



# UKWAKHA UBUDLELWANE OBUQOTHO

*Ikhono lethu lokunakelela abanye liyakhula uma sibnobudlelwane obuqotho nabo.*

Ukumenywa ukuba sifundise abanye kuyithuba lokuba sakhe ubudlelwane obunenkathalelo nabanye—ubudlelwane lobo obuzokwenza ukuba bakhululeke ekuceleni usizo noma bamukele usizo oluvela kithi. Uma sesenze umzamo wokuba sakhe lobobudlelwane, uNkulunkulu uyakwazi ukuba ashintshe izimpilo kwizingxenyane zombili zobudlelwane.

“Ngiyakholelwa ngempela ukuthi angeke kwaba khona ushintsho olungako ngaphandle kobudlelwane obukhulu,” kwasho uSharon Eubank, Isekela lokuqala kubuMongameli beNhlalango Yenkululeko Yabesimame Jikelele. Ukuze izenzo zethu ziguqule izimpilo zabo, wathi, kumele “zigxile kakhulu esifisweni sokwelapha kanye nokulalela futhi nokusebenzisana kanye nenhlonipho.”<sup>1</sup>

Ubudlelwane obuqotho akusiwona amaqhinga. Bakhiwe ngothando, ngemizamo enobuqotho, kanye “nothando olungapheliyo” (iMf&V 121:41).<sup>2</sup>

## Izindlela zoKwakha kanye nokuQinisa Ubudlelwane

“Sakha [ubudlelwane] umuntu ngamunye” kwasho iGosa Dieter F. Uchtdorf womGwamanda wabaPhostoli

abayiShumi namBili.<sup>3</sup> Njengoba sizama ukwakha ubudlelwane obuqotho nalabo esibasebenzelayo, uMoya oNgcwele uzosihola. Lokhu okulandelayo kusekelwe kwiphethini evela kwiGosa Uchtdorf.<sup>4</sup>

- **Funda ngabo.**

UMongameli u-Ezra Taft Benson (1899 - 1994) wafundisa ukuthi, “Angeke wakwazi ukusebenzela kahle labo ongabazi kahle.” Wabeka umbono wokuthi sazi amagama omuntu ngamunye emndenini kanye nokwazi ngezenzakalo ezibalulekile njengosuku lokuzalwa, izibusiso, ukubhabhadiswa, kanye nemishado. Lokhu kuzoletha ithuba lokuba ubhale umlayezo noma ushaye ucingo lokuhalalisela ilungu lomndenini ngalokhu elikuzuzile.<sup>5</sup>

- **Chithani isikhathi nindawonye.**

Ubudlelwane buthatha isikhathi ukuba bukhule. Funa amathuba okugcina ukuxhumana. Izifundo ziveza ukuthi ukutshela umuntu ukuthi umkhathalele kubaluleke kakhulu ekwakheni ubudlelwane obuqotho.<sup>6</sup>

Bavakashela kakhulu labo onikezwe bona ukuba ubasebenzele ngokubasiza. Khuluma nabo esontweni. Sebenzisa noma yini engasebenza—njenge imeyili, uFacebook, u-Instagram, uTwitter, uSkype, ucingo, noma ukuthumela ikhadi. IGosa uRichard G. Scott (1928- 2015) womGwamanda wabaPhostoli abayiShumi namBili wakhuluma ngamandla okukhombisa uthando kanye nokusiza: “Ngangivamise ukuvula imibhalo yami engcwele, . . . ngithole incwadi ekhuthazayo eyayibhalwe [inkosikazi yami] uJeanene ngothando, ayeyishu-theke phakathi emakhasini encwadi. . . . Lezo zincwadi eziyigugu . . . zisaqhubeka ukuba yizinto ezingeke zathengeka; eziletha induduzo kanye nogqozi.”<sup>7</sup>

Futhi, khumbula ukuthi ubudlelwane buhamba kabili. Unganikeza uthando kanye nobungani, kepha ubudlelwane abusoze bakhula ngaphandle kokuthi omunye avume futhi abuphindisele. Uma omunye engakhombisi ukwamukela, ungabakhi ubudlelwane ngenkani. Mnikeze isikhathi esanele ukuze abone ubuqotho bakho, futhi uma kudingekile, thola ukululeka okuvela kubaholi bakho mayelana nokuthi ubudlelwane obuqotho busengenzeka na.

- **Xhumanani ngokunakekela.**

Ukwakha ubudlelwane obuqotho kudinga thina sibuke ngaphezulu kwalokho okwalomhlaba. Ukuxhumana okungelutho kugcwele izingxongxo ezingasho lutho ezimayelana nezikejuli, isimo sezulu, kanye nezinye izinto ezingatheni, kepha akukuphathi ukwabelana ngemizwa, inkolelo, izinjongo, kanye nezinto ezikhathazayo ezingaletha okukhulu ukuxhumana okunenjongo. UBaba oseZulwini wakhe isibonelo soku-xhumana okuqotho ngokwabelana ngemizwa Yakhe kanye nezinhlelo Zakhe kwiNdodana Yakhe (bona uJohane 5:20) nakithi ngabaPhrofethi Bakhe (bona u-Amose 3:7). Ngokwabelana ngezehlakalo zansukuzonke kanye nezinkinga zempilo komunye nomunye ngenkathi siholwa uMoya oNgcwele, sibanothando kakhulu komunye nomunye wethu ngenkathi sithola izinto kanye nezifundo ezifanayo.

Ukulalela kuyingxeny ebaluleke kakhulu yokuxhumana ekhombisa ukuthi unokukhathazeka.<sup>8</sup> Uma ulalela kahle, ithuba lakho lokusiza abanye ukuba beze kuKristu liyakhula ngenkathi uthola ukwazi kabanzi ngezidingo zabo futhi ngenkathi bezwa uthando, bezwakala, futhi bezizwa bevikelekile.

- **Jabulela okuhlukile kanye nokufanayo.**

“Abanye . . . bakholelwa ekutheni iBandla lifuna ukwakha wonke amalungu phezu kwento eyodwa—ukuthi omunye kumele abheke, ezwe, acabange, futhi aziphathe njengomunye” lakhuluma iGosa Uchtdorf. “Lokhu kungaphikisana nokuhlakanipha kukaNkulunkulu, owadala wonke umuntu wahluka kunomfowabo. . . .

“Isonto liyaqina uma sibona lo mehluko futhi sigqugquzela omunye nomunye wethu ukuba akhule futhi sisebenzise amakhono ethu ukuphakamisa futhi ukuqinisa abafundi esikhonza kanye nabo.”<sup>9</sup>

Ukuthanda abanye njengoba uNkulunkulu esithanda kudingeka ukuthi sibone abanye ngendlela uNkulunkulu ababona ngayo. UMongemeli uThomas S. Monson (1927–2018) wafundisa ukuthi, “Kumele sakhe ikhono lokubona [abanye] hhayi njengoba bebukeka okwamanje kepha sibabuke ngendlela abangabayiyo.”<sup>10</sup> Singathandaza ukuba sithole usizo lokubona abanye ngendlela uNkulunkulu ababona ngayo. Ngenkathi siphatha abanye ngokubona abangaba yikho, kuvamise ukuthi bakhule baziveze .<sup>11</sup>

- **Sebenzela abanye**

Cabangela izidingo zalabo obafundisayo futhi unikele ngesikhathi kanye namakhono akho, noma ngabe kusesikhathini esinzima noma ubakhathalele nje qha. Ungaba khona uma bedinga ukududuzwa, ukuxhaswa, futhi bedinga usizo uma kunengozi, ukugula, noma udaba oluphuthumayo. Kepha kubudlelwane obuningi siye sisheshe ukuthatha isinqumo. UNkulunkulu usiphe ikhono lokuzikhethela kunokuba sikhethelwe (bona 2 Nefi 2:14). Njengoba uMphostoli uJohane afundisa ukuthi kumele sithande uNkulunkulu njengoba Yena aqala ukusithanda (bona 1 Johane 4:19), ngenkathi abanye bezwa uthando lwethu olweqiniso ngemisebenzi yethu, kungathambisa izinhliziyiyo futhi kukhulise uthando kanye nethemba.<sup>12</sup> Lokhu kwakha izenzo ezinhle ezikhulayo ukuze kwakheke ubudlelwane.

- **Ukusebenzela Abanye njengoba uMsindisi Enza**

UJesu Kristu wakha ubudlelwane obuqotho kanye nabafundi Bakhe (bona uJohane 11:5). Wayebazi (bona uJohane 1:47–48). Wachitha isikhathi ekanye nabo (bona uLuka 24:13–31). Inkulumo Yakhe Yayikudlula konke okwasemhlabeni (bona uJohane 15:15). Wakujabulela ukuhluka kwabo (bona uMatewu 9:10) futhi wabona amakhono abo (bona uJohane 17:23). Wasebenzela

wonke umuntu, noma eyiNkosi yawonke umuntu, ekhuluma ethi akezanga ukuzoshumayezwa kepha uzele ukuzoshumayela (bona uMarku 10:42–45).

Uzokwenzani ukuze wakhe ubudlelwane obuqinile nalabo obizelwe ukuba ubasebenzele?

#### IMITHOMBO OKUTHATHWE KUYO LEMFUNDISO

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