

**NguMongameli  
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SokuQala



# Ukuhamba e Zangqeni

**W**akhe wava ngalaa ntetho yakudala ethe-  
tha ukuba abantu abalahlekayo bathanda  
ukujikeleza endaweni enye esangqeni?

UJan L. Souman, ugqirha wengqondo waseJamani, wayefuna ukuqondisisa ngokweemfundiso zobugqi ukuba yayiyinyaniso na lena. Wathatha abo ababeza kuthabatha inxaxheba kuvavanyo lwenyaniso wabasa ehlathini elikhulu kude ngasentlango iSahara ze wasebenzisa isixhobo sokubonakalisa ukuma kwengqukuva yehlabathi ukuba akwazi ukukhangela apho baye khona. Babengenayo ikhampasi okanye esinye isixhobo esithile. Iziyalo zakhe kubo zazilula: hambani ngomgca othe ngqo ngale ndlela eniyilathisiweyo.

UGqirha wengqondo Soumana emva kwexesha elithile wacacisa okwenzekayo. “[Abanye] babo bahamba ngemini eyayisibekele, ilanga lifihlakele emva kwamafu [kwaye bengenaluvo lubonakalayo abanokubhekisa kulo]. . . . [Bona] bonke babehamba-hamba endaweni enye okoko bejikeleza isangqa, nabanye [abaliqela] babo bemane bephindaphinda ukunqumla indlela enye eyeyabo kakade bengayiqapheli nokuyiqaphela lonto.” Abanye ababethabatha inxaxheba babehamba ilanga lithe tse, uluvo olubonakalayo lweencam ezilatha indlela lukude. “Ngaba . . . babelandela indlela ephantse yabangqo”<sup>1</sup>

Esi sifundo siphinda-phindiwe ngabanye

abaneendlela ezahlukileyo zokwenza izinto.<sup>2</sup> Bonke babuya neziphumo ezifanayo.

Ngaphandle kwamabhakana abonakalayo, umntu uye ahambe endaweni enye.

## **Amabhakana eziBhalo EziNgcwele**

Xa engekho amabhakana omoya, abantu baye bala-  
hleke nabo. Ngaphandle kwelizwi likaThixo, sijikeleza  
indawo enye.

Xa sibanye njengabantu nanjengabahlali beentlalo  
ngeentlalo, siyibona lepatheni iphinda phindwa njalo-  
njalo kwisizukulwana ngasinye ukusukela ekuqaleni  
kwexesha. Xa siphulukana nokubonana nelizwi lika-  
Thixo, siye sithande ukulahleka.

Esi asifuni nokuthandabuzwa sisizathu esabanga  
iNkosi iyalele uLehayi ukuba athumele oonyana bakhe  
babuyele eJerusalem bayokulanda amacwecwe ebra-  
sso. UThixo wayeyazi ukuba izizukulwana zikaLehayi  
zazizakuswela izinto zasemhlabeni eziluphawu ezithe-  
mbekileyo—amachaphaza azakuba zindawo zokusu-  
kela—oko kuyakusinika inkokhelo enokusetyenziswa  
ukuqondisisa ukuba bebesindleleni.

Izibhalo ezingcwele lilizwi likaThixo. Zimpawu  
zomhlaba ezisibonisa indlela emasihambe ngayo ukuze  
sisondezele kufutshane kuthi uMsindisi kwaye siphu-  
meze iinjongo zethu ezifanelekileyo.

## Amabhakana eKomfa yaJikelele.

Imiyalelo esiyifumana kwikomfa yajikelele ngamanye amabhakana anokusinceda ukuba siyazi ukuba sisese-ndleleni na.

Ngamaxesha athile Ndiyazibuza mna, “Ingaba Ndiwamamele na amazwi esivanikiweyo ngamadoda noomama abathethileyo kwikomfa yajikelele ebisandula ukubakhonaeCaweni? Ndiphindile ndawafunda na amazwi wabo? Ndiwacingisile nzulu wona kwaye ndawasebenzisa ebomini bam? Okanye Ndonwabele nje intetho ezintle kwaye andahoya ukuzisebenzisa ebomini bam?”

Mhlawumbi ngoku ubumamele okanye ufunda, uye wabhala amanqaku noba linye okanye mabini. Umhlawumbi uzibophelele ukuba uzakwenza ezinye izinto ngendlela eyahlukileyo. Vele ucinge nje ngemiyalezo yekomfa yajikelele edlulileyo. Abaninzi bayasikhuthaza ukuba someleze amasapho wethu kwaye siphucule imitshato yethu. Incwadi ekhutshiweyo *Liahona* nayo iqwalasela kwezimfundiso zinexabiso zanaphakade, ineengcebiso ezilula ukusikelela ubomi bethu.

Ingaba siyaqaphela na kwaye siyayisebenzisa na lengcebiso inexabiso elide? Siyaziqaphela na sihambele kufutshane kwezimpawu zomhlaba zexabiso?

## Iyeza Eliphilisa Ukulahleka.

Amabhakana omoya awachitheki ngokusigcina kwawo endleleni engqo emxinwa. Zininika inkokhelo ecace gca njenge ndlela ekufuneka sihambe ngayo—kodwa ukuba qha siyakwazi ukuzibona kwaye sihambele kufutshane nazo.

Ukuba siyala ukukhokelwa zezimpawu, ziye zingabinayo intsingiselo, umthwalo nje ohombisileyo ongenamsebenzi kodwa nje owokophula ukucambalala kolundi.

Akwanelanga ukwenza nje ngokwethuka lemveli yethu.

Akwanelanga ukuba neenjongo ezona zintle qha.

Akuzokusebenza ukuxhomekeka ekuqondeni kwe-thu kwendalo.

Naxa sicinga ukuba silandela indlela ethe ngqo yomoya, ngaphandle kweempawu zomhlaba zokusikhokela—ngaphandle kwenkokhelo yoMoya—wesiye sithande ukulahleka.

Kengoko, masi, wavuleni amehlo wethu kwaye sibone iimpawu zomhlaba olungileyo uThixo anike zona abantwana Bakhe. Masifunde, sive, kwaye sisebenzise ilizwi likaThixo. Masithandaze ngenjongo yenene kwaye simamele kwaye silandele iimpembelelo zo-Moya. Xa sesiziqaphela iimpawu zomhlaba ezingcwali-sekileyo esizininikwa ngosithandayo uBawo waseZulwini, kufuneka sizibekele indlela ngazo. Kufuneka sisoloko silungisa indlela esihamba ngayo njengokuba siziqhelisa ukubhekisa phambili kwiindawo eziphawuliweyo zomoya.

Ngalendlela, asisayi kulahleka kwizangqa kodwa sihambe ngokuzithemba nangokuqiniseka sibhekisa phambili kwintsikelelo elilifa elililungelo lokuzalwa kwethu, lwabo bonke abo abahamba indlela ethe ngqo emxinwa yabafundi bakaKrestu.

## IZIKHUMBUZO

1. Bona Jan L. Souman and others, “Walking in Circles,” *Current Biology* 19 (Sept. 29, 2009), 1538, [cell.com/current-biology/issue?pii=S0960-9822\(09\)X0019-9](http://cell.com/current-biology/issue?pii=S0960-9822(09)X0019-9).
2. Bona, njengomzekelo, “A Mystery: Why Can’t We Walk Straight?” [npr.org/blogs/kulwich/2011/06/01/131050832/a-mystery-why-can-t-we-walk-straight](http://npr.org/blogs/kulwich/2011/06/01/131050832/a-mystery-why-can-t-we-walk-straight).

## UKUFUNDISA NGALOMYALEZO

Njengokuba ulungiselela ukufundisa lo myalezo, ungakhangele imizekelo kwizibhalo ezingcwele zabantu ababekhokelwa ngamabhakana omoya okanye abantu ababelahlekile behamba bejikeleza kwindawo enye. Ungaqala izifundo zakho ngezi zibhalo zingcwele: Amanani 14:26–33; 1 Nifayi 16:28–29; Alma 37:38–47. Ukuba uva uphenjela, ungabelana ngoluvo lwakho nabo ubafundisayo ngalemizekelo. Babuze ukuba singafunda ntoni kula mabali.

## ULUTSHA

### Iimpawu zomhlaba Zakho

**U**Mongameli Uchtdorf usicacisela ngekomfa yajikelele neyazibhalo ezingcwele ukuba ngamabhakana asincedayo ukuba siphephe ukulahleka komoya. Cingisisa ngamanye amabhakana omoya aye abanogalelo akukhokela ebomini bakho. Bhala ngamava wakho kwijenali yakho. Ezi zicatshulwa Mongameli uThomas S. Monson zingakunceda:

Intsikelelo yakho kasolusapho iyakukuba nawe ngobona busuku obakhe babamnyama. Iyakukukhokela kuzo zonke iingozi zobomi. Intsikelelo yakho ayeyokuba isongwe kakuhle kwaye ibekwe kude. Ayiyoyokuba iphahlwe ixhonywe edongeni okanye ibhengeshwe. Kodwa, yeyokuba ifundwe. Yeyokuba ithandwe. Yeyokuba ilandelwe.

("Your Patriarchal Blessing)-Intsikelelo kaSolusapho yakho:

(A Liahona of Light) ILiyahona yokuKhanya," *Ensign*, Nov. 1986, 66.

"UBawo waseZulwini zange avele asilahlele kuhambo lwethu lwanaphakade ngaphandle kokusinika iinzame esasizakukwazi ngazo ukufumana kuye inkokhelo eqinisekisa ukubuyela kwethu okukhuselekileyo. Ndithetha ngomthandazo. Ndithetha ngeentsebezo zomoya oyingcwele othulileyo."

"The Race of Life," *Liahona*, May 2012, 92.

## ABANTWANA

### Ndingayifumana iNdlela Yam.

**U**Mongameli Uchtdorf uthi kufuneka silandele impawulo ezisemhlabeni ngokuba ziyakusinceda ukuba sikhethe okulungileyo kwaye sifikelele kufutshane noMsindisi. Ezinye zezimpawu ngumthandazo, izibhalo ezingcwele, ikomfa yajikelele, kwaye ne*Liyahona*.

Kunye nosapho lwakho, funda intetho yekomfa yajikelele edlulileyo. Isithethi sisicebisa ukuba masithini ukuze sihlale endleleni efanelekileyo? Misa iinjongo kunye nosapho apho uzakusebenzisa okufundileyo.

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Ukholo Usapho Uncedo

# Uyolo KwiMbali YoSapho

*Funda lo myalezo, kwaye ngokufanelekileyo uxoxe ngawo kunye noodade obandwendwelayo. Sebenzisa lemibuzo ukukunceda womeleze odade bakho kwaye nokukwenza Umbutho wooMama usebenze kwindawo yawo ebomini bakho. Ukufumana olunye ulwazi, iya ku [www.reliefsociety.lds.org](http://www.reliefsociety.lds.org).*

Igosu uRussell M. Nelson weQumrhu LaBalishumi Elinesibini usifundise ukuba umoya kaElayija yimbonakaliso yobungqina boMoya oyiNgcwele bendalo yezulu yosapho”<sup>1</sup>

Njengamalungu eCawa kaKrestu ebuyisiweyo, sinomthwalo ongunqophiso womsebenzi wokukhangela izinyanya zethu kwaye sibanike ummiselo osindisayo wevangeli. Bona ngaphandle kwethu abakwazi “ukwenziwa bagqibelele” (Amahebhene 11:40), kwaye “asino-kukwazi ukugqibelela ngaphandle kwezinyanya zethu” (Imfundiso neMinqophiso 128:15).

Umsebenzi wembali yosapho usilungiselela iintsikelelo zobomi banaphakade kwaye uyasanceda sikhulise ukhoho lwethu kunye nobulungisa bethu. Imbali yosapho yindawo ebaluleke kakhulu kwinjongo yeCawa kwaye ivumela. Umsebenzi wentsindiso nowobuqhaqhawuli lwabo bonke.

Mongameli Boyd K. Packer, weQumrhu labaLishumi Elinesibini wathi: “Xa sikhangele imigca yethu

siye sibenomdla wangaphezulu kwamagama azo. . . Umdla wethu ujika iintliziyo zethu kooBawo—sifune ukubakhangelwa kwaye nokubazi kwaye nokubakhonza.”<sup>2</sup>

## **Kuvela kwiZibhalo eziNgcwele**

Malakhayi 4:5–6; 1 Abasekrinte 15:29; Imfundiso neMinqophiso 124:28–36; 128:15

## **Kuphuma Embalini Yethu**

UMongameli Joseph Smith wafundisa, “Umsebenzi omkhulu kulo mhlaba uThixo asibekele wona kukuba sikhangele izinyanya zethu.”<sup>3</sup> Singazimela ukusebenza njengabameli bezinyanya zethu etempileni sisenza imimiselo yabo.

Sally Randall wase Nauvoo, Illinois, owaswelekelwa ngunyana wakhe ona 14, wafumana intuthuzelo kwisithembiso sobomi banaphakade. Emva kokubhaptizwa konyana wakhe ngumyeni wakhe, wabhalela izizalwane zakhe: “Into enozuko kakhulu ukuba. . . siyakwazi ukubhaptizelwa izinyanya zethu zonke [izinyanya] kwaye

sibasindise uyokutsho kwisiqalo solwazi lwethu ngabo.” Ze wabuza izizalwane zakhe ukuba zimthumele ulwazi ngezinyanya zabo, esithi, Ndininjongo yokwenza nantoni ukusindisa [usapho lwethu].”<sup>4</sup>

## **IZIKHUMBUZO**

1. Russell M. Nelson, “A New Harvest Time,” *Liahona*, Julayi 1998, 34.
2. Boyd K. Packer, “Your Family History: Getting Started,” *Liahona*, Nov. 2011, 17.
3. *Imfundiso zooMongameli beCawa: Joseph Smith* (2007), 475.
4. Bona *Iintombi ezikubukumkani Bam: Imbali noMsebenzi woMbutho wooMama* (2011), 105.

## **Yintoni Endinokukwazi Ukuyenza?**

1. Ndingabanceda njani oodade endithunyiweyo ukuba ndibajonge benze umsebenzi wembali yosapho?
2. Ndiyayigcina imbali yosapho lwethu?

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