



ITARA RY'INZIRA IGANA URUGO RUHIRE

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A man and a woman are shown from the chest up, standing side-by-side with their eyes closed and hands clasped in prayer. The woman is on the left, wearing a light purple top, and the man is on the right, wearing a light beige t-shirt. The background is a plain, light-colored wall. Overlaid on the center of the image is the text "KURAMBAGIZA KUDAHUMANYA" in a large, bold, blue font with a reflection effect below it.

**KURAMBAGIZA
KUDAHUMANYA**



Namwe basore mugandukire abakuru. Mwese mukenyere kwicisha bugufi kugira ngo mukorerane, kuko Imana irwanya abibone naho abicisha bugufi ikabahera ubuntu. Nuko mwicishe bugufi muri muni y'ukuboko gukomeye kw'Imana, kugira ngo ibashyire hejuru mu gihe gikwiriye.

1Petero 5:5-10



Muyikoreze amaganya yanyu yose, kuko yita kuri mwe. Mwirinde ibisindisha mube maso, kuko umurezi wanyu Satani azerera nk'intare yivuga ashaka uwo aconshomera. Mumurwanye mushikamyeye kandi mufite kwizera gukomeye, muzi yuko bene Data bari mu isi muhuje imibabaro

**Kandi Imana igira ubuntu
bwose yabahamagariye
ubwiza bwayo buhora
buri muri Kristo,
izabatunganya rwose
ubwayo ibakomeze,
ibongerere imbaraga
nimumara kubabazwa
akanya gato.**



Igihe inama ikenewe, “**Urugo rwa gikristo, p.59**”

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

Mugendere ku nama za Bibiliya:

Niba hariho ikintu icyo ari cyo cyose gikwiriye kuzirikanwa impamvu yacyo, kandi ukakigambirira udahubutse, icyo kintu ni ugushyingirwa. Niba Bibiliya ari yo mujyanama ukenewe rwose, ni yo ikwiriye kubanziriza intambwe yo gufatanya abantu mu mibereho y'iteka. Igikomeye muri ibi ni uko abenshi bayoborwa n'ibitekerezo byabo, kandi akenshi indwara y'urukundo rw'agahararo ijyana abantu ku kurimbuka.



Aha ni ho abasore bagaragariza ubwenge buke kuruta ku kindi kintu icyo ari cyo cyose. Aha ni ho banga kugirwa inama. Igitekerezo cyo gushyingirwa gisa n'aho kibaye imbaraga ibahumisha ubwenge, ntibemere kwiwegurira Imana. Ubwenge burazigwa, bahinduka imbata y'ibyiyumviro byabo maze bagakomeza gukorera mu rwihisho nk'aho bafite ubwoba y'uko imigambi yabo iza kugira ikiyizitira.



Kubenguka

- **Ni imyiteguro ibanziriza urugendo rwo gushaka uwo muzashyingiranwa.**
- **Iki ni cya gihe umusore cyangwa inkumi afata umwanzuro wo kwegera uwo yabengutswe maze agatangira akamuzengurukaho mu bitekerezo, mu magambo, ndetse no mu bikorwa, ashakashakisha uburyo uwo yabengutswe yabibona kandi akabyakira.**
- **Bamwe bohereza utugambo turyoshye kuri za social media, kumusekera bahuriye mu nzira, kumufasha gukora ikintu kandi atabimusabye, kumwicara iruhande mu ishuri cyangwa mu rusengeru.....**

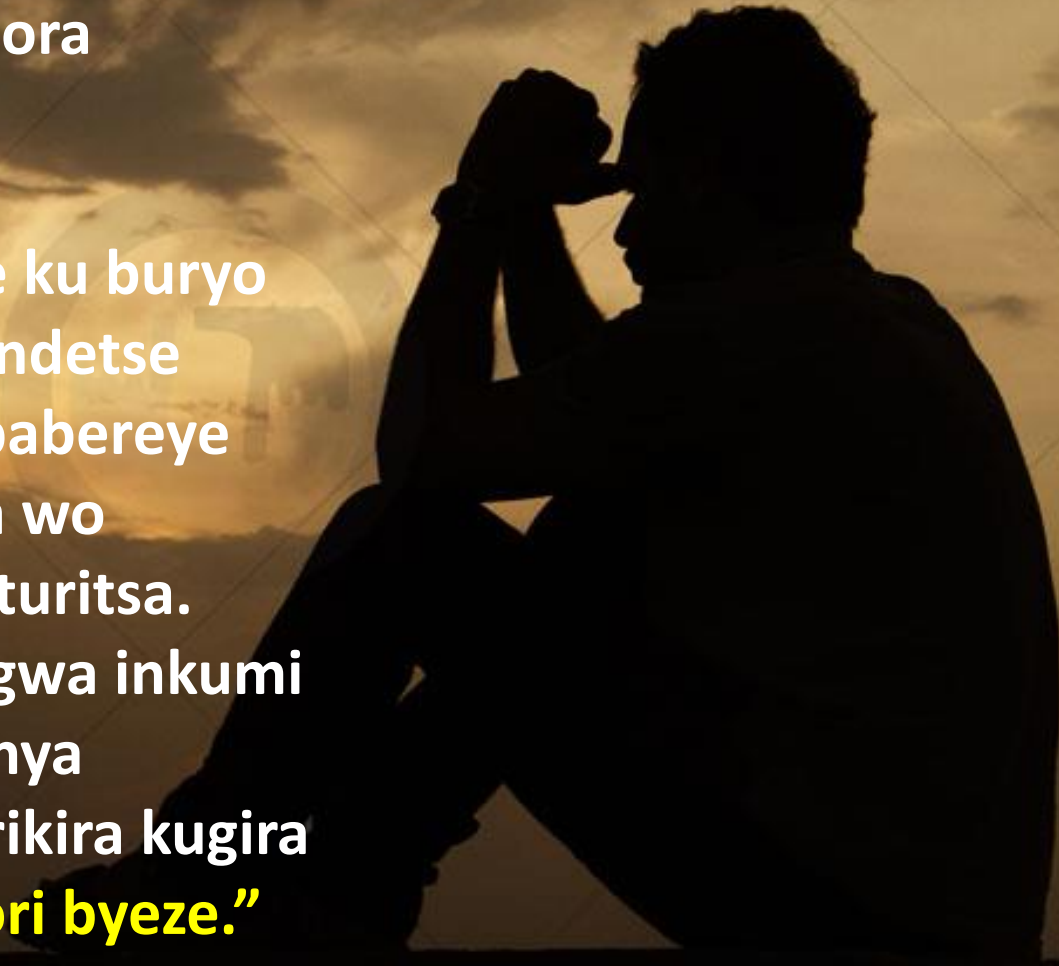
Umwanditsi Steven A.Grunlam

- Mu gitabo yise **“Marriage and the Family: A Christian Perspective (Gushyingiranwa no Gushinga Urugo bya gikristo, P.59** asobanura akamaro ko kubenguka no kurambagizanya:

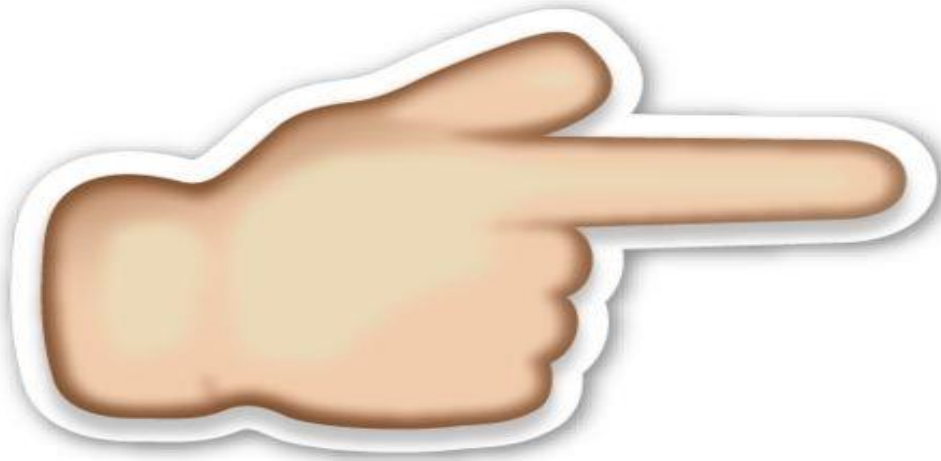
1. Ni uburyo bwo gukoresha neza igihe cy'ikiruhuko
2. Bituma umuntu yumva agaciro ke kiyongereye, kubera ko yagize inshuti imunyuze.
3. Bifasha umuntu kumenya gushyikirana n'abo adahuje igitsina
4. Bifasha umuntu kwimenya kurusha mbere.
5. Bifasha mu ihitamo ry'uwo umuntu azashyingiranwa nawe.

Kubengukana no kurambagizanya ni uburyo bwashyizweho n'Imana ubwayo kugira ngo abantu babiri bagire amahirwe yo gusangira amabanga mbonezamubano kugira ngo bibafashe kurema inzira n'amateme bihuza ibyicarero by'urukundo mu bwonko bwabo. Imana yashyize mu muntu ubushobozi bwo kubenguka no kurambagizanya kugira ngo umusore n'inkumi bagire urubuga bahuriraho batarahuza imibiri, maze bajonjore imimerere n'imyifatire yabo, maze barebe ko niba umwe yararemewe kuba igufwa ryo mu magufwa y'undi, n'akara ko mu mara y'undi. Itangiriro 2:23.

Nyamara rero, nubwo iyi nzira ari nziza
kandi ika ari ingirakamaro, iyo
ititondewe ngo ikoreshwe nk'uko
Umuremyi yabigennye, ishobora
gusenya kurusha kubaka.
Hari benshi mu rubyiruko
bakomerekeye muri icyo gihe ku buryo
ibikomere byabaye imifunzo ndetse
bamwe biranabahitana. Byababereye
nk'umwana uhabwa umupira wo
gukina, aho kuwutera akawuturitsa.
Niyo mpamvu umusore cyangwa inkumi
winjiye mu byo kurambagizanya
akwiriye kwitondera ibi bikurikira kugira
ngo **“atazakuka amenyo ibigori byeze.”**



**IBINTU 27
BYAGUFASHA
KUGERA KU
“KURAMBAGIZA
KUDAHUMANYA”**



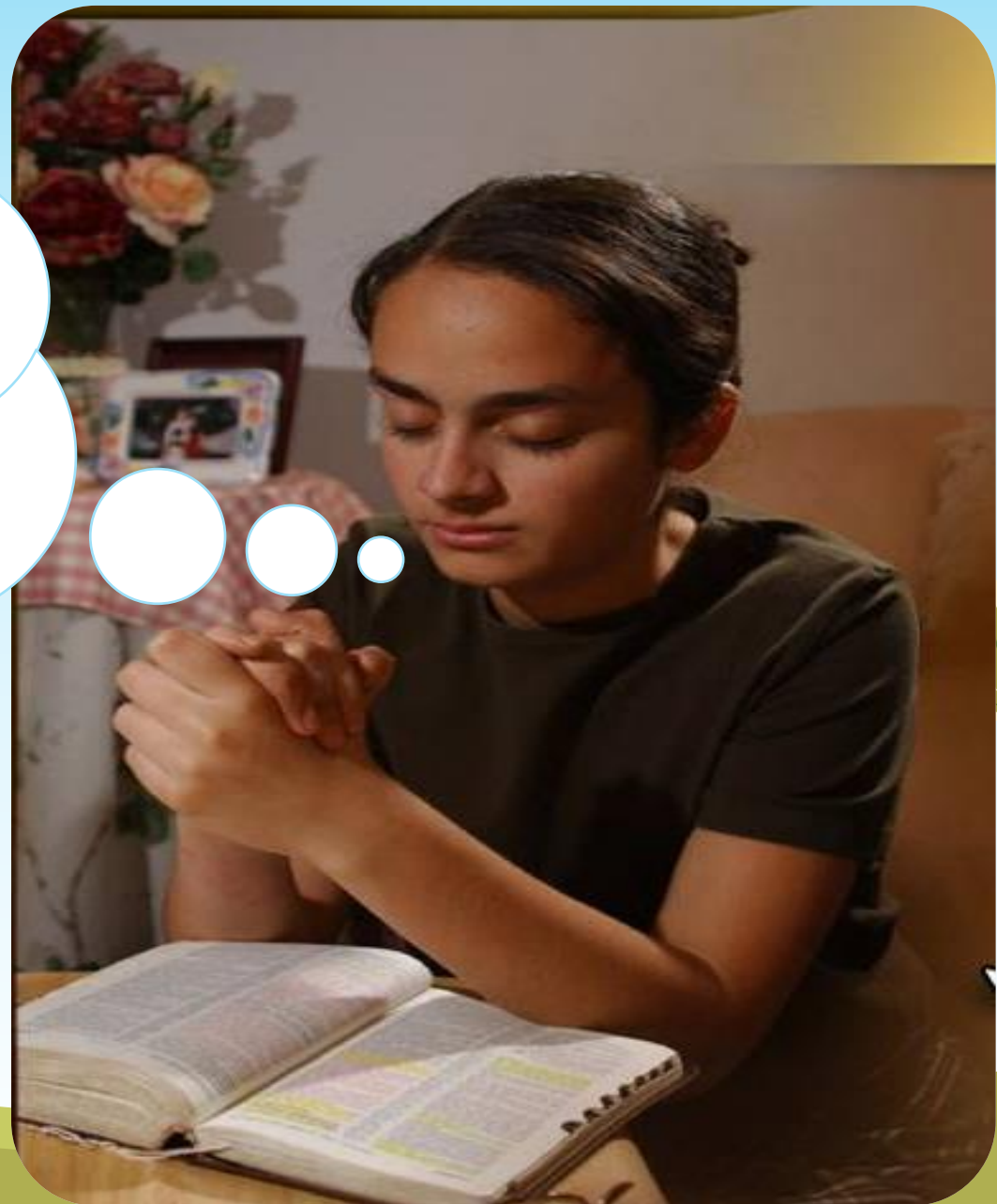
1. Igihe usohotse ugiye guhura n'uwo murambagizanya ujye witondera isura yawe.

Imyenda yawe igomba kwerekana isuku, kwicisha bugufi no kwera by'umutima.

Ntugatere uwo murambagizanya inyota yo kuryamana nawe. Bituma akeka ko ushobora kuba usanzwe uri inkodzi y'ibibi – waba umusore cyangwa inkumi.



**2. Senga mbere
yo gufata
urugendo,
ubwire Imana
ikurinde kugwa
mu gishuko.**





3. Mu ntangiriro y'imishyikirano yanyu, gerageza kumva kurusha gutumbira mugenzi wawe. Burya hari ukuntu umureba cyane maze ibirangabwiza n'ibiteranyota by'uwo muntu bikakuzura mu mutwe ku buryo ubwonko bwawe buhita buta umurongo. Ugomba kwibuka ko icy'ingenzi ukeneye kumenya kuri uwo muntu ari imico n'imyifatire. **Ntukareke ngo amaribori, imigara, n'amasimbi bitume wibwira ngo ibyansi byose bibamo amata, cyangwa ngo ugusekeye wese aba yishimiye ko musabana.**



- 4. Waba umusore cyangwa inkumi, ugomba kwirinda kurara k'uwo murambagizanya, cyane cyane iyo adafite abavandimwe muhuje igitsina.**
- 5. Si byiza ko mufatana ibiganza igihe kirekire, keretse igihe murimo musengera ahagaragara.**
- 6. Irinde gusomana ku minwa, burya rukuruzi utazi ihita ivangavanga ubwonko bwawe ku buryo utangira kwifata uko utari witeze. Irinde gukora ku myanya ndangagitsina (urugero: amabere, ubwanwa, n'ibindi). Ntuzamenya uko wataye umurongo muzima wo gutekereza. Muri make ni nko kwishora mu ruzi ariko wiringiye ngo ntabwo uri butohe.**



7. Hari igihe ugomba kugisha inama, aba mbere ni ababyeyi bawe. Utabafite agira inshuti zimubera ababyeyi.
8. Jya ugisha inama umubyeyi wawe muhuje igitsina. Niba utakimufite cyangwa mutabana, ushake undi mubyeyi utinya Imana. Barahari mu Itorero ryawe cyangwa aho utuye. Fungura amaso, usenge cyane, Imana izakuyobora ku bajyanama nyakuri.
9. Nubona mutangiye gushimishwa no kwitwa **“barakundanye”**, uhite ubimenyesha abayobozi cyane cyane Pasitoro cyangwa se umukuru w’Itorero ukuri hafi.



10. Ibiganiro byose mugirana ugomba buri gihe gukora ku buryo biganisha ku kwizera n'ibyiringiro ufite by'ubuzima buri imbere.

11. Buri gihe ugomba guhora wimiriza imbere ibyerekeranye n'ubuzima bwawe ahazaza. Urugero: Niba uri umukristo, ugomba buri gihe kureba niba ibyo uganira na mugenzi wawe bigufasha kumenya Kristo no kumwegera kurusha mbere. Ukareba niba uwo muntu arimo agufasha kubaho ubuzima bwubahiriza amategeko y'Imana dusanga mu Kuva 20:1-17

12. Ntihakagire ikintu wemera mu biganiro byanyu kandi utagisobanukiwe. Ujye usobanuza, ubaze ibibazo kugeza ubwo wumvise neza. Niba mugenzi wawe atishimira ukuntu ubaza ibibazo byinshi, ntanashabukire kugusobanurira, ugomba kumenya ko uwo adashobora kukubera inshuti mwashyingiranwa. Uwo aba azakugira umucakara we muramutse mushyingiranwe. Mwibohore hakiri kare.





13.Ntugashimishwe no guhora usaba impano. Bituma mugenzi wawe agushyira hasi y'ikigero cye. Ntukemere ngo mugenzi wawe agushukishe impano zidasiba, cyane cyane umunsi mwateganyije kuganira ibintu bikomeye byerekeye imibanire yanyu iri imbere. Hari ukuntu izo mpano zigutera ikinya zigatuma utavuga ibyo wari wateganyije.



**Urugo rwa gikristo,
P.46 47**

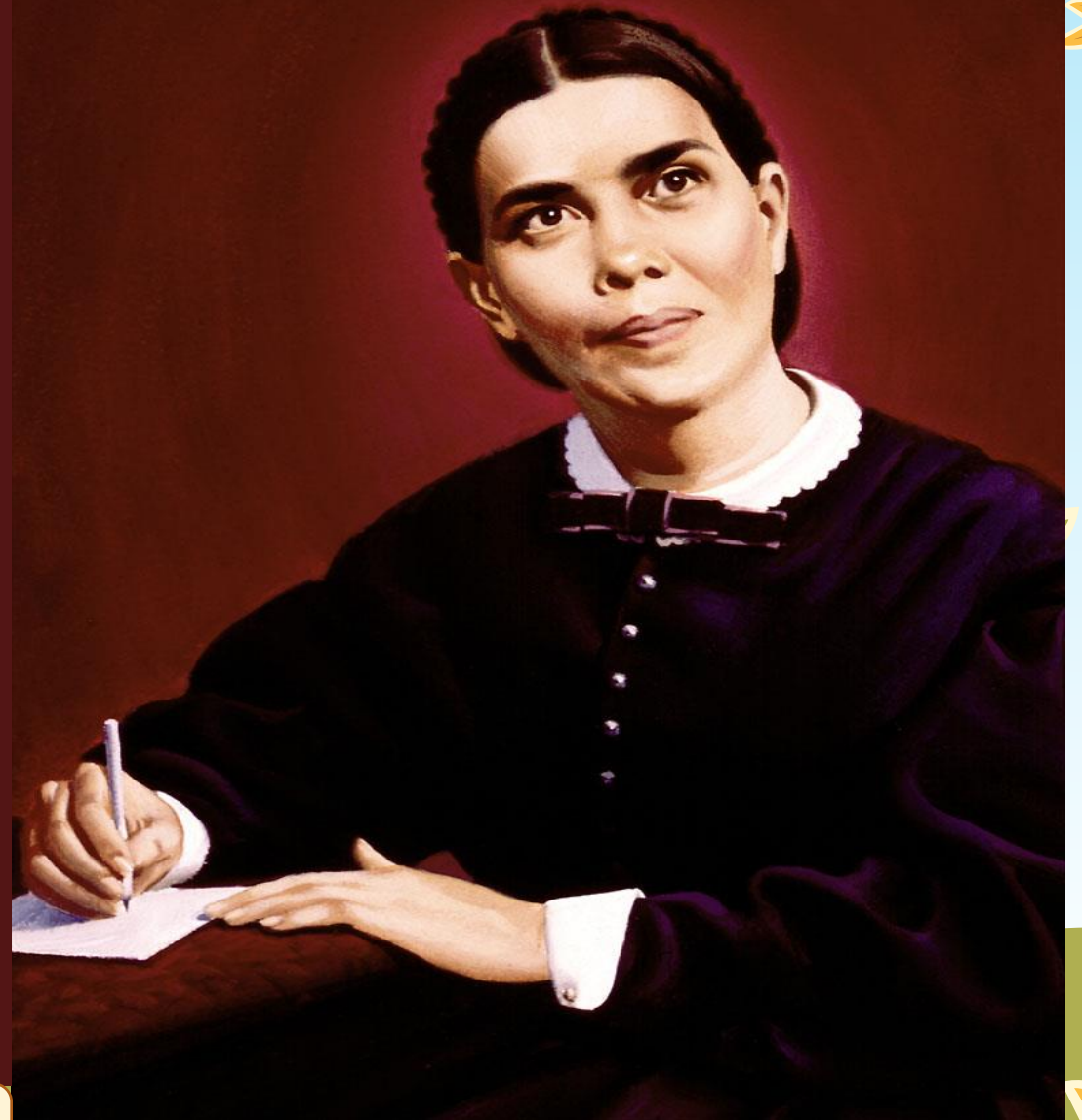
14. Mwirinde guhamagarana nijoro mu gicuku. Burya mu gicuku ubwonko buba bumaze gucomokora insinga nyinshi zabwo kugira ngo buruhuke imirimo y'umunsi. Ibyo muganira nijoro mu gicuku bishobora kubashyira mu bishuko mukanafata ibyemezo bidakwiriye. Ugasanga wasezeraniye mugenzi wawe kumugurira ibirenze ubushobozi bwawe.

Akamenyero ko kubana kw'abasore n'inkumi nijoro kamaze kuba gikwira; kandi ntibinezeza Imana kabone n'ubwo abo bombi baba ari abakristo. Ayo masaha maremare yangiriza ubuzima. Bituma mu ntekerezo utibaza neza ku mirimo uzakora ejo kandi bifite ishusho y'ikibi. Mwene data ndibwira ko uziyubaha bihagije maze ukirinda imyitwarire nk'iyi ngiyo.

**Niba icyifuzo cyawe cy'ingenzi
ari uguhesha Imana icyubahiro
gusa, uzagira ubwitonzi
ubikuye ku mutima.**

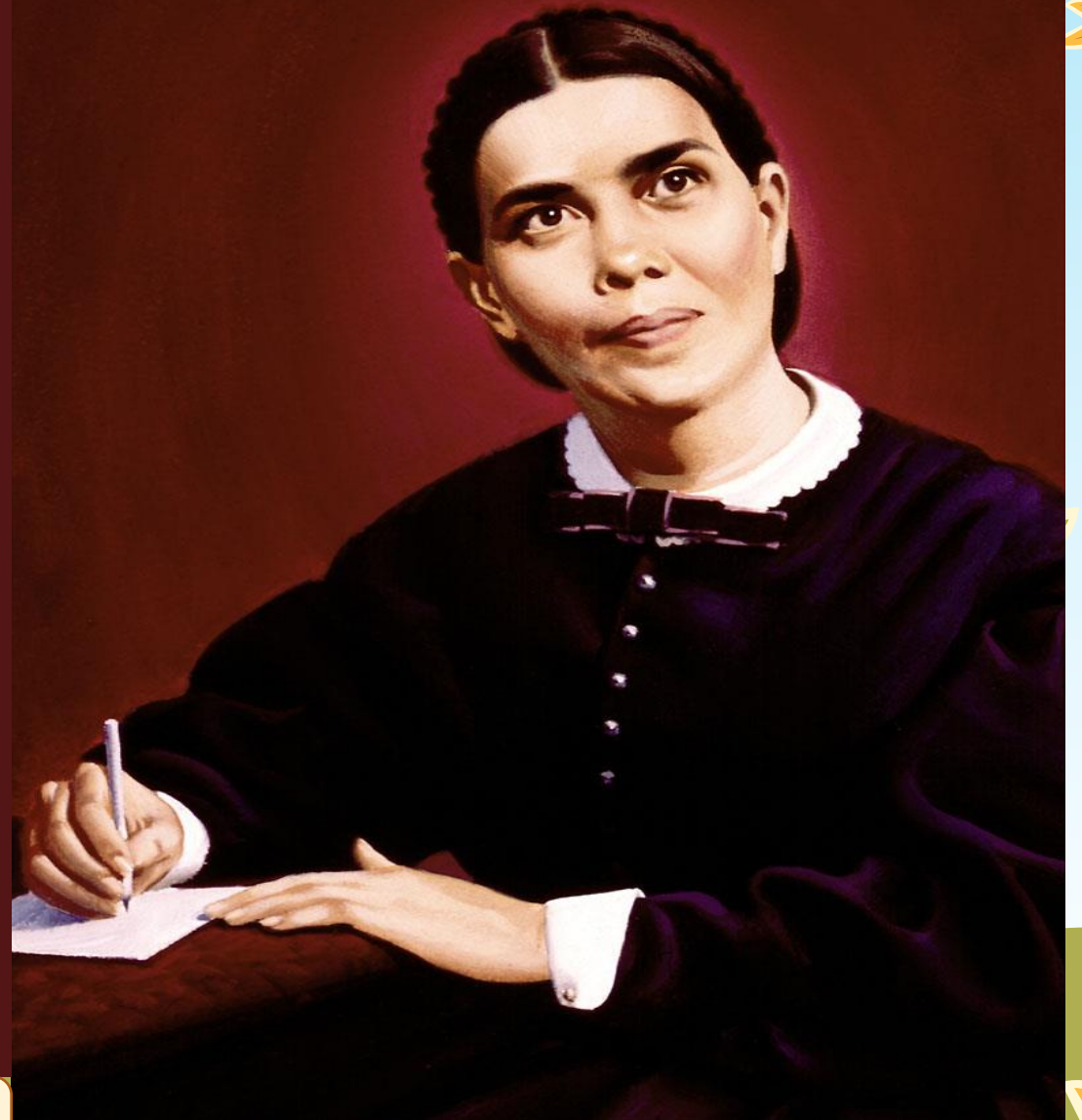
**Ntimuzemerera ibyiyumviro
byanyu birwaye bibaganisha
mu nzira mbi kubahuma
amaso, kugeza ubwo
mutabasha gusobanukirwa
inshingano zihanitse Imana
yabahamagariye nk'abakristo.
**Abamalayika ba Satani babana
n'abamara igihe kirekire
barambagiza nijoro.****

Urugo rwa gikristo, Ch.8, p.46,47



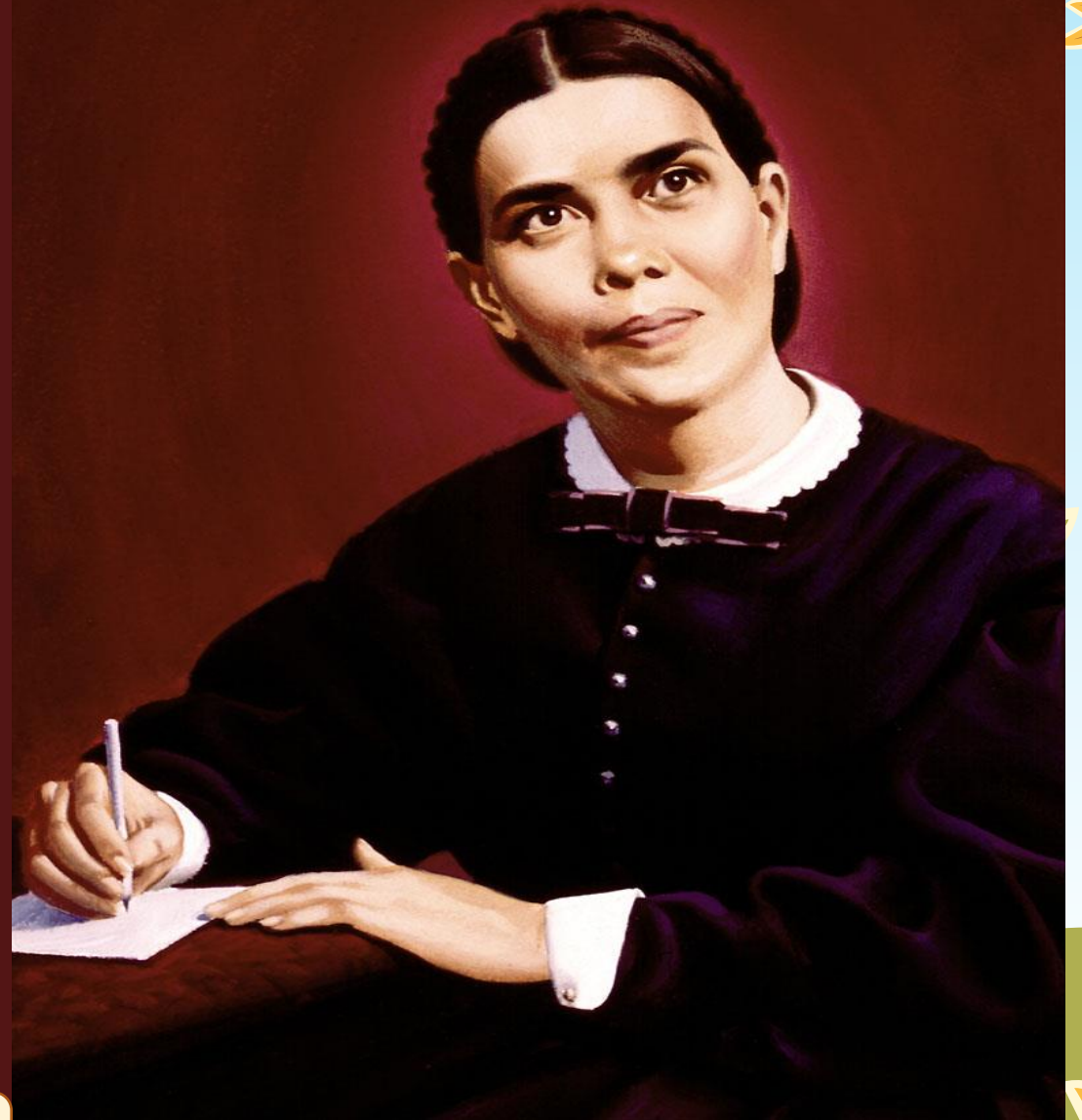
**Iyaba amaso yabo yarahumuwe,
babashije kubona marayika
wandika yandika amagambo
n'imirimo byabo. Bica amategeko
y'amagara mazima
n'ikinyabupfura. Byanezeza
biruseho kureka amasaha yo
kujya guhendahenda mbere yo
gushyingirwa akazakoreshwa mu
mibereho y'abashyingiranwe.
Ariko ikintu rusange, ni uko
ishyingirwa ari ryo riheruka
urukundo rwerekaniwe mu
mubano bagiranye
batarashyingiranwa.**

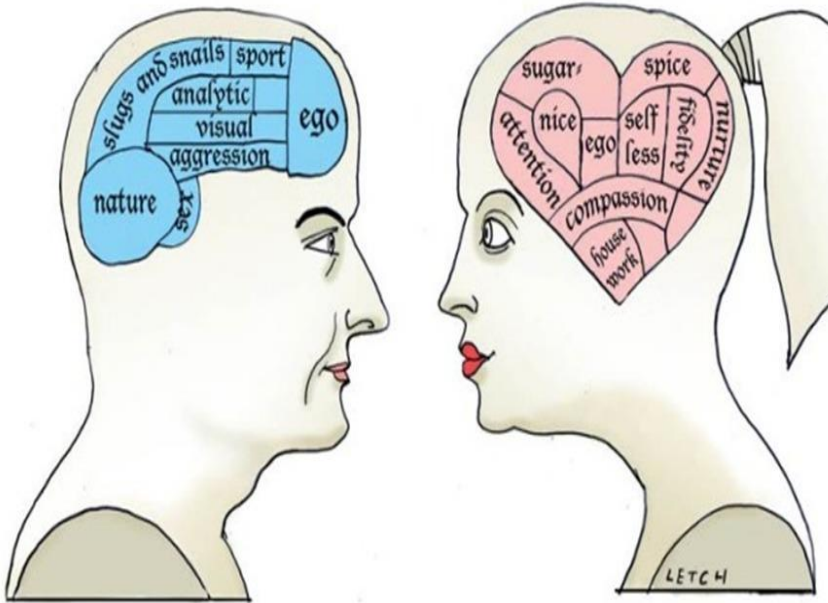
Urugo rwa gikristo, Ch.8, p.46,47



Muri iki gihe cy'ubugoryi, ayo masaha y'ijoro yahariwe kurambagizanya atera abo bombi kwangirika. Satani acinya akadiho, Imana igakozwa isoni mu gihe abagabo n'abagore bitesheje agaciro muri ubwo buryo. **Izina ry'icyubahiro rikandagiranwa mu mukunguku muri icyo gihe cy'agahararo kandi mu gihe cyo gushyingiranwa kw'abo bantu icyubahiro cy'Imana nticyahagaragara.** Bashyingiranwe bayobowe n'iruba maze igihe agahararo kamaze gushira, batangira kwicuza buhoro buhoro ibvo bakoze.

Urugo rwa gikristo, Ch.8, p.46,47





15. Ntugashake guhindura mugenzi wawe ngo abe wowe. Ukeneye umuntu mutandukanye kugira ngo mwuzuzanye. Reka mugenzi wawe abe uko Imana yamuremye, nibyo bigufashije, binaguhindura mwiza kuruta uwo uri we. Undi wowe ntacyo akumariye. Hakenewe abandi batari wowe.

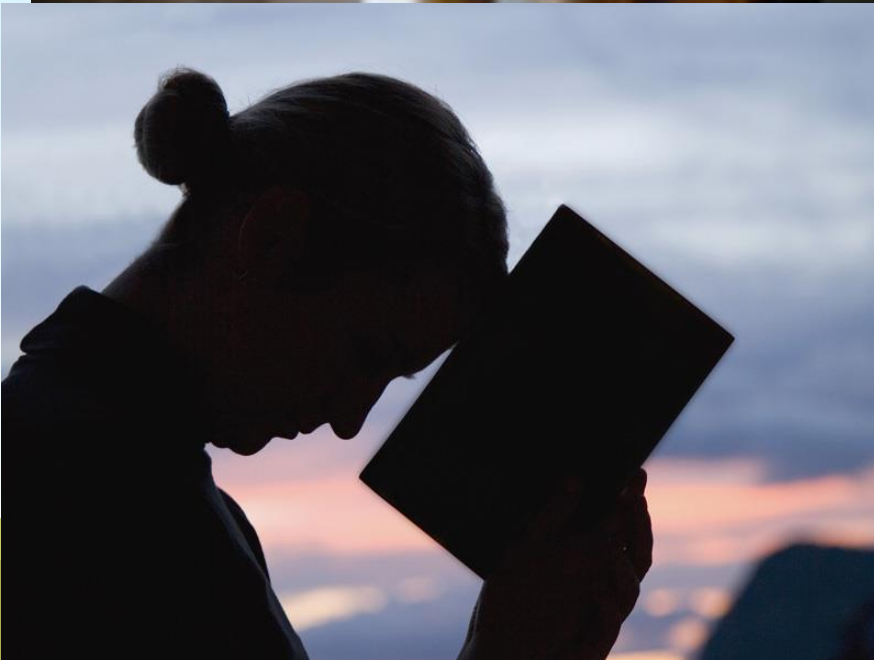
16. Ujye utega mugenzi wawe amatwi, atari ukugira ngo umusubize, ahubwo kugira ngo usobanukirwe ibyo akubwira.

17. Igihe mugenzi wawe yazanye ingingo yo kuganiraho, ntukamuvangire ngo uzane indi ngingo. Burya uba umusuzuguye; ese ni nko kumubwira ngo ibitekerezo bye nta cyiza byageza ku bucuti bwanyu. Tegereza murangize ingingo ye mbere y'uko nawe uzana iyawe.



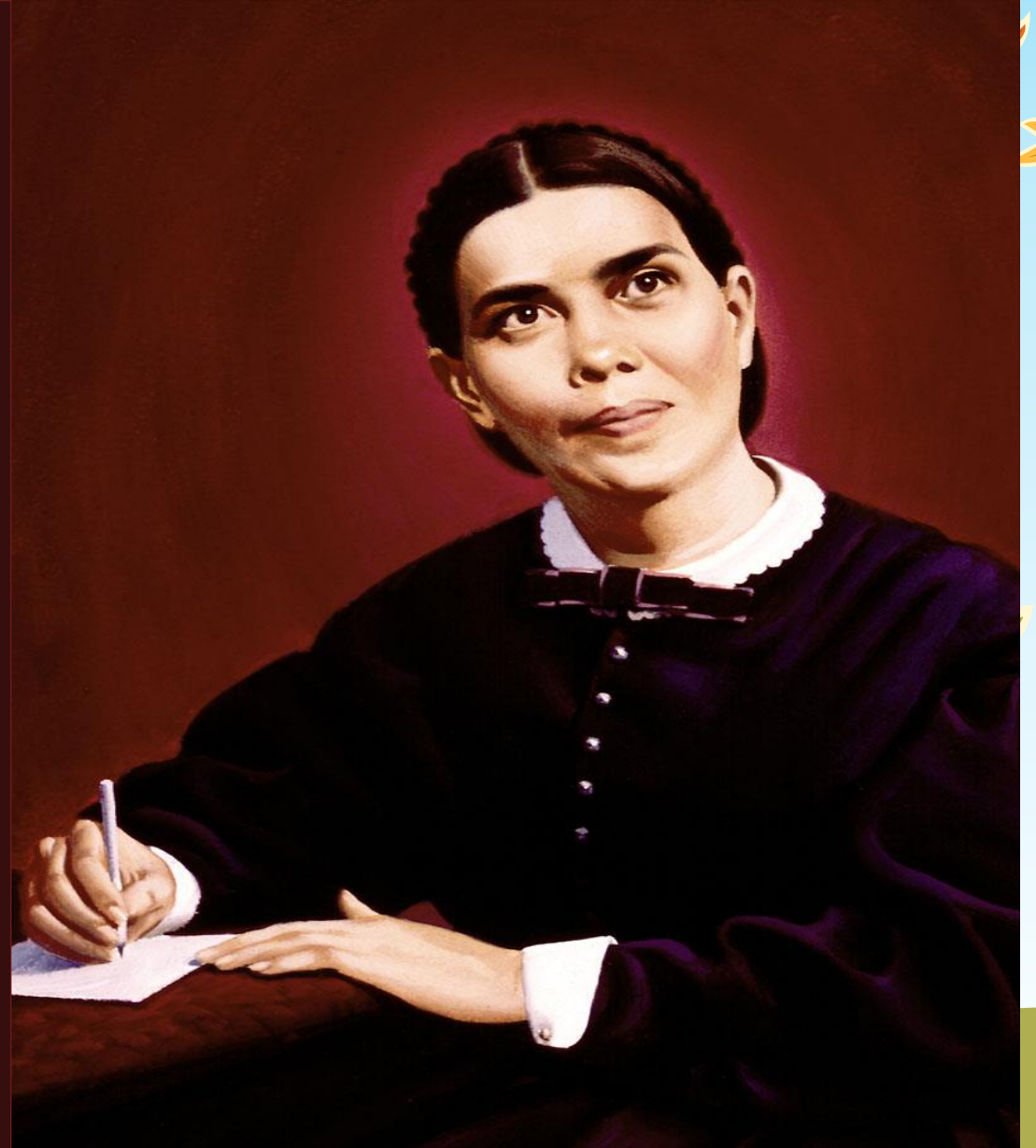


18. Jya ufata umwanzuro uhereye ku byo ubona kandi wumva, kurusha kugendera kubyo abandi bakubwira kuri mugenzi wawe. Wibuke ko ari wowe uzabana n'uwo muntu. Uko abandi bamubona ntabwo bifite agaciro nk'ako uko wowe umubona. Niba umutima wawe utamushaka ntihakagire uguhata. Niba umutima wawe umukunze ntihakagire umukwangisha, keretse akweretse ibimenyetso bikwemeza ko urimo kwibeshya.

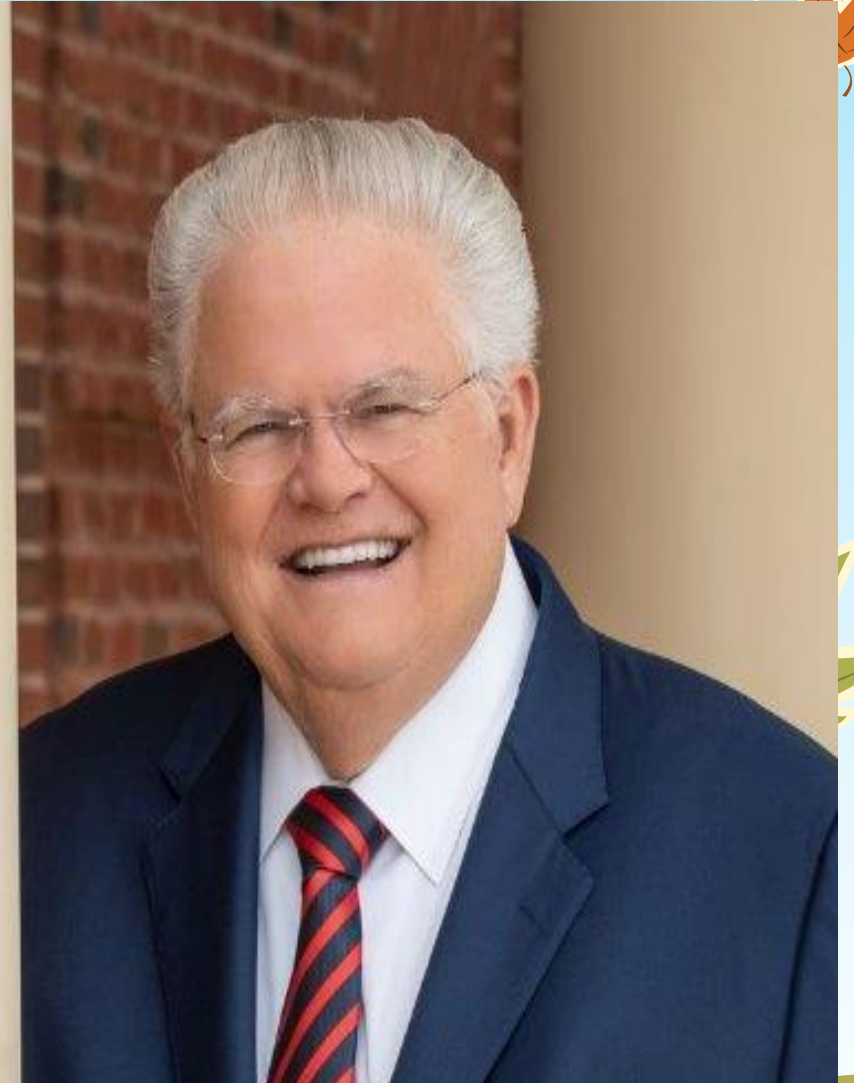


19. Ntugahishe mugenzi wawe intege nke ufite mu mimerere no mu myifatire. Reka akumenye hakiri kare, nakwanga akwange hakiri kare; cyangwa niba ashobora kugufasha gutsinda izo ntege nke abigerageze hakiri kare.
20. Biraruta gutangira ubwira mugenzi wawe uti **“nshimishijwe no kukwiga”**, aho guhubukira kuvuga ngo **“nshimishijwe no kukwiha.”**
21. Van Pelt mu gitabo yise **“Smart Love Urukundo rudahumye)** atanga inama y’ingirakamaro iyo avuga ati: **“Tekereza ku nshingano zawe maze zigufashe gukora urutonde rw’ibikuyobora mu gusabana n’inshuti yawe bishingiye ku biguhesha agaciro kandi byubahisha Imana. Fata igihe wisuzume, maze ufate icyemezo cyerekeye ibyo uzakora n’ibyo uzirinda mu gihe cyose cyo kurambagiza kugeza ubwo muzashyingiranwa, P.174**

22. Ellen G. White mu gitabo Happiness Homemade (Umunezero mvarugo) nawe agira inama urubwiruko avugaga ati: “Shyira Kristo imbere n’inyuma, kandi akubere byose muri byose. Muhanga amaso buri gihe, maze urukundo umufitiye rugende rukura kandi rukomera. Kandi rero uko urukundo mwembi mufitiye Kristo ruzagenda rukura, ni nako urukundo hagati yanyu ruzagenda rukura, p.24



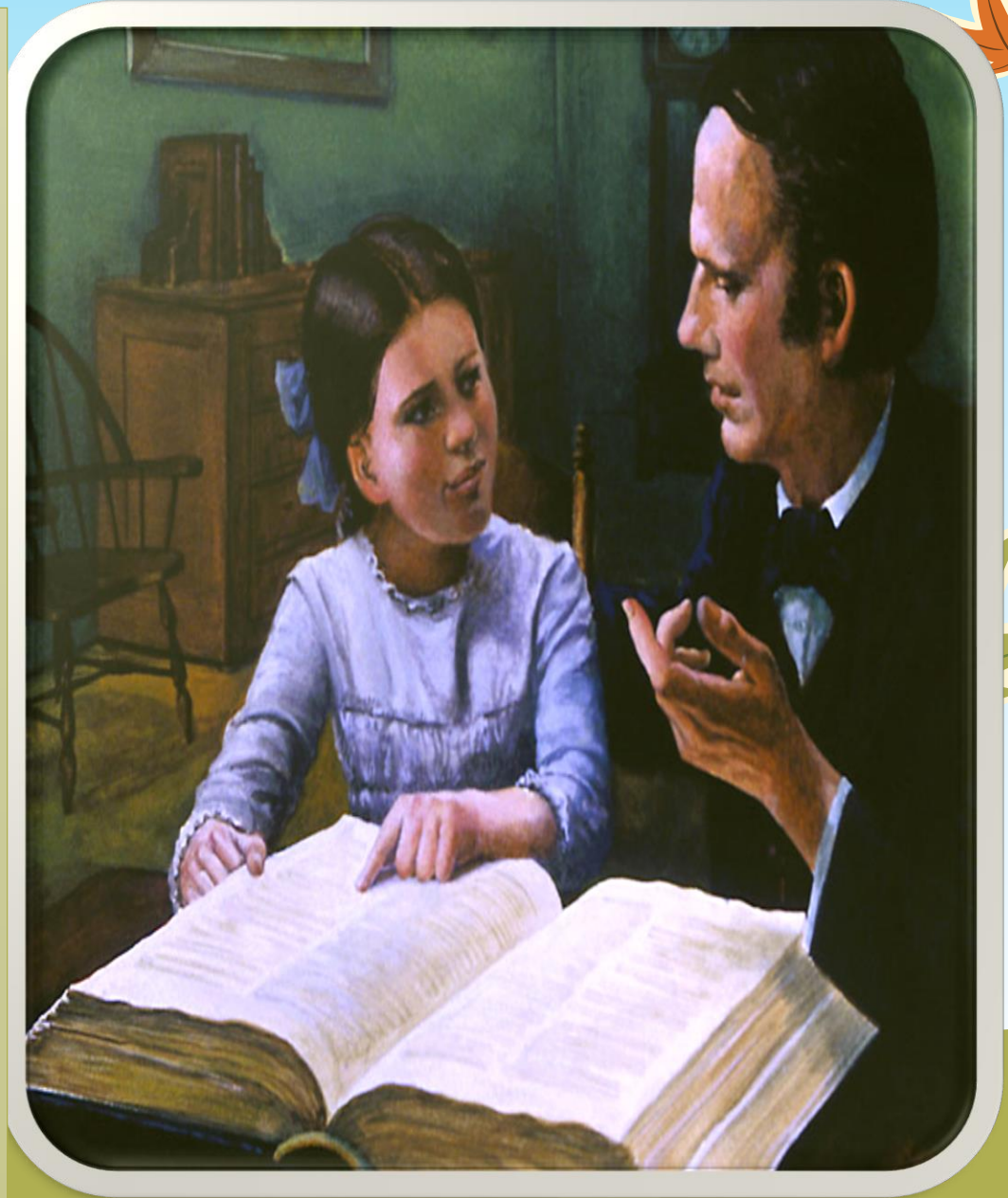
23. Umwanditsi John Hagee nawe mu gitabo cye yise “What Every Man wants in woman (Icyo buri mugabo yifuza mu mugore) yaranditse ati: “Shishikazwa n’imyiteguro y’ingenzi yawe bwite aho guhugira mu byo kwitega byinshi kuri mugenzi wawe, p.5



24. Nubwo bwose urimo gushaka uwo muzashyingiranwa, **ntukareke ngo hagire umuntu cyangwa ikintu cyitambika hagati yawe n’Imana yawe. Nk’uko Charles A. Tindly (1851 – 1933) yabivuze mu ndirimbo ye yise: “Nothing between” (Ntihakabeho inzitizi) agira abantu inama ko bagomba kwirinda ikintu cyose cyabatandukanya n’Imana. Ati: “Nta bizantandukanya n’Umucunguzi wanjye, hari byinshi biryoshye iyi si idushukisha: ingeso mbi z’ubuzima, nubwo zisa nk’aho ntacyo zitwaye, ntizigomba guca umutima wanjye ku Mana, kuko imbere Ye byose muri byose ni ubusa! Nta kizantandukanya.**



1Timoteyo 4:8,9
“Kuko kwitoza
k'umubiri kugira
umumaro kuri bike,
naho kubaha Imana
kukagira umumaro kuri
byose, kuko gufite
isezerano ry'ubugingo
bwa none n'ubuzaza na
bwo. Iryo jambo ni iryo
kwizerwa kandi
rikwiriye kwemerwa
rwose.



25. Incuro wari usanzwe usenga zikube gatatu mu gihe cyo gushaka uwo muzashyingiranwa, niba wari usanzwe udasenga, tangira ujye uhaguruka mu gicuku utakambire Imana, kandi ujye ufata n'umunsi mu cyumweru wiyirize ubusa usaba Imana ngo ikuyobore. Ibi kubisobanukirwa kuri bamwe ntibyoroshye ariko nubigerageza umunsi umwe uzatanga ubuhamya bw'ukuntu byagufashije bikakuvana mu menyo ya rubamba.



Gusenga bizagufasha iki?



- 1. Kugira ngo uhirwe n'urugendo rwawe rwo kurambagiza ruzasoreza mu rugo ruhire (Matayo 7:24,25).**
- 2. Bituma urushaho gusobanukirwa ubushake bw'Imana ku rukundo rwanyu n'umuryango mwitegura kubaka (Daniel 2:21,22; 1Samweli 16:7)**
- 3. Iyo ababiri bahuje umutima wo gusenga Imana bahabwa umugisha nayo igakomeza urukundo rwabo, Matayo 18:19**



26. internet: Muzi cyangwa mwumvise abarambagiza kuri internet, mubigendere kure birimo amarorerwa menshi n'ubusambo n'ubuhendanyi kandi umwanzi w'urugo ruhire yahashinze imizi



**27. Niba ari
ngombwa ko ujya
gusura uwo
murambagizanya
mu rugo, ujye
ujyana n'indi
nshuti kugira ngo
ikubere
inyunganizi**

Niba wifuza kuzagira urugo ruhire, gira Imana nyambere mu mibereho ya buri munsi

Ni yo mujyanama n'umuranga wawe wa mbere, yo yashimye ko ubaho, ugakura, ukageza igihe cyo gushaka, ni na yo yaguteganiye ugukwiriye muri byose: mu bya Mwuka, mu bwenge, mu marangamutima ndetse no mu mibanire yanyu yihariye nk'abashakanye.

