



KHOMBISA UKUTHI UYANAKEKELANA

Ziningi kabi izindlela esingakhombisa ngazo ukuthi singanakekelana, kakhulukazi esikhathini sikaKhisimusi. Singakusho, sikubhale, sikunikeze, sikukhulekele, sikubhake, sikucule, sibambane, sikudlale, sikutshale, noma sikuhlanze. Vele ukuzame.

Ukukhombisa uthando kwabanye kusemqoko uma sibasiza. UMongameli weNhlango yokuSiza yabeSifazane uJean B. Bingham wathi: “Ukusizana ngokweqiniso kufezeka ngakunye uma uthando lusigqugquzela. . . . Ngothando elisigqugquzelayo, izimangaliso zizokwenzeka, futhi siyothola izindlela zokubuyisa odadewethu kanye nabafowethu ‘abalahlekile’ ekwamukeleni kwevangeli likaJesu Kristu elisihlanganisa sonke.”¹

Ukwazisa abanye ukuthi sibakhathalele into ebalulekile ekwakheni ubuhlobo nabo siqu. Kodwa abantu abahlukahlukene bawuthola ngezindlela ezahlukeneyo umlayezo. Ngakho-ke singalukhombisa kanjani uthando lwethu lwabanye ngezindlela ezifanelekile abazokwazi ukuziqondisisa futhi bazamukele? Nazi ezinye zezindlela esingakhombisa ngazo ukuthi

sibakhathalele, kanye nemibono embalwa engakwenzuqale ucabange nawe.

Kusho

Ngesinye isikhathi akukho okudlula ukutshelela omunye indlela ozizwa ngayo ngaye. Lokhu kungachaza ukuthi kumele utshale umuntu ukuthi uyamuthanda, kepha kuhambisana nokwabelana nabo izinto ozithandayo ngabo noma ukubancoma ngendlela eqotho. Le ndlela yokuqinisekiswa iyasiza ekuqiniseni ubudlelwano. (Bona abase-Efesu 3:19.)

- Thola ithuba lokwazisa loyo muntu ukuthi uwa-uthanda kangakanani amandla akhe okwenza into ethize.
- Dlula kuyena, mufonele, noma hambisa i-imeyili, umlayezo, noma ikhadi elitshela loyo muntu ukuthi ucabanga ngaye.

Vakasha

Ukuthatha isikhathi sokukhuluma kanye nokulalela umuntu indlela enamandla kakhulu yokukhombisa ukuthi ubaluleke kangani loyo muntu kuwena. Kungaba ukuthi uvakasha ekhaya, noma esontweni, noma kwenye indawo, baningi abantu abadinga umuntu abangakhuluma naye. (Bona uMosiya 4:26; iMf&V 20:47.)

- Ngokubheka izidingo zomuntu ngamunye, hlela isikhathi sokuvakasha. Thatha isikhathi sokulalelisa futhi uqondisise izimo zabo.
- Lapho kungaba lukhuni khona ukuvakashela amakhaya ngenxa yebanga, amasiko asendaweni, noma ezinye izinto, cabanga ukuthola isikhathi ndawonye emva kwemihlangano yeSonto.

Sebenza ngeNhlolo

Cabangela izidingo zalayo muntu noma zalowo mndeni. Ukuhlinzeka ngensizakalo nenzuzo kukhombisa ukuthi uyabakhathalela. Kuhlanganisa iziphos ezibalulekile zesikhathi kanye nemizamo ecatshangeliwe. “Izenzo zokusebenza ezilula zingaba nemthelela ejulile kwabanye,” kwasho uDadewethu uBingham.²

- Nikeza usizo oluqinisa umuntu noma imindeni yabo, njengokugada izingane khona abazali bezokwazi ukuya ethempelini.
- Bheka izindlela zokunciphisa imithwalo uma impilo iba inzinyana, njengokuhlaza amafasitela, ukuhamba nenja, noma ukusiza egcekeni.

Yenzani Izinto Ndawonye

Kunabantu abangakwazi ukuxhumana nabanye ngengxoxo ejulile. Abanye abantu, ukuxhumana bakwenza ngokuthola izinto abazithandayo ezifana nezabanye ebese bechitha isikhathi ndawonye benza lezo zinto. Inkosi iyasinxusa ukuba “sibe nabo futhi sibaqinise” (IM&V 20:53) abafowethu kanye nodadewethu.

- Thatha uhambo, hlela ubusuku bokudlala, noma hlela isikhathi esivamile sokizivocavoca ndawonye.
- Sebenzani ndawonye kwiphrojekthi yomphakathi noma yeBandla.

Nikeza Isipho

Ngesinye isikhathi, isikhathi noma amathuba okuhlangana mancane. Emasikweni amaningi, ukuphana

iziphos kubonakalisa ukukhathalelana kanye nokuzwelana. Ngesinye isikhathi, ngisho isipho esingatheni singakhombisa intshisekelo ekwakheni ubudlelwano obungconywa. (Bona Izaga 21:14.)

- Bahambisele into abayithanda kakhulu.
- Yabelana ngesilinganiso, umbhalo ongcwele, noma umlayezo ozwa ngathi bangasizakala ngawo.

Umsebenzi Wothando

Uma wazana kahle nalabo obasizayo futhi labo obafunela ugqozi, uzofunda okuningi kakhulu ikakhulukazi ukwazi ukukhombisa uthando lwakho kanye nokubakhathalela umuntu ngamunye.

UKimberly Seyboldt wase Oregon, eMelika, uxoxa indaba yokuthola ugqozi kanye nokuphana ngeziphos ukukhombisa uthando:

“Uma ngibona ukuthi impilo iyangehlisa, ngiyavuka ebese ngenza isinkwa sezucchini, ngokujwayelekile ngenza olofu abayisishagalombili. Isithako sami esikhethelile umkhuleko engiwushoyo uma ngibhaka ukwazi ukuthi obani abawudingayo lowo lofu wesinkwa. Sengakwazi ukwazi kangcono omakhelwane bami abaseduze njengoba isinkwa esifudumele sezucchini siyindlela yami yokumenywa ezindlini kanye nasezimpilweni zabo.

“Ngosuku thizeni lwasehlobo, ngama eceleni komndeni owawudayisa amapayinti amajikijolo eceleni komgwaqo. Ngangingawadingi amanye amajikijolo, kodwa lomfana omncane, owayemncane ngomzimba estendeni wayejabule ukungibona, ecabanga ukuthi ngangiyikhasimende lakhe elilandelayo. Ngathenga amajikijolo, kodwa kwakukhona isipho engangimuphathele sona. Nganika umfana olofu ababili bezinkwa. Waphendukela kubaba wakhe efuna isivumelwano sakhe, wase ethi, ‘Buka, Baba, manje sinento esingayidla namhlanje.’ Ngangigcwele ukubonga ngalelithuba lokukhombisa uthando ngendlela elula.”

“Umkhuleko wethu namhlanje,” kusho uJeffrey R Holland woMgwamanda wabaPhostoli abayiShumi naMbili, “wukuthi amadoda nabesifazane—ngokunjalo nabafana namantombazane asekhulile—bazozinikela ngezinhliziyos zabo zonke ukuthi banakekelane, beqhutshwa kuphela wuthando olumsulwa lukaKristu. . . . Masisebenzisane maduzane kanye neNkosi yesivini, sinikeza uNkulunkulu uBaba wethu sonke isandla ekusizeni ngomsebenzi wakhe omningi wokuphendula imithandazo, ukuletha ukududuzeka, ukusula izinyembezi, kanye nokuqinisa amadolo abuthaka.”³

UJesu Kristu Uyanakekelana

Emva kokuba uJesu Kristu avuse uLazaro kwabafileyo, “uJesu wakhala.

“Bathi abaseJuda, Bukani ukuthi umthande kanjani (uJohane 13:34-36)

“Nginobubele kinina,” uKrestu washo kumaNefi. Wabiza abagulayo kanye nabahlukumezekile, abaxhugayo kanye nabayizimpuphuthu, “wase ebalapha” (Bona 3 Nefi 17:7–9).

UKrestu wenza isibonelo kithina ngokuba anakekele abanye. Wasifundisa:

“Woyithanda iNkosi uNkulunkulu wakho ngayo yonke inhliziyi yakho, nangawo wonke umphefumulo wakho, nangayo yonke ingqondo yakho.

“Yilowo umyalo omkhulu nowokuqala.

“Owesibili ofana nawo uthi, Wothanda umakhelwane wakho njengalokhu uzithanda wena.” (uMatewu 22:37–39)

Ubani odinga ukunakekelwa nguwe? Ungabakhombisa kanjani abanye ukuthi ubakhathalele?

Ukulalela abanye kuzosisiza ukuthi sithole izindlela zokubatshengisa ukuthi sibakhathalele. Bheka umbhalo wokuSebenzela Abanye “Izinto Ezinhlalu Ezenziwa Ngabalalela Kahle” embhalweni wango-Juni 2018 *Liahona*.

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

IMITHOMBO OKUTHATHWE KUYO LEMFUNDISO

1. UJean B. Bingham, “Ukusebenzelana njengoba UmSindisi Enza,” *Liahona*, embhalweni wango Meyi 2018, 106.
2. UJean B. Bingham, “Ukusebenzelana njengoba UmSindisi Enza,” 104
3. Jeffrey R. Holland, “Be With and Strengthen Them,” *Liahona* May 2018, 103.