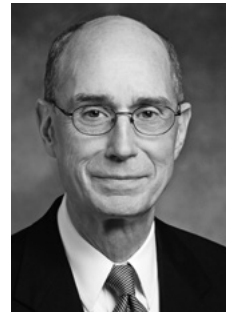


**NguMongameli
Henry B. Eyring**
UMeluleki wokuQala
kubuMongameli BokuQala



UkuThula kuleMpilo

Kithi sonke esize emhlabeni, uMsindisi wathi, “Ezweni nizakuhlangabezana nenhlopheko” (Johane 16:33). Kepha wanika lesi sithembiso esihle kubafundi bakhe ngesikhathi sokusebenza kwakhe emhlabeni: “Ukuthula ngikushiya kinina, ukuthula kwami nginipha kona: akunjengokupha kwezwe ukunipha kwami” (Johane 14:27). Kuyinduduzo ukwazi ukuthi lesi sithembiso sokuthula ngamunye siyaqhubeka kubo bonke abafundi Bakhe namuhla.

Abanye bethu bahlala ezindaweni ezinhle nezinokuthula, kepha sibhekene nezingxushungxushu ngaphakathi. Abanye bezwa ukuthula noxolo oluhle ngaphakathi kokulahlekelwa okukhulu, nokuqhubeka kobunzima.

Kungenzeka wake wabona isimangaliso sokuthula ebusweni bomfundi kaJesu Kristu noma wakuzwa emazwini Akhe. Mina ngikubone ezikhathini eziningi. Ngezinye izikhathi kube endlini yasesibhedlela lapho umndeni uhlangene uzungeze inceku kaNkulunkulu eseduze nokufa.

Ngiyakhumbula ngivakashela inkosikazi esibhedlela ezinsukwini ezimbalwa ngaphambi kokuthi ibulawe yisifo somhlaza. Ngangilethe amadodakazi ami amancane amabili ukuba angiphelekezele ngoba lodade olungile wake waba uthisha wabo wekilasi lezingane.

Amalunga omndeni wakhe ayehlangene ezungeze umbhede, efisa ukuba kanye naye ezikhathini zakhe zokugcina emhlabeni. Ngamangala ngesikhathi ephakama ehlala embhedeni. Wafinyelela kumadodakazi ami wawazisa womabili, munye ngamunye, kuwo wonke amalunga omndeni wakhe. Wakhuluma engathi amadodakazi ami ayengawasebukhosini ekhonjiswa ebukhosini bendlovukazi. Wathola indlela yokusho okuthile ngendlela

wonke umuntu endlini ayengumfundi kaJesu Kristu ngayo. Ngisakhumbula amandla, umusa, kanye nothando kwizwi lakhe. Ngikhumbula nokumangazwa ukumoyizela kwakhe okujabulisayo noma azi ukuthi isikhathi sakhe empilweni sasimfushane.

Waye thole izibusiso ngobuphristi zenduduzo, kepha wasinikeza sonke ubufakazi obuphilayo bokuthi isithembiso seNkosi sokuthula siyiqiniso: “Lokhu ngikukhulume kini, ukuba nibe nokuthula kimi. Ezweni niyakuhlangabezana nokuhlopheka, kepha yibani nentokozo, mina ngilinqobile izwe” (Johane 16:33).

Wasamukela isimemo sakhe, njengoba nathi sonke singakwazi, noma ngabe ubunzima kanye nezinkinga zethu zime kanjani:

“Zanini kimi, nina nonke enisebenzileyo futhi enisindwayo, mina ngizakunethula umthwalo.

“Bekani ijoka lami phezu kwenu, nifunde ngami; ngokuba ngimnene futhi ngithobile ngenhliziyo: khona imiphefumulo yenu iyakuthola ukuphumula” (Mathewu 11:28-29).

Kuphela qha ngokulandela uJesu yinoma ngubani wethu ongathola ukuthula noxolo ebunzimeni obuzoza kithi sonke.

Imithandazo yesidlo esingcwele isisiza ukuba sazi ukuthi sikuthola kanjani lokho kuthula ngaphakathi kobunzima bempilo. Ngesikhathi sidla isidlo esingcwele, singakhetha ukuba nokholo kwizivumelwano zethu zokuba simlandele.

Ngamunye ngamunye sithembisa ukuba sizomkhumbula uMsindisi. Ungakhetha ukumkhumbula ngendlela elungele ukuba usondeze inhliziyo yakho kuYe. Ngesinye

isikhathi kimi, ukuba ngimbone enqondweni yami Eguqile eNsimini yaseGetsemane noma ngimbone Ebiza ULazaru ukuba aphume ethuneni. Ngesikhathi ngenza, ngizwa ukuba seduze naYe nokubonga okuletha ukuthula enhliziyweni yami.

Uphinde wethembise ukugcina imiyalelo Yakhe. Uthembisa ukuthatha igama Lakhe kuwe nokuba ufakazi Wakhe. Yena Uthembisa ukuba njengoba ugcina izivumelwano zakho, uMoya oNgcwele uzoba nawe. (Bona iMf&V 20:77, 79.)

Lokhu kuletha ukuthula ngezindlela ezimbili okungeni. Umoya oNgcwele usihlanza ezonweni ngenxa yeNhlawulo kaJesu Kristu. Futhi uMoya oNgcwele ungasinika ukuthula okuqhamuka ekutholeni imvumo kaNkulunkulu nethemba lempilo engunaphakade.

UmPhostoli uPawulu wakhuluma ngalesi sibusiso esihle: “Kepha izithelo zikaMoya ziluthando, ukujabula, ukuthula, ukubekezela, ububele, ubuvi, ukholo” (AbaseGalithiya 5:22).

Ngesikhathi izithunywa zasezulwini zimemezela ukuzalwa koMsindisi, zathi, “Udumo kuNkulunkulu kweliphezulu, *nokuthula* emhlabeni” (Luka 2:14; ukugcizelela kufakiwe). Ngithula ubufakazi bami njengofakazi kaJesu Kristu ukuthi uNkulunkulu neNdodana Yakhe eThandekile bengathumela uMoya ukuba usivumele sithole ukuthula kulempilo, noma ngabe izivivinyo eziza kithi nalabo esibathandayo zingabanjani.

UKUFUNDISA OKUVELA KULOMLAYEZO

UMongameli Eyring ufundisa ukuthi imithandazo yesidlo esingcwele ingasisiza sazi ukuthi sikuthola kanjani ukuthula ebunzimeni bethu. Isikhumbuza ukuthi ngesikhathi sigcina izivumelwano zethu, sinesithembiso sikaNkulunkulu ukuthi uMoya oNgcwele Uzoba nathi. Cabanga ukubuza labo obafundisayo ukuthi ukuba noMoya oNgcwele kungasisiza kanjani ukuba sibe nokuthula. Futhi ungabelana ngemicabango yakho noma isehlakalo esitshengisa indlela uMoya oNgcwele wakusiza wezwa ukuthula ebunzimeni. Ungagugquzela labo obafundisayo ukuba becabange ngalomlayezo ngesikhathi sesidlo esingcwele kulelisonto.

INTSHA

Uzomkhumbula Kanjani uMsindisi kuLeli Sonto?

UMongameli Eyring usigugquzela ukuba “sikhethe ukukhumbula [uMsindisi] ngendlela elungele ukuba usondeze inhliziyoyi yakho kuYe.”

Wena “uhlezi umkhumbula” kanjani esontweni lonke (Bona iMf&V 20:77, 79)?

Unayo imibhalo engcwele oyithanda kakhulu engoMsindisi? Ungadweba umbhalo ongcwele ohlukile usuku ngalinye kulelisonto futhi uwabelane nomunye.

Uyalicula iculo lesonto noma elinye iculo elikuphakamisayo engqondweni yakho uma uzizwa uphansi? Mhlawumbe khetha elilodwa elingoMsindisi ngqo kulelisonto.

Uyayicabanga impilo yoMsindisi nomnikelo wenhlawulo wakhe ngesikhathi sesidlo esingcwele ngawo wonke amasonto? Ungalungiselela isidlo esingcwele ngokukhumbula ukukhetha kwakho esontweni lonke ukuze uhlezi ukhumbula uMsindisi futhi uphenduke ngezikhathi lapho kube nzima.

Uyawathandazela amathuba okwabelana ngevangeli usuku ngalinye? Zama ukuba nengxoxo ngevangeli kulelisonto egxile kuMsindisi. Ungathula ubufakazi ngoMsindisi ngesikhathi sobusuku lwekhaya lomndeni noma enkulumeni noma ukhulume nomngani esikoleni ngesehlakalo obenaso esontweni.

Enza injongo yokukhumbula uMsindisi ngendlela ekhethekile kulelisonto. Tshela umzali, iselamani, umholi, noma umngani ngenjongo yakho. Ekupheleni kwesonto, batshele ukuthi kwenzakaleni. Nobabili nizozwa ukuthula nenjabulo leyo uMongameli Eyring akhulume ngayo.

IZINGANE

Yizani kuKristu

UMsindisi usithembise ukuthula uma “Siza ku[Yena]” (Mathewu 11:28). Lokhu kuchaza ukulandela isibonelo Sakhe nokuzama ukuhlala sisondelene naYe.

- Hlonipha ngesikhathi sesidlo esingcwele.
- Khetha ukuba nomusa futhi ungehluleli abanye.
- Funda ngoMsindisi emibhalweni engcwele.



Injabulo yoMndeni iTholakala ekuLungeni

Ngomkhuleko funda lemibhalo ngenhloso yokufuna ukwazi ngalokho ongakhuluma ngakho. Ukuqonda "Umndeni: Isimemezelo soMhlaba Wonke" kungalukhulisa kanjani ukhoho lwakho kuNkulunkulu futhi kubusise labo obaqaphile ngokubafundisa ngokubavakashela na? Ukuze uthole olunye ulwazi, vakashela ku www.reliefsociety.lds.org.

Ukhoho, Umndeni, Usizo

UNkulunkulu "Usungule imindeni ukuletha injabulo kithi, asisize ukuba sifunde imithetho elungileyo emoyeni othandekayo, futhi asilungiselele impilo yaphakade."¹ "Ngesu elikhulu lentokozo" lika-Nkulunkulu (Alima 42:8), uMongameli Russell M. Nelson, wathi: "Isu Lakhe Lithi abeselisa nabesifazane bakhona 'ukuze babe nokujabula' [2 Nefi 2:25]. Leyo njabulo iza ngesikhathi sikhetha ukuphila mayelana nohlelo lwaphakade likaNkulunkulu."²

Ikhaya eligxile kuKristu liletha amathuba amaningi empumelelo. IGosa uRichard G. Scott (1928-2015) womGwamanda wabaPhostoli aliShumi namBili ulichaza njenge-ndawo "lapho ivangeli lifundiswa, izivumelwano zigcinwa, nothando luningi," lapho imindeni ingaphila "impilo yokulalela" futhi "behlale beqinile evangelini likaJesu Kristu."³

UMongameli Henry B. Eyring, uMeluleki Wokuqala kubuMongameli Bokuqala, wathi: "Singanquma ukuthi sizokwenza konke esingakwazi ukwehlisa amandla asezulwini

emakhaya ethu." Futhi sinamathuba amaningi okukhankhasa uthando, ukulalela, futhi nenjabulo emakhaya ethu "[ngabantwana bethu] bezwa izwi likaNkulunkulu bese belizama ngokhoho. Uma benza njalo, isimilo sabo sizoshintsha ngendlela edala injabulo esiyibhekayo."⁴

Amakhaya Agxile kuKristu

Sinezibonelo zamakhaya agxile kuKristu emibhalweni engcwele. Emuva kokuba ubaba wakhe, uLehi, ashone, uNefi wathatha umndeni wakhe nabanye ababekholelwa ezixwayisweni nasezambulweni zikaNkulunkulu futhi abalalela amazwi kaNefi wabasusa endaweni yamaNefi. Kulendawo entsha, ama-Nefi akwazi ukugcina izahlulelo, imithetho, kanye nemiyalelo yeNkosi kuzo zonke izinto, ngokomthetho kaMose (bona 2 Nefi 5:6-10). Kepha ngisho nakwamaNefi, abanye bagcina bengalaleli.

Futhi ngesikhathi amalunga emindeni yethu ebuye egudluke kancane ekuLungeni njengamaNefi enza, IGosa uScott wathi ikhaya

eligxile kuKristu "linikeza isithembiso esikhulu sokuthula nokuphepha emakhaya ethu." Wavuma ukuthi "kusazoba khona izinselelo eziningi noma izinhliziyi ezibuhlungu, kepha ngisho phakathi kwezingxushungxushu, singathokozela ukuthula kwangaphakathi nenjabulo yangempela."⁵

Eminye imibhalo eNgcwele

3 Johane 1:4; 1 Nefi 8:12; 2 Nefi 5:27

AMANOTHI

1. *Handbook 2: Administering the Church* (2010), 1.1.4.
2. Russell M. Nelson, "Celestial Marriage" *Liahona*, Nov. 2008, 92.
3. Richard G. Scott, "For Peace at Home," *Liahona*, May 2013, 31.
4. Henry B. Eyring, "The Teachings of 'The Family: A Proclamation to the World,'" *New Era*, Sept. 2015, 5, 6.
5. Richard G. Scott, "For Peace at Home," 31.

Ake Ucabange Ngalokhu

Singenzani ukuphila ngendlela elungile kakhulu emindenini yethu?