



# SUPA GORE O A KGATHALA

*Go na le ditsela tse dintsi re ka supang gore re a kgathala, bogolo thata ka nako ya Keresemose. Re ka go bua, go romela, go kwala, go abelana, go rapela, go apaya, go opela, go tlamparela, go tshameka, go jwala, kgotsa go go phepafatsa. Ka motlhofo go leke.*

Go supa lorato go ba bangwe tota go mo pelong ya go direla. Moporesidente wa Kakaretso wa Mokgatlho wa Thuso Jean B. Bingham a re: “Go direla ka boammaaruri go fitlhelelwa ka bongwe ka bongwe ka lorato jaaka thotloetso. . . . Ka lorato jaaka thotloetso, dikgakgamatso di tlaa diragala, mme re tlaa bona ditsela tsa go tliša bokgaitšadi le bakaulengwe ba ba seong mo go yotlhe katlego ya efangele ya ga Jeso Keresete.”<sup>1</sup>

Go itsise ba bangwe fa re kgathala ke ntlha e e bothokwa ya go tokafatsa botsalano. Mme batho ba ba farologanyeng ba tsaya molaetsa yo ka ditsela tse di farologanyeng. Ka jalo re supa jang lorato la rona go ba bangwe mo go siameng ka ditsela tse ba tlaa tlhaloganyang le go leboga? Fano ke ditsela tse re ka supang gore re a kgathala, le megopolo e se kae ya go simolola go akanya ga gago.

## Go Bue

Nako tse dingwe ga gona mo go ka emisetsang ka fa o ikutlwang ka teng ka yo mongwe. Fa se se ka raya o bolelela mongwe o a mo rata, le gone go akaretsa go abelana seo se se go kgatlhang ka bone kgotsa ka tlhwaafalo o ba tlotlomatsa. Mofuta yo wa go tlhoma-misa o thusa go nonotsha botsalano. (Bona Baefeso 3:19.)

- Batla monyetla go itsise mongwe ka fa o kgatlhegang nngwe ya dinonfo tsa gagwe.
- Eta, letsa, kgotsa romela emaile, molaetsa, kgotsa karata e bolelela mongwe o ba akantse.

## Etela

Go tsaya nako go bua le go reetsa mongwe ke tsela e e nonofileng ya go supa ka fa o ba tsang ka teng.

Kana o ba etela mo lapeng, kwa kerekeng, kgotsa gongwe le gongwe, go na le batho ba bantsi ba ba tlhokang mongwe yo ba ka buang le ene. (Bona Mosiah 4:26; D&C 20:47.)

- Go yeng ka matlhoko a mongwe, dira lenaneo go mo etela. Tsaya nako tota go reetsa le go tlhaloganya diemo tsa gagwe.
- Kwa go ka nnang thata go etela malwapa ka ntlha ya bokgakala, ditlwaelo tsa ngwao, kgotsa diemo tse dingwe, akanya ka go batla nako mmogo morago ga diphuthego tsa Kereke.

### **Dira ka Maikaelelo**

Ela tlhoko seo mongwe kgotsa lelwapa le se se tlhokang. Neela tirelo ya boleng go supa gore o a kgathala. E tlhakanya boleng jwa dineo tsa nako le dikakanyo tsa boiteko. “Ditiro tse di motlhofo di ka nna le ditlamorago tse dikgolo mo go ba bangwe,” ga bua Kgaityadi Bingham.<sup>2</sup>

- Neela tirelo e e nonotshang bangwe kgotsa malwapa a bone, jaaka go tlhokomela bana gore batsadi ba ka ya tempeleng.
- Batla ditsela tsa go tlhofofatsa mekgweleo fa botshelelo bo pikama, jaaka go tlhatswa difensetere, go tsamaya le ntsha, kgotsa go thusa mo lapeng.

### **Dirang Dilo Mmogo**

Go na le bangwe ba ba sa lomaganeng ka puisanyo e boteng. Batho ba bangwe, go lomagana go dirwa ka go batla dikgatlhago tse di tshwanang le go tsaya nako mmogo lo dira dilo tseo. Morena o re tlhotlheletsa gore “re nne le go nonotsha” (D&C 20:53) bakaulengwe le bokgaityadi ba rona.

- Tsamayang mmogo, dira lenaneo la motshameko bosigo, kgotsa bayang nako ka metlha go itshidila mmogo.
- Direlang mmogo mo porojekeng ya motse kgotsa ya Kereke.

### **Naya Mpho**

Nako tse dingwe nako kgotsa monyetla wa botsalano o monnye. Mo dingwaong tse dintsi, go neela dineo ke tshupo ya go kgathala le go itumela. Le e leng nako tse dingwe, neo e motlhofo e ka supa

kgatlhego ya gago mo go ageng botsalano jo bo botoka. (Bona Diane 21:14.)

- Ba tseele sejo se ba se ratang.
- Abelana nankolo, dikwalo tse di boitshepo, kgotsa melaetsa e mengwe e o utlwang e ka ba solegela molemo.

### **Go Dira ka Lorato**

Jaaka o itse bao o ba direlang le bao o ba batlelang tlhotlheletso, o tlaa ithuta thata ka fa o ka supang lorato la gago le go ba kgathalela ka bongwe.

Kimberly Seyboldt wa Oregon, USA, o bolela ka polelo ya go batla tlhotlheletso le go neela dineo go supa lorato:

“Fa ke bona botshelo bo mpaya fatshe. Ke a emelela mme ke dire borotho jwa suchini, nako tse dingwe e nna dilofa tse di boferabobedi. Motswako wa me o o kgethegileng ke thapelo e ke e dirang jaaka ke apaya go itse gore ke mang a tlhokang dilofa tseo tsa borotho. Ke ne ka kgona go itse baagisanyi ba ba mo tikologong jaaka borotho jwa suchini e le go laletsa mo malwapeng a bone le matshelo.

“Letsatsi lengwe la selemo, Ke ne ka feta fa thoko ga tsela lelwapa le rekisa sephatlo sa lithara ya dikungwa tse dintsho fa thoko ga tsela. Ke ne ke sa tlhoke dikungwa tse dintsho, mme yo o monnye, mosimanyana yo o mosesane yo emeng o ne a itumelletse go mpona, a akanya gore ke moreki yo mongwe wa gagwe. Ke ne ka reka dingwe tsa dikungwa tse dintsho, mme le gone ke na le mpho ya gagwe. Ke ne ka neela mosimane dilofa tse pedi tsa borotho. O ne a leba rraagwe go dumalana, jalo a re, ‘Leba, Rre, jaanong re na le se re tlaa se jang gompiano.’ Ke ne ka tlala ka boitumelo ka monyetla o go supa lorato ka tsela e motlhofo.

Mogolwane Jeffrey R. Holland wa Khoramo ya Baaposetole ba ba Lesome le Bobedi, “gore monna le mosadi mongwe le mongwe—le makau le makgarebe a magolwane—ba [tlaa] . . . diragatsa maikutlo a a supang go kgathala mongwe ka yo mongwe mo go tlhwaafetseng, ba kgothadiwa fela ke lorato lo lo itshekileng la ga Keresete go dira jalo. . . . A re direng le Morena wa tshimo, re neela Modimo le Rara wa rona rotlhe seatla sa thuso mo tironng e kgolo ya Gagwe ya go araba dithapelo, go tlamela kgomotsa, go sutlha dikeledi le go nonotsha mangole a a bokoa.”<sup>3</sup>

## Jeso Keresete o a Kgathala

Morago ga Jeso Keresete a sena go tsosa Lasaro mo baswing, “Jeso a lela.

“Foo Bajuta ba re, Bonang jaaka a ne a mo rata!” (Johane 11:35–36).

“Ke na le bopelotlhomogi mo go lona,” Keresete a raya Banefi. Jalo a bitsa balwetse le ba ba mo pitlaganong, digole tsa bone le difofu, mme “a ba fodisa” (bona 3 Nefi 17:7–9).

Mmoloki o re beetse sekao jaaka a re supegetsa go kgathalela ba bangwe. O re rutile

“O rate Morena Modimo wa gago ka pelo yotlhe ya gago, le ka mowa otlhe wa gago, le ka tlhologanyo yotlhe ya gago.

“E ke ya ntlha le e kgolo taelo.

“Mme ya bobedi e tshwana le yone, O rate wa gae-no jaaka o ithata” (Mathaio 22:37–39)

**Ke mang yo o tlhokang kgathalo ya gago? O ka ba supegetsa jang gore o a kgathala?**

Go reetsa ba bangwe go tlaa go thusa go lemoga ditsela tsa go ba supegetsa gore re a kgathala. Bona the Ministering Principles article “Five Things Good Listeners Do” in the June 2018 issue of the *Liahona*.

Melawana ya go Direla e diretswe go re thusa go ithuta go tlhokomelana—mme e seng go abelwana jaaka molaetsa ka nako ya ketelo. Jaaka re itse bao re ba direlang, Mowa o o Boitshepo o tlaa re rotloetsa go itse molaetsa o ba o tlhokang mo tlalaletsong ya go ba tlhokomela le bopelonomi.

### DINTLHA

1. Jean B. Bingham, “Ministering as the Savior Does,” *Liahona*, May 2018, 106.
2. Jean B. Bingham, “Ministering as the Savior Does,” 104.
3. Jeffrey R. Holland, “Be With and Strengthen Them,” *Liahona*, May 2018, 103.