



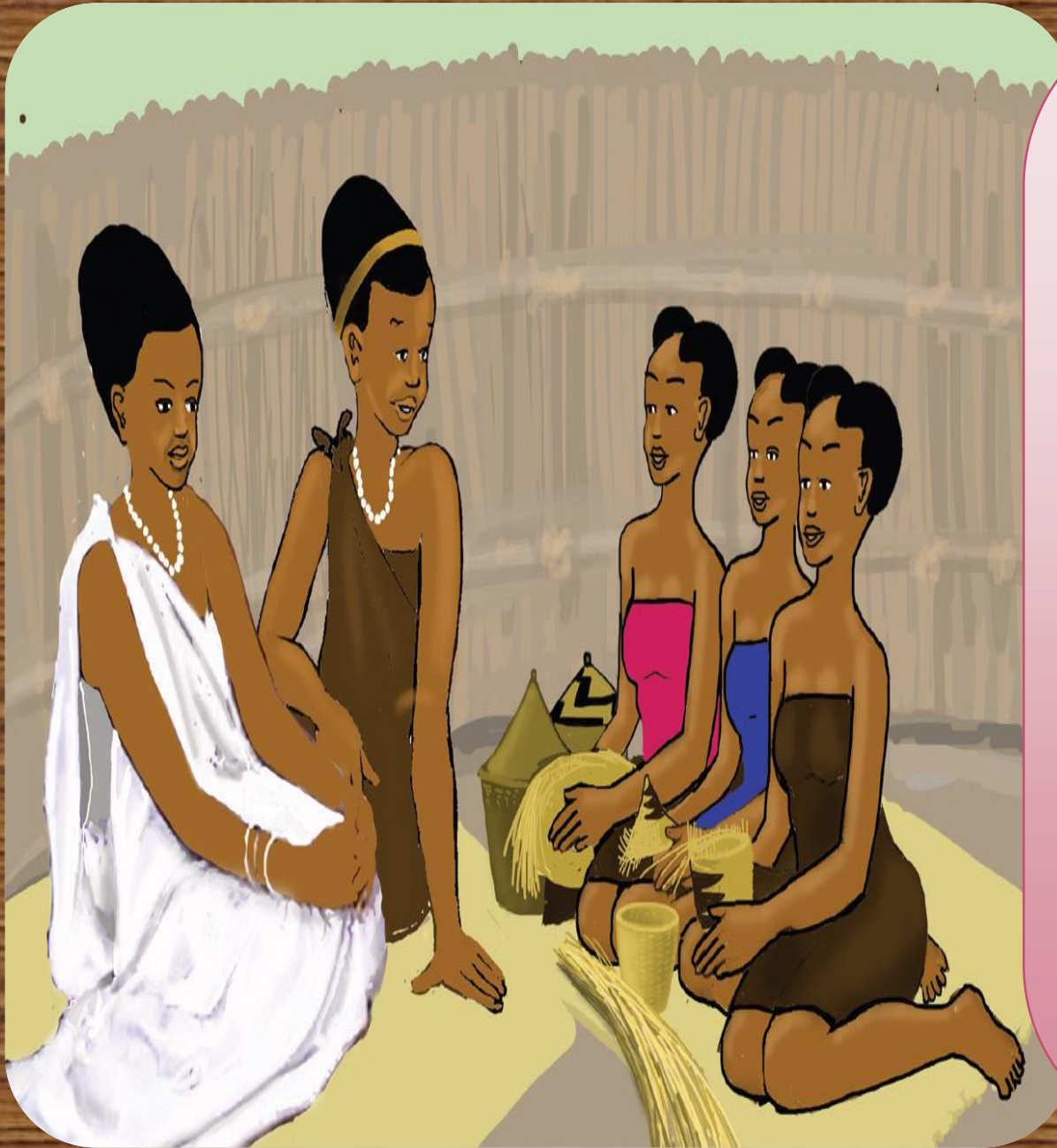
**UBURERE MU  
MURYANGO:  
IMPAMBA YO  
KUGIRA  
UMURYANGO  
UHAMYE**

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**KAMINUZA SDA CHURCH**

## **Imigani 6:20 – 23**

**“Mwana wanjye, komeza icyo so yagutegetse, Kandi we kureka icyo nyoko yakwigishije. Uhore ubikomeje ku mutima wawe, Ubyambare mu ijosi. Nugenda bizakuyobora, Nuja kuryama bizakurinda, Kandi nukanguka bizakubwiriza. Kuko itegeko ari itabaza, amategeko ari umucyo, Kandi ibihano byo guhugura ari inzira y'ubugingo.”**



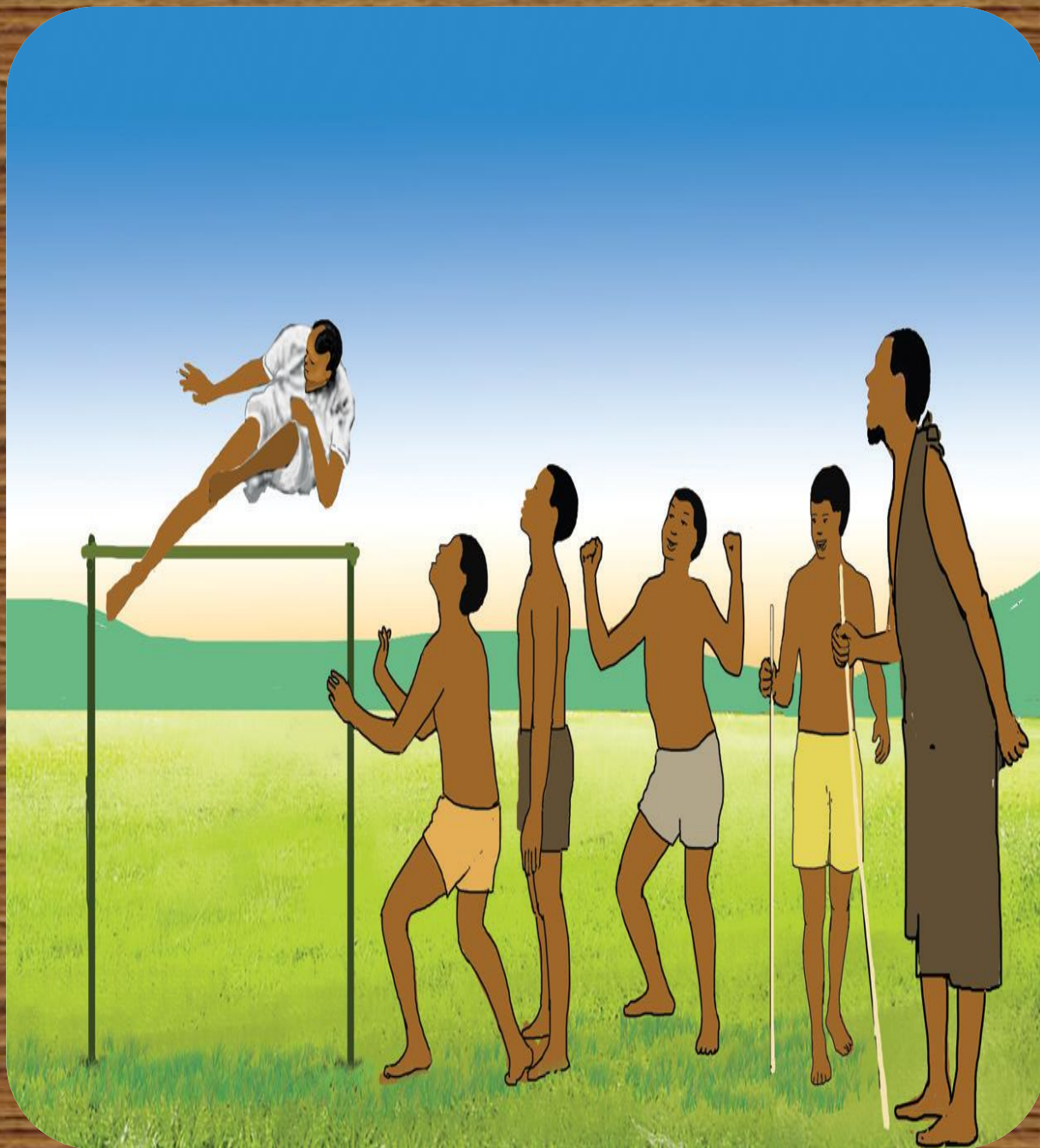


**Abangavu baganirizwaga na ba nyirasenge na ba nyina wabo, bigatangira igihe umukobwa apfunduye amabere bigamije kumutegurira kuzavamo umubyeyi mwiza ubereye umuryango ndetse n'igihugu. Ibyo biganiro byibandaga cyane kuri ibi bikurikira:**

- **Kugira isuku ku mubiri no kuyigirira aho batuye**
- **Kubana neza n'abo mu miryango bazashakamo, harimo kubaha umugabo, ababyeyi b'umugabo, baramukazi na baramu be, n'abandi bose.**
- **Ku bijyanye n'ubuzima bw'imyororokere, umwangavu yaganirizwaga ibyerekeranye n'uko yafata umugabo, kurera abana n'ibindi.**

**Uburere bwahabwaga  
abana b'abakobwa  
bwabateguriraga gusa  
gushaka, kubyara,  
kurera no gukora  
imirimo yo mu rugo,  
ubumenyi bahawe  
bukaba ubwo kubatoza  
kuba ba “mutima  
w'urugo”.**





**Ingimbi zaganirizwaga cyane cyane na ba se, se wabo, cyangwa ba nyirarume. Ibyo byatangiraga igihe bumvaga umwana w'umuhungu atangiye kuniga ijwi. Ibyo biganiro byabaga bigamije kubigisha indangagaciro z'umuryango, gushaka inshuti n'ibindi bintu nkenerwa mu buzima bw'icyo gihe, birimo:**

- **Gukora**
- **Guteza imbere umuryango**
- **Gukunda igihugu no kugikorera**
- **Gutabara igihugu no kukitangira**
- **Kujya mu itorero ry'iguhugu aho yatozwaga:**

- **Imyitozo ngororamubiri**
- **Kumasha**
- **Gukoresha intwaro**
- **Kwivuga**

# MU GITARAMO CY'UMURYANGO

- Mu gitaramo ababyeyi babwiraga abana babo amasano bafitanye n'abandi bantu bo mu muryango wabo, bakabigisha imyitwarire myiza bagomba kugenderaho.
- Abahungu babwirwaga iby'ubutwari bwa ba sekuruza, bagategurirwa kuba abagabo.
- Abakobwa na bo bigishwaga na ba nyina uko bagomba kwitwara, bakigishwa kwirinda gutwara inda zitateganyijwe. Aho ni ho bamenyeraga za kirazira, bakamenya amateka y'abakurambere.
- Bahamenyeraga ibisekuruza byabo, bakamenya imiryango bashobora gushakamo abageni, iyo bafitanye igihango n'iyo bahanye inka batagomba guhemukira.
- Aho rero ni ho havuye imvugo ngo **“Utaganiriye na se ntamenya icyo sekuru yasize avuze.”**

# URUBOHERO:

- **Aha ni ahantu abakobwa bahurira bakiga umuco wa gikobwa babifashjwemo n'ababyeyi, aha wasangaga bakunze guhurira ahantu hitaruye basaza babo, nko mu gashyamba bakigira hamwe uko umukobwa agomba kwitwara kugira ngo asigasire umuco wa gikobwa. Mu byo bigaga harimo: guca imyeyo, kuboha imisambi, guteka, gukubura n'utundi turimo twa gikobwa. Si ibyo gusa kuko bigiraga hamwe ibijyanye n'imyororokere y'umubiri wabo, n'uko bagomba kwitwara imbere y'abasore.**

# IBYIFUZO BY'ABABYEYI KU BANA



**Kubaha: kubaha ababyeyi, kwiyubaha no kubaha abandi.**

**Kwitonda.**

**Kugira isuku.**

**Kwita no kuzuza inshingano.**

**Gukunda igihugu, abayobozi bacyo n'abagituye.**

**Gukurikiza inama nziza bagirwa n'abantu.**

**Kurangwa n'ikinyabupfura.**

**Kugira umwete n'umurava.**

**Kugira umuco.**

**Kwiha intego mu buzima.**

**Kwitoza no gukunda gusenga, ndetse no gutanga urugero rwiza mu bandi.**



# IBYIFUZO BY'ABANA KU BABYEYI



**Gukurikirana abana neza.**

**Kumenya imyitwarire n'imigenzereze y'abana.**

**Gutoza abana ikinyabupfura, isuku n'imico myiza.**

**Gutoza abana kwiga no gukora indi mirimo bashyizeho umwete.**

**Gukunda gusenga kw'ababyeyi no gutanga urugero rwiza.**

**Kugorora abana no kubagira inama nziza.**

**Gusura abana igihe biga cyangwa bari mu yindi mirimo.**

**Gutoza abana gukunda igihugu.**

**Kuvuza abana barwaye no kubaha ibyo bakeneye.**

**Gutega abana amatwi.**

**Kubereka urukundo no kubitangira.**

**Gufasha abana kwiha intego mu buzima no kuzigeraho**

**Nta mpamvu yagatumye  
abantu bashyingirwa  
bataragira ubumenyi ku  
birebana n'inshingano  
z'imirimo yo mu rugo.  
Umugore agomba kuba  
afite ubuhanga  
n'ubumenyi bihagije  
byamufasha kurera  
abana be neza.**

**Urugo rwa gikristo,  
ch.13, p.73 cg 83**

**THINGS TO  
CONSIDER BEFORE  
GETTING MARRIED**

**Kwitegura  
gushyingirwa ni  
umugabane  
w'ingenzi mu  
burezi:**





**Abagore benshi, bafatwa nk'abarezwe neza, bafite impamyabumenyi bakomoye mu mashuri akomeye, usanga kenshi ari injiji z'interagahinda mu gukora imirimo isanzwe. Nta bushobozi bafite bw'ingenzi bwo kubabashisha gushyira umuryango kuri gahunda kandi ari byo byawuhesha umunezero. Bafite ubushobozi bwo kuburanira agaciro k'umugore n'uburenganira bwe mu gihe bo bari kure munsu y'umurongo uranga umugore nyamugore.**



**Buri mukobwa wese wa Eva afite uburenganzira bwo kuronka ubumenyi bushyitse ku birebana n'inshingano zo mu rugo, kandi akakira inyigisho zihagije ku byerekeye imirimo y'i muhira. Buri mukobwa wese agomba kuba yarahawe inyigisho zizamubashisha mu gihe azaba ari umugore cyangwa umubyeyi kuzuzza inshingano zimureba nk'umwamikazi. Agomba kuba afite ubushobozi buhagije bwo kuyobora no kwigisha abana be no kuyobora abakozi be bo mu rugo cyangwa mu gihe byahinduka, akaba yanayobora urugo rwe. Agomba kuba asobanukiwe n'imikorere y'umubiri w'umuntu n'amahame y'isuku n'isukura, ibirebana n'ibyo kurya n'ibyo kunywa n'imyambarire, imirimo n'ibinezeza n'ibindi byatuma umuryango umererwa neza.**



**Kandi agomba gushakisha uko yagira ubumenyi k'uburyo bwiza yakoresha avura indwara kugira ngo azashobore kwita ku bana be barwaye aho gufata abana be akunda akabashyira mu biganza by'abaforomo n'abaganga b'abanyamahanga ngo abe ari bo babitaho. Kwibwira ko kudashobora gukora imirimo yo mu rugo ari ikimenyetso cy'umugabo n'umugore biyubashye bihabanye n'umugambi Imana yashyizeho irema umuntu.**

**Ubunebwe ni icyaha, no kudasobanukirwa uko wakora imirimo isanzwe yo mu rugo ni imbuto z'ubupfu kandi amaherezo bizabyara kwicuza gushaririye kandi kwisubiramo.**

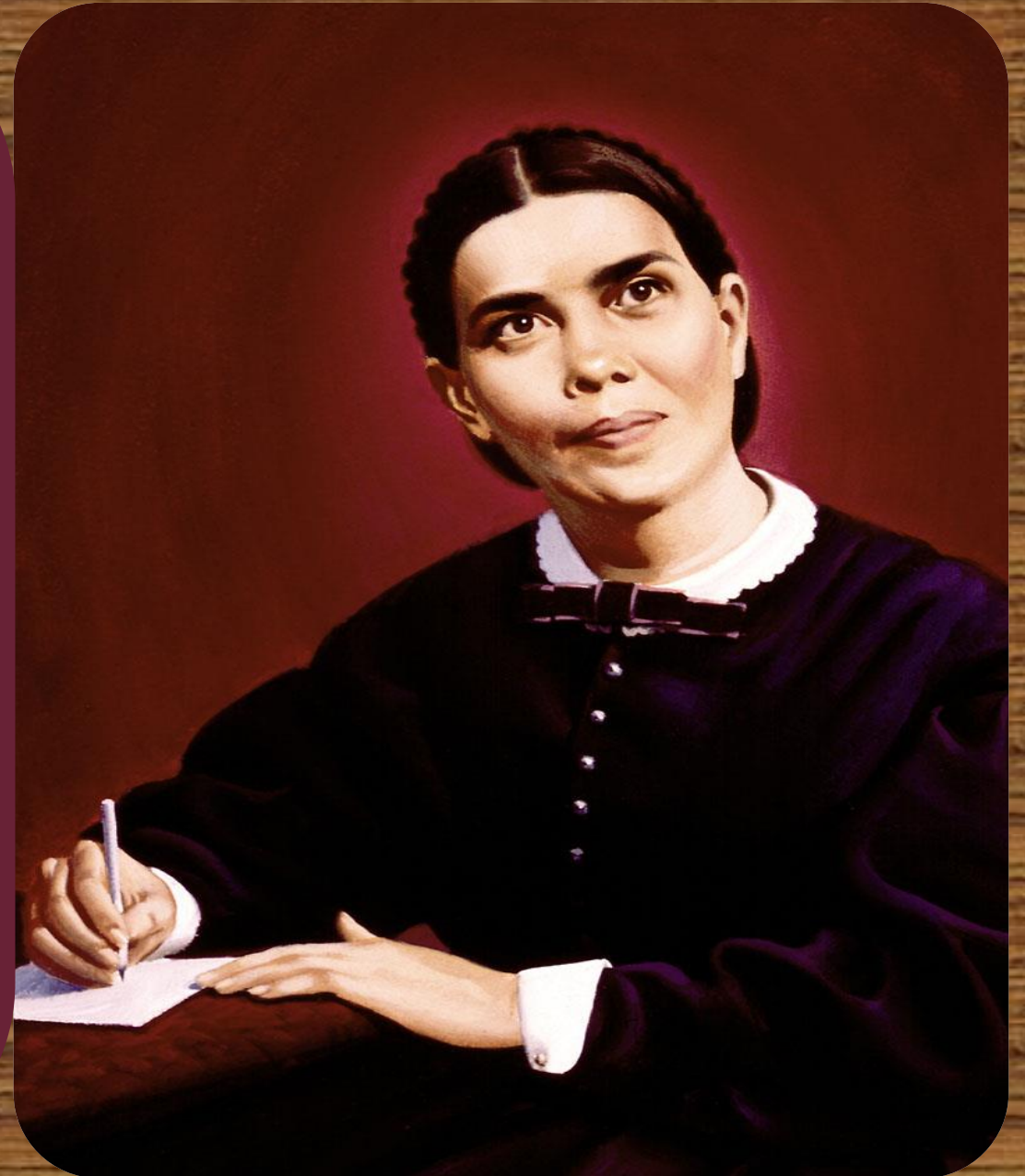
**Abakobwa benshi bafata guteka no kwita ku rugo nk'uburushyi. Ku bw'iyo mpamvu benshi ni abashyingirwa bakaba abayobozi b'ingo zabo badasobanukiwe na gake inshingano zibareba nk'umugore cyangwa umubyeyi.**



**Tugomba kubifata  
nk'ihame ko nta musore  
ugomba gushyingirwa niba  
atazi uko yakwita ku bana  
bazavuka mu muryango  
wabo. Ikindi na none,  
bagomba kumenya uburyo  
bakwiriye kwita ku rugo  
Imana yabahaye.  
Batarasobanukirwa  
n'amategeko Imana  
yashyize mu mubiri wabo,  
ntibashobora kumenya  
inshingano bafite ku Mana  
cyangwa kuri bo ubwabo.**



**Uburezi abahungu n'abakobwa bagomba guhabwa mu bigo byacu ku birebana n'imibereho y'i muhira bugomba kwitabwaho by'umwihariko. Ni iby'ingenzi cyane mu kurema imico, ko abanyeshuri bo mu bigo byacu biga kuzuzwa inshingano zibareba, birinda icyari cyo cyose cyabakururira mu bwebwe. Bagomba kwimenyereza inshingano zo mu buzima busanzwe bwa buri munsu. Nibigishwe kandi kuzuzwa izo nshingano neza mu buryo bushoboka bwo nta rujijo kandi batitotomba. Mu ijamba rimwe byose bigomba gukorwa ku rwego urwo ari rwo rwose no muri gahunda. Mu gikoni no mu nzu hose hagomba kuba ari heza kandi hasukuye. Ibitabo bigomba gushyirwa ku ruhande kugeza mu gihe cyangenwe kandi ntibagomba kwiga byinshi cyane badashoboye gufata kugira ngo imirimo yo mu rugo itirengagizwa.**







**Amasomo ntakwiriye  
kurangaza ubwenge maze  
bukirengagiza imirimo  
y'amaboko kuko ari yo shingiro  
ku iterambere ry'urugo. Mu  
kuzuza izo nshingano,  
akamenyero k'akajagari, ko  
kwirengagiza, ko kutagira icyo  
witaho kagomba gucika, kuko  
bidakosowe bizagira ingaruka  
ku mashami yose yo mu  
buzima, butakaze kuba  
ingirakamaro.**

## **Kumenya kurinda neza ibyo mu rugo ni ingenzi:**

**Amenshi mu mashami yigirwa mu mashuri atwara igihe cy'abanyeshuri kandi atari ingenzi mu kubagirira umumaro cyangwa kubazanira umunezero, nyamara ni ingenzi ku musore wese ko amenyera neza gukora inshingano za buri munsu. Bibaye ngombwa umukobwa yareka kumenya igifaransa n'imibare cyangwa gucuranga piano ariko ni ngombwa ko amenya guteka neza umugati, no kudoda neza imyenda kandi akamenya gukora neza inshingano z'i muhira.**





**Nta kintu cy'ingirakamaro ku buzima n'umunezero by'umuryango, cyaruta ubuhanga n'ubumenyi by'umutetsi. Aramutse ateguye ibyo kurya nabi cyangwa bikaba bitagwa neza ubuzima, ashobora kubangamira no kurimbura kuba ingirakamaro kw'abakuze n'igikuriro cy'abana. Iyo umutetsi agabuye ibyo kurya umubiri ukeneye, biryoshye kandi biteye ipfa, agera ku byiza byinshi nk'uko hari n'ibibi yateza aramutse atabigenje atyo. Ni yo mpamvu mu nzira zinyuranye, umunezero wo mu buzima ushingiyeye ku gukiranuka mu nshingano za buri munsi.**

# **MWITE KU MAHAME AGENGA ISUKU:**

**Tugomba kwita ku mahame agenga isuku y'imirire n'iminywere, imyitozo ngororamubiri, kwita ku bana no kuvura indwara n'ibindi bisa bityo bigomba kwitabwaho cyane kurenza uko byakirwa. Mu kwigisha iby'isuku, umwigisha w'umunyamwete azakoresha akanya kose kabonetse yerekane ko isuku isesuye ari ngombwa haba ku mubiri w'umuntu cyangwa ahamuzengurutse.....isuku y'icyumba cyo kuryamamo n'igikoni bigomba kwitabwaho cyane.**





**Abanyeshuri ni bigishwe ko isuku mu cyumba cyo kuraramo, igikoni gifite isuku isesuye, ameza ateguye neza kandi ariho indyo yuzuye, bigira umumaro munini mu kugwiza umunezero w'umuryango kandi bikubahwa n'umushyitsi wese utekereza, kuruta agaciro k'intebe n'imitako yose yo mu nzu. Iki cyigisho ngo:**

**“Ubugingo buruta ibyo kurya, n'umubiri uruta imyambaro. Luka 12:23”** kirakenewe muri iki gihe nk'uko cyari gikenewe igihe cyigishwaga na Yesu, mu binyejana birenga cumi n'umunani bishize.

## **Umukobwa wararikiwe kugira akamenyero keza ko gukora:**



**Ufite imyitwarire igomba kwigishwanya gushikama no kugenzuranwa ubwitonzi mbere y'uko winjirana umutekano mu gushyingirwa. Ibiri amambu, ugomba kwikuramo ibyo gushyingirwa mu gihe utaranesha ayo mafuti, kuko utaba umugore unezerewe. Wirengagije kwitegura kuzuza inshingano za buri munsi zo mu rugo. Ntiwasobanukiwe n'agaciro ko kumenyera gukora imirimo y'amaboko. Iyo umuntu yimenyereje kwishimira umurimo w'ingirakamaro, ntajya awureka**



**Uzaba noneho witeguye guhangana na buri ngorane yose yo mu buzima kandi uzazinesha. uziga gukunda umurimo. Nugira uruhare mu gukunda umurimo wawe w'ingenzi, intekerezo zawe zizahugira ku byo ukora kandi ntuzabona agahe ko gutwarwa n'inzosi z'ibikomeye. Mu gukora imirimo y'ingirakamaro no kuyihugiramo bizatera imbaraga no gukomera intekerezo zari zibabaye kandi zitanyuzwe kandi bizaguha icyubahiro kizatera n'abandi ku kubaha.**

## **Agaciro k'uburezi bushyizwe mu bikorwa ku bakobwa:**



**Ababyeyi benshi batekereza ko ari ingenzi ko umuhungu agomba kwigishwa ibizamugirira akamaro ahazaza he; batekereza ko kwigisha abakobwa babo kwigira no kwirwanaho bikemurira amakene yabo byo ko atari ingenzi. Ku ishuri, ahigira bike byamubashisha kwishakira ubuzima, ariko kuko mu rugo iwabo nta nyigisho zishyizwe mu bikorwa yahigiye zirebana no guteka no kuzuza inshingano zo mu rugo, akura ntacyo amaze maze agahinduka umutwaro ku babyeyi be...**





**Umugore wigishijwe kwiyitaho yanashobora no kwita ku bandi. Ntazaba umutwaro ku muryango we no kuri rubanda. Igihe amahirwe azahinduka, azahorana iteka aho gukora, aho ashobora gukura ibyamubeshaho no gutunga abo ashinzwe.**

**Umugore agomba kuba yarigishijwe umwuga uzamubashisha kwibeshaho mu gihe ibyo yari yishingikirijeho byavuyeho.**

**Kabone n'ubwo yareka kumenya indi mirimo y'icyubahiro, buri mukobwa wese agomba kwiga uko yakwita kubikorera mu nzu, kwiga guteka, gutunganya inzu no kudoda. Yaba akomoka mu muryango wa gikire cyangwa se wa gikene agomba kwimenyereza ibyo umwamikazi w'umuryango akwiriye kumenya. Muri ubwo buryo, ingorane niziya dukiza, azaba yiteguye guhangana na buri bihe bibi byose; mbese ni umugore uzi kwigira.**



Balayer



Passer l'aspirateur



repasser



épousseter



coudre



Faire la cuisine



Préparer le repas



Mettre la table



Desservir la table



Faire la vaisselle



Laver le linge



Laver le sol



Faire son lit



Ranger sa chambre



Ranger ses affaires

**Kumenya inshingano zo mu rugo ni iby'agaciro katagereranywa ku mugore uwo ari we wese. Imiryango myinshi yagiye ibura umunezero bikomotse mu kudashobora kuzuza inshingano k'umugore cyangwa umubyeyi. Si ingenzi cyane ko abakobwa bacu bamenya gutera amarangi, imideri, gucuranga, gukora imibare y'ibinyampande cyangwa se kwigira kuvugira mu ruhame ubigereraniye no kumenya gukata, kuzinga neza imyenda cyangwa kudoda imyenda yabo yacitse no gutegura ibyo kurya byiza kandi biteye ipfa.**

## Les tâches ménagères – trouve la bonne place !

REPASSER

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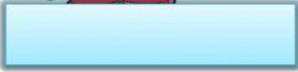
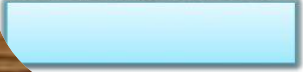
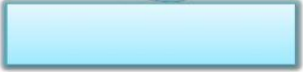
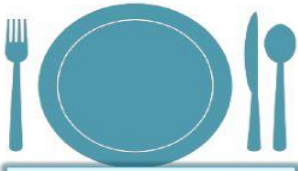
PASSER L'ASPIRATEUR

FAIRE SON LIT

FAIRE LA VAISSELLE

SORTIR LA POUCELLE

RANGER SA CHAMBRE



**Umwana w'umukobwa igihe yujuje imyaka icyenda cyangwa icumi y'ubukure agomba gutegekwa kugira uruhare mu mirimo yo mu rugo, uko ubushobozi bwe bwaba bungana kose kandi akwiriye kubazwa uko yashohoje inshingano imureba.**

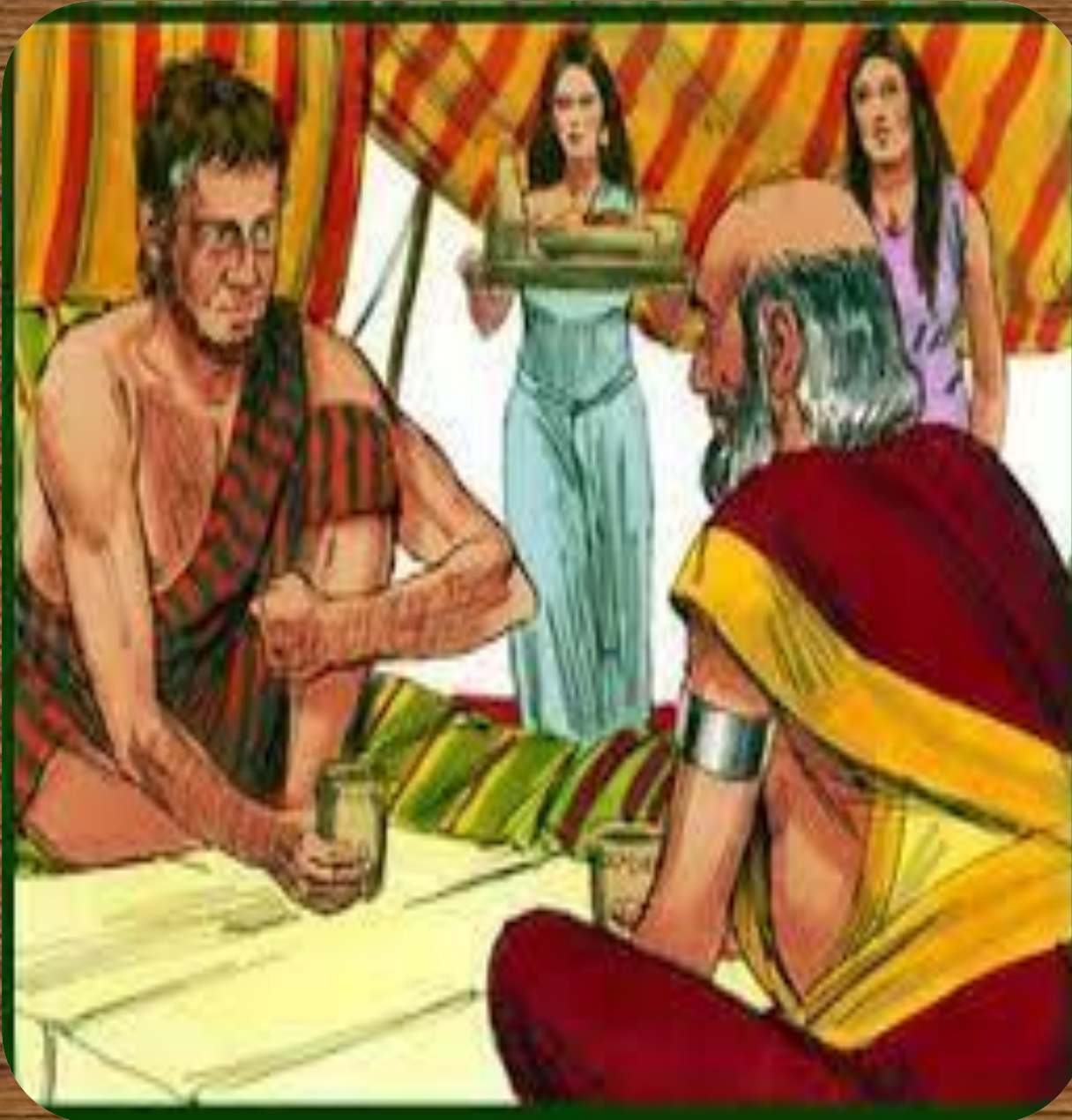
**Dore uko umugabo w'umunyabwenge yasubije igihe bamubazaga icyo agambiriye kuzakorera aabakobwa be: “Mfite umugambi wo kuzabigisha gufatira urugero kuri nyina w'indashyikirwa, kugira ngo bazagire ubuhanga bwo gukoresha igihe neza, ndetse no kuba abantu bakwiriye kuzahinduka abagore n'ababyeyi beza, bakazayobora imiryango yabo, ndetse bakazaba abantu b'ingirakamaro mu muryango mugari w'abantu.”**

**Urugo rwa gukristo, p.87**

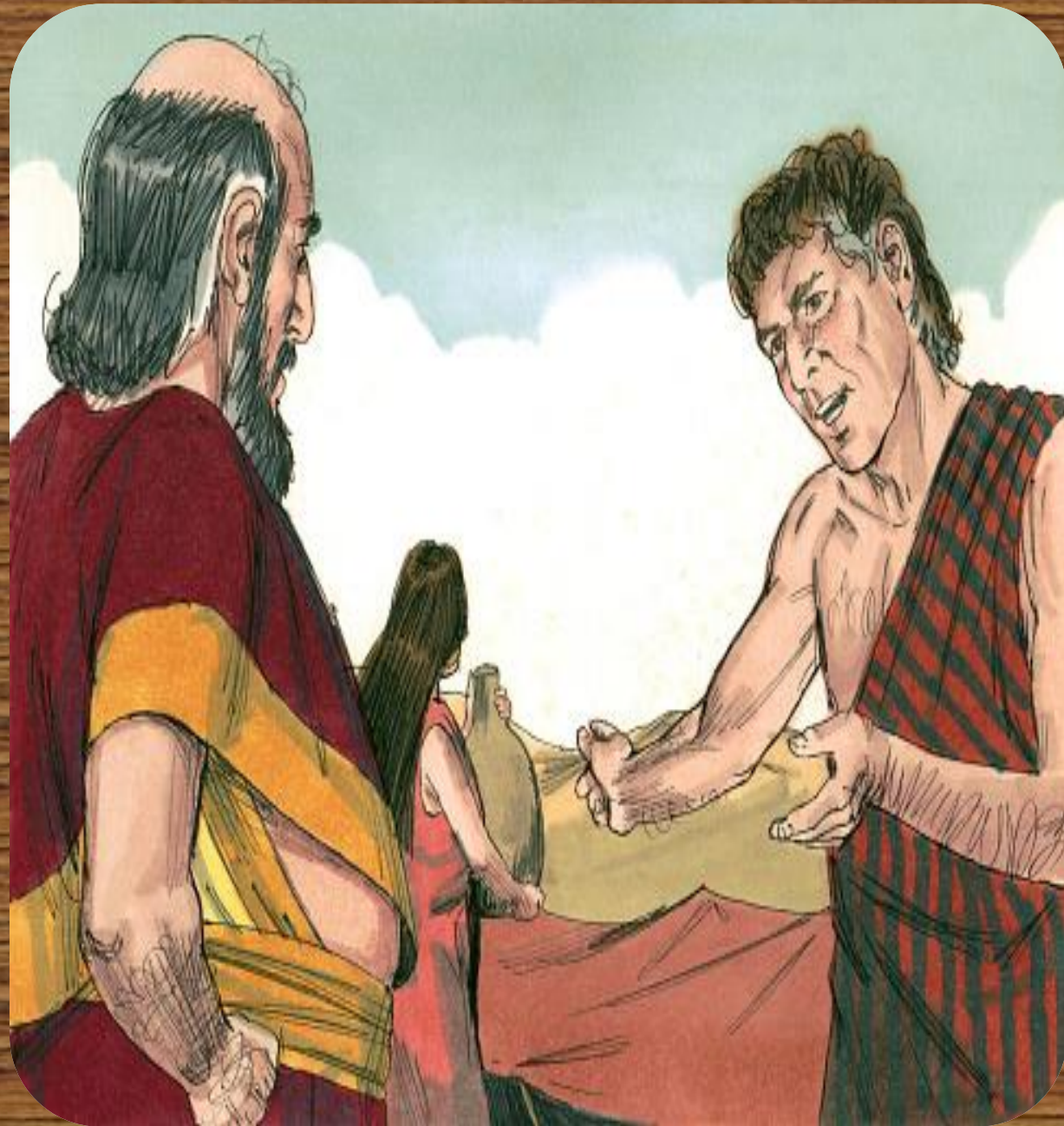


# **UWITEGURA KUBA UMUGABO AGOMBA KUBA UMUKOZI N'UMUCUNGAMARI MWIZA:**

- **Mu bihe bya kera umuco wasabaga ko umusore ugiye gushaka umugore, mbere yuko ubukwe buba, yagombaga guha sebukwe umubare w'amafaranga runaka cyangwa ibintu bifite agaciro kangana n'ayo mafaranga hakurikijwe uko yabaga ameze.**
- **Ibyo byagaragaraga nk'umutekano uzarinda isano y'abashakanye.**
- **Ababyeyi ntibizeraga ko abakobwa babo bazatunganirwa baramutse basanze abagabo batigeze bateganya ibya ngombwa byo kuzafasha umuryango wabo.**



**Iyo babaga badafite ubutunzi buhagije n'imbaraga zo gukora ngo babone amatungo cyangwa amasambu byateraga impungenge ko imibereho yabo nta gaciro izagira. Ariko hari uburyo bwari bwarashyizweho bwo kugerageza ababaga ntacyo bafite cyo gukwa ngo bahabwe umugeni. Bemererwa gukorera se w'umukobwa bakunda, bagakora igihe kingana n'agaciro k'inkwano basabwe. Iyo umusore yerekanaga ko ari indahemuka mu byo akora kandi ko akwiriye, yahabwaga umukobwa akamugira umugore we; kandi byari bisanzwe ko inkwano se w'umukobwa yabaga akwerewe, yahabwaga uwo mukobwa ho impano igihe ashyingiwe...**



**Umuco wa kera n'ubwo rimwe na rimwe wabagamo uburiganya nk'uko Labani yabigenje, wazanaga umusaruro mwiza. Iyo umusore ushaka umugeni yategekwe gukora kugira ngo amuhabwe, byarindaga ubukwe bw'ikubagahu maze hakabaho umwanya wo kugerageza urukundo rw'umusore ndetse n'ubushobozi bwe bwo kwita ku muryango. Muri iki gihe cyacu ingorane nyinshi ziravuka iyo benshi bagerageje gukurikiza inzira nk'iyo.**



**Nta mugabo n'umwe ukwiriye kwemererwa urwitwazo rwe rwo kutagira ubushobozi mu by'umutungo. Hari abagabo benshi bavugwaho amagambo ngo ni **“Umugabo ugwa neza, agira ubuntu, ni umugabo mwiza, ni Umukristo; ariko ntafite ubushobozi bwo gucunga neza umurimo ubyara inyungu. Ku bijyanye n'ubutunzi bugaragara inyuma, bene uwo mugabo ni umwana bwana.”** Ntabwo ababyeyi be bamureze bamwigisha gusobanukirwa no gushyira mu bikorwa amahame ajyana no kwirwanaho adateze amakiriro ku bandi.**

**Urugo rwa gikristo, p.88**



**Ababyeyi bagomba kuzirikana ko “uwiba ahetse aba abwiriza uwo mu mugongo”. Ibi bivuga ko ibyo ababyeyi bakora abana babareba, babyigiraho bakabigenderaho, bikaba inyigisho kuri bo. Bityo rero bagomba guharanira gukora ibikwiriye kugira ngo bibere abana babo urugero rwiza ruzabafasha nabo kuzubaka umuryango uhamye ubabereye kandi ubizihiye.**





**Imwe mu myitwarire ababyeyi bashobora kugira ikazinura abana kuzubaka umuryango:**

- **Kutita ku nshingano z'urugo.**
- **Kugaragarwaho ingeso mbi zitabereye umubyeyi: Ubusambanyi, ubusinzi, ubujura, amatiku, amakimbirane, imirwano n'intonganya mu rugo no mu baturanyi.**
- **Gutererana abana no kutabatega amatwi.**
- **Gusesagura umutungo w'urugo.**

## UMUSINGI UKOMEYE W'UBUZIMA BW'UMWANA



**Gusobanukirwa ko aho umwana akuriye, abo akurana nabo n'ibyo yumva, byose bimugiraho ingaruka zikomeye.**

**Aha twavuga:**

**Umuryango w'ibanze (papa, mama n'abana):**

**Umuryango ni isoko karemano umwana avomamo indangagaciro z'uwo azaba we amaze gukura. Mu muryango umwana ahakura byinshi by'ibanze.**



**Mu matorero, mu madini:  
Umwana ahigira imigenzo  
itandukanye ifite ingaruka ku  
myitwarire ye.**

**Mu miryango, mu bigo n'ahandi,  
abana barerwa n'abatari ababyeyi  
babo bwite: Abana bigira ku  
babarera imigenzo myiza cyangwa  
mibi.**

**Babyeyi rero, bitewe naho umwana  
akuriye bishobora gutuma avamo  
inyangamugayo cyangwa se  
ikirumbo. Uruhare rwanyu ni urwo  
kubayobora, mukabafasha  
guhitemo neza kandi igikwiye.**

**Niba ufite umugisha wo kugira ababyeyi bubaha Imana, bagishe inama. Babwire ibyo wiringiye n'imigambi yawe, wige amasomo ibyo banyuzemo mu buzima byabigishije, bityo uzarindwa ibigushengura umutima byinshi. Hejuru ya byose, gira Kristo umujyanama wawe. Iga Ijambo rye usenga.**

**Ubutumwa ku basore, p.435**

