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Umkhumbule Njalo

Ungacabangisana kanye nami umphrofethi uMoroni ebhala amazwi okugcina eNcwadi kaMormoni ezingcwephehi zegolide? Wayeyedwa. Wayesebone isizwe sakhe, abantu bakhe kanye nomndeni wakhe uwa. Izwe laligcwele impi “eqhubekayo” (Mormoni 8:8). Kepha wayenethemba, ngoba wayelibonile usuku lwethu! Futhi kuzo zonke izinto ayengazibhala, wasimema ukuba *sikhumbule* (bona uMoroni 10:3).

UMongameli Spencer W. Kimball (1895–1985) wayekhuthalele ukufundisa ukuthi igama elibaluleke kakhulu kwisichazamazwi kungaba elithi *khumbula*. Wathi ngoba senze izivumelwano noNkulunkulu, “isidingo sethu esikhulu ukuzikhumbula.”¹

Ungalithola igama elithi *khumbula* yonke indawo emibhalweni engcwele. Ngesikhathi uNefi exwayisa abafowabo, wayevame ukubamema ukuba bekhumbule amazwi eNkosi nokuba bakhumbule indlela uNkulunkulu asindisa ngayo okhokho babo (bona 1 Nefi 15:11, 25; 17:40).

Enkulumeni yakhe enkulu yokugcina, iNkosi uBenjamini yasebenzisa igama elithi *khumbula* izikhathi eziyisikhombisa. Yayithemba ukuthi abantu bayo bengakhumbula “ubukhulu bukaNkulunkulu . . . nobuhle bakhe nokubabekezelela kwakhe” (Mosiya 4:11; bona futhi 2:41; 4:28, 30; 5:11-12).

Ngesikhathi uMsindisi emisa isidlo esingcwele, wame abafundi bakhe ukuba bemukele lezi zimpawu “ukuba bakhumbule” umhlatshelelo Wakhe (Luka 22:19). Kuwo wonke umthandazo wesidlo esingcwele mina nawe sizwa ukuthi igama elithi *njalo* lingaphambi kwaleli elithi *mkhumbule* (bona iMf&V 20:77, 79).

Umlayezo wami yisimemo, ngize ngiyanincenga, ukuba nikhumbule. Nansi imibono emithathu ngongakukhumbula wonke amasonto ngenkathi wemukela izimpawu

ezingcwele zesidlo esingcwele Ngiyethemba izoba usizo kini njengoba ibe njalo kumina.

Khumbula uJesu Kristu

Okokuqala, khumbula umSindisi. Khumbula ukuthi wayengubani ngesikhathi esemhlabeni, indlela akhuluma ngayo nabanye, nendlela atshengisa umusa ekuziphatheni Kwakhe. Khumbula ukuthi wasichitha nobani isikhathi Sakhe nokuthi wafundisani. UmSindisi “wahamba enza umusa” (Izenzo 10:38). Wavakashela abagulayo. Wayezini-kelile ekwenzeni intando kaBaba Wakhe.

Ikakhulukazi, singakhumbula inani elikhulu alikhokha, ngenxa yothando analo kithi, ukususa ibala lezono zethu. Ngesikhathi simkhumbula, isifiso sethu sokumlandela sizokhula. Sizofuna ukuba nomusa, sixole, futhi sizimisele ukufuna intando kaNkulunkulu futhi siyenze.

Khumbula Odinga Ukukwenza Kangcono

Kunzima ukucabanga ngomSindisi—ubumsulwa Bakhe nokuphelela Kwakhe—ngaphandle kokucabanga indlela thina sinecala futhi esingalungile ngayo uma siziqhathanisa Naye. Senze izivumelwano zokuthobela imiyalelo Yakhe, kepha sivame ukushoda kulelizinga eliphezulu. Kepha uMsindisi wayazi ukuthi lokhu kuzokwenzeka, okuyingakho wasinikeza isimiso sesidlo esingcwele.

Isidlo esingcwele sisukela kwinqwayelo yokunikela ngemihlabelo kwiTestamente eliDala, eyayihambisana nokuvuma izono (bona uLevitikusi 5:5). Asisazihlabi izilwane, kepha singazishiya izono zethu. Imibhalo engcwele ibiza lokhu ngomnikelo “wenhliziyo edabukileyo kanye nomphfumulo ophukileyo” (3 Nefi 9:20). Iza kwisidlo esingcwele nenhliziyo ephendukile (bona iMf&V; Moroni 6:2).

Ngesikhathi wenza njalo, uzothola ukuthethelelwa kwezono futhi angeke ugudluke endleleni eholela kuNkulunkulu.

Khumbula Inqubekela Phambili Oyenzayo

Ngesikhathi uhlola impilo yakho ngesikhathi sesimiso sesidlo esingcwele, ngiyethemba imicabango yakho ayibheki izinto ozenze kabi kuphela kepha ibheka nanezinto ozenze kahle—izikhathi lapho ozwe khona ukuthi uBaba oseZulwini kanye noMsindisi Bathokozile ngawe. Ungaze uthathe umzuzwana ngaso isikhathi sesidlo esingcwele ukucela uNkulunkulu Akusize uzibone lezizinto. Uma ukwenza lokhu, ngiyethembisa kukhona ozokuzwa. Uzozwa ithemba.

Ngezikhathi ngikwenza lokhu mina, uMoya unginikeze isiqiniseko sokuthi noma ngisekude nokulunga okuphelele, ngingcona namuhla kunayizolo. Lokhu kunginikeza ithemba lokuthi, ngenxa kaMsindisi, ngingabangcono kakhulu kusasa.

Igama elithi *njalo* lichaza isikhathi eside, futhi lichaza imizamo eminingi elungile. Uyazi ngenxa yezinto ezi-kwehlakele ukuthi kunzima kanjani ukucabanga ngento eyodwa njalo. Kepha noma ngabe usigcina kanjani isithembo sakho sokumkhumbula, Yena uhlezi ekukhumbula.

UMsindisi uyayazi imizabalazo yakho. Uyazi ukuthi kunjani ukuba nezinkinga zempilo ezikuncindezelayo. Uyazi ukuthi usidinga ngokuphuthuma isibusiso esiqhamuka eku-mkhumbuleni njalo nangesikhathi umlalela—“ukuze [u]hlale [u]no Moya wa[khe] ku[we]” (iMf&V 20:77; kugcizelelwe).

Ngakho-ke, uyakwamukela etafuleni lesidlo esingcwele wonke amasonto, ekunikeza elinye ithuba lokufakaza phambi Kwakhe ukuthi uyohlezi umkhumbula.

IMITHOMBO OKUTHATHWE KUYO LE MFUNDISO

1. Spencer W. Kimball, “Circles of Exaltation” (inkulumbo enikezelwe abefundisi beziNhlele zeMfundo yeBandla, uJuni 28, 1968), 5.

IMFUNDISO EVELA KULOMYALEZO

Impilo ibuye ibe matasatasa futhi ikwenze lukhuni ukumkhumbula njalo uMsindisi wethu uJesu Kristu. Kepha, isidlo esingcwele, sisinikeza isikhathi esikhethekile wonke amasonto esingacabanga ngempilo Yakhe nezimfundiso Zakhe. Nalabo obafundisayo ekhaya, cabangani ukuthi niyisebenzisa kanjani leyo mzuzu enokuthula, futhi nixoxisane ngendlela eningakhuphula ngayo imicabango yenu ibheke kuMsindisi. Ningayisebenzisa kanjani leyo mzuzu ukuba nicabange ngezinto eningazenza ukuze nizikhulise? Kunganisiza ngani ukukhumbula ushintsho enilenzile wonke amasonto?

INTSHA

Izinto Ezintathu Zokukhunjulwa

Igama elithi *khumbula* livela kaningi eNcwadini kaMormoni. UNefi wagqugquzela abafowabo ukuba bekhumbule indlela uNkulunkulu asindisa ngayo okhokho babo. INkosi uBenjamini yacela abantu bayo ukuba bakhumbule ubukhulu bukaNkulunkulu. Futhi uMoroni wafundisa abafundi bakhe ukuthi bakhumbule indlela iNkosi inomusa ngayo.

Ukukhumbula uMsindisi kubalulekile—size sivume ukumkhumbula sonke isikhathi esimukela ngaso isidlo esingcwele. UMongameli Eying usimema ukuba sikhumbule lezizinto ezintathu ngesikhathi sesidlo esingcwele:

1. **Khumbula uJesu Kristu:** Funda imibhalo engcwele ekhuluma ngendlela uMsindisi asebenzela futhi atshengisa ngayo uthando kwabanye. Ulizwa kanjani uthando Lwakhe? Ungabasebenzela kanjani futhi ubatshengise kanjani uthando abanye njengoba uMsindisi enzile?
2. **Khumbula odinga ukukwenza kangcono:** Cabanga ngesonto eledlule ngenhliziyo ephendukile. Khetha into eyodwa ongayishintsha, futhi ubhale phansi indlela ongalwenza ngayo lolo shintsho. Beka injongo yakho lapho ozoyibona khona njalo.
3. **Khumbula inqubekela phambili oyenzayo:** Cela uNkulunkulu akusize ubone inqubekela phambili enhle oyenzayo. Bhala indlela ozizwa ngayo.

Asilungile ngokuphelele, kepha uMsindisi uyakwazi lokho. Yingakho esicela ukuthi simkhumbule. Ukumkhumbula kusinikeza ithemba futhi kuisiza sibe ngcono. Ngisho nangezikhathi esihlulekayo ukumkhumbula, uMongameli Eying uthi, “Uhlezi ekukhumbula.”

“Nikhumbule ukuthi iNkosi ibe nesihawu esingakanani” (Moroni 10:3).

ABANTWANA

Ukukhumbula uJesu

Iimibhalo engcwele ifundisa ukuthi kumele simkhumbule njalo uJesu Kristu. Lokhu kuchaza ukuthi kumele sicabange Ngaye *kakhulu* futhi silandele isibonelo Sakhe!

Beka isithombe sikaJesu endaweni lapho uzosibona khona njalo.

“Futhi uma ningikhumbula njalo uMoya wami uyokuba nani njalo” (3 Nefi 18:7).



Ukhoho • Umndeni •
Insizakalo

Thola Ukwazi Yena Kanye Nomndeni Wakhe

Ukufundisa ngokuvakashelana ukwazi futhi uthande udade ngamunye ukuze sizosiza ekuqiniseni ukhoho lwakhe futhi simusize.

URita Jeppeson nothisa wakhe omvakashelayo sebengabangani abakhulu njengoba bevakashelana bexoxisane ngemigomo yevangeli. Kepha ukuvakashelana kwabo kuhambisana nokudlala imidlalo yamagama ndawonye. Yilokho akuthanda kakhulu uRita ngothisa wakhe omvakashelayo ngoba uyazi ukuthi bangabangani futhi ukuvakasha kwakhe akukona okokuthi abhale ukuthi ukwenzile. Ziningi izinto odade abangazenza ngesikhathi bevakashelene, njengokuthatha uhambo ndawonye noma ukususa ukhula engadini ngesikhathi izingane zidlala.

Igosa uJeffrey R. Holland womGwamanda wabaliShumi namBili wathi, “Ziboneni njengezithunywa zeNkosi kwabantwana Bakhe. . . . Siyethemba ukuba . . . nizoqala inkathi yokukhathalela amalunga ngeqiniso, futhi ngokwevangeli, yokubhekelelana nokunakekelana, yokulungisa izidingo ngokomoya

nangokwemvelo nganoma iyiphi indlela ezoba usizo.”¹

INkosi yasebenzisa uMose ukuyala abantwana bakwa-Israyeli ukuba “umfokazi ogogobeleyo kini uyakuba kini njengowokuzalwa ekhaya phakathi kwenu, umthande njengoba uzithanda wena” (Levitikusi 19:34). Odade esibafundisa ngokuvakashelana bengaba “abafokazi” ngesikhathi siqala umsebenzi wethu, kepha ngesikhathi siqala ukumazi kanye nomndeni wakhe, isifiso sethu soku “thwalisana imithwalo omunye nomunye” nokuba “nezinhliziyo ezihlanganiswe ndawonye ebunyeni kanye nasothandweni omunye komunye” sizokhula (Mosiya 18:8, 21).

UReyno I. Aburto, uMeluleki wesiBili kubuMongameli Jikelele beNhlango yokuSiza yabesiFazane, ukhumbula ngesikhathi eyilunga elisha leBandla esanda kuhlu-kanisa umshado. Wathi, “othisha

abangivakashelayo beza ekhaya lami, baletha imizwa efudumele yokwamukelwa nothando enhlizweni yami.”²

Cabanga Ngalokhu

Emndenini yodade obafundisa ngokuvakashelana, yiziphi izehlakalo okumele uziqaphele futhi uzikhumbule?

IMITHOMBO OKUTHATHWE KUYO LE MFUNDISO

1. Jeffrey R. Holland, “Emissaries to the Church,” *Liahona*, Nov. 2016, 62.
2. Reyna I. Aburto, “What Has Relief Society Been for Me?” Brigham Young University Women’s Conference, May 5, 2017, LDS.org.

Ukusebenza

Ngesikhathi sazana futhi sithanda odade esibafundisa ngokuvakashelana nemindeni yabo, sizothola intshisekelo yethu ukuze sazi ukuphendula izidingo zabo ngokomoya nangokwemvelo.