



# KUITA KUTI KUSHUMIRA KUFADZE

*Kushandira nerudo kunounza mufaro kune vose mupi nemugashiri.*

Dzimwe nguva kutsvaga kwedu rufaro muupenyu huno kunokwanisa kutaridzika sekumhanya patiredhimill. Tinomhanya nekumhanya uye toramba tichinzwa sekunge hatina kwatasvika. Kune vamwe vanhu, pfungwa yekushumira kune vamwe inongotaridzika sokuwedzera zvimwe zvekuita.

Asi Baba vedu Vokudenga vanoda kuti tive nemufaro uye vakatitaurira “vanhu varipo, kuti vave norufaro” (2 Nifai 2:25). Uye Muponesi akadzidzisa kuti kushumira kune vamwe chikamu chinokosha chemaunziro atinoita mufaro muhupenyu hwedu nemuhupenyu hwevamwe.

## Chii Chinonzi Mufaro?

Mufaro unotsanangurwa “semanzwiwo ekufara kukuru.”<sup>1</sup> Vaporofita vemazuva ekupedzisira vakapa tsananguro pamusoro pokuti mufaro unobva kupi uye kuti unowanikwa sei. “Mufaro watinonzwa une zvisoma zvekuita nemamiriro ehupenyu hwedu asi une zvose zvekuita nenangiso yehupenyu hwedu,” vakadaro

Mutungamiri Russell M. Nelson. “. . . Mufaro unouya kubva kuna uye nekuda kwa [Jesu Kristu]. Iye ndiye jerero remufaro wose.”<sup>2</sup>

## Kushumira Kunounza Mufaro

Apo Rihai paakadya muchero wemuti weupenyu, mweya wake wakazadzwa “norufaro rukuru rwusingataurike” (1 Nifai 8:12). Chido chake chekutanga chakanga chiri chekugoverana muchero uyu neavo vaaida.

Kuda kwedu kushumira kune vamwe kunogona kuunza rudzi urwu rwemufaro kwatiri uye nekwavari. Muponesi akadzidzisa vadzidzi Vake kuti muchero watinounza apo patinenge takabatana Naye unobatsira kuunza kwatiri mufaro wakazara (ona Johane 15:1–11). Kuita basa Rake nokushandira uye nokutsvaka kuunza vamwe kwaAri kunogona kuva chiitiko chinofadza (ona Ruka 15: 7; Aruma 29:9; Dzidziso neZvibvumirano 18:16; 50:22). Tinogona kuwana mufaro uyu kunyange mukutarisana nepikiso uye nematambudziko (ona 2 VaKorinte 7:4; VaKorose 1:11).

Muponesi akatiratidza muenzaniso wakakwana wekuti chimwe chezvinhu zvikurusa zvinopa mufaro wechokwadi muhupenyu huno chinowanikwa kuburikidza nekushandira. Apo patinoshumira kumabhuradha nemasisita edu seMuponesi, netsitsi uye nerudo mumoyo medu, tinogona kuwana mufaro unodarika kungofara chete.

“Apo patinogamuchira [kushumira] nemwoyo inoda, tinozova . . . pedyo nekuva vanhu veZioni uye tinozonzwa mufaro mukurusa neavo vatakabatsira nemunzira yekuva vadzidzi,” akadzidzisa Sisita Jean B. Bingham, Mutungamiri weChita cheRubatsiro.<sup>3</sup>

### **Tingaite Sei Kuti Kushumira Kuve kunofadza zvakawedzerwa?**

Kune nzira dzakawanda dzekuunza mufaro mukuru mukushumira kwedu. Heano mazano mashomanana:

1. **Nzwisisa chinangwa chako mukushumira.** Kune zvikonzero zvakananga zvekushumira. Pakupedzisira, kuedza kwedu kunofanira kuenderana nezvinangwa zvaMwari “kuunza kusafa nehupenyu hwokusingaperi hwevanhu” (Mosesi 1:39). Apo patinogamuchira kukoka kwaMutungamiri Russell M. Nelson kuti tibatsire vamwe nemunzira yechibvumirano, tinogona kuwana mufaro mukutora chinhanu mubasa raMwari.<sup>4</sup> (Kuti uwane zvimwe zvakananga pamusoro pechinangwa chekushumira, ona “Misimbota yeKushumira: Chinangwa Chichachinja Kushumira Kwedu,” mu *Liahona* yaNdira 2018.)
2. **Ita kuti kushumira kuve pamusoro pevanhu kwete mabasa.** Mutungamiri Thomas S. Monson vaigara vachitiyeuchidza kuti: “Usamboita kuti dambudziko rinoda kugadziriswa rive rinonyanya kukosha kupfuura munhu anofanira kudiwa.”<sup>5</sup> Kushumira ndekwe pamusoro pekuda vanhu, kwete pamusoro pezvinhu zvinofanira kuitwa. Apo patinotanga kuda semadiro aita neMuponesi, tinozonzwa kuva norusununguko rwekuva nemufaro unobva mukushumira vamwe.
3. **Ita kuti kushumira kuve nyore.** Mutungamiri M. Russell Ballard, Mutungamiri Akafanobata Chigaro weChikwata cheVaapostora vane Gumi neVaviri, vanotiudza kuti: “Zvinhu zvikuru zvinoitwa kuburikidza nezvinhu zviru nyore uye zviduku. . . . Zviito zvedu zviduku uye zvinoyere zveumoyo murefu nekushandira zvinozoungana pamwechete kuita hupenyu huzere nerudo rwaBaba Vokudenga, kuzvipira kubasa raIshe Jesu Kristu, uye pfungwa yorunyararo nemufaro nguva imwe neimwe yatinoanavira kuna nevamwe.”<sup>6</sup>

4. **Bvisa kushushikana pakushumira.** Harisi basa rako rokushandira ruponeso rwemumwe munhu. Izvo zviru pakati pomunhu iyeye naIshe. Basa redu nderekuvada uye kuvabatsira kuti vatendeukire kuna Jesu Kristu, uyo anove Muponesi wavo.

### **Usadzivirira Rufaro rwoKushandira**

Dzimwe nguva vanhu vanozeza kukumbira rubatsiro runodikanwa, saka kuvashandira kunogona kuva chinhu chavanoda. Asiwo kuzvimanikidzira pavanhu haisiriyo mhinduro. Kukumbira mvumo usati washumira izano rakanaka.

Gosa Dieter F. Uchtdorf veChikwata cheVaapostori vane Gumi neVaviri vakataura pamusoro pavamwe mai vasina kuroorwa avo vakabata chirwere chechibhokisi—uyewo vana vavo vakabva vabatwawo nehurwere ihwohwo. Mumba maigara musina tsvina zvachose makava mumba munetsvina uye musina kurongedzwa. Ndiri nembatya dzinetsvina zvakananga.

Panguva apo pavakanga vonzwa kukundikana kukuru, masisita eChita cheRubatsiro vakagogodza pagonhi pavo. Havana kuti, “Mugotiudza kana tingakubatsirai”. Pavakaona mamiriro ezvinhu, vakatanga kuita basa.

“Vakagadzirisira jakachaka raiva mumba, vakanza chiedza nerujeko mumba, uye vakadana shamwari kuti auye nezvokudya zvaidikanwa chaizvo. Apo pavakazopedza basa ravo uye vakawoneka, vakasiya mai vechidiki ava vachichema misodzi—misodzi yerutendo nerudo.”<sup>7</sup>

Zvose vapi nemugamuchiri vakanzwa kudziyirwa nerufaro.

### **Kudziridza Mufaro muUpenyu Hwako**

Mawandiro emufaro, runyararo, uye rugutsikano zvatinogona kukudziridza muupenyu hwedu, ndiwo mawandiro anoita kwaniso yedu yekugoverana nevamwe apo patinoshumira. Mufaro unouya kuburikidza noMweya Mutsvene (ona VaGaratia 5:22 uye Dzidziso neZvibvumirano 11:13). Chinhu chatinogona kunamatira (ona Dzidziso neZvibvumirano 136: 29) uye nokukoka muupenyu hwedu. Heano mazano mashoma ekudziridza mufaro muupenyu hwedu pachedu:

1. **Verenga zvikomborero zvako.** Paunowongorora hupenyu hwako, nyora mujenari rako zvinhu izvo Mwari vakakurupafadza nazvo.<sup>8</sup> Cherechedza zvinhu zvakanaka izvo zvakanakupoterredza.<sup>9</sup> Ziva zvinhu izvo zvingave zvichikutadzisa kunzwa mufaro uye nyora pasi nzira dzekuzvigadzirisira kana kuzvinzwisira zviru nani. Munguva ino yeIsita, tora nguva

yekutsvaga hukama hukuru neMuponesi (ona Dzidziso neZvibvumirano 101: 36).

**2. Dzidzira kunangisisa pfungwa dzako pauri.**

Rufaro runokwanisa kukuwana zvirinyore munguva yaunenge uchifungisisa chinyararire.<sup>10</sup> Nyatsoteerera kune izvo zvinokuunzira mufaro (ona 1 Makorinike 16:15). Nguva kubva kune nepfenyuro dzimwe nguva inogona kuva yakakosha kuti ukwanise kudzidzira kufunga zvikuru.<sup>10</sup>

**3. Dzivirira kuzvifananidza nevamwe.** Zvakataurwa kuti kufananidza imbavha yemufaro. Pauro akayambira kuti avo “vanozvienzanisa naivo vamene, nokuzvifananidza naivo vamene, havana njere” (2 VaKorinte 10:12).

**4. Tsvaga zvakazarurwa zvako pachako.** Muponesi vakadzizisa: “Kana mukakumbira, muchagashira zvakazarurwa pamusoro pezvakazarurwa, ruzivo pamusoro peruzivo, kuti mugoziva zvakavandika nezvinhu zverunyararo—izvo zvinounza mufaro, izvo zvinounza upenyu hwokusingaperi”. (Dzidziso neZvibvumirano 42:61).

**Kukokwa Kuti Uite**

Ungawedzera sei mufaro waunowana muupenyu hwako kuburikidza nekushumira?

Zvirevo zviri munyaya ino zvinogona kushandiswa mukutaura kwedu mazuva ese asi zvakagadzirirwa kubatsira mabhuratha nemasisita vanoshumira mukuedza kwavo kukomborera vanhu nemhuri dzakapiwa kwavari.

**ZVINYORWA**

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