

OBUFUMBO BUWEEREZA MU BITUNDU OKUMATIZIBWA MU KABOOZI EKITABO EKY'OKUJJUZAMU

OMUZINGO 4

“Kale mugende, mufuule abantu b'amawanga gonna abayigirizwa, nga mubabatiza okuyingira mu linnya lya Kitaffe n'Omwana n'Omwoyo Omutukuvu; nga mubayigiriza okukwata byonna bye nnabalagira mmwe. Era, laba, nze ndi wamu nammwe ennaku zonna, okutuusa emirembe gino lwe giriggwaawo” (Matayo 28:19–20).

Craig Caster

Okumatizibwa Mu Kaboozi

Okumatizibwa Mu Kaboozi katabo kakuna (4) mu butabo bwona obw'obufumbo.

Emitwe emilala mu bufumbo nabwo buwereza

Omusingi omunywevu namba 1

Enjawulo mubyetaago namba 2

Obukulembeze mu katonda namba 5

Okulungamizibwa kwabakulembeze

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Obufumbo Nabwo Buwereza

Okumatizibwa Mu Kaboozi

Obufumbo Nabwo Buwereza

Omuzingo 4

Craig caster

N'olwekyo mugende mu mawanga gonna mubafuule abayigirizwa nga mubabatiza okuyita mu linya lya Kitaffe n'Omwana n'Omwoyo Omutukuvu, mubasomese byonna byembalagira era ndiwamu namwe buli kiseera okutuusa kunkomerero (Matayo 28:19-20).

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Etandikwa

Katonda yatonda ekitongole kyetuyita obufumbo, era kilumbidwa bubu nnyo. Ebigambo ebyo biyinda okuwulikika nga sibyalijjo gy'oli, naye embeera z'obulamu embi ennyo ezirabikako, zisibuka munkolagana wakati w'omwami n'omukyala. Abagalana nga bamaze okufumbiranganwa, buli omu atandika okwekwata kw'ebyo by'ayagala era byayayanira. Ebiseera nga biyiseewo, ebizibu bisigala nga tebisaliddwa magezi, era okunakuwala, okunyiga, n'obusungu, bireeta okulumwa, ekiviiramu okwekyawa n'okuwoleera. Abantu ababiri bwebayingira mu bufumbo obutukuvu n'essubi ng'eryo, n'ebiruubirirwa ebirungi, lwaki obufumbo bungu bulemererwa? Mungeri y'emu, lwaki abagalana bangi batebenkedde munkolagana ezitamaliza?

Ekitabo kino kiwebwayo eri Katonda n'okwagala kwe eri buli mufumbo okufuna emikisa gye yali ayagala mu bufumbo. Abantu babiri bwe beegatta ng'omwami n'omukyala nga tebatendekeddwa mu nonno za Katonda, era emirundi mingi nga tebalina byakulabirako bya Katonda okuva mu biseera byabwe eby'emabega, mu bwesimbu tebamanyi ngeri gye bayinda kulabiriramu bannaabwe. Biyinda okuleeta obulumi obw'emabega n'obuzibu obw'amaanyi obweyongera. Okuyitira mu kitabo kino, Katonda ajja kubikkula amazima agataliiko kuteesa agateekwa okugobererwa, oba ebinaavaamu bijja kuba okuggwaamu amaanyi n'okwekyawa. Mu bufunze, obulumi bungu.

Ebyo okubala bilaga nti obufumbo bungu wakati mu bakristayo bukomekereza mu kwawuukana. Nga abaana ba katonda era abasiika be bisubizo bye byona, lwaki abakiriza baremererwa? Ekizibu kiri nti okubulwa okumanya, okubulwa okuyigirizibwa mu nonnoz z'ebyawandikibwa. Ekyenaku, ekanisa teri kuteekamu manyi gamala mu kitundu kino okukyuusa ekyo ekiri okwera abangi wansi mukubo elyo okusanyizibwawo. Abufumbo bali mubwetavu obw'amaanyi obw'okusomebwa ebyawandikibwa, okubeera nga bayigirizibwa abalala mu mazima ga katonda. Abakiriza bwebayiga biki katonda by'ayagala ne basalawo okumugoberera nga abayigirizwa ba kristo, bagya kufuna ekisa namanyi okuwangula ekizibu kyona.

Katonda ayagala okweraga nti wa maanyi ku lwaffe era ayagala tumugulumize mu bufumbo bwaffe. Naye naffe tuteekwa okuba nga twagala. Tukimanyi nti obufumbo bukulu nnyo eri Katonda, naye Abakristayo abasinga obungu oluvannyuma lw'emyaka kkumi mu bufumbo bakyawulira nti tebasobola kuyigiriza balala. Lowooza ku muntu eyali amaze emyaka kkumi ng'akola omulimu. Bayinda okuba nga bekakasa bulungi nti basobola okutendeka omuntu omulala. Era Katonda afaayo nnyo ku ngeri gye tulabiriramu bannaffe okusinga emirimu gyaffe.

Bw'onoomala ebituntu bino mu mbeera ey'okusaba, Katonda ajja kukubuulira ekigendererwa kye ng'omwami n'omukyala. Ebintu byonna byesigamiziddwa ku mazima ga Baibuli. Ebitabo eby'okukozesa n'okujjuzamu bijja kukukulembera n'Ebyawandiikibwa n'okukuwa ebyokulabirako eby'omugaso ebinaakuyamba okussa mu nkola enonno z'oyiga. Ate era ebitundu bino bigendereddwaamu okuyigiriza abalala. Bw'oggulawo amaaso go olw'engeri ey'ekitalo Katonda gy'akyusaamu obulamu bwo, ojja kulaba ng'abalala bangi nabo beetaaga obuyambi.

Obufumbo Nabwo Buwereza

Mukama katonda, webale kutulaga mutima gwo n'okwagala kwo jetuli okuyita mu kigambo kyo. Nkusaba owe omukisa abo abayita mu kitabo kino. Babikulire enono era bazitegere bulungi. Bawe emitima egy'obuwombeefu basonyiwe abo ababakosezza n'okwagala okusonyiyibwa abo be balumiza. Katonda, gulumizibwa mu bufumbo bw'abo abaagala okukugoberera. Amiina.

Enyanjula.

Akatabo kano kakoledwa okkulunḡamya mukuyigirizibwa, ekitegeeza okutambulira mu nnono za katonda. Bwe tukozeza ebigambo nga okutambula, tusuubira nti okitegeera nti okubeera wansi w'ennono zino kikulu nnyo ng'okuyiga okutambula.

Bino by'ebiruubirirwa by'ekitabo kyaffe eky'okujjuzamu:

1. Okukulaga nti Katonda atuwa ennono z'obufumbo.
2. Okutegeka obeere nebikozesebwa n'okuteeka mu nkola ennono zino, era
3. Okulunḡamya obufumbo bwo n'ab'omu maka go mu kusonyiwa, okuwonya, n'okuba obumu okuyitira mu buwulize eri Katonda.

Obuwereza mukuyigirizibwa kw'amakka obwa Famire discipleship ministries buliwo okuyamba mu kusomesa omubiri gwa Kristo mu bintu ebikulu, okulemererwa okuyigiriza abalala kikwatagana buterevu nokulemererwa mu bufumbo ensangi zino. Era tumanya tutya kino? Olwebyo byetulabye, byetuyiseemu, n'ebyo bye tuzudde mu miwendo egikakasiddwa leero.

Omutendera

Essomo lyawuddwamu emirundi ettaano. Tutandika n'omuzingo ogusooka netweyongerayo nemizingo emilala nga bwegiddiringana. Gwe okubuuka emizingo egimu notagisoma kubanga tojagadde kiba kikemo gyoli era tekiba kirungi kubanga buli ssomo lilina kyelikuyigiriza era lizimbidwa ku linalyo. Okugeza wandiyagadde okumanya ebyetaago byomwami oba omukyala byeyegomba, naye waliwo ennono zebyawandikibwa eziyamba omuntu okuyiga nga tonaba kumanya nyo mwagalwawo byayagala mu nkola ey'obwakatonda.

Fuba okumaliriza omusomo gumu buli lunaku okumala ennaku ttaano. Okusobola okuyiga obulungi buli lunaku kikulu nnyo mu by'omwoyo.

Ennono zino zigezeseddwa era nezikakasibwa bulungi. Nzikozesezza mu bufumbo bwange era nyambye bangi nga nzisomesa emirundi mingi nga mpabula abafumbo n'okusomesa mu bibiina. Tegeera kino nti kano si katabo "*ak'ebintu bitaano ebyangu okukola mu bufumbo.*" Okubeera omuyigirizwa wa Baibuli mulimu muzibu era kyetaagisa okwewaayo eri Katonda by'ayagala nga bw'okyusa ezimu ku ndowooza zo n'enneeyisa yo. Ekyo kijja kwetaagisa okwewaayo, okwefiiriza, n'obwetoowaze.

Okutandika buli lunaku:

- Tunuulira buli kusoma kwa buli lunaku ng'ekiseera ky'omala ne Katonda wo, era Musuubire okwogera naawe okuyitira mu Kigambo Kye.
- Olunaku lutandiike ne saala, osabe mukama akulage wa wolina okukyusamu era akuwe n'amaanyi okuteeka mu nkola by'oyize.
- Fumiitiriza. Toyanguyiriza kuyita mu bintu ogambe nti omalirizza. Katonda muwe obudde okwogera naawe, era fumiitiriza ku ebyo bye muyiga.

Ebintu by'Olina Okumanya:

- Okusoma kuno kintu kipya mu byokola era kijja kwetaagisa okiwa obudde. Eby'okuyiga birina okukolebwa buli lunaku. Bw'osubwa olunaku, tobuuka mpapula, wabula fuba okumaliriza byonna by'osoma mu ntegeka y'abyo.
- Ebyawandiikibwa biraga bulungi nti obufumbo bukulu nnyo eri Katonda. Bw'oba ng'olina obuzibu okumaliriza eby'okuyiga, sabira entegekazo n'ebintu ebirala by'olina okukola. Saba omuntu okusaba nawe bwe kiba kyetaagisa.
- Jjukira nti omwagalwawo wa mugaso nnyo mu kufuba kuno. Muyige wamu oba mu ngeri ey'enjawulo, buli kiseera mukubaganye ebirowoozo naye ku ebyo bye muyize era musabe mukole enkyukakyuka zonna eziba zeetaagisa.
- Eby'okuyiga biyinda okwawukana ku bungi bw'ebiweereddwa. Oluvannyuma lw'okumaliriza buli ssomo, tunula mu ky'okuyiga ekiddako osobole okuteekateeka obudde bwo ne Katonda, ofunemu ekisinga obulungi.
- Ekifo kiweebwa okuddamu ebibuuzo n'okuwandiika ebirowoozo byo n'okusaba. Bw'oba ofunye ekitabo kino ekyokujjuzaamu okuva kuyintaneti n'okiprintinga, tukuwa amagezi okukinyeza n'obuuma busaatu obwa binding n'oteekamu empapula endala zonawandikamu obuwandiike bwo.

OKUSIMA EBUZIBA

Ekitundu kino kiwa akakisa okusoma Ebyawandiikibwa n'okubikwataganya n'ensonga eyogerwako. Ojja kweyongera okumanya Baibuli, ennono za Baibuli ezikwata ku bufumbo, n'ekyo Katonda ky'akusuubiramu ng'oli mufumbo.

Okwekebera

Bw'oba osoma ennono za Baibuli, ekitundu kino kikuwa obudde okwekebera, okuzuula ebifo ebyetaagisa okulongoosaamu. Ekifo kiweebwa okuwandikaamu olukalala lw'ebyo byoyize, okwatula kwo, n'okusaba amaanyi n'amagezi okukola enkyukakyuka ezo. Ekimu ku bintu ebinyinza okubaawo ng'omuyigirizwa kwe

FAYILO Y'AMAZIMA

Obubokisi nga buno, buwa ennyinnyonyola y'ebigambo oba ebigambo ebiva mu Baibuli. Tufaayo nnyo okukozesa enkuluze za Bayibuli ezimanyikiddwa ennyo, ez'eddiini, ennungi n'eby'okuddamu okusobola okutegeera obulungi ebyogerwako bwe kiba kisoboka. Bingi ku binnyonyola bino biri mu Ekyongerezeddwako R: *Enkuluze.*

kuwa embalira ey'obwassekinonu. Katonda bw'akuraga nti wasobya omwagalwawo oba abaana bo, kkiriza ekibi kyo obasabe okusonyiyibwa. Kino kikole buli kiseera ne bwe kiba nga tekimanyikiddwa.

Enteekateeka y'Okukola

Oluvannyuma lw'okusoma ennono za Baibuli, ekitundu kino kikusoomooza okubaako ky'okolawo n'okussa mu nkola by'oyize mu bufumbo bwammwe. Okusobola okubeera abayigirizwa ab'amazima tuteekwa okutegeera nti Katonda takoma ku kwagala nti ffe tweyongere mu kumanya, naye era atulagira okutambulira mwebyo bye tumaanyi.

Ebikozesebwa Ebyongerezedwaako

Nkusaba okozese ebintu ebikozesebwa ebiri ku nkomerero y'ekitabo. Biriwo kulwo'kukula kwo, era tubyoogerako mu bitabo byonna eby'okujuzamu. Nga tonnatandika lugendo luno olulungi, jjuza *Ekyongerezedwako A: Ebbaluwa ey'Okwewayaya* (omuzingo 1).

Okulungamizibwa kw'Omukulembeze

Akatabo k'*okulungamizibwa* kw'omukulembeze kasangibwa ku FDM.world wansi wa *Free Ministry Downloads* nga kitegeza nti osobola okawanula okuva ku *intaneeti kubwereere*. Ebintu byonna ku mukutu gwaffe ogwa Intaneeti biteeka essira ku kuyigirizibwa era biweebwa ku bwereere.

Essomo 1: Ekirabo Ekiri Mu Kwegatta

Katonda yatonda obwettolovu obuyitibwa ensi, ejjudde byonna ebigirimu, n'ebitonde eby'ewunyisa. Ekyomuwendu mu byonna ye muntu. Okukakasa kino, ye yayambala omubiri, mu Yesu Kristo, okutununula okuva mu kibi tusobole okubeera naye emirembe gyonna. Mu Zabuli 139:14, Baibuli egamba "Nakwebazanga kubanga okukolebwa kwange kwa ntiisa kwa kitalo, emirimu gyo jakitalo, n'ekyo emmeeme yange ekimanyidde ddala."

Bwaba nga katonda ye yatonda okwegatta, lwaki omulamwa guno guziyizibwa era ne kiba ngekintu ekivve? Katonda takolangako kikyamu, obuzibu buli eri abantu ababulwa okumanya nebakozesa bubu eby'okwegatta.

Tutera okuggalawo essuula zaffe n'esaala, naye olw'ebizibu ebiri mu nsonga eno, ku mulundi guno ka tuggulewo n'okusaba:

Katonda Kitaffe, tukwebaza olw'ekirabo eky'okwegatta. Webale kutonda mibiri gyaffe okufuna essanyu ery'amaanyi ng'eryo. Tuyigirize amakulu g'okwegatta nga Bwewakikola. Era nkwegayiridde tusonyiwe Mukama, olw'ebiseera n'engeri gye tukkirizzaamu endowooza y'ensi okutukyusa, bwe twakyusa essanyu ly'okwegatta ne lifuuka ekintu ky'otategeeka. Katonda, nsaba okyuse emitima gyaffe, oleete okwagala n'okukwatibwako, n'okutuwa okusalawo n'okwagala okukyusa endowooza zaffe n'enneeyisa yaffe. Tuyambe okulaba okwegatta ng'ekirabo okuva gy'oli n'okikozesa okusenziira ku dizayini yo. Kozesa Ekigambo kyo n'Omwoyo Omutukuvu okutuwa amagezi, era otukyuse nga tugezaako okukugulumiza mu byonna bye twogera ne bye tukola. Tusaba mu linnya Iya Yesu. Amiina.

Baibuli ekilambika bulungi ku ngeri Katonda gye yakolamu okwegatta. Olw'ebigendererwa byaffe, tutegese obubaka bunu mu ngeri ssatu ez'enjawulo. Tulina okufumiitiriza ku bintu ebyo enfunda n'enfunda okutuusa lwe tunaalaba eby'okwegata nga tugoberera ebigendererwa bya Katonda.

Ennono Y'ebyawandikibwa 1: Okwegatta n'Omubiri Ogumu.

Ekgendererwa kya Katonda ekisooka okutabagana mu kwegatta kwekunyweza omwami no mukyala wamu, mu mubiri n'Omwoyo.

"N'olwekyo, omusajja ky'anaavanga aleka kitaawe ne nnyina, ne yeegatta ne mukazi we, ne bafuuka omubiri gumu." (Olubereberye 2:24)

"Oba eyagatta n'omwenzi babeera bafuuse omuntu omu." 1 Bakolinso 6:16

Tulaba okuva mu kitabo ky'olubereberye nga okwegatta kubeera kwa bafumbo bokka. Ekyawandikibwa ekivudde mu bakolinso kilaga engeri gyekikozesebwamu obukyamu era nga ebikivaamu bisigala Kyekimu, ababiri bafuuka omubiri gumu. Ensi eri wala nyo n'enkola ya Katonda ensangi zino era nebajolonga okwagala kwa Katonda mu mukwano gw'okwegatta.

Enkuluze emu eya Bayibuli egamba bino wammanga:

[Omubiri gumu] kizingiramu obumu bw'omuntu yenna: ekigendererwa, omubiri, n'obulamu—obumu nga abibiri bafuuka obulamu obupya, obwo katonda bwe ya tegeeka, obw'ekigero. Buli omu atereza amaanyi ga munne n'obunafu bwe. Mu by'okwegatta, ababiri bano bafuuka "omubiri gumu" mu mubiri nga bwe kiragibwa mu zaadde lyaabwe. Ekkomo "ly'omubiri ogumu" gwokka terikkiriza nkolagana ndala yonna: Okulya ebisiyaga, okuwasa abakazi abasukka mu omu, obwenzi, okwegatta nga tonnafumbirwa, okuganza abantu abangi, okuwasa oba okufumbirwa owoluganda, okusobya ku bisolo, obwamalaaya obw'okusinza.

Era tetulina kukiriza kwematizza. Tusaanidde okusembeza enteekateeka ya Katonda n'emitima gyaffe gyonna. Yafuula obufumbo okubeera omubiri gumu wakati w'omusajja n'omukazi.

Ennono Ye Byawandikibwa 2: Okwegatta n'okuzala.

Okutabagana mu kwegatta, kyawundibwa lwa kuzaala baana oba okweyongera ku muwendo kyebayita okwaala.

Katonda nakola omuntu mu kifananyi kye, mu kifananyi kya katonda mwe yamutondera omwami no mukyala, mukama n'abawa omukisa era n'abagamba nti mubale era mwekubiseemu mujjuze ensi, nga alina obuyinza ku byenyanja mu migga ne binyonyi mu banga era nabuli kilamu ekiri ku lukalu. (Olubereberye 1:27-28).

Wadde nga si kibi okulemererwa okuzaala abaana ngoli mu mubufumbo, Katonda yatonda omuntu ajjuze ensi. Ebyawandikibwa bigamba nti omuwendo gw'enviri eziri ku mitwe gyaffe gubalidwa (Lukka 12:7). Ekitegeeza nti buli muntu yatondebwa mu kumanya kwa Katonda era buli muntu wamuwendo gyaali. Era ye afaayo nyo eri okuzaala, obulamu, nobulokozi bwa buli muntu.

"Mubalenga ebibala era mwalenga." (Lubereberye 9:1,7:17,20:28,35:11,48:4). Esonga eno edinganamu mu Olubereberye lwonna ng'ekwatagana n'emikisa gya Katonda era ng'esenziira ku ndowooza ya Baibuli egamba nti okukuza abaana mu bweesigwa kitundu ku nteekateeka ya Katonda ey'okutonda abantu. Ensi yonna erina okujjulaamu abo abamumanyi era abaweereza n'amagezi ng'abamyuka be oba abamukiikirira okugifuga.²

Abantu baffe basukka nnyo ku nteekateeka ya Katonda nga balina obulamu obulala obw'enjawulo omuli okufuna n'okukuza abaana awatali kwettanira bufumbo.

SIMA MUNDA

Nyonyola Katonda ky'agamba ku by'okufuna abaana?

Lababa busika okuva eri katonda, ekibala kyolubuto, ngobusaale mu mukono gwomuzira, be baana abobuvubuka. (Zabuli 127:3-5).

Naayimusa amaaso n'alaba omukazi n'abaana n'agamba "baani bano abali nawe"? N'abagamba nti be baana katonda kulwekisa kye beyawa omuwereza we. (Olubereberye 33:5)

Ebibala by'olubuto lwo binabanga n'omukisa, n'ebibala byetaka lyo bineyongera, ebisibo byo bineyongeranga. (Ekyamateka olwokubiri 28:4)

Ennono Y'ebyawandikibwa 3: Okwegatta Nokusanyusibwa.

Ekikolwa eky'okwegatta kikirizibwa bafumbo bokka ngekigendererwa basobole okwaala. Ekyawandiikibwa ekiddako kiraga bulungi nti omusajja alina okubeera omumativu mu kwegatta ne mukyala we yekka. Bw'oba osoma, fumiitiriza ku bigambo ebikozesebwa.

"Ensulo yo ebeerenga n'omukisa,
Era sanyukiranga omukazi ow'omu buvubuka bwo.
omulungi ng'ennangaazi, omubalagavu ng'empeewo,
Amabeere ge gakumalenga mu biro byonna;
Era osanyukirenga bulijjo okwagala kwe." (Engero 5:18-19).

Ebigambo *okumatiza n'okutamiza* biraga obulamu bw'okwegatta obumatiza era obuvaamu ebibala, obumu obw'essanyu eddene. Ffenna tukimanyi nti okwegatta kwegombewwa era kutamiiza, naye kuyinza okuva mu kubeera omukisa n'ekufuuka ekisanyusa ekirimu okwesalira omusango.

Abantu abamu batamiira ebintu by'okwegatta, era olw'okujja kw'omutimbagano, obuseegu bulinye ku daala epya era obuseegu bwasaasana buli wamu. Kino kibaawo lwa nsonga nti ebirabo bya Katonda eri omuntu tebikozeseddwa nga Katonda bwayagala n'obutagoberera mitendera gye yateekawo. Naye weegendereze, era tokkiriza bikolwa bya nsi eno eby'onona ensonga z'okwegatta okwonoona enzikiriza yo oba endowooza gy'olina ku nsonga eno. Ekgendererwa kya Katonda kwe kuba nti omwami n'omukyala betaamira.

Omuwandiisi omu akozesa ekyawandiikibwa kino mu Engero okuyigiriza abasajja okukuuma omukwano nga mulongoofu era nga teguwugulwa.

Tewali n'omu ayinza okwegana essanyu ery'okwegatta. Engero zikubiriza omusajja okukozesa essanyu eryo eri mukazi we. Alina okusiima obulungi bwe ng'empewo elabika obulungi n'okubeera omumativu n'omubiri gwe n'okwagala kwe. Omusajja alina okwagala mukyala we "yekka" (olunyiriri 17) era bulijjo. . . . N'olwekyo, Katonda ayagala omusajja abeere musanyufu olw'okwagala kwa mukazi we, so si mukazi wa muntu mulala.

Katonda yakola okwegatta lwa nsonga Satu, era ebyawandikibwa byogera bulungi nyo nti okwegatta wabweru wobufumbo kibi. Bwetukozesa ekirabo kya Katonda mu bukyaamu obeera oyoonye, Era mu nkola eyo muvaamu obulumi obwamanyi mu kifo ky'omukisa.

Okwekebera

Wandiika ebgendererwa ebisatu wammanga:

Ekgendererwa 1: _____

FAYILO YAMAZIMA

Okukkusa—*Rawah*
(Olwebbulaniya). Ekgambo eky'okukola ekitegeza okuwa amazi, okukusa enyonta; Okunywa okutuusa lw'okusibwa. Kitegeeza okuwa omuntu eky'okunywa mu butuufu era mu ngeri ey'akabonero (Zabbuli 36:8; 65:10). Kitegeeza okunywa buli ky'ayagala, okukusa (Engero 5:19; 7:18).³

Okusanyusibwa nyo—Sagah
(Olwebbulaniya). Ekgambo Isaaya ky'akozesa ekiraga okutagala oba okunyikibwa mu (Isaaya 28:7). Oluusi kiyinza okunnyonyola obutamivu, si mu mwenge gwokka oba bbiya wabula ne mu kwagala (Engero 5:19–20).

Obufumbo Nabwo Buwereza

Ekigendererwa 2: _____

Ekigendererwa 3: _____

Nga osinzidde kubigendererwa ebyo ebisatu, nyonyola engeri obubaka buno gye bukyusizza endaba yo ku nsonga y'okwegatta.

Essomo 2: Endowooza Zabulijjo Ezitali Za Bayibuli.

Bangi baakubirizibwa endowooza z'ensi, okwerowoozaako, oba Setaani, nga bino byonna bituleetera okutunuulira okwegata mu ngeri enkyamu. Setaani akoze ky'amaanyi nyo okuleeta obulimba bwe n'okutabangula. Buli kirabo Katonda ky'atuwadde, Setaani ayagala kukyoonona. Akozesa enkola yonna ey'Okuwuliziganya nga mwemuli zi magazine, emikutu gy'empuliziganya, amawulire, TV, yintaneeti, nebirala ebiringa ebyo okusobola okukyamyama ekirabo kino ekilungi ekyatuweebwa okuba nga kya bafumbo bokka ne kifuuka ekintu eky'ononese, ekikyamizidwa oba ekibi.

Ebyawandikibwa bigamba nti Okutuusa nga tuli ba ddembe mu Kristo, tuli baddu eri ekibi (Yokaana 8:34, Abaruumi 6:6-7). Okutandika mu Olubereberye 3:4-5, tulaba Setaani ng'akema abantu okubusabusa obulungi bwa Katonda, ng'agezaako okulaga nti Katonda alina ekintu kyatulemesa okufuna. Tumanyi ekyo kye kireeseewo eri obutonde.

Ka tulabe ezimu ku ndowooza ezitali za Baibuli ze tuyinza okuba nazo ku by'okwegatta era tuzuule ensibuko.

Endowooza Etali Ya Baibuli 1: Endowooza Y'ensi.

Toganya okwonoona kw'ensi ku by'okwegatta okukyamyama endaba yo entuufu. Ebiwakanya oba obwononefu mu byokwegatta bi twetolodde obudde bwonna. Tulina okukuuma ekifananyi kya Katonda era tufuge endowooza zaffe ne kigambo kye ku ssomo lino.

Eri abalongoofu byonna birongoofu, naye eri abagwagwa n'abatakkiriza tewali kirongoofu; naye amagezi gaabwe era n'omwoyo byasiigibwa obugwagwa. (Tito 1:15).

Okuva ku ntandikwa, abasomesa ab'obulimba babadde bakyusa Ekigambo kya Katonda. Tetusaanidde kwewuunya ensi ky'ekoze okwonoona ebintu bye yatonda olw'essanyu lyaffe n'obulungi bwaffe.

Naye tulina essubi. Tulina ekisuubizo kya Katonda okuva mu Kigambo kye nti Yesu Kristo ye yawangula ekibi (Abaruumi 6:6-7). Tuteekwa okukweka Ekigambo kya Katonda mu mitima gyaffe ne tusigala nga tuvunaanyizibwa era nga tukukunjaana n'abakkiriza abalala mu mubiri gwa Kristo.

FAYILO Y'AMAZIMA

Okuyonoona—Miano
(Oluyonaani). Okuduggaza ne langi nga okuduggaza endabirwamu, okusiiga langi, okucaafuwaza, okwonoona.⁶

Baibuli eyogera ku kukemebwa kwaffe nga "olutalo," era twetaaga okukozesa ebyokulwanyisa byonna Katonda by'atuwadde. Bulijjo atuwa engeri y'okuddukamu. Mumugoberere era onoonye obudukiro obwo.

Abamu bayinza okuba n'endowooza enkyamu ku by'okwegatta. Kino kirabika nga kisinga kubaawo mu bakazi. Ensonga ziyinza okuba ng'ekyokulabirako eky'obugwenyufu eky'omuzadde alina endowooza ng'eyo, oboolyawo maama atali musanyufu, oba nti ensonga eyo yatwalibwa okuba etasaana era teyayogerwako. Ebiseera ebisinga abakazi batusibwako obulisa maanyi n'okusobezebwako era nga bateera okukiriza okwegatta okusobola okusiimibwa oba okwagalibwa, kyokka omusajja n'amusuula ng'eky'okwesanyusaamu ekyakaseera obuseera. Eno y'ensonga lwaki tuteekwa okumanya enteekateeka ya Katonda ey'okwegatta, n'obufumbo, n'okujjukira nti okwegatta kwennyini kulongoofu era kulungi.

Ensi nayo ereeta ebikemo okusobola okuyingiza abantu mu bufumbo nga tebanatuusa kiseera kituufu. Abagalana ababiri balina okutekawo enkola ey'ekyama ey'okuba nga bombi buli muntu anyumirwa munne mu kwegatta ate nga buli omu anyumirwa munne ng'ayitira mu kuwuliziganya n'okugezesa. N'olwekyo temuyingizaamu ebikolwa ebyensi ebikyamu. Bwe kiba nti ebifaananyi eby'obuseegu bikyamu, ddi lwe kitaba kikyamu? Tewali! Tokkiriza bubi bw'ensi. Bwewale nga ekit'etagisa era ekitayayanirwa. Olwo ojja kuba wa ddembe okwekolera ebintu ebikuleetera essanyu erya nnamaddala n'obumativu ebinyinza okubaawo wakati w'omwami n'omukyala bokka.

Bwe wesanga nga okola ng'ensi bwekola era bwelabamu ensonga z'okwegata, byatule eri Katonda wamu n'omwagalwa wo era musabire wamu, musabe Mukama abalage enkola ye bwayagala kikolebwe okusinziira ku kigambo kye. Mwembi mujja kulumbibwa buli kiseera n'ebintu ebibi ebiva mu nsi. Ojja kulaba akalango ku ttivvi nga karimu ebintu eby'okwegatta, ebinyinza okunyiiza abakyala n'okusubalaza abasajja. Endowooza ezo ziyinza okuleetebwa mu buliri ng'omwenge bwe gusula ku mutwe gw'omutamivu. Ebintu bino bya ddala era bitulumba. Luno olutalo lwa nnamaddala, n'olwekyo lowooza ku ngeri gy'oyinza okulwanyisamu endowooza enkyamu, era noonya obuyambi eri Katonda kubanga tayagala osubwe ebirabo bye.

Okwekebera 1

Nyonyolayo endowooza eziwakanya enkola ya Katonda zobadde okola bwekituka kweyo ensonga?

Oluvanyuma lw'okulaba ensobi zobadde okola ezitali zabwa katonda, ennono ye byawandikibwa omuli okusonyiyibwa n'okutabagana obitadde mu nkola? Okusoma ebisinga wo ojjakusoma *Ekyongerezedwako P. Obwesigwa nokusonyiwa.*

SIMA MUNDA

Laba ekibaawo bwe tugoberera ensi era bwe tugoberera Katonda.

Temwagalanga nsi newakubadde ebiri mu nsi. Omuntu yenna bw'ayagala ensi, okwagala kwa Kitaffe tekuba mu ye. (1 Yokana 2:15).

So temufaananyizibwanga ng'emirembe gino: naye mukyusibwenga olw'okufuula amagezi gammwe amaggya, mulyoke mutegeere ebyo Katonda by'ayagala, ebirungi, ebisanyusa era ebituufu. (Abaruumi 12:2).

Endowooza Etali Ya Baibuli 2: Okw'esalira omusango Ku Lw'Ebibi Ebyayita.

Tetulina kukiriza ebikolwa byaffe ebyayita ebyokwegatta okufuga ebiseera byaffe eby'omumaaso oba okutukumira mu kunenyezebwa. Mu katonda waliwo okusonyiyibwa era n'obulamu obugya. Ekituufu kiri nti abasinga obungi ku ffe tetwalina nnyanjula ya mwoyo ku by'okwegatta. Tubeera munsu esikiriza abasajja okulaba obutambi bwobuseegu nekiletera emibiri gy'abwe okwaaka nokukyamuka, bwebatyo n'ebenyingira mu bikolwa eby'okwematiza. Abaana baffe ensangi zino bagambibwa nti okwematiza, n'okwegatta ebweru w'obufumbo mbu tekilina buzibu era nti basobola okubinyumyako ne mikwano gyabwe. Abakyala n'abawala abato kati bagambibwa nti "banunuddwa" okuva mu kunyigirizibwa mu by'okwegatta ne bakubirizibwa okugenda mu maaso n'ebifaananyi eby'obuseegu, okwematiza n'okwegatta n'eby'okuzannyisa ne bagambibwa nti abasajja tebakyetaagisa. Bino ensi by'esomesa ku bikwatagana ne nsonga y'okwegatta. Bwoba nga Wali okozeeko ebyo, byatulire Mukama era wenenye, era ogoberere amazima n'empisa ebya Baibuli okusenziira mu nnono z'ebyawandikibwa n'embala empya.

Abasajja abamu bagamba nti balowooza ku by'okwegatta emirundi egisukka ne mu kikumi olunaku. Bwoba nga buli kadde oyagala nyo okulaba obutambi bwobuseegu ne wematiza, awo ojjakuba nekyoyooyo eky'okwagala okwegatta buli kadde. Abasajja bangi bakozesa obutambi

bwobuseegu okusobola okumatizibwa n'okusobola okukwasaganya obulamu ne mbeera ezibakalubiliza olusi nga ziva mu famire zabwe obutabagala, nebizibu by'obufumbo.

Bw'oba weenyigira mu bikolwa eby'obuseegu nga tonnaba kufumbirwa, tosiiga mukazi wo butwa buno. Matondo ameka ag'obutwa g'oyinza okutonyeza mu ggiraasi y'amazzi amayonjo n'olyoka osalawo obutaganywa? Fuba okuleka bino emabegawo, era ogende mu maaso mu bulamu obupya Katonda bw'agamba nti kirabo kirungi era ekirongoofu okuva gy'ali, ng'osuubira essanyu n'emikisa.

Wateekateeka okubeera omufumbo, n'osalawo okutandika enkolagana ey'omukwano, era n'ewekuma okutuusa ku mbaga. Naye mu myaka mitono, obulamu bwo obw'okwegatta bwatandika okulemererwa kubanga obufumbo tebutereza biva mu kibi kyo. Katonda asonyiwa. Era bw'oba nga tonasaba mwagalwawo okukusonyiwa olw'ebyo bye wakola nga tonnaba kufumbirwa, ekyo olina okukikola.

Enteekateeka y'Okukola

Wali osabyeko Katonda, n'ebuli omu eri omune okusonyiyibwa, olwebyo byewakola eby'okwegatta n'abalala oba mwembi nga temunafumbiriganwa wamu? Bwekiba nedda, funa obudde okikoleko Kati.

SIMA MUNDA.

Nnyonnyola Katonda ky'ayogera ku nkolagana empya gy'olina naye n'engeri gy'oyinza okutegeeramu ebintu kati nga "bwoli mu Kristo."

"N'olw'ekyo omuntu yenna bw'aba mu Kristo, aba kitonde kiggya; eby'edda nga biwedde; laba, nga bifuse biggya." (2 Abakkolinso 5:17)

"Bwe twabatizibwa, twaziikibwa wamu naye, nga Kristo bwe yazuukizibwa mu bafu olw'ekitiibwa kya Kitaawe, bwe tutyo naffe tutambulirenga mu bulamu obuggya." (Abaruumi 6:4).

Endowooza Etali Ya Baibuli 3: Okusigala mu buwambe bw'Akatyabaga.

Abasajja n'abakazi bangi b'asobezebwako mu biseera byabwe eby'emabega. Osobola okununulibwa. Tosalawo kubeera na bulumi bunu. Abaana bangi b'asobezebwako okusinga ne kye tumanyi. Bwe kiba nti kino kibadde mu biseera byo eby'emabega, togezaako kukigumira ng'okitereeka, ekitajja kukola. Bw'otokozesa ddagala lya Bayibuli ery'okusonyiwa n'okuwona, olwo obulumi oba obusungu bujja kukosa ekirabo kino eky'ekitalo Katonda ky'akuwa leero. Kakasa nti okola ku bintu ebyayita mu ngeri ya Baibuli. Tokkiriza kibi kya muntu mulala kukukwata n'okwonoona endowooza yo n'obusobozi bwo okunyumirwa ekirabo kino ekirungi eky'omukwano n'essanyu Katonda ky'akuwa.

Ebikolwa eby'obugwenyufu by'ebintu ebikontana n'ebiragiro bya Katonda. Bwoba nga wawalirizibwa okuyingira mu bikolwa eby'okwegatta nga tekwali ku salawo kwo, wajja kubaawo obuzibu obw'olubeerera singa toyolekagana na bulumi bunu n'osaba Katonda akuyambe. Okuwabuulwa okwesigamizidwa ku Baibuli, okwogera n'omusumba, n'okufumiitiriza mu Byawandiikibwa okuyitira mu kusoma n'okusaba, bijja kuba byakulwanyisa byo.

Bwoba nga obadde omanyi nga otambula nga bwetwogeddeko mu nsonga eyo, Katonda ali mu kwogerako nawe Kati. Lekerawo byokola osome ekitabo ekikwata ku kusonyibwa. Kozesa *Ekyongerezedwako P: Obwesigwa n'okusonyiyibwa* osobole okuyambibwa okuteeka mu nkola emitendera gy'okusonyiwa eri abo ab'akukosa.

Saba Esaala Eno:

Ai Mukama, nsonyiwa _____ ku lw'ebyo bye bankola era nkusaba omponye obulumi, saagala kibi okuva mu biseera eby'emabega okwonoona ekirabo kyo gye ndi. Kino nkisabye okuyita mu linya lya Yesu. Amiina.

Endowooza Etali Ya Baibuli 4: Obujjanjabi Okuyita Mu Kwesasuzza

Tewali kubuusabuusa nti obufumbo busobola okugyayo obubi okuva mufu ffena. Kati olwo oyinza otya okwakwasaganya ensonga eyokubeera nti omwagalwa wo yakukosa oba aky'akukosa? Bikugendera bitya eby'okutereeka obukosefu, okwewolereza, oba okuzayo omuliro mu ngeri ey'okwerwanako? Eky'okuddamu kiyinza okukwewuunyisa. Temubuusa maaso oba okuwolereza ebikolobero bye mukoze buli omu ku munne. Bw'oba weenyigidde mu bikolwa eby'obugwenyufu n'obusegu oba ebitetagisa, okuvumirira omubiri gw'omwagalwa wo oba enkola ye mu by'okwegatta, oba okumma munno essanyu ly'okwegatta olw'okwesasuzza, olwo omukwano gwammwe ne gubonaabona era obulumi bunu ne bukosa obulamu bwammwe obw'okwegatta. Empisa zino ziva ku kweroowaako. Ne bwe kiba nga kikolebwa mu

butamanya, kiyinza okuba nga kyonoona enkolagana Katonda gye yakukolera okukufuula omumativu era omusanyufu.

Tokola ensobi okulowooza nti ebizibu byo biva ku kubeera na kiwubaalo, oba obutayiiya. Abagalana bakubilizibwa abawabuzi be baali n'abo okutekako obutambi bw'obuseegu bwe babeera nga tebalina sanyu lya kwegatta. Naye ekyo kileeta obuzibu. Omwagalwa omu kiyinza okumuyisa obubi oba mwembi ne muwaba mu kubo ekyamu. Kiyinzika okuba nti okunyogoga mu kwegatta kuvudde ku bulumi n'ebikolobero ebitakoledwako bulungi.

Obufumbo bwa kitiibwa mu byonna nekitanda kilongoofu, era abenzi nabakaba balibasalira omusango. (Abebbulaniya 13:4).

Omu ku bawandisi ayongera okutangaza Ekyawandiikibwa kino n'obukulu bw'obulongofu mu kitanda ky'obufumbo.

Ebigambo ebisooka, "Obufumbo bwa kitiibwa mu byonna," biteeka essira ery'enjawulo ku kigambo ekivvuunulwa "ekitiibwa" olw'ekifo kyakyo eky'omu maaso mu kyawandikibwa. Ekigambo kyennyini kitegeeza okuwa abalala ekitiibwa. Ebigambo bino ebikwata ku kussa ekitiibwa mu bufumbo biddiridde okussa essira ku butukuvu bw'omukwano ogw'okwegatta mu bufumbo: "nekitanda kilongoofu." Ekigambo kino kitegeeza okwegatta mu bufumbo, ekitegeeza nti abasajja n'abakyala balina okusigala nga beesigwa eri bannaabwe mu by'okwegatta n'eri obweyamo bwabwe. Ekigambo ky'Oluyonaani ekivvuunulwa "ekirongoofu" kiraga amakulu "ag'obutayononebwa" "obutaba na bbala," "obutadduggaza." Kitekebwaako nyo essira mu kitundu kino.

Nga bw'olaba kino kissa nnyo essira ku bulongofu mu kitanda ky'obufumbo. Tetusobola kudda eri ensi n'engeri ensi gy'ekozesaamu okwegatta, ne tugyingiza mu nkolagana yaffe ng'omwami n'omukyala, era ne tusubira Katonda okugiwa omukisa. Bw'oba olina omutima omukakanyavu eri munno olw'obukosefu n'obulumi bye wayitamu emabega, okulaba ebifaananyi eby'obuseegu si kye ki n'agugonza. Wewaawo, ebifananyi by'obusegu bijja ku kucamusa. Eyo y'engeri gye twatondebwamu naye eyo y'emu ku ngeri zaffe ez'ekibi. Entandikwa y'okuwona tesangibwa mu buliri, wabula mu mutima. Mugende eri Katonda mu kwatula n'okwenenya, n'oluvannyuma buli omu eri munne mu kwagala, era mubeere beesimbu ku bizibu ebya nnamaddala.

Obukambwe n'okwesasuza bifuula okwegatta okuba nga tekumatizza. Bissa essira ku ebyo ebikirizibwa era ebisanyusa mu kitanda ky'obufumbo. Obubi bwe bujjibwaawo okuleeta endowooza empya, oluggi luggulwawo eri ebikolwa ebisanyusa ebinyinza okuba nga by'alabibwa

nga ebitayagalwa oba eby'awulikika nga "ebikyamu." Ezimu ku ndowooza ezo ezaayingirawo, biyinda okuba nga byaali byekukusiza ku kwaka n'okwegomba okw'ensi, ekintu ekitali kituufu. Omu kubagalana ayinda okulowooza nti okukozesa ebizigo oba amafuta, engalo, oba ebifo eby'enjawulo okufuna essanyu mu kwegatta kikyamu kubanga baawulira oba baakiraba nga kikozezebwa mu nsi mu ngeri enkyamu. Jjukira nti Katonda kye yayogera nti kirungi, *kirungi*, si songa ensi ky'eyogera oba ky'ekola.

Bw'oba weetaaga obuyambi okumanya ebigo ebikulemesa okukola Katonda by'ayagala mu bufumbo bwo, jjuza Ekyongerezedwako M: Ebiteera Okwesittaza.

Endowooza Etali Ya Baibuli 5: Okwegatta Mu Ngeri Enkyamu.

Omwami oba omukyala bw'afuula okwegatta ekifaananyi eky'okusinza, kino kizibu kinene. Okukola ebifaananyi buli kiseera kireetera omuntu okwonooneka n'okuzikirizibwa. Mu bafumbo abamu Abakristaayo, omu oba bombi beegatta ne bafuula okwegatta okubeera mu kifo kya Katonda, ekyabaleetera okuwanyisa abagalana oba okukola ebintu ebirala ebibi. Tusubira nti abafumbo bano kino basobola okukitegeera nti kibi ne bakivaako. Ekifaananyi kyonna mu bulamu bwaffe kijja kuvuganya Katonda.

Katonda agamba nti tetusobola kukkiriza kintu kyonna kutufuga oba okutwalibwa ekintu ekyo. Abasajja n'abakazi bangi bakkiriza okwagala kuno okw'okwegatta okusobola okufuna essanyu okufuuka ekifaananyi eky'okusinza, nga balowooza ku nsonga eno emirundi mingi olunaku. Abasajja abamu tebasobola kutunuulira mukazi atambula ku luguudo n'atalowooza ku kwegatta. Naye ekyo kikwata kitya ku nkolagana yo ne mukyala wo? Ogeraageranya omubiri gwe, endabika ye, n'ogw'abakazi abalala, abawala abato? Kino kibi.

SIMA MUNDA.

Pawulo yawandiika ennono za Baibuli ku butaleka bintu kufuga bulamu bwaffe. Laba ebintu ebyo bye biruwa n'engeri gy'osaanidde okubikolerako.

"Ebintu byonna birungi gye ndi," naye byonna tebingasa. "Byonna birungi gye ndi," naye nze sigenda kufugibwanga kintu kyonna. (1 Bakolinso 6:12)

"Byonna birungi;" naye ebisaana si byonna. "Byonna birungi," naye ebizimba si byonna (1 Bakolinso 10:23).

Tewali ayinza kuwereza baami babiri, wakiri ayinza okukyawa omu nayagala omulala oba nabeera wa mazima eri omu omulala namunyooma. Tosobola kuwereza baami babiri Katonda ate ne mammona. (Matayo 6:24).

Obulamu lutalo lwa kutufuga ffe n'okusalawo kwaffe. Weweeyo eri Katonda n'ekigambo kye. Okulabula okuli mu byawandikibwa bino bitugamba nti bwe wabaawo ekintu kyonna ekitufuga, ekitali Katonda kiba kifuuse kifananyi era kijja kuleeta enjjawukana wakati waffe ne Katonda.

Essanyu ly'okwegatta lisobola okukozesebwa omuntu okufuna ky'ayagala nga akiriza oba okugaana okwegatta. Tewali kikyamu mu kwegatta nga engeri ey'okufundikira okutabagana, naye okukozesa okwegatta ng'engeri y'okugamba nti "Nsonyiwa" oba okwewala ensonga enkulu, kikyamu. Olina okwetikka obuvunaanyizibwa n'okwetonda olw'ebyo bye wayogera oba bye wakola. *Oluvannyuma* n'emwegatta. Naye tokozesa kwegatta mu ngeri nkyamu. Oba singa omu ku bafumbo agaana okwegatta nga engeri ey'okwesasuzza, kino kwe kukozesa obubi okwegatta mu ngeri enkyamu. Obuzibu buyinza okukosa okwegatta naye kyetaagisa okubyogerako era eky'okukola kiteekwa okugobererwa nga tekizingiramu kukozesa kwegatta ng'ekyokulwanyisa.

Okwekebera 2

Bwoba nga bwotyobwobadde okola, Wandiiika esaala ng'osaba Katonda akusonyiwe era otekewo obudde okusaba omwagalwa wo naye akusonyiwe.

Essomo 3: Kirabo, Si Kyakulwanyisa

Okukosebwa okw'ebiseera byaffe eby'emabega n'obutamanya nga tetunnafumbiriganwa, era n'ensobi ze tukola nga tumaze okufumbiriganwa, bisobola okwonoona ekirabo kino eky'okwegatta. Essomo lino lijja kukuyamba okwekenneenya omutima gwo n'okwatula ebirowoozo n'endowooza ebiyinza okukulemesa mu nsonga eno.

SIMA EBUZIBA

Nyonyola embala yo bw'evunanyizibwa ku nkolagana yo ey'okwegatta mu mukwano n'omwagalwa wo.

Omusajja asasulenga mukazi we ekyo ekimugwanira ng'omufumbo, era n'omukazi asasulenga bw'atyo bba. 4Kubanga omukazi tafuga mubiri gwe ye, wabula bba, era n'omusajja bw'atyo tafuga mubiri gwe ye, wabula mukazi we. (1 Bakolinso 7:3-4).

Obwagazi Obw'okwegatta Obutono

Singa omusajja anyomebwa oba n'avumirirwa n'okwogerwako obubi, mukyala we ajja kukizuula nti buli lw'ayagala okwegatta ne bba, omwami aba alina obwagazi butono oba obutayagalira ddala kwenyigira mu by'okwegatta. Omusajja bw'aba tayagala kubako kyakola na mukyala we, omukyala atera okunyiiga.

Abakyala, ekimu ku bintu ebituyamba mu kwegatta mu mukwano nga abasajja ge matu gaffe, byetuwulira ebiva mu kamwa kamwe. Bwekiba kuyisaamu maaso nga sikukakasa, obulamu bwaffe mu by'okwegatta mu mukwano bukosebwa.

Okwekebera

Abakyala, Bwoba nga okakasa kino kyobadde okola, Wandika esaala ey'okwenenya. Teeka mu nkola akadde ak'okwatula ensobi z'obadde okola era osabe ekisonyiwo okuva eri omwami wo.

Omukyala, obadde okozesa ensonga ey'okwegatta mu mukwano ng'ekikozesebwa olw'ebigendererwa byo? Okutangaaza kino, damu ebibuuzo bino wammanga:

1. Okwegatta n'omwami wo mu mukwano otera okukikozesa okusaba ekisonyiwo ku nsasaanya embi eyebintu ewaka? Ye ___ Nedda ___?
2. Okwegatta mu mukwano Okukozesa oluvanyuma lw'okumugamba oba okumukola ekintu ekitali kya kwagala oba ekitakakasa? Ye ___ Nedda ___?
3. Wegatta naye ng'olina kyomwagalako oba ng'olina kyoyagala akukolere kye yandigambye nti nedda? Ye ___ Nedda ___?

Wewaawo, abaami abasinga basiima akaboozi okuva mu bakyala baabwe mu mbeera yonna, naye ebikolwa bino omukyala by'akola, okukozesa ekirabo ky'okwegatta mu bukyamu, bikomekereza nga bitandise okussa obutwa mu enkolagana y'omukwano n'okwegatta.

Obukakafu obulaga nti Katonda yatuwa ekirabo ky'okwegatta mu mukwano buli naffe bulijjo mu bulungi ne mu bubu. Omukisa oba ekikolimo kisinziira ku ngeri jetulabaamu; mu ngeri ya Katonda oba nga ensi bwelaba. Katonda akkiriza Setaani okwefuula omulangira w'ensi eno, okuba ow'eddembe okukema abantu okukola ekibi. Naye Katonda asubiza obudukiro okuva eri buli kikemo ekitera okubeera ku muntu (1bakolinso 10:13). Katonda atugamba nti tuli muni eno, naye tetuli ba nsi (Abaruumi 12:2), nti tuli bayise wano (1 petero 2:11) okuba ababaka be okuyimusa ekitiibwa kye mu buli kimu (2 bakolinso 5:20: 1 bakolinso 10:31).

Tetuli wano kumatiza kwagala kwaffe n'okwegomba kwaffe okw'okwefaako. Tulina ebiseera eby'omu maaso bye tulina okulowoozaako. Tuli bitonde bya lubeerera, ebitegekeddwa okubeera mu kifo ekilala nga tumaze okufa, mu ggulu oba mu geyena.

Abaagalwa, mbeegayirira ng'abayise n'abatambuze, okwewalanga okwegomba kw'omubiri okulwana n'obulamu. (1 Peteero 2:11)

Okuwanyisa Omugabi Ku Lw'Ekirabo

Ekigambo kya Katonda kigamba nti tetusobola kuweereza baami babiri. Tulina okwegaana omu ne twewaayo eri omulala.

Tewali muntu ayinza kuweereza baami babiri; kuba oba anaakyawanga omu, n'ayagalanga omulala; oba anaanywereranga ku omu, n'anyoomanga omulala. Temuyinza kuweereza Katonda ne mamona. (Matayo 6:24)

Wetegereze ebibuuzo bino osobole okwekebera wekka:

1. Okwegatta kye kintu ekisembayo ky'olowozaako ngogenze mu buliri oba kyosooka okulowooza nga ozukuse? Ye ___ Nedda ___?
2. Emisana otera okukilootako n'okilowoizako olunaku lwonna? Ye ___ Nedda ___?
3. Okisaasaanyizako ssente mu nkukutu? Ye ___ Nedda ___?
4. Omulimu gwo n'obufumbo bwo obussa mu kabi ng'okigoberera? Ye ___ Nedda ___?
5. Eyo ye nsonga esinga okuvaako entalo mu bufumbo bwammwe? Ye ___ Nedda ___?

Bwoba nga ozeemu nti ye ku bibuuzo ebyo waggulu, manya nti okwegatta wakufuula kifananyi ky'osinza. Olina okwatula ebibi ebyo mu maaso ga Mukama Katonda. Bwotwala ekintu ekikuweredwa Katonda ow'obugya, olwokwegomba kwo gwe n'okifuula kyamuwendo gy'oli okusinga ye, lindirila ebinavaamu. Era tosubira bibala wamu n'okutukiriza obulamu bwo kwegatta no mwagalwa wo. Tekijja kubeera.

Musobola okujjukira omuzanyo gwa Nintendo Game Boy bwe gwafulumizibwa, abaana abavubuse bagwetanira nyo okugufuna. Batabani bange nabo baali bavubuse, bangamba nti b'alina okufunayo kopi. Era twagulayo kopi mu biseera bya Ssekukulu era batabani bange basanyuka nyo era bakimalilako nyo obudde ne baleka ne byebalina okukola wamu n'obutafaayo ku byebabawadde okukola kusomero. Batandiika okusaba mbaletere emizanyo emilala era n'okwemulugunya nti mikwano gyabwe bo balina Firimu nyingi endala. Amangu ago ekirabo kino eky'ekitalo kye baali baagala ennyo kati kyabawamba. Ebiseera ebisinga bwe twabanga tubasaba okukola naffe ekintu eky'essanyu, baagambanga nti baagala kutuula bazannye Nintendo.

Ebikolwa byabwe byalaga nti baagala nnyo omuzannyo guno mu kifo ky'okwagala abagubawa. Baali basinza omuzannyo. Nalina okuyingira mu nsonga ne nteekawo ensalo baleme kukkiriza eky'okuzanyisa okubafuga. Mu ngeri y'emu kino tusobola okukikola eri Katonda n'ebirabo bye, ng'okwegatta. Tusobola okutwala ekirabo kye ne tukizza mu kifo kye. Tusobola okuwaayo ebiseera ebingi n'okussaayo omwoyo nga tukilowoozako n'okikola, era oluvannyuma kitufuga. Olwo tubeera tetunyumirwa kwegatta oba Katonda, kubanga byonna tubeera tubitunulizza esanyu lyaffe mu ngeri ey'okwerowoozaako.

Okukola Okutuuka Ku Nkyukakyuka

Nga weekenneenya, ekisooka kwe kuba omwesimbu mu bujjuvu ku ngeri gy'oyonoonamu ekitundu kino. Saba mukama akulage wa w'okozesezza obubi ekirabo kye eky'omukwano era nga bwekyononye obufumbo bwo. Ekiddako kwe kwatula ekibi kyobadde okola n'obujeemu bwo era osabe okusonyiyibwa okuva eri Katonda n'omwagalwa wo. Okutuusa nga wenenyezza tewali kiyinza kukyuka. Mu byonna olina okuba nga oli mwetegefu okukyusa empisa zo osobole okutandika bupya mu mpisa ya Katonda.

Katonda agamba nti twetaaga okwatula ebibi byaffe n'okuba abeetegefu okubitandika butto nate. Ka twetegerenze ekizibu ky'okwenyigira mu bifaananyi eby'obuseegu okumala ebbanga. Okumenya omuze gw'okulaba ebifaananyi eby'obuseegu n'okwegatta obulungi kiyita mu mutendera. Ng'ekikozesebwa mu mukwano ogw'okwegatta, ebifaananyi eby'obuseegu tebyetaagisa kubaako ky'okyusaamu, tewali kugaanibwa, si kya ddala, era y'embeera gy'olinaako obuyinza bwonna. Kikolwa kya kuffimitiriza.

Abasajja, okwegatta n'omukazi owa ddala kyetaagisa okutuukana n'ebyo by'ayagala ne byeyetaaga, ekintu ekyawukana ku kwerowoozaako okufugibwa okufumiitiriza. Okuggyawo emize emibi n'okukolagana n'omukyala okuddamu okufuna omukwano ogwa nnamaddala kitwala ekiseera. Abasajja abamu bagamba nti singa baali bamanyi engeri kino gye kyandibadde ekizibu, tebandyewaddeyo eri ebifaananyi eby'obuseegu. Ku magazini, firimu, oba pulogulaamu za ttivvi tewali kipande kirabula nga kigamba nti, "Kino kijja kukumalawo n'okwonoona obwongo bwo, okukufuga n'okuwulira ng'oyawukanye ne Katonda, munno mu bufumbo n'abaana."

"Temweraliikiriranga kigambo kyonna kyonna; naye mu kigambo kyonna nga musaba n'okwegayiriranga awamu n'okwebazanga, bye mwagala bitegeezebwenga Katonda. 7N'emirembe gya Katonda, egisinga okutegeerwa kwonna, ginaakuumanga emitima gyammwe n'amagezi gammwe mu Kristo Yesu." (Abafiripi 4:6-7)

"Teweeraliikirira" kitegeeza tofaayo nnyo ku kizibu kyo, wabula weesige Katonda okukuwonya, nga okola kyeyagalire era n'obugumiikiriza okutuuka ku ky'okuddamu kyo. Omukwano gw'okwegatta bwe guba tegubadde bulungi mu bufumbo bwammwe, Katonda aba akugamba nti olekere awo okweraliikirira era weebaze ekirabo kye eky'okusanyusa mu by'okwegatta.

Tandika okusaba Katonda omukisa gwe mu nkolagana y'omukwano n'omwagalwa wo. Tolinda nkyukakyuka wabula wenyigire mu ku kyusa eneyisa n'edowoozayo nga osinziira ku kigambo kya Katonda.

Abakyala, musinga kwegatta olw'essanyu ly'omwami wammwe? Oyinza okuba ng'olina ensanyi okumubuulira ekikusanyusa oba nga alina obuzibu obw'obu tayagala kuwuliriza byomugamba. Oyinza okuba ng'olina obukawu n'obusungu gyaali olw'okuyiribwa n'olw'ebizibu by'aleese mu bufumbo. Bw'oba ng'olina endowooza enkyamu oba embi, ate nga ojiwangeliraamu, olwo obeera mu kibi. Bw'oleka ebirowoozo eby'obukambwe okuwangelira mu biroowozo byo, nawe oba oli mu kibi ng'omusajja akkiriza ebifaananyi eby'obuseegu okujjuza ebirowoozo bye. Olina okuba omwetegefu okusaba Katonda okukyusa omutima gwo.

Saba Katonda akuwe omutima gwe n'endowooza gy'alina ku kirabo kino eky'okwegatta ekikuweebwa ggwe ne munno mu bufumbo. Bw'omusaba ekintu kyonna ng'ekigambo kye bwe kiri, ajja kukikola.

Era buno bwe bugumu bwe tulina eri ye, nti bwe tusaba ekintu nga bw'ayagala, atuwulira. ¹⁵Era bwe tumanya ng'atuwulira buli kye tusaba, tumanyi nga tulina ebyo bye tumusabye. (1 Yokaana 5:14-15)

Okweraba nga Muli Omuntu Omu

Katonda atugamba tuleete byonna gy'ali, mu nsonga eno ojja eri katonda nga $1+1=1$, oba omuntu omu.

Bafiripi 4 egamba mukole byonna mu kusaba n'okwegayirira (olunyiriri 6). Gezaako okusaba n'omwagalwa wo nti "ai Mukama tereza ensonga y'okwegatta kwaffe." Bwosaba bwotyo oba oyingizaawo Katonda mu bizibu byo, okusaba mwembi omwami n'omukyala Katonda aba alaba ababiri nga bafuuse omubiri gumu, era bwe mwegatta ne mukikolwa muba mufuuse omuntu omu.

Esaala yo elina kubeera bweti,

Ai mukama Katonda, wonya endowooza zaffe, era owonye enkolagana yaffe ey'okwegatta. Mukama gitereze era otukuze emitima gyaffe n'endowooza zaffe eri ekirabo kino ekirungi kyewatuwa. tuyambe tusobole okukikola nga bwoyagala, kikolebwe mu budde obutuufu, bwakilina okukolebwa, so si mu kwegomba kwaffe. Amiina.

Abafiripi 4 era egamba nti: "Mukume emitima gyammwe n'ebirowooza byammwe." (Olunyiriri 7). Olina okukuuma ebirowoozo byo okuva ku bintu ebyo ebiyinza okuleetera buli omu ku mmwe okugwa mu nkola y'emu enkadde. Olunyiriri olwa Yobu 31:1 lukwate mu mutwe, "Nakola endagaano n'amaaso gange; Kati olwo lwaki nnina okutunuulira omuwala?" Omusingi guno gusobola okukozesebwa ku musajja oba omukazi. "Okutwala ebirowoozo ebyo mu buwambe" (2 Abakkolinso 10:5) kitegeeza ekintu kyonna ekijja mu birowoozo okwonoona ekirabo ky'okwegatta, ka kube kweroowozaako, okwegomba, oba ebirowoozo ebibi.

Okusigala nga tuli balongoofu era nga tulina endowooza ennungamu kitwetaagisa okwewala ebikolwa ebibi. Bino bijja kugezako okumenya "obumu" wakati w'abafumbo. Ekisikiriza ekikyamu kye kintu kyonna ekikuleetera okutunuulira okwegatta mu ngeri enkyamu, omuli ebifaananyi eby'obuseegu, emitimbagano, ebitabo, ebitabo by'omukwano, ttivvi, firimu,

emikutu gy'empuliziganya n'endowooza enkyamu ku mubiri gwo. Buli kimu kirina okugenda. Tusobola okuyita ebintu bingi mu bulamu bwaffe okwonoona ekirabo kya Katonda eky'ekitalo. Tusobola okutegeeka ebirowoozo by'affe n'amawulire ag'ekibi. Bw'onyingiza kasasiro era ofulumya kasasiro. Tekyewuunyisa nti bwe tuwuliriza ebintu bino ebitali bituufu, okwegatta kwaffe kubonaabona.

SIMA EBUZIBA

Ekigambo 'mutima' mu byawandikibwa kitegeeza ebirowoozo, okusalawo, n'ennuwulira. yawula enyiriri zino kye zitugamba ku mutima. Obuvunanyizibwa bwaffe bwe buliwa era kiki ekivaamu nga ogonze?

Fuga omutima gwo kubanga ye nsulo yobulamu (Engero 4:23)

Balina omukisa abatuukirivu mu mutima kubanga abo balilaba katonda. (Matayo 5:8)

Fumiitiriza ku kyawandiikibwa kino. Okutambulira ku bigambo bino kiyinza kitya okuleeta obumu mu bufumbo bwammwe? Oyinza otya okukozesa ekiragiro kino 'okukuuma' ebirowoozo byo? Omenya Katonda by'ayagala eri ebirowoozo byo?

Eky'enkomerero, ab'oluganda, oba nga waliwo eby'amazima byonna, ebisaanira ekitiibwa byonna, eby'obutuukirivu byonna, ebirongoofu byonna, ebyagalibwa byonna, ebisiimibwa byonna; oba nga waliwo obulungi, era oba nga waliwo ettendo, ebyo mubirowoozenga. (Abifiripi 4:8)

Ebilwooze Bye Kibi

Oli mu birowooze by'obukaawu n'eby'obusungu? Kino kibi. Bwe wesanga ng'oyayana, ng'okuba akafaananyi, ng'ofumiitiriza ku kwegatta n'omuntu omulala atali munno mu bufumbo, okola ki? Katonda akiyita obwenzi (Matayo 5:28). Ekyo kibi.

“Mwawulira bwe baagambibwa nti, ‘Toyendanga,’²⁸naye nange mbagamba mmwe nti buli muntu atunuulira omukazi n'amwegomba, mu mutima gwe ng'amaze okumwendako.” (Matayo 5:27–28)

Abasajja abamu bakiriza nti bwe babeera mu kaboozi, babeera bakuba ebifaananyi by'abakazi abalala okuggyako munnaabwe mu bufumbo. Olowooza omukyala tawulira nti waliwo ekintu ekitali kituufu mu kwegatta? Babeera tebenyigira mu kaboozi k'omukwano. Abasajja bano babeera beesanyusa nga beefaako bokka nga tebafaayo ku bakyala baabwe. Kino kibi era kiteekwa okukoma. Kikyamu, kibi, era butwa.

Tugambibwa okufumiitiriza ku bulongofu, ekitegeeza okufumiitiriza ku kwegatta mu ngeri Katonda gye yali ayagala, eri omusajja n'omukyala. Ng'omwami, yiga okunyumirwa mukyala wo n'okumwegulira okusobola okugabana naye mu kifo ky'okukuba ekifaananyi ekimu oba ekilala mu birowooze byo. Funa obwagazi nga naye afunye obwagazi. Yiga by'ayagala n'ebyo by'atayagala, by'anyumirwa mu kifo ky'okwerowoozaako.

Tulina okuwamba ebirowooze byaffe ne tutandika okukolagana n'Omwoyo gwa Katonda ne bannaffe. Sitaani bulijjo afuba okutulimbimba n'okwonoona ebirabo bya Katonda, ng'atwala ebirungi era ng'agezaako okubifuula ebibi.

Tusaanyaawo empaka na buli kintu ekigulumivu ekikulumbazibwa okulwana n'okutegeera kwa Katonda, era nga tujeemulula buli kirowooze okugondera Kristo. (2 Abakkolinso 10:5)

SIMA EBUZIBA

Ebikwata ku somo lino, nyonyola ebyawandikibwa bino bye bitugamba okukola, era lwaki?

Kubanga ekyo Katonda ky'ayagala, okutukuzibwa kwammwe, okwewalanga obwenzi; 4buli muntu ku mmwe atekwa okumanyanga okufuga omubiri gwe ye mu butukuvu n'ekitiibwa. (1 Abasessaloniika 4:3–4)

Mwewalenga obwenzi. Buli kibi kyonna omuntu ky'akola kiri kungulu ku mubiri; naye ayenda akola ekibi ku mubiri gwe ye. (1 Bakolinso 6:18)

Eri abalongoofu byonna birongoofu, naye eri abagwagwa n'abatakkiriza tewali kirongoofu; naye amagezi gaabwe era n'omwoyo byasiigibwa obugwagwa. ¹⁶Baatula nga bamanyi Katonda; naye mu bikolwa byabwe bamwegaana, kubanga bagwagwa era abatawulira era abatasiimibwa mu buli kicolwa kyonna ekirungi. (Tito 1:15–16)

Essomo 4: Buli Omu Okunyumirwa Munne

Bwe tukula emibiri gyaffe giba tegikyali nga bwe gyali. Abakyala be basinga okusoomoozebwa mu kitundu kino nga bavuganya n'obulango bungi ku ngeri obulungi gye bulina okulabikamu. Abamu bayinza okutandika okuwulira obubi olw'endabika yaabwe ey'omubiri ne beekutula ku babbaabwe olw'ensonyi. Omukyala ayinza obutayagala bbawe okumulaba ng'ali bwereere, ng'atya nti bbawe alina ekifaananyi ku ngeri gye yalabikamu emyaka mingi emabega.

Abakyala kino kiyinza okukosa okwagala okulaba omubiri gwo ng'ensibuko y'essanyu eri omwami wo. Olina okulwanyisa ebirowoozo bino n'obutakkiriza dayimooni oba ebikolwa eby'ensi okwonoona engeri gye werowoozaako. Ekinyusi ky'ebyokwegatta wakati w'omwami n'omukyala kwe kukwatagana, era tewali kukadiwa kuyinza kukyusa ekyo. Yiga engeri y'okwemanyiiza n'okukyusaamu okusinzira ku nkyukakyuka ezijja ng'omuntu akuze mu myaka. Okuyiiza n'okukola ebintu eby'enjawulo kitundu tundu ku bileeta essanyu buli omu eri munne n'okulaga amaanyi g'okwagala n'okwewaayo kwammwe.

Abasajja n'abakazi buli kiseera balina okufuba okuteeka wansi buli kirowoozo ekijja mu bwongo bwabwe ku kifaananyi ky'omubiri ekitali kirungi, ka kibe ku bulungi, emyaka, oba obusobozi bw'omubiri. Waliwo olutalo olw'okufuga ebirowoozo byaffe—wakati w'amazima ga Katonda n'obulimba bwa Setaani. Ate abagalwa baffe mu bufumbo tebasobola kutuuka mu bwongo bwaffe ne batuleetera okukolagana n'Omwoyo wa Katonda. Tuteekwa okulwanirira ebya Katonda ebisinga obulungi n'obutakkiriza Setaani okuyiwa obutwa mu ebyo Katonda bye yatonda okuba ebirungi.

Tumaze ekiseera nga tubikirira ebizibu, ebibi, n'ensibuko y'ebizibu. Kati tukyusa ebirowoozo byaffe okubiteeka ku bintu ebirungi ebikwata ku kunyumirwa okwegatta n'okufuna obumanyirivu.

Ebirungi Ebiri Mu Kirabo Ky'okwegatta

Bwe tusoma ekitabo mu Ndagaano Enkadde ekiyitibwa Oluylimba Iwa Sulemaani, kyewuunyisa emirundi abantu gye bagamba nti, "Siyinza kukkiriza nti kino kiri mu Bayibuli." Mu ssuula zino, tuyiga bingi ku basajja n'abakazi. Ebirowoozo byaffe biva mu ssuula 7, eyogera ku ssanyu ly'okwegatta wakati w'abagalana ababiri, omukwano ogw'omubiri n'ebintu ebimu ebikwata ku ngeri omubiri gw'omuntu bwe gwakolebwamu mu by'okwegatta kw'abantu.

Omuwandiisi omu eyawandiika ebigambo ebikwata ku kitabo kino agamba bino wammanga:

Tugoberera entaputa enkadde eyagezesebwa—entaputa ye bigambo nga bwebiri. Tujja kutwala Oluylimba okusinzira ku makulu ag'okungulu tulabe engeri

gye lutukwatako leero. Abawandiisi abamu tebagala kukiriza nti waliwo ekigendererwa ekirala kyonna eky'okwegatta Katonda kye yagenderera okuggyako okuzaala.

N'olwekyo, baagaana okukkiriza amakulu g'ekitabo ekyo aga bulijjo. Bagamba nti Katonda tayinza kukkiriza kitabo ekikwata ku kwegatta (ne mu bufumbo) mu byawandiikibwa. N'olwekyo amakulu ga bulijjo ag'oluyimba luno gaakwekebwa ("nti okwegatta ku kikirira ebintu ebikusike"), ne ba gayitaako (nti "Naye, tekitegeeza ddala ekyo") era ne gawebwa amakulu amalala ("kifaananyi kya Katonda n'abantu be"). Ekitabo kino kijjudde ebifaananyi n'obubonero obulala, naye tekyalina kutwalibwa nga ekirina amakulu amalaa. Mu kifo ky'ekyo, kiraga bulazi ekifaananyi ky'okwagala kwa bafumbo nga Katonda bwe yali ayagala.⁸

Kino Kikulu: Entaputa gye tukozeza okunyonnyola ennyiriri zino etwalibwa ng'enkyusa "ennyangu," oluusi eyitibwa "entaputa ye bigambo nga bwebiri." Tetuggyawo ndowooza nti "Ebyawandikibwa bino biraga Christo" kubanga ekyo kitufu ku nnyiriri zino.

Bw'oba osoma mu Byawandiikibwa bino, weetegereze ebinyonyola omubiri n'obwagazi n'okucamuka kw'omukwano gw'okwegatta.

Ebigere byo nga birungi mu ngatto, ggwe omwana w'omulangira!

Ennyingo z'ebisambi byo ziri ng'eby'obuyonjo,

Omulumu ogw'emikono gy'omukozi omukabakaba.

²Ekkundi lyo kikompe kyekulungirivu,

kye bataddemu omwenge ogutabuddwamu ebiguwoomesa:

Olubuto lwo ntuumu ya njaano

Eyetoolddwa amalanga.

³Amabeere go gombi gali ng'abalongo ababiri

Abaana b'empeewo.

⁴Ensiyo yo eri ng'ekigo eky'amasanga;

Amaaso go galinga ebidiba ebiri mu Kesuboni,

awali omulyango ogw'e Basulabbimu.

Ennyindo yo eri ng'ekigo eky'oku Lebanoni

Ekyolekera Ddamasiko.

⁵Omutwe gwo guli ku ggwe nga Kalumeeri,

N'enviiri ez'oku mutwe gwo ng'olugoye olw'effulungu;

Kabaka asikirizibwa emivumbo gyazo ne gimusiba.

⁶Ng'oli mulungi, mubalagavu,

Ayi gwe njagala, olw'okusanyusa!

⁷Obuwanvu bwo buno buli ng'olukindu,
N'amabeere go ng'ebirimba by'ezabbibu.

⁸N'ayogera nti N'alinnya mu lukindu olwo,
Naakwata amatabi gaalwo;

Amabeere go gabe ng'ebirimba eby'oku muzabbibu,
N'akawoowo k'omukka gwo ng'amacungwa;

⁹Ebigambo by'omu kamwa ko biri ng'omwenge ogusinga okuwooma. (Oluyimba 7:1–9)

Olunyiriri olusooka lutandise nti "nga mulungi," Sulemaani, omwami, ng'ayogera ne mukazi we. "Ebigere byo nga birungi mu ngatto." Ekyo tetukitegera bulungi, naye Mukama yebazibwe. Ekikozesedwa wano mu nsonga z'omukwano ge maaso go musajja.

Olaba ensonga ye mu nnyiriri ennya ezisooka ku ngeri mukyala we bwali owekitalo? Abasajja, otuuse n'okusemberera okusiima mukyala wo nga ggaayi ono bw'akola? Ddala yeenyigira mu bintu byonna ebimukwatako by'asanga nga binyuma, era Katonda agamba nti twetaaga okusobola okusanyukira abakyala baffe. Abakyala, olimwetegefu okuleka omwami wo okutunulira bw'ati?

Olwo ennyiriri 6–9 zimuraga ng'asukka okusiima obulungi bwe, era n'atandika okumunyumirwa ddala mu mubiri.

Omumanyifu mu ku nyonyola Yayogera ebigambo bino wammanga.

Okugeraageranya ekkundi ly'omwagalwa n'obwettolovu bwa gilaasi y'omwenge kyandibadde kikyamu singa kitwalibwa ng'okugeraageranya okw'amaaso. Ayagala yali ategeeza nti omubiri gw'omukyala gwali gwegombobwa nnyo era nga gutamiza ng'omwenge (cf. 4:10). Mu ngeri y'emu, okugeraageranya ekiwato kye n'entumu y'enjaano tekyandibadde kya magezi singa kivvuunulwa mu ngeri ey'okulaba. Enjaano y'emu ku nsibuko y'emmere mu Palesitayini ey'edda (Ekyamateeka 32:14; 2 Samwiri 4:6; 17:28). Bwe kityo mukyala we yali "mmere" ye (enjaano) "n'eky'okunywa kye (mwenge)" (olunyiriri 10) mu ngeri nti omubiri gwe bye gwaali gulaaga by'aali bimuriisa n'okumumatiza.

Nga tweyongerayo mu ssuula eno, mukyala wa Sulemaani addamu okusiima kwe.

Ogwo gwe mwenge ogusanidde okunywebwa muganzi wange,
Nga guyita mu mimwa gye n'amannyo ge biryoke byenuguune.

10Nze ndi wa muganzi wange,
Naye yeegomba nze. (Oluyimba 7:9–10)

Ka tulabe Sulemaani ky'awulira: ebigere bye, obwetolovu bw'ebisambi ebikoonagana, ennyindo, ekiwato, amabeere, ensingo, amaaso, ennyindo, n'enviiri. Era awo n'atandika okulaba omubiri gwe, amabeere ge, n'akasolya k'akamwa ke.

Ebirabikaako Mu Kwegatta

Kino kwe kusanyuka mu kwegatta. Omubiri gw'omukazi mulungi, era guleeta essanyu lingi. Katonda bwe yakola abakazi, yali amanyi ky'akola, era eri omusajja, tewali kisinga kwegombesa ku nsi okusinga omubiri gw'omukazi. Omukazi asobola okulaba obulungi mu mubiri gw'omukazi omulala, si mu ngeri ya kwegatta, naye akimanyi nti Katonda yakola ekintu eky'enjawulo bwe yatonda omukazi.

Abasajja, waliwo emibiri mingi egy'abakazi ejitwetoloode, naye twetaaga okulaba omukwano gwaffe ogw'okwegatta mu mbeera ya mukyala wo yokka. Sulemaani atuyigiriza ekintu ekikulu ku kucamuka kw'abasajja, nti ekimu ku bitundu by'omusajja ebikulu eby'okwegatta ge amaaso ge. Omukyala, bw'oba oziyiza ensonga eno ey'okusanyuka mu by'okwegatta okuva eri balo, yatula era okkirize enkola eno okujja mu mukwano gwammwe.

Okukwata Ku Mubiri N'okwegatta.

Ebyawandikibwa bigamba nti ne Sulemaani yakwata ku mubiri gwa mukyala we. Okukozesa emikono gyaffe ngeri nungi ey'okwongera obusimu bw'omukwano. Sulemaani yatambuzanga emikono ku mubiri gwa mukyala we gwonna. Okugaamba nti "Ekkundi lyo kikompe kyekulungirivu, Omutabuze mwenge gwonna ogutabulwa:" kitegeeza okukozesa emimmwa gye. Era Sulemaani ayogeera ku kukwatanga kumabeere ga mukyala we. Waliwo ekyama ekyenjawulo ekiri mu kukwata amabeere g'omukyala nekyongera esanyu ly'omwami n'omukyala. Amabere galabika bulungi era masuffu. Katonda yateeka mu ffe okwegomba, okuyayana, n'obusobozi okuwulira essanyu n'obuwomi.

Obuyonjo Bw'omuntu N'okwegatta Mu Mukwano

"N'akawoowo k'omukka gwo ng'amacungwa;" (olunyiriri 8) ekyo kiba kitujjukiza Obuyonjo obw'obwa ssekinomu, kino kigenda eri abaami n'abakyala, Ka tutegeere engeri gye tusikirizaamu, obuyonjo bwaffe, n'ebintu ebirala eby'onona embeera y'omukwano ng'okussa omukka omubi oba ekintu kyonna ekiyinda okujjawo embeera y'okwegatta. Naabako, oba bwe kiba kisobooka mukikolere wamu. Bamalaaya beekuba obuwoowo ku mubiri gwonna, ne ku kitanda, n'olwekyo obuwoowo obusuffu bwaalina akakwate ku kwegatta (Engero 7:16–17).

Mukitegedde ekyo abaami n'abakyala? Byonna byewunyisa era bilambululukufu okuva eri ekigambo kya Katonda eri ffe okwongera essanyu lw'omukwano buli omu ne munne.

Omukyala Ayogera

Mukyala wa Sulemaani yagamba, “nga guseeyeeya, Nga guyita mu mimwa gy'abo abeabase” (Olunyiriri 9). Ekigambo ekikulu wano kiri “kuseeyeeya,” ekiraga “mu ngeri ennyuvu, ey'okwagala, etali ya bukambwe oba mu bwangu, wabula n'obugumiikiriza n'obuwombeefu,” Si mu ngeri ey'obulagajjavu oba ey'okwefaako nga weefaako olw'okumatizibwa oba essanyu lyo lyokka.

Abakyala abamu bagamba nti kye bafuna kwe kwegatta kwoka. Ye omusajja bweyegatta, kiba kiwedde. Olutuka ku ntikko ye nga ayiringita nga agwa eri. Omukyala omu agamba nti yakatuuka ku ntiko emirundi ebiri gyoka era nti tamatira mu nsonga eno. Kino kiyinza kitya okuba?

Tofa kubyayita byo, ebyakukosa n'eebiwundu. Katonda asobola okukuwonya. Abaami, mulina okufaayo enyo era abakwata empola. Abakyala, olina okubulira omwami wo ekikunyumira. Osobola okusiiga amafuta ku mukono gwa bbawo nga bwomulaga nga bwoyagala akusanyuse. Abasajja abasinga beteegefu okuweereza omukazi ali mu mukwano naye.

Empuliziganya Mu Kwegatta

Okwegatta mu mukwano okulungi kyetagisa okuwuliziganya mu buliri n'okuba aberufu nga munyumya. Okunyumirwa okwegatta ng'ekirabo eky'ava ewa Katonda era kyenkanankana okunyumirwa okulya emmere enungi awamu. Nawe okilaba mu ngeri eyo?

Abakyala, oyagala caayi? Omwami wo bw'akutegekera ka caayi obero oyagala caayi mu ngeri gy'oyagala oba ye gy'ayagala? Oyinza okunyiiiga n'omuvunaana olw'obutakikola bulungi singa tomubuulira ngeri gy'okyagalamu? Osobola okumugaana okukola engeri ye gyalaba nga ntuufu? Osobola okumugamba ekigero kya sukaali gwoyagala akuteremu? Wandifunye obuzibu okumubuulira ekikopo ki ky'osinga okwagala?

Kituufu caayi mwangu wa kwogerwako okusinga ensonga z'okwegatta mu mukwano, naye okwegatta kwamugaso, fuba nyo essira okuli teeka kwekyo ekinyumira omwagalwa wo, nadala bwekituka nga awulira omukwano gwokwegatta. Yiga okufaayo ku bintu ebisanyusa munno naddala mu nsonga z'okwegatta. Era yiga ebitamusanyusa, kubanga okulemera ku kitasanyusa, kiraga okwerowoozaako era kijja kukosa enkolagana yammwe.

Waliwo abagalana abamu abaali eky'okulabilako ekya ddala mu nsonga eno. Ababiri Bano mu myaka gyebalimu egya 50 n'omusoby, abagalana Bano balina essanyu era nga baalina obulamu obw'okwegatta obumatiza. Bombi baalina obufumbo obw'emabega obwalemererwa nga tebanalokoka. Bwebasisinkana, nebakola endagaano ne Katonda eri buli omu obutakola nsobi ze zimu ze baakola mu kwegatta nga tebannafumbiriganwa oba okukozesa akaboozi nga

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bamaze okufumbirwa olw'ensonga ez'okwefaako bokka. Baali bagonjodde ebizibu by'abwe ne basalawo nti obulamu bwabwe obw'okwegatta bugenda kuba bumatiza. Era baali beegatta bulungi okusinga abantu abasinga obungi mu myaka gyabwe egy'amakumi abiri. Eyo y'enteekateeka.

Wammanga lwe lukalala lw'ebikozesebwa ebiyinza okukuyamba okumanya eky'okukola singa owulira ng'okomye era nga tomanyi kyiddako oba okukuyamba okunoonyereza ku songa eno mu ngeri ey'ebuziba. Luno si lukalala lujjuvu, era tetussema oba okugaana buli kimu ekyanjuddwa mu bikozebwa bino. Kye kimu ku bitabo ebiwandikidwa abawandiisi Abakristaayo okukuyamba mu lugendo luno.

Obutabo bwaabagalana

What the Bible says about Love, Marriage, and Sex by David Jeremiah Solomon (Baibuli ky'eyogera ku kwagala, Obufumbo, n'Okwegatta ekyawandiikibwa David Jeremiah Solomon)

On Sex by Joseph C. Dillow (Ku by'okwegatta ekyawandiikibwa Joseph C. Dillow)

Intimacy Ignited: Conversations Couple to Couple: 'Fire Up Your Sex Life with the Song of Solomon by

Dr. Joseph and Linda Dillow and Dr. Peter and Lorraine Pintus (Okukoleza omukwano: Embooji Abafumbo ku Bafumbo 'Okukwata omuliro mu bulamu bwo obw'okwegatta n'oluyimba lwa Sulemaani *ekyawandiikibwa* Dr. Joseph ne Linda Dillow ne Dr. Peter ne Lorraine Pintus)

The Gift of Sex: A Guide to Sexual Fulfillment by Clifford and Joyce Penner (Ekirabo ky'okwegatta: Ekitabo ekikwata ku kutuukiriza okwegatta ekyawandiikibwa Clifford ne Joyce Penner).

Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage by Ed Wheat MD and Gaye Wheat (Kigendereddwamu okusanyuka: Enkola y'okwegatta n'okutuukiriza okwegatta mu bufumbo bw'Abakristaayo ekya Ed Wheat MD ne Gaye Wheat)

Sex and the Supremacy of Christ by John Piper and Justin Taylor (Okwegatta n'Obusukkulumu bwa Kristo ekyawandiikibwa John Piper ne Justin Taylor).

Obw'abakyala

No More Headaches: Enjoying Sex & Intimacy in Marriage by Dr. Juli Slattery (Teri kulumwa mutwe: Okunyumirwa akaboozi & n'omukwano mu bufumbo by Dr. Juli Slattery).

Essomo 5: Obulamu Bw'okwegatta Obulungi

Ku kigero, mirundi emeka omukyala gyeyegatta ne bba ng'ate tayagala kutuuka ku ntikko? Emirundi egisinga. Kitera okubeerawo omukyala okwagala okusanyusa bbawe yadde nga tafuna oba tayagala kutuuka ku ntikko. Obwagazi bw'omukazi okutuuka ku ntikko enfunda eziwera tebuba bwa maanyi ng'obw'omusajja. Obwagazi bwe bubeera wagulu buli mwezi mu kiseera ky'okuggyamu eggi (oba ekisera kye bandifuniddemu olubuto). N'olwekyo abaami basobola okuganyulwa mu Byawandiikibwa bino.

³Temukolanga kintu kyonna lwa kweyagaliza mwekka, oba mu bukuusa, wabula mu buwombeefu buli muntu agulumizenga munne okusinga bwe yeegulumiza yekka. ⁴Buli muntu tatunuulira bibye yekka, naye buli omu ng'afaayo ne ku by'abalala. (Abafiripi 2:3–4)

Katonda atugamba okusosa abalala waggulu waffe, okwongera okubafaako. Okwagala kuno temujjudde bigendererwa bya kwefaako, nga tukozeza abalala. Endowooza eno evaamu obulamu obw'okwegatta obulungi, obumatiza buli omu.

Abakyala balina ebintu bingi ku mibiri gyabwe ebisanyusa mu mukwano ogwokwegatta, naye waliwo abakyala bangi abasanga ekiseera ekizibu okutuuka ku ntikko okyutira mu kikulwa eky'okwegatta, era abasajja bangi olw'engeri gye baakulaamu n'obutamanya, bakirina mu bwongo bwabwe nti ekikulwa ky'okwegatta kye kinnyonnyola ebikwata ku kumatizibwa n'okusanyisibwa mu kaboozi. Lwaki wekugira? Mukyala wo bw'aba tafuna ssanyu ly'akaboozi okuyita mu kwegatta, oli mwetegefu okukyusaamu n'okwongera ku ssanyu ly'akaboozi mu ngeri endala?

Okuwuliziganya Kya Teeka

Beera mwetegefu okuyiga, okukyusamu, n'okukolagana okuteekawo emirundi, obuyiia, n'empuliziganya ebivaamu omukwano g'okwegatta omukakamu n'ogumatiza.

Ebintu ebirina okukubaganyizibwako ebirowoozo mulimu sitayiro, emirundi n'ebiseera, obukodyo, ebigambo ebisanyusa n'ebirala. Awo kitegeeza olina okwongeramu ebirungo mu muzanyo gwo okusobola okukuuma munno nga amatidde. Ng'ekyokulabirako, singa abafumbo basalawo nti omulundi gumu oba ebiri buli wiiki kye kiruubirirwa, okukola okusalawo kulina Kuba kwa babiri nga abagalana okusobola okukuuma omutindo. Ebiseera ebimu buli omu okussa ekitiibwa mu munno kyetaagisa okwefiiriza.

Abasajja, musobola okumala n'okutuuka ku ntikko yadde nga temwegasse. Abafumbo abamu bakozeza oils (amafuta) abalala lotions (oba ebizigo). Ku kuteesa kuno, oluusi n'oluusi abasajja bazze bagamba nti, "Mukyala wange si malaaya." Eno enyanukula si ya byawandikibwa. Lwaki omugeraageranya ku malaaya olw'okukozesa ebizigo okutuuka ku ntikko mu kwegatta? Ebiva mu nsi biyinza okwonoona okwegatta ne bituleetera okugobeera ebyayo ku kugezesa n'essanyu.

Bwoba nga oyagala obubaka obukwata ku kaboozi k'ekikulu nga sibyakwegatta mu kikulwa, tulina ba kansala oba abawi ba magezi wamu n'obutabo okuyambako. Okusooka, empuliziganya mu mukwano olusi kikalubamu ko naye ate kyangu nyo bw'okigezesa n'okiteeka mu nkola. Mwewale okwemulugunya n'okunyombagana, naye mulemere ku kye mwatesaako nadala engeri buli omu gyayitamu munne okugeza "Mukwano, tusobola okukendeeza ku sipiidi katono" oba siri mumbera kati, naye njagala okusanyusa. Essira ka tu lisse kugwe, kuluno.

Enjawulo Muffe

Ebintu bingi ebisobola okwonoona embeera ey'omukwano ey'omukyala mu kwegatta. Omusajja ayinza okuba nga ayagala alabe ku lususu kyoka, okukozesa lotion, alyoke yetabe mu kikulwa. Ku bakyala abasinga, si bwe kiri. Bw'obiletamu abaana, omulimu, okukoowa mu mubiri, omukyala okugenda mu nsonga, okufuba okunoonya sente, n'ebisomooza ebilala eby'obufumbo, era kiyinza okulabika ng'omulimu omulala okuyingira mu mbeera y'okwegaata. Abasajja bayinza okulowooza nti balina okumucamula okukakasa obusajja bwabwe oba okulowooza nti tebakyamucamula. Naye okukaka mukyala wo okutuuka ku ntikko kijja kumaliriza nga kimunyiiziza era kivaamu endowooza embi ku by'okwegatta. Omukyala omulungi asobola okwetaba mu by'okwegatta ne bba ng'ate tayagala kutuuka ku ntikko era n'akitwala ng'ekyessanyu. Abasajja, tulina obuvunaanyizibwa okubeera ne bakyala baffe mu kutegeera (1 Peetero 3:7).

Okwegomba kwo kwegatta kujjira nyoo abasajja emirundi mingi okusinga abakyala. Kino si kya kweyagiriza, kiriwo kubanga omusajja bwatyo bweyabunbibwa. N'olwekyo, nga abafumbo, bwemwogera ku mirundi g'emulina okwegatta, tekitegeeza omusajja kugamba nti "Nga bwe njagala ekikulwa kyokwegatta buli lunaku, kino kyekinsana okuva gy'oli" oba no mukyala okwogera nti "njagala tukikole omurundi gumu mu mwezi era eyo y'elina okubeera enkola." Abaagalana bangi bategaana wakati w'ebyetaago by'omwami n'eby'omukyala, bombi ebiseera ebisinga ne bawulira nga bali mu bunkenke. Wabula, mwekwate wamu muteekewo enkola ekkirizibwa, ne bwe kiba nga kibadde kimaze emyaka nga musobedwa. Kikulu okukkaanya ku mirundi gy'okujja awamu mu by'okwegatta. Era, ddala, wajja kubaawo ebiseera omuntu lw'alina okukyusaamu, naye omukwano bwegutyo bweguli.

Mugezese Wamu

Muwuliziganye eri buli kintu ekikwata ku songa eno. Nga bwe mutandika okugezesa, nga mujja wamu mu mibiri nga mu kozesa emimwa gyamwe, engalo, n'amaaso, nga ekigendererwa kyamwe kulaba buli omu ekibanyumira mwenna. Omukyala omulungi era owenkolagana enungi mu kikulwa ky'okwegatta ayogera era n'agamba omwami we bwaba nga amukoze munkola gy'atawulililamu mirembe era omwami yeetaaga okuwuliriza n'okukyusamu.

Abafumbo abamu baswala okulowooza ku bintu buli omu by'asiima. Buli kimu kiri bulungi? Okuvuga olupanka kikirizibwa? Kirungi mu kyogereko nga tonakiriza nti "wewaawo," mu bilayiro by'embaga.

Omukyala ayinza obutayagala kino oba kiri, oba ayinza okuba nga tamanyi ky'ayagala. Abavubuka abasinga bagambibwa bazadde baabwe okwewala okwegatta mu kifo ky'engeri entufu ey'okwegatta nga ekiseera kituuse. Abafumbo balina okwogera ku nsalo, okukuuma emitima gyabwe n'ebirowoozo byabwe, n'obukulu bw'okuwa bannaabwe ebirowoozo (Engero 4:23). Balina okukuuma enkolagana yaabwe ey'okwegata okuva eri Setaani, ajja okukola kyonna ekisoboka okugyonona.

Okusisinkana Ebyetaago By'omukyala

Ekitabo ky'oluyimba lwa Sulemaani kigamba,

"Nze ndi wa muganzi wange, N'okwegomba kwe kuli eri nze." (7:10).

Abaami, tuyize bingi omukyala bye yetaaga okubeera nga awulira bulungi. Alina okutekebwa tekebwa wamu n'okusanyusibwa okulaga nti omwagala era nga yasooka mu byonna oluvanyuma lwa Katonda wo. Bw'oba bino byonna tobikkiriza, era nga tokola kyonna ekisoboka okubikozesa buli kiseera, olwo tosuubira buwanguzi bungi mu kukolagana ne mukyala wo. Mukyala wa Sulemaani ateggeeza ensi nti bbawe amutwala ng'ekirabo eky'omuwendo okuva eri Katonda era nti amuleetera okuwulira nga mukulu era eyegombebwa.

Mukyala wo amanyi ky'omwegombako, era n'okuyiga byayagala era nga ofuba nyo okusisinkana byayagala? Naye wa mukisa gy'oli nga akufaako nawe? Ye – nedda?

Abaami, mwagalenga bakyala bamwe, nga kristo bwayagala ekanisa (Abefeeso 5:25).

Enteekateeka y'Omukyala

Oluyimba lwa Sulemaani lulaga ekintu ekikulu ennyo abakyala kye balina okulowoozaako mukyala wa Sulemaani bw'agamba nti, "Jangu omwagalwa tugende mu kisaawe awekusifu mukyalo." (7:11) Yali anyonyola engeri gyeyali ayagala okwewayo eri bbawe. Kino kibeera kya kwetaba ne bbawe mu kikulwa eky'okwegatta mu mukwano. Kino kikwata ku kutandikawo akaboozi mu mukwano. Omanyi abasinga okutandika okwegatta mu bufumbo bwammwe? Kyo kituufu, omumanyi. Bwe kiba nti ggwe oli ng'abasinga obungi, omusajja wo y'alaga obwagazi bw'okwegatta n'omuddamu nti yee, nedda, oboolyawo, oluvannyuma, enkya oba ekirala kyonna.

Abakyala, bwe mukuba ekifaananyi kya mukyala wa Sulemaani ng'amugamba bw'atyo, era bw'agenda mu maaso n'okwogera ku nnimiro y'emizabbibu n'engeri zonna z'agenda okumuwa omukisa, gezaako okukuba akafaananyi ku ngeri gye yeeyisaamu mu maaso, endowooza ye, n'engeri omubiri bwe guyimiriddemu. Yali tagamba nti, "Oyagala kaboozi ekiro kino? Kale, Kino ka tukimalirize."

Ddi lwe wasembayo okwewunda n'otuukirira omusajja wo mu ngeri emutegeeza nti mwagalwa wo era ogenda kukankanya ensi ye? Omanyi engeri ekyo gye kiwa omwami omukisa?

Abakyala tebalina kuba nga be batandikiriza buli kiseera, wabula oluusi n'oluusi kebera endowoza yo. Okukkaanya ku mirundi y'entandikwa. Bulijjo tolinda bbawo kutandikiriza oba okukitwala nga bwogenda okulaba omusawo. Oluusi otandikiriza, era n'okifuula ekiseera eky'enjawulo.

Buli Omu Okubeera Omukisa Eri Munne

Okwegatta mu mukwano ky'ava eri Katonda, mu kigambo kye mulimu obubaka eri omwami n'omukyala. Katonda abikkula obwagazi bwe, obulungi bwe yatondera omwami n'omukyala mu by'okwegatta, era ddala ayagala okutuwa omukisa ne kino. Katonda atuwa ebyama bye ku ngeri gye tuyinza okunyumirwamu n'okuba omukisa. (1 Bakolinso 7:3-7).

"Omusajja اساسلenga mukazi we ekyo ekimugwanira ng'omufumbo, era n'omukazi اساسلenga bw'atyo bba. ⁴Kubanga omukazi tafuga mubiri gwe ye, wabula bba, era n'omusajja bw'atyo tafuga mubiri gwe ye, wabula mukazi we.

⁵Buli omu alemenga okumma munne, wabula mpozzi nga mulagaanye ekiseera, mulyoke mubeerenga n'ebbanga ery'okusabiramu, ate mulyoke mubeerenga wamu, Setaani alemenga okubakema olw'obuteeziyiza bwammwe."

Katonda yagamba omwami n'omukyala bombi nti buli omu alina obuyinza eri omubiri gwa munne era okusomozebwa kuno kukyaliwo enaku zino. Kino kigerageranye ku nyiriri endala. Buli omu agambibwa okuwa munne, ng'omwami n'omukyala, omukwano ogusaanira, so si

mukwano gwe tulowooza nti gusaanidde oba omukwano gwe tuwulira nga twagala okumuwa. Kino kiragiro ekiva eri Katonda era tulina buli omu okuyisa munne obulungi, mu kyogereko era mujja kukizuula nti obwanakyemalira kyangu kya ku bazikiriza.

Okufuula okwegatta mu mukwano nga eky'okuvuganya oba ekintu ekiriko okuweebwa empeera kizibu kya maanyi. Omu ku baagalwa bwawulira nga munne alina walemeredde mu ngeri emu oba nga tatukirizza ky'obadde osubira asobola okulowooza nti "sijja ku kikola era sijja kumusanyusa," wano oba okoze kibi. Katonda yagamba nti emibiri si gyaffe. Tuli wano okubeera emikutu okuwanyana omukisa. Katonda agamba nti akaboozi katuleetera essanyu ery'ekitalo n'okugatta emyoyo gyaffe. Tetulina kummangana mu kitundu kino kubanga tuwulira nti omutindo mu bintu ebirala tegutuukana na mutindo gwaffe. Tetusobola kukozeza bubu omukwano mu ngeri yonna ne tusuubira nti omukwano gujja kuba bulungi. Okuwuliziganya wamu n'okutabagana birina okubaawo byombi era nga bwe mukula mu birowoozo mu nsonga zonna mu bufumbo.

Ekigendererwa

Ekigendererwa kyaffe ng'abafumbo kwe kusobola okugamba nti tufunye obulamu obw'okwegatta obulungi, era tuyiga, tukolagana, era tuwuliziganya. Tusobola okwogera nga tetunnaba kwegatta era tusobola okugabana oluvannyuma. Tuli beetegefu okufuna ebiragiro. Tuyize okusanyusa buli omu ebweru w'okwegatta olw'empuliziganya ennungi. Bw'oba tosobola kwogera bw'oty, olina okubaako ky'okola ku nsonga eyo.

Ne mu Bakristaayo, guno mulamwa abantu gwe batayagala kukubaganyako birowoozo. Tetwagala bantu kumanya nti tulina ebizibu. Ebitabo bino bisobola okutulunyanyama, okutuyamba okuwuliziganya, n'okutulaga engeri gye tuvudde mu kkubo lya Baibuli n'engeri gye tuyinza okuba nga twayonoona ekirabo kya Katonda n'ekibi. Tulina okufuna n'okugoberera eekitabo ekikwata ku kwatula n'okusonyiwa era tukkiriza nti tusobola okutandika obujja okufuna eddembe lino. Katonda alina emikisa mingi egitulenze.

Omwami n'omukyala, bw'oba weematiza ku bubwo n'ofuna essanyu ly'okwegatta ku bubwo, kitegeeza otunuulidde oba olowooza ku muntu omulala osanga atali muganzi wo. Okwegatta tekaweebwa lwa kwesanyusa. Okwagala kwo okw'okwegatta kwetaaga okukwatagana n'enkolagana yo ne munno. Katonda atugamba okwefuga (Abaggalatiya 5:23; 2 Peetero 1:6). Bw'oba n'obulamu bw'okwegatta obulungi ne munno, okumattira kw'ofuna nga kikoledwa bulungi kusinga akumattira kwe wetuusako ku bubwo.

Olina okumanya nti buli lwe wemattiza oba okoze ekikolwa ekibi mu maaso ga Katonda era otwala ekyo Katonda kyalaba nga kilungi, ekyewunyisa, era ekitukuvu gwe n'okyonoono.

Kikomye. Guno bwe guba muze oba nga gufuuze kifaananyi, yogerako n'omusumba wo, munno mu bufumbo oba omuwabuuizi wo Omukristaayo (ebiseera ebisinga ow'ekikula ky'ekimu, omusajja n'omusajja, omukazi n'omukazi) ofune obuyambi. Si ggwe Omukristaayo asoose okunoonya obuyambi. Abasinga batandika omuze ogwo nga baakavubuka, okumala emyaka nga bemattiza munkukutu nga tebanafumbirwa. Era nebeyongera okukikola ne mubufumbo bwabwe era nga tebakilabamu buzibu ku kitwala mu maaso, naye ekyo kibaletera ebizibu. Kikomye, noonya obuyambi, era kiriza Katonda awonye ebirowoozo byo n'enkolagana yo ne munno.

Ng'abafumbo, musabe Katonda asooke ayogere n'emitima gyammwe kinnoomu, n'oluvannyuma mubeere betegefu okujja awamu n'okugabana Mukama by'abasaba okukyusa. Bwe kiba kyetaagisa okusonyiwa, kusabe era kuwe nga bwe kyetaagisa.

Muyinza Okusaba Bw'emuti:

Katonda, tusaba obuyambi Bwo. Twagala okuweebwa omukisa wano, era twagala okukugulumiza mu mukwano guno. Tuyambe okutandika obujja, okukomya endowooza n'ebirowoozo byonna eby'ekibi, eby'emisambwa, n'ebibi bye tuleka mu birowoozo byaffe ne mu mitima gyaffe, ne mu ngeri gye twonona ekirabo kino ky'otuwadde. Tuyambe okuggulawo n'okwogera ku bintu bino bye twakasoma. Tugondera Ekigambo Kyo era tukigobere. Buli lwe tuddayo mu makubo gaffe ag'ekibi ag'okukyanya akaboozi, Mukama, tuyambe okubyatula gy'oli ne buli omu eri munne ne twenya nga tukyusa ekubo eddala. Amiina.

Okusobola Okwongera Okufumiitiriza

Okusobola okufuna obuyambi obulala ku kusonyiwa, laba Ekyongerezeddwako P: *Obwesige n'okusonyiwa.*

Okutegeera okugenda ebuziba mu mukwano ogwo kwegatta, nga kw'otadde ensonga eziyinda okubawo, Soma *Ekyongerezeddwako N: Omukwano ogwa namaddala ogwa basajja n'Ekyongerezeddwako O. Omukwano ogwa namaddala mubufumbo ogwa bakyala.* Okutandika beera nebikozesebwa ebikukwatako, ngomwami oba omukyala. Era ogaane okusoma ebyo ebitakukwatako. Kino kijja kuvaamu okutegeera obulungi omulimu gwo mu mukwano gw'obufumbo. Oluvannyuma lw'okumaliriza ebitabo nga kinnoomu, mukubaganye ebirowoozo ne munno ku bintu ebyo.

Ebyongerezeddwako Eby'okukozesa

Ebyongerezeddwako bino baamu ng'ebikozesebwa ebirala. Zisangibwa mu mizingo gyonna etaano, naye si byonna ebigattibwako bye biba mu buli mizingo. Bw'oba oyagala okwetegereza ekyongerezeddwako ekigere, funa we kiri mu lukalala luno wammanga.

Ekyongerezeddwako A: Ebbaluwa ey'Okwewaayo	Omuzingo 1
Ekyongerezeddwako B: Okuwaayo Obulamu Bwo eri Kristo	Omuzingo 1
Ekyongerezeddwako C: Okukulaakulanya Enkolagana Ey'oku Lusegere Ne Katonda Buli Lunaku	Omuzingo 1
Ekyongerezeddwako D: Ebitabo Ebisembwa	Omuzingo 1
Ekyongerezeddwako E: Okwekenenya Okuwuliriza Okulungi	Omuzingo 2
Ekyongerezeddwako F: Okulongoosa Empuliziganya Yo ey'Okwagala	Omuzingo 2
Ekyongerezeddwako G: Okumenya olujegere	Omuzingo 2 & 3
Ekyongerezeddwako H: Ebyetaago by'omwami	Omuzingo 3
Ekyongerezeddwako I: Engeri ya Baibuli Omwami gy'Ayanukulamu Eri Okuziyizibwa	Omuzingo 3
Ekyongerezeddwako J: Engeri yebyawandikibwa omwami gyatukuzamu mukyala we.	Omuzingo 3
Ekyongerezeddwako K: Ebyetaago by'Omukyala	Omuzingo 3
Ekyongerezeddwako L: Ebyetaago by'Omukwano	Omuzingo 3
Ekyongerezeddwako M: Ebintu Ebitera Okwesittaza	Omuzingo 3-5
Ekyongerezeddwako N: Akaboozi Mu Bufumbo Eri Abasajja	Omuzingo 4
Ekyongerezeddwako O: Akaboozi Mu Bufumbo Eri Abakyala	Omuzingo 4
Ekyongerezeddwako P: Obwesige n'Okusonyiwa	Omuzingo 2-5
Ekyongerezeddwako Q: Okwekebeera mu bufumbo	Omuzingo 5
Ekyongerezeddwako R: Enkuluze	Omuzingo 1-5

Ekyongerezeddwako M: Ebisinga okwesittaza

Bayibuli eraga ensonga ezimu ezitera okuleetera abasajja obutakulembera nga Katonda bw'ayagala n'ensonga lwaki abakazi tebakakasa babbaabwe. Ekyesittaza oba ekigo, kiyinza okuba emu oba eziwera ku nsonga eziragiddwa wansi. Mukama bw'aba ayogera naawe mu kimu ku bintu bino, kyangatule era omusabe akunyweze obeere omuwulize eri by'ayagala. Wandika okwatula kwo n'okusaba kwo mu kifo ekiweereddwa buli kitundu.

Ensonga 1: Obutasonyiwa

Katonda yali akuletedeko omuntu mu ndwooza yo eyetaaga okusonyiwa?

"Kubanga bwe munaasonyiwanga abantu ebyonoono byabwe, nammwe Kitammwe ali mu ggulu anaabasonyiwanga. ¹⁵Naye bwe mutaasonyiwanga bantu byonoono byabwe, ne Kitammwe taasonyiwanga byonoono byammwe." (Matayo 6:14-15)

Okusonyiwa tekitegeeza:

- Eyakunyiiza yakirizza nti kyeyakola kyali kikyamu,
- Eyakunyiiza yakusabye ekisonyiwo
- Eyakunyiiza yakirizza okusonyiwa, oba
- Enkolagana egenda kuddawo.

Ensonga 2: Obulimba

Sitan atukema tusobole okujemera kristo era n'okubusabuusa kyetuli mu ye.

kubanga eby'okulwanyisa eby'entalo zaffe si bya mubiri, naye birina amaanyi agava eri Katonda olw'okusaanyawo ebigo. ⁵Tusaanyaawo empaka na buli kintu ekigulumivu ekikulumbazibwa okulwana n'okutegeera kwa Katonda, era nga tujeemulula buli kirowoozo okugondera Kristo." (2 Bakolinso 10:4-5)

Sitaani akozesa obukodyo busatu obwa bulijjo okutulwanyisa.

1. Obulimba, nolwekyo netubuusabuusa ebisubizo bya katonda.

"Mmwe muli bakitammwe Setaani, era mwagala okukola okwegomba kwa kitammwe. Oyo okuva ku lubereberye ye mussi, so teyanywerera mu mazima, kubanga amazima tegaali mu ye. Bw'ayogera obulimba, ayogera ekiva mu bibye; kubanga ye mulimba era kitaawe w'obulimba." (John 8:44)

2. Okunenyezebwa oba okulumiriza abalala oba ffe kennyini

⁹N'ogusota ogunene ne gusuulibwa, omusota ogw'edda, oguyitibwa Omulyolyomi era Setaani, omulimba w'ensi zonna; ne gusuulibwa ku nsi, ne bamalayika baagwo ne basuulibwa nagwo. ¹⁰Ne mpulira eddoozi ddene mu ggulu, nga lyogera nti, "Kaakano obulokozi n'amaanyi n'obwakabaka bwa Katonda waffe, n'obuyinza bwa Kristo we buzze: kubanga aloopa baganda baffe, eri Katonda waffe emisana n'ekiro asuuliddwa wansi." (Okubikkulirwa 12:9–10)

3. Okuleeta eby'emabega byaffe, okuzibikira kye tuli mu Kristo

¹⁷N'olw'ekyo omuntu yenna bw'aba mu Kristo, aba kitonde kiggya; eby'edda nga biwedde; laba, nga bifuuse biggya. ¹⁸Naye byonna biva eri Katonda, eyatutabaganya naye yekka ku bwa Kristo, n'atuwa ffe okuweereza okw'okutabaganya. ¹⁹Kwe kugamba nti Katonda yali mu Kristo ng'atabaganya ensi naye yennyini, nga tababalira byonoono byabwe, era nga yatuteresha ffe ekigambo eky'okutabaganya."²⁰Kyetuva tubeera ababaka mu kifo kya Kristo, Katonda ng'afaanana ng'abeegayirira okuyita mu ffe, tubeegayirira mu kifo kya Kristo mutabagane ne Katonda. ²¹Ataamanya kwonoona, yamufuula ekibi ku lwaffe; ffe tulyoke tufuuke obutuukirivu bwa Katonda mu ye." (2 Abakkolinso 5:17–21)

Ensonga 3: Okuyigganyizibwa

Nga gwe no mwagalwa wo bwemukola okusobola okuleeta enkyukakyuka, weteseteese okukiriza Okuyigganyizibwa okuba ekimu ku ntegeka teeka za katonda eri obulamu bwo?

²Mu ye mwe twayita okufuna ekisa kino kye tuyimiriddemu; era tusanyuka mu kusuubira kwe tulina okw'okugabana ku kitiibwa kya Katonda. ³So si ekyo kyokka, era naye twenyumirizenga mu kubonaabona kwaffe, nga tumanyi

ng'okubonaabona kuleeta okugumiikiriza; ⁴nate okugumiikiriza kuleeta empisa ennungi; n'empisa ennungi zireeta okusuubira: ⁵n'okusuubira tekukwasa nsonyi, kubanga okwagala kwa Katonda kufukiddwa ddala mu mitima gyaffe, mu Mwoyo Omutukuvu gwe twaweebwa.” (Abaruumi 5:2–5)

²⁰Kubanga bwe mukola obubi ne mukubibwa empi, bwe muligumiikiriza, ttendo ki? Naye bwe mukola obulungi ne mubonyaabonyezebwa, bwe muligumiikiriza, ekyo kye kisiimibwa eri Katonda. ²¹Kubanga ekyo kye mwayitirwa, kubanga era Kristo yabonyaabonyezebwa ku lwammwe, ng'abalekera ekyokulabirako, mulyoke mutambulirenga mu bigere bye. (1 Peetero 2:20–21)

Ensonga 5: Obwa nakyemalira

Mujjukire nti si mungeri yaffe naye mu kwagala kwe, si mu biseera byaffe wabula mu bibye. Gumikiriza.

“Okwagala tekunoonya byakwo” (1 bakolinso 13:5).

N'abagamba nti, ayagala okungoberera yefirize yetikke omusalaba gwe angoberere (Lukka 9:23)

Bwewabaawo ajja Jendi nga akyawa nyina ne kitaawe, omukyala nomwana, baganda be abalenzi nabawala ye nga ye mubulamu bwe tasobola Kuba muyigiriza wange. (Lukka 14:26)

Sitan ayagala nyo okuwugula osobole okuteeka essira kubyayagala okukujja ku bisubizo bya katonda, nga akozesa ebyayita, ebikemo byensi oba byeweyagaliza wekka.

Katonda Atugezesa era Atulongoosa

"naye nga bwe twasaanyizibwa Katonda okuteresebwa enjiri, bwe twogera bwe tutyo, si ng'abaagala okusiimibwa abantu, wabula Katonda akema emitima gyaffe." ¹ Abasessaloniika 2:4

"Alituula ng'oyo alongoosa effeeza n'agimalamu amasengere, era alirongoosa batabani ba Leevi, era alibasengejja ng'ezaabu n'effeeza; okutuusa lwe baliwaayo eri Mukama ebiweebwayo mu butuukirivu." (Malaki 3:3)

Mukama katonda atugamba nti akema emitima gyaffe era atujjumu obubi natutukuza, kino kitwala emitendera tekikolebwa mu lundi gumu. Era ebigezo mukama byatuwa olusi bibikula ebibi mufte. Ayagala twatule ebibi byaffe gy'ali era tweweyo nga tumugondera buli lunaku, okuleka amakubo gaffe amabi tumugoberere.

Omulumu gwaffe kukola kigambo kye nga bwekiri, no kujja gy'ali mu kwewombeka nokusaba, okumusaba okukyusibwa mu kifananyi kya kristo. Nga tutambulira mu bugonvu atukolemu omulumu olwo tulyoke tumuweese ekitibwa. Mukama tagambangako nti tutukiridde nedda nti oba buli kyetukola kiba kitukiridde, naye tusobola okutambulira mu ye natutereeza emitima Jaffe.

"Natambuliranga mu nyumba yange nomutima ogutukiridde." (Zabuli 101:2)

"Omutima ogutuukiridde" gwe mutima ogulung'amizibwa ennyo eri Katonda era ogukubirizibwa okwagala okutambulira mu ngeri emusanyusa mu makubo gaffe gonna. Mu kino tumugulumiza. Wandika essaala ng'osaba Mukama "omutima ogutuukiridde" okutambulira munda mu maka go nga bw'ayagala.

Soma ennyiriri eziri wansi era oddemu ebibuuzo bino wammanga.

²ekisa n'emirembe byeyongerenga gye muli mu kutegeerera ddala Katonda ne Yesu Mukama waffe.

³Kubanga obuyinza bw'obwakatonda bwe bwatuwa byonna eby'obulamu n'eby'okutya Katonda, olw'okutegeerera ddala oyo eyatuyita olw'ekitiibwa n'obulungi bwe ye. ⁴Mu byo mweyatuweera ebisuubizo ebinene era eby'omuwendo omungi ennyo; olw'ebyo mulyoke muwone okuzikirira okuli mu nsi okuleetebwa okwegomba okubi, mulyoke mugabane ku bwa Katonda bwe. ⁵Olw'ensonga eno mufube okulaba nga, ku kukkiriza kwammwe mwongerako obulungi, era ne ku bulungi bwammwe mwongerako okutegeera; ⁶era ne ku kutegeera kwammwe mwongerako okwegendereza; era ne ku kwegendereza kwammwe mwongerako okugumiikiriza; era ne ku kugumiikiriza kwammwe mwongerako okutya Katonda; ⁷era ne ku kutya kwammwe Katonda mwongerako okwagala ab'oluganda; era ne ku kwagala ab'oluganda kwammwe mwongerako okwagala. ⁸Kubanga bwe muba n'ebyo ne biba ebingi, bibafuula abatali bagayaavu n'ababala ebibala olw'okutegeerera ddala Mukama waffe Yesu Kristo. ⁹Kubanga ataba n'ebyo ye muzibe w'amaaso awunawuna, bwe yeerabira okunaazibwako ebibi bye eby'edda. ¹⁰Kale, ab'oluganda, kyemunaavanga mweyongerera obweyongezi okufubanga okunyweza okuyitibwa kwammwe n'okulondebwa, kubanga ebyo bwe munaabikolanga, temulyesittala n'akatono. ¹¹Bwe mutyo mulyoke musingizibwe mu bugagga obw'obwakabaka obutaggwaawo obwa Mukama waffe era Omulokozi waffe Yesu Kristo. (2 Peetero 1:2–11)

Lowooza ku nnyiriri zino ez'okwongerako: Zabbuli 73:23–24; 91:1–2; 103:8–18; Engero 3:5–6; Matayo 11:28–30; Abarumi 8:28–39; 1 Bakkolinso 10:13; 2 Bakkolinso 5:17; 9:8; Abefeeso 6:10–12; Abafiripi 4:6–7; Tito 3:4–6; Yakobo 1:2–4; 1 Peetero 5:6–7.

Okkiririza nti Katonda akuwadde "ebisuubizo ebinene ennyo era eby'omuwendo ennyo"? Biwandiike.

Olwa maanyi ge, tuguma mu mwoyo, tuwangula, era ne tukola okwagala kwe. Awo netufuuka abakulembeze, abaami, Abakyala, era ba maama nga bweyatuyita okubeera.

Nyinzizza byonna mwoyo kristo ampa maanyi. (Abafiripi 4:13)

Si lwa maanyi gaffe, kubanga ffe tetulina kirungi mufte.

Nze muzabbibu, mwe Mata I. Abeera munze, nange mu ye abala ebibala, awatali nze tewali kyemuyinza kukola. (Yokaana 15:5)

Olw'ekisa kye kyokka mwe tutuuka ku buwanguzi.

Awo Yesu n'abagamba nate nti, "Emirembe gibe mu mmwe: nga Kitange bwe yantuma nze, nange bwe ntyo mbasindika mmwe." (Yokana 20:21)

Laba gye tuggya amaanyi gaffe, engeri gye tukwatamu amaanyi ago, n'ebivaamu. Katonda bw'aba atuwa byonna bye twetaaga, kiki ky'ayagala okubikozesa? Biwandiike byonna wammanga:

Beera mugumikiriza, togwamu maanyi. Weweeyo buli lunaku osobole okukyusibwa mu kifananyi kya kristo ku lwe kigambo kye n'Omwoyo we. Beera nga ovunanyizibwa kwebyo ebikulemye. Yimirira mu kwagala kwa katonda era olindirire katonda kyajja okukola eri obulamu bwo.

Ekyongerezeddwako N: Akaboozi Mu Bufumbo Eri Abasajja

Baibuli esomesa ku bintu bibiri ebyomugaso eri omuntu mu kikulwa ekyokwegatta mu mukwano nga abafumbo. Mu kutondebwa (olubereberye 1:28, Ekyamateeka 7:13-14) era nokutondebwa kwobusimu (oluyimba 4:10-12, engero 5:18-19). Okwegatta mu kikulwa kyo'mukwano kimu ku kitundu ku nteekateeka ya Katonda okutuyamba okufuuka omuntu omu eri munne. Okwegatta mu kikulwa kyo'mukwano olaba nga ekilabo ekyava eri katonda okukinyumirwa no mwagalwa wo?

Okwegatta mu kikulwa kyo'mukwano kirabo ekyava eri katonda nga akiwa omuntu, mukama yakitekawo okubeera nga kinyumira bafumbo bokka. Yatuwunda omwami n'omukyala bombi bazaale abaana era nabateekamu obusimu bw'omukwano buli omu asobole okunyumirwa munne nga bali mu kikulwa kyokwegatta mu mukwano. Okuyita mu nkolagana yokwegatta nga omwami no mukyala. Tulina okulaga omukisa ogwo okwelaba ffeka nga ekilabo eri buli omu nga katonda bweyatuyita nga tugatta emibiri Jaffe.

Eno yali nteekateeka ya Katonda eyokwegatta, naye olwe kibi omuntu kyakola nobulimba bwa sitan bibikka ekilabo kyaffe. Bangi beyunye okusikirizibwa kw'ensi, ne kikyusa obutukuvu mu kwegatta mu mukwano nekifulibwa okuba ekibi. Olusi n'okulowooza ebiwoozo ebikyafu oba obukoowu mu mirimu. Embala zetweyisaamu mu kikulwa zikosebwa olusi olwebigambo bazadde baffe engeri jebatusomesamu oba olwebintu byetuba twayitamu okuvira ddala mu buto nebyo byetuyiga okuva mu mikwano Jaffe nga eby'obuseegu, okwematiza, okukwata abakazi, no kumala gasalawo obubi. Kimanye nti lukwe lwa sitani okuzikiriza era nokukola obubi, ebintu katonda byeyatonda ebirungi nga mwotadde nekilabo kyokwegatta mu mukwano.

Ababiri bwebatabagana awamu mu bufumbo bwekwegatta mu nkolagana yobufumbo era nga bamanyi enkola yokwagala kwa katonda, babeera nebigendererwa era nengeri jebalabamu okwegatta, bayinza okukalubilizibwa mu kubiteeka mu nkola okusobola okukuuma nokutukiriza enkolagana yomukwano gwokwegatta.

Omukwano ogunyuma ogwokwegatta gusenziira ku bintu bino wammanga:

- Okukiriza nti okwegatta kilabo kyava eri katonda okukinyumirwa era nokukikolanga nga abafumbo
- Nga ovunanyizibwa okweyayo era no kufuna okwegatta no mukwano nga osenziira ku nkola ya Baibuli nga teweziyiza oba okwemalilira.
- Okubeera aberufu nga Muwuliziganya wakati womwami n'omukyala engeri buli omu jasobola okufunamu obwagazi eri munne.

- Ekisinga okutegerebwa

Ekyenaku, abakristayo abafumbo tebakitukiriza burungi mu bufumbo. Bwoba nga ensonga yokwegatta ogilaba bubi oba nobulamu bwokwegatta no mwagalwa wo, mulina okukimanya lwaki. Katonda bwarubikulira okwagala kwe jetuli tulina okukilaba nga kirungi. Waliwo ensonga nyingi eze njawulo ziyinza okuba ezizulibwa abasawo, nga olina ebikutawanya mu bwongo newesanga nga omwami no mukyala bakalubilizibwa mu nsonga yomukwano. Ebiseera ebisinga, obutamanya, okwemalilira byebibileeta. Abafumbo waliwo ebiseera lwolina okugumikiriza munno nadala nga ali lubuto, bamulongosezza, nga alwadde, ne bilinga ebyo bwekiba kisoboka.

Examination for Men

Ku lunaku lw'owasiza, tewakisubira nti ekiseera kituuka newegatta no mukyala nga temunafumbiriganwa. Leero abasajja batono bafuba nyo ekizibu kino. Nogulawo olugi lwa sitani omulimba notondawo okukemebwa nokusoberwa. Omusajja bwaba teyegasse na mukyala gwaba agenda okuwasa, Abakyala abamu bewulira nga bebatayagala, abategombesa. Abasajja abategatta buli lunaku balina okukinonyereza lwaki era lwaki kili kityo okikoleko era okikyuse. Ensonga ezisinga ezivirako ebyo byonna ziva mu mbeera ya mutima.

Kebera Omutima Gwo.

1. Olowooza obadde okulembeza mukyala wo mu bufumbo, nga addirira Katonda? ___
Yee ___ Nedda
2. Olowooza mukyala wo amanyi okukuyisa obulungi n'okwogera naawe mu kitiibwa n'okukakasa? ___ Yee ___ Nedda
3. Olowooza mukyala wo akuyisa ng'omu ku baana? ___ Yee ___ Nedda
4. Olowooza mukyala wo yeesiga obukulembeze bwo era n'akkiriza by'osalawo ku lw'amaka? ___ Yee ___ Nedda
5. Olowooza mukyala wo agaanye okwegatta kwo olw'okuba takwagala wadde okukulembeza? ___ Yee ___ Nedda
6. Olowooza mukyala wo abadde tayagala kwogera ku by'okwegatta n'okufuba okulaba nga biteredde? ___ Yee ___ Nedda
7. Onyiiga oba otereka obusungu eri mukyala wo olw'ensonga yonna ku ezo waggulu? ___
Yee ___ Nedda

Ensonga yonna ku zino esobola okukosa endowooza y'omutima gwo n'okwagala kwo okwegatta ne mukyala wo. Okuyita mu kusonyiwa n'okwagala kw'abaagalana bombi okukola okutuuka ku kutabagana, omukwano gwammwe ogw'omubiri gusobola okuddamu.

Lowooza Ku Nyannukula Eye Kibi

1. Obadde ogaana mukyala wo eby'okwegatta oba obutalaga bwagazi mu kaboozi okumulumya oba okwesasuza olw'okugaana mu biseera eby'emabega n'engeri gy'akuyisaamu? ___ Yee ___ Nedda
2. Ovudde ku kugezaako okutereeza omukwano gwammwe ogw'okwegatta? ___ Yee ___ Nedda

Abeefeso 5:27 bw'egamba, "Alyoke agyereetere yennyini ekkanisa ey'ekitiibwa, nga terina bbala newakubadde olufunyiyo newakubadde kyonna ekifaanana nga bino; naye ebeere entukuvu, eteriiko bulema."

Kino kikubiriza okumalira obutakiriza kintu ekitali Katonda by'ayagala ebitukuvu mu bufumbo bwammwe. Bwe tutagoberera by'ayagala, kiba kibi. Omusajja alekera awo okwegatta yeesuula ne mukyala we mu kabi ak'ebikolwa eby'ekibi, ekiyinda okuvaamu obwenzi oba okwenyigira mu bifaananyi eby'obuseegu. Ekibi ekirala ekitera okukolebwa kwe kuwaayo ebiseera ebisukkiridde mu mirimu gamba ng'emirimu, ebintu ebinyumira, emirimu egy'obwannakyewa, era n'okuweereza. Omusajja bw'atafuna kukakasibwa, kino kiba kizibu kya bulijjo. Olina okwatula, okwenenya, n'okufuba okutereeza ebintu.

3. Obadde olaba eby'obuseegu? ___ Yee ___ Nedda

Bwoba nga obadde wadda ku butambi bwobuseegu nokwematiza, kino kikwawula ku katonda era kibi. Bwoba nga obadde okikola buli lunaku kiyinda okufuuka engeri esinga okwettanirwa ey'okufuna essanyu mu kwegatta kubanga tewali bulabe bwa kugaanibwa era oba endowooza embi era kiba kibi. Olina okwenenya, ononye okuyambibwa era ofube okulaba nga ozza amaka go mu nsonga eno n'ensonga endala.

4. Wateekawo byosubira ku ndabika ya mukyala wo oba ebikolwa ebimu eby'okwegatta ng'akakwakkulizo k'okwetaba naye mu mu kikolwa ky'omukwano? ___ Yee ___ Nedda

Tewali nsonga yonna gye twekwasa obutakola Katonda by'ayagala mu kitundu kyonna eky'obulamu bwaffe, era ekyo kizingiramumu okukola okutuukiriza ebyetaago bya mukyala wo eby'okwegatta. Abafiripi 2:3 lugamba nti, "Tewabaawo kintu kyonna kikolebwa olw'okwegomba oba okwegulumiza, naye mu buwombeefu buli muntu asse abalala okumusinga." Okwegatta si kwefaako mu bufumbo. Kwe kulaga okwagala n'okwewaayo eri Katonda ne munno okutuukiriza by'ayagala mu bufumbo bwammwe.

Ebizibu by'Omubiri

Waliwo ensonga z'omubiri lwaki omusajja asobola okubulwa obwagazi bw'okwegatta n'obutakola bulungi nga tannatuuka.

1. Omutindo gwa testosterone ogwa wansi okusinga ku gwa bulijjo. Kino osobola okukizuula ng'oyita mu kugenda ew'omusawo n'okukeberegwa omusaayi mu ngeri ennyangu. Waliwo engeri nnyingi ezisobola okwongera ku bungi bw'obusimu obuyitibwa testosterone.
2. Omira eddagala eriweweza ku kweraliikirira? Bino bisobola okuviirako omusajja okubulwa obwagazi. Yogerako n'omusawo wo era onoonye engeri endala. Funa okubuulirira okulungi okuva mu Baibuli. Okwennyamira oba okweraliikirira kuyinza okuva ku bulumi obutasonyiyibwangako, okwesalira omusango olw'ebibi oba ensobi ezaayita ezitagonjoolwa nga tuyita mu kusonyiwa, ebikolwa eby'ekibi ebitayatulwa, obulimba obw'emisambwa obukkirizibwa ng'obutuufu ku ggwe kennyini, n'okutabulwa ku ndowooza ya Katonda gy'akukwatako oba ky'olina okukola okukkirizibwa Ye.
3. Omira empeke za Puleesa? Kino kikosa amaanyi gekisajja no beera nga toyima. Kino kiba kiswaza nga omusajja. Omwami no mukyala kirungi okugenda mwenna okwekebeza sukaali mukusomozebwa okwo era nokumanya buzibu ki obuli mu kumira empeke za Puleesa. Okukyusa eddagala kiyinza nakyo okugonjoola ensonga. Dokita asobola okuwa amagezi okozese empeke za viagra, Levitra, or cialis okusobola okuyima.

Ekituufu kiri nti omusajja alina okuyiga okusanyusa mukyala we mu mubiri yadde nga ye tanamala. Abakyala bangi betabye mu kikulwa kyokwegatta ne ba bbabwe nebatatuuka ku ntikko yomukwano olusi nebatuukayo. Lwaki kino kikirizibwa eri abasajja okusanyusibwa yadde nga okusanyusibwa kwo mukyala kutono oba tekuliwo. Yee, omukyala omulungi alina okuba omwetegefu era nga mumalilivu okwetaba mu kikulwa ekyokwegatta n'omwami we nga tali mu mbeera ya kwegatta, naye n'omwami omulungi alina okuba omwetegefu okutuukiriza obwagazi bwa mukyala we ng'oggyeeko obubwe.

Omwami ayagala mukyala we n'ayagala okumutuukiriza mu by'okwegatta asobola okukikola nga talina busobozi oba okwagala okutuuka ku ntikko ye kennyini. Kino kijja kutwala empuliziganya entuufu ku bukodyo n'okwagala buli omu okunoonyereza ku makubo amapya ag'okwegatta, mpozzi nga bakozesa ebizigo, okusiiga, emikono, akamwa, n'ebifo.

Labo Ekyongerezeddwako P: Obwesige n'okusonyiwa okukuyamba okutegeera n'okussa mu nkola okusonyiwa mu bufumbo bwammwe. Wesige Katonda n'amakubo ge, era saba awonye era awe omukisa obuwulize bwo.

Essaala Ey'obwesimbu Ekwata Ku Mukwano

Mukama, nyamba okwesiga lwaki Watonda akaboozi. Nkimanyi si kumbonyaabonya oba okunfuga, wabula kirabo kya kukugulumiza. Nnyamba okusonyiwa munnange olw'okunnumya mu biseera ebiyise mu nsoga eno, era mpa ekisa okusaba okusonyiyibwa buli kye nkoze ekitali kikyoy. Njigiriza engeri y'okukitunuulira nga Ggwe wakikola — n'obwagazi, obugonvu, n'okwefiiriza — n'okumanya nti omubiri gwange si gwange wabula kirabo eri munnange okuwa omukisa n'okuleeta okutuukirira mu mubiri.

Ggyawo okutya n'okuteebereza kwange ku mubiri gwange obwereere bwange buleme kukwekebwa oba okuswala. Nnyamba okugabana mu lwatu ebyo ebinsanyusa mu mubiri n'okuyiga engeri y'okusanyusaamu munnange. Ggyawo embeera zange ez'okwefaako n'okutya ebifudde ekirabo kino ekintu ekitono ennyo okusinga kye Wakifuula. Kyonna ky'okoze kirungi Mukama, era ekyo kizingiramu akaboozi.

Kuuma ebirowoozo byange okuva ku birooto eby'okwefaako nzeka oba eby'ensi eno ebyandiyonoonye ekirabo kino ekirongoofu okuva gy'oli. Fuula omutima gwange okwebaza mu mazima olw'akaboozi, era onfuule omwetegefu okufuna essanyu lye wansobozesa okuwulira.

Mukama, Wanfuula ekitonde eky'okwegatta ekisobola okuwa n'okufuna okutuukirizibwa okw'okwegatta mu bufumbo bwange, era ekyo nkikwebaza. Nsaba Mukama obeere n'engeri Yo mu bintu byonna eby'obulamu bwange ne mu bufumbo bwaffe. Katonda webale nnyo kulwa akaboozi. Amiina.

Ekyongerezeddwako O: Akaboozi Mu Bufumbo Eri Abakyala

Baibuli esomesa ebintu bibiri ebyomugaso eri ekikolwa kyokwegatta mu bufumbo: okuzaala (olubereberye 1:28, Ekyamateeka 7:13-14,) era essanyu/okwesanyusaamu (oluyimba 4:10-12, Engero 5:18-19). Okwegatta okwa namaddala kitundu ku nteekateeka ya Katonda okutuyamba okufuuka omuntu omu eri munne. Ekikolwa kino ekyokwegatta mu mukwano okilaba nga ekilabo ekyava eri katonda okukinyumirwa no mwagalwa wo yekka?

Okwegatta mu mukwano kilabo kyava eri katonda eri abantu. Era nga mukama katonda yakitondera abantu abafumbiddwa awamu mu bufumbo obutukuvu. Yatutonda omusajja no mukazi nobusobozi bombi okuzaala abaana, nokutukiriza ebyo ebilabwako era nokuwulira obwagazi buli muntu ne munne mu kwegatta. Okuyita mu nkolagana y'okwegatta, ng'omwami n'omukyala, tufuna omukisa okweyanjula buli omu ng'ekirabo eri munne okufuuka ow'omukwano Katonda ky'ayita "omuntu omu" nga bwe tugabana emibiri gyaffe.

Eno nteekateeka ya Katonda eyokwegatta. Naye okwonoona kwo muntu nobulimba bwa sitan okubikka ekilabo kya katonda jetuli. Abantu bangi basikiribwa ebikolwa byensi nekikyusa okutukuzibwa kwa katonda okwokwegatta nekifulibwa ekibi. Olusi n'okulowooza ebiwoozo ebibi. Embala zaffe mukwegatta mu mukwano ziva olusi kunsomesa za bazadde baffe oba omuntu byaba yayitamu okuva mu buto, nebyo byeyafuna mu mikwano je, obutambi bwobuseegu, okukakibwa omukwano, nengeri jabeera yasalangawo mu byokwegattanga. Jukira olukwe lwa sitan, okuzikiriza oba okukola obubi ebintu katonda byeyatonda ebirungi nga mwotadde okwegatta mu kikulwa ekyomukwano.

Abagalana ababiri bwebasisinkana neba fumbiriganwa mu bufumbo naye nga tebalina kyebamanyi mu kwagala kwa katonda, nga bakola bye bagala era nga bo ekikolwa kyokwegatta nga bakilaba, bakalubilizibwa okutukiriza no kukuuma enkolagana yomukwano mu kwegatta.

Omukwano omugimu era omulungi gusenziira ku bino wammanga:

- Okukiriza nti okwegatta mu kikulwa ekyomukwano kilabo ekyava eri katonda okukinyumirwa eri abafumbo bokka.
- Okuvunanyizibwa no kufuna okwegatta n'omukwano ogwesigamya ku byawandikibwa nga tewemalirira wekka.
- Okuteeka mu nkola obwesigwa nokutekawo empuliziganya wakati womwami n'omukyala okusobola okuleeta obusimu bw'omukwano buli omu eri munne.
- Okumanya ekikolwa ekyokwegatta nga mukwatagana mwembi.

Ebigezo Bya Bakyalala

Bw'oba walina abazadde abaagalana mu mukwano omunene abaakuyigiriza endowooza ya Baibuli ku by'okwegatta, olwo kivaamu nti olina okuba n'ebisuubirwa ebirungi n'okucamuka olw'okwegatta n'omwami wo. Ne bwe kiba nti kino tekyali kyafaayo kyo kyennyini, omugole ateredde mu ngeri eya bulijjo atera okwesunga obulamu obw'okumatizibwa mu by'okwegatta n'okusanyuka mu bufumbo. Naye, ekiseera bwe kigenda kiyitawo, essuubi n'ebisuubirwa bisobola okukyuka olw'ensonga ezitali zimu. Oboolyawo okwegatta n'omwami wo mu ngeri etamatiza enfunda n'enfunda, obutayagala kufuna kulagira kwonna okuva gy'oli, okufuna embuto, okukuza abaana, n'okusoomoozebwa okulala mu mukwano bikuzikizza essanyu lyo mu by'okwegatta era bikyusizza endowooza yo ku kuggwaamu amaanyi n'okwagala okwewala okwegatta.

Bwoba nga olina byowakanya mu kwegatta oba enkolagana yokwegatta n'omwami wo, olina okumanya ensonga lwaki. Bwoba nga katonda yateekawo ekyo ekintu era n'agamba nti kigenda Kuba kitundu tundu mu nkolagana yaffe mu bufumbo, awo tulina okukilaba nga kilungi era nga tuli betegefu okuyiga engeri entuufu eyokikolamu. Kyetagibwa okukiyisa mu ngeri yemu nomugaso gwokuwuliziganya n'omukwano bwegwetagibwa.

Eky'ennaku, abafumbo Abakristaayo bangi bafuna okwegatta okutatuukirizibwa era tebamanyi ngeri ya kukifuula kisingako. Ensonga z'obujjanjabi n'ez'omubiri ziyinza okukosa omu ku bafumbo. Emirundi egisinga obungi, obutamanya, okwefaako bokka, oba okwetamwa bikosa bubu ekitundu kino mu bufumbo. Mu mukwano gwonna ogw'obufumbo, waliwo ebiro bye tulina okwegaana n'okugumiikiriza olw'ensonga z'obujjanjabi, embuto, obuvune mu bulamu n'ebirala. Kyokka, embeera eyo bw'etaba yaluberera, tulina okufuba okulaba ng'omukwano gwaffe ogw'okwegatta gutuukiridde.

Bw'oba olina endowooza embi ku by'okwegatta oba ku nkolagana y'okwegatta ne munno, olina okusalawo ensonga lwaki. Bwe kiba nti Katonda yakola ekintu n'agamba nti kya kubeera kitundu ku mukwano gwaffe mu bufumbo, olwo tulina okukiraba nga kirungi era tubeere beetegefu okuyiga engeri y'okukiwaayo mu ngeri esinga obulungi. Kyetaaga okutwalibwa n'obukulu bwe bumu ng'empuliziganya oba obwetaavu obulala bwonna obw'omukwano.

Eky'ennaku, abafumbo Abakristaayo bangi bafuna okwegatta okutatuukirizibwa era tebamanyi ngeri ya kukifuula kisingako. Ensonga z'obujjanjabi n'ez'omubiri ziyinza okukosa omu ku bafumbo. Emirundi egisinga obungi, obutamanya, okwefaako bokka, oba okwetamwa ebikosa obubi ekitundu kino mu bufumbo. Mu mukwano gwonna ogw'obufumbo, waliwo sizoni lwe tulina okwegaana n'okugumiikiriza olw'ensonga z'obujjanjabi, embuto, obuvune mu bulamu n'ebirala. Kyokka, embeera eyo bw'eba tegenda kufa, tulina okufuba okulaba ng'omukwano gwaffe ogw'okwegatta gutuukiridde.

Ng'omukyala, bw'oba totandikawo oba toli mu kwetaba mu kaboozi buli kiseera, olwo olina okumanya ensonga lwaki n'okola ku nkyukakyuka. Ensonga esinga okuleetera abakyala obutayagala oba okutandika akaboozi si ya mubiri, wabula nsonga ya mutima. Okutwalira awamu emirundi gy'okwegatta n'obwetaavu bw'okutuuka ku ntikko buli mulundi si kye kimu ku bakyala n'abasajja. Abasajja batera okwetaaga emirundi mingi mu byombi. Kale okwegomba ki okusalawo okwegatta? Ssi kimu kwebyo, kubanga ng'okwefiiriza n'okusadakka byetagisa okukolebwa buli omu mu biseera eby'enjawulo okusobola okukuuma omukwano ogw'enjawulo era ogw'okwagalagana. Okwekenenya ensonga zino wammanga kiyinza okuyamba okugonjoola ebizibu ebikosa enkolagana y'omukyala n'omwami we.

Kebela Omutima Gwo.

1. Munno alaga nti ayagala okuyiga engeri y'okukwagala n'okukulembeza mu ngeri y'omwami atya Katonda? ___ Yee ___ Nedda
2. Olowooza n'obwesigwa atwala obuvunaanyizibwa bw'ayogera naawe mu ngeri ey'obukambwe? ___ Yee ___ Nedda
3. Olowooza abadde mwetegefu era ayagala nnyo okuyiga engeri y'okufaako n'okukulabirira? ___ Yee ___ Nedda
4. Olowooza famire ye kyekyobusika kyalina ku nsi era akyusizza obudde nembala ye bwabeera ewaka? ___ Yee ___ Nedda
5. Olowooza mwetegefu okukulembera mu kwagala okukuza abaana? ___ Yee ___ Nedda
6. Olowooza akozesa okwekwasa oba nga tayagala kwetonda ng'akozesa obusungu n'okukangavvula abaana mu ngeri enkambwe? ___ Yee ___ Nedda
7. Olowooza obuvunaanyizibwa bwe obw'okulabirira amaka abutwala nga bukulu? ___ Yee ___ Nedda
8. Olowooza abadde mwetegefu okukubaganya ebirowoozo mu kwagala n'okufuna ebiteeso okuva gy'oli ku ngeri, n'emirundi emeka, gy'emulina okwegatta? ___ Yee ___ Nedda
9. Olowooza omusikiriza? ___ Yee ___ Nedda
10. Olowooza alaze obukulembeze obw'omwoyo mu maka? ___ Yee ___ Nedda

Ebibuuzo ebyo waggulu bilaga oburumi nebiwundu byolina, ebisobola okukosa omutima gwo ne gufa eri ensonga yokwegatta. Oburumi obwo bwonna buwonyezebwa na kunsonyiwa. Bwekiba omwami n'omukyala betegefu okusonyiwagana, okuwaayo no kufuna awo muyige buli omu nga musenziira ku byawandikibwa. Kino kisobola ddala okuwonya obulumu nekileeta okutabagana wonna mu mukwano gwamwe.

Lowooza Ku Nyannukula Eye Kibi

1. Obadde wewala okwegatta mu mukwano n'omwami wo osobole okwesasuza, okumulumya? ___ Yee ___ Nedda
2. Okkirizza ekifaananyi ky'ensi eky'emisambwa, ekicaafu eky'okwegatta okwonoona endowooza yo ku kyo? ___ Yee ___ Nedda
3. Okkirizza okwerowoozaako obubi okulemesa omwami wo okunyumirwa omubiri gwo? ___ Yee ___ Nedda
4. Obadde ogaana omwami wo akaboozi olw'okuba tatuukiriza ky'olowooza nti yandibadde akola nga taata oba omukulembeze mu by'omwoyo? ___ Yee ___ Nedda
5. Obadde mwetegefu okukolagana n'omwami wo mu kwolesa engeri gy'ayinza okukusanyusa mu by'okwegatta, era oli mwetegefu okuyiga engeri y'okumusanyusa? ___ Yee ___ Nedda
6. Oddukidde mu bitabo by'omukwano oba pulogulaamu za ttivvi okusobola okutuukiriza ebyetaago byo eby'ebirowooza okusinga okutumbula enkolagana n'omwami wo? ___ Yee ___ Nedda
7. Wabivaako ebyokugezaako okugitereeza? ___ Yee ___ Nedda

Singa ekimu ku by'okuddamu bino kiri nti yee, obeera mu bulabe bw'okufuna ebizibu omuli obwenzi mu nneewulira ne mu mubiri. Ensonga zino zijja kuleta enjawukana wakati w'omwami n'omukyala, ekivaamu okubeera awamu okutali kwa ssanyu nga kuli wala nnyo okuva ku Katonda by'ayagala n'enteekateeka y'obufumbo.

Kituufu nti abakyala beetaba mu kaboozi mu bufumbo nga tebatuuse ku ntikko okusinga abaami. Wali wewunyizaako lwaki kikkirizibwa omusajja okusanyuka mu by'okwegatta ng'alina essanyu lingi nebwekiba nti omukyala awulira essanyu ttono oba nga talina ssanyu lyafuna, naye ekyo bwe kidda ku mwami, ebivaamu bitwalibwa ng'ebitali bya bulijjo, ebivve oba ebitakkirizibwa? Omukyala omulungi alina okuba omwetegefu okwetaba mu by'okwegatta ne bba ng'ate tali "mu muudu," naye mu ngeri y'emu omwami omulungi alina okwagala okusanyusa mukyala we ne bw'aba nga ye kennyini tatuuse ku ntikko. Okutuuka ku ddaala lino ery'omukwano kyetaagisa empuliziganya enzigule era entuufu ku ngeri y'okusanyusaamu buli omu n'okwagala okunoonyereza buli omu ku makubo amapya ag'okusanyuka, oboolyawo nga bakozesa ebizigo, okusiiga, emikono, akamwa, n'okukozesa obukodyo obwenjawulo.

Laba *Ekyongerezeddwako P: Obwesige n'okusonyiwa* okukuyamba okutegeera n'okussa mu nkola okusonyiwa mu bufumbo bwammwe. Wesige Katonda n'amakubo ge, era saba awonye era awe omukisa obuwulize bwo.

Ebizibu by'Omubiri

Enjawulo mu mubiri wakati w'abasajja n'abakazi efuula okulowooza kw'abasawo okukwatagana naddala ku bikwata ku kwegatta okuba okw'amakulu. Katharine O'Connell, MD yagamba nti, "Eri abakyala bibiri ku bisatu, okwegatta kuluma mu kiseera ekimu." Akoze okunoonyereza kungi ku nsonga z'ebyobulamu by'abakyala okuyamba abakyala okutegeera obulungi lwaki bafuna obuzibu nga beegatta.

Dr. O'Connell yannyonyola nti abakyala batera okubonaabona mu kasirise olw'okuba baswala nnyo okwogera oba olw'okuba balowooza nti tewali ddagala. Naye akaboozi bwe kiba kiruma, kikulu okutegeera lwaki n'okitereeza. Yalambika ensonga ezisinga okuviirako obulumi mu kitundu ekitakyasangibwa ku mikutu gya yintaneeti. Ebirowoozo bye bikyusiddwa wansi.

Okukala mu bukyala

Obutaba na buselezi yensonga lwaki balumizibwa mu kwegatta. Waliwo ebifo bibiri ebisobola okuzanyisibwa. Eki soboka munda mu bukazi, awava omusaayi munda mu bukyala wongera okugaziya ebisenge byobukyaala, awo wewava okuyima kwo mukyala. Ekyokubiri Amazzi, agafulumizibwa nga gava munda okufuluma wabweru Obukyaala webutandikira. Obwo bwonna obubonero bulaga nti omukyala yetegese okwegatta mu kikolwa kyomukwano. n'olwekyo okutandika nga tebinnabaawo kiyinza okumuluma. Okukozesa ekizigo nga Astroglide oba K-Y kiyinza okuyamba okumalawo okulumizibwa.

Antihistamines (ku bubonero bwa allergy) lye limu ku ddagala eriyinza okuvaako okukala. Ebirala mulimu eddagala eriweweeza ku kweraliikirira n'okutuuka n'okuziyiza okuzaala. Yogerako n'omusawo wo bwe kiba kyetaagisa. Yogera era obeere mwetegefu okuwa n'okufuna ebiteeso okuva eri munno ku ngeri y'okuyambamu mu kuzannya okukulembera okwegatta.

Okulumizibwa

Okusinga ekigambo ekyo kitegeeza "Obulumi wabweru wo bukyala." Dr. O'Connell agamba nti abakyala 16 ku buli 100 balina embeera eno, era n'abasawo n'okutuusa kati tebategeera kigireeta. Abakyala batera okukyogerako ng'okwokya, okuluma, okusiiyibwa, okunyiiga oba okuwulira nga mbisi wabweru wo bukyala n'eku matama go obukyaala. Oluusi kiruma ne bwe baba batudde oba nga batambula. Dr. O'Connell yawa amagezi okugenda ew'omusawo omukugu mu bulumi mu nseke (omusawo wo asobola okusanga ku nva.org) oba okwogera n'omusawo wo. Ebizigo ebiteekebwa ku mubiri n'eddagala eriweebwa mu kamwa (nga mw'otwalidde n'eddagala eriweweeza ku kweraliikirira) nabyo bisobola okuyamba.

Ensundo

Obulwadde bw'ensundo kye kimu kubiyinza okubaawo. Noonya ebizimba ebiringa embalabwe ebirabika ng'ebizimba ebitangaavu ku musingi omumyufu. Singa wabaawo ekintu kyonna

ekirabika ng'ekiteeberezebwa, laba omusawo w'abakyala. Togenda ku google kunonya bifaananyi bya nsundo; bijja kutiisa n'okukuwuniikiriza

Obulwadde Bwa Kandida

Okukula kuno okusukkiridde okwa candida kutera okuleetera wbaweru w'obukyala, n'omumwa gwa nnabaana okusiyibwa, okuzimba, n'okuwulikika mu ngeri etategeerekeka. Abamu beemulugunya olw'okuwulira ng'omusenya nga beegatta. Obubonero bwe bugonvu, okusiiwa n'okufulumya ebyeru nga kyekutudde nga amata amafu okuvaa mu bukyala. Obujjanjabi obwangu busobola okubugogola mu nnaku ntono okutuuka ku wiiki emu. Bwe kitaba bwe kityo, laba omusawo w'abakyala akebere oba nga toline ndwadde z'ekikaba (STDs) n'endwadde endala nga bacterial vaginosis (BV).

Okukuba Omumwa gwa nnabaana

Dr. O'Connell agamba nti abakyala 20 ku buli 100 balina nnabaana akusiddwa emabega ekitegeeza nti ekitundu kino kidda emabega nga kidda ku ggumba ly'omukira gwo muntu mu kifo ky'okudda mu maaso nga kyolekera akatago. Kino kyanguyira obusajja okusiimuula ku nnabaana. Naye akabenje kano kasobola okutuuka ku mukyala yenna nga yeegatta mu bukodyo oburimu okuyingira n'okufumita mu buziba. Bwe kiba "kiwulikika ng'asika nnabaana wo waggulu mu lubuto lwo," gezaako okwekyusa mu odde mukifo eky'enjawulo. Okugalamira ku ludda lwo oba okubeera waggulu kiyinza okuwa okupima engeri munno gy'ayingira mu buziba n'obwangu bwakozesa.

Ekizimba ky'enkwaso

Singa obulumi buba ku ludda lumu lwokka, kiyinza okuba ekizimba ky'enkwaso. Enkwaso zikola ebizimba buli mwezi. Akatono kakula okwetooloola eggie erikula n'oluvannyuma ne kabiika okulifulumya ng'eggie lifulumya. Naye singa ekizimba tekibula mangu nga bulijjo, kiyinza okuzimba n'amazzi oba omusaayi ne kikamalako emirembe naddala mu kweegatta. Ebizimba ebisinga bijja kuggwaawo mu wiiki oba emyezi mitono ku bwabyo, naye mu mbeera ezitatera kubaawo, ebizimba ebitaggwaawo biyinza okwetaaga okulongoosebwa. Saba omusawo owa bakyala akukolere sikani okukebera enkwaso zo. Ibuprofen asobola okukendeeza ku bulumi, ate obusimu obuziyiza okuzaala busobola okugoba ebizimba mu biseera eby'omu maaso.

Obulwadde bw'omusulo (UTI).

Singa kiruma nnyo wakati mu bisambi—naddala nga kyokya ng'ofulumya omusulo oba nga weetaaga okufuka muli kasera—laba omusawo akuwe eddagala eritta obuwuka. (Nedda, omubisi tegujja kuguwonya.)

Obulwadde bwa Nabaana (Endometrosis)

Eno ye mbeera ng'ebitundu ebirabika era ebikola ng'oluwuzi lwa nnabaana bikula ebweru waayo —ku nkwaso, ku nseke, oba wadde ku bbugwe w'olubuto. Ng'oggyeeko okwegatta

obutanyuma, era kiyinza okuvaako okulumwa ekisambi buli kiseera n’obulumi bwogenda mu nsonga. Okuziyiza okuzaala nga bakozesa obusimu bwe bujjanjabi obusinga obulungi.

Obulwadde bw’okuzimba ekisambi (PID) (Pelvic Inflammatory Disease - PID)

Ekirala ekiyinda okuvaako obutabeera bulungi bwe bulwadde bw’okuzimba ekisambi, obutera okuva ku yinfekisoni etajjanjabiddwa nga chlamydia oba enziku eziyingira mu nnabaana ne mu nseke. Okutuusa lwe zituuka ku mutendera guno ogw’oku ntikko, endwadde z’ekikaba, ng’oggyeeko obulwadde bwe kizimba kye enkwaso, kumpi tezireeta kulumimizibwa mu kwegatta ku bwazo. Obubonero obulala obwa PID buyinza okuba okulumwa olubuto, omusujja, n’okufulumya amazzi agawunya. Laba omusawo wo amangu ddala nga bwe kisoboka. PID etera okuwona n’eddagala eritta obuwuka, naye kisobola okukosa okuzaala singa tebujjanjabwa.

Obulwadde bwa akataago (Interstitial Cystitis -IC)

Okuzimba kuno okw’akataago kuleeta okulumwa ng’ofulumya omusulo n’obwetaavu obw’amangu obw’okugenda emirundi mingi. Kitera okuzulibwa obubi nga UTI etali ya bulijjo olw’obubonero obufaanagana. Bw’oba ogenda mu kaabuyonjo buli ssaawa n’okulumwa mu kwegatta oba oluvannyuma lw’okwegatta, laba omusawo akukebere era obuuzze ku IC.

Okunyigirizibwa Mukiwato (Pelvic Congestion)

Mu kiseera ky’okuzannya kw’okwegatta n’okusikirizibwa, omusaayi gufubutuka okutuuka mu kiwato. Oluvannyuma lw’okwegatta, ebinywa n’emisawa biwummulamu, ne kisobozesa omusaayi okuddamu okuyingira mu mubiri gwonna. Naye singa ebinywa tebisumulula ate omusaayi ne gutasaasana, kiyinza okuvaako obulumi obuzibu. Si kya bulabe, naye kiyinza obutanyuma. Eddagala erisinga obulungi kwe kutuuka ku ntikko. Singa ekyo tekimalawo buzibu, Dr. O’Connell agamba nti olina okumira 600–800 miligiraamu za ibuprofen nga tonnaba kwegatta okujjanjaba obulumi.

Essaala Ey’obwesimbu Ekwata Ku Mukwano

Mukama, nyamba okwesiga lwaki Watonda akaboozi. Nkimanyi si kumbonyaabonya oba okunfuga, wabula kirabo kya kukugulumiza. Nnyamba okusonyiwa munnange olw’okunnumya mu biseera ebiyise mu nsoga eno, era mpa ekisa okusaba okusonyiyibwa buli kye nkoze ekitali kikyoo. Njigiriza engeri y’okukitunuulira nga Ggwe wakikola — n’obwagazi, obugonvu, n’okwefiiriza — n’okumanya nti omubiri gwange si gwange wabula kirabo eri munnange okuwa omukisa n’okuleeta okutuukirira mu mubiri.

Ggyawo okutya n’okuteebereza kwange ku mubiri gwange obwereere bwange buleme kukwekebwa oba okuswala. Nnyamba okugabana mu lwatu ebyo ebinsanyusa mu mubiri n’okuyiga engeri y’okusanyusaamu munnange. Ggyawo embeera zange ez’okwefaako n’okutya ebifudde ekirabo kino ekintu ekitono

ennyo okusinga kye Wakifuula. Kyonna ky'okoze kirungi Mukama, era ekyo kizingiramu akaboozi.

Kuuma ebirowoozo byange okuva ku birooto eby'okwefaako nzeka oba eby'ensi eno ebyandiyonoonye ekirabo kino ekirongoofu okuva gy'oli. Fuula omutima gwange okwebaza mu mazima olw'akaboozi, era onfuule omwetegefu okufuna essanyu lye wansobozesa okuwulira.

Mukama, Wanfuula ekitonde eky'okwegatta ekisobola okuwa n'okufuna okutuukirizibwa okw'okwegatta mu bufumbo bwange, era ekyo nkikwebaza. Nsaba Mukama obeere n'engeri Yo mu bintu byonna eby'obulamu bwange ne mu bufumbo bwaffe. Katonda webale nnyo kulwa akaboozi. Amiina.

Ek Yongerezeddwako P: Obwesige N'okusonyiwa

Zabbuli 139 eyigiriza nti Katonda amanyi buli omu ku ffe, nti ebikolwa byaffe byonna n'ebirowooza byaffe bimanyiddwa gy'ali ne bwe biba nga tebinnaba kumanyibwa gyetuli. Nga tonnaggulawo mutima gwo eri Katonda, okukkiriza Yesu nga Mukama era Omulokozi, yali amanyi nti ojja kujja. Katonda tayagala muntu yenna kuzikirira; kyokka, okuyita mu kukozeza eddembe ly'okwesalirawo, awa buli muntu eddembe okumugaana.

Okwesiga katonda nebyayita byaffe nokugezesebwa

Abantu bonna ab'oku nsi abalwooza nga si kintu,
era akola nga bw'ayagala mu ggye er'yomu ggulu,
era ne mu abo abatuula mu nsi.

Tewali ayinza okuziyiza ky'ayagala okukola,
wadde okumubuuza nti, "Okola ki?" (Danyeri 4:35)

¹Ayi Mukama, wannoonya nze, wammanya.

²Omanyi bwe ntuula, era ne bwe ngolokoka,
Otegeera okulwooza kwange nga kukyali wala.

³Onoonyeza ddala ekkubo lyange n'okwebaka kwange,
Era omanyi amagenda gange gonna.

⁴Kubanga simuli kigambo mu lulimi lwange,
Laba, Ayi Mukama, ggwe ky'otomanyira ddala. (Zabbuli 139:1–4)

FAYIRO y'AMAZIMA

Omufuzi—Okubeera n'obuyinza
obw'oku ntikko, amagezi
agataliiko kkomo, n'obuyinza
obujjuvu.

Katonda yatonda Adamu ne Kaawa, era yabagaana ekintu kimu kyoka: temulya ku Muti gw'Okumanya Ekirungi n'Ebibi. Naye baalimbibwa Sitaani era, mu bujeemu, ne basalawo okulya ebibala by'omuti ogwo. Kino kyaleeta ekikolimo ky'ekibi ku bantu bonna. Mu Adamu, Katonda yawa abantu eddembe okulonda ebirungi, naye n'akyuka n'adda mu bibi. N'olwekyo bonna kati abasalawo okuddamu okuzaalibwa ng'abaana ba Katonda, olw'okukkiriza mu Kristo, bakyabeera mu nsi eyagwa era bakwatibwako obubi obubeetoolodde. Singa Katonda yakuuma abaana be okuva mu bizibu byonna n'ebibi byonna, abantu bandibadde bakubirizibwa okuddukira gy'ali olw'obukakafu bw'obulamu obwangu. Ensonga eno yennyini ye yatandika ebyaliwo mu ggulu wakati wa Katonda ne Sitaani ku bikwata ku bulamu bwa Yobu.

⁹Awo Setaani n'addamu Mukama nti, "Yobu atiira bwereere Katonda? ¹⁰Tomusizaako lukomera okumwetooloola, ye n'ennyumba ye, ne byonna by'alina? Owadde omukisa byonna byakola, n'ebintu bye byaze mu nsi. ¹¹Naye kaakano golola omukono gwo omuggyeko byonna by'alina, ajja ku kwegaanira mu maaso go." (Yobu 1:9–11)

Katonda yakkiriza Sitaani okugezesa okukkiriza kwa Yobu ng'ayita mu kufiirwa ebintu bye, abaana be, n'oluvannyuma obulamu bwe. Katonda Kitaffe ayagala era taleeta bubi mu bulamu bwaffe; kyokka, olw'ekigendererwa kye n'olw'obulungi bwaffe obw'enkomerero, atukkiriza okukwatibwako okugezesebwa. Yobu yeeyongera okwesiga Katonda mu kubonaabona kwe kwonna, era okukkakkana ng'alina enkolagana ey'oku lusegere n'Omutonzi we n'okuzzaawo emikisa mu bujjuvu.

Yobu yebuza ensonga lwaki Katonda yali amukkiriza okubonaabona. Katonda yali alangidde Yobu okuba omusajja omutuukirivu mu Yobu 2:3, n'olwekyo n'abuuza lwaki. Okumala essuula eziwerako, yabonaabona olw'ensonga eyamuleetera okugezesebwa. Katonda teyaddamu butereevu wabula yakyusa amaaso ga Yobu n'atunuulira amaanyi ge n'ekitiibwa kye, ebyolesebwa mu butonde. Okunoonya kwa Yobu kwatuuka ekiseera ne kumatizibwa okuyita mu kutegeera okusingawo ku bukulu bwa Katonda. Okufaanako Yobu, bwe tufuna ebigezo, tunoonya okunnyonnyola. Era bwe kityo bwe kiri ne ku bufumbo bwaffe n'okugezesebwa okulabika ng'okuzitoowerera ennyo. Ekimu ku bintu bingi bye tuyinza okuyigira ku Yobu kwe kuba nti *lwaki* kibuzo kikyamu. Mu kifo ky'ekyo tusaanidde okubuuza Katonda *kiki*.

Kiki Ky'ogezaako Okunjigiriza?

Kiki ky'oyagala gyendi mu kiseera kino eky'okubonaabona?

Omuntu yenna bw'akemebwanga, tayogeranga nti Katonda ye ankema, kubanga Katonda takemebwa na bubi, era ye yennyini takema muntu yenna. ¹⁴Naye buli muntu akemebwa, ng'awalulwa okwegomba kwe ye n'asendebwasendebwa. (Yakobo 1:13–14)

¹Awo Yobu n'addamu Mukama ng'agamba nti:

²Mmanyi nga ggwe oyinza byonna,

Era nga tewali kigambo kye wateesa ekiyinza okuziyizibwa. . . . ⁵Nnawuliranga buwulizi bye bakwogerangako,

Naye kaakano nkulaba na maaso gange." (Yakobo 42:1–2, 5)

Waliwo ekimu ku bitundu by'obulamu bwo ekisukka amaanyi ga Katonda, amagezi ge, oba obuyinza bwe? Lwaki oba lwaki nedda?

Mbeera ki mu bulamu bwo Katonda gye yali tamanyi nga bukyali nti ojja kwolekagana nayo?

Mu oyo naffe mwe twafuukira abasika, bwe twayawulibwa edda mu kumalirira kw'oyo akola byonna nga bw'ayagala mu kuteesa kwe. (Abaefeso 1:11)

How should you respond to disappointments, difficulties, suffering, and trials?

Singa Katonda yali amanyi byonna ebyali bigenda okubaawo nga tetunnazaalibwa, kiba kitegeza nti, okuyita mu kumanya kwe okwasooka, twategekebwa dda okuyita mu kisa kye okubeera n'obulamu obwatuweebwa. Katonda takugira kugezesebwa oba bubu obutatukwatako, oba okulemesa okusalawo kwaffe okubi, naye asubiza okukola byonna ku lw'obulungi mu bulamu bw'abo abeewaddeyo gy'ali.

Era tumanyi nti eri abo abaagala Katonda era abayitibwa ng'okuteesa kwe bwe kuli, ebintu byonna abibakolera wamu olw'obulungi. ²⁹Kubanga abo bonna be yamanya edda, era yabaawula dda okufaananyizibwa n'engeri y'Omwana we, abeerenga omubereberye mu b'oluganda abangi. (Abaruumi 8:28–29)

Oyinda okusalawo okukuuma obusungu eri abazadde abakumalamu amaanyi, omwagalawo mubufumbo eyakulekawo, mikwano gyo egyakulemesa, oba ddereeva atamidde n'atta omwagalwa wo. Oba tuyinda okussa okukkiriza kwaffe mu Katonda Omufuzi wa byona.

Bwe tujja eri Kristo, twesigisa Katonda n'enkomerero yaffe ey'olubeerera. Era tulina okumwesiga n'embeera zaffe ez'emabega n'ez'omu kiseera kino. Kristo asobola okutubudaabuda n'okutunyweza mu kugezesebwa kwaffe n'okutuyisamu era asobola okuggya ebirungi mu bubu. Okuyitira mu kukkiriza n'obuwulize bwaffe kwokka Katonda mw'asobola era ajja kutuwa emirembe n'okuleeta ettendo, n'ekitiibwa eri Mukama waffe Yesu Kristo.

Nnyonyola ennyiriri zino kye zitegeeza n'engeri gye ziyinda okukozesebwa mu mbeera zo.

⁶Obwo bwe mujagulizaamu, newakubadde nga mwanakuwazibwa mu kukemebwa okutali kumu akaseera akatono kaakano, oba nga kibagwanira, ⁷okugezebwa kw'okukkiriza kwammwe okusinga omuwendo ezaabu eggwaawo, newakubadde ng'egezebwa mu muliro, kulyoke kulabike okuleeta ettendo n'ekitiibwa n'okugulumizibwa Yesu Kristo bw'alibikkulibwa. (1 Peetero 1:6–7)

Okugezesebwa Kwaffe N'ebibonyoobonyo Byaffe

Ekigambo kya Katonda kiyigiriza nti okugezesebwa n'ebibonyoobonyo kitundu ku bulamu bw'Ekikristaayo.

Ebyo mbibabuulidde, mube n'emirembe mu nze. Mu nsi mulina ennaku: naye mugume; nze mpangudde ensi.”(Yokana 16:33)

Yesu atugamba nti tusobola okufuna emirembe era nti awangudde ensi, naye wakati mu kugezesebwa twebuza nti, “Lwaki? Ekigendererwa kya Katonda kye ki?” Nga omulongoosa bw'ateeka zaabu atali mulongoose mu kibya n'ayongeramu ebbugumu okuleeta ebisasiro (obucaafu) ku ngulu, Katonda akkiriza abaana be abaagalwa okugenda mu kibya ky'okubonaabona okulongoosebwa n'okufuulibwa ekifaananyi ky'Omununuzi waffe, Yesu Kristo.

Alituula ng'oyo alongoosa effeeza n'agimalamu amasengere, era alirongoosa batabani ba Leevi, era alibasengejja ng'ezaabu n'effeeza; okutuusa lwe baliwaayo eri Mukama ebiweebwayo mu butuukirivu. (Malaki 3:3)

Singa twesiga obulungi bwa Katonda n'ekigendererwa kye, emitima gyaffe gijja kujjula okwagala, essuubi, n'obwesige bwa Yesu Kristo. Abalala bajja kulaba obutuukirivu bwa Yesu Kristo nga bukolebwa mu ffe.

Ojjukira Abaruumi 8:28–29? Katonda tagamba nti ebintu *ebimu* bikolera wamu olw'eborungi, wabula *byonna*. Ekikulu kwe kukkiriza. Singa tusalawo okukkiriza ebisuubizo bya Katonda n'okumwesiga mu kugezesebwa kwaffe kwonna n'ebibonyoobonyo byaffe, tujja kuba bawanguzi, era Katonda ajja kugulumizibwa. Mu kitundu kino, “eri abo abaagala Katonda” kitegeeza abo abafunye Yesu nga Mukama era Omulokozi, nga muno mulimu okutegeera nti ekigendererwa kya Katonda mu bulamu bunu kwe kutununula okuva mu maanyi g'ekibi, ekivvuunulwa okufuuka omuntu asobola okulonda obutuukirivu okusinga obubi, ekitiibwa kidire Katonda.

Naye Katonda yeebazibwe, atutwala bulijjo ng'abawanguzi mu Kristo, era naatukozesa okumumanyisa mu bantu bonna, ng'evvumbe erisaasanira wonna.
(2 Abakkolinso 2:14)

Oli mwetegefu okwesiga Katonda n'okugezesebwa n'okusoomoozebwa mu bulamu bwo? ___
Yee ___ Nedda

Oli mwetegefu okukkiriza Katonda okukyusa obulamu bwo ng'ayita mu kugezesebwa kuno?
___ Yee ___ Nedda

Oli mwetegefu okwesiga Katonda ng'okola okuyita mu bulumi n'okugezesebwa kuno mu bulamu bwo? ___ Yee ___ Nedda

Waliwo ebiseera, Yesu bw'ayogera, Katonda lw'atasobola kukuggyako kizikiza, naye mwesige. Katonda ajja kulabika nga owomukwano atalina kisa, naye si bwe kiri; Ajja kulabika nga Taata atafaayo, naye si bwaali; Ajja kulabika ng'omulamuzi atali mwenkanya, naye si bwe kiri. Kuuma endowooza engamba nti ebirowoozo bya Katonda bili emabega w'ebintu byonna mu ngeri ennywevu era ekula. Tewali kibaawo mu ngeri yonna okuggyako nga okwagala kwa Katonda kuli emabega waakyo, n'olwekyo osobola okuwummulira mu kwesiga okutuukiridde mu ye. — Oswald Chambers, *My Utmost for His Highest (Ekyange Ekisingayo eri Oyo Asinga Obukulu)*.

Omuwendo Gw'obutasonyiwa

Ebbanja bwe lisonyiyibwa, eddembe ly'okusasulwa liweebwayo. Ekigambo *okusonyiwa* kitegeeza butereevu "*okuwaayo*." Singa omuntu anumya ne mmusonyiwa, mpaayo eddembe okweyongerera okunyiiga. Kino kimenya ebigo bingi ebivaako obuzibu mu nneewulira n'eby'omwoyo. Okusonyiwa omuntu kitegeeza okuwaayo ebituluma eri Katonda, okumuleka okubituggyako. Mu ngeri eno tuwaayo ebirowoozo byonna eby'obusungu bye tuyinza okuba nabyo ne tumalawo ebikolwa eby'okwesasuzza.

Nga Katonda bw'atusonyiwa, naffe tusonyiwa omusango. Katonda alagira tusonyiwe abalala nga bwe yatusonyiwa. Ekigambo okusonyiwa kiva mu Luladini, *perdonare*, ekitegeeza "*okuwaayo ku bwereere*." Okusonyiwa okwa nnamaddala tekusaanidde, era kwa bwereere. Si kifo kyaffe okusalawo eky'obwenkanya—tuyitibwa okusonyiwa. Mu Byawandiikibwa, okwerabira kitegeeza "okuvva ku amaanyi g'omuntu."

Bwe tugaana okusonyiwa, wabaawo omuwendo gwe tulina okusasula. Obutasonyiwa, obutayagala kuleka bisobyo bwe tukkiriza nti omuntu omulala atusobeza, kivaamu embeera embi ey'enneewulira. Ekisinga okubeerawo kwe kunyiiga, ekitegeeza "okuddamu okuwulira." Obusungu bunywerera ku bulumi obwayita, ne buddamu okubuwangaaza enfunda n'enfunda.

Craig Caster

Obusungu, okufaananako okulonda ekikuta, bugaana ebiwundu byaffe eby'ebirowoozo okuwona.

mulabe waleme kubaawo omuntu yenna asubwa ekisa kya Katonda, era mwekuume "ekikolo kyonna eky'okukaawa" kiremenga okuloka mu mmwe, okugwagwawaza abangi; (Abaebbulaniya 12:15)

Obukaawu bulinga ekikolo ekiwanvu ekisimbibwa mu mutima gw'omuntu, oluvannyuma ne kikula ne kibala ebibala. Kyokka, mu kifo ky'okuliisa abalala, ekibala kino ekikaawa kinoona n'abalala.

Abantu abasinga obungi tebakkiriza mangu nti batereka obutasonyiwa, obusungu, oba obukaawu kubanga bakitegeera ng'okwanukula oluvannyuma lw'okulumwa. Embeera yaabwe bagilaba ng'entuufu era banoonya abalala okuwuliriza okwemulugunya kwabwe oba okubasaasira. Abaefeso eyigiriza nti wajja kubaawo obukakafu obutagambika mu bulamu bw'omuntu ssekinnoomu nti omuti ogukaawa ogw'okunyiiga gukula munda mu mutima gwe.

Okukaawa kwonna n'obusungu n'obukambwe n'okukaayana n'okuvuma bibavengako, awamu n'ettima lyonna. (Abaefeso 4:31 NASB)

Waliwo ku bino ebitera okubeerawo mu bulamu bwo?

- Amalala
- Okwefuula omutuukirivu
- Okwesaasira
- Okutaataaganyizibwa mu nneewulira
- Okweraliikirira, okusika omuguwa oba situleesi
- Ebizibu by'ebyobulamu
- Obuzibu mu kulya
- Okwekkirizaamu mu ngeri etali nnungi
- Obutabeera na bwesige mu mukwano
- Obutabeera na mukwano mu bufumbo
- Obutakola bulungi mu by'okwegatta
- Okusala omusango oba okunyenya abalala
- Entondo nga kyangu okunyiiga
- Obutabeera na mirembe oba essanyu
- Okuwulira ng'oli wala ne Yesu
- Okutya okukulembera ng'omwami
- Okutya okugoberera ng'omukyala

Lwaki Osonyiwa?

Ng'oggyeeko okusaanyizibwawo mu nneewulira n'embeera z'abantu okuva mu butasonyiwa, tubanjibwa okusonyiwa.

Katonda akiragira.

Okugondera Katonda si kya kwesalirawo. Okusalawo ddi lwe tunaagondera ebiragiro bye era ddi lwe tutaagondera ebiragiro bye kituleetera obulamu obutabala bibala, obutakola bulungi, era obugumba mu by'omwoyo.

Naye mwagalenga abalabe bammwe mubakolenga bulungi, mwazikenga nga temusuubira kubaddiza; n'empeera yammwe eriba nnyingi, nammwe muliba baana b'Oyo Ali waggulu ennyo: kubanga ye mulungi eri abateebaza n'ababi. 36Mube n'ekisa, nga Kitammwe bw'alina ekisa.”(Lukka 6:35–36)

Awo bwe munaayimiriranga nga musaba, musonyiwenga, bwe mubanga n'ekigambo ku muntu; ne Kitammwe ali mu ggulu abasonyiwe ebyonoono byammwe. (Makko 11:25)

FAYIRO y'AMAZIMA

*Ekiruyi—Obusungu
obw'amaanyi, obw'okwesasuza*

*Obusungu—Embeera
y'ebirowoozo emanyiddwa
olw'okweraliikirira n'okukola ku
kusoomezibwa kw'obulamu
n'obunyiivu.*

*Okwogera obubi—Ebigambo
ebitali bya kisa, okuvuma
omuntu, okuleekaana,
okuvvoola, okwonona erinnya
ly'omuntu olw'amawulire
amabi, okuvuma, okulimirira,
n'okutyoboola erinnya lye.*

*Obubi—Enneewulira
ez'obukyayi ze tukuza mu
mitima gyaffe. Okwagala
okulaba omulala
ng'abonaabona oba
okweyawula ku muntu oyo, nga
tetwagala kukola ku
kutabagana.*

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Mu kusonyiwa, twetikka ekifaananyi kya Yesu.

Ng'Abakristaayo, tuyitibwa okutwala erinnya lya Kristo mu nsi eyabula. Ekigambo *Omukristaayo* kitegeeza "Kristo omuto." Kristo yayolesa okusonyiwa, n'ajja ku nsi kuno, n'afa okuteekawo okusonyiyibwa kw'abalina omusango, era n'alagira ekkanisa okulangirira okusonyiyibwa. Okusobola okwetikka ekifaananyi kye tulina okuba abeetegefu okusonyiwa abalala nga bw'atusonyiwa.

*Awo Yesu n'agamba nti, "Kitange, basonyiwe; kubanga tebamanyi kye bakola."
Ne bagabana ebyambalo bye, nga bakuba akalulu. (Lukka 23:34)*

*ayogera ng'abeera mu ye kimugwanira naye yennyini okutambulanga era nga ye
bwe yatambula. (1 Yokana 2:6)*

Okusonyiwa kukomya obulumi, okunenya, n'ebigo.

Okusonyiwa kuleeta okuwona eri omuntu alumizibwa era kukola ng'eddagala eriwonya obutwa bw'obusungu. Kyokka tekukola ku nsonga zonna ez'okunenya n'obwenkanya wabula kutera okusuulirira ddala ensonga ezzo. Obulumi n'okunyiiga birekebwa Katonda, ate ng'okuwaayo okusonyiwa mu buwulize kireeta eddembe era kisobozesa omuntu okutandika obuggya mu mukwano.

Amazima gano galagiddwa mu bulamu bwa Yusufu, obusangibwa mu Olubereberye 37–45. Baganda be ba mulyamu olukwe n'atundibwa mu buddu, yagaana okukkiriza ekikolo ky'obusungu okumera mu bulamu bwe. Oluvannyuma lw'emyaka nga baawukanye, famire ye bweyadamu okusisinkana, Yusufu yawa obujulizi ku mulimu Katonda kwe yali akoze mu bulamu bwe ng'ayita mu kusonyiwa, nga lyolesebwa amannya ga batabani be.

⁵¹Yusufu n'atuuma omwana omubereberye erinnya Manase; eritegeeza nti, "Katonda aneerabizza ennaku yange yonna." ⁵²N'ow'okubiri n'amutuuma erinnya Efulayimu; eritegeeza nti, "Katonda anjalizza mu nsi ey'okubonaabona kwange." (Olubereberye 41:51–52 NASB)

Mu kitundu kino, okwerabira tekitegeeza kulekera awo kujjukira. Kitegeeza "okuleka," oba okulekera awo okukkiriza obulumi okufuga obulamu obuliwo kati. Okubala ebibala kwa Yusufu kwalina akakwate butereevu n'okussa obwesige bwe mu bufuzi bwa Katonda n'okusonyiwa abalala. Mu kifo ky'okukubisaamu okulumwa kwe ng'akuwulira enfunda n'enfunda (okunyiiga), Yusufu yasalawo okwesiga Katonda ng'omulabirizi w'ebintu byonna ebibaawo mu bulamu bwe.

Obutasonyiwa kutusibira mu biseera eby'emabega era ne kusiba obusobozi bwonna obw'obulamu obuvaamu ebibala.

Emyaka Yusufu gye yamala mu Misiri, yakkiriza Katonda okuwonya omutima ogwali gumenyedwa baganda be bennyini. Oluvannyuma, bwe yaweebwa omukisa, yayolesa okuwona kwe ng'ayita mu bikolwa eby'okwagala, okusonyiwa, n'ekisa eri baganda be.

⁵Ne kaakano temunakuwala, so temwesunguwalira, kubanga mwantunda muno; kubanga Katonda ye yankulembeza okubawonya mmwe mu kufa. ⁶Enjala yaakamala mu nsi emyaka ebiri; ate ekyasigaddeyo etaano, gye batagenda kulimiramu newakubadde okukungula. ¹⁵Yusufu n'anywegera baganda be bonna, nga bw'akaaba amaziga; n'oluvannyuma baganda be ne banyumya naye. (Olubereberye 45:5, 6, 15)

Tewaaliwo kunenya era tewaaliwo kunnyonnyola kwetaagibwa, eddobozi lyokka ery'okusaasira n'okusonyiwa. Ekkubo lyaggulwawo Yusufu ne baganda be okuddamu okukolagana batandike omukwano omupya.

Bwatyo mu mirembe egigenda okujja alyoke alage obugagga obusinga ennyo obw'ekisa kye mu bulungi obuli gyetuli mu Kristo Yesu (Abaefeso 2:7 NASB)

Okusonyiwa kuleeta eddembe eri bonna abakwatibwako. Katonda yasumulula Yusufu, naye baganda be bandibadde batwala ennaku yaabwe mu ntaana singa Yusufu teyabasonyiwa. Tusonyiwa kubanga Katonda atusonyiwa mu Kristo. Okusonyiwa okwo kwe kumu, okutasaana era okutali kokolere, okutubanjibwa abalala. Kiwummuza omugugu ogw'okunyigiriza gwe tumanyi ng'okwesalira omusango.

Singa Yesu teyalaga kisa n'okusonyiwa aboononyi, ffenna twandibaddewo emirembe gyonna mu muguwa gwo kusalirwa omusango. Yatwala ekigere ekisoka okujja gye tuli, ekyatusobozesa okutabagana naye.

Okutabagana

Okutabagana kwe kuggyawo obulabe, okugonjoola enkaayana. Kitegeeza nti enjuyi ezitabagana edda zaali za bulabe oba nga zaayawukana. Okutabagana kwonna okutuuse ku buwanguzi kujja kuwerekerwako ekisa n'emirembe okusinga obusungu n'obutabanguko.

FAYIRO y'AMAZIMA
<i>Okutabaganya</i> — Okuzzaawo
enkolagana entuufu,
okugonjoola oba okumulawo
obutakkaanya.

Okukaawa kwonna n'obusungu n'obukambwe n'okukaayana n'okuvuma bibavengako, awamu n'ettima lyonna, ³²era mubeerenga n'obulungi mwekka na

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mwekka, abakwatibwa ekisa, nga musonyiwagananga, era nga Katonda bwe yabasonyiwa mu Kristo (Abaefeso 4:31–32)

Okutabagana kulina okunoonyezebwa ab'omu maka n'abakkiriza abalala mu bulamu bwaffe. Mu nkolagana yaffe yonna ebweru w'embeera y'afamire zaaffe, ensalo ezissa ekitiibwa n'okukuuma omukwano omulungi kikulu.

Naye waliwo ebisera oba embeera ezimu nga okutabagana tekyetaagisa, nga tekusoboka, oba n'okwetaagibwa, gamba ng'omuzadde atulugunya oba eyali omwagalwa wo oba omuntu yena eyakulumya oba omwagalwa wo (omulisa mmanyi, omutamiivu eyakosa oba eyatta omuntu wo, omusomesa oba omutendesi omukadde eyakukosa mu bigambo, n'ebirala).

Ebyawandiikibwa bitulagira okuggyawo obusungu bwonna, okubeera ab'ekisa, ab'omutima omugonvu, era abasonyiwa.

Tuggyawo tutya obukaawu?

Tutabagana tutya n'omuntu gwe twanyiiza?

Tuddaabiriza tutya obulumi bwe tutuusizza ku balala?

Tusonyiwa tutya omuntu atunyiizizza?

Tuyinza tutya okukyusa enneewulira yaffe ku kibi ekikoleddwa?

Bwoba Weetaaga Okusonyiyibwa

Ng'ekikolwa ky'okualawo kwo, olina okukola ebintu bina.

Okusooka okwatula ekibi kyo eri Katonda, musabe akusonyiwe, era saba Omwoyo we Omutukuvu ajjuze omutima gwo okwagala kwe.

¹Wa mukisa oyo asonyiyiddwa ekyonoono, n'aggyibwako ekibi kye. . .

*³Bwe nnasirikiranga ekibi kyange,
naggweeramu ddala amaanyi,*

Olw'okukaaba kwange obudde okuziba.

⁴Kubanga wambonerezanga emisana n'ekiro,

Amaanyi gange ne ganzigweramu ddala ng'amazzi bwe gakalira mu kyeya.

(Seera)

⁵Ne nkwatulira ekibi kyange, n'obutali butuukirivu bwange ne ssibukweka. (Zabbuli 32:1, 3–5)

Bwe twatula ebibi byaffe, ye wa mazima era omutuukirivu okutusonyiwa ebibi byaffe, n'okutunaazaako byonna ebitali bya butuukirivu. (1 Yokana 1:9)

Ebuvanjuba n'ebugwanjuba bwe biri ewala,

Bw'atyo bw'atuggyako ebyonoono byaffe, ne bitubeera wala (Zabbuli 103:12)

Twala akaseera kano okaabirire Katonda. Musabe akusonyiwe, akujjuze Omwoyo we Omutukuvu, era akunyweze okugondera.

Katonda yekka yasonyiwa ebibi. Asonyiwa era yeerabira. Olw'okukkiriza, kkiriza okusonyiyibwa kwa Katonda okujjuvu n'okutukuzibwa.

Okusonyiwa si nneewulira. . . Okusonyiwa kikulwa kya kwagala, era ememe esobola okukola awatali kulowooza ku bbugumu ly'omutima. —Corrie ten Boom

Ekyokubiri, bwe kiba kisoboka, genda eri abo be wasobya, mu bwetoowaze obatulire, era obasabe okusonyiyibwa.

Kale, bw'obanga oleese ssaddaaka yo ku kyoto, bw'osinzira eyo n'omala ojjukira nga muganda wo akuliko ekigambo ky'akwemulugunyiza, ²⁴leka awo ssaddaaka yo mu maaso g'ekyoto, oddeyo, osooke omale okutagabana ne muganda wo, olyoke okomewo oweeyo ssaddaaka yo. (Matayo 5:23–24)

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Wandiika okweyama kwo okugondera Matayo 5:23–24.

Wandiika amannya n’okunnyonnyola mu bufunze ebyo byewetaaga okwogerwa okusobola okusonyiyibwa.

Ebigambo mukaaga ebisinga amaanyi mu lulimi Olungereza bye bino, “nnali mukyamu. Bambi nsaba onsonyiwe.”

Toleka biwugulaza oba ebiziyiza ebirala kulwawo kikulwa kino eky’obuwulize. Gabana okusalawo kwo ne mukwano gwo Omukristaayo eyeesigika, omusabe okusaba naawe era akubanje okuvunaanibwa okugoberera obweyamo buno. Kirungi okunoonya okusonyiyibwa maaso ku maaso. Wabula olw’ebitagisa mu nteekateeka oba okulwanagana okuyinza okubaawo, oyinza okwetaaga okuwuliziganya ku ssimu oba mu buwandiike. Omuntu gw’osobezza bw’aba yafa, genda eri Katonda n’okwatula kwo.

Ekyokusatu, Twala ekiseera buli lunaku ne Mukama mu kigambo kye ne mu kusaba.

Ekimu ku bintu ebingi ebibi ebiva mu butanoonya oba okuwa okusonyiwa kwe kulemesebwa mu nkolagana ne Katonda. Mukama mutendereze nti tatuvaako wadde okutuleka, naye emitima gyaffe gyennyini giyinza okunnyogoga ne gibeera ewala, bwe kityo ne kikosa enkolagana yaffe ey’oku lusegere naye. Katonda yateekateeka ekivvamu kino okutukubiriza okusonyiwa.

Naye musooke munoonye obwakabaka bwe n’obutuukirivu bwe; era ebyo byonna mulibyongerwako (Matayo 6:33)

Wandiika okusalawo kwo okumala obudde ne Katonda buli lunaku ng’osoma Ekigambo kye ne mu kusaba n’okufumiitiriza.

Eky'okuna, fumiitiriza ku makulu g'omusaalaba ne ssaddaaka Yesu gye yawaayo olw'ebibi byo.

Kubanga era naffe edda twali basirusiru, abatawulira, abalimbibwa, nga tuli baddu ba buli kwegomba okubi, n'ebinyumu ebitali bimu, nga tuli ba ttima era ab'obugya, nga tukyayibwa abantu era nga tukyawagana ffekka na ffekka. 4Naye obulungi n'okwagala okw'ekisa okwa Katonda Omulokozi waffe bwe byalabika, (Titos 3:3–5)

Twala akaseera kati okwebaza Yesu olw'ebyo byonna by'akukoledde, olw'okukusonyiwa ebibi byo byonna, olw'enteekateeka ye etuukiridde ey'okukukyusa mu kifaananyi kye, n'olw'ekirabo ky'Omwoyo we Omutukuvu.

Bw'oba Weetaaga Okusonyiwa

Ng'ekikolwa ky'okusalawo, olina okukola ebintu bibiri.

Okusooka, saba Katonda amaanyi okugondera n'okusonyiwa.

Yesu n'addamu n'abagamba nti, "Mazima mbagamba nti Bwe munaabanga n'okukkiriza, nga temubuusabuusa, temuukolenga kino kyokka eky'omutiini, naye bwe muligamba olusozi luno nti Situlibwa osuulibwe mu nnyanja, kirikolebwa (Matayo 21:21)

Katonda yatusubiza okutuwa amaanyi okujjawo ensozi. Luno luyinza okuba nga lwe lusozi lwo olwa Everest!

Buli lwe nneeraba mu maaso ga Katonda ne ntegeera ekintu ku Mukama wange ow'omukisa by'ankoledde e Kalvario, mba mwetegefu okusonyiwa omuntu yenna ekintu kyonna, sisobola kukiziyiza. Saagala na kukiziyiza—Dr. Martyn Lloyd-Jones

Tukimanyi nti Katonda ayagala tusonyiwe abalala. Beera mukakafu nti bw'onoosaba amaanyi gano, gajja kuwebwa.

Ekyokubiri, tegeeza omuntu oyo oba abantu abo okusonyiwa kwo.

Era buno bwe bugumu bwe tulina eri ye, nti bwe tusaba ekintu nga bw'ayagala, atuwulira. (1 Yokana 5:14)

Kale bwe kityo tugobererenga eby'emirembe, n'eby'okuzimbagananga fekka na fekka. (Abaruumi 14:19)

Okwagala Okutabagana

Mu Matayo, Mukama waffe Yesu yabuuzibwa ekibuuzo ekikulu. "Omuyigiriza, etteeka ki erisinga obukulu mu mateeka?" (Matayo 22:36). Eky'okuddamu kye kyalaga amazima amakulu: 37Yesu n'amuddamu nti, "Yagalanga Mukama Katonda wo n'omutima gwo gwonna, n'obulamu bwo bwonna, n'amagezi go gonna. Kino kye kiragiho ekikulu eky'oluberebereye. N'eky'okubiri ekikifaaanana kye kino nti Yagalanga muliraanwa wo nga bwe weeyagala wekka. Mu biragiho bino byombi amateeka gonna mwe gasinziira, era ne bannabbi. (Matayo 22:37–40). Yesu yennyini yagamba nti okwagala kwaffe eri abalala kikulu kyenkanyi n'okwagala kwaffe gy'ali.

Twagala Katonda atusonyiwe, era kino tukisaba buli kiseera era ne twesigama ku kyo. Katonda atulaga okwagala kwe, era tulina okuddamu nga tusooka kumwagala ate oluvannyuma ne twagala abalala. Olunyiriri luno terukubiriza kwagala okwanditutadde mu kukontana n'okwegomba kwa Katonda oba by'ayagala gye tuli, naye lugamba nti okwagala kwonna kwe tulaga eri abalala kulina okuba mu buwanvu bw'okumugondera. Tetulina kussa kwegomba kwaffe oba okwagala okumatiza abalala okusinga obuwulize bwaffe eri Katonda.

naye nange mbagamba nti buli muntu asunguwalira muganda we, aba azizza omusango; n'oyo anaagambanga muganda we nti Laka, asaanidde okutwalibwa mu lukiiko, ate anaagambanga muganda nti, 'Musirusiru,' asaanidde okusuulibwa mu muliro gwa Ggeyeena. (Matayo 5:22)

Ka twongere okutuleeta okutegeera ku bigambo ebiri mu lunyiriri luno. 'Okusunguwalira muganda we' kitegeeza okuyisa omuntu mu birowoozo, mu bigambo, oba mu bikolwa mu ngeri etalaga kwagala. N'abakkiriza bayisa abaagalwa baabwe mu ngeri etali yakwagalwa era ne beekwasa okusinga okunoonya okutabagana.

Ekigambo *Laka* kitegeeza "okunyooma omuntu, okumusalira omusango, oba okumukkiriza nti talina mugaso oba mutono okusinga ggwe mu ngeri emu." Ekigambo *omusirusiru* kitegeeza "oyo atalina mugaso mu mpisa era atagwanidde kulokolebwa." Bino misango gya maanyi abakkiriza bangi gye baluubirira abalala olw'ensonga emu oba endala. Mukama agamba nti, "*kubanga mwagulibwa na muwendo, kale mugulumizenga Katonda mu mubiri gwammwe, egya Katonda*" (1 Abakkolinso 6:20).

Tulina okugulumiza oba okwoleka Kristo eri bonna awatali kotaliza. Ebirowoozo oba enneeeyisa eri abalala ezitali za kwagala oba ezitali za Kristo sizakwekwasa era zeetaaga okwenenya eri Katonda n'omuntu oyo.

Kale, bw'obanga oleese ssaddaaka yo ku kyoto, bw'osinzira eyo n'omala ojjukira nga muganda wo akuliko ekigambo ky'akwemulugunyiza, ²⁴leka awo ssaddaaka yo mu maaso g'ekyoto, oddeyo, osooke omale okutagabana ne muganda wo, olyoke okomewo oweeyo ssaddaaka yo. (Matayo 5:23–24)

Tugenda ddi ku kyoto? Kino kitegeeza okussa ekimu kwaffe ne Yesu, ebiseera byaffe mu kusaba n'okwebaza n'okumusaba mukwegayirira, ebikolwa byaffe ebya buli lunaku eby'okwewaayo n'okwagala okubeera mu ye.

Nze muzabbibu, mmwe matabi: abeera mu nze, nange mu ye, oyo abala ebibala bingi: kubanga awatali nze temuliiko kye muyinza kukola. (Yokana 15:5)

Okubeera kitegeeza "okubeera naye, okubeera mu kutegeera buli kiseera nti ndi yeekaalu y'Omwoyo Omutukuvu." Era kigamba nti bwe tunaakikola, tujja kubala ebibala bingi; kubanga awatali kisa kye tetusobola kukola kintu kyonna. Okugenda ku kyoto kitegeeza okussa ekimu ne Yesu n'obusobozi bwaffe okufuna ekisa ekyetaagisa okubala ebibala n'okugondera by'ayagala.

Okwekebejja Obulamubwo

Bwe tubanjibwa omuntu okusonyiyibwa, oba nga ya kisabye oba nga ffe abakisazewo, Katonda agamba nti kino tulina okusooka okukirongoosa nga tetunnasuubira mukisa gwe n'ekisa kye. Birabo ki eby'okuleeta mu Matayo 5:23? Okuleeta ssaddaaka mu yeekaalu yali nkola ya bulijjo eri Abayudaaya ng'ekitundu ky'okutangirira ebibi byabwe. Ebirabo byaffe leero kwe kutendereza, okumuwa ekimu eky'ekkumi, okusinza, okugondera Mukama n'okumuweereza. Naye Yesu yagamba nti tajja kufuna birabo bino singa waliwo omuntu yenna akubanja okutabagana.

Samwiri n'ayogera nti, "Mukama asanyukira ebiweebwayo ebyokebwa ne ssaddaaka okwenkana nga bw'asanyukira okugondera eddoboosi lye? Laba, okugonda kusinga ssaddaaka obulungi, n'okuwulira kusinga amasavu g'endiga ennume. (1 Samwiri 15:22)

Okuweereza Katonda n'okukolera Katonda tebijja kutereza kizibu kino. Tukubirizibwa okwekebejja obulamu bwaffe nga tetunnakwata kusembera ku mmeza Ya Mukama waffe.

²⁶Kubanga buli lwe munaalyanga ku mugaati guno ne lwe munaanywanga ku kikompe, munaayolesanga okufa kwa Mukama waffe okutuusa lw'alijja. ²⁷Kyanaavanga azza omusango ogw'omubiri n'omusaayi gwa Mukama waffe buli anaalyanga ku mugaati oba anaanywanga ku kikompe kya Mukama waffe nga tasaanidde. ²⁸Naye omuntu yeekeberenga yekka alyoke alyenga ku mugaati bw'atyo, era anywenga ne ku kikompe. ²⁹Kubanga buli alya era anywa nga tategeera makulu ga mubiri, aba yeesalira yekka omusango okumusinga. ³⁰Mu mmwe kyemuvudde mubeeramu abangi abanafu n'abalwadde, era bangi na bafudde. ³¹Naye singa tusooka okwesalira omusango fekka, tetwandisaliddwa musango. ³²Naye Mukama bwa tusalira omusango, atukangavvula, tuleme okusingibwa omusango awamu n'ensi. (1 Abakkolinso 11:26–32)

Emirundi emeka Abakristaayo gye basembera nga tebasoose kwekenneenya mitima gyabwe okulaba oba baba bakuumye obusungu oba nga baakosa omuntu ne bateenenya oba nga tebategese kutabagana?

Temubeeranga na bbanja lyonna eri omuntu yenna, wabula okwagalananga; kubanga ayagala muntu munne, ng'atuukirizza amateeka. (Abaruumi 13:8)

FAYIRO y'AMAZIMA

Okutabagana— Okutereeza ebintu; okukyusa enneewulira oba endowooza y'omuntu eri omulala; oba okusasula ebbanja eribanjibwa.

Ebbanja Eribanjibwa.

Ng'Abakristaayo tulina ebbanja lye tulina okusasula Katonda yennyini ly'agamba nti tulina okusasula abalala: okubaagala mu birowoozo, mu bigambo, ne mu bikolwa. Kuno kw'ogatta n'okusonyiwa abo abatulumya. Abakristaayo bangi bakuuma obukaawu, obusungu oba obutasonyiwa omuntu era ne balaga obutuufu bw'enneewulira zino kubanga omuntu ono tannasasulira nsobi ye oba okutwala obuvunaanyizibwa ku nneeyisa ye. Naye tujja kulumizibwa abalala, n'abo abateekeddwa okutwagala, oba mu butamanya oba mu bugenderevu.

Ekigambo *sonyiwa* kigambo kikozi—kikolwa. Katonda akozesa Ekigambo kye okwogera naawe mu kiseera kino, ng'abikkula amazima ageetaagisa okukola. Okusonyiwa si kyangu. Kiyinza okuyamba okunoonya obuwigizi n'obuvunaanyizibwa bw'Omukristaayo akuze mu by'omwoyo okukukubiriza okulaba nti otukuriza akikolwa kino.

Wandiika okweyama kwo okusonyiwa omuntu oba abantu oba okusaba okusonyiyibwa olw'ebyo Katonda bye yakubikkulira. Weewe nsalesale gy'olina otukuriza akikolwa kino.

"Kubanga bwe munaasonyiwanga abantu ebyonoono byabwe, nammwe Kitammwe ali mu ggulu anaabasonyiwanga." (Matayo 6:14)

Mu mbeera ezimu, olw'ontekateeka eyetagisa, ssente z'entambula, obukuumi gy'oli, oba obusobozi bw'omuntu omulala okusirika ekiseera ekimala okukuleka okwogera ky'olina okwogera, ebbaluwa, email, obubaka bw'okusimu oba okukuba essimu ziyinza okuba emikutu egisinga obulungi.

Byolina Okujjukira Mu By'Empuliziganya

Ensonga zino zikuume mu birowoozo ng'oyogera oba ng'owuliziganya mu buwandiike.

1. Kino okikola olw'okugondera Kitaawo ow'omu ggulu, akwagala era akufaako.
2. Ayagala ove mu buddu n'okunyigirizibwa kw'obadde oyitamu nga kiva ku butasonyiwa.
3. Teweetaaga kunyonyola buli kantu akalaga nti bakusobya.
4. Emirundi mingi naddala ng'asonyiwa omwagalwa wo mubufumbo, ayinza obutamanya ky'akoze okukulumya.
5. Towaliriza balala kukkiriza misango gyabwe.
6. Katonda akuyise okumugondera, so si kubeera munnamateeka avunaana, omulamuzi, oba okugezaako okubaleetera okwatula nti bye baakola bikyamu.
7. Kikuume nga kimpi.
8. Emirundi mingi, olw'enneewulira ey'amaanyi, tusobola okwesanga nga twogedde ebintu bye tutagenderera kwogera ne tutyoboola ekigendererwa ky'olukiiko, embooji, oba ebbaluwa.
9. N'ekisembayo (bwe kiba nga kituufu), saba okusonyiyibwa olw'okubasibira obusungu.
10. Jjukira nti bayinza okuba nga byebaakola byali bikyamu era nga binyiiza, naye obukaawu n'obutasonyiwa kyenkanyi bikyamu.

ku lunaku olwo, okusinziira ku njiri yange, Katonda asala omusango gw'ebyama by'abantu ku bwa Yesu Kristo. (Abaruumi 2:16)

Kyova olema okubeera n'eky'okuwoza, ggwe omuntu, kyonna kyoli, bw'osalira omulala omusango; kubanga mu kusalira abalala omusango, naawe oba ogwesalidde okukusinga; kuba bo bye bakola, naawe agusala by'okolera ddala. (Romans 2:1)

Ekigero kye nsobola era kye ndi omwetegefu okusonyiwa abalala kiraga bulungi ekigero nze kennyini kye nnalaba Katonda Kitange okusonyiwa. —**Phillip Keller**

Okukuuma Obweyamo Bwo obw'Okusonyiwa

Oyinza okusanga olutalo wakati w'Omwoyo n'omubiri ng'omaze okusaba okusonyiyibwa oba okusonyiwa omuntu omulala.

²²Naye ebibala by'Omwoyo kwe kwagala, okusanyuka, emirembe, okugumiikiriza, ekisa, obulungi, okukkiriza, ²³obuwombeefu, okwegendereza: ku biri ng'ebyo tewali mateeka. ²⁴N'abo aba Kristo Yesu baakomerera omubiri wamu n'omululu gwagwo n'okwegomba kwagwo.

²⁵Bwe tuba abalamu ku bw'Omwoyo, era tutambulenga ku bw'Omwoyo. ²⁶Tuleme okwenyumiririzanga obwereere, nga twesunguwaza fekka na fekka, nga tetukwatibwa buggya fekka na fekka. (Galatians 5:22–26)

Obumanyirivu bw'okusonyiwa bujja kukukyusa ne bokolagana n'aabo okumala ekiseera. Katonda afunye obuwanguzi obw'amaanyi mu bulamu bwo, okukutuusa mu kifo kino eky'okwewaayo n'obuwulize. Naye eno ntandikwa yokka. Kati olina okufuba okulaba nti oyita mu nkyukakyuka ezeetaagisa. Kino kijja kwetaagisa okunoonya Katonda buli lunaku olw'amaanyi ge okweyongerayo mu kkubo lyo ery'okusaasira n'okukwatibwa ekisa.

Ng'ekyokulabirako, oyinza okuba nga wasonyiwa omuzadde olw'okuba omukambwe era nga takwagala nnyo era n'omusaba akusonyiwe olw'okukuuma obusungu. Naye bayinza okweyongera okuba abakambwe era nga tebalina kwagala. Mubuntu oyinza okwagala okweyisa mu ngeri gye weeyisaamu edda. Katonda ajja kuba mwesigwa okubaala ebibala bye mu bulamu bwo nga bwewewaayo gy'ali buli kisera.

¹²Kubanga tetumeggana na musaayi na mubiri, wabula n'abaamasaza, n'ab'obuyinza, n'abafuga ensi ab'omu kizikiza kino, n'emyooyo egy'obubi mu bifo ebya waggulu. (Abaefeso 6:12)

Olina okukijjukira nti obuwulize bwo mu kusonyiwa tebwagenderera nti munno (oba omuntu omulala) an'akyuka. Bwebewaayo eri Mukama, bajja kulaba ekisa kya Katonda, okuwonyezebwa, n'obusobozi bw'okukyuka. Katonda yekka y'asobola okukyusa emitima gyaffe n'okuzza obuggya ebirowoozo byaffe, naye kijja kubaawo nga *twewaayo* gy'ali.

Tuli mu lutalo olw'omwoyo buli lunaku. Omulabe, Sitaani, tayagala ogondera Katonda oba obeere n'obuwanguzi ku kibi ne ku bukosefu. Ajja kulumba ebirowoozo byo n'ebijjukizo, ebirowoozo ebibi, obulimba, ebikemo, n'okusalirwa omusango. Olina okwefuga mu birowoozo n'okujjukira kiki n'ani gw'olwanyisa!

Musunguwalenga so temwonoona, enjuba eremenga okugwa nga mukyalina obusungu, Zab 4:4, Yak 1:19,20 ²⁷so temuwanga bbanga Setaani. (Abaefeso 4:26–27)

Eno y'ensonga entuufu gye tubeeramu. Sitaani tayagala kufirwa mu bulamu bwo. Ayagala okukunyagulula emirembe n'essanyu lya Katonda.

Okuzikiriza kwa Sitaani

Lekera awo okuwa sitaani emikisa okukola okuzikirizibwa kwe mu bulamu bwo. Gezesa buli kirowoozo ekiyingira mu birowoozo byo n'Ekigambo kya Katonda olabe oba kiva gy'ali, mu mubiri gwo, oba kiva wa Mulabe.

³Kuba newakubadde nga tutambulira mu mubiri, tetulwana kugobereranga mubiri, ⁴kubanga eby'okulwanyisa eby'entalo zaffe si bya mubiri, naye birina amaanyi agava eri Katonda olw'okusaanyawo ebigo. ⁵Tusaanyaawo empaka na buli kintu ekigulumivu ekikulumbazibwa okulwana n'okutegeera kwa Katonda, era nga tujeemulula buli kirowoozo okugondera Kristo. ⁶Tweteeseteese okubonereza obutagonda bwonna, okugonda kwammwe lwe kulituukirira. (2 Abakkolinso 10:3–6)

Eky'enkomerero, ab'oluganda, oba nga waliwo eby'amazima byonna, ebisaanira ekitiibwa byonna, eby'obutuukirivu byonna, ebirongoofu byonna, ebyagalibwa byonna, ebisiimibwa byonna; oba nga waliwo obulungi, era oba nga waliwo ettendo, ebyo mubirowoozenga. (Abafiripi 4:8)

Saba mu buli kukemebwa, ng'osaba amaanyi ga Katonda okukola by'ayagala.

Towangulwanga bubu, naye wangulanga obubi olw'obulungi. (Abaruumi 12:21)

Era Katonda ow'okusuubirwa abajjuze mmwe essanyu lyonna n'emirembe olw'okukkiriza, mmwe musukkirirenga mu kusuubira, mu maanyi ag'Omwoyo Omutukuvu. (Abaruumi 15:13)

Ziyiza era nnenya sitaani mu linnya lya Yesu. Lwaana!

Olaba ne Mikaeri, malayika omukulu, bwe yali akaayana ne Setaani ku mubiri gwa Musa, teyayanjaanga ku muvuma, naye yagamba nti, "Mukama akunenye." (Yuda 1:9)

Kale mwewombeekenga wansi w'omukono ogw'amaanyi ogwa Katonda. . . Musindiikirizenga ku ye okweraliikirira kwammwe kwonna, kubanga ye ateeka ku mwoyo ebigambo byammwe... omulabe wammwe Setaani atambulatambula, ng'empologoma ewuluguma, ng'anoonya gw'anaalya. Oyo mumuziyizenga nga muli banywevu mu kukkiriza kwammwe. (1 Peter 5:6–9)

¹⁰nkisonyiye ku lwammwe mu maaso ga Kristo. ¹¹Setaani alemenga kutwekulumbalizaako; kubanga tetuli ng'abatategeera nkwe ze. (2 Abakkolinso 2:10–11)

Katonda ayagala obeere muwanguzi. Beera mwegendereza obukodyo bwa sitaani. Obutasonyiwa bwe bumu ku bukodyo bwe obw'amaanyi obw'okutukuumira mu buddu. Yesu yalaga obukulu bw'okukozesa Ebyawandiikibwa okulwanyisa obulimba bwa Sitaani. (Matayo 4:4, 7, 10).

Teekawo enteekateeka yebyo byogenda okukola ng'okozesa ezimu ku nnyiriri waggulu, oba ennyiriri ennyingi mu ssomo lino, okulwanyisa ebirowoozo ebitali bya Baibuli n'okuteeka ebirowoozo byo ku ndowooza ya Katonda. Wandiika olunyiriri ku kaadi era olukwate mu mutwe ng'otambula ne kaadi eyo era ng'ogyekenneenya ku makya n'ekiro. Weeyongere okugatta ku bikozezewa byo eby'obuwanguzi ng'okwata ennyiriri mu mutwe. Nga bw'osabira mu bywandikibwa n'okubikwata mu mutwe, oba okwese Ekigambo kya Katonda mu mutima gwo (Zabuli 119:11). Buno bujja kuba buwanguzi bwo.

Jjuliza Ebyawandiikibwa okudda mu kifo ky'ebirowooze ebibi, okunyweza amazima ga Katonda, era yanukula Omulabe nga Yesu bwe yakola. Sitaani bwe yaleetera Yesu eby'obulimba, yagamba nti, "Kyawandiikibwa" (Matayo 4:4, 7), era n'ajuliza Ebyawandiikibwa. Naffe tulina okukola bwe tutyo. Amazima gajja kufuga bulijjo.

Okuteekawo Ensalo

Oyinda okwetaaga okuteekawo ensalo. Okusaba okusonyiyibwa oba okusonyiwa omulala tekiwa muntu oyo ddembe kukuyisa mu ngeri etyoboola ekitibwa kyo oba okuba okukakambuwalira.

Singa maama wo yali mukambwe oba ng'akukozesa obubi ng'okula n'asigala nga okuyisa bwatyo ng'omaze okusenguka, olina okuteekawo ensalo mu mukwano gwammwe

(oluvannyuma lw'okumusonyiwa). Mubwewonbefu munnyonnyole nti oyagala omukwano naye naye olina okussaawo ensalo obutakulumya. Oboolyawo oyinza okugattako nti, "Maama, weetaaga okwogera nange mu ngeri ey'okwagala, era nsuubiza okukukola kye kimu. Singa omu ku ffe ayogera ekintu ekitali kya kisa, tulina okulaga nti omu okuffe akoseza munne. Oba bwe tuba twagala obutayogera ku nsonga emu, tulina okussa ekitiibwa mu ekyo. Singa ensalo ezo tezissibwamu kitiibwa, olwo nja kumaliriza okukubaganya ebirowoozo. Maama, engeri yokka gye tuyinza okumanya mu butuufu nti twagala okubeera n'omukwano y'engeri gye twagalanamu n'okuwangana ekitiibwa."

Abatasobodde Kutabagana

Oluusi tekisoboka kutabagana. Omuntu gw'olina okusonyiwa bw'aba afudde oba nga tayagala kutabagana, okyayinza okumusonyiwa.

Obukaawu mu mutima gw'omuntu buwangaala oluvannyuma lw'ekiseera ekiwanvu ng'ekintu eky'avako bukaawu kifudde. Kikulu okutwala okusonyiwa ng'eddagala ery'amaanyi eriwonya emmeeme y'omuntu okuva mu embeera z'abantu ezitali nnungi. Bw'osalawo okwesiga Katonda n'ofuna "eddagala" lino, Katonda ajja kuleeta okuwona era n'okujjuza ebitali ebyo mu mwoyo gwo. Okufa kw'oyo asobezza tekufuula Kigambo kya Katonda obutaliimu.

Kyo kituufu nti okusonyiwa mu Baibuli kyetaagisa okubaako kye tukola. Tulina okukola ekisingawo ku kukkiriziganya mu birowoozo oba mu mitima gyaffe nti tusaanidde okusonyiwa. Bayibuli tetulagira kuwulira buwulizi ng'abaagala okusonyiwa. Tulina okussa munkola okwagala kwaffe n'okugoberera ebikolwa byaffe

Olina okutandika n'okwatula eri Mukama. Kiyamba nnyo singa oyogera okwatula kwo mu ddooboozi ery'omwanguka era n'oyogera mu bigambo okusonyiwa omugenzi mu maaso ga mukwano gwo gwe weesiga, munno mu bufumbo, omusumba oba omubuulirizi.

<p>FAYIRO y'AMAZIMA Yatula —Okukkiriza oba okulaga ekikolwa ky'omuntu ekibi, ensobi, oba ekibi kye.</p>

Obuvunaanyizibwa Bwo

Ovunaanyizibwa ku kitundu kyo kyokka eky'okutabagana. Kebeere ndowozaki munno gy'alina (oba omuntu omulala), olina okugondera Katonda ng'osaba okusonyiyibwa n'okusonyiwa. Singa bagaana okukusonyiwa, oba ne batakkiriza nsobi yaabwe gy'oli, Katonda ajja kukuwa omukisa olw'obuwulize bwo n'okufuka emirembe gye, ekisa kye, n'okusaasira kwe ku bulamu bwo. Ojja kufuna eddembe lye okuva mu buddu.

Tosobola kuteeka kintu kyonna ky'osuubira oba ekyetaagisa ku munno. Byonna biweyo eri Mukama era mwesige okukola mu mbeera zo. Tetulina kwesigama ku kutegeera kwaffe wabula

okugondera n'okwewaayo eri Katonda n'ebyo by'ayagala. Atuwadde amateeka ag'eby'omwoyo agatufuga, okutukuuma, n'okutusumulula. Ekigambo kye kituwa okutegeera n'okulambika ku ngeri y'okugoberera amateeka gano. Omubiri gwaffe, amalala, n'okutya bijja kutulemesa okwesiga Katonda n'okugondera Katonda mu mbeera zino, naye okuyita mu maanyi g'Omwoyo Omutukuvu, tusobola okuwangula.

Weesigenga Mukama n'omutima gwo gwonna.

So teweessigamanga ku kutegeera kwo ggwe.

⁶Mwatulenga mu makubo go gonna,

Naye anaalunḡamyanga olugendo lwo. (Engero 3:5–6)

Kozesa essaala eno wammanga okukulunḡamya:

Mukama Yesu, nsaba amaanyi okukwesiga mu mbeera zino. Nnyamba okujjukira nti kino nkikola ku lulwo. Nkimanyi Ggwe wekka asobola okumponya n'omwagalwa wange olw'ekikyamu kye twakola buli omu. Nsaba okutabagana ne munnange naye nkimanyi nti nsobola okukola ogwange gwokka. Nsabira munnange okwewaayo gy'oli olyoke ogulumizibwe. Nkwesigira ddala n'ebinavaamu. Mu linnya lya Yesu nsaba. Amiina.

Mu bufunze

Kiyinza okuba ekizibu ennyo okusonyiwa, naye obulamu buba buzibu nnyo bwe tutasonyiwa kubanga tuba tutereka ekibi era nga tsubwa Yesu bye yatukolera ku musaalaba. Obumanyirivu bwaffe ku kusonyiyibwa kwa Katonda kukwatagana butereevu n'obusobozi bwaffe okusonyiwa abalala. Okwetegekera okusonyiwa abalala kye kimu ku biraga nti ddala weenenyeza ekibi kyo, n'owaayo obulamu bwo, era n'ofuna okusonyiyibwa kwa Katonda. Omutima ogwewaddeyo eri Katonda teguyinza kuba mutima mukalubo eri abalala.

Amalala n'okutya bitulemesa okusonyiwa n'okutabagana. Okugaana okwewaayo oba okumenyeka, okunywerera ku ddembe lyo, n'okwewozaako byonna biraga nti amalala ag'okwefaako ge gafuga obulamu bwo, okusinga Mukama. Bw'ekiba ng'okutya kwe binaddirira kukumalawo n'okukufuga, saba okukkiriza okwesiga Katonda n'okumugondera. Abalabe ba bbeeyi nnyo okukuuma. Olugero mu Matayo 18:21–35 lulabula nti omwoyo ogutasonyiwa gujja kukuteeka mu kkomera ery'enneewulira.

Omuntu asooka era emirundi mingi oyo yekka awonyezebwa kulwokusonyiwa ye muntu okusonyiwa. . . . Bwe tusonyiwa mu mazima, tusumulula omusibe ate ne tukizuula nti omusibe gwe twasumulula ye ffe.—Lewis Smedes

Ekyongerezeddwako R: Enkuluze

Amakulu g'ebigambo bino gaggiddwa mu nkuluze ya Webster's New International Dictionary of the English Language, G & C Merriam Company, ne The Complete Word Study Dictionary, Spiros Zodhiates, AMG Publishers.

Okusigala; okugenda mu maaso mu kifo; okugumira awatali kwewaayo.

Okukakasa; okukakasa nga kituufu; kakasa mu ngeri ennungi.

amalala oba amalala: Okwegulumiza; okuwulira oba okweraga nti oli mukulu, obutafaayo ku balala. Okwegulumiza; okwewa eddaala erya waggulu, eddaala eritali lya makulu.

egumira ebintu byonna: Eddubu, *stego* (Oluyonaani). Okukweka, okukweka. Okwagala kukweka ensobi z'abalala oba okuzibikka. Kikuuma obusungu nga emmeeri ekuuma amazzi oba akasolya nga enkuba tetonnya.

okukkiriza: *Pisteuo* (Oluyonaani). Okubeera n'okukkiriza oba okusikiriza ennyo mu kintu. Kiraga endowooza y'essuubi erisuubirwa.

okwewaana: Okwogera ku muntu yennyini, oba ebintu ebikwata ku muntu yekka, mu ngeri ey'okwewaana; okwewaana.

companion: Oyo awerekedde oba ali mu kibiina n'omulala; omufumbo, omubeezi, okufaayo kw'omukwano ogutali gumu ogw'enjawulo ng'omufumbo oba munne.

okugeraageranya: Oyo ye munne, oludda olulala, ekitundu ekikontana, munne, mubeezi, naye nga si kifaanagana.

okukkaanya: Okugonjoola enjawukana nga buli omu akkiriziganyizza.

okutereeza: Ekigambo kya Katonda kitubuulira engeri y'okuzzaawo ekintu mu mbeera yaakyo entuufu, okuteekawo ekintu ekigudde ekigolokofu, nga kisonga ku bulamu obw'okutya Katonda.

okuyonoona: Miano (Oluyonaani). Okusiiga langi nga okusiiga endabirwamu, okusiiga langi, okucaafuwaza, okwonoona.

okukangavvula: Hupopiazoo (Oluyonaani). Ekozesebwa okunnyonyola abakubi b'ebikonde nga bakuba emiggo egy'okukoona; ebikonde ku kitundu kya ffeesi wansi ddala w'amaaso

okutuusa lwe gaaba amaddugavu ne bbululu. (Ebitundu ebikwatagana: 1 Timoseewo 4:7–8; Yuda 3; 2 Peetero 1:5–6)

amaanyi ag’obwakatonda: Amaanyi, *dunamis* (Oluyonaani). Amaanyi ag’amaanyi, oba obusobozi okukola Katonda yekka ky’asobola okukola.

enjigiriza: Okuyigiriza kwa Katonda okw’obwakatonda kuwa omubiri omujjuvu era omujjuvu ogw’amazima ag’obwakatonda ageetaagisa mu bulamu, okutya Katonda, n’amaka.

okuzimba: *Oikodome* (Oluyonaani). Okuzimba olw’amagoba ag’omwoyo oba okukulaakulana kw’omuntu omulala; ekozesebwa okulaga okuzimba ennyumba oba ekizimbe.

okugumira ebintu byonna: Okugumira, *hupomeno* (Oluyonaani). Okubeera wansi, okugumiikiriza wansi, okubonaabona, ng’omugugu gw’ennaku. Okukkiriza kw’omugumiikiriza, okukwata ekifo kyakwo nga tekikyayinza kukkiriza wadde okusuubira.

enraptured: *Sagah* (Olwebbulaniya). Isaaya yakozesa ekikolwa kino okulaga okuwuguka, okuwuguka oba okuwuubaala olw’okutamiira (Is. 28:7). Yali asobola okunnyonnyola okutamiira, si kuva mu wayini oba bbiya yekka naye n’okuva mu kwagala (Engero 5:19–20).

obuggya: Obutamatera oba obutabeera bulungi ng’olaba obulungi oba omukisa gw’omulala, nga buwerekerwako obukyayi ku ddaala eritali limu n’okwagala okuba n’enkizo ezenkanankana; okunyiiga mu ngeri embi.

okusuubira: Okusuubira oba endowooza y’ekintu ekigenda mu maaso; omutindo ogusuubirwa.

okuleka: Okwegaana. Buli lunaku kwataganya ebintu bye tukulembeza n’Ekigambo kya Katonda, ekiteeka by’ayagala ku byaffe.

gentle: Kirabika, kituukirawo; obwenkanya, obwenkanya, obw’ekigero, obugumiikiriza, obutakkaatiriza ku bbaluwa ya mateeka. Alaga okufaayo okutunuulira mu ngeri ey’obuntubulamu era mu ngeri entuufu ensonga z’omusango.

obutuufu: *Dokimion* (Oluyonaani). Ekintu ekigezeseddwa ne kikkirizibwa. Ekozesebwa okunnyonnyola ebyuma ebyali biyise mu nkola ey’okuggyawo obucaafu bwonna.

glorify: Okufumiitiriza, okussa ekitiibwa, okutendereza, okuwa ekitiibwa oba ekitiibwa nga omuteeka mu kifo eky’ekitiibwa.

omutima: *Kardia* (Oluyonaani). Entebe y’okwegomba, enneewulira, omukwano, obwagazi, ebisikiriza; ebirowoozo.

omutima: *Lebabu* (Olwebbulaniya). Ebirowoozo, omuntu ow'omunda (okwagala, enneewulira). Ekigambo kino okusinga kyogera ku nneeyisa yonna ey'omuntu ow'omunda.

omuyambi: *Azar* (Olwebbulaniya). Okuyamba, okuwagira, okuwa okuzzaamu amaanyi; omu eyeetooloola, akuuma, era n'ayamba omulala.

omuyambi: *Ezer* (Olwebbulaniya). Okuyamba oba obuyambi obuwebwa; kiraga abantu abawa obuyambi. Omukazi yatonda ng'omuyambi wa Adamu ow'okujjuliza (Olubereberye 2:18, 20). Mukama ng'omuyambi wa Isirayiri (Koseya 13:9). Mukama ng'omuyambi wa Isirayiri omukulu (Okuva 18:4; Ekyamateeka 33:7; Zabbuli 33:20; 115:9–11).

omuyambi: Oyo ajja n'ayamba, so si kukulembera.

okuyigirizibwa mu butuukirivu: Ebyawandiikibwa biwa okutendekebwa okulungi. Okuyigiriza mu kusooka kwali kwogera ku kutendeka omwana mu nneeyisa ey'okutya Katonda; si kunenya kwokka n'okutereeza enneeyisa enkyamu (Ebikolwa 20:32; 1 Timoseewo 4:6; 1 Peetero 2:1–2).

ekika: *Chrestos* (Oluyonaani). Okukola ebirungi; kitegeeza okuba omukkakkamu, omusaasizi, omusaasizi, ow'ekisa, era ow'empisa ennungi okwawukana ku mukambwe, omukaluba, omusongovu, omukaawa oba omukambwe. Endowooza y'empisa ennungi.

okumanya: *Epignosis* (Oluyonaani). Okwetaba mu bujjuvu mu kufuna okumanya, n'okukukozesa.

okugumiikiriza oba okugumiikiriza: Okubeera ow'obusungu obuwanvu, ekikontana n'obusungu obw'amangu; kizingiramu okutegeera n'obugumiikiriza eri abantu. Kyetaagisa okugumira embeera, so si kufiirwa kukkiriza oba okulekulira.

omukwano: *Agape* (Oluyonaani). Okuddamu kw'omutima gwa Katonda eri aboononyi abatasaana. Agape kwe kwagala kwa Katonda okwolesebwa mu kwefiiriza olw'okugasa ebintu by'okwagala kwe, Omwana we n'aleeta okusonyiyibwa eri omuntu. Engeru ya Katonda enkulu enoonya ebirungi by'abalala awatali kulowooza ku bikolwa by'abalala; kizingiramu Katonda okukola ekyo ky'amanyi nti kisinga ku muntu so si ekyo omuntu ky'ayagala. Agape ali mu kusalawo okwagala awatali bukwakkulizo.

omukwano: *Fileo* (Oluyonaani). Engeru omwoyo gw'omuntu gye gukwata ku ekyo ekigusikiriza ng'ekisanyusa. Yawukana ku agape era ayogera ku kitiibwa, ekitiibwa eky'amaanyi, n'omukwano omugonvu era asinga gukwata ku nneewulira. Okwagala

kw'omukwano; esalibwawo essanyu omuntu ly'afuna okuva mu kintu ky'ayagala okwagala okwo. Phileo mukwano ogw'obukwakkulizo.

okufumiitiriza: Okuwowoggana, okwogera oba okugugumbula amaloboozi ag'okuwuubaala, ng'okusoma ekitundu mu ddooboozi ery'omwanguka oba okunyumya naawe kennyini, okukwatagana n'ekiwandiiko kisobole okunnyika mu birowoozo byo. Ng'ensawo ya caayi ennyogovu mu mazzi bw'eyita mu mazzi, n'okufumiitiriza ku Byawandiikibwa bwe kuyita mu birowoozo byaffe. Mu nsi ya Baibuli, okufumiitiriza tekyali nkola ya kasirise.

minister (omuntu): Omuweereza oba omuweereza; oyo alabirira, afuga, era atuukiriza.

minister (ekikolwa): Okutereeza, okulung'amy, n'okuteeka mu nsengeka; okuweereza, okuweereza omulala; okukolera Mukama ng'omuuddu.

obutasanyukira butali butuukirivu (obutali butuukirivu): Bw'olaba omuntu ng'agwa mu kibi oba ng'akola ensobi, toba musanyufu wadde okwesasuza gy'ali.

etuukiridde: *Teleio* (Oluyonaani). Okukola ekijjuvu, ekiraga nti waliwo ekintu ekigenda mu maaso. Naddala n'amakulu okuleeta ku nkomerero enzijuvu, okumaliriza, okutuuka ku kiruubirirwa ekigendereddwa, okumaliriza omulimu oba omulimu.

preference: Omuntu ky'ayagala nga tannatuuka oba okusinga munne. Si kituufu wadde ekikyamu.

okuwa: *Pronoeo* (Oluyonaani). Okulowooza ennyo, okulowooza ku, okulowooza, okufaayo, okulowooza nga bukyali mu ngeri ey'okusaba, okufaayo mu kulabirira omuntu omulala.

ekigendererwa: Ekigendererwa oba ekyetaagisa okuvaamu oba ekiruubirirwa.

react: Okukola nga oddamu ekizimba oba ekisikirizibwa, okukola mu kuwakanya.

okukola mu mubiri: Omukristaayo okweyisa mu mbeera mu ngeri ey'ekibi, mu muze gw'obutonde bwabwe obw'edda obugwa, oba okukola mu maanyi gaabwe n'okutegeera okusinga amaanyi n'amagezi g'Omwoyo Omutukuvu.

nga basanyukira amazima: Nga musanyuka nnyo; okusanyuka olw'ekyo ekituufu nga basinziira ku bisuubizo bya Katonda.

okwenenya: Okumalirira; okulongoosa obulamu bw'omuntu ng'ekivudde mu kwejjusa olw'ebibi by'omuntu; okwejjusa olw'ekyo omuntu ky'akoze oba ky'alekayo okukola mu maaso

ga Katonda. Okukyuka n’ogenda mu kkubo eddala; okukyusa endowooza y’omuntu, okwagala kwe, n’obulamu bwe, ekivaamu okukyusa enneeeyisa; okukola ebintu mu ngeri endala.

okunenya: Ekigambo kya Katonda kitubuulira ekikyamu oba ekibi mu kukkiriza n’enneeyisa.

ddamu: Weeyisa bulungi oba mu ngeri ennungi.

okuddamu mu kwagala: Okuddamu n’obulagirizi obw’omunda, okwagala, amagezi, n’amaanyi g’Omwooyo Omutukuvu.

okugabanya mu butuufu: Okusala ekintu ekigolokofu nga bw’okola mu kubajja, mu kuzimba amayinja, oba ng’osala olugoye olugenda okutungibwa wamu.

rude: Emanyiddwa olw’okukaluba; obukambwe, obukambwe, obubi, obutali bwa kitiibwa, oba okunyiiza mu ngeri oba mu bikolwa.

okumatiza: *Rawah* (Olwebbulaniya). Okuwa amazzi, okutonnya; okunywa ekijjulo ky’omuntu. Kitegeeza okuwa omuntu ekyokunywa mu ngeri ey’obugambo n’ey’akabonero (Zabuli 36:8-9; 65:10–11). Kitegeeza okunywa byonna omuntu by’ayagala, okumatiza (Engero 5:19; 7:18).

obukuumi: Embeera y’okubeera nga toline bulabe oba kutiisibwatiisibwa, okuba n’obwesige nti omuntu alina obukuumi, era nti obulamu bw’omuntu bukakasibwa omulala, nga mu mukyala awummudde bulungi mu bukulembeze bw’omwami.

noonya era oteekewo ebirowoozo byo: Ebikolwa ebiragiro ebiraga ekikolwa nkola etaggwaawo. Noonya kitegeeza okunoonya n’okufuba okunoonya. Teekawo ebirowoozo byo kitegeeza ekiraamo, omukwano, n’omuntu ow’omunda.

sooka onoonye: Ekiragiro okukola n’obutakoma (Matayo 6:33).

noonya ekkubo lyo: Okugoberera ekisinga okutuukagana n’ebyo by’oyagala nga tofaayo ku ngeri ebikolwa byo oba amakubo go gye bikosaamu abalala. Obutayagala kufuna biteeso, nga muno mulimu okulagirwa okuva mu ndowooza ya Katonda oba munno.

okusoma: Ekikolwa ekiragiro; ekiragiro okukola n’okusigala ng’okola. Kitegeeza okugumiikiriza n’obunyiikivu, okunyiikira, okufuba ennyo okukola kyonna ekisoboka, okwagala ennyo n’obunyiikivu mu kutuukiriza ekiruubirirwa.

okuweereza: *Hupotasso* (Oluyonaani). Endowooza ey’obwannakyewa ey’okwewaayo, okukolagana, okwetikka obuvunaanyizibwa, n’okwetikka omugugu.

talwooza kibi kyonna: *Logizomai* (Oluyonaani). Kikozesebwa ng'ekigambo eky'okubala ebitabo, ekitegeeza okussa ebintu awamu mu birowoozo by'omuntu, okubala oba okugatta, okwemalira mu kubala.

nga tulina ebikozesebwa mu bujjuvu buli mulimu omulungi: Katonda agenderera ffe okutegeera by'ayagala n'okuweebwa amaanyi okugoberera mu buwulize nga tugoberera emisingi gya Baibuli mu Kigambo kye.

ekyusiddwa: *Metamorphoó* (Oluyonaani). Mu kino mwe tuggya ekigambo enkyukakyuka (metamorphosis). Okukyuka n'ofuuka ekintu eky'enjawulo ddala, ng'enkwale okutuuka ku kiwujjo.

amazima: Gava mu Kigambo kya Katonda; eraga bulungi ekituufu n'ekikyamu.

omulimu gw'okukola: *Poiera* (Oluyonaani). Muno mwe tuggya ekigambo ekitontome. Okukola ekintu; omulimu, ekintu ekikolebwa, omulimu oba omulimu ogw'ekikugu.

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Ebikwata Kumuwandiisi

Omusirusiru. Omuyizi eyalina obuzibu okusoma ebiwandikidwa. Omuyizi wa siniya ey'okusatu naye nga omutindo gw'okusoma eguli ku ddaala ly'ekyookusatu. Omwami atalina ky'amanyi era taata atulugunya. Byona by'ali binyonyola Omusumba Craig Caster mu kiseera ekimu mu bulamu bwe, naye Katonda yalina enteekateeka ya njawulo gy'ali.

Wadde nga Craig yali atya okwogera mu lujjudde, Katonda yamuyita mu buweereza obw'ekiseera kyonna mu 1994. Yafulumu mu kukirira nga talina buyigirize wadde diguli mu seminaaliyo. Yayawulibwa mu 1995 era okuva olwo awandiise ebitabo bina; n'afuula abasajja bangi abayigirizwa; Awabudde ebikumi n'ebikumi; akulembede bangi nnyo eri Kristo; era ayigiriza enkumi n'enkumi okuyitira mu misomo gy'obufumbo n'okukuza abaana, mu zi semina z'abasajja, n'enkunjaaana z'abasumba mu Amerika n'ensi yonna. Byonna olw'ekisa n'amaanyi ga Katonda.

Wadde nga Craig yawa Yesu obulamu bwe mu 1979, enkyukakyuka ze zaatandika bwe yatandika okubeera n'obudde ne Yesu n'Ekigambo kye buli lunaku. Mu butuufu, Yesu ayagala okuba n'enkolagana ey'oku lusegere ne buli omu ku ffe. Obulamu bwe bukyuse emirembe gyonna kubanga agoberera enkolagana eno era yeesigamira ddala ku Kristo.

Daamu amaanyi.

Bw'oba olafubana n'okwesiga nti Katonda asobola okukola mu bulamu bwo n'okuyita mu bulamu bwo, daamu amaanyi olw'ebyafaayo bya Paasita Craig. Tokkiriza bibi byo eby'emabega, obuzibu bw'okuyiga, okutya okuyigiriza oba okwogera, oba obutasoma kukulemesa kugondera okuyitibwa kwa Katonda ku bulamu bwo. Katonda ayagala okukufuula omuyigirizwa we, era bw'oba omufumbo oba ng'olina abaana, ayagala okukufuula omufumbo era omuzadde amussaamu ekitiibwa. Ekisa kye kyewuunyisa era tekirina kkomo. Ayagala nnyo era ayagala okugulumizibwa okuyitira mu ggwe.

Ebisubizo By'aKatonda gy'Oli.

Twebaza Katonda olw'ebisuubizo bye ebingi n'enteekateeka ze. Fumiitiriza ku bisuubizo bye okuva mu bigambo bya "Simooni Peetero, omuddu era omutume wa Yesu Kristo."

¹Simooni Peetero, omuddu era omutume wa Yesu Kristo, eri abo abaafuna okukkiriza okw'omuwendo omungi nga ffe bwe twakufuna mu butuukirivu bwa Katonda waffe era Omulokozi waffe Yesu Kristo; ²ekisa n'emirembe byeyongerenga gye muli mu kutegeerera ddala Katonda ne Yesu Mukama waffe.

³Kubanga obuyinza bw'obwakatonda bwe bwatuwa byonna eby'obulamu n'eby'okutya Katonda, olw'okutegeerera ddala oyo eyatuyita olw'ekitiibwa n'obulungi bwe ye. ⁴Mu byo mweyatuweera ebisuubizo ebinene era eby'omuwendo omungi ennyo; olw'ebyo mulyoke muwone okuzikirira okuli mu nsi okuleetebwa okwegomba okubi, mulyoke mugabane ku bwa Katonda bwe. ⁵Olw'ensonga eno mufube okulaba nga, ku kukkiriza kwammwe mwongerako obulungi, era ne ku bulungi bwammwe mwongerako okutegeera; ⁶era ne ku kutegeera kwammwe mwongerako okwegendereza; era ne ku kwegendereza kwammwe mwongerako okugumiikiriza; era ne ku kugumiikiriza kwammwe mwongerako okutya Katonda; ⁷era ne ku kutya kwammwe Katonda mwongerako okwagala ab'oluganda; era ne ku kwagala ab'oluganda kwammwe mwongerako okwagala. ⁸Kubanga bwe muba n'ebyo ne biba ebingi, bibafuula abatali bagayaavu n'ababala ebibala olw'okutegeerera ddala Mukama waffe Yesu Kristo. (2 Peteero 1:1-8).

Ebikwata Ku Buweereza Bw'Okuyigirizibwa Kw'amakka

Obuweereza Bw'Okuyigirizibwa Kw'amakka (FDM), obuwereza obwa na kyeewa ekyatandikibwawo mu 1994 n'omutandiisi era omuddukanya omusumba Craig Caster, efuba okuwagira, okusomesa n'okutendeka omubiri gwa Kristo okuweereza amaka. Okusobola okutuukiriza ekigendererwa kino, FDM ewa ebitabo by'okujjuzaamu, obutambi ezibisemba, n'ebikozesebwa ku yintaneeti eby'okusoma kinnoomu, ebibinja ebitono, okusoma mu kibiina ky'awaka, n'obuyigirizwa omu ku omu. Bakola emisomo egikwata ku bufumbo, okukuza abaana, okutegeera abavubuka, n'okuteekateeka abuyigirizwa mu kkanisa.

Ekigendererwa kya FDM mu buweereza kwe kukubiriza, okutendeka n'okuteekateeka abakulembeze b'amakanisa g'Abakrisitaayo okukulaakulanya okwolesebwa kw'okubeera abayigirizwa n'okubawa ebitabo eby'okujjuzaamu eby'esigamye ku Bayibuli okubayamba okuweereza amaka mu makkanisa gabwe. Okuva mu 1995, enkumi n'enkumi z'abantu bamalirizza emisomo gy'obufumbo n'okukuza abaana era ebikumi n'ebikumi by'amakanisa mu Amerika n'ebweru w'eggwanga biweereza ebibiina byabwe nga bakozesa ebintu bya FDM. Obuweereza bwabwe era buyamba amaka mangi okuyitira mu bintu bya yintaneeti eby'obwereere ebisingibwa ku FDM.world.

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