

NORTHLAND INSPIRATION

IMFASHANYIGISHO ZA GIKRISTO MU GUFASHA NO GUKIZA UMUNTU W'IMBERE

KUNESHA AMAGAMBO ASENYA

(Overcoming Destructive Words)

Dr. Hal Baumchen

*“Habaho uwihutira kuvuga amagambo yicana nk’ inkota,
ariko ururimi rw’ umunyabwenge rurakiza.”*

Imigani 12:18

Imbaraga z’ ijambo

Abantu bafite imbaraga zikomenya kenshi abantu birengagiza cyangwa se kenshi bakoresha nabi. Amagambo tuvuga aba ari uburozi bwica cyangwa se ari umuti ukiza; ashobora kuzamura / akubaka abayumva cyangwa se akabasenya.

“Urwo (ururimi) ni rwo dushimisha Umwami Data wa twese, kandi ni rwo tuvumisha abantu baremwe mu ishusho y’ Imana, mu kanwa kamwe havamo gushima no kuvuma. Bene Data, ibyo ntibikwiriye kumera bityo.”

Yakobo 3:9-10



Komeza abandi

Twigishwa kubaho nk’abantu b’ Imana, ubuzima bwo gukiranuka nkuko Imana ibishaka, cyane cyane mu mibanire yacu n’ imiryango yacu. Abakristo basabwa gufasha no gukomeza inshuti zacu, imiryango yacu ndetse n’ inshuti zacu. Igitangaje, ni uko kenshi usanga bitoroshye kwizera cyangwa se kwemera ko hari ikiza cyava mu muntu wo mu muryango wawe. Ariko inshingano yacu ikwiye kuba iyubaka:

“Ijambo ryose riteye isoni ntirigaturuke mu kanwa kanyu, ahubwo uko mubonye uburyo muje muvuga iryiza ryose ryo gukomeza abandi, kugira ngo riheshe abaryumvise umugisha.”

Abefeso 4:29

Kubireba mu buryo bw' itsinda

Imibanire y' abashakanye ni ahantu hakwiye ho kubakana, gukomezanya uko umwe akenera undi. Urugo rugizwe n' itsinda: abantu babiri ku ruhande rumwe bakora ibishoboka byose kugira ngo bagera ku ntego bahuriyeho, ku bw' inyungu zabo bombi, kandi ikibarwanya nacyo kiba ari kimwe. Iyo umwe mu itsinda ashoboye kugira icyo ageraho, itsinda ryose ribigiramo inyungu. Ariko na none, mu mibanire y' ingo nyinshi, gukora nk' itsinda byaribagiranye cyangwa se ntibyigeze bikurikizwa. Bigasa nk' aho ari umugabo uba uhanganye n' umugore, n' umugore nawe ahanganye n' umugabo we – Aho kugira ngo bibe abantu babiri bakorerana hamwe kandi bakorerana. Iyi myitwarire mibi kenshi itera kugira imvugo isenya kandi mbi yangiza.

Uburozi mu mivugire bushobora kuba uburyo rusange cyangwa se bugaragara gusa ko hari ikibazo hagati y' ababana. Ahantu hakunze kugaragara ubwumvikane buke muri rusange mu mibanire harimo:

- Abana n' uburere bwabo
- Umwanya wo kuba hamwe no kuba kure ya mugenzi wawe mwashakanye
- Imibonano mpuzabitsina / Gukundana
- Amafaranga
- Ibibazo by' umuryango wacu wa kure

Uko ububabare bugaragara

- | | |
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| 1. ___ Guhindurana abana | 16. ___ Kubabaza undi cg umucisha bugufi |
| 2. ___ Guhamagara mu izina | 17. ___ Kugenzura undi |
| 3. ___ Guceceka ntuvuge | 18. ___ Kugutererana ku mugaragaro |
| 4. ___ Gushyira undi hasi | 19. ___ Gukoresha uburyo bubabaza undi |
| 5. ___ Kurahira imbere y' undi | 20. ___ Kuguseka ugize icyo uvuga cg ukoze |
| 6. ___ Gukoza isoni & Gucisha bugufi | 21. ___ Kukugereranya n' abandi |
| 7. ___ Gukoresha undi nk' usetsa abandi | 22. ___ Kwisobanura mu makosa agaragaza ikosa ari iry' undi |
| 8. ___ Gushyira amakosa ku uwundi | 23. ___ Kwanga integer nke muwo mubana |
| 9. ___ Kuvuga nabi undi | 24. ___ Gukoresha ijwi rikangana |
| 10. ___ Kwitotomba no gushaka amakosa | 25. ___ Kugerageza guhindura undi ufite ikosa |
| 11. ___ Kubwira undi ko ari umubyeyi mubi | 26. ___ Kwitwaza imyitwarire y' undi n' uko ari |
| 12. ___ Guhana undi imbere y' abandi | 27. ___ Kwifashisha Ibyanditswe kandi ubabaza undi |
| 13. ___ Kwangira undi ko ajya ahantu | 28. ___ Gukoresha nabi amahame yo muri Bibiliya ku bijyanye no kuganduka |
| 14. ___ Guca imanza ushingiyeye kubyo wemera | |
| 15. ___ Gutera ubwoba undi | |

Ibibazo by' umutima

Ikibabaje, ibibazo by'ururimi rwawe bishobora kugaragaza uko umutima wawe umerewe nabi.

“Umuntu mwiza atanga ibyiza abikuye mu butunzi bwiza bwo mu mutima we, n' umuntu mubi atanga ibibi abikuye mu butunzi bwe bubi, kuko ibyuzuye mu mutima ari byo akanwa kavuga.” Luka 6:45

Ikibazo cyo kwangiza mu mvugo no mu marangamutima ntabwo kigarukira ku bantu bamwe. Iki kibazo kiragaragara ndetse kikamara igihe kinini mu bakristo, bose abagabo n'abagore. Ariko na none, ni ikibazo cy' ibanga. Abantu batera ikibazo nk' iki ndetse n' abo kigiraho ingaruka baba bashidikanya, ndetse kenshi baterwa isoni no kuba babivuga ku mugaragaro.

Uwangiza mu mvugo

Hasi bigaragara nk' ibikomeye, by' ibanga ndetse kenshi kubera kwiyezera, hakabamo kwiganyira, ubwoba, kubura amahoro, kutiyizera ndetse no kurangara bikomeza. Uwangiza mu mvugo we ashyira ikibazo kuwo arenganya, inshuro nyinshi amarangamutima iyo ahungabanyijwe n' amagambo cyangwa ibikorwa bibi, cyangwa uburakari, amagambo avuzwe nta kwita kuwo ubwira. Ubu buryo butera uhungabanya undi ku bw' amagambo ye guhakana uburemere bw' ikibazo ndetse no kwanga kwemera ko akwiye guhinduka we ubwe. Nko mu muryango cyangwa se mu mibanire y' abashakanye uko bagenda bagera ahantu ibintu bimeze nabi, uwangiza agenda yoroha kandi akaba yanakwihana, akababazwa n' ibyabaye kubera we ndetse akiyemeza gufatanya na mugenzi we kugira ngo ikibazo kirangire. Ikibazo na none kikaba, ko iyi mpinduka y' imyitwarire irangiye vuba, ikaba yatera ko kongera guhungabanya undi byakomeza.



Ibyanditswe kenshi bitugaragariza imyitwarire yigaragaza cyane mu mibanire mu ngo mu gihe hariho uguhungabanya:

“Umenye yuko mu minsi y' imperuka hazaza ibihe birushya, kuko abantu bazaba bikunda, bakunda impiya, birarira, bibona, batukana, batumvira ababyeyi babo, indashima, batari abera, badakunda n' ababo, batuzura, babeshyerana, batirinda, bagira urugomo, batagira ibyiza, bagambana, ibyigenge, bikakaza, bakunda ibibanezeza aho gukunda Imana, bafite ishusho yo kwera ariko bahakana imbaraga zako. Abameze batyo ujye ubatera umugongo. Kuko muri bo harimo harimo abagabo bomboka mu mazu bakanyaga abagore batagira umutima, baremerewe n' ibyaha, batwarwa n' irari ry' uburyo bwinshi.”

2 Timoteyo 3:1-6

Guhagarika urwo ruhererekane

1. Kureba uko mu muruo ibintu byifashe ndetse ukamenya ahari ikibazo. Ese haratuje, hari amahoro, hari urukundo, kwitabwaho?
2. Vuga ikibazo ariko wirinde kukivuga ugira uwo ushinja kuba ari we wagiteye nko kugira uti “Twatakaje umunezero mu muryango wacu” aho kuvuga uti “Ntabwo akorera amafaranga ahagije.”
3. Ni gute ufite uruhare mu kibazo kandi ni gute ugomba kugira uruhare mu kuzana igisubizo? Hitamo gukoresha amagambo meza akomeza abandi.
4. Reka gushinja mugenzi wawe ikibazo utangire kujya wakira inshingano zawe kubyo wakoze. Wirinde gushaka gusobanura impamvu y’ ibyo wakoze, urugero: “Ntabwo nari kumusakuriza umugore wanjye iyaba atari igicucu.”
5. Hagarara uhangane n’ ukuri kw’ ibyo wakoze, ntiwite kuburyo biri bukubabaze, uko uri bwumve ubaye nabi cyangwa se ucishijwe bugufi. Shyira ahagaragara umwijima, ibinyoma n’ amabanga. Nezererwa ukuri.
6. Shaka ubufasha, inama nziza n’ abantu bo kukuba hafi. Rangiza ubu buryo. Ntukwiye rwose kubaho muri ubu buryo.
7. Babarira abandi kandi ubasabe kukubabarira.
8. Komeza ushake ukuyoborwa n’ Imana. Yadusezeraniye ubufasha bwayo:

“Uwiteka, shyira umurinzi imbere y’ akanwa kanjye, Rinda umuryango w’Iminwa yanjye.”

Zaburi 141:3



Dr. Hal Baumchen ni umuyobozi mukuru wa Northland Counseling Services, akaba n’umuvuzi mu mitekerereze, ni umukozi w’Imana, akaba yarananditse igitabo *“Kubona Ibyiringiro bishya”* afatanyije na Dr. Neil T. Anderson hamwe n’izindi nyandiko zitandukanye. Atanga inama ku bantu ubwabo muri gahunda za Northland.

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