

Ukuthat
heka

Maqonda
na

Ubuhlu
ngu

Izinganekwane Ngobuhlungu

USteve Flatt

Izimiso ZikaNkulunkulu Ezinhlungwini

Lesi sifundo simayelana nezinganekwaneezibandakanyaizinhlungu. Singumphakathioqondaubuhlunguubuhlungu obude kakhulu. Yonke indawo lapho uvula khona laphoizikhangisozokunciphisaizinhlungu nezinhlungu. Ubuchwepheshe buholele kithi kusuka

ku-aspirin kuya ku-tylenol ku-ibuprofen kuyakuNaproxen ku-Naproxen ukuze angazi nokuthiyini laphaya. Kubukeka sengathi umhlaba wonke unekhanda, angithi?

Elinye lamaqinisoempilo ukuthi sonke sibhekana nezinkinga, futhi sonke sizwa izinhlungu. Uma njesiphila, siyakwenza

ube nobuhlungu. Uzoba nobuhlunguobungokomzimba,obungokomzwelo nobuntu bokomoya. Umhlaba usinikeza iqoqo lonke lezinganekwane ukuthiyini okufanele yenziwe ngalolo buhlungu.

Umhlaba ngokuyisisekelo uthi izinhlunguziyinto embi. Yinto embi kakhulu ongayithola. Ngakho-kevele ugweme izinkinga uma

Kungenzeka ukuthi ungakwazi; ungangibhekanga. Izinganekwane ezimbili ezinkulu Umhlaba ubuzobe uzikholelwa ukuthi (a) ungakunaki, kuzohamba kude futhi (b) ubalekele, thatha isiphuzo,iphilisi noma okunye. Zonke izinganekwane zinokusanhlamvu kwesikhalazo

esikhathini esifushane,kepha zivame ukuletha usizi olukhulu ngokuhamba kwesikhathi.

I-Assomite Psychologist Peck Peck ithe, "Sesaba Ubuhlungu, cishe sonke esimweni esisodwa noma

kwesinye isikhathi, ukuzama ukugwemaizinkinga. Sihlehlisa, sizame ukuba siphume kubo," Waphetha ngokuthi: "Lokhu kuthambekela kokugwemaizinkinga nobuhlunguobungokomzwelo kubo kuyisisekelo sokuqalasukugulakwengqondo yomuntu." Ngabe uzwile lokho? "Ukuthambekela kokugwemaizinkinga nobuhlungu kubo kuyisisekelosokuqalasukugulakwengqondo yomuntu." Uqinisile, futhi iqiniso ukuthi uNkulunkulu akafuni ukuba unganaki izinhlungu zakho. Akafuni ngempela ukuba ugijimeebuhlungwini

bakho. UNkulunkulu ufuna ukuthi uthole imbangela yobuhlungu bakho bese uya empandeni yokukhululeka kwangempela.

Ubuhlungu bunjengesibaniesixwayisa kudeshibhodyemoto yakho. Lapho lokho kukhanyaokuxwayisakuvela, kukhombisa ukuthi kukhona okungahambi kahle. Ungathatha isando bese uwashayisa uma ufuna

ukungakunaki, noma ungaveleuguqule ikhanda lakho. Kepha iqiniso le ndaba, uma uhlakaniphile, uzothola ukuthola ukuthiyini ebangela inkinga (noma izinhlungu) nokwelapha. Inganekwane khona-ke ukuphelelwa izinhlungu,ukunganaki izinhlungu, ukuthola ukuphunyakuyo. Iqiniso ukuthi izinhlunguziyithuluzi

elisetshenziswa uNkulunkulu ukuletha okuhle empilweni yami. Inkingaukuthi, asithathi sikuqonde noma sikubona okuhle obuhlungu ekugcineni kungalethaizimpilo zethu.

Lesi sifundo asisho ukuthi ungakwenza kanjani izinhlungu zakho. Akukho lutho olufushane lokufa luzokwenza lokho. Kuzosisiza ukuba siqonde izinhlungu. Uma sesiqonda inhloso ngemuva kobuhlungu, kulula kakhulu

ukubhekana nakho.

Labo kini abangabasubathi bangabakhumbula imikhuba engapheli kunomayimuphi umdlalo owawubandakanya nawo. Wena ubezoba nesikhathi sokuhlaza, ukugogo nokwenza lezo zinhlaka zomoya. Ucabanga ukuthi imilenzeyakhoizobopha

Futhi amaphaphu akho ayezoqhuma, kepha wawazi ukuthi bekukhona injongo enkulu ukwedlula ukugijima. Kwakuwukufeza okuthile okungcono.

UNkulunkulu usebenzisa izinhlungu zethu ku:

1. Ungishukumisele.

Usebenzisa izinhlungu zami ukungigquguzela esenzweni. Abanye abantu besaba kakhulu ukuya kudokotela

wamazinyo ukuthi okuwukuphela kwento ezokubenza bahambe buhlungu obukhulu kunokwesaba kwabo.

Ubuhlungu bungabaumgquguzeli omkhulu. Ngiyakuthanda lokho okwakushiwo omunye umuntu ohlakaniphile, "Asiguquki lapho sibona ukukhanya, siyashintsha lapho sizwa ukushisa." Yilapho sishukumiseleka ukuba senze

ushintsho. Umlutha, umluthawezidakamizwa, futhi kuncike kumakhemikhali ngeke kuvade ukufuna usizo

ngaphambi kokuba bashaye phansi. Ukushayaphansi, kusho nje, ukuzwa izinhlungungokwanelengokomzimba, ngokomoyanangokomoya, ukuthi izinhlungu zabo zimbi kakhulu kunokufisa kwalo lo muthi. Bathi, "Ngekengibone ukuqhubeka nalokhu." Akukho lutho olufushane kwalokho oluzobenza bashintshe.

Ebhayibhelini, umzekelisowendodanayolahleko uyisibonelo sakudala. Uya kuyiseathi, "Ngifuna konke lokhu kungenxayami, futhi ngifunamanje." Ngemuva kwalokho uyayithatha futhi ayiye ezweni elikude lapho alulahla khona,uyayishaya. IBhayibheli lithiwaphuma efuna umsebenzi. Uthole umsebenzi osondla izingulube, kuyihlazo futhi ihlazo kumfanawamaJuda ukuzondla izingulube, kodwawalamba kangangokubangabe wasola izingulube futhiwadla nazo. Ubuhlungu bendlala bamshukumisela.

2. Ukungibumba.

Ubuhlungu buzobumba noma bangibumbenjengobumba kulokho engikudinga ukubayikho. UDavidawathi, "Kwakukuhle kimi ukuba ngihlushwe ukuze ngifunde izimiso zakho." (IHu. 119: 71) UDavid uthi izinhlungukuyithuluzi lokufundisa.

Kusenza sibekezele. UNkulunkulu usebenzisa izinhlunguhhayiukungishukumisela,ukungikhiphanjeeyodwa; Ube eseyisebenzisaukungibumba,ukungifundisa. Kufana kancane emlonyeni wehhashi. Ngabe uhlomile noma ukhuliswe

epulazini elinehhashi noma umnyuzi? Ubeka lokho okuncane lapho futhi ukudonsela okuncane nje kubangela ubuhlungu. Kubangela ukuthi ihhashi lihambe ngendlelaeyodwa noma elinye. Yile ndlela uNkulunkulu asebenzisa ngayo izinhlungu zethu. Othile uthi uNkulunkulu uhlebeza kithi enjabulweni yethu, kepha uyamnika amandla ezinhlungwini zethu. Ngabe uNkulunkuluwakewakuhlaba umxhwele ngobuhlungu bakho?

U-Aristotle waphawula kufanele ukuthi kunezinto ezithile umuntu angafundakuphelangobuhlungu. UMark Twain wakubeka

NgendlelayakheyeHoppunyathi, "Uma ikati lihlala lihlala esitofu esishisayo, alikaze ahlale esitofu esishisayo futhi." Vele, uzokwenza ungalokothi uhlale emkhulekeni noma. Kepha leli phuzu liwukuthi, ngokushiswa, wafunda ukuthanda lelo ntela.

Kukhona izinto ezithile ongazifundakuphelangokushiswa.

Ngabe uNkulunkulu ukewakuthola ukunaka kwakho ngobuhlungu? Ngizazi ezinye i-workaholics.

UNkulunkulu uzuze ukunaka kwabo ngesilonda, nge-angina. Ngizazi ezinye izisebenzi zikaNkulunkulu

ezazitholile ukunaka kwazo ngobuhlunguobungokomzwelo lapho umnganewakhewomshado eza kubo futhiwathi, "Angisenandaba nayo."

Abanye abantu bangezelelengokwezimali,bakhuphukele emehlweni abo esikweletini, bahlose konke ababenakho, futhiwaba necala elinzima le- "ufunatisis." Uyazi ukuthi kwenzekeni? Bashisiwe. Uma sebene-ounce ye

Umqondoojwayelekile, bafunda ngalobo buhlungu. Awufuni ukuthi izinhlungu zibe yibokuphela noma umthombo oyinhlokowakho Imali ephelele. Uzoba nempilo edabukisa kakhulu uma kunjalo. Kepha ezinyezempilozijule kakhulu

I-Insights ifundelwe kuphelangokuchithwakobuhlungu. Lezo zifundo zilaphongoba uNkulunkulu uyakuthanda. Uzokhuthaza, abumbe.

3. Ukungilinganisa.

Kuyasisiza ukubona ukuthi sinjaningempelangaphakathi. Isibonelo, laphongizwaizinhlungu, indlela engisabela ngayo kuyo ilinganisa ukholo lwami. Ukuzibophezela kwami kungalinganiswangendlela engisabela ngayo ebuhlungwini. Ukuvuthwa kwami kulinganiswa indlela engisabela ngayo ebuhlungwini. Ukubekezela kwami kulinganiswangokuthingisabela kanjani ebuhlungwini. Izinkinga zakho nobuhlungu abaziletha ngazo ziphakathi kwezindlela ezinhle kakhulu zokubona lokho okungaphakathi kwakho. Ubuhlungu besizathu buphakathi kwama-barometers amahle kakhuluwalokho okungaphakathi kwakho kungenxayokuthi akunakwenzeka ukugcina isithombe laphousezinhlungwini.

Manje ake sithembeke, sonke izithombe sephrojekthi, angithi? Impela,uyakwenza. Sisebenzisa izithombe ezibonakalayo. Sihlanganisa izinwele zethu futhi sixubha amazinyo ethu. Amantombazane, ubeka ukwakheka kwakho. Sisebenzisa isithombe senhlalo. Simamatheka futhi sinengxoxo emnandiyomphakathi. Kepha zinike

izinsuku ezintathu ekhaya nomkhuhlane futhi ubone ukuthi yikuphi okubaluleke kuwe. Umane uhudule egumbini lokugezela bese ubheka esibukweni, unalo lelo cala elibi lokubukeka embhedeni, njengokuphahlazeka futhi awunandaba. Ubuhlungu bususe isithombe.

Manje lokho akuyonanjengokweqiniso ngokomzimba. Lokho kuyiqiniso ngobuhlungu obungokomzwelo. Sonke isikhathi, abantu bazovuka, bagqoke baye emsebenzini. Bavuse izivikelo, kephangaphansi, kunenkinga yomuntu siqu, kunenkinga yobudlelwano, kunesono esiqala ukubusa impiloyabo. Akusatholakali njengentokozi;

Kuthuthukisa inqabaphezu kwezinhliziyi zabo. Njengoba lobu buhlungu buyaqina, kungekudala noma kamuva phambi kothile, lezo zithombe zizokwehla. Ngokuhambakwesikhathi, lowo muntu uzowa ahlukane nje. Lesi

sithombe sihambile futhi singemnandinjengoba lokho kuzwakala, uNkulunkulu uthi akukubi ngempelangoba kufanele ukhathazeke kakhulu ngohlamvu lwakho kunakho

isithombe. Umlingiswa wokuhlolwa kobuhlungu.

Ungase uthi, "Ngingumuntuqotho." Kepha laphoizinhlungu ziba namandla, uzothola ukuthi umela iqiniso noma yini uma ubophangaphansi. Ungamemezela, "Ngizibophezele kuKristu." Kepha, laphoizinhlungu

zikhona, uzogijimela kulokho okwenziwa kakhulu. Umbuzo wangempela uthi: Kusho ukuthini ubuhlungu ngempiloyakho? Laphousenkingeni, yini ephuma kuwe? Ingabe uyisikholwaesonakalisayo noma ikholwa elingaguquki?

Uma nje izinto zilungile, abantwana bakwa-Israyeli babelungile, kepha lapho kufika izinhlungu,

zavumela. Lesiyisizathu sokuthi bazulazule ehlane iminyaka engama-40 esikhundleni sokufika eZweni Lesithembiso. UZimu uthi, "Khumbula ukuthi INKOSI uNkulunkuluwakho ikuholela kanjani ehlane lezo zigamekoiminyaka engama-40, ukukuthobisa futhi uvivinye ukuze wazi okusenhliziyweni yakho, noma ngabe awuyigciniimiyalo yakhe." . Lobu buhlungu bomile bakalwa izinhliziyabo. UNkulunkulu wayazi ukuthi azange bakulungele ukulalela imiyalo yakhe. Babengakulungele ukuba nokuzibophezela

okuzokwelula ngobuhlungu. Ebuhlungwinibami, uNkulunkulu uyangilinganisa.

4. Ukungibheka.

UNkulunkulu uzosebenzisa izinhlungu zami ukungigcinangilandele, nje ukubeka amapharamithaangizungeze futhi ngiqinisekenje ukuthi angitholi kude kakhulu. Isibonelo, umkhuhlaneyindlela umzimbawakho ekutshela ngayo ukuthi ungahle ube nokutheleleka kwenye indawo. Ubuhlunguobuzwayongomphimboobuhlungu

bukutshela ukuthi kunenkingaejulile. Kepha uma ungakaze ube nalezi zimpawu, lezo zinkinga kungenzeka

ukuthi ziye zaba zimbi kakhulu, mhlawumbe kungenzekangishonokusongela impilo. UNkulunkulu usebenzisa izinhlungu ukusibheka futhi ukusivumela ukuba sizibheke.

Ukusetshenziswa okusebenzayo kwaleyimizwaebuhlungu. Le mizwa ebuhlungu ikutshela ukuthi kukhona okuthile

Kilter. Laphongizwangicindezekile isikhathi eside, ngizwa intukuthelo futhi angikwazi ukuwela phezu kwawo, ngizizwe ngokwengeziwe Ezokwesaba, ngokwesabangokuphelele, noma ukunganakwa futhi athi, "Akukho lutho olubalulekile," imizwayamiebuhlunguingitshela okuthile

akulungile. Bangama-barometer ethu. Basazisa. Kufanele sithole into ethile. Ubuhlungukuyithuluzi lokuqapha ukuvikela kwethu.

Eminyakenieyizinkulungwane ezimbili edlule abelusi ababenemvu noma iwundlu elalinalaka kakhulu noma belithambekele ekutholeni a indlela encane ephambukayayiphula imilenzeyayo. Basakwenza lokho namhlanje. Ngemuva kokuphula imilenzeyayo, babeka i-splint kuyo. Leyo

Izimvu ezindala ezindala azikwazi ukuhamba. Imane nje ibheka kancane kancane. Ngiyazi ukuthi kuzwakala kunonya, kepha bakwenza ngokuvikelwa kwabo.

Kwesinye isikhathi uNkulunkulu ubeka i-splintempilweni yakho ukuze akuvimbe ekuzulazuleni kude kakhulu nomhlambi. Ungakucasukela, umelane naso futhi ungasiqalekisa, kepha kungenxayokuthi uNkulunkulu

uyakuthanda.

Uyayikhumbulayini indaba kaJoseph? Kuyindabayezinhlungu. Wakhashelwa abafowabo futhi

wathengiswa kubo ebugqilini. Uya endaweni lapho angabazi khona abantu, akabazi ulimi noma amasiko. Uyisigqila endlini yendoda, kepha uhamba ngobuhlenangokwethembeka. Ngenkathi ekhona ukuthi

asolwa ngamanga ngumfazi weNkosi yakhe, waphonswaejele, wakhohlwa. Eminyakenieminingi kamuva waphuma futhi ngembubhiso kaNkulunkulu emangalisayo, ekhuphuka owesibili ophethe wonke

amaGibhithe. Kephanangaleso sikhathi, kunobuhlungu. Kunobuhlunguobuminyakeni engaba ngu-20 ngazi ukuthi washiywangumndeniwakhe.

Ekugcineni, abafowabo behla befuna ukudla futhi uJosefa bazembula kubo futhi wonke umndeni wehla, kepha

ngasekupheleni kwencwadi kaGenesis, ngemuva kukajakobe, bonke abafowabo besaba ukuthi uJosefawayesaba. Uzothola impindiselo yakhe. Esikhundleni salokho, uJosefa wathi, "Ubuyewakuhlose ukulimala kwami, kepha uNkulunkuluwayehlose okuhle." Ubuhlose ukulimaza, kepha lokho kulungile, uNkulunkuluwayehlose ukuba muhle. UNkulunkulu wayekhona

Ukubheka impilokajoseph yonke. Wayembhekile. UNkulunkulu wasebenzisa izinhlungu empilweni kaJosefa ukuze amkhuthaze, ambumbese, futhi amlinganise ngobukhulu.

Kukhona abantu empilweni yakho okusho ukulimaza wena. Sonke sinabo labo bantu. Kungenzeka bakulimaze njengengane, futhi kungenzeka bakulimaze njengamanje, ngokwenyama, ngokomoya, enye indlela futhi

kubuhlungu. Kepha izindaba ezinhle enginazo zona ukuthi uNkulunkulu uthi kuwe, nginecebo, nginenhloso enkulu kunalokho. Bangase bakuqondengokulimala kwakho kepha bangakhathazeki, nginguNkulunkulu wakho futhi ngizowusebenzela okuhle.

Ekupheleni kokuphila kukajosefa, sithola ukuthi wayenamadodana amabili. Omunyewabowaqanjwangokuthi uManase nalowo omunyewabizwa ngo-Efrayimi. Angazi ngawe, kephangithanda okushiwo amagama. UManase usho ukuthi

"Ungikhohlwe" futhi u-Efrayimi usho ukuthi, "Kunezithelo" noma "waphumelela." UJosefawabiza abafana bakhe ababili ngobaujoseph wabona ukuthi kuzo zonke izinhlunguabebekhuthazele, uNkulunkulu wasebenza futhiwabheka impilo yakhe ngokumlungiselela ubukhulu. Uthe, "UNkulunkulu ungingehlisile ukuthi izinhlungu futhi manje ungenze

ngaphumelela. Ungenze ngaba nezithelo." Abantu, uNkulunkulu uzosebenzisa lobu buhlungubufanayo ozizwa ukukubheka ngobukhulu. Kepha kufanele umeleze ukuba enze kanjalo.

5. Ukungivutha.

Kungenzeka ukukhula ngokomoya nangokomzwelongsikhathiesikhanyayo, esinempilo, ejabule, esinelanga sentwasahlobo nehlobo,

Lapho konke kuhamba kahle, futhi impilo imnandi. Ungakhulangezikhathi ezimnandi kepha uzokhula kakhulu futhi kuze kube manje Peeper ezinsukwini zobumnyama bomphefumlo. Uzokhula ujule kakhulu ezigodini kunasezintabeni. Leyo ndlela

eyenziwe ngayo.

Kuyoyonke le minyaka, abantu bangitshela izikhathi ezingenakubalwanjengobaziye zangena esigodini, "Ngifunde kabanzi lo nyaka owedlule ngiphume emsebenzini kunangaphambili." Othile uthe, "Ngifunde okuningingalesi

simo sezezimali kunangaphambili engakengavutha nganoma iyiphi enye indlela." Ukukhuluma ngokufa

kothandekayo othile wathi, "Beningazi ukuthi ngithembela kanjani kuNkulunkulu ngaze ngadlula lokhu, futhi manjesengazi ukuthi ngithembela kanjani kuNkulunkulu." Lezi yizitatimendezeqinisonogoba umusa uyakhula kahle ebusika. Yilapho uNkulunkulu ekuvuselela khona.

Umfowabo kajesu wathi, "Bhekani njengentokozo emsulwa, bafowethu, noma nini lapho nibhekene

nezilingo zezinhlobo eziningingobauyazi ukuthi ukuhlolwa kokholo lwakho kukhula ukukhuthazela kwayo ukuze uqede umsebenzi wawo ukuze uqede futhi uqedele noma yini." (Jakobe 1: 2, 3) Uthe konke

ukubekezelela kanye nazo zonke izinkinga zisebenza ngokubambisana ukuze uvuthwe futhi uqede. Ubuhlunguyizindleko eziphakeme zokukhula! Sizwile kusukela sasiyizingane, kuwukuzama kodwa kuyiqiniso, akukho nzuzo ngaphandle kobuhlungu. Ngokuphikisana nalokho emhlabeni okufunayo ukukutshela khona ukuthi azikho izinyathelo ezinhlanu ezilula empilweni enhle.

Iqiniso le ndaba ukuthi siphila esikhathini lapho sifuna umkhiqizongaphandle kokukhokha intengo.

Umkhiqizo esiwufunayoukuvuthwa, ukuqina okungokomzwelo, umuzwa wokugcwaliseka nokwaneliseka, injabulo, futhi

Ukuhlakanipha. Lowo ngumkhiqizo sonke esiwufunayo, kepha asifuni ukukhokha intengo. Intengo iyibuhlungu ngefomu elilodwa noma kwenye. Azikho izinqamuleli.

Into edumaze kakhulu, ingabe uNkulunkulu usebenzisa ukukuthuthukisa. Umphostoli uPawuluwathi: "Ngineva enyamani yami, ngafuna ini kathathu, ngathi, 'Nkosi, hlukana nalolu ngqa kimi.'" (2 Khorinte

12: 7 -10) Asazi ukuthi yini lelo ameva futhi ngijabulengokuthi awenzi ngoba sikwazi ukuxhumana nakho.

Kephangiyazi into eyodwa ngeva. Ibuhlungu. Angikazengibe neva kimi engalimazi. Yaletha izinhlungu.

Njengokubinjengoba efuna ubuhlungu beva lami asuswe uPawulu waphetha, ngemuva kokuthi uNkulunkulu enqaba ukususa iva, "ngaye ngafunda ukuthi ngidinga kanjani ukuba khona kukaJesu Kristu empilweni yami."

Angazingempela ukuthi uJesu Kristu uyikho konke okudingayo kuze kube yilapho uJesu Kristu konke onakho futhi uzokwazi.

Imibuzo:

1. Ungazinakaizinkinga eziningi futhi zizohamba.

Iqiniso ____ Amanga ____ 2. Ubuhlungu
busetshenziswa uNkulunkulu ukuletha

okuhle empilweni yomuntu?

Iqiniso ____ Amanga ____

3. Ubuhlungu bushukumisela abanye basebenze

Iqiniso ____ Amanga ____ 4. Ubuhlungu ithuluzi
lokufundisa njengoba libangela umuntu ashintshe.

Iqiniso ____ Amanga ____ 5. Ubuhlungu
bulinganisa indodayangaphakathi?

Iqiniso ____ Amanga ____ 6. Imizwa
ebuhlungu ikutshela ukuthi kukhona
okuthile okungaphandle kokulawulwa?

Iqiniso ____ Amanga ____