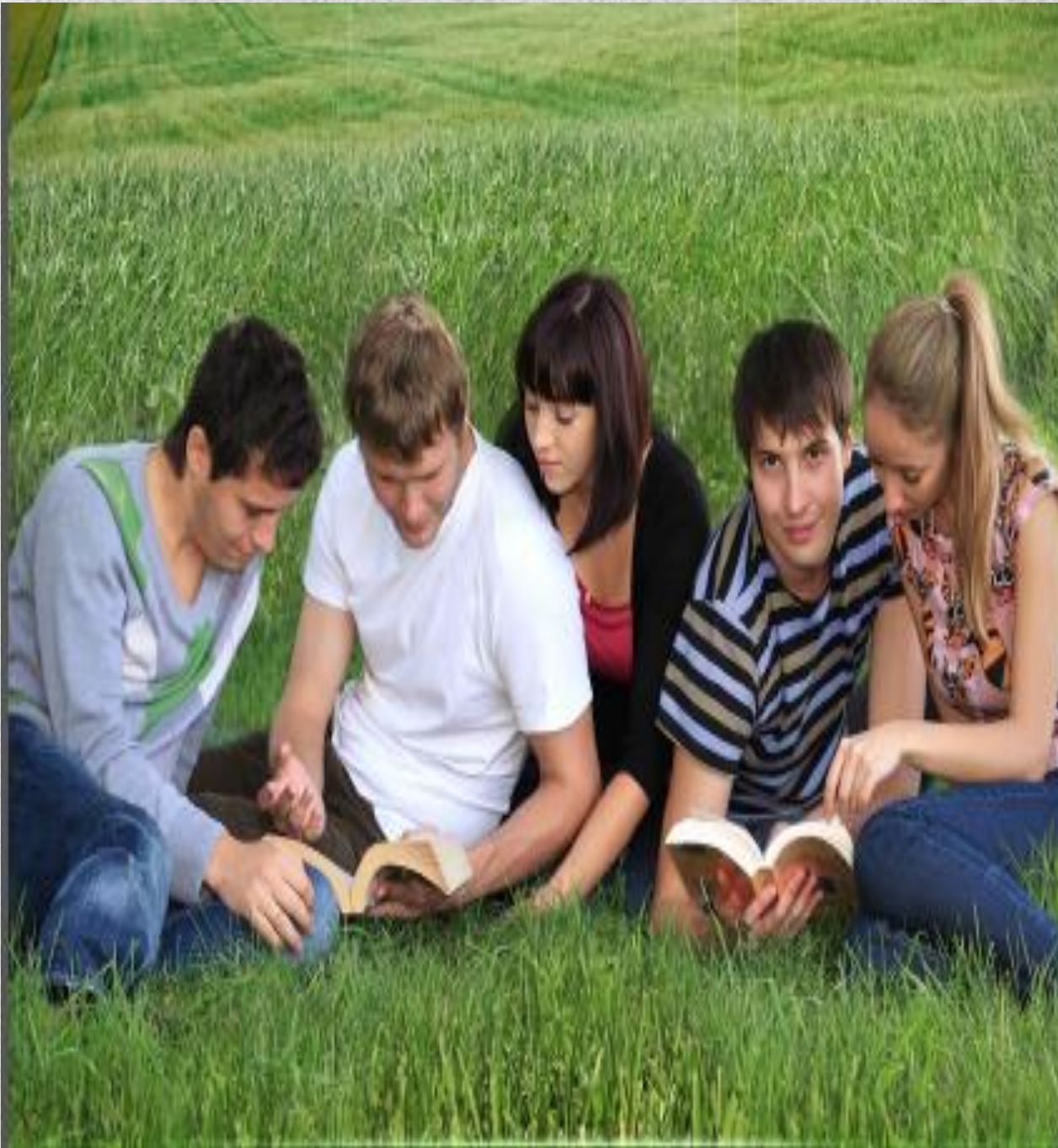


KUBA IMBONERA MU RUKUNDO





•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”

•2Timoteyo 2:22 **“Nuko**

uhunge irari rya gisore, ahubwo ukurikize gukiranuka no kwizera n’urukundo n’amahoro, ufatanije n’abambaza Umwami wacu bafite imitima iboneye”.

Muri iyi minsi ya none iri jambo rikoreshwa nabi cyane: Umuhimbi w'indirimo imwe yaravuze ati “Urukundo ni amarangamutima ya kabiri”. Undi we ati “Urukundo ni ibyo ukeneye byose. Uwa gatatu we yavuze ko “Urukundo rutabaho namba”.



LOVE



**Urukundo ni igiti gifite
impumuro y'ubumana :
rushaka kurindwa no
kugaburirwa. Imitima
yuzuye urukundo nyakuri,
ihumeka amagambo
y'urukundo, atera
umunezero mu muryango,
kandi rugira ingaruka yo
gutunganya abagirana
umushyikirano n'abarufite.**

INSHUTI NYAKURI

- Ashaka icyiza mu mu wundi muntu, ibi ntibivuze ko yirengagiza ibidatunganye biri muri we, amwemera uko ari nta kumushinja amafuti. Amwereka ko umwitayeho mu buryo bw'umwihariko.
- Iguha umwanya wihariye mu buzima, hejuru ya byose akagushakira umunezero, na mbere yuko yiyitaho ubwe.



INSHUTI NYAKURI

- Inshuti nyakuri niyo musangira byose, aho ufite imbaraga naho ufite intege nke, ibyiringiro byacu n'ibiduhangayika, ibiduca intege n'intego zacu, mu kwizera ko igihe nuko byamera kose, itwumva, ikatwemera kandi ko twiteguye kwakira ubufasha bwe.
- Itegana amatwi ubushishozi kandi ikumva amakuru yose nta kuyahindura.
- Ihora iteka yiteguye kubabarira mu kubaha iteka agaciro, amarangamutima n'ibitekerezo bya mugenzi we.



INSHUTI NYAKURI

- Ntasuzugura mugenzi we.
- “Inshuti ni umuntu ubasha gusukaho ibikuzuye ku mutima byose, urukungu n’imbuto nzima byose hamwe, mu kumenya ko ikiganza cyiza cyuje impuhwe n’urukundo kizakwakira kandi kikakubikira amabanga nk’uko uri mu kuguhumuriza, no kwirengera ibisigaye byose.”

Vieux proverbe Anglais



Amabanga y'urukundo, Pierre Lanares, Ch.1, p.14,15

Urukundo ni iki?

**Urukundo ni ukugira uwo
wishingikirizaho kugira
ngo ubeho, umuntu
cyangwa Imana, mukaba
hamwe, ukemerwa na we
(na yo).**

**Urukundo no kumva
wihagije ntibijyana na
gato.**



MBESE KURI WOVE URUKUNDO NI IKI?



Umwanditsi umwe w'ikirangirire yasobanuye urukundo nk' **"Inshinga".**

- **Inshinga itanga igitekerezo cy'igikorwa, ntabwo ari ibyiyumviro."**
- **Yerekeza ku bushake, ntabwo ari ku marangamutima ahindagurika.**
- **Urukundo rwumvikana muri ubu buryo ni icyemezo, imyifatire, uburyo bwo gutekereza no gukora.**

Niyo mpamvu abakundana iyo batwawe n'amarangamutima n'ibyiyumviro urukundo rwabo ruba ruri mu manegeka.

Urukundo rushyira mu gaciro

Urukundo iteka rushaka icyiza mu wo ukunda, atari uko ubyiyumvamo, ahubwo bitewe nuko uwo ukunda umubonamo agaciro kihariye nuko ugaharanira kumwitaho binyuze mu gaciro afite kuri wowe. Icyo nicyo Imana yadukoreye.



Urukundo si ikintu cyose



- Ibyo tubona bikinwa mu ma filimi y'urukundo bihabanye n'ukuri k'urukundo.
- Urukundo mu bashakanye rusaba umuhati, gukorana umwete kugira ngo ubashe gusohoza inshingano z'abashakanye. **“Gukunda, kurinda no kubaha uwo twashakanye mu minsi myiza n'imibi.”**
- Uwitwa Ravi Zacharias yaravuze ati **“Urukundo ni akazi katigera gatanga ikiruhuko”**

Urukundo si ukugerekeranya abantu babiri cyangwa kubegeranya, ahubwo ni ukurema undi mushya (le couple).

Urukundo ni ukureka kuba wowe ubwawe ugahinduka undi.

Ibibashimisha n'ibibababaza, ibibatera ubwoba n'ibibarema umutima, intumbero zanyu mwembi z'ahazaza... byose mukaba mubisangiye.

Urukundo si ukurebana akana ko mu jisho gusa;



Ahubwo ni ukureba mu cyerekezo kimwe mwembi.





**Urukundo ni ukurinda
cyangwa kurengera
kandi ukubahiriza
uburenganzira bwa
mugenzi wawe. Si
ukuzirika cyangwa
gufungirana mugenzi
wawe, ni ukumuha
ubwisanzure.**

Urukundo ni uburyo twita cyane ku mukunzi.

Igihe adutwara ni cyo

gituma agira agaciro mu maso yacu. Antoine de Saint Experi

ati: “Ni ururabo rwa roze mu zindi nyinshi, ariko rwo ndarukunda, kuko ni rwo nabagariye, ndukiza ibinyabwoya, ndarwuhira...”

Urukundo ni inshingano:

Ni igikorwa cy'ubushake kandi kinezeza cyane. Ni igisubizo dusubiza udukeneye haba mu byiza cyangwa mu bibi. Ni ukuba umwishingizi w' umukunzi wawe.

Urukundo ni uguha agaciro umukunzi wawe:

Ni ukumwemera uko ari, utamuhatira kunezeza irari ryawe, kandi ntiwirengagize uko aremwe binyuranye n' ukw'abandi.



Abagore baribaza bati:

- 1. Umusore umbereye namwegera nte?**
- 2. Kuki abagabo bavuga ibintu byinshi kuri bo?**
- 3. Kuki abagabo batahamagara?**
- 4. Kuki abagabo batiyemeza?**
- 5. Nigute ushobora kubona umugabo wafungurira umutima wawe?**



6. Kuki ngomba gukora ibishoboka byose kugira ngo uru rukundo rurambe?

7. Ibintu byose ni byiza, ariko mugenzi wanjye ntiyifuza ko dushyingirwa kandi njye ndabikeneye! Nakora iki?

8. Kuki nkomeza mu bahungu bameze batya

**Ibibazo byumugore
bikunda kuzenguruka
ikibazo kimwe:**

- **Ni gute mbasha kubaho mfite umutekano urambye w'urukundo?**
- **Abagore bashaka gukora neza uko bashoboye kose kugira ngo babone ibyo bakeneye mu mibanire yabo.**





- **Abagabo, ku kurundi ruhande, bagira ibibazo bitandukanye. Ibibazo byabo byibanda ku kureba neza ko batsinze mu mibanire yabo ariko byagaragaye abagabo batumva ndetse bakanasobanura nabi abagore.**



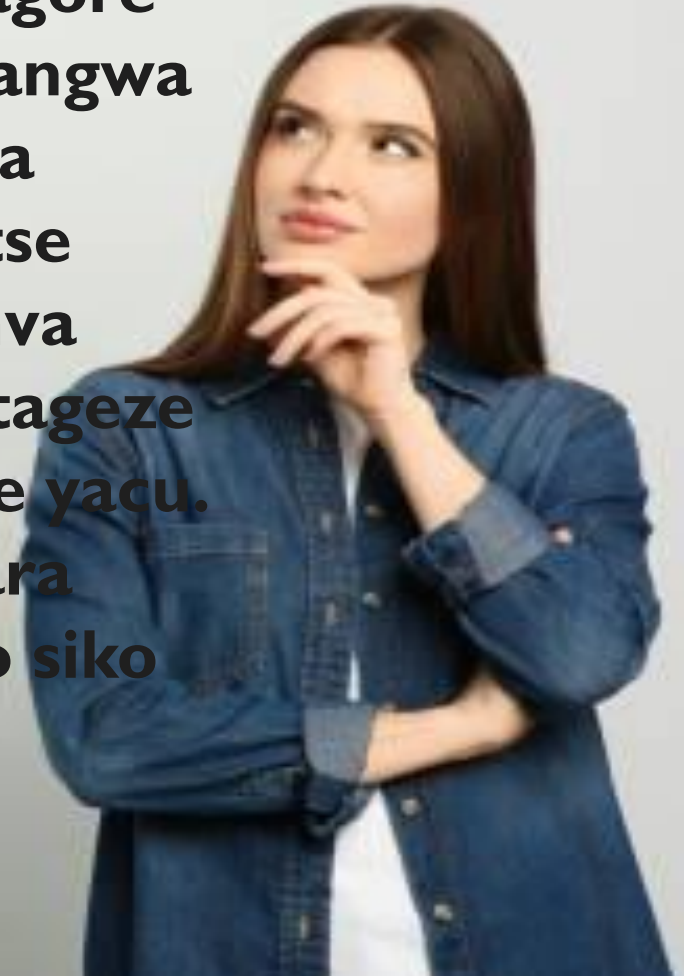
Abagabo baribaza:

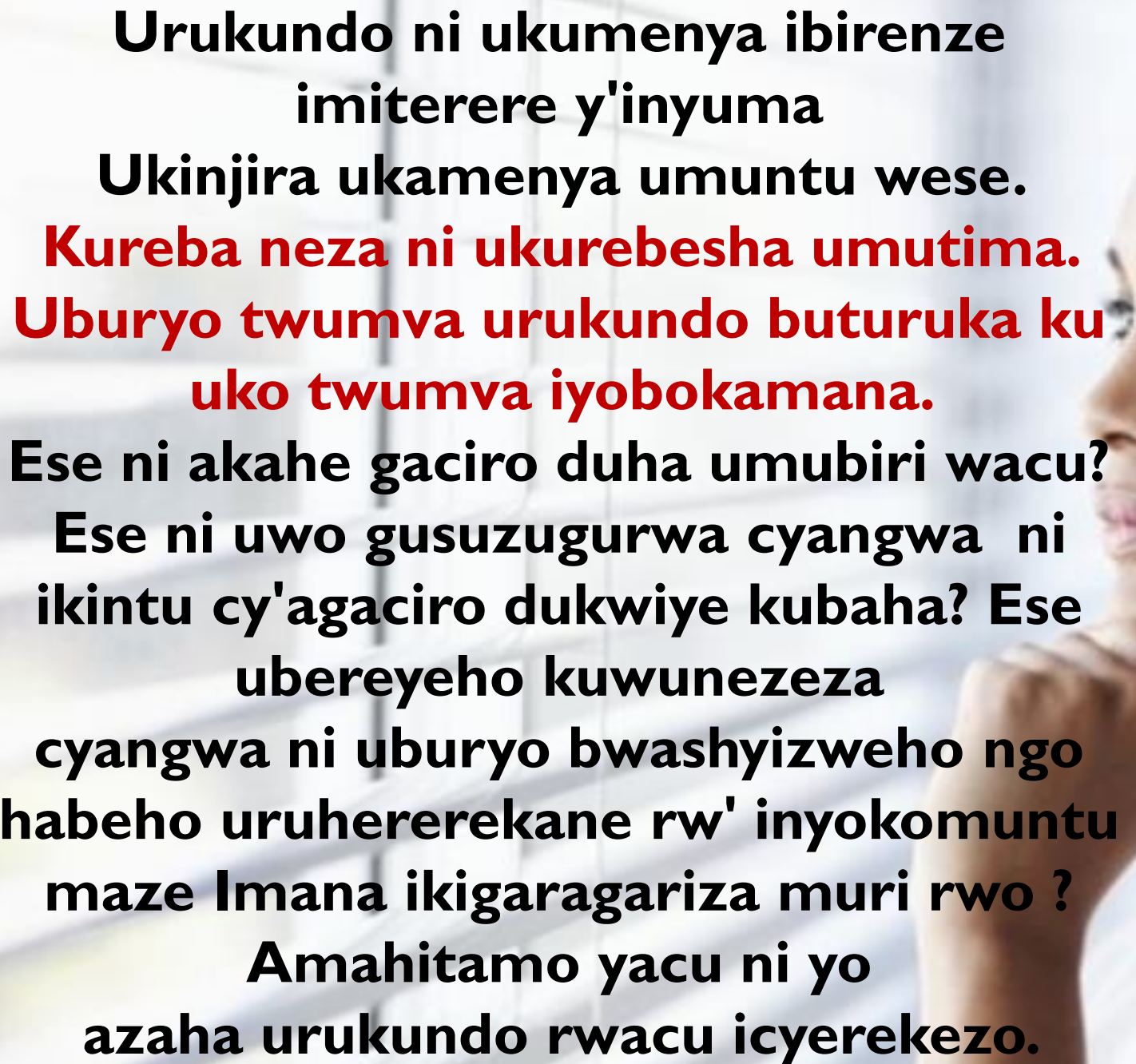
- **Nabwirwa n'iki icyo umugore ashaka?**
- **Kuki abagore badafutura ibintu?**
- **Kuki dutangira kujya impaka kubintu bito cyane?**
- **Kuki abagore badashobora kuvuga gusa icyo bashaka kuvuga?**



- **Nabwirwa n'iki ko ari we wanjye koko?**
- **Kuki buri gihe ashaka kuvuga ku byerekeye urukundo?**
- **Ibintu bimeze neza ubu, none kuki utigisa ubwato ngo urashaka gushyingirwa?**
- **Kuki abagore babaza ibibazo byinshi?**

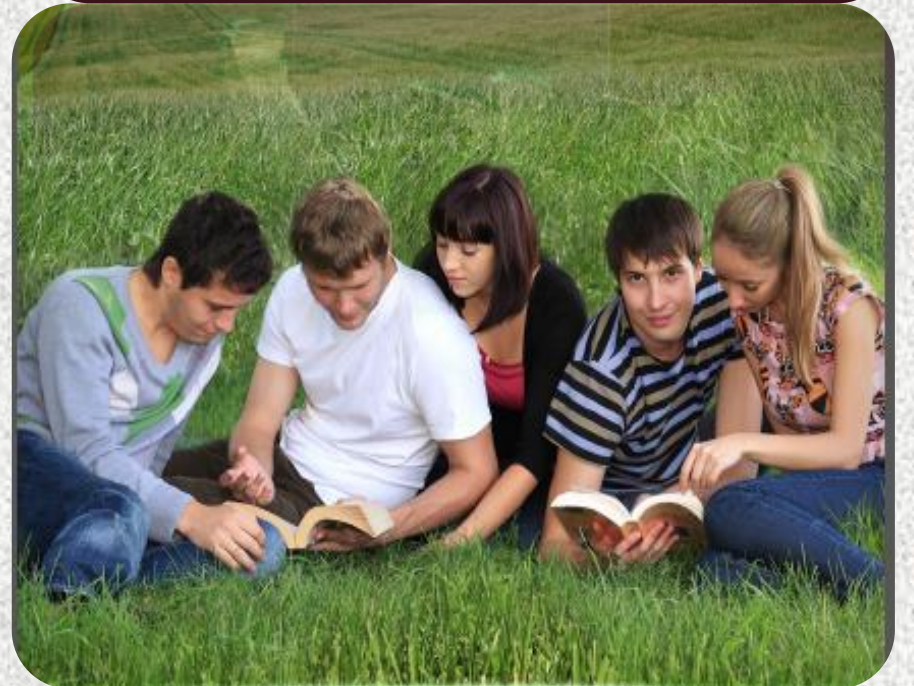
**Nubwo ibibazo by'abagabo
n'abagore byerekanako
itandukaniro mu cyerekezo cyo
gukundana, bafite ibintu bibiri
bahuriyemo: Abagabo n'abagore
bifuzaga ko umubano wabo urangwa
n'urukundo, nubwo baba
batabyumva kimwe ndetse
banatandukanye. Twiyumva
nk'abanyantega nke igihe tutageze
kucyo twifuzaga mu mibanire yacu.
Uru rugendo rukagaragara
nk'utarimo ibyiringiro ariko siko
biri.**





**Urukundo ni ukumenya ibirenze
imiterere y'inyuma
Ukinjira ukamenya umuntu wese.
Kureba neza ni ukurebeshya umutima.
Uburyo twumva urukundo buturuka ku
uko twumva iyobokamana.
Ese ni akahe gaciro duha umubiri wacu?
Ese ni uwo gusuzugurwa cyangwa ni
ikintu cy'agaciro dukwiye kubaha? Ese
ubereyeho kuwunezeza
cyangwa ni uburyo bwashyizweho ngo
habeho uruherekane rw' inyokomuntu
maze Imana ikigaragariza muri rwo ?
Amahitamo yacu ni yo
azaha urukundo rwacu icyerekezo.**

Umwanya dushyiramo Imana, ni wo utuma dusobanukirwa urukundo cyangwa ntiturusobanukirwe. Muri iki gihe, gutakaza ibyera bishyira urukundo mu cyeragati kidasobanutse : bamwe barugarukiriza ku gukora imibonano mpuzabitsina gusa, kandi ibyo nta handi biganisha usibye kuzibona amasoko y'ubuzima n'umunezero nyakuri yarakamye, kuko nta handi hera hirabura yaturuka uretse kuri Mwuka muziranenge!



TUZIRIKANE IBI BIKURIKIRA:

- **Urukundo ni ukwishakisha:** gukunda bituma wimenya ukanagera ku ntego z'uwo ushaka kuba we.
- **Urukundo ni ukuzura k'umuntu,** ni ukugera ku mugambi uguhesha agaciro ko hejuru.
- **Gukunda ni ukuganira** no guhuza urugwiro kw'imitima n'imibiri.
- **Gukunda ni ukuba uw'uwundi muntu:** kumva ko uri uw'agaciro gahebuje ku wundi, ko ari wowe akunda cyane, ukamwiha wese utizigamye.
- **Urukundo ni ukuba uwo uri we.** Urukundo ni ikintu cy'ingenzi mu buzima ku buryo kugitakaza ari ugutakaza ubumuntu nyakuri.

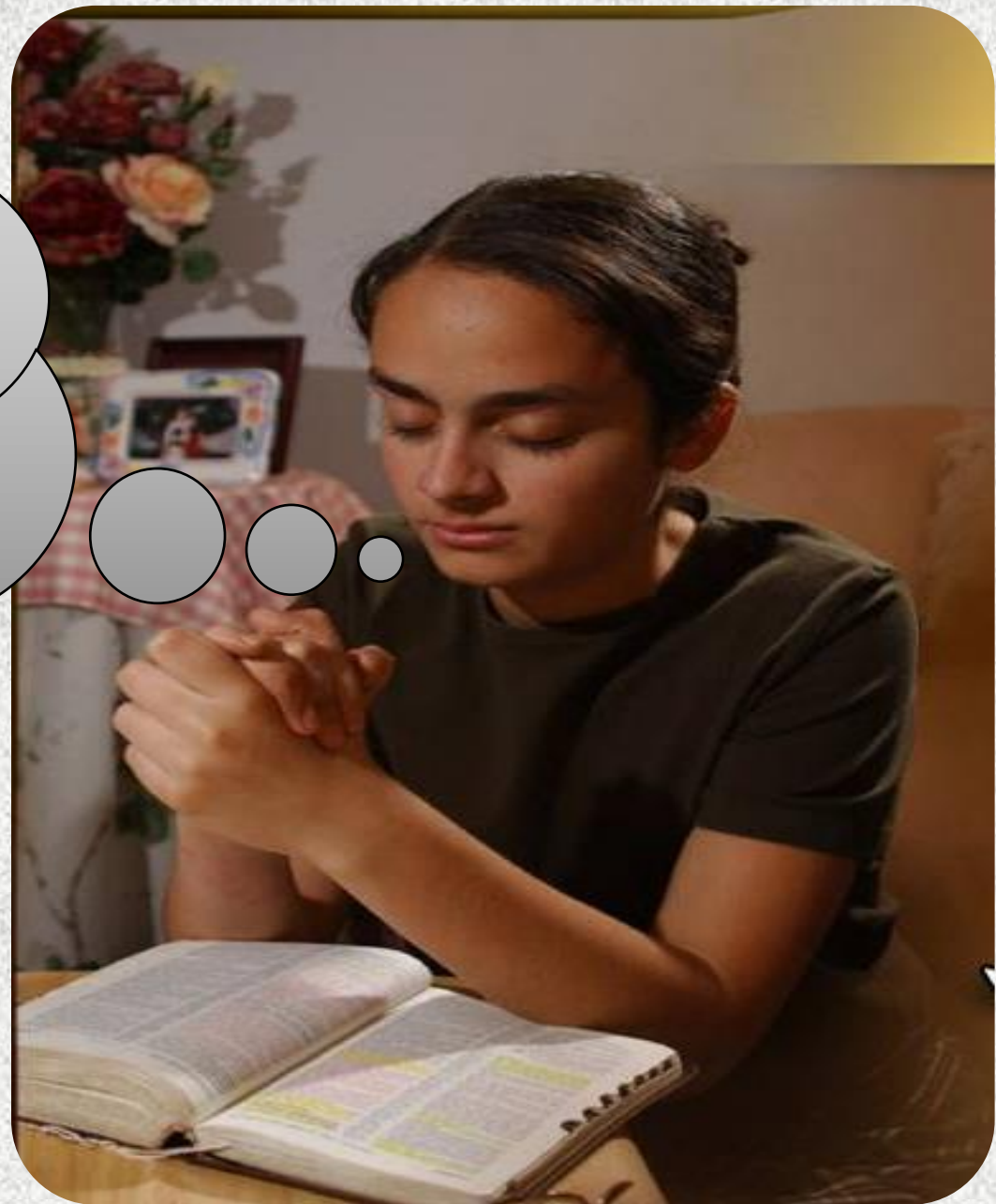


**None ni gute
tubasha kuba
imbonera mu
gihe turi mu
Rukundo?**

1. Igihe usohotse ugiye guhura n'uwo muri kumwe mu rukundo ujye witondera isura yawe. Imyenda yawe igomba kwerekana isuku, kwicisha bugufi no kwera by'umutima. Ntugatere uwo mukundana inyota yo kuryamana nawe. Bituma akeka ko ushobora kuba usanzwe uri inkozi y'ibibi – waba umusore cyangwa inkumi.



**2. Senga mbere
yo gufata
urugendo,
ubwire Imana
ikurinde kugwa
mu gishuko.**





3. Mu ntangiriro y'imishyikirano yanyu, gerageza kumva kurusha gutumbira mugenzi wawe. Burya hari ukuntu umureba cyane maze ibirangabwiza n'ibiteranyota by'uwo muntu bikakuzura mu mutwe ku buryo ubwonko bwawe buhita buta umurongo. Ugomba kwibuka ko icy'ingenzi ukeneye kumenya kuri uwo muntu ari imico n'imyifatire. **Ntukareke ngo amaribori, imigara, n'amasimbi bitume wibwira ngo ibyansi byose bibamo amata, cyangwa ngo ugusekeye wese aba yishimiye ko musabana.**



4. Waba umusore cyangwa inkumi, ugomba kwirinda kurara k'uwo mukundana, cyane cyane iyo adafite abavandimwe muhuje igitsina.

5. Si byiza ko mufatana ibiganza igihe kirekire, keretse igihe murimo musengera ahagaragara.



6. Irinde gusomana ku minwa, burya rukuruzi utazi ihita ivangavanga ubwonko bwawe ku buryo utangira kwifata uko utari witeze. Irinde gukora ku myanya ndangagitsina (urugero: amabere, ubwanwa, n'ibindi). **Ntuzamenya uko wataye umurongo muzima wo gutekereza. Muri make ni nko kwishora mu ruzi ariko wiringiye ngo ntabwo uri butohe.**



- 7. Hari igihe ugomba kugisha inama, aba mbere ni ababyeyi bawe. Utabafite agira inshuti zimubera ababyeyi.**
- 8. Jya ugisha inama umubyeyi wawe muhuje igitsina. Niba utakimufite cyangwa mutabana, ushake undi mubyeyi utinya Imana. Barahari mu Itorero ryawe cyangwa aho utuye. Fungura amaso, usenge cyane, Imana izakuyobora ku bajyanama nyakuri.**



**9.Nubona mutangiye
gushimishwa no
kwitwa**

**“barakundana”,
uhite ubimenyesha
abayobozi cyane
cyane Pasitoro
cyangwa se
umukuru w’Itorero
ukuri hafi.**



- 10. Ibiganiro byose mugirana ugomba buri gihe gukora ku buryo biganisha ku kwizera n'ibyiringiro ufite by'ubuzima buri imbere.**
- 11. Buri gihe ugomba guhora wimiriza imbere ibyerekeranye n'ubuzima bwawe ahazaza. Urugero: Niba uri umukristo, ugomba buri gihe kureba niba ibyo uganira na mugenzi wawe bigufasha kumenya Kristo no kumwegera kurusha mbere. Ukareba niba uwo muntu arimo agufasha kubaho ubuzima bwubahiriza amategeko y'Imana dusanga mu Kuva 20:1-17**

12. Ntihakagire ikintu wemera mu biganiro byanyu kandi utagisobanukiwe. Ujye usobanuza, ubaze ibibazo kugeza ubwo wumvise neza. Niba mugenzi wawe atishimira ukuntu ubaza ibibazo byinshi, ntanashabukire kugusobanurira, ugomba kumenya ko uwo adashobora kukubera inshuti mwashyingiranwa. Uwo aba azakugira umucakara we muramutse mushyingiranwe. Mwibohore hakiri kare.






13.Ntugashimishwe no guhora usaba impano. Bituma mugenzi wawe agushyira hasi y'ikigero cye. Ntukemere ngo mugenzi wawe agushukishe impano zidasiba, cyane cyane umunsi mwateganyije kuganira ibintu bikomeye byerekeye imibanire yanyu iri imbere. Hari ukuntu izo mpano zigutera ikinya zigatuma utavuga ibyo wari wateganyije.



14. Mwirinde guhamagarana nijoro mu gicuku. Burya mu gicuku ubwonko buba bumaze gucomokora insinga nyinshi zabwo kugira ngo buruhuke imirimo y'umunsi. Ibyo muganira nijoro mu gicuku bishobora kubashyira mu bishuko mukanafata ibyemezo bidakwiriye. Ugasanga wasezeraniye mugenzi wawe kumugurira ibirenze ubushobozi bwawe.



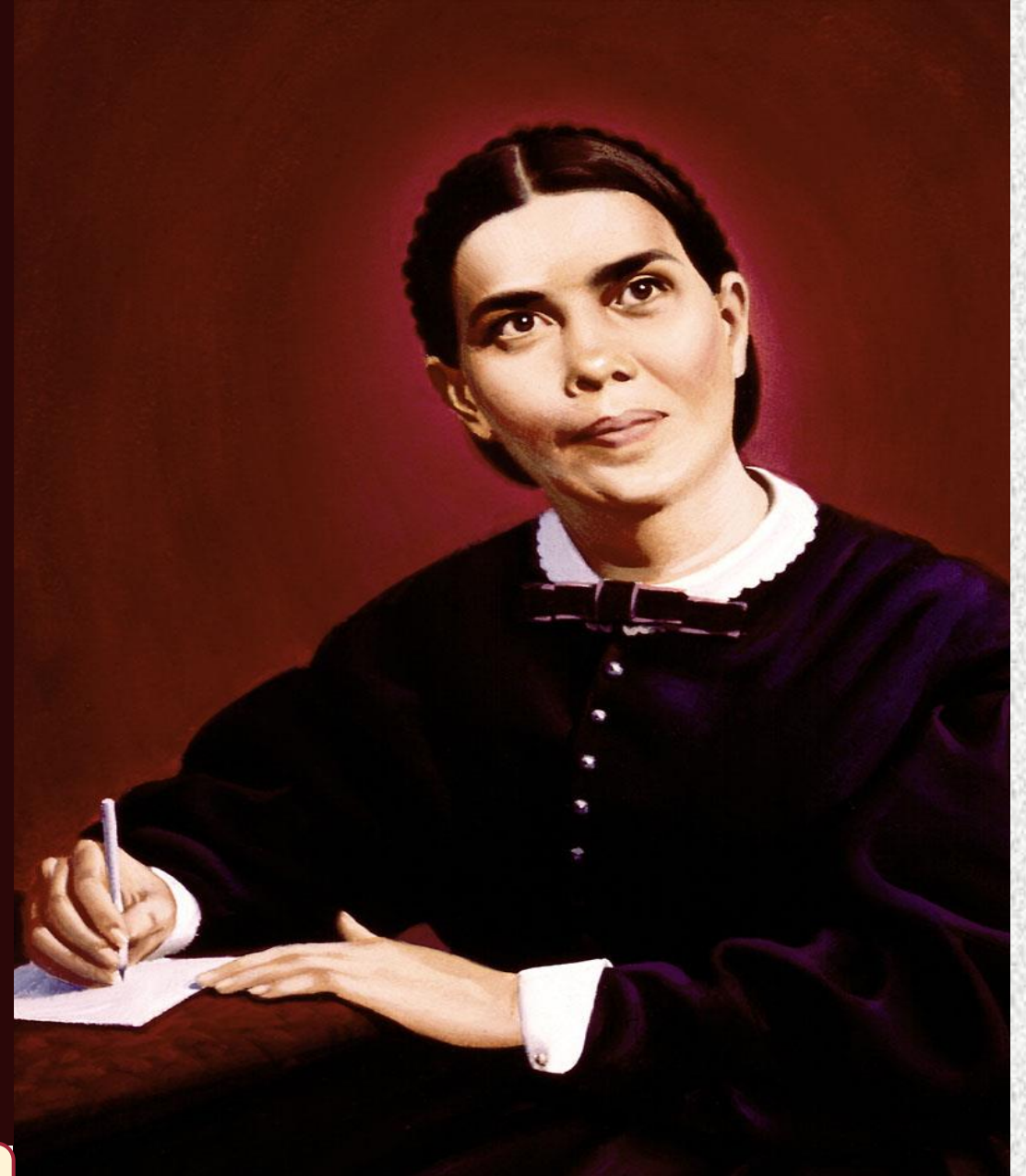
**Urugo rwa gikristo,
P.46 47**

Akamenyero ko kubana kw'abasore n'inkumi nijoro kamaze kuba gikwira; kandi ntibinezeza Imana kabone n'ubwo abo bombi baba ari abakristo. Ayo masaha maremare yangiriza ubuzima. Bituma mu ntekerezo utibaza neza ku mirimo uzakora ejo kandi bifite ishusho y'ikibi. Mwene data ndibwira ko uziyubaha bihagije maze ukirinda imyitwarire nk'iyoyi ngo.

**Niba icyifuzo cyawe cy'ingenzi
ari uguhesha Imana icyubahiro
gusa, uzagira ubwitonzi
ubikuye ku mutima.**

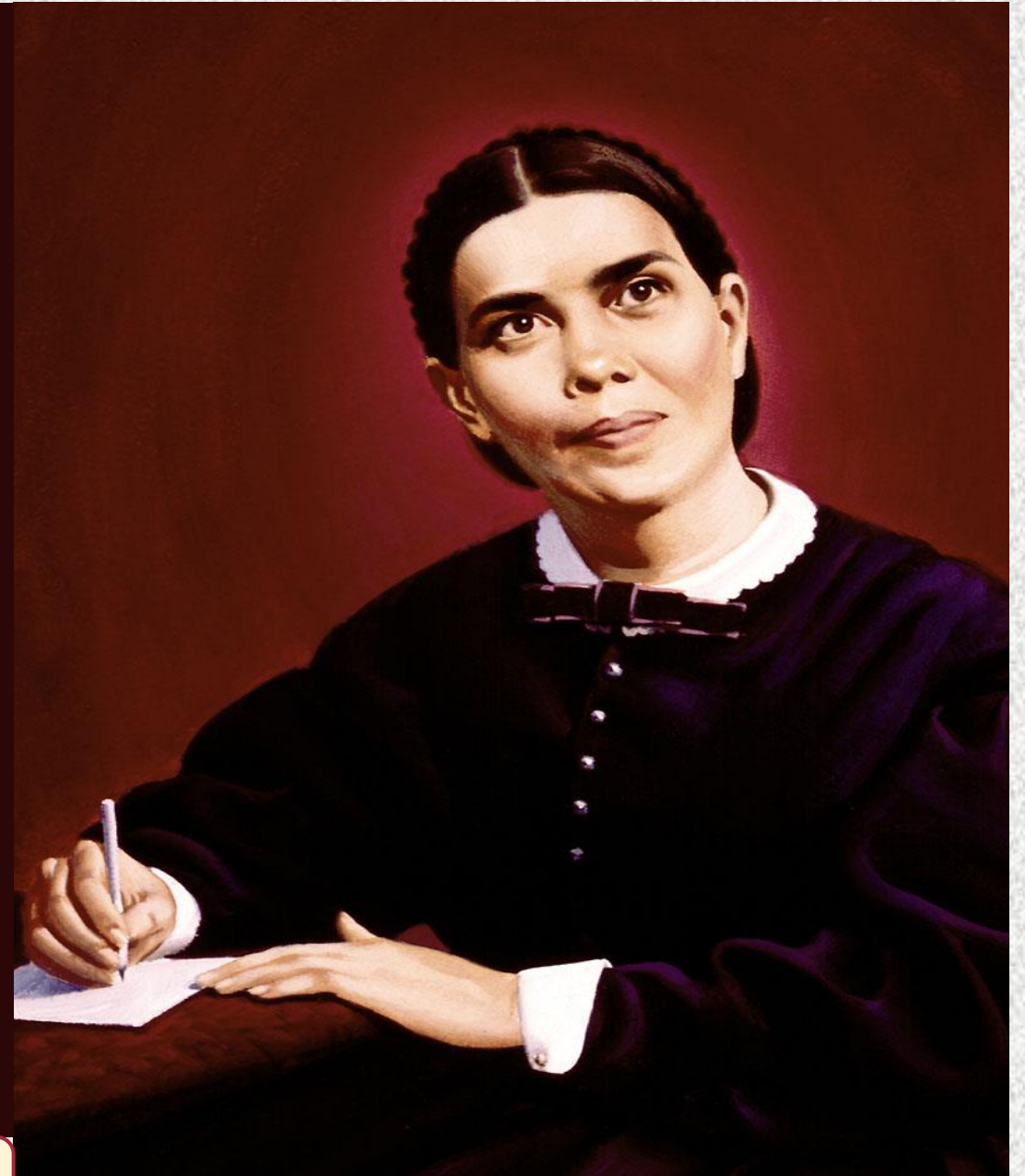
**Ntimuzemerera ibyiyumviro
byanyu birwaye bibaganisha
mu nzira mbi kubahuma
amaso, kugeza ubwo
mutabasha gusobanukirwa
inshingano zihanitse Imana
yabahamagariye nk'abakristo.
**Abamalayika ba Satani babana
n'abamara igihe kirekire
barambagiza nijoro.****

Urugo rwa gikristo, Ch.8, p.46,47



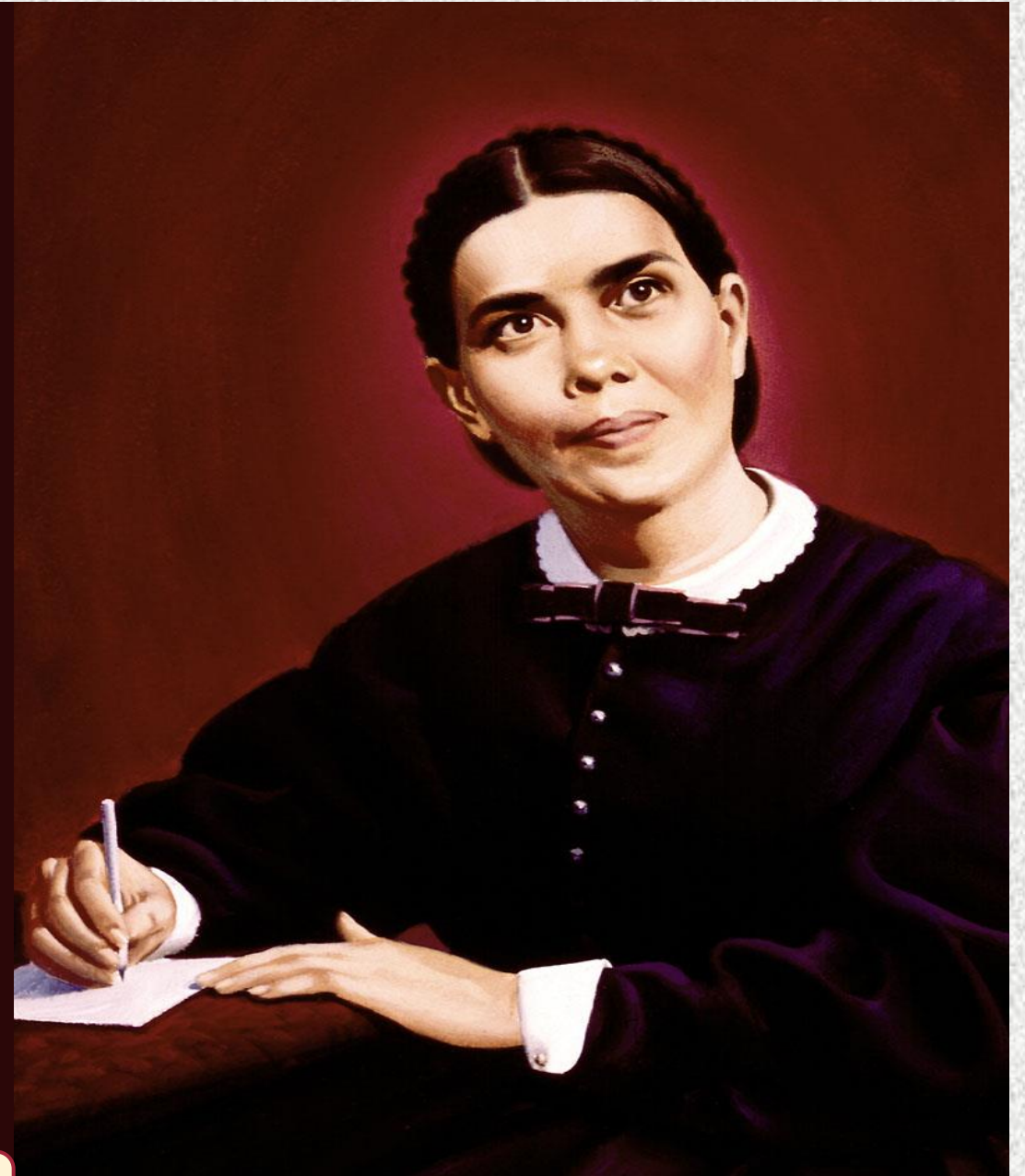
**Iyaba amaso yabo yarahumuwe,
babashije kubona marayika
wandika yandika amagambo
n'imirimo byabo. Bica amategeko
y'amagara mazima
n'ikinyabupfura. Byanzeza
biruseho kureka amasaha yo
kujya guhendahenda mbere yo
gushyingirwa akazakoreshwa mu
mibereho y'abashyingiranwe.
Ariko ikintu rusange, ni uko
ishyingirwa ari ryo riheruka
urukundo rwerekaniwe mu
mubano bagiranye
batarashyingiranwa.**

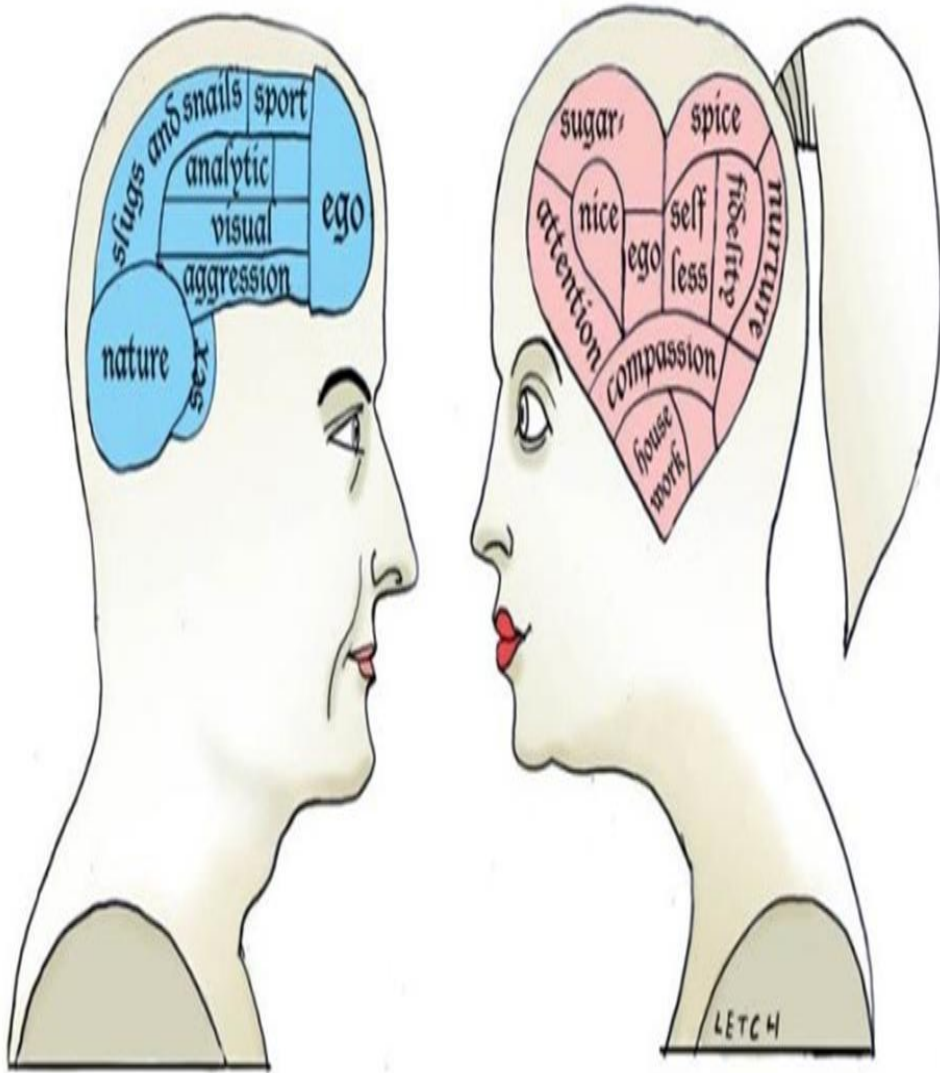
Urugo rwa gikristo, Ch.8, p.46,47



Muri iki gihe cy'ubugoryi, ayo masaha y'ijoro yahariwe kurambagizanya atera abo bombi kwangirika. Satani acinya akadiho, Imana igakozwa isoni mu gihe abagabo n'abagore bitesheje agaciro muri ubwo buryo. **Izina ry'icyubahiro rikandagiranwa mu mukunguku muri icyo gihe cy'agahararo kandi mu gihe cyo gushyingiranwa kw'abo bantu icyubahiro cy'Imana nticyahagaragara. Bashyingiranwe bayobowe n'iruba maze igihe agahararo kamaze gushira, batangira kwicuza buhoro buhoro ibvo bakoze.**

Urugo rwa gikristo, Ch.8, p.46,47





15.Ntugashake guhindura mugenzi wawe ngo abe wowe. Ukeneye umuntu mutandukanye kugira ngo mwuzuzanye. Reka mugenzi wawe abe uko Imana yamuremye, nibyo bigufashije, binaguhindura mwiza kuruta uwo uri we. Undi wowe ntacyo akumariye. Hakenewe abandi batari wowe.



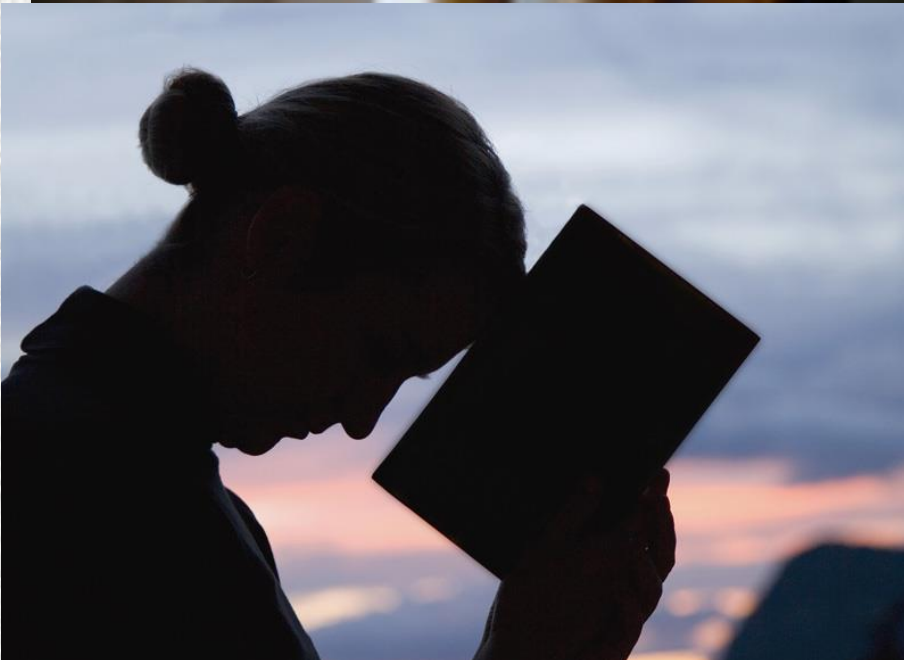
16. Ujye utega mugenzi wawe amatwi, atari ukugira ngo umusubize, ahubwo kugira ngo usobanukirwe ibyo akubwira.



17. Igihe mugenzi wawe yazanye ingingo yo kuganiraho, ntukamuvangire ngo uzane indi ngingo. Burya uba umusuzuguye; ese ni nko kumubwira ngo ibitekerezo bye nta cyiza byageza ku bucuti bwanyu. Tegereza murangize ingingo ye mbere y'uko nawe uzana iyawe.

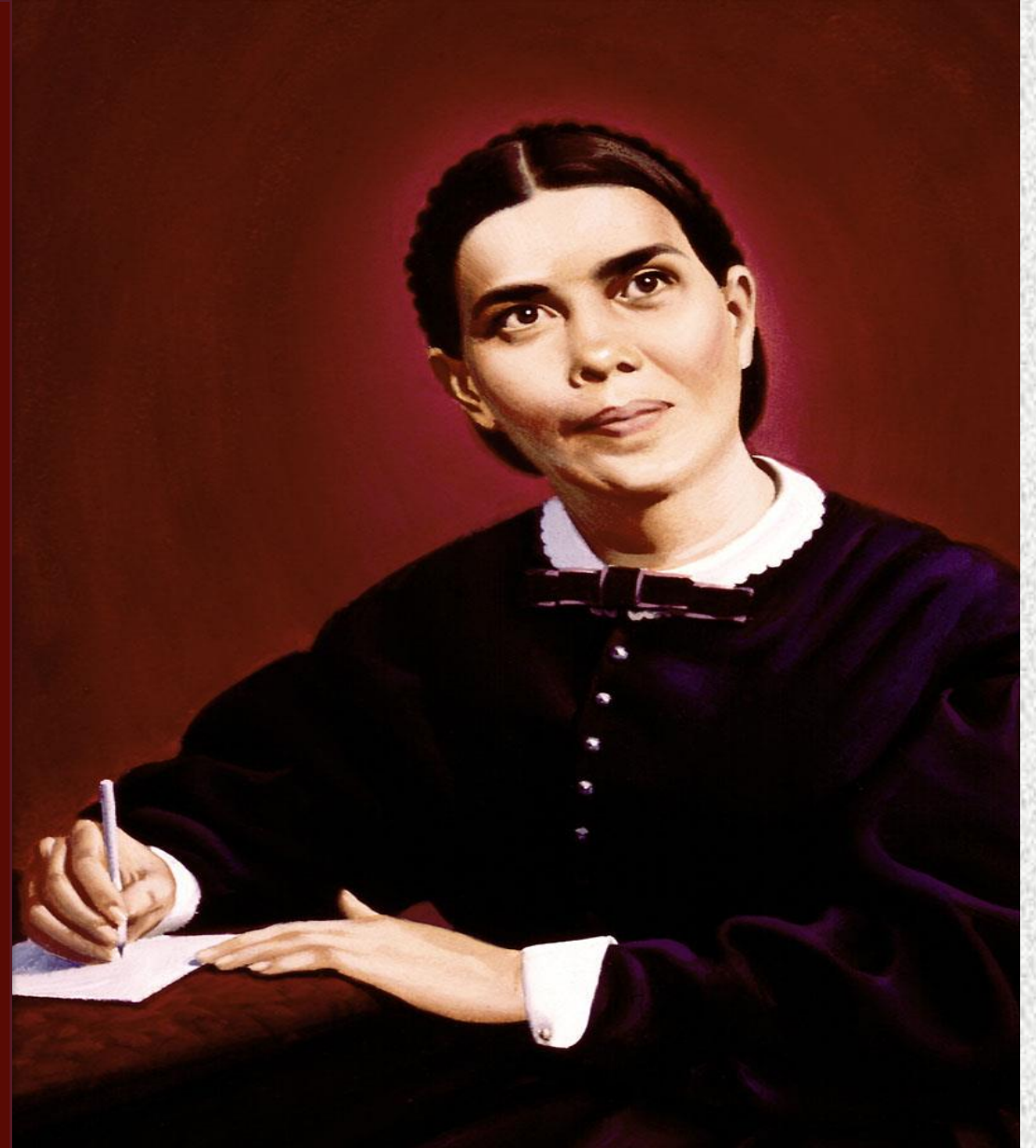


18. Jya ufata umwanzuro uhereye ku byo ubona kandi wumva, kurusha kugendera kubyo abandi bakubwira kuri mugenzi wawe. **Wibuke ko ari wowe uzabana n'uwo muntu. Uko abandi bamubona ntabwo bifite agaciro nk'ako uko wowe umubona. Niba umutima wawe utamushaka ntihakagire uguhata. Niba umutima wawe umukunze ntihakagire umukwangisha, keretse akweretse ibimenyetso bikwemeza ko urimo kwibeshya.**

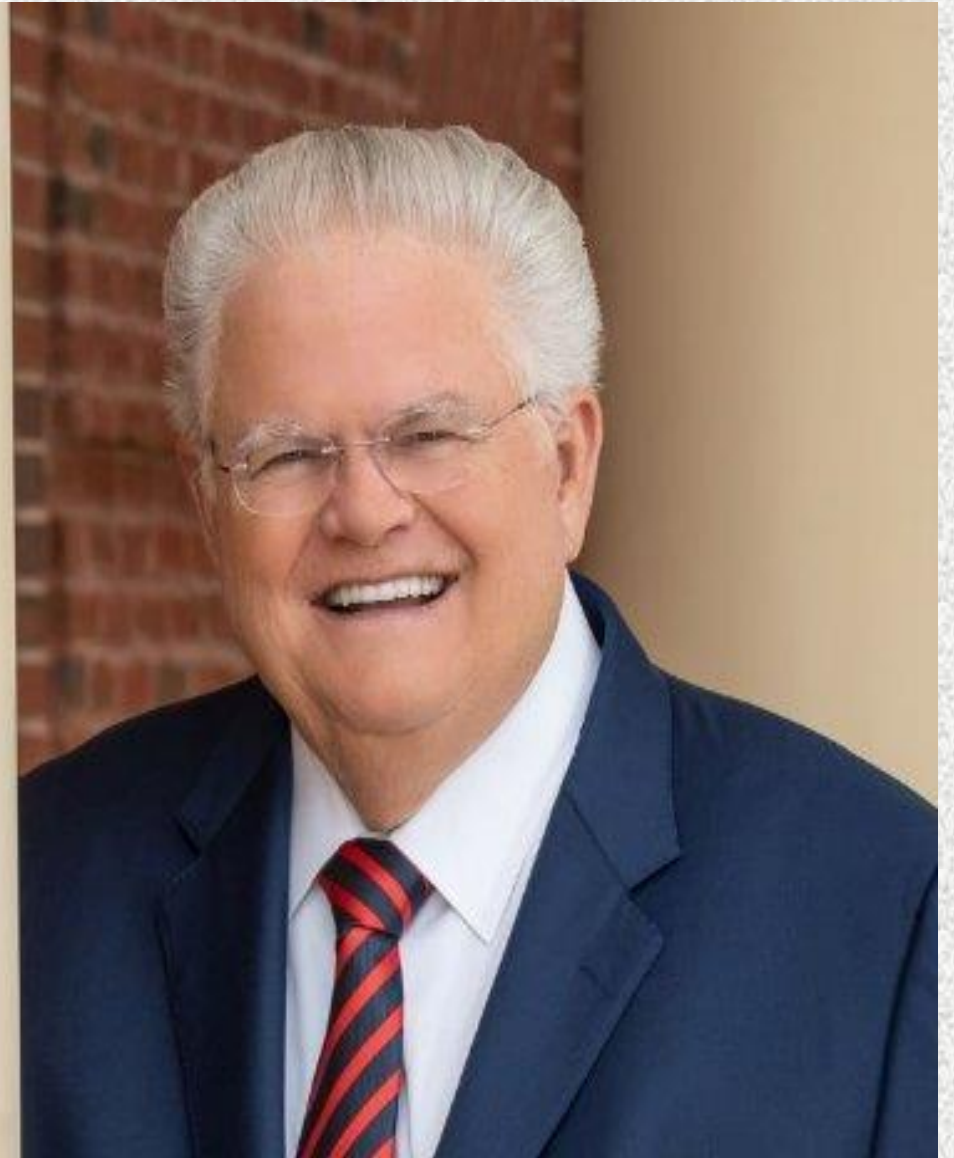


19. **Ntugahishe mugenzi wawe intege nke ufite mu mimerere no mu myifatire. Reka akumenye hakiri kare, nakwanga akwange hakiri kare; cyangwa niba ashobora kugufasha gutsinda izo ntege nke abigerageze hakiri kare.**
20. **Biraruta gutangira ubwira mugenzi wawe uti “nshimishijwe no kukwiga”, aho guhubukira kuvuga ngo “nshimishijwe no kukwiha.”**
21. **Van Pelt mu gitabo yise “Smart Love Urukundo rudahumye) atanga inama y’ingirakamaro iyo avuga ati: “Tekereza ku nshingano zawe maze zigufashe gukora urutonde rw’ibikuyobora mu gusabana n’inshuti yawe bishingiye ku biguhesha agaciro kandi byubahisha Imana. Fata igihe wisuzume, maze ufate icyemezo cyerekeye ibyo uzakora n’ibyo uzirinda mu gihe cyose cy’urugendo rw’urukundokugeza ubwo muzashyingiranwa, P.174**

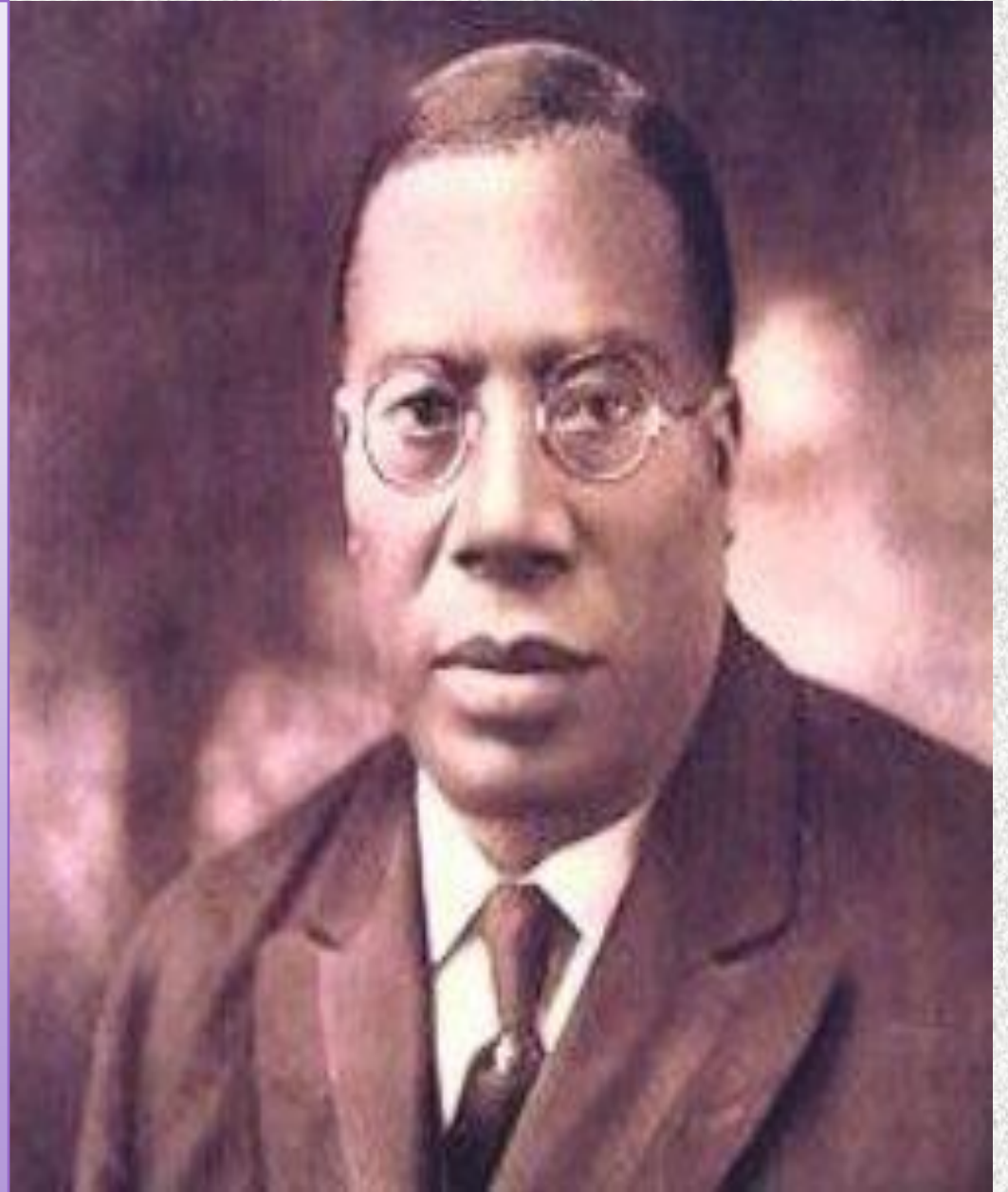
22. Ellen G. White mu gitabo Happiness Homemade (Umunezero mvarugo) nawe agira inama urubwiruko avuga ati: “Shyira Kristo imbere n’inyuma, kandi akubere byose muri byose. Muhange amaso buri gihe, maze urukundo umufitiye rugende rukura kandi rukomera. Kandi rero uko urukundo mwembi mufitiye Kristo ruzagenda rukura, ni nako urukundo hagati yanyu ruzagenda rukura, p.24



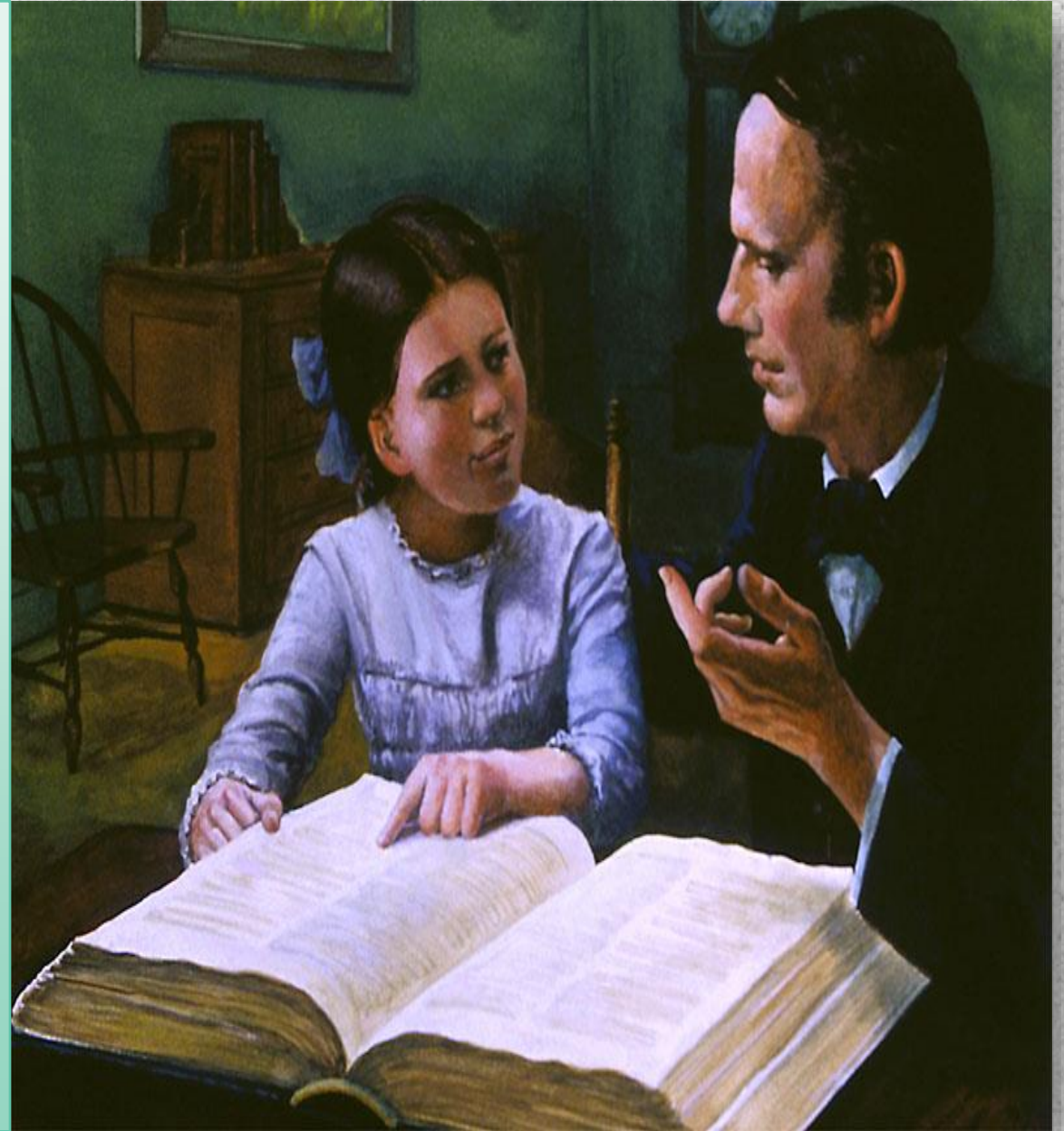
23. Umwanditsi John Hagee nawe mu gitabo cye yise “What Every Man wants in woman (Icyo buri mugabo yifuza mu mugore) yaranditse ati: “Shishikazwa n’imyiteguro y’ingenzi yawe bwite aho guhugira mu byo kwitega byinshi kuri mugenzi wawe, p.5



24. Nubwo bwose urimo gushaka uwo muzashyingiranwa, ntukareke ngo hagire umuntu cyangwa ikintu cyitambika hagati yawe n'Imana yawe. Nk'uko Charles A. Tindly (1851 – 1933) yabivuze mu ndirimbo ye yise: “Nothing between” (Ntihakabeho inzitizi) agira abantu inama ko bagomba kwirinda ikintu cyose cyabatandukanya n'Imana. Ati: “Nta bizantandukanya n'Umucunguzi wanjye, hari byinshi biryoshye iyi si idushukisha: ingeso mbi z'ubuzima, nubwo zisa nk'aho ntacyo zitwaye, ntizigomba guca umutima wanjye ku Mana, kuko imbere Ye byose muri byose ni ubusa! Nta kizantandukanya na Yesu.



1Timoteyo 4:8,9
“Kuko kwitoza k'umubiri
kugira umumaro kuri bike,
naho kubaha Imana
kukagira umumaro kuri
byose, kuko gufite
isezerano ry'ubugingo bwa
none n'ubuzaza na bwo.
Iryo jambo ni iryo
kwizerwa kandi rikwiriye
kwemerwa rwose.



25. Incuro wari usanzwe usenga zikube gatatu mu gihe uri mu rukundo, niba wari usanzwe udasenga, tangira ujye uhaguruka mu gicuku utakambire Imana, kandi ujye ufata n'umunsi mu cyumweru wiyirize ubusa usaba Imana ngo ikuyobore. Ibi kubisobanukirwa kuri bamwe ntibyoroshye ariko nubigerageza umunsi umwe uzatanga ubuhamya bw'ukuntu byagufashije bikakuvana mu menyo ya rubamba.





**Ariko gusenga
bimfasha iki
mu rukundo?**

- 1. Kugira ngo uhirwe mu rugendo rwawe rw'urukundo ubashe kuba imbonera (Matayo 7:24,25).**
- 2. Bituma urushaho gusobanukirwa ubushake bw'Imana ku rukundo rwanyu n'umuryango mwitegura kubaka (Daniel 2:21,22; 1Samweli 16:7)**
- 3. Iyo ababiri bahuje umutima wo gusenga Imana bahabwa umugisha nayo igakomeza urukundo rwabo, Matayo 18:19**





26. internet: Muzi cyangwa mwumvise abarambagiza kuri internet, mubigendere kure birimo amarorerwa menshi n'ubusambo n'ubuhendanyi kandi umwanzi w'urugo ruhire yahashinze imizi



**27. Niba ari
ngombwa ko ujya
gusura uwo
murambagizanya
mu rugo, ujye
ujyana n'indi
nshuti kugira ngo
ikubere
inyunganizi**

Niba wifuzza guhirwa mu rukundo, gira Imana nyambere mu mibereho ya buri munsi

Ni yo mujyanama n'umuranga wawe wa mbere, yo yashimye ko ubaho, ugakura, ukageza igihe cyo gushaka, ni na yo yaguteganiye ugukwiriye muri byose: mu bya Mwuka, mu bwenge, mu marangamutima ndetse no mu mibanire yanyu yihariye nk'abashakanye.

