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U Mthandazo wo Kholo

Umthandazo ungaphezu kwamagama esiwakhulumayo kuNkulunkulu. Inkulumo ekabili phakathi kukaNkulunkulu kanye nabantwana Bakhe.

Uma umthandazo usebenza ngendlela ekufanele ngayo, sikhombisa imizwa yethu esehlizweni ngamagama asobala. UBaba waseZulwini uphendula nje ngokufaka imicabango ezinqondweni zethu ehambisana kanye nemizwa yethu. Ngasosonke isikhathi Uhlezi ezwa imithandazo yethu eneqiniso ngenkathi sithandaza sizimisele ukumlalela, noma ngabe iyiphi impendulo Yakhe noma ngabe iza ngasiphi isikhathi.

INkosi ithembisa kubobonke abafunda futhi bathandaze ngeNcwadi kaMormoni:

“Futhi uma nina niyakuzithola lezi zinto, mina ngizonincenga ukuthi nibuze kuNkulunkulu, uBaba oPhakade, egameni lika- Kristu, ukuthi lezi zinto azilona yini iqiniso; futhi uma nina niyakubuza ngenhliziyo eqinisekileyo, nangenhloso okuyiyo, ninokholo kuKristu, yena uyakulibonakalisa iqiniso lazo kini, ngamandla kaMoya oyiNgcwele.

“Futhi ngamandla kaMoya oyiNgcwele nina ningalazi iqiniso lazo zonke izinto” (Moroni 10:4–5).

Lesosithembiso siyiqiniso. Abantu abayizigidi bazamile futhi bafeza isethembiso leso esihle ngomthandazo ngokuthola isibusiso leso esigcwalise izimpilo zabo ngenjabulo kanye nentokozo engezukuphela. Lesosithembiso sisebenza kwimithandazo yethu yonke ukuba sazi umcabango kanye nesifiso sikaNkulunkulu kithina sonke. Singasisebenzisa uma sithola ukwelulekwa okuvela kwinceku kaNkulunkulu

enelungelo lokusikhombisa indlela. Njengesibonelo, singathembela kuso uma silalele intshumayelo yenkomfa kawonkewonke. Singasisebenzisa uma sifundiswe ngabafundisi bezenkolo abazithobileyo ababizwe nguNkulunkulu ngomprofethi ophilayo. Futhi sisebenza kumyalo esiwutholayo kubhishobhu wethu noma umongameli wegatsha.

Ukuze umthandazo usebenze ezimpilweni zethu, imitheho ilula. Kumele sicele ukwazi ukuthi kuyiqiniso ngokuthandaza kuBaba egameni likaJesu Kristu. Kumele sicele ngokweqiniso enhlizweni, okusho ukuthi kumele sibe nenhloso ethembekileyo ukwenza noma yini impendulo kaNkulunkulu efuna thina sikwenze. Futhi inhloso yethu yangemepla kumele ivele kukholo lwethu kuJesu Kristu.

Umseshi ofunda iNcwadi kaMormoni ngaphambi kokuba abhabhadiswe futhi aqiniswe angathola kokubili isiqinisekiso sokuthi incwadi iyiqiniso futhi nobufakazi bokuthi uJoseph Smith wayihumusha ngamandla avela kuNkulunkulu. Emva kokuba uqinisiwe njengelungu le-Bandla, singathola uMoya oNgcwele njengomngani wethu ozakuqinisekisa amanye amaqiniso. Bese, uma sithandaza ngokholo, singalindela ukuthola ukuthi uMoya oNgcwele uzakubeka ubufakazi bokuthi uJesu unguKristu, ukuthi uNkulunkulu onguBaba uyaphila, nokuthi Bona bayasithanda futhi nabobonke abantwana bakaBaba waseZulwini.

Leyo enye yezizathu zokuba kubekhona isethembiso kwiNcwadi kaMormoni ukuthi sizakuba nozwelo phakathi ezinhlizweni zethu njengoba uMoya oNgcwele ubeka ubufakazi kithi ukuthi uJesu ungu Kristu: “uma umuntu

ethobile futhi enenhliziyo emnene, futhi evuma ngamandla kaMoya oyiNgcwele ukuthi uJesu unguKristu, yena kufanele ukuthi abe nesihe” (uMoroni 7:44).

Kunethuba elihle kakhulu lokukhula ngokomoya njalo ngeSonto lokuzila. Isonto lokuzila lingasisiza ukuba sikwazi ukuhlangabezana nemfundiso ka-Alima kanye namadodana kaMosiya, labo abathandaza futhi bazila ukuze bathole iqiniso langunaphakade ukuze bakwazi ukufundisa amaLamani ngamandla, ngegunya, kanye nangothando (bona u-Alima 17:3, 9).

NgeSonto lokuzila sihlanganisa umthandazo kanye nokuzila. Abampofu ukuze bathole isibusiso, sinikezela ngokudla esikuzilile ngesihle kubhishobhu noma umongameli wegatsha okulingane nenani lezidlo ezimbili. Imicabango kanye nemithandazo yethu ibheke kuMsindisi kanye nalabo afuna ukuba sibasebenzele ngokubhekana nezidingo zabo zangomoya kanye nezenyama.

Imithandazo kanye nezifiso zethu zisondelana kanye nemithandazo futhi nezifiso zoMsindisi njengoba sizila ukuze sibe ngabazithobileyo, abafundisekayo, futhi nabanothando. Njengoba naye enza njalo, sithandazela ukwazi ngenhloso kaBaba ngathi futhi senze yona.

UKUFUNDISA OKUVELA KULOMLAYEZO

UMongameli Eyring ufundisa ukuthi umthandazo kanye nokuzila kungasisiza “sazo iqiniso langunaphakade.” Cabanga ukuthi ubufakazi balabo obavakashelayo bungadinga ukuqiniswa kuphi futhi ulungiselele isifundo ngaloludaba. Isibonelo, uma umuntu omvakashelayo eseshiwe umngani wakhe noma ilungu lomndeni ayelikhonziweyo, cabanga ngokuxoxisana ngemindeni yangunaphakade kanye nempilo emva kokufa. Ungazinikezela ngokuthi uzile kanye nalabo obavakashelayo ukuze ubasize bathole ubufakazi ngalowomthetho.

INTSHA

Zilungiselele ngaphambi kokuba uThandaze

UMongameli Eyring usikhumbuza ukuthi umthandazo “yinkulumbo ekabili phakathi

kukaNkulunkulu kanye nabantwana Bakhe.” Ukuthatha isikhathi sokuzilungiselela ngemithandazo yethu kungenza leyo nkulumbo phakathi kwabantu ababili yenzeke. Ungasebenzisa ijenalo yakho ukuchitha imizuzu embalwa uzilungiselela ukuba uthandaze njalo ngosuku. Ungabhala phansi izinto eziyisibusiso ofuna ukubonga ngazo uBaba waseZulwini, abantu abadinga imithandazo yakho, kanye nemibuzo ofuna izimpendulo kuyo. Bese umema uMoya ongcwele ngokucula amahubo noma ufunde amavesi embalwa kumbhalo ongcwele. Njengoba uthandaza, lalelisisa ukuba uMoya ongcwele ukuhola kanjani kulokho okumele ukusho, futhi ulalelise kahle imizwa kanye nemicabango yakho (bona D&C 8:2–3). Cabanga ngokubhala phansi isifundo sakho ositholile kwijenali yakho futhi ubhekisise izimpendulo ozitholile. Ungakwazi futhi ukusebenzisa imisebenzi kumakhasi 95–97 e *Preach My Gospel: A Guide to Missionary Service* ukuze ukwazi ukuhlola imithandazo yakho futhi ufunde ukwazi ukubona uMoya ongcwele.

IZINGANE

Isemishi yoMthandazo

Wazi kanjani ukuba kumele uthini uma uthandaza? Ungaqala umthandazo wakho ngokuthi, “Baba oseZulwini Othandekayo,” futhi ugcine ngokuthi, “Egameni likaJesu Kristu, ameni.” Okushoyo phakathi kuzaphuma kuwe, njengokukhetha ukuthi uzofakani esemishini.

Dweba isithombe sesemishini, ukhethe izinto eziningi ezihlukene ongazifaka esemishini yakho. Kwingxenye yocwezu lwenyama noma ngaphakathi kwezingcezu zezinkwa, bhala phansi into eyodwa ongathanda ukuyithandazela. Ungasho ukuthi “uyabonga” ngezibusiso, ukhulume ngezinkathazo zakho, ucele izibusiso, noma uthandazele imibuzo yakho.

Ungasisika isithombe sesemishi yakho. Usinamathisele ekamelweni lakho ukukusiza ukhumbule izinto ongazisho emithandazweni yakho.

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Imishini eNgcwele kaJesu Kristu: Isinkwa seMpilo

Ngomkhuleko funda lombhalo futhi ufune ukwazi ngalokho ongabelana ngakho. Ukuzwisisa impilo kanye nomsebenzi woMsindisi kuzakhulisa kanjani ukhoho lwakho kuYena futhi kubusise kanjani labo obaqaphile ngokufundisa ngokuvakasha. Ukuthola ulwazi oluningi ngalokhu, iya kureliefsociety.lds.org.

Ukhoho • Umndeni • Inkululeko

Lena ingxenywe yemilayezo elandelanayo yeMlayezo Yokufundisa Ngokuvakasha ephathelene nomsebenzi woMsindisi.

UJesu wathi, “Ngiyisinkwa esiphilayo eseza sivela phezulu ezulwini: uma umuntu edla lesisinkwa, uzakuphila ingunaphakade” (uJohane 6:51). “UJesu usifundisa ukuthi, izinceku Zakhe, kumele zifune isinkwa kuNkulunkulu nsuku zonke —usizo kanye nokuzimela— esikudingayo kulolosuku,” lakhuluma iGosa uD. Todd Christofferson weKhoramu labaPhostoli Beshumi Nambili. “Isimemo seNkosi . . . sikhuluma ngoNkulunkulu onothando, owazi ngisho nezincane, izidingo zansuku zonke zabantwana Bakhe futhi Uzimisele ukubasiza, ngamunye ngamunye, Uthi kumele sicele ngokholo kulowo Muntu ‘onikeza wonke umuntu ngokukhululeka, futhi onganqabeli muntu; futhi kuzonikezwa (uJames 1:5).”¹ Ngesikhathi siqonda ukuthi uJesu Kristu uzakufeza izidingo zethu, sizakuthembela KuYena ukuze siqine ngokomoya.

IGosa uJeffrey R. Holland weKhoramu labaPhostoli Beshumi Nambili usimema ukuba “singene kuhambo lwezinceku zokuqala zikaKristu labo futhi abekade befuna isinkwa sempilo—labo**abangazange** babuyele emuva kepha abeza Kuye, bahlala naye, futhi ababona ukuthi ukuze bavikeleke futhi bathole insindiso kwakungekho omunye ababengaya Kuye.”²

Eminye imiBhalo eNgcwele

uJohane 6:32–35; uAlma 5:34; 3 uNifayi 20:3–8

Kuvela embhalweni eNgcwele

UJesu Kristu wayefundisa isixuku esingaphezu kwabantu abangu-4,000. Emva kwezinsuku ezintathu, Watshela izinceku Zakhe: “Ngiyasihawukela isixuku, ngokuba . . . asinanto yokudla:

“Futhi uma ngibamukisa, baye ekhaya bengadlanga, bayakuphela amandla endleleni. . . .

“Futhi abafundi bakhe bamphe ndula, Umuntu angatholaphi lapha

ehlane izinkwa zokusuthisa laba na?

“Futhi [uJesu] wababuza, Nine-zinkwa ezingaki na? Base bethi, Ziyisikhombisa.”

Bese uJesu “wazithabatha izinkwa eziyisikhombisa, wabonga, wazihlephula, wanika abafundi bakhe ukuba bababele; . . .

“Babe nezinhlanzana eziy-ingcosana futhi: wazibusisa, wathi abababele nazo.

“Base bedla, basutha: babutha invuthuluka eseleyo amaqoma ayisikhombisa.” (Bona uMarku 8:1–9).

AMANOTHI

1. D. Todd Christofferson, “Recognizing God’s Hand in Our Daily Blessings,” *Liahona*, Jan. 2012, 25.
2. Jeffrey R. Holland, “He Hath Filled the Hungry with Good Things,” *Liahona*, Jan. 1998, 76.

Cabanga Ngalokhu

Uma siza kuKristu, usinakekela kanjani?