

**Ngu Mongameli  
Henry B. Eyring**

UMcebisi WokuQala  
kuBongameli  
BokuQala beCawa



# Ubungqina kunye Nenguquko

**K**unomahluko phakathi kokufumana ubungqina benyani kunye nokuguquka ngokwenene. Ngokomzekelo, uMpostile omkhulu uPetros wabelana ngobungqina bakhe kuMsindisi bokuba uYesu wayengu-Nyana kaThixo.

“[uYesu] Athi kubo, Ke nina nithi ndingubani na? “Waphendula ke uSimon Petros wathi, Wena unguye uKristu, uNyana kaThixo ophilileyo.”

“Waphendula uYesu wathi kuye, Unoyolo, Simon ka-Yona, ngokuba akukutyhilelwanga oku yinyama negazi, ukutyhilewe nguBawo osemazulwini” (Mateyu 16:15-17).

Yaye kwakhona ethuben'i elilandelayo, kumyalelo waYo kuPetros, iNkosi yamnika kunye nathi umgaqo wokuguquka ngenene kwaye nokwandisa loo nguquko ebomini bonke. UYesu wayitsho ngale ndlela: “Xa uguqukile, uze womeleze abazalwana bakho” (Luka 22:32).

UYesu wafundisa uPetros ukuba kwakusekhona utshintsho olukhulu okwakumele ukuba lwaggithe ukuba nobungqina bokuba ucinge, uve, kwaye wenze njengabafundi abaguqukile ngokwenene bakaYesu Krestu. Olo lutshintsho olukhulu esilufunayo sonke. Xa silufumana, sidinga olo tshintsho luqhubeke kude kube sekupheleni kovavanyo bobomi bethu basemhlabeni (bona Alma 5:13-14).

Siyazi kumava angawethu kunye nasekuqwalaseleni abanye ukuba ukuba namaxa amakhulu ambalwa wamandla omoya akuyikwanela. UPetros waphika ukuba wayemazi uMsindisi nasemva kokufumana ubungqina ngoMoya bokuba uYesu wayengu Kristu. AMangqina Amathathu weNcwadi kaMormoni ayenobungqina benene

awayebunikeziwe bokuba iNcwadi kaMormoni yayi lilizwi likaThixo, kwaye emva koko bathandabuza emandleni wabo wokuxhasa uJoseph Smith njengo Mprofethi weBandla leNkosi.

Sidinga utshintsho ezintliziyewi zethu, njengolo luchazwa kwincwadi ka-Alma: “Baza bonke bavakalisa ebantwini into enye efanayo- yokokuba iintliziyozabo ziguqlwe, nokokuba abasenawo umnqweno wokwenza ububi” (Alma 19:33; bona noMozaya 5:2).

INkosi yasifundisa ukuba xa siguqukile ngokwenene kwivangeli yaKhe, iintliziyozabo zethu ziyakuguqlwa kwii-ncinga zethu ziguqulelwe kwinkonzo yokuphakamisa abanye njengoko besingise ngasentla ebomini banaphakade. Ukufumana loo nguquko, singathandaza kwaye sisebenze elukholweni ukuba sibe zizidalwa ezintsha ezenziwe ngeDini likaYesu Krestu.

Singaqala ngokuthandazelela ukholo lokutshintsha kwizinto zethu kunye nesipho sokukhathalelela abanye ukogqitha thina. Singathandazelela amandla wokubeka ecaleni igugu kunye nomona.

Umthandazo uyakuba ngundoqo kwaye nasekufumani isipho sothando lwelizwi likaThixo kunye nothando lukaKrestu (bona Moronayi 7:47-48). Esisibini sihamba kunye. Njengoko sifunda, sicingisise, kwaye sithandaze kwilizwi likaThixo, siyakulithanda. INkosi ilufaka ezintliziyewi zethu. Njengoko siluva olo thando, siyakuqala ukuthanda iNkosi ngakumbi nangakumbi. Ngako oko kuyakuza uthando lwabanye esiludingayo ukuze someleze abo uThixo ababeka endleleni yethu.

Ngokomzekelo, singathandazela ukuqaphela abo iNkosi ingathanda ukuba abafundisi-lizwi baYo ukuba babafundise. Abafundisi-lizwi besigxina bangathandaza ngokholo ukuba bazi ngoMoya into ekumele bayifundise kwaye bangqine ngayo. Bangathandaza ngokholo ukuze iNkosi ibenze bave uthando lwaYo kuye wonke umntu abadibana naye. Abafundisi-lizwi abazuzisa wonke umntu abadibana naye kumanzi wobhaptizo kunye nakwisipho soMoya oNgcwele. Kodwa bangabano Moya oyiNgcwele njenge qabane. Ngenkonzo yabo kunye nangoncedo loMoya oyiNgcwele, abafundisi-lizwi ngoko, exesheni, bayakutshintshwa ezintliziyweni zabo.

Oloo tshintsho luyakuvuselelwa kwakhona nakwakhona njengoko bona kunye nathi siqhubeka ngokuzinikela ebomini bethu bonke ekwenzeni ngokholo ekomelezeni abanye ngevangelii kaYesu Krestu. Inguquko ayiyikuba siganeko sinye okanye into ethile eyakuhlala ixeshana nje elinye lobomi kodwa iyakuba sisenzeko esiqhubekayo. Ubomi bungakhazimla kude kube lusuku olugqibeleyo, xa siyakubona uMsindisi kwaye sifumane ukuba siye safana naYe. INKosi yaluchaza uhambo ngale ndlela: “Oko kukoku kaThixo kukukhanya; kwaye lowo othi afumane ukukhanya, kwaye aqhubeke kuThixo, ufumana ukukhanya okuninzi; kwaye oko kukhanya kuyakhula kukhazimle ngokukhazimla kude kube lusuku olugqibeleyo” (D&C 50:24).

Ndiyanithembisa ukuba oku kunako ukwenzeka kuthi sonke.

## UKUFUNDISA NGALOMYALEZO

UMdala David A. Bednar weQumrhu LabaPostile Abalishumi Elinambini wasebenzisa umzekeliso wetolofiya ukufundisa ukuba inguquko yinkqubo eghubekayo kunokuba ibe sisiganeko saxesha nye: “Umgca phezu komgca kunye nomthetho phezu komthetho, kancinanee kunye nangokungabonakaliyo, iinjongo zethu, iingcinga zethu, amazwi wethu, kunye nezenzo zethu ziyakuhambelana nentando kaThixo” (Kufuneka Niza-Iwe Ngokutsha, *Liyahona*, uCanzibe 2007, 19). Cingisisa ukufunda umzekeliso wetolofiya kwabo ubafundisayo. Ingaba yintoni na omnye nomnye wethu angayenza ukuqhubela phambili ngokuzinza kwinkqubo ecothozayo yenguquko uMongameli Eyring kunye noMdala uBednar abaxoxa ngayo.

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## ULUTSHA

### Utshintsho Lwam Lwentliziyo

**Ngu Dante Bairado**

Xa ndandiqlala ukufunda ngevangelii ebuyisiwego kaYesu Krestu, ndeva uMoya unggina ngobunyani bayo. Ngomthandazo, ubungqina bam baqinisekiswa, kwaye ndaggiba kwelokuba ndibhapatizwe.

Kwamsinyane emva kobhapatizo Iwam, abantu kwisebe lam baqala ukundibuza ukuba ndandiziva kanjani ngokwenza umsebenzi wobufindisi. Ebunyanini, ndandingazi ukuba ndithini. Ingcinga yokushiya usapho Iwam kunye nesikolo ndiyokwenza umsebenzi wobufundisi yayibonakala ingabhadlanga.

Kwaze ngenye imini ndaqala ukicinga ngenguuko Yam. Ndakhumbula abafundisi-lizwi ababendifundisa, abaye baphendula imibuzo Yam ngomonde kwaye bandinceda ukuba ndiqonde ivangeli. Ndaqonda ukuba ngaphandle koncedo Iwabo, ngendandingazange ndilibone iBandla lenyaniso. Emveni kokuba ndenza loo mqondo, umnqweno wokunceda wakhula entliziyweni Yam. Ndandiwuva uMoya undixeleta ukuba kumele ndenze umsebenzi wobufundisi ngokupheleleyo.

Ndiyazi ukuba umsebenzi wobufundisi ngumsebenzi kaBawo wethu oseZulwini kwaye singanceda ngokuzisa imiphefumlo kulwazi olumangalisayo Iwevangeli ebuyisiwego.

*Umbhali uhlala eFortaleza, Brazil.*

## ABANTWANA

### Vumela Ubungqina Bakho Butshise Ngokukhazimla

Ukuza ubungqina kufana nokubasa umlilo. Nje- ngoko kumele songeze iinkuni ukugcina umlilo uvutha, kufuneka sithandaze, siguquke, sincede abanye, sifunde izibhalo ezingcwele, kwaye sigcine imithe-tho ukunceda ubungqina bethu bukhazimle.

Ukufunda banzi ngokwakha ubungqina bakho, funda isibhalo ngasinye esikuluhlu olungezantsi. Zoba umlilo onamatangatya amahlanu amakhulu. Faka umbala kwilangatya kwisibhalo ngasinye osifundayo. Uninzi Iwezibhalo ozifundayo, umlilo kunye nobungqina bakho buyakukhazimla ngamandla!

Mozaya 2:17

3 Nifayi 15:10

Alma 5:46

Yohane 5:39

Alma 32:27



# Impawu zikaYesu Krestu: Ngaphandle Kwesono

Funda ngokuthandaza ezi zinto kwaye ucele ukwazi ukuba ungabelana ngantoni. Ukuqonda kabanzi ubomi nendima yoMsindisi kuza kulukhulisa kanjani ukholo lwakho KuYe kwaye kuza kubasikelela kanjani abo ubagadisiweyo ngokubafundisa ngokubandwendwela? Ngenkcukacha etho vetho, yiya ku [reliefsociety.lds.org](http://reliefsociety.lds.org).

*Le yinxalenye yothotho lwemiyalezo yokufundisa ngokuNdwendwela ibonisa impawu zoMsindisi.*

**U** Msindisi wethu, uYesu Krestu, yayinguye qwaba owayeno-kwazi ukwenzela uluntu idini. "UYesu Krestu, Imvana engenachaphaza, yazibeka ngentando kwisibingelelo sedini kwaye yahlawula ixabiso lezono zethu," watsho uMongameli Dieter F. Uchtdorf, uMcebisi Wesibini kuBongameli Bokuqala.<sup>1</sup> Ukuqonda ukuba uYesu Krestu wayengenasono kungasinceda si-khulise ukholo lwethu kuYe kwaye sizame ukugcina imithetho yaKhe, siguquke, kwaye sicoceke.

"Uyesu . . . wayengumntu wenyama kunye nomoya, kodwa Yena zange anikezele esilingweni" (bona Mozaya 15:5), watsho uMdala Todd Christofferson weQumrhu LwabaPostile Abalishumi Elinambini. "Singaguqukela kuYe . . . kuba Yena uyavisia. Yena uyawuqonda umlo, kwaye Yena uyaqonda ukuba umlo uphunyelelwa kanjani. . . .

" . . . Amandla weDini laKhe angacima iziphumo zesono kuthi. Xa siguquka, ubabalo lwedini laKhe

luyasilungiselela kwaye luyasicoca (bona 3 Nifayi 27:16-20). Kuba ngathi zange sinikezele, ngathi zange sinikezele esihendweni.

"Njengoko sizama imihla ngemihla kunye neveki neveki ukulandela indlela kaKrestu, umoya wethu uvuma ubungangamsha bawo, imfazwe engaphakathi iyathotha, kwaye nezilingo ziyayeka ukukhathaza."<sup>2</sup>

## IziBhalo Ezongezelelwego

Mateyu 5:48 ; Yohane 8:7;  
AmaHebhere 4:15; 2 Nifayi 2:5-6

## Okuvela kwiZibhalo eziNgcwele

UMsindisi wahlawula ixabiso lezono zethu ngobuNyana baKhe bobuThixo, ubomi baKhe obabungena sono, ukuhlupheka kwaKhe kunye nophalalo lwegazi laKhe egadini yaseGetsemane, ukufa kwaKhe emnqamlezweni kunye noVuko IwaKhe engcwabeni. NgeDini likaYesu Krestu, singacoceka kwakhona njengoko siguquka kwizono zethu.

Ukumkani uBhenjamin wafundisa abantu bakhe ngeDini likaYesu Krestu waze wabuza ukuba babewakholelwa amazwi akhe.

"Kwaye badanduluka bonke ngezwi elinye,besithi: . . . uMoya . . . owenze inguqu enzulu kuthi, okanye ezintliziyeni zethu, kanganokuba asinawo umnqweno wokwenza izenzo ezibi, kodwa ukwenza okulungileyo lonke ixesha. . . .

"Kwaye sizimisele ukungena kumnqophiso noThixo wethu ukuba senze intando yakhe, kwaye nokuba siyithobele imiyalelo yakhe kuzo zonke izinto"(Mozaya 5:1-2, 5).

Nathi ngokunjalo singabane "nguqu enzulu" njenga bantu bakaKumkani uBhenjamin, ababengena mnqweno wokwenza izenzo ezibi, kodwa ukwenza okulungileyo lonke ixesha" (Mozaya 5:2).

## IZIKHUMBUZO

1. Dieter F. Uchtdorf, "Ungayenza Ngoku! *Liyahona*, eyeNkanga 2013, 56.
2. D. Todd Christofferson, "That They May Be One in Us," *Liyahona* eyeNkanga 2002, 71.

## Cingisia Ngoku

Kuhluka kanjani ukucoceka ekugqibeeleni?