

# MUDZIMAI WAVATENDI VAMAZUVA EKUPEDZISIRA



Bhuku reDzidziso reMadzimai

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Bhuku reDzidziso reMadzimai

Rakaburitswa ne  
Kereke raJesu Kristu raVatendi vaMazuva Ekupedzisira  
Salt Lake City, Utah  
Rakadzokororwa 2000

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Shona

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# CHISUMO

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## **Kushandisa Bhuku reDzidziso Rino**

Bhuku redzidziso rino rinopa zvidzidzo (35) makumi matatu nezvishanu zvakanangana nemitemo yevhangeri uye mabasa emadzimai eVatendi vaMazuva Ekupedzisira. Sekutunhwa kwavanoitwa neMweya, vatungamiri nevadzidzisi vanofanira kuronga nekudzidzisa zvidzidzo zvinotarisa nezvinodiwa zvemweya, zvepfungwa, nezvevyama zvenhengo dzebazi kana wadhi yavo.

Bhuku redzidziso rino rinofanira kushandiswa sebhuku rekudzidzisa kune vese Bato raMadzimai nere Vasikana veChidiki muzvikamu zveKereke uko kusati kwaburitswa *Teachings of Presidents of the Church* nemabhuku edzidziso eVasikana vechidiki mururimi rwunodikanwa. Muzvikamu zvakadai, Mamwe mabhuku akadai edzidziso anofanira kuwaniswa kunhengo dzese dzeBato reMadzimai nekune vatungamiri veVasikana veChidiki nevadzidzisi. Vatungamiri venzvimbo iyoyo vanofanira kutsvaga mu *Information for Priesthood and Auxiliary Leaders on Curriculum* kuona hurongwa hunoratidza kuti chikamu A nechikamu B zveMudzimai waVatendi vaMazuva Ekupedzisira zvinoshandiswa mumakore api.

Muzvikamu zveKereke munowanikwa *Teachings of Presidents of the Church* nemabhuku edzidziso eVasikana Vechidiki, bhuku redzidziso rino rinofanira kushandiswa (1) serekuwana dzidziso dze Bato reMadzimai paSvondo yekutanga neyechina uye pamiKereke yekudziridza musha, mhuri, nemunhu pachake, (2) serimwe rekuwana dzidziso dzeVasikana veChidiki; uye (3) serakasarudzirwa, “Zvidzidzo zveNguva Yedu” zveBato reMadzima zvezvidzidzo paSvondo yechina. Muzvikamu zvakadai, Mamwe mabhuku akadai edzidziso rino anofanira kuwaniswa kuvatungamiri nevarairidzi muBato reMadzimai, Vasikana veChidiki, neHufundisi hwaMerkizedeki. Pamusoro pazvo vatungamiri vanokwanisa kukurudzira masista eBato reMadzimai kuti vatenge bhuku redzidziso rino kuitira kudzidza pachavo nekuitira kudzidzisa mhuri mumba.

### **Kugadzirira Kudzidzisa**

Zvibatsiro zvekudzidzisa zvakapiwa mubhuku redzidziso rino zvino-sanganisira chikamu cheGadziriro yeMudzidzisi, mibvunzo ingango bvunzwa nevadzidzisi, mazano ekuti vadzidzi vatore chinhanho, nenzira dzemashandisiro mifananidzo nemachati. Pamusoro pemibvunzo yekukurukura nemaitiro akapiwa, vadzidzisi vanokwanisa kuserudza kushandisa mamwe maitiro kana madzidzisiro avanoona achishanda kuita pamwe chete ne nhengo dzevadzidzi uye kusimudzira kuda kutora chinhanho nekudzidza. Zvizhinji zvezvidzidzo zvinoraira kushandiswa kwebhodhi, saka kana zvichibvira vadzidzisi vanofanira kuronga kuti bhodhi nechoko zvivepo pachidzidzo chega chega. Zvizhinji zvibatsiro zvekuona zvakarairwa kushandisa semaposita zvinokwanisa kuitwa kana kunyorwa pabhodhi. Mamwe mazano ekudzidzisa anokwanisa kuwanikwa muBhuku Rinotungamirira Kudzidzisa (*Teaching Guidebook*, (34595) uye mu *Teaching No Greater Call* (36123).

Nhengo dzekirasi dzinofanira kukuridzirwa kugadzirira hurukuro dzekirasi nekudzidzira pakati pesvondo chidzidzo chavakarongerwa. Vanofanira kukuridzirwawo kuuya neZvinyorwa zvitsvene avo.

### **Kupinza Mukati Nhengo Dzine Hurema**

Munguva yehuparidzi Hwake panyika Jesu akakwira mugomo riri pedyo negungwa reGarirea.

Vanhu vazhinji vakauya, vachiuyisa avo vakanga vari zvirema, mapofu, matsi vakaremadzwa, nevamwe vazhinji, uye vakavaisa patsoka dzaJesu, akavaporesa.

Vazhinji vakashamiswa pavakaona mbeveve dzotaura, vakaremara vaporeswa, mhetamakumbo dzofamba, nemapofu aona, uye vakarumbidza Mwari weIsiraeri. (Onai Mateo 15:30–31.)

Muponesi akaratidza muenzaniso kwatiri mukunzwira tsitsi avo vakaremara. PaVakashanyira maNefi mushure mekumuka Kwake Kuvakafa, Vakati:

Tarirai, ura hwangu huzere netsitsi kwamuri.

“Ko mune vanorwara here pakati penyu? Vaunzei kwandiri. Mune zvirema here, kana mapofu, kana vanokaminha, kana vakaremadzwa, kana vane mapere, kana avo vakakokonyara, kana vasinganzwi, kana avo vanorwadziwa nedzimwe nzira? Vaunzei kwandiri ndichavaporesa, nokuti ndine tsitsi nemi; ura hwangu uzere netsitsi. (Onai 3 Nefi 17:6–7.)

Semudzidzisi mukirasi yeKereke, uri muchinzvimbo chakanakisisa kuratidza tsitsi. Kunyange Kazhinji vasina kudzidziswa kupa rubatsiro rwenyanzvi kunhengo dzekirasi dzinehurema vadzidzisi vanofanira kuda kunzwisisa nekusanganisira nhengo idzi mukudzidza zviitiko

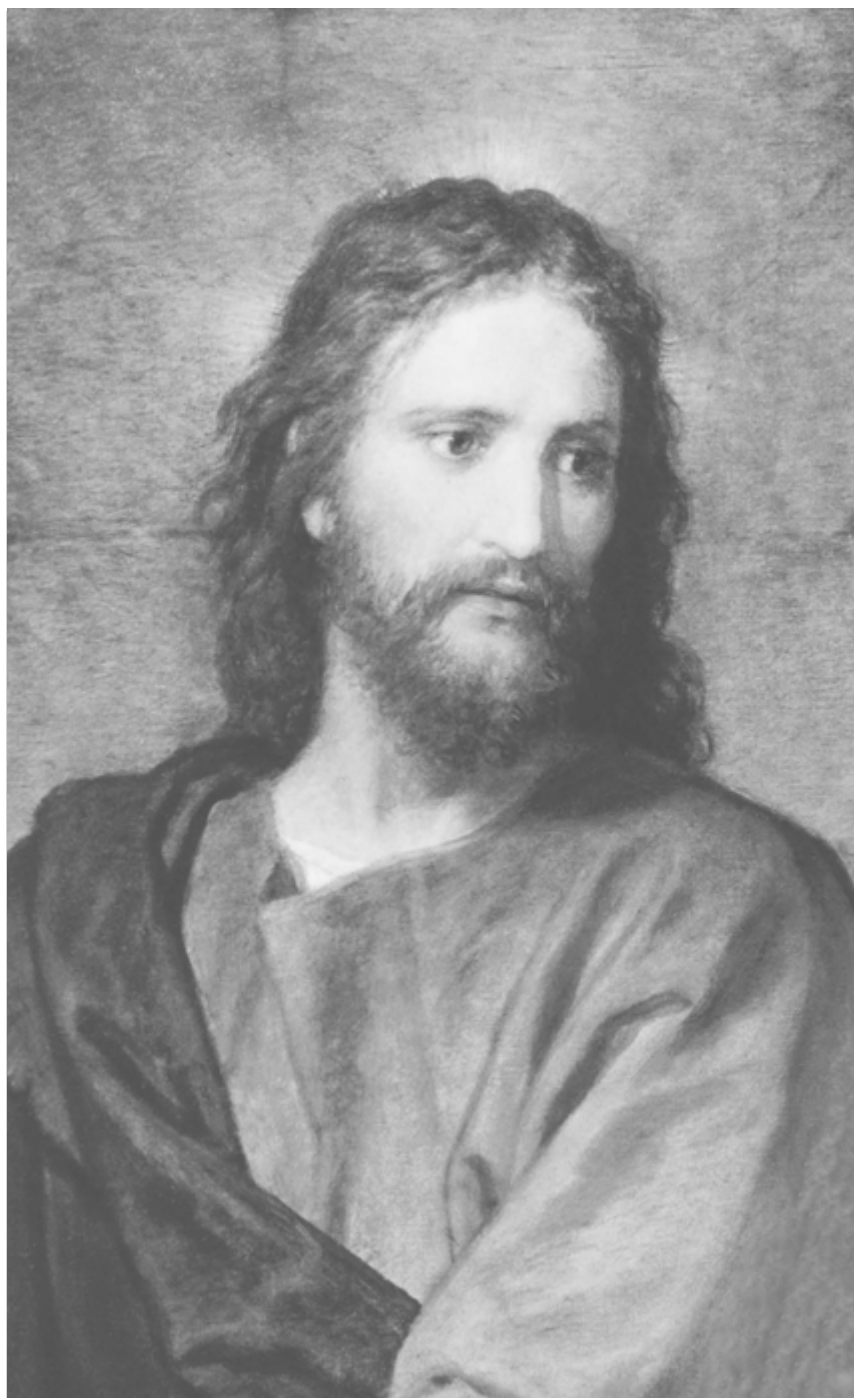
zvekirasi. Nhengo dzekirasi dzine hurema hwepfungwa, hwemiviri, hwemanzwiwo, nezvimwe vanogona kuda kubatwa kwakakosha. Mazano anotevera anokwanisa kukubatsira kuti mubatsire nhengo yese.

Edzai kunzwisisa zvido nezvinokwaniswa nenhengo yega-yega.

- Tangai mabvunza nhengo yekirasi nguva isati yasvika musati mamudaidza kuti averenge, anamate, kana kunyange kutora chinhanho. Bvunzai mibvunzo yakaita sekuti “Unonzwa sei pamusoro pekuverenga mukirasi?” Kana “Unganzwe kugadzikana here kunamata muKirasi?” Kana zvakakodzera, bvunzai vatungamiri vehufundisi, vabereki, nenhengo dzemhuri kuti muzive zvido zvinokosha zvenhengo iyi.
- Edzai kuwedzera nekunatsa kuita pamwe chete kwenhengo ine urema.
- Ivai nechokwadi chekuti nhengo yekirasi yega-yega inobata imwe nhengo yekirasi nerukudzo.
- Ivai semazuva ese, neushamwari, nerudo. Mwana wese waMwari anoda rudo nekunzwisisa.

Semudzidzisi muKereke, yeuka kuti nhengo yega-yega, zvisinei nemakwanisiro emuviri, epfungwa, emanzwiwo, kana emagariro, inekwaniso yekukura yakananga ruponeso. Une sungiro yekubatsira munhu wegawega kudzidza misimboto yevhangeri mukirasi mako. Yeuka mazwi eMuponesi: “Sekubatsira kwamaita kune mumwe wedzidzi hama dzangu, wazviitira ini” (Mateo 25:40).





# KRISTU ANORARAMA

## HUCHAPUPU HWEVAPOSITORI

KEREKE YAJESU KRISTU YAVATENDI VAMAZUVA EKUPEDZISIRA

**A**po tirikurangarira nezvekuzvarwa kwaJesu Kristu zviuru zviviri zvakakore apfuura, tinopa uchapupu hwedu nechokwadi nezveupenyu hwake husingagone kuenzaniswa uye nesimba rake risingagume rerudzikinuro. Hapana mumwe akambova nesimba rakadzama pamusoro peavo vose vakararama neavo vachazorama panyika.

Aiva Jehova Mukuru weTestamende Yekare, Muzodzwa weTestamende Itsva. Achitevedzera kuraira kwaBaba Vake, Ndiye musiki wenyika. “Zvinhu zvose zvakasikwa naye; Pasina iye kusina - kusikwa kunyange chisikwa chipi zvachwo.” (Johane 1:3). Kunyangwe akange asina zviwi, akabhabhatidzwa kuti azadzise kururama kose. “Akapota nyenika achiita mabasa akana-ka (Mabasa avaPositori 10:38), asi akazvidzwa pazviri. Vhangeri rake raiva mashoko erunyararo nekushuvira vamwe zvakanaka. Akakumbirisa vose kuti vatevedzere muenzaniso Wake. Akafamba mumigwagwa yemuParasitina, achiporesa vanorwara, achiita kuti mapofu aone, uye nekumutsa vakafa. Akadzidzisa chokwadi chekusingaperi, nechokwadi chekurarama kwedu tisati tasikwa, nechinangwa chehupenyu hwedu pano pasi, nezvinokwanisika kune vanakomana nevanasikana vaMwari muupenyu huchauya.

Akadzika chirairo semuyeuchidzo wekuzvipira kwake kukuru parudzikinuro. Akasungwa nekutongerwa mhosva dzekunedzerwa, vakamuwana nemhosva kuti vafadze mhombo, ndokutongerwa rufu nokurovererwa pamuchinjikwa. Pakarivhari Akapa hupenyu Hwake kudzikinura vanhu vose kubva muzvivi. Chake chaiva chipo chikuru chakabvisirwa vanhu vose vai-zogara pano panyika.

Tinopupura neudzamu kuti upenyu Hwake, hunova ndihwo hwakabata nhorondo yose yemunhu, hauna kutangira muBheterehama kana kuperera paKarivhari. Aive Dangwe raBaba, Mwanakomana Akazvarwa woga panyama, Muponisi wenyika.

Akamuka kubva muguva “akave chibereko chekutanga cheavo vakarara” (1 Vakorinde 15:20)

Salshe Akamuka, akashanya mukati meavo vaakada asati afa. Akaparidzirawo kune mamwe makwayi. (Johane 10:16) kuAme-reka yekare. Mumazuva ano Iye naBaba vake vakazviratidza

kumukomana Joseph Smith, achitangisa zvakavimbiswa kare “zvenguva yokupedzisirira kupiwa chokwadi” (Vaefero 1:10).

Pamusoro paKristu Anorarama, Muporofita Joseph akanyo- ra achiti: “Maziso ake aita semurazvu wemoto; vhudzi rake raive rakachena sechando; chiso chake chaibwina kudarika chiyedza chezuva; uye izwi rake raita semaungira emvura zhi- nji, raive izwi raJehovha richiti.

“Ndini wekutanga newekupedzisirira; Ndini uyo anorarama, Ndini uyo akaurawa; Ndini murevereri wenyu kunaBaba” (D&C 110:3–4).

Nezvake Muporofita akati zvakare: “Mushure kubva mezva- pupu zvose zvakapihwa pamusoro pake, ichi ndicho chapupu chekupedzisirira panezvose chatinokupai nezvake; kuti anorarama!

“Nokuti takamuona, ari kuruoko rwerudyi rwaMwari; uye takanzwa izwi richipupura kuti ndiye Chete wakazvarwa woga waBaba—

“Naiye, uye kuburikidza naiye, munaiye, nyika dziripo uye dzakasikwa, uye vagari vemo vanakomana nevanasikana zvi- zvarwa zvaMwari” (D&C 76:22–24).

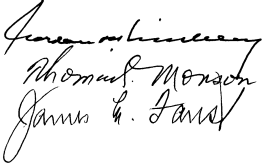
Tinotaura namazwi akadzama kuti hufundisi hwake uye Kereke yake yakadzorerwa pano pasi – “ikavakwa pahwaro— hwaVapositori nemaporofita, Jesu Kristu pachake ari ibwe repakomo” (Vaefero 2:20).

Tinopupura kuti Iye rimwe zuva achadzoka pano panyika. “Uye kubwina kwalshe kucharatidzwa vanhu vose vachakuona pamwechete” (Isaya 40:5). Achatonga saMambo wemadziMa- mbo uye nekutonga salshe wemadziShe, uye mabvi ose achapfu- gama uye rurimi rumwe nerumwe ruchataura ruchiMurumbi- dza. Mumwe nemumwe wedu achamira achizotonga Naye maererano nemabasa edu uye nezvido zvemoyo yedu.

Tinopupura uchapupu seVapositori vake vakagadzwa nema- zvo—kutii Jesu ndiye Kristu anorarama, Mwanakomana anora- rama nekusingaperi waMwari. Ndiye mambo mukuru Imanu- eri uyo amire kuruoko rwerudyi rwaBaba vake.

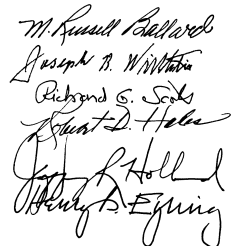
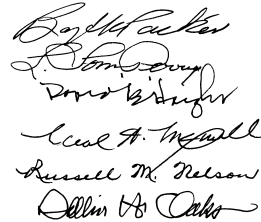
Ndiye chiyedza, upenyu, uye tariro wenyika. Nzira yake ndiye inotitungamira mukufara muupenyu huno uye nehusi- ngaperi munyika ichauya. Mwari ngaarumbidzwe nechipo chi- sina muenzaniso, Mwanakomana wake anoyera.

### HUTUNGAMIRI HWEKUTANGA



Ndira 1, 2000

### CHIKWATA CHEVANE GUMI NEVAVIRI



# MHARIDZO KUNYIKA

HUTUNGAMIRI HWEKUTANGA NEDARE reVANEGUMI neVAVIRI  
veKEREKE yaJESU KRISTU yaVATENDI vAMAZUVA EKUPEDZISIRA

**J**SU VEHUTUNGAMIRI HWEKUTANGA neDare reVanegu-  
mi neVaviri raMapositori eKereke yaJesu Kristu yaVatendi  
vaMazuva Ekupedzisira, tinokuzivisai muutsvene kuti  
muchato wemurume nemukadzi wakagadzwa naMwari  
naizvozvo mhuri ndiyo iri pakati chaipo pehurongwa  
hweMusiki hwekuti vana vake vazova nekurarama  
nekusingaperi.

**V**ANHU VOSE—varume nevakadzi—vakasikwa ne-  
mufananidzo waMwari. Tiri vanakomana nevanasikana  
vemweya vanodikanwa vevabereki vekudenga naizvozvo,  
mumwe nemumwe aneMwari nemukana wekuzove  
saMwari. Kuva murume kana mukadzi zvakaokosa paku-  
ratidza tsaukano iripo pakati pemumwe nemumwe, kubva  
muupenyu hwatakararama semweya, nehwenyama hwa-  
tiri kurarama nehwatchararama nekusingaperi.

**V**ASATI vAVAPANO PASI, vanakomana nevanasikana  
vemweya vaiziva nokurumbidza Mwari saBaba vavo  
nekusingaperi, uye vakagamuchira hurongwa hwavo  
hwekuti vana vavo vaikwanisa kuzwana muviri weny-  
ama nekuwana uchenjeri kubva mukurarama panyika  
kuti, vawaniswe kuwedzera mukunatswa gumisiro  
vowana humwari hwavo sevagari enhaka yehupenyu  
husingaperi. Hurongwa hwaMwari hwerufaro hunoita  
kuti hukama huri pakati pemhuri huve hunokwanisa  
kukunda rufu nekuenderera mberi nokusingaperi.  
Zvisungo nezvibvumirano zvinora zvinowanikwa  
mumatemberu matsvene zvinaita kuti umwe nomumwe  
azove anokwanisa kudzoka kuna Mwari nekuti mhuri  
dzive dzinobatanidzwa nekusingaperi.

**M**utemo wekutanga kubva kunaMwari hwakapihwa  
Adama naEva waive wakanangana nesimba ravaive naro  
rekuva vabereki semurume nemukadzi vakaroorana.  
Tinokuzivisai kuti mutemo waMwari wekuti berekai  
muwande muzadze nyika uchirikushanda. Tinoti zvaka-  
re Mwari vanoti masimba ekubereka anofanirwa kusha-  
ndiswa pakati pomurume nomukadzi vakaroodzwa kana  
kuchatiswa zviri pamurawo.

**T**INOKUZIVISAI kuti masikirwo ehupenyu akadzikwa  
muurumwari. Tinotsinhira kuera nokukosha kweupenyu  
muhurongwa usingaperi waMwari.

**M**URUME NEMUKADZI vakaroorana vane basa rohu-  
tsvene rinokosa rokuchengetana nerekuratidzana rudo  
pakati pavo nevana vavo. Vana inhaka inobva kuna Jehova  
(Mapisarema 127:3). Vabereki vane basa rinoera rekurera  
vana murudo nomukururama. Vanotarisirwa kuvapa zva-  
vanoda munyama nomumweya, kuvadzidzisa rudo  
nekushandira vamwe, kuchengedzwa mitemo yaMwari,  
neyemunyika dzavanogara. Varume navakadzi vakaroo-  
rana—vanamai navanababa— vachanodavirira mabasa  
iwayo pamberi paMwari.

**M**HURI dzakagadzwa naMwari, muchato pakati pemu-  
rume nemukadzi wakakosha muurongwa usingaperi  
waMwari. Vana vane kodzero yokubereka mumhuri  
dzakabatanidzwa nomuchato, nokurerwa nababa naamai,  
vanoremekedza mhiko dzemuchato kuburikidza nekuzvi-  
bata kuzere. Mufaro mumhuri hauzomboshayiki kana  
wakavakirirwa kubva nedzidziso dzalshu Jesu Kristu.  
Michato nemhuri dzinobudirira dzakadzikwa nekuche-  
ngetedzeka kuburikidza nemisimboti yekutenda, muna-  
mato, kutendeuka, ruregerero, rukudzo, rudo, tsitsi, basa,  
nemitambo inovaraidza izere. Muurongwa waMwari  
vanababa vatungamiri vemhuri dzavo, murudo nemuku-  
rurama, kuvapa zvanoda munyama, nekuvadzivi rira.  
Basa guru raamai nderekurera vana. Mumabasa iwayo  
anoera, vanababa navanamai vanosungirwa kuva vano-  
shanda pamwechete vachibatsirana savanhu vamwe,  
vanokosha zvakaenzana. Urema, rufu nezvimwe zviitiko  
zvinogona kukonzera kuti amai kana baba vaite basa rai-  
fanira kunge richiitwa nemumwe wavo. Hama dzinokwa-  
nisa kuva dzinobatsirawo pakafanira.

**T**INOPAYAMBIRO kuti; avo vasingatevedze zviibvumirano  
zvemitemo yokuzvibata, avo vanoshusha mhuri, vanota-  
dza kuzadzisa mabasa avo emuhuri, richasvika zuva  
ravachazodavirira mabasa avo pamberi paMwari.  
Tinoyambira zvakare kuti kuparara kwemhuri kunounza  
matambudziko ayo akatarurwa nezvawo namaporofita  
akare naanhasi kuvanhu, kumatunhu nyenika.

**T**INOPA BASA KURUZHINJI, vashandi vehurumende kwese  
kwese kuti vakurudzire kuchengedzwa kwedzidziso  
dzhurongwa hwemhuri kuti parambe paine kusimbara-  
dzwa kwemhuri semusimboti wendudzi.

*Chidimbu chegwaro rakaverengerwa Chita cheMadzimai mumusangano wakaitwa musi wa  
23 Gunyana 1995 ku Salt Lake City, Utah neMutungamiri Gordon B. Hinckley.*

# *T*irivasikana

vemweya vaMwari vanodiwa,  
uye upenyu hwedu hunezvaunoreva,  
hune chinangwa, negwara. Sevakoma nevanin'ina pasi rose,  
akabatana mukuzvipira kwedu kuna Jesu Kristu,  
Mununuri wedu neMuenzaniso.  
Tiri madzimai erutendo, hunhu, tariro, netsitsi:



*V*ano wedzera huchapupu hwedu hwaJesu Kristu  
kuburikidza nemunamato nekudzidza zvinyorwa zvitsvene.



*V*ano tsvaka simba remweya nekutevera  
kutunha kweMweya Mutsvene.



*V*ano zvipira kusimbisa michato,  
mhuri, nedzimba.



*V*anowana runako muhumai  
nerufaro muhukadzi.



*V*anofanofarira kubatsira nemabasa akanaka.



*V*anoda upenyu nekudzidza.



*V*anomirira chokwadi neururami.



*V*anotsigira hufundisi sesimba raMwiri panyika.



*V*anofara nemakomborero etemberi,  
vanonzwisisa magumo edu matsvene,  
uye vano shingiririra ruponeso.



# MISIMBOTI YEVHANGERI NEDZIDZISO



# JESU KRISTU, HWARO HWEDU HWAKASIMBA

*C h i d z i d z o 1*

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Chinangwa chechidzidzo chino ndeche kubatsira kuita Jesu Kristu hwaro hweupenyu hwedu.

## **Sei Tichida Jesu Kristu seHwaro Hwedu Hwakasimba?**

Dai kurikunzi tinovaka imba, taizo chenjerera kuiisa pagaro rakasimba, hwaro hwakasimba hunozoidzikamisa pamutoro wekushandiswa zuva rega-rega nepanguva dzemadutu. Kuvaka imba kwakafanana nekuvaka hunhu hwako pachako. Tinoda hwaro hunozotisimbisa munguva yezviedzo nematambudziko.

Sezvo magariro edu—hunhu hwedu—zvichibva mune zvinotisunda nezvino tungamira zviito zvedu, takafanira kuva nechokwadi chekuti zviito zvedu zvinovakwa pazvikonzero negwara zvinerukudzo.

- Funga pamusoro pehwaro hweupenyu hwako, Pane chimwe chinhu here chinokosha chinokutunha kana kukukonzera kuti unangise upenyu hwako neimwe nzira?

Hwaro hweupenyu hwedu inokwanisa kuva nepfungwa, chirongwa, mitemo kana kurudziro kubva muupenyu hwemunhu watinoyemura. Nokuti ndisu vavaki veupenyu hwedu, tinofanira kuva nechokwadi kuti hwaro hwedu inosarudzwa neungwaru uye kuti inotikurudzira nekutitungamira.

- Ratidza mufananidzo 1-a, “Jesu Kristu.”

MuBhuku raMomonu, tinodzidziswa kuti Jesu Kristu anofanira kuva hwaro yeupenyu hwedu. “Rangarirai kuti padombo reMununuri wedu, anove ndiye Kristu, Mwanakomana waMwari, pamakafanira kuvakira hwaro hwenyu . . . hunova hwaro hwakasimba, hwaro hwekuti vanhu vakavakira havaponzike” (Heramani 5:12).

- Tinodirei Jesu Kristu sehwaro hwedu hwakasimba? Ipa masista, kanguva, kekuti vapindure; zvino wozoratidza posita rine musoro wenyaya unoti “Sei tichida Jesu Kristu?” Rinoratidza mhinduro nepane zvimwe zvinyorwa zvitsvene zvinotevera. Unokwanisa kusarudza kunyora mashoko urwu pabhodhi.



*1-a, Jesu Kristu*



Sei tichida Jesu Kristu?

Isu tese takatadza (onai VaRoma 3:23).

Ropa rake rinokwanisa kuti chenesa kubva muzvivi zvedu  
(onai Johane 1:7–9).

Akatipa muenzaniso wakakwana wekutevera (onai 3 Nefi 12:48).

Kuburikidza Naye chete kungatikwanise kudzokera kuna Baba  
vedu vari kudenga (onai Johane 14:6; Mosia 5:7–8).

Kuburikidza Naye tichamutswa murufu (onai Mosia 16:7–8).

Kuburikidza Naye tinokwanisa kuva neupenyu husingaperi  
(onai Johane 11:25–26).

Tinonamata kuna Baba muzita Rake (onai Momoni 9:21).

Anotidzidzisa chokwadi chete (onai Johane 18:37; Eteri 3:12).

- Kurukurai zvikonzero zvawanyora. Ungakwanisa kuita kuti masista averenge zvimwe zvinyorwa zvitsvene zvakataurwa.

Jesu Kristu mukoma wedu mukuru. Anotida uye anoda kuti tidzokere kunogara Naye naBaba vedu Vekudenga. Tinokwanisa kuvimba Navo nokuziva kuti Vanotikumbira kuti tiite izvo zvinhu zvakatinakira.

- Ita kuti masista aimbe “Ndinokudai Nguva Dzose” (“I Need Thee Every Hour,” *Hymns*, no. 98; kana *Gospel Principles*, p. 320); kana kuti ita kuti sista vakarongerwa vaverenga mazwi endima dzese.

**Sei Tichifanira Kuziva Jesu Kristu?**

Kuti tivake upenyu hwedu “padombo reMununuri wedu, anova Kristu, Mwanakomana waMwari” (Heramani 5:12), takafanira kumuziva. Takafanira kudzidza kuti Ndiyani nekunzwisisa basa Rake dzvene. Tikafanira kudzidza kuti Akararama nekufa rinhi, sei, uye nechikonzero chei. Takafanira kutsvaka kuziva shoko Rake rechokwadi nechiedza uye kudzidza mashandisiro ezvidzidzo Zvake muupenyu hwedu hwezvava rega-rega.

- Verenga Mateo 11:28–29. Muchinyorwa ichi Jesu anoti, “Uyai kwandiri,” uye “Mudzidze nezvangu.” Zvinorevei kuuya kuna Jesu? (Tinouya kuna Jesu nekutsvaka kuva neMweya Wake uinesu uye nekuita zvinhu zvichatibatsira kukodzera kuti tigare Naye zvakare—nemamwe mazwi, nekutambira nekurarama vhangeri.)

## Tingaziva Sei Jesu Kristu?

- Nyora pabhodhi:

Tingaziva sei Jesu Kristu?

Dzidzai zvinyorwa zvitsvene.  
Pindai miKereke yeKereke.  
Teererai nekuverenga mazwi evaporofita vapenyu.  
Namatai kuna Baba vedu veKudenga.  
Shandisai dzidziso dzaKristu.

### *Dzidzai Zvinyorwa Zvitsvene*

Tinokwanisa kudzidza nezvaJesu nekuda kwekudzidza zvinyorwa zvitsvene. Zvine nyaya yeupenyu hweMuponesi, dzidziso dzavo, neku-shanda kwavo nevana vaMwari panyika. Jesu vakataura kuti tinofanira kunzvera Zvinyorwa zvitsvene, nokuti zvinopupura neZvavo (onai John 5:39).

- Zvinyorwa zvitsvene zvipi zvine tsanangudzo dze upenyu nedzidziso zveMuponesi? (Upenyu Hwavo Munyika Tsvene hunotaurwa munaMateo, Marko, Ruka, naJohane veTestamente Itsva. Zviitiko Zvavo nevanhu venyika dzeAmerica zvinotaurwa muna 3 Nefi muBhuku raMomoni. Jesu Kristu anodaidzwa kuti Jehova muTestamente Yekare, ine mirairo yaVakapa Vasati Vauya panyika munyama. Mirairo yavo inowanikwawo muBhuku raMomoni neDombo reMutengo Mukuru. Mazwi avo kwatiri kuburikidza reMuporofita Joseph Smith ari muDzidziso neZvibvumirano.)
- Kudzidza magwaro metsvene kwakubatsirai sei kuda nekunzwisisa Muponesi?

### *Pindai MiKereke yeKereke*

Tinokwanisa kudzidza nezvaJesu nekuda kwakupinda misangani yeKereke, uko kwatinogashira mirairo pamusoro peMuponesi nedzidziso Dzavo. Patino pinda miKereke yedu nekutora chirairo takakodzera, tinokwanisa kuva neMweya Wake kuti utitungamire. Apo tine-

nge tichitora chirairo, tinofanira kufungisisa upenyu hweMuponesi, ukama hwedu Navo, nezvibvumirano zvatakaita.

- Kupinda miKereke yeKereke kwakakubatsirai sei kudzidza pamusoro paJesu?

### *Teererai neKuverenga Mazwi eVaporofita Vapenyu*

Tinokwanisa kudzidza pamusoro paJesu nekuteerera mazwi evaporofita vapenyu. Ishe vakatiudza kuti “titeerere” kumazwi nemirairo yevaporofita Vavo nekugashira mazwi iwayo sekunge abva kuna ivo Ishe Pachavo (onai D&Z 21:4–5). Mutungamiri weKereke yaJesu Kristu yaVatendi vaMazuva Ekupedzisira ndiye anotaura akamirira Mwari panyika. Kuburikidza nemharidzo dzake nemashoko ake anodindwa anozarura makwara aMwari kuitira isu nhasi.

- Chii chamadzidza pamusoro paJesu Kristu kuburikidza nekuverenga kana kuteerera kumazwi evaporofita vapenyu?

### *Namata kuna Baba vedu veKudenga*

Tinokwanisa kudzidza pamusoro paJesu Kristu nekunamata kuna Baba vedu vekudenga. Kuburikidza nemunamato tinokwanisa kuwana uchapupu hwekuti Jesu ndiye Kristu, Mwanakomana waMwari. Tinokwanisa kuziva kuti Akava Mununuri wedu kuburikidza neRudzikinuro, runoita kuti zvikwanisike kuti tigashire ruregerero rwezvivi zvedu kuburikidza nerudzoko. Tinokwanisa kuziva kuti akamutswa murufu mushure memazuva matatu ari muguva uye kuti kuburikidza neRumuko murufu Rwake mwana ega-ega waBaba veKudenga achamutswa murufu. Tinoziva kuti Jesu Kristu anorarama nhasi uye ndiye musoro weKereke yaJesu Kristu yaVatendi vaMazuva Ekupedzisira, nekuti vanoitungamira kuburikidza nemuporofita Wavo, Mutungamiri weKereke, kuburikidza nemunamato wepachokwadi tinokwanisa kudzidza Jesu vanerudo rukuru netsitsi nesu uye kuti vanonzwisisa zvido zvedu nematambudziko edu.

Nekubatanidza munamato nekutsanya, tinokwanisa kutsvaka tichibudirira ruzivo rweMuponesi nebasa Rake.

- Chii chamadzidza pamusoro paJesu Kristu nekunamata kuna Baba vedu veKudenga?

Kuburikidza nekudzidza nekufungisisa zvinyorwa zvitsvene, Kupinda miKereke yedu yeKereke, kuteereramazwi evaporofita vapenyu, neKunamata kuna Baba vedu veKudenga, tinozokwanisa kuita Jesu Kristu “hwaro hwakasimba” hwedu.

*Shandisai Dzidziso DzaKristu*

Jesu anotikumbira kuti tiedze mirairo yaMwari kuburikidza nekuirarama (onai Johane 7:16–17). Apotino dzidza dzidziso dzaJesusu Kristu, tinofanira kudzishandisa mazuva ose.

Nyaya inotevera, inodaidzwa kunzi “Makumi maviri-nemana eMaawa eNdarama” inoratidza Charlotte, mudzimai wechidiki akambenge akasuwa asingagutsikane, akabatsirwa kubva mukushandisa dzidziso dzeMuponesi.

“Charlotte akanga asvika panguva yakaoma mupenyu hwake. Akanga akazadzwa nekusagutsikana. Zvinhu zvese zvairatidzika sezvisiriizvo. Vavairo dzake dzakamiswa; shamwari dzake dzaiva idzowo zvadzo; imba yake yakanga isina kunaka; chimiro chake chisina kunaka, seku ziva kwake. Dambudziko iri rakanga rakakura kuna Charlotte. Akaratidzika kuva akabatwa mumasaisai emamiriro akanga achimupinza muupenyu hwakaipa uye husingagutse, akanga asingakwanise kupunyuka.”

Kuti awane rubatsiro, Charlotte akaenda kuna Margaret Ames, mudzimai aigara rudzi rweupenyu hwaidiwa kugarwa naCharlotte. “Charlotte akadururira nyaya yekurwadziwa kwemwoyo wake pamusoro peupenyu hwake hunogumbura, husina rufaro. . . . Mushure mezwi rakapfava retsitsi Margaret akati, ‘Unokwanisa kushandura zvese izvozvo kana uine chido chekuzviita.’

‘[Kutanga upenyu hutsva, Mai Ames vakapa zano kuna Charlotte]: ‘Rarama kwemaawa makumi maviri nemana sekunge Kristu ariparutivi pako, achiona zvese zvaunoita. Zvino wozo uya kwandiri zvakare, tozotaura pamusoro pazvo. Ungaita izvozvo?’

“Charlotte akanga ari nhengo yeKereke, asi haana kumbotaura nezvaKristu zvakadaro—sekunge akanga ari muvakidzani waungataura naye. Zvinenge zvakananikidzika nekukonona, akapindura, ‘Hongu Mai Ames.’ . . .

“Zuva rakanga roreroka pakaenda Charlotte kumba. Aiziva kuti aitarsirwa kubatsira kuisa kudya kwemanheru patafura. Akaenda kudhiroo akaburitsa jira repatafura rakaunyana. Paaka riwaridza patafura, akaona madonhwe akasvibiswa. Apa ndipo paakava nepfungwa yake yekutanga yekushanduka.

“‘Dai Kristu aizodya nesu, handaizo isa jira rakasvibiswa,’ akazvita urira.

“Akatora jira rakachena. Uye nepfungwa imwecheteyo akaunza mbiya yemaruva kubva pachi vanze. Akaisa bhata pandiro yakachena kunze kwepane yakasvibiswa. Akacheke chingwa zvakanyatsonaka. . . .

“Tine vaenzi mhanheru ano?’ vakabvunza baba. . . .

“‘Imi chete, Baba,’ akanyemwerera Charlotte. Dai Kristu aivapo, hongu maizonyemwerera kumhuri yenyu muchivaratidza tsika dzenyu dzakanakisisa.

“Amai vake, vaneta vachitsva, uye vachakapfeka nhumbi dzavo dzemumba yekubikira, vakagara pasi, vachiti, ‘Handizive chapinda maari kugadzira zvakanaka kudai kuitira isu chete. Ndinofunga ari kutarisira mumwe munhu kusvika tisati tapedza.’. . . .

“Charlotte akaramba anyerere kusvikira afunga zvinhu kwazvo zveku- taura pamberi peMweni akanga asingaoneke. ‘Handizive mumwe munhu wandingade kuitira zvinhu anopfuura vabereki vedu,’ akadaro.

“Mhuri yakango yeva kwekanguva. Zvakanga zvisingaite saCharlotte. Zvino baba vakati, ‘Ndizvo chaizvo, Mwanasikana. Zvinongonetsa kuti tose hatizvifunge kakawanda.’. . . .

“Mumba yekutandarira Charlotte akazvuvu magazini kubva pasi-pasi pemurwi akatanga kuverenga. Iye ndiye akanga aunza magazini racho kumba, akarichengeta rakavigwa. Mushure mechinguva chidiki akari- isa pasi . . . ‘ndingadai ndisiri kuverenga izvi dai Kristu akagara paai- kwanisa kuverenga neni,’ akafunga. Akabva abuda naro, akariisa mubegi remarara. . . .

“[Zuva rakatevera Charlotte] akaenda kubasa zvakare. . . . Akanga asi- ngade basa rake zvakananyanya. . . .

“‘Kristu parutivi neni,’ akafunga apo aifamba kupinda muchitoro pakati pevasikana vaitaura. Akati mangwanani akanaka achinyemwe- rera kune vese vaakasangana navo.”

Kushamwaridza kwaCharlotte kwavari nehanya kumatambudziko avo zvakashamisa vamwe vaashanda navo. Akange ave kana kukwanisa kugadzirisa matambudziko nevatengi vasina tsika apo ayizviyeuchi- dza zvaaizoita dai Kristu aive parutivi pake. Manheru iwayo akadzo- kera kumba kwaMargaret Ames kunokurukura kuedza uku.

“. . . ‘Ndakazviyedza, Mai Ames, magonero andaikwanisa, saka, zva- kaita kuti zvinhu zvese zvisiyane. N dofunga ndava kuona zvamuno- reva. Hongu, hazvina kushandura zvinhu zviri kundinetsa. Ndichiri murombo, uye handikwanise kuenda kuchikoro, uye ndinogara mui- mba yakaipa. . . .’

“‘Aa, mudiwa wangu! Asi wakangotanga kumwaya mbeu maawa makumi-maviri nemana apfuura. . . . Unga enderere sekutanga kwa- waita, uye womirira Ishe, “nomwoyo murefu” sekutaurirwa kwatinoi- twa neMuimbi weMapisarema?. . . . Unezwi [rinokosha]. Rinova

Kristu, Kugunun'una . . . hakushandure zvinhu kazhinji; asi Kristu anoshandura. Ingo yeuka kuchengeta mufambo wako pedyo-pedyo naye.'

“ ‘Ndichazviita,’ akadaro Charlotte” (mu Lucy Thompson, comp., *Stories That Live* [1956], pp. 34–43).

- Charlotte akaita sei apo aiyedza kugara sekugara kungadiwa naKristu kuti agare? Akawana makomborero eyi mumaawa makumi-maviri nemana iwayo?

Ishe vanotikomborerawo apo tinoedza pachokwadi kurarama nemuenzaniso Wavo neizwi Ravo. Vanoraira, “Onai kwandiri mupfungwa yese” (D&Z 6:36). Kana tichiita izvi, tinobvuma kuzvipenengura, tichibvunza: “Ndirikuita here zvingadiiwa naJesu kuti ndiite? Aizo gadzirisa dambudziko iri semagadziriso andaita here? Ndinga shandura sei upenyu hwangu nhasi kuti ndigare sekugara kwaiita Jesu? Kana tiri tinoteerera kukoka kweMuponesi kuti tiuye kwaari (onai Mateo 11:28), tinofanira kutevera muenzaniso wavo nekuita chaizvo zvaVaizoita.

- Mungashandise sei dzidziso dzaJesu muupenyu hwemhuri yengu? Muukama hwenyu neshamwari?

### **Tingava Sei saJesu Kristu**

Kana tikashandisa dzidziso dzaJesu Kristu muupenyu hwedu, tichazova saIvo. Tinozo kudziridza tsitsi kune vamwe nekuda kuvashandira. Kana tichiita zvose zvatinokwanisa kurarama dzidziso dzeMuponesi wedu, tinochengeta zvibvumirano zvedu Naye uye tichikodzera kutakura zita Ravo (onai Mosia 5:7–15). Tinowana rufaro mukuzvipira pamafaro neupfumi zvenyika, pazvinodikanwa, kuitira vamwe vanhu. Tinototambira nyangwe kurambwa, kusanzwisisa, kutambudzwa, ne kurangwa, kunyange zvazvo tingangove tisina mhaka yekuita zvakaipa. MuBhuku raMomoni Aruma anotitaurira kuti kana tikaarama vhangeri raJesu Kristu zvizere, tinozogashira mufananidzo Wavo muzvimiro zvedu (onai Aruma 5:14, 19).

- Ndehupi humwe hunhu huna Kristu? (Nyora hunhu hwacho pabhodhi rechoko pahunenge huchi domwa.)

Kana pfungwa nezviito zvedu zvezuva rega-rega zvirira pana Jesu Kristu sehwaro hwedu hwakasimba, tinokudziridzawo hunhu ihwohu humwechetehwo, nokudaro tobva tava saIvo.

### **Mhedziso**

Sekudzidzisa kwakaita Heramani vanakomana vake, tinofanira kuvaka upenyu hwedu “pamusoro pedombo reMununuri wedu, anova Kristu . . . hwaro hwakasimba” (Heramani 5:12).

Muupenyu huno tichava nenguva dzerufaro nenguva dzemuyedzo. Asi tinovimbiswa kuti kana tikavakira upenyu hwedu pana Jesu Kristu, hwaro hwakasimba, hatizodonha kana miyedzo yauya (onai 3 Nefi 14:24–27). Jesu akati hatifanire kutya, asi tinofanira kuita zvakanaka. Kana nyika negehena zvikatikutsirana, hazvizokunda kana takavakwa pamusoro pedombo rake (onai D&Z 6:34).

### **Zvekuita**

Dzidzai zvakanaka pamusoro paJesu Kristu kuitira kutevera zvirinani muenzaniso Wavo nedzidziso. Tangai nekuverenga chitsauko 3, “Jesu Kristu, Mutungamiri neMuponesi Wedu Akasarudzwa,” nechitsauko 11, “Upenyu hwaKristu,” muMisimbotti weVhangeri; na 3 Nefi zvitsauko 8 kuburikidza 26. Sarudzai hunhu henenge hwaKristu humwechete hwamunoda kukudziridza mwonamata zuva rega-rega kuitira rubatsiro mukuvaka upenyu hwenyu pahwaro hwaJesu Kristu. Turikai mufananidzo waJesu Kristu mumba menyu.

### **Zvimwe Zvinyorwa Zvitsvene**

- Mateo 7:24–27 (mibairo yekuvaka imba pamusoro pedombo kana pamusoro pejecha)
- 2 Nefi 31:10–21 (nzira yakamanika uye nhete)
- 3 Nefi 9:14 (makomborero eavo vanouya kuna Jesu Kristu)
- Moroni 10:32–33 (nyasha dzaMwari)
- Dzidziso ne Zvibvumirano 50:44 (mufudzi akanaka)

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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Dzidza *Musimbotti weVhangeri*.
2. Dzidza 3 Nefi chitsauko 8 kusvika 26.
3. Dzidza *Mudzimai weVatendi vaMazuva Ekupedzisira, Chikamu A*, chidzidzo 1, “Rutendo Muna Jesu Kristu.”
4. Gadzira posita rakataurwa muchidzidzo kana nyora mashoko rwa-cho pabhodhi rechoko.
5. Ronga kuimba rwiyo “Ndokudai Nguva Dzose” (*Hymns*, no. 98; kana *Gospel Principles*, p. 320); munguva yechidzidzo kana kuro-ngerera sista kuverenga mazwi endima dzese dzerwiyo.
6. Sarudza nhengo dzekirasi dzigopa nyaya dzese dzese, zvinyorwa zvitsvene kana nhaurwa zvaunoda.

# MADIRO NEKUZVIPINDURINA

*C h i d z i d z o 2*

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Chinangwa chechidzidzo chino ndeche kutibatsira kunzwisisa zvirinani kukosha kwekusingapere kwesarudzo nechokwadi chekuti tinozvipindurira kusarudzo dzatinoita.

## **Kodzero yeKusarudza, Mutemo weKusingaperi**

“Akanga ari mangwanani eSvondo ekutonhora kuchamhembe KweNew York. Tembiriha (chinoyereswa kutonhora kana kupisa kwezvimbo) yakanga iri madigirii (mayererwo acho) akati kuti pasi petembiriha yemvura yaoma kuita chando. Pekufamba napo chakanga chirichando; nzira dzakanga dzakadziirirwa nemazaya echando. Hakuna akauya kuKereke mangwanani iwayo kunze kwemufundisi nemudzimai wemakore makumi masere nemanomwe, akanga akwezvereka mabhuroko gumi kubva kwaigara.

“Achishamisika nekumuona, mufundisi akamudaidza nezita akabvunza: ‘Masvika nei pano mangwanani edutu akadai?’

“ ‘Mwoyo wangu unotanga kusvika kuno,’ yakava mhinduro inerufaro, ‘zvino zvinozoita nyore kuneni ndese’ ” (zvaktorwa na John H. Vandenberg, mu Conference Report, Kubvumbi 1973, p. 40; kana *Ensign*, Chikunguru 1973, p. 32).

Mudzimai ari munyaya ino aive nesarudzo yekuita. Aikwanisa kugara kumba mukudziya nekudekara kana kuti ayedze mufambo wakareba kuKereke pazuva rakaipa. Zvisinei nemaipiro ekunze nemamiriro akaoma, akasarudza kuenda. Sarudzo yake yakatunhwa nekunzwa kwemumwoyo make.

Kodzero yekusarudza, mutemo wekusingaperi. Kunyange tisati tauya panyika, taidikanwa kuti tisarudze kuti tinozotevera chironywa chaMwari uye tova takasununguka kuita sezvatai sarudza kana kutevera Satan toita pasi pekumanikidzwa (onai Zvakazarurwa 12:7–11). Ishe vakaratidza kuna Mosesi zvakasiyana zvakapiwa kune vese vana vaBaba veKudenga mudare guru remweya.

- Verengai Mosesi 4:1–4. Sei zvakapiwa neMuponesi zvaitambirika? (Zvaiva zvisina zvinomanikidza uye zvichivimbisa mutemo wesaru-



dzo kuvana vose vaBaba Vekudenga. Akanga asingade rumbidzo kuna Iye pachake, asi rombo rekushandira chete.)

“Ngatitii totora mwana uye toronga kumurera sezvaidiwa naSatani, kuitira kuti haaite kana chinyangadzo chidikidiki. Tinomuudza chairo zvekuita, maitiro nenguva yekuzviita; zvino tovanechokwadi chekuti anoteerera kumurairo. Hatimuite kuti aite sarudzo, hatimuite kuti aedze dzimwe nzira kumatambudziko emagariro emazuva ese. Haafanire kubvumirwa kukanganisa. Gore negore muviri wemwana unokura, asi ko pfungwa yake? Ko mweya wake? Kunyange achikura kuita mafiti matanhatu, haambova munhu mukuru akazara. Pfungwa yake nemweya wake zvinenge zvikaziyiswa. Zvinenge zvakatadza kukura nokuda kwekushaiwa kudya. . . . Baba vedu vari Kudenga vaiziva . . . kuti munhu haazombo wana ururami . . . usina chinhu chinokosha che . . . sarudzo” (Lester na Joan Essig, “Free Agency and Progress,” *Instructor*, Gunyana 1964, p. 342).

Padare kudenga, takasarudza kutevera Jesu Kristu, uye nokuti takaita sarudzo kwadzo muupenyu hwemweya, takava nerombo rekuuya panyika. Sarudzo dzedu muupenyu huno dzicharamba dzichitonga nzira yedu mukusingaperi.

- Verengai 2 Nefi 2:26–28 mokurukura zvinoreva mazwi a Rehi kumwanakomana wake Jakobho.

### **Sarudzo Inoda Kuti Pave Nezvekusarudza**

Kuti tishandise sarudzo edu muupenyu huno tinofanira kuve nemukana wekusarura.

Verengai ndima ina dzekutanga dzechikamu “Sarudzo Inoda Kuti Pave Nezvekusarudza,” *muMusimboti yeVhangeri*, chitsauko 4.

Ishe vaiziva kuti taizosangana nezvese zvakanaka nezvakaipa uye taizofanira kuita sarudzo. Nokudaro, vanotikumbira kuti tigare pedyo Navo nekuchengeta mirairo Yavo kuitira kuti tikwanise kucherechedza nekuramba kufurira kwaSatani.

“Ishe vanoti, ‘Chengetai zuva reSabata riri Dzvene’ (onai Eksodo 20:8).

“Satani anogona kuti, ‘Shandisai zuva reSabata sezuva remutambo. . . .’

“Ishe vanoti, ‘Kudza baba vako naamai vako’ (Eksodo 10:12).

“Satani nenzira yekunyengedza anoisa mupfungwa dzedu zano rekusateerera vabereki vedu; upenyu hwako ndehwako kusarudza sezvaunoda. . . .

“Ishe vanoti, ‘Muziya rechiso chako uchadya zvekudya,’ (Genesi 3:19). Uye vakatiwo, ‘Rega kuva nenungo’ (D&Z 88:124).

“Satani angangoti, ‘Tora zvakanakawanda zvaungakwanisa mahara. . . .’ Anokurudzira kusaita chinhu, unyope, kunyange pfungwa yekuti hurumende inechikwereti chekurarama kwako. . . .’

“Ishe varoti, ‘Bhadhara chimwechete kubva mugumi chezvawakawana pagore sechegumi. Kune izvi, ndichakupa mubairo mukuru’ (onai 3 Nepi 24:8–10; D&Z 119:4).

“Rusifa anogona kuti, ‘Sei uchibhadhara chegumi chako? Unoda mari yacho kupfuura kudiiwa kwainoitwa neKereke. . . .’

“Ishe vanoti, ‘Tsvaka mutsetse wemadzitateguru ako ugopedza basa ravo retemberi.

“Satani anogona kuti, ‘Chimbomira kuita basa iri kana, kuti, usariite zvachose’ ” (Carl W. Buehner, “Who’s on the Lord’s Side?” *Improvement Era*, Chikumi 1961, pp. 402–3).

### **Dzese Sarudzo Dzine Mibairo**

Zvakakosha kuti tinzwisise kuti kunyange takasununguka kusarudza zvatinoita, hatina kusununguka kusarudza mibairo yezviito zvedu. Mibairo, kunyange yakanaka kana yakaipa, inotevera semhedzisiro chero yesarudzo dzatinoita.

- Verengai VaGaratia 6:7–9.

Murimi anoziva kuti anokohwa zvaanorima. Rudzi rwemuchero waanosarudza kudyara rwunotonga rudzi rwemuchero waachawana musi wekukohwa. Haanga dyare pizi achitarisira kuzokohwa mapichisi. Kana kusarudza kushaya hanya nechirimwa chake ochitarisira kukura zvakanaka.

Kana taita sarudzo, tinofanira kutambira mubairo wesarudzo iyoyo. Tinosarudza zvinotevera patinosarudza kuita chinhu. Tinosarudza magumo patinotanga mufambo.

- Ratidza mufananidzo 2-a, “Mhandara irikufungisisa sarudzo,” Sei zvakanakosha kuti mhandara iyi iite sarudzo kwadzo maererano nedzidzo yake, upenyu hwake pachake, nekudziridzo yemweya?

Tinofanira kusarudza nzira yatichafamba nayo.

- Ndedzipi dzimwe sarudzo dzinozokuisa panzira yeupenyu husinga-peri?

Tese tinotarisanana nezviitiko mazuva ese zvinoda kuti tiite sarudzo.

- Ndedzipi sarudzo dzezuva rega-rega dzamunosangana nadzo? Ndeipi mimwe mibairo yesarudzo idzi?

“Makore akati kuti akapfura, musikana weVatendi vaMazuva Ekupedzisira wekuunivesiti nemukomana wake weVatendi vaMazuva



*2-a, Mudzimai wechidiki arikufungisisa sarudzo*

Ekupedzisira vakaronga kuenda kuhoro yedhanzi yevanhu vese yakanga inembiri isinakunaka.

“Auya kumba masikati musikana akazivisa chironywa chevaviri, achiti, ‘Tinofunga chichava chiitiko chinofadza.’ Zvakanaka, amai vakabvunza musikana pauchenjeri hwekuenda uye vakamutsiudza, as musikana haana kugutsikana.

“ ‘Hatizoita zvakaipa,’ akataura. ‘Chi chakaipa pakungo enda kunoono zvinoitika?’

“Amai havana kuzoenda mberi nekuramba. Manheru iwayo apo musikana aigadzirira kupfekera kudhanzi, amai vakaraira kuti apfeke hembe yake chena yakanakisisa yemabiko. Musikana akafara. Akafunga kuti amai vake vakanga vadzora mwoyo.

“ ‘Chinguvana, paakabuda achiratidzika kunaka kukuru, akadaidzira nerufaro kuna baba naamai vake, Ko, ndinotaridzika sei?’

“ ‘Oo, urikutaridzika zvakanaka,’ amai vake vakapindura. ‘Ndiyo hembe yako yakanakisisa.’

“ ‘Ungandiirewo chimwe chinhu, usati waenda, huchi?’ baba vake vakakumbira. ‘Ungaende kunze kuimba yehutsi [chivako chidiki kuno gadzirirwa kana kuomeswa nyama] undiunzirewo rutivi rwenyama yenguruve?’

“ ‘Imba yehutsi!’ akachema nekushamisika. ‘Baba, murikutamba.’

“ ‘Kwete handisi,’ vakaramba vachidaro baba vake.

“ ‘Muhembe yangu yakanakisisa? Handimbozo kwanisa kupedza mweya wakaipa iwoyo.’

“ ‘Ndizvo chaizvo,’ amai vake vakapindura. ‘Haungaende muimba yehutsi usingatore zvinobatira zvemo. Uye tinofunga wakachenjera zvakanakwana zvekusaenda munzvimbo yaunozobuda usisina kunaka nekuchena kupinda zvawapindamo.’

“Mushure mekanguva kekufunga musikana akati, ‘ndinofunga hatifanire kuenda’ ” (*Relief Society Courses of Study, 1974–75, pp. 4–5*).

- Sei zvakanakosha kuti ufunge mubairo weimwe sarudzo usati waiita?
- Ungaziva sei kuti mubairo wesarudzo ungazovei?

### **Unozvipindurira kuSarudzo Dzaunoita**

Zuva richasvika patichave nemukana wekumira pamberi paMwari kuti titongwe maererano nesarudzo dzatinoina nezviito zvatinoita muupenyu huno.

“ ‘Zvinodikanwa nekutonga kwakanaka kwaMwari kuti vanhu vanofanira kutongwa maererano nemabasa avo, Aruma [weBhuku

raMomoni] anoti, 'kana mabasa avo angaakanaka muupenyu huno, nezvido zvemwoyo yavo zvanga zvakanaka, kuti ivowo zvakare, pazuva rekupedzisira vadzorerwe kune izvo zvakanaka. Uye kana mabasa avo akaipa vachadzorerwa kune zvakaipa (Aruma 41:3–4). Rudzi rwemuviri unowanikwa muupenyu huno uchizodzorerwa kumunhu mukumutswa kuvakafa unotongera mwero wekubwinya kunogashirwa mukusingaperi. Naizvozvo vanhu 'vatongi vavo pachavo,' Aruma anopedzisa, nokuda kwezviito zvavo zvezuva rega-rega vanotonga kana kusarudza 'kuita zvakanaka kana kuita zvakaipa' (Aruma 41:7)" (Bruce R. McConkie, *Mormon Doctrine*, 2<sup>nd</sup> ed. [1966], pp. 403–4).

Muapostora Johane akati akaona vakafa, vaduku navakuru, vamire pamberi paMwari, mabhuku akazarurwa. Bhuku reupenyu rakazarurwa, vakafa vakatongwa kubva pazvinhu izvozvo zvakanga zvakanyorwa mumabhuku, maererano nemabasa avo (onai Zvakazarurwa 20:12).

Mabasa edu zvibereko zvesarudzo dzedu. Nzira yekuita sarudzo dzakanaka kuteerera mirairo yaMwari. Nekutevera dzidziso dzevaporofita, vanotitungamira nekutisimbisa mukuchengeta mirairo, tinokwanisa kuita sarudzo dzinozotigadzirira kugashira chipo cheupenyu husingaperi.

- Verenga 2 Nefi 10:23 wonyora chinyorwa chitsvene ichi pabhodhi rechoko.

### **Mhedziso**

Muponesi wedu akatiratidza nzira yokushandisa sarudzo edu kuti tiwane upenyu husingaperi. Akapa mitemo nemirairo kutibatsira kuwana rufaro nebudiriro.

"Kutevera kupiwa kweupenyu pachahwo, kodzero yekufambisa upenyu hwedu chipo chukuru-kuru chaMwari kumunhu. Rusununguko rwesarudzo runofanira kukosheswa zvikuru kupinda chero zvacho chinu chingapiwa nyenika. . . . Chinangwa chaIshe kuti munhu ave saivo. Kuti munhu akwanise izvi, zvakanga zvichidikanwa kuMusiki atange amusunungura. Kumunhu kunopiwa chipo chakakosha, chisina kupiwa kune chimwe chipi zvacho chisikwa. Mwari vakamupa simba resarudzo. Kumunhu chete uko Musiki akati: . . . ungasvisarudzire, nokuti zvakapiwa kwauri; . . ." (Mosesi 3:17). Pasina iri simba dzvene rekusarudza, vanhu havanga fambire mberi" (David O. McKay, mu Conference Report, Gumiguru 1965, p. 8; kana *Improvement Era*, Zvita 1965, p. 1073).

Nokuti Mwari vanotipa mhosva yesarudzo dzedu, zvakanakosha kuti titsvake rubatsiro Rwavo. Tinofanira kutaura Navo mumunamato wezuva rega-rega pamusoro pesarudzo dzatinofanira kuita, tichiyeka kuti tinokwanisa kugashira nhungamiro yeMweya Mutsvene mukuita sarudzo dzakaoma. Dzimwe nguva tinofarawo kutsanya kuti tigashire

rubatsiro rwatinoda. Zvakanaka kuyeuka kuti rusununguko rwechokwadi rwunobva pakushandisa sarudzo ekusaruna kuteerera, uye kurasikirwa nerusununguko kunobva pakushandisa sarudzo yedu kusarura kusateerera.

- Imbai “Know This, That Every Soul Is Free” (Zivai Izvi, Kuti Munhu Wese Akasununguka) (*Hymns* no. 240), kana kuti verengai mazwi acho, anowanikwa pazasi.

1. Zivai izvi, kuti munhu wese akasununguka kusarudza upenyu hwake nezvaachazove; Nokuti chokwadi chisingaperi ichi chakapiwa: Kuti Mwari havazo manikidza munhu kudenga.
2. Vachadaidza, nyengerera, vokuratidza nzira kwayo, Uye vanoropafadza neuchenjeri, rudo, nechiedza, Nenzira dzakawanda nakai netsitsi, Asi musazo manikidza pfungwa dzemunhu.
3. Rusununguko nepfungwa zvinotiita vanhu; Kubvisa izvi, tova chii zvino? Mhuka chete, uye zvakangonaka Mhuka dzinokwanisa kufunga dena kana gehena.
4. Tikwanise kusazombo nyonganisa masimba edu, Asi nzira dzechokwadi nerunako tisarudze; Mwari wedu vanofadzwa kana tichinatsa Nyasha dzavo nekutsvaka rudo rwavo rwakakwana.

### **Zvekuita**

Fungai nezvazvo uye motsvaka kuti munoshandisa sei sarudzo yenyu pakati pesvondo. Sarudzo dzamuri kuita dziri kukuswededzai here kure naMwari kana kuti pedyo Navo?

### **Zvimwe Zvinyorwa Zvitsvene**

- Mateo 13:24–30, 37–43 (rungano rwemashawi)

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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Dzidza *Musimboti weVhangeri* chitsauko 46, “Kutongwa Kwekupedzisira.”
2. Ronga kuzarira chidzidzo nerwiyo “Know This, That Every Soul Is Free” (Ziva Izvi, Kuti Munhu Wese Akasununguka) (*Hymns*, no. 240).
3. Sarudza nhengo dzekirasi dzigopa nyaya dzesedzese, zvinyorwa zvitsvene kana zvakadzokororwa (makotesheni) zvaunoda.

# ZVIPO ZVEMWEYA

C h i d z i d z o 3

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Chinangwa chechidzidso chino kutibatsira kuti tigadzirire kugashira zvipo zveMweya nekucherechedza pundutso dzazvo.

## Kugashira Zvipo zveMweya

- Ratidza posita rakanyorwa chipupuriro cherutendo chechinomwe, kana kuti chinyore pabhodhi: *Tinotendera muchipo cheNdimi, huporofita, zvakazarurwa, zviratidzo, kuporesa, kududzira ndimi, nezvakadaro. (Zvipupuriro zvechitendero 1:7.)*

Zvipo zveMweya zvisina kutaurwa muchipupuro cherutendo chino zvinosanganisira rutendo, kuzivisisa, uchapupu, zvishamiso, uchenjeri, ruzivo uye, tsitsi. Zvipo zveMweya ndizvo zvakavaka Kereke yaJesu Kristu yaVatendi vaMazuva Ekupedzisira.

Apo mumwe nemumwe wedu akasimbiswa senhengo yeKereke nekuiswa maoko pamusoro, takagashira chipo cheMweya Mutsvene. Kana takatendeka, tinokwanisa kuva neMweya Mutsvene semukuridziri nguva dzose uye mumwe nemumwe wedu anokwanisa kukombore-rwa nemamwe masimba emweya anonzi zvipo zveMweya.

Mwanakomana waHannah Christina Chalarson akataura nyaya inoteverera pamusoro pechipo chaamai vake chekuporofita: "Pandakanga ndiri mujaya, taigara padyo neMutungamiri Andrew Kimball, Baba vaSpencer W. Kimball. Amai vangu neni taienda kumba mamwe manheru kuchangoti svibei. Spencer akanga achikama mombe achii-mba pamusoro-soro peawi rake. Amai vangu vakamira kuti zii kwechi-nguva chidiki zvino vakati, 'Mukomana uyo rimwe zuva achava maupostora waIshe.' Takafamba zvichida mafiti gumi nemaviri pamberi vakamira zvakare. Panguva ino vakataridzika sevapererwa nemweya. Vakasimudza maoko avo ese vakatarisa kumusoro vakati, 'Hongu Uye angangorarama kuzotungamira Kereke ino' " ("An Apostle of the Lord," mu Leon Hartshorn, comp., *Remarkable Stories from the Lives of Latter-day Saint Women*, 2 vols. [1973, 1975], 2:39).

Kuteerera kumitemo yaMwari kunodikanwa kuitira kuwana zvipo zveMweya. Nezvipo izvi, tinokwanisa kuziva nekudzidzisa zvokwadi

zvehangeri nekuzvishandisa kuzvipundutsa pachedu nevamwe. Zvipo izvi zvinokwanisa kubatsira kutitungamirira kudzokera kuna Baba vedu veKudenga.

### **Kugadzirira Kugashira Zvipo zveMweya**

- Verengai Dzidziso neZvibvumirano 46:11.

Muchinyorwa chitsvene ichi tinotaurirwa kuti munhu wese anopiwa chipo neMweya waMwari (onai D&Z 46:11). Zvisinei, nokuti Mweya Mutsvene hauzogara munzvimbo dzemweya dzisina kuchena, tinofanira kuzvigadzirira pachedu kuva takakodzera kugashira zvipo zve-mweya izvi.

- Verengai 1 VaKorinte 14:1; Moroni 10:20, 30. Mirairo ipi yatinopiwa kuitira kuzvigadzirira pachedu kugashira zvipo zveMweya? Mungafunge here dzimwe nzira dzekugadzirira? (Nyorai mhinduro pabhodhi.)

MuPorofita Joseph Smith akanyora, “Ivai vatsvene uye makachena; ivai vanhu vekuvimbika nevehokwadi; chengetai mirairo yaMwari; zvino munozove munokwanisa zvakanakwana kunzwisisa siyano pakati pechakanaka nechakaipa-pakati pezvinhu zvaMwari nezvinhu zvevanhu” (*History of the Church*, 5:31).

- Ndezvipi zvimwe zvinodikanwa kuitira kugashira zvipo, zvakanakurwa neMuporofita Joseph Smith? (Nyora mhinduro pabhodhi.)

Kuti tinakirwe nezvipo zveMweya, tinofanirawo kuzvininipisa neku-dzoka nekuva nerunyararo nevamwe. Kunyange Muporofita Joseph Smith havaikwanisa kugashira femero kunze kwekunge vakanga vari parunyararo. “Rumwe rungwanani [akagumbuka pamusoro pechimwe chinhu] chakanga chaitwa naEmma, mudzimai wake. . . . Joseph [akae-dza] kuenderera mberi nedudziro [yeBhuku raMomonu,] asi hapana chaikwanisa kuita. . . . Akaenda . . . kunze mubindu remichero [akana-mata]. Akadzoka kumba, akakumbira ruregerero rwaEmma zvino. . . kududzira kwakaenda mberi zvakakanaka” (David Whitmer, sekutaurwa kwazvakaitwa mu B.H. Roberts, *A Comprehensive History of the Church*, 1:131).

- Muporofita akaita sei kuzvigadzirira kushandisa chipo chake chemweya chekududzira?
- Kumbira masista kuti vafunge nzira dzavangazvigadzirire kugashira zvipo zveMweya.

### **Kupunduka kubva muZvipo zveMweya**

Zvipo zveMweya zvinoyera. Zvinopiwa kupa gwara, kunyaradza, nekudzidzisa. Kuburikidza nezvipo zveMweya, tinokwanisa kugashira rujeko, kurudziro, nekwaniso yekusimbisa rutendo rwedu. Apo tino-



nakirwa nezvipo zveMweya, tinokwanisa kuwana runyararo muupe-nyu huno nenhungamiro yekunanga kuhumambo hwepamusoro-soro hwekudenga.

- Verengai Dzidziso neZvibvumirano 46:8. Chikonzero chipi chinopiwa pano chekutsvaka zvipo zvakanakisisa? (Kuti tisazombo nyengedzwa.)

Pane nguva dzakawanda dzatinoda zvipo zveMweya. Patinenge tichirwara, tichidzingaidzwa, kana kuchema, patinoda kurapwa, nhungamiro nenyaradzo. Tinoda ruzivo, kunzwisisa, kuonesesa, nekwaniso yakawedzerwa kana tichitsvaka mhinduro kumibvunzo mikuru kana nhungamiro munzira yekugadzirisa mamiriro akaoma. Zvinonyaradza kuziva kuti tinokwanisa kupunduka kubva muzvipo zveMweya panguva dzino. Zvinyorwa zvitsvene anotiudza kuti zvese zvipo izvi zvinobva kuna Mwari kuitira kupunduka kwevana vaMwari (onai D&Z 46:26).

- Ita kuti nhengo dzekirasi dzakarongerwa dzitaure zviitiko zvinotevera zvenhengo dzeKereke dzakagashira zvipo zveMweya.

Sista Jane Grover vakanyora chiitiko chinotevera:

“Rumwe rungwanani takafunga kuti tingaende tinotanha maguzibheri. Baba Tanner . . . vakabopa pamwechete mabhiza mashoma kukangoro kadiki, nemasista maviri vaive nezita rainzi Lyman, kamuzukuru sikana kavo neni takaenda. Patakasvika kusango takaudza harahwa iyi . . . kuti izvizorodze apo isu tichitanha mabheri.

“Pasina nguva refu kasikana kadiki neni takaenda chinhambwe kubva kune vamwe vese, apo pakarepo takanzwa kudaidzira. . . . Takafamba mberi kusvikira tavakuona Baba Tanner, patakaona kuti vakanga vachitenderedza chipani chavo. . . . Patakasvika takaona maIndia achiungana akatenderedza ngoro, vachiita ruzha nekudaidzira apo vamwe vaiuya vachibatana navo. Takapinda mungoro kuti tiende apo vemaIndia mara vakaba mavhiri engoro kuimisa, vamwe vaviri vakabata mabhiza nematomhu, mumwe akauya kuti andiburitse mungoro.

“Ndakatanga zvino kutya pamwechete nekupenga, ndikakumbira Baba tanner kuti vandirege ndibude mungoro ndimhanye kunotsvaka rubatsiro. Vakiti, kwete, mwana; hazvichaita! ‘Ndakavaudza kuti havafanire kunditora ndiri mupenyu. Kumeso kwavo kwakachena kunge shitibhedha. MaIndia akanga atanga kuvatorera zvibhu—vakanga vatora wachi yavo nehengechefu—uye pavaivatorera, vaiedza kundi dhonzera kunze kwengoro. Ndakatanga chinyararire kukumbira kuna Baba veKudenga.

“Pandakanga ndichinamata nekurwisa, Mweya waSamasimba wakawira pandiri ndikasimuka nesimba guru; uye hapana rurimi runokwanisa kutaura manzwiwo angu. Ndakafara zvandaikwanisa kuve. Chinguva chidiki chapfuura ndaona zvinopfuura kutariswa nerufu

kumeso, asi zvino ruoko rwangu rwakasimudzwa nesimba raMwari, uye ndikataura nawo maIndia iwayo mururimi rwavo. Vakaregera mabhiza nengoro, vese vakamira pamberi pangu ndichitaura kwavari nesimba raMwari. Vakakotamisa misoro yavo vakapindura 'Hongu,' nemunzira yakaita kuti ndizive zvavaireva.

"Kasikana kadiki naBaba Tanner vakatarisa vasina remuromo. Ndakaziva mamiriro edu; zano ravo rakanga riri rekuuraya Baba Tanner, vopisa ngoro, vitora isu vakadzi sevasungwa. Izvi zvakarati-dzwa pachena kwandiri. Pandakamira kutaura vakabatana maoko nesu vatatu tese vakadzorera zvese zvavakanga vatora kubva kuna Baba Tanner, avo vakadzosera kwavari hengechefu, ini ndikavapa mabheri nemakokisis. Panguva iyoyo vamwe vakadzi vaviri vaka-svika, tikabva takurumidza kuenda kumba.

"Ishe vakandipa chidimbu chedudziro yezvandakanga ndataura, zva-kanga zviri sezvinotevera:

" 'Ndine chokwadi chekuti imi varwi vemaIndia munofunga kuti muri kuzotiuraya? Hamuzivi here kuti Mweya Mukuru wakakutarisai uye unoziva zvose zviri mumwoyo menyu? Tauya pano kuzatora umwe wemuchero wababa vedu. Hatina kuuya kuzokukuvadza; mukatika-nganisa kana kukuvadza kavhudzi kamwechete kemisoro yedu, Mweya Mukuru uchakuroverai pasi, uye hamuchazove nesimba reku-fema mumwe mweya. Takamanikidzwa kubva kumisha yedu, uye nemiwo; tauya pano kuzokuitirai zvakanaka, kwete kuzokukuvadza. Tiri vanhu vaIshe uye nemiwo; asi munofanira kuregera kuuraya kwe-nyu neupi hwenyu; Ishe havafadzwe nazvo uye havazokupfumisai mukaramba muchizviita. Munofunga nyika yese iyi ndeyenyu, miti iyi, mvura iyi, nemabhiza ese. Sei, hapana kana chimwechete chenyu panyika, kunyange kana mweya wamunofema—zvese ndezve Mweya Mukuru' " ("Ndakataura kumaIndia Iwayo muRurimi Rwavo," mu Leon Hartshorn, comp., *Remarkable Stories from the Latter-day Saint Women*, 1:26–28).

- Ndezvipi zvipo zviviri zvakapiwa kuna sista Grover? Akaita chii kuti awane zvipo izvi? Akanzwa sei paakazvigashira?

Sista Antonia Flores veku Peru vakataura chiitiko ichi:

"Imwe nguva makore mashoma akapfuura, mutungamiri webazi aka-ndibvunzurudza kuti andidaidze semutungamiri weBato reMadzimai. Ndatatya zvikuru kuva mutungamiri weBato reMadzimai. Handina kuona makwanisiro andaizoita kubata basa rakadai ndikatya kumuu-dza kuti hongu. Pavapaye zuva iroro, ndakayeuka mutemo wekutsa-nya nekunamata. Ndaka tsanya nekunamata pamusoro pekutambira chigaro ichi chandaitya zvakadaro.

“Usiku, ndakava nekuzarurirwa, ndakarota ndichifamba, ndakatakura mutoro mukuru mumaoko angu. Ndakanga ndafamba kwenguva yakareba uye ndakanga ndaneta nekutakura mutoro unorema zvaka-dai. Zvino ndakaona Ishe wedu Jesu Kristu, akatora mutoro uyu kubva mumaoko angu okandikoka, achiti, ‘Uya, nditevere.’ Mangwanani akatevera ndakanzwa zvakanakisa; kutya kwakanga kwandisiya. Ndakamhanyira kumutungamiri webazi kunomuudza zvakanga zvaitika, kuti ndakanga ndisisatye uye kuti ndaiva nechokwadi kuti zvakanga zviriizvo, saka ndakwanisa kuramba ndichishanda muBato reMadzima kwemakore semutungamiri nevatevedzeri vaviri vanoshamisisa” (“He Took The Weight out of My Hands,” *Remarkable Stories from the Lives of Latter-day Saint Women*, 2:87).

- Sei Sista Flores vaidha chipo chemweya chezvazazarurwa zvemunhu pachake?

Pamusoro pezviroto, pane dzimwe nzira dzinokwanisa kushandiswa neMweya Mutsvene kuratidza chokwadi kwatiri. Unogona kutikonzera kuti tive nechiratidzo (onai D&Z 76:12). Tinokwanisa kunzwa izwi (onai Mosesi 5:4). Mweya Mutsvene unokwanisa kutaura kwatiri mupfungwa dzedu (onai Enos 1:10; D&Z 6:23). Tinokwanisa kunzwa simba reMweya Mutsvene patinonzwa mazwi echokwadi emumishonari, emuporofita, kana mumwe muranda waIshe (onai D&Z 46:13–14). Tinozwa rutendo rusingazunguzike mumazwi aIshe (onai Ether 3:11–12). Tinokwanisa kuwana runyararo rwunotapira rwunouya kana Ishe vajelesa pfungwa dzedu neMweya weChokwadi patino bvunza kwaVari (onai D&Z 6:14–16, 21–24).

Sista Afton Affleck veku Salt Lake City vakataura chiitiko chavo pachavo nechipo chemweya:

“Ndakanga ndichigadzirira mabiko a kisimusi anoshamisisa. . . . Ndaida kuti ive yakanakisa, asi apo ndakanga ndichishanda pane kumwe kugadzirira, ndakava nemusoro unotema wakaramba uchinyanyisa kurwadza. Ndakaedza kwenguva refu masakati kubata Bob [murume wangu]. Izwi rakati kwandiri. ‘Une chirwere chemuzongoza,’ ndikabva ndadaidzira, ‘Aa, kwete!’ Baba vangu vakanga vafa nechirwere chemuzongoza! . . .

“Pakauya chiremba, akasimudza mudenga rimwe remakumbo angu mutsipa wangu ukarwadza zvikuru. Akati kuna Bob, ‘Ngatimunamatire,’ saka vakaita izvozvo. Tisati taenda kuchipatara, Bob akaridzira runhare Mutungamiri Robert Young vekutemberi yeSalt Lake akava-kumbira kuti vasangane nesu ikoko. . . .

“Kuchipatara Mutungamiri Young naBob vakandinamatira ndikavanzwa kunyange ndakanga ndakadzimirwa. Mutungamiri Young vaka-

tuka chirwere kuti chisave nesimba rekukanganisa muviri wangu, vakandivimbisa kuti ndichaita zvakanaka. Vakandiropafadza kuti ndigove nesimba rekunzwa kurwadziwa kwandaikwanisa kutakura.

“Panguva yandakanga ndakaiswa kwangu ndega, kwandaka rwa-dziwa zvikuru, ndakadzidza zvakananda pamusoro peMuponesi, rudzikinuro, nerudo rwaIshe Jesu Kristu. Zvakaratidzika kwandiri kuti ndakanga ndichidzidziswa nguva yose. Pakave nenguva imwechete yandakanzwa ndisisakwanise kushivirira marwadzo, asi ipapo sekuru Ray Moss nemwana wavo Raphael vakaisa maoko avo pamusoro wangu vakandinamatira.

“Panguva iyoyi ndakange ndinekurwadziwa kunotyisa mumaziso angu zvekufi ndakanga ndisingaone. Imwe nguva ndakapengenuka kwenguva yakakwana kunzwa chiremba achitaurira . . . mukoti wake, kuti ndakanga ndiine nguva imwechete kubva zviuru zvishanu yeku-zomboona zvakare—asi ndaiziva ndaichazoon. Pamusoro pezvo, rutivi rwangu rwekurudyi rwakanga rwabatwa; ndakanga ndisinga-kwanise kufambisa tsoka yangu, uye ruoko rwangu rwakanga rwaru-kutika. Asi handina kumbokonona kuti ndichaita zvakanaka.

“Umwe usiku . . . izwi rakati kwandiri, kana uine rutendo kana rushomo-shoma, unokwanisa kufambisa soka yako uye unokwanisa kuona.’ Ndakanzwa kutukwa, nokuti ndaifunga kuti ndakanga ndato ratidza rutendo rukuru. . . .

“Ndakanamata kuna Ishe ndikaratidza rutendo. Ndikazoedza kupi-ndutsa musoro wangu. Kusvika panguva iyoyo ndakanga ndisinga kwanise kuita izvozvo ndisinga dzimirwe, asi panguva iyi ndakakwanisa kuupindutsa uye ndikakwanisa kuona kamutswi kechiedza pasi pegonhi rangu.

“Ndakanzwawo kuti ndikaedza, ndaizokwanisa kufambisa gumbo rangu. . . .

“Rutendo chipo chaMwari, uye vakandipa rutendo rwakananda kupi-nda rwandakambova rarwo muupenyu hwangu. Ndakafambisa gumbo rangu. Ndakarara ipapo usiku hwese ndichifara nekurumbidza Ishe—handina kuda kutaurira chero munhu kusvikira mangwanani. Ishe vakanga vavimbisa kuti ndichapora kuburikidza nerutendo nesimba rehufundisi neminamoto yeavo vaindida. Ndinorumbidza Ishe nekundibvumira kuti ndive nerudzi rwechiitiko ichocho, nokuti chakan-disimbisa” (“Faith Is a Gift of God,” *Remarkable Stories from the Lives of Latter-day Saint Women*, 2:1–3).

- Ndechipi chipo chemweya chakatambirwa naSista Affleck? Rutendo rwake rwaka kuridzira sei ropafadzo raakatambira?

## Mhedziso

Senhengo dzeKereke yaJesu Kristu yaVatendi vaMazuva Ekupedzisira, taka vimbiswa zvipo zvemweya. Zvipo izvi zvinouya kwatiri kuburikidza neMweya Mutsvene uye zvinopiwa naIshe kutibatsira kunatsa upenyu hwedu nekutitungamira kudzokera pamberi Pavo. Kuti tizvitambire tinofanira kuzvigadzirira nekukumbira murutendo nekuchengeta mirairo. Tinofanirawo kuzvidupikusa nekuda kuita basa raIshe.

## Zvekuita

Verengai 1 VaKorinte 12; Moroni 10:5–30, neDzidziso ne Zvibvumirano 46:8–26. Zivai zvenyu zvipo zvemweya motsvaka kuzvishandisa kuitira pundutso yevamwe. Tsvakai mikana yekubatsira nhengo dzemhuri yenyu kuti vacherechedze nekukudziridza zvipo zvavo zvakakosha.

## Zvimwe Zvinyorwa Zvitsvene

- Joere 2:28–29 (zvipo zvinofanira kupiwa)
- Mabasa avaApostora 10:1–35 (chiratidzo chaPetro)
- 1 VaKorinte 14:12 (tsvakai zvipo zvemweya kuitira kuropafadza vamwe)
- 1 Nefi 10:17–19 (simba reMweya Mutsvene)
- Dzidziso neZvibvumirano 6:5–11 (tinofanira kugovera zvipo zvedu zvemweya kuitira kuti vamwe vakwanise kudzidza vagounzwa kuchokwadi)

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## Gadziriro yeMudzidzisi

Usati wapa chidzidzo chino:

1. Dzidza *Mudzimai waVatendi vaMazuva Ekupedzisira*, Chikamu A, chidzidzo 4, “Chipo cheMweya Mutsvene.”
2. Dzidza chikamu chinoti “Chii Chipo cheMweya Mutsvene?” *MuMusimboti weVhangeri*, chitsauko 21.
3. Dzidza *Musimboti weVhangeri*, chitsauko 22, “Zvipo zveMweya.”
4. Dzidza 1 VaKorinte 12; Moroni 10:5–30; Dzidziso neZvibvumirano 46:8–26.
5. Sarudza nhengo dzekirasi dzigotaura zviitiko pamusoro pezvipo zvemweya zviri muchidzidzo chino.
6. Gadzira posita rakataurwa muchidzidzo kana kunyora mashoko pabhodhi.
7. Rongerera nhengo dzekirasi kuti dzipe chero nyaya, zvinyorwa zvitstvene, kana zvakatorwa kune vamwe zvaunoda.

# ZUVA RESABATA

*C h i d z i d z o 4*

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Chinangwa chechidzidzo chino ndechekutibatsira kuchengeta zuva reSabata riri dzvene.

## **Sei Tichifanira Kuchengeta Zuva reSabata Riri Dzvene?**

### ***Murairo***

Apo Ishe vakatipa murairo wechina, vakati, “Rangarirai zuva resabata, kuri chengeta riri dzvene” (Eksodo 20:8).

- Chii chinorehwa ne *dzvene*?

Mukutiraira kuchengeta zuva reSabata riri dzvene, Ishe vakatsanangura kuti tinofanira kushanda mazuva matanhatu toita mabasa edu ose, asi zuva rechinomwe iSabata yaIshe. Hatifanire kuita chero basa pazuva iri. (Onai 20:9–10.)

### ***Chikomborero***

Mukatipa Sabata sezuva Ravo, Ishe zvirokwazvo vakatipa chipo chenguva. Ishe vanoziva tinoda zuva rekuzorora. Zvisinei nerudzi rwebasa ratinoita, tinoda kuvandudza miviri yedu nekuzorora kubva kumabasa enyama. Tinoda kumutsiridza pfungwa dzedu nekudzishandisa nenzira yakasiyana. Tinoda kugutsa mweya yedu nekunamata Ishe. Sabata ndiwo mukana wedu wekuita zvido izvi, weku kudziridza pamweya, nekuwana rufaro nerunyararo. Sabata inofanira kuva zuva rakanakisisa resvondo.

MaJudha eOrthodox anodaidza zuva reSabata “Shabbot HamalKah, Mambokadzi weSabata.” Vanonzwa kuti Sabata, ndiro zuva resvondo rakakoshesesa rinoyera. Rinofanira kuonekwa sereushe, reukuru, rakanakisisa. Samambokadzi, Sabata rinofanira kuzara nenyasha.

- Upenyu hungadai hwakaita sei pasina Sabata?

Kuburikidza nemuporofita Isaya Ishe vakati:

Tinofanira kudaidza Sabata rufaro, rutsvene rwaIshe rwunokudzwa. Tinofanira kumukudza, kwete kuita nzira dzedu kana kutsvaka rufaro rwedu, kana kutaura mashoko edu.

Zvino tinozofara muna Ishe, nokuti Ishe vazviture (onai Isaya 58:13-14). Ishe vakavimbisa makomborero kune avo vanochengeta zuva reSabata riri dzvene.

### **Tingachengeta Sei Zuva reSabata Riri Dzvene?**

#### ***Kugadzirira Kwakachenjera***

Kuti tichengete zuva reSabata riri dzvene, tinofarirwa kuve takagadzirira kuzorora pazuva reSabata, kupinda miKereke yeKereke, uye kuna-kidzwa nezuva racho muzviitiko zvinerunyararo zvitsvene. Izvi zvinoda kugadzirira kwechokwadi mumazuva matanhatu anotungamira. Vanaamai kunyanya vanoda kufano ronga nekutungamirira nhengo dzemhuri kiita saizvozvo. Sista Marilyn T. Brockbank vakanyora nezvechiitiko chavo mukudzidza kugadzirira Sabata:

“Ndinoyeuka ndichiti kumurume wangu, ‘Chii chakaipa pandiri? . . . Ndinotemwa nemusoro masikati eMugovera, ndinowana runyararo nemuMuvhuro. . . . Arikupi makomborero ese atinovimbiswa? Ndinochengeta zuva reSabata. Handiende kumabhaisikopo kana kute-nga. Ndinoenda kumiKereke yangu. Chii chakaipa pandiri? Ndakachiwana chakanga chakaipa pandiri. . . .

“Ndakaziva mumwoyo mangu, kuti pandaiisa washeni musi weSvondo, kana kupukuta pasi, kana kuba kanguva kerunyararo mushure mesvondo ndichisona kana kuona terevhizheni, ndakanga ndisinga tevere mirairo nokudaro ndakanga ndisina makomborero.

“Zvakandipa kunzwa kwerunyararo nevufaro kupira mwoyo wangu kuchirongwa chekuti ndaizotanga zuva reSabata iroro raitevera kuri chengeta riri dzvene. Pandakangoita sarudzo iyoyo, ndakazadzwa neferemo yemaitiro ekuita kuti zvishande pachokwadi. . . .

“Ndinotanga ndanyora zvese zvinhu nemazvo zvinofanira kuitwa kusvikira pakatipeusiku hweMugovera. Izvi zvinosanganisira kuchen-swa kwemba zvakanakisa, . . . mbatya dzese dzagadzirirwa dzenhe-ngo yese yemhuri kuitira Svondo, bhutsu dzapukutwa . . . ; zvinosa-nganisirawo idzo mbatya dzinodiwa kutanga Muvhuro mangwanani dzeukuenda kuchikoro dzevana. Vhudzi revana rinofanira kugezwa . . . nekugeza miviri yavo. Rangu vhudzi rinofanira kugadzirwawo uye mumhanzi weChikoro cheSvondo unova basa rangu wagadzirwa.

“Chinotevera, kudya kwese kutatu kunofanira kurongwa, kotengerwa zvinodiwa, uye kofanogadzirwa. . . .

“Kupedzisira ndave nerunyararo munyika yangu pazuva reSabata, uye ndakatanga kuritarisira nerufaro. Ndinoona ndisingakwanise kusanyemwerera pandinofunga nguva inokosha yava yangu yekuverenga kana

kufunga nekudzamisa pfungwa, kunamata, kunyatso zorora nekumutiridza mweya wangu.

“. . . Ndakawana rimwe simba nehumwe huchenjeri mukuchengeta nekushanda nevana vangu. Ndinonzwa rudo rwakawanda ruchizaza mwoyo wangu ruchiyerera kwavari. Uye ndinonzwa kuwanda kukuru kweMweya mandiri nekuva pedyo naMwari, kunzwa kwerudo rwake uye nerufaro rutsva mukunamata. . . .

“Ishe vakati vachapa nzira yekuti tikwanise zvinhu zvavanoraira. Pamusoro pezvo, vanovimbisa zvipo zveMweya pakarepo. . . .

“Ndinopupura kuti kana mukaenda kwavari . . . mumamiriro enyu nezvinetso, muchagashira ruzivo nefemero sezvandakaita” (“Prepare to Keep the Sabbath Day Holy,” *Ensign*, Kurume 1972, p. 44–45).

- Sista Brockbank vakagashira makomborero eyi kubva mukuchengeta zuva reSabata riridzvene?
- Verengai mazwi erwiyo “Mugovera,” ari pazasi.

Mugovera izuva rinokosha.

Izuva ratinogadzirira Svondo:

Tinochenesa mumba, tonotenga kuchitoro,

Kuitira kuti tisashande kusvikira Muvhuro,

Tino twasanudza mbatya dzedu,

Uye tinoridaidza kuti zuva redu rekuita basa.

Zvino tocheka nzara dzedu, nekugeza bvudzi redu,

Kuti tikwanise kugadzirira Svondo! (*Children’s Songbook*, p. 196).

- Ratidza mufananidzo 4-a, “Sei idzi dziri nzira dzakaipa dzekupedza zuva reSabata?” Vanhu ava vari kuitei neSvondo zvavanofanira kunge vakaita neMugovera?

Mukuru Dallin H. Oaks vakataura chiitiko chavo semudzidzi:

“Pandakabva pachikoro ichi [BYU] kunodzidza paUnivhesiti yeChicago, amai vangu vakandiyechidza kuti baba vangu havana kumbodzidza paSabata munguva yavo yekudzidziswa umhizha. Vakati kwandiri zvakareruka, ‘Mwanakomana, kana uchida kunakirwa neropafadzo iroro unofanira kuronga zvekuita zvako kuitira kuti usambo dzidza, kuitira kuti usamboita chimwe chinhu paSabata kunze kwekutora kudya kwemweya kunowanikwa kwauri pazuva raIshe.’

“Ndakasarudza panguva iyoyo kuti ndaizo cherechedza Sabata nerute-ndo kuitira kuti ndigokwanisa kukodzera makomborero ekukura pamweya neufambidzano hweMweya hunouyo kubva mukuchereche-





*4-a, Sei idzi dziri nzira dzakaipa dzekupedza zuva reSabata?*

dza nerutendo Sabata yaIshe. Ndinopupura kwamuri kuti ndakawana makomborero iwayo munzira dzinokosha panguva dzakawanda” (“The Blessing of Commandments,” mu *Speeches of the Year, 1974*, p. 219).

Tinofanira kukurudzira vana vedu kudzidza nekugadzirira zvidzidzo zvavo Sabata isati yasvika kuitira kuti vanenge vakagadzirira kuzorora pazuva iroro.

Pamusoro pekugadzirira dzimba dzedu, kudya, nembatya, nekubatsira vana vedu kugadzirira, tinokwanisa kugadzirira Sabata nedzimwe nzira, Tinokwanisa kuwana kuzorora kwakanaka kwemanheru musu weMugovera manheru. Tinokwanisa kuwanisa mikana yekutandara, mitambo, rezvimwe zvinofadza pakati pesvondo kunze kwemusisu weSabata.

▪ Ndedzipi dzimwe nzira dzatinga gadzirire Sabata?

Kana takagadzirira Sabata zvakanaka, tinozova nerunyararo mudzimba dzedu. Tinozova takagadzira pamweya saka nokudaro tova nechido chekugashira zvinodzidziswa neMweya kwatiri. Tinozokwanisa kugashira makomborero aye Ishe vanopa kune avo vanochengeta zuva Ravo riri dzvene.

***Kunamata Chaiko, Zororo, neRubatsiro***

Patinopinda miKereke yeKereke, mamwe makomborero anouya kwatiri. Tinosimudzirwa patinonamata pamwechete. Kuimba nziyo kunokwanisa kuunza “chikomborero pamisoro [yedu]” (onai D&Z 25:12). Kipinda miKereke iyi nekutora chirairo zvinozotibatsira kusimbisa kwaniso yedu yekudzivirira zvakaipa nezviyedzo zviri munyika (onai D&Z 59:9).

Makomborero asingatarisirwe anowanzo uya kubva mukuchengeta zuva reSabata riri dzvene. Mumwe aiva nepanodyirwa aivhara bhizimisi rake musu weSvondo nokuti aitenda kuti kuteerera mutemo weSabata kwaikodzera kuzvipira pazvemari. Pavapaya akazoti:

“Gore ratakazarira bhizimisi redu musu weSvondo takaita mari yakwanda gore rakapfuura. . . .

“Ishe vakatikomborera pamakore ose uye . . . tirinani nekure panezvemari nezvemweya kupinda zvataizombove dai takaramba tichivhura musu weSvondo. . . .

“Ndine chokwadi chakasimba kuti vimbiso huru-huru yebudiriro mubhizimisi kune Mutendi waMazuva Ekupedzisira kukudza zuva reSabata sekuraira kwakaita Ishe” (zvaktorwa kubva kumwe na Ezra Taft Benson, “Kuchengeta Zuva reSabata Riri Dzvene,” *Ensign*, Chivabvu 1971, p. 7).



*4-b, Gungano raVatendi vaMazuwa Ekupedzisira riri kutora chirairo*

Mutungamiri Spencer W. Kimball vakacherechedza: “Munyika yedu yeChikristu munzvimbo dzakawanda tichiine mabhizimisi anovhurwa kushanda musu weSabata rinoyera. Atine chokwadi kuti murimo wezvizvi uripanesu, vanhu vanotenga. Chokwadi zvitoro nedzimba dzemabhizimisi hadzaizoramba dzakazarurwa kana isu, vanhu, tikatadza kutenga kubva kwavari. Ndapota mese munga fungazve pamusoro penyaya iyi. Endai nayo kunguva kumanheru emhuri pamba moikurukura nevana venyu. Zvinganake chaizvo kana mhuri yese ikazvipira kuti kubva zvino hakuna kutenga kweSabata kuchaitwa” (mu Conference Report, Gumiguru 1975, p. 6; kana *Ensign*, Mbudzi 1975, p. 6).

- Makomborero api amunonakirwa nawo kana muchikudza Sabata? Sematunziro Mweya, ipa uchapupu hwako pachako hwemakomborero awakagashira iwe kana vamwe vaunoziva kubva mukukudza Sabata.

Mutungamiri. Wekutanga weKereke akatsanangura kuti, “Sabata harisi rimwe zuva zvaro ratinongo zorora kubva pabasa. . . . Izuva dzvene, Zuva raIshe, rinofanira kupedzwa sezuva rekunamata nerukudzo” (“Sabata,” *Church News*, 11 Chikunguru 1959, p. 3).

- Ratidza mifananidzo 4-6, Gungano raVatendi vaMazuva Ekupedzisira riri kutora chirairo, ne 4-c: Kudzidza Zvinyorwa zvisvene kunokwanisa kusimbisa kunamata kwedu kweSabata.”
- Ita kuti sista vakarongerwa vape kamutauro kapfupi pane zvatinofanira kuita paSabata, sezvakatsanangurwa *muMisimboti yeVhangeri chitsauke 24*, “Zuva reSabata.” Nyora mazano pabhodhi rechoko paanenge achipiwa.
- Ndedzipi pfungwa dzaunga wedzere pakuchengeta zuva reSabata riri dzvene?

Ishe vanoda kuti munhu wese ave nerombo rekuzorora pazuva reSabata. Zvisinei mimwe mishando, yakaita seinotwa muzvipatara, inofanira kuitwa mazuva ese. Kana zvichibvira, tinofanira kuzorora kubva pamabasa edu uyewo tobatsira vamwe kuti vaite zvimwechetezvo.

- Kuyeuka chinangwa chezuva reSabata kungatibatsira sei kurichengeta riri dzvene?
- Kurangarira chinangwa chezuva reSabata kungatibatsira sei kurichengetedza riri dzvene?

Sabata harisi chete chikomborero kwatiri, asi mukanawo wekukomborera vamwe nekutevera muenzaniso weMuponesi wedu, akachengeta avo waitambudzika musu weSabata (onai Marko 3:1- -6; John 9:13-16).



*4-c, Kudzidza Zvinyorwa zvoitsvene kunokwanisa  
kusimbisa kunamata kwehu kweSabata*

Vanhu vazhinji vakasurukirwa. Vamwe vanoda, izwi rekurudziro kana nzeve inoteerera. Sabata ndiyo nguva yekubatsira avo vanotambudzika.

### **Mhedziso**

Ishe vakatipa Sabata kuitira batsiro yedu nechikomborero. Kana tika-gadzirira Sabata nekurikudza sezuva dzvene, tinozokohwa rubatsiro nemakomborero aro.

### **Zvekuita**

Kurukurai nenhengo dzemhuri batsiro dzekuchengeta zuva reSabata riri dzvene. Itai semhuri zvirongwa semhuri kuchengeta zvakazara zuva reSabata riri dzvene. Sarudzai kuita chimwe chinhu chekuita musi weSvondo zuva rerufaro, rerunyararo rekuzorora.

### **Zvimwe Zvinyorwa Zvitsvene**

- Revitiko 26:1–12 (mibairo yekuchengeta mirairo)
- Nehemia 13:11, 15–22 (huipi hunobva pakusayeresa Sabata)
- Muporofita Isaya 58 (machengetero ekutsanya nekuchengeta zuva dzvene raIshe)
- Dzidziso neZvibvumirano 59:9–24 (makomborero ekucherechedza Sabata)

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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

Dzidza *Musimboti yeVhangeri*, chitsauko 24, “Zuva reSabata.”

2. Rongera nhengo yekirasi kuti itaure muchidimbu pamusoro pezva-tinofanira kuita paSabata. Muraire kuti ape pfungwa 11 dzakanyorwa pasi pechikamu “Tinochengeta Sei Zuva reSabata Riri Dzvene?” *muMusimboti weVhangeri*, chitsauko 24.
3. Sarudza nhengo dzekirasi kuti dzigopa nyaya dzese-dzese, zvinyorwa zvitsvene kana zvakadzokororwa (makotsheni) zvaunoda.

# IZWI REUCHENJERI

*C h i d z i d z o 5*

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Chinangwa chechidzidzo chino ndeche kuti kuridzira kuti titeerere Izwi reUchenjeri nekubatsira vamwe kuita izvozvo.

## **Zvakazarurwa paUtano**

- Ratidza posita rezvinotevera, kana kutaura nezvazvo zviri pabhodhi: *Izwi reUchenjeri: Murau waMwari weutano.*

Izwi reUchenjeri riri muDzidziso neZvibvumirano 89 murau waMwari weutano. Muchikamu ichi, Ishe vanotiudza kuti Vakapa zvakazarurwa pautano kuitira kubatsira kunyange vakarukutikisa veVatendi. Mumamiriro ezvinhu umu Muporofita Joseph Smith akagashira zvakazarurwa zvinozvivikanwa sekuti Izwi reUchenjeri akatsanangurwa neMutungamiri Brigham Young.

“Chikoro chekutanga chemaporofita [chikoro chinokosha chevatungamiri vekare veKereke] chai itirwa mukamupanda kadiki kakanga kari pamusoro pemupanda wekubikira wemuporofita Joseph. . . . [Umu ndimo mumupanda] muporofita aigashirira zvakazarurwa uye maairirira hama dzake. Hama dzaiuya kunzvimbo iyoyi kwemazana emamaira kuzopinda chikoro mukamupanda kadikidiki kangangova kakanga kasina kukura kupinda gumi nerimwe negumi nemana emafiti. Pavaiungana pamwechete mumupanda umu mushure mekudya kwemangwanani, chinhu chekutanga chavaiita kwakanga kuri kubatidza zvikwepa zvavo, uye, vachisvipira pese-pese mumupanda: uye paingo buda chikwepa kubva mumiro mavo, chitsengwa chikuru chefodya chaibva chatorwa. Kazhinji paipinda muporofita mumupanda kuti ape mirairo yechikoro azviwana ari mugore rehutsi hwefodya. Izvi, nekungun’una kwemudzimai wake pakupukuta pasi paisemesa zvakadaro, zvakaita kuti muporofita afunge pamusoro pazvo, akabvunza kuna Ishe maererano nezviito zvemaMukuru mukushandisa fodya, zvakazarurwa zvinozivikanwa seIzwi reUchenjeri zvakava mhindiro yekubvunza kwake” (*Deseret News [Weekly]*, 26 Kukadzi 1868, p. 18).

Zvakazarurwa izvi, zvine mirairo chaiyo pamusoro pemaitiro eutano anobatsira neanokuvadza, murau waMwari weutano kuvana Vavo panyika.

### **Murau waMwari weUtano**

Murairo weIshe pamusoro pekudya kwekudya nezvinhu zvekunyenyeredza kana kushandisa zvakachenjera unoumba murau Wavo weutano.

#### ***Zvidyo zveKudya***

Ishe vakapa mirau nemurairo kubatsira vana Vavo. Muzvakazarurwa maererano nekuchengeta nekudzivirira miviri yedu yenyama, Vanotitaurira marudzi ezvidyo zvatnofanira kudya. Pakazarurirwa Izwi reUchenjeri kuna Joseph Smith, vazhinji vakanga vachirwara nekushaiwa kudya kwakakwana mumuviri nokuti vakanga vasingadye zvidyo zvakasiyana-siyana zvakakwana. Nokuda kwekusaziva kana mugariro, vanhu kazhinji vakanga vasingadye zvakakwana michero nemavejitebhuru. Vamwe vakanga vasingadye tsanga dzakakwana asi vaisimba kunyanya nenyama chete. Kuraira kwaIshe kwekudya michero yakasiyana-siyana, mavhejitebhuru, tsanga, nenyama zvakabatsira Vatendi kuti vave vakasimba, vachiwanisa miviri yavo nezvinhu zvinodikanwa pautano hwakanaka. Mushure memakore anopfuura 60 Izwi reUchenjeri razarurwa kuburikidza neMuporofita Joseph Smith, vana mazvikokota vesainzi vakatanga kuziva huchenjeri mukudya zvidyo zvakasiyana-siyana.

- Ratidza mufananidzo 5-a, “Zvidyo zvekudya.”

Mumwe nemumwe wedu anozova akasimba patino tevera kuraira kwaIshe kwe (1) kushandisa makwenzi, michero, nemavejitebhuru, (2) kushandisa tsanga sechikamu chinokosha chezvatnodya, uye (3) kudya nyama yemhuka zvinemwero. Chimwe nechimwe chezvikwata zvezvidyo izvi zvinopa kudya kwemuviri kunodikanwa.

- Ndezvipi zvidyo mune chimwe nechimwe chezvikwata izvi zvinowanikwa kwamuri?
- Nyora *Zvidyo zvekudya* pabhodhi, pasi pachu wonyora zvidyo zvatnorrwa kuti tishandise.
- Verengai Dzidziso neZvibvumirano 89:10–17. Ndezvipi zvidyo zvatnorrwa naIshe kuti tidye?

#### ***Zvinhu zveKunyenyeredza***

Izwi reUchenjeri rinoyambirawo kubva pakutora zvimwe zvinhu mumuviri yedu. Tinorrwa kunyenyeredza zvinwiwa zvakasimba (zvinoreva zvese zvinwiwa zvinodhaka), kunyenyeredza kushandiswa kwefodya mune ipi zvayo nzira, uye kunyenyeredza zvinwiwa zvinor-





*5-a, Zvidyo zvekudya*

pisa) zvinova zvakarurwa naIshe kuvaporofita Vavo kureva tii nekoti). Munguva dzazvino Ishe vakazarura kuburikidza nevatungamiri veKereke kuti hatifanire kushandisa chero chinhu chinokuvadza, chinojarirwa, kana chine mishonga isiri pamutemo.

- Nyora *Zvinhu zvekunyenyeredza* pabhodhi rechoko, pasi pachonyonyora zvinhu zvatatorairwa naIshe kunyenyeredza. Unga dzivire sei musedzo wekushandisa zvinhu izvi?

Parakapiwa kuna Joseph Smith, Izwi reUchenjeri rakanga richipesana netsika dzenguva iyoyo. Pasina zvikonzero zveutano zvakananda zvaizivikanwa zvekuteerera murairo uyu, nhengo dzeKereke dzakateerera zvakarurwa izvi nerutendo. Mumakore azvino-zvino, nyanzvi dzesayinzi dzakawana zvikonzero zvakananda zvekunyenyeredza zvinhu zvinokuvadza zvataurwa. Semuenzaniso, pakazarurwa Izwi reUchenjeri, kofi netii zvakananda zviriri zvinwiwa zvino wanikwa kazhinji. Kusvikira nguva iyoyo, hapana aifungidzira kuti kunwa zvinhu izvi kwaikwanisa kukuvadza. Zvisinei, tavakuziva zvino kuti zvinwiwa izvi zvino peputsa. Zvinokwidza kufamba kweropa, zvino kwidza kurova kwehana, uye kazhinji zvinokanganisa hope. Nyanzvi dzesayinzi dzinoenderera kuwana zvimwezve zvinokuvadza zvezvinwiwa izvi.

Kushandisa fodya kunokwanisawo kukanganisa zvakaipa utano hweanoishandisa. Inokwanisa kukonzera chirwere chegomarara, kumira kwemwoyo, kufa rutivi rwemuviri, nechirwere chisingapere chemapapu. Vana vanozvarwa kunana amai vano puta kazhinji vanenge vari vadiki vasina kunyatso simba pane vana vanozvarwa kunana amai vasinga pute. Vana vane vabereki vanoputa vanewo mukana wakakura wekurwara nechirwere chemapapu chisingapere mushure mekunge vava vanhu vakuru.

Tinoziva kuti zvinwiwa zvinodhaka zvino chefura muviri. Kunwa zvinodhaka kunokonzera kushanduka kwemanzwiwo zvokonzeru kusaziva nekusa zvidzora, kutaura kusinganyatso nzwika, kudzadzarika, nenhetemwa. Zvinodhaka zvakananda zvinokwanisa kuunza hope, kudzima, uye kunyange rufu. Vanhu vanojaira kunwa zvinwiwa zvinodhaka vanonzi zvidhakwa. Zvidhakwa zvinonwa zvinodhaka zvakananda zvekuti zvinokuvadza miviri yadzo, kunyanya chitaka nematumbu. Zvidhakwa zvinokwanisawo kurwara nezvimwe zvirwere, zvakaite segomarara nemaronda emudumbu, kakawanda kupfuura vanhu vasingashandise zvinodhaka. Vakadzi vanonwa zvinodhaka panguva yepamuviri vanokwanisa kubereka vana vadiki-diki kana vana vane kusatsarukana kwakasiyana-siyana.

Pamusoro pekukuvara kwenyama kwataurwa pamusoro, zvinwiwa zvinodhaka zvinokwanisawo kukonzera mimwe mibairo isingadika-

nwe. Kazhinji mubereki akadhakwa anobata nhengo dzemhuri zvisakarurama. Vana vanosvika pakutya pane kukudza mubereki anonwa. Mhuri dzinotambudzika nokuda kwekuti mari yavo inopedzwa pazviniwiwa zvinodhaka kunze kwekuti ishandiswe pazvidyo, zvipfeko, nezvinodiwa zvedzidzo.

Neruzivo urwu, nguva yese yatino verenga zvakazarurwa paIzwi reUchenjeri tinokwanisa kunzwisisa zvirinani kuraira kuri maererano nezvinhu zvatinfofanira kunyenyeredza.

- Verengai Dzidziso neZvibvumirano 89:5–9.

### ***Makomborero eKuteerera Mutemo weUtano***

Ishe vakavimbisa kuti avo vanoteerera Izwi reUchenjeri nemimwe mirairo Yavo vanoza komborerwa. Vanotaura makomborero chaiwo mana.

- Verengai Dzidziso neZvibvumirano 89:18–21. Ndeapi makomborero acho mana?
- Sei uchida muviri wakasimba? Sei Ishe vachida vana Vavo kuti vave nemiviri yakasimba?

Vanhu vazhinji vakawana utano hurinani kuburikidza nekurarama Izwi reUchenjeri. Mushure mekunge ari muusungwa wehondo kwe-makore mashanu, mumwe Mukoma Clara vakarwara zvikuru vakapedza makore matatu muzvipatara nekwevanorwa pfungwa. Vana chiremba vakapedzisira vamuendesa kumba nekuti vakatadza kumurapa. Hapana kurapwa kwaimuita zvakanaka, uye aipedza zuva rese ari mumubhedha. Mushure mekudzidziswa vhangeri nemamishinari, Bhuradha Clara vakagashira Izwi reUchenjeri vakarega kunwa kofi nekuputa. Zvishoma nezvishoma, mushure memwedzi yekuteerera Izwi reUchenjeri, vakaona kushanduka kunoshamisa muhutano hwavo. Vakanga vave nekunetseka kushoma kwekufema uye vachikosora zvishoma. Vakazopedzisira nekuedza kushanda zvakare, vakabva vatorwa pakarepo. Vakagashira chikomborero kubva kunhengo dzehufundisi uye vakazopora zvakazara mumakore akatevera. Bhuradha Clara vakakomborerwa kunakirwa neutano hwakanaka nokuti vakateerera Izwi reUchenjeri. (Onai Mrs. Lodomez Clara, “After Five Years in a Nazi Camp, He Was Regarded Incurable,” *Ensign*, Zvita 1972, p. 23.)

- Makomborero api eutano hurinani amakagashira imi kana nhengo dzemhuri yenyu kuburikidza nekuteerera kuIzwi reUchenjeri?

Dzimwe nguva, nezvikonzero zvatisinganzwisise, utano hwedu hau-natswe, kunyange zvazvo tiri kuteerera Izwi reUchenjeri. Tinongo dikanwa kuti titeerere murairo, zvisinei. Kuteerera kumirairo yaIshe kunounza nguvadzose makomborero, kunyange tisingakwanise kua-

cherechedza pakarepo. Pakazarurwa Izwi reUchenjeri rakanga risinga fungwe semurairo asi chete sekuraira kwakachenjera. Pavapaye, mupurofita Brigham Young pavakataura semuromo waIshe, vakakumbira nhengo kutsidzira kuchengeta Izwi reUchenjeri. Nhasi murairo weVatendi vaMazuva Ekupedzisira vese. Sekukomekedzwa kwazvakaitwa neVatungamiri Vekutanga mumuKereke weruzhinji waGumiguru 1942: “Murau waMwari weutano, uye chisungo pane mumwe-nemumwe wedu tese. Hatikwanise kutiza kushanda kwawo, nokuti wakamiswa pachokwadi chekusingaperi” (mu James R. Clark, *zvakanoyorwa, Messages of the First Presidency of The Church of Jesus Christ of Latter-day Saints*, 6 Mabhuku [1965–75], 6:172).

Dzimwe nguva kuteerera Izwi reUchenjeri hakusi nyore, nokuti tsika dzakaoma kuregera uye tinokwanisa kunzwa kumanikwa kubva kune vakatikomberedza kuti tisateerere. Patino teerera murau waIshe weUtano, zvisinei, tinodzidza kuzvidzora tonzwa rukudzo rvedu pachedu. Tinowedzerawo kwaniso yedu yekuteerera mimwe mirairo.

Mumwe mukomana mudiki wechi Mormon [akapinda muchiuto]. Akanga asinganyatsoita zvinhu nemazvo. . . . Mushure mekufora kumwechete, achinge aita zvinhu zvese achidzokera shure, akadaidzwa nemutungamiri wavo (Kaputeni) kuti aende kuhofisi kwake. Mutungamiri (Kaputeni) uyu akati, ‘Ndakuona iwe, mujaya mudiki. . . . Uri muMomoni, ndinofunga.’

“ ‘Hongu, changamire.’

“ ‘Eee, ndanga ndichingoda kuita ushamwari newe. Ungade girazi rehwha?’

“ ‘Changamire, handinwe hwahwa.’

“Kaputeni [vakatuka uye] akati, ‘. . . . Zvimwe ungade fodya ka.’

“[Mukomana modiki uyu akapindura], ‘Ndinotenda, changamire, asi handipute.’

“Kaputeni akaratidzika kutsamwiswa kukuru nezvizvi, akatanda mukomana uyu kubva mumupanda.

“Pakadzokera mukomana mudiki uyu kwaanogara, vamwe vatungamiri vepasi vakamusvikira nehasha vakati, ‘Uri rema, hauone kuti kaputeni anga achiedza kukuita shamwari, ukamutsvinyira kumeso kwake?’

“Mukomana mudiki wechiMomoni akapindura, ‘Varume, kana ndichifanira kuvimbika kuhunhu hwangu nevanhu vangu ndichaita zvinhu zvandakarairwa hupenyu hwangu hwese kuti ndisaite, ndinobuda muchiuto?

“. . . . Ari mhiri kwamakungwa pava pamberi muhondo . . . kaputeni wake, akanga ava nechigaro chepamusoro (refuteneti keneri) . . . .

[Aida musoja webasa rakakosha zvikuru. Aida munhu ainyotsovimbika. Aida murume wehunhu.] Refuteneti keneri, kaputeni wake wekare, akasarudza akapa basa kumujaya akava neushingi hwekumira pamberi pake, achiti, 'Handipute. Handinwe' " (Hugh B. Brown, "A Time of Testing," *Improvement Era*, Chikumi 1969, p. 98).

- Ndeapi matambudziko amunosangana nawo pamunoedza kuteerera Izwi reUchenjeri? Chii chamungaite kudzivirira miyedzo, kuramba makashinga, nekuteerera Izwi reUchenjeri?

Hatifanire kufunga Izwi reUchenjeri semurairo une makomborero enyama anopfuura chete. Ishe vakatitaurira kuti yase mirairo ndeye mweya.

- Makomborero api emweya atinokwanisa kugamuchira kuburikidza nokuteerera Izwi reUchenjeri?
- Kuteerera Izwi reUchenjeri kunokwanisa sei kukubatsira kuchengeta mimwe mirairo?

### **Kubatsira Vamwe**

Tinofanira kunzwisisa avo vari kunetseka kuteerera Izwi reUchenjeri. Vamwe vanhu vano zviona zviru nyore kuteerera murairo uyu, vamwe vachizviona zvichinetsa. Mumwe nemumwe wedu anofanira kutsvaka kutungamira kwaishe kuti vazive makurudziriro akanaka munhu ari kunetseka. Muenzaniso wedu nekurudziro zvinokwanisa kubatsira nhengo dzemhuri, shamwari, nenhengo itsva dzeKereke. Mumwe sista weVatendi vaMazuva Ekupedzisira, Yvonne Rempp, akanyora zvechii-tiko chake chinoratidza kukosha kwekuratidza muenzaniso wakanaka mukuteerera murairo uyu:

"Vanhu vaviri vandaiziva pamabiko vakanga vari murume aichata naamai vake. Ivo neni takanga tava shamwari dzakanaka kuchipatara kwatai shanda. . . .

"Mushure mekukorokotedza [vachati vatsva] nekusangana nenhengo dzese dzevaperekedzi, ndakaona chigaro chisina munhu kune rimwe divi remupanda ndikakurumidza kunochiita changu.

" 'Mungade here punchi (chinwiwa chakasanganiswa zvinwiwa zvakasiyana kunyange zvinodhaka) ikozvino?' mumwe musikana wechidiki akabvunza.

" 'Kwete, ndatenda,' ndakapindura, 'Kwete ikozvino.' "

Sista Rempp vakanyora kuti zvidyiwa nezvinwiwa zvaisanganisira keke nepunchi yezvinodhaka. Vanhu vazhinji vakanga vakaita mutsetse papanchi, yaipihwa kubva mumbiya yegirazi ichiiswa murudzi rwemagirazi anemupakato. Mune imwe kona makanga muine mbiya

diki yepanchi nekomichi dzakasungirirwa pamibato zvibharumu zvakaitwa sezvipopayi. Iyi yakanga iri panchi yevana. Sista Rempp vakaenderera:

“ ‘Ko sei panchi isina zvinovara ichigarova kure nezvimwe zviitiko zvese?’ Ndakafunga.

“Haisi nyota yandaiva nayo! Asi ndaienda sei kutafura yepanchi yakanga isina zvinovava ndichinotora girazi repanchi rakaiswa chibharuma chechipopayi? Chikwata chese chetwuvanhu tudiki—vasikana vema-ruva, mubati wemhete nevamwe vake vakanga vakaita mutsetse. Ndakafunga kana, ndaikwanisa kubata girazi repanchi chaiyo, kamwechete kano. Handaizonwa panchi ine zvinovava. Ndakasimuka.

“Heino punchi yenyu, amai,’ ndakanzwa mumwe munhu achidaro.

“ ‘Aa, kwete, ndatenda,’ ndakadaro zvakare, ‘kwete ikozvino.’

“Ndakagara pasi zvakare. Chii chingange chakaipa nechinwiwa chimwechete? Asi ndaiziva zvakanga zvakaipa, saka ‘sei’ akanga asina basa. Ndakayeuku mudzidzisi wangu wekumba svondo rakapera achiti hatifanire kuzvidzikisa kana zvidiki nokuita hatigaroziva zvingangotiteya kana kuti sunga. Saka, ndaifanira kusarudza nekukasika kana kuva nekunzwa kudzipwa zvekufa nekeke rakaoma randakanga ndatora kubva patireyi.

“Ndakasimuka, sendisirikuda ndikatanga kunanga kumbiya yepanchi ine zvinodhaka. Zvino ndikadzokera kunogara pasi zvakare.

“Hondo yemukati yakaenderera mberi. Fungai zvandakapotsa ndaita!”

Pandakagara ipapo, ndakatanga kuhon’era maimbirwo erwiyo ‘Sarudza Chakanaka.’ Zvino chii chakandiita kuti ndiyeuke rwiyo irworwo panguva ino? Pekupedzisira, ndichinzwa kunge zimunhu zihombe-hombe pakati petwuvanhu tupfupi-pfupi, ndakatora nzvimbo yangu mumutsetse wepanchi [yevana].

“Ndakanzwa kubatwa kunyonyoro pafudzi rangu mumwe mujaya . . . akabvunza, Sista Rempp, iyi ndiyo mbiya yepanchi [yevana]?”

“ ‘Ee Neil zvinofadza sei kukuona! Hongu, chaizvo, iyi ndiyo mbiya yepanchi [yevana].’ Kakunyemwerera kake kekunyara kakabatidza chiso chake chese, maziso ake mashava akapenya. Takataura tikaseka tikanakirwa nepanchi yedu kubva mukomichi dzakaiswa zvibharumu. Ndaive nechibharumu chaPluto chakasungirirwa pane yangu uye Neil aive neMbeva Minnie akasungirirwa pane yake. Mushure mekunge tatandara kwechinguva chidiki, dzimwe dzeshamwari dzake dzakauya kwatiri mumwe wevakomana vacho akati, ‘Patapinda Neil kuonai, atiudza kuti mumudzidzisi weDzidziso dzeVhangeri muwadhi make. Zvino, patataura pamusoro pekunwa imwe yepanchi ine zvinodhaka,

anyatsotiisa munzvimbo medu. Ati tinofanira kutevera muenzaniso wenyu wakanaka tichiyeuka kuti tiri vana ani. Pasinaizvozvo, mungango taurira amai vake.' 'Ndakanzwa kuneta mumabvi. Ndakanga ndasvika padyo sei nekudonha ndichitungamirirawo vamwe kuchitadzo. Ndakatadza kumira kuti ndisvike kumba ndipe kutenda chaiko kuna Baba vangu veKudenga nerubatsiro runokosha rwavakanga vandipa. Hazviitike zvakare kuti ndizeze pasarudzo dzangu.

"Ndakanzwa kuneta mumabvi. Pedyoi pandakanga ndasvika nekugumburwa nekutora vakawanda kunditevera. Handina kukwanisa kumirira kusvika kumba kuti ndinopa kutenda kwakakwana kuna Baba veKudenga nerubetsero rwakakosha rwavakanga vandipa. Handichafe ndakadzera- dzera kuzvisarudzo zvangu.

"Svondo rakanga richangopfuura Neil akanga agashira daidzo yekuenenda kumishoni. Mazuva maviri mushure memabiko emuchato akapfuura kuenda kumishoni hwakakosha, nekunge apinda munjodzi yekufa yakangoitika. Kuenda kumishoni kwake kwakauya, nzvimbo chete ndiyo yakanga yachinja. Neil akanga ari mujaya anoshamisa, mukuratidzika, mukwaniso, nemaitiro eunhu. Akanga abudirira pano, uye ndichagara ndichitenda kuti panguva ino ndakanga ndisina kumutadzisa" (onai Yvonne Rempp, "Temptation in a Punch Bowl," *Ensign*, Kubvumbi 1977, pp. 61–62).

Mumwe mukadzi akanga ari nhengo yeKereke isingapinde kwemakore makumi maviri uye akanga ainechijairira chekuputa mudzanga. Bhishopi vakamudaidza kuti ashande pachigaro chemuKereke, zvisinei, nekuburikidza nemushando wake weKereke uchapupu hwake hwakatanga kubatirazve. Anotsanangura kunzwa kwake pamusori petsika yake nekukwanisa kuikurira.

"Ndakanga ndisingakwanise kurega kuputa. Nguva dzese ndakanga ndisinga gadzikane semuputi, uye zvino basa rangu reKereke rakaita kuti tsika yemudzanga . . . isachato kwanisika kwandiri.

"Nhengo zhinji dzewadhi yedu dzaiziva kuti ndinoputa, asi hapana kana kamwechete kakave ne akandishoropodza. Sezvo ndakanga ndisingatane kugumbuka nenyaya yacho, ndaigara ndakachenjerera kamutaura kekushoropodza, kamutarisiro kekuti ini ndiri nani panewe, asi hapana kana kamwechete kane akambotaura kuti ndingava ndisinga kodzere. Kukura kwangu pamweya kwakanga kuri kutete, zvekuti kamweya kekushoropodza kangadai kekuparadza. Hapana kakauya.

"Zvishoma nezvishoma ndakawana simba rekupedza tsika yangu yefodya. . . .

"Ndichagara ndichitenda kuVatendi vechokwadi vematinogara, ruvimbo rwavo nerudo neminamato zvakakuridzira murume wangu

neni kuti tive vakakodzera . . . , nekuna Baba vasina kumborega kutida” (Kae Black, “I Had to Quit Smoking!” *Ensign*, Kubvumbi 1977, p. 62–63).

- Chii chaungaite kubatsira vamwe kuteerera Izwi reUchenjeri?
- Ndeipi miyedzo ine vanhu vechidiki maererano nekuteerera Izwi reUchenjeri? Ungabatsira sei vana vako kudzivirira miyedzo iyi?

### **Mhedziso**

Chikamu 89 cheDzidziso neZvibvumirano (Izwi reUchenjeri) murau waMwari weutano hwevanhu. Chinodoma zvidyo zvatnofanira kudyana nezvinhu zvatnofanira kunyenyeredza. Tinovimbiswa makomborero akawanda kana tikateerera murairo uyu. Kunyange zvino tavakuziva zvikonzere zvesayinzi zvekuteerera Izwi reUchenjeri, kuita izvo kuchiri muedzo wekuzvipira kwehu kurarama sekuraira kwaIshe nekwechido chedu chekurarama upenyu huzere neutano. Kuburikidza nemuenzaniso wedu pachedu wekuteerera kumurau waMwari weutano, tinokwanisa kugara tichibatsira kuteerera murairo uyu uye totambira makomborero ekuita izvozvo.

### **Zvekuita**

Penengura upenyu hwako kuona kana uchikwanisa kuteerera zviri pamusoro peIzwi reUchenjeri. Tsvaka femero yekuziva mabatsiriro evamwe kuteerera murairo uyu.

### **Zvimwe Zvinyorwa Zvitsvene**

- Genesi 1:29 (makwenzi nemichero yemiti kuitira kudyana)
- Isaya 5:11, 20–24 (kusanwa wini nezvinwiwa zvikukutu)
- Zvirevo 20:1 (waini chituko)
- Dzidziso neZvibvumirano 49:19 (mhuka nezvinhu zvinomera zvakagadzwa kuitira kudyana kwemunhu)

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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Dzidza *Musimboti weVhangeri*, chitsauko 29, “Murau waIshe weUtano.”
2. Gadzira posita rakataurwa muchidzidzo kana kunyora ruzivo rwacho pabhodhi rechoko.
3. Sarudza nhengo dzekirasi dzigopa nyaya dzese-dzese, zvinyorwa zvitsvene, kana zvakadzokororwa (makotesheni) zvaunoda.



# ZVEGUMI NEMIPIRO

*C h i d z i d z o 6*

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Chinangwa chechidzidzo chino ndeche kutibatsira kuyemura zvazazara nekurarama zvirinani murau wechegumi. Chidzidzo chino chinofanira kutibatsirawo kunzwisisa kukosha kwemimwe mipiro yeKereke nekudikanwa kwekupa nemutsa.

## **Chii Murau weChegumi?**

Murau wechegumi murairo kubva kuna Ishe-chirongwa chekuti tinodzorerera kwaVari chidimu chidiki chezvaVakatipa. Pataka bhabhatidzwa, takaita chibvumirano chekuteerera mirairo yose yaIshe. Nguva yese yatinotora chirairo, tinovandudza vimbiso yedu kuna Ishe. Mukuteerera murairo wekubhadhara chegumi chedu, tinochengeta chidimu chimwechete chevimbiso yedu.

- Ratidza mufananidzo 6-a, “Mibayiro Yako.”
- Chii chegumi *chisere* kana *chechokwadi*?

Vatungamiri Vekutanga vakanyora. “Chirevo chakareruka chatinoziva nezvacho chirevo chaIshe pachavo, chekuti, nhengo dzeKereke dzinofanira kubhadhara ‘chikamu chimwechete kubva mugumi chezviwani-kwa zvavo pagore,’ zvino nzwisiswa sekureva mubairo. Hapana mumwe akakodzera kuita chimwe zvacho chirevo kupinda ichi. (Tsamba yeVatungamiri vekutanga, 19 Kurume 1970; onai D&Z 119:4.)

Nhengo dzinopa chegumi chavo nekapepa kakanyorwa keChegumi neZvimwe Zvipo kunhengo yeveubhishopi kana mutungamiri webazi. Kana pasina wadhi kana bazi rakarongwa, chegumi chinopiwa kune mutungamiri wedunhu, wesiteki kana wemishoni. Zvinyorwa zvezvipihwa zvinochengetwa nevarume vanodaizdza sanamabharani.

Pakupera kwegore rega-rega nhengo dzese dzinokumbirwa kuronga kusangana nabhishopi kana mutungamiri webazi. Pamukereke uyu, unozivikanwa sekugadzirisa chegumi, tinotaura navo muchivande tovandutsa zvinyorwa zvedu zvekupa. Tine mukana wekuzivisa mamiriro edu sevabhadhari vechegumi. Kana tisingagare muwadhi



*6-a, Mibairo Yako*

kana bazi rakarongwa, tinosangana nemutungamiri wedunhu, wesi-teki, kana wemishoni kugadzirisa chegumi.

Kuteerera nekuvimbika mukubhadhara chegumi zvinodikanwa kuitira kuwana tsigiro kubva kuvatungamiri vehufundisi yekuenda kute-mberu. Kubhadhara kwechegumi chechokwadi murairo unokosha uno-fanira kuchengetwa neVatendi vaMazuva Ekupedzisira vese.

### **Kuteerera Kunounza Makomborero**

Mukuru Bernard Brockbank vakataura makurudzirwo avakaitwa kuti vateerere murairo wechegumi:

“Makore mashoma akapfuura apo mudzimai wangu neni takanga tichishanda neimwe mhuri yechidiki, tainetseka kuzadzisa zvaidikana zvedu zvemari . . . uye takanga tisingatendeke mukubhadhara kwedu zvegumi nemipiro. Taienda kuKereke uye ndaifunga kuti taida Ishe, asi rimwe zuva mudzimai wangu akati kwandiri, ‘Unoda Mwari here?’ ndikapindura, ‘Hongu.’

“Akati, ‘Unoda Mwari sekuda kwaunoita mutengeshi here?’

“Ndakapindura, ‘Ndinovimba kuti ndinomuda zvikuru kupfuura mutengeshi wezvikedya.’

“Akati, ‘Asi wabhadhara mutengeshi wezvekudya. Unoda here Mwari sekuda kwaunoita muridzi wemba? Wamubhadhara, hauna here?’ Zvino akazoti, ‘Murairo wekutanga mukuru ndewekuda Mwari, zvino unoziva hatina kubhadhara chegumi chedu.’

“Takatendeuka tikabhadhara zvegumi zvedu nemipiro, Ishe vakazarura mawindo edenga vakadururira, makomborero kwatiri. Tino-zviona sekodzero huru kubhadhara zvegumi nezvipo kuna Ishe.

“Ndinoda kutaura kuti patakanga tisina kutendeka kuna Ishe, tainetseka uye taiva nematambudziko” (mu Conference Report, Kubvumbi 1971, pp. 113–14; kana *Ensign*, Chikumi 1971, p. 86).

Ishe vanovimbisa makomborero ezvemweya nezvinopfuura kune avo vanoteerera kumurairo wechegumi. Zvinyorwa zvitvene anotitaurira kuti tinofanira kuunza zvegumi zvese muimba yokuchengetera kuitira kuti muve nezvekudya muimba yalshe. Ishe vanoti tinokwanisa kuva-edza nenzira iyi, tigoona kana vakasatizarurira mawindo edenga vachidurura makomborero zvekuti panenge pasina nzvimbo yakakwana yekuagashira (onai Maraki 3:10, 11–12).

- Ishe vanotivimbisei kana tikabhadhara chegumi chedu?
- Verengai Dzidziso neZvibvumirano 64:23. Ndechipi chimwe chikomborero chatingatarisira kana tabhadhara chegumi chedu zvakazara?

Mutungamiri Joseph F. Smith vakataura mateerero akaita amai vavo, Mary Fielding Smith, murairo walshe wekubhadhara chegumi chechokwadi, zvakaunza makomborero kumhuri yavo:

“Ndinonyatsoyeuka chimwe chinhu chakaitika mumazuva eudiki hwanhu. Amai vangu vakanga vari chirikadzi, nemhuri yakakura yekuriritira. Imwe nguva yekupfumvura patakarura makomba edu ematapiri, vakaita kuti vakomana vavo vatutire mutoro wematapiri akanakisisa vakaenda nawo kohofisi yechegumi; matapiri akanga ari-mashoma mwaka iwoyo. Ndakanga ndiri kakomana kadiki panguwa iyoyo, uye ndakatyaira chipani. Pataka svika pamasitepisi ehofisi yechegumi, tagadzirira kuburutsa matapiri, mumwe wanamabharani akauya kunze akati kuna amai vangu, ‘Chirikadzi Smith, zvinonyadza, kuti munofanira kubhadhara chegumi. . . . Akashora amai vangu pakubhadhara chegumi chavo, akavaita munhu asina kuchenjera kana kusa-funga; uye akati kune vamwe vakanga vakasimba vachikwanisa kushanda vairiritirwa kubva kuhofisi yechegumi. Amai vangu vakamupindura vakati. . . . Unofanira kuzvinyarira. Ungada here kundishaisa makomborero? Ndinobhadhara chegumi changu kwete chete nokuti murairo waMwari, asi nokuti ndinotarisisira chikomborero nekuzviita. Nekuchengeta uyu nemimwe mirairo, ndinotarisisira kupfuma, nekukwanisa kuriritira mhuri yangu.’ . . . . Vakapfuma nokuti vakateerera mirairo yaMwari. Vakanga vaine zvakaunza zvekuchengeta mhuri yavo. Takanga tisingashaye zvakananyanya sezvaiita vamwe vazhinji. . . . Shirikadzi yakakodzereswa kupundutso dzeimba yaMwari. Hapana chisungo chevhangeri chavairambirwa, nokuti vakanga vachiteerera kumirairo yaMwari” (*Gospel Doctrine*, bhuku rechishanu, [1939], pp. 228–29).

- Ndeapi makomborero akagashirwa naSista Smith? Ndechipi chikomborero chakataurwa neMutungamiri Smith pavakati, “Shirikadzi iyoyo yakakodzereswa kupundutso dzeimba yaMwari?” Muenzaniso waSista Smith wakakonzerera chii pamwanakomana wavo mudiki?

Zvakakosha kuyeuka kuti “Ishe vanochengeta vimbiso dzavo. Zvechokwadi. . . . Vano dururira makomborero avo pamusoro peavo vakatendeka vanoteerera mirairo yavo. . . . Makomborero aya anogona kuuya nenzira yemari kana nzira yezvinopfuura kana kuti anogona kuonekwa nekudururuka kwezvemweya, kuunza simba, runyararo, kana nyaradzo. . . . Vimbiso dzalshe dzinozochengetwa” (Henry D. Taylor, mu Conference Report, Kubvumbi 1974, p. 158; kana *Ensign*, Chivabvu 1974, p. 108).

- Sei zvakanoshya kuti ticherechedze makomborero edu ezvemweya pamwechete nemakomborero edu ezvinopfuura?
- Imi kana mhuri yenyu makakomborerwa sei nekubhadhara chegumi?

### Chii Mipiro?

- Ratidza mufananidzo 6-b, “Mashandisirwo anoitwa chegumi.”
- Ita kuti sista akarongerwa ataure zvisihoma pamusoro pemipiro nebasa rayo sematsanangurirwo akaitwa *muMusimboti weVhangeri* chitsauko 32, “Zvegumi neMipiro.”

Mukuru Boyd K. Packer vakataura nyaya pamusoro pemamishinari maviri akataura kune mutungamiri wavo webazi kuti mhuri yavaidzidzisa vhangeri yakanga yangoerekana yasarudza kusa bhabhatidzwa.

“Baba vacho vakanga vanzwa zvechegumi vakabva vamisa miKereke yaizouya nemamishinari. . . .

“Mushure memazuva mashoma mutungamiri webazi akanyengetedza mamishinari kuti vabatane naye pakumwe kushanya kumhuri iyi.”

“ ‘Ndizvozvo, ‘akataura kuna baba, ‘kuti masarudza kuti musapinda Kereke.’

“ ‘Ndizvozvo, ‘vakapindura.’

“ ‘Vakuru vanditaurira kuti manetseka nezve chegumi.’

“ ‘Hongu,’ vakadaro baba. ‘Vakanga vasina kuti taurira nezvazvo; zvino pandakaziva nezvazvo, ndakati, zvino izvi zvakananyanya kukumbira.’ Kereke yedu haisati yambokumbira chinhu chakadaro. ‘Tinofunga izvi zvakananyanya, uye hatizi kuzopinda.’

“ ‘Vakutaurirai here nezve mupiro wekutsanya?’ akabvunza.

“ ‘Kwete,’ akadaro murume. ‘Chii ichocho?’

“ ‘MuKereke tinotsanya kudya kuviri mwedzi wega-wega uye topa mutengo wekudya uku kurubatsiro rwevarombo.’

“ ‘Havana kuti taurira izvozvo,’ murume akadaro. . . .

“ ‘Vakakutsanangurirai here kwamuri zvechirongwa cherubatsiro?’

“ ‘Kwete,’ vakadaro baba. ‘Chii ichocho?’

“ ‘Zvakanaka, tinotenda mukubatsirana. Kana mumwe munhu achinetsesha, kana kurwara kana asiri pabasa kana ari mudambudziko, tinoronga kubatsira, uye imi munenge muchitarisirwa kubatsira. . . .’

“ ‘Havana kumbotitaurira zvese izvozvo,’ vakadaro baba.

# Chegumi



Chegumi chinobatsira kuvaka matemberi



Chegumi chinobatsira kufambisa mamishoni



Chegumi chinobatsira kubhadhara mari yekuitwa kwemabasa



Chegumi chinobatsira kuvaka dzimba dzekusanganira nezvikoro

*6-b, Mashandisirwa anoitwa chegumi*

“Zvakanaka, akadaro mutungamiri webazi, kana masvibiswa mwoyo nechinhu chidiki chakaita sechegumi, zviripachena kuti hamusati magadzirira kuva muKereke ino. . . .’

“Pavakange voenda, sekunge azofunga mumashure, akacheuka akati, ‘Makambofunga here kuti sei vanhu vachiita zvese zvinhu izvi vachida?. . . Tinobhadhara [chegumi]—nezvimwe zvese— tichizvive-renga serukudzo; rukuru.

“ ‘Kana mukaziva kuti sei, munenge mavapedyo nekusvikira dombo remutengo mukuru. . . .’

“ ‘Asi,’ akadaro mutungamiri webazi, ‘Isarudzo yenyu. Ndinongovimba muchanamata nezvazvo.’

“Mushure memazuva mashoma murume uyu akasvika pamba pemutungamiri webazi. . . . Aida kuronga ruombeko rwemhuri yake” (mu Conference Report, Gumiguru 1974, pp. 126–27; kana *Ensign*, Mbudzi 1974, p. 88).

▪ Sei zvakanakosha kwatiri kuti tibhadhare mipiro pamusoro pechegumi?

### **Muitiro Wakakosha**

Patinobhadhara zvegumi zvedu nemipiro, tinofanira kuzviita nokuzvidira. Zvinyorwa zvitsvene anotitaurira kuti tinofanira kupa tisinga gunun’une kana nokuti zvinodikanwa, nokuti Mwari vanoda anopa norufaro (onai 2 VaKorinte 9:7).

▪ Munonzwa sei kana munhu akakupai chinhu achigunun’una?

Mukuru Matthew Cowley vakataura nyaya yasista wechiMaori akanga aine mweya wechokwadi wechegumi:

“Ndakanga ndiina amai vadiki-diki . . . pasi muNew Zealand. Ndakavaziva pamishoni yangu yekutanga pandakanga ndichingove mukomana mudiki. Muzuva iwayo vaindidaidza kuti mwanakomana wavo. Pandakadzokera kunotungamira, vaindidaidza kuti baba vavo. . . .’

“Zvino, pane imwe nguva ndakaendako sezvandaigaraita kana ndashanyira nharaunda iyoyo, kunoono kamudzimai kakanaka aka, nguva iyoyo vakanga vava kumakore makumi masere, vari bofu. Vakanga vasinga gare mubazi rakarongwa, vasingaonane nevehufundisi kunze kwekunge mamishinari ashanyirako. . . .’

“Ndakapinda ndikavakwazisa nemaitiro echiMaori. Vakanga vari muchivanze chavo cheseri pakamoto kavu. Ndakatambanudza ruoka rwangu kuti ndikwazisane navo, . . . vakati: ‘Musakwazisane neni, Baba.’

“Ndakati: ‘Aa, Itsvina yakachena iyo iri pamaoko enyu. Ndinoda kubatana maoko nemi. Ndinofara kudaro. Ndinoda kudaro.’

“Vakati, ‘Kwete iyezvino.’ Zvino vakagwadama vakatanga kukambaira kuenda kukamba kavo. Pakona pemba yacho pakanga paine foshoro. Vakasimudza foshoro iyoyo vakakambaira vachienda kune rimwe divi vachiyera nhano pavaienda. Vakazosvika panzvimbo pachu vakatanga kuchera vachidzika muvhu nefoshoro iyoyo. Yakazo rova chimwe chinhu chakaoma. Vakaburitsa ivhu nemaoko avo vakaburitsa gaba remichero. Vakavhura gaba remichero iroro . . . vakaburitsa chimwe chinhu vachitambidza kwandiri, zvakaita kuti yakanga iri mari yeNew Zealand. Mumari yeAmerica ingadai yakanga yakaenzana nemadhura zana.

“Vakati: ‘Icho ndicho chegumi changu. Zvino ndingakwazisane nehufundisi hwaMwari.’

“Ndakati: Hamuna chikwereti chechegumi chakakura kudaro.’

“Vakati: ‘Ndinozviziva. Handina chikwereti ikozvino, asi ndiri kubhadharira imwe zvepamberi, nokuti handizive kuti hufundisi hwaMwari hunozouya kumba kwangu rinhi.’

“Zvino ndakakotamira kwavari ndikagumanisa mhuno yangu nemhanga pane yavo, misodzi yemumaziso angu yakadzika nematama avo” (mu Conference Report, Gumiguru 1948, pp. 159– 60).

- Sei Mukuru Cowley vakachema pamusoro pemuripo wemudzimai uyu wezvigumi zvake nemipiro? Sei tichifanira kupa zvegumi zvedu nemipiro nokuzvidira?

Mutungamiri David O. McKay vakati, “Uyo anopa [chegumi] nokuti anoda kubatsira vamwe nokufambisa basa reutsvene, anopa norufaro nekutenda mumwoyo make . . . ane mubaïro wake; nokuti mukupa arikuwana [makomborero]” (“The Tenth Part,” *Improvement Era*, Gumiguru 1956, p. 701).

- Kubhadhara kwenyu chegumi nemipiro kunoratidza sei rudo kuva koma nehanzvadzi dzenyu dzemuKereke? Kunoratidza sei rudo rwenyu kuna Ishe?

## Mhedziso

Mwari Baba veKudenga vanoziva zvatina. Vakati pamurairo uyu nevimbiso: “Asi tangai kutsvaga umambo hwaMwari, nokururama kwake; izvozvi zvose zvachawedzerwa kwamuri” (Mateo 6:33).

Kubhadhara kwechokwadi kwechegumi nekupa kwemipiro inzira dzinokosha dzekuratidza rudo rwaBaba vedu Vekudenga nekuda kwedu kubatsira kuva kaumambo Hwavo panyika. Mutungamiri Joseph F. Smith vakaraira: “Nemutemo uyu (chegumi) kuvimbika kwevanhu



veKereke kuchaiswa pakuedzwa. Nemutemo uyu zvichazivikanwa kuti ndiani weumambo hwaMwari nekuti ndiyani anopikisana nahwo” (*Gospel Doctrine*, p. 225).

Patinobhadhara zvegumi nemipiro nekuvimbika nerufaro, tirikurati-dza kutenda kwedu kwemakomborero mazhinji alshe.

### **Chekvita**

Teerera! murairo walshe wekubhadhara chegumi uye mugowana makomborero akavimbiswa muna Maraki 3:10. Dzidzisaimusimbotti wechegumi kuvana venyu kuburikidza nezwi uye nekuita.

### **Zvimwe Zvinyorwa Zvitsvene**

- Mateo 6:1–4 (ipayi mipiro nekuzvirereka)
- Mabasa Ava Apostora 20:35 (makomborero akawanda kupa pane kugamuchira)
- Dzidziso neZvibvumirano 119:4 (chegumi murau)

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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Dzidza *Musimbotti weVhangeri*, chitsauko 32, “Zvipa neMipiro.”
2. Kumbira mumwe sista kuti ataure muchidimbu pamusoro pemipiro nebasa rayo sematsanangurirwo azvakaitwa mu *Musimbotti weVhangeri*, chitsauko 32.
3. Rongera nhengo dzekirasi kuti dzipe chero nyaya, zvinyorwa zvitstvene kana zvakataurwa nevamwe zvaunoda.

# KUVIMBIKA

*C h i d z i d z o 7*

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Chinangwa chechidzidzo chino ndeche kutibatsira kuti tivimbike.

## **Tinotendera Mukuvimbika**

- Nyora pabhodhi: *Tinotendera mukuvimbika* (Zvipupuriro Zverutendo 1:13).
- Zvinorevei kuvimbika (Nyora mhinduro pabhodhi).

Nyaya inotevera inoratidza zvinoreva kuvimbika.

Mutungamiri Ruben Dario Pacheo veBazi reChitatu reCaracas Venezuela nemhuri yavo vaida zvakasimba kuenda kutemberi. “Mushure mekuzvipira kukuru negadziriro pamweya, mhuri yavo yakaunganidza mari yakakwana yakuenda kutemberi. Mutungamiri Pacheo vakatumira mwanasikana wavo kubhangi kunotoro madhora 500 eU.S. [Vanoti,] ‘Mudzimai wangu akatora hamvuropu [yaiva namadhora eU.S.] akaisa kwakadaro asina kuverenga mari yacho. Usiku hwaiteverwa nezuva rekusimuka, ndakakumbira mari yacho ndikaona kuti hamvuropu yairema zvisiriizvo. Takaverenga mari yacho. Vakanga vatipa madhora 4,065. Ndakashamisika. . . . Marusiti ebhangi airadza kutorwa kwemadhora 500 chete . . . zvaireva kuti bhangi rakanga rakanganisa kupa kwatiri 3,500 emadhora!

“Dzimwe shamwari dzekumba kwedu dzisiri nhengo dzakatinyengedza. Kuti tishandise mari yacho kunakirwa nerwendo rwedu rwekuUnited Sates. . . . Ini pachangu ndakanga ndisati ndamboona mari yakawanda kudaro mupenyu hwangu. Zvisinei, ndakati zvakasimba.” Hatikwanise kuchengeta mari iyi nokuti yakanga isiri yedu. Chinangwa cherwendo rwedu kutemberi ndeche kuita zvibvumirano naIshe. Zvinozotibatsira chii kana tisingavimbike.

“ Takadzorerwa mari yacho kubhangi; vakanga vazviona kuti vakanga varasikirwa nemari yacho asi vakanga vasina zvinyorwa zvinoratidza uyo akanga aibhadharwa. Vamwe vanamabharani vebhangi vakandibvunza zuva iroro, “Sei wazviita? Hapana munhu angaachiziva kuti

ndiwe wanga uine mari yacho.” Mhinduro yangu chete yakave: “Nokuti ndiri muMomoni” ’ ’ (zvaktorwa naMario G. Echeverri, “Venezuela,” *Ensign*, Kukadzi 1977, p. 30).

- Mutungamiri Pacheo vakaratidza sei kuvimbika kwavo nezvavakataura pamusoro pekuita zvibvumirano naIshe? Vakaradidza sei kuvimbika nezvavakaita? Mazwi nezviito zveMutungamiri Pacheo zvakaratidza sei kuti vanovimbika mupfungwa dzavo neukama hwavo naIshe?

Mukuru Gordon B. Hinckley vakati:

“Dombo rinosingawanikwe zvakadii, chishongo chakakosha sei murume kana mukadzi musina usvinu kana kunyengedza kana kunyengeri! . . .

“ . . . Pane kuvimbika, umwe hunhu hunotevera” (mu Conference Report, Kubvumbi 1976, p. 93; kana *Ensign*, Maya 1976, p. 62).

- Varengai nekukurukura Eksodo 20:15–16; Dzidziso neZvibzumirano 42:20–21.

Ishe vakatiraira kuti tivimbike muupenyu hwedu pachedu nemukushanda nevamwe (onai D&Z 51:9).

### **Kusavimbika Ndicho Chimwe cheZvombo zvaSatani**

Pamurairo wese watinopihwa naBaba vedu veKudenga, Satani anotiedza kuti tisauteerere. Zvinyorwa zvitsvene anotiudza kuti Satani, dhiya-bhorosi, baba vemanypopo ese, anotsvaka kutinyengedza nekupofomadzwa vanhu nekuvatungamirira muunhapwa nekuda kwake (onai Mosesi 4:4). Mutungamiri Kimball vakadoma nzira dzakawanda dzekusavimbika:

“Kune avi vanoba mudzimba nemabhangi nemabhizimisi; vashandirwi vanonyengedza mabasa avo nevashandi . . . vanoshandisa mari zvisiriizvo. . . . Kune vanobvuta zvikwama, vanobira mamita, vanonzvenga mitero, neavo vanonyora zvisiriizvo nekusareva chokwadi pazvinhu zvavari kutengesa. . . .

“Vamwe vanokwereta kupfuura kwaniso yavo yekubhadhara. . . . Vamwe vanoita vimbiso nezvibvumirano zvinechiremerera vozvishaira hanya kana kungozvirega. Kune avo vakatora matauru kubva mumahotera neavo vakachengeta chinji yakapfuuridza yakabhadharwa. Vamwe vanobudirira mubhizimisi nemaitiro akaipa nekushanda kusiripachena. Zvino kune kutsutsa chaiko nekuba. . . .

“Vanhu vanozvirova dundundu nekutyora mirau yemigwagwa nekunzvenga mapurisa nekudarika miganhu yenyika nezvinhu zvakavingwa vasinga bhadhare mutero.

“Uye kune avo vanobhadharisa mari yakapfuuridza, vanoyera zvaka-pfuuridza nekubhadhara mari iripasi” (*Faith Precedes the Miracle*, pp. 234–35).

- Ndeapi mamwe maitiro ekusavimbika akawanda?
- Sei Satani achida kuti tisa vimbike?
- Ndezvipi zvimwe zvitadzo zvingakonzerwa nekusavimbika?

### **Kusavimbika Kunotanga neZvinhu Zvidiki-diki**

Munhu anovimbika haangova asingavimbike pakarepo. Kusavimbika kunotanga netwunhu tudiki twunozo pedzisira twapinda munzvimbo dzese dzeupenyu hwedu. Pfungwa dzisina kuvimbika, kutya, shanje, utsinye, kunyengedza vamwe, kunyange kuramba tinyerere patinofanira kutaura chokwadi indudzi dzekusavimbika dzinotitungamira kubva kuna Baba vedu Vekudenga.

Mumazuva ekutanga eKereke, mudzimai waThomas B. Marsh akaita chinhu chisinakuvimbika chakakonzerwa vana Marsh kubuda nekubviswa muKereke. Mukuru March vakanga vachishanda panguva iyoyo seMutungamiri weChikwata chevane Gumi nevaviri.

“Pakanga Vatendi vachigara Kure kumadokero, mudzimai wa [Mukuru] Marsh naSista Harris vakabvumirana kuchinjana mukaka, kuitira kuti mumwe nemumwe wavo akwanise kugadzira chizi huru kupinda yavaikwanisa mumwe ariega. Mumwe aifanira kuendesera mumwe ruomba zvese nemukaka wacho. Mai Harris vakaita rutivi rwavo rwechibvumirano, asi Mai Marsh vakachengeta paindi yeruomba kubva pamhou yega-yega. Paka zivikanwa izvi nyaya yacho yakaunzwa pamberi pevatungamiri vehufundisi kuti vatonge gakava ravo, ava vakasatsigira Mai Marsh.”

Mukoma Marsh vakatsigira zviito zvemudzimai wavo, zvisinei, vanaMarsh vakatsamwa, vakazopindukira Kereke. Vakazorasikirwa neunhengo hwavo pamusoro pekutsamwa kwaibva muchiito chekusa-vimbika. (Onai Hyrum M. Smith naJanne M. Sjodahl, *The Doctrine and Covenants Commentary*, bhuku rakadzokororwa [1972], p. 167.)

- Sei tichifanira kuvimbika muzvinhu zvidiki? Sei tisingafanire kutsigira zviito zvisinakuvimbika?

### **Tinokwanisa Kudzidza Kuvimbika**

Patakazvarwa, takanga tisina ruzivo rwechakanaka kana chakaipa. Kutibatsira kuita sarudzo kwadzo nekutitungamira muupenyu hwedu, mumwe nemumwe wedu akapiwa Chiedza chaKristu. Patinobvumira Ishe kuti vatungamira kuchokwadi, tinozodzidza kuvimbika.

Vatungamiri vedu vanotzivisa nezve zviito zvisina kuvimbika kutibatsira kuona kusavimbika nekutikumbira kuti tisa pinde mazviri. Vanotikurudzira kuti tivimbike nekudzidzisa vana vedu kuvimbika. Mutungamiri N. Eldon Tanner vakati:

“Kudzidziswa uku kwekuvimbika kunotangira mumba. Mumwe nemumwe wedu anezvinhu zvinova zvedu tega. Tinokwanisa uye tinofanira kugoverana zvinhu zvakaita sezvekutambisa nemitambo nerubatsiro rwedu kune mumwe nemumwe; asi tine mari, kana zvi-shongo, kana zvipfeko zvinova zvinhu zvako pachako zvemunhu ega-ega uye hazvifanire kutorwa pasina mvumo yemuridzi. Mwana anoremekeza kuvimbika uku mumba haatarisirwe kutyora mutemo uyu kunze kwemba. . . . Kushaikwa kwedzidziso yakadai kunokonzera kushaya ruremekedzo rwekodzero nezvinhu zvevamwe. . . .

“Panokuro mwana achitanga kushandira mari, . . . [anofanira kudzidziswa ku] shanda zvakavimbika nekupa basa rakavimbika remari yaanobhadharwa (mu Conference Report, Kubvumbi 1978, p. 64; kana *Ensign*, Chivabvu 1978, p. 44).

- Sei kuvimbika mubasa redu kwakakosha kudaro?
- Kudzidzisa vana vedu kuti vasatore kana kushandisa zvinhu zve-mumwe vasina mvumo kunovabatsira sei kuva vakavimbika?

Mutungamiri Kimball, mukutaura kwechido chavo chekuti vazukuru vavo vadzidze kuvimbika, vakati:

“Ndinovimba muchadzidzisa vadikani vangu kuti vavimbike. Kune kunyengedza nekuba nekusavimbika kwakawanda. Kuvimbika kunosekwa uye kusavimbika kunodzidziswa nemhuri nevemunharaunda. Kutamba kudiki kwekusavimbika kunosekwa. Kamwana kadiki kazhinja kakachenjera zvekyunyengedza nekushandisa karunako rwako. Mwana anowanzo bvumirwa kuregerwa achienderera nekuba kudiki. Mubereki anonyepera makore emwana kunzvega muripo wevakuru mumitambo nemundege nezvitima nemabhazi ari kudzidzisa mwana zvakasimba kusavimbika. Haazo kanganwa zvidzidzo izvi. Vamwe vabereki vanobvumira mwana kutyora murau sewezvemoto zvinoputika, kushandiswa kwepfuti, kuraura nekuvhima asina rezenisi. Vana vanobvumirwa kufambisa motokari asina rezenisi kana kunyepera makore avo. Avo vanotora zvinhu zvidiki vasingataure [nezvazvo] sezvakaita muchero kubva muchivanze chemuvakidzani, chinyoreso kubva padhesiki, pakiti yechingamu kubva . . . pasherufu, vese vari kudzidziswa chinvararire kuti kuba nekusavimbika kudiki hakuna kunyanya kuipa. Kubirira mumazamanisheni ezvikoro kwasvika pachinhano chinotyisa, vanodaro vamiriri vezvikoro.

“Tingange tichiita zvakasiyana nezvinoitwa nenyika, asi tinofanira kudzidzisa vana vedu kuti chitadzo chitadzo. . . .

“Ndinotaura kushushikana kwangu pamusoro pekuwanda kwekudikanwa kwekusimbisa vechidiki vedu” (“What I Hope You Will Teach My Grandchildren,” neVamwe Vese veChidiki veZioni, [Nhaurwa kuvadzidzisi veseminari neinstichuti paBrigham Young University, 11 Chikunguru 1966], p. 2).

Zvakakosha kuti ticherechedze kuti hatikwanise kutora sezvisinabasa kuba, manyepo, nekunyengedza zvidiki-diki. Hatifanire kuzvitora sechinhu chidiki-diki kana kuseka kubirira kana kutyora murau.

- Mungaita sei mumhuri yenyu pachenyu kudzidzisa nekukuridzira hunhu hwakavimbika? Sei muchifanira kudzidzisa kuvimbika kuburikidza nemuenzaniso wenyu?

### **Tinokomborerwa neKuva Vakavimbika**

Tingasapiwa mubairo nguva dzose ipapo nekuva takavimbika. Zvinokwanisa kuyedza hunhu hwedu, zvotikonzera kurasikirwa neshamwari dzedu, kana kutiunzira kusekwa. Asi kuvimbika kunounza runyararo rwepfungwa, hana yakachena, nerufaro.

Mutsamba kushamwari, mumwe musikana wechidiki akatsanangura manzwiwo akaita mushure mekuedzwa kuti asavimbika:

“Mudiwa Sue,

“Ndine urombo kuti wakatsamwa nezuro. Hushamwari hwako hwakakosha zvikuru kwandiri. Asi ndaifanira kuita zvandakaita. Pawakanditi nditore ndarira yemuruoko kubva pakaunda, wakandiudza kuti zvichavanyore. Hapana waitarira—kana waishanda pedyo nenzvimbo yacho. Nharo dzako dzekuti hausati wambobatwa zvakaaita kuti zvinge zvisi-nganyanyotyisa. Asi ndakaziva kuti ndikatarira ndarira yemuruoko, kunyangwe ndaibatwa kana kwete, handaikanganwa kusavimbika kwandainge ndaita. Handakwanisa kupfeka ndarira iyi. Zvaizongoramba zvichiyeuchidza chakashata kubva mukufunga kweurombe.

“Pawakafamba kubva pandiri ukati hauchadi kupedza nguva yako nemunhu asinganakidze, ndakarwadziwa. Asi ndinodavira kuti tichango gara nekurwadziwa ikoko. Zvangavanyore kugara nepfungwa idzodzo. Pane kugara nepfungwa dzekusasununguka kufamba muchitoro ichi ndisina pfungwa dzemhosva, kana kutadza, kutarisana neva-bereki vangu kanaBhishopi, kana kungoziva mandiri zvandaita” (“Look Unto Me in Every Thought,” *Mia Maid Course B, Young Women* [1978], p. 58).

- Musikana wechidiki wakazvipira chii nokuva akavimbika? Nde api makomborero akawana musikana wechidiki nokuva akavimbika?
- Zvakakoshei kuti tione makomborero akareba ekuvimbika?

Mukuru Howard W. Hunter vakataura mamwe makomborero ekuvimbika.

“Kune mufaro unouya kubva mukuvimbika. Unokwanisa kuva neushamwari waTenzi nekuva neMweya Mutsvene. . . .

“Tinofanira kuvimbika pachedo, kuvimbika muna Mwari nekune vamwe vedu vose” (“Basic Concepts of Honesty,” *New Era*, Kukadzi 1978, p. 5).

- Ndeapi makomborero ekuvimbika akataurwa nezvawo naMukuru Hunter?
- Mweya Mutsvene ungakubatsire sei kuvimbika?
- Zvinorevei kuvimbika munaMwari?

### **Mhedziso**

Kuvimbika musimbotti unokosha wevhangeri nemurairo waMwari. Kuchengeta murairo uyu, zvakakosha kuti ticherechedze kusavimbika tokuregera, uye tishandise kuvimbika mupfungwa dzedu mukutaura nemuzviito. Kuratidza misimbotti yekuvimbika mudzimba dzedu, kune dzimwe nhengo dzeKereke, nekune vavakidzani vedu, tinodzidzisa vana vedu kuvimbika. Kana tichivimbika, tinokomborerwa nehana yakachena, pfungwa yerunyararo, kunzwa kwekukodzera, neufambidzani hweMweya Mutsvene.

### **Zvekuita**

Musvondo rinotevera, penengura pfungwa dzako, mazwi, nezviito kuti uone kuteerera kwako kumurairo wekuvimbika. Tsvaga rubatsiro rwaIshe kuti ubvise kusavimbika muupenyu hwako pachako. Tsvaka nzira dzekudzidzisa vana vari mumhuri yako musimbotti mutsvene uyu. Iva muenzaniso wekuvimbika muzvese mazwi nezviito. (Onai VaFiripi 4:8–9.)

### **Zvimwe Zinyorwa Zvitsvene**

- VaRoma 13:12–13 (fambai zvakavimbika)
- VaHeberu 13:18 (kuda kurarama zvakavimbika)
- Dzidziso neZvibvumirano 97:8 (avo vane mwoyo yakavimbika vanogashirwa kuna Ishe)

- Dzidziso neZvibvumirano 136:25–26 (dzorerai icho chakumbirwa; tsvagai mudzorere icho chakarasika)
  - Zvipupuriro Zvechitendero 1:13 (tinotenda mukuva nekuvimbika)
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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Verenga *Musimboti weVhangeri*, chitsauko 31, “Kuvimbika.”
2. Sarudza nhengo dzekirasi kuti dzigopa nyaya dzese-dzese, zvinyorwa zvitsvene, kana zvakadzokororwa (makotesheni) zvaunoda.



# RUREGERERO

*C h i d z i d z o 8*

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Chinangwa chechidzidzo chino ndeche kuti batsira kusimbisa kuzvipira kwedu kuregerera isu pachedu nevamwe.

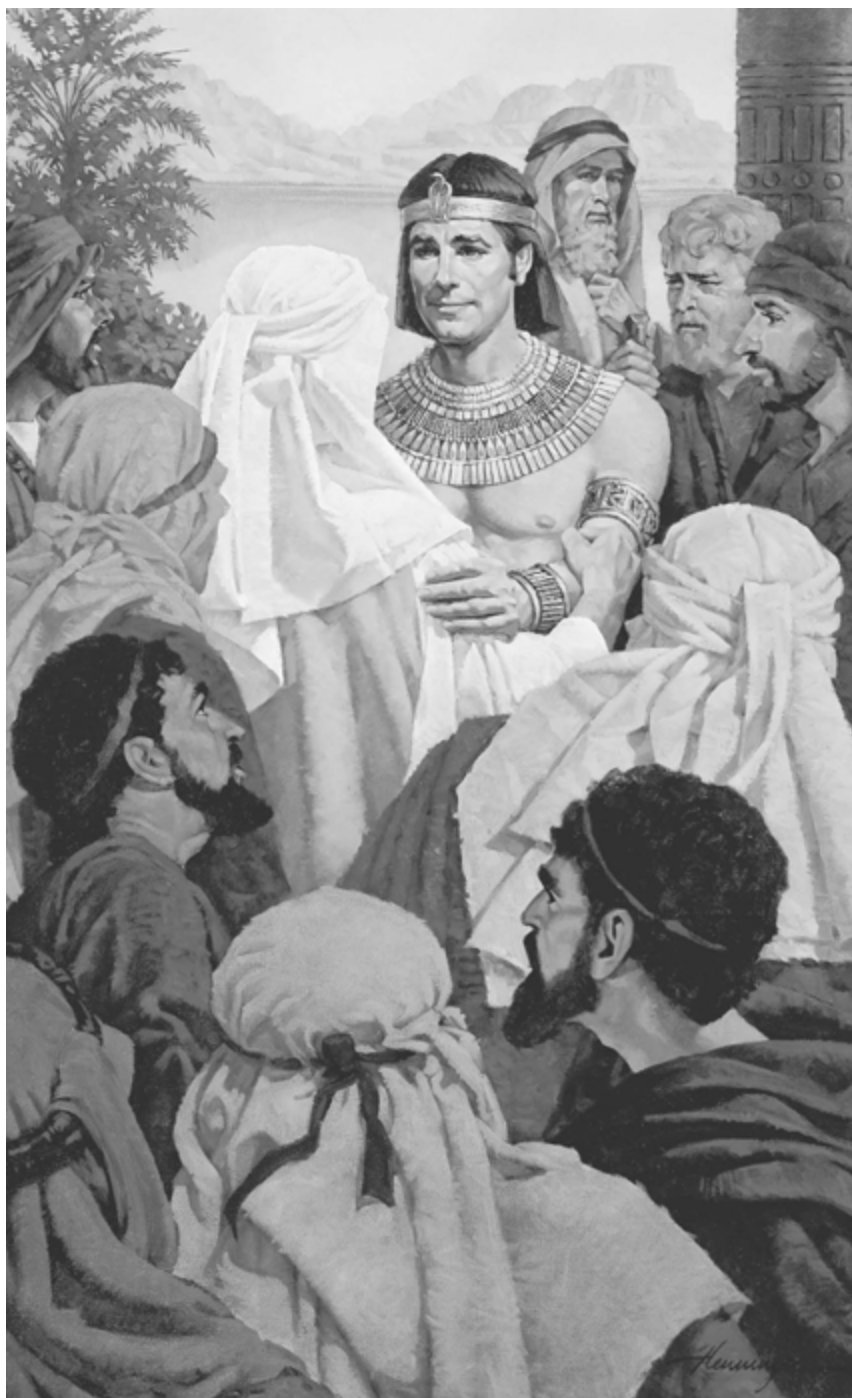
## **Mutambo: Ndini Ani?**

Itisa mutambo “Ndini Ani?” Ita nhenge yekirasi iverengo ichidaidzira nyaya dzeupenyu dziripasi, isingasanganisire zvinyorwa zvitsvene zvakataurwa. Usabvumire mazita ari munyaya dzeupenyu idzi kuti aburitse kusvikira mubvunzo “Ndini Ani?” wabvunzwa. Mumwe sista paanongofunga kuti aziva zita remunhu ari kutsanangurwa, anofanira kusimudza ruoko rwake. Zvisinei, muverengi anofanira kuenderera kusvikira zvakanyorwa zvapera kana kusvikira maoko ese asimudzwa.

## ***Nyaya yeUpenyu 1***

1. Ndakapomerwa nhema ndikaendeswa kujeri (onai Genesi 39:11–20).
2. Pavapaye ndakaburitswa kubva mujeri ndikapiwa chigaro chepamusoro munyika isiriyangu (onai Genesi 41:37–43).
3. Kwemakore mazhinji ndakanga ndakapatsanurwa kubva kuna baba vangu nemhuri yangu (onai Genesi 41–44).
4. Ndakadudzira hope dzemukuru wewaini, mubiki wechingwa nemutongi (onai Genesi 40–41).
5. Nekuda kwenzara, mhuri yangu yakasiya nyika yavo vakatamira kwandaigara. Ndakakwanisa kuvabatsira (onai Genesi 45–46).
6. Pandakanga ndiri mukomana, baba vangu vakandipa jasi rakanaka (onai Genesi 37:3).
7. Kunyange vakoma vangu vakanditengesa kuvatengesi vevaranda, ndakavaregerera tikava nekusanganazve kunofadza kuEgipita tika-gara nerufaro kwemakore mazhinji (onai Genesi 45–46).
8. Ndini Ani?

Mhinduro: Josefa, mwanakomana waJakobho, akatengeserwa kuEgipita. (Onai “We Ought Also to Love One Another,” *Beehive Course A, Young Women* [1977], p. 16.)



8-a, Josefa achisanganazve nevakoma vake Providence Lithograph Co.

- Ratidza mufananidzo 8-a, “Josefa achisanganiswazve nevakoma vake.” Sei Josefa nevakoma vake vakakwanisa kuve nekusanganazve kune rufaro nekugara pamwechete murunyararo kwemakore mazhinji?

### ***Nyaya yeUpenyu 2***

1. Ndakanga ndiri muduku wevanakomana vaviri (onai Ruka 15:11–12).
2. Ndakaenda kunyika yekure uko kwandakaparadza nhaka yandakanga ndapiwa nababa vangu (onai Ruka 15:13).
3. Pakauya nzara munyika iyi, ndakatanga kuva mukushaya (onai Ruka 15:14).
4. Kutu ndiwane kudya, ndakatora basa rekupa kudya kunguruve (onai Ruka 15:15).
5. Ndakayeka kuti baba vangu vaipa kudya kuvaranda vavo zvakanaka chaizvo, saka ndakasarudza kuenda kumba ndonokumbira baba vangu kuti vanditore semuranda (onai Ruka 15:17–19).
6. Baba vangu pavakandiona ndichiuya, vakamhanya kuzosangana neni, vakanditsvoda, vakandipa nguo yavo yakanakisisa, mhete yechigunwe, neshangu, vakaita mabiko ekupembererera kudzoka kwangu kumba (onai Ruka 15:20–14).
7. Ndini ani?

- Mhinduro: Mwanakomana muparadzi.
- Ratidza mufananidzo 8-b, “Mwanakomana muparadzi anodzoka.” Kusanganazve kune rufaro uku kwakakwanisika sei?

Nyaya mbiri idzi dzinobva muBhaibheri dzinatoratidza zvinogona kuitika kana nhengo dzemhuri dzikaregererana.

- Ruregerero chii? Nyaya yaJoseph neye mwanakomana muparadzi dzinatoratidza sei musimboti weruregerero?

### **Patinoregerera, Tinoshandisa Rudo Rwunenge RwaKristu**

Jesu Kristu akatipa muenzaniso wakanaka wemaregererero eavo vanotitadzira. Nezve muenzaniso weMuponesi Mukuru Robert L. Simpson vakati:

“Nhorooondo yeBhaibheri inotitaurira kuti hakuna munhu wenyama atiambosangana nekuninipiswa, kurwadziwa, kutambudzika kwakao- nekwa neMuponesi wenyika munguva dzekupedzisira dzekurarama kwake semunhu wenyama.



8-b, *Mwanakomana muparadzi anodzoka*

“. . . . Ipapo akarembere, muviri wake wakuvara uchibuda ropa, achiri kungotambudzwa nevavengi vake; uye pakanga paripakati pezvese izvi Jesu [akateterera] zvimwe chinyararire, nerukudzo rwakadzama, ‘Baba, varegererei; nokuti havazive zvavanoita’ (Ruka 23:34)” (“Forgiveness,” *Improvement Era*, Zvita 1966, p. 1148).

Sezvo Jesu akaregerera, nesu tinofanira.

April Aaron imhandara yaVatendi vaMazuva Ekupedzisira akatevera muenzaniso wemuponesi. Ari munzira kuenda kudhanzi reKereke kuSan Francisco, California, April akabhinywa nemurume akamucheka nebanga paakanga achiedza kuba chikwama chake. Mukubhinywa uku akawira mutsaona yekurasikirwa neziso rake rerudyi akaita zvironda zvakadzika mugumbo rake rerudyi neruoko rwake rweruboshe. Zvino April akapindura kuti kudii paaka bvunzwa nezve akamubhinya?

“ ‘Ndinofunga kuti anofanira kunge achitambudzika, anizvake akadar, tinofanira kumunzwira urombo. . . .

“ ‘Dai mumwe munhu akakwanisa kumuitira chimwe chinhu.

Anofanira kurapwa. Ndiani anoziva zvinotungamira munhu kuita chinhu chakadai? Kana vakasamuwana, angangokwanisa kuzviita zvakare’ ” (zvaka dzokororwa naSpencer W. Kimball, mu *Miracle of Forgiveness* [1969], p. 294).

- April akaridza sei rudo rwunenge rwaKristu kumunhu akamubhinya?

Jens Christian Johansen, akapinda Kereke kuDenmark, mumwe ane kwaniso inenge yaKristu yekuregerera. Mubhuku rake pachake rendangariro akanyora: “Panodai unganidza uswa hwangu (hwekudya hwezvipfuyo) ndichiita basa rangu, ndakatora mirwi gumi nemiviri ndikaisa nepamusoro perusvingo kudivi remuvakidzani wangu, sezvo vakanga vasina uswa hwebhiza nemhou; uye takaona kuti umwe uswa hwedu hwakanga hwatorwa usiku hwakanga hwapfuura (muvakidzani wedu ndiye akanga atora). . . . Ndingatoda kuvapa ushoma pane kuti vabe” (zvaka dzokororwa naRex D. Pinegar mu “GrandFather Johansen’s Example,” *New Era*, Gunyana 1977, p. 4).

- Mukoma Johansen vakaratidza sei kuti vakanga varegerera muvakidzani pakuba kweuswa hwavo?

Kana tichikwanisa kuregerera sezvakaitwa naApril namukoma Johansen, tirikuda vamwe sezvinoita Kristu.

- Ratidza posita rinechinyorwa ichi, kana kuchinyora pabhodhi rechoko: *Ndakanzwa kuti rudo rwekupedzisira rwaMwari nevanhu ruregerero.* (Marion D. Hanks, “Even as Christ Forgave,” *New Era*, Chikumi 1974, p. 4.) Verengera kukirasi chinyorwa ichi.

## Tinodikanwa Kuregerera Munhu Wese

Tinowanzotaura kana kuita zvinhu zvinounza marwadzo nekutambudzika kune vamwe. Vamwe vanowanzotaura kana kuita zvinhu zvinotigumbura. Kuti batsira kutarisana nematambudziko aya, Jesu Kristu akatipa rairo yake:

“Naizvozvo, ndinoti kwamuri, kuti munofanira kuregererana; nokuti uyo asingaregerere hama yake zvitadzo zvayo anomira akazvidzwa pamberi paIshe; nokuti maari munoramba muine chivi chikuru.

“Ini Ishe, ndicharegerera uyo wandicharegerera, asi kwamuri zvinodikanwa kuregerera vanhu vese” (D&Z 64:9–10).

- Mazwi ekuti “vanhu vese” anosanganisira ani?
- Hama yedu ndiyani? (Onai D&Z 64:9; 76:23–24.) Chii chinotika kana tikatadza kuregerera avo vakatitadzira? Ndiani ane chivi chikuru— uyo agumbura mumwe kana kuti uyo anoramba kuregerera?

Muchikamu chekutanga chechidzidzo chino, takawongorora nyaya mbiri dzinoratidza magadzirisirwo anoitwa matambudziko emhuri neruregerero.

- Ingava mhedzisiro yakaita sei kana varume nevakadzi vakangoregererana pamhosva dzavo? Kana hanzvadzi komana nehanzvadzi sikana vese vakaregererana? Kana vabereki vakaregerera vana vavo? Kana vana vakaregerera vabereki vavo?
- Verengai Mateo 5:44. Chinyorwa chitsvene ichi chinotidzidzisa kuregerera ani?
- Ingava mhedzisiro yakaita sei kana tikangoregerera mhosva dzevakidzani vedu? Shamwari dzedu? Nhengo dzeKereke?

Jesu Kristu akadzidzisa kuti kana tatadzirwa, hatifanire kumirira atitadzira kuuya kuzokumbira ruregerero rvedu. Tinofanira kumutsvaga kuti tiyanane naye. (Onai Mateo 5:23–24.) Baba veKudenga havazotiregerera pazvivi zvedu kunze kwekunge mwoyo yedu isina rwese ruvengo, kugumbuka, nekunzwa kwakaipa kune vamwe. (Onai Mateo 6:14–15.)

- Ita kuti sista averenge Mateo 18:21–22. Ndeipi imwe nzira yekuti “Kusvikira makumi manomwe anopetwa kanomwe?”

Kuti tiregerere munhu wese zvinoda kuti tizviregerere pamwechete nevamwe. Kana takanganisa, tinofanira kudzoka pazviri zvino tokananganwa nezvazvo. Dzimwe nguva zviri nyore kuregerera vamwe pane kuzviregerera, asi “Kuregerere vanhu vese” kuregerera munhu wese kusanganisira isu pachedu.

- Sei dzimwe nguva tichiona zvichinetsa kuzviregerera? Sei zvakakosha kuti tizviregerere?

### **Tinofanira Kuregerera Kuitira Kuti Tifambire Mberi**

Mukuru Boyd K. Packer vakataura nyaya inotevera:

“Makore mazhinji akapfuura ndakadzidziswa chidzidzo nemurume wandai yemura zvikuru. Akanga ari murume weutsvene kune vese vandaiziva. Akanga akadzikama akanyorova, aine simba remweya rakadzama raisimbisa vamwe.

“Aiziva maparidziro kune vamwe vaitambudzika. Panguva dzinoverengeka ndakanga ndiripo paaipa maropafadzo kune avo vairwara kana kuti vane nhamo.

“Upenyu hwake hwakanga huri upenyu hwekubatsira, zvese muKereke nemumana. . . .

“Pane imwe nguva patakanga tiritenga uye mweya wakanaka, akandipa chidzidzo cheupenyu hwangu kubva pachiiitiko mune hwake. Kunyange ndaifunga kuti ndakanga ndamuziva, akandiudza zvinhu zvandaisambofungira. . . .

“Akaroora mhandara yakanaka, ipapo zvinhu zvese muupenyu hwake zvakanga zvakakanaka. Akanga aine basa rakanaka, ne’ mangwana akajeka. Vakanga vachidanana zvakadzama, uye mudzimai akanga achitarisira mwana wavo wekutanga.

“Usiku hwekusunungukwa mwana pakava nezvinonetsa. Chiremba akanga ari kumwe mumaruwa achirapa vanorwara. Havana kukwanisa kumuwana. Mushure memaawa mazhinji ekutambudzika mami-riro aamai vaitarisira mwana akatyisa.

“Pekupedzisira chiremba akazosvika. Akaona kusamira zvakakanaka kwezvinhu, akashanda nekukurumidza, akaita kuti zvinhu zvimire zvakakanaka. Mwana akazvarwa uye dambudziko, rikaratidzika serapera.

“Mushure memazuva amai vadiki ava vakafa nehosha yakanga chiremba vachirapa pane imwe imba, usiku uhwo mudzimai wake akazvara.

“Nyika yeshamwari yangu yakaparadzwa. Zvese zvinhu zvakanga zvisisina kunaka zvino; zvese zvinhu zvakanga zvaipa. Akanga arasikirwa nemudzimai wake, mudiwa wemwoyo wake. Akanga asingazive machengetero ekamwana kadiki pamwechetepo achiona zvekubasa raka.”

Paifamba masvondo kusuwa kwake kwakawedzera. ‘Chiremba iyeyo haafanira kubvumirwa kushanda,’ aidaro. ‘Akaunza hosha kumudzimai wangu; dai akachenjerera angadai ari mupenyu nhasi.’ Haana zvimwe zvaafunga, kugumbuka kwake kwaka tyisidzira.

“Zvino umwe usiku kugogodza kwakauya pagonhi rake. Mwana mudiki akangoti, ‘Baba vanoda kuti muuye. Vanoda kutaura nemi.’

“ ‘Baba’ vakanga vari mutungamiri wesiteki. Murume mudiki akasuwa, nemwoyo unorwadza akaenda kunoona mutungamiri wake wezvemweya. Mufudzi wezvemweya uyu akanga achitarisa danga rake aive nechimwe chinhu chekutaura.

“Kuraira kubva kumuranda akachenjera uyu kwakangova: ‘John, zvisiye zvega. Hapana chaunoita nezvazvo chichamudzora. Chese chau-chaita chinoita kuti zvinyanye. John, zvisiye zvega.’

“Shamwari yangu yakandiudza ipapo kuti izvi zvakanga zvirimuedzo yake, Getsemani rake.

“Aizvi siya sei zvega? Chakanaka chakanga chakanaka! Chakaipisisa chakanga chaparwa, uye mumwe munhu aifanira kuchiripira.

“Akashushikana nekurwadziwa kuti azvibate. Hazvina kuitika pakarepo. Pekupedzisira akazvipira kuti zvipi zvazvo zvimwe zvinhu zvai-vapo, anofanira kuteerera. . . .

“Akazvipira kutevera kuraira kwemutungamiri akachenjera wezvemweya. Aizo zvisiya zvega.

“Zvino akandiudza, ‘ndakava harahwa ndisati ndazonzwisisa. Zvakatozoti ndava harahwa ndopandakazoona chiremba murombo wemumaruwa—anoshanda zvapakfuuridza, anobhadharwa zvakadereera, aiva akawandirwa nebaso nekushanyira varwere vakasiyana siyana, aine mishonga kwayo mishoma, pasina chipatara, nezvekushandisa zvishoma. Aitambudzika kuchengetedza upenyu, uye achibudirira kazhinji kacho.

“ ‘Akasvika pachinguva chedambudziko apo upenyu hwaamai nemwana hwakanga huri munjodzi akashanda pasina kunonoka.

“ ‘Ndakanga ndava harahwa, akadzokorora, ‘ndisati ndazonzwisisa. Ndingadai ndakakanganisa upenyu hwangu,’ akadaro, ‘neupenyu hwevamwe.’

“Nguva zhinji akanga aitenda Ishe pamabvi ake nemutungamiri wezvemweya akachenjera akaraira zvirinyore, ‘John, zvisiye zvega.’

“Uye ndiko kuraira kwangu kwauri. Kana uine chinhu chinoda kugadziriswa, daka, chigumbu, kushungurudzwa, kana shanje, zvibate. UnganMukurukwanisa kudzora zvinhu vanokurwadzisa, asi unokwanisa kudzora zvinhu pano, mukati mako.

“Ndinoti, nokudaro: John, zvisiye zvega. Mary, zvisiye zvega” (mu Conference Report, Gunyana 1977, pp. 90–91; kana *Ensign*, Mbudzi 1977, p. 60).



- Sei John akadaidza kuregerera chiremba “Getsemani” rake? John akatangarini kufambira mberi? Ndehupi humwe hunhu hwakakudziridzwa naJohn nokuti akaregerera?

Mukuru Sterling W. Sill vakataura nyaya inotevera pamusoro pemudzimai akanga asina kukwanisa kuzviregerera:

“Imwe nguva yakapfuura ndakataura nemudzimai ane makore eku-zvarwa makumi mashanu nematatu akanga apara mhosva isinakururama pazera remakore gumi nemasere. Akanzwisisa kuti chitadzo chake chakanga chakaipisisa, asi nokuda kwekuti akanga atendeuka kakapetwa chiuru tinogona kuvimba nevimbiso yaIshe yekuti vakanga vamuregerera. Asi iye akanga asina kumbo zviregerera. Nokuti ainzwa akasviba akaderera, akazvibvisa kubva kushamwari dzake, akaramba kuroorwa, akava sambimbindoga pazveruzhinji nezvemweya. Kwemakore makumi matatu nemashanu aizvidzikisira nekukungura kunechigumbu nekupomera. Upenyu hwake hwekutarisa shure pamusoro pechivi chake kwakamupindura kumuita chimwe chinhu chiri pasi pasi pemunhu akanakisisa aidiwa naMwari kuti ave. Chitadzo chake pamakore gumi nemasere chakanga chakaipa zvikuru. Asi kwemakore makumi matatu nemashanu anga achiwedzera kuchivi chake nekutambisa chinhu chakakoshesesa munyika, chinova upenyu hwe-munhu hwakanakisisa” (*What Doth it Profit*, [1965], p. 183).

Patinoramba tichiyeka kukundikana kwedu nekukanganisa, kuramba takapfundira kunzwa kwakaipa kune vamwe, nekuramba kuzviregerera pachedu nevamwe, tinopedza zvese nguva nesimba, Hapana chatinowana. Tinomisa kufambira mberi kwemweya.

### **Mhedziso**

Hazvisi nyore kuregerera vamwe nesu pachedu. Chingangove chimwe chezviyedzo zvatichatarisana nazvo muupenyu. Patinoregerera zvakazara nekuregerera mumwoyo medu pamwechete nekuzvitaura, tozvisunungura kuti tifambire mberi, kunatsa upenyu hwedu nekufara. Tinozvigadzira kukumbira Ishe kuregerera zvitadzo zvedu. Vakatiudza kuti kana Vairegerera kuzvitadzo zvedu, Havazo zviyeuka zvakare (onai D&Z 58:42). Kubvisa zvinyangadzo zvevamwe mupfungwa dzedu nemwoyo nekuszviyeuka zvakare chikamu chinokosha cheruregerero. Patino kanganwa pfungwa dzakaipa kune vamwe, tinounza runyararo mumwoyo yedu. Tinotsvaga rekuva takagadzira kugashira hutungamiri hweMweya Mutsvene. Tinotambira kusoropodzwa kwedu pachedu tichikushandisa kuzvinatsa. Tinenge tichifambira mberi takananga ruponeso muumambo hwaBaba vedu Vekudenga.

Zvigumbu zvichauya kwatiri, asi hatifanire kuzvibvumira kuparadza upenyu hwedu. Kana tiine mwoyo unoregerera, tinokwanisa kushaya hanywa nekukanganwa zvigumbu zvedu. Mumwe nemumwe wedu anofanira kuedza kunamata nemwoyo wese, “Mutiregererewo . . . sekuregerera kwatinoita [vamwe]’ (Mateo 6:12).

### **Zvekuita**

Tsvaga manzwiwo ako: Une daka nemumwe munhu here? Kana zvakadaro, ungaita sei kuri kunda? Kumbira Baba vako Vekudenga vakubatsire kuva nemwoyo unoregerera.

### **Zvimwe Zvinyorwa Zvitsvene**

- Mosia 26:30–31 (regereranai)
- Dzidziso neZvibvumirano 42:88–89 (nzira dzeKereke dzekutarisana nemhosva)
- Dzidziso neZvibvumirano 82:1 (patinoregerera, Ishe vanoregerera)
- Dzidziso neZvibvumirano 98:39–48 (tinoregerera kakawanda sei)

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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Verenga *Musimboti weVhangeri*, chitsauke 19, “Rutendeuko.”
2. Gadzirira kuita mutambo wacho pakutanga kwechidzidzo.
3. Gadzira posita rataurwa muchidzidzo kana kunyora ruzivo rwacho pabhodhi.
4. Sarudza nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, zvakadzokororwa (makotesheni) zvaunoda.

# KUCHENA KWEPFUNGWA

*C h i d z i d z o 9*

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Chinangwa chechidzidzo chino ndeche kutibatsira kuwedzera utsvene hwedu nekutidzidzisa madzorero epfungwa dzedu.

## **Pfungwa Dzedu Dzino Tungamirwa neNyika yeKatitenderedza**

Mukuru J. Thomas Fyans vakataura zvinotevera pamusoro epfungwa:

“Amazon harusi chete rwizi rwukuru kupinda dzimwe munyika, asi kunyange nzizi dzinodira murwuri ihuru. . . .

“Chimwe chimiro chinoshamisa chenzizi marudzi adzo akasiyana. Madeira, semuenzaniso, inonzi rwizi ruchena nekuti mvura yarwo inotakura tumhotsi twerondo twakatsetseka munzira marwo. Ruvara rutema rweRio Negro runobva zvinhu zvinoora zvinotakurwa mumasango marwunopfuura narwo. Zvisinei dzimwe nzizi dzinoyerera nepamusoro pejecha jena dzichitaridzika girini (ruvara rwedomasi mbishi) kana bhuruu. . . .

“Sekupindutsa ruvara kwenzizi idzi nezvinhu zvadzinotakura padzi- noyerera saka hova dzepfungwa dzedu dzinopindutsa ruvara nezvinhu madzino pfuudzwa namo. . . .

“Dzimwe nzizi dzinoyerera zvishoma nezvishoma uye dzinotenderera nemunzvimbo dzakaderera. Mvura dzayo dzakasviba uye dzizere marara.

“Dzimwe nzizi dzineyerera dzichidzika kubva munzvimbo dzakakwirira. . . . Kuyerera kwadzo kwakasimba, nokudaro, idzi dzinopa mage-tsi ezvatinoda, uye ngarava huru dzinofamba pamusoro padzo” (mu Conference Report, Buenos Aires Argentina Area Conference, 1975, pp. 28–29).

- Ita kuti masista afunge pamusoro pemibvunzo inotevera: Hova dze- pfunzwa dzedu dzinoyerera kupi? Chii chinozadza nekupindutsa ruvara rwepfungwa dzedu?
- Isa magirazi maviri nejagi remvura patafura. Isa chigodo chevhu munerimwe remagirazi. Koka sista kuti asarudze girazi rimwechete

ozvidirira mvura yekunwa. Mubvunze kuti sei asarudza girazi raasarudza.

Hatingaise mvura yedu yekunwa mugirazi kana mudziyo unetsvina, nokuti hatidi kunwa mvura inetsvina. Sei zvino tichifanira kuisa pfungwa mukusangana nemazano kana pfungwa dzakaora?

MuZvinyorwa zvitsvene Ishe dzimwe nguva vanotaura zvevaranda Vavo semidziyo (onai Moroni 7:31).

- Sei tisingakwanise kutarisira Mweya waIshe kugara mumudziyo unetsvina? Sei pfungwa dzakachena dzisinga kwanise kugara nepfungwa yakazadzwa nepfungwa dzisina kunaka?

Nyika yakazadzwa nekufurira kwaSatani Tinoratidzwa zvinhu zvisina-kunaka mumitambo, mukushambadza, mumumhanzi, mumabhaisikopo, mumabhuku, nemuterevhizheni. Mhaka, kurwisana, kuminama, kumhura kufumuka, nemumhanzi wezvepabonde zvinoratidzwa sezvinobvumirwa nekunyange kudikanwa. Pfungwa dzisina kuchena dzinoyaya zviri nyore kana pfungwo dzedu dzisina kugadzirira kudzinzvega.

- Ndekupi kufurira kwakaipa kwamunosangana nako muupenyu hwenyu? Mungachengeta sei pfungwa dzenyu dzakachena kana makatenderedzwa nekufurira kwakadai?

### **Pfungwa Dzedu Dzinokonzera Zviito Zvedu**

Zano rinokwanisa kuva nesimba. Kunotanga kuuya pfungwa, kozouya chiito. Chiito chinotanga mupfungwa. Tinoita zvatnofunga kuita. Kuronga kuita zvakanaka kana zvakaipa, chirongwa nechiiito zvinotanga mupfungwa.

Mutungamiri David O. McKay vakataura chiitiko ichi:

Makore mazhinji akapfuura mumwe mujaya akauya kwandiri pandakanga ndiri mutungamiri wemishoni hweEurope akareurura kuchiito chakaipa chechitema. Akazvireverera nekuti zvakaitika kuti akanga ari muchitoro chemabhuku panguva dzekuzarira, pakakiiwa gonhi akazvipira kuchiyedzo. Akapa mhosva yekutadza kwake kumamiriro ezvinhu.

“Asi ndakati, ‘Haasi mamiriro ezvinhu; harisi gonhi rakakiiwa, kana kukwezvwa. Wakanga wafunga izvozvo usati waenda kuchitoro chemabhuku. Dai wakanga usina kumbofunga nezve chiito ichocho, pakanga pakadai pasina mamiriro ezvinhu akasimba zvekukukwezva kana kukuyedza, mumishinari, kuti uwe. Pfungwa inotanga mberi kwechiito.’

“Pfungwa dzakachena, tsika dzepamusorosoro, kufunga rudo muzvakanaka, kuzvibata, rubatsiro, rufaro, zvese misimboti inobatsira kuku-

dziridza hunhu. Kuzvifunga, kuchengeta daka nemuvakidzani, kufunga mukana wekufadza kupanga nekuputa kana kunwa, zvinotungamira munhu kuti aite zvinhu izvozvo" ("Cleanliness is next to Godliness," *Instructor*, Kurume 1965, p. 86).

Mutungamiri McKay vakatiwo zvakare: " 'Ndiudzei zvamunofunga nezvazvo kana musinga funge, ndichaku udzai zvamuru.' Vatendi Vemazuva Ekupedzisira vane basa rekufunga zvakachena, nekudinga zvinhu zvakana, vakaita, zviito zvavo zvicharamba zviru zvakana" (*Instructor*, Kurume 1965, p. 86).

▪ Ratidza mufananidzo 9-a, "Mudzimai ari kukweshwa masitepisi ake."

Vanhu veku Netherlands vanozivikanwa nehutsanana hwavo. Madzimai mazhinji anopenyesa zvakagadzirwa nesimbi zvepamagonghi avo, vanokweshwa tunzira twearutivi penzira huru. Tsika iyi inokonzerwa netendero yavo yekuti ukafamba panzira yakachena hautakure tsvina nezvisina kuchena kuenda nazvo kumba kwako. Zano rimwechetero rinokwanisa kushandiswa kupfungwa. Kuramba tchikweshwa pfungwa dzedu nekuchenesa kwepfungwa dzedu kunokwanisa kubatsira kuchengeta zviito zvedu zvaka chena zviru zvitvene.

"Pfungwa zvombo zvatinu umbisa unhu wedu, sechaizvo zvinoita muvezi mukuru nenhemo nendovero achigagadza nekugagadza paman'aran'azhu edombo kusvikira raumbika . . . kuita . . . chiumba chakanakisa chakakwana. Saizvozvo pfungwa yese iri kuumba hunhu hwedu uye naizvozvo ichiumba magumo edu neupenyu hwedu. Naizvozvo mugumisiro ndeekuti, mupfungwa dzedu dzese, kusikwa kwehunhu" (George Q. Morris, "The Importance of Habits," *Brigham Young University Speeches of the Year* [20 Chivabvu 1953], p. 2).

▪ Verengai Zvirevo 23:7 kubva pabhodhi.

### **Tinokwanisa Kuita Zvinhu Zvakawanda kuDzora Pfungwa Dzedu**

Tinesimba mukati medu pachedu rekudzora pfungwa dzedu. Tinokwanisa kusarudza kusabvumira pfungwa dzakaipa kugara mupfungwa medu. Pfungwa dzine kwaniso yekubata uchenjeri neruzivo sekugadzira kwadzakaita kubata zvinhu zvakaipa nezvisingavake. Mukuru Boyd K. Packer vakatsanangura zvatlingaita kudzora pfungwa dzedu:

Pfungwa yakaita sedariro (panomira vanhu vachiita mitambo kana kuimba) keteni rinogara rakavhurwa kunze kwekunge takarara. Panogara paine chiito chinenge chichiitwa padariro ipapo. . . .

"Makamboona kuti pasina kuda kwako, . . . kapfungwa kakaipa kunogona kunyangira kubva kumativi kachikwezva kuteerera kwako? Pfungwa dzakaipa idzi dzinoedza kubvisa zvimwe zvese padariro.



*9-a, Mudzimai ari kukwesha masitepisi ake*

“Ukadzibvumira kuenda mberi, pfungwa dzese dzezvakanaka dzinobva padariro. Unosiwa, nokuti wabvumira kwazviri, kukufurira kwepfungwa dzisina kururama. . . . Dzinogona kuita mutambo wechigumbu, shanje, kana ruvengo. Dzinogona kuva dzinonyadza, dzisina hunhu, kana kunyange dzakafumuka. . . .

“Unoita sei panguva yakadai, kana dariro repfungwa yako ika pambwa nenzenza dzekufunga kusina kuchena?. . . .

“Kana mukakwanisa kudzora pfungwa dzenyu munokwanisa kunda tsika—kunyange tsika dzemunhu pachake, dzino shoresa. Kana mukadzidza kudziziva, munozova neupenyu hunofadza. . . .

“Ndingakudzidzisei izvi. Sarudza kubva kumumhanzi weKereke unoyera rwiyo rwaunodisira. . . . Nyatsoruimba mupfungwa yako. Ruzive nemusoro. Kunyange zvazvo usinadzidziso yemumhanzi, unokwanisa kufunga rwiyo mupfungwa.

“Zvino, shandisa rwiyo urwu senzvimbo inofanira kuendwa nepfungwa dzako. Iite nzira yako yedambudziko. Pese paunoono kuti vatambi vakaipa ava vapinda kubva kumativi ekufunga kwako kuenda padariro repfungwa yako, isa rekodhi iyi [yerwiyo]. . . .

“Panotanga mumhanzi uye panoumbwa mazwi mupfungwa yako, pfungwa dzisina kukodzera dzinobuda nemanyadzi. Rwiyo rwuno shandura mamiriro ese padariro repfungwa yako. Nokuti rwunosimudzira uye rwakachena, pfungwa dzakaipa dzinozonyangarika. . . .

“Ukangodzidza kuparura dariro repfungwa yako kubva kupfungwa dzisina kukodzera, igarise ichi shena-shena nekudzidza zvinhu zvino batsira. . . . Gara uchishena-shena nezvinhu zvakarurama” (*Teach Ye Diligently* [1975], pp. 46–47).

Mukuru Dean L. Larsen vakatiraira kuita tsika yekufunga kunovaka: Kuti tichengete kufunga kunovaka, zvinodikanwa kwatiri kuti tive nechimwe chinhu chinobatsira chekufunga pamusoro pachu, kuisa parutivi . . . , zvimwe zvinhu, mamwe matambudziko, zvimwe zvekuita, kwatinga nangise pfungwa dzedu, kuti tifunge nzira yedu yekuenenda kugadziro” (“Thoughts about Thoughts” mu 1976 *Devotional Speeches of the Year* [1977], p. 120).

Munechimwe chikamu chemutambo wemumhanzi we *The Sound of Music*, Maria, mudzidzisi wevana pamba, anonyaradza vana vari mumaoko ake panguva yemabhanana nekuvabatsira kuti vafunge zvinhu zvavanonyanya kuda. Nekuisa pfungwa dzakanaka, vana vanokanganwa kutya kwavo. Pfungwa dzakanaka dzinoburitsa dzisina kunaka.

Paakabvunzwa kuti sei airatidzika kufara nekugutsikana nebasa rake, mumwe mudzimai akapindura, “Chinhu chikuru ndechekuti ndinofunga pfungwa dzakanaka.”

- Chii chamungafunge pamusoro pachokuitira kuchengeta pfungwa dzisina kuchena dziri kunze?

Tinofanira kubata pfungwa dzedu semba yekuchengetera zvinhu zvakakanaka, uye hatizowana nzvimbo yezvimwewo zvinhu.

Tsvagai pfungwa dzakanaka muZvinyorwa zvitsvene. Dzinopa runyararo, ruzivo, yambiro, mazano, nhorooondo, nhetembo nezvimwe zvinhu zvekupfumisa pfungwa. Mabhuku eKereke anopa zvinhu zvinosimudzira nenyaya dzekuti tinakidzwe nekudzidza.

Pfungwa ineutano inogara ichishanda. Tinofanira kugarisa pfungwa dzedu dzichi shena-shena kuronga nekufunga. Tinofanira kuedza kuisa pfungwa dzede pamazano akanaka. Kana tichitunhwa nepfungwa dzakanaka, hakuna muganhu pakubudirira kwatinokwanisa kuwana muupenyu huno nemunyika ichazouya.

Mweya Mutsvene unokwanisa kutibatsira kudzora pfungwa dzedu. Patinoteerera kutunza kwawo, tinogona kudzora pfungwa dzedu, mazwi, nezviito. Tinofanira kunamatira rubatsiro rweMweya Mutsvene.

- Verengai Johane 14:26. Mweya Mutsvene unotibatsira sei?

Patinotunzwa neMweya Mutsvene kuyeuka dzidziso dzeMuponesi, tinokwanisa zvirinani kunangisa pfungwa dzedu kuti dzive tsvene. Mweya Mutsvene unonzi Munyaradzi nokuti ibasa Rawo kuunza “nyaradzo, rudo, runyararo, kunakidzwa kwakanyarara, nenyaradzo kuvatendi” (Bruce R. McConkie, *Mormon Doctrine*, bhuku rechipiri [1966], p. 148).

Tinokwanisa kuregererwa pakufunga pfungwa dzakaipa kana tikate-ndeuka.

- Chii chauri kuita kudzora pfungwa dzako?
- Sei zvakanakosha kwauri kuti usimbise dziviro yako kupfungwa dzisina kuchena?

Hatikwanise nguva dzose kunzvenga vanhu vane kufunga nezviito zvisingawirirane netsika dzevhangeri. Ichi ichokwadi kunyanya kuvanhu vechidiki.

- Tingabatsira sei vanhu vechidiki veKereke kupikisa shandutso dzinonyadza dzakavateredza, dzakaita semutauro nezviito zvinonyadzisira, mabhuku asina kunaka, mabhaisikopo nemitambo eterevhizhini?



- Vabereki vangadzidzise sei vana vavo kukosha kwekuchengeta pfungwa dzavo dzakachena?

### Mhedziso

Pfungwa dzedu dzinokonzera zviito zvedu. Mukuedza kwedu kuti tive saBaba vedu Vekudenga, zvakakosha kuti tichengete pfungwa dzedu dzakachene dziri tsvene. Kunyange zvazvo shandutso dzakaipa dziri kwese dzakatitenderedza, tinokwanisa kudzora pfungwa dzedu todzinangisa munzira yakanaka.

Tinofanira kuedza kunzvenga zvinhu zvinokuridzira pfungwa dzisina kuchena. Tinoda kusarudza zvakachenjera shamwari dzedu, zviro-ngwa zveterevhizhini nemavhidhiyo, mabhaisikopo, mabhuku, nema-magazini. Tinofanira kuva nechokwadi kuronga nzira dzakanaka umo matinogona kunangisa pfungwa dzedu. Pfungwa dzakaita semvura. Dzinoramba dzichimhanya uye, kana dzikasanangiswa, dzinofambafamba nemunzira dzisinganetse munzvimbo dzakadzikira. Tinofanira kuchengeta mirairo yaMwari uye totsvaga ufambidzani hweMweya Mutsvene. Tinofanira kugaro namata, tichikumbira patinoshanda kudzora pfungwa dzedu nekudzichengeta dzakachena.

- Ita kuti nhengo yekirasi iverenge zvakadzokororwa zvinotevera:

“Dyara pfungwa, kohwa chiito,  
Dyara chiito, kohwa tsika,  
Dyara tsika, kohwa hunhu,  
Dyara hunhu, kohwa magumo ekusingaperi” (William Makepeace Thackeray, zvakadzokororwa naDavid O. McKay mu *Treasures of Life* [1962], p. 418).

- Verengai Aruma 12:14. Chinyorwa chitsvene ichi chinotii pamusoro pekuchengeta pfungwa dzedu dziri tsvene?

### Zvekuita

Tsvaga ufambidzani hweMweya Mutsvene kukubatsira kudzora pfungwa dzako. Ziva nemusoro rwiyo rweKereke kana chinyorwa chitsvene kana kutsvaga imwe nzira yekubvisa pfungwa dzakaipa. Verenga mamagazini eKereke nezvimwe zvinhu zvinosimudzira zvauinazvo. Verenga Zvinyorwa zvitsvene zuva rega-rega.

### Zvimwe Zvinyorwa Zvitsvene

- Zvirevo 12:5, 15:26 (pfungwa nemazwi zvakarurama)
- Jakobo 1:12–27 (Mwari havatiedze kuita zvakaipa)
- Jakobho 3:1–2 (kuchena kwemwoyo nekusimba kwepfungwa)
- Mosiah 4:30; 5:13 (rambai muri muururami kana kuparara)

- Dzidziso neZvibvumirano 6:16 (Mwari vanoziva pfungwa nechinangwa chemwoyo)
  - Dzidziso neZvibvumirano 6:36 (nangisai pfungwa kuna Mwari)
  - Dzidziso neZvibvumirano 121:45 (pfungwa dzine hunhu)
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### **Gadziro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Nyora pabhodhi: *Nokuti se [munhu] zvaanofunga mumwoyo make, ndozva acha (Zvirevo 23:7).*
2. Unza kukirasi magirazi maviri, jagi remvura, nechigodo chevhu.
3. Rongerera nhengo dzekirasi kupa chero nyaya, zvinyorwa zvitsvene, kana zvakadzokororwa (makotesheni) zvaunoda.

# KUVAKA UMAMBO HWAMWARI

*C h i d z i d z o 1 0*

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Chinangwa chechidzidzo chino ndechekutidzidzisa nzira dzekushandisa nguva yedu, matarenda, nenhumbi dzedu kubatsira kuvaka umambo hwaMwari.

## **Munhu Wese Akakomborerwa neNguva, Matarenda, neNhumbi**

Mukuru Thomas S. Monson vakataura nyaya inotevera pamusoro perubatsiro nekuzvipira:

“Jose Garcia [akanga] ari weku Old Mexico. Akazvarwa muurombo asi akarerwa murutendo, Jose akagadzirira kuenda kumishoni. Ndakanga ndiripo zuva rakatambirwa tsamba yekureverera [mishoni yake] Maive nezvinoti: ‘Mukoma Garcia vachashanda nekupira kukuru kwe-mhuri yavo, nokuti ndiye muwaniri wezvizhinji zvekuchengetwa kwe-mhuri. Ane chinhu chimwechete— zvitambi zvinokosheswa zvekuunganidza—zvaakazvipira kutengesa, kana zvichidikanwa, kubatsira kubhadharira mishoni hwake.’

“Mutungamiri Kimball vakanyatsoteerera pavaiverengerwa chinyorwa ichi, zvino vakazopindura: ‘Itai kuti atengese zvitambi zvake zvekuunganidza. Kuzvipira ikoko kunozove kwaari chikomborero’ ” (mu Conference Report, Gumiguru 1978, p. 83; kana *Ensign*, Mbudzi 1978, p. 56).

Senhengo dzeKereke, tinopiwa basa rekubatsira kuvaka umambo hwaMwari panyika. Dzimwe nguva basa iri ringangoda kuzvipira kukuru.

- Ita kuti masista afunge pamusoro pemubvunzo uyu: Chii chandakapiwa naIshe chandingakwanise kushandisa mubasa guru iri rekuvaka umambo?

Baba vedu veKudenga vakakomborerwa mumwe nemumwe nenguva, matarenda nenhumbi. Vanoda kuti tishandise zvipo izvi kufambisa basa reKereke. Tese tinodikanwa kutungamira, kudzidzisa, kutsigira nekuita. Nekushandisa nguva yedu, matarenda, nenhumbi zvakasununguka uye tichida, tinokwanisa kubatsira kuparadzira vhangeri nekuvaka umambo.

Mumwe nemumwe wedu anopiwa uwandu hwemaawa akaenzana muzuva rega-rega. Mutungamiri Brigham Young vakati: “Zvino, masista, . . . munofanira kufunga nguva yenyu sendarama, upfumi. . . . Ngatifungei izvi, tirege kugara nemaoko akapetwa, tichipedza nguva, nekuti ibasa remurume wese nemukadzi wese kuti aite zvose zvinokwanisika kusimudzira Umambo hwaMwari panyika” (*Discourses of Brigham Young*, sel. John A. Widtsoe [1954], p. 214).

- Ita kuti nhengo yekirasi ataure marongerero aanoita nguva yake kuti apedze basa rake reKereke uye achishanda mune dzimwe nzira. Tingashandise zvakadii nguva yedu zvine uchenjeri kuti tivake umambo hwaMwari?

Mumwe nemumwe wedu akapiwawo matarenda nekwaniso zvatingashandise mukuvaka umambo hwaMwari. Izvi zvipo zvinokosha kubva kuna Baba vedu veKudenga.

Mutungamiri Brigham Young vakapa rairo iyi: “Kana ukapa chinhu chese-chese kuitira kuvaka Umambo hwaMwari, ipa chakanakisisa chauinacho. Chii chinhu chakanakisisa chauinacho kupira kuUmambo hwaMwari? Matarenda awakapiwa naMwari. . . . Ngatipirei unyanzvi hwese hwatiinahwo mukuvaka umambo hwaMwari, unozozadzikisa zvese zvazvo” (*Discourses of Brigham Young*, p. 445).

Sista JoAnn Ottley vakataura chiitiko mukudzidza kuvaka umambo hwaMwari. Ishe vakapa Sista Ottley nemurume wavo, Jerold Ottley, matarenda akakosha emumhanzi. Vakanga vapedza nguva yese yeupepe nyu hwavo vachidzidza nekukudziridza zvipo izvi. Vakaita sarudzo dzakawanda maererano nekushandiswa kwawo. Pavakanga vari kuEurope vachidzidza, vana Ottley vakaona kuti vakanga vaine sarudzo yakanyanya kukosha nekuoma yekuita. Vese vari vaviri vaiziva kuti vakaramba vari muEurope, vaikwanisa kuve nemikana yakawanda yekubudirira. Vaida kupinda zvimwe zvese, zvisinei, kuita zvaidiwa naIshe kuti vaite. Vana Ottley vakada kuteerera, asi kupfuura izvozvo vaida kushandira Ishe mukuvaka umambo Hwavo pano pasi.

Mukoma naSista Ottley vakadzokorora kutsanya nekunamata kuti vazive chido chaIshe. Mhinduro yavo yakauya mumukereke wechira-iro pakupera kwenguva yekutsanya. Vese vari vaviri vakanga vashira neMweya mirairo yakafanana—kuti basa ravo rakanga riri kumba. Vana Ottley vaifanira kudzokera kuUnited States.

Kwakatevera mimwe mwedzi yekudzidza, kugadzirira, nekuzemenwa.

Ishe vakaita kuti vakwanise kudzokera kuSalt Lake City. Sista Ottley vakava nhengo yeVaimbi veTarbenekeri, uye Mukomo Ottley vapinda muChikweta cheKuimba paYunivhesiti yeUtah. Munguva pfupi, Mukoma Ottley vakadaidzwa neHutungamiri Hwekutanga kuimbisa

valmbi veTarbenekeri. Ishe vakanga zvirokwazo vachivagadzirira mushando.

Vana Ottley vakanzwisisa kuti nguva yedu, matarenda, nenhumbi hazvisi zvedu zvachose, asi zvalshe. Rufaro rukuru rwatinokwanisa kukohwa pasi pano kuzvishandisa mukuvaka umambo hwaMwari. (Onai “The Apples in a Seed,” mu *Turning Points* [1981], pp. 23–29.)

- Zvinorevei kuti chido chaana Ottley chokushandiswa naIshe chakapfuura kungo teerera? Vana Ottley vakadzidza sei zvaidiwa naIshe kuti vaite nematarenda avo? Tingadzidze sei zvinodiwa naIshe kuti tiite nematarenda edu?
- Ratidza mufananidzo 10-a, “Jesu achitaurira mujaya mutongi mupfumi zvekuita kuti agare nhaka yeupenyu husingaperi.”

Testamente Itsva ine nyaya yemurume akabvunza Jesu zvaangaite kuti agare nhaka yeupenyu husingaperi. Jesu akamutaurira kuti achengete mirairo: kusaita upombwe, kuuraya, kuba, kana kupupura nhema, nekukudza baba naamai vake. Murume uyu akapindura kuti akanga achengeta mirairo yese iyi kweupenyu hwake hwese. Zvino Jesu akamuudza kuti atengese nhumbi dzake dzese, opa kuvarombo, uye oMutevera. Murume uyu akasuwa paakanzwa kuraira uku, akaenda achitambudzika, “nokuti akanga aine nhumbi dzakawanda.” (Onai Marko 10:17–22.)

- Ndedzipi nhumbi dzedu pachedu dzatingakwanise kushandisa kuvaka umambo?

Tese tine nhumbi dzatinokwanisa kushandisa kuvaka umambo hwaMwari. Zvimwe tinokwanisa kupa kudya kana kupfekedza mumwe munhu anoshaiwa, kana kupa pekugara kune munhu asina imba. Patinobhadhara zvegumi zvedu nemipiro, tiri kubatsira kuvaka umambo. Pangangove nenguva yatichakumbirwa kupa zvakanwanda, nekuita kuzvipira kukuru kuitira kufambisa basa raIshe. Kunyange vazhinji vedu tisingakumbirwe kupa nhumbi dzedu dzose kubasa raIshe, tinofanira kuda kuita izvozvo kana tikanzi tidaro.

Makore mazhinji akapfuura chikwata cheVatendi kuchitsuwa cheTasmania vakanzwa kuti Joseph Fielding Smith, panguva iyoyo aive Mutungamiri weChikwata cheVapostora Gumi neVaviri uye pamberi akazova Mutungamiri weKereke, akanga achishanyira mishoni yeSouth Australia. Vanhu ava vakazvirereka, vakavimbika, vaisvika zana nemakumi masere nevashanu, vaida kuti Mutungamiri Smith vatsaure kereke yavo. Vaiziva kuti kereke yavo yaifanira kuva isisina chikwereti kuti itsaurwe kuna Ishe, saka mumazuva maviri vakaunganidza mari yakawanda (yakapfuura, \$10,000 [zviuru gumi zvamadhora]) kuti vapedze chikwereti chekuvaka. Vakaratidza chido



*10-a, Jesu achitaurira mujaya mutongi mupfumi zvaangaite kuti agare  
nhaka yeupenyu husingaperi ©Providence Lithograph Co.*

chekupira nhumbi dzavo kuitira kuvakwa kweumambo. Vamwe vakatengesa minda, vamwe vakatengesa midziyo yemumba nedzimwe nhumbi dzemunhu pachake kuti vaunganidze mari yaidikanwa. (Onai Jessie Evans Smith, "Now We Can Give the Building to the Lord," *Instructor*, Chikumi 1962, pp. 184–85.)

Mukuru Bruce R. McConkie vakati:

"Takabvumira mumvura dzerubhabhatidzo kuda nekumushandira [Ishe], kuchengeta mirairo yake, nekuisa kutanga muupenyu hwedu zvinhu zveumambo hwake. Kudzorera iye akativimbisa upenyu husi-ngaperi muumambo hwaBaba vake. . . .

"Mutemo wekupira ndewekuti tinoda kupira zvese zvatiinazvo kuitira chokwadi— . . . dzimba dzedu, minda, nemhuri: zvinhu zvese, kunyange upenyu hwedu chaihwo kana zvichidiwa.

". . . Vashoma vedu vanokumbirwa kupira zvizhinji zvezvatiinazvo. . . .

"Asi . . . tinofanira *kukwanisa* kurarama mitemo iyi zvakazara kana tikakumbirwa kuti tidaro" (mu Conference Report, Kubvumbi 1975, pp. 74–75; kana *Ensign*, Chivabvu 1975, p. 50).

- Zvinorevei kuisa "zvinhu zveumambo" kutanga muupenyu hwedu?

### **Pane Nzira Dzakawanda dzeKushandisa Nguva Yedu, Matarenda, neNhumbi Dzedu Kuvaka Umambo**

- Ndedzipi dzimwe nzira dzatingagona kukumbirwa kushandisa nguva yedu, matarenda, nenhumbi dzedu kubatsira kuvaka umambo? (Nyora mhinduro pabhodhi.)

Senhengo dzeKereke, tinofanira kuita zvatinkwanisa kuunza ururami hwakawanda. Ishe vakatiwanisa mukana mizhinji yekuti tishandise nguva yedu, kukudziridza matarenda edu, nekushandisa nhumbi dzedu kushandira vamwe.

Patinoshanda, kwaniso yedu yekubatsira inowedzerwa. Tinoratidzawo chido chedu chekuteerera, uye tinogona kuunza rufaro kwatiri rekune vamwe. Mukuru Bruce R. McConkie vakatiudza mavakiro atingaite umambo:

"Mukana wedu kusimudza izwi reyambiro kuvavakidzani vedu neku-enda kumishoni nekupa zvokwadi zveruoneso kune vamwe vana vaBaba vedu kwese-kwese. Tinogona kudaira kudaidzo dzekushanda . . . mune zvimwe zvezmazana ezvinzvimbo. . . . Tinogona kushanda mumabasa erubatsiro, kupinda mukutsvaga kwemadzinza, kuita . . . zvisungo mumatemberi.

"Tinokwanisa kubhadhara chegumi chechokwadi uye topa kumupiro wekutsanya, werubatsiro, . . . nemari yepamishoni" (mu Conference Report, Kubvumbi, 1975, p. 76; kana *Ensign*, Chivabvu 1975, p. 51).

Sista VillaFranca veku Mexico, vaigara kure newadhi kana bazi, vakawana nzira yekubatsira kuvaka umambo munzvimbo mavo. Vakapa imba yavo muguta senzvimbo yevakuru yekmishonira vatsvagi. Vakadzidzisa vakabhabhatidza vatsvagi vakawanda, uye mushure memakore matanhatu bazi reKereke ikoko rakanga rave nenhengo dzinoda kusvika mazana maviri. (Onai Glenn V. Bird, "Miracle at San Fernando," *New Era*, Ndira 1977, pp. 28–29.)

Nhengo dze Hanover District reGermany Hamburg Mission vakaronga "kuita zvapakfuura zvaidikanwa" mukuvaka umambo apo rimwe guta musiteti yeIdaho muUnited States rakaita mafashamu emvura. Kuitira kuti vabatsire vakawirwa nenjodzi, nhengo dzedunhu reGerman rakaita zuva rinokosha rekutsanya pamusoro peSvondo yekutsanya yemazuva ose. Vakomana veChidiki neVasikana veChidiki vedunhu iri vakabatsirawo nekushanda zuva rimwechete rezororo ravo kuti vawane mari yekupa vakawirwa nenjodzi yemafashamu. (Onai "Germans Aid Idahoans," *Church News*, 14 Nyamavhuvhu 1976, p. 10.)

Imwe mhuri yakaisa parutivi mumawiri avo (zvinyorwa zvezvido zvemunhu kana afa) kuti imwe pfuma yavo nenhumbi zvigopiwa kuKereke mushure mekungu vafa. Mari kubva pane izvi ishandiswe mukutsigira basa reumishinari, kuvaka dzimba dzekusanganira nematemberi, nekupa kune zvimwe zvakarurama zvemari mukuvaka umambo. Baba vemhuri iyi vakaratidza chido chemhuri yavo "kuita zvapakfuura zvinodikanwa" mumazwi aya: Ndakaona kuti zvese zva-tiinazvo ndezva Ishe. . . . Zvinoratidzika kwandiri kuva chikamu chechibvumirano chese chekupa nguva yedu, matarenda edu, nenzira dzedu dzekushandira zvaIshe [kusiya nekuda kwedu dzimwe nhumbi dzedu kuitira kuvaka umambo hwaMwari]. (Onai Isaac M. Stewart, "I Have a Question," *Ensign*, Nyamavhuvhu 1975, pp. 23–24.)

- Ita kuti sista akarongerwa anyore nzira dzatinga kudziridza matarenda edu, sezvaka tsanangurwa mu*Musimboti weVhangeri*, chitsauko 34, "Kukudziridza Matarenda Edu."

Chido chedu chekuvaka umambo hwaMwari chinofanira kubata sarudzo yese yatinoita. Mukuru Dale E. Miller vakatsanangura:

"Vakoma, vanin'ina nehanzvadzi, kupinza majeko edu kubatsira kuvaka umambo hwaIshe zvinofanira kuva chinangwa chikuru cheupenyu hwedu. Zvinoratidzika sechinhu chinonzwisika kutaura kuti isu mumwe nemwe takabvumira kwazviri muupenyu hwedu hwemweya. Sarudzo dzinokosha dziri maererano nefundo, basa, muchato, nekushandisa kwenguva yedu, matarenda nezvinhu dzinofanira nemunamato kuva pamashandiro akanaka atinoitira Tenzi, kuvaka umambo Hwavo nekuva vakakwana maVari.



“Patinopa nguva yedu, matarenda, nezvinhu kuvaka Zioni, mwoyo yedu inocheneswa, uchenjeri hwedu hunowedzera, tsika dzehumbo hwekumusorosoro dzinotanga kuumbika, uye Mweya Mutsvene unotigadzirira kutambira ufambidzani hwaBaba neMwanakomana. Nekuisa majeko edu, tinokohwa zvakapetwa kaviri—kuitira isu nekuitira umambo” (mu Conference Report, Kubvumbi 1998, p. 37; kana *Ensign*, Chivabvu 1998, pp. 29–30).

### **Mhedziso**

Takapiwa basa rekubatsira kuvaka umambo hwaMwari. Dzimwe nguva tinofanira kuita kuzvipira kwako pachako kuti tiite izvi. Asi Jesu anotivimbisa kuti kana tichizvipira nokuda kwake nekwevhangeri, tichagashira zvine zana iye zvino munguva ino neupenyu husingaperi munyika ichauya (onai Marko 10:29–30). Kutu tiwane makomborero aya, tinofanira kunyatsofungisisa mazuva ese nezvekushandisa nguva yedu, matarenda uye nhumbi dzedu.

### **Zvekuita**

Kurukurai nemhuri yenyu kudikanwa kwekuzvipira kuitira kuvaka umambo. Dzidzai kushandisa nguva yenyu zvakachenjera kuitira kuti mukwanise kushandira Ishe zvirinani. Mungangoda kutsanya nekunamata kuti muzive mashandisiro amungaite nguva yenyu, matarenda nenhumbi dzenyu kuvaka umambo.

### **Zvimwe Zvinyorwa Zvitsvene**

- Ruka 12:47–48 (kune uyo kwakapiwa zvizhinji, zvizhinji zvinodikanwa)
- Aruma 34:32 (nhasi ndiyo nguva yekugadzirira kusangana naMwari)
- Dzidziso neZvibvumirano 65 (gadzirai nzira yaIshe)
- Dzidziso neZvibvumirano 82:18–19 (shandai kuitira pundutso yevese)

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### **Gadziriro yeMmishoni**

Usati wapa chidzidzo chino:

1. Verenga *Musimboti weVhangeri*, chitsauko 34, “Kukudziridza Matarenda Edu.”
2. Sarudza nhengo yekirasi kunyora nzira dzekukudziridza matarenda sezvakatsanangurwa *muMusimboti weVhangeri*, chitsauko 34.
3. Sarudza nhengo dzekirasi kupa chero nyaya, zvinyorwa zvitsvene, kana zvakadzokororwa (makoteshe) zvaunoda.

# KUKOSHA KWEMUNHU

*C h i d z i d z o 11*

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Chinangwa chechidzidzo chino ndeche kutibatsira kuti tive saKristu muukama hwedu nevana vese vaMwari.

## **Tese Tiri Vana vaBaba veKudenga Vane Rudo**

- Ratidza mufananidzo 11-a, “Vana vanobva kunyika dzakawanda.”

Vamwe vangangobvunza mubvunzo, “Mwari vakasika vanhu vese here?” Magwaro matsvene anotiudza kuti Mwari vakaumba vanhu vese vakagara kana vachazogara panyika. Vakasarudzawo nguva nenzvimbo yekuti munhu wega-wega azvarirwe panyika. (Onai Mabasa AvaApositora 17:26.)

Mumwe nemumwe wedu chisikwa chiri chega chakakosha. Mumwe nemumwe wedu ane muviri wenyama uriwega pamumhu, pamau-mbirwo, parudzi, nekutarisika kwekumeso. Zvakadaro mumwe nemumwe wedu ane unhu, matarenda, zvinomufadza, umhizha, nekwaniso zvake ega.

- Ratidza posita reDzidziso neZvibvumirano 18:10 woita kuti nhengo yekirasi iverenge chinyorwa chitsvene ichi ichidaidzira.

Mumwe nemumwe wedu mwana waBaba veKudenga, tiine unhu nechimiro chenyama zvedu pachedu. Pamwechete tinoita mhuri Yavo yekusingaperi. Anoda nekukudza mumwe nemumwe wedu. Anodawo vana Vake kuti vadanane nekubatana sehanzvadzi nevakoma nevanin’ina.

- Tingaratidze sei kuti tinotambira vanhu vese sehanzvadzi nevakoma nevanin’ina?

Hanya nemagariro evamwe vanhu inzira huru yekuratidza kutambira kwedu kwevamwe vedu. Makore mazhinji akapfuura mwana ane makore matatu akawira mumugodhi usisashandiswe. Vadzimi vemoto vemudunhu, vemabhizimisi, vatambi vesekasi, mushandi wemufekitari, chiremba, muvakidzani, nevatapi venhau vese vakashanda pamwechete muchido chavo chekumununura. Njodzi iyi yakazivika-



*11-a, Vana vanobva kunyika dzakawanda*

nwa kunyika dzese uye chido cherubatsiro, nemari inopfuura madhora mazana mashanu ezviuru yakashandiswa mumaawa anopfuura makumi mashanu nematatu ekuedza kununura. Pakazosvikwa kumwana, akanga afa. Mumwe angabvunza kana kuedza kununura uku kwaive kwakakodzera. Kungangove nemhinduro imwechete: hongu. Kwemaawa mazhinji pasi rose rakanga rakabatana mukuponesa upenyu hwekasikana kamwechete. Hapana akabvunza kuti vashandi vekununura vaiva varudzii kana chitendero chipi. Hapana akabvunza kuti zvaitora mari yakadii. Vese vapfumi nevarombo vabatana kuponesa upenyu umwechete. Munhu wese akanzwa chido chikuru vakauya pamwe-chete kuzopa rubatsiro rwaidiwa. Kwemaawa iwayo makumi mashanu nematatu kasikana ukako kauriza vanhu pamwechete murudo.

- Sei vanhu vakawanda kudaro vachipinda mukati mekuedza kuponesa kasikana kamwechete? Ndirinhi wawakava mukati muchinhu chakakubatanidza nevamwe kubatsira mumwe munhu?

### **Tinofanira Kuda Vavakidzani Vedu Sekuzvida Kwatinozviita**

Jesu akaratidza nemuenzaniso madiro evamwe. Akazoraira kuti tidanane (onai Johane 15:17). Akatidzidzisa maitiro azvo kuburikidza nenyaya. Akaratidza rudo Rwake nekupa upenyu Hwake husina chitadzo “rudzikinuro rwevese,” zvakaita kuti tikunde zvitadzo zvedu (onai 1 Timotio 2:6; D&Z 18:11–13).

- Kumbira nhengo dzakarongerwa kuti dzिताure muchidimbu nyaya dzemuBhaibheri dzinotevera. Bvunza mubvunzo yakanyorwa mushure menyaya yega-yega.

MuSamaria akanaka (Ruka 10:29–37). Zvidzidzo zvipi zvatingadzidza kubva munyaya iyi?

Zakeo (Ruka 19:1–7). Muponesi akabata Zakeo sei? Vadzidzi vakanzwa sei pamusoro pechiito cheMuponesi? Tingadzidza chii kubva munyaya iyi pamusoro pezvazvinoreva kuda vamwe?

Mudzimai akabatwa muupombwe (Johane 8:3–11). Tinobata sei avo vanonetseka nechivi? Sei tsitsi nekunzwisisa zviru zvinhu zvakakosha zvekuda vamwe?

- Sei Muponesi vakaisa kukosha kukuru pavanhu ava vakanga vasingatambirwe nevavakidzani vavo?

Kristu anoziva kukosha kwevanhu. Ane hanya pamusoro pemumwe nemumwe wevana vaMwari. Akaparidza kuvarombo akaponesa vakaremara nevakazvinipisa. Akadzorera kuona kumapofu. Akadya nevataadzi akapikisa vapomeri vemudzimai akanga ari muupombwe. Akatidzidzisa kukosha kwemunhu wese munyaya dzehwai yakara-

sika, mari yakarasika, nemwanakomana muparadzi (onai Ruka 15). Muzviito Zvake zvese Akanga ari muenzaniso wezvaAka dzidzisa paakati, "Ida muvakidzani wako sezvaunozviita" (Mateo 19:19). Mushure mekudzidzisa kucherechedza nekubatsira muvakidzani kwakaitwa nemumwe murume, Akadzidzisa kuti tinofanira "kuenda, nekunoita . . . saizvozvo" (Ruka 10:37).

- Mutoro wedu chii kune vese, kusanganisira vakasiyana nesu?
- Zvinorevei kuda vavakidzani vedu sezvatinozviita?

### **Tingava Sei SaKristu muUkama hwedu neVamwe?**

Tiri kutevera muenzaniso waKristu kana tichiita tsitsi kune vamwe nekuratidza hanya nerudo kwavari. Mutungamiri N. Eldon Tanner vakati: "Zvinoratidza kuti tinokwanisa kugara wana zvatinozsvaga mumunhu. Sezvatinoziva tese, hapana mumwe wedu akarurama. Patinogedzera chakaipa kana utera, zvinokonzera kuonekwa kwechakaipa totadza kuona zvakanaka zvemunhu" ("Nay, Speak No Ill," *Ensign*, Kurume 1973, p. 2). Kana tikaona zvakazara kukosha kwevamwe, tinozotsvaga zvakanaka zvavo. Tinozobata vamwe nerudo netsitsi.

- Tingabata munhu ega-ega sei mumamiriro anotevera kana tikacherechedza kukosha kwemunhu tomuda sezvatinozviita?

"Akanga ava makore akawanda Margaret apedzisira kupinda mumukereke wechirairo; paakapinda musvondo akawana chigaro nekukurumidza, akanzwa semweni. Akanga arega dambudziko relzwi reUchenjeri richimutadzisa kuuya nguva dzese . . . Bhishopi . . . vakamuudza kuti akauya kukereke kakawandza nekunamata kakawanda, zvaizova nyore kwaari kukunda tsika yake yaikuvadza.

"Kunyange nhengo zhinji dzakanga dzava itsva kwaari, Margret atanga zvishoma-nezvishoma kunzwa seakunge akanga adzoka kumba mushure menguva refu. . . . Mushure menguva diki munamato wekuzarira wakaitwa akafamba kuenda kunze nevazhinji. Abata zvidimbu zvehurukuro munyasi make, achida chinyararire kuva mukati madzo. Zvino pakarepo izwi rekazevezeve kumashure kwake rakaita seraidaidzira pamusoro pemamwe ese richipinda muudzamu hwemweya wake: 'Nhai, wanzwa hwema hwefodya? Handina kunyatsokwanisa kuisa pfungwa dzangu panhaurwa. Ndinofanira kuchenjerera pandinogara' " (Helen Selee, "And Jesus Wept," *Ensign*, Kubvumbi 1973, p. 14).

- Wainzwa sei dai waiva Margaret? Chii chataikwanisa kuitira muvakidzani akaita saMargaret?

Mutungamiri N. Eldon Tanner vakatiyambira kuti tive saKristu mune imwe nzira. Vakati:

“Zvinoratidzika kuti tese tine tsika huru yekutaura nezvevavakidzani vedu. . . . Nokuda kwechikonzero chisina anoziva zvinoratidzika kuva nyore kutaura pamusoro pezvakaipa zvemunhu kupinda zvakanaka zvake. Tinodzokorora mashoko anokuvadza atakanzwa maererano nemuvakidzani wedu, kunyange ari makuhwa kana chokwadi, uye iwo, semasora, anoratidzika kukura nekutaurwa. Naizvozvo, zvakakosha zvikuru kuti titeerere mazwi aIshe panyaya iyoyi.

“Kana tichida kuva vavakidzani vakanaka, tinofanira kutsvaga chokwadi nenyaya yacho yese, kana kurega kutaura chimwe chinhu. . . .

“Nyaya inotevera inotipa chikonzero chekufungisisa. Mumwe murume akanga aregedza basa aishanda mugadheni make rungwanani rwezuva rega-rega akaona kuti munhu wemukaka akatanga kumira kakawanda mangwanani ese pamba pemuvakidzani wake mhiri kwenzira. Aisvika murume wacho achangobva kuenda kubasa ogara kwechidimbu chepakati cheawa kana kupfuura. Mudzimai wacho mudiki akanaka aiva mmishoni muBato reVana vaDiki uye aigaro pinda mikereke yechirairo.

“Mushure mekunge tsika iyi yeenda mberi kwemasvondo akawanda, murume uyu akatanga kutaurira vamwe vavakidzani, achiratidza kushushikana nevana vaaidzidzisa nezvaizoitwa nemuenzaniso wake. Panguva yaakazonzwa kuti ibasa rake kutaura mamiriro aya kuna bhishopi, nhau dzemamiriro aya dzakanga dzapararira muwadhi.

“Bhishopi vakanetseka pamusoro penyaya yacho yese vakadaidza mukuru wedheri kuti wawane zita remurume wemukaka nekubvunza nezveunhu hwake. Mukuru wedheri uyu akaenda kune munhu wemukaka akati zvakachenjera, ‘ndiri kuona wava nemutengi mutsva muLincoln Avenue. Wakawana sei ruzivo rwakakuwanisa mutengi mutsva?’

“ ‘Ruzivo?’ akadaro murume wemukaka. ‘Mwanasikana wangu. Anondigadzirira kudya kwamangwanani, mangwanani ega-ega, ini nemudzimai wangu tinochengeta vana vake manheru eChishanu chega-chega. Zvakadzi izvozvo pachibvumirano?’ ” (*Ensign*, Kurume 1973, p. 2).

- Makuhwa kana mazwi akaipa anokuvadza sei munhu? (Funga vese munhu arikurehwa nezvake nemunhu anoreva.) Kunzvenga guhwa kunotibatsira kuva saKristu sei muukama hwedu nevamwe?

Zviito zvedu kune avo vakasiyana nesu neimwe nzira zvinoratidza manzwiro atinoita pamusoro pavo. Kana tichida zvechokwadi kunatswa, tinofanira kuzvibvunza, “Ndingaratidze sei kugashira, kunzwi-

sisa nerudo kune mumwe nemumwe wevana vaBaba vedu veKudenga?"

Tinofanirawo kuita hanya pamusoro peavo vachangouya muKereke toedza kukudziridza ukama sehwaKristu navo. Mutungamiri Spencer W. Kimball vakati "Zvino tasvika pakuziva kuti umambo hwaMwari neKereke ya Jesu Kristu zvinoita kereke yepasi. Iri kuita simba pasi pose nekukurumidza. Isu, nhengo dzayo, tinofanira kuzvibata nekuda munhu wese, vakoma, vanin'ina nehanzvadzi vepasi rose. Zvirokwazvo tichange chaizvo tisina ruvengo, kana daka, kana kunzwa kwakaipa" (mu Conference Report, Gumiguru 1977, p. 72; kana *Ensign*, Mbudzi 1977, p. 48).

- Verengai VaEfeso 2:19. Kana tiri vemba yeMwari (nhengo dzeKereke), tinofanira kubatana sei?

### **Mhedziso**

Sevana vaBaba vedu Vekudenga, vanoda mumwe nemumwe wedu, tinofanira kubatana sezvatinorairwa mumagwaro matsvene:

Tinofanira kuisa shungu dzose, kutsamwa, hasha, kupopota, kutaura kwakaipa, neruvengo kure nesu.

Tinofanira kuva netsitsi, nemwoyo munyoro, nekuregererana, kunyange saMwari nekuda kwaKristu akatiregerera (onai VaEfeso 4:31–32).

### **Zvekuita**

Kudziridzai tsika yekutsvaga zvakanaka mune vamwe. Nzvengai kushoropodza nekuita makuha. Dzidzisa vana nemuenzaniso kutambira vamwe nekunzwisisa nekuita tsitsi.

- Zarira kirasi nekuimba "Ndiri Mwana waMwari" ("I Am a Child of God" *Hymns* no. 301; kana *Gospel Principles*, p. 366).

### **Zvimwe Zvinyorwa Zvitsvene**

- Mabasa AvaApostora 10:34 (Mwari havasi mutsauri vavanhu)
- VaGaratia 3:26–28 (mose murivamwe munaKristu)
- VaEfeso 4:29 (taurai chete izvo zvakanaka)
- 4 Nephi 1:15–17 (rudo rwaMwari rwakagara mumwoyo yevanhu, uye vose vakava chinhu chimwe)
- Dzidziso neZvibvumirano 112:11 (idai vanhu vese)

### Gadziriro yeMmishoni

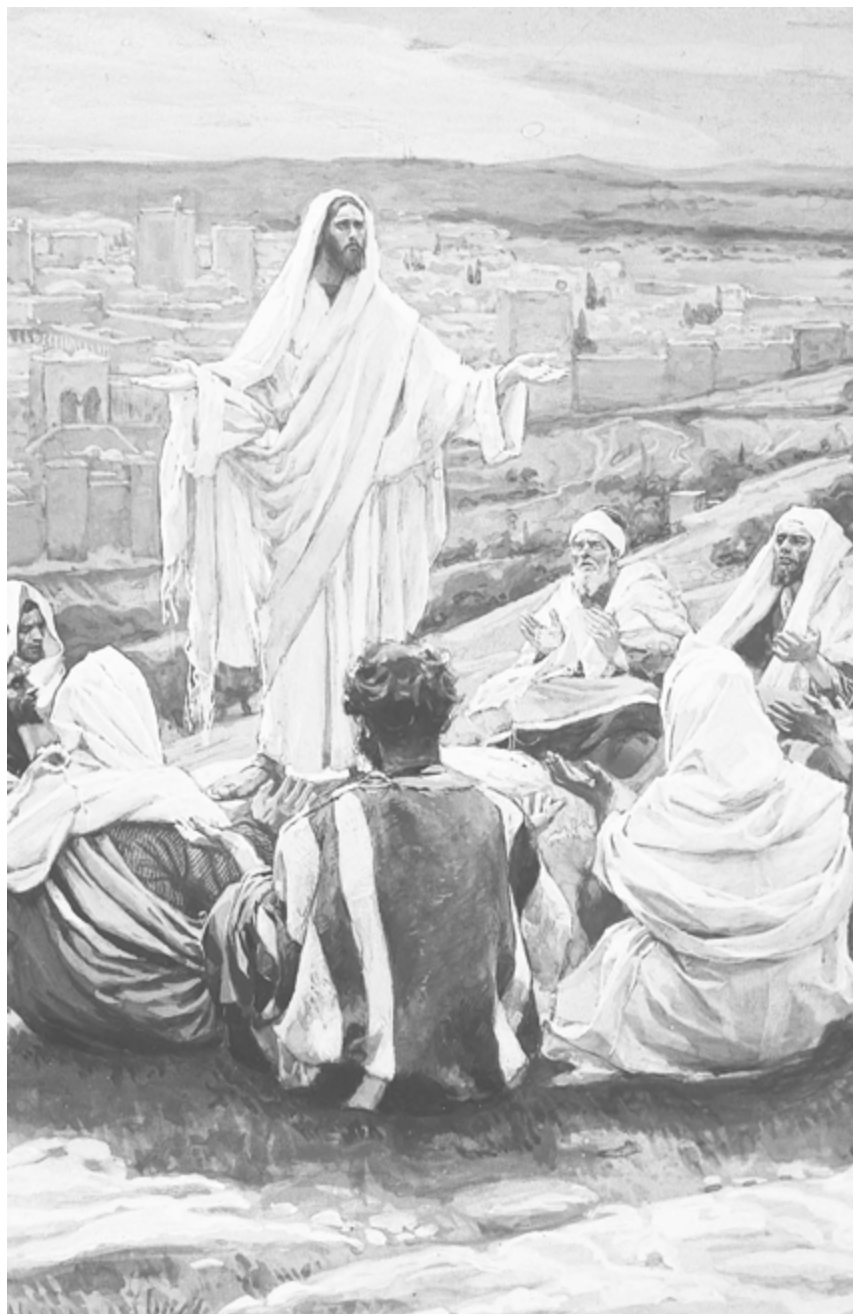
Usati wapa chidzidzo chino:

1. Verenga *Musimboti weVhangeri*, chitsauko 2, “Mhuri Yedu Yekudenga.”
2. Gadzira posita rakataurwa muchidzidzo kana kunyora ruzivo rwacho pabhodhi rechoko.
3. Gadzirira kuzarira kirasi nerwiyo “Ndiri Mwana waMwari” (“I Am a Child of God,” *Hymns* no. 301; kana *Gospel Principles*, p. 366).
4. Sarudza nhengo dzekirasi dzigopa chero nyaya, zvinyorwa zvitsvene, kana zvakadzokororwa (makotesheni) zvaunoda (kusanganisira nyaya dzemuSamaria akanaka, Zakeo, nemudzimai akanga ari muupombwe).





# MABASA NEMITORO



# HURONGWA HWEKEREKE

*C h i d z i d z o 1 2*

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Chinangwa chechidzidzo chino ndeche kutibatsira kuwedzera kunzwisisa kwedu kwechinangwa neurongwa hweKereke yaIshe.

## **Jesu Kristu Ndiye Musoro weKereke**

- Ratidza mufananidzo 12-a, “Jesu Kristu.”

Pamukereke wedunhu wemamishinari kuHamburg, Germany, wakatumirwa naMukuru Henry D. Moyle, “mumwe wemamishinari akabvunza muvhunzo waakataura Mutungamiri David O. McKay, semusoro weKereke. Mukuru Moyle vakamudzivaidza uye nemutoo une simba vakataura kuti Jesu Kristu ndiye musoro weKereke, kwete David O. McKay. Chinhu chinokosha apa ndechekuti Mukuru Moyle vaiziva kuti Jesu Mwanakomana waMwari, kuti anorarama, kunyange nhasi, uye amire pamusoro peKereke ino” (Donald Q. Cannon, “Jesu Kristu Ndiani?” *New Era*, Kurume 1978, p. 12).

- Munofunga Mukuru Moyle vakataurirei zvenzvimbo yeMuponesi pamusoro peKereke?

Jesu Kristu ndiye musoro weKereke Yake nhasi sezvaAkanga ari mumazuva euparidzi Hwake panyika. “Kunyange akafa akaenda kunyika yemweya . . . anotonga nekutungamira zviitiko zvese zveKereke, uye ari searimo chaizvo muKereke, sekunge Ari pakati pedu munyama” (Hyrum M. Smith na Janne M. Sjodhl, *The Doctrine and Covenants Commentry*, bhuku raka dzokororwa, [1972], p. 113).

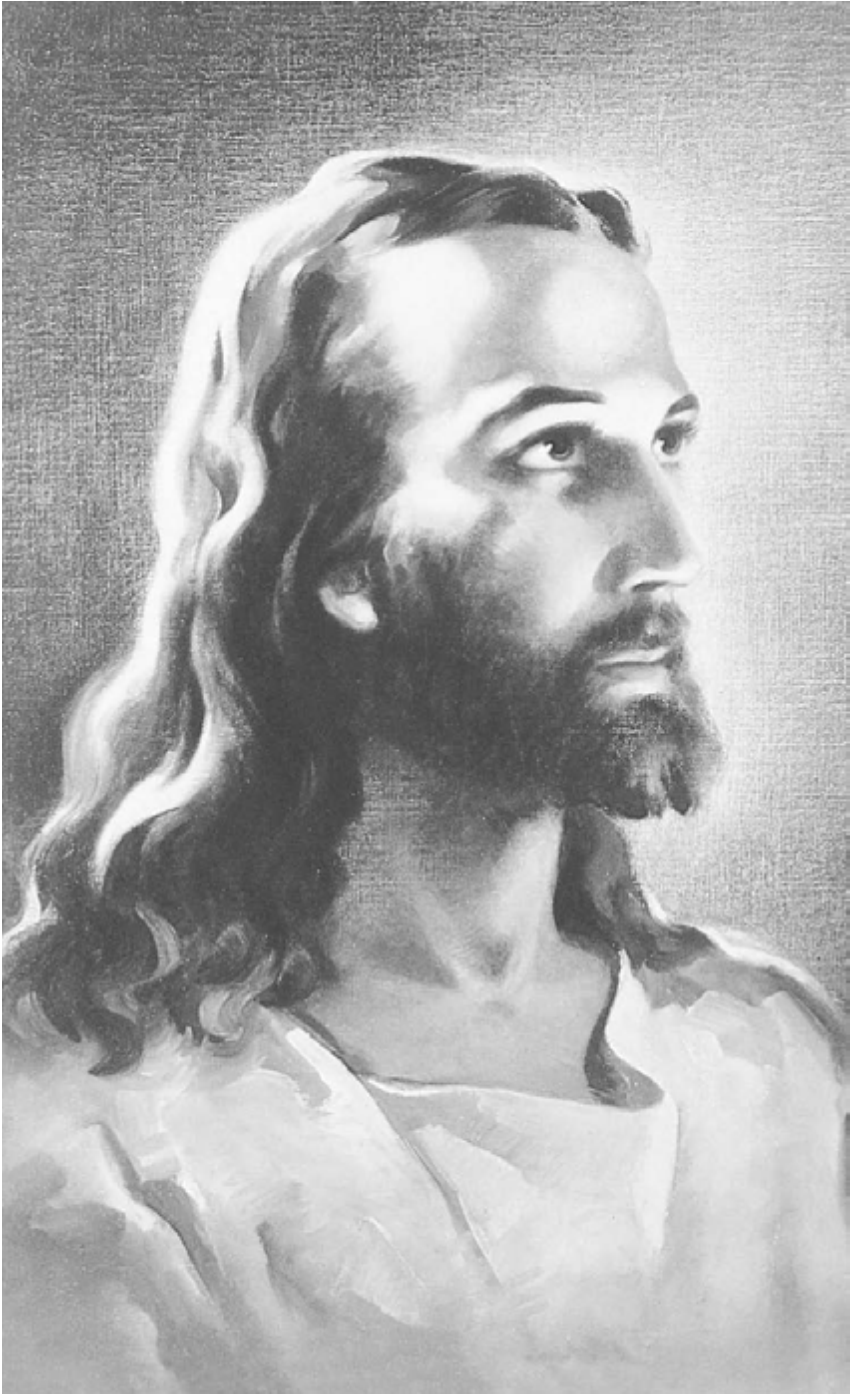
## **Ishe Vanozivisa Kuda Kwavo Kuburikidza neVaporofita Vavo**

- Ratidza mufananidzo 12-b, “Vatungamiri veKereke.”

Ishe vakagara vachizivisa kuda kwavo kwevanhu Vavo kuburikidza nevaporofita (onai Amosi 3:7). Nhasi tine muporofita anorarama, anoshanda seMutungamiri weKereke. Kuburikidza nemuporofita, Ishe vanoramba vachizivisa chido Chavo kuvana Vavo munguva yedu.

Tinokwanisa kuvimba nevarume vanodaidzwa sevaporofita.

Mutungamiri Harold B. Lee vakati: “Misimboti wevhangeri raJesu



*12-a, Jesu Kristu. Musoro waKristu waSallaman, wakashandiswa nemvumo yavaridzi vemvumo nevashambadzi, Kriebel naBates, Tnc.*



Joseph Smith



Brigham Young



John Taylor



Wilford Woodruff



Lorenzo Snow



Joseph F. Smith



Heber J. Grant



George Albert Smith



David O. McKay



Joseph Fielding Smith



Harold B. Lee



Spencer W. Kimball



Ezra Taft Benson



Howard W. Hunter



Gordon B. Hinckley

*12-b, Vatungamiri veKereke*

Kristu mitsvene. Hapana munhu anoshandura misimbotti nedzidziso dzeKereke kunze kwaIshe kuburikidza nezvakazarurwa. Asi maitiro anoshanduka sekuuya kwegwara rakafemerwa kune avo vanotungamira panguva iyoyo. . . . Mungava nechokwadi chekuti hama dzenyu dzinotungamira dzinonamata nemwoyo wese, uye hatifambe kusvikira tavanesisimbiso, pazvinokwanisika, kuti zvatinoita zvine mvumo yaMwari” (“Gods Kingdom—A Kingdom of Order,” *Ensign*, Ndira 1971, p. 10).

Zvinotevera muenzaniso wezvinoitwa nemuporofita kana agashira mvumo yaIshe. Muna Chikumi 1978, Vatungamiri veKutanga vakapa chiziviso kunyika:

Sezvo takaona kukura kwebasa raIshe pamusoro penyika, takatenda kuti vanhu vamarudzi akawanda vakanga vadaira kushoko revhangeri rakadzorerwa, uye vakanga vapinda muKereke neuwandu hwairamba huchikura. Izvi zvakatunha isu nechido chekupa kunhengo yakakodzera yese yeKereke dzese kodzero nemakomborero anopiwa nevhangeri.

Vatungumiri Vekutanga vakanga vachiziva vimbiso dzakaitwa nevaporofita nevatungamiri veKereke vakanga vatanga kuvapo kuti pane imwe nguva, muurongwa hwekusingaperi hwaMwari, varume vese vakakodzera vaizokwanisa kugashira ufundisi. Vakaona kuvimbika kweavo vakanga vaine ufundisi hwakadziviswa, vakanyengetera kwe-nguva refu nemwoyo wose vakamirira hama dzavo dzakavimbika, vapedza nguva huru muImba yePamusoro peTemberu vachikumbira kutungamirwa kutsvene.

Ishe vakanzwa minamoto yavo, uye nezvakazarurwa vakasimbisa kuti zuva rakavimbiswa kare rakanga rasvika apo murume wese muKereke akavimbika, akakodzera angakwanisa kugashira ufundisi utsvene, nesimba rekushandisa mvumo tsvene yahwo, nekunakirwa nevadikani vake ese makomborero anobva imomo, kusanganisira makomborero etemberi. Naizvozvo, Vatungamiri Vekutanga vakazivisa kuti vese vanhurume veKereke kubva panguva iyoyo zvichiendamberi vanga-kwanisa kugadzwa kuufundisi pasina kutarisa rudzi kana ruvara. Vatungamiri veufundisi vakarairwa kutevera mutemo wekunyatso bvunzurudza vese vaida kugadzwa kuUfundisi hwaAroni kana Merkizedeki kuva nechokwadi chekuti vakanga vakakwana pane zvinotarisirwa zvakadzikwa zvekodzera.

Vatungamiri Vekutanga vakazivisa nemutsigo kuti Ishe vakanga zvino vazivisa chiso Chavo chechikomborero chevana Vavo vese pasi rose vachateerera kuizwi revaranda Vavo vane mvumo, vozvigadzirira kugashira chikomborero chese chevhangeri (onai Chiziviso CheDare 2).

- Sezvo Jesu Kristu ari musoro weKereke, basa remuporofita nderei?

Kuburikidza nesimba reufundisi nezvakazarurwa zvitsvene, muporofita anotungamira mabasa eKereke semutungamiri wayo. Nhenge dzeKereke dzinorairwa kuteerera kumazwi emuporofita sekutungamirwa kwaanoitwa nezvakazarurwa. Maererano nevapoporofita Vavo, Ishe vakaraira kuti tinofanira kugashira mazwi avo sekunge arikubva mumuromo Mavo, mukuva nemwoyo murefu uye nekuvimbika (onai D&Z 21:5).

Mukuru Gordon B. Hinckley vakataura nezve muFilipino mudiki, David Lagman, akanzwa kudikanwa kwemuporofita paakatanga kuziva nezveKereke:

“Paakanga ari mukomana [David Lagman] aka wana mugaba remarara bhuku dzaru rakabvaruka *reReader’s Digest*. Rakanga riine mumazwi mashoma bhuku raipa nyaya yevanhu vechi Momoni. Raitaura nezvaJoseph Smith richimutsanangura semuporofita. Izwi rekuti *muporofita* rakaita zvimwe zvinhu kumukomana iyeyo. Kuti zvirokwasvo kungave nemuporofita panyika? Akafunga. Bhuku racho rakarasika, asi pfungwa yekuvapo kwemuporofita arikurarama haina kumbomusiya mumakore mazhinji matema ehondo neudzvinyiriri pakanga maPhilippines akapambwa. Pekupedzisira rusununguko rwakauya, uye narwo kuvhurwa kweClark Air Base. David Lagman akawana basa ikoko. Mukuru wake, akanzwa aiva muMomoni, mushandi weAir Force. Aida kumubvunza kana aitenda mumuporofita, asi aitya kudaro. Pekupedzisira . . . akawana simba rekubvunza.

“ ‘Muri muMomoni here changamire?’ mujaya akabvunza. ‘Hongu, ndiri,’ yakava mhinduro yakatwasuka. ‘Munotenda mumuporofita, mune muporofita here muKereke menyu?’ wakauya mubvunzo wekuda kuziva.

“ ‘Tinaye muporofita, muporofita arikurarama, anotungamira muKereke ino anodzidzisa kuda kwaIshe.’

“David akakumbira musoja uyu kuti amutaurire zvimwe, uye kubva mukudzidzisa ikoko kwakauya rubhabhatidzo rwake. Akave Mukuru wekutanga mugari wenyika iyoyo kugadzwa muPhilippines” (mu Conference Report, Gumiguru 1973, p. 162; kana *Ensign*, Ndira 1974, p. 122).

Kereke yakamiswa neMuporesi paakanga Achigara panyika yakaramba yakabatana nemashoko, tsamba, nekushanya kwevaapositora—sezvakaita Kereke nhasi, pasi peutungamiri utsvene, inotungamirwa nekubatanidzwa nemaporofita nevaapositora. Utungamiri hukuru uhwu neurongwa mucherechedzo weKereke yaJesu Kristu yechokwadi.

### **Mamiriro eUrogwa hweKereke**

- Ratidza posita rine chipupuriro chechitendero chechitanhatu, kana taura nezvacho pabhodhi. Ita kuti nhenge yekirasi iverenge ichidaidzira.

- Verengai VaEfeso 4:11–14. Zvikonzero zvipi zvitatu zvakapiwa naPauro zveurongwa hweKereke?
- Ita kuti nhengo yekirasi yakasarudzwa itaure pamusoro pechikamu “Kereke yaKristu Yakarongwa Zvakare” muchitsauko 17 cheMusimboti weVhangeri.
- Verengai musoro wenyaya weDzidziso neZvibvumirano 20.
- Kurukurai zviumbu zveKereke zvinotevera:

### *Mhuri*

“Mhuri ndicho chiumbu chinokosha cheKereke yaJesusu Kristu yaVatendi vaMazuva Ekupedzisira uye chiumbu chemagariro chinokosha munguva nekusingaperi. Mwari vakamisa mhuri kuunza rufaro kuvana Vavo, kuvabvumira kudzidza misimboti chaiyo munzvimbo ino rudo, nekuvagadzirira upenyu usingaperi” (Bhuku Rekutungamira Mhuri [1999], p. 1).

### *Wadhi neBazi*

Munguva yekuparidza kweMuponesi kwenyama, Akaronga Kereke Yake panyika. Mushure mekufa kwake, kereke dzevatendi dzakasanganana pamwechete kunamata, kudzidza vhangeri nekusimbisa neku-shandirana. Nhasi nhengo dzeKereke yaJesusu Kristu yaVatendi vaMazuva Ekupedzisira dzakarongwawo mumakokorodzano. Chinangwa chekereke idzi kubatsira vanhu vese “kuuya kuna Kristu, nekunatswa maari” (Moroni 10:32). Kereke huru dzinonzi mawadhi uye dzinotungamirwa nabhishopi.

- Ratidza mufananidzo 12-c, “Mukereke webazi musvondo diki.”

Kereke diki dzinonzi mapazi uye dzinotungamirwa nemutungamiri webazi. “Bazi rinokwanisa kurongwa kana mhuri mbiri dziri nhengo dzichigara munzvimbo uye mumwe wenhengo idzi ari mubati weUfundisi hwaMerkizedeki akakodzera kana muprista akakodzera muUfundisi hwaAroni. Utungamiri hwehoko, siteki, mishoni, kana dunhu hunorongwa nekuona bazi (Bhuku Rinotungamira Bazi [1993], p. 1). Bazi rinokwanisa kukura kuita wadhi.

### *Siteki neDunhu*

Nzvimbo zhinji dzematunhu kwakarongwa Kereke dzakakamurwa kuitwa siteki. Kazhinji kune mawadhi nemapazi mashanu kusvika kugumi nemaviri musiteki, inotungamirwa nemutungamiri wesiteki. Masiteki anoonekwa nekugashira gwara kubva kuVatungamiri weNharaunda.

Dunhu chikamu chemishoni. Kana pava neuwandu hwakakwana hwe-mapazi ari munzvimbo inobvumira kutaurirana kuri nyore nekufamba kumikereke yedunhu kusinganetse, dunhu rinorongwa. Vatungamiri





*12-c, Musangano webazi mukereke diki Musoro weNyaya*

vedunhu vanodaidzwa kuti vari tungamire. Mutungamiri wevedunhu ari pasi pevatungamiri wemishoni. Dunhu rinogona kukura kuita siteki.

### ***Mishoni***

Mishoni chiumbu cheKereke chinowanzo batanidza nzvimbo yakakura kupfuura iyo inobatwa nesiteki. Vatungamiri Vekutanga veKereke vanosarudza munganhu yemishoni uye vanodaidza mutungamiri wemishoni kuti atungamire. Kana masiteki ari mumiganhu yemishoni, aripasi peutungamiri hwemutungamiri wesiteki pane mutungamiri wemishoni. Mamishoni anodairira kuVatungamiri Vakuru veKereke.

### ***Zvkwata zveUfundisi neMapato Anobatsira***

Zvkwata zveufundisi zvinorongwa kushandira vamwe, kuvaka kubatana, neukama, nekudzidzisa nhengo dzidziso, misimboti, nemabasa” (onai *Church Handbook of Instructions, Book 2: Priesthood and Auxiliary Leaders* [1998], p. 162).

Bato reMadzimai ibato raIshe remasista muKereke. “Chinangwa cheBato reMadzimai kubatsira vatungamiri veufundisi kuita basa reKereke nekubatsira masista nemhuri kuuya kuna Kristu” (*Church Handbook of Instructions, Book 2, p. 193*). Mutungamiri Gordon B. Hinckley vakati kumadzimai aKereke: “NdiIshe vakaronga kuti varume muKereke Mavo vanofanira kubata ufundisi. Ndivo vakakupai kwaniso dzenyu kuzanisa kereke iri guru rinoshamisa, rinova Kereke neumambo hwaMwari (mu Conference Report, Gumiguru 1996, p. 95; kana *Ensign, Mbudzi 1996, p. 70*).

Mamwe mapato anobatsira anorongwawo mumawadhi nemumapazi kuitira kuzadzisa zvinodiwa zvenhengo. Izvi zvinosanganisira Bato reVana Vadiki, rinoona nezvekudzidzisa vana; mapato eVakomana veChidiki neVasikana veChidile, anoona zvekudzidzisa vadiki vema-kore gumi nemaviri kusvika kugumi namanomwe; neChikoro cheSvondo, chinoona zvekudzidzisa misimboti yevhangeri kunhengo dzine makore gumi nevaviri nevakuru mumisimboti yevhangeri.

Chiumbu chega-chega muKereke chinodavirira kuchiumbu chikuru chinova chidimbu chacho.

- Sei zvichidikanwa kuti Kereke irongwe muzviumbu sezvakurukurwa pamusoro?
- Sei mabasa echiumbu chega-chega achiitwa nemvumo inopiwa nechiumbu chikuru?

### ***Chinangwa cheUrongwa hweKereke***

- Chinangwa cheurongwa hweKereke ndechei?

Urongwa hweKereke ndiyo nzira Ishe vanoratidza nayo chido Chavo, yavanopa nayo vana Vavo misimboti nezvisungo zvinoponesa, uye yavanopa nayo mikana yatinoda kuti tiwane upenyu husingaperi. Kuburikidza neKereke tino:

1. *Dzidza pamusoro pechirongwa cheruponeso*

Mikereke yeKereke nezvigaro zvinotipa mikana yekudzidza kuzara kwevhangeri. Tinodzidza kudzidza nekunzwisisa zvinyorwa zvitsvene, nzira yekuteerera misimboti yevhangeri, nenzira yekugadzirira makomborero eupenyu husingaperi.

2. *Gashiro nekuita zvisungo zvinoponesa*

Tinobhabhatidzwa muKereke nevarume vakapiwa ufundisi nokudaro imvumo inobva kuna Mwari kushanda muzita Ravo. Tinogashira gwara patinogadzirira kugashira endawumendi (chipo chemweya) mutemberi nemuchato wemutemberi uye tinokomborerwa patinoita zvisungo zvevakafa vedu mumatemberi.

3. *Vandudza zvbvumirano zvedu*

Tinopiwa mukana wekutora chirairo (chidyo chaIshe) mumikereke yedu nekuvandudza zvbvumirano zvatakaita neIshe pataka bhabhatidzwa.

4. *Kukudziridza matarenda edu nekwaniso*

Tine mikana yekuva muzvigaro zvekudzidzisa neutungamiri. Mabasa aya anotibatsira kukudziridza matarenda edu nekwaniso.

5. *Dzidza kubatsira vamwe*

Kushanda muKereke nemamwe mabasa zvinokwanisa kutibatsira kukunda undingoveni uye tinokohwa rufaro kubva mukuzvipira. Kudzidzisa kwekumba nekudzidzisa kwekushanyira zvinopa mikana yekuona zvinoshaikwa nevavakidzani vedu, kusanganisira vavakidzani vangange vasiri nhengo dzeKereke.

6. *Kura pamwechete murudo neushamwari*

Rubatsiro nemabasa eKereke zvinoita kuti tikwanise kuziva avo vari muwadhi kana bazi redu nemumana redu, kuti tinyaradzane munguva dzekusuwa, nekufarirana munguva dzeupfumi nekubudirira. Nenzira iyi tine mukana wekukura pamwechete murudo neushamwari.

▪ Ita kuti nhengo yekirasi iverenge VaEfeso 2:19.

7. *Zadza zvido zvemweya nezvemwoyo*

▪ Ratidza jagi remvura nerofu rechingwa.

Vazhinji vedu tinoziva zvazvinoita kunzwa nzara kana nyota. Tinokwanisawo kuita nzara kana nyota isingakwanise kupedzwa nekudya kana mvura.

- Ita kuti nhengo yekirasi iverenge Johane 4:14 ne 6:35. Jesu airevi nemitauro iyi?

Jesu akanga asingareve nzara nenyota zvemuviri. Aitaura nezvechido chine munhu wese chekugutsa mweya. Zvokwadi zvaAkadzidzisa zvinogona kugutsa zvizere zvido zvemweya zveavo vanozvidzida nekuzvigara.

Apo Hartman Rector Jr., akazova nhengo yevane Makumi Manomwe, paaidzidziswa nemamishinari nekudzidza pamusoro peKereke, akanzwa kuti akange akuzove nekugutswa kwenzara yake yemweya: “Kudzidza kwakadai kwakanga kwakaita sekudya nekunwa kumurume ari kuziya. Ndakanga ndatsvaga mhinduro idzi kwemakore, ndatarisa kwese-kwese; uye zvino pekupedzisira ndakanga ndava kupindurwa mibvunzo yangu *yese* zvakazara. Ndabazara nerufaro nekutenda kuna Baba vangu vari kudenga nokuda kwenyasha dzavo huru kwandiri” (Hartman and Connie Rector, *No More Strangers*, mabhuku mana. [1971–90], 1:9).

- Kumbira nhengo dzekirasi kugoverana nevamwe zviitiko zvakadai kana manzwiwo pamusoro peshoko reKereke yakadzorerwa.

Mukuru Howard W. Hunter vakaisa mumazwi mashoma kubudirira kweurongwa hweKereke mukuparidza vhangeri rakadzorerwa. Kubvira kudzorera muna 1830, “chishamiso chakawaniswa sezvo ufundisi hwakaropafadza vhangeri rakadzorerwa. Temberi dzakavakwa panzvimo ino nedzimwe nzvimbo munyika. Dzimba dzekunamata tira dziri munyika dzakasiyana panyika. . . . [Zviuru zve] mamishinari vazere varikuparidza vhangeri munyika dzakawanda. . . . Nzvimbo dzekudzidzira nezvikoro munyika dzakawanda dzinopa zvidzidzo zuva rega rega kuvanhu vechidiki vanopfuura chikamu chimwechete kubva muzvina chemiriyoni pazuva, kwete chete muzvikamu zvezvidzidzo zvemunyika, asi muzvokwadi zvekusingaperi zvevhangeri” (mu Conference Report, Gumiguru 1972, p. 67; kana *Ensign*, Ndira 1973, p. 65).

### Mhedziso

Jesu Kristu anotungamira mabasa eKereke panyika nekuzivisa chido Chake kumaporofita Ake. Mune zvese zvaAnoita, Muponesi ane hanya nemagariro evanhu vese. Akamisa urongwa hwake hweKereke kuitira chinangwa chitsvene chekuzadzisa zvido zvemweya, zvemwoyo, zvepfungwa, zvemagariro nezvenyama zvemumwe nemumwe wedu.

### Zvekuita

Tsvagai kugashira pundutso dzeurongwa hweKereke nekupinda nekutora chirairo (chidyo chaIshe) nemimwe mikereke yeKereke nekutambira

mabasa kubva kuvatungamiri. Munowana kunzwisisa nekuyemura uro-  
ngwa hweKereke nechinangwa chahwo negwara muupenyu kuburiki-  
dza nekuva muzviitiko zvechiumbu cheKereke remunzvimbo menyu.

Simudzirai nekutsigira vabati vezvigaro vakuru veKereke nevabati  
vezvigaro nevadzidzisi vekereke munzvimbo menyu.

### **Zvimwe Zvinyorwa Zvitsvene**

- VaEfeso 4 (vatendi kudanana)
- Moroni 6:4–6 (kereke rakarongwa rinosimbisa nhengo)
- Dzidziso neZvibvumirano 20:1–4, 37–79 (urongwa hweKereke mumazuva ekupedzisira)
- Dzidziso neZvibvumirano 21:9 (vese vachakomborerwa vanoshanda mumunda wemuzambiringa weIshe)

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### **Gadziriro yeMmishoni**

Usati wapa chidzidzo chino:

1. Verenga *Musimboti weVhangeri*, chitsauko 17, “Kereke raJesu Kristu Nhasi.”
2. Verenga chikamu chechisumo cheDzidziso neZvibvumirano 20.
3. Gadzira posita rakataurwa muchidzidzo kana kunyora ruzivo rwacho pabhodhi.
4. Unza kukirasi jagi remvura nerofu rechingwa.
5. Sarudza mumwe sista kuti agotaura muchidimbu pamusoro pechi-  
kamu, “Kereke raKristu Rakarongwa Zvakare” muchitsauko 17,  
*cheMusimboti weVhangeri*.
6. Sarudza nhengo dzemukirasi dzigopa chero nyaya, zvinyorwa  
zvitsvene, kana zvakadzokororwa (makotesheni) zvaunoda.

# TEVERAI VATUNGAMIRI

*C h i d z i d z o 13*

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Chinangwa chechidzidzo chino ndechekuti kurudzira kutevera gwara ratinogashira kubva kuvatungamiri vakagadzwa valshe.

## **Ishe Vanotaura Kwatiri kuburikidza neVaporofita Vavo**

- Kumbira nhengo dzekirasi kuti dziverenge nekumaka Dzidziso neZvibvumirano 1:38. Ndiani muporofita mutauri walshe pasi nhasi?

Mwari vanoziyisa shoko Ravo kwatiri kuburikidza nevaporofita (onai Amosi 3:7). Senhengo dzeKereke raJesu Kristu raVatendi vaMazuva Ekupedzisira, takakomborerwa kuziva kuti kune muporofita panyika anoshanda seMutungamiri weKereke nekuti kuburikidza nemuporofita uyu Ishe vanoziyisa pfungwa Yavo nechido. Kana muporofita achi- taura kwatiri muzita ralshe, anotaura zvaizotaurwa nalshe dai Vanga vari pano.

Tinotendawo kuti zvese zvakazarurwa naMwari, zvese zvavanozarura zvino, uye tinotenda kuti vachazarura zvinhu zvizhinji zvikuru zvino- kosha maererano neumambo hwaMwari (onai Zvipupuriro zveChitendero 1:9).

Chikomborero kuva nhengo dzeKereke vechokwadi nekuziva kuti muporofita wedu anotaura kuda kwalshe kwa nhasi. Kuziva kuti Ishe vanotaura kuburikidza nemuporofita Wavo zvinotipa chokwadi che- kuti Muponesi mupenyu uye kuti Anotida uye ane basa nesu.

Muporofita anotungamira Kereke haambozotitungamirira mudondo. Anotiudza zvinhu zviri maererano neupenyu hwedu zvino. Muporofita anotipa rairo kubva kuna Ishe pagungano rekereke rese, rinoitwa kaviri pagore. Anopawo kuraira kwalshe kwatiri pamimwe mikereke inoitwa munyika yese. Nhauro zhinji dzemuporofita dzino- dhindwa mumamagazini eKereke.

Pamusoro peMutungamiri weKereke, vamwe varume vanotsigirwa se vaporofita, vaoni, nevadudziri. Ava ndivo vateveri vemuporofita neChikwata cheGumi neVaviri. Vatungamiri avo vanogashirawo zva- kazarurwa. Vanotiunzira chido chalshe, vanopa uchapupu hweutsvene hwaKristu, vanodzidzisa chirongwa cheruponeso, nekuita zvisungo.

Mutungamiri Harold B. Lee vakati: “Kana muchida kuziva kuti Ishe vanei zvevanhu vano panguva ino, ndinokurairai kuti muwane nekuverenga nhauru dzataurwa pagungano rino rekereke [rese]; nekuti zvataurwa nevarume ava nesimba reMweya Mutsvene ipfungwa yalshe, kuda kwalshe, izwi ralshe, nesimba raMwari kuruponeso” (mu Conference Report, Kubvumbi 1973, p. 176; kana *Ensign*, Chikunguru 1973, p. 121).

Vaporofita vanotida uye vane hanya nesu. Vanoziva kuti tinokwanisa kuwana ruvudiro ruzere nerufaro chete nekutevera rairo inopiwa kwatiri nalshe. Vaporofita vedu vanopa gwara munzvimbo dzese dze-upenyu hwedu. Semuenzaniso, Mutungamiri Gordon B. Hinckley vakatikurudzira kutaura zvinetsitsi kumunhu wese nekuva vavakidzani vakanaka. Vakatikumbira kuparidza vhangeri kumba nekumhiri nekupa rubatsiro kune avo vanoshaya. Vakatikurudzira kuwedzera basa ririkuitwa mumatemberu, kuchengeta zuva reSabata riri dzvene, kuteerera Izwi reUchenjeri nekubhadhara chegumi chedu zvakate-ndeka. Vakatikurudzira kusimbisa mhuri dzedu nekunzvenga kushusha kwerudzi rwupi zvarwo. Mutungamiri Hinckley vakayambira kuti “tanyanya kupinda mukati mekutambira pfungwa dzenyika.” Vakaenderera mberi kuti mushonga wematambudziko enyika “urinyore uye unoshanda zvinoshamisa. Rudo. Rudo nerukudzo zviripachena, zvirinyore, mazuva ese.” Vakatikurudzira kufambira mberi nerutendo. (Onai Conference Report, Gumiguru 1997, pp. 92–94; kana *Ensign*, Mbudzi 1997, pp. 68–69.)

### **Tine Basa reKuwana Uchapupu hweZvakazarurwa zvalshe kuVaporofita Vavo**

- Ndekupi kwatinga verenge kana kunzwa mashoko emuporofita neVatungamiri Vakuru nhasi?
- Sei kuziva kuti muporofita ndiye mutauri waMwari nhasi zvichitukurudzira kuteerera kurairo yake?
- Ratidza mufananidzo 13-a, “Muporofita Joseph Smith.”

Mumazuva ekutanga ekudzorerwa kweKereke, vanhu vazhinji vakatarisira zvikuru kuona Muporofita Joseph Smith. Pavakamuona, vazhinji vakaratidzwa nemweya wakasimbisa kwavari kuti akanga ari muranda walshe akasarudzwa. Sista Emmeline B. Wells vakataura nezve zviitiko zviviri zvakawedzera uchapupu hwavo hwemaporofita—chekutanga chakaitika pavakaona Muporofita Joseph Smith. Gare-gare; mushure mekupondwa kwaJoseph Smith vakaona kufanana kwechinguva chidiki kwe Mutungamiri Brigham Young kuMuporofita Joseph Smith.

- Itai imwe nhengo yekirasi iverenge nyaya inotevera:

“Ndinonzwa kuti ndine uchapupu hwekupa, hwandakachengeta kubva zuva iroro randakapinda muGuta reNauvoo ndikaona



*13-a, Muporofita Joseph Smith*



Muporofita Joseph Smith. Akauya kungarava kuzosangana nevatendi vakanga vachibva kunzvimbo dzekumabvazuva nenzvimbo dzepakati kusvika kumadokero.

“Ndakanga ndabhabhatidzwa nokuda kwaamai vangu, vakava Mutendi waMazuva Ekupedzisira pavakangonzwa vhangeri, asi ndakanga ndisina uchapupu uye ndakanga ndisina rutendo rwakawanda, nokuti ndakanga ndisina zvizhinji zvandaiziva pamusoro pezvinhu. . . .

“Pandakafamba nemurwizi mungarava, nekumira pamusoro pengarava kuti ndione Muporofita pakuburuka kubva mungarava, ndakabva ndaziva pakarepo kuti vhangeri raiva rechokwadi nekuda kwemanzwiro akapinda mandiri kubva panhongonya yemusoro wangu kusvika kwakaperera minwe yangu nezvigunwe, nenhengo dzese dzemuviri wangu. Ndakava nechokwadi ipapo kuti zvaiva chaizvo, kuti “chiMomoni” chaive chokwadi uye kuti ndakanga ndabhadharwa zvakazara pakuzvipira kwose kwandakanga ndaita kuuya kuNauvoo. Ndakanzwa kuti kungomuona chete kwaikodzera zvese. Ndakanga ndagadzirira zvakatikurei kuitira kumuona, asi ndinoda kukutaurirai kuti handina kugumbuka, nokuti hakuna kumbove nemurume akaita saiye.

“Nguva chete yakave nemurume akamufana yaive apo Brigham Young akazvizivisa semutungamiri weKereke nemutevedzeri weMuporofita Joseph. Handiyeuke mazwi acho, asi ndicho chiziviso chaakaita mukasango paTemple Hill muGuta reNauvoo. Pakanga paine vanhu vashoma vaiziva kuti akanga auya. Vaiziva kuti vese Gumi neVaviri vakanga vasipo panguva yakauraiwa Muprorofita Joseph nemukoma wake, Hyrum, uye ndinofunga vashoma mune vakanga varipo vaiziva kuti Brigham Young akanga adzoka. Paakauya pamberi achipa chiziviso ichocho, vanhu vese vakasimuka vakadaidzira, nezwi rimwechete, ungaro, kuti akanga ari Muporofita Joseph.

“Ndakanga ndakamira mubhokisi rengoro iri pamavhiri, saka ndakanga ndisingafanire kusimuka, asi avo vakanga vakagara vakasimuka vakadaidzira. Ndaiona zvakanaka, munhu wese akafunga, kuti Muporofita Joseph akanga amuka kuvakafa. Asi mushure mekunge Brigham Young ataura mazwi mashoma, zhowe zhowe rakaderera, vanhu vakaziva chaizvo kuti akanga asiri Muporofita Joseph asi Mutungamiri wechikwata chevaApositora Gumi neVaviri. Chakave chiratidzo chinoshamisa, ndinofunga, chandisati ndamboziva kana kuona, uye ndakaona zvine huwandu hukuru. . . .

“Ndanga ndichida kunyanya kukutaurirai nezvechiratidzo apo fuko reMuporofita rakava pana Brigham Young. Mushure maizvozvo takava nerutendo rukuru maari, rukuru zvaigoneka kuve; uye takave nerutendo nevese avo vakamutevera” (“My Testimony,” muzvakaunganidzwa naPreston Nibley, *Faith-Promoting Stories* [1977], pp. 137–38, 140).

- Sei zvakanga zvakakosha kuti Vatendi vakare vave nechitiko chakadai panguva yakapondwa Joseph Smith?

Chimwe chitiko chekusangana nemuporofita chinotaurwa naSista Piriko Valkama Petersen.

- Ita imwe nhengo yekirasi iverenge nyaya inotevera:

“Muzhizha ra 1952 vanhu vechidiki veku bazi redu vakanga vachinakidzwa nekembi yeGirl Scout (masikauti echisikana) pedyo neHelsinki, Finland, uye vachitarisira kushanyirwa kubva kuMutungamiri David O. McKay. Kasango kakanakisa kakatenderedzwa nemiti yemipiranga kakasarudzwa senzvimbo yekutambirira mutungamiri, uye sezvo zhizha racho rakanga rakanaka, takatenda kuti zuva rakakosha iri raizove rakanakawo.

“Apo nguva yakanga yosvika, uye tichitaura nezvekushanya kwake, mumwe wevasikana akangoerekana abvunza, ‘Chii chichaitika kuuchapupu hwedu kana asingaite kana kuratidzika semuporofita?’ Zvishoma nezvishoma, kukonona kwakatanga kupinda mupfungwa dzedu. Kusviba kwekukonona uku kwakaraidzika sekwavakuoneka kunze, sezvo makore, matema akasviba akaungana pamusoro pedu pazuva rekuuya kwake uye mvura ikauya ichipopomedza. Ndinoyeuka ndakagara pasi pemuti neshamwari, takatarisa mvura ichirova munyanza, uye pfungwa dzangu dzichiramba dzichidzokera kukutya kwekuti muporofita anokwanisa kusagutsa tarisiro dzedu. Ndaiziva kuti haaisvika ari munhumbi chena semaporofita vekare vatalona mumifanandizo, asi kuti aizenge akapfeka semunhuwo zvake. Ndatya zvakasimba kurasikirwa neuchapupu hwangau zvekuti dai ndaikwanisa ndainge ndakatiza. Asi zvakanga zvisingazoitika, ndakanga ndasarudzwa kupa nhauro yekutambira.

“Patakafamba takananga kukasango, mvura yakapera, asi denga rakanga rakasviba makore ari makobvu zvekuti kwakaita sekwasviba. Inifomu dzedu dzemaSikauti dzakanga dzanyorova uye takanga tisisina rufaro. Muchinyararire . . . takamirira. Nzvimbo yangu yakanga iri pakati pemutsetse. Ndaifanira kutora nhanho nhatu mberi, ndokwazisa Mutungamiri McKay nechikwata chake, ndoti kuna Sista McKay vave nezuva rekuzvarwa rinofadza ndopa ruva kwavari.

“Munzvimbo iyi yakasviba, nyoro kwakauya motokari nhema. Zvino, apo Mutungamiri McKay vakabuda kubva mumotokari, zuva rakabuda, uye pakarepo kasango kakazadzwa nechiedza. Mashizha neuswa zvakapenya apo miunze yezuva yakarova madonwe emvura. Takashamisika uye kwechinguva tikapofomadzwa nechiedza chikuru ichi.

“Ndakatarisa kune mutungamiri asi ndikasakwanisa kumuona zvakanaka. Chandaingoona mumvuri veushe kuzuva, chiedza chiri pabvudzi rake rakanakisa ravakuchena, rakaraidzika sedenderedzwa rechie-

dza raipenya rakatenderedza musoro wake. Tese takashama tikamira muchinyararire chekutya.

“Nguva yakanga yasvika yokuti nditore nhano dzangu nhatu mberi ndichitambira mutungamiri, asi ndakatadza kufamba. Ndakaziva kuti ndikatora nhano nhatu idzodzo, aibva aona pakarepo kukonona nekutya kwaive mumwoyo mangu kwakanga kuchinditambudza. Munhu wese akamirira, ini ndakamira ipapo ndisingaite chinhu.

“Pekupedzisira takanzwa mutungamiri wemishoni . . . achiti, ‘Sista Valkama, hamusi manga muine chimwe chinhu chekutura kwatiri?’ Ndakazvimanikidza kutora nhano nhatu diki-diki. Misodzi yakaerera nechiso changu. . . .

“Ndakaedza kutaura. Ndakangaidzika uye nekunyara, ndakamira ipapo ndikachema chinyararire. Zvino ndakazonzwa izwi reMutungamiri McKay.

“ ‘Uya pano, mwana wangu.’

Ndakaenda kwaari akaisa maoko angu ese mune ake akaabata apo ndaipa kwaziso yangu. Ndaiona ganda rake raiva seruvara rwendarama nechiedza chinodziya mumaziso ake. Manzwiwo erunyararo ruzere akayerera kubva mumaoko ake kuuya mandiri. Ndakanzwa sekuti zvainge zvakakosha kuti iye andibatsire sezvainge zvaitika kwandiri kupa nhauro yangu. Kakunzwa runyararo rwakazara zvakaerera kubva mumaoko ake kuneni. Kutya kwangu kwekuti aizonditonga, kwandakanga ndanzwa kanguva kapfuura, kwakabva mandiri nzvimbo yako yakanga yatorwa nemanzwiwo erudo anesimba. Ndakaziva kuti akanga ari muporofita waMwari akanga auya kwete kuzotitonga asi kuzotida” (“When the Sun Broke Through,” *Ensign*, Nyamavhuvhu 1976, p. 37).

Kunyange vamwe vedu vasingazowana mukana wekuona muporofita, sezvakaita Sista Petersen, tinokwanisa tese kudzidza, kunamata, neku-tsvaga kuwana uchapupu hwechigaro chemuporofita wedu. Kuwana uchapupu hwakadai kunokwanisa kuitika nenzira dzakasiyana. Mumwe nemumwe wedu anofanira kuwana uchapupu hwemuporofita ari kurarama.

- Kumbira nhengo dzekirasi dzakaona muporofita kana vakawana uchapupu hwake kuti vagoverane nekirasi chiitiko chavo.

Tinofanira kunamatira muporofita muminamoto yedu pachedu neyemhuri. Tinofanira kudzidzisa vana vedu kutenda nemuporofita neku-munamatira sezvino ratidzwa munyaya ino: “Imwe mhuri yakapfugama mumunamoto mushure mekunzwa nhau dzekufa kweMutunga-miri Joseph Fielding Smith. Baba vakataura kutenda kwekuvepo munguva yekuparidza kwemuporofita mukuru iyeyo.

Zvino vakazotenda Ishe nemaporofita vese vakanga varipo, kunyanya Mutungamiri Harold B. Lee [Mutungamiri mutsva weKereke].

Vakanamata kuti vana vavo vazoziva muporofita mutsva nekudzidza dzidziso dzake. ‘Komborerai vana vakanaka ava, Baba, vakanamata, kuti vagozo tevera avo vanotevera muporofita uye vasazoita chero chinhu chisingazoitwa neMutungamiri Lee’ ” (Marian Sorensen, “Teaching Children Through Prayer,” *Ensign*, Chivabvu 1973, p. 34).

- Chiitiko chakadai chingadzidzise vana vedu sei kutevera muporofita?
- Tingawane sei uchapupu hwemuporofita wedu?

### **Vatungamiri VeUfundisi Vemunzvimbo Medu Vanogadzwa naMwari**

- Ratidza mufananidzo 13-b, “Kokorodzano irikutsigira nhengo yehufundisi.”
- Ishe vanotaura nesu nhasi kuburikidza nevapi vamwe varanda?

Muporofita nevamwe Vatungamiri Vakuru vanotungamira zviumbu zvese zveKereke. Zvisinei, sezvo vasingakwanise pachavo kutungamira mabasa ese ezviumbu, vakagovera kodzero yekutungamira neku-fambisa kune vamwe. Ishe vanodaidza vabati veufundisi vakakodzera kuti vashande pasi peutungamiri hweVatungamiri Vakuru munzvimbo dzedu. Vatungamiri vanzvimbo dzedu vanodaidzwa nezvakazarurwa kuti vatungamire muururami. Kunyange vachingonzwa kuti havana kugadzirira zvakakwana kana kudzidzira zvigaro zvavo zveutungamiri, Ishe vavasarudza kuti vatungamire panguva ino, uye anokwiri-dzira kwaniso dzavo dzekuita basa ravo.

Mushure mekusarudzwa kwevatungamiri vemunzvimbo yedu, vano-piwa kwatiri kuitira vhoti yedu yekutsigira. Kana tichisimudza maoko edu kuvatisigira, tiri kuvimbisa kuvatevera nekuvabatsira mumabasa avo. Mutungamiri James E. Faust akadzidzisa kuti kuteerera rairo yevatungamiri veufundisi kunogona kutiunzira nyaradzo huru. Vakati: “Handitaure kuteerera kwemurima, asi kuteerera kwerutendo, kunotsigira nekusimudzira sarudzo nesimba rekuti dzakafemerwa. Ndinokurudzira kuva muufambidzani neMweya kuitira kuti tikwanise kunzwa uchapupu hunosimbisa hweuchokwadi hwegwara ratinotambira kubva kuvatungamiri veufundisi. Mune ndaramo nerunyararo mukutsigira vatungamiri vedu veufundisi musarudzo dzavo” (mu Conference Report, Kubvumbi 1997, p. 59; kana *Ensign*, Chivabvu 1997, pp. 42–43).

- Chii chatingakumbirwe kuita nemutungamiri weufundisi wemunzvimbo medu? Tingaratidze sei kuti tinotenda kuti akagadzwa naMwari?

Vabereki vane basa rekudzidzisa vana vavo kusimudzira nekutsigira vatungamiri veufundisi vemunzvimbo mavo. Havafanire kumboshoro-



*13-b, Kereke iri kutsigira nhengo yeufundisi*

podza vatungamiri veufundisi kana kutaura zvinhu zvisina kunaka pamusoro pavo. Kushoropodza vatungamiri vedu kunoisa munjodzi ruponeso rwedu. Tinofanira kuchenjera kutaura zvakanaka pamusoro pevatungamiri veufundisi pamberi pevana vedu. Tinofanira kuvadzidzisa kuvimbika kuzvigaro zveumambo hwalshe. Vana vedu vano dzidza nemuenzaniso kuva vakavimbika kune zvigaro neavo vakadaidzwa kushanda sevutungamiri veufundisi muzvigaro izvi.

“Varume vanobata Ufundisi varume venyama; varume vanokwanisa kukanganisa. . . .

“Zvisinei, Mwari vakasarudza varume ava. Vakavanyurura. Havana kuzviita vega; asi Vakava sarudza, uye Vakaisa pavari mvumo yeUfundisi Utsvene, uye vakave vamiririri Vavo munyika. . . .

“Uye avo vanosimudza mazwi avo . . . kupikisa mvumo yeUfundisi Utsvene . . . vanoenda pasi kugehena, kunze kwekunge vatendeuka” (George Q. Cannon, *Gospel Truth*, sel. Jeereld L. Newquist, bhuku rechipiri, 2 vols. [1974], 1:276).

- Tingaiti kutsigira vatungamiri vedu vehufundisi vemunzvimbo medu?

### **Tinokwanisa Kugashira Rubatsiro Muupenyu Hwedu Pachedu kubva kuVatungamiri Vedu Veufundisi Vemunzvimbo Medu**

- Ratidza mufananidzo 13-c, “Sista ari kugashira mazano kubva kumutungamiri wake webazi.”

Vatungamiri veufundisi vemunzvimbo medu (vadzidzisi vedu vekumba, vatungamiri veufundisi vechikwata, mutungamiri webazi kana bhishopi, mutungamiri wedu wemishoni, mutungamiri wedunhu kana mutungamiri wehoko, nevamwe) vanodaizwa kwete chete kufambisa basa reKereke, asiwo kubatsira mumwe nemumwe wedu. Kana tiine matambudziko edu pachedu, dzimwe nguva tinozeza kukumbira rubatsiro kuvadzidzisi vedu vekumba kana bhishopi wedu kana mutungamiri webazi. Tinofunga kuti havanganzwisise. Dzimwe nguva tinonyara. Zvisinei, Vatungamiri Vekutanga veKereke vakatitaurira:

“Ishe vakaronga Kereke rava zvekuti nhengo yese—murume, mukadzi, nemwana vanokwanisa kusvika kune mupi wemazano wezve-mweya nemubatsiri wezvepasi anofanira kuvazivisisa uye anofanira kunzwisisa mamiriro ezvinhu munobva matambudziko avo.

Vatungamiri vemunzvimbo ava ndivo, nechikonzero chekugadzwa kwavo nekutsaurwa, vane kodzero yechipo chedenga chekuona nefe-mero zvinodikanwa kuvakwanisa kupa mazano inodiwa neane matambudziko. Bhishopi kana mutungamiri webazi achida rubatsiro, anokwanisa kuenda kune mutungamiri wehoko kana wemishoni, anokwanisawo, kutsvaga rairo kubva kune . . . [mutariri] wake Mutungamiri Mukuru (General Authority).



*13-c, Sista arikugashira mazano kubva kumutungamiri wake wefundisi*

“Isu, nokudaro, tinokurudzira nhengo dzese dzine matambudziko kana mibvunzo inovanetsa kuti vabvunze bhishopi wavo kana mutungamiri webazi zvakasununguka uye zvizere vowana kubva kwaari rubatsiro rwavanoda” (*First Presidency Letter*, 7 Gumiguru 1977). Nhengo dzinofanirawo kurairana nevadzidzisi vavo vekumba nevekushanya.

### **Mhedziso**

Baba veKudenga vanotida uye vakatipa maporofita ekutitungamira. Muporofita anova Mutungamiri weKereke haazombotitungamirira mudondo. Tinofanira kuva neuchapupu hwemuporofita todzidzisa vana vedu kuteerera kumazwi ake.

Vatungamiri veufundisi vemunzvimbo medu vakadaidzwawo naMwari kuti vatibatsire. Tinofanira kuvasimudzira maoko nekuvatsigira. Tinofanira kuda kuteerera kurairo nemazano avo sezvo zvichi-piwa kutitungamira muupenyu hwedu pachedu.

Patinoratidza rudo nerukudzo rwemuporofita wedu nevatungamiri vemunzvimbo medu, avo vari pedyo nesu vanozonzwa kuda kuda-rowo.

### **Zvekuita**

Dzidzai nhauro yazvino-zvino yemuporofita. Shandisai dzidziso dzake muupenyu hwenyu hwemazuva ese. Kurukurai nemhuri yenyu mabasa emuporofita nevatungamiri veufundisi vemunzvimbo menyu.

### **Zvimwe Zvinyorwa Zvitsvene**

- 1 Nepi 22:2 (zvinhu zvinoitwa kuti zvizivikanwe nemuporofita neMweya)
- Dzidziso neZvibvumirano 21:1, 4–6 (gashirai izwi remuporofita seririkubva kuna Mwari)
- Dzidziso neZvibvumirano 43:1–7 (zvakarurwa kuKereke zvino-piwa bedzi kuburikidza naiyeyo akasarudzwa)
- Dzidziso neZvibvumirano 107:71–74 (bhishopi mutongi muIsiraeri)

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### **Gadziriro yeMmishoni**

Usati wapa chidzidzo chino:

1. Verenga *Musimboti weVhangeri*, chitsauko 9, “Maporofita vaMwari.”
2. Sarudza nhengo dzekirasi kuzopa chero nyaya, zvinyorwa zvit-svene, kana zvakadzokororwa (makotesheni) zvaunoda.



# KUKUNDA UIPI HWENYIKA

*C h i d z i d z o 14*

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Chinangwa chechidzidzo ndechekutibatsira kunyatsoziva mazano alshe maererano neupi hwanhasi nekuti tingatarisane nhahwo sei.

## **Masimba aSatani, Zvinangwa Zvake neUnyengedzi**

Pane nyaya inogarotaurwa yevarume vatatu vakanyorera kutsvaga basa rekutyaira mabhazi ekambani yekufambisa. Mutsvagi aizobudirira aizotyaira munzira dzemumakomo makuru dzine mikwidza ine ngozi. Abvunzwa kuti aizotyaira sei, wekutanga akapindura: Ndiri mutyairi akanaka, ane ruzivo. Ndinokwanisa kutyaira pedyo nekumucheto kwemukwidza zvekuti vhiri remotokari rinenge riri pedyo pedyo nemucheto isingambo buda.

“ ‘Uko ndiko kutyaira kwakanaka,’ akadaro musevenzerwi.

“Murume wechipiri akavirima, ‘Aa, ndinokwanisa kuita zvirinani kupfuura izvozvo. Ndinokwanisa kutyaira zvakanatsonaka zvekuti vhiri remotokari rinopfuurira, chikami chepakati nepakati chevhiri chiri kumucheto kwemukwidza, chimwe chikamu chirimumhepo chakapfuurira mucheto.’

“Musevenzerwi akafunga kuti chii chaizotaurwa nemurume wechitatu, akashamisika nekufadzwa nekunzwa, ‘Changamire, Ndinokwanisa kungova kure nemucheto zvinokwanisika.’ Hazvibatsire kubvunza kuti ndeupi wevarume ava akawana basa” (Spencer W. Kimball, *The Miracle of Forgiveness* [1969], pp. 217–8).

Rwendo rwedo nemuupenyu mumazuva ano ekupedzisira rwunotora nzvimbo munzvimbo ine ngozi (onai 2 Timotio 3:1). Tinofanira kuita semutyairi wechitatu. Sekusarudza kwaakaita neuchenjeri kunzvenga ngozi, tinofanira kusarudza kunzvenga uipi hwenyika.

- Verengai 1 VaTesaronika 5:22. Sei zvakanakosha kwatiri kunzvenga kunyange kunyange chimiro cheupi?
- Verengai Moroni 7:12, 14. Chii chinotinyengera kuita chakaipa?

Magwaro matsvene anonogedza dhiyabhorosi, kana Satani, semuvengi kuna Mwari (onai Moroni 7:12) nemuparadzi wemweya yevanhu (onai Hiramani 8:28). Anozivikanwa nemazita mazhinji, mamwe acho anoti-taurirawo zvinangwa zvake: muipi (D&Z 93:37), muparadzi (D&Z 101:54), muedzi (Mateo 4:3), nababa wemanyepo ese (2 Nefi 2:18).

Tinoziva kuti Satani nevateveri vake mweya isina miviri yenyama nemabonzo uye vanoda kupinda mumiviri yedu yenyama (onai Mateo 8:28–32). Muipi anotsvaga kuita kuti tose tishaye rufaro. Anotibira madiro edu, otibvisa kubva kuvavariro dzedu dzekusingaperi, otiita nhapwa nekutiparadza. Satani anoshandisa nhema, unyengeri, necho-kwadi chisina kuzara kutiedza nekuti bata.

Maererano naSatani, Mutungamiri Spencer W. Kimball vakati, “Anoviga chakaipa kuchiita kuti chitaridzike sechine runako, chinofadza chirinyore, kunyange chakanaka” (“The Blessings and Responsibilities of Womanhood,” *Ensign*, Kurume 1976, p. 70).

Satani anotsvaga kupunza musha nemhuri. Imwe yenzira dzake dzakawanda kupikisa basa rakapiwa nalshe kuvakadzi. “Satan nevarwi vake . . . vanokwezva vakadzi kubva kumabasa avo anokosha semadzimai, vanaamai, nevabati vedzimba” (N. Eldon Tanner, mu Conference Report, Gumiguru 1973, p. 124; kana *Ensign*, Ndira 1974, p. 7).

Mukuedza kwake kunyengedza vakadzi, Satani anotaura zvikonzero zvingaite kuti zvinhu zvakaipa zviratidzike sezvinobvumirwa.

- Ita kuti nhengo yekirasi iverenge ichidaidzira chikonzero chekunyengedza chinotevera chatinonzwa munyika nhasi:
  1. Kubvisa pamuviri: “Muviri wangu. Ndinoita zvandinoda nawo.”
  2. Hupombwe: “Munhu wese ari kuzviita.”
  3. Muchato: “Zvirinani kuziva kuti munowirirana here nekugara mese musati machata. Zvisinei, zvemuchato ndezvakare.”
  4. Kurambana: “Kana zvisingashande, zvirege.”
  5. Mishonga Inodhaka: “Inonakidza. Inoita kuti unzwe zvakanaka.”
  6. Zvinonyadzisira: “Unofanira kuverenga marudzi akasiyana ezvinhu kuti uzive zvakananda.”
  7. Basa reVakadzi: “Wakachenjera zvakananyanya kupedza nguva yako mumba nevana. Unokwanisa kunge uchipa zvinebasa kumwewo.”
  8. Kudanana kweverudzi rumwechete murume nemurume kana mukadzi nemukadzi: “Hatifanire kuvanza manzwiwo edu chaiwo. Tinoda kunzwisisa nekutambira.”

9. Kuronga mhuri: “Kana ukave nevana, haufanire kuva nevakawanda. Nyika yatozarisa zvairi.”

Mukuru Delvert L. Stapley vakaraira: “Zivai uye muchenjerere masha-ndiro anonyengera aSatani, nokuti haambozorora kuedza kutirasisa. Inyanzvi pakuita kuti zvinhu zviratidzike sezvinofadza nekunaka, asi pachokwadi zvichikwanisa kuunza kuparara kweunhu hwedu. Haatende murusununguko rwemadiro, uye anoda kutonga pfungwa dzedu, njere, nezviito. Tinokwanisa kuona mashandiro ake kawanda mumabhaisikopo, mune zvinoratidzwa paterevhizheni, mumabhuku anoburitswa nguva nenguva (magazines), nemuzviito zvevanhu nemarudzi” (mu Conference Report, Kubvumbi 1975, p. 32; kana *Ensign*, Chivabvu 1975, p. 22).

### **Nzira yeKukurira Uipi**

Tinokwanisa kunzvenga uipi nekutevera murairo kwakachenjera kwevatungamiri vedu, nekuzvipira mukusarudza kwedu kukunda uipi, uye nekutsvaga kutungamira kweMweya Mutsvene.

#### ***Kutevera Mazano eVatungamiri Vedu***

Vatungamiri veKereke, vanomirira chokwadi neururami, vanotiraira maererano nezvakaipa zvemazuvaano. Sista Elaine L. Jack, vakanga vari mutungamiri mukuru weBato reMadzimai, vakati: “Takadzidziswa . . . nemaporofita, vaoni, vadudziri nevamwe Vatungamiri Vakuru vane ufundisi hwaMwari. Mashoko avo ndeenhengo yese yeKereke. Kana tiine ‘nzeve dzekunzwa’ (Mateo 11:15), tinokwanisa kucherechedza kuti Ishe vari kuti, ‘Kunyangwe nezwi rangu pachangu kana nezwi revaranda vangu, zvimwechetezvo’ (D&Z 1:38)” (mu Conference Report, Gumiguru 1996, p. 107; kana *Ensign*, Mbudzi 1996, p. 78).

Tinofanira kudzidza zvinotaurwa nevatungamiri vedu veKereke, totee-rera mazano avo, uye todzidzisa chokwadi ichi kumhuri dzedu.

- Ita nhengo dzekirasi dzakawanda dziverenge dzichidaidzira mazwi evatungamiri vedu veSangano:

#### ***Kubvisa pamuviri***

“Nekuda kwekupararira kwekuda kuziva muvanhu pamusoro peku-bvisa pamuviri, tinosimbisazve kuti Kereke rojesu Kristu raVatendi vaMazuva Ekupedzisira rinoramba richipikisa kubvisa pamuviri kwekuzvidira. Panguva inopfuura zana remakore, Vatungamiri Vekutanga veKereke vakayambira pamusoro peupi uhwu. Tinoramba tichiraira vanhu kwese-kwese kuti vabve mukuita kunoparadza kwekubvisa pamuviri nekuda kwemunhu pachake kana kwemagariro.

“Kereke inocherechedza kuti kungangove nedzimwe nyaya shoma dzekuti kubvisa pamuviri kungango revererwa—nyaya dzepamuviri

nekuda kwemakunakuna kana kubatwa chibharo; panenge upenyu kana utano hwemukadzi hwatongwa nekuyerwa namazvikokota wezvekurapa kuti huri munjodzi; kana panenge mwana asati azvarwa azivikanwa namazvikokota wezvekurapa kuti ane zvisina kumira zva-kanaka paari zvekuti mwana uyu haarame kupfuura pakuzvarwa. Asi izvi hazvisi zvikonzero zvekuti pamuviri panobva pabviswa. Kunyange munyaya dzakadai, vaviri vanofanira kusarudza kubvisa pamuviri chete mushure mekutaurirana ivo, uye bhishopi wavo neku-gashira kusimbisa kutsvene kuburikidza nemunamato.

“Tsika yekubvisa pamuviri kwekuzvidira inopikisana zvikuru nemura-iro walshe, ‘Usabe; kana kuita upombwe, kana kuuraya, kana kuita chimwe chinhu chakaita saizvo’ (D&Z 59:6). Tinokurudzira vese kuchengetedza kuera kweupenyu hwemunhu nokudaro towana rufaro rwakavimbiswa kune avo vanochengeta mirairo yalshe” (“Statement Issued on Abortion,” *Church News*, 19 Ndira 1991, p. 5).

### *Hupambwe*

“Zviito zvekubatana kwakadzama kunze kwemhiko dzemuchato hazvibvumirwe nalshe nekuti zvinokanganisa zvinangwa Zvavo. Mukati mechibvumirano chinoera chemuchato, ukama hwakadai huri maererano nechirongwa chavo. Kana zvikaitwa neimwe nzira, zvinopi-kisa chido Chavo. Zvinokonzera kukuvara kukuru kwemanzwiwo epfungwa nemweya. Kunyange zvazvo vanoita izvi vasikazvione kuti zviri kuitika ipapo, vanozozviona pamberi.

“Unhu hwekupomba hunotadzisa kutunha kweMweya Mutsvene nekwaniso dzawo dzekusimudzira, kujekesa nekusimbaradza. Hunokonzera kukuchidzirwa kwakasimba kwezvenyama nepfungwa. Nekufamba kwenguva, zvinozokonzera kupanga kusingapere kunoko-nzera mutadzi kuva muchitadzo chakaipisira. Hunokonzera undingo-veni uye hunokwanisa kuburitsa zviito zvekumanikidza zvakaita seu-tsinye kubvisa pamuviri, kushandisa zvisizvo zvekusika, nemhaka dzechisimba. Kukuchidzira kwakadai kunogona kutungamira kuzviito zvekudanana kweverudzi rumwechete sekuti murume nemurume kana mukadzi nemukadzi, zvakaipa uye hazvisizvo.

“Kutadza kwekupomba kunogona . . . kupedza simba rako rezve-mweya, kwokanganisa rutendo rwako munaJesu Kristu, kwotadzisa kwaniso yako yekuMushandira. Kuda kuteerera kuno ramba kuripo, kunowedzera simba rako nekwaniso. Kunoburitsa unhu unokubvumira kutarisana nezviitiko zvakaoma nekuzvikunda. Kunokukodzera kugashira femero nesimba kubva kuna Ishe” (Richard G. Scott, mu Conference Report, Gumiguru 1994, pp. 50–51; kana *Ensign*, Mbudzi 1994, p. 38).

*Muchato*

“Isu, Vatumamiri Vekutanga neDare reVaapositora Gumi nevaviri veSanganano raJesu Kristu raVatendi vaMazuva Ekupedzisira, tinozivisa nekutsiga kwose kuti muchato pakati pemurume nemukadzi unogadzwa naMwari uye kuti mhuri yakakosha kuchinangwa cheMusiki chemagumo ekusingaperi evana Vavo” (“Mhuri: Chiziviso kuNyika,” *Ensign*, Mbudzi 1995, p. 102).

*Kurambana*

“Sei dzimba dzese idzi dzakaparara? Chii chinotika kumichato inotanga nerudo rwechokwadi nechido chekuvimbika nekutendeka nekuitirana chokwadi? . . .

“Ndinoona undingoveni iri iwo mudzi wechikonzero chazvo. . . .

“Pane mushonga wezvese izvi. Hauwanikwe mukurambana. Unowanikwa muvhangeri reMwanakomana waMwari. Ndiye akati, ‘Naizvozvo icho Mwari chavabatanidza pamwechete, ngakurege kuva nemunhu anochiparadza’ (Mateo 19:6). Mushonga wematambudziko emichato mizhinji hakuzi kurambana. Uri mukutendeuka. Hausi mukuparadzana. Uri mukuvimbika kuri nyore kunoita munhu atarisane nesungiro dzake asingazengurire. Unowanikwa muMumutemo weNdarama” (Gordon B. Hinckley, mu Conference Report, Kubvumbi 1991, p. 97; kana *Ensign*, Chivabvu 1991, pp. 73–74).

*Mishonga Isiri Pamutemo*

“Siyana nemishonga isiri pamutemo. Inogona kunyatso kuparadzai. Inobvisa masimba enyu ekufunga. Inokuitai nhapwa nenzira ine uturu yakaipisira. Inoparadza pfungwa yenyu nemuviri. Inovaka mamuri kupanga kwekuti munoita chinhu chese-chese kuigutsa” (Gordon B. Hinckley, mu Conference Report, Kubvumbi 1998, p. 67; kana *Ensign*, Chivabvu 1998, p. 50).

*Zvinyorwa kana Mifananidzo kana Mabhaisikopo Anonyadzira*

“Munogara munyika yezviedzo zvinotyisa. Zvinonyadzisira netsvina yazvo inosemesa, zvinopararira pasi rose semasaisai anoputina. Muchetura. Musazvitarise uye musazviverenge. Zvinokuparadzai kana mukadaro. Zvinobvisa pamuri rukudzo rwenyu. Zvinokubirai ruzivo rwezvakanaka zveupenyu. Zvinokudzikisai zvokuzvuvirai muma-dhaka epfungwa dzakaipa nedzimwe nguva ezviito zvakaipa. Ibvai pazviri. Zvidzivirirei sezvamungaita kuchirwerere chakaipa, nokuti zvinourayawo. Ivai neunhu hwakanaka mupfungwa nezviito. Mwari vakadyara mamuri, nechinangwa, chido chinokwanisa zvirinyore kuparadzirwa kuupi nemagumo anoparadza” (Gordon B. Hinckley, mu Conference Report, Gumiguru 1997, pp. 71–72; kana *Ensign*, Mbudzi 1997, p. 51).

*Basa reVakadzi*

“Kunana amai, vanasikana, nevakadzi kwese-kwese, regai ndisimbisise chokwadi chekuti nekuda kwaniso yenyu huru nesimba rezvakanaka muupenyu hwedu tese, Satan akazvipira kukuparadzai. Hamukwanise kuwirirana naye. Munofanira kuva neushingi, simba, nechido, chekuzvipira kugara semagariro Ishe vangada kuti multe—upenyu hwakanaka hwakachena. . . .

“Vasikana zvigadzirirei kutora basa ranaamai nekuwana ruzivo neuchenjeri kuburikidza nedzidzo yakanaka. Tinodzidzisa kuti ukuru hwaMwari injere, naizvozvo tinofanira tose kuziva zviru kuitika makatitenderedza nekugadzirira kukurira Satani mukuedza kwake kutibvisa kubva kumagumo edu matsvene. Neruzivo, uchenjeri, kizvipira, neMweya waIshe kuti batsira tinogona kubudirira” (N. Eldon Tanner, mu Conference Report, Gumiguru 1973, pp. 126, 127; kana *Ensign*, Ndira 1974, pp. 8, 10).

*Kudanana kwemurume nemurume kana mukadzi nemukadzi*

“Mutemo waIshe weunhu hwepabonde kusaita kunze kwemuchato wepamutemo nekuvimbika mukati memuchato. Ukama hwepabonde hwakanaka chete pakati pemurume nemukadzi uchiratidzwa mukati memhiko dzemuchato. Kuita kwese kwezvepabonde, kusanganisira . . . kudanana kwemurume nemurume uye mukadzi nemukadzi, kutadza. Avo vanofurira vamwe kuita izvozvo vanopinda pakurangwa kweKereke. . . .

“Pfungwa dzakadai nemanzwiwo, zvisinei nezvikonzero, zvinokwanisa uye zvinofanira kukundwa uye maitiro ekutadza anofanira kubviswa. Izvi zvinokwanisa kugonekwa kuburikidza nerutendo munaMwari, kutendeuka nemwoyo wese, nekuramba muchiedza” (*First Presidency Letter*, 14 Mbudzi 1991).

*Kuronga mhuri*

“Vaviri vanofanira kuva nevana vangani? Vese vavanokwanisa kuchengeta! Hongu, kuchengeta vana kunoreva zvapakfuura kungovapa upenyu chete. Vana vanofanira kudiwa, kurerwa, kudzidziswa, kupiwa kudya, kupfekedzwa, kuva nepekugara, nekutangiswa kwakanaka mukugona kwavo kuva vabereki ivo pachavo. Kushandisa rutenendo muvimbiso dzaMwari kuvakomborerera pavanenge vachichengeta mirairo yavo, vabereki vazhinji veVatendi Vamazuva Ekupedzisira vane mhuri huru. Vamwe vanotsvaga asi havakomborerwe nevana kana kuti neuwandu hwevana vavanoda. Munyaya yakadzama yakadai, hatifanire kutongana” (Dallin H. Oaks, mu Conference Report, Gumiguru 1993, p. 101; kana *Ensign*, Mbudzi 1993, p. 75).

“Ishe vakatiudza kuti tiwande tizadze nyika kuti tikwanise kuva nerufaro muzvibereko zvedu, uye hakuna rufaro rukuru kupfuura rufaro rwunouya rwevana vanofara mumhuri dzakanaka. Asi havana kutaura uwandu, kana Kereke harina. Iyi inyaya inoera inosiirwa kuvaviri naIshe” (Gordon B. Hinckley, *Cornerstones of a Happy Home* [pamphlet, 1984], p. 6).

- Ndekupi kwatinga dzidze zvinodzidziswa nevatungamiri vedu maererano nezvinhu zvazvino? (Koka nhengo yekirasi iverenge chikamu “Mazwi eMaporofita Edu Anorarama” muchitsauko 10 *cheMusimboti weVhangeri*.)

Mukuru Gene R. Cook vakakumbira kuti timirire zvakanaka nekutaura nezva Mwari neushingi. Vakapa muenzaniso wemukadzi akaita izvozvi mumamiriro aiyedza:

“Akanga ari pamabiko ekudya kwamasikati nevamwe vanhengo dzeKereke; vamwe vakanga vari nhengo dzekereke; vamwe vakanga vasisapinde; nevamwevo vashoma vasiri nhengo vaivepo. Nyaya yakapindukira kukubvisa pamuviri nekuronga mhuri, mumwe wevasiri nhengo akataura . . . kumwe kunzwa kwakasimba zvikuru maererano nenyaya idzi. Akataura, zvisina chokwadi, kuti hapana chakaipa nekubvisa pamuviri, uye [akataura zvimwe zvinofungwa zvapakpfuurdza]. Sista vakanaka vemuKereke vakatarisana nechiedzo chakaoma chekuti votaura nezvemamiriro ekunze kana imwe nyaya isina nharo, kana kunyatsotaura pfungwa yavo vachireva chokwadi. Mudzimai akanaka uyu akasarudza kutaura chokwadi. Mushure mekutsanangura zvakanga zvataurwa naIshe maererano . . . nenyaya idzi, akapa uchapupu hwake pamusoro pemanzwiwo ake. . . . Pashure mumwe wemadzimai vasisauye kuKereke akauya kuna sista vakanaka ava akatsanangura kuti akanga asina kumbenge akanzwisisa kufunga kwaIshe panyaya idzodzo uye akangaanzwa chokwadi chichitaurwa pazuva iroro” (mu Conference Report, Kubvumbi 1976, p. 153; kana *Ensign*, chivabvu 1976, p. 103).

- Sei zvakanga zvakakosha kuti sista ava vazive zvakanga zvataurwa naIshe pamusoro penyaya dzanhasi? Sei tichifanira kuziva zvakataurwa naIshe pamusoro penyaya dzazvino?

Mukuru Marvin J. Ashton vakaraira:

“Hakuna kumbove nenguva yekukosha kukuru kwatiri senhengo dzeKereke raJesusu Kristu raMazuva Ekupedzisira kwekuti timire, tirambe takasimba mukutenda kwedu, nekuzvibata zvakachenjera pamamiriro ezvinhu ese. Hatifanire kushandiswa kana kushatiriswa neavo vanokuridzira zvakavanda gakava pamusoro penyaya dzanhasi.

“Kana nyaya dziri mukusiyana nemitemo yaMwari, Kereke rinofanira kumira zvakasimba richitaura parimire. . . .

“Chedu kutsanangura patimire kuburikidza nekufunga, kunyengerera kweushamwari, nechokwadi chaicho. . . .

“Patinomira tichipikisa uipi hwanhasi, . . . tinogona kutaura zvitendero zvedu tisingakunge zvibhakera, tisingasimudze mazwi edu kana kukurudzira gakava” (mu Conference Report, Kubvumbi 1978, pp. 9–10, 12; kana *Ensign*, Chivabvu 1978, pp. 7–9).

- Verengai Aruma 38:10–12. Maererano nechinyorwa chitsvene ichi, tinofanira kugoverana sei zvitendero zvedu?

### ***Kuzvipira Mukusarudza Kwedu Kukurira Uipi***

- Nongedzera nekuverenga uchidaidzira pfungwa inotevera yakanyorwa pabhodhi: Tinofanira kuyeuka kuti “Satani haana simba pamusoro pedu kunze kwekunge taripa kwaari. . . . Mwari havambotimanikidza kuita zvakana, uye Satani haana simba rekutimanikidza kuita zvakaipa” (Sterling W. Sill, mu Conference Report, Kubvumbi 1970, p. 30; *Improvement Era*, Chikumi 1970, p. 45).

Tinofanira kumira zvakasimba neushingi kupikisa Satani. Mushure mekutura chiitiko chaMosesi naSatani (onai Mosesi 1:1–24), Mutungamiri Spencer W. Kimball vakatsanangura kuti sei izvi zvichidikanwa: “Kana akaedzwa, Satani anoshatirwa, sezvaakaita naMosesi. Akachema nezwi guru, akadedera akazunguzika, akabva panaMosesi *akanga akashinga*. Kwakave nekuchema, nekuungudza nekugeda-geda kwemeno paakabva pana Mosesi. Pakanga pasisina chimwe chinhu chekuti aite. Anofanira kubva paunoti, ‘Ibva pandiri, Satani.’ Munhu wese ane nyama nemapfupa akasimba kupinda Satani, *kana munhu iyeyo akashinga*” (“The Blessings and Responsibilities of Womanhood,” *Ensign*, Kurume 1976, p. 71).

- Sei tichifanira kusimba nekushinga kubvisa patiri kufurira kwaSatani? Ruzivo rwemusimboto uyu rwungatipasei nyaradzo neushingi?

### ***Kutsvaga Kutungamirwa KweMweya Mutsvene***

Takarairwa kutsvaga utungamiri hweMweya Mutsvene mukuedza kwedu kwose kupikisa uipi. Mutungamiri Marion G. Romney vakatiyeuchidza kuti “hatifanire—uye hatinga nyengedzwe kana kukanganiswa pfungwa . . . nedzidziso nekuita kwakaipa. Uye hatizopindwa nazvo kana tikachengeta mupfungwa zvatiiri nekushandisa nzira dzatakapiwa nalshe kuona nekuzvinzvenga.

“Ngatirege kumbokanganwa—. . . .



“Kuti mweya yedu vana vekuberekwa vevabereki vemweya, vekudenga; “Kuti chinangwa chikuru chekuva kwedu pano panyika munyama kuti tiedzwe kuona kana tichizoita izvo zvatinouudzwa nalshe kuti tiite. . . .

“Zvakakosha kuti tichengete mupfungwa kuti sarudzo dzatinoita patinosarudza chakanaka nechakaipa isarudzo dzinokosha zvikuru dzatichazomboita. Padziri ndopanomira rufaro rwedu kana kusuwa munguva yose nekusingaperi.

“Zvino zvifakazira, zvakarurama uye ichokwadi, kuti Mwari Baba vedu vari kudenga neMwanakomana Wavo Anodiwa Jesu Kristu, Mununuri wedu, havangatiise munzvimbo yakadai, mune zvakawanda zvinomira sarudzo dzedu, vasingatipe nzira dzatingakwanise nadzo kuona chakanaka kubva kune chakaipa. Nzira yaakatipa *izwi reMweya*” (“The Voice of the Spirit,” *Ensign*, Nyamavhuvhu 1978, pp. 3–4).

- Verengai VaEfeso 6:11–18. Utungamiri hweMweya Mutsvene hunofanidzwa sei pakupfeka nhumbi dzose dzekurwa dzaMwari?

### **Mhedziso**

Simba nekufurira kwaSatani zvikuru. Pakusvika pedyo kwekuuya kwalshe kwechipiri, Satan achawedzera kuedza kwake kwekutinyengedza nekutiparadza. Kana takasimba takashinga, tinokwanisa kukunda uipi hwanhasi.

Nokuti Vatungamiri Vekutanga nevane Gumi neVaviri vari kuziva dzidziso dzenhema neuipi zviri munyika, vanoramba vachitiyambira nekutidzidzisa sekurairwa kwavanoitwa nalshe. Tinofanira kutevera kuraira kwavo kuti tiwane simba nedziviro.

Tinofanira kuchengeta mupfungwa mazano akapiwa kwatiri na Mutungamiri Ezra Taft Benson kukurira uipi hwenyika ino: “Ku Vatendi vaMazuva Ekupedzisira pasi rose, tinoti: . . . Chengetai mirairo yaMwari. Teverai kuraira kwemuporofita wake anorarama. . . . Dzidzisi vana venyu kufamba vakatwasanuka pamberi paIshe. Namatai mudzimba menyu mangwanani nemanheru. . . . ‘Musazvipe kuzvakaipa, asi garo zvipikisi nezvakanaka’ (mu Conference Report, Kubvumbi 1978, p. 48; kana *Ensign*, Chivabvu 1978, p. 34).

### **Zvekuita**

Namatirai uchenjeri hwekucherechedza nekupikisa uipi. Taurai makashinga pamusoro pezvakanaka. Gadzirirai kuuya Kwechipiri Kwalshe. Kurirai uipi hwanhasi nekushandisa kuraira kwaIshe sezvakananyorwa muDzidziso neZvibvumirano 45:57; Chenjerai, gashirai chokwadi, torai Mweya Mutsvene semutungamiri wenyu, uye musa nyengedzwe.

### Zvimwe Zvinyorwa Zvitsvene

- VaRoma 12:21 (kundai chakaipa nechakanaka)
- 1 Nefi 22:16–26 (vakarurama havafanire kutya)
- 2 Nefi 9:28–39 (kuipa kwekubvumira kukwezva kwaSatani)
- Mosesi 4:4 (Satani ndiye baba wenhema dzese)

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### Gadziriro yeMmishoni

Usati wapa chidzidzo chino:

1. Verenga *Musimboti weVhangeri*, chitsauko 3, “Jesu Kristu, Mutungamiri wedu neMununuri Akasarudzwa,” nechitsauko 4, “Rusununguko rweKusarudza.”
2. Nyora pabhodhi: *Satani haana simba pamusoro pedu kunze kwepatino-mupa. . . Mwari havambotimanikidza kuita zvakanaka, uye Satan haana simba rekutimanikidza kuita zvakaipa (Sterling W. Sill).*
3. Sarudza nhengo dzekirasi kuzopa nyaya dzese-dzese, zvinyorwa zvitsvene kana zvakadzokororwa (makotesheni) zvaunoda.

# ZVIEDZO NEMATAMBUDZIKO

*C h i d z i d z o 1 5*

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Chinangwa chechidzidzo chino ndechekutibatsira kunzwisisa basa rematambudziko muupenyu hwedu.

## **Kunzwisisa Chinangwa cheZviedzo neMatambudziko**

- Imbai ndima dzese dza, “Wafunga Kunamata Here?” (*Hymns*, no. 140: kana *Gospel Principles*, p. 356).

Mukuru Robert E. Wells vakangovera chiitiko chinotevera chakavabatsira kuwa neruzivo rutsva pamusoro pechinangwa chezviedzo nematambudziko: “Ndanga ndichibhururutsa ndege dzemarudzi akawanda kwemakore makumi matatu, muUnited States nemunyika dzeLatin America. Kusina nguva yakareba yapfuura pandakanga ndadzoka ku [United] States mushure mekusavemo kwemakore akawanda, shamwari yangu yepamwoyo akandibvumira kushandisa [ndege] yake itsva. . . .

“Takakurukura kodzero yangu yekuva pasi pemvumo yake yekudzivirirwa panjodzi zvikaitika kuti ndaida kuongororwa kwaniso yekubhururutsa ndege nemutarisi akakodzera sezvo yakanga yavanguva pandakapedzisira kubhururutsa rudzi irworwo rwendege.

“Zvirongwa zvakaitwa, uye ndakasangana nemutariri parutivi pendege panguva yakanga yatarwa nezvitupa zvangu zvekubva kuUSA, Argentina, Paraguay, neEcuador nemabhuku anoratidza kubhururuka muCessna 310s (rudzi rwendege) nepamusoro pemasango makuru, makomo, magwenga, nemiganhu yedzimwe nyika, nezvakadaro. Akanyemwerera zvakadzikama asi haana kufadzwa uye akati, ndakanzwa nezvako, uye handi pokane pamusoro pekubhururuka kwawakaita, asi ndinoda kufungidzira kuti kubhururuka ukoko kwaiva apo pakanga pasina chaikanganisika. Zvino ngatimutse ndege iyi tione mabhururutsiro aunoita kana zvinhu zvese zvakanganigika!’

“Kwe awa rakatevera akaita kuti zvinhu zvese zvikanganisike! Akaita kuti pave nezviitiko zvese zvinotyisa zvaaikwanisa kufunga. Akadzima zvinhu zvaifanira kunge zvakabatira. Akabatidza zvinhu

zvaifanira kunge zvakadzimwa. Akaedza kuita kuti pave nekuvhiringika kana kutya. Aida kunyatsoziva magonero andaita kubhururutsa kana zvinhu zvese zvaipa! Pekupedzisira akaburuka, akasaina mubhuku rangu akati, ‘Unokwanisa. . .’

“Chimwe chinangwa cheupenyu huno kuongororwa, kuedza, nekuonekwa kuti tinoshandira Ishe zvakana sei. Muporofita Joseph [Smith] vakati tichaedzwa kuonekwa kana tichizoshanda nekuramba takatendeka munhamo nemumatambudziko ese. Takaziva tisati tauya kuti kuchazove nemamiriro asina kunaka akawanda ekutiedza: njodzi, urwere, nezvirwere kutiongorora; zvidzo nezvikangaidzo kutiedza; zvigumbu, kuora mwoyo, kudzokera shure, kukundikana nemarudzi ese emamiriro ezvinhu zvekuratidza unhu hwedu. . . .

“Mubvunzo ichingori: Unoibhururutsa zvakana sei kana zvinhu zvese zvikaipa? Unogara zvakana sei kana kuedzwa kwese, muedzo wese, chiratidzo chese chekuvimbika kwako chichitarisirwa kwauri?” (Robert E. Wells, “How Well Can You Fly It When Everything Goes Wrong?” *New Era*, Chikumi 1978, pp. 4–6.)

- Miedzo ine basa rei? Sei zvakakosha kuti tidzidze kutendeka munguva dzemiedzo?
- Ndeipi mimwe miedzo yaunga sangana nayo muupenyu hwako?

Zviripachena kuti tose tichasangana nemiedzo nematambudziko, zvisinei nekuti takarurama sei. Mutungamiri John Taylor vakataura kuti: “Ndakanzwa Muporofita Joseph vachiti, mukataura kune vaneGumi neVaviri pane imwe nguva: ‘Muchava nemarudzi ese ezvidzo zvamuchasangana nazvo. Uye zvinodikanwa kwamuri kuti muedzwe sezvazvakanga zviri kuna Abrahamu nevamwe vanhu vaMwari, uye (vakati) Mwari vachakunzwirai, uye Vachakubatai vagodzura tsinga dzemwoyo yenyu, uye kana musingakwanise kuzvitakura hamuzokodzera nhaka muUmambo hweKudenga waMwari’ ” (mu *Deseret News* [Weekly], 29 Nyamavhuvhu 1883, p. 498).

### **Kukwanisa Kutakura Matambudziko**

Sista Stella Oaks, amai vaMukuru Dallin H. Oaks, vakataura nyaya inotevera yezvimwe zvidzo nekuedzwa kwavo nenzira yavakawanisa kuzvitakura:

“Kuwana ukama hwako pachako naBaba veKudenga, kusambopokana kuti Vanotungamira zvese zveupenyu hwedu, kukwanisa mukupesana kweupenyu kuti, ‘Kuda kwenyu ngakuitwe, kuwana kwaniso yekufamba murutendo. Kwaniso iyi ndicho chinhu chinofanira kuwanikwa nemunhu wese nenzira yake kuburikidza nekukunda kwakachenjera kwezvese-zvese nezvose zviitiko zvinoedza zvingangouya. Nzvimbo

yangu yekuratidza kukodzera yakauya mukudzidza kuteerera kumurairo unotyisa—uyo wekutambira kufa kwakanga kuri pedyo kwemurume wangu mushure memakore gumi nerimwe ekuchata nekugashira chiedzo chekuva amai nemukadzi ndega munyika.

“Ndakanga ndatarisa Lloyd [murume wangu] achiperera simba achirwarisa zuva rega-rega. . . .

“Umwe usiku hwaChikumi ndakapfugama ndega mukunamata, ndaneta zvikuru, ndichifunga pakati peusiku ipapo kuti munhu aifanira kuzvininipisa zvakadzi kuti agashire mhinduro pakunyengerera kwake. Pakava panguva iyoyo pandakanzwa kuputirwa kwemweya werunyararo, kusimbiswa kwakadzama kwekuti Mwari vari pamusoro pezvese nekuti kwakanga kuri kuda kwavo kwaitonga kwete kwangu. Ndakazokwanisa kuti, ‘Kuda kwenyu ngakuitwe, ndichinzwa runyararo. . . . Ndakazorora murutendo rwangu ndikaona kuti ndakanga ndave nekuvimba kutsva muna Ishe.

‘Asi kunyange zvazvo runyararo rwunotapira urwu rwakandiputira handina kukwanisa kurara, uye zvakare ndakabatidza rambi. Pandakasveerera Dzidziso neZvibvumirano, . . . rakabva ravhurika pachikamu icho [Shoko rakapiwa kwandiri]. . . . Ndakapiwa kuziva kuti Ishe vanondida uye kuti ndaizova nesimba rekuzadzisa basa rangu. Ndakanzwa rudo runotenderedza rwakanditsigira kubva panguva iyoyo yeshanduko muupenyu hwangu. Kuomerwa nezviedzo zvinoramba zvichiuya asi nguva dzese ruzivo rwechokwadi rwekuti Jesu ndiye Kristu, Mununuri wedu, nekuti anotitsigira mukupikiswa kunofanira kuuya muzvinhu zvese” (“Thy Will Be Done,” muzvakanyorwa naLeon Hartshorn comp., *Remarkable Stories from the Lives of Latter-day Saint Women*, mabhuku maviri [1973–75], 2:183–83).

- Sista Oaks vakadzidza chii kuburikidza nezviedzo zvavo? Ndezvipi zvimwe zvidzidzo zvakadzidza kuburikidza nematambudziko zvaungakwanise kugoverana nekirasi?
- Sei zvakanosha kuti tidzidze kutambira kuda kwaIshe?

Apo Sista Oaks vakashandisa rutendo nemunamato, vakawana simba nevimbiso kubva kumagwaro matsvene, vakazembera pana Jesu Kristu, vakaona kuti vaikwanisa kutarisana nezviedzo zvavo. Zvimwechetezvo ichokwadi kwatiri.

### ***Rutendo mune Muponesi Wedu***

Jesu Kristu anotibatsira kutakura mitoro yedu tikaMutsvaga.

- Verengai Mateo 11:28–30. Chikomborero chipi chinovimbiswa kune avo vanouya kuna Jesu Kristu?

Mukuru Richard G. Scott vakati: “Kushandisa rutendo kuvimba kuti Ishe vanoziwa zvavari kuita nemi uye kuti Vanokwanisa kuzvizardzisa kuitira runako rwenyu rwekusingaperi kunyange zvazvo musingakwanise kunzwisisa kuti vachakwanisa kuzviita sei. Tiri sevacheche mukunzwisisa kwedu kwezvinhu zvekusingaperi nezvazvinoreva kwatiri pano munyama. Asi dzimwenguva tinoita setaizviziva zvose. Pamunopinda nemuzviedzo nezvinangwa Zvavo, pamunovimba Navo, kushandisa rutendo maVari, Vanokubatsirai. Tsigiro iyoyi ino-uya kuzhinji nhano nenhano, chidimbu chimwe panguva. Pamunenge muchipfuura nemuchinhano chega chega, marwadzo nekuoma kunoyi kubva mukukura kunoenderera. Kana dai zvinhu zvese zvaigadziriswa pakarepo pakukumbira kwekutanga, hamaizokwanisa kukura. Baba venyu vari Kudenga neMwanakomana Wavo Anodiwa vanokudai zvakakwana. Havanga kutarisirei kuti musangane neimwe nguva yedambudziko inopfuura inodikanwa pachimuko chemunhu pachake kana cheavo vamunoda” (mu Conference Report, Gumiguru 1995, p. 19; kana *Ensign*, Mbudzi 1995, p. 17).

### ***Munamato neKutsanya***

“Munamato panguva yedambudziko chikomborero chikuru. Kubva pazviedzo zvirinyore kusvika kuzviedzo zvedu zvikurukuru muupenyu, munamato unokwanisa kutisvitsa kuna Mwari, kwatinowana nyaradzo nemazano” (Ezra Taft Benson, mu Conference Report, Gumiguru 1974, p. 91; kana *Ensign*, Mbudzi 1974, p. 66).

Patinoda rubatsiro runokosha kubva kuna Ishe, tinofanira kuyeuuka kuti simba rinokwanisa kubva mukutsanya. Patinoperekedza minamoto yedu nekutsanya, tinokwanisa kunzwa Mweya nekudzidza chido chaBaba kwatiri. (Onai chidzidzo 6, “Kutsanya,” muMudzimai waVatendi Vamazuva Ekupedzisira Chikamu A.)

- Munamato unotibatsira sei kutakura matambudziko edu?
- Sei rutendo neruvimbo muna Ishe zvakakosha kana tichinamata?
- Sei Ishe dzimwe nguva vachisiya mitoro yedu pamusoro pedu, kunyange dzimwe nguva patinenge taVakumbira nemwoyo wese kuti vaabvise?

### ***Magwaro Matsvene***

Magwaro matsvene ane ndima dzakawanda dzinokwanisa kutijekesa, kuti kurudzira, nekuti nyaradza. Tinokwanisa kuwana mhinduro kumibvunzo yedu mumagwaro matsvene. Mazwi emaporofita vanorarama anokwanisa kupa gwara. Patinotarisa nematambudziko edu, tichisimbiswa nemashoko emagwaro matsvene, tinowana kushinga kutsva negwara.

- Kumbira nhengo yekirasi kuti agovere chiitiko chinoratidza kusimbi-swa kwaakaitwa kuburikidza nekushandisa magwaro matsvene kugadzirisa kana kutakura dambudziko.

### ***Makomborero eHufundisi***

Tinerombo rekugashira makomborero kuburikidza neufundisi.

Makomborero aya anokwanisa kupiirwa zvikonzero zvizhinji, kusanganisira urwere, kunetseka, nechiedzo. (Onai chidzidzo 12 “Zvisungo zveUfundisi,” *muMudzimai waVatendi Vamazuwa Ekupedzisira, Chikamu A.*)

- Koka nhengo dzekirasi kuti dzigoverane zviitiko zvavakave nazvo pavakasimbiswa kuburikidza nechikomborero cheUfundisi munguva dzekuedzwa.

Mutungamiri Ezra Taft Benson vakatsanangura dzimwe nguva dzatinokwanisa kukumbira chikomborero: “Kunyanya panguva yakanyanya kuoma, kana patinotarisa chiitiko chakakosha, munhu anokwanisa kutsvaga chikomborero pasi pemaoko ufundisi. Kunyange Muporofita Joseph Smith vakatsvaga uye vakagashira chikomborero pasi pemaoko aBrigham Young uye vachigashira nyaradzo negwara zvemwoyo wavo” (mu Conference Report, Gumiguru 1974, p. 92; kana *Ensign*, Mbudzi 1974, p. 66).

Chikomborero chatateguru (patriarchal blessing) chinokwanisawo kutipawo kunzwisisa nekutibatsira kuwana gwara. Kazhinji tinokwanisa kuwana mhinduro kumatambudziko edu nezvinotinetsa kuburikidza nekudzidza chikomborero chinokosha ichi.

### ***Kubatsira neBasa***

Patinopinda mukubatsira vamwe, pfungwa dzedu dzinobviswa kubva mumatambudziko edu pachedu. Mutungamiri Lorenzo Snow vakati, “Kana mukazviwona muine kusuwa zvishoma, tarisai pamuri muwane mumwe munhu ari mudambudziko guru kupfuura zvamuri; endai kwaari mobvunza kuti chii chiri kunetsa, zvino moedza kuchibvisa neuchenjeri hunoiswa pamuri naIshe; uye chinhu chekutanga chamunoona, kusuwa kwenyu kunopera, munonzwa kureruka, Mweya waIshe uri pamuri, uye zvinhu zvese zvinoratidzika kujeka” (mu Conference Report, Kubvumbi 1899, pp. 2–3).

### ***Simba Kubva Kune Vamwe***

Shamwari dzechokwadi dzinokwanisa kuteerera nekutipa mazano nekuruziro ibatsiro huru munguva dzekunetseka. Muporofita Joseph Smith vakanyora nezverufaro rweshamwari: “Kutapira kunoita izwi reshawari; chiratidzo chimwechete cheushamwari kubva kupi zvako chinomutsa nekuisa mukushanda kunzwa kwese kwetsitsi” (*Teachings of the Prophet Joseph Smith, zvakasaruudzwa Joseph Fielding Smith [1976], p. 134.*)

Ushamwari hwedu hukuru hunofanira kutanga mudzimba medu hwokura kubva imomo. Tinokwanisa kubatsira shamwari dzedu kutakura mitoro yavo, uye vanofanira kutibatsira kutakura yedu.

- Verengai Mosia 18:8–9. Nderipi basa rataka bvumira kuita panguva yerubhabhatidzo?
- Tingabatsira sei shamwari dzedu kutakura mitoro yavo?

### *Kushingirira Mitoro Yedu Zvakanaka*

Apo Muporofita Joseph Smith paakanga akaiswa mujeri zvisiri pamutemo muLiberty, Missouri, akagashira zvakazarurwa semhinduro kuku-mbiro yake kuna Ishe. Zvakazarurwa izvi zvinowanika muDzidziso neZvibvumirano 121 uye zvine ruzivo pamusoro pemakomborero atinokwanisa kugashira kana tikashingirira matambudziko zvakanaka.

- Verengai Dzidziso neZvibvynirabo 121:7–8. Makomborero api akavimbiswa kuna Joseph Smith kana akashingirira zvakanaka?
- Chii chakasiyana pakati pekushingirira nekushingirira zvakanaka?

George A. Smith akayeuka mazano anotevera aakapiwa naJoseph Smith: “Akanditaurira [Joseph] kuti handifanire kumboodzwa mwoyo mumatambudziko api zvawo anganditenderedza. Kana ndikanyudzwa mugomba rakadzikisisa reNova Scotia nemakomo ese akaunganidzwa pamusoro pangu, handifanire kumboodzwa mwoyo asi kushingirira, kushandisa rutendo nekuenderera neushingi hwakanaka ndinokwanisa kubuda pamusoro pemurwi” (zvakaodzokororwa mu *My Errand from the Lord: A Personal Study Guide for Melchizedek Priesthood Quorums*, 1976–77, pp. 175–76).

Kutibatsira kushingirira matambudziko edu nenzira yarairwa, tingangozvibvunza, “Ndikaite chiitiko ichi chikomborero muupenyu hwanangu sei? Chii chandingadzidze kubva muchiitiko ichi?”

Mukuru Robert E. Wells vakati: “Dzimwe nguva tinogara makore akawanda tisina matambudziko, zvino ozoratidzika kuuya ese panguva imwechete, mitoro yacho anoratidzika kuramba ichikura zvatisinga kwanise kutakura. Asi mukati mazvo zvese, tine masimba maviri makuru atinokwanisa kuvimba nawo: (1) Taiziva tisati tauya kuti zvaizova saizvozvo, asi taida kuuya nokuti makomborero ekuramba takatendeka kusvika kumagumo aizotivanisa ruponeso rusingaperi. (2) Hatizomboedzwa kupfuura kwaniso yedu yekukunda” (*New Era*, Chikumi 1978, p. 5).

- Verengai 1 VaKorinte 10:13. Ishe vanotibatsira sei kutakura zviedzo zvedu?



### **Makomborero mushure meDambudziko**

- Verengai Johane 16:33. Ishe vanotivimbisa kuti tinokwanisa kuva nerunyararo kunyange tiine dambudziko.

Jobho, akatarisana nedambudziko guru, akagashira makomborero ake mushure mekushingirira. Ishe vakatambira Jobho vakamupa “zvapaketwa kaviri pamusoro pezvaakanga ainazvo kare. . . . Ishe vakakomborera mhedzisiro yaJobho kupinda kutanga kwake” (Jobho 42:10, 12).

- Verenga Dzidziso neZvibvumirano 58:2–4. Sei tichifanira kuramba takarurama kunyange munguva yekutambudzika. Makomborero api awakawana pakuramba wakarurama panguva dzekutambudzika idzi.

Kunyange apo Jesu Kristu paakagashira kubwinya kwake mushure mekunge Ashingirira zvinhu zvese, nesu tinokwanisawo. “Uyo anoramba akashinga uye asinga kundikane, mumwecheteyo achaponeswa” (Joseph Smith—Mateo 1:11).

### **Mhedziso**

Muupenyu huno tese tinotarisa nematambudziko makuru. Ishe vakataurira Muporofita Joseph Smith kuti aizosangana nematambudziko makuru. Akatsanangurawo zvakare kuti sei: Zvinhu zvese zvaizomupa ruzivo uye zvainge zvakanakira iye (onai D&Z 122:7). Vimbiso inonyaradza iyi yakakwanisa kuti Joseph ashingirire matambudziko ake zvakanaka. Vimbiso dzakapiwa kwaari dzinoshanda kwatiriwo. Nokudaro hatifanire kutya zvinoitwa nemunhu, nokuti Mwari vachave nesu narinhi narinhi (onai D&Z 122:9).

### **Zvekuita**

Dzidzai magwaro matsvene, kunyanya Dzidziso neZvibvumirano 121 ne 122, kuti muwane kunzwisisa nzira dzekutarisana nematambudziko. Namatirai simba nekutungamirwa kushingirira zvakanaka matambudziko muupenyu hwenyu nekuakunda. Yeukai kuti kazhinji makomborero edu makuru anouya chete mushure mekunge tashingirira matambudziko.

Mukati mesvondo rino, verengai kana kuziva nemusoro ndima dzinotevera dzerwiyo “Hwaro Hwakasimba”:

3. Musatye! Ndinemi. Musaodzwa mwoyo!  
Nokuti ndiri Mwari wenyu uye ndicharamba ndichikubatsirai.  
Ndichakusimbisai, ndokubatsirai nekukutsigirai,  
Neruoko rwangu rwakarurama, rwunesimba.

4. Kana ndakukumbirai kupinda nemumatambudziko makuru,  
Kusuwa hakuzokuzarirai  
Nokuti ndichava nemi, ndokukomborerai mumatambudziko enyu,  
Ndoita kutambudzika kwenyu kukuru chikomborero kwamuri.
  5. Kana muchifanira kufamba nemuzviedzo zvakaoma,  
Nyasha dzangu, idzo dzakakwana, dzichakutsigirai.  
Hamuzokuvadzwa nezviedzo zvakaoma; ndinoda chete,  
kubvisa pamuri utera hwenyu ndosimbisa zviratidzo zvenyu  
zvakanaka.
  7. Munhu akavimba naJesu,  
Handizo, handikwanise, kumurega achikundwa nematambu-  
dziko ake;  
Kunyange gehena rese rikaedza kukonzera munhu iyeyi kuputsika,  
Handizombo, handizombo, murasa. (*Hymns* no. p. 85; kana *Gospel  
Principles*, p. 314.)
- Mukuzaria ita kuti kirasi iimbe ndima ina dziripamusoro dze  
“Hwaro Hwakasimba.”

### **Zvimwe Zvunyorwa Zvitsvene**

- Mapisarema 23 (Ishe ndiye Mufudzi wangu)
- Mateo 5:10–12 (vakakomborerwa avo vanotambudzwa nekuda  
kweururami)
- Va Firipi 1:29 (tambudzikai nekuda kwaKristu)
- VaFiripi 4:13 (Kristu anotisimbisa)
- 1 Peter 2:20 (mwoyo murefu mukutambudzika)

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### **Gadziro yeMmishoni**

Usati wapa chidzidzo chino:

1. Verenga Dzidziso neZvibvumirano 121 ne 122.
2. Ronga kutanga kirasi nerwiyo, “Wafunga kunamata Here?” (*Hymns*  
no. 140; kana *Gospel Principles*, p. 356).
3. Sarudza nhengo dzekirasi kuti dzipe nyaya dzese dzese, zvinyorwa  
zvitsvene, kana zvakadzokororwa (makotesheni) zvaunoda.

# BASA KUVABEREKI

*C h i d z i d z o 1 6*

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Chinangwa chechidzidzo chino ndechekutikurudzira kuda nekukudza vabereki vedu.

## **Sei Tichifanira Kukudza Vabereki Vedu?**

Mirairo mina yekutanga yeMirairo Inegumi inotitaurira mabatiro atinofanira kuita Baba vedu Vekudenga uye inotiyeuchidza basa redu kwaVari. Murairo wechishanu unotitaurira nezvebasa redu kuvabereki vedu vepasi.

- Verengai Eksodo 20:12. Sei Baba vedu veKudenga vakatipa murairo wekukudza vabereki vedu?

Sezvazviri nemimwe mirairo yese, Muponesi muenzaniso wedu mukuchengeta murairo wekukudza vabereki vedu. Kunyange nemukuta-mbudzika Kwake apo akanga Akaremba pamuchinjikwa, Jesu akaratidza hanya Yake naamai vake vepanyika (onai Johane 19:26–27).

Tinowanzofunga kuti kukudza vabereki vedu zvinoreva chete kuvateerera. Chokwadi, zvisinei, Ishe vakasanganisira zvinopfuura kuteerera pavakati, “Kudza Baba vako naamai vako.” Maduramazwi anopa tsanangudzo dzakawanda dzezwi rinoti *kudza*. Tsanangudzo zhinji dzine hanya, rukudzo, koshesa, emura nekukudza. Kukudza vabereki vedu zvinoreva zvapakufuura kungovapa rukudzo nekuteerera. Zvinorevawo kuvada zvakasununguka nekuti tinoda. Kana tichikudza vabereki vedu pachokwadi, tinoda kuteerera zvikumbiro zvavo zvakarurama. Tinoteerera kuraira kwavo nemazano zvakarurama.

Vazhinji vedu tine vabereki vatinonzwa kukudza nekuda, uye tinoona zviri nyore kuvakudza. Vamwe vangange vasina manzwiro akadaro kuvabereki vavo vangangoona zvakaoma kuvakudza. Zvisinei, hapana anosunungurwa kubva pakukudza vabereki vake, zvisinei nemaomero azvingange zviri. Kana vabereki vedu vasingachengete mirairo, tingango bvunza kana vachikodzera kudiwa. Asi murairo wechishanu unogotitaurira kuvakudza—hauti sunungure kubva pabasa iri nekuisa kodzero dzakaita sekuti “kana vari nhengo dzeKereke,” “kana vaka

pfuma, vaineutano, kana kuti vakadzidza,” kana kuti “kana vachikodzera kukudzwa.”

Tinofanira kutevera muenzaniso “weimwe mhandara akashinga kuna-tsa manzwiwo ake pamusoro pevabereki vake [uye] akaenda kuna Baba vake vari Kudenga mumunamato wechokwadi. Paakanga achinamata akasarudza kutenda Ishe nevabereki vake kunyange akanga asina kumbenge akambozviita. Paakataura mazwi ekutenda pfungwa yake yakazadzwa pakarepo nezvikonzero zvaafanira kutendera vabereki vake. Akasimuka kubva pamabvi ake azadzwa nerudo rutsva nenzwisiso yevanhu vaviviri vaakaona kuti chokwadi vaiva vana vaMwari sezvaakanga ari iye” (*Look Unto Me in Every Thought: Mia Maid Course B, Young Women* [1978], p. 42).

- Ndezvipi zvimwe zvikonzero zvatinofanira kukudzira nekuratidza kutenda nevabereki vedu?
- Kukudza vabereki vedu kunotibatsira sei kuratidza rudo kuna Baba veKudenga?

“Vamwe vaviri vechi America kuEurope vakanga vadya kumba kwe-mumwe chiremba. Vakabatwa nerukudzo nekukosha kwairatidzwa ambuya vakanga vari chikamu chemhuri. Chiremba akaratidzika kushamisika pavakazvita. Mhinduro yake yakave, ‘Mwari vakashandisa vabereki mukutisika. Hatikwanise kusavakudza tichirega kusakudza Mwari’ (*Family Home Evening Manual, 1967, p. 172*).

### **Tinga Kudze Vabereki Vedu Sei**

- Verengai VaEfeso 6:1–3. Pauro anoraira kuti tiite sei kuti tikudze vabereki vedu? Pauro ano mutemo upi pakuteerera kwedu? Zvinorevei kuti “vateererei muna mulshe?”

Pamusoro pekuteerera, tinokwanisa kukudza vabereki nedzimwe nzira. Mumwe sista wechidiki, Estilla Ayala, akanyora pamusoro pemadzidziro akaita kuzadzikisa murairo uyu.

“Kubva panguva yandaiva nemakore mashanu kusvika ndava gumi nemasere, upenyu hwedu hwepamba hwakange husingafadze. Sedangwe revana vapfumbamwe, ndainzwa kurwadziwa kana amai vangu nehanzvadzi dzangu diki nevanin’i vachitambudzika nehosha dzakaipa dzababa vakadhakwa. Ndaiwanzofunga, ‘Ndingaitse sei kuu-nza karufaro mumba medu?’

“Pandakanga ndava gumi nemana uye ndava muchikoro chesekondari, mumwe munhu akandiudza kuti mumwe wemirairo yaMwari kukudza vabereki vako. Nekuda kuziva kukuru, ndakabvunza, ‘Ndingakudze sei vabereki vangu?’ Ndakaudzwa kuti ndidzidze ndive mudzidzi akanaka,

uye kuti zvaizoita kuti vabereki vangu vafare; naizvozvo, ndinenge ndichi chengeta murairo nekuva mudzidzi akanaka. Ndakafara zvikuru; ndakafunga, 'Zvino pamwe ndingaunze karufaro mumba medu.' Saka ndakadzidza kuva mudzidzi wepamusoro mukirasi mangu, ndikasarudza nehunhu hwangu kuva mwanasikana akanakisisa muguta. Munhu wese akandikudza nekundida pamusana peizvi, asi hapana chakashanduka kumba.

"Nekufunga kuti paifanira kuva nezvimwe zvizhinji zvadaifanira kuita, ndakabvunza mumwe murairo waMwari ndikaudzwa, 'Ida muvakidzani wako sezvaunozviita.' Saka ndakatanga kushanda muchipatara mandaikwanisa kubatsira vanorwara, vamwe vakanga vari varombo zvikuru, uye ndakava nekunzwa rudo rwakakosha zvikuru kwavari vose. Ndakafara mukuzadzikisa murairo uyu, asi zvakadaro hapana chakashanduka kumba. Kuwedzera pamusoro pezvo, hanzvadzi yangu yakatanga kuputa nekunwa, uye akanga asinga tambire zano kubva kwandiri.

"Panguva iyi ndakanga ndava gumi nemasere, uye zvakaraidza kunge kuedza kwangu kwose kwakashaya basa. Zvisinei ndakanga ndiine rutendo rukuru muna Mwari uye handina kuodzwa mwoyo. Ndakanzwa kuti pane zvimwe zvizhinji zvandaikwanisa kuita.

"Ipapo ndakabva pamba kuti ndinoita zvidzidzo zvinokosha. Ndaifunga mhuri yangu nguva yose ndichizvivunza kuti chii chaitika kumba. Mushure memazuva makumi maviri nemaviri ndakaenda kumba kunoshanya, amai vangu vakanditambira vachichema. Ndakafunga kuti pane chinhu chakaipa chakanga chaitika, asi vakanimbundira vakati, 'kubva pawakaenda kunodzidza, baba vako havasati vambowana chinwe chinhu chekunwa.'

"Haasi mafariro andakaita! Baba vangu vakandimbundira, patakapi-nda mumba amai vangu vakati usiku ihwohwo hwandakabva, mami-shinari echiMomoni vakanga vauya. 'Baba vako vaverenga kuda kuto-pedza rese Bhuku raMomoni uye varikuzo bhabhatidzwa,' vakadaro. Ndakashamisika!

"Baba vangu vakava sekamwana kadiki. Ndakaona kutendeuka neku-zvidukupisa mumaziso avo. *Vakanga* vashanduka zvakazara. Vakanga varega kuputa nekunwa zvese kamwechete, vakaedza kuchengeta mirairo yakanga yadzidziswa nemamishinari. Vakandibata samambokadzi, uye vakabata amai vangu nehanzvadzi nevanin'ina vangu seveushu.

"Magumo akava ekuti mhuri yedu yese yakabhabhatidzwa: vabereki vangu nevana vashanu vakanga vakura zvakanakwana, kusanganisira ini. Baba vangu, pamakore makumi mana, vakava baba vakanakisisa munyika, nekuzvidukupisa kunoshamisa, uye hanzvadzi yangu iri

kuenda kumishoni nguva shoma irikuuya. Chiizve chingadikanwe nemunhu? Ndinoziva kuti kuzvipira kwangu hakuna kushaya basa, uye ndinoziva kuti vhangeri raJesu Kristu rakaita imba yedu imwe yedzinofadza zvikuru munyika!" ("The Change In My Father," *Ensign*, Kukadzi 1975, pp. 42– 43.)

- Sista Ayala vakakudza sei vabereki vavo? Tingashandise sei zvavakaita muupenyu hwedu?

Mumwezve sista wechidiki, Lois Christensen, akataura makudziro aakaita vabereki vake:

"Ndine chokwadi chekuti mmishoni wangu weChikoro cheSvondo akanga asingazive kusakwanisika kwechikumbiro chake. 'Kirasi,' akadararo 'ndinoda mumwe nemumwe wenyu avimbise kuti imwe nguva mukati mesvondo rinouya munozotaurira baba venyu kuti munovada.'

"Zvakanzwika sechinhu chiri nyore. Asi ndaiziva ndakanga ndisingakwanise kuzviita. Zvimwe dai ndakanga ndiine rudzi rwababa sevaive nevamwe, ndakadararo kwandiri, ndingakwanise kutaura mazwi iwayo kwavari. Asi baba vakanga varegera zvachose kupinda muKereke. Vairatidzika kwandiri kuve vasina hanya uye mukana pakati pedu wekutaurirana wakanga wakakura. Tatakanga tisina kumbotaura zvakadzama pamwechete pamusoro pechinhu chese-chese kwemakore. Pamusoro pezvo, 'ndinokuda' chakanga chiri chinhu chandisingafunge kuti chakambotaurwa mumhuri medu. Ndakanzwa kuti ndaiva ndisingambo kwanisa kuita zvakanga zvakumbirwa nemmishoni wangu weChikoro cheSvondo.

"Mushure memunamato wekuzarira, ndakamirira kusvikira vamwe vaenda, zvino ndikazoenda kummishoni wangu.

" 'Sista Innes, zvatatikumbira kuti tiite zvakanaka. Asi ndinofunga ndinofanira kuregererwa kubva pabasa iroro. Munoziva zvakaita baba vangu, uye, aa, handikwanise kutaura chinhu chakadararo kwavari.

"Asi Sista Innes vakanga vasingagutsikane. Vakanditarisa vakati, 'Zvisinei kuti baba vako vakaita sei kana kuti vanoita sei, vanoda kunzwa mazwi iwayo kubva kwauri, sekuda kuzvinzwa kunongoita vamwewo baba. Ndinoda kuti undivimbise kuti uchazadzisa basa iri.'

"Ndakabvuma, uye mukati memazuva mashoma akatevera ndakanzwa mutoro mukuru. Ndakaziva kuti unobviswa chete kana ndazadzikisa kuzvipira kwangu. Umwe usiku, mushure mekunge vamwe vaenda kunorara, nekakutya ndakamirira nguva yakanaka yekutaura mazwi iwayo. Baba vakanga vachiputa mudzanga vakasimuka kuisa madota munoiswa marara. Neizwi raidera, rekutya, risinganyatso-nzwicka ndakati, 'Baba, ndinokudai.'

“Vakanga vakapa musana wavo kwandiri, havana kucheuka kana kutaura chimwe chinhu kana kuita chimwe chinhu. Ndakava nechokwadi chekuti vakanga vasina kundinzwa. Nokudaro, zvakaneta ndakazvidzokorora. “Baba ndinokudai” Nekunonokera vakatende ukira kwandiri. Baba vangu vasina hanya, vasingabatike vakayerera misodzi nepamatama avo. Vakandimbundira vakandiswededza pedyo uye vakatsvoda nhongonya yemusoro wangu. Ndiyo nguva yekutanga mumakore angu gumi nematanhatu andakakwanisa kuyeuka baba vangu vachindimbundira” (semataurirwo azvakaitwa kuna Linda Marx Terry, “Telling My Father I Loved Him,” *Ensign*, Kukadzi 1978, p. 51).

- Sista uyu akaitasei kukudza baba vake? Maitiro aya anotibatsira sei kukudza vabereki vedu.
- Kurukura nzira dzinotevera dzatingakwanise kukudza vabereki vedu. Nyorai pabhodhi nzira idzo dzinoratidzika kubatsira zvakanjanya kunhengo dzekirasi.
- Kudziridzai kuwirirana nekubatana kwemhuri.
- Ivai nekuvimbika, tsitsi, rudo, nekufadza.
- Kusamboita chinhu chatinonyara kuonekwa naamai kana baba vedu tichiita.
- Kuratidza rukudzo chairwo kuvabereki vedu mumamiriro ezvinhu ese.
- Kuva nehanya nemanzwiwo evabereki vedu.
- Kuva chikonzero chekukudzwa kwavo uye kuvapa zvikonzero zvekudada nesu.
- Kuva muwadhanisi uye muenzaniso wevhangeri raJesu Kristu.
- Tingaitesei kushandisa mazano aya mukukudza vabereki vedu? Tingakudze sei vabereki vedu kana tiine shamwari dzedu? Wedzera mazano kune zvakanyorwa pabhodhi.

Dzimwe nguva kana tichiyeuchidzwa kukudza vabereki vedu, tinofunga kuti murairo uyu unechekuita kunyanya kuvana vadiki. Asi murairo uyu hautaure zera rinogumira kukudza vabereki. Hazvina basa nezera ratiri, murairo uyu unechekuita nesu.

- Ratidza mufananidzo 16-a, “Mudzimai ari kuchengeta mubereki akwegura.”

“Apo Jesu akanga ari panyika, maJudha akanga ahandura mutemo, waida kuti vakudze baba naamai. Vaiti kana munhu akavimbisa kuchechi mari iyo yaangange achishandisa kubatsira vabereki vake,



*16-a, Mudzimai arikuchengeta mubereki akwegura*



akanga asiri pasi pesungiro yekuona nezvavanoda. Jesu akaratidza kwavari kuti mukuita mutongo uyu vakanga vatyora mutemo waMwari; vakanga vasingakudze baba naamai. (Onai Mateo 15:1–6)” (*Family Home Evening Manual* 1967, p. 167.)

▪ Ratidza mufananidzo 16-b, “Rute naNaome.”

Tinoverenga muBaibheri nyaya yaRute uyo, naamwene vake, Naome nemukadzin’ina wake Orpa, vakanga vafirwa nevarume. Naome akakuridzira varoora vake vaviri kudzokera kumisha yavo pachavo. Orpa akaita saizvozvo, asi Rute akagara navamwene vake achiti:

Akati anoda kuenda kwaienda Naome nekunogara paaigara. Aida kuti vanhu vaNaome vave vanhu vake nekuti Mwari waNaome ave Mwari wake.

Aida kufa nekuvigwa munzvimbo imwechete saNaome (onai Rute 1:16–17).

Rute naNaome zvino vakadzokera kunyika yeMoab uko Rute akanononga zviyo mumunda mushure mevacheki akakwanisa kuwanira Naome mukuchembera kwake.

▪ Tinga dzidze chii kubva panaRute pamusoro pekuchengeta vabereki vakwegura?

Mutungamiri Joseph F. Smith vakati: “Vana, yeukai vabereki venyu. Mushure mekunge vakurerai mumakore akaoma eucheche hwenyu neudiki, mushure mekunge vakuchengetai nekukupfekedzai nekukudzidzisa, mushure mekunge vakupai mubhedha wekuzororera vakaita zvoze zvemusimba ravo kuitira runako rwenyu, musazova shaira hanya kana varukutika nekukotama nekuda kwekurema kwemakore avo. Musazovasiya, asi . . . itai zvoze zvemusimba renyu kuona nezve-magariro avo akanaka” (*Gospel Doctrine*, bhuku rechishanu [1939], p. 314).

▪ Basa redu nderei kune zvinodiwa zvenyama zvevabereki vedu? Ndedzipi dzimwe nzira dzatinofanira kuona nezve zvinodikanwa zvenyama izvi?

Dzimwe nhengo dzine vabereki vanopikisa kupinda kwavo muKereke. Nekusateerera zvido zvavo vachipinda muKereke, vangangonzwa kuti vatyora murairo wekukudza vabereki. Izvozvi ndorakava dambudzo raRenee Pool Vorhaus, sista wechiJudha:

“Iii, ndakava nenguva yakaoma zvikuru kuita sarudzo iyi—ndaizova muMomoni sei munechimwe chinhu kunze kwemupfungwa? Vana mbuya nasekuru vangu vese, vana tete kana vana amainini nanamai-guru, vana baba mukuru kana vana babamudiki kana hanzvadzi



16-b, Rute naNaome ©Providence Lithograph Co.

vekune dzimwe dzimba vakanga vafa mukupondwa kwevazhinji kweHondo yePasi Rose yeChipiri. Kufa kwavo, pamwechete nekufa kwemamiriyoni matanhatu emamwe maJudha, kwakanga kwashaya basa. Kana ndaitaura pachena kuti Jesu akanga ari Kristu, handisi ndaizovisa upenyu hwavo sechinhu chisina basa? Mumakumi ese emakore maJudha akanga atambudzika . . . nekuti vakanga varamba kusiya chitendero chavo nezvavaiita. Vakanga . . . vadzingwa nekutambudzwa kubva munyika nenyika . . . vasina dziviriro kana pekuhwananda kumutemo wemunhu. . . .

“Ndaizopagotsi nekupikisa sei vanhu vangu neuchapupu hwe rutendo rwavo. . . .?”

“Ndaida ndangariro yemhuri yangu; Ndaida ndangariro yemadzitateguru angu; uye ndaida chiJudha changu. Asi zvino ndakanga ndawana kunobva rudo rwese, uye kuti ndirwunzwe zvakazara ndakaona kuti ndaifanira kuva muMomoni” (“The God of My Fathers,” *Ensign*, Kukadzi 1978, p. 21).

Ari pakati pekunetseka kwake, sista uyu akagashira upfakazi neuchapupu hwakanaka, hwune rudo hwekuti pakanga pasina chimwe chinhu chinokosha zvikuru panyika pane kuva nhengo yeKereke rechokwadi. Pasinakupokana, vabereki vake vakanga vamudzidzisa kutsvaga chokwadi, kuda Mwari, kutevera kutunha kwemwoyo wake nekweMweya. Sarudzo yake yakanga isiri yekuzvidza, asi yekukudza dzidziso dzavo dzekuteerera Mwari nekutsvaga chokwadi. Kuburikidza neunhengo hwavo muKereke kunoita kuti vapinduki vazokwanisa zvino kukurudzira vabereki vavo nevamwe kuti vatambire vhangeri.

- Ndedzipi dzimwe nzira dzekuti mupinduki mutsva akwanise kuratidza rudo nerukudzo kuvabereki vake?

Kunyange mushure mekunge vabereki vedu vafa, tinokwanisa kuvakudza nekugara rudzi reupenyu rwavangadade narwo. Tinokwanisa kuvakudzawo nekuisa pamwechete nhorondo yemhuri yavo.

- Tinokwanisa kuramba tichikudza vabereki kunyange mushure mekunge vafa? Wedzerai mamwe mazano pane zvakanorwa pabhodhi.

Kuburikidza nemakomborero etemberi tinokwanisa kubatanidza mhuri dzedu kwekusingaperi. Kodzero iyi inoenda mberi kupfuura mhuri yedu yepadyo kumadzitateguru vakatitangira kuva pano pasi. Pamusoro pezvizvi, Mutungamiri Theodore M. Burton vakati: “Vimbiso yakaitwa kwavari [madzitateguru edu] kuti, kunyange kana vakazvarwa panguva nenzvimbo yavasingakwanise kunzwa vhangeri richiparidzwa muupenyu, Mwari vaizovawanisa vaponesi

*Kubva pakati pezvizarwa zvavo* kuitira kuti vagozogashira makomborero ese akavimbiswa kwavari. Tisu vaponesi vacho” (*God’s Greatest Gift* [1976], p. 233). (Kuwana rumwe ruzivo pamusoro penhorooondo yemhuri, onai chidzidzo 20 mubhuku rino, “Mabasa Edu eTemberi neNhorooondo yeMhuri.”)

### **Mhedziso**

Kuburikidza nevabereki vedu takawana miviri yenyama nemukana wekuzviratidza pano pasi. Takarairwa kukudza vabereki vedu. Tinofanira kuedza kudaro kuburikidza nekugara misimbotei yevhangeri nekutevera muenzaniso waJesu Kristu.

### **Zvekuita**

Funga zvaungakwanise kuita kuti ukudze vabereki vako. Nyora zvinhu zvaungakwanise kuita zuva rega rega kuvakudza. Ronga chiito chekukudza vanambuya nasekuru vako. Ronga svondo rino kuudza vabereki vako (iwe pachako kana mutsamba) kuti unovada nekuvayemura wopa zvako chikonzero chaicho chimwechete chekuti sei.

### **Zvimwe Zvinyorwa Zvitsvene**

- Revitiko 20:9 (musatuka baba kana amai)
- Zvirevo 6:20–22; 23:22–26 (teverai dzidziso dzevabereki)
- Mateo 19:19 (kudzai baba naamai)
- 1 Nefi 17:55 (Nefi anoraira vakoma vake kuti vakudze vabereki vavo)
- Dzidziso neZvibvumirano 98:16 (pindutsa mwoyo yevana kumadzi-baba avo)

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### **Gadziriro yeMmishoni**

Usati wapa chidzidzo chino:

1. Verenga chikamu, “Mabasa eVana” muchitsauko 37, che *Musimbotei weVhangeri*.
2. Sarudza nhengo dze kirasi dzigopa nyaya dzese-dzese, zvinyorwa zvitsvene kana zvakadzokororwa (makotesheni) zvaunoda.

# ZVATINOKWANISA KUITIRWA NEVADZIDZISI VEDU VEKUMBA

*Chidzidzo 17*

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Chinangwa chechidzidzo chino ndechekutibatsira kunzwisisa kusimbi-  
swa kungaitwe mhuri dzedu nevadzidzisi vedu vekumba nemabatsi-  
riro atingavaite mukuzadzikisa basa ravo.

## **Mabasa eVadzidzisi veKumba**

“Chinguva chidiki chakapfuura mumwe mutungamiri wehoko akata-  
ura zvekushanya kwake, nevamwe, kukirasi ye [Vana Vadiki].

Pakapinda vaenzi vakatambirwa, uye mmishoni, achida kuratidza  
kukosha kwechiitiko kuvadiki ava, akati kukamwana kadiki kakanga  
kari mumutsetse wepamberi, ‘Vanhu vangani vanokosha vari pano  
nhasi?’ Mwana uyu akasimuka akatanga kuvaverenga achidaidzira,  
akatsvika pauwandu hwegumi nevanomwe, kusanganisira munhu  
wese aiva mumupanda. Pakanga paine vanhu vanokosha zvikuru  
gumi nevanomwe zuva iroro, vana nevaenzi!

“Ndiwo manzwiwo anoitwa naKristu, uye nesu tinofanira kunzwawo  
saizvozvo” (Marion D. Hanks, mu Conference Report, Gumiguru 1972,  
p. 167; kana *Ensign*, Ndira 1973, p. 127).

Munhu wese akakosha kuna Baba vedu veKudenga.

Ishe vakasimbisa kukosha kwemunhu pachake nemhuri  
“paVakazarurira kuna Joseph Smith chinangwa chaizoshandiswa neu-  
fundisi kuchengeta munhu wese. Ishe vakaraira kuti varume vasha-  
nyire imba yenhengo yega-yega, vachivaraira kunamata zvinonzwika  
uye muchivande nekuita mabasa ese emhuri (onai D&Z 20:47) neku-  
chengeta Kereke (onai D&Z 84:11).

- Ndivanaani vadzidzisi vanokumbirwa kutarisa mhuri dziri muKereke?

Nhasi vadzidzisi ava vanodaidzwa kuti vadzidzisi vekumba.

Vanodaidzwa naMwari kuti vatarise vanhu Vavo, vadzidzisi vekumba  
vanofanira kusimbisa vanhu nenzira dzinozovabatsira muzviitiko zve-  
upenyu uye nekudzokera pamberi paMwari. Vanofanira kubatsira  
munhu ega-ega nemhuri kurarama vhangeri zvakazara.

Chirongwa chekudzidzisa kumba chinotungamirwa neVatungamiri Vakuru veKereke. Vadzidzisi vekumba vanomirira Ishe, bhishopi kana mutungamiri webazi, nemutungamiri wechikwata chehufundisi. Vanobatsira bhishopi kana mutungamiri webazi kuti vagare pedyo nemunhu ega- ega nemhuri muwadhi. Vanobatsira kuita kuti zviro- ngwa zveKereke zviwanikwe nenhengo yega- yega.

Mmishoni wekumba anosarudzwa kubva pakati penhengo dzeUfundisi hwaMerikzedeki dzakakodzera. Mufambidzano wake anokwanisa kuve imwe nhenao yeHufundisi hwaMerikzedeki kana mukomana wezera—reUfundisi hwaAaroni wezera revakomana veChidiki. Vadzidzisi vekumba vanofanira kushanyira nhengo yega- yega mumba.

- Ratidza mufananidzo 17-a, “Vadzidzisi vekumba vari kushanya nemhuri.”

Apo mumwe Mukoma akadaidzwa kuva mmishoni wekumba, akada kushandira vanhu vake pachokwadi. Akati:

“Ndakaverenga chikamu muDzidziso neZvibvurano chinotsanangura mabasa acho. Ndakanyanya kufadzwa nepfungwa . . . yekutarisa mhuri dzangu, kuva navo nekuvasimbisa . . . (onai D&Z 20).

“Ndakapa kuna Ishe kuzvipira kwangu pachangu kwekuti ndaizoedza . . . kutarisa mhuri dzangu . . . sezvavaizoita ivo. . . .

“Muneimwe yedzimba dzemudunhu rangu maigara shirikadzi. Rimwe zuva mushure medutu rechando mudzimai wangu neni takamuona achinetseka kuenda kumusika. Ndakamisa motokari ndikamuudza kuti ndaizofara kumuendesha. Ndakamuudza kuti ndaida kuti andifunge seshamwari uye kuti pose paaida rubatsiro, aifanira kuita kuti [tive] nemukana wacho.

“ ‘Ndinotenda zvikuru,’ akadaro. ‘Iyi inguva yekutanga kuti mmishoni wekumba aite chinhu chakadaro.’

“Umwe usiku ndakayeuka kuti ndakanga ndisati ndambomuona pamitambo yedu yose, ndikasarudza kutsvaga chikonzero, kana ndaikwanisa ndisingamugumbure.

“Akaratidza ushamwari apo mufambidzani wangu neni takagogodza pagonhi rake. . . .

“Ndakozomubvunza nezvemitambo yedu.

“ ‘Aaa, ndinofanira kubvuma kuti ndakakokwa kuvako dzimwe nguva. Asi hakuna kana kamwechete kandakanzwa kuva semumwe wechikwata ichocho. Hapana akandikoka kuenda navo, handina kuda kunzwa sekunge ndaimanikidza.’



*17-a, Vadzidzisi vekumba vari kushanyira mhuri*

“Mwedzi iwoyo akaenda kumutambo wake wekutanga nemudzimai wangu neni. Hapana mumwe aikwanisa kuratidza rufaro rwakadaro mukuyemura. . . .

“Pava paye, ndakava nokuziva kuti akanga asina chigaro muwadhi. Ndakataura izvi kumutungamiri wangu wechikwata, uyo akataura nabhishopi. Nechinguva shirikadzi yakatambira nokutenda chigaro chemmishoni we [Bato reVana Vadiki].

“Kuburikidza nezviitiko izvi, ndakadzidza kuti chigaro chemmishoni wekumba chinoreva kuti munhu anoita sekunge baba vechipiri kumhuri, uchiunza rubatsiro nezvinhu zvechikwata, wadhi, kunyange neKereke kumhuri yega-yega nenhengo yega-yega” (“The Spirit of Home Teaching,” *Improvement Era*, Chikumi 1967, pp. 114–15).

- Mmishoni wekumba uyu akanzwa kuti zvinorevei kutarisa mhuri dziri pasi pake?

### **Kubatsira Vadzidzisi Vekumba Kuzadzikisa Mabasa Avo**

Tinofanira kuita kuti vadzidzisi vekumba vanzwe kufarirwa mumba medu nekudaidza nhengo dzese dzemhuri pamwechete pakushanya kwavo. Tinokwanisa kuvakumbira kuti vashanye panguva inenge nhengo dzese dzemhuri dzava pamba. Nhengo yese inofanira kuremekezwa nekukudza vadzidzisi vekumba seshamwari dzakanaka dzemhuri.

Munguva dzematambudziko nenjodzi, tinofanira kudaidza vadzidzisi vedu vekumba. Vanokwanisa kupa ropafadzo reufundisi kana pasina aneUfundisi hwaMerkizedeki mumba imomo. Tinokwanisa kuvabatsira kuzadzikisa zvigaro zvavo nekutsvaga tsigiro yavo yezvemweya munguva dzematambudziko. Mumwe mmishoni wekumba akataura nezvekushanyira mudzimai akwegura akanga asisagone kumuka: “Akataura kutambudzika kukuru pamusoso pemuzukuru aifanira kuitwa oparesheni zuva raitevera. Akakumbira kana ndaikwanisa kupfugama parutivi pemubhedha ndipe munamato weraramo yemudiki uyu” (Boyd K. Packer, mu Conference Report, Gumiguru 1972, p. 103; kana *Ensign*, Ndira 1973, p. 90).

### **Vadzidzisi Vekumba neMusoro Wemba**

Vadzidzisi vekumba vanofanira kuziva, kutsigira, nekusimbisa musoro wemba. Kana paina baba mumba imomo, anofanira kuonekwa sababa—nhengo yemhuri inotungamira. Kana pasina baba pamba ipapo, amai vaofanira kuonekwa semukuru anotungamira, uye vadzidzisi vekumba vanofanira kushanda nemavari nekuvabatsira pabasa navo. Vadzidzisi vanofanira kushandawo naivo pachavo vari vega, vakafirwa, nedzimwe nhengo vachivasimbisa nekuvabatsira pane zvanoda.



Vadzidzisi vekumba vanokurudzirwa kutaurirana nemusoro wemhuri iyo yavanotarisa kuitira kuti vave neruzivo nekunzwisisa kwematambudziko, zvavanoda, nemamiriro ezvinhu mumhuri dzavakapiwa nokudaro vovabatsira zvirinani kutarisana nezviyedzo zvavanotarisa nazvo.

Nyaya inotevera inoratidza mabudiriro akaita vadzidzisi vekumba vaviri mubasa ravo nekushanda kuburikidza nemusoro wemba:

“Samuel Bowen akanga [asiri nhengo] yeKereke. Mudzimai wake nevana vakanga vari nhengo saka nokuda kwaizvozvi, kushanya . . . kuzhinji kwedzidziso dzekumba kwaitwa kumhuri yaBowen. Kushanya uku kwaiwanzonangiswa chete kunhengo dzeKereke mumba umu. Nokudaro, Mukoma Bowen vaizvisunungura kana kuti vainge vasipo panguva yekushanya. . . . Pane imwe nguva VaBowen [vakambo] pinda [Kereke].

“Mumakore maviri akapera, mmishoni wekumba mutsva, Mukoma Walker, vakaiswa kumhuri yokwa Bowen. Mushure mekunge vasingana navo uye vakurukura mamiriro ezvinhu nemutungamiri wefundi, Mukoma Walker vakanzwa zvakasimbisira kuti vaise pfungwa dzavo kunyanya pana . . . Mukoma Bowen. Mumwedzi yakatevera, vakaita izvi nenzira yakanyatsofungwa. Semuenzaniso, vaka [ronga mikereke] nemuna Mukoma Bowen. Vaingotaura nevana nemvumo yemusoro wemhuri. Zvino pane dzimwe nguva, vaiuya kumba uku *chete* kuzoona Mukoma Bowen. Pakushanya uku vaikurukura kuti vangabatsire sei kunhengo yega-yega yemhuri. Pakutanga, Mukoma Bowen vakashamisika nesiyano iyi kwavari sezvo zvakanga zvisiri maererano nemaitiro akajairwa, asi vakazopedzisira kuemura Mukoma Walker. Kushanya kune rufaro kuzhinji kwakaitwa kumba uku asi kashoma kaipiwa kumhuri iyi shoko revhangeri chairo raifanira kupiwa.

“Mamwe manheru Mukoma Walker vakanga vachishanyira Mukoma Bowen vega mumba yavo yekutandarira. Vakabvunza, ‘Sam, sei nemhuri yakanaka kudai muKereke nebasa ravo, hausati wambofunga zveunhengo muKereke. ‘Mukoma Walker vakashamiswa nemhinduro: ‘ndinofunga hapana munhu akambondibvunza kana ndaida. Chokwadi ndechekuti ndakaverenga mabhuku mazhinji eKereke renyu uye ndinotenda sezvamunoita.’

‘Mushure memwedzi Samuel Bowen akabhabhatidzwa muKereke, uye pari nhasi mhuri yake yakasunganidzwa . . . mutemberi” (When Thou Art Converted, Strengthen Thy Bretheren: A Study Guide for Melchizedek Priesthood Quorums, 1974–75, pp. 217–18).

- Kana vadzidzisi vekumba vasinganzwisise mabatsiro emumwe wevakawanana asiri nhengo kana asisanyanye kupinda, basa nemumwe wevaviri ava anopinda zvakanaka nderei?

Vadzidzisi vekumba vanofanira kutsigira musoro wemba nekugarobvunza kuti vangave rubatsiro rukuru sei kumhuri.

### **Mabatsiro eMhuri Angaitwe neVadzidzisi veKumba**

Vadzidzisi vekumba vanokwanisa kubatsira mhuri dzedu munzira dzakawanda. Vanokwanisa kuratidza mamsirwo nemaitirwo enguva yemanheru yemhuri. Vanokwanisa kutikurudzira kukudziridza matarenda edu. Vanokwanisa kupa mazano ekutibatsira kuwedzera zve-mweya mumhuri medu.

Vadzidzisi vekumba vanofanira kuita kuti shoko ravo nemaitiro zviwirirane nezvinodikanwa zve-munhu pachake nemhuri. Vane simba rekukomborera, kutungamira, nekusimbisa vanhu pachavo nemhuri. Vanonyanya kufanira kutarisa nekubatsira kuona zvinodikanwa zvenhengo dzinogara dzega idzo dzinowanzova dzakasurukirwa uye dzinoda vimbiso nenyaradzo yekuziva kuti vadzidzisi vavo vekumba vane hanya.

Ishe vanotarisa vabereki kudzidzisa mhuri dzavo vhangeri mumba. Mukudaro, vabereki vanokwanisa kukumbira vadzidzisi vekumba kuvabatsira. Mune imwe mhuri vabereki vainetseka vakakumbira mazano nerubatsiro rwevadzidzisi vavo vekumba mukurairana—mwanasikana wavo ane makore 18 aifambidzana nemukomana asiri nhengo yeKereke. Mukuedza kwekare kwevabereki kunyengedza mwanasikana wavo kusiyana nekudanana uku, vairamba vachisangana nekupikiswa.

“Baba vacho vakaenda kummishoni wekumba muchivande vakanoita zvikumbiro zvitatu. Vakati, ‘Pakushanya kwenyu kunotevera, ndinoda kuti mupe chidzidzo chakakosha chemhuri yedu pamusoro pemuchato wemutemberi. Ndinoda kuti mupe uchupupu hwenyu hwekuti musimbotti uyu wakarevei muupenyu hwenyu. Chekupedzisira, ndaizozvitenda kana mukandizivisa nezvekuzoshanya kwenyu nguva iripo, nokuti ndinonyanya kuda kuti mwanasikana wedu avepo kuti anzwe chidzidzo ichi.’

“Nekurongerwa, mmishoni wekumba nemufambidzani wake mudiki vakapa chidzidzo chemuchato wemutemberi vakapa uchupupu hwemakomborero anodururuka [kubva] mukuteerera chisungo chinoera ichi. Hapana chiitiko pakarepo chakabva kumwanasikana. Kufambidzana kwakafambira mberi. Zvino nguva yapera umwe usiku amai nababa vakamunzwa achidzoka kubva kunoonana nemukomana asiri nhengo yeKereke uyu. Munguva shoma akanyahwairira kurutivi rwemubhedha wevabereki vake akazevezera:

“ ‘Ndinoziva manga muchinetseka nemwanasikana wenyu, asi manheru ano ndasaradza kuchata chete mutemberi. Munoono, kubva pakadzidziswa chidzidzo ichocho nevadzidzisi vedu vekumba, ndanga ndichinamata zvikuru. Zvino ndava nemhinduro kuminamoto yangu. Handisi kuzofambidzana zvakare naTom’ ” (“Home Teaching,” *Improvement Era*, Gumiguru 1966, pp. 874–75).

- Vadzidzisi vekumba ava vakabatsira sei mhuri iyi?

Vadzidzisi vekumba vanokwanisa kubatsira nhengo itsva mukubhabhatidzwa kunzwa kudekara mukunamata muKereke nekubatsira mamishinari ehoko kana mamishinari azere kupa hurukuro nhanhato dzenhengo itsva. Vanokwanisa kubatsira nhengo itsva kuita ushamwari muwadhi kana mubazi, mumwe nemumwe pamwero wezera rake, nekubatsira nhengo dzese kuva mukati mezviitiko zveKereke.

Vadzidzisi vekumba vanofanira kuita hanya nemagariro emhuri ezvenyama pamwechete neezvemweya. Mushure mekutungamirira hurukuro dzezvemweya nemunamoto mumba, mumwe mmishoni wekumba akati, “ ‘Kwanaya kwemazuva mana. Denga remba yenyu rakadii? Kana richida kugadzirwa, ndidaidzei’ ” (George Barber, “Home Teaching . . . Great Potential for Service,” *Improvement Era*, Kurume 1968, p. 39).

Mushure mekudengenyeka kwenyika kuPeru, mamishinari maviri vakataurirwa kuti vatsvage nhengo dzeKereke munzvimbo yavo uye vaone zvavanoda. Mumwe wemamishinari akataura:

“Ndakabvunza kana paine munhu aiziva kwataikwanisa kuwana Hermano Cardenas, muteveri wekutanga kumutungamiri webazi. Ndakarairwa kunzvimbo yaive pedyo nekuseri kwekumba. . . . Mushure . . . mekukwazisana kwedu . . . , ndakamubvunza kana aive neruzivo rwekuti tingawane sei mamwe maMukoma nemasista vebazi. . . .

“Muhomwe yake yekumashure akaburitsa bepa rakaunyana rakapetwa akaritambidza kwandiri. ‘Mukuru,’ akataura zvakarereka, ‘takaita sezvamakatidzidzisa kuita pamakaraira chikwata chevakuru pano. Takatumira vadzidzisi vekumba! ‘Pabepa rinetsvina iroro pakanga pakanyorwa nzvimbo, magariro nemamiriro eutano hwevese kunze kwemhuri mbiri mubazi—rweke ruzivo rwakaunganidzwa nekuziviswa nevadzidzisi vekumba!’” (H. Bruce Bowman, “Home Teachers in an Earthquake,” *Ensign*, Kurume 1978, p. 67).

- Ruzivo kubva kuvadzidzisi vekumba rwungakwanise kutibatsira sei munjodzi?

Mukoma George Durrant vakataura mabatsirirwo avakaitwa nemmishoni wekumba:

“Ai uya mumba medu kakawanda. Paaiuya, aidaidza mumwe nemumwe wevana vedu nezita achitaura navo semunhu ega- ega. Aiteerera zvakanyatsonaka kune zvese zvavaitaura. Vaiziva kuti aive nehanya navo.

“Pakaropafadzwa vana vedu, akamira neni mudenderedzwa revarume veufundisi. Apo vana vedu vakanga vosvika zera rekubhabhatidzwa, akataura navo pamusoro pekukosha kwechisungo chikuru ichi. Pavakadzika kupinda mumvura, akanga aripo sechapupu akafara nesu. Maoko ake akaiswa pamisoro yavo pamwechete neangu panda-kavasimbisa senhengo dzeKereke. Apo mwanakomana wedu mukuru akava mudhikoni, murume yu akauya kuzoita makorokoto.

“Pandaienda kunze kweguta nebase, airidza runhare kumba kwangu zuva rega-rega kubvunza pamusoro pemagariro emhuri yangu. Svondo rega-rega pataipinda mukereke, aitsvaga okwazisana nesu. Imwe nguva pandairwara, iye nemumwe Mukoma vakauya kumba kwangu vakazondiropafadza. Aiwanzopfugama nemhuri yedu achinamata nesu.

“Akanga asingambotiparidzira, kunyange kuteerera kwaaita kwatiri kwaitiita kuti tide kuita zvirinani. Akanga asingaziikanwe semmishoni anozivisisa kuna mufundi mukuru, asi kubva uye nekuburikidza naye tainzwa simba neuchenjeri. Airatidza mweya waikonzera kumukudza nekuvimba naye. Zvakanga zvisiri zvaaitaura zvakatishandura asi zvakanyanya sezvaakanga ari” (George Durrant, “The Man I Remember Best,” *Improvement Era*, Chivabvu 1970, p. 42).

- Ita kuti nhengo yekirasi itaure pamusoro pemabatsirirwo akaitwa mhuri yake nevadzidzisi vekumba.

### **Mhedziso**

Vadzidzisi vekumba vanomirira Ishe, bhishopi kana mutungamiri webazi, nechikwata cheufundisi kusimbisa mhuri pamweya, panyama nepfungwa. Vanokwanisa kubatsira mhuri nevanhu pachavo vavakasarudzirwa kunakirwa nezvirongwa zveKereke nekuvakurudzira kuzadzikisa mabasa avo eKereke neemhuri. Vadzidzisi vekumba vano-shanda nemusoro wemhuri yega-yega kusimbisa imba nekugadzirira mhuri kuruponeso.

### **Zvekuita**

Kokai vadzidzisi venyu vekumba kuzonakirwa nenguva yemanheru yemhuri yakakosha nemhuri venyu pamamwe manheru asiri eMuvhuro. Daidzai vadzidzisi venyu munguva dzekuda rubatsiro. Garai muchivazivisa nezvezvinodiwa nemagariro zvemunhu pachake nezvemhuri.

### **Zvimwe zvinyorwa Zvitsvene**

- 2 Timotio 2:2 (varume vakatendeka vanodzidzisa vamwe)
- Dzidziso neZvibvumirano 20:46–47 (vaprista vanoshanyira nekuraira)
- Dzidziso neZvibvumirano 44:6 (vakuru vanoshanyira varombo nevanoshaya)
- Dzidziso neZvibvumirano 82:19 (munhu wese anofanira kutsvaga zvinodiwa nemuvakidzani wake)

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### **Gadziriro yeMmishoni**

Usati wapa chidzidzo chino:

1. Verenga Dzidziso neZvibvumirano 20:46–47.
2. Sarudza nhengo yekirasi igotaura, zvishoma pamusoro pekubatsirwa kwaakaitwa kana kubatsirwa kwakaitwa mhuri yake nevadzidzisi vekumba.
3. Sarudza nhengo dzekirasi dzigopa nyaya dzese-dzese, zvinyorwa zvitsvene, kana zvakadzokororwa (makotesheni) zvaunoda.

# KUKUDZIRIDZA KUZVIRIRITIRA

*C h i d z i d z o 1 8*

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Chinangwa chechidzidzo chino ndechekutibatsira kugadzirira ramangwana, nekukudziridza kuzviriritira.

## **Makomborero eKuzviriritira**

MuDzidziso neZvibvumirano Ishe vakati zvinhu zvese ndezve mweya kwavari, uye havana pane imwe nguva kuitipa mutemo wezve nyika (onai D&Z 29:34). Hwaro hwekuzvibatsira pachedu nevamwe rudo netsitsi. Kunyange kuzviriritira kuchisanganisira kugadzirira kwe-nyama, kana kwezvenyika, kukudziridza kuzviriritira kunotibatsirawo kukura pazvemweya. Kana takanyatsogadzirira, hatikwanise chete kuzvichengeta pachedu, asi tinokwanisawo kubatsira vamwe munguva dzekushaya. Patinopa zvinhu zvedu, nguva nematarenda kubatsira vamwe, rudo rwedu kune vamwe rwunowedzera uye tinoswedera pedyo neMweya.

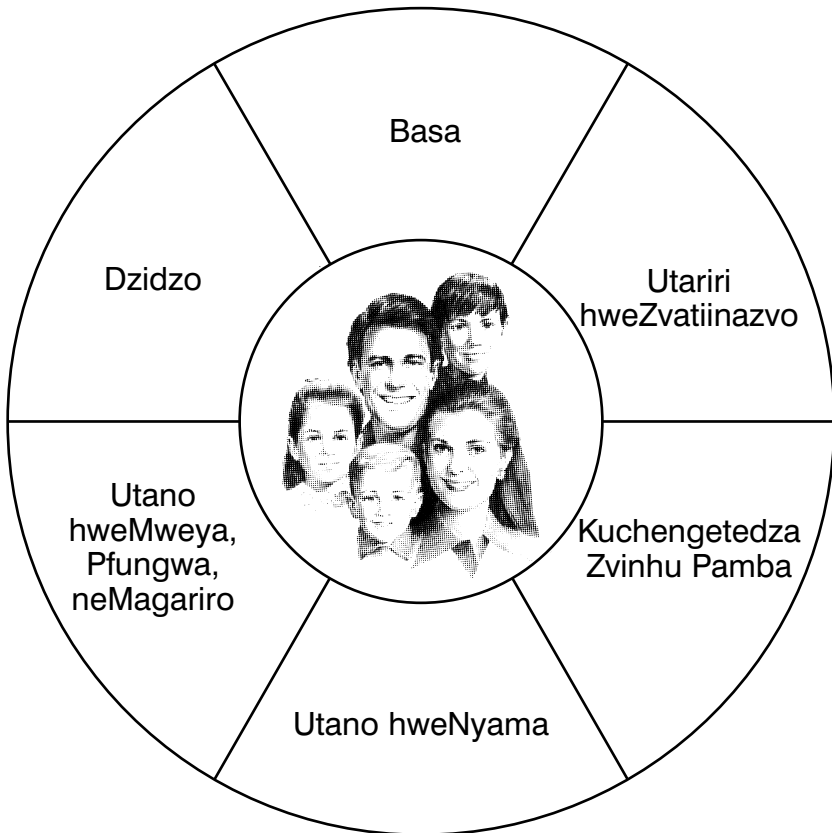
## **Nzvimbo dzeKukudziridza Kuzviriritira**

Mutungamiri Spencer W. Kimball vakaraira, “Tinokurudzira mhuri dzeVatendi Vamazuva Ekupedzisira kuti vave vanozviriritira nekuzviriritira” (“Prophet Urges Home Food Production,” *Church News*, 3 Kubvumbi 1976, p. 8). Chirongwa chalshe chenhengo dzeKereke chekuzviriritira chirinyore. Ndechekuti tiite zvatinokwanisa kuwana zvinodiwa zvedu pachedu nemhuri nekukudziridza tsika dzakanaka dzekushanda; kuchengetedza; kuunganidza zvinhu zvinodiwa pamba zvinozotibatsira kwenguva ingaita gore rimwechete; kurongera zvichadikanwa mberi; nekuchengeta zvakanaka utano hwenyama, hwe-mweya, hwepfungwa, nemagariro. Kuzviriritira kunotanga kumba, nemunhu pachake uye mhuri.

Kuzvigadzirira nekugadzirira mhuri dzedu kune ramangwana, Vatumungamiri veKereke vanotikurudzira kukudziridza kuzviriritira munzvimbo nhanhatu dzinokosha.

- Ratidza mufananidzo 18-a, “Nzvimbo nhanhatu dzekuzviriritira.”

# Dzekuzviriritira



18-a, Nzvimbo nhanhatu dzekuzviriritira

**Basa**

Mumhuri zhinji baba kana murume anoshanda kuwana zvinodiwa zvemhuri. Zvisinei, izvi handizvo zvinoitika nguva dzose. Vakadzi vanofanira kuzvikodzeresa kuva zvese mubati wemba nekushandira kurarama. Vanofanirawo kugadzirira kuzvichengeta kana kuchengeta mhuri dzavo, kana zvichidikanwa.

Vana amai vanokurudzirwa kuita kurera vana vavo basa ravo rekutanga, kunyanya panenge vana vavo vari vadiki, asi vanofanira kugadzirira kukwanisa kushandira kurarama kunze kwemba. Zvisinei, amai vevana vadiki vasati vafunga zvekushanda kunze kwemba, vanofanira kuva nechokwadi kuti zvinodiwa zvemhuri hazvikwanise kuzadziwa kuburikidza nekunyatso ronga mashandisirwo emari neubvwo hwepamba. Vanofanira kuedza chose kuti vagare kumba nevana.

Kubatsira nhengo dzemhuri kugadzirira kushanda, Mutungamiri Marvin J. Ashton vakaraira: “Pedzai dzidzo yechikoro, yezuwarese inokwanisika. Izvi zvinosanganisira zvikoro zveumhizha. Iyi imari inenge yashandiswa zvakanaka. Shandisai chikoro chemanheru nedzidzo uri kumba kugadzirira zvakare. Wanai umwe umhizha hwakakosha kana kwaniso inogona kushandiswa kudzivirira nguva yakareba yekusashanda” (“One for the Money,” *Ensign*, Chikunguru 1975, p. 73).

Fungai pamusoro pemamiriro anotevera nezingaitwe kuagadzirisa. John baba vevana vaviri vadiki, haashande. Anowana basa oshanda kwenguva diki. Nokuti anoita matambudziko makuru eutano, anofanira kusiya basa racho. Mari yemutero wemba yavakudikanwa nezvikereti zvinofanira kubhadharwa.

- Mhuri iyi ingaite sei kugadzirisa dambudziko ravo? Baba vacho vanofanira kuita sei? Mudzimai angabatsire sei? vana? dzimwe nhengo dzemhuri? nhengo dzeKereke?
- Kana baba vakawana basa risingavafadze, vangaite sei vachifanoshanda pabasa iri kuti vazvigadzirire rumwe rudzi rwebasa vachienda mberi kuriritira mhuri yavo?
- Sei mukadzi achifanira kugadzirira kushanda kunze kwemba? (Kuti azviriritire kana asingachate kana kusvikira achata. Kuti azviriritire nemhuri yake kana zvichizodikanwa.)

**Utariri hweZvatiinazvo**

Kuva takagadzirira pane zvemari, tinofanira kudzidza kugara zvinoenzanirana nemari yatinowana. Izvi zvinoda kuita nekutarira urongwa hwemashandisirwo emari. Urongwa hwemashandisirwo emari hunoshanda hunosanganisira kuita zvinangwa zvinokwanisika, kubhadhara zvegumi nemipiro, kudzivirira chikwereti. Pamusoro peurongwa hwemashandisirwo emari, utariri hwakachenjera hwemari yedu hunosa-



nganisira kutenga zvidyo nezvimwe zvinhu zvinodiwa pazvinenge zvisinganyanye kudhura, kudzivirira kuparadza, uye, kana zvichikwanisika, kuita mari inochengetwa yekushandisa pane zvinodikanwa zvemari zvisina kunge zvakarongerwa. (Onai Chidzidzo 21, “Kutarira Mari yeMhuri,” *muMudzimai waVatendi Vamazuwa Ekupedzisira, Chikamu A* kuti muwane rumwe ruzivo pamusoro pekuronga chinyorwa chemashandisiro emari.)

Imwe mhuri yakapa zano rinotevera rekubata mari dzemhuri: “Chinhu chimwechete chisingamboshanda. . .mafungiro ekuti,” Iyi imari *yangu*, saka ndichaishandisa nenzira yandinoda. ‘Hazvina mhosva kuti murume kana mukadzi ndiye ari kuunza mari, mari yese inofanira kuva yenyu mese zvakaenzana. Hakuna murume kana mukadzi ane mvumo yekushandisa ‘nokuti ndeyangu’ ” (Orson Scott Card, “Family Finances,” *Ensign*, Chikumi 1978, p. 13).

Vana vanokwanisa kudzidza mashandisiro emari nekusanganisirwa musarudzo dzezvemari dzemhuri, kana zvichiita. Mumwe mubereki akataura chiitiko chinotevera: “Taida kutenga piyano rimwe gore. Takaenda nevamwe vana, zvino mushure mekunge tatarisa mapiyano aka wanda takataurira mutengeski kuti taizodzoka mushure mehuru-kuro dzemhuri. . . . Mushure mekutaura nezvazvo, takasarudza *semhuri* kuti taikwanisa kuitenga—kunyange zvaireva kukamura zvimwe zvepamusoro zvataitenga. Vana vakati hazvina mhosva, nekuti vakanzwa iri sarudzo *yavowo*” (*Ensign*, Chikumi 1978, p. 13).

- Ndedzipi dzimwe nzira dzatingatarire dzirinani pakutenga kwedu kuitira kuchengetedza mari? Kutarira mari zvachenjera kunounza sei runyararo, kugustikana, nekudekara mumba? (Kana nhengo dzemhuri dzonzwisisa kunofanira kuenda mari, gakava rinokwanisa kubviswa uye zvinodikanwa zvinogona kutengwa kutanga. Kuziva kuti zvinodiwa zvakarongerwa kunounza manzwiwo ekudekara.)

### ***Kuchengetedza Zvinhu Pamba***

Kwazviri pamutemo uye pazvinokwanisika, munhu ega-ega nemhuri vanofanira kava nekudya zvakanwana zvinozadzisa zvinodiwa zvinokosha zvenguva isiri pasi pegore rimwechete. Izvi zvinoreva kuti tinofanira kurima nekuchengetedza kudya zvino tozoshandisa nekudzorera kudya ikoko kuitira kudzivirira kukanganisika. Tinofanira kuzivawo magadzirirwo nemasonerwo embatya uye, kana zvichikwanisika, tichengete zve moto nemishonga yekurapa. Ubwo nekuchetedza zvinotibatsira kuzviriritira pechedu, mhuri dzedu, nevamwe munguva dzekushaya. (Onai chidzidzo 25, “Kuchengeta Zvinhu Kumba,” mubhuku rino nechidzidzo 25, “Kurima Gadheni Pamba,” nechidzidzo 26, “Ubwo hwePamba,” *muMudzimai waVatendi Vamazuwa Ekupedzira, Chikamu A* kuti muwane rumwe ruzivo.)

- Chii chamunoda kwegore rimwechete? Chii chiri kuitwa nemhuri yenyu kugadzirira kudya, mbatya, nezvemoto zvinotora gore? Chii chimwe chamungakwanise kuita?

### *Utano hweNyama*

Miviri yedu yenyama inoera, uye zvakakosha kuti tiichengete yaka-chena, yakasimba iri mitano. Tinofanira kutevera mirau chaiyo yekuva neutano hwenyama hwakanaka. Sekuratidzwa kwazvakaitwa mulzwi reUchenjeri, tinofanira kudya zvidyo zvinovaka uye tisatore zvino-dhaka, fodya nezvimwe zvinhu zvinokuvadza (onai D&Z 89).

Kudzivirira chirwere tinofanira kuchengeta dzimba dzedu nezvivanzi zvachena uye tichiwana mishonga yenhomba inokurudzirwa munzvimbo medu. Tinofanira kuwana zororo rakanaka, tinofanira kusimbisa miviri nguva nenguva, maererano nezvinodikanwa zvedu nezvatiri. Patinochengeta miviri yedu iri mitano tinokwanisa zvirinani kuriritira zvinodikanwa zvedu nekubatsira vamwe.

- Sei tichida miviri yakasimba? Sei zvakanyanya kukosha kuti vachava ana amai vachengete utano hwavo? Chii chatingaite kunatsa utano hwemhuri yedu? (Onai chidzidzo 21, “Kuronga Kudya Kuzere Utano,” nechidzidzo 22, “Kuchengetwa KwaAmayi neMucheche,” mubhuku rino.)

### *Utano hweMweya, Pfungwa, neMagariro*

Tinofanira kuzvisimbisa pachedu nemhuri dzedu pamweya, pfungwa, nemagariro. Patinoita izvi tinozova takagadzirira zviri nani kugadzirisa matambudziko nekusuwa. Mukuru Boyd K. Packer vakati:

“Zvakanga zvakarongwa kuti upenyu hunozove chiedzo. Kuve tinotambudzwa nekunetseka, kusuwa, nekugumbuka, kunyange kukundikana kunowanikwa. . . .

“Kana [ukave] . . . nezuva rakaipa neimwe nguva, kana akawanda aka-tevedzana, . . . mira wakadzikama utarisane nawo. Zvinhu zvinozo-twasanuka.

“Pane chinangwa chikuru mukutambudzika kwedu muupenyu” (mu Conference Report, Kubvumbi 1978, p. 140; kana *Ensign*, Chivabvu 1978, p. 93).

Panouya zviedzo, tinofanira kuda, kutsigira, kuyemura, nekukurudzira vamwe mumhuri. Mukubatsirana, tinokudziridza simba repfungwa kukunda matambudziko azvino neachauya.

Mukuru Marvin J. Ashton vakataura nyaya inotevera yemhuri yakakudziridza simba rerudzi urwu:

Mwanasikana mudiki akakuvara urozvi zvakanyanya pakuzvarwa uye haana kumbokwanisa kukura kana kusvika zvaafanirwa kunge akaita.

Akafa paakanga ava nemakore gumi nemanomwe, asi mhuri yakava yakasimba munguva iyoyo. Mukuru Ashton vakacherechedza: “Kuchengetwa nguva yose kubva kuna amai vanerudo, mwoyo murefu nekudziya kubva kuna baba vane tsitsi, nekunzwisisa kubva kuhanzvadzi nhatu dzakanakisa uye mukoma anofunga akaita kuvapo kwake kukoshe mumhuri. . . . [Baba vake] vakati, ‘Hukuna chingate-ngwa nemari chaikwanisa kumbotibatanidza murudo, mwoyo murefu, nekupfava sezvakaitwa nekumuchengeta.’ Heino njodzi . . . yakapindutswa kuitwa mukana wemakomborero” (“Family Home Storage,” mu 1977 *Devotional Speeches of the Year*, p. 69).

Mukuru Ashton vakatiwo:

“Kazhinji [rubatsiro] rukuru-kuru rwatinogashira rwunobva mukati mezvikiwata zvemhuri dzedu. Dzimwe nguva maoko anonyanya kudiwa ndeayo ari pedyo pedyo nesu. . . . Mwari vakaraira nhengo dzemhuri dzinofanira kubatsira nhengo dzemhuri. . . .

“Tinofanira kutora nhengo dzemhuri neruoko tovaratidza rudo rwedu nderwechokwadi uye rwunoenderera” (mu Conference Report, Gumiguru 1973, p. 131; kana *Ensign*, Ndira 1974, p. 104).

Tinofanirawo kugara murudo nekuwirirana neavo varipedyo nesu. Tinofanira kuva nerubatsiro kuvavakidzani vedu nekuva neruzivo rwezvavanoda uye kuti tingavabatsira sei. Tinofanira kuva nehanya nemagariro avo sezvatinoita pamusoro peedu.

- Kuda vavakidzani vedu kungatibatsira sei kugadzirira zvepamberi? (Tinokwanisa kubatana navo munguva dzedambudziko. Tinokwanisa kutsigirana.)

### **Dzidzo**

Mudzidziso neZvibvumirano Ishe vanotitaurira kuti “kubwinya kwaMwari injere, kana, mune mamwe mazwi, chiedza nechokwadi” uye Vanotiraira “kukudza vana [vedu] muchiedza nechokwadi” (D&Z 93:36, 40). Mukuwana dzidzo, tinodzidza zvinhu zvinowedzera kwano yedu yekutarira dzimba dzedu zvinobudiria, yekushandisa mari yedu zvakachenjera, nekubatsira vamwe. Chimwezve, kana tichida kushanda kuti tizvichengete kana mhuri dzedu, dzidzo inozotibatsira kuwana basa riri nani kupinda rataizowana tisina dzidzo.

Tinokwanisa kudzidzisa vana vedu kukosha kwedzidzo nekumisa muenzaniso kwavari. Mumwe nemumwe wedu anofanira kudzidza kuverenga, kunyora, nekuita masvomho anokosha zvino tozodzidzisa umhizha uhwu kuvana vedu. Tinofanira kudzidza magwaro matsvene nguvanenguva, pamwechete nemamwe mabhuku akanaka, uye toave-renga nevana vedu. Tinokwanisa kushandisa dzidziso dzeruzhinji nemumwe mikana yedzidzo, uye tinokwanisa kukurudzira vana vedu kuita zvimwechetezvo.

Mushure mekunge nhengo munyika imwechete yeSouth America dza-dzidziswa kuverenga, mudzidzi mumwechete akati, “ ‘Chinhu chinofadza kukwanisa kuverenga mazwi enziyo dzeKereke,’ . . . Vamwe amai vakati zvakanga zvakakanaka kukwanisa kuverenga zvinyorwa zvemabikiro kana achibika. Vamwe baba vakati, ‘Ndiri kudada kukwanisa kuverenga, ndichadzidzisa mudzimai wangu nevana’ ” (“Reading Skill Brings Thrift to Indians,” *Church News*, 25 Guniguru 1975, p. 5).

Kuverenga nekudzidza kunogarisira pfungwa dzedu dzakangwarira uye kunounza pfungwa itsva nezviitiko kwatiri. Mutungamiri Brigham Young vakati: “Tiri muchikoro chikuru, uye tinofanira kushingwa kudzidza, nekuendamberi kuchengeta ruzivo rwedenga nenyika, nekuverenga mabhuku akanaka. . . . Verengai mabhuku akanaka uye motora kubva maari uchenjeri nekunzwisira zvakawanda zvamunokwanisa, muchibatsirwa neMweya waMwari” (*Discourses of Brigham Young*, zvakasarudzwa John A. Widtsoe [1954], p. 248).

- Kuwana dzidzo kunotibatsira sei kubatsira vamwe? Kunatsa umhizha hwedu hwekuita zvepamba?

Vimbiso yakaitwa yekuti patinozvigadzirira nemhuri dzedu munzvimbo dzakakosha dzekuzviriritira (tarisai mufananidzo 18-a), “matambudziko mazhinji eupenyu anogadziriswa.” “Tinowana runyararo mukati memhirizhonga, dziviro mukati mekukangaidzika, kudya mukati mekushaya.” (Onai Victor L. Brown, “An Overview of Church Welfare Services,” *Ensign*, Mbudzi 1975, p. 115.)

### **Gadziriro yeMhuri**

Ibasa redu kuchengeta nhengo dzemhuri yedu. Tinofanira kuriritirana, kudanana, nekusimbisana mukuedza kwedu kweururami. Kana matambudziko akavapo, tinofanira kubatsirana kugadzirisa matambudziko iwayo. Basa rekubatsirana “riri pamusoro pevanhu kuzviitira, pamusoro pevabereku kuvana vavo, pamusoro pevana kuvabereki vavo vachembera nanaambuya nanasekuru vavo” (Victor L. Brown, “The Church and the Family in Welfare Services,” *Ensign*, Chivabvu 1976, p. 112).

- Ita kuti nhengo yekirasi itaure pamusoro pechikamu “Basa reMhuri muMusimboti weVhangeri” chitsauko 27. Basa rababa ndereyi kumhuri? Basa raamai? Basa revana?

Zvinoda kugadzirira kuti tiratidze hanya chaiyo yevamwe. Mhuri yese inofanira kuronga nekugadzirira kuchengetana munezvese nezvinouya zvisina kurongerwa.

- Ishanduko dzipi muupenyu hwedu dzatinofanira kugadzirira? (Kuchembera, kurwara, kutama, kurasikirwa neuyo anochengeta mhuri, kurasikirwa nebasa redu, kuchengeta vabereki vachembera kana vana vakaremara.)

Ishe vakayambira kuti matambudziko achauya: chivhuramahwe cheku-paradza zvirimwa (onai D&Z 29:16); chirwere chinoparadza chinozadza nyika (onai D&Z 41:31); hondo pamusoro penyika (onai D&Z 63:33); uyewo nzara, matenda nekudengenyeka kwenyika (onai Mateo 24:7).

- Tinofanira kugadzirira njodzi dzipi? Tingagadzirire mhuri dzedu kunjodzi idzi nenzira dzipi?

Nhengo dzeHoko yeBoston Massachusetts (USA) vakasangana nenjodzi munguva yedutu rechando rinotyisa. Mhepo yakanga yapupurutsa mazaya echando kuita matutu akadzika mamita mana, uye nzira dzikazarirwa kwemazuva.

Mutungamiri Gordon Williams wehoko yeBoston Massachusetts akati: “Kune mienzaniso yakawanda yenhengo dzakashandisa zvinhu zvavo zvavanochengetedza pamba vakapa kushamwari nevavakidzani vakanga vasingakwanise kuenda kuchitoro. Vamwe vakabika chingwa vakapa vavakidzani vainge vasina kuchengeta kudya. Vamwe “vakagovera zvidyo zvemumagaba, mukaka weupfu, huchi, nezvimwe zvekudya zvakakosha.

Pakati pezana nezana nemakumi mashanu evanhu vakafa nokuda kwedutu iroro. Sista Ruth Tingey, mutungamiri weBato reMadzimai, vakataura kuti mhuri yavo yakanga yakagadzirira nekudya kwakanga kwakachengetwa, chitofu chemoto, nehuni dzakawanda. Vakadaro: “Takanzwa kusatya pakarova dutu, kuti chese zvacho chaitika takanga takagadzirira. Taive nemoto. Chakangove chitiko kwatiri. Kune vamwe vanhu, yakava njodzi, kana kuoma kukuru- kuru’ (Janet Brigham, “Saints Dig Out, Clean Up During Harsh Winter,” *Ensign*, Kubvumbi 1978, pp. 77–78).

- Munofunga kugadzirira kwemhuri idzi dzeku Boston kwakashandura sei mafungiro avo pamusoro pekugadzirira kwemhuri kune zvinouya zvisina kurongerwa?

Mhuri yese inogadzirira sekuraira kwakaita Ishe kuburikidza nemaporo-rofita vavo inozokwanisa kubatsira nhengo dzayo isina rumwe rubatsiro, kunyange munguva dzenjodzi.

Kugadzirira KweKereke

Ishe vakati kumbira kubatsirana pamusoro pekutarira zvatinoda zvedu pachedu nezve mhuri (onai D&Z 52:40). Dzimwe nguva kuedza kwedu kubatsira vamwe kunokwanisa kunge kuri kwekutangiswa nesu. Dzimwe nguva kuedza nezvinhu zvenhengo dzeSanganano zvinobatandizwa nekushandiswa sekutungamirwa nevatungamiri veufundisi.

Mukuru Joseph B. Wirthlin vakatsanangura:

“Kereke harimise simba rekubatsira kwaro kunhengo dzaro asi rinotevera kuraira kweMuporofita Joseph Smith paakati, ‘Munhu akazadzwa nerudo rwaMwari, haagutsikane nekuropafadza mhuri yake chete, asi anoda kubatsira munhu wese munyika, anodisia kuropafadza rudzi rwese rwemunhu.’ Akaraira nhengo ‘kugutsa vane nzara, kupfekedza vakashama, kuwanira shirikadzi, kuomesa misodzi wenherera, kunyaradza vanorwadziwa.

“Mumakore anopfuura gumi zvishoma, Kereke rakatumira matani zviuru makumi maviri nenomwe embatya, matani zviuru gumi nenhanhatu ezvekudya, nematani zviuru zvitatu emushonga yekurapa nezvinhu zvedzidzo nezvinhu zvekuyamura kutambudzika kwemamiriyoni evana vaMwari munyika zana nemakumi mana nenhanhatu muzvikamu zvakawanda zvenyika. Hatibvunze, ‘Muri nhengo dzekereke redu here? Tinobvunza chete,’ Muri Kutambudzika here?” (mu Conference Report, Kubvumbi 1999, p. 100; kana *Ensign*, Chivabvu, p. 77).

Chiitiko chinotevera chinoratidza kugadzirira kweKereke kuri kushanda; “Mumafashamu akaparadza muRapid City, South Dakota [USA], Vatendi munzvimbo iyoyo vakadaira pakarepo kubatsira vakanga vawira mudambudziko remapopoma emvura. Zvipfeko, zvekufuga, nekudya kunodziya zvakapiwa kuburikidza nesimba rechirongwa cheKereke chemunzvimbo imomo. . . . Rori izere imwechete bedzi yezvinhu zvakaita sekudya kwevacheche, mitambo, nemagumbeze ndizvo zvakabva kure” (Junior Wright Child, “Welfare Is the Church,” *Ensign*, Gunyana 1973, p. 71).

Mukuru Russell M. Nelson vakatsanangura kuti “simba rakadaro remubatandizwa kubatsira vavakidzani vari mumatambudziko rinokunda miganhu inoiswa nezvitendero, rudzi, neunhu. Zviito zvakana izvo rudo rwemazuva ekupedzisira rwuri kushanda!” (mu Conference Report, Kubvumbi 1994, p. 91; kana *Ensign*, Chivabvu 1994, p. 70.)

Tinofanira kugadzirira seKereke, sevanhu pachavo, uye semhuri kuti tizviwanire, tiwanire mhuri dzedu nevamwe. Kana Kereke rarongwa zvizere munzvimbo medu, tinokwanisa kushanda pamwechete kugadzirira kudya, zvipfeko, nezvinhu zvemumba zvinozo shandiswa muzviitiko zvinongoerekana zvavapo. Nenzira iyi, avo vanoda rubatsiro uye vane mhuri dzaita zvose zvavanokwanisa vanokwanisa kuwana rubatsiro urwu. Kana tikabatsirana nenzira dzose dzatinokwanisa, tinozokodzera kugashira rubatsiro kana tichirwuda.

### Mhedziso

Ishe vakaratidza kuti matambudziko mazhinji achauya pamusoro pevagari venyika mumazuva ekupedzisira. “Vakavimbisa, zvisinei, kuti,

kana makagadzirira hamuzotyā” (D&Z 38:30). Tinokwanisa kuzvigadzirira nemhuri dzedu kuitira ramangwana nekuva tinozviriritira.

### **Zvekuita**

Dzidzai nzvimbo nhanhatu dzinokosha dzekuzviriritira. Sarudzai chinhu chimwechete chinoda kunatswa nemi kana mhuri yenyu. Tangai kugadzirira muchinhu ichohco. Zivai zvinodikanwa nevamwe movabatsira pamunokwanisira nekwasvinogoneka. Batsirai muzvirongwa zverubatsiro kana zvirimo munzvimbo menyū. Bhadharai mupiro wekutsanya unetsitsi mwedzi wega-wega.

### **Zvimwe Zvinyorwa Zvitsvene**

- 1 Johane 3:17 (kugoverana kunoratidza rudo rwaMwari)
- Aruma 34:27–28 (chengetai avo vanoshaya)
- Dzidziso neZvibvumirano 42:42 (regai kuva nenungo)
- Dzidziso neZvibvumirano 56:16–17 (vapfumi havafanire kunyima zvinhu zvavo kuvarombo; tinofanira kuva takazvirireka uye tichida kushanda)
- Dzidziso neZvibvumirano 68:30–32 (hatifanire kuva nenungo)
- Dzidziso neZvibvumirano 78:7, 13–14 (gadzirirai kukunda matambudziko nekuchengeta mirairo yeIshe)

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### **Gadziriro yeMmishoni**

Usati wapa chidzidzo chino:

1. Dzidza *Musimboti weVhangeri*, chitsauko 27, “Basa neMutoro weMunhu Pachake,” nechitsauko 37, “Mabasa eMhuri.”
2. Sarudza nhengo yekirasi kuzotaura zvisihoma pamusoro pechikamu, “Mabasa eMhuri,” *muMusimboti weVhangeri*, chitsauko 27.
3. Sarudza nhengo dzekirasi kuzopa nyaya dzese-dzese, zvinyorwa zvitsvene, zvakadzokororwa (makotesheni) zvaunoda.

# NHOROONDO DZAKO PACHAKO NEDZE MHURI

*C h i d z i d z o 19*

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Chinangwa chechidzidzo chino ndechekutibatsira kunzwisisa kukosha kwekuchengeta zvinyorwa zvemhuri uye kutidzidzisa kuti tingatanga sei kugadzira zvinyorwa zvacho.

## **Sei Tichifanira Kuchengeta Zvinyorwa Zvedu Pachedu nezve Mhuri?**

- Taridza mufananidzo 19-a, “Musikana wechidiki achinyora mubhuku rendangari rake.”
- Verenga nyaya inotevera kukirasi.

“Apo Elizabeth aikorokodza nemumabhuku nemapepa ababa vake vakanga vafa, akakwezverwa kumafaira akanga akanyorwa kunzi Nhoroono Yangu Pachangu. Akasarudza rimwechete, akarivhura, ndokubva atanga kunyatsovhura mapeji. Maiva nematsamba, mifananidzo mishoma, nezvimwe zvinyorwa zvendangariro, uye apo nepapo rondedzero yakanyorwa neruoko rwababa vake yezviitiko zvemumhuri zvaikosha. Maiva netsananguro pfupi dzemazuva ekuzvarwa, zvinyorwa pamusoro Rubhabhatidzo kugadzwa, uye tsananguro dzenzendo dzokutandara dzemhuri. Elizabeth akayeuka baba vake vachinyora mubhuku ravo rendangariro, kakawanda husiku, uye vachikurudzira vana vavo kuchengeta mabhuku endangariro avo pachavo. Mubhuku rendangariro rese maitaurwa kakawanda maropafadzo akanga atambirwa uye mazwi erutendo kuna Mwari.

“Elizabeth akapenengura mafaira akawanda, achiona upenyu hwababa vake hwese nemumafaira aya. Zvino ndokubva maziso ake akwezverwa kumusoro wenyaya waiti: “Kumhuri Yangu paZuva Rokusvitsa Kwangu Makore Makumi Matanhatu Ekuzvarwa.” Chiitiko ichi cha akanga cha aitika makore makumi maviri nemaviri akanga apfura. Zvishoma nezvishoma Elizabeth akaverenga ndima dzaitevera. Dzaitaura nezvemusha hwemhuri musharu, nezvasekuru naambuya vake, uye nezvaamai vake. Baba vake vakanga vanyora Zvaiva pamoyo pavo kumwana wavo ega ega. Elizabeth akanzwa kugadzikana kwehana yake paaverenga mitsetse yakanga yakanyorwa kwa-





*19-a, Musikana wechidiki achinyora mubhuku rake rendangariro*

ari. Akanzwa sekunge baba vake vakanga vachiripo, vachitaura kwaari ivo pachavo. Nekukurumidza, ndima dzakaguma: “Ndinoda kuti urame wakavimbika uye uchiteerera kusvikira wasvika pakuMuziva [Muponesi] sokuziva kwanadinoMuita.”

“Sokuverenga kwaakanga aita, tsidziro yakakura mumoyo waElizabeth kutevera muenzaniso wakanaka wavabereki vake uye kusimbisa kubatana kwemhuri kwavakanga vachikoshesa” (*Relief Society Courses of Study, 1977–78*, p. 8).

- Baba vaElizabeth vakakwanisa sei kuramba vachipa mazano kumwanasikana wavo kunyange mushure mekufa kwavo?

Kubvira kumavambo, kuchengeta nekushandisa zvinyorwa zvinoyera kwakagara kwakakosha kuvanhu vaMwari. Munguva yaAdam, Mwari vakaraira vanhu kuchengeta “bhuku rendangariro” (onai Moses 6:4–6). Moses akachengetawo zvinyorwa (onai Moses 1:40–41). Vaporofita kubvira kunguva yaAdamu vaichengeta zvinyorwa sokuraira kwavaiitwa naMwari.

“Nhorooondo iyi yekushanda kwaMwari nevanhu vavo uye nezviitiko zvavakaona ndizvo zvinoumba magwaro matsvene edu anhasi. Haana kusiyana nenhorooondo inoyera yemumhuri. Nokuti akanyorwa pasi pefemero eMweya weMweya Mutsvene, akava magwaro matsvene” (Theodore M. Burton, “The Inspiration of a Family Record,” *Ensign*, Ndira 1977, p. 17).

- Zvinyorwa zvachengetwa ne vaporofita zvakashandura upenyu hwedu sei?

Apo vazhinji vedu vasingakumbirwi kunyora nhorooondo yemashandiro aMwari nevanhu venguva yedu, tinokurudzirwa kunyora nhorooondo dzedu pachedu. Zvakanyanya kukosha kuti tinyore mishando yaMwari nesu pachedu. Kana tiri mukuwirirana neMweya, “Ishe anozevera zvinhu mupfungwa dzedu, uye zvinhu zvinozonyorwa nemunhu zvinokwanisa kuva kurudziro kuzvizvarwa zvake. Apo patinonyora neMweya uye ivo voverenga neMweya, panoita mutaurirano wehumwari pakati pedu nezvizvarwa zvedu” (Theodore M. Burton, *Ensign*, Ndira 1977, p. 17). Zvinyorwa zvatinochengeta mumhuri dzedu zvinokwanisa kubatsira kuvaka rutendo nezvapupu zvezvizvarwa zvedu.

Mutungamiri Spencer W. Kimball vakati: “Ndinokurudzira vanhu vese vekereke ino kuti vatarise zvakakosha kunhorooondo dzemhuri dzavo, kukurudzira vabereki, vanasekuru nanambuya vavo kuti vanyore mabhuku endangariro avo, uye hakufaniri kuva nemhuri inoenda mukusingaperi vasina kusiya nhorooondo dzavo kuvana vavo, vazu-

kuru vavo, uye zvizvarwa zvavo. Iri ibasa, uye ndinokukurudzira munhu wese kuti atangise vana kunyora kunyora nhoroondo dzavo pachavo uye mabhuku endangariro” (mu Conference Report, Kubvumbi 1978, p. 4; kana *Ensign*, Chivabvu 1978, p. 4).

- Ndedzipi pindutso dzinokwanisa kuuya kumhuri dzedu nokuda kwekuchengeta kwedu nhoroondo dzedu pachedu nedzemhuri?

Tinokwansisa kuwedzera rutendo neuchapupu hwedu pachedu apo tinoteerera kurairo yekuchengeta zvinyorwa zvedu pachedu nezvemhuri. Tinokwanisa kusimbiswa murutendo neushingi patinenge tichi-wongorora zvinhu zvakaitika muupenyu hwedu nokutsidzira kunatsa upenyu hwedu.

### **Muzvinyorwa Zvemhuri Munofanira Kuva Nei?**

Mukuru Joseph Fielding Smith vakatiudza pamusoro peruzivo chairwo rwantinofanira kusanganisira muzvinyorwa zvemhuri zvedu: “Zvakafanira kuti tichengete zvinyorwa zvemhuri dzedu zvakanyorwa pasina kukanganisa uye kuti tinyore nemazvo mazuva ekuberekwa, emichato uye erufu, uyewo ezvisungo nezvimwe zvese zvinokosha. Chiitiko chose chinokosha muupenyu hwedu chinofanira kunyorwa pasi chochengetedzwa nesu pachedu” (*Doctrines of Salvation*, comp. Bruce R. McConkie, 3 vols. [1954–56], 2:204).

Zvinyorwa zvedu zvemhuri zvinofanira kusanganisira nhoroondo dzedu pachedu nedzemhuri uye bhuku ratinoyorera zvinoitkia muupenyu hwedu pachedu. Bhuku rendangariro, bhuku remifananidzo rinosanganisira mifananidzo uye zvinyorwa zvinoitika muupenyu hwedu, sezvakaita magwaro ekuzvarwa, magwaro emichato, zvitupa zvebairu zva atakatambira, zvichingodaro, zvinokwanisawo kuva chikamu chezvinyorwa zvedu zvemhuri.

### **Nhoroondo yeMunhu Pachake**

Nhoroondo yemunhu pachake irondedzero yehupenyu hwedu uye inokwanisa kusanganisira nyaya uye zvatinonzwa pamoyo isu pachedu. Zvinhu zvinotevera zvinokwanisa kusanganisirwa munhoroondo yemunhu pachake:

1. Zita rakazara
2. Kuzvarwa: zuva, mwedzi, uye gore; imba, chipatara, kana imwe nzvimbo yawakazvarirwa; guta, dunhu, uye nyika; mamiriro emhuri panguva yekuzvarwa
3. Baba: zita rakazara; zuva nenzvimbo yekuzvarwa; zita rababa vavo; zita raamai vavo rokumusha kwavo
4. Amai: zita rokumusha kwavo; zuva rokuzvawa nekwavakazvarirwa; zita rababa vavo; zita raamai vavo rokumusha kwavo

5. Madzikoma nehanzvadzi: mazita; mazuva ekuzvarwa nekwavakazvarirwa; mazita evakadzi kana varume vavo neevana vavo; rumwe ruzivo
  6. Maropafadzo: zuva rawakatumidzwa nokuropafadzwa—zuva, mwedzi, uye gore; kwawakaropafadzirwa—wadhi kana bazi, siteki kana dunhu, guta, purovhinzi, uye nyika; ndiani akakuropafadza
  7. Rubhabhatidzo: kupi—wadhi kana bazi, siteki kana dunhu, guta, purovhinzi, uye nyika; rinhi- -zuva, mwedzi, uye gore; nani
  8. Rusimbiso: rinhi—zuva, mwedzi, uye gore; kupi—wadhi kana bazi, siteki kana dunhu, guta, purovhinzi, uye nyika; nani
  9. Maropafadzo ateteguru: zuva negore, nzvimbo, uye zita rateteguru
  10. Fundo: dzidzo yokutanga yakatanga riini uye kupi, zvikoro zvakapindwa, vadzidzisi vanonyanya kuyeukwa, zvitupa zvekuchikoro zva akatambirwa, zviitiko zvinokosha zvakaitika kwauri
  11. Muchato: kuna ani; zuva, mwedzi, uye gore; kwakaitirwa muchato—guta, purovhinzi, uye nyika; mamiriro ezvinhu pakupfimbana uye pamuchato
  12. Ndangariro dzehwana hudiki: zviitiko zvemafaro, njodzi, pfungwa, zviitiko zvaisekesa, shamwari, nezvimwe zvakadaro
  13. Zviitiko zvinokurudzira rutendo: zvako pachako, muupenyu hwezvimwe nhengo dzemhuri zvakakubata moyo; zvakaita kuti utendeukire kuvhangeri
  14. Utano: zvinyorwa, kusanganisira urwere uye njodzi
  15. Upenyu hwepamba: mabasa mumba, zviitiko zvemumba, ukama nehanzvadzi nemadzikoma kana vanin'ina, nzvimbo dzakagarwa, nzendo nezororo dzemhuri, mhuka dzinochengetwa pamba
  16. Zvaunofarira kuita pakutandara uye zvipo zvaunazvo: mumhanzi, kudhirowa nokupenda, uye kwaniso dzekugadzira zvinhu; dzidzo dzeumhizha dzakatarwa; zvinhu zvaunofarira kuita
  17. Zvinangwa nezvirongwa zvemangwana: zvinhu zvaunoda kubudirira pazviri muumhizha, upenyu hwapamba, kana rubatsiro rwekukereke
  18. Zvimwe zviitiko: sanganisiria zviitiko zvekukereke
  19. Sanganisira mifananidzo yakafanira, kana iripo, kukudziridza nyaya yako
- Kumbira masista kuti vafunge zvinhu zvakataurwa pamusoro izvi. Sei zvinhu izvi zvakakosha munhoroondo?

### ***Nhoroondo Yemhuri***

Nhoroondo yemhuri inofanira kusanganisira ruzhinji rweruzivo serwenhoroondo yako. Kana zvichikwanisika, bvunza nhengo dze-mhuri kuti vakupe ruzivo rwavo pachavo. Nyora nyaya, zviitiko, nerumwe ruzivo rwaungange wakanzwa kana rwaungange uinarwo pamusoro paana sekuru naanambuya uye madziteteguru akashaya. Izvi zvingangosanganisira:

1. Kunyika kwavakabva.
2. Nzvimbo nemazuva ekwavakagara.
3. Mabasa avaiita.
4. Nhengo yemhuri yakatanga kutendeukira kuKereke yaJesu Kristu yaVatendi vaMauva Ekupedzisira uye mazita emamishonari vaka-vadzidzisa vhangeri.

Chengetera vana vako zvinyorwa zvezvazuva ekuzvarwa, erufu, emchato, madheti akaitwa zvisungo, emamishoni, nezvimwe zvakadaro, uye zvitupa zezviitiko zvakakosha izvi. Kurudzira vana vako kuchengeta nhoroondo nezvinyorwa zvavo pachavo.

### ***Bhuku Rendangariro Rako Pachako***

Bhuku rendangariro rinofanira kuva nezviitiko zvichangoitika zvezuva rega rega kana vhiki yega yega. Rinofanira kuva chobo chokuchenge-tera zvinyorwa yezviitiko zvinotora nzvimbo muupenyu hwako pachako izvo zvinoreva chinhu.

“Lynetta Kunz Bingham wekuTulsa, Oklahoma, anotakura bhuku rekunyorera paari nguva dzose, kunyangwe achifamba rwendo. Nokunyora pasi manotsi ezvinhu zvinoitika, ane zvinyorwa zvakanaka zvaanozonyora kuita nhoroondo yegore negore. Anonyanya kunyora zviitiko zvinomusimudzira iye pachake, izvo zvaanogoverana nava-mwe, kana zvakafanira, sekurudziro kwavari kuti vachengete zvinyorwa zvavo pachavowo.

“ ‘Zviitiko izvi zvinobatsira chaizvo apo paunenge warwadzwa moyo uye uchinzwa kusuwa kukuru,’ anodaro. ‘Kana ukakwanisa kutungamirira vamwe mubasa iri, rinovapa gwara muhupenyu hwavo’ ” (Jon Webb, “Beyond Pen and Ink,” *Ensign*, Ndira 1977, pp. 19–20).

Mutungamiri Spencer W. Kimball vakakurudzira mhuri yega-yega “kudzidzisa vana vavo kubvira vachiri vadiki kuchengeta bhuku rendangariro rezviitiko zvinokosha zveupenyu hwavo, uye kunyanya apo pavanotanga kubva pamba vakuenda kuchikoro uye mishoni” (mu Conference Report, Gumiguru 1977, p. 4; kana *Ensign*, Mbudzi 1977, p. 4).

Zvinotevera zvimwe zvinhu zvingangoiswa mubhuku rendangariro rako pachako:

1. Zvinangwa, tariro, uye zvido
2. Zviitiko zvemumabasa
3. Matambudziko uye magadzirisirwo aakaitwa
4. Mafaro nemasuwo nenhengo dzemhuri
5. Ukama nevamwe
6. Pfungwa dzakadzamisisa
7. Zviitiko zvinowedzera rutendo
8. Zviitiko zvemhuri zvakakosha
9. Kukunda pamatambudziko
10. Zviitiko zvinokosha zvawakafunda kubva pazviri
11. Uchapupu hwako pachako
12. Rairo kuzvizvarwa zvamagwana zvichazoverenga bhuku renda-ngariro racho.

Mukuru Theodore M. Burton vakaraira: “Sevanhu vamwechete tinofanira kunyora pamusoro pehupenyu hwedu pachedu nezviitiko zvedu pachedu kugadzirira zvizvarwa zvedu zvinyorwa inoyera. Tinofanira kuvapa simba rimwechetero rinosimudzira uye rinokwiridzira rutendo seiro ratinopiwa iyezvino nemagwaro matsvene akare kare” (*Ensign*, Ndira 1977, p. 17).

- Ndedzipi pundutso dzinokwanisa kuuya kubva mukuchengeta bhuku rendangariro?

### **Matangiro**

Kune nzira yakareruka yekutanga kuchengeta marekodhi edu. Maererano naMukuru Boyd K. Packer, “Kana usingazive pekutangira, tanga newe *pachako*. Kana usingazivi zvinyorwa zvekutsvaga, uye mawaniro aungaita, tanga nezvauinazvo” (“Someone Up There Loves You,” *Ensign*, Ndira 1977, p. 10).

Tinokwanisa kutanga nekuunganidza zvinyorwa zvakaita sezvitupa zvokuzvarwa, zvitupa zvokuropafadzwa, zverubhabhatidzo, zvekugadzwa, uye zvezvikoro; mibairo yokukunda; mifananidzo; uye nezvimwe zvakadaro. Chengeta ruzivo rwakanyorwa, rwakanyoreswa

kumahofisi, kana zvinyorwa, zviru maererano neupenyu wako. Unganidza zvinhu izvi mumabhokisi, kana mumafaira. Zvipasanure uye wozvironga mumapoka matatu enguva huru dzehupenyu hwako: dzehudiki, dzekuyaruka, uye wakura. Mushure mekuronga zvinyorwa izvi, unokwanisa kutanga kunyora nhorondo yako pachako.

Zvinyorwa hazvisi chete nzira yokuchengeta ruzivo. Nhorondo dzemhuri nedzemunhu pachake dzinokwanisa kunyorwa pamatepi. Kana uchigadzirira kurekodha uchitaura patepirekodha, zvinobatsira kutevera misoro yenyaya mikuru uye kuchengeta zviitiko zvichitevedzana maererano nemazuva azvakaitika.

Kutanga, ungangwana kabhuku kekunyorera uye nhasi wonyora zvimwe zvezvinhu zvakapuwa muchidzidzo chino. Kana uine computer yako kumba, unokwanisa kuisa nokuchengetera ruzivo rwacho imomo. Unofanira kuisa mazuva nemapeji pazvinyorwa. Nyora mazita akazara evanhu nenzvimbo. Kubudirira kunouya nekuronga nguva yako, saka isa parutivi nguva dzaunogara uchinyora.

- Ita kuti sista akarongerwa ataridze bhuku rendangariro rake pachake kukirasi mushure memunamato wekuvhara.

### **Magumo**

Kuchengeta zvinyorwa kwakagara kwakakosha kuvanhu vaMwari. Apo patinodzidza nekutanga kunyora nhorondo dzedu pachedu nedzemhuri, tinokwanisa kunzwa rukudzo norudo rwakawedzerwa kunhengo dzemhuri. Apo patinenge tichinyora mumabhuku endangariro edu pachedu, tinokwanisa kunyora zviitiko zvakakosha zvehupenyu hwedu zvingangokwanisa kuva neshanduro yakanaka pavana vedu. Chinyorwa chidiki zvacho chemhuru chinokwanisa kushandura zvizvarwa zvedu kwemakore nemakore achauya.

### **Zvokuita**

Tanga iyezvino kugadzira nhorondo pachako. Ronga manheru emhuri pamba okuti mungosevenza chete panhorondo yemhuri yenyu. Kana usiri uri kutozviita, tanga kuchengeta bhuku rendangariro rako pachako umo maunonyora zviitiko zvinokosha zvehupenyu hwako hwasara.

### **Zvimwe Zvinyorwa Zvitsvene**

- Maraki 3:16–18 (zvinyorwa zve evakarurama mubhuku rekurangarira)
- Moses 1:40–41; 6:45–46 (Moses akachengetera zvizvarwa zvinyorwa)
- Abraham 1:28, 31 (Abraham akachengetedza zvinyorwa)

### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Dzidza mazano ari muchidzidzo chino ekunyora nhoroondo yako pachako neyemhuri. Kana zvichikwanisika, unganidza zvimwe zvinhu zvakataurwa wozvitaridza kukirasi.
2. Kana uchiziva munhu akachengeta bhuku rendangariro kana nhoroondo, mukoke kuti aritaridze kukirasi.
3. Rongerera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsevene kana mashoko aunoda.



# MABASA EDU EMUTEMBERI NEENHOROONDO YEMHURI

*C h i d z i d z o 2 0*

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Chinangwa chechidzidzo chino ndechekutibatsira kunzwisisa mabasa edu emutemberi neenhoroono yemhuri.

## **Zvisungo Zvakafanira kuitira Ruponiso**

Kuti tidzokere pamberi paBaba vedu Vekudenga, mumwe nemumwe wedu anofamira kutambira zvisungo zvakafanira kuitira ruponiso. Mukuru Boyd K. Packer akati:

“Zvisungo nezvibvumirano zvinozova zvitupa zvekuti tibvumidzwe kusvika pamberi paVo. Kuzvitambira takakodzera ivavariro yehupenyu hwese; kuzvichengeta mushure mekuzvitambira muyedzo wekusingaperi.”

“Kana tangozvitambira isu pachedu uye tazvitambirira mhuri dzedu, tinege tatosungirwa kuita zvisungo izvi takamirira hama dzedu dzakafa, chaizvo kumhuri vese yevanhu” (mu Conference Report, Kubvumbi 1987, p. 27; or *Ensign*, Chivabvu 1987, p. 24).

## **Kutambira Zvisungo Zvemutemberi Zvedu Pachedu Uye Kubatsira Nhengo Dzemhuri Dzedu Dzepedyo-pedyo Kutambira Zvavo**

Rubhabhatidzo nerusimbiso, zvisungo zvekutanga zvevhangeri, ndizvo suwo ratinopinda naro nzira nhete inoenda kuhupenyu husingaperi (onai 2 Nefi 31:17–18). Kuramba tiri panzira iyi mushure merubhabhatidzo, tinofanirawo kutambira zvisungo zvinoyera zvemutemberi—endaumendi nezvisungo zvekubatanidzwa. Tinofanira kuramba takavimbika kuzvibvumirano zvatinaita. Zvisungo izvi zvakanakosha zvikuru kuruponeso rwedu.

Mukuru Howard W. Hunter vakatsanangura kukosha kwezvisungo zvemutemberi: “Kushingaira nesimba kwedu kwese mukuparidza vhangeri, kururamisa Vatendi, uye kudzikinara vakafa kunotinangisa kutemberi tsvene. Izvi zvinodaro nokuti zvisungo zvemutemberi zvinokosha zvikuru; hatikwanise kudzokera pamberi paMwari tisina zvisungo izvi. Ndinokurudzira munhu wese kuenda akakodzera kute-

mberi kana kugadzirira kuzuva raunozopinda imba tsvene iyi kuti utambie zvisungo nezvibvumirano zvako” (mu Conference Report, Gumiguru 1994, p. 188; or *Ensign*, Mbudzi 1994, p. 88).

Nhengo dzechikuru dzisati dzamboenda kutemberi dzinofanira kutaura nema bhishopi kana vatungamiri vemapazi avo kuti vabvunze magadziriro avangaita kuti vatambire maropafadzo emutemberi. Tinofanirawo kudzidzisa zvakadzama vana vedu nedzimwe nhengo dzemhuri chido chokugadzirira rubhabhatidzo nezvisungo zvemutemberi.

- Tingadzidzisa sei vana vedu nedzimwe nhengo dzemhuri kukosha kwetemberi? (Nyora mhinduro pabhodi.)

### **Kuva neReverero yeMutemberi uye Kuenda kuTemberu Nguva neNguva**

- Taridza mufananidzo 20-a, “Temberu yekuSalt Lake.”
- Maererano nematemberu, Mutungamiri Gordon B. Hinckley vakati: “Idzi dzimba dzakasiyana nedzimwe dzese uye dzinoshamisa, uye zvisungo zvinoitwa madziri, zvinomiririra kusvika kumagumo mukushumira kwedu. Zvisungo izvi zvinova zvinotsanangudzira zvakadzamisisa pachitendero chedu. Ndinokurudzira vanhu vedu kwese kwese, nerunyegetedzo rwese rwandinokwanisa kuita, kurarama zvakakodzera kuva nereverero yemutemberi, kuiwana uye kuiona sechinhu chinokoshesesa, nokuedza nesimba rose kuenda kuimba yalshe kunotambira mweya neparopafadzo anowanikwa imomo. Ndinogutsikana kuti murume nemudzimai wese anoenda kutemberi mumweya wechokwadi neruvimbo anobuda muimba yalshe ava murume kana mudzimai ari nani. Pano fanirwa nekuramba tichinatsa muupenyu hwedu hwese. Panofanirwa kuva nenguva yekusiyana neruzha nemheremhere zvenyika nokupinda mukati memadziro eimba inoyera yaMwari, imomo kunonzwa mweya waVo makakomberedzwa neutsvene norunyararo” (mu Conference Report, Gumiguru 1995, p. 72; kana *Ensign*, Mbudzi 1995, p. 53).

Kunyangwe mamiriro ezvinhu edu asingatibvumidze kuenda nguva nenguva, tinofanira kuva nereverero yemutemberi. Mukuru Howard W. Hunter akati: “Zvingafadza Ishe kana nhengo yechikuru yese ikava yakakodzera—kuva—nereverero yemutemberi yenguva dzese. Zvinhu zvatinofanira kuita nezvatisingafaniri kuita kuti tikodzere kuva nereverero yemutemberi ndizvo zvinhu zvacho chaizvo zvinoita kuti tive vanhu vanofara semunhu pachake uye semhuri” (mu Conference Report, Gumiguru 1994, p. 8; kana *Ensign*, Mbudzi 1994, p. 8).



*20-a, Temberi yeku Salt Lake*

- Ndeapi maropafadzo atinovimbiswa kana tiine reverero yemutemberi yenguva dzose uye tichienda kutemberi nguva nenguva.

### **Kuwana Reverero yeMutemberi**

Kuwana reverero yemutemberi, tinofanira kuva nebvunzurudzo yeparutivi nevatungamiri vehufundisi vedu. Mukuru Boyd K. Packer vakatsangura bvunzurudzo iyi: “Bvunzurudzo yereverero yemutemberi inoitwa parutivi pakati pabhishopi [kana mutungamiri webazi] nenhengo yeKereke yacho inoda reverero. Ipa ponhengo inobvunzwa mimwe mibvunzo pamusoro pemaitiro ake iye pachake uye kodzero yake uye pamusaro peruvimbo rwake kuKereke nekuvakuru vayo. Munhu wacho anofanira kutsidza kuti akachena pakuzvibata kwakwe uye kuti ari kuchengeta Izwi reUchenjeri, kubhadhara chegumi chakazara, kugara mukuwirirana nedzidziso dheKereke, nekuti haasi nheingo uye haawirirani nemapoka akatsauka kubva muchintendero. Bhishopi [kana mutungamiri webazi] anorairwa kuti kuchengeta zvinhu pamoyo mukubata nenyaya idzi nenhengo irikubvunzurudzwa yese kwakakosha zvikurusa” (“The Holy Temple,” *Ensign*, Kukadzi 1995, p. 32). Mushure mekunge tabvunzurudzwa nabhishopi kana mutungamiri webazi, tinozofanirawo kuva nebvunzurudzo nemutungamiri wesiteki kana mutungamiri wemishoni, kana tisingagari musiteki.

Apo patinenge tichigadzirira kutambira zvisungu zvemutemberi zvedu pachedu, vatungamiri vehufundisi vedu vemunzvimbo matiri vanotikoka kupinda makirasi egadziriro nenziwisiso. Reverero yemutemberi ndeyegore rimwechete. Mushure menguva iyoyo, imwe bvunzurudzi inodikanwa kuwana, kana kuvandudza, reverero yegore rinotevera.

### **Kuitira Zvisungu Madziteteguru Akafa**

Ishe vanoda kuti avo vese vakararama panyika kupfuura makore masere ekuzvarwa vavenemukana wekutambira rubhabhatidzo, indaumendi, uye zvisungu zvekubatanidzwa. Vakagadzira nzira yekuti vanorarama vaite zvisungo izvi vakamiriira avo vakafa. Senhengo dheKereke, tinebasa kuitira zvisungu zveruponiso zvevhangeri madziteteguru edu akafa asina.

- Verenga Dzidziso neZvibvumirano 128:15. Sei zvakakosha kuti tiitire zvisungu madziteteguru edu akafa?

Kuitira zvisungu madziteteguru edu kunotibvumidza kunzwa mufaro unonzwikwa nemadziteteguru edu apo pavanotambira mukana wekuwana hupenyu husingaperi pamberi paMwari Baba naJesu Kristu. Uyewo, apo patinoshandira hanzvadzi, madzikoma nevaninina vedu, tinosvika pakunzwisisa nokutenda kurinani zvinoreva Rudzikinuro rweMuponesi muupenyu hwedu.

- Ndeapi makomborero anokwanisa kuuya kubva mukutora chinhanho muzvisungo zvokuitira madziteteguru edu akafa?

### **Kurangerira Madziteteguru Edu**

Kutanga kuzadzikisa mabasa edu enhoroondo yeMhuri, mumwe nemumwe wedu anokwansia kunyora pasi mazita ehama dzake dzakafa dzaaziva kana dzaanorangarira. Hapana zvinhu zvokushandisa zvakakosha zvinodikanwa. Mazita atanyora pasi aya anokwanisa kutibatsira kuziva hama dzakafa dzisina kutambira zvisungo zveruponiso zvemutemberi zvadzo. Kunyangwe kana madziteteguru edu aiva nhengo dzeKereke pakutanga kwayo kana kuti vamwe mumhuri dzedu vakatoshanda panhoroondo yemhuri, tinokwanisa kazhinji kuziva hama dzakafa idzo dzisati dzaitirwa basa remutemberi.

- Govera mapenzuro nemapepa kukirasi. Ita kuti masista anyore pasi hama dzakafa dzavanorangarira, zvino chiita kuti vadome avo vakafa vasina kutambira zvisungo zvemutemberi, kana zvichikwanisika.

Kana taziva hama dzisati dzaitirwa basa remutemberi, tinofanira kuita chokwadi kuti raitwa. Mutungamiri Gordon B. Hinckley vakasimbisira kukosha kwetemberi pabasa renhoroondo yemhuri. “Kushanda kwakakura kwedu munhoroondo yemhuri kwakanangiswa kubasa remutemberi. Hakuna chimwe chinangwa mukuriita. Zvisungo zvemutemberi zvinova maropafadzo apamusorosoro anopiwa neKereke” (mu Conference Report, Kubvumbi 1998, pp. 115–16; kana *Ensign*, Chivabvu 1998, p. 88).

- Taridza mufananidzo 20-b, “Murairidzi wenhoroondo yemhuri anokwanisa kutibatsira nebasa renhoroondo yemhuri.”

Murairidzi wenhoroondo yemhuri muwadhi, bazi, kana siteki anokwanisa kutibatsira kugadzirira ruzivo runozodikanwa nevekutemberi zvisungo zvisati zvagona kuitwa. Zvinyorwa zveKereke pamusoro panhoroondo yemhuri, vatungamiri vehufundisi vemunzvimbo, uye matemberi anofanira kuvawo nemirairo iyi.

- Kurukura nenhengo dzekirasi nzira nezvidikanwa zvekugadzirira mazita ekuitira basa remutemberi. Kana zvichi kwanisika, suma murairidzi wenhoroondo yemhuri uye woita kuti atungamirire hurukuro iyi.

Pamusoro pokuitira zvisungo zvemutemberi madziteteguru edu atinorangira, tinofanira kufunga mamwe madziteteguru. Tinokwanisa kutaura nevabereki, vanasekuru nanambuya, vanatete, vanababamunini nanamaini, madzikoma nevanina vemumhuri uye dzimwe nhengo dzimhuri. Vangangorangarira vanhu vatingange tisingazive. Tinokwanisa kuita kuti basa remutemberi raitirwa madziteteguru ayawo.



*20-b, Murairidzi wenhoroondo yemhuri anokwanisa kutibatsira nebasa renhoroondo yemhuri*

# Pedigree Chart

Chart no. \_\_\_\_\_

No. 1 on this chart is the same as no. \_\_\_\_\_ on chart no. \_\_\_\_\_.

Mark boxes when ordinances are completed.

- B Baptized
- E Endowed
- SP Sealed to parents
- SS Sealed to spouse
- F Family Group Record exists for this couple
- C Children's ordinances completed

|  |   |  |  |
|--|---|--|--|
| <p>2</p> <p>(Father) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS <input type="checkbox"/> F <input type="checkbox"/> C</p> <p>When born _____<br/>Where _____</p> <p>When married _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p>   | <p>4</p> <p>(Father of no. 2) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS <input type="checkbox"/> F <input type="checkbox"/> C</p> <p>When born _____<br/>Where _____</p> <p>When married _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p> | <p>8</p> <p>(Father of no. 4) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS <input type="checkbox"/> F <input type="checkbox"/> C</p> <p>When born _____<br/>Where _____</p> <p>When married _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p>  | <p>9</p> <p>(Mother of no. 4) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS</p> <p>When born _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p>  |
| <p>1</p> <p>(Name) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS <input type="checkbox"/> F <input type="checkbox"/> C</p> <p>When born _____<br/>Where _____</p> <p>When married _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p> <p>(Spouse) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS</p> | <p>5</p> <p>(Mother of no. 2) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS</p> <p>When born _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p>   | <p>10</p> <p>(Father of no. 5) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS <input type="checkbox"/> F <input type="checkbox"/> C</p> <p>When born _____<br/>Where _____</p> <p>When married _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p> | <p>11</p> <p>(Mother of no. 5) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS</p> <p>When born _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p> |
| <p>3</p> <p>(Mother) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS</p> <p>When born _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p>   | <p>6</p> <p>(Father of no. 3) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS <input type="checkbox"/> F <input type="checkbox"/> C</p> <p>When born _____<br/>Where _____</p> <p>When married _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p> | <p>12</p> <p>(Father of no. 6) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS <input type="checkbox"/> F <input type="checkbox"/> C</p> <p>When born _____<br/>Where _____</p> <p>When married _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p> | <p>13</p> <p>(Mother of no. 6) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS</p> <p>When born _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p> |
| <p>Your name and address</p><br><br><br><p>Telephone number _____ Date prepared _____</p>  | <p>7</p> <p>(Mother of no. 3) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS</p> <p>When born _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p>   | <p>14</p> <p>(Father of no. 7) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS <input type="checkbox"/> F <input type="checkbox"/> C</p> <p>When born _____<br/>Where _____</p> <p>When married _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p> | <p>15</p> <p>(Mother of no. 7) <input type="checkbox"/> B <input type="checkbox"/> E <input type="checkbox"/> SP <input type="checkbox"/> SS</p> <p>When born _____<br/>Where _____</p> <p>When died _____<br/>Where _____</p> |

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## Kunyora Ruzivo Rwako

- Taridza mufananidzo 20-c, “Pedigree Chati.”

Apo patinodzidza pamusoro pamadziteteguru edu, tinofanira kunyora ruzivo rwatinowana. Mafomu eKereke enhoroondo yemhuri—sezvakaita pedigree chati, iro rinopa mufananidzo wehukama hwemhuri—uye mapurogiramu epakombuyuta anokwanisa kutibatsira kuita izvi. Zvisinei unokwanisa kushandisa nzira ipi zvayo inokubatsira kurangarira zvaunodzidza. Zvinobatsirawo kunyora mazuva akaitwa zvisungo kuitira kuti ugoziva kuti ndezvipi zvisungo zvichiri kuda kuitwa.

- Dzimwe Nzira Dzinobatsira

Apo patinoendesa mazita ekuitira basa remutemberi, tinofanira kurangarira nzira idzi dzinobatsira:

1. Sungiro yedu yokutanga ndeye madziteteguru edu pachedu. Hatifanire kuendesa mazita evanhu vasina hukama nesu, kubatanidzira mazita atinokwanisa kuwana mukutsvaga kwedu pachedu.
2. Munhu ane zita rinoendeswa anofanira kunge ava negore rakazara afa.
3. Kana munhu wacho akazvarwa mumakore makumi mapfumbamwe nemashanu apfuura, mvumo inofanira kuwanikwa kubva kuhama yapedyo inorarama zita risati raendeswa.
4. Hapana zvisungo zvinodikanwa kuitirwa vana vakazvarwa vasiri vapenyu. Zvisinei, kana paine mukana wekuti mwana wacho akamborarama mushure mekuzvarwa, anofanira kubatanidzwa kuvabereki kusara kwekunge mwana wacho akazvarwa muchibvumirano (zvichireva kuti vabereki vemwana vakabatanidzwa asati azvarwa).
5. Vana vakafa vasati vasvitsa makore masere uye vasina kuzvarwa muchibvumirano vanofanira kungobatanidzwa chete kuvabereki vavo. Havadi zvimwe zvisungo.

## Dzimwe Nzira Dzokutora Chinhaño muNhorondo yeMhuri

- Taridza mufananidzo 20-d, “Tinokwanisa kutora chinhanho munhorondo yemhuri nekugoverano nyaya pamusoro pehupenyu hwedu uye hupenyu hwemadziteteguru edu.”

Dzimwe nzira dzakakosha dzatinokwanisa kutora chinhanho munhorondo yemhuri dzinosanganisira:

Kunyora nhoroondo yako pachako neyemhuri.

Kuchengeta bhuku rendangariro.

Kutora chinhanho muhurongwa hweKereke enhoroondo yemhuri, sezvakaita sekutsvaga zvinyorwa zvemhuri.





*20-d Tinokwanisa kutora chinhanho munhoroondo yemhuri nokugoverana nyaya pamusoro pehupenyu hwedu uye hupenyu hwemadziteteguru edu*

Kuunganidza ruzivo pamusoro pamadziteteguru akararama pamberi peavo vatinorangira isu nemhuri dzedu, nekuona kuti basa remutemberi ravo raitwa.

Kudzidzisa vana vedu pamusoro pamadziteteguru avo nekuvakurudzira kuzadzikisa mabasa avo pachavo enhoroondo yemhuri.

### **Magumo**

Tinofanira kutambira zvisungo zvevhangeri kuti tikwanise kudzokera kunogara pamberi paBaba vedu Vekudenga. Kutambira maropafadzo ese enoenderana nezvisungo izvi, tinofanira:

1. Kutambira zvisungo zvedu pachedu uye tobatsira nhengo dzemhuri dzedu dzepedyo kutambira zvavo.
2. Kuva nereverero yemutemberi yenguva dzose nokuenda kutemberi kakawanda zvatinokwanisa. Kunyangwe tisingagari uko kwatinokwanisa kuenda kutemberi, tinofanira kuva nereverero yemutemberi.
3. Kuziva madziteteguru edu akafa vasati vatambira zvisungo nokuita chokwadi chekuti vaiitirwa zvisungo.

### **Zvokuita**

Kana usati watambira zvisungo zvako pachako, ronga bvunzurudzo nabhishopi kana mutungamiri webazi wako kuti uzive zvaungaita kuti ugadzirire.

Dzidzisa mhuri yako pamusoro pekukosha kwerubhabhatidzo nezvisungo zvemutemberi.

Kana usina reverero yemutemberi, gadzirira kuiwana.

Tsvaga teteguru mumwechete akafa asati atambira zvese zvisungo zveruponiso zvevhangeri uye ita chokwadi kuti basa rezvisungo remunhu iyeye rapedzwa.

### **Zvimwe Zvinyorwa Zvitsvene**

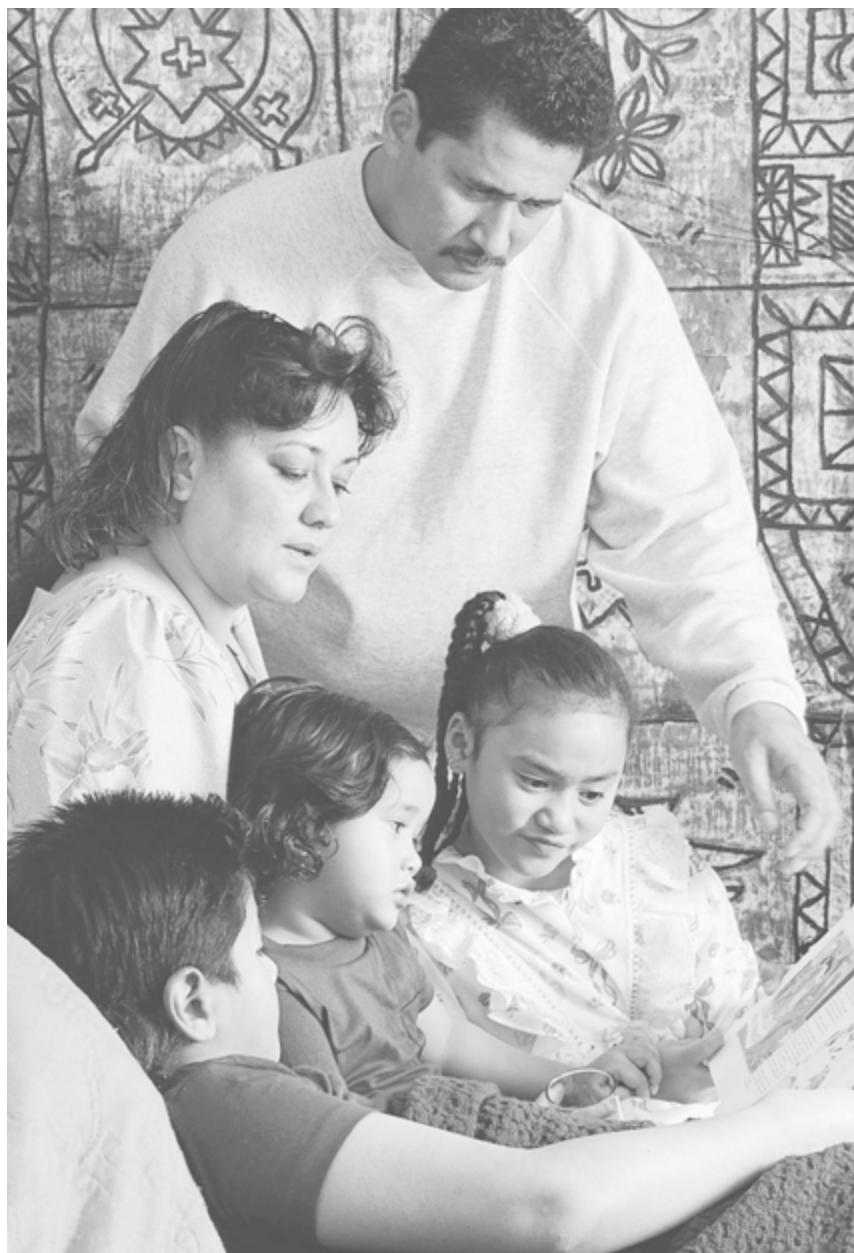
- Maraki 4:5–6 (basa raElijah)
- 1 Vakorinte 15:29 (rubhabhatidzo rwevakafa)
- 1 Petro 3:18–19; 4:6 (Kristu akaparidza kuvakafa)
- Moroni 8:5–23 (rubhabhatidzo rwevana vacheche harudikanwi)
- Dzidziso neZvibvumirano 124:26–40 (imba inofanira kuvakirwa Ishe, umo munozoitirwa basa ravakafa)
- Dzidziso neZvibvumirano 128 (mirairo pamusoro pekuchengeta zvinyorwa nemazvo uye rubhabhatidzo rwevakafa)
- Joseph Smith—History 1:38–39 (basa raElijah)

### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Dzidza chidzidzo 40, “Basa reMutemberi neNhorooondo yeMhuri,” *muMusimboti we Vhangeri*.
2. Iva nebepa nepenzura zvokupa sista ega ega aripo.
3. Iva nemaformu aikozvino enhorooondo yemhuri eKereke kuitira kunyora ruzivo rwemutemberi nerwemhuri rwasista ega ega aripo.
4. Kana muwadhi, bazi, siteki, kana mishoni yenyu muine murairidzi wenhorooondo yemhuri, mubvunze nzira inoshandiswa kuendesha mazita ekuitira basa remutemberi. Kana zvichikwanisika, ronga kuti murairidzi wenhorooondo adzidzise chimwe chikamu chekirasi. Kana mwairidzi wenhorooondo asipo, unokwanisa kubvunza kubva kune mumwe murairidzi wemunharaunda yenyu, vatungamiri vehufundisi yenyu, kana temberi iri pedyo nemi.
5. Rongerera nhengo dzekirasi kuti dzipe nyaya, zvinyorwa zvitsvene kana mashoko akataurwa aunoda.

# ZVIITWA ZVEPAMBA



# KURONGA KUDYA KUNOVAKA MUVIRI

*C h i d z i d z o 2 1*

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Chinangwa chechidzidzo chino ndechekutibatsira kuronga kudy a kunovaka miviri.

## **Kudikanwa kweZvokudya Nguva neNguva**

Kuti tiwane pundutso kubva mukudya kwenguva nenguva, zvikafu zvatinyodya panguva idzi zvinofanira kutipa kudy a kunovaka kunodikanwa kuitira utano nokukura. Kana mhuri ichidya pamwechete, vabereki vanokwanisa kubatsira kupa munhu ega-ega zvikafu zvinovaka zvakasiyana siyana uye zviru muuwandu hwakafanira. Pamusoro pekuwana zvokudya zvinovaka, kudy a pamwechete kunokwanisa kupa nhengo dzemhuri mukana wekuvapamwechete, kunamata semhuri, uye kukurukurirana pamusoro pezviitiko zvavo. Uyewo, vabereki vanokwanisa kushandisa nguva iyi kudzidzisa vana vavo misimboti yevhangeri nenzira isiri yakarongwa. Apo nhengo dzemhuri padzinoronga zvekudya pamwechete nokudya pamwechete, vanoshandisa mari yavo zvine ungaru. Chikafu chatinyodya mazuva ose nguva zhinji chine mitengo yakaderera uye chine kudy a kune hutano kupfwura twudyiwa twunodyiwa pakati penguva dzekudya. Kudy a kwemhuri kwakafanira kunodzikisira kudikanwa kwezvokudya zvonokungonghanga nhonga pakati penguva dzokudya izvo kazhinji zvinodura uye zvisingavaki.

Nguva dzekudya, dzakarongwa dzine dzimwe pindutso. Nhengo dzemhuri dzinoziva nguva yekudya uye voronga kuva pamba panguva idzodzo zuva nezuva. Muviri unoshanda zvirinani kana uchiwana zvekudya nguva dzakatarwa kupinda paunowana zvekudya panguva dzakasiyana siyana kana kuti kudy a kusingavaki. Tinokwanisa kushanda zvakatsetseka uye nokubatsira kudzivirira zvirwere zvemudumbu nokudya zvekudya panguva imwechete zuva nezuva. Vana vanowana pundutso kubva mukuwana zvekudya nguva nenguva. Vanoneta uye vanonetsa kana vaine nzara, uye kuvapa zvekudya panguva dzakatarwa kunobatsira hunhu hwavo.

Imwe mhuri yeVatendi vaMazuva Ekupendzisira yaigara munyika maiva netsika yekuti baba nevanakomana vakuru ndivo waitanga kudya, uye vana vadiki naamai vozodya zvingenge zvasiyiwa. Apo mhuri iyi payakadzidza zvakananda pamusoro pevhangeri, vakashandura maitiro avo. Amai vakatsanagura kuti pavakadzidza makoshero azvaiva zvakaita kuti mhuri yavo idye zvekudya pamwechete uye kuti nhengo yemhuri yega-yega ive nezvekudya zvakanwana, vakabva varegera kutevedza tsika yavo yakare.

- Ndedzipi pundutso dzinotambirwa (kana dzinokwanisa kutambirwa) nemhuri yenyu kubva mukudya pamwechete?
- Ndedzipi pundutso dzinotambirwa (kana dzinokwanisa kutambirwa) nemhuri yenyu kubva mukudya nguva nenguva?

### **Kudikanwa kweChikafu kubva Muchikamu Chikuru Chega-chega**

- Taridza machati ari mumufananidzo 21-a, “Huwanduhunonzi hudyiwe zuva nezuva kubva mumapoka ezvokudya anokosha,” uye ongorora ruzivo rwacho nekirasi. Zvino ita kuti kirasi ipindure mibvunzo inotevera: Ndeapi mapoka ezvokudya anokosha? Ndedzipi batsiro dzatinotambira kubva muboka rega rega? Ndeipi mimwe mienzaniso yezvokudya zvemunzvimbo matiri kubva muboka rega rega?

Pese pazvinobvira, sanganisa mukudya kwegwa kwegwa zvokudya zvinobva muboka guru rezvokudya rega rega. Izvi zvinopa zvokudya zvakasiyana siyana zvinodikanwa kuti tive nehutano wakanaka uye tikure. Mune dzimwe nyika mupunga ndiko kudya kwemazuva ese kwemunhu wese wese, uye vakawanda vanodya mupunga chete panguva dzokudya dzese. Nokuda kwetsika iyi vana vari munyika idzi kazhinji vakatera kana kuti vanorwara kana havakuri zvakanaka nokuti havawani mavhitaminzi nemaminarari anodikanwa.

Munyika dzakadaro, nhengo dzeKereke dzakadzidziswa kukosha kwekudya zokudya zvakananira zvakasinyana siyana Vakadzidza kuti kudya mupunga chete, kunyangwe ukadyiwa wakawanda, hazvisi zvakanwana kuitira hutano hwakanaka. Vakava nemutauro unoti “Mupunga kudya kwakasurikirwa” kuvabatsira kuyeuka kudya zvokudya kubva muboka rinokosha rezvokudya rega rega panguva dzokudya dzega dzega. Vana vari mumhuri idzi vava kudya zvokudya zvakasiyana siyana vava neutano hwakanaka kupinda zvavaiva kare.

- Ndekupi kudya kwamazuva ose munzvimbo yenyu? Ndezvipi zvimwe zvokudya kubva kune mamwe mapoka ezvokudya zvamungadya nekudya kwamazuva ose?

**Unoda huwandu hwezvokudya hwakadzi zuva rega rega?**

|   | Madzimai<br>mashinji,<br>vanhu<br>vakuru. | Vana vadiki,<br>vasikana<br>varikuyaruka,<br>madzimai<br>anochivirika,<br>varume<br>vashinji. | Vakomana<br>vari<br>kuyaruka,<br>varume<br>vanochivirika. |
|---|---|---|---|
| Mwera wesimba rinobva munezvokudya (calories)*              | 1 600                                     | 2 200   | 2 800   |
| Mwero unodikanwa wezvokudya zvinobva muboka rechingwa       | 6   | 9   | 11  |
| Mwero unodikanwa wezvokudya zvinobva muboka remavhejiteburu | 3   | 4   | 5   |
| Mwero unodikanwa wezvokudya zvinobva muboka remichero       | 2   | 3   | 4   |
| Mwero unodikanwa wezvokudya zvinobva muboka remukaka        | 2-3**                                     | 2-3**   | 2-3**   |
| Mwero unodikanwa wezvokudya zvinobva muboka renyama         | 2,<br>pamwechete<br>magiramu 140          | 2,<br>pamwechete<br>magiramu 168  | 3,<br>pamwechete<br>magiramu 196                          |
| Mafuta pamwechete (mumagiramu)                              | 53  | 73  | 93  |

\* Uyu ndiwo mwero wesimba rinobva munezvokudya watinofanira kuwana kana tasarudzo zvokudya zvisina mafuta akawanda kubva mumapoka ezvokudya mashanu makuru uye tisingashandisi mafuta, oyiri, nezvinotapira zvakanwanda.

\*\* Vakomana nevasikana vari kuyaruka, vakuru vechidiki kusvika kumakore makumi maviri nemana, uye madzimai ane pamuviri kana kuti vari kuyamwisa vanoda mwero mitatu yezvokudya zvinobva muboka remukaka.

**Chii chinoita mwero mumwechete wezvokudya?**

**Chingwa, tsanga, mupunga, nepasita**

Chidimbu chimwechete chechingwa  
Hafu yekapu yetsanga, mupunga kana pasita yakabikwa  
Magiramu 28 etsanga dzakaoma

**Michero**

Muchero wakazara unehukuru huri pakati nepakati  
Mamiririta 180 emuto wemichero  
Hafu yekapu yemichero yakaiswa mumagaba kana kakabikwa

**Mavhejitebhuru**

Kapu imwechete yemuriwo wamashizha usina kubikwa  
Hafu yekapu yemavhejiteburu akabikwa  
Kapu imwechete yemasaradzi ane retisi, magaka nezvimwe zvakadaro zvakasanganiswa

**Mukaka, yogati, nechizi**

Kapu imwechete yemukaka  
Mamiririta 240 eyogati  
Kapu nehafu yechizi

**Nyama, huku, hove, bhinzi dzakaoma, mazai, nenzungu**

Magiramu 56 kusvika ku184 enyama isina mafuta, huku kana hove zvakanwanda  
Hafu yekapu yebhinzi dzakaoma dzakabikwa, zai rimwechete, kana zvipunu zviviri zvidiki zvedovi zvinoverengwa semagiramu 28 enyama isina mafuta

**Mafuta, oyiri, uye zvinotapira**

Shandisai zvisihoma chaizvo. Izvi zvokudya zvakaite sezvatinoisa mumasaradzi, kirimu, bhata, majarini, suga, zvokunwa zvinotapira, nezvhihwi. Shandisai zvokudya izvi zvisihoma chose nokuti zvine makarori akawanda anobva mumafuta neshuga, asi zvine manyutiriyenzi mashoma shoma.

*21-a, Mwero wezvokudya unodikanwa zuva nezvwa kudya mamapoka ezvekudya ekutanga*

Kumbira masista kuti varonge kudyā, vachitanga nekudyā kwama-zuva ose kunokosha. Itai chokwadi kuti kudyā kunosanganisira chokudyā chimwechete kubva muboka rezvokudyā rega rega.

- Taridza posita rinotaridza kudyā kune zvokudyā zvinobva muma-poka ezvokudyā. Ita kuti masista ature kuti nderipi boka rinobva chokudyā chega chega. Ita kuti vaone kana kudyā kwega kwega kune zvokudyā zvakasiyana siyana kubva mumapoka.

Apo paunoronga kudyā, tevedzera mutemo wekutanga wekuva nechokwadi kuti unosanganisira zvokudyā zvinobva muboka rega-rega mazuva ese. Tinofanira kudyā zvokudyā zvakasiyana siyana kubva mumapoka ezvokudyā ese kuti tiwane manyutiriyenzi ese atinoda kuti tive vatano.

### **Kudikanwa kweChokudyā chega chega muHuwandu Hwakafanira**

Mushure mekunge wakudziridza tsika yokusanganisira zvokudyā zvinobva muboka rega-rega mukudyā kwako, funga kuti munhu wega wega anoda huwandu hwakadii hwechokudyā chega chega. Huwandu hudiki hwechokudyā chega chega pamwe hunenge husingakwane. Munhu wega wega anoda humwe huwandu pakupakura kubva muboka rezvokudyā rega rega mazuva ose.

Tinofanira kuchenjera kusaita chikanganiso chakaitwa neboka remadzimai gumi akabika mupunga pamwechete rimwe zuva. Madzimai aya akashandisa makapu emupunga akati wandai, zvipunu zviviri zve madomasi akagayiwa nenyama shoma shoma. Apo kudyā zvakwaka-kanga kwaibva, vakafunga, “Uku kudyā kune zvokudyā kubva muboka retsanga, muboka remavhejiteburu, uye kubva kuboka renyama. Uku kudyā kunovaka uye kwakazara.” Kuipa kwazvo kwa-iva kwekuti vakanga vasina kuisa madomasi akakwana kana nyama yakakwana kuti mudzimai wese awane huwandu hunodikanwa. Apo pavakadzidza pamusoro pekudikanwa kwekuti munhu wega wega awane chokudyā chega chega chakakwana, vakazochenjera pamusoro pekudyā kwavaigadzirira Mhuri dzavo.

Kuti tive nechokudyā chega chega chakakwana, zvingangodikanwa kutenga zvokudyā zvisingaduri kubva muboka rega-rega kuitira kuti tishandise mari yedu zvineungwaru.

- Tondeka kupiramidi yezvokudyā iri mumufananidzo 21-b. Ndezvipi zvokudyā muboka rega-rega zvinonyanya kudhura? Ndezvipi zvokudyā muboka rega-rega zvingava zvakachipa zvokutsiva nazvo zvokudyā zvinodhura muboka rimwero?



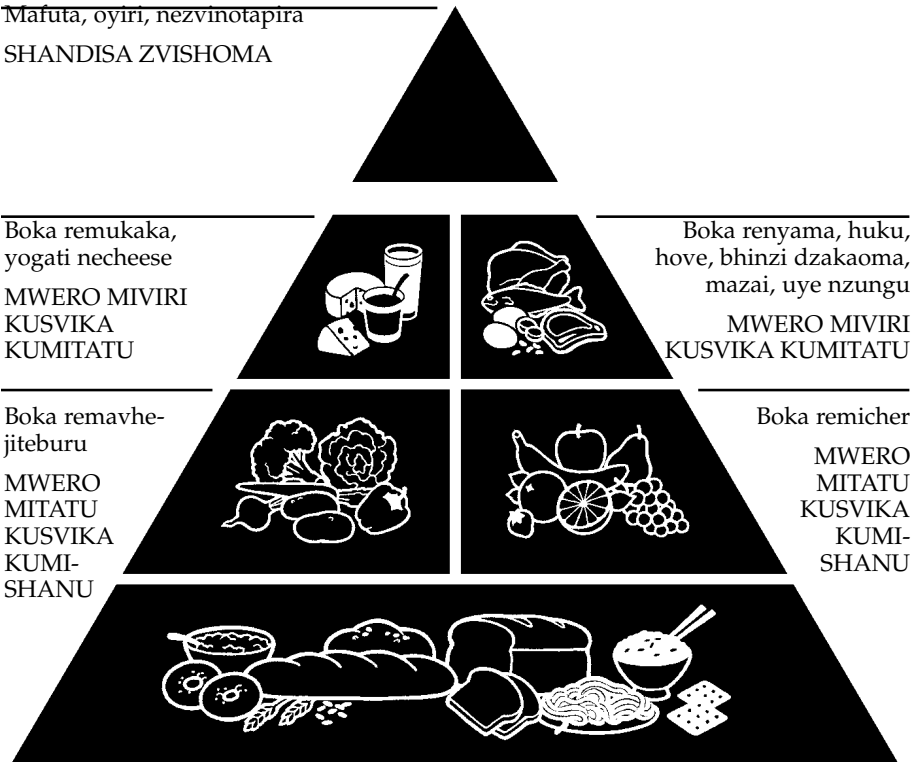
# Piramidhi yeNhungamiri yeZvokudya

Nhungamiri kuSarudzo dze Zvokudya Zvamazuva Ose

## Nhungamiri kukudya zvakanaka

Hakuna chokudya chimwechete chinokupa manyutiriyenzi aunoda kuti urambe uri mutano, saka zvakananyanya kunaka kudya zvokudya zvakasiyana siyana mazuva ose. Shandisa Piramidhi yeZvokudya kukubatsira kudya kvirinani mazuva ose. Tanga nechingwa, tsanga, mupunga, pasita, mavhejitebhuru, uye michero zvokawanda. Wedzera mwero miviri kana mitatu kubva muboka remukaka nemwero miviri kana mitatu kubva muboka renyama. Shandiza mafuta, oyiri, nezvinotapira zvishoma shoma.

Mafuta, oyiri, nezvinotapira  
SHANDISA ZVISHOMA



Boka remukaka,  
yogati necheese  
MWERO MIVIRI  
KUSVIKA  
KUMITATU

Boka renyama, huku,  
hove, bhinzi dzakaoma,  
mazai, uye nzungu  
MWERO MIVIRI  
KUSVIKA KUMITATU

Boka remavhe-  
jiteburu  
MWERO  
MITATU  
KUSVIKA  
KUMI-  
SHANU

Boka remicher  
MWERO  
MITATU  
KUSVIKA  
KUMI-  
SHANU

Boka rechingwa, tsanga, mupunga kana pasita  
MWERO MITANHATU KUSVKA KUGUMI NEMUMWECHET

21-b, Piramidhi yehungamiri yeZvokudya

## **Mazano eKugadzira Kudya Kunovaka Miviri**

### ***Kuronga Kudya***

Usati waenda kunotenga zvokudya, ronga kudya kwegwa kwegwa. Iva nechokwadi kuti munhu wese anozowana chikamu kubva mumapoka ezvokudya akasiyana siyana. Kazhinji zvinobatsira kuva nehurongwa kwakanyorwa uye kunyora pasi zvokudya zvinozodyiwa pakudya kwegwa kwegwa.

### ***Nyora pasi zvinhu zvaunofanira kutenga***

Chinotevera, nyora pasi zvokudya zvinodikanwa kubva kuchitoro nehuwandu hwazvo. Urongwa hwezvinhu zvaunoda kutenga haungotibatsira chete kuyeuka zvinhu zvose zvatinenge tichida, asi hunotibatsirawo kudzivirira kushandisa mari pazvokudya zvamafaro zvatinokwanisa kurarama tisina. Somuenzaniso, kana tiine urongwa, kazhinji tinodzivirira kutenga mabhoto ezvokunwa nezviwitsi, izvo zvinodhura uye zvisingavaki muviri.

Nekunyatoronga nokutenga, tinokwanisa kuenda kunotenga nenguva dziri kure, uye tinokwanisa kushandisa nguva nesimba redu kuita zvimwe zvinhu zvakakosha, sezvakaitwa nemumwe murume akanga afirwa nemudzimai wake akasiyiwa nevana gumi nevaviri. Baba ava vaiziva kuti vakanga vasina nguva yakawanda yokupedza vari kuzvitoro, saka vainyatoronga kudya kwavo uye vaiziva chaizvo zvavaida kutenga nguva dzose dzavaienda kunotenga. Vainyatsochengeta zvokudya zvacho kuti vave nechokwadi chekuti zvainge zviri fureshi kuti Mhuri yavo idye.

### ***Tengai Zvokudya Zvakawanda Uye Zvisingadure***

Tengai zvokudya pazvinenge zvakawanda, nokuti mutengo ipapo kazhinji unenge wakaderera chaizvo. Kana zvichibvira, wedzerai huwandu hwamunotenga hwezvimwe zvokudya munguva yazvinoibva, apo pazvinenge zvakawanda uye zvakachipa. Zviomesei kana kuzvichengeta nedzimwe nzira kuti mugozodya pashure. Zvakakosha kuti tironge nenzira iyi pachine nguva kuitira mimwe mwaka apo zvimwe zvokudya pazvinenge zvirizvishoma.

### ***Chengetai magadheni nemhuka***

Mhuri zhinji dzinorima michero nemavhejiteburu. Kunyange kana Mhuri isina nzvimbo yakakura, kazhini vanokwanisa kurima mbeu shoma mubokisi rapafafitera kana rapavharanda. kana bindu ravo iri dikisa, mhuri kazhinji inodya mavhejiteburu nemichero sokuibva kwazvinenge zvichiita. Kana mhuri ine bindu rakakura, kazhinji vanhodya zvimwe zvokudya zvacho zviri fureshi uye vofusha zvimwe zvese kuti zvigozodyiwa pashure. Kuomesa inzira inonyanyoshandiswa chaizvo kufusha zvokudya.

Munyika dzakawanda vanhu vanochengetawo mhuka nehuku kubatsira kupa zvokudya zvavanoda. Vanokwanisa kuchengeta madhadha, huku, mbudzi, mombe, nguruve, tsuro, kana hove. Mhuka dzinotipa zvokudya kubva mumapoka enyama nomukaka.

Kurima, kuchengetedza, nokukohwa bindu, pamwepo nokuchengeta mhuka, kunoda kuronga. Somuenzanisa, kufunga kwekuchengetera mhuka, zvadzichazodya, uye kuti ndiani achazodzifidha rudzi rwekuronga runotibatsira kuva nekudya kunovaka kwemhuri dzedu.

### ***Nyatsoitai urongwa hwemari (Bhajeti)***

Rumwe rudzi rwekuronga runokwanisa kutibatsira kuva nekudya kunovaka nderwe kuronga mashandisiro atichaita mari yedu pazvinhu zvisiri zvokudya. Apo tinonyatsofunga pamusoro pekuti tichashandisa mari yatinayo sei, tinokwanisa kufunga kuti zvingava zvachenjera kutenga zvokudya zvinovaka miviri yedu pane kushandisa mari pazvinhu zvinodhura zvamafaro. Tinokwanisawo kuona kuti zviri nani kushandisa mari yedu kutenga zvokudya zvakasiyana siyana kubva mumapoka ezvokudya makuru pane kutenga tunonaka tusingavaki miviri.

### **Magumo**

Tinotambira pundutso dzakawanda muhukama hwemhuri nemuhutano kana tichidya nguva nenguva kudya kwakarongwa mazuvo ose. Kudya kwedu kunonyanya kuvaka miviri kana kuine zvokudya zvakasiyana siyana kubva mumapoka ezvokudya makuru. Munhu wega wega anofaira kudya huwandu hwakakwana kubva muboka rega-rega mazuva ose. Kuti tive nekudya kunokwanisa kutibatsira kuva vatano uye kunokwanisa kubatsira vana vedu kukura zvakanaka, tinofanira kugadzirira nokuronga zvokudya zvatintenga kana kurima.

### **Zvokuita**

Vhiki ino ronga kudya kunovaka kwemhuri yako. Iva nechokwadi kuti kudya kwega kwega kune zvokudya zvakasiyana siyana kubva mumapoka makuru. Ronga nzira dzokuti mhuri yako irambe ichiwana marudzi kwawo akasiyana siyana uye huwandu hwakakwana hwezvokudya zvavanoda kuitira hutano hwakanaka. Ita izvi nokusanoronga, nokurima bindu pazvinobvira, uye nokuomesa kana kufusha nekuchengeta zvokudya zvinenge zvakanaka. Ongorora nzira dzaunoshandisa mari yako uye, pazvinobvira, natsa nzira idzi dzokushandisa mari kuitira kuti uve nemari yakawanda yezvokudya zvakanaka.

### Gadziriro yeMudzidzisi

Usati wapo chidzidzo chino:

1. Wongorora chidzidzo 22, “Kudya kunovaka Muviri kweMhuri,” uye chidzidzo 25, “Gadheni raPamba,” *muMudzimai waVatendi vaMazuva Ekupedzisira, Chikamu A*.
2. Wongorora mifananidzo 21-a, “Huwandu hunofanira kudyiwa zuva nezuva kubva mumapoka ezvokudya ekutanga,” uye 21-b, “Piramidi yeZvokudya”, uye gadzirira kuwongorora mazwi acho nekirasi.
3. Gadzira posita rataurwa muchidzidzo kana kuti nyora mazwi rwacho pabhodi.
4. Kana masista aine mibvunzo pamusoro peubvwo hwapamba kana nezve urongwa hwemari, vataurire kuverenga *Mudzimai waVatendi vaMazuva Ekupedzisira Chikamu A, Zvidzidzo 21, 25, uye 26* (“Kutaririra Mari dzeMhuri,” “Gadheni caPamba,” uye “Ubvwo hwaPamba”).
5. Rongerera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana nhaurwa sokuda kwako

# KUCHENGETWA KWAAMAI NEMWANA MUCHECHE

*C h i d z i d z o 2 2*

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Chinangwa chechidzidzo chino ndeche kukurudzira kuchengetwa zvakanaka kwaamai nemwana mucheche.

## **Kuchengetwa kweMadzimai Anepamuviri**

Imwe mhuri kuPhilippines yakava nokusuwa kukurusa apo mwana wavo wekutanga paakafa. Mushure vakatendeukira kuvhangeri vaka-pinda muKereke. Mudzimai wacho paakabata pamuviri zvakare, aka-bvunza mamishinari eBato reZvorubatsira zvaazofanira kuita kuti ave nemwana akasimba anehutano hwakanaka. Akati, “dai chete ndaiziva zvokuita, ndingadai ndisina kusarikirwa nemwana wangu wekutanga.”

Munguva yepamuviri pake pechipiri akaita zvose zvaaikwanisa kuva nechokwadi kuti mwana wake wechipiri azova mwana kwaye, uye mwana akanaka, anehutano wakanaka akazvarwa. Akadaidza mwana uyu kuti “Mwana weChimomoni” wake. Vanhu vamunzvimbo maigara kazhinji vaitaura kuti havasati vamboona mwana akasimba zvakadaro.

Amai vanepamuviri vanemukana wakakosha wekubatsira kugadzira muviri wemumwe wevana vemweya vaBaba voKudenga. Miviri yedu yenyama inokosha zvekuti yakadaidzwa kunzi temberi yemweya (onai 1 Vakorinte 3:16–17). Kunyange dzimweguva, nokuda kwezvikonzero zvatisinga nyatsonzwisisa, vana vanozvarwa vaine matambudziko enyama kana epfungwa, tinofanira kuita zvose zvatinokwanisa kubatsira muviri wemwana wedu ega ega kuti uvakwe zvakanaka. Mudzimai anokwanisa kuita zvinhu zvakananda asati ava uye ava nepamuviri kubatsira mwana wake kuti azvarwe akasimba uye aino-hutano hwakanaka. Michidzidzo chino tichadzidza zvatinokwanisa kuita zvinozobatsira zvese amai nemwana.

## ***Idya Zvokudya Zvakafanira***

Zvakakosha kuti mudzimai ane pamuviri adye zvokudya zvinovaka zvakasiyana siyana. Kudya zvakafanira kune shanduro hurusa pamwana asati azvarwa. Kudya zvakanaka kwakakosha zvokuti madzimai ose anotarisa kuzoita vana anofanira kugadzirira miviri

yavo nokunyatsosarudza zvavanodya. Apo pavanodaro, vanozova nemukana urinani wekuva nehutano hwakana uye wekuzvara vana vanehutano hwakanaka. Kana mudzimai wechidiki akaita tsikia yekudya zvokudya zvinovaka zvakasiyana siyana muhuwandu hwakakwana, kwaniso yake yekuzvara vana vakasimba inowedzerwa. Nokuti tsika dzokudya zvakana dzakamiswa idzi dzinoenda naye mumuchato nemukubata pamuviri, anozoramba achidya zvokudya kwazvo nokudzidzisa tsika dzakanaka dzimwechetedzo dzekudya kunovaka kuvana vake.

- Mudzimai anotarisisira kuzova amai angaiti kugadzirira nguva yaanozoita vana?

### *Usatora Zvinhu Zvinokuvadza*

Mudzimai anepamuviri anofanira kusatora zvinhu zvinokuvadza mumuviri make. Zvinhu zvizhinji zvacho zvakataurwa mulnzwi reUchenjeri zvinokuvadza munhu wese, asi zvinonyanya kukuvadza kukura kwemwana kana zvikashandiswa naamai vane pamuviri.

- Ndezvipi zvinhu zvinokuvadza izvi?

Madzimai anofanira kuchenjera pamusoro pokutora mishonga panguva yavanenge vanepamuviri. Mishonga inobatsira pane dzimwe nguva inokwanisa kukuvadza mwana, zvichienderana nokuti mushonga wacho watorwa riinhi panguva yepamuviri. Naizvozvo zvakachenjera kusatora mushonga kusara kwekunge wapuwana nachiremba anoziva kuti mudzimai wacho anepamuviri.

### *Tariswa naChiremba kana Kukiriniki Nguva neNguva*

Mudzimai anofanira kuenda kwadokotera kana kukiriniki paanongo-fungidzira kuti anepamuviri. Dokotera kana nesi kazhinji anomuti adzoke kuzoonekwa nguva nenguva panhambo dzinenge dzatarwa munguva yepamuviri pake. Vashandi vezveutano, sezvakaita madokotera nemanesi, vakadzidziswa kuziva matambudziko angangouya panguva yepamuviri. Naizvozvo, zvineuchenjeri kuonekwa nguva nenguva. Nenzira iyi, mushandi weutano anokwanisa kuona kana pane zvinenge zvakanganisika uye wobatsira amai vanepamuviri kutora dziviri dambudziko risaati rakomba.

Kunyange mudzimai anepamuviri akaita zvese zvaanokwanisa kudzivirira muviri wake, anokwanisa kusanzwa zvakana sezvaangada. Anofanira kuziva kuti kushanduka kunoitika mumuviri make kunokwanisa kushandura manzwiro ake. Anokwanisa kunzwa kuda kurutsa kakawanda panguvayemwedzi mitatu yokutanga yepamuviri. Pane dzimwe nguva, musana wake unokwanisa kurwadza uye makumbo ake anorema. Anofanira kuedza kuva netarisiro yakanaka. Kana mudzimai akayeuka kudeidzwa kwake kunokosha saamai panguva iyi

yeshanduko inenge ichiitika mumuviri make, zvinozomubatsira kuva munhu anofara. Mweya walshe unokwanisawo kumubatsira kuva nemufaro. Anofanira kunamatira nokutsvaga hutungamiri nehufambidzani hweMweya, achirangarira kuti nokuita mwana iye nemurume wake vari kubatana naBaba voKudenga mumutoo nechiiitiko zvinoyera zvekusika.

- Zvingatibatsira sei kuziva kuti shanduko pahunhu panguva yepamuviri chinhu chinoitika nguva dzose?

### ***Wana zororo uye Ha mitambo Inogwinyisa***

Nhengo dzemhuri dzinofanira kubatsira mudzimai anepamuviri kana asinganzwi zvakanaka. Apo paanenge aine pamuviri, mudzimai anoneta nyore nyore uye anoda kuvata kwakawanda. Angangoda kurara masikati uye kurara zvakare husiku.

Sezvo kuita zvinogwinyisa muviri kwakanakira munhu wose, mudzimai anepamuviri kazhinji anokwanisa kuramba achiita zvaaiita kugwinyisa muviri asati ava nepamuviri. Kana asingakwanisi kuita zvinogwinyisa muviri zvakanakwana, mudzimai anepamuviri anokwanisa kufamba famba mazuva ose. Pamwepo nokufamba famba, kune dzimwe ndudzi dzakawanda dzezvekuita zvinogwinyisa muviri dzakanaka dzemudzimai anepamuviri. Chiremba wake anokwanisa kumupa mazano maererano nekugwinyisa muviri kwakafanira uye kunobatsira panguva yepamuviri.

- Chii chaungaita kubatsira amai, hama, shamwari, kana muvakidzani wako ane pamuviri?

### ***Iva munhu aneutsanana***

Utsanana kwakakosha kwatiri tose, asi kwakanyanya kukosha kumadzimai ane pamuviri sedziviro yezvirwere. Kushandisa mvura yakachena isina utachiona kunwa nokugadzirisa zvokudya kwakakosha. Kugeza maoko mushure mekushandisa chimbvuzi uye usati waga dzira zvokudya chinhu chinogara chiri chakachenjera kuita. Itsika yakanakawo kugeza muviri kakawanda, kuitira kuti muviri wese uchengetwe wakachena, uye kugeza nokupfeka mbatya dzakachena usati waenda kwachiremba kana kukiriniki.

- Chii chinofanira kuitwa nemudzimai anepamuviri kuti ave nechokwadi kuti mwana wake achangozvarwa anoramba ane hutano hwakanaka?

### ***Kusununguka***

Pakusunungukwa kwemwana, kuchena kwakakosha. Muviri waamai unofanira kuva wakachena. Avo vanobatsira pakuzvarwa kwemwana vanofanira kuva nemaoko akechena nembatya dzakachena. Mbatya

dzinoshandiswa pamwana uye zvakakomberedza panguva yekuzvarwa zvinofanira kunge zvisina utachiona zvachose. Avo vanobatsira pakuzvarwa, kunyange kuzvara kwacho kukaitikira kuchipatara, kunzvimbo yemateneti, kana kumba, vanofanira kudzidziswa kuziva zvokuita uye kuziva apo amai kana mwana pavanenge vavakuda kutaririrwa kweutano kwakawedzerwa.

- Madzimai emunzvimbo mamugere kazhinji anoenda kupi kunosunungukira vana vavo? Mzvimbo idzi dzakachena here? Vane vanhu vakadzidziswa here kubatsira mukusunungurisa vana? Kana nzvimbo dzacho dzisina kuchena, ndeipi nzvimbo ingavanani kuenda? Chii chamugaita kunatsa nzvimbo dzacho dziripo?

### **Kuchenetwa kwaAmai Vachangobatsirwa**

#### ***Zororo Rakakwana***

Mushure mekubatsirwa, amai vanokwanisa kunge vakaneta uye vasinganzwi zvakanyatsonaka. Vashandi vehutano vanokwanisa kuvabatsira kuziva kuti vanofanira kusaita basa rinorema kwemazuva mangani. Vanofanira kuramba vachiwana zororo rakakwana. Nhengo dzemhuri dzinofanira kuramba dzichivabatsira kuitira kuti vagowana zororo rakakwana.

#### ***Kudya Kwakafanira***

Zvekudya zvinodiya naamai vachangobatsirwa zvakakosha muhutano hwavo. Vanofanira kukwanisa kudya zvese zvekudya zvinovaka zvavajaira. Amai vanoyamwiswa mwana wavo vanofanira kudya zvekudya zvakawanda kubva muboka rezvekudya rega rega kuti vagoburitsa mukaka wakakwana. Zvekudya kubva mumapoka ezvekudya ese zvakankosha kuutano hwemawana wavo. Vanozofanirawo kunwa zvokunwa zvakawanda apo pavanenge vachiyamwisa. Vana amai dzimwe nguva vanowona kuti zvimwe zvekudya zvavanodya zvinokanganisa mwana anonwa mukaka wavo wemuzamu. Vanokwanisa kudzivirira kudya izvi, zvisinei, asi vachii ne chokwadi kuti vawana zvekudya zvakasiyana siyana zvakafanira uye zvakakwana.

- Chii chaungaita kubatsira amai, hama, kana muvakidzani wako ane mwana achangozvarwa?

### **Kuchenetwa kweMwana aChangozvarwa**

#### ***Zvekudya***

Zvokudya zvakafanira zvakakosha kumwana achangozvarwa. Mukaka wemuzamu, kunyanya pamazuva ekutanga mwana azvarwa, ndiko kudya kwakanyanya kunaka kwemwana. Kashoma chaizvo mwana paanotadza kuwirirana nemukaka waamai. Amai vanokwanisawo kushandisa mukaka wemugaba, unezvese izvo zvinodikanwa kuvaka



muviri, kupa mwana wavo. Mukaka wemugaba dzimwe nguva unodhura uye unoda kuchengetwa zvakanatsosonaka kuti muve nechokwadi kuti wakachena uye hauna njodzi kumwana. Vana vacheche kazhinji vanoda zvokunwa zvakapamhidzira, kunyanya kana kucihipisa uye kwakaoma. Vanokwanisa kupuwa mvura yakachena yakavizwa kuuraya utachiona mubotoro rakachena rine nyatso isina utachiona. Vana vacheche kazhinji vanonwa zvakawanda zvavanoda vobva voregera kunwa. Sezvo vana vanofidhwa nemukaka wamai vavo kazhinji vasingadi kunwa kubva mubhotoro, pamwe havazonwi zvimwe zvokunwa pamusoro zvavanofanira kuwana kubva mubhotoro, kuvapa mvura yakachena isina utachiona netiisipunu kungava kunodikanwa. Zvirinani kusatapisira Mvura nesuga kana chimwe chinu chakadaro kana vachibvuma kunwa mvura yacho yakadaro. Vana vacheche vanofanira kudzvoveswa nguva nenguva pamunovafidha kudzivirira kuti vasaunganidza mhopo mudumbu, kurutsa zvekudya zvavadya, kana kurwadziwa nomudumbu. Munokwanisa kudzvovesa vana vazhinji nokuvaisa pamapendekete enju nokurova rova zvinyoro nyoro nokupukuta pukuta misana yavo.

### ***Utsanana***

Utsanana hwakakosha kuvana vacheche, nokuti havasati vavakugona kukunda zvirwere. Kana zvichibvira, vana vacheche vanofanira kugezwa mazuva ose. Geza kumeso, musoro, uye huro pokutanga, wozogezwa maoko nemakumbo. Nzvimbo dzinopetana mumakumbo nemumaoko dzinofanira kunyatsogezwa. Pedzisa kugeza mwana nokumugeza pakati pamakumbo. Kunywange vana vacheche cheche vanokwanisa kugezwa, asi kuchejerera kunofanira kuitwa kuvachengeta vakadzivirirwa kubva kumhepo nechando. Mune mimwe mwaka izvi zvingareva kugeza nokupukuta chikamu chimwechete chemuviri wemwana usati wageza chikamu chinotevera. Zvingava zvinobatsira kuchengeta mwana akaputirwa mumucheka wakaoma apo paunenge uchimugeza nenzira iyi.

Apo mwana paanopfeka manapukeni, zvakakosha kumuchengeta akachena nokuchinja napukeni apo pese parinenge ranyorova kana kuti raitirwa tsvina. Nzvimbo yepakati pemakumbo emwana inofanira kugara ichinyatsopukutwa usati wapfekedza mwana napukeni rakachena. Kuwacha manapukeni zvakanatsosonaka nesipo, kuasukurudza mumvura yakachena nokuaomesa muzuva kunobatsira kuderedza upundu.

### ***Dziviro kubva kunjodzi***

Vana vacheche vanoda nzvimbo yakanaka isina njodzi yokurara, zvezvakaita kotibhedhi kana rimwe bhedi rinezvinodzivirira kuti mwana asadonha. Zvine uchenjeri kuisa vana vacheche pasingagedi gedi.

Musambofa makasiya vana vacheche vari vega panenge paine njodzi yekuti vangakungurukira kumucheto vakadonha. Vana vacheche vanodawo kudzivirirwa kubva kunhunzi, zvimwe zvipukanana uye mhuka.

- Kana vanaamai vari munzvimbo mako vaine matambudziko pakudzivirira vana kubva kunjodzi dzerudzi urwu, chii chaungaita kubvisa njodzi dzacho?

### ***Kuchengetedza Utano***

Vana vacheche vanoda kuchengetedzwa muhutano zvakanaka. Enda nemwana kukiriniki kana kwachiremba nguva nenguva kunobaiwa majekiseni okudzivirira zvimwe zvirwere. Mushandi weutano anokawisa kukuudza kana mwana ari kukura zvakanaka.

### ***Rudo***

Vana vacheche vanodawo kunzwa kuti vanodiwa. Tinokwanisa kuti vazive kuti tinovada nokuvatakura nokuvambundikira uye nokutaura navo nenzwi nyoro nyoro.

- Ndezvipi zvimwe zvinhu zvatinokwanisa kuita kuti vana vacheche vazive kuti tinovada?

Tinokwanisa kubatsira vana vacheche kudzidza nokuumba pfungwa dzavo nokutaura kwavari. Vabereki nevana mumhuri vanokwanisa kutsanangura zvinhu zvakareruka kuvana vacheche nokutaura zvinhu zvakaite sokuti “Iri iruva”, “Iyi ihuku”, uye “Ona mukomana.”

Tinokwanisawo kubatsira vana vacheche kudzidza nokuvapa matoyi okuti vatambe nabo. Kunyange vana vacheche cheche vanodzidza kubva mukutamba nematoyi. Matoyi anotamba nevana anofanira kuva nerudzi uye anokwanisa kuva zvinhu zvamazuva ose zvatinazvo mudzimba medu. Matoyi aya anofanira kuva akachena, sezvo vana vachizoisira mumiro yavo. Matoyi acho haafiniri kuva nemicheto inopinza kana kuva nezvipisi zvinotyoka kana kumedzeka.

### ***Mhedziso***

Zvokudya zvakanakira, utsanana, kuchengetedza utano hwakanaka, dziviri kubva kunjodzi, uye zororo rakakwana nekugwinyisa muviri kwakakwana zvakanakira kumadzimai anepamuviri, madzimai ane vana vacheche uye vana vacheche. Apo tinoita zvese zvatinokwanisa kuwana zvimhu izvi, tinenge tichizadzikisa basa redu rokupa mwana wemweya wega wega waBaba vedu voKudenga muviri wakasimba unehutano. Vana mai nevana vacheche vangangoramba vaine matambudziko nehutano hwavo kunyange vatevedzera dziviri dzose idzi. Hatikwanisi kunzwisira nguva dzose kuti sei matambudziko aya achiitika, asi anenge ari mashoma zvikuru kana tichichengeta zvakanaka vana amai nevana vacheche.

### Zvokuita

Vhiki rino funga tsika dzehutano dzako pachako. Kana uinepamuviri kana kuti uchironga kuita vana panguva irikutevera, tanga kuita shanduko dzinodiwa kuitira kuti mwana wega wega wako anozova nemukana wakanakisisa wekuzvarwa nemuviri wakasimba uye unehutano. Wana zvaungakwanisa kuita kubatsira mumwe munhu ane pamuviri kana kuti achangobva mukubatsirwa nemwana mutsva, wochizviita kana zvichibvira Gadzirira mwana waunoziva toyi isina njodzi, uye wodzidzira kutaridza mwana iyeyo madiro aunomuita.

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### Gadziriro yeMudzidzisi

Usati wapa chidzidzo chino:

1. Ongorora chidzidzo 23, “Kudya kunovaka muviri kwaAmai neMwana,” uye chidzidzo 24 “Kudzivirira Zvirwere,” mu*Mudzimai waVatendi vaMazuva Ekupedzisira, Chikamu A*. Kana masista aine mibvunzo, vataridze chidzidzo kwacho chavanowana mhinduro.
2. Funga kuti ndezvipi zvikamu zvechidzidzo chino zvingangoda kusimbisiswa kune vamwe vanhu munzvimbo mako. Kurudzira vanaamai kuramba vachishandisa tsika dzakanaka dzavari kushandisa izvozvi.
3. Rongerera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene kana makotasheni sokuda kwako.

# RUBATSIRO RWEKUTANGA MUKURAPA, CHIKAMU 1: KUDZIVIRIRA NOKUGADZIRIRA KUKUVARA

*C h i d z i d z o 2 3*

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Chinangwa chechidzidzo chino ndechekutibatsira kudzidza madzivi-riro atingaita njodzi, kusavhunduka uye kuita zvinhu zvinobatsira kana njodzi yaitika, nokushandisa rubatsiro rwekutanga mukurapa apo parunenge ruchidiwa.

## **Kuchengetedza Miviri Yedu yeNyama**

Senhengo dzekereke yaJesu Kristu yaVatendi vaMazuva Ekupedzisira, tinoziva kuti zvese kugara kwedu zvakanaka panyama nekugara kwedu zvakanaka pamweya kwakakosha. Nokudzidza madzivi-riro atingaita njodzi uye mabatiro atingaita dzimwe njodzi dzamazuva ose, tinova vanhu vakagadzirira zvirinani kudzivira nokuchengeta zvakanaka miviri yedu yenyama. Zvakakosha kuti tive neumhizha hwekutanga pakupa rubatsiro rwekutanga mukurapa. Kana takagadzirira saizvozo, tinenge tine kwaniso irinani kushandira nokuropafadza vamwe pamwepo nesu pachedu.

- Ita kuti sista asanorongerwa atoure muchidimbu nyaya yemufanani-dzo yeMusamariya Akanaka (onai Ruka 10:29–37).
- Verenga Ruka 10:34. Musamariya akaitei?

## **Madzivi-riro Atingaita Njodzi**

Hatikwanisi kudzivirira njodzi, asi tinofanira kuedza kuita kuti dzimba dzedu nedzimwe nzvimbo dzive nzvimbo dzisina njodzi dzingaitika. Kuipa kwazo ndekwekuti, kazhinji kutambura kwepanyama, kuzvidemba, kana kusuwa kwatinonzwa mushure menjodzi kunotikonzera kutsvaka nzira dzokudzivirira kuti njodzi iyoyo isaitika zvakare.

Mukuru Loren C. Dunn vakataura pamusoro pechiitko apo vakayambira mwanasikana wavo kuti achenjerere, asi kuyambira kwavo hakuna kudzivirira njodzi:

“Tine mwanasikana ane makore matatu ekuzvarwa uyo watinoda zvikuru. Nguva ichangapfuura iyo ndaiverenga ndiri padesiki pangu

kumba, uye iye aiva mumba imomo achitamba negirazi remvura raiva padesiki. Apo paaisumudza girazi guru iri nezvingunwe zvake zvidiki diki, ndakaramba ndichimuyambira kuti anofanira kuchenjerera angadonhesa girasi, izvo, chokwadi, ndizvo zvaakazoita pokupedzisira. Rakaputsika parakarova pasi, uye tumagirazi tukaenda kwese kwese. . . .

“Sezvo kazhinji achitamba asina shangu, ndakamuburitsa mumba macho ndikaedza nepandaikwanisa pese kutsvaira magirazi ese. Asi pfungwa yakuuya kwandiri kuti pamwe ndakanga ndisina kukwanisa kutsvaira tumagirazi twese, uye kuti pane imwe nguva yaitevera apo achitamba mumba imomo, tutsoka itwotwo twaizogona kutsika magirazi andainge ndisina kuona, uye aizotambura patsva nokuda kwezvakanga aita” (mu Conference Report, Gumiguru 1969, pp. 13–14; kana *Improvement Era*, Zvita 1969, p. 44).

Kazhinji tinonzwa kuti kutaurira mumwe munhu kuti achenjerere ndizvo chete zvatnofanira kuita kudzivirira njodzi. Zvisinei, kazhinji tinokwanisa kudzidzivirira zvinobudirira nokuita chimwe chinhu kushandura mamiriro ezvinhu anenge akaipisa.

- Chii chingaitwa nevabereki kana vana vakuru kubatsira kudzivirira njodzi yakaita seyataurwa pamusoro apo?

Tese tese pamwe takambova nezvitiiko zvisina kunaka semugumisiro wenjodzi dzichiitika mumba. Kunyange njodzizhinji dzichiitika mumba kana pedyo nepamba, tinofanira kufunga zvimwe zvezviko-zero zvadzo zvamazuva ese uye zvatingaita kudzidzivirira.

### *Zvinhu zvinengozi*

Zvimwe zvinhu zvinochengetwa mumba kazhinji zvinokuvadza kana tikazvidya kana kuzvinwa. Somuenzaniso, parafini inokuvadza zvikuru kana ikanwiwa. Mishonga yezvimbuyu inokuvadzawo kana ikadyiwa kana kuti ikasara iri paganda kwenguva yakareba. Muti unogadziriswa sipo (Lye), jiki, muti unobvisiswa nawo pendi, uye doro rokupukutisa, zvimwe zvinhu zvine ngozi huru.

- Ndezvipi zvinhu zvakaita mvura mvura kana kuti zvakaita seupfu zvinengozi zvauinazvo mumba mako?

Chimwe chinhu chingangova nengozi mishonga. Mishonga inokwanisa kubatsira vanhu vanorwara, asi inokwanisawo kuva nengozi kana ikashandiswa zvisina kufanira. Hazvina kuchenjera kuchengeta mishonga mushure meurwere waakapirwa hwarapwa. Nenguva, mishonga inokwanisa kushaya simba rayo uye kana kuva chepfu. Kana mishonga yakashandiswa ikachengetwa, urwere hwayakapirwa kuti irape hwunogona kukanganikwa uye kana mishonga iwoyo ukatorwa

kurapa umwe urwere wakasiyana, mamiriro ezvhinhu anogona kunyanya kuipiswa. Nokuti mushonga unenge wapihwa kurapa urwere hwemumwe munhu unokwanisa kushaya basa kana kukuva-dza mumwewo munhu anenge ane urwere humwechete, mushonga unofanirwa kutorwa chete emunhu anenge aupiwa kuti anwe. Mishonga inokwanisawo kukuvadza zvikuru kana ikatorwa nemwero usiwo. Zvakanyanya kukosha kuona kuti vana vatora nushonga nemwero wakatarwa chete, uyo kazhinji unenge wakaderera zvikuru pane uyu unotarirwa munhu mukuru.

Kukosha kwekuchengetera mishonga yese pasingasvikirwe nevana kunotaridzwa nenyaya inotevera. Rimwe zuva apo kamukomana kadiki kakarwara, amai nababa vake vakaenda naye kuchipatara. Chiremba akaona mwana akamupa mushonga. Vadzoka kumba, vabereki vemukomana uyu vakamusiya ari mumba make ari oga ivo vono-shanda vari panze. Panguva iyi mwana uyu akawana bhoto romushonga waakanga apuwa ndokubva aunwa wese ipapo. Aifanira kunwa matiisipunu maviri mushure memaawa mana oga oga. Vabereki vake pavakauya kuzoona kuti ainzwa sei, vakamuwana achi-rwara zvikuru. Hapana chaikwanisa kuitwa pachine nguva, zvisinei, mwana akabva afa.

- Chii chinofanira kuiitwa nenhengo dzemhuri kudzivirira njodzi dzakadai?

Nokuda kwekuti zvinhu zvizvinji zvinokuvadza zvine basa, tinozvichengeta mudzimba dzedu kuitira kuzovishandisa zvakafanira Zvisinei, tinofanira kuita zvole zvatinokwanisa kudzivirira vanhu kubva mukuzvidya kana kuzvinwa kana kuzvibata kwenguva yakare-besa. Imwe nzira yokuita izvi kunyatsonyora zita rechinhu chacho mugaba rachinochengeterwa.

- Taridza mufananidzo 23-a, “Kunyora Zvinhu Zvinokuvadza.”

Mufananidzo wakareruka unokwanisa kuyambira pane chepfu. Dzidzisa vana nevamwe vanhu vasingakwanisi kuverenga kuti chitaridzo chacho kana kuti mufananidzo wacho unoreva kuti “Ngozi!” kana “Chepfu!”

Zvinhu zvinokuvadza zvinofanira kuchengeterwa pasherefu yepamusoro soro kana kuti mudhirowa rinokiiwa apo pasingasvikwi nevana. Shandisa zvinosunga magonhi epamadhirowa kuti vana vasa-vhura uye zvivharo zvisingavhurike nyore nyore pamishonga uye zvi-mwe zvinhu zvinogona kukuvadza. Musambofa makadaidza mushonga kuti “chihwitsi” kuitira kuti mwana aunwe, kunyangwe kana uchita-pira sechihwitsi.



*23-a, Kunyora Nokuisa Chiratidzo Pazohinhu Zvoinenjodzi*

Shandisai mishonga muzvimbo dzinopinda mhengo zvakanaka uye pfe-kai mbatya dzinodzvirira muviri sezvakaita magiravhusi kana zvokupfeka kumeso. Musambosanganisa mishonga inogezeswa zvomumba nokuti inokwanisa kubudisa mweya ine chepfu.

Dzidzai zvinhu kwazvo zvinorapa chepfu yemishonga inogezeswa zvomumba nedzimwe chepfu munzvimbo menyu, uye zvokuita kana munhu akakanganisa akanwa kana kuti akafema chepfu. Chengetai manhamba erunhare rwekuchipatara kana kwadhokotera pedyo nerunhare rwenyu. Chairai runhare avo vanoshanda nezvekudzivirira njodzi dzechepfu vemunzvimbo menyu (dhokotera wenyu kana vekuchipatara vanokwanisa kukupai nhamba yacho) kuti mupiwe mirairo pamusoro pezvokuita. Kana musingagari pedyo nerunhare, bvunzai mushandi wezveutano wemunzvimbo menyu kuti mupiwe ruzivo rwamunokwanisa kuchengeta kudzimba kwenyu urwu runosanganisira mirairo pamusoro pokurapa munhu kubva kuzvinhu zvine chepfu zvakasiyana siyana.

- Chii chatingaita mudzimba dzedu kudzivirira kukuvadza nezvinhu zvine njodzi?

### *Midziyo Inenjodzi*

Dzimba zhinji dzine midziyo inogona kukuvadza ine micheto kana kumberi kunopinza, sezvakaita mapanga, zvigero, nematurusi. Tinokwanisa kukudziridza dzimwe tsika mukushandisa zvinhu izvi kuitira kuti dzimba dzedu dzive nzvimbo dzisina njodzi.

Nguva dzose tinofanira kuisa midziyo inopinza pasingasvikirwi nevana vadiki. Kunyangwe kana tikaisa banga panzvimbo inosvikirwa nevana kwechinguvana chete, mwana anokwanisa kuri nhonga okonzera njodzi.

- Taridza mufananidzo 23-b, “Mudzimai achitambidza musikana chigero.”

Mamwe maturusi anokwanisa kushandiswa nenzira dzine njodzi pamwepo nedzisina njodzi. Somuenzaniso, machisa anebasa chaizvo kana achishandiswa zvakanaka. Zvisinei, kutamba nemachisi kana kuashandisa zvisina kururama kunokwanisa kukonzera kukuvara nokuparadza kukuru. Chengeterai machisi pasigasvikirwi nevana. Shandisai mapanga makachenjerera mafambiro enyu kana pana vamwe pedyo kuitira kuti mudzivirire njodzi. Itai tsika yokupa midziyo iyi kune mumwe munhu nekwakapinza kana kwakakwenezverwa kuri kure nemunhu wacho. Tinofanira kudzidzisa vana vedu nenzira kwadzo dzokutakura nokushandisa midziyo yakadai zvisina njodzi.





*23-b, Mudzimai achipa musikana chigero*

- Tinokwanisa kuchengetera pai midziyo ine njodzi iyi kudzivirira kuti njodzi dzisaitika? Ndedzipi shanduro dzatingaita munzira dzatinoshandisa midziyo ine njodzi isu pachedu kana vana vedu?

### *Mamiriro eZvinhu ane Njodzi*

Mamiriro ezvinhu anokwanisa kupedzisira nenjodzi anosiyana kubva munzvimbo nemunzvimbo, uye kunyangwe kubva mumba nemumba Zvisinei, mamwe mamiriro akafanana kwese kwese uye anokwanisa kushandurwa kudzivirira njodzi.

Makuvaro mazhinji anoitika apo vanhu pavanokwira pamusoro pechinhu chisina kutsiga vachiedza kunanavira kunzvimbo dziri pamusoro-soro mumba kana muchivanze mavo. Kudzivirira kukuvara kwakadaro, nyatsosarudzai chinhu chokukwira chakatsiga uye chakasimba, kana kuti itai, kuti mumwe munhu abate akatsigira chinhu chacho. Apo tinotora nguva kuita izvi, kazhinji tinokwanisa kudzivirira kukuvara kukuru.

Makuvaro anokwanisika kuitikawo apo patinotsvedza pachinhu chine chadeurirwa pasi chikapukutwa. Zvirinyorewo kuputsika nokuda kwechinhu chakaita setoyi inenge yasiwa paisingafaniri kunge iri. Dzimwe mhuri dzinoona zvichibatsira kutevera murairo wekugaro isa zvinhu munzvimbo dzazvo pakarepo pazvinenge zvisisiri kushandiswa. Izvi zvinoderedza zvikuru mukana wekuti munhu aputsike pachinhu chaanga asingafugire kuti chiripo.

- Ndeapi mamiriro ezvinhu angokonzera kuputsika?
- Ndezvipi zvinhu zvingaitwa kudzivirira njodzi?

Dzivirirai kusiya vana vasina akavatarisa panzvimbo pavanokwanisa kupiswa nemvura inopisa kana pane njodzi yekunyura mumvura (kusanganisira mabhavhu nemuzvimbuzi). Dzivirirai kubvumidza vana kutamba nezvinhu zvinoshandisa magetsi, apo panenge paine njodzi yekugwinhwa kana kupiswa. Shandisai zvokuvharisa pamaburi ese amagetsi anenge asiri kushandiswa. Isai magedhe anodzivirira vana pamusoro pemasitepisi mumotokari. Vana ngavasungwe nema-bhande epazvigaro kana vachinge vari mumotokari. Chengetai mapurusetiki, tambo, uye zvimwe zvinhu zvidiki zviri kusingasvikirwe nevana.

Njodzi dzemumba kazhinji dzinoitika kunzvimbo inobikirwa. Mune dzimwe dzimba umo munobikirwa pamoto wehuni unenge uri pasi kana kuti uri pedyo nepasi, vana vadiki kazhinji vanotsva nokuswendera pedyo zvakananyanya nemoto. Zvingava zvisina njodzi kukwidza choto nemafiti mashoma kubva pasi, kudzivirira vana kubva mukukambaira vachienda pedyo nemoto uye nokudzivirira guruva netsvina, zvinosimudzwa netsoka dzedu, kuti zvisapinda mune zvokudya.

Mudzimba munobikirwa pachitofu kana panzvimbo yakakwirira, tinofanira kudzivirira kusiya mibato yemapoto yakataridzwa nochokunze kwechitofu, uko vana vanokwanisa kusvikira nokubata mubato wepoto nokukweva vozvidira zvekudya kana mvura inenge ichipisa.

- Njodzi dzakawanda dzinoitika here munzvimbo yamunobikira mumba menyu? Kana zvirizvo, chii chamugaita kuti nzvimbo iyi ive isina njodzi?

Dzimwe nguva makenduru, mwenje, nezvitofu zvinoiswa pedyo pedyo nezvimwe zvinhu zvinogona kutsva. Semuenzaniso, maketeni apamahwindo anopepereswa nemhepo achiswedera kumoto anokwanisa kubatira moto, kana bhokisi rinochengeterwa pedyo pedyo nechitofu kana nechoto rinokwanisa kubatira moto apo paunoveswa.

- Kana aya ari matambudziko mumba mako, unokwanisa kuapedza sei?
- Ndeapi mamwe mamiriro ezvinhu akaipa anokonzera njodzi? Chii chaungaita kuti mamiriro ezvinhu aya asakonzera njodzi?

### **Kubata Njodzi neUngwaru uye neRutsigo**

Zvakakosha kuramba takadzikama apo patinobatsira munhu anenge akuvara. Makuvaro anokwanisa kunge akakura, asi tinofanira kudzikama uye toedza kuvimbisa munhu wacho kuti achaita zvakanaka. Vanhu vakuvara kazhinji vanotora kukuvara kwavo sematorere anoita avo vari pavari. Kana tikachema kana kuridza mhere, munhu akakuvara anokwanisa kufunga kuti makuvaro ake akakurisa kupinda zvaari obva avhunduka. Kupa rubatsiro rwekutanga pakurapa nenzira yakatsiga kunokwanisa kuderredza kana kudzivirira kuvhunduka kwemunhu akuvara. Tinofanira kuziva chaizvo zvokuita pamakuvaro anowanizoitika kuitira kuti tigokwanisa kuzviita nechinangwa uye neruzivo. Zvinobatsira kuva nemunamato nguva dzose mumoyo yedu panguva yenjodzi, kuitira kuti tigadzirire zvirinani kutambira utungamiri hwa-kafemerwa.

### **Kudzidzira Mutoo weKupa Rubatsiro Rwekutanga Mukurapa**

Tinofanira kudzidzira maitiro ari muchidzidzo 24, “Rubatsiro Rwekutanga Mukurapa, Chikamu 2: Kurapa Makuvaro,” mubhuku rino kamwechete gore rega-rega. Tinofanirawo kudzidzisa maitiro aya kuna vamwe vakuru nevana vayaruka mumhuri dzedu, kuitira kuti ivowo vagokwanisa kuva vakagadzirira kana njodzi ikaitika.

### **Zvinhu Zvinodikanwa Zvokushandisa paRubatsiro Rwekutanga Mukurapa**

Pamusoro pokuita kuti dzimba dzedu dzive dzisina njodzi uye kudzidza nzira dzinoshandiswa nguva dzose dzerubatsiro rwekutanga mukurapa, tinokwanisa kuzvigadzirira nekuchengeta mudzimba dzedu

mirairo, mishonga nemabhandeji zvinoshandiswa pakupa rubatsiro rwekutanga. Zvino kana njodzi ikaitika, tinozova nezvinhu zvokushandisa kupa rubatsiro nokukurumidza. Kunyangwe zvinhu zvorubatsiro rwekutanga zvinochengetwa nemhuri yega yega zvichikwanisa kusiyana, tinofanira kuva nezvinhu zvinokosha zvinotevera izvi:

***Mirairo Pakubata Njodzi Dzinoitika Munzvimbo Mamugere***

Kumbira mushandi weutano wemunzvimbo menyu kuti akupe mirairo pamusoro pekurapa makuvaro anobva panjodzi dzinowanzoitika munzvimbo yenyu, sezvakaita mashizha kana sora rineuturu, mhuka dzemugungwa, hove kana nyoka dzine uturu, uye tupukanana tune uturu. Verenga mirairo iyi uye ichengete paunozoiwana nyore nyore.

***Sipo***

Sipo inodikanwa pakugeza tsvina, matombo, nemagirazi kubva mumaronda. Tinofanira kuita chokwadi kuti tine sipo yemazuva ose inenge iripo nguva dzose kuitira njodzi. Kana zvichibvira, munhu anenge achipa rubatsiro rwekutanga anofanira kunyatsongeza nesipo nemvura kudzivirira kupa murwere utachiona hunozokwanisa kumuita kuti maronda anyanye kukura.

***Mvura Yakachena***

Kana mvura yakachena isingawanikwi nokukurumidza, chengetai chigubu chakazara pamwepo nezvinhu zvokushandisa parubatsiro rwekutanga kuitira kuzogezwa maronda. Maronda anokwanisa kugezwa nemushonga unonzi saline solution.

***Andisepitiki***

Andisepitiki inoshanda kupinda sipo nemvura uye inobatsira kudzivirira utachiona. Doro rakaita sewisiki kana bhurandi, “hydrogen peroxide,” nebetadine maandisepitiki anoshandiswa mazuva ose. Tumatauro twakaiswa andisepitiki kana masipurayi ane andisepitiki anokwanisa kushandiswawo. Mishonga yokuzora ine “antibiotic” inokwanisa kudzivirira utachiona.

***Micheka Yakachena***

Micheka yakachena inokwanisa kushandiswa semabhandeji kugadzira, mabhandeji chisa zvidimbu zvemucheka wakachena neayini kusvikira zvavakupisa chaizvo kana kunyange kuita sezvavakutsva. Geza maoko ako usati wanyatsopotira micheka yachiswa mukati memumwe mucheka wakachena. Iyi micheka inoita mabhandeji asina njodzi ekuhandisa paronda ririkubuda ropa.

***Syrup of Ipecac uye Activated Charcoal***

Ipecac inokonzera kurutsa, uko kunova chikamu cherubatsiro rwekutanga kumunhu anenge adya kana kunwa chepfu. Nokuti kurutsa haku-buritsi chepfu yose, vanoshanda nezvechepfu vanokwanisa kukuraira

kurapa imwe chepfu yose “neactivated charcoal,” iyo inowanikwa iri yokunwa semvura kana kuti yakaita seupfu (mvura inofanirwa kuiswa mune iyo yakaita seupfu). “Ipecac” “neactivated charcoal” zvinokwanisa kutengwa kuzvitoro zvemishonga zvakawanda. Kana yese iri miviri isipo, vashandi veutano vanokwanisa kukuudza mumwe mushonga wekuchengeta pamwepo nezvimwe zvokushandisa parubatsiro rwekutanga.

### ***Mafuta Akaropafadzwa***

Varume veufundisi vanoshandisa mafuta eorivhi akaropafadzwa, kana akatsaurwa, apo pavanopa ropafadzo kumunhu anorwara kana akuvara. Bvunza mutungamiri weufundisi wako mawaniro aungaita kabhotoro kadiki kemafuta akaropafadzwa. Chengeta mafuta aya pamwepo nezvinhu zvako zvokushandisa parubatsiro rwekutanga kuitira kuti vabati vehufundisi vagoshandisa panjodzi kana kuti apo pazvinenge zvakafanira.

### ***Gumbeze***

Gumbeze rakachena rinodziya rinogona kuva rinodikanwa chaizvo, kana munhu apfizuka nekuda kwekukuvara kukuru kana kuti achipindwa nechando zvikuru, nokuti rinochegetedza kudziya kwemuviri wemunhu akuvara. Kana zvichibvira, wana gumbeze rinonzi “solar (thermal)” iro rinokwana mumbudu kana rapetwa.

### ***Mabhandeji Akagadzirwa Kare***

Chengeta mabhandeji akasiyana siyana ayo anotengwa akatogadzirwa.

### ***Zvimwe Zvinhu Zvingadiwa***

Zvimwe zvinhu mubhokisi rezvinhu zvorubatsiro rwekutanga zvingangobatanidzira zvigero, tochi diki nemabhatiri akati wandei, mapakiti anopa chando kana kupisa nekukurumidza, zvokuputirisa zvepurasitiki (elastic wraps), gauze pads, roller gauze, uye mabhandeji etirayienguru.

### ***Mokuchengetera***

Zvinhu zvataurwa pamusoro zvinofanira kuchengetwerwa mubhokisi kana bhegi risingapindi nguruva kana unyoro. Bhokisi kana bhegi racho rinofanira kuchengeterwa panzvimbo pakanaka pasingasvikirwi nevana vadiki. Tinofanira kudzidzisa vana vakura mapiro avangaita rubatsiro rwekutanga uye toita chokwadi kuti vanokwanisa kusvikira panochengetwera zvinhu zvokushanisa munjodzi.

### ***Magumo***

Tinokwanisa kudzivirira njodzi zhinji nokuita kuti dzimba dzedu dzive nzvimbo dzisina mukana wekuita njodzi. Semuenzaniso, zvinhu zvinokuvadza zvinofanira kuchengetwa nenzira yokuti hazvikwanisi

kukuvadza vana nevamwe vanhu. Midziyo inokuvadza inokwanisa kuchengetwa nokushandiswa zvisina njodzi. Tinokwanisa kudzivirira mamiriro ezvinhu ane njodzi, kutarisa zvinoitwa nevana vedu kuita chokwadi kuti hazvina njodzi, uye kuchengeta bhokisi kana bhegi rine zvinhu zvokushandisa pakupa rubatsiro rwekutanga mudzimba dzedu. Tinofanira kugadzirira kupa rubatsiro rwekutanga rwakareruka kumunhu anenge akuvara nenzira yakadzikama uye ine ungaru.

### **Zvokuita**

Vhiki ino nyatsotarisa mumba mako. Shandisa nokuchengeta zvinhu zvinokuvadza nenzira dzisina njodzi. Dzivirira mamiriro ezvinhu ane njodzi. Kana usati wazviita, tanga kuunganidza zvinhu zvokushandisa pakupa rubatsiro rwekutanga.

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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Funga kuti ndeapi matambudziko atsanangurwa muchidzidzo chino anogaroitika munzvimbo mako. Simbisisa zvikamu zvechidzidzo zvinonyanya kudikanwa. Rumbidza masista paimiito isina njodzi yavagara vachishandisa nakare.
2. Rongerera sista kugadzirira kupa kukirasi nhaurwa pfupi yemufananidzo weMusamariya akanaka (onai Ruka 10:29–37).
3. Udza masista ane mibvunzo pamusoro pekuropafadza kwevabati vehufundisi vanhu vanorwara kana vakuvara kuti vaverenge chidzidzo 12, “Zvisungo Zvehufundisi,” muBhuku Redzidziso reMudzimai waVatendi va Mazuva Ekupedzisira, Chikamu A.
4. Rongerera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana nhaurwa sokuda kwaunenge uchiita.

# RUBASTIRO RWEKUTANGA MUKURAPA, CHIKAMU 2: KURAPA MAKUVARO

*C h i d z i d z o 2 4*

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Chinangwa chechidzidzo chino kutibatsira kudzidza kupa rubatsiro rwekutanga pakukuvara kunoitika nguva dzose uye mamwe matambudziko.

## **Gadziro yoKupa Rubatsiro Rwekutanga**

Nguva dzose zvirinani kudzivirira makuvaro. Mienzaniso mizhinji yenzira dzokudzivirira njodzi nemakuvaro yakakurukurwa muchidzidzo 23, “Rubatsiro Rwekutanga Mukurapa, Chikamu 1: Kudzivirira noKugadzirira Makuvaro,” mubhuku rino. Zvisinei, nyangwe nedziviuro dzose, mamwe makuvaro anoitika chete, uye tese tinofanira kudzidza kupa rubatsiro rwekutanga mukurapa makuvaro anonyanya kuitika.

Apo pese panokuvara munhu, gadzirisa matambudziko acho zvichienyerana nokukosha kwavo kuitira kuraramisa upenyu hwemunhu akuvara: (1) Bvisa munhu akuvara kubva panzvimbo ine njodzi yacho, sezvakaita imba iri kutsva, asi, haufaniri kusudurutsa munhu akuvara kusara kwekunge paine dambudziko rokuti munhu wacho anozonyanya kukuvara kana akasabviswa paanenge ari; (2) ita kuti akwanise kufema zvakare uye kuti moyo wake ushande zvakare nokumupa rubatsiro rwekufema uye CPR (cardiopulmonary resuscitation) kana zvichidikanwa; (3) misa kubuda kwe ropa kunenge kwakakura; (4) tarisa kana pane mukana wekuti chepfu yadungwa; (5) rapira zviratidzo zvekuti munhu apfizuka; uye (6) ipa rumwe rubatsiro rwekutanga kana ruchidikanwa.

Kana makuvaro achida ipi zvayo yenhanho dzokutanga shanu dzataurwa pamusoro, tsvaka rubatsiro kubva kune veutano. Kana vamwe vanhu varipo, munhu mumwe anokwanisa kutsvaka rubatsiro kubva kuchipatara kana kuna dokotera vamwe vachitanga kuedza kuita kuti moyo wemunhu ushande zvakare uye kuti akwanise kufema zvakare. Apo unoshanda kugadzirisa matambudziko, yeuka kudzikama nekusimbisa munhu wacho akuvara.

## **Pokutarisa Nokukurumidza Kuti Uwane Ruzivo Nezverubatsiro Rwekutanga Mukurapa**

Misoro yenyaya inotevera yechikamu chino inezokubatsira kuwana ruzivo nekukurumidza pakurapa mamwe makuvaro kana matambudziko:

### **Kuita Kuti Munhu Akwanise Kufema Zvakare Uye Kuita**

|  |         |
|--|---------|
| Kuti Mwoyo Upombe Ropa Zvakare (CPR) . . . . .                   | 00(194) |
| Kana Munhu Arikukachidzwa . . . . .                              | 00(196) |
| Kurapa Munhu Mukuru Arikukachidzwa . . . . .                     | 00(196) |
| Kurapa Mwana Mucheche Arikukachidzwa . . . . .                   | 00(196) |
| Kana Mwoyo yoMunhu Uri Kupomba Ropa Asi Iye                      |         |
| Asiri Kufema, Ipa Rubatsiro Rwekufema . . . . .                  | 00(196) |
| Kana Munhu Asiri Kufema Uye Mwoyo Wake Usiri                     |         |
| Kupomba Ropa . . . . .   | 00(197) |
| CPR Kuvanhu Vakuru Uye Kuvana Vakura                             |         |
| (Makore Masere Zvichikwira) . . . . .                            | 00(197) |
| CPR Kuvana Vadiki (Gore Kusvikira Kumakre Masere) . . . . .      | 00(199) |
| CPR Kuvana vacheche (kubva pakuzvarwa                            |         |
| kusvika kugore rimwechete) . . . . .                             | 00(199) |
| Kana Mweya Usingapinde . . . . .                                 | 00(199) |
| Kurapa Maronda . . . . .   | 00(200) |
| Kumisa Kubuda Kweropa . . . . .                                  | 00(200) |
| Maronda Akadzika Asi Anechiburi Chidikidiki . . . . .            | 00(200) |
| Kurapa Munhu Anenge atora Chepfu . . . . .                       | 00(202) |
| Chepfu Dzinopisa Kana Kuparadza Nyama . . . . .                  | 00(202) |
| Chepfu Dzisingapisi Kana Kuparadza Nyama . . . . .               | 00(202) |
| Dzimwe Chepfu . . . . .  | 00(203) |
| Kurapa Munhu Anenge Arowa nehana (Isiri yaMagetsi) . . . . .     | 00(203) |
| Zviratidzo zveArowa nehana . . . . .                             | 00(203) |
| Sei Tichirapa kurowa nehana Uye Tinoirapa Panhambo Ipi . . . . . | 00(203) |
| Chengeta Munhu Wacho Akuvara Akarara Pasi . . . . .              | 00(205) |
| Chengeta Munhu Akuvara Achidziyirwa . . . . .                    | 00(205) |
| Chengeta Munhu Akuvara Akadzikama . . . . .                      | 00(205) |
| Kurapa Kugwinhwa Nemagetsi . . . . .                             | 00(205) |
| Kurapa Hutsvi . . . . .  | 00(206) |
| Hutsvi Hwapamusoro Peganda . . . . .                             | 000     |
| (Hwakatsvuka; Hwakazvimba Zvishoma Uye Hwunorwandza)             |         |
| Hutsvi Hwakadzika . . . . .                                      | 000     |
| (Hwakatsvuka; Hwaita Maduwani; Hwunorwadza                       |         |
| Zvikuru; Hwunobuda Mvura)  |         |
| Hutsvi Hwakazika Zvakadzama Uye Hwakakura . . . . .              | 00(206) |
| (Kutsva kwakadzika Zvakadzama Muganda;                           |         |
| Nzvimbo Yakakura; Ganda Rinotaridza Kuva Dema,                   |         |
| Rakatsva, Rakacheneruka, kana Rakaunyana Rakaoma)                |         |
| Kurapa Mapfupa Atyoka . . . . .                                  | 00(209) |
| Kubvisa Munhu Akuvara Kubva Paakuvarira . . . . .                | 00(209) |



### **Kuita Kuti Munhu Akwanise Kufema Zvakare Uye Kuita Kuti Moyo Utange Kushanda Zvakare (CPR)**

Ona: Apo pese pazvinobvira, unofanira kuwana dzidziso mukupa CPR kubva kumudzidzisi ane chitupa chokuita izvozvo munzvimbo mamugere. Nguva dzose ita kuti mumwe munhu achaire veamburenze runhare kuti vazobatsira nokukurumidza, kana uchinge uri wega, chaya runhare rwacho iwe pachako.

Kutadza kufema uye kumira kwemoyo kushanda zvinhu zvinogona kuita kuti munhu afe. Kufema kana kushanda kwemoyo kana kuti zvose zvinogona kumira nokuda kweumwe urwere, kumedza dzimwe chepfu, kugwinhwa nemagetsi, kunyura mumvura, kubatwa nechomoyo (heart attack), kutora mushonga wakawandisa kupinda unofanira kutorwa, kuna kufema mweya unenge usina okusijeni yakakwana. Kutadza kufema nokumira kwemoyo kushanda zvinoda rubatsiro rwekutanga mukurapa pakarepo kuitira kudzivirira makuvaro eupenyu hwese, sezvakaita kukuvara muurozvi.

#### ***Kana Munhu Arikukachidzwa***

Kukachidzwa idambudziko rekufema rinoitika nguva dzose. Munhu asina kupfizuka ari kukachidzwa anenge ane chokudya kana chimwe chinhu chinenge chirikuvhara pahuro pake zvokuti anobva atadza kufema zvakanaka kana kuti zvachose.

Munhu anenge ava kutadza kufema zvakanaka anokwanisa kuwana mhengo yakakwana inopinda nokubuda mumapapu zvokuti akwanise kukosora, kukarakata, kana kutaura. Kana munhu arikukachidzwa ari kukosora zvakasimba, murege aedze kukosora kuitira kuti chinhu chacho chibude. Usasiya munhu wacho ari ega, zvisinei, sezvo chinhu changa chiri kumutadzisa kufema zvakanaka chinogona kuvhara pahuro pake zvokuti anobva atadza kufema zvachose. Munhu asingakwanisi kutaura, kukosora zvinesimba, kana kufema anenge asiri kuwana okusijeni yakakwana kuti arambe ari mupenyu. Kana zvichibvira, ita kuti mumwe munhu adaidze amburenzi nokukurumidza.

#### ***Kurapa Munhu Mukuru Ari kukachidzwa***

Mira kumashure kwemunhu wacho uye wombudndira maoko ako nemuchiuno memunhu wacho, nechibhakera chako chakatarisa kumunhu chiise nechekumusoro kwedumbu chiri kumusoro kweguvhu. Bata chibakera chako nerumwe ruoko wosundaidza munhu wacho kwauri zvinesimba uye nokukurumidza uchiita souri kumusumudza. Dzokorora kusvikira chinhu chacho chakosorwa chikabuda kana kuti kusvikira munhu wacho apfizuka. Kana munhu wacho akapfizuka, tevedzera nzira dzakanyora pasi pe “Kana Mweya Isingapindi” papeji 00 (199).

Kana uri wega uye uri kukachidzwa, unokwanisa kubvisa chinhu chinege chichikuvhara mweya wega nokusundaidza dumbu rako pachinhu chakasimba uye chakatsiga sezvakaita kumashure kwechigaroro.

*Kurapa Mwana Mucheche Ari kukachidzwa*

Kana mwana mucheche asingakwanisi kukosora, kuchema, kana kufema, isa mwana paruoko rwako akatarisa pasi uye worova kumusana kwemwana kashanu nekumashure kwechianza chako nechapakati pemapendekete emwana; zvino isa mwana akatarisa mudenga paruoko rwako wopfanya pazasi pechipfuva chake nezviguunwe zviviri. Dzokorora kurova kumusana nokupfanya pazasi pechipfuva kusvikira chinhu chacho chakosorwa chikabuda, mwana avakufema ega, kana kuti mwana apfizuka. Kana mwana akapfizuka, tevedzera nzira dzevana pasi pe “Kana Mweya Usingapindi,” papeji 00 (199)

***Kana Moyo weMunhu Uchipomba Ropa Asi iye Asingafemi, Ipa Rubatsiro Rwekufema***

Nzira inonyanya kushanda yokuita kuti munhu afeme zvakare kumufemera mweya nepamuromo, kana kuti rubatsiro rwekufema. Izvi zvinoitwa nokufemera mweya kubva mumuromo mako kuenda mumuromo memunhu uye mumapapu ake. Shandisa nhanho dzinotevera:

1. Isa musoro wemunhu wacho nochokumashure uye wosimudza chirebvu chake kuita chitarise mudenga. Izvi zvinosundira rurimi rwake kure nekumashure kwehuro nokuvhura nzira yemweya kuti upinde kumapapu. (Kana uchifungdzira kuti munhu wacho akuvara mutsipa kana musana, usasimudza musoro wake.)
2. Isa nzeve yako pedyo nemuromo wemunhu akuvara. Tarisa, teerera, inzwa kana ari kufema kwemasekonzi mashanu.
3. Kana pasina zviratidzo zvekufema, manidzira mhino yake nezviguunwe zviviri kuivhara kudzivirira kuti mweya usabuda. Vhara zvakasimba muromo wake nomuromo wako zvokuti hapana mweya unobuda. (Kana munhu akuvara ari mwana mudiki, isa zvese muromo nemhino yake mumuromo mako apo paunofemera mumapapu ake.) Fema zvazazara kaviri uchiita masekonzi rimwe nechidimbu kusvika kumaviri kumunhu mukuru uye sekondi rimwechete kusvikira kurimwechete nechidimbu kumwana mudiki. Tarisa chipfuva chomunhu wacho chichisumuka nekumufemera kwaunge uchiita kwega kwega, uchimirira kuti chipfuva chake chimbodzika usati wamufemera zvakare. (Kana chipfuva chake chisingasimuki, tevedzera nzira dziri pasi pe “Kana Mweya Usingapinde,” p. 199.)
4. Mushure mokupa rubatsiro rwekufema kaviri pakutanga, tarisa kana moyo wake urikupomba ropa kutsinga. Kana moyo wake uri kupomba asi asingafemi, ramba uchipa rubatsiro rwekufema noku-

femera zvishoma nezvishoma mumuromo make kusvikira wavakuna chipfuva chake chichisumuka (mufemere kamwechete pamasekonzi mashanu ega ega). Kumwana mudiki, femera zvishoma asi kakawada (mufemere kamwechete pamasekonzi matatu ega ega).

5. Tarisa kana moyo uri kupomba ropa kutsinga miniti yega yega. Ramba uchipa rubatsiro rwekufema kusvikira munhu avakufema ega kana kuti kusvikira rubatsiro rwasvika.

### ***Kana Munhu Asiri Kufema Uye Moyo Wake Usiri Kupomba Ropa***

- Taridza mufananidzo 24-a, “Kubatsira Moyo Kuti Ushande (CPR) kunosanganisira kudzvinya pachipfuva uye rubatsiro rwekufema.”

Kana munhu akuvara asirikufema uye moyo wake usiri kupomba ropa, ita kuti mumwe munhu adaidze amburenzi pakarepo. Kana uri wega uye akuvara munhu mukuru ari kana mwana (makore masere zvichikwira), chaya runhare iwe pachako uye wodzokera pakarepo kumwana wacho womupa CPR (inosanganisira kudzvinya pachipfuva nokumubatsira kufema). Kana uri wega uye akuvara ari mucheche kana mwana mudiki (kubva pakuzvarwa kusvika kumakore masere), ipa CPR kweminiti rimwechete usati wadeedza amburenzi. Kana uchikwanisa, takura mwana kana mucheche kurunhare kuitira kuti ugoramba uchipa CPR.

### ***CPR kuVanhu Vakuru Nokuvana Vakura (makore 8 Zvichikwira)***

Ita chokwadi kuti munhu wacho akarara nemusana wake panzvimbo yakaenzana, zvino ita zvinotevera:

1. Gwadama pedyo padivi pemunhu akuvara pakati pemusoro nechipfuva chake kuitira kuti ukwanise kudzvinya chipfuva chake pamwepo nokumupa rubatsiro rwekufema.
2. Kotamira kuchipfuva uye wana gomba rakaita se (v) pazasi pepfupa rechipfuva apo panosangana mbabvu nepfupa rechipfuva.
3. Isa zasi kwechianza choruoko rumwechete pamusoro pegomba uye rumwe rouka pamusoro perwokutanga. Minwe yako ngaive kure nechipfuva nokuibatanidza pamwechete kana kuitaridza mudenga.
4. Dzvinya chipfuva nokutsikirira pasi; wobva woregera. Kudzvinyirira kwaunoita kwegwa kwegwa kunofanira kusundira chipfuva pasi nemasendimita anoita mashanu. Edza kuita kuti kudzvinya kwaunoita kudzike zvakarurama nemagokora ako akapetwa. Mushure mekudzvinya kwegwa kwegwa bvisa uremu hwako kubva pachipfuva asi usingabvisi maoko ako pachipfuva. Unofanira kudzvinya chipfuva rugumi neshanu munguva inoita masekonzi gumi, izvo zvinoreva kuti unodzvinya kanopfuura kamwechete pasekondi. Chengeta mwero wekudzvinya nokusumudzira wakafa-



*24-a, Kubatsira Moyo Kuti Ushande (CPR) Kunosanganisira Kudzoinya paChippuva Uye Rubatsiro Rwekfufema*

nana uye usamira pakati pekudzvinya kwega kwega. Apo unodzvinya chipfuva, verenga “Motsi nepiri nenhata nena neshanu nenhathatu ne. . . .”

5. Isa musoro wemunhu wacho kumashure zvakare, simudza chirebvu, womufemera kaviri zvisvishoma nezvisvishoma. (Kana pane vanhu vaviri kuita CPR, mwero wacho kudzvinya kashanu pakufemera kumwechete.)
6. Dzokorora nhanho yechipiri kusvikira kunhanho yechishanu kanoita kana.
7. Tarisa kuti moyo urikupomba ropa here kwemasekonzi mashanu. Kana pasina chiratidzo chokuti uri kupomba, ramba uchipa CPR. Kana ukabata tsinga ukanzwa kuti moyo wavakupomba, ona kuti munhu wacho arikufema here. Ipa rubatsiro rwekufema kana zvidhidikanwa. Kana munhu iyeyo ari kufema, simudza musoro wake wakadzorerwa kumashure uye ramba uchiongorora kufema kwake nokupomba ropa kwemoyo wake kusvika ambureni yasvika.
8. Ramba uchipa CPR kubva paunotanga kusvikira munhu aneruzivo auya kuzopa CPR, waneta zvikuru zvokuti hauchawanisa kuenderera mberi, kana kuti kusvikira munhu iyeyo amuka.

***CPR Kuvana (Zera regore rimwechete kusvikira kumakore masere)***

Kumwana, shandisa ruoko rumwechete kudzvinya zvakadzika mase-ndimita maviri nechidimbu kusvika masendimita matatu nezvidimbu zvinomwe nezvishanu kubva muzana. Dzinya chipfuva kashanu munguva iniota masekonzi matatu; zvino womufemera kamwechete. Verenga motsi, piri, tatu. . . .” Ramba uchipa CPR kusvikira munhu aneruzivo atora kubva kwauri, waneta zvokuti hauchakwanise kuramba uchienderera, kana kuti kusvikira mwana amuka.

***CPR Kuvacheche (kubva pakuzvarwa kusvikira kugore rimwechete)***

Kumwana mucheche, shandisa zvigunwe zviviri zvakaiswa pakati pepfupa repachipfuva pazasi zvisvishoma pemutaro wekufungidzira pakati peminyatso yemwana, dzvinya chipfuva zvakadzika chidimbu chesendimita kusvika masendimita maviri nechidimbu. Dzvinya chipfuva kashanu munguva iniota masekonzi matatu; zvino chifemera mwana kamwechete nemuromo wako uri pamusoro pezvese mhino nemuromo wemucheche. Ramba uchipa CPR kusvikira munhu aneruzivo atora kubva kwauri, waneta zvokuti hauchakwanisi kuenderera mberi, kana kuti kusvikira mwana amuka.

***Kana Mweya Usingapinde***

Kana usingaone chipfuva chemunhu akuvara chichisimuka nokudzokera pasi apo unenge uchipa rubatsiro rwekufema, dzorerera zvakare

musoro wemunhu wake kumashure woedza zvakare kumufemera. Kana uchiramba usingakwanisi kufemera mweya mumapapu emunhu akuvara, pamwe pahuro pake panopinda memweya pakavharwa. Mushure mokudeedza amburenzi, edzai kuti munhu iyeyo akosore kumanikidza mweya nechinhu chinenge chiri pahuro kuti chibude kubva panzira yemweya. Izvi zvinoitwa nokudzvinya kashanu padumbu nochokumusoro kweguvhu uye uchiedza kubvisa chinhu chakavhara mweya nechigunwe chako.

Kuita izvi, tanyanga rimwechete kana makumbo ese emunhu akwaro. Isa kuzasi kwechianza choruoko rumwechete pakati pedumbu remunhu iyeyo nochokumusoro kweguvhu uye woisa rumwe ruoko pamusoro perwokutanga, nezviginwe zvemaoko ese zvakatarisa kumusoro wemunhu iyeyo. Dzvinya nokukurumidza uchisundira kumusoro uchidzika mudumbu. Rova zvakasimba muromo wemunhu wacho nechigunwe chako; zvinoedza zvakare kufemera mweya mumapapu ake. Ramba uchidzvinya padumbu, worova muromo nechigunwe, kudzorera musoro kumashure, nokufemera mweya zvisvishoma nezvisvishoma kusvikira chinhu chakavhara mweya chabva uye mweya wava-kupinda kana kuti kusvikira munhu iyeyo atanga kufema ega.

Kana ari mwana mucheche, isa mwana paruoko rwako akatarisa pasi uye worova nepazasi pechianza chako kumusana kwemwana nechapakati pemapendekete ake kashanu; zvino taridza mwana mudenga ari paruoko rwako wodzvinya nezviginwe zviriviri padumbu pake nechapakati pepfupa rechipfupa. Vhura muromo wemwana wosundira rurimi pasi wotarisa kana paine chinhu pahuro, kana wachiona, nyatsochibvisa zvakanaka nechigunwe chako. Isa musoro wemwana kumashure womufemera mweya zvakare. Ramba uchimufemera mweya, worova kumusana, nokudzvinya padumbu kusvikira mweya wava kupinda kana kuti kusvika mwana avakufema ega.

- Mamwe masista angangoshushikana pamusoro pedambudziko rokutora zvirwere zvinopomerwana pakupa rubatsiro rwekufema nepamuromo. Gadzirira kukurukura matambudziko aya uye ipa mimwe mitoo yokupa nayo rubatsiro rwekufema. Mushandi weutano wemunzvimbo menyura anofanira kukwanisa kukupa ruzivo rwacho.

### **Kurapa Maronda**

Pamaronda ose, tarisa zviratidzo zvokuti ava kunyanya kuipa, kubatanidzira kutsvuka, kuzimba, urwa, kurwadzisa, mitaro mitsvuku inobva kuronda, kana kuti kupisa muviri. Kana chimwe chezviratidzo zvinenjobdzi izvi chiripo, tsvaka rubatsiro kubva kuchipatarira kana kwadhokotera pakarepo.



*24-b, Kumisa ropa rinobuda*

### ***Kumisa Kubuda Kweropa***

- Ratidza mufananidzo 24-b, “Kumisa ropa rinobuda.”

Kana ronda richibuda ropa zvishoma, rigeze nesipo nemvura, risukurudze nokudira mvura yakawanda muronda, rivhare nemicheka yakachena yakati wandei, uye woritsikirira noruoko kwemaminetsi mashoma kusvikira ropa ramira kubuda. Kana ronda richizokwanisa kupindwa netsvina, isa bhandeji rakachena kubatsira kurichengeta rakachena.

Kana ronda ririkubuda ropa rakawanda chaizvo, zvakakosha kumisa kubuda kweropa racho nokutsikirira ronda racho chairi nechanza cho-ruoko. Shandisa micheka yakachena iyo yakasanogadzirirwa kushandiswa semabhandenji akachengetwa nezvimwe zvinhu zvorubatsiro rwekutanga, kana micheka iyi isipo, shandisa mimwe micheka kana ruoko rwako. Kutsikirira uku kunoita ruti ropa ribude zvishoma kana kuti rimire kubuda. Kana micheka ikanyanya kunyorova neropa, wedzera mimwe micheka asi usingabvisi yekutanga, uye ramba wakatsikirira ronda. Simudza nzvimbo yakuvara kumusoro kwemoyo kubatsira kuderedza kubuda kweropa. Kana ronda rakakura tsvaka rubatsiro kubva kwadhokotera kana kuchipatara.

### ***Maronda Akadzika Asi Anechiburi Chidikidiki***

Mamwe maronda asinganyanyi kubuda ropa rakawanda anokwanisa kunge akadzika. Anokwanisa kukonzerwa nechipikiri, museve, mbumburu, kana chimwe chinhu chakafanana nezvizvi. Sezvo maronda akadzika achinetsa kugeza nesipo nemvura, jekiseni retetenasi rinofanira kupiwa kumunhu akuvara kudzivirira kuti asita tetenasi. Tetenasi chirwere chakaipa icho chinogona kuuraya munhu. Apo pese munhu paanowana ronda rakadzika, anofanira kutsvaka rubatsiro pakarepo kubva kukiriniki kana kwadhokotera kuti zvionekwe kana achifanira kubayiwa jekiseni retetenasi. Musaedza kubvisa chinhu chinenge chakabaya pedyo nemitezo yemuviri yakaita semoyo itsvo kana urozvi musati matsvaka rubatsiro kubva kuchipatara.

### ***Kurapa Munhu Anenge Atora Chepfu***

Kudya kana kunwa chepfu chinhu chinowananzoitika kazhinji. Vana vadiki kazhinji ndivo vanonyanya kuita dambudziko iro nokuti vana vanoda kuedza zvose zvavanoona nokuzviisa mumiromo yavo. Vanhu vakuru vanokwanisawo kutora chepfu vasingazivi.

Kutora chepfu chinhu chinogona kuuraya. Dzimwe chepfu dzinopisa kana kuparadza nyama dzemuviri padzinongotorwa, dzimwewo dzinokuvadza muviri nedzimwe nzira. Nokuti chepfu dzinokuvadza zvakasiyana siyana, rubatsiro rwekutanga pakurapa runoendererana nechepfu inenge yatorwa.



Kana munhu atora chepfu nokuidya, chekutanga geza muromo kubvisa chepfu inenge yasaririra pamuromo ipapo. Zvino chiona kuti ichepfu ipi yatorwa uye wochaira runhare pakarepo kunzvimbo ine vanhu vanoshanda nezvechepfu, kuchipatara, kwadhokotera, kana kumushandi weutano wemunzvimbo menyu. Vanhu ava vachada kuziva kuti munhu atora chepfu ane makore mangani, zita rechepfu yaunofunga kuti amedza, amedza chepfu yakawanda zvakadii, zvaitika nguvai, uye kana munhu wacho arutsa kana kuti kwete. Zvichienderana noruzivo rwaunopa, mushandi wezveutano anokubatsira kuziva rudzi rwerubatsiro rwekutanga mukurapa rwekupa kumunhu anenge atora chepfu uyu.

Kana usingakwanisi kuwana mushandi wezveutano kana rumwe rubatsiro pakarepo, pane zvimwe zvinhu zvaunokwanisa kuita kubatsira munhu anenge atora chepfu.

### ***Chepfu Dzinopisa Kana Kuparadza Nyama***

Lye (inowanikwa mumishonga yekugezeza zvinhu mudzimba), peturu, neparafini ndidzo dzimwe dzechepfu dzinopisa kana kuparadza nyama dzomuviri apo pazinongo nwiwa. Kana munhu anwa imwe yechepfu idzi, *usamuuta kuti arutse*. Sezvo chepfu idzi dzichiparadza nyama padzinomedzwa, kurutsa kunokonzera kunyanya kukuvara kwemunhu. Panekumurutsisa, ipa munhu uyu mvura kana mukaka wakawanda chaizvo kuti anwe, izvi zvinobatsira kuti chepfu ishaye simba.

### ***Chepfu Dzisingapisi Kana kuParadza Nyama Dzomuviri***

Kurapa chepfu dzisingapisi kana kuparadza nyama dzomuviri kunoda kuti munhu wacho arutse mushure mokunwa mvura kana zvimwe zvokunwa. Kana uinechokwadi kuti kurapa kunobatanidzira kurutsa, shandisa sirapu yeipecac kuti munhu iyeyo arutse, asi ziva kuti ingangotora maminetsi anoita gumi nemashanu kana kupfuura kuti ishainde. Usasiya munhu atora chepfu ari ega panguva iyi. Kana usina sirapu yeipecac kana mumwe mushonga wekurutsisa, ita kuti munhu arutse unoisira chigunwe kana chipunu kumberi mberi kwerurimi rwake. Ita kuti munhu wacho akotamire mberi kuitira kuti asakachidzwa nemarutsi. Kana munhu wacho akapfizuka, mupindure arare nedivi kuti asakachidzwa.

Mushure mekurutsa, kana munhu wacho akamuka achiziva zvirikuitika, mupe mushonga unorapa chepfu yacho kubatsira chepfu inenge yasara kuti ibude zvakanaka, zvisingakuvadzi mumuviri. Maratya akatsva, kana magufu echingwa chakatsva mushonga unoitika kuti aburitse somunhu ane manyoka kana kuti mupe girasi remvura ine

munyu kubatsira kukurumidza kubuda kwechepfu inenge yasaririra kubva mumuviri wemunhu.

### ***Dzimwe Chepfu***

Njodzi dzinogona kuvapowo mune dzimwe nzvimbo kubva muzvirimwa, mhuka dzomugungwa, hove, nyoka, uye tupukanaana, izvo zvinenge zvineuturu. Vashandi veutano vemunzvimbo menyu vanokwanisa kukudzidzisa rudzi rwerubatsiro rwekutanga mukurapa runodikanwa pachepfu idzi.

### **Kurapa Munhu Anenge Arohwa nehana (isiri yamagetsi)**

Kurohwa nehana chinhu chinoitika kakawanda kumuviri panokuvara munhu kana panovhunduka munhu nokuda kwedambudziko guru uye kazhinji inoitika kubva mukukuvara kukuru uye dzimwe nguva kubva mumatambudziko makuru eutano kana matambudziko makuru epfungwa. Kurohwa nehana kunogona kuitika panguva yokukuvara kana yedambudziko repfungwa, kana pashure penguva yapfuura. Panguva yekurohwa nehana kufema kwemunhu nekupomba ropa kwetsinga dzake zvinogona kuderera zvakanwana kukonzera rufu. Nguva dzose fungidzira kuti kurohwa nehana kuripo panguva yokukuvara kwemunhu. Kana ukarapira munhu kurohwa nehana, unokwanisa kuidzivirira kubva mukuitika.

### ***Zviratidzo zveKurohwa nehana***

Munhu arohwa nehana kazhinji muviri wake unoshanduka zvakanwanda. Ganda rinokwanisa kucheneruka, uye kutonhora. Munhu uyu anokwanisa kubuda ziya rakawanda zvikuru, kunyanya nechokunze kwemuromo, pahuma, uye mukati memaoko. Kupomba kweropa mutsinga kunogona kukurumidzisa uye kunogona kuderera zvokusanzikwa pachiringoringo (asi kungangokwanisa kunzikwa padivi pehuro). Kufema kunogona kukurumidza somunhu azarirwa. Kushaya simba, kupinduka pinduka, kutya, uye nyota zvinhu zvinoitika kakawanda. Dzimwe nguva munhu wacho anomira moyo uye worutsa.

### ***Sei Tichirapa Kurowa nehana Uye Tinoirapa Panhambo Ipi***

Zvakakosha kuita zvese zvatinokwanisa kuderedza kurowa nehana. Kana munhu arowanehana zvaka simba, anokwanisa kushaya hanya nezvirikuitika kwaari uye otadza kutaura kana kupindura mibvunzo. Ganda rinokwanisa kuita madzvanga. Maziso anokwanisa kugoti dzvutu uye mboni dzinokura. Kana muviri wake ukapindwa nechando paanenge akasheuka anokwanisa kufa.

Kurapa kurowa nehana kunofanira kuitwa mushure mekunge kufema nokushanda kwemoyo kwaitwa kuti kuvapo zvakare uye ropa rinenge richibuda zvikuru ramiswa.



Isa musoro wemunhu akuvara pakakwirira nemasendimita makumi matanhatu kana munhu wacho arikutadza kufema zvakanaka uye achinge asina kukuvara mumusoro.



Isa tsoka dzemunhu akuvara pakakwirira nemasendimita makumi matanhatu kana munhu wacho asina kukuvara mumusoro, musana, kana mutsipa, kana kutyoka mafupa emuhudyu kana emumakumbo.



Rarisa munhu akuvara medivi rake kana akuvara kumeso kana kumuro, azheuka, kana kuti achirutsa.

**Siya munhu akuvara akarara pasi kana usina chokwadi nemamiriro ake**

*24-c, Rarisa kana kugarisa vanhu vakuvvara nenzira inovapa rugadzikano norubatsiro rukuru mumamiriro ezvhinhu avo*

***Chengeta Munhu Wacho Akuvara Akarara Pasi***

- Taridza mufananidzo 24-c, “Rarisa Pasi vanhu vakuvvara nenzira ini-ota kuti vawane rugadzikano nerubatsiro rukuru mumamiriro ezvinhu avo.”

Kana usina chokwadi nemamiriro emakuvaro emunhu wacho, musiyi akarara pasi. Kusudurutsa munhu akuvara musana kana mutsipa kunokwanisa kukonzera kuti anyanyokuvara zvikuru.

Kana munhu wacho akuvara kumeso kana pamuromo, azheuka, kana kuti achirutsa, zvaknyanya kunaka kupindura musoro wake kudivi kana kumurarisa nedivi rake. Izvi zvinoita kuti mvura (marutsi) zvi-bude kubva mumuramo.

Kana munhu wacho arikutadza kufema zvakanaka, simudza musoro wake zvisoma shoma. Usasumudza musoro wemunhu akuvara kana uchifungidzira kuti akuvara mumusoro. Kana asina kukuvara mumusoro, musana, mutsipa, kana kutyoka mapfupa emuudyu kana emumakumbo, simudza tsoka dzake zvingangoita masendimita makumi matatu kuitira kuti anyatsofema uye ropa rinyatso famba nemuviri.

***Chengeta Munhu Wacho Akuvara Achidziyirwa***

Munhu akuvara anofanira kufukidzwa negumbezi kana dzimwe mba-tya kudzivirira kuti asapindwa nechando mumuviri.

***Chengeta Munhu Akuvara Akadzikama***

Munhu arikupa rubatsira rwekutanga mukurapa anofanira kuzviita nenzira yakadzikama uye ine ruvimbiso, kunyangwe munhu wacho akuvara zvikuru. Kuita kune tarisiro kweavo vakamukomberedza kunokwanisa kuderredza kurowa nehana zvikuru.

Munhu akuvara wacho anofanira kunwa zvokunwa chete kana akape-puka achinyatsoziva zvirikuitika uye asingarutsi uye kana pasina makuvapo akakura emu Dhumbu.

***Kurapa Kugwinhwa Nemagetsi***

Kana magetsi akapfuura nemumuviri, zvinokwanisa kukonzera munhu kumira kufema kana kuita shanduko pakurova kwemwoyo. Zvinokwanisa kukonzera kutsva kwakakura. Chenjerera kusabata muviri wemunhu wacho apo magetsi paanenge achiri kupfuura nemaari.

Bvisa munhu wacho kubva parikubva magetsi acho pakarepo. Kana magetsi asingakwanisi kudzimwa, shandisa danda rakaoma (sezvaka-ita mubato wepuranga webhurumu usina simbi pauri) kusunda munhu agwinhwa kubva panemagetsi kana kusundira panobva magetsi pachokwadi naye. Pakarepo mushure mekuparadzana

munhu nemagetsi, Tarisa kana ari kufema uye kana mwoyo wake urikupomba ropa. Ita CPR, kana zvakafanira, uye Tarisa kana pane mamwe makuvaro.

### ***Kurapa Hutsvi***

#### ***Hutsvi Hwapamusoro Peganda***

***(Hwakatsvuka; Hwakazvimba Zvishoma Uye Hwunorwadza)***

Hutsvi hwapamusoro peganda, kana hudiki, hwunokonzerwa nezua rakawandisa kana kuti nokugunzva zvinhu zvinopisa mvura inopisa, kana utsi hwezvinhu zvonovira. Nzvimbo yatsva yacho inofanira kuiswa mumvura inotonhora pakarepo kuitira kuti kurwadza kuite kushoma. Hutsvi hudiki kazhinji hunopora nokukurumidza nokuti ganda rapamusoro chete ndiro rinenge ratsva. Usaisa chando chemufiriji pahutsvi chaipo kusara kwekunge hutsvi hwacho huri hudikidiki. Bhandeja hutsvi nebhandeji rakaoma uye rakachena. Usabata hutsvi nechimwe chinhu kusara kwebhandeji rakachena. Hutsvi hudiki hunokwanisa kurapwa neoinimendi kana rosheni kuita kuti husarwadza uye kubatsira kupora kwahwo.

#### ***Hutsvi Hwakadzika***

***(Hwakatsuka, Hwaita Maduwani, Hunorwadza Zvikuru, Hunobuda Mvura)***

Hutsvi hwakadzika, kana hwakakura, hunosanganisira maduwani uye hwakatsvuka nokuti kutsva kwacho kwadzika nemunyama zvakanyanya uye kwakonzera mvura dzomuviri kuungana pazasi pegada. Usaedza kugeza hutsvi hwakakura. chenjerera kusatumbura matuwani nokuti utachiona hunokwanisa kupinda. Usaisa mabhandeji nokuti anozonetsa kubvisa mushure mukunge hutsvi hwaoma. Usashandisa kana rudzi rupi zvarwo rweoyinimendi pahutsvi hwakakura. Nyika nzvimbo yatsva yacho mumvura inotonhora kuderedza hutsvi uye kudzivirira kukuvara kwakawedzerwa kunyama dzakadzika. Kana hutsvi hwakakura, zvingangodikanwa kutsvaka rumwe rubatsiro kubva kuchipatara kana kwadhokotera. Dzivirira hutsvi hwacho nechokufukidza chakachena uye chisinganamatiri paganda.

#### ***Hutsvi Hwakadzika Zvakadzama Uye Hwakakura***

***(Kutsva kwakadzika zvakadzama muganda; Nzvimbo yakakura; Ganda rinotaridza. Kuva dema, rakatsva, rakacheneruka, kana rakaunyana rakaoma.)***

Rubatsiro nokukurumidza kubva kuchipatara kana kwadhokotera runodikanwa pahutsivi hwakakomba, uhwo hwunoparadza nyama zvakadzika uye nzvimbo yemuviri yakakura, dzimwe nguva kana kupisa ganda zvokuti rinosara rava dema dema. Hutsvi uhwu hunokwanisa kukonzerwa nembatya dzabatira moto, kupinda mumvura



*Isa chitsigiro chakasimba papfupa ratyoka*



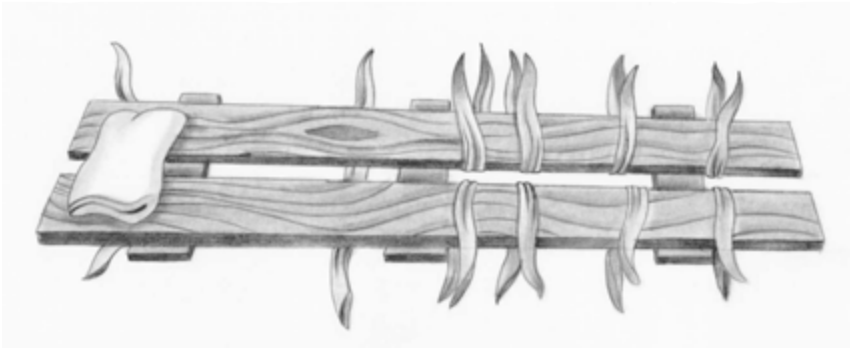
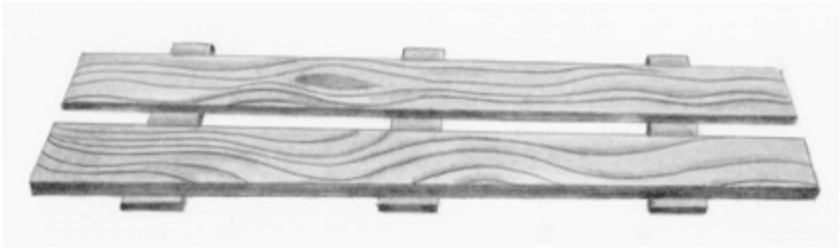
*Sugirira chitsigiro nebhandeji kana mucheka watsemurwa.*



*Bhandejera ruoko rwatyoka kumuviro kudzivirira kuti rusa-fambe fambe uye kudzivirira*

*kukuvara kwakawedzerwa.*

*24-d, Kutsigira ruoko rwatyoka*



24-e, Shandisa mabhodi sedara kubvisa munhu akuvara musana kana mutsipa, muchita chokwadi kuti haazungunuki zungunuki zvakanyanya

inopisa zvokuvira, kugumhana kweguva yakareba nezvinhu zvino-pisa, kana magetsi. Semugumisiro, mvura dzomumuviri dzakawanda dzinoraswa, uye pane dambudziko guru rokupindwa neutachiona.

Usabvisa mbatya dzakanamatira puhutsvi. Fukidza nzvimbo yose yatsva neshiti richangobva mukuwachwa nokuchiswa kana mumwe mucheka wakachena kana nguva yazvinotora kuita isingazokutadzisa kuwana rubatsiro rwekuchipatara kana rwadhokotera. Izvi zvinobatsira kuderedza kupinda kwehutachiona mumaronda. Batsirai munhu atsva kana a Rowa nehana nekutsva. Kana atsva zvikuru mutsoka kana mumakumbo ake, achengete akasumudzirwa mudenga uye usamurega achifamba nawo. Kana maoko ake atsva, asumudze ave kumusoro kwe-moyo. Kana kumeso kwake kwatsva zvakaipa, muchengete akagara pasi uye wongorora kufema kwake nguva dzose. Kana munhu wacho akapepuka uye asina kumira moyo, mupe mvura yakachena kuti anwe. Rangarira kumusimbisa zvakadzikama kuitira kuti asavhunduka.

Hutsvi hwakadzikisa uye hwakakura hunokwanisa kuderedzwa noku-ita zvinhu nokukurumidza. kana mbatya dzomunhu dzikabatira moto, pakarepo kungurutsa munhu waacho muvhu, muhuswa hunyoro huri kukura, kana kumuputira mugumbeze. Izvi zvinodzvimba moto. Kana moto wadzimwa, rapa hutsvi hwemunhu wacho nerubatsiro rwekuta-nga mukurapa rwataurwa pamusoro.

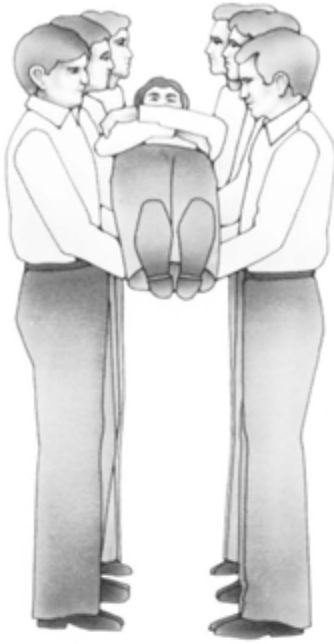
Hutsvi hwakadzika uye hawakakura hunokwanisawo kukonzerwa nemakemikari akaita se Iye. Hhutsvi hwemakemikari kazhinji huno-nyanya kuipa kana hukasarapwa uye naizvozvo hunoda rubatsiro rwe-kuchipatara kana kwadhokotera pakarepo. Kurapa kunosanganisira kubvisa kemikari nokuigeza kubva pamuviri nokukurumidza chaizvo, uchishandisa mvura yakawanda zvikuru, uye uchiramba uchisukuru-dza nzvimbo yacho kusvikira rubatsiro rwavana mazvikokota rwasvika (kwenguva iniota maminetsi mashanu). Kugeza maziso, rarisa munhu wacho nedivi rake, uye pakarepo dira mvura mumaziso (apo maziso ake akabatwa kuti avhurike) kuti kemikari igezwe ibunde.

### **Kurapa Mapfupa Atyoka**

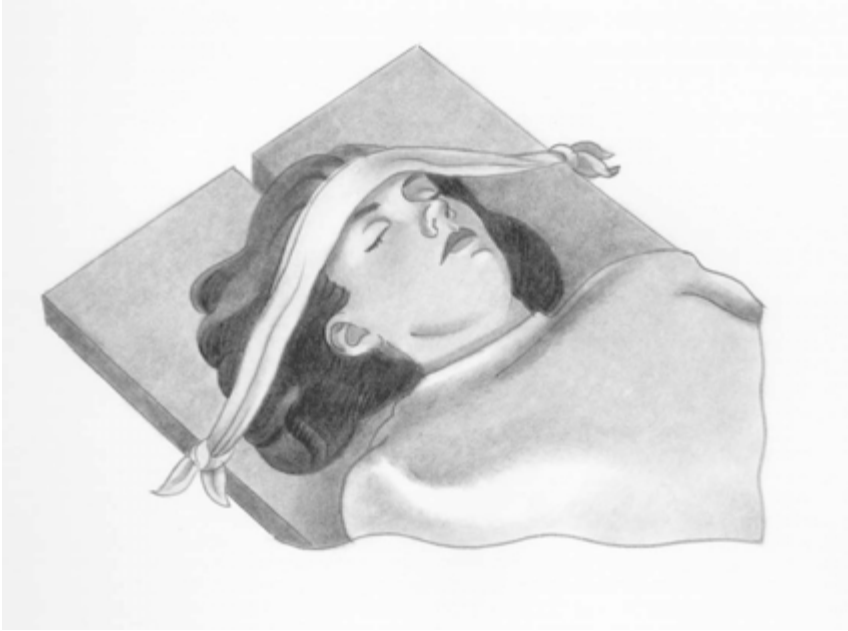
- Taridza mufananidzo 24-d, “Kutsigira ruoka rwatyoka.”

Dzimwe nguva kuputsika kana kurohwa zvakasimba kunokwanisa kukonzera pfupa kutsemuka kana kutyoka. Munhu wacho anokwanisa kunzwa pfupa richityoka, kunzwa kurwadziwa kana kupfava, kana kunzwa sekunge mapfupa ari kukwizana mukati. Kana zvichi-bvira, ita kuti ambureni iuye kumunhu akuvira nokuti kumubvisa paari kunokwanisa kukonzera kuti anyanye kukuvara. Zvisinei, kana achifanira kuti aendeswe kuchipatara pasina ambureni, chokutanga ita kuti mapfupa atyoka asafamba famba. Gadzira chitsigiro (mutsigo wakasimba uyo unosungirwa kunzvimbo yakuvara kuitira kuti isazu-





24-f, Munhu akuvara munjodzi achisumudzwa nokutakurwa



24-g, *Musafambisa munhu akuvvara kana a kuvvara Musoro kana kuti mutsipa musafambisa musoro wake.*

nunguka) kuitira kudzivirira pfupa kubva mukukuvvara kwakawedzera uye kuderedza kurwadziwa. Rumwe rudzi rwekutsigira runosanganisira kuisa donje kana chimwe chakanyorova kudaro pamutezo wakuvara zvino kwava kuubhandejera pamutezo wemuviri usina kukuvvara. Semuenzaniso, gumbo ratyoka rinokwanisa kubhandejerwa panerimwe gumbo, kana kuti ruoko rwatyoka runokwanisa kubhandejerwa pachipfuva.

Mabhodhi, mapuranga, zvitanda, magumbeze akapetwa petwa, kana kadhimbodi zvinokwanisa kushandiswawo sezvitsigiro. Chitsigiro chinofanira kureba zvakafanira kudzivirira pfupa kubva mukufamba famba kana rasungirirwa kuchitsigiro. Putira chitsigiro nemicheka kana nembatya. Shandisa mabhande, matayi, hangachefu, kana micheka yakatsemurwa kusungirira chitsigiro panzvimbo. Chisungirire zvakasimba zvokuti chinochengeta mapfupa kubva kumativi ese atyoka asingafambi fambi, asi zvisina kusimba zvokuti kufamba kweropa kunoderedzwa.

Kana zvichibvira, isa chimwe chinhu chinotonhora panzvimbo yakuvvara kuderedza kuzvimba. Kusumudza mutezo wakuvara kuti uve pamusoro pomoyo kunokwanisawo kuderedza kuzvimba.

### **Kubvisa Munhu Akuvara Kubva Paakuvarira**

Kazhinji, munhu akuvara zvikuru haafaniri kubviswa paari kusara kokunge hupenyu hwake huri munjodzi. Kana munhu akuvara achifanira kubviswa, anofanira kutakurwa nevanhu vakawanda kana kuti pasitirecha. Kana uchifungidzira kuti munhu wacho akuvara mutsipa kana musana, zvakanyanya kunaka kumubvisa nokushandisa bhodi rimwechete guru, sezvakaita gonhi rabviswa pamukova, kana mabhodi madiki akawanda abatanidzwa pamwechete. Chenjererai zvikuru kusafambisa fambisa mutsipa kana musana wemunhu akuvara.

- Taridza mifananidzo 24-e, “Shandisa mabhodi sesitirecha kubvisa munhu akuvara musana kana mutsipa, muchiita chokwadi kuti munhu akuvara haazungunuki zvakanyanya”; 24-f, “Munhu akuvara munjodzi ari kusimudzwa nokutakurwa”; uye 24-g, “Ita kuti musoro wemunhu akuvara usafamba famba kana uchifungidzira kuti akuvara mutsipa.”

Gumbeze, saga, kana maoko evabatsiri zvinokwanisa kushandiswa kutakura munhu akuvara zvakaipa zvikuru. Vabatsiri vanoshanda kubva kumativi ese, nemunhu mumwechete akabata musoro wemunhu akuvara kuti usafamba famba. Munhu mumwechete ndiye anenge achideedzera zviratidzo, kuita chokwadi kuti vabatsiri vese vanosumudza nokufamba pamwechete. Nokuti mukasadaro, munhu wacho akuvara anokwanisa kukuvara zvakanyanya nokuda kwekufambiswa fambiswa zvisina mwero uye zvisingadikanwi.

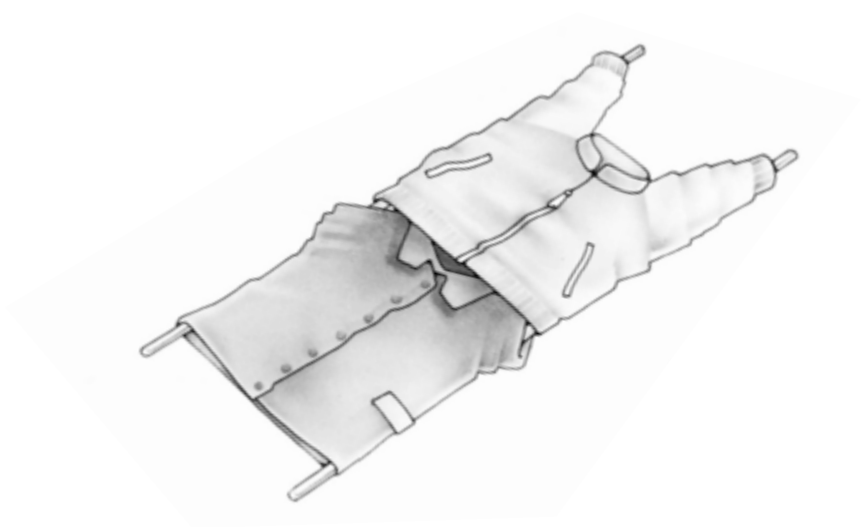
- Taridza mufananidzo 24-h, “Dara ragadzirwa nemucheka kana negumbeze.”

Dara rinokwanisa kugadzirwa nematanda maviri, sezvakaita mibato ye mabhurumu, negumbeze. Mabhachi anokwanisawo kushandiswa kugadzira dara nokuvhara mberi kwemabhachi uye wopina matanda nemumaoko acho.

### **Magumo**

Zvakakosha zvikuru kuti tidzidze kufunga zvakaJeka pamusoro pezvinodikanwa nemunhu akuvara munjodzi. Zvinhu zvakanyanya kuko-sha kuita kubvisa munhu akuvara kubva panzvimbo inenjodzi uye kudaizwa rubatsiro, kuita kuti munhu akwanise kufema zvakare uye kuti mwoyo wake utage kushanda zvakare, kumisa ropa kubuda, uye Batsirai Vanenge va rowa nehana. Rumwe rubatsiro rwekutanga mukurapa runofanira zvino kuchipiwa kana ruchidikanwa. Rumwe rubatsiro rwekuchipataro kana rwadhokotera rungango dikanwawo.

Kudzidzira nziro dzerubatsiro rwekutanga mukurapa dzatsanangurwa muchidzidzo chino kunozotibatsira kuva takagadzirira zvirinani kubatsira kana njodzi yaitika inoda rubatsiro rwekutanga mukurapa.



*24-h, Stretchers made with clothing or with a blanket*

## Challenge

Teach first-aid procedures to your family. Practice these procedures regularly with them so that you and they will be able to give first aid in an emergency.

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## Gadziriro yoMudzidzisi

Usati wapa chidzidzo chino:

1. Taura nevahsandi vehutano vemunzvimbo menyu pamusoro penzira dzokutevedzera murubatsiro rwekutanga dzavanoti dzishandiswe mukukuvava kunowanzoitika munzvimbo yenyu. Ita kuti vadzidzise masista kupa CPR nenzira kwadzo. Kumbirawo ruzivo pamusoro pezvirwere zvinopomerwana uye kupa rubatsiro rwekufema.
2. Tsvaka kuti ndorupi rumwe rubatsiro rwekuchipatara ruripo panjodzi. Kana kiriniki yemunzvimbo menyu ichivhura panedzimwe nguva chete dzezuva, wana kuti mungaenda kupi kunowana rubatsiro rwezvokurapa panedzimwe nguva. Wana nhamba dzorunhare dzakakosha pakuwana rubatsiro rwekuchipatara munjodzi.
3. Ita kuti nhengo dzekirasi dziite mutambo wekunge paitika njodzi kuitira kuti vadzidzire nzira dzokupa nadzo rubatsiro rwekutanga mukurapa dzavadzidza. Nhengo dzekirasi dzinofanira kudzidzira kuziva kuti nderupi rubatisiro rwekutanga runodikanwa uyewo mapiro avangaruita. Semuenzaniso, tsanangura njodzi umo mwanasikana anouya kunamai vake. Mwanasikana achekwa paruoko rwake, uye rwuri kubuda ropa rakawanda zvikuru. Ita kuti mumwe munhu aite kunge ndiye mwanasikana akuvava. Ita kuti mumwewo aite kunge ndiye amai uye ita kuti ataridze nhanho dzose mukurapa ronda.
4. Rongerera nhengo dzekirasi kutora zvinhanho mukupa chidzidzo chino.

# KUCHENGETA ZVEKUDYA NEZVEKUSHANDISA PAMBA

*C h i d z i d z o 2 5*

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Chinangwa chechidzidzo chino ndechekutibatsira nokutikurudzira kuchengeta zvekudya nezvokushandisa zvedu pamba.

## **Sei Tichifanira Kuchengeta Pamba Zvekudya neZvokushandisa**

- Kana mitemo yehurumende isingabvumiri kuchengeta zvekudya, shandura chidzidzo chino kuti chienderane nezvinodikanwa nema-miriro ezvinhu emunzvimbo.

Mutungamiri Spencer W. Kimball vakatipa rairo iyi maererano nekuchengeta zvekudya pamba:

“Tinosimbisira rairo yakare inogara ichipuwa neKereke, kuunganidza nekuchengeta zvekudya zvegore rose—zvekudya zvakakosha zvedu zvegore rose. . . .”

“Tinokurudzira mhuri kuva nezvekudya zvegore rose izvi; uye tino-zvitauro nekuzvitauro zvakare nekudzokorora tadzokororazve rugwaro rutsvene rwaIshe umo maVanoti, “Munondidaidzireiko Ishe! Ishe! musingaiti zvandinoreva?” [Ruka 6:46] (mu Conference Report, Kubvumbi 1976, p. 171; kana *Ensign*, Chivabvu 1976, p. 125).

- Vaporofita vakatiraira kuitei maererano nekuchengeta zvekudya nezvekushandisa zvakakosha?

Mutungamiriri J. Reuben Clark Jr vakati, “Itai kuti musoro wega-wega weimba yega yega aone kuti ane zvekudya nezvekupfeka zvaka-kwana, uye, apo pazvinobvira, zvekuvesesa moto, zvegore rose rinote-vera” (mu Conference Report, Kubvumbi 1937, p. 26)

Rairo yekuva nezvekudya, zvekupfeka, nezvimwe zvekushandisa zvinodikanwa irairo ineuchenjeri nokuda kwezvikonzero zvizhinji. Dambudziko rakaita sematutu emvura, kudengenyeka kwenyika, kana matutu echando, rinogona kuitika muguta kana munharaunda yose, richivhara migwagwa nekuita kuti zvisakwanisike kuti zvekudya nezvimwe zvinhu zvitakurwe kuenda kuzvitoro. Nyonganyonga dze-zvematongerwe enyika kana kuramba kushanda kwematyairi vema-

rori anotakura zvinhu, ezvikepe, kana vashandi vezvitima, zvinogona kutadzisa kutakurwa kwezvokudya. Rumwe rudzi rwematambudziko, sezvakaita nzara inounzwa nokusanaya kwemvura, zvamupupuri, matutu emvura, uye kunyangwe hondo, zvakaitika kunyika dzakawanda uye zvinokwansia kuitika zvakare. Kana matambudziko akadaro akawira dunhu rose, zvekudya nezvimwe zvekushandisa kazhinji hazvikwanisi kuwanikwa, kunyangwe kana mari iripo. Mhuri inokwanisawo kuita dambudziko reurwere kana kupera kwebasa izvo zvinogumisira nokushaiwa kwemari, zvichiita kuti mhuri ifanire kurarama nezvekudya zvakachengetwa.

Sista Cherry Lee Davies nemhuri yavo vakawana uchapupu hwekuchengeta zvekudya pamba nemukuva nedambudziko ivo pachavo. Baba naamai Davies vakanga vari vatendeuki kuKereke uye vaiziva nezvekuchengeta zvekudya pamba, asi vakanga vasingarongi kutanga chirongwa chavo kwenguva. Nekuda kwekuti vaironga kutamira kure kunotanga musha mutsva, vakaona sechinhu chakapusa nekuzvinetsa nekuchengeta zvekudya pamba panguva iyoyo. Zvisinei, Mai Davies kazhinji vaitsanya nokunamatira hutungamiri. Vasingambozvifungire, vakatanga chirongwa chekuchengeta zvekudya. Nguva dzose dzavaienda kuchitoro, vaitenga zvekudya zvakawedzerwa kupinda zvavaida. Mushure menguva diki makabhodhi emumba yekubikira akanga azara zvekuti vakatanga kuchengetera zvekudya mumba yekurara. Murume wavopaakabvunza zvavaiita, vakapindura, "Ndinofunga ndiri kuchengeta zvekudya." Paakabvunza kuti sei, zvose zvavakakwanisa kupindura kwaiva kuti "Nokuti ndinofanira kudaro." Havana kukwanisa kupa zvimwe zvikonzero kusara kweichocho. Vakati, "Kunamata kwakawanda kwandaiita pamusoro pazvo kwakandipa chido chikuru chekutenga zvekudya. Mukatikati mangu maiva nekunzwa kwekugadzika, kwepundutso yekuti ndaiteerera."

Mai Davies vakadzidza nzira dzekubika zvimwe zvekudya zvacho zvavaichengeta nekuenda kwaidzidziswa nezvekubika, nokuverenga, uye nekudzidzira kubika zvakasiyana-siyana. Apo pavakanzwa kuti vanga vavakunyatsobika zvekudya izvi zvakana, imwe pfungwa yakauya kwavari yekutenga zvimwe zvekudya zvakawanda. Vanotsanangura manzwiro avo: " 'Sei?' ndakabvunza mumunamato, asi pakanga pasina mhinduro. Ndaingofanira kutenga zvimwe zvakawanda. Saka ndakadaro, ndakakangaidzwa nokushamiswa, asi ndakaiteerera. Ndaiona kuti zvekudya zvose izvi zvaizotora nzvimbo yakakura murori yataida kuhaya [kuende kumusha wedu mutsva]."

Apo mhuri yekwa Davies payakazotama kuenda kumusha wavo mutsva, midziyo yavo yose uye mabhokisi anoita gumi nemashanu kana kuti makumi maviri ezvekudya zvakakwana nepadiki diki murori yavakanga vahaya. Pavakazobhadhara rori, nokunogara imba

diki, nokubhadhara zvimwe zvese, vakasarirwa nemari shoma zviku. Pamusoro paizvozvi zvese Va Davies vakatambura kuwana basa. Pavakazoriwana, raibhadhara mari shoma shoma zvokuti mushure mekubhadhara zvaida kubhadhara vaisara vasina mari yokutenga zvekudya. Zvino Mai Davies vakaziva chikonzero chekuchengeta zvekudya kwese kwavainge—chokwadi ndechokuti izvi ndizvo zvaiva zvekudya zvavo kwemwedzi yakanga yakaoma zvikuru mumuchato wavo.

Vachitarisa kumashure kumwedzi iyi yekudya zvekudya zvavakanga vachengeta, vanoti: “Ndinonyemwerera. Ndakanga ndarwa zvakasi-mba kuti ndisachengeta zvekudya, asi Ishe nemuhuchenyenjeri norudo hwavo husingaperi vakanditungamirira nokundidzidzisa chidzidzo chakakosha zvikuru muchishamiso chidiki ichi chekuva wakagadzirira” (“Our Small Miracle,” *Ensign*, Nyamavhuvhu 1978, p. 21).

- Ndeapi maropafadzo epanyama akawanikwa nemhuri yekwa Davies semubairo mechirongwa chavo chekuchengeta zvekudya pamba.

Pamusoro pemapafadzo ekugadzikana munguva yedambudziko, kuita chirongwa chekuchengeta zvekudya pamba kunokwanisawo kuunza maropafadzo epamweya. Apo pese patinoteerera murairo upi zvavo kana rairo ipi zvayo kubva kumuporofita, chapupu nerutendo rvedu zvinokwanisa kusimbiswa. Tinogona, semubairo wekuteerera kwedu, kutambira mibairo yepamweya yatangatisina kutarisira.

- Ndeapi maropafadzo epamweya akawanikwa nemhuri yekwa Davies?

Imwe mhuri yainyatsoronga nezvekuchengeta zvekudya pamba yakarasikirwa nezvinhu zvavo zvose mumafashanu emvura akanga akaipa zvikuru, uye zvipfuwo zvavo zvose zvikafa. Asi nyangwe nekurasikirwa kwavo kose, vakati “Kana ukararama mirairo, unozova munhu akagadzirira kuzvipi zvazvo zvinoitika. . . . Kunyangwe zvekudya zvedu zvose zvakaparadzwa, taiva nokugadzikana papfungwa kuti takanga taita zvatakanga tataurirwa nemuporofita kuti tiite.

Takagadzirira pamweya uye tinokwanisa zvino kutarisana nezvaitika” (Gerry Avant and Karly Holland, “LDS in Texas Safe after Flood,” *Church News*, 12 Nyamavhuvhu 1978, p. 4).

### **Zvekudya neZvekushandisa Zvegore Rose**

Mhuri dzinokwanisa kuchengeta zvinhu zvakananda zvekuzoshandisa pamberi, asi kuunganidza pamba kunokururwa muchidzidzo chino kuri maererano nezvekudya, zvekupfeka, uye, pazvinobvira, zvekubatidzisa moto. Chinangwa chedu ndechekuwana zvinodikanwa nemhuri dzedu zvegore rose. Vanhu vazhinji vanoona zvakaoma kana kuti zvisingakwanisike kuchengeta pakarepo zvinhu zvinodikanwa kuti vazviriritire kwegore rose. Zvekudya nezvokushandisa zvegore



rose chinangwa chinogona kuitwa zvisinei, kana zvinhu zvikachenge-twa nemutoo wakarongwa zvakanaka. Kuti tikwanise kusvika kuchinangwa chedu chezvekudya nezvekushandisa zvegore rose, tingachenjera kutanga nechinangwa chidiki, chenguva diki. Kuwana zvekudya zvinovaramisa kwevhiki rose kungava kubudirira kukuru kune dzimwe mhuri. Kune dzimwe mhuri, chinangwa chekuunganidza zvekudya nezvekushandisa kwenguva inoita vhiki nhatu, mwedzi miviri, kana gore chinhu chisingavapi dambudziko zvachose. Apo patinenge tasvika pachinangwa chedu chekuchengeta zvekudya zvemazuva kana mavhiki mashoma, mhuri dzedu zvino dzinogona kumisa chinangwa chitsva uye dzoshanda pachiri kusvikira pekupedzisira tava nezvokudya nezvokushandisa zvinogona kutiriritira kwegore.

- Ndechipi chinangwa chaungatanga nacho iwe nemhuri?

### **Kuchengeta Zvekudya**

Mukuru Ezra Taft Benson vakati:

“Ishe vakatiyambira nezvenzara, asi vakarurama vanenge vakateerera kuvaporofita vakachengeta zvekudya zvinovararamisa kwegore rose. . . .

“Dudziro yekuchengeta zvekudya inokwanisa kuva yakakosha kuruponiso rwedu rwepanyama nhasi sekukosha kwakanga kwakaita kukwira muareka kuvanhu mumazuva aNowa.

“Ndinoziva kuti chironzwa cherubatsiro ifemero yaMwari. Ndaona nemaziso angu pachangu kuparadza kwenzara nekushaya pekugara apo, ndiri pasi perairo yemutungamiri weKereke, ndakapedza gore ndiri kuEurope uko kwakanga kwaparadzwa nehondo pakupera kweHondo yePanyika Pose yeChipiri, ndisina mhuri yangu, ndichigovera zvekudya, zvekupfeka, nezvekufuka kunhengo dzedu dzaishaya. Ndakatarisa mumaziso akadzokera mukati eVatendi, avo vakanga vava pachinhanho chokupedzisira mukuziwa. Ndakaona vanaamai Vakateseseka vakatakura vana vavo, vane makore matatu kana mana, avo vakanga vasisakwanise kufamba nokuda kwekwashi. . . . Ndakaona varume vakuru vachichema apo vaiisa maoko avo mugorosi nebinzi zvakanga zvatumirwa kwavari kubva . . . [kuVatendi vemu] America” (mu Conference Repor, Gumiguru 1973, pp. 90–91, 93; kana *Ensign*, Ndira 1974, pp. 69, 81–82).

Nokuti zvekudya zvakanakosha zvikuru kuhutano hwakanaka uye kunyangwe kuhupenyu pachahwo, chikamu chinokosha zvikurusa chechironzwa chokuchengeta zvinhu pamba. Zvine uchenjeri kuchengeta zvekudya zvakanakosha izvo zvinofarirwa nemhuri dzedu, uye kuziva mabikiro ekuzviita kuitira kudzivirira kutambisa zvekudya panguva yedambudziko. Chengetai zvekudya zvakasiyana siyana,

nokuti tinoda kudy a zvakasiyana siyana panguva yedambudziko kuitira kuti tichengete hutanho hwakanaka. Zvinodikanwi zvemhuri yako zvinotaura huwandu hwezvekudya zvaunofanira kuchengeta.

- Ndezvipi zvekudya zviripo zvaunoziva machengeterwo azvo, zvinodyiwa nemhuri yako, uye zvaunokwanisa kuchengeta sechikamu chekuchengeta zvekudya chako.

Zvekudya zvachachengetwa hazvigari zvakanaka nokusingaperi. Naizvozvo, tinofanira kuzvichinjanisa, tichidya zvatakachengeta pokutanga uye tozvitsiva nezvatichangochengetedza. Chirongwa chekukwanisa ichi chirongwa chinoramba chichienderera mberi.

- Tingakwanisa zvekudya zvatakachengeta sei?

Imwe nzira yekuita chokwadi kuti tinokwanisa zvekudya nenzira kwayo ndeyekunyora mazuva pamagaba kana makavha ezvekudya sokutengwa kana kuchengetwa kwazvinenge zvichiitwa. Isa zvekudya zvichangotengwa pasherefu zvive kumashure kwezvekudya zvakatingwa kare. Apo paunobika, izvi zvinozoita kuti zvive nyore kwauri kushandisa zvekudya zvakare kutanga.

Zvekudya zvinogona kufushwa nenzira dzakawanda.

- Kumbira mudzimai akarongwerwa kupa dzimwe nzira dzekufusha zvekudya (onai chidzidzo 26, “Ubwwo Hwapamba,” muMudzimai vaVatendi vaMazuva Ekupedzisira, Chikamu A). Ndedzipi nzira dzekufusha nadzo zvekudya dzinoshanda zvakanaka munzvimbo yenyu?

Kana uchisarudza nzira yekufusha nayo zvekudya, rangarira mari inozoshandiswa, midziyo inodikanwa, uye kushanda zvakanaka kwenzirayacho. Funga kuti nzira yacho iyi itsva munzvimbo menyu kana kuti ndiyo yakashandiswa ikabudirira nevanhu vakawanda kwenguva yakareba.

Apo zvekudya pazvinenge zvangofushwa, zvinofanira kuchengetwa nenzira inozvichengeta zvachena uye zvisina njodzi kudyiwa Kune nzira zhinji dzekuchengeta zvokudya dzinofanira kugara dzichitevedzerwa, zvisinei nokuti inzira ipi yashandiswa kuzvifusha.

1. Chengeta zvokudya zvichitonhorera. Zvichengetere munzvimbo inerima kana inebvute, kure nezuya.
2. Dzivirira zvekudya kubva kuunyororo. Zvekudya zvakaomeswa svi-noipa kana zvikanyorova zvisati zvashandiswa. Zvekudya zvakafushwa nedzimwe nzira zvinokwanisa kuipa nokuda kwehunyororo hwakawandisa.

3. Chengetera zvekudya muzvitsapo kana mumagaba. Magaba akanyanya kunaka anodzivirira guruva kusvika kune zvekudya uye anoita kuti zvinetse kana kuti zvisabvira kuti tumbuyu kana tupuka tudye zvokudya zvacho.
4. Ndedzipi nzvimbo mumba mako dzinotonhorera uye dzinerima kana kuti dzine mumvuri? Ungadzivirira zvekudya kubva kuu-nyoro hwakawandisa sei? Ungadzivirira zvekudya kubva kuguruva netupuka sei?

### **Kuchengeta Mvura**

Mvura inofanira kuchengetwa kuitira apo panenge paitika dambudziko. Tanga nemvura yakachena isina utachiona. Chengetera mvura muzvigubu zvepurasitiki zvinemivharo inovhara zvakasimba. Kunyangwe mvura inochengetwa nemutoo uyu ichifanira kugara yakanaka nokusingaperi, kazhinji chinhu chakanaka kushandisa mvura yakachengetwa uye mozadza zvakare zvigubu nemvura itsva mushure memwedzi mishoma yega yega. Kana usina chokwadi kana mvura yacho isina njodzi kushandiswa mushure mekuchengetwa, unokwanisa kuuraya utachiona nokufashaidza kwemaminitsi gumi. Kana kuti unogana kuisa jiki shoma shoma mumwero wemadonhwe maviri ejiki kurita rimwechete remvura kana hafu yetiisipunu yejiki kumagaroni mashanu emvura. (Onai Relief Society Courses of Study, 1973–74, p. 102.)

### **Kuchengeta Zvokupfeka**

Zvingangova zvinobatsira kuchengeta zvimwe zvokupfeka parutivi kuchengeta zvekupfeka kwakakosha kumhuri dzine vana varikukura uye vanochivirika, nokuti mbatya dzavainadzo iyezvino hadzizovakwani pashure. Mbatya dzenhengo dzose dzemhuri dzinokwanisawo kubvaruka. Dzimwe mbatya dzinofanira kuchengetwa uko kune mamiriro ekunze anochinja zvikuru kubva kumwaka mumwechete kuenda kune mumwe.

Dzimwe mhuri, kunyanya idzo dzine vana varikukura, dzingangochenjera chuchengeta mbatya dzinenge dzisisakwane mumwe mwana kuitira kuti anotevera agopfeka. Mbatya dzevana nedzevakuru dzinenge dzisisakwane dzinogona kusonwa zvakare kuita mbatya dzenhengo diki dzemumhuri. Kuchengeta micheka yekusonesa mbatya itsva kunokwanisa kubatsirawo. Tsono, shinda, uye zvimwe zvinhu zvekusonesa zvinofanira kuva chikamu chechirogwa chega chega chekuchengeta zvokudya nezvokushandisa pamba kuitira kuti mbatya dzinenge dzabvaruka dzikwanise kusonwa.

- Ndedzipi mbatya dzinobatsira kwauri kuti uchengete, uchirangarira mamiriro ezvinhu zvako pachako?

## Kuchengeta Zvokubatidzisa Moto

Tinofanirawo kuchengeta zvekubatidzisa moto mudzimba dzedu. Zvekubatidzisa moto zvinozodikanwa kubikisa zvekudya kana dambudziko raitika. Zvinofanirawo munedzimwe nzvimbo kudziyisa dzimba dzedu apo kwakunenge kuchitanhora zvikuru.

- Mumamiriro ezvinhu emuzvimbo yenyu, ndedzipi nzira dzaungashandisa kuchengeta zvekubatidzisa moto wekubikisa? Ndezvipi zvinofanira kuchengeterwa kuzodziyisa mumba munguva yechando.

## Kuchengeta Zvimwe Zvinhu Zvakakosha

Chirongwa chekuchengeta zvekudya nezvekushandisa pamba chakazara chinotsanganisira kuchengeta zvimwe zvinhu zvakakosha. Semuenzaniso, sipo inofanira kusanganisirwa, zvese yekuwachisa neyekugezesa. Tingangosanganisirawo zvinhu zvakaita semabhatiri, machisa, uye makenduru muchirongwa chedu.

Apo Mukuru Ezra Taft Benson pavaiva kuGermany mushure meHondo yePanyika Pose yeChipiri, vakava nechitiko chakaridza kukosha kwechirongwa chekuchengeta zvekudya chakazara. Vachangopedza kutaura kuboka reVatendi vaipfura mazana mashanu, vaka “koka madziimai ose kuti auye mberi. Kune mumwe nemumwe vakapa sipo. Apo chipo chakareruka ichi pachaiswa mumaoko, avo, vamwe vakatanga kuchema norutendo. . . .

“Pekupedzisira vana mai vase vaiva nepamuviri kana kuti vaiyamwisa vakakumbirwa kuti vauye mberi. . . . Kune mumwe nemumwe Mukuru Benson vakapa orenji . . . guru. . . . Vana amai ava havana kubvuma rombo ravo rakanaka kudaro.

“Apo mumwe wamadzimai aya paaiuya kumberi akaona shinda netsono izvo zvakanga zvabviswa naMukuru Benson kubva musvutukesi mavo apo pavaiburitsa zvinhu zvavaigovera kumadzimai. Amai ava [vakakumbira] . . . kana vangapiwa shinda netsono pane orenji. . . .

“Mushure menguva diki-diki amai ava vakanga vavakudzokera kunogara pasi netsono neshinda yavo. Apo vaifamba nepakati pemabenji, mumwe [mudzima] . . . akavamisa akati “ . . . . Ndinoziva uchange uchida kugoverana tsono neshinda nesu vamwe tose. Kuda kwedu kwakakura sekwako” (Bonnie J. Babbel, “The Habit of Being Grateful,” *Instructor*, Gunyana 1970, p. 318–19).

Vanhu ava vakatambura zvikuru nokuti vakanga vasina zvinhu zvidiki diki asi zvakakosha. Tinokwanisa kuzvidzivirira kubva mukutambura kwakakura kudaro nekuva nechirongwa chakasara chekuchengeta zvekudya nezvekushandisa pamba.

- Kana usina imba yako pachako, chii chaungaita kugadzirira nechironywa chekuchengeta chikafu nezvokushandisa pamba.

### **Mhedziso**

Takarairwa kuchengeta chikafu, zvokupfeka, zvokubaidza moto, uye zvimwe zvinhu zvinodikanwa, zvakaite seizvo zvinodikanwa pakupa rubatsiro rwekutanga mukurapa nezvekusonesa, kuriritira zvidikanwi zvemhuri dzedu kwegore. Kunyange tichinzwa kuti hazvibviri kuwana zvinhu zvinodikanwa panguva imwechete, tinokwanisa kutanga chirongwa chekuchengeta chikafu nezvekushandisa pamba nechinangwa chidiki, maererano nemamiriro ezvinhu emhuri dzedu, chokutanga zvinhu zvapakamhidzirwa zvisoma apo pese patinoend akunotenga. Kana mhuri dzedu dzakagadzirira nechirongwa chokuchengeta chikafu tinokwanisa kutarisira kutambira maropafadzo makuru epanyama nemweya Ishe zakaraira, “Kana makagazirira hamuzoty!” (D&Z 38:30).

Mukuru Ezra Taft Benson vakati: “Rutendo kuna Mwari nokutipa muporofita, nechirongwa chakafemerwa (chorubatsiro), uye neVetendi avo vanokwanisa . . . kuti vazviriritire ivo pachavo pamwepo nekugoverana nevamwe. Inzira yakanaka zvakaite kuva muponesi paGomo reZioni!” (mu Conference Report, Gumiguru 1973, p. 93; kana *Ensign*, Ndira 1974, p. 82).

### **Zvokuita**

Kurukura chirongwa chako chekuchengeta chikafu nezvokushandisa pamba nemhuri yako. Tanga kuita zvirongwa zvokuvaka kana kunatsa chirongwa chako. Nyora pasi zvokudya zvaunoda kusangisira, funga mamiriro ezvinhu ako, uye sarudza kuti unganyatsozvifusha nokuzvichengeta sei. Fungawo kuti ndezvipi zvokubaidzisa moto, zvokupfeka, zvimwe zvinhu zvinofanirwa kusanganisirwa.

### **Zvimwe Zvinyorwa Zvitsvene**

- Genesi 41–45 (vaEgipita neVaIsiraeri vakaponeswa kubva munzara nezvoudya zvakanaga zvachengetwa naJosefa)

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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Kumbira mumwe sista kuti ape nzira dzokufusha nokuchengeta nadzo chikafu, achishandisa ruzivo rwuri muchidzidzo 26, “Ubwwo Hwapamba,” Mudzimai waVatendi vaMazuva Ekupedzisira, Chikamu A.

2. Wana zvakwanda zvaunokwanisa pamusoro pechikafu zvinochengeteka zvakanaka munzvimbo yenyu uye kuti ndedzipi nzira dzokufusha nokuchengeta dzakashanda. Taura nevanhu vakura vanoziwa nzira dzechinyakare dzokuchengeta chikafu. Kana zvichibvira, fusha nekuchengeta zvimwe chikafu maererano nenzira dzadzidzwa muchidzidzo chino uye ozvitaridza kumasista.
3. Kana usiri unoziva nechakare kuuraya utachiona wemu mvura kuti ive isina njodzi kunwa, kumbira vashandi vehutano vemunzvimbo menyu kukudzidzisa nzira dzinoshanda.
4. Chidzidzo 21, “Kuronga Mari Dzemhuri,” chidzidzo 22, “Kudya kunovaka Muviri kweMhuri,” uye chidzidzo 25, “Gadheni raPamba,” mumuMudzimai waVatendi vaMazuva Ekupedzisira, Chikamu A, nechidzidzo 22 “Kuchengetwa Kwaamai neMwana Muचेचे,” muchidzidzo chino zvinobatsira kupindura mibvunzo pakutariria mari, kudya kunovaka, uye kurima gadheni.
5. Rongerera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana nhaurwa aunoda.

# KUTANDARA SEMhuri

*C h i d z i d z o 2 6*

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Chinangwa chechidzidzo chino kutibatsira isu nemhuri dzedu kuva nerudo nokubatana kukuru nemukutandara pamwechete.

## **Mhuri Dzinofanira Kutandara Pamwechete**

- Taridza mufananidzo 26-a, “Mhuri irikutandara pamwechete.”
- Ita kuti masista maviri awanga wasano rongera ataurire vamwe zviitwa zvakanakidza zvokutandara nemhuri dzavo zvavakava nazvo.

Chikamu chinokosha chokurarama vhangeri kuita zvinhu pamwechete semhuri. Izvi zvinotaridzwa zvakanaka muchiitiko chinotevera chakataurwa nevamwe baba:

“Rimwe zuva nadakakumbira mwanakomana wangu kuti aunze matoyi ake mumba. Ndakashamiswa zvikuru kunzwa achiti akanga aka ‘neta chaizvo’ . . . . Ipapo chimwe chiitiko chakauya mupfungwa dzangu chezuva rakanga rapfuura, apo mwanakomana wangu paakanga andikumbira kuita mutsimba naye. Mhinduro yangu yaiva yokutii? Ndakanga ndaka ‘neta chaizvo.’ Kana kuti nguva yaaida kutamba bhora neni—zvakare ndakanga ndaka ‘neta chaizvo’.

“. . . Mazuva akati kuti aitevera, ndakakumbira mwanakomana wangu kunonga mbatya dzake nokudziisa padzinogara. Panguva ino akanga ane ‘zvakanakidza zvokuita’. Ndakarangerira nguva yaaida kuti ndimuverengere asati arara . . . ipapo inini ndaiva nezvakawanda zvokuita.’

“. . . Ndakatsidzira kupedza nguva yakawanda nevanakomana vangu. Kungovagumbatira, kuvatsvoda, uye nokuvataurira kuti ndinovada chete kwakanga kusingavanyengedzi. Vaida kuuruka uruka, kuita mutsimba, uye kutamba neniwo.

“Iyezvino ndinotora chinhanho muzvinhu zvakanakidza zvavanoita. . . .



*26-a, Mhuri irikutandara pamwechete*



“Ndakavaka migwagwa nedzimba neivhu nokutamba nezvimotokari. Kunamata nokutamba navo kwakandibatsira kuvaka ukama hwakanakisisa navo.

‘Nechinhu chipi zvacho chinotora ruedzo, mubairo wakanaka unouya. Mubairo wangu wakauya mushure mekupedza maminetsi makumi matatu akanyanya kunaka nemwanakomana wangu. Akandimbundira nemaoko ake nechomuhuro, akanditsvoda padama, akati, ‘Ndinokudai, Baba!’ ” (Dan L. Johnston, “Daddy, I’m Talking to You,” *Ensign*, Gunyana 1978, p. 71).

▪ Chii chakaitwa nababa ava chakasimbisa mhuri yavo?

Tinopedza nguva yedu yakawanda tichiita zvinhu zvatintonzwa kuti zvakakosha. Basa redu remazuva ose, zvigaro zvedu zvokuKereke, kuzorora kwedu, nezvimwe zvinhu zvinotora nguva yakawanda zvakakosha. Zvisinei, izvi zvingangova zvisizvo zvinhu zvakakoshesesa muupenyu hwedu. Funga mapinduro aungaita mibvunzo inotevera:

1. Ndezvipi zvinhu zvakakoshesesa muupenyu hwangu?
2. Ndinopedza nguva yakakwana ndichiita zvinhu zvakakoshesesa muupenyu hwangu here?
3. Ndingaronga sei kuva nenguva yakawanda nemhuri yangu?

Tinofanira kuziva kuti chimwe chezvinhu zvakakoshesesa muupenyu imhuri, nokuti ndiyo ingaperi. Zvisinei nokuti mamiriro ezvinhu akaita sei, tinofanira kuwana nguva nemhuri dzedu.

### **Kutandara kwemhuri Kunounza Rudo noKubatana**

Vamwe vedu tinokwanisa kurangarira kubva kuhudiki hwedu mufaro mukuru watainzwa nemhuri dzedu apo pataiita zvinhu pamwechete. Vamwe mai vakataura zvinotevera:

“Apo ndinofunga kumashure pahudiki hwangu uye mazuva angu ekuyaruka ndinoyeuka neruremekedzo ndangariro dzinofadza idzo dzezvinhu isu vana namai nababa zvataiita semhuri. . . .

Handingambodi kuchinjanisa ndangariro dzemitambo yemhuri yedu nekumwe kutandara kwemhuri kuti ndiwane ese mabhaisikopo anhasi, magiraundi ebhora, nedzimba dzokudyira. . . .

“Ndakatsidzira kuita zvose zvandinokwanisa kuronga zviitiko zvemhuri yangu zvinounza Mweya waIshe mumba medu sokuzadza kwaitwa neMweya imba yavabereki vangu. Ndinoda kuti vana vangu vave neropafadzo huru yekuva nendangariro idzo dzakakosha zvikuru” (Family Home Evening Manual, 1968, pp. 184–85).

Saamai ava, tinofanira kuedza kupa mhuri dzedu zviitiko zvakana. Dzimwe nguva zviitiko zviripo kunze kwemba hazvina kunaka, nokuti hazvitibatsira kuvaka rudo nokubatana mumba medu nokuswe-

dera pedyo naBaba vedu voKudenga. Vatungamiri vedu veKereke vanoziwa kukosha kuriko kwekuti nhengo dzemhuri dzifare dziachiita zvinhu pamwechete, uye tinofanira kutevera rairo yavo kuronga mitambo inochengeta mhuri dzedu pamwechete.

Mukuru Ezra Taft Benson vakati: “Tenda kuna Mwari nemufaro wehupenyu hwemhuri. Ndinogara ndichiti hakukwanisi kuva nemufaro wechokwadi wakabviswa uye uri kure nemusha wakanaka. Ruyanano neruwadzano zvakananyanya kunaka zvinotapira zveupenyu zviripo” (God, Family, Country: Our Three Great Loyalties, [1974], p. 178).

Tinokwanisa kutandara mudzimba dzedu nokutora zvinhanho muzvii-twa nemitambo yakasiyana siyana. Mitambo iyi inokwanisa kuva yakareruka uye hayifaniri kuva nodhura.

- Ndevipi mitambo yaunokwanisa kunakidzwa iwe nemhuri yako muchiita pamwechete?

Mukoma George D. Durrant, vamwe baba vaidha kuti mhuri yavo inakidzwe pamwechete, vakati:

“Apo pandakadeedzwa kuva mutungamiriri wemishoni, ndaitya kuti panguva yakanyanya kukosha muhupenyu hwevana vangu vasere pamwe ndaizotadza kuva nenguva yakakwana kuva baba vakanaka. Ndakanga ndatsidzira kuti kuva baba ndiko kwaiva kudaidzwa kwakananyanya kukosha kubva kuna Ishe pane kuva mutungamiri. Izvi zvaireva kuti kunyangwe ndaizozvipira kuudzidzisi, ndaizopeta kaviri kuzvipira kwangu sababa. . . .

“Basa rokutanga kwaiva kukanda zitambo ziguru nepabazi rakakwirira pazimuti ziguru raiva kumberi kwechivanze chedu. Mumwe mukuru aigona zvokukwira miti netambo akakwira akasungirira zitambo iri pabazi. naizvozvo muzerere mukuru wepamba peudzidzisi wakazvarwa. Nemuzerere kwakauya pakarepo shamwari kubva muvavakidzani vevana vedu vadiki.

“. . . Pashure kwakauya gedhe rebasiketibhoro uye bhokisi reivhu rokutambira. Chivanze chedu chakava paki umo mandaipedza nguva yakawanda nevana vangu uye matakagara kwemakore anemufaro matatu. Ndinobvuma kuti vacharangarira nemufaro nokusingaperi nguva yavo muKentucky neTennessee” (Love at Home, Starring Father, [1976], pp. 18–20).

Mhuri dzinoita zvinhu pamwechete dzinokwanisa kuvaka ukama hwapedyo hune rudo. Apo vanotamba pamwechete, vanodzidzawo kushanda pamwechete, kukurukura matambudziko pamwechete, nokunamata pamwechete.

Dzimwe nguva kana mhuri dzichinakidzwa, matambudziko anomuka. Tinokwanisa kusawirirana pane zvimwe zvinhu. Vamwe vevana vedu

vanokwanisa kana kuitirana nharo kana kurwa. Dzimwe nguva vabereki vanokwanisa kutarisira zvakananyanya kukura kubva kuvana. Tinokwanisa kuzviwana zvakaoma kufadza nhengo dzose dzemhuri zvakananana nguva dzose. Pane dzimwe nguva tinokwanisa kana kufunga kuti chiitwa hachina kukodzera kuitwa. Zvisinei, matambudziko haasi chikonzero chokuregera kutamba pamwechete. Anofanira kugadziriswa nenzira inobvumira nhengo dzose kunzwa zvakanaka. Kukunda kusabvumirana kwedu kunokwanisa kubatsira mhuri dzedu kuva pamwechete. Tinofanira kurangarira kuti chinangwa chezviitwa zvedu kutamba pamwechete nokunakidzwa pamwechete.

Zviitwa zvemhuri zvinokwanisa kuva tsika dzemhuri. Nemumakore, mhuri dzinomisa tsika padzinoita zvinhu zvakanakosha pamwechete, zvizhinji zvacho zvinoitika nguva nenguva. Zviitwa izvi zvingangosanganisira kuungana kwemhuri yose, kupemberera mazuva okuzvarwa, kuva pamwechete pazororo, kushanyira dzvimbo dzakanakosha, mabhendi emumhanzi emhuri, uye nezvimwe zvinofarirwa kuitwa.

Mutungamiriri Kimball nemhuri yavo vakamisa tsika dzinokosha dzavo pachavo. Mudzimai wavo, Sista Camilla E. Kimball, vakataura imwe yetsika dzavo dzeKirisimasi: “Manheru anoteverwa nezuva reKirisimasi tinoungana pamwechete nemhuri yose. Ndinonakidzwa kuverenga nyaya yeKirisimasi sokuwanikwa kwayo muna Ruka, zvinovana nevazukuru voita mutambo panyaya yacho. Vana vadiki vanoda chaizvo kutora zvinhanho mumutambo. Kirisimasi yapfuura Mutungamiri Kimball vakapfeka kosichumu yatakanga taunza kubva kuPalestin, vakamiririra Joseph, ini ndokupfeka dhirezi remudzimai wechi Juda wakare, ratakanga taunza zvakare kubva kuJerusalem, ndaimiririra Mary. Ndinechokwadi vazukuru vedu vacharangarira kwenguva yakareba nyaya yavakaita mutambo paKirisimasi yokutanga” (mu Conference Report, Denmark, Finland, Norway and Sweden Area Conference, 1974, p. 58).

Mhuri dzinokwanisawo kunakidzwa pamwechete apo pavanoungana pamwechete pakutumidzwa mazita kwevana vacheche, pamabhabhatidzo, magadzo kuhufundisi, pakusimuka kuenda kumishoni uye pakudzoka, pakugirajuweta, michato, nezvimwe zviitiko zvakanakosha muhupenyu wenhengo dzemhuri.

- Ndedzipi pindutso dzawakatambira kubva mukutora zvinhanho mumitambo zvemhuri?

Tinofanira kunyora pasi mitambo yemhuri dzedu yakabudirira mumbhuku edu enhoroondo dzemhuri nemumabhuku endangariro edu pachedu, tichisanganisira nemifananidzo yacho nezvimwe zvinotiyechidza zvinhu zvakanakosha. Apo tinotarisa kumashure tichirangarira kufara kwatakaita pamwechete, tino swedera pedyo nevamwe vedu uye rudo rwedu kwavari runosimbiswa.

### **Kutandara seMhuri Kunoda Kurongwa**

Kana tichida kuva nemitambo yemhuri inobudirira, kazhinji tinofanira kuzvirongera nokuzvigadzirira zvakanaka.

- Tingaronga sei mitambo yemhuri inemusoro?

Mazano anotevera anokwanisa kubatsira mukuronga mitambo yemhuri.

Mumanheru emhuri pamba nenhengo dzose dzemhuri dziripo, kurukurai nokunyora pasi ndudzi dzemitambo yamunofarira. Apo zano renhengo yega yega yemhuri parinenge richitariswa anonzwa kuti akakosha zviitwa zvinofanira kuva izvo zvinoita kuti nhengo dzose dzemhuri dzikwanise kutora chinhanho.

Mushure mokunge mazano enhengo dzese awongororwa, itai kuti mhuri isarudze chiitwa kubva pane zvanyorwa. Zvino mosarudza zuva rokuchiita. Nyora zuva iri pakarenda yemhuri kuita chokwadi chokuti hapazoiswi chimwe chinhu pazuva iroro. Ipa munhu wese mukana wekubatsira kuronga chiitwa chacho uye wekuva nebasa rokuita.

Imwe mhuri, mukutevera mazano aya mumanheru emhuri pamba pavo, vakafunga kuti nhengo yoga yoga yemhuri inofanira kupa zano rimwechete remushando wemhuri kuna vamwe, zano rimwechete rokunatsa mumba nepachivanze, nezano rimwechete rokutandara. Mushure mokunge nhengo yoga yoga yapa pfungwa dzayo, mazano acho akaiswa pavhoti uye mitambo inotevera zvikasarudzwa:

Mushando: Mhuri yakatsvaira chivanze chemurume akanga afirwa nemudzimai. Ndokubva vabheka “keke rokutambira kudzoka kumba” ndokuenda naro kwaari musi wakadzoka mwanakomana wake kumba achibva kuudzidzisi.

Kunatsa imba. Mhuri yakanatsa mupanda mumwechete wemba yavo nependi, bepa rokumadziro, nezvimwe zvinhu. Nhengo dzose dzemhuri dzakashada pamwechete kubudirira pazviri.

Kutandara. Nhengo yoga yoga yemhuri yakaremekedzwa pazuva rimwechete raakanga apuwa pagore. Mazuva aya akanga apuwa panguva yemusangano wekuronga zvevanheru emhuri pamba. Pazuva rake, nhengo yega yega aiva nomukana wekusarudza zvokudya zvomusi iwoyo uye kusarudza chiitwa chokutandara chokuti nhengo dzose dzemhuri dziite pamwechete. Dzimwe nhengo dzemhuri dzaisarudza kudhidha, vamwe vaisarudza mutambo webhora, vamwe pikiniki; chipi zvacho chiitwa chaisarudzwa, nhengo dzose dzemhuri dzaifanira kutora zvinhanho pamwechete.

Imwe mhuri yakaronga zviitwa zvayo nokunyora “Saga reKutandara kweMhuri” papepabheki guru. Nhengo yega yega yemhuri yainyora papepa chiitwa chimwechete chaaida kuti mhuri iite pamwechete. Pamanheru emhuri pamba ega ega pepa rimwechete rainongwa kubva

musaga chiitwa chainge chakarehwa papepa iroro ndicho zvino chaitwa nemhuri yose muvhiki yaitevera.

- Unganyatsoronga nokunyatsoita chiitwa chawasarudza iwe nemhuri yako sei?

Funga mazano anotevera:

Shambadza chiitwa chasarudzwa mumhuri yako. Ita maposita nezviritidzo. Taura nezvacho nomufaro mukuru.

Kana mutambo uchida mari, tanga kuisa padivi mari inozodikanwa uye ita kuti munhu wese abatsire.

- Taurira vadzidzisi vemumba vako pamusoro pezvirongwa zvenyu.
- Batanidzira munhu wose. Ipa nhengo yega yega zvokuita.
- Zvino itai chiitwa chacho. Nakidzwa chaizvo nezvamuri kuita.

Mushure mokunge maita chiitwa, zvakanaka kufunga pamusoro pokuti munganatsa kutandara kwemhuri sei. Fungai mibvunzo inotevera: Chii chingadai chaita kuti chiitwa chinyanyobudirira? Chatiunza pamwechete here? Kupindura mibvunzo iyi kunokwanisa kukubatsirai kurega kudzokorora izvo zvinhu zvisingashandi. Zvino munokwanisa kuronga pamwechete semhuri kuti muite kuti chiitwa chinotevera chinyanyonakidza.

Kunyangwe zvakanakosha kuronga zviitwa zvenyu zvekutandara kwemhuri, tinofanira kuziva kuti zviimwe zviitwa hazvidi kurongwa. Zvinongoerekana zvaitika apo nguva yacho painenge yakanaka kana kuti mhuri yagadzirira.

- Ndepapi pamungava nezviitwa zvemhuri zvisina kurongwa?
- Ndezvipi zvinhu zvamungaita kuchengeta mweya wemufaro nokunakidzwa mumba menyu?

### **Zviitwa Zvinofanira Kuendererana neNzvinodikanwa, Zvinofarirwa, uye zvino kwaniswa neMhuri**

Zviitwa zvemhuri zvinokwanisa kusanganisira zvinhu zvakasiyana siyana. Sezvakusina mhuri mbiri dzakafanana, naizvozvowo zviitwa zvinosarudza nokufarirwa nenhengo dzemhuri hazvifanani. Kuti chinhu chive chiitwa chenye, chinofanira kuwirirana nemhuri yenyu.

- Chii chinotaura zviitwa zvinozofarirwa nemhuri yenyu?

Vamwe mai vakataura kuti mhuri yavo yakashandura sei zororo ravo kuti zvizadzikise zvivo zvavo.

“Mushure memakore mana kukoreji pasina zororo murume wangu neni takatanga kuchine mwedzi yakawanda kurongera zororo rake rai-bhadarwa rokutanga. Ndakashena shena kusona makwiriti nokuatengesa kuzvitoro zvezvigadzirwa zvemaoko kusvikira takwanisa kuisa pamwepo mari yakakwana kutenga tende. Takaverenga matutu nema-tutu etubhuku twenzvimbo dzezororo ndokubva tabhuka kwataizonokemba. . . .

“Kwemwedzi mitatu takapira hafu yenguva yamanheru emhuri pamba pakunyora pasi zvinhu zvose zvaizodiwa nokudhirowa mifananidzo yezvinoitwa kukembi kuitira kuti mwana wedu aiva nemakore matatu, Alicia, akwanise kufarirawo rwendo urwu. Akava nemufaro sewataiwanawo, uye nenguva isipi ndakamuwana achiedza kutsanangura kuke-mba kumwanakomana wedu anegore rimwechete. . . .

“Zvino, kwasara vhiki nhatu, takamutswa mamwe mangwanani ngwanani nekuchema kwemwana akanga abatwa negwirikwiti mushure mevhiki mbiri, tasarirwa nevhiki kuenda, Alcia akabatawo gwirikwiti. Nekusuwa kukuru takaedza kutsanangura kwaari kuti akanga asingakwanise kuenda kunokemba negwerikwiti. . . . Akarambisa ‘Kwete, Baba. Mamwe mazuva matanhatu chete. Ichi chivimbiso!’

“Murume wangu neni tinobvumirana kuti vimbiso kumwana chinhu chinoyera uye panguva iyoyo tese takava nezano rakanakisisa rimwe. Mushure memazuva matanhatu takagarisa vanamumotokari yokufungidzira yakanga yagadzirwa nokunyatsoisa zvigaro zvomukicheni panzvimbo dzakafanira tikadhiraivha kuenda kupaki yekufungidzira yakanga iri pakati pemupanda wedu wekutandarira. Taisa fanicha yese kumadziro, takakwanisa kusungirira tambo dzetende kumakumbo etumatafura tudiki nekumakumbo emasofa. Tapedza kuvaka, takapinda mutende medu tikanakidzwa nokukemba kwatanga tamirira kwenguva yakareba!” (Gayle E. Walker, “The Camp-In,” *Ensign*, Chikunguru 1976, p. 63).

- Mhuri iyi yakashandura zororo rayo sei kuti ienderane nezvido zve-mhuri yawo?

Magwaro matsvene anotiudza kuti “Chinhu chimwe nechimwe chinemusiki wacho, uye shoko rimwe nerimwe pasi pedenga rinenguva yaro,’ izvi zvinosanganisira “nguva yokuseka” (Maparidzi 3:14). Dzimba dzedu dzinofanira kuva zvimbo dzinonzwikwa kuseka kakawanda uye mune runyemwerero mazuva ose. Zvisinei nokuti mazera edu nekwaniso dzedu zvakasiyana zvakadii mukati memhuri, tinofanira kuwana nzira dzokuzorora nokutandara pamwechete.

Mabasa akafanira mazhinji anoitwa nemhuri dzine vana vadiki ano-kwanisa kuonekwa semitambo: somuenzaniso, kurima gadheni, kutsvaira mumba, kana kusuka ndiro. Kushandura basa kuriita mutambo kunochengeta chido mariri zviri zvakakura.

Apo tinoshandura zviitwa kuti zvienderane nezvido, zvinofarirwa, kwaniso, nemamiriro ezvinhu enhengo dzemhuri dzedu, tinokwanisa tese kuva neupenyu wakaenzana hwebasa, zororo nokutamba.

### **Magumo**

Mhuri dzedu dzinofanira kuva idzo chikamu chinokoshesesa chehupenyu hwedu. Imwe nzira yatingasimbisa nayo ukama hwemhuri dzedu kuronga nokunakidzwa pamwechete. Upenyu hunemativi akawanda asiri okuseka, uye kuti tichengete ruenzano kwarwo, tinofanira kutora nguva kutamba pamwechete, tichiita izvo zvinhu zvinowirirana nenhengo dzemhuri dzose. Apo tinonakidzwa pamwechete, tinodzidza kurarama zvinemusoro nevamwe vedu uye tinokwanisa kudzidzisa zvinobudirira misimboti yevhangeri nemumienzaniso yedu pachedu pamwepo nemumashoko edu.

Mhuri dzedu dzinokwanisa kuva pamwechete nokusingaperi. Kana iyezvino tisiri kupedza nguva yakakwana nenhengo dzemhuri dzedu, tinofanira kutanga ikozvino kugoverana izvo zvinhu zvinozotibatsira kuva mhuri yokusingaperi.

- Taurira vamwe kunzwa kwako pamusoro pekukosha kwekutandara nemhuri yako.

### **Zvokuita**

Panguva yemanheru emhuri pamba, ronga mutambo unonakidza wemhuri. Gadzira karenda yemhuri uye nyora chiitwa chemwedzi wega wega. Zvino nyatsonakidzwa chaizvo nokutamba nemhuri yako.

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### **Gadziriro yoMudzidzisi**

- Usati wapa chidzidzo chino:
  1. Koka masista maviri kuti vagoverane nekirasi chiitiko chekunakidzwa kwemhuri chavakava nacho.
  2. Gadzirira kugoverana nevamwe kunzwa kwako pachako pamusoro pekukosha kwekutandara nemhuri yako.
  3. Rongera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana mashoko akataurwa aunoda.

# KUTARIRIRA DZIMBA DZEDU

*C h i d z i d z o 27*

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Chinangwa chechidzidzo chino ndechekutikurudzira kutevera rairo yomuporofita kunatsa mamiriro epanyama neepamweya emudzimba dzedu.

## **Tinofanira Kuchengeta Dzimba Dzedu Dzakachena Nokurongedzwa Zvakanaka**

Mumwe sista akanga achangobva kunoshanya kuHolland akataura: “Chinhu chinomira pachena chatakaona tiri muHolland kwaiva kuti dzimba dzomunyika diki diki iyi dzinehunhu wakasarudzwa. Pamawindo pedzimba idzi dzinematenga matsvuku panogara pakazara nemitsetse yemagaba emaruva—kazhinji anenge ari magerani-ums. Mawindo acho makuru— asina kana sikirini kana maketeni anoavhara. Mawindo anopenya aya anowedzera kurunako rwehunhu hwemba. Dzimba zhinji dzacho dzinemazita. Pamusoro pemukova unokwanisa kuona mazita akaita sa: Sunny Corner, Sunbeam, Sun Cottage, Peace Haven, Tranquility, kano kuti peaceful Nook. . . . Madziya nemushana nerujeko, pamwepo nerunyararo norugare noku-gadzikana! IZVI NDIZVO ZVINHU ZVINOITA IMBA MUSHA!” (Daryl V. Hoole, *The Art of Homemaking* [1967], pp. 117–18).

- Unonzwa sei apo paunoona imba yakachena uye yakarongedzwa zvakanaka?
- Kuchengeta mumba mako nechivanze chako zvachena kunotaridza sei rutendo rwako kunaBaba Vekudenga?

Mawindo akachena, magaba emaruva akanaka, mabhasikiti okuturika, nemabhokisi epamawindo zvinotaridza hunhu hwako pachako iwe. Mabindu zvivanze, mafenzi, nedzimba dzokunze zvinochengetwa zvakanaka zvinotaridza kunyika kuti tirikuzadzikisa basa redu rokutarira zvakatikomberedza.

Ishe vakapa vanhu mirairo muGadheni yeEdeni “kuishongedza, nokuichengeta” (Moses 3:15). Ishe vanoda izvi kubva kwatiri nhasi



sezvaVaiita nguva iyoyo. Tinotarisirwa nokufanirwa kuchengeta nokunakisa nzvimbo ipi zvayo yatinogara pasi pano.

Kunyangwe dzimba dzacho dziri dzedu kana kuti tichirenda, tinofanira kunzwa kuti ibasa redu kuchengeta musha wacho wakachena, uye uchitaridzika zvakanaka. Tinofanirawo kunyatsotarira mhuka dzedu nokuchengeta matanga nezvirugu nematura zvachena uye zvakagadzirwa nokurongwa zvakanaka.

“Kune nyaya inoti Mutungamiri Brigham Young, mushure mokukurudzira vanhu vedzimwe nzvimbo kuchengeta zvakanaka nokuchenesa misha yavo, vakaramba kudzokera kwavari kunovaparidzira, vachitaura zvakanakana nezvizvi: “Hamuna kuteerera kwandiri apo pandakakukurudzirai kugadzirisa misha yenyu. Makonhi mamwewo akabva zvipikiri zvinoabata, matura mamwechetewo haasati apendwa; mafenzi mamwechetewo achinemativi akawira pasi” (Spencer W. Kimball, mu Conference Report, Kubvumbi 1976, p. 171; kana *Ensign*, Chivabvu 1976, p. 5).

Mutungamiri Kimball kazhinji vaiyeuchidza nhengo dzeKereke kudiwa kwekuchenesa, kugadzira, nokunakisa dzimba dzavo. “Zvino tinokukurudzira kuchenesa dzimba dzenyu. . . . Tinokukurudzira mumwe nomumwe wenyu kushongedza nokuchengeta zvakanaka misha iri mumaoko enyu” (mu Conference Report, Gumiguru 1974, pp. 4–5; kana *Ensign*, Mbudzi 1974, p. 4). “Hazvinei kuti mamiriro ezvinhu ako akaita sei, ita kuti musha wako utaridze kurongeka, runako, uye mufaro” (mu Conference Report, Kubvumbi 1976, p. 171; kana *Ensign*, Chivabvu 1976, p. 125).

Mutungamiri David O. McKay vakatirairawo kuti tiite kuti dzimba dzedzu dziyevedze uye kuva nezviitwa zvakanakawanda madziri (onai Gospel Ideals [1953], pp. 485–86). Vana vedu vanozofara nokuda kuu-nza shamwari dzavo kumba kana imba yacho iri nzvimbo inodziya, ineushamwari uye inofadza.

- Ndedzipi pindutso dzinouya kubva mukuchenesa nokugadzirisa nzvimbo dzatigere?

Apo dzimba dzedu padzinenge dzakachena nokurongedzwa, dzinowedzera pamutengo, pakuva nzvimbo isina njodzi, uye parunako.

### **Tinofanira Kunatsa Imba Yedu seMhuri**

- Verenga Dzidziso neZvibvumirano 132:8. Sei kurongedza zvinhu kwakakosha mudzimba dzedu?

Kuronga kwakakosha mumatenga, dai painge pasina, nyonga nyonga ndiyo yaitonga. Kuronga kunofanirwawo mudzimba dzedu.

Mutungamiri Kimball vakati, “Rongai zvakanaka uye moshanda

pachirongwa chenyu nenzira yakarongeka uye ine gwara” (mu Conference Report, Kubvumbi 1976, p. 171; kana *Ensign*, Chivabvu 1976, p. 125).

- Ratidza mufananidzo 27-a, “Vana vanokwanisa kubatsira nemabasa emumba,” uye 27-b, “Nhengo dzemhuri dzichishanda kunakisa musha wemhuri.”

Apo baba namai Fox pavakatenga imba yakanga yava tsaru muPortsmouth, New Hampshire, USA, yaida kugadzirwa zvakanakanda. “Matutu nematutu ‘ezvinhu’ akabudiswa kubva muimba yacho. Kukorobha nokusuka nokupenda zvakava purojekiti yemhuri naHeidi, 17; Erin, 16; nathan, 14; naPaige 11, vachiita chikamu chavo chebasa. . . .

“Baba Fox vakatsangangura kuti mamwe madziro nemakonhi haana kutwasanuka zvakanaka saka kune mhengo inopinda nemumipanda. . . .

“ ‘Yaityisa,’ Paige akapindira achidaro. ‘Asi tinoida.’ . . . .

“ ‘Zvino yava imba yemaMomoni,’ Erin akadaro” (“A Romance Between Home, Family,” *Church News*, 19 Nyamavhuvhu 1978, p. 5).

- Sei vabereki nevana vaifara zvikuru nemusha wavo? Sei musha wenyu uchifanira kuva muenzaniso kuvavakidzani venyu?

Tinofanira kuchengeta misha yedu yakachena uye yakanaka. Zvisinei, tinofanirawo kudzivirira kupfurikidza mukuzviita. Mukuru Joseph B. Wirthlin akatiyambira kuti tisa “isa simbisiso isina kunaka pakuwana upfumi hwepanyama.” Vakayambira: “Kunyangwe kana takaropafadzwa zvakanakwana kuva nerugare, pamwe tinenge tichiendeswa upfumi kusiko uhwo hunokwanisa kunge huchishandiswa zvirinani kuvaka umambo hwaMwari kana kupa zvokudya nokupfekedza hama dzedu dzinoshaya [onai 2 Nefi 9:51]” (mu Conference Report, Gumiguru 1990, p. 81; kana *Ensign*, Mbudzi 1990, p. 65).

Hatifaniri kuva nemidziyo inodhura kuti tinatse dzimba dzedu. Kazhinji tinokwanisa kugadzira chinhu chinebasa kubva kuzvinhu zvisharu kana kuti zvanga zvaraswa. Nokushanda pamwechete tinokwanisa kugadzira nokukwenetsvera midziyo sharu iyo yatinenge tatenga kuzvitoro zvemidziyo sharu kana kumaokusheni. Tinokwanisa kupeenda madziro, masirini nemikova, kusona maketeni nemakavhambhedhi, kugadzira mapiro nokuruka maraga.

Nhanho nhatu dzakareruka dzinokwanisa kutibatsira kuita zvakanakanda nemhuri dzedu. Chekutanga, semhuri tinofanira kutarisa mudziimba dzedu kuona nzvimbo dzinoda kugadzirwa, kucheneswa, kupeendwa, kana kurongedzwa zvakanaka.



*27-a, Vana vanokwanisa kubatsira nemabasa emumba*



*27-b, Nhengo dzemhuri dzichishanda pamwechete kunakisa musha wemhuri*

Chinotevera, tinofanira kuronga semhuri kubudirira pamabasa aya. Zvakakosha kuti tironge nokusarudza nzvimbo imwechete panguva yokushanda pairi. Zvino tinofanira kuwana zvinhu zvakafanira zvokushandisa, maturusi nezvimwe zvakadaro kuitisa basa ratasarudza. Tinofanira kusanganisira nhengo dzemhuri nokuvabvumidza kuita mabasa anoenderana nekwaniso dzavo.

Chokupedzisira, tinofanira kuita basa racho pamwechete semhuri. Munhu ega ega ari kuita basa anofanira kutora rudado nokunzwa kugutsikana muchikamu chake chokupedza basa. Nenzira iyi, purojekiti yega yega inokwanisa kunakidza nokupindutsa mhuri yose. Zvinhu zvizhinji zvinokwanisa kubudirirwa pazviri apo mhuri padzirononga nokushanda pamwechete.

- Ndeapi mapurojekiti okunatsa nokunakisa mumba anokwanisa kuitwa nemhuri yako anotora mari shomashoma kana kuti asingatori mari zvachose?

### **Tinofanira Kuunza Mweya Mudzimba Dzedu**

- Taridza mufananidzo 27-c, “Matemberi akachena uye akanaka.”
- Chii chinonyanya kukufadza pakutaridzika kwetemberi? Sei matemberi achichengetwa akachena nokunaka kudaro?

### ***Kuita Kuti Mumba Muve neMamiriro ePanyama Anofadza***

MuDzidziso neZvibvumirano tinoudzwa kuti kana chipi zvacho chisina kuchena chikabvumidzwa kupinda mumba maIshe, kubwinya kwaIshe hakuzovimo; haagari mumatemberi asiri matsvene (onai D&Z 94:9; 97:15–17). Nokuti tinoda kuva neMweya waIshe mumatemberi aVo matsvene, tinoachengeta akachena uye akanaka nokuyambira zvi-nyoro nyoro avo vose vanopinda kuti vave vakakodzera kushumiramo. Tinodawo Mweya waIshe mudzimba dzedu. Tinofanira, naizvovzo, kutevera yambiro nyoro nyoro yevatungamiri veKereke kuchenesa nokurongedza nzvimbo dzatinogara, tichiinakisa nepatinogonera pose mukati nekunze kwedzimba dzedu.

Nzvimbo dzinonakidza kutarisa uye dzakarongedzwa zvakanaka dzinokwanisa kuita zvakanakanda kutibatsira kunakirwa nohupenyu. “mumwe sista anotaura nezvenguva yakaoma muupenyu hwake apo paakarasiwirwa neshamwari nehama nokuda kwekutendeukira kwake kuKereke.” Akati, “Ndakamanikidzwa kutora kaimba kadiki.” Uye, apo ndaitarisa kusviba nokusachengetwa kwako, kusuwa kukuru kwa-kauya mandiri pakarepo ndakanzwa kazwi kemukati kachiti, “imba yaIshe imba yakarongwa.” Ndakabvisa cheni dzokuzvinzwira tsitsi, ndikapeta maoko embatya dzangu, ndikashanda zvinegwara kusvikira kamba kangu kachena uye kava kunakidza. . . . Mweya mutsva wakanga wazvarwa” (*Relief Society Courses of Study, 1978–79, p. 69*).



*27-c, Matembere akachena uye akanaka.  
(Mupanda wedenga repamusorosoro weTembere yekuVernal Utah)*

Maruva akasimwa neakatanhwa nemumanzi zvinounza runako mudzimba dzedu. Vazhinji vedu tine kana kuti tinokwanisa kukudziridza zvipo nekwaniso dzinokosha, sezvakaita kusona, kuruka makwiriri, kuruka maraga, kupenda nokudhirowa, kuronga maruva, kuchengeta maruva anosimwa mumba, zvichingodaro. Nekwaniso idzi, tinokwanisa kuvaka runako munzvimbo matigere. Tinokwanisa kupfava zvakanyenama nokuunza rujeke panenge panerima. Tine basa rakakosha, ratakuphwa naMwari rokuita sevatariri vema.

- Ndezvipi zvinhu zvakareruka zvaunokwanisa kuita kuti imba yako ive nerujeko uye ine mweya wakanaka? Unozwa sei apo paunochenesa, kurongedza, kunatsa, kana kuwedzera runako mumba mako kana muyadhi mako?

***Kuita Kuti Mumba Muve neMamiriro Ane Mweya***

Pamusoro pokunatsa nokujekesa dzimba dzedu, tinofanira kuita zvatinokwanisa kuumba mweya werunyararo norugare imomo. Mukuru Boyd K. Packer vakatiudza:

“Munokwanisa kuita zvinhu zvikuru mukuumba mumba mweya werunyararo, wokunzwa kuti mumba, weruremekedzo werugare nokugadzikana. Munokwanisa kuita izvi musina mari yakawanda yokurarama nayo.

“Kana kuti munokwanisa kuumba chimwe chinhu chisina kutsetseka, chinotonhora . . . uye chokunyepera. Nezvuru zvenzira dzakasiyana vana venyu vanoshandurwa nesarudzo dzamunoita. Munokwanisa kumisa hunhu. Munokwanisa kuva mumba munerunyararo norugare umo munokwanisa kukura simba rine ruyararo rakasimba, kana kuti munokwanisa kuva musina hunhu uye muneruzha munowedzera kusanafaranuka nokusuwa kunonzikwa nevana apo pavanoedza kusambokanganisa kusvikira mumwe musi vatadza kuzvibata vobva vapanduka” (*“Eternal Marriage,”* Brigham Young University Speeches of the Year, [14 Kubvumbi 1970], p. 8).

Tinokwanisa kunatsa mamiriro emweya mudzimba dzedu apo tinotambira nokushandisa misimbotti yevhangeri yaJesu Kristu. Vatungamiri veKereke vakatiyeuchidza kakawanda nzira dzokuunza mweya mudzimba dzedu:

Namatai pamwepo semhuri manheru nemagwanani.

Chengetai zuva reSabata riri dzvene.

Endai kukereke nguva nenguva pamwechete.

Tsanyai nechinangwa kamwechete pamwedzi.

Dzidzai magwaro matsvene pamwechete.

Bhadharai chegumi chakazara.

Itai manheru emhuri pamba.

Dananai nokushandirana zvisina umbimbindoga.

- Kurarama misimbotti yevhangeri kunganatsa mamiriro emweya mumba menyu sei?

Apo tinorarama maererano nedzidziso dzeMuponesi, tinokwanisa kuva neMweya Mutsvene nesu uye dzimba dzedu dzinozopenya nemweya munyororo, unofadza uye wakanaka kumhuri dzedu.

### **Magumo**

Vatungamiri veKereke vakatipa mirairo kubva kuna Ishe kutironge, kuchenesa, kupenda, kugadzirisira, nokunakisa dzimba nenzvimbo dzedu. Apo tinoshanda pamwechete semhuri kunakisa patigere, tino-dzidza umhizha netsika zvinozotibatsira muupenyu hwedu hwose. Apo tinopa nguva nesimba kunatsa dzimba nenzvimbo dzedu, tinozo-zviremekedza zvakawedzerwa.

Magwaro matsvene anotiudza kuti Mweya waIshe haukwanisi kugara munzvimbo dzine nyonga nyonga kana dzisina kuchena. Kana tikaita dzimba dzedu nzvimbo dzinofadza, dzakachena, uye dzinokoka, vadi-kanwi vedu vanozoda kuvamo. Apo tinogara muruyanano nemisi-mbotti yevhangeri, Mweya waIshe unotiunzira runyararo nerugare.

### **Zvokuita**

Munguva yemanheru emhuri pamba tarisa mumba menyu nemuyadhi menyu nemhuri yako kuti muone zvinhu zvinoda kucheneswa, kuro-ngedzwa, kuraswa, kupendwa, kana kugadziriswa. Tevedzerai mirairo yakanyorwa muchidzidzo kubudirira pane chimwechete chemabasa aya mwedzi uno. Kurudzira vana kurongedza dhirowa, kurongedza wadhiropu, kutsvaira, kana kuchenesa mupanda. Taridzo rudado norutendo rwako kumwana ega ega nokubatsira kwake. Tsidzira kuna-tsa mweya mumba mako nokushandisa nguva nenguva misimbotti yevhangeri muhupenyu hwemhuri yako.

### **Zvimwe Zvinyorwa Zvitsvene**

- Dzidziso neZvibvuirano 109:8 (rongedza, gadzira, uye misa imba yaMwari)





# KUDZIRIDZO YAKO PACHAKA NEYE MHURI



# KUSHANDA MUKEREKE

*C h i d z i d z o 2 8*

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Chinangwa chechidzidzo chino ndeche kutibatsira kutambira daidzo dzokushanda muKereke.

## **Mikana yoKushanda muKereke yaIshe**

Ishe, kuburikidza nemuvaporofita vavo, vakaraira vana Vavo kushandirana (onai Mapisarema 100:2; Mosia 2:18). Daidzo dzeKereke dzinotipa mukana wekushandirana. Mutungamiri Hugh B. Brown vakatsanangura rushanduro rwatinokwanisa kuva narwo apo tinoshanda nechido muKereke:

“Apo pandaishanda semumiriri wenhengo dzeLDS dzaiva muchi wuto, ndaiva kuLondon, England. Ndakatumira teregiramu inotevera kumufundisi mukuru wekamba huru yaiva pedyo neLiverpool, ‘Ndichange ndiri mukamba yenyu mangwana mangwanani na 10:00. Ndapota mungaudzawo here vakomana vose vechi Momoni vari mukamba yenyu kuti tichaita musangano.’

“Pandakasvika mangwanani aitevera ndakasangana nevarume vechidiki makumi manomwe nevashanu. . . .

“Pakabuda kubva muchaunga murume uyo, mushure mekumhorosana, akati, ‘Ndini wamakatumira teregiramu yenyu. Ndini mufundisi wekamba ino. Handina kuwana teregiramu yenyu kusvikira mangwanani ano [kubvira mangwanani eSvondo]. Pandaitambira, ndabvunza . . . ndanyatsobvunza. Ndawana kuti pane vakomana vechiMomoni makumi manomwe nevanhatu pakamba ino Makumi manomwe nevashanu vavo varipano mumwechete ari muchipatara.’

“Akati, ‘Ndinodemba kuti dai mainditaurirawo, vaBrown, kuti munozviita sei. Ndine varume mazana matanhatu muKereke yangu mukamba ino, uye kunyangwe ndikavaudza pachine mwedzi mitanhatu havangambouyi vakawanda zvaita venyu kudai. Ndiudzeiwo munozviita sei.’”

“‘Zvakanaka,’ ndakadaro, ‘kana ukauya kumusangano wedu tinokutaridza kuti tinozviita sei.’ Saka akapinda neni muimba yataizoitira musa-

ngano uye pamberi pedu pakagara varume vechidiki makumi manonwe nevashanu ava. Ndakaita kuti mufudisi agare pedyo neni. . . .

“Ndakati, ‘Vangani venyu vakomana imi vakaenda kumishoni?’ Vanosvika chikamu chepakati nepakati chavo chaiyo vakasumudza maoko avo. Ndakatendeka kuvatanhatu vavo ndikati, ‘Uyai kuno muropafadze chirairo.’ Ndakatendeka kuna vamwe vatanhatu ndikati, ‘Uyai kuno muzogadzirira kutaura.’ Ndakatarisa kushamwari yangu, mufundisi, muromo wake wakanga wakashama. Akanga asati ambona chinhu chakadaro. . . .

“Ndikati zvakare, ‘Ndiani angatungamirira nziyo?’ vazhinji vavo vakasumudza maoko avo. Ndakasarudza mumwechete. ‘Ndiani angaridza ogani iyi?’ Zvakare vazhinji vakasumudza maoko uye mumwe akasarudzwa. . . .

“Takaenderera nemusangano wedu uye varume vechidiki ava vakataura, vakataura nesimba nekupwisa. . . . Apo vakapedza kutaura, ndakati, ‘Vakomana, tinofanira zvino kuchipedza.’ . . .

“Vakati, . . . ‘Ngatiitei musangano wekupupura’ . . .

“Ndakacheukira kushamwari yangu, mufundisi, uye ndikati, ‘zvino ndinoziva kuti ichi chinhu chisiri chamazuva ese kwauri. Tanga tiri muno kwemaawa maviri uye ticharamba tiri muno kwemamwe maawa maviri. Tinokuregerera kana uchida kuenda hako.’

“Akaisa ruoko rwake pabvi rangu akati, ‘Ndapota, Changamire, ndingaramba ndiri muno here?’ Uye, chaizvo, ndakamukurudzira kugara uye kwemaawa akasimba maviri varume vechidiki ava . . . vakapa uchapupu hwechokwadi chevhangeri. . . .

“Pekupedzisira kwakazouya magumo. Takaparadzana, uye mufundisi uyu akacheukira kwandiri akati, ‘VaBrown, ndava nemakore makumi maviri nerimwechete ndiri mufundisi wevhangeri asi ichi ndicho chava chiitiko chemweya chakakurisa chandati ndawana muupenyu hwangu hwose.’ Uyezve akati, ‘Munozviita sei? Maziva sei vakomana vekudaidza?’

“Ndakapindura, Hazvina kuita mutsauko kuti ndadeedza upi. Vese vakagadzirira ” (“An Eternal Quest—Freedom of the Mind,” *Brigham Young University Speeches of the Year* [13 Chivabvu 1969], pp. 14–17).

- Chii chakaonekwa nemufundisi chakanga chakasiyana pamusoro peKereke yedu? Vakomana vechidiki ava vakanga vakagadzirira kuiitei? Vakanga vazvigadzirira sei?
- Sei zvakakosha kuti tigadzirire kushandira Kereke?

“MuKereke yaJesu Kristu yaVatendi vaMazuva Ekupedzisira hamuna mufundisi anobhadharwa, sezvazvakaita mune mamwe maKereke. . . . Nhengo dzese dzeKereke dzinokwanisa kudaidzwa kushanda nokuita zviitwa zveKereke” (Boyd K. Packer, mu Conference Report, Kubvumbi 1966, p. 146; kana *Improvement Era*, Chikumi 1966, p. 551).

Apo mapazi, mawadhi, nemasiteki paanorongwa, nhengo dzeKereke dzinodaidzwa kushanda muzvinzvimbo zvose muzvikamu izvi.

### **Tinodaidzwa Sei Kushanda muKereke**

Vatungamiri vedu veKereke vane basa rokudaidza nhengo kuzvinzvimbo muKereke. Vanoziva zvinodikanwa nechinzvimbo choga choga uye dzvinodikanwa zvinofanira kuva nenhengo kuti dzive pazvinzvimbo zvacho. Nepfungwa idzi, vatungamiri veKereke nomunamato vanofunga vanhu vanokodzera, vachitsvaka nokuwana femero nohutungamiri kubva kuna Ishe mukudaidza kwega kwega.

Apo vaishanda semutevedzeri muHutungamiri Hwepamusoro, Mutungamiri Gordon B. Hinckley vakati: “Kune musimbote unotevedzerwa muKereke wekuravadzanisa mabasa. Chikamu chokudaidzwa kushanda kuzorodzwa, kunotarisirwa nokubvumwira mushure momushando waitwa zvakanaka chaizvo” (mu Conference Report, Kubvumbi 1984, p. 3; kana *Ensign*, Chivabvu 1984, p. 4).

Pamusoro pekudaidzwa kwavo kushanda Mutungamiri Hinckley vakati:

“Isu [vaApositora] tinoshanda nemvumo Yavo, tichiziva kuti panguva ipi zvayo yavanasarudza kuita saizvozvo, Vanokwanisa kutibvisa nyore nyore. Tinopindura kwaVari muhupenyu huno uye tinozozvidavirira apo tinodaidzwa pamberi paVo kupa rondedzero. Ndinotarisirwa kuti hatiwanikwi tiine zvatinoshaya. Ndinotarisirwa kuti kana nguva iyoyo yauya, ndinozova nemukana wekumira pamberi peMuponesi wangu Anodiwa Kupa rondedzero yemushando wangu, uye kuti ndinokwanisa kuzviita ndisinganyari, ndisingakumbiri ruregerero, kana kuti ndisingaedzi kutsanangura zvitadzo zvangu. Ndakaedza kurarama upenyu hwangu nenzira iyoyo. Ndinoziva kuti ndiri munhu anotadza, kuti ndine utera hwakawanda. Asi ndinokwanisa kuti ndakaedza kuita izvo zvinodiwa naIshe kuti ndiite semuranda Wavo, uye semuranda wenhengo yoga yoga yeKereke ino pasi pose, uye kunyanya semuranda weMutungamiri wedu anodikanwa, Muporofita wedu, Mutariri wedu, uye Mududziri wedu” (mu Conference Report, Gumiguru 1990, p. 67; kana *Ensign*, Mbudzi 1990, p. 51).

- Chii chatingadzidza pamusoro pekudaidzwa kwedu kushanda kubva muuchapupu hweMutungamiri Hinckley pamusoro pekudaidzwa kwavo.

Apo patinenge tasarudzwa kuchinzvimbo, tinodaizwa nemutungamiriri wedu weufundisi kuhurukuro yaparutivi. Panguva iyi anowongorora mabasa echigaro chedu chitsva uye anobvunza pamusoro pemamiro ezvinhu edu pachedu neemumhuri dzedu kutibatsira kuyera kana tichikwanisa kuzozadzikisa zvidikanwi zvenguva, gadziriro, kupinda misangano, kufamba, nezvimwe zvakadaro, zvinoenderana nechigaro chedu. Tinofanira kunzwisisa kuti tinodavira kuna ani uye kuti tingakumbira rubatsiro kubva kuvatungamiriri vapi. Dzimwe nguva mhuri inokumbirwa kuvumbisa rutsigiro rwavo kumunhu ari kutambira chigaro.

Mukuru Loren C. Dunn vakataura zvinotevera pamusoro pemamiriro echigaro chemuKereke: “Chigaro muKereke inyaya yako pachako uye inoyera, uye munhu wose anemvumo yokuziva kuti adaizwa kushanda muzita raMwari muchinzvimbo ichocho. Munhu wese muKereke ino anemvumo yokuziva kuti adeedzwa naMwari. Kana asina simbisiso iyoyo, zvino ndinofunga kuti anofanira kupa chigaro chake pfungwa yakakomba inomunamoto kuitira kuti agokwanisa kutambira izvo zvaanokodzero kutambira” (mu Confernece Report, Kubvumbi 1972, p. 20; kana *Ensign*, Chikunguru 1972, p. 44).

- Ungatambira sei simbisiso yokuti kudaidzwa kwaunotambira kunobva kuna Ishe?

### **Tinokwanisa Kutambira Sei Rubatsiro Mukuzadzikisa Zvigarro Zvedu**

Kunyangwe tichiziva kuti kudaidzwa kushanda kwauyanemufemero, dzimwe nguva tinonzwa kuti hatikodzeri, hatina kwaniso, kana kuti tinoty. Magwaro matsvene anotiudza kuti Moses, Jeremiah, Enoch, nevamwe vakasarudzwa naIshe vakataurawo kunzwa kwekusakodzera (onai Eki 4:10; Jeremiah 1:6; Moses 6:31).

Mukuru Richard G. Scott vakataura makundiro avakaita zvaivanetsa pavakadaidzwa kuva Mutungamiri Weruzhinji:

“Kunyangwe ndichinzwa kusakodzera kwangu pachangu, ndinonzwa kugadzikana. Nokuti Ishe vakati, ‘Kunyangwe ndichinzwa kusakodzera kwangu pachangu, ndinonzwa kugadzikana. Nokuti Ishe vakati, ‘Ezvo kana vanhu vakauya kwandiri ndichavaratidza kusasimba kwavo. Ndinopa kuvanhu kushaya simba kuti vave vakapfava; ezvo nyasha dzangu dzinokwana kuvanhu vese vanozvirereka pamberi pangu, nokuti kana vakazvirereka pamberi pangu, ezvo vaine rutendo mandiri, zvino ndichaita kuti zvisina simba zvive nesimba kwavari’ [Eteri 12:27]. . . .

“Ndinoziva huchokwadi wekurudziro dzeMweya Mutsvene. Munguva dzokudikanwa kukuru mushure mekurangarira nokunamamira kutambira simbisiso yenzira yasarudzwa pakuita zvinhu, kurudziro

idzodzo dzinopa kunzwa kwekugadzikana kuti inzira yakanaka” (mu Conference Report, Kubvumbi 1977, p. 104; kana *Ensign*, Chivabvu 1977, p. 70).

- Taridza posita yemashoko akaturwa notevera kana kuti mayore pabhodhi: *Tinodzidza mashandiro kuburikidza nekushanda*. (Spencer W. Kimball, “Small Acts of Service,” *Ensign*, Zvita 1974, p. 2)

Maererano nekunzwa kwedu kusakodzera mukuzadzikisa zvigaro zvedu, Mutungamiri Spencer W. Kimball vakatiudza: “Tinodzidza mashandiro kuburikidza nekushanda. . . . vakakosha kuti tizvisunungure uye kuti tive nechido chechokwadi muneavo Mwari vavakatipa sechikamu chezvigaro zvedu” (*Ensign*, Zvita 1974, pp. 2–3).

- Mutungamiri Kimball vakatiudza sei madzidziro atingaita kushanda? Vakaitiraira sei madzidziro atingaita kukunda kunzwa kwedu kwekusakodzera?
- Ratidza mufananidzo 28-a, “Zvigaro zvinotipa mukana wekuvandudzwa matarenda edu nekushandira vamwe.”

Tinokwanisa kuwana rutendo mukwaniso dzedu apo tinoona kuti Ishe vanoziva kwaniso dzedu, zvipo zvedu, uye zvatinokwanisa kudzidza, uye kuti neruzivo Rwavo, Vatarudza kushanda muzvigaro zvedu.

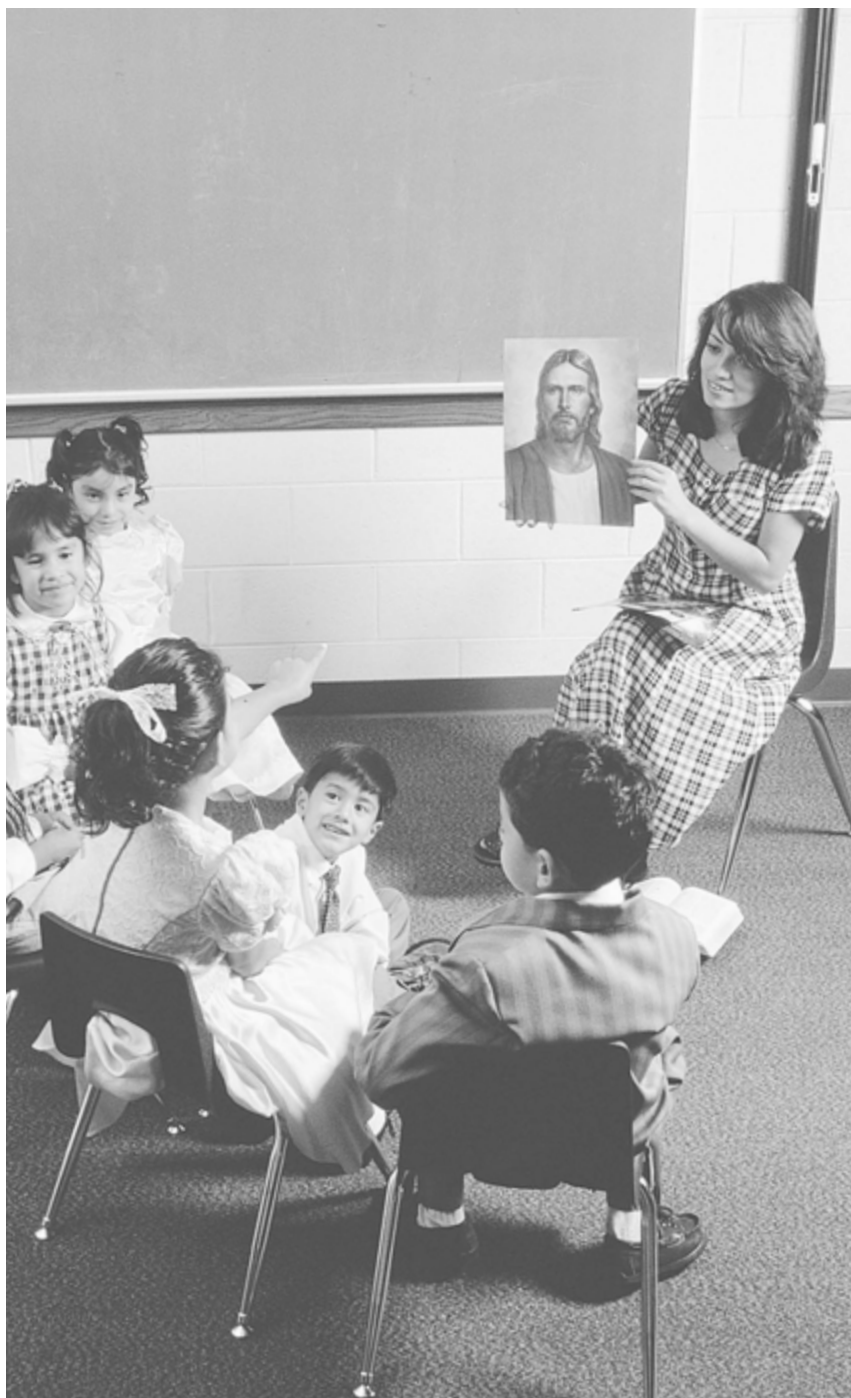
Bishopi kana mutungamiri webazi, wedunhu, kana wesiteki kazhinji anotipa ropafadzo kutibatsira kuita basa redu idzva. Uko kunonzi kutsaurwa. Apo patinodaizwa kushanda muKereke, hatitarisirwi kuzviita tega. Tinokwanisa kutambira simba, ushingi, nerubatsiro kubva kuna Ishe. Vakatiudza kuti tinokwanisa kuva neMweya Wavo “nomunamato weruvimbo” (D&Z 42:14). Tinovimbiswawo kuti kana takakodzera, tinogona kudzidziswa kubva kudenga nokuropafadzwa nesimba kuti tishande maererano nokuda kwake (onai D&Z 43:16).

Apo Mukuru L. Tom Perry vakadaidzwa kuChikwata cheVane Gumi neVaviri, vakati: “Kana uchigara pedyo nevhangeri, Ishe vanogara varipo pauri. Ndakazviona kuti ichokwadi kuti kana ndikaita chikamu changu, kana ndikadzidza nokugadzirira, Ishe vanogara vachisimbisa nzira yandinofanira kutora” (“News of the Church,” *Ensign*, Chivabvu 1974, p. 121).

- Sei zvakakosha kuti uve neMweya waIshe kukubatsira muchigaro chako?

Vatungamiri nevabati vemapazi, mawadhi, matunhu, nemasiteki vakadaidzwawo kutirayira nokutitungamirira muzvigaro zvedu.

- Ndevapi vamwe vatungamiri vanga kupa rubastiro?



*28-a, Zvigarozvivotipamikanyokukurudzirazvipozvedunokushandiravamtwe*



Pamusoro pemagwaro matsvene, tine mabhuku edzidziso eKereke. Kereke inoshambadzawo nhauro dzemisangano yeruzhinji dzinenge dzakapuwa nemuporofita nevamwe Vatungamiri Veruzhinji. Nhauro idzi dzakadhindwa mumamagazini eKereke. Munzvimbo zhinji nhauro dzacho dzinowanikwawo mukombuyuta paIndaneti. Tinofanira kudzidza nokutevera dzidziso nerairo dzinopiwa mumashoko akaferwa aya anobva kuvatungamiri vedu.

- Ungawana ruvimbo sei muzvigaro zvako nokutevera rairo yeVatungamiri Veruzhinji nokushandisa zvokuverenga zvinoshambadzwa zveKereke?

### **Basa Redu Pachedu kuZvigaro Zvedu**

Apo tinotambira basa muKereke yaIshe, tinova vatariri Vavo. Izvi zvinoreva kuti Vavimba nesu kuita mamwe mabasa uye kuti tiri vamiriri Vavo vanoita kuti abudirire. Zvinorevawo kuti tinozvidavirira kuna Ishe neruvimbo rwavaenge vatipa. Mumwe nomumwe wedu anopiwa utariri hweicho chatinenge tadaidzwa kuita.

- Umwe neumwe wedu anofanira kupa rondedzero yeutariri hwake kuna Ishe. Akativimbisa kuti avo vakatendeka muutariri vachagara nhaka yedzimba dza vakagadzirirwa naBaba (onai D&Z 72:3–4).
- Sei chigaro chose, muKereke chakakosha? Sei uchifanira kuita pamagonere aka ose kana uchishanda muKereke? (Onai D&Z 107:99–100.)

### **Magumo**

Sista Belle S. Spafford, vaimbova mutungamiri weruzhinji weBato raMadzimai, vakati: “Kudaidza kwaIshe, ‘Nditeverei,’ kunouya kwatiri muzuva rino zvechokwadi sokuuya kwakwakaita kuvateveri vavo vekutanga. . . . Basa ravo rinofanira kuenderera mberi. Kufambira mberi kwaro kuri pasimba ratinoripa. Nokuda simba redu, vanotambira utera hwedu. Mumwe nomumwe wedu anodaidzwa kune rimwe basa nokuda kwerimwe simba ratiinano. Ibaso redu kutambira daidzo dzavo, kuti tikure mukuvashandira” (*Women in Today’s World* [1971], p. 67).

Tine mikana yakawanda kushandira Ishe muKereke Yavo, uye tinofanira kutsvaka Kuzadzikisa utariri hwedu hwafemerwa nenzira iyo Ishe yavangada kuti tiuzadzikise nayo.

### **Zvokuita**

Yeuka kuti kushandira Ishe ipundutso. Yeukawo kuti Ishe vanofemera vatungamiriri Vavo kutidaidza kumushando weKereke. Mukuzadzikisa zvigaro zvedu tinofanira kutsvaka rubatsiro kubva kuna Ishe, vatungamiri vedu, magwaro matsvene, nemabhuku ano-

bvumidzwa neKereke. Tinofanirwa kuva nechido chokutambira basa rakazara kuutariri hwedu. Nyora pasi nzira dzuanokwanisa kunatsa nadzo utariri hwako mukuita basa rako remuKereke raunaro ikozvino.

### **Zvimwe Zvinyorwa Zvitvene**

- Mapisarema 100:2 (shumirai Jehova nomufaro)
- Johane 15:16 (berekai zvibereko)
- VaHeberu 5:4 (vanhu vanodanwa naMwari)
- Mosia 2:16–18 (mukushandirana tinoshandira Mwari)
- Dzidziso neZvimbumirano 105:35–37 (inzwi remweya rinoburitsa pachena anenge asarudzwa)

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### **Gadziriro yoMudzidzisi**

Usati wapa chidzidzo chino:

1. Verenga *Musimboti weVhangeri*, chikamu 28, “Mushando.”
2. Wongorora chidzidzo 12, ‘Hurongwa hweKereke’ mubhuku redzidziso rino.
3. Gadzira posita yataurwa muchidzidzo kana kunyora ruzivo rwacho pabhodhi.
4. Rongera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana mashoko akataurwa aunoda.

# KUKUDZIRIDZA HUTUNGAMIRI

*C h i d z i d z o 2 9*

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Chinangwa chechidzidzo chino kutibatsira kuva vatungamiri varinani uye vateveri varinani.

## **Kudikanwa kweVatungamiri Vakanaka Uye Vateveri Vakanaka**

Mutungamiri Spencer W. Kimball vakataura nyaya inotevera pamusoro pokutivatungamiri vanoshandura vateveri vavo sei:

“Makore mazhinji apfuura apo pandakanga ndiri muhutungamiri wesiteki muSiteki yeSt. Joseph muArizona, mumwe musu weSabata ndakaenda kunozadzika basa kuWadhi yeEden. Imba yacho yakanga iri diki, uye vanhu vazhinji vakanga vakagara pedyo nesu apo takanga takagara pakakwirira zvingangoita futu nehafu kubva paugariri hweimba yacho.

“Apo musangano waienderera mberi, ziso rangu rakakwezverwa kuvakomana vadiki vanomwe vakanga vari pachigaro chekumberi chekereke. Ndakafadzwa nevakomana vadiki vanomwe mumusangano wewadhi uyu. Ndakazviisa mupfungwa dzangu, ndokubva zvino ndavakutarisa kunezvimwewo zvinhu. Nenguva diki ndakatarisa zvakare kuvakomana vadiki vanomwe vaya.

“Zvaishamisa kwandiri kuti mumwe nomumwe wevakomana vadiki ava aisumudza gumbo rake rokurudyi oriisa pamusoro pebvi rokuruboshwe, uyezve nechinguvana vese vaichinja panguva imwechete voisa gumbo rokuruboshwe pamusoro pebvi rokurudyi. Ndakafunga kuti izvi zvaishamisa, asi ndakangoshaya hanya nazvo.

“Nechinguvana, vese pamwechete vaipurudzira vhudzi ravo nemaoko avo ekurudyi, zvino vese vakomana ava vanomwe vaikotamira zvishoma kumberi vakatsigira zviso zvavo nemaoko avo, uyezve pamwechete vodzokera kukupesanisa makumbo avo.

“Izvi zvaishamisa zvikuru, uye ndikapishanisa pfungwa dzangu nezvazvo apo pandaiedza kufunga zvandaizotaura mumusangano. Zvino pakarepo zvakuya kwandiri, ndakaziva kuti chii chaitika. Vakomana ava vainditevedzera!

“Zuva iroro ndakadzidza chidzidzo chohupenyu hwangu—kuti tino . . . fanira kuchenjerera chaizvo, nokuti vamwe vanotitarisa nokuwana matiri mienzanisa yavo” (mu Conference Report, Gumiguru 1974, p. 112; kana *Ensign*, Mbudzi 1974, p. 79).

Vanhu kwese kwese vanotzvaga munhu wokutevera—munhu anovatumungamirira. Mutungamiri munhu anoenda mberi kwevamwe kuvaraira kana kuvatumungamirira kana kuvaratidza maitiro avangaita chimwe chinhu. Vatungamiriri havango udzi vamwe zvokuita uye maitirwo azvo chete, zvinovataridzawo nemuenzaniso. Vatungamiri vanobatsira vamwe kukura.

▪ Taridza mufananidzo 29-a, “Sista achidzidzisa kubika.”

Tinotarisa kuvabereki vedu neshamwari dzedu nekuvanhu vemunzvimbo matigere nekuvatumungamiri vedu veKereke kuti tiwane rairo nehutungamiri. Tinoteerera kumashoko avo nokutarisa zviito zvavo. Kazhinji tinorarama hupenyu hwedu tichitevedzera mazano avanenge vatipa, kana kuti tinotevedzera zvatinoavaona vachiita. Vadzidzisi vanotitungamirira pavanotidzidzisa uye tinodzidza kutevera mirairo yavo.

- Bvunza masista mibvunzo inotevera uye nyora mhinduro dzavo pabhodhi rechoko: Ndehupi hunhu hwevanhu vaungada kutevera?
- Chii chatingaita sevateveri chingabatsira vatungamiri vedu?
- Kukudziridza hunhu uhwu kungakubatsira sei kuva mutungamiri akanaka pamwepo nokuva muteveri akanaka?

Mumwe nemumwe wedu mutungamiri. Tingangoti munhu wese pane imwe nguva, kune imwe nzvimbo, neimwe nzira anotungamirira mumwe munhu kana boka revanhu. Hupenyu hwedu hunobata hupenyu hwevamwe, uye tinovapindura kunyangwe tichida kana kuti tisingadi kuzviita. Shanduro yedu, iyo yakasiyana kubva kuneyaani zvake, ndiyo hutungamiri hwedu.

Vatungamiri havafanirwi nguva dzose kunge vakabata chigaro mubato rakarongwa sezvakaita Kereke kana kuti muvanhu matigere. Mikana yehutungamiri yakasiyana siyana uye inouya munzvimbo dzose dzohupenyu hwedu: mudzimba dzedu nemhuri neshamwari, munzvimbo matigere, nemuKereke.

- Ndedzipi dzimwe nzira dzauri kana kuti dzaungava nadzo mutungamiri mumba mako? Munzvimbo mauri?

Sezvo neimwe nzira tese tese tiri vatungamiri, zvakakosha kuti tidzidze kuva vatungamiri vakanaka. Neumhizha hwehutungamiri hwakanaka, tinokwanisa kuzvinatas, kubatsira vamwe, nokusimbisa ukama



*29-a, Sista arikudzidzisa kubika*

hwedu neshamwari dzedu nenhengo dzemhuri dzedu. Sevatumgamiri vemhuri dzavo, vabereki vanofanira kuvavarira kuva vatungamiri vakanakisa kusvika pazvinobvira. Kwaniso dzehutungamiri hwakanaka dzinotibatsira kushanda noruyanano nemhuri dzedu, neshamwari dzedu, uye nevavakidzani vedu.

Sezvo Kereke yakarongwa munyika dzose dzepasi uye basa raIshe richiramba richikura, vazhinji vedu vachadaidzwa kutungamirira vamwe.

Mukuru Sterling W. Sill vakasimbisira kukosha kwevatungamiri vakanaka pavakati, “Musoja anokwanisa kurwa zvakasimba, mutengesani anokwanisa kutengesana zvinhu zvakanakawanda, mwana anokwanisa kuita basa rokuchikoro ririnani, uye mumishinari anokwanisa kutendeutsa vakanakawanda kana akashanda ari pasi perairo yemunhu anoziva kudzidzisa nokukurudzira nokutirena nokuraira nokuda nokurumbidza nokuita izvo zvimwe zvinhu zvakanakosha [zvinoitwa nevatungamiri vakanaka]” (“The Problem Is Always the Same,” *Ensign*, Kurume 1973, p. 34).

Tinokwanisa kukudziridza kwaniso yokutungamirira kana tikashada pairi. Tinofanira kuzvigadzirira nokudzidza misimbotei yehutungamiri hwakanakana kuburikidza nekusimba kwedu muKereke. Zvino tinofanira kurarama misimbotei iyi muhupenyu hwedu hwamazuva ose.

### Jesu Ndiye Mutungamiri Akarurama

- Taridza mufananidzo 29-b, “Jesu Kristu neVaApostora.”

Jesu Kristu aiva muenzaniso wemutungamiri akarurama nokuti Akadzidza kutevera zvakarurama chido chaBaba Vake. Kuti tive vatungamiri vanobudirira zvechokwadi, tinofanira kudzidza kuteerera yambiro myoronyoro yeMuponesi, “Huyai, . . . munditeveri” (Marko 10:21). Izvi zvinoda kuti tidzidze kuita zvakanakaitwa neMuponesi uye titevere muenzaniso Wake. Zvinotevera ndehumwe hunhu hwehutungamiri hwatinokwanisa kudzidza kubva kuMuponesi:

*Jesu Aizvigadzirira.* Aitsanya, nokunamata, nokudzidza, nguva dzose achitsvaka kudzidza chido chaBaba. Tinokurudzirwa kudzidza noku-zvigadzirira (onai D&Z 88:118–19). Apo tinotsanya, nokunamata, noku-dzidza, tinokwanisawo kuziva chido chaBaba vedu Vokudenga nokuwedzera kwaniso yedu yekushandira vamwe sezvaVangada kuti tiite.

*Jesu aida vanhu vaAitungamirira.* Rudo pamwe ndirwo chinhu chinonyanya kukosha chingava nevatungamiri, nokuti zvinoreva kuti vane hanya yechokwadi kuna avo vavanotungamirira. Kana vachida avo vavanotungamira, vanoda kuvabatsira kubudirira pazvinangwa zvavo. Senhengo dzeKereke yaJesu Kristu yaVatendi vaMazuva Ekupedzisira, tese tine chinangwa chimwechete— kudzokera kunogara naBaba vedu Vekudenga muhumambo hwepamusoro soro. Panguva dzose nemu-



29-b, Jesu Kristu nevaApositora

nzira dzose mumabasa edu ehutungamiri, kuburikidza nemurudo hunoita kuti tikwanise kubatsira vamwe kubudirira pachinangwa ichi. Rudo ikurudziro inesimba zvikuru. Mukuru Neal A. Maxwell vakati: “hutungamiri rudo ruri kushanda” (. . . *A More Excellent Way* [1967], p. 44). Tinofanira kuyeuka yambiro nyoro nyoro yeMuponesi: “Danai; sezvandakakudai imi” (John 13:34).

- Sei rudo ruchinyanya kubudirira kupinda kumanikidza pakushanda navamwe?
- Kwaniso yedu yekuda inganatsa hutungamiri hwedu sei, kunyanya mudzimba dzedu?

*Jesu Aidzidzisa Vadzidzi Vake chinangwa chebasa rake.* Aivabatsira kunzwisisa chikamu chavo mubasa rake nokuwana nzwisiso yemabasa avo akakosha. Tinofanira kupa avo vanozotevera hutungamiri hwedu nzwisiso yatinayo yechinangwa chebasa redu uye tinofanira kuvabatsira kunzwisisa chikamu chavanofanira kuita ivo.

- Kubatsira vana kunzwisisa chinangwa chavo mumhuri dzavo kugavabatsira sei kutevera zvirinani hutungamiri hwevabereki vavo?

*Jesu Aimisa hutungamiri hwake pamisimbote yesarudzo.* Haana kumanikidza vadzidzi vake kuMutevera. Akavakoka kuuya kwaAri.

Sarudzo musimbote mukuru wevhangeri raJesu Kristu. Apo tinoedza kumanikidza ani zvake kutevera, tinenge tavakushandisa nzira dzaSatani. Kana tichida kutungamirira nenzira seyaKristu, tinofanira kubvumira vamwe rusununguko rwekusarudza. Mukutsanangura zvaAitarisira kubva kuvadzidzi vake, Jesu akataura chokwadi. Apo tinotungamira, tinofanirawo kuita kuti vamwe vazive zvatinotarisa kubva kwavari, uye zvavangatarisira kubva kwatiri. Apo tinovapa mabasa, tinofanira kunyatsotsanangura mabasa avo, nguva yaanotora, misangano yavanofanira kupinda, uye zvanofanira kubudirira pazviri. Zvino tinofanira kuremekedza saurdzo dzavo maererano nemabasa aya.

- Sei zvakakosha kuti vanhu vazive zvinotarisirwa kubva kwavari vasati vatambira basa? Kupa vana mirairo kungavabatsira sei kuita mabasa avo mumba zvirinani?

*Jesu Aipa vadzidzi vake mabasa aiva nemusoro uye aida kushandisa pfungwa chaizvo.* Mabasa anemusoro uye ane chimuko anotibatsira kunzwa kuti tinodikanwa. Kukumbira vanhu kuita zvinhu kuitira kuti vangowana zvokuita chete kazhinji hakubuditsi zvibereko zvakanaka. Sevatungamiri, tinofanira kubatsira vateveri vedu kunzwa kuti zvavanoita zvakakosha. Apo tinotungamira, tinofanira kuva nechokwadi



kuti hatitambise nguva yavamwe nokuvapa mabasa asingadikanwi kuitwa. Zvinsinei munhu wose anofanira kuti pane dzimwe nguva pane mabasa anofanirwa kuitwa asi anonetesa uye asinganakidzi kuita. Tese tese tinofanira kuva nechido chokutambira mabasa aya pamwepo naayo anotaridzika kuti akareruka kana ayo anounza kuzikanwa nerumbidzo kubva kuna vamwe.

*Jesu Aitaridza kuti Aiva nebasa zvese kuchinangwa chake nokuvanhu vaKe.* Ainzwa kuti raiva basa rake kubatsira vanhu vaKe kukura. Akanga asingagodi kuvaka umambo hwaBaba vaKe chete, asi aidawo kuponesa vanhu vaKe. Muporofia Joseph Smith vakataura zano iri rimwechetero pamusoro paVatendi pavakati: “Ndinovadzidzisa misimboti kwayo, ivo vozvitonga” (sekutorwa kwazvakaitwa ne John Taylor mu “The Organisation of the Church”, *Millennial Star*, 15 Mbudzi 1851, p. 339). Ichi ndicho chinofanira kuva chinangwa chedu— kubatsira vateveri vedu kukura nokuwana ruponeso.

- Sei zvakakosha apo patinenge tichitungamirira vamwe kuchengeta ruponeso rwavo rwuri mberi kwepfungwa dzedu?

*Jesu Aiva muteereri akanaka.* Aiiwa nemweya werudo norumbvumo waiita kuti vateveri vake vagadzikane, nokuti aiteerera nenzeve inerudo. Aitora nguva kuteerera kwavari nokunzwisisa zvidikanwi zvavo (onai Ruka 7:1–10; Johane 8:1–11). Nesuwo tinofanira kushandisa hanya yorudzi urwu.

*Jesu kazhinji aibatsira vateveri vaKe kunyatsofunga mazano avo pachavo nokuvabvunza mibvunzo.* Izvi zvaivabatsira kunzwisisa zvaAiedza kuva dzidzisa (onai Mateo 16:13–19; 19:16–22; Johane 21:15–17). Kuva vatungamiri vakanaka, tinofanira kubatsira vanhu kugadzirisa matambudziko avo pachavo nokutarisana nezviyedzo zvavo. Tinokwanisa kuvabvunza mubvunzo kuvabatsira kufunga zvavangaita kugadzisira matambudziko. Tinofanira kutaura ruvimbo mavari nokuvakurudzira kuwana gadziriso nokuita sarudzo Sevanhu venyama tinozviwana zvakaoma zvikuru kuita sarudzo dzakachenjera pachedu nguva dzose. Tinowana ushingi nesimba murubatsiro rwavamwe. Tinofanirawo kutsvaka simba nerubatsiro runobva kuna Baba vedu Vokudenga kuburikidza nemunamato wechokwadi.

please translate ‘adapted from’ in reference *Jesu Akanga asingatsauki mukuteerera mirairo.* Akanga Asingachinji maitiro ake kana tsika dzake kufadza vamwe. Airarama hupenyu hwemuenzaniso. Apo tinotevera muenzaniso wake nechido nokudzora zviito zvedu muururami, tinozova mienzaniso yakanaka kuvateveri vedu. Tinofanira kurarama mumwero wevhangeri munzira dzose. (“Leadership qualities,” adapted from Neal A. Maxwell, *A More Excellent Way*, pp. 53–54.)

- Sei muenzaniso wako chiri chikamu chakakosha chehutungamiri hwako? Unodzidzisa sei uye unodzidzisa chii nenzira yaunoramrama?

### **Kutevedzera Muenzaniso waJesu weHutungamiri**

Mumwe mudzimai wechidiki akataura nyaya inotevera pamusoro peshaduro inesimba yemuenzaniso wakarurama:

“Panguva yandainge ndichiri kuchikoro chepuraimari nechesecondari, urwere wainditadzisa kuenda kuchikoro nekuKerere kwenguva zhinji yacho. Apo pandaikwanisa kuenda, ndakanga ndisingakwanisi kutora chinhanho muzviitwa zvipi zvazvo. Sezvo ndakanga ndisingakwanisi kuita shamwari kana kupinda muhupenyu hwavo zvakanaka nemami-riro ezvinhu aya, ndaigara ndiri ‘ndenga.’

“Kamwechete ndiko kandakaedza kutyora maitiro aya—nokupinda—mumakwikwi ekutaura. Ndini chete ndakapinda mumakwikwi kubva muwadhi yedu, saka vasina kunzwa nhaurwa yangu, vatungamiri vewadhi vakanditumira kumakwikwi esiteki, uko kwandakafoira zvai-nyadzisa. Ndakasarudza ipapo kuti handaizoita chinhu chakadaro zvakare, uye handaizorwadziswa kudaro zvakare.

Asi mudzidzisi wangu andaida chaizvo uye uyo aindidawo chaizvo akasarudza zvakasiyana nezvangu. Kokutanga, ndakanga ndiine mudzidzisi akanga asingadi kundirega ndigere ndakanyarara mukona. Akapuwa chinzvimbo chemubati wechigaro chechirongwa chemabiko esiteki uye pakarepo akabva andipa basa rokuva mutungamiriri wemabiko, ndichifanira kusarudza zvaizoitwa, nokupa mazano nemi-soro yenyaya dzaizopiwa. Ndakamuudza kuti ndakanga ndisingakwa-nisi kuzviita. ‘Hongu unokwanisa,’ akandivimbisa nguva ne menguva, ‘nokuti ndichakubatsira pazvinhanho zvose.’

“Ndaimuda chaizvo zvokuti ndaida kumuyedzera, kunyangwe mumoyo mangu ndaiziva kuti ndaizofoira. Chokutanga iye neni taka-kurukura nezve misoro yenyaya yataikwanisa kushandisa. Apo pata-kazosangana neKomiti yevasikana, zvisinei, akaita kuti ini ndivataurire mazano angu. Haana kumbotaura kuti akanga atora chikamu maari. Ndakanyora nhauro yangu, uye nemazano ake akanyatsofungwa erudo, ndakadzokorora kuinyora kakawanda kusvikira kana ini ndava kuona kuti yakanga yanaka chaizvo.

“ ‘Asi,’ ndakamuudza, ‘handikwanisi kumira pamberi pevasikana mazana matatu ndichiipa. Handizotaridziki zvakanaka, uye handina kunaka kana chimiro changu hachina kunaka, ndinozoshatisa manheru ose.’ Neruoko rwake rwakandimbundira, akati, ‘Ndizvo zvisina maturo izvozvo; ndiwe uchava nyeredzi inopenya manheru iwayo!’

“Saka akateerera ndichiita chikamu changu nguva dzakawanda, mumwe musiki akanditora [kuenda ku otera kwaizoitirwa mabiko] kunodzidzira. Akaronga kuti maikirofoni ivepo kuitira kuti ndikwanise kuva nemamiriro azvaizoita chaiwo. Zvino akakumbira kuona direzi randaizopfeka. Akaunza maruva epachifuva ayo akanga asina kungofanana nedirezi rangu chete asi akaitawo kuti ndifare chaizvo. Akaita kuti mugadziri weVhudzi wake angadzire vhudzi rangu nenzira yakaita kuti nditaridze kuva munhu akanaka uye akatsiga.

please translate ‘script for’ and ‘produced at’ in reference “Asi kukunda zvose, akagwandama neni mutambo usati watanga, akatsanangura kuna Ishe kuti ndaiva musikana akanaka akanga ashanda nesimba guru uye ndaida rubatsiro rwaVo kuti ndiite basa rakanaka. Ndaizofaira sei nerudo rwaVo nerwemudzidzisi wangu rwakandikomberedza kudaro?” (script for “*A More Excellent Way*,” produced at Chikumi Conference, 1968, pp. 5–7).

- Chii chakaitwa nemutungamiriri uyu chakabatsira musikana wechidiki uyu? (Nyora mhinduro pabhodi uye kurukura imwe neimwe sehunhu hwehutungamiri.) Mutungamiri uyu aitevera muenzaniso waJesu sei muhunhu hwake hwehutungamiri?

### **Kukudziridza Hutungamiri Mumba**

Vatungamiri vedu veKereke vanogara vachitaura uchapupu hwakasiimba hwekukosha kwemumba mukukudziridzwa kweumhizha hwehutungamiri sehwa Kristu.

“Nokuti kudikanwa kwehutungamiri kunowedzera nekukosha kwebato rahunoshandira, hutungamiri mumba hunotora kukosha kukurusa kusvika pazvinobvira. ‘Hakuna kumwe kubudirira kungaripira kuko niwa mumba.’ (Mutungamiri David O. McKay [quoting J.E. McCulloch].) Chiumbo chokutanga panava ndipo panomirira mufaro wemunhu wose imhuri” (Sterling W. Sill, *Ensign*, Kurume 1973, p. 34).

Mumba ndimo matinotanga kudzidza kushanda navamwe, kubudirira pamabasa, kugovera mabasa uye kukumbira rubatsiro. Mumba, rudo nehanya yechokwadi kuna vamwe zvinofanira kuva tsika inotonga.

Mamiriro emumba aneruramo anokwanisa kutungamirira kukudziridzwa kwehunhu hunozobatsira zvese vana nevabereki kuva vatungamiri vakanaka. Tinokwanisa kuumba kunzwa kwekukosha munhengo dzemhuri yedu nokuvapa mikana yokukudziridza zvipo nokuita mabasa zvakanaka uye zve nokurumbidza nokukurudzira kuedza kwavo. Vana vanoumba kunzwakweruvimbo apo vanopuwa mabasa okubatsira nawo avanokwanisa kubudirira paari. Mudzimba medu ndimo matinotanga kudzidza kutaura navamwe nokutambira mazano, matinodzidza magadzirisiro ekupesana nokukunda zvinetso.

Tinokwanisa kudzidza mudzimba dzedu kutevera mienzaniso yakana nokuva mienzanisa yakanaka kuna vamwe.

Vabereki vanofanira kumisa muenzaniso wekushanda muKereke nemaitiro akanaka anechido. Izvi zvinofanirawo kuva chokwadi pamushando wavo mumba nemavagere. Mienzaniso yavo yakarurama inozokurudzira vana vavo kudzidza kuva vatungamiri vakanaka. Zvakakosha kuti vana vatsigirwe nekukurudzirwa mumabasa avo ehutungamiri. “Kuzvipa nguva yekudzidzisa umhizha hwehutungamiri Zvisiri Zvemukirasi kumba Zvinoita kuti vana vedu vagadzirire kuzotarisanana nemabasa ne zviyedzo zvehutungamiri” (Neal A. Maxwell, . . . . *A More Excellent Way*, p. 132).

- Kupa vana mabasa emanheru emhuri pamba kunobatsira sei kuti vakudziridze umhizha hweutungamiriri? Kushanda pamwepo semhuri kunokudziridza hutungamiri munhengo yega yega sei? Vana vedu vakuru vangakudziridza hutungamiri mumhuri sei?

### **Magumo**

Tese tiri vatungamiri kune mumwe munhu, kunyangwe zvisiri zvapamurau semufambidzani, shamwari, kana mudikanwi, kana kuti zvepamurau nekuva nechigaro muKereke, munzvimbo matiri, nemamwe mapato epamurau. Mikana yedu yehutungamiri senhengo dzekereke iri kuwedzera. Tinokwanisa kudzidza kuva vatungamiri varinani nokutevera muenzaniso waJesu nevatungamiri veKereke. Basa rehutungamiri rinokoshesesa kuvabereki ririmhuri, umo matinofanira nemuenzaniso wedu pachedu pamwepo nemashoko, kukurudzira nokubatsira vana vedu kuva vatungamiri vakanaka.

### **Zvokuita**

Funga mumwe munhu akakushandira, kukudzidzisa, kana kukutungamirira. Zvibvunze kuti munhu iyeye akaita chii chaizvo chakakubatsira. Edza kukudziridza hunhu humwechetehwo muhupenyu hwako.

Rongai semhuri kupa munhu wega wega mukana wekukudziridza hutungamiri muzviitwa zvemumanheru emhuri pamba. Dzidzira kuva mutungamiri akanaka nemuteveri akanaka muhukama hwako nevamwe kumba, munzvimbo matiri, nekukereke.

### **Zvimwe Zvinyorwa Zvitsvene**

- Zvirevo 4:11 (Mwari vanofamibisa pamakwara akarurama)
- Johane 13:15 (tevedzerai muenzaniso waKristu)
- 1 Nefi 3:7 (Mwari vanotibatsira kubudirira pabasa redu)
- Mosia 2:17 (apo tinoshandira vamwe, tinoshandira Mwari)

- Dzidziso neZvibvumirano 58:26–28 (tinofanira kuita zvinhu zvakanaka)
  - Dzidziso neZvibvumirano 121:41–44 (mienzaniso yehutungamiri hwakafanana nehwa Kristu)
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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Wongorora “Upenyu hwaKristu,” chikamu 11, *muMusimboti weVhangeri*.
2. Rongera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana Mashokoakaturwa aunoda.

# KUDZIDZA KUGOVERA VAMWE BASA

*C h i d z i d z o 3 0*

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Chinangwa chechidzidzo chino kutibatsira kudzidza kuti kugovera vamwe basa kune uchenjeri kunotibatsira kuzadzikisa mabasa edu.

## **Kukosha kwekugovera vamwe basa Zvineuchenjeri muHutungamiri**

“Nguva zhinji muhuduku hwangu ndaitarisa Samson, bhiza rakanga rakanaka riri bvumbu rakasimba zvinoshamisa uye rakareba zvokuti kwandiri raitaridzika kunge ziguru guru. Asi kunyangwe rakanga rakakura, raiva nyoro uye rine hushamwari, uye raifarira zvinhu zvinotapira zvokuti raigutsurira musoro mukutenda paraifidhwa. Munhu wese airida.

“Samson raiva bhizha raisungwa mberi kwemamwe uye raimira zuva nezuva pazasi pechikomo chakakwirira rakamirira mitoro yairema yaida kudhonzwa. Samson raigara richidhonza riri kumberi kwemamwe mabhiza. Apo rori ine mutoro payaiuya raisumudza nzveve dzaro mudenga nokutsika tsika pasi netsoka dzaro richifarira—zvai-  
reva mukana wekutaridza simba raro.

“Samson raifarira kuonererwa. Apo muchengeti waro paairitungamirira kumutoro nokurisungirira kumajoko, rakanga risingamiriri mamwe mabhiza—rakanga riri Samson! Nemusoro uri pasi, mabvi achiita seachabata pasi, tupfarivari tuchibhururuka kubva mumatsimba aro, raidhonza mutoro wese iro chete. Rakanga risingabvumiri mamwe mabhiza kudhonza chikami chavo.

“Takabvunza muchengeti waSamson kuti sei rakanga risingapiwe zororo kubva kunzvimbo yaro yemberi nokuiswa kumashure semamwe mabhiza. Akatiudza kuti Samson rairamba kudhonza kana rai-  
swa kumashure nemamwe, nokuti rakanga risingakwanisi kuonererwa riri ikoko. Rairamba kuita zvaraiudzwa kusara kwekunge riri kumberi, richiita zvose iro roga.

“Rimwe zuva Samson rakanga risina kumira pazasi pechikomo, asi rimwe bhiza ratanga tisingazivi raiva panzvimbo yaSamson. Ndakabvunza nemisodzi kwaiva naSamson uye muchengeti waro aka-

ndiudza kuti rakanga rafa. Rakanga rafa nemoyo—kana kuti nema-mwe manzwi, nokusevenza zvapakfuuridza.

“Vatungamiri vazhinji vakafanana naSamson, vachida basa rese nerumbidzo yese kuti zviuye kwavari uye vachiramba kushanda navamwe. Simba reKereke isimba rakabatanidzwa—uye rinotambiswa neavo vanoedza kudhonzwa mutoro wese vari voga.

“Hamuna nzvimbo yavana Samson muKereke, nokuti vatungamiri vakachenjera vanogoverana basa!” (Frederick. W. Oates, *Millennial Star*, Kurume 1959, p. 129).

Kana tiri vatungamiri vakachenjera, tinogoverana nevamwe vanhu mutoro wedu wehutungamiri. Nekugovera mamwe mabasa kune vamwe, tirikutovapa mikana yokushanda. Jethro, tezvara vaMoses, vakamupa rairo yakakosha pamusoro pechinangwa chekugovera basa kune vamwe vanhu.

- Verenga Eksodo 18:13–23. Ndezvipi zvikonzero zvakapuwa Mosesi naJethro zvokugovera basa kuna vamwe? (Onai Mavesi:18, 21–23.) Zvikonzero zvimwechetezvo zvinoshanda sei kwauri nhasi mukuza-dzikisa mabasa ako muKereke?

Apo tinogovera basa, tinobvumira vamwe kutimirira. Tinovapa simba nemvumo yokuita zvinhu vakatimirira. Mukereke tinokwanisa kuvakumbira kutungamirira musangano, kuverenga chinyorwa chitsvene, kutaura nyaya, kugadzira zvokushongedza nazvo, kana kubatsira nedzimwe nzira. Mudzimba dzedu tinokwanisa kurongera vana vedu kubatsira nekubika zvokudya, kutsvaira, kurima gadheni, kana kuita mamwe mabasa. Tinogovera basa nokuti tinoziva kuti hatikwanise kuita zvinhu zvose isu pachedu. Apo patinogovera basa, tinopawo vamwe mikana yokukura nokukudziridza zvipo zvavo.

Kana tikagovera basa zvakachenjera uye kana tikatambira mabasa atinopuwa nevamwe, tinofanira kukwanisa kushanda noruyanano navo. Tose tinofanira kukwanisa kushandira Baba vedu voKudenga zvirinani nokuti tinozokwanisa kubudirira pabasa redu nokukurumidza uye zvakanaka. Vatungamiri vakachenjera vanoburitsa zvibereko zvinogutsa nokudaidza vanhu vane zvipo zvakasiyana siyana nekwaniso dzakasiyana siyana kuti vavabatsire.

### **Mutoo waJesu weKugovera Basa**

Mutungamiri Ezra Taft Benson vakatiudza kuti “hwaro hwenyika chaihwo hwakamiswa nemvumo yakanga iri yokupuwa. Nguva zvinji Jesu aiyeuchidza vanhu kuti basa rake panyika raiva kuburikidza nemvumo yaakanga apuwa. . . .

“Achitaura kumaJuda muSinagoge, Jesu akavaudza kuti akanga atumwa naBaba vake ‘Nokuti handina-kuburuka kudenga, kuti ndiite kuda kwangu, asi kuda kwowakandituma’ (Johane 6:38)” (*God, Family, Country: Our Three Great Loyalties* [1974], p. 133).

Kuburikidza nedzidziso nemuenzaniso wake, Jesu akatipa zvidzidzo zvakawanda mukuva vagoveri vamabasa vakachenjera uye vanobudirira.

Chokutanga, Jesu akamisa kereke yake pahwaro hwemvumo yoku-piwa. Apo paakanga ari pasi, Akadaidza vaapositora nevanemakumi manonwe kuti vamubatsire kutungamirira mabasa eKereke.

Akagoverawo mamwe mabasa kuna vamwe. Vese vaifanira kubatsira mukuvaka humambo hwake uye, nomukushanda kwavo, vakakudziridza kwaniso dzavo pachavo. Kuburikidza nokugovera basa, Jesu akabatsira kusimudzira nokuponesa vanhu pachavo. Kereke nhasi inoshanda nemusimboti mumwechetewo. Tinobatsira kudzidzisa vamwe muhutungamiri nokunyatsogovera mabasa kwavari. Nokutevedzera mutoo waJesu tinokudziridzawo kwaniso yedu pachedu yekugovera nokubudirira pabasa.

Chechipiri, Jesu aitsanangura mabasa nemitoro yeavo vaainge asarudza kuti vamubatsire kuita basa rake. Haana kuvadaidza kuva vaApositora ndokuvasiya vasina rairo. Ainzwisisa zvaidiwa kubva kwavari, uye Akavadzidzisa zvavaifanira kuita. Akavapa chiratidzo chezvinhu zvavaikwanisa kubudirira pazviri. Akavakurudzira kuona zviyedzo nemibairo yokuMutevera.

- Sei zvakakosha kuti ubatsire avo vaunenge wagovera basa kunzwisisa zviyedzo nemibairo zvemabsa avo kana zvigaro zvavo?
- Chii chaungaita kunzwisisa kuti zvose zviyedzonemibairo zvinouya nechigaro choga choga chaunotambira?

Apo tinogovera mabasa kuna vamwe, tinofanira kuvataurira zvatinotarisisira kubva kwavari uye tinofanira kuvatsanangurira mabasa avo zvakazara. Tinofanira kutevera muenzaniso wakamiswa naJesu paAkaraira vaApositora vake Asati Avatuma mberi kunoita basa rake. “Kwenguva mushure mekugadzwa kwavo vaapositora vakaramba vaina Jesu, vachidzidziswa nokurairwa zvakakosha naYe kubasa ravai-zofanira kuita, pashure varairwa pane zvavaifanira kuita chaizvo vakatumwa mberi kunoparidza nokuita mumvumo yehufundisi hwavo” (James E. Talmage, *Jesus the Christ*, 3rd ed. (1916), p. 228).

- Sei zvakakosha kuti vanhu vanzwisise chaizvo zvinotarisisirwa kubva kwavari apo pavanokumbirwa kuita rimwe basa?



Kana tichinge tagovera nokutsanangurira vamwe zvakazara mabasa avo, tinofanira zvino kuchitaridza ruvimbo rwedu mukwaniso yavo nokuvabvumira rusununguko kuzadzikisa mabasa avo. Tinofanira, zvisinei kuvapo kupindura mubvunzo yavo nokupa rubatsiro parunge ruchidikanwa.

- Basa romutungamiri chii kana achinge agovera mumwe zvokuita? Basa romutungamiri nderipi kumunhu waanenge agovera basa?

Chechitatu, Jesu aikumbira marhipoti kubva kuna avo vaainge apa mabasa?

- Verenga Marko 6:30. VaApositori vakaudza Jesu chii?
- Sei zvakanosha kutambira marhipoti kubva kuna avo vatinenge tapa mabasa?

Tinofanira kudzidza kubva kuna vamwe. Vatungamiri vakachenjera vanoziva kuti vanofanira kudzidza kubva kune vamwe vanhu vane mazano akanaka uye vanozokumbira mazano kubva kwavari. Vanoziva kuti vamwe vanhu vakakosha uye vanovabatsira kunzwa kuti vane chikamu chakanosha chebato kana mhuri.

Chechina, Jesu aidzidzisa nemuenzaniso wake kuti vatungamiri vanofanira kupa rumbidzo netsiuro mumweya werudo. “Apo basa parine nge rapiwa, mutungamiri haakanganwi munhu apuwa basa kana basa rake. Anotevera nechido asi ‘haatarisi nemubendekete.’ Anopa rumbidzo painenge ichikodzera. Anopa kurudziro inobatsira painenge ichidikanwa. Apo paanonzwa kuti basa harisi kuitwa uye shanduro inodikanwa anoita neushingi nesimba asi nemutsa. Apo nguva yepachigaro painenge yapedzwa, anopa rumbidzo, anopa rumbidzo nerutendo” (Ezra Taft Benson, *God, Family, Country*, p. 140 ).

- Verenga Mateo 25:23. Ungataura rutendo rwako kuna vamwe sei?

### **Kugovera seRubatsiro rwekubudirira paMabasa edu?**

Zvigarro zvedu kazhinji zvinoda kuti tizadzikise mabasa akasiyana siyana. Imwe yenzira yatinokwanisa kuazadzikisa kuburikidza nekugovera kwakachenjera. Apo tinokura muKereke, tinowana mikana yakawanda yokugovera nokuita mabasa anenge agoverwa kwatiri. Tinofanira kuramba tiri mumiganhu yemabasa neutariri hwedu pachedu kwete kutora mabasa anenge apuwa mumwe munhu.

Mutungamiri N . Eldon Tanner vakataura chitiko chinotevera pamusoro pekugovera basa: “Mwanasikana wangu akanga ari Mutungamiri weSiteki weBato reMadzimai . . . akauya kwandiri mumwe musiki akati “Munoziva, Baba ndinenge ndisiri kukwanisa kuita kuti mumwe wevatevedzeri vangu atambire mabasa ake. Ndino muudza zvokuita,

anobvuma kuzviita, asi zvino ndinowana zvisina kuitwa uye ndobva ndozviita ini pachangu.” Ini ndikati, ‘Unoita sei?’ akati, ‘Zviri nyore kungozviita pane kumuita kuti azviite.’ Zvakanaka, ndakagara pasi ndikamuraira kwekanguva ndikamuudza . . . kuti apo unoronga basa, uye wogovera mvumo iyi asi zvino waita basa racho, unenge watosunungura munhu wacho kubva pabasa iroro . . . Zvakakosha kuti uva-dzidzise kuita basa ravo pachako” (*Relief Society Courses of Study*, 1976–77, pp. 121–22).

- Mutungamiri Tanner vakayeuchidza mwanasikana wavo kuitei sechikamu chokugovera basa? Njodzi iripapi mukuita basa racho pachako mushure mokunge waripa kune mumwe munhu?

Kukwanisa kugovera basa nokuzoswedera kure kubva mukuita zvakananyanya kuwanda isu pachedu kwakanyanya kukosha kuna avo vedu vari vana amai. Sevutungamiri vevana vedu tinofanira kugovera mabasa kwavari mudzimba dzedu. Kana vana vachiziva kuti mamwe mabasa ndeavo uye haazoitiwi nemumwe munhu, vanoziita hanya huru kuona kuti basa ravo raitwa. Amai vasingabvumiri vana vavo kuzadzikisa mabasa avanenge vavapa varikuvadzivirira kubva kudzidzo yakanaka uye inofanirwa.

Kugovera kunozorerutsa basa mudzimba dzedu, sezvakunozoitawo mumabasa edu ekukereke. Hakuna amai vanombofanira kuita basa rose mumba mavo. Chinhu chakadaro hachina kunaka kwatiri kana kuvana vedu. Tinotaridza rudo rwedu kuvana vedu apo patinovapa zvinhu zvinovaka zvokuita. Kune zvinhu zvakawanda mumba zvinkwanisa kuitwa nevana kana amai vakaronga mabasa acho emumba maererano nekwaniso dzevana vavo. Apo pavanopiwa mabasa emazuva ose, vana vanowana dzidziso nemikana yakanaka yokukura. Panguva imwecheteyo, vana vanotibatsira. Apo vana pavanobatanidzirwa mukutaridzika nekurongwa kwedzimba dzedu, vanova nechido madziri.

Apo patinogovera mabasa kuvana vedu, tinofanira kurangarira kuchengeta mabasa acho ari pamwero anokwaniswa kuitwa nevana kuitira kuti vagokwanisa kuwana budiriro nokunzwa zvakanaka pamusoro pavo. Zvakakosha kuti tidzidzise vana vedu basa, umhizha hwebasa, uye kuti vave vanhu vanovimbwa navo.

- Ndeapi mabasa anokwanisa kugoverwa kuvana kuvagadzirira kuva vabereki?

Mumabasa edu emudzimba nekuKereke, tinofanira kuziva kwaniso dzevamwe. Kana kwaniso yedu yakakura kupinda kwaniso yemumwe munhu, tinofanira kuva nemoyo murefu nerubatsiro. Kana kwaniso yemumwe munhu yakakura kupinda yedu, tinofanira kuva nechido

chokudzidza kubva kumunhu iyeye. Takanyanya kuchenjera apo patinoshanda nepatinogonera pose nokumisa muenzaniso kuti vamwe vatevere, tichiedza nguva dzose kushanda zvakanaka nevamwe nokuvakurudzira kuita nepavanogonera pose.

### **Magumo**

Kubudirira mumabasa ehutungamiri mudzimba dzedu, muKereke yedu, nemunzvimbo matigere, tinofanira kudzidza kugovera basa. Izvi zvinoda kuti tive nemwoyo murefu, nekurudziro, uye nerutendo. Tinofanira kuyeuka kushandisa misimbotti yokugovera basa yakadzidziswa naJesu, tichinyatsotsanangurira vanhu vedu mabasa avo, tichitevera mafambiro mberi avo, uye tichivaudza rutendo rwedu nebasa ravanoita. Apo mabasa paanopuwa kwatiri, tinofanira kushinga mukushandisa kwaniso dzedu kuapedza zvinobudirira. Kugovera basa kwakachenjera kunotibatsira tose kubudirira zvakanaka pamabasa atine nge tapuwa naizvozvo toshandira Baba vedu voKudenga zvirinani.

### **Zvokuita**

Wongorora mabasa anoitwa mumba mako. Kudziridza nzira dzirinani dzokugovera mabasa kuvana vako, uchishandisa misimbotti yadzidziswa muchidzidzo chino. Funga nzira dzaungakwanisa kushandisa kugovera basa kukubatsira kubudirira pabasa rauinaro iyezvino muchigaro chako chemuKereke.

### **Zvimwe Zvinyorwa Zvitsvene**

- Ruka 10:2 (vashandi vanodikanwa kubasa raIshe)
- 1 Petro 5:1–5 (shandisa hutungamiri mukuzvinipisa)
- Dzidziso neZvibvumirano 107:99–100 (shandai nesimba)
- Dzidziso neZvibvumirano 121:41–44 (vatungamiri vakarurama vanotungamira nerudo netsitsi, vachitsiura pazvinenge zvakafanira)

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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Wongorora Chidzidzo 29, “Kukudziridza Hutungamiri,” mubhuku rino.
2. Rongerera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana mashoko akataurwa aunoda.

# KUITA SARUDZO

*C h i d z i d z o 3 1*

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Chinangwa chechidzidzo chino kutibatsira kunzwisisa kukosha kwekuita sarudzo dzakachenjera.

## *Sei Tichifanira Kudzidza Kuita Sarudzo*

“Hatikwanisi kumhanya kupfuura zvatiri kuita here?’ Ndakabvunza nokunetsekana apo taidhiraiuha nemugwagwa mukuru tiri mumotokari yedu yatakanga tichangotenga kubva kune mumwe munhu.

“Amai vakanyemwerera, ‘Sei uchida kukurumidza kudaro?’ vakaseka sevakanga vasingazivi.

“ ‘Handikwanisi kana kumirira kutenga shangu,’ ndakapindura. Ndaifara zvikuru, nokuti kwakanga kwapfuura nguva ingangoita gore kubvira . . . ndakaendwa neni kuchitoro kunotenga shangu. . . .’ ”

“Dhorobha raiva nechitoro chikuru chomuruzevha cheshangu chaiva chinambwe chemamaira mana, uye zvaitaridzika sezvaitora gore tisati tasvika.

“ Patakangomira, ndakauruka kubuda mumotokari ndikamhanyira muchitoro. Ndakamhanya kupfuura paiva nemagaba ezvokudya, ndikadzika kupfuura paiva nemidziyo, uye ndakanga ndisati ndasvika kwaiva neshangu pandakadziona. Apo pasherefu yepakati yakanga yakasimudzirwa zvishoma paiva neshangu dzaiva tsvuku dzakajeka dzakaiswa pachitsigiro chesiriva. Ndakamira pakarepo ndikabata hana yangu mukutorwa nerunako rwerudzi dzarwo nekunaka kwetambo dzadzo dzaiva dzakaita sedzamasenduru. . . .

“Amai vakauya nekumashure kwangu, ndikabva ndaenda navo kusherefu, ndikabva ndaenda navo kusherefu yacho chaiko.

“Munganditengera idzi here?” ndakabvunza netarisiro. Amai vakawongorora shangu dzacho kwenguva yakareba.”

“ ‘Hadzisi dzokuita zvinhu zvakawanda nadzo,’ vakadaro pokupedzisira. . . .’ ”

“ ‘Ndinozonyatsa kudzichengeta,’ ndakadaro ‘Ndapota.’

“Mutengesesi akauya akaira tsoka yangu.”

“ ‘Shangu tsvuku idzi idiki nehafu yesaizi,’ akadaro, ‘uye ndiyo chete peya yatasarirwa nayo. Zvisinei,’ akawedzera paakaona kusuwa kwaiva pachiso changu. ‘Dzimwe nguva shangu dzakafanana nemasenduru dzakakura zvishoma kupinda shangu dzamazuva ose. Ungada kudziyera here kuti uone kana dzichikwana.’

“Amai vakaedza kunditsanangurira chokwadi vachindiudza kuti tsoka dzangu dzaida nzvimbo yokukura kunyangwe kana shangu dzacho dzaikwana iyezvino. . . .”

“Shangu dzacho dzaiva nechigunwe nehiri zvakagadzirirwa mukati meshangu, dzaishinya, asi zvisinei ndakabudirira pasina kumanikidza kukuru mukupfeka dzose, ndikasumuka ndikatarisa kutsoka dzangu muruyemuro.”

“ ‘Munganditengera idzodzi idzi here?’ ndakabvunza, ndichinzwa, pasina kupokana, kuti ndaikwanisa kutatamura tambo dzadzo nenguva shoma shoma kuti dzikwane zvakanaka.”

“Shangu dzacho dzakanga dzisingataridziki kuva diki zvakanyanya, asi amai vainge vaiva nechokwadi kuti pakanga pasina nzvimbo yakakwana kuti tsoka dzangu dzikure. . . .”

“Tariro yangu yakadzikira. . . . Amai vakuunyanisa huma yavo muku-funga kwakadzama apo pavakaenda kunonhonga peya yebhutsu dzebhorauni dzekushanda nadzo musaizi yandaيدا.”

“ ‘Wadii kumboedza idzi,’ vakadaro; ‘zvino wozoita sarudzo yacho iwe pachako.’ ”

“Ndakafara chaizvo. Kunyangwe ndakanga ndamboita sarudzo kare, ndakanga ndisati ndamboita sarudzo yakakosha seiyi. . . .”

“Apo ndaipfeka imwe yeshangu dzebhorauni nokusunga tambo dzayo, yainyatsokukwana zvakanaka kupinda tsvuku yaiva kune rumwe rutsoka rwangu. Ndakafungisisa chinyararire apo ndaiedza kunyatso sarudza kwazvo, ndichifunga zvakanaka nezvakaipa zveshangu yoga yoga. Bhutsu dzaizogara kwenguva yakareba, uye dzainyatsokwana zvakanaka, asi dzaingova bhurauni dzisina kunyanya kunaka, dzichingotaridzika kuva dzamazuva ose chokwadi, uye pamusoro pazvo, dzaiva rudzi rwandaigara ndichipfeka. Shangu tsvuku dzaiva dzakanaka, uye ndaida dzakasiyana nedzandaigara ndichipfeka . . . zvechokwadi, dzaishinya, asi ndaikwanisa kutambura kwezva kana maviri kana zvaidikwa. . . . Hongu, ndakanga ndiri kuzatora tsvuku dzacho. . . .”

“Kwemazuva maviri akatevera ndakapfeka shangu dzakanaka idzi mukutambura. Zvino mhoni dzakabuda pazviginwe zvikuru zvemutsoka dzangu dzose, uye kutambura kwakashanduka kuva kurwodziwa kukuru. . . .”

“Pakupedzisira, ndakanga ndisisakwanisi kuramba ndakadaro. Nemisodzi pedyo neshangu tsvuku dzakabatwa zvakasimba mumako angu, ndakaenda kuna amai: Muromo wangu waidedera, asi ndakanga ndazvipira kusachema . . . ndakamira kwechinguvana ndichiedza kuzvibata nokufunga zvokutaura.”

“ ‘Dzinoshinya uye dzinorwadza,’ ndakataura chokwadi.”

“Mhinduro yavo yakauya sechishamiso chikuru kwandiri zvokuti zvese zvandakangokwanisa kuita kwaiva kumira nemuromo wangu wakavhurika ndisina zvandaitaura.”

“ ‘Hatiiti sarudzo kwadzo nguva dzose,’ Amai vakadaro vachienda kudhiroo kwavakanoburitsa bhokisi raiva neshangu dzebhorauni. Apo vaindipa shangu idzi vakawedzera zvinoro nyoro. ‘Uye dzimwe nguva zvinotoro kurwadziwa kwekushinywa kutibatsira kuchenjera zvirinani panguva inotevera yatinenge tine chimwe chinhu chakakosha kusarudza’ ” (Lena Mae Hansen, “A Pinch of Hurt,” *New Era*, Kurume 1977, pp. 49–50).

- Ndechipi chidzidzo chakadzidzwa nemusikana uyu? Amai vakabatsira mwanasikana wavo sei kudzidza kuita sarudzo?0
- Ndedzipi dzimwe sarudzo dzaungabatsira vana vako kuita?

Kudzidzisa vana vedu kuita sarudzo dzakachenjera chikamu chinokosha chebasa redu sevabereki.

### **Sarudzo Dzakachenjera**

Mutungamiri Spencer. W. Kimball vakati:

“Tinovimba kuti tichakwanisa kubatsira varume nemadzimai echidiki edu kuziva . . . kuti vanofanira kuita dzimwe sarudzo kamwechete chete. . . . Dzimwe tsidziro dzandakaita pakutanga muhupenyu hwangu . . . dzakava rubatsiro rukuru kwandiri nokuti handina kuzofanira kuita ndaita zvakare sarudzo idzodzo. Tinokwanisa kusundira zvimwe zvinhu kure nesu kamwechete uye toppedza nazvo! Tinokwanisa kuita sarudzo imwechete pamusoro pezvimwe zvinhu zvatinozoshandisa muhupenyu hwedu nokuzozviita zvedu—pasina kuzozvifungisisa nokusarudza zvakare kakawanda wanda kuti chii chatichaita uye chii chatisingazoiti.

“Kutadza kusarudza nekuwora moyo mamiriro ezvinhu umo Muvengi maanoshanda zvakanyanya kunaka, nokuti anokwanisa kunyengedza

nokutungamirira kusiko vanhu vakawanda apo pavanenge vasina chokwadi kana kuti vachinzwa kuora moyo . . . kana kuti usati wazviita, sarudza kusarudza!" (mu Conference Report, Kubvumbi 1976, 69–70; May 1976, p. 46).

- Sei uchifanira kudzidza kuita sarudzo dzako zvakachenjera?

Zuva roga roga tinofanirwa kuita sarudzo dzakawanda, dzimwe dzacho dzakareruka kuita pane dzimwe. Dzimwe dzingangova dzisina mibairo yakakosha kana yokusingaperi, asi dzimwe dzinenge dzine mibairo inozoshandura upenyu hwedu nokusingaperi.

Tine mukana wekuita sarudzo nokuti takapuwa rusununguko rwesarudzo, kana kuti kodzero yekusarudza (ona Chidzidzo 2, "Sarudzo nekuzvidavirira," mubhuku rino). Nechipo ichocho tinopuwawo mutoro wesarudzo dzatinoina. Naizvozvo, zvakakosha kuti tifunge zvakadzama mibairo yesarudzo yega yega.

- Ndedzipi dzimwe sarudzo dzatinofanira tese tese kuita? (Nyora mhiduro pabhodhi rechoko.) Ndeipi mibairo yatinokwanisa kuwana nesarudzo idzi? (Nyora mubaro wega wega pabhodhi rechoko kumberi kwesarudzo inoenderana nawo.)
- Verenga 1 Vatongi 18:21, Kusarudza kurarama mirairo yaMwari kunokwanisa sei kuti kuita dzimwe sarudzo kuite nyore?
- Sarudzo yedu kupinda Kereke inoshandura sei dzimwe sarudzo dzatinofanira kuita?

Kuita dzimwe sarudzo dzakakosha pokutanga muhupenyu kunozotisunungura kubva mukuita sarudzo dzezuya nezuya dzakawanda dzinonetsa pashure. Somuenzaniso, kana takatosarudza kurarama neInzwi roUchenjeri, hatizofaniri kusarudza kuti totambira fodya kana doro here apopatinenge tazvipuwa.

- Ndedzipi dzimwe sarudzo dzinokwanisa kuita kuti dzimwe sarudzo dzive nyore?

Sarudzo zhinji dzakaitwa mukuyaruka kwedu dzine mibairo yokusingaperi: Imwe yesarudzo dzinokoshesesa dzinoitwa nevanhu vechidiki ndeyomunhu wavachazo chata naye. Naizvozvo, sarudzo pamusoro pokupfimbana dzinonyanya kukosha.

- Ndedzipi dzimwe sarudzo dzinoshandura sarudzo yewokuchata naye?
- Sei zvakakosha kuti tidzidze maitiro esarudzo dzakachenjera uye dzakafemerwa?

“Tinoita sarudzo nguva dzose. Mhedzisiro inotaura budiriro kana kukundikana kwehupenyu hwedu. Ndiko kusaka zvakakosha kutarisa mberi, kumisa gwara nokuva takagadzirira zvisihoma kana nguva yokusarudza yasvika” (Thomas S Monson, mu Conference Report, Kubvumbi 1972, p. 72; kana *Ensign*, Chikunguru 1972, p. 69).

### **Maitiro Atingaita Sarudzo Dzakachenjera Uye Dzakafemerwa**

#### ***Nemunamato Funga Dzimwe Sarudzo Dzaungatora***

“Kuita sarudzo pamwe ndicho chinhu chinokoshesesa chati chamboi-twa nevanhu. Hapana chinoitika kusvikira mumwe munhu aita sarudzo” (Ezra Taft Benson, *God, Family, Country: Our Three Great Loyalties*, (1974), p. 145). Nokuda kwechikonzero ichi zvakakosha kuti tidzidze kuita sarudzo dzakachenjera kuti tiite kudaro, tinofanira kufunga mhinduro dzose dzinobvira. Izvi zvinosanganisira kuuganidza ruzivo nokuyera kuti mibairo yesarudzo yoga yoga inobvira inozova ipi.

Mutungamiri Ezra Taft Benson vakapa zano rokuti tishandise mibvunzo mitanhatu inotevera sehutungamiri mukuita sarudzo:

1. Inokwanisa kudzivirira kana kukanganisa here kufambira mberi kwepamweya kana kwepahunhu hwakanaka?”
  2. Inokwanisa here kusika ndangariro dzokusuwa kana kushaya rugare?”
  3. Inopikisana here nechido chakadudzirwa kana mirairo yakadudzirwa yaMwari? . . .
  4. Inokwanisa here kukuvadza munhu, mhuri kana boka?
  5. Sarudzo yacho ingandiita munhu arinani here? . . .
  6. Ropafadzo ingawanikwa here kubva mukuita izvozvo? [onai D&Z 130:20–21]” (*God, Family, Country*, p. 151).
- Kupindura mibvunzo iyi kungakubatsira kuita sarudzo dzakachenjera sei?

Mushure mokufunga dzimwe mhinduro dzinobvira nemibairo yadzo, tinofanira kusarudza mhinduro yatinonzwa kuti ndiyo yakanyanya kunaka. Kazhinji ichi ndicho chikamu chakaomesesa chokuita sarudzo. Apo tinoita munamato chikamu chenzira yokusarudza iyi, Baba voKudenga vanokwanisa kutibatsira kunzwisisa migumisiro yesarudzo dzakasiyana siyana nokutitungamirira mukusarudza dzimwe sarudzo dzakanaka.



- Kumbira nhengo dzekirasi kusarudza dambudziko rakakosha rinoda sarudzo. Rinnyore pabhodhi. Kurukurai mhinduro dzinobvira nemibairo yadzo.

### *Kutaurirana naIshe*

Sarudzo dzakachenjera uye dzakafemerwa dzinouya nemukufunga nokuedza nomukunamata kwedu isu. Mushure mekunge tafunga nomunamato dzimwe sarudzo dzinobvira dzose uye tasarudza yakanyanya kunaka, tinofanira kutaurirana naIshe tisati taita sarudzo yedu yokupedzisira.

- Verenga Jakobho 4:10. Baba voKudenga vanokwanisa kutibatsira sei kuita sarudzo dzakanakisisa?

Pamusoro pokutaurirana naIshe kuti tiwane hutungamiriri musarudzo dzedu pachedu, kazhinji tinofanira kutaurirana pamwechete sevarume nevakadzi, sevabereki nevana, sevanhu vanoshanda pamwechete muKereke, uye seshamwari. Tinofanira kutaurirana pamwechete kufunga sarudzo nokuwana ruzivo kubva kuna vamwe. Kazhinji tinokwanisa kugadzirisa matambudziko edu nokuverenga magwaro matsvene nokudzidza kubva muzviitiko zvakanyorwa maari kana kuti nokunyatsoverenga maropafadzo edu ateteguru.

Mukuru Boyd K. Packer vakati:

“Kana unedambudziko, rigadzirise mupfungwa mako kutanga. Fungisisa pamusoro paro uye riwongorore. Verenga magwaro matsvene. Namata pamusoro paro. Ndakadzidza kuti sarudzo huru hadzikwanisi kumanikidzirwa. Unofanira kutarisa mberi uve nechiratidzo.”

“Fungisisa zvishoma pamusoro pezvinhu zuva roga roga uye usagara uchipinda mudambudziko rokuita sarudzo huru pakarepo. . . .”

“Unoenda kuna Ishe here nedambudziko kunoVakumbira kukuitira sarudzo dzako? Kana kuti unoshanda, nokuverenga magwaro matsvene, nokufungisisa nokunamata zvino wozoita sarudzo yacho pachako? Funga dambudziko uchirangarira zvaunoziva kuva zvakanaka nezvakanaka zvino wozoita sarudzo. Zvino woVabvunza kana sarudzo iri kwayo kana kuti kwete” ( “Self-Reliance,” *Ensign*, Nyamavhuvhu 1975, 88–89).

- Verenga Dzidziso neZvibvumirano 9:7–9. Ndedzipi nhanho dzinotsanangurwa nechinyorwa chitsvene ichi kuti titevere mukuita sarudzo? Tingaziva sei kuti taita sarudzo kwadzo?
- Verenga Dzidziso neZvibvumirano 6:22–23. Ndeipi imwe nzira yatingaziva nayo kuti aita sarudzo dzakarurama? Ndedzipi dzimwe zvakare dzatingaziva nadzo kuti taita sarudzo inofadza Baba voKudenga?

Dzimwe nguva, tingangonzwa sokuti hatina kutambira mhinduro kana simbiso yesarudzo dzedu. Mukuru Dallin. H. Oaks vakapa tsananguro inotevera yekunzwa kwakadaro: “Kazhinji tinosiyiwa tichigadzirisa matambudziko pasina kuudzwa zvokuita kana rairo yoMweya. Ichi ndicho chikamu chekunzwa kwatinofanira kuva nako muhupenyu huno” (“Teaching and Learning by the Spirit,” *Ensign*, Kurume 1997, p. 14).

Dzimwe nguva, kunyangwe tikatevedzera nhanho dzose dzinofanirwa, tinogona kuita sarudzo dzisidzo. Zvisinei, kana tikaramba tichinamata nokutaurirana naIshe, Vanozotitungamirira nokutibatsira kunzwisisa magadziriro atingaita gwara rehupenyu hwedu nokuita sarudzo dzirirani. Mukuru Loren. C. Dunn vakataura chiitiko chinotaridza izvi:

“Ndinorangarira makore mashoma apfuura apo ndaiva nesarudzo yakakosha zvikuru yokuita. . . . Ndakanga ndapuwa basa guru repamu-soro soro uye ndikatevedzera nhanho dzose . . . , ndikaita sarudzo nepese pandaigona, ndokubva ndotaurira vanhu vakanga vandipa basa kuti ndakanga ndisingazoritori. Maawa gumi nemaviri akatevera ndakatambura zvikurusa, ndisati ndaona kuti Ishe vakanga vachiedza kunditaurira kuti ndakanga ndaita sarudzo isiyo. Kunakidza kwazvo, vanhu vandakanga ndarambira basa vakandifonera zvakare vakawedzera mari yavaida kundipa—ndingadai ndakafara zvikuru kutora mari ipi zvayo yavaida kundipa pakutanga! Asi ndinoshandisa muenzaniso uyu kuratidza kuti kana tikatevedzera nhanho dzokutanga zvino toisa zvose mumaoko aIshe, kana iri sarudzo isiyo tinozviwana zvakaoma zvikurusa kuitambira. . . . Neimwe nzira Vanozotitungamirira kudzokera kugwara ravanoda kuti titore” (“Establish Divine Communication,” *Brigham Young University Speeches of the Year*, [24 Kurume 1970], p. 4).

- Ndedzipi nhanho dzenzira yokuita sarudzo dzinosimbisiswa munyaya ino? Sei zvakakosha kuva nesimbiso yeMweya patinoita sarudzo?

Mukuru Marion G. Romney, mukutaura nezve Dzidziso neZvibvumirano 9:7–9, vakati: “Urwu ndirwo rudzi rwedudziro yatinokwanisa kurarama nayo. Munhu haangaita zvikinganiso zvakakomba muhupenyu. Izvo zvinokwanisa kudzivirirwa nokutevedzera mutoo uyu. Unozotitungamirira muzviitwa zvedu zvose kana tikautevedzera” (mu Conference Report, Kubvumbi 1964, p. 125; kana *Improvement Era*, Chikumi 1964, p. 506).

### **Kuchengeta Sarudzo Dzakachenjera Dzatininge Taita**

Apo patinenge taita sarudzo yakachenjera uye yakafemerwa, tinofanira kusimba mutsidziro yedu kuitevera. Nokuda kwezvimanikidzo zvakanwanda zvinokwanisa kutibvisira kure nezvinangwa zvedu, tinofanira kuziva kuti kuita sarudzo kwadzo kunosanganisira tsidziro dzo-

kuichengeta. Kunyangwe vamwe vakaedza kutiita kuti titsauke kubva kusarudzo yedu, tinofanira kuramba takasimba.

Hatifaniri “kutungamirirwa naSatani, kunyangwe semhundi inorudzwa mumhepo, kana sechikepe chinosaizirwa nemasayi sayi, chisina mutsigo, kana kuti chisina chinhu chokuchiruramisa mugwara racho” (Mormon 5:18). Tinofanira kupa gwara kuhupenyu hwedu nokuchengeta sarudzo dzatinoita.

Chiitiko chinotevera chinoratidza kuti mumwe mudzimai wechidiki akakunda sei chiitiko chakayedza tsidziro yake yesarudzo yaakanga aita: “Kathryn . . . akanga anemukana webasa repazororo yemuchirimo achitengesa unhenzo mukirabu yokufamba. Chikamu chebasa racho kwaiva kufamba panzendo dzekupera kwevhiki nenhenzo dzekirabu kwese kwese kuCaribbean. Apo murume wepabasa pachopaa kapedza kumupa indavhiyu yebasa rainakidza zvikuru iri akati, “Chimwe chinhu chimwechete chasara. Unopfeka masiketi akarebesa. Vatengi vedu vanonyanya kufarira kutenga unhenzo kubva kuvasikana vechidiki vakanaka. Dzora mipendero yako nemainji angangoita mashanu. Kathryn haana kuwana basa iroro, asi akawana chimwe chinhu chakanyananya kukosha. . . . Mukuti ‘kwete’ kuchiiitiko ichocho, akati ‘hongu’ kuzviitiko zvemweya zvitsva zvakawanda maari semudzimai aiva nesimba rokuramba zviyedzo zvamangamanga” (Maureen Jensen Ward, “Growing Up Spiritually,” *Ensign*, Zvita 1975, p. 55).

- Kusimba musarudzo yaunenge waita kunokwanisa kupa gwara kuhupenyu sei? Ungawana simba sei kubva mukuramba wakasimba musarudzo yako? Kusimba kwako kungakubatsira sei kuita sarudzo dzamangwana?

### Magumo

“ ‘Rwendo rwemamaira churu runotanga nenhanho imwechete’ [Lao-tse, *The Simple Way*, no. 64]. Izvi zvinosimbisisa kudikanwa kwenguva dzose kwekufunga kwakadzama muzvinhu zvose, kwekusvikira matambudziko ese neruremekedzo nomunamato. Zvinosimbisawo kuti hakuna uchenjeri, dziviro, simbiso sarudzo dzinotwa nokukurumidza kana dzokusateera kana dzisina kufungwa zvemberi. . . . Nokuti kuti tiwane mufaro wepamusorosoro, runyararo nekufambira mberi uko kunokwanisa kupiwa naMwari, Baba vanorudo, tinofanira kurangarira kuti ‘Rwendo rwechuru’ chemakore—chokwadi, rwendo rwo-kusingaperi—runotanga nenhanho imwechete.’ Uye nemufungo, neruremekedzo, nemunamato tinofanira kutarisa matambudziko ese ne, sarudzo dzose” (Richard L. Evans, . . . With One Step. . . , *Improvement Era*, Nyamavhuvhu 1961, p. 604).

Tinofanira kufunga mibairo yesarudzo inobvira yoga yoga tisati tatora nhanho yokutanga. Patinenge tangoita nomunamato sarudzo yakachenjera uye yakafemerwa, tinofanira kutsidzira kuichengeta nokuishandisa.

### Zvokuita

Ipa chidzidzo pakuita sarudzo mumanheru emhuri pamba, uchibvumira hurukuro dzezvinangwa zvikuru zvese zvatsanangurwa muchidzidzo chino. Funga pamusoro pedzimwe sarudzo dzaunoita zuva nezuva. Zvibvunze kuti ungawedzera kwaniso yako sei yokuita sarudzo dzakachenjera uye dzakafemerwa.

Nyora papepa mibvunzo mitanhatu yapuwa neMutungamiri Benson yokuwongorora sarudzo dzinobvira. Shandisa mibvunzo iyi, pamwepo neDzidziso neZvibvumirano 9:7–9 uye 6 :22—23, senhungamiro pese paunenge unesarudzo yakakosha yokuita.

### Zvimwe Zvinyorwa Zvitsvene

- 2 Nepi 10:23 (takasununguka kuzvimirira)
- Enoshi 1:10 (inzwi raIshe rakauya mupfungwa yaEnoshi)
- Aruma 37:37 (taurirana naIshe muzvinhu zvose)
- Dzidziso neZvibvumirano 8:2–3 (Mweya Mutsvene unotaura kumwoyo nepfungwa)
- Dzidziso neZvibvumirano 58:26 (hatifaniri kumanikidzwa kuita zvakanaka)
- Dzidziso neZvibvumirano 112:10 (Ishe vanotungamirira vanozvininipisa)

### Gadziriro yeMudzisisi

Usati wapa chidzidzo chino:

1. Verenga chitsauko 8, “Kunamata kuna Baba vedu voKudenga,” neChitsauko 22, “Zvipo zvoMweya” mu*Musimboti WeVhangeri*.
2. Rongera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana mashoko akataurwa aunoda.

# KUMISA ZVINANGWA ZVAKO PACHAKO NEZVEMHURI

*C h i d z i d z o 3 2*

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Chinangwa chechidzidzo chino kutikurudzira kumisa zvinangwa nokushanda kubudirira pazviri.

## **Kuda Kwehu Zvinangwa**

Chinangwa mwero, umhizha, ururami, kana vavariro inofanira kuwanikwa. Tinomisa chinangwa apo patinosarudza kubudirira pane chimwe chinhu. Zvimwe zvinangwa, sezvakaita kuchenesa mupanda kana kuverenga bhuku, zvingangotora nguva dikidiki kubudirira pazviri zvimwe zvinangwa, sezvakaita kuchengetedza mari kutenga imba kana kuita zvinhu kunatsa rudo norunyararo mumhuri, zvingangotora mwedzi kana makore. Zvinangwa zvinozotibatsira kuva vakakodzera kugara naBaba vedu voKudenga nokusingaperi zvingangotora hupepenyu hwese. Zvimwe zvinangwa zvingangotadza kubudirirwa pazviri muhupenyu tiri pasi, asi zvingangoda kuedza kwakawedzerwa muhupenyu hunotevera huno.

Mumagwaro matsvene Baba voKudenga vakataura chinangwa chavo chikuru maererano nebasa ravo: “Mumagwaro matsvene Baba voKudenga vakataura kuti baba ravo nokubwinya kwavo kuunza kusafa nehupenyu husingaperi hwevanhu” (onai Mosesi 1:39). Kuti chinangwa chavo chiitike muhupenyu hwedu, tinofanira kumisa zvinangwa zvinozoita kuti tikwanise kuita kuti hupenyu hwedu huve nechimuko uye huve nomufaro uye zvinozotibatsira kukodzera kudzokera kuna Baba vedu voKudenga.

Zvakataurwa kuti “Kana usingazivi kwauri kuenda, hazvina mhova kuti unotora nzira ipi” (Sekutorwa kwazvakaitwa ne John H. Vandenberg mu Conference Report, Kubvumbi 196 p. 92; kana *Improvement Era*, Chikumi 1966, p. 533).

Vamwe vanhu kazhinji vanotambisa mazuva, mwedzi, kunyangwe makore ehupenyu hwavo vachifamba nemunzira dzinovatungamirira kubudiriro dzisina chimuko. Vamwe vanhu vanomisa zvinangwa vofambira mberi zvakatsiga nemunzira dzinovatungamirira kubudirira panezvakananda.

Zororo inobudirira yoga yoga mugumisiro wezvinangwa. Samuenzaniso, mushure mokunge tafunga kwatiri kuzoenda parwendo, tinosarudza zvinangwa zvinotibatsira kuziva patiri iyezvino, kwatiri kuenda, uye mafambiro atichaita kubva patiri kuenda kwatinoda kuva. Zvinangwa zvinopa vavairo negwara kuzviito zvedu. Zvinotibatsira kunatsa hupenyu hwedu nokubudirira pazvinhu zvatinga tisingafungi kuti zvinobvira. Mutungamiri W. Kimball vakataura mashoko anotevera pamusoro pezvinangwa zvemamishinari.

“Chinangwa chedu kuwana hupenyu husingaperi. Ichi ndicho chinangwa chikurusa munyika. Hatipikisi zvinangwa. Hatidi kuti vatungamiri vemasiteki nevemamishoni vamisire vadzidzisi huwandu hwevanhu vanofanira kubhabhatidzwa panguva. Panokudaro, tinovatarisira kukurudzira vadzidzisi kumisa zvinangwa zvavo pachavo, voaita akakwirira zvakanwana kuyedza kwaniso dzavo dzose, nokushanda kubudirira pazviri. Tinotarisa imi hama kuvapa mashoko aya. Tinotarisa kwamuri kudzidzisa misimbote iyi nokuishandisa. . . .

“Vakurudzirei kuzviitira zvinangwa nokubudirira pazviri. . . . Budiriro haisi inofanirwa kuyerwa nokusvika pachinangwa chakamiswa nguva dzose, asi nokufambira mberi nokukunda” (*Regional Representatives Seminar*, 3 Kubvumbi 1975).

Apo vaitaura kumadzimai eVatendi vaMazuva Ekupedzisira, Mutungamiri Kimball vakatirairawo kumisa zvinangwa zvinoda kuti tiyedze kupfuura patinogonera . . . kukura kunouya kubva mukumisa zvinangwa zvako kumusoro soro nokusvikira kudenga denga” (“Privileges and Responsibilities of Sister,” *Ensign*, Mbudzi 1978, p. 103). Vakatiwo: “Tinotenda mukumisa zvinangwa. . . . Tinorarama nezvinangwa. . . . Tinofanira kuva nezvinangwa kuti tifambire mberi” (*Regional Representatives Seminar*, 3 Kubvumbi 1975).

### **Kumisa Zvinangwa Zvako Pachako**

- Taridza mifananidzo 32-a, “Mudzimai wechidiki”; 32-b, “Amai nevana”; uye 32-c, “Mudzimai akura.” Ita kuti kirasi isarudze chinangwa chimwechete chasista wega wega ari mumifananidzo. Nyora zvinangwa zvacho zvitatu pabhodhi rechoko. Funga zvimwe zvinhu zvingaitwa nasista ega ega ikozvino kuti atange kuuya pedyo nechinangwa chake.

- Chii chinofanira kuva chinangwa chinokoshesesa muupenyu hwedu?

Kunyangwe mumwe nomumwe wedu akasiyana, chinangwa chedu chikuru muupenyu chinofanira kuva chimwecho—kuva vakakodzera kuwana kusimudzirwa muumambo wepamusoro soro nokudzokera kunogara naBaba vedu veKudenga sechikamu chemhuri Yavo yokusingaperi. Nokuti zvipo, kwaniso, neutera zvomunhu ega ega zvakasi-



*32-a, Musikana wechidiki*

yana, mumwe nomumwe wedu anofanira kumisa zvinangwa zvake pachake zvakasiyana kutibatsira kubudirira pachinangwa chedu chikuru. Samuenzaniso, vamwe vedu tingangofanira kunatsa kwaniso yedu yokubhadhara chegumi, norumwe rutivi izvi zvingange zviri zvinhu zvagara zviri nyore kune vamwe. Vamwe vedu tingangofanira kudzidza kuchengeta zuva reSabata riri dzvene, asi izvi zvingange zviri nyore kuita kunavamwe. Tichava nezvinangwa zvimwechetezvo nguva dzose sevamwe nokuti zvido zvedu pachedu hazvisi zvakafanana nguva dzose.

- Ndezvipi zvimwe zvinangwa zvatinokwanisa kusarudza kutibatsira kusvika pachinangwa chedu chikuru chokuwana kusimudzirwa muumambo hwepamusoro soro sechikamu chemhuri yaBaba vedu voKudenga? Ndezvipi zvimwe zvinhu zvatinofanira kuita ikozvino? (Nyora mhinduro pabhodhi rechoko.)

Mutungamiri Spencer W. Kimball vakataura chiitiko chinotevera chavakava nacho mukumisa chinangwa pavaiva nemakore gumi nemana ekuzvarwa:

“Apo pandakanzwa mutungamiri weKereke . . . achitiudza pamusanganano kuti tinofanira kuverenga magwaro matsvene, ndakaona kuti ndakanga ndisina kumboverenga Bhaibheri, manheru iwayo chaiwo pakupera kwemharidzo iyoyo ndakaenda kumba kwangu kwaiva zvinhambwe zvisihoma kubva pataiva, ndikawira mudenga mukamupanda kangu kadiki mudenga memba ndikatungidza mwenje wamafuta mudiki waiva pachitafura, uye ndikaverenga zvitsauko zvokutanga zvaGenesi. Mushure megore ndakavhara Bhaibheri, ndaverenga chitsauko choga choga mubhuku guru dzvene iri. . . .

“Ndakava nekugutsikana kunodziya kuti ndakanga ndaita chinangwa chandakanga ndabudirira pachiri” (mu Conference Report, Kubvumbi 1974, pp. 126–27; kana *Ensign*, Chivabvu 1974, p. 88).

- Kumbira nhengo yekirasi kutiti taurire vamwe mufaro wayo pakumisa kwayakaita chinangwa chayo pachayo nokubudirira pachiri. Funga pamusoro pekunzwa kwaakaita pawakabudirira pachinangwa chako pachako.

Sista Lelia Higginson veku Denver, Colorado, USA, mudzimai akazvipira waVatendi vaMazuva ekupedzisira, aiziva kukosha kwekumisa zvinangwa. Mushure mekufa kwavo, murume wavo akadaidza mhuri pamwechete akavaverengera ndima kubva mubhuku rendangariro ramai vavo, iro ravakanga vanyora makore makumi matatu akanga apfuura pavakanga vachiri mudzimai wechidiki akanga asati aroorwa. Bhuku rendangariro ravo raitaridza kuti vakanga vamisa zvinangwa zvakarurama:





*32-b, Amai vane vana*

“Ndinoda kuva ndakagadzirira kubatsira kuvaka umambo hwaMwari pasi pano . . . ndinotenda ndichakwanisa kuzviita chokwadi. . . .”

“Chinangwa chandiri kutsvaka muupenyu huno ndechokubvumidzwa kuva muumambo hwapamusoro soro munyika mushure meino, uye handimbofi ndakaregera kushandira chinangwa changu. Ndakapinda kereke kubvira pandakanga ndakura zvekukwanisa kuenda. . . .”

“Ndinoda kuchata nemukomana wechiMomoni akachena uyo anokwanisa kuenda neni kutembere, uye ndinoda kuva ndakamukodzera. Ndinotenda kuti ndichakwanisa kupa zvizvarwa zvangu muviri nepfungwa zvakachena uye zvakarurama, ruzivo rwangu rwevhangeri, uye chido chokurarama kuzowana umambo hwepamusoro soro. Ndinotenda kuti ndichabvumidzwa kugara nevadikanwi vangu muhupenyu hunotevera hwuno uye kuti ndichava nzira yokubatsira avo vose vandinokwanisa vakandipoteredza, neavo vose vakasanoenda, kuti basa ravo rokutembere riitwe. Ndinoda kuva nzira yokuunza mweya mitsva munyika uye kukwanisa kuva amai vakakodzera vakana, kubatsira kuvapa imba umo mavanokwanisa kunakidzwa nemaropafadzo mamwewo andakanakidzwa nawo mumba mangu” (sektorwa kwazvakaitwa neJohn H. Vandenberg mu Conference Report, Kubvumbi 1966, p. 94; kana *Improvement Era*, Chikumi 1966, p. 534).

- Ndezvipi zvinangwa chaizvo zvakamiswa naSista Higginson? (Nyora mhinduro pabhodhi.) Ndezvipi zvimwe zvezvinangwa izvi zvaunoda kuzvimisira pachako?

Tisati tamisa zvinangwa zvedu pachedu, tinofanira kunamata nokufungisisa. Tinofanira kukumbira Baba voKudenga kutibatsira kuziva patinenge tine utera, zvatinofanira kunatsa, uye kuti zvinangwa zvedu zvinofanira kuva zvipi. Maropafadzo edu ateteguru anozotibatsirawo kunzwisisa kuti zvinangwa zvedu pachedu zvinofanira kuva zvipi. Mirairo kubva kuvatungamiri vedu veKereke inokwanisa kutibatsira mukumisa zvinangwa zvedu pachedu. Tinofanira kukudziridza mafungiro akataurwa neMutungamiri Spencer W. Kimball pakuvharwa kwemusanganoweruzhinji: “Ndasarudza mufungwa dzangu kuti ndichaenda kumba ndigonova murume akanaka kupinda zvandati ndamboita. Ndateerera kumirairo nemazano ese, uye ndinovimba kuti munhu wese azvinzwa aita zvandaita. . . . Ndinokukurudzirai kufunga zvakare pamusoro pezvinhu zvaunzwa kwamuri; uye kana zvichibata upenyu hwenyu nenzira ipi zvayo, onai kana mungazvishandisa kukudzosa—tese tese—munange kuururami uhwo hwatakakumbirwa naIshe” (mu Conference Report, Gumiguru 1977, p. 113; kana *Ensign*, Mbudzi 1977, p. 75).

### **Kumisa Zvinangwa Zvemhuri**

Pamusoro pokumisa zvinangwa zvedu pachedu tinofanira kutaura nemhuri dzedu nokumisa zvinangwa zvemhuri yose kuti ibudirire

pazviri. Tinokwanisa kushanda pazvinangwa zvedu pachedu nepazvinangwa zvemhuri panguva imwecheteyo. Semhuri tingangoda kumisa chinangwa chomunhu wose chokuwedzera rudo, runyararo, nerufaro mumba.

- Ndezvipi zvinangwa zvemhuri zvatingamisa zvinozobatsira mhuri dzedu kuwedzera runyararo mudzimba dzedu?

Vamwe vedu tingangoda kuwedzera ruzivo rwemhuri yedu rwemagwaro matsvene kana kunatsa kupinda nokusimba kwedu muKereke. Vamwe vedu tingangoda kushanda nemhuri dzedu kunatsa kuchena nokunaka kwedzimba dzedu. Mhuri dzedu dzingangofanira kunatsa nzira yatinoshandisa mari yedu, kana tingangofanira kutanga chirongwa chekuchengeta zvokudya pamba. Mukuru Rex D. Pinegar vakataura nezve chiitiko chavakava nacho ivo nemhuri yavo mukumisa zvinangwa zvemhuri:

“Rimwe zuva mudzimai wangu akandibvunza mubvunzo unoshamisira wakandivhundutsa zvishoma. Akati ‘Zvino,’ Rex chii chaizvo chauchava? . . .

“ ‘Zvinangwa zvako chii, vavariro dzako chii muhupenyu?’ Ndakaona kuti handina kumbenge ndakazvigoverana naye. Zvakandirwadza, uye ndikaona kuti pamwe zvakanga zvamurwadza naiyewo. Saka takataura pamusoro pemhuri yedu zvino ndokusarudza zvataifanira kuzoita nehupenyu hwedu. Chido chedu chaivo chokushandira Ishe uye kuva kwavaida kuti tinge tiri panguva yavaida kuti tinge tiriko. Zvakana, kuti tibudirire pane izvizvi taifanira kuva nemari yokutambira, saka takamisa zvinangwa zvedu maererano nokufunga ikoko. Zvaireva kutama, uye takatama. Zvaireva kuva muchikoro kwemakore gumi nematatu. . . . Asi zvinangwa izvi zvaiuya mushure memhuri, mushure mokuchengeta kubatana kwemhuri” (“Goals and Family Life,” mu *Devotional Speeches of the Year*, 1976, p. 39).

Kumisa zvinangwa zvemhuri kunozotibatsira kukura murudo nekubatana mumhuri dzedu nokutibatsira kuwana kusimudzirwa kwemhuri naBaba vedu voKudenga.

### **Kubudirira paZvinangwa Zvedu**

Bhishopi John H. Vandenberg vakati: “Ndinonzwa kuti kumisa chinangwa kunofanirwa zvikuru kuitira kurarama nomufaro. Asi chinangwa chikamu chete chemutoo unodikanwa. Tinofanira kuziva nzira dzokutora kuti tisvike kuchinangwa . . . [vanhu] vanofanira kuzviitira tsidziro nokunyora pasi zvinangwa zvavo nokuchengeta rekodhi yeza-dzikiso yebudiriro dzavo” (mu Conference Report, Kubvumbi 1966, p. 94; kana *Improvement Era*, Chikumi 1966, p. 534).



*32-c, Mudzimai wechikuru*

- Zvinorevei “kuziva nzira dzokutora kuti tisvike kuchinangwa?” Bhishopi Vandenberg vakataura nhanho dzipi dzingatibatsira kubudirira pazvinangwa zvedu? ( Nyora musoro wenyaya *Kubudirira Pazvinangwa* pabhodhi, uye pasi pawo nyora mhinduro dzenhengo dzekirasi.)
- Ita chiratidzo chinotevera: Bata muruoko rwako zvibhora zvidiki zvishanu kana zvitanhatu kana kuti zvimwe zvinhu zvidiki. Sarudza sista womuudza kuti chinangwa chako ndechokuti agamhe mabhora ose. Kanda mabhora ose kwaari pamwechete. Pamwe haakwanisi kugamha kana rimwechete rawo.
- Chiratidzo ichi chinoenderana nokubudirira kwedu pazvinangwa zvedu sei?
- Ramba uchiita chiratidzo nokukanda mabhora kuna sista wacho rimwechete panguva kuitira kuti akwanise kugamha bhora roga roga. Tsanangura kuti chiratidzo ichi chinoratidza kukosha kwekushanda nhanho nenhano kuti tibudirire pachinangwa chedu. Hatifaniri kutarisira kubudirira pazvinangwa zvedu zvose kamwechete.

Ngatiti iwe nemurume wako makafanana nemukadzi nemurume vakataurwa munyaya inotevera:

“Panguva yemamwe manheru emhuri pamba avo, vamwe vaviri vakachata vakaita chitsidzo kubuda muzvikwereti Kirisimasi yaitevera isati yasvika. Asi mwedzi mitanhatu uyezve gore pashure, vakanga vachiri muzvikwereti zvikuru pasina tarisiro yaionekwa pedyo. . . .”

“Mushure megore rokushushikana nokukundikana mukubudirira muvavariro yavo yemhuri, vaviri ava vakafunga kunyatsova negwara mukumisa chinangwa chavo. Vakawongorora mwedzi mishoma yakanga yapfuura vakabvuma kuti vakanga vashandisa mari pane zvimwe zvakanga zvisina kufanira.”

“Vachiedza kechipiri vaviri ava vakanyatsodoma dambudziko ravo, vakanyatsotsanangura chinangwa chavo, uye vakasarudza—vachinyora pasi—nzira dzavaizoshandisa uye kuzvipira kwavaizoita kuti vabudirire pachinangwa chavo. Nebhajeti inemusoro nechitsidziro chinomunamato, vakabudirira pachinangwa chavo nguva yavakanga vatara isati yambosvika” (Rodger Dean Duncan, “Do Your Family Goals Fizzle?” *Ensign*, Kukadzi 1971, pp. 59–60).

- Sei vaviri ava vakatadza kubuda muzvikwereti mugore rokutanga mushure mokumisa chinangwa chavo? Chii chavakaita chakavabatsira kubudirira? (Wedzera mhinduro kuneidzo dzakanyorwa pabhodhi.)

Apo patinenge tichivavarira kubudirira pazvinangwa zvakanodzera, tinofanira kutsvaka rubatsiro rwaBaba vedu Vokudenga mumunamato.

Apo patinenge tichiedza kubudirira pazvinangwa zvedu, tinokwanisa dzimwe nguva kuora moyo. Pamwe “wakanzwa saamai vechidiki avo vakanga vakaremerwa nematambudziko avo pachavo, zvimanikidzo, nekushingaidzika zvokuti vakanzwa kunge vakanga vasina kukodzera kuzvikunda. Ivo nemurume wavo vaidha mhuri yakakura. Zvino vaipokana zvakasimba kana vaiva nekwaniso yokurera avo vana vavakanga vatoropafadzwa navo naIshe. . . . Vakachema nekushaya zvokuita pamusiyano wezvakarurama nemaitiro avo pachavo. Vaiva nechokwadi kuti havaimbofa vakakodzera ruponeso, havaimbofa vakava munhu akarurama.

“Zvino vakagwadama nemwoyo unozvininipisa kuti vawane rubatsiro kubva kuna Ishe. Pashure, mumusanganano wechirairo, vakatambira mhinduro yavo. Mushure mokuverenga 1 Nefi 3:7, bhishopi akapa uchapupu hwake kuti Ishe havapi murairo kusara kwekunge vagadzirira nzira yokuti tibudirire pauri. Mushure maizvozvo, vakanyora tsamba . . . vachitsanangura kunzwa kwavo. . . . ‘Mushure mekupupura kwabhisshopi, ndakatangira kuverenga magwaro matsvene nokunamata zuva rega rega. Ndakatsidzira kuti ndaifanira kuzvigadzirira kuti ndigokwanisa kukumbira Ishe rubatsiro rwese rwanda. Zvino, ndiriku-zviita uye ndinoshamiswa nemusiyano wavapo muupenyu hwangu. Ndinouda musiyano wacho! Zvekare ndava kunzwa kufara kukuru ndava neruvimbo rwakawedzerwa . . . handingati handimbokundikani, asi ndinonzwa zvirinani pamusoro pezvinhu. Uye ndinoziva kuti ndirikufambira mberizvakasimba munzvimbo zhinji” (*Relief Society Courses of Study, 1978–79, p. 8*).

Kunyangwe tinganyatsotevera mazano akapiwa kubudirira pazvinangwa zvedu, dzimwe nguva tingangotadza kubudirira pazviri. Dzimwe nguva Ishe nouchengeri vane zvirongwa nesu zvakasiyina nezvo zvatinenge tasarudza. Sista Sandra Covey vakataura chiitiko chemwanasikana wavo aiyaruka:

“Kusarudzwa semutungamiri wevakuzi wechikoro chesekondari chake kwakataridzika kuvandicho chinhu chaikoshesesa muupenyu hwake. Akanga ashanda kwemwedzi yakawanda achidzidzira zuva rega rega matambiro namakuziro acho.”

“Aitaridzika kuti aizova mumwe wevakundi vashanu nyore nyore.”

“Akarwadziwa zvikuru paakaruzwa. Akaruzwa nemavhoti mashomanana, asi akaruzwa.”

“ ‘Amayi, hamuzivi chete kuti izvi zvanga zvakakosha zvakadii kwandiri,’ akachema. “Ndicho chimwe chezvinangwa zvuupenyu hwangu. Sei Ishe vandiregerera ini ndakanamata zvakasimba kudaro? . . . Ndakadzidzira kwemwedzi mitanhatu. Handaikwanisa kuedza kupfura zvandakaita.”

Sista Covey vakati: “Ndakamuudza kuti panofanira kunge panechikonzero chakanaka uye kuburikidza nemunamato nekudzidza magwaro matsvene aizonzwisisa kuti sei.”

“Mwedzi chaiwo wakatevera akakumbirwa kuva mumwe wemaofisa eseminari yechikoro chokusekondari. . . .”

“Gore iroro akava nezviitiko zvomweya zvikuru zvakawanda. Akaumba hushamwari hwakadzama hunoreva chinhu uye aiva neshanduro yakanaka mukubatsira vanhu vakawanda kuva vakasimba muKereke.

“Pashure akazondiudza kuti zvishoma nezvishoma akasvika pakuzvinnzwisisa nemukunamata kwakasimba nokudzidza magwaro matsvene. ‘Ndaida kuva mutungamiri wawakuzi kupinda zvimwe zvinhu zvose, asi Ishe vaiziva kuti ndaida chimwe chiitiko ichi zvakananyanya. Ndaida zvakananyanya kukura pamweya. Chaiva chinhu chakaoma, asi ndinoziva mumwoyo mangu kuti chaiva chakanaka” (Stephen R. na Sandra Covey, “Teaching Our Children to Pray,” *Ensign*, Ndira 1976, p. 63).

Kubudirira pazvinangwa zvedu kunozova nyore kana tikabvisa kubva muhupenyu hwedu izvo zvinhu zvinotiodza moyo kana kuti misa. Tsika dzisina kururama, shamwari dzisina kunaka, nepfungwa dzakaita dzinouya nokuda kwekutya nokupokana zvinotidzivirira kubva mukubudirira pazvido zvakarurama.

Kuvanetarisiro yakanaka kunozotibatsira kubudirira pazvinangwa zvatinenge tazvimisira. Apo tinoshanda zuva nezuva pakuzvinatsa, tinofanira kunakirwa nerusununguko zvakazara pabudiro yoga yoga, zvisinei nokuti idiki zvakadii. Mukuru Mark E. Petersen vakaita kurudziro iyi:

“Ndinotenda kuti munzira dzakawanda, pano uye iyezvino muhupenyu hunofa, tinokwanisa kuzviruramisa. Mumwe mwero weururami unobvira kuwana muhupenyu huno. . . .”

“Ndine chokwadi kuti chimwe chezvido zvikurusa zvalshe Mwari wedu ndeche kuti tichachengete murairo mukuru uyo unoti ‘Ivai vakakwana’ (Mateo 5:48)” (*Toward a Better Life*, [1960], pp. 312–13).

▪ Unotsanangura sei mashoko aMukuru Petersen kuti “mumwe mwero weururami unobvira kuwana muhupenyu huno?”

Kubudirira pazvinangwa zvedu zvakarurama kunozouya semubairo wekuronga, kuedza, nokunamata. Tinofanira kuyeuka kuti hatizombofi takakundikana kana chete tichivavarira kusvika pazvinangwa izvi nokutsvaka kunzwisisa chido chaBaba voKudenga kwatiri. Takatambira vhangeri tikapinda Kereke kutibatsira kuva saBaba vedu vari Kudenga.

## Magumo

Kumisa zvinangwa kunozotibatsira kubudirira pazvido zvedu zvaka-kodzera muhupenyu hunofa nemuhupenyu hunotevera huno. Zvinangwa zvemunhu pachake zvinokwanisa kutitungamirira kuwana budiro dzedu pachedu. Zvinangwa zvemhuri zvinokwanisa kutitungamirira kuva mhuri dzakabatana dzakasimudzirwa. Apo tinoshanda kubudirira pazvinangwa zvakarurama, tiri kuvavarira kuzadzikisa mirairo yaIshe, “Ivai vakakwana” (Mateo 5:48).

## Zvokuita

Fungisisa zvaunoda kubudirira pazviri muhupenyu huno hunofa, uye nomunamato tsvaka kuziva chido chaBaba voKudenga kwauri. Zvino womisa zvinangwa zvinokwanisika kubudirira pazvido zvako. Kurukura zvido zvako nemhuri yako. Sarudza chinangwa chimwe chete chokushanda pachiri kutanga, zvino zvibvunze, “Chii chandinofanira kuita kuti ndibudirire pachinangwa changu?” Nyora pasi zvau-nokwanisa kuita svondo ino kubudirira pachinangwa chako? Pakupera kwesvondo ino, nyora pasi zvaunokwanisa kuita svondo rinotevera. Dzokorora mutoo uyu kusvikira wabudirira pachinangwa. Zvino chisarudza chimwe chezvinangwa zvako pachako wotevedzera mutoo mumwechetewo kusvikira wabudirira pachinangwa ichi.

Nemhuri yako, sarudzai chinangwa chinozokupundutsai mose, zvino motevera mutoo wataurwa pamusoro kusvikira mhuri yenyu yabudirira pachinangwa chacho. Ipai rumbidzo yakakosha kuna avo vari mumhuri menyu vanobudirira pachinangwa chavo pachavo chavakazvimisira.

## Zvimwe Zvinyorwa Zvitsvene

- Marko 9:23 (Zvinhu Zvose Zvinobvira )
- VaGaratia 6:7 (mutemo wekukohwa)
- Jakobo 1:22—25 (ivaiyi vaiti pamwepo nevanzwi)
- 1 Nefi 3:7 (Ishe vanozotibatsira kuchengeta mirairo Yavo)
- Zvinyorwa Zvorutendo 1:13 (zvakarurama zvatnofanira kuvavarira)

## Gadziriro yeMudzidzisi

Usati wapa chidzidzo chino:

1. Wana mabhora madiki mashanu kana zvimwe zvinhu zvokushandisa muchitaridzo chokubudirira pazvinangwa nhanho nenhanho.
2. Rongerera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana mashoko akataurwa aunoda.



# KUENDERERA MBERI NOKUDZIDZA

*C h i d z i d z o 3 3*

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Chinangwa chechidzidzo chino kutibatsira kusimbisa nzwisiso yedu yokudikanwa kwekuenderera mberi nokudzidza muhupenyu hwedu hwese.

## **Kudzidza Kunofanirwa Kuitira Kufambira Mberi**

“Hazvisi zvinoshamisa here kuti kune zvinhu zvinonakidza zvakawanda zvokuona nokunzwa nokubata nokudzidza nokufarira! . . .”

“Tinongofanira chete kuvhura mawindo akawanda aya kumweya yedu—kushandisa nemufaro maziso edu nzeve dzedu nokunzwa kwedu, kushandisa pfungwa dzedu nenzwisiso yedu. Tinokwanisa kupa pfungwa dzedu mifananidzo inonakidza yokutarisa, zvinhu zvinokurudzira zvokunzwa, ndangariro dzinemufaro dzokurarama nadzo” (Marion D. Hanks, *Improvement Era*, Gumiguru 1964, p. 883).

Baba Vokudenga vakatipa nyika inoshamisa kuti tigare, tidzidze, uye tifambire mberi. Hupenyu hwedu pasi pano inhinde yokudzidza, umo matinofanira kutsvaka ruzivo nenzwisiso yezvinhu zvaMwari nenyika yakatipoteredza.

Chimwe chedzidziso dzokutanga dzeKereke ndechekuti ruzivo rwatinowana muhupenyu huno hunozova ropafadzo kwatiri iyezvino nemuhupenyu mushure merufu: “Kana munhu akawana ruzivo neuchenjeri hwakawanda muhupenyu huno kuburikidza nokushinga nokuteerera kwake kupinda mumwe, anozova nepundutso hurusa munyika ichauya” (D&Z 130:19).

Kudzidza kunofanirwa kuitira kufambira mberi muchinhanho chipi zvacho chehupenyu hwedu. Dzidzo inoenderera mberi chikamu chinokosha chevhangeri. Kurarama vhangeri tinofanira kudzidza chokwadi charo. Naizvozvo, vaporofita vakatiraira kudzidza magwaro matsvene nguva nenguva. Mukuru William J. Critchlow Jr akataura nezvekupa mirairo yaikosha kuvadzidzisi vemumba pamusoro pokukurudzira avo vavaishanyira kuverenga magwaro matsvene:

“Pane imwe nguva, semutungamiri wesiteki, ndakatuma vadzidzisi vemumba kudzimba dzeVatendi kunoverenga sechidzidzo chavo mavesi ezvinyorwa zvakafanana anowanikwa mumabhuku okutanga mana. Ndakavaraira kuti vasaenda nemabhuku—kuti vanokumbira mabhuku emhuri. Zvavakawana zvaishamisa:

“—Mudzimba dzakawanda maiva nekutsvaga nokupukuta guruva kwakawanda mabhuku asati auyiswa.”

“—Vanhu vechidiki vakanga vachangochata kwechinguva kazhinji vakanga vasina mabhuku kusara kwekunge murume wacho ainge ari mumishonari akadzoka.”

“—Mumwe mukoma akanaka akati, ‘Takarongedza mabhuku edu ose mubhokisi patakatamira pano. Bhokisi racho ririmuchiimba chemude-nga uye handingakwanisi kusvika kwariri manheru ano.’ Paakavabvunza kuti vakanga vane nguva yakadii varipo, mudzimai wake ndiye akawana simba rokupindura, ‘makore manonwe.’

“—Mumwe mudzimai akati akanga asingazivi kuti sei murume wake asina kumbotenga Pearl of Great Price. ‘Tine mamwe mabhuku,’ akadararo. Akazonyara paakadzidza kuti raiwanikwa pamwepo neDoctrine and Covenants.”

“—Mumweve mudzimai akati, ‘Handisi kuzombotambura kuwana Bhaibheri. Murume wangu anorichengeta mumupanda wake wokuverengera.’ Vadzidzisi vakamutarisa achienda mumupanda wekugezera kwaakanobuda neBhaibheri muruoko rwake.”

“Zvakanaka zvazvo, takanga tisinei nokuti vanhu vedu vanoavere-ngerera kupi. Zano rose raiva rokuaburitsa kubva maaiva akavigwa kuenda mumba yemhuri yokutandarira, maanonyatsowonekwa, kuitira kuti nguva nenguva vanokwanisa kudzima redhiyo kana terevhizheni voaverenga” (*Gospel Insights* [1969], pp. 87–88).

- Tingamisa sei tsika yokuverenga magwaro matsvene? (Onai Mudzimai waVatendi. VaMazuva Ekupedzisira, chikamu A, chidzidzo 32, “Kudzidza Vhangeri Mudzimba Medu.”)
- Sei kuverenga magwaro matsvene nguva nenguva kuchidikanwa kuitira kufambira mberi muchirongwa chaBaba Vokudenga?
- Verenga 2 Nefi 9:28–29. Ndekupi kudzidza kwakanyanya kukosha? Tinofambira mberi apo tinodzidza kushandisa ruzivo rwedu nenzira kwayo. Mukuru Sterling W. Sill vakati: “Mushure mekunge [Adamu naEva] va dya [muchero kubva mumuti weruzivo rwezvakanaka nezvakaipa ] Mwari vakati, ‘Munhu zvino ava somumwe wedu, oziva zvakanaka kubva kune zvakaipa.’ Rudzi kwarwo rweruzivo

ruchiri kuva nesimba rakadaro pavanhu. Ruchiri kuita kuti varume nevakadzi vave sanaMwari” (“Lets Talk About . . . Education,” *Church News*, 16 Ndira 1971, p. 14).

### **Mikana Yokudzidza Yakawanda Zvikuru**

Senhengo dzeKereke, tine nzvimbo dzinokosha nhatu dzokudzidzira: mumba, kuchikoro, nokuKereke. Chimwe nechimwe chezvizvi chinopa mikana yokudzidza kunoenderera mberi.

#### ***Mumba***

Dzimba nemhuri dzedu dzinofanira kupa hwaro hwekudzidza. Sista Aline R. Pettit vakataura kuti amai vavo vaikurudzira sei mhuri yavo kudzidza:

“Pachena mundangariro dzedu maiva naAmai vachishanda mumba vachidetemba detembo ravainyanya kufarira kana kuti vachipa pfungwa yakakosha kana kuti ndima yezvinyorwa zvitsvene yakanyanya kuvabata moyo. Amai vakanga vasingango verengi zvakasimba chete, vaidzidza nomusoro zvose zvavaiverenga. Apo vaiverenga nguva dzose vainge vane penzura nebepa pedyo, uye apo pavaiwana chinhu chaivabata moyo, vaichinyora pasi, kwete kuti chigochengetwa kure asi kuti chigodzidzwa nomusoro. Sevana takanga tisinganyanyi kufarira sezvavaiita ivo ‘kudzidza nomusoro,’ asi zvisinei zvaidiwa kubva kwatiri. Takanga tisingangosuki ndiro mumba medu, taisuka ndiro nokuisa mundangariro pfungwa inokosha yainge yakanamirwa pamusoro pesingi. Kudzidza nomusoro kumwecheteko kwaidiwa pataiyina. Chikamu chekudzidza kwedu kutaura kugungano revanhu kwaisanganisira kudetemba pamberi pechiringoringo mumba mokugezera kuitira kuti tigogona kushandisa kwazvo maoko nekumeso kwedu pakutaura” (“A Beautiful Journey,” *Relief Society Magazine*, Chivabvu1970, p. 324).

#### ▪ Chii chatingaita kubatsira mhuri yedu kudzidza mumba?

Tinokwanisa kushandisa nguva yedu zvakachenjera kuti pave nenguva yokuverenga nokudzidza mumba. Tinokwanisa kuisa imwe nguva yorunyararo padivi kuitira kudzidza nokukurukura. Tinokwanisa kunyatso sarudza zvirongwa zveparedhiyo nepaterevhizheni. Tinokwanisa kunakirwa nemabhuku akanaka nehurukuro dzinonakidza. Tinokwanisa kushandisa manheru emhuri pamba edu senguva yokudzidza zvinhu zvitsva. Sevachengeti vemba tinokwanisa kunatsa umhizha hwedu nokudzidza, nokuverenga, kukurukura, nokuwongorora nokuedza nzira dzakasiyana siyana dzekuchengeta mumba zvakakanaka.

Mhuri yekwa Walter Gong muenzaniso wakanaka wezvinokwanisa kuitwa nemhuri kudzidza pamwechete:

“Dzidzo kuedza kwepamweya pamwepo nekweruzivo kumhuri yekwa Walter Gong vekusiteki yoku Los Altos California. Vana vavo vatatu vese vatungamiriri muKereke nemuzvikoro mawo. . . .”

“Brother Gong nditeteguru wekuSiteki yoku Los Altos California uye ndipurofesa wenatural sciences kuSan Jose State Univerisity. . . .”

“[Brother Gong vakati,] ‘Apo Kereke payakava chikamu chehupenyu hwedu (Brother naSista Gong vese vatendeuki vemakore akawanda,) dzidzo yakava yakatonyanya kukosha kwatiri nokuda kwedzidziso inoti “kubwinya kwaMwari uchenjeri.”

“Vana Gong vakagara vachidzidzisa vana vavo manheru ega ega patafura yokudyira. ‘Takaiita tsika kushandisa tafura senzvimbo yokuti nhengo yega yega yemhuri iwongorore zviitiko zvose zvezuva. Inguva apo vana vedu vanokwanisa kuzvipa gwara maererano nemhuri uye maererano nezviitwa zvavo ivo pachavo.”

“Teteguru uyu akasimbisira kuti basa revabereki kuita chokwadi kuti vana vanokwanisa kumira padudziro dzavo pachavo panguva yavanzobva pamba, ‘Dudziro yako pachako inoda kudzidza pamwepo nemunamato,’ vakadaro. ‘Naizvozvo, kana vana vakadzidza mumba kukosha kwekudzidza pamwechete nemanamatiro, vanozova nehwaro hwekutambira hutungamiri kubva kuna Ishe kuvabatsira muhupenyu hwavo pachavo’ ” (“Education has Spiritual Meaning to Family,” *Church News*, 29 Chikunguru 1978, p. 15).

- Vana vari mumhuri seyana Gong vangawana pindutso sei kubva mudzidziso yavabereki vavo?

Tinofanira kufunga pamusoro pedzimba nemhuri dzedu pachedu uye tozvibvunza mibvunzo inotevera:

- Nhengo dzemhuri yangu dzinodzidzisana here?
- Tinofarira here kuverenga, nhetembo, mumhanzi, kudhirowa, kana kupenda pamwechete?

Nguva yausina zvokuita mutoro here, kana kuti mukana wekuita shamwari itsva, wekuwana zvaunofarira zvitsva, uye wekuvamba nokuvaka?

### **Kuchikoro**

Nedzidzo yomuchikoro tinokwanisa kuwedzera kumikana yedu yekudzidza.

“VaConrad Hilton vakataura pamusoro pesimbi inokosha madhora mashanu. Asi simbi imwecheteyo, kana ikagadzirwa kuita shangu dzebhiza, inenge yava kukosha madhora gumi nehafu (\$10,50). Kana ika-

gadzirwa kuita tsono, inenge yava kukosha madhora zvuru zvitatu nemazana maviri nemakumi masere nemashanu (\$3,285). Uye kana ikaitwa masipiringi emawachi, inenge yokosha madhora zvuru mazana maviri nemakumi mashanu (\$250 000).

“Chokwadi ndechokuti kukosha kwesimbi ndeuko chete kuinotora kugadzira kubva mugomo. Kukosha kwayo kukuru kunotaurwa nezvayagadzirwa kuita. Vanhu vakafanana chaizvo nesimbi. Iwe neni tinokwanisa kuramba takaita sesimbi isinakupadzirwa kana kuti tinokwanisa kukwenenzverwa kumwero hwapamusoro soro. Kukosha kwedu kunotaurwa nezvatinozviita” (Spencer W. Kimball, “On Cheating Yourself,” *New Era*, Kubvumbi 1972, p. 32).

- Taridza mufananidzo 33-a, “Mudzimai arikudzidza umhizha.”
- Chii “simbi isinakupadzirwa” kana kuti kwaniso yatinayo tose tose? Tingaiwedzera sei? Kuenda kuchikoro kungatibatsira sei kuwedzera kukosha kwedu pachedu?

Dzidzo yemuchikoro inotipa mukana wekuzvigadzirira kuzadzikisa zvidikanwi Zvedu pachedu nezvido zvemhuri dzedu. Semasista, tinofanira kukudziridza umhizha hunozoita kuti tikwanise kubatsira kuriritira mhuri dzedu kana zvava kudikanwa.

“Wechidiki weVatendi vaMazuva Ekupedzisira wega wega anofanira kutora rairo yeVatungamiri Vokutanga sechinhu chakakosha zvikuru pavakati: ‘Kereke yakagara ichikurudzira nhengo dzayo, kunyanya vechidiki, kuwana fundo yokukoreji kana kutirenwa zvakanaka mune umwe humhizha hwebasa. . . . Tinokurudzira zvakasimba vanhu vechidiki vose kutora uye kuramba vachienderera [pazvinobvira] nedzidzo yemuchikoro yerumwe rudzi pavanenge vapedza chikoro chokusekondari” (William R. Siddoway, “Are Four Years of College Necessary?” *New Era*, Zvita 1971, p. 41).

Mukuru Stephen L. Richards akati: “Tinoda kuti vechidiki vedu vave vanhu vakadzidza. Tinoda kuti vanzwisise nhoroondo yenyika uye mirairo yepasi. Tinoda kuti vakwanise kunakirwa nezvakanakisisa zvese izvo zvakabvumirwa naIshe mukupa kwavo kuti vanhu vakudziridze. Tinoda kuti, nehwaro hwedzidzo vakwanise kuyera zvachenjera nokuita sarudzo dzakachenjera, kuitira kuti vagova nehupepyu hunebasa nemufaro” (*Where Is Wisdom?* [1955], pp. 151–60).

Kudzidza kwakadaro kwakakosha kwatiri.

- Verengazvi Dzidziso neZvibvumirano 88:78–79. Ndezvipi zvinhu zvatinofanira kuvavarira kudzidza?

Mutungamiri Brigham Young vakatiudzawo kuti “ibasa redu kuva vanhu vakagadzirira mumapazi ese edzidzo anozikwanwa muvanhu”



*33-a, Mudzinai Arikudzidza umhizha*

(sekutorwa kwazvakaitwa neHarvey L. Taylor, "Learning Is an Endless Process," *Improvement Era*, Kubvumbi 1964, p. 298).

- Ndeipi mikana yekudzidza iripo munzvimbo yako? Sei zvakakosha kuti utore pundutso yemikana iyi?

### **Kereke**

Hatifaniri kuregera kudzidza vhangeri nokusimba muKereke panguva yedzidzo yedu yomuchikoro. Dzidzo yedu yevhangeri inondikanwa ipapo sokudikanwa kwainoitwa pane imwe nguva ipi zvayo muhupenyu hwedu.

Dzidzo inosanganisira kuwana ruzivo rwaMwari uye chokwadi chevhangeri Mutungamiri J. Reuben Clark Jr vakati, "Kune kudzidza kwe-mweya sezvakunongovawo nekudzidza kwepanyama, uye kumwechete kusina kumwe kwacho hakuna kuzara; asi zvakadaro, ndichizvita urira, kana ndaingokwanisa kuva nerudzi rumwechete rwe-dzidzo, rwandaitora rwaiva dzidzo yemweya" ("In Spiritual Education," *Church News*, 29 Chikumi 1974, P. 16).

Kereke inotipa mikana yakawanda kudzidza nokukura. Apo tinotambira daidzo dzokushanda nokupinda makirasi, tinowedzera umhizha hwedu mukushanda nevanhu, muhutungamiri, nemukuva vachengeti vemba. MaiRebecca Keale veku Maui, Hawaii, vakataura zvinotevera pamusoro peBato raMadzimai:

" 'Nguva dzose ndinotakura umhizha weBato raMadzimai pandinenge ndiri. . . . Dzidzo yangu yakauya nemuBato raMadzimai. . . . ' "

"Kuna Sista Keale zvinhu zvose muKereke zvinonakidza zvikuru. Vanoshanda nesimba uye munhu anoronga zvinhu zvake zvakanaka zvikuru. Somuenzaniso, mumwe mupanda mukuru, mumba mavo 'mupanda wemapurojeketi,' umo mapurojekiti avanenge vachishanda paari anowaridzwa pasi kuitira kuti vangokwanisa kutanga nokumira basa ravo pakarepo. Vanomuka na 5a.m mangwanani ega ega, uye kana zano rikauya kwavari husiku, vanomuka vorinyora pasi. . . . ' "

" 'Ndinoziva kuti kana ndikapa zvakanaka, Ishe vanondiropafadzawo zvakakura, saka ndinoshanda nguva dzose' vakadaro. 'Ndakadzidza kuti vanhu vanoda rudo saka tinoudza masista edu "kupa" kuva netsitsi. Ndinovaunza mumba mangu, nenzira iyoyo vane chimwe chinhu chokupa. . . . ' "

"[Sista Keale vakatiwo] 'Nokuti zvidzidzo zvacho zvakanaka zvikuru, vanhu vanouya vari kuwedzera zvese pamisangano yevatungamiriri nemisangano yeBato raMadzimai' " ("Relief Society Skills Aid Hawaiian Leader," *Church News*, 2 Kukadzi 1974, p. 10).

### Kudzidza Kunoda Kuedza neSimba

Kudzidza kunoda kuedza nesimba nguva dzose, Zvakareruka zvikuru kwatiri kuti tive nehushimbe pafungwa apo patinenge tisingadzidzi.

#### ▪ Zvinorevei Kudzidza?

Semubairo wekudzidza kunoda kuedza nesimba, hatigowani chete ruzivo asiwo tinodzidza kuchengeta pfungwa dzedu dzakapinza. Sista Aline R Pettit vakayeuka kuti amai vavo havana kurega kudzidza nokukura kunyangwe apo pavakanga varasikirwa nekunzwa kwakawanda uye vasisanatsi kuona:

“Amai vanosvitsa makore makumi mapfumbamwe muna chikunguru anotevera. Panguva yangu yekuvashanyira yapfuura, vaifara zvikuru nokuti kirabhu yavo yevanasikana veVatangi vakanga vachinja nzvimbo yavo yokusanganira kuenda kuimba yevakwegura kwavaigara kuitira kuti vagokwanisa kugoverana navo muzvidzidzo.”

“ ‘Munokwanisa here kunzwa zvidzidzo pazvinopuwa, Amai?’ ndakabvunza.”

“ ‘Kwete, handikwanisi kuvanzwa nokutinzeve dzangu hadzichanzwi, asi hazvina mhosva izvozvo. Unoona, ndakakumbirwa kupa detembo pamusangano wega wega uye izvozvo zvinodifadza zvikuru.’ ”

“ ‘Asi, Amai,’ ndakadaro, ‘mungaverenga detembo sei imi maziso enyu asingaoni kudaro?’ ”

“Ndingadai ndakaziva zvirinani pane kubvunza mubvunzo iwoyo.”

“ ‘Chokwadi handiverengi nhetembo dzacho! Mumwe wemadzimai ari pano anondibatsira ndodzidza nemusoro.’ ”

“ ‘Munodzidza nemusoro detembo itsva yemusangano wega wega womwedzi?’ ”

“ ‘Chaizvo,’ vakapindura. ‘Chokwadi handingangogari pano pasina zvandinaita!’ ” (*Relief Society Magazine*, Chivabvu 1970, p. 328).

#### ▪ Sista ava vakaramba vachidzidza sei kunyangwe vakanga vava kuremara panyama?

Kuverenga inzira yakanakisisa yokudzidza. Vazhinji vedu tinoona zvakawanda uye tinokwanisa kuverenga. Zvakawanda kuziva, kuti kuverengera kudzidza kwakasiyana ne kuverengera kutandara chete. Pane zvinhu zvakawanda zvatinokwanisa kuita kutitidzidze zvakawanda kubva mukuverenga kwedu.

#### ▪ Taridza mufananidzo 33-b, “ Kuverenga kunotibatsira kuramba tichidzidza.”





*33-b, Kuwerenga kunokwanisa kutibatsira kuti tirambe tichidzidza*

- Nyora mazano anotevera pabhodhi kurukura nzira dzatinokwanisa kuitarimwe nerimwe:

1. Kusarudza zvinhu zvatinooverenga neuchenjeri.
2. Ronga nguva yokuverenga zuva nezuva.
3. Iva nechinangwa chaicho mukuverenga.
4. Nyora manotsi pakuverenga.
5. Kurukura mazano aunowana.

Kukurukura nevamwe kunotibatsira kuyeuka zvatininge taverenga. Kunotibatsirawo kunzwisisa musoro wenyaya zvakajeka. Neushingi nekuzvibata, tinokwanisa kudzidza nokufambira mberi zuva nezuva nokunatsa tsika dzedu dzokuverenga.

Kuedza kwakawedzerwa nekushinga kungangodikanwa naavo vanhu vanofanira kushanda kunze kwemba kuzviriritira nokuriritira vamwe. Zvisinei, ivowo, vanokwanisa kuramba vachidzidza nokunatsa umhizha hwavo nokuisa padivi imwe nguva zuva rega rega kana kuti vhiki yega yega yekuverenga.

Mutungamiri N Eldon Tanner vakataura nezvektorora mukomana wechidhiki kuti ave mesenja uyo akataridza chido chake chekudzidza, chido chake chekushanda, uye chido chake chekuita basa nesimba munzira dzakawanda:

“Mukomana mutsva uyu, mwanakomana weshirikadzi, aiva mukomana wechidhiki akangwara uyo aifarira zvinhu zvose zvaitika uye aigara akavhura maziso ake kuti aone kana aikwanisa kubatsira. Aida kushanda nokubatsira vamwe nokudzidza zvaaikwanisa pamusoro pebizinesi. Akanga asiri kuyedza kuva mutungamiri wekambani, asi aiedza kuva mesenja akanaka kusvika pese pazvaibvira, uye aienda kuchikoro chousiku kuti ave nedzidzo irinani. Munhu wose aimuda.

“Akanga angovapo kwemwedzi mishomanana apo . . . paakakwiridzirwa kuchinzvimbo chaiva nebasa rapamusoro. Gore risati rapera, akapromotwa zvakare uye acharamba achipromotwa nokuda kwemaitiro ake. Akanga akagadzirira kuita zvakawanda kupinda zvaitarisirwa kubva kwaari. Aiva nechido nekambani yake uye aida kuva nerubatsiro uye aivimbwa naye munzira dzose” (“He Was Prepared to Go the Extra Mile,” mu Leon Hartshorn, Comp., *Outstanding Stories by General Authorities*, 3 vols, [1970–73], 1:212).

- Ndedzipi dzimwe nzira dzakaramba mukomana uyu achidzidza nadzo?

Zvisinei nokuti tinoita basa rerudzii , tinofanira kuramba tichiedza kudzidza nokuzvinatsa. Apo nzira itsva dzokurima padzinowanikwa, murimi akachenjera anotsvaka kudzidza pamusoro padzo uye kuti dzingashanda sei mumamiriro ezvinhu ake. Apo nzira itsva dzokufusha nokuchengeta zvokudya padzinotaurwa, muchengeti wemba akachenjera anodzidzidza woedza kubatsirikana kubva mukudzishandisa.

- Chii chatingaita kuramba tichidzidza nokuzvinatsa sevachengeti vemba? Savanaamai? Savana vechikoro? Samadzimai anoshanda?

### **Kudzidza Kunopfumisa Upenyu Hwedu**

“[Makore mazhinji apfuura mumshoni yekuFiji,] mukabazi kadikidiki umo madzimai gumi nemaviri—gumi vavo vakanga vasiri nhengo—akapinda Bato raMadzimai, [Mutungamiri weBato raMadzimai] akapa madzimai aya zvidzidzo zvino ndokuvakurudzira kuti vaite upenyu hwavo nepavaigara nani. Akavataridza kuti vanganatsa sei dzimba dzavo nokuisa zvidziro zvinoita kuti musaonekwa nemunhu wose uye kurima mizambiringa yakanaka kuti ikure ichikwira pamatenga emba dzavo dzaiva dzakapfurirwa nehushwa, kukirosha madhoiri, kuchenesa dzimba dzavo zvakanyatsonaka. Ishe wemuraini iroro akanga asingadi mudzimai uyu muraini rake pakutanga. Asi mudzimai uyu paakatora Ishe akamutaridza kunatswa kwakanga kwaitwa raini, akabvuma kuti agare uye kuti misangano ienderere mberi” (Janet Brigham na Herbert F. Murray, “The Saints in Fiji,” *Ensign*, Mbudzi 1973, p. 28).

- Raini iri rakapfumiswa sei nokudzidza kwemasista aya? Kudzidza uku kwakaita mutsauko sei muhupenyu hwemadzimai emuraini iri?
- Ndedzipi dzimwe nzira dzingapfumiswa nadzo upenyu hwedu pachedu nokudzidza?

Zvisinei kuti tinogara kupi, takura zvakadzi, kana kuti mamiriro ezvinhu edu akaita sei, tinokwanisa kudzidza zvinhu zvitsa zvinozopfumisa upenyu hwedu nokuhwuita hunonyanya kunakidza uye hwune basa. Kunyangwe mudzimai wechikuru akatyoka gumbo uye akatadza kubuda mumba kwemwedzi yakawanda, panguva iyi anokwanisa kuwedzera udzami mukufunga kwake kuburikidza nekuverenga mabhuku nekufungisisa pamazano aanawo. Mushure anokwanisa kana kuzoti, sezvakaita mumwe mudzimai akanga asingagoni kubuda mumba: “Chiitiko ichi chanditaridza kuti kubva mupfungwa, kana dzikashandiswa zvirinani, netarisiro yakakura munokwanisa kubuda mufaro mutsva nechimukochikuru. Ndinodemba kuti dai ndakawana makore mazhinji apfuura ruzivo rwakauya kwandiri mugore rino rangu rekusvitsa makore makumi manomwe nematanhatu eupenyu hwangu” (onai *Relief Society Magazine*, Chikunguru 1967, p. 550).

Ruzivo rwatinowana harupudutsi isu chete asiwo mhuri dzedu.

- Mhuri dzedu dzingaropafadzwa sei nokudzidza kwedu? Koka masista kuti vagoverana kuti zvimwe zviitiko zvekudzidza zvakaropafadza mhuri dzavo sei.

### **Magumo**

Baba Vekudenga vanotitarisira kushandisa kwaniso dzedu dzekudzidza kuvaka hupenyu hwedu pachedu uye kuita zvakakanaka kuna vamwe. Apo Muporofita Joseph Smith paakaronga Bato raMadzimai kuitira madzimai emuKereke, akati, “Ndavakukiyinura nokuvhura gonhi ndakakumiririrai muzita ralshe, uye Bato iri richafara, uye ruzivo nouchenjeri zvichauya kubva kuna Ishe kubvira iyezvino zvi-chienderera mberi, uku ndiko kutanga kwemazuva arinani kuvarombo nevanoshaya, avo vachaitwa kuti vafare nokudira maropafadzo pami-soro yenyu” (*History of the Church*, 4:607).

### **Zvokuita**

Funga nezve chimwe chinhu chaungaita kuti urambe uchidzidza. Ronga nguva yako kuitira kuti udzidze chimwe chinhu chitsva uye chine chimuko zuva rega rega. Ronga nzira yokuwedzera mikana yokudzidza mumba mako. Kurukurai kukosha kwekudzidza mumanneru pemhuri pamba. Batsira vana vako kugadzira chirongwa chedzidzo yavo.

### **Zvimwe Zvinyorwa Zvitsvene**

- Zvirevo 19:20 (tsvakai dzidzo inotungamirira kuururami)
- 2 Timotio (chinyorwa chitsvene chine chimuko kudzidziso, tsiuro, gadziriso, nerairo)
- Mateo 11:29 (dzidzai nezvangu)
- Zvidzidzo neZvibvumirano 19:23 (dzidzai nezvangu)
- Zvidzidzo neZvibvumirano 109:7 (tsvakai kudzidza nokuverenga uye norutendo)

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### **Gadziriro yeMudzidzisi**

Usati wapa chidzidzo chino:

1. Nyora pabhodhi rechoko mazano apiwa muchidzidzo chino okunatsa kuedza kwedu kudzidza.
2. Rongerera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana makoteshi aunoda.

# MUNAMATO WEMUNHU EGA NEWEMHURI

C h i d z i d z o 3 4

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Chinangwa chechidzidzo chino kutikurudzira kuswedera kuna Baba vedu voKudenga kuburikidza nemunamato.

## **Kutaurirana naBaba vedu voKudenga**

- Imbai “Wafunga kuNamata here?” (*Hymns*, no. 140; kana *Musimboti WeVhangeri* 356.)

Panguva dzakawanda Mutungamiri Heber J. Grant vaishamiswa zvikuru nekwaniso yaMutungamiri Brigham Young yokutaura naIshe. Mutungamiri Grant vakati: “Ndaiziva Muporofita Brigham Young. Ndaigwadama nguva nenguva mumba mavo muLion House pamaminamato yemhuri, semwana mudiki uye semukomana wechidiki uye ndinopupura kuti semwana mudiki uye semukomana wechidiki; uye ndinopupura kuti semwana mudiki, panguva dzinopfuura imwechete, nokuda kwekurudziro yaIshe kuna Brigham Young apo paaikumbira Mwari hutungamiri, ndaisumudza musoro, ndocheuka ndotarisa panzvimbo paiva naBrigham Young achinamata, kuona kana Ishe vakanga vasiripo. Zvaitaridzika kwandiri kuti aitaura kuna Ishe sekutaura kungaita munhu kune mumwe” (“He Talked to the Lord,” mu Leon Hartshorn, *Comp, Classic Stories from the Lives of Our Prophets* [1975], p. 44).

Tese tese tinokwanisa kutaura naBaba vedu voKudenga. Patinonamata, tirikutotaura naVo, nemuromo tichidudza kana kuti nokuumba pfungwa mundangariro dzedu. Munamato rudzi wekushumira.

Mumunamato tinotaura rutendo nokutsvaka hutungamiri hutsvene. Tinoreurura zvivi zvedu neutera hwedu, tinotaura pfungwa dzedu nokunzwa kwedu, nokugoverana navo budiro nekundikano. Nemumunamato, tinokwanisa kukumbira rubatsiro rwedu pachedu nerwavamwe.

- Taridza mufananidzo 34-a, “Mutauro wemunamato.”

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# *Mutauro weMunamato*

***Taura:***

*“Baba vedu vari Kudenga”*

***Ipa kutenda:***

*“Tinomotendai”*

***Kumbira:***

*“Tinokukumbirai”*

***Vhara:***

*“Nemuzita raJesu Kristu, amen.”*

- Ita kuti nhengo yekirasi yakaronga wa ipe rondedzero muchidimbu pakuti tinofanira kunamata sei (onai *Musimboti weVhangeri* Chitsauko 8, “Kunamata kuna Baba vedu voKudenga.”)

Takarairwa ku “namata tichidaidzira pamwepo nemumoyo medu; hongu, pamberi penyika pamwepo nemuchivande, pazere vanhu pamwepo nepaunenge uri wega” (D&Z 19:28). Kutibatsira kuzadzikisa murairo uyu, Ishe vakatipa rairo, pamwepo nzira yokunamata inozikana seMunamato waIshe (onai Mateo 6:7–13 uye Nefi 13:7–13).

- Verenga Mateo 6:7 kana 3 Nefi 13:7. Zvinorevei “Kupamhidza zvisina maturo?” Tingakudzivirira patinonamata?
- Verenga Mateo 6:9–13 kana 3 Nefi 13:9–13. Chii chatingadzidza pamusoro pemunamato kubva mumutoo wakadzidziswa neMuponesi kuvadzidzi vake? Sei zvakakosha kutambira chido chaBaba voKudenga patinonamata?
- Verenga Dzidziso neZvibvumirano 88:64–64. Ndeipi mirairo inopiwa nechinyorwa chitsvene ichi maererano nemunamato? Ndeapi maropafadzo atinovimbiswa muDzidziso neZvibvumirano 88:62–64?

Kutibatsira mukuedza kwedu kuswera pedyo kwaVari, Baba voKudenga vakatipa rairo kuburikidza nemuvatungamiri vedu pakuti tinonamata sei. Bishop H. Burke Peterson vakapa zano:

“Apo unonzwa kuda kunyatsotaurirana naIshe kana kunatsa matauriro ako navo . . . ndingapa zano here romutoo wokutevera: enda paunokwanisa kuwa wega, enda paunokwanisa kufunga, enda paunokwanisa kugwadama, enda paunokwanisa kutaura kwaVari uchidaidzira. . . . Zvino chivaona muziso repfungwa dzako. Fungai kuti urikutaura kunaani, dzora pfungwa dzako—usarega dzichienda kumwe, taura kwavari saBaba vako seshamwari yako. Zvino vaudze zvinhu zvaunonyatsa kunzwa kuti unoda kuvaudza—pasina mashoko asina chokwadi asingarevi chinhu, asi iva nehurukuro navo yechokwadi inobva pamwoyo. Vataurire zviri pamwoyo wako, vakumbire ruregerero, vadembetere, nakidzwa navo, vatende, vataurire rudo rwako kwavari, zvino chiteera kumhinduro dzavo. Kuteerera chikamu chinokosha zviku chokunamata. Mhinduro kubva kunaIshe dzinouya chinyararire—chinyararire chikuru. Chokwadi ndechekuti, vashoma vanonzwa mhinduro dzavo chaizvo nenzeve dzavo. Tinofanira kunyatso teerera nokuti tikasadaro hatimbofi takadziziva. Mhinduro zhinji kubva kuna Ishe dzinonzwikwa mumwoyo medu sokunzwa kwekugadzikana kunodziya, kana kuti dzinokwanisa kuuya semufungo mupfungwa dzedu. Dzinouya kuna avo vakagadzirira uye vanemwoyo murefu” (mu Conference Report, Gumiguru 1973, p. 13; kana *Ensign*, Ndira 1974, p. 19).

Baba Vokudenga vanoteerera patinotaura kwaVari.

- Verenga 1 Johane 5:14–15.

Baba vedu voKudenga vanopindura minamoto yedu kana tichizvininipisa uye tichikumbira maererano nechido Chavo.

- Verenga Dzidziso neZvibvumirano 112:10.

### **Kuzadzikisa Zvidikanwi Zvako Pachako Kuburikidza neMunamoto**

Kana tiri tinoda kutaurirana zvinoreva chinhu naBaba voKudenga kuburikidza nemunamoto, tinofanira kupedza nguva tiNavo.

“Mumwe mudzidzisi wechitendero akapa zano kukirasi yake rokuti vapedze nguva isiri pasi pemaminitsi gumi nemashanu pazuva mumunamoto wemunhu pachake. Izvi zvaitaridzika kunhengo zhinji dzemukirasi sechinhu chakarebesa zvisinakufanira! Mumwe mudzidzi akauya kwaari pashure akati, ‘Handibvumi kuti ndingafunga zvakawanda kudaro zvokutaura’ ”

“Mudzidzisi akabvunza, ‘Haupedzi here nguva yakadaro zuva nezuva uchitaura neshamwari yako yaunogara nayo?’

“ ‘Chokwadi,’ musikana wechidiki akapindura.

“ ‘Saka ipa pfungwa,’ akadaro mudzidzisi, ‘pakuti sei unezvakanwanda zvokutaura neshamwari yako kupinda zvaunoita naIshe’ ” (Karen Lynn, “Prayer: The Heart of the Sabbath,” *Ensign*, Ndira 1978, p. 31).

- Kufungisisa maropafadzo ake nezvidikanwi zvake kwakabatsira sei musikana wechidiki uyu kuwana zvakanwanda zvokutaura mumunamoto yake?
- Sei zvakanwanda kuti tidzidze kuzadzikisa zvidikanwi zvedu kuburikidza nemunamoto?
- Verenga Aruma 37:37 Ishe vanotinropafadza sei patinonamata?

Hatifaniri kupima mwero wemisoro yenyaya dzomunamoto. Panekudaro, tinofanira kubatanidzira Baba voKudenga muzvinhu zvose zviri maererano nehupenyu hwedu pachedu—basa redu, dzimba dzedu, uye matambudziko edu pachedu.

- Verenga Aruma 34:17–28.

Tinofanira kunamatira kuziva zvokutaura mumunamoto yedu. Panguva yekushanya kweMuponesi kunyika yeAmerica, vanhu vaNefi vakafemerwa mumunamoto yavo. “Zvakapuwa kwavari kuti vanofanira kunamata” (3 Nefi 19:24). Apo tinonamata neMweya Mutsvene somutungamiri wedu, Anounza pfungwa dzakanwanda nekunzwa kwakanwanda kwatiri.



Baba veKudenga vanoziva zvidikanwi zvedu chaizvo kupinda mazi-viro atinozviita. Vanoziva zvakatinakira uye zvatnofanira kukunda. Apo tinovatsvaka, vanotibatsira kuziva mazadzikisiro atingaita zvidikanwi zvedu. Mumwe sista wechikuru aiva nedambudziko akakumbira ropafadzo yehufundisi akapuwa rairo iyi nabhishopi wake panguva yeropafadzo:

“ ‘Dzimwe nguva zuva roga roga, enda namabvi ako pamberi paBaba vako veKudenga uvatende. Usakumbira chinhu; asi varumbidze nezvavari kukupa.’ ”

“Kutambura kwasista ava kwaiuya kubva mumatambudziko akakumba mukugara kwavo. Vainzwa kuti vaiva nefaniri huru kukumbira zvinhu, asi vakatambira zano remunamato wemazuva ose wekungorumbidza chete.”

“Nguva yokutanga yavakagwadama kupa munamato wakadaro vakashamiswa kuwana rutendo ruchiduruka kubva mumwoyo mavo. Havaifanira kutsvaka mupfungwa dzavo kuti vawane zvinhu zvavaitenda nazvo.

Mamiriro ezvinhu aivatadzisa kuona shamwari dzavo dzakare kuva nehufambidzani hwavo , asi vaitambira tsamba kubva kushamwari idzi dzaiva kwavaimbo gara. Kusara kwemurume wavo hakuna mumwe munhu wavakanga vachariritira, asi akanga achinavo. Kunyangwe vaisuwa kudaro, vakanga vasisakwanise kutarisa kudoka kwezvava nomumunda vari pamba; asi vakanga vachiri kukwanisa kuona nokuita zvino zvinonakidza zvinodikanwa. . . .

“Ndangariro dzakanga dzisina kudzima. Mufaro wokuva mutemberi yaIshe uye wokushanda navamwe ikoko wakanga uchiripo. Vaikwanisa kurangarira mangwanani anedova idzva avakanga vafamba muminda neimbwa yavo. Zviso zvaiteerera zvevana veChikoro cheSvondo, mapoka ekutsvaka mazita emadziteteguru, vanhu vechidiki veMIA, uye masista eBato raMadzimai vavakanga vadzidzisa vakwanisa kurangarirwa. . . .”

“Zvisinei nokuti vaigara kupi kana kuti vaiva nechigaro chemuKereke here, chokwadi chokuti vaiva mwanasikana waMwari chairamba chiripo. . . .

“Nokupfuura kwaiita mazuva, sista vakanga vasingafari ava vaitarisira kuminamato yavo yerumbidzo chete. Yakanga yakareba kupinda minamto yavo yokukumbira. Vakaona kuti vaiva nozvokukumbira zvishomasa kupinda zvavaitambira. Nemurumbidzo vakatambira maropafadzo avo zvakare nezvakare” (Wilma Logan, “Prayers of Praise,” *Instructor*, Zvita 1970, p. 461).

- Minamoto yavo yerutendo yakazadzikisa zvidikanwi zvasista ava sei? Kutenda Bava vedu veKudenga neparopafadzo edu kunotibatsira sei?

Apo tinonamata tinofanira kuyeuka kuti uchenjeri hwaBaba vedu voKudenga avo vanoziva zvose uye vakarurama nokudzidza kutambira chido chavo muzvinhu zvose. Dzimwe nguva, muuchenjeri hwavo, vanopindura minamoto yedu nenzira dzatanganga tisingatarisire. Izvi zvinoratidzwa nechiiitiko chinotevera chakataurwa naMutungamiri N. Eldon Tanner:

“Ndakashamiswa zvikuru nemafungiro emwanasikana wangu nemurume wake vakanga vane mwana airwara neleukemia. Vana chiremba vakati mwana akanga asingakwanisi kuzorarama kupinda gore kana maviri. Ndinoyeuka kuvhunduka kukuru kwavakaita nazvo uye kuterera kwavakaita naIshe, vakaenda kutemberi, vakatsanya nokunamata kuti mwana aporeswe; uye chinhu chakanyanya kundishamisa ndechokuti vaipedzisira minamoto yavo nekuti ‘kwete kuda kwedu, asi kwenyu, ngakuitwe; uye tisimbisei zvakanwana kutambira chido chenyu kwatiri.”

“Akararama kwenguva yakareba kupinda zvakananga zvataurwa nanachiremba asi pakupedzisira akadaidzwa kumusha, uye zvaifadza kwandiri kunzwa vabereki vake vachitenda Ishe kuti vakanga vawana mukana wekumurera kwenguva yavakanga vaita uye kuti akanga ari mwana akanaka zvikuru, zvinondokukumbira Ishe kuti vavaite vakakodzera kusangana nokugara naye muhupenyu hunotevera” (“Importance and Efficacy of Prayer,” *Ensign*, Nyamavhuvhu 1971, p. 3).

- Zvidikanwi zvevabereki zvakanadzikiswa sei kuburikidza neminamoto? (Vakaropafadzwa nesimbiso yavaida kuti vambire chido chaIshe.)
- Sei zvakanakosha kunamata kuti kuda kwaIshe kuitwe? (Ishe muuchenjeri hwavo husingagumi vanoziva zvakanakira.)

Pamusoro pokunamatira kuti zvidikanwi zvemhuri dzedu nezvedu pachedu vizadzikiswe, tinofanira kunamatira vamwe muzvidikanwi zvavo. Senhengo dzeKereke, tinokwanisa kubatana mukunamatira avo vane zvidikanwi zvakanakosha.

Kazhinji tine mikana yokunamata mumisangano yedu yeKereke. Nezve mikana iyi, imwe nhengo yakati: “Nguva dzose ndinozvutenda kana ndikakwanisa kugara kumberi kwegungano ndisati ndapa minamoto ndakavamiririra. Ndinotarisa pazviso zvavo ndoyedza kuwana nzwisiso yekuti zvidikanwi zvavo zvii uye kuti maropafadzo api avanyanya kutenda nawo. Ndinokumbira Ishe kundibatsira kuti ndive



*34-b, Mhuri yakapfugama mumunamato*

muruyanano neminamato inenge iri mumwoyo yavo” (sekutorwa kwazvakaitwa neKaren Lynn, *Ensign*, Ndira 1978, p. 32).

- Munamato wakadaro ungabatsira sei kuzadzikisa zvidikanwi zvevamwe?

### **Kusimbisa Mhuri Dzedu Kuburikidza neMunamato**

- Taridza mufananidzo 34-b, “Mhuri yakagwadama mumunamato.”
- Verenga 3 Nefi 18:21.

Mumwe sista akataura nezvekunzwa kwake pamusoro pemunamato wemhuri wamazuva ose: “Paiva nenguva apondingadai ndakatarisa pamunamato wemhuri unoitwa panguva imwecheteyo zuva nezuva . . . sechinhu chisina zvachinoreva. Asi zvino nokuti ndava amai vemhuri huru, ndinonzwa zvakasiyana, ndinobvuma kuti chimwe che-zvombo zvomweya chemhuri yangu kutara nguva yemunamato; nguva dzedu dzakamisirwa minamato yemagwanani nemanheru . . . nguva dzekunzwa mweya pedyo dzatinoziva kuti dzinoitika zvisinei nokuti zuva ranga rine zvikangaidzo kana matambudzo akaita sei. Tinodzivirira kunzwa kwemuteuro numinamato yedu: tinogoziva kuti minamato ichaitwa, tinoziva kuti kupi uye nguvai, uye minamato iyoyo inopa dziviriro patinonamata neMweya. Ndinonzwa mufaro pandinoona mhuri yangu ichiungana kunamata” (zvakataurwa na Karen Lynn, mu *Ensign*, Ndira 1978, p. 32).

- Sei munamato wemhuri waiva wakakosha kuna sista ava?

Zvakakosha kuti tiunganidze mhuri dzedu pamwechete kumunamato mangwanani nemhaneru oga oga. Nhengo dzose dzemhuri dzinokwanisa, kunyangwe vadiki diki, vanofanira kutora zvinhanho kupa munamato. Nhengo yemhuri yoga yoga inofanira kuva nemukana wekupa rutendo nemaropafadzo akatambirwa nemhuri. Kana nhengo yemhuri ipi zvayo ine basa kana dambudziko rokutarisana naro, mhuri inofanira kukumbira maropafadzo akakosha panhengo yemhuri iyi mumunamato wemhuri: Izvi zvinounza mhuri pamwechete uye zvinogumisira nekunzwa kwakanyanya kunaka pakati penhengo dzemhuri. Apo vana vanonamatirana, vanona kubatana kwepedyo uye vanonyanya kunzwa kuti chikamu chehupenyu hwavamwe vavo. Apo patinenge tiri pambvi edu tino kanganwa kusiyana kwedu uye tofunga zvakanyanya kunaka muna vamwe. Tinoda kunamatira rugare rwavo uye simba rokukunda utera hwedu pachedu.

Simba romunamato mukusimbisa muchato rakatsanangurwa zvakanaka naCatherine Marshall mubhuku rake *A Man Called Peter* (Murume Anonzi Peter): “Kunyangwe takanga takaita sevachati vese vese, Peter neni dzimwe nguva taisatenderana, takaona kuti kupesana uku kwakanga kusingambovi kwakakomba kana kwokutukana kana

chete taikwanisa kunamata pamwechete. Saka chaizvo takadzidza chidzidzo ichi zvokuti chaiva rimwe remazano aigara achipuwa naPeter kuvachati vaiva mumatambudziko mumichato yavo. 'Kana mukaenda pasi nemabvi enyu pamwechete,' aivaudza, 'zvinetsa zvenyu zvinozozogadziriswa nenguva isipi. Hazvikwanisiki kuti munamate pamwechete mugoramba makatsamwirana' ([1951], pp. 119– 20).

- Munamato wemhuri ungabatsira sei mhuri dzedu?

Rudo nekubatana zvinokura mumba apo nhengo dzemhuri padzino-gwadama pamwechete nokutaura naBaba Vokudenga. Vanofanira kunamatirirana kuti vasimbiswe mukuzadzikisa mabasa avo mumba, muKereke, kubasa, uye kuchikoro. Nhengo dzemhuri dzinokwanisa kudzivirirwa kubva kuzviyedzo kuburikidza nemunamato wemhuri wamazuva ose.

Mutungamiri N. Eldon Tanner vakatsanangura kushanda kwemunamato wemhuri muhupenyu hwavo "Apo ndinofunga shure apo patai-gwadama semhuri mumunamato mangwanani nemanheru oga oga, ndinoona zvazvaireva kwatiri sevana kunzwa baba vachidaidza kuna Ishe nokunyatsotaura kwavari, vachitaura rutendo rwavo nokukumbira maropafadzo alshe pazvirimwa nezvipfuwo zvavo pamwepo nezvose zvataiita. Nguva dzose zvaitipa simba guru kutarisana nezviyedzo apo pataiyeuka kuti taizorhipota kuna Ishe manheru" ("The Power of Prayer," *Prayer* [1977], p. 129).

- Kuziva kuti tichazorhipota kuna Ishe manheru kungashandura sei zviito zvedu muzuva?
- Munamato ungatibatsira sei isu nevana vedu kukunda zviyedzo? (Onai 3 Nefi 18:15.)

Kuburikidza nemumunamato, vana vanokwanisa kudzidza misimbote inozova simba kwavari hupenyu hwavo hwese. Muminamato yedu tinokwanisa kubatanidzira zvinangwa neururami zvatiri kuvavarira. Somuenzaniso, vabereki vanokwanisa kukurudzira vana kugadzirira udzidzisi nokuti: "Ropafadzai John kuti arambe achiwana uchapupu nokuzvigadzirira kuva mumishonari. Tibatsirei, semhuri, kumutsigira mukuedza uku." Vana vanokwanisawo kukurudzirwa kuramba vakarurama nokukodzera kuchata mutembere. Muminamato yemhuri vabereki vanokwanisa kudzidzisa vana vavo kuti Baba voKudenga vanovada.

- Ndezvipi zvimwe zvinhu vabereki izvo anokwanisa kudzidzisa vana kuburikidza nomunamato? Minamato yavabereki ingavataridza sei vana kuti vabereki vavo vanovada?

## Magumo

“Munamato chinhu chinoninipisa mweya. Unowedzera nzwisiso yedu uye unojekesa pfungwa dzedu. Unotiswededza kuna Baba vedu vari kudenga. . . . Tinoda rubatsiro rwavo. . . . Tinoda hutungamiri hweMweyaMutsvene wavo. . . . Tinoda kuti pfungwa dzive dzakapinza nokuda kwekurudziro inobva kwavari, uye nokuda kwezvikonzero izvi tinonamata kwavari, kuti vatibatsire kurarama kuitira kuti tigoziva chokwadi chavo nokuwanisa kufamba muchiyedza chacho, naizvozvo, tichichengeta mirairo yakawanda iyo yatakapiwa kuti tikwanise kuburikidza nemuruvimbo rwedu nokuteerera kwedu, tidzokera zvakare pamberi pavo” (Joseph Fielding Smith, *Take Heed to Yourselves!* [1966], p. 344).

Zvinogadzikisa pfungwa kuziva kuti Mwari vanotifunga uye vakagadzirira kupindura apo tinoisa ruvimbo rwedu maVari nokuita zvakanaka.

“Kana ndiri ini, ndichadana kuna Mwari; Jehova Achandiponesa.

“Madekwana namangwanani namasikati ndichachema ndichivuvura; Iye uchanzwa inzwi rangu” (Mapisarema 55:16–17).

## Zvokuita

Funga nezvechiyedzo chawakatarisana nacho iyezvino. Muminamato yako, tenda Ishe nemaropafadzo ese aunokwanisa kufunga zvino chikumbira Ishe kuti vakubatsire apo unoedza nesimba rako rose kugadzirisa dambudziko rako. Apo paunenge uchinamata, yeuka nhanho dzakataurwa muDzidziso neZvibvumirano 88:62–64 uye yeuka maropafadzo akavimbiswa.

## Zvimwe Zvinyorwa Zvitsvene

- Jakobo 5:16 (munamato wemunhu akarurama unounza zvakanaka)
- Aruma 10:23 (minamato yevakarurama)
- 3 Nefi 12:44 (namatira avo vanokushandisa noruvengo)

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## Gadziriro yeMudzidzisi

Usati wapa chidzidzo chino:

1. Rongerera nhengo yekirasi kupa rondedzero pfupi pamusoro pokuti tinofanira kunamata sei achishandisa ruzivo runowanikwa *muMusimboti weVhangeri* chitsauko 8, “Kunamata Kuna Baba vedu voKudenga.”
2. Ronga kutanga kirasi nerwiyo, “Wafunga Kunamata Here?” (*Hymns*, no. 140; kana *Musimboti weVhangeri*, p. 356).
3. Rongerera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana mashoko akaturwa aunoda.

# KUKUDZIRIDZA RUTENDO

*C h i d z i d z o 3 5*

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Chinangwa Chechidzidzo chino kutibatsira kukudziridza tsika inokosha yerutendo uye kuitaridza muhukama hwedu nevamwe.

## **Kupa Rutenda kuna Baba vedu Vokudenga**

Kazhinji tinobatwa moyo zvakadzama nerutendo rwemutsa wakare-ruka. Apo patinotambira mutsa wakadaro, tinofanira kutaura necho- kwadi rutendo rwedu kuna avo vanenge vatishandira. Rutendo rwedu runokwanisa kuonekwa chete apo patinotaridza kana kutaura rutendo nemashoko. Zvikuru kupinda kungova munhu akapfava; kutaridza rutendo rwechokwadi ronubva mumoyo.

Bishop H. Burke Peterson vakataura chiitiko chinotevera pamusoro paMutungamiri Spencer W. Kimball nechipo chavo chokutaura rudo norutendo:

“Vhiki mbiri dzapfuura Mutungamiriri Kimball vakandipfuura apo pataimhanyira kumusangano. Vakamira, vakatora ruoko rwangu, vakanditarisa muziso, vakaisa padivi dzimwe pfungwa dzavo dzose, uye vakati, ‘Ndinourombo dzimwe nguva tine basa rakawandisa. Ndinofunga handisati ndakutaurira panguva yapfuura iyi madiro nematendero andinokuita.”

“Ndakanzwa mweya wavo; ndakabvumazvavaireva; ndakanzwa mufaro wandisati ndambonzwa muhupenyu hwangu” (mu Conference Report, Kubvumbi 1977, p. 103; kana *Ensign*, Chivabvu 1977, p. 69).

Mutungamiri Kimball vakataura izvi pamusoro pekufanira kwedu kutaura rutendo kuna Baba vedu Vokudenga “kazhinji tinotora maro- pafadzo sechinhu chinongoitika, sezuva, mhepo, utano, nemukana. Kana kuti tinotambira mutsa, rukudzo, nebasiro zuva nezuva . . . , pasina shoko rorutendo. Tingatenda munhu anotipa pokugara mubhazi, munhu anotikwidza motokari yake, shamwari inotitengera zvokudya, munhu anotichengetera vana, kana mukomana anotiche-

kerawu, asi tinotaura rutendo here kwaVari vanotipa zvose?" (*Faith Precedes the Miracle* [1972], p. 202).

- Ratidza Mufananidzo 35-a, "Varume vanegumi vaiva namapere-mbudzi."
- Verenga Ruka 17:11–19. Unofunga kuti sei Ishe vakabvunza "Vapfumbamwe varipiko?" Ishe vanoda chii kubva kwatiri nemaropafadzo asingaverengeki atinotambira kubva kwaVari ?

Mukutaura nezve nyaya yevanhu vaiva nemaperembudzi, Mukuru Howard W. Hunter vakasimbisisawo kufanira kwedu kutenda Baba vedu Vokudenga nemaropafadza ese avanotipa: "Pavarume gumi vakaporeswa, mumwechete chete ndiye akadzoka kuzotaura rutendo. Izvi zvinofanira kuva zvakasuwisa Mambo, asi kune vakawanda vanotambira maropafadzo, vakawanda vanoropafadzwa nezvinhu zvakanaka muhupenyu, asi havambotori nguva kana kuedza kutaridza rutendo kumupi kana kutaura rutendo kuna Mwari. Mufaro kubva mumaropafadzo hauna kumbokwana kusvikira pava nekunzwa kwakadzama kwerutendo mukati memumhu pachake uko kunoburitsa mutauro werutendo" (mu Conference Report, 1974, p. 27).

Zviripachena kuti kunyange Muponesi akapa rutendo kuna Baba nemaropafadzo Avo (onai Nefi 19:20, 28).

- Verenga Dzidziso neZvibvumirano 59:7. Zvimoreva kutenda Mwari muzvinhu zvose?

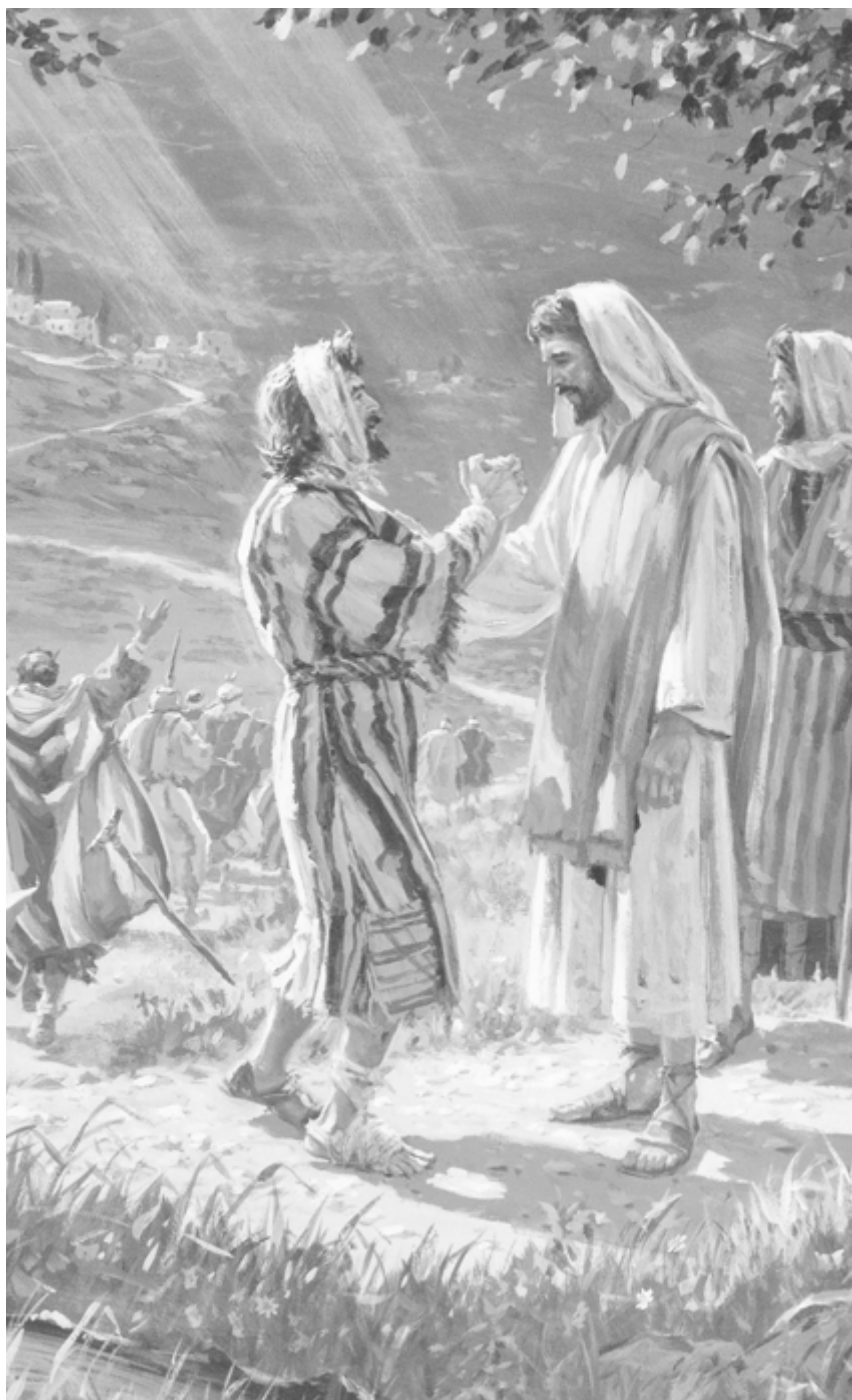
### ***Kupa Rutendo kuMaropafadzo***

Nemumagwaro matsvene tinoyeuchidzwa kupa rutendo kuna Mwari muzvinhu zvose. Rairo yakapa Amureki kumaZoramites sekunyorwa kwazvakaitwa muBhuku raMomonni inoshanda kwatiri nhasi: Apo tinobvuma ruoko rwaVo muhupenyu hwedu nokuona nokutaura rutendo nemaropafadzo edu akawanda, rutendo rwedu runowedzera. "Ezvo muchinamata Mwari, panzvimbo iri yose yamunenge muri, mumweya nomuchokwadi; muchigara mukutenda mazuva ose, pamusoro petsitsi zhinji ne ma komborero aanokupai" (Aruma 34:38).

- Tinofanira kutenda Baba vedu Vokudenga nemaropafadzo api? (Nyora mhinduro dzinopiwa nenhengo dzekirasi pabhodhi.)

Tinechikwereti chakakosha kuna Jesu Kristu cherutendo nekuzvipira kweruponeso kwake kuitira isu. Hatikwanisi kumbofa takanyatsa kunzwisisa kutitamburira kwaAkaita muGadheni reGetsemane nepamuchinjikwa, asi tinokwanisa kutaura rutendo rwedu nechipo chikuru ichi muzvinhu zvatinotaura nokuita.





*35-a, Vane maperebudzi Gumi Providence Lithograph Co.*

- Verenga Mosia 2:19–21. Chinyorwa chitsvene ichi chinotiratidza sei kupa rutendo rvedu kuna Baba Vokudenga?

MuDzidziso neZvibvumirano 136:28 tinoudzwa, “Rumbidzai Ishe nekuimba, nemumhanzi, nekudzana, uye nemunamato werumbidzo nerutendo.” Mimwe minamato yedu inofanira kuva minamato yemufaro werutendo nerumbidzo. Iyi haifaniri kuva yakatsetseka muma-shoko asi inofanira kuva kutaura rutendo kwechokwadi kwakareruka, uye kwakanangana nechimwe chinhu nemaropafadzo emazuva ose atinotambira.

- Hunhu hunemufaro hunotaridza rutendo rvedu sei kuna Baba Vokudenga?

### ***Kutaura Rutendo neMatambudziko***

Tinofanirawo kutenda nezviyedzo, matambudziko, nenhamo. Dzimwe nguva zvakaoma kupa rutendo kana tiri mukati mezvinonetsa, asi kazhinji mamiriro ezvinhu akadaro anobvumidza kukura kwemweya kunonatsa kuonekwa. Izvi zvinotaridza zvakananyanya kunaka munyaya yakataurwa naMukuru Marion D. Hanks pamusoro pemukomana naamai vake, avo vaiziva kukosha kwekutaura rutendo.

“Ndakagara pamusangano wesiteki umo mumishonari akanga adzoka kubva kumishoni akapa uchapupu hwake. Aiva nenguva pfupi saka akasarudza kushandisa rimwe zano. Akatenda Mwari kutivakamupa amai vakanga vakanaka zvikuru, uye vaizvininipisa, ndokubva apa chikonzero chake. Akati semukomana wekusekondari, akanga aidzwa zvikuru neurwere uyezvenokufa kwekahanzvadzi kake kadiki ako aida zvikuru uye aiva mudiwa wemhuri, sezvo akanga ari gotwe. Baba vavo vakanga vafa. Musikana mudiki uyu akanga arwara, uye kunyangwe neminamato neropafadzo nekutsanya nokuchengetwa kukuru, akarwarisa akafa husiku. Mukomana uyu akaenda mumupanda make, akakiya mukova, akachema zvikurusa ari ega nokuti akanga asingadi kuzviita kuna Mwari avo vaakanga asingakwanisi kusvikira nechokwadi panguva iyoyo. Mukupanduka nekushatirwa kwake kuna Mwari, kana aivako, aibvumira chinhu chakadaro kuitika. Uye mukusuwa kwake kwehwana hudiki asi kwechokwadi, akazviitira zvibvumirano zvakakomba. Husiku hwese haana kurara, achishushikana pamusoro pechiitiko chaaitarisira. Yaiva tsika yavo, sezvairi mudzimba zhinji, asi dzisina kukwana, dzeVatendi vaMazuva Ekupedzisira, kugwadama magwanani nemanheru nevana vakaungana panaamai, kutenda Mwari norunako rwemaropafadzo avo.

“Akamirira nguva iyoyo, achiziva zvaizofanira kutaura, asi achizvi-tya. Amai vake pavakati, ‘Uyai, vana,’ akati, ‘kwete.’

“Vakati, ‘Gwadama, mwanakomana.’

“Akati, ‘Kwete, handisikuzogwadama, uye handimbozofi ndakagwadama zvakare.’

“Vakati, sokuyeuka kwandinoita mashoko ake uye ndakabatwa pamwoyo zvakadzama sezvatakaitwa tose. ‘Mwanakomana, ndiwe mukurusa mumba muno. Ndiwe chete murume mumba muno, uye kana ndakamboda munhu wechirume, ndinomuda iyezvino. Chigwadama.’

“Akagwadama, achakangopanduka, asi nokuti amai, chido chomwoyo wake, vaimuda, uye ndokubva atanga kekutanga kufunga maererano nekurwadziwa nokusuwa kwavo. Saka akagwadama, ndikati nechomumwoyo. ‘Ndinoshama kuti vachatenda Mwari neyi magwanani ano.’ Uye amai vake, vachiziva, mibvunzo yaiva mupfungwa dzake nemupfungwa dzevamwe vana, vakavadzidzisa vhangeri pamabvi avo magwanani iwayo. Vakatenda Mwari nezvaizikanwa nemhuri, nemakomborero ekubatanidzwa kwekusingaperi, negwara nechinagwa nehutungamiri nepwiso maererano nehupenyu hwamagwana. Vakatenda Mwari kuti vakanga varopafadzwa nemwana uyu akanga akanaka zvikuru uye aishamisa akanga aunza zvakawanda kudaro kwavari uye aizova wavo, nokusingaperi. Uye kubva mumwoyo mamaivavo, vachiziva kukosha nokuipa kwenguva yacho, vakadzidzisa vana vavo pachavo zvaivapo zvokutenda Mwari pasi pemami-riro ezvinhu ekusuwa akadaro.”

“ Apo mukomana uyu paakanga akamira, Mutendi waMazuva Ekupedzisira akazvipira uye akabudirira akanga azadzikisa mishoni yaiva norukudzo uye yakaoma, akatenda Mwari naamai vaiva Mharekadzi” (“Heroism,” *Brigham Young University Speeches of the Year* [25 Kurume 1959], pp. 3–4).

- Munamoto werutendo waamai ava kuna Baba Vokudenga wakabatsira mwanakomana wavo?

Mukupapupu hwedu tinobvumawo runako rwaIshe kwatiri. Kutaura uko kwerutendo kunofadza kuna Baba vedu Vokudenga pamwepo nokusimbisa hama dzedu muKereke.

Mutungamiri Howard W. Hunter vakati: “Upenyu —upenyu hwese— hune mugove wakazara wezvinhu zvakanaka nezvaka ipa. Chokwadi, tinoona . . . maropafadzo akawanda ayo asingataridziki kana kunzwikwa nguva dzose semaropafadzo” (mu Conference Report, Gumiguru 1987, p. 68; kana *Ensign*, Mbudzi 1987, p. 54.)

- Ndezvipi zviitiko zvaunokwanisa kugoverana navamwe zvinotaridza madzidziro awakaita kuti maropafadzo ‘haataridziki kana kunzwikwa nguva dzose semaropafadzo?’ Sei zvakakosha kuti tipe rutendo rwedu munguva dzamatambudziko?

## Kupa Rutendo Rwedu Kuna Vamwe

Mukuru Henry D. Taylor vakatsanangura munyaya inotevera kuti kunyangwe vayeni vanokwanisa kutaura rudo norutendo kune vamwe:

“Mapurisa eDunhu rokuColumbia vakatengesa paokusheni mabhaskoro akanga asina varidzi aisvika zana. ‘Dhora rimwechete,’ akadaro mukomana aiva namakore gumi nerimwechete apo kukwikwidzana kwakavurwa pabhaskoro rokutanga. Kukwikwidzana, zvisinei, kwaiva kwakakwira zvikuru. ‘Dhora rimwechete,’ mukomana akadzokorora netarisiro nguva yega yega rimwe bhasikoro paraiburitswa.”

“Mutengesi, uyo ainge atengesa paokusheni mabhaskoro akabiwa neakarasika kwemakore makumi mana nematatu, akaona kuti tarisiro yomukomana uyu yaikwira mudenga pese paiburitswa bhasikoro remakwikwi ekumhaya.

“Pakanga pasara bhasikoro remakwikwi rimwechete. Zvinokukwikwidzana kwakasvika kumadhura masere. ‘Ratengeswa kumukomana ari apo nemadhura mapfumbamwe; akadaro mutengesi. Akatora madhura masere kubva muhomwe yake akakumbira mukomana uyu dhora rake. Mukomana akamupa muuwarara hwamasiriva—ndokubva atora bhasikoro rake ndokutanga kuenda. Asi akangofamba mafiti mashomanana. Anyatsosedeka mudziyo wake mutsva, akadzokera, nerutendo ndokumbundira mutengesi nechomuhuro nemaoko ake, ndokubva achema” (mu Conference Report, Kubvumbi 1959, p. 57).

Tese tinoda kutendwa. Mumwe muridzi wamabhisinesi wekuAmerica, Charles M. Schwab, akati, “Handisati ndasangana nemurume, zvisinei nemamiriro ezvinhu ake, asina kuita basa ririnani nokuedza nesimba rake rose pasi pomweya werubvumo kupinda zvaangaita pasi pemweya wokushoropodzwa” (Richards Evans, *Quote Books* [1971], p. 171). Apo tinopa rutendo norubvumo, tinowedzera ruvimbo rwavamwe matiri nokuvakurudzira kuita zvakanyanya kunaka.

Mukuru Richard L. Evans Jr. vakanyora zvinotevera pamusoro pekudikanwa kwekupa rutendo.

“Kusvikira magwanani ano, ndanga ndichinzwa kuti ndakaremedzwa. Pamutengo mukuru wekuedza nesimba nekukangaidzwa, mazuva apfuura ndakaita mushando wakaoma kushamwari—pakukumbira kwake kuti zviitwe pakarepo. Sokuziva kwangu akanga asina kumboedza kundiona kubva ipapo. Pakanga pasina shoko rorutendo—pasina chiratidzo chorutendo—pasina kutaura kuti mushando wangu wainge wamugutsa—runyararo chete.

“Runyararo—kusvikira magwanani ano, apo tsamba yerutendo rwechokwadi runogutsa yauya kubva kwaari. Uye munguva yazvatora kuiverenga, yadziyisa mwoyo wangu ikashandura maonere angu panyaya yose. Kunyora tsamba yacho kwakanga kwamutorera nguva shoma shoma, asi yakanga yandipundutsa zvakapfuma” (Richard L. Evans, *The Man and His Message* [1973], p. 285).

- Mutauro werutendo wakashandura sei kunzwa kwaMukuru Evans?
- Sei zvakakosha kuti titaure rutendo rwedu kuna vamwe? Ndezvipi zvimwe zvinhu zvatinoitirwa navamwe zvatinfoanira kutenda? Ndedzipi dzimwe nzira dzatinokwanisa kutaridza rutendo urwu kuKereke, mumba, muvavakidzani, nemunzvimbo matigere?

Muponesi akatipa musimboti wakakosha, kazhinji unonzi Mutemo weGoridhe, paAkati, “Saka zvinhu zvose zvamunoda kuti vanhu vakuitirei, muvaitire nemivo saizvozvo” (Mateo 7:12). Tese tinoda kutambira manzwi erutendo.

### **Kudzidzisa Rutendo Mudzimba Dzedu**

“Vamwe mai vaishushikana vakatsutsumwa pane imwe nguva kumu-vakidzani wavo kuti hapana munhu mumhuri mavo aitaridza rutendo nezvavaiita. Vakanga vasingambotauri chinhu pakuedza nesimba kwese kwavaiita vachichenesa imba vachinakisa imba yavo kuitira zororo, nokuchengeta mbatya dzavodzakachena nokuainwa. Vakanga vasingamboatendi nozvokudya zvakanaka zvavaibika kana nokuvae-ndesa kuchikoro kana kubasa. . . . Zvaivashatirisa kuti mhuri yavo yai-vatora semunhu akanga ari kungoita zvaifanira kuita.

“Muvakidzani wavo akapindura, ‘Marianne uneimba inogara yaka-chena uye yakanaka. Vana vako vanoenda kuchikoro nokumisangano yavo vakachena nokutsvinda. Uri mubiki wamadorokwati, uye handi-kwanisi kufunga mumwe munhu anovimbika kupfuura iwe pakuita mabasa ako eKukereke.”

“ ‘Ndinofungidzira kuti murume wako nevana vako vanoona kuedza kwako sechinhu chinorumbidzwa. Zvinobvira kuti dzimwe nhengo dzemhuri yako dzinonzwa kuora moyo kumweko sokwaunonzwa nokuti haisi tsika mumba mako kupa rutendo’ ” (*Relief Society Courses of Study*, 1976–7, p. 7).

- Chii chakataridzwa Mariane nemuvakidzani wake?

Kuti tikudziridze nokudzidzisa rutendo kuna avo vari mumhuridzedu tinofanira kutanga tamutsa mukati medu isu pachedu tsika yokuva norutendo. “Zvakakosha kumhuri dzedu kudzidza kutenda vamwe sezvazvakakosha kutambira rutendo kubva kuna vamwe. Kana tikasa-

dzidzisa vamwe kutaridza rutendo rwavo nomuenzaniso wedu uye nerairo yedu, vangangotadza kudzidza hunhu hwakakosha uhwu. . . . Kana tichida kuti vamwe varambe vachiita zvavari kuita, chinhu chakanakisisa chatingaita kuvaita kuti vazive matendero atinovaita” (*Relief Society Courses of Study, 1976–77, p. 7*).

Apo vana vedu pavanenge vari vadiki, tinofanira kutanga kuvadzidzisa kutaridza rutendo rwezvipo zvavanotambira nokutenda avo vanovaitira zvinhu zvenyasha. Mukuru A. Theodore Tuttle vakataura pamusoro pechiitiko chokutaridza rutendo chavakava nacho apo pavaigara pane imwe imba panguva yemusangano wesiteki:

“Pano pagere murume wechidiki nhasi ane mumba mandaiva mweni pamusangano wesiteki. Sezvo akanga achangobva pamba kuenda kuBrigham Young Univerisity, ndaifanira kurara mumupanda wake usiku hwemugovera. Apo amai vake vanetsitsi pavainditaridza mupanda wake, vakavhura wodhiropu yake umo mandakaona tsamba yakanga yakanyorwa noruoko yakanamirwa kusimbi muwadhropu. Yaiti:

“Amai,

Ndinokutendai nezvese zvamakaita kuti zororo ino ive yakakosha. Muri amai vanokosha zvikuru uye ndinotenda Ishe neropafadzo yokuva mwanakomana wenyu.

Ndinokudai uye ndinotenda zvose zvamunondiitira. Ndichakuonai munaMbuzi.

Paul

“Apo pavakange vakamira ndichiiverenga, vakati, ‘Ndinovimba kuti zvakanaka kwamuri kuisa mbatya dzenyu muno umo. Tsamba iyi ichakakosha zvikuru. Munoziva, nguva dzose dzandinovhura wodhiropu iyi ndinoverenga zvakare, uye ndinoda kuisiya iri ipapo kwenguva yakati rebei” (“What Kind of Thanks?” *Brigham Young University Speeches of the Year, [26 Mbuzi 1968], p. 5*).

- Mwanakomana uyu akapa rutendo rwake kuna mai vake sei? Zvakaita kuti vanzwe sei? Ndedzipi dzimwe nzira vana dzavangapa rutendo kunhengo dzemhuri? Kuvadzidzisi kuchikoro nokuKereke? Kuna vamwe?

Tinokwanisa kudzidzisa vana vedu kutenda nezvisikwa zvose zvaBaba vedu Vokudenga. Tinokwakisa kuvataridza runako rwemaruva, nyeredzi, kudoka kwezuva, nezvimwe zvinhu zvose zvepasi nokufamba famba nokuvaratidza zvisikwa izvi kuchinja kwemwaka kunotiunzira mikana kuratidza mhuri dzedu maropafadzo aMwari. Kana tichida vana vedu kuti vaone zvipo izvi kubva kuna Mwari, tinofanira kutora nguva kutaridza rutendo rwedu pachedu rwazvo.

Kusanganisira vana vedu mumushando yemhuri kuna vamwe kunokwanisa kutibatsira kuona maropafadzo edu. Kuburikidza nezviito zvemushando izvi, tinokwanisa zvino kutaridza rutendo rwedu nemaropafadzo anoita kuti tikwanise kushanda.

Zvakakosha kuti tipe minamoto yerumbidzo nerutendo mumhuri dzedu. Mutungamiri N. Eldon Tanner vakayeuchidzwa nezve musimboti uyu nemwanasikana wavo: “Ndakabatwa zvakadzama chaizvo mumoyo mangu rimwe zuva mushure memunamoto wedu wemhuri apo mumwe wevasikana vedu vadiki akati, ‘Baba, handifungi kuti tinofanira kukumbira mamwe maropafadzo. Ishe vanga vakanaka chaizvo kwatiri asi ndinofunga kuti tinofanira kuvakumbira kutibatsira kuva vakakodzera maropafadzo atinotambira kubva ipapo tinoedza zvakasimba kutaura rutendo rwedu kuna Baba vedu Vokudenga” (*Seek Ye First the Kingdom of God* [1973], pp. 159–60).

- Kutaura rutendo mumunamoto kunokwanisa kudzidzisa mhuri sei kuti dzione maropafadzo adzo?

### **Magumo**

Rutendo kunzwa kunofanira kuonekwa muhupenyu hwedu tose, zvese semunhu pachake uye semhuri. Takaropafadzwa zvikuru naBaba vedu Vokudenga uye tinofanira kutaura nguva dzose rutendo kwaVari nemaropafadzo avo. Apo tinopa rutendo rwedu kunaBaba Vokudenga navamwe, tinozobatsira vana vedu kukudziridza rutendo. Tinozonzwa rudo rukuru mumhuri dzedu. Takavimbiswa naBaba Vokudenga: “Uyo anotambira zvinhu zvose nerutendo achapiwa mukurumbira; uye zvinhu zvepasi pano zvichawedzerwa kwaari, kana kakapetwa kazana, hongu kakawanda” (D&Z 78:19).

### **Zvokuita**

Funga nezve avo vanhu vanoita zvinhu zvenyasha kwauri (shamwari, vadzidzisi, vatungamiri vehufundisi, vabereki, dzimwe nhengo dzemhuri, vashandi), uye wana nzira dzokutaridza rutendo rwako kwavari.

Kurukura rutendo nemhuri yako mumanheru emhuri pamba. Batsira vana vako kupa rutendo kuna vamwe. Wedzera rutendo runotaurwa muminamoto yenyu yemhuri. Sarudza munhu mumwechete wamunotenda naye uye itai chimwe chinhu vhiki rino kutaridza rutendo rwenyu.

### **Zvimwe Zvinyorwa Zvitsvene**

- Mapisarema 100 (pisarema rokuvonga)
- 1 VaTesaronika 5:18 (muzvinhu zvose ipai rutendo)
- 1 Timotio 2:13 (rairo kupa rutendo)

- Zvakazarurwa 7:12 (vatumwa vanotaura rumbidzo kuna Mwari)
- Mosia 2:23–25 (chikwereti chedu kuna Mwari)
- Aruma 7:23 (dzorerai rutendo kune zvose zvamunotambira)
- Aruma 37:37 (mwoyo yenyu ngaizare nerutendo)
- Dzidziso neZvibvumirano 46:32 (ipai rutendo kuna Mwari nemaropafadzo api zvavo amunotambira)
- Dzidziso neZvibvumirano 88:33 (kukosha kwekufara muzvipo zva Mwari)

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### **Gadziriro yoMudzidzisi**

Usati wapa chidzidzo chino:

1. Wongorora mashoko e “Verenga Zvikomborero Zvako” Nziyo (241); kana *Musimboti weVhangeri*, p. 316.
2. Rongerera nhengo dzekirasi kupa nyaya, zvinyorwa zvitsvene, kana Nhaurwa dzaunoda.



# MUNONGEDZO

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Basa ramadzimai, vatungamiri

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Basa

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nhoroondo (onai “Nhorooondo,  
dzemhuri nedzako pachako”)

- mabhuku endangarira (onai  
“Mabhuku endangariro”)
- Zvegore rose kuchengeta zvokudya  
(216)
- Zvegumi nemipiro  
mafungiro anokosha pakubvisa,  
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maropafadzo kubva mukubvisa,  
(45–46)  
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zvinoreva mipiro, (46–48)  
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zvibatsiro (164–67)  
chidzidzo pa (160–69)  
zvisungo zvemadziteteguru akafa  
(163)  
zvisungo zvinofanirwa kuitira  
ruponeso (160)  
kutambira zvisungo (160–61)  
kunyora ruzivo rwako (164)  
kuenda kutemberi (161–63)  
reverero yekutemberi (161–63)  
nzira dzokutora chinhanho mu,  
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- Zvibvumirano, kuvandudza  
chinangwa cheurongwa  
hweKereke, (96)
- Zvidikanwi shandura kutandara  
kwemhuri kuenderana, (227–28)  
urongwa hweKereke unozadza,  
(96–99)  
minamato inozadzikisa, (96–98)
- Zvidzidzo  
mirairo kuvadzidzisi pa,  
basa re,
- Zvigaroo (onai “Kushandira Kereke”)
- Zviito, pfungwa dzino shandura  
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- Zvikamu zvakaronga, muhurongwa  
hweKereke (95)
- Zvikwata zvehufundisi, muhurongwa  
hweKereke, (95)
- Zvinangwa, zvako pachako nezve  
mhuri  
kubudirira (278–81)  
chidzidzo pa, (271–81)  
kudikanwa kwe (271–72)  
kumisa (272–78)
- Zvinangwa zvaSatani (110–112)
- Zvinangwa, mhuri (onai “Zvinangwa,  
zvako pachako nezve mhuri”)
- Zvinhu zverubatsiro rwokutanga  
(191–93)
- Zvinodhaka, vatungamiri vanoku-  
rukura (114)
- Zvinofanirwa, shandura kutandara  
kwemhuri kuenderana, (227–28)
- Zvipo zvomweya (onai “Zvipo  
Zvomweyo”)
- Zvipo zvoMweya  
rubatsiro kubva, (19–24)  
chidzidzo pa, (18–24)  
kugadzirira kutambira (19)  
kutambira (18)
- Zvipo kuvaka umambo hwaMwari  
ne, (74–75)  
kukudziridza, chinangwa  
chehurongwa hweKereke (96)
- Zvisungo  
zvevakafa, (163)  
zvinofanirwa kuitira ruponeso,  
(00) (160)  
kuita, chinangwa cheurongwa  
hweKereke, (96)  
kutambira, (160–61)
- Zviyedzo nematambudziko  
maropafadzo anouya mushure,  
(124)  
kutarisana ne, (120–24)  
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chinangwa che, (119–20)

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nguva nenguva, (173)

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mapoka ezvokudya (173, 176–77)  
mazano ekubika zvinovaka,  
(174–75)

Zvokudya

Zvombo zvaSatani, (52, 110–12)

# CHIKAMU CHEMIFANANIDZO

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Chikamu chino chine mifananidzo yakasarudzwa kubva muGospel Art Picture Kit (34730). Mifananidzo iyi inokwanisa kushandiswa sezvi-mwe zvokushandisa mukudzidza nokudzidzisa vhangeri kuKereke nokumba.

## Testamende Yakare

1. Kusikwa—Zvisikwa zvinorarama  
*Genesi 1:20–25; Mosesi 2:20–25; Abraham 4:20–25.*
2. Rebeka paTsime  
*Genesi 24*
3. Mosesi neNyoka yeSimbi  
*Numeri 20:17, 21; 21:4–9; Johane 3:14–15; 1 Nefi 17:41; Aruma 33:19–20; Heramani 8:14–15.*
4. Ruth Gleaning muMinda,  
*Ruth 1–3*

## Testamende Itsva

5. Ziviso: Mutumwa Gabriel Anouya kunaMariya  
*Isaya 7: 4; Ruka1:26–38; Mosia 3:8; Aruma 7:10*
6. Kutizira kuEgipita,  
*Mateo 2:13–15, 19–23*
7. Kudzikamisa Dutu  
*Mateo: 23–27; Marko 4:36–41; Ruka 8: 22–25*
8. Jesu Achitsvenesa Temberi (na Carl Bloch. Wakashandiswa nebvumo ye National Historic Museum ku Frederiksborg muHillerod.)  
*Mateo 21:12–15; Marko 11:15–17; Ruka 19:34–46; Johane 2:13–16*
9. Mariya naIshe Vakamutswa  
*Johane 20:10–18*

## Bhuku raMomoni

10. Lehi neVanhu Vake Vanosiva Munyika Yakavimbiswa  
*1 Nefi 18: 5–24*
11. Vaipikisa maNephi-Lehies Vachiviga Minondo Yavo  
*Aruma 23–24*

12. Kristu Anouya kuvaNefi  
*3 Nefi 8:12, 20–23; 11: 1–12*
13. Momoni Anooneka Nyika Yaimbova Nomukurumbira  
*Momoni 6–7; 8:2–3*

**Nhoroondo yeKereke**

14. Kuchengeta Bhuku reMirairo  
*Our Heritage: A Brief History of The Church of Jesus Christ of Latter-day Saints,*
15. Varume Vechidiki Vatatu Vanoponesa Kambani yeMartin Handcart.  
*Our Heritage: A Brief History of The Church of Jesus Christ of Latter-day Saints,*

**Mifananidzo yeTemberi**

16. Temberi yeku Anchorage Alaska
17. Mupanda weVachati (Temberi yekuWashington, D.C)





































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OF LATTER-DAY SAINTS

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