza neza amategeko y’ubuzima buzira

umuze. Niba mushaka kurinda ubuzima bwanyu, mukwiriye kurya ibyokurya biboneye, biteguwe mu buryo bworoshye, kandi mukarushaho gukora imyitozo ngororangingo. Buri wese ugize umuryango akeneye imigisha ituruka mu ivugurura mu by'ubuzima. Ariko gukoresha imiti n'ibiyobyabwenge bigomba kurekwa burundu; kuko bidakiza indwara iyo ariyo yose, ahubwo bica intege umubiri wose, bikawuteza kurushaho kugira umuze worohereza indwara. IMN 82.4

Kwirinda Imibabaro Myinshi

119. Ukeneye gutangira gushyira mu bikorwa gahunda y'ivugurura ry'ubuzima bwawe; ukeneye kwiyanga, maze ukagira imirire n'iminywere ihesha Imana ikuzo. Irinde irari ry'umubiri rirwanya ubugingo bwawe. Ukwiriye kwirinda muri byose. Uyu ni umusaraba wanze kwikorera. Ufite inshingano yo kwemera gutungwa n'indyo yoroheje, kuko ari yo gusa izakurinda ukagira ubuzima buzira umuze. Iyo uza kugendera mu mucyo ijuru ryemeye kukumurikishiriza, uba wararinze umuryango wawe imibabaro itagira uko ingana. Gahunda z'imirimo yawe ziba zaragize umusaruro utangaje. Mu gihe uzahitamo gukomeza kuba muri iyo nzira [yo kwanga umucyo], ntabwo Imana izagenderera urugo rwawe, ntizaguha umugisha yasezeranye, ntizanakora igitangaza ngo ikize imibabaro umuryango wawe. Ibyokurya bikwiriye, bidafite ibirungo, bitarimo inyama n'ibinure by'ubwoko bwose, bizazanira umugisha ubuzima bwawe, kandi birinde umugore wawe akaga k'imibabaro itagira uko ingana, uburibwe n'intege nke… IMN 83.1

Impamvu Tugomba Kubaho Imibereho Yoroheje

Kugira ngo tubashe gukorera Imana umurimo utunganye, tugomba kugira imyumvire myiza y'ibyo Idusaba. Ukwiriye gukoresha ibyokurya byoroheje, byateguwe mu buryo bworoheje, kugira ngo imitsi yumva y'ubwonko itabura imbaraga, igasinzira, cyangwa ikaremara, igatuma ubasha gutandukanya ibyera, guha agaciro impongano n'amaraso ya Kristo, nk'ibintu bifite agaciro katagereranywa. "Ntimuzi yuko mu birori abasiganwa biruka bose, ariko ugororerwa akaba umwe? Namwe abe ari ko mwiruka kugira ngo mugororerwe. Umuntu wese urushanwa yirinda muri

byose. Abandi bagenzereza batyo kugira ngo bahabwe ikamba ryangirika, naho twebwe tugenzereza dutyo kugira ngo duhabwe iritangirika. Nuko nanjye ndiruka ariko si nk'utazi aho ajya, nkubitana ibipfunsi ariko si nk'uhusha. Ahubwo mbabaza umubiri wanjye nywukoza uburetwa, ngo ahari ubwo maze kubwiriza abandi nanjye ubwanjye ntaboneka ko ntemewe" (1 Abakorinto 9:24-27). IMN 83.2

Niba abantu bamaranira gutsindira ikamba ryangirika nk'igihembo cy'ibyo bahihibikanira hano ku isi, bigatuma birinda muri byose, ni buryo ki abaharanira ikamba ry'ubwiza buhoraho bakwiriye kwiyanga kugira ngo bizanabageze ku bugingo no kwicarana n'Umwami Yehova, hamwe no guhabwa ibihembo bihoraho, bitagajuka kandi by'icyubahiro giheranije. IMN 84.1

Mbese impamvu zose ziri imbere y'abari mu isiganwa rya Gikristo zaba zibatera kugira ukwiyanga no kwirinda muri byose, ku buryo barwanya kamere yabo ya kinyamaswa, bakanategeka irari no kwifuza kubi biba mu mibiri yabo? Ubwo rero baba ari abantu barangwa no kugira kamere y'ubumana, bakaba baramaze guhunga ukwangirika kwazanywe n'irari ry'iyi si. IMN 84.2

Ingororano yo Kwihangana

120. Abantu bimenyereje imirire yo mu rwego rwo hejuru kandi ikabura umubiri bikabije ntibashobora kuryoherwa n'ibyokurya biboneye kandi byateguwe mu buryo bworoshye. Bibafata igihe kugira ngo bamenyere icyanga cy'ibyo byokurya bisanzwe, no kugira ngo igifu gikire ibikomere cyamenyerejwe. Nyamara abakomeza kugira umwete wo gukoresha ibyokurya biboneye, basigara babona ko ari byo byiza bibaryoheye. Ubwiza n'uburyohe bwabyo bituma ari byo umuntu asigara yifuza, kandi akabirya abyishimiye kuruta bya bindi bituma umubiri ugira umuze. Bene ibyo byokurya bifasha igifu kikabasha gukora neza cyane, kuko kiba kitaremerewe kandi kimerewe neza.IMN 84.3

Duharanire Kujya Mbere

121. Ivugurura mu mirire ridusaba kwitanga no gukora. Ibyo ingo zacu zikeneye bibasha kugerwaho mu buryo bworoshye igihe dukoresha imirire iboneye kandi yuzuye. Ibyokurya bihenze byica ubuzima bw'ingingo z'umubiri n'iz'ubwonko. IMN 85.1

122. Twese tugomba kubona ko nta gukabya kugomba kuba mu mibereho yacu. Tugomba kunyurwa n'imirire iboneye, yoroheje, iteguwe mu buryo bworoshye. Iyi ni yo mirire ikwiriye kuba iy'abantu bo mu rwego rwo hasi n'iy'abo mu rwego rwo hejuru. Dukwiriye kwirinda ibyokurya byanduye. Turitegura ubuzima bw'ahazaza, ubuzima budashira tuzagirira mu bwami bw'ijuru. Dusabwa gukora umurimo dushinzwe tumurikiwe n'imbaraga y'Umuganga ukomeye kandi ushobora byose. Twese tugomba gukora umurimo wo kwitanga. IMN 85.2

123. Benshi barambajije bati, "Ni ubuhe buryo nakoresha ngo ndusheho kurinda ubuzima bwanjye?" Dore igisubizo mbaha, "Nimurekere aho kugomera amategeko agenga imibereho yanyu; mureke guha umwanya umururumba, murye ibyokurya byoroheje, mwambare imyambaro ikwiriye itangiza umubiri, ibasaba kubaho imibereho yoroheje, murangwe no gukora akazi gatuma mugira amagara mazima, ibyo bizabarinda indwara." IMN
85.3

Imirire yo mu Materaniro Makuru

124. Nta byokurya bikwiriye kujyanwa mu materaniro makuru uretse ibifitiye akamaro umubiri, byateguwe mu buryo bworoshye, bitarimo ibirungo n'amavuta. IMN 85.4

Ndahamya ko nta n'umwe ubasha kurwara mu gihe abantu bategura amafunguro azakoreshwa mu materaniro makuru, niba bayategura bakurikije amategeko agenga ubuzima. Niba abantu birinze gutegura za keke cyangwa gato, ahubwo bagateka mu buryo bworoshye umugati w'ingano, bagashaka n'imbuto (amatunda) zasoromwe cyangwa z'umutobe, ibyo bizabarinda kurwara mu gihe bari mu myiteguro y'amateraniro makuru, ndetse n'igihe bari mu materaniro makuru. Ntabwo ari byiza ko igihe cy'amateraniro makuru abantu bakoresha ibyokurya bikonje, bakwiriye no gukoresha ibyokurya bishyushye. Hirya no hino

hashobora kuboneka ibikoresho bifasha abantu gushyushya ibyokurya. IMN 85.5

Nta benedata na bashiki bacu bagomba kurwarira mu materaniro makuru. Nibambara imyambaro ibarinda imbeho ya mugitondo na nimugoroba, bakanambara imyambaro inyuranye igendanye n'imihindagurikire y'ikirere, ku buryo itababuza guhumeka, kandi bakubahiriza amasaha yo kuryama, bakanarya ibyokurya byateguwe mu buryo bworoshye, birinda kurya hato na hato, ibyo bizabarinda kurwara. Bazumva baguwe neza mu materaniro, intekerezo zabo zibe nzima, babe biteguye kwishimira ukuri kw'ijambo ry'Imana, maze nibasubira mu ngo zabo bagende basubijwemo imbaraga mu mubiri no mu mwuka. Abimenyereje imirimo ikomeye ya buri munsi hanyuma bagahagarika imirimo yabo ntibakwiriye kurya ibyokurya bari basanzwe bafata; ibyo byatera igifu kugwa ivutu bakagubwa nabi. IMN 86.1

Muri ayo materaniro, tuba dukeneye kugira imbaraga zidasanzwe z'intekerezo kandi tuguwe neza kugira ngo twakire amagambo y'ukuri, tuyishimire, tuyazirikane, kandi tube twiteguye kuyashyira mu bikorwa igihe tuvuye mu materaniro. Niba igifu kiremerewe n'ibyokurya byinshi, nubwo byaba ibyateguwe mu buryo bworoheje, ubwonko ntibubasha kugira imbaraga zo gufasha imyanya y'urwungano ngogozi. Ubwonko busigara bumeze nk'uburemerewe, nk'ubwaguye ikinya. Umuntu atangira guhondobera, maze iby'ukuri yagombaga kumva, gusobanukirwa no gushyira mu bikorwa, akabibuzwa n'uko kugubwa nabi, cyangwa bitewe n'uko ubwonko busa nk'ubwaguye ikinya kubera ubwinshi bw'ibyokurya yariye. IMN 86.2

Ndashaka kugira inama abantu bose ngo bajye bafata ikintu gishyushye nibura buri gitondo. Ibyo bibasha kutagusaba akazi kanini. Ushobora gukoresha ifu y'ingano, ugateka igikoma, igihe gifashe, ukavanga, maze mu gihe gitangiye kubira, ukongeramo amata. Iyi ni indyo yoroshye gufata, nziza ku buzima kandi yakoreshwa ahantu hose. N'igihe ufite umugati ukomeye, ushobora kuwurya uwukozamo, ukaryoherwa. Ntabwo ari byiza kurya ibyokurya byinshi bikonje, kubera ko kugubwa neza mu mubiri bituruka ku byokurya bishyushye bikwiriye kujya mu gifu, kugeza ubwo umubiri wose ugira ubushyuhe nk'ubwo igifu cyari gifite mbere y'uko umurimo w'igogora utangira. Iyindi ndyo nziza kandi yoroshye twakoresha,

ni ibishyimbo bitetse bitogosheje cyangwa byakozwemo umugati. Fata udushyimbo duke maze utwongeremo amazi, wongeremo amata cyangwa amavuta, maze ukore isupu [potaje]. Ibyo ushobora kubirisha umugati, nk'uko wabigenje kuri cya gikoma gifashe. IMN 87.1

[Ibyo gucuruza ibinyamasukari, za kreme, mu materaniro — 529, 530] IMN 87.2

[Imirimo itari ngombwa mu kwitegura amateraniro makuru — 57]. IMN 87.3

Ibyo kurya byo Kujyana aho Gutemberera

125. Reka ingo nyinshi zituye mu mugi cyangwa mu mudugudu zifatanyirize hamwe, bareke imirimo yabo iba yabateye umunaniro w'umubiri n'uw'ubwonko, maze bakore urugendo rwo gutembera mu byaremwe, ku nkengero z'amazi atuje, cyangwa ahari agashyamba keza, n'ahandi babona ishusho nziza y'ibyaremwe. Batware impamba z'ibyokurya biboneye kandi bifite isuku, amatunda meza cyane hamwe n'impeke, maze bategure ameza yabo mu gicucu cy'ibyo biti cyangwa mu mahumbezi yo munsi y'ijuru. Ako kagendo bakoze, imyitozo y'umubiri, hamwe n'ibyiza babona bizongera ipfa ryo gushaka kurya, maze bumve bishimiye indyo nziza ishobora no kwifuzwa n'abami. IMN 87.4 [Kwirinda gukabya mu mitekere y'ibyokurya — 793]IMN 88.1

[Inama zigirwa abakozi bakora akazi bicaye — 225]IMN 88.2

[Imirire yoroheje ikwiranye n'Isabato — 56]. IMN 88.3

126. Reka abaharanira ivugurura ry'ubuzima bakorane umwete n'imbaraga kugira ngo rihinduke uko bashaka ko riba. Nibirinde ikintu cyose kirwanya ubuzima bwiza. Nimukoreshe ibyokurya byoroshye kandi biguye neza umubiri. Amatunda ni yo ahebuje kuba meza, kandi aturinda gukoresha imbaraga duteka. Mwirinde ibinyamasukari, za gato, hamwe n'ibyokurya biteguwe kugira ngo bikurure umururumba. Mujye mufata bike kuri buri bwoko bw'ibyokurya mwaruye, kandi muryane umutima ushima. IMN 88.4

Kurangwa n'Imyifatire Yoroheje mu Bidushimisha

127. Mu mibereho ye, Kristo yadusigiye icyigisho cyo kwita ku bibazo by’abandi. Igihe yari akikijwe n’imbaga y’abantu benshi bari bashonje bari hafi y’inyanja, ntiyabasezereye amara masa ngo batahe iwabo. Yabwiye abigishwa be ati, “Si ngombwa ko bagenda, ahubwo mube ari mwe mubafungurira.” Matayo 14:16. Maze uwo Mukiza akoresha imbaraga yakoresheje arema, asengera ibyokurya bihagije abo bantu bose. Ariko mbega ukuntu ibi byokurya byari byoroheje! Ntibyari ibyokurya bihenze. Uwari ufite ubushobozi bwose bwo gufungura amasoko yo mu ijuru kubwo itegeko rye yanashoboraga gukwirakwiza muri abo bantu ibyokurya bihenze cyane. Ariko yabahaye ibihagije kandi binyuze umutima wabo, ari byo byokurya bitunga abarobyi bo ku nyanja: amafi n’imigati. IMN 88.5

Iyaba abantu b’iki gihe barangwaga no kwiyoroshya mu ngeso zabo, bakabaho imibereho ikurikije amategeko agenga ibyaremwe, haboneka byinshi byo guhaza ubukene bwabo. Ntihababaho umururumba wo kwifuza ibidafite umumaro, ahubwo haboneka byinshi n’uburyo bwinshi butuma abantu bakora umurimo w’Imana nk’uko ibyifuza. Ntabwo Kristo yigeze ashaka kwikururiraho abantu kugira ngo ahaze irari ry’ibyifuzo byabo byo mu rwego rwo hejuru. Ibyokurya byoroheje yabahaye byari igihamya kiterekana gusa ubushobozi bwe, cyerekanaga n’urukundo rwe, uburyo abitaho mu buryo bukomeye ndetse no mu byo bakenera bisanzwe byo muri ubu buzima. IMN 88.6

128. Abagabo n’abagore bavuga ko ari abayoboke ba Kristo akenshi bahindutse imbata z’ibigezweho by’iyi si, n’imbata z’umururumba. Igihe n’imbaraga bagombye gukoresha mu myiteguro y’ibintu by’agaciro kandi byiyubashye, babikoresha bateka ibyokurya bitandukanye kandi bigirira nabi umubiri, mu gihe bashyashyana bategura ibirori by’iyi si. Bitewe no kugendana n’ibigezweho, abenshi mu bantu bakennye kandi babeshejweho no kubona icyokurya ari uko bakoze uwo munsi, usanga bapfusha ubusa amafaranga mu gutegura ibyokurya by’amasukari menshi nka za keke, gato, ibyokurya n’ibyokunywa bya kizungu, n’ibindi byokurya bigezweho bategurira abashyitsi, nyamara bikaba ari ibigwa nabi imibiri y’ababifata; mu gihe nyamara abo bantu baba bafite iby’ingenzi byo kugura nk’imyambaro yabo n’iy’abana babo. Igihe bapfusha ubusa bategura bene ibyo byokurya byo kwishimisha no kuzuza mu gifu bagombye kugikoresha bigisha abana babo inyigisho z’iyobokamana n’imyitwarire myiza. IMN 89.1

Gahunda z'ibirori byo kwakira abashyitsi zahindutse uburyo bwo gushimisha umururumba. Usanga abantu biteretse ibyokurya n'ibyokunywa bitagize ikindi bimarira umubiri uretse kuwangiza bakabirya ku bwinshi ku buryo baremereza ingingo z'urwungano rw'igogora. Ibyo bituma umubiri ukoresha imbaraga zitari ngombwa kugira ngo wakire ibyo umaze gufata, kandi bigateza ingorane ikomeye umurimo wo gutembera kw'amaraso, maze ingaruka ikaba gukenera imbaraga za ngombwa mu mikorere yose y'umubiri. Imigisha yagombye kuzanwa n'uko gusurana cyangwa n'ibirori akenshi ikaburira muri uko kwishimisha abantu bahugiye mu mirimo yo guteka, bategura ibyokurya by'amoko menshi by'ibirori. Abagabo n'abagore b'Abakristo ntibakwiriye kwemera gukorerwa ibintu nk'ibyo bituma imyitwarire yabo itwarwa n'iyo mirire. Nimureke basobanukirwe ko gahunda yo kubasura [y'ibirori] itari iyo guhaza irari ryanyu, ahubwo ko icy'ingenzi ari ukwifatanya na bo, muganira ku bibahesha mwese imigisha. Ibiganiro byanyu bikwiriye kuba ibyiyubashye, bigateza imbere imico yanyu, ku buryo n'ikindi gihe muhuye bibibutsa ibihe biruta ibindi mwagize. IMN 89.2

129. Abakira abashyitsi bakwiriye kubaha ibyokurya byiza kandi byubaka umubiri bigizwe n'amatunda, impeke n'imboga, byateguwe mu buryo bworoshye kandi bunyuze uburyohe. Iyo mitegurire y'ibyo byokurya ntisaba akazi kanini cyangwa ngo ibe ihenze, kandi igihe biriwe mu buryo buringaniye, ntibishobora kuzanira ibibazo umubiri. Niba abantu b'isi bahitamo gusesagura amafaranga, igihe n'ubuzima bwabo kugira ngo bahaze umururumba wabo, mujye mureka babikore, kuko bazasarura ingaruka zo kwica amategeko agenga ubuzima bwiza. Ariko Abakristo ntibakwiriye kugenza gutyo, bakwiriye gufata icyemezo cyo kwirinda bene ibyo bintu, bakagaragaza imbaraga zabo ku ruhande nyakuri biyemeje gufata. Muri ubwo buryo, bashobora kuzanira ivugurura rihagije abo bashaka gukoresha ibigezweho by'iyi si, byica ubuzima n'ubugingo. IMN 90.1

[Ameza y'Abakristo akwiriye kubera urugero abanyantege nke mu kwitegeka — 354] IMN 90.2

[Ibyokurya bitegurirwa iminsi mikuru ni umutwaro kandi bigirira nabi umubiri — 214] IMN 90.3

[Ingaruka z'ibyokurya byo kwishimisha ku miryango no ku bana — 348] IMN 90.4

[Kugenera umuryango indyo ituzuye ugaha abashyitsi indyo yuzuye ni icyaha — 284] IMN 90.5

[Ibyokurya byoroheje ni byo by'ingenzi ku bana — 349, 356, 357, 360, 365] IMN 91.1

[Ibyokurya byoroheje ni byo by'ingenzi ku buzima bwacu — 399, 400, 401, 402, 403, 404, 405, 407, 410].IMN 91.2

Mujye Muhora Mwiteguye Umushyitsi Udasanzwe

130. Ababyeyi bamwe bagerera ingo zabo ibyokurya kugira ngo bashakire abashyitsi ibyokurya byo kwinezeza bihenze. Mbega uko ibi ari ubwenge buke! Gutegura ibyo kwakiriza abashyitsi bikwiriye gukorwa mu buryo bworoheje cyane, muzirikana cyane ibyo abagize urugo bakeneye kurusha ibindi.IMN 91.3

Gutagaguza no kwimenyereza ibitari ngombwa akenshi bituma igikorwa cyo kwakira no kwita ku bashyitsi kitazana imigisha aho yari ikenewe. Ibyokurya dusanzwe dutegura ku meza bikwiriye kuba ibyakira n'umushyitsi udasanzwe bitabaye ngombwa ko umugore ajya kuvunwa n'iyindi myiteguro. IMN 91.4

[Uko Elina White yiteguraga abashyitsi — Nta byokurya bindi yirirwaga ategura — Birebe ku mugereka w'iki gitabo I:8] IMN 91.5

[Ibyokurya byoroheje byakoreshwaga mu rugo rwa White — Birebe ku mugereka I:1, 13, 14, 15] IMN 91.6

[Guhinduranya imirire no gutegura neza — 320]IMN 91.7

Ntimugahangayikire Ibyokurya Bishira

131. Dukwiriye guhora dutekereza ku Ijambo, tukarirya, tukaryuza, kandi tukarishyira mu bikorwa, kugira ngo rihindure imibereho yacu isanzwe. Uhora arya Ijambo rya Kristo buri munsi azajya abera abandi urugero mu kubigisha ko badakwiriye guhangayikira ibyokurya by'umubiri cyane kurusha uko bahangayikira ibyokurya by'ubugingo. IMN 91.8

Ukwigomwa kurya k'ukuri gukwiriye gukorwa na bose ni ukwirinda icyokurya cyose gituma umubiri ukora nabi, ahubwo hagakoreshwa ibyokurya biboneye, byoroheje, Imana yaduhaye ku bwinshi. Ntabwo

dukeneye guhangayikishwa n’ibyo tuzarya ndetse n’ibyo tuzanywa by’igihe gito, ahubwo tugomba guhora duhangayikishijwe n’ibyokurya mvajuru, kuko ari byo biduha ubuzima bwinshi kandi busendereye imibereho yacu y’iby’umwuka ikeneye. IMN 92.1

Ingaruka z’Ivugurura Rizanwa no Kubaho Imibereho Yoroheje

132. Tubaye twambaye uko bikwiriye, mu buryo bworoheje twirinda kugendana n’ibigezweho; tubaye ibihe byose dutegura ku meza yacu amafunguro yoroheje, agizwe n’ibyokurya bituma tugira amagara mazima, tukirinda ibyo kwinezeza n’ibirenze urugero; amazu dutuyemo abaye yubatse mu buryo busukuye kandi ibiyarimo na byo bikaba ari ibintu bisukuye; ibyo byakwerekana imbaraga y’ukuri kweza, kandi bikaba ikibwirizwa gikomeye kibasha kwemeza abatizera.IMN 92.2

Ariko niba twisanisha n’ab’isi muri ibyo bintu, ndetse tugashaka no kubarusha mu bintu runaka bijyanye no kwiyerekana, ubwo rero ukuri twigisha ntikuzaba kugifite imbaraga kuri bo. Ni nde se uzizera ukuri kweruye kw’iki gihe tuvuga, mu gihe abavuga ko bakwizera barangwa n’imibereho igaragaza itandukaniro hagati yo kwizera kwabo n’imirimo bakora? Erega, ntabwo Imana ari Yo yakinze amadirishya y’ijuru ngo igire icyo itugomwa, ahubwo ukwifatanya kwacu n’imigenzo n’imigirire y’ab’isi ni byo bitugomwa iyo migisha. IMN 92.3

133. Kristo yagaburiye imbaga y’abantu benshi cyane kubwo igitangaza cy’imbaraga mvajuru; nyamara mbega ukuntu ibyokurya yabagaburiye byari byoroheje: byari bigizwe gusa n’ifi n’imigati bisanzwe ari igaburo riribwa ku munsi n’umurobyi w’Umunyagalileya. IMN 92.4

Kristo yashoboraga guha abo bantu ibyokurya bihambaye, ariko ibyokurya byari gupfa gutegurwa kugira ngo bihaze irari gusa ntibyazaga kubaha isomo ribafitiye akamaro. Binyuze muri iki gitangaza, Kristo yifuzaga kubigisha isomo ryo gukoresha ibyoroheje. Iyaba abantu b’iki gihe biyoroshyaga mu myambarire, bakagira imibereho ikurikiza amategeko agenga ibyaremwe nk’uko Adamu na Eva bari bameze mbere na mbere, imiryango yaba ikungahaye ku byo ikenera. Ariko kwikunda n’umururumba

byazanye icyaha n'amakuba, bitewe n'umurengwe ku ruhande rumwe, n'ubukene ku rundi ruhande. IMN 93.1

134. Iyaba abahamya ko ari Abakristo barekeragaho gukoresha ubutunzi bukabije mu kurimbisha imibiri yabo n'amazu yabo, kandi bakirinda kuzuza ku meza yabo ibyokurya by'ubwoko bwinshi bigirira nabi imibiri yabo, babasha kuzana amafaranga atagira ingano mu nzu y'ububiko y'Imana. Ubwo rero baba bigannye Umucunguzi wabo, wasize ubutunzi bwe bwose mu ijuru, agasiga ikuzo Rye, maze agahinduka umukene kubwacu, kugira ngo tubone ubutunzi bw'iteka ryose.

UMUGABANE WA III — IMIRIRE IKWIRIYE
Ntabwo Ari Ibintu byo Kwirengagiza

135. Ntidukwiriye kwirengagiza ibyerekeranye n'imirire yacu, ngo bitume dupfa kurya ibyo twishakiye kugira ngo duhaze ipfa ribi ry'inda zacu. Ibyerekeranye n'imirire ni ibintu tugomba guha agaciro gakomeye cyane. Nta muntu ukwiriye kwishimira indyo nkene. Abantu benshi bazahajwe n'indwara, ku buryo bakeneye indyo yuzuye intungamubiri kandi iteguye neza. Abagorozi mu by'ubuzima, kurusha abandi bose, bakwiriye kwirinda cyane inzira zo gukabya. Umubiri ugomba kubona ibiwutunga bihagije. Imana iha ibitotsi abakunzi bayo ni Yo yabahaye ibyokurya bikwiriye ngo bifashe umubiri gukomeza gukora, no kubaho neza.IMN 93.3

136. Kugirango tubashe kwitungira amagara mazima, tugomba kugira amaraso meza; kuko amaraso ari yo soko y'ubuzima. Ayungurura imyanda, akagaburira umubiri. Iyo abonye ibyokurya bifite intungamubiri ziboneye, akayungururwa kandi agahabwa imbaraga n'umwuka mwiza, amaraso ajyana ubuzima n'imbaraga mu bice byose by'umubiri. Uko arushaho gutembera neza mu mubiri, ni ko uyu murimo wayo urushaho kugenda neza. IMN 94.1

[Isano hagati y'Imirire iboneye n'Imikorere myiza y'ubwonko — 314] IMN 94.2

[Isano hagati y'Imirire iboneye n'Imibereho myiza mu bya Mwuka — 324, isubi ya 4]. IMN 94.3

Imana Itugenera Byinshi

137. Imana yageneye umuntu uburyo bwinshi bwo guhaza inzara ye y’ibyokurya. Yakwirakwije iruhande rwe imyaka y’ubutaka, imuha ibyokurya byinshi by’amoko atandukanye bifite uburyohe kandi byuzuye intungamubiri. Data w’umunyabuntu wo mu ijuru yatubwiye ko ibyo dufite uburenganzira bwo kubirya. Imbuto, impeke n’imboga, biteguwe mu buryo bworoheje, bitarimo ibirungo n’amavuta y’ubwoko bwose, bivanze n’amata cyangwa amavuta y’inka, biba ari ibyokurya by’intungamubiri byo mu rwego rwo hejuru. Biha umubiri intungamubiri ukeneye, kandi bigaha ubushobozi n’imbaraga intekerezo tutabasha kubonera mu byokurya bifite ibikabura umubiri. IMN 94.4

138. Mu mbuto, impeke, imboga n’ibiri mu muryango w’ubunyobwa habonekamo intungamubiri zose z’ibyokurya dukenera. Nitwegera Umwami Imana twicishije bugufi, azatwigisha uburyo tubasha gutegura neza ibyokurya biboneye, bitandujwe n’inyama. IMN 94.5

Indyo Nkene Itesha Agaciro Ivugurura ry’Ubuzima

139. Bamwe mu bizera bacu birinda kurya ibyokurya bidakwiriye, nyamara kandi bakirengagiza kurya ibyokurya bifite intungamubiri zituma imibiri yabo ikomeza kubaho neza. Ntidukwiriye guhamya ko dufite ivugurura mu mirire yacu mu gihe twaretse gukoresha ibyokurya biboneye kandi bifite intungamubiri zuzuye tukabisimbuza ibigirira nabi imibiri yacu twari twararetse. Ingo nyinshi zikwiriye kureka akamenyero k’imirire zisanganywe zikimenyereza gutegurana ubuhanga n’ubushishozi ibyokurya bikize ku ntungamubiri. Uyu muhati udusaba kwizera Imana, kwiha intego ntituyiteshukeho, no kugira ubushake bwo gufatanya. Imirire idafite intungamubiri iteza akaga umurimo w’ivugurura ry’ubuzima. Turi abantu buntu, bityo rero dukeneye gutungwa n’ibyokurya biha umubiri ibyangombwa biwushoboza kubaho neza.IMN 95.1

[Indyo nkene ntikwiriye — 315, 317, 318, 388] IMN 95.2
[Indyo nkene iterwa n’ingaruka zo gukabya — 316]IMN 95.3
[Kwirinda indyo nkene mu gihe twirinda gukoresha inyama — 320,

816] IMN 95.4

[Indyo nkene isigingiza imibereho ya Gikristo — 323]IMN 95.5

[Urugero rwa bamwe mu bagize umuryango bishwe no kubura indyo yoroheje kandi ifite intungamubiri — 329] IMN 95.6

140. Nimusuzume imirire mumenyereye gukoresha. Mwige impamvu n’ingaruka zayo, ariko mwirinde gusebya gahunda y’ivugurura mu by’ubuzima bitewe no gukomeza kuyirwanya mu bujiji bwanyu. Ntimugakerense umubiri wanyu cyangwa ngo muwufate nabi, bityo ngo bitume muba abantu badashoboye gukorera Imana umurimo ukwiriye. Nzi neza bamwe mu bakozi bacu bari ingirakamaro cyane bapfuye bazize bene uko kutita ku mibiri yabo. Imwe mu nshingano z’abakora imirimo yo mu rugo ni ukwita ku mibiri bayitegurira ibyokurya byiza kandi bikomeza umubiri. Icy’ingenzi kuruta ibindi ni uko twakoresha amafaranga yacu ku byerekeranye n’imirire kuruta kuyatagaguza ku myambaro. IMN 95.7

Guhuza Imirire n’Ibyo Abantu Bakeneye

141. Tujye twerekana ubwenge mu mikoreshereze yacu y’ibyokurya. Igihe tubona ko bimwe mu byokurya bitatumereye neza, ntidukeneye kwandika inzandiko zo kwibaza impamvu twaguwe nabi n’ibyokurya. Duhindure imirire; dukoreshe bike mu byokurya runaka; tugerageze kubitegura mu bundi buryo. Bidatinze tuzamenya impamvu tugerwaho n’ingaruka bitewe n’imvange runaka tuba twafashe. Nk’ibiremwamuntu byahawe ubwenge, nimureke tujye twiga imikorere, kandi dukoreshe ubunararibonye dufite n’intekerezo zacu mu guhitamo ibyokurya bitubereye byiza kurusha ibindi. IMN 96.1

[Ntabwo ari abantu bose babasha kwihanganira indyo y’ubwoko bumwe — 322] IMN 96.2

142. Imana yaduhaye ibyokurya by’ubwoko bwinshi byo gutunga imibiri yacu, kandi buri wese akwiriye guhitamo akurikije akamenyero n’ubwenge ibyo abona ko byamubera byiza kurutaho. IMN 96.3

Hirya no hino mu byaremwe no mu mirima tuhasanga amatunda, imbuto zo mu bwoko bw’ubunyobwa n’impeke biboneka ku bwinshi. Na none

kandi, buri mwaka tubona umusaruro wabyo ugera ku bantu bose hirya no hino, bitewe n'uburyo bworoshye bw'ingendo zituma bitugeraho vuba. Ingaruka y'ibyo, ni uko tubasha kugerwaho n'ubwoko bwinshi bw'ibyokurya twajyaga tubona mu myaka yashize nk'ibyokurya bihenda, ariko noneho bikaba bikoreshwa n'abantu benshi muri iki gihe kandi buri munsi. Bimwe muri ibi twavuga cyane cyane nk'ubwoko bw'amatunda buva mu mahanga. IMN 96.4

[Twirinde guhorera indyo runaka twiteganyiriza ibihe by'akarengane — 323] IMN 96.5

[Gutegura neza ibyokurya binyuranye — 320] IMN 97.1

[Ibigo by'amavuriro yacu bikwiriye gutegura indyo iboneye — 426, 427, 428, 429, 430] IMN 97.2

[Nta ndyo nkene igomba kugera mu rugo rwa White — Reba ku mugereka I:8, 17].

UMUGABANE WA IV — IMIRIRE MU BIHUGU BITANDUKANYE

Igendana n'Ibihe n'Imihindagurikire y'Ikirere

143. Ibyokurya turya bikwiriye kugendana n'imihindagurikire y'ikirere. Bimwe mu byokurya bikwiranye n'igihugu runaka usanga bidashobora gukoreshwa mu kandi karere. IMN 97.4

144. Ibyokurya byose nubwo byaba bifite intungamubiri zuzuye ntabwo ari ko byadufasha ibihe byose. Dukwiriye guhitamo twitonze ibyokurya twakoresha. Imirire yacu igomba kuba ikwiranye n'ibihe, n'imihindagurikire y'ikirere kidukikije, hamwe n'akazi dukora. Bimwe mu byokurya byagenewe gukoreshwa mu gihe runaka cyangwa ahantu harangwa n'impinduka z'ikirere runaka usanga bidakwiranye n'ahandi hantu. Bityo hariho ibyokurya binyuranye bibereye abantu bakora imirimo itandukanye. Akenshi ibyokurya bibereye abantu bakora imirimo y'ingufu usanga bitabereye abantu bakora imirimo yo kwicara hamwe cyangwa imirimo isaba gutekereza cyane. Imana yaduhaye amoko menshi y'ibyokurya byo kudutungira ubuzima, kandi buri muntu akwiriye guhitamo ibyamubera byiza kurusha ibindi akurikije ibyagirira neza umubiri we kandi akabitekerezaho neza. IMN 97.5

Ibyokurya Bifite Intungamubiri Biboneka muri Buri Gihugu

145. Nimureke ubwenge bwacu butere imbere mu byo gukoresha imirire yoroheje. Mu bushobozi bw'Imana, buri gihugu cyeza umusaruro w'ibiribwa binyuranye bikize ku ntungamubiri za ngombwa zubaka kandi zigakuza umubiri w'umuntu. Ibyo byokurya biba bikwiriye gutegurwa ku buryo biryohera umubiri kandi bigatuma ugira amagara mazima. IMN 97.6

146. Turamutse tugize gahunda yo kwiteganyiriza nziza, buri gihugu cyacunga neza ibyokurya bifitiye imibiri akamaro. Ibyokurya byateguwe mu buryo bunyuranye nk'umuceri, ingano, ibigori, iporici, bibasha koherezwa hirya no hino mu bindi bihugu, kimwe n'ibishyimbo, amashaza, n'udushyimbo duto cyane. Ibyongibyo, iyo bivanze n'imbuto z'iwacu cyangwa izo tuvana hanze, hamwe n'imboga z'ubwoko bunyuranye zera ahantu hose, biduha amahirwe yo guhitamo imirire yuzuye twakoresha tutiriwe dukoresha inyama… Aho ariho hose dusanga amatunda yabitswe nk'imizabibu, ibinyomoro, pome, n'ubundi bwoko bw'amatunda ameze nka pome, avoka cyangwa ibinyomoro, aboneka ku giciro giciriritse kandi imvange yayo ifite intungamubiri ibasha kumenyerwa kuribwa, igatuma abantu bo mu byiciro byose bagira imbaraga n'amagara mazima. IMN 98.1

Inama ku Batuye Ahantu Hashyuha

147. Mu bihe by'ubushyuhe, ahantu hari ikirere gifite ubushyuhe bukabije, abakozi bakora imirimo iyo ariyo yose bakwiriye kwirinda gukora cyane nk'abatuye mu karere gafite amahumbezi. Erega, Uhoraho yibuka ko turi ubusabusa, ko turi igitaka… IMN 98.2

Uko dukoresha isukari nkeya mu byo turya, niko tutazagira ibibazo byinshi bitewe no kuba ahantu hashyushye. IMN 98.3

Ubwenge Bukenewe mu Gihe Twigisha Ivugurura ry'Ubuzima

148. Kugira ngo dukore umurimo wacu uko bikwiriye, mu buryo bworoheje, tugomba kumenya imibereho umuryango muntu ubamo. Imana yateganyirije ibintu byinshi abantu bose batuye mu bihugu bitandukanye byo ku isi. Abifuza gukorana n'Imana bagomba guha agaciro gakomeye

uburyo bwo kwigisha ukuri kw’ivugurura ry’ubuzima mu ruzabibu runini rw’Imana. Bagomba gukorana ubwitonzi igihe berekana ibyokurya bikwiriye kuribwa, n’ibidakwiriye kuribwa. Izo ntumwa z’abantu zigomba kurangwa n’umurunga w’ubumwe n’Umufasha Mvajuru mu gihe bigisha ubutumwa bw’imbabazi Imana yageneye imbaga y’abantu benshi yifuza gukiza. IMN 98.4

[Reba ibimeze nk’ibyo ku ngingo ya 324]. IMN 99.1

[Uburyo bwo kwita by’umwihariko ku mirire igizwe n’inyama, amata n’amagi mu bihugu bishya cyangwa uturere dufite ubukene — 324] IMN 99.2

149. Ntabwo tugamije gushyiraho umurongo runaka ngenderwaho mu byerekeranye n’imirire; ariko icyo tubwira abantu baba mu bihugu bibonekamo amatunda, impeke n’imbuto zimeze nk’ubunyobwa ku buryo buhagije, ni uko inyama atari ibyokurya byiza ku bantu b’Imana. IMN 99.3

150. Uhoraho yifuza ko abantu baba mu bihugu byeza amatunda mu gihe kinini cy’umwaka, bakangukira kubona iyo migisha bafite yo kugira amatunda. Uko turushaho gukenera no gukoresha amatunda akiri ku biti, ni ko tuzarushaho kuyaboneramo imigisha. IMN 99.4

[Ku bijyanye na byo, reba ingingo ya 397] IMN 99.5

Kugirira Icyizere Inama Mvajuru

151. Imana ishaka kwigisha abantu benshi bari mu bice byose byo ku isi uburyo bwo gutegurira hamwe indyo igizwe n’imvange y’amatunda, impeke n’imboga nk’ibyokurya bifite ubushobozi bwo gutunga amagara yacu kandi bikaturinda indwara. Abatarigeze na rimwe biga gutegura ibyokurya bifite intungamubiri tujya tubona ku masoko, bakwiriye gukorana ubwenge bakigira ku byokurya biva mu butaka, kandi bazagenda bahabwa umucyo werekeranye n’imikoreshereze y’ibyo byokurya biba byeze. Uwiteka azaberekera uko bakwiriye kubikora. Utanga ubuhanga n’ubumenyi akabuha abantu be bari mu karere runaka k’isi azabuha n’abandi bantu be bari mu bindi bice byo ku isi. Umugambi we ni uko ubutunzi bw’ibyokurya bwa buri gihugu butegurwa ku buryo bubasha kujya gufasha abo mu bindi bihugu babikeneye. Nk’uko Imana yahaye Abisiraheli manu ivuye mu ijuru kugira ngo ikomeze kubeshaho abana b’Abisiraheli, ni ko n’ubungubu iha abana bayo bari hirya no hino impano n’ubwenge bwo

kumenya gukoresha umusaruro uboneka muri ibyo bihugu mu gutegura ibyokurya byo gukoresha mu mwanya wo gukoresha inyama. IMN 99.6

152. Umugambi w'Imana ni uko abagabo n'abagore b'ahantu hose baterwa umwete mu guteza imbere impano zabo bihatira gutegura ibyokurya bifite intungamubiri kandi biva mu musaruro wo mu butaka bw'iwabo. Nibahanga amaso ku Mana, bagakoresha impano zabo n'ubuhanga bafite kandi bayobowe na Mwuka wayo, bazamenya uburyo bwo gutegura ibyokurya byuzuye intungamubiri bakoresheje ibintu byera mu butaka iwabo. Icyo gihe rero bazaba bashobora no kwigisha abakene mu by'imirire uburyo babasha na bo kwibonera ibyokurya bazajya bakoresha mu mwanya w'inyama. Abo bazaba bafashije, na bo bazajya bigisha abandi. Bene uwo murimo kandi ukwiriye gukoranwa ishyaka n'imbaraga. Iyo uza kuba warakozwe mbere, abantu benshi kurutaho muri iki gihe baba baramenye ukuri, kandi bakakumenyesha n'abandi. Nimureke dusobanukirwe n'inshingano yacu, kandi tunayikore. Ntidukwiriye kuba abantu bahora bishingikiriza ku bandi kandi batagize icyo bimariye, ngo duhore dutegereje ko abandi baba aribo baza kudukorera umurimo twashinzwe n'Imana.IMN 100.1

[Reba n'ingingo za 401, 407].

IGICE CYA 5 - IMIKORERE Y'IGOGORA
Ingororano yo Kubaha Amategeko y'Ibyaremwe

153. Gufata neza igifu no kubahiriza imikorere yacyo bigendana n'ingororano yo kugira intekerezo ziboneye n'ubushobozi bw'ubwenge. Imyanya igize urwungano ngogozi rwawe ntizigera isaza imburagihe ngo igutamaze. Tugomba kwerekana ko twishimira ubuhanga Imana yaduhaye igihe turya, twiga kandi tugakorana ubwenge. Inshingano yacu yera ni ukurinda umubiri wacu ku buryo tugira ubuzima bwiza kandi burangwa n'umwuka mwiza. Tugomba kwishimira umucyo Imana yaduhaye w'ivugurura mu by'ubuzima, tuwubwira abandi kandi bakawubonera mu mibereho yacu, tumurikira abandi umucyo mwiza werekeranye n'iyo nyigisho. IMN 101.1

Ingaruka Zigera ku Mubiri Bitewe no Kurya Birengeje Urugero

154. Ni izihe ngaruka igifu kigira bitewe no kurya birengeje urugero? Gicika intege cyane, ingingo z'urwungano ngogozi zikagira intege nke n'uburwayi, hamwe n'izindi ngaruka z'ibibi bikurikiraho. Iyo ari abantu bari basanganywe uburwayi, baba bikururiye uburwayi kurutaho, maze bakagabanya uburame bw'imibereho yabo buri munsi. Bituma bakoresha imbaraga z'umubiri wabo mu buryo buruhije kandi butari ngombwa, bahatira umubiri kwakira ibyo byokurya bashyize mu gifu. IMN 101.2

155. Akenshi uko kutirinda mu mirire kurangwa no kugira uburibwe bw'umutwe, kumererwa nabi mu gifu, no kuribwa bikabije mu bura. Igifu kiba cyatejwe kuremererwa bikabije ku buryo kiba kitakibasha kubyihanganira, umuntu agakomeza kugira uburibwe budahagarara. Umutwe ukora nabi, igifu kikivumbagatanya. Ariko ntabwo igihe cyose ari ko izi ngaruka zikurikira kurya cyane birengeje urugero. Haba n'igihe igifu kinaniwe gukora; umuntu ntiyumve uburibwe, ariko ingingo zigize urwungano ngogozi zikabura imbaraga zisanganywe. Imikorere y'umubiri wose igenda icogozwa, maze umuntu akumva aguwe nabi cyane. IMN 101.3

156. Ndabagira inama yo kugira ubwenge no kwirinda mu mirire yanyu. Nk'abarinzi b'Abakristo b'abanyabwenge, muzirikane cyane ku

kurinda umuryango w'igifu cyanyu, mwe kwemerera ikintu cyose kibasha kuba umwanzi w'ubuzima n'imibereho yanyu kwinjira mu kanwa kanyu. Inshingano Imana ibatezeho ni ugukurikiza umucyo yabahaye ku byerekeranye n'ivugururа mu by'ubuzima. Umuvuduko w'amaraso ajya mu mutwe ugomba guhagarikwa. Hariho imitsi minini mu ngingo z'umubiri igamije gukwiza amaraso mu bice byose by'umubiri kugira ngo umubiri ugire amagara mazima. Umuriro ushyira mu gifu cyawe utuma ubwonko buhinduka nk'itanura ry'umuriro. Ujye wimenyereza kurya wigengesereye, urya ibyokurya byoroheje, bidasaba ibirungo bikabije. Ujye usonjesha irari ryawe rya kinyamaswa, uryime ibyo ryifuza, we kurigaburira. Ubwiyongere bukabije bw'amaraso mu bwonko buha imbaraga irari rya kinyamaswa, bukagabanya imbaraga z'iby'umwuka…IMN 102.1

Icyo ukeneye cyane ni ukugabanya ibyokurya by'umubiri ukongera ibyokurya by'umwuka, ukongera umutsima w'ubugingo. Uko urushaho gukoresha imirire yoroheje, ni ko uzarushaho kumererwa neza. IMN 102.2

Kuremereza Umubiri

157. Mwenedata, ufite byinshi ugomba kwiga. Utegekwa n'umururumba bitewe no kurya ibyokurya birengeje ubushobozi ibyo umubiri ubasha guhinduramo amaraso meza. Kutifata maze ukarya ibyokurya birengeje urugero ni icyaha, ndetse n'iyo byaba ari ibyokurya bifitiye akamaro umubiri. Benshi bumva ko niba bararetse kurya inyama hamwe n'ibyokurya biremereye, babasha kwirira uko bashaka ibyokurya byoroheje kugeza ubwo bumva bujuje. Uku ni ukwihenda. Benshi mu biyita ko ari abagorozi mu mirire usanga ari abanyendanini. Baha ingingo z'urwungano ngogozi umutwaro uremereye kugeza igihe umubiri uba utagifite imbaraga zo kubyihanganira. Ibyo rero bitera umunaniro ukabije ubwenge, kuko imbaraga y'imyakura y'ubwonko yitabazwa ngo ifashe igifu umurimo wacyo. Kurya birengeje urugero kandi, nubwo byaba ari ibyokurya byoroheje, bifunga imikorere y'imyakura y'ubwonko yumva, bikayibuza imbaraga. Kurya birengeje urugero bigira ingaruka mbi ku mubiri kurenza gukora birengeje urugero; imbaraga z'ubugingo zicogozwa no kutirinda mu mirire kurusha kutirinda dukora akazi karenze urugero. IMN 102.3

Ingingo z'urwungano ngogozi ntizikwiriye na rimwe kuremerezwa n'ubwinshi cyangwa ubwiza bw'ibyokurya bisaba umubiri gukoresha

imbaraga nyinshi zo kubyakira. Ibyokurya byose bijya mu gifu birengeje ubushobozi bw'ibyo kibasha kwakira ngo kibihinduremo amaraso meza, biremereza umubiri; kuko bidashobora guhindurwamo amaraso cyangwa ibigize imikaya, bihindukira rero umutwaro umwijima, maze bigateza umubiri kudakora. Igifu kirakora bikabije kugira ngo gishobore kubyakira, maze umuntu akumva umunaniro wumvikana nk'aho ari inzara, maze aho guha umwanya ingingo z'urwungano ngogozi ngo ziruhuke akazi kagoranye ziba zakoze zisubirane imbaraga, igifu cyongera gushyirwamo ibindi byokurya mu buryo bwo kutirinda, maze urwungano rw'umubiri wananiwe rukongera gushyirwa ku nkeke y'akazi k'igogora. Bityo, aho kugira ngo umubiri ubonere ibyokurya bikwiriye ku gihe gikwiriye, ubona intungamubiri nkeya zaturutse kuri bya byokurya bikabije ubwinshi, bona n'ubwo byari ibyokurya byiza.IMN 103.1

Imyitozo Ikozwe ku Rugero Ifasha Igogora

Mwenedata, ubwonko bwawe bwaguye ikinya. Umuntu wabasha kurya ibyokurya bingana nk'ibyo urya yagombye kuba ari umukozi w'umunyambaraga. Gukora imyitozo bigira akamaro ko gufasha igogora, bikanatuma umubiri n'intekerezo bimererwa neza. Ukeneye rero gukora imyitozo ngororamubiri. Dore usigaye umeze nk'igiti kitava aho kiri, nk'aho umubiri wawe utagororotse ngo ukore neza. Ukeneye amagara mazima, no guhora ukora imyitozo y'umubiri. Ibyo bizasubiza imbaraga mu ntekerezo zawe. Igihe umaze gufata ifunguro ryuzuye, ntugahite ujya mu masomo cyangwa ukora imyitozo iruhije; ibi byaba binyuranyije n'amategeko agenga imikorere y'umubiri. Iyo ukimara kurya, hari umurimo ukomeye ukorana n'imbaraga y'urwungano rw'imyakura. Imbaraga y'ubwonko ihamagarirwa kuza gufasha igifu, noneho rero, igihe intekerezo cyangwa umubiri bisabwe gukora cyane nyuma yo kurya, igogora ntiriba rikibashije gukora umurimo waryo. Icyo gihe rero, imbaraga y'imikorere yose yari ikenewe ngo umurimo ushobore gukorwa mu cyerekezo kimwe, ikoreshwa ijyanwa gukorera ahandi.IMN 104.1

158. Imyitozo ngororamubiri ifasha umubiri mu gukemura ikibazo cyo kugubwa nabi, isubiza imbaraga mu ngingo z'urwungano ngogozi. Guhita wiga cyangwa ukora imyitozo ngororamubiri y'ingufu ukimara kurya bibuza igogora gukora umurimo waryo; kuko imbaraga y'imikorere yose ikenewe

ngo umurimo ushobore gukorwa mu cyerekezo kimwe, ikoreshwa ijyanwa gukorera mu zindi ngingo. Ariko igihe umaze kurya, ukagendagenda, weguye umutwe, ushyize intugu inyuma, ugakora imyitozo yoroshye, birafasha cyane. Bituma utiyerekezaho intekerezo ukazerekeza ku bwiza bw'ibyaremwe. Uko udahangayika ngo intekerezo zawe zibe ku gifu, niko wumva uguwe neza. Ariko igihe uhangayitswe n'uko ibyokurya wariye biza kukugwa nabi, ibyo utinya ni byo bibasha kukubaho. Ibagirwa ibiguhangayikishije byose, utekereze ibikunezeza gusa. IMN 104.2

[Kurya ukarenza urugero bituma amaraso yuzura mu bwonko — 276] IMN 105.1

[Imyitozo ngororamubiri irakenewe cyane ku batirinda — 225] IMN 105.2

[Gutinda kurya amafunguro ya nimugoroba bitera ikibazo cyo gusinzira ushikagurika — 270] IMN 105.3

[Intandaro yo kumva waguwe nabi — 213, 218, 245, 269, 270, 561, 705, 707] IMN 105.4

[Umururumba uca intege ingingo z'urwungano ngogozi, zikagabanya imbaraga zo kwakira ibyokurya — 202] IMN 105.5

[Igifu gikenera kuruhukira ahantu hatuje — 267]IMN 105.6

Umwuka Mwiza Urafasha Cyane

159. Umwuka mwiza urimo amahumbezi utuma amaraso agira imbaraga zo gukwirakwira umubiri wose. Ugarura amahumbezi mu mubiri, umubiri ukagira imbaraga kandi ukagubwa neza. Imbaraga zawo zigera kandi mu bwonko, ukabutera kwihangana no kwitegeka. Utuma umubiri ugira ipfa ry'ibyokurya, ugatuma igogora rikora neza biruseho, kandi ugatera umubiri kugira ibitotsi byiza kandi bihagije. IMN 105.7

160. Ibihaha bikwiriye guhabwa umudendezo wo gukora mu buryo buhagije. Ubushobozi bwabyo buriyongera igihe bikora bidafite ikibibangamiye; ariko iyo bikora bibangamiwe kandi bitisanzuye bwa bushobozi buragabanuka. Niyo mpamvu bihura n'ingaruka mbi ziterwa n'akamenyero k'imikorere mibi umuntu aba yaramenyereje umubiri nko guhora wunamirije. Muri ubu buryo, umuntu ntaba akibasha guhumeka bihagije ngo umwuka ukwire hose mu mubiri. Habaho guhumeka mu buryo bwo hejuru, bigahinduka akamenyero, maze ibihaha bikabura ubushobozi bwabyo bwo kwiyongera. Ingaruka nk'izo kandi zigera no ku bantu bimenyereje kwambara imyambaro ibahambiriye cyane… IMN 105.8

Muri ubwo buryo, umwuka winjira mu mubiri ntuba uhagije. Amaraso agenda buhoro. Imyanda ifite ubumara kandi yagombye gusohorwa igihe umuntu ahumeka asohora umwuka, iguma mu mubiri, igatuma amaraso aba mabi. Ingaruka nk'izo ntizigera ku bihaha gusa, zigera no ku gifu, umwijima n'ubwonko. Uruhu ruhinduka umuhondo, igogora rigatinda gukorwa; umutima ugacika intege, ubwonko bukagira igihu, intekerezo zirajijwa, ubwenge bugacura umwijima, maze imikorere yose y'umubiri igacika intege, umubiri ntube ukibasha gukora uko bikwiriye, bikawutera kuba wafatwa n'uburwayi. IMN 106.1

Kunanizwa n'Ibyokurya by'Amazi

161. Iyo umubiri wawe uza kugira ubuzima bwiza, uba warahindutse umugore w'ingenzi cyane. Wabaye umurwayi igihe kirekire, bituma ubwenge n'intekerezo zawe bigutera kwihugiraho, maze imitekerereze yawe igira ingaruka ku mubiri wawe. Mu bintu byinshi wagiye ugira ingeso zitari nziza. Ibyokurya wagiye urya ntibyari byiza mu bwinshi bwabyo no mu bwiza bwabyo. Wagiye urya byinshi bikabije, bikennye ku ntungamubiri, bidashobora kuzanira umubiri amaraso meza. Iyi mirire ni yo wamenyereje igifu. Umutimanama wawe wakwemeje ko ibyo ntako bisa, kuko nta ngaruka zikomeye zakugezeho. Ariko iyi ni imibereho itari myiza. Ntabwo igifu cyawe cyagiye kibona imbaraga gikeneye cyagombaga gukura mu byokurya. Ibyokurya by'amazi wagendaga ufata, byatumye umubiri wawe utabona imbaraga ukeneye no kugubwa neza. Ariko iyo uhinduye iyi migirire, ukarya ibyokurya bikomeye bifite amazi make, igifu cyawe bibanza kugitonda. Uko byamera kose, ibi ntibikwiriye kuguca intege; ukwiriye kumenyereza igifu cyawe kurushaho kwakira ibyokurya bikomeye. IMN 106.2

162. Nababwiye ko imitegurire y'ibyokurya byabo atari myiza, kandi ko gukoresha amasupu, icyayi n'imigati bitagendanye n'ivugurura nyakuri ryabageza ku buzima buzira umuze. Ndababwira kandi ko gushyira mu gifu ibyokurya by'amazi menshi nk'ibyo bituma umubiri utamererwa neza, kandi ko imirire nk'iyo iremereza cyane impyiko, maze urwo ruvange rw'amazi menshi rugaca intege igifu. IMN 107.1

Nahise nsobanukirwa ko abantu benshi mu bigo binyuranye bahura n'uburibwe bwo kugubwa nabi mu gifu bitewe na bene iyo mirire. Imyanya y'urwungano ngogozi yagiye icika intege, umubiri ukabura amaraso meza. Ibyokurya bya mugitondo bimenyereje ni icyayi n'umugati bakabifatanya n'isosi y'imvange z'ibintu binyuranye. Ibi ntibituma bagira amagara mazima. Iyo igifu kimaze kuruhuka no gusinzira, nibwo kibasha kwakira neza ibyokurya kuruta igihe cyaruhijwe n'akazi kenshi. Ibyokurya bya mugitondo byabaga akenshi bigizwe n'isupu, n'inyama rimwe na rimwe. Igifu ni gito, ariko igihe ipfa ridahagijwe, gikomeza gutinda kuri iyi mvange y'ibyokurya by'amazi; ibi bigihindukira rero umutwaro. IMN 107.2

Ibyokurya Bigomba Gushyushywa, Ariko Bidatwika

163. Ndabagira inama mwese ngo mujye mufata ikintu gishyushye nibura buri gitondo. Mushobora kubikora mu buryo budasaba imbaraga nyinshi. IMN 107.3

164. Ibinyobwa bishyushye cyane bikwiriye kwirindwa, usibye igihe byategetswe nk'umuti. Igifu cyangizwa bikomeye n'ibyokurya hamwe n'ibyokunywa bishyushye cyane. Ibyo rero bitera umuhogo n'indi myanya y'urwungano ngogozi y'umubiri gucika intege.IMN 107.4

Ibyokurya Bikonje Bigabanya Imbaraga z'Umubiri

165. Ibyokurya ntibikwiriye kuribwa bikonje cyane cyangwa bishyushye cyane. Iyo biriwe bikonje, bituma igifu gikoresha imbaraga nyinshi kugira ngo kibishyushe mbere y'uko igogora ryabyo rikorwa. Ni muri ubwo buryo kandi no kunywa ibinyobwa bikonje byangiza umubiri; kimwe no kwimenyereza ibinyobwa bishyushye bitera umubiri gucika intege no kumva urwaye. IMN 107.5

166. Abantu benshi bakora ikosa ryo kunywa amazi akonje igihe barimo kurya. Ibyokurya ntibikwiriye gusomezwa. Igihe ibyokurya biribwa bisomezwa, ayo mazi agabanya isoko y'amatembabuzi yo mu kanwa (amacandwe), kandi uko amazi arushaho gukonja, ni ko igifu kirushaho kumererwa nabi. Gusomeza ibyokurya amazi cyangwa fanta yabaye barafu bibuza igogora gukora kugeza igihe umubiri wohereje ubushyuhe buhagije

mu gifu kugira ngo gishobore kongera gukomeza umurimo wacyo. Ujye urya ibyokurya ubikacanga buhoro buhoro, bitume amacandwe yivanga n'ibyokurya. IMN 108.1

Uko urushaho kunywa cyane amazi menshi akivanga n'ibyokurya mu gifu, ni ko igogora ry'ibyokurya rirushya cyane igifu; kuko amazi ari yo agomba kubanza kwakirwa. IMN 108.2

Icyitonderwa ku Bantu Bagira Ibibahugije Cyane

167. Nkwiriye kubwira abakora mu bigo byacu by'ubuvuzi, abarimu n'abanyeshuri bo mu mashuri yacu, ko twese dukwiriye kugenzura irari ryacu mu mirire. Turi mu kaga ko kudaha agaciro iki kintu, tukabura kwita ku mibereho yacu kandi n'inshingano dufite zikadutwara igihe ntitubone umwanya wo kurya uko bikwiriye. Ubutumwa mbaha ni ubu: mufate igihe cyo kurya kandi ntimukarye ibiryo byinshi ngo mwuzuze igifu ibyokurya by'amoko atandukanye mu ifunguro rimwe. Kurya wirukanka ibyokurya by'amoko atandukanye mu ifunguro rimwe ni ikosa rikomeye.IMN 108.3

Murye Mwitonze, Mukacange Neza

168. Kugira ngo igogora rikore neza, ni ngombwa kurya witonze. Abashaka kwirinda indwara yo kugugara mu nda (dyspepsia), n'abasobanukiwe n'inshingano yabo yo kurinda imbaraga zabo ngo bashobore gukorera Imana umurimo mwiza biruseho, bakwiriye guhora bazirikana iyi nama. Niba ufite umwanya muto wo kurya, ntukamirire aho ibyokurya, ahubwo jya urya bike, kandi ukacange witonze. Igifite akamaro si ubwinshi bw'ibyokurya uriye, ahubwo ni ibikorewe neza igogora; na none kandi kwishimira uburyohe bw'ibyokurya byinshi urimo kurya si cyo gifite akamaro kuruta igihe umara ubikacanga mu kanwa. Abumva badatuje, abahangayitse, cyangwa abihuta bakwiriye kuba baretse kurya kugeza igihe bumvise batuje, bafite akanya; kuko imbaraga z'umubiri ziba zakoze akazi bihagije, ntizishobora gutanga amavangingo ahagije asanzwe afasha igogora gukora mu buryo bukwiriye. IMN 108.4

169. Ibyokurya bikwiriye kuribwa buhoro buhoro umuntu yitonze, kandi bigakacangwa neza. Ibi ni ingenzi cyane kugira ngo amacandwe abashe kwivanga n'ibyokurya uko bikwiriye kandi n'amavangingo afasha mu igogora abashe gukora umurimo wayo. IMN 109.1

Icyigisho Dukwiriye Guhora Tuzirikana

170. Niba dushaka gukora umurimo w'ivugururura ry'ubuzima ngo tugire amagara mazima, ni ngombwa ko tugabanya irari ryacu mu mirire, tukajya turya twitonze, kandi tukarya gusa ibyokurya binyuranye biri mu rugero ku ifunguro rimwe. Aya mabwiriza akwiriye guhora azirikanwa kandi asubirwamo. Gukoresha ibyokurya byinshi binyuranye ku ifunguro rimwe ntibigendana n'amabwiriza agenga ubuzima bwiza.IMN 109.2

171. Ni ngombwa kwitonda cyane igihe duhinduye imirire yacu tuva ku gukoresha inyama tukajya ku gukoresha ibimera kugira ngo dushyire ku meza ibyokurya biteguranywe ubushishozi, kandi bitetswe neza. Guhorera ibyokurya byorohereye ni ikosa. Ibyiza kuruta ni uko twakwimenyereza kurya ibyokurya bikomeye bidusaba gukacanga. Muri ubwo buryo, ibyokurya byiza nk'ibyo twiteguriye bituzanira umugisha utangaje. Umugati mwiza wuzuye kandi ubumbabumbye, iyo uteguwe neza kandi mu buryo bworoshye, ubera mwiza umubiri wacu. Umugati ntukwiriye na gato kugira agahumuro ko gushirira. Ugomba gutekwa kugeza igihe uhiye wose. Bityo, ntube woroheréye kandi ngo ube ufobagana. IMN 109.3

Ku bashobora kuzikoresha, imboga nziza zateguwe mu buryo bufitiye akamaro umubiri, zirushaho kuba nziza kuruta ibyokurya byoroheréye cyangwa igikoma. Kurya amatunda n'umugati wahiye neza umaze iminsi nk'ibiri cyangwa itatu, bituma tugira amagara mazima kuruta gukoresha umugati ukiri mushyashya. Iyo tubiriye twitonze kandi tunoza, bigwa neza umubiri wose. IMN 110.1

172. Kugira ngo ukore utugati duto tubumbabumbye, fata amazi adafite umwanda hamwe n'amata, cyangwa amavuta y'inka make; ukore ikivange cy'ifu y'umugati, maze ukibumbabumbe nk'uko utugati tuba tubumbye. Biteke mu ifuru. Usanga turyoshye kandi dufite icyanga. Kurya utwo tugati bisaba kuturya unoza, kuko bigirira akamaro amenyo n'igifu.

Bizanira umubiri amaraso meza, kandi bikawongerera imbaraga. IMN 110.2

Irinde Ibigutera Guhangayika Bikabije

173. Biragoye kumenya ibiro by'ibyokurya umuntu aba akwiriye kurya. Ntabwo ari byiza gukurikiza iyo mikorere, kuko bituma umuntu ahoza intekerezo kuri ibyo gusa. Icyo gihe, intekerezo zihora gusa zitekereza ibyokurya n'ibyokunywa… Hariho benshi bihaye umutwaro uremereye w'inshingano yo guhora bibaza ubwinshi bw'ibyo bagomba kugaburira imibiri yabo ndetse n'uko bigomba kuba ari byiza. Bamwe muri abo ndetse bahangayikwa n'ikibazo cyo gutumba mu gifu, bigatuma barya utwokurya duke tudashobora no gutunga amagara yabo. Bamaze kwangiza bikomeye insengero zabo, kandi mfite ubwoba ko baba barisenyeye imibereho yabo yo muri ubu buzima.IMN 110.3

174. Hariho n'abahora bumva ko badahangayikwa n'ibyokurya barya uko byaba bimeze kose, byaba byoroheje cyangwa bifitiye akamaro imibiri yabo, ko bidashobora kugira icyo bibatwara. Reka aba mbabwire ngo: Ntimugatekereze ko ibyokurya byanyu bibatera ibibazo; ntibikabahangayike na gato; mujye murya uko mubyumva; igihe mwamaze gusaba Imana ngo ihe umugisha ibyokurya ngo bikomeze imibiri yanyu, mujye mwiringira ko yumva amasengesho yanyu, maze mutuze. IMN 111.1

175. Irindi kosa rikomeye ni ukurya mu bihe bidakwiriye, nka nyuma y'imyitozo iremereye bikabije, igihe umuntu yananiwe cyane, cyangwa yabize ibyuya. Igihe umuntu amaze kurya, imbaraga y'imyakura irakora cyane; hanyuma bitewe n'uko ubwonko cyangwa umubiri biba byakoze umurimo ukomeye haba mbere na nyuma yo kurya, bibuza umurimo w'igogora gukorwa. Igihe umuntu ananiwe, ahangayitse, cyangwa afite ibimwihutisha, ni byiza ko yirinda kurya kugeza igihe yumva aruhutse cyangwa atekanye. IMN 111.2

Igifu gikorana bikomeye n'ubwonko; iyo igifu kirwaye, imbaraga z'imitsi zihamagarwa n'ubwonko nzo zijye gufasha ingingo zirwaye z'urwungano ngogozi. Iyo uku guhamagarwa kw'imitsi kubaho kenshi, ubwonko bugwa ikinya. Iyo ubwonko busabwa gukora cyane, kandi umuntu adakora

imyitozo ngororamubiri, akwiriye no kurya indyo yuzuye mu buryo buri mu rugero. Mu gihe urimo gufungura, jya wibagirwa ibibazo n'ibiguhagarika umutima; ntukagire ikikwihutisha, ujye urya witonze, unezerewe, kandi umutima wawe wuzuye ishimwe ushimira Imana imigisha yayo yose. IMN 111.3

Imvange z'Ibyokurya

176. Kumenya gutegura mu buryo buboneye ibyokurya by'imvange ni ibintu bifite agaciro gakomeye, kandi bikwiriye gufatwa nk'impano y'ubwenge butangwa n'ijuru. IMN 111.4

177. Ntugategure amoko menshi cyane y'ibyokurya binyuranye byo kuribwa ku ifunguro rimwe; Amoko atatu cyangwa ane arahagije rwose ku ifunguro rimwe. Ku ifunguro rikurikiyeho, ushobora guhinduranya. Umutetsi akwiriye gushyira imbaraga nyinshi z'ibitekerezo bye kuri gahunda yo guhinduranya amafunguro agomba kuzana ku meza, n'igifu kandi ntikigomba guhorera ibyokurya bimwe bya buri funguro. IMN 112.1

178. Ifunguro rimwe ntirikwiriye kugira amoko menshi y'ibyokurya, ariko ntibikwiriye ko n'ibyokurya byose biba bigizwe n'ubwoko bumwe budahinduranywa. Ibyokurya bikwiriye gutegurwa mu buryo bworoheje, ariko na none buboneye ku buryo bitera umuntu kugira ipfa. IMN 112.2

179. Byarushaho kuba byiza kurya ifunguro ry'ibyokurya bigizwe n'amoko abiri cyangwa atatu gusa aho kurunda mu gifu ibyokurya by'amoko menshi.IMN 112.3

180. Benshi barwazwa no kugira umururumba uturuka ku irari ryabo. … Iyo imvange z'ubwoko bwinshi bw'ibyokurya zinjijwe mu gifu zikora umusemburo wangiza umubiri. Iyi mibereho iteza akaga k'indwara zikomeye, ndetse hakaba ubwo biteje urupfu. IMN 112.4

181. Imvange zinyuranye mu ifunguro rimwe ziteza kugubwa nabi, zikica ibifitiye akamaro umubiri byagombaga kuzanwa n'ubwoko bumwe bw'ibyokurya, iyo biramuka biriwe ari byonyine. Bene aka kamenyero gateza uburibwe mu mubiri, ndetse rimwe na rimwe bigateza urupfu. IMN 112.5

182. Niba ukora akazi ko guhora hamwe, ujye ukunda gukora imyitozo buri munsi, kandi urye gusa ibyokurya byoroheje by'amoko abiri cyangwa atatu kuri buri funguro, ntukabirenze ngo ukunde uhaze inzara ufite. IMN 112.6

[Izindi nama ku bantu bakora akazi ko guhora hamwe, wazibona ku ngingo ya 225]. IMN 112.7

183. Kugubwa nabi biterwa no kurya imvange zidakwiriye z'ibyokurya; ibyo bikurikirwa no kuremwa k'umusemburo mu mubiri; amaraso agahumana, maze ubwonko bugakora nabi. IMN 113.1

Akamenyero ko kurya ukarenza urugero, cyangwa ukarya imvange z'ibyokurya nyinshi cyane mu ifunguro rimwe, akenshi bitera kugugarirwa mu mubiri [dyspepsia]. Ibyo bituma imwe mu myanya y'urwungano ngogozi imererwa nabi. Igifu kigerageza kwirwanaho ariko bikaba iby'ubusa, maze kigatuma ubwonko bushakira igisubizo ku mpamvu irimo kubitera. Ibyokurya birenze urugero byariwe, cyangwa imvange zidakwiriye zariwe zikora umurimo mubi mu mubiri. Icyo gihe ibimenyetso biburira byoherezwa mu mubiri nyamara ntacyo biri butange, hagakurikiraho uburibwe, indwara ikabuza umubiri amahoro. IMN 113.2

Intambara mu Gifu

184. Indi mpamvu itera uburwayi no gukora nabi k'umubiri ni igogora ribi. Ntibishoboka ko ubwonko bukora umurimo wabwo neza igihe habaye ukwangirika kw'imyanya y'urwungano ngogozi. Hari abantu benshi barya amoko anyuranye y'ibyokurya batitonze, ibyo bigatuma mu gifu havuka intambara, maze bigatera urujijo mu mikorere y'ubwonko. IMN 113.3

185. Ntabwo ari byiza na gato kurya amoko menshi anyuranye y'ibyokurya mu ifunguro rimwe. Igihe turiye imigati n'amatunda, tukabivanga n'amoko anyuranye y'ibindi byokurya bitagendana bikuzura mu gifu mu ifunguro rimwe, ni iki twaba dutegereje kindi uretse kugubwa nabi mu gifu? IMN 113.4

186. Abantu benshi bakunda kurya vuba cyane. Abandi bakarya mu ifunguro rimwe ibyokurya bitajyana. Iyaba abagabo n'abagore bibukaga

uburyo ubugingo bwabo buhababarira igihe bababaza igifu cyabo, n’uburyo Kristo adahabwa icyubahiro igihe bahemukira igifu cyabo, babasha kugira ubutwari no kwiyanga, bagaha igifu umwanya wo kugubwa neza mu mikorere yacyo. Nimutyo twese igihe turi ku meza dufungura tuzirikane ko turimo gukora umurimo w’ivugabutumwa mu by’ubuzima, ngo twaba turya cyangwa tunywa dukorere byose gutuma Imana ihabwa ikuzo. IMN 113.5

Ibifu Biguwe Neza n’Imyitwarire Itekanye

187. Dukwiriye kurinda imyanya y’urwungano ngogozi, ntituyiremereze tuyiha ubwoko bwinshi cyane bw’ibyokurya. Umuntu wuzuza mu nda ye ibyokurya by’ubwoko bwinshi cyane by’ifunguro rimwe aba agirira nabi umubiri we. Icy’ingenzi kuri twe ni uko twajya turya ibyokurya bikwiriye kandi bigwa neza imibiri yacu kuruta kurya ku byokurya binyuranye biri mu masorori menshi cyane azanwa imbere yacu. Igifu cyacu ntigifite umuryango twareberamo ibikiberamo; bityo rero dukwiriye gukoresha ubwenge bwacu n’intekerezo zacu kugira ngo tumenye ingaruka y’ibyo dushyira mu gifu cyacu. Igihe dufite uburakari kandi tukumva ko ibintu bitarimo kugenda neza, ahari byaba biterwa n’ingaruka zo kurya ubwoko bwinshi cyane bw’ibyokurya. IMN 114.1

Imyanya y’urwungano ngogozi ifite uruhare runini rwo gutuma imibereho yacu ihorana umunezero. Imana yaduhaye ubuhanga, kugira ngo twige uburyo twakoresha ibyokurya. Mbese nk’abagabo n’abagore b’abanyabwenge ntidukwiriye kwiga tukamenya niba ibyoturya bimerera neza imibiri yacu cyangwa bikayiteza akaga? Abantu bafite indwara yo gusharirirwa mu gifu (kubera acide) akenshi barangwa n’imyitwarire yo gusharira n’uburakari. Ikintu cyose kibabera ikinyuranyo, bakamera nk’abanyamushiha n’abanyaburakari. Iyaba twimenyerezaga kuba abanyamahoro, twajya turushaho gutekereza kuruta uko dusanzwe tubikora ku bintu byose byatuma ibifu byacu bigubwa neza. IMN 114.2

[Ingaruka mbi zo kurya amoko menshi cyane y’ibyokurya n’imvange zitagendana 141, 225, 226, 227, 264, 387, 546, 551, 722] IMN 114.3

[Imvange y’ibyokurya byinshi muri za resitora zacu — 415] IMN 115.1

[Kwitondera imvange z’ibyokurya duha umurwayi — 441, 467] IMN 115.2

[Uko Ellen G. White yitonderaga guteka imvange — Birebe ku Mugereka wa I:19, 23, 25]. IMN 115.3

Amatunda n’Imboga

188. Ntimukwiriye gukoresha ubwoko bwinshi cyane bw’ibyokurya mu ifunguro rimwe kuko bitera umururumba wo kurya ibirenze urugero, igogora rikagenda nabi, ukagubwa nabi mu gifu. IMN 115.4

Si byiza kurira rimwe amatunda n’imboga ku ifunguro rimwe. Niba igogora rifite intege nke, gukoresha ubwo bwoko bwombi bw’ibyokurya akenshi bizatuma ubwonko butamenya icyo gukora, maze bukorane intege nke. Igikwiriye ni ukurya amatunda ku ifunguro rimwe, ukaza kurya imboga ku ifunguro ritaha.IMN 115.5

Indyo ikwiriye kunyuranywa. Guhorera indyo imwe, iteguwe mu buryo bumwe, nta gusimburanya buri munsi, ntibikwiriye rwose mu mirire yacu. Indyo ibereye umubiri wacu, tukumva turiye neza uko bikwiriye, ni indyo iteguwe mu buryo bunyuranye. IMN 115.6

Ibyo Kurenzaho Bikungahaye ku Isukari n’Imboga

189. Ibyokurya bikozwe mu masukari, amavuta y’imvange y’ikimuri bita kreme, za keke, n’imboga bitanzwe mu ifunguro rimwe, bitera igifu kwivumbagatanya. IMN 115.7

190. Mu mitegurire yanyu y’ibyokurya, mukwiriye kugira mu ngo zanyu, ibintu bibafasha birushijeho kuba byiza bihebuje. Mu gihe kimwe cy’ubukonje bukabije, bisa nk’aho umuyobozi runaka yahuye n’uburwayi, maze umuganga aramubwira ati, “Namenye imirire yawe. Urya ibyokurya by’ubwoko bwinshi bikabije ku ifunguro rimwe. Amatunda n’imboga urira rimwe bitera ubusharire (aside) mu gifu cyawe; ibyo rero bituma utagira amaraso meza, maze ubwonko bukagira urujijo kuko igogora riba ritakoze neza umurimo waryo.” Ukwiriye gusobanukirwa yuko buri rugingo rw’umubiri wawe ugomba kurwitaho ukarwubaha. Ku kibazo cy’imirire, ugomba gutekereza ku ngaruka ziterwa n’ibyo uriye. IMN 115.8

Isukari n’Amata

191. Ubusanzwe abantu bakoresha isukari ikabije kuba nyinshi mu byokurya bategura. Keke, ibyokurya bikozwe mu masukari menshi, gato z’ubwoko bwinshi, imigati ikozwe n’isukari nyinshi, imishonge yo mu macupa no mu bikombe, ni byo biteza akaga k’igogora no kugubwa nabi mu gifu. Cyane cyane ariko ibiteza akaga cyane ni ibyokurya bikozwe mu masukari menshi n’imvange z’amavuta y’inka bita kreme, usanga byiganjemo cyane amata, amagi, n’isukari. Gukoresha amata n’isukari icyarimwe bikwiriye kurekwa rwose.IMN 116.1

192. Abantu bamwe bakunda gukoresha amata n’isukari nyinshi [mu gikoma] bibwira ko bakurikiza amabwiriza agenga ubuzima bwiza. Nyamara isukari n’amata bivanze bikora umusemburo mu gifu, bityo bikangiza umubiri. IMN 116.2

[Reba amata n’isukari ku ngingo za 533, 534, 535, 536]. IMN 116.3

Imvange Nyinshi kandi Ziruhije

193. Uko tugabanya gukoresha ibirungo n’ibyo turenza ku byo tumaze kurya, bizagwa neza cyane abantu bose dusangira amafunguro yacu.

Ibyokurya byose by’imvange ziteguye mu buryo buruhije bigirira nabi imibiri y’abantu. Inyamaswa zidatekereza na zo ubwazo ntizabasha kwifuza kurya bene izo mvange abantu bakunda gushyira mu bifu byabo. … IMN 116.4

Imvange zikabije z’ibyokurya hamwe n’imvange ziteguye mu buryo buruhije zica umubiri. IMN 116.5

[Imvange zikabije z’ibyokurya n’ubwoko bwinshi bw’indyo ntibikwiriye kuba ibyokurya by’amateraniro makuru — 74] IMN 117.1 [Imvange z’inyama, ibirungo, keke na gato — 673].

IGICE CYA 6 - IMIRIRE ITABONEYE NI INTANDARO Y'UBURWAYI

Umurage wo Gusigingira

194. Umuntu yavuye mu biganza by'Umuremyi we atunganye mu miterere no mu bwiza. Kuba agikomeye nyuma y'imyaka ibihumbi bitandatu by'imiruho, indwara n'ubugome byaragiye birushaho kwiyongera ni igihamya cy'imbaraga ikomeye yahawe katanga ka mbere ubwo yaremwaga. Ndetse nubwo ababayeho mbere y'umwuzure biroshye mu byaha nta rutangira, byatwaye hafi imyaka ibihumbi bibiri mbere y'uko ingaruka yo kugomera amategeko y'ibyaremwe igaragarira bose. Iyo Adamu ataza kugira imbaraga ntagereranywa z'umubiri ziruta kure iz'abagabo b'iki gihe, ikiremwa muntu kiba cyarahanaguritse kuri iyi si.IMN 117.3

Kuva umuntu yacumura ugakomeza no mu bisekuruza byagiye bisimburana, uguhenebera k'umuntu kwagiye kurushaho kwiyongera. Indwara zagiye zisimburana ziva ku babyeyi zijya ku bana uko ibisekuruza bikurikirana, ndetse n'abana b'impinja bagahura n'imibabaro itewe n'ibyaha by'ababyeyi babo.IMN 118.1

Mose, umunyamateka wa mbere, aduha inkuru zuzuye z'imibereho n'imibanire y'abantu babayeho kuva kera mu mateka y'iyi si, nyamara nta na hamwe mu nyandiko ze dusanga inkuru z'abana bavutse bafite ubumuga bw'ubuhumyi, kutumva, kuremara umubiri, cyangwa kuba ari injiji. Nta na hamwe dusanga havuga iby'urupfu rusanzwe rw'uruhinja, umwana muto, cyangwa uri mu kigero cy'urubyiruko. Inyandiko dusanga mu gitabo cy'Itangiriro zivuga iby'abapfuye ni iziteye gutya: "Iminsi yose Adamu yaramye ni imyaka Magana urwenda na mirongo itatu, arapfa… Iminsi yose Seti yaramye ni imyaka magana urwenda na cumi n'ibiri, arapfa." Naho ku bandi, ibyanditswe bigira biti, "yashaje neza, apfa ageze mu zabukuru, aramye imyaka myinshi." (Itangiriro 5:5, 8). Byari ikintu kidasanzwe ko umwana apfa mbere y'umubyeyi we, ku buryo ikintu nk'icyo cyandikwa mu nyandiko ngo, "Harani apfira aho Tera se ari." (Itangiriro 11:28). Abakurambere babayeho guhera kuri Adamu ukageza kuri Nowa, usibye bake cyane, baramaga hafi imyaka igihumbi. Kuva icyo gihe rero, icyagati cy'imyaka yo kurama cyagiye kigabanuka. IMN 118.2

Ku gihe cyo kuza kwa Kristo ku isi, ubwoko muntu bwari bwarasigingiye cyane ku buryo yaba umuntu w'umusaza, uw'igikwerere n'umwana, bazanirwaga Umukiza bakuwe mu mijyi no mu biturage, ngo abakize indwara zabo. Abantu benshi bakoraga imirimo y'imvune yuzuye imiruho itavugwa. IMN 119.1

Kugomera amategeko agenga umubiri, hamwe n'ingaruka zabyo zo guhura n'imibabaro, gukenyuka, byari gikwira ku buryo abantu babonaga izi ngaruka nk'umugabane wagenewe umuntu. Ariko Imana ntiyaremeye umuntu kugira bene iyo mibereho y'intege nke. Iyi mibereho si umurimo w'Imana, ni uw'umuntu. Yazanywe n'ingeso mbi, no kugomera amategeko Imana yahaye umuntu ngo agenge ukubaho kwe. Gukomeza kugomera amategeko agenga ibyaremwe ni ugukomeza kugomera amategeko y'Imana. Iyo abantu bakomeza kumvira amategeko y'Imana ari yo Mategeko Cumi, amabwiriza yayo agakomeza kuyobora imibereho yabo, nta muvumo w'indwara zuzuye isi uba warabayeho. IMN 119.2

"Mbese ntimuzi yuko imibiri yanyu ari insengero z'Umwuka Wera uri muri mwe, uwo mufite wavuye ku Mana? Kandi ntimuri abanyu ngo mwigenge kuko mwaguzwe igiciro. Nuko rero mutume imibiri yanyu [n'umwuka wanyu] bihimbaza Imana." (1 Abakorinto 6:19, 20). Igihe abantu bapfusha ubusa imbaraga z'imibiri yabo kandi bakijimisha intekerezo zabo baba bacumura ku Mana; ntibaba bayihimbariza mu mibiri n'umwuka wabo, kandi ari ibyayo. IMN 119.3

Nyamara nubwo umuntu yacumuye ku Mana, urukundo rw'Imana ruracyari ku kiremwa muntu; kandi itegeka umucyo wayo kumumurikira, ukabashisha umuntu kubona ko kugira ngo agire imibereho itunganye, akeneye gukurikiza amategeko agenga ibyaremwe akanayobora impagarike ye. Mbega uburyo ari ingenzi ko umuntu akwiriye kugendera mu mucyo, agakoresha ubushobozi bwe bwose, bwaba ubw'umubiri n'ubw'intekerezo, kugira ngo Imana ihabwe ikuzo! IMN 119.4

Turi mu isi irwanya ubutungane, cyangwa ukubonera kw'imico, ndetse by'umwihariko gukurira mu buntu. Aho tureba hose, tuhabona uguhumana, kwangirika, guhenebera n'icyaha. Mbega ukuntu ibi bihabanye n'umurimo ugomba gukorerwa muri twe mbere y'uko duhabwa impano y'ukudapfa! Abatoranyijwe n'Imana bagomba guhagarara batunganye hagati

y'ukwangirika kubakikije muri iyi minsi y'imperuka. Imibiri yabo ikwiriye kwezwa, umwuka wabo ukaba uboneye. Kugira ngo uyu murimo ubashe gukorwa, ukeneye gukorwa byihutirwa, ugashyirwamo umwete, kandi ugakoranwa ubuhanga. Mwuka w'Imana ni We ukwiriye gutegeka imibereho yacu mu buryo bwuzuye, akayobora buri gikorwa cyacu cyose. … IMN 120.1

Abantu bahumanyije urusengero rw'ubugingo bwabo, kandi Imana irabahamagarira gukanguka, bakarwana n'imbaraga zabo ngo basubirane ubushobozi Imana yabahaye. Nta kindi cyabasha kwemeza no guhindura umutima w'umuntu usibye ubuntu bw'Imana; ubwo buntu bwonyine ni bwo bushobora gucagagura iminyururu y'ubucakara bwababase. Ntabwo byashobokera umuntu gutanga umubiri ho igitambo kizima, cyera, kandi gishimwa n'Imana, mu gihe agifite ingeso zibuza umubiri, ubwenge n'intekerezo kugira imbaraga. Na none intumwa yongera kutubwira iti, "Kandi ntimwishushanye n'ab'iki gihe, ahubwo muhinduke rwose mugize imitima mishya, kugira ngo mumenye neza ibyo Imana ishaka, ari byo byiza bishimwa kandi bitunganye rwose." (Abaroma 12:2). IMN 120.2 **Kuguma mu Bujiji bw'Amategeko Agenga Ubuzima**

195. Ikintu gitangaje kandi cy'amayobera ni ukubona abantu b'iki gihe bababaho badafite amahame abagenga, kandi ibyo bikaba bigaragazwa n'ukuntu batita ku mategeko agenga ubuzima no kwitungira amagara mazima. Bababaho imibereho yuzuye ubujiji, kandi bakikijwe n'umucyo impande zose. Abenshi muri bo baba bahangayitswe n'iki kibazo ngo, Mbese nzarya iki? Mbese nzanywa iki? Ese nzambara iki? Batitaye ku byavuzwe no ku byanditswe byerekeranye n'ukuntu bakwiriye gufata imibiri yabo, abo bagabo n'abagore babaswe n'irari bagize itegeko riyobora imibereho yabo. IMN 121.1

Ubushobozi bw'intekerezo bucika intege bitewe n'uko abagabo n'abagore badashaka kumvira amategeko agenga ubuzima bwiza, bakanga ko iyi nshingano iba iyabo. Ababyeyi baraga urubyaro rwabo ingeso zabo zangiritse, n'indwara zikomeye zikangiza amaraso kandi zigakoresha nabi ubwonko bwabo. Abenshi mu bagabo n'abagore bakomeza kuguma mu bujiji bwerekeranye n'amategeko agenga ukubaho kwabo, maze bagashayisha mu irari n'umururumba bikabatwara intekerezo n'umutimanama, maze bakamera nk'abifuza kuguma muri ubwo bujiji

buzanwa no kugomera amategeko y’ibyaremwe. Bishimira guhaza irari ry’ibibi bakoresha uburozi bucengera buhoro buhoro, bugatera amaraso kwangirika, bugacogoza imbaraga z’imikaya, maze ku iherezo bukabateza indwara ndetse n’urupfu. Inshuti zabo zibona ko izo ngaruka zitewe n’igihano giturutse ku Mana. Ibi rero bigatuma batuka ijuru; bagahitamo kwigomeka ku mategeko agenga ibyaremwe, maze bakababazwa n’igihano batewe no kugomera ayo mategeko. Noneho imibabaro n’urupfu bikaba gikwira aho ariho hose, cyane cyane mu bana. Mbega amahabane atangaje hagati y’imibereho y’abantu bo muri iki gihe n’abo mu myaka ibihumbi bibiri ya mbere!IMN 121.2

Ingaruka z’Imibanire Zitewe no Kutagenzura Irari

196. Ibyaremwe binihishwa n’ubugome bwose bukorerwa amategeko agenga ubuzima. Byihanganira urugomo bikorerwa uko bishobora kose; nyamara amaherezo ingaruka ziraza, zikagera ku bushobozi bwo gutekereza n’ubw’umubiri. Ntabwo zigarukira gusa ku wagomeye ya mategeko; kuko ingaruka zazo zigera no ku rubyaro, bityo ikibi kigahererekanywa, igisekuruza kigaha ikindi gisekuruza. IMN 121.3 Urubyiruko rw’iki gihe ni ikimenyetso nyakuri cy’uko umuryango mugari uzaba umeze mu gihe kizaza. Igihe tubareba, mbese ni iki tubona ko ahazaza habasha kutwiringiza? Benshi bahugiye mu kwishimisha, ntibashaka gukora. Babuze ibitekerezo bifite ubutwari bwo kwanga inarijye ngo bibakundishe umurimo. Ukwitegeka kwabo ni guke cyane kandi barakazwa n’ubusabusa. Benshi cyane mu kigero icyo aricyo cyose baba bagezemo n’ahantu baba bari usanga nta mahame ayobora ubuzima cyangwa umutimanama wabo. Mu kuba inkorabusa, iyo mico yabo ibajyana mu bibi maze bagahumanya umuryango mugari babamo, kugeza ubwo bawuhindura Sodomu ya kabiri. Iyaba irari n’umururumba byagengwaga no gushyira mu gaciro hamwe n’iyobokamana, umuryango mugari tubamo wahinduka mu buryo bugaragara. Imana ntiyigeze ishaka ko ibintu bimera uko biri muri iki gihe; byazanywe n’ingaruka zo kugomera amategeko agenga ibyaremwe. IMN 122.1

Kugomera Amategeko y’Ibyaremwe n’aya Mwuka

197. Abantu benshi babaga barembejwe n'indwara bagasanga Kristo akabakiza, yarababwiraga ati, "Ntimukongere gukora icyaha, mutazabona ishyano riruta irya mbere." Hanyuma akabigisha ababwira ko indwara ari ingaruka zo kugomera amategeko y'Imana, amategeko yo mu byaremwe n'aya Mwuka. Abantu baramutse babayeho imibereho ihuje n'umugambi w'Umuremyi, nta mibabaro ikomeye yabaho muri iyi si.IMN 122.2

Kristo ni We wabaye umuyobozi n'umwigisha w'Abisiraheli bo mu gihe cya kera, kandi yabigishije ko kugira amagara mazima ari ingororano yo kubaha amategeko y'Imana. Muganga ukomeye wakizaga indwara muri Palestine yabwiraga abantu ari mu nkingi y'igicu, akababwira icyo bagomba gukora, n'icyo Imana yari yiteguye kubakorera. Yarababwiye ati, "Nugira umwete wo kumvira Uwiteka Imana yawe, ugakora ibitunganye mu maso yayo, ukitondera ibyo yagutegetse byose, nta ndwara nzaguteza mu zo nateje Abanyegiputa, kuko ari Jye Uwiteka ugukiza indwara." (Kuva 15:26). Kristo yahaye Isiraheli amabwiriza asobanutse yerekeranye n'ingeso zagombaga kuranga ubuzima bwabo, maze abaha n'icyizere agira ati, "Uwiteka azagukuraho indwara zose." Iyo babaga bujuje ibyo basabwaga, basohorezwaga isezerano. "Nta n'umwe wo mu miryango yabo wagendanaga intege nke." (Zaburi 105:37, Bibiliya Ijambo ry'Imana). IMN 122.3

Izi nyigisho ni izacu. Abashaka kurinda no kwitungira amagara mazima bafite ibyo basabwa kubahiriza. Bose bakwiriye kwiga bakamenya ibyo basabwa kubahiriza. Uwiteka ntiyishimira ko abantu bagira ubujiji mu byerekeranye n'amategeko Ye, yaba ay'ibyaremwe cyangwa aya Mwuka. Tugomba gufatanya n'Imana umurimo wo guhembura ubuzima bw'umubiri n'ubw'ubugingo. IMN 123.1

Imibabaro Umuntu Yikururira

198. Umuryango w'abantu wikururiye indwara z'ubwoko bwinshi bitewe n'ingeso zabo mbi. Ntibize uburyo bwo kwitungira amagara mazima, no kugomera amategeko agenga ukubaho kwabo byabazaniye ingaruka zitagira ingano. Abantu rimwe na rimwe bagiye bamenya ko ingeso zabo mbi ari zo nyirabayazana w'imibabaro yabagezeho. Bananiwe kwirinda mu

mirire, maze ibyokurya babihindura ikigirwamana cy'irari ryabo. Mu ngeso zabo zose bagaragaje ukutita ku magara mazima no ku buzima bwabo. Nk'ingaruka y'ibyo, bagezweho n'uburwayi bikururiye ubwabo bibwira ko babutejwe n'Imana, nyamara bitewe n'ingaruka z'ingeso z'ibikorwa byabo.IMN 123.2

199. Indwara ntijya ipfa kuza hatabaye impamvu. Ibanza gutegurirwa inzira, maze ikinjizwa, bitewe no kwirengagiza amategeko agenga ubuzima. Benshi bahura n'imibabaro baterwa n'ababyeyi babo bagomeye amategeko y'ubuzima. Nubwo baba atari bo ba nyirabayazana b'ibyo abo babyeyi bakoze, baba nyamara bafite inshingano yo kwirinda kugomera ubwabo amategeko agenga ubuzima. Bagomba kwirinda ingeso mbi z'ababyeyi babo, maze mu kubaho imibereho itunganye, bikababahesha kugira ubuzima bwiza biruseho. IMN 124.1

Umugabane munini, nyamara, uhura n'imibabaro bitewe n'amakosa y'imyifatire yabo. Birengagiza amahame agenga ubuzima buzira umuze kubwo ingeso zabo mu mirire, mu minywere, mu myambarire, no mu kazi. Kugomera amategeko agenga ibyaremwe kwabo kubazanira ingaruka; kandi iyo indwara ibagezeho, abenshi ntibabona intandaro nyakuri yabyo, ahubwo batangira kwivovotera Imana bitewe n'uburibwe bubagezeho. Ariko Imana si yo nyirabayazana w'imibabaro igendana no kwirengagiza cyangwa kutita ku mategeko agenga ibyaremwe. …IMN 124.2

Ukutirinda mu mirire akenshi ni yo ntandaro y'uburwayi, kandi igikenewe kuruta ibindi si ukugereka umutwaro w'amakosa yacu ku byaremwe, ahubwo ni ukorohereza umutwaro ibyaremwe byashyizweho.IMN 124.3

[Ababyeyi babiba imbuto z'indwara n'urupfu — 635]IMN 124.4

[Igihano kitarengwa — 11, 29, 30, 221,227, 228, 250, 251, 294]. IMN 124.5

Umururumba Ugendana n'Indwara

200. Abantu benshi bikururira indwara bitewe n'umururumba wabo. Ntibaba baragize imibereho igendanye n'amategeko agenga ibyaremwe cyangwa amahame adahinduka yo kubonera. Abandi usanga barirengagije

amategeko yo kwitungira amagara mazima mu ngeso zabo z'imirire, iminywere, imyambarire, cyangwa imikorerere. IMN 124.6

201. Ubwonko ntibukwiriye akenshi kugerekwaho cyangwa kuremerezwa umutwaro w'akazi katagira ikiruhuko cyangwa amasomo aruhije, nk'uko budakwiriye kugerekwaho umutwaro wo kurya ibyokurya bidatunganye mu bihe bidakwiriye, no kutita ku mategeko yo kwitungira amagara mazima. … Kwigana umuhati amasomo ntabwo ari byo ntandaro y'ibanze yo gucika intege kw'imbaraga z'intekerezo. Impamvu y'ingenzi ni imirire idatunganye, kutarira igihe, no kudakora imyitozo ngororangingo. Guhindagura amasaha yo kurya no kuryama bigabanya imbaraga z'ubwonko. IMN 125.1

202. Abantu benshi bafite imibabaro, n'abandi benshi barimo kwicukurira imva, bitewe n'umururumba w'inda mbi. Barya ibigendanye n'irari ribi ryabo, bityo bagaca intege ingingo z'urwungano ngogozi, bagakomeretsa imbaraga zabo zo kwakira ibyokurya byagirira umumaro umubiri wabo. Ibi biteza akaga k'indwara y'igikatu ndetse akenshi bikazana urupfu. Imihindukire idasanzwe y'umubiri ituma umubiri ucika intege bitewe n'imigenzereze y'ubwiyahuzi abantu bamwe bakora nyamara bagombye kumenya iby'ingenzi byabafasha. IMN 125.2

Abizera b'itorero bagomba gushikama kandi bakaba abanyakuri ku mucyo Imana yabahaye. Buri mwizera akwiriye gukorana ubwenge yirinda mu mibereho ye imigenzereze yose imuganisha ku irari ryuzuye umururumba. IMN 125.3

[Indwara ziterwa no kubura intungamubiri ntizikira mu buryo bworoshye — 315] IMN 125.4

[Ingaruka z'imirire idakwiriye ku mico n'imibereho yo mu rugo — 234] IMN 125.5

[Ingaruka z'ubugorozi bushingiye ku kwibeshya — 316] IMN 125.6

Gutegura Inzira y'Ubusinzi

203. Ukutirinda akenshi bitangirira mu rugo. Kubwo gukoresha ibyokurya byinshi kandi bigirira nabi amagara yacu, imyanya y'urwungano ngogozi icika intege maze umubiri ukongera kugirira inzara bya byokurya

bikomeza gukabura umubiri. Uko ni ko irari rikomeza kumenyerezwa kugira ubushake bukabije bw’ibyo byokurya, ubushake bwa bene ibyo byokurya bikabura bukarushaho kwiyongera ku buryo butihanganirwa. Umubiri ugenda urushaho kuzura uburozi, kandi uko ugenda udandabirana ucika intege, ni ko urushaho gushaka ibyo kuwukabura. Inzira imwe iganisha mu nzira mbi itegurira iyindi. Benshi batagombye kugibwaho urubanza rwo gukoresha vino n’ibisindisha ku meza yabo bayaremereza bayashyiraho ibyokurya bitera inyota yo gukenera ibinyobwa bikomeye, ku buryo gutsinda icyo kigeragezo bisa nk’ibitagishoboka. Akamenyero kabi mu mirire no mu minywere kica ubuzima kandi kagategurira bamwe inzira y’ubusinzi. IMN
126.1

Uburwayi bw’Umwijima Bwatewe n’Imirire Idakwiriye

204. Ku Isabato ishize, ubwo navuganaga namwe, nabonye mu maso hanyu hijimye hantumbiriye, nk’aho nari naheretswe. Nabonaga uko ubuzima bwanyu bumerewe, no kugubwa nabi mwanyuzemo igihe kirekire. Neretswe ko mutigeze mugira amagara mazima. Irari ryanyu ryababujije kugira amagara mazima, kandi mwishimiye ibibaryohera kubwo kugirira nabi igifu. Mwashyize mu bifu byanyu ibyokurya bidashobora kuzanira umubiri amaraso meza. Ibi byatumye umwijima uhababarira, ku buryo imyanya ngogozi isigara idakora neza. Imyijima yanyu mwembi yararwaye. Icyabagirira akamaro kurusha ibindi ubu ni ivugurura ry’ubuzima bwanyu, mubaye mwemeye kuritangira ubungubu. Nyamara mwananiwe kubikora. Mwagize irari ry’inda rikabije, kandi bitewe n’uko mudakoresha imirire yuzuye, yoroheje, igizwe n’ifu y’ingano yuzuye, imboga n’amatunda byateguwe nta birungo cyangwa amavuta, mukomeje kwica amategeko Imana yashyize mu mibiri yanyu. Igihe mukora ibyo, mugomba kwitega ingaruka; kuko kugomera itegeko kose kugendana n’igihano. Hanyuma kandi mugakomeza kwibaza ku buzima bubi mufite. Mumenye neza ko Imana itazakora igitangaza cyo kubakiza ingaruka z’ibikorwa mwikururiye. … IMN 126.2

Ibyokurya Bikungahaye ku Binure hamwe n’Umuriro

Nta muti ubasha kubakiza ibibazo muterwa n’imirire hamwe n’iminywere mukomeje kugira ubungubu. Mwebwe ubwanyu mubasha kwikorera n’ibyo umuganga w’inzobere adashobora gukora. Nimuboneze imirire yanyu. Kugira ngo muhaze irari ryanyu, akenshi muremereza ingingo z’urwungano ngogozi rwanyu mugashyira mu gifu ibyokurya bidatuma mugira amagara mazima, rimwe na rimwe biba ari byinshi. Ibi bica intege igifu, bigatuma kitanashobora kwakira ibyokurya by’ingirakamaro ku mubiri uko byaba bingana kose. Mukomeza mutyo gucogoza igifu, bitewe n’ingeso z’imirire yanyu mibi. Ibyokurya murya ni ibikungahaye gusa ku binure n’amasukari. Ntibiba byateguwe ku buryo bworoheje, busanzwe, ahubwo biba bitagendanye n’ibyo igifu gikeneye igihe mubitegura mukurikije ibyo irari ryanyu ryifuza. Umubiri uraremererwa maze ukifuza guhangana n’izo mbaraga muwuha ziwutera uburwayi. Muri uko gushaka kwirwanaho ngo wikureho uwo mutwaro muba mwawuhaye, umubiri ugerwaho n’ingaruka zo gutengurwa no kugira umuriro mwinshi. Ibyo rero bigatuma mugerwaho n’ingaruka zo kwica amategeko agenga ibyaremwe. Imana yashyizeho ayo mategeko kandi uyagomeye ntabura kugerwaho n’igihano. Mwaryohewe n’irari mwirengagiza ubuzima buzira umuze. Mwagize impinduka runaka, ariko iyo ni intambwe ya mbere mu kuvugurura ubuzima bwanyu. Imana iradusaba kwirinda muri byose. “Namwe iyo murya cyangwa munywa cyangwa mukora ikindi kintu cyose, mujye mukorera byose guhimbaza Imana.” (1 Abakorinto 10:31). IMN 127.1

Gushyira Ikosa ku Mana

Mu miryango yose nzi, nta n’umwe ukeneye inyungu zizanwa n’ivugurura ry’ubuzima kurusha umuryango wanyu. Muniha iminiho itewe n’uburibwe, mugacika intege bikabije mutazi aho bituruka, maze mukagerageza kubyihanganira uko bishoboka kose, mukumva ko nta kundi byamera iyo mibabaro ari iyanyu, bityo mukabona ko Imana ari yo yategetse ko ibageraho. Nyamara iyaba mwabashaga gusubiza amaso inyuma, mukareba intambwe zose mwanyuzemo kugira ngo mubi mufite ubuzima bubi uyu munsi, mwatangazwa n’uko byose byatewe n’ubuhumyi bwanyu bwo kutabona aho ikibazo nyakuri cyari kiri mbere. Mwikururiye irari ridasanzwe, ntimwareka kwishimira imirire yanyu iterwa n’irari ribi ribabuza kugira amagara mazima. Mwangije ibyaremwe, mugerwaho n’ingaruka, ndetse n’uburibwe burigaragaza. IMN 128.1

Ikiguzi cy' "indyo nziza"

Ibyaremwe byihanganira uko bishoboye kose ubugizi bwa nabi bikorerwa. Bigera aho bigahagurukana imbaraga zo kwirwanaho maze bigahangana n'ibibibangamiye hamwe no kugirirwa nabi bikorerwa. Igikurikiraho ni uko umubiri utangira kubabazwa n'uburwayi bw'umutwe, guhinda umushyitsi, umuriro, guhangayika, kudakora kw'ingingo z'umubiri (kunyunyuka k'umubiri), n'izindi ndwara mbi nyinshi umuntu atarondora. Akamenyero kabi ko kurya nabi no kunywa nabi byica ubuzima kandi umuntu akagubwa nabi. Mbega ukuntu inshuro nyinshi mwaguze icyo mwita "indyo nziza" ku giciro gihwanye n'umuriro mwinshi, n'irari, no kubura ibitotsi! Kutishimira ibyokurya, kudatora agatotsi, kuribwa, byose biturutse ku isahane y'ibyokurya mwariye mugamije guhaza irari! IMN 128.2

Ibihumbi by'abantu biyemeje guhaza irari ryabo ribi ku bw'imirire y'ibyokurya bita ko ari "byiza", maze imibiri yabo igerwaho n'ingaruka zo kugira umuriro, indwara z'ibikatu, ndetse n'urupfu. Ibyo bimeze nko kugura umunezero ku kiguzi ndengakamere. Nyamara abenshi mu bakoze ibi, kandi bakaba n'abiyahuzi, bahawe ishimwe na bagenzi babo ndetse n'abagabura, kandi bakabaha n'ijuru mu gihe cyo kubashyingura. Mbega ukwibeshya gukomeye! Ababaswe n'umururumba w'inda nini mu ijuru! Reka! Reka! Bene nk'abo ntibazinjira mu marembo y'imaragarita y'umurwa w'izahabu w'Imana. Bene nk'abo ntibazahabwa ikuzo ryo kuba iburyo bwa Yesu, Umukiza w'agahebuzo, Umunyamibabaro w'i Kaluvari, uwaranzwe n'imibereho yo kwiyanga no kwitanga igihe cyose. Hari ahantu hagenewe ababi nk'abo, badashobora kugira uruhare ku buzima bwiza, umurage uzahoraho iteka. IMN 128.3

Ingaruka z'Imirire Idakwiriye ku Myifatire y'Abantu

205. Benshi bica imyifatire yabo kubwo kurya ibyokurya bidakwiriye. Dukwiriye kwita cyane ku masomo y'ivugurura mu by'ubuzima nk'uko amasomo yacu akwiriye kuba ateguye mu buryo bukwiriye. Kuko ingeso twimenyereza muri iki cyerekezo zidufasha kurema imico yacu y'ubuzima bwacu bw'ahazaza. Birashoboka ko umuntu yakwica imibereho ye

y’iby’umwuka bitewe no gukoresha nabi igifu cye.IMN 129.1

Guhamagarirwa Ivugurura

206. Abokamwe n’akamenyero kabi mu mirire bakwiriye gutangira badatindiganyije inzira y’ubugorozi. Abangije igifu cyabo bikabateza uburwayi bwo kugugarirwa no kuribwa mu gice cyo hejuru mu nda [dyspepsia] bakwiriye gukoresha umwete wose ngo barinde imbaraga z’umubiri zisigaye, birinda kuremereza igifu bikabije. Igifu kibasha kutongera kuba kizima igihe umuntu yakomeje kugenda agiha ibyokurya bicyangiza; ariko igihe habayeho gutangira igikorwa cyo kugiha ibyokurya bikwiriye bizakirinda gukomeza kugubwa nabi, kandi bizatuma abenshi bakira cyangwa uburwayi bugabanuke. Ntabwo byoroshye gutanga amabwiriza kuri buri wese; ariko igihe abantu bazitwararika ku mahame agendanye n’imirire myiza, hazabaho ivugurura ry’ingenzi cyane, n’imitekere y’ibyokurya ntizaba igikeneye gukorerwa guhaza irari mu mirire. IMN 129.2

Kwifata mu mirire bigendana n’ingororano yo kugira imbaraga mu ntekerezo no mu mico mbonera; bifasha kandi mu gutegeka ibyifuzo bibi. IMN 130.1

207. Ibyokurya byiza bikwiriye gutoranywa hakurikijwe ibikize ku ntungamubiri zikenewe mu kubaka umubiri. Uku gutoranya rero ntikugendera ku guhaza irari. Bitewe n’akamenyero kabi mu mirire, irari ryahindutse ikibi. Kenshi risaba gukoresha ibyokurya bizanira umubiri ingaruka mbi, bikawuteza gucika intege aho kuwongerera imbaraga. Ntidushobora kwemera kugengwa n’imigenzereze y’abandi bantu, kuko indwara zinyuranye zabaye gikwira ahantu hose zagiye ziterwa n’amafuti ya benshi mu byerekeranye n’imirire. IMN 130.2

208. Igihe dukurikije amabwiriza yo kwitungira amagara mazima dufite ubwenge tubasha gukanguka neza maze tukabona akaga ko gukoresha imirire mibi. Abamara kubona amakosa yabo, bakagira ubutwari bwo guhindura ingeso zabo mu mirire, bazabona ko gahunda y’ivugurura ari urugamba rusaba ukwihangana. Ariko igihe bazaba batangiye gukoresha imirire mishya, bazabona ko ibyokurya bakoreshaga mbere babona ko nta kibazo bibateye, ari byo byagendaga bibategurira akaga k’indwara y’igifu
[dyspepsia] n’izindi ndwara zinyuranye. IMN 130.3

209. Imana irasaba abantu bayo kurushaho gutera imbere. Dukeneye kwiga ko irari riteza umururumba ari akaga gakomeye ku iterambere ry'intekerezo zacu no kwezwa k'ubugingo bwacu. Nubwo twigisha ivugurura ridusaba kugira amagara mazima, abenshi muri twe baracyarya nabi. Guhaza irari ni yo ntandaro ikomeye y'uburwayi buca intege umubiri n'intekerezo, kandi ni byo bizahaza umubiri wose, bigateza no gukenyuka. Umuntu wese ushaka kugira umutima uboneye akwiriye kuzirikana ko muri
Kristo ari ho haboneka ubushobozi bwo gutegeka irari. IMN 130.4

[Kurya birenze urugero ni intandaro y'uburwayi: Reba ku Mugereka wa VII n'uwa VIII] IMN 131.1

[Isano hagati yo kurya inyama n'uburwayi — 668, 677, 689, 690, 691, 692, 713, 722] IMN 131.2

[Indwara iterwa no gukoresha ikawa n'icyayi — 734, 736, 737, 741].

IGICE CYA 7 - KURYA BIRENZE URUGERO

Icyaha Rusange, ariko cyo Kwitondera

210. Kuremereza igifu bikabije ni icyaha rusange, kandi iyo umuntu yakabije kurya ibyokurya byinshi, umubiri wose uraremererwa. Aho kugira ngo ubuzima no kugubwa neza byiyongere, biragabanuka. Uyu rero ni umugambi wa Satani. Umuntu aba yibeshya igihe akoresha imbaraga ze zose arya ibyokurya byinshi yibwira ko bigirira akamaro umubiri. IMN 131.4

Mu kurya ibyokurya bikabije kuba byinshi, ntituba gusa twivukije imigisha Imana iba yateganyirije umubiri, tuba turimo no kwica imikorere y'umubiri uko wakabaye. Tuba duhumanyije urusengero rw'Imana; ibyo biwuca intege bikanawuremaza, kandi umubiri waremwe n'Imana ntushobora gukora umurimo wawo uko bikwiriye kandi neza, nk'uko Imana yabiteganyije. Bitewe n'umururumba wo gutwarwa n'irari, umuntu yangije ubushobozi bw'umubiri waremwe n'Imana, awuhatira gukora umurimo utategetswe. IMN 131.5

Iyaba abantu bose bamenyaga imikorere y'imashini y'umubiri wa muntu, ntibagibwaho n'icyaha cyo gukora ibyo, keretse gusa babaye bacuditse n'irari ry'umururumba, bigatuma bakomeza urugendo rwo kwiyahura bagakenyuka imburagihe, cyangwa se bagakomeza gutwara ubwabo uwo mutwaro imyaka myinshi, cyangwa bakawukorera inshuti zabo. IMN 132.1

Gukoresha Nabi Imashini y'Umubiri w'Umuntu

211. Byashoboka ko twarya mu buryo burimo kutirinda, ndetse n'igihe turimo kurya indyo yuzuye. Ibyo ntibiterwa n'uko umuntu yariye ibyokurya byangiza umubiri, birahagije ko arya ibyokurya byinshi nk'uko abyifuza. Kurya birengeje urugero, n'ubwo twaba turya ibyokurya bifite akamaro, bikoresha nabi imashini y'umubiri, bityo bikagabanya imikorere y'umubiri. IMN 132.2

212. Ukutirinda mu mirire, n'ubwo yaba imirire igizwe n'indyo ifitiye akamaro umubiri, bizana ingaruka ziteza akaga imikorere y'umubiri, kandi bikagwabiza imbaraga z'ubwenge n'umutimanama. IMN 132.3

213. Hafi y'abantu bose bagize umuryango wa muntu barya ibirenze ibyo umubiri usaba. Ibyo birenga ku bikenewe birabora maze bigahindukira umubiri umutwaro. …. Iyo ibyokurya byinshi, ndetse n'ibifitiye umubiri

akamaro, bishyizwe mu gifu ari byinshi kurusha ibyo imashini y'umubiri isaba, ibyo birengaho biwuhindukira umutwaro. Umubiri ugerageza gukoresha imbaraga ngo ubikoreshe, maze izo mbaraga zikoreshejwe mu buryo burenzeho zigateza umunaniro, no kumva umuntu arushye. Bamwe mu bafite bene ako kamenyero ko kurya batyo babyita ko ari uguhaza inzara bafite, nyamara biba byatewe n'imikorere irengeje urugero y'imyanya y'igogora. IMN 132.4

[Ingaruka zo kurya birenze urugero ndetse n'ibyokurya byoroheje, bifite intungamubiri — 33, 157]IMN 132.5

214. Abantu bizanira guhangayika n'imitwaro itari ngombwa bitewe no kwifuza gutegurira abashyitsi ibintu byinshi. Kugira ngo abashe gutegura ku meza amafunguro menshi anyuranye, umugore akora akazi karenze urugero. Bitewe n'amoko menshi y'ibyokurya byabateguriwe, abashyitsi barabirya bakarenza urugero, maze indwara n'imvune bitewe ku ruhande rumwe n'akazi karenze urugero, hamwe n'uko kurya birengeje urugero ku rundi ruhande, bikaba aribyo bikurikiraho. Bene ibyo birori bisigira umubiri umutwaro no kumererwa nabi. IMN 133.1

215. Ibirori byuzuyemo umururumba mu mirire, n'ibyokurya bishyizwe mu gifu hagati y'amafunguro, bigira ingaruka kuri buri rugingo rw'umubiri wose. Ibyo turya n'ibyo tunywa kandi bigira ingaruka ikomeye ku bwonko bwacu. IMN 133.2

216. Akazi k'imvune katarimo ikiruhuko gatuma abakiri bato bamererwa nabi kuko baba bafite ingingo zikeneye gukura; ariko aho abantu amagana bananirije imibiri yabo bitewe no gukora birenze urugero, abarenze ibihumbi kubwo kuba inkorabusa, kurya birengeje urugero, n'ubunebwe bugaragara, byabibye imbuto z'indwara mu mibiri yabo zigamije kwihutisha ugukenyuka kwabo kwihuse. IMN 133.3

Umururumba ni Icyaha Gikomeye

217. Abantu bamwe ntibafata umwanya wo kugenzura irari bagira ryo gukunda ibyokurya, ahubwo bishimira uburyohe bakaburutisha ubuzima. Ingaruka y'ibyo, ubwonko bucura igihu, intekerezo zabo zikagwa ikinya, maze ntibababashe gukora ibyo bagashoboye gukora mu gihe birinze kandi bakifata. Ibi ni ukwiba Imana imbaraga n'intekerezo abantu bagombye gukoresha mu murimo wayo iyaba bitwararikaga ku mabwiriza agendanye no kwirinda muri byose. IMN 133.4

Intumwa Pawulo yari umugorozi w'iby'ubuzima. Yaravuze ati, "ahubwo mbabaza umubiri wanjye nkawukoresha agahato, kugira ngo ntazamara kwigisha abandi naho jye ngasigara ntemewe." 1 Abakorinto 9:27. Yumvaga ko inshingano yahawe ari iyo kurinda imbaraga z'ubushobozi bwe bwose, kugira ngo abikoreshe kubwo icyubahiro cy'Imana. Niba Pawulo yarabonaga akaga gaterwa no kutirinda, twebwe twaba turi mu kaga gakabije bitewe n'uko tutiyumvisha kandi ngo tubone nk'uko yabonaga akamaro ko guhesha Imana icyubahiro mu mibiri yacu n'umwuka wacu, kandi ari We nyirabyo. Kurya birenze urugero ni icyaha cyeze muri iki gihe. IMN 133.5

Ijambo ry'Imana rishyira icyaha cy'umururumba ku rwego rumwe n'icyaha cy'ubusinzi. Iki cyaha cyari kiremereye imbere y'Imana ku buryo yahaye Mose amabwiriza y'uko umwana utazifata ngo yirinde umururumba mu mirire, ahubwo akirundumurira bikabije mu byifuzo bibi by'irari rye, ko ababyeyi be bakwiriye kuzamuzana imbere y'abayobozi b'Abisiraheli, maze agaterwa amabuye akicwa. Imibereho y'umunyamururumba yafatwaga nk'idafite ibyiringiro. Nta kamaro yari afitiye abandi, kandi na we ubwe yari yarihindukiye ikivume. Nta na kimwe yari ategerejweho. Imbaraga ze zashoboraga gukwirakwira zikanduza abandi, ariko aho ari harushaho kuba heza imico nk'iyo ibaye idahari; kuko ingeso ze zaba ziteye akaga ko gukwirakwira vuba. Nta muntu n'umwe ufite umutimanama wiyumvisha ko afite inshingano imbere y'Imana maze ngo yemerere intekerezo ze gutwarwa n'imbaraga za kinyamaswa. Abakora ibi ntabwo ari Abakristo, abo baba aribo bose, n'inshingano baba bafite uko yaba imeze kose. Umuburo Kristo abaha ni uyu ngo, "Namwe mube mukiranutse nk'uko Data wo mu ijuru akiranuka." Matayo 5:48. Icyo aturarikira aha ni uko twabasha gukiranuka ku rwego turimo nk'uko Imana ikiranuka ku rwego rwayo. IMN 134.1

Imibereho Isanzwe Idukururira kuba Abanyamururumba

218. Abantu benshi bareka inyama n'ibindi byokurya bigirira nabi umubiri maze bakibwira ko bitewe n'uko imirire yabo yoroheje, iboneye, kandi yuzuye, ko babasha kurya bagahaza ipfa ryabo nta kibatangira, bakarya ku buryo burengeje urugero, rimwe na rimwe kugira ngo bahaze umururumba. Iri ni ikosa. Imyanya y'urwungano ngogozi ntikwiriye kuremerezwa

n’ubwinshi cyangwa ubwiza bw’ibyokurya bishobora kugora umubiri kubyakira. IMN 134.2

Umuco utegeka ko ibyokurya bitegurwa ku meza uko bikurikirana. Kubwo kutamenya ibiri bukurikireho, umuntu ashobora kurya ubwoko runaka bw’ibyokurya akijuta, atazi ko ari na byo byaba biryoshye. Igihe noneho bazanye ibyokurya byo gusoresha, umuntu ahura n’ikigeragezo cyo kugira ipfa ryo kurya maze akarenza urugero. Iyaba ibyokurya byose byazanwaga ku meza bwa mbere, buri wese yaba afite amahirwe yo guhitamo akurikije ibyo yishimira. IMN 135.1

Ingaruka zo kurya ukarenza urugero rimwe na rimwe zihita zigaragaza. Ariko na none, haba igihe umuntu atumva uburibwe, ahubwo imyanya y’igogora igatangira kubura imbaraga isanganywe, maze urufatiro rw’imbaraga z’umubiri rugatangira gucibwa intege. IMN 135.2

Ibyokurya bikabije kuba byinshi biremerera umubiri n’imikorere yawo yose, maze bigateza umubiri intege nke n’uburwayi. Bituma mu gifu hinjira amaraso adasanzwe, bigateza ubukonje mu ngingo, no gucogoza imyanya y’igogora. Iyo izi ngingo zikoze umurimo wazo, umubiri utangira kumva intege nke no kunanirwa mu bwonko, ndetse bamwe bitewe no kwimenyereza kurya birenze urugero bakabibona nk’ikimenyetso cy’inzara. Nyamara biba byatewe no gukora kw’imyanya y’igogora mu buryo budasanzwe. Rimwe na rimwe, haba ubwo bitera ubwonko kutabasha gukora, n’imbaraga z’intekerezo n’iz’umubiri zikabura icyerekezo. IMN 135.3

Ibi bimenyetso bitari byiza bigera ku muntu bitewe n’umurimo wo gukoresha mu buryo budasanzwe imbaraga ziba zikenewe mu murimo w’igogora. Igifu cyananijwe kiba gitaka kigira kiti, “Mundeke nkuhuke!” Ariko bitewe n’umunaniro usa nk’uw’inzara, uko gutaka kw’igifu kumvikana nko gusaba ibindi byokurya; bityo aho kuruhura igifu, kikabona gishyizwemo undi mutwaro. Ingaruka y’ibyo ni uko imyanya y’igogora igera aho ikananirwa, kandi yagombaga gukora umurimo wayo w’ingenzi. IMN 135.4

[Ingingo z’umubiri zibasha kubura imbaraga zazo nubwo nta buribwe umubiri waba wumva — 155] IMN 136.1

[Abakozi b’Imana bagomba kwirinda mu mirire — 117] IMN 136.2

[E. G. White ntiyashoboraga gusaba Imana ngo ihire umurimo we mu gihe arya birengeje urugero — Reba umugereka 1:7]. IMN 136.3

219. Nk'ubwoko bw'Imana, nubwo twabonye umucyo w'ubugorozi mu by'ubuzima buzira umuze, dukomeje kurya bikabije. Umururumba ni intandaro ikomeye y'ubumuga bw'imibiri n'umutwe, kandi ni wo shingiro ahanini ry'intege nke ziboneka hafi y'ahantu hose. IMN 136.4

220. Benshi mu biyemeje gukurikiza ivugurura mu by'ubuzima buzira umuze baretse ikintu cyose gihumanya umubiri. Ariko se kuba bararetse ibyo byose, byaba bivuze ko bagomba kurya bikabije uko bishakiye? Bicara ku meza, aho kubanza gutekereza ibyo bakwiriye kurya, bakishimira guhaza irari ryabo maze bakarya birenze urugero. Ubwo bagaha igifu umurimo urenze uwo gikwiriye gukora, maze ntibahangayikishwe n'umutwaro bakiremereje. Ibyokurya byose binjije mu gifu, umubiri udashobora no gukuramo ibiwutunga, ni umutwaro ku murimo gisanzwe gikora. Uwo mutwaro urwanya imikorere y'imashini y'umubiri. Ugwabiza imigendekere myiza y'imikorere y'umubiri, ntubashe gukora inshingano zawo uko bikwiriye. Ingingo z'umubiri ziba zihawe umutwaro utari ngombwa, n'imbaraga y'imyakura y'ubwonko igasabwa kujya gutabara igifu n'ingingo z'igogora kugira ngo zikore umurimo udasanzwe uba wazanywe n'uwo mutwaro w'ibyokurya bitari ngombwa kandi bidafitiye akamaro umubiri. … IMN 136.5

Nonese ni izihe ngaruka kurya ukarenza urugero bigira ku gifu? Igifu gicika intege, ingingo z'igogora zigacogora ku murimo wazo, maze ingaruka zikaba indwara zigendana n'ibibi by'uburyo bwinshi. Iyo umuntu asanganywe uburwayi, bituma burushaho kwiyongera, maze izo ndwara zikagenda zicogoza ubushobozi bw'umubiri buri munsi. Zituma imbaraga z'umubiri zikora umurimo udakwiriye wo kwita ku byokurya biba byinjijwe mu gifu. Mbega akaga gakomeye ku mubiri! IMN 137.1

Dusanzwe tuzi iby'indwara yo kugugara mu nda kuko bijya bitubaho. Tubibona mu miryango yacu, kandi tukumva ari indwara ishishana tugomba kwirinda. Iyo umuntu yabaswe n'indwara yo kugugarirwa mu nda aba afite uburibwe cyane, mu mutwe no mu mubiri; kandi n'abavandimwe bibageraho keretse babaye batumva uburibwe cyangwa bameze nk'inyamaswa. IMN 137.2

Ariko kandi ubasha kuvuga uti, “Imirire yanjye ntikureba, ndetse n’ubuzima ni ubwanjye.” Mbese uburwayi bwo kugugara mu nda ntibubabaza abantu nk’abo? Reba ubuzima baba bafite ukuntu bubababaza. Bameze nk’abamenyereye bene ubwo buzima! Bumva barwaye, kandi bakabona n’abana babo nk’abarwayi babarengeje. Ntibashobora kuvugana na bo batuje, kandi iyo batagiriwe ubuntu, ntibagira ugutuza mu ngo zabo. Abaturanyi babo bagerwaho n’ubwo burwayi bwabo, bose bakabona ingaruka zabwo. Bateza umwijima mu miryango. Nonese ibi ntibitwereka ko akamenyero kacu mu mirire n’iminywere bigira ingaruka ku bandi? Nta gushidikanya. Dukwiriye rero kwita cyane ku buzima bwacu uko bishoboka kose, kugira ngo tubashe gukorera Imana umurimo utunganye, kandi dusohoze inshingano yacu mu bandi bantu no mu miryango yacu. IMN 137.3

Ariko n’abantu bashinzwe ivugururura mu by’ubuzima babasha kuyoba mu byerekeranye n’ubwinshi by’ibyokurya bafata. Bashobora kutirinda mu mirire niyo baba bakoresha ibyokurya bifitiye akamaro umubiri. IMN 137.4

221. Uhoraho yanyeretse ko muri rusange dushyira ibyokurya bikabije kuba byinshi mu gifu. Abantu benshi biteza kugubwa nabi kubwo kurya cyane birengeje urugero, maze akenshi bakagerwaho n’ingaruka z’uburwayi. Ntabwo Uhoraho ari we uba ubateje icyo gihano. Ni bo ubwabo baba bikururiye icyo gihano, Imana ikifuza ko bibonera ubwabo umubabaro bikururiye nk’ingaruka y’igicumuro cyabo. IMN 138.1

Abantu benshi barya bihuta. Abandi bakarya mu ifunguro rimwe ibyokurya bitajyana. Iyaba abagabo n’abagore bibukaga uburyo bukomeye bateza ubugingo umubabaro igihe bababaza igifu, n’uburyo bukomeye Kristo adaheshwa icyubahiro igihe igifu cyangijwe, bahitamo kugira ubutwari no kwiyanga, bagaha igifu amahirwe yo gukira kikongera kugubwa neza. Mu gihe twicaye ku meza, dushobora gukora umurimo w’ibwirizabutumwa bw’ubuvuzi turya kandi tukanywa mu buryo buhesha Imana ikuzo. IMN 138.2

Gusinzira mu Gihe cy’Amateraniro

222. Kurya cyane tutirinda ni icyaha ku mibiri yacu. Ku munsi w’Isabato, mu nzu y’Imana, abanyendanini baricara maze bagasinzira aho

gutegera amatwi amagambo akomeye y'ukuri kuva mu Ijambo ry'Imana. Ntibaba bagishobora kurebesha amaso yabo, cyangwa ngo bahugukire gukurikira ibivugwa. Mbese mwibwira ko bene abo baheshereza Imana ikuzo mu mibiri yabo n'umwuka wabo, kandi ari yo yabibahaye? Ashwi da; bagayisha Imana. N'abarwaye indwara yo kugugarirwa mu gifu, icyo ni cyo kiba cyarabateye iyo ndwara. Aho kugira akamenyero keza mu mirire, baba barabaswe n'irari mu mirire, bakajya barangwa no kuryagagura. Iyo umuntu afite akamenyero ko guhora hamwe, ntabona umwuka mwiza ufasha umubiri mu murimo w'igogora ry'ibyokurya; ntaba anafite umwanya uhagije wo gukora imyitozo ngororangingo ituma agira amagara mazima. IMN 138.3

223. Ku munsi w'Isabato ntidukwiriye kurya bikabije cyangwa ngo duhinduranye imirire mu buryo bukabije kuruta uko dusanzwe dutegura mu yindi minsi. Ahubwo, ibyokurya bikwiriye kuba ibyoroheje, kandi tukarya bikeya, kugira ngo intekerezo zibe zibonereye kandi zifite imbaraga zo kwakira ibya Mwuka. Igifu cyaremerejwe gitera n'ubwonko kuremererwa. Amagambo y'ingenzi cyane abasha kumvikana ariko ntahabwe agaciro, kuko intekerezo zangijwe n'imirire idakwiriye. Mu kurya birenze urugero ku munsi w'Isabato, benshi bakora ibirenze ibyo bibwira, ntibabe bakiri abantu bakwiriye kwakira imigisha y'ibyo bihe byera. IMN 139.1

[Gusinzira muri gahunda zo ku Isabato — 93] IMN 139.2

[Imirire irangwamo kwirinda igira ingaruka ku mbaraga z'intekerezo n'iz'imyifatire — 85, 117] IMN 139.3

[Ingaruka zo kurya birengeje urugero ku by'umwuka — 56, 57, 59, 251] IMN 139.4

[Ingaruka zo kurya birengeje urugero ku ntekerezo — 74] IMN 139.5

[Kurya birengeje urugero mu materaniro makuru — 57, 124] IMN 139.6

[Ibikorwa by'ubwiyahuzi — 202] IMN 139.7

[Ibyokurya bizanwa nyuma: ikigeragezo cyo kurya birengeje urugero — 538, 547, 550] IMN 139.8

[Inkomoko y'ibigeragezo bigera ku itorero — 65]IMN 139.9

[Umururumba ni icyaha cyeze muri iki gihe — 35]IMN 139.10

[Kurya birengeje urugero bitera kutifata — 244]IMN 139.11

[Kurinda umutimanama uboneye — 263] IMN 139.12

[Ukutirinda no kurya birengeje urugero bishyigikirwa n'ababyeyi — 351,

354] IMN 139.13

Intandaro yo Kwibagirwa

224. Uhoraho yampaye umucyo nkwiriye kubagezaho werekeranye no kwirinda muri byose. Ntabwo mwirinda mu mirire yanyu. Akenshi mushyira mu gifu cyanyu inshuro ebyiri z'ibyokurya umubiri ubasha kwakira. Ibi byokurya by'umurengera birabora. Umubiri wanyu ukarwana na byo, inzira yo mu mihogo ikamererwa nabi, n'igifu kikaremererwa cyane. Ubwonko bukagomba kohereza imbaraga zidasanzwe mu mubiri kugira ngo ubashe gusya ibyo bintu muba mwohereje mu gifu. Ibi bigaragaza ko namwe ubwanyu mutigirira impuhwe. IMN 140.1

Mwitwara nk'abanyamururumba mu gihe muri ku meza. Iyi ni imwe mu mpamvu z'ingenzi zituma mugira ikibazo cyo kwibagirwa no kudafata mu mutwe. Musubira mu bintu muba mwamaze kuvuga, maze mukemeza ko ibyo mwavuze binyuranye n'ibyongibyo. Ibyo ndabizi neza, ni ingaruka z'imirire yanyu irengeje urugero. Mbese bimaze iki kubivuga niba bitabakijije ako kaga? IMN 140.2

Inama ku Bakora Imirimo yo Kwicara Hamwe, n'Abagabura

225. Kurya birengeje urugero byangiza by'umwihariko ubuzima bw'abanyantege nke; aba bakwiriye kurya bigengesera, kandi bagakora imyitozo ngororangingo myinshi. Hariho abagabo n'abagore batuwe bameze neza bagakora igice cy'ibyo baba bagomba gukora bitewe n'uko baba batimenyereje kwifata mu buryo bwo gutegeka irari ryabo mu mirire.IMN 140.3

Benshi mu banditsi n'abigisha aha ni ho batsindirwa. Nyuma yo kumara kurya bakijuta, bakomeza akazi kabo ko kwicara hamwe, basoma ibitabo, biga, cyangwa bandika, ntibabanze gufata umwanya wo gukora imyitozo ngororangingo. Ingaruka y'ibyo ni uko ibitekerezo byabo biba bidafite umurongo; ntibaba bagishobora kwandika cyangwa kuvugana imbaraga n'ubushobozi bikwiriye kugira ngo amagambo yabo agere ku mitima; umuhati wabo uba ari uw'ubusa.IMN 140.4

Abafite inshingano z’ingenzi kurusha iz’abandi, by’umwihariko abashinzwe kuba abarinzi b’ibya Mwuka, bakwiriye kuba abantu bashishoza kandi babona ibintu vuba. Bakwiriye kurangwa no kwirinda mu mirire kurenza abandi bose. Ibyokurya bikungahaye ku binure ntibikwiriye kurangwa ku meza yabo. IMN 141.1

Buri munsi abantu bashyizwe mu myanya y’ingenzi baba bagomba gufata ibyemezo bigendana n’ingaruka zikomeye. Akenshi baba basabwa gutekereza bwangu, kandi ibi bishobokera gusa abimenyereje kugira gahunda ihamye yo kwirinda. Intekerezo zihabwa imbaraga biturutse ku kwita ku bushobozi bw’ubwenge n’umubiri. Iyo hatabayeho gukomeza umuhati, imbaraga zikoreshejwe zigendana no gutakaza ubushobozi. Ariko akenshi abashinzwe gufata ibyemezo byihutirwa bahura n’imbaraga y’ikibi izanwa n’imirire idakwiriye. Igifu kirwaye gitera intekerezo gukora nabi kandi mu buryo buterekeranye. Kenshi gitera umuntu kugira uburakari, umushiha, cyangwa gutoteza abandi. Gahunda nyinshi zagombye kubera abatuye isi umugisha zashyizwe ku ruhande, ibikorwa by’akarengane, gutoteza n’ibyemezo by’ubugizi bwa nabi byakozwe bitewe n’ingaruka z’imibereho y’uburwayi bukururwa n’ingeso mbi mu mirire. IMN 141.2

Dore inama ku bantu bose bakora imirimo yo kwicara hamwe cyane abakoresha intekerezo. Ndararikira abafite umutimanama n’ubutwari ndetse no kwigenzura gushyira mu bikorwa iyi nama: Kuri buri funguro, mujye mufata gusa ubwoko bubiri cyangwa butatu bw’ibyokurya byoroheje, kandi mujye murya ibibahagije gusa. Mujye mukora imyitozo buri munsi, maze muzarebe imigisha muzabona. IMN 141.3

Abakora imirimo y’amaboko isaba ingufu bakwiriye kwitondera ubwinshi bw’ibyokurya bafata n’ubwo byaba bifite intungamubiri nk’uko n’abakora imirimo yo kwicara hamwe bagomba kubigenza. Baramutse bimenyereje kwitegeka mu mirire n’iminywere yabo barushaho kugira amagara mazima. IMN 141.4

Bamwe bifuza kuba bahabwa igipimo cyuzuye cy’imirire bakwiriye gukoresha. Bararya birenze urugero, maze bagatangira kubyicuza, maze bagakomeza gutekereza ku mirire n’iminywere yabo. Nyamara nta muntu n’umwe wabasha guha undi igipimo cyuzuye. Buri wese akwiriye gukoresha ubwenge no kwigenzura, kandi agakurikiza amabwiriza agenga ivugurura mu mirire. IMN 142.1

[Amafunguro afashwe bitinze nijoro azanira akaga umubiri — 270] IMN 142.2

Igogora Ribi n'Inama Zikorwa

226. Igihe abantu bicaye ku meza yuzuye ibyokurya, akenshi barya byinshi cyane kurenza ibyo umubiri ubasha gukorera igogora. Igifu cyujujwe gutyo birenze urugero ntikiba kigishoboye gukora uko bikwiriye. Ingaruka ni ukugubwa nabi ukumva umutwe uremerewe, n'ubwonko ntibube bugikorana umwete. Uko kugubwa nabi bizanwa no kurya imvange itaboneye y'ibyokurya, bikarema umusemburo mu mubiri, amaraso akandura, n'intekerezo zikivanga.IMN 142.3

Akamenyero ko kurya ibyokurya byinshi bikabije cyangwa kurya ibyokurya by'ubwoko bwinshi cyane ku ifunguro rimwe akenshi bitera indwara yo kugugarirwa. Ibyo bituma imyanya y'ingenzi y'igogora ihababarira bikomeye. Igifu kigerageza kwirwanaho ariko bikaba iby'ubusa, maze kikitabaza imbaraga z'ubwonko ngo butekereze ku mpamvu itera izo ngaruka. Ubwinshi bukabije bw'ibyokurya byariwe cyangwa imvange itaboneye bikora umurimo mubi mu mubiri. Habaho ibimenyetso by'ububabare bitanga umuburo ku mubiri ariko bikaba iby'ubusa. Ingaruka ni umubabaro, maze indwara zigasimbura ubuzima buzira umuze. IMN 142.4

Bamwe bashobora kwibaza bati, mbese ibi bifitanye isano n'inama zikorwa? Cyane rwose. Ingaruka z'imirire mibi zigera mu nama no ku bateraniye muri izo nama. Imibereho y'igifu igira ingaruka ku bwonko. Imikorere mibi y'igifu ituma intekerezo zikora nabi, mu buryo buterekeranye. Uburwayi bw'igifu butuma intekerezo cyangwa ubwonko bigerwaho n'uburwayi, kandi bugatuma umuntu yinangira akagundira ibitekerezo bye bifutamye. Ubwenge bw'umuntu nk'uwo ni ubupfapfa ku Mana. IMN 142.5

Ibi ni byo ngaragaza nk'intandaro y'ibibera mu nama nyinshi, aho ibibazo bisaba kwigwaho mu buryo bwitondewe byahawe agaciro gake, maze ibyemezo bifite agaciro gakomeye cyane bigafatwa mu buryo buhubukiwe. Akenshi, mu gihe hagombye kubaho ugushyira hamwe abajyanama bose bakemeza ikintu, ibyemezo binyuranye ni byo bifatwa maze bigahindura

umwuka w'inama. Izi ngaruka ni zo nagiye nerekwa mu buryo bugarukirana. IMN 143.1

Ibi mpisemo kubyerekana ubu kuko nahawe amabwiriza yo kubabwira, mwebwe bavandimwe dufatanyije umurimo ko, bitewe no kutirinda mu mirire, murimo kwigayisha ubwanyu ntimubone neza itandukaniro riri hagati y'igitunganye n'ikintu gisanzwe. Kandi bitewe n'uku kutirinda, muragaragaza ukutita ku miburo mwahawe n'Umwami Imana. Ijambo ababwira ni iri ngo, "Ni nde wo muri mwe wubaha Uwiteka akumvira umugaragu we? Ugenda mu mwijima adafite umucyo niyiringire izina ry'Uwiteka, kandi yishingikirize ku Mana ye" (Yesaya 50:10). Mbese ntidukwiriye kwegera Imana kugira ngo idukize ukutirinda k'uburyo bwose bwo mu mirire n'iminywere, idukize ukudatungana kose, irari ribi, n'ibibi byose? Mbese ntidukwiriye kwicisha bugufi imbere y'Imana, tukareka ikintu cyose cyangiza umubiri n'umwuka, kugira ngo kubwo kumwumvira duhabwe ukubonera kuzuye kw'imico? IMN 143.2

Nta Buhamya Batanga bw'Ivugurura ry'Ubuzima

227. Ababwiriza bacu ntibaba maso bihagije ku kamenyero bafite k'imirire yabo. Barya ibyokurya byinshi kandi by'ubwoko bwinshi mu ifunguro rimwe. Bamwe ni abagorozi ku izina gusa. Ntibagira amabwiriza agenga imirire yabo, ahubwo ugasanga barya amatunda n'ubunyobwa hagati y'amafunguro asanzwe, bityo bakaremereza bikomeye ingingo z'igogora ry'umubiri. Bamwe bafata amafunguro atatu ku munsi, mu gihe amafunguro abiri yagombye kuba ahagije ku buzima bwiza bw'umubiri n'ubw'umwuka. Igihe amategeko Imana yashyizeho ngo agenge ubuzima yishwe, nta gushidikanya hakurikiraho igihano.IMN 144.1

Bitewe n'imirire ititondewe, ibyumvirizo bimwe by'umubiri bimera nk'ibihagaze gukora, bikabura intege maze bigasinzira. Abo babwiriza bahindura isura mu maso maze bagahura n'ububabare bitewe no kugundira irari ryabo mu mirire, ntibabe bakiri abahamya mu byerekeranye n'ivugurura mu by'ubuzima. Igihe umubiri ubabara kubera uburemere bw'imirire, igikwiriye ni ukureka rimwe na rimwe ifunguro rimwe, maze umubiri ukaba wasubirana ubuzima. Ababwiriza bacu baba bagize neza kurushaho babaye batanze urugero rwiza mu guteza imbere ivugurura mu

by’ubuzima kuruta kubibwirizaho gusa. Igihe inshuti zifite ubushake zibateguriye ibyokurya byateguwe bihagije, bagira ikigeragezo gikomeye cyo kunyuranya n’amabwiriza. Ariko mu gihe banze ibyokurya biryohereye, bikize ku rusenda, igihe banze icyayi n’ikawa, baba bagaragaye ubwabo ko bashyira mu bikorwa ivugurura mu by’ubuzima. Abantu bamwe magingo aya barababazwa bitewe no kwica amategeko agenga ubuzima, bityo bakaba barabereye abandi nk’abari mu kato gatewe no kutita ku ivugurura mu by’ubuzima. IMN 144.2

Gukabya mu mirire, mu minywere, mu gusinzira, cyangwa no mu byo tureba ni icyaha. Igikorwa gitunganye kandi gishyize hamwe cy’ubushobozi bwose bw’umubiri n’intekerezo gitanga umunezero. Kandi uko ubwo bushobozi burushaho kuzamurwa no kubonezwa ni ko uwo munezero uba uboneye kandi utavangiye. IMN 144.3

Bicukurira Imva n’Amenyo Yabo

228. Impamvu ituma benshi mu bagabura bacu bahura n’uburwayi bukababababaza ni uko badakora imyitozo ngororangingo ihagije, kandi bakarya birenze urugero. Ntibabona ko imikorere nk’iyo ishyira mu kaga n’umubiri ufite imbaraga. Abantu bamwe, kimwe namwe, b’abanyantege nke mu myitwarire, bakwiriye kurya bitonda, kandi ntibahunge imirimo isaba ingufu. Benshi mu bagabura bacu bicukurira imva n’amenyo yabo. Mu gushyira ibyokurya biremereye mu ngingo z’igogora, umubiri urwana no kwakira uwo mutwaro, ukahababarira, maze ingaruka zikagera ku bwonko. Ikosa ryose rikozwe mu kwica amategeko agenga ubuzima rigendana n’igihano kigera ku mubiri w’ucumuye kuri ayo mategeko.

IGICE CYA 8 - GUTEGEKA IRARI RY'IBYOKURYA

Kunanirwa Kwitegeka ni cyo Cyaha cya Mbere

229. Adamu na Eva muri Edeni bari bafite igihagararo cyiza, kandi batunganye mu buryo bwose no mu buranga. Nta cyaha bagiraga kandi bari bafite ubuzima butunganye. Mbega ukuntu bari bahabanye kure n'ikiremwa muntu kiriho muri iki gihe! Uburanga bwaragiye. Nta buzima butunganye bukiriho. Aho tureba hose tuhabona uburwayi, ubusembwa, n'ubugoryi. Nibajije impamvu itera uku guhenebera gukomeye, maze nsubizwa amaso muri Edeni. Eva, umugore w'uburanga yashutswe n'inzoka kurya ku mbuto z'igiti rukumbi Imana yari yarababujije kuryaho, ndetse no gukoraho, babirengaho bagapfa. IMN 146.1

Eva yari afite ibintu byose bituma anezerwa. Yari akikijwe n'ibiti by'imbuto z'amako yose. Nyamara yishimira igiti cy'imbuto zabuzanyijwe kurenza imbuto z'ibindi biti byose byari mu busitani yabashaga kurya uko yishakiye. Ntiyirindaga mu byifuzo bye. Yarariye, maze kubwo imbaraga ze, ahaho n'umugabo we ararya, maze umuvumo urabokama. Isi na yo yaravumwe bitewe n'icyaha cyabo. Kuva kuri icyo gicumuro cyabo, ukutirinda k'uburyo hafi ya bwose kwahise kubaho. Irari ryabaye umutegetsi w'umutimanama. Umuryango muntu wakurikiye iyo nzira yo kutumvira, maze, kimwe na Eva, ugushwa mu gishuko na Satani cyo kutita ku byo Imana yabuzanyije, abantu bakagerageza kwinezeza bibwira ko ingaruka zidateye ubwoba nk'uko babitekereza. Umuryango muntu wagomeye amategeko agenga ubuzima, maze bageza aho bakabya mu bintu hafi ya byose. Indwara zarushijeho kwiyongera. Impamvu zagiye zibyara ingaruka. IMN 146.2

Iminsi ya Nowa n'Iminsi ya None

230. Yesu yicaye ku musozi wa Elayono, yahaye abigishwa be amabwiriza yerekeranye n'ibimenyetso byagombaga kubanziriza kugaruka kwe. "Uko iminsi ya Nowa yari iri, no kuza k'Umwana w'umuntu ni ko kuzaba, kuko nk'uko bari bameze muri iyo minsi yabanjirije umwuzure, bararyaga, baranywaga, bararongoraga, barashyingiraga, bageza umunsi Nowa yinjiriye mu nkuge, ntibabimenya kugeza aho umwuzure waziye ukabatwara bose. Ni ko no kuza k'Umwana w'umuntu kuzaba." Matayo

24:37-39. Ibyaha bimwe nk'ibyazaniye isi urubanza mu minsi ya Nowa, ni byo biriho no muri iyi minsi turimo. Abagabo n'abagore b'iki gihe bararya bakanywa bakarenza urugero kugeza ubwo bahindutse abanyendanini n'abasinzi. Iki cyaha cyeze muri iki gihe, cy'irari ry'umururumba ukabije, ni cyo ryari ryarokamye ibyifuzo by'abantu bo mu minsi ya Nowa, giteza ukwangirika kwakwiriye isi yose. Icyaha n'ubugizi bwa nabi byarazamutse bigera mu ijuru. Iki kibi no kwangirika byahanaguwe ku isi n'umwuzure. Ibyaha nk'ibyo by'umururumba n'ubusinzi byubitse intekerezo n'umutimanama w'abaturage b'i Sodomu, kugeza ubwo abagabo n'abagore bo muri uwo mugi bishimiraga ubugizi bwa nabi. Ni yo mpamvu Kristo Umukiza yaburiye iyi si agira ati, "No mu minsi ya Loti na yo byari bimeze bityo: bararyaga, baranywaga, baraguraga, barabibaga, barubakaga, maze umunsi Loti yavuye i Sodomu, umuriro n'amazuku biva mu ijuru biragwa, birabarimbura bose. Ni ko bizamera umunsi Umwana w'umuntu azabonekeraho." Luka 17:28-30.IMN 147.1

Kristo yadusigiye icyigisho hano tugomba kwitaho ku buryo bukomeye. Yatweretse akaga kari imbere yacu mu gihe dushyize imbere imirire yacu n'iminywere yacu. Atwereka ingaruka zo guhaza irari tutabasha gutegeka. Ubushobozi bw'umutimanama buracogozwa ku buryo icyaha tutakibona nk'ikibi. Ubugizi bwa nabi ntibwitabwaho, maze ibyifuzo bibi bikigarurira intekerezo, kugeza ubwo amahame nyakuri n'ibyifuzo bizima bikuweho, maze Imana igatukwa. Ibi byose ni ingaruka y'umurengwe mu mirire n'iminywere. Bene iyi mibereho ni yo Kristo avuga ko izaranga igihe cyo kugaruka kwe. IMN 147.2

Umukiza atwereka ikintu cy'ingenzi kurusha ibindi dukwiriye guharanira kurusha kurarikira ibyo tuzarya n'ibyo tuzanywa, n'uburyo bwo kwambara. Imirire, iminywere, n'imyambarire ni byo byashyizwe imbere bikabije ku buryo byahindutse amahano. Biri mu byaha biteje akaga muri iyi minsi iheruka, kandi ni kimwe mu bimenyetso biranga kugaruka kwa Kristo. Igihe, amafaranga, n'imbaraga byose ni iby'Imana, nyamara yiringira abantu ikabibabitsa, bakabikoresha mu murengwe w'imyambarire no kwiryoshya bahaza irari ry'ibyifuzo byabo bibi, bicogoza ubuzima kandi bigateza umubabaro no kurimbuka. Ntidushobora gutanga imibiri yacu ho ibitambo bizima bishimwa n'Imana niba dukomeje kuyuzuzamo ubugizi bwa nabi n'indwara ziterwa n'umururumba w'ibibi. IMN 148.1

231. Kimwe mu bigeragezo bikomeye kurusha ibindi umuntu ahura na byo ni icyerekeranye n'irari mu mirire. Mu ntangiriro, Imana yaremye umuntu atunganye. Yaremanywe intekerezo zitunganye kandi zuzuye, indeshyo n'imbaraga z'imigabane yose igize umubiri we byuzuye kandi bikorera hamwe. Ariko kubwo ibishuko by'ibibi, umuntu yaretse ibyo Imana yamubujije, maze amategeko agenga ibyaremwe azana n'ibihano byayo…. IMN 148.2

Kuva umuntu wa mbere yemera kugengwa n'irari, mwene muntu yakomeje kugenda akurira mu byifuzo bibi, kugeza ubwo ubuzima bwe abutambiye ku rutambiro rw'irari ry'imirire. Abaturage bo mu gihe cyabanjirije Nowa barangwaga no kutirinda mu mirire n'iminywere. Baryaga inyama kandi icyo gihe Imana yari itaratanga uburenganzira bwo kurya ibyokurya bikomoka ku matungo. Bararyaga, bakanywa, kugeza ubwo umururumba w'irari ryabo ribi utashoboraga kugira iherezo, maze buzurwa n'ubugizi bwa nabi ku buryo Imana itari igishoboye kubihanganira. Bari bamaze kuzuza igikombe cy'ibibi byabo, maze Imana yeza isi, iyikiza ukwangirika ikoresheje umwuzure.IMN 148.3

Sodomu na Gomora

Ubwo abantu bari bamaze kwiyongera ku isi nyuma y'umwuzure, bongeye kwibagirwa Imana, maze barangwa n'imigenzereze mibi imbere y'Imana. Ukutirinda k'uburyo bwose kwariyongereye, kugeza ubwo hafi y'abatuye isi bose bakwirundumuriyemo. Imigi yose yararimbutse ihanagurika ku isi bitewe n'ingeso mbi cyane z'abari bayituye hamwe n'ibicumuro by'urugomo rwabo byahumanyije imirimo itunganye y'isi Imana yaremye. Ugushayisha mu irari ry'ibibi kwateje ibyaha byabaye intandaro y'ukurimbuka kwa Sodomu na Gomora. Imana ihamya ko ukugwa kwa Babuloni guterwa n'umururumba n'ubusinzi bwayo. Uguhaza irari mu mirire n'iminywere hamwe n'ibyifuzo bibi ni byo byari ishingiro ry'ibyaha byayo byose. IMN 149.1

Esawu Yatsinzwe n'Irari

232. Esawu yararikiye isahani y'ibyokurya, atanga umurage w'ubukuru bwe, awugurana kunezeza irari rye. Amaze guhaza irari ry'icyifuzo cye, yabonye ubupfayongo bwe, ariko ntiyashaka kwihana,

nubwo yabyifuje arira cyane. Benshi bameze nka Esawu. Ahagarariye itsinda ry'abantu bafite umugisha udasanzwe imbere yabo, ari wo murage w'ubugingo buhoraho — ubugingo budashira bazasangira n'Imana, Umuremyi w'ijuru n'isi n'ibirimo byose, umunezero utarondoreka, n'ubwiza ntagereranywa bw'ahazaza — nyamara bakaba baratwawe n'irari, ibyifuzo bibi, n'ibyo ingeso zabo zirarikira, ku buryo ubushobozi bwabo bwo gushishoza no kwishimira iby'agaciro k'iteka ryose bwacogoye. IMN 149.2

Esawu yari afite irari rikomeye ry'ibyokurya runaka, kandi yakomeje kugira inarijye muri we igihe kinini, ku buryo yumvaga ko bidashoboka kureka icyo kigeragezo cyo kwifuza iyo sahani y'ibyokurya. Yayitekerejeho, ntiyagira umuhati na muke wo gutegeka irari rye, kugeza ubwo ubushobozi bw'irari bumutwaye ingamira, maze buramutegeka, maze yibwira ko yagubwa nabi cyane, ndetse akaba yanapfa, aramutse atabonye iyo sahani y'ibyokurya. Uko yarushagaho kuyitekerezaho, ni ko icyifuzo cye cyarushagaho kwiyongera, kugeza ubwo umurage w'ubukuru bwe, wari warejejwe ugahabwa umugisha, Esawu yawambuye agaciro no kwera kwawo. IMN 150.1

Isiraheli Yifuje Inyama

233. Igihe Imana ya Isiraheli yakuraga ubwoko bwayo muri Egiputa, yabarinze kurya inyama mu buryo bukomeye, ahubwo ibaha umutsima wavaga mu ijuru, n'amazi y'urubogobogo yaturukaga mu gitare. Ibi ntibyabanyuze. Basesemutswe ibyokurya bahawe, maze bararikira ibyo muri Egiputa, aho bicaraga iruhande rw'inkono z'inyama. Imana yasubije icyifuzo cyabo, ibaha inyama, maze irabareka barazirya kugeza ubwo umururumba wabo wabateje icyorezo, benshi barapfa barashira. IMN 150.2

Izi Zose ni Ingero Twigiraho

Dushobora kuvuga ingero zikurikirana zerekana ingaruka zo kwemerera gutwarwa n'irari mu mirire. Ku babyeyi bacu ba mbere byasaga nk'akantu gato gucumura ku itegeko ry'Imana mu gikorwa nk'icyo — cyo kurya ku giti gifite ibyokurya byiza kandi cy'igikundiro — ariko icyo gikorwa kikaza kwica ubuyoboke bari bafitiye Imana, kandi kigakingurira imiryango ibibi n'amakuba byaje kuzura isi yose. IMN 150.3

Amahano n'indwara byagiye byiyongera uko ibihe bihaye ibindi. Kutirinda mu mirire no mu minywere hamwe no gukabya mu ngeso mbi byahumye imbaraga z'ingenzi z'ubushobozi bw'umuntu. Aho kugira ngo umutimanama utange umurongo ngenderwaho, wabaye imbata y'irari ku rwego ruteye agahinda. Irari ryo gukomeza kwifuza kurya ibyokurya bikungahaye ku binure by'imvange y'amavuta n'isukari ryakomeje kwiganza, kugeza ubwo ryahindutse akamenyero ko kuzuza ibiryohereye mu gifu. By'umwihariko mu gihe cy'iminsi mikuru yo kwinezeza ni bwo irari rihabwa umwanya nta rutangira. Ibyokurya bya kumanywa hamwe n'ibya nimugoroba biribwa bwije cyane, biba bigizwe n'inyama zirimo ibirungo byinshi bikabije, isosi iremereye, keke, amashaza, gato, icyayi, ikawa, n'ibindi. Nta gushidikanya ko bene iyo mirire izanira abayirya ibibazo n'uburibwe butavugwa buterwa n'indwara yo kugugarirwa mu nda. IMN 150.4

234. Neretswe iby'ukwangirika gukabije kw'ingeso z'abatuye kuri ku isi muri iki gihe. Ryari iyerekwa riteye ubwoba. Natangajwe no kuba abatuye iyi si batararimbuwe nk'uko byagendekeye abaturage b'i Sodomu na Gomora. Nabonye impamvu ihagije isobanura imibereho y'ubuhenebere no gukenyuka biriho muri iyi si. Ibyifuzo bibi ni byo bitegeka umutimanama, n'ibikwiriye kwitabwaho by'agaciro biguranwa guhaza irari. IMN 151.1

Ikibi cya mbere giteye ubwoba cyinjiye ku isi ni icyo kutirinda mu mirire n'iminywere. Abagabo n'abagore bigize ubwabo imbata z'irari. Ntibirinda mu mikorere. Bakoresha imbaraga zitagira ingano bari mu kazi kugira ngo babone ibyokurya byo kuzuza ku meza yabo bizagirira nabi bikomeye umubiri wamaze kuremerezwa. Abagore bamara igihe cyabo cy'ingenzi imbere y'iziko bategura ibyokurya buzuzamo ibirungo byinshi cyane kugira ngo bahaze ipfa. Ingaruka yabyo ni uko abana batitabwaho, kandi ntibabone uburere bwiza bushingiye ku myitwarire myiza n'iyobokamana. Umubyeyi wakoze birenze urugero ntaha agaciro ibyo gushaka imico yo kwiyoroshya mu mutima, ari wo mucyo w'izuba umurikira urugo. Iby'agaciro k'iteka ryose bishyirwa ku mwanya wa kabiri. Igihe cyose gikoreshwa mu gutegura ibintu byo guhaza irari rigamije kurimbura ubuzima, bigatera

kumererwa nabi mu mubiri, kandi bigapfukirana imbaraga z'ibitekerezo.IMN 151.2

235. Kutirinda kuboneka aho ariho hose. Tukubona mu modoka, mu bwato, n'aho tujya hose. Dukwiriye rero kwibaza ubwacu icyo dukora kugira ngo dukize bene abo bantu ibigeragezo n'imitego baba benda kugwamo. Satani ahora ari maso ngo ashyire abantu bose munsi y'ubutware bwe. Intwaro ye ikomeye akoresha arwanya umuntu ni ukumuteza irari mu mirire n'iminywere, kandi ashaka kurikoresha mu nzira izo arizo zose. Ibikabura umubiri byose bigirira nabi umubiri, kandi bikangura imbaraga zo kwifuza ibinyobwa bisindisha. Ni buryo ki twabera abantu umucyo tukabarinda ibibi biteye ubwoba bizanwa no gukoresha ibyo bintu? Mbese koko twamaze gukora icyo tugomba gukora cyose muri iyo nzira? IMN 152.1

Gusengera ku Gicaniro cy'Umururumba

236. Imana yahaye ubwoko bwayo umucyo munini, nyamara na none ntitwashyizwe aho ibigeragezo bitabasha kugera. Ni bande muri twe bashaka ubufasha buturuka ku kigirwamana cya Ekuroni? Nibarebe kuri iyi shusho, idaturutse mu ntekerezo. Ni mu bantu bangahe, ndetse no mu Badiventisti b'Umunsi wa Karindwi, wabonamo imico y'ingenzi ikwiriye kuranga abana b'Imana? Umurwayi — umeze nk'ufite ubwenge, nyamara utava ku izima kandi wuzuye inarijye — yemera ko adaha agaciro amategeko agenga ubuzima n'umubiri, ayo twahawe n'ijuru ngo atuyobore nk'ubwoko bw'Imana. Yifuza kurya ibyokurya biteguwe ku buryo buhaza irari rye ryangiritse. Aho kugira ngo yicare ku meza ateguyeho ibyokurya bifitiye umumaro ubuzima, ahitamo kujya muri za resitora aho ashobora kurya nk'uko irari rye ribimutegeka. Nk'umuntu uvugana imbaraga ibyo kwirinda, ntiyita ku mahame yabyo. Ashaka gukira, ariko ntiyifuze kugira icyo akora na kimwe cyo kwigomwa. Uyu muntu aba asengera ku gicaniro cy'umururumba. Asenga ikigirwamana. Ubushobozi bw'umubiri we bwagombye kwezwa no kwiyubahisha, kandi bugakoreshwa mu kubahisha Imana, bwaciwe intege busigara nta kamaro. Ukutita ku mategeko agenga ibyaremwe byamuzaniye ingaruka yo kugira imico y'uburakari, intekerezo zidatuje, n'intege nke z'imikaya. Nta bushobozi, kandi ntabasha kwiringirwa.IMN 152.2

Intsinzi ya Kristo Iri mu Ruhande Rwacu

237. Mu butayu bw'ibigeragezo, Kristo yahuye n'ibigeragezo byo ku ruhembe rw'imbere byagombaga guhitana umuntu. Ari wenyine gusa, aho ni ho yahuriye n'umushukanyi wakoresheje ubuhendanyi bwe n'uburyarya, maze [Yesu] aramutsinda. Igishuko cya mbere gikomeye cyari icyo guhaza irari ry'inda; icya kabiri, kwihandagaza; icya gatatu, gukunda iby'isi. Satani yari yarigaruriye ingabo ze amamiliyoni kubwo kuzishukisha guhaza irari n'urururumba. Kubwo guhaza ibyifuzo by'irari n'uburyohe, urwungano rw'imyakura rurakabuka maze ubushobozi bw'intekerezo bugacika intege, bugatuma ubwonko budashobora gutekereza uko bikwiriye kandi butuje. Intekerezo ntiziba hamwe; ubushobozi bwazo bwo hejuru kandi bwiyubashye buravangirwa kugira ngo buhaze irari rya kinyamaswa, maze ibyera, iby'agaciro k'iteka ryose bigakerenswa. Iyo iyi ntego igezweho, Satani azana ibindi bigeragezo bye bibiri, maze kwinjira bikamworohera. Ibishuko bye byinshi biza bikomotse kuri ibi bigeragezo uko ari bitatu. IMN 153.1

238. Mu byigisho byose tugomba kwigira mu kigeragezo cya mbere cy'Umwami wacu, nta gikomeye cyane nk'icyerekeza ku kwihanganira irari ry'ibyokurya no kwifuza kw'umubiri. Mu bihe byose, ibigeragezo byerekeye ku kwifuza kw'umubiri ni byo byagaragayeho kwangiza no gutesha umuntu agaciro. Binyuze mu kutirinda, Satani akoresha kwangiza imbaraga z'ibitekerezo n'imyifatire Imana yahaye umuntu nk'impano utabonera igiciro. Bityo bigatuma umuntu atabasha gushimira Imana ibyo yamuhaye bifite agaciro k'iteka ryose. Abinyujije mw'irari ry'umubiri, Satani ashaka guhanagura burundu mu bitekerezo ishusho y'Imana. IMN 153.2

Kwirundurira mu bikorwa bidafite gitangira ndetse n'indwara zibikomokaho no guta agaciro byariho mu gihe cyo kuza kwa Kristo bwa mbere na none bizongera kubaho, mu buryo burushijeho kuba bubi, mbere yo kugaruka kwe kwa kabiri. Kristo avuga ko imibereho y'iyi si izaba imeze nk'iyo mu gihe cy'umwuzure, ndetse nk'uko byari bimeze i Sodomu n'i Gomora. Intekerezo z'umutima zizaba ari mbi gusa. Tugeze ku nkengero z'icyo gihe giteye ubwoba, ni yo mpamvu dukwiriye gusobanukirwa no kwiyiriza ubusa kw'Umukiza. Uwo mubabaro w'indenga kamere Kristo yihanganiye ni wo waduha ikigereranyo cy'ububi bw'iryo rari ridafite gitangira. Urugero rwe rutwereka ko ibyiringiro byacu byo kubona ubugingo

buhoraho bishingiye mu kureka irari no kwifuza kwacu bikagengwa n'ubushake bw'Imana. IMN 154.1

Mureke Duhange Amaso Umukiza

Mu mbaraga zacu ntibyashoboka ko twakwirengagiza iby'imibereho yacu yangiritse idusaba. Uyu muyoboro ni wo Satani azakoresha ngo aduteze ibigeragezo. Kristo yari azi ko Satani azagera kuri buri muntu, yifashishije amahirwe y'intege nke twandujwe n'ababyeyi bacu, maze mu kinyoma cye akagusha abo bose batiringira Imana. Mu kunyura aho umuntu yagombaga kunyura, Umucunguzi wacu yaduteguriye inzira yo kunesha. Si ubushake bwe ko twagira ibyo tuvutswa mur'iyi ntambara hagati ye na Satani. Ntashaka ko duterwa ubwoba cyangwa gucibwa intege n'ibitero by'ikiyoka. "Mu isi mugira umubabaro, ariko nimuhumure naneshejeje isi." *(Yohana 16:33)*. IMN 154.2

Reka umuntu wese urwana n'imbaraga z'irari ry'ibyokurya arebe Umukiza mu butayu bwo kugeragezwa. Amurebe mu mubabaro wo ku musaraba, ubwo yavugaga ati, " *Mfite inyota*." Ibyo byose yarabyihanganiye birashoboka ko natwe twabyihanganira. Kunesha kwe ni ukwacu. IMN 154.3

Yesu yishingikirije ku bwenge n'imbaraga bya Se wo mu ijuru. Aravuga ati, " Kuko Umwami Imana izantabara ni cyo gituma ntamwara, … kandi nzi yuko ntazakorwa n'isoni… Umwami Imana ni yo izampagarikira." Yitanzeho urugero, aratubwira ati, " Ni nde muri mwe wubaha Uwiteka … ugendera mu mwijima, adafite umucyo? Niyiringire izina ry'Uwiteka, kandi yishingikirize ku Mana ye." *(Yesaya 50:7-10)*. IMN 154.4

"Umutware w'ab'iyi si araje, niko Yesu avuga, kandi ntacyo amfiteho." (Yohana 14:30). Nta na kimwe cyari muri we cyabashaga kumvira ubuhendanyi bwa Satani. Ntiyigeze yemera gukora icyaha. Ndetse no mu bitekerezo ntiyigeze aneshwa n'igishuko. Natwe niko bibasha kutugendekera. Ubumuntu bwa Kristo bwari buvanze n'Ubumana; Yashobojwe urugamba na Mwuka Muziranenge wari umurimo. Kandi yaje kuduhindura abafite kamere ye y'Ubumana. Igihe cyose twifatanije na we mu kwizera, icyaha kiba kitakidufiteho ububasha. Imana isingira uko kuboko ko kwizera muri twe ngo ituyobore gukomerera mu bumana bwa Kristo, ngo tubashe guhabwa imico yo gukiranuka. IMN 154.5

239. Nk'uko yaje kugerageza Kristo, na n'ubu Satani aza asanga umuntu kugira ngo amugerageze, akoresheje ibishuko by'indengakamere kugira ngo amugushe mu irari ry'inda. Azi neza imbaraga afite kugira ngo agushe umuntu akoresheje iyi ngingo. Yagushije Adamu na Eva mu murima wa Edeni abateje irari ry'inda, maze babura icumbi ryabo ry'agahano. Mbega umubabaro n'ubugome byuzuye kuri iyi si yacu bitewe no kugwa kwa Adamu. Imigi uko yakabaye yararimbutse iva kuri iyi si bitewe n'ubugizi bwa nabi bukabije n'ibicumuro byateje ubusembwa mu isanzure y'ibyaremwe byose. Guhaza irari ry'inda ni byo byari urufatiro rw'ibyaha byayo. IMN 154.6

240. Kristo yatangiriye umurimo wo gucungura iyi si aho ukurimbuka kwayo kwatangiriye. Ikigeragezo yabanje gusakirana na cyo cyari cya kindi cyakubise hasi Adamu. Akoresheje ibigeragezo by'irari mu mirire n'iminywere, Satani yashoboye kunesha umugabane munini w'ikiremwa muntu, kandi uko kunesha kwe kwatumye yibwira ko ubutware bw'iyi si yacumuye buri mu maboko ye. Ariko yabonye ko Kristo adashobora kuneshwa n'ibigeragezo bye, maze atsindwa uruhenu, ahinduka umwanzi watsinzwe. Yesu aravuga ati, "Nta bushobozi amfiteho." Intsinzi ye iduha ubwishingizi buduhamiriza ko natwe dushobora kuba abaneshi mu ntambara turwana n'umwanzi. Ariko umugambi w'Imana Data ni ukudukiza natwe dushyizemo umuhati wacu wo kwemera gukorana na Kristo. Tugomba gukora uruhare rwacu, maze ubushobozi bw'Imana, bufatanyije n'umuhati wacu, bukaduhesha intsinzi.IMN 155.1

[Kubw'inyungu zacu, Kristo yaranzwe no kwitegeka kurusha gutegekwa n'inzara cyangwa urupfu — 295]IMN 155.2

[Kwigomwa kurya byongereye Kristo imbaraga zo kwihanganira ibigeragezo; Intsinzi ye itera umwete abantu bose — 296] IMN 155.3

[Ubwo yageragezwaga bikomeye, Kristo ntacyo yari yariye — 70] IMN 155.4

[Imbaraga z'ikigeragezo cyo guhaza irari mu mirire zipimishwa umubabaro Kristo yagize mu gihe cyo kwigomwa kurya — 298] IMN 155.5

Urugero rwa Daniyeli rwo Gutsinda

241. Imbaraga y'ibigeragezo byo guhaza irari mu mirire ishobora kuneshwa gusa n'ubufasha duhabwa n'Imana. Ariko kuri buri kigeragezo cyose dufite isezerano ry'Imana ko izatwereka uburyo bwo kukivamo. Nonese ni kuki benshi batsindwa n'ibigeragezo? Ni ukubera ko batiringira Imana. Ntibemera kwakira uburyo bateguriwe ngo bubaheshe kumererwa neza. Impamvu batanga zo gushimisha irari ryabo ribi ntizifite ishingiro imbere y'Imana. IMN 155.6

Daniyeli yahaga agaciro ubushobozi bwe, ariko ntiyabwiringiraga. Ukwiringira kwe yari yaragushyize mu mbaraga Imana yasezeraniye abantu bose bayisanga bayikeneye kandi bicishije bugufi, bishingikirije gusa ku bushobozi bwayo. IMN 155.7

Yagambiriye mu mutima we ko ataziyandurisha kurya inyama zatekewe umwami cyangwa vino umwami yanywagaho; kuko yari azi ko iyo mirire idashobora kongerera ubushobozi umubiri we cyangwa ngo yongere ubushobozi bw'intekerezo ze. Ntiyashoboraga kunywa vino, cyangwa ikindi kinyobwa gituma umubiri ukora nabi. Nta kintu na kimwe yashoboraga gukora cyakwangiza intekerezo ze. Maze Imana imuha "ubumenyi no gusobanukirwa ibyanditse mu bitabo no kugira ubwenge," hamwe no "gusobanukirwa n'inzozi n'amabonekerwa yose." …IMN 155.8

Ababyeyi ba Daniyeli bari baramutoje kuva akiri muto kwimenyereza ibyo kwirinda. Bari baramwigishije ko agomba kumvira amategeko agenga ibyaremwe mu ngeso ze zose; ko imirire ye n'iminywere ye bigira ingaruka itaziguye ku mubiri we, ubwenge bwe, n'umutimanama, kandi ko Imana izamubaza uko yakoresheje ubushobozi n'impano yamuhaye. Ibyo yari azi ko atari ibye bwite, ko ahubwo ari impano yahawe n'Imana, bityo ko atagomba na rimwe kubitesha agaciro cyangwa kubicogoza. Ku iherezo ry'amasomo ye, Daniyeli yubahishije amategeko y'Imana, kandi ayahesha agaciro kayo mu mutima we. Mu myaka ibanza igihe yari umunyagano, Daniyeli yanyuze mu bigeragezo byamusabaga kumenya kuba mu byubahiro by'ibwami, mu buryarya, no mu bupagani bwaho. Mbega ishuri ridasanzwe ryatumye aba umuntu ushyitse urangwa no kugira ubuzima bwo kwirinda, gukora, no gukiranuka! Kandi yaranzwe n'imibereho itarangwamo uburiganya hagati y'ibibi byari bimugose. IMN 155.9

Imibereho ya Daniyeli n'abasore bagenzi be ni icyitegererezo cyerekana inyungu zizanwa no kubaho umuntu yirinda mu mirire, kandi yerekana icyo Imana yiteguye gukorera abantu bose bemera gukorana na Yo mu murimo

wo kweza no kwerereza ubugingo. Bahesheje Imana ikuzo kandi baba umucyo umurika mu bikari by'i Babuloni. IMN 156.1

Muri iki gitekerezo twumvamo ijwi ry'Imana rivugana na buri muntu wese by'umwihariko, ritwingingira kwakira umucyo w'agaciro gakomeye werekeranye no kugira imibereho ya Gikristo irangwa no kwirinda, kandi tukarangwa no kumvira amategeko y'ubuzima. IMN 156.2

242. Mbega ukuntu byari kumera iyo Daniyeli na bagenzi be bemera gufatanya n'abo bategetsi b'abapagani, maze bakagamburuzwa n'igitutu cy'uwo mwanya cyabasabaga kurya no kunywa nk'uko Abanyababuloni bari bamenyereye? Uwo mwanya wonyine wo kwitandukanya n'amahame yo kwirinda wari guca intege imbaraga zabo zibakomereza mu kuri no mu kwirinda ikibi. Guhaza irari byari guhinduka igitambo gikuraho imbaraga z'umubiri, ubushishozi buzima, n'ubushobozi mu bya Mwuka. Intambwe imwe y'ubuyobe yashoboraga koreka abandi, kugeza ubwo umubano wabo n'ijuru usenyutse, bagahitanwa n'ibigeragezo. IMN 156.3

[Ubushishozi bwa Daniyeli bwatewe n'imirire ye yoroheje n'imibereho y'amasengesho — 117] IMN 156.4

[Ibindi byerekeye Daniyeli — 33, 34, 117]. IMN 156.5

Inshingano Yacu ya Gikristo

243. Iyo tugenzuye ubushake bw'Imana, dusanga ko idusaba kuba abantu birinda muri byose. Twaremewe kugira ngo duheshe Imana icyubahiro mu mibiri n'umwuka wacu yicunguriye akabigira ibye. Nonese ni buryo ki twabigeraho mu gihe dushishikazwa no guhaza irari ryangiza ubushobozi bw'umubiri n'intekerezo? Imana idusaba kuyegurira imibiri yacu ngo ibe ibitambo bizima. Inshingano yacu rero ni ukurindira uyu mubiri wacu mu mibereho y'ubuzima irusha iyindi kuba myiza, kugira ngo tugendane n'ubushake bwayo. "Ari ukurya, ari ukunywa, cyangwa gukora ikindi kintu cyose, mujye mubikorera guhesha Imana ikuzo." 1 Abanyakorinti 10:31. IMN 156.6

244. Intumwa Pawulo agira ati, "Mbese ntimuzi yuko mu mikino, iyo abantu basiganwa biruka bose, ariko umwe akaba ari we wegukana ikamba ho igihembo? Nuko rero namwe nimwiruke kugira ngo muzaryegukane. Abarushanwa mu mikino bose bamenya kwifata ku buryo bwose. Bo babikorera kugira ngo begukane ikamba rishira vuba, ariko

twebwe tubikorera kuzegukana ikamba ridashira. Ni yo mpamvu nanjye niruka ntameze nk'utazi iyo agana, ngasa nk'ukina umukino wo guterana amakofe ariko simpushe. Ahubwo mbabaza umubiri wanjye nkawukoreshwa agahato, kugira ngo ntazamara kwigisha abandi naho jye ngasigara ntemewe." 1 Abanyakorinti 9:24-27. IMN 156.7

Ku isi hari abantu benshi biyandavurisha ingeso mbi. Irari mu mirire n'iminywere ryahindutse itegeko ribatwara; kandi bitewe n'izo ngeso mbi zabo, umutimanama wabo ucura igihunya n'ubushobozi bwo gushishoza ngo bamenye ibitunganye burashira ku rugero runini. Nyamara ni ngombwa ko Abakristo bashikama kuri gahunda yo kwirinda. Bakwiriye kugera ku rwego ruhanitse. Ni ngombwa ko birinda mu mirire, mu minywere, no mu myambarire. Bakwiriye kugengwa n'amabwiriza, aho kugengwa n'irari cyangwa kwishushanya. Abarya bikabije, cyangwa bakoresha ibyokurya by'ubwoko bushidikanywaho, baba bishora mu buryo bworoshye mu kwiyandavuza, no mu "irari ryinshi ry'ubupfu rikabangiza. Ni cyo gituma bahomba byose bakarimbuka." 1 Timoteyo 6:9. "Abakorana n'Imana bakwiriye gukoresha imbaraga zabo uko zimeze kose bagashyigikira umurimo wo kwamamaza amahame nyakuri yo kwirinda. IMN 156.8

Kuba indahemuka ku Mana bisobanuye byinshi. Imana ifite ibyo ikeneye ku biyemeje gukora umurimo wayo. Ishaka ko intekerezo n'umubiri byabo birindirwa mu buzima buzira umuze ku rwego rwo hejuru, buri mbaraga na buri mpano bikagenzurwa na yo, kandi bikitabwaho bikomeye, nk'uko ingeso zo kwirinda zibibasaba. Dufite inshingano imbere y'Imana yo kuyiyegurira tutizigamye twebwe ubwacu, imibiri yacu, n'ubugingo bwacu, hamwe n'ubushobozi yaduhaye nk'impano yaturagije, ngo tuzikoreshe mu murimo wayo. IMN 157.1

Imbaraga zacu n'ubushobozi bwacu bikwiriye guhora byiyongera kandi bikura muri iyi minsi y'inyongezo twahawe. Abishimira aya mahame n'abigishijwe gufata imibiri yabo neza mu buryo bw'ubwenge kandi bubaha Imana bakwiriye gutoranyirizwa gukora inshingano muri uyu murimo. Abamenye ukuri kuva kera, nyamara ntibababashe gutandukanya amahame atunganye yo gukiranuka n'amahame y'ikibi, abadasobanukiwe n'ubutabera, imbabazi, n'urukundo rw'Imana, bakwiriye gukurwa ku nshingano. Buri torero rikwiriye gutanga ubuhamya bwiza, bwemeza, kandi butuma impanda ivuga iranguruye. IMN 157.2

Nituramuka dukanguye imitimanama y’abantu bacu bakita ku ngingo yo kwirinda, tuzaba dutsinze urugamba rukomeye. Kwirinda mu bintu byose by’ubu buzima bikwiriye kwigishwa no gushyirwa mu bikorwa. Kwirinda mu mirire, mu minywere, mu gusinzira, no mu myambarire ni rimwe mu mahame akomeye agenga imibereho y’Ubukristo bwacu. Ukuri gushyizwe mu buturo bw’ubugingo bwacu kuzatuyobora mu kwita no gufata neza imibiri yacu. Nta kintu na kimwe kirebana n’imibereho myiza y’umuntu gikwiriye kwirengagizwa. Imibereho myiza y’ahazaza hacu izaterwa n’ukuntu dukoresha muri ubu buzima, igihe cyacu, imbaraga zacu, n’ubushobozi bwacu. IMN 157.3

Imbata z’Irari

245. Hari itsinda ry’abantu bavuga ko bemera ukuri, badakoresha itabi, ubugoro, icyayi, cyangwa ikawa, nyamara bakaba bishimira irari mu bundi buryo, biyuhiza bikomeye ibyokurya byuzuye ibirungo by’inyama. Irari ryabo ryari rikabije cyane kuba ribi ku buryo ridashobora no guhazwa n’inyama ubwazo, keretse gusa ziteguwe mu buryo bwangiza umubiri. Igifu kirakabuka, ingingo z’urwungano ngogozi zikaremerezwa; nyamara igifu kikagerageza gukora cyane ngo cyikureho uwo mutwaro cyashyizwemo. Nyuma yo gukora uwo murimo uruhije, igifu kiraruha, bigateza umubiri gucika intege bikabije. Aha ni ho benshi bibeshya, batekereza ko umubiri ushonje, maze aho kugira ngo bahe igifu umwanya wo kuruhuka, bakongera kurya ibindi byokurya, bisa nk’ibigabanyije akanya runaka za ntege nke. Maze uko irari rikomeje guhazwa, ni ko ibyifuzo byaryo birushaho kwiyongera. Uko gucika intege ni ingaruka ziterwa no kurya inyama, kuzirya by’itetu (by’akamenyero), no kurya nyinshi. …IMN 157.4

Bitewe n’uko byabaye ingeso, kandi bikajyana no guhaza irari ryica umubiri, gato zikize ku isukari, na za keke z’uburyo butandukanye, n’imishonge y’amasukari imeze nka kreme, n’ibindi byokurya byica umubiri, biribwa mu buryo burengeje urugero bikuzuzwa mu gifu. Ameza ntakwiriye kuzuzwaho ibyokurya by’ubwoko bwinshi, kuko biteza umubiri gushaka guhaza irari riwangiza. Mu gitondo, izi mbata z’irari ziba zifite umwuka mubi n’ururimi rwuzuyeho imyanda. Nta buzima baba bafite, maze bagatangazwa no kumva bafite uburibwe, baribwa umutwe, n’izindi ndwara zinyuranye. Benshi barya inshuro eshatu ku munsi, kandi bakongera mbere

yo kujya kuryama. Mu kanya gato, ingingo z'igogora zicika intege, kuko zitabona umwanya wo kuruhuka. Bene aba bantu bahinduka abarwayi bokamwe n'uburwayi bw'igugara mu nda, maze bakibaza impamvu yabateye kumera gutyo. Impamvu iba igaragaje ingaruka. Ntibikwiriye kongera kurya ibyokurya bindi igifu kitarabona umwanya wo kuruhuka umurimo w'igogora ry'ibyokurya bya mbere. Iyo ibyokurya bya gatatu biriwe byanze bikunze, bikwiriye kuba byoroheje cyane, kandi bikaribwa hasigaye amasaha menshi mbere yo kujya kuryama.IMN 158.1

Abantu benshi babaye imbata zo kutirinda ku buryo badashobora kureka umururumba bagira uko byamera kose. Bahitamo gutanga ubuzima bwabo ho igitambo, maze bagakenyuka, aho kureka irari ryo kutirinda kwabo. Hari benshi kandi bagira ubujiji bwo kutamenya isano iri hagati y'imirire yabo, iminywere yabo, n'ubuzima buzira umuze byose bifitanye. Baramutse babonye umucyo, babasha kugira ubutwari bwo kureka irari ryabo, maze bakarya mu rugero, ibyokurya bifitiye gusa umubiri akamaro, kandi bitewe n'iyo mpinduka baba bafashe, bashobora kwirinda imibabaro myinshi. IMN 158.2

Kumenyereza Ipfa

Abantu bamenyereje guhaza irari ryabo barya inyama uko bishakiye, amasosi yuzuye ibirungo ku buryo bukabije, n'ubwoko bunyuranye bwa za keke na gato bikize cyane ku isukari, n'ibiryo byo mu bikombe, ntibashobora guhita bahindura uwo mwanya ngo batangire gukoresha imirire yoroheje kandi yuzuye intungamubiri. Bitewe n'uko uburyohe bwangijwe n'ibibi, ntibabasha kugira ipfa rituma akanwa kabo karyoherwa n'indyo yuzuye igizwe n'amatunda, umugati wuzuye, n'imboga. Ntibumva ko hari ibindi byokurya bakenera binyuranye n'ibyo irari ryabo ryamenyereye. Igihe badashoboye kubyishimira bwa mbere, baba bakwiriye kwiyiriza ubusa kugeza ubwo bumva bashobora gukoresha indyo yuzuye batamenyereye. Uko kwiyiriza ubusa kuzababera inyungu ikomeye cyane kurenza gufata imiti, kuko igifu cyangiritse kizaba kibonye akaruhuko cyifuje kugira, kandi iyo nzara izatuma basonzera ibyokurya byuzuye kandi byoroheje. Bizasaba igihe kugira ngo uburyohe bureke irari ry'imirire mibi bwamenyerejwe maze busubire kwishimira uburyohe busanzwe bugendanye n'amategeko y'ibyaremwe. Ariko iyo umuntu akomeje

kwihangana akigomwa mu mirire n'iminywere ageza ubwo amenyera indyo nzima kandi itarushya igogora. Umuntu azabona ko ibyo byokurya binyuze umubiri kurenza bya bindi biremerera umubiri kandi bikawuteza ingorane. IMN 158.3

Igifu ntikiba kikiremerezwa n'inyama, ahubwo kigira ubuzima bwiza, kandi kikabasha gukora umurimo wacyo uko bikwiriye. Umuntu akwiriye gushyiramo imbaraga kugira ngo arinde imbaraga umubiri uba usigaranye, yirinda ikintu cyose kiremereza igifu. Igifu kibasha kudasubirana ubuzima bwacyo mu buryo bwuzuye, ariko akamenyero keza k'imirire itunganye kazakiza umuntu ibibazo umubiri wazagira ahazaza, kandi benshi bazagenda basubirana amagara mazima buhoro buhoro, babaye batarangije bidasubirwaho umubiri wabo bitewe n'umururumba mu mirire n'iminywere babayemo mbere. IMN 158.4

Abiyemeza kwihindura imbata z'irari ry'umururumba akenshi bakomeza kugenda nta rutangira, imibiri yabo igahinduka nabi bitewe no kwiyandurisha ibyifuzo byangiritse, biba byarakabuwe no kutirinda mu mirire n'iminywere. Biyegurira ibyifuzo byabo byangiritse kugeza ubwo ubuzima n'ubwenge bwabo bibabazwa bikomeye. Imbaraga zo gutekereza zicwa ku rugero runini n'ingeso mbi bimenyereje. IMN 159.1

Ingaruka Zigera ku Mubiri, Ubwenge, n'Umutimanama Bitewe n'Umururumba

246. Abanyeshuri benshi bafite ubujiji bukabije ku byerekeranye n'ubushobozi bukomeye imirire igira ku buzima. Bamwe ntibigeze bakoresha imbaraga ngo bategeke irari ryabo mu mirire n'iminywere, cyangwa ngo bubahirize amabwiriza akwiranye n'imirire. Bararya bikabije, ndetse n'ibyokurya bigengaho, kandi bamwe bakarya hagati y'ibihe byo kurya bisanzwe igihe bahuye n'ikigeragezo. Niba abavuga ko ari Abakristo bashaka gukemura ibibazo bibahangayitse, ni kuki intekerezo zabo zinangiye, ni kuki ibyifuzo byabo mu iyobokamana birangwa n'intege nke, bakaba batanashaka ibihe byinshi kujya mbere ngo barenze amaso ibyateguwe ku meza? Aha ni ho rero ruzingiye ingata, niba nta yindi mpamvu. IMN 159.2

Benshi bitandukanya n'Imana bitewe no kwizirika ku irari ryabo. Uwita ku gishwi, akaba azi n'umubare w'imisatsi iri ku mitwe yacu, abona icyaha cy'abizirika ku irari ribi rirwanya ubushobozi bw'umubiri, rigateza umwijima mu ntekerezo, kandi rigaca intege umutimanama. IMN 159.3

Kwicuza Impitagihe

247. Abantu benshi babura ubushobozi bwo gukora akazi bakoresheje intekerezo n'umubiri bitewe no kurya birenze urugero hamwe no guhaza irari ry'ibyifuzo bibi. Ibyifuzo bya kinyamaswa bihabwa imbaraga, mu gihe umutimanama n'umwuka bicika intege. Ubwo tuzaba dukikije intebe yera, mbese imibereho ya benshi muri twe izavugwa ite? Bazabona ibyo bagombye kuba barakoze iyo bataza gukerensa ubushobozi Imana yabahaye. Maze basobanukirwe n'urugero rw'ubuhanga bukomeye bagombye kuba baragezeho iyo baza kwegurira Imana imbaraga zose z'umubiri n'intekerezo yari yarabahaye. Mu mubabaro no kwicuza kwabo, bazifuza icyatuma babaho bundi bushya imibereho yabo. IMN 159.4

[Ingaruka zigera ku ntekerezo n'umubiri kubwo kurya birenze urugero — 219, 220]. IMN 159.5

Irari Ridasanzwe Rigomba Kurwanywa

248. Ubushobozi ndengakamere bw'Imana bwayoboye ubwoko bwayo ku buryo ubwo bwoko bwagiye bubaturwa mu ngeso zinyuranye z'iyi si, bukurwa mu mururumba w'irari n'ibyifuzo bibi, kugira ngo bubashe guhagarara bushikamye mu nzira yo kwiyanga no kwirinda muri byose. Abantu Imana iyoboye bagomba kuba ubwoko bwihariye. Bagomba kuba batandukanye n'ab'isi. Nibakurikiza amabwiriza Imana yabahaye, bazasohoza imigambi yayo kandi bakurikize ubushake bwayo. Kristo azatura mu mitima yabo. Ingoro y'Imana izaba yejejwe. Intumwa iragira iti, "umubiri wanyu ni ingoro ya Mwuka Muziranenge." Imana ntiyifuza ko abana bayo batiyitaho bitewe no kubabaza imibiri yabo. Ibasaba kumvira amategeko agenga ibyaremwe, kugira ngo barinde ubuzima bw'imibiri yabo. Inzira yo mu Byaremwe ni yo ibayoboramo, kandi ni inzira ihagije ku Mukristo wese. Binyuze mu kiganza cyayo, Imana yaduhaye imigisha myinshi kandi inyuranye, kugira ngo tugire amagara mazima n'umunezero.

Ariko kugira ngo itwemerere kwishimira irari risanzwe, rituma tugira amagara mazima kandi tukarama, iraturarikira kurwanya irari ribi. Iratubwira iti, “Mwirinde! Murwanye, mwange irari ridasanzwe. Iyo twemereye irari ribi rigakura, tuba turwanya amategeko agenga imibereho yacu, maze tukaba ba nyirabayazana bangiza imibiri yacu kandi tukikururira indwara. IMN 159.6

249. Abasobanukiwe n’ibibi byo gukoresha inyama, icyayi n’ikawa, hamwe n’ibyokurya bikabije kugira amavuta kandi bitetswe mu buryo bwangiza umubiri, kandi bakaba bariyemeje kugirana n’Imana isezerano kubwo kwitanga, ntibazakomeza gushimisha irari ryabo mu byokurya bazi ko byangiza imibiri yabo. Imana ishaka ko irari rikurwaho, kandi abantu bakarangwa no kwigomwa ibintu byose bitari byiza. Uyu ni umurimo ugomba gukorwa n’ubwoko bwayo mbere y’uko buzagezwa imbere yayo nk’abantu bayitunganiye.IMN 160.1

250. Imana ntiyigeze ihindura, nta n’ubwo iteganya guhindura imikorere y’imibiri yacu, kugira ngo twice itegeko uko ryaba ringana kose ngo ibyo bituringe kumva ingaruka z’uko kwica iryo tegeko. Ahubwo benshi bafunga amaso yabo ku bushake kugira ngo batamenya uwo mucyo… Mu guhaza irari n’ibyifuzo byabo, bagomera amategeko y’ubuzima n’amagara mazima. Kandi igihe bumviye umutimanama, baba bagomba kuyoborwa n’amahame agenga imirire n’imyambarire, aho kugengwa n’ibyifuzo byabo, ibigezweho, ndetse n’irari. IMN 160.2

Kuba Ingirakamaro kw’Abakozi b’Imana Guterwa no Kugenga Irari

251. Nimusobanurire abizera akamaro ko kwirinda igishuko cyo kugira umururumba. Aha ni ho benshi batsindirwa. Mubasobanurire uburyo umubiri n’umwuka ari nk’isanga n’ingoyi, mubereke ko ari ngombwa kubirindira hamwe byombi bikamererwa neza… IMN 160.3

Abirundumurira mu irari, bagacogoza imbaraga zabo z’umubiri, kandi bagaca intege ubushobozi bwabo bwo gutekereza, bazagerwaho n’ingaruka bitinze cyangwa bitebutse, nk’ingaruka zo kwica amategeko agenga umubiri. IMN 160.4

Kristo yatanze ubugingo bwe ngo bube incungu y'umunyabyaha. Umucunguzi w'isi yari azi ko kugira umururumba w'irari mu mirire m'iminywere biteza ubumuga bw'umubiri kandi bikica imbaraga zo kwitegereza, ku buryo umuntu aba atagishobora gutandukanya ibyera kandi by'iteka ryose. Yari azi ko gukoresha irari uko wishakiye byonona ubushobozi bw'intekerezo, kandi ko icyo umuntu akeneye kurenza ibindi ari uguhinduka k'umutima, umwuka, n'ubugingo; umuntu akareka imibereho yo kwikunda akakira imibereho yo kwiyanga no kwitanga. Uhoraho Imana ibafashe, mwebwe abagaragu be, kugira ngo uyu muburo muwurarikire ababwiriza kandi mukangure amatorero asinziriye. Imirimo yanyu nk'abaganga n'abapasiteri ijye yuzuzanya. Iyi ni yo mpamvu ibigo byacu by'ubuvuzi byashyiriweho, kugira ngo bibwirize ukuri ko kwirinda nyakuri. … IMN 160.5

Nk'ubwoko bw'Imana, dukeneye ivugurura, by'umwihariko abagabura n'abigisha b'Ijambo ry'Imana. Nahawe aya mabwiriza yo kubwira abapasiteri n'abaperezida ba za Filidi na Konferense zacu: kugira ngo mube abakozi b'ingirakamaro mu murimo w'Imana wo gukiza abagiye kurimbuka biterwa cyane n'umwete mufite mu gutsinda irari. Nimuharanire gutsinda icyifuzo cyo guhaza irari, kandi nimubigeraho, muzabasha gutegeka ibyifuzo byanyu mu buryo bworoshye. Icyo gihe rero imbaraga z'ubwenge n'ibitekerezo bizagira imbaraga. "Kandi bamuneshesheje… amaraso y'Umwana w'Intama, hamwe n'ubuhamya bw'Ijambo ryayo." IMN 161.1

Umuhamagaro ku Mukozi Mugenzi Wanjye

252. Imana yagutoranyirije gukora umurimo wayo, kandi nuwukora uwitayeho, uwitondeye, n'ingeso zawe mu mirire zikarangwamo ubwenge n'umutimanama mu kwirinda utajenjetse, uzagira ibihe birushijeho kukunezeza kandi bigushimishe kuruta gukora mu buryo budafite ubwenge. Ifate, utegeke irari ryawe mu mirire n'iminywere, maze wishyire mu biganza by'Imana. Iyongerere iminsi y'uburame bwawe wiyitaho kandi ugenzura ubuzima bwawe. IMN 161.2

Kwigomwa Byongera Imbaraga

253. Abantu biyemeje kwamamaza ubutumwa buheruka bwo kuburira abatuye isi, ubutumwa bugendanye n'iherezo ry'abantu, bakwiriye gushyira mu bikorwa ukuri kw'ibyo babwiriza abandi. Bakwiriye kubera abandi urugero mu mirire yabo, mu minywere yabo, mu biganiro no mu myitwarire yabo. Umururumba, guhaza ibyifuzo bibi, n'ibyaha bikomeye, bihishwe mu mwambaro wo kwera ku bantu benshi bavuga ko bahagarariye Kristo ku isi. Hari abantu bafite impano karemano z'agatangaza nyamara batabasha no gukora ngo bageze kuri kimwe cya kabiri cy'ibyo bagombye gukora babaye ari abantu birinda. Guhaza irari n'ibyifuzo bibi bihondobereza intekerezo (umutima), bigabanya imbaraga z'umubiri, kandi bigaca intege ubushobozi bw'intekerezo. Intekerezo zabo ntiziba zisobanutse, n'amagambo yabo aba abuze imbaraga. Igihe badahawe imbaraga na Mwuka w'Imana ntibashobora kugera ku mitima y'ababateze amatwi. IMN 161.3

Nk'uko ababyeyi bacu ba mbere babuze Edeni bitewe no kwemera gutegekwa n'irari, ibyiringiro rukumbi dufite byo kongera gusubizwa Edeni bishingiye mu kwanga gutegekwa n'irari n'ibyifuzo. Kwirinda mu mirire no gutegeka ibyifuzo byose bizarinda intekerezo zacu kandi bihe imbaraga ubwenge n'umutimanama. Ibi bizashoboza abantu kwemera ko ibyifuzo byabo bigengwa n'ubushobozi mvajuru, kandi bakabasha gutandukanya ukuri n'ikinyoma, icyera n'igisanzwe. Abasobanukiwe n'igitambo cya Kristo wemeye kuva iwe mu ijuru akaza muri iyi mburagasani y'isi kugira ngo kubwo imibereho ye yereke umuntu uburyo abasha kunesha ikigeragezo, bazarwanya inarijye maze bahitemo gufatanya imibabaro na Kristo. IMN 161.4

Kubaha Imana ni itangiriro ry'ubwenge. Abanesha nk'uko Kristo yaneshejeje bazakenera guhora birinda ubwabo ibigeragezo bya Satani. Irari n'ibyifuzo bibi bikwiriye kurekwa kubwo kugengwa n'umutimanama umurikiwe n'umucyo, kugira ngo intekerezo ndetse n'ubushobozi bwo gushishoza bitungane, maze umuntu ashobore gutandukanya ubuhendanyi bw'ibikorwa bya Satani n'ubushobozi ndengakamere bw'Imana. Benshi bifuza kuzabona ibihembo biheruka no gutsinda bigenewe abazanesha, nyamara ntibashaka kwihanganira ibirushya, kwigomwa, no kwiyanga nk'uko Umucunguzi wabo yabigenje. Kumvira no gukomeza umuhati ni byo byonyine bizadushoboza gutsinda nk'uko Kristo yatsinze. IMN 161.5

Imbaraga yo kugengwa n'irari izagaragaza ukurimbuka kwa benshi, nyamara kandi, iyo baza kuyitsinda, baba barabonye imbaraga

y’umutimanama ibahesha intsinzi ku kigeragezo cyose cya Satani. Ariko ababaye imbata z’irari ntibazashyikira imico iboneye ya Gikristo. Gukomeza kugomera amategeko y’Imana mu gihe cy’imyaka ibihumbi bitandatu byazanye indwara, imibabaro, n’urupfu. Kandi uko turushaho kugenda dusatira iherezo ry’ibihe, ni ko ibigeragezo bya Satani byo kuroha umuntu mu kwirundumurira mu irari bizarushaho kongera imbaraga, kandi birusheho gukomerera umuntu kubitsinda. IMN 162.1

[Inzira yo kwigomwa mu mirire ni yo nzira yo kugira amagara mazima — 473]. IMN 162.2

Isano Hagati y’Ingeso no Kwezwa

245. Ntibyashobokera abantu kwishimira imigisha izanwa no kwezwa mu gihe babaswe no kwikunda n’umururumba. Bene nk’abo banihishwa n’umutwaro w’ubusembwa bitewe n’ingeso zabo mbi mu mirire n’iminywere, birwanya amategeko agenga imibereho n’amagara mazima. Benshi bacogoza ingingo zigize urwungano ngogozi rwabo kubwo kwemera kugengwa n’irari ryononekaye. Umubiri w’umuntu ufite ubushobozi butangaje bwo kurwanya ibiwubangamira, nyamara igihe ingeso mbi mu mirire n’iminywere zikomeje gusigasirwa amaherezo zicogoza imikorere yose y’umubiri. Bene aba bantu bacogoza imibiri yabo nibarebe ukuntu bari kumera, iyo baza gukurikiza amabwiriza yo kwirinda, bagateza imbere amagara yabo aho kuyangiza. Mu gukomeza kwimakaza irari n’ibyifuzo bibi, n’abiyita Abakristo ubwabo baba baremaza imikorere karemano y’imibiri yabo, maze bagaca intege ubushobozi bw’umubiri, ubwenge/intekerezo, n’umutimanama. Bamwe mu bagenza batyo bavuga ko bejejwe n’Imana, nyamara ibyo bibwira ni nko kubaka ku musenyi. … IMN 162.3

“Umwana yubaha se n’umugaragu akubaha shebuja, none niba ndi so mwanyubashye mute? Cyangwa se niba ndi shobuja, igitinyiro cyanjye kiri he mwa batambyi mwe, basuzugura izina ryanjye? Ni ko Uwiteka Nyiringabo abaza. Nyamara murabaza muti ‘Izina ryawe twarisuzuguye dute?’ Ni uko mwatuye ibyokurya bihumanye ku gicaniro cyanjye. Maze mukabaza muti ‘Twaguhumanishije iki?’ Mwavuze yuko ameza y’Uwiteka ari amanyagisuzuguriro. Kandi iyo mutambye impumyi, mugira ngo nta cyo bitwaye, n’iyo mutambye icumbagira n’irwaye na bwo ngo nta cyo bitwaye. Mbese bene iyo wayitura shobuja, aho yagushima cyangwa yakwemera

kukwakira? Ni ko Uwiteka Nyiringabo abaza. Kandi muzana icyo munyaze ku maboko n'igicumbagira n'ikirwaye, ayo ni yo maturo muntura. Mbese ibyo muzana bene ibyo nabyakira? Ni ko Uwiteka abaza. (Malaki 1:6-8, 13).IMN 162.4

Nimureke twumvire iyi miburo no gucyahwa. Nubwo yabwirwaga Abisiraheli ba kera, natwe abana b'Imana aratureba muri iki gihe. Kandi dukwiriye no kwita ku magambo y'intumwa aduhamagarira, kubwo imbabazi z'Imana, gutanga imibiri yacu ho "ibitambo bizima, byera, bishimwa n'Imana." Uko ni ko kwezwa nyakuri. Ntabwo ari ibyo ku rurimi gusa, amarangamutima, cyangwa amagambo, ahubwo ni imibereho ikwiriye kuturanga, ihame rizima, rigomba kuranga imibereho yacu ya buri munsi. Bisaba ko ingeso zacu mu mirire, iminywere, n'imyambarire biba ibyo kurinda imibiri yacu, intekerezo zacu, n'umutimanama by'ubuzima bwacu. Kugira ngo duhe Imana imibiri yacu itameze nk'ibitambo byononwe n'ingeso mbi, ahubwo "ibitambo bizima byera bishimwa n'Imana." (Abaroma 12:1). IMN 162.5

Ntihakagire umuntu n'umwe uvuga ko ari umwana w'Imana ngo akerense kandi ye kwita ku buzima bwiza bw'umubiri we, maze ngo ahangare avuge ko kutirinda atari icyaha, kandi ko ntacyo bitwara imibereho ye y'iby'umwuka. Hari isano ikomeye hagati y'umubiri na kamere y'iby'umwuka. IMN 163.1

Gufata Icyemezo cyo Kumenyereza Imico

255. Kurwanya irari bisaba gufata icyemezo cy'imbaraga z'imico yawe. Abantu batagira ingano bananiwe gufata icyo cyemezo bibazanira kurimbuka. Benshi mu bagabo n'abagore b'abanyantege nke, bakoreshwa icyo umuntu ashaka, ba nyamujyiryanino, bananirwa kuba icyo Imana yifuza ko baba. Abatagifite imbaraga zo gufata icyemezo cyo kumenyereza imico yabo ntibashobora gutsinda urugamba rwa buri munsi rwo kwirwanya. Isi yuzuye abagabo n'abagore batwawe bikomeye n'irari, batirinda, boroshye mu bitekerezo, bikaba bibakomereye kuba Abakristo nyakuri. IMN 163.2

Mbese ni iki Muganga mukuru w'Umumisiyoneri atubwira? Aragira ati, "Umuntu nashaka kunkurikira yiyange, yikorere umusaraba we ankurikire." (Matayo 16:24). Umurimo wa Satani ni uwo kugerageza abantu ngo bateze

bagenzi babo ibigeragezo. Ararwana cyane ngo ashuke abantu bemere gukorana na we mu murimo we wo kurimbura. Akora uko ashoboye kose ngo abashore abantu mu kwirundumurira mu mururumba no mu binezeza bikabura umubiri kandi by'ubupfapfa bisenya umubiri w'umuntu, nyamara bikaba byamaganwa n'Ijambo ry'Imana. Ashaka ko abantu bajya mu ruhande rwe, bagakorana umurimo wo kurimbura ishusho y'Imana mu muntu. IMN 163.3

Abantu benshi bafatwa mu mutego w'ibigeragezo bikomeye byo gukururwa n'ibinyabutware hamwe n'ibinyabushobozi. Kubwo kugirwa imbata zo kunezeza irari, baratwarwa bikomeye kandi bagasa nabi. …"Mbese ntimuzi yuko imibiri yanyu ari insengero z'Umwuka Wera uri muri mwe, uwo mufite wavuye ku Mana? Kandi ntimuri abanyu ngo mwigenge kuko mwaguzwe igiciro. Nuko rero mutume imibiri yanyu ihimbaza Imana." (1 Abakorinto 6:19, 20). IMN 163.4

Abahora biyumva mu mutima ko bagomba kurinda isano bafitanye n'Imana bazirinda gushyira mu nda zabo ibyokurya bigamije guhaza irari, nyamara bikagirira nabi ingingo zigize urwungano ngogozi. Ntibazica igikoresho cy'Imana bagerageza kwishimira ingeso mbi mu mirire, mu minywere, cyangwa mu myambarire. Bazahora bigengesereye cyane barinda imikorere y'umubiri wabo, biyumvisha ko bagomba kubikora kugira ngo babe abafatanyabikorwa n'Imana. Ishaka ko baba bataraga bakagira amagara mazima, bagahora bishimye, kandi ari ingirakamaro. Ariko kugira ngo bashobore kubigeraho, bagomba gushyira ubushake bwaho mu bw'Imana. IMN 163.5

256. Ahantu hose uzahasanga ibigeragezo byo gukurikiza irari ry'umubiri, irari ry'amaso, no kwibona k'ubugingo. Gushyira mu bikorwa amahame no kugenzura bikomeye irari n'ibyifuzo bibi, mu Izina rya Yesu Umuneshi, ni byo byonyine bizashobora kuturinda tukagira ubuzima butekanye. IMN 163.6

Ivugurura Ryicwa n'Ibidafite Umumaro

257. Bamwe baravuga ngo, igihe hakoreshejwe imbaraga kugira ngo bahabwe umucyo kuri iyi ngingo [yo kureka gukoresha inzoga n'itabi]: nzagenda mbireka buhoro buhoro. Ariko Satani aseka bene ibi byemezo byabo. Aravuga ati, Aba ndabifitiye. Kuri iyi ngingo, aba nta bwoba

mbafitiye. Ariko azi ko nta bubasha na buke afite ku muntu ugira ubutwari bw'umutimanama bwo guhakana akomeje agira ati “Oya”, igihe we yibwira ko yashuka abanyabyaha. Bene uwo muntu yitandukanyije no gukorana na Satani, kandi igihe cyose akomeje komatana na Yesu, aba afite umutekano. Aba yibereye aho ingabo z'abamarayika bo mu ijuru zimurindiye, zikamuha ubushobozi bwo gutsinda. IMN 164.1

Irarika ry'Intumwa Petero

258. Intumwa Petero yari asobanukiwe n'isano iri hagati y'ubugingo n'umubiri, maze n'ijwi rirenga atanga umuburo kuri bene se agira ati, “Bakundwa, ndabahugura ubwo muri abasuhuke n'abimukira, kugira ngo mwirinde irari ry'umubiri ry'uburyo bwinshi rirwanya ubugingo.” (1 Petero 2:1). Benshi bafata aya magambo nk'umuburo ubwirwa gusa abatagira rutangira; ariko afite ubusobanuro bwagutse. Atubuza kwishimira irari mu mirire n'iminywere cyangwa ibyifuzo bibi kuko byica umubiri. Irari ribi ryose rihinduka iruba rikabije. Ubusanzwe twahawe irari ngo turikoreshe mu buryo bwiza, aho kugira ngo ribe igikoresho cy'urupfu bitewe no gukoreshwa nabi, bityo rigahinduka “uburyo bwo kurwanya ubugingo.” … IMN 164.2

Imbaraga y'ikigeragezo cyo kwemera kugengwa n'irari ibasha gupimirwa gusa ku mubabaro ukabije w'Umucunguzi wacu mu gihe kirekire yamaze yarigomwe kurya ari mu butayu. Yari asobanukiwe ko gushaka guhaza irari byangiza imbaraga z'ubushobozi bw'intekerezo za muntu, bikamubuza kugira ubushishozi bumushoboza gutandukanya ibyera n'ibyanduye. Adamu yatsinzwe no kwemera kugengwa n'irari; Kristo atsinda kubwo kwanga kugengwa n'irari. Kandi ibyiringiro byacu rukumbi byo gusubirana Edeni bishingiye ku kwitegeka. Niba gushimisha irari byari bikomereye cyane mwene muntu ku buryo kugira ngo rineshwe byarasabye Umwana w'Imana wavuye mu ijuru kwigomwa kurya mu gihe hafi cy'ibyumweru bitandatu kubwo umuntu, mbega ukuntu Umukristo agomba kubishyiraho umwete! Nyamara kandi, nubwo intambara yaba ikomeye ite, abasha gutsinda. Kubwo gufashwa n'iyo mbaraga mvajuru yihanganiye ibigeragezo birenze Satani yashoboye gukoresha, umuntu na we ashobora gutsinda mu rugamba arwana n'ikibi, maze ku iherezo akazambara ikamba ryo gutsinda mu bwami bw'Imana. IMN 164.3

Kubwo Ubushobozi bw'Ubushake n'Ubuntu bw'Imana

259. Satani agenzura intekerezo n'impagarike yacu yose akoresheje irari. Ibihumbi by'abantu bagombye kuba bakiriho ubu bagiye mu bituro bakenyutse bitewe no gutanga imbaraga zabo zikaba ibitambo by'umururumba utewe n'irari, baba bazimije ubushobozi bwabo bw'umubiri, ubw'ubwenge, n'ubw'umutimanama. Ni ngombwa kandi birakwiriye ku bantu bariho muri iki gihe kurusha cyane abo mu gihe cyahise ko bakoresha imbaraga z'ubushake, babishobojwe n'ubuntu bw'Imana, kugira ngo barwane kigabo birinda ibigeragezo bya Satani, maze batsinde umururumba uko waba ungana kose uteza irari ribi. Ikibabaje ariko ni uko abantu b'iki gihe bafite imbaraga nke zo kwitegeka kurutwa n'abo mu gihe cyashize.IMN 164.4

260. Hariho bake gusa bafite imbaraga z'umutimanama zo kwirinda ikigeragezo, by'umwihariko ikigeragezo cy'irari, kandi bakaba babasha kwitegeka. Ku bandi, bibabera ikigeragezo gikomeye bumva batashobora kwihanganira igihe babona abandi barya ifunguro rya gatatu; maze bagatekereza ko bashonje, igihe ibyo biba bituruka ku marangamutima adatewe n'uko igifu gishonje, ahubwo ari icyifuzo giturutse mu ntekerezo zitamenyerejwe gukomera ku mahame kandi ngo zibe zaratojwe kwiyanga. Imbaraga zo kwitegeka no kwirinda ntizikwiriye n'umwanya na muto gucogozwa ngo zicibwe intege. Pawulo, intumwa ku Banyamahanga, aragira ati, "Ahubwo mbabaza umubiri wanjye nywukoza uburetwa, ngo ahari ubwo maze kubwiriza abandi nanjye ubwanjye ntaboneka ko ntemewe" (1 Abakorinto 9:27). IMN 164.5

Abadashobora kunesha mu tuntu duto ntibazabasha kubona ubushobozi bwo guhagarara bashikamye imbere y'ibigeragezo bikomeye. IMN 165.1

261. Nyabuneka nimwite cyane ku mirire yanyu. Nimugenzure ingaruka z'imirire mukoresha. Nimwimenyereze kwitegeka. Nimurwanye irari mukoresheje umutimanama wanyu. Ntimugahohotere na rimwe igifu mugiha ibyokurya birengeje urugero, kandi ntimukigomwe ibyokurya byuzuye intungamubiri, bitunganye kandi umubiri ukeneye.IMN 165.2

262. Mu mibanire yanyu n'abatizera, ntimugatatire amahame y'ukuri. Igihe babararitse ku meza yabo, mujye mwirinda mu mirire, kandi murye gusa ibyokurya bidateza ibibazo intekerezo. Mujye mwirinda kugwa mu mutego wo kutirinda. Ntimushobora gucogoza imbaraga zanyu z'ubwenge n'iz'umubiri muramutse mubaye abantu bashishoza mu by'umwuka. Murinde intekerezo n'umwuka wanyu ku buryo biba byiteguye kwakira ukuri kw'ingenzi ko mu Ijambo ry'Imana iba ishaka kubagezaho. IMN 165.3

Ikibazo cyo Kugira Ubutwari bw'Umutimanama

263. Bamwe muri mwe bumva bifuza ko hagira umuntu ubabwira ingano y'ibyokurya bagomba kurya. Ariko ibyo si ngombwa. Tugomba kugira ahantu umutimanama n'iyobokamana bituyobora. Tugomba kwirinda gukabya mu bintu byose, kubera ko ikamba ritangirika n'ubutunzi butagereranywa bwo kuzaragwa ijuru byadushyizwe imbere. Ndifuza kubwira bene data na bashiki banjye ko kubwanjye mbona ko bikwiriye gufata icyemezo cy'ubutwari bw'umutimanama kikayobora imibereho yanjye. Murya byinshi mugakabya kandi mugatangira kwicuza icyatumye mubikora, nyamara mugakomeza gutekereza ku byo muzongera kurya no kunywa. Nimugerageze kurya ibikwiriye kandi byiza maze mukomeze kumva mufite intekerezo zigendanye n'ubushake mvajuru mudafite igishinja cy'umutimanama. Ntitwizera ko ibigeragezo bishobora gukurwaho ku muntu wese, yaba umwana muto cyangwa umuntu mukuru. Twese dufite urugamba tugomba kurwana, kandi tugomba guhagarara dushikamye tugahangana n'ibigeragezo bya Satani. Kandi tugomba kumenya ko dufite ububasha bwo kubigeraho. IMN 165.4

264. Nahawe ubutumwa ngomba kubagezaho: Mujye murya ku bihe bidahinduka. Iyo mugize akamenyero kabi mu mirire, muba mutegurira imibiri yanyu imibabaro y'ahazaza. Si byiza igihe cyose kwemerera ababararikira gusangira amafunguro, nubwo baba ari abo muhuje kwizera cyangwa ari inshuti zanyu, baba bumva bishimira kubategurira amoko anyuranye y'ibyokurya. Muzi yuko umubiri wanyu usanzwe ufata amafunguro abiri cyangwa atatu gusa ku munsi ntibigirire nabi ingingo z'urwungano ngogozi. Igihe muraritswe n'undi muntu kujya gufungura, mujye mwirinda amoko menshi y'ibyokurya uwabararitse yateguye ku meza imbere yanyu. Ibi mugomba kubikora niba mushaka kuba abarinzi

bakiranuka. Igihe ibyokurya bishyizwe imbere yacu, nyamara twaba tubiriye bikaba byateza ingingo z'igogora gukora bidasanzwe amasaha menshi, niba duhisemo kubirya ntitugomba gushyira ingaruka ku babiduhaye. Imana iba itegereje ko duhitamo ubwacu kurya ibyokurya gusa bitateza akaga ingingo zacu z'igogora. IMN 165.5

[Umubiri ukwiriye kugengwa n'intekerezo — 35]IMN 166.1
[Gutoza hakiri kare irari — 346, 353] IMN 166.2
[Irari rigomba gukumiranwa umwete n'imbaraga — 65] IMN 166.3
[Isengesho ryo gukiza umubiri risenzwe n'abatirinda — 29] IMN 166.4
[Ingaruka z'umururumba ku mbaraga no kuba ingirakamaro — 72] IMN 166.5

Kubonera Intsinzi muri Kristo

265. Kristo yarwanye urugamba ku byerekeranye n'irari, kandi araruneshа. Natwe kandi tubasha kunesha tubishobojwe n'imbaraga dukura kuri We. Ni nde uzinjira anyuze mu marembo y'umurwa? Si abavuga ko badashobora gutsinda imbaraga y'irari. Kristo yatsinze ubushobozi bw'uwari kuduheza mu bubata; Nubwo yaciwe intege n'igihe kirekire cyo kwiyiriza ubusa iminsi mirongo ine, yahagaze ashikamye imbere y'ibigeragezo, maze yerekana ko natwe tutabasha kwiheba. Nzi neza yuko tutabasha kubona intsinzi turi twenyine; ndetse n'uburyo dukwiriye kuba abantu bashima kandi bishimira ko Umukiza wacu ari muzima, akaba yiteguye kandi afite ubushake bwo kudutabara!IMN 166.6

266. Buri wewe abasha kugira imibereho iboneye kandi y'icyubahiro, imibereho yo gutsinda irari n'ibyifuzo bibi, niba yemera guhuza intege nke n'ubushake bwe bwa kimuntu hamwe n'ubushobozi ndengakamere ndetse n'ubushake bw'Imana. IMN 166.7

IGICE CYA 9 - KURYA KU BIHE BIDAHINDUKA

UMUGABANE WA I: UMUBARE W'AMAFUNGURO

Igifu Gikeneye Ikiruhuko

267. Igifu kigomba kwitabwaho bikomeye. Ntikigomba gukomeza gukoreshwa ubutaruhuka. Uru rugingo runanizwa kandi ruhohoterwa bikabije mujye munyuzamo muruhe amahoro n'umutuzo n'ikiruhuko. Nyuma y'uko igifu kirangije umurimo w'igogora ry'amafunguro ya mbere, ntimukongere kugiha undi murimo wo kukiremereza ngo mukivutse amahirwe yo kuruhuka, na mbere y'uko umubiri ukora umutobe ufasha igifu ngo gishobore kwita ku bindi byokurya kiri bwakire. Nibura hakwiriye gushira amasaha atanu hagati ya buri funguro, kandi mujye muzirikana igihe cyose ko mubaye mubigerageje, muzasanga ko amafunguro abiri ariyo meza kurusha amafunguro atatu ku munsi. IMN 167.1

Mujye Murya Ifunguro rya Mugitondo Rihagije

268. Abantu benshi bafite akamenyero ko gufata ifunguro rya mugitondo ridahagije. Nyamara ubu si uburyo bwiza bwo kwita ku gifu. Mu gihe cy'ifunguro rya mugitondo, igifu kiba kimeze neza ku buryo kiba cyiteguye kwakira ibyokurya bihagije kurusha ibya ku manywa cyangwa ibya nimugoroba. Ni ikosa kugira akamenyero ko kurya ibyokurya bike mugitondo hanyuma ukarya byinshi ku manywa. Nimutegure ifunguro ryanyu rya mugitondo ribe ibyokurya byuzuye byenda kuba nk'ibihagije umubiri uwo munsi. IMN 167.2

Gutinda Gufata Amafunguro ya Nimugoroba

269. Gutinda gufata ibyokurya bya nimugoroba bimerera nabi by'umwihariko abantu bafite akamenyero ko kuba ahantu hamwe. Ibyo biteza amakuba ariyo ntandaro akenshi y'uburwayi bugeza ku rupfu. IMN 167.3

Inshuro nyinshi, intege nke zitera umuntu kumva ashaka ibyokurya mbere yo kuryama zituruka ku kuba ingingo z'urwungano ngogozi zakoreshejwe bikabije ku manywa. Nyuma yo gufata ifunguro rimwe, ingingo zigize urwungano ngogozi ziba zikeneye ikiruhuko. Nibura

amasaha atanu cyangwa atandatu ni yo akwiriye kuba hagati y'amafunguro yombi. Kandi abantu benshi babigerageje bazasanga ko amafunguro abiri ku munsi ariyo meza kuruta amafunguro atatu. IMN 167.4

270. Abantu benshi bafashe akamenyero kabi ko kurya bagahita bajya kuryama. Bashobora kuba bafashe amafunguro atatu asanzwe, nyamara bagakomeza kumva bananiwe, bikabatera kumva bagifite igisa nk'inzara, bityo bigatuma barya ku nshuro ya kane. Uko bakomeza kwimenyereza iyo migenzereze mibi, ihinduka ingeso, maze bagasigara bumva ko badashobora kuryama batariye. Inshuro nyinshi, uku kwiyumvamo umunaniro bituruka ku kuba ingingo zigize urwungano ngogozi ziba zakoreshejwe bikabije ku manywa umuntu aryagagura kandi arya ibyokurya bidatunganye kandi byinshi. Izo ngingo rero zigize urwungano ngogozi ziba zaremerejwe zigeraho zikaruha, maze zigakenera igihe gihagije cyo kuruhuka kugira ngo zigarure imbaraga n'ubuyanja. Ifunguro rya kabiri ntirigomba rwose gufatwa igihe igifu kitabonye igihe gihagije cyo kuruhuka umurimo wo kugogora ibyokurya by'ifunguro rya mbere. Niba umuntu ahisemo gufata ifunguro rya gatatu, rikwiriye kuba ryoroheje, kandi akarifata hasigaye amasaha menshi mbere yo kujya kuryama. IMN 167.5

Nyamara kuri benshi, iyo bamaze kunaniza igifu, kirababara kigataka ariko ntibagirire umunaniro wacyo ngo bakiruhure. Barakomeza bakakidudira ibindi byokurya, bikongera gukoresha na none ingingo z'urwungano ngogozi, bikaziteza gukora no mu masaha ya nijoro. Ibitotsi bya bene aba bantu usanga akenshi bigenda birogowa no kurotaguzwa n'inzozi mbi, maze mugitondo bakabyuka bataruhutse bihagije. Bumva umunaniro mu mubiri ugendana no kumva badafite ipfa ry'ibyokurya. Umubiri wose wumva watakaje imbaraga zawo. Mu gihe gito ingingo z'igogora zicika intege kuko ziba zitabonye umwanya wo kuruhuka nk'uko bisanzwe. Aba bantu bahura n'uburwayi bwo kubabara mu nda gutewe n'igogora ribi [dyspepsia], maze bakibaza icyabateye kumererwa gutyo. Nyamara baba basaruye ingaruka z'icyo bikururiye. Iyo bene iyi migirire ikomeje igihe kirekire, ubuzima burangirika bikomeye. Amaraso arahumana, uruhu rugahinduka umuhondo, kandi akenshi rukazana ibibyimba. Akenshi muzumva bene abo bantu batakishwa n'ibyo bibazo, hamwe no kuribwa ahagana mu gifu. Ndetse n'igihe bari mu kazi, biba ngombwa ko baba bakaretse bakaruhuka bitewe n'igifu kiba cyananiwe

cyane. Bamera nk'abadashobora gusobanura impamvu y'icyo kibazo, kuko igihe ubu buribwe bushize, basa nk'abafite amagara mazima.IMN 168.1

Impamvu n'Umuti w'Uko Kwiyumva Ucitse Intege

Abahinduranya gahunda yo kurya gatatu ku munsi bagatangira kujya barya kabiri babanza kumva bibaremereye cyane cyangwa bakumva umubiri wagize intege nke, cyane cyane igihe bigeze ku masaha bamenyereye gufatira ifunguro rya gatatu. Ariko iyo bakomeje kwihangana mu gihe gito, uko kumva umubiri ufite intege nke birashira. IMN 168.2

Igihe tugiye kuryama ngo dusinzire, igifu gikwiriye kuba cyarangije gukora umurimo wacyo, kugira ngo cyishimire kuruhuka, kimwe n'indi migabane y'umubiri. Umurimo w'igogora ntukwiriye gukomeza gukorwa mu gihe cyose cy'amasaha yo gusinzira. Nyuma y'uko igifu kiba cyaremerejwe bikabije kirangiza umurimo wacyo, kigwa agacuho, ibyo bigatuma umubiri ucika intege. Aha rero ni ho benshi bibeshya, maze bakibwira ko umubiri ukeneye ibyokurya byo kuwongerera imbaraga, maze aho guha umwanya igufu ngo kiruhuke, barongera bakagishyiramo ibyokurya, bimera nk'ibigabanyije za ntege nke mu kanya runaka. Uko umuntu yumva akwiriye guhaza iryo pfa ry'ibyokurya, ni ko rirushaho kwiyongera. Uku gucika intege akenshi guterwa no kurya inyama, cyangwa kugaterwa no kuryagagura hamwe no kurya byinshi cyane. Igifu kigeza aho kikananirwa bitewe no guhozwa ku murimo, cyane cyane umurimo wo kugogora ibyokurya bitamerera neza umubiri. Bitewe no kubura akanya ko kuruhuka, ingingo zigize urwungano ngogozi zihinduka inyantege nke, bityo zikumva zaguye agacuho, maze umuntu akumva akeneye kurya. Umuti wabyo ni ukurya bikeya no kwirinda kuryagagura, kandi umuntu akanyurwa no kurya indyo yuzuye kandi iboneye, akarya amafunguro abiri cyangwa bikabije atatu ku munsi. Igifu kigomba kugira ibihe bidahinduka byo gukora umurimo wacyo n'uwo kuruhuka; bityo kuryagagura no kwica amasaha yo kuriraho ni ukugomera bikabije amategeko agenga ubuzima bwiza. Igihe igifu gishyizwe ku kamenyero kadahinduka, kandi kikabona ibyokurya biboneye, kizagenda gikira buhuro buhoro. IMN 168.3

271. Igifu kibasha gutozwa kwifuza kurya n'inshuro umunani ku munsi, maze kikumva kigize intege nke kikamera nk'igishonje igihe

kitabonye ibyokurya. Ariko iyi si impamvu igomba gutuma habaho kuryagagura.IMN 169.1

[Kubyukana umwuka mubi n'ururimi rwuzuyeho imyanda — 245] IMN 169.2

Gahunda y'Amafunguro Abiri

272. Inshuro nyinshi, amafunguro abiri ku munsi aba ingenzi kurusha amafunguro atatu. Iyo umuntu afashe ifunguro rya nimugoroba hakiri kare, bibangamira igogora ry'ibyokurya bya ku manywa. Igihe rifashwe bitinze, igogora ntirishobora gukorwa mbere yo kuryama; ribangamira ibitotsi. Bityo, igifu ntigishobora kuruhuka uko bikwiriye, ibitotsi birabangamirwa, ubwonko n'imyakura bikaruha, maze ibyokurya bya mugitondo bikaribwa umuntu atabifitiye ipfa, bityo umubiri wose ukumva utaruhutse kandi ukaba utiteguye gukora akazi k'umunsi mushya. IMN 169.3

[Gahunda yo kugaburira abana amafunguro abiri — 343, 344] IMN 169.4

273. Ingeso yo gufata amafunguro abiri ku munsi akenshi igirira umumaro mwinshi ubuzima; na none bitewe n'impamvu runaka, abantu bamwe babasha gukenera ifunguro rya gatatu. Nyamara igihe bibaye ngombwa ko iri funguro rifatwa, rikwiriye kuba rigizwe n'ibyokurya byoroshye cyane, ibyokurya byoroheye cyane igogora. Imigati ihiye neza, cyangwa ibisuguti, imbuto, cyangwa icyayi cyo mu binyampeke, ni ibyokurya byiza biberanye n'ifunguro rya nimugoroba.IMN 169.5

274. Abantu benshi bumva baguwe neza cyane mu mubiri iyo bariye kabiri ku munsi kurusha igihe bariye gatatu. Abandi, bitewe n'ibibazo by'imibiri yabo, bakenera ifunguro rya nimugoroba, ariko bene iri funguro rigomba kuba ryoroshye cyane. Ntihakagire umuntu ushaka kubera abantu bose urugero rwo kureberwaho ngo bagenze nka we. IMN 169.6

Ntimukavutse na gato igifu ibyo gikeneye kubwo ubuzima bwiza, kandi ntimukagihe umutwaro kidashoboye kwikorera. Mwimenyereze kwitegeka. Mugabanye irari mu mirire; mureke ritegekwe n'intekerezo. Ntimukihe umutwaro wo kuzuza ameza ibyokurya bitaboneye igihe mubonye abashyitsi. Mujye muhangayikwa n'ubuzima bwiza bw'umuryango wanyu

hamwe n’ingaruka imirire yanyu izagira ku bana banyu, kimwe n’akamenyero n’uburyohe abashyitsi banyu bagomba kwishimira. IMN 169.7

275. Kuri bamwe, ni ikigeragezo kitoroshye ndetse batabasha kwihanganira kubona abandi bafata ifunguro rya gatatu, maze bakumva bibateye kugira inzara, mu gihe ibyo biba bidaturutse mu gifu ahubwo biturutse mu ntekerezo (mu mutwe), zitamenyerejwe gufata ibyemezo kandi ngo zitozwe kwihangana no kwitegeka. IMN 169.8 [Ibigendanye n’ibi, reba inama ya 260] IMN 169.9

Nk’Umuti w’Uburakari no Kudatuza

276. Imyifatire ya Mwenedata H ntiyabaye uko ikwiriye kuba. Ibyo akunda n’ibyo adakunda byamugizeho imbaraga kandi ntiyarinze amarangamutima ye ngo akomeze gutegekwa n’umutimanama. Mwenedata H, ubuzima bwawe bwangijwe bikomeye n’ingeso yawe yo kurya birenze urugero, hamwe no kurya mu bihe bidakwiriye. Ibi byateye umuvuduka w’amaraso menshi mu bwonko, bituma intekerezo zivanga, maze ntiwaba ukibasha kwigenzura. Umeze nk’umuntu w’igishushungwe. Uba ukora hirya no hino, ukarakara vuba, kandi ukabona ibintu mu buryo bwo gukabya kandi bubi. Ubuzima bwawe bukeneye imyitozo ngororangingo myinshi yo hanze, kandi ukajya wirinda mu mirire yawe. Ntukwiriye kurya inshuro zirenze ebyiri ku munsi; igihe wumva ko ukeneye byanze bikunze ibyokurya bya nimugoroba, ujye ufata igikombe cy’amazi akonje, hanyuma uzumva umerewe neza mu gitondo bitewe n’uko wigomwe kurya. IMN 169.10

Nta Wukwiriye Gutegekerwa Kureka Ifunguro rya Gatatu

277. Ku kibazo cyerekeranye n’imirire, ni ngombwa ko cyitabwaho cyane ku buryo hakoreshwa ubwenge butuma nta muntu ugomba gushyirwaho agahato. Birakwiriye kwereka abantu akamaro ko gufata amafunguro abiri ku munsi aho gufata atatu, nyamara ibi ntibigomba kubera abantu itegeko. Nta muntu n’umwe ukorana n’ibigo by’ubuzima ukwiriye gutegekwa gukoresha gahunda y’imirire y’amafunguro abiri ku

munsi. Kubyiyumvisha ukabyemera biruta kubishyiramo imbaraga... IMN 170.1

Iminsi iragenda yihuta, kandi iki ni cyo gihe cyiza cyo kwereka abantu iki kibazo. Uko iminsi yihuta, birakwiriye gufata amafunguro ya kumanywa igihe kigiyeyo gato, bityo ntidukenere kumva ko tugomba gufata ifunguro rya gatatu. IMN 170.2

278. Ku byerekeranye n'ifunguro rya gatatu, ntimukagire uwo mutegekera gufata amafunguro abiri. Bamwe bazumva baguwe neza gufata amafunguro atatu yoroshye, kuko igihe bihambiriye ku mafunguro abiri gusa, bizarushya kwihanganira iyo mpinduka.IMN 170.3

[Kureka ifunguro rya gatatu bibasha kumerera nabi abakora mu bitaro — 424] IMN 170.4

Ntibigomba kuba Ikigeragezo

279. Mfata amafunguro abiri ku munsi. Ariko sinibwira ko umubare w'amafunguro ukwiriye kubera abantu ikigeragezo. Niba hari abumva gufata amafunguro atatu bigwa neza imibiri yabo, birakwiriye ko bafata amafunguro atatu. Jye nahisemo amafunguro abiri. Mu myaka mirongo itatu n'itanu ishize nakoresheje gahunda y'amafunguro abiri. IMN 170.5

Ingaruka zo Kwibazaho Bitewe na Gahunda yo Gukoresha Amafunguro Abiri mu Bigo by'Amashuri

280. Abantu benshi basanga ko ikibazo cy'imirire bamwe bacyumva mu buryo bwo gukabya. Ibihe abanyeshuri bahuza imbaraga z'umubiri n'iz'ubwenge nk'uko bigenda mu mashuri nka (Avondale), nta gushidikanya ko ikibazo cyo gukoresha ifunguro rya gatatu kiba kitagomba kugibwaho impaka. Nta muntu rero ugomba kumva akomerekejwe. Abakomeza kwiyumvisha ko bakeneye gukoresha amafunguro abiri ntibakwiriye guhindura akamenyero kabo. … IMN 170.6

Kuba bamwe mu barimu n'abanyeshuri bakoresha amahirwe bafite bakarira mu byumba byabo, ibyo ntibizanira ubuzima kumererwa neza. Gutegura amafunguro bikwiriye gukorwa mu buryo bwo kuzuzanya

kw'ibikorwa. Niba abakurikiza gahunda y'amafunguro abiri babona ko ku ifunguro rya kabiri bagomba kurya byinshi cyane ngo barihiremo n'ibyo bari kurya ku ifunguro rya gatatu, bazaba bahemukira ingingo zabo z'urwungano ngogozi. Abanyeshuri bakwiriye guhabwa ifunguro rya gatatu, ryateguwe ritarimo imboga, rigizwe n'ibyokurya bitunganye kandi byoroheje, nk'imbuto n'umugati. IMN 170.7

[Ku bagabura amafunguro abiri arakwiriye mu kugira ubuzima bwiza bw'umubiri n'umwuka — 277]IMN 171.1

[Gahunda y'amafunguro abiri nk'uko yakurikizwaga na Ellen G. White — Reba Umugereka 1 :4, 5, 20, 22, 23]IMN 171.2

[Ameza ya Ellen G. White yategurwaga inshuro ebyiri ku munsi — Reba Umugereka 1 :27].

UMUGABANE WA II — KURYAGAGURA

Akamaro ko Kurya ku Bihe Bidahinduka

281. Nyuma yo kurya ibyokurya ku masaha asanzwe, igifu gikwiriye guhabwa ikiruhuko kingana n'amasaha atanu. Nta cyokurya na gito gikwiriye gushyirwa mu gifu kugeza igihe cyo gufata ifunguro rikurikiyeho. Muri icyo gihe, igifu kiba gikora umurimo wacyo, cyarangiza kikaba noneho cyiteguye kwakira ibindi byokurya. IMN 171.4

Nta mpamvu n'imwe igomba gutuma habaho guhindagura amasaha yo gufata amafunguro. Niba ibyokurya bya kumanywa bifashwe isaha imwe cyangwa abiri mbere y'igihe gisanzwe, igifu kiraba kitaritegura kwakira uwo mutwaro mushya. Kiba kitararangiza igogora ry'ibyokurya byabanje, bityo kikaba kidafite imbaraga zihagije zo gukora umurimo mushya. Bityo imikorere y'umubiri wose ikaba iremerejwe. IMN 171.5

Na none kandi amafunguro ntakwiriye gufatwa bitinzeho isaha cyangwa amasaha abiri, kugira ngo dukunde dusohoze gahunda runaka, cyangwa turangize akazi turimo gukora. Igifu gikenera ibyokurya ku masaha cyamenyereye kuyafatira. Iyo icyo gihe gitindijwe, imbaraga z'umubiri ziragabanyuka, zikaza kugeza aho zikendereye maze ipfa ry'ibyokurya rikayoyoka. Iyo ibyokurya biriwe icyo gihe, igifu ntikiba kikibashije

kubigogora neza uko bikwiriye. Ibyokurya ntibishobora guhindurwamo amaraso meza afitiye umubiri akamaro. IMN 171.6

Iyaba abantu baryaga ibyokurya ku bihe bidahinduka, bakirinda kuryagagura, baba biteguye gufata amafunguro bumva ko bayasonzeye, kandi bakanezezwa no kurya ibyokurya bigiye kugirira akamaro umubiri watakaje imbaraga mu kazi bakoze.IMN 171.7

282. Kurya ku bihe bidahinduka bifite akamaro gakomeye. Buri funguro rikwiriye kugira igihe cyaryo kizwi. Muri icyo gihe, buri wese akwiriye kurya ibyo umubiri ukeneye, akirinda gufata ibirenze urugero byagira ingaruka ku ifunguro rikurikiyeho. Hariho benshi bimenyereje kurya mu gihe umubiri utabikeneye, mu bihe bihindagurika, kandi bakaryagagura, bitewe n’uko batagira imbaraga zihagije zo kwitegeka. Igihe bamwe bari mu ngendo, usanga barya icyo babonye cyose mu nzira. Ibi byangiza cyane umubiri. Iyaba abagenzi bimenyerezaga kurya ku bihe bidahinduka ibyokurya byoroheje kandi bifite intungamubiri, ntibagenda bafite umururumba w’icyo babonye cyose, kandi ngo bagire ububabare cyane butewe n’uburwayi mu rugendo.IMN 171.8

283. Kurya ku gihe kidahinduka bikwiriye kubahirizwa mu buryo bwitondewe. Nta kintu gikwiriye kuribwa hagati y’ifunguro n’irindi (kuryagagura), byaba ibiryohereye nka bombo, keke, ...byaba ubunyobwa, imbuto, cyangwa ibyokurya ibyo aribyo byose. Kuryagagura byica imbaraga y’ubuzima bwiza bw’ingingo z’igogora, bikagera no ku buzima ndetse bikabuza umuntu kugubwa neza muri rusange. Iyo abana baje ku meza, ntibishimira ibyokurya bibafitiye akamaro, bagirira umururumba ibidafitiye akamaro umubiri wabo. IMN 171.9

284. Muri uyu muryango, nta gahunda nyakuri bagize yo gucunga imirire; bagiye barangwa no kurya ku bihe bihindagurika. Bagombaga kugira ibihe bizwi kuri buri funguro, kandi bagategura ibyokurya byabo mu buryo bworoheje, kandi bitagira ibinure. Bari bakwiriye ahubwo gukoresha imbaraga kugira ngo bategure ibyokurya bikungahaye ku ntungamubiri, bituma umubiri umererwa neza, kandi bitera ipfa. Muri uwo muryango, kimwe ndetse no mu yindi miryango myinshi, bashaka kwereka abashyitsi ibyuzuye ku meza yabo. Bategura ibisorori byinshi kandi akenshi ugasanga byuzuyemo ibyokurya bikungahaye ku binure, kugira ngo abicaye ku meza bifuze kurya birenze urugero. Nyamara igihe nta bashyitsi bahari hakabaho

impinduka imeze nko kwisuzugura mu gutegura amafunguro azanwa ku meza. Aya mafunguro aba ari nkene, abuze intungamubiri. Aboneka nk'adafite umumaro, "ayo twikoreshereza twebwe gusa mu rugo." Bene ibyo byokurya biribwa vuba, kandi bikaribwa hatitawe ku gihe gikwiriye cyo gufatiraho amafunguro. Buri wese ugize uwo muryango yagiye akomeretswa n'imikoreshereze y'ayo mafunguro. Ni icyaha kuri bashiki bacu gutegurira abashyitsi bene ayo mafunguro akomeye atyo, maze barangiza bagategurira imiryango yabo ibyokurya bidafashije kandi bidafitiye akamaro umubiri. IMN 172.1

285. Natangajwe no kumenya ko, hejuru y'umucyo wose watanzwe kuri iyi ngingo, abantu benshi bakomeje kuryagagura! Ntimukwiriye na gato kugira ikintu na gito mushyira mu kanwa hagati y'amafunguro asanzwe. Mujye murya icyo mugomba kurya cyose, ariko mukirye mu gihe gikwiriye cy'ifunguro, hanyuma mutegereze igihe cy'irindi funguro. IMN 172.2

286. Abantu benshi birengagiza umucyo n'ubumenyi maze bakemera gutamba amahame kugira ngo bahaze irari ryabo. Barya mu gihe umubiri udakeneye ibyokurya, kandi bakarya mu bihe bitandukanye (bakaryagagura), bitewe no kutagira umutimanama ubahanira kwirinda kubogamira ku byifuzo byabo. Bityo igifu kikahababarira, kikivumbagatanya, hagakurikiraho uburwayi. Kurya ku bihe bidahinduka ni ikintu cy'ingenzi cyane ku buzima bwiza bw'umubiri n'intekerezo ziri hamwe. Nta kintu na gito gikwiriye gushyirwa mu kanwa hagati y'amafunguro asanzwe. IMN 172.3

287. Kandi uwarwaye indwara y'igugara yayitewe bitewe no kutubahiriza gahunda yo kurira ku bihe bidahinduka. Aho kubahiriza ibihe bidahinduka mu mirire, yemeye kubatwa n'irari mu mirire, maze arangwa n'ingeso yo kuryagagura. IMN 172.4

288. Abana ntibakunze kwigishwa akamaro ko kumenya igihe, uburyo n'ibyo bakwiriye kurya. Babemerera kwirira uko bishakiye kandi bakishyira bakizana, bakarya igihe cyose, bakarya amatunda uko bayabonye imbere yabo, kandi bakayaryana na za gato, keke, ibisuguti, umugati na za marigarine, n'ibindi biryohereye bahorera buri gihe, maze bikabahindura abanyamururumba n'abarwayi b'igugara. Ingingo zigize urwungano ngogozi, zihinduka nk'urusyo ruhora rusya, maze zigacogora,

bigatuma ubwonko bukoresha imbaraga nyinshi kugira ngo zunganire igifu mu murimo w'inyongera kiba cyahawe, maze imbaraga z'ubwenge zigacogora. Ukwikabura kudasanzwe kw'imbaraga z'umubiri no gucogora kwazo kubatera uburakari, ntibagire ikibatangira (kutihangana), bakikoresha ibyo bishakiye, kandi bakagira inabi. IMN 172.5

[Akamaro ko kumenyereza abana kurira igihe — 343, 344, 345, 346, 348]. IMN 172.6

289. Ababyeyi benshi, aho kwita ku nshingano yabo yo guhora bigisha abana babo ingeso yo kwigomwa, no kubigisha uburyo bwiza bwo gukoresha imigisha yose y'Imana, bemerera abana kurya no kunywa uko bishakiye n'igihe bishakiye. Igihe hatabayeho gukoresha uburyo bwiza bwo guhagarika irari no kwikunda, bizagenda birushaho kongera imbaraga no gukomera mu mubiri. IMN 173.1

[Ibigendana n'ibi wabisanga ku ngingo ya 347].IMN 173.2

290. Ni ikintu cyabaye akamenyero ku bantu benshi b'iyi si kurya inshuro eshatu ku munsi, kandi bakaba baramenyereye no kuryagagura hagati y'ibihe by'amafunguro. Hanyuma kandi ifunguro rya nyuma bakarifata riremereye, kandi bakaririya bahita baryama. Ibi binyuranye na gahunda isanzwe : ibyokurya byinshi ntibigomba kuribwa ku mugoroba. Aba bantu baramutse bahinduye akamenyero, maze bakimenyereza kurya amafunguro abiri ku munsi, bakirinda kuryagagura, naho ryaba itunda rya pome, umuneke cyangwa irindi tunda, bazabona ingaruka igihe umuntu agiye kurya akumva afite ipfa ryabyo, kandi ubuzima bukarushaho kuba bwiza. IMN 173.3

291. Mu gihe cy'ingendo, abantu benshi usanga bagenda barya ikibonetse cyose. Uyu ni umuco mubi rwose. Inyamaswa zitagira ubwenge kandi zidakeneye ubumenyi ni zo zishobora kugenza gutyo ntibigire ingaruka kuri zo, ariko ibi ntibikwiriye kuranga abantu batekereza, bafite ubwenge bakwiriye gukoresha bakorera Imana n'abantu. IMN 173.4

292. Ibyokurya byinshi bikabije, hamwe n'ibyokurya bishyizwe mu gifu mu masaha adakwiriye, bigira ingaruka kuri buri karandaryi kagize urwungano rw'umubiri. IMN 173.5

293. Abantu benshi usanga barya buri saha, bagasuzugura amategeko agenga ubuzima bwiza. Intekerezo zabo zigacurama. Ni buryo ki bashobora guhabwa icyubahiro cyo kumurikirwa n'imbaraga mvajuru, kandi baramenyereye kutagira icyo bitaho, ntibite ku mucyo Imana yatanze kuri ibyo byose ? Benedata, mbese iki si igihe mukwiriye kwihana ku byerekeranye no guhaza irari ryo kwikunda mugira ?IMN 173.6

294. Amafunguro atatu ku munsi hamwe no kwirinda kuryagagura (habe n'itunda rya pome), ni byo bikwiriye kuba urugero rwo kwihaza. Abarenza urwo rugero baba bica amategeko agenga ibyaremwe kandi bazabona ingaruka yabyo. IMN 173.7

[Abagabura batita kuri aya mabwiriza — 227] IMN 173.8

[Kuryagagura mu gihe cy'amateraniro makuru — 124] IMN 173.9

[Abana ntibakwiriye kurya ibinyamasukari, amatunda, ubunyobwa cyangwa ikindi mu bihe biri hagati y'amafunguro — 344] IMN 173.10
[Kwemerera abana kurya igihe bishakiye — 348, 355, 361] IMN 173.11
[Ingaruka ku banyeshuri — 246].

IGICE CYA 10 - KWIGOMWA KURYA

Kristo Yaranesheje Binyuze mu Kurwanya Irari ry'Inda

295. Kuri Yesu, nkuko byagenze kuri za ntungane zo muri Edeni, irari ry'inda ni ryo ryabaye ishingiro ry'ikigeragezo cya mbere gikomeye. Bityo aho kwangirika kwacu kwatangiriye, niho umurimo wo gucungurwa kwacu ugomba gutangirira. Nkuko irari ry'inda ryatumye Adamu agwa, ni nako Kristo yagombaga kunesha atsinze irari ry'inda. "Amaze iminsi mirongo ine n'amajoro mirongo ine atarya, abona gusonza. Umushukanyi aramwegera aramubwira ati 'Niba uri Umwana w'Imana, bwira aya mabuye ahinduke imitsima.' Aramusubiza ati 'Handitswe ngo Umuntu ntatungwa n'umutsima gusa, ahubwo atungwa n'amagambo yose ava mu kanwa k'Imana."IMN 174.1

Uhereye mu gihe cya Adamu ukageza mu gihe cya Yesu, kwifuza kw'abantu kwari kwariyongereye imbaraga mu kurarikira ibyokurya ndetse n'ibibanezeza, kugeza ubwo batabasha kwirinda. Bityo abantu bata agaciro ndetse bararwaragurika, kandi ku bwabo ntibyashobokaga ko batsinda iryo rari. Ari mu cyimbo cy'umuntu, Kristo yatsindishije kwihanganira ikigeragezo gikomeye cyane. Ku bwacu yerekanye kwirinda gukomeye gusumba inzara cyangwa urupfu. Kandi muri uku kunesha kwa mbere harimo byinshi byerekeza ku ntambara zacu turwana n'imbaraga y'umwijima. IMN 174.2

Ubwo Yesu yinjiraga mu butayu, yari agoswe n'ubwiza bwa Se. Yirunduriye mu mushyikirano n'Imana, ashyirwa aharenze imbaraga nke za kimuntu. Ariko ubwiza bumutamurukaho, maze ararekwa ngo ahangane n'ibigeragezo. Byaramwibasiraga buri kanya. Ubumuntu bwe buterwa ubwoba n'intambara yari imutegereje. Yamaze iminsi mirongo ine yiyiriza ubusa kandi asenga. Nta gatege kandi azonzwe bitewe n'inzara, yari amerewe nabi, kandi yagaragazaga umunaniro atewe n'agahinda k'ibitekerezo, "Nkuko benshi bamutangariraga kuko mu maso he hononekaye ntihase n'ah'umuntu, n'ishusho ye yononekaye ntise n'iy'abana b'abantu." (Yesaya 52:14). Ubwo Satani yari abonye amahirwe. Noneho atekereza ko abasha kunesha Kristo. IMN 174.3

296. Kristo yinjiye mu kigeragezo kigendana n'irari, kandi amara hafi ibyumweru bitandatu ahanganye n'icyo kigeragezo kubwa muntu. Icyo gihe kirekire cyo kwigomwa kurya ari mu butayu cyagombaga kubera umuntu wacumuye icyigisho cy'ibihe byose. Kristo ntiyigeze aneshwa n'ibigeragezo bikomeye by'umwanzi, kandi ibi bikomeza umuntu wese urwana n'ikigeragezo. Kristo yashoboje umuntu wese ugize umuryango wa mwenemuntu kunesha ikigeragezo. Ababaho imibereho itunganiye Imana bashobora kunesha nk'uko Kristo yanesheje, kubwo amaraso y'Umwana w'intama n'ijambo ryo guhamya kwabo. Uko kwigomwa kurya (kwiyiriza) k'Umukiza kw'igihe kirekire kwamuhaye imbaraga zo kwihangana. Yabereye umuntu igihamya cy'uko itangiriro ry'umurimo wo kunesha Kwe rihera aho kurimbuka kwe gutangirira, ari ho herekeranye n'irari. IMN 175.1

297. Igihe Kristo yari agoswe bikomeye n'ikigeragezo, ntacyo yigeze arya. Yiyeguriye Imana, maze kubwo gusenga ashikamye, hamwe no kwemera kugengwa n'ubushake bwa Se, yarangije abaye Umuneshi. Abavuga ukuri ko muri iyi minsi iheruka, kurusha abavuga ko ari Abakristo bo mu yandi madini, bakwiriye gukurikiza uwabaye Urugero rukomeye mu gusenga. IMN 175.2

[Ibigendana n'ibi wabibona ku ngingo ya 70]. IMN 175.3

298. Umucunguzi w'isi yari azi ko gutwarwa n'irari kuzateza abantu akaga k'ubumuga bw'umubiri, kandi kugateza igihu ingingo zo kwitegereza ku buryo gushishoza no gutandukanya ibyera n'ibihoraho bitazashoboka kuri bamwe. Yari azi ko abatuye isi bazatwarwa n'umururumba kandi ko uko gutwarwa n'intege nke bizacogoza imbaraga z'intekerezo. Mwenemuntu yatwawe bikabije no guhaza irari ku buryo kugira ngo atsinde ako kamenyero, byababaye ngombwa ko Umwana w'Imana yigomwa kurya mu gihe cy'ibyumweru bitandatu, kubwa mwenemuntu. Mbega uburyo Umukristo akwiriye gukoresha imbaraga kugira ngo abashe kunesha nk'uko Kristo yanesheje! Agaciro k'uburemere bw'imbaraga z'ikigeragezo kidukururira guhaza irari ribi gashobora kubonerwa mu mubabaro utavugwa Kristo yagize mu gihe kinini yamaze yigomwe kurya mu butayu. IMN 175.4

Kwigomwa Kurya Biduteguririra Kwiga Ibyanditswe Byera

299. Mu Byanditswe dusangamo bimwe mu bintu bigoye gusobanukirwa, kandi, nk'uko intumwa Petero abivuga, abaswa n'abahindugurika bagoreka bakizanira kurimbuka. Muri iyi mibereho turimo, tubasha kutaba intyoza zishobora gusobanura buri murongo w'Ibyanditswe; nyamara nta ngingo y'ingenzi n'imwe y'ukuri dukeneye izaduhindukira amayobera. IMN 175.5

Igihe nikigera, mu bushobozi bw'Imana, kugira ngo abatuye isi bafate icyemezo cyo kwemera cyangwa kwanga ukuri kwahishuwe mu gihe cyacu, Mwuka Muziranenge azatera umwete abantu wo kwiga Ibyanditswe, ndetse bigomwa kurya banasenga, kugeza ubwo bazamurikirwa ingingo ku ngingo, basobanukirwe byuzuye. IMN 175.6

Buri ngingo irebana n'ukuri kw'agakiza k'umuntu izasobanuka neza, ku buryo nta wuzaba akeneye kuyoba, cyangwa ngo agendere mu mwijima. IMN 175.7

300. Ingingo ziruhije gusobanuka z'ukuri kw'iki gihe zaje gusobanuka kubwo umuhati n'imbaraga z'abantu bakeya bari baritangiye umurimo. Kwigomwa kurya no gusengana umwete basaba Imana byayiteye kubafungurira ubutunzi bw'ukuri kwayo barabusobanukirwa. IMN 175.8

301. Abakeneye by'ukuri kumenya ukuri ntibazatindiganya kwemera ko ibyo bahagazeho bisuzumwa kandi bikanengwa, kandi ntibazaterwa agahinda n'uko ibyo bibwira n'ibitekerezo byabo birwanyijwe. Bene uyu mwuka ni wo waturangaga mu myaka mirongo ine ishize. Twateraniraga hamwe dufite umutwaro ku mutima, tugasenga ngo tube umwe mu kwizera no mu mahame twemera; kuko twari tuzi ko Kristo twemera atigabanyijemo ibice. Twafataga ingingo imwe tukayiha igihe cyayo cyo kuyigaho. Aya materaniro yacu yo gusuzuma Ibyanditswe yabaga ashimishije. Twabumburaga Ibyanditswe duhinda umushyitsi kandi tubyubashye cyane. Akenshi twigomwaga kurya, kugira ngo tubashe kuba mu mwuka udushoboza gusobanukirwa ukuri. IMN 176.1

Igihe Ubutabazi Budasanzwe Buvuye ku Mana Bwababaga Bukenewe

302. Ukwigomwa kurya no gusenga ni ngombwa ku bintu runaka. Mu kiganza cy'Imana biba ari uburyo butuma ihumanura umutima kandi

bigakomeza imbaraga zo kwakira zo mu ntekerezo. Duhabwa ibisubizo by'amasengesho yacu bitewe n'uko ducisha bugufi imitima yacu imbere y'Imana. IMN 176.2

303. Ni gahunda y'Imana ko abafite inshingano ziremereye bakwiriye guhura akenshi kugira ngo bajye inama kandi basengane umwete kugira bahabwe ubwenge butangwa gusa na Yo. Igihe muteraniye hamwe mujye mubwira Imana ibibazo byanyu. Ntimukavuge menshi; igihe kinini cy'ingenzi gishira abantu bari mu biganiro bitazana umucyo uwo ariwo wose. Abavandimwe nibahurire hamwe bigomwe kurya kandi basenge basaba guhabwa ubwenge Imana yasezeranye gutangana ubuntu. IMN 176.3

304. Igihe cyose bibaye ngombwa ko umurimo w'ukuri utezwa imbere hamwe n'icyubahiro cy'Imana, kandi hakabaho no kurwanywa, mbega ukuntu abaharanira ukuri bagomba kujya ku rugamba bafite ubwenge kandi bicisha bugufi! Bakwiriye gushakana umutima wose, bicuza ibyaha, basengana umwete, kandi akenshi bakajya biyiriza ubusa mu bihe runaka, bagasaba Imana kubafasha maze ikareka ukuri kwayo gukiza kugatsinda, maze ikinyoma kikagaragara uko cyakabaye, n'abakirwanirira bagatsindwa uruhenu.IMN 176.4

[Ukwigomwa kurya k'Umukiza ni icyigisho kuri twe, abariho mu bihe biteye ubwoba — 238]. IMN 176.5

Ukwigomwa Kurya Nyakuri

305. Ukwigomwa kurya nyakuri abantu bose bakwiriye gukurikiza ni ukureka ubwoko bwose bw'ibyokurya bikabura umubiri, bagakoresha indyo yuzuye, yoroheje, iyo Imana yahaye abantu ku buryo busesekaye. Abantu bakeneye kudahangayikwa n'ibyo bazarya hamwe n'ibyo bazanywa by'imirire ishira, ahubwo bakarushaho kwita ku byokurya biva mu ijuru, kuko ari byo bitanga imbaraga z'ubuzima bw'imibereho yuzuye ibya Mwuka. IMN 176.6

306. Kuva ubu ukageza ku iherezo ry'igihe, abantu b'Imana bakwiriye kurushaho kugira umwete, bakarushaho kuba maso, bakirinda

kwiringira ubwenge bwabo bwite, ahubwo bakiringira ubwenge bw'Umuyobozi wabo.
Bakwiriye kugira iminsi yihariye yo kwiyiriza ubusa no gusenga. Ntibasabwa kureka burundu kurya, ahubwo bakwiriye gukoresha mu rugero ibyokurya byoroheje cyane kurusha ibindi kandi biboneye. IMN 176.7

307. Ukwigomwa kurya kwa hano ku isi ntikugomba gusimbura ukwizera koroheje dufitiye ijambo ry'Imana. Yesu aratubwira ati, "Musabe, muzahabwa." … Ntimusabwa kwigomwa kurya iminsi mirongo ine. Uhoraho yikoreye uwo mutwaro wo kwigomwa kurya ku bwawe ari mu butayu bw'ibigeragezo. Uko kwigomwa kurya siko gufite agaciro; ahubwo amaraso ya Kristo ni yo afite agaciro. IMN 177.1

308. Umwuka wo kwigomwa kurya nyakuri no gusenga ni umwuka utuma intekerezo, umutima, n'ubushake byegurirwa Imana. IMN 177.2

Nk'Umuti w'Indwara

309. Ugukabya mu mirire akenshi ni yo ntandaro y'indwara. Icyo icyaremwe kiba gikeneye icyo gihe ni ugukurwaho umutwaro utari ngombwa uba wakigeretsweho. Ku ndwara nyinshi, umuti urusha iyindi kuba mwiza ku murwayi ni ukwigomwa kurya ifunguro rimwe cyangwa abiri, kugira ngo ingingo z'igogora ziremerewe zibone amahirwe yo kuruhuka. Ku bakora imirimo yo gukoresha ubwonko, ibyiza ni ugukoresha imbuto nk'umuti mu gihe cy'iminsi runaka, bikaborohereza cyane. Akenshi, kwigomwa kurya mu gihe gito, bigakurikirwa no gufata ibyokurya byoroheje kandi biringaniye, bizanira umubiri kugenda woroherwa ugasubirana imbaraga waremanywe. Imirire igendana no kwirinda mu gihe cy'ukwezi cyangwa amezi abiri, izemeza abantu bahura n'uburibwe mu mubiri ko inzira yo kwiyanga ari yo nzira ituma bagira amagara mazima.IMN 177.3

310. Hari bamwe babona inyungu nyinshi kubwo kumara umunsi umwe cyangwa ibiri mu cyumweru batariye kurusha guhabwa inama zitagira ingano z'ubuvuzi. Kwiyiriza umunsi umwe mu cyumweru bizabazanira inyungu zitabarika. IMN 177.4

311. Akamenyero ko kurya buri kanya kandi ukarya byinshi cyane biremereza ingingo z'urwungano ngogozi kandi bigaca intege imikorere y'umubiri wose. Amaraso arahumana, maze indwara zinyuranye zikagera mu mubiri. … IMN 177.5

Abahura n'ibibazo nk'ibyo by'uburibwe bikorera ibyo abandi batabasha kugerageza kubakorera. Bakwiriye kubanza gukuraho umutwaro bashyize mu mubiri utari ngombwa. Bakwiriye gukuraho impamvu. Mujye mufata igihe gito cyo kwigomwa kurya, maze muhe igifu amahirwe yo kuruhuka. Mujye mugabanya umuriro mu mubiri mukoresha amazi mu buryo bwitondewe kandi bw'ubwenge. Uko kwita ku mubiri bizawufasha mu mikorere yawo gushobora kurwanya imyanda yose iba iwuremereye. IMN 177.6

312. Abantu bamenyereje irari kurya inyama uko bishakiye, gukoresha amasosi yuzuye ibirungo ndetse na za gato zikize ku binyamasukari n'ibyokurya bibikwa mu bikombe, ntibashobora guhita bafata icyemezo cyo gutangira kurya indyo yuzuye, iboneye kandi yoroheje. Bitewe no kuryoherwa kwabo kwangijwe na bene iyo mirire, ntibashobora kugira irari ry'indyo yuzuye igizwe n'imbuto, umugati wuzuye, n'imboga. Ntibumva ko bakeneye gukoresha imirire inyuranye by'ihabya n'iyo bimenyereje gukoresha. Niba badashobora guhita bishimira indyo yuzuye kandi yoroheje, bakwiriye kwigomwa kurya kugeza igihe bazabishobora. Kwigomwa kurya bizabazanira inyungu nyinshi cyane kurenza gukoresha imiti, kuko igifu cyangiritse kizatangira kumva kibonye ikiruhuko cyifuje igihe kirekire, kandi kumva bafite inzara bizamarwa n'indyo yoroheje. Bizasaba igihe kugira ngo uburyohe bwabo bugaruke ku murongo usanzwe aho gukomeza kwishimira ibyo bwamenyerejwe. Ariko bitewe no guhora bakoresha ukwigomwa mu mirire no mu minywere, bazatangira kwishimira bidatinze indyo yoroheje kandi iboneye, kandi babirye banyuzwe cyane kurusha uko bishimiraga bya byokurya bikungahaye ku byangiza umubiri. IMN 177.7

Kwirinda Ukwigomwa Guca Intege Umubiri

313. Mu gihe umubiri ufite umuriro mwinshi, kwigomwa amafunguro mu gihe gito bizacogoza umuriro, kandi gukoresha amazi bizazanira

umubiri kugenda umererwa neza. Ariko umuganga aba akeneye gusobanukirwa n'ukuntu umurwayi ameze by'ukuri, ntamwemerere gukomeza kwigomwa ibyokurya igihe kirekire kugeza ubwo umubiri we wacika intege. Iyo umuriro ukomeje kwiyongera, ibyokurya bibasha gukabura amaraso; ariko igihe umuriro ugabanyutse, umubiri ugomba guhabwa ibyokurya biringaniye. Iyo ibyokurya bikomeje gushyirwa mu mubiri igihe kinini, umuheha w'igifu uzabigaragarisha kugira umuriro, uzagabanywa gusa no gukoresha ibyokurya bikwiriye kandi biboneye. Imikorere isanzwe [yo mu rwungano ngogozi] izongera itangire gukora bushya. Igihe umurwayi agaragaje ko yifuza cyane ibyokurya, ndetse n'igihe afite umuriro, ni byiza gukemura icyifuzo cye agahabwa ibyokurya biringaniye byoroheje kandi bidatera umubiri ikibazo, kurusha kubimugomwa. Igihe azaba adafite ikimuhangayitse, imikorere y'umubiri ntizagira ikiyiremereza kuko azaba yafashe ibyokurya bikeya kandi byoroheje. IMN 178.1

Inama ku Mugabura Ugeze mu Zabukuru

314. Namenye ko umaze igihe runaka ufata gusa ifunguro rimwe ku munsi; ariko nziko ibyo atari byiza kuri wowe, kuko neretswe ko ukeneye indyo ifite intungamubiri, kandi bikaba bishobora kukumerera nabi bitewe no kwirinda gukabije. Intege zawe ntizikwemerera bene iyo myifatire ikabije wahaye umubiri wawe. … IMN 178.2

Ndatekereza ko wibeshye mu kwiyemeza kwigomwa kurya iminsi ibiri. Ntabwo Imana igusaba kugenza utyo. Ndagusaba kwitonda, ukarya kabiri ku munsi, wisanzuye, indyo yuzuye. Nutareka uko kwigomwa, uzakomeza gucika intege, kandi imbaraga zawe z'ubwenge zive ku murongo.

Agaciro ko Kugira Umurongo Ngenderwaho

315. Abadiventisti b'Umunsi wa Karindwi bafite imyumvire myinshi inyuranye by'ihabya n'iy'abandi bantu batuye iyi si muri rusange. Abarwanira ukuri kutari rusange bakwiriye gushaka uko bagerageza byibura guhuza imibereho yabo n'uko kuri bavuga. Ntibakwiriye gushaka uburyo bahinduka abantu banyuranye n'abandi, ahubwo bakwiriye gushaka uburyo bakwegera abo bifuza guhindura, kugira ngo bababafashe kugera ku rugero rw'agaciro gakomeye kuri bo. Bene uwo murongo urasaba ko ukuri bafite bagukomeraho. IMN 179.1

Abaharanira ubugorozi (ivugurura) mu by'imirire bakwiriye kwerekana akamaro k'isuku mu byo bategura ku meza yabo byose. Bakwiriye kwerekana amahame yabwo ku buryo byorohera umuntu wese ushaka kubibona. IMN 179.2

Hari abantu benshi bazanga umurimo w'ivugurura uwo ariwo wose, nubwo waba wumvikana, igihe iryo vugurura rigamije kurwanya irari. Bumva uburyohe, aho gutekereza no kwita ku mategeko agenga ubuzima bwiza. Bazarwanya abifuza kuva mu nzira y'ibyo bimenyereje bagahindukirira inzira y'ubugorozi, bababafate nk'abantu bakabya, ariko ntibakwiriye gutsinsurwa ngo bareke icyemezo bafashe. Nta muntu n'umwe ukwiriye kwemerera abarwanya cyangwa bagasebya umurimo w'ivugurura, cyangwa ngo bawukerense. Niba ayobowe n'umwuka wari uyoboye Daniyeli, ntazumva ari wenyine, cyangwa ngo yikakaze, ahubwo azahagarara ashikamye kandi yiyemeje guhagararira ukuri. Mu mibanire ye na bene se hamwe n'abandi bantu, azarangwa no kwihangana ndetse no kwita ku bandi nk'ingeso ziranga Abakristo, nyamara agakomeza gushikama ku mahame yiyemeje. Igihe abaharanira ubugorozi baguye mu bwaka, abababona ntibakwiriye guhinyura umurimo w'ubugorozi ngo bumve ko bakwiriye kwanga ubugorozi. Akenshi icyo gihe ukwizera kwa Gikristo guteshwa agaciro, maze inshuro nyinshi ababonye ingaruka z'ibyo bakibwira ko nta cyiza kiboneka mu bugorozi (ivugurura). Abo baka (abahezanguni) bateza akaga kenshi mu gihe cy'amezi make kurusha ibyo babasha gukosora mu buzima bwose. Baba binjiye mu murimo Satani yifuza kubona ko bawukomeza. IMN 179.3

Neretswe amatsinda abiri [y’abaka mu by’ubugorozi]: irya mbere ni abantu badashaka gukurikiza umucyo Imana yabahaye, batsimbarara ku bitekerezo byabo bifunze biremeye ku byerekeranye n’ubugorozi mu by’ubuzima, kandi bagashaka kubitsindagira abandi. Batsimbarara ku byo bibwira maze bakarenga urugero mu bintu byinshi. IMN 180.1

Abagize itsinda rya mbere ni abemeye ubugorozi kubera kwigana abandi. Ntibigeze basobanukirwa ubwabo n’amahame y’ubugorozi ngo bayagire ayabo. Abenshi mu bitwa Abakristo babonye ukuri bitewe no kukugezwaho n’abandi, nyamara bakaba badashobora gusobanura impamvu zo kwizera kwabo. Iyi ni yo mpamvu badashikama ku kuri. Aho gusuzuma imigambi yabo bayisuzumisha umucyo w’iteka ryose, aho gushaka ubumenyi bubashoboza gushyira mu bikorwa amahame agenga ibikorwa byabo, aho gucukumbura ngo biyubakire ubwabo ku rufatiro nyakuri, bahitamo kugendera mu mucyo w’urumuri rw’undi kandi bakazayoba. IMN 180.2

Irindi tsinda rifite imyumvire y’ubuyobe ku by’ubugorozi. Bahitamo indyo nkene kandi ibuze ibyangombwa bihagije umubiri, bakayihitamo batitaye ku byo umubiri ukeneye. Ni ngombwa ko ibyokurya bitegurwa mu buryo bwitondewe, kugira ngo umuntu wese ufite ipfa rizima abyishimire. IMN 180.3

Bitewe n’uko, kubwo gukurikiza amabwiriza, duhitamo kureka gukoresha ibyokurya n’ibyokunywa bikabura igifu maze bikangiza ubuzima, ntidukwiriye kwibwira ko ibyo turya nta ngaruka nini bifitiye imibiri yacu. Simbategeka gukoresha indyo nkene. Benshi bumva bakeneye inyungu zizanwa n’ubuzima buboneye, maze kubwo umutimanama wabo bakiyemeza gukoresha ibyo bibwira ko ari imirire iboneye, baribeshya maze bakibwira ko ibyokurya bidafashije, biba byateguwe bititondewe, akeshi bigizwe n’amasosi n’udutsima dukaranze dukomeye, ko ibyo ari byo byerekana ivugurura mu mirire. Bamwe bakoresha amata avanze n’igikoma baba bashyizemo isukari nyinshi, bibwira ko bakurikiza ivugurura/ubugorozi mu mirire. Nyamara imvange y’amata n’isukari bitera umusemburo mu gifu maze bikamerera nabi umubiri. Gukoresha isukari nyinshi uko ariko kose guhagarika imikorere myiza y’umubiri maze inshuro nyinshi kugateza uburwayi mu mubiri. Bamwe bibwira ko bakwiriye kwiha gahunda yo kurya

utwokurya duke gusa, kandi dufite intungamubiri, maze bakarya gusa ubwoko bubiri cyangwa butatu bwabyo. Nyamara mu kurya ibyokurya bike cyane, kandi bidakize cyane ku ntungamubiri, baba bivukije imbaraga zihagije umubiri ukeneye. … IMN 180.4

Ibitekerezo bigufi kandi birimo gukabya byagiye byangiza imibereho myiza y'umubiri. Ibitekerezo nk'ibyo bibasha gukoreshwa kugira ngo habeho kuzigama mu mitegurire ihambaye y'ibyokurya ku buryo abantu bakoresha indyo nkene mu cyimbo cy'indyo iboneye kandi ihagije. Ingaruka iba iyihe? Kugira amaraso make. Nabonye ubwoko bwinshi bw'indwara zabaga zigoye gukira, zitewe n'imirire y'indyo nkene. Bene iyo mirire ntiyabaga itewe n'uko abantu ari abakene, ahubwo yabaga itewe no gukoresha ibitekerezo by'ubuyobe bita ko bigamije kubageza ku ivugurura mu by'ubuzima. Umunsi ku wundi, ifunguro rigasimburwa n'irindi, ugasanga ibyokurya ari ubwoko bumwe byateguwe nta guhindura, kugeza ubwo abantu bafatwa n'uburwayi bw'igugara n'ubusembwa mu mubiri. IMN 180.5

Kwibeshya mu by'Ivugurura

316. Abavuga ko bemera ibyo ivugurura mu mirire siko bose ari abagorozi nyakuri. Kuri benshi, iryo vugurura riba rigizwe gusa no kureka ibyokurya runaka bitaboneye. Ntabwo basobanukiwe neza n'amahame y'ubuzima, kandi ameza yabo usanga yuzuyeho ibyokurya bibi kandi bigora umubiri mu igogora, bakaba badashobora kuba Abakristo b'icyitegererezo mu byo kwirinda no kudakabya. IMN 181.1

Irindi tsinda, ry'abashaka gutanga urugero nyakuri, baba ku rundi ruhande ruhabanye. Bamwe ntibashobora kwibonera ibyokurya byiza bifuza, bigatuma barya indyo nkene batabonamo ibyangombwa by'ingenzi mu gukora amaraso meza umubiri ukeneye. Ubuzima bwabo burahazaharira, imirimo yabo ikadindira, maze urugero rwabo rukanyuranya n'amahame y'ivugurura. IMN 181.2

Abandi bibwira ko umubiri ukenera indyo yoroheje, ntibashyire imbaraga mu kubitegura no guhitamo ibyokurya byo guteka. Bamwe bumva bakoresha gusa indyo iteguranywe umwete muke, idafite intungamubiri

zihagije kandi zitandukanye zo gufasha imikorere y'umubiri, hanyuma bakagerwaho n'ingaruka. IMN 181.3

Guhatira Abandi Ibitekerezo Byawe

Abantu badafite ubumenyi buhagije ku mahame y'ivugurura mu by'ubuzima akenshi usanga ari intagondwa kurenza abandi, bitari ugutsimbarara ku bitekerezo byabo gusa, ahubwo bagashaka no guhatira abo imiryango yabo n'inshuti zabo bene ibyo bitekerezo. Bene ubu bugorozi bwuzuyemo kwihenda kandi bukagira ingaruka ku buzima; kandi umuhati wabo wo gucengeza ubu bugorozi utuma benshi babona nabi ubugorozi nyakuri bigatuma babwanga burundu. IMN 181.4

Abasobanukiwe n'amategeko agenga ubuzima, kandi bagakurikiza amahame yayo, birinda gukabya, kwaba koroshya no kudakoraho. Bahitamo ibyo barya, atari ugushaka kunyura ipfa ryabo gusa, ahubwo bashaka ibyubaka imibiri yabo. Barinda imbaraga zabo ngo zikomeze kumererwa neza mu buryo buruseho kuba bwiza kugira ngo bazikoreshe mu murimo w'Imana na bagenzi babo. Irari cyangwa ipfa ryabo rigengwa n'ubwenge hamwe n'umutimanama, ibyo bigatuma bagira ubuzima bwiza bw'umubiri n'ubugingo. Kandi nubwo batasakuza ngo bumvikanishe iby'imibereho yabo, icyitegererezo cyabo ni ubuhamya bw'imibereho igendera ku mahame nyakuri. Aba bantu bagira imbaraga y'imibereho ikwiza impumuro nziza ahabakikije. IMN 181.5

Birakwiriye kwerekana ubusobanuro nyabwo mu by'ubugorozi mu mirire. Tugomba kwiga icyi cyigisho uko cyakabaye kandi tukagicukumbura, kandi nta n'umwe ukwiriye kunenga abandi bitewe n'uko ibyo bakora bidahuye n'ibyo mukora. Ntibishoboka gushyiraho umurongo udahinduka kuri buri muntu, kandi nta n'umwe ufite uburenganzira bwo gushyiraho urugero abandi bagomba gukurikiza. Ntabwo abantu bose babasha kurya bimwe. Ibyokurya biboneye kandi byuzuye ku muntu runaka bibasha kutishimirwa n'undi, ndetse bikaba byanamerera nabi undi muntu. Bamwe babasha kuba badakoresha amata, mu gihe abandi bayakunda bitangaje. Bamwe babasha kuba batarya amashaza n'ibishyimbo; abandi bakabikunda. Kuri bamwe, guteka ibinyampeke uko bisanzwe (kinyarwanda) ni byo bishimira, mu gihe abandi batabasha kubikoresha. IMN 181.6

Mwirinde Indyo Nkene

317. Ariko se indyo nkene iba imeze ite? Navuze akamaro k'ubwinshi n'ubwiza bw'indyo dukoresha, n'ukuntu ikwiriye gukurikiza amategeko agenga ubuzima. Ariko ntabwo tugira inama abantu yo kurya indyo nkene. Neretswe ko benshi bafite ibitekerezo byibeshya kuri iyi ngingo. Barya ibyokurya bidahenze, bifite intungamubiri nkeya, maze bakabitegura batitaye cyangwa badakurikije ibyo umubiri ukeneye. Ni ngombwa ko ibyokurya bitegurwa mu buryo bwitondewe, ku buryo igihe ipfa ry'umubiri ritamenyerejwe ibidafite umumaro, ribasha kubyishimira. Bitewe no kugendera ku ihame maze tukareka gukoresha inyama, amavuta, keke, salade, marigarine, n'ibindi bitera igifu uburibwe kandi bikica ubuzima, ntidukwiriye kwibeshya ngo twibwire ko ibyo turya bitazanira ingaruka imibereho yacu. IMN 182.1

Hariho abantu baguye mu mutego wo gukabya. Bamaze guhitamo ibyokurya bagomba kurya uko bingana n'intungamubiri bigomba kugira, mu ngo zabo, banahitamo kurya amafunguro abiri cyangwa atatu. Mu guhitamo kurya ibyokurya bike kandi bidakize ku ntungamubiri, baba bagomwe umubiri ibyo ukeneye bya ngombwa. Indyo nkene ntibasha kongerera umubiri amaraso. Indyo nkene itera ubukene bw'amaraso mu mubiri. IMN 182.2

318. Bitewe n'uko ari ikosa gupfa kurya gusa ngo umuntu ahaze irari ryangiritse, ntibikwiriye ko twarangwa n'imibereho yo kutita ku mirire yacu. Ikibazo cy'imirire gikwiriye guhabwa agaciro gakomeye cyane. Nta muntu ukwiriye gukoresha indyo nkene. Abantu batagifite imbaraga bitewe n'indwara bakeneye ibyokurya bikize ku ntungamubiri kandi biteguwe neza. Abashinzwe ivugurura (ubugorozi) mu mirire, kurenza abandi bose, bagomba kwirinda imitego yo gukabya. Umubiri ugomba kwakira ibyokurya bifite intungamubiri zihagije IMN 182.3

319. Mwenedata ____, mu bihe bishize imibereho yawe yaranzwe no gukabya mu bugorozi mu by'ubuzima, kugira ngo ufashe umubiri wawe. Igihe wahuraga n'uburwayi, Umwami Imana yampaye ubutumwa bwo gukiza amagara yawe. Waranzwe no gukabya bikabije igihe wahitagamo

kureka ibyokurya runaka mu mirire yawe. Mu gihe nagusengeraga, nahishuriwe amagambo yo kugufasha ugasubira mu nzira nziza. Ubwo butumwa bwoherejwe buvuga ko ugomba kwemera gukoresha imirire ifite intungamubiri zirushijeho kuba nyinshi. Nahawe inama y'uko utagomba gukoresha inyama. Nahawe amabwiriza y'ibyokurya ukwiriye gukoresha. Wakurikije ayo mabwiriza, nicyo gituma ukiri kumwe natwe magingo aya. IMN 182.4

Kenshi mpora ntekereza kuri ayo mabwiriza wahawe icyo gihe. Nahawe ubutumwa bwinshi kandi bw'agaciro ngomba kugeza ku barwayi n'imbabare. Kubw'ibyo byose, ndashima kandi ndahimbaza Imana.IMN 182.5

Guhinduranya Indyo

320. Turabagira inama yo guhindura ingeso z'ukuntu mwimenyereje kubaho, ariko mukabikora mu bwenge. Nabonye imiryango yahinduye imirire yimenyereje yo gukoresha inyama iyisimbuza indyo nkene. Ibyokurya byabo ntibabitegurana ubwitonzi, hanyuma igifu kikageza ubwo kibizinukwa. Bene abo bantu bamwiye ko ivugurura (ubugorozi) mu mirire ritabafasha, ko ribatera gutakaza imbaraga z'umubiri. Iyi ni imwe mu mpamvu ituma bamwe barakoresheje imbaraga ngo bavugurure imirire yabo ariko ntibabigereho. Barangwa no gukoresha indyo nkene kandi idateguranywe isuku n'ubwitonzi, kandi bigakomeza bityo nta mpinduka. Ntimukwiriye gutegura amoko menshi y'ibyokurya ku ifunguro rimwe, ariko kandi amafunguro yose ntakwiriye kuba agizwe n'ubwoko bumwe bw'ibyokurya nta guhinduranya. Ibyokurya bikwiriye gutegurwa mu buryo bworoheje, na none kandi bigateguranwa isuku ku buryo bitera umuntu wese kugira ipfa. Mwirinde gukoresha amavuta arimo ibinure mu byokurya byanyu. Ahumanya ibyokurya byose muteguye. Mujye mwihatira kurya cyane imbuto n'imboga. IMN 182.6

321. Benshi basobanukiwe nabi ivugurura ry'ubuzima, kandi bahawe inyigisho mbi ku bigendanye no kubaho neza. Bamwe bibwira ko imirire myiza ari igizwe cyane na porici. Gukoresha (kurya) bikabije iporici ntibifasha ingingo z'igogora, kuko iba ikabije kumera nk'amazi. IMN 183.1

Kwita ku byo Umuntu Akenera

322. Waribeshye kwibwira ko ishyari ari ryo ryateye umugore wawe gushaka kubaho imibereho myiza. Ni wowe wamuteye kunanuka no kutakwitaho. Akeneye kurya neza kandi akagira ibyokurya bihagije ategura ku meza; kandi akeneye kugira mu rugo rwe ibintu bifite agaciro kandi bikwiriye ubasha kumubonera bigatuma akazi ke kamworohera. Ariko ibyo wabifashe nabi. Wibwiye ko ibyokurya uko byaba bimeze kose ntacyo bitwaye mu rugo, bipfa kuba bituma mubona imbaraga kandi mugakomeza kubaho. Wemeje umugore wawe wazahaye ko ari ngombwa gukomeza bene iyo mirire ikennye ku ntungamubiri. Ariko iyo mirire idahagije kandi ngo itume mumererwa neza ntishobora gutuma umubiri we ubona amaraso meza ukeneye kandi ngo abyibuhe. Abantu bamwe ntibababasha kugubwa neza igihe bakoresha ibyokurya abandi babona ko bibamerera neza, nubwo imitegurire yabyo yaba ari imwe. IMN 183.2

Uri mu kaga ko kuba umwāka cyangwa intagondwa. Umubiri wawe ubasha gukura amaraso meza mu ndyo nkene, bitewe n'uko ingingo zawe zishinzwe uwo murimo zimeze neza. Nyamara umugore wawe akeneye indyo yitondewe. Igihe ariye ibyokurya nk'ibyo umubiri wawe ubasha guhinduramo amaraso meza, imikorere y'umubiri we ntibasha kubyakira ngo bimugwe neza. Nta ntege umubiri we ufite kandi akeneye indyo ihagije kandi imwongerera imbaraga. Akeneye kurya cyane amatunda, kandi ntahorere ibyokurya bimwe gusa. Afite intekerezo zituzuye. Ararwaragurika, kandi ibyo umubiri we ukenera binyuranye cyane n'ibyo umubiri muzima.IMN 183.3

Ntibikwiriye kuba Intandaro yo Kwikururira Igihe cy'Akaga

323. Nabonye ko ibyo mwibwira ari ukwibeshya ku byo kubabaza imibiri yanyu, mukayigomwa ibyokurya bifite intungamubiri. Ibyo bintu bituma bamwe mu bagize itorero batekereza ko Imana iri ku ruhande rwanyu, cyangwa se mukaba mudashaka kureka inarijye, ngo mwemere kwigomwa. Ariko nabonye ko muri ibyo byose nta na kimwe kizatuma murushaho kuba abera. Abapagani bakora bene ibyo byose, kandi nta ngororano babibonera. Umutima ushenjaguritse kandi ubabaye imbere y'Imana ni wo

ufite agaciro imbere y'Imana. Nabonye ko ibitekerezo byanyu kuri ibyo bintu bifite ukwibeshya, kandi mukarangwa no kurebuza abizera b'itorero ku tuntu duto, mu gihe mwagombye kwita ku bukene bw'umutima wanyu. Imana ntiyabashinze umukumbi wayo. Mutekereza ko itorero ridatera imbere bitewe no kutabona ibintu nk'uko mubibona, ntibatsimbarare ku bitekerezo byabo nk'uko mubigenza, mwibwira ko mugomba kugendana na byo. Nabonye ko mwibeshya, haba ku kwigenzura ubwanyu no kugenzura abandi. Bamwe babaye abāka (intagondwa) ku byerekeranye n'imirire. Batsimbaraye ku bitekerezo byabo maze barabikurikiza ku buryo ubuzima bwabo bwahababariye, uburwayi bwabo buriyongera mu mibiri, maze urusengero rw'Imana rucika intege. … IMN 183.4

Nabonye ko Imana itagira umuntu n'umwe isaba kwishyiriraho gahunda yo gutsimbarara ku byo agomba kwirinda kugira ngo bice intege cyangwa byangize urusengero rw'Imana. Mu ijambo ry'Imana harimo inshingano n'ibisabwa kuzuzwa kugira ngo abizera bige guca bugufi kandi bababaze imitima yabo; nta mpamvu rero yo kwiremera imisaraba no kwishyiriraho inshingano zo kubabaza umubiri kugira ngo tugaragare ko twicishije bugufi. Ibi byose binyuranye n'ibyo ijambo ry'Imana risaba. IMN 184.1

Igihe cy'akaga kiratwegereye cyane; kandi ibyangombwa bikenewe bizasaba ubwoko bw'Imana kubaho imibereho yo kwiyanga, no kurya biringaniye kugira ngo ubuzima bukomeze kubaho; ariko Imana izadutegurira guhangana n'icyo gihe. Muri icyo gihe giteye ubwoba, ibyo tuzakenera bizaha Imana amahirwe yo kudusenderezaho ubushobozi bw'imbaraga zayo, no gukomeza ubwoko bwayo. …IMN 184.2

Abakoresha amaboko bagomba kurya ibituma bagira imbaraga zo gukora akazi kabo, n'abavuga kandi bakigisha bagomba kurya ngo basubirane imbaraga; kuko Satani n'ingabo mbi ze z'abamarayika babarwanya ngo babaranduremo imbaraga zabo. Bagomba gushaka uko bishoboka kose kuruhura imibiri yabo n'intekerezo zabo igihe barangije gukora imirimo yabo iruhanya, kandi bakwiriye kurya ibyokurya byubaka umubiri, ibyokurya bitera imbaraga umubiri bikawongerera imbaraga; kuko bazakenera gukoresha imbaraga zose baba binjije mu mubiri. Nabonye ko Imana idaheshwa ikuzo na gato igihe bamwe mu bagize ubwoko bwayo bikururira ubwabo igihe cy'akaga. Ni iby'ukuri ko hariho igihe cy'akaga

kirindiriye ubwoko bw’Imana, ariko Imana ubwayo izadutegurira uko tuzahangana n’iyo ntambara iteye ubwoba. IMN 184.3

Igihe Ubugorozi mu by’Ubuzima Buhindutse Kugoreka iby’Ubuzima

324. Mfite icyo nifuza kuvuga cyerekeranye n’imyumvire y’abāka bakabya ku by’ubugorozi mu mirire. Igihe ubugorozi mu mirire bugejejwe ku rugero rwo gukabya cyangwa ubwāka, buhinduka ukugoreka iby’ubuzima, bukaba inzira iganisha ku kwica ubuzima. Ntacyo mubasha kugeraho mu mavuriro yanyu niba indyo muha abarwayi banyu imeze nk’iyo mukoresha ubwanyu n’umugore wanyu. Mbasha kubahamiriza ko ibyo mutekereza ku byerekeranye n’imirire igenerwa abarwayi ari ibintu bidakwiriye. Impinduka ni nini cyane. Mbaye ndetse inyama zangiza umubiri, mba nkwiriye gukoresha ikindi kintu abantu batagiraho ikibazo cyane, kandi icyo kintu kiboneka mu magi. Ntimukabure gukoresha amata ku meza cyangwa ngo mubuze abantu kuyakoreshanya n’ibindi byokurya mu gikoni. Amata mukoresha agomba kuba akamwa ku nka zifite ubuzima bwiza, kandi mugomba kuyateka akabira.IMN 184.4

Abakabya mu by’ubugorozi mu buzima bari mu kaga ko gutegura ibyokurya bitagira icyanga. Akenshi ibyo byaragaragaye. Ibyokurya byabaga bidafite icyanga ku buryo igifu cyanga kubyakira. Ibyokurya bihabwa abarwayi bigomba kuba bigizwe n’indyo inyuranye. Ntabwo ari byiza guhorera indyo imwe buri gihe. … IMN 184.5

Mbabwiye ibyo bintu bitewe n’uko nahawe umucyo w’ukuntu mwangiza imibiri yanyu kubwo imirire yanyu yo gukoresha indyo nkene. Ngomba kubabwira ko atari byiza ko mukomeza kwigisha abanyeshuri inyigisho z’imirire nk’uko musanzwe mubikora kuko ibitekerezo byanyu ku bijyanye no kureka ibyokurya runaka bitagira icyo bifasha abakeneye gufashwa. IMN 184.6

Mwenedata nawe Mushiki wanjye ___, mbafitiye icyizere, kandi mbifuriza bikomeye kugira amagara mazima mu mubiri atuma mugubwa neza mu bya Mwuka. Mwahuye n’ububabare cyane bitewe no kubura ibyokurya bikwiriye. Ntimwagiye mufata indyo ikwiriye mu kubaka imibiri yanyu no

kuyongerera imbaraga. Ntimukwiriye kwiyima ibyokurya byuzuye intungamubiri kandi byiza. IMN 184.7

Igihe runaka, Muganga ___ yagerageje kwigisha umuryango wacu guteka dukurikije amabwiriza y'ivugurura mu by'ubuzima, nk'uko we yabyumvaga, atubwira kureka gukoresha umunyu cyangwa ikindi kintu kirungo kiryoshya ibyokurya. Ibyo narabigerageje, ariko umubiri utangira gucika intege, ku buryo numvise ngomba guhindura, maze ntangira gukoresha indi gahunda inyuranye kandi yaje kugenda neza cyane. Ibi mbibabwiye kuko nzi yuko hari akaga kabategereje. Ibyokurya bigomba gutegurwa ku buryo biba bifite intungamubiri umubiri ukeneye. IMN 185.1

Uhoraho arakurarika wowe Mwenedata na Mushiki wanjye ___ kwivugurura no kujya mugira ibihe byo kuruhuka. Ntabwo ari byiza ko mukomeza kwigerekaho imitwaro nk'uko mwabikoraga mbere. Nimutitonda, mushobora gutamba imibiri yanyu igakenyuka, kandi ifite agaciro gakomeye imbere y'Uhoraho. “Mbese ntimuzi yuko imibiri yanyu ari insengero z'Umwuka Wera … Kandi ntimuri abanyu ngo mwigenge, kuko mwaguzwe igiciro. Nuko rero mutume imibiri yanyu ihimbaza Imana.” 1 Abakorinto 6:20. IMN 185.2

Ntimugakabye ngo mube abaka ku byerekeranye n'ubugorozi mu by'ubuzima. Bamwe mu bizera bacu ntibaha agaciro ubugorozi mu byo kwitungira amagara mazima. Nyamara nubwo bamwe bakiri inyuma cyane, wowe ukwiriye kwirinda gutanga urugero rwo gukabya cyangwa ubwaka. Ukwiriye nawe kwihatira ubwoko bw'ibyokurya bituma ugira amaraso meza. Kwemera gutsimbarara ku mahame y'ukuri bizabaganisha ku kwiyemeza gukoresha imirire itazatuma ivugurura mu mirire ritera imbere. Aha ni ho mufitiye akaga. Igihe mubona ko umubiri ugenda ucika intege, ni ngombwa ko mugerageza guhindura imirire, kandi mugahita mubikora vuba. Mwongere gukoresha mu mirire yanyu ibintu bimwe mwari mwararetse gukoresha. Ni inshingano yanyu gukora ibyo. Mukoreshe amagi yatewe n'inkoko zifite ubuzima bwiza, muyarye atetse cyangwa ari mabisi. Muyavange ari mabisi n'umutobe mwiza w'imbuto mubasha kubona. Ibi bizongerera umubiri ibyo ukeneye. Ntimutekereze na gato ko kugenza gutya ari ikosa. … IMN 185.3

Dushimishwa n’ibyo mukora nk’umuganga, kandi ndababwira ko mukwiriye gukoresha amata n’amagi mu mafunguro yanyu. Ibi bintu ntibibasha magingo aya kugira ikindi kibisimbura, kandi inyigisho yo kubisimbuza ntikwiriye kwigishwa. IMN 185.4

Ufite akaga ko gufata inyigisho z’ubugorozi mu mirire mu buryo bukabya kandi ukishyiriraho imirire itazakomeza umubiri wawe. … IMN 185.5

Niringiye ko muzita ku magambo mbabwira. Neretswe ko mutazabasha kugira imbaraga zo kwerekana neza iby’ivugurura mu by’ubuzima niba hari ibintu bimwe mudashoboye kugaragaza ukwishyira ukizana mu mibereho yanyu ndetse n’iy’abandi. Igihe kizagera ubwo bizaba bitagishoboka ko amata anyobwa nk’uko anyobwa cyane muri iki gihe; ariko iki sicyo gihe cyo kuyareka. Mu magi habonekamo ibyangombwa birwanya uburozi. Niba haratanzwe amabwiriza yo kudakoresha ubwo bwoko bw’ibiribwa mu miryango ifite abana barengeje umubyibuho, bakabije akamenyero ko gukoresha ibyo byokurya, ariko noneho ntitugomba kubona ko hari ihame ritubuza gukoresha amagi y’inkoko zifite ubuzima bwiza kandi zagaburiwe neza. … IMN 185.6

Imana irasaba abemeye igitambo cya Kristo kwiyitaho ubwabo no kwereka abandi urugero rwiza. Mwenedata, ntugomba kubera ubwoko bw’Imana ibuye ry’igisitaza ku kibazo cy’imirire, kuko bazananirwa kugirira icyizere inyigisho zisaba kwigomwa kugeza ku rugero rwo hejuru. Uhoraho ashaka ko ubwoko bwe burangwa no gushyira mu gaciro ku ngingo yose y’ivugurura (ubugorozi) mu buzima, ariko ntitugomba gukabya ngo tugwe mu mutego w’ubwaka. … IMN 185.7

Impamvu ituma Muganga ____ agira ubuzima bubi ni ugukora ataruhuka akananiza umubiri, kandi ntahe agaciro ibyo gusimbuza mu mubiri imbaraga aba yakoresheje ngo awugaburire indyo yuzuye, ifite ibyubaka umubiri, ibyokurya byiza kandi biryoshye. Mwenedata, egurira ubuzima bwawe Uwakubambiwe, ariko wirinde kwizirika ku mirire idahagije, kuko ibyo bigaragaza ko uterekana ivugurura mu by’ubuzima uko bikwiriye. IMN 185.8

Mu gihe turwanya umururumba no kutirinda, tugomba kwibuka amahame n’inama bikubiye mu kuri kwigishwa n’Ubutumwa bwiza, bijyana n’umutimanama utekereza. Kugira ngo dusohoze umurimo wacu mu buryo

bworoheje kandi butaziguye, tugomba kwemera ibyangombwa umuryango muntu wahawe kubahiriza. Imana yatanze ibyangombwa abantu bose bakenera, mu bihugu byo ku isi batuyemo byose. Abashaka gukorana n'Imana bagomba kwitondera cyane uburyo bigisha ivugurura ry'ubuzima mu ruzabibu rw'Umwami. Bagomba kwigengesera cyane igihe berekana ibyokurya bikwiriye kuribwa n'ibidakwiriye kuribwa. Intumwa z'abantu zigomba gufatanya n'Umufasha mvajuru mu kwerekana ubutumwa bw'imbabazi ku mbaga y'abantu benshi Imana ishaka gukiza. IMN 186.1

Tugomba gusanga abantu benshi. Mu gihe twigisha ivugurura mu by'ubuzima dukoresheje intekerezo z'ubwāka no gukabya, tubasha gukomeretsa benshi. Ni byiza gusaba abantu kureka inyama, ikawa n'icyayi. Nyamara hari n'abandi bavugako n'amata agomba kurekwa. Iyi ngingo nyamara ikwiriye kwiganwa ubwitonzi bukomeye. Hariho imiryango ikennye itunzwe gusa n'imigati n'amata; baramutse bafite ubushobozi, baba bagomba no kurya n'imbuto. Ibyokurya byose by'inyama bigomba kurekwa, ariko ibyokurya by'imboga bigomba kuvangwa n'amata make cyangwa amavuta cyangwa ikindi gisa nk'ibyo kugira ngo byorohe mu igogora. Iyo inyigisho z'ivugurura mu by'ubuzima zigishijwe, abantu bakennye barabaza bati, "Mbese nkatwe tuzatungwa n'iki? Ko tutabasha kubona amafaranga yo kwigurira imbuto n'ibinyamavuta?" Igihe nigisha inkuru nziza abakene, ndarikirwa kubagira inama yo kurya ibyokurya birushijeho kugira intungamubiri. Sinshobora kubabwira ngo: Ntimugomba kurya amagi, cyangwa amata, cyangwa amavuta; ntimugomba guteka amavuta mu byokurya. Inkuru nziza igomba kwigishwa abakene, kandi igihe cyo kubategeka ibyo bagomba kurya n'uburyo bagomba kubiteka ntikiragera. IMN 186.2

Igihe kizaza ubwo tuzaba tugomba kureka bimwe mu byo kurya dukoresha iki gihe, nk'amata, amavuta, n'amagi; ariko ubutumwa mbaha ni uko mutagomba kwikururira igihe cy'akaga imburagihe, ngo mwihandishe imibabaro yo kwikenyura. Nimutegereze kugeza ubwo Umwami azatebategurira inzira mugomba kunyuramo. IMN 186.3

Amavugurura asaba gukurikiza ibisabwa byo mu rwego rwo hejuru abasha kwemerwa gusa n'itsinda ry'abantu runaka, bafite uburyo babasha kwibonera ibyokurya byose baba bakeneye bakabisimbuza ibyo baba bararetse. Ariko na none iri tsinda riba rigizwe n'abantu bake cyane mu

bandi benshi cyane baba babona ko ibi bigeragezo atari ngombwa kuri bo. Hariho na none abandi bagerageza kureka ikintu cyose bita ko kigirira nabi umubiri, nyamara bakagomwa umubiri indyo ifite ibyangombwa bikwiriye. Ingaruka ni uko bagira intege nke ntibabe bagishobora gukora akazi. Ibyo rero bituma bamwe bumva bazinutswe iby'ivugurura ry'ubuzima. Umurimo twagerageje kubaka mu buryo bukomeye ugatezwamo urujijo rw'ibintu bidasanzwe Imana itifuza. Ibyo kandi bituma imbaraga z'itorero zidindira. IMN 186.4

Ariko Imana izatabara ikome mu nkokora ingaruka z'izo ntekerezo zifunze. Ubutumwa bwiza bugamije guhuza inyokomuntu, bugahuriza hamwe umukire n'umukene bombi bagahurira ku birenge bya Yesu. …IMN 186.5

Ariko ndashaka kubabwira ko ubwo igihe kizaba kigeze cyo kubona ko bitakiri byiza gukoresha amata, amavuta yayo, amavuta yandi, n'amagi, ibyo Imana izabihishura. Ntihakwiriye kubaho rero inyigisho zo gukabya ku byerekeranye n'ivugurura ry'ubuzima. Ikibazo cyo gukoresha amata n'amavuta n'amagi kizikemura ubwacyo. Ariko ubungubu ntibikwiriye kuduhangayika ngo twikorere umutwaro wabyo. Reka kudakabya kwanyu kumenywe n'abantu bose. IMN 186.6

325. Mu ijoro ryashize nari nsinziriye meze nk'uvugana na Muganga ___. Ndamubwira nti: Ugomba na none kurushaho kwitondera gukabya mu mirire yawe. Ntugomba kuba umwāka ku bikureba ubwawe cyangwa ku birebana n'ibyokurya bihabwa abatishoboye n'abarwayi bo mu bitaro. Abarwayi bariha amafaranga menshi y'ibitaro, kandi bagomba kwitabwaho uko babyifuza. Bamwe babasha kuba baza mu bitaro bitewe n'ubuzima bubasaba kwigomwa bikomeye ku by'irari ryabo, bakumva bakeneye indyo yoroheje, ariko uko bagenda boroherwa bakaba bagomba kubona ibyokurya byubaka umubiri wabo mu buryo buhagije. IMN 187.1

[Ibitaro n'amavuriro bigomba kwirinda gukabya mu byerekeranye n'imirire — 427, 428, 429]. IMN 187.2

Ibyokurya Bigomba Gutegurwa ku buryo Bitera Ipfa

326. Abagorozi mu by'ubuzima bakwiriye kwirinda, kurusha abandi bose, ubwaka no gukabya. Umubiri ugomba kubona ibiwutunga bihagije.

Umwuka duhumeka ntuhagije wonyine kugira ngo tubeho. Ntabwo ubuzima bwakomeza turamutse tutabonye ibyokurya bifite intungamubiri. Ibyokurya bigomba kuba biteguwe neza, kugira ngo bibe biryoshye kandi biteye ipfa. IMN 187.3

327. Imirire ibuze intungamubiri zihagije ikoza isoni umugambi w'ivugurura ry'ubuzima. Turi abantu bapfa, ni ngombwa rero ko duha imibiri yacu indyo irimo ibyangombwa bikomeza gutunga iyo mibiri. IMN 187.4 Bamwe mu Badiventisti, biyemeza ku bushake kureka kurya ibyokurya bibi, nyamara bagakerensa gushakira imibiri yabo ibyokurya bifite intungamubiri umubiri ukeneye ngo ukomeze kumererwa neza. Abafite intekerezo z'ubwāka no gukabya mu by'ivugurura ry'ubuzima baba bari mu kaga ko gutegura ibyokurya bitaryoshye, bifite impumuro mbi, ku buryo abantu batabyishimira. Ibyokurya bigomba gutegurwa ku buryo bitera ipfa kandi bifite intungamubiri. Ntitugomba kuvutsa umubiri ibyo ukeneye. Nkoresha umunyu mukeya, kandi ni ko kamenyero kanjye, kuko umunyu, aho kugirira nabi umubiri, ufitiye akamaro amaraso. Imboga zikwiriye guteguranwa uburyohe zigashyirwamo amata makeya cyangwa amavuta y'inka, cyangwa ikindi kimeze nkabyo. IMN 187.5

Nubwo twatanze imiburo ivuga iby'akaga k'indwara ziterwa no gukoresha amavuta, n'akaga abana bato bagira bitewe no gukoresha amagi ku buryo burenze urugero, na none ariko ntidukwiriye kubona ko byaba ari ukwica amahame igihe dukoresheje amagi y'inkoko nzima zorowe neza kandi zikagaburirwa neza. Amagi afite ibyangombwa bikenewe mu guhagarika uburozi runaka. IMN 187.6

Abantu bamwe, mu kureka gukoresha amata, amagi, n'amavuta, baba bavutsa umubiri intungamubiri zihagije. Ingaruka ni uko bagira intege nke ntibababashe gukora akazi. Ibi biteza umugayo ivugurura ry'ubuzima, bityo umurimo twashyizemo imbaraga ngo ushinge imizi ugacogozwa n'ibidafite umumaro Umwami Imana itategetse, n'imbaraga z'itorero zikadindira. Ariko Imana izatabara ikome mu nkokora ingaruka z'izo ntekerezo zifunze. Ubutumwa bwiza bugamije guhuza inyokomuntu, bugahuriza hamwe umukire n'umukene bombi bagahurira ku birenge bya Yesu. IMN 187.7

Igihe kizaza ubwo tuzaba tugomba kureka bimwe mu byo kurya dukoresha iki gihe, nk'amata, amavuta, n'amagi; ariko si ngombwa ko twikururira akaga imburagihe ngo twigomwe birenze urugero.

Nimutegereze kugeza ubwo igihe kizabidutegeka, kandi Umwami aradutegurira inzira z’ukuntu tugomba kubyitwaramo. IMN 187.8

Abiteguye kwamamaza neza inyigisho z’ivugurura ry’ubuzima bagomba gufata Ijambo ry’Imana nk’umuyobozi n’umujyanama. Niba abigisha b’amahame y’ivugurura ry’ubuzima bagenza batyo, nta gushidikanya ko umurimo wabo ugira imbaraga. Nimureke twe gutanga ubuhamya bubi ku ivugurura ry’ubuzima tunanirwa gukoresha indyo yuzuye, ifite uburyohe, aho gukoresha ibyokurya bizanira ibibazo umubiri kandi twarahisemo kubireka. Ntugashyigikire mu buryo ubwo aribwo bwose irari rizanwa n’ibyokurya bikabura umubiri. Ujye urya gusa indyo yuzuye, yoroheje, ifite intungamubiri, kandi uhore ushima Imana kubwo amahamwe y’ubugorozi mu by’ubuzima yaduhaye. Muri byose ujye uba umunyakuri n’inyangamugayo, uzabona ingororano z’agahebuzo.IMN 188.1

Akaga Gaterwa n’Abāka

328. Twabahaye umuburo tubihanangiriza kwirinda gukabya, nubwo byaba gukabya mu kurya ibyokurya byiza, ariko turaha n’umuburo abitwa abāka wo kwirinda kuzamura ibendera ryabo, bityo bakirinda gukururira abandi munsi y’ibendera ryabo. IMN 188.2

329. Neretswe ko umuntu runaka n’undi witwa kanaka bakojeje isoni umurimo w’Imana. Bateje icyasha umurimo kitazigera gihanagurika. Neretswe umuryango wa Mwenedata D. Iyo uyu muvandimwe aza kubona ubufasha bukwiriye ku gihe gikwiriye, buri wese ugize umuryango we aba akiriho n’uyu munsi. Biratangaje kuba amategeko y’ubutaka atarashimangiwe kubw’iyi mpamvu yatewe no kutita ku buzima bwabo. Uyu muryango wari mu nzira yo kuzima bitewe no kudakoresha ibyokurya bitunganye kandi byoroheje. Bicwaga n’inzara kandi bari mu gihugu gikungahaye. Bari bakeneye ubumenyi. Umusore ntiyazize indwara ahubwo yazize inzara. Ibyokurya byari kumuzanzamura bigasubiza intege mu mubiri. … IMN 188.3

Igihe kirageze ngo hagire icyakorwa kigamije kubuza abafite ubumenyi buke kwimakaza ibitekerezo byabo ku byerekeranye n’ivugurura ry’ubuzima. Imirimo yabo n’amagambo yabo bikwiriye kwirindwa, kuko

bitera akaga kurusha iby’abanyabwenge n’abahanga bo mu rwego rwo hejuru babasha kurwanya bakoresheje ubushobozi bwabo. Ntibyashobokera abahanga barwanirira ivugurura ry’ubuzima kurandura mu mitwe ya rubanda ingengabitekerezo yabinjiyemo bitewe n’urugero rubi rw’izi ntagondwa z’abāka, maze bagashyira inyigisho y’ingenzi y’ivugurura ry’ubuzima mu mwanya wayo igasimbura ibyo aba bantu bangije. Urugi ruracyakinze kandi ku rugero runini, rutuma abatizera batabasha kugerwaho n’ubutumwa bw’ukuri kw’iki gihe bw’Isabato no Kugaruka k’Umukiza wacu. Ukuri kw’agaciro gakomeye kwateshejwe agaciro n’abantu bagusebya ko nta kamaro kako. Aba bantu biyita ko ari abagorozi b’ubuzima n’abakomeza Isabato muri rusange. Aba bahindutse ibuye risitaza bityo bafite umutwaro ukomeye imbere y’abatizera. IMN 188.4

Ibitekerezo bya Bamwe n’Urugero Abantu Bishyiriraho

330. Igihe kirageze ngo abantu benshi bemere bidasubirwaho akamaro k’ivugurura ry’ubuzima baba abakomeye n’aboroheje. Ariko ntidukwiriye kwemerera ikintu icyo aricyo cyose ngo kibangamire ubutumwa tugomba kujyana, aribwo butumwa bwa marayika wa gatatu, bufitanye isano ikomeye n’ubutumwa bwa marayika wa mbere n’ubwa marayika wa kabiri. Ntitugomba kwemerera ibintu by’ubusabusa bidafite agaciro ngo bidushyire mu kazitiro, aho tutabasha kugera ku bantu benshi. IMN 188.5

Abagize itorero n’abari ku isi bakeneye imbaraga zose n’impano zose Imana yaduhaye ngo tubibagaragarize. Ibyo dutunze byose bigomba gukoreshwa mu murimo wayo. Mu kugeza ubutumwa ku bandi, mujye mwirinda gukoresha ibitekerezo byanyu bwite. Dufite ubutumwa bugenewe abatuye isi yose, kandi Umwami Imana ashaka ko abagaragu be barinda mu buryo bwera icyizere Imana yabagiriye. Imana yahaye umuntu wese umurimo akwiriye gukora. Nimureke rero dukumire ubutumwa bw’ibinyoma. Umucyo ukomeye w’ivugurura (ubugorozi) ry’ubuzima ntugomba kwijimishwa n’ibibazo bidahuye. Ukudahuza [n’ubutumwa] k’umuntu umwe kugera ku mubiri wose w’abizera; kubwo ibyo rero, iyo aguye mu mutego w’ubwāka no gukabya, biteza urubwa rukomeye umurimo w’Imana. IMN 188.6

Dukwiriye gukemanga inzira zose zituma dufata ibintu mu buryo bw'ubwāka burangwa no gukabya. Ibyo bituma igihe cyose mbona ko ngomba kugira icyo nkora ngo inyigisho zacu ze kumvikana nabi, kugira ngo ab'isi batabona urwaho rutuma batekereza ko Abadiventisti b'Umunsi wa Karindwi ari itsinda ry'abantu b'abāka b'intagondwa. Iyo dushatse gukura abantu mu muriro ku ruhande rumwe, ku rundi ruhande ayo magambo aba akoreshejwe ngo akosore ibibi abantu bamwe bayakoresha mu gutsindishiriza akamenyero kabo. Umwami Imana aturinde imigenzereze ya kimuntu n'ubwāka burangwa no gukabya! IMN 189.1

Ntihakagire umuntu uzana ibitekerezo by'ubwāka ku byerekeranye n'imirire n'iminywere. Imana yatanze umucyo. Abizera bacu bagomba kwakira uwo mucyo bakanawugenderamo. Ni ngombwa ko turushaho kumenya Imana na Yesu Kristo. Ubwo bumenyi ni bwo buduhesha ubugingo buhoraho. Kurushaho kuba abantu bubaha Imana, beza, bicisha bugufi, bayoborwa na Mwuka, bizageza abizera bacu ahantu babasha kwiga bakamenya Umwigisha Mukuru. IMN 189.2

Igihe kizagera ubwo gukoresha amata bizaba birimo akaga. Ariko niba inka zifite ubuzima bwiza kandi amata agatekwa neza uko bikwiriye, nta mpamvu yo kwikururira akaga mbere y'icyo gihe. Nta muntu ukwiriye kumva ko agomba guha ubutumwa bwereka abizera ibyo bagomba gutegura ku meza yabo kuri buri gihe cyihariye. Abiroha mu bwāka bazashyira babone ko ingaruka z'ibyo babona atari ibyo bibwiraga. Umwami Imana azatuyoboza ukuboko kwe kw'iburyo, nituramuka tumwemereye kutuyobora. Urukundo no kubonera ni amatunda asoromwa ku giti cyiza. Ufite urukundo aba yarabyawe n'Imana kandi azi Imana.IMN 189.3

Nabwirijwe guha amabwiriza abo muri Konferansi ya _________, bagiye barangwa no gutsimbarara ku byerekeranye n'ivugurura ry'ubuzima, bashaka guhatira abandi ibitekerezo byabo n'imyumvire yabo, mbabwira ko ubutumwa bwabo budaturuka ku Mana. Nababwiye ko nibaramuka bagabanyije ndetse bakareka iyo migirire ya karande bimenyereje, irangwa no kwinangira gukabije, bazabona ko bakeneye rwose kwihana. "Nyamara nidukundana Imana iguma muri twe, urukundo rwayo rugatunganirizwa muri twe rwose. … Imana ni urukundo, kandi uguma mu rukundo aguma mu Mana, Imana ikaguma muri we." 1 Yohana 4:12, 16. … IMN 189.4

Ubwenge bwa muntu bugomba guhuzwa n'ubwenge mvajuru n'imbabazi z'Imana. Nimureke inarijye yacu ihishwe muri Kristo. Nimureke dukorane ubwitonzi kugira ngo tugere ku rugero rwo hejuru Imana yadushyiriyeho, urugero rwo guhindurwa mu mico n'Ubutumwa bwiza. Imana iraduhamagarira kugendera mu nzira igororotse, dutegura inzira zikwiriye tugomba kunyuzamo ibirenge byacu, hato ubumuga bwacu bwo kuremara butaduteza kuyoba. Bityo dutume Kristo anyurwa. IMN 189.5

Ikosa ry'Abantu Ryabasha Kwihanganirwa Kurusha Urundi Ruhande rwo Gukabya mu Bwāka

331. Mwenedata nawe Mushikiwanjye _____ mwagaragaje ubwaka bukabije ku by'imirire, bituma mutesha umutwe abo mu korana mu kigo. Ubu noneho umwanzi arashaka kubakururira ku rundi ruhande rwo gukabya, akabateza gukoresha indyo nkene gusa. Mujye mwirinda ibitekerezo bishyushya imitwe n'inama ziganisha ku gukabya. Mujye mushakashaka ubwenge mvajuru kandi mukorane ubushishozi. Nimujya mu ruhande rw'ubwaka, muzabona ko mugiye gusubira inyuma, kandi nubwo mwaba mukorana umutimanama, muzasigara mubona ko mukwiriye gushidikanya iby'umutimanama ubabwira, maze mutererwe icyizere na benedata ndetse n'abatizera. Mube mwiringiye neza ko mutagomba kwihuta cyane ngo murenge umucyo muzima mwahawe n'Imana.Ntimugatwarwe n'ibitekerezo by'abandi, ahubwo mugende mufite ubwenge kandi mwubaha Imana. IMN 190.1

Nimukora amakosa, ntimukemere ko abajyana kure y'ibitekerezo mukwiriye gusangira n'abandi bantu, kuko ibyo bituma bakemanga imbaraga zanyu kandi ntimube mugishoboye kugira icyiza mwababakorera. Ibyiza ni uko ukwibeshya kwanyu kwaba ku ruhande rw'ibyifuzo by'abantu aho kuba biri kure yabo, kuko icyo gihe haba hari ibyiringiro ko mubasha kwikururiraho abantu, ariko igikwiriye ni uko ayo makosa adakenewe ku ruhande rumwe cyangwa urundi. IMN 190.2

Ntimukeneye kwiroha mu mazi, cyangwa mu muriro, ahubwo nimujye mu nzira rwagati, kugira ngo mwirinde ubwāka bwose. Ntimugatange ipica, nk'abayobozi, yereka abandi ko mubogamiye ku ruhande rumwe, ngo

mube abantu bari mu rungabangabo. Ntimugahitemo gukoresha indyo nkene. Ntimukemerere uwo ariwe wese kubategeka gukoresha indyo nkene. Mujye muteka ibyokurya mu buryo biryohera abantu, bifite isuku, biteye ipfa, ari byo bizerekana neza ipica y'ivugurura ry'ubuzima. IMN 190.3

Kureka amahame y'ubuzima biterwa n'uko ubujiji bw'abantu bwabateye kuyaha ubusobanuro buri mu ruhande rwo gukabya n'ubwāka, ari byo byateye abantu kuyanga aho gukururwa na yo. Nagiye mpura n'ibitekerezo by'ubwāka no gukabya ahantu hatandukanye. Bateguraga imboga n'amazi gusa, n'ikindi kintu cyose bakagitegura muri ubwo buryo. Ubu buryo bwo guteka ni ukunyuranya n'amahame agenga ubuzima, kandi hari abantu bafite imyumvire iteye ku buryo baba biteguye kwemera ivugurura iryo ariryo ryose, n'imirire iyo ariyo yose. IMN 190.4

Benedata, ndashaka ko muba abantu birinda muri byose, ariko mugire ubwenge butuma mwirinda kuba abakabya cyangwa ngo muteze itorero ryacu cyangwa ikigo cyacu kujya mu nzira y'amahatane ijyana mu buyobe. Ntimugomba kwemera ibyo abantu batekereza byose, ahubwo mujye murangwa no gushyira mu gaciro, mutuze, mwiringira Imana. IMN 190.5

Mwirinde Gukabya Ku Mpande Zombi

332. Nzi yuko benshi muri benedata barwanya mu mitima no mu bikorwa ivugurura ry'ubuzima. Nta ruhande na rumwe rw'ubwāka no gukabya mvugira. Ariko uko nagiye nsubira mu nyandiko zanjye, nabonye ubuhamya bufatika n'imiburo ku kaga Abadiventisti babasha guhura na ko bitewe no kwigana imigenzo n'ibikorwa by'ab'isi mu kwiyemera, kugira umururumba, no kumva ko bagomba kugendana n'ibigezweho. Numva agahinda kenda kunturitsa umutima bitewe n'iyo migirire. Hariho bamwe bavuga ko bamwe muri benedata bakabije kuvuga cyane kuri ibyo bibazo.Ariko se kuba bamwe barahisemo buri gihe kuvugira mu ibanga ibibari ku mitima byerekeranye n'ivugurura ry'ubuzima byaba impamvu yatuma uko kuri gusubizwa inyuma? Akenshi ab'isi usanga ko bari kure bikabije ku ruhande rwo gukabya ku byerekeranye no kugira umururumba no kutirinda mu mirire no mu minywere; maze ingaruka ikabyara ibikorwa byo kwifuza n'umurengwe ukabije. IMN 190.6

Hari benshi muri iki gihe bari mu gicucu cy'urupfu bari bariteguye gukora umurimo w'Umwami ariko batigeze bumva agaciro k'inshingano yera iri ku bitugu byabo yo kubahiriza amategeko agenga ubuzima. Nta gushidikanya ko amategeko agenga ubuzima bwacu ari amategeko yashyizweho n'Imana, ariko abantu bibagiwe iki kintu. Bamwe biziritse ku mirire itabasha gutuma bakomeza kugira ubuzima bwiza. Bagomwe imibiri yabo indyo yubaka umubiri bayisimbuza ibyokurya byica ubuzima; ntibagira ubwenge bwo kwimenyereza gutegura ibyokurya bizanira umubiri amagara mazima. Umubiri ugomba kugaburirwa neza kugira ngo ubashe gukora akazi ushinzwe. Ntibigendana na gahunda y'ubuzima ko nyuma yo kureka ibyokurya bibi kandi byangiza umubiri, abantu bafata uruhande runyuranye maze bagatangira gukoresha indyo idahagije kandi itaboneye ikabije kuba nkene. Aho kuba ubugorozi bw'ubuzima, biba uburozi bw'ubuzima. IMN 191.1

[Akamaro ko kumenya gutegura ibyokurya biboneye kandi biryoshye — reba igice cya XXV kivuga Amashuri yigisha guteka].

IGICE CYA 12 - IMIRIRE Y'UMUBYEYI UTWITE
Ibishobora Kugira Ingaruka ku Mwana Ukiri mu Nda

333. Benshi mu babyeyi ntibaha agaciro ibintu bigira ingaruka ku mwana ukiri mu nda. Ariko Imana yo siko ibigenza. Ubutumwa bwoherejwe na marayika w'Imana, kandi bugatangwa inshuro ebyiri mu buryo bwumvikana, bwerekana ko icyo kintu gikwiriye guhabwa agaciro gakomeye cyane. IMN 192.1

Mu magambo yabwiwe umubyeyi w'Umuheburayo, Imana yabwiriyemo ababyeyi bose b'ibihe byose. Marayika yagize ati, "Ibyo nabwiye uyu mugore byose abyirinde. Nuko yitondere ibyo namubwiye byose." (Abacamanza 13:13, 14). Imibereho myiza y'umwana iterwa mu buryo bukomeye n'ingeso za nyina. Ibyifuzo bye n'ibimuryohera bigomba kugendera ku mahame. Kugira ngo akurikize umugambi w'Imana mu gihe atwite, umubyeyi agomba kwirinda ibishobora kugira ingaruka ku mwana atwite, kandi akarwanya imyifatire runaka. Niba mbere yo kuvuka k'umwana umubyeyi asanzwe arangwa no kugira umururumba, niba arangwa no kwikunda, kutihangana, no kuruhanya, izi ngeso zose zizigaragaza mu myifatire y'umwana. Uko ni ko usanga abana benshi baravukanye umurage w'ikibi umeze nk'utabasha kuranduka. IMN 192.2

Ariko niba umubyeyi akomeje gukurikiza amahame meza, niba yirinda kandi akarangwa no kwiyanga, niba arangwa n'ubugwaneza, kwiyoroshya, no kutihugiraho, abasha guha izo ngeso z'agaciro kanini umwana we. Itegeko ribuza umubyeyi gukoresha inzoga rirasobanutse. Buri gitonyanga cy'inzoga anywa kugira ngo ahaze irari rye gushyira mu kaga ubuzima bw'umubiri, ubwenge, n'intekerezo by'umwana we, kandi akaba ari igicumuro akoreye Umuremyi we.IMN 192.3

Benshi mu bajyanama baha inama umubyeyi utwite ko aba akwiriye guhaza irari ry'ikintu ararikiye. Bamubwira ko niba har'icyokurya cyangwa icyokunywa ashaka, nubwo cyaba ari icyangiza umubiri, ko akwiriye kugifata agahaza irari ry'umubiri. Inama nk'iyi ni ikinyoma kandi iteza akaga. Ibyo umubiri w'umubyeyi ukenera bigomba igihe cyose kwitonderwa. Ubuzima bwa babiri buba buri mu maboko ye, kandi ibyifuzo agira bigomba kwitabwaho bikomeye, agahabwa ibyangombwa akeneye.

Ariko kurusha ibindi bihe byose, iki gihe aba agomba kwirinda, haba mu mirire ye no mu yindi mibereho ye, icyo aricyo cyose cyaca intege umubiri n'intekerezo bye. Imana ubwayo ni yo imuha itegeko n'amabwiriza yo kwirinda no kwitegeka ubwe. IMN 192.4

334. Igihe Imana yateguraga Samusoni ngo azabe umucunguzi w'ubwoko bwayo, yishimiye imyifatire myiza y'umubyeyi we warangwaga no kurinda umubiri we, mbere yo kubyara umwana Samusoni. Kandi ayo mabwiriza yo kwirinda yagombaga gukurikizwa kuva mu ntangiriro z'ubuzima bw'umwana, kuko yagombaga kuzegurirwa Uhoraho nk'Umunaziri kuva akivuka.IMN 192.5

Marayika w'Imana yabonekeye umugore wa Manowa, maze amubwira yuko azabyara umwana w'umuhungu. Bitewe n'ibi, yamuhaye amabwiriza y'ingenzi: "Nuko ndakwinginze wirinde kunywa vino cyangwa igisindisha kandi ntukarye ikintu cyose gihumanya" (Abacamanza 13:4). IMN 192.6

Imana yari ifitiye umurimo w'ingenzi umwana w'isezerano wa Manowa yagombaga gukora, kandi kubwo kumutegurira neza ibyo yagombaga kuzuza ngo azabashe gukora uwo murimo, byari ngombwa ko imico y'umubyeyi n'iy'umwana yitabwaho bikomeye. Marayika yahaye amabwiriza umugore wa Manowa ati: "Ntakanywe vino cyangwa igisindisha, habe no kurya ikintu cyose gihumanya. Nuko yitondere ibyo namubwiye byose" (Abacamanza 13:14). Ingeso z'umwana zari kuba nziza cyangwa zikaba mbi bitewe n'ingeso za nyina. Nyina yagombaga kwemera kuyoborwa n'amahame, agakurikiza kwirinda no kwiyanga, niba yarashakaga ko umwana we agira imibereho myiza. IMN 192.7

"Niyirinde"

335. Inama yahawe umugore wa Manowa ikubiyemo ukuri ababyeyi b'iki gihe bagomba kwitaho neza. Mu kuvugana n'uyu mubyeyi umwe, Uhoraho yavuganye n'ababyeyi bose bahangayitse kandi bafite agahinda b'icyo gihe, hamwe n'ababyeyi bose bo mu bihe byakurikiyeho. Ni ukuri koko buri mubyeyi akwiriye gusobanukirwa n'inshingano ye. Agomba kumenya ko imico abana bafata iterwa cyane n'ingeso ze mbere yo kuvuka

kwabo kandi igaterwa n'umuhati we bwite nyuma yo kubyara abo bana, kuruta uko iterwa n'ibyiza cyangwa ibibi by'ahamukikije. IMN 193.1

Marayika yabwiye muka Manowa ngo, "Niyirinde." Abe yiteguye kurwanya ikigeragezo. Ibyifuzo bye n'ibyo ararikira bigomba gutegekwa n'amahame. Buri mubyeyi agomba kubwirwa aya magambo ngo, "Niyirinde." Niba akurikiza inama y'Imana, igihe atwite, umubyeyi wese agomba kugira ibyo yigomwa, agomba kureka ibintu byose bishobora kugira ingaruka ku mwana we. … IMN 193.2

Umubyeyi wese wifuza guha uburere bwiza abana be agomba, mbere yo kubyara, kwimenyereza ingeso zo kwigomwa no kwitegeka; kuko araga abana be ingeso ze bwite, imico ye myiza cyangwa mibi. Umwanzi w'abantu asobanukiwe neza cyane ibi bintu kurusha uko ababyeyi babizi. Azateza ibigeragezo umubyeyi, azi neza yuko niba uwo mubyeyi atabaye maso ngo arwanye umwanzi, ashobora gushyikira umwana we. Ibyiringiro rukumbi by'umubyeyi biboneka mu Mana. Abasha kuyihungiraho akabona ubuntu n'imbaraga. Ntazatabaza ngo abure gutabarwa. Imana izamushoboza kuraga urubyaro rwe imico izarufasha kunesha muri ubu buzima no kuzaragwa ubugingo buhoraho. IMN 193.3

Irari Ntirigomba Gukoreshwa mu Buryo bw'Ubusazi

336. Ikosa akenshi rikorwa n'umubyeyi utegereje kubyara ni ukudahindura bihagije imibereho yari asanzwe afite. Muri icyo gihe, umubyeyi aba agomba koroherezwa akazi. Impinduka zikomeye ziba zirimo kubera mu mubiri we. Umubyeyi aba akeneye amaraso menshi mu mubiri, bityo rero aba agomba kubona ibyokurya byinshi bikize cyane ku ntungamubiri z'ingenzi zifasha mu kongera amaraso. Niba umubyeyi atabonye ibyo byokurya by'inyongera bitunga umubiri, ntashobora kugumana imbaraga z'umubiri, kandi n'umwana atwite akaba avukijwe ibyangombwa by'ingenzi. Agomba kandi kwitondera imyambaro yambara. Umubiri we ugomba kwitabwaho cyane ukarindwa ubukonje bukabije. Ntakwiriye kubona ko imbaraga akoresha ashakira umubiri imyambaro yo kuwurinda ari imfabusa. Niba umubiri we utabona ibyokurya by'ingirakamaro, byiza, kandi byubaka umubiri, ntuzabasha kubona amaraso meza ahagije. Ugutembera kwayo kuzagabanyuka maze umwana

abure ibyangombwa by'ingenzi. Kubwo ibyo, umubiri w'uwo mwana ntuzabasha gukura mu byokurya ibyangombwa ukeneye ngo ubihinduremo amaraso awugaburira. Ubuzima bwiza bw'umubyeyi n'ubw'umwana buzaterwa n'imyambarire ye ikwiriye, ishyushye, no kubona ibyokurya byubaka umubiri bihagije. Umubyeyi agomba kurushaho kubona ibyangombwa byinshi bitera imbaraga umubiri. IMN 193.4

Ariko ku rundi ruhande, imvugo yo kwibwira ko abagore, bitewe n'uko kuntu baba bamerewe, ko bagomba guhaza irari ry'ibyo bakeneye mu buryo bukabije, ni ikinyoma gishingiye ku kamenyero n'umuco w'abantu, aho gushingira ku by'ukuri bigaragara. Irari cyangwa ipfa ry'abagore bamerewe gutyo ribasha guhindagurika, bakagira ibyo batwarira, maze ntibibe byoroshye kurihaza; kandi umuco ukaba wemera ko bagomba guhabwa ibyo bifuza, nta kugisha inama umutimanama ngo wibaze niba ibyokurya [ibyokunywa] nk'ibyo bibasha guhaza no kugwa neza imibiri yabo, kandi bigatuma imikurire y'umwana igenda neza. Imirire ikwiriye kuba ifite intungamubiri, idafite ibikabura umubiri. Umuco uvuga ko niba umubyeyi akeneye inyama, urusenda, ibifite ibirungo byinshi, amavuta menshi, mumureke abirye; mureke kumwicisha ipfa. Uku ni ukwibeshya gukomeye, kandi kuzana akaga gakomeye. Akaga bitera ntigafite uko kangana. Niba hari igihe cyo gushakira umubyeyi indyo yoroheje no kwitondera imiterere y'ibyokurya agomba kurya, ni iki gihe. IMN 194.1

Abagore bagendera ku mahame kandi bigishijwe neza ntibazareka gukoresha indyo yoroheje mu gihe nk'iki kurenza ibindi bihe byose. Babona ko hariho ubundi buzima bagomba kubeshaho, maze bakitonda mu migenzereze yabo yose, by'umwihariko mu mirire yabo. Ntibagomba kurya ibitaribwa cyangwa ibikabura umubiri, bitewe gusa no kwishakira ibibaryoheye. Bazabona abajyanama benshi babemeza ibyo bagomba gukora binyuranye n'icyo umutimanama wabo ubabwira kureka. IMN 194.2

Abana bavukana uburwayi bitewe n'umururumba w'ababyeyi. Umubiri ntuba warashatse ibyokurya bitandukanye biba birarikiwe n'intekerezo. Ni ikosa kwibwira ko igifu kigomba guhabwa ibintu byose umutima wumva ushaka, kandi abagore b'Abakristo bakwiriye kwirinda iryo kosa. Ibyo umutima ushaka ntibikwiriye gutegeka ibyo umubiri ukeneye. Abemera kumvira irari ryabo gusa bagomba kwihanganira ingaruka zibabaje zo kugomera amategeko y'imibereho yabo. Kandi izo ngaruka ntizigera ku

wagomeye ayo mategeko gusa, zigera no ku bamukomokaho, nubwo baba ari inzirakarengane. IMN 194.3

Ingingo zishinzwe gukora amaraso ntizishobora gukura amaraso meza mu birungo, mu byokurya bibikwa mu bikombe, no mu nyama z'amatungo arwaye. Kandi iyo umubyeyi ariye ibyokurya byinshi ku buryo ingingo z'urwungano ngogozi ziba zigomba gukora cyane kugira ngo zibishye kandi zikure mu mubiri imyanda y'ibikabura byo muri ibyo byokurya, uwo mubyeyi aba ahemukiye umubiri we bwite, kandi agateza n'imbuto z'indwara ku bana azabyara. Niba ahisemo kurya ibyo yumva yishakira kandi ararikiye, atitaye ku ngaruka zabyo, azahura n'ingorane, zitazamugeraho wenyine. Umwana we w'inzirakarengane aba agomba kuzagerwaho n'ingaruka zitamuturutseho. IMN 194.4

Ingaruka zo Gukora Birenze Urugero no Kurya Indyo Nkene

337. Akenshi, igihe umugore atwite, arakora cyane kuva mu gitondo kugeza nimugoroba, amaraso ye agashyuha. … Imbaraga ze nyamara zagombye gukoreshwa mu buryo bwitondewe. … Imihangayiko n'imitwaro ye si kenshi bigabanuka, kandi mu gihe nk'iki, kurusha ibindi byose, ni cyo gihe yagombye kuruhukamo, nyamara ugasanga ni cyo gihe agaragaza umunaniro, kumererwa nabi, no gucura igihunya. Kubwo iyo mihati myinshi yishyiraho, aba agomwa abana be ibyangombwa byubaka umubiri aba abomba gukura mu byaremwe, kandi bitewe no gukoresha amaraso ye agashyuha, bituma yohereza mu mubiri amaraso yahindutse mabi. Bityo umwana atwite akabura ubuzima butangwa n'ayo maraso, imbaraga z'umubiri, n'imbaraga z'ubwenge. IMN 194.5

338. Neretswe imibereho ya B mu rugo rwe bwite. Yagiye arangwa no kugira ubukana n'igitugu. Yiyemeje gukoresha gahunda y'ivugurura ry'ubuzima ryigishwa na Mwenedata C, kandi, kimwe nka we, yafashe ibitekerezo by'ubwaka kuri iyo ngingo; maze bitewe no kudatekereza neza, yakoze amakosa ateye ubwoba, ku buryo ingaruka zayo zitazasibangana. Kubwo kwishingikiriza ku bitekerezo yagiye atoragura mu bitabo, yatangiye gukwirakwiza inyigisho yumvanye Mwenedata C, maze kimwe nka we, ashaka gukurura abantu bose ngo abashyire munsi y'ibendera rye. Umuryango we yawutegetse gukurikiza amategeko ye y'ubukana, ariko

ananirwa kugenzura imbaraga ze za kinyamaswa zamukururaga. Yananiwe ubwe kugera ku ntego, ananirwa no gutegeka umubiri we. Iyo aza kuba yarasobanukiwe neza na gahunda y'ivugurura ry'ubuzima, aba yaramenye neza ko ubuzima bwe butameze neza ku buryo abasha kubyara abana bafite ubuzima bwiza. Ibyifuzo bye atashoboye gutegeka byatumye atabasha gutekereza ku ngaruka z'ibyo yikururiye. IMN 194.6

Mbere yo kuvuka kw'abana be, ntiyigeze afata umugore we nk'umubyeyi ukwiriye gufatwa neza mu gihe nk'icyo. … Ntiyamugaburiraga indyo nziza kandi ihagije ikwiriye kugaburira babiri, aho kuba umwe. Hari ubundi buzima uwo mubyeyi agomba gutunga, kandi umubiri we ntiwigeze ubona imirire y'ibyokurya byuzuye bya ngombwa ngo bikomeze imbaraga ze. Yaburaga indyo ihagije kandi nziza. Umubiri we wamusabaga impinduka, imirire inyuranye n'indyo nziza irushijeho kugira intungamubiri. Abana be bavukanye umuze muke w'imbaraga ngogozi n'amaraso adahagije. Ibyokurya umubyeyi yabonaga ntibyashoboraga kubikuramo amaraso meza, bityo abyara abana bafite ubusembwa buteza indwara.

339. Ikibazo ababyeyi bombi bakwiriye kwibaza ni ikingiki: “Ni iki tugomba kuzakorera umwana tuzabyara?” (Reba Abacamanza 13:8). Twamaze kubwira umusomyi w’aya magambo icyo Imana yavuze ku byerekeranye n’imyitwarire igomba kuranga umubyeyi w’umugore utegereje kubyara umwana we. Ariko ibyo ntibihagije. Marayika Gaburiyeli yoherejwe aturutse mu bikari byo mu ijuru ngo atange amabwiriza yerekeranye n’uburyo bwo kwita ku bana bamaze kuvuka, kugira ngo ababyeyi babashe gusobanukirwa bihagije inshingano zabo. IMN 196.1

Mu gihe cyari cyegereje ukuza kwa mbere kwa Kristo, marayika Gaburiyeli yabonekeye Zakariya amuzaniye ubutumwa bumeze nk’ubwari bwarahawe Manowa. Uwo mutambyi wari usheshe akanguhe yabwiwe ko umugore we azabyara umwana w’umuhungu, akazitwa Yohana. Marayika yakomeje kumubwira ati, “Azakubera umunezero n’ibyishimo, kandi benshi bazanezezererwa kuvuka kwe, kuko azaba mukuru imbere y’Umwami Imana. Ntazanywa vino cyangwa igisindisha cyose, kandi azuzuzwa Umwuka Wera ahereye akiva mu nda ya nyina” (Luka 1:14, 15). Uyu mwana w’isezerano yabombaga kurerwa hakurikijwe amabwiriza adakuka yo kwirinda. Yagombaga kuzakora umurimo ukomeye w’ivugurura n’ubugorozi, ategurira inzira Kristo. IMN 196.2

Ukutirinda k’uburyo bwose ni ko kwarangagaga abantu. Umurengwe wo kunywa ibisindisha n’ibyokurya bihenze byagendaga bicogoza imbaraga z’imibiri y’abantu, maze bigateza abantu kwandavura mu mico ku buryo ibikorwa by’urugomo bikomeye bitabonwaga nk’icyaha. Ijwi rya Yohana ryagombaga kurangururira mu butayu rigacyaha ibyaha by’umurengwe byari mu bantu, kandi imibereho ye yo kwirinda yagombaga kubera aho mu gihe cye igihamya gikomeye. IMN 196.3

Intangiriro Nyakuri y’Ivugurura n’Ubugorozi

Imbaraga z’abakozi bacu bashinzwe ibyo kwirinda ntizihagije ngo zigere kure kugira ngo umuvumo wo kutirinda uboneka mu gihugu cyacu

uranduke. Birakomeye ko ingeso zamaze kubakwa ziranduka. Ivugurura rigomba gutangirana n'umubyeyi mbere y'uko yibaruka umwana. Kandi niba inama ziturutse ku Mana zubahirijwe mu buryo bukiranuka, ukutirinda ntikwaboneka. IMN 196.4

Buri mubyeyi agomba guhora akorana umuhati ngo ahuze imico ye n'ubushake bw'Imana, kugira ngo abashe gukorana na yo mu kurinda abana be kwangirika n'imico mibi by'iki gihe byica imibereho n'ubuzima. Ababyeyi nibashake bwangu kandi badatindiganije uburyo bagomba kubana n'Umuremyi wabo, maze kubwo gufashwa n'ubuntu bwe, bashobore kubaka mu bana babo urukuta rubarinda kononekara kw'imico no kutirinda. Ababyeyi nibaramuka bakurikije iyo migenzereze, bazabona abana babo, nk'uko byagenze kuri Daniyeli akiri muto, bageze ku kigero cyo hejuru mu mico mbonera n'ubuhanga, bahindukire umugisha umuryango mugari, n'abahesha Umuremyi wabo icyubahiro. IMN 197.1

Uruhinja

340. Ibyokurya birusha ibindi kuba byiza ku mwana w'uruhinja ni ibyokurya bituruka mu byaremwe. Ntakwiriye kubivutswa nta mpamvu. Umubyeyi wirengagiza inshingano yoroheje yo kugaburira umwana we yaba ameze nk'utagira umutima, wishakira gusa umudendezo no kwishimisha. IMN 197.2

Umubyeyi wemera ko umwana we agaburirwa (yonswa) n'undi mubyeyi akwiriye kuzirikana uko ingaruka y'ibyo izamera. Uwo murezi w'uwo mwana, mu rugero runini cyangwa ruto, azaha uwo mwana imyitwarire n'imico ye. IMN 197.3

341. Aho kugira ngo abantu bagendere ku murongo w'ibyaremwe, barabyangiza kugira ngo bagendane n'ibigezweho. Kenshi ababyeyi bakoresha abandi bantu bo kubarerera, cyangwa bagakoresha inkongoro z'abana, bakazisimbuza konsa abana babo. Nicyo gituma imwe mu nshingano z'ingenzi kurusha izindi kandi zitunganye cyane umubyeyi abasha gusohoreza urubyaro rwe, ari na yo ihuza ubuzima bwe n'ubw'umwana, ndetse igatuma umutima we ugaragaza ibyera biwurimo, iyo nshingano iguranwa gukoresha ubupfayongo bwo kugendana n'ibigezweho. IMN 197.4

Hari ababyeyi biteguye kureka inshingano zabo za kibyeyi zo kugaburira abana babo bitewe gusa no kubona ko nta mwanya bafite wo kwizirika ku bana babo, nyamara ari imbuto zo mu nda zabo, bakabona ko ibyo bibatesha umwanya. Kujya mu tubyiniro no kwinezeza ni byo byijimishije imyanya y'ibyumviro y'ubugingo bw'abo babyeyi. Bagenda bakururwa biruseho n'ibigezweho aho kwita ku nshingano zabo za kibyeyi ku bana babo. Bahitamo kwegurira abana babo abakozi ngo babe ari bo bakora izo nshingano bagombye ubwabo gukora. Ibyo bimenyereza bitari iby'ukuri bituma inshingano za ngombwa, ari zo umubyeyi yagombye gukora yishimye, yumva atazishimiye, kuko abona ko kwita ku bana be bimubangamira bikamubuza kugendana n'ibigezweho by'isi. Ibyo bituma umukozi ari we ukora inshingano z'umubyeyi, maze akaba ari we uha umwana amashereka azatunga ubuzima bwe. IMN 197.5

Ntabwo ari ibyo gusa. Wa murezi aha wa mwana arera imyitwarire n'imico ye. Bityo ubuzima bw'umwana bukaba isanga n'ubwe. Iyo uwo murezi ari umunyamico mibi, utitonda kandi utagira ubwenge; iyo arangwa n'imico iteye ikibazo, umwana akenshi azagira imico imeze nk'iyo. Ibiranga amaraso ya wa murezi, ni byo bizahererekana byinjire mu mwana. Ababyeyi badashaka kwikoza abana babo, ntibashake gusohoza inshingano zabo za kibyeyi, kuko babona ko zibabereye umutwaro batabasha gutwara, maze bagahitamo kugendana n'ibigezweho, ntibakwiriye kwitwa ababyeyi. Banduza imico mbonera n'ingeso zitunganye ziranga ababyeyi, maze bagahitamo guhinduka ibinyugunyugu biguruka inyuma y'ibinezeza bigezweho, bagatesha agaciro inshingano zabo imbere y'urubyaro rwabo bakarushwa n'inyamaswa. Ababyeyi benshi basimbuza konsa inkongoro. Konsa ni ngombwa kuko ababyeyi badafite indi ndyo baha abana b'impinja. Ariko ababyeyi icyenda mu icumi, bitewe n'akamenyero kabi bafashe mu myambarire no mu mirire yabo kuva bakiri bato, byatumye batabasha gusohoza inshingano zabo baremewe kuzuza. … IMN 197.6

Nakomeje kwerekwa ko ku babyeyi bashoboye konsa abana babo bakabisimbuza inkongoro, ari ubupfayongo kandi bidakwiriye. Mu gihe bigenze bityo, icy'ingenzi kigomba kwitabwaho ni ugushaka amata y'inka nzima, kandi amata n'inkongoro bigateguranwa isuku yuzuye. Ibi akenshi birirengagizwa, maze ingaruka ikaba kuribwa mu nda kw'uruhinja. Igifu

n’ubura bitangira gukora nabi, akarwara, nyamara yaravukanye ubuzima bwiza. IMN 198.1

342. Igihe uruhinja rutangira konka amashereka ya nyina kiba ari igihe kigoranye. Abagore benshi, mu gihe bonsa, usanga bakora imirimo ibarenze yo mu gikoni, bakiyuha akuya amaraso yabo agashyuha, maze ingaruka zikagera kuri urwo ruhinja, bidatewe gusa no kuba amashereka y’umubyeyi aba yashyuhiranye, ahubwo no kuba amaraso ye bwite aba yandujwe n’uburozi butewe n’imirire mibi y’umubyeyi, iba yateje umubiri wose gukora nabi, bityo bikagira ingaruka ku byokurya (ku mashereka) by’umwana. Umwana kandi agerwaho n’ingaruka z’imibereho y’imitekerereze (ubwonko) ya nyina. Niba atishimye, ahura n’ibimutera kudatuza, arakazwa n’ubusa, agaragaza vuba amarangamutima, ibyokurya umwana ahabwa na nyina bizakongezwa n’ibyo, akenshi bimutere uburibwe mu nda, kwikanya kw’imikaya, ndetse n’ibihe runaka, bikaba byatera umubiri we kugagara, n’uburwayi bwa gitunguro. IMN 198.2

Imico umwana agira kandi iterwa ku buryo bukomeye cyangwa bworoheje n’imiterere y’amashereka ahabwa na nyina. Mbega rero ukuntu ari ingenzi cyane ko umubyeyi, mu gihe arimo konsa umwana we, akwiriye kugira intekerezo zirangwa n’ibyishimo, akaba umuntu urinda cyane umutima we. Mu gihe bigenze bityo, ibyokurya by’umwana ntibizateza akaga, kandi hamwe no kugira umututuzo, kwihangana umubyeyi akomeza kugaragaza igihe arera umwana bigira icyo bikora gikomeye mu kurema intekerezo z’umwana. Niba umwana arangwa no kurakara no kudatuza, imyitwarire yo kwigengesera no kwitonda bizagenda bihosha kandi bikosora iyo mico y’umwana, kandi ubuzima bwe buzarushaho kugenda bumererwa neza. IMN 198.3

Abana b’impinja akenshi bahura n’ingorane zo kudafatwa neza. Iyo batewe uburakari no kurira, babahoresha kubaha amashereka, nyamara kandi, mu bihe byinshi, impamvu nyirizina y’uko kurakara iba yatewe no kugaburirwa birengeje urugero, ayo mashereka akaba yahumanyijwe n’ingeso mbi za nyina. Kurushaho kumwonsa byongera ikibazo, kuko igifu kiba cyamaze kuzura. IMN 198.4

Kugaburira Umwana ku Gihe

343. Inyigisho z’uburere bw’ibanze abana bato bagomba guhabwa na ba nyina zikwiriye kuba izigendana no kugira amagara mazima mu by’umubiri. Bakwiriye guhabwa gusa indyo yuzuye, ituma bakomeza kugira ubuzima buzira umuze, kandi bakagaburirwa gusa mu bihe bidahinduka, bitari iby’itetu cyangwa birenze gatatu ku munsi, kandi indyo ebyiri zagombye kuba nziza kurusha indyo eshatu. Niba abana batojwe ikinyabupfura kizima, bazamenya bidatinze ko nta kintu babasha guhabwa bitewe n’uko barize cyangwa barakaye. Mu burere bw’umwana we, umubyeyi azimenyereza gutoza abana be, atari ibigamije gutuma abaho neza gusa icyo gihe, ahubwo abategurira ahazaza heza. Azatoza abana be isomo ryo gutegeka irari (ipfa), iryo kwiyanga, kugira ngo imirire yabo, iminywere yabo, n’imyambarire yabo ibe igendanye n’amabwiriza y’ubuzima bwiza. IMN 198.5

344. Ntimugakundire abana banyu kurya ibinyamasukari, amatunda, ubunyobwa, cyangwa ikindi kintu kigendanye n’ikiribwa, hagati y’amafunguro bagomba gufata. Kuri bo, amafunguro abiri ku munsi ni yo meza kuruta amafunguro atatu. Ababyeyi nibabaha urugero, kandi bagakomeza kugendera ku mahame y’imirire, abana bazabakurikiza nta shiti. Kutarira igihe byica imbaraga z’ubuzima bw’ingingo z’urwungano ngogozi, kandi iyo abana banyu baje ku meza, ntibishimira ibyokurya byiza; ibyifuzo byabo bibaganisha ku byokurya bitamerera neza ubuzima bwabo. Akenshi, abana banyu bagenda bagira uburibwe baterwa n’umuriro uzanwa n’imirire itaboneye, kandi ugasanga ababyeyi ari bo ba nyirabayazana. Inshingano y’ababyeyi ni ukurema mu bana ingeso zituma bagira amagara mazima, bikabarinda guhangayika. IMN 199.1

345. Akenshi na none abana bahatirwa kurya inshuro nyinshi, ari byo bibatera kugira umuriro n’ubundi buribwe bunyuranye. Igifu ntikigomba gukoreshwa ubutaruhuka, ahubwo kigomba kubona ibihe byo kuruhuka. Bitabaye ibyo, abana bahinduka abanyamwaga n’inkubaganyi maze akenshi bagahora barwaye. IMN 199.2

[Abana bagomba kwigishwa igihe n’uburyo bwo kurya — 288] IMN 199.3
[Daniyeli yatojwe akiri muto — 241] IMN 199.4
[Reba Igice cya 9, Kurya ku bihe bidahinduka] IMN 199.5

Kwigisha Umwana Hakiri Kare Ibyerekeranye no Gutegeka Irari mu Mirire

346. Akamaro ko kwigisha abana ingeso z'imirire ikwiriye ntigashobora gukerenswa. Abana bato bakeneye kumenya ko barya kugira ngo babeho, atari ukubaho kugira ngo barye. Uko kwigisha (gutoza) bikwiriye gutangirira ku mwana w'uruhinja uri mu biganza bya nyina. Umwana agomba kugaburirwa gusa ku bihe bidahinduka, kandi uko akura ibyo bihe bikagenda bigabanuka. Ntagomba guhabwa ibinyamasukari byo mu nganda, cyangwa ibyokurya bigenewe abakuze, kuko biba bigoye igogora. Kugaburira umwana ibyokurya bisukuye kandi akabihabwa ku bihe bidahinduka ntibizamuha kugira amagara mazima gusa, umutuzo n'imico myiza gusa, bizanamushoboza kubaka ingeso zizamubera ingirakamaro n'ahazaza. IMN 199.6

Uko abana bagenda bakura bava mu bwana, ni ko ababyeyi bagomba gushyira umuhati mwinshi mu kubigisha gutegeka irari n'ibibaryohera. Akenshi usanga bemererwa kurya ibyo bishakira n'igihe babishakira, hatitawe ku mabwiriza y'ubuzima bwiza. Imbaraga n'amafaranga bikoreshwa mu guhaza umururumba mu bidafitiye akamaro imibiri bituma abana bibwira ko icy'ingenzi mu buzima, ikizana umunezero kurutaho, ari ugushobora guhaza irari ry'ibyo umuntu yifuza. Ingaruka z'iyi migenzereze nta kindi igeza ku bantu usibye ubusambo, hanyuma uburwayi, bugakurikirwa no kwiyahuza imiti ikomeye yica imibiri. IMN 199.7

Ababyeyi bagomba gutoza abana gutegeka irari ryabo mu mirire, kandi ntibabemerere gukoresha ibyokurya bibi ku buzima. Ariko kugira ngo haboneke imbaraga mu kugenzura imirire yacu, dukwiriye kwirinda kwemerera abana kurya ibyo bishakiye, cyangwa kurya inshuro nyinshi zirenze izikenewe. Hari ibintu abana bafitiye uburenganzira, hari n'ibindi bumva bishimira, kandi igihe ibi bishimira ari ibintu bishyize mu gaciro, biba bikwiriye kubahirizwa. … IMN 200.1

Ababyeyi bemera guhaza ibyifuzo by'abana babo bakabirutisha ubuzima bwabo no kwirinda, baba babiba imbuto z'ikibi zizashora imizi umunsi umwe zikazera imbuto. Guhaza irari bikomeza gukurana n'imikurire y'abana, maze ubuzima bw'umubiri, ubwenge, n'imbaraga bikahadindirira. Ababyeyi bakora batya basarura ishavu kubwo imbuto babibye. Batangira

kubona abana babo badakura uko bikwiriye mu bwenge no mu mico bigatuma bataba ingirakamaro mu muryango mugari cyangwa no mu rugo. Ubushobozi bw'iby'umwuka kimwe n'ubw'ubwenge ndetse n'ubw'umubiri bigira ingaruka ziterwa n'imirire mibi. Umutimanama wabo ugwa ikinya, n'ubushobozi bwo gushishoza bukagabanuka. IMN 200.2

Mu gihe twigisha abana gutegeka irari mu mirire, no kurya bakurikije amabwiriza agenga ubuzima bwiza, tujye tubasobanurira bihagije ko ibyo bigamije kubafasha kwihangana no kwigomwa ubwabo birinda ibigamije kubangiriza ubuzima. Bagomba kureka ibyangiza imibiri yabo bagahitamo gukoresha ibibirusha kuba byiza. Babyeyi, nimutegure ameza ku buryo atera ipfa kandi agakurura abantu, muyategureho ibyokurya byiza Imana yaduhaye ku bwinshi. Nimureke igihe cyo gufungura kibe icyo kunezerwa no kwishimira. Nk'uko twishimira impano z'Imana, nimureke tuyigaragarize ishimwe no kuyihimbaza kuko ari yo Itubeshejeho. IMN 200.3

347. Ababyeyi benshi, mu guhunga inshingano yabo yo kurera abana babo no kubatoza ingeso yo kwigomwa no kubigisha uburyo bwo gukoresha by'ukuri imigisha Imana ibaha, babatoza umurengwe wo kurya no kunywa uko bashaka n'igihe bashakiye. Irari mu mirire, ndetse n'umururumba, iyo bidakumiriwe mu buryo bwiza, bikurana n'imikurire kandi bikongera imbaraga uko umubiri w'abana wongera imbaraga. Iyo aba bana batangiye kwigenga, bakinjira mu muryango mugari w'abantu, ntibaba bafite ubushobozi bwo gutsinda ibigeragezo. Ukwangirika kw'imico mbonera hamwe n'ibyaha usanga byiganje ahantu hose. Igishuko cyo gutwarwa n'inda hamwe no kwemera kugengwa n'ibyifuzo ntibiba byaragabanutse uko imyaka yiyongera, maze akenshi ugasanga urubyiruko rutwarwa n'ibyifuzo, bakaba imbata z'irari. Uburere bubi bugaragarira mu mbuto mbi z'ababaswe n'umururumba, abanywi b'itabi, abasinzi, n'abatirinda.IMN 200.4

Akamenyero Kabi no Kwangirika kw'Imico

348. Abana barya nabi akenshi usanga bafite umuze muke, badakeye, kandi bazonzwe, usanga kandi biyenza, bagaragaza vuba imbamutima, bakarakazwa n'ubusa. Ikintu cyose cy'agaciro bakigurana guhaza irari, kandi ibyifuzo bya kinyamaswa bikabategeka. Imibereho

y’abana benshi bafite imyaka kuva kuri 5-10 na 15 basa nk’abarangwa nk’abononekaye mu ntekerezo. Baba bafite ubwenge bw’ibintu bibi hafi ya byose. Ababyeyi usanga ko ku rugero runini ari bo ba nyirabayazana, kandi ni bo bazashyirwaho ibyaha by’abana babo babateje gukora. Boshya abana babo kumenyereza nabi irari ryabo bahoza ku meza yabo inyama n’ibindi byokurya bateguranye ibirungo byinshi biteza imibiri kugira ibyifuzo bya kinyamaswa. Kubwo urugero babaha, babigisha kutirinda mu mirire. Bamenyereje abana kuryagagura, bigatuma ingingo zabo z’urwungano ngogozi zikora ubutaruhuka. Ababyeyi b’abamama ntibafata igihe gihagije ngo babigishe. Icyo gihe ahubwo usanga bagikoresha mu guteka ibyokurya binyuranye byangiza umubiri baza gutegura ku meza. IMN 200.5

Ababyeyi benshi bagize uruhare mu kuganisha abana mu nzira yo gukenyuka mu gihe baba bahugiye mu kwerekeza imibereho yabo mu bigezweho. Iyo babonye abashyitsi, usanga bifuza kubicaza ku meza ngo babazimanire ibyo basanga mu yindi mihana baturanye. Ibi usanga bibatwara igihe n’ubutunzi bwinshi. Kugira ngo biyerekane, usanga bategura ibyokurya bihenze byo kunyura irari, ndetse n’abitwa Abakristo bacu usanga bahaye agaciro kenshi ibyo bintu byo kwiyerekana ku buryo bararika abantu bagamije kubereka ibyo bintu bihenze. Abakristo bagomba kwivugurura kuri icyo kintu. Nubwo bagomba kugaragariza abashyitsi umuco wo kubakirana urugwiro, ntibakwiriye kuba imbata z’ibigezweho no guhaza irari. IMN 201.1

Mwige Gukoresha Ibyoroheje

349. Ibyokurya bigomba gutegurwa mu buryo bworoheje ku buryo umugore atabihugiramo igihe kinini. Ni iby’ukuri ko gutegurira ameza ibyokurya bifitiye akamaro umubiri bigomba gukoranwa ubwitonzi n’isuku ku buryo buteye ipfa. Ntimukibwire ko ibyo mutegurira rimwe igihe cyose biba bihagije kandi bibera byiza abana. Ahubwo mujye mukoresha igihe gito mu gutegura ibyokurya biruhije igogora, bigamije guhaza irari, naho igihe kinini mukimare mwigisha kandi muhugura abana. Nimureke imbaraga mukoresha ubu ku bintu bidafite akamaro muhugiye ku guteganya ibyo muzarya, ibyo muzanywa, n’ibyo muzambara muzishyire mu kwita ku isuku bagomba kugira ku mibiri no ku myambaro. IMN 201.2

350. Inyama zifite ibirungo bikabije, zigendanye na za gato cyangwa imigati yuzuyemo isukari n’amata, biteza ikibazo ingingo z’igogora z’abana. Baramutse bamenyerejwe ibyokurya byoroheje kandi bifite intungamubiri, irari ryabo ntiryaba rigikeneye bene ibyo byokurya bikize ku mvange mbi. … Kugaburira abana inyama sicyo kintu cyiza cyatuma bagira ubuzima bwiza. … Kubatoza kurya inyama bitera imibiri yabo kumererwa nabi. Biroroshye cyane guteza abana kurarikira ibidafite akamaro kuruta gukosora no kugorora irari ryamaze kwinjizwa mu mubiri. IMN 201.3

Ukutirinda Bihabwa Imbaraga

351. Ababyeyi benshi bababazwa n’ukutirinda kuboneka ahantu henshi, kandi ntibacukumbure ngo bamenye impamvu nyakuri ibitera. Buri munsi bategura ibyokurya bitandukanye kandi byuzuye ibirungo, bikurura irari kandi bigatera umuntu kurya birenze urugero. Ameza y’Abanyamerika akenshi aba ateguye ku buryo ahindura abantu abasinzi. Ku bantu benshi, guhaza inda zabo ni cyo gifite akamaro. Umuntu uba ashaka kuryagagura, kandi akarya indyo itari nziza, aca intege ubushobozi bwe bwo kwirinda imbaraga z’irari n’ibyifuzo by’ibindi bintu, ku buryo bimuganisha ku migenzereze mibi yo mu mirire. Ababyeyi bagomba kumva inshingano bafite imbere y’Imana n’imbere y’abantu, yo guha abana bateguwe neza mu mico ngo babe mu muryango mugari w’abantu. Abagabo n’abagore batangirana ubuzima amahame adakuka bazabasha kwirinda ukwandura guterwa n’imico mibi iranga iki gihe cyokamwe n’ububi. … IMN 201.4

Ameza ya benshi mu biyita abagore b’Abakristo usanga buri munsi bayateguraho ibyokurya bitandukanye byangiza igifu kandi bigatera umubiri ubwiyabire n’umuriro. Mu ngo zimwe, inyama ni byo byokurya by’ibanze, kandi amaherezo yazo ni ukuzana mu maraso mikorobi za kanseri n’amatembabuzi afite imisemburo y’igituntu. Umubiri wa bene abo bantu uba ugizwe n’ibyo barya, ariko iyo uburibwe n’indwara bibagezeho, babibona nk’igihano batererejwe n’Imana.IMN 202.1

Tubisubiremo, ukutirinda bitangirira ku meza yacu. Irari mu mirire rihabwa intebe kugeza ubwo akamenyero karyo gahinduka ikintu kigize umubiri. Mu gukoresha icyayi n’ikawa, bituma habaho irari ryo gukoresha itabi, maze rikongerera umubiri irari ry’ibisindisha. IMN 202.2

352. Ababyeyi nibatangire umurimo ukomeye wo kurwanya ukutirinda mu ngo zabo, bakoresheje amahame yo kwigisha abana babo kwirinda kuva bakiri impinja, kandi bazabona ibyiringiro byo gutsinda. IMN 202.3

353. Ikintu ababyeyi bagomba kugira nyambere mu burere baha abana babo ni ukumenya uburyo bwiza bwatuma bagira ubuzima bwiza mu bwenge no mu mubiri. Bakwiriye gushyira mu bikorwa amahame y'uburyo bwose bwo kwirinda mu ngo zabo. Bakwiriye kwigisha abana babo umuco wo kwigomwa, bakawushimangira muri bo, kuva bakiri impinja, ukaba umuco ubaranga. IMN 202.4

[Ibyokurya bikabura umubiri bitera inyota amazi atabasha kumara mu mubiri — 558] IMN 202.5

354. Ababyeyi benshi batoza abana ingeso zo gukuza irari ryabo mu mirire, babamenyereza kurya inyama no kunywa icyayi n'ikawa. Bene ibi ababyeyi bamenyereza abana bibategurira inzira zibatera guhora kugirira inzara n'inyota ibintu birushijeho gukabura umubiri, nk'itabi. Gukoresha itabi kandi bitera inyota yo kunywa ibisindisha; Gukoresha itabi n'ibisindisha bicogoza mu buryo budahinduka ubushobozi bw'imikaya n'umubiri. IMN 202.6

Iyaba imbaraga z'intekerezo z'Abakristo zashoboraga gukangukira ingingo yo kwirinda muri byose, bashobora, kubwo kubera abandi ibyitegererezo, gutangirira ku meza yabo bagatabara abafite ingorane zo kwifata kandi bameze nk'abatagifite imbaraga zo kurwanya imbaraga z'ibyo irari ribasaba. Ibyo twimenyereza muri ubu buzima bizagira ingaruka ku nyungu zacu z'iteka ryose, kandi iherezo ry'ahazaza hacu riterwa n'ingeso twimenyereje zidahinduka mu kwirinda. Tuzakora dutekereza ko tugomba kwirinda mu mirire n'iminywere yacu. IMN 202.7

Kubwo icyitegererezo cyacu n'umuhati wacu bwite, dushobora kuba ibikoresho byo gukiza ubugingo bwinshi bukava mu kaga gakabije ko kutirinda, ubugizi bwa nabi, n'urupfu. Bashiki bacu babasha gukora ibintu byinshi muri uwo murimo ukomeye wo gukiza abandi kubwo umurimo wo gutegura ku meza yabo ibyokurya bihesha umubiri amagara mazima kandi byubaka umubiri. Babasha gukoresha igihe cyabo cy'ingenzi bigisha abana babo gutegeka irari mu mirire ndetse n'ibibaryohera, kwimenyereza umuco

wo kwirinda mu bintu byose, no kubatera umwete wo kumenya kwigomwa no gukorera abandi umurimo w'ubwitange.IMN 202.8

Nubwo dufite urugero Kristo yaduhaye mu butayu bw'ibigeragezo igihe yangiraga irari ry'inda kumushuka kandi agatsinda imbaraga zaryo, hariho Abakristokazi benshi, kubwo icyitegererezo batanga n'uburere baha abana babo, babategurira kuba abanyamururumba n'abasinzi. Akenshi usanga abana babamenyereza kurya icyo bahisemo n'igihe bagihitiyemo, hatitawe ku mabwiriza agenga ubuzima bwiza. Hariho abana benshi bahawe uburere bwababahinduye abanyamururumba kuva bakiri impinja. Kubwo uwo mururumba wo guhaza irari, abo bana batangira gutaka indwara y'igugara kuva ku myaka y'ubuto bwabo. Uko bakura ni ko bakurana akamenyero kabi no kutirinda mu mirire, bikongera imbaraga uko imibiri yabo igenda yiyongeramo imbaraga. Imbaraga zabo z'ubwenge n'iz'umubiri zihinduka ibitambo kubera umururumba w'ababyeyi babo. Bagira akamenyero ko gukunda ibyokurya runaka bidafitiye akamaro umubiri, ahubwo biwangiza, kandi uko umubiri uremerezwa n'ibyokurya, ni ko urushaho gucika intege ntugire icyo wimarira. IMN 202.9

[Ishingiro ryo kutirinda — 203] IMN 203.1

Igisha Abana Kwirinda Ibikabura Umubiri

355. Igisha abana bawe kwanga ibikabura umubiri. Ukutabisobanukirwa kwa benshi bituma barushaho kubigirira irari! Mu Burayi, nabonye abaforomo bashyira mu kanwa k'abana bato ibirahuri bya vino cyangwa inzoga, bityo bakababatera kugira ipfa ry'ibikabura imibiri yabo. Uko bagenda bakura, barushaho kubishaka bikagenda bibabata, kugeza ubwo buhoro buhoro bibanesheje, bikabakururira aho batabasha gufashwa, maze ku iherezo, bakiyuzuriza imva y'ubusinzi bwabo.IMN 203.2

Ariko hariho ibindi bintu na none byangiza irari bigahinduka umutego. Akenshi ibyokurya biba biteguye ku buryo bitera umuntu kwifuza kunywa ibinyobwa bikabura umubiri. Ibyokurya bikize ku binure, byuzuye ibirungo, amavuta, ibinyamasukari, za gato zuzuyemo amasukari, bihabwa abana, bikabatera kuribwa mu gifu, maze bigatuma bumva na none bakeneye ibindi bikabura umubiri. Ntabwo ibyokurya nk'ibyo bidakwiriye kandi barya

uko bashaka bizamura ipfa ryabo gusa, ahubwo ababyeyi babemerera no kuryagagura; kandi igihe bageze ku myaka cumi n'ibiri cyangwa cumi n'ine, batangira kuba abarwayi b'igugara. IMN 203.3

Ahari mwigeze kubona ipica y'igifu cy'umuntu wabaswe n'ibisindisha bikomeye. Imibereho imeze nk'iyo ni yo iterwa no kurya ibyokurya byuzuye ibirungo. Iyo igifu kigeze ahantu nk'aho, umubiri urushaho kugira irari ritabasha guhagarikwa, kandi ukifuza ibindi byisumbuyeho ngo uhaze ibyifuzo bya rya rari rigenda rirushaho kwiyongera. Hanyuma y'aho uzabona wa mwana wawe yabaye mayibobo yiga kugenda inywa itabi. IMN 203.4

Ibyokurya Bifite Umwihariko wo Kwangiza Imibiri y'Abana

356. Ntibishoboka ko abatwawe n'irari bashyikira ubutungane bwa Gikristo. Ntabwo mwashobora mu buryo bworoshye guteza imbere imbaraga z'ubwenge bw'abana banyu niba mutitaye cyane ku guhitamo imirire bakwiriye gufata. Ababyeyi benshi bategura ku meza imirire imeze nk'umutego ku miryango yabo. Urubyiruko n'abakuze bose usanga bahurira ku byokurya bigizwe n'inyama, bikize ku mavuta y'inka, fromaje, ibinyamasukari nka za gato, n'ibyokurya byuzuye ibirungo. Ibi bintu bikora umurimo wo kwangiza igifu, gukabura imikaya no gucogoza imbaraga z'intekerezo. Ingingo zishinzwe gukora amaraso ntizibasha gukura mu biryo bimeze gutyo amaraso meza. Ibyokurya bitetswe mu mavuta akize ku binure nk'ayo bigora igogora. Fromaje na yo ntigira ingaruka nziza mu mubiri. Umugati w'umweru ntuzana mu mubiri intungamubiri nk'izo tubona mu mugati wuzuye (w'ingano zuzuye). Kuwukoresha buri munsi bituma umubiri udakomeza kumererwa neza. Ibirungo (nk'isenda n'ibindi) byo bibanza guteza uburibwe no gukabura agahu k'igifu, ariko amaherezo bikica ibyumvirizo by'aka gahu korohereye k'igifu. Amaraso arashyuha, ibyifuzo by'umubiri bikabyuka, maze imbaraga z'ubwenge n'intekerezo bigacogora, bigahinduka imbata z'ibyifuzo bibi. Niyo mpamvu rero umugore aba agomba kwiga gutegurira umuryango we indyo yoroheje kandi ifite intungamubiri. IMN 203.5

Gukumira Ibyifuzo Bibi

357. Mbese ababyeyi b'iki gihe biyumvamo ukwera k'umurimo bashinzwe, maze aho kurwanira kwiyerekana n'abagore bagenzi babo b'abakire, ahubwo bakamaranira kubarusha kugera ku gukiranuka basohoza umurimo wo kwigisha abana babo ngo bazabeho neza? Iyaba abana n'urubyiruko batozwaga kandi bakigishwa imico yo kwigomwa no kwitegeka, iyaba bigishwaga ko barya kugira ngo babeho aho kubaho kugira ngo barye, indwara no kwangirika kw'imico byagabanyuka. Amateraniro yo kwirinda ntiyaba agikenewe cyane, kandi atagera ku musaruro uhagije, iyaba urubyiruko rugize kandi rwigana ibigezweho mu bantu, rucengewemo n'amahame meza yo kwirinda. Baba bafite rero ukwiyubaha n'ubunyangamugayo byabashoboza kurwanya, bashobojwe n'imbaraga ya Yesu, ukwangirika ko muri iyi minsi iheruka. … Ababyeyi bashobora kuba baraherererekanyije mu bana babo ibyifuzo biganisha ku mururumba n'ibyifuzo bibi, bigatuma umurimo wo kurera no gutoza abana kwirinda utoroha, ngo barangwe n'imico iboneye kandi y'ukuri. Niba ababyeyi babo barabahaye umurage w'irari ry'ibyokurya bigirira nabi umubiri, ibiwukabura, n'ibiyobyabwenge, mbega uburyo abo babyeyi bafite inshingano iteye ubwoba yo kurwanya ibyifuzo bibi baba baraherererekanyije n'abana babo! Mbega ukuntu abo babyeyi bagomba gukorana umwete n'ubwenge ngo basohoze inshingano yabo, bafite kwizera n'ibyiringiro, babigirira urwo rubyaro rwabo rw'abanyamahirwe make! IMN 204.1

Ababyeyi bagomba kwiyumvisha ko ari inshingano yabo gusobanukirwa n'amategeko agenga imibereho n'ubuzima buzira umuze, kandi ko nta na kimwe bagomba gukora haba mu mitegurire y'ibyokurya, cyangwa mu mico yindi baha abana, cyatuma abana bakuza ingeso mbi. Mbega ukuntu ababyeyi b'abagore bakwiriye kwigana ubwitonzi uburyo bwo gutegura ameza bakoresheje ibyokurya byoroheje, bituma umubiri ugira ubuzima bwiza, bidaca intege ingingo z'urwungano ngogozi, ntibitume imbaraga z'imyakura ikora nabi, kandi amabwiriza baha abana babo ntabe anyuranye n'ibyokurya babategurira. Ibi byokurya bibasha gucogoza cyangwa bikongerera imbaraga ingingo z'igifu, kandi bifite byinshi bikora mu kugenzura imikorere y'umubiri n'ubwenge by'ubuzima bw'abana, baguzwe amaraso y'igiciro y'Imana. Mbega uburyo ababyeyi bahawe inshingano yera, yo kwita ku miterere y'umubiri n'ubwenge by'abana babo, kugira ngo urwungano rw'imyakura rumererwe neza, kandi ubugingo ntibugire ikibwangiza! Abamenyereza irari ry'abana babo, ntibagenzure ibyifuzo byabo bibi, bazabona akaga k'ikosa bakoze, ubwo bazabona abana

batangiye kuba abakunzi b’itabi, imbata z’ubunywi bw’inzoga, byica imbaraga z’ibyumviro by’umubiri, kandi iminwa yabo ikishimira kuvuga ibinyoma n’ibishenzi. IMN 204.2

Akaga Gatuje ko Kugira Umururumba

358. Neretswe ko imwe mu mpamvu zikomeye zo kuba ibintu bimeze nabi muri iki gihe ari ukubera ko ababyeyi badashyize umutima ku nshingano bahawe yo kurera abana ngo babatoze gukurikiza amategeko agenga ubuzima. Ababyeyi bakunda abana babo ku buryo babagize ibigirwamana, maze bakabareka bagatwarwa n’umururumba, kandi bazi neza ko iyo ngeso izazanira akaga ubuzima bwabo, ingaruka ikaba indwara n’amakuba. Ako kaga gatuje usanga kiganje cyane muri iki gihe. Ibyifuzo by’abana birasubizwa ku kiguzi cy’ubuzima bwabo no kugubwa neza kwabo, kuko biba byoroheye ababyeyi b’iki gihe guha abana ibyo bashaka kuruta kubima ibyo basaba. Muri ubwo buryo, ababyeyi baba babiba imbuto izakura ikera imbuto. Ntabwo abana bigishwa kureka irari ribatera umururumba no kugabanya ibyifuzo byabo. Maze bagakuza ingeso yo kwikunda, kuruhanya, kutumvira, ukudashima, no kutubaha Imana. Ababyeyi bakora umurimo nk’uwo bazasarurana agahinda imbuto z’ibyo bazaba barabibye. Bacumuye ku Mana no ku bana babo, kandi Imana izabibabaza. IMN 204.3

359. Mbega ukuntu bizamera igihe ababyeyi n’abana bazahura ku munsi w’urubanza ruheruka! Ibihumbi n’ibihumbi by’abana babaye imbata z’umururumba n’ingeso mbi, bagize imibereho ikojeje isoni bazahagararana n’ababyeyi babagize uko bari. Ni bande bandi batari ababyeyi bazakorwa n’isoni kubwo kutubahiriza inshingano zabo? Mbese ni Imana yagize abo bana gutyo? Si ibyaha by’ababyeyi bokoje abana binyuze mu irari ribi n’ibyifuzo bibi? Si umurimo wakozwe n’abirengagije kubatoza inzira Imana yatanze? Ibyo rwose ni byo bizahita mu maso y’ababyeyi imbere y’Imana. IMN 205.1

Ibyo Nabonye ubwo nari mu Rugendo

360. Ubwo twari mu rugendo mu modoka, numvise ababyeyi bavuga ukuntu abana bagira irari ry’ibyokurya ridasanzwe, ku buryo niba

batabonye inyama n’imigati ya keke, batabasha kurya. Ubwo igihe cyo kurya amafunguro ya saa sita cyageraga, nabonye ubwoko bw’ibyokurya abo bana bahawe. Byari bigizwe n’umugati w’umweru, utunyama tw’ingurube tuvanze n’urusenda rwirabura, imvange z’utwungu dutoya bita kokombre, utugati twa keke, n’ibyokurya bibikwa mu bikombe. Ishusho yijimye n’ibara ry’umuhondo ryagaragaraga kuri abo bana byerekanaga neza uburyo igifu cyabo cyahuye n’uburibwe. Babiri muri abo bana bitegereje abandi bana b’undi muryango barimo kurya ibyokurya byabo babirisha marigarine, bahita babura ipfa ry’ibyo barimo kurya, kugeza ubwo nyina asabye kuri marigarine ngo yihere abana be, atinya ko abana be bananirwa kurya ibyokurya byabo. Nyina w’abo bana yaravuze ati, abana banjye bakunda ibi cyangwa biriya, barabikunda cyane, maze nkabareka bakirira icyo bashaka; kuko ipfa ryabo rigendana n’ibyokurya umubiri uba ubasaba. IMN 205.2

Ibi byaba ukuri iyaba ipfa cyangwa irari ritigeze ryanduzwa no kwifuza ibibi. Hariho irari cyangwa ipfa ry’ibintu bizima n’iry’ibintu byanduye. Ababyeyi bigishije abana babo kurya ibyokurya byangiza umubiri, biwukabura, mu kubaho kwabo kose, kugeza ubwo ipfa ryabo ryangiritse, bagasigara baratwawe no kurya ibumba, ibiyobyabwenge, kunywa ikawa yirabura, icyayi, urusenda, urumogi, n’ibindi nk’ibyo, ntibashobora kuvuga ko ipfa risaba ibyo umubiri wifuza. Ipfa cyangwa irari riba ryaratojwe nabi, kugeza ubwo ryangirika rigahumana. Ingingo zorohereye z’igifu ziba zarakabutse kandi zigashya, kugeza ubwo zitakaza ibyumvirizo byazo bisanzwe. Ibyokurya byoroheje kandi bituma umubiri ugubwa neza baba batakibyishimira. Igifu cyangiritse ntikiba kikibasha gukora umurimo wacyo, keretse kiramutse kibihatiwe n’ibintu bifite imbaraga nyinshi ikabura umubiri. Iyaba aba bana baramenyerejwe bakiri batoya kurya ibyokurya bizanira umubiri amagara mazima, byateguwe mu buryo bworoheje cyane, bifite umwimerere wabyo byaremanywe, kandi bakirinda inyama, amavuta, n’ibirungo byose, ipfa n’irari byari kuba bizima. Ibi byagaragaza ko ibyokurya bihuye rwose, mu buryo karemano, n’ibyo umubiri ukeneye.IMN 205.3

Mu gihe ababyeyi n’abana baryaga ibyo byokurya bari bishimiye, jye n’umugabo wanjye twarimo turya ibyokurya byacu byoroheje, ku gihe twamenyereye, saa saba z’amanywa, bigizwe n’umugati wa grahamu (ugizwe n’ingano zuzuye) udafite amavuta, hamwe n’amatunda ahagije.

Twaryaga ibyokurya byacu tubifitiye ipfa, imitima yacu irimo ishimwe ry'uko tudakeneye kugenda tugura aho tugenda hose ngo duhaze ibyo irari ryifuza. Twariye neza tunezerewe, kandi twumva nta nzara dufite kugeza mu gitondo cyakurikiyeho. Umwana w'umuhungu wagurishaga amacunga, ubunyobwa, ibigori by'injugu, n'ibisuguti, yabuze icyashara cyacu! IMN 205.4

Imiterere y'ibyokurya abo babyeyi n'abana bariye ntiyashoboraga gutuma umubiri ubikuramo amaraso meza cyangwa atuma bagubwa neza. Abana basaga nabi. Bamwe bagaragazaga uburibwe no kubyimba mu maso no mu ntoki. Abandi bari bameze nk'abagize ubuhumyi mu maso, byabangirije uburanga. Ariko abandi nta duheri bari bafite, ariko bafashwe n'inkorora, amashamba, cyangwa bafite ikibazo mu mihogo no mu bihaha.
Nabonye umwana w'umuhungu w'imyaka itatu waribwaga yagize impiswi. Yari afite umuriro, ariko ameze nk'urimo gutekereza ko icyo yifuza ari ibyokurya. Yamaraga akanya agahamagara nyina amusaba ngo amuhe keke, inyama y'inkoko, na salade y'utwungu. Nyina yamusubizaga yihuta ameze nk'umuja ukora icyo ategetswe. Maze igihe ibyo umwana asabye bitazaga bwangu nk'uko abyifuza, uko arushaho kurira no guhamagara ababaye, nyina akamusubiza ati, "Yego, yego, mwana nkunda, ndabiguha." Nyuma y'aho aboneye ibyo byokurya yashakaga, yabimenaga mu modoka, kuko yabonaga nyina yatinze kubimuzanira. Akana kamwe k'agakobwa karimo karya utunyama tworoshye tw'ingurube, na salade y'utwungu, hamwe n'umugati na marigarine, arimo areba ku isahane nariragaho. Abona hari ikintu atari afite, maze areka kurya. Akana k'agakobwa k'imyaka itandatu kavuga ko gashaka iyo sahane. Naketse ko ari pome itukura kari kabonye ndimo kurya kakayifuza; nubwo tutari dufite amafaranga ahagije, numvise ngiriye impuhwe ababyeyi, maze ngaha pome. Kabaye nk'akayishikuza mu kiganza cyanjye, maze gahita kayijugunya hasi mu modoka. Naribwiye nti, uyu mwana, niba yaratojwe atya, ateye nabi, kandi azakoza nyina isoni. IMN 205.5

Ubu buryo bwo kwerekana ibyifuzo byabo, ni ingaruka z'imyifatire ya nyina irangwa n'umururumba. Ubwoko bw'ibyokurya yakomezaga guha umwana we bwagaragazaga umutwaro ingingo z'urwungano ngogozi zashyizweho. Amaraso yari ahumanye, n'umwana ubona ko ari umurwayi kandi adatuje. Ubwoko bw'ibyokurya byahabwaga uwo mwana buri munsi byari bifite imiterere ikangura ibyifuzo bibi byo mu mubiri, bikagabanya

imbaraga z’ubwenge n’intekerezo. Ababyeyi barimo barema ingeso z’abana babo. Barimo bamuremamo ingeso yo kwikunda no kudakunda abandi. Ntibigeze bahosha ibyifuzo bye, cyangwa ngo bagenzure ibyifuzo bye bibi. Mbese ni iki bari bategereje ku mwana nk’uwo, bumvaga ko azavamo umuntu mukuru? Benshi bameze nk’abadasobanukiwe isano ubwonko bufitanye n’umubiri. Iyo imikorere yose y’umubiri ikozwe mu nkokora n’imirire idakwiriye, ubwonko n’imyakura birafatwa, maze ibyifuzo bibi bigahaguruka. IMN 206.1

Umwana w’imyaka hafi icumi yaratengurwaga afite n’umuriro, kandi yananiwe kurya. Nyina yari arimo amwinginga ati: “Ihangane byibuze urye agace ka keke. Kandi hari n’inyama y’inkoko. Ntabwo warya ku nyama zabitswe mu bikombe? Hanyuma umwana yemera kurya ndetse ibyokurya byinshi by’umuntu utarwaye. Ibyokurya bamuhatiraga kurya ntibyari bikwiriye no gushyirwa mu gifu kizima, bityo rero ntibyari bikwiriye guhabwa umurwayi. Nyina, mu gihe kingana hafi n’amasaha abiri, yarimo akandisha igitambaro cy’amazi mu mutwe w’uwo mwana, avuga ko atabasha gusobanukirwa impamvu uwo mwana afite umuriro ungana utyo. Yari yongereye ikibazo, maze atangira kwibaza impamvu z’umuriro. Iyo baza kureka ibyaremwe bikikorera umurimo wabyo, igifu kikaruhuka uko bikwiriye, uburibwe bw’uwo mwana buba bwaragabanyutse cyane. Ababyeyi nk’abo ntibaba biteguye kurera abana. Impamvu iremereye kurenza izindi itera uburibwe mu mubiri iterwa n’ubujiji bwo kutamenya uburyo bwo kuvura imibiri yacu. IMN 206.2

Ikibazo abantu benshi bibaza ni ikingiki, “Mbese tuzarya iki, mbese tuzamera dute (tuzabaho dute) kugira ngo tubyaze umusaruro iki gihe cya none? Inshingano n’amahame by’ingenzi bishyirwa ku ruhande kugira ngo abantu bishimire iby’uwo mwanya. Niba dushaka kugira ubuzima buzira umuze, tugomba kubuharanira. Ku rugero runini, ababyeyi ni bo barebwa mbere na mbere n’ubuzima buzira umuze bw’imibiri y’abana babo n’imibereho myiza y’ubwenge bwabo. Bagomba kwigisha abana babo bakababahatira gukurikiza amategeko agenga ubuzima, kubwo inyungu zabo, kugira ngo ubwabo birinde amakuba n’umubabaro. Biteye agahinda kubona ababyeyi barera bajeyi abana babo, bikazatuma babura ubuzima bw’imibiri yabo, ubwenge n’intekerezo! Mbega ukuntu ibi byaba ari ubupfayongo! Aba babyeyi ntibategura abana babo ngo babone ibyishimo

byo muri ubu buzima, bityo bakanababavutsa no kwiringira iby’ubugingo bw’ahazaza. IMN 206.3

Intandaro yo Guhangayika n’Uburakari

361. Abana bagomba kugira akamenyero kadahinduka mu ngeso zabo zose bikababera nk’itegeko. Igihe ababyeyi babemerera kuryagagura baba bakoze ikosa rikomeye. Inkurikizi yabyo ni uko igifu kigira akaga kazavamo uburwayi. Imirire itaboneye ibatera ingorane mu igogora. Nyamara umubyeyi ntiyumva ko ari inshingano ye gutekereza kuri iki kibazo, ngo ahindure imikorere ye ku mwana, ahubwo ahora yumva akwiriye kumuha ibyo ararikira. Muri ubwo buribwe bw’umwana, usanga ahubwo amwongera utuntu two kurya nka keke, cyangwa utundi nk’utwo ngo akunde amugushe neza, nyamara ibi byose byongerera ibibi uwo mwana. Ababyeyi bamwe, muri iryo shavu no gushaka gukora umurimo uhagije, usanga ari bo barushije abana guhangayika n’uburakari, maze bakabatuka, ndetse bakanababakubita, bakabatera ubwoba ngo barebe ko batuza. IMN 207.1

Akenshi ababyeyi usanga bivovota kubera ubuzima bw’abana babo, maze bakihutira kujya kwa muganga, mu gihe bagombye gufata umwanya ngo batekereze ko ikibazo giterwa n’amakosa yabo mu mirire. IMN 207.2

Turiho mu gihe cyo gushyigikira inda nini n’umururumba, kandi akamenyero urubyiruko rwatojwe, kimwe ndetse na benshi mu Badiventisti b’Umunsi wa Karindwi, ni uko babayeho imibereho inyuranyije n’amategeko agenga ibyaremwe. Igihe kimwe nari nicaranye ku meza n’abana bari hasi y’imyaka cumi n’ibiri. Batangira kugabura inyama ku bwinshi, maze umwana w’umukobwa warakaye asaba ko bamuha uduhaza. Bamuha icupa ririmo utwo duhaza (pickles), twavanzwemo ibirungo byinshi hamwe n’imbuto za sinapi, arabirya cyane. Uwo mwana yari yarabaye iciro ry’umugani kubera imyifatire ye yo guhangayika no kurakara, kandi imirire yari yaramenyerejwe ni yo yamuteraga bene iyo myifatire. Umwana w’imfura yumvaga adashobora kurya ibyokurya bidafite inyama, kandi ukabona ko afite umururumba ndetse no kutubaha, iyo atabonaga ibyo ashaka. Nyina yari yaramumenyereje ibyo ararikira kugeza ubwo yari yarahindutse imbata y’uwo mwana ku byo ararikira byose. Uwo mwana w’umuhungu wasangaga ari inkorabusa, cyangwa akamara igihe asoma

ibidafite akamaro cyangwa bibi kurusha. Yahoraga yivovota ataka umutwe, kandi ntagire ipfa ry'ibyokurya byoroheje. IMN 207.3

Ababyeyi bagomba guha abana imirimo bakora. Nta kintu kibi kiruta kuba inkorabusa. Akazi k'amaboko gatuma umubiri ugira amagara mazima, kandi gatera kugira ipfa ry'ibyokurya byoroheje, bifitiye akamaro umubiri, kandi abana (cyangwa urubyiruko) bakoze akazi neza ntibazava ku meza bivovotera kuba batabonye inyama cyangwa ibyo byokurya bikurura irari ribi. IMN 207.4

Yesu, umwana w'Imana, mu murimo w'amaboko yakoraga w'ububaji, yahaye urugero abana n'urubyiruko rwose. Reka abana batinya cyangwa bivovotera imirimo isanzwe y'ubu buzima bibuke ko Yesu yumviraga ababyeyi, kandi akagira uruhare mu guteza imbere umuryango. Nta byokurya by'ikirenga kandi bidafitiye akamaro umubiri byazaga ku meza ya Yosefu na Mariya, kuko babarirwaga mu bakene babayeho imibereho iciriritse. IMN 207.5

Isano Hagati y'Imirire n'Iterambere ry'Ubwenge

362. Ubushobozi Satani akoresha arwanya urubyiruko rw'iki gihe buteye ubwoba. Niba ubwenge bw'abana bacu budashikamye bihagije ku mahame y'iyobokamana, umutimanama wabo wazangirika bitewe n'ingeso mbi babasha gukura aho bagenda. Akaga gakomeye cyane k'urubyiruko gaturuka ku kubura kwitegeka. Ababyeyi bameze nka ba ntibindeba ntibigisha abana babo kwiyanga. Ibyokurya babagaburira na byo bibatera ububabare mu gifu. Ubwo bubabare buragenda bukagera mu bwonko, maze bukabyara ibyifuzo bibi. Nta wakomeza kuvuga uburyo ikintu cyose cyinjiye mu gifu kitagira ingaruka gusa ku mubiri, kigira n'ingaruka ku bwonko. Indyo iremereye kandi ikabura umubiri iteza amaraso gushyuha, igakabura urwungano rw'imyakura, kandi akenshi ikijimisha intekerezo z'ubwenge, ku buryo gushyira mu gaciro n'umutimanama byimukira imbaraga z'ibyumviro by'umubiri. Ni ikintu gikomeye, ndetse gisa n'ikidashoboka, ko umuntu utirinda mu mirire arangwa no kwihangana no kubasha kwitegeka. Nicyo gituma, ari ikintu cya ngombwa cyane ko abana bakirimo gukuza imico bagomba guhabwa ibyokurya bituma bagira amagara mazima, bidakabura umubiri kandi ngo bitume ukora nabi. Ni

kubwo urukundo Data wo mu ijuru adukunda bigatuma atwoherereza umucyo w'ubugorozi mu by'ubuzima ngo uturinde ibibi bizanwa no kugira umururumba w'irari ridashira. IMN 208.1

"Namwe iyo murya cyangwa munywa cyangwa mukora ikindi kintu cyose, mujye mukorera byose guhimbaza Imana." (1 Abakorinto 10:31). Mbese ababyeyi bajya bakurikiza iyi nama igihe bategura ibyokurya bizanwa ku meza, bakararikira abagize umuryango kuza gusangira? Mbese bita ku byokurya baha abana babo ngo bagenzure ko ari ibyokurya bizana amaraso meza mu mubiri, bigakomeza imikorere y'umubiri ntubashe kugira umuriro, ugakomeza kumererwa neza mu kubaho no kugira amagara mazima? Cyangwa aho gutegurira abana babo ahazaza heza, ibyo ntibabyitaho maze bakababaha ibyokurya bituma umubiri utagira amagara mazima, bikoresha nabi, kandi bigakabura umubiri? IMN 208.2

363. Nyamara n'abigisha b'ubugorozi mu by'ubuzima babasha kwihenda ku byerekeranye n'ubwinshi bw'ibyokurya bigomba kuribwa. Bashobora kurya batifata ibyokurya bifitiye akamaro umubiri. Bamwe ndetse, muri iyi nzu, barihenda ku byerekeranye n'imirire ifite akamaro. Ntibigeze bagaragaza uruhande rwabo mu by'ubugorozi mu mirire. Bahisemo kurya no kunywa ibyo bishakiye n'igihe bashakiye. Ibi bituma bangiza imibiri yabo. Si ibyo gusa kandi, ahubwo baba barimo kwangiza imiryango yabo kubwo gutegura ku meza yabo ibyokurya bitera umuriro mu mubiri, byongera mu mubiri y'abana ibyifuzo bibi bya kinyamaswa, bikabatera kudaha agaciro iby'ijuru. Muri ubu buryo, ababyeyi bongera imbaraga za kinyamaswa mu mibiri y'abana babo, bagacogoza imbaraga za Mwuka. Mbega igihano gikomeye bazahanwa ku iherezo! Maze kandi bakibaza impamvu abana babo bagira intege nke mu bwenge! IMN 208.3

Kwangirika kw'Imico mu Bana

364. Turiho mu gihe cyo kwangirika kw'imico. Iki ni igihe Satani asa nk'uwigaruriye intekerezo zitiyeguriye Imana mu buryo bwuzuye. Niyo mpamvu ababyeyi n'abarezi bahawe inshingano ikomeye cyane yo kurera abana babo. Ababyeyi bahawe inshingano yo kubyara abo bana; ariko se nyuma y'aho, ni uwuhe murimo wabo? Mbese ni ukureka abo bana bagakura uko babyumva n'uko babishaka? Nimureke mbabwire babyeyi, mufite inshingano iremereye cyane. … IMN 209.1

Nababwiye ko bamwe muri mwe murangwa no kwikunda. Ntabwo mwasobanukiwe n'icyo nashatse kubabwira. Mwakomeje kwimenyereza ibyokurya bigendanye n'irari ryanyu. Mwakomeje gutegekwa n'irari n'ibibanezeza, mu cyimbo cy'ibihesha ikuzo Imana, ngo mukomeze kwifuza gutera imbere mu mibereho yejejwe, izira inenge yo kubaha Imana. Mwumviye ibyifuzo by'ibinezeza, ibyifuzo by'irari ryanyu; maze mu gihe mwakoraga ibyo, Satani yagendaga abanesha, kandi muri rusange, akagenda abuza amahoro imihati yanyu ya buri gihe. IMN 209.2

Bamwe muri mwe babyeyi, mwagiye mujyana abana banyu ku muganga ngo mumenye ikibazo bafite. Nashoboraga kubabwira mu minota ibiri icyabiteraga. Abana banyu barangiritse mu mico. Satani yarabigaruriye. Mu gihe mutari mubyitayeho, muhangayitse, musinziriye, nyamara mwagombye kurinda abana banyu mwahawe kandi bakababona nk'intumwa z'Imana, Satani yabaciye mu rihumye. Nyamara Imana yabategetse kubarera mu gitinyiro cy'Uhoraho kandi mubigisha. Ariko Satani abaca mu ryahumye maze abazirikisha imirunga ikomeye. Ariko kandi mukomeza gusinzira. Imana ibagirire imbabazi hamwe n'abana banyu, kuko buri wese muri mwe akeneye impuhwe zayo. IMN 209.3

Ibintu Byashoboraga Guhinduka Ukundi

Iyo muza kuba ku murimo mushinzwe w'ivugurura mu by'ubuzima; iyo kwizera mukongeraho ingeso nziza, ingeso nziza mukazongeraho kumenya, kumenya mukakongeraho kwirinda, ibintu biba byarahindutse ukundi. Nyamara mwagiye mujya kure y'ikibi no kwangirika bikikije urugo rwanyu mu buryo bworoheje. … IMN 209.4

Mugomba kwigisha abana banyu. Mugomba kubigisha uburyo bagomba guhunga ingeso mbi no kwangirika mu mico byeze muri iki gihe. Ibiri amambu, benshi bahugiye ku kwiga uburyo bahaza irari ry'inda zabo. Mushishikajwe no gushyira ku meza yanyu amavuta, amagi, n'inyama byo guha abana banyu. Mubagaburira gusa ibyokurya bikabura imico mibi ya kinyamaswa mu mibiri yabo, maze kandi mukaza mu materaniro gusaba Imana guha umugisha no gukiza abana banyu. Mbese mwibwira ko amasengesho yanyu agera hehe? Mukwiriye kubanza gukora umurimo

wanyu. Nimumara gukorera abana banyu icyo Imana ibasaba gukora, mubasha noneho kuyisabana icyizere kubaha ubufasha yabasezeraniye. IMN 209.5

Mugomba kwiga kwirinda muri byose. Mugomba kumenya uko mwirinda mu byo murya no mu byo munywa. Nyamara muravuga muti: “Ibyo ndya, ibyo nywa, cyangwa ibyo ntegura ku meza yanjye ntawe bireba.” Nyamara hariho uwo bireba, keretse niba mushaka gufungirana abana banyu, cyangwa mukajya kwibera mu butayu aho mutazagira abandi bantu mubera umutwaro, kandi aho abana banyu batagira ikinyabupfura batazashobora kwangiza abantu babana.IMN 209.6

Nimwigishe Abana Banyu Uburyo bwo Kurwanya Ikigeragezo

365. Nimukumire imbaraga y’irari; nimwigishe abana banyu mubaha ingero n’itegeko uburyo bwo gukoresha indyo yoroheje. Nimubigishe uko bagomba kuba abakozi, atari ukwitwa ko bafite ikibahugije gusa, ahubwo bakore ikintu gifite akamaro. Nimubamenyereze imirimo iteza imbere ubwenge bwabo. Nimubigishe ko Imana ibakeneye, ndetse guhera bakiri bato. Mubaburire ko hafi yabo hari akaga katuma imico yabo ishobora kwangirika, ko bakeneye gusanga Yesu bakamwiyegurira, umubiri n’umwuka, kandi ko muri Yesu bashobora kuhabonera imbaraga zo kurwanya ikigeragezo cyose. Mubibutse ko bataremewe kwinezeza, ahubwo ko baremewe kuba abakozi b’Imana basohoza inshingano z’ingenzi. Mubigishe ko igihe ibigeragezo bibakururira kujya mu nzira yo kwikunda, igihe Satani ashaka kubavana ku Mana, ko bagomba guhanga amaso yabo kuri Yesu, bakamusaba bati, “Mwami, ntabara unkize, undinde gutsindwa.” Abamarayika bazaza babakikize nk’igisubizo cy’amasengesho yabo, maze babayobore mu nzira iboneye. IMN 209.7

Ubwo Kristo yasengeraga abigishwa be, ntiyasabye ngo bakurwe ku isi, ahubwo ngo barindwe ikibi, ni ukuvuga ngo bashobore gutsinda ibigeragezo bahuraga na byo impande zose. Buri mubyeyi w’umugabo n’uw’umugore bagomba guhora basenga iri sengesho. Ariko se igihe basaba Imana batakambira abana babo, bakwiriye kubareka bakikorera ibyo bishakiye? Mbese bakwiriye kujenjeka bakareka irari mu mirire rikabigarurira, maze bakumva ko bizoroha guhagarika iryo rari? Oya,

bagomba kubigisha uburyo bwo kwirinda no kwitegeka bakiri impinja. Ababyeyi b'abagore ni bo bafite uruhare runini muri uwo murimo. Isano ikomeye hano ku isi ni iri hagati y'umubyeyi w'umumama n'umwana. Umwana arushaho guhindurwa n'urugero rw'imibereho ya nyina kurusha urwa se, bitewe n'iyo sano ikomeye kandi yuje impuhwe. Niyo mpamvu umubyeyi w'umugore afite inshingano iremereye kandi akaba agomba kuyifashwamo na se w'umwana. IMN 210.1

366. Bagore, bizabasaba gukoresha amasaha yanyu y'ingenzi mwahawe n'Imana ngo mutegure imico y'abana banyu, kandi mubigisha gukurikiza amabwiriza yo kwirinda mu mirire n'iminywere. … IMN 210.2

Satani abona ko adashobora gukoresha ububasha bwe bukomeye ku ntekerezo igihe abantu bimenyereje gutegeka irari aho gutegekwa na ryo, kandi akomeza kuba ku murimo wo gushuka abantu ngo abahindure abanyamururumba. Kubwo imbaraga iterwa no gukoresha ibyokurya bitera umubiri umuze muke, umutimanama urarindagira, ubwonko bugatwikirwa n'igihu, maze ibyumviro byabwo bigacika intege. Ariko bitewe n'uko umutimanama wagiriwe nabi kugeza igihe utakaje ubushobozi bw'ibyumviro, umuntu akomeza kumva afite igishinja kitagabanyuka. IMN 210.3

367. Bagabo namwe bagore, nimube maso musenga. Murwanye bikomeye ukutirinda k'uburyo bwose. Mwigishe abana banyu inyigisho z'ubugorozi nyakuri mu by'ubuzima. Mubigishe ibintu bagomba kureka kugira ngo bitungire amagara mazima. Ubu umujinya w'Imana watangiye kugera ku bana batumvira. Mbega amahano, mbega ibyaha, mbega ibikorwa by'urukozasoni, bigaragarira ahantu hose! Nk'Abadiventiste, tugomba kwita cyane kandi tukarinda abana bacu ukwangirika kuboneka hirya no hino. IMN 210.4

[Urugo rwo mu giturage; ingaruka zarwo mu mirire n'intekerezo — 711]

IGICE CYA 14 - GUTEKA IBYOKURYA BIFITIYE UMUBIRI AKAMARO

Guteka Nabi ni Icyaha

368. Ni icyaha gutegura ku meza ibyokurya byatetswe nabi, kuko imirire igendana n'imibereho myiza y'imikorere y'umubiri wose. Uhoraho ashaka ko ubwoko bwe bwishimira gusobanukirwa n'akamaro ko kugira ibyokurya byateguwe ku buryo bidateza akaga ingingo z'urwungano ngogozi, maze bikagira n'ingaruka ku mitekerereze. Nimureke twibuke ko hari icyigisho cy'iby'umwuka mu gace k'umugati turya.IMN 211.1

Kumenya Guteka Bihwanye n'Ubutunzi bw'Itaranto Cumi

Ntihakagire umuntu usuzugura umurimo w'ubutetsi ngo abone ko ari umurimo w'ububata. Mbese byagendekera bite abatuye isi niba abarebwa n'umurimo wo mu gikoni bose baretse gukora uwo murimo bitewe no kwitwaza ko ari umurimo usuzuguritse? Ubutetsi bubasha gufatwa nk'ikintu umuntu atakwishimira gukora kirutwa n'indi mirimo, nyamara mu kuri uyu ni umurimo w'ubuhanga kandi ufite agaciro kurusha ubundi buhanga bwose. Niyo mpamvu Imana iha agaciro cyane imitegurire y'ibyokurya bifitiye umubiri akamaro. Iha agaciro gakomeye abakora bakiranuka umurimo wo gutegura amafunguro meza kandi atera imibiri kumererwa neza. Umuntu usobanukiwe n'umwuga wo gutegura neza ibyokurya, kandi akamenya gukoresha neza ubwo bumenyi, aba akwiriye guhabwa agaciro karenze cyane agahabwa abandi bantu bakora indi mirimo. Iyi mpano ikwiriye gufatwa nk'ihwanije ubutunzi n'italanto icumi; kuko kuyikoresha neza bizanira imibiri yacu inyungu yo kugira amagara mazima. Bitewe n'uko isano yayo itabasha gutandukanywa n'ubuzima bwiza hamwe n'amagara mazima, iyi ni impano y'agaciro gahebuje mu zindi mpano zose. IMN 211.2

Umutetsi Agomba Kubahwa

369. Nzi agaciro umuntu undodera imyenda amfitiye, nubaha umunyamabanga wanjye, ariko umuntu mpa agaciro k'ibanze mu mibereho y'urugo rwanjye ni umukozi untegurira ibyokurya bifitiye akamaro umubiri wanjye, bigatunga ubwonko, amagufa, n'imikaya. IMN 211.3

370. Abantu bamwe bigira kuba abadozi b'imyenda, abandikisha imashini, abasoma bakanasobanura inyandiko, ababitsi b'inyandiko, cyangwa abigisha, bumva ko bari ku rwego rwo hejuru cyane ku buryo batakwicarana n'abakozi bo mu ngo bashinzwe guteka.IMN 211.4

Bene ibyo bitekerezo byagiye bikwira mu nzego hafi ya zose z'imiryango y'abantu. Bituma abantu bibwira ko imirimo y'umutetsi imushyira ku rwego rwo hasi, kandi ko atagomba gutekereza ko ahwanye cyangwa yakwicarana n'abagize umuryango. Ntibyabatangaza rero kubona ko abakobwa b'abahanga badashaka gukora uwo murimo ahubwo bagahitamo indi myuga? Mwatangazwa se no kuba dufite abakozi bake bize ibyo guteka? Igitangaje ahubwo ni uko twabona abantu benshi biyemeza gukora bene uwo murimo. IMN 211.5

Umutetsi afatiye runini urugo. Ategura ibyokurya bigomba kujya mu gifu, bigakora umurimo wo gukomeza ubwonko, amagufa, n'imikaya. Ubuzima bw'ingingo zose z'abagize umuryango bubeshejweho cyane n'umurimo we hamwe n'ubuhanga awukorana. Nta na rimwe imirimo yo mu rugo izagira agaciro ikwiriye igihe cyose abayikora batarahabwa agaciro no kubahwa bagomba guhabwa. IMN 211.6

371. Hariho abakobwa benshi bamaze kubaka ingo bakaba bafite imiryango, nyamara ugasanga nta bumenyi ngiro buhagije bafite bwo gukora inshingano zabo z'abagore n'ababyeyi. Bashobora gusoma, kuririmba no gucuranga inanga z'umuziki; nyamara ntibazi guteka. Ntibazi guteka umutsima (umugati) mwiza ufitiye akamaro kanini ubuzima bw'abagize umuryango. … Guteka neza, no gutegura ibyokurya ku meza ku buryo buteye ipfa, bisaba ubuhanga n'akamenyero. Umuntu utegura ibyokurya bigomba kujya mu gifu bigahindurwamo amaraso atunga imibiri yacu afite umwanya w'ingenzi cyane kandi wo mu rwego rwo hejuru. Umwanya duha umwanditsi, umudozi, cyangwa umwarimu wa muzika ntubasha guhwanya agaciro n'uw'umuntu uteka ibyokurya. IMN 212.1

Buri Mugore Afite Inshingano yo Kuba Umutetsi w'Umuhanga

372. Kenshi bashiki bacu usanga badafite ubumenyi mu byo guteka. Bene aba nabagira inama mbabwira nti, ari jyewe najya ku muntu

w’umuhanga mu byo guteka aho yaba ari hose mu gihugu, nkagumana na we, byanaba ngombwa tukamarana igihe kinini kugeza ubwo maze kumenyera uwo mwuga wo guteka mfite ubuhanga n’ubumenyi buhagije. Ibyo nabikora niyo naba mfite imyaka mirongo ine. Ni inshingano yanyu kumenya guteka, kandi ni inshingano yanyu kubyigisha abakobwa banyu. Iyo mubigishije umwuga wo guteka, muba mubagotesheje urukuta ruzabarinda ubupfayongo n’ibibi byazababera igishuko bashobora kugwamo. IMN 212.2

373. Kugira ngo bamenye guteka, abagore bagomba kwiga, maze bagatangira gushyira mu bikorwa ibyo bize bafite kwihangana. Kudaha agaciro iyi nshingano bibasha kuba intandaro y’imibabaro abantu bagira. Ndabwira bashiki bacu nti, iki nicyo gihe cyo guhaguruka mugakangura imbaraga zanyu zisinziriye, maze mukemera guhugurwa. Ntimugatekereze ko igihe mumara mushaka ubumenyi n’ubunararibonye mu byo gutegura ibyokurya bifitiye umubiri akamaro, kandi biryoshye ari imfabusa. Nubwo mwaba mwaratanze igihe gihagije ngo mugire akamenyero mu byo guteka, muzirikane ko igihe cyose mugifite inshingano yo kwita ku muryango, umurimo wanyu ni uwo kwiga uburyo bwo kwita ku muryango wanyu uko bikwiriye. IMN 212.3

Abagabo n’Abagore Bagomba Kwiga Guteka

374. Hari benshi bemera ivugururura ry’ubuzima ariko bakababazwa n’uko ridakwiranye n’ibyifuzo byabo. Ariko igihe ugeze ku meza yabo nibwo ubona ko atari ivugurura ry’ubuzima rifite ikibazo, ko ahubwo ari uburyo bw’ubuswa bwabo mu gutegura ibyokurya. Ndararika abagabo n’abagore Imana yahaye ubwenge: Nimwige uburyo bwo guteka ibyokurya. Sinibeshya iyo mvuga “abagabo,” kuko ari bo, ari n’abagore, bakeneye kumenya guteka ibyokurya byoroheje, kandi bifitiye umubiri akamaro. Imirimo bakora akenshi ibasaba kujya aho badashobora kubona ibyokurya bikwiriye umubiri. Haba ubwo bamara iminsi ndetse n’ibyumweru baba mu miryango itazi ibyo guteka iyo biva n’iyo bijya. Bityo rero, baramutse babifitemo ubumenyi, babasha kubukoresha mu bintu byiza. IMN 212.4

Mwige Ibitabo Byigisha iby’Ubuzima

375. Abatazi uburyo bwo guteka ibyokurya bifashije umubiri bagomba kwiga guhuza ibyokurya bituma umubiri ugira amagara mazima, n'ibyubaka umubiri ku buryo biza kwarurwa bigategurwa ku masahane ubona ko biteye umubiri kugira ipfa. Abashaka kugira bene ubu bumenyi mu buryo bwimbitse nibashake uko babona ibitabo byacu byigisha iby'ubuzima, bazasangamo byinshi byababfasha. … IMN 213.1

Hatabayeho gukomeza gukoresha ubwo buhanga, nta n'umwe wagira ubumenyi busubye mu byo guteka indyo y'ingirakamaro. Ariko abafite imitima yiteguye kugerwamo no kubwirwa n'Umwigisha Mukuru bazagenda biga ibi bintu, kandi bababshe kubyigisha abandi; kuko Yesu azabaha ubuhanga no gusobanukirwa. IMN 213.2

Nimuteze Imbere Impano za Buri Muntu

376. Umugambi w'Imana ni uko abagabo n'abagore b'ahantu hose baterwa umwete wo guteza imbere impano zabo mu byo guteka ibyokurya bizanira umubiri amagara mazima bakoresheje ibiva mu butaka bw'iwabo. Nibareba ku Mana, bagakoresha ubumenyi ngiro n'ubuhanga bwabo bayobowe na Mwuka Muziranenge, bazamenya uburyo bwo gutegura ibiva mu butaka n'ibimera bakabihindura ibyokurya bizanira umubiri amagara mazima. Uko ni ko bazababsha kandi kwigisha abakene uburyo bakwibonera ubwabo ibyokurya byababsha gusimbura inyama; bityo aba na bo bakabyigisha abandi. Umurimo nk'uyu uzakomeza na none gukoranwa ubwitange n'ishyaka hamwe n'imbaraga. Iyo uba warakozwe mbere, uyu munsi hagombye kuba hari abantu benshi bari mu kuri, kandi hari benshi cyane bababsha kubyigisha. Nimureke tumenye inshingano yacu, kandi tuyisohoze. Ntitugomba gutegereza ubufasha bw'abandi ngo tunanirwe kugira icyo twimarira, ngo dutegereze abandi ko bakora umurimo Imana yadushinze. IMN 213.3

Irarika ryo Gushyiraho Amashuri Yigisha Guteka

377. Hakwiriye gushyirwaho amashuri yigisha guteka, afatanyije n'amavuriro yacu, aho abanyeshuri bigishwa umwuga wo gutegura no guteka ibyokurya mu buryo bukwiriye. Mu mashuri yacu yose hagomba kuba abantu bashoboye kwigisha abanyeshuri umwuga wo guteka, kandi

bose bakabyigishwa, abahungu n’abakobwa, ariko cyane cyane abakobwa bakagira ubumenyi bwo guteka. IMN 213.4

378. Kwigisha abantu uburyo bwo guteka ibyokurya bigirira akamaro umubiri ni umurimo w’ingenzi. Umurimo nk’uwo ni ingirakamaro cyane kimwe n’undi wose. Hakwiriye gushingwa amashuri menshi yigisha iby’ubutetsi, kandi amwe akwiriye kubyigishiriza mu ngo, abantu bakagenda batanga inyigisho yo kumenya guteka ibyokurya bifitiye akamaro imibiri. IMN 213.5

[Reba “Amashuri yigisha guteka” mu gice cya 25 cy’iki gitabo]. IMN 213.6

Ivugurura ry’Ubuzima no Guteka Neza

379. Imwe mu mpamvu zituma abantu benshi bacika intege zo gushyira mu bikorwa ivugurura ry’ubuzima ni uko batigeze biga uburyo bwo guteka ibyokurya bifitiye akamaro umubiri, biteguwe mu buryo bworoheje, bibasha gusimbura ibyokurya bamenyereye. Bumva batishimiye ibyokurya byateguwe nabi, maze ubukurikiyeho ukumva bavuga ko bagerageje gukurikiza ivugurura ry’ubuzima ariko bakabona batabishobora. Benshi bagerageza gukurikiza ivugurura ry’ubuzima nyamara barifitemo ubumenyi buke; usanga barikoresha nabi ku buryo ingingo z’urwungano ngogozi zihababarira, kandi ababigerageza hirya no hino ugasanga baracika intege. Kuba muvuga ko muri abagorozi mu by’ivugurura ry’ubuzima bikwiriye gutuma muba abantu bazi ibyo guteka neza. Ababona amahirwe yo kuba mu mashuri yigisha ibyo guteka neza bazahabonera imigisha myinshi yabo ubwabo, ndetse n’iy’abo bazabyigisha.IMN 213.7

Guhinduranya Ukava ku Mirire y’Inyama

380. Turabagira inama yo guhindura uburyo bwo kubaho, ariko mukabikorana ubwenge. Nabonye imiryango yahinduye imirire iva ku nyama izisimbuza gukoresha indyo nkene cyane. Bateguraga ibyokurya mu buryo bubi, ku buryo igifu cyabizinutswe. Aba bantu baje kumbwira ko ivugurura ry’ubuzima ritabamereye neza, ko ribaca intege. Iyi ni imwe mu mpamvu ituma abantu bamwe barananiwe gukurikiza ivugurura

ry'ubuzima: bitewe no gutegura indyo nkene, iteguwe nta suku, kandi igihe cyose. Ntimukwiriye gutegura amoko menshi y'ibyokurya ku ifunguro rimwe, kandi ifunguro ryose ntirikwiriye kuba rigizwe n'ubwoko bumwe bw'ibyokurya nta guhinduranya. Nanone kandi, ibyokurya bigomba gutegurwa mu buryo bworoheje, ariko kandi buteye abantu ipfa. Mugomba kureka gukoresha amavuta afite ibinure mu byokurya muteka. Ahumanya kandi akambura agaciro ibyokurya mutegura. Mujye mwihatira cyane kurya imbuto n'imboga. IMN 214.1

381. Kumenya guteka ibyokurya neza ni cyo gikorwa cy'ingenzi cyane. Ibyo ni ukuri igihe ibyo byokurya bidakoreshejwemo inyama. Ni ingenzi ko inyama zisimbuzwa, abantu bagaharanira kutazikenera mu byokurya byabo, bakazisimbuza ibyokurya bikwiriye kandi biteguwe neza. IMN 214.2

382. Inshingano y'ingenzi y'abaganga ni ukwigisha, kwigisha, kwigisha, bakoresheje ikaramu n'amagambo, bakabikorera abantu bose inshingano yo gutegura ibyokurya. IMN 214.3

383. Dukeneye abantu bazashobora kwiyigisha ubwabo uburyo bwo guteka ibyokurya bifitiye umubiri akamaro. Hari benshi bazi uburyo bwo guteka inyama n'imboga mu buryo bunyuranye, nyamara bakaba badasobanukiwe uburyo bworoheje bwo gutegura ibyokurya byiza kandi biryoheye umubiri. IMN 214.4

[Ibyokurya bitaryoshye — 324, 327] IMN 214.5

[Ibyokurya bitegurwa mu gihe cy'amateraniro makuru — 763] IMN 214.6

[Gukenera gusimbuza inyama byavuzwe mu mwaka wa 1884 — 720] IMN 214.7

[Gukoresha uko bikwiriye ibyokurya biboneka ni ibintu by'igiciro ku ivugurura ry'ubuzima — 710] IMN 214.8

[Ubuhanga n'ubushishozi birakenewe mu murimo wo guha kwigisha guteka ibidafite inyama — 816].IMN 214.9

Guteka Nabi ni Intandaro y'Uburwayi

384. Benshi mu bagore n'ababyeyi bagaburira abagize imiryango yabo ibyokurya byatetswe nabi bitewe n'ubujiji no kutamenya guteka. Ibi bihita bimerera nabi ingingo zigize urwungano ngogozi, kandi bikarema amaraso mabi mu mubiri. Ingaruka ni uko umubiri ugaragaza ubwiyabire

bitewe na mikorobi ziwinjiyemo, bikaba byakurikirwa n’uburwayi, ndetse rimwe na rimwe bigatera urupfu. … IMN 214.10

Dushobora gutegura ibyokurya byiza, bifitiye umubiri akamaro, byatetswe mu buryo butuma umubiri ugira amagara mazima, kandi bikaryohera bose. Ni ikintu cy’ingenzi cyane kumenya guteka neza. Guteka nabi biteza umubiri indwara no kumererwa nabi. Imikorere y’umubiri irabangamirwa, n’umuntu ntabashe gushishoza ngo amenye ibya Mwuka. Mu murimo wo guteka neza harimo iby’iyobokamana byinshi ku buryo mudatekereza. Iyo nabaga ntari mu rugo mu gihe runaka, namenyaga ko umugati bazanye ku meza kimwe n’ibindi byokurya hafi ya byose, bishobora kumerera nabi; ariko nabonaga ko nkwiriye kuryaho duke kugira ngo ubuzima bubashe gukomeza. Ni icyaha imbere y’Imana gutegura ibyokurya nk’ibyo.IMN 214.11

Amagambo Akwiriye Kwandikwa ku Gituro

385. Ibyokurya bidakwiriye kandi bitetswe nabi bihumanya amaraso kandi bigaca intege ingingo zirema amaraso. Byangiza imikorere y’umubiri kandi bigateza indwara, kuko bigendana n’uburibwe bw’imyakura no kugubwa nabi k’umubiri. Abahitanwa n’imitekere mibi babarirwa mu bihumbi n’ibihumbi. Ku bituro byinshi hakwiriye kwandikwa ngo: “Yazize ibyatetswe nabi;” cyangwa “Yishwe no kwangiza igifu.”IMN 215.1

Abantu Bazimiye Bitewe no Guteka Nabi

Abantu bateka ibyokurya bafite inshingano yera yo kumenya uburyo bwo gutegura no guteka ibyokurya bituma imibiri igira amagara mazima. Abantu benshi barapfa kubwo ingaruka yo guteka nabi. Guteka umugati mwiza bisaba gutekereza no kwigengesera; nyamara guteka umugati mwiza bikubiyemo iby’iyobokamana cyane kurusha uko benshi babyibwira. Mu kuri, hariho abantu bake bazi guteka neza. Abakobwa bibwira ko umurimo wo guteka n’indi mirimo yo mu rugo ari imirimo y’abakozi bo mu rugo; kubwo iyo mpamvu, usanga abo bakobwa igihe bashyingiwe kandi bagomba no kwita ku ngo zabo nta bumenyi buhagije bafite ku nshingano zireba abagore n’ababyeyi. IMN 215.2

Ubu si Ubuhanga bwo Gukerenswa

Guteka si ubuhanga nwo gukerenswa; ni umwe mu mirimo y’ingenzi yo mu buzima. Abagore bose bagomba kuwiga, kandi ukwiriye kwigishwa ku buryo ugirira akamaro n’abari mu nzego zo hasi z’ubuzima. Gutegura ibyokurya biryoshye, bifitiye akamaro umubiri kandi biteguwe mu buryo bworoheje bisaba ubumenyi ngiro; ariko birashoboka. Abatetsi bagomba kumenya uburyo bwo gutegura ibyokurya bidahenze, bigategurwa mu buryo bworoheje kandi bufitiye umubiri akamaro, bityo bikabasha kuryohera abantu, bikubaka imibiri, bitewe n’imitegurire yabyo yoroheje.IMN 215.3

Buri mugore ufite inshingano yo kuyobora umuryango kandi akaba adasobanukiwe n’umwuga wo guteka ibyokurya bifitiye umubiri akamaro akwiriye kwiyemeza kwiga igifitiye akamaro abagize urugo rwe ngo babeho neza. Mu bice byinshi, amashuri yigisha ubuhanga bwo guteka akwiriye gukoresha amahirwe afite akigisha ibigendanye n’ibi. Umugore udafite amahirwe yo kubona ubwo buryo akwiriye gusanga abantu basobanukiwe ibyo guteka neza, kandi agakomeza uwo muhati kugira ngo arusheho kubimenya, kugeza ubwo abaye umuhanga mu mwuga wo guteka. IMN 215.4

[Guteka ni umwuga w’agaciro kanini kuko ufitanye isano ikomeye n’ubuzima — 817]. IMN 215.5

Nimwige Kuzigama

386. Mu murimo w’ubutetsi, ni ngombwa kwibaza iki kibazo, “Ni gute ibyokurya bishobora gutegurwa ku buryo bworoheje kandi budahenze?” Ni ngombwa kandi kwiga ukuntu ibyokurya bisagutse ku meza bitapfa ubusa, ntibimenwe cyangwa ngo bijugunywe. Ibi bisaba kugira ubuhanga bwo kuzigama no kugira ubwenge bwo kurinda umutungo. Mu gihe cy’ubushyuhe, ni byiza guteka bike. Ahubwo mugakoresha biruseho ibyokurya bibisi. Hari imiryango myinshi ikennye, kandi, nubwo baba badafite ibyokurya bihagije byo kubatunga, usanga bakeneye gushishoza bakamenya impamvu y’ubukene bafite. Akenshi biterwa no gutagaguza n’uduke baba bafite. IMN 215.6

Ubuzima Bugirwa Ibitambo by’Imirire y’Ibigezweho

387. Ku bantu benshi, ikintu cy'ingenzi mu buzima, ari na cyo baba biteguye gutangaho ibyabo byose, ni ukugendana buri gihe n'ibigezweho. Amashuri, ubuzima, no kubaho neza bigirwa ibitambo ku gicaniro cy'ibigezweho. Kimwe no mu gutegura ku meza, kwerekana ibintu no gukoresha ibigezweho ni byo byatwaye abo bantu. Gutegura ibyokurya bifitiye umubiri akamaro biza ku mwanya wa kabiri. Bakoresha igihe kirekire bategura ibyokurya by'amoko menshi cyane, bikabatwara amafaranga n'akazi kenshi, kandi bene ibi byose nta cyiza bizanira abo bantu. Abantu bamwe bumva ko ari ubusirimu (ari ibintu bigezweho) gutegura ku meza igice cy'iduzeni y'ibisorori ku ifunguro rimwe; nyamara uyu muco nta kindi umara keretse kwangiza ubuzima. Ubwo busirimu ni bwo abagabo n'abagore bafite ibitekerezo bizima bakwiriye kurwanya bakoresheje amagambo n'icyitegererezo. Nimujye mwita ku buzima bw'ababatekera ibyokurya. "Mbese ubugingo ntiburuta ibyokurya, umubiri nturuta imyambaro?" IMN 216.1

Muri iyi minsi, usanga inshingano zo mu rugo zifata umukozi wo mu rugo hafi umwanya munini. Ni buryo ki byaba ari ingirakamaro ku buzima bw'abagize ingo zacu, ibyo gutegura ibijya ku meza bibaye bikozwe mu buryo bworoheje? Buri mwaka abantu ibihumbi batamba imibiri yabo ku gicaniro nk'icyo, nyamara bashoboraga kongera igihe cyo kubaho kwabo babaye birinze gukora ibikorwa nk'ibyo bitagira iherezo? Ababyeyi benshi bajya ikuzimu mu gihe bagombye gukomeza kubera imiryango yabo, itorero n'isi umugisha, baramutse babayeho ubuzima bworoheje.IMN 216.2

[Ibibi byo gukoresha ibyokurya byinshi bikabije ku mikorere y'umubiri — 218] IMN 217.1

Guhitamo no Gutegura Ibyokurya by'Ingenzi

388. Ntabwo ari ngombwa guteka ibyokurya byinshi cyane. Ariko na none si byiza kwishimira guteka ibyokurya bibuze intungamubiri haba mu bwiza n'ubwinshi bwazo. IMN 217.2

389. Ni ingenzi ko ibyokurya bitekanwa isuku, kugira ngo bitere ipfa ritari ribi. Bitewe n'uko ihame ry'ubuzima bwiza ritugira inama yo kureka gukoresha inyama, amavuta mabi, ibirungo, amavuta y'ingurube, n'ibikabura igifu bikica ubuzima, si ngombwa kwibwira ko ibyoturya bidafite ingaruka nini ku buzima bwacu.IMN 217.3

390. Ni bibi gupfa kurya gusa kugira ngo duhaze irari cyangwa umururumba, kandi ntitunagomba kugaragara nka ba ntibindeba ku byerekeranye no gutegura ibyokurya bifite intungamubiri n'uburyo bwo kubitegura. Iyo turya ibyokurya tutanezerewe, umubiri ntubyakira neza. Ni ngombwa rero kugira ubwenge mu gihe duhitamo ibyoturya n'igihe tubitegura tukabikorana ubuhanga n'ubumenyi ngiro. IMN 217.4

Ibyokurya bya Mugitondo Bitangaje

391. Naha ikiguzi kinini umutetsi kuruta icyo natanga ku wundi murimo wanjye. … Uyu muntu abaye ntacyo azi kandi ntagire ubumenyi ngiro ku byo guteka, mwahita mubona, nk'uko byatubayeho, azanye ku meza ibyokurya bya mugitondo bitangaje — porici, igizwe n'igikoma cy'ibigori, umugati, hamwe n'isosi ibonetse yose, ibyo gusa, wenda rimwe na rimwe akazana n'amata make. Abantu bajya barya gutyo amezi agahita, bakaba bazi buri gihe ikintu bagiye kurya, bagezaho bakumva batishimiye igihe nk'icyo cyagombye kubabera icyo kwishimira, ahubwo bakabona kibabereye kibi uwo munsi wose. Ndibwira ko mudashobora kumva ibingibi igihe bitarababaho. Ariko iki kintu kirampangayika cyane. Ndamutse nkora umurimo wo gutegura ibyo kumfasha ahantu nk'aho, nabwira abantu nti, Nimumpe umukozi udafite uburambe mu byo guteka, ufite ubushobozi runaka bwo gutekereza, ajye antegurira amafunguro yoroheje afitiye umubiri akamaro, kandi umubiri ugakomeza kuyagirira ipfa. IMN 217.5

Kwiga no Gushyira mu Bikorwa

392. Benshi ntibumva ukuntu ubutetsi ari inshingano y'ingenzi, niyo mpamvu bapfa guteka uko biboneye. Nyamara guteka bigomba gukorwa mu buryo bworoheje, bufasha umubiri, buboneye kandi bworoshye, hadakoreshwa amavuta y'ingurube, ikimuri, cyangwa inyama. Ubumenyi ngiro bugomba gufatanya no gukoresha uburyo bworoshye. Kugira ngo bigerweho, abagore bagomba kwiga, kandi bagashyira mu bikorwa ibyo bize. Benshi usanga bababaje bitewe no kuba badafata akanya ngo bakurikize ibyo. Ndababwira nti, Igihe kirageze ngo mukangure imbaraga zanyu maze mutangire mwige. Mwige uko bateka mu buryo bworoheje, ku

buryo mutegura ibyokurya biteye ipfa, bitetse neza, kandi bifitiye umubiri akamaro. … IMN 218.1

Nta muntu ugomba kwibwira ko gutegura indyo nkene nta kibazo biteye, ngo yumve ko icy'ingenzi ari uguteka kugira ngo abantu baryoherwe gusa, kandi irari ryabo rinyurwe. Benshi bacibwa intege n'uburwayi, bagakenera indyo ikungahaye ku ntungamubiri, indyo yuzuye, indyo iteguwe neza. … IMN 218.2

Ishami ry'Ingenzi ry'Uburezi

Abatetsi bafite inshingano yera yo kwiga kumenya uburyo bunyuranye bwo gutegura ibyokurya bifitiye umubiri akamaro, kubira ngo abantu babirye bishimye. Abagore bagomba kwigisha abana uburyo bwo guteka. Mbese ni irihe shami ry'uburezi ku mwana w'umukobwa ryamurutira iringiri? Ibyo turya ni byo bitubeshejeho. Indyo nkene, idahagije, kandi yateguwe nabi, igihe cyose ihumanya amaraso binyuze mu guca intege ingingo zikora amaraso. Ni ingenzi bikomeye gufata umwuga w'ubutetsi nka rimwe mu mashami y'ingenzi kurusha ayandi mu burezi. Nyamara usanga abatetsi beza ari mbarwa. Abakobwa bumva ko bisuzuguritse gukora umurimo w'ubutetsi. Ibyo ni ukwibeshya. Ntibabona agaciro k'uwo mwuga. Kugira ubumenyi bwo gutegura ibyokurya, cyane cyane kumenya guteka umugati, ni siyansi itagomba gukerenswa. … IMN 218.3

Ababyeyi bakerensa iri shami ry'ubumenyi mu burezi bw'abakobwa babo. Bishyiraho umutwaro wo guhangayika no gucuragana mu mirimo, maze akenshi ugasanga baguye agacuho, mu gihe abana b'abakobwa batarebwa na byo, bakajya gusura bagenzi babo, bakigira mu tundi turimo, bakihitiramo ibyo bashaka kwiga. Urwo ni urukundo rw'ubuhumyi, n'ubugwaneza budafite ishingiro. Umubyeyi aba atetesha umwana we, bikazamuviramo gutakaza igihe cye. Mu gihe azaba ageze mu kigero cyo kubasha kwikemurira ibibazo byo mu buzima, ntazaba ashoboye kubikora. Abakobwa nk'abo usanga ntacyo bitaho cyangwa ngo bemere kuvunika. Usanga barigize abasongarere, ntibite ku mirimo y'urugo, mu gihe ba mama baba bishwe n'imirimo no guhangayika, bakora ubutaruhuka nk'ingorofani. Umukobwa ntaba ashaka kuboneka ko ari mubi, ariko kandi ntashaka kugira icyo yitaho kandi akirengagiza imirimo; cyangwa se akaba yareba imvune no guhangayika bya nyina, maze agashaka uko yakora

inshingano ye, akakira nyina uwo mutwaro, kugira ngo yoroherwe n’imvune no guhangayika, bitaba ibyo akaba yakwicwa n’imvune n’imibabaro, ndetse ikaba yamugeza ku rupfu. IMN 219.1

Ni kuki se abagore baba impumyi maze bakirengagiza uburezi bw’abakobwa babo? Nagize impungenge, ubwo nasuraga imiryango myinshi, nkabona ukuntu abagore baremerewe n’imitwaro, mu gihe umwana w’umukobwa ufite imbaraga, umwuka, n’ubuzima bwiza, usanga nta kimuhangayitse, nta mutwaro. Iyo hari ibirori byahuje abantu benshi, maze imiryango ikaba ihangayitswe no kwakira abashyitsi, nabonye abagore bashyashyana mu mirimo bonyine, ibisabwa byose ari bo bagomba kubikora, mu gihe abana b’abakobwa babaga biyicariye, biganirira n’inshuti zabo, bari kumwe n’ababasuye. Ibi bintu mbifata nk’ikosa rikomeye ku buryo mbasha kubwira nkomeje urubyiruko rw’ubu rutagize icyo rwitayeho, ngo bahaguruke bakore. Nimuruhure ababyeyi banyu bararushye. Nimubareke bajye kwicara mu cyumba cy’uruganiriro, baruhuke, maze bishimire kuganira n’inshuti zabo. IMN 219.2

Ariko abakobwa si bo bagomba gucyahwa bonyine kuri iki kibazo. Umugore na we afite amakosa. Ntiyafashe umwanya ngo yigishe abakobwa be uburyo bwo guteka. Azi ko badafite ubumenyi mu byo guteka, ni yo mpamvu yumva ko agomba kwikorera akazi wenyine. Agomba kwita ku bintu byose bikeneye isuku, gutekereza, no kwitonderwa. Abakobwa bagomba kwigishwa mu buryo bwitondewe umurimo wo guteka. Imibereho yabo uko yaba imeze kose, bakeneye guhabwa ubwo bumenyi bakabushyira mu bikorwa. Iri ni ishami ry’uburezi rifite ingaruka zigaragara ku buzima bwa muntu, by’umwihariko ku buzima bw’abo dukunda. IMN 220.1

Benshi mu bagore n’ababyeyi batigeze bagira amahirwe yo kwiga, kandi badafite ubumenyi ngiro mu byo guteka, buri munsi usanga bategurira abagize imiryango yabo amafunguro ateguye nabi, agenda yica buhoro ingingo z’igogora z’umubiri, akarema mu mubiri amaraso mabi, ateza inshuro nyinshi indwara z’ubwiyabire bw’umubiri buterwa na za mikorobi mbi ziba zinjiyemo, kandi ibyo bigateza gukenyuka. … IMN 220.2

Gutera Umwete Abashaka Kwiga

Kwiga gukora umugati w'ingano mwiza, uryoshye, kandi woroshye ni inshingano yera buri mukobwa n'umugore b'Abakristokazi bagomba kwihatira kwiga. Ababyeyi bagomba gutangira kujya bajyana abakobwa babo mu gikoni bakiri bato, bakabigisha guteka. Umubyeyi ntagomba gutegereza ko abakobwa be bazabona iby'urugo nk'amayobera niba atabibigishije. Agomba kubigisha yihanganye, mu rukundo, kandi akabereka ko umurimo ari ikintu kinejeje uko ashoboye kose, bakabimubonaho kandi akajya ababwira amagambo yo kubatera umwete no kubashima. Niba bibananiye rimwe, kabiri, cyangwa gatatu, ntukabacyahe. Ubwo nyine gucika intege bibasha kugira icyo bibakoraho, kuko babasha gutangira kwibwira bati, "Ntacyo bimaze; sinshobora kubimenya." Ntabwo ari igihe cyo kubatonganya. Kuko ubushake bubasha gukendera; kandi bukeneye guterwa umwete n'amagambo yo gukomeza, abashimisha, abaha icyizere, nko kubabwira muti: "Amakosa wagize ntaguhangayike. Urimo kwiga, kandi ibyo bibaho. Ongera ugerageze. Ukore witonze, uzabishobora nta gushidikanya." IMN 220.3

Ababyeyi benshi ntibabona akamaro ko gutanga iri somo, ahubwo usanga babona ko aho guta umwanya wigisha umwana kwihanganira amakosa agira mu gihe yiga, bahitamo kwikorera ubwabo imirimo yose uko yakabaye. Maze igihe abakobwa babo bakoze amakosa mu gihe biga, bakabahinda bati, "Ntacyo bimaze, ntabwo ubishoboye. Urantesha umwanya kandi ndabona ntacyo umfasha." IMN 221.1

Bityo, umuhati w'abo bana b'abatangizi mu kazi usanga ababyeyi bawugize imfabusa, maze ikosa rya mbere rigatuma bumva ubushake bwabo n'inyungu bari bafite biciwe intege, ku buryo bumva batakongera kugerageza. Ibyo bituma bihitiramo ibindi bakora, nko kudoda, gufuma, gukora isuku, n'ikindi kitari uguteka. Bityo amakosa akaba ay'umubyeyi. Nyamara yagombye kwihangana agafata igihe cyo kwigisha abana, ku buryo babasha kugira ubumenyi ngiro, bakagira ndetse n'ubunararibonye bwasimbura amakosa no kutamenya by'abatangizi. IMN 221.2

Amasomo yo Guteka ni Ingenzi cyane Kurusha Amasomo ya Muzika

393. Abantu bamwe bahamagarirwa gukora inshingano zifatwa nk'izicishije bugufi, nk'umurimo wo guteka. Nyamara ubuhanga bwo guteka si ikintu gisuzuguritse. Ubumenyi bwo gutegura ibyokurya ni rimwe mu

masomo y'ingenzi asumba isomo rya muzika cyangwa iryo kudoda imyenda. Ibi ariko ntibivuze ko nshatse guha agaciro gake isomo rya muzika cyangwa iryo kudoda, kuko ari ingenzi. Ariko na none ikintu cy'ingenzi ni umwuga wo guteka ibyokurya ku buryo biba biryoshye kandi bifitiye umubiri akamaro. Uyu mwuga ukwiriye kubonwa nk'ufite agaciro kurenza indi myuga yose, kuko ufitanye isano ikomeye n'ubuzima. Ugomba kwitabwaho cyane; kuko kugira ngo umubiri ubone amaraso meza, ukenera ibyokurya byiza. Urufatiro rutuma abantu bakomeza kugira amagara mazima rushingiye ku murimo w'ububwirizabutumwa mu by'ubuvuzi wo guteka neza.IMN 221.3

Akenshi ivugurura ry'ubuzima rihindurwa ribi bitewe n'imitegurire mibi y'ibyokurya. Kutagira ubumenyi mu byo guteka ibyokurya bifitiye akamaro umubiri bigomba kubanza gukemurwa mbere y'uko ivugurura ry'ubuzima rigera ku ntego zaryo. IMN 222.1

Abatetsi beza usanga ari ingume. Abagore benshi, benshi cyane bakeneye kwiga guteka, kugira ngo bagaburire imiryango yabo ibyokurya byatetswe neza, kandi byateguranywe isuku. IMN 222.2

Mbere y'uko abana bigishwa amasomo yo gucuranga inanga cyangwa piyano, bagomba kwigishwa amasomo yo guteka. Umurimo wo kwiga guteka ntukuraho uwo kwiga muzika, ahubwo kwiga muzika bifite akamaro gake ubigereranyije no kumenya uburyo bwo guteka ibyokurya biryoshye kandi byiza.IMN 222.3

394. Abakobwa banyu bashobora kuba bakunda muzika, kandi ibi bibasha kuba ari byiza; byongerera umunezero umuryango. Ariko ubumenyi bwa muzika butari kumwe n'ubumenyi bwo guteka nta gaciro bwagira na mba. Igihe abakobwa banyu bazaba bafite ingo zabo, kumenya ibya muzika n'ibindi bibanezeza sibyo bazategura ku meza nk'amafunguro ateguwe neza yo kwica isari, yatetswe ku buryo abantu batagira ipfunwe ryo kutategurira inshuti magara. Babyeyi, umurimo wanyu urera. Imana ibafashe kuwukora neza kubwo ikuzo ryayo, kandi mubashe kuwukorana umwete, mwihangana, muwukunze, kubwo umunezero w'iki gihe n'uwo ahazaza w'abana banyu, muhanze amaso ku ikuzo ry'Imana. IMN 222.4

[Ibyokurya bidafatiwe igihe kandi “biriwe huti huti” igihe umuryango uri wonyine — 284]. IMN 223.1

395. Ntimugakerense kwigisha abana banyu uburyo bwo guteka. Mu kugira gutyo, muba mubacengezamo amahame bagomba guhabwa mu burezi bw'iyobokamana. Mu guha abana banyu amasomo y'imikorere y'umubiri, no kubigisha uburyo bwo guteka bworoheje kandi bw'ubunyamwuga, muzaba mubahaye urufatiro rw'ingenzi rw'amwe mu masomo y'uburezi. Gukora umugati mwiza kandi woroheje bisaba ubuhanga. Kumenya guteka neza bikubiyemo iyobokamana, kandi nibaza ku iyobokamana ry'abantu bafite ubujiji kandi bakerensa kwiga guteka. … IMN 223.2

Guteka indyo nkene ni ugucogoza buhoro buhoro imbaraga z'imibiri y'abantu ibihumbi n'ibihumbi. Ni akaga ku magara no ku buzima gusanga ku meza amwe bateguye umugati uremereye kandi mubi, hamwe n'ibindi byokurya byateguwe ngo birishanywe. Babyeyi, aho gushaka guha abakobwa banyu amasomo ya muzika, mubigishe imyuga ifite akamaro kandi ifitanye isano ya bugufi no kwitungira amagara mazima hamwe n'ubuzima. Mubigishe amabanga yose yo mu gikoni. Mubereke ibyo bifite uruhare runini mu burezi bwabo kandi bifite akamaro mu mibereho yabo ya Gikristo. Niba ibyokurya bidateguwe mu buryo bwiza kandi bufitiye akamaro umubiri, ntibibasha guhindukamo amaraso meza, ashobora gusana ingingo z'umubiri zisimbura izamaze gusaza. IMN 223.3

[Kugerageza gusimbuza isukari ibyokurya bisanzwe — 527] IMN 223.4

[Uruhare rw'ameza ku mahame yo kwirinda — 351, 354] IMN 223.5

[Niba igogora riremerejwe, ni ngombwa gushaka ikibitera — 445] IMN 224.1

[Guteka bike, gukoresha ibyokurya byo mu byaremwe — 166, 546]

IGICE CYA 15 - IBYOKURYA BIZANIRA UMUBIRI AMAGARA MAZIMA NA RESITORA ZIFITE ISUKU

Bikomoka kuri Rugaba

396. Igitekerezo cy'ibitangaza Umwami yakoze atanga vino mu birori by'ubukwe kandi akagaburira imbaga y'abantu benshi cyane kiduha isomo rifite akamaro gakomeye cyane. Umurimo wo kwita ku buzima bw'abantu ubagaburira ni kimwe mu bintu by'ingenzi cyane Umwami yakoreshaga yita ku bafite ubukene. Rugaba uganje mu ijuru agatunga abari mu isi ntazigera areka abantu be ngo baheranwe n'ubujiji mu byerekeye gutegura ibyokurya bihebuje kuba byiza bya buri gihe na buri mwanya wose. IMN 224.3

Bimeze nka Manu

397. Mu ijoro ryahise neretswe ibintu byinshi byerekeranye no gukora no kugurisha ibyokurya bizanira imibiri yacu amagara mazima. Nasanze ko bidusaba kubyitaho cyane kandi tukabisengera dushyizeho umwete. IMN 225.1

Hariho abantu benshi hirya no hino ku isi Imana izaha ubumenyi bwo gutegura ibyokurya bifitiye umubiri akamaro kandi biryoshye, nibona ko abo bantu biteguye gukoresha ubwo bumenyi mu buryo bukiranuka. Amatungo aragenda arushaho kugira uburwayi, kandi ntibigitinze ubwo abantu batari n'Abadiventisti b'Umunsi wa Karindwi bazagenda bareka kurya inyama. Hagomba gutegurwa ibyokurya bizanira umubiri akamaro kandi byubaka umubiri, ku buryo abantu babona ko kurya inyama bidakenewe.IMN 225.2

Umwami Imana arashaka kwigisha abantu benshi bari mu mpande zose z'isi gukoresha amafunguro y'ibyokurya bikubiyemo imbuto, ibinyampeke, n'imboga bibasha kubaka umubiri kandi bikawurinda indwara. Abatarigeze biga uburyo bwo gutegura ibyokurya byiza tubasha kubona ku isoko mu iki gihe, bakwiriye gukoresha ubwenge bakagerageza gukoresha ibyokurya biva mu butaka, kandi bazagenda bahabwa umucyo werekeranye n'uburyo bwo gukoresha ibiva mu butaka. Umwami azabereka uburyo bwo kubikora. IMN 225.3

Utanga ubumenyi ngiro no gusobanukirwa akabiha abantu be batuye ku mugabane umwe w'isi azabikorera n'abatuye ku yindi migabane na bo. Umugambi we ni uko ubutunzi bw'ibyokurya buboneka muri buri gihugu bubasha gutegurwa bigakoreshwa no mu bindi bihugu biberanye n'abaho. Nk'uko Imana yahaye abantu bayo manu ivuye mu ijuru kugira ngo abana b'Abisiraheli bakomeze kugubwa neza, ni na ko n'ubu iha abantu bayo bari mu bice bitandukanye ubumenyi ngiro n'ubwenge bwo gukoresha ibihingwa byo muri ibyo bihugu mu gutegura ibyokurya bigomba gusimbura inyama. IMN 225.4

398. Ya Mana yahaye Abisiraheli manu ivuye mu ijuru iriho kandi iraganje. Izaha ubumenyi ngiro no gusobanukirwa uburyo bwo gutegura ibyokurya bizanira umubiri amagara mazima. Izayobora abana bayo mu murimo wo gutegura ibyokurya byuzuye umubiri ukeneye. Yifuza ko bareba icyo babasha gukora kugira ngo bashobore kumenya gutegura bene ibyo byokurya, atari ukubitegurira imiryango yabo gusa, nubwo ariyo nshingano yabo y'ibanze, ahubwo bakanafasha n'abakene. Bagomba kugaragaza umutima wo kwitanga warangaga Kristo, bakabona ko bahagarariye Imana, kandi ko ibyo bafite byose bikomoka kuri Yo. IMN 225.5

Imana Itanga Ubumenyi

399. Umwami Imana yifuza ko ubwoko bwe bumenya ivugurura ry'ubuzima. Iri ni ishami ry'ingenzi mu masomo y'uburezi rigomba kwigishwa mu mashuri yacu. Igihe ukuri kwigishwa hirya no hino mu birere bishya, amasomo yerekeranye n'isuku mu byo guteka agomba gutangwa. Nimwigishe abantu uburyo bashobora kubaho badakoresha inyama. Mubigishe kubaho mu buryo bworoheje. IMN 226.1

Umwami Imana yakomeje gukora, kandi n'ubu arakora, umurimo wo kwereka abantu uko babasha gutegura bifashishije imbuto n'ibinyampeke, bagategura indyo yoroheje kandi idahenze kurusha ibyo abantu batangaho amafaranga muri iki gihe. Benshi ntibashobora kwitegurira ibyo byokurya bihenze, nyamara ibyo ntibivuze ko bagomba kurya indyo nkene. Ya Mana yagaburiye abantu ibihumbi n'ibihumbi mu butayu ikoresheje umutsima wo mu ijuru yiteguye guha abantu bayo muri iki gihe ubumenyi bwo gutegura ibyokurya mu buryo bworoheje. IMN 226.2

Igihe ubutumwa bugeze ku bantu batigeze bumva ukuri kw'iki gihe, babona ko imirire yabo ikeneye kurangwa n'ivugurura rifite imbaraga. Basobanukirwa yuko bagomba kwitandukanya no kurya inyama, kuko zitera ubushake bwo kunywa ibisindisha, kandi zigateza indwara mu mubiri. Kurya inyama bica intege ubushobozi bw'umubiri, ubw'ubwenge n'ubw'intekerezo. Umuntu aremwe n'ibyo arya. Kurya inyama, kunywa itabi, inzoga, bihagurutsa kamere ya kinyamaswa mu mubiri. Umwami Imana azaha abantu be ubwenge bwo kumenya gutegura bakoresheje ibiva mu butaka, ibyokurya bishobora gusimbura inyama. Imvange yoroheje igizwe n'ubunyobwa, ibinyampeke, n'amatunda, biteguranywe ubuhanga kandi ku buryo buteye ipfa, birihagije ubwabyo kugira ngo n'abatizera babyishimire. Ariko nk'uko bisanzwe, bisaba ko hakoreshwa ubunyobwa buhagije muri iyo mvange.IMN 226.3

Biteguwe mu Buryo Bworoheje, Budahenze, kandi Bufitiye Umubiri Akamaro

401. Ubu ngomba kugeza kuri benedata amabwiriza Umwami Imana yampaye ku byerekeranye n'ikibazo cy'imirire ituma tugira amagara mazima. Abenshi babona ko ikibazo cy'imirire no kugira amagara mazima ari ikintu cyatekerejwe n'abantu gusa, nyamara cyaravuye ku Mana, ishakira abantu bayo imigisha. Umurimo wo gutegura amafunguro afitiye umubiri akamaro ni umwihariko uva Mana, kandi ntugomba gutekerezwa nk'ikintu gishaka amafaranga menshi, kugira ngo bamwe batagishakamo indonke. Umucyo Imana yatanze kandi ikomeje gutanga ku kibazo cy'imirire ugomba kubera abana bayo muri iki gihe uko manu yari imeze ku bana ba Isiraheli. Manu yamanukaga iva mu ijuru, maze abantu bakabwirwa kuza kuyitoragura, bakayitegura kugira ngo ibashe kuribwa. Bityo rero, mu bihugu byose byo ku isi, umucyo uva ku Mana ugomba kugezwa ku bantu bose, maze ibyokurya bifitiye umubiri akamaro bikwiranye n'ibyo abaturage bo muri ibyo bihugu bakeneye bikabasha gutegurirwa kuribwa. IMN 227.1

Abizera ba buri torero bagomba kwimenyereza gushaka kugira ubumenyi n'ubuhanga Imana itanga. Umwami Imana yageneye ubuhanga n'ubumenyi abantu bose bashaka gukoresha ubushobozi bwabo ngo bige uburyo babasha guhuza ibyokurya biva mu butaka ngo babitegure mu

buryo bworoheje, budahenze, kandi bufitiye umubiri akamaro, ku buryo ibyo byokurya bibasha gusimbura inyama, kugira ngo abantu batagira urwitwazo rwo kurya inyama. IMN 227.2

Abahawe ubumenyi bwo gutegura bene ibyo byokurya bagomba gukoresha ubuhanga bwabo nta kwikanyiza cyangwa kwikunda. Bagomba gufasha bagenzi babo b'abakene. Bagomba kuba abakora ibyokurya kimwe n'ababikoresha. IMN 228.1

Umugambi w'Imana ni uko ibyokurya bifitiye umubiri akamaro bigomba gukorwa hirya no hino mu bice bitandukanye. Abemera ukuri bagomba kwiga uburyo bwo gutegura ibi byokurya byoroheje. Ntabwo ari umugambi w'Imana ko abakene bababazwa no kubura ibyangombwa ubuzima bwabo bukeneye. Imana irararikira abantu bayo bari mu bihugu binyuranye kuyisaba ubwenge, maze bagashobora kubukoresha uko ibubaha. Ntitugomba kwicara ngo tubure ibyiringiro ducike intege. Tugomba gukora ibishoboka byose tukamurikira abandi. IMN 228.2

Mu Buryo Bworoheje kandi Budahenze

402. Mu buryo bwubashywe, ni ngombwa kurushaho gutunganya no guteza imbere ibyokurya bifitiye umubiri akamaro bikorwa biturutse mu nganda. Umwami Imana ashaka kwigisha abagaragu be ukuntu babasha gutegura ibyokurya mu buryo bworoheje kandi budahenze. Hari benshi yifuza kubyigisha niba biyemeza gukurikiza inama Ye, kandi bagafatanya na bagenzi babo. IMN 228.3

403. Mwite ku byokurya bihendutse kandi bibasha gutekwa mu buryo biryohera abantu, bigakoreshwa ku bikenewe byose. … Mwimenyereze guhinga ibyokurya by'impeke n'amatunda bidahenda mu gutegura. Ibi byose twabihawe ku buntu n'Imana kugira ngo ihaze ibyo dukeneye. Ubuzima ntibubeshejweho no gukoresha ibyokurya bihenze. Tubasha kubona ibyokurya byiza bifitiye umubiri akamaro mu gihe dutegura mu buryo bworoheje ibikomoka ku mbuto, ibinyampeke, n'imboga. IMN 228.4

404. Tube abanyabwenge mu gutegura ibyokurya byoroheje, bidahenze, kandi bifitiye umubiri akamaro. Benshi mu bizera bacu ni

abakene; bakwiriye gushaka ibyokurya bifitiye umubiri akamaro bitabahenze.
Nyamara ubushake bw'Imana ni uko umuntu w'umukene nyakujya mu bantu be, aho yaba ari hose, agomba kubona ibyokurya bidahenze, kandi bifitiye umubiri akamaro. Hirya no hino ku isi, hakwiriye gushyirwa inganda zikora bene ibyo byokurya. Ikibasha kubera umugisha ahantu runaka gishobora no kubera umugisha ahandi abantu batabasha kubona amafaranga mu buryo bworoshye. IMN 229.1

Imana irakorera abana bayo umurimo. Ntiyifuza ko babaho mu bukene badafite aho bakura ibibafasha. Irashaka kubagarura ku mirire yageneye umuntu katanga ka mbere. Imirire yabo igomba kuba igizwe n'ibyokurya biva ku bintu Imana yatanze. Ibyo bintu bigizwe cyane cyane n'imbuto (amatunda) n'ibinyampeke n'imisogwe, ariko ibikomoka ku muryango umwe nka byo bitandukanye bibasha na byo gukoreshwa. IMN 229.2

Uko Inzara Yiyongera, Ibyokurya Bigomba Kuba Byoroheje

405. Ikibazo cy'imirire ntikirumvikana uko bikwiriye ku rwego rwuzuye.

Haracyari byinshi na none byo kwiga. Uhoraho arifuza ko ubwenge bw'abantu be aho bari hose ku isi buba bwiteguye kwakira amabwiriza atanga yerekeranye no kuvanga ibintu runaka mu gutegura ibyokurya bizaba bikenewe, ariko bitari byatangira gukorwa. IMN 229.3

Mu gihe inzara, ubukene, n'akaga bizagenda birushaho kwiyongera ku isi, imitegurire y'ibyokurya bifitiye umubiri akamaro igomba kuzagenda irushaho koroshywa. Abakora uwo murimo bakwiriye guhora bigira ku Mwigisha Mukuru ukunda abantu be, kandi uhora abifuriza ibyiza. IMN 229.4

[Umugambi w'ibyokurya bifitiye umubiri akamaro mu gusimbura inyama, amata n'amavuta — 583] IMN 229.5

Isomo Kristo Atwigisha ku byo Kuzigama

406. Hariho ibintu byinshi tugomba kwitaho muri uyu murimo. Tugomba gukoresha ibyokurya byiza biva mu butaka kugira ngo twimenyereze imirire myiza mu mibiri yacu, kandi ihendutse. IMN 230.1

Gukora no gucuruza ibyokurya ni umurimo ukeneye amasengesho cyane. Abantu nibasabe Imana ubwenge bwo kumenya gutegura ibyokurya biboneye. Uwagaburiye abantu ibihumbi bitanu akoresheje imigati itanu n'ifi ebyiri azakenura abana be mu byo bakeneye uyu munsi. Nyuma y'uko Kristo akoze icyo gitangaza kidasanzwe, yigishije isomo ryo kuzigama. Nyuma yo guhaza iyo mbaga y'abantu, Kristo yaravuze ati, "Nimuteranye utumanyu dusagutse kugira ngo hatagira ibipfa ubusa. Bateranya utumanyu twasagutse kuri ya migati itanu bamaze kurya, buzuza inkangara cumi n'ebyiri." IMN 230.2

Ibyokurya Bikomoka ku byo Abantu bo mu Bihugu Bitandukanye Bejeje

407. Imana izaha abantu benshi bo mu bice bitandukanye ubuhanga mu byerekeye ibyokurya bifitiye umubiri akamaro. Ishobora kuzuza ameza mu butayu. Ibyokurya bifitiye umubiri akamaro bigomba gutegurwa n'amatorero yacu mu gihe agerageza gushyira mu bikorwa amahame y'ivugurura mu by'ubuzima. Nyamara uko bagerageza kubikora, bamwe bazagenda bavuga ko birenze ubushobozi bwabo. Ariko se ni nde ubaha ubwenge bwo gutegura ibyo byokurya? Ni Imana yo mu ijuru. Ya Mana yahaye ubwenge abana bayo, bo mu bihugu bitandukanye, kugira ngo bakoreshe ibiva mu butaka bwo mu bihugu byabo bategura ibyokurya bifitiye umubiri akamaro. Mu buryo bworoheje kandi budahenze, abizera bacu bagomba kugerageza gukoresha imbuto (amatunda), ibinyampeke n'ibibikomokaho babona mu bihugu batuyemo. Mu bihugu bitandukanye, ibyokurya bifitiye umubiri akamaro bidahenze bigomba gukorwa ku nyungu z'abakene no ku nyungu z'imiryango y'abizera bacu. IMN 230.3

Nahawe ubutumwa buturutse ku Mana ibwira abantu bayo bo mu bihugu byo mu mahanga ko batagomba kubeshwaho no gutegereza ibyokurya bifitiye umubiri akamaro bivuye muri Amerika. Imisoro n'imirimo igendanye n'ikiguzi cyabyo iba ihanitse ku buryo abakene, b'agaciro imbere y'Imana kimwe n'abakire, batabasha kubyibonera. IMN 230.4

Ibyokurya bifitiye umubiri akamaro bitangwa n'Imana, kandi Izigisha abana bayo mu murimo hirya no hino uburyo bwo guhuza ibiva mu butaka, mu buryo bworoheje, budahenze, bagategura ibyokurya biboneye. Nibashakashaka ubwenge mvajuru, Imana izabigisha uburyo bwo guteganya no gukoresha neza ibyo byokurya biva mu butaka bw'iwabo. Nahawe amabwiriza yo kubivuga, uramenye ntubibabuze. IMN 231.1

Ibyokurya Bifitiye Umubiri Akamaro Bigomba Kubanziriza Amabwiriza y'Ivugurura ry'Ubuzima

408. Ahantu mukorera umurimo haracyari byinshi byo gukora, byerekeranye no gutegura ibyokurya bifitiye umubiri akamaro. Ibnyokurya biboneye ku buryo bwuzuye, kandi bidahenze bigomba gutegurwa kugira ngo bijye bikoreshwa. Ubutumwa bwiza bwerekeranye n'iby'ubuzima bugomba kwigishwa abakene. Mu gukora bene ibyo byokurya, hazaba hafunguwe inzira ku bantu bemera kwakira ukuri nyamara bakava ku kazi bakoraga, bityo bakaba babonye icyo kubabeshaho. Ibyo Imana yaremye bigomba guhindurwamo ibyokurya bifitiye umubiri akamaro, abantu bakajya babasha kubyitegurira ubwabo. Icyo gihe rero, tuzaba dushobora kwerekana amahame y'ivugurura ry'ubuzima, n'abazatwumva bazemezwa n'ukuri kw'ayo mahame, bayagire ayabo. Ariko igihe cyose tutazashobora kugeza ku bantu ibyokurya byiza, biryoshye, byubaka imibiri, kandi bidahenze, ntibizadushobokera kwerekana ukuri kw'ingenzi kw'ivugurura ry'ubuzima mu mirire. IMN 231.2

[Gutera umwete iterambere ry'impano z'umuntu wese — 376] IMN 231.3

409. Ahantu hose ukuri kwamamazwa, hakwiriye kwigishwa n'ibyigisho byerekeranye no gutegura ibyokurya bifitiye umubiri akamaro. Imana yifuza ko ahantu hose abantu bagomba kwigishwa gukoreshanya ubwenge ibiboneka aho batuye mu buryo bworoshye. Abigisha bafite ubuhanga bagomba kwerekera abantu uburyo bakoresha amahirwe atangaje bafite yo gukoresha ibiribwa byera mu gace batuyemo mu gihugu cyabo. Bityo abakene, kimwe n'abamerewe neza, bashobora kumenya uko bagira imibereho myiza. IMN 231.4

Imvange z'Ibinyamavuta Zikwiriye Gukoreshwa mu Rugero

410. Uhoraho yifuza ko abantu bo mu bice byose by'isi bagira ubuhanga mu byerekeranye no gukoresha ibihingwa biva mu butaka biboneka muri buri gace k'igihugu. Ibyo bihingwa bigomba kwiganwa ubuhanga bikagenzuranwa ubwitonzi, kugira ngo abantu bamenye uko bashobora kubivanga n'ibindi mu buryo bworoheje itegurwa ry'ibyokurya, ndetse n'uburyo budahenze mu kubikora no kubitwara. Nimureke twese tugerageze uko dushoboye kugira ngo ibyo tubigereho, dufashijwe n'Imana. Hariho ibyokurya byinshi bihenze ubwenge bw'umuntu bubasha kwiga kuvanga bitabaye ngombwa ko hategurwa ibihenze cyane kurushaho. IMN 232.1

Mu myaka itatu ishize, nabonye urwandiko rwagiraga ruti, "Simbasha kurya ibyokurya by'ibinyampeke; kuko igifu cyanjye kitabishobora." Hanyuma y'aho nabonye imitegurire myinshi ibasha gukoreshwa; Imwe muri yo ni uko hagomba kuboneka ibindi biribwa umuntu ashobora kuvanga n'ibinyamavuta, bikabasha kugira icyanga bikajyana, kandi ntibibe ngombwa kubikoresha ari byinshi. Ibinyamavuta bingana na purusa 10 kugeza kuri 15 birahagije gukora iyo mvange. Ibi twarabigerageje kandi bigenda neza. IMN 232.2

[Reba Ubunyobwa n'ibyokurya by'ibinyamavuta mu gice cya 22]. IMN 232.3

Ibiryohera cyangwa Ibisuguti

Hariho n'ibindi byavuzweho. Kimwe muri byo ni ibintu biryohera cyangwa ibisuguti. Birakorwa bitewe n'uko hariho ababikunda, bityo abantu benshi bakabigura nyamara badakwiriye kubirya. Na none hari ibikwiriye gukorwa kurushaho, kandi Imana izakorana n'abantu bose bashaka gukorana na Yo. IMN 232.4

[Reba za gato ziryohereye, imigati yuzuyemo amasukari, n'ibisuguti — 507, 508] IMN 233.1

[Ibyokurya byitwa "ibyokurya byakorewe gufasha ubuzima", bitica ubuzima — 530] IMN 233.2

411. Abakora gahunda y'imitegurire y'amafunguro mu binyamakuru by'ubuzima bagomba kubyitondera cyane. Bimwe mu byokurya bitegurwa mu buryo budasanzwe bigomba kurushaho gutegurwa neza, kandi gahunda yacu y'uburyo tubikoresha igahinduka. Bamwe bakunze gukoresha uko bishakiye ibinyamavuta nk'ubunyobwa mu mitegurire yabo. Benshi bakunze kunyandikira ngo, "Sinshobora gukoresha ubunyobwa;

mbese nakoresha iki mu cyimbo cy'inyama?" Ijoro rimwe, nasaga nk'uhagaze imbere y'itsinda ry'abantu, mbabwira ko bakoresha bikabije ubunyobwa mu byokurya byabo; ko umubiri utazashobora kubwihanganira igihe bukoreshejwe nk'uko mu binyamakuru bimwe bategeka uko bugomba gutegurwa; ko niba bukoresheje mu buryo bukwiriye, ingaruka zaba zishimishije. IMN 233.3

Imirimo ya Resitora Zifite Isuku mu Materaniro Makuru

412. Mu materaniro makuru yacu, hakwiriye kubaho gahunda zituma abakene babona ibyokurya bifitiya umubiri akamaro, biteguwe neza kandi bidahenze. Hakwiriye kuboneka kandi resitora itegura amafunguro atunganye kandi aryoheye abantu, bikabera icyigisho benshi mu bo tudahuje ukwizera. Iyi gahunda y'umurimo wacu ntigomba gutandukanywa n'indi miriro yo mu materaniro makuru. Buri shami ry'umurimo w'Imana rigomba kuba isanga n'ingoyi n'indi mirimo, kandi byose bigakorana mu buryo buhuje. IMN 233.4

413. Mu mijyi yacu, abakozi babyifuza bagomba kwita ku byiciro binyuranye by'umurimo w'ivugabutumwa. Bakwiriye gushyiraho za resitora zirangwa n'isuku. Ariko uyu murimo ugomba gukoranwa ubushishozi. Abakora muri izi resitora bagomba guhora biga, bakamenya gutegura ibyokurya byiza kandi bifitiye umubiri akamaro. Buri resitora irangwa n'isuku igomba kubera ishuri abakozi bayikoreramo. Uwo murimo ushobora gukorwa ku buryo bwisanzuye mu mijyi kurusha mu byaro. Ariko muri buri gace kariho itorero hamwe n'ishuri ry'itorero, ni ngombwa ko hatangirwa inyigisho zerekeranye no gutegura amafunguro atunganye kandi yoroheje, bigafasha abantu bose bifuza kubaho bagendera ku mahame y'ivugurura mu by'ubuzima. Kandi umurimo nk'uwo ubasha gukorwa no mu duce twose za misiyoni zacu zikorera. IMN 233.5

Resitora Zacu Zigomba Gukomera ku Mahame

414. Mukeneye kwirinda buri gihe ikintu icyo aricyo cyose, nubwo cyasa nk'ikitangiza umubiri, cyashobora gutuma mureka amahame agomba igihe cyose kugenderwaho mu mirimo ya za resitora zacu. …

Ntitugomba gutegereza ko abantu bahugijwe no guhaza irari ryabo mu buzima bwabo babanza gusobanukirwa uburyo bwo gutegura ibyokurya byuzuye, biboneye, biryoshye, kandi biteguwe mu buryo bworoheje. Ubu ni ubumenyi bukwiriye kwigishwa muri buri kigo cyacu cy'ubuzima no muri resitora zacu zirangwa n'isuku. … IMN 234.1

Niba abagana za resitora zacu bagabanyuka bitewe n'uko twanga gutatira amahame nyakuri yacu, nimubareke bagabanuke. Tugomba gukomeza mu nzira y'Umwami Imana, niyo twavugwa nabi cyangwa neza. IMN 234.2

Mbagejejeho ibi ngibi mu nzandiko mbandikiye ngo mbafashe kuguma mu murongo w'ukuri kandi mureke ibyatuma ibigo byacu by'ubuzima na za resitora bitatira amahame yacu. IMN 234.3

Mwirinde Imvange Nyinshi Ziruhije

415. Muri resitora nyinshi zo mu mijyi yacu, usanga abantu babasha guhura n'akaga ko kurya imvange z'ibyokurya byinshi ku igaburo bafata. Igifu kigira ibibazo iyo kigiyemo ibyokurya binyuranye mu igaburo rimwe. Gukoresha ibyoroheje ni kimwe mu bigize ivugururura ry'ubuzima. Umurimo wacu ubasha guhura n'akaga ko gutakaza izina wamaze gufata. IMN 235.1

Niba duharanira kugira amagara mazima, ni ngombwa ko tugabanya irari/ipfa, tukarya twitonze, kandi tukirinda gukoresha ibyokurya byinshi binyuranye mu ifunguro rimwe. Tugomba guhora tuzirikana iyi nyigisho kenshi. Gukoresha ibyokurya byinshi binyuranye ku ifunguro rimwe ntibigendanye n'amahame y'ubuzima bwiza. Ntitugomba na rimwe kwibagirwa ko ibi bifite uruhare mu murimo w'imyizerere yacu, umurimo wo gutegura ibyokurya biva mu butaka, bigomba kugirira akamaro gakomeye imibiri yacu kurenza ikindi kintu cyose. IMN 235.2

Inshingano ya Resitora Zirangwa n'Isuku

416. Neretswe ko tudakwiriye kunyurwa no kuba dufite resitora imwe mu mugi wa Brooklyn. Hagomba gushyirwaho izindi mu duce tundi tw'umugi. Abantu batuye mu gice kimwe cy'umugi munini wa New York ntibamenya ibibera mu bindi bice by'uwo murwa munini cyane. Abagabo

n’abagore barira muri za resitora ziri hirya no hino mu bice byinshi bazabona bidatinze ko ubuzima bwabo bugenda bumererwa neza. Igihe bazaba bamaze kugira
icyizere, bazaba biteguye kwakira ukuri kw’ingenzi k’ubutumwa bw’Imana. IMN 235.3

Ahantu hose umurimo w’ivugabutumwa mu buvuzi ukomeje gukorwa mu mijyi yacu migari, hagomba gushingwa amashuri yigisha guteka; kandi aho umurimo w’ivugabutumwa mu by’uburezi urimo gutezwa imbere, na ho hagomba gushingwa za resitora zirangwa n’isuku, zizaba ahantu ho kwitoreza ibyo gutoranya no gutegura ibyokurya bifitiye umubiri akamaro. IMN 235.4

417. Imana ifitiye ubutumwa abatuye imijyi yacu, kandi tugomba kwamamaza ubwo butumwa mu materaniro makuru yacu, mu mavuna dukora, ndetse no mu bitabo byacu. Ikindi kandi, tugomba gushinga za resitora zirangwa n’isuku mu mijyi, maze tukahabwiririza ubutumwa bwo kwirinda. Hakwiriye gutegurwa inama zigendana no gushinga izi resitora. Aho bishoboka hose, hagomba guteganywa icyumba cy’aho abayobozi bazajya batumirwa bakaza gutanga inyigisho n’amahugurwa ku buhanga mu byo Ubuzima bwiza no Kwirinda bya Gikristo, aho abantu babasha kubona inyigisho zerekeranye no gutegura indyo iboneye ndetse n’ibindi byigisho by’ingenzi bikenewe. Muri aya mahugurwa, hagomba guhuzwa gahunda z’amasengesho n’indirimbo hamwe n’ibiganiro, atari ku ngingo zirebana gusa n’iby’ubuzima no kwirinda, ahubwo bikanahuzwa n’ingingo za Bibiliya. Mu gihe abantu bigishwa uburyo bwo kwitungira amagara mazima, hazaboneka n’amahirwe menshi yo kubabibamo imbuto y’Ubutumwa bwiza bw’ubwami.IMN 236.1

Intego Nkuru y’Umurimo wo Kwitungira Amagara Mazima mu by’Imirire

418. Umurimo wo kwitungira amagara mazima mu by’imirire ubasha kwivugira ubwawo igihe ukozwe ku buryo Ubutumwa bwiza bwa Kristo bugezwa ku bantu. Ariko ndabwira abantu nkomeje kwirinda ibikorwa binyuranyije no guteza imbere ibyo gutegura indyo igamije gufasha imibiri. Ni ikosa rikomeye ku bagabo n’abagore kumara igihe kinini bakoresha

impano zabo bategura ibyokurya, mu gihe badashyira umwete mu kugaburira abantu benshi umutsima w'ubugingo. Hari akaga gakomeye ku murimo wose utagamije kwereka abantu inzira ibahesha ubugingo buhoraho. IMN 236.2

[Kugira ngo wige biruseho umurimo wo gutegura ibyokurya bigufasha kwitungira amagara mazima n'umurimo wa za resitora, reba Ibihamya by'Itorero, umuzingo wa 7, paje 110-131; n'ikindi gitabo cyitwa, Inama ku Kwitungira Amagara Mazima, paje 471-496].

IGICE CYA 16 - IBIGO MBONEZAMIRIRE
Kwita ku Barwayi no Gutanga Ibyokurya Byiza

419. Ni ngombwa gushinga ibigo mbonezamirire byita ku barwayi, aho aba barwayi bitabwaho n'abavugabutumwa bubaha Imana bakora mu bigo by'ubuvuzi, kandi bakabavura badakoresheje imiti. Ibigo nk'ibi bizajya biganwa n'abantu bahuye n'uburwayi bitewe n'ingaruka z'ingeso mbi mu mirire n'iminywere yabo, maze bahabwe indyo yoroheje, iboneye, kandi iryoshye bagomba kujya bakoresha. Ntigomba kuba indyo nkene. Imvange y'ibyokurya binyuranye kandi byuzuye igomba gutegurwa ku buryo bigaragara ku meza ko biteye ipfa. IMN 237.1

420. Turifuza kubaka ikigo mbonezamirire kizajya kivura indwara hakoreshejwe ibyaremwe twishakira, kandi abantu bakazajya bagihugurirwamo uburyo bwo kwivura igihe barwaye; aho bazigishwa uko bagomba kureka ibiyobyabwenge, nk'ikawa, icyayi, inzoga, n'ibindi bikabura umubiri by'uburyo bwose, kandi tukigisha abantu kureka kurya inyama z'amatungo yapfuye. IMN 237.2

Inshingano y'Abaganga, Abashinzwe imirire, n'Abaforomo

421. Inshingano y'abaganga ni ukureba ko abarwayi babonye indyo yuzuye, kandi ikaba igomba gutegurwa ku buryo idateza ibibazo imikorere y'umubiri. IMN 237.3

422. Abaganga bagomba kuba maso bagasenga, bakabona ko bari mu mwanya w'inshingano ikomeye cyane. Bagomba kwandikira abarwayi babo imirire ikwiranye n'ubuzima bwabo. Iyo mirire cyangwa ibyo byokurya bigomba gutegurwa n'umuntu usobanukiwe neza ko afite uruhare rukomeye, nk'uko ibyokurya byiza bikenerwa kugira ngo bitange amaraso meza mu mubiri. IMN 237.4

423. Uruhare rw'ingenzi mu nshingano z'umuforomo ni ukwita ku mirire y'umurwayi. Ntagomba kureka umurwayi ngo akomeze kuribwa cyangwa ngo acike intege bitewe no kubura ibyokurya, kandi ntanakwiriye kumuha ibyokurya byinshi bikabije ngo biremerere ingingo zigize igogora. Kumwitaho bisaba kumutegurira no kumuha ibyokurya byoroheye igogora,

kandi akitondera cyane gushaka ibyo abona akeneye cyane, haba mu bwinshi no mu bifitiye umubiri akamaro. IMN 237.5

Nimushake Uko Abarwayi Bamererwa neza, kandi mwite ku Byifuzo byabo byiza

424. Abarwayi bagomba guhabwa ibyokurya bihagije, byuzuye, byoroshye kuribwa, biteguwe kandi bigabuwe mu buryo buteye ipfa, ku buryo bituma batabasha guhura n'igishuko cyo kwifuza kurya inyama. Ibyokurya bigomba kuba inzira yo kwigisha ivugurura mu by'ubuzima. Ni ngombwa kwita cyane ku mvange y'ibyokurya bihabwa abarwayi. Ni ingenzi cyane kugira ubumenyi bwo gutegura imvange z'ibyokurya byiza, kandi abantu bakabona ko ari ubwenge mvajuru. IMN 238.1

Amasaha yo kurya agomba gutegurwa ku buryo abarwayi babona ko abashinzwe ibigo bitaye ku kumererwa neza kwabo n'ubuzima bwabo. Igihe bazaba bavuye mu bigo, ntibazagenda bafite ibyo bagaya kuri ibyo bigo. Ntabwo abarwayi bagomba na rimwe kubona ko amasaha yo kurya yashyizweho ku buryo bw'amategeko adakuka. IMN 238.2

Niba kubwo kureka gutanga ibyokurya bya gatatu mubona bituma abarwayi banga kugana ibigo cyangwa bakigendera, inshingano yanyu irasobanutse. Tugomba kwibuka ko hari abantu bishimira kurya indyo ebyiri ku munsi gusa, ariko hari n'abandi barya dukeya kuri buri funguro, bigatuma bumva bakeneye icyo bafata nimugoroba. Ni ngombwa kurya ibyokurya bihagije kugira ngo umubiri n'imikaya bibone imbaraga bikeneye. Kandi dukwiriye kwibuka ko ubwonko bukura imbaraga mu byokurya twariye. Umugabane umwe w'umurimo w'ivugabutumwa mu by'ubuvuzi ugomba gukorwa n'abakozi bo mu bigo ni uwo kwerekana agaciro k'imirire yuzuye. IMN 238.3

Birakwiriye ko mu bigo byacu nta kawa, icyayi, cyangwa inyama bigomba kuhatangirwa. Kuri benshi, iki cyemezo gikubiyemo impinduka no kwigomwa gukomeye. Gushyiraho ibindi byemezo bigendana n'impinduka nko kugabanya umubare w'amafunguro atangwa ku munsi, byamera kuri bamwe nko kubazanira ingorane kuruta kubazanira ibyiza. IMN 238.4

[Ku byerekeranye n'umubare w'amafunguro, reba igice cya 9: "Kurya ku Bihe Bidahinduka"] IMN 239.1

Musabe Impinduka za Ngombwa Gusa mu Byerekeranye n'Ingeso n'Akamenyero

425. Abakorana na bene ibi bigo bagomba kwibuka ko Imana ibasaba kwishyira mu mwanya w'abarwayi kugira ngo bumve uburyo babayeho. Tugomba kuba abafasha b'Imana mu kwerekana ingingo z'ingenzi zigize ukuri kw'iki gihe turimo, kandi tugomba kwirinda kwivanga bitari ngombwa mu ngeso n'akamenyero by'abagana ibigo byacu bishinzwe imirire, baba abarwayi cyangwa abashyitsi. Benshi muri aba bantu bagana ibyo bigo bitewe no gushaka ahantu baruhukira mu gihe cy'ibyumweru bike. Turamutse tubategetse, muri icyo gihe kigufi gutyo, ngo bahindure amasaha bafatiraho amafunguro, twaba tubateye ikibazo kitoroshye. Nimuramuka mugenje mutyo, ntimuzatinda kubona ko, nyuma y'igeragezwa rigendanye n'ibibazo, yuko mwakoze amakosa. Mugerageze uko mushoboye kose kumenya ingeso n'akamenyero by'abarwayi, kandi ntimubategeke guhindura izo ngeso mu gihe izo mpinduka zitagira inyungu zibazanira. IMN 239.2

Umwuka uri mu kigo ugomba kuba unejeje kandi ushimishije abakigana, muri make ari umwuka urangwa n'ubusabane uko bishoboka kose. Abahagana bashaka ubufasha bagomba kumva ko baje "imuhira", bakumva bari iwabo. Impinduka zihutiyeho mu mirire zituma bumva batamerewe neza. Kubona ko imico yabo ibangamiwe bibatera kutiyumva aho hantu. Intekerezo zabo ntizituza, ibyo bigatuma ibintu birushaho kumera nabi, bityo bakabura imigisha babashaga kuhabonera iyo ibintu biza kugenda uko bikwiriye. Niba ari ngombwa guhindura ingeso zabo, ibyo mugomba kubikora mwitonze kandi mu buryo bushimishije, ku buryo abarwayi babona za mpinduka nk'imigisha aho kuzibona nk'ingorane. IMN 239.3

Mureke amabwiriza yanyu abe akwiriye ku buryo agendana n'umutimanama w'abadasanzwe bamenyereye kubona ibintu uko biri. Mu gihe mugerageza kumvikanisha amahame y'ukuri azana ivugurura n'impinduka mu mibereho y'abantu bagana ibigo bashaka ubuzima bwiza, nimubareke babone ko mutabashyiraho imitwaro uko mwishakiye.

Nimubahe umudendezo bumve ko bakwiriye gukurikira inzira bihitiyemo ubwabo. IMN 240.1

Nimureke Impinduka mu Mirire Zigende Ziza Buhoro Buhoro

426. Mu gihe cya nijoro, navuganaga namwe uko muri babiri. Nari mfite ibintu runaka byo kubabwira byerekeranye n'ikibazo cy'imirire. Navuganaga namwe nisanzuye, mbabwira ko mugomba kugira impinduka mu bitekerezo byanyu ku byerekeranye n'ibyokurya bigomba guhabwa abantu bo hanze baza bagana ikigo cyacu. Aba bantu bagize akamenyero ko kurya nabi, ibyokurya byiganjemo ibinure. Bagezweho n'ingaruka z'umururumba wabo. Bakeneye ivugururura mu mirire n'iminywere, ariko iryo vugururura ntirishobora guhita riba ako kanya. Impinduka zigomba kugenda ziza buhoro buhoro. Ibyokurya bitunga umubiri bahabwa bigomba kuba biryoshye kandi bitera ipfa. Mu mibereho yabo yose, nta gushidikanya ko bagiye barangwa no gufata amafunguro atatu ku munsi kandi bakarya ibyokurya bikungahaye ku binure. Ni ingenzi ko abo bantu mubakundisha kandi mukabagezaho ukuri kw'ivugururura ry'ubuzima. Ariko kugira ngo mubemeze gukoresha indyo ikwiriye, mugomba kubashyira imbere amahitamo yo gukoresha indyo ihagije, yuzuye, kandi iteye ipfa. Impinduka ntizikwiriye gushyirwaho huti huti, kugira ngo zidatuma batera umugongo ivugururura ry'ubuzima aho kuyoborwa na ryo. Ibyokurya bahabwa bigomba gutegurwa neza, kandi bigomba kuba bikungahaye ku buryo ari jyewe cyangwa wowe tubasha kubiryaho. … IMN 240.2

Ibi mbyanditse kuko nzi neza ko Umwami Imana abasaba kugira ubwenge bwo kumenya kwegera abo bantu mukabasanga aho bari, mu mwijima bakigenderamo no kuba abanyamururumba. Kubwanjye, nahisemo indyo yuzuye kandi yoroheje. Ariko ntabwo ari byiza guhita ubihatira abantu bo hanze, batwawe n'umururumba, ngo ubategeke gukoresha indyo runaka ku buryo byabatera kwanga ivugururura ry'ubuzima. Imigirire nk'iyo ntizigera ibatera kwemera akamaro ko guhindura ingeso mu mirire n'iminywere. Mujye mubaha ibihamya. Mubigishe ku buryo babona akamaro ko gukoresha indyo yuzuye kandi yoroheje, impinduka ikazajya iza buhoro buhoro. Mubahe igihe cyo kwimenyereza bene iyo mirire no gushyira mu bikorwa inyigisho bahawe. Mukore, musenge, kandi mubayobore mu buryo bwa gicuti bushoboka. IMN 240.3

Ndibuka igihe kimwe ahantu ________, ubwo nari ndi mu bitaro by'aho hantu, nararikiwe kwicara ku meza hamwe n'abarwayi, no gusangira na bo, kugira ngo tumenyane. Nabonye ko hari ikosa bakora ryerekeranye no gutegura ibyokurya. Byashyirwaga hamwe ku buryo bitabaga biryoshye, ntibibe byafasha na bibiri bya gatatu by'ibyo umuntu akenera. Nabonye ko bitanshobokera gutegura ibyokurya byafasha ipfa nari mfite. Nagerageje kugira ibyo mpindura kuri iyo gahunda, kandi ndibwira ko byabagiriye umumaro.IMN 241.1

Uburezi Bugomba Kugendana N'ivugurura

Mu gihe dukorana n'abarwayi mu bigo byacu by'ubuvuzi, tugomba gutekereza impamvu z'ibyo dukora n'ingaruka zabyo. Tugomba kwibuka ko ingeso n'ibikorwa byo mu buzima bidapfa guhinduka mu kanya gato. Iyo dufite umutetsi mwiza, tukagira n'ibyokurya bihagije kandi biboneye, dushobora kuzana ivugurura rikagera ku ntego nziza. Ariko iryo vugurura risaba igihe. Ni ngombwa gukoresha imbaraga igihe bigaragaye ko zikenewe. Tugomba kwibuka ko ibyokurya byabasha kunyura ivugurura ry'ubuzima bibasha kutaryohera na gato abamenyereye ibyokurya byuzuye ibirungo n'amavuta. Ni ngombwa gutanga inyigisho zisobanura impamvu ivugurura mu mirire ari ingenzi, kandi tukerekana ko gukoresha ibyokurya byuzuyey ibirungo n'amavuta bitera ingingo z'igogora ubwiyabire no kuribwa zikamererwa nabi. Nimwereke abantu impamvu yatumye twebwe nk'abizera duhindura imirire n'iminywere yacu. Mubasobanurire impamvu tudakoresha itabi n'ibinyobwa bisindisha byose. Mugaragaze mu buryo busobanutse kandi bwuzuye amahame y'ivugurura ry'ubuzima. Kandi hamwe n'ibi, mutegure ku meza ibyokurya bihagije byuzuye, biryoshye kandi byateguwe neza; Maze Umwami Imana azabafasha kwemeza abantu akamaro kihutirwa k'ivugurura, bibatere kubona ko iryo vugurura rizabazanira ibyiza biruta ibindi. Bazumva ko bakeneye kureka ya mirire bamenyereye, ariko bisaba ko mwihatira kubaha indyo iboneye kandi iryoshye ku buryo batazicuza bya byokurya bibi bari basanganywe. Mubereke ko uburyo mukoresha bwo kubavura no kubitaho buzabazanira inyungu gusa igihe bazaba bibonera ubwabo ko ari ngombwa guhindura ingeso mu mirire n'iminywere yabo. IMN 241.2

427. Mu bigo mbonezamirire byacu byose ni ngombwa ko abarwayi babonera mu cyumba cyo gufunguriramo ibyokurya bihagije. Ntabwo nigeze mbona ikintu kibi cyane mu kigo cyacu icyo aricyo cyose, ariko nabonye ko ku meza amwe n'amwe hadatangirwa amafunguro ahagije, aboneye, aryoshye kandi ateye ipfa. Kenshi abarwayi bo mu bigo nk'ibyo, igihe babaga bahamaze igihe runaka, barigenderaga bakabivamo mbere y'igihe, kuko babonaga ko ibyo babona bidahwanye n'igiciro kinini bazatanga ku icumbi, icyumba, n'imiti bibahenda. Birumvikana kandi ko ibyo bizakurikirwa n'amagambo yo kwivovota agatanga ipica mbi yangisha abandi ikigo. IMN 242.1

Ugukabya k'Uburyo Bubiri

Hari ugukabya k'uburyo bubiri tugomba kwirinda. Imana ifashe abantu bose bakorana n'ibigo byacu by'ubuzima kugira ngo bataba ibikoresho birwanirira imirire idafashije umubiri. Akenshi abagabo n'abagore bagana ibigo byacu usanga barabaswe n'irari ribi mu mirire n'iminywere. Ntimugomba guhita mubasaba guhindura iyo myifatire ako kanya. Bamwe muri bo ntibashobora guhita ako kanya bamenyerezwa gukoresha ivugurura ry'ubuzima mu mirire ku buryo bwuzuye nk'uko bikorwa mu miryango runaka yihariye. Mu kigo cy'ubuzima usangamo abantu bafite irari mu buryo bunyuranye. Bamwe bararikira imboga zitetswe neza, abandi bakumva kurya imboga bibagwa nabi ndetse bikabagiraho ingaruka. Abakene, abarwayi baribwa mu nda kubera igogora, na bo bakenera kubwirwa amagambo abakomeza. Imbaraga z'iyobokamana z'urugo rwa Gikristo zigomba kwigaragaza mu kigo cy'ubuzima. Ibyo bintu byose mugomba kubikoresha ku buryo bwitondewe kandi burangwa n'umwuka w'amasengesho. Umwami Imana azi ingorane ziri imbere yanyu kandi azababera Umufasha. … IMN 242.2

Muhinduranye Imirire

Ejo nabandikiye ibintu nizera ko bitabateye urujijo. Ahari mbasha kuba naravuze byinshi byerekeranye n'akamaro ko gukoresha imirire ihagije mu bigo byacu. Nabonye ko mu bigo by'ubuzima byinshi byacu, ntihabaho guhinduranya ibyokurya mu buryo byagombye kandi ngo bitangwe mu

buryo buhagije. Nk'uko mubizi, mu kugaburira abarwayi, ntitugomba kumuhorera indyo imwe gusa, ahubwo akenshi tugomba guhinduranya imirire, kandi tugategura ibyokurya mu buryo bunyuranye. Ndiringira nko Uhoraho azabaha ubushishozi bwose mukeneye kugira ngo mubashe gutegura neza ibyokurya. IMN 243.1

428. Abagana ibigo byacu by'ubuzima ngo bahabonere ubufasha bagomba guhabwa ibyokurya bihagije kandi bitetswe neza. Ibyokurya bahabwa bigomba kuba bigizwe n'amoko atandukanye ku buryo bwarusha ndetse n'ibyo mu rugo. Bigomba kuba ari ibyokurya biteye amatsiko ku buryo bikurura ababibona. Iki kintu ni ingenzi cyane. Ikigo kizatera imbere biruseho niba gitangirwamo ibyokurya bihagije kandi biryoheye abantu. IMN 243.2

Kenshi na kenshi nagiye mva ku meza mu bigo byacu by'ubuzima ntanyuzwe kandi nshonje. Navuganye n'abayobozi b'ibyo bigo mbabwira ko ibyokurya byabo bigomba kuba bihagije kandi biryoheye abantu. Nabasabye gukorana ubuhanga kugira ngo bakore igishoboka cyose ngo bazane impinduka nziza. Nabibukije ko ibishobora kuryohera abantu bamenyereye ibyiza by'ivugurura ry'ubuzima bitabasha kugwa neza abamenyereye kurya ibyokurya bikungahaye ku mavuta n'ibirungo, nubwo baba bifuza gushyira iherezo ku kamenyero nk'ako. Hari byinshi abantu bakwigira muri za resitora zifite isuku byerekeranye no gutegura no kugabura ibyokurya mu buryo bukwiriye. IMN 244.1

Mwirinde Gukabya

Nimutita cyane kuri iki kibazo, ababagana bazagabanuka aho kugira ngo biyongere. Mu byerekeranye n'ivugurura mu mirire, hari ingorane ikomeye mugomba kwitaho: kwirinda gukabya. IMN 244.2

Ijoro rishize, ubwo nari nsinziriye nari ndimo kuvugana na Muganga ________. Naramubwiye nti: Ugomba na none kwitondera ibyo gukabya mu mirire. Ntugomba kuba ku mpande z'ubuhezanguni, ku rwawe ruhande, cyangwa ku byerekeye ibyokurya bihabwa abarwayi no ku bakozi batanga ibyokurya mu kigo. Abarwayi bariha amafaranga ahagije ku buzima bwabo, bityo bagomba kubona ibyokurya bihagije. Bamwe muri bo bagera mu kigo bafite ubuzima bubasaba kwirinda bihagije mu mirire, bagakenera indyo

yoroheje cyane, nyamara igihe ubuzima bwabo butangiye kumererwa neza, bagomba guhabwa ibyokurya bihagije kandi byubaka umubiri. IMN 244.3

Ibyo mbandikiye ahari bibasha kubatangaza, ariko neretswe mu ijoro rishize ko ikigo cyanyu gikeneye kugira impinduka ku byerekeranye n'imirire, kandi ko iyo mpinduka izazana itandukaniro rinini ahabakikije hose. Mukeneye gukoresha imirire ihagije abagana ikigo cyanyu. IMN 244.4

429. Mugomba kwirinda akaga ko gukabya mu mirire mu kigo mbonezamirire. Ntidushobora kwiringira ko ab'isi bahita bemera ako kanya ibyo abizera bacu bagiye biga imyaka n'imyaka. Ndetse no muri iki gihe, hari benshi mu bagabura bacu badakurikiza ivugurura ry'ubuzima, nubwo bwose babonye umucyo uhagije. Ntidushobora kwiringira ko abatumva akamaro ko kwirinda mu mirire, batigeze babigiramo ubumenyi ngiro, ko bashobora gutera intambwe imwe yo kureka umururumba mu mirire, bakiyemeza gukoresha indyo yoroheje basabwa n'ivugurura ry'ubuzima. IMN 244.5

Abagana ibigo nderabuzima bagomba guhabwa indyo yuzuye kandi iboneye, yateguwe mu buryo iryohera abantu, bigendanye n'amahame nyakuri. Ntitugomba kwibwira ko abo barwayi babaho nk'uko tubayeho. Bizabasaba impinduka zikomeye. Kandi no muri twebwe hariho abantu bake cyane birinda cyane mu mirire nk'uko Muganga _________ avuga ko bisaba ubwenge bwo kubikurikiza. Ntabwo impinduka zigomba guhita zishyirwaho ku buryo buhutiweho, igihe abarwayi batarabyitegura. IMN 245.1

Ibyokurya bihabwa abarwayi bikwiriye kuba ari byiza ku buryo bibatera kugira ipfa. Amagi abasha gutegurwa ku buryo bwinshi bunyuranye. Ntugomba kubabuza gato y'imvange y'indimu. IMN 245.2

Ntabwo abantu bigishijwe bihagije uburyo bwo gutegura indyo iryoshye kandi yubaka umubiri, kandi usanga bidahabwa umwanya n'imbaraga mu bigo byacu. Ntitwifuza ko ibigo byacu bibura abarwayi. Ntitwabasha guhindura abagabo n'abagore ngo tubakuremo imibereho mibi bimenyereje niba tutabavuye ngo tubiteho uko bikwiriye. IMN 245.3

Mugerageze kurushaho guteka neza bihagije, kandi ntimukizirike ku mafunguro aryohera bamwe mu bakabya mu bugorozi bw'iby'ubuzima. Abarwayi baramutse bahawe bene aya mafunguro gusa, bayazinukwa,

bitewe n’uko yagezaho akababihira. Bene ubwo buryo ntibubasha gutuma abarwayi baza mu bigo byacu bemera kandi ngo bakire ukuri. Ni ngombwa ko inama Uwiteka yahaye Mwenedata na Mushiki wacu ________ ku byerekeranye no gukabya mu mirire ikurikizwa. Nahawe amabwiriza areba Muganga ________, ko agomba guhindura imirire ye, maze akajya arya biruseho ibyokurya byubaka umubiri. Birashoboka kureka indyo ikize ku binure n’amavuta maze abantu bagakoresha ibyokurya biryoshye. Nziko ugukabya kose mu mirire kwazanwa mu kigo cyacu cy’ubuzima gushobora guteza akaga icyo kigo. … IMN 245.4

Hariho uburyo bwo kuvanga no gutegura ibyokurya bigatuma byombi bivamo indyo yuzuye kandi ifite intungamubiri. Abashinzwe ibyo guteka mu bigo byacu bakwiriye kumenya ubwo buryo bakabukoresha. Ibyo bigomba gukorwa hakurikijwe umucyo uva muri Bibiliya, kuko umubiri utagomba kugomwa indyo ikwiriye. Gutegura ibyokurya ku buryo burusha ubundi kuba bwiza bigomba kwiganwa ubuhanga. IMN 246.1

[Andi magambo arebana no gukabya mu mirire itangwa mu bigo, reba ingingo — 324, 331]. IMN 246.2

Ingaruka z’Ibyokurya Bidahagije cyangwa Bitaryoshye

430. Bagomba kubona … indyo zirusha izindi kuba nziza, z’ubwoko bwose kandi zifite intungamubiri. Abimenyereje guhaza irari n’indyo ikungahaye ku binure, igihe bageze mu bigo by’ubuzima byacu, bakabona indyo ya mbere igizwe n’ibyokurya byoroheje, bibwira ko ibyo babwiwe ko Abadiventisti barya indyo nkene kandi y’intica ntikize, ari ukuri. Indyo imwe gusa irahagije kugira ngo izanire ikigo igisebo kirusha imbaraga zakoreshwa n’ibindi byiciro ngo bigarurire ikigo isura. Niba dushaka gushyikira abantu ngo tubazane tubageze aho bumva ko ivugurura ry’ubuzima mu mirire ari iryabo, tugomba kwirinda gutangira tubashyiriraho gahunda y’imirire idahinduka. Tugomba gutegura ku meza amafunguro twateguye neza agizwe n’ibyokurya byiza bihagije, biryoshye, byinshi ku buryo abantu bareka kwibwira ko ari intica ntikize itabamara inzara. Dukeneye kubona ibyokurya byiza byateguwe neza. IMN 246.3

Inyama Ntizigomba Kuboneka mu Mirire Ikoreshwa mu Bigo Byacu

431. Nahawe amabwiriza ku byerekeranye no gukoresha inyama mu bigo byacu. Inyama ntizigomba gukoreshwa, kandi zigomba gusimbuzwa n’indyo yuzuye, iryoshye, yateguwe ku buryo itera ipfa. IMN 247.1

432. Mwenedata nawe Mushiki wanjye _________, ndifuza ko mwita kuri izi ngingo nke neretswe kuva aho ibibazo byo gusimbuza inyama bitangiriye kuboneka ku meza yo mu bigo by’ubuzima byacu. … IMN 247.2

Nahawe amabwiriza yuzuye n’Uhoraho ko inyama zitagomba kugaburirwa abarwayi mu byumba byo gufunguriramo byo mu bigo byacu. Nahawe umucyo ko nyuma y’uko abarwayi bamaze kwigishwa ibyo, babasha guhabwa inyama igihe bumva ko bazikeneye cyane, ariko icyo gihe, bakazirira mu byumba byabo bwite. Abakozi bo mu bigo bose bagomba kureka kurya inyama. Ariko, nk’uko twabivuze mbere, niba nyuma yo kumenya ko inyama zitagomba gutegurwa ku meza yo mu cyumba cyo gufunguriramo, abarwayi runaka bagakenera guhabwa inyama, muzibahe mufite ubushake bazirire mu byumba byabo. IMN 247.3

Bitewe n’akamenyero ka benshi ko kurya inyama, ntibitangaje ko baba bategereje kuzibona ku meza mu bigo byacu. Ntibikwiriye ko mugaragaza urutonde rw’ibiribwa bihari; kuko igihe babonye ko ku rutonde habuzemo inyama, bibangamira abagana ibigo byacu.IMN 247.4

Ibyokurya nibitegurwe ku buryo biryohera abantu kandi bitegurwe ku meza ku buryo bwiza. Ibyokurya byinshi bigomba gutegurwa kuruta ko byaba ngombwa ko hategurwa inyama. Bamwe babasha gukoresha amata n’amavuta y’inka. IMN 247.5

Nta Mabwiriza yo Gukoresha Inyama

433. Nahawe amabwiriza ko abaganga bakoresha inyama kandi bagategekera abandi kuzikoresha badakwiriye gukoreshwa mu bigo byacu, kuko bananirwa ku bushake kwigisha abarwayi kureka ikibatera uburwayi. Umuganga urya kandi agategeka abantu kurya inyama ntabwo atekereza ku ngaruka izanwa n’iyo mpamvu. Aho gukora nk’uzanzamura imibereho ngo igubwe neza, aganisha umurwayi ku buzima bwo kubatwa n’umururumba w’irari ribi, bitewe n’urugero amuha. IMN 247.6

Abaganga bakora mu bigo byacu by'ubuzima bakwiriye kuba abagorozi muri iyo gahunda ndetse no mu zindi. Benshi mu barwayi babaye indembe bitewe n'amakosa bakora mu mirire. Bakeneye kwerekwa inzira nziza. Ariko se muganga urya inyama yababera urugero ate? Kubwo ingeso ze mbi, aba ashyira inzitizi mu murimo we kandi agatesha agaciro ubuhanga bwe.IMN 248.1

Mu bigo byacu, abarwayi benshi batekereza cyane ku kibazo cy'inyama, maze kubwo gushaka kurinda ubushobozi bw'intekerezo zabo n'imibiri yabo, baretse gukoresha inyama mu mirire yabo. Bityo, ibyo byatumye boroherwa indwara zamereraga nabi ubuzima bwabo. Benshi mu bo tudahuje ukwizera bahindutse abagorozi b'iby'ubuzima bitewe n'uko, kubwo ikibazo cy'inarijye, biboneye akamaro ko gukora ibyo. Benshi bahisemo gukurikiza ivugurura ry'ubuzima mu mirire n'imyambarire. Mbese Abadiventisti ni bo bakwiriye gukomeza gukurikiza imigenzereze irangwa no kutirinda? Mbese ntibakwiriye guha agaciro uyu muburo ngo, "Namwe iyo murya, cyangwa munywa, cyangwa mukora ikindi kintu cyose, mujye mukorera byose guhimbaza Imana?" 1 Abakorinto 10:31. IMN 248.2

Ibyo Kwitondera mu Gihe Utanga Amabwiriza yo Kureka Gukoresha Inyama

434. Umucyo Imana yatanze ku byerekeranye n'indwara hamwe n'ikizitera ugomba gukwirakwizwa hose; kuko ibyo biterwa n'ingeso mbi z'umururumba, gukerensa, no kwirengagiza ibyerekeranye n'isuku igomba kugirirwa umubiri, usanga byarabase abantu. Akamenyero ko kugira isuku, kwita cyane ku kintu cyose cyinjizwa mu kanwa, bigomba kubahirizwa.IMN 248.3

Ntimugomba gutanga amabwiriza mubwira abantu ko inyama zitazigera zikoreshwa na mba, ahubwo mugomba kubigisha bakabitekerezaho, maze mukabareka bakamurikirwa n'umucyo. Nimureke umutimanama wa buri muntu ukanguke ku byerekeranye no kubonera hamwe no kwirinda irari ryose ryangiritse. … IMN 248.4

Iki kibazo cyo kurya inyama kigomba kwitabwaho. Igihe umuntu ahinduye imirire akareka kurya inyama zikabura umubiri akazisimbuza ibyokurya by'ibimera, azabanza igihe cyose kumva agize intege nke kandi abuze imbaraga mu mubiri, kandi benshi iyo bibagendekeye bityo bihutira kubona

impamvu yo kumva ko bakeneye gukomeza kurya inyama. Ariko iyi ni ingaruka igomba kukubera impamvu ituma ureka kurya inyama. IMN 249.1

Guhinduranya ntibigomba gukorwa huti huti, cyane cyane ku bantu bakora imirimo ihoraho y'ingufu. Nimubanze mwigishe umutimanama, mwongerere imbaraga ubushake, icyogihe impinduka izagenda izana no kubyitegura hamwe n'ubushake. IMN 249.2

Abarwayi b'igituntu bagenda begera igituro ntibagomba kugira impinduka bashyira mu mirire yabo, ahubwo bagomba kwitondera inyama bakoresha zikaba ari iz'amatungo afite ubuzima bwiza ku buryo bushoboka. Abarwayi barembejwe na kanseri ntibagomba kuvunwa n'ikibazo cyo kumenya niba babasha kurya inyama cyangwa ntibazirye. Mwirinde kubafatira icyemezo kijyanye n'icyo kibazo. Ntacyo byahindura ku buzima bwabo, ahubwo byateza ikibazo amahame yo gukoresha imirire y'ibimera. Mubaganirize; mwigishe intekerezo zabo, ariko ntimugire uwo muhata; kuko ivugurura nk'iryo rikozwe ku gahato nta kamaro rigira. … IMN 249.3

Birakwiriye kwereka abakeneye kwiga n'abaganga, na bo bakabyigisha abandi, ko inyamaswa uko yakabaye ifite uburwayi bukeya cyangwa bwinshi. Akenshi usanga inyama zirwaye. Indwara z'uburyo bwose usanga mu mubiri w'umuntu zibasha kuba ari uruhererekane rw'inyama z'inyamaswa zapfuye. Intege nke ziterwa no guhinduranya imirire y'inyama zizahita zishira, kandi abaganga bagomba kumenya ko batagomba gutegekera abantu gukoresha inyama zikabura umubiri kugira ngo bagire ubuzima bwiza n'imbaraga. Abazireka babanje kubitekerezaho, bakimenyereza impinduka, bazagira amagara mazima mu myakura n'imikaya. IMN 249.4

435. Muganga _________ yambajije niba, mu bihe ibyo aribyo byose, mbasha guha inama umurwayi w'igifu utabasha kugira ikindi ashyira mu nda, akajya anywa isupu y'inkoko. Naramubwiye nti, "Hariho abantu baba barembejwe n'indwara y'igituntu, abongabo igihe basabye iyo supu, bakwiriye kuyihabwa. Ariko ngomba kubyitondera." Uru rugero ntirugomba gutuma abantu babona nabi ikigo cy'ubuzima cyangwa ngo bibere urwitwazo abandi rwo kumva ko ubuzima bwabo na bwo bukeneye iyo mirire. Nabajije Muganga _________ niba afite bene abo barwayi mu kigo cy'ubuzima. Yaravuze ati, "Oya, ariko mfite umubyeyi mu bitaro bya

_______, ufite intege nke cyane. Arushaho gucika intege akaba arembye cyane, ariko ashobora kurya inkoko itetse." Naramubwiye nti, "Byaba byiza kumukura muri ibyo bitaro. … Umucyo nahawe ni uko uwo mubyeyi muvuga aramutse ashatse ibyamwongerera imbaraga maze akagirira ipfa ibyokurya biboneye, ubwo burwayi bwe no kuremba cyane byashira." IMN 250.1

Yakoresheje cyane intekerezo; umwanzi yamufatiranye mu ntege nke z'umubiri; kandi intekerezo ze ntizikomeye bihagije ngo zibashe kongera kwihanganira ibibazo by'imibereho ya buri munsi. Akeneye umuti mwiza w'ibitekerezo, imbaraga mu kwizera, no gukorera umurimo Kristo. Akeneye kandi gukoresha imikaya imyitozo y'imirimo y'amaboko akorera hanze. Imyitozo ngorora mubiri ibasha kubera uwo mubyeyi kandi umugisha utangaje mu buzima bwe. Ntakwiriye kwicara ubusa, akwiriye kuba umuntu uguwe neza, umugore ufite amagara mazima, witeguye gukora inshingano ze neza kandi ku buryo bwuzuye. IMN 250.2

Umuti wose wahabwa uyu mubyeyi nta kamaro wagira aramutse adashyizeho uruhare rwe. Akeneye kongerera imbaraga imikaya ye n'imyakura akoresha umubiri we imirimo isaba imbaraga. Ntakwiriye kwicara ubusa, ahubwo akwiriye kugira ishyaka ryo gukora umurimo. IMN 250.3

[Kwita ku mibereho idasanzwe — 699, 700] IMN 251.1

"Ntimukemere ko Zigera ku Meza"

436. Nabonanye n'abaganga na Mwenedata ________, maze mvugana na bo mu gihe kijya kungana n'amasaha abiri, mbafungurira umutima wanjye. Nababwiye ko bahuye n'ibigeragezo, kandi bakaba baratsinzwe na byo. Mu gihe bari bahangayitswe no guteza imbere ibigo byabo, bateguraga inyama ku meza, kandi bakumva bafite ikigeragezo cyo kurushaho gukora ibindi, bagakoresha icyayi, ikawa n'ibiyobyabwenge. …Narababwiye nti: Ababaswe n'irari ry'inyama bazahura n'ikigeragezo, igihe bazaba bahujwe n'Ikigo cyita ku Buzima, bazumva imbaraga zabo zibahatira kutita ku mahame y'ubuzima. Ntabwo bagombaga guhabwa inyama. Ntibyari kuba ngombwa kubuza abantu kuzikoresha, kuko zitagombaga kugaragara ku meza. … Urwitwazo bagize ni urwo gutegurira abarwayi inyama igihe cyose batarigishwa kuzireka. Nyamara uko abarwayi

bashya bakomezaga kugenda baza, ni ko abaganga bakomezaga gutanga urwo rwitwazo rwo kubemerera gukoresha inyama. Oya; ntimukemere ko zigera ku meza na rimwe. Icyo gihe rero, muzabasha guhuza ibyigisho mutanga byerekeranye n'inyama hamwe n'ubutumwa mwahamagariwe kwamamaza. IMN 251.2

Kugabura Icyayi, Ikawa, n'Inyama mu Byumba by'Abarwayi

437. Mu bigo byacu …, nta cyayi, nta kawa, cyangwa inyama bigomba kuhagaburwa, keretse bibaye bikozwe ku buryo budasanzwe, aho umurwayi by'umwihariko agize icyo yifuje guhabwa, maze icyo akeneye akagihererwa mu cyumba cye. IMN 251.3

Icyayi, Ikawa, n'Inyama Ntibikwiye Gutegekerwa Umurwayi

438. Abaganga ntibabereyeho gutegekera abarwayi kurya inyama, kuko bene iyo mirire ari yo ibatera uburwayi. Nimushake Uwiteka. Nimumubona muzagira umutima w'ubugwaneza kandi woroheje. Mwebwe ubwanyu, ntimukwiriye kubeshwaho n'inyama z'amatungo yapfuye, ntimukwiriye no guha intongo yazo abana banyu. Ntimuzategekere abarwayi gukoresha inyama, icyayi, ikawa, ahubwo muzajye mugirana na bo ibiganiro mu cyumba cy'uruganiriro mubereke akamaro ko gukoresha indyo yoroheje. Muzakure mu mafunguro yanyu ibintu byose bibasha kwangiza imibiri. IMN 251.4

Igihe abaganga bo mu bigo byacu bamaze imyaka bigishwa n'Umwami Imana, hanyuma bakabwira cyangwa bagaha urugero abo bagomba kwitaho kujya bakoresha inyama, bene abo baganga baba bagaragaje ko badashoboye inshingano yo kuyobora ibigo byacu by'ubuzima. Umwami Imana ntatangira ubusa umucyo ku ivugurura ry'ubuzima ngo abafite inshingano n'abayobozi bawukerense. Uhoraho asobanukiwe n'icyo avuga, kandi ijambo rye rigomba kubahwa. Umucyo kuri ibi bibazo ugomba gutangwa. Ikibazo cy'imirire gikeneye kwigwaho mu buryo bwimbitse, n'ibyo abaganga bategeka abarwayi bigomba kuba bigendanye n'amahame agenga ubuzima bwiza. IMN 252.1

[Reba Iterambere ry'Ivugurura ku Mirire mu Bigo by'Itorero ry'Abadiventisti b'Umunsi wa Karindwi — 720-725]. IMN 252.2

Ibinyobwa Bisindisha Ntibigomba Gufungurirwa Abantu

439. Ntitwubaka ibigo by'ubuzima kugira ngo bibe amahoteli. Mu bigo byacu by'ubuzima tuhakirira gusa abantu bifuza gukurikiza amabwiriza nyakuri, abemera ibyokurya tubasha kubategurira. Tubaye twemereye abarwayi kubonera mu byumba bacumbikamo ibinyobwa bisindisha, cyangwa tukabagaburira inyama, ntitwaba tubahaye ubufasha bakwiriye kubona igihe baje mu bigo byacu. Tugomba kumenyekanisha ko amahame yacu atemera ko bene ibyo bintu bikoreshwa mu bigo byacu na za resitora zacu zirangwa n'isuku. Mbese icyifuzo cyacu si uko bagenzi bacu bagira imibereho izirana n'uburwayi ndetse n'ubumuga, kandi bagashimishwa n'ubuzima bwuzuye imbaraga? Nuko rero, nimureke tube abanyakuri ku mahame yacu nk'uko urushinge rwa busole ruhora rwerekana amajyaruguru. IMN 252.3

Ibyokurya Biteguwe mu Buryo Buteye Ipfa

440. Ntudushobora kwemeza abantu b'isi amahame yacu y'ivugurura ry'ubuzima uwo mwanya. Bityo rero, ntitugomba gutsimbarara mu gihe dushyiraho amategeko y'imirire ku barwayi. Igihe abarwayi baturutse hanze bagana ibigo byacu, bagomba kubahiriza imirire inyuranye n'iyo bari bamenyereye; kugira ngo bagende bumva impinduka buhoro buhoro, bakabona uburyo bwiza cyane bwo guteka ibyokurya bukurikije amahame y'ubuzima mbonera, kandi babone ko ameza yateguwe ibyokurya mu buryo buteye ipfa n'amatsiko. … IMN 253.1

Abatanga amafaranga yo kwishyura icumbi n'imiti bakwiriye guhabwa ibyokurya byateguwe neza cyane. Impamvu irumvikana. Iyo abarwayi batabonye inyama, umubiri ugerwamo n'impinduka, ukumva umeze nk'uwacitse intege, maze abarwayi bagakenera ibyiyongera ku mirire yabo. Ibyokurya bategurirwa bikwiriye kuba biteguye ku buryo bitera ipfa, kandi bikaryohera ijisho. IMN 253.2

Ibyokurya Bigenewe Abarwayi

441. Indyo ihagije kandi inyuranye ni yo igomba guhabwa abarwayi, ariko uburyo bwo kubitegura no kubivanga bigomba kwitonderwa. Imirire yo mu kigo ntigomba gutegurwa kimwe n’iyo muri resitora. Hagomba kuba itandukaniro rinini hagati y’ibyokurya bigenewe abantu basanzwe bafite ubuzima bwiza, babasha kurya hafi y’ibintu byose, n’ibyokurya bigenerwa abarwayi. Hari akaga ko guhita ugabanyiriza ibyokurya abantu bari bamenyereye ibyokurya byinshi ku buryo byabatera umururumba. Indyo ikwiriye kuba ihagije. Ariko na none ikaba yoroheje. Nziko ibyokurya bibasha gutegurwa mu buryo bworoheje, kandi bikaryohera ababirya, ku buryo binashimisha n’abamenyereye ibyokurya byinshi. IMN 253.3

Mujye mutegura ku meza imbuto (amatunda) zihagije. Nanezezwa n’uko mubasha gutegura ku meza yo mu bigo byanyu amatunda akiri mashya musaruye mu mirima yanyu. Ibyo ni inyungu ikomeye cyane.IMN 254.1

[Ntabwo buri wese abasha gukoresha imboga — 516] IMN 254.2

Inyigisho Itangirwa ku Meza yo mu Kigo

442. Mu mitegurire y’ibyokurya, ni ngombwa ko urumuri rwa zahabu rw’umucyo rukomeza kumurika, rukigisha abakikije ameza bose uburyo bwo kubaho. Iyi nyigisho kandi igomba guhabwa n’abaza gusura Ikigo Nderabuzima, kugira ngo bahavane amahame nyakuri y’ubugorozi. IMN 254.3

443. Gutegura ibyokurya by’abarwayi bo mu kigo bikwiriye kwitonderwa bihagije. Bamwe muri abo barwayi baba baturutse mu ngo usanga buri munsi ameza yabo yuzuye ibyokurya bikize ku binure, bityo bikaba bisaba imbaraga zikwiriye kugira ngo abo bantu bategurirwe ibyokurya bitunganye kandi biryoshye.IMN 254.4

Kurarikira Abarwayi Gukurikiza Ivugurura Ry’ubuzima

Uhoraho ashaka ko ikigo mukoramo kiba ahantu hashimishije biruseho kandi heza cyane ku isi. Ndashaka ko mwita cyane ku gutegurira abarwayi ibyokurya bitazanira akaga ubuzima bwabo, kandi bikaba bibasaba gukurikiza amabwiriza yacu agenga ivugurura ry’ubuzima. Ibi bishoboye gukorwa, kandi bigakomeza gukorwa, byahindura mu buryo bwiza

intekerezo z’abarwayi. Byababera icyigisho kibereka akamaro ko kubaho imibereho irangwa n’isuku kuruta uko bari basanzwe babayeho. Maze igihe bavuye mu kigo, bazagenda bakivuga neza ku buryo abandi bantu bazifuza kukigana. IMN 254.5

Ameza y’Abakozi

444. Ntabwo mwita bihagije ku bakozi banyu ngo mubone ko ari umurimo uremereye mushinzwe wo kubaha amafunguro akwiriye kandi ahoraho. Aba bakozi bakenera ibyokurya bihagije kandi biboneye. Akenshi bakora ku buryo burengeje urugero; imbaraga zabo zigomba kubungwabungwa. Amahame abagenga agomba guhora yigishwa. Abakora mu kigo bose bagomba kubona amafunguro aboneye cyane, menshi bihagije, kandi abazanira imbaraga bihagije. Ameza abakozi banyu bafunguriraho ntagomba gutegurwaho inyama, ahubwo agomba kubaho imbuto nziza, impeke, n’imboga bihagije kandi biteguwe mu buryo bwiza bwuzuye. Kutita kuri ibi byazamuye cyane umusaruro w’ubutunzi mwifuza, ariko bigabanya imbaraga z’umubiri n’iz’umwuka z’abakozi banyu. Ibyo ntibyashimishije Imana. Muri rusange, imbaraga y’imirire ntituma amahame y’ivugurura yakirwa neza n’abicara ku meza y’abakozi. IMN 255.1

Umutetsi ni Umubwirizabutumwa w’Umuganga

445. Mushake umuntu w’umuhanga ku buryo bushoboka wo kubafasha mu byo guteka. Iyo ibyokurya biteguwe ku buryo bibera umutwaro igifu, mujye mushaka icyabiteye. Ibyokurya bibasha gutegurwa ku buryo biba icyarimwe ibyokurya biboneye kandi biryoshye. IMN 255.2

446. Umutetsi wo mu kigo nderabuzima agomba kuba igihe cyose umugorozi w’iby’ubuzima. Nta muntu wavuga ko yahindutse igihe cyose irari rye n’imirire ye bitagendana n’ibyo yizera. IMN 255.3

Umutetsi wo mu kigo nderabuzima agomba kuba umuntu watojwe neza umurimo w’ububwirizabutumwa mu by’ubuvuzi. Agomba kuba umuntu ufite ubushobozi, ubasha kwishakira ubunararibonye. Ntagomba kwizirika gusa

ku gutegura amafunguro. Uhoraho aradukunda, ntashaka ko tuvunwa no gutegura amafunguro yangiza ubuzima. IMN 255.4

Muri buri kigo, hariho abantu bamwe bitotombera ibyokurya, bavuga ko bitabanyuze. Bakeneye kwigishwa bakamenya akaga kagendana n'imirire yangiza ubuzima. Bishoboka bite ko ubwonko bwakora neza igihe igifu kirimo kuribwa? IMN 255.5

447. Muri buri kigo cyacu, ni ngombwa kugira umuntu usobanukiwe neza umurimo wo guteka, umuntu ushyira mu gaciro, ubasha kwiga akamenya byinshi, kandi udashobora gushyira mu byokurya ibintu bigomba kwirindwa. IMN 256.1

448. Mwaba mufite umutetsi ubasha gutegura amafunguro ashobora gukurura ipfa ry'abarwayi bakayabonamo impinduka inyuranye n'amafunguro bamenyereye? Ushinzwe guteka mu kigo nderabuzima agomba kuba ashoboye gutegura amafunguro akoresheje imvange zitanga ibyokurya biryoshye kandi biboneye, kandi izo mvange zigomba kuba ziryoshye nk'izo wowe nanjye twakwifuza kurya. IMN 256.2

449. Umuntu ushinzwe umurimo wo guteka afite inshingano n'umwanya ukomeye. Agomba guhugurwa agatozwa umuco wo kuzigama kandi akazirikana ko nta cyokurya kigomba gupfushwa ubusa. Kriso yaravuze ati:
"Nimuteranye ubuvungukira busigaye hatagira ikintu gipfa ubusa" Yohana 6:12. Reka iyo nama ikurikizwe n'umuntu wese ufite icyiciro arimo. Abarezi bagomba gucengerwamo n'isomo ryo gucunga neza, maze bakaryigisha abakozi, atari mu magambo gusa, ahubwo no mu bikorwa.

Imiti y'Ubuvuzi yo mu Byaremwe

450. Ni ingenzi cyane kumenya akamaro k'imirire mu gihe abantu bahuye n'uburwayi. Abantu bose bakwiriye gusobanukirwa uko bagomba kwirwanaho.IMN 257.1

451. Hariho uburyo bwinshi bwo gukora umwuga w'ubuvuzi; ariko uburyo bumwe rukumbi ni bwo bwemerwa n'Ijuru. Imiti itangwa n'Imana ni ikomoka ku bikoresho byoroheje byo mu byaremwe bitangiza umubiri kandi ntibiwuce intege bitewe n'ubushobozi bw'ibigize iyo miti. Umwuka mwiza n'amazi, isuku, imirire iboneye, ubuzima butunganye, no kwiringira Imana kutajegajega, ni imiti ituma ibihumbi by'abantu bapfa igihe bayibuze. Nyamara abantu benshi babona ko iyi miti itakigezweho bitewe n'uko imikoreshereze yayo isaba akazi abantu batishimira. Umwuka mwiza, imyitozo ngororamubiri, amazi meza, isuku, icumbi ryiza kandi rifite isuku, byose bibasha kuboneka kandi bidahenze, mu gihe imiti iduhenda, kubwo kuyitangaho ibiguzi ndetse n'ingaruka igira ku mibiri yacu. IMN 257.2

452. Umwuka mwiza, umucyo w'izuba, kwirinda, ikiruhuko, imyitozo ngororamubiri, imirire iboneye, gukoresha amazi meza, kwiringira ubushobozi bw'Imana, iyi ni yo miti nyakuri. Buri muntu akwiriye kumenya imiti ikoreshwa yo mu byaremwe n'uburyo bwo kuyikoresha. Birakwiriye kugira ubumenyi bw'amahame agendana no kuvura umurwayi kandi ubwo bumenyi bukagendana no guhugurirwa kubushyira mu bikorwa. IMN 257.3

Gukoresha imiti yo mu byaremwe bisaba kubyitaho cyane hamwe n'umuhati benshi batiteguye gukoresha. Imikorere y'ubuvuzi bukoresha ibyaremwe no gusana umubiri igenda izamuka buhoro buhoro, bigatuma abantu batihangana babona ko iyo mikorere itinda. Ku rundi ruhande, kureka ingeso zigirira nabi umubiri bisaba ubwitange. Ariko iyo umuntu akomeje kwihangana, abona ko ibyaremwe, igihe umurimo wabyo udakomwe mu nkokora, bikora umurimo mwiza kandi ukoranywe ubuhanga. Abihangana bakagendana n'amategeko y'ibyaremwe bazasarura ingororano yo kugira umubiri uzira umuze n'intekerezo nzima. IMN 257.4

453. Akenshi abaganga bagira inama abarwayi yo gukora ingendo bakajya gusura ibindi bihugu, gusura amasumo y'imigezi, cyangwa bakambuka inyanja, kugira ngo bongere gusubizwamo ubuzima. Nyamara, kuri purusa 90, baramutse bakoresheje imirire irangwa no kwirinda, bagakora imyitozo mizima kandi banezerewe, bakongera gusubirana ubuzima bwiza, bakunguka igihe n'amafaranga. Imyitozo, no gukoresha umwuka n'umucyo w'izuba uhagije kandi ku buryo bwisanzuye, ari yo migisha ijuru ryahaye abantu bose, akenshi byaha amagara mazima n'imbaraga umurwayi wazahaye. IMN 258.1

Ibintu Twebwe Ubwacu Tubasha Kwikorera

454. Ku byerekeranye n'ibyo twebwe ubwacu tubasha kwikorera, hari ikintu tugomba kwitaho. Ngomba kwimenya ubwanjye, ngomba kumenya igihe cyose uburyo ngomba kwita kuri iyi ngando, ariyo mubiri Imana yampaye, kugira ngo nywurinde ukomeze kugubwa neza. Ngomba kurya ibyokurya bigwa neza kandi bikamerera neza cyane umubiri, kandi nkitondera cyane imyambaro nambara kugira ngo itabangamira ugutembera kw'amaraso mu mubiri. Singomba kwivutsa umwuka n'imyitozo ngororamubiri. Ngomba kugerwaho n'imirasire y'izuba uko bishoboka kose. Ngomba kugira ubwenge butuma mpinduka igisonga cy'umubiri wanjye. IMN 258.2

Ndamutse ninjiye mu cyumba gikinze ndimo kwahagira no gututubikana naba mbaye umuntu utagira ubwenge; Ndamutse nicaye ahantu umuyaga mwinshi uturuka nkiteza ubukonje naba mbaye igisonga kibi cy'umubiri wanjye. Ndamutse nicaye mu bukonje ngakonjesha amaguru n'ibirenge bigatuma amaraso azamuka akagera mu bwonko no mu ngingo z'imbere mu mubiri naba mbaye umuntu utagira ubwenge. Ngomba igihe cyose kurinda ibirenge byanjye mu gihe cy'ubukonje. Ngomba kurya ibyokurya biboneye ku gihe kidahinduka, bigatuma ngira amaraso meza cyane ashoboka, kandi singomba gukora akazi ntaruhuka niba binshobokera kubikora. Kandi igihe nishe itegeko ry'Imana mu mubiri wanjye ngomba kwihana ngahinduka, maze nkiyemeza gukoresha imiti Imana yaduhaye: umwuka mwiza, amazi meza, umucyo w'izuba, kuko ariyo miti y'ingenzi kandi ivura neza. Amazi abasha gukoreshwa ku buryo butandukanye kugira ngo yoroshye uburibwe. Igice cy'ikirahuri cy'amazi meza kandi

ashyushye umuntu anyoye mbere yo kurya ntagira na rimwe icyo atwara umubiri, ahubwo agirira umubiri akamaro. IMN 258.3

Kwizera n'Uburyo Bukwiriye bwo Kurya no Kunywa

455. Abarwayi nibakore ibishoboka byose bimenyereze kurya, kunywa, kwambara, no gukora imyitozo uko bikwiriye, kugira ngo bongere kugira amagara mazima. Mujye mwigisha abarwayi baza mu bigo byacu by'ubuvuzi kumenya gukorana n'Imana ngo bagire ubuzima bwiza. “Kuko Imana ari yo dukorera, namwe mukaba umurima w'Imana n'inzu yayo” (1 Abakorinto 3:9). Imana yaremye imyakura n'imihore kugira ngo ikoreshwe. Kudakoresha umubiri ni byo biwuzanira uburibwe n'uburwayi. IMN 259.1

456. Abasuzuma abarwayi bagomba gukora umurimo wabo w'ingenzi bakorana n'Imana, kugira ngo imigisha yayo ibabashishe gukoresha uburyo ibahera ubuntu ari na yo yageneye abantu bayo. Iyo migisha ikubiyemo umwuka mwiza, isuku, imirire iboneye, kugira igihe cyo gukora n'icyo kuruhuka, no kunywa amazi. IMN 259.2

Imiti yo mu Byaremwe mu Bigo Nderabuzima

457. Neretswe ko tugomba gushyiraho ikigo nderabuzima kidatangirwamo imiti y'ibinini, ahubwo gikoresha uburyo bworoheje bw'ubuvuzi bushingiye ku byaremwe, mu kuvura abarwayi. Muri icyo kigo, abantu bakwiriye kwigishwamo uburyo bukwiriye bwo kwambara, guhumeka, no kurya; mbese bakigishwa uburyo bagomba kwirinda indwara kubwo gukoresha akamenyero keza mu kubaho kwabo. IMN 259.3

458. Mu bigo nderabuzima byacu, tugomba gushyigikira gukoresha imiti yoroheje. Ntidutera umwete wo gukoresha ibinini, kuko bihumanya amaraso. Muri ibyo bigo, hagomba gutangwa amabwiriza yerekeranye n'uburyo abantu barinda ubuzima bwabo bakoresha isuku mu mirire, mu minywere, no mu myambarire. IMN 260.1

459. Ikibazo cy'ubugorozi mu by'ubuzima ntikivugwaho uko bikwiriye n'uko byakagombye kuba. Imirire yoroheje, no kwirinda gukoresha imiti, ari byo bituma umubiri wisubira ugasubirana imbaraga usanganywe, byaha

ibigo byacu kuba ingirakamaro mu kuvura no gukiza abarwayi. IMN 260.2

Umuti w'Imirire

460. Kugira umururumba wo kurya kenshi kandi byinshi biremereza ingingo z'urwungano ngongozi bigatera umubiri gucika intege n'umuriro. Amaraso arahumana, maze indwara z'ubwoko bwose zigafata umubiri. Umuganga araza maze akandikira umurwayi imiti ibasha kumworohereza mu gihe runaka, ariko ntishobore gukiza indwara. Ubwoko bw'iyo ndwara bushobora no kwihinduriza, ariko akaga kagakomeza kwiyongera nk'inshuro cumi. Umubiri ugerageza gushaka kwikiza iyo myanda y'uburozi yawuzuyemo, ariko igihe ubaye udakomwe mu nkokora, ufashwa n'imigisha mvajuru isanzwe, ariyo umwuka mwiza n'amazi meza, maze umuntu akabasha gukira vuba kandi ku buryo bwuzuye. IMN 260.3

Abaribwa bene ubwo buryo bashobora ubwabo kwikorera ibyo abandi batabasha kubakorera. Bakwiriye gutangira kworoshya umutwaro baba bashyize mu mubiri wabo. Bakwiriye gukuraho impamvu ibitera. Mwigomwe kurya mu gihe gito, maze muhe igifu amahirwe yo kuruhuka. Mugabanye umuriro uri mu mubiri mukoresha amazi mu buryo bwitondewe. Ibyo bizafasha imikorere y'umubiri kwikiza imyanda iwurimo. Ariko akenshi abo bantu baribwa baba bahindutse abarwayi. Ntibifuza gukora ibibasaba kwigomwa ngo bihanganire kwigomwa kurya igihe runaka. … IMN 260.4

Gukoresha amazi bishobora kugira ikintu gito bimara, niba umurwayi atiyumva ko akwiriye gukurikiza amabwiriza agenga imirire ategekewe. IMN 261.1 Abantu benshi barangwa n'imibereho yo kugomera amategeko agenga ubuzima, kandi bakagira ubujiji bwo kudasobanukirwa n'isano iri hagati y'akamenyero kabo mu mirire, iminywere, n'imikorere bifitanye no gukomeza kugira ubuzima buzira umuze. Ntibazabasha kongera gusubirana imibereho myiza bari bafite kugeza igihe imikorere y'umubiri izivumbagatanya bitewe no gukoreshwa nabi, bagasigara baribwa, bafite ububabare mu mubiri. Iyaba n'icyo gihe abo barwayi babashaga gutangira gukora igikwiriye, bagakoresha imiti yoroheje birengagije: amazi meza, n'imirire ikwiriye, imikorere y'umubiri yabona ibiyifasha ikeneye, yari yabuze mbere. Iyi mikorere ibaye ikurikijwe, umurwayi yakira vuba atabanje kuzahara. IMN 261.2

461. Gukabya mu mirire akenshi ni yo ntandaro yo kurwara, kandi icyo imikorere y'umubiri ikenera kuruta ibindi ni ugukizwa umutwaro uba waremereye umubiri kubwo iyo mirire. Mu ndwara nyinshi, umuti mwiza ni uwo kureka ifunguro rimwe cyangwa abiri kugira ngo ingingo zigize igogora zavunitse zibashe kuruhuka. Gukoresha imbuto iminsi runaka ni umuti mwiza uzana impinduka z'agatangaza ku bantu bakoresha intekerezo. Ibihe byinshi gufata igihe gito cyo kwigomwa kurya, kigakurikirwa no kurya ibyokurya biringaniye kandi byoroheje, bituma habaho gukira no kongera gukora neza kw'imikorere y'umubiri. Kwigomwa kurya kw'igihe kingana n'ukwezi cyangwa abiri byabasha kwemeza abantu benshi bajya bahura n'uburibwe butewe n'imirire ikabije ko inzira yo kwigomwa ari yo nzira yo kongera kugira amagara mazima. IMN 261.3

Kwirinda Bidahinduka ni Umuti w'Indwara

462.Iyo umuganga abonye ko umurwayi afite uburwayi buterwa n'imirire idakwiriye, cyangwa iminywere cyangwa iyindi migenzereze imeze gutya, maze ntamuhe inama yo kubyirinda, ntacyo aba amariye uyu murwayi. Abanywi b'ibisindisha, abataye umutwe, abasinzi, n'abica imibiri yabo, abo bose muganga agomba kubabwira yeruye ko ububabare bwabo buterwa n'icyaha. Abasobanukiwe n'amahame y'ubuzima bagomba gukorana umwete bakarwanya ibintu byose bitera indwara. Mu guhora abona abarwayi n'abataka iruhande rwe, ni buryo ki muganga yakomeza gutuza? Mbese byaba ari byiza kandi birimo impuhwe abaye atigishije gahunda idakuka yo kwirinda nk'umuti ukomeye w'indwara? IMN 262.1

Ibyokurya Byiza Cyane Bikenewe

462. Abaganga bagomba kuba maso basenga, bakazirikana ko bafite inshingano y'ingenzi ku buryo bukomeye. Bagomba gutegekera abarwayi imirire y'ibyokurya byiza bakwiriye gufata. Ibyo byokurya bigomba gutegurwa n'umuntu usobanukiwe n'akamaro afite gakomeye, kandi akamenya ko ibyokurya byiza ari byo bibasha gutanga amaraso meza. IMN 262.2

[Imyerayo ni ikiribwa cyoroshya mu mubiri — 614, 615] IMN 262.3

[Agaciro ko kwivura ukoresheje amagi — 628, 629, 631]

IGICE CYA 18 - AMATUNDA, IBINYAMPEKE, N’IMBOGA

UMUGABANE WA I — AMATUNDA

Umugisha Uboneka mu Gukoresha Amatunda Akiri Mashyashya

464. Ndashimira Imana cyane kuko igihe Adamu yaburaga urugo rwe rwa Edeni, Uhoraho ntiyahagaritse kuduha amatunda. IMN 263.1

465. Uhoraho yifuza ko abantu batuye mu bihugu bibonekamo umusaruro w’amatunda akiri mashyashya mu gihe kinini cy’umwaka, barushaho kuzirikana umugisha babonera muri ayo matunda. Uko dukenera kurya itunda risaruwe ku giti, ni ko umugisha tubona urushaho kwiyongera. IMN 263.2

466. Byatubera byiza tubaye tugabanyije ibyo guteka tugakoresha amatunda menshi agifite umwimerere wayo. Nimureke twigishe abantu kurya uko babishoboye kose amatunda akiri mashya y’imizabibu, ibinyomoro, pome z’ubwoko bwose, inkeri, n’ubundi bwoko bwose bw’amatunda bashobora kubona. Kugira ngo muyabike amare igihe, mujye muyashyira mu gikoresho nk’ikirahure cy’icyuma. IMN 263.3

[Amatunda ni ikiribwa cy’ingenzi cyane, gituma ibyo guteka cyane bigabanuka — 546] IMN 263.4

467. Ku bantu bagira uburwayi bw’igugarirwa ry’igifu, mujye mutugura ku meza yanyu amatunda y’ubwoko bunyuranye, ariko atari menshi ku igaburo rimwe. IMN 263.5

468. Turatanga inama yihariye yo gukoresha amatunda kuko atuma abantu bagira amagara mazima. Ariko si byiza kurya amatunda nyuma yo kurya ibyokurya bindi bisanzwe. IMN 263.6

469. Amatunda n’ibinyampeke biteguwe neza kandi ku gihe cyabyo bigira akamaro kanini, bibaye ari byiza cyane, bidafite akamenyetso na gato ko kubora, ahubwo bikaba bimeze neza, bidafite uburwayi cyangwa kubora. Benshi bapfa bazize kurya amatunda yaboze n’imboga zaboze bigera mu gifu bigakora umusemburo, ibyo bigatuma amaraso ahumanywa n’ubwo burozi ntitumenye intandaro yabyo. IMN 264.1

470. Abitegura gukora umurimo w’Imana bakwiriye kwimenyereza gukoresha amatunda menshi, yoroheje, kandi meza. IMN 264.2 [Amatunda n’ibinyampeke: ibyokurya by’abitegura kwimurirwa mu ijuru — 488, 515]. IMN 264.3

Amatunda ni Umugabane w’Ibyokurya Bifitiye Akamaro Umubiri

471. Ibinyampeke, amatunda, ibinyamavuta, n’imboga ni byo byokurya Umuremyi yadutoranyirije. Igihe ibi byokurya biteguwe mu buryo bworoshye kandi busanzwe uko bishoboka, biba byuzuye intungamubiri kandi bigatuma umubiri urushaho kugira amagara mazima. Bizanira umubiri imbaraga, ubushobozi bwo kwihangana, n’imbaraga z’intekerezo, bidashobora kubonerwa mu byokurya byateguwe mu buryo buhanitse kandi bukabura umubiri. IMN 264.4

[Imbuto, ibinyampeke, imboga hamwe n’amata n’ikimuri, bigize indyo nzima ku mubiri — 487] IMN 264.5

[Imboga ku meza yo kwa Ellen G. White — Umugereka I:4, 8, 15] IMN 264.6

472. Ibyangombwa byose imibiri yacu ikenera tubisanga mu byokurya bigizwe n’ibinyampeke, amatunda, imboga, n’ibinyamavuta. Nidusanga Umwami Imana twicishije bugufi mu mitima azatwigisha uburyo dukwiriye gutegura indyo yuzuye itagira akamenyetso na kamwe k’inyama. IMN 264.7

[Amatunda ni umugabane w’indyo ikwiriye — 483, 486, 513] IMN 264.8

[Ibyaremwe byuzuyemo amatunda, ibinyamavuta, n’ibinyampeke — 485] IMN 264.9

[Amatunda ni indyo izanira umubiri amagara mazima — 399, 400, 403, 404, 407, 810] IMN 265.1

Amatunda ni Ibyokurya Bitabara Umubiri mu Gihe Runaka

473. Gukabya mu mirire akenshi ni yo ntandaro y’uburwayi, kandi icyo umubiri uba ukeneye kurenza ibindi icyo gihe ni ugukurwaho umutwaro utari ngombwa uba wikorejwe. Inshuro nyinshi mu gihe umubiri uhuye n’ubwo burwayi, umuti w’ingenzi kurusha iyindi ni uko umurwayi yigomwa kurya akareka indyo imwe cyangwa ebyiri, kugira ngo ingingo z’urwungano ngogozi zaremerejwe na wa mutwaro w’ibyokurya zibashe kubona amahirwe yo kuruhuka. Akenshi iyo amatunda yonyine akoreshejwe nk’ibyokurya mu minsi mike bituma imikorere y’ubwonko yoroherwa umubiri ukamererwa neza. Inshuro nyinshi igihe umuntu afashe

igihe gito cyo kureka rwose kurya, agakurikizaho gufata utwokurya dukeya kandi tworoheje, bigira akamaro ko korohereza umubiri ukongera ugasubirana imbaraga. Kwigomwa kurya mu gihe cy'ukwezi cyangwa abiri byabasha kwemeza bene abo barwayi ko inzira yo kwigomwa ari yo nzira yo kugira amagara mazima. IMN 265.2

Gusimbuza Ibyangiza Umubiri

474. Mu bigo byacu by'ubuvuzi hagomba gutangirwa ibyigisho bisobanutse byerekeranye no kwirinda. Abarwayi bagomba kwerekwa akaga kazanwa no gukoresha ibinyobwa bisindisha, n'umugisha uzanwa no kwirinda mu buryo bwuzuye cyangwa kwifata kuzuye. Bagomba gusabwa kureka ibintu byose byangije imibiri yabo, maze bakabisimbuza kurya amatunda menshi ku buryo buhagije. Babasha gukoresha cyane amacunga, indimu, ibinyomoro, pome, n'andi moko anyuranye bashobora kubona; kuko isi yuzuyemo iby'Imana yahaye umuntu, iyo ashyizeho umwete wo kuyibyaza umusaruro. IMN 265.3

475. Ntimukarye umunyu mwinshi, mwirinde gukoresha ibyokurya byo mu bikopo n'ibyokurya byuzuye ibirungo. Murye imbuto nyinshi, ibyo bizatuma umwuma utera inyota mu gihe cyo kurya urangira rwose. IMN 265.4

[Imbuto zibasha gusimbura inyama — 149, 312, 320, 492, 514, 649, 795] IMN 266.1

[Imbuto zibasha gusimbura ibiribwa n'ibinyobwa bifatwa nyuma y'amafunguro — 546] IMN 266.2

[Imbuto ntizishimirwa n'abantu bamenyereye ibyokurya bikize ku binure n'ibirungo — 563] IMN 266.3

[Imbuto zibasha gusimbuzwa ikoreshwa rikabije rya za porice — 490, 499] IMN 266.4

Kubika Amatunda no Kuyumisha

476. Ahantu hose hera amatunda cyane, akwiriye kubikirwa kuzakoreshwa mu gihe kitari icy'umwero wayo, akabikwa mu bintu bipfundikirwa bidahura na mikorobi cyangwa akumishwa. Amatunda matoya nka gaperi, inkeri z'ubwoko bwose, ashobora kwera ahantu henshi

kandi akagirira abantu akamaro kanini, nyamara usanga bamwe batayakoresha, ndetse ntibahe agaciro ibyo kuyahinga. IMN 266.5

Mu buryo bwo kubika amatunda igihe kinini, ibyiza ni ukubibika mu birahuri aho kubishyira mu bikopo by'ibyuma bimeze nk'ibati. Birakwiriye ariko ko ayo matunda aba ameze neza. Mukoreshe isukari nke kandi muyateke mu gihe gikwiriye kugira ngo azabashe kumara igihe abitswe. Igihe rero ateguwe atyo, asimbura neza amatunda agisoromwa. IMN 266.6

Aho mubasha kubona amatunda (imbuto) nk'imizabibu, ibinyomoro, pome z'ubwoko bwinshi, n'andi ameze nkayo ku giciro cyiza, mushobora kuyakoresha cyane mu mafunguro ya buri munsi, kandi aba meza ku buzima bw'abakora imirimo isaba imbaraga kuko asubiza intege mu mubiri. IMN 266.7

477. Umutobe wa pome ubitse neza mu kirahuri uba ufite uburyohe kandi ukagirira akamaro umubiri. Ahashobora kuboneka imizabibu n'andi moko ya pome, umutobe wabyo waba mwiza cyane mu gihe cy'impeshyi. IMN 266.8

478. Niba mubasha kubona pome, mwaba mufite amahirwe yo kugira imbuto mukeneye n'igihe nta zindi mubashije kubona. … Sinibwira ko ari ngombwa kugira amoko menshi y'imbuto, nyamara igihe mudashoboye kubona pome, birakwiriye ko mubika andi matunda igihe aboneka. Pome ziruta ubundi bwoko bw'amatunda abasha guhita asarurwa. IMN 266.9

Akwiriye Kuribwa Akimara kuva mu Karima cyangwa mu Murima

479. Hari undi mugisha tubasha kubonera mu guhinga amatunda mu bigo byacu by'ubuzima. Ubwo buryo butuma tubasha kwibonera amatunda atarangwamo kubora, kandi tukayisarurira ku biti agifite uburyohe karemano, tukayazana ku meza. IMN 267.1

480. Abagize imiryango n'abashinzwe ibigo bakwiriye kwiga kurushaho kubyaza umusaruro ubuhinzi n'ubutaka. Iyaba nibura abantu bamenyaga agaciro k'ibisarurwa mu butaka, byera mu gihe cy'umwero wabyo, barushaho gushyira umwete mu guhinga ubwo butaka. Abantu bose bakwiriye kumenya agaciro kihariye k'amatunda n'imboga mbisi bisaruwe mu karima no mu mirima isanzwe. Uko umubare w'abarwayi n'uw'abanyeshuri ugenda wiyongera mu bigo, ni ko hakenerwa ubundi butaka. Hagomba guterwa ibiti by'imizabibu, igatuma ikigo kibona

umusaruro mwinshi w'imizabibu. Amacunga atewe mu turima duto agira akamaro kanini cyane.IMN 267.2

[Akamaro k'amatunda y'imizabibu n'imboga biteguwe ku meza — 519] IMN 267.3

[Imbuto n'imboga ku ifunguro rimwe — 188, 190, 722] IMN 267.4

[Ellen White yakoreshaga amatunda ku meza — Umugereka 1:4, 9, 15, 22, 23] IMN 267.5

[Imbuto mu bigo nderabuzima — 441] IMN 267.6

[Abakozi bo mu bigo bakwiriye gukoresha imbuto — 444, 651] IMN 267.7

[Imbuto zikoreshwa mu gihe cy'amateraniro makuru — 124, 765] IMN 267.8

[Zigomba gukoreshwa nk'ifunguro rito ry'abashyitsi — 129] IMN 267.9

[Ni umugabane w'imirire yuzuye, indyo iryoshye — 204, 503] IMN 267.10

[Ellen White atanga inama yo gukoresha itomate — Umugereka 1:16, 22, 23].

UMUGABANE WA II — IBINYAMPEKE

Ibyokurya Twatoranyirijwe n'Umuremyi

481. Ibinyampeke, amatunda, ibinyamavuta, n'imboga ni byo byokurya twatoranyirijwe n'Umuremyi wacu. Ibi byokurya, iyo biteguwe mu buryo bworoheje kandi busanzwe uko bishoboka kose, ni iby'agahebuzo mu kutwubakira imibiri no kutuzanira amagara mazima. Tubikuramo imbaraga, ubushobozi bwo kwihangana, imbaraga z'ubwenge, bitaboneka mu byokurya biteguwe mu buryo bukomeye kandi bikabura umubiri.IMN 268.1

[Ibigendana n'ibi, reba 111] IMN 268.2

482. Abarya inyama baba barya ibinyampeke n'imboga byabanje kuribwa n'amatungo. Kuko amatungo akura ibiyatunga muri ibi byokurya. Ubuzima buri muri ibi binyampeke n'imboga buhita bujya mu itungo; natwe tukabubona turimo kurya inyama z'ayo matungo. Mbega ukuntu byaba agahebuzo tubaye tubiriye mu buryo butaziguye, tugahitamo kurya ibyokurya Imana yaduhaye ngo bidutunge! IMN 268.3

[Abantu bagomba kugaruka ku mirire y'imbuto, imboga, n'ibinyampeke — 515]. IMN 268.4

Umugabane w’Imirire Ikwiriye

483. Ni ikosa kwibwira ko imbaraga z’imikaya zizanwa no kurya inyama. Abantu bashobora kubaho neza, umubiri ukabona ibyo ukeneye byose, bitabaye ngombwa ko hakoreshwa inyama. Ibinyampeke, imbuto (amatunda), ibinyamavuta, n’imboga, bifite ibyangombwa fatizo bitunga umubiri bikenewe mu kurema amaraso meza. IMN 268.5

484. Ibyangombwa bitunga umubiri dukenera byose tubasha kubibona mu binyampeke, mu matunda, mu mboga, no mu binyamisogwe. Nitwegera Uhoraho twicishije bugufi, azatwigisha uburyo bwo gutegura ibyokurya biboneye, bitagira umwanda uterwa n’inyama. IMN 268.6

[Ibiribwa bifite ibyangombwa fatizo bitunga umubiri — 513]. IMN 269.1

Aboneka Ari Menshi Cyane

485. Mu byaremwe tuhabona amatunda, ibinyamavuta, n’ibinyampeke, biba ari byinshi cyane ku buryo umwaka uko ugenda usimbura undi, umusaruro wabyo uba ukwirakwiriye mu bihugu byose, bitewe n’uburyo bworoshye bwo gukora ingendo. Ibi bituma ibyinshi mu byokurya byari bizwi ko bihenze bikabije kandi bidapfa kubonwa n’umuntu ubonetse wese, ubu bibasha kuboneka ku bantu bose kandi bigakoreshwa buri munsi. IMN 269.2

486. Turamutse twiteganyirije bihagije, mu bihugu byose twahabona ibintu byabera byiza ubuzima bwacu. Ingano, umuceri, ibigori, ingano za sayiri, kimwe n’ibishyimbo, amashaza, n’imboga byoherezwa hirya no hino. Ibingibi, iyo ubyongeyeho imbuto zo mu gihugu cyangwa izituruka mu bindi bihugu, hamwe n’amoko anyuranye y’imboga zera muri buri karere, bitanga amahirwe yo guhitamo imirire yuzuye wakoresha mu mwanya wo gukoresha inyama. IMN 269.3

[Ibyaremwe bibonekamo ibinyampeke byinshi cyane — 503] IMN 269.4

Ibinyampeke Biteguwe Neza

487. Imbuto, impeke, n’imboga iyo biteguwe neza mu buryo bworoheje, ukabirinda ibirungo n’ibinure by’ubwoko bwose, igihe biteguranywe n’amata cyangwa amavuta yayo, usanga ari ibyokurya byiza cyane ku buzima. Biha umubiri intungamubiri, bigatanga imbaraga zo kwihangana, n’imbaraga z’intekerezo bitabasha kuboneka mu byokurya bikabura umubiri. IMN 269.5

[Reba ibigendana n’ibi ku ngingo ya 137] IMN 269.6

488. Ibinyampeke n’amatunda biteguwe bitarimo ibinure, kandi ku buryo busanzwe uko bishoboka, biba ari indyo ikwiriye gutegurwa ku meza y’abantu bose bavuga ko biteguye kwimukira mu ijuru. IMN 269.7

[Twiyigishe ubwacu uko twabaho dukoresha imbuto, impeke, n’imboga — 514] IMN 270.1

[Ibinyampeke ni ibyokurya bizanira umubiri amagara mazima — 399, 400, 403, 404, 407, 810]. IMN 270.2

Iporici

489. Ibinyampeke bikoreshejwe mu gutegura iporici cyangwa “potaje” cyangwa se igikoma bikwiriye gutekwa umwanya uhagije. Ariko ibyokurya byoroheje cyangwa by’amazi biba ari indyo yuzuye buhoro kurutwa n’ibyokurya bikomeye, bisaba umwanya w’igogora. IMN 270.3

490. Abantu bamwe bizera bakomeje ko imirire myiza ari igizwe cyane na porici cyangwa isupu yo mu bwoko bwayo. Kurya cyane iporici bishobora kutamerera neza ingingo z’urwungano ngogozi; kuko imeze cyane nk’ibisukika. Mwihatire cyane kurya imbuto, imboga, n’umugati (cyangwa umutsima w’ingano). IMN 270.4

[Kurya iporici nyinshi ni ikosa — 499] IMN 270.5

Igikoma cy’Imvange ya Porici cyangwa Igikoma cy’Ingano [Graham Gruel]

491. Mushobora gutegura igikoma cy’ingano zuzuye cyangwa porici y’ingano. Niba ifu y’izo ngano ifashe cyane, uyiyungururure maze wongeremo amata mu kivange cy’ingano gishyushye. Ibi usanga biryoshye cyane kandi bigatuma umubiri umererwa neza. Ni indyo nziza y’amateraniro makuru. IMN 270.6

Ibijya mu Mwanya w’Inyama

492. Igihe uretse gukoresha inyama, ugomba kuzisimbuza indyo inyuranye igizwe n’ibinyampeke, ubunyobwa, imboga, n’imbuto, bifite akamaro ko mu buryo bubiri: kubaka umubiri bitewe n’intungamubiri nyinshi, n’uburyohe bwabwo. … Inyama zibasha gusimbuzwa indyo yuzuye kandi igizwe n’ibiribwa bidahenze. IMN 270.7

[Ibyokurya bijya mu mwanya w’inyama — 765, 795]IMN 271.1

[Inyama ntizikenerwa ahaboneka amatunda, impeke, n’ububemba — 138] IMN 271.2

[Ibinyampeke bibasha kongerwa mu byokurya byoroheje by’abashyitsi — 129] IMN 271.3

[Gukoresha ibinyampeke ku meza y’abakozi bo mu bigo by’ubuzima — 444, 651] IMN 271.4

[Byakoreshejwe ku meza yo kwa E. G. White — Umugereka 1:1523] IMN 271.5

[Abarwayi bagomba kwigishwa akamaro k’ibinyampeke — 767]

UMUGABANE WA III — UMUGATI
Imbaraga y’Ubuzima

493. Iyobokamana rizayobora ababyeyi mu buryo bwo gutegura umugati w’ingirakamaro cyane. … Umugati ugomba gutekwa ugashya neza cyane, imbere n’inyuma. Imiterere y’ubuzima bw’igifu isaba ko uba woroshye kandi uhiye. Umugati ni wo utanga imbaraga z’ubuzima, bityo rero umutetsi agomba kuwutekana ubuhanga buhanitse. IMN 271.7

Gutegura Umugati Mwiza Bikubiyemo Imyizerere Yacu

494. Bamwe mu bakora imirimo yo mu rugo ntibabona ko gutegura ibyokurya neza ari inshingano basabwa n’imyizerere yabo; niyo mpamvu usanga batagerageza kwiga uburyo bwo gutegura neza umugati. Batuma umugati urura mbere yo kuwuteka, maze bitewe n’uko umutetsi atabyitayeho akawongeramo umunyu n’ibindi birungo kugira ngo

agerageze kuwuryoshya nyamara ibyo ugasanga bitumye wa mugati umerera nabi igifu. Guteka umugati mwiza bisaba isuku n'ubuhanga. Ariko ikirenze ibyo, gutegura umugati mwiza bisaba gukoresha imyizerere yacu kuruta uko bamwe babyibwira. IMN 271.8

495. Ni inshingano y'iby'umwuka kuri buri Mukristokazi wese kwiga guteka umugati mwiza, uryoshye, woroshye, akoresheje ifarine yuzuye (y'ingano). Abagore bagomba kujyana abana babo b'abakobwa mu gikoni, bakabigisha umwuga wo guteka. IMN 272.1

[Ni ngombwa kugira ubumenyi bwo guteka umugati — 822] IMN 272.2

Gukoresha Umusemburo bita 'Soda' mu Mugati

496. Gukoresha umusemburo w'ifu bita 'soda' mu gukora umugati ni bibi kandi nta kamaro bifitiye umubiri. Uwo musemburo utera uburibwe mu gifu kandi akenshi ukazana uburozi mu mikorere yose y'umubiri. Benshi mu batetsi bizera ko batabasha gukora umugati mwiza badakoresheje umusemburo witwa 'soda', ariko iri ni ikosa. Iyaba biyemezaga kwigora bakiga inzira nziza bakoresha, bajya bakora umugati ufitiye umubiri akamaro, ufite uburyohe busanzwe, kandi urushijeho kumerera neza umubiri.IMN 272.3

[Mu gukoresha umunyu n'ibirungo mu mugati — Reba "Soda n'Umusemburo w'ifu," 565, 569] IMN 272.4

Gukoresha Amata mu Mugati Urimo Umusemburo

Mu gihe mukora umugati urimo igitubura, ntimugakoreshe amata ngo muyasimbuze amazi. Gukoresha amata ni ukongera amafaranga, kandi agatuma umugati utamerera neza bihagije umubiri. Umugati urimo amata ntukomeza uburyohe bwawo igihe kirekire nyuma y'uko umaze gutekwa, nk'uko bigenda ku mugati uvanze n'amazi, kandi wihutira guteza aside mu gifu. IMN 272.5

Umugati Ushyushye Urimo Umusemburo

Umugati ugomba kuba woroshye kandi uryoshye. Ntugomba kugira akantu na gato katuma urura cyangwa ugira aside. Udusate twawo tugomba kuba dutoya, bityo tukaba duhiye, bigatuma uko bishoboka kose

uduce tw’imisemburo tuba twapfuye. Igihe umugati ushyushye, cyangwa ukiri mushya, umugati uwo ariwo wose urimo umusemburo ukomerera umubiri mu igogora. Ntugomba kuzanwa ku meza. Aya mabwiriza ariko ntareba imigati idasembuwe. Utugati duto tw’ingano tudafite igitubura, kandi twatetswe neza mu ifuru, tuba twiza ku mubiri kandi tukagira uburyohe. … IMN 273.1

Imigati Itetse Inshuro Ebyiri

Imigati itetse inshuro ebyiri, ni bumwe mu bwoko bw’imigati yoroshye mu igogora kandi iryoha cyane. Umuntu ashobora no gukata imigati isanzwe, maze udusate twayo akatwumisha mu ifuru ishyushye kugeza igihe tutabonekamo uruhumbu na ruke. Hanyuma igashyirwa ahantu humutse, maze iyo migati ikaba yabikwa igihe kirekire kurusha imigati isanzwe. Igihe ushatse kuyirya, urabanza ukayishyushya, maze ugasanga ifite uburyohe nk’imigati mishyashya. IMN 273.2

[Imigati itetswe inshuro ebyiri ni ibyokurya byiza ku mugoroba — 273] IMN 273.3

[Ni ibyokurya Ellen White yakundaga gukoresha — Umugereka I:22] IMN 273.4

Guhitamo Imigati Imaze Igihe Kuruta Imigati Mishyashya

497. Umugati umaze iminsi ibiri cyangwa itatu ni mwiza cyane ku buzima kuruta umugati mushyashya. Umugati wokejwe mu ifuru ni umwe mu byokurya byiza cyane kurusha indi ndyo. IMN 273.5

Ibibi byo Gukoresha Umugati Urura

498. Akenshi abantu babona ko umugati w’ingano uremereye, ukagira akantu ko kurura, ugasa nk’udahiye neza. Ibi biterwa no kuba abantu badashaka kwiga ngo bamenye akamaro ko guteka umugati. Rimwe na rimwe, dusanga ko udusate tw’imigati, ibisuguti byorohereye, n’ibindi nk’ibyo biba bimeze nk’aho bitatetswe neza ngo bishye. Abatetsi icyo gihe bakubwira ko babasha kubikora neza bakurikije uburyo bari basanzwe bakoresha mbere, ariko mu by’ukuri, usanga ko abagize

imiryango baba badakunda umugati wuzuye, bakumva ko kuwukoresha bitababamara inzara. IMN 273.6

Nabonye ubwanjye ko ibi bidatangaje. Uburyo mwahisemo bwo gutegura ibyokurya ni bwo butuma bibaryohera cyangwa ntibibaryohere. Kurya ibyokurya nnk'ibyo bishobora kubateza uburwayi bwo kugugarirwa. Aba batetsi b'abaswa, kimwe n'abishimira kurya ibyokurya bateguye, bazabona ko ibyo binyuranye n'amabwiriza agenga ivugurura ry'ubuzima bwiza. IMN 274.1

Igifu ntigifite ubushobozi bwo guhindura umugati utetse nabi, urura kandi uremereye ngo kiworoshye ube umugati mwiza; ariko umugati utetse nabi ubasha guhindura igifu cyari kimerewe neza kigafatwa n'uburwayi. Abarya ibyokurya nk'ibi bazi ko bituma bacika intege. Ibi se ntibifite ikibitera? Bamwe muri abo bantu bavuga ko ari abagorozi mu by'ubuzima, ariko ugasanga atari bo. Ntibazi guteka. Bateka imigati ya gato, ibirayi, umugati wuzuye, mu buryo bumwe, nta guhindura, maze umubiri ukabura ikiwukomeza. Bibwira ko gutanga umwanya wo kwiga ngo bagire ubumenyi bwimbitse mu byo guteka ibyokurya byiza kandi biryoshye ari uguta igihe. … IMN 274.2

Mu ngo nyinshi, usanga abantu barahindutse abarwayi b'igugara, kandi intandaro y'ubwo burwayi bwabo akenshi ikaba ishiingiye mu kurya imigati itagira intungamubiri. Nyiri urugo abona ko bene iyo migati itagomba kujugunywa, akayizana ku meza ngo iribwe. Ariko se birakwiriye ko umugati mubi uhabwa abantu ho ibyokurya? Mwakwemera ko ujya mu gifu ngo kiwuhinduremo amaraso? Mbese igifu gifite ubushobozi bwo kuryoshya umugati urura, uremereye, kandi wumye, kikaworoshya kandi ukaba mushya? …IMN 274.3

Abagore n'ababyeyi batigeze babona inyigisho ikwiriye kandi ntibagire n'ubumenyi mu byoguteka usanga buri gihe bategurira abagize imiryango yabo ibyokurya biteguye nabi, kandi buhoro buhoro, ku buryo budashidikanywa, bikica ingingo z'urwungano ngogozi, ibyo bikarema amaraso mabi mu mubiri, atuma umuntu ahora akenshi agira indwara zandura, bikanatera gukenyuka imburagihe. Abantu benshi bagiye ahacecekerwa bitewe no kurya imigati iremereye kandi irura. Bambwiye iby'umukobwa watetse imigati iremereye kandi irura. Kugira ngo

batabimenya maze ahishe ikosa rye, yayijugunyiye ingurube nini ebyiri. Mu gitondo cy’umunsi wakurikiyeho, nyiri urugo asanga za ngurube zapfuye; mu gushaka kumenya icyabiteye, yabonye udusate twa ya migati. Ahita akoresha anketi, maze wa mukobwa yemera ko ari we wabikoze. Ntiyumvaga ko hari icyo iyo migati izatwara izo ngurube. Niba umugati uremereye kandi urura ubasha kwica ingurube zirya inzoka n’indi myanda y’uburyo bwose, ni iyihe ngaruka yabaho ku rugingo ruzima nk’igifu cy’umuntu? IMN 274.4

Akamaro ko Gukoresha Umugati n’Ibindi Byokurya Bikomeye

499. Igihe abantu biyemeje guhindura imirire, bakareka inyama bakazisimbuza ibyokurya biva ku bimera, bakwiriye kwitonda cyane bagategura ku meza ibyokurya biteguranywe ubwenge kandi bitetswe neza. Kurya porici nyinshi ni ikosa. Ahubwo, mukwiriye kwihata ibyokurya bikomeye kandi bisaba gukacangwa, kuko ari byo by’ingenzi. Muri urwo rwego, gutegura ibyokurya bizanira umubiri amagara mazima ni umugisha. Umugati mwiza w’ingano n’utundi tugati duto twibumbabumbye, biteguye mu buryo bworoheje ariko bwitondewe, bigirira umubiri akamaro. Umugati ntugomba na rimwe kugira ikintu cyo kurura. Ugomba gutekwa ku buryo ushiramo ururenda cyangwa amakakama n’ubutohe bwawo. Niyo mpamvu ari ngombwa kwirinda gukoresha umugati worohereye kandi urenduka. IMN 275.1

Ku bashobora kuzikoresha, imboga nziza zateguwe mu buryo bwiza ku mubiri, ziruta iporici n’ibikoma. Amatunda agendanye n’umugati watetswe neza mu minsi nk’ibiri cyangwa itatu bigirira akamaro umubiri kuruta gukoresha umugati ukiri mushyashya. Ibingibi, iyo biriwe neza, umuntu akacanga neza yitonze, bitanga ibintu byose umubiri ukeneye. IMN 275.2
[Umugati mwiza ukoreshwa mu mwanya w’ibyokurya bikungahaye — 312] IMN 276.1

Utugati Dushyushye

500. Kurya utugati dushyushye n’inyama binyuranye rwose n’amahame y’ivugurura ry’ubuzima buzira umuze. IMN 276.2

501. Utugati duto dushyushye turimo umusemburo bita soda, bakadusiga amavuta cyangwa marigarine, usanga abantu batwishimira; nyamara ingaruka yatwo ni uguca intege ingingo z'urwungano ngogozi, zikahangirikira. IMN 276.3

502. Twasubiye muri Egiputa aho gukomeza tujya i Kanani. Mbese ntidukwiriye guhindura umurongo duha ibintu? Ntidukwiriye gutegura ku meza yacu indyo yoroheje, yuzuye kandi ifitiye akamaro imibiri yacu? Ntitwareka kurya utugati dushyushye, two kuduteza gusa indwara y'igugara? IMN 276.4

[Impamvu y'indwara y'igugara — 720] IMN 276.5

Imigati Mito Iryohereye

503. Utugati dushyushye dukoranywe umusemburo witwa soda cyangwa igitubura cy'ifu ntidukwiriye kuzanwa ku meza ngo turibwe. Ibigize utu tugati ntibikwiriye gushyirwa mu gifu. Imigati ishyushye y'ubwoko bwose irushya igogora. Imigati mito imeze nka keke, ifite intungamubiri kandi ikagira uburyohe, ibasha gukorwa mu ifarini yuzuye, ikavangwa n'amazi ndetse n'amata. Ariko biragoye kwigisha abizera bacu kuyitegura mu buryo bworoheje. Iyo tubwiye abantu gukoresha bene iyi migati, incuti zacu ziravuga ngo, "Nibyo rwose, tuzi kuyikora." Nyamara biratubabaza iyo tubonye bakoze iyo migati ku buryo usanga yuzuyemo igitubura cyangwa ifite ugusharira gutewe n'amata bakoresheje hamwe no kurura. Ibi byerekana ko habuze ivugurura rizima. Ifarini yuzuye, ivanze n'amata hamwe n'amazi meza ifite imyunyu ngugu mike, bikora utugati twiza tutigeze turya. Iyo amazi afite imyunyu ngugu myinshi, mubasha gukoresha amata menshi aryohereye, cyangwa mukongeramo igi mu gitsima cyangwa igifote. Iyo mikati iryohereye ikwiriye kotswa mu ifuru ishyushye cyane kandi ifite umuriro ukomeza kwaka. IMN 276.6

Mu gukora utugati duto, bisaba gukoresha amazi mezza n'amata, cyangwa amavuta make; ubikoramo ikivange cyegeranye kandi kibumbye, ukagikatamo utubumbe duto tumeze nk'udusuguti. Utwotse ku ziko ry'amashyiga y'ifuru. Usanga tworohereye kandi turyoshye. Dusaba ko umuntu aturya akacanga yitonze, bigafasha amenyo n'igifu. Ibyo birema amaraso meza, kandi bikongerera imbaraga umubiri. Umugati nk'uyu, igihe

uwuriye hamwe n’amatunda, imboga n’ibinyampeke byinshi kandi biboneka hose, nta ndyo yahwana na yo. IMN 277.1

Umugati w’Ingano Wuzuye Uruta Kure Umugati w’Umweru

504. Umugati w’ifarini yera ntushobora guha umubiri ibyangombwa ukenera biwubaka nk’ibiboneka mu mugati w’ingano wuzuye. Gukomeza gukoresha umugati w’ifarini yera ntibishobora gutuma umubiri ukomeza kugubwa neza. Bituma mwembi mugira umwijima ufite intege nke. Gukoresha ifarine yera byongera ububabare bw’umubiri. IMN 277.2

505. Mu gukora umugati, ifarini yera yoroshye siyo nziza cyane ikwiriye gukoreshwa. Kuyikoresha si byiza ku buzima kandi biranahenze. Umugati w’ifu yorohereye uba ubuze ibyangombwa byubaka umubiri dusanga mu mugati w’ifarini yuzuye y’ingano. Ni yo ihora itera abantu kugira impatwe n’ubundi bubabare bw’umubiri. IMN 277.3

[Ifarini yuzuye ni nziza ku mubiri — 171, 495, 499, 503] IMN 277.4
[Ibinyampeke bigomba gukoreshwa uko bimeze — 481] IMN 277.5
[Umugati wuzuye ni wo ukwiriye gukoreshwa mu materaniro makuru — 124] IMN 277.6
[Ni inshingano y’idini kwigisha abantu gukora umugati mwiza bakoresheje ifarini yuzuye y’ingano — 392] IMN 277.7

Ibinyampeke Bikoreshwa mu Mugati Bibasha Kuba Binyuranye

506. Gukoresha ifu y’ingano igihe cyose si byiza ngo abantu bahorere iyo ndyo. Imvange y’ingano, porici, n’ubundi bwoko bw’ingano ni ingenzi cyane mu kuzanira umubiri intungamubiri ziyongereye kurusha iziboneka mu ngano ziba zakuwemo ibyangombwa byubaka umubiri. IMN 278.1

Utugati Turyohereye

507. Kenshi ku meza yacu tuhategura utugati turyohereye na keke. Uko tugabanya kurya ibyokurya biryohera ni ko imibiri yacu irushaho kumererwa neza; ibi byokurya biryohera bitera igifu gukora nabi, bigatuma

ababyimenyereza babura imbaraga zo kwihangana, ntibitegeke, kandi bagahorana uburakari.IMN 278.2

508. Ni byiza kudakoresha isukari mu tugati duto duteka (ibisuguti). Bamwe bakunda cyane bene utwo tugati, ariko tumerera nabi ingingo z'urwungano ngogozi. IMN 278.3

[Utugati turyohera (ibisuguti) — 410] IMN 278.4

[Umugati umera nk'udafite icyanga ku bantu bimenyereje ibyokurya bikungahaye ku birungo kandi bikaranze — 563]

UMUGABANE WA IV - IMBOGA

Imboga mbisi, Ziteguwe mu Buryo Bworoheje

509. Abantu bose bagomba kumenya akamaro ko gukoresha imbuto n'imboga mbisi zisaruwe mu murima. IMN 278.6

[Mwihatire cyane kurya imboga — 490] IMN 279.1

[Nta ndyo yahwana no gukoresha imboga — 503]IMN 279.2

510. Amatunda, ibinyampeke, n'imboga, biteguwe mu buryo bworoheje, ntibishyirwemo ibirungo n'amavuta y'ubwoko bwose, bigatekanwa n'amata cyangwa amavuta yayo, biba ari ibyokurya birushije ibindi kugirira umubiri akamaro. Bizanira umubiri intungamubiri, kandi bikawuha ubushobozi bwo kwihangana n'imbaraga z'intekerezo bitaboneka mu byokurya bikabura umubiri. IMN 279.3

[Amatunda, ibinyampeke, n'imboga ni ibyokurya byiza byo kuzimanira abashyitsi — 129] IMN 279.4

[Gukoresha imboga zatangiye kubora birimo akaga — 469] IMN 279.5

[Imboga zihumanywa no kuzitegurana n'amavuta — 320] IMN 279.6

[Imboga zigize imirire Umuremyi yatoranyirije umuntu — 471] IMN 279.7

[Zigize ibyokurya bihesha umubiri amagara mazima — 403, 404, 407, 810] IMN 279.8

511. Ku bashobora kuzikoresha, imboga nziza ziteguwe mu buryo buhesha umubiri amagara mazima ziba nziza cyane kurenza kurya porici cyangwa za potaje n'ibikoma. IMN 279.9

512. Imboga zigomba kuryoshywa n'amata cyangwa amavuta y'inka, cyangwa ikindi kimeze nk'ibyo. IMN 279.10

Ni Umugabane w'Ibyokurya Byuzuye

513. Ibinyampeke bisanzwe, amatunda yo ku biti, imboga, byose bifite intungamubiri zikenewe mu kurema amaraso meza. Ibingibi ntabwo inyama zishobora kubikora. IMN 279.11

[Mu mirire ikwiriye — 483, 484, 486] IMN 279.12

Imboga Nyinshi

514. Tugizwe n'ibyo turya. Mbese dukwiriye guha imbaraga ibyifuzo bya kinyamaswa turya ibyokurya biva ku nyamaswa? Aho kumenyereza irari gukunda ibyokurya nk'ibyo, birakwiriye ko dutangira ubu kwimenyereza kubeshwaho n'amatunda, ibinyamavuta, n'imboga. … Ibyokurya byoroheje binyuranye, bizanira umubiri amagara mazima kandi biwubaka, bishobora kuboneka, bitarimo inyama. Abagabo b'intarumikwa bagomba kurya imboga nyinshi, imbuto, n'ibinyampeke. IMN 280.1

[Ku meza y'abakozi — 444, 651] IMN 280.2

[Gusimbuza inyama — 492, 649, 765, 795] IMN 280.3

[Gusimbuza ibyokurya bikungahaye ku binure — 312] IMN 280.4

[Indyo igizwe n'inyama ishyira imboga ku mwanya wa kabiri — 482] IMN 280.5

515. Uhoraho yifuza kugarura ubwoko bwe ku mirire igizwe n'amatunda, imboga, n'ibinyampeke. IMN 280.6

Bamwe Ntibashobora Gukoresha Imboga

516. Mu kigo nderabuzima, haboneka ipfa rinyuranye rigomba guhazwa. Abantu bamwe bifuza kurya imboga zateguwe neza kugira ngo bahaze ibyifuzo byabo byihariye. Abandi ntibababasha kurya imboga ngo bibure kubagiraho ingaruka. IMN 280.7

Ibinyabijumba, Ibirayi n'Ibijumba

517. Ntidutekereza ko ibirayi cyangwa ibijumba bitetse ifiriti ari byiza ku buzima, kuko biba byinjiwemo n'amavuta babitekanye, yaba makeya

cyangwa menshi. Ibirayi cyangwa ibijumba byokeje mu ifuru cyangwa byatogoshejwe, bigashyirwamo amavuta n'umunyu muke, ni byo byokurya birushijeho kuba byiza. Ibisigaye kuri ibyo birayi cyangwa ibijumba bibasha guteguranwa n'utuvuta dukeya hamwe n'akunyu gakeya, bikongera kunyuzwa mu ifuru, aho kubiteka ifiriti, ugasanga biryoshye cyane. IMN 280.8

Ibishyimbo ni Indyo Nziza

518. Ibindi byokurya byoroheje kandi byiza, ni ibishyimbo byatogoshejwe cyangwa byatetswe mu ifuru. Ubivanga n'amazi make, ukongeramo amata cyangwa amavuta y'inka, maze ukabikoramo isupu.IMN 281.1

Guhinga no Kubika Imboga

519. Abantu benshi ntibumva akamaro ko kugira akarima ko guhingamo imbuto n'imboga, kugira ngo babashe kujya babyitegurira ku meza yabo. Nahawe amabwiriza yo kubwira buri muryango na buri torero ngo: "Imana izajya ibaha umugisha igihe mukorera agakiza kanyu mutinya kandi muhinda umushyitsi, ngo hato mutabura ubwenge bwo kumenya kurinda imibiri yanyu, maze mugahindura umugambi Imana yabateguriye." IMN 281.2

[Bose bagomba kwigishwa agaciro ko gukoresha imbuto n'imboga mbisi zikiva mu mirima — 480] IMN 281.3

520. Ni ngombwa guteganya uburyo bwo kwibikira ibigori byumye. Ibihaza bishobora kumishwa, mukazabikoresha neza mu gihe kitari icy'umwero wabyo, ku mpeshyi, mukabikoramo imigati cyangwa keke. IMN 281.4

Imboga Rwatsi n'Inyanya mu Mirire ya Ellen G. White

521. Muvuga ibyo imirire yanjye. Sinihambiriye ku kintu kimwe kugira ngo nshobore kurya ikintu icyo aricyo cyose. Ariko ku byerekeranye n'imboga rwatsi, ntimukwiriye guhangayika; kuko nkurikije ubumenyi mfite,

ahantu mutuye mubasha kuhasanga imboga zihagije nshobora gukoresha nk’imboga rwatsi. Nshobora gukoresha amababi y’ibyatsi biribwa byo mu gasozi [yellow dock, dandelion, mustard], n’ibya sinapi. Aho mushobora kuhabona byinshi kandi bifite akamaro kanini kurusha ibyo tubasha kubona hano muri Ositraliya. Kandi habaye hatagize ikiboneka kindi, mwaba mufite ibinyampeke. IMN 281.5

522. Nabuze kuryoherwa [appetite] mbere gato y’uko njya mu murimo mu Burasirazuba. Ariko ubu yaragarutse. Ndasonza cyane iyo isaha yo kurya igeze. Imboga rwatsi mfite, iyo ziteguwe neza, zivanze n’amavuta yatetswe agashiramo mikorobi n’umutobi w’indimu, biraryoha cyane. Ku ifunguro rimwe mbasha kurya potaje y’inyanya n’ibindi, nkarya n’imboga rwatsi ku rindi funguro. Nongeye kubasha kurya ibirayi. Ibyokurya byanjye byose biba bifite icyanga. Nabaye nk’umuntu wakize marariya inzara yari yaramwishe, none ndi mu kaga ko kurya nkarenza urugero! IMN 282.1

523. Inyanya mwanyoherereje zari nziza kandi ziryoshye cyane. Mbona ari ibyokurya bimbera byiza cyane nkwiriye gukomeza gukoresha. IMN 282.2

[Reba Umugereka I:16, 22, 23] IMN 282.3

524. Twahinze ibigori n’amashaza biduhagije kandi tugasangira n’abaturanyi. Twumisha ibigori byo kuzakoresha ku mpeshyi; hanyuma tukabishya maze tukabiteka. Bigira isupu iryoshye cyane kandi bikaribwa no mu bindi. … IMN 282.4

Mu gihe cy’umwero wazo, tubona imizabibu myinshi, ibinyomoro, na pome, n’inkeri, n’imizabibu tukabyitegurira ubwacu. Twihingira kandi inyanya nyinshi. Sinicuza ngo mbe nakwifuza ibyokurya birenze ibyo ntegura ku meza yacu. Ibyo ntibyanezeza Imana. Dusangira n’abashyitsi bacu, bakarya ibyo turiye, kandi bakishimira ibyokurya byacu. IMN 282.5

[Ibigori byakoreshejwe na E.G. White — Umugereka I:22, 23] IMN 282.6

[Kwitonda mu gihe dukoresha ibigori n’amatunda — 188, 190] IMN 282.7

[Kwitonda igihe dukoresha imboga n’ibyokurya turenza ku mafunguro — 189, 722] IMN 282.8

[Mu mirire ya E.G. White — Umugereka I:4, 8, 15].

IGICE CYA 19 - IBYOKURYA BIHEREKEZA AMAFUNGURO
UMUGABANE WA 1 — ISUKARI

525. Isukari si nziza ku gifu. Itera umusemburo mu gifu, bigatera igihu mu bwonko kandi bigatuma umubiri ukora nabi. IMN 283.1

526. Akenshi abantu bakunze gukoresha isukari nyinshi mu mirire yabo. Keke, gato, imigati, imitobe, konfitire, byose bifite imbaraga zo kubuza umubiri gukora neza igogora. By'umwihariko, hari ibyangiza umubiri birimo, gato na keke zigizwe cyane n'amata, amagi, n'isukari. Gukoresha amata avanze n'isukari bigomba kurekwa rwose. IMN 283.2

[Reba amata n'isukari — 533, 536] IMN 283.3

[Koresha isukari nke gusa mu gukora umutobe w'imbuto — 476] IMN 283.4

[Isukari nke ni yo yemewe — 550] IMN 283.5

527. Isukari iremerera umubiri; ibuza imikorere myiza y'imashini y'umubiri wacu. IMN 283.6

Ndababwira urugero rumwe rw'umuntu wari utuye mu karere ka Montcalm, muri Leta ya Mishigani. Yari umugabo wiyubashye. Yari afite igihagararo kirenga metero imwe na mirongo inane kandi ameze neza. Nararikiwe kujya kumusura igihe yari arwaye. Nari nabanje kuganira na we mbere ku byerekeranye n'imibereho ye. Naramubwiye nti, "ntabwo nkunda ukuntu amaso yawe agaragara." Yakunze kurya isukari nyinshi. Mubaza impamvu yabyo. Ambwira ko yaretse inyama, kandi ko atari azi ikizazisimbura hamwe n'isukari. Imirire ye ntiyari imunyuze, bitewe gusa n'uko umugore we atari azi guteka. IMN 283.7

Bamwe muri mwe mwohereza abana banyu b'abangavu ku ishuri kwiga ubumenyi bwo mu ishuri mbere y'uko biga guteka, kandi ibi byagombye kugirwa nyambere. Aha turahabona urugero rw'umugore utari uzi guteka; ntiyari yarize uko bategura ibyokurya bifitiye umubiri akamaro. Uyu mugore akaba n'umubyeyi yari afite ibintu by'ingenzi abura mu burere bwe; maze ingaruka ikaba guteka nabi ibyokurya bidafitiye akamaro umubiri, bigasimburwa no gukoresha isukari nyinshi, ari byo biteza uburwayi imikorere y'umubiri wose. Ubuzima bw'uyu mugabo bwari bwarabaye igitambo cyo guteka nabi bitari ngombwa. IMN 283.8

Ubwo najyaga gusura uwo mugabo wari urwaye, nagerageje kubereka ukuntu bashobora guhindura imibereho yabo, maze buhoro buhoro, atangira kwijajara. Ariko yaje gukoresha nabi imbaraga ze kandi atarabasha, akajya arya ibyokurya bikeya ariko bitamereye neza umubiri, arongera asubizwayo. Ubu noneho yari ageze aho atagifite igaruriro. Umubiri we wafashe ishusho y'umuntu wajojomye cyane kubwo kwangirika. Yapfuye azize imirire mibi. Yari yagerageje gusimbuza isukari ngo ayikoreshe mu mwanya w'indyo isanzwe nziza, ahubwo irushaho kwangiza ubuzima bwe. IMN 284.1

Haba ubwo akenshi njya ku meza ya bene data na bashiki bacu maze nkitegereza ukuntu bakoresha amata n'isukari nyinshi. Ibi bimerera nabi umubiri, bigateza ubwiyabire ingingo z'urwungano ngogozi, maze bikagera no ku bwonko. Ikintu cyose kibuza imikorere myiza y'ingingo z'imashini y'umubiri kigira ingaruka itaziguye no ku bwonko. Kandi nkurikije umucyo nahawe, igihe isukari ikoreshejwe ku bwinshi iteza akaga karuta ako gukoresha inyama. Impinduka zo guhinduranya imirire zigomba gukorwa mu buryo bwitondewe. Iyi nyigisho ikwiriye kwigishanywa ubwenge ku buryo idatuma abayumva bareka ivugurura kandi bakumva batishimiye na gato ubufasha n'inyigisho tubaha. IMN 284.2

[Utugati turyohereye n'ibisuguti — 410, 507, 508]IMN 284.3

528. Ntitugomba kumenyera gushyira mu kanwa ikintu cyose kibasha guteza umubiri wacu kugubwa nabi, kabone n'ubwo twaba tugikunze cyane. Kubera iki? Kuko turi ab'Imana. Mufite ikamba muharanira, ijuru mutegereje, n'ikuzimu mugomba guhunga. Nuko rero, mu Izina rya Kristo, ndabasaba nti: Mbese mwaba mwaramurikiwe n'umucyo mwiza kandi uboneye, maze mukawutera umugongo hanyuma muvuga muti: "Nkunze iki cyangwa nkunze kiriya?" Imana irararikira buri wese muri mwe gutangira kugira imigambi yo gukorana na Yo mu murimo wayo w'urukundo, wo kwerereza, kubahisha, no kweza ubugingo, umubiri, n'umwuka, kugira ngo dushobore kuba abakorana n'Imana. … IMN 284.4

Ni ngombwa rwose gushyira ku ruhande ibiryohera. Mureke bene ibyo biryohera bizanwa ku meza ngo biherekeze amafunguro. Ntabwo imibiri yanyu ibikeneye. Mugomba kugira intekerezo nzima zibashoboza gutekereza nk'uko Imana ibishaka. IMN 285.1

[Reba Umugabane wa 3 — Gato, keke, imigati igizwe n'isukari n'amata] IMN 285.2

[Ntimugahe bombo abana — 346] IMN 285.3

Kugurisha Ibiribwa Barenza ku Mafunguro mu Materaniro yo Hanze

529. Hashize imyaka mbonye ubuhamya bugamije gucyaha abateguye amateraniro makuru yacu bazaniraga abizera bacu kandi bakabagurisha za fromaje n'ibindi bintu byangiza umubiri, kandi bakahagurishiriza za bombo, mu gihe nakoreshaga umuhati wanjye nigisha urubyiruko n'abantu bakuru kugerageza kubika amafaranga bapfushaga ubusa mu isanduku igamije kubwiriza ubutumwa, bityo abana babo bakigishwa icyigisho cyo kwigomwa. IMN 285.4

530. Nabonye umucyo ku byerekeranye n'ibyokurya bizanwa mu materaniro makuru yacu. Rimwe na rimwe abantu bazana mu materaniro yo hanze ibyokurya bitagendanye n'amahame agenga ivugurura ry'ubuzima. IMN 285.5

Niba dushaka kugendera mu mucyo Imana yaduhaye, tugomba kwigisha abizera bacu, abato n'abakuze, kwigomwa bakareka ibyo byokurya abantu barira guhaza irari ryabo gusa. Tugomba kwigisha abana bacu kureka ibyo bintu bidafite akamaro, nka za bombo, shikarete, gato nto z'imvange y'amata n'ibisukari [ice cream], n'ibindi biribwa biryohera, kugira ngo bige kuzigama amafaranga bapfushaga ubusa kubwo irari ryabo, bakayashyira mu dusanduku two kwigomwa, dukwiriye kuba muri buri rugo. Muri ubwo buryo, babasha kuzigama amafaranga menshi yakoreshwa kubwo umurimo w'Imana. IMN 285.6

Benshi mu bizera bacu bakeneye kwigishwa amahame y'ivugurura ry'ubuzima. Hari abantu benshi bategura kandi bagakora ibyokurya byo gufasha ubuzima, kandi bakabitegekera abantu nk'aho byujuje ubuziranenge kandi bitangiza ubuzima. Ariko mfite ubuhamya butandukanye n'ubwo abo bantu. Mu kuri ibyo bintu ntibiba ari bitaraga, kandi abantu ntibakwiriye kurarikirwa kubirya. Tugomba gukomeza kuguma rwose ku ndyo igizwe n'amatunda, ubunyobwa, ibinyampeke, n'imboga. IMN 286.1

Ntimukemerere abantu kuzana mu materaniro makuru yacu ibyokurya cyangwa ibintu biryohera binyuranyije n'umucyo twahawe w'ubugorozi mu

by’ubuzima. Ntitugahe urwaho ikigeragezo cy’umururumba ngo tuvuge ko amafaranga ava muri ibyo byokurya akoreshwa mu gukemura ibigendana n’umurimo mwiza. Tugomba kwirinda dukomeje ikigeragezo cyo kwikunda. Ntitukiyemeze gukora igiteje ikibazo abantu ngo dushake kuvuga ko kigamije kuzana ikintu cyiza. Buri wese nagerageze kwiga ubusobanuro bwo kuba ababwirizabutumwa barangwa no kwigomwa, b’abanyamwete, kandi bafite amagara mazima. IMN 286.2

Isukari mu Mirire ya Ellen G. White

531. Ibyokurya byose usanga byoroheje kandi biboneye kuko bidapfa kuvangwa mu buryo bupfuye kuboneka bwose. Nta sukari igera ku meza yacu. Isupu idutunga igizwe na pome, itetswe ku ifuru, igashyirwamo ibiyiryoshya ku buryo bukwiriye mbere y’uko izanwa ku meza. IMN 286.3

532. Twakunze igihe cyose gukoresha amata makeya n’isukari nkeya. Ibi ntitwigeze tubireka, haba mu nyandiko zacu cyangwa no mu byo tubwiriza. Twibwira ko amatungo azagera aho akarwara cyane ku buryo tugomba kureka ibyo bintu, ariko igihe ntikiragera ngo tureke burundu gukoresha amata n’isukari ku meza.

UMUGABANE WA 2 — AMATA N’ISUKARI

533. Ku byerekeranye n’amata n’isukari, ubu nzi abantu batewe ubwoba n’ubugorozi mu by’imirire, bavuga ko ibyo ntacyo bibarebaho, kuko ubwo bugorozi bubabuza kwikoreshereza uko bishakiye ibyo bintu. Impinduka zigomba gukoranwa ubwitonzi bukomeye; kandi tugomba kubikomeza twigengesereye kandi tukabikorana ubwenge. Tugomba gukoresha inzira tubona ko ishobora kwemerwa n’abagabo n’abagore b’abanyabwenge mu gihugu. Kunywa amata menshi n’isukari nyinshi icyarimwe ni ibintu byangiza ubuzima mu buryo bukomeye. Byinjiza mu mubiri imyanda. Amatungo dukama ntabwo ibihe byinshi aba ari meza. Ashobora kuba arwaye. Inka ibasha kuba isa neza mu gitondo igapfa nimugoroba. Bityo ikaba yari irwaye mugitondo, n’amata yayo akaba ahumanye, ariko ukaba utari ubizi. Ibyo amatungo arya biba birwaye. Inyama ziba zirwaye. Iyaba amatungo yabashaga kuba ari mazima, natanga inama ko abantu barya inyama kuruta uko banywa amata menshi

n’isukari. Ibyo ntibyakwangiza umubiri nk’uko amata n’isukari biwangiza. Isukari ituma umubiri ukora nabi; ibangamira imikorere yose y’imbaraga z’umubiri. IMN 287.2

534. Haba ubwo akenshi njya ku meza ya bene data na bashiki bacu maze nkitegereza ukuntu bakoresha amata n’isukari nyinshi. Ibi bimerera nabi umubiri, bigateza ubwiyabire ingingo z’urwungano ngogozi, maze bikagera no ku bwonko. IMN 287.3

[Reba ibyavuzwe mbere, ingingo ya 527] IMN 287.4

535. Abantu bamwe bavanga amata n’isukari nyinshi mu gikoma cy’ibigori, bibwira ko bigendanye n’ivugurura ry’ubuzima. Ariko imvange y’isukari n’amata bibasha gutera umusemburo mu gifu, bityo bikaba byangiza umubiri. IMN 288.1

536. Mu buryo bwihariye, gato y’imvange y’amagi n’isukari byangiza umubiri. Nimureke gukoreshereza rimwe amata n’isukari. IMN 288.2

[Amavuta aribwa bita, ice cream — 530, 540] IMN 288.3

[Gusomeza amata keke cyangwa amavuta y’amata — 552]

UMUGABANE WA 3 — GATO NA KEKE Z’UBURYO BWINSHI

537. Ibyokurya biherekeza ibindi [desserts] bigira umwihariko wo gutegurwa umwanya muremure, ibyinshi muri byo biba ari ibyica ubuzima. IMN 288.5

Ikigeragezo cyo Kurya Birenze Urugero

538. Ku meza y’ingo nyinshi, mu gihe igifu kiba cyabonye ibyo gikeneye ngo gikore uko bikwiriye umurimo gishinzwe wo kugeza mu mubiri ibiwutunga, bakurikizaho kuzana ku meza indi sahane, irimo gato, keke, amavuta aribwa bita ‘kreme’, n’ibindi bisosi byuzuyemo ibitubura n’ibibihumuza. … Abantu benshi, nubwo baba bariye bakijuta, bashaka kurenza urugero maze bagafata ibindi bintu byo kurenza ku biryo biba biteretswe imbere yabo nk’ikigeragezo, nyamara imibiri iba idakeneye na mba. … Iyaba ibyakoreshwaga muri ubwo buryo bwo kurenza ku byokurya byafashishwaga abandi, byahindukira bose umugisha. IMN 288.6

539. Kuko byabaye akamenyero, bikagendana no guhaza irari ribi mu mirire, abantu usanga buzuza mu nda zabo gato zitandukanye, keke z'uburyo bwinshi, n'ibindi binyamasukari bimeze nk'ibyo. Iyo bukeye, usanga abo bantu babaswe n'irari babyuka bafite umwuka mubi, n'ururimi rwuzuye imyanda. Ntibaba bafite amagara mazima maze bagatangazwa no kumva bafite uburibwe, isereri, umutwe, n'izindi ndwara zinyuranye. IMN 288.7

540. Umuryango muntu wimenyereje irari ry'ibyokurya bikungahaye ku mavuta n'amasukari, kugeza ubwo byabaye akamenyero ko abantu bagomba kuzuza mu gifu ibinyamasukari. By'umwihariko usanga mu nama no mu bihe by'imyidagaduro abantu barwanira guhaza umururumba w'inda ku buryo butagira rutangira. Amafunguro ya ku manywa n'aya nimugoroba afatanwa umururumba, ugasanga agizwe cyane n'inyama zikize ku birungo, za gato zuzuye amasukari, keke, amavuta ya 'kreme', n'ibindi. IMN 289.1

541. Bitewe n'uko ari umugenzo, abantu benshi b'abakene babeshejweho n'imirimo yabo ya buri munsi batagaguza amafaranga cyane bagura ibinyamasukari binyuranye nka za keke, gato, n'ibindi biribwa bigezweho byo kuzimanira abashyitsi, bikaba nta kindi bimara usibye kumerera nabi ababiriye; igihe kandi ayo mafaranga abo bantu bapfushije ubusa bagombaga kuyikenuza bakayaguramo imyambaro yabo n'iy'abana babo. Iki gihe bakoresha bategura ibyokurya bimerera nabi igifu cyagombye gukoreshwa bigisha abana ibyigisho by'umwuka n'ibibafasha mu mibereho yabo.IMN 289.2

[Ibimeze nk'ibi, ubisanga ku ngingo ya 128] IMN 289.3

[Ibyokurya bikungahaye ku binure biteza akaga ko gukabura umubiri — 203] IMN 289.4

Ntibigize Umugabane w'Ibyokurya Byiza kandi Byubaka Umubiri

542. Abantu bamwe bazi uburyo bwo gukora za gato z'ubwoko bwinshi ariko ibi si ibyokurya byiza byo kuzana ku meza. Gato zigizwe n'amasukari z'ubwoko butandukanye ziteza akaga ingingo z'igogora; nonese ni kuki twashyira ikigeragezo imbere y'abantu bari ku meza tubategurira ibintu nk'ibyo byangiza ubuzima?IMN 289.5

543. Inyama na gato biteguranywe ibirungo by’ubwoko bwose si ibyokurya byiza kandi ntibyubaka umubiri. IMN 289.6

544. Ibirenzwa ku byokurya [desserts] byo mu bwoko bw’amavuta ya kreme bizanira umubiri ibibi kurusha ibyiza. Imbuto, igihe zibashije kuboneka, ni zo zigize imirire myiza cyane kurusha ibindi. IMN 290.1

545. Akenshi abantu bakunze gukresha isukari mu byokurya. Gato, keke, na za konfitire ni byo ntandaro y’igogora ribi. Amavuta ya kreme agizwe n’amagi, amata, n’isukari ni akaga ku buryo bwihariye. Nimuzibukire rwose gukoresha imvange y’amata n’isukari. IMN 290.2 546. Abashinzwe ubugorozi mu by’imirire nibite cyane ku guha agaciro ibyo bemera kandi bavuga. Nibazibukire rwose ikintu cyose kimerera nabi ubuzima. Nimurye ibyokurya byo mu byaremwe kandi biboneye. Imbuto cyangwa amatunda ni zo z’ingenzi kuruta byose kandi zigabanya akazi ko guteka. Nimuzibukire za keke, gato, n’ibindi binyamasukari bizanwa nk’amafunguro arenzwa ku byokurya bisanzwe kuko ari ikigeragezo ku irari. Mufate ibyokurya bike kuri buri bwoko bw’amafunguro yanyu, kandi murye mufite imitima ishima. IMN 290.3

Ibyokurya Bikeya Biherekeza Ibindi Ntabwo Bibujijwe

547. Gato ntoya ibasha gutangwa nk’ibyokurya biherekeza ibindi, ariko iyo umuntu ariye udusate tubiri cyangwa dutatu twayo agamije gusa guhaza irari ridasanzwe, aba yiyambuye amahirwe yo gukorera Imana. Abantu bamwe, iyo bamaze kwiyarurira ibyokurya byinshi, barenzaho ibibiherekeza [desserts], atari uko bari babikeneye, ahubwo bitewe n’ipfa bibateye. Iyo ubahaye akandi gasate, ntibihanganira ikigeragezo cyo kudafata aka gatatu, bityo uko yongera uwo mutwaro ukajya kuremereza igifu. Umuntu ukora nk’ibyo aba atarimenyereje ubwe kwitegeka no kwigomwa. Kubatwa n’irari biba byaramuhindukiye akamenyero ku buryo adatekereza akaga bizamugezamo. IMN 290.4

548. Kandi iyo yifuzaga imyambaro n’ibyokurya by’inyongera, n’ibindi byoroheje ariko bifite intungamubiri, ntiyabihabwaga. Umubiri we wakeneraga amafunguro afite ibyangombwa birema amaraso; ariko ntiyayabonaga. Amata n’isukari biringaniye, umunyu muke, umugati

w’umweru uvanze n’igitubura ngo uhindure ibara, ifarini yuzuye iteguwe mu buryo bunyuranye n’andi maboko atari aye, gato yoroheje irimo inkeri, imvange y’umuceri n’inkeri, ibinyomoro, n’imizabibu, biteguwe mu bihe bigenda bisimburana, n’andi mafunguro mbasha kuvuga, byari kumubera igaburo rihagije kumara ipfa ry’umubiri we.IMN 290.5

549. Ibyokurya bihabwa abarwayi bigomba kuba ari byiza ku buryo bibatera amatsiko. Amagi abasha gutegurwa mu buryo bunyuranye. Gato ikoranywe n’indimu ikwiriye gukoreshwa. IMN 291.1

[Ellen G. White yakoreshaga gato ikoranywe n’indimu — Umugereka I:22] IMN 291.2

550. Ibyokurya biherekeje ibindi bigomba gutegurwa ku meza bikagaburwa mu mwanya umwe n’ibyokurya bisanzwe; kuko akenshi, usanga bizanwa ku meza igifu cyamaze kuzura, ugasanga biraremerera umubiri. IMN 291.3

Mu Kugira Intekerezo Nzima n’Imibiri Ifite Imbaraga

551. Ndifuza ko twese twahinduka abagorozi mu by’ubuzima. Sinshyigikiye ibyo gukoresha ibiryohereye nka gato z’imvange y’amata, amavuta, n’isukari. Izo mvange ni mbi; umuntu urya cyane bene ibyo biryohereye, kandi akarya n’ibyokurya by’ubwoko bwinshi, ntashobora kugira intekerezo nzima cyangwa ngo ingingo z’urwungano ngogozi ze zikore neza. Iyo dukoze ibyo, maze tugahura n’ubukonje, imikorere y’umubiri wose imera nabi kandi igacika intege, kuko umubiri uba utagifite ubushobozi bwo kwihangana, nta n’imbaraga zo kurwanya indwara. Nahitamo inyama aho kurya za keke cyangwa gato zigizwe n’amasukari, amata n’amavuta bikuzwe na benshi. IMN 291.4

552. Abashinzwe iby’ivugurura ry’ubuzima bajye bibuka ko igihe batanze gahunda y’imirire inyuranye n’ivugurura ry’ubuzima bashobora kwangiza ubuzima bwa benshi. Mu guhitamo imirire igomba gukoreshwa yerekeranye n’ibiherekeza ibyokurya nka za kreme n’ibiryohera, hakwiriye kubaho kubyitondera cyane. Niba mwateguye kurya [dessert] keke ifite isukari hamwe n’amata cyangwa amavuta ya kreme, ingaruka ni uko bizarema umusemburo mu gifu, maze bigakongeza ibice by’ibinyantege nke by’umubiri. Bizagira ingaruka ku bwonko. Kuva muri ako kaga bizoroha

niba abantu bashakiye igisubizo ku cyateye ikibazo, maze bakareka gukoresha ibyokurya nk'ibyo biteza akaga ingingo z'igogora bikanateza uburibwe bw'umutwe. Bitewe n'imirire idakwiriye, abagabo n'abagore basigara batagifite ubushobozi bwo gukora umurimo bashinzwe bitabagizeho ingaruka kandi bagombye gukoresha gusa ibyokurya byoroheje. IMN 291.5

553. Niringira ko nta n'umwe ukeneye kurwara yitegura amateraniro makuru, abaye yiyemeje gukurikiza amategeko agenga ubuzima bwiza mu mitegurire y'amafunguro. Abantu baramutse birinze za keke cyangwa gato, ahubwo bagateka imigati yuzuye, bagashaka cyane amatunda, abitse neza cyangwa akimara gusoromwa, ntibahura n'uburwayi mu gihe cyo gutegura amateraniro, habe no kurwara mu gihe cy'amateraniro. IMN 292.1

554. Byaba byiza cyane kureka ibiryohereye. Nimureke rwose ibyokurya biryohereye bizanwa ku meza nk'ibiherekeje ibindi [desserts]. Ntimubikeneye. Mukeneye kugira intekerezo nzima kugira ngo mutekereze nk'uko Imana ishaka. Tugomba gutangira kugendana n'amahame agenga ivugurura [ubugorozi] ry'ubuzima. IMN 292.2

[Keke, gato, n'ibindi biryohera bizanwa ku meza mu mafunturo ya nimugoroba — 233] IMN 292.3

[Imyiteguro yo kwakira abantu mu birori — 128]IMN 292.4

[Gutoza irari kwemera imirire yoroheje — 245] IMN 292.5

[Kwigomwa kurya bifasha gutsinda umururumba — 312] IMN 292.6

[Nubwo za gato, ibirungo, n'ibindi bigomba kurekwa, ibyokurya bigomba guteguranwa ubwitonzi — 389] IMN 292.7

[Keke cyangwa gato ntibigomba gutegurwa mu byokurya bikoreshwa mu materaniro makuru — 57]IMN 293.1

[Mu rugo kwa White ntibakoreshaga ibyokurya bikize ku mavuta na za 'desserts' — Umugereka I:4, 13]IMN 293.2

[Kugabanya ibyokurya bikabura umubiri na za 'desserts' ni ingenzi cyane — 193] IMN 293.3 [Ibyokurya biherekeza ibindi bigaburanywe n'imboga — 722] IMN 293.4 [Ibinyamasukari biteza ingorane igifu kandi bigakabura imikaya — 356] IMN 293.5 [Desserts zigira ingaruka mu mirire y'abana — 288, 350, 355, 360] IMN 293.6 [Ibyokurya bikungahaye ku binure si byiza ku bakozi bakora imirimo yo kuguma hamwe — 225] IMN 293.7

[Kugirana isezerano n'Imana ryo kwitandukanya n'imirire ikungahaye ku binure — 41]

IGICE CYA 20 - IBIRUNGO, N’IBINDI

UMUGABANE WA I — INSENDA N’IBIRUNGO

555. Ibirungo, kenshi bikunze gukoreshwa n’abantu bose bo ku isi, byica igogora. IMN 293.9

556. Umugabane munini w’ibintu byose bikoreshwa nk’ibyokurya cyangwa ibyokunywa, bikaryaryata igifu, bigahumanya amaraso, kandi bigakabura imikaya, bishyirwa mu muryango w’ibyo bita ibikabura n’ibiyobyabwenge. Kubikoresha biteza akaga kagaragara. Abagabo bashaka ubushyuhe buzanwa n’ibikabura, kuko mu gihe runaka, bizana ibinezaneza. Ariko igihe cyose bigira inkurikizi. Kubikoresha igihe cyose biganisha ku gukabya, kandi bigira imbaraga yo gusigingiza umubiri no kuwusazisha. IMN 293.10

Muri iki kinyejana gifite umuvuduko, kuboneka kw’ibyokurya bidakabura umubiri ni byo abantu bakwiriye kwishimira. Ibirungo bifite imiterere yangiza umubiri. Urusenda, piripiri, n’ibindi birungo nk’ibyo, biryaryata mu gifu, bigateza ubushyuhe mu maraso kandi bikayahumanya. Akenshi usanga igifu cy’umunywi w’inzoga cyarababuwe n’umuriro kubwo ingaruka z’ibisindisha yimenyereje. Igifu cyababuwe n’umuriro nk’icyo ugisangana kandi umuntu ukoresha cyane ibirungo. Kubyimenyereza usanga bituma umuntu atakishimira ibyokurya bisanzwe. Umubiri uba urarikiye ikintu kirushaho kuwukabura. IMN 294.1

557. Ibirungo n’insenda bikoreshwa mu gutegura ibyokurya bigomba kuribwa bifasha mu igogora nk’uko icyayi, ikawa, n’inzoga biba byitezweho gufasha umukozi gukora imirimo ye. Iyo ingaruka zabyo z’ako kanya zirangiye, bica intege mu mubiri bitagera n’ubwihebe mu muntu bitewe n’ibikabura umubiri byabanje kuwutera imbaraga yo hejuru. Imikorere yose y’umubiri ihita icogora. Amaraso arahumana, maze uburibwe, kubyimbirwa, n’umuriro bigakurikiraho.IMN 294.2

Insenda Zitera Uburyaryate mu Gifu n’Ibyifuzo Bidasanzwe

558. Ameza yacu akwiriye gutegurwaho gusa ibyokurya biboneye, bidafite ibintu biteza uburibwe ubwo aribwo bwose. Kurarikira ibinyobwa bisindisha bihabwa imbaraga n’ibyokurya byateguranywe n’ibirungo

n’insenda. Ibi biteza umubiri intege nke n’umuriro, bigatuma wifuza kunywa ngo uhoze uburibwe. Mu ngendo nyinshi nagiye nkora nzenguruka uyu mugabane, sinigeze njya muri za resitora, mu modoka zigendana ibyokurya, no mu mahoteli, bitewe gusa n’uko ntashobora kurya ibyokurya bihatangirwa. Ibyokurywa batanga biba byuzuyemo umunyu n’urusenda, bigatera umuntu kugira inyota ikabije. … Biraryana kandi bigatwika agahu korohereye k’igifu. … Ibyokurya nk’ibi ni byo usanga bigezweho mu iki gihe, bikagaburirwa n’abana. Ingaruka yabyo ni uguteza uburakari n’inyota itabasha kumarwa n’amazi. … Ibyokurya byagombye gutegurwa ku buryo bworoheje bushoboka, bikarindwa ibirungo n’insenda, ndetse n’umunyu mwinshi. IMN 294.3

[Ibyokurya bifite ibirungo bitera kugira inyota yo kunywa mu gihe cyo kurya — 570]

559. Abantu bamwe bamenyereje irari ryabo ku buryo badashobora kurya igihe cyose batabonye ibyokurya bararikiye. Iyo babonye ibyokurya bifite ibirungo n’insenda, babiryana umururumba maze bagaha umurimo igifu, bakakimenyereza bene iyo mirire kugeza ubwo kitishimira ibyokurya bidakabura umubiri. IMN 295.1

560. Ibyokurya bikungahaye ku birungo, urukarango, amavuta, gato, n’ibinyamasukari bikunze guhabwa abana; bene ibi byokurya biryana mu gifu, bikagitera kurushaho kwifuza ibindi bifite imbaraga zo gukabura. Uko kugira irari bikomeza kubatera kwifuza ibyokurya bidakwiriye, kandi ababyeyi bakemerera abana gukomeza kubirya, ariko kandi bakanabirya hagati y’amafunguro; maze baba bageze mu kigero cy’imyaka cumi n’ibiri cyangwa cumi n’ine, bagatangira kurwara indwara bita igugara. IMN 295.2

Ahari mwabonye abantu bahuye n’uburibwe bw’igifu bitewe n’uko babaye imbata z’inzoga. Uko bigendekera abo bantu ni ko bigendekera n’abakoresha ibirungo bikabije. Iyo igifu kimeze gityo, inyota yo kwifuza kurya ibyokurya bimeze nk’ibyo igenda irushaho kwiyongera bikabije. IMN 295.3

[Ibimeze nk’ibi ubasha kubisanga ku ngingo ya 355]

Kubikoresha Bitera Umubiri Gucika Intege

561. Haariho abantu bavuga ko bizera ukuri, batanywa itabi, ikawa, icyayi, nyamara bakaba baratwawe no gushaka guhaza irari ryabo mu bundi buryo. Bararikira bikomeye inyama, n'isosi yayo yuzuye ibirungo. Irari ryabo ryabaye ribi kandi kugeza ubwo badashobora kunyurwa no kurya inyama gusa, keretse zatetswe mu buryo bukaze bwangiza umubiri. Ibyo bikabura igifu, ingingo z'urwungano ngogozi zikaremererwa, maze igifu kikarwana no kwikuraho uwo mutwaro cyashyizwemo. Iyo kibirangije, kiba kinaniwe, bigatera umubiri wose gucika intege. Abantu benshi bibwira rero ko ibyo bitewe no gusonza, maze aho guha igifu umwanya wo kuruhuka, bongera kurya ibindi byokurya, bikaba nk'ibigabanyije akanya runaka za ntege nke. Nyamara uko bemerera guhaza iryo rari, ni ko rirushaho kubasaba byinshi. IMN 295.4

562. Insenda zibanza kubabura agahu koroshye k'igifu, ariko amaherezo zikica imyanya yumviriza y'aka gahu. Amaraso arashyuha, ibyifuzo bya kinyamaswa bigahaguruka, maze ubushobozi bw'intekerezo n'ubwenge bugacogora, bigahinduka imbata z'ibyifuzo bibi. Umubyeyi agomba kwiga ukuntu ategura amafunguro yoroheje nyamara kandi yubaka imibiri y'abagize umuryango we. IMN 296.1

563. Abantu bamenyereje irari ryabo kurya inyama uko bishakiye, hamwe n'isosi yuzuye ibirungo, ndetse n'ibindi byokurya bikungahaye ku mavuta n'isukari nka gato n'ibindi bishyirwa mu macupa, ntibashobora guhita bahinduranya imirire ngo bishimire ibyokurya biboneye kandi byubaka umubiri. Irari ryabo riba ryarangiritse ku buryo batishimira kurya indyo iboneye igizwe n'amatunda, umugati wuzuye, n'imboga. Ntibumva ko bakeneye imirire itandukanye n'imirire bimenyereje. IMN 296.2

564. Dukurikije umucyo w'agaciro gakomeye twakomeje guhabwa ku byerekeranye n'ubuzima, ntidushobora kujenjekera ubuzima ngo tubeho ntacyo twitayeho, turye kandi tunywe uko twishakiye, twemere gukoresha ibikabura imibiri yacu, ibiyobyabwenge n'ibirungo. Nimureke tuzirikane inshingano dufite y'ubugingo buri imbere yacu bugomba gukira cyangwa kurimbura, kandi ko ibi bigaragaza ingaruka ikomeye y'ukuntu twebwe ubwacu twita ku kibazo cyo kwirinda. Ni ingenzi cyane ko twebwe ubwacu dukora neza uruhare rwacu, kandi tugasobanukirwa neza ibyo tugomba kurya no kunywa, n'uburyo tugomba kubaho turinda ubuzima bwacu.

Twese dushyizwe ku munzani wo guhitamo niba twemera amahame agenga ivugurura ry'ubuzima cyangwa niba dukurikiza irari ryacu. IMN 296.3

[Abigisha/abagorozi b'ibyo kwirinda bagomba kwereka abantu akaga ko gukoresha ibirungo n'insenda — 747] IMN 297.1

[Nubwo gukoresha ibiryohereye bigizwe n'amasukari, insenda, n'ibindi bigomba kurekwa, ibyokurya bigomba guteguranwa isuku — 389] IMN 297.2

[Igihe twatakaje dutegura ibyokurya bikungahaye ku birungo n'insenda, byica ubuzima, bigahindura ingeso kandi bikijimisha intekerezo — 234] IMN 297.3

[Insenda n'ibirungo bihabwa abana — 348, 351, 354, 360] IMN 297.4

[Ibyokurya bikungahaye ku mavuta bitera umururumba no kugira umuriro — 351] IMN 297.5

[Gukoresha salade n'ibirungo ku mwana ugira uburakari, bigateza n'uburibwe — 574] IMN 297.6

[Ibirungo n'insenda ntibishobora gutanga amaraso meza — 576] IMN 297.7

[Mu kureka ibyokurya bikungahaye kandi bifite ibirungo, n'ibindi, abakozi babasha gushyira mu bikorwa ivugurura ry'ubuzima — 227] IMN 297.8
[Ibyokurya byuzuye insenda bikabura ibyifuzo bya kinyamaswa — 348] IMN 297.9

[Ibyokurya byo mu materaniro makuru ntibigomba kubamo insenda n'amavuta — 124] IMN 297.10

[Mu rugo rwa White ntibakoreshaga insenda — Umugereka 1:4] IMN 297.11

[Ibyokurya byuzuye insenda n'ibirungo bikabura imikaya bigacogoza ubushobozi bw'intekerezo — 356]IMN 297.12

[Ibyiza dusanga mu byokurya bitagira insenda — 119] IMN 297.13

[Ibyokurya byoroheje, bitagira insenda ni byo byiza cyane — 487] IMN 297.14

[Abakoresha ibyokurya birimo insenda bakwiriye guhabwa umucyo — 779].

565. Gukoresha umusemburo w’ifu bita ‘soda’ mu gukora umugati ni bibi kandi nta kamaro bifitiye umubiri. Uwo musemburo utera uburibwe mu gifu kandi akenshi ukazana uburozi mu mikorere yose y’umubiri. Benshi mu batetsi bizera ko batabasha gukora umugati mwiza badakoresheje umusemburo witwa ‘soda’, ariko iri ni ikosa. Iyaba biyemezaga kwigora bakiga inzira nziza bakoresha, bajya bakora umugati ufitiye umubiri akamaro, ufite uburyohe busanzwe, kandi urushijeho kumerera neza umubiri.IMN 298.1

566. Utugati dushyushye dukoranywe umusemburo witwa soda cyangwa igitubura cy’ifu ntidukwiriye kuzanwa ku meza ngo turibwe. Ibigize utu tugati ntibikwiriye gushyirwa mu gifu. Imigati ishyushye y’ubwoko bwose irushya igogora. IMN 298.2

Imigati mito imeze nka keke, ifite intungamubiri kandi ikagira uburyohe, ibasha gukorwa mu ifarini yuzuye, ikavangwa n’amazi ndetse n’amata. Ariko biragoye kwigisha abizera bacu kuyitegura mu buryo bworoheje. Iyo tubwiye abantu gukoresha bene iyi migati, incuti zacu ziravuga ngo, “Nibyo rwose, tuzi kuyikora.” Nyamara biratubabaza iyo tubonye bakoze iyo migati ku buryo usanga yuzuyemo igitubura cyangwa ifite ugusharira gutewe n’amata bakoresheje hamwe no kurura. Ibi byerekana ko habuze ivugurura rizima. Ifarini yuzuye, ivanze n’amata hamwe n’amazi meza ifite imyunyu ngugu mike, bikora utugati twiza tutigeze turya. Iyo amazi afite imyunyu ngugu myinshi, mubasha gukoresha amata menshi aryohereye, cyangwa mukongeramo igi mu gitsima cyangwa igifote. Iyo mikati iryohereye ikwiriye kotswa mu ifuru ishyushye cyane kandi ifite umuriro ukomeza kwaka.IMN 298.3

567. Mu ngendo nkora, mbona imiryango myinshi y’abantu bose bafite ubububare bw’indwara zitewe n’ingaruka z’imitekere mibi. Usanga ari inshuro nke cyane bategura ku meza yabo imigati myiza, iryoshye kandi ituma bagira amagara mazima. Ibisuguti by’imihondo, n’imigati ikomeye kandi idahiye, byica ingingo z’urwungano ngogozi z’abantu ibihumbi n’ibihumbi. IMN 298.4

568. Bamwe mu bakora imirimo yo mu rugo ntibabona ko gutegura ibyokurya neza ari inshingano basabwa n’imyizerere yabo; niyo mpamvu

usanga batagerageza kwiga uburyo babikora. bwo gutegura neza umugati. Batuma umugati urura mbere yo kuwuteka, maze bitewe n’uko umutetsi atabyitayeho akawongeramo umunyu n’ibindi birungo kugira ngo agerageze kuwuryoshya nyamara ibyo ugasanga bitumye wa mugati umerera nabi igifu. IMN 299.1

569. Aho tugenda hose tubona abantu bafite uruhu rwahindutse rugafata ibara ry’umuhondo, kandi tukumva bataka uburwayi bw’igugara. Iyo tugiye ku meza yabo, tukarya ibyokurya byabo, dutangazwa no kubona ko imitekere yabo itigeze ihinduka mu gihe cy’amezi ashize, ndetse ahari n’imyaka ishize bategura mu buryo bumwe, nkanibaza ukuntu aba bantu bagihumeka. Umugati n’ibisuguti bakoresha biba bivanze n’igitubura cy’umuhondo. Ibyo bakabikorera kwirinda imvune nyinshi; ariko kubwo gukerensa no kwibagirwa, akenshi umugati utangira kurura mbere y’uko wotswa, maze mu gushaka kwirinda ingaruka mbi, bongeramo igitubura cyinshi kigizwe n’imyunyu, bigatuma wa mugati ubiha kandi ntube mwiza mu gifu cy’umuntu. Uyu musemburo w’umunyu ntukwiriye na gato kuribwa ngo ushyirwe mu gifu. Ingaruka uzana ni mbi bikomeye. Uryaryata agahu k’igifu, ukagatera ibisebe, amaherezo ugahumanya imikorere yose y’umubiri. Bamwe bagira bati: “Ntabwo byanshobokera gukora umugati mwiza cyangwa gato nziza ndakoresheje igitubura bita soda cyangwa umusemburo w’umunyu.” Nyamara wabishobora uramutse ushatse kubyiga. Mbese ubuzima bw’abagize umuryango wawe ntibufite agaciro gakomeye ku buryo ukwiriye kwiyemeza kwiga uburyo bwo guteka n’uburyo ugomba kurya?

UMUGABANE WA III — UMUNYU

570. Ntimukarye umunyu mwinshi, mwirinde gukoresha ibyokurya bifite urusenda na kokombre zirimo vinegre, mwihatire cyane kurya imbuto, bizatuma mutongera gukenera kunywa amazi mu gihe murimo kurya. IMN 300.1

571. Ibyokurya bigomba gutegurwa ku buryo bitera ipfa kandi bifite intungamubiri. Ntitugomba kuvutsa umubiri ibyo ukeneye. Nkoresha umunyu mukeya, kandi ni ko kamenyero kanjye, kuko umunyu, aho kugirira nabi umubiri, ufitiye akamaro amaraso. IMN 300.2

572. Igihe runaka, Muganga ___ yagerageje kwigisha umuryango wacu guteka dukurikije amabwiriza y'ivugurura mu by'ubuzima, nk'uko we yabyumvaga, atubwira kureka gukoresha umunyu cyangwa ikindi kintu kirungo kiryoshya ibyokurya. Ibyo narabigerageje, ariko umubiri utangira gucika intege, ku buryo numvise ngomba guhindura, maze ntangira gukoresha indi gahunda inyuranye kandi yaje kugenda neza cyane. Ibi mbibabwiye kuko nzi yuko hari akaga kabategereje. Ibyokurya bigomba gutegurwa ku buryo biba bifite intungamubiri umubiri ukeneye. Umubiri ntugomba kuvutswa ibyo ukeneye. … IMN 300.3

Nkoresha umunyu mukeya, kandi ni ko kamenyero kanjye, kubera ko, nkurikije umucyo nahawe n'Imana, umunyu, aho kugirira nabi umubiri, ufitiye akamaro amaraso. Ibibazo bindi bigendanye n'ibi jyewe ntabwo nzi, ahubwo mbahaye amabwiriza nk'uko nayahawe.IMN 300.4

[Umunyu muke ugomba gukoreshwa — 548] IMN 300.5

[Mwirinde kongera umunyu mu byokurya — 558]IMN 300.6

[Ellen White yakoreshaga umunyu — Umugereka 1:4]

UMUGABANE WA IV — UDUHAZA DUTO NA VINEGRE

573. Muri iki kinyejana gifite umuvuduko, kuboneka kw'ibyokurya bidakabura umubiri ni byo abantu bakwiriye kwishimira. Ibirungo bifite imiterere yangiza umubiri. Urusenda, piripiri, n'ibindi birungo nk'ibyo, biryaryata mu gifu, bigateza ubushyuhe mu maraso kandi bikayahumanya. IMN 300.8

574. Igihe kimwe nari nicaranye ku meza n'abana bari hasi y'imyaka cumi n'ibiri. Batangira kugabura inyama ku bwinshi, maze umwana w'umukobwa warakaye asaba ko bamuha uduhaza. Bamuha icupa ririmo utwo duhaza (pickles), twavanzwemo ibirungo byinshi, urusenda, hamwe n'imbuto za sinapi, arabirya cyane. Uwo mwana yari yarabaye iciro ry'umugani kubera imyifatire ye yo guhangayika no kurakara, kandi iyi mirire igizwe n'ibirungo yari yaramenyerejwe ni yo yamuteraga bene iyo myifatire. IMN 301.1

575. Ntidukwiriye kurya keke n'uduhaza duto kuko bizana mu mubiri amaraso mabi. IMN 301.2

576. Ingingo zikora amaraso mu mubiri ntizishobora guhindura insenda, twa keke dutoya, uduhaza duto, n’inyama z’amatungo arwaye ngo bireme amaraso meza mu mubiri. IMN 301.3

[Ibirebana n’ibi mwabisanga ku ngingo ya 336] IMN 301.4

577. Ntimukarye umunyu mwinshi, mwirinde gukoresha uduhaza duto n’ibyokurya byuzuye ibirungo. Murye imbuto nyinshi, ibyo bizatuma umwuma utera inyota mu gihe cyo kurya ushira rwose. IMN 301.5

[Uduhaza duto dutera uburyaryate mu gifu tukarema amaraso mabi — 556] IMN 301.6

VINEGERE

578. Salade ziteguranywe n’amavuta na vinegere zitera umusemburo mu gifu, zikaburizamo igogora ry’ibyokurya, maze bikabora cyangwa bikabyara umwuka mubi; ingaruka y’ibyo ni uko amaraso abura intungamubiri, ahubwo akuzuramo imyanda, maze umwijima n’impyiko bigatangira kugira ibibazo. IMN 301.7

[Ubuhamya bwanjye bwo kurwanya gukoresha vinegere — Umugereka 1:6]

IGICE CYA 21 - IBINURE

UMUGABANE WA I — AMAVUTA Y'INKA

Ivugurura Rikomeze Kujya Mbere

579. Reka ivugurura mu mirire rikomeze kujya mbere. Abantu nibigishwe uburyo bategura ibyokurya badakoresheje amata cyangwa amavuta y'inka. Mubabwire ko igihe kigiye kuza bidatinze bakabona ko gukoresha amagi, amata, n'amavuta ya kereme cyangwa amavuta y'inka biteje akaga, bitewe n'uko indwara zifata amatungo zigenda ziyongera ku rugero rw'ukuntu indwara z'abantu na zo ziyongera. Bitewe n'icyaha cy'umuntu wacumuye, igihe kiri hafi cyane ubwo amatungo n'inyamaswa zose zaremwe bizaniha bibabazwa n'indwara zateje iyi si umuvumo. IMN 302.1

Imana izaha ubwoko bwayo ubushobozi n'ubwenge bwo kumenya gutegura ibyokurya bitunganye bitarangwamo ibi bintu. Abizera bacu nibareke rwose gukoresha imirire iyo ariyo yose idatunganye. IMN 302.2

[Yakobo na Ellen White bashyize imbaraga mu nyigisho z'ubuzima batanga "ubuhamya bufasha" ku byerekeranye no kwirinda gukoresha "ikawa, icyayi, inyama, ikimuri, insenda," n'ibindi., mu mwaka wa 1871 — 803] IMN 302.3

580. Amavuta y'inka agira ingaruka nkeya iyo ariwe asizwe ku mugati kuruta iyo atetswe; ariko, itegeko, ni uko icyiza ari ukureka kuyakoresha ahantu hose. IMN 302.4

[Ibisuguti bikozwe n'umusemburo witwa 'soda' n'amavuta y'inka — 501] IMN 302.5

Kuyasimbuza Amavuta ya Elayo, aya Kereme, Ubunyobwa, n'Ibyokurya Bitanga Amagara Mazima

581. Amavuta ya elayo (cyangwa amavuta ya olive) ashobora gutegurwa neza ku buryo aribwa akagira ingaruka nziza kuri buri funguro. Atanga inyungu nyinshi iyo akoreshejwe mu mwanya w'ikimuri. Avura impatwe, kandi ku bagira igifu kigira uburibwe, n'ibisebe, ayo mavuta ni umuti mwiza kurusha imiti iyo ariyo yose. Aruta kure andi mavuta yose akomoka ku matungo n'inyamaswa. IMN 303.1

582. Iyo ateguwe neza, amavuta ya elayo, kimwe n'ay'ubunyobwa, bisimbura amavuta y'inka n'inyama. Gutekesha ayo mavuta biruta kure amavuta y'amatungo cyangwa ikimuri. Amavuta ya olive yoroshya mu mubiri. Kuyakoresha bifitiye akamaro kanini abarwayi b'igituntu, kandi avura uburyaryate bw'igifu cyangwa igifu gifite ibisebe. IMN 303.2

583. Umurimo w'ubuzima mu bijyanye n'imirire ukeneye uburyo n'ubufatanye buhoraho bw'abizera bacu, kugira ngo uwo murimo ushobore kugera ku ntego ugamije. Umugambi wawo ni ukugeza ku bantu ibyokurya bibasha kujya mu mwanya w'inyama, hamwe n'amata n'ikimuri bigenda biteza ingorane nyinshi uko amatungo arushaho kurwara. IMN 303.3
[Kuyasimbuza amavuta ya kereme — 586, 610]IMN 303.4

Amavuta y'Inka si Meza ku Bana

584. Akenshi abana bemererwa kurya inyama, urusenda, amavuta y'ikumuri, fromaje, inyama z'ingurube, n'imigati yuzuye amavuta n'isukari, hamwe n'ibirungo. Ababyeyi usanga kandi babareka bakaryagagura ibyokurya bidafitiye akamaro umubiri. Ibi bintu bikora umurimo wo kwangiza igifu, bikabyimbisha imyakura bikayikoresha ku buryo budasanzwe, maze bigacogoza ubwonko. Ababyeyi ntibabona ko baba babiba imbuto izazana indwara n'urupfu. IMN 303.5

[Amavuta y'inka akabura umubiri — 61] IMN 303.6

[Abana bayakoresha uko bishakiye — 288, 356, 364]IMN 304.1

[Akwiriye kurekwa gukoreshwa — 389] IMN 304.2

Kuyakoresha Uko Wishakiye Byica Inzira y'Igogora

585. Amavuta y'inka ntakwiriye gukoreshwa ku meza yacu; kuko bitera bamwe kuyakoresha uko bishakiye, maze akica inzira y'igogora. Ariko wowe ubwawe, ubasha rimwe na rimwe gukoresha makeya, ukayasiga ku mugati, niba ibi bituma ibyokurya birushaho kuryoha. Ibi ntibizabateza akaga nk'ako mwagira muyatekesha ibyokurya bitagira uburyohe.IMN 304.3

Igihe Amavuta Meza y'Inka Adashobora Kuboneka

586. Nkoresha amafunguro abiri ku munsi, kandi kugeza ubu nkurikiza umucyo nahawe mu myaka mirongo itatu n'itanu ishize. Sindya inyama.
Kubwanjye, namaze gukemura ikibazo cy'amavuta y'inka. Sinyakoresha. Iki kibazo gikwiriye gukemurwa ahantu hose abantu bashobora kubona amavuta meza. Dufite inka zikamwa ebyiri nziza, injerisi, na holisiteyini. Dukoresha amavuta ya kereme, kandi twese akatunyura. IMN 304.4

[Mu rugo rwa White bakoresha amavuta ya kereme mu cyimbo cy'amavuta y'inka — Umugereka 1:20, 23]IMN 304.5

[Gukoresha ikimuri mu rugo rwa White — Umugereka 1:4] IMN 304.6

[Amavuta y'inka ntaza ku meza yo kwa White, ariko akoreshwa mu guteka — Umugereka 1:14] IMN 304.7

[Amavuta y'inka ntaza ku meza ya White, ntabwo na Ellen G. White ayakoresha — Umugereka 1:5, 8, 9, 16, 20, 21, 22, 23]. IMN 304.8

Ntibikwiriye Gushyirwa mu Cyiciro kimwe n'Inyama

587. Amata, amagi, n'amavuta y'inka ntibikwiriye gushyirwa mu cyiciro kimwe n'inyama. Mu bihe runaka, gukoresha amagi bigira akamaro. Igihe ntikiragera ngo abantu bavuge ko gukoresha amata n'amagi bigomba kurekwa burundu. Hariho imiryango ikennye ihorera cyane ibyokurya bigizwe n'umugati n'amata gusa. Bakoresha imbuto nke cyane, kandi ntibababasha kwigurira ibyokurya byo mu bwoko bw'ububemba. Mu kwigisha ivugurura mu by'ubuzima, kimwe n'ubundi butumwa twigisha, tugomba gusanga abantu aho bari. Ntitubasha kugira umudendezo wo kubigisha ibyigisho by'ingenzi byerekeranye n'ivugurura ry'ubuzima mu by'imirire niba tutabigisha uburyo bwo gutegura imirire myiza, yubaka umubiri, kandi idahenda, igendana n'ivugurura ry'ubuzima. IMN 304.9

Reka Abandi Batekereze Uko Babyumva

588. Tugomba kwibuka ko abatuye isi batekereza mu buryo butandukanye, kandi ko tutagomba kwibwira ko buri wese abona ibintu nk'uko tubibona ku byerekeranye n'ibibazo byose by'imirire. Abantu ntibagendera mu nzira imwe uko bikwiriye. Jyewe sindya amavuta y'inka, ariko hari abo mu muryango wanjye bayakoresha. Ntagera ku meza

yanjye; ariko ibyo ntibintera ikibazo kuko bamwe mu muryango wanjye bahitamo kuyakoresha rimwe na rimwe. Benshi muri bene data bakoresha ku meza amavuta y'inka kandi babitekerejeho, kandi sinumva ko ngomba kubibabuza. Ibi bintu ntibigomba na gato guteza amakimbirane muri benedata. Simbona ko ari ngombwa gukoresha amavuta y'inka mu gihe aho ndi haboneka amatunda menshi n'amavuta ya kereme adafite mikorobi. IMN 305.1

Abakunda Imana kandi bayikorera bagomba kwemererwa gukurikiza ibyo bemera. Tubasha kutagira urwitwazo rwo gukora nk'uko bagenza, ariko ntitugomba kwemera ko intekerezo zitandukanye ziduteza amacakubiri. IMN 305.2

589. Mbona ko mugerageza gukoresha amahame agenga ivugurura ry'ubuzima. Mugerageze kwiga kuzigama muri buri kintu cyose, ariko ntimukibuze ibyokurya umubiri ukeneye. Ku byerekeranye n'ibyokurya byo mu bwoko bw'ububemba, hari benshi badashobora kubukoresha. Niba umugabo wawe akunda amavuta y'inka, umureke ayarye kugeza ubwo azasobanukirwa ko atari meza ku buzima bwe. IMN 305.3

Kwirinda Ubwaka

590. Mu kwigisha amahame y'ubugorozi mu by'ubuzima, hari akaga gaterwa n'uko abantu bamwe bifuza ko habaho impinduka nyamara zikaba zibasha kubera mbi abandi aho kugira ngo zibabere nziza. Ubugorozi mu by'ubuzima si ikintu kigomba gukorwa huti huti mu buryo buhutaza abandi. Nk'uko bimeze iki gihe, ntidushobora kuvuga ko amata n'amagi n'amavuta y'inka bigomba kurekwa burundu. Tugomba kwitondera kuzana impinduka, kuko bitewe n'inyigisho zifite ubukana, hariho abantu bamwe babasha gufata uruhande rw'ubwaka kandi babigendereye. Imiterere y'imibiri yabo ibasha kuba inkomyi y'ubugorozi mu by'ubuzima; kuko bake cyane ni bo babasha kumenya gusimbuza uko bikwiriye ibyo bagenda bareka. IMN 306.1

591. Nubwo twatanze imiburo ivuga iby'akaga k'indwara ziterwa no gukoresha amavuta, n'akaga abana bato bagira bitewe no gukoresha amagi ku buryo burenze urugero, na none ariko ntidukwiriye kubona ko byaba ari ukwica amahame igihe dukoresheje amagi y'inkoko nzima zorowe neza kandi zikagaburirwa neza. Amagi afite ibyangombwa bikenewe mu guhagarika uburozi runaka. IMN 306.2

Abantu bamwe, mu kureka gukoresha amata, amagi, n’amavuta, baba bavutsa umubiri intungamubiri zihagije. Ingaruka ni uko bagira intege nke ntibabashe gukora akazi. Ibi biteza umugayo ivugurura ry’ubuzima, bityo umurimo twashyizemo imbaraga ngo ushinge imizi ugacogozwa n’ibidafite umumaro Umwami Imana itategetse, n’imbaraga z’itorero zikadindira. Ariko Imana izatabara ikome mu nkokora ingaruka z’izo ntekerezo zifunze. Ubutumwa bwiza bugamije guhuza inyokomuntu, bugahuriza hamwe umukire n’umukene bombi bagahurira ku birenge bya Yesu. IMN 306.3

592. Iyo inyigisho z’ubugorozi mu by’ubuzima zigishijwe, abakene baravuga ati, “Nonese twarya iki? Ntidushobora kubona uburyo bwo kwigurira ibinyamavuta.” Iyo mbwiriza ubutumwa bwiza abakene, nahawe amabwiriza ko ngomba kubabwira kurya ibyokurya birushijeho kugira intungamubiri. Simbasha kubabwira ngo, “Ntimugomba kurya amagi cyangwa amata, cyangwa amavuta ya kereme. Ntimugomba gukoresha amavuta y’inka mu gihe mutetse ibyokurya.” Ubutumwa bugomba kubwirwa abakene, ariko igihe ntikiragera cyo kubategekera indyo bagomba kurya ku buryo budasubirwaho. … IMN 307.1 **Imana Izatanga Icyerekezo**

Ariko ndashaka kuvuga ko ubwo igihe kizaba kigeze cy’uko bitazaba bigikwiriye gukoresha amata, amavuta ya kereme, amavuta y’inka, n’amagi, Imana izabihishura. Nta bwaka bugomba kuzanwa mu bugorozi bw’iby’ubuzima. Ikibazo cyo gukoresha amata n’amavuta y’inka n’amagi bizirangiza ubwabyo. Ariko magingo aya, iki si ikibazo kigomba kutuvuna. Nimureke ukwirinda kwanyu kumenywe n’abantu bose.

UMUGABANE WA II - AMAVUTA Y’INGURUBE N’IBINURE

593. Abantu benshi ntibiyumvisha ko ari inshingano yabo, bityo ntibashyire umwete mu gutegura ibyokurya uko bikwiriye. Nyamara hari uburyo bwo kubikora, bworoheje, butuma tugira amagara mazima, kandi hatabayeho gukoresha amavuta y’ingurube, ay’inka, cyangwa gukoresha inyama. Ubuhanga bugomba kugendana n’uburyo bworoheje. Abagore bagomba gusoma, maze buhoro buhoro bakagenda bashyira mu bikorwa ibyo basomye. IMN 307.3

[Amavuta y’ingurube agomba kwirindwa ku buryo bwose — 317] IMN

307.4

594. Amatunda, ibinyampeke, n'imboga, biteguwe mu buryo bworoheje, ntibishyirwemo urusenda n'ibinure by'ubwoko bwose, iyo bivanze n'amata cyangwa amavuta ya kereme, biba ari ibyokurya birushijeho kuba byiza ku buzima. IMN 307.5

595. Ibyokurya bigomba gutegurwa mu buryo bworoheje, ariko kandi bwiza cyane ku buryo bitera abantu ipfa ryo kubirya. Mugomba kwirinda ibinure mu byokurya byanyu. Bihumanya uburyo bwose mukoresha muteka ibyokurya. IMN 308.1

596. Ababyeyi benshi bategura ku meza amafunguro ameze nk'umutego ku bagize umuryango. Bose, abato n'abakuze babasha kwiyarurira inyama uko babyumva, amavuta y'inka, fromaje, ibifite amavuta menshi, urusenda, n'ibirungo. Ibi bintu bikora umurimo wo kwangiza igifu, gukabura imyakura, no gucogoza imbaraga z'ubwonko. Ingingo zishinzwe gukora amaraso ntizibasha guhindura ibyo bintu mo amaraso meza. Amavuta y'ibinure yatetswe mu byokurya atuma igogora ryabyo ridashoboka. IMN 308.2

597. Ntitwibwira ko ibirayi bitetse ifiriti ari byiza ku buzima, kuko biba byacengewemo n'amavuta y'ibinure menshi cyangwa make igihe birimo gutekwa. Ibirayi bitetswe mu ifuru [byokejwe] cyangwa bibijijwe, bigateguranwa n'amavuta ya kereme n'akunyu gakeya, biba ari ibyokurya byiza ku buzima. Ibirayi n'ibijumba bisigaye bishobora guteguranwa n'amavuta makeya ya kereme hamwe n'akunyu gakeya, bikongera kunyuzwa mu ifuru, ariko ntibitekwe ifiriti; usanga biryoshye cyane. IMN 308.3

598. Nimureke abantu baza ku meza yanyu bahasange ibyokurya bitetse neza, bifite isuku, kandi biryoshye. Mwitondere imirire yanyu n'iminywere yanyu, Mwenedata ______, kugira ngo mudakomeza kugira umubiri urangwa n'uburwayi. Mwihatire kurira igihe, kandi murya gusa ibyokurya bidafite ibinure.IMN 308.4

599. Indyo yuzuye, itarimo urusenda, inyama n'ibinure by'ubwoko bwose, izakuzanira umugisha, kandi ikize umugore wawe umutwaro munini w'ububabare, imvune, no kubura ibyiringiro. IMN 308.5

600. Ibinyampeke n'amatunda biteguwe ku buryo bitagira ibinure, kandi mu buryo busanzwe uko bishoboka kose, ni byo byokurya bikwiriye

gutegurwa ku meza y'abantu bavuga ko bitegura kuzamurwa bakavanwa kuri iyi si bakajya mu ijuru. IMN 309.1

[Nta mavuta y'ingurube yigeze akoreshwa mu rugo rwa White — Umugereka 1:4] IMN 309.2

[Ibyokurya byo mu materaniro makuru bikwiriye kuba byoroheje kandi bitarimo ibinure — 124] IMN 309.3

[Imvange z'ibyokurya byuzuyemo amavuta ntizakoreshwaga mu rugo rwa White — Umugereka 1:21]

UMUGABANE WA III — AMATA N'AMAVUTA YA KEREME

Bigize Indyo Yubaka Umubiri kandi Ifite Uburyohe

601. Imana yageneye umuntu uburyo bwinshi bwo guhaza inzara ye y'ibyokurya. Yakwirakwije iruhande rwe imyaka y'ubutaka, imuha ibyokurya byinshi by'amoko atandukanye bifite uburyohe kandi byuzuye intungamubiri. Data w'umunyabuntu wo mu ijuru yatubwiye ko ibyo dufite uburenganzira bwo kubirya. Imbuto, impeke n'imboga, biteguwe mu buryo bworoheje, bitarimo ibirungo n'amavuta y'ubwoko bwose, bivanze n'amata cyangwa amavuta y'inka, biba ari ibyokurya by'intungamubiri byo mu rwego rwo hejuru. Biha umubiri intungamubiri ukeneye, kandi bigaha ubushobozi n'imbaraga intekerezo tutabasha kubonera mu byokurya bifite ibikabura umubiri. IMN 309.5

602. Ibyokurya bigomba gutegurwa ku buryo bitera ipfa kandi bifite intungamubiri. Ntitugomba kuvutsa umubiri ibyo ukeneye. Nkoresha umunyu mukeya, kandi ni ko kamenyero kanjye, kuko umunyu, aho kugirira nabi umubiri, ufitiye akamaro amaraso. Imboga zikwiriye guteguranwa uburyohe zigashyirwamo amata makeya cyangwa amavuta ya kereme, cyangwa ikindi kimeze nkabyo. … IMN 309.6

Abantu bamwe, mu kureka gukoresha amata, amagi, n'amavuta, baba bavutsa umubiri intungamubiri zihagije. Ingaruka ni uko bagira intege nke ntibababashe gukora akazi. Ibi biteza umugayo ivugurura ry'ubuzima. … IMN 309.7

Igihe kizaza ubwo tuzaba tugomba kureka bimwe mu byo kurya dukoresha iki gihe, nk'amata, amavuta, n'amagi; ariko si ngombwa ko twikururira akaga imburagihe ngo twigomwe birenze urugero. Nimutegereze kugeza ubwo igihe kizabidutegeka, kandi Umwami aradutegurira inzira z'ukuntu tugomba kubyitwaramo. IMN 310.1

Akaga Gaterwa no Gukoresha Amata Adatunganye

603. Amata, amagi, n'amavuta y'inka ntibikwiriye gushyirwa mu rwego rumwe n'inyama. Mu bihe runaka, gukoresha amagi bigira akamaro. Igihe ntikiragera ngo abantu bavuge ko gukoresha amata n'amagi bigomba kurekwa burundu. Hariho imiryango ikennye ihorera cyane ibyokurya bigizwe n'umugati n'amata gusa. Bakoresha imbuto nke cyane, kandi ntibababasha kwigurira ibyokurya byo mu bwoko bw'ububemba. Mu kwigisha ivugurura mu by'ubuzima, kimwe n'ubundi butumwa twigisha, tugomba gusanga abantu aho bari. Ntitubasha kugira umudendezo wo kubigisha ibyigisho by'ingenzi byerekeranye n'ivugurura ry'ubuzima mu by'imirire niba tutabigisha uburyo bwo gutegura imirire myiza, yubaka umubiri, kandi idahenda, igendana n'ivugurura ry'ubuzima. IMN 310.2

Reka ivugurura mu mirire rikomeze kujya mbere. Abantu nibigishwe uburyo bategura ibyokurya badakoresheje amata cyangwa amavuta y'inka. Mubabwire ko igihe kigiye kuza bidatinze bakabona ko gukoresha amagi, amata, n'amavuta ya kereme cyangwa amavuta y'inka biteje akaga, bitewe n'uko indwara zifata amatungo zigenda ziyongera ku rugero rw'ukuntu indwara z'abantu na zo ziyongera. Bitewe n'icyaha cy'umuntu wacumuye, igihe kiri hafi cyane ubwo amatungo n'inyamaswa zose zaremwe bizaniha bibabazwa n'indwara zateje iyi si umuvumo. IMN 310.3

[Abakeneye cyane amata ntibagomba kuyareka burundu — 625] IMN 310.4

[Abizera bagomba kwigishwa uko bateka ibyokurya bitarimo amata — 807] IMN 311.1

604. Twakunze igihe cyose gukoresha amata makeya n'isukari nkeya. Ibi ntitwigeze tubireka, haba mu nyandiko zacu cyangwa no mu byo tubwiriza. Twibwira ko amatungo azagera aho akarwara cyane ku buryo tugomba kureka ibyo bintu, ariko igihe ntikiragera ngo tureke burundu gukoresha amata n'isukari ku meza. IMN 311.2

[Gukoresha amata n'isukari icyarimwe, reba "Amata n'Isukari," Igice cya 20] IMN 311.3

605. Amatungo dukama ntabwo ibihe byinshi aba ari meza. Ashobora kuba arwaye. Inka ibasha kuba isa neza mu gitondo igapfa nimugoroba. Bityo ikaba yari irwaye mugitondo, n'amata yayo akaba

ahumanye, ariko ukaba utari ubizi. Ibyo amatungo arya biba birwaye. Inyama ziba zirwaye. IMN 311.4

606. Umucyo nahawe unyereka ko bitazatwara igihe kirekire ngo tubone ko tugomba kureka ibyokurya byose bikomoka ku matungo. Ndetse n'amata tugomba kuzayareka. Indwara ziriyongera ku muvuduko ukomeye. Umuvumo w'Imana uri kuri iyi si, kuko umuntu yayivumye. IMN 311.5

Guteka Amata Agashiramo Mikorobi

607. Niba amata agomba kunyobwa, agomba gutekwa agashiramo mikorobi. Iyo ibi byitaweho, akaga ko kwandura indwara zitewe no gukoresha amata kaba ari gake cyane. IMN 311.6

608. Igihe kizagera ubwo gukoresha amata bitazamerera neza abantu. Ariko niba inka ari nzima kandi amata yatetswe neza, nta mpamvu yo guhangayika ngo abantu bishakire ibibazo imburagihe.IMN 311.7

Gusimbuza Amavuta y'Inka

609. Mfata amafunguro abiri ku munsi, kandi kugeza ubu nkurikiza umucyo nahawe mu myaka mirongo itatu n'itanu ishize. Sindya inyama. Kubwanjye, namaze gukemura ikibazo cy'amavuta y'inka. Sinyakoresha. Iki kibazo gikwiriye gukemurwa ahantu hose abantu bashobora kubona amavuta meza. Dufite inka zikamwa ebyiri nziza, injerisi, na holisiteyini. Dukoresha amavuta ya kereme, kandi twese akatunyura. IMN 311.8

610. Simbona impamvu abantu bakenera gukoresha amavuta y'inka kandi babasha kubona imbuto nyinshi n'amavuta ya kereme yatetswe agashiramo mikorobi. IMN 312.1

[Reba ku ngingo ya 588] IMN 312.2

611. Ntidukoresha amavuta y'inka mu mafunguro yacu. Imboga turya tuzitekana akenshi n'amata cyangwa amavuta ya kereme, ugasanga biryoshye cyane. … Twibwira ko gukoresha amata y'inka nzima ku rugero ruringaniye bidateye ikibazo. IMN 312.3

[Mu rugo rwa White bakoresha amata n'amavuta ya kereme — Umugereka 1:4] IMN 312.4

[Mujye mukoresha amata n'amavuta ya kereme mu mafunguro mutegura

— 517] IMN 312.5

[Bitegekewe gukoreshwa nk’amafunguro yo mu materaniro makuru — 491] IMN 312.6

Gutegekwa Imirire ku Buryo Budasubirwaho si Byiza

612. Tugomba gusanga abantu benshi. Mu gihe twigisha ivugurura mu by’ubuzima dukoresheje intekerezo z’ubwāka no gukabya, tubasha gukomeretsa benshi. Ni byiza gusaba abantu kureka inyama, ikawa n’icyayi. Nyamara hari n’abandi bavugako n’amata agomba kurekwa. Iyi ngingo nyamara ikwiriye kwiganwa ubwitonzi bukomeye. Hariho imiryango ikennye itunzwe gusa n’imigati n’amata; baramutse bafite ubushobozi, baba bagomba no kurya n’imbuto. Ibyokurya byose by’inyama bigomba kurekwa, ariko ibyokurya by’imboga bigomba kuvangwa n’amata make cyangwa amavuta cyangwa ikindi gisa nk’ibyo kugira ngo byorohe mu igogora. Iyo inyigisho z’ivugurura mu by’ubuzima zigishijwe, abantu bakennye barabaza bati, “Mbese nkatwe tuzatungwa n’iki? Ko tutabasha kubona amafaranga yo kwigurira imbuto n’ibinyamavuta?” Igihe nigisha inkuru nziza abakene, ndarikirwa kubagira inama yo kurya ibyokurya birushijeho kugira intungamubiri. Sinshobora kubabwira ngo: Ntimugomba kurya amagi, cyangwa amata, cyangwa amavuta; ntimugomba guteka amavuta mu byokurya. Inkuru nziza igomba kwigishwa abakene, kandi igihe cyo kubategeka ibyo bagomba kurya n’uburyo bagomba kubiteka ntikiragera. IMN 312.7

Igihe kizaza ubwo tuzaba tugomba kureka bimwe mu byo kurya dukoresha iki gihe, nk’amata, amavuta, n’amagi; ariko ubutumwa mbaha ni uko mutagomba kwikururira igihe cy’akaga imburagihe, ngo mwihandishe imibabaro yo kwikenyura. Nimutegereze kugeza ubwo Umwami azatebategurira inzira mugomba kunyuramo. IMN 313.1

Ndababwira nkomeje ko ibitekerezo byanyu ku mirire igenewe abarwayi bidakwiriye. Impinduka basabwa ni nini bikabije. Igihe ndetse gukoresha inyama bitewe n’akaga ziteza, nkwiriye kuzisimbuza ikindi kintu kidateje ikibazo, kandi icyo kintu kiboneka mu magi. Ntimukareke gukoresha amata cyangwa ngo mubuze abantu kuyakoresha bayatekesha ibyokurya. Amata

mukoresha agomba kuba ari ay’inka zifite ubuzima bwiza, kandi yabijijwe mikorobi zigashiramo.IMN 313.2

Igihe kizagera ubwo amata atazaba agomba gukoreshwa uko abantu bishakiye nk’uko bimeze iki gihe; ariko ubu sicyo gihe cyo kuyareka. … IMN 313.3

Ariko ndashaka kubabwira ko ubwo igihe kizaba kigeze cyo kubona ko bitakiri byiza gukoresha amata, amavuta ya kereme, amavuta y’inka, n’amagi, ibyo Imana izabihishura. Ntihakwiriye kubaho rero inyigisho zo gukabya ku byerekeranye n’ivugurura ry’ubuzima. Ikibazo cyo gukoresha amata n’amavuta n’amagi kizikemura ubwacyo. Ariko ubungubu ntibikwiriye kuduhangayika ngo twikorere umutwaro wabyo. Nimureke ukudakabya kwanyu kumenywe n’abantu bose. IMN 313.4

[Ibyokurya bituma tugira amagara mazima bisimbura amata n’amavuta y’inka — 583] IMN 313.5

Imana Izatugenera Ibidutunga

613. Biragaragara ko amatungo agenda arushaho kwandura bikabije indwara, n’isi ubwayo ikarushaho guhumana, kandi tuzi ko igihe kigiye kugera ubwo bizaba bitakiri byiza kunywa amata no kurya amagi. Ariko icyo gihe ntikiragera. Tuzi ko nikigera, Imana izatugenera ibidutunga. Ikibazo kireba abantu bose cyo kwibaza ni iki, “Mbese Imana izategurira abantu ibyokurya mu butayu? Ndibwira ko igisubizo kibasha gutangwa ari iki ngo, Yego, Imana izagenera ubwoko bwayo ibyokurya. IMN 314.1

Mu bice byose byo ku isi, hazabaho ibizateganyirizwa gusimbura amata n’amagi. Kandi Uwiteka azatumenyesha igihe tugomba kureka ibyo bintu. Yifuza ko abantu bose bamenya ko bafite Data wo mu ijuru ubigisha akabamenyesha byose. Uhoraho azaha ubwoko bwe buri hirya no hino ku isi impano y’ubuhanga n’ubumenyi bwo guteka ibyokurya, bakigishwa uburyo bwo gukoresha umusaruro w’ibiva mu butaka byo gutunga ubuzima. IMN 314.2

[Gukoresha amata mu gukora imigati — 496] IMN 314.3
[Gukoresha amata mu gukora umugati wuzuye w’ingano — 503]

614. Iyo yateguwe neza, imyelayo, kimwe n’ibindi binyamavuta nk’ubunyobwa, bisimbura amavuta n’inyama. Gukoresha amavuta ya elayo, biruta kure gukoresha amavuta akomoka ku matungo cyangwa ibinure. Afasha mu koroshya mu nda. Abayakoresha abazanira inyungu nyinshi, kandi akiza ibisebe byo mu gifu byatewe n’ubushye ndetse n’uburyaryate buturutse ku mirire mibi. IMN 314.5

615. Amavuta ya elayo cyangwa ya olive abasha gutekwa neza akazana ingaruka nziza kuri buri ndyo yateguwemo. Abashakira inyungu mu gukoresha amavuta y’inka babasha kuzibonera mu kurya ibyokurya byatetswe neza bakoresheje amavuta ya olive. Amavuta ya olive avura impatwe; kandi ku bayakoresha, n’abafite ibisebe n’uburyaryate mu gifu, gukoresha aya mavuta ni iby’agahebuzo kurusha gukoresha imiti isanzwe. Nk’ibyokurya, aya mavuta aruta kure andi mavuta yose akomoka ku matungo.IMN 314.6

616. Amavuta ya elayo ni umuti ku ndwara y’impatwe n’impyiko.

IGICE CYA 22 - POROTEYINI UMUGABANE WA I — UBUNYOBWA N'IBYOKURYA BY'IBINYAMAVUTA

Bigize Umugabane w'Imirire Iboneye

617. Ibinyampeke, amatunda, ibinyamavuta, n'imboga ni byo byokurya twatoranyirijwe n'Umuremyi wacu. Ibi byokurya, iyo biteguwe mu buryo bworoheje kandi busanzwe uko bishoboka kose, ni iby'agahebuzo mu kutwubakira imibiri no kutuzanira amagara mazima. Tubikuramo imbaraga, ubushobozi bwo kwihangana, imbaraga z'ubwenge, bitaboneka mu byokurya biteguwe mu buryo bukomeye kandi bikabura umubiri.IMN 315.2

618. Ibyangombwa bitunga umubiri dukenera byose tubasha kubibona mu binyampeke, mu matunda, mu mboga, no mu binyamisogwe. Nitwegera Uhoraho twicishije bugufi mu mitima, azatwigisha uburyo bwo gutegura ibyokurya biboneye, bitarangwamo imyanda ituruka ku nyama. IMN 315.3

[Mu mirire iboneye — 483] IMN 316.1 [Mu mirire twahawe n'Imana — 404] IMN 316.2

[Abarwayi bo mu mavuriro bagomba kwigishwa kubikoresha — 767] IMN 316.3

Ibyokurya by'Ibinyamavuta Bigomba Gutegurwa Neza ku Buryo Budahenze

619. Imana yaduhaye ubwoko bwinshi cyane bw'ibyokurya bifitiye umubiri akamaro, kandi buri wese abasha guhitamo ibyamugirira akamaro akurikije ibyo asanzwe azi hamwe n'umutimanama muzima. IMN 316.4

Ibyaremwe byuzuyemo amoko menshi y'amatunda, ibinyamavuta, ibinyampeke, kandi buri mwaka umusaruro wo mu bihugu byose urakwirakwizwa ukagezwa ku bantu bose, bitewe n'ubushobozi bwiyongera bwo gutwara ibintu. … IMN 316.5

Ibinyamavuta n'ubunyobwa birushaho gukoreshwa ku buryo bisimbura inyama. Imvange yabyo n'ibinyampeke, imbuto, n'ibindi biva mu muryango umwe, itanga indyo iryoshye kandi yubaka umubiri. Ni ngombwa ariko

kwitondera kurya byinshi. Abamererwa nabi kubera kubikoresha bakwiriye kubikoresha babyitondeye ku buryo buhagije. IMN 316.6

[Ibinyampeke, ibinyamavuta, imboga, n'imbuto bisimbura inyama — 492] IMN 316.7

620. Ni ngombwa kumara igihe wiga uburyo bwo guteka ibinyamavuta nk'ubunyobwa. Ariko ni ngombwa kwitonda ngo utabigabanya cyane bikabura umwanya mu mafunguro yawe. Benshi mu bizera bacu ntibababasha kumenya kwitegurira ibinyamavuta; bamwe gusa ni bo babasha kumenya kubyitegurira neza kugira ngo bishbore kuribwa, nubwo baba bashoboye kubyigurira. IMN 316.8

621. Ibyokurya bikoreshwa bigomba kuba bigendana n'umwuka w'aho hantu. Bimwe biba bikwiranye n'igihugu kimwe, ariko bidashobora gukoreshwa mu kindi gihugu. Ibinyamavuta bigomba gutegurwa ku buryo buhendutse, kugira ngo n'abakene bashobore kubyigurira. IMN 316.9

Urugero rw'Ibinyamavuta Bikwiriye Kuvangwa n'Ibindi

622. Ni ngombwa kwitondera gukoresha ibinyamavuta mu gihe bitekwa.Bumwe mu bwoko bwabyo usanga atari bwiza nk'uko ibindi bimeze. Ntimugakoreshe cyane ibinyamavuta ngo byiganze cyane mu ifunguro. Ibi ntibikwiriye kuribwa ari byinshi. Igihe bamwe birinda kurya byinshi, bibazanira ingaruka nziza. Igihe bivanzwe n'ibindi byokurya ugasanga ni byo byiganje cyane, usanga iyo ndyo ikungahaye cyane ku buryo umubiri utayakira neza uko bikwiriye.IMN 317.1

623. Nabonye ko ibyokurya by'ibinyamavuta akenshi bikoreshwa mu buryo budashyize mu gaciro; benshi babirya ari byinshi, ku buryo usanga bimwe mu binyamavuta bitaba ari byiza nk'uko ibindi bimeze. Ibinyamavuta bita 'almonds' birusha ubwiza ubunyobwa; ariko ubunyobwa, ku rugero ruringaniye, buba bwiza igihe buvanzwe n'ibinyampeke, bigatanga indyo iryoshye kandi yubaka umubiri. IMN 317.2

624. Hashize imyaka itatu mbonye urwandiko rugira ruti: "Simbasha kurya ibinyamavuta; igifu cyanjye ntikibishobora." Hanyuma nza kwerekwa uburyo bwinshi bwo gutegura ibinyamavuta; bumwe muri bwo ni uko

ibinyamavuta bigomba kuvangwa n’ibindi birungo bishobora kujyana, ariko ntibikoreshwe ari byinshi. Purusa cumi kugeza kuri cumi n’eshanu z’ibinyamavuta ziba zihagije mu gukora iyo mvange. Twarabigerageje tubona bigenda neza. IMN 317.3

[Gukoresha ibinyamavuta byinshi — 400, 411] IMN 317.4
[Abantu bose siko babasha kwihanganira ibinyamavuta — 589] IMN 317.5
[Mu muryango wa White bakoreshaga ibinyamavuta — Umugereka 1:16]

UMUGABANE WA II — AMAGI
Gukoresha Amagi Bizagenda Birushaho Guteza Akaga

625. Ababa mu bihugu bishya cyangwa mu ntara zikennye, ahadakunda kuboneka imbuto n’ibinyamavuta, ntibagomba kugirwa inama yo kureka gukoresha amata n’amagi mu mirire yabo. Ni iby’ukuri ko abantu babyibushye cyane kandi buzuwemo n’ibyifuzo bya kinyamaswa bakeneye kureka gukoresha ibyokurya bikabura umubiri. By’umwihariko mu miryango irimo abana bamenyereye kubona ibyo bifuza byose, iyo miryango ikwiriye kwirinda gukoresha amagi. Ariko ku bantu bafite amaraso make, cyane cyane igihe badashobora kubona indyo ifite ibyangombwa bakeneye, abo ntibakwiriye kureka burundu gukoresha amata n’amagi. Icy’ingenzi ariko kandi kigomba kwitabwaho, ni ugukoresha amata y’inka zifite ubuzima bwiza, n’amagi y’inkoko zitarwaye, zagaburiwe neza kandi zikitabwaho; kandi amagi agomba gutekwa ku buryo abasha korohera igogora ku buryo bushoboka. IMN 317.7

Ivugurura ry’imirire rigomba kugenda rihishurirwa abantu. Uko indwara z’amatungo zigenda ziyongera, gukoresha amata n’amagi bizagenda birushaho guteza abantu akaga. Hakenewe imbaraga mu gushaka ibyo kubisimbura bifitiye umubiri akamaro kandi bidahenze. Hirya no hino abantu bakwiriye kwigishwa uburyo bwo guteka badakoresheje amata n’amagi, uko bishoboka kose kugeza ubu, kandi ibyokurya byabo bikaba biryoshye. IMN 318.1

Ntakwiriye Gushyirwa mu Cyiciro Kimwe n’Inyama

626. Amata, amagi, n’amavuta y’inka ntibikwiriye gushyirwa mu cyiciro kimwe n’inyama. Mu bihe runaka, gukoresha amagi bigira akamaro. Igihe ntikiragera ngo abantu bavuge ko gukoresha amata n’amagi bigomba kurekwa burundu. … IMN 318.2

Reka ivugurura mu mirire rikomeze kujya mbere. Abantu nibigishwe uburyo bategura ibyokurya badakoresheje amata cyangwa amavuta y’inka. Mubabwire ko igihe kigiye kuza bidatinze bakabona ko gukoresha amagi, amata, n’amavuta ya kereme cyangwa amavuta y’inka biteje akaga, bitewe n’uko indwara zifata amatungo zigenda ziyongera ku rugero rw’ukuntu indwara z’abantu na zo ziyongera. Bitewe n’icyaha cy’umuntu wacumuye, igihe kiri hafi cyane ubwo amatungo n’inyamaswa zose zaremwe bizaniha bibabazwa n’indwara zateje iyi si umuvumo. Imana izaha ubwoko bwayo ubushobozi n’ubuhanga bwo kumenya gutegura ibyokurya bitunganye bidafite ibyo bintu. Abizera bacu bakwiriye kureka gutegura ibyo byokurya bitamerera neza umubiri. IMN 318.3

Ateza Imibiri y’Abana Gukabuka

627. Mugomba kwigisha abana banyu. Mugomba kubigisha uburyo bagomba guhunga ingeso mbi no kwangirika mu mico byeze muri iki gihe. Ibiri amambu, benshi bahugiye ku kwiga uburyo bahaza irari ry’inda zabo. Mushishikajwe no gushyira ku meza yanyu amavuta y’inka, amagi, n’inyama byo guha abana banyu. Mubagaburira gusa ibyokurya bikabura imico mibi ya kinyamaswa mu mibiri yabo, maze kandi mukaza mu materaniro gusaba Imana guha umugisha no gukiza abana banyu. Mbese mwibwira ko amasengesho yanyu agera hehe? Mukwiriye kubanza gukora umurimo wanyu. Nimumara gukorera abana banyu icyo Imana ibasaba gukora, mubasha noneho kuyisabana icyizere kubaha ubufasha yabasezeraniye. IMN 319.1

Amagi Afite Ibyangombwa Byunganira Umubiri; Nimwirinde Ubwaka

628. Ntimugakabye ngo mube abaka ku byerekeranye n’ubugorozi mu by’ubuzima. Bamwe mu bizera bacu ntibaha agaciro ubugorozi mu byo

kwitungira amagara mazima. Nyamara nubwo bamwe bakiri inyuma cyane, wowe ukwiriye kwirinda gutanga urugero rwo gukabya cyangwa ubwaka. Ukwiriye nawe kwihatira ubwoko bw'ibyokurya bituma ugira amaraso meza. Kwemera gutsimbarara ku mahame y'ukuri bizabaganisha ku kwiyemeza gukoresha imirire itazatuma ivugurura mu mirire ritera imbere. Aha ni ho mufitiye akaga. Igihe mubona ko umubiri ugenda ucika intege, ni ngombwa ko mugerageza guhindura imirire, kandi mugahita mubikora vuba. Mwongere gukoresha mu mirire yanyu ibintu bimwe mwari mwararetse gukoresha. Ni inshingano yanyu gukora ibyo. Mukoreshe amagi yatewe n'inkoko zifite ubuzima bwiza, muyarye atetse cyangwa ari mabisi. Muyavange ari mabisi n'umutobe mwiza w'imbuto mubasha kubona. Ibi bizongerera umubiri ibyo ukeneye. Ntimutekereze na gato ko kugenza gutya ari ikosa. …IMN 319.2

Igihe kizagera ubwo bizaba bitagishoboka ko amata anyobwa nk'uko anyobwa cyane muri iki gihe; ariko iki sicyo gihe cyo kuyareka. Mu magi habonekamo ibyangombwa birwanya uburozi. … IMN 320.1

Imirire yo mu Bigo Nderabuzima

Mu gihe ndetse inyama bitewe n'uko zigirira nabi umubiri, ni ngombwa kubona ikindi kintu kidateje ikibazo cyo kuzisimbura. Iki kintu kandi kiboneka mu magi. Ntimukareke kugabura amata, cyangwa ngo mubure kuyakoresha mu guteka ibyokurya. Amata anyobwa agomba kuba ari ay'inka zifite ubuzima bwiza, kandi agomba gutekwa agashiramo mikorobi. …. IMN 320.2

Ariko ndashaka kubabwira ko ubwo igihe kizaba kigeze cyo kubona ko bitakiri byiza gukoresha amata, amavuta yayo, amavuta yandi, n'amagi, ibyo Imana izabihishura. Ntihakwiriye kubaho rero inyigisho zo gukabya ku byerekeranye n'ivugurura ry'ubuzima. Ikibazo cyo gukoresha amata n'amavuta n'amagi kizikemura ubwacyo. Ariko ubungubu ntibikwiriye kuduhangayika ngo twikorere umutwaro wabyo. Reka kudakabya kwanyu kumenywe n'abantu bose. IMN 320.3

[Reba ibimeze nk'ibi ku ngingo ya 324]. IMN 320.4

629. Igihe urwandiko rwangeragaho ruvuye ahitwa Cooranbong, rumbwira ko Muganga _______ yenda gupfa, nahawe amabwiriza iryo joro

amenyesha ko akwiriye guhindura imirire. Kurya amagi mabisi abiri cyangwa atatu ku munsi, byari kumuzanira intungamubiri yari akeneye ku buryo bukomeye. IMN 320.5

630. Abagana ibigo nderabuzima bagomba guhabwa indyo yuzuye kandi iboneye, yateguwe mu buryo iryohera abantu, bigendanye n'amahame nyakuri. Ntitugomba kwibwira ko abo barwayi babaho nk'uko tubayeho. … Ibyokurya bihabwa abarwayi bigomba kuba ari byiza ku buryo bibatera kubyifuza. Amagi abasha gutegurwa ku buryo bwinshi bunyuranye. IMN 320.6

Kunanirwa Gusimbura Intungamubiri zo mu Byokurya

631. Nubwo twatanze imiburo ivuga iby'akaga k'indwara ziterwa no gukoresha amavuta, n'akaga abana bato bagira bitewe no gukoresha amagi ku buryo burenze urugero, na none ariko ntidukwiriye kubona ko byaba ari ukwica amahame igihe dukoresheje amagi y'inkoko nzima zorowe neza kandi zikagaburirwa neza. Amagi afite ibyangombwa bikenewe mu guhagarika uburozi runaka. IMN 321.1

Abantu bamwe, mu kureka gukoresha amata, amagi, n'amavuta, baba bavutsa umubiri intungamubiri zihagije. Ingaruka ni uko bagira intege nke ntibabashe gukora akazi. Ibi biteza umugayo ivugurura ry'ubuzima, bityo umurimo twashyizemo imbaraga ngo ushinge imizi ugacogozwa n'ibidafite umumaro Umwami Imana itategetse, n'imbaraga z'itorero zikadindira. Ariko Imana izatabara ikome mu nkokora ingaruka z'izo ntekerezo zifunze. Ubutumwa bwiza bugamije guhuza inyokomuntu, bugahuriza hamwe umukire n'umukene bombi bagahurira ku birenge bya Yesu. IMN 321.2

Igihe kizaza ubwo tuzaba tugomba kureka bimwe mu byo kurya dukoresha iki gihe, nk'amata, amavuta, n'amagi; ariko si ngombwa ko twikururira akaga imburagihe ngo twigomwe birenze urugero. Nimutegereze kugeza ubwo igihe kizabidutegeka, kandi Umwami aradutegurira inzira z'ukuntu tugomba kubyitwaramo. IMN 321.3 [Ibimeze nk'ibi wabibona ku ngingo ya 327]

632. Fromaje ntigomba gushyirwa mu gifu. IMN 321.5

633. Amavuta y'inka ntatera ikibazo kinini mu kuyakoresha ku migati kuruta ako atera iyo atekeshwejwe ibyokurya. Ariko nk'itegeko, icy'ingenzi ni uko abantu bareka kuyakoresha rwose. Fromaje yo irushijeho guteza akaga. Ntabwo ari nziza na mba ku mirire. IMN 322.1

634. Ababyeyi benshi bategura ku meza imirire imeze nk'umutego ku miryango yabo. Urubyiruko n'abakuze bose usanga bahurira ku byokurya bigizwe n'inyama, bikize ku mavuta y'inka, fromaje, ibinyamasukari nka za gato, n'ibyokurya byuzuye ibirungo. Ibi bintu bikora umurimo wo kwangiza igifu, gukabura imikaya no gucogoza imbaraga z'intekerezo. Ingingo zishinzwe gukora amaraso ntizibasha gukura mu biryo bimeze gutyo amaraso meza. Ibyokurya bitetswe mu mavuta akize ku binure nk'ayo bigora igogora. Fromaje na yo ntigira ingaruka nziza mu mubiri. IMN 322.2

635. Akenshi abana bemererwa kurya inyama, urusenda, amavuta y'ikumuri, fromaje, inyama z'ingurube, n'imigati yuzuye amavuta n'isukari, hamwe n'ibirungo. Ababyeyi usanga kandi babareka bakaryagagura ibyokurya bidafitiye akamaro umubiri. Ibi bintu bikora umurimo wo kwangiza igifu, bikabyimbisha imyakura bikayikoresha ku buryo budasanzwe, maze bigacogoza ubwonko. Ababyeyi ntibabona ko baba babiba imbuto izazana indwara n'urupfu. IMN 322.3

636. Ubwo twatangiraga amateraniro makuru i Nora, muri Leta ya Illinois, numvise ko ari inshingano yanjye kugira amabwiriza amwe ntanga agendanye n'imirire yabo. Nababwiye inkuru zibababaje z'abizera b'i Marion, mbabwira ukuntu bidakwiriye gutegura ibyokurya bitari ngombwa byo kuribwa mu materaniro makuru, no kwiha imvune nyinshi zitari ngombwa mu gihe cy'amateraniro makuru. Bamwe bazanaga za fromaje zo gukoresha mu materaniro makuru, bakazirya; kandi nubwo zabaga ari nshyanshya, zaremereraga igifu ntikibashe kuzigogora. IMN 322.4

637. Hemejwe ko mu materaniro makuru ya hamwe na hamwe, fromaje zitagomba kuzanwa ngo zigurishwe abaje mu materaniro; ariko

igihe Dogiteri Kellogg yazaga mu materaniro, yatangajwe no kubona fromaje nyinshi zakuwe ku masoko ngo zigurishwe mu materaniro. Afatanyije n'abandi bantu runaka, barwanyije icyo kintu, ariko abashinzwe isoko bavuze ko izo fromaje zagurishijwe ku cyemezo cya Mwenedata _______, kandi ko batashoboraga kwitesha ayo mafaranga. Kubera iyo mpamvu, Dogiteri Kellogg yabajije igiciro cya fromaje, maze zose arazibagurira. Yakemuye ikibazo akuraho impamvu igitera, kuko yari azi ko ibyokurya bimwe akenshi abantu bibwira ko ari byiza nyamara byica umubiri. IMN 322.5

[Kugurisha fromaje mu materaniro yo hanze — 529]IMN 323.1

Urugero rw'Imigenzereze ya Madame White

638. Ku byerekeranye na fromaje, ndahamya rwose ko tutigeze tuzigura cyangwa ngo tuzitegure ku meza yacu mu myaka myinshi ishize. Ntitwigeze dutekereza no kuzandikaho mu bitabo bivuga iby'imirire, cyangwa ngo dutange inama yo kuzigura. IMN 323.2

[Ellen G. White ntiyakoreshaga fromaje — Umugereka wa 1:21].

IGICE CYA 23 - INYAMA (IBINDI KURI PROTEYINI)
Imirire y'Inyama — Ingaruka y'Icyaha

639. Imana yahaye ababyeyi bacu ba mbere ibyokurya yari yaragennye ko ari byo bigomba gutunga abantu. Ntibyari mu mugambi wayo ko hagira ikiremwa kivutswa ubuzima bwacyo. Nta rupfu rwagombaga kuba muri Edeni. Ibyokurya by'imbuto zisoromwe ku biti ni byo byagendanaga n'ibyifuzo by'umuntu. Imana ntiyahaye umuntu uruhusa rwo kurya inyama usibye gusa nyuma y'umwuzure. Ikintu cyose cyagombaga gutunga umuntu cyari cyarimbutse, bityo Uhoraho abona ko Nowa n'umuryango we babikeneye, abaha uruhushya rwo kurya inyama z'amatungo mazima kandi atazira yari yarajyanye mu nkunge. Ariko inyama ntibyari ibyokurya bifitiye akamaro gakomeye umuntu.IMN 323.4

Abantu babayeho mbere y'umwuzure bariye inyama maze bahaza irari ryabo ribi kugeza ubwo bujuje igikombe cyabo cy'ibibi, maze Imana ihumanura isi ubwandu bwayo iyejesheje umwuzure. Uko ni ko umuvumo wa gatatu wageze kuri iyi si. Umuvumo wa mbere wari wabwiwe urubyaro rwa Adamu n'isi bitewe no kutumvira. Umuvumo wa kabiri wavumwe ubutaka nyuma y'uko Kayini yishe umuvandimwe we Abeli. Uwa gatutu uteye ubwoba wakomotse ku Mana wageze ku isi yose mu gihe cy'umwuzure. IMN 324.1

Nyuma y'umwuzure abantu barariye baravuyarara inyama z'inyamaswa. Imana yabonye ko inzira z'abantu ari mbi kandi zangiritse, kandi ko umuntu yarangwaga no kwishyira hejuru arwanya Umuremyi we maze agakurikiza ibyo umutima we bwite ushaka. Maze Imana yemera ko ubwoko muntu bwaramaga cyane butangira kurya inyama z'inyamaswa kugira ngo imibereho yabwo y'ubunyacyaha igabanuke. Bidatinze nyuma y'umwuzure mwene muntu atangira gusigingira, n'imyaka y'uburame bwe itangira kugabanuka. IMN 324.2

Ukwangirika kw'Abantu ba Mbere y'Umwuzure

640. Abaturage bo mu Isi ya Kera ntibirindaga mu mirire no mu minywere. Baryaga inyama nubwo Imana itari yarabahaye uburenganzira

bwo kurya ibyokurya bikomoka ku nyamaswa. Bararyaga, bakananywa birenze urugero, maze ukwangirika kw'irari ryabo kurenga umupaka. Ubwabo birundumuriye mu bigirwamana mu buryo bukabije. Bahindutse abagome n'inyamaswa maze barangirika ku buryo Imana itari igishoboye kubihanganira. Bari bujuje igikombe cyabo cy'ibibi, maze Imana yeza isi ubwandu bwayo bukabije ikoresheje umwuzure. Uko abantu barushagaho kwiyongera ku isi nyuma y'umwuzure, bagiye bibagirwa Imana, maze bonona imigenzereze yabo imbere y'Imana. Ukutirinda k'uburyo bwose kwarushijeho kwiyongera ku buryo bukabije. IMN 324.3

Gutsindwa kw'Abisiraheli n'Igihombo mu bya Mwuka

641. Imirire umuntu yagenewe n'Imana mu ntangiriro ntiyarimo ibyokurya bikomoka ku matungo. Keretse gusa nyuma y'umwuzure, ubwo ibimera byari byashizeho, ni bwo umuntu yahawe uburenganzira bwo kurya inyama. IMN 325.1

Mu guhitiramo umuntu ibizamutunga muri Edeni, Imana yerekanye imirire irushije indi yose kuba myiza. Mu guhitamo kw'Abisiraheli, Imana yongeye na none kubigisha iryo somo. Yakuye Abisiraheli mu gihugu cya Egiputa, itangira kubaha amahugurwa, ibamenyesha ko ari ubwoko yironkeye. Yifuzaga guha umugisha no kwigisha abatuye isi ikoresheje Abisiraheli. Ibagenera ibyokurya birushijeho kuba byiza kandi bigendanye n'umugambi wayo, atari ibyokurya by'inyama, ahubwo yabahaye manu, "umutsima uvuye mu ijuru." Bitewe no kwitotomba no kwivovota basaba inkono z'inyama zo muri Egiputa bemerewe kurya inyama, kandi ibyo biba iby'igihe gito. Kuzirya byazaniye indwara n'urupfu abantu ibihumbi n'ibihumbi. Nyamara gukoresha imirire itarimo inyama ntibyigeze byakiranwa umutima ukunze. Byakomeje kubabera intandaro yo kwitotomba no kwivovota, bakabikora ku mugaragaro cyangwa rwihishwa, ariko byagize iherezo. IMN 325.2

Bamaze kugera i Kanani, Abisiraheli bemerewe kurya inyama, ariko bahabwa amabwiriza bagomba gukurikiza, yari agamije kubarinda ingaruka mbi. Kurya inyama z'ingurube byari bibujijwe, kimwe n'izindi nyamaswa n'inyoni n'amafi byari bizwi ko bihumanye cyangwa bizira. Ku nyama bari

bemerewe kurya, bari babujijwe bikomeye kuziryana n'ibinure n'amaraso byazo. IMN 325.3

Bene ayo matungo n'inyamaswa byagenewe kuribwa byagombaga kuba bifite ubuzima bwiza. Ntibari bemerewe kurya inyamaswa cyangwa itungo ryanizwe, iryipfushije, cyangwa iryo batakuyemo neza amaraso ngo ashiremo. IMN 326.1

Ubwo barekaga gukurikiza umugambi Imana yari yarabateguriye mu mirire, Abisiraheli bahagiriye ingaruka n'igihombo gikomeye. Bifuje inyama, basarura ingaruka zabyo. Ntibashyikiriye imico iboneye Imana yabashakiraga, habe ngo basohoze n'umugambi wayo. Uhoraho "yabahaye ibyo bari bararikiye, ariko hamwe na byo ibateza icyorezo" (Zaburi 106:15, BII). Bahaye agaciro iby'isi babirutisha ibya Mwuka, maze ntibashyikira ibyera kandi bitunganye byari mu mugambi yari yarabateguriye.

Imirire Itarimo Inyama Ihindura Imyitwarire

642. Imana yabwiye ubwoko bwayo mu buryo bweruye ko bazabona imigisha yose nibaramuka bubahirije amategeko yayo, bakemera kuyibera ubwoko bwihariye. Yabihanangirije ikoresheje umugaragu wayo Mose mu butayu, ibabwira ko bazagira ubuzima bwiza nibaramuka bayumviye. Imibereho y'intekerezo ifitanye isano ikomeye n'imibereho y'umubiri, ariko by'umwihariko imibereho y'ingingo z'urwungano ngogozi. Icy'ingenzi tubona muri rusange, ni uko Uhoraho atahaye ubwoko bwe inyama mu butayu, kuko yari azi ko kurya ibi byokurya bizabateza indwara no gusyigingira. Kugira ngo ihindure imyitwarire, kandi ihe ubushobozi bw'intekerezo imbaraga zo gukora neza, yabakuriyeho imirire igizwe n'inyama, ibaha indyo nziza bihebuje, manu yavaga mu ijuru. IMN 326.3

Ukwigomeka n'Igihano

643. Imana yakomeje kugaburira Abaheburayo ikoresheje umutsima wamanukaga uvuye mu ijuru; nyamara ntibarakanyurwa. Irari ryabo ribi ryahoraga rishaka inyama, nyamara kubwo ubushishozi bwayo, Imana yari yarabarinze ku buryo bukomeye, … Satani, uwateje indwara n'amakuba,

azagerageza kwegera ubwoko bw'Imana akoresheje ahantu abasha kubonera intsinzi. Kuva igihe yageragezaga agashobora gushuka Eva, akamujyana kurya ku mbuto z'igiti cyari cyarabuzanyijwe, yashoboye kwigarurira irari ry'abantu mu buryo bukomeye. Yabanje kugerageza ikivunge cy'Abanyegiputa biringirwaga n'Abisiraheli ko ari abizera, maze abateza kwivumbagatanya no kwitotomba. Ntibishimiraga ibyokurya byiza Imana yari yarabageneye. Umururumba wabo mubi wabateye kwifuza ibyokurya bitandukanye, cyane cyane inyama.IMN 327.1

Uku kwitotomba bidatinze kwaje gukongeza hafi ubwoko bwose bw'Abisiraheli. Bwa mbere, Imana ntiyemeye guha irari ryabo ibyo ryifuzaga, ahubwo irabahana, maze inkuba yica abateje ako kaga. Nyamara aho kugira ngo ibyo bibatere kwicisha bugufi, byabaye nk'ibyongereye kwivovota kwabo. Igihe Mose yumvaga abantu bivovota kandi baririra mu nkambi, yarababaye cyane. Yagiye imbere y'Uhoraho amubwira uko bimumereye, n'ukuntu Abisiraheli banze kwicisha bugufi, n'ukuntu Imana yamuhaye kuyobora ubwo bwoko, akababera umubyeyi ubitaho, wagombaga gusangira na bo iyo mibabaro. … IMN 327.2 Uhoraho abwira Mose gukoranyiriza imbere ye abakuru mirongo irindwi, abo yari azi neza ko ari abakuru b'ubwo bwoko. Ntibagombaga kuba ari bakuru mu myaka gusa, ahubwo bagombaga no kuba abiringirwa, barangwa n'ubushishozi, ubunararibonye, bashoboraga kuba abacamanza bakwiriye, cyangwa abayobozi. "Uhoraho asubiza Musa ati "Ntoranyiriza abakuru b'Abisiraheli mirongo irindwi, abo uzi ko bashobora kuyobora abantu, ubazane muhagararane imbere y'Ihema ry'i bonaniro. Ndamanuka mpavuganire nawe mbahe ku bubasha naguhaye, bityo bazagufasha kwikorera umutwaro w'aba bantu.IMN 327.3

"Kandi ubwire abantu uti 'Mwiyegurire Uhoraho kuko ejo azabaha inyama mwaririye. Yumvise mwitotomba muti "Icyaduha inyama zokurya! Twari tumerewe neza mu Misiri." Ntimuzazirya umunsi umwe cyangwa ibiri cyangwa itanu, cyangwa icumi cyangwa makumyabiri gusa, muzamara ukwezi kose muzirya kugeza ubwo zizabatera isesemi. Ibyo bizaterwa n'uko mwimūye Uhoraho uri hagati muri mwe, mukarira mwicuza icyabavanye mu Misiri.' " IMN 328.1

"Musa aramusubiza ati, "Dore turi abantu ibihumbi magana atandatu, none ngo uzatugaburira inyama ukwezi kose! N'ubwo twabāga amatungo yacu yose ntabwo byaduhāza, ndetse n'ubwo twaroba ama fi yose yo mu

nyan ja na yo ntabwo yaduhāza!” Uhoraho aramusubiza ati “Ese ntuzi ko Imana igira amaboko? Uzirebera yuko ibyo navuze ari ukuri.” … IMN 328.2

“Uhoraho ahuhisha umuyaga, uzana inturumbutsi uzimena mu nkambi n’ahazikikije hajya kureshya n’urugendo rw’umunsi umwe, inturumbutsi zari zirundanyije kugeza ku buhagarike bwa metero imwe. Abantu bamara iminsi ibiri n’ijoro rimwe bazitoragura. Uwatoraguye nke yatoraguye nka toni imwe. Nuko bazanika mu mpande z’inkambi. IMN 328.3

“Ariko Abisiraheli bataramara izo batoraguye, Uhoraho arabarakarira abateza icyorezo gikomeye.” (Ibarura 11:16-33). IMN 328.4

Muri uru rugero, dusanga ko Uhoraho yashubije icyifuzo cy’aba bantu, yemera kubaha icyo bisabiye kitari kubagirira akamaro. Aba bantu bari bahagurukiye Mose n’Imana bitotomba kandi batera n’abandi kwivovota, kuko batabonye ibintu bibagirira nabi. Irari ryabo ryangiritse ryarababase, maze Imana ibaha inyama, nk’uko babyisabiye, ariko ibabwira ko icyifuzo cyabo kizabazanira ingaruka zibabaje bakwiriye kwemera. Benshi bahura n’uburibwe bwinshi batewe n’umuriro mwinshi. Abateje ako kaga bitotomba barapfuye bagitangira kurya izo nyama bari barurumbiye. Iyo baba baremeye ibyokurya Imana yari yabateguriye, bakanyurwa kandi bagashimira ibyo byokurya bashoboraga gukoresha uko bashaka, Imana yari kubishimira, ntibagerweho n’igihano, kandi binatewe n’ikivunge cy’abantu benshi barimbutse kubw’ingaruka zo kwitotomba gukomeye. IMN 328.5

Umugambi Imana yari Ifitiye Abisiraheli

644. Igihe Imana yayoboraga abana ba Isiraheli ibakuye muri Egiputa, yari ifite umugambi wo kubatuza mu gihugh cy’i Kanani ari ubwoko buboneye, bwishimye, kandi bufite amagara mazima. Reka turebe uburyo yari kubisohoza. Yabashyiriyeho gahunda yo kwitegeka, kandi iyo baramuka bayikurikije uko bikwiriye, iba yarabagejeje ku byiza, bo n’urubyaro rwabo. Yabatandukanyije n’inyama ku buryo bukomeye. Yabemereye kuzikoresha isubiza icyifuzo cyabo mbere y’uko bagera Sinayi, ariko bazihabwa umunsi umwe gusa. Imana yashoboraga kubaha inyama ku buryo bworoshye nk’uko yabahaye manu, ariko bari barahawe amabwiriza yo kubarinda agamije ibyiza byabo. Umugambi w’Imana wari

uwo kubaha ibyokurya birushaho kubera byiza ibyifuzo byabo kuruta ko bakomeza gukoresha imirire iteza ibibazo umubiri nk'iyo bari baramenyereye mu Misiri. Irari ryangiritse ryagombaga guhindurwa rizima, kugira ngo babashe kwishimira ibyokurya by'umwimerere byagenewe umuntu, ari byo, imbuto (amatunda), ari na zo Imana yahaye Adamu na Eva muri Edeni. IMN 329.1

Iyo bagira ubushake bwo kurwanya irari mu mirire, bakumvira amabwiriza y'Imana, ntibari kugira intege nke n'uburwayi. Urubyaro rwabo rwari kugira imbaraga z'umubiri n'iz'intekerezo. Bari gusobanukirwa neza n'ukuri ndetse n'inshingano yabo, bakarindwa ubusumbane, kandi bakarangwa n'umutimanama muzima. Ariko ntibagize ubushake bwo kwemera ibyo Imana ibasaba, maze bananirwa kugera ku rugero yari yarabashyiriyeho, no kubona imigisha yari yarabageneye. Bivovoteye amabwiriza Imana yabahaye, maze bararikira inyama zo muri Egiputa. Imana yarabaretse babona izo nyama, ariko zibazanira umuvumo.

Byatubereye Akabarore

645. “Ariko ibyo byababereyeho kugira ngo bitubere akabarore, ngo tutifuza ibibi nk'uko bo babyifuje. Ibyo byababereyeho kutubera akabarore, kandi byandikiwe kuduhugura twebwe abasohoreweho n'imperuka y'ibihe” (1 Abakorinto 10:6, 11). IMN 330.1

646. Itorero ry'i Battle Creek [Batoro Kriki] akenshi ntiryagiye ritanga urugero mu gufasha ikigo cy'ubuvuzi. Ntibubahirije umucyo w'ivugurura ry'ubuzima ngo bawukwize mu ngo zabo. Indwara yageze mu miryango myinshi y'i Battle Creek ntiyagombaga kuhagera iyo bakurikiza umucyo Imana yabahaye. Kimwe n'Abisiraheli ba kera, bakerensheje umucyo, maze ntibabona akamaro ko kureka irari ryabo. Abana ba Isiraheli bashakaga inyama, maze kimwe n'uko abantu benshi b'iki gihe babigenza, bakavuga bati: Turapfa niba tutabonye inyama. Imana yahaye inyama Abisiraheli bitotombaga, ariko umuvumo wayo urazikurikira. Abantu bageze ku bihumbi barapfuye, mu gihe bari bakirimo kurya za nyama. Dufite urugero rw'Abisiraheli ba kera, kandi turagirwa inama yo kutagenza nka bo. Amateka y'ukutizera kwabo no kwigomeka kwabo twabyandikiwe ngo bitubere umuburo udasanzwe kugira ngo tudakurikiza urugero rwabo rwo kwitotomba ku byo Imana idusaba. Ni buryo ki twakwirengagiza,

tugahitamo gukurikiza inzira zacu, dukurikiza irari ry’amaso yacu, tugakomeza kujya kure y’Imana, nk’uko Abaheburayo babikoze? Ni kubwo kwinangira imitima n’icyaha cyo kutizera bituma Imana itabasha gukorera ibikomeye ubwoko bwayo. IMN 330.2

Imana ntirobanura abantu ku butoni. Ahubwo mu mahanga yose abayemera kandi bakayubaha ibakorera ibyo gukiranuka. Nyamara abitotomba, bagashidikanya maze bakivovota ntibabona ubuntu bwayo, cyangwa imigisha yasezeraniye abakunda ukuri bakakugenderamo. Abafite umucyo ntibawugenderemo, bagakerensa ibyo Imana ishaka, bazabona imigisha yabo ihindutse imivumo, n’ubuntu buhinduke urubanza. Imana yashakaga ko twiga kwicisha bugufi no kumvira binyuze mu byo dusoma mu mateka y’Abisiraheli ba kera, abari ubwoko bwayo yitoranyirije ikabwikubitira, ariko kandi bakaba n’igikoresho cy’urubanza rwo kurimbuka kwabo, bitewe n’uko bakurikije inzira zabo. IMN 330.3

647. Akamenyero kacu mu mirire n’iminywere kerekana niba turi ab’isi cyangwa turi mu mubare w’abantu Uhoraho yatandukanyije n’ab’isi kubwo ububasha bw’ukuri kwe kuzima. Aba ni abantu be by’umwihariko, bafite ishyaka ry’imirimo myiza. Imana yavugiye mu Ijambo ryayo. Urugero rwa Daniyeli na bagenzi be batatu rukubiyemo ibibwirizwa ku ivugurura ry’ubuzima. Imana yavugiye mu mateka y’abana ba Isiraheli, abo yashatse kurinda inyama kubwo kubashakira ibyiza. Yabagaburiye umutsima uva mu ijuru; “umuntu arya ibyokurya by’abamarayika.” Ariko bakomeje gushyigikira irari ryabo ry’iby’isi; kandi uko barushagaho gushyira intekerezo zabo ku nyama zo muri Egiputa, ni ko barushagaho kwanga ibyokurya Imana yabahaye ngo bakomeze kugira amagara mazima mu by’umubiri, intekerezo, n’umutimanama. Bararikiye inyama, kubwo ibyo bamera nk’uko benshi muri iki gihe bakora. IMN 331.1

[Andi magambo yerekeranye n’uko abo mu gihe cya mbere y’umwuzure bakoreshaga inyama wayasanga mu ngingo za — 231, 233]. IMN 331.2

Turarikirwa Gusubira ku Mirire ya Mbere

648. Inshuro nyinshi neretswe ko Imana ishaka kutugarurura ku mwimerere w’imirire ya mbere, intambwe ku ntambwe, ikatugarurura ku

mugambi wayo wa mbere, w'uko umunu agomba kubeshwaho n'ibyokurya byera mu butaka bw'isi. IMN 331.3

649. Imirire yacu igomba kuba igizwe n'imboga, imbuto, n'ibinyampeke. Nta munopfu w'inyama ugomba kwinjira mu gifu cyacu. Kurya inyama ni ibintu bitari muri kamere y'imiterere yacu. Tugomba gusubira ku mugambi wa mbere Imana yaturemeye katanga ka mbere, mu iremwa ry'umuntu. IMN 331.4

650. Mbese iki sicyo gihe abantu bose bakwiriye kugira umugambi wo kureka inyama? Ni buryo ki abashaka kubonera, gutungana, no kuba abera, kugira ngo bazabashe kubana n'abamarayika bo mu ijuru bakomeza gukoresha ibyokurya bifite ingaruka yo kwangiza umubiri n'ubugingo? Ni buryo ki babasha kwambura ubuzima ibiremwa by'Imana kugira ngo babashe kwishimisha barya inyama? Ahubwo nibagaruke ku mirire yuzuye kandi y'ibyokurya biryoshye byahawe umuntu katanga ka mbere, maze na bo ubwabo babyimenyereze, kandi bigishe n'abana babo kubikoresha, kugirira impuhwe ibyo biremwa Imana yaremye kandi ikabiduha ngo tubitegeke. IMN 332.1

Turitegura Kwimurwa Tugataha Iwacu

651. Mu bategereje kugaruka kw'Umwami Yesu, hari abazareka rwose kurya inyama; inyama ntizizaba zikiboneka mu mirire yabo. Dukwiriye guhora tuzirikana iryo herezo, tukita ku nshingano yacu duhanze amaso iryo herezo. Ntabwo niyumvisha ko igihe tukirya inyama twaba duhamanya n'umucyo Imana yashimye kuduha. Abakozi bo mu bigo byacu by'ubuzima bagomba by'umwihariko kwiga gutungwa n'amatunda, imboga, n'ibinyampeke. Niba dukurikiza amabwiriza agenga ibingibi, niba twebwe nk'Abakristo b'abagorozi tumenyereza irari ryacu, maze tukagaruka ku mirire Imana yatanze mbere na mbere, icyo gihe rero tuzashobora kwigisha abandi ibingibi, kandi ibyo bizashimisha Imana. IMN 332.2

652. Umuntu ntagomba kubeshwaho no guhaza irari rye. Hariho ibyifuzo by'umubiri bigomba gukenurwa; ariko se kubwo ibyo byifuzo, ni ngombwa ko umuntu ategekwa n'irari? Mbese abantu bashaka ubutungane, kubonera, kumarwaho imyanda yose, kugira ngo babe

biteguye kwinjizwa mu muryango w'abamarayika bo mu ijuru, bakomeza kwambura ubuzima ibiremwa by'Imana, bagashimishwa no kurya inyama zabyo? Nkurikije ibyo Uhoraho yanyeretse, iyi migenzereze igomba guhinduka, maze ubwoko bw'Imana bugashyira mu bikorwa gahunda yo kwirinda muri byose. IMN 332.3

653. Abigishijwe bakamenya ibibi byo kurya inyama, kunywa ikawa, n'icyayi, n'ibyokurya bikungahaye ku binure n'amavuta kandi biteguye mu buryo bwangiza imibiri, kandi bakaba biyemeza gukurikiza isezerano bagiranye n'Imana kubwo kwitanga, ntibazakomeza gukurikiza irari ryabo mu mirire y'ibyokurya bazi ko bigirira nabi imibiri. Imana ishaka guhumanura irari ryacu ryo mu mirire, kandi tukagira umwuka wo kwiyanga ku bintu byose bitari byiza. Uyu ni umurimo ugomba gukorwa mbere y'uko ubwoko bw'Imana buhagarara imbere yayo buboneye. IMN 333.1

654. Imana ishakira ibyiza itorero ryayo ryasigaye, ni yo mpamvu igira inama abagize iryo torero ngo bareke gukoresha inyama, ikawa, n'icyayi, n'ibindi byokurya byangiza umubiri. Hari ibindi bintu bitagira ingano bishobora kudutungira ubuzima, byiza, kandi bituma tugira amagara mazima. IMN 333.2

Dushake Ubutungane Bwuzuye

655. Abantu bavuga ko bategereje kugaruka kwegereje kwa Kristo bagomba kurangwa n'ivugurura rikomeye. Ivugurura ry'ubuzima rigomba gukorera mu bizera bacu umurimo ritigeze rikora kugeza ubu. Hari abagomba gukanguka bakamenya akaga ko gukoresha inyama, bakirangwa no kurya inyama z'amatungo, bityo bakaba barimo gushyira mu kaga imibiri yabo, intekerezo zabo, n'imibereho yabo mu bya Mwuka. Benshi mu bihannye by'igice ku kibazo cyo kurya inyama bazagenda batandukana n'ubwoko bw'Imana ntibongere kugendana na bo. IMN 333.3
Mu mirimo yose dukora tugomba kumvira amategeko Imana yaduhaye, kugira ngo imibereho y'imbaraga zacu z'umubiri n'iza Mwuka bibashe gukorera hamwe. Abantu babasha kugira ishusho yo kubaha Imana, babasha ndetse kubwiriza Ubutumwa bwiza, nyamara bataratunganywa kandi batejejwe. Abagabura bagomba kuba abirinda mu mirire n'iminywere yabo, bitaba ibyo bakaba bayoba inzira yabo, bakayobya abafite ubumuga

bwo gucumbagira, ari bo banyantege nke mu kwizera, bakabateshura inzira. Niba abamamaza ubutumwa bw'ingenzi Imana yatanze, nyamara bakaba barwanya ukuri bitewe n'ingeso zabo mbi mu mirire n'iminywere, baba bambura imbaraga ubutumwa batwaye. IMN 333.4

Abishimira kurya inyama, kunywa ikawa, no kugira umururumba w'ubusambo, babiba imbuto bazasarura umubabaro n'urupfu. Ibyokurya bibi bijya mu gifu byongerere imbaraga irari rirwanya ubugingo, rikongera ibyifuzo bibi bya kinyamaswa. Imirire igizwe n'inyama igenda ikuza imbaraga za kinyamaswa. Gukuza imbaraga za kinyamaswa bigabanya imbaraga za Mwuka, bigacogoza intekerezo ntizishobore gusobanukirwa ukuri. IMN 334.1

Ijambo ry'Imana ritwihanangiriza ryeruye ko niba tutaretse ibyifuzo by'umubiri, kamere y'umubiri izahora ihanganye na kamere y'umwuka. Irari mu mirire rirwanya imibereho myiza n'amahoro. Bityo habaho intambara ihanganyishije ibyifuzo bikomeye n'ibyoroheje by'umuntu. Ibyifuzo byoroheje, bifite imbaraga kandi bihora bikora, birwanya ubugingo. Inyungu zikomeye z'imibereho y'umuntu zihura n'akaga gatewe n'umururumba ucirwa iteka n'ijuru.IMN 334.2

656. Abavuga ko bizera ukuri bagomba gushishoza bakirinda imbaraga z'umubiri n'iz'intekerezo, kugira ngo Imana n'umurimo wayo badakozwa isoni na gato n'amagambo yabo cyangwa ibikorwa byabo. Akamenyero n'ibikorwa bigomba kugengwa n'ubushake bw'Imana. Tugomba kwitondera cyane imirire yacu. Neretswe neza ko ubwoko bw'Imana bugomba gushikama bukirinda kurya inyama. Mbese mu myaka mirongo itatu Imana iba yarahaye ubwoko bwayo ubutumwa bubabwira ko niba bashaka kugira amaraso mazima n'intekerezo nzima, ko bagomba kureka gukoresha inyama, niba itarabonaga akamaro gakomeye k'ubwo butumwa? Iyo dukoresha inyama, kamere ya kinyamaswa iriyongera, kamere ya Mwuka ikagabanuka. IMN 334.3

657. Ibibi by'inyama ntibibonekera ku ndwara zigera ku mubiri gusa, bibonekera no mu ntekerezo. Inyama zica ubuzima, kandi igikora ku mubiri kigera no ku bugingo, no ku mwuka. Nimutekereze ku bugome bukorerwa amatungo n'inyamaswa bitewe no kuribwa kwazo, n'ingaruka bigira ku bazibaga n'abazibona. Mbega ukuntu ibyo bituma abantu batakigirira impuhwe ibyo biremwa by'Imana! IMN 335.1

658. Guhora abantu barya inyama z'inyamaswa zapfuye bigira ingaruka yo gucogoza imbaraga z'intekerezo kimwe n'iz'umubiri. Iyaba abantu babonaga impamvu itera ingaruka, babona ko ubwoko bwinshi bw'indwara buterwa n'ingaruka yo kurya inyama. IMN 335.2

659. Abarya inyama birengagiza inama zose Imana yatanze ku byerekeranye n'iki kibazo. Nta gihamya bafite kibereka ko bari mu nzira ifite umutekano. Nta rwitwazo na ruto bafite rubemerera kurya inyama z'amatungo yishwe. Umuvumo w'Imana uri nyamaswa zaremwe. Kenshi iyo abantu bariye inyama, zijya kuborera mu gifu, maze zigateza indwara. Kanseri, ibibyimba, n'indwara zifata mu bihaha akenshi biterwa no kurya inyama. IMN 335.3

660. Ooo! Iyaba buri wese yabashaga gusobanukirwa n'ibi bintu neretswe, abatagira icyo bitaho, abadaha agaciro ibyo kubaka imico yabo; abahora bararikiye inyama ntibahirahira ngo basamire inyama z'inyamaswa zapfuye kugira ngo bahaze ipfa ryabo. Indyo nk'iyo yangiza amaraso binyuze mu mitsi anyuramo, maze igatera umuntu kugira ibyifuzo bibi bya kinyamaswa. Igabanya ubushobozi bwo gushishoza n'imbaraga z'intekerezo mu byo kumenya Imana n'ukuri, no kwimenya kw'abantu ubwabo.

Kurya Inyama Biteje Akaga by'Umwihariko muri Ibi Bihe

661. Inyama ntizigeze ziba ibyokurya byiza; ariko kuzirya muri iki gihe biteye ikibazo inshuro ebyiri, kuko indwara zifata amatungo n'inyamaswa zigenda zirushaho kwiyongera. IMN 336.1

662. Amatungo aragenda arushaho kurwara, kandi ntibigitinze ubwo n'abantu batari Abadiventisti b'Umunsi wa Karindwi bazabona ko bagomba kureka kurya inyama. Ibyokurya bifitiye umubiri akamaro kandi bikomeza ubuzima bigomba gutegurwa, kugira ngo abagabo n'abagore bumve ko badakeneye inyama.IMN 336.2

663. Ni ryari abantu bazi ukuri bazahagarara bashikamye ku mahame nyakuri yo mu gihe turimo n'icy'ahazaza? Ni ryari bazaba abanyakuri ku mahame y'ubugorozi mu by'ubuzima? Ni ryari bazamenyera

ko kurya inyama biteje akaga? Nahawe amabwiriza yo kubabwira ko niba hari igihe abantu babasha kurya inyama nta kibazo, icyo gihe si ikingiki. IMN 336.3

664. Neretswe ko nta gihe kigomba guhita ngo tubashe kureka gukoresha icyokurya cyose gikomoka ku matungo. Ndetse n'amata azaba agomba kurekwa. Indwara ziriyongera bikabije. Umuvumo w'Imana uri kuri iyi si, kuko umuntu yayiteje umuvumo. Akamenyero n'imikorere by'abantu byateje isi kugera ahantu ibyokurya bimwe bitari ibikomoka ku matungo bugomba gusimbura inyama kugira ngo mwenemuntu akomeze kurama. Ntidukeneye rwose inyama. Imana ishobora kuduha ibindi byokurya bindi. IMN 336.4

665. Iyaba mwashoboraga kumenya imiterere y'inyama murya, iyaba mwashoboraga kubona amatungo akiri mazima mbere y'uko bayakuraho uruhu (bayina) amaze gupfa, mwahita mugira iseseme mukareka kongera kurya inyama. Amenshi mu matungo murya aba arwaye ku buryo muramutse mutayiciye kuyarya, yazageraho akipfisha ubwayo; nyamara igihe aba asigaranye umwuka muke wo kubaho, barayica bakayagurisha ku isoko. Mushyira mu mibiri yanyu ingeso n'uburozi by'ubwoko bubi, kandi na none ntimubimenye. IMN 336.5

Indwara z'Amatungo n'Ingaruka zazo

666. Akenshi aborozi bajyana amatungo yabo arwaye kuyagurisha mu masoko kugira ngo aribwe, kubwo gutinya ko yapfa baramutse bayatunze igihe kirekire. Kandi akenshi bumwe mu buryo bukoreshwa kugira ngo ayo matungo agaragare ko ameze neza ni bwo buyatera uburwayi. Kuba nta mucyo n'umwuka mwiza abona, agahumeka umwuka wahumanyijwe n'imyanda yo mu biraro, akenshi utewe n'ibyokurya byaboze, ahita ahumana agafatwa n'uburwayi. IMN 337.1

Akenshi amatungo ajyanwa ku masoko ya kure maze akamererwa nabi bikabije mbere y'uko agera iyo ajya. Akurwa mu nzuri yarishagamo, akurizwa imodoka, agakoreshwa ingendo ndende ku zuba, mu mihanda y'ivumbi, y'urujya n'uruza rw'imodoka, agahura n'ubushyuhe kandi akananirwa cyane, akenshi akamara amasaha menshi adafite ibyokurya

n’amazi, aya magorwa y’amatungo aba agiye kubagwa, kugira ngo abantu bashimishwe n’izo ntumbi. IMN 337.2

667. Abantu benshi bicwa n’indwara zitewe akenshi no kurya inyama; nyamara usanga abatuye isi bameze nk’abadashishoza ngo bamenye ibyo bintu. Kenshi amatungo abagwa yabanje gukoreshwa ingendo nini kugira ngo agezwe mu mabagiro. Amaraso yayo aba yashyushye. Aba yuzuye ibinure, atakoreshejwe imyitozo ituma agubwa neza, kandi iyo agomba gukoreshwa ingendo za kure, aba yaguye agacuho kandi yashizemo imbaraga, maze akabagwa afite bene ubwo buzima. Amaraso yayo aba yanduye bikomeye, kandi abarya inyama zayo bakaba bariye uburozi. Bamwe nyamara ntibahita bafatwa n’indwara, mu gihe abandi bahita bafatwa n’uburibwe bukabije, bakicwa n’umuriro mwinshi, indwara za kolera, cyangwa izindi ndwara zitazwi. IMN 337.3

Amatungo menshi agurishwa mu masoko yo mu mijyi kandi azwi ko arwaye, nyamara abaguzi bagakomeza kutabimenya. Mu mijyi minini, by’umwihariko, ibyo usanga biri ku rwego rwo hejuru, kandi abaryi b’inyama usanga batazi ko barimo kurya amatungo arwaye. IMN 337.4

Amatungo amwe ajyanwa ku ibagiro aba ameze nk’arimo gutekereza ku bigiye kuyabaho, ibyo bikayatera kugira ubukana n’uburakari bugaragara. Yicwa ameze atyo, maze inyama zayo zikajyanwa gucuruzwa mu masoko. Izi nyama ziba ari uburozi kandi abazirya zibatera indwara nk’ibinya, imbwa, umuriro mwinshi, guta ubwenge, n’urupfu rutunguranye. Nyamara usanga abantu batazi ko impamvu y’izi ndwara zose ari inyama. IMN 338.1

Amatungo amwe afatwa bunyamaswa igihe ajyanywe mu ibagiro. Agiririrwa nabi, maze yamara kubabazwa amasaha n’amasaha, akabagwa. Ingurube zitegurirwa kubagwa nyamara zaramaze gufatwa n’indwara y’icyorezo, maze inyama zazo zuzuyemo uburozi, zigakwiza indwara zanduza, zigakurikirwa n’impfu zikomeye. IMN 338.2

Ingaruka Zifatika zo Kurya Inyama Zongera Akaga k’Indwara n’Urupfu rw’Ako Kanya

668. Ingaruka zo gufatwa n’indwara ziyongera inshuro cumi bitewe no kurya inyama. IMN 338.3

669. Abagaga bo ku isi ntibashobora gusobanura ukwiyongera kwihuta kw’indwara zigera ku bantu. Ariko tuzi yuko inyinshi muri izo ndwara ziterwa no kurya inyama. IMN 338.4

670. Amatungo ararwaye, kandi iyo turiye inyama zazo, tuba twinjije mikorobi z’indwara mu ngingo z’imiriri yacu no mu maraso yacu. Kandi igihe duhuye n’impinduka mbi z’ikirere, turushaho guhura n’izo mikorobi; na none kandi, iyo duhuye n’ibyorezo n’indwara zandura, umubiri ntuba ugishoboye kwirinda indwara. IMN 338.5

671. Murya inyama, nyamara si ibyokurya byiza. Ubwinshi bwazo bubazanira ibibazo. Iyaba buri wese yabashaga kugaruka ku mirire ikwiriye, igatuma mugabanya ibiro byanyu kuva ku biro cumi na bibiri kugeza ku biro cumi na bitanu, imibiri yanyu yaba itagifite akaga kenshi ko guhura n’indwara. Gukoresha inyama biteza ingaruka yo kugira amaraso mabi no mu mikaya. Imikorere y’umubiri wanyu ihura n’uburyaryate, ikamera nk’iri hafi guhura n’uburwayi. Muba muri mu kaga ko guhura n’indwara zizahaza, ndetse n’urupfu rutunguranye, kuko imibiri yanyu iba idafite imbaraga zihagije zo kurwanya no kwirinda indwara. Muzageza igihe imbaraga z’ubuzima mwishimira uyu munsi bizagaragaza intege nke. IMN 338.6

Amaraso Ahumanye

672. Numvise mpatwa na Mwuka w’Imana kubwira benshi ko impamvu zibatera uburibwe n’indwara z’umubiri zituruka ku kutita ku mucyo nahawe werekeranye n’ivugurura ry’ubuzima. Naberetse ko kuba barya inyama, bakabona ko ari ingenzi kuri bo, batazikeneye, kandi ko, bitewe n’uko imibiri yabo igizwe n’ibyo barya, ubwonko, amagufa, n’imikaya bimererwa nabi, kuko bibeshejweho n’inyama z’amatungo yapfuye; bityo amaraso yabo akaba ahumanywa n’iyo mirire idakwiriye; kuko inyama barya ziba zirwaye, n’imibiri yabo yose ikaba yarahindanye kandi yanduye. IMN 339.1

673. Inyama zigabanya ubushobozi bw'amaraso. Inyama zitekanywe n'ibirungo, kandi zikaribwa hamwe na za keke na gato, bituma umubiri ugira amaraso mabi. Ibiryo nk'iki biremereza umubiri bikabije. Ibyokurya nk'ibyo bikize ku mavuta n'amasukari, na byo bituma amaraso aba mabi; ntibikwiriye kwinjizwa mu gifu. Ibyokurya bibi, biteguwe nabi, kandi bidafite intungamubiri zihagije, ntibishobora kurema amaraso meza mu mubiri. Indyo idahagije kandi iteza ingaruka nk'izo inyama n'ibyokurya bikungahaye ku binure bitera. IMN 339.2

674. Kanseri, ibibyimba, n'izindi ndwara ziterwa n'ubwiyabire buzanwa na mikorobi, akenshi biterwa no kurya inyama. Nkurikije umucyo Imana yampaye, ukwiyongera kwa kanseri n'ibindi bibyimba kuraterwa cyane
cyane n'akamenyero ko kurya inyama. IMN 339.3 **Kanseri, Igituntu, Ibibyimba**

675. Kurya inyama biteza ikibazo gikomeye. Mbese abantu bakwiriye gutungwa n'inyama z'amatungo bishe? Igisubizo giturutse ku mucyo nahawe n'Imana ni, Oya, Oya rwose. Ibigo bishinzwe ivugurura ry'Ubuzima bigomba kwigisha kuri iki kibazo. Abaganga bavuga ko bize iby'ubuzima bw'abantu ntibagomba kwemerera abarwayi babagana gukomeza gutungwa n'inyama. Bakwiriye kubabwira ko indwara zirushaho kwiyongera mu matungo. Ubuhamya bw'ababikurikirana bugaragaza ko amatungo make ari yo adafite indwara, kandi ko akamenyero ko kurya inyama kenshi bitera kwandura indwara z'ubwoko bwose, kanseri, ibibyimba, igituntu, indwara z'uruhu nk'igituntu gifata mu ijosi, n'izindi zimeze nka zo. IMN 339.4

676. Abafite akamenyero ko kurya inyama ntibasobanukirwa n'ibyo baba barya. Kenshi, iyaba babashaga kubona ayo matungo akiri mazima, bakamenya imiterere y'inyama barimo kurya, bahita bazirekana iseseme. Abantu bafite akamenyero ko kurya inyama zuzuyemo imigera ya kanseri n'igituntu maze bakazanduriramo indwara ya kanseri n'igituntu hamwe n'izindi ndwara z'igikatu. IMN 340.1

677. Abagore benshi b’Abakristo bategura ku meza yabo ibyokurya bitandukanye byangiza igifu kandi bigatera ubushyuhe mu mubiri. Inyama ni byo byokurya by’ingenzi usanga ku meza y’ingo zimwe, bakazirya kugeza ubwo amaraso yabo yuzurwa na kanseri n’igituntu. Imibiri yabo igizwe n’ibyo barya. Ariko iyo bahura n’ububabare n’indwara zibageraho, babifata nk’igihano bahanwe n’Imana. IMN 340.2

Ukugabanuka kw’Imbaraga z’Intekerezo

678. Abamenyereye kurya inyama uko bishakiye usanga ubwonko bwabo bumeze nk’ubucuze igihu, intekerezo zabo usanga atari nzima, kuko gukoresha inyama z’amatungo bisa nk’ibituma umubiri ujojoma, bikagabanya imbaraga z’ibyumviro by’ubwonko. IMN 340.3

679. Imana ishaka ko abantu bayo bagira imbaraga zo gutekereza ziboneye kandi zigashobora gukora bihagije. Ariko iyo wimenyereje kurya inyama, ntugategereze ko intekerezo zawe zizatanga umusaruro. Intekerezo zigomba guhumanuka, maze imigisha y’Imana ikabona uko igera ku bantu bayo.IMN 340.4

680. Ntibishoboka ko abagize akamenyero ko kurya inyama uko bishakiye bagira ubwonko butekereza neza, n’imbaraga z’ubwenge. IMN 341.1

681. Hariho intege nke n’uguhondobera bikabije biterwa n’ikibazo cyo kutumva kw’ingingo z’umubiri. Ibyo biterwa n’akamenyero abantu bafite ko guhora barya inyama. Zikangura ibyifuzo bibi byo mu mubiri.IMN 341.2

682. Kurya inyama bizana mu mubiri impinduka zituma umubiri ugira imbaraga za kinyamaswa. Tugizwe n’ibyo turya, kandi iyo twimenyereje kurya cyane inyama bigabanya imikorere y’intekerezo zacu. Abanyeshuri bashobora gutsinda cyane amasomo yabo iyaba birindaga kurya inyama. Iyo igice cy’ubunyamaswa mu mubiri w’umuntu gihawe imbaraga bitewe no kurya inyama, ubushobozi bw’intekerezo na bwo bugabanuka ku rugero rumwe. Imibereho y’ibya Mwuka ibasha kugerwaho no gusigasirwa inyama ziramutse ziretswe, kuko bene iyi mirire iha imbaraga imikorere ya buri gihe iganisha ku byifuzo bibi, kandi igacogoza kamere y’umutimanama na kamere y’iby’umwuka. “Kuko kamere irarikira ibyo Umwuka yanga, kandi Umwuka yifuza ibyo kamere yanga kuko ibyo bihabanye.” Abagalatiya 5:17. IMN 341.3

683. Niba hari igihe tugomba gukoresha imirire yoroheje ku rwego rwo hejuru, ni ikingiki. Abana ntibakwiriye guhabwa inyama, kuko zituma habaho gukabura imbaraga z'ibyifuzo bibi, zigacogoza imbaraga z'intekerezo n'umutimanama. IMN 341.4

684. Neretswe ko kurya inyama biteza umubiri kubogamira kuri kamere ya kinyamaswa, bikabuza abagabo n'abagore kugaragarizanya urukundo n'impuhwe byagombye kubaranga. Tugizwe n'ibyo turya, kandi abagizwe ahanini n'imirire y'inyama bimenyereje, batwarwa n'imibereho yo kwemerera ibyifuzo bibi gutegeka ubushobozi bw'ingenzi bw'ubuzima bwabo. … IMN 341.5

Ntidutanga icyerekezo kiromboreje cy'umurongo abantu bagomba gukurikiza mu mirire. Hari ubwoko bwinshi bw'ibyokurya byiza kandi byuzuye. Ariko turemeza ko imirire igizwe n'inyama atari yo ndyo nziza cyane ku bantu b'Imana. Ihindura abantu inyamaswa. Ni buryo ki umuntu yatekereza kurya inyama mu gihugu nk'iki kibonekamo cyane imbuto, impeke, n'ibinyamisogwe? IMN 342.1

685. Iyaba ibintu byababaga uko bigomba kuba mu ngo zigize amatorero yacu, twabasha gukorera Imana umurimo wikubye kabiri. Umucyo nahawe unyereka ko ubutumwa bufite imbaraga n'icyerekezo bugomba gutangwa ku byerekeranye n'ubugorozi mu by'ubuzima. Abarya inyama bongerera imbaraga ibyifuzo bibi kandi bagategura inzira z'uburwayi
buzabageraho. IMN 342.2

686. Urugo rwawe rwaranzwe no kurya bikabije inyama, bituma ibyifuzo bya kinyamaswa byiyongera, mu gihe intekerezo zacogojwe. Tugizwe n'ibyo turya, kandi niba tubeshejweho cyane n'inyama z'amatungo, tuzasangira kamere n'ayo matungo. Mwahaye imbaraga kamere y'ubuzima bwanyu, nyamara mwirengagiza ubushobozi bw'intekerezo. IMN 342.3

687. Twifuza ko ukuri kw'Ijambo ry'Imana gucengera muri buri wese muri mwe mbere y'uko iki gihe kirangira. Twifuza ko mwese

musobanukirwa ko inyama z’amatungo atari ibyokurya byiza cyane mukeneye. Indyo nk’iyi ituma mwebwe n’abana banyu mugira ibyifuzo bibi bya kinyamaswa. Imana iradusaba kwigisha abana bacu kugira ngo barangwe n’ingeso nziza mu mirire, no mu myambarire. Itegereje ko dukora ibyo dushoboye byose ngo dukize umubiri wangiritse. IMN 342.4

[Ingaruka z’inyama n’ibyokurya bikungahaye ku mavuta zigera ku bana — 348, 350, 356, 357, 361, 578, 621, 711]. IMN 342.5

Uburyo Buhesha Ubuzima Umutekano

688. Ubushobozi bw’intekerezo, umutimanama, n’umubiri, bicogozwa n’akamenyero ko kurya inyama. Kurya inyama bikoresha nabi umubiri, biteza igihu mu ntekerezo, bikijimisha imbaraga z’ibyumvirizo by’umutimanama. Bene data namwe bashiki banjye, ndababwira nti, uburyo buhesheje umutekano ubuzima bwanyu, ni ukureka inyama.

Impamvu Nyayo Ntabwo Izwi

689. Ingaruka zo kurya inyama ntizihita zigaragaza; nyamara ibi ntibivuga ko zitangiza ubuzima. Ibintu bike gusa ni byo bituma abantu bemera ko inyama ari zo nyirabayazana w’uburozi bwahumanyije amaraso bukabatera kurwara. IMN 343.2

690. Iyi ngingo nayeretswe mu buryo butandukanye. Abantu ntibashishoza ngo babone impfu ziterwa no kurya inyama. Iyaba babibonaga, ntitwakongera kumva impaka n’inzitwazo zitangwa n’abanyamururumba b’abakunzi b’inyama. Dufite byinshi bibasha kuduhaza tutagombye gutegura ku meza yacu intumbi ngo ziyongere ku mafunguro yacu.IMN 343.3

691. Benshi bapfa bazize indwara akenshi ziterwa no kurya inyama, mu gihe usanga bibaza ubwabo cyangwa n’abandi bibaza impamvu nyakuri ibiteye. Bamwe ntibahita biyumvisha impamvu y’izo ngaruka mbi, ariko iyi si impamvu ituma inyama zitabamerera nabi mu mubiri. Zibasha kuba zigira ingaruka ku mubiri wose, mu gihe umuntu adahita abyumva. IMN 343.4

692. Wagiye utanga impamvu zigushyigikira kurya inyama, ugakomeza kuvuga uti: “Nubwo zimerera nabi abandi, jyewe ntizimerera nabi, kuko naziriye kuva ndi umwana kugeza ubu.” Nyamara wirengagiza uburyo ubuzima bwawe buba bwarahindutse bwiza iyo uba wararetse gukoresha inyama. IMN 343.5

Inyama z’Ingurube Zaciriweho Iteka ku buryo bw’ Umwihariko

693. Imana yabahaye umucyo n’ubumenyi, kandi mwemera ko byavuye kuri yo, bigamije kubigisha kwanga irari. Muzi neza ko kurya ingurube binyuranye n’ibyo Imana yategetse, itabitewe n’uko yashakaga kwerekana ubutware bwayo by’umwihariko, ahubwo kuko izi ko kurya ingurube byica ubuzima bw’abazirya. Kuzirya bituma amaraso yandura, zigatera igituntu n’ayandi matembabuzi byica ubuzima, bugafatwa n’uburwayi. Imyakura n’imitsi yumva yo mu bwonko ni yo by’umwihariko icogozwa kandi ikijimishwa, ku buryo umuntu aba atakibasha kumenya ibyera, ahubwo abifata nk’ibisanzwe. IMN 343.6

694. Imyanya y’inyama z’ingurube yuzuyemo inzoka. Imana yaravuze iti:
“N’ingurube kuko yatuye inzara ariko ntiyuze, ni igihumanya kuri mwe. Inyama zazo ntimukazirye, n’intumbi zazo ntimukazikoreho” (Gutegeka 14:8). Iri tegeko ryatanzwe kuko inyama z’ingurube zitagomba kuribwa. Ingurube zabereyeho gusa gukuraho imyanda. Nta mpamvu n’imwe igomba gutuma abantu barya inyama z’ingurube. IMN 344.1

695. Ingurube, nubwo ikundwa cyane ku isoko, ni ikiribwa kizira bikomeye. Imana ntiyabujije Abaheburayo kurya inyama z’ingurube bitewe no kugira ngo ibereka ububasha bwayo gusa, ahubwo kuko atari icyokurya cyagenewe gutunga umuntu. Inyama zayo zuzuza mu mubiri mikorobe zitera igituntu, ndetse by’umwihariko mu bihugu bishyuha, zitera abantu ibibembe n’izindi ndwara z’ubwoko bwinshi. Ingaruka zazo mu gihe nk’icyo usanga ari mbi bikabije kuruta mu gihe cy’imberabyombi. Ariko Imana ntiyigeze yemera ko inyama z’ingurube ziribwa igihe icyo aricyo cyose. Abapagani baryaga ingurube, n’Abanyamerika bagiye bazikoresha nk’icyokurya cy’ingenzi bagura mu masoko. Inyama z’ingurube ntizishobora kuba nziza mu ngo z’abakomeye ukurikije n’ukuntu ingurube ziteye. Hari bamwe bashaka kuyiryoshya bakayuzuzamo ibirungo bihambaye; nyamara

ibyo na none birushaho kongera ubumara bwayo. Inyama z’ingurube, kurusha izindi nyama zose, zihumanya amaraso. Abazirya cyane nta yindi ngaruka bazibonamo usibye kubatera uburwayi. Abakora imyitozo ngororamubiri yo hanze ntibumva cyane ingaruka mbi zo kurya inyama z’ingurube nk’abatajya hanze, batimuka, kandi bamenyereye imirimo yo mu biro isaba gukoresha ubwenge. IMN 344.2

Nyamara ubuzima bwo ku mubiri sibwo bugerwaho gusa n’ingaruka z’inyama z’ingurube. N’imibereho y’umwuka irafatwa, ibyumvirizo byakira ibya Mwuka bikijimishwa no kurya izo nyama mbi. Ntibishoboka ko umubiri w’ikiremwa icyo aricyo cyose uba mwiza igihe kigizwe n’umwanda kandi kigatungwa n’imyanda y’ubwoko bwose. Umubiri w’ingurube ugizwe n’ibyo zirya. Iyo umuntu ariye inyama zazo, amaraso n’umubiri we bihumanywa n’imyanda zimwinjizamo. Kurya inyama bitera mikorobi z’igituntu, ibibembe, n’ibibyimba bya kanseri. Bituma kandi umuntu agira uburibwe bukomeye. IMN 344.3

[Imyifatire ya Daniyeli ku nyama z’ingurube — 34].IMN 345.1

Ibinure n’Amaraso by’Amatungo

696. Nk’abagize umuryango, ntabwo mugomba kwibwira ko mutabasha kugerwaho n’indwara. Mwagiye mukoresha ibinure by’amatungo Imana yavugiye mu ijambo ryayo ko bitagomba gukoreshwa: “Rizababere itegeko ridakuka mu bihe byanyu byose no mu buturo bwanyu bwose, ntimukagire urugimbu cyangwa amaraso murya” (Abalewi 3:17). “Kandi ntimukarire amaraso y’uburyo bwose mu buturo bwanyu bwose, n’aho yaba ay’ibiguruka cyangwa ay’amatungo cyangwa ay’inyamaswa. Umuntu wese uzarya amaraso y’uburyo bwose azakurwe mu bwoko bwe” (Abalewi 7:26, 27). IMN 345.2

697. Inyama ziribwa usanga zatekanywe n’ibinure, kuko ari zo ziryohera ababaswe n’irari ribi. Amaraso n’ibinure by’amatungo usanga abantu babifata nk’ibyokurya by’agaciro. Nyamara Uhoraho yatanze amabwiriza yihariye ko bitagomba kuribwa. Kubera iki? Kuko kubirya bituma mu mubiri hinjiramo amaraso yahumanye akangiza imikorere yawo. Gusuzugura amabwiriza yihariye Imana yatanze bizanira abantu ingorane

zinyuranye hamwe n'indwara mbi…. Igihe abantu bashyize mu mibiri yabo ibyokurya bitabasha kuwuremera amaraso n'umubiri bitunganye, baba bagomba kwemera ingaruka zo gukerensa Ijambo ry'Imana. IMN 345.3

Ifi Akenshi Zihura n'Ubwandu

698. Mu bice byinshi, ifi ziba mu mazi yahumanyijwe n'imyanda yo mu mijyi minini, usanga zihindukira abazirya, intandaro y'indwara. Ibi akenshi biboneka ku mafi aba yariye imyanda ijugunywa mu mazi yegereye imijyi minini. Nubwo yaba aroberwa kure kandi hari amazi meza, abasha guteza akaga n'indwara abantu badatekereza, ndetse bikabaviramo kubura ubuzima bwabo. IMN 345.4

Kumenya Ibihe Bidasanzwe Inyama Zishobora Gukoreshwa

699. Ahantu habasha kuboneka amata meza n'imbuto ku buryo bworoheje, ntibyumvikana kwemera impamvu abantu batanga zo kurya inyama. Ntibikwiriye kwambura ubuzima ikiremwa icyo aricyo cyose cy'Imana kugira ngo umuntu abeho. Ku ndwara runaka cyangwa igihe umubiri wabikeneye bikomeye, byashoboka ko abantu bakoresha inyama; nyamara kuzihitamo bigasaba kubyitondera kugira ngo zibe ari inyama z'amatungo amerewe neza. Ni ngombwa nyamara gutekereza no kwibaza niba binakwiriye rwose mu gihe nk'iki tugezemo, kurya inyama. Byarushaho kuba byiza kudakoresha inyama na gato kuruta kuba warya inyama z'amatungo arwaye. Iyo ntabashaga kubona ibyokurya nifuza, rimwe na rimwe naryaga inyama, ariko nkagenda nzigirira impungenge.IMN 346.1

[Ellen G. White rimwe na rimwe yaburaga uko agira akarya inyama nkeya — Umugereka I:10]. IMN 346.2

700. Abantu bamwe bibwira ko indyo ikwiriye ari igizwe cyane na porici. Nyamara, kuyihorera kandi ukarya nyinshi ntibigwa neza ingingo z'urwungano ngogozi, kuko ari indyo igizwe cyane n'amazi. Ahubwo mwihate cyane imbuto, imboga n'umutsima cyangwa umugati. Imirire igizwe n'inyama ntabwo iri mu mirire myiza, nyamara sinshyigikira ko buri wese agomba kureka inyama. Abafite ingingo z'urwungano ngogozi

zoroshye bashobora kujya bakoresha inyama, mu gihe badashoboye imboga, imbuto, cyangwa porici. Kandi no mu gihe dufite ubuzima bwiza kandi twifuza kububungabunga, tugomba kwirinda kurya imboga n'imbuto ku igaburo rimwe. Igihe igifu kitamerewe neza, bitera kugubwa nabi, ubwonko bugacura igihunya ntibubashe kugira imbaraga. Mufate imbuto ku igaburo rimwe, n'imboga ku rindi. … Za gato z'amasukari, n'ibindi biryohera bizanira ibibazo ingingo z'urwungano ngogozi; nyamara se ntusanga tubigeragerasha abari ku meza tukabizana ngo biribwe? Uko imirire y'abarimu n'abanyeshuri irushaho kuba igizwe n'inyama ni ko ubwenge bwabo butabasha gusobanukirwa n'iby'umwuka. Imbaraga za kinyamaswa ziriyongera, maze imitekerereze iboneye ikagenda ishira. Kwiga cyane sibyo ntandaro y'ibanze itera kugabanuka kw'imbaraga zo gutekereza, ahubwo biterwa n'imirire itaboneye, kurira ku bihe binyuranye, no kudakora imyitozo ngororamubiri. Kugira ibihe bihindagurika by'amasaha yo kurya n'ayo kuryama byiba imbaraga z'ubwonko n'intekerezo. IMN 346.3

[Mu mwaka wa 1844, ibigo byacu by'ubuzima ntibyari byiteguye kureka gukoresha inyama, nubwo hari ubushake bwo kugira intambwe iterwa — 720]IMN 347.1

[Gukoresha inyama ziboneye biruta gukoresha amata n'isukari ku rugero rukabije — 527, 533] IMN 347.2

[Abaganga bagomba kwigisha abantu kureka inyama, ariko bakirinda kwandikira abantu amabwiriza yo kuzireka — 434, 438] IMN 347.3

[Si byiza gutegekera abarwayi b'igituntu kureka inyama — 435] IMN 347.4

[Inyama ntizigomba kubuzwa abantu batabasha kubona ibindi byokurya bizisimbura — 796] IMN 347.5

[Inyama ntizikwiriye kuba ibyokurya by'ubwoko bw'Imana ahantu hose hashobora kuboneka amatunda, ibinyampeke, n'ibinyamisogwe — 719] IMN 347.6

[Inyama zigaburirwa abarwayi mu byumba by'ibigo by'ubuzima — 437]. IMN 347.7

Imirire Itarimo Inyama ni yo Ikwiriye

701. Inyama ntabwo ari ingenzi ku buzima cyangwa ngo zitange imbaraga, bitabaye ibyo Imana yaba yaribeshye mu gihe yahitiragamo

Adamu na Eva ibigomba kubatunga mbere yo gucumura. Ibyangombwa byose byubaka umubiri tubisanga mu mbuto (amatunda), imboga, n’ibinyampeke. IMN 347.8

702. Ni ikosa kwibwira ko inyama zituma umuntu agira imbaraga z’imikaya. Ibyo umubiri ukeneye bibasha kuboneka ku buryo bwiza cyane, kandi n’umuntu akishimira imbaraga z’ubuzima bwe, bitabaye ngombwa gukoresha inyama. Ibinyampeke, imbuto n’imboga byifitiye ibyangombwa byose umubiri ukeneye ngo ubihinduremo amaraso meza. Ibyo byangombwa ntibibasha kuboneka neza cyangwa ku buryo bwuzuye mu nyama. Iyaba gukoresha inyama byazaniraga umubiri amagara mazima n’imbaraga, inyama ziba zarashyizwe mu byokurya byahawe umuntu katanga ka mbere. IMN 347.9

[Inyama ntizikwiriye gusimbuzwa indyo nkene — 319]. IMN 348.1

Ni Kuki Mwarya Ibikatsi?

703. Ibyokurya by’amatungo ni imboga n’ibinyampeke. Nonese birakwiriye ko imboga zibanza guhindurwa “amatungo”; mbese zikwiriye kubanza kunyuzwa mu mibiri y’amatungo kugira ngo tubone kuzirya? Mbese dukwiriye koko kurya imboga zacu tuziririye mu nyama z’ibiremwa byamaze gupfa? Imana yahaye ababyeyi bacu ba mbere amatunda mu mwimerere wayo. Yahaye Adamu inshingano yo kurinda umurima, kuwuhinga, no kuwitaho. Yaramubwiye iti: “Ibi ni byo byokurya byawe.” Nta nyamaswa yagombaga kwica indi ngo ibone ibyokurya.IMN 348.2

704. Abarya inyama baba barya ibinyampeke n’imboga byabanje kuribwa n’amatungo nk’ibikatsi. Kuko amatungo akura ibiyatunga muri ibi byokurya. Ubuzima buri muri ibi binyampeke n’imboga buhita bujya mu itungo; natwe tukabubona turimo kurya inyama z’ayo matungo. Mbega ukuntu byaba agahebuzo tubaye tubiriye mu buryo butaziguye, tugahitamo kurya ibyokurya Imana yaduhaye ngo bidutunge! IMN 348.3

Inyama ni Ikiribwa Gikabura Umubiri

705. Iyo umuntu ahagaritse kurya inyama, akenshi yumva umubiri ufite intege nke, nta mbaraga ufite. Benshi bihutira kumva ko umubiri wabo ukeneye inyama; nyamara icyo ni igihamya ko inyama ari ikiribwa gikabura umubiri, kigateza umuriro mu maraso, maze imyakura igahaguruka. Bikomerera ndetse bamwe kuzireka kuruta uko umusinzi yareka ikirahuri cy'inzoga; nyamara iyo bakomeje kwihangana basanga ko impinduka ari nziza ku buzima bwabo. IMN 348.4

706. Inyama kandi zangiza ubuzima. Ingaruka zazo zo gukabura umubiri ni igihamya gihagije cyerekana ko zidakwiriye gukoreshwa; kandi kuba ku isi yose basanga amatungo afite uburwayi birushaho gutuma umuntu azigirira impungenge. Zitera uburyaryate mu myakura, zigateza ibizongamubiri (ibyifuzo by'imbere mu mubiri) guhaguruka, bityo ibyifuzo bibi bigahabwa intebe. IMN 349.1

707. Natangajwe n'amagambo yanyu muvuga mukomeje ko iyo muriye inyama zibongerera imbaraga, kuko muramutse ubwanyu mutarebwa n'icyo kibazo, intekerezo zanyu zabereka ko iyo mirire y'inyama idafitiye umubiri wanyu akamaro kenshi nk'uko mubyibwira. Muzi uburyo mwabasha gusubiza umuntu wabaswe no kunywa itabi, niba, abaye ashaka kwisobanura, yakoresha imvugo nk'iyo mukoresha musobanura impamvu mukomeje kurya ibyokurya by'amatungo yapfuye. Intege nke mugira igihe mwaretse kurya inyama ni kimwe mu bihamya bikomeye mbasha kubereka kugira ngo mbemeze ko mugomba kuzireka. Abarya inyama bumva zibateye akanyabugabo igihe bamaze kuzirya, maze bakemeza ko zibatera imbaraga. Iyo umuntu aretse kurya inyama, ashobora kumva mu gihe runaka ko umubiri ufite intege nke, ariko igihe umubiri we umaze kubonera ugakira ingaruka z'iyo mirire, ntiyongera kumva izo ntege nke, maze akareka kongera kwifuza icyo yumvaga ko ari ingirakamaro mu kongerera imbaraga umubiri we. IMN 349.2

[Ellen G. White yiyumvaga nk'umunyantege nke igihe yabaga yariye cyane inyama — Umugereka I:4, 5, 10] IMN 349.3

[Ellen G. White yarwanye intambara yo kureka gukoresha inyama — Umugereka I:4, 5]. IMN 349.4

Gushaka Ibisimbura Inyama

708. Igihe muretse inyama, mugomba kuzisimbuza ibinyampeke, imboga, n’imbuto bifitiye akamaro umubiri kandi biryoshye. Ibyo ni ingenzi cyane by’umwihariko ku bantu b’abanyantege nke cyangwa abakora imirimo ibasaba imbaraga. Mu bihugu bimwe bikennye, usanga inyama zihendutse. Guhindura akamenyero ko kuzikoresha ntibyoroshye ariko birashoboka. Ni ngombwa rero kwita ku mibereho abantu babayemo n’imbaraga z’akamenyero k’igihe kirekire byatwaye, hakabaho kwirinda guhubuka mu bitekerezo, nubwo byaba ari byiza. Nta n’umwe ugomba gusabwa guhindura imirire ku buryo buhutiyeho. Inyama zikwiriye gusimbuzwa ibyokurya bifite intungamubiri zuzuye kandi bidahenze. Umutetsi ni we ugomba kubyitondera cyane. Mu bushishozi n’ubuhanga, abasha gutegura amafunguro yubaka umubiri kandi aryoshye, ku buryo asimbura rwose inyama. IMN 349.5

Mu buryo bwose, gutoza intekerezo, gushyiramo ubushake, kubona no gukoresha indyo yuzuye, bizatuma habaho impinduka ku buryo bworoshye, maze ikibazo cyo gushaka kurya inyama gishire. IMN 350.1

709. Kumenya guteka neza ibyokurya ni ikintu cy’ingenzi kuruta ibindi.
By’umwihariko, igihe inyama zidahawe umwanya w’ibanze mu byokurya, birakwiriye ko guteka bikorwa neza. Hagomba kubaho ibyokurya bitegurwa bigasimbuzwa inyama, kandi ibyo byokurya bizisimbura bigomba gutegurwa neza, ku buryo abantu batongera kwifuza kurya inyama. IMN 350.2

[Impinduka zikorwe ku buryo bwumvikana — 320, 380] IMN 350.3

[Indyo iboneye irakenewe mu gihe habayeho kureka inyama — 320] IMN 350.4

[Imana izatanga ubumenyi ngiro bwo kubasha gutegura ibyokurya bifitiye akamaro umubiri byo gusimbura inyama — 376, 400, 401, 404] IMN 350.5

[Indyo igizwe n’imbuto, ibinyampeke, ibinyamisogwe, n’imboga bisimbura inyama — 472, 483, 484, 513] IMN 350.6

Inzitwazo Zidasobanutse

710. Mbega ukuntu gutakaza imbaraga y’umucyo n’amabwiriza Imana yaduhereye ubuntu byoroha igihe Satani yigaruriye intekerezo z’abantu! Ni bangahe usanga batanga inzitwazo zidasobanutse bagashaka

impamvu zitabaho kugira ngo zishyigikire amafuti yabo, bagashyira ku ruhande umucyo maze bakawuribatira hasi. Ndavuga ibi nkomeje. Inkomyi ikomeye ku ivugurura ry'ubuzima ni uko abizera bacu batarishyira mu bikorwa; kandi bakavuga bakomeje ko badashobora gukurikiza ivugurura ry'ubuzima ngo bakomeze kugira imbaraga z'umubiri. IMN 351.1

Muri ayo magambo, tubonamo impamvu nyayo ituma batabasha gushyira mu bikorwa ivugurura ry'ubuzima. Ntibigeze bamenya ibyiza byaryo, ntibigeze bakurikiza ibyo ribigisha, ni yo mpamvu badashobora kumenya inyungu zaryo. Bamwe bagwa mu mutego wo kwibwira ko bitewe n'uko baretse kurya inyama, ntibakeneye kuzisimbuza imbuto n'imboga byiza, byateguwe ku buryo busanzwe, bitarimo ibinure n'urusenda. Iyaba bashoboraga gushyira mu bikorwa ibyiza Umuremyi yabahaye, abana n'ababyeyi bose bashyize hamwe muri uwo murimo, bakwishimira indyo yoroheje, maze bagashobora noneho kuvuga nta mbebya ibyiza by'ivugurura ry'ubuzima. Abataremera kwakira ivugurura ry'ubuzima kandi bakaba batarigeze barigira iryabo, ntibabasha kujya impaka ku byiza byaryo. Abareka kurikurikiza mu gihe runaka, bakishimira guhaza irari ryabo barya ibiguruka cyangwa izindi nyama, baba bangiza irari ryabo, bityo bene abo ntibakwiriye kujya impaka cyangwa ngo bace imanza ku byiza by'ivugurura ry'ubuzima. Baba batwawe n'irari aho gukurikiza amahame.

Guhamagarirwa Byihutirwa Ivugurura

711. Benshi mu babyeyi bakora nk'abadafite intekerezo. Bari mu kintu kimeze nk'ibitotsi, bamugajwe n'umururumba w'irari ribi ndetse n'ibyifuzo bibi bikurura imitima yabo. Abagabura bacu, bazi ukuri, bakwiriye gukangura abizera bakabakura muri ubwo bumuga, bakabaganisha aho bagomba kwitandukanya n'iryo rari ribakururira kwifuza inyama. Nibirengagiza ivugurura, bazabura imbaraga mu bya Mwuka, maze bagende barushaho gushayisha mu kwifuza ibibi. Usanga mu ngo nyinshi hari ingeso zidashimisha ijuru, ingeso zabase abantu bagashayisha bagasigara barutwa n'inyamaswa. Abamenye ukuri bose nibavuge bati, "Nimuhunge ukwangirika kw'imibiri kurwanya ubugingo." IMN 351.3 Ntihakagire umugabura mu bagabura bacu utanga urugero rubi mu kurya inyama. Ubwabo n'imiryango yabo nibagendere mu mucyo w'ivugurura

ry'ubuzima bwiza. Abagabura bacu ntibagahindure kamere yabo ngo ibe iya kinyamaswa kimwe n'iy'abana babo. Abana batigeze bamenyerezwa gutegeka irari ryabo ntibahura n'ibishuko byo gushimisha ingeso zabo mu kutirinda gusa, ahubwo bahora banashaka guhaza ibyifuzo byabo bibi, bagakerensa ukubonera n'ubupfura. Bene aba baba bashorewe na Satani bitari mu kwangiza imibiri yabo gusa, ahubwo abateza no kubwiriza abandi gukurikiza ingeso zabo mbi. Niba ababyeyi bahumishijwe n'icyaha, akenshi ntibababasha gushishoza ngo bamenye ibyo bintu. IMN 352.1

Ku babyeyi batuye mu mijyi, Umwami Imana arabihanangiriza ababwira uyu muburo: "Murindire abana banyu mu ngo zanyu; mubarinde abakerensa amategeko y'Imana, bigisha kandi bagakora ibibi. Nimuhunge bwangu imijyi." Ababyeyi babasha gushaka amazu mato mu giturage, hamwe n'aho babasha guhinga, bakahatera imbuto n'imboga bikabasha gusimbura inyama zangiza amaraso akwirakwiza ubuzima mu mitsi y'umubiri. IMN 352.2

Kwigomwa Kurya no Gusenga Bitanga Imbaraga zo Kwirinda

712. Niba irari ryacu rituganisha ku kwifuza inyama z'amatungo yapfuye, ni ngombwa rwose ko dufata umwanya tukigomwa kurya, tugasenga, kugira ngo Uhoraho aduhe ubuntu bwe bushobora kutubashisha gutsinda ibyifuzo by'umubiri birwanya ubugingo. IMN 352.3

[Kwigomwa kurya ni ingenzi mu gufasha kureka imirire ikize ku binure n'inyama — 312]. IMN 352.4

Igihe Isengesho ryo Gukiza Ritagira Umumaro

713. Hariho bamwe mu Badiventisti b'Umunsi wa Karindwi batita ku mucyo bahawe kuri iki kibazo. Bashyira inyama mu bigize imirire yabo ya buri gihe. Ingaruka zabyo zikaba guhura n'indwara n'uburibwe bitewe n'iyo migenzereze yabo mibi, maze ugasanga basaba abagaragu b'Imana kubasengera. Nyamara se byashoboka bite ko Imana ibatabara mu gihe banga kumvira ubushake bwayo, bakanga kwemera gukurikiza amabwiriza yayo yerekeranye n'ivugurura ry'ubuzima? IMN 353.1

Mu gihe cy’imyaka mirongo itatu umucyo w’ivugurura ry’ubuzima wageze ku bwoko bw’Imana, nyamara benshi muri bo bawugize urw’amenyo. Bakomeje gukoresha ikawa, icyayi, insenda, n’inyama. Imibiri yabo yuzuye indwara. Ndibaza nti, ni buryo ki bene abangaba twabashyira imbere y’Imana mu masengesho ngo ibakize izo ndwara? IMN 353.2

714. Utugati duto dushyushye n’inyama ntibihuye na gato n’amahame y’ivugurura ry’ubuzima. Turamutse twemereye intekerezo nzima zigasimbura ibyifuzo no gukunda iby’umubiri ushaka ntitwakomeza kurya inyama z’amatungo yapfuye. Haba har’ikintu gishishana nko kumva impumuro y’inyama mu maguriro yazo? Impumuro y’inyama mbisi ntibera nziza umuntu wese ugifite ibyumviro bitangijwe n’irari ridasanzwe. Haba hari ikintu cyarusha kuba kibi nko kureba amatungo akinjwa kugira ngo aribwe? Niba uyu mucyo w’ivugurura ry’ubuzima Imana yaduhaye ukomeje kwirengagizwa, nta gitangaza izakorera abakomeje iyo nzira yo kwikururira indwara ngo ibarindire ubuzima.IMN 353.3

Abayobozi mu Ivugurura

715. Nubwo ibyo gukoresha inyama tutabigira igipimo, kandi tukaba tudashaka guhatira uwo ariwe wese kureka kuzikoresha, ariko na none inshingano yacu ni ugusaba ko nta mugabura n’umwe muri Filidi cyangwa Konferanse ukwiriye kugaragaza ko atazi ubutumwa bwerekeranye n’ivugurura ry’ubuzima kuri icyo kibazo, cyangwa ngo aburwanye. Niba mwirengagiza umucyo Imana yatanze ku byerekeranye n’ingaruka zo kurya inyama ku mubiri, namwe mugakomeza kuzirya, mugomba kwirengera ingaruka zabyo. Ariko ntimugomba gufatira imbere y’abizera uruhande rutuma batekereza yuko gushyira mu bikorwa ivugurura mu mirire y’inyama bitari ngombwa. Kubera yuko Uhoraho ahamagarira bose gushyira mu bikorwa ivugurura. Uhoraho yadushinze umurimo wo kwamamaza ubutumwa bwerekeranye n’ivugurura ry’ubuzima, kandi niba mudashobora kwifatanya n’abandi gutanga ubu butumwa, ntimwabasha kubuha agaciro kabwo. Mu kurwanya umuhati wa bagenzi banyu bigisha ivugurura ry’ubuzima, ntimuba mugendera kuri gahunda, muba mukora umurimo mubi. IMN 353.4

[Umurimo w'ivugurura ry'ubuzima uzajya mbere; wirinde kuwurwanya — 42] IMN 354.1

716. Nk'intumwa z'Imana, mbese ntidukwiriye gutanga ubuhamya bukomeye buvuguruza irari ribi n'umururumba? … Imana yaduhaye amatunda n'ibinyampeke byinshi ku buryo twajya tubitegura bikagirira akamaro umubiri kandi tukabikoresha mu buryo bukwiriye. Nonese ni kuki abantu bakomeje guhitamo kurya inyama? Mbese koko twabasha kugirira icyizere abagabura bategura ku meza inyama maze bakifatanya n'abandi kuzirya? … IMN 354.2

"Muzakurikize amategeko y'Uwiteka Imana yanyu." Umuntu wese ugomera amategeko y'ubuzima azagerwaho n'uburakari bw'Imana. Mbega ukuntu dukeneye Mwuka Muziranenge buri munsi, kugira ngo tugendere mu mucyo twahawe, tureke inarijye, maze dukurikize imico ya Kristo. IMN 354.3

717. Abagabura n'ababwiririsha butumwa ibitabo bacu bagomba kugendera munsi y'ibendera ryo kwirinda kuzuye. Ntimukagire isoni zo kuvuga ngo, "Murakoze, sindya inyama. Mfite impamvu zituma ntarya inyama z'amatungo yapfuye." Niba babahaye ikawa, muyange, mwerekane impamvu zibibatera. Mubasobanurire ko ikawa yica umubiri, kandi ko nubwo ikabura umubiri umwanya runaka, inkurikizi zo gucika intege zumvikana mu mubiri. IMN 354.4

718. Ku byerekeranye n'inyama, twese tubasha kuvuga duti, Reka tuzireke. Kandi tubasha twese gutanga ubuhamya bwo kwirinda ikawa n'icyayi, tukirinda kutazongera kubinywa. Bikoresha umubiri nabi bikangiza ubwonko hamwe n'izindi ngingo z'umubiri. Igihe ntikiragera ngo mvuge ko tugomba kureka gukoresha amata n'amagi. Amata n'amagi ntibigomba gushyirwa mu cyiciro kimwe n'inyama. Ku burwayi bumwe, gukoresha amagi biba ingirakamaro cyane. IMN 355.1

Abizera b'amatorero yacu nibareke irari ryose ryo kwikunda. Ifaranga ryose rikoreshejwe mu kugura ikawa, icyayi, n'inyama riba rirenze kujugunywa. Kuko ibi bintu birwanya iterambere ry'imbaraga z'umubiri, intekerezo, n'umwuka. IMN 355.2

[Ellen White ntiyagaburaga cyangwa ngo akoreshe inyama mu rugo rwe — Umugereka I:4, 5, 8, 10, 14, 15, 16, 17, 18, 21, 23] IMN 355.3

[Ellen White yaciye inyama ku meza ye — Umugereka I:12, 13]. IMN 355.4

Incamake

719. Iyaba hari inyungu twabashaga gukura mu kurya inyama, sinashoboraga kubagezaho iri rarika; ariko nziko nta nyungu irimo. Inyama zangiza amagara yacu, dukwiriye rero kwiga kuzireka. Abafite uburyo bwo gukoresha imirire itarangwamo inyama, nyamara bagahitamo gukurikiza ibyo bishakiye, barya kandi banywa uko babyumva, bazagenda barushaho gukerensa amabwiriza Uhoraho yatanze yerekeranye n'izindi nzego z'ukuri kw'iki gihe, kandi ntibazaba bakimenya ukuri. Bazasarura rero ibyo babibye. IMN 355.5

Nahawe amabwiriza ko abanyeshuri bo mu bigo byacu batagomba kugaburirwa inyama cyangwa ngo batekerwe ibyokurya bizwi ko byonona ubuzima. Nta na kimwe kibasha gutuma bifuza ibintu bikabura imibiri yabo gikwiriye gushyirwa ku meza. Ibi ndabirarikira abakuze n'urubyiruko hamwe n'abashaje. Nimureke irari ry'ibintu byose byangiza imibiri. Nimukorere Uhoraho mwemera kwigomwa. IMN 355.6

Abana nibakorane uwo murimo ubwenge. Twese tugize umuryango w'Imana, kandi Uhoraho yifuza ko abana be, abato n'abakuze, biyemeza gutsinda irari, maze bakazigama amafaranga akenewe mu kubaka insengero no gushyigikira ababwirizabutumwa. IMN 356.1

Nahawe amabwiriza yo kugeza ku babyeyi: Nimwiyegurire ubwanyu, imibiri yanyu, ubugingo bwanyu, n'umwuka wanyu, bibe mu ruhande rw'Uhoraho. Ntitugomba kwibagirwa ko iyi minsi y'inyongezo twahawe, turi mu igeragezwa imbere y'Umwami w'ijuru n'isi. Mbese ntimwazibukira ingeso zanyu mbi zituma mugubwa nabi? Amagambo ntahagije. Nimureke ibikorwa byanyu byo kwiyanga bihamye rwose ko mushaka kumvira ibyo Imana isaba abantu bayo. IMN 356.2

Hariho abumva badashobora kureka inyama. Iyaba aba bantu bashoboraga kwishyira mu mwanya w'Uhoraho, maze bakiyemeza gukurikiza inzira aturarikira, babasha guhabwa imbaraga n'ubwenge nk'uko Daniyeli na bagenzi be babuhawe. Babona ko Uhoraho yiteguye kubaha ubwenge buzima. Benshi batangazwa no kubona ukuntu hariho abantu benshi babasha gukizwa kubwo umurimo w'Imana biturutse mu gikorwa cyabo cyo kwiyanga. Amafaranga make azigamwa bitewe no kwigomwa

yagira akamaro gakomeye ko gukora umurimo w’Imana kurenza impano z’ibitangaza zitangwa zidaturutse ku mwuka w’ubwitange. IMN 356.3

Abadiventisti b’Umunsi wa Karindwi bafite ukuri kw’agaciro gakomeye cyane. Hashize imyaka irenga mirongo ine Uhoraho aduhaye umucyo udasanzwe werekeranye n’ivugurura ry’ubuzima, ariko se turawukurikiza? Ni bangahe banze gukurikiza inama z’Imana? Nk’ubwoko bw’Imana, tugomba gukomeza kugendera mu mucyo twabonye. Inshingano yacu ni ugusobanukirwa no kumvira amahame y’ivugurura ry’ubuzima. Ku byerekeranye no kwirinda, dukwiriye kuba abantu b’imbere kurusha abandi bantu bose; nyamara, haracyari abizera mu itorero bajijutse cyane, ndetse n’abagabura b’ubutumwa bwiza, batubaha umucyo Imana yaduhaye kuri yo ngingo. Barya uko bishakiye, bagakora ibyo bishakiye. … IMN 356.4

Ntabwo tugamije gushyiraho umurongo runaka ngenderwaho mu byerekeranye n’imirire; ariko icyo tubwira abantu baba mu bihugu bibonekamo amatunda, impeke n’imbuto zimeze nk’ubunyobwa ku buryo buhagije, ni uko inyama atari ibyokurya byiza ku bantu b’Imana. Neretswe ko inyama ziha abantu kamere ya kinyamaswa, zigakura mu bagabo n’abagore imyifatire y’urukundo n’impuhwe bagomba kugaragarizanya, zigatera mu mibiri yabo ibyifuzo bibi birwanya ubushobozi bw’imibereho yabo. Niba kurya inyama byarigeze bibera byiza umubiri, ntabwo ari iki gihe cyacu. Kanseri, ibibyimba, n’indwara zo mu bihaha biterwa ahanini no kurya inyama. IMN 357.1

Kurya inyama nyamara ntitugomba kubigira ikibazo cyo kuba umwizera w’itorero, ariko tugomba kuzirikana ingaruka zizanwa no kuzikoresha kwa bamwe mu bizera. Nk’intumwa z’Imana, mbese ntidukwiriye kubwira abo bantu duti, “Namwe iyo murya cyangwa munywa cyangwa mukora ikindi kintu cyose, mujye mukorera byose guhimbaza Imana?” (1 Abakorinto 10:31). Mbese ntidukwiriye kwikorera umutwaro w’ubuhamya bwo kurwanya irari ribi mu mirire? Mbese birakwiriye ko umubwiriza w’ubutumwa bwiza, ufite inshingano yo kwamamaza ukuri kw’agaciro karuta ibindi byose kwahawe abanyabyaha, yatanga urugero rubi rwo gusubira ku nkono z’inyama zo muri Egiputa? Mbese birashoboka ko abatungwa n’imigabane y’icyacumi ituruka mu bubiko bw’Imana bemerera irari ryabo mu mirire rigahumanya imiyoboro itanga ubugingo itemba mu miheha itwara amaraso yo mu mibiri yabo? Mbese babasha koko

kwirengagiza umucyo n'imiburo Imana yabahaye? Ubuzima bw'umubiri bugomba kubonwa ko ari ingenzi mu gukurira mu buntu no mu kuremwa kw'imico iboneye. Niba igifu kititaweho uko bikwiriye, kuremwa kw'imico igororotse kandi iboneye kuzabangamirwa. Ubwonko n'imyakura bikorana cyane n'igifu. Imirire n'iminywere bidakwiriye biteza intekerezo n'ibikorwa bidakwiriye.IMN 357.2

Muri iki gihe abantu twese turimo kugeragezwa no gupimwa. Twese twabatijwe muri Kristo; nidukora uruhare rwacu tukitandukanya n'ikintu cyose cyadukururira mu kuduca intege no kuduhindura icyo tutagomba kuba cyo, tuzahabwa imbaraga zo gukurira muri Kristo, We muyobozi wacu, kandi tuzabona agakiza k'Imana. IMN 358.1

Iterambere ry'ivugurura mu mirire mu bigo by'itorero ry'abadiventisti b'umunsi wa karindwi

[Incamake: Ni ibintu dusanga mu mateka yuko mu ntangiriro, ibigo by'ubuvuzi by'Itorero ry'Abadiventisti b'Umunsi wa Karindwi byagaburaga inyama ku rugero rwenda kuba runini, ku barwayi n'abakozi babyo. Muri icyo gihe, ivugurura ry'ubuzima ryari rigitangira. Nyuma y'impaka ndende, mu bindi bigo byacu, batangiye kureka kugabura inyama. Mu kigo cy'ibitaro cya Battle Creek [Batolo Kriki], iyi ntambwe yatangiye guterwa mu mwaka wa 1898, bitewe cyane n'inama Madame White yatanze mu nyandiko dusanga muri iki gice, ku gika cya 722. Mu kigo cy'ibitaro cya St. Helena, impinduka yabayeho mu mwaka wa 1903. Muri iki gihe, inyigisho ku byerekeranye no gukoresha imirire itarimo inyama zari zamaze kuba gikwira, kandi ibyo gutegekera abarwayi kureka inyama byaratangiye kuba ibintu byoroshye kurusha uko byari mbere. Abayobozi b'ibyo bigo bya mbere bishimiye kumenya ko ibigo bishya byagendaga bivuka bidafite ikibazo cyo kugaburira inyama abarwayi. IMN 358.2

Inama ku byerekeranye n'inyama ntizaba zuzuye hatabayeho kwerekana ingorane zabaye mu bigo byacu nk'uko zagiye zisobanurwa mu magambo menshi yavuzwe na Madame White, kimwe n'amabwiriza yo kwihutira guteza imbere ivugurura mu mirire. Ni ingenzi ko umusomyi azirikana ibingibi kandi akita ku gihe ayo magambo yavugiwe, mu gihe yiga kuri iki kibazo cy'inyama — Ababisonzoranyije.] IMN 358.3

Guhamagarirwa Gukoresha Imirire Itarimo Inyama mu Bigo Byacu by’Ubuvuzi bya Mbere (1884)

720. Muri iki gitondo nabyutse saa kumi kugira ngo ngire ibyo mbandikira. Natekereje cyane muri iyi minsi ku kuntu ikigo mushinzwe kuyobora kibasha kugera aho Imana ishaka ko kigera, bituma ngira bikeya nifuza kubagezaho. IMN 359.1

Turi abagorozi b’iby’ubuzima, kandi tugamije kugaruka uko bishoboka kose ku mugambi wo kwirinda Imana yatugeneye katanga ka mbere. Uyu mugambi si uwo kwirinda inzoga n’itabi gusa; ugera kure birenze ibyo. Ugomba no kutuyobora mu mirire yacu. IMN 359.2

Mwese mufite umucyo ku byerekeranye n’ivugurura ry’ubuzima. Ariko iyo ngiye gusura ikigo cy’ubwiherero mu by’ubuzima, nsanga ko hari ukujya kure bikabije ku byerekeranye n’ivugurura mu mirire y’inyama, nkaba mbona rwose ko bikwiriye ko habaho impinduka bidatinze. Imirire yanyu yiganjemo cyane inyama. Icyo cyerekezo rwose si icy’Imana. Umwanzi ashaka gushyira ikibazo cy’imirire ku rwego rubi ngo ateshure inzira abayobozi b’ikigo agira ngo bemerere abarwayi gukoresha imirire ikwiranye n’irari ryabo.IMN 359.3

Igihe Uhoraho yakuraga abana b’Abisiraheli muri Egiputa, yagambiriye kubatuza i Kanani ngo bamubere ubwoko butunganye, bwishimye kandi bufite amagara mazima. Nimureke twige neza uwo mugambi w’Imana turebe n’uburyo wagezweho. Imana yashyizeho ibyo bagomba kwitondera mu mirire yabo. Ku rugero runini, Yabakuriyeho ibyo gutungwa n’inyama. Nyamara bakomeza kwifuza inkono z’inyama zo muri Egiputa, maze Imana ibaha inyama basabye, ariko ingaruka zibageza kure. IMN 359.4

Ikigo cy’Ubwiherero cy’Ubuzima cyashyizweho biruhanyije kugira ngo gikore umurimo wo kuvura abarwayi hadakoreshejwe ibinini. Cyagombaga kuyoborwa hakurikijwe amahame yo kwitungira amagara mazima. Kuvura hakoreshejwe ibinini byagombaga kugenda birekwa kuva icyo gihe kugeza igihe bicitse burundu. Byasabaga kwigisha ibyerekeranye n’imirire ikwiriye, uburyo bukwiriye bw’imyambarire, n’imyitozo ngororamubiri. Kandi izo

nyigisho zagombaga kwigishwa abizera b'itorero ryacu, kimwe n'abandi bantu bose batagize amahirwe yo kubona umucyo ugendana n'ivugurura ry'ubuzima, bagomba kwigishwa uburyo bwo kugira imibereho iboneye, hakurikijwe amabwiriza yatanzwe n'Imana. Ariko niba natwe ubwacu tutagera kuri urwo rwego muri uwo murongo, byaba bimaze iki gukoresha ubutunzi bungana butyo twubaka ibigo by'ubuzima? Mbese ivugurura ryaturuka he? IMN 359.5

Siniringira ko turimo kugendana na gahunda y'Imana. Tugomba kugira ibihinduka, cyangwa tukareka izina ryitwa, "Ibigo by'Umwiherero mu by'Ubuzima"; kuko ridakwiriye rwose. Uhoraho yanyeretse ko ikigo cy'ubuzima kitagomba kwemera kugendera ku irari cyangwa ku byifuzo by'umuntu bwite uwo ariwe wese. Ndibwira ko urwitwazo rwo kwemerera abantu kurya inyama mu bigo byacu rwazanywe n'abarwayi, bafite inyota yo guhaza irari ryabo, badashaka kugira ikindi kintu barya. Nuko rero nimubareke bajye aho babasha kubona ibyo bashaka kurya. Igihe ikigo kitabasha kuyoborwa, habe ngo kiyobore n'abarwayi, ngo gikurikize amabwiriza y'ukuri, kigomba kureka kwitwa izina ryacyo. Ariko ubungubu urwitwazo rwavuzwe ntirukiriho, kuko umubare w'abarwayi baturuka ahandi wagabanutse cyane. IMN 360.1

Gukomeza kurya inyama biteza akaga gakomeye mu mubiri. Nta rwitwazo rw'ibyo usibye irari ribi, ryangiritse. Mushobora kwibaza muti: Mbese muravuga ko inyama zigomba kurekwa rwose? Nabasubiza nti: Niho tugomba kugana, ariko ubu ntituritegura kuhagera. Kurya inyama bizarekwa rwose. Inyama ntizizakomeza kuba mu byokurya byacu, kandi ntituzakomeza kunyura ku ibagiro n'aho bazicuruza ngo tubure kugira iseseme. … IMN 360.2

Tugizwe n'ibyo turya. Mbese twaha imbaraga ibyifuzo bya kinyamaswa turya inyama? Aho gukomeza kumenyereza ibyifuzo kubw'iyo ndyo, igihe gikomeye ni ikingiko ngo twige kubaho dutunzwe n'amatunda, ibinyampeke, n'imboga. Uwo ni wo murimo w'abantu bose bakora mu bigo byacu. Murusheho kugenda mugabanya inyama, kugeza ubwo muzireka burundu. Nimureka inyama, agatima kakazivaho, maze mukimenyereza imbuto n'ibinyampeke, muzagera bidatinze ku mirire yashyizweho n'Imana katanga ka mbere. Abantu bayo ntibazaba bakizirya. IMN 361.1

Nimureka gukoresha inyama nk’uko mwabigerageje, muziga uburyo bwiza bwo guteka, maze mube mushobora gusimbuza inyama ibindi byokurya. Birashoboka gutegura ibyokurya byinshi hadakoreshejwe ibinure n’inyama by’amatungo yishwe. Ibyokurya byoroheje kandi binyuranye bibasha gutegurwa, bitunganye kandi byuzuye intungamubiri, hadakoreshejwe inyama. Abagabo b’intarumikwa bagomba kurya imboga nyinshi, imbuto n’impeke. Rimwe na rimwe, inyama nkeya zibasha guhabwa abarwayi bamenyereje irari ryabo gukoresha inyama kugira ngo babone imbaraga. Nyamara, bashobora kurushaho kugira imbaraga babaye baretse inyama aho kuzimenyereza. IMN 361.2

Impamvu y’ingenzi ituma abaganga n’abakozi bo mu bigo by’umwiherero by’ubuzima bagomba kubuzwa kureka inyama ni uko bazikunze kandi bakavuga ko bazikeneye cyane. Ibyo bituma bashyigikira ko zakoreshwa. Ariko Imana ntishaka ko abaza mu bigo nk’ibyo bigishwa gukoresha inyama. Bagomba kubibwirwa kandi bagahabwa urugero rutuma bakura amaso ku nyama. Ibi bisaba guhabwa ubumenyi ngiro bushoboza abantu kumenya gutegura ibyokurya bitagira inyama. Bisaba kandi umurimo wiyongereyeho, nyamara kandi uwo murimo w’ivugurura ugomba kugenda urushaho gukorwa intambwe ku ntambwe. Mukoreshe gake inyama. Abatetsi n’abafite inshingano nibige kumenyereza ipfa ryabo n’akamenyero mu mirire kugira ngo bigendane n’amategeko agenga ubuzima. IMN 361.3

Twasubiye muri Egiputa aho gukomeza tujya i Kanani. Aho ntiturimo gucurika gahunda y’ibintu? Ntabwo dukeneye gutegura ku meza yacu ibyokurya byoroheje kandi biboneye? Ntabwo twareka gukoresha utugati duto dushyushye tuzanira umubiri uburwayi bw’igugara? Abagenda bakurikiza urugero rw’ibyifuzo Imana ishaka, bagahuza n’umucyo Imana yatangiye mu Ijambo ryayo no mu bihamya bya Mwuka wayo, ntibazahindura imigirire yabo ngo bakurikize ibyifuzo by’inshuti zabo cyangwa ab’imiryango yabo, uko baba bangana kose, basanzwe bafite imibereho inyuranyije n’ibyifuzo by’ubwenge buva ku Mana. Niba muri ibyo byose tugenda dukurikiza amahame kandi tukubahiriza uko biri amategeko agenga imirire, niba twebwe nk’Abakristo twiga gutoza ipfa ryacu dukurikije umugambi w’Imana, tuzagira imbaraga igendanye n’ubushake bw’Imana. Ikibazo tugomba kwibaza ni iki: “Mbese dufite ubushake bwo kuba abagorozi nyakuri mu by’ubuzima?” IMN 362.1

Ni ingenzi kugenda duhinduranya ntiduhorere ibyokurya bimwe. Guhinduranya indyo byongera ipfa ry'umubiri. Ariko mujye mutegura ibihuye. Ntimugategure amoko menshi ku ifunguro rimwe kandi ngo mubure guhinduranya ku ifunguro rikurikiyeho. Nimujye kandi mwimenyereza kuzigama. Mureke abantu bivovote niba ari ngombwa. Mubareke bavuge ibitabashimishije mu gihe batanyuzwe. Abisiraheli bahoraga bivovotera Mose n'Imana. Inshingano yanyu ni ugukomeza urugero rwo hejuru mu ivugurura ry'ubuzima. Hari byinshi kandi bibasha gukorerwa abarwayi mu rwego rwo kuvugurura imirire yabo kuruta isuku yo gukaraba babasha guhabwa.IMN 362.2

Nimukoreshe amafaranga yose yakagombye kugurwa inyama muyagure imbuto. Mwereke abantu uburyo bwiza bwo kubaho. Ibi iyo biza gukorwa mbere na mbere mu kigo cya _______, Uwiteka aba yaranezerewe, kandi akishimira uwo muhati. … IMN 362.3

Mujye mutegurana isuku n'ubuhanga ibyokurya. Ndiringira ko Dogiteri ______ azamenya gusohoza inshingano yahawe, akamenya guha inama abatetsi, ku buryo ibyokurya bitegurwa ku meza yo mu Kigo cy'Ubwiherero cy'Ubuzima biba bigendanye n'ivugurura ry'ubuzima. Kuba umuntu ashaka guhaza irari rye mu mirire ntibivuze ko urugero rwe mu mirire rugomba gufatwa nk'ukuri; ntagomba gukururira ikigo kwigana imigenzereze ye mu guhaza ipfa rye n'imigirire ye kubwo imyifatire ye. Abayobozi b'ikigo bagomba guhana inama inshuro nyinshi. Bagomba gukorera mu bufatanye buboneye. IMN 362.4

Ndabasaba nkomeje, ntimukavuge ko bikwiriye kurya inyama bitewe n'uko uyu muntu cyangwa uriya, basanzwe barabaswe n'irari ry'inyama, bavuze yuko badashobora kuba mu Kigo cy'Ubwiherero cy'Ubuzima batarya inyama. Kubeshwaho n'inyama z'amatungo yapfuye ni ukugira imibereho mibi, kandi nk'ubwoko bw'Imana, dukwiriye gushaka impinduka, tukagira ivugurura, twigisha abantu yuko hariho uburyo bwo gutegura ibyokurya bifitiye umubiri akamaro buzatuma bagira imbaraga, bakarushaho kugira amagara mazima, kurenza gukoresha inyama. IMN 363.1

Icyaha cy'abantu bo muri iki gihe ni umururumba mu mirire n'iminywere. Umururumba mu mirire ni ikigirwamana abantu benshi baramya. Abakorana n'Ibigo Nderabuzima bagomba gutanga icyitegererezo muri ibi bintu. Bagomba kurangwa no kubaha Imana, ntibemerere umururumba

cyangwa irari mu mirire n'iminywere ngo bibategeke. Bagomba kuba abantu bamurikiwe byuzuye n'amahame y'ivugurura ry'ubuzima, kandi mu bihe byose bagahagarara munsi y'iryo bendera. IMN 363.2

Dogiteri _________, ndizera ko muzagenda murushaho kwiga uburyo bwo guteka indyo ifitiye umubiri akamaro. Mushake ibyokurya bihagije byiza, kandi biryoheye umubiri. Aha rero ntimukeneye kuzigama. Mugabanye amafaranga mutanga ku nyama, ahubwo mwongere cyane ayo kugura imbuto n'imboga, muzashimishwa no kubona ukuntu abantu bafitiye ipfa ibyokurya mubategurira. Ntimukibwire na rimwe ko ibyokurya byiza, biteguranywe isuku, ari igihombo. Bizanira umubiri amaraso meza kandi bifasha imikaya, bikawuzanira imbaraga ukeneye mu mirimo ya buri munsi. IMN 363.3

[Guteka inyama ntibigomba kwigishwa mu mashuri yacu — 817] IMN 364.1

[Abaganga barya inyama ntibagomba gukora mu bigo byacu by'ubuzima — 433] IMN 364.2

721. Natekereje cyane ku Kigo cy'Ubuzima cya _______. Ibitekerezo byinshi byaje mu bwenge bwanjye, numva nkwiriye kugira bimwe mbagezaho.IMN 364.3

Nararikiwe gusobanura umucyo Imana yampaye, kandi ibinyujijemo kugira ngo nywubagezeho, werekeranye n'ivugurura ry'ubuzima. Mbese mwigeze mufata umwanya wo gutekereza no gusenga ngo musobanukirwe n'ubushake bw'Imana kuri ibi bintu? Hatanzwe impamvu ko abarwayi bavuye hanze basaba kugaburirwa inyama, nyamara n'ubwo bahabwa inyama nkeya, nziko igihe habayeho ubushake n'ubumenyi ngiro, hashobora kuboneka ibyokurya byategurirwa gusimbura izo nyama ku buryo buhagije, bityo mu gihe gito, abo barwayi batangira gutegurirwa kureka burundu kurya inyama z'amatungo yapfuye. Ariko igihe umutetsi ateguye indyo yiganjemo cyane inyama, aba atanze urwaho rushyigikira kuzirya, maze umururumba wazo ukabona impamvu ishyigikira iyo mirire. IMN 364.4

Iyo nabonaga ukuntu ibintu birimo kugenda, — niba ______ atabonye inyama ngo ateke, atabasha kumenya icyo azisimbuza, kandi ko izo nyama ari zo ziganje cyane mu mirire, — numva ko ibyo bintu bigomba guhita bihinduka. Bishoboka ko abarwayi runaka bafite intege nke bakenera

inyama, mwazibahera mu byumba byabo, ariko ibyo ntibibe urwitwazo rutuma irari ryangiritse ry'abatazirya rihaguruka. … Ahari mutekereza ko ntacyo mwakora hatabonetse inyama. Nanjye niko nabyibwiraga, ariko nziko mu mugambi wa mbere Imana yagiriye umuntu, itateganyije ko inyama ziba mu byokurya byagombaga gutunga umuntu. Keretse irari ryangiritse kandi ribi ni ryo ryifuza iyo ndyo. … Bityo kuba inyama akenshi usanga zaranduye, ibyo byagombye gutuma dukomeza kugira umuhati wo kuzireka burundu. Icyemezo cyanjye ubungubu ni ukureka burundu inyama. Ibyo nziko bitoroshye kuri bamwe, nk'uko bitorohera umunywi w'inzoga kureka ikiyobyabwenge cye; ariko bazabona impinduka nziza nibabikora.

Turusheho Gusuzuma Iki Kibazo

722. Ikigo cy'Ubuvuzi kirakora umurimo mwiza. Ariko ubu duhanganye n'ikibazo kitoroshye cy'inyama. Mbese abantu basura ibigo byacu ntibari bakwiriye kubanza kubona inyama hanyuma bakagenda bigishwa kuzireka buhoro buhoro? … Hashize imyaka mbonye umucyo umbwira ko icyemezo cyo kureka burundu inyama zose kidakwiriye, kuko mu bihe runaka byagaragaye ko inyama ari nziza kuruta ibyokurya barenza ku bindi kimwe n'ibyokurya bigizwe n'amasukari. Ibi bitera umubiri kugubwa nabi. Imvange zinyuranye zigizwe n'inyama, imboga, amatunda, inzoga, ikawa, icyayi, kake ziryohereye, na za gato byica igifu, bigatuma abantu bagera ubwo baba ibimuga, hamwe n'ingaruka zose mbi z'indwara. … IMN 365.1

Ndabagezaho ijambo ry'Uhoraho, Imana ya Isiraheli. Bitewe n'icyaha, umuvumo w'Imana wageze ku isi ubwayo, ugera ku matungo n'inyamaswa, ugera no mubiri wose. Abantu bahura n'imibabaro bitewe n'imyitwarire yabo yo kureka gukurikiza amategeko y'Imana. Amatungo na yo arababazwa kubw'uwo muvumo. IMN 365.2

Mu baganga basobanukiwe n'ibi, nta n'umwe ukwiriye guha abarwayi amabwiriza yo kurya inyama. Bitewe n'indwara ziri mu matungo, kurya inyama biteje akaga. Umuvumo w'Imana wageze ku isi, ku muntu, ku matungo n'inyamaswa, ku mafi yo mu nyanja; kandi bitewe n'uko icyaha cyabaye gikwira ku isi yose, umuvumo na wo wakwiriye hose ndetse ububi bwawo bugira uburemere nk'ubw'icyaha. Kurya inyama rero bitera

kwandura indwara. Inyama zirwaye z'ayo matungo yabaye intumbi zigurishwa ku masoko, maze indwara zikaba ingaruka zigera ku bantu. IMN 365.3

Uhoraho yifuza ko ubwoko bwe bugera ku rugero rwo kudakora cyangwa kurya inyama z'amatungo yapfuye. Nta muganga rero usobanukiwe n'uko kuri kw'iki gihe ukwiriye guha amabwiriza y'ibyo bintu abarwayi. Nta mutekano uboneka mu kurya inyama z'amatungo yishwe, kandi mu gihe gito amata y'inka na yo azaba agomba kuvanwa mu mirire y'abakomeza amategeko y'Imana. Mu gihe gito, nta mutekano uzaba ukiri mu gushyira mu nda ikintu cyose kiva ku matungo yaremwe. Abita ku magambo y'Imana kandi bakumvira amategeko yayo n'umutima wabo bazahabwa umugisha. Imana izababera ingabo ibakingira. Ariko ntabwo izanegurizwa izuru. Ukutizera, kutumvira, kwitandukanya n'ubushake n'inzira y'Imana bizashyira umunyabyaha mu mwanya Uhoraho atazabasha kumwitaho. … IMN 366.1

Na none nkwiriye kugaruka ku kibazo cy'imirire. Iki gihe ntitugomba gukora nk'uko twamenyereye gukora mu bihe byahise ku byerekeranye no kurya inyama. Imigirire nk'iyo yakomeje kuzanira umuvumo umuryango muntu, ariko by'umwihariko muri iki gihe byarakomeje bitewe n'umuvumo Imana yavuze ko uzagera ku matungo, bitewe n'icyaha cy'umuntu. Indwara mu matungo ziragenda zirushaho kwiyongera, kandi ubwishingizi rukumbi bwacu bushingiye ku kureka rwose kurya inyama. Indwara mbi cyane ziragenda zaduka muri iki gihe, kandi ikintu cya nyuma abaganga bafite umucyo bakora ni uguha inama abarwayi yo kurya inyama. Kurya inyama bikabije nibyo bituma abagabo n'abagore bo muri iki gihugu bahinduka babi, amaraso yabo agahumana, maze indwara zigakwira hose mu mibiri yabo. Abantu benshi bahitanwa no kurya inyama, kandi abantu ntibamenye impamvu. Iyaba bamenyaga ukuri kwabyo, basobanukirwa ko izo mpfu ziterwa no kurya inyama. Gutekereza kurya inyama z'ibyamaze gupfa ni ikintu gishishana, ariko hari ikirenze icyo. Iyo turya inyama, tuba turya umubiri wapfuye ufite uburwayi, ukagenda ukwirakwiza imbuto zacyo z'ubwandu mu mubiri wose.IMN 366.2

Mwenedata, ndabandikiye kugira ngo mu bigo byacu hadakomeza gutangwa amabwiriza asaba abantu kurya inyama. Ibi ntibigomba kugira urwitwazo. Nta mutekano ku mbaraga n'ingaruka zabyo mu ntekerezo z'umuntu. Nimureke tube abagorozi b'ubuzima nk'uko iryo jambo riri.

Nimureke bimenyekane ko mu bigo byacu hatazongera kugaburwa inyama, kimwe no mu bakozi bacu; bityo inyigisho dutanga ku ngingo yo kureka inyama ntizaba ari amagambo gusa ahubwo ari n'ibikorwa. Niyo abatugana bagabanuka, ibyo ntacyo bitwaye. Amahame azaba ari ay'agaciro kanini igihe azaba yumvikanye, igihe abantu bazamenya ko gukoresha ibimera ari byo bifitiye akamaro umubiri w'Umukristo.IMN 367.1

Urwandiko rwa Kabiri kuri iki Kibazo

723. Nabonye urwandiko rwanyu, kandi ndashaka kubasobanurira neza uko nshoboye ku kibazo cy'inyama. Amagambo mwavuzeho ari mu rwandiko nandikiye _______ hamwe n'izindi zanditswe igihe Mushiki wacu _________ yari mu Kigo cy'Ubwiherero cy'Ubuzima. Nashakashatse izo nzandiko. Nabonye kopi za zimwe, izindi sinazibona. Nasabye ko bampa amatariki ayo magambo yavugiwe. Muri icyo gihe, batangaga amabwiriza yo kurya inyama kandi zigakoreshwa cyane. Neretswe ko inyama, igihe zimeze neza, zitagomba guhita zirekwa burundu, ahubwo ko abantu bagomba kwicarana mu cyumba cy'uruganiriro bakavugana ku mikoreshereze y'inyama z'ubwoko bwose;

ko imbuto, imboga n'ibinyampeke byateguwe neza, ari byo umubiri ukeneye kugira ngo abantu bagire amagara mazima; kandi ko ari ngombwa kubanza kwereka abantu ko inyama zidafitiye akamaro umubiri, by'umwihariko ahantu bashobora kubona imbuto ku buryo buhagije, nko muri Kaliforoniya. Ariko mu "Kigo cy'Ubwiherero cy'Ubuzima" ntibari biteguye guhita bagira ibyo bahindura, nyuma yo gukoresha inyama cyane nk'uko babigenje. Byari kubabera byiza kugenda bagabanya buhoro buhoro imikoreshereze yazo, kugeza ubwo baretse kuzikoresha burundu. Bagombaga kugira ameza amwe gusa yitwa ameza y'abarwayi yo kuriraho. Andi meza yose ntiyagombaga gutegurwaho inyama. … IMN 367.2

Nakoze uko nshoboye ngo ndebe ko inyama zareka gukoreshwa, ariko iki kibazo gikomeye mbona ko gikwiriye kwitonderwa kandi ntigihubukirwe, nyuma y'uko inyama zagiye zikoreshwa gatatu ku munsi. Abarwayi bagomba kwigishwa hakurikijwe amabwiriza ya kiganga. IMN 368.1

Iki ni cyo mbasha kwibuka kuri iyo ngingo. Twagiye turushaho kubona umucyo mwinshi, kandi tugomba kuwitaho. Amatungo afite uburwayi, kandi

ntibyoroshye kumenya ukuntu ubwo burwayi bungana ku muryango muntu, ni ukuvuga ingaruka zo kurya inyama. Kenshi dukunda gusoma mu binyamakuru iby'igenzura ry'inyama. Amasoko y'inyama ahora asuzumwa, maze inyama zijyanwa gucuruzwa ugasanga akenshi ziba zavuzwe ko zidakwiriye kuribwa. IMN 368.2

Hashize imyaka myinshi neretswe ko kurya inyama byiza ubuzima cyangwa intekerezo. Nyamara, nubwo bisa nk'ibidasanzwe, nagombaga guhora mpanganye n'iki kibazo cyo kurya inyama buri gihe. Nagiranye ikiganiro kihariye kandi gikomeye n'abaganga bo mu bigo by'ubuzima. Bahaye agaciro iki kibazo, kandi Mwenedata na Mushiki wacu ________ bageze ahantu hakwiriye. Inyama zategekerwaga abarwayi ku buryo bukabije. … Isabato imwe, ubwo nari mu Nama Rusange ya Uniyo ya Ositaraliya, yabereye ahitwa Stanmore, Mwuka w'Imana yansabye kuvuga ku kibazo cyo mu kigo cy'ubuvuzi cyashinzwe i Summer Hill, cyari hafi y'aho i Stanmore. IMN 368.3

Nerekanye ibyiza bibasha kuboneka muri icyo kigo. Nerekanye ko inyama zitagomba na rimwe gutegurwa ku meza nk'ibyokurya, ko ubuzima n'imibereho by'abantu ibihumbi byagiye biba ibitambo kubwo inyama zariwe z'amatungo yapfuye. Nta rarika rikomeye riruta iri mbasha gukora. Naravuze nti, Tugomba gushima Imana kuba dufite ikigo kidaha amabwiriza abarwayi yo kurya inyama. Nibyumvikane ko nta gashitu k'inyama kateguwe ku meza, yaba ay'abaganga, ay'abayobozi, abafasha, cyangwa abarwayi. Naravuze nti, Dufite icyizere ko abaganga bacu bazita kuri iki kibazo ku rwego rwa kiganga, kuko intumbi z'amatungo yapfuye zitagomba iteka kuboneka mu mirire y'Abakristo. IMN 368.4

Sinigeze nshaka guhisha iki kibazo. Navuze ko niba abashinzwe ikigo cy'ubuzima bateguye ku meza inyama z'ayo matungo yishwe, ntibazishimirwa n'Imana. Bazaba bahumanya urusengero rw'Imana, bakazaba bakeneye kubwirwa aya magambo ngo, “Usenya urusengero rw'Imana, Imana izamurimbura.” Umucyo Imana yangejejeho wanyeretse ko umuvumo w'ijuru wageze ku isi yose, ku nyanja, ku matungo, no ku nyamaswa. Bidatinze nta mutekano uzaba ukiri mu gutunga amatungo. Isi iragenda yangizwa n'umuvumo w'Imana. IMN 369.1

Gushikama ku Mahame Yacu

724. Mu bihe bishize, umubare w'abarwayi mu kigo cyacu cy'ubuvuzi waragabanutse, bitewe n'ibihe bikomeye byabayeho. Natekereje ko imwe mu mpamvu zateye ibyo ari uko ubuyobozi bw'icyo kigo bwanze kugaburira abarwayi inyama. Kuva aho icyo kigo cyafunguriwe, hari akamenyero ko kugabura inyama mu cyumba cyo kuriramo. Twabonye ko igihe kigeze kugira ngo ibyo bintu bihagarare. Twari tuzi ko Imana itishimira kubona tugaburira abarwayi inyama.IMN 369.2

Muri iki gihe, nta cyayi, ikawa, cyangwa inyama bitangwa muri icyo kigo. Twiyemeje gushikama ku mahame yacu y'ivugurura ry'ubuzima, tukagendera mu nzira y'ukuri no gukiranuka. Ntidushobora kwihanganira kuba abagorozi igice, kubwo gutinya ko abagana ibigo byacu bagabanuka. Twafashe icyemezo cyacu kandi kubwo gufashwa n'Imana tuzagishikamaho. Ibyokurya bihabwa abarwayi bifite intungamubiri zuzuye kandi birabaryohera. Bigizwe n'imbuto, ibinyampeke, n'ibinyamisogwe. Hano muri Kaliforoniya, hari amatunda menshi y'ubwoko bwose.IMN 369.3

Iyo abarwayi baje bakaba basanzwe barabaswe no kurya inyama kandi bakumva ko batabasha kuzireka, tugerageza kubararikira gukoresha ubwenge ngo batekereze neza kuri icyo kibazo. Igihe badashatse kutwumva, bakiyemeza gukomeza kurya ibyangiza ubuzima bwabo, ntituzanga kubibaha, ariko tuzabasaba ko barira izo nyama mu byumba byabo, kandi bakazaba biteguye kwakira ingaruka zizakurikiraho. Bagomba kwemera ingaruka z'ibikorwa byabo. Ntitwakwemera imigirire yabo. Ntitwatinyuka gutesha agaciro umurimo wacu twemera gukoresha ibihumanya amaraso kandi bigateza imibiri uburwayi. Twaba tutari indahemuka ku Mwami wacu turamutse dukoze ibyo atishimira. IMN 370.1 Aho ni ho duhagaze. Twafashe icyemezo cyo kuba abanyakuri no gushikama ku mahame y'ivugurura ry'ubuzima, kandi ndasaba Imana ngo ibidufashemo.IMN 370.2

Tugomba gutegura imigambi ituma twongera umubare w'abarwayi batugana. Ariko se byaba ari iby'ukuri ko kugira ngo tugire umubare munini w'abarwayi twongera kujya tubaha inyama? Twaha abarwayi ibyababateye kurwara kandi ari na byo bikomeza kuba intandaro yo kurwara kwabo igihe bakomeje kubirya? Mbese ntitwari dukwiriye ahubwo guhagarara

dushikamye nk'abamaze gufata icyemezo cyo gushyira mu bikorwa ivugurura ry'ubuzima? IMN 370.3

[Ikawa, icyayi, n'inyama bigaburirwa abarwayi mu byumba byabo — 437] IMN 370.4

725. Mu bigo byacu hari abantu bavuga ko bemera amahame y'ivugurura ry'ubuzima nyamara bagakomeza kwishimira gukoresha inyama n'ibindi byokurya bazi neza ko byangiza ubuzima. Abo ndababwira mu Izina ry'Umwami Imana nti: Ntimugomba kwemera guhabwa inshingano mu bigo byacu mu gihe mwanga gukurikiza amahame agenga imibereho y'ibyo bigo; kuko mu kugenza mutyo, mutuma umurimo w'abarimu n'abayobozi wikuba kabiri, kuko baba barwana ngo umurimo ukomeze utere imbere. Nimutunganye inzira y'Umwami. Mureke kubangamira inzira y'ubutumwa yohereza. IMN 370.5

Neretse ko amahame yatanzwe mu bihe bya mbere by'ubutumwa agomba gufatwa ko ari ingenzi ku bwoko bw'Imana bwo muri iki gihe nk'uko byari biri na mbere. Hari bamwe batigeze bakurikiza uwo mucyo twahawe ku kibazo cy'imirire. Igihe kirageze noneho ngo uwo mucyo uvanwe munsi y'intonga, maze tuwureke umurike uko bikwiriye, mu rumuri rwawo rwose. IMN 371.1

[Ntizigomba kugaburwa mu bigo byacu — 424, 431, 432] IMN 371.2

[Ntizigomba kugaburirwa abakozi — 432, 444] IMN 371.3

[Gikoresha bikabije ibyokurya byuzuyemo amasukari na byo biteye akaga nko gukoresha inyama zidafite ikibazo — 533, 556, 722]

IGICE CYA 24 - IBYOKUNYWA

UMUGABANE WA I — AMAZI YO KUNYWA

Amazi Meza ni Umugisha

726. Mu gihe cy'amagara mazima no mu gihe cy'uburwayi, amazi meza ni imwe mu migisha iruta iyindi Ijuru ryaduhitiyemo. Kuyakoresha neza bituma turushaho kugira ubuzima buzira umuze. Ni ikinyobwa Imana yatanze ngo kimare inyota abantu n'inyamaswa. Kuyanywa igihe cyose, bifasha umubiri kubona ibyo ukeneye, kandi ukawunganira mu kurwanya indwara.IMN 372.1

727. Ngomba kurya mu buryo bworoheje, bityo nkarinda umubiri ibiwuremerera; ngomba kandi kwihatira kubaho nezerewe, ngakunda ibyiza bituruka ku myitozo ikwiriye ahantu hari umwuka. Ngomba guhora nkaraba umubiri, kandi ngakunda kunywa amazi meza kandi aboneye. IMN 372.2

Gukoresha Amazi mu Gihe cy'Uburwayi

728. Amazi abasha gukoreshwa mu buryo bwinshi mu koroshya uburibwe. Amazi y'urubogobogo, ashyushye kandi anyowe mbere yo kurya (ikirahure cyayo), ntazagirira nabi umubiri, ahubwo azatuma ugubwa neza. IMN 372.3

729. Abantu ibihumbi bapfuye bazize kubura amazi meza n'umwuka mwiza, nyamara barashoboraga kubaho. … Iyi migisha bari bayikeneye kugira ngo bagire ubuzima bwiza. Iyo baba baramurikiwe, bakareka gukoresha imiti, bakimenyereza gukora imyitozo ngororamubiri yo hanze, bagafungura umwuka mwiza ukinjira mu mazu yabo, mu gihe cy'umuhindo n'icy'impeshyi, kandi bakanywa amazi meza kandi bakanayiyuhagira, baba baragize ibyishimo aho kugira imibereho mibi. IMN 372.4

Mu Gihe Umuntu Afite Umuriro

730. Iyaba mu gihe umurwayi afite umuriro yahabwaga amazi nk'ikinyobwa, kandi agashyirwaho ibitambaro bitose ku mubiri, uwo murwayi ntiyagira uburibwe iminsi myinshi n'amajoro menshi, kandi ubuzima bwa benshi bwaba bwarakize. Nyamara abantu ibihumbi barapfuye bazize umuriro mwinshi, kugeza ubwo ikintu gitera uwo muriro

gihiye kigashira, imbaraga z’ingenzi zikarangira, kandi bapfuye bababara bikabije, ntibahawe amahirwe yo kunywa amazi yo kuzimya uwo muriro no kubamara inyota. Amazi akoreshwa mu kuzimya umuriro utwika inyubako, ntiyitabwaho mu gihe yagombaga kuzimya umuriro uba utwika ingingo z’imibiri y’abantu. IMN 372.5

Uburyo Bwiza n’Uburyo bubi bwo Gukoresha Amazi

731. Abantu benshi bakora ikosa ryo kunywesha amazi akonje ibyokurya. Igihe anyowe umuntu arimo kurya, amazi agabanya amatembabuzi ava mu kanwa; kandi uko amazi akonje, ni ko n’igifu kimererwa nabi. Amazi akonje cyangwa ibinyobwa bindi bikonje, igihe binyweshejwe ibyokurya, bihagarika igogora kugeza ubwo umubiri wongeye kuzana ubushyuhe buhagije mu gifu, kugira ngo gishobore gukomeza umurimo wacyo. Ibinyobwa bishyushye bica intege umubiri; ababyimenyereza bibagira imbata z’akamenyero kabyo. Ibyokurya ntibikenera ikinyobwa cyo kubimanura. Ntibikenera gusomezwa. Murye buhoro kugira ngo amazi yo mu kanwa yivange n’ibyokurya. Amazi uko aba menshi mu gifu niko igogora ry’ibyokurya rirushaho kurushya igifu, kuko amazi aba agomba kubanza gushira. Ntimukarye umunyu mwinshi; nimureke gukoresha kokombre zo mu macupa; ntimugashyire mu gifu icyokurya cyose kirimo urusenda rwinshi; murye amatunda hamwe n’ibyokurya, bityo inyota yo gushaka kunywa mu gihe cyo kurya izashira. Ariko niba bibaye ngombwa ngo inyota igabanuke, mwanywa amazi meza mbere cyangwa nyuma y’akanya runaka mugiye cyangwa mumaze kurya, nk’uko umubiri ubikeneye. Ntimugafate rwose ikawa, icyayi, inzoga, vino ihiye, cyangwa ikindi kinyobwa gisharira. Amazi ni cyo kinyobwa kirusha ibindi koza ingingo z’umubiri. IMN 373.1

[Ibirenze gusomeza ibyokurya — 165, 166] IMN 373.2
[Umwe mu miti yatanzwe n’Imana — 451, 452, 454]

Ingaruka z’Ibikabura Umubiri Bikomoka ku Ikawa n’Icyayi

732. Ibyokurya n’ibyokunywa bikabura umubiri byo muri iyi minsi ntibituma abantu bagira amagara mazima. Icyayi, ikawa, n’itabi byose bikabura umubiri, kandi bifite uburozi. Nta kamaro bifitiye umubiri, ikindi kandi byica umubiri, niba dushaka gukura tukaba abantu birinda, tugomba kwitandukanya na byo burundu. IMN 374.1

733. Icyayi ni uburozi mu mubiri; Abakristo bagomba kukireka. Ikawa na yo ni kimwe n’icyayi, ariko ingaruka zayo mu mubiri zirushijeho kuba mbi. Imbaraga zayo zishingiye mu gukabura umubiri ku rwego rumeze nko kuwongerera imbaraga, ariko ku rundi ruhande ica umubiri intege ugahinduka igisenzegeri. Abanywi b’icyayi n’ikawa usanga mu maso habo higaragaza. Uruhu rwabo rurakobana ugasanga rudafite ubuzima. Nta mucyo w’ubuzima urangwa mu maso habo. IMN 374.2

734. Gukoresha icyayi, ikawa, n’ibiyobyabwenge nk’urumogi n’itabi bitera indwara nyinshi kandi zinyuranye. Ibi byose bigomba kurekwa, atari kimwe gusa, ahubwo byose uko byakabaye; kuko byose byica kandi bigakenya imbaraga z’umubiri, iz’ubwenge n’iz’intekerezo. Ubuzima bwiza busaba ko ibyo byose bireka gukoreshwa. IMN 374.3 [Kubiba imbuto z’urupfu — 655] IMN 374.4

735. Ntimugakoreshe icyayi, ikawa, inzoga, vino ihiye, n’ibindi binyobwa bifite alikoro. Amazi ni cyo kinyobwa kiruta ibindi byose mu koza ingingo z’umubiri. IMN 374.5

736. Icyayi, ikawa, n’itabi hamwe n’ibinyobwa bisindisha bifite ingero zitandukanye mu nzego zidasanzwe mu gukabura umubiri. Imbaraga z’ikawa n’icyayi, nk’uko twabibonye mbere, zimeze nk’iziri ku rwego rumwe na vino ihiye, ibinyobwa bifite alikoro nyinshi bita likeri, n’itabi. … IMN 374.6

Gukoresha ikawa byica ubuzima. Ikawa ishabura ubwonko ikabukoresha ku buryo budasanzwe, ibyo bigakurikirwa no gucika intege, umubiri ukaba igisenzegeri, imbaraga z’ubwenge, intekerezo, n’umubiri zikagagara. Ubwonko bugubwa nabi, kandi iyo hatabayeho imbaraga zo guhagarika

ako kamenyero, imikorere y'ubwonko iragabanuka bidasubirwaho. Ubwo buryaryate bw'imyakura bugabanya imbaraga z'ubuzima, maze gucogora kw'imyakura kugatera ubwihebe, guhubuka, gucika intege mu ntekerezo, bitewe n'imbaraga zirwanya imikorere y'iby'umwuka. Nonese koko abashinzwe ibyo kwirinda n'ivugurura ry'ubuzima ntibakwiriye gukangukira kurwanya ibyo bibi byose biterwa n'ibyo binyobwa byica umubiri? Mu bihe bimwe ntibyorohera abantu kureka akamenyero ko gukoresha icyayi n'ikawa nk'uko bitorohera abasinzi kureka inzoga. Amafaranga akoreshwa mu kugura icyayi n'ikawa aba ameze nk'ariwe n'imbwa; kuko ibi binyobwa byica ababikoresha kandi ku buryo buhoraho. Abakoresha icyayi, ikawa, urumogi, na alukoro babasha rimwe na rimwe kurama imyaka myinshi, ariko iyo si impamvu ituma ibyo bikaburamubiri bikwiriye gukoreshwa. Ibyo aba bantu bananiwe gukora bitewe n'ako kamenyero kabi ko kutirinda, bizagaragara ku munsi ukomeye w'Imana. IMN 374.7

Abakoresha icyayi n'ikawa ngo bibongerere imbaraga mu kazi bazasobanukirwa n'ingaruka mbi z'imikorere y'ibyo binyobwa babiboneye ku kurwara kw'imitsi ikajya isusumira hamwe no kubura imbaraga zo kwitegeka. Igihe imitsi cyangwa imyakura inaniwe ikenera kuruhuka igatuza. Imiterere y'umubiri ikenera igihe cyo gusubizwamo imbaraga wakoresheje. Ariko niba imbaraga zawo zikomeje guhagurutswa bidasanzwe n'ibinyobwa biwukabura, igikurikiraho ni uko iyo mikorere ikomeza ityo igenda icogoza imbaraga nyakuri z'umubiri. Mu gihe runaka, bitewe n'ubwo buryo budasanzwe bwo guhagurutsa imbaraga z'umubiri, umuntu abasha gukora umurimo munini, ariko bikazagenda biba ingorabahizi gukoresha imbaraga mu bintu runaka, maze ku iherezo imikorere y'umubiri wacogoye ntitume ubasha gukora ibyo usabwa. IMN 375.1

Ingaruka mbi Zituruka ku Zindi Mpamvu

Ingeso yo kunywa icyayi n'ikawa ni mbi bikabije kuruta uko kenshi abantu babitekereza. Benshi bimenyereje gukoresha ibinyobwa bikabura umubiri barwara umutwe n'indwara z'imitsi, kandi igihe cyabo kinini bakakimarira kwa muganga. Bibwira ko badashobora kubaho batanywa ibikaburamubiri, kandi ntibamenya ingaruka zabyo ku buzima. Ikirushaho kuba akaga kandi, ni uko ingaruka mbi zabyo zitirirwa izindi mpamvu. IMN 376.1

Ingaruka ku Bwonko no ku Ntekerezo

Gukoresha ibikaburamubiri bizanira ububabare umubiri wose. Imyakura iraribwa kubwo kudakorera hamwe, umwijima ntukora uko bikwiriye, amaraso meza n'imikorere yayo birafatwa, uruhu rugakobana kandi ntirukore. Ubwonko na bwo bugerwaho. Ibikaburamubiri bihagurutsa ubwonko bugakora ku buryo budasanzwe, ingaruka ikaba gucika intege no kunanirwa k'ubwonko. Ingaruka y'ibyo ni ugucika intege mu mikorere y'ubwenge, umubiri, n'intekerezo. Iyo ni yo mpamvu usanga hari abagabo n'abagore bamwe barangwa n'uburakari, ntibagire intekerezo nzima, n'umutimanama udakora neza. Akenshi barangwa no guhubuka, kutihangana, uburakari, kubona amakosa y'abandi bakayagira manini, kandi ntibababashe kubona ayabo. IMN 376.2

Ingaruka z'imikorere mibi y'ibyo bikaburamubiri zigaragara iyo abanywi b'icyayi n'ikawa bahuriye mu myidagaduro. Bose banywa uko bashaka ibyo binyobwa bakunda, maze kubwo ingaruka z'ibyo bikaburamubiri, bagatangira kuvuga menshi no gutukana. Bavuga amagambo bahubutse kandi badatekereje. Amagambo yabo aba ari menshi, akenshi ari mabi kandi akomeretsa. Aba banyamagambo bibagirwa ko hari umuhamya ubateze amatwi, Umurinzi ku munara utaboneka, uba yandika amagambo yabo mu gitabo cyo mu ijuru. Ayo magambo yose yo kunegurana, kubeshya bikabije, ibyo byifuzo by'amarangamutima bitewe n'ikirahure cy'icyayi, Yesu abyandika nk'ibimukoza isoni ngo, "Ni ukuri ndababwiza ukuri ko, ubwo mwabikoreye umuto muri aba bavandimwe banjye, ni Jye mwabikoreraga."IMN 376.3

Turababazwa bitewe n'ingeso mbi ababyeyi bacu bimenyereje, nyamara kandi se, ni bangahe bahitamo gukurikiza iyo nzira ndetse bagakora ibirushijeho kuba bibi! Urumogi, icyayi, ikawa, itabi, n'inzoga zikomeye birarushaho kurimbura imbaraga z'imibiri y'abatuye isi. Buri mwaka hanyobwa miliyoni na miliyoni z'amalitiro y'inzoga zisindisha zica umubiri, kandi za miliyoni z'amafaranga zikoreshwa ku itabi. Imbata z'iryo rari zikomeza gupfusha ubusa ubutunzi zihaza ibyo byifuzo by'imibiri yazo, zikagomwa abana bazo ibyokurya, imyambaro hamwe n'uburezi bwo mu ishuri. Igihe ibyo bibi bikomeza gutyo, abaturage ntibazashobora kumererwa neza. IMN 377.1

Uguhagurutswa kw’Imyakura ni ko Kubaho, aho kuba Imbaraga

737. Ugira uburakari bwinshi kandi ntutuje. Icyayi cyagize imbaraga zo guhagurutsa imyakura, n’ikawa iteza igihu mu bwonko; ibyo byombi byangiza umubiri wawe. Ukwiriye kwitondera imirire yawe. Ujye urya ibyokurya byiza kandi bifitiye umubiri akamaro, kandi ujye uba umuntu utuje, udahangayitse kandi udakururwa n’ibyifuzo by’umubiri. IMN 377.2

738. Icyayi gikabura umubiri kandi, ku rugero runaka, cyangiza ubwonko kigatera kudandabirana. Ikawa n’ibindi binyobwa bimeze nka yo bikora kimwe. Ingaruka ya mbere ni uguteza mu mubiri ikimeze nk’umunezero. Imyakura y’igifu irahaguruka, kandi uko guhaguruka kugahererekanya no mu bwonko, na bwo bugashyira umutima. Umutima utangira gutera cyane, maze bigahereza imikorere yose y’umubiri mu kanya gato. Umuntu atangira kwibagirwa umunaniro, agasa nk’ugaruye imbaraga, ubwenge bukamera nk’ubukangutse, intekerezo zigasa nk’aho zibaye nzima. IMN 377.3

Bitewe n’izo ngaruka, benshi bibwira ko icyayi cyangwa ikawa bibagwa neza. Ariko ni ukwihenda. Icyayi n’ikawa ntibizanira umubiri intungamubiri. Ingaruka zabyo zigaragaza mbere y’igogora no kwakira ibyokurya k’umubiri, kandi icyo kimeze nk’imbaraga ni ugukabuka kw’imyakura. Iyo izo ngaruka z’ibikaburamubiri zirangiye, izo mbaraga zidasanzwe zirashira, maze umuntu agasigara nta ntege ameze nk’ikirimarima. IMN 377.4

Gukomeza gukoresha ibyo binyobwa bimara imbaraga z’umubiri, ibyo bigakurikirwa n’uburibwe bw’umutwe, guhondobera, gusabaganywa k’umutima, igogora ribi cyangwa kugubwa nabi mu gifu, isusumira, n’ibindi bibi byinshi, kuko imbaraga z’ubuzima ziba zagiye. Imyakura yaguye agacuho iba ikeneye kuruhuka no gutuza aho kuyikabura no kuyikoresha birenze urugero. Imiterere y’umubiri iba ikeneye igihe cyo kugarura imbaraga zakoreshejwe. Ariko niba imbaraga zawo zikomeje guhagurutswa bidasanzwe n’ibinyobwa biwukabura, igikurikiraho ni uko iyo mikorere ikomeza ityo igenda icogoza imbaraga nyakuri z’umubiri, bityo umubiri ukaba utakibasha gukora bitewe no gukoreshwa nabi, ukarushaho kugenda ugira ikibazo cyo gukoresha imbaraga aho zikenewe. Kwifuza ibikaburamubiri bigenda birushaho gutegeka umubiri, kugeza ubwo

ubushake buneshejwe n’ibyifuzo. Bene uwo mubiri ukomeza kwifuza ibikaburamubiri birushijeho kugira imbaraga, kugeza ubwo imiterere y’umubiri itagishoboye kugira icyo ikora. IMN 378.1 [Icyayi n’ikawa byica igifu — 722]. IMN 378.2

Nta Ntungamubiri Bigira

739. Ubuzima ntibubasha kubona ikintu na kimwe cyabufasha mu mikoreshereze y’ibyo bintu bikabura umubiri mu gihe runaka, hanyuma bikawutera imikorere iwuca intege kurenza uko byari bimeze. Icyayi n’ikawa bicogoza imbaraga z’uwo mwanya, ariko igihe imbaraga zabyo zimaze gushira, umuntu yumva agize ubwihebe. Ibyo binyobwa nta ntungamubiri na nke byifitiye. Iziboneka gusa ni izituruka mu mata n’isukari biba byavangiwe mu cyayi cyangwa mw’ikawa. IMN 378.3

Bitera Umwijima mu bya Mwuka

740. Icyayi n’ikawa ni ibikaburamubiri. Imbaraga zabyo zimeze nk’iz’itabi, ariko ku rwego rutoya. Abakoresha ubu burozi butuje, kimwe n’abakoresha itabi, bumva badashobora kubaho batabinywa, kuko bumva batamerewe neza igihe badafite ibyo bigirwamana. … Abatwarwa n’umururumba w’irari ry’inda, babikorera kwangiza ubuzima n’intekerezo zabo. Ntibashobora guha agaciro ibya Mwuka. Ibyumviro byabo bicura umwijima, ntibabone ububi bw’icyaha, n’ukuri ntibaguhe agaciro kako gakomeye kuruta ubutunzi bw’isi. IMN 378.4

741. Kunywa icyayi n’ikawa ni icyaha; ni ukwica umubiri ubishaka, kimwe nk’uko ibindi bibi bigirira nabi ubugingo. Ibi bigirwamana bikundwa biteza urwungano rw’imyakura gukabuka no kugwa ikinya; kandi iyo icyo gikorwa cyo gukabura umubiri kirangiye, bica intege umubiri ku rwego rungana n’imbaraga zo gukabura umubiri byateje. IMN 379.1

742. Abanywi b’itabi, icyayi, n’ikawa bagomba kureka ibyo bigirwamana, maze bagakoresha amafaranga yabo mu murimo w’Imana. Bamwe ntibigeze batanga ubutunzi ngo bukore umurimo w’Imana, kandi barasinziriye ntibazi ibyo Imana ibasaba. Abantu bamwe bakennye cyane, bagomba kurwana intambara itoroshye kugira ngo batsinde ibi

bikaburamubiri. Uku kwitanga kwa buri muntu ntigusabwa bitewe n’uko umurimo w’Imana ubuze amikoro. Ahubwo buri mutima wose ugomba kugeragezwa, buri ngeso yose igatera imbere. Iryo ni ihame ubwoko bw’Imana bugomba gushyira mu bikorwa, ihame rizima rigomba kugenga imibereho. IMN 379.2

Umururumba Ntugendana no Kuramya

743. Icyayi n’ikawa, kimwe n’itabi, bigira ingaruka zo kwica imikorere y’umubiri. Icyayi kigira ubumara bwica, nubwo buba ari bukeya, ingaruka zabwo ni kimwe n’iz’inzoga zifite alukoro nyinshi. Ikawa igira imbaraga nyinshi zo guteza igihu mu ntekerezo no gupfukirana imbaraga. Ntifite ubushobozi nk’ubw’itabi, ariko ingaruka zabyo zimeze kimwe. Inzitwazo zo kudakoresha itabi zibasha no gukoreshwa mu kudakoresha icyayi n’ikawa. IMN 379.3

Abafite akamenyero ko kunywa icyayi, ikawa, itabi, urumogi, cyangwa inzoga zifite alukoro nyinshi ntibashobora kuramya Imana igihe badafite ibyo bamenyereye bibaha umunezero. Iyo babuze ibikaburamubiri, bagatangira kuramya Imana, baba badafite ubuntu buhagije bwo kongerera imbaraga, guha ubuzima n’imbaraga z’umwuka amasengesho n’ubuhamya bwabo. Aba bakristo ku izina bakwiriye gusuzuma impamvu zibatera kugira ibyishimo. Mbese zikomoka mu ijuru cyangwa ni izo kuri iyi si? IMN 380.1

Ugomera Amategeko y’Ubuzima Ababazwa n’Igicumuro

744. Satani abona ko adashobora kugira ububasha buhagije ku ntekerezo z’umuntu wimenyereje gutegeka irari ry’inda ntarihe umwanya, maze agahora ateza abantu gushaka guhaza ibyifuzo by’inda zabo. Kubwo imbaraga z’imirire mibi, umutimanama ugwa ikinya, ubwonko bugacura umwijima, imbaraga zo kumva no kwakira zigakora nabi. Ariko igicumuro cy’ugomera amategeko ntikigabanuka bitewe n’uko umutimanama we waguye ikinya kugeza ubwo uba utagishobora kumva. IMN 380.2

Niba ubuzima buzira umuze bw’intekerezo bubeshwejweho n’imibereho myiza y’imbaraga z’umubiri, mbega ukuntu abantu bari bakwiriye kwitonda bakareka gukoresha ibikaburamubiri n’ibiyobyabwenge! Nyamara usanga

hari umubare munini w’abitwa Abakristo bagikoresha itabi. Bababazwa n’ingorane z’ibibi bizanwa no kutirinda; mu gihe wumva bavuga nabi abakoresha inzoga, nyamara usanga banuka umwuka w’itabi. Ni ngombwa ko imyifatire y’abantu ku gukoresha itabi ihinduka mbere y’uko umuzi w’ikibi ugerwaho. Turusheho gushimangira iyi ngingo. Muzirikane ko icyayi n’ikawa byongera ubushake bwo kurarikira bikabije ibikaburamubiri. Kandi iyo turebye ibibera mu ngo zacu, uburyo ibyokurya bitegurwa, tugomba kwibaza duti, mbese tugira kwirinda muri byose? Mbese twaba dufite amavugurura atuma tugira ubuzima bwiza tukagira n’ibyishimo? IMN 380.3

Buri Mukristo nyakuri wese agomba kugenga irari n’ibyifuzo bye mu mirire n’iminywere. Niba tutirinze kuba imbata z’irari, ntidushobora kuba abagaragu nyakuri kandi bumvira Kristo. Kubatwa n’umururumba w’irari n’ibyifuzo mu mirire n’iminywere bigabanya imbaraga z’ukuri ko mu mutima. IMN 381.1

Kuneshwa n’Irari

745. Ukutirinda bitangirira ku meza yacu, igihe dukoresha ibyokurya byangiza umubiri. Nyuma y’igihe runaka, iyo bikomeje gutyo, ingingo z’igogora ziracogora, maze ibyokurya ntibibe bigihaza ipfa ry’umubiri. Umubiri rero umererwa nabi, maze ingaruka zikaba gushaka kurya ibyokurya birushijeho gukabura umubiri. Icyayi, ikawa n’inyama bigira ingaruka z’ako kanya. Bitewe n’imbaraga z’ibi bihumanya, urwungano rw’imyakura rurakabuka, maze mu buryo runaka no mu kanya runaka, ubwonko bumera nk’ubwongerewe imbaraga, n’intekerezo zikarushaho gukanguka. Bitewe n’uko ibi bikaburamubiri bitera mu kanya runaka ingaruka zimeze nk’izinejeje umubiri, benshi bibwira ko babikeneye, maze bagakomeza kubikoresha. Nyamara iteka bigira ingaruka.

Urwungano rw’imyakura, ruba rwakabuwe rugakora nabi, rutangira gukoresha imbaraga rwazigamye mu bubiko bwarwo. Uko gukabuka kw’akanya runaka kw’urwungano rw’imyakura gukurikirwa no gucika intege hamwe no kumererwa nabi cyane. Ni muri urwo rugero ibikaburamubiri biba byakoresheje umubiri mu buryo budasanzwe, maze hagakurikiraho gucika intege no kumererwa nabi cyane, igihe imbaraga z’uko gukabura umubiri zishize. Bityo irari rirushaho kwiyongera, ku buryo biba akamenyero

maze hakabaho gukomeza kunezezwa no kunywa ibikaburamubiri, nk'itabi, inzoga, n'ibinyobwa bisindisha bifite imbaraga. Uko irari rirushaho guhazwa, niko rirushaho kwifuza, bityo kurirwanya no kuritegeka bikarushaho kuruhanya. Uko imikorere y'urwungano rw'imyakura rurushaho kunanirwa gukora, niko runanirwa gukora rutabonye ibikaburamubiri, ni nako kubyifuza birushaho kwiyongera, kugeza ubwo ubushake buneshejwe, bigasa nk'aho nta mbaraga zisigaye zo kurwanya ibyo byifuzo bibi. IMN 381.2

Ubuhungiro Nyakuri

Ubuhungiro nyakuri ni ukudakora, kudasogongera, kudafata mu ntoki icyayi, ikawa, inzoga, itabi, urumogi, n'ibindi binyobwa bifite alukoro. Iki gihe tugezemo, abantu bakeneye inshuro ebyiri kurenza uko bari bakeneye mbere, gutabarwa n'ubushobozi bw'ubushake, bukomora imbaraga ku buntu bw'Imana, kugira ngo bashobore guhagarara badatsinzwe n'ibigeragezo bya Satani, bakabasha kunesha irari ryose ribi ryo mu mirire n'iminywere. IMN 382.1

Intambara Hagati y'Ukuri no Kwikunda

746. Ibyerekeranye na Kora na bagenzi be bigometse kuri Mose na Aroni, bakanigomeka kuri Yehova, byandikiwe kubera umuburo ubwoko bw'Imana, cyane cyane abazaba bari ku isi ku mperuka y'ibihe. Satani yoheje abantu gukurikiza urugero rwa Kora, Datani na Abiramu, ateza mu bantu b'Imana kwigaragambya ku Mana. Abantu biyemeza guhaguruka bakarwanya ibihamya bigaragara barihenda bibwira ko abo Imana iha inshingano y'umurimo wayo bishyira hejuru y'ubwoko bwayo, bityo kandi ko abantu batagomba gukurikiza inama zabo n'imiburo yabo. Barahagurutse barwanya ubuhamya nyakuri Imana yifuzaga ko bo ubwabo batwara kugira ngo barwanye amakosa aboneka mu bwoko bw'Imana. Ibihamya bigamije kurwanya ingeso mbi z'ibyangiza imibiri nk'icyayi, ikawa, ibiyobyabwenge, n'itabi, byateje itsinda ry'abantu bamwe kwivovota, kuko byari bigamije gutsemba ibigirwamana byabo. Benshi mu gihe gito babaye nk'ababuze icyemezo bafata hagati yo kwifuza ibi bintu byangiza umubiri, cyangwa kureka ibihamya by'ukuri, ndetse no kwemera kuba imbata z'irari.

Baheze mu rungabangabo. Habaye intambara hagati y'ibyo ukuri kubemeza n'ibyifuzo byo guhaza irari ryabo. Imibereho yabo yo kuba mu rungabangabo ibatera kuba abanyantegenke, kandi hamwe n'abandi benshi, bakaganzwa n'irari. Gushaka ibyera kwahindanyijwe no gukoresha ibi bihumanya by'uburozi bwa bucece; kandi uko igihe gihita, baba bamaze gutwarwa burundu, maze ingaruka zikaba uko zakabaye, ntibaba bakiretse ibyo irari ribasaba. Iki cyemezo giteye ubwoba igihe cyamaze gufatwa, habaho urukuta rutandukanya abo bantu n'abahisemo kwiyeza nk'uko Imana ibisaba, bakitandukanya n'imyanda yose y'umubiri n'iy'umwuka, bakabonerezwa kuba abera bubaha Imana. Ibyo bihamya by'ukuri biba byagaragaye imbere yabo, bibatera kumva bamerewe nabi, maze bakabona ko icyabamerera neza ari uko babirwanya, bagashaka no kwemeza abandi ko ibyo bihamya ari ibinyoma. Bavuga ko abizera ari abanyakuri, ariko ko ibihamya ari byo biteza urujijo. Maze igihe abigometse bazamuye amabendera yabo, abo bantu batishimira ibihamya baza kwifatanya na bo munsi y'iryo bendera, maze abanyantegenke mu by'umwuka, abacumbagira, abaremaye, n'impumyi bose bagahuriza hamwe kubiba no gukwirakwiza amacakubiri. IMN 382.2

Imizi yo Kutirinda

747. Imbaraga nyinshi zirakoreshwa mu kurwanya kutirinda; Ariko inyinshi muri izo mbaraga ntizigera ku ntego. Abaharanira ivugurura mu byo kwirinda bakwiriye gukanguka bagasobanukirwa n'ibibi bizanwa no gukoresha ibyokurya bibi, urusenda, icyayi, n'ikawa. Turatera umwete abashizwe ibyo kwirinda, ariko turabararikira gushishoza bakamenya intandaro y'ibyo bibi barwanya, kandi bakizera ko buzuzanya mu murimo w'ivugurura. IMN 383.1

Abantu bagomba kuzirikana ko imikorere myiza y'imbaraga z'ubwonko n'intekerezo biterwa ahanini n'imibereho iboneye y'imikorere y'umubiri. Ibiyobyabwenge byose n'ibikaburamubiri bidasanzwe bica intege kandi bigasigingiza imiterere y'umubiri bigenda bigabanya ubushobozi bw'intekerezo n'imico mbonera. Ukutirinda ni ryo shingiro ry'ukwangirika kw'imico mbonera y'iyi si. Gushayisha mu irari bituma umuntu atakaza ubushobozi bwo kwirinda ibigeragezo.IMN 383.2

Abagorozi mu byo kwirinda bafite inshingano bagomba gukora yo kwigisha abizera ibi bintu. Mubigishe ko ubuzima bwiza, imico, ndetse n'imibereho y'umuntu bihanganye n'akaga ko gukoresha ibikaburamubiri, bibyutsa imbaraga zacogojwe ngo zikoreshwe ku buryo budasanzwe mu bihe byiyungikanya. IMN 384.1

Mugire Ubutwari, Imikorere y'Umubiri Izafatiraho

Imyitwarire yizewe abantu bakwiriye gukurikiza ku byerekeranye n'icyayi, ikawa, itabi, n'ibinyobwa bifite alukoro, ni ukutabikora, kutabinywa, no kutabifata. Imikorere y'icyayi, ikawa, n'ibindi binyobwa bimeze kimwe ifite inzira imwe n'iy'ibinyobwa bifite alukoro n'itabi, kandi mu bihe bimwe, birarushya kureka akamenyero kabyo nk'uko birushya umunywi w'inzoga kureka ibisindisha. Abagira ishyaka ryo kureka ibyo bikaburamubiri bizumva mu gihe runaka bafite ikintu babura mu mubiri, bumve bibababaza. Ariko kubwo kwihangana n'ubutwari, bazatsinda iyo ngeso, bumve badakeneye guhaza iryo rari. Imikorere y'umubiri izakenera igihe gito kugira ngo ububabare yatewe n'ibyo bintu bukire, ariko nimuyiha amahirwe izafatiraho yongere kwisubira, ikore umurimo wayo utunganye kandi mwiza. IMN 384.2

748. Satani arica intekerezo n'ubugingo akoresheje ibigeragezo bye by'ubuhanga. Mbese abizera bacu babona kandi bumva uburemere bw'icyaha cyo gushayisha mu guhaza irari ribi? Baba biteguye kureka icyayi, ikawa, inyama, n'ibindi byokurya byose bikabura umubiri? Baba biteguye gutanga umutungo bakoreshaga muri ibyo bintu byangiza umubiri ugakoreshwa mu kwamamaza ukuri? … Ni ubuhe bushobozi umunywi w'itabi yakoresha ngo ahagarike imbaraga yo kutirinda? Ni ngombwa ko habaho impinduramatwara muri iyi si yacu ku byerekeranye n'itabi mbere y'uko intorezo igerwa ku gishyitsi. Reka tuvuge ibintu uko biri. Icyayi n'ikawa byongera irari ry'ibikaburamubiri birushijeho kugira imbaraga, nk'itabi n'inzoga zifite alukoro ikaze. IMN 384.3

749. Ku byerekeranye n'inyama, nimutyo twese twiyemeze tugira duti, "Nizirekwe rwose." Kandi twese tugomba gutanga ubuhamya bwo kureka icyayi n'ikawa, ntitubikoreshe. Ni ibiyobyabwenge, byica mu buryo bumwe ubwonko hamwe n'indi migabane y'umubiri. … IMN 385.1

Abizera b’amatorero yacu nibareke irari ryose ryo kwikunda. Ifaranga ryose ryakoreshwaga mu kugura icyayi, ikawa, n’inyama riba ripfuye ubusa birenze urugero. Kuko ibi bintu birwanya iterambere ryuzuye ry’ubushobozi bw’umubiri, ubwenge, n’umwuka. IMN 385.2

Icyifuzo cya Satani

750. Abantu bamwe batekereza ko batashobora ivugurura ribasaba kureka gukoresha icyayi, ikawa, itabi n’inyama, kuko bumva batashobora kubihara. Iki ni icyifuzo kiva kuri Satani. Ibi bikaburamubiri byonona umubiri ni byo bicogoza ingingo zawo kandi bikaba ari byo biteguriza indwara zangiza imikorere y’umubiri wose, bikawukoresha nabi, bigaca intege ibyubaka umubiri kandi bisanzwe biwurinda indwara no kwangirika imburagihe. … IMN 385.3

Gukoresha ibikaburamubiri bidasanzwe ni ukwica ubuzima, kandi bigira ingaruka yo gutera igihu mu bwonko, bigatuma budashobora kwakira iby’agaciro k’iteka ryose. Abishimira ibi bigirwamana ntibashobora guha agaciro nyakuri agakiza Kristo yabahaye binyuze mu buzima bwo kwitanga, akihanganira imibabaro, gukwenwa, maze ku iherezo agatanga ubuzima bwe butagira icyaha kugira ngo burokore umuntu mu rupfu.IMN 385.4

[Ingaruka z’icyayi n’ikawa ku bana — 354, 360] IMN 385.5

[Icyayi n’ikawa mu bigo byacu by’ubuzima — 420, 424, 437, 438] IMN 385.6

[Icyayi, ikawa, n’inyama ntibikenewe mu mubiri — 805] IMN 385.7

[Kureka icyayi, ikawa, n’ibindi, byerekana ko abakozi biyemeje kuba abagorozi b’iby’ubuzima — 227, 717]IMN 386.1

[Ingaruka zo gukoresha icyayi n’ikawa mu masaha ya kumanywa na nimugoroba — 233] IMN 386.2

[Abagira inyota yo kunywa icyayi n’ikawa bagomba guhabwa umucyo — 779] IMN 386.3

[Kugirana isezerano n’Imana ryo kureka icyayi, ikawa, n’ibindi. — 41] IMN 386.4

[Ellen G. White ntiyakoreshaga icyayi n’ikawa — Umugereka I:18, 23] IMN 386.5

[Rimwe na rimwe Ellen G. White yakoreshaga icyayi nk’umuti — Umugereka I:18].

UMUGABANE WA III - GUSIMBUZA ICYAYI N’IKAWA IBINYOBWA BIVA MU BINYAMPEKE

751. Nta cyayi cyangwa ikawa bigomba kuzanwa ku meza yacu. Ibinyobwa bigizwe n’ibinyampeke, igihe biteguwe neza uko bishoboka, bigomba kugaburwa mu mwanya w’ibi binyobwa byica ubuzima. IMN 386.7

752. Mu bihe runaka, abantu babasha gufata ifunguro rya gatatu. Iri funguro, igihe rifashwe, rigomba kuba rigizwe n’ibintu byoroshye, rigizwe n’ibyokurya byoroheye cyane igogora. Utugati duto dukoze mu ngano, cyangwa ibisuguti, imbuto, n’icyayi kigizwe n’ibinyampeke, ni ibyokurya bikwiriye kuribwa mu ifunguro rya nimugoroba. IMN 386.8

753. Nkoresha amata makeya atetse mu cyayi tunywa mu rugo. IMN 386.9

Gukoresha Birenze Urugero Ibinyobwa Bishyushye Byangiza Umubiri

754. Ibinyobwa bishyushye ntibikwiriye gukoreshwa, keretse igihe bikoreshwa nk’umuti. Igifu cyangizwa bikomeye n’ibyokurya hamwe n’ibyokunywa byinshi bishyushye. Bityo, umuhogo n’ingingo z’urwungano ngogozi, kimwe n’izindi ngingo z’umubiri, bicika intege.

UMUGABANE WA IV - VINO ZISEMBUYE

755. Turiho mu gihe cyo kutirinda, abanywi ba vino zisindisha bamaranira guhaza irari bagacumura ku Mana. Mwifatanyije n’abandi muri uwo murimo kuko mwanze gukurikiza umucyo. Iyo muza kwemera umucyo, ntimwari kuba cyangwa ngo mushobore gukora bene nk’ibyo. Uwagize uruhare wese mu gukora umurimo nk’uwo azagerwaho n’urubanza rw’Imana, keretse abaye ahinduye rwose imikorere. Mukwiriye rwose kuba maso. Mukwiriye gutangira umurimo wo kweza imitima yanyu ikarindwa gucirwaho iteka. … IMN 387.2

Nyuma yo gufata icyemezo cyo kutifatanya n’abagize urugaga rwo kwirinda, nanone muba mwaragize uruhare rwo gufasha abandi iyo mugira umutimanama wo gukora ibihwanye n’ukwizera kuzima muvuga ko

mwemera, nyamara mu kwifatanya n'abakora ibisindisha bya vino, mwakoze ikosa rikomeye; kandi ikirushijeho kuba kibi, mwatesheje agaciro ukuri, kandi ubugingo bwanyu mwabushyize mu kaga. Mwubatse urukuta rubatandukanya n'umurimo wo kwirinda. Imigirire yanyu ituma abatizera bashidikanya amahame yacu. Iyo nzira munyuramo ntabwo ari nziza; kandi abamugaye mubabera intaza zituma babasha kujya mu irimbukiro. IMN 387.3

Simbona ukuntu Abakristo bafite ibitekerezo kandi babonye umucyo w'amategeko y'Imana, bashobora kwemera gukora ibintu nk'ibi, cyangwa bakiyemeza gukora cyangwa gucuruza ibinyobwa bisindisha biva mu bihingwa bitanga imitobe. Ibi bihingwa byari bikwiriye gukoreshwa mu bintu byiza, bikazanira abantu umugisha, nyamara bishobora na none gukoreshwa mu bintu bibi maze bikabera bamwe ikigeragezo n'umuvumo. Vino cyangwa ibitoki bibasha gutarwa bikiri bizima, kandi bigakomeza kugira uburyohe bw'umutobe mu gihe runaka; kandi iyo bibitswe ahantu bidashobora gushya, ntibyabasha kwangiza intekerezo z'abantu. … IMN 387.4

Kunywa Buhoro Biganisha ku Businzi

Abantu babasha guhumanywa n'inzoga hamwe na za vino zisharira kimwe nk'uko bigendekera abasinzi kabuhariwe, kandi ubusinzi bukabije kuba bubi ni ubuterwa no kunywa buhoro buhoro ibi binyobwa byitwa ko bidakaze. Ibyifuzo birushaho kuba bibi; ingeso zirahinduka ku buryo bukomeye, budasubirwaho, umuntu akinangira. Ibirahure bike bya vino ishaririye bishobora gutera mu mubiri ibyifuzo byo kunywa inzoga zikomeye, kandi akenshi, abantu bahindutse abasinzi kabuhariwe baba baramaze gushimangira ingeso yo kunywa. Ku bantu bamwe, ntabwo bikwiriye kugira inzoga cyangwa vino zisharira mu nzu zabo. Babaye imbata z'irari ry'ibikaburamubiri, Satani ahora akoresha ngo bibaryohere. Iyo baguye mu bigeragezo, ntibababasha kurekeraho; irari ribasaba gukomeza kurihaza kandi rikabaganisha ku kurimbuka. Ubwonko buracogora bugacura umwijima.

Umutimanama ntuba ukiyobora ahubwo utwarwa n'ibinezeza. Ubuhehesi, ubusambanyi, n'ingeso mbi z'ubwoko bwose birakorwa, nk'ingaruka z'uko gushayisha kw'irari ryo kunywa inzoga na vino isharira.

Umukristo ukunda ibi bikaburamubiri, akimenyereza kubikoresha, ntabasha gukura mu buntu. Ahinduka umunyamururumba n'umunyerari; ibyifuzo bya kinyamaswa bisigara bitegeka ubushobozi bw'intekerezo ze, ntabe akirangwa n'ubunyangamugayo. IMN 388.1

Kunywa buhoro buhoro ni ishuri abantu benshi bigiramo kuba abanywi babigize umwuga. Satani agenda abatandukanya n'amahame y'ingenzi yo kwirinda, ku buryo inzoga na vino zisharira bibwira ko bitagize icyo bibatwaye byangiza ipfa ryabo, maze inzira y'ubusinzi igafunguka batabizi. Uburyohe bw'ibikaburamubiri burahemberwa; urwungano rw'imyakura rugahungabana; Satani ateza ubwonko guhungabana, maze umutindi akibwira ko aguwe neza, agakomeza kunywa, kugeza ubwo arenza urubibi, agatatira buri hame ryose ry'ubuzima. Ibyemezo bikomeye ntibihabwa agaciro; iby'inyungu z'iteka ntibishobore kugenga irari ngo ryemere gutegekwa n'umutimanama. IMN 388.2

Abantu bamwe ntibanywa ngo basinde, ariko usanga barabaswe na vino zisharira cyangwa ibinyobwa bisembuye. Bata umutwe, ntibamenye kwigenzura, nubwo baba batasinze bigaragara, ariko ukabona batameze neza; kuko ubushobozi bwose bw'intekerezo buba bwangiritse. Kuba umuntu abasha gufatwa n'indwara z'ubwoko bunyuranye, nk'urushwima, umwijima, isusumira, umuvuduko w'amaraso, biterwa no kunywa bisanzwe vino zisharira. Mu kubikoresha, abantu benshi bagenda bikururira indwara zihoraho. Benshi bapfa bazize kunywa cyangwa amaraso agahagarara [pararizi] bitewe n'iyi mpamvu yonyine. Bamwe bahura n'uburwayi bw'igugara. Buri mikorere y'umubiri icika intege, maze abaganga bakababwira ko babiterwa n'umwijima, nyamara iyaba bemeraga kureka izo ntango z'ibinyobwa byabo kandi ntibagire ikindi nkabyo babisimbuza, imbaraga z'ubuzima zangiritse zagaruka.IMN 389.1

Kunywa vino isharira biganisha ku kunywa ibinyobwa birushijeho gusindisha. Igifu kibura imbaraga zacyo gisanganywe, kigakenera ikintu kirushaho gukomera kugira ngo kigikoreshe. … Tubona imbaraga irari ry'ibinyobwa bikaze zigira ku bantu; tubona ukuntu abantu benshi bamwe muri bo bakora imirimo y'ingenzi — abagabo biyubashye, bafite impano zihambaye, b'abahanga, cyangwa b'abanyampuhwe, cyangwa bafite imibiri ikomeye, cyangwa bafite ububasha bwo gutekereza — batanga icyo aricyo cyose ngo bakunde bahaze irari ry'inda, kugeza ubwo bahindutse ibicucu.

Akenshi uko guhenebera gutangirira mu bunywi bw’inzoga cyangwa vino ihiye.IMN 389.2

Urugero Rwacu rwo Kuba ku Ruhande rw’Ivugurura

Igihe abagabo n’abagore bafite ubwenge, kandi bavuga ko ari Abakristo, bemeza ko kwenga vino cyangwa ibinyobwa bisharira ngo bicuruzwe nta kibi kirimo, kuko bavuga ko ntacyo bitwara umubiri ngo kuko bidahiye, ibyo bintera agahinda. Nziko ibyo bintu bifite urundi ruhande badashaka kureba; bitewe nuko kwikunda kwabahumye amaso ngo bareke kureba ingaruka zizanwa no gukoresha ibyo bikaburamubiri. …IMN 389.3

Nk’ubwoko bw’Imana, tuvuga ko turi abagorozi, turi abatwaramucyo ku isi, abarinzi bakiranukira Imana, bashinzwe kwirinda inzira zose Satani abasha gukoresha ngo yinjirane ibishuko bye byo kutwangiriza irari mu mirire n’iminywere. Urugero n’imbaraga tugomba kwerekana bigomba kugaragazwa n’uko turi ku ruhande rw’ivugurura cyangwa ubugorozi.

Tugomba kwirinda igikorwa cyose kibasha kwica umutimanama kigaha imbaraga igishuko. Ntitugomba kugira akanya na gato duha Satani ngo ashyikire ubwenge Imana yaremanye umuntu mu ishusho yayo. Iyaba abantu bose babaga maso kandi bagakiranukira kurinda inzira nto zose zinyurwamo n’ibinyobwa bya vino y’umushari banywa gahoro gahoro bibwira ko ntacyo bibatwara, inzira y’ubusinzi yazitirwa. Icyo abaturage bose bakeneye, ni ugufata icyemezo bakagira n’ubushake byo kwirinda gukora kuri ibyo bintu, bakirinda kubisogongera, bakirinda kubikoresha; bityo, ivugurura mu kwirinda ryagira imbaraga, rigahoraho, kandi rikaba ingirakamaro. … IMN 390.1

Umucunguzi w’isi, uzi neza imibereho y’abantu bo mu minsi iheruka, yerekana ibyaha by’imirire n’iminywere bizaciraho iteka abo mu minsi nk’iyi turimo. Atubwira ko nk’uko byari biri mu minsi ya Nowa, ariko bizamera no mu minsi yo kuza k’Umwana w’umuntu. “Kuko nk’uko bari bameze muri iyo minsi yabanjirije umwuzure, bararyaga, baranywaga, bararongoraga, barashyingiraga, bageza umunsi Nowa yinjiriye mu nkuge, ntibabimenya kubeza aho umwuzure waziye ukabatwara bose” (Matayo 24:38, 39). Ibintu nk’ibyo bizabaho mu minsi iheruka, kandi abiringira ukuri k’uwo muburo bazirinda rwose kunyura inzira izabateza gucirwaho iteka. IMN 390.2

Benedata, nimureke ibi tubirebere mu mucyo w'Ibyanditswe byera, maze dushyire imbaraga mu kwirinda muri byose. Imizabibu [urutoki] n'imbuto za vino byose ni impano twahawe n'Imana; bibasha gukoreshwa nk'ibyokurya byiza birenze urugero, cyangwa na none bigakoreshwa nabi. Dore Imana yatangiye kumisha umuzabibu [urutoki] n'ibiti bya vino kubera ko umuntu abikoresha mu bibi. Turi imbere y'abatuye isi nk'abagorozi; ntitugahe abakiranirwa n'abatizera umwanya wo kugira icyo bavuga ku kwizera kwacu. Kristo aravuga ati: "Muri umunyu w'isi", "muri umucyo w'isi." Nimureke twerekane ko imitima yacu n'ubwenge bwacu byahinduwe n'imbaraga y'ubuntu mvajuru, kandi ko imibereho yacu iyobowe n'amahame atunganye y'amategeko y'Imana, nubwo ayo mahame yadusaba ubwitange bw'inyungu z'igihe gito. IMN 391.1

Muri Mikorosikopi

756. Abantu batwawe n'irari ry'ibikaburamubiri ntibagomba na gato kureba cyangwa kujya ahantu hari vino, byeri, cyangwa vino isharira. Kuko byakomeza kubabera igishuko. Hariho benshi bakomeza kubona ko vino isharira atari ikinyobwa kibi, bakumva kukinywa nta kibazo. Nyamara ububi bwayo ntibutinda kwigaragaza igihe yatangiye gushya. Uburyohe bwayo bukarishye butangira kunezeza bamwe; uyinywa kandi ntashobora kwemera ko ari mbi, cyangwa yahiye.IMN 391.2

Ubuzima kandi bushyirwa mu kaga igihe abantu bakoresha ibinyobwa bavuga ko byoroheje kandi biryohereye bikorwa mu buryo busanzwe. Iyaba abantu bashoboraga kurebera muri mikorosikopi ibyo binyobwa bagura, bake cyane ni bo bakwifuza kubinywa. Kenshi ababikora ntibita ku mbuto zizanwa ku masoko ibyo binyobwa byengwamo, kuko usanga akenshi izo mbuto zaraboze cyangwa zaraguye inyo. Abadatekereza ko ibyo binyobwa ari uburozi ngo babone ko izo mbuto zakoreshwa mu bundi buryo, banywa umutobe wazo bakumva ubaryoheye. Nyamara mikorosikopi yerekana ko n'igihe bivanywe mu rwengero, mbere y'uko bitangira gushya, ibyo binyobwa bigaragara nk'aho ari byiza biba bihumanye ku buryo bidakwiriye kunyobwa. IMN 391.3

Vino y'umushari, byeri, n'ibindi binyobwa bimeze nkabyo bifite uburozi kimwe nk'ibinyobwa bikaze kuri alukoro. Ababinywa bibatera kurarikira

kunywa inzoga zikomeye, bityo ingeso yo kunywa inzoga zikaze kuri alukoro igatangira ityo. Kunywa buhoro buhoro ibinyobwa nk'ibyo ni ishuri ritegura abantu kuba abasinzi babigize umwuga. Imbaraga z'ibyo binyobwa zikora bucece ku buryo abábinywa bibajyana mu nzira y'ubusinzi na mbere y'uko babona akaga kabarindiriye.

UMUGABANE WA V - UMUTOBE W'IMBUTO

Umutobe Uryohereye w'Imizabibu

757. Umutobe utunganye w'imizabibu, utarimo umusemburo, ni ikinyobwa cyiza ku buzima. Ariko ibyinshi mu binyobwa bifite alukoro muri iki gihe, kandi bikunze kunyobwa, biba bifite uburozi bwica. Abábinywa akenshi bibatera ubusazi, bagata umutwe. Bitewe n'imbaraga zabyo zica, abantu bibatera gukora ibikorwa by'ubugizi bwa nabi ndetse akenshi ibikorwa by'ubwicanyi. IMN 392.2

Bifitiye Akamaro Ubuzima Bwacu

758. Nimwihatire gutegura ku meza yanyu imbuto, zibe mu igaburo ryanyu. Umutobe w'imbuto, uryanywe n'umugati, bizabagwa neza bitangaje. Amatunda yeze neza, mazima kandi aryoshye, ni ibyokurya byiza tugomba guhora dushimira Uhoraho, kuko bifitiye akamaro gakomeye ubuzima bwacu. IMN 393.1

[Gukoresha amagi mabisi mu mutobe w'imizabibu — 324] IMN 393.2

[Ellen G. White yakoreshaga umutobe w'indimu mu kuryoshya salade — 522]

IGICE CYA 25 - KWIGISHA AMAHAME Y'UBUZIMA UMUGABANE WA I - AMABWIRIZA AGOMBA GUTANGWA KU NSANGANYAMATSIKO Z'UBUZIMA

Akamaro ko Kwigisha Iby'ubuzima

759. Uburezi, mu mahame y'ubuzima, ntibwigeze bukenerwa biruseho nk'uko bimeze muri iki gihe. Nubwo hariho iterambere ritangaje mu nzego nyinshi zigamije kwita no gufata neza ubuzima, ndetse no mu byerekeranye n'isuku hamwe no kuvura indwara, gusigingira kw'imbaraga z'imibiri y'abantu hamwe n'ubushobozi bwo kwihangana biteye agahinda. Ibyo bintu bikeneye kwitabwaho n'abantu bose bahangayitswe n'imibereho myiza ya bagenzi babo.IMN 394.1

Iterambere n'uburyo tubaho by'amajyejuru biha imbaraga ingeso mbi zica amahame mazima. Imigirire n'ibigezweho birwanya gahunda nzima twaremewe. Ibikorwa bigendana n'ibyo hamwe no gushayisha kwihuta, birushaho kugabanya imbaraga z'umubiri n'iz'ubwenge, bikazanira mwenemuntu akaga katavugwa. Usanga ahantu hose hagaragara indwara, imibabaro, ukutirinda, n'ubugizi bwa nabi. IMN 394.2

Benshi bagomera amategeko y'ubuzima bitewe n'ubujiji, bityo bakaba bakeneye kwigishwa. Ariko umubare munini ni uw'ababikora babizi. Bakeneye kumenya akamaro ko kureka ubumenyi bwabo bukabayobora. IMN 394.3

760. Inyigisho yerekeranye n'ivugurura mu mirire irakenewe cyane muri iki gihe. Akamenyero kabi mu mirire no gukoresha nabi ibyokurya bifite uruhare runini mu bikorwa byo kutirinda, imibabaro n'ubugizi bwa nabi byuzuye kuri iyi si. IMN 394.4

[Reba Umurimo w'Ubuvuzi, Ugushyingo-Ukuboza, 1892] IMN 394.5

761. Iyaba twagiraga umuhati wo guteza imbere imico mbonera y'abantu b'ahantu hose duhamagarirwa kujya, twagombye gutangirira ku guhindura ingeso z'imibiri yabo. Imico mbonera iterwa n'ibikorwa byiza by'ubushobozi bw'intekerezo n'umubiri. IMN 394.6

Benshi Bazabona Umucyo

762. Uhoraho yanyeretse ko abantu benshi, benshi cyane bazakira ubuhenebere bw'umubiri, ubwenge, n'intekerezo, bitewe no gushyira mu bikorwa ivugurura ry'ubuzima. Hazabaho ibiganiro by'ubuzima, n'ibitabo by'ubuzima birusheho kwiyongera. Amahame y'ivugurura ry'ubuzima azakirwa neza; kandi benshi bazabona umucyo. Imbaraga zigendana n'ivugurura ry'ubuzima zizakora ku ntekerezo z'abashaka uwo mucyo; kandi bazagenda basobanukirwa intambwe ku ntambwe kugeza ubwo ukuri kw'iki gihe kubagezeho bihagije. Bityo, ukuri no gukiranuka bizaba bihoberanye. … IMN 394.7

Ubutumwa bwiza n'umurimo w'ubuvuzi bigomba kugendana. Ubutumwa bwiza bugomba kuba inkubirane n'amahame nyakuri y'ivugurura ry'ubuzima. Ubukristo buzashyirwa mu bikorwa. Iyobokamana nyakuri rishingiye kuri Bibiliya ryuje urukundo Imana yakunze umuntu wacumuye. Ubwoko bw'Imana bugomba gukataza bukamenyesha abantu bose bakeneye ukuri, bifuza gukora uruhare rwabo uko bikwiriye muri iki gihe giteye ubwuzu. Tugomba kwereka abantu amahame y'ivugurura ry'ubuzima, tugakora ibyo tubasha byose ngo tuyobore abagabo n'abagore kugira ngo babone akamaro k'aya mahame n'ibyiza byo kuyakurikiza. IMN 395.1

Imbaraga z'Abatubanjirije Umurimo wo Kwigisha Amahame y'Ivugurura ry'Ubuzima

763. Ubwo imurikabikorwa rya Leta ryaberaga i Battle Creek [Batoro Kriki], abizera bacu baje kumurika amaziko atatu cyangwa ane ya kizungu, maze berekana uburyo ayo maziko ashobora gutekerwaho ibyokurya byiza cyane bidakeneye inyama. Twabwiwe ko ameza y'abizera bacu ariyo yarushije andi yose gutegura ibintu byiza. Ahantu hose hateraniye abantu benshi, mubasha gufatirana ayo mahirwe mugategura gahunda y'ibyokurya byiza mwageza ku bantu bari aho bose, kandi mugashyira imbaraga mu kwigisha abantu ibyo kwitungira amagara mazima. IMN 395.2

Uhoraho yaduhaye kugirira umugisha ku bantu, kandi dufite amahirwe atangaje yo kwerekana ibintu byose bishobora hakurikijwe amahame y'ubugorozi mu by'ubuzima kugira ngo tugarurire icyizere imibereho

y’abantu batagifite ibyiringiro. … IMN 395.3 **Mu Materaniro Makuru n’Urugo ku Rugo**

Tugomba kurushaho gushyira umwete mwinshi mu kwigisha abantu ukuri kw’ivugurura mu by’ubuzima. Muri buri materaniro makuru, abayobozi bagomba gushyira imbaraga mu kwigisha abantu uburyo bagomba gutegura imirire yuzuye kandi iryoheye abantu igizwe n’ibinyampeke, imbuto, ibinyamisogwe, n’imboga. Ahantu hose hafunguwe inteko cyangwa amashami y’itorero abizera bagomba kwigishwa ukuri, bakigishwa ubumenyi bubafasha gutegura indyo yuzuye kandi ituma bagira amagara mazima. Hakwiriye gutorwa abakozi bashoboye kugenda urugo ku rugo bigisha inyigisho zo kwitungira amagara mazima. IMN 395.4

Gushinga Ihema Ryigishirizwamo iby’Ubuvuzi mu Materaniro Makuru

764. Uko turushaho kwegereza iherezo ry’ibihe, tugomba kurushaho kuzamura ikibazo cy’ivugurura ry’ubuzima no kwirinda bya Gikristo, tubyigisha mu buryo burushaho kuba bwiza kandi bugaragarira bose. Tugomba kurushaho kwigisha abantu, tudakoresha amagambo gusa, tunabibagaragariza no mu bikorwa. Vuga numve hamwe na kora ndebe bifatanyiriza hamwe kwerekana imbaraga ikomeye. IMN 396.1

Mu gihe cy’amateraniro makuru, abantu bagomba kwigishwa ibyigisho by’ubuzima. Mu materaniro twagiriye muri Ositarariya, buri munsi twigishaga ibyigisho by’ubuzima, maze ukabona abantu barabikunze cyane. Hashinzwe ihema ryakoreragamo abaganga n’abaforomo, bagaha abantu inama z’ubuvuzi, kandi benshi cyane bakabyitabira. Abantu ibihumbi bakurikiranaga inyigisho, maze ku iherezo ry’amateraniro makuru abantu bakumva nta kintu na kimwe cyabacika mu byo bigishijwe batagishyize mu bikorwa. Mu migi myinshi aho amateraniro makuru yabereye, abantu bamwe mu bavuga rikijyana basabye bakomeye ko hashingwa amashami y’amavuriro, basezerana ko bazayashyigikira. IMN 396.2

Kuba Intangarugero no Kubyigisha

765. Amateraniro menshi y'abizera bacu akunda kubona amahirwe yo kuba yakwerekana amahame y'ivugurura ry'ubuzima. Mu myaka mike ishize, muri amwe muri ayo materaniro higishirijwe iby'ivugurura ry'ubuzima hamwe n'inyungu zizanwa no kurya ibyokurya bitarimo inyama; nyamara icyo gihe kandi, inyama zaragaburiwe abantu ku meza menshi y'aho abantu bari bateraniye mu mahema ku mugoroba, ndetse n'ibinyamakuru binyuranye bivuga ku mirire mibi bigurishirizwa aho hantu. Ukwizera kutagira imirimo nta kamaro; kandi igihe inyigisho z'ubuzima zigishijwe, nyamara ibikorwa bikanyuranya na zo, ntacyo zibasha guhinduraho abazumva. Igihe cyakurikiyeho, mu materaniro makuru, abayobozi bashinzwe iby'ubuzima bigishije inyigisho zigendana n'ibikorwa. Nta nyama zagabuwe mu mahema, ahubwo abantu bahawe imbuto, impeke, n'imboga kandi bihagije. Ubwo abashyitsi babazaga impamvu hadatanzwe inyama, impamvu yarumvikanye bihagije, ko inyama atari ibyokurya byiza ku buzima. IMN 396.3

[Kugurisha ibiribwa bikize ku masukari, za kreme, n'ibindi nkabyo mu gihe cy'amateraniro makuru — 529, 530]. IMN 397.1

Mu Bigo byacu by'Ubuzima

766. Nahawe umucyo werekeranye n'ukuntu ikigo cy'ubuzima kigomba gushingwa, kandi ko muri icyo kigo hatagomba gutangirwamo imiti y'ibinini, ahubwo hagakoresha uburyo bwo kuvura bworoheje, bushyize mu gaciro, kugira ngo indwara zibashe kuvurwa. Muri icyo kigo, abantu bagomba kwigishwa uburyo bw'imyambarire, guhumeka umwuka mwiza, no kurya bikwiriye, n'uburyo bwo kwirinda indwara binyuze mu kubaho imibereho iboneye. IMN 397.2

767. Ibigo byacu by'ubuzima bigomba kuba inzira yo kugeza umucyo ku babigana baje kwivuza. Abarwayi bagomba kwerekwa uburyo bashobora kubaho bakoresheje indyo igizwe n'ibinyampeke, amatunda, ibinyamisogwe, n'ibindi biribwa byera mu butaka. Nahawe amabwiriza ko mu bigo byacu hagomba gutangwa inyigisho za buri gihe zerekeranye n'iby'ubuzima. Abantu bagomba kwigishwa kureka kurya ibyokurya bicogoza umubiri kandi bikagabanya imbaraga z'abo Kristo yatangiye ubugingo. Bagomba kwerekwa akaga kazanwa no kunywa icyayi n'ikawa.

Abarwayi bagomba kwigishwa uburyo bwo kureka ibyo byokurya byangiza ingingo z'urwungano ngogozi. … Abarwayi niberekwe akamaro ko gushyira mu bikorwa amahame agenga ivugurura ry'ubuzima, kugira ngo bibashoboze kongera kugira amagara mazima. Umurwayi yerekwe uburyo abasha gukira uburwayi bwe bitewe no kwirinda mu mirire hamwe no guhora buri gihe akora imyitozo ngororamubiri yo hanze. … Binyuze mu murimo wo mu bigo byacu by'ubuzima, ububabare bugomba kuvaho maze abantu bagasubirana amagara mazima. IMN 397.3

Abantu bagomba kwigishwa uburyo bagomba kumererwa neza bitewe no kwitonda mu mirire n'iminywere yabo. … Kureka inyama bizazanira inyungu abirinda. Ikibazo cy'imirire ni ingingo ifitiye inyungu nyinshi imibereho yacu. … Ibigo byacu by'ubuzima byashyiriweho impamvu idasanzwe, yo kwigisha abantu ko tutabereyeho kurya, ahubwo ko turya kugira ngo tugire amagara mazima. IMN 397.4

Kwigisha Abarwayi Kwivura mu Ngo Zabo

768. Mujye mutera umwete abarwayi ngo basohoke bajye hanze uko bishoboka kose, muganire na bo ibiganiro binejeje, bigendana no kubasomera ibyigisho bya Bibiliya byoroshye kumva, kandi bifasha ubugingo bwabo. Mubabwire iby'ivugurura ry'ubuzima, kandi mwenedata, ntimubabere umutwaro ngo mubabwire byinshi ku buryo mudashobora kwigisha ibyigisho byoroheje by'ivugurura ry'ubuzima. Abava mu bigo byacu by'ubuzima bakwiriye kugenda bigishijwe neza ku buryo na bo babasha kwigisha abandi uburyo bwo kwita ku miryango yabo. IMN 398.1

Hari akaga ko gutagaguza amafaranga menshi mu kugura imashini n'ibikoresho abarwayi batazigera na gato bakoresha mu ngo zabo. Ibiri amambu, bakwiriye kwigishwa uburyo bwo gutegura uko bikwiriye imirire yabo, ku buryo imikorere y'ingingo zose z'umubiri zikorana neza. IMN 398.2

Amabwiriza yo Kwirinda Akwiriye Gutangwa

769. Mu bigo byacu by'amavuriro, hagomba gutangwa amabwiriza yumvikana yerekeranye n'ibyo kwirinda. Abarwayi bagomba kwerekwa

akaga ko gukoresha ibinyobwa byangiza umubiri, hamwe n'umugisha wo kubireka burundu. Bakwiriye gusabwa kureka ibintu byangije ubuzima bwabo, kandi mu mwanya wabyo bakabisimbuza amatunda menshi. Amacunga, indimu, ibinyomoro, marakuja cyangwa intababara, hamwe n'ubundi bwoko butandukanye bushobora kuboneka. Kuko Uwiteka yaturemeye isi yuzuye uburumbuke, igihe tugize umwete wo kuyikorera. IMN 398.3

770. Abarwana no kunesha imbaraga z'irari mu mirire n'iminywere bagomba kwigishwa amahame yo kwitungira amagara mazima. Bagomba kwerekwa ko kugomera amategeko y'ubuzima bwiza, bituma habaho guha urwaho inzira zinjiza indwara mu mubiri, ibyifuzo bibi, no kumenyera ibinyobwa bifite alukoro bikigarurira umubiri. Kumvira amahame y'ubuzima bwiza ni byo gusa bibasha kubaha icyizere cyo gutsinda inyota y'ibinyobwa bidasanzwe bikabura umubiri. Niba bishingikirije ku mbaraga mvajuru kugira ngo ibashoboze guca imigozi y'irari, bagomba gukorana n'Imana bumvira amategeko yayo, yaba ay'ubwenge n'ay'umubiri. IMN 398.4

Akamaro ko Kugira Ivugurura Rikenewe

771. Ni uwuhe murimo w'ingenzi twahamagariwe gukora mu bigo byacu by'ubuzima? Aho gutanga urugero mu magambo n'ibikorwa, twigisha kandi tugashyigikira irari n'umururumba, tugomba kwigisha abantu kubireka. Mu nzego zose, tugomba guteza imbere ivugurura ry'ubuzima. Intumwa Pawulo atera ejuru agira ati, "Nuko bene Data, ndabinginga kubw'imbabazi z'Imana ngo mutange imibiri yanyu, ibe ibitambo bizima byera bishimwa n'Imana, ari ko kuyikorera kwanyu gukwiriye. Kandi ntimwishushanye n'ab'iki gihe, ahubwo muhinduke rwose mugize imitima mishya, kugira ngo mumenye neza ibyo Imana ishaka, ari byo byiza bishimwa kandi bitunganye rwose" (Abaroma 12:1, 2). IMN 399.1

Ibigo byacu by'ubuzima byashyiriweho kwerekana amahame yo kubaho kurangwa n'imirire iboneye, itunganye, kandi ihesha abantu amagara mazima. Ubwo bwenge bugomba kwigishwa hose kugira ngo abantu bige kwiyanga no kwitegeka. Yesu, waremye umuntu akanamucungura, agomba kwamamazwa akamenywa n'abantu bose baza mu bigo byacu. Kwigishwa inzira zihesha ubugingo, amahoro, n'amagara mazima bigomba

gukorwa umurongo ku murongo, ihame ku ihame, kugira ngo abantu bose, abagabo n’abagore, bamenye akamaro k’ivugurura. Bagomba kuyoborwa mu nzira ituma bareka ingeso n’imigirire mibi byagiye biranga abatuye isi mbere y’umwuzure, n’abaturage ba Sodomu, Imana yarimbuye bitewe n’ibicumuro byabo (Matayo 24:37-39). … IMN 399.2

Abasura ibigo byacu bose bagomba kuhakura ubumenyi. Bose bakwiriye kumenyesha iby’inama y’agakiza, baba abakomeye n’aboroheje, abakire n’abakene. Inyigisho ziteguranywe ubwenge zigomba gutangwa, kugira ngo abantu babone ububi bw’irari n’umururumba wo kutirinda mu mirire n’iminywere, byo ntandaro y’indwara, imibabaro, n’ibikorwa bibi bigendana na byo. IMN 399.3

[Uburyo bwo kugeza ku bantu ivugurura mu mirire — 426]. IMN 399.4

Amababi y’Igiti cy’Ubugingo

772. Neretswe ko umurimo ugendana n’ivugurura ry’ubuzima ugomba gukorwa bidatindiganije. Ni wo uzatuma tugera ku bantu bo mu mihanda minini n’abo mu mayira mato. Nabwiwe by’umwihariko ko abantu benshi bazemera ukuri bitewe n’ibigo byacu by’ubuzima. Ahongaho abagabo n’abagore bazahamenyera uburyo bwo kuvura imibiri yabo, kandi bahungukire kwizera. Bazahamenyera icyo kurya umubiri no kunywa amaraso y’Umwana w’Imana bisobanuye. Kristo agira ati: “Amagambo mbabwiye ni yo afite umwuka n’ubugingo.” Yohana 6:36. Ibigo byacu by’ubuvuzi bigomba kuba ahantu higishirizwa inyigisho z’umurimo w’ibwirizabutumwa mu by’ubuvuzi. Nimuzanire abanyabyaha amababi y’igiti cy’ubugingo azabahesha kubona amahoro, ibyiringiro, no kwizera Yesu Kristo. IMN 400.1

Imyiteguro y’Isengesho ryo Gukiza Indwara

773. Kwigisha abantu kumenya Imana nk’Umuganga w’ikirenga ntacyo byaba bimaze niba ibyo bitagendanye no kubigisha kwirinda imigenzereze mibi. Mbere y’uko Imana isubiza amasengesho yabo, ishaka ko abarwayi bareka ingeso mbi bimenyereje, bakiga kugenza neza,

bagakosora amakosa yabo kandi bagakurikiza ibyo amategeko yo mu byaremwe n'ay'ibya Mwuka abasaba. IMN 400.2

Muganga Afite Inshingano yo Kwigisha Abarwayi

774. Mu bigo by'ubuzima ni ho hantu heza bihebuje hashobora kwigishirizwa abarwayi gukurikiza amategeko agenga ibyaremwe, no kureka ingeso bimenyereje mu mirire n'imyambarire, byica ubuzima kandi bikagendera ku migirire y'ab'isi, igihe baba barwanya amahame mvajuru. Ibyo bigo bifite umurimo wo kumurikira abatuye iyi si. … Muri iki gihe, ni ngombwa rwose ko abaganga hamwe n'abafasha babo bagerageza kugira umwete mwinshi bagatunganya umurimo wabo, bikorera ubwabo kandi banakorera n'abo bagomba kwigisha baba babiringiye kugira ngo babasuzume indwara barwaye n'ikizitera. Bagomba guha umwanya udasanzwe amategeko Imana yatanze adashobora kwicwa ngo biterere aho gusa. Bagomba by'umwihariko kwita ku ngaruka y'uburwayi, ariko ku buryo rusange, bagomba kwita bihagije ku mategeko agomba gukurikizwa mu kuri no mu bwenge, kugira ngo arinde abantu indwara. Birashoboka kandi by'umwihariko ko umuganga yaba adakurikiza imigenzereze myiza mu by'imirire, irari rye mu mirire rikaba ritaratojwe gukoresha indyo yoroheje kandi iboneye, akaba arangwa no gukunda inyama, akaba kandi yarimenyereje kurya ibyokurya bibi ku mubiri. Arangwa n'ibitekerezo bibogamye, maze agatangira kwigisha no kumenyereza abarwayi kugira irari nk'iry'ibintu akunda, akabizeza ko abazaniye amahame nyakuri y'ivugurura ry'ubuzima.

Azategekera abarwayi kurya inyama, kandi ibyo ari amakosa akomeye, kuko zikabura ariko ntizongere imbaraga. Bene abo baganga ntibahangayikwa no kumenya ingeso abo barwayi bimenyereje mu mirire n'iminywere, bagakomeza gukora amakosa, kandi uko imyaka itaha, bakaba barihamagariye indwara. Igikwiriye ni uguhugura abaganga bafite umutimanama kugira ngo bigishe abadasobanukiwe kandi babategekere ibyokurya bidafite ibishobora kwangiza imibiri yabo. Bagomba kwerekena neza ibintu binyuranye n'amategeko y'ubuzima, bagafasha abarwayi gushyira mu bikorwa n'umutimanama wabo ikintu cyose gikwiriye gutuma imibereho yabo igendana n'amategeko y'ubuzima no kwitungira amagara. IMN 400.3

[Inshingano y'abaganga n'abafasha babo ni ugutoza irarari ryabo — 720] IMN 401.1

[Inshingano ya muganga yo kwigisha akoresheje amagambo n'inyandiko, ku byo guteka bikwiriye — 382]IMN 401.2

[Abarwayi bo mu "bigo byo kwiherera" bagomba kwigishwa akamaro ko kureka inyama — 720]. IMN 401.3

Inshingano y'Ingenzi

775. Igihe umuganga abona ko umurwayi ababara mu mubiri kubera uburibwe butewe no kurya no kunywa nabi, nyamara agakerensa kubimubwira yirengagije akamaro k'ivugururura, aba amuteje ikibazo gikomeye. Abasinzi, abanyamurengwe, n'ababaswe n'umururumba bose ni ingero zigaragariza umuganga ko umubabaro ari ingaruka y'icyaha. Twabonye umucyo ukomeye werekeranye n'ivugururura ry'ubuzima. Ni kuki se tutarushaho kurwanya dukomeje kandi twitanze ngo twirinde impamvu zose zitera indwara? Ni buryo ki abaganga bakomeza kwicecekera mu gihe babona intambara z'urudaca zo guhangana n'imibabaro? Mbese bareka kuzamura ijwi ryabo ngo baburire abantu? Mbese bakomeza kuba abantu beza b'abanyampuhwe bakirengagiza kwigisha inyigisho z'ingenzi zo kwirinda nk'umuti w'indwara? IMN 401.4

Abagorozi mu by'Imirire Bagomba Kurangwa n'Ubutwari

776. Hari ibintu byiza byinshi tubasha gukora byafasha abantu bose duhura na bo, by'uburyo bwiza butari ubwo kubavura indwara gusa, harimo ndetse no kubigisha uburyo bwo kwirinda ibibatera uburibwe n'indwara. Umuganga wihatira gufasha abarwayi be abamenyesha imiterere n'intandaro y'indwara barwaye akanabigisha uburyo bwo kuzirinda, abasha kugira umurimo utamworoheye; ariko igihe abikorana umutimanama w'ubugorozi, azabamenyesha neza ingaruka mbi zizanwa no gushaka guhaza irari cyangwa kugira umururumba mu mirire, iminywere, imyambarire, ndetse no mu gukora ubutaruhuka, byatumye abarwayi bamera batyo.

Azirinda kubongerera akaga abandikira ibinini bituma umubiri ugera aho ucika intege burundu ntube ugishobora kurwana, ahubwo azigisha abo barwayi uburyo bwo guhindura bakarangwa n'imigenzereze myiza, kandi bagafasha imikorere y'imibiri yabo ngo yongere kwiyubaka, kubwo gukoresha neza uburyo bworoheje bwo mu byaremwe bubafasha gukira indwara. IMN 402.1

Mu bigo byacu byose by'ubuzima, gahunda z'imirimo ihakorerwa igomba kuba ikubiyemo n'inyigisho z'amategeko yo kwitungira amagara mazima. Amahame y'ubugorozi mu by'ubuzima agomba kwigishwa mu buryo bwumvikana kandi bwuzuye ku bantu bose, baba abarwayi n'abakozi. Bene uwo murimo usaba kugira ubutwari, kuko uramutse ugize bamwe bawungukiramo, abandi wabakomeretsa. Ariko umwigisha nyakuri wa Kristo, urangwa no gukoreshwa n'imbaraga mvajuru, azahora iteka ashaka kwigisha abandi kandi na we yiyigisha, agerageza kuzamura intekerezo zabo mu byiza, bityo akabafasha gutandukana n'imigenzereze mibi yuzuye iyi si. IMN 402.2

Ubufatanye Hagati y'Ibigo by'Ubuvuzi n'Amashuri

777. Neretswe neza ko amashuri yacu agomba kugirana ubufatanye bukomeye n'ibigo byacu by'ubuvuzi, aho ariho hose bishoboka. Umurimo w'ibyo bigo byombi ni magirirane. Biranshimisha rwose kuba dufite ikigo cy'ishuri rya Loma Linda. Ubuhanga mu myigishirize bw'abaganga babifitiye ubushobozi burakenewe cyane mu mashuri kugira ngo bategure ababwirizabutumwa bagomba gusohoza inshingano y'umurimo w'ivugabutumwa mu by'ubuvuzi. Abanyeshuri bagomba kwigishwa kugira ngo babe abagorozi nyakuri mu by'ivugurura ry'ubuzima. Ibyigisho bitangwa ku byerekeranye n'indwara n'ibizitera ndetse n'uburyo bwo kuzirinda, kimwe n'uburyo bwo kwita ku barwayi, bifite agaciro katagereranywa, kandi bigomba kwigishwa abanyeshuri bose bo mu mashuri yacu. IMN 402.3

Uyu murimo w'ubufatanye hagati y'ibigo by'amashuri yacu n'amavuriro yacu uzatanga inyungu nyinshi mu nzego nyinshi. Kubwo inyigisho zizatangirwa mu mavuriro yacu, abanyeshuri baziga uburyo bwo kurwanya ingeso zizanwa no kutirinda no kudaha agaciro imirire. IMN 403.1

Ivugabutumwa mu Bigo by'Umurimo wacu

Nk'ubwoko bw'Imana, twahawe umurimo wo kwamamaza amahame y'ivugurura ry'ubuzima. Hariho abantu bibwira ko ikibazo cy'imirire kidafite agaciro ku buryo cyashyirwa muri gahunda y'umurimo w'ivugabutumwa. Abo baribeshya bikomeye. Ijambo ry'Imana rigira riti: "Namwe iyo murya, cyangwa munywa, cyangwa mukora ikindi kintu cyose, mujye mukorera byose guhimbaza Imana." (1 Abakorinto 10:31). Insanganyamatsiko yo kwirinda, hamwe n'ibiyikubiyemo byose, ifite umwanya w'ingenzi mu murimo w'agakiza. Ku byerekeranye n'ibigo byacu by'ivugabutumwa dufite mu mijyi, tugomba gushaka ibyumba bikwiriye aho duhuriza kandi tukigishiriza abantu twakanguriye ibyo kwirinda. Uwo murimo w'ingenzi ntugomba gukorwa ujenjekewe ku buryo utuma abantu batekereza ko udafite agaciro. Ikintu cyose gikorwa kigomba kubera igihamya Inkomoko y'ukuri, kandi kikerekana uko bikwiriye ukwera n'akamaro k'ukuri k'ubutumwa bwa marayika wa gatatu. IMN 403.2

779. Ahari ibyicaro by'umurimo wacu w'ivugabutumwa hose, hagomba kuba abagore b'abanyabwenge bashinzwe kuyobora imirimo yo guteka, kandi bakaba bashobora gutegura ibyokurya ku buryo bwiza kandi buteye ipfa. Bagomba gutegura ku meza ibyokurya bihagije kandi byiza cyane. Nihaba hari abantu bafite umururumba bakumva bakeneye icyayi, ikawa, urusenda n'ibyokurya bitaboneye, mubahe umucyo. Mugerageze gukangura imitimanama yabo. Mubigishe amahame y'isuku nk'uko aboneka muri Bibiliya. IMN 403.3

Abagabura Bacu Nibihatire Kwigisha Amahame y'Ivugurura

780. Ntitugomba kwiyigisha ubwacu imibereho igendana no gukurikiza amategeko agenga ubuzima ngo bibe ibyacu gusa, tugomba no kwigisha abandi uburyo bwiza bwo kubigeraho. Ndetse no mu bavuga ko bizera ukuri kwahishuriwe iki gihe turimo, hari benshi usanga bari mu bujiji buteye agahinda ku byerekeranye n'insanganyamatsiko y'ubuzima no kwirinda. Bakeneye kwigishwa ijambo ku ijambo, n'ihame ku ihame. Bagomba gusobanurirwa neza iby'iyo nsanganyamatsiko. Ntabwo iyi

ngingo igomba gusuzugurwa nk'idafite agaciro; kuko abagize umuryango bose bakwiriye kubisobanukirwa bakabyumva. Umutimanama ugomba gukangurwa kugira ngo umuntu wese yite ku nshingano yo gushyira mu bikorwa amahame agenga ivugurura nyakuri. Imana ishaka ko abantu bayo barangwa no kwirinda muri byose. Umuntu udakurikiza amahame nyakuri y'ubugorozi ntazashaka, cyangwa ngo abashe kugerwaho n'imbaraga nyakuri yo kwezwa. IMN 404.1

Abagabura bacu bagomba kugira ubwenge kuri iki kibazo. Ntibagomba kubigiramo ubujiji, cyangwa ngo bacibwe intege n'ababita abahezanguni. Nibagire umwete wo gushaka ikintu cyose kigize ivugurura nyakuri ry'ubuzima, bigishe amahame yaryo,binyuze mu nyigisho n'imibereho yabo ituje kandi idahinduka. Mu materaniro yacu y'abantu benshi, hagomba gutangirwa ibyigisho by'ubuzima no kwirinda. Mujye mukangura ubwenge n'umutimanama w'abantu. Mugerageze gukangurira abizera gushyira hamwe impano zabo zose, kandi mukomeze umurimo mukoresha n'ibitabo bivuga kuri iyo nsanganyamatsiko. "Mwigishe, mwigishe, mwigishe," ni bwo butumwa bwankoze ku mutima nahawe kubagezaho. IMN 404.2

781. Uko tugenda twegereza iherezo ry'ibihe, tugomba kurushaho guha agaciro gasumbyeho ikibazo cy'ivugurura ry'ubuzima no kwirinda kwa Gikristo, twerekana icyo kibazo mu buryo bwiza biruseho. Tugomba gukoresha umwete wacu wose twigisha abantu tudakoresheje amagambo yacu gusa, ahubwo tukabigaragariza no mu bikorwa byacu. Igihe imvugo ifatanyije n'ingiro, imbaraga ziriyongera. IMN 404.3

Irarika Rireba Abagabura, Abayobozi ba za Konferanse na Filidi, n'Abandi Bayobozi

782. Abapasitoro bacu bagomba kuba abahanga ku byerekeranye n'ivugurura ry'ubuzima. Bakwiriye gusobanukirwa ibyerekeranye n'imikorere y'umubiri n'iby'isuku; bagomba gusobanukirwa n'amategeko agenga ubuzima, hamwe n'ingaruka zayo ku mubiri, umwuka, n'ubugingo. IMN 405.1

Abantu ibihumbi byinshi ntibasobanukiwe bihagije n'ibyiza by'umubiri Imana yabahaye cyangwa ngo bamenye uburyo bagomba kuwitaho;

nyamara usanga baha agaciro ingingo zidafite akamaro cyane. Aha ni ho abapasitoro bafite umurimo bagomba gukora. Iyo basobanukiwe neza iki kibazo, hari byinshi bishobora kugerwaho. Bagomba kubahiriza ayo mategeko mu mibereho yabo no mu ngo zabo, bakarangwa no gukurikiza amahame nyakuri no kubaho ubuzima buzira umuze. Bityo icyo gihe bashobora kwigisha no kuvuga ibyo bazi neza, bakayobora abandi ku rwego rwo hejuru mu murimo w'ivugurura. Igihe ubwabo barangwa no gukurikiza uwo mucyo, babasha gutwara ubutumwa bufite agaciro gakomeye bakabushyira abakeneye ubwo buhamya. IMN 405.2

Igihe abapasitoro bahurije hamwe umurimo wo kwerekana ikibazo cy'ubuzima n'indi mirimo bakora mu matorero yabo, ibyo bibazanira imigisha n'ubunararibonye bwinshi. Abantu bagomba guhabwa umucyo ku ivugurura ry'ubuzima. Uyu murimo wakomeje gukerenswa, kandi benshi bari mu nzira yo gupfa bazira kuba bakeneye umucyo bagombye guhabwa cyangwa kuba barabonye mbere y'uko barundumukira mu gutwarwa n'umururumba. IMN 405.3

Abayobozi ba za Konferense na Filidi zacu bakeneye kumenya ko iki ari igihe cy'ingenzi bagomba ubwabo kuba ku ruhande nyakuri rw'iki kibazo. Abagabura n'abarimu bagomba kugeza ku bandi umucyo bakiriye. Umurimo wabo mu byiciro byose urakenewe. Imana izabafasha; Izongerera imbaraga abagaragu bayo bashikamye, kandi badashaka gutandukira ngo bareke ukuri kugira ngo bahaze irari ryabo. IMN 405.4

Umurimo wo kwigisha mu by'ivugurura ry'ubuzima werekana iterambere n'intambwe y'ingenzi igamije gukangura umutimanama wa muntu ku nshingano ze. Iyaba abagabura bitaga cyane ku guteza imbere uyu murimo mu byiciro byawo byose binyuranye, bagakurikiza umucyo Imana yatanze kuri iyo nsanganyamatsiko, haboneka ivugurura risesuye mu mirire, iminywere, n'imyambarire. Ariko bamwe barwanyije iterambere ry'ivugurura ry'ubuzima. Batumye abizera basubira inyuma bitewe no kuba ba ntibindeba, abarwanya umurimo, abawerekana nabi, cyangwa abawusekesha. Bo ubwabo, kimwe n'abandi bantu benshi, bahuye n'indwara zibageza kure, ariko habura n'umwe ubikuramo isomo ngo arusheho gutekereza neza. IMN 405.5

Byasabye ko hakoreshwa intambara itoroshye kugira ngo hagende haboneka iterambere muri uyu murimo. Abizera ntibagize ubushake bwo kwerekana ko biteguye kwiyanga ngo begurire intekerezo zabo ubushake bw'Imana; maze mu mibabaro yagiye ibageraho no guha abandi urugero rubi, basaruye ingaruka zitewe n'iyo myifatire yabo. IMN 406.1

Itorero ryubaka amateka. Umunsi wose ugira urugamba n'urugendo. Dukikijwe impande zose n'abanzi bataboneka, kandi tubashishwa kunesha kubwo ubuntu Imana iduha, cyangwa tukaneshwa. Ndasaba abigira ba ntibindeba kuri iyi ngingo y'ivugurura ry'ubuzima kwihana. Uyu mucyo twahawe ni uw'agaciro gakomeye, kandi Umwami Imana yampaye ubutumwa bwo kwihanangiriza abantu bose bafite inshingano mu byiciro byose by'umurimo w'Imana gufata iya mbere bakerereza ukuri mu mitima yabo n'imibereho yabo. Ubu buryo gusa ni bwo buzashoboza buri wese guhangana n'ibishuko agomba guhura na byo kuri iyi si. IMN 406.2

Kunanirwa gukurikiza ivugurura ry'ubuzima bituma umuntu aba udakwiriye gukora umurimo

Ni kuki bamwe muri benedata mu murimo bagaragaza ubushake buke mu murimo w'ivugurura ry'ubuzima? Ni uko ibyigisho byo kwirinda muri byose bibangamira imikorere yabo irangwa n'irari. Mu bice bimwe, ibi byabaye intambamyi ikomeye yatumye abizera bacu badashaka gusobanukirwa no gushyira mu bikorwa, no kwigisha iby'ivugurura ry'ubuzima. Nta muntu ugomba kwerezwa kuba umwigisha w'abizera mu gihe imyigishirize ye cyangwa urugero atanga binyuranya n'ubuhamya Imana yahaye abagaragu bayo ku byerekeranye n'imirire, kuko ibyo byazana umuvurungano. Ukudaha agaciro k'ivugurura ry'ubuzima bituma adakwiriye kuba intumwa y'Imana.IMN 406.3

Umucyo Imana yatanze kuri iyi ngingo mu ijambo ryayo urahagije, kandi abantu bazasuzumwa banageragezwe mu buryo bwinshi kugira ngo bagaragaze ko bawuhaye agaciro. Buri torero, buri muryango, bakeneye kwigishwa ibyo kwirinda kwa Gikristo. Bose bakwiriye kumenya uburyo bw'imirire n'iminywere ituma bagira amagara mazima. Turi mu gihe cy'iherezo ry'amateka y'ibibera kuri iyi si; kandi nk'abakomeza Isabato tugomba kurangwa n'igikorwa cyo gushyira hamwe. Abiheza ntibajye muri

uyu murimo ukomeye wo kwigisha abandi iby'iki kibazo ntibakurikiza inzira Umuganga Mukuru yerekanye. Kristo agira ati: "Umuntu nashaka kunkurikira, niyiyange ubwe, maze yikorere umusaraba ankurikire." (Matayo 16:24). IMN 407.1

Ibyigisho by'Ubuzima mu Rugo

783. Ababyeyi bagomba kwita cyane ku bana babo kuruta abandi bantu. Nimwige inyigisho z'ubuzima, kandi muzishyire mu bikorwa. Mwigishe abana gutekereza ku ngaruka z'uko babaho n'ibyo bakora. Mubigishe bamenye ko niba bashaka kugira ubuzima bwiza n'umunezero, bagomba gukurikiza amategeko agenga ibyaremwe. Nubwo mutahita mubona umusaruro wihuse nk'uko mubyifuza, ntimugacike intege, mukomeze kwihangana kandi ntimukukire mukomeze umurimo. IMN 407.2

Mwigishe abana banyu kuva bakiri bato cyane kwimenyereza kwigomwa no kwitegeka. Mubatoze kwishimira ibyiza byo mu byaremwe, no kubamenyereza uturimo tw'ingenzi dutuma bakura bakanakoresha uko bikwiriye ubushobozi bwabo bw'umubiri n'ubw'intekerezo. Mukore ku buryo bakura neza kandi bakagira imico myiza, bakarangwa n'umunezero ndetse n'umutima ukeye. Mutoze intekerezo zabo zikiri nzima ukuri k'uko umugambi w'Imana atari ukugira ngo dupfe kubaho ubuzima bwo kwishimisha, ahubwo ko yaturemeye iby'ahazaza biruta ibindi. Mubigishe ko kwemera gutsindwa n'ibishuko ari ukugaragaza ubugwari no guha umwanya ikibi; kandi ko gushikama, ukanga igishuko, ari ubutwari no kunesha. Ibi byigisho bizamera nk'imbuto ibibwe mu butaka bwiza, kandi bizera imbuto zizazanira umunezero imitima yanyu. IMN 407.3

Umurimo w'Imana Ugwabizwa n'Umururumba

784. Hari ubutumwa bw'ivugurura ry'ubuzima bugomba kugezwa kuri buri torero. Hari umurimo ugomba gukorwa muri buri shuri. Umuyobozi w'ishuri n'abigisha ntibakwiriye kugirirwa icyizere cyo kwigisha abanyeshuri igihe badafite ubumenyi ngiro kuri iyi ngingo. Bamwe bihaye uburenganzira bwo gukerensa, kwibaza ibibazo no kunegura gahunda y'ivugurura ry'ubuzima, nyamara badafite ubumenyi buhagije kuri iryo vugurura. Bari

bakwiriye gufatanya, ikiganza mu kiganza, bagakorana n’abari mu nzira nziza. IMN 408.1

Insanganyamatsiko y’ivugurura ry’ubuzima yarigishijwe mu matorero; nyamara uwo mucyo ntiwakiranywe imitima ikunze. Igomwa, umururumba w’abagabo n’abagore, byagwabije iyo mbaraga y’ubutumwa bugomba guteguriza abantu umunsi ukomeye w’Umwami Imana. Niba abizera bashaka imbaraga, bagomba kugira imibereho irangwa no kwemera ukuri Imana yabahaye. Niba abizera b’amatorero yacu birengagije umucyo w’iyi nsanganyamatsiko, bazasarura ingaruka z’ubuhenebere mu bya Mwuka n’iby’umubiri. Kandi imbaraga z’abizera bamaze igihe mu itorero zizabera umusemburo abizera bashya mu myizerere yabo. Ubu Imana ntikora umurimo wo kuzana abantu benshi ku kuri, bitewe n’abizera b’itorero batigeze bihana, ahubwo basubiye inyuma. Ni izihe mbaraga bene abo bizera batahindutse bagira ku bizera bashya? Mbese ntibashobora kwica imbaraga y’ubutumwa Imana yatanze bugomba kwamamazwa n’ubwoko bwayo? IMN 408.2

Buri Mwizera Agomba Kwamamaza Ukuri

785. Tugeze mu gihe buri mwizera wese w’umudiventisti agomba gushyigikira umurimo w’ivugabutumwa mu by’ubuvuzi. Isi ni ibitaro byuzuye abarwayi barwaye indwara z’umubiri n’iz’umwuka. Ahantu hose abantu barapfa bitewe n’ubujiji bwo kutamenya ukuri twahawe. Abizera b’itorero bakeneye gukanguka, bagasobanukirwa inshingano yabo yo kwamamaza uko kuri. Ababonye umucyo bose bagomba kuba abatwaramucyo ku batuye isi. Guhisha uwo mucyo mu gihe nk’iki ni ugukora ikosa rikomeye. Ubutumwa Imana iha abantu bayo muri iki gihe ni ubungubu: “Byuka urabagirane kuko umucyo wawe uje, kandi ubwiza bw’Uwiteka bukaba bukurasiye.” (Yesaya 60:1). IMN 408.3

Ahantu hose tuhabona abantu bamenye ukuri, ariko bahitamo ikibi mu mwanya w’icyiza. Kuko badashaka kwivugurura, bagenda barushaho kuba babi. Ariko abantu b’Imana ntibagomba kugendera mu mwijima. Bagomba kugendera mu mucyo, kuko ari abagorozi.IMN 408.4

Guhanga Ibigo Bishya

786. Ni inshingano ikwiriye ku bwoko bw'Imana kujyana ubutumwa mu bihugu bya kure. Nimwegeranye imbaraga zanyu kugira ngo umurimo ugere mu birere bishya utarageramo, maze muhange ibigo by'ivugabutumwa ahantu hose mubasha kubona irembo. Mukoranye abakozi bafite ishyaka nyakuri ry'umurimo wo kubwiriza ubutumwa, maze mubohereze bajye gukwirakwiza umucyo n'ubumenyi hirya no hino. Bajyane amahame nyakuri y'ivugurura ry'ubuzima mu bantu bataramenya iby'ayo mahame. Hahangwe amashuri atangirwamo ibyigisho byo kuvura indwara. IMN 409.1

787. Hari umurimo mugari ugomba gukorwa n'abagore, kimwe ndetse n'abagabo. Hakenewe abatetsi b'abahanga, abadozi, abaforomo, n'abaforomokazi. Abagize imiryango ikennye bagomba kwigishwa uburyo bwo guteka, gufata neza imyambaro yabo, kwita ku barwayi, n'uburyo bwo gukora neza imirimo yo mu rugo. N'abana ndetse bakwiriye kwigishwa gukora uturimo duto tubamenyereza kugaragariza urukundo n'imbabazi abadafite amahirwe nk'ayabo. IMN 409.2

Bigisha, Mujye Mbere

788. Umurimo w'ivugurura ry'ubuzima ni uburyo Imana ikoresha kugira ngo igabanye umubabaro uri muri iyi si yacu, kandi ngo yeze itorero ryayo. Nimwigishe abizera ko bashobora kuba ibikoresho mu biganza by'Imana, bagafatanya n'Umukozi Mukuru mu gusubiza imbaraga z'umubiri n'iza Mwuka mu mibereho y'abantu. Uyu murimo washyizweho umukono w'Ijuru, kandi uzafungurira imiryango ukuri kw'agaciro gakomeye. Abantu bose rero bafite umwanya wo gukora uwo murimo niba bawitayeho bakawukorana ubwenge. IMN 409.3

Nahawe inshingano ngomba kubagezaho igira iti: Nimureke umurimo w'ivugurura ry'ubuzima ube ku isonga. Nimwereke abantu agaciro kawo kugira ngo urusheho gukwirakwira ahantu hose. Iyobokamana nyakuri rirangwa no kwirinda imirire yose n'iminywere yose yangiza ubuzima. Umuntu wihannye by'ukuri azareka akamenyero kose n'irari ryose ryica

ubuzima. Kubwo kureka burundu ibyangiza ubuzima, azatsinda ibyifuzo bye bigamije kwimika ibyangiza ubuzima.IMN 409.4

Nahawe amabwiriza yo kubwira abigisha b'iby'ubugorozi mu by'ubuzima ngo, "Bigisha, mujye mbere!" Isi ikeneye imbaraga zanyu zo gukumira umuraba w'ibibi. Abigisha ubutumwa bwa marayika wa gatatu bose nibahagarare bashikamye ku ibendera ryabo.

UMUGABANE WA II -UBURYO BWO KWAMAMAZA AMAHAME Y'IVUGURURA RY'UBUZIMA

Gukomeza Kuzirikana Umugambi Ukomeye w'Ivugurura

789. Kwigisha ibyigisho by'ivugurura ku mirire birakenewe cyane. Kumenyera kurya nabi no gukoresha ibyokurya byangiza umubiri akenshi usanga ari byo ntandaro yo kutirinda, ubugizi bwa nabi, n'imibabaro bigejeje iyi si mu kaga. IMN 410.2

Mu gihe mwigisha amahame y'ubuzima bwiza, mujye muzirikana umugambi ukomeye w'ivugurura: guteza imbere ku buryo buhanitse umubiri, intekerezo n'ubugingo. Mwerekane ko amategeko agenga ibyaremwe, nk'amategeko y'Imana, yashyiriweho kutuzanira ibyiza; kandi ko kuyumvira bitwongerera ibyishimo muri ubu buzima, kandi bikadufasha kwitegura imibereho y'ahazaza. IMN 410.3

Mutoze abantu kwiga ibyiza by'urukundo rw'Imana n'ubwenge bwayo mu mirimo y'ibyo yaremye. Mubatoze kwiga umubiri w'umuntu, ikiremwa gitangaje, hamwe n'amategeko awugenga. Ababona ibihamya by'urwo rukundo rw'Imana, bagasobanukirwa iby'ubwenge n'imigisha izanwa n'amategeko yayo, hamwe n'ingaruka yo kumvira, bazabona umurimo wabo n'inshingano zabo mu cyerekezo gishya. Aho kubona ko kumvira amategeko y'ubuzima ari ikintu kigoye gisaba kwitanga cyangwa kwiyanga, bazayabona uko ari koko, nk'isoko y'agahozo izana imigisha. IMN 410.4

Buri mukozi wese wamamaza ubutumwa bwiza agomba kuzirikana ko kwigisha amahame y'ubuzima buzira umuze ari imwe mu nshingano z'umurimo yahamagariwe. Abari ku isi bafite inyota ikomeye yo kumenya iby'uwo murimo, kandi ahantu hose imiryango irabafunguriwe. IMN 410.5

790. Ibyo Imana isaba bikwiriye guhora mu bwenge bwacu. Abagabo n’abagore bagomba gukangukira umurimo wo kwigenzura, gushaka ubutungane, kubaturwa ku ngeso mbi y’irari n’akandi kamenyero kabi. Bakeneye guhora bazirikana ko imbaraga z’ubushobozi bwabo bwose bw’intekerezo n’umubiri ari impano itangwa n’Imana, kandi ko bigomba kurindwa bikomeye kubwo umurimo wayo. IMN 410.6

Gukurikiza Uburyo Umukiza Yakoreshaga

791. Uburyo Kristo yakoreshaga bwonyine ni bwo bwashoboza umuntu gushyikirana n’abandi bantu. Umukiza yifatanyaga n’abantu nk’ubifuriza ibyiza. Kristo yeretse abantu ko abafitiye impuhwe, abafasha mu byo bakennye, bituma bamwiringira. Niko kuvuga ati: “Nimunkurikire.” IMN 411.1

Kwihatira gushyikirana n’abantu birakenewe. Iyaba ibibwirizwa byabaga bikeya, maze igihe kinini kigakoreshwa mu gusura abantu, haboneka umusaruro ukomeye. Abakene bakwiriye kwitabwaho, abarwayi bakwiriye kuvurwa, abafite intimba bagahumurizwa, abaswa bakigishwa, n’abataraca akenge bakagirwa inama. Tugomba kurirana n’abarira, tukishimana n’abishima. Uwo murimo uramutse ushyigikiwe no gusenga no gukunda Imana, ntiwabura kwera imbuto.IMN 411.2

Tugomba guhora twibuka iteka ko impamvu yo kubaho k’umurimo w’ubuvuzi ari ukuyobora abagabo n’abagore barembejwe n’indwara y’icyaha tukabereka Umuntu w’i Kaluvari ukuraho ibyaha by’abari mu isi. Nibamwitegereza bazasa na We. Bazahinduka bagire ishusho Ye. Mukomeze kwereka Kristo abacogojwe n’indwara y’umubiri n’umutima. Abakozi bakomeze kugaragariza Kristo, Umuganga Ukomeye, abacogojwe n’indwara z’umubiri n’iz’umutima. Mubereke Uwo nyine ushobora gukiza indwara z’umubiri n’iz’umwuka. Mubabwire iby’ushengurwa n’ubumuga bwabo. Mubatere umwete wo kwishingikiriza kuri Uwo ubitaho, wabatangiye ubugingo kugira ngo bashobore kuzabona ubugingo buhoraho. Muvuge iby’urukundo rwe; muvuge iby’imbaraga ye ikiza. IMN 411.3

Mukoreshe Ubwenge n’Ikinyabupfura

792. Mu mirimo yose ukora, ujye uzirikana ko uhujwe na Kristo kubwo umurunga ukomeye w'urukundo rwe, umugabane w'inama ikomeye cyane yo gucungura umuntu. Urukundo rwa Kristo ni umugezi utembamo imbaraga ikiza indwara, igatanga ubugingo. Rugomba kugaragara mu mibereho yawe. Igihe ugerageza kumureherezaho abandi, ujye ugira imvugo nziza, wirinde kwihugiraho mu byo ukora byose, uhorane umunezero, kandi uhamirize abandi iby'imbaraga y'ubuntu bwe. Ujye wereka abatuye isi ubwiza no gukiranuka kwe, kugira ngo abantu bamwitegereze kandi barebe ubwiza bwe. IMN 411.4

Mu murimo w'ubugorozi, ntacyo bimaze kugerageza gukosora abandi ubanegura. Bene ibyo bikora ishyano aho kugira icyiza bikora. Igihe Kristo yaganiraga n'umusamariyakazi, mu cyimbo cyo kunegura iriba rya Yakobo, yerekanye ikintu cyiza. Yaramubwiye ati: "Iyaba wari uzi impano y'Imana, ukamenya n'ugusabye amazi uwo ari we, nawe uba umusabye na we akaguha amazi y'ubugingo." (Yohana 4:10). Yerekeje ikiganiro ku butunzi ashaka guha abantu, yemera guha uwo mugore ikintu cy'ingenzi cyane kurusha ibyo yari afite, kumuha amazi y'ubugingo, akubiyemo ibyishimo n'ibyiringiro bizanwa n'ubutumwa bwiza. IMN 412.1

Urwo ni urugero rw'uburyo tugomba gukora. Dukwiriye gutanga ibiruta ibyo abantu bafite, aribyo mahoro ya Kristo, aruta ibyo umuntu abasha kwibwira byose. Dukwiriye kubwira abantu ibyo amategeko yera y'Imana, amategeko yerekana imico yayo, n'uko yifuza ko abantu bamera. … IMN 412.2

Mu bantu bose bo ku isi, abashinzwe ivugurura ry'ubuzima cyangwa abagorozi bagomba kuba abantu batihugiraho, abagwaneza, n'abantu bashyikirana n'abandi. Imibereho yabo ikwiriye kwerekana imirimo y'ubugiraneza nyakuri no kutihugiraho. Umukozi ugaragaza kubura ikinyabupfura, kutihangana bitewe n'ubujiji bw'abandi cyangwa kutumvira kwabo, akavuga ahubutse cyangwa agakora ibyo adatekereje, abasha gutuma abantu bingangira imitima ntabashe kubagezaho ubutumwa. IMN 412.3

Umurimo w'Ivugurura mu Mirire Ugomba Kujya Mbere

793. Kuva ku ntangiriro y’umurimo w’ivugurura ry’ubuzima, twabonye ko icyangwombwa ari ukwigisha, kwigisha, kwigisha. Imana yifuza ko dukomeza uyu murimo wo kwigisha abantu. … IMN 412.4

Mu gihe twigisha ibyigisho by’ubugorozi mu by’ubuzima, kimwe n’indi mirimo yose y’ubutumwa bwiza, tugomba gusanga abantu aho bari. Ntidushobora kumva dutuje ngo dukomeze gutera imbere mu by’ivugurura mu mirire igihe cyose tutarigisha abantu uburyo bwo guteka ibyokurya biryoshye, bifite intungamubiri kandi bidahenze. IMN 412.5

Reka ivugurura mu mirire rikomeze kujya mbere. Abantu nibigishwe uburyo bategura ibyokurya badakoresheje amata cyangwa amavuta y’inka. Mubabwire ko igihe kigiye kuza bidatinze bakabona ko gukoresha amagi, amata, n’amavuta ya kereme cyangwa amavuta y’inka biteje akaga, bitewe n’uko indwara zifata amatungo zigenda ziyongera ku rugero rw’ukuntu indwara z’abantu na zo ziyongera. Bitewe n’icyaha cy’umuntu wacumuye, igihe kiri hafi cyane ubwo amatungo n’inyamaswa zose zaremwe bizaniha bibabazwa n’indwara zateje iyi si umuvumo. IMN 413.1

Imana izaha ubwoko bwayo ubushobozi n’ubuhanga bwo kumenya gutegura ibyokurya bitunganye bidafite ibyo bintu. Abizera bacu bakwiriye kureka gutegura ibyokurya byose bitamerera neza umubiri. Nibige uburyo bwo kugira amagara mazima, bigishe kandi abandi ibyo bamenye. Nibageze ku bandi ubwo bumenyi nk’uko babagezaho n’ibyigisho bya Bibiliya. Nibigishe abantu uburyo bwo kurinda amagara yabo no kongerera imibiri imbaraga bareka guteka ibintu byinshi byangiza amagara y’abantu nk’uko benshi byabagize ibisenzegeri. Mukoreshe inyigisho n’imibereho yanyu kugira ngo mwerekane neza ko indyo Imana yahaye Adamu ataracumura ari yo ndyo nziza kurenza izindi zose umuntu abasha gukoresha mu gihe umuntu ashaka gusubizwamo imibereho yaremanywe itarangwamo icyaha. IMN 413.2

Abigisha amahame y’ivugurura ry’ubuzima bagomba kuba abanyabwenge ku byerekeye indwara n’ibizitera, bagasobanukirwa ko igikorwa cyose umuntu akora gikwiriye kugendana n’amategeko agenga ubuzima. Umucyo Imana yatanze ku ivugurura ry’ubuzima ugamije agakiza kacu n’ak’abatuye isi. Abagabo n’abagore bakwiriye kubwirwa ko imibiri yabo ari ingoro Imana yubatse ngo iyibemo, kandi ko icyo ishaka ari

ukutugira ibisonga byayo biyikiranukira. “Erega ingoro y’Imana nzima ni twebwe, nk’uko ubwayo yivugiye iti, ‘Nzatura hagati muri bo ngendane na bo, nzaba Imana yabo na bo babe ubwoko bwanjye.’” (2 Abanyakorinti 6:16, BII). IMN 413.3

Nimukomere ku mahame y’ubuzima, kandi mureke Uhoraho ayobore imitima mu nzira imutunganiye. Mwigishe amahame yo kwirinda mu buryo bwumvikana kandi bureshya abantu. Mukwirakwize ibitabo byigisha abantu uburyo bwo kugira amagara mazima. IMN 414.1

Imbaraga Z’ibitabo Byacu Bivuga Iby’ubuzima

Abantu bafite inyota ikabije yo kubona umucyo uturuka mu bitabo n’ibinyamakuru byacu bivuga iby’ubuzima. Imana yifuza gukoresha ibyo bitabo n’ibinyamakuru nk’ibikoresho bitanga urumuri rukurura abantu, bikabatera kumva ubutumwa bw’umuburo wa marayika wa gatatu. Ibinyamakuru byacu by’ubuzima ni ibikoresho bigenewe gusohoza umurimo udasanzwe wo kwamamaza umucyo abatuye iyi si bagomba kwakira muri iyi minsi Imana yaduhaye yo kwitegura kugaruka kw’Umwami Yesu. Bifite imbaraga ya bucece iza nk’igisubizo ku by’ivugurura ry’ubuzima no kwirinda n’imibereho myiza y’abantu. Bizasohoza umurimo ukomeye mu kwerekana ibyiza by’izo nsanganyamatsiko ku buryo bukwiriye kandi bigeze umucyo nyakuri ku bantu. IMN 414.2

Inyandiko ku Ivugurura ry’Ubuzima

794. Hakenewe imbaraga zirenze izikenewe zo kumurikira abantu ku ngingo ikomeye y’ivugurura ry’ubuzima. Inyandiko z’impapuro enye, umunani, cumi n’ebyiri, cumi n’esheshatu, ndetse n’izirenze izo, zikubiyemo amagambo yanditswe neza kuri iki kibazo zikwiriye gukwirakwizwa nk’amababi yo ku mpeshyi.IMN 414.3

[Abarwayi bo mu bigo byacu by’ubuzima bagomba kwigishwa mu buryo bw’ibiganiro — 426] IMN 414.4

[Abarwayi bo mu bigo byacu by’ubuzima bagomba kwigishwa uburyo bw’imirire ikwiriye bakabibonera ku mafunguro bategurirwa ku meza — 442, 443] IMN 414.5

[Abarwayi bo mu bigo byacu bagomba kwigishwa ibyo kwirinda —474] IMN 414.6

Ikibazo cy’Inyama Kigomba Kwiganwa Ubwenge

795. Muri iki gihugu [Ositarariya] hari ishyirahamwe ry’abantu batarya inyama, ariko ugereranyije usanga ari bake. Muri rusange, usanga abantu bo mu byiciro byose barya inyama. Ni icyokurya gihendutse cyane; ndetse n’ahaboneka ubukene cyane, usanga bategura ku meza yabo inyama. Bityo rero, ikibazo cy’inyama kikaba gisaba kuganirwa mu bwenge n’ubushishozi. Kubwo ibyo, iki kibazo ntigikwiriye guhubukirwa. Tugomba kwita ku mibereho abantu babayemo, no ku bushobozi bw’ingeso n’imigenzereze yabo, ntitubategekeshe ibitekerezo byacu, nk’aho ikibazo cyo kurya inyama ari igipimo, naho abazirya bakaba abanyabyaha ruharwa. IMN 415.1

Abantu bose bagomba guhabwa umucyo kuri iki kibazo, ariko gikwiriye kwigishanwa ubushishozi. Akamenyero kamaze kuba ingeso ntigashobora guhindurwa uwo mwanya ku buryo buhutiweho cyangwa hakoreshejwe uburyo buhubutse. Tugomba kwigisha abizera bacu mu gihe cy’amateraniro makuru no mu yandi materaniro manini tugira. Kwigisha amahame agenga ivugurura ry’ubuzima bigomba kugendana n’inyigisho ishingiye ku byitegererezo dutanga. Abantu ntibakwiriye gusanga inyama muri za resitora zacu cyangwa mu ngo zacu, ahubwo dukwiriye kuzisimbuza imbuto, impeke, n’imboga. Tugomba gushyira mu bikorwa ibyo twigisha. Igihe turi ku meza y’aho bagabura inyama, ntitugomba kuzirwanira n’abasanzwe bazirya, ahubwo tugomba kuzireka rwose, maze igihe batubajije impamvu y’imyifatire yacu, tukabasobanurira twitonze impamvu tutazirya. IMN 415.2

Igihe Tugomba Guceceka

796. Sinigeze niyumvisha, uko byamera kose, ko kubwira umuntu ko atagomba kurya inyama ari inshingano yanjye. Kuba abantu baramenyereye kurya inyama ku rwego rwo hejuru, kubabwira ibyo byasa nko gukabya. Sinigeze niyumvisha ko kwerura nkabwira abantu ari

inshingano yanjye. Icyo navuze, nakivuze bitewe n'inshingano, ariko nabivuganye ubushishozi, ntifuza guha urwaho uwo ariwe wese kugira ngo ategeke umutimanama w'undi. … IMN 415.3

Muri iki gihugu, nahagiriye ibihe bimeze kimwe n'ibyo nagiriye mu birere bishya byo muri Amerika. Nabonye imiryango ifite ibibazo byo guhura n'ibihe bitayemerera gutegura amafunguro aboneye. Abaturanyi babo batizera babahaga intongo z'inyama z'amatungo yamaze kwicwa. Batekaga isupu y'inyama, maze bakagaburira imiryango yabo ifite abana benshi bakarya umutsima n'isupu. Ntiyari inshingano yanjye, yemwe sinibwiraga ko ari inshingano y'undi muntu uwo ariwe wese kwigisha abo bantu akaga ko kurya inyama. Ngirira impuhwe cyane imiryango y'abantu bihannye vuba, kandi bitewe n'ubukene bubugarije bakaba batabasha kumenya aho bakura icyo bazarya ejo.

Ntabwo ari inshingano yanjye kubabwira uko bagomba kurya indyo iboneye. Hari igihe cyo kuvuga, hari n'igihe cyo guceceka. Ibihe nk'ibyo biguha umwanya wo kuvuga amagambo akomeza abantu kandi akabahesha umugisha, aho kubacyaha no kubaciraho iteka. Abagize imibereho irangwa no kurya inyama ubuzima bwabo bwose ntibabona ibibi byo gukomeza bene iyo migirire, kandi bagomba kwitabwaho ku buryo bwitondewe. IMN 416.1

797. Mu gihe turwanya umururumba n'ukutirinda, tugomba kumenya imibereho abantu babayeho. Imana yahaye abantu bose bari mu bice bitandukanye by'isi ibyo bakeneye. Abashaka gukorana n'Imana bagomba gutekereza bitonze mbere yo kubwira abantu ibyokurya bagomba kurya n'ibyo batagomba kurya. Tugomba kwishyira mu mwanya wa benshi. Ivugurura ry'ubuzima riramutse ryigishijwe ku buryo bwaryo buhanitse ku bantu bafite imibereho itabemerera kurikurikiza ryateza akaga kuruta kuzana ibyiza. Mu gihe mbwiriza Ubutumwa bwiza abakene, mfite amabwiriza ansaba kubabwira ko bagomba kurya ibyokurya byubaka imibiri yabo. Sinshobora kubabwira ngo: "Ntimukarye amagi, cyangwa amata, cyangwa kereme. Ntimugatekeshe ibyokurya byanyu amavuta." Ubutumwa bwiza bugomba kwigishwa abakene, ariko igihe ntikiragera cyo kubategeka ibyo bagomba kurya.IMN 416.2 **Imikorere Mibi**

798. Ntimukishingikirize ku bitekerezo runaka bya bamwe ngo mubigire ibyo musuzumiraho abandi, mubanegura bitewe n'uko imikorere yabo inyuranye n'ibyo mwibwira; ahubwo mwige iyo nsanganyamatsiko bihagije kandi ku buryo bwimbitse, mwimenyereza guhuza intekerezo zanyu n'imibereho y'ubuzima bwanyu ngo bibe bihuje n'amabwiriza agenga kwirinda nyakuri kwa Gikristo. IMN 417.1

Hari abantu benshi bagerageza gukosora imibereho y'abandi bacira urubanza ibyo babona nk'imigenzereze mibi. Basanga abo bibwira ko bari mu makosa bakababwira amakosa yabo ariko ntibashake uko bayobora intekerezo zabo ku mahame nyakuri. Bene iyo migirire akenshi ntigira icyo igeraho. Igihe twerekana ko twifuza gukosora abandi, haba ubwo tubyutsa impaka bigatuma bashaka guhangana natwe, maze aho kugira ngo ibyo bizane icyiza bikazana akaga.

Kandi ako kaga kagera no kuri wa muntu ushaka gukosora. Ushaka gukosora abandi atangira kugira umuco wo gushaka amakosa y'abandi, maze bidatinze ikimushishikaza kikaba gucumba amakosa n'ibitagenda neza. Ntimukabe abacumba amakosa y'abandi, cyangwa ngo mukwirakwize amafuti yabo. Mubigishe barusheho kugira akamenyero keza, bitewe n'imbaraga y'icyitegererezo mubaha. IMN 417.2

Nimurusheho guhora muzirikana ko umugambi ukomeye w'ivugurura ry'ubuzima ari ukugera ku iterambere rihanitse ry'umwuka, ubugingo, n'umubiri. Amategeko yose yo mu byaremwe, ari yo mategeko y'Imana, abereyeho gutuma tugubwa neza. Kuyumvira bizatuma umunezero wacu wiyongera muri iyi mibereho ya none, kandi bizadufasha kwitegura imibereho y'ahazaza. IMN 417.3

Hariho ibintu biruseho kuba byiza twavuga kuruta kuvuga amakosa n'intege nke by'abandi. Murusheho kwiga ukwigaragaza k'urukundo rw'Imana n'ubwenge bwayo bubonekera mu mirimo yose yo mu byaremwe.IMN 417.4

Mwigishe Mutanga Ibyitegererezo

799. Mu mibereho yanyu n'abatizera, ntimukemere gutandukira ngo mujye kure y'amahame nyakuri. Nimusangira na bo, mujye murangwa no

kwirinda mu mirire, kandi murye ibyokurya bidateza urujijo mu ntekerezo zanyu. Mwirinde kuba abanyamururumba. Nimudacogoza imbaraga zanyu z’ubwenge n’iz’umubiri ntimuzananirwa kugira ubushishozi mu bya Mwuka. Mukomereze intekerezo zanyu mu buryo Imana ishobora kuzikoresha binyuze mu kuri kw’ijambo ryayo. … Ntimugahange amaso abandi mugamije kujora ibibi byabo cyangwa amafuti yabo. Mwigishe mutanga icyitegererezo. Mureke kwizinukwa kwanyu n’intsinzi yanyu ku irari biba ibyitegererezo byo kumvira amahame nyakuri. Mureke imibereho yanyu ibe umuhamya w’imbaraga y’ukuri kweza kandi guhindura umuntu uw’agaciro. IMN 418.1

Mwigishe ibyo Kwirinda mu Buryo Bworoshye kandi Abantu Bishimira

800. Uhoraho yifuza ko buri mugabura, buri muganga, na buri mwizera w’itorero kugira ubushishozi bwo kudahatira abatarajijukirwa no kwizera kwacu ngo bahindure uwo mwanya imirire yabo, bityo ibyo bikaba byabateza ikigeragezo gitunguranye. Mukomeze kubigisha amahame y’ivugurura ry’ubuzima, maze mureke Uhoraho ayobore imitima yabo. Bazumva kandi bizere. Uhoraho ntasaba ko intumwa ze zijyana ukuri kw’ivugurura ry’ubuzima mu buryo buteza urujijo mu ntekerezo z’abandi. Ntihakagire ushyira amabuye asitaza imbere y’abantu bakigendeera mu mwijima w’ubujiji. Ndetse no mu buryo bwo gushimira ikintu cyiza, si byiza kubyasasa kugira ngo udakoma mu nkokora abashaka kumva ukuri. Mwigishe amahame yo kwirinda mu buryo bworoshye kandi abantu bishimira.IMN 418.2

Ntitugomba gukora nk’abantu bahubuka. Abakozi batangiye umurimo wo gushinga amatorero ahantu hashya ntibagomba kuzana inzitizi bagerageza guha umwanya ukomeye ikibazo cy’imirire. Bagomba kwitondera gushyiraho umurongo ntarengwa. Kuko icyo gihe baba bazanye inzitizi mu nzira z’abandi. Muyobore abantu, ariko ntimubatwaze igitugu. Mubwirize ijambo nk’uko ryahishuwe na Yesu. … Abakozi bagomba gukorana ubwitange no kwihangana, bibuka ko ibintu byose bidashobora kwigirwa icyarimwe. Bagomba gufata icyemezo kidakuka cyo kwihangana mu gihe bigisha abantu.IMN 418.3

801. Ntimwibuka ko twese dufite inshingano yihariye? Ntidushaka gufata ingingo y'imirire nk'ikibazo cyo gusuzumiraho abantu, ahubwo tugerageza kwigisha intekerezo no gukangura umutimanama, ku buryo amahame y'ivugurura ry'ubuzima ashobora gushyirwa mu bikorwa ku buryo bwumvikana, nk'uko intumwa Pawulo abivuga mu rwandiko yandikiye Abaroma 13:8-14; 1 Abakorinto 9:24-27; 1 Timoteyo 3:8-12. IMN 419.1

Musange Abantu Aho Bari

802. Mu gihe kimwe, Sara [Mc Enterfer] yahamagawe n'umuryango wa Dora Creek [Dora Kriki] wari urimo abantu bose barwaye. Se w'abana yavaga mu muryango wiyubashye, ariko yari yarafashe akamenyero ko kunywa, umugore we n'abana be bari mu kangaratete. Muri ubwo burwayi bwabo, nta kintu na mba bari bafite cyo kurya. Maze banga kurya icyo twari twabazaniye. Bari bafite akamenyero ko kurya inyama. Twumvise tugomba kugira icyo dukora. Nabwiye Sara nti, genda ufate inkoko runaka mu rugo, maze ubatekere isupu. Sara avura abo barwayi, maze abagaburira iyo supu. Bidatinze baje gukira. IMN 419.2

Dore rero icyo twakoze. Aba bantu twirinze kubabwira ngo, ntimugomba kurya inyama. Nubwo twebwe ubwacu tutarya inyama, twatekereje ko igikwiriye kuri uyu muryango wari urwaye ari uko tubaha icyo twibwiraga ko bakeneye. Mu bihe runaka, tugomba gusanga abantu mu bibazo barimo. IMN 419.3

Uwo mubyeyi w'uwo muryango yari umuntu ujijutse. Igihe umuryango wari umaze gukira, twamugejejeho Ibyanditswe byera, maze uyu mugabo arihana yemera ukuri. Yaretse itabi, areka kunywa inzoga, maze kuva uwo munsi, n'igihe cyose yaramye, ntiyongeye kunywa itabi n'inzoga. Uko ibintu byaje kudushobokera, twaje kumuha akazi mu murima wacu, maze abasha gukora. Mu gihe twari twaragiye mu nama i Newcastle, uwo mugabo yaje gupfa. Umubiri we, yari yarangije igihe kirekire, ntiwashoboye kwihanganira ibyo abakozi bacu bamukoreraga ngo bawuzanzamure. Ariko yapfuye ari Umukristo kandi wubaha amategeko y'Imana. IMN 420.1

Gusakirana n'Ikibazo cy'Imyumvire Ihabanye — Amagambo y'amateka

803. Ubwo twavaga i Kansas, mu gihe cy'Urugaryi rwo mu mwaka wa 1870, mwenedata B yari mu rugo arwaye malariya. … Yari amerewe nabi cyane. … IMN 420.2

Ntabwo twashoboye kubona akanya ko kuruhuka, nubwo twari tubikeneye cyane. Ibinyamakuru, "The Review, the Reformer, the Instructor" byagombaga kwandikwa bigasohoka. [Abanditsi babyo bose bari barwaye icyo gihe.] … Umugabo wanjye yatangiye akazi ke maze mufasha uko nshoboye kose. … IMN 420.3

Ikinyamakuru "the Reformer" cyasaga nk'ikigiye guhagarara. Mwenedata B yari yarashyigikiye ibitekerezo by'ubuhezanguni bya Dogiteri Trall. Ibi byari byaratumye uyu muganga acengeza muri icyo kinyamakuru, mu buryo buruseho, amatwara ararikira abantu kureka gukoresha amata, isukari, n'umunyu. Iki cyemezo cyo kureka gukoresha ibyo bintu cyabashaga kuba ari icy'ukuri ubwacyo; nyamara igihe ntikiragera ngo icyemezo nk'icyo gifatwe. Kandi abahitamo gufata icyemezo kubwabo, bakiyemeza bidasubirwaho kudakoresha amata, amavuta, n'isukari, ntibakwiriye kubitegura ku meza yabo. Mwenedata B, mu gihe yaganiraga na Dogiteri Trall mu kinyamakuru "the Reformer", ku byerekeranye n'ingaruka mbi zo gukoresha umunyu, amata, n'isukari, ntiyashyiraga mu bikorwa ibyo yavugaga. Ibyo bintu byategurwaga ku meza ye buri munsi. IMN 420.4

Benshi mu bizera bacu bumvise bazinutswe icyo kinyamakuru "the Reformer", kandi buri munsi twagendaga tubona amagambo y'urucantege agira ati: "Ndabasabye ntimuzongere kunyohereza ikinyamakuru the Reformer." … Ntibyadushobokeye gukomeza kugishishikariza abantu bo mu Burengerazuba, ngo bongere gutumiza ikinyamakuru "Umugorozi mu by'Ubuzima." Twaje kugenzura dusanga ko n'abanditsi b'icyo kinyamakuru bari barasize abizera, batakigendana na bo mu ntekerezo. Niba dufashe ibyemezo bitera urujijo abizera, kandi na bo ari abagorozi b'iby'ubuzima, bakaba badashobora kubyakira, ni gute twakwizera ko ivugurura ryagirira akamaro abenshi muri rubanda tugomba kugeraho gusa binyuze mu murimo w'ubugorozi mu by'ubuzima? IMN 421.1

Kwihangana, Gushishoza, No Kudahuzagurika Birakenewe Mu

Murimo W’ivugurura

Ntitugomba kwihuta ku buryo tutabasha kuzana abantu bafite umutimanama n’ubwenge byemezwa n’ukuri twigisha. Tugomba gusanga abantu aho bari. Bamwe muri twe byabatwaye imyaka myinshi kugira ngo bagere aho bari mu byerekeranye n’ivugurura ry’ubuzima. Bisaba kugenda buhoro buhoro kugira ngo umusaruro w’ivugurura ry’ubuzima ugerweho. Dufite irari mu mirire n’iminywere ritoroshye kunesha, kuko isi yuzuye umururumba. Nituramuka duhaye abandi igihe gihagije nk’icyo natwe twakoresheje ngo tugere aho turi mu bugorozi, bizatuma tubihanganira cyane, tubareke bagende batera intambwe buhoro buhoro, nk’uko twabikoze, kugeza ubwo bazabasha kugera ku rugero rw’ivugurura ry’ubuzima. Ariko tugomba gushishoza ntitwihute cyane, kugira ngo tutisanga twasubiye inyuma. Mu mavugurura, ni byiza gutera intambwe ntoya twegera intego aho gutera intambwe ndende tukarenga intego. Kandi niba hari ikosa rigomba kubaho, niribe ku ruhande rwegereye urw’abantu aho kuba ku rwacu. IMN 421.2

Ariko ikiruta ibintu byose, ntidukwiriye kuvuga cyangwa kwandika ibyo tudakora mu ngo zacu no ku meza yacu. Ibyo ni ukurimanganya, ni uburyarya. Muri Mishigani, dushobora kureka ku buryo bworoshye gukoresha umunyu, isukari, n’amata, kuruta uko abatuye mu bice byo mu Burengerazuba n’Uburasirazuba babikora, kuko nta matunda apfa kuhaboneka. … Tuzi neza ko gukoresha ibyo bintu uko twishakiye byangiza ubuzima, kandi mu bihe byinshi twibwirako igihe tutabikoresheje, turushaho kwishimira ubuzima bwiza. IMN 421.3

Ariko ubungubu umutwaro dufite ntabwo ari ibyo bintu. Abaturage ntibaratera imbere ku buryo tubona ko icyo twabakorera iki gihe, ari ukubaha amabwiriza ngombwa abafasha kureka imigenzereze mibi no kureka gukoresha ibiyobyabwenge bikabura umubiri. Turamagana rwose ikoreshwa ry’itabi, ibinyobwa bisindisha, ibiyobyabwenge, ikoreshwa ry’icyayi, ikawa, inyama, amavuta ya fromaje cyangwa ikimuri, insenda, ibinyamasukari bikabije, umunyu ukabije, n’ibindi bikaburamubiri bikoreshwa nk’ibyokurya. IMN 422.1

Niduhura n'abantu bataragerwaho n'umucyo w'ivugurura ry'ubuzima, maze tugatangira kubabwira ibyemezo twafashe kuri iyo ngingo, tuzaba tubashyize mu kaga ko gucika intege igihe babona ibyo bagomba kureka, ku buryo batazigera bashyira imbaraga mu ivugurura ry'ubuzima. Tugomba gutwara abantu twihanganye kandi buhoro buhoro, twibuka urwobo rurerure natwe twakuwemo.

UMUGABANE WA III - AMASHURI YIGISHA GUTEKA
Umurimo w'Ingenzi ku Rwego rwo Hejuru

804. Ahantu hose umurimo w'ivugabutumwa mu buvuzi ukomeje gukorwa mu mijyi yacu migari, hagomba gushingwa amashuri yigisha guteka; kandi aho umurimo w'ivugabutumwa mu by'uburezi urimo gutezwa imbere, na ho hagomba gushingwa za resitora zirangwa n'isuku, zizaba ahantu ho kwitoreza ibyo gutoranya no gutegura ibyokurya bifitiye umubiri akamaro. IMN 423.1

805. Amashuri yigisha guteka agomba gushyirwaho. Abantu bagomba kwigishwa uburyo bwo gutegura ibyokurya byuzuye bifitiye umubiri akamaro. Bagomba kwerekwa akamaro ko kureka ibyokurya byangiza ubuzima. Ariko ntitugomba gushyigikira na rimwe imirire yica abantu. Birashoboka kugira indyo yuzuye, yubaka umubiri, itarimo icyayi, ikawa, n'inyama. Umurimo wo kwigisha abantu uburyo bwo guteka indyo yuzuye kandi igizwe n'ibyokurya biryoshye, ni umurimo w'ingenzi ku rwego rwo hejuru. IMN 423.2

806. Abantu bamwe, nyuma yo kwiyemeza gukoresha indyo itarimo inyama, barongera bagasubira ku nyama. Ibyo ni ubupfu, kandi mu by'ukuri byerekana kubura ubwenge bwo kumenya uburyo bwo gutegura ibyokurya byiza bigomba gusimbura inyama. IMN 423.3

Amashuri yigisha guteka, ayobowe n'abigisha b'abanyabwenge, agomba gutangizwa muri Amerika no mu bindi bihugu. Icyo tubasha gukora cyose kigomba gukorwa kugira ngo cyereke abantu agaciro k'ubugorozi mu by'imirire. IMN 423.4

807. Ivugurura ry’imirire rigomba kugenda rihishurirwa abantu. Uko indwara z’amatungo zigenda ziyongera, gukoresha amata n’amagi bizagenda birushaho guteza abantu akaga. Hakenewe imbaraga mu gushaka ibyo kubisimbura bifitiye umubiri akamaro kandi bidahenze. Hirya no hino abantu bakwiriye kwigishwa uburyo bwo guteka badakoresheje amata n’amagi, uko bishoboka kose kugeza ubu, kandi ibyokurya byabo bikaba biryoshye. IMN 423.5

808. Abashobora kubona ibyiza by’amashuri afite ubuyobozi bwiza, afite isuku mu byo guteka, bazabona inyungu nyinshi mu mikorere y’ayo mashuri no mu myigishyirize azageza ku bandi. IMN 424.1

Muri buri Torero, buri Shuri ry’Itorero, no muri buri Filidi

809. Buri torero rigomba kuba ishuri Abakristo batorezwamo umurimo. Abizera bagomba kwigishwa uburyo bwo kwigisha inyigisho za Bibiliya, uburyo bwo kuyobora no kwigisha amatsinda y’Ishuri ryo ku Isabato, uburyo bwiza bwo gufasha abakene no kwita ku barwayi, uburyo bwo kugera ku batarihana. Hagomba kubaho amashuri yigisha iby’ubuvuzi, amashuri yigisha ibyo guteka, n’ibyumba byigishirizwamo uburyo Abakristo bagomba gukora umurimo mu byiciro binyuranye. Ntihagomba kubaho umurimo wo kwigisha gusa, hagomba no kubaho umurimo wo gutegura abigisha babizobereye bo gufasha abantu. IMN 424.2

810. Buri resitora irangwa n’isuku igomba kubera ishuri abakozi bayikoreramo. Uwo murimo ushobora gukorwa ku buryo bwisanzuye mu mijyi kurusha mu byaro. Ariko muri buri gace kariho itorero hamwe n’ishuri ry’itorero, ni ngombwa ko hatangirwa inyigisho zerekeranye no gutegura amafunguro atunganye kandi yoroheje, bigafasha abantu bose bifuza kubaho bagendera ku mahame y’ivugurura mu by’ubuzima. Kandi umurimo nk’uwo ubasha gukorwa no mu duce twose za misiyoni zacu zikorera. IMN 424.3

Umurimo wo gutegura indyo yuzuye ikubiyemo amatunda, ibinyamisogwe, ibinyampeke, n’ibinyabijumba ni umurimo w’Uhoraho. Ahantu hose hari itorero ryacu, abizera bagomba gukorana n’Imana

bicishije bugufi. Bagomba kugeza umucyo ku bantu bakoresheje amahame y’ivugurura ry’ubuzima. IMN 424.4

Amashuri yo Guteka Ahabwe Umwanya Yagenewe

811. Uko bishoboka kose, amateraniro makuru yacu agomba kuba ay’ibya Mwuka. … Ibigendanye n’indi mirimo iyakorwamo bigomba gukorwa n’abantu runaka bagenewe iyo mirimo. Kandi uko bishoboka kose, abo bantu bagomba kwerekwa abizera mu kindi gihe kitari icy’amateraniro makuru. Amabwiriza y’imirimo igendana no kubwiririsha ubutumwa ibitabo, umurimo w’ishuri ryo ku Isabato, n’ibinyamakuru n’umurimo w’ububwirizabutumwa bikwiriye gukorerwa mu nsengero, cyangwa mu materaniro yandi yihariye. Ayo mahame kandi areba n’amashuri yo guteka. Nubwo aya mashuri afite umwanya ukwiriye mu murimo, ibyerekeranye n’umurimo wayo ntibikwiriye gufata umwanya w’amateraniro makuru yacu. IMN 425.1

Ikigo Gishinzwe Ubugorozi

812. Amashuri yo guteka agomba gushingwa ahantu henshi. Uyu murimo ushobora gutangira ku buryo bworoheje, ariko mu gihe abantu b’inzobere mu byo guteka bakora ibishoboka byose ngo bahe umucyo abandi, Uhoraho azabaha ubumenyingiro n’ubuhanga. Ijambo ry’Imana rigira riti: “Ntimubabuze; kuko nzabihishurira nk’Umwigisha wabo.” Azakorana n’abashinzwe gusohoza imigambi Ye, yigishe abantu uburyo bagera ku bugorozi mu by’imirire binyuze mu gutegura ibyokurya bidahendutse kandi bituma umuntu agira amagara mazima. Bityo abakene bazagira umwete wo kwemera amahame y’ivugurura ry’ubuzima; bazafashwa ndetse bahinduke abatunzi n’abantu bihagije. IMN 425.2

Neretswe abagabo n’abagore bafite ubushobozi bigishwa n’Imana uburyo bashobora gutegura Ibyokurya byuzuye kandi biryoshye mu buryo bwemewe. Benshi muri aba bari bakiri bato, ariko harimo n’abasheshe akanguhe. Nahawe amabwiriza ko abayoboye ayo mashuri bagomba guterwa umwete ahantu hose umurimo w’ubuvuzi ukorerwa. Ikintu cyose kigamije gucogoza iterambere ry’abantu mu ivugurura kigomba gukurwaho. Bakeneye kumurikirwa n’umucyo mwinshi. Mubigishe kurushaho gukora

ibyo bashobora byose mu gutegura neza amafunguro, kandi mubakangurire kwigisha n'abandi ibyo bamenye.IMN 425.3

Mbese ntidukwiriye gukora ibyo dushoboye byose ngo duteze imbere umurimo mu mijyi yacu yose minini? Ibihumbi byinshi by'abadukikije bakeneye ubufasha mu buryo bunyuranye. Abagabura b'Ubutumwa bwiza nibazirikane ko Umwami Yesu yabwiye abigishwa be ati: "Muri urumuri rw'isi. Umugi wubatse mu mpinga y'umusozi ntushobora kwihisha. … Muri umunyu w'isi. Ariko se iyo umuntu wamaze gukayuka wakongera kuryoshywa n'iki?" (Mat. 5:14, 13).IMN 426.1

Kwigisha uva ku Rugo ujya ku Rundi

813. Bitewe n'uko inzira z'ubugingo zafunzwe n'umunyagitugu w'Umwicanyi, abantu benshi baheranywe n'ubujiji bituma batamenya amahame agenga ubuzima bwiza. Umurimo mwiza ubasha gukorwa binyuze mu kwigisha abantu uburyo bwo gutegura ibyokurya bituma umubiri ugira amagara mazima. Bene uyu murimo ni ingenzi kuruta undi murimo wose ubasha gukorwa. Hakwiriye gushingwa amashuri menshi yigisha guteka, kandi amwe agakora umurimo wo kuva ku rugo ujya ku rundi, yigisha ubumenyingiro bwo guteka indyo yuzuye ituma abantu bagira amagara mazima. Bitewe n'imbaraga y'ivugurura ry'ubuzima, abantu benshi kandi benshi cyane bazarokoka bakire uguhenebera kw'imibiri, ubwenge, n'intekerezo. Amahame y'iri vugurura azivugira ubwayo atangire kwakirwa n'abashaka kumurikirwa n'umucyo; kandi bene abo bazakomeza kujya mbere kugeza ubwo bamenyeye ku buryo bwuzuye ukuri kw'iki gihe. IMN 426.2

Imana ishaka ko abantu bayo bakira kandi bagatanga. Bazatanga icyo Uhoraho yabahaye batarobanura ku butoni kandi batikanyiza. Kandi uko mwinjira muri uyu murimo, n'uburyo bwose mukoresha kugira ngo mushobore kugera ku bantu benshi, mujye mukora ku buryo mukura urwikekwe mu bantu aho kurubazanamo. Mujye muhora mwiga iby'imibereho ya Kristo, mukore nk'uko yakoraga, mukurikize urugero Rwe. IMN 426.3

Kwigisha Ivugurura ku Mirire mu Materaniro y'Ibiruhuko no mu Yindi Minsi Mikuru

814. Igihe umucyo w'ivugurura ry'ubuzima watugeragaho bwa mbere, twakundaga gukoresha, mu bihe by'ibiruhuko, ipanu zo gutekeraho tukazitereka hasi, ahantu abantu babaga bateraniye, maze tukahatekera imigati itarimo umusemburo, ya ronde cyangwa yiburungushuye. Kandi ndakeka ko umusaruro w'imbaraga zacu wabaye mwiza, nubwo tutari dufite imyiteguro yo guteka ibyokurya nk'iyo dufite ubungubu. Muri icyo gihe, twari dutangiye kwiga uburyo bwo kubaho tudakoresheje inyama. IMN 427.1

Ibihe bimwe, twagiraga ibirori byo kwishimisha, maze tukita cyane ku gutegura ibyokurya biryoshye kandi biteguwe neza. Mu gihe cy'umwero w'imbuto, twajyaga gushaka ubwoko butandukanye bw'inkeri zikiva mu mirima, hamwe n'ubundi bwoko bw'inkeri zikiri nshyanshya z'umuzabibu. Ameza twayateguraga ku buryo abandi bayakuraho icyitegererezo cyo kubona ko ibyokurya byacu bigendana n'amahame y'ivugurura mu by'imirire, kandi ko ari ibyokurya bitari nkene na gato. IMN 427.2

Ibihe bimwe, twatangaga ibyigisho bigufi byerekeranye no kwirinda, muri ibyo birori byacu, bityo abantu bakamenya amahame agenga imibereho yacu. Amakuru yatugeragaho hanyuma ni uko abantu bose byabashimishije kandi bakahakura umucyo. Igihe cyose twabaga dufite icyo kuvuga cyerekeranye n'akamaro ko gutanga ibyokurya byuzuye, biteguwe ku buryo bworoheje, biryoshye kandi biteye ipfa abantu bose babiryaga bikabahaza. IMN 427.3

Abari ku isi buzuye irari ryo gushaka guhaza umururumba mu mirire n'iminywere, ariko amagambo y'umuburo, akwiriye kandi adakebakeba, yagiye afasha imiryango n'abantu runaka kugira impinduka zitangaje.IMN 427.4

Amahirwe n'Akaga bya Resitora Zacu

815. Imana yaduhaye umucyo na none ko mu mijyi hari amahirwe yo kuhakorera umurimo nk'uwo twakoze mu nkengero z'umujyi wa Battle Creek [soma Batolo Kiriki]. Nk'uko uwo mucyo uri, hashinzwe za resitora zifite isuku. Ariko kandi hari n'akaga gakomeye k'uko abakozi ba za resitora zacu bazatwarwa n'umutima wo gushaka amafaranga cyane bakibagirwa kugeza ku bantu umucyo bakeneye. Resitora zacu ziduhuza n'abantu benshi, ariko nitwemerera ibyifuzo byacu gutwarwa no gushaka inyungu z'ubutunzi, tuzaba dutakobwe kuzuza umugambi w'Imana. Ishaka ko dukoresha umwanya n'amahirwe yose mu kwerekana ukuri kugamije gukiza abagabo n'abagore irimbukiro ry'iteka. IMN 428.1

Nagerageje gutekereza uburyo abantu benshi bashobora kwihana bakemera ukuri bitewe n'umurimo wa za resitora zacu hano muri ______. Bamwe babasha gukizwa, ariko benshi na none babasha kwihana bakemera Imana haramutse habonetse imbaraga zikora umurimo w'Imana muri gahunda, kandi hakaboneka n'umucyo umurikira abandi. IMN 428.2

Ndifuza kubwira abakozi bakora muri resitora zacu nti, "Nimureke gukomeza gukora nk'uko musanzwe mukora. Mushake uko resitora ziba inzira zigeza ku bandi umucyo w'ukuri kw'iki gihe. Kuko iyo ariyo mpamvu rukumbi yo gushyiraho amaresitora yacu. …"IMN 428.3

Abakozi bo _________ muri resitora n'abizera bo ___________ mu itorero bakeneye kwihana ku buryo bukwiriye. Buri wese yahawe impano y'ubwenge. Mbese mwahawe ubushobozi buri hejuru y'Imana? "Icyakora abamwemeye bose bakizera izina rye, yabahaye ubushobozi bwo kuba abana b'Imana." (Yohana 1:12). IMN 428.4

Abigisha Bagomba Kugira Ubwenge n'Ubwitonzi

816. Kwigisha abantu amahame y'ivugurura ry'ubuzima bigomba gushyirwamo imbaraga nyinshi. Hagomba gushingwa amashuri yigisha guteka, kandi inyigisho zitanga ubumenyingiro mu byo guteka zikagenda zitangirwa mu ngo. Abakuze n'abakiri bato bagomba kwigishwa uburyo bworoheje bwo guteka. Aho abantu bigishwa ukuri kw'ijambo ry'Imana, hagomba no kwigishirizwa uburyo bwo gutegura ibyokurya bworoheje, ariko kandi bikaba ari ibyokurya biteye ipfa. Bagomba kwerekwa ko

ibyokurya byubaka umubiri bibasha kuboneka bitabaye ngombwa gukoresha inyama. … IMN 428.5

Ubwenge n'ubuhanga bwinshi bigomba gukoreshwa mu gutegura ibyokurya bifitiye umubiri akamaro kugira ngo bisimbure ibyo abantu bari bemenyereye mbere yo kumenya iby'amahame agenga ubuzima. Ibi bisaba kwizera Imana, ubushake mu byo ugambirira, n'ubushake bwo gufatanya. Indyo ibuze ibivumbikisho by'ubuzima itera umurimo w'ivugurura ry'ubuzima gusuzugurwa. Turi abantu bapfa, bityo tugomba gushaka ibyokurya bifite ibivumbikisho bihagije imibiri yacu. IMN 429.1

Amashuri yacu Agomba Gutanga Amasomo yo Kwigisha ibyo Guteka

817. Mu mashuri yacu yose, hakwiriye kuba abigisha bazi neza ibyo kwigisha guteka. Amasomo y'iki cyigisho agomba gushyirwaho. Abigishwa bategurirwa gukora umurimo bagira igihombo gikomeye iyo badahawe ubumenyi bwo gutegura no guteka ibyokurya biryoshye umubiri bikenewe mu mubiri.IMN 429.2

Ubuhanga mu byo guteka si ikintu kigomba gukerenswa.Ubumenyingiro bwo gutegura ibyokurya ni umwe mu myuga y'ingenzi kurusha iyindi. Ukwiriye guhabwa agaciro gakomeye cyane mu yindi myuga, kuko ufitanye isano ikomeye n'ubuzima bwacu. Imbaraga zaba iz'umubiri n'iz'ubwenge zikomoka ku rugero rwo hejuru ku byokurya turya; bityo, umuntu uteka ibyokurya agomba guhabwa agaciro n'umwanya ukomeye. IMN 429.3

Abasore n'inkumi bagomba kwigishwa uburyo bwo guteka budahenze, kandi bakirinda ku buryo bwose guteka ibigendana n'inyama. Gutegura amafunguro akubiyemo inyama ku buryo ubwo aribwo bwose bikwiriye gucibwa intege; kuko ibi biganisha abantu ku mwijima n'ubujiji bwa Egiputa, aho kubajyana mu kubonera kw'ubugorozi bw'ubuzima. IMN 429.4

Abakobwa n'abagore by'umwihariko bagomba kumenya guteka. Ni uwuhe mugabane w'uburezi bw'umwana w'umukobwa waruta uyunguyu? Imibereho yaba afite iyo ariyo yose, agomba kwigishwa gushyira mu bikorwa ubu bumenyi. Ni ishami ry'uburezi rifite imbaraga zigaragara ku buzima n'umunezero. Kumenya guteka umugati mwiza ni ugushyira mu bikorwa iby'iyobokamana. IMN 430.1

818. Abenshi mu rubyiruko bazagenda bifuza kujya mu mashuri abigisha ubumenyingiro mu by’imyuga. Inyigisho z’ubuhanga mu by’imyuga zigomba kuba zikubiyemo ubucungamutungo, ubwubatsi, n’ibintu byose bigendana n’ubuhinzi n’ubworozi. Hagomba gutangwa kandi n’amasomo y’iby’ubucuzi [amashanyarazi], gutera irangi, gukora inkweto, guteka, guteka imigati, kumesa, kudoda, kwandika n’imashini, no gucapa ibitabo. Ubushobozi dufite tugomba kubukoresha kugira ngo tubone ubumenyingiro muri iyi mirimo, kugira ngo abanyeshuri basohoke bafite ubushobozi bwo gukora imirimo yo muri iyi mibereho.IMN 430.2

819. Ku bufatanye bw’amavuriro n’amashuri yacu, hagomba gushyirwaho amashuri yigisha ubumenyi bwo guteka, agatanga inyigisho zifasha abantu kumenya gutegura ibyokurya. Mu mashuri yacu yose, hagomba kubaho abantu bafite ubuhanga bwo kwigisha abanyeshuri, baba abahungu n’abakobwa, bagahabwa ubumenyingiro mu byo guteka. Abakobwa n’abagore by’umwihariko bagomba kumenya guteka.IMN 430.3 820. Abanyeshuri bo mu mashuri yacu bagomba kwigishwa kumenya guteka. Iri somo ry’uburezi rigomba gushyirwamo ubumenyingiro n’ubushishozi. Satani arakora ngo ayobye kandi ateshe abato gukiranuka, ashaka kubajyana mu nzira y’ibishuko ibaroha mu irimbukiro. Tugomba kubatera umwete tukabafasha gutsinda ibyo bishuko bahura na byo bitari gusa mu nzira y’irari n’umururumba. Mu kubigisha ubumenyi mu byo kugira amagara mazima tuzaba dukora umurimo w’ububwirizabutumwa dukorera
Umwami n’Umwigisha wacu Mukuru. IMN 430.4

821. Guhugurira imirimo y’amaboko bisaba ubwitonzi burenze uko byifashe muri iki gihe. Amashuri yari akwiriye kubakwa ahantu haboneka ibyangombwa birushijeho kuba byiza bituma abanyeshuri bagira imikurire myiza mu by’umubiri, bakunguka ubushobozi mu mitekerereze, bagatozwa imico y’ubumuntu, kandi bakunguka ubumenyi mu byerekeye imyuga y’ibanze. Bagomba guhabwa amasomo yerekeranye n’ubuhinzi, ayerekeye imyuga itandukanye y’ingirakamaro mu by’ubucuruzi, ayerekeye ubukungu bw’umuryango: guteka neza, ubudozi, ibyerekeye isuku mu myambarire, kuvura indwara, n’ibindi byinshi. IMN 431.1

Gukiranuka mu Nshingano Zimeze kimwe

822. Mu nteganyanyigisho harimo amasomo menshi atesha abanyeshuri igihe kandi atari ingenzi, nta n'aho bahurira na yo mu buzima busanzwe kandi adashobora kubazanira umunezero; ariko ni ngombwa rwose ko buri mwana ahabwa amasomo atuma amenya mu buryo bwimbitse inshingano zo guteza imbere ubuzima bwe bwa buri munsi. Bibaye ari ibishoboka, umwana w'umukobwa yakurirwaho isomo ry'Igifaransa n'iry'Imibare, cyangwa ndetse n'iryo gucuranga piyano; ariko ni ngombwa ko yigishwa akamenya guteka neza, guteka umugati, kudoda imyenda neza, kandi akamenya neza gutunganya imirimo yo mu rugo. IMN 431.2

Nta kintu cy'ingirakamaro cyubaka ubuzima n'umunezero w'abagize umuryango kurenza ubushobozi n'ubuhanga bw'umutetsi. Umutetsi ashobora kwica cyangwa kwangiza ubuzima bw'abagize umuryango cyangwa akadindiza imikurire y'abana, aramutse akoresheje ibiribwa byanduye cyangwa bitateguwe neza. Ariko ibyokurya yateguye akurikije ibyo umubiri ukeneye kandi biryoshye, ashobora kubikoresha bikagirira akamaro abo mu rugo bose kuruta ibyo yakora mu ruhande rubi. Burya rero, akenshi kugira umunezero mu buzima bifitanye isano no gukorana umurava, ukaba umwizerwa mu murimo ushinzwe. IMN 431.3

Kubera ko kubaka urugo bireba umugabo n'umugore we, abana b'abakobwa n'abahungu bagomba kwigishwa gukora imirimo yo mu rugo. Mu mirimo bakora twavuga: gusasa uburiri no gutegura icyumba, koza ibikoresho byo mu gikoni n'ibyo ku meza, guteka, kumesa, gutera ipasi no gusana imyenda yabo yacitse. Birakwiye ko abana b'ibitsina byombi bayikora, kandi nta cyo byangije ku bugabo bw'umuhungu, ahubwo bimugirira akamaro kandi bikamutera kurushaho kunezerwa. IMN 432.1

[Buri mugore agomba kuba umuyobozi w'imirimo y'urugo — 385] IMN 432.2

[Ubutetsi ni umurimo w'ingenzi kandi ufite umwanya w'icyubahiro — 371] IMN 432.3

[Kwigisha guteka bikwiriye gukorwa mu gihe cy'amateraniro makuru — 763, 764] IMN 432.4

[Abantu bagomba kwigishwa gukoresha ibyokurya byera iwabo — 376, 407].

…*Icya mbere:* Komeza ujye mbere — The Ministry of Healing, 320 [Rengera Ubuzima]. IMN 433.1

Ubwa mbere sinahise mbona umucyo ku buryo bwuzuye. Wagendaga wiyongerana imbaraga uko igihe cyagendaga gihita nk'uko abantu babaga biteguye kuwakira no kuwushyira mu bikorwa, kandi uza guhuza n'akamenyero n'imigenzereze mu mirire mu gihe ibyigisho byabaga bitanzwe. IMN 433.2

Icya kabiri: "Nta murongo runaka ushyitse dushyizeho ngo ukurikizwe mu mirire." Testimonies for the Church 9:159 [Ibihamya by'Itorero]. Twakomeje gutanga imiburo yo kwirinda ibyokurya runaka byica ubuzima. Ariko twatanze amahame y'urufatiro, kandi ishyirwa mu bikorwa ry'ayo mahame rigomba rimwe na rimwe gukorwa ku buryo bw'igeragezwa, hakanifashishwa ku buryo bwiza ubushakashatsi bwagezweho mu bya siyansi. IMN 433.3

...*Icya gatatu:* "Ntabwo abantu bakwiriye kumfata nk'urugero bagomba gukurikiza" — Letter 45, 1903. Madame White yiyemeje kugira amategeko agenderaho bitewe n'ibyo yiyemeje akajya rimwe na rimwe abyita amategeko y'imirire yo mu rugo rwe, ariko akirinda ko ayo mategeko yabera abandi urugero bagomba gukurikiza. IMN 433.4

Iyerekwa rya Mbere Yagize ku Bugorozi mu by'Ubuzima

Iyerekwa rya mbere ku nsanganyamatsiko y'Ubugorozi mu by'ubuzima ryangezeho ndi mu rugo rwa Mwenedata A. Hilliard, mu mugi wa Otsego, muri Leta ya Michigani, tariki ya 6 Kamena 1863. IMN 434.1

Neretswe ko Ari Umurimo Ugomba Gukomeza Kujya Mbere

Mu mucyo nari nahawe mbere (1863), neretswe ko abantu bo kuri iyi si bazaba barangwa no kutirinda ku buryo buteye ubwoba, kandi ko buri mwana w'Imana wese agomba gushikama bikomeye ku ivugurura rigomba

kuranga ingeso n’imigirire ye.... Uwiteka yanyeretse umugambi urambuye afite. Neretswe ko Imana yagennye ivugurura ku mirire rigomba kuranga ubwoko bwayo bukomeza amategeko yayo, kandi uko bazagenda bakurikiza iryo vugurura, indwara zabo n’imibabaro yabo bizagenda bigabanuka. Neretswe ko uyu murimo utazahagarara, ko ugomba gukomeza kujya mbere. IMN 435.1

Uko Nakiriye Ubutumwa

Nemeye umucyo w’ubutumwa bw’ivugurura ry’ubuzima uko wangezeho. Byambereye umugisha ukomeye. Uyu munsi mfite ubuzima burushijeho kuba bwiza kuruta uko nari meze nkiri muto, bona nubwo mfite imyaka mirongo irindwi n’itandatu y’ubukuru. Ndashimira Imana kubwo amahame y’ivugurura ry’ubuzima. IMN 435.2

Nyuma y’Umwaka Umwe, Nabonye Inyungu

Namaze imyaka myinshi numva ko ngomba kurya inyama kugira ngo mbone imbaraga. Naryaga amafunguro atatu ku munsi mu gihe cy’amezi runaka. Byari binkomeyere kwihangana ngategereza ifunguro rikurikiyeho kuko nagiraga intege nke mu gifu nkamera nk’uwenda kudandabirana no kuzunga isereri mu mutwe. Numvaga ko kurya bigomba gukuraho izo ntege nke niyumvagamo. Inshuro nke cyane ni zo niyemezaga kurya utundi tuntu hagati y’amafunguro, ndetse mbigira akamenyero ku buryo kenshi najyaga kuryama ntanariye ibyokurya bya nimugoroba. Ariko nararibwaga cyane kubwo kumva nshaka kurya hagati y’ifunguro rya mugitondo n’irya kumanywa, ndetse nkajya nyuzamo nkazunga isereri nkagwa hasi. Haba ubwo naryaga inyama nkabona bikuyeho icyo kibazo cyo kugira isereri no kugwa. Byatumye numva rero ko umubiri wanjye ukeneye inyama. IMN 435.3

Ariko kuva aho Uwiteka anyerekeye mu kwezi kwa Kamena 1863, isano iri hagati yo kurya inyama no kugira amagara mazima, naretse gukomeza kurya inyama. Mu gihe gito byabanje kunkomerera kugira ipfa ryo kurya umugati numvaga ntishimiye mbere. Ariko kubwo kwihangana, naje kubishobora. Namaze hafi umwaka ntarya icyitwa inyama. Amezi yenda

kuba atandatu twayamaze dutegura ku meza imigati mito idafite umusemburo, ikozwe mu ngano gusa n'amazi, n'akunyu gake. Twaryaga cyane imbuto n'imboga. Namaze amezi umunani ntunzwe no kurya kabiri gusa ku munsi. IMN 436.1

Nimenyereje ishuro nyinshi kwandika ibitabo nkamara igihe kirenga umwaka. Namaze amezi umunani by'umwihariko nikingiranye mu cyumba nandika. Ubwonko bwanjye bwararemererwaga, kandi sinkore imyitozo ihagije. Kandi ngakomeza kumva nta mpinduka nziza mu mubiri wanjye kurusha amezi atandatu yari ashize. Kwa kugira isereri no kuzungera byarashize. Nagubwaga nabi buri gihe uko urugaryi rwageraga nkabura ipfa ryo kurya. Ariko mu rugaryi rwaherukaga, sinongeye kugira ikibazo. IMN 436.2

Ibyokurya byacu byabaga bigizwe n'indyo yuzuye, twafataga kabiri ku munsi, bikaturyohera cyane. Nta nyama twaryaga, keke, cyangwa ibindi byokurya bikize ku masukari. Ntitwatekeshaga amavuta y'ingurube, ahubwo mu mwanya wayo twakoreshaga amata, kereme, n'amavuta make y'inka. Ibyokurya byacu twabishyiragamo umunyu muke, kandi tukabirinda ibirungo nk'insenda z'uburyo bwose. Twaryaga ibyokurya bya mugitondo saa moya, ibya kumanywa tukabirya saa saba. Inshuro nke cyane nibwo numvaga isereri. Nararyaga nkanyurwa. Ibyokurya byarandyoheraga cyane kurenza mbere. IMN 436.3

Urugamba rwo Gutsinda

Sinigeze mpindura na gato umurongo nafashe kuva aho ntangiriye gahunda y'ivugurura ry'ubuzima. Sinigeze nsubira inyuma n'intambwe n'imwe kuva aho umucyo uvuye mu ijuru umurikiye kuri iyi nsanganyamatsiko. Nabanje kwanga ikintu cyose ngitangira, ndeka inyama n'amavuta yiganjemo ibinure, ndetse n'amafunguro atatu, kandi ibyo mbikora ndimo gukora umurimo ukomereye cyane ubwonko, nandika ibitabo kuva mu gitondo kugeza nimugoroba. Naje kwimenyereza amafunguro abiri ku munsi kandi mbona mbashije no gukomeza umurimo wanjye. IMN 437.1

Nagiye mbabazwa cyane n'uburwayi, bwatewe no kugwa ikinya ibihe bitanu umubiri ntubashe gukora. Nagize imvune yatumye ukuboko kwanjye kw'imoso kumara amezi menshi guhambiriye, kandi uburibwe bukambera bwinshi mu mutima. Ubwo niyemezaga izo mpinduka mu mirire, nanze kwemerera ipfa ngo rintegeke. Mbese ibyo byari kumbangamira bigahungabanya imbaraga zanjye zikomeye, bikambuza guha icyubahiro Umwami wanjye? Mbese ibyo byari kumbera inkomyi n'igihe runaka? Ntibishoboka! IMN 437.2

Nagiye mbabazwa n'inzara, nakundaga kurya inyama cyane. Ariko igihe nagwaga hasi, nafashe cyane mu nda nkomeza mu gifu, maze ndavuga nti, "Sinzongera kurya n'intongo y'inyama. Nzajya nirira ibyokurya byoroheje, cyangwa ndeke kurya burundu." Umugati ntiwandyoheraga. Naryaga agace gato kataruta mu bugari idolari. Ibyo ni ibintu bimwe nabashaga gukurikiza neza mu ivugurura ryanjye; ariko igihe nabaga ngiye kurya umugati, nawushyiraga ku ruhande. Mu gihe nashyiraga mu bikorwa izo mpinduka, nari mfite intambara ngomba kurwana idasanzwe. Sinashoboraga gufata amafunguro abiri cyangwa atatu abanza. Nabwiye igifu cyanjye nti, "Tegereza kugeza ubwo ubona umugati wo kurya." Nabashaga kurya umugati akanya gato, nkarya n'umugati w'ingano. Sinawuryaga mbere; ariko noneho ubu numvaga undyoheye, kandi sinigeze mbura ipfa no kuryoherwa. IMN 437.3

Kugendera ku Ihame

Igihe nandikaga igitabo "Impano za Mwuka," Umugabane wa 3 n'uwa 4 [1863-64], nari ngiye kwica n'akazi kenshi imbaraga zinshiranye neza. Nuko mbona ko ngomba guhindura imibereho yanjye, hanyuma nza kuruhuka iminsi mike nongera kumva merewe neza. Ibyo bintu niyemeje kubireka kubwo kugendera ku ihame. Nahise mfata ihame ryo kugendera ku ivugurura ry'ubuzima. Kandi kuva icyo gihe, benedata, sinigeze ngira ikintu na kimwe cyo gukabya mu byerekeranye n'ivugurura ry'ubuzima ngo mbe nagisubiraho mu buzima bwanjye. Nta kindi nagaragaje uretse icyo nshikamyeho uyu munsi. Ndabasaba namwe kurangwa n'imirire ifasha kandi yubaka ubuzima. IMN 438.1

Kureka gukoresha ibintu bizana impumuro mbi kandi birura mu kanwa si ikintu kigomba gukomerera abantu ngo bakizinukwe. Kwemera kureka ibyo bintu ni ukwiyanga, maze ukagira ubuzima bwishimira ikintu cyose ukumva kikuryoheye nk'ubuki; ukareka gushyira mu kanwa ibintu bitaryoheye umubiri; kandi igifu ntikizigera cyumva ko hari ibyo gitakaje. Ibi nari naragize akamenyero ko kubikoresha igihe kinini. Nagiye nikubita hasi ubutitsa nteruye umwana. Ariko ubu ibyo ntibikimbaho; nonese ibyo nabyita kwiyanga, mu gihe mbasha guhagarara imbere yanyu nk'uko mbikora uyu munsi? Nta mugore n'umwe mu bagore amagana wabashaga kwihanganira gukora akazi nakoraga. Nagenderaga ku ihame, aho gukurikiza amarangamutima. Nabashaga gukora kuko nizeraga ko Ijuru ryemera umurongo nahisemo wo kugira imibereho irushijeho kuba myiza, kugira ngo mbashe guhimbaza Imana mu mubiri no mu mwuka, kuko ari ibyayo. IMN 438.2

Intambara yo Kurwanya Gukoresha Vinegere

Nasomye ibaruwa yawe. Umeze nk'uwifuza bikomeye gushyira mu bikorwa agakiza kawe utinya kandi uhinda umushyitsi. Ndakugira inama yo kubikora. Ndakugira inama yo kureka ikintu cyose cyagutera gukora umurimo igice mu muhati wawe wo gushaka ubwami bw'Imana no gukiranuka kwayo. Itandukanye n'umururumba uwo ariwo wose ubasha kukubuza kunesha. Saba amasengesho abashobora kumva icyifuzo cy'ubukene bwawe. IMN 439.1

Hari igihe nanjye nari ndi mu kibazo nk'icyanyu. Nakundaga cyane gukoresha vinegere. Ariko kubwo gufashwa n'Imana nafashe icyemezo cyo gutsinda iryo rari ry'ipfa. Narwanye n'icyo kigeragezo, niyemeza kudategekwa n'aka kamenyero. IMN 439.2

Namaze ibyumweru ndwaye cyane; ariko nkomeza kujya mbivuga buri gihe, ibyo Uwiteka arabizi neza. Niba ngomba gupfa, nzapfe; ariko sinzigera nemerera ibyo byifuzo. Intambara yarakomeje, kandi nkomeza kubabazwa ibyumweru byinshi. Abantu bose babonaga ko ntashobora gukomeza kubaho. Murumva ukuntu twafashe igihe cyo gushaka mu maso h'Uwiteka dushikamye. Twasengaga amasengesho akomeye cyane asaba Imana kunkiza. Nakomeje kurwana n'igishuko cyo gukoresha vinegere nakundaga, ariko ku iherezo ndanesha. Ubu sinifuza no gusogongera ku

kintu kimeze nk'icyo. Iyi mibereho nanyuzemo yambereye iy'agaciro gakomeye cyane mu buryo bwinshi. Ubu naranesheje rwose. IMN 439.3

Iyi mibereho yanjye nyikubwiriye kugira ngo igufashe kandi ikongerere imbaraga. Mfite ukwizera, muvandimwe, yuko nawe ushobora kunesha iki kigeragezo, ukerekana ko Imana ibasha gufasha abana bayo igihe cyose babikeneye. Niba wiyemeza kurwanya ako kamenyero, ukakarwanya ubutadohoka, ushobora kugira imibereho y'agaciro gahanitse. Iyo wiyemeje kugira ubushake bwo kwitandukanya n'uwo mururumba, Imana ibigufashamo. Bigerageze muvandimwe. IMN 440.1

Uko urushaho gukomeza kwemerera ako kamenyero, Satani azakoresha ubushake bwawe, atume umwumvira. Ariko niba wiyemeza kunesha, Uwiteka azagukiza, kandi aguhe imbaraga zo kurwanya ikigeragezo cyose. Ujye uhora wibuka ko Kristo ari Umukiza n'Umurinzi wawe. IMN 440.2

Imirire Yoroheje, kandi Ikwiriye

Ndarya bihagije kugira ngo umubiri ushobore kunyurwa; ariko iyo mpagurutse mvuye ku meza, nkomeza kugira ipfa nk'uko nari ndifite ndimo kurya. N'igihe ifunguro rikurikiyeho rije, mba niteguye kurya ibyo umubiri ukeneye, sindenze. Mbese nabasha nte kurya inshuro ebyiri z'ibyo nsanzwe ndya bitewe n'uko biryoshye, hanyuma ngasaba Imana ngo imfashe mu murimo wanjye wo kwandika, nkirengagiza ko kurya byinshi byantera umururumba n'ubusahiranda? Nabasha nte gusaba Imana ngo ihe umugisha uwo mutwaro udafite ubwenge ngiye gushyira mu gifu? Ibyo byaba ari ukudahesha Imana icyubahiro. Ibyo byaba ari ugusaba ibijyanye n'irari ryanjye. Ubungubu nibwira ko ndya ku buryo bukwiriye, bityo nkaba mbasha gusaba Imana kumpa imbaraga zo gukora umurimo yampaye gukora. Kandi namenye ko ijuru ryumvise kandi rigasubiza gusenga kwanjye, ubwo nari maze gusenga ayo masengesho. IMN 440.3

Gutegura ku Meza Amafunguro Ahagije

Nahoraga mfite ameza ateguweho amafunguro meza ibihe byose.

N’igihe nabaga mfite bashyitsi, baba abashyitsi b’abizera cyangwa abatari abizera, amafunguro yakomezaga kuba ya yandi. Sinabaga umuntu utungurwa n’ikintu ntateguye cyo gusangira n’abandi ku meza cyaba gito cyangwa kinini ngo kibe ikintu cy’amahirwe kije kwiyongera ku mafunguro nateguye. Nakoreshaga amafunguro y’ibyokurya byoroheje, bihesha amagara mazima, byubaka umubiri kandi bikamara inzara. Ku muntu ubishaka, abasha kubibona aho ariho hose. Nta mavuta afite ibinure cyangwa inyama z’ubwoko ubwo aribwo bwose bigera ku meza yanjye. Imikati ya keke twayiteguraga gake cyane. Akenshi nabaga mfite ku bwinshi amatunda, umukati w’ubwoko bwiza, n’imboga. Ameza yacu ahora yiyubashye, kandi abayariraho bakanezerwa, kandi bakarushaho kuyishimira. Bose bayicaraho bakarya nta mururumba, bakishimira kurya ibyokurya dukesha Rurema. IMN 441.1

Ahantu Twari Twiherereye

Ubwo ababyeyi n’abana barimo kurya ibyokurya biryoshye, jye n’umugabo wanjye twaryaga ifunguro ryacu ryoroheje, ku isaha dusanzwe turiraho ya saa saba z’amanywa, twirira umugati w’ingano utarimo amavuta, hamwe n’imbuto nyinshi. Twaryaga ibyo byokurya twumva bituryoheye, kandi imitima yacu yuzuyemo ishimwe ku buryo twabonye bitari ngombwa ko tugura ibyokurya bindi byo kutumara ipfa. Twariye tunezerewe, turahaga, ku buryo nta nzara twumvaga dufite kugeza mu gitondo cyakurikiyeho. Umwana w’umuhungu wari aho hantu agurisha amatunda n’ubunyobwa yabonye tutiteguye kumugurira ibyokurya yari afite. [Mu 1873, amata make n’agasukari gake —532] IMN 441.2

Guhura n’Ikibazo cy’Umubiri ndetse n’Ingaruka zo Gufatanya Imirire

Mu myaka irenga mirongo itatu ishize, akenshi nagendaga ngira intege nke cyane. Nasengewe amasengesho menshi. Habayeho kwibwira ko ndamutse ndiye inyama zanyongerera imbaraga, bityo iyi ngingo mbonako nkwiriye kuyandikaho bihagije. Nyamara aho kugira ngo mbone imbaraga, nakomeje kugenda ngira intege nke. Kenshi naburaga imbaraga nkikubita hasi bitewe no kubura umwuka. Nabonye umucyo unyereka akaga kagera ku bagabo n’abagore kakangiza intekerezo, ubwenge, n’imbaraga z’umubiri

bitewe no kurya inyama. Neretswe ko umubiri wose w'umuntu ugerwaho n'iyi mirire, bitewe n'uko inyama zikangura imbaraga za kinyamaswa mu mubiri, no kugira inyota y'ibinyobwa bikaze. IMN 442.1

Bwa mbere nabanje kureka guhaha inyama sinongera kuzitangaho amafaranga. Hanyuma bitewe no kuba ahantu runaka nagombaga kurya inyama nkeya. [Ibihe runaka nagombaga kurya inyama bitewe no kuba ahantu hataboneka ibindi byokurya—699]IMN 442.2

Kubabazwa no Gushaka Umukozi — 1892

Ndagenda ndushaho kubabazwa n'uko ubu nta mukozi mfite w'umuhanga mu byo guteka, ushobora kuntekera ibyokurya mba nkeneye kurya.... Ibyokurya bitegurwa ku buryo ubona bidateye ipfa, ahubwo ukabona bimeze nk'ibidafite uburyohe. Natanga amafaranga menshi ku mutetsi kuruta ayo natanga ku kindi kintu cy'umurimo wanjye. IMN 442.3

Icyemezo Giheruka Nafashe cyo Kureka Inyama

Guhera mu gihe cy'amateraniro makuru y'i Brayitoni [Brighton] (muri Mutarama, 1894) niyemeje kureka burundu inyama ku meza yanjye. Ni ikintu umuryango wanjye wasobanukiwe ko naba ndi mu rugo cyangwa ndi mu mahanga, nta kintu kimeze gityo kigomba gukoreshwa mu rugo rwacu, cyangwa ngo gitegurwe ku meza yacu. Iyi ngingo nayeretsweho byinshi inshuro nyinshi mu bihe bya nijoro. IMN 442.4

Dufite amata meza kandi menshi, amatunda menshi, n'imigati myiza. Namaze rero kwegurira Imana ameza yacu. Nayakuyeho inyama zose. Ni ingenzi kureka inyama kugira ngo tugire imibiri mizima n'intekerezo nzima. Uko bishoboka kose dukwiriye kugaruka ku mugambi w'ibanze Imana yaturemeye mu mirire yacu. Bityo, kuva icyo gihe, ameza yanjye yakomeje kutarangwaho icyitwa inyama z'amatungo yapfuye, kandi ndeka gutegura ibintu barenza ku byokurya (deseri) bisaba gutegurwa igihe kirekire hamwe n'imbaraga nyinshi. Tubasha gukoresha imbuto uko tubyifuza, kandi tukazitegura mu buryo butandukanye, kandi ntibigire ingaruka bidutera z'indwara zizanwa no kurya inyama z'amatungo yapfuye. Tugomba

gutegeka irari ryacu mu mirire, kugira ngo twishimire ku buryo bwuzuye ibyokurya biboneye, kandi tukaba tubifite bihagije, ku buryo nta muntu ugomba kwicwa n'inzara. IMN 443.1

Nyuma y'Umwaka Mfashe Icyemezo cyo Kujya Mbere

Umuryango wacu ni mugari, icyiyongereyeho kandi dukunda kugira abashyitsi benshi, ariko zaba inyama cyangwa amavuta y'ibinure nta na kimwe dukoresha ku meza yacu. Dukoresha amavuta ya kereme ava mu mata y'inka twigaburirira ubwacu. Tugura amavuta yo guteka dukura mu maduka acuruza amavuta y'inka tuzi neza ko ari inka zifite ubuzima bwiza, kandi zifite ubwatsi bwiza. IMN 443.2

Nyuma y'Imyaka Ibiri Mfashe Icyemezo

Mfite umuryango mugari w'abantu bagera kuri cumi na batandatu. Muri bo harimo abagabo bakora mu mirima kandi baba bafite impumuro y'ibiti. Baba bakora umurimo usaba imbaraga, ariko nta n'agace k'inyama baba bariye ku meza yacu. Kuva mu gihe cy'amateraniro makuru ya Brayitoni ntitwongeye gukoresha inyama. Ntiwari umugambi wanjye kugira ngo tuzitegure ku meza ku gihe runaka, ahubwo icyifuzo cyatanzwe ni uko umuntu runaka yagaragaje ko atabasha kurya ibi cyangwa biriya, kandi ko igifu cye kibasha kwakira neza inyama kurusha ibindi. Bityo, ibyo byansabye ko mwemerera kuzitegura ku meza.... IMN 443.3 Abantu bose baza ku meza yacu tubakira neza, ariko simbagaburira inyama. Ku meza tuhategura ibinyampeke, imboga, n'imbuto zikiri mbisi. Muri iyi minsi, dufite amacunga meza cyane, n'indimu nyinshi. Aya ni yo matunda yonyine twejeje muri uyu mwero w'umwaka.... IMN 444.1

Ibi nabyandikiye kugira ngo mbabwire muri make uko tubayeho. Sinigeze nishimira ubuzima nk'uko mbwishimiye ubungubu, kandi sinigeze mbasha kwandika byinshi nk'uko mbikora ubu. Mbuka saa cyenda za mugitondo, kandi sinsinzira ku manywa. Mbasha no kugeza saa saba, kandi iyo ubwonko buremerewe, nkanguka saa sita ngo nandike ibyihutirwa bije mu bwenge bwanjye. Ndashima Imana cyane n'umutima wanjye, ubugingo bwanjye, n'ijwi ryanjye, kubwo imbabazi zitagira akagero yangiriye.IMN 444.2

Dukoresha Ubunyobwa mu Rugero

Ntiturya inyama cyangwa amavuta afite ibinure, kandi dukoresha amata make mu guteka. Muri uyu mwero w'imyaka nta matunda akiri mashya aboneka. Dufite inyanya nyinshi, ariko abagize umuryango bifuza ko twategura ubunyobwa mu buryo butandukanye. Dukoresha nka kimwe cya gatanu nk'uko ibindi byatetswe bibisaba. IMN 444.3

Imirire Iboneye, ariko Itarimo Inyama

Ubwo nari i Kuranbongi [Cooranbong], abenshi mu bakunda kurya inyama baje mu rugo rwacu, maze ubwo twabakiraga ku meza, bakabona nta n'intongo n'imwe y'inyama bahabonye, baravuze bati, "Ni byiza, niba ibyokurya byanyu bimeze gutya, inyama twazireka. Ndibwira ko ibyokurya byacu bihaza abagize urugo rwacu. Mbwira umuryango wanjye nti, "Ibyo mukora byose, mwirinde gukoresha indyo nkene. Mujye mutegura ku meza amafunguro ahagije umubiri. Ibi mugomba kubikora. Mugomba guhanga, mugahanga, kandi mugahora mwiga ibihe byose, mukamenya gutegura amafunguro meza uko bishoboka, kugira ngo mwirinde amafunguro agizwe n'indyo nkene." IMN 445.1

Icyayi n'Ikawa

Maze imyaka ntatanga amafaranga yanjye ngo ngure icyayi. Bitewe n'ingaruka zacyo, sinahangara kugikoresha, keretse mu bihe byo kuruka cyane igihe ngifata nk'umuti, ariko nirinda kukinywa nk'ikinyobwa....IMN 445.2

Nta rubanza mfite rwo gukoresha icyayi icyo aricyo cyose, keretse ubwoko bw'icyayi cy'imbuto zitukura, kandi ndamutse nkoresheje vino ihiye, icyayi, ikawa, naba niyemeje kwicisha ubuzima bwanjye ibi biyobyabwenge. Kubwanjye, icyo mpa agaciro ni ubuzima buzira umuze n'urugero rwo kwitungira amagara mazima muri ibyo byose. Nshaka guha abandi icyitegererezo cyiza ku byo kwirinda n'imirimo myiza. Nta wanshinja kunywa icyayi icyo aricyo cyose usibye icyayi cy'amajyane y'imbuto zitukura. IMN 445.3

Ibyokurya Byoroheje

Mfite ubuzima bwiza. Ngira ipfa ry'ibyokurya ku buryo bwiza cyane. Nabonye ko uko ndya ibyokurya byoroheje, kandi by'ubwoko buke, niko ndushaho gukomera. IMN 445.4

Gukurikiza Umucyo Nabonye mu 1903

Mu rugo dufata ifunguro rya mugitondo saa kumi n'ebyiri n'igice, irya kumanywa saa saba n'igice. Ntitugira irya nimugoroba. Twabasha guhinduraho gato ibyo bihe dufatira amafunguro, biramutse bibaye icyifuzo kinogeye benshi mu bagize umuryango wacu.IMN 446.1

Mfata amafunguro abiri ku munsi, kandi nkomeje gukurikiza umucyo nahawe mu myaka mirongo itatu n'itanu ishize. Sindya inyama. Kubwanjye, namaze gukemura ikibazo cyo gukoresha amavuta y'ibinure. Sinyatekesha. Iki kibazo kibasha kwigwaho neza kandi kigakemuka ahantu hose hataboneka amavuta y'ubwoko bwiza yo kugura. Dufite inka ebyiri nziza z'inzungu. Dukoresha amavuta yazo ya kereme, kandi twese turayishimira. IMN 446.2

Mfite imyaka y'ubukuru mirongo irindwi n'itanu; ariko mbasha kwandika byinshi kurenza uko nabikoraga mbere. Igogora ryanjye rikora neza, n'ubwonko bwanjye bumeze neza. IMN 446.3

Indyo yacu iroroshye kandi ifite intungamubiri zuzuye. Nta mavuta y'ibinure dukoresha ku meza yacu, nta nyama, nta binure, nta byokurya by'amavuta n'amasukari tugira. Hashize amezi runaka tubonye umusore utari umwizera, waje gucumbika mu rugo rwacu. Yaryaga inyama mu buzima bwe bwose. Ntacyo twigeze duhindura mu mirire yacu kubwe; kandi ari mu rugo rwacu yabonaga amafaranga agera nko ku bihumbi makumyabiri na bine. Ibiryo twamugaburiraga byamubereye byiza cyane kuruta ibyo yari yaramenyereye. Abaza ku meza yacu bose bivugira ko banyurwa n'ibyokurya biryoshye tubagaburira. IMN 446.4

Umuryango Utaboshywe n'Amategeko Adakuka

Ndya ibyokurya byoroheje, kandi byateguwe mu buryo bworoheje cyane. Hashize amezi menshi nkoresha indyo igizwe cyane cyane na makaroni ntoya zitekanye na sositomate. Ibi mbirisha umugati wokeje kandi uvanzemo amagi. Hanyuma kandi mba mfite n'imbuto z'ubwoko runaka ngakoresha n'amacunga rimwe na rimwe. Ibigori byumye, bitekanye n'amata cyangwa amavuta y'inka make, ni ibindi byokurya nyuzamo ngakoresha. IMN 447.1

Ariko abandi bagize umuryango wanjye ntibarya ibimeze nk'ibyo ndya. Sinifata nk'umuntu nk'umuntu utanga urugero ngenderwaho bagomba kureberaho. Buri wese murekera umudendezo wo gukurikiza ibitekerezo bye bwite by'ibyo abona ko bimubereye byiza. Ntawe nzingitiranya ngo mfunge umutimanama we. Nta muntu ubasha kubera undi urugero ngenderwaho mu byerekeye imirire. Ntibishoboka gushyiriraho abantu bose itegeko bagomba gukurikiza. Har'abantu mu rugo bakunda cyane ibishyimbo, mu gihe kuri jyewe ibishyimbo ari uburozi. Amavuta y'ibinure ntajya agera ku meza yanjye, ariko iyo bamwe mu bagize umuryango wanjye bahisemo gukoresha make ahandi hantu baba bafite umudendezo wo kuyakoresha. Dutegura ameza yacu kabiri ku munsi, ariko igihe hari abifuza kugira icyo barya ku mugoroba, nta tegeko ribabuza kubikora. Nta n'umwe winubira ibiri ku meza yacu cyangwa ngo ayaveho adahaze. Igihe cyose tugabura ibyokurya by'ubwoko bunyuranye, byoroheje, byuzuye intungamubiri, kandi biryoshye. IMN 447.2

Icyo Mvuga ku Kibazo Cyerekeranye n'Imirire ya Madame White

Hari bamwe bavuga ko ntigeze ngira imibereho ikurikiza amahame y'ivugurura ry'ubuzima, nk'uko nayanditse n'ikaramu yanjye. Ariko ndababwira nkomeje nkurikije ubumenyi mfite, sinigeze ndeka gukurikiza ayo mahame. Abaririye ku meza yanjye bazi ko ntigeze mbagaburira inyama.... IMN 447.3

Hashize imyaka myinshi ndetse gukoresha inyama ku meza yacu. Ntitujya dukoresha icyayi cyangwa ikawa. Ibihe bimwe nakoresheje icyayi cy'imbuto zitukura nkakinywa gishyushye, ariko bake mu rugo binywera ikindi kinyobwa mu gihe turimo gufungura. Amavuta nkoresha ni aya kereme mu cyimbo cy'amavuta afite ibinure, nubwo tuba dufite abantu

benshi mu rugo. Hashize imyaka myinshi turetse gukoresha amavuta y’ibinure. IMN 448.1

Nyamara ntabwo dufite indyo nkene. Dufite amatunda menshi mabisi n’ayo tubika. Iyo ibikoresho tuyabikamo bidahagije, tugura ibindi ku isoko. Mushiki wacu Gray anyoherereza imizabibu, tukayakoramo umutobe uryoshye cyane. Twihingira inkeri zacu, tukazikoresha uko tubishaka. IMN 448.2

Inkeri ntizikunze kwera neza aha hantu, ariko hari ubwoko bumwe tugura mu baturanyi bacu nk’inkeri zirabura, izitukura, na pome zitandukanye. Dufite kandi n’inyanya nyinshi. Ndetse duhinga n’ubwoko bunyuranye bw’ibigori biryoha, maze tukumisha byinshi muri byo tuzakoresha mu mezi y’impeshyi. Hafi yacu hari uruganda rw’ibyokurya, aho tubonera imbuto ziteguwe. IMN 448.3

Dufata umwanya wo guhitamo neza ibyo kurya tugomba guteka nk’imvange kugira ngo bitumerere neza. Ni inshingano yacu gukoresha ubwenge mu byo twimenyereza kurya, mu kwirinda, no kwimenyereza gutekereza ku ngaruka mbere y’igihe. Nituramuka dukoze ibyo dusabwa, Uhoraho na we azakora umurimo we wo kurinda ubushobozi bw’ubwonko bwacu. IMN 448.4

Mu myaka irenga mirongo ine, naryaga kabiri ku munsi gusa. Kandi iyo nabaga mfite akazi kadasanzwe ngomba gukora, sinaryaga ibyokurya byinshi. Mbona ko ari inshingano yanjye kutaremereza mu gifu n’ibyokurya mbona ko bibasha guteza umubiri gukora nabi. Ubwonko bwanjye bugomba kwerezwa gukorera Imana, kandi ngomba kuburinda ingeso iyo ariyo yose yacogoza imbaraga z’ubwenge. IMN 448.5

Ubu ngize imyaka mirongo inani n’itanu, kandi mbasha kubahamiriza ko mu rugo rwacu, tutajya turarikira cyangwa ngo tugirire inzara inkono z’inyama zo muri Egiputa. Ikintu nabonye gifite inyungu kurusha ibindi, ni ukugira imibereho igendera ku mahame y’ivugurura ry’ubuzima. Kuba umugorozi w’iby’ubuzima mbibona ko ari amahirwe n’inshingano mfite. IMN 449.1

Nyamara kandi mbabazwa n’uko hari benshi mu bizera bacu badashaka kugendera mu mucyo w’ivugurura ry’ubuzima. Abagize akamenyero ko

kugomera amahame y’ubuzima, bakanga kuyoborwa n’umucyo Uhoraho yabahaye, nta kabuza bazagerwaho n’ingaruka zabyo. IMN 449.2

Ibi ndabibandikira kugira ngo mumenye uko mubasha gusubiza uwo ariwe wese wabaza ibyerekeranye n’imirire yanjye.... IMN 449.3

Mbona ko impamvu imwe yatumye mbasha gukora akazi kenshi haba kubwiriza no kwandika, ari uko ndi umuntu ufite gahunda idahinduka yo kwirinda mu mirire yanjye. Iyo banteguriye ibyokurya by’ubwoko butandukanye, ngerageza guhitamo ibyo mbona ko biri bugende neza. Bityo ibyo bituma mbasha kurinda imbaraga z’ubwenge bwanjye. Mpitamo kudashyira mu gifu cyanjye mbizi neza ikintu cyose cyazanamo umusemburo. Iyi niyo igomba kuba inshingano y’abagorozi b’iby’ubuzima bose. Tugomba gutekereza ku ngaruka mbere y’igikorwa dukora. Ni inshingano yacu kuba abantu birinda muri byose. IMN 449.4

Amahame Rusange y’Ubugorozi

Nahawe n’Uwiteka umucyo mwinshi cyane ku nsanganyamatsiko y’ubugorozi mu by’ubuzima. Sinigeze nshakisha uwo mucyo; sinigeze mbanza kwiga kugira ngo nywubone; nawuhawe n’Uwiteka kugira ngo nywugeze ku bandi. Ibi mbibwira abantu nshingiye ku mahame rusange y’ubugorozi, kandi rimwe na rimwe, iyo mbajijwe ibibazo ndi ku meza aho natumiwe, nsubiza nkurikije ukuri nahawe. Ariko sinigeze ngira umuntu ngwa nabi kubera ameza n’amafunguro ateguweho. Iyi migirire sinayifataga nk’iboneye. IMN 450.1

Kwihanganira Abandi

Sinifata nk’urugero ngenderwaho ku muntu uwo ariwe wese. Hari ibintu ntabasha kurya kuko byanteza akaga gakomeye. Ngerageza kumenya ibimbereye byiza, ariko singire uwo ngira icyo mbwira, nsangira n’abandi ibyo mbasha kurya, bigizwe gusa n’amoko abiri cyangwa atatu atabasha kuzana impinduka mu gifu. IMN 450.2

Hariho itandukaniro rinini mu miterere y’imibiri y’abantu no mu mikorere yayo, kandi ibyo imibiri isaba biranyuranye nk’uko abantu batandukanye.

Ibyokurya by’umwe bibasha kubera undi uburozi; bityo, amategeko ndakuka ntashobora gushyiririrwaho gukurikizwa kuri buri kibazo cyose. Simbasha kurya ibishyimbo, kuko ari uburozi kuri jye; ariko iyo mpamvu sinayiheraho mvuga ko nta muntu ugomba kurya ibishyimbo, ibyo byaba agahomamunwa. Sinshobora kurya n’ikiyiko cy’imvange y’amata avanze na keke cyangwa ibisuguti ngo bibure kunzanira ingaruka yo kuribwa; ariko abo mu rugo babasha kubirya nta kibazo, ntibibazanire ingaruka; bityo rero menya ibimerera neza mu gifu nkaba aribyo nirira. Nta magambo yandi, nta no kwivovota; ibintu byose bigenda neza mu rugo rwacu, kuko ntashobora gutegeka ibyo tugomba kurya n’ibyo tutagomba kurya.IMN 450.3

“Nabaye Umugorozi w’Ubuzima Ukiranuka”

Igihe ubutumwa bw’ivugurura ry’ubuzima bwangeragaho bwa mbere, nari umunyantege nke cyane, mpora ngira ibibazo byo kugwa. Nasengaga nsaba Imana ngo imfashe, maze imfungurira ingingo y’ingenzi kandi ikomeye y’ubugorozi mu by’ubuzima. Yamenyesheje ko abakomeza amategeko yayo bagomba kugirana na Yo isano yera, kandi ko kubwo kwirinda mu mirire n’iminywere bizatuma barinda ubugingo n’imibiri yabo bakagira amagara mazima abashoboza kuyikorera. Uyu mucyo wambereye umugisha ukomeye. Nafashe icyemezo cyo kuba umugorozi w’ubuzima, mfite ibyiringiro kandi nzi neza ko Uhoraho azampa imbaraga. Uyu munsi mfite ubuzima bwiza cyane, bona n’ubwo maze kugira imyaka myinshi, kuruta uko nari meze nkiri muto. IMN 451.1

Bamwe bavuga ko ntakurikije amahame y’ivugurura ry’ubuzima nk’uko nabyanditse n’ikaramu yanjye; ariko mbasha guhamya ko nabaye umugorozi w’ubuzima ukiranuka. Abagize umuryango wanjye bazi neza ko ibyo ari ukuri.

UMUGEREKA WA II - Amagambo ya James White Yerekeranye n'Inyigisho z'Ubugorozi mu by'Ubuzima

[Mu kuvuga ibyabereye mu iteraniro rikuru ryo mu mugi wa Kansansi mu mwaka wa 1870, Umukuru James White yavuze aya magambo akurikira yerekeranye n'iterambere ry'umucyo watanzwe ku ivugurura ry'ubuzima, akaga k'imyigishirize idafite ubwenge yerekeranye n'iyo nsanganyamatsiko, n'ibyo Madame White avuga byerekeranye n'inyigisho z'ubwaka zishyigikiwe n'abantu runaka. Ayo magambo y'amateka yerekana zimwe mu nyigisho ze zo muri icyo gihe.—Abakoranyije inyandiko za Elina White.]IMN 451.3

Mme White yavuze ku kibazo cy'ubuzima ku buryo bumara amatsiko umuntu wese. Amagambo ye yarumvikanaga kandi acengera imitima y'abantu, nyamara kandi arimo kwifata, kugira ngo abashe kuyahuza n'amarangamutima y'abizera bose bari kumwe. Yigishaga iteka yirinda ubwaka, kandi akigengesera yerekana gusa ibyo ashingiyeho azi neza ko bidashobora guteza urwikekwe n'ibibazo. IMN 452.1

Abantu bakunda kwikanga no kugira urwikekwe n'ibibazo igihe babwiwe ku nsanganyamatsiko y'ivugurura ry'ubuzima, iyo abigisha bayigishije igihe biboneye, cyangwa mu buryo bashaka, by'umwihariko igihe bayigishanya umucyo w'ubwaka. Ibibazo bimwe byihariye, nka "ibiteje akaga", bikwiriye kugibwaho impaka gake cyane, keretse gusa igihe bivugwa mu bitabo bivuga ku buryo bukwiriye kuri iyo nsanganyamatsiko. Mu babwiriza bacu icumi, umwe gusa ni we ubasha kwigisha ku kibazo cy'ubuzima n'ibijyanye na cyo ku buryo bukwiriye. Kandi akaga gaterwa no kwigisha ukuri kw'iki gihe gukubiyemo insanganyamatsiko y'ubuzima bikigishwa uko bidakwiriye, mu gihe kidakwiriye ndetse n'ahantu hadakwiriye, ntikitabwaho ku buryo bukwiriye. IMN 452.2

Yesu ati, "Ndacyafite byinshi nababwira ariko ubu ntimwabasha kubyihanganira." Yohana 16:12. Yesu yari azi uburyo ayobora intekerezo z'abigishwa Be. Umwami Yesu yari azi kandi uburyo bugomba gukoreshwa ngo iyi nsanganyamatsiko y'ivugurura ry'ubuzima yigishwe abantu bazaba bategereje kugaruka kwe, bakigishwa intambwe ku ntambwe, uko babasha kubyihanganira, bakabikoresha neza, ntibababikubitishe abandi. Hashize imyaka makumyabiri n'ibiri ku gihe cy'urugaryi, ubwo twahishurirwaga

iby’ingaruka ziteye akaga zizanwa no kunywa itabi, icyayi, n’ikawa, nk’uko Madame White yabihamije. Imana yahiriye mu buryo bukomeye imbaraga zacu mu kwirinda ibi bintu, kugira ngo twebwe abagize itorero ryayo, twishimire kunesha, twirinda akaga n’ibibi bizanwa n’umururumba w’irari mu mirire n’iminywere....IMN 452.3

Ubwo twari tumaze kunesha ibyo, kandi Imana imaze kubona ko tubasha kubyihanganira, twahawe umucyo ku byerekeranye n’imirire n’imyambarire. Maze umurimo w’ubugorozi mu by’ubuzima mu bizera ugenda urushaho kwihuta, haboneka impinduka zikomeye, cyane cyane ku byerekeranye no kwirinda kurya inyama z’ingurube, kugeza ku rwego runaka, aho, bitewe n’ingaruka z’uburwayi bwacu, Madame White yaretse kuvuga no kwandika kuri iyo nsanganyamatsiko y’ivugurura ry’ubuzima. Icyo gihe umuntu yavuga ko cyabaye intangiriro z’ibibazo n’amakosa yacu nk’abizera, kuri iyi ngingo. IMN 453.1

Ariko kuva aho twongeye kubihagurukira, akenshi Madame White yumvaga ahamagarirwa kuvuga kuri iyo ngingo y’ivugurura ry’ubuzima, bitewe n’inyigisho z’ubwaka za bamwe mu bigisha b’iby’ubugorozi, kuruta indi mpamvu yose. Ikigaragara ni uko abantu benshi, cyangwa hafi ya bose, mu barangwa n’ubwaka mu by’ubugorozi bw’iby’ubuzima tubona mu bizera bacu, bagombaga guhabwa igihano cy’uko badashoboye, ari nayo mpamvu Ellen White yumvaga ararikirwa kuvuga uko yumva ibi bintu. Igihe runaka, abizera bazashyira basobanukirwe n’ibyo yavuze kuri iyi nsanganyamatsiko. IMN 453.2

Ku byerekeranye no gukoresha itabi, icyayi, ikawa, inyama, ndetse n’imyambarire, kenshi usanga abantu bemera ubwo butumwa. Ariko ubungubu, ntiyiteguye kwerekana uruhande rwafatwa nko gukabya, ku byerekeranye no gukoresha umunyu, isukari, n’amata. Ku byerekeranye n’ibi bintu bikoreshwa cyane muri iki gihe, hari impamvu y’ingenzi igomba gutuma habaho kwigengesera, bitewe n’uko intekerezo za benshi zititeguye kubyakira, habe no kwakira ibihamya byabyo. Kwangirika kw’abantu bamwe, ndetse no gusenyuka kw’amwe mu matorero yacu, bishobora rwose kuba bigaragazwa n’ubwaka bwa bamwe ku mirire, nk’uko byavuzwe mu buryo budakwiriye mu kinyamakuru cyitwa Urwibutso. Umusaruro wabaye mubi. Mu gihe bamwe banze kwemera iby’ivugurura ry’ubuzima, bitewe no kubibwirwa nabi, abandi babitwaye mu bwaka bukabije, byangiza

bikomeye ubuzima bwabo, maze ingaruka iba ku ivugurura ry'ubuzima muri rusange. IMN 453.3

Muri iyi mibereho y'ibi bintu, nubwo iciye intege, Madame White yumva ararikirwa gukomeza umurimo we, kugeza igihe ibitekerezo bye bizumvikana uko bikwiriye. Ni byiza kuvuga aha ko, nubwo abona ko kunywa amata menshi nk'uko bamwe bamenyereye kuyasomeza imigati atari byiza, agira inama ikomeye abantu ku gukoresha amata y'inka zifite ubuzima bwiza. Ntashobora kwandika inyandiko igomba gusakara mu bantu benshi ibasha gufatwa nk'ubwaka bukabije ku kibazo cy'amata, bitewe n'umucyo afite ubu kuri iyo ngingo. Imirimo nk'iyo ni yo ikwiriye kuranga abigisha iby'ubugorozi babifitiye ubumenyi buhagije, kandi ibasha no gukoreshwa mu ishami ry'ubutetsi ryo mu Ishuri rikuru ryacu rya Batolo Kiriki (Battle Creek), niba batunganyije neza imikoreshereze isanzwe y'amata. Kandi imirimo nk'iyo ibasha kuzana impinduka zikomeye mu bizera bacu, igihe abagabura bacu, b'abagorozi b'abanyamwete, bazareka gukoresha amata y'inka nk'uko babishaka. IMN 454.1

Aha niho tugira intege nke kuri iyi nsanganyamatsiko. Ibitabo byacu, bisomwa n'abatarigishijwe hamwe n'ababasha kubijora, byerekana ku ngingo zimwe nk'izi, uko bigomba zigomba gushyirwa mu bikorwa na bamwe muri twebwe dushinzwe ivugurura ry'ubuzima. Umuja w'Imana Ellen White atwingingira kurangwa no kwirinda gushyira mu rujijo no kujora ibyo ibyo bitabo byacu bivuga ku ngingo nk'izo, bigatuma abagabo n'abagore benshi bareshywa n'imbaraga y'ivugurura ry'ubuzima. Abafite ibikorwa by'ivugurura ry'ubuzima nibashyire hamwe bafate iya mbere, maze kandi tureke ubutumwa bw'ibitabo byacu bukurikireho, burangurure bugere no ku batarabwigishijwe. IMN 454.2

Madame White atekereza ko guhindura imirire ukareka kurya inyama nyamara ukanywa isukari nyinshi ari ukuva "ku kibi ujya ku gikabije kuba kibi". Atanga inama yo gukoresha isukari n'umunyu ku buryo biba bike cyane. Ipfa ribasha kandi rigomba gutegekwa ku buryo ryishimira ibyo byombi ku rugero ruke cyane. Ku rugero rwo gukoresha umunyu, igihe ibyokurya birimo umunyu muke ku buryo bimera nk'ibidafite icyanga, iyo ubigereranyije n'ibifite umunyu mwinshi, nyuma y'ibyumweru bike ku muntu wiyemeje kwirinda agakoresha umunyu muke cyane, azumva bya bindi birimo umunyu mwinshi bimwiciye ipfa bikamunanira kumira. IMN 455.1

Nubwo umuntu ashobora gufata icyemezo cyo guhita areka gukoresha itabi, icyayi, n'ikawa, nyamara, ku bo byagize imbata, bashobora kugenda bareka buri kintu cyose mu gihe cyacyo, bityo guhindura imirire bigakorwa ku buryo bwitondewe. Kandi nubwo ibi abibwira abashobora guhura n'akaga ko guhita bahinduranya imirire bihuse, arabibwira n'abatinda guhindura imirire, kugira ngo bazirikane ko batagomba kwibagirwa guhindura. Ukuri kugaragara kandi gushoboka gusaba ko umuntu ahindura ibyo yimenyereje mu buzima, ariko na none ntabikore huti huti ngo atangiza amagara ye cyangwa umubiri we.

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