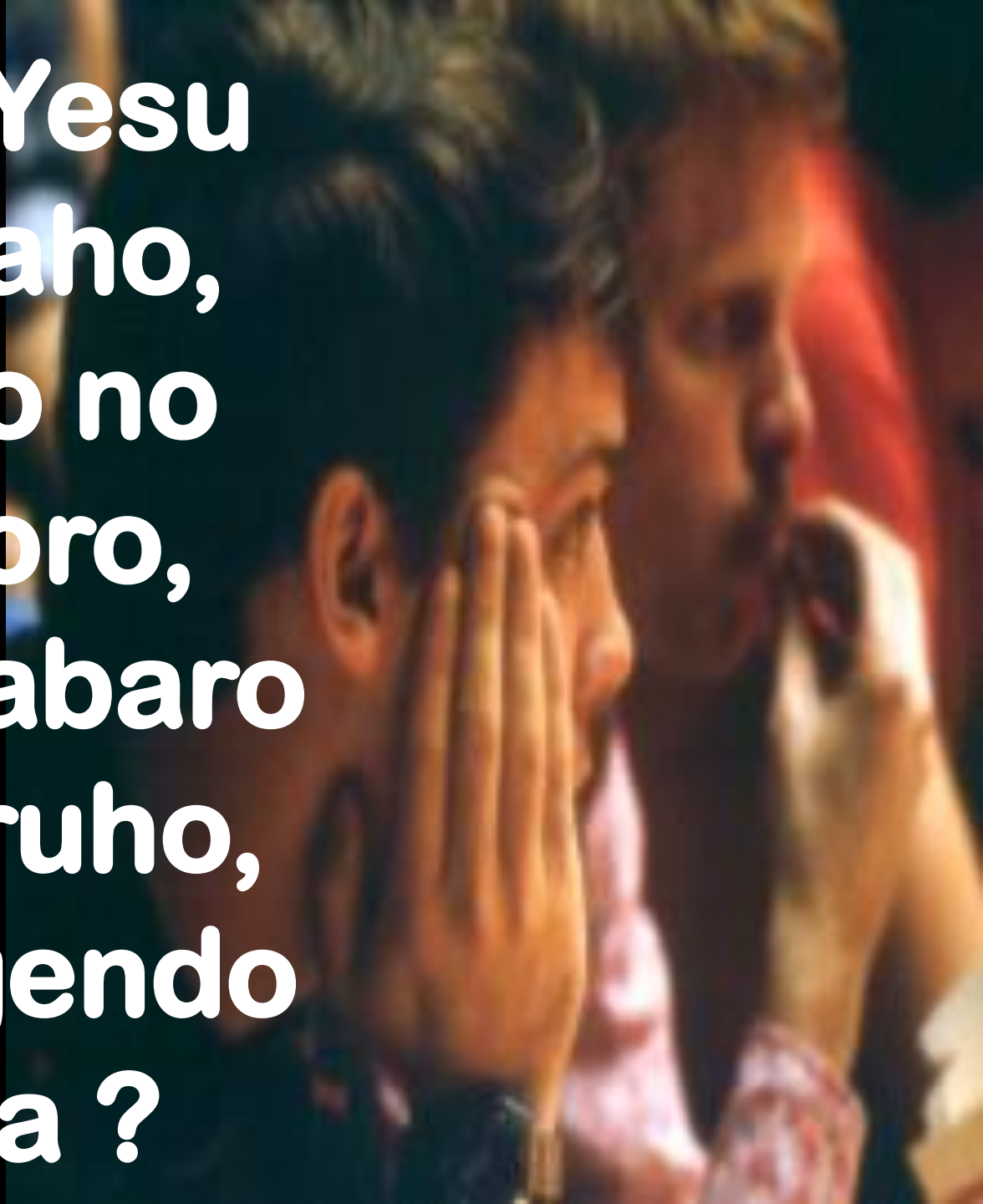


220.MBESE YESU AJY' ANYITAHO ?




**1. Mbese Yesu
ajy'anyitaho,
Mu byago no
mu mahoro,
Mu mibabaro
no mu miruho,
No mu rugendo
rurushya ?**





Gusubiramo:

*Anyitaho,
Arandinda, Mu
mibabaro
yanjye, Mu bihe
merewe nabi,
Umukiza wanjy'
anyitaho.*



**2. Mbese Yesu
ajy' anyitaho,
Iyo ngenda mu
mwijima,
N' iy' umwijima
w' akag' ungose,
Mbese Yes'
amba bugufi?**



Gusubiramo:

*Anyitaho,
Arandinda, Mu
mibabaro
yanjye, Mu bihe
merewe nabi,
Umukiza wanjy'
anyitaho.*



**3. Mbese Yesu
ajy'anyitaho, Iyo
nguye mu bishuko,
Iyo mbabaye,
N' iyo mbogoza,
Mbese Yes'
arantabara?**



Gusubiramo:

*Anyitaho,
Arandinda, Mu
mibabaro
yanjye, Mu bihe
merewe nabi,
Umukiza wanjy'
anyitaho.*



**4. Mbese Yesu
ajy' anyitaho,
Iyo nsezeye
ku nshuti, Iyo
mbabazwa,
Simpumurizwe,
Mbese Yes' ab'
abireba?**



Gusubiramo:

*Anyitaho,
Arandinda, Mu
mibabaro
yanjye, Mu bihe
merewe nabi,
Umukiza wanjy'
anyitaho.*

ICYOMORO CY'IBIKOMERE MU RUKUNDO



Umwinjizo

- Mu makoraniro y'abantu bamwe na bamwe hari aho usanga bigisha ndetse bagafata umuntu wugarijwe n'umubabaro, uwibuka ibibi byamubayeho cyangwa se urizwa nabyo nk'uwateshutse cyangwa se uwakoze ibihabanye n'ubushake bw'Imana,
- Abakristo usanga bacyaha bene abo, abandi bakabasengera bavuga ko baganjwe na Shitani nyamara uku ntabwo ari ukuri ahubwo ni ukwitiranya ibintu.



**Ariko tubyumve
neza gusenga
ntabwo
bihagarika
ibyamaze kuba
ahubwo bifasha
mu bisigaye
bitaraba, gusenga
ni umuti nyamara
umuti uvura
igikomere ntabwo
ukingira
gukomereka,**

Mu ijambo ryimana dusoma mu gitabo cy'Umubwiriza 3:4 havuga ko ikintu cyose kigira igihe cyacyo, hakagira hati "hariho igihe cyo kurira n'igihe cyo guseka, igihe cyo kuboroga n'igihe cyo kubyina".



Igihe uwo wakundaga agutengushye

- Ijambo gutenguhwa bivuga guhemukirwa n'umuntu wari inshuti yawe magara kandi wari umwiringirwa wo ku rwego ruhanitse.
- Gutenguha bifite indi nyito bihuje ariyo gutetereza.
- Gutenguhwa n'uwari inshuti yawe magara ntibibabaza gusa ahubwo biraryana cyane.

Umwinjizo

- *Iyo uri mu rukundo ukunda ugakundwa ni nk'aho uba uri mu ijuru rito bavuga.*
- *Uba wumva ibinezaneza bikuzuye umutima, wumva ukeye noneho bikaba agahebuzo iyo uwo mukundana mubihamirije inshuti n'imiryango mukambikana impeta mukemeranya kubana nk'umugore n'umugabo bashakanye.*

- *Mbere yo kwinjira mu rukundo hari ibintu by'ibanze umuntu aba agomba kuba yujuje kugira ngo azoroherwe n'urugendo aba agiye gutangira.*
- **Abantu benshi bakunda kwinjira mu rukundo bagakeka ko abandi aribo bagomba gutuma bishima.**
- **Nyamara ibyishimo bya nyabyo bitangirira muri wowe.**

- ***Kwinjira mu rukundo, ukumva ko ugomba kwikoreza umutwaro mugenzi wawe, ko ari we ugomba gutuma wishima ni amakosa.***
- ***Niba wifuza ko urukundo ushaka kwinjiramo cyangwa urimo ruzaramba ugomba kuba wujuje izi ngingo:***

**Ibintu 10 ugomba kuba
wujuje mbere yo
kwinjira mu rukundo**

1. Kwimenya

- Kwimenya ni cyo kintu cy'ibanze ugomba kuba wujuje kugira ngo ubashe kwinjira mu rukundo.
- Kumenya imiterere n'imitekerereze yawe ni cyo cy'ibanze mbere y'uko utangira gukunda/gukundwa.
- Ntibyakorohera kumenya abandi, nawe ubwawe utiyizi.

2. Kugira inshuti zawe za hafi kandi wizeye

- **Inshuti zibamo amoko menshi.**
- **Ariko inshuti nyanshuti si ihora ikubwira ibyiza gusa.**
- **Ni igihe uyobye iragukebura ikakwereka amakosa.**
- **Mwene izi nshuti nizo ugomba kwiyegereza mbere yo kwinjira mu rukundo.**
- **Iyo hari amakosa uri gukora mu rukundo rwawe rushya cyangwa mukundana n'umuntu twakwita udashobotse nibo ba mbere babikubwira.**

- **Kutagira umuntu ukuba hafi ngo agukebure aho utari kwitwara neza bishobora gutuma ugwa mu rwobo utazapfa kwikuramo.**
- *Baca umugani mu Kinyarwanda ngo agasozi gaterera ugatega inshuti.*
- Igihe bizaba byazambye, mu rukundo rwawe n'umusore/umukobwa w'inshuti yawe, inshuti zawe nizo ziba zigomba kugufasha kuva muri ibyo bibazo ndetse no kukugira inama zifatika.
- **Mu buzima ntawigira kandi nta n'umugabo umwe.**

3. Kumenya icyo urukundo aricyo

- Kwinjira mu rukundo utazi aho biva n'aho bigana, biba bigoye kumemya uko witwara mu mubano mushya uba ugiye kwinjiramo.
- Kwibwira ko mu rukundo habamo ibyiza gusa ni ukwihenda.
- Ugomba kumenya ko hari n'igihe bitagenda uko wabiteganyaga.
- Guhemuka/guhemukirwa nabyo bibamo.

4. Kutitiranya urukundo n'ihahiro

- Mu rukundo si aho uba ugiye kubonera umutungo uruseho kuwo ufite.
- Abakobwa cyane kuko aribo bagira iyi ngeso, bakunda kwitiranya urukundo ni ihahiro.
- Ihahiro nshaka kuvuga ni aho gusoroma amafaranga n'ubutunzi.
- Mbere yo kwinjira mu rukundo ugomba kumenya kubaho ntawe ukubeshejeho.

- Iyo winjiye mu rukundo ushingiye ku wundi muntu, uzabibona ariko nawe akagukoresha icyo ashaka.
- Ukaba uhindutse igikoresho cye aho kuba umukunzi we.
- Kuba mukundana n'umusore si ukumutura buri kabazo cyose.
- Agera aho akumva ko ariwe ukugize, agaciro yaguhaga kakagabanuka.
- Numenyera guhora uteze amaboko uziga kwikemurira ibibazo ryari?
- Iteka se muzahorana cyangwa uzahorana umukunzi ugukemurira buri kabazo?

5. Wikwijira mu rukundo kuko ubihatirijwe, urebeye ku bandi,...

- **Ingendo y'undi iravuna. Gutangira gukundana ngo kuko wabonye na kanaka abikora ni ikosa rikomeye.**
- **Banza utekereze neza niba ibyo ugiye kwinjiramo ubizi koko.**
- **Guhatirizwa gukunda/gukundwa bitewe n'umuryango wawe, inshuti se, ..bishobora kukugiraho ingaruka mbi.**
- **Kuko uba ubigiyemo kubera igitutu, iyo uhuye n'ikibazo mu rukundo, ukomereka kurusha uko ari wowe ubwawe waba ubyiyinjijemo.**

6. Kwemera ko mwatandukanye

- Wigeze gukundana n'umusore/umukobwa ariko nyuma bitewe n'impamvu runaka, muratandukana.
- Ni byiza ko ubanza kumwukuramo burundu mbere y'uko utangira urukundo rushyashya.
- Gutandukana n'umukuzi wawe birababaza ariko si naryo herezo ry'isi.

- **Ntibigukuraho igikundiyo n'amarangamutima yawe.**
- **Kuba ugiye kongera gukunda/gukundwa si igihe cyo kwihimura.**
- **Mugenzi (umukunzi wawe mushya) nta ruhare na ruto yagize mu kuba warahemukiwe.**

7. Kugira icyizere

- Niba nawe ubwawe nta cyizere wigitirira, biragoye ko umukobwa/umusore mukundana akikugirira.
- Niba utiyizera, ntiwamenya uko wizere mugenzi wawe.
- Icyizere niryo shingiro ry'urukundo.

Gibert Cresbon yaranditse ati:

- “Ce qu’on a perdu en faisant confiance aux autres peut se calculer; mais ce qu’on a gagné par le même moyen est inestimable”.
- “Ibyo wahombye bitewe n kwiringira abantu bishobora kubarwa; ariko ibyo wungutse muri ubwo buryo (bwo kugirira abantu icyizere no kubiringira) byo ntibigereranywa, ntibigira n’ingano kubera ubwinshi bwabyo”.

Dore umwanzuro yafashe nawe wakubera mwiza!

- **Nzakomeza kwiringira abantu no kubagirira icyizere kuko ari cyo Imana inshakaho kandi binyubakire ubumuntu bwanjye, ntitaye kuri bacye bazantenguha.**
- **Ba bihemu bacye si bo bazanshogoza ngo ndekure ubumuntu n'impuhwe Imana yandemanye, ngo maze bitumen nkamira abantu b'Imana mu kitoze ngo nuko hari bamwe bahemuka.**

- Kurebera abantu bose mu ndorerwamo z'uwigeze kuguhemukira kandi wari wamwiringiye, ni umwanzuro utari wo.
- Kugirira abantu icyizere ni jye byungura kuruta bo, kuko kiriya cyizere ni jye burya uba nkigiriye, ndi umuntu kandi ndemwe nk'uko uriya na we aremwe.
- Iyo utizera umuntu n'umwe burya nawe ubwawe ntuba wiyizera
- Ikibazo kiba kiri kuri wowe.

Diyojene yaratengushywe

- Yamaze igihe kirekire azengurukana itara ricanye ku manywa mu muji wa Atene arimo gushaka umuntu.
- Abajijwe niba abanatu arimo guhura na bo atari abantu, ababwira ko agishakisha umuntu nyamuntu wujuje rwose ibisabwa by'umuntu nyawe wuzuye kuko abandi bose batuzuye.
- Umunsi umwe yaje kubona wa muntu yari yarabuze mu gihugu hose, bararamukanya, bahuza urugwiro, Filozofe aramwishimira cyane kuk ari bwo bwa mbere yari ahuye n'umuntu nyawe.

- **Biriwe bagendana umunsi wose ariko bigeze nimugoroba wa mugabo yatandukanye nawe tamusezeye ndetse agiye kureba asanga wa muntu yamwibye rya tara rye.**
- **Nuko Diyojene asubira iwe mu mwijima igisambo kabombo cyamubyaraye amazi nk'ibisusa.**
- **Mbega ngo Diyojene aribeshya**
- **Umuntu ni agasanduku k'umukara kandi agusekera yanagusekura biramutse byihinduranije.**
- **Urugo ruhumara, p.96 - 98**

8. Kugira intego

- Urukundo rudafite intego ni nk'umugenzi udafite icyerekezo.
- Ni byiza ko wiha intego runaka y'urukundo ugiye kwinjiramo.
- Kumenya umukunzi ushaka uwo ariwe, icyo umushakaho,..ni ingenzi cyane.
- Byaba bibaje gukundana n'umusore/umukobwa imyaka igahita indi igataha nyamara nta cyerekezo runaka urukundo rwanyu ruganamo.

9. Igihe

- Kugaragariza urukundo mugenzi wawe bisaba ko ugira igihe cyawe wigomwa.
- Kumenya neza umukunzi wawe, bisaba igihe.
- Iteka mu rukundo hari igihe umukunzi wawe aba atagenzwa na kamwe.
- Kumenya niba koko icyo akwifuzaho ari urukundo nabyo bisaba igihe.
- Si byiza guhita witanga cyangwa wimariramo umukunzi wawe utaramumenya wese ngo umenye n'icyo agamije mu rukundo rwanyu.

10. Ba uwo uri we

- Abantu aho bava bakagera baba batandukanye muri byinshi.
- Uburyo bwo gukunda nabwo ni uko.
- Ntugomba gushaka gukunda/gukundwa nk'uko ubibona ku bandi.
- Wikwigana ingendo y'undi kuko iravuna.
- Ba uwo uriwe mu kugaragariza amarangamutima yawe umukunzi wawe.

Dore uko abantu banyuranye babivuze

- Quand tu décoiles tes sentiments, on te blesse. **(Iyo uhishuye amarangamutima yawe urakomeretswa)**
- Quand tu es fidèle, on te trompe **(Iyo uri umunyakuri, urabeshywa)!**
- Quand tu aimes, on te largue **(Iyo ukunda, wowe baragutendeka)!**
- Quand tu es honnête, on te ment **(Iyo uri inyangamugayo, barakubeshya)**

- La deception ne tue pas, Elle enseigne!
(Gukomereka ntabwo byica, ahubwo birigisha)
- La confiance, un mot qui perd tout son sens quand la trahison et la deception sont commises. **(Icyizere, ni ijambo ritakaza ubusobanuro bwaryo, igihe ikinyoma no gukomeretswa bibayeho).**
- La grandeur d'un homme se mesure dans ses actes et non dans ces paroles **(Ubunini bw'umuntu bushingira ku bikorwa bye ntabwo ari mu magambo ye).**

- Le plus triste c'est quand la seule personne qui pourrait te consoler est aussi celle qui te fait pleurer. **(Ikibabaza kuruta ibindi ni igihe umuntu wizeraga ko yagukomeza akaguhumuriza ari we ugutera kurira).**
- Aimer c'est prendre le risque d'être malheureux, rester solitaire c'est l'assurance de l'être. **(Gukunda ni ukwemera ko uzagira ibyago, kuba nyamwigendaho niho hari ubwishingizi)**

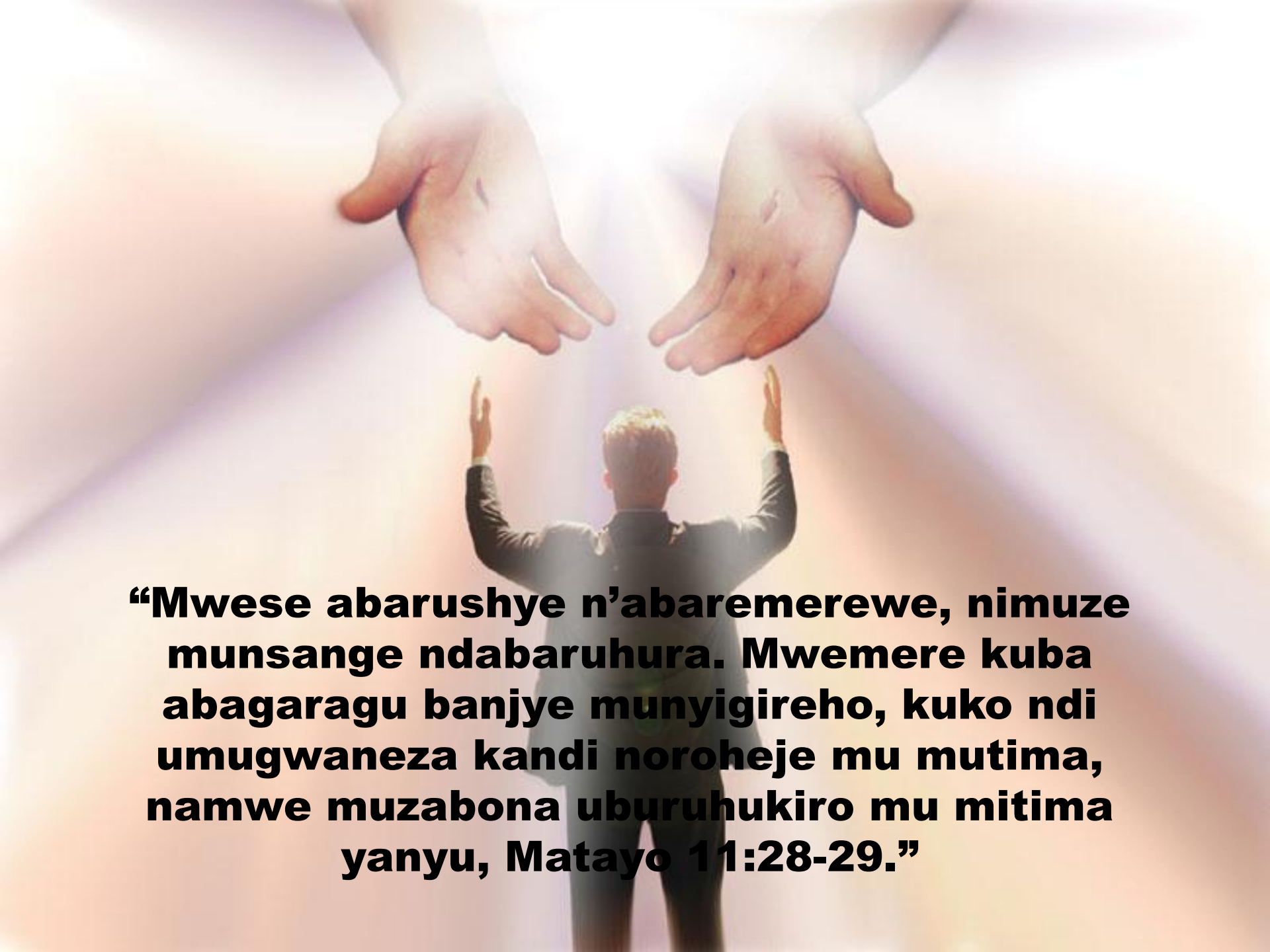
**Intambwe z'uburyo
wakwiyakira igihe
wakomerekeye mu
rukundo**

We kwiheba!

- Nibyo koko urababaye ndetse agahinda ufite karumvikana ariko hariho **ikintu kimwe ukwiriye gutekereza, hariho umuntu ugukunda, ukumva kuruta abandi ukwihanganira mu ntege nke zawe ugira abandi badashobora kwihanganira, wumva neza amarangamutima yawe akamenya n'umubabaro wawe!**

- **Imana ifitiye umuti ikibazo cyawe ndetse n'igisubizo ku buribwe ufite, Imana ishobora gukiza umutima wawe washenjaguritse, mbese wakwemera kongera gutangirana urugendo nayo.**
- Nta kibazo na kimwe kitagira igisubizo.
- Buri kimwe gifite igisubizo kandi buri gisubizo ni Yesu.
- **Humura ntago byakurangiriye ho ahubwo uyu muni atura ko ubuzima butangiye, Yesu aragukunda cyane!**

- “Uzi imyicarire yanjye n’imihagurukire yanjye, Umenyera kure ibyo nibwira. Ujya urondora imigendere yanjye n’imiryamire, Uzi inzira zanjye zose. Kuko ijambo ritaraba mu rurimi rwanjye, Uba umaze kurimenya rwose, Uwiteka. Ungose inyuma n’imbere, Unshyizeho ukuboko kwawe” **Zaburi 139:2**
- Ariko ijambo ry’Imana rivuga neza ko Yesu ariwe buruhukiro kandi ko yiteguye kukuruhura imvune zo mumutima.

A person in a dark suit is seen from behind, standing with their arms raised in a gesture of prayer or seeking help. Above them, two large, pale hands are reaching down towards the person's hands. The background is a bright, hazy light, suggesting a divine or spiritual presence.

“Mwese abarushye n’abaremerewe, nimuze munsange ndabaruhura. Mwemere kuba abagaragu banjye munyigireho, kuko ndi umugwaneza kandi noroheje mu mutima, namwe muzabona uburuhukiro mu mitima yanyu, Matayo 11:28-29.”

1. Ihe umwanya ubanze ukire ibikomere

- Buriya ab'igitsina gore bababariye mu rukundo bagira uburyo butandukanye kandi bwinshi bwo kwikura mu gahinda kurusha abagabo.
- Hari abashaka kwiyibagiza agahinda bagize bakundana n'umugabo umwe mu gihe abandi bo bumva ko gusohokana no gucudika n'abagabo batagira ingano byabafasha kwibagirwa ubuhemu bagiriwe.


- **Nyamara, inzira iboneye yo kongera gukunda ugakundwa ukabyishimira bisesuye ni ukubanza ugafata igihe ukikunda wowe ubwawe mbere ya byose.**
- Ntukirukankire mu rukundo rushya mu gihe wumva utari witegura bihagije
- **Ahubwo ukwiye kwibanda kubanza kugera aho wumva ko ukwiye gutangirira bundi bushya.**
- **Ibi nubikora, ni bwo uzaba wumva witeguye guha urukundo andi mahirwe.**

2. Wiheranwa n'amateka ngo agenge ejo hazaza hawe mu rukundo

- Ni byo rwose, birasanzwe ndetse birumvikana cyane ko wagira amakenga no gushidikanya mu gihe umusore cyangwa umukobwa wumvaga ko muzamarana igihe cyose cy'ubuzima bwanyu musigaje aguhemukiye kandi wari waramwihariye ukamukunda bizira imbereka.

- **Icyakora na none kudashobora kugira icyizere ngo wumve ko byose bishoboka kandi ko ibyiza biri imbere bizakubuza amahirwe yo kongera kubaho mu mubano usesuye n'undi muntu.**
- Ni ingenzi kujya mu rundi rukundo utabunza imitima kuko si buri musore cyangwa mukobwa waremewe kuguhemukira; abantu bose si bamwe.
- **Ntugatume ibyakubayeho mu gihe cyahise bikubuza kunezerwa mu bihe bizaza.**

3. Igira ku makosa y'ahahise

- Rimwe na rimwe mu buzima, hari ubwo biba ngombwa ko unyerera ukagwa kugira ngo wige uko uzahaguruka ugahagarara wemye udahungabanywa n'imiyaga yose.
- Ce n'est pas grave de tomber, ce qui est important c'est la vitesse à laquelle tu te relèves!
 Ntabwo rwose biremereye kuba wagwa (wasitara), icy'ingenzi ni umuvuduko uhagurukana.
- Ibi akenshi ni ko bigenda no mu rukundo.

- Tekereza ku masomo wigiye ku mutima wawe umenetse ubundi bigutere icyizere mu rugendo rushya ugana imbere.
- Kwigira ku makosa wakoze mbere bizakubashisha kubona no gukundwa urukundo ukwiriye.
- Ntukemere na rimwe kuguma mu kababaro, ujye uhora ahubwo wibuka ko burya ikitakwishe kigukomeza kurushaho.

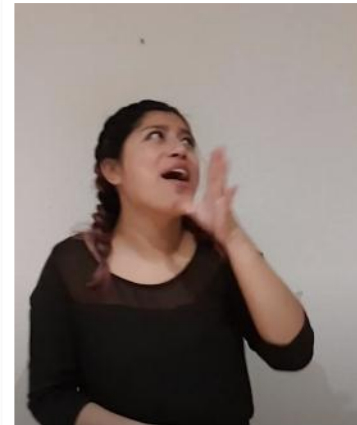
4. Igarukire wishime unishimire ko uri wenyine

- Mu gihe nta mukunzi w'umwihariko ufite, ntibikwiye kukubuza kwishima.
- Ukwiyeye kwishima rwose nubwo nta wawe ufite mwishimana by'umwihariko.
- Ukuri ni uko n'i Nyagasambu rirema.
- Niba hari inshuti yawe igutumiye ngo musohokane muganire, ntukiteshe ayo mahirwe.

- **Shaka akanya umarane igihe n'inshuti zawe n'abandi musanzwe muziranye.**
- **Ni igihe cyawe cyo kwishimira ubwisanzure bwawe, ugakora ibyo wumva bisanzwe bikunyura umutima ukishima uko ushoboye.**
- **Ibi ntibizatuma wumva gusa wisanzuye ahubwo bizanakurinda ubwigunge bushobora guterwa n'uko nta mukunzi ufite.**

Umubwiriza 11:9,10

Wa musore we, ishimire ubusore bwawe n'umutima wawe ukunezeze mu minsi y'ubuto bwawe, kandi ujye ugenda mu nzira umutima wawe ushaka no mu mucyo wo mu maso yawe, ariko menya yuko ibyo byose bizatuma Imana igushyira mu rubanza. Nuko rero ikure umubabaro mu mutima wawe, kandi utandukanye umubiri wawe n'ibibi bikube kure, kuko ubuto n'ubusore ari ubusa.



5. Boroka (block) umukunzi wawe ku mbuga nkoranyambaga zose mushobora guhuriraho

- Kwikomereza no gufungurira undi mukunzi umutima wawe ntibyakorohera akenshi iyo hari aho ufite ugihurira n'uwu mwahoze mukundana akakubabaza n'aho haba ku mbuga nkoranyambaga
- Icyakubaho hano ni ugukomeza kumubona yikomereje n'ubuzima bwe wenda bwiza binyuze mu byo ashyira ku mbuga nkoranyambaga umunota ku wundi mu gihe wowe ukiri mu gahinda Katewe n'umubano w'urukundo rwanyu utaragenze neza na gato.

- **Kuguma kuri Facebook, Instagram cyangwa Snapchat ubona ibyo umukunzi wawe wa kera ashya bishobora kugusubiza inyuma ndetse bikadindiza intambwe wari umaze gutera mu rugendo rw'urukundo rushya.**
- **Kuboroka umukunzi wawe wa kera ku mbuga nkoranyambaga bizatuma utongera kubona 'posts' ze zigushengura umutima ndetse bitume nawe ushyira ku mbuga nkoranyambaga ibituma wumva wishimye.**
- **Nuhitamo ibyishimo ni byo uzagira kandi nta n'uwo ugomba ibisobanuro ku byishimo byawe.**

6. Tangira ushake umukunzi mushya

- Aha ni ho hakomerera benshi mu basore ndetse n'inkumi nyuma yo kubabarira mu rukundo rwa mbere nyamara si ko byakagenze.
- Nubwo utagomba guhita wirukankira gukunda, na none ni ngombwa kwidagadura ukajya aho abandi bari.
- Bigire inshingano yawe guhura n'abandi bantu, gusura ahantu nyaburanga no kwishimira ubuzima binyuze mu gutembera.

- **Uku ni ko uzabona umukunzi mushya.**
- **Tangira buhoro buhoro ndetse nubishaka, mu buryo budakabije, ube ari wowe wishotorera abantu gusa ntukabye, mbese ushabuke ariko wirinda kuba umwasama.**
- **Icyo ugomba gukora wowe gusa ni ukwigirira icyizere kandi ukihuza n'uwu ari we wese ntacyo wishisha.**
- **Mu gihe gikwiriye kandi kidatinze, umuntu wawe uzajya kubona ubone araje yinjire mu buzima bwawe cyane cyane igihe utabitekerezaga.**

7. Umva ko byose bishoboka, ntute icyizere

- Mu gihe nta mukunzi ufite, ukwiriye guha urukundo amahirwe.
- Ntibyoroshye ariko niba ushaka ko bigenda neza, ukwiye kwirekura niba ushaka kubona uhuza n'umutima wawe.
- Iyo ugize icyizere ugaha abantu amahirwe, uba wifungurira umuryango w'amahirwe.
- Ntukibagirwe ko uri uwo gukundwa kandi ibi bizabe ari byo bigutera imbaraga zo kongera kubona no guhabwa urukundo ukwiriye.

- Ni ibisanzwe rwose kumva ushidikanya mu gihe wumva ushaka kongera gukunda mu gihe ibya mbere bitagenze neza
- Nyamara nta cyiza nko kwiyemeza gushira ubwoba ugafata icyemezo kigoye nyamara kizera imbuto nziza z'urukundo.
- Ubundi se kwiyemeza kujya mu rukundo si ukwiyemeza gusanga no kwakira amahirwe atagira uko asa?

Twigire kuri uyu mwana w'umukobwa

- Navukiye mu Budage, ababyeyi banjye bimukira i Montreux mu Busuwisi ubwo nari mfite imyaka 13. Imyaka ibiri yakurikiyeho, twese nta n'umwe ubyiteze, Mama wacu yahise asezera ku muryango wacu atandukana na Papa, araduta arigendera.
- Mbere yo kugenda ariko babanje kuduhitishamo, niba tujyana nawe kuko yari agiye muri Pension cyangwa se niba twihitiramo kwigumira mu Busuwisi tugasigarana na Papa wacu.

- Ariko kuko ariyo twari tukiza mu Busuwisi, twihitiyemo kwigumanira na Papa.
- Nyamara byarampungabanyije kuko icyizere n'uburere nari nteze ku babyeyi bombi byahise kiyoyoka, ibyo binaba intandaro y'ibibazo bikomeye byambayeho byo kumva nanze igitsina gore.
- Nubwo nari umukobwa ariko nabonye imyitwarire ya Mama muri uko kuduta bituma numva nanze igitsina gore aho kiva kikagera, ndetse nanjye ubwanjye ndimo ntangira kwiyanaga. Kuba ndi umukobwa sinabyakiraga neza, bituma nitera icyizere burundu.

- Uko kwanga urunuka umubiri wanjye w''umukobwa byatumye njya mu bitekerezo byo kwiyahura, mu rwego rwo kugenda nisenya gahoro gahoro ndabanza niyogosha umusatsi wose ngira ngo nse n'abahungu hatagira n' ikimenyetso na kimwe cy'abakobwa kingaragaraho.
- Ubwo nari mfite imyaka 20, nakomeje kwigendana n'abahungu cyane, nguma no gushakisha urukundo muri bo, kugira ngo mbone nabona amahoro, nkumva nkunze abahungu,ndetse umuntu w'igitsina gabo namubona nkumva namwegera tukaganira, nyamara hagira umukobwa unyegera nkumva namuhunga.

- Nyamara uko gusabana cyane n'abahungu n'abagabo ntibyatinze kungiraho ingaruka zitari nziza kuko naje kwisanga natewe inda n'umugabo waje anyereka ko anyitayeho cyane, ko ankunda, ndetse ko azajya angira inama.
- Nyuma yo kuntera inda ariko nibwo yaje kumenya ko yashatse umugore ndetse ko babyaranye gatatu.
- Ubwo ibyo byasobanuraga ko adashobora kungira umugore we.
- Nkibyumva naguye mu kantu mbura icyo nakora!!!! Nkuremo inda se ? Icyo gitekerezo ndakirwanya.

- Uko niko naje kubyara Delphine umwana wanjye. Ntekereza ko uwo mwanzuro wo kudakuramo inda ya Delphine ari umwe mu myanzuro y'ubwenge nafashe.
- Ukaba wari mu bushake bw'Imana.
- N'ubwo nanjye nari nkiri umwana byari ngombwa ngo mubyare kuko Delphine nawe yavutse mu bushake bw'Imana, ikaba imufiteho umugambi, kuko nta kijya kubaho Imana itacyemeye .

- Umunsi umwe, narebye mu kirahure cy'inyuma cy'imodoka y'ivatiri y'umuturanyi, naje kubona igipapuro gitangaza ko hari buze kuba Firime yitwa : **"Dieu en Enfer "** bivuga ngo : **"Imana mu muriro utazima "**.
- Nagiye kureba iyo Firime yaje kunyigisha cyane.
- **Iyo firime yerekanaga ko Imana yemera kujya mu muriro utazima ikajya gukuramo umwana w'umuntu uri guhiramo ikamutabara.**

- **Ibyo byashakaga Kwerekana icyubahiro cyinshi Kristo yasize mu ijuru, akemera kuza hano mu isi y'umwijima, akaza gushaka no gukiza icyari cyazimiye.**
- **Iyi si yacu uyigereranyije n'ijuru Umwami wacu yabagamo akaba ariyo bagereranyaga n'Umuriro utazima Imana yemeye kuzamo.**
- Muri icyo gihe nari mu bantu bibwiraga ko hari ukuntu ngomba guhinduka cyane ngakora ibintu byiza cyane kugirago Imana ikunde inyemere ndetse inyakire mu bantu bayo.
- **Nyamara narishukaga.**

- **Umunsi umwe, binyuze mu magorwa menshi, naje gusobanukirwa ko Imana yiteguye kunyakira uko nari ndi kose, n' ibyaha byanjye, ibitekerezo byanjye byo kwiyahura, kwisenyagura siniyiteho, n'andi makosa yanjye uko angana kose.**
- Uwo mwanya nahise numva akanyamuneza, ntangira kurira ariko kubera umunezero, ariko kandi mfite n'isoni z'inshuro narwanyije Umwami wanjye.
- Uhereye uwo munsi, ubuzima bwanjye bwarahindutse cyane.

- Imana yakoze umurimo ukomeye mu bugingo bwanjye, impanaguramo icyufuzo nari mfite cyo kwiyahura bitewe n'ibikomere nahuye nabyo.
- Inyigisha kwiyakira uko ndi kose, Ituma n'iyunga n'umubiri wanjye, numva nakiriye neza kuba ndi umukobwa, ubundi inkiza ya myanzuro nari narafashe yo kutiyitaho nkiyangiza.
- Urukundo rwe rutangaje, nsigaye nifitiye, niyo ntego y'Imana mu kubaho kwanjye.
- Icyifuzo mfite ni uko namwe mwabyakira bikabagirira akamaro.

Umwanzuro

- Iteka ujye wita kureba uruhande rwiza rw'ubuzima kandi wigire ku byakubayeho mu gihe cyahise n'ubwo byaba gutandukana n'uwo mwakundanaga.
- Nubwo bitoroshye ndetse bisa n'ibidashoboka kongera gukunda ukishima kandi ntako utari waragize mu mubano w'urukundo rwa mbere, nukurikiza inama tukugiriye, bizakorohera kurusha uko ubitekereza.

- **Bisaba gusa gutera intambwe ya mbere kandi ugafunguka bundi bushya.**
- **Nubwo byumvikana nk'ibigoye cyane, nshuti yanjye, nyizera, nawe wabishobora ukongera ukishimira urukundo ugakunda ukanakundwa.**

Garurira Imana icyizere

- Hari igihe umuntu agira ibikomere bigatuma adashobora kwizera ko ineza y'Imana yamugeraho, ndetse wanamubwira ibijyanye no gusenga akumva uramubangamiye, cyangwa usa n'umubwira ibintu atumva neza.
- Ibyo rero bitera umuntu kumva yifitiye impuhwe, umujinya, ubusharire, ibitekerezo byo kwihorera kuwatejwe ibibazo n'abandi, cyangwa ubwoba bwa hato na hato bwo kwikanga ikibi kabone nubwo cyaba nta gihari.

- Wigeze ubona umwana wanze ishuri burundu, ndetse agatekereza ko papa umuhatira kwiga amwanga, akaba yatoroka urugo akaba ikirara?
- Waba warabonye ukuntu bibabaza ababyeyi?
- Imana yo ibabara inshuro nyinshi, iyo umuntu wayo yiyahuye, birenze ibyo twabasha kuvuga.
- Nibuze na wamwana we haba hari ikizere cy'uko igihe kizagera akamenya agaciro k'icyo umubyeyi yamuhatiraga gukora, naho uwiyishe nta yandi mahirwe namba aba asigaranye yo kuzamenya urukundo rw'Imana rwari rwihishe inyuma y'ubuzima bwose yanyuzemo.

- Igihe Yesu yari mu isi yambaye umubiri nk'uwawe yahuye n'ibibazo bikomeye nk'ibyo uri guhura nabyo.
- Yarasuzugurwaga ndetse akangwa n'abantu bose, ubuzima bwe bwari bwuzuye intimba nimibabaro.
- Nyamara ntabwo yikoreye intimba ze, ahubwo intimba zacu ni zo yishyizeho. Ibicumuro byacu byose ni byo yacumitiwe, yakomerekerejwe, ni nabyo yashenjaguriwe.

- Imibabaro Ye ni yo yatumye tubona umunezero (Yesaya 53)
- **Byumvikanishe ko ibibazo unyuramo, ntabwo bifite intego yo kukwica wihebye nta byiringiro, kuko Yesu yabinyuzemo abinyaga ubutware bwo kukwangiza gutyo icyakora abisigira ubushobozi bwo kukwigisha no kukugira uwo Imana ishaka ko uba.**
- **Wikwihemukira ku gihe gikwiye uzatanga ubuhamya bukomeza abameze nk'uko umeze none.**

Amahoro yawe nayo ari mu byazanye Yesu

- Umva uko Yesaya yahanuye. Kuko Uwiteka yansize amavuta ngo mbwirize abagwaneza ubutumwa bwiza.
- **Yantumye kuvura abafite imvune mu mutima no kumenyesha imbohe ko zibohowe no kuzivana mu mwijima, kumenyesha abantu umwaka w'imbabazi z'Uwiteka guhoza abarira bose, no guhoza abafite intimba bose kubaha ikamba ry'ubwiza mu cyimbo cy'ivu, amavuta yo kunezerwa mu cyimbo cy'ubwirabure, n'umwambaro w'ibyishimo mu cyimbo cy'umutima wihebye. (Yesaya 61:1-3)**

- **Niba wumvishe neza zimwe mu ntego yari afite, urumva hatarimo ubutumwa bwawe?**
- **Have wikwihemukira Yesu aragukunda kandi akwitayeho.**
- **Ngwino usange Yesu, kandi umureke agusubize umunezero n'agaciro wiyambuye.**
- **Yagusezeranije kugusubiza umunezero wawe, wari waratakaje no ku guha umutima mushya wo kugukomeza.**

- Umva icyo ijambo ry’Imana rikubwiye:
“Nzakwigisha nkwereke inzira unyura,
Nzakugira inama, kandi ijisho ryanjye
rizaguhoraho”(Zaburi32:8).
- Imana ibane nawe ikomeze umutima wawe,
ikugarurire ibyiringiro, ikwereke ineza yayo,
ikwiringize ibyiza iguteganyiriza bitume
ugarukira hafi utaragera ku rwego rwo
kwiyahura kuko n’abandi byabayeho
batangiye ari ibisanzwe nka gutyo kwawe.

- Ahantu hose navuze, **sigize nkubwira umuntu na rimwe,**
- **Kuko si byiza ko ibyiringiro byawe ubiherereza ku muntu uwo ari we wese,**
- **Imana ikeneye ko uyiringira nkaho ari wowe nayo mwenyine muhari, nayo izakubera uko uyiringira.**
- **Yagutabara inyuze ku muntu, ariko nta na rimwe yishimira ko ibyiringiro byawe ubishyira ku muntu.**

- Igihe cyose ukuye ibyiringiro byawe ku Mana,
- Uba uhaye satani amahirwe yo kukuroha mu bwihebe kuko azi neza ko bikugeza kure y'Imana.
- Wibuke ko nta mbabazi agufitiye na nkeya, arakwanga ku buryo wiyahuye we yaba ageze ku ntego ye.
- Ubuntu bw'Umwami wacu Yesu bubane na mwe