A photograph of a young man and woman smiling warmly. The woman is in the foreground, wearing a light blue button-down shirt, with her arms crossed. The man is behind her, wearing a light purple polo shirt, with his arms around her. They are outdoors in a lush green field with trees in the background.

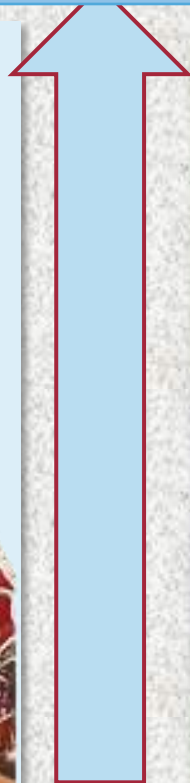
IBYANGIZA UBUMANZI N'UBUSUGI

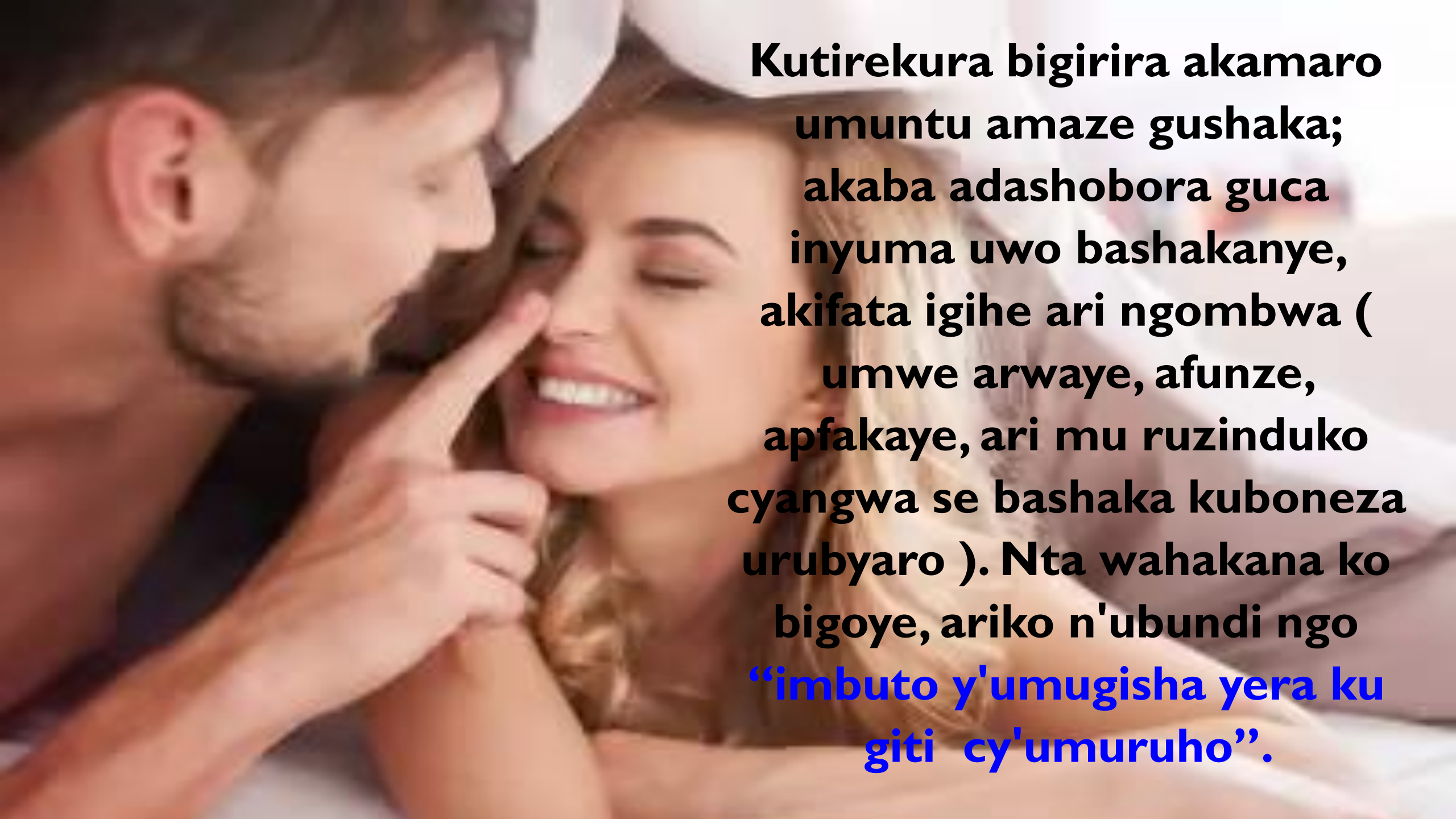
**HABIYAREMYE Edison
KAMINUZA SDA CHURCH
Family Ministries
0788549539 & 0738829694**

UBUMANZI N'UBUSUGI

- **Ubusugi n'ubumanzi ni imigenzo mbonezabupfura isigaye itoroshye muri ibi bihe turimo. Bamwe bati: “Ntibishoboka kuba isugi cyangwa imanzi kuri iki gihe kugeza wubatse urugo!” Abandi na bo bati: “Ni uburenganzira bwacu”. Ubwo burenganzira cyakora ku ba Kristo ndetse n'abandi batigiza nkana babyita ubusambanyi.**

Ukiri isugi cyangwa imanzi akwiye kubyishimira no gushimira Imana kuko yashoboye ibyo bamwe bavuga ko bidashoboka. **Uwirekuye na we, ashobora gutangira urugamba rushya rwo kwifata.**

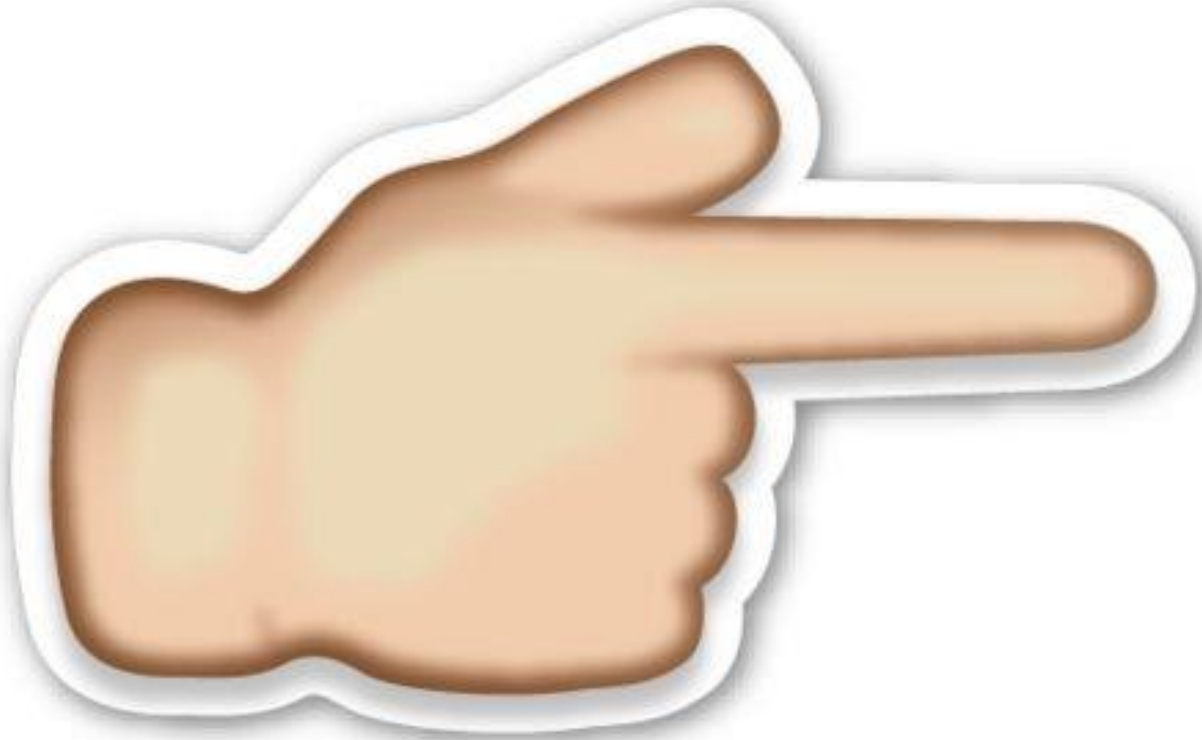




Kutirekura bigirira akamaro umuntu amaze gushaka; akaba adashobora guca inyuma uwo bashakanye, akifata igihe ari ngombwa (umwe arwaye, afunze, apfakaye, ari mu ruzinduko cyangwa se bashaka kuboneza urubyaro). Nta wahakana ko bigoye, ariko n'ubundi ngo **“imbuto y'umugisha yera ku giti cy'umuruho”.**



**Nta kintu cyiza
umuntu ageraho
kitamuvunnye
cyangwa
kitamusabye
kwihangana.**



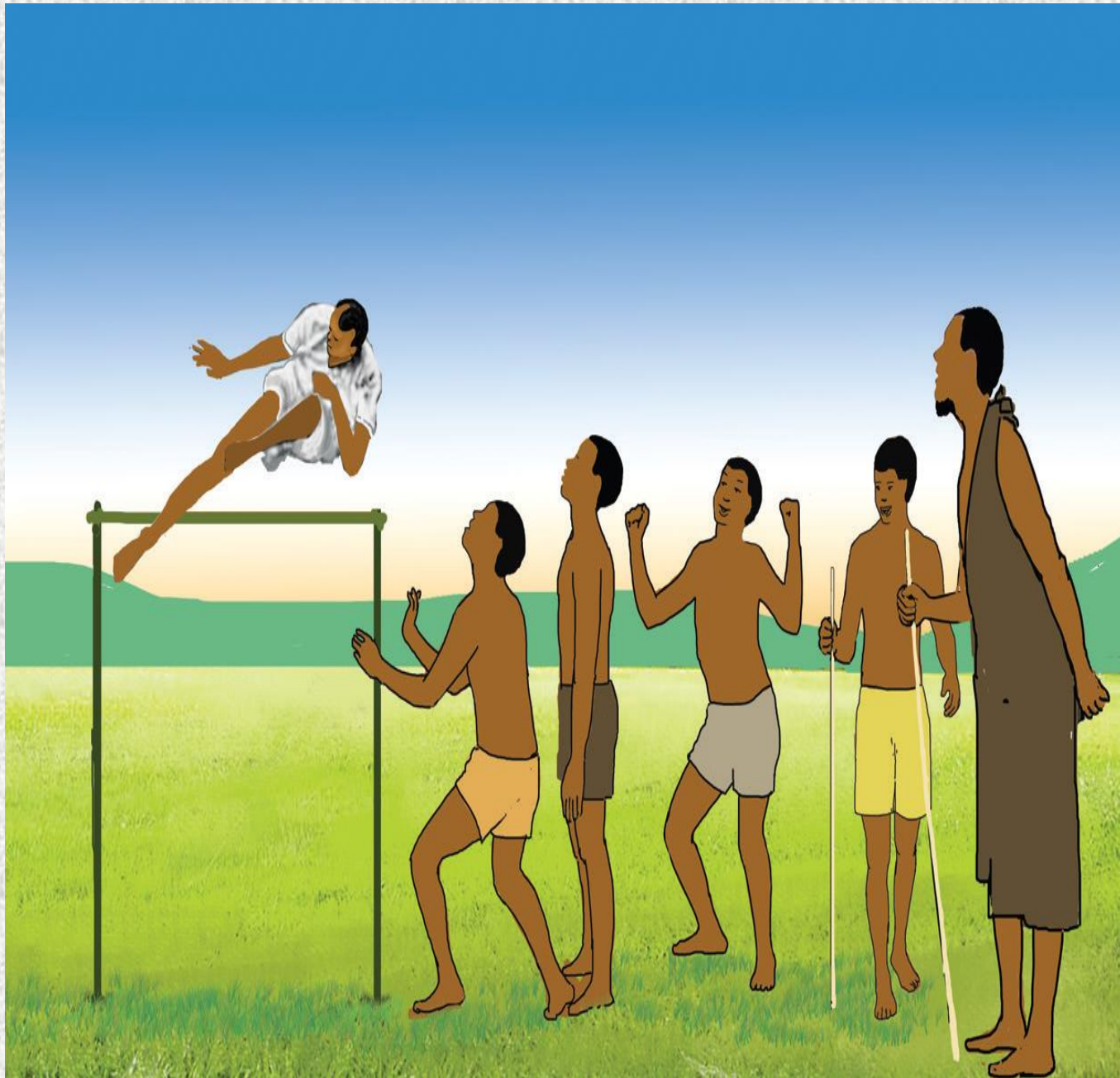
**Uko mu Rwanda rwo
hambere batozwaga
ibituma barinda ubumanzi
n'ubusugi**



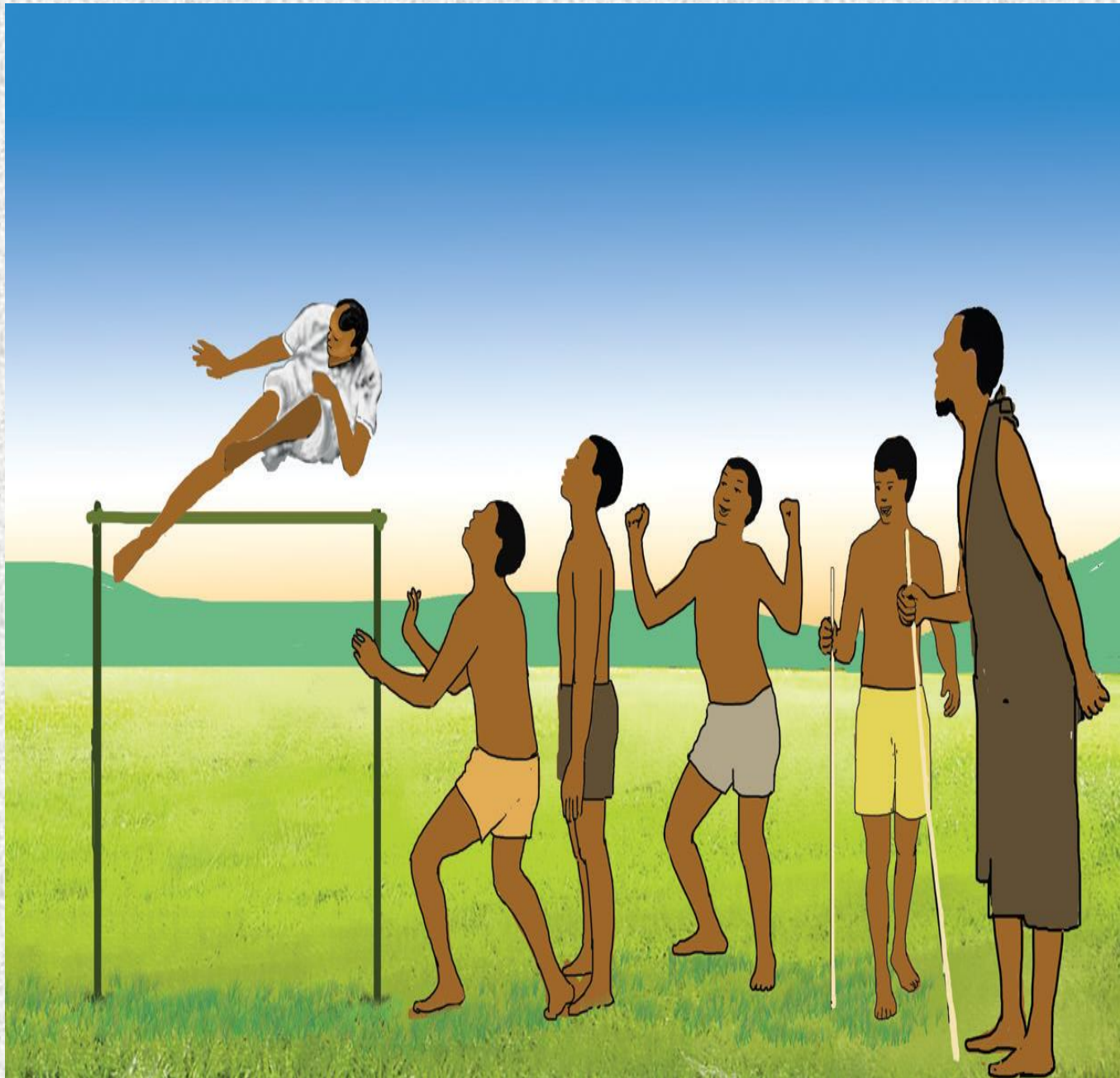
Abangavu baganirizwaga na ba nyirasenge na ba nyinawabo, bigatangira igihe umukobwa aprofunduye amabere bigamije kumutegurira kuzavamo umubyeyi mwiza ubereye umuryango ndetse n'igihugu. Ibyo biganiro byibandaga cyane kuri ibi bikurikira:



- **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.**



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 intwara
- Kwivuga

Akenshi

It's Sad But True



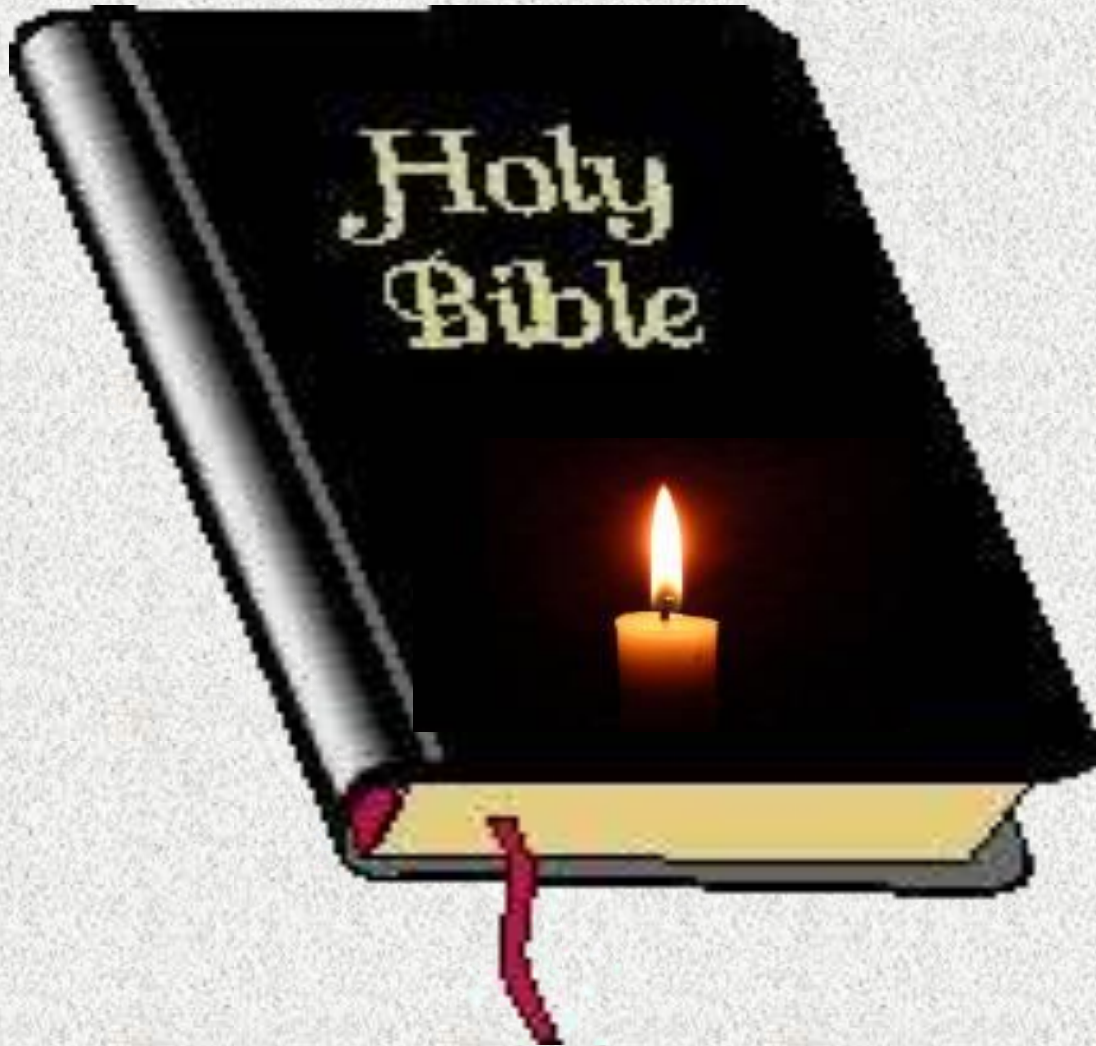
Birababaje ariko ni ukuri

**Ubushakashatsi
bwakozwe n' ikigo cya
Alan Gutt. acher
bwerekanye
Ko**

➤ **Abahungu 8/10**

➤ **N'abakobwa 7/10**

**biyemerera ko bakoze
imibonano
mpuzabitsina mu
bugimbi bwabo.**



**“RINDA UMUTIMA
WAVE KURUTA
IBINDI BYOSE
BIRINDWA, KUKO
ARI HO
IBY’UBUGINGO
BIKOMOKA.”
IMIGANI 4:23**

Ubwonko bugabanijemo ibice bitatu by'ingenzi:

1. Hari igice twakwita isoko
y'amarangamutima n'ibituzamo

2. Hari ikindi twakwita icyicaro
cy'ubumenyi, ibikorwa, intekerezo
n'ubwenge.

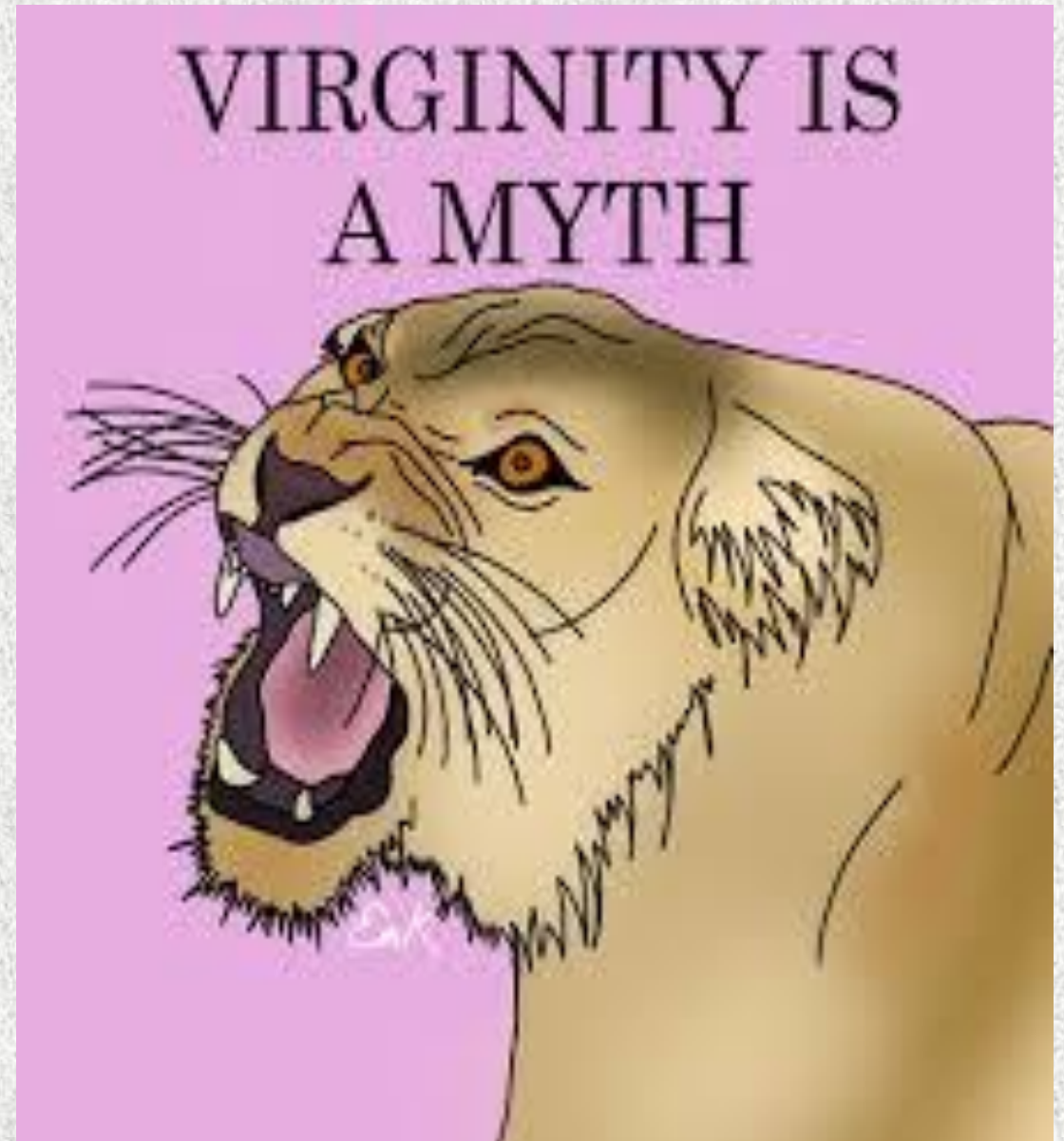
3. Igice cya gatatu cy'ubwonko ni cyo gice cyo kwitegeka,
kuzura nyakuri kw'amarangamutima n'uko umuntu
aramuka (humeur).





- **None ni izihe ngusho ziganisha abasore n'inkumi mu gutakaza ubumanzi n'ubusugi bwabo?**
- **Buri wese akwiye kumenya ingusho ye kuko abantu baratandukanye.**
- **Bityo buri wese agafata ingamba zo kwirinda inzira zikigendwa.**

- **Ese abantu bakundana koko, gukorana imibonano mpuzabitsina hari icyo bitwaye?**
- **Ese ni ngombwa gutegereza gushyingirwa?**
- **Ndacyari isugi/ imanzi; ubwo se ndi muzima?**



1. GUKORAKORA UMUNTU



Yaba ari umwasama n'umupfayongo, uwemera ko bamukorakora aho bashaka hose (Ushaka kwica ubukombe arabwagaza).




Nta mpamvu yo kugira uwo wemerera ko yakangura irari rivumbitse mu mubiri wawe.

Abahungu, baremye ku buryo imibiri yabo ishabuka vuba kurusha iy'abakobwa.

Ushaka kutisanga mu byo atatekereje, aziyame hakiri kare ushaka kumwifataho uko abonye kose.

- **Uwemera kubyinishwa cyangwa kuganirizwa bamupfumbase, yibwira ko byarangira bite?**
- **Abenshi ni abarangiza imitsi yareze, bagurumana ku buryo n'uwitonda ashobora kurekura amaferi.**
- **Abenshi ni abarangiza imitsi yareze, bagurumana ku buryo n'uwitonda ashobora kurekura amaferi.**

- **Umukobwa mu gihe cy'uburumbuke, kugwa kwe biba byoroshye kurusha mu kindi gihe. “ Oya rwose”!**
- **Kwirinda cyangwa guhakana ni ingirakamaro kandi ni ngombwa kuko burya “Imbeba iguguna umuhini yototera isuka”.**
- **N'ubwo abantu bose badateye kimwe, ariko guhura k'umubiri w'umuhungu n'umukobwa basanzwe bifitemo amarangamutima yo gukundana bishobora kubaganisha ku irari ry'ubusambanyi.**

A photograph showing the back of a person wearing a white t-shirt and blue denim jeans. A hand from another person, wearing a black jacket, is placed on the person's hip. The background is a blurred outdoor setting.

**Si byiza rero
kwikururira ikintu
cyose cyakujyana
aho utakwikura.**

**Ni nko kumera nka
ya nkunguzi
y'igikoba yikururira
amakara!**

1 Abakorinto 6:15 -18

Ntimuzi yuko imibiri yanyu ari ingingo za Kristo? Mbese noneho ntore ingingo za Kristo, nkazihindura ingingo za maraya? Ntibikabeho! Ntimuzi yuko uwifatanya na maraya aba abaye umubiri umwe na we? Kuko Imana yavuze iti “Bombi bazaba umubiri umwe.” Ariko uwifatanya n'Umwami Yesu aba abaye umwuka umwe na we. Muzibukire gusambana. Ibindi byaha byose umuntu akora bikorerwa inyuma y'umubiri, ariko usambana aba akoze icyaha cyo mu mubiri we.



2. IMYAMBARIRE Y'URUKOZASONI



Hari imideri igezweho ariko dukwiye kwitondera, dutandukanye abambara n'abo usanga mu by'ukuri bameze nk'abatambaye. None se kwambara akenda k'ubusabusa kerekana uko uteye wese cyangwa se gashotora irari ry'ukwitegereza, ukumva ko atari ukwikururira ibishuko?

Hari imyenda iganisha ku buraya, dore ko imigi igira iyo
ihimba amazina:



“Ndahari wese”,

“Ndagurishwa”,

“Karibu”,

Mbese mu kwambara neza byaba bimwe mu biranga imico myiza? Ubutumwa ku Basore, p.346,347



Isura igaragara inyuma akenshi nicyo gipimo ngenderwaho cyerekana ibiri mu ntekerezo, bityo dukwiriye kwitondera ibimenyetso dushyira ahagaragarira ab'isi ngo bacire urubanza kwizera kwacu. Dushaka ko mukurikira Yesu nk'abana bakundwa, kandi mu bintu byose bumvira ubushake bwe yagaragaje. Dushaka ko mushimisha Umucunguzi wanyu mushakana umwete wa murimbo w'imbere mu mutima.





Nshuti Basore, agatima mufite ko kwambara mukurikije ibigezweho, no kwambara ibikomo n'izahabu n'indi mirimbo kugira ngo mwigaragaze, ntabwo bene ako gatima kazatera abandi kuyoboka idini yanyu cyangwa ukuri muvuga ko mwemera. Abantu bafite gushishoza bazitegereza uko mugerageza kurimbisha isura y'inyuma maze bibe igihamya cy'uko mufite ibitekerezo bifite intege n'imitima y'ubwibone. P.346

**Imyambaro yoroheje,
iboneye, kandi ibakwiye niyo
nasaba bashiki bacu
b'inkumi kujya Bambara. Nta
bundi buryo bwiza mwatuma
umucyo wanyu umurikira
abandi bwaruta kwiyoroshya
kwanyu mu myambarire
n'imyitwarire. Mushobora
kwereka abantu bose ko
muha agaciro gakwiriye
iby'ubu bugingo
mubigereranyije
n'ibizahoraho.**

Ubutumwa ku Basore, p.346





Ubona
imyambarire ya
mugenzi we
yamutera ikibazo,
yamenya
kwizibukira hakiri
kare, agakuramo
ake karenge.



Gutumbira uwambaye ubusa cyangwa se uwambaye ubusabusa, kugeza ubwo amaso yavamo, si ukwitoza gutsinda irari ry'umubiri na gato.



© 2011 appitaizer co.

Nugera aho ubona
bikomeye, ujye
uhungishiriza amaso
yawe ku Mana,
uyisabe ugira uti:
"Ukebukishe amaso
yanjye ye kureba
ibitagira umumaro,
Unzurire mu nzira
zawe."

Zaburi 119:37.



FLEE
FROM
TEMPTATION

Si byiza rwose
kwigabiza inzira
irimo ubunyerere
kandi ubibona.
Guhunga ikibi
n'ibigikomokaho ni
yo nzira nziza yo
kugitsinda.

3. IMIKO RESHEREZE MIBI Y'IKORANABUHANGA



Ntidushobora kuvuga
iby'ubusugi
n'ubumanzi ngo
turenze amaso
ingingo ijyanye n'uko
ikoranabuhanga
ryifashishwa muri iki
gihe.

I. Amafoto/amashusho

Kuri iki gihe rero hari abatamenya cyangwa bakirengagiza nkana uruhare ishusho ifite, hanyuma bakitegeza amafoto mabi ashobora gukangura irari ry'ubusambanyi muri bo ndetse bikaba byatuma babugwamo ku buryo bworoshye: aha twavuga nk'abantu batunze amafoto y'abambaye ubusa muri telefoni zabo, ku mamashini yabo ndetse n'ibindi bifite ubushobozi bwo kubika.



2. Amafilimi

Ntitugomba guhanga amaso filimi z'ubusambanyi (filme pornographique) kuko ni ukwirengagiza uburemere ishusho igira mu bitekerezo by'umuntu! Ni byo kwirinda rero. **Rubyiruko rero mu byo mureba kandi mwohererezanya, nimushishoze igishimisha Imana, Umubyeyi udukunda kandi ushaka ko tubaho mu byishimo nyabyo.**





Mbese nawe ukunda Chat ko ari zo zasimbuye inzandiko?

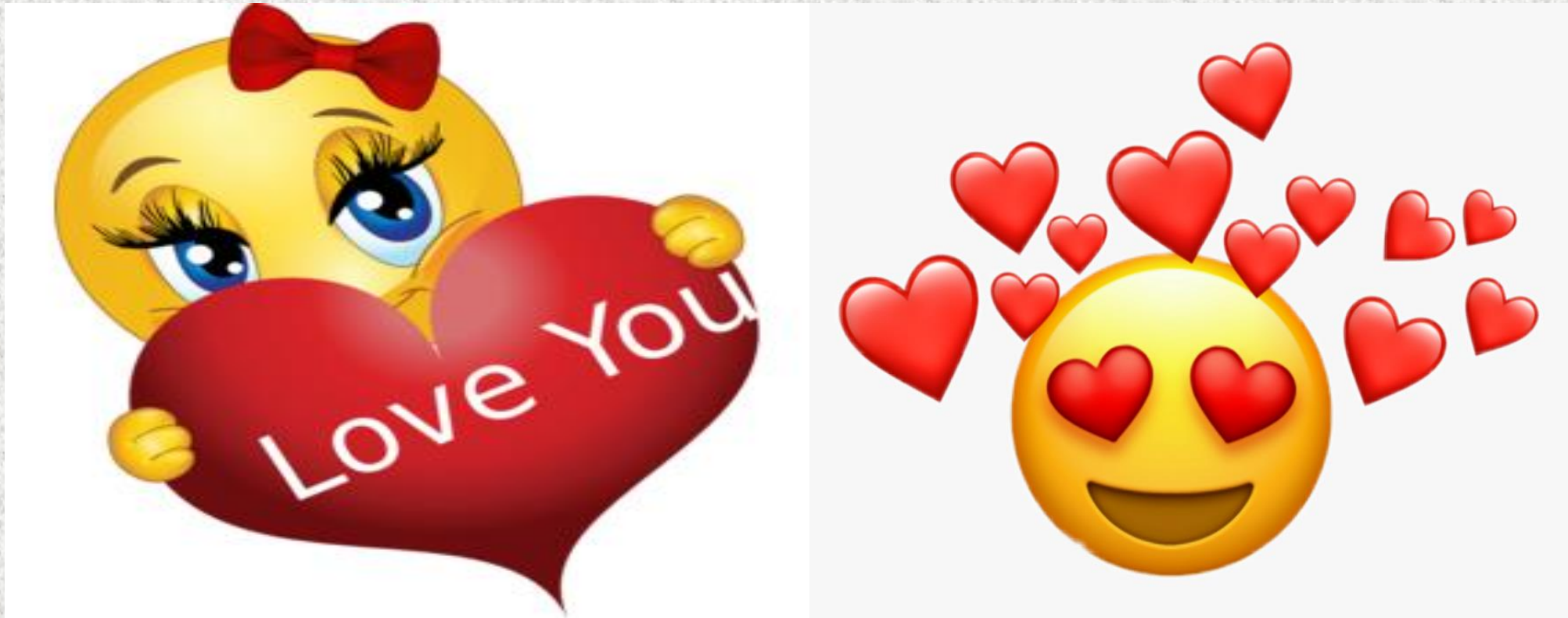
Ibisubizo- Nkunda CHAT CHAT CHAT- Nkunda Stickers- Nkunda images

Hari ubwo rero chat zuzuye urukundo zifata indi ntera maze zikazamo na stickers.

Iyo chat zagurumanye cyane rero hari igihe bigera ku rwego nawe ubwawe utabasha kubigarura.

Abari mu rukundo mbifurije ubunani buryoshye kandi rwogere hose.

**Wari wandikirana maze hagatangira
kuzamo udushusho tw'imitima ???????**



Iyo chat yashyushye cyane hari ka message kazamo karyoshye kandi na none harimo ngo **"urimo kuntera amatsiko"** **"wanyeretse se uko wiriwe"** **"none se ubwo mbonye iki?"** **"Ngukumbuye kurushaho unyeretse nibura amarembo ya Yerusalemu (Ibiberu)"**

Bukeye bwaho noneho bihindura isura ati **"urasabwa kunyereka mu murwa hagati (Sex)"**





**Waba uzi aho ibyo
babonye werekanye
bizagarukira???**

**Waba uzi neza ingaruka
bizakugiraho???**

**Waba uzi neza ko
kubura kwiyubaha no
kwizigama ari cyo
cyatumye uhinduka biri
hanze???**

4. Inshuti mbi



“Mbwira uwo mugendana ndakubwira uwo uri we”
Kandi ngo: **“Ihene mbi ntawe uyizirikaho iye”**. Ibi biragaragaza ko ari byiza kwirinda inshuti mbi. Ijambo ry’Imana na ryo riratanga inama zo kumenya guhitamo inshuti nziza zafasha umuntu kugera ku cyiza.

4. Inshuti mbi



“Ntimuyobe, kwifatanya n'ababi konona ingeso nziza.” (1 Abikorinto 15:33); kandi ujye umenya ko “Ugendana n'abanyabwenge azaba umunyabwenge na we, Ariko mugenzi w'abapfu azabihanirwa.” (Imigani 13:20; 1:10).

5. Gusohokana cyangwa gutemberana kure



Gusohokana cyangwa gutemberana kure cyane hashoboka, kuba ahantu hiherereye cyangwa hatabona muri mwembi igihe kirekire. Ibi bihumira ku mirari iyo bihuriranye na za ngusho tumaze kuvuga hejuru. N'ubwo mwaba mwitwaje kujya gusenga, kugenza kuriya ni ukwigerezaho. Ni ukwitegeza Satani kuko na we akunda ahari umwijima.



Gihamyana ni abata ubusugi n'ubumanzi mu muhuro, mu tuzu bita “ibibahima”, mu byumba byihishe byo mu tubari, mu byumba bitazwi by'amasengesho, mu mashyamba no mu mayira bitwikiriye ijoro. Muri make ahantu hose washyikiranira n'undi, ubona ko nta wagutabara igihe bikomeye, ni aho kwitonderwa.

**Chorale ninjiyemo ngeze muri
Kaminuza harimo umuhungu
umwe nahageze agiye kwiga
hanze, ubwo yazaga muri
vacances rero Choir yagiye
kumusura nje sinajyayo kuko
nari mfite ama examens muri
iyo minsi.... nuko bavuyeyo ku
bukeye bwaho arampamagara
ati kuki utazanye n'abandi
kunsuhuza ndamubwira nti
nari mpuze kubera
preparations za examens,**



**Ati cadeau yawe rero yasigaye
aha ni wowe utaraje ni ukuza
kuyireba, nanjye rwose nta
bwoba namba ikizami
kirangiye ndashorera njya
kumureba, umva rwose nagiyeye
numva ngiyeye nko kureba
musaza wanjye mukuruuuu ,
turaganira dutera stories kuko
nkunda kuganira cyane pe ,
ariko amasaha mbona aricumye
ndamusezera ati nukuri
wakoze kuza kunsura, umukozi
we yari yamutumye agenda
muti wa mperezayo,**



**Nuko aba aranyegereye
arampobera bimwe byabachou
wamugani w'abubu, nanjye
rwose ndamuhobera singiye
kumurekura ngo muhereze
ikiganza yanga kundekura,
dutangira kurwana ashaka
kunsoma ndanga, ewana
simbabeshye najyaga mvuga
nti ibyambayeho ntibyasubira
ngana uku, ariko pee,
byarangiye andushije imbaraga
amateka nari ntangiye
kwibagirwa yisubiramo....**



**Mbega agahinda mwa bantu mwe,,
muri ayo mezi hakurikiyeho
n'ibibazo byo kubura umuntu mu
muryango byombi birivanga kandi
umuco wandemetsemo wo
guceceka nawo warakomeje pe,
kuko naravugaga nti ese ubu koko
nabwira umuntu ngo ngwiki ko
arinjye wijyanye muri icyo gihe
nataye ibiro 14 ntagukabya kurimo
kandi ni mugihe kitagera ku
mwaka.... **Bakobwa bagenzi banjye
umuhungu/umugabo utari so
ntuzamwizere ndakwingiininze.
Harimo abeza yeee ariko
ntibapimishwa ijisho kdi kwirinda
biruta kwivuza.....****



6. Kwemera impano cyangwa “kado” z'ubuhendabana



Impano zimwe na zimwe ni izo kwitondera (Lifuti, telefoni, amafaranga, ibinyobwa, imyambaro, n'ibindi), hari impano zimeze nk'umwenda uzishyurwa kwandavuzza imibiri yacu, kandi twibukeko imibiri yacu ari insengero z'Umwuka Wera.

Abahawe impano zimeze gutyo ntibanyurwa, bahora biteguye kwakira n'izindi aho zava hose (Hari imigani myinshi itsindagira iki gitekerezo:



**“Akabaye icwende ntikoga,
niyo koze ntigacya**

**“Agatoki kakombye gahora
gahese”**

“Aho yonnye ihoramo”

**“Akaboko kamenyereye kwakira
gahora karambuye”, n'indi
myinshi**



**Irari ry'ibintu no kwifuza
ibidaciye mu buryo bigusha
bamwe mu ngeso
y'ubusambanyi.**

**Uko yambara, uko asuka cg
asokoza, uko atembera byose
abikura mu mifuka y'abandi,
ibi ni imico itabereye
abatahajuru.**

**Imigani 12:9 “Kuba uworoheje
wifashije ni byiza, ni byiza
kuruta uwikuza atagira
ikimutunga.**

7. Ibisindisha n'ibiyobyabwenge

Nk'uko bikunze kugaragara, uwasinze cyangwa se uwafashe ibiyobyabyenge, ubwenge bwe bumera nk'ubwahumye. Nta gutekereza cyane biba biri mu muntu. Na za ngaruka zose ntaba akizitinya.

Uwasindishijwe n'inzoga cyangwa se ibiyobyabwenge, asamazwa n'ibyo asanganywe mu ngeso ze.



I Petero 5:7-10 “Muyikoreze amaganya yanyu yose, kuko yita kuri mwe. **Mwirinde ibisindisha mube maso, kuko umurezi wanyu Satani azerera nk'intare yivuga ashaka uwo aconshomera.**

Mumurwanye mushikamye kandi mufite kwizera gukomeye, muzi yuko bene Data bari mu isi muhuje imibabaro. Kandi Imana igira ubuntu bwose yabahamagariye ubwiza bwayo buhoraho buri muri Kristo, izabatunganya rwose ubwayo ibakomeze, ibongerere imbaraga nimumara kubabazwa akanya gato.



8. Amasonisoni no gutinya



Abanyarwanda tuvuga ko isoni zirisha uburozi. Kutamenya guhakana hakiri kare, bishobora kugira ingaruka zo kugwa cyangwa kugushwa mu cyaha cy'ubusambanyi. Ntukwiye kugira isoni zo kuvuga "Oya" igihe cyose usabwa ibinyuranye n'ibyo umutima wawe wemera kuko bifasha ku mpande zombi.



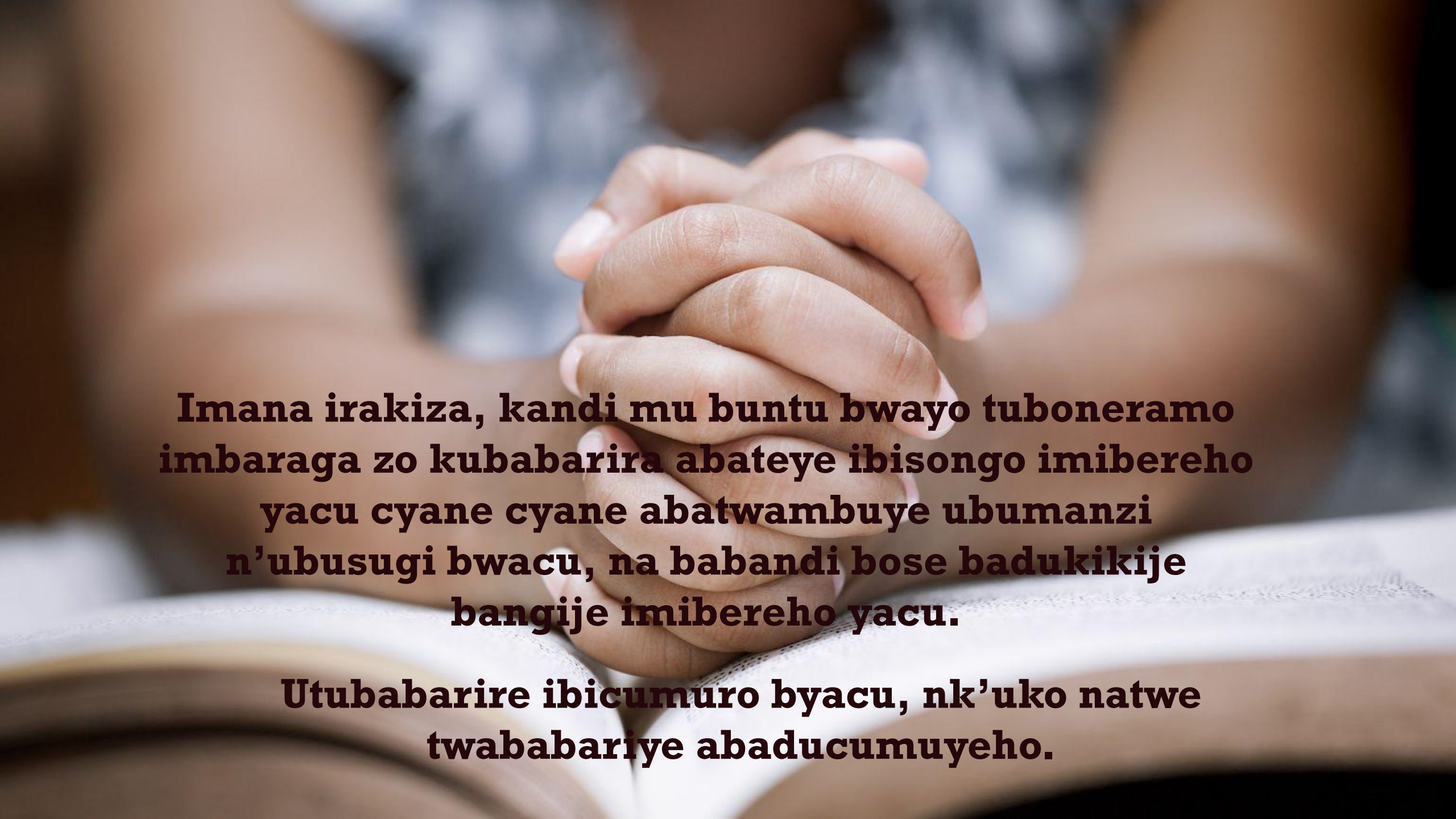
**Nk'uko Ijambo ry'Imana
ribidushishikariza,
“Yego” yacu ikwiye kuba
“Yego”, na “Oya” yacu
ikaba “Oya” (Matayo
5:37). Ntibikwiye ko
umuntu yagira isoni zo
gufata icyemezo gikwiye
ku bireba ubuzima bwe
bwite.**



**Ntawe ukwiye
kwitwaza ko yaguye
mu cyaha kuko atari
abizi cyangwa atazi
ingaruka zacyo.
Ingaruka z'ikibi
zirazwi. Ikibi n'igisa
na cyo kijyana mu
rupfu.**



**Imana ikiza amarangamutima
yacu yangiritse agasenya
ubuzima bwacu bwose ndetse
akadusenya uko twakabaye.
Imana ihindura ibyo twibuka
biteye ubwoba byo mu
mibereho yacu
ikabihinduramo ingero nziza
z'abahinduwe n'ubuntu bwayo
kandi uko dukomeza gukorana
nayo niko turushaho
guhindurwa mu ishusho yayo.**



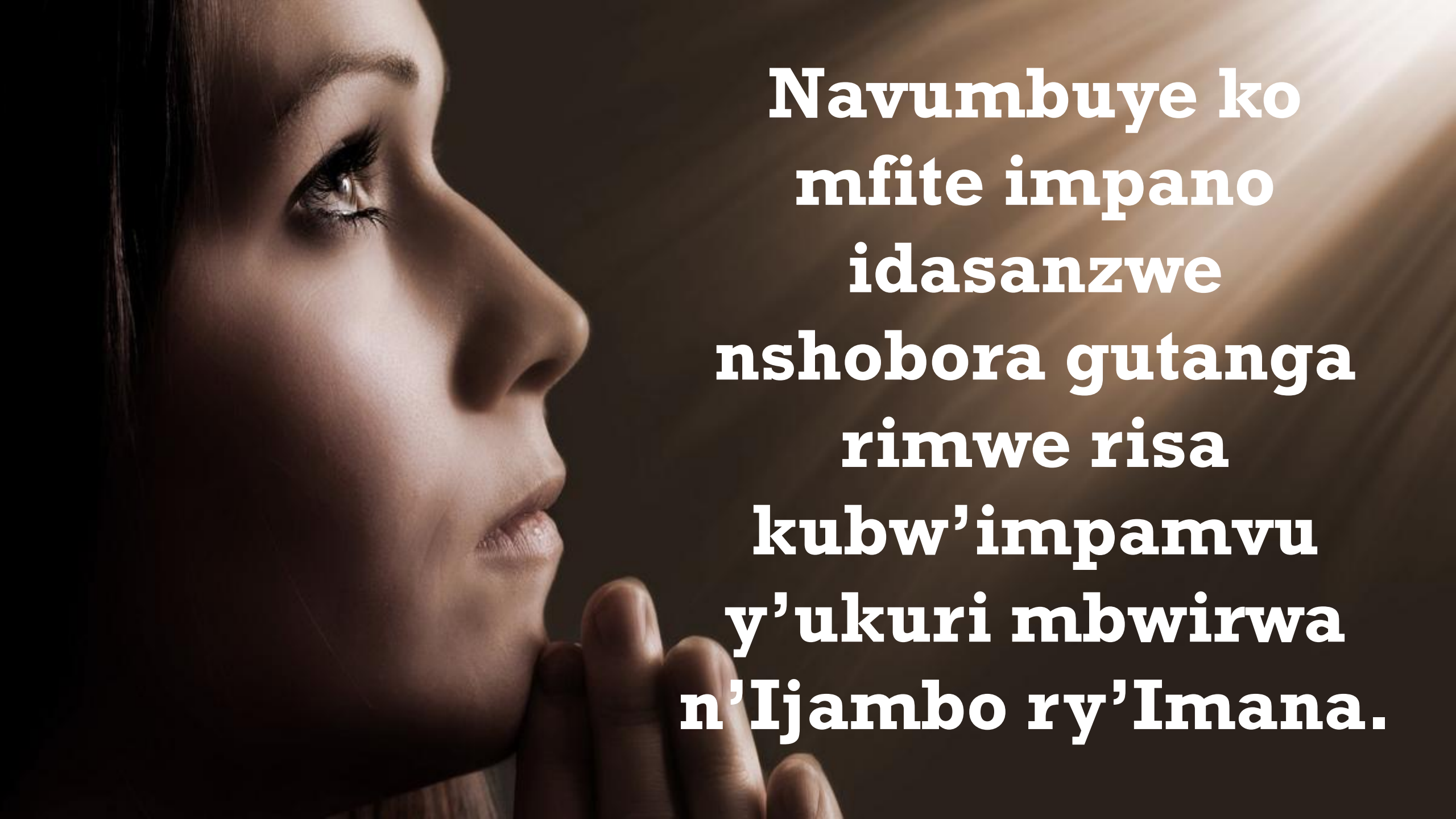
Imana irakiza, kandi mu buntu bwayo tuboneramo imbaraga zo kubabarira abateye ibisongo imibereho yacu cyane cyane abatwambuye ubumanzi n'ubusugi bwacu, na babandi bose badukikije bangije imibereho yacu.

Utubabarire ibicumuro byacu, nk'uko natwe twababariye abaducumuyeho.



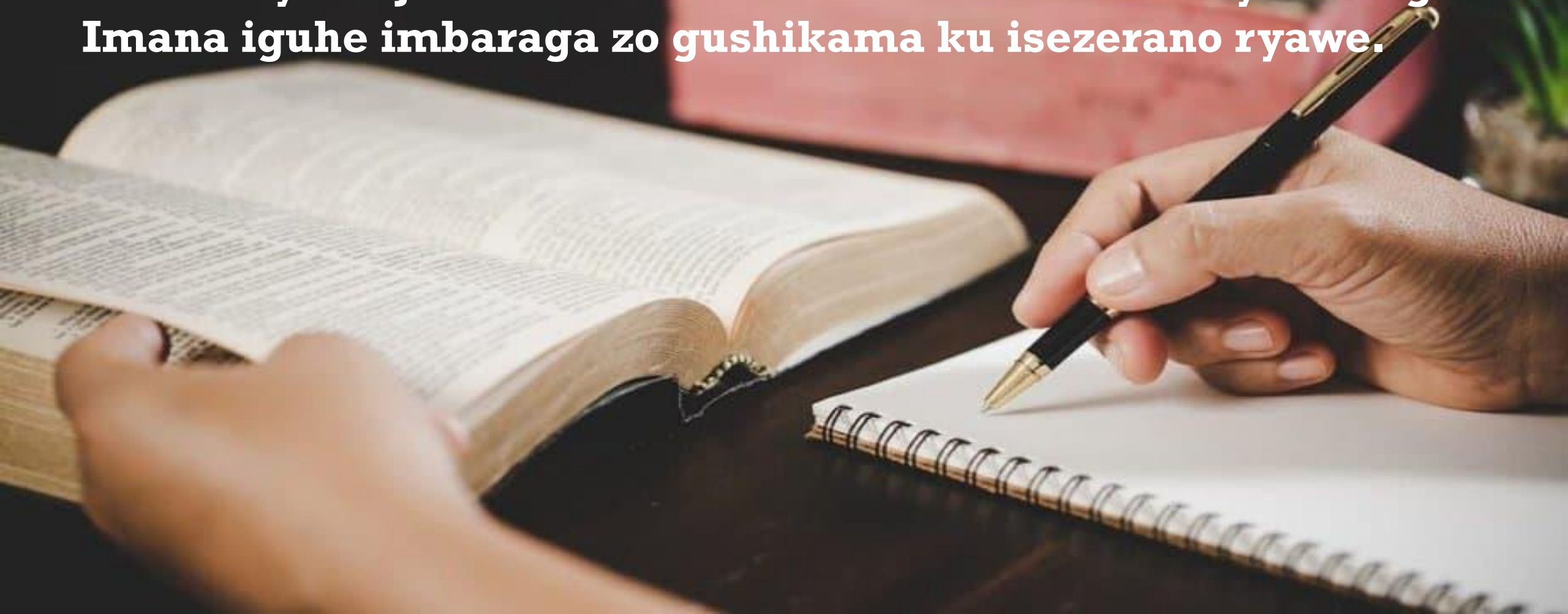
**Yesu arunamuka
aramubaza ati “Wa
mugore we, ba bandi
bakuregaga bari he? Nta
wuguciriyeho iteka?” Ati
“Nta we Databuja.” Yesu
aramubwira ati “Nanjye
singuciraho iteka, genda
ntukongere gukora
icyaha.” Yohana 8:10,11**

**Ntabwo Imana irajwe
ishinga no kuduciraho
iteka.**



**Navumbuye ko
mfite impano
idasanzwe
nshobora gutanga
rimwe risa
kubw'impamvu
y'ukuri mbwirwa
n'Ijambo ry'Imana.**

Fata igihe wowe ubwawe wandike isezerano ryawe bwite ku byerekeye ahazaza hawe ryerekeranye n'imyitwarire yawe ku byerekeye imibonano mpuzabitsina. Ni iki witeguye gukora? Ni iki wiyemeje kuzatazakora? Noneho fata umwanya usenge Imana iguhe imbaraga zo gushikama ku isezerano ryawe.





**Uwiteka Imana Umuremyi wanjye! Nziko muri kuri uzi neza uwo ndiwe!
Simbasha kukwihisha kuko uransobanukiwe, nubwo nabigerageje
kenshi. Ariko kandi nshimishijwe nuko umbona nk'uko ndi by'ukuri,
kubera bitansaba kukwisobanurira. Ndemera ibyaha byanjye,
by'umwihariko icyaha cyanjye uyu munsi cyerekeye mu mibonano
mpuzabitsina.**

**Ndabyemera ko nakoze ibidakwiye namba, kandi ntabwo ndimo
kwishakira kugirirwa impuhwe. Ndi nyirabayazana w'ibikorwa byanjye
bibi. Ariko ndifuza kubabarirwa nawe.**



Ikirenze kuri ibyo, ndifuza kongera guhindurwa mushya, nk'uko wabisezeranye. Ndifuza kubaho ntakiri imbata y'ubusambanyi ukundi. Ndifuza kubaho nshoboye kuvuga nti "Oya" ku kigeragezo, no kunezezwa no kubaho imibereho yubahisha izina nkoresha igitsina wampaye mu buryo bukwiye. Ndakwinginze Uwiteka nkiza kwangirika natewe n'ubusambanyi, mfasha mubyeyi mwiza kubabarira abangije imibereho yanjye bose, kandi umpe imbaraga zo kubaho nk'uko ushaka. Nizeye ko witeguye kubinkorera Uwiteka nshuti yanjye mu izina rya Yesu!