



**KUBAKA
UBUCUTI
NAWE
UBWAWE**

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Zaburi 139:14

**Ndagushima yuko
naremwe uburyo
buteye ubwoba
butangaza, imirimo
wakoze ni ibitangaza,
ibyo umutima wanjye
ubizi neza.**

- ❖ **Umuntu yaremwe afite umubiri w'ibifatika (physical being)** bityo Imana yifuza ko tuba ibosonga ku mibiri yacu. Imibiri yacu ntabwo ari ikintu dufite ahubwo nicyo turi cyo, nicyo gituma Imana yifuza ko tuyihesha icyubahiro mu mibiri yacu.
- ❖ **Imana yaturemanye umwuka (Spiritual being)** kugira ngo nivuga tubashe kuyumva no kuyisubiza. Aha rero niho hatuma tubasha gushyikirana n'Imana. Ishusho ya mbere umuntu yabonye agisohoka mu biganza by'Umuremyi we ni iy'Imana.
- ❖ **Umuntu yaremanywe ubwenge (intellectual being)** kugira ngo abashe gukora, kugira amahitamo kandi yashyize muri we impano z'uburyo bunyuranye kugira ngo zikoreshwe kubw'umurimo wayo.



Mike ni umunyeshuri wifuza kumera nk'abandi bahungu bose yaba yaramenye. Yabonaga abasore babasha kuvugisha abakobwa, bagakina, bagaseka, ndetse bakanabatereta. Ariko igihe cyose Mike atekereje kuba yakwinjira mu rukundo, ibitekerezo biramusimbuka agatekereza ku gutsindwa gusa. Nta mukobwa wigeze umukunda, wifuzaga kwicarana nawe, cyangwa se gutemberana nawe, cyangwa se kuba yamuhishurira ko amwitayeho.

F.L.Y.

FIRST LOVE
YOURSELF

OTHERS WILL
COME NEXT

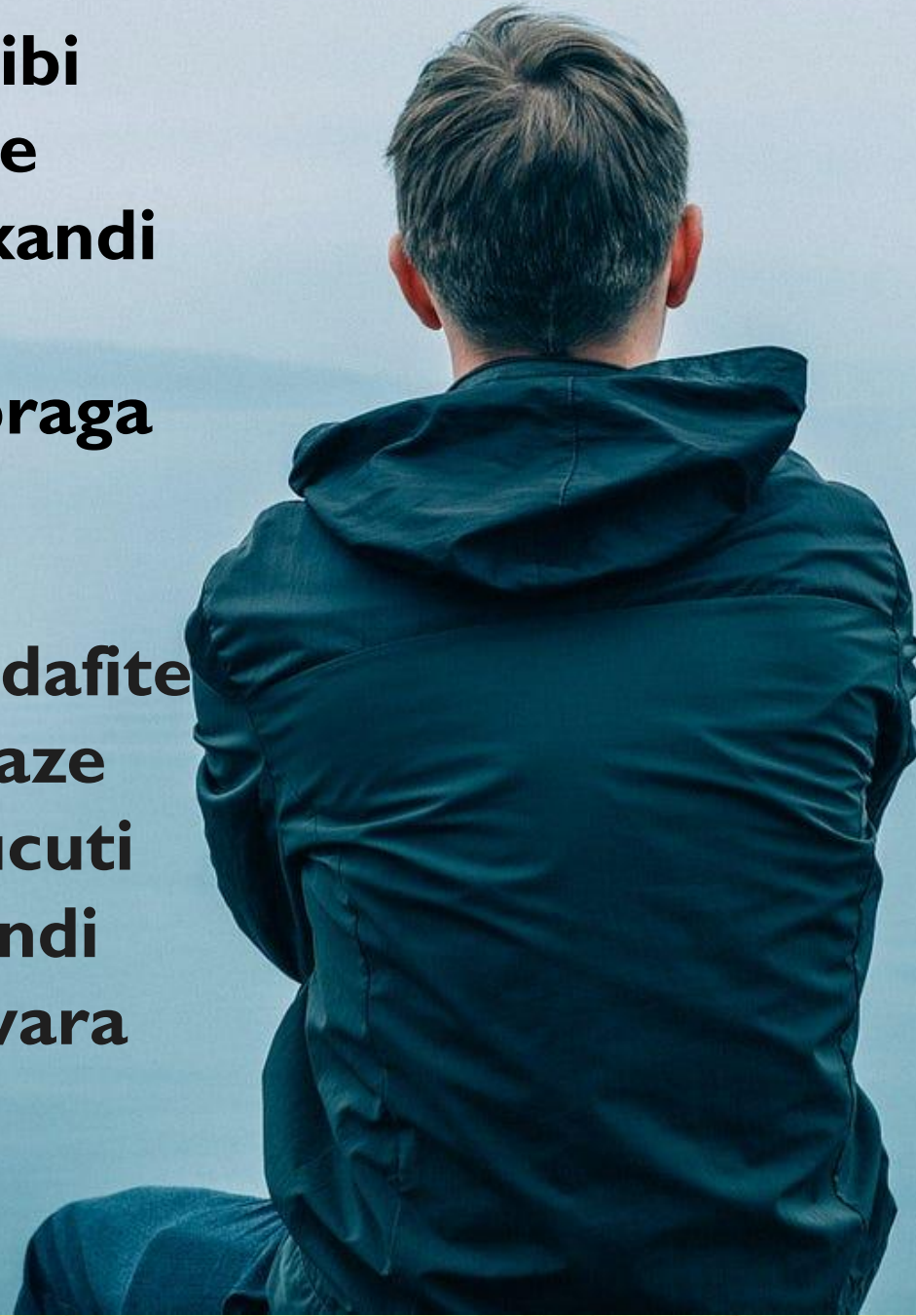




Umunsi umwe Mike yaje guhura na Susan bahujwe n'inshuti nuko bagera nubwo basohokana ngo bajye gusangira. Yari azi neza ko igihe bazaba bari kumwe kizababera akaga, kandi akumva aricyo kimukwiriye. Yakundaga Susan. Yari mwiza, afite ibitekerezo bizima kandi mu bigaragara nawe yakundaga Mike. Nyamara ikibabaje Mike ntiyikuragaho ibitekerezo yiyumvaga nk'intabwa y'umunyabyago.

**Yavugaga ibintu bibi
gusa, agaseka igihe
bitari ngombwa, kandi
nta kintu kirimo
ubwenge yashoboraga
kuvuga.**

**Kuba Mike
yariyumvaga nk'udafite
agaciro byari bimaze
kumusenyera ubucuti
butandukanye, kandi
byari hafi kumutwara
nubundi.**



**Amber yari mu bihe bibi
by'umusore bari batangiye
gukundana. Kuva
yamubwira ko ari
bumuhamagare uwo
mugoroba, yategerezaniye
ubwoba ko amuhamagara.
Isaha yarashije
atamuhamagaye, ndetse
bigera kuri abiri. Byarangiye
atamuhamagaye. Amber
yarababaye cyane.**





**Ariheba atangira
kwitekerezaho. Ubucuti bwose
ngiyemo burangira butya....
Ubu ndabizi n'ibi birarangiye
..... Birashoboka ko
atanshaka... Ndabyibushye
..... Buriya yiboneye undi....
Sinzigera mbasha kugira
inshuti y'umuhungu.....
Birashoboka ko mfite ikibazo
gikomeye gituma ntakundwa.**

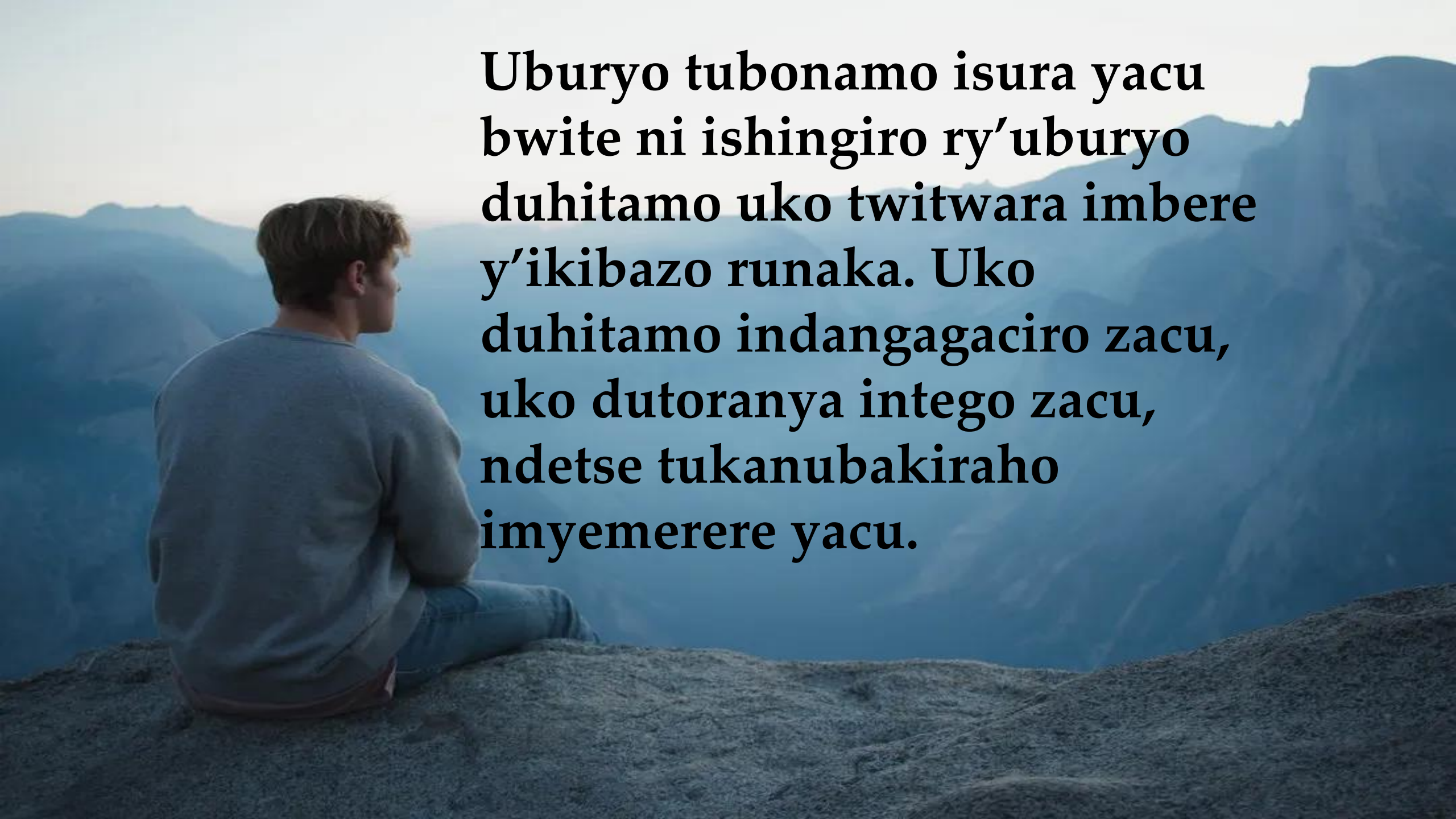
Ubutumwa kuri Mike na Amber

- Niba udahinduye uburyo witekerezaho nuko wiyumva, bizarangira uhisemo umuntu udakwiye.
- Kandi nuhitamo umuntu udakwiye, bizarangira ubaye mu kavuyo ko guhora ukora amahitamo nabi – ugira ibyemezo bipfuye, ndetse no ku wo muzashyingiranwa.
- Uko urushaho kwibona nk'umuntu w'intabwa, niko bazoroha kuba ingaruzwamuheto y'abandi bo kugutwara uko bishakiye.

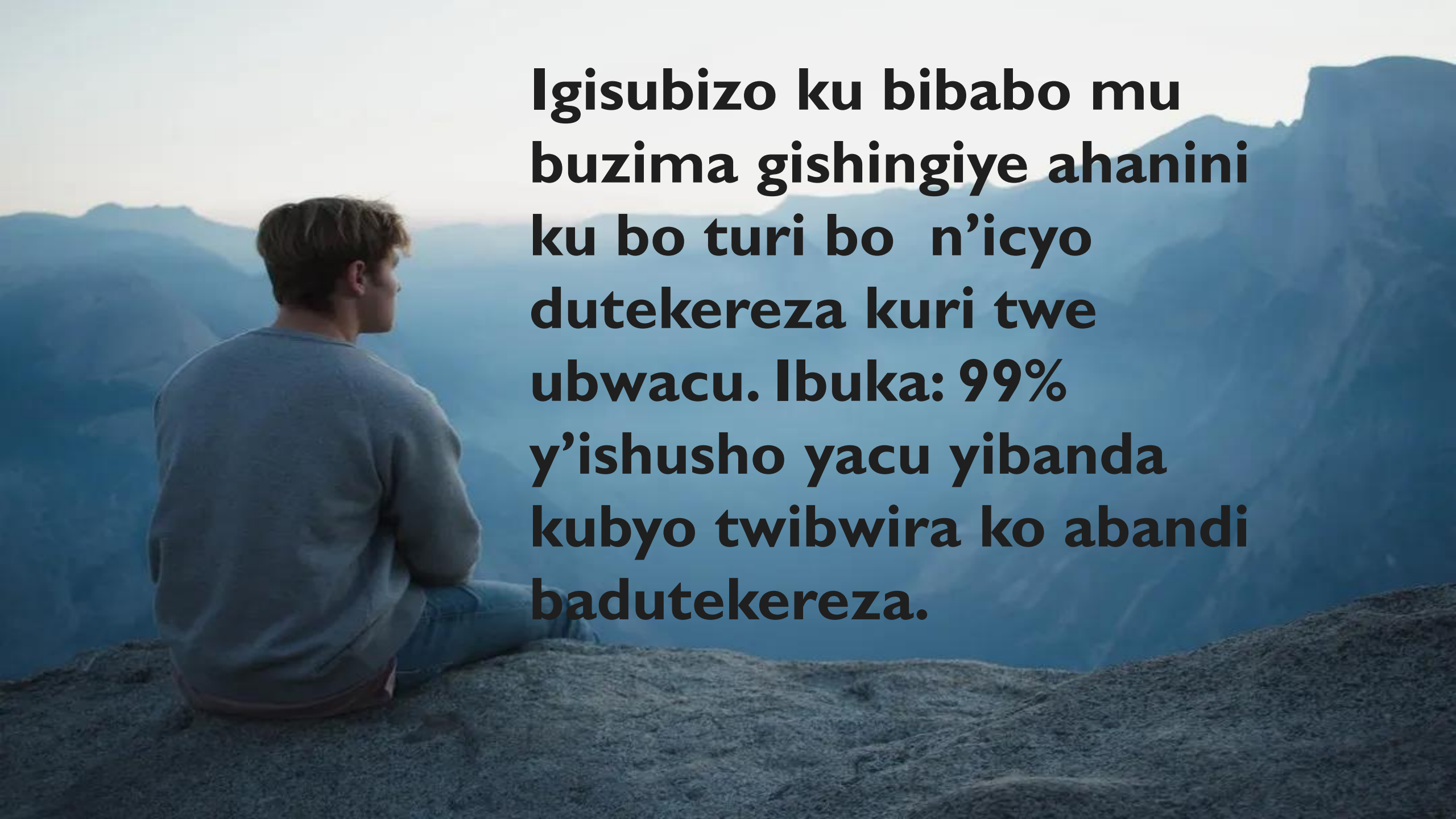
Igiteje akaga kurushaho nuko kubera ko wowe ubwawe utikunda, bizorohera abantu kukuvogera mu by'umubiri, imibanire no kwangiza amarangamutima yawe, mu byerekeye imibonano mpuzabitsina ndetse n'ibindi.

Niba ushaka ubucuti buzima, icya mbere ukeneye ni ukugira ishusho nziza yawe ubwawe. Keretse niwikunda ubwawe, naho ubundi ntuzashobora kugira ibyemezo by'ubwenge ufata ku byerekeye urukundo no gukundwa, kandi uzaba utiteguye kwinjira mu Rukundo.



A person with short brown hair, wearing a grey long-sleeved shirt and blue jeans, is sitting on a large, grey, textured rock. They are facing away from the camera, looking out over a vast, hazy mountain range under a soft, golden light, likely at sunrise or sunset. The mountains in the background are layered and appear in shades of blue and grey, creating a sense of depth and scale. The overall mood is contemplative and serene.

**Uburyo tubonamo isura yacu
bwite ni ishingiro ry'uburyo
duhitamo uko twitwara imbere
y'ikibazo runaka. Uko
duhitamo indangagaciro zacu,
uko dutoranya intego zacu,
ndetse tukanubakiraho
imyemerere yacu.**

A person with short brown hair, wearing a grey long-sleeved shirt and blue jeans, is sitting on a dark, textured rock ledge. They are facing away from the camera, looking out over a vast, hazy mountain range under a soft, blue-tinted sky. The mountains in the distance are layered and appear to be covered in snow or are very high, creating a sense of depth and scale. The overall mood is contemplative and serene.

**Igisubizo ku bibabo mu
buzima gishingiye ahanini
ku bo turi bo n'icyo
dutekereza kuri twe
ubwacu. Ibuka: 99%
y'ishusho yacu yibanda
kubyo twibwira ko abandi
badutekereza.**



Rimwe na rimwe, imyumvire yacu kubyo abandi badutekereza ni ibinyoma. Birashoboka gukundwa n'ababyeyi n'inshuti ariko **wowe ubwawe ukiburira igikundiyo**. Ushobora gutorwa ukunzwe cyane ku ishuri ariko ukumva ko nta gaciro ufite kubera ubundi bunararibonye bwagize ingaruka mbi ku miterere yawe.




**Icyubahiro n'ibihembo
birashobora gutsindirwa
n'abumva ko ntacyo bamaze.**

**Insinzi mu maso y'inshuti
ntabwo isobanuye insinzi
y'imbere muri twe.**

**Kwishyira ukizana - rero, ni uguhuza
ibyatubayeho byose hamwe n'ubucuti twagize,
ibyo twagezeho n'ibyatunaniye, hamwe nibyo
twibwira ko abandi badutekerezaho.**



I  **MIE**

**Kwikunda
bisobanuye
iki?**

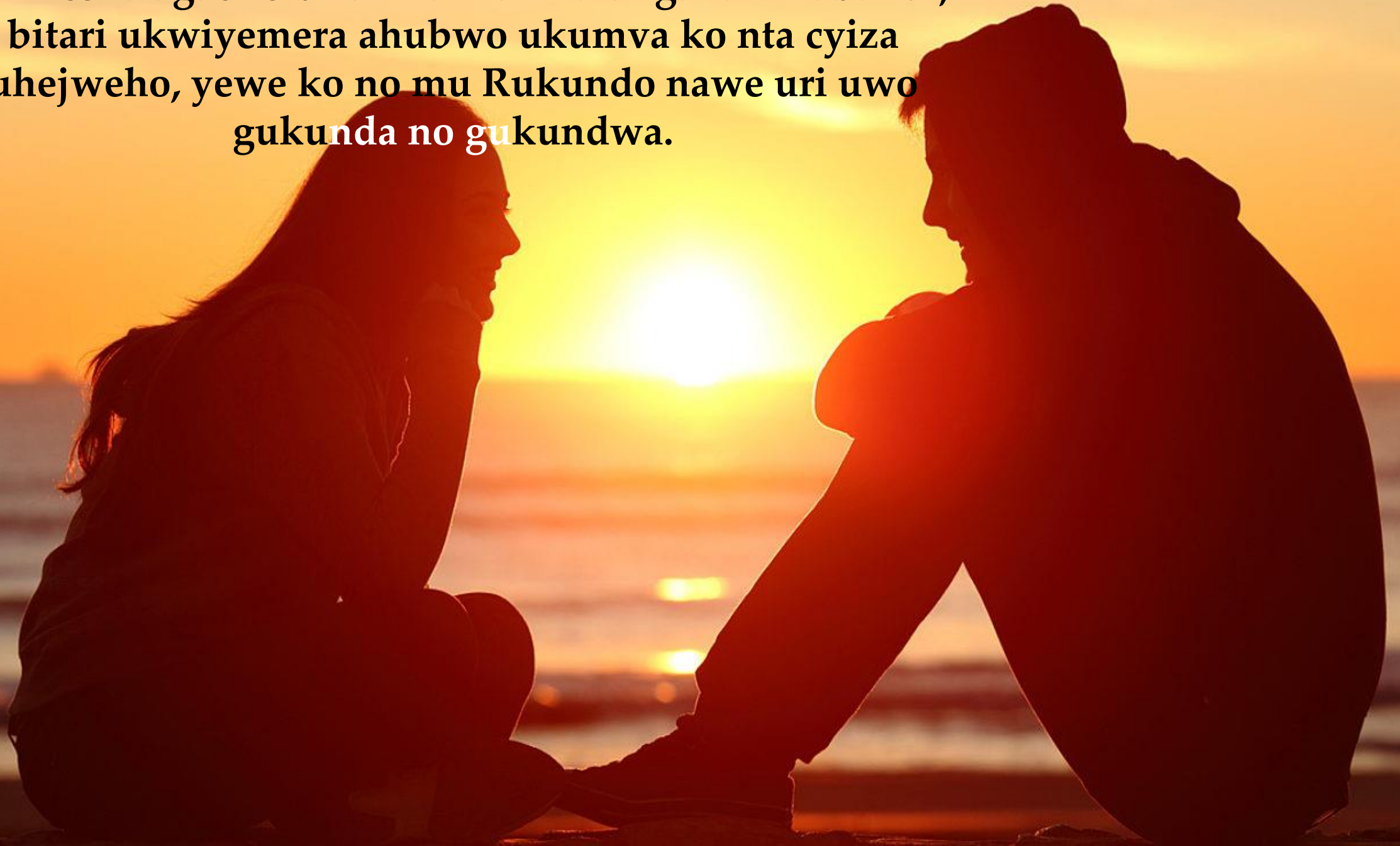


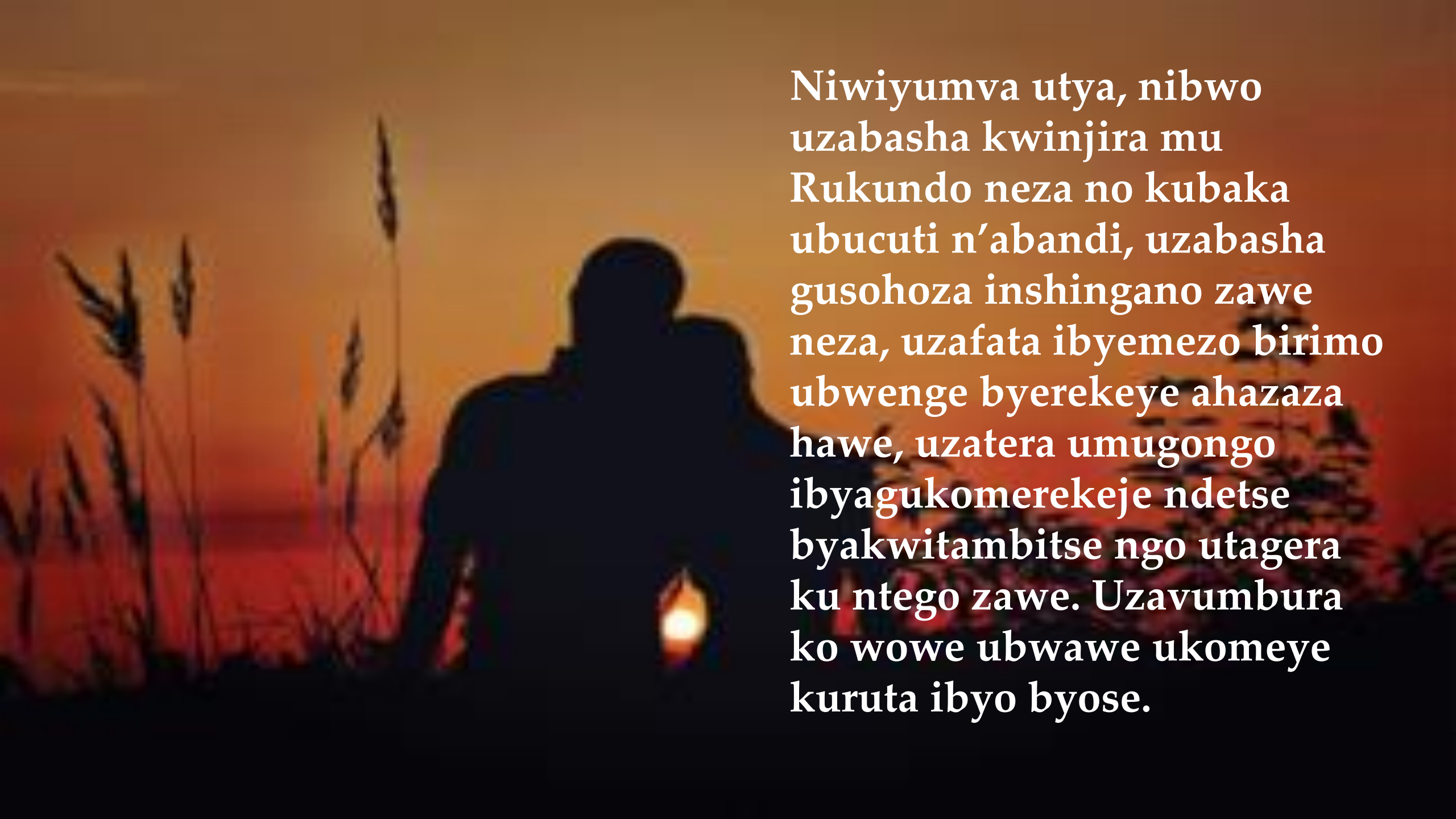
**Hari ibisobanuro byinshi
byo kwihesha agaciro
byatanzwe, ariko
ubusobanuro bworoshye
ni ubuvuga neza uburyo
wisusurutsa n'uburyo
wigaragariza urukukundo
wowe ubwawe**



**Kwihesha agaciro
nyakuri ni ukwikunda
by'ukuri, bikaba
bigizwe n'igiteranyo cyo
kwemera no kwakira
uwo uri we nk'umuntu
w'ingenzi, ukwiye
kandi w'agaciro.**

**Kwihesha agaciro bitumva wumva ungana nk'abandi,
bitari ukwiyemera ahubwo ukumva ko nta cyiza
uhejweho, yewe ko no mu Rukundo nawe uri uwo
gukunda no gukundwa.**



The background of the image shows the silhouettes of a man and a woman standing in a field of tall grasses. The sky is a warm, orange-red color, suggesting a sunset or sunrise. In the foreground, there is a small, glowing fire or light source. The text is overlaid on the right side of the image.

Niwiyumva utya, nibwo
uzabasha kwinjira mu
Rukundo neza no kubaka
ubucuti n'abandi, uzabasha
gusohoza inshingano zawe
neza, uzafata ibyemezo birimo
ubwenge byerekeye ahazaza
hawe, uzatera umugongo
ibyagukomerekeje ndetse
byakwitambitse ngo utagera
ku ntego zawe. Uzavumbura
ko wowe ubwawe ukomeye
kuruta ibyo byose.



Kwihesha agaciro ni ishingiro ry'amarangamutima n'ubuzima bwiza bwo mu mutwe. Niba mu kuri wiyizi kandi wowe ubwawe wiyubaha, uzaba umaze gushyiraho urufatiro ruzagufasha guhangana n'ibibazo uhura nabyo mu buzima bwa buri muni.

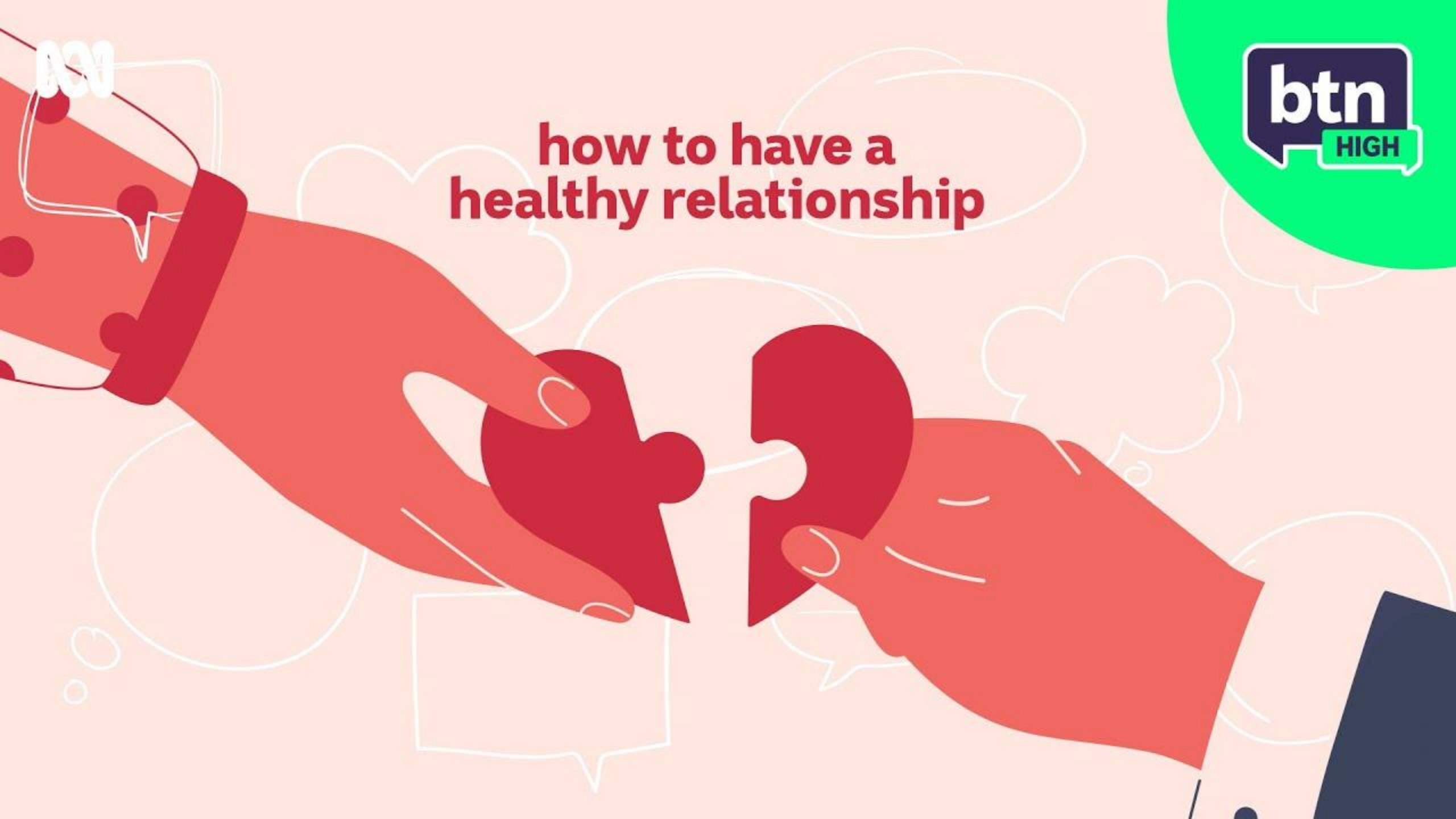
SELF ESTEEM

Iyo ufite isura mbi yawe ubwawe no kwanga kwigirira icyizere, ntushobora gukomeza kuyobora ubuzima bwawe!

Umushyikirano no gukundana bishobora kuba byiza igihe abantu babiri babigizemo uruhare. Ikibazo gikomeye ku bakiri bato bagomba gusubiza mbere yo gukomeza mu Rukundo ni iki: Ni gute nagira ubuzima bwiza? Niba hari imyumvire idahwitse cyangwa ipfuye yo kwikunda, urukundo rwanyu ruzahura n'ibibazo. Bisaba imbaraga no gukura kugira tubashe kugira ubuzima bwiza bw'imbere. Iyo umwe cyangwa bombi badafite ubuzima bwiza birashoboka cyane ko umubano wakwangirika cyangwa ugasenyuka.



how to have a healthy relationship



INDEPENDENCE

BOUNDARIES

RESPECT

9 SIGNS OF A

SUPPORT

TRUST

HEALTHY

CONSENT

SAFETY

RELATIONSHIP

EQUALITY

COMMUNICATION





•1Timoteyo 4:12

“Ntihakagire uhinyura
ubusore bwawe, ahubwo
ube icyitegererezo
cy’abizera ku byo uvuga,
no ku ngeso zawe no ku
rukundo, no ku kwizera
no ku mutima uboneye”

AGATERUWE N'IMANA NTIKAREMERA!



Ellen White yagize ati:
“Umwami arababara cyane,
igihe ubwoko bwe bwisuzugura
bukitesha agaciro. Yifuza ko abo
yacunguye bihesha agaciro
kubw’igiciro gikomeye
yabatanzeho. Abahungu
n’abakobwa b’ingaragu
bashobora kubura amaso yabo
bagatera hejuru bati **“Ndi
uw’agaciro kuko Yesu yampaye
agaciro kandi akangira
uw’agaciro”**.

Ugomba gufata icyemezo mu rugendo rwawe hakiri kare, ukemeza neza aho ushaka kwerekeza wowe ubwawe ndetse n'aho imibanire yawe n'abandi igomba kwerekeza. Igihe umaze kwemeza imiterere y'ubuzima ushaka kubaho, uzakenera gushyiraho intego y'umugambi wawe izagufasha gukomeza guhanga amaso aho wahisemo kwerekeza. Gahunda y'urugendo rwawe ni nk'indangagaciro zawe.





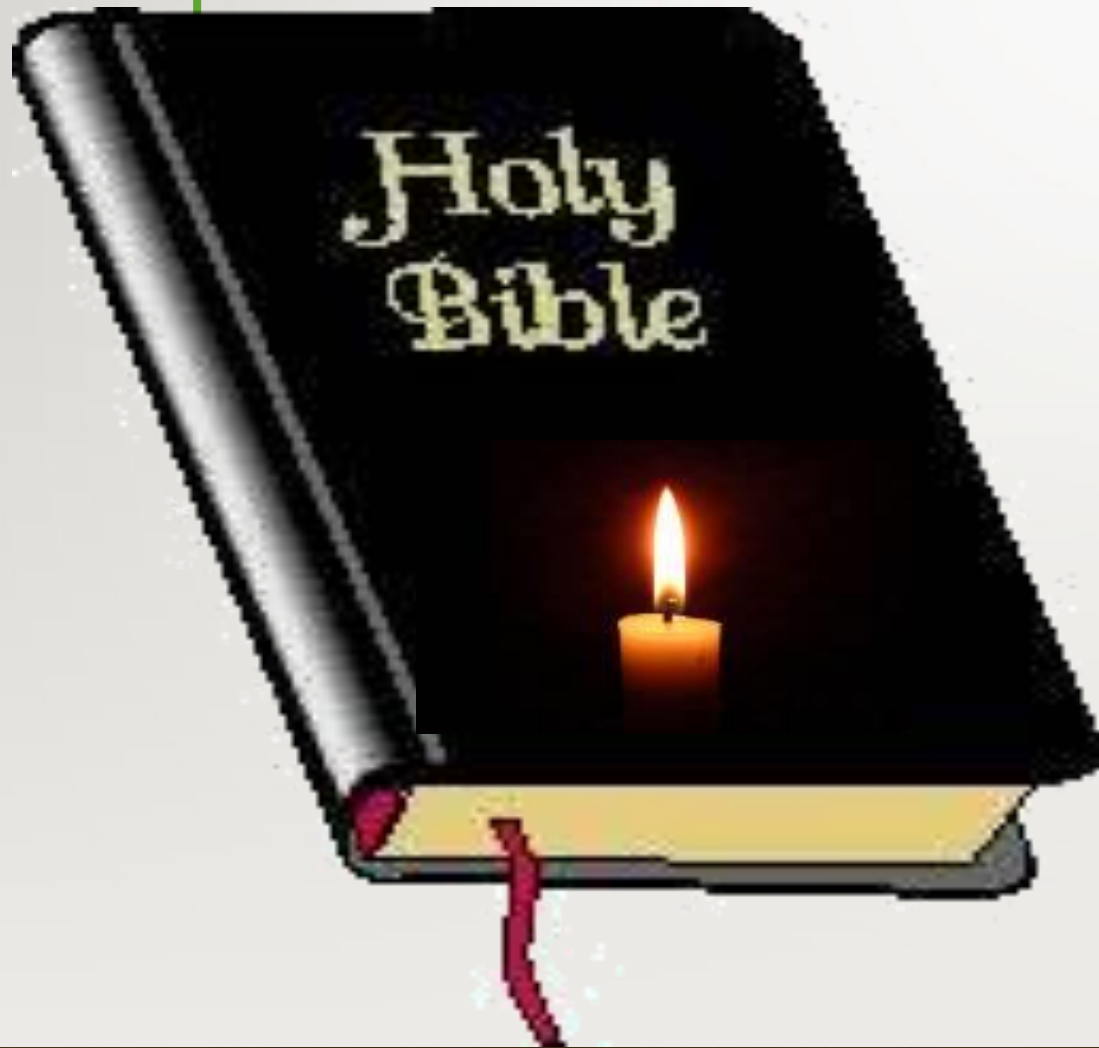
Ugomba gufata icyemezo ku ndangagaciro zizakuranga nk'umugabane umwe w'urugendo ufashe ndetse n'imico uzirinda muri gahunda y'urugendo rwawe kugira ngo ubashe kugera aho mu buzima bwawe wifuza kandi wumva ufite mu bitekerezo byawe.

Ba uwo wifuza kuba we!



Nta gushidikanya amarangamutima n'ibigukurura bizaza mu gihe cy'urugendo rwawe nk'uko imiyaga n'umugaru bibaho mu gihe cy'urugendo rw'indege.

Nyamara, igihe gahunda y'urugendo rw'ubuzima bwawe yuzuyemo indangagaciro ziboneka muri Bibiliya, ikakubera urushinge ruyobora imico yawe, byanze bikunze uzagera aho wihitiyemo kugera igihe watangiraga urugendo rwawe.

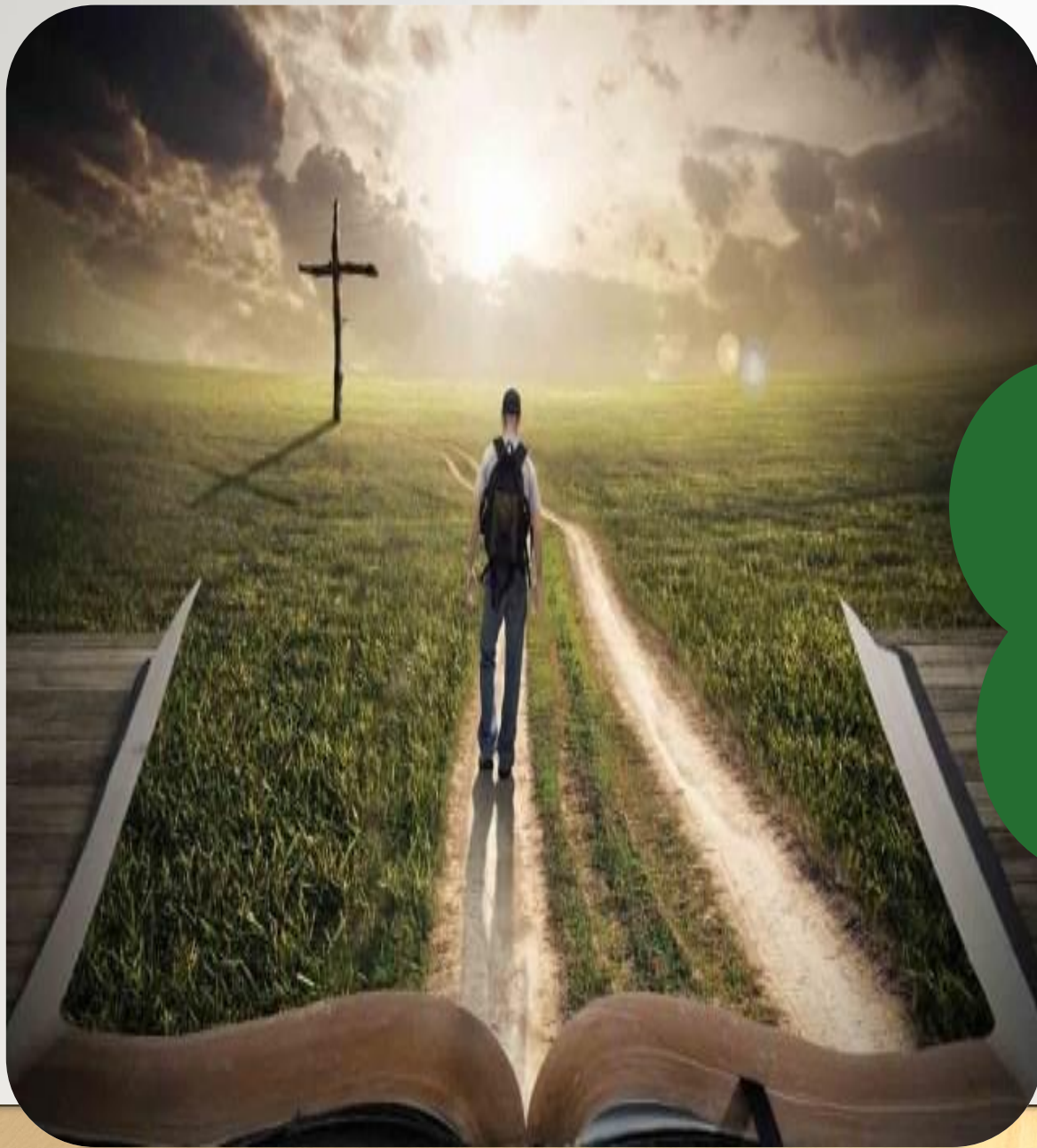


**“Rinda umutima
wawe kuruta ibindi
byose birindwa,
kuko ari ho
iby’ubugingo
bikomoka.”
Imigani 4:23**

I don't know what my future holds,
but I know Who holds my future.



**Ntabwo nzi icyo
ahazaza
hampishiye ariko
kimwe cyo nzi
nuko nzi ufite
ahazaza hanjye mu
biganza bye!**



Ikoreze Uwiteka
urugendo rwawe
rwose, abe ari we
wiringira na we
azabisochoza.
Zaburi 37:5

Umwanzuro



**Ubuzima bwawe
ntukabutegure
nk'ubusitani buri wese
yakwinjiramo,
akabutemberamo,
akabwifotorezamo,
yarangiza agasohoka
akigendera. Ahubwo
uzabutegure nk'aho
ari izahabu iri kure ya
buri wese nuko
uyigezeho amenye ko
afite iby'agaciro.**