



IZINTO EZINHLANU EZENZIWA NGABALALELA KAHLE

Ukulalelisa kuzokusiza wazi ukuthi ungabasiza kanjani abanye ngabakudingayo, ngokomoya kanye nangokwenyama.

Igosa uJeffrey R. Holland womGwamanda wabaliShumi namBili wathi: “Mhlawumbe okubaluleke kakhulu kunokukhuluma kungaba ukulalela. . . . Uma silalela ngothando, ngeke sicabange ukuthi sizothini. Sizotshelwa—nguMoya.”¹

Ukulalela yikhono esingalifunda. Ukulalela kutshengisa uthando esinalo, kususiza sakhe ubudlelwane obuqinile, futhi kumema uMoya ukuba usibusise ngesibusiso soku-bona ukuze siqondisise izidingo zabanye.² Nazi izindlela ezinhlanu ezingasisiza silalele kangcono

1. Banikeze isikhathi

Abantu abanengi badinga isikhathi sokuhlenganisa imicabango yabo ngaphambi kokuba bekhulume. Banikeze isikhathi sokucabanga ngaphambi futhi nasemuva kokuba besho okuthile (bona uJohane 1:19). Ukuthi sebeqedile ukukhuluma akuchazi ukuthi sebekusho konke abadinga ukukusho. Ungakusabi ukuthuleka (bona uJobe 2:11-3:1 no-Alima 18:14-16).

2. Nakisisa

Sicabanga ngokushesha kunokukhuluma kwabanye. Nqaba isilingo sokubacabangela abanye noma sokuca-banga ngalokho ozokusho uma sebeqedile (bona Izaga 18:13). Okungcono, lalela ngenhloso yokuqondisisa. Impendulo yakho izoba ngcono ngoba izosizwa ukuqo-ndisisa okuphelele.

3. Cacisa

Ungasabi ukubuza imibuzo ecacisa okuthile ongaku-zwanga kahle (bona uMarku 9:32). Ukucacisa kunciphisa ukungezwani futhi kutshengisa ukuthi ukukhathalele okushiwoyo.

4. Cabanga

Beka ngenye indlela okuzwile nendlela oqonda ngayo imizwa yomunye. Lokhu kumsiza ebone uma ezwakalile futhi kumnikeza ithuba lokucacisa.

5. Thola okufanayo

Kungaba ukuthi awuvumelani nakho konke okushiwo, kepha vuma ongakwazi ukukuvuma ngaphandle kokuphazamisa imizwa yakho. Ukuvuma okunye kungasiza ekunciphiseni ukwesaba nokuvika (bona uMathewu 5:25).

Umongameli uRussell M. Nelson wafundisa ukuthi kumele “sifunde ukulalela, futhi silalele ukuze sifundisane.”³ Ngenkathi ulalela ngenhloso yokufunda ngabanye, uzozibeka ethubeni elingcono lokuqondisisa izidingo zabo nokulalela intshisekelo eveza indlela onganakekela ngayo abanawe njengoba uMsindisi uqobo engenza .

Ukulalela Ukuthanda

Indaba eyaxoxwa iGosa uHolland itshengisa amandla okulalela:

“Umngani wami uTroy Russell wakhipha imoto yakhe kancane egalajini lakhe. . . . Wezwa isondo lasemuva ligibela okuthile. . . . Waphuma wathola ingane yakhe eneminyaka eyisishagalolunye, u-Austen, ilele ngobuso eceleni komgwaqo. . . . U-Austen wayesebashiyile.

“Engakwazi ukulala, engakwazi ukuthola ukuthula, uTroy wayengaduduzeki. . . . Kepha kulezo zinhlungu ezinkulu . . . kwafika uJohn Manning. . . .

“Kahle kahle, angazi ukuthi uJohn nomlingani wakhe omncane babevakasha kangaki ekhaya lakwaRussell. . . . Engikwaziyo ukuthi ngentwasahlobo edlule umfowethu uManning wafinyelela phansi waqukula uTroy Russell ebunzimeni balawomgwaqo sengathi wayequkula u-Austen uqobo. Njengomfowethu kwivangeli okwakufanele abe nguye, uJohn wamakekela uTroy Russell. Waqala ngokuthi, ‘Troy, u-Austen ufuna uvuke uzithathe—ngisho nasenkundleni yokudlala ibhasikethibhola—ngakho-ke, ngizoba la njalo ekuseni ngo-5:15. Uzilungisele. . . .’

“Ngangingafuni ukuhamba,’ uTory wangixoxela, ‘ngoba ngangihlezi ngihamba no-Austen. . . . Kepha uJohn

wangikhuthaza, ngakho-ke ngahamba. Ngalolo suku lokuqala sibuyile, saxoxa—okanye ngaxoxa, uJohn walalela. . . . Ekuqaleni kwakunzima, kepha ngokuhamba kwesikhathi ngabona ukuthi ngase ngithole amandla ami [kuJohn Manning], owangithanda futhi wangilalela laze laphuma ilanga futhi empilweni yami.’”⁴

IMITHOMBO OKUTHATHWE KUYO LEMFUNDISO

1. uJeffrey R. Holland, “Witnesses unto Me,” *Liahona*, Julayi 2001, 16.
2. Bona uDavid A. Bednar, in “Panel Discussion” (worldwide leadership training meeting, Nov. 2010), broadcasts.lds.org
3. uRussell M. Nelson, “Listen to Learn,” *Ensign*, Meyi 1991, 23
4. uJeffrey R. Holland, “Emissaries to the Church,” *Liahona*, Nov. 2016, 62, 67.

UKUSEBENZELA ABANYE NJENGOBA UMSINDISI ENZA

Ngenkathi uJesu esuka eJericho, izimpumphuthe ezimbili zamukhalela, zathi, “ Nkosi, sihawukele. . . .

“UJesu wema, wazibiza wathi: “Nifuna ukuba nginezeleni na?

“Zathi kuye, Nkosi, ukuba amehlo ethu avuleke.”

“UJesu waba nesihe, waphatha amehlo azo: zase zibona masinyane, zamlandela” (uMathewu 20:30, 32-34).

Yini esingayifunda ngendlela uMsindisi alalela ngayo?

ISIMEMO SOKWENZA

Cabanga ukuthi uzoyisebenzisa kanjani lemigomo endleleni osebenzela ngayo abanye. Buza labo obasebenzelayo ukuthi badingani. Lalela izimpendulo zabo nentshisekelo yaMoya oyiNgcwele. Enza okuzwayo.

Imigomo yokusebenzela abanye yenzelwe ukusiza sifunde ukunakekelana—hhayi ukuba sabelane ngayo njengomlayezo. Ngenkathi sazana nalabo esibasebenzelayo, uMoya oyiNgcwele uzosikhombisa umlayezo abawudingayo ngaphezulu ngokunakekela nesihawu kwethu.