

W O H 269

Izimbiwa ekutyeni _ Iziqhamo zoMoya 4

Ezobomi : Izimbiwa ekutyeni kwethu.

Uthotho : IiVitamin Nezimbiwa # 4

Ezomphefumlo : Ukuthozama nokuziphatha kakuhle

Uthotho : Iziqhamo zoMoya Pt 4

Umbongo : Umonde

Isihloko esiyintloko : Impilo

Isihlokwana : Isondlo

Isiqulatho sezobomi : Izimbiwa emzimbeni ; imisebenzi yayo nentsusa

Isiqulatho sezomphefumlo : Izifundo zeBhayibhile ngentobeko nokuziphatha kakuhle.

Isalathiso : kuMaGalati 5 : 22 , 23 nokunye.

Ingongoma sifundo : UMoya oyiNgewele kaThixo uyasanceda ukuba sikhule ngentobeko nokuziphatha kakuhle .

UMXHOLO

THANDOKAZI : Molo . Wamkelekile kwinkqubo iAmanenekazi eThemba .
NdinguThandokazi.

THEMBELIHLE : NdinguThembelihle.Uziva njani namhlanje ? Hlala ethembeni.

THANDOKAZI : Ukuba uyindoda bethu, khulula ibhatyi kusekhaya nalapha.
Siyabuvuyela ubukho bakho enkqubeni kuba kaloku siyazi ukuba bakhona ootata
abafumanayo kule nkqubo futhi badlulisela nakwabanye izinto abazifundileyo. Enkosi
bootata , malume , bobhuti .

THEMBELIHLE : Siza kuthetha ngezimbiwa namhlanje .

THANDOKAZI : Utsho ezigrunjwa emigodini ?

THEMBELIHLE : Hayi ncam. Ndithetha ngezi eziyimfuneko emizimbeni yethu , ukuze sihlale siphilile.Ezinye zifumaneka nyhani emhlabeni -nje ngesinyithi(iron)

THANDOKAZI : Kodwa asityi bumdaka ukuze sizifumane , andithi ?

THEMBELIHLE : Hayi noko Ziyazenzekela kokunye ukutya...kufuneka nje sazi ukuba kufuneka sitye ntoni. Masive kuNolonwabo ,oyincutshe kwisondlo .

UMCULO

NOLONWABO : Ndikhumbula usuku apho abongikazi babeze esikolweni sam. Babeze kuthatha igazi kwabo ababefuna ngalo. Kwabanye abantu yayiyinkqubo eyoyikekayo le nam ndandingakhululekanga. Umongikazi wafumanisa ukuba mna andinakuphisa ngegazi kuba i iron incinci emzimbeni wam.

Mandinichazele ngezimbiwa kuqala. Izimbiwa ezi yimichiza yendalo eyimfuneko emizimbeni yethu. Nje ngeevitamin , inceda imizimba ukuba ikhule , iphole,ikhuphe amandla. Izimbiwa zifunyanwa ngaphezu komhlaba nje ngezityalo ezi. Zikho kwimifuno nakwizilwanyana ezitya imifuno.

Izimbiwa zifuneka kwizidalwa zonke , izilwanyana , izityalo , nathi bantu.Sixhomekeke kwindidi ezininzi ezohlukeneyo zezimbiwa ukulawula amanzi emizimba yethu ukuze sine namathambo awomeleleyo negazi elihle , nokusebenza kakuhle kwemithambo yoluvo nezihlunu.

Kukho izimbiwa esizidinga kakhulu - icalcium , phosphorous, magnesium, sodium , potassium ,chloride nesulphur.Kubekho ezo sinokusebenzisa intwana yazo - iron , manganese ,copper , iodene , zinc , cobalt , fluoride neselenium.

I iron ibalulekile kuba isetyenziselwa ekwenzeni igazi. Nayo isebenzisana kakhulu nenkqubo yogonyo.

THEMBELIHLE : Umntu unqatyelwa njani yi iron ?

NOLONWABO : Abantu abaninzi batya ukutya okungenayo . Kanti ngelinye ixesha iba yingxaki xa umntu egula sisifo esithile . Nanini na xa uchithe igazi elininzi iiron iyehla emzimbeni. Kanti xa ininzi iphinde ihluphe ngoba umntu angagula sisifo sentliziyo nomhlaza. Sukuthatha iipilisi ze iron ngaphandle komyalezo kagqirha.

Ukusela iti nekofu kakhulu kungehlisa iiron emzimbeni. Ungazibhaqa une Anemia xa ingenelanga iiron emzimbeni kwaye ungasoloko ubuthathaka udiniwe lonke ixesha.

THANDOKAZI : Sixelele ukuba siyizisa njani ekutyeni kwethu iron.

NOLONWABO : Oqirha abaninzi bacebisa ukuba umntu makatye inyama ebomvu, amaqanda, intlanzi, imifuno enamagqabi , isonka esityetyisiweyo , ukutsho oko sesineiron kade.

ICalcium ibaluleke kakhulu kumanenekazi kuba emva kweminyaka engamashumi amathathu anesihlanu esi simbiwa siyanqaba emathanjeni awo ngendalo. Xa ingekho emizimbeni singane osteoporosis, apho amathambo aya eba mkhuma .

ICalcium yomeleza amathambo namazinyo emntwini wonke , hayi kuphela kumanenekazi. Inceda nentliziyo isebenze kakuhle. Iyawethisa amandla ngokunjalo xa umntu engayifumani.

Ubisi nesonka samasi neyogathi zezona zinecalcium. Nakwiimbonyi namantongomane ikho, intlanzi nokutya kwaselwandle. Xa ubaleka icalcium iba namandla namathambo omelezeke

Imisebenzi yezimbiwa emzimbeni mininzi , siquka nokomelezwa kwamathambo , ukuthi xhungu kwemithambo yoluvo. Unendlebe nje umamele , khumbula ukuba inyama ebomvu inika iiron, ubisi I calcium, udinga nje uthambo. IPhosphorus ifumaneka nakokuphi na ukutya ke yona .

THANDOKAZI : Umyalezo uthi ... kufuneka sitye imifuno enamagqabi , iziqhamo , ingqolowa , I legumes , ubisi , iprotini esenyameni. Ukuba senza ngolu hlobo asinakufane sigule.

UMCULO

THEMBELIHLE : Uninzi lwabantu alukwazi ukuziphatha ngobunene.Kunzima ukuthi hayi kwizinto ezinencasa nje ngekeyiki. Wenza njani ke ngoku xa uye uyifuna le nto uziqhelise yona phofu ingafuneki kakhulu emzimbeni. Xa inokuba ziziyobisi , uthi makwenzeke ntoni kuwe? Siza kufunda ngentembeko , nobulali...nokuziphatha kakuhle.

THEMBELIHLE : Sithethile kakhulu ngempawu ezintle ezakha ubuhlobo nonxulumano lokwenene noThixo. Ngokuya simazi uBawo , neempawu ezilungileyo zibakho ngaphakathi kuthi.Iziqhamo zoMoya oyiNgcwele ngokweBhayibhileni zezi : uthando , uvuyo , umonde , ububele , intembeko ,ubulungisa , ubulali , nokuziphatha kakuhle .

Xa umthi uvelisa iziqhamo ezimnandi , sukube uwufezile umsebenzi wawo. Umthi lo uphilile kwaye usebenzise konke okuyimfuneko kuwo - nje ngomhlaba , amanzi nelanga ukuze ukhule . Iziqhamo zinembewu ephindela emhlabeni kubekho eminye imithi yeziqhamo .

Awufuni ukuba ngulo mthi uphilileyo unemveliso entle ? Xa sizimisela ukumthamba uYehova , noMoya oyiNgcwele usikhokhele , iziqhamo zomoya ziyakhula ebomini bethu. Ubomi bethu buyenelisa xa siusebenza kanje.

Masithethe **ngoBulali noKuziphatha kakuhle**. Ucinga ntoni xa kuthethwa ngobulali ? Ngengubo entofontofo mhlawumbi okanye umoya obetha kamnandi ebusweni? Ndiba nombono wekati esandl'ukuba nabantwana , iyabakhotha ngolwimi , ibacoce kakuhle , ize ibahoye ngothando nokuba ayikho kufuphi nabo kodwa ibajonge ngeliso elibukhali.

Kodwa xa ukhulile uyabona ukuba ilizwe linobukrakra ngamanye amaxesha. Kufuneka sisebenzele iintsapho zethu . Iinya lininzi emhlabeni kwaye kunzima ukuba nobulali xa ucinezelekile ziingxaki. Kuyakwazeka na ukuba nobulali kweli xesha langoku lokuxakeka nokuphithizela ? Okwethu kukujonga umzekelo onguYesu kuba naye okuya wayesemhlabeni wayeba naso isicinezelo . IBhayibhile iyasixelela ukuba uYesu wayenemfesane nemfobe ebantwini. Kuthiwa wakha Wema endaweni ephakamileyo wabhekisa ebantwini wathi " *Yerusalem Yerusalem ,Wena ubabulalayo abaprofeti ; ubagibisele ngamatye abo bathunywe kuwe, kufuthi kangakanani na ndithande ukubabuthela ndawonye abantwana bakho, ngohlobo esithi isikhukukazi siwabuthela ndawonye amantsontsho aso ngaphantsi kwamaphiko ,anavuma*"(uMateyu 23 : 37). UYesu uzifanisa nesikhukukazi esikhusela abantwana baso . Ndingavuya xa ndinokuzibona ndikhuselwe Nguye ubuqu .Uphinda azichaze nje ngomntu onobulali. "*Nifunde kum ngokuba ndinobulali*" (uMateyu 11 : 29)

KwiBhgayibhile kutshiwo ukuthi "*Impendulo ethambileyo ibuyisa ubushushu ; Ilizwi elidubulayo linyusa umsindo*" (Imizekeliso 15 : 1)Awubuyisi ububi ngobubi , itsho into. "*Ninako nonke ukuthobela kwentliziyo nobulali , ninokuzeka kade umsindo, ninyamezelana ,nisenziwa luthando*" (kwabase Efese 4 : 2). Kuba uThixo enomonde kuthi , ufuna nathi sibe nomonde kwabanye.

Xa ubomi buxakile kufuneka okwaziyo ukuziphatha ukuze yethe imisindo. Ukuziphatha kakuhle kuthetha umntu okwaziyo ukulawula umzimba , ingqondo , imivakalelo ,nokuba imeko injani. Xa sifunda phaya kwimizekeliso sifumana oku " *Ngumzi otyhobozweyo , ongenaludonga, Indoda engenakuzibamba umoya wayo*" (Imizekeliso 25 : 28) Ukukwazi ukuzibamba kuyibeka kude ingozi. *Lusiqeqesha ukuze sithi, sikuncama ukungahloneli uThixo nokukhanuka okukokwehlabathi, sihlale ngokunesidima nangokobulungisa, nangokuhlonela uThixo.*" (kuTito 2 : 12)

Impendulo yeyokuba Masibe nonxulumano noThixo. Xa simthemba usinika amandla okuphila kakuhle. Usinika uMoya wakhe oyiNgcwele ukuba uhlale ngaphakathi kuthi. Uqala ukusiguqula ngaphakathi ukuze siphile ngokukaThixo. UMoya oyiNgcwele usikhumbuza ukuba singawathethi amazwi amabi. Masithandaze.

Bawo othandekayo ,ndiyazi ukuba kukho amaxesha ebomini bam apho kufuneka ndibe nobulali nokuziphatha kakuhle. Amaxesha okungaphumeleli ,andibonisa ukuba ndidinga uncedo lwakho noxolelo lwakho. Enkosi ngokusithumelela uNyana wakho aze kufela amatyala ethu. Ndithembele kuye. Nceda Thixo , ndithumele amandla endiwadingayo ukuze ndiphile ubomi obukukholisayo. Amen.

UMCULO

Mhlobo kutheni le nto singakwazi ukunikela konke esikuthweleyo kuYesu? Siyazi ukuba izibhalo ezingcwele ziyasixelela ukuba ubomi bethu benziwa ngcono kukulahlela Kuye konke okusisindayo

Ndinomhlobo osenyongweni ,oweza kum esengxakini.Wayedinga imali eninzi kakhulu.Ndamxelela ukuba ndingamboleka kodwa yeyabantwana yesikolo. Wandithembisa ukuba uzoyibuyisa emva kweenyanga ezintathu,yonke iphelele.Kuba ingumhlobo ,ndamthatha lula. Lahamba ixesha,zagqitha ezo nyanga zintathu,ezintandathu, waphela unyaka.Ndambuza ngemali leyo, ndimkhumbuza phofu ukuba yimali yabantwana.Waphendula wathi “sonke sinabantwana”, kodwa akathetha nto tu ngemali yabam abantwana.

Ngenxa yokuxakeka, ndakhumbula ukuba kukho mntu ondithanda ngaphezulu kwabo bonke,uYesu.Ndaguqa ngedolo ndathetha Naye.Ndabika le nto Kuye kuba ngoku yayise iyinto endiyicinga ubusuku nemini. Ndithi xa ndicinga ngalo mhlobo wam ndibe nomsindo. Ndandingenokwazi ukuphila ngolu hlobo,andidalelwanga umsindo. Zange andiphoxe uYesu Kristu. Wandibonisa eLizwini Lakhe kuMateyu 6:12 “Usixolele amatyala ethu,njengokuba nathi sibaxolele abo banamatyala kuthi”.Oh! Intliziyo yam ukukululeka emva kwelo Lizwi.

Akakayibuyisi imali umhlobo lowo kodwa mna ndikhululekile. Ndiyamthandazela, ndibulele ubuhlobo bethu. Ndithandazele ukuba angaphinde ayenze komnye umntu le nto.

Ngeli thuba ndifunde ukuba uYesu akakude ukuba angancedi.Ndivuyele ukufunda okungako.Wanditshintsha kuba ufuna ndisondele Kuye,ndifane Naye. Ukubamba abanye ngentliziyo kukungathembi ukuba uYesu uluncedo kuthi ngamaxesha onke,nokuba ufuna sikhule emphefumleni.SinoMoya oyiNgcwele ngaphakathi olinde sikhale,sicele uncedo.

Nawe mhlobo thandazela ukuba iNkosi ikuncede ungabambi abanye ngentliziyo ,ubayekele kuThixo ,uyakwazi ukubabumba,ngabakhe.

THEMBELIHLE : Sivile ukuba iimpawu nomonde , ubulali, nokukwazi

ukuzibamba umoya kuvelisa iziqhamo ezilungileyo. Kodwa kufuneka sibe nomonde kuthi xa sikhulayo. Zifundise ezi zinto , ukuze uguqukele eluthandweni .

THANDOKAZI : Ndifuna sikhe sicaphule ivesi kulo mbongo othetha ngomonde. (ubhalwe nguBishop Horne)

Umonde ngumlondolozisi wokholo,
Umgcini woxolo ,
Umongi wothando ,
Umfundisi wentobeko,
Umonde womeleza umphefumlo,
Uthomalalisa ubume bengqondo
Ulawula umsindo,
Ususe umona nekratshi
Umonde ulenza mbuna ulwimi
Ubuyise isandla
Ugximfe ukulingeka
Wamkele intshutshiso

THANDOKAZI : Xa ungenamonde komnye , kha ucamange ngokuba ungathanda ukuphathwa ngoluphi na uhlobo.

THEMBELIHLE : Ukuba unje ngam ,ungathanda ukuphathwa ngobubele , ubulali nangenceba !

THANDOKAZI : Kukangaphi siphatha abantu ngolu hlobo ? Ngamanye amaxesha siba nomsindo kangangokuba singabacingeli abanye. Wakuvula umlomo nje , kuphume amazwi abuhlungu angenakubuyiswa mva , okanye ude ugqithise ngokumenzakalisa.

THEMBELIHLE : Phambi kokuba athethe okanye wenze , khumbula ukuba uve ntoni . Ukuphendula abanye ngobulali , umonde , nokuphatha kakuhle abanye kungathintela intlungu enkulu, wenze ikhaya nelali enoxolo

THANDOKAZI : Ewe , iziqhamo zomsindo ongalawulekiyo zisoloko ziyintlungu .

THANDOKAZI : Emsindweni , kuyafuneka sikhumbule ukuba sifanele ukubaphatha njani abanye xa sibathanda ngothando asdithanda ngalo uThixo. Ungumzekelo nomonde nobubele nakubeni simana sisenza izinto ezimbi. Masimcele asenze sithozame sikwazi ukulawula umoya wethu nje ngaye.

UMCULO

THANDOKAZI : Sibhalele kaloku .

THEMBELIHLE : UThixo akusikelele nosapho lwakho.

BOBABINI : Ziyolise ngoYehova !