



# IBYIBANZE MU RUSHAKO

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# Urushako ruhebuje



- Kugera ku munezero ushyitse mu gushyingiranwa bishobora kuba kimwe mu bigoye kugerwaho mu mirebeho ya muntu.
- Urushako runejeje kandi ruhebuje ni kimwe mu bintu bikomeye umuntu abasha kugeraho ariko kandi igihe kibonetse kizanira umunezero mu nguni zose z'imibereho ye.

**Nubwo bimeze bityo,  
abantu ntibishimira  
kubaho ari bonyine  
bakunda  
gushyingirwa. Ni ikintu  
gikomeye kandi  
kigoye kubaho uri  
ingaragu.**

**Being single** is better than  
being lied to, cheated on,  
and disrespected.





**Imibare igaragaza ko gutandukana kw'abashakanye bigeze kuri 50%. Iyo abashyingiranwe bose bari munsi y'imyaka cg bataye ishuri bakajya kwibanira, gutandukana kwabo kuri 80%.**



**Nubwo imibare iteye ityo dukomeza kwihutira gushyingiranwa ariko kandi ni nako gutandukana kw'abashakanye kwiyongera. 4/5 barongera bagashyingirwa nibura imyaka 5 nyuma ya gatanya cg imyaka 3 ya gatanya yabo. Ariko ikintu giteye agahinda nuko 50% by'abo bantu nubundi bongera kwisanga muri gatanya.**

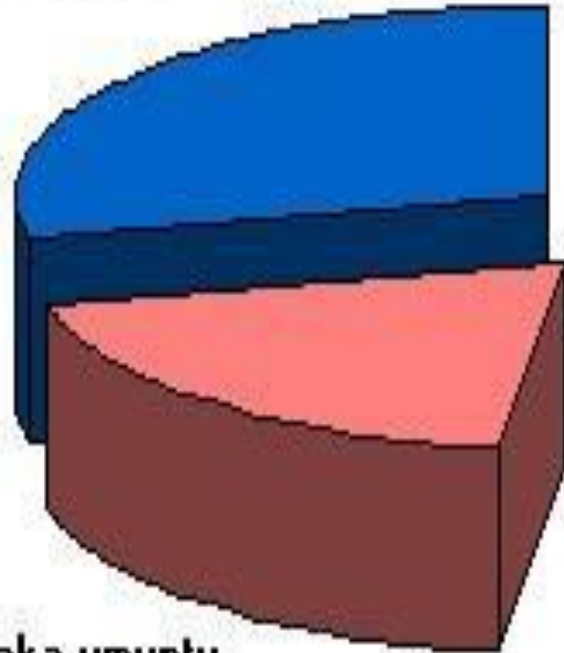


**Dufite icyifuzo cyo gushyingiranwa ariko ingorane iriho nuko benshi muri twe ntibasobanukiwe n'ikigomba gukorwa ngo gushyingirwa kurambe kandi kubagirire umumaro.**

**None se bitumariye iki gukomeza gushyingirwa mu gihe bigaragara ko iyi ari imwe mu ngingo igoranye mu mibereho ya muntu?**

# Icyegeranyo gikurikira cyerekana impamvu zinyuranye zituma abantu bashaka abagore cg abagabo:

Kubera urukundo 29 %



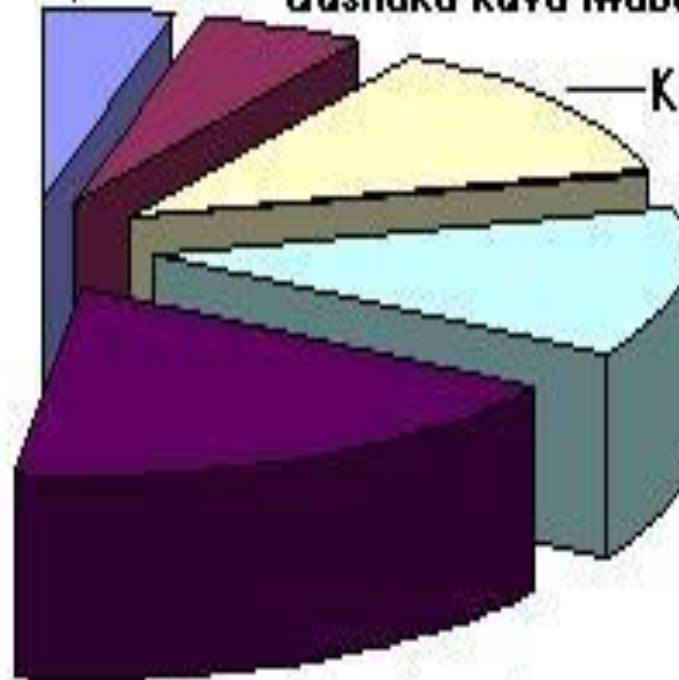
Kubwo gushaka umuntu wo gukorana na we imibonano 19%

Kubera gutwita 4%

Gushaka kuva iwabo 5%

Kwifuza abana 12%

Kwanga kuba wenyine 13%



Kubera ko aringombwa gushaka 18%



**Isezerano ry'urukundo  
n'umunezero rigaragara  
nk'iryo kwifuzwa ku buryo  
abantu baba bumva ko buri  
kimwe cyose  
bazakihanganira.  
Nubwo amatangazo  
yatangwa hose ndetse  
bigatangazwa mu  
bitangazamakuru ko 50%  
by'abashyingiranwa  
birangira batse gatanya,  
abantu bakomeza  
bagashyingiranwa.**



**Ku bagabo n'abagore benshi intsinzi mu mibereho yabo no gutsindwa kwabo n'icyizere gihamye cy'ubuzima bw'ahazaza bitangirira ku munsu w'ubukwe bwabo. Nifuzaga kugaragariza no kwereka abasore akaga kabugarije by'umwihariko agakomoka mu kubaka ingo zitarimo umunezero.**





**Ibirori byo gushyingirwa ni  
ibihe byiza cyane,  
bishimisha kandi  
birangwamo umunezero.  
Iyo umukwe n'umugeni  
bahagaze ku ruhimbi,  
bafatanye mu biganza,  
barebana mu maso,  
bavuga amaserano  
bagiranye yo kubana, baba  
buzuye ibyishimo  
n'ibyiringiro.**



**Abashyngiranwe bose  
baba bizera ko urukundo  
rwabo rudasanzwe,  
ndetse gushyngiranwa  
kwabo kukaba gukomeye  
cyane ku buryo  
bazakomeza kubana baba  
*“ari bazima cyangwa  
barwaye”* ndetse *“mu  
byiza no mu bibi.”***

# Byarahindutse

- Iyo abashakanye bombi bumvise ibyerekeye umubare munini w'ingo zitandukana,
- Boroshya indahiro zo gushyingiranwa kwabo
- Bahindura amagambo ari mu ndahiro isanzwe imenyerewe.
- Ubu indahiro zimwe z'abashyingiranwa ziravuga ngo: ***“Tuzabana igihe cyose twembi tuzaba tugikundana”***
- Aho kuvuga ngo ***“tuzabana igihe cyose twembi tuzaba tukiriho.”***



**Inkuru nziza ni uko  
abashakanye  
bashobora gukomeza  
kubana mu rushako  
rwabo mu buzima  
bwabo bwose bishimye,  
bakagabanya cyane  
guhanga yika, kandi  
ntibazigere  
bakandagira mu nkiko  
za gatanya.**



**None se uyu  
muryango  
wagerwaho ute?  
Niba wifuza urushako  
rwiza, ishyingirwa  
rirambye? Hari  
iby'ibanze ukwiye  
kumenya mbere yo  
gushaka?**

**Kubaka urushako rwiza ni nko kubaka inzu. Bisaba kugira umugambi uhamye no kwiyemeza gukora cyane.**



*Lequel  
de vous*

**S'IL VEUT BÂTIR**

**UNE TOUR**

**NE S'ASSIED D'ABORD POUR**

**CALCULER LA DÉPENSE**

*- Luc 14:28 -*

**Luka 14:28-33**





28“Ni nde muri mwe ushaka kubaka inzu y'amatafari ndende, utabanza kwicara akabara umubare w'impinya zayubaka, ngo amenye yuko afite izikwiriye kuyuzuza? 29Kugira ngo ahari ataba amaze gushyiraho urufatiro, akananirirwa aho atayujuje, maze ababireba bose bagatangira kumuseka bati 30‘Uyu yatangiye kubaka inzu, ariko ntiyabasha kuyuzuza.’ 31“Cyangwa se hari umwami wajya kurwana n'undi, ntabanze kwicara ngo ajye inama yuko yabasha gutabarana n'ingabo ze inzovu imwe, ngo arwane n'umuteye afite ingabo ze inzovu ebyiri? 32Bitabaye bityo, wa wundi akiri kure cyane atuma intumwa ze, akamubaza icyo yamuhongera ngo babane amahoro. 33Nuko rero namwe, umuntu wese muri mwe udasiga ibyo afite byose, ntashobora kuba umwigishwa wanjye.





**KUBAKA inzu bisaba imyiteguro ikomeye. Ugomba kubanza gushaka ikibanza n'igishushanyo mbonera kigakorwa mbere yo kubaka fondasiyo. icyakora, hari ikindi kintu cya ngombwa. Yesu yarabajije ati “ni nde muri mwe ushaka kubaka inzu y'amatafari ndende, utabanza kwicara akabara umubare w'impinya zayubaka, ngo amenye yuko afite izikwiriye kuyuzuzaza?” —  
Luka 14:28**

- Uko ni na ko bimeze ku muntu ushaka kuzagira ishyingiranwa ryiza.
- Hari abantu benshi bavuga bati **“ndashaka kurushinga.”**
- Ariko se, ni bangahe babanza gutekereza ku cyo ibyo bisaba? N’ubwo Bibiliya ivuga neza ishyingiranwa, ntiduhisha n’ibibazo bishobora kuvuka mu ishyingiranwa
- Imigani 22:18 “Mbese abagambirira ibibi ntibaba bayobye? Ariko abagambirira ibyiza bazabona imbabazi n’umurava”
- **1 Abakorinto 7:28 “Icyakora warongora nta cyaha waba ukoze. N’umwari yashyingirwa nta cyaha yaba akoze. Ariko abameze batyo bazagira imibabaro mu mubiri ku bwanjye nakunda kuyibakiza.**
- Ku bw’ibyo rero, abifuza kurushinga bagomba gushyira mu gaciro bakamenya ko mu ishyingiranwa habamo ibyiza n’ibibi.

## **Mwubakire urushako rwanyu ku rukundo nyakuri**



**Urukundo nyakuri rusaba ko buri wese mu bakundana asobanukirwa ibyo undi akenera kandi akaba rimwe na rimwe afite ubushake bwo kwiyanganga no kwigomwa bitewe n'imibanire yabo bombi.**

**Urukundo nyakuri rusaba imbaraga nyinshi no kwitanga ariko rutuma dukomeza kwiyemeza kugira urushako rwiza bihebuje mu buryo bushoboka bwose.**



# IBYO UKWIYE KUMENYA MU RUKUNDO

- **1. Nukunda umuntu ntuzakunde**
- **Uzagukemurira ibibazo ahubwo uzakunde utazemera ko uheranwa nabyo wenyine.**
- Inshuti nyayo ntigukemurira ibibazo ahubwo yo ubwayo n'iyo ufite ibibazo uyibonamo igisubizo.
- **2. Gukundwa ni icyifuzo ariko gukunda ni amahitamo y'umutima, ntuzigere na rimwe uhatira umuntu kugukunda kuko anagukunze kuko wamuhendahenze ntirwaba ari urukundo byaba ari impuhwe.**
- **3. Ntukemerere uwo ukunda ikitakurimo kugira ngo yishime ahubwo ujye utinyuka kumubwira ikikurimo wenda ababare ariko utamwiyeretse uko utari.**
- **4. Uzaharanire kwangirwa uwo uriwe aho kwemera gukundirwa uwo utari we. Ba uwo uri we, garagara uko uri kandi ube wowe ubwawe uzabikundirwa n'uzanyurwa n'uwo uri we.**

- **5. Ntugakunde umuntu kuko abandi bamushima cyangwa bamukuratira, uzamukundire ko wowe ubwawe wumva akunyuze kandi wumva umukunda utabyihatamo.**
- **6. Nujya ubona ikosa cyangwa inenge mu myitwarire y'uwo ukunda ntukabimuhishe ngo akunde yishime, jya umuhana mwiherereye ariko nimugera mu ruhame umurengere.**
- **7. Ntuzigere wumva amabwire ngo agutanye n'uwo ukunda ariko kandi nunayumva ntugaterere agati mu ryinyo ahubwo bijye biba intandaro yo kwisuzumira ukamenya ukuri kw'ibintu.**
- **8. Ntuzigere na rimwe wishyiramo ko ugomba gukunda umuntu wiringiye ko uzamuhindura, niba uko ameze ubu wumva bitakunyuze wikumva ko ugomba kumukunda akazabona guhinduka nyuma.**

- 9. Ntuzigere uhubukira gukundana n'umuntu kandi ntuzigere ukundana kuko n'abandi bakundana, uzakundane kuko wumva ubishaka kandi bikurimo ntuzabikore wigana abandi.
- 10. icyemezo cyo gutangira gukundana uzabanze ugitekerezeho bihagije kuko igihe cyose utandukanye n'uwo mwakundanaga uba uhombye byinshi birimo igihe ndetse n'ibikomere ku mpande zombi. Ntuzarote na rimwe ukundana n'umuntu wumva ko ari ukwikinira, wumva ko ari ukuba wishimisha gusa, uzitonde ubikore ufite intego na gahunda ihamye.



**Bisaba iki ngo  
umuntu abashe  
gukunda  
byuzuye?**





## **1 Yohana 4:19**

**“Turakunda kuko ariyo yabanje kudukunda.” Umuntu wakiriye urukundo rw’ Imana nk’ uko yarwerekanye muri Kristo, bimuha ubushobozi bwo gukunda, nk’ ingaruka y’ urukundo yakunzwe muri Kristo. Ni ukuvuga ko, kugira ngo abashakanye bagire urugo rwiza, bombi bakwiriye kuba barakiriye Urukundo rw’ Imana muri Kristo.**



**Abaroma 5:8** “Ariko Imana yerekanye urukundo rwayo idukunda ubwo Kristo yadupfiraga tukiri abanyabyaha.”

Imana gutanga umwana wayo ngo apfe mu mwanya w’ abantu bayigomeye, ni urugero rukomeye rw’ urukundo. Bibiliya igereranya urukundo umugabo akwiye gukunda umugore we n’ urwo rukundo rwatumye Yesu yemera kwitangira umuntu w’ umunyabyaha.



**Bisaba rero ko abashakanye, buri wese ku giti cye, bakira urwo rukundo rw' Imana muri Kristo; kugira ngo babashe kwigira kuri urwo rukundo gutanga cyangwa kwakira urukundo nyakuri mu rushako rwabo.**

**Ukuri kwa mbere ukeneye kumenya ni uko wowe ubwawe uri umunyabyaha, kandi utandukanijwe n' Imana nk' igihano gikwiriye ibyaha byawe. Bibiliya itwereka neza ko umuntu wese aho ava akagera ni umunyabyaha. Uko gukora ibyaha kandi, tubikomora kuri sogokuruza Adamu wagomeye Imana. Maze kuva ubwo, akanduza abamukomotseho bose kamere yo kugomera Imana,-iyo kamere ikera imbuto y' ibikorwa bibi dukora.-Bityo, iyo kamere dukura kuri sogokuruza Adamu niyo itugira abanyabyaha. Mu butabera bw' Imana rero, iyo kamere ifite igihano kiyikwiriye, ni urupfu rw' iteka.**



**Kwemera ukuri ko uri umunyabyaha**

**Ikibabaje ni uko no gukora imirimo myiza [itegetswe n' amategeko] na byo bitabasha gutuma dutsinda mu butabera bw' Imana. Kuko imbere y' Imana ari nta muntu uzatsindishirizwa n' imirimo itegetswe n' amategeko, kuko amategeko ariyo amenyekanisha icyaha. Birababaje ariko uko ni ukuri njye nawe dukeneye kwimenyaho. Kugirango nitukugenderamo tubashe kwakira urukundo rw' Imana muri Kristo.**



## Kwemera ukuri ko Yesu wenyine ariwe wagukiza

Ukuri kwa kabiri ukeneye kumenya ni uko Yesu wenyine ari we ushobora kugukiza icyo gihano cy' ibyaha byawe. Bibiliya itwereka neza ko Yesu wenyine ariwe ushobora kudukiza kuko ntawundi agakiza kabonerwamo, kandi nta rindi zina munsi y' ijuru ryahawe abantu, dukwiriye gukirizwamo. Bibiliya itwereka impamvu ebyiri z' ingenzi Yesu wenyine ariwe wabasha kudukiza. Impamvu ya mbere ni uko Yesu ari we wenyine wabayeho ubuzima buzira icyaha ubwo twabwwe abantu twananiwe kubaho. Kuko yageragejwe muri byose ariko ntiyakora icyaha.



## **Kwemera ukuri ko Yesu wenyine ariwe wagukiza**

Impamvu ya kabiri ni uko ari we wenyine wemeye kwishyiraho igihano cy' ibyaha kandi atari agikwiriye. Kuko intimba zacu arizo yishyizeho kandi igihano kiduhesha amahoro cyari kuri we.-Kubera ko yabayeho ubuzima butunganye nje nawe tutashoboraga kubaho, abasha kuduha gutungana Imana itwifuzamo. Kandi kubera ko yishyizeho igihano gikwiriye ibyaha, abasha kuducungura akatubera impongano y' ibyaha byacu.



## **Kugendera mu kuri wihana, ugasaba Yesu kugukiza**

**Kimwe mu by' ibanze ukeneye ngo ugire ubushobozi bwo gukunda byuzuye, ni ukwizera Yesu. Kwizera yesu nabyo bisaba kumenya ukuri kuri wowe ubwawe ko uri umunyabyaha uriho igihano cy' urupfu, no kuri Yesu ko ari we wenyine wabasha kugukiza.**

**Maze uko kuri ukakugenderamo wihana kandi ugasaba Yesu kugukiza. Umuntu umaze kwakira urukundo rw' Imana muri Kristo niwe ushobora gukunda undi urukundo rwuzuye**





# Dating and waiting, p.23

- Korera kugira ngo wowe ubwawe nk'ingaragu wiyungure kandi utere imbere mu buryo bwuzuye. Iga kumera nka Adamu; ihe Imana wese uzimirire muri Yo. Kubeshwaho n'Imana mu buryo bwuzuye nibyo bizatuma Imana ibona ko wageze ku kigero gihanitse bityo nibwo izemera ko undi muntu yinjira mu buzima bwawe. Emera ko kuba ingaragu ari umugisha kandi niho wubakira imico iboneye. Uzagira ibikurangaza bike, ubwenge bwawe uzabuha icyerekezo kuko nta gitutu kizaba kikuriho cy'umuntu ugomba kunezeza uretse Imana yonyine.



# Dating & Waiting, p.24

**Abantu benshi bamara umwanya bareba uwo Imana yabateguriye aho kumara umwanya bitegura ubwabo kuzakira uwo muntu. Ntugakore iryo kosa. Koresha igihe cyawe neza mu buzima witegura wowe ubwawe.**



# Kwemerera Imana akaba ariyo itwigisha



Muri Matayo 11:28-30, Yesu ahamagara abarushye n' abaremerewe ngo baze bamusange arabaruhura. Ku murongo wa 29 asobanura neza inzira binyuramo ngo aba bantu baje ngo abaruhure babashe kubona ubwo buruhukiro. Bibiliya iravuga ngo ***“Mwemere kuba abagaragu banjye munyigireho, kuko ndi umugwaneza kandi noroheje mu mutima, namwe muzabona uburuhukiro mu mitima yanyu”***

# Itangiriro 2:23,24



Aravuga ati **“Uyu ni igufwa ryo mu magufwa yanjye, Ni akara ko mu mara yanjye, Azitwa Umugore kuko yakuwe mu Mugabo.”** Ni cyo gituma umuntu azasiga se na nyina, akabana n'umugore we akaramata, bombi bakaba umubiri umwe.

**Ibintu bitatu by' ibanze Imana itwigisha ku rushako**

# 1. Gusiga se na nyina

- Ibi ntibishatse kuvuga ko umugabo n' umugore bashyingiranwe bajya kuba aho imiryango yabo itari cyangwa ko barekeraho kuyitaho.
- Kubera ko ijambo ry' Imana ritavuguruzanya risaba buri muntu kwita ku bo mu muryango we, ndetse utabikora ngo aba yihakanye kwizera kurusha n' utizera.
- Ahubwo ibi bishatse kuvuga ko aba bombi bahinduka umuryango wihariye ukwiye kubaho nk' urugo ukwarwo. Maze uwari umwana mu rugo agahinduka umugabo cyangwa umugore mu rugo rwe kandi ufite inshingano zihariye.



**Ibi kandi bivuze ko urugo rw' aba babiri ari rwo bashyira imbere. Ubusabane n' umubano wabo bombi akaba ari byo bifata umwanya wa mbere.**

## 2. Kubana akaramata

- Umugabo n' umugore bashyingiranwe bakwiye kubana. Si abantu bahura muri weekend cyangwa umwe yagiye mu kiruhuko ahubwa ni abantu basangira ubuzima bwabo bwa buri muni.
- Kandi ntaho ari abantu babana by' igihe runaka ahubwo umugabo n' umugore bashyingiranwe babana ubudatandukana. Tugeze mu gihe abantu benshi kubana babigize nk' umukino. **Bibiliya itwigisha ko kubana k' umugabo n' umugore ari igihango ntakuka.**
- Si amasezerano y' igihe gito aho umuntu abivamo uko abishatse. Ibi kandi ntibihindurwa n' amarangamutima ufiteye mugenzi wawe. Uko byamera kose ukwiye kubana na we akaramata.



### **3. Kuba umubiri umwe**

**Umugabo n' umugore bashyingiranwe bahinduka umuntu umwe.-Ubumwe bwabo burenze kuba inshuti magara. Bahinduka umubiri umwe. Bakwiye iteka guhuza inama n' ibitekerezo kandi bagahirimbana iteka kuba hamwe. Mu mibanire yabo umwe akagirira mugenzi we nk' uko agirira umubiri we ubwe.**





## **Imigani 24:3,4**

**“Ubwenge ni bwo  
bwubaka urugo,  
Kandi rukomezwa no  
kujijuka. Kumenya ni  
ko kuzuzza amazu yo  
muri rwo, mo ibintu  
byose by'igiciro  
cyinshi  
n'iby'igikundiyo. .”**