

NguMongameli uHenry B. Eyring
UMeluleki wokuQala kubuMongameli BokuQala

UkuBonga ngoSuku lweSabatha

KwabaNgcwele beziNsuku zokuGcina, usuku lweSabatha ngelokubonga nothando.

Bafowethu nodadewethu engibathandayo emhlabeni wonke eBandleni likaJesu Kristu labaNgcwele beziNsuku zokuGcina, ngiyabonga ukuthi uMongameli uThomas S. Monson ungicele ukuba ngikhulume kulomhlangano ngalolu suku lweSabatha. Ngikhulekela ukuthi uMoya oyiNgcwele uwase ezinhliziyweni zenu amazwi ami.

Namhlanje ngifisa ukukhuluma ngemizwa yenhliziyo. Ngizogxila kumuzwa wokubonga—ikakhulu ngosuku lweSabatha.

Kuningi esizwa sifisa ukukubonga: umusa esiwenzelwa yisihambi, ukudla uma silambile, wumpheme wokukhosela uma izulu lilibi, yithambo elipholayo ebeliphukile, nokukhala kosana olusanda kuzalwa. Abanengi bethu bazokhumbula ngesikhathi begcwala ukubonga kulezi zikhathi.

KwabaNgcwele beziNsuku zokuGcina, usuku lweSabatha lungezinye zalesi sikhathi, eqinisweni wusuku, lokubonga nothando. INkosi yayala abaNgcwele esiFundeni saseJackson, eMissouri, ngo 1831, ukuthi

imikhuleko nokubonga kwabo kufanele bakuse ezulwini. AbaNgcwele bokuqala banikwa isambulo mayelana nokugcinwa kweSabatha nokuzila ukudla nokukhuleka.¹

INkosi yabatshele ngokunjalo nathi, ukuthi kudunyiswa kanjani futhi kubongwa kanjani ngeSabatha. Njengoba nani nazi, okubaluleke kakhulu wuthando esiluzwayo ngalabo abasipha iziphos. Nanka amazwi eNkosi ngokuphathelene nokubonga nokukhombisa uthando ngeSabatha:

“Ngibanika umyalelo, ngisho kanje: Wothanda uNkulunkulu wakho ngayo yonke inhliziyi yakho, ngawo wonke amandla akho, ngayo yonke ingqondo yakho nangakho konke ukuqina kwakho; futhi egameni likaJesu Kristu uyomsebenzela. . . .

“Woyibonga iNkosi uNkulunkulu wakho kuzo zonke izinto.

“Wonika umnikelo eNkosini uNkulunkulu wakho ngokulunga, ngisho lowo wenhliziyo edabukileyo nomoya ophukileyo.”²

Emva kwalokho iNkosi ibe isixwayisa ngobungozi bokuhluleka

ukubonga uBaba oseZulwini noJesu Kristu okuyibo abasipha iziphos: “Futhi akukho umuntu amona ngakho uNkulunkulu, noma akekho omunye ulaka lwakhe olumokhelekayo, ngaphandle kwalabo abangasivumi isandla sakhe kukho konke, futhi nabangayithobeli imiyalelo yakhe.”³

Iningi lenu enilalele seniyayithola vele injabulo osukwini lweSabatha njengo suku lokukhumbula nokubonga uNkulunkulu ngezibusiso. Niyawakhumbula amazwi eculo esilaziyo sonke:

*When upon life's billows you are
tempest-tossed, Uma ududulwa
yizizunguwungu ebunzimeni
bempilo,*

*Uma udumele, ucabanga ukuthi
konke sekulahlekile,
Bala izibusiso zakho eziningi;
zibale ngasinye ngasinye,
Kuzokumangalisa uNkulunkulu
asekwenzile.*

*Bala izibusiso zakho;
Zibale ngasinye ngasinye.
Bala izibusiso zakho;
Bheka ukuthi UNkulunkulu
Usenzi. . . .*

*Are you ever burdened with a load
of care?*

*Does the cross seem heavy you are
called to bear?*

*Count your many blessings; ev'ry
doubt will fly,*

*And you will be singing as the days
go by.⁴*

Ngivame ukuthola izincwadi futhi ngivakashelwe abaNgcwele beziNsuku zokuGcina abathembekile abazizwa bethwele imithwalo. Abanye

babo sebeqala ukubona sengathi sebelahlekelwe yikho konke. Ngine-themba lokuthi lokhu engikushoyo ngokubonga ngeSabatha kungabasiza ukuqeda ukungabaza nokuthi baqale bacule ezinhliziyweni zabo.

Isibusiso esisodwa esingasibonga wukuthi sikhona ngesikhathi somhlangano wesidlo seNkosi, sibuthene ndawonye nabafundi Bayo egameni Layo. Kukhona abanye abase makhaya abangakwazi ukuvuka emibhedeni yabo. Kukhona abanye abathandayo ukuba nathi lapho esikhona kodwa esikhundleni salokho basiza ezibhedlela futhi baphephisa umphakathi noma bayasivikela ehlathini noma ogwadule oluthile bebeka izimpilo zabo engcupheni. Ukuthi nje siyabakwazi ukuhlangana ngisho noyedwa oNgcwele sidle isidlo seNkosi kungasiza ukuthi siqale ukuba nomuzwa wokubonga nokumthanda uNkulunkulu ngomusa wakhe.

Ngenxa yoMphrofethi uJoseph Smith nevangeli eselibuyisiwe, esinye isibusiso esingasibonga wukuthi sine-thuba lokudla isidlo seNkosi masonto onke—silungisiwe, sabusiswa, sasinikwa yizisebenzi zikaNkulunkulu ezigunyaziwe. Singaba nokubonga ngesikhathi uMoya oNgcwele uqinisa kithi ukuthi amazwi omkhuleko wesidlo seNkosi, akhulunywa yilabo abagunyaziwe abanobu phristi, azogwaliswa nguBaba wethu oseZulwini.

Kuzo zonke izibusiso esingazibonga, esikhulu kakhulu yilowo muzwa esiba nawo wokuxolelwa ngesikhathi sidla isidlo seNkosi. Sizozwa sinothando olukhulu loMsindisi nokubonga, ngomnikelo wakhe waphakade owenza sikwazi ukuhlanganiswa esonweni. Ngesikhathi sidla isinkwa siphuza namanzi, siyakhumbula ukuthi wasizwela ubuhlungu. Futhi uma sesigcwele ukubonga ngalokho asenzela kona, sizoluzwa uthando Lwakhe futhi nathi ngokunjalo sizogcwala ukumthanda.

Isibusiso sothando esisitholayo sizokwenza kube lula ukuthi sigcine umyalelo wokuthi “simkhumbule njalo.”⁵ Ungagcwala ngisho uthando

nokubonga, njengoba kunjalo nakimi, ngoMoya oNgcwele, uBaba oseZulwini athembisile ukuthi uyohlezi unathi uma sihlezi sithembekile kulezo zivumelwano esizenzileyo. Singazibala zonke lezo zibusiso njalo ngeSonto bese sigcwala ukubonga.

ISabatha yisikhathi esihle kakhulu futhi soku khumbula isivumelwano esasenza mhla sibhabhadiswa soku-bathanda nokuba sebenzela abantwana baBaba oseZulwini. Ukugwalisa lesi sethembiso ngeSabatha kusho ukubamba iqhaza ezifundweni zase sontweni ngayo yonke inhliziyu ukulekelela abafowethu nodadewethu abanathi lapho babe nokholo futhi bakhombisane uthando. Lesi sethembiso sisho futhi nokwenza imisebenzi yobizo lwethu ngentokozo.

Ngigcwele ukubonga ngamathuba engawa thola ngama Sonto amaningi lapho engafundisa khona umgwamanda wama dikoni eBountiful, e-Utah, ngokunjalo noSonto Sikole e-Idaho. Ngikhumbula ngisho nezikhathi ngangilekelela khona umkami kubantwana abancane, lapho umsebenzi wami omkhulu kwakuwukubanika amathoyizi nokuwaqoqa.

Kwangithatha iminyaka ukubona ngosizo lukaMoya oNgcwele ukuthi lolo sizo lwami olwalungelutho nje lwalusho okukhulu ezimpilweni zabantwana baBaba oseZulwini. Ngisamangele, ukuthi abanye babo basakhumbula futhi bayangibonga ngemizamo yami yokuqala yokuba sebenzela ngenzela iNkosi ngalezo zinsuku zeSabatha.

Njengoba nathi sibuye singayiboni imiphumela yosizo esilunikayo ngeSabatha, kungenzeka singawuboni umthelela oqongelelekayo wezinye izisebenzi zeNkosi. Kodwa iNkosi iyawakha umbuso Wayo ngokuthula ngezisebenzi Zayo ezithembekile nezithobekileyo, ezingadunyiswa muntu, ukuze ufinyelele ezinsukwini zeminyaka eyinkulungwane emihle kakhulu. Kuthatha uMoya oNgcwele ukububona lobukhosi obukhulayo.

Ngakhula ngiya emihlanganweni yesidlo seNkosi eyayibanjelwe eNew

Jersey kwigatsha elincane leBandla elalinama lunga amancane nomndeni owodwa, okwakungowami. Eminyakeni engamashumi ayisikhombisa nanhlanu eyadlula, ngabhabhadiswa ePhiladelphia endlini yesonto eyayakhiwe yiBandla okwakuyiyo yodwa esasingakwazi ukuya kuyo ePennsylvania noma eNew Jersey. Nakuba kunjalo lapho okwakukhona khona igatsha elilodwa elincane ePrinceton, eNew Jersey, manje sekukhona amawadi amabili amakhulu. Futhi ezinsukwini ezimbalwa ezedlule, izinkulungwane zentsha zenza okuthile ngomgubho owawandulela ukungcweliswa kwethempeli lase Philadelphia ePennsylvania.

Ngiseyibhungu, ngabizwa ukuba ngibe ngumfundisi wevangeli wesifunda lapho esasikhonza khona ngamaSonto endlini yesonto okwakuyiyo yodwa e-Albuquerque, eNew Mexico. Namhlanje sekukhona ithempeli nezikhonkwane ezine.

Ngashiya e-Albuquerque ngaya esikoleni eCambridge, eMassachusetts. Lapho kwakukhona indlu yesonto eyodwa vo kanye nesifunda esase ndlaleke kulo lonke elase Massachusetts ngokunjalo nesiQhingi saseRhode. Ngangivame ukuhamba ngemoto emagqumeni alelozwe elihle ngiya emihlanganweni yesidlo seNkosi eyayibanjelwe kumagatsha amancane kakhulu, iningi lawo elalisezi ndlini ezaziqashiwe noma kumakhaya ayese vuselelwe kabusha. Manje sekukhona ithempeli lika-Nkulunkulu elingcwele eBelmont, eMassachusetts, ngokunjalo nezikhonkwane ezendlaleke kulo lonke lelozwe.

Engangingakwazi ukukubona ngaleso sikhathi wukuthi iNkosi yayithela uMoya Wayo kubantu kuleyo mihlangano emincane yesidlo seNkosi. Kona ngangikuzwa lokho, kodwa ngangingakwazi ukubona ukuthi kanti izinhloso zeNkosi zazi-hamba ibanga elide kangaka ukwakha nokudumisa umbuso Wakhe. Ngesambulo, umphrofethi wabona futhi wakubhala lokhu esesiku bona namhlanje. UNefi wathi siyokuba

bancane ngokwesibalo kodwa ukukhanya okuqongelelekayo kuyogqama:

“Futhi kwenzeka ukuthi ngalibona ibandla leMvana kaNkulunkulu, futhi inani lalo laliyidlanzana. . . .

“Futhi kwenzeka ukuthi mina, Nefi, ngabona amandla eMvana kaNkulunkulu, ukuthi ehlela phezu kwabangcwele bebandla leMvana, kanye naphezu kwabantu besivumelwano beNkosi, labo ababehlakazeke phezu kobuso bonke bomhlaba; futhi babehlonyiswe ngokulunga kanye nangamandla kaNkulunkulu enkazimulweni enkulu.”⁶

Kulolu hlelo lokuphatha ivangeli esikulo, kunesi phrofetho esibhalwe kwiMfundiso neziVumelwano esichaza isimo esifanayo esikuso ngokunjalo namathuba aseza:

“Anikaziqondi okwamanje ukuthi zinkulu kangakanani izibusiso uBaba anazo ezandleni zakhe futhi anilungiselele zona;

“Futhi anikwazi ukubekezelela zonke izinto manje; nokho, yibani nenjabulo, ngokuba ngizonihola phambili. “Umbuso ungowenu nezibusiso zawo zingezenu, nengcebo yaphakade ingeyenu.

“Futhi lowo owemukela izinto zonke *ngokubonga* uyokwenziwa abe nenkazimulo enkulu; futhi izinto zalomhlaba ziyokwengezwa kuye, ngisho okuphindwe kaningi, yebo, nangaphezulu.”⁷

Sengike ngaluzwa lolo guquko lokwanda kokubonga izibusiso ngokunjalo nothando lukaNkulunkulu lukhula kulo lonke iBandla. Futhi sengathi luthanda ukukhula ngokushesha phakathi kwalawo malungu eBandla asezindaweni lapho ukholo lwabo luvivinywa khona, lapho abanxusa khona kuNkulunkulu ukuthi bathole ngisho usizo lokuthi bakwazi ukuzabalaza baye phambili.

Izikhathi esizodlula kuzo zizokuba nezivivinyo ezinzima, njengoba kwenzeka nakubantu ba-Alima bengaphansi kuka-Amuloni owayenesihluku, owabeka imithwalo emahlombe abo eyayinzima kakhulu ukuba bayithwale:

“Futhi kwenzeka ukuthi izwi leNkosi lafika kubo besezinkathazweni zabo, lithi: Phakamisani amakhanda enu futhi niduduzeke, ngokuba ngiyasazi isivumelwano enasenza kimi; futhi ngizovumelana nabantu bami futhi ngibakhulule baphume ebugqilini.

“Futhi phezu kwalokho ngizoyenza ibe lula imithwalo ebekwe phezu kwamahlombe enu, ngendlela yokuthi ngisho nani ngeke niyizwe emihlane yenu, ngisho nangesikhathi nisesekuthunjweni; futhi lokhu ngizokwenza ukuze nime njengofakazi bami emva kwalokhu, futhi nokuthi nazi ngeqiniso ukuthi mina, iNkosi uNkulunkulu, ngiyabahambela abantu bami ezinkathazweni zabo.

“Manje kwenzeka ukuthi imithwalo eyayibekwe phezu kuka-Alma nabafofawo yenziwa yabalula; yebo, iNkosi nempela yabaqinisa ukuze bakwazi ukuyithwala imithwalo yabo kalula, futhi nempela bazinikela ngokuthokoza kanye nangokubekezela kuyo yonke intando yeNkosi.”⁸

Wena nami singofakazi bokuthi njalo uma sike sazigcina izivumelwano zethu noNkulunkulu, ikakhulu ngesikhathi kunzima, Uyizwile imikhuleko yethu sibonga lokho asenzele kona futhi Uyiphendulile imikhuleko yokuthi sithole amandla ukuze sikwazi ukubekezela ngokuthembeka. Futhi kukaningi esenza sibe nenjabulo namandla.

Kungenzeka uzibuze ukuthi yini ongayenza ukuphila nokudumisa kuleli Sabatha ukuze ukhombise ukubonga futhi nokuthi uziqinise wena

ngokunjalo nabanye uma sekufika izivivinyo ngaphambili.

Ungaqala khona namhlanje ngokwenza umkhuleko uwedwa ngokunjalo nomndeni wakho nibonga ngakho konke uNkulunkulu asenzelele kona. Ungakhulekela ukwazi ukuthi ngabe iNkosi Ifuna wenzeni ukuze uyisebenzele Yona ngokunjalo nabanye. Ikakhulu ungakhulekela ukuba uMoya oNgcwele akutshele ngothile onesizungu noma onesidingo esithile iNkosi efisa uye kuye.

Ngiyakwethembisa umkhuleko wakho uzophendulwa, futhi uma kukhona okwenzayo emva kwaleyo mpendulo, uzothola injabulo ngeSabatha, futhi nenhliziyo yakho izophumphuma ngokugcwala ukubonga.

Ngiyafaza ukuthi uNkulunkulu uBaba Uyakwazi futhi Uyakuthanda. UMsindisi, iNkosi uJesu Kristu, wahlawulela izono zakho ngenxa yothando analo ngawe. Bona, uBaba neNdodana, bayalazi igama lakho njengoba balazi igama likaMphrofethi uJoseph Smith ngesikhathi Bevela kuye. Ngiyafakaza ukuthi leli yiBandla likaJesu Kristu futhi nokuthi uzozigcwalisa izivumelwano ozenzayo futhi nozivuselelayo noNkulunkulu. Lokhu oyikho manje kuzoshintshwa ufane noMsindisi. Uzoqiniswa ngokumelene nezilingo ngokunjalo nokungabaza ngeqiniso. Uzoyithola intokozo ngeSabatha. Ngiyakwethembisa lokhu egameni leNkosi uJesu Kristu, ameni.

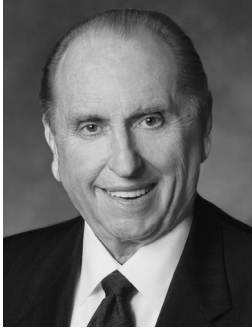
IMITHOMBO OKUTHATHWE KUYO LEMFUNDISO

1. BhekaIMfundiso neZivumelwano 59.
2. IMfundiso neZivumelwano 59:5, 7–8.
3. IMfundiso neziVumelwano 59:21.
4. “Count Your Blessings,” *Hymns*, no. 241.
5. Moroni 4:3; 5:2; IMfundiso neziVumelwano 20:77, 79.
6. 1 Nefi 14:12, 14.
7. IMfundiso neziVumelwano 78:17–19 kwengezwe ngesigcizelelo.
8. Mosiya 24:13–15.

Izifundo Zesikhathi Sethu

Kusukela ngoNovemba 2016 kuya ku-Epreli 2017, izimfundiso zobuPristi bukaMelkhezedeke nezeNhlango Yokusiza Yabesifazane zangeSonto lesine zizothathelwa kwinkulomo eyodwa noma eziningi ezenziwa emhlanganweni omkhulu weBandla ka-Okthoba 2016. Ngo-Epreli 2017, izinkulumo zingakhethwa kwezomhlangano omkhulu weBandla ka-Ephreli noma oka-Okthoba. Omangameli bezikhonkwane nabezifunda kufanele bakhethe ukuthi yiziphi izinkulumo ezizo setshenziswa ezindaweni zabo, noma benganikeza ukuba lesosinqumo sithathwe ngaba bhishobhi noma omangameli bamagatsha.

Lezi zinkulumo zitholakala ngezilimi ezahlukahlukene **conference.lds.org**.



NguMongameli uThomas S. Monson

Indlela Engenaphutha eya Enjabulweni

Ngiyafakaza ngesipho esikhulu kakhulu esiyisu likaBaba alenzele thina. Liyindlela okuyiyo yodwa engenaphutha eya ekuthuleni nase njabulweni.

Bafowethu nodadewethu abathandekayo, abalana kulesi siKhungo sokuHlangana nase mhlabeni wonke, ngibonga kakhulu ngethuba lokuthi ngikhulume nani namhlanje ekuseni.

Eminyakeni engamashumi amahlanu nambili edlule, ngoJulayi 1964, ngangihambe ngomsebenzi eNew York City ngesikhathi Umbukiso Womhlaba wawenzelwe kuleli dolobha. Ekuseni ngelinye ilanga ngahamba ngaya kwiMormon Pavilion embukisweni. Ngafika nje ngaphambi kokukhunjiswa kwebhayisikobho yeBandla *Man's Search for Happiness*, okungu mfanekiso wesu lensindiso manje osungojwayelekile eBandleni. Ngahlala eduze kwebhungu mhlawumbe elalineminyaka engu-35 ubudala. Sathi ukuxoxa kancane. Wayengelona ilunga leBandla. Zacima-ke izibani yaqala nebhayisikobho.

Salalela izwi lalowo owayelandisa ngesikhathi ebuza imibuzo esithintayo sonke: Ngavela kuphi? Kungani ngilapha? Ngiyaphi uma sengishiya lempilo? Zonke izindlebe zalalelisisa

ukuze ziyizwe impendulo, namehlo onke ayesethe njo kulezo zithombe ezazikhonjiswa. Kwanikwa incazelo ngempilo yethu eyandulela eyase mhlabeni, kwaphinde kwachazwa ngenhloso yokuphila emhlabeni. Sabona umfanekiso othintayo woku dlula emhlabeni kwekhehla elidala nokuhlangana kwalo futhi nabathandiweyo balo abase behambile ngaphambilini baya ezweni lemimoya.

Kwathi uma kuphela lomfanekiso omuhle wesu likaBaba oseZulwini alenzele thina, bonke abantu baphuma, iningi labo lithintekile impela ngalokho ababeku bonile. Ibhungu engangihleli nalo alizange lona lisukume. Ngilibuza ukuthi liyithokozele yini ibhayisikobho. Laphendula ngokungangabazi lithi: “Yiqiniso leli!”

Lelisu likaBaba lenjabulo yethu nensindiso yethu laziswa emhlabeni wonke ngabefundisi bevangeli bethu. Akubona bonke abawuzwayo lomyalezo ongcwele abawemukelayo. Kodwa, amadoda nabesifazane ndawo-zonke, njengomngani wami enganginaye kuMbukiso Womhlaba

eNew York, bayalibona iqiniso lalowo myalezo, bese betshala izinyawo endleleni ezobaholela ekhaya ngokuphepha. Izimpilo zabo zishintsha ingunaphakade.

Obaluleke kakhulu kulelisu nguMsindisi wethu, uJesusu Kristu. Ngaphandle komnikelo Wakhe ohlawulayo, kwakuyo lahleka konke. Kodwa-ke akwanele ukukholwa Kuye nokuthunywa Kwakhe kuphela nje. Kufanele sisebenze futhi sifunde, sifune futhi sikhuleke, siphenduke futhi senze kangcono. Kufanele siyazi imithetho kaNkulunkulu futhi siyiphile. Kufanele sithole izimiso Zakhe ezisindisayo. Siyozuza injabulo yangempela kuphela uma senza lezi zinto.

Sibusisiwe ukuba *sibe* neqiniso. Sinikwe umsebenzi wokuba *sabelane* ngeqiniso. *Masiliphile* iqiniso, ukuze sizuze konke uBaba asibekele kona. Konke akwenzayo ufuna kuzuze thina. Uthe kithi, “Lokhu kungu msebenzi wami nenkazimulo yami—ukufeza ukungafi no kuphila okuphakade komuntu.”¹

Kusuka ekujuleni komphofumulo wami nangoku thobeka konke, ngiyafakaza ngesipho esikhulu okuyisu likaBaba alilungisele thina. Yiyona ndlela engenaphutha eya ekuthuleni nasenjabulweni kuleli nakwelizayo.

Bafowethu nodadewethu, nginishiya nothando lwami nesibusiso sami sengiphetha, futhi ngikwenza lokho egameni loMsindisi noMkhululi wethu, ngisho uJesusu Kristu uqobo, amen.

IMITHOMBO OKUTHATHWE KUYO LEMFUNDISO
1. uMose 1:39.)

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