NORTHLAND INSPIRATION

IMFASHANYIGISHO ZA GIKRISTO MU GUFASHA NO GUKIZA UMUNTU W'IMBERE

KWIRINDA UBURAKARI

(Guarding Against Bitterness)

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Kubabara n' uburakari

Twese turarakara. Ndetse bamwe muri twe barakara inshuro nyinshi, ariko se kuki ibyo abantu bakora biturakaza? Mu kigo cy' ubujyanama nkunze kumva kenshi ibintu bibabaza bikorwa iyo abantu babababaye, iyo bagize umujinya mwinshi.

Inkuru ya Tina

Nyuma y' imyaka cumi n'ibiri arongowe, Tina yahuye n' ikibazo cy' imyitwarire mibi y' umugabo we yakomeje kumugaragariza. Ibyo yabanye nabyo biramurya kugeza igihe cy' iyo myaka yose cumi n' ibiri, nkuko amasoko y'umugezi yisuka mu ruzi. Amazi atemba buhoro buhoro agenda atembana ubutaka, ndetse n' igiti kinini giteye hafi y' aho amazi aca kigeraho kigatakaza integer hasi mu mizi yacyo, arirwo rufatiro rwacyo. Nyamara uramutse ugiye kureba uko uwo mugezi uteye, iminsi myinshi uzasanga wa mugezi utuje wuzuye amahoro. Umugezi ugenda usenya buhoro buhoro, utuje kandi mu buryo butangaje – uku niko byari bimeze mu rugo rwa Tina. Akirongorwa, umuryango wa Tina ndetse n' inshuti ze basengana bibwiraga bose ko ameze neza kandi ko yishimiye urushako rwe. Ikibazo cyamubabazaga cyari imbere muri Tina kandi ntabwo byari byoroshye kugaragarira abandi bantu. Ariko ikibazo cyo cyarakomeje, kirakura uko igihe cyatambukaga. Kimwambura kumva ko afite agaciro imbere y' abantu ndetse n' imibanire ye n' Imana irahungabana. Nyuma akababaro Tina yari afite kaje kumuviramo uburakari. Uko byatangiye ni uku; yatangiye arira asakuza ariko by' akanya gato bivanzemo n' amarira, ariko bigaragaza agahinda n' umubabaro yari afite imbere muri we. Uko igihe cyatambukaga, akababaro ke kasaga nakagenda kagabanuka mugihe uburakari bwo bwiyongeraga ndetse cyane. Byageze noneho aho bwa burakari buba bwinshi muri we ndetse inshuro nyinshi, bikamurenga akitwara mu buryo bubi buteye ubwoba.

Urugo rwa Tina rero rwarushijeho kugenda rumutera wiganyira. Tina yagerageje kuganira uko ibintu bimeza, ariko imyitwarire ye ikomeza kugaragaramo uburakari bwinshi n' umujinya. Rimwe mu nshuro nyinshi z' ibiganiro byabo, ikintu kidasanzwe kitigeze kigaragara cyarabaye. Umugabo wa Tina arihana, yihana imvugo ye isenya ndetse n' imyitwarire mibi yagiraga. Byukuri umutima w' umugabo we warahindutse nyuma y' igihe gito, imyifatire ye nayo itangira guhinduka. Ariko umutima wa Tina wari wamaze kuba mubi (washaririye kubera uburakari). Ntiyari agishoboye guhagarika uburakari bwuzuye umutima we. Ndetse n' akantu koroheje kashoboraga kuzamura bwa burakari bwe hanyuma umujinya wose akawusuka ku mugabo we.

Uburwayi (Ikibazo)

Iyi nkuru twavuze haruguru itwereka ibintu bihuriweho na benshi, ku kijyanye n' uburakari.

1) Hari ugukomereka kugaragara kandi kubabaje.
2) Kwa gukomereka guterwa n' uburwayi. Aha byumvikana mu burakari bugaragara mu myifatire. Ubu "burakari" cyangwa se ubu "burwayi" nibwo bwateye Tina kumera nabi ndetse na nyuma yuko umugabo we yihannye agahinduka. Kubabara byari byashize, ariko ikibazo cyabyutsaga igikomere kandi iyo bibaye bityo, ibi birababaza cyane.
3) Imbabazi za Tina, ababariye umugabo we niwo muti uzagabanya ikibazo hanyuma gukira bikajya byatangira. Ibi ariko na none bisaba Tina nawe mu ruhande rwe kwihana akareka ibibi akora n' imyifatire idakwiye. Kwihana kwa Tina ntibyoroshye kuko ku itangiriro, ukubabara kwe ndetse n' uburakari bwe bisa naho byumvikana (bisa naho nta kibi Tina yakoze).
4) Ukwihana k' umugabo we no guhinduka mu myifatire ni byiza kandi rwose byagenze neza, ariko si byo by' ingenzi mu kuvanaho uburakari muri Tina. Ibanga ni ukubababarira.

Uburakari bwo gukiranuka

Bibiliya ivuga uburakari nk' uburyo busanzwe bwo kwigaragaza kw' amarangamutima bigaragara ku Mana no ku muntu. Uburakari bwa muntu bwagaragaye kuri Yesu igihe yari ababajwe no kubona abantu bakorera ubucuruzi mu nzu y' Imana. Uburakari bwacu bushobora kumvikana kandi bukaba rwose bufite ishingiro igihe duhagurukiye kurengera uburenganzira bw' abandi cyangwa urengera ukuri, ubutabera no gukiranuka.

Ikindi kandi, Ibyanditswe bitwereka uko dukwiye kwitwara igihe tugize uburakari ni mu ***Abefeso 4:26***. "Nimurakara ntimugakore icyaha. Izuba ntirikarenge mukirakaye." Aha iki cyanditswe kiradushishikariza kutamara umwanya munini turakaye ahubwo uburakari bwacu kujya tuburangiza hakiri kare. Ntugakomeze utekereza uburyo warakaye.

Bimwe mu biranga uburakari

Kutemera ko warakaye: Umuntu warakaye mu marangamutima ye ntabwo aba ashobora kwemera ko yarakaye.

Gushyira amakosa kubandi: Uyu muntu ashinja abandi ko aribo bafite amakosa, agaragaza ko hari ibyamuteye kurakara.

Kwivumbura: Ubu buryo by' iyi myifatire bugaragara umuntu avugira hejuru mu burakari bwinshi agatera ubwoba abandi.

Gutuza ariko asenya: Uburakari abubika muri we hanyuma akaza kubugargaza ku muntu yishingikirizaho cyane. Ukugaragaza uburakari ntibyihuta kandi ahakana ko yarakaye.

Kwihorera: Uyu muntu ashaka nawe kubabaza abandi igihe nawe yarakaye. Aba ashaka nawe kumara akababaro yumva.

Gushaka amakosa ku bandi: Uyu muntu ahora yifuza iteka kureba amakosa y' abandi. Uko bagira uburakari niko barushaho gusebya abandi.

Kugenzura abandi: Abantu batifitiye ikizere kenshi bashaka kugenzura aho bari n' abantu bari kumwe bari aho. Gutanga amasomo nk' abigisha, kuganza abandi mu kiganiro, gutinda kubyo bavuze no gusaba abandi uko bari bukore ni uburyo butandukanye bwo kugenzura abandi.

Ese ni iki Bibiliya ivuga ku burakari?

Uburakari bwose ntabwo ari bubi. Imana yarakariye abantu bayo ubwo bayigometseho bakanga kuyumvira. Soma 2 Abami 17 : 18.

Gira kwihangana, umenye gutuza no kumva abandi.

"Umuntu utihutira kurakara aba afite ubwenge bwinshi, ariko uwihutira kurakara akuza ubupfu" (Imigani 14:29). "Nuko rero bene Data bakundwa, umuntu wese yihutire kumva ariko atinde kuvuga, kandi atinde kurakara, kuko uburakari bw' abantu budasohoza ibyo gukiranuka kw' Imana" (Yakobo 1:19-20).

Ntukihutire kwakira inabi igukorewe.

"Amakenga umuntu afite amubuza kwihutira kurakara, kandi bimuha icyubahiro kwirengagiza inabi yagiriwe" (Imigani 19:11). "Ariko ikiruta byose mukundane urukundo rwinshi, kuko urukundo rutwikira ibyaha byinshi" (1 Peetero 4:8).

Ntukemerere uburakari kuba kimwe mu biranga uwo uriwe.

"Umunyamujinya abyutsa intonganya, ariko utihutira kurakara arazihosha" (Imigani 15:18). "Ntugacudike n' umunyamujinya, kandi ntukagendane n' umunyaburakari, kugira ngo utiga ingeso ze, zikabera ubugingo bwawe umutego" (Imigani 22:24-25).

Ukwikunda

Impamvu ya mbere y' uburakari budakwiye ni ukwikunda. "Sinabonye icyo nashakaga igihe nari ngikeneye, cyangwa se sinakibonye uko nagishakaga! None NARAKAYE!" Yesu nubwo bamusetse, ntiyitabweho, agahutazwa, agatabwa, akagirirwa nabi, agatotezwa ndetse agashyirwa no ku musaraba, Ntiyigeze arakara ku bw' ibyo! Yesu nta cyaha na kimwe yari afite, rero uku kutitabwaho byumvikane ko nta shingiro kwari gufite, ntabwo rwose kwari gukwiye aka kari akarengane. Ariko Yesu ntiyarakaye. Kenshi uburakari bwacu buterwa nuko irari rishingiye ku ukwikunda kwacu ritasubijwe.

Uko wakwifata ugize uburakari

Aha hari zimwe mu nama mu buryo bufatika zishingiye ku Byanditswe zishobora kugufasha kumenya uko wakwitwara igihe ufite uburakari. Ushobora guhindura ibikorwa byawe ndetse n' imibanire. Ikindi, ushobora rwose guhitamo imyitwarire yawe yihariye. Ntabwo ugomba gukenera undi muntu kugira ngo utuze.

1. **Ntugahe agaciro inabi igukorewe.** Igihe ubonye ubishoboye, ntukemerere ibintu bito bito bitera ukutumvikana gukabije. Jya ubireka birangire!

2. **Gira kwifata.** Imwe mu mbuto z' umwuka zivugwa mu Abagalatiya 5 ni Ukwifata. Ni ukuvuga kugira ubuzima bufite uko buyobowe nawe kandi bufite imyifatire myiza. Kugira kwifata ntabwo wabibona mu bantu benshi urebye umuco wa none ugira uti: "Ndabishaka nonaha." "Umupfapfa agaragaza uburakari bwe bwose, ariko umunyabwenge arifata akabucubya" (Imigani 29:11).

3. **Gabanya kwikunda.** Ubaha, uhe agaciro kandi ugirire abandi imbabazi. "*U*muntu wese muri mwe areke kwizirikana ubwe gusa, ahubwo azirikane n' abandi" (Abafilipi 2 :4).

4. **Vugana n' abandi utuje.** Kugira uburakari, kuvuga wihuta kandi utegeka kenshi byakirwa mu buryo butari ubwo kubaha ndetse abakumva barifata ku byo uvuga atyo yavuze. Kuvugisha abandi n' umutima woroshye bigaragaza ko usobanukiwe n' ibyo bari guhura nabyo ndetse n' amarangamutima yabo kandi ko nawe ubwawe wisobanukiwe. **"**Gusubizanya ineza guhosha uburakari, ariko ijambo ribabaza ribyutsa umujinya" (Imigani 15:1).

5. **Menya impamvu yawe / icyo ugambiriye.** Ese ni urukundo cyangwa nu ukugira ngo ngenzure abandi? Dukwiye iteka kuba abagambirira urukundo. **"**Urukundo ntirukora ibiteye isoni, ntirushaka ibyarwo, ntiruhutiraho, ntirutekereza ikibi ku bantu" (1 Abakorinto 13:5).

6. **Fata inshingano ku myitwarire yawe.** Ntugatange ubusobanuro ko wagije umujinya kubera ibyo undi yavuze cyangwa se yakoze bitagushimishije. Gerageza kumenya uko uri bwifate mbere yo kugira icyo uvuga cyangwa ukora. Ibi ujye ubizirikana buri gihe.

7. **Ihutire kubabarira.** Ibi, nabyo byumvikane ko, nubwo bisa nibyoroshye ariko bifite uruhare rukomeye mu gutanga ubutumwa bwiza bwa Yesu Kristo. Dushobora gukunda kuko niwe Wabanje kudukunda. **"**Mwihanganirana kandi mubabarirana ibyaha, uko umuntu agize icyo apfa n' undi. Nkuko Umwami wacu yababababariye, abe ariko namwe mubabarirana" (Abakolosayi 3:13).

8. **Sengera imibanire yanyu. "**Nicyo gituma nanjye maze kumva uburyo mwizera Umwami Yesu mugakunda abera bose, mbashimira Imana urudaca nkabasabira uko nsenze" (Abefeso 1:15-16).

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