



UKWENZA UKUSIZANA INJABULO

Ukusiza ngothando kuletha injabulo kophayo nophiwayo.

Ngesinye isikhathi ukucinga injabulo kule mpilo kungafana nokuthi sigijima emshinini wokugijima. Siyagijima, sigijime kodwa sizwe ngathi asikafiki ndawo. Kwabanye, imicabango yokusiza abanye izwakala sengathi sekuningi okumele bakwenze.

Kodwa uBaba wethu oseZulwini ufuna sizwe injabulo futhi usitshela ukuthi “abantu bakhona, ukuze babe nokujabula” (2 Nefi 2:25). UmSindisi wafundisa ukuthi ukusiza abanye ingxenye ebalulekile ekutheni siyiletha kanjani injabulo ezimpilweni zethu kanye nasezimpilweni zabanye.

Yini Injabulo?

Injabulo ichazwe kanje “umuzwa wokujabulisa kakhulu kanye nentokozo.”¹ Abaphrofethi besiNsuku zokuGcina basicacisele ukuthi injabulo iqhamukaphi kanye nokuthi itholwa kanjani. “Injabulo esiyizwayo kukancane iphathelene nezimo zezimpilo zethu kodwa iphathelene nakho konke impilo yethu egxila kukho,” kwasho uMongameli uRussell M. Nelson. “. . .Injabulo

iqhamuka futhi ingenxa ka [Jesu Kristu]. Ungumthombo wayo yonke injabulo.”²

Ukusizana Kuletha Injabulo

Ngenkathi uLehi edla isithelo sesihlahla sokuphila, umphefumulo wakhe wagcwala “intokozo enkulu kakhulu” (1 Nefi 8:12). Isifiso sakhe sokuqala kwakwukwabelana lesi sithelo nalabo abathandayo.

Ukuzithandela kwethu ukusiza abanye abantu kungaletha injabulo enjena kithi kanye nakubo. UmSindisi wafundisa abafundi ukuthi izithelo esizilethayo uma sixhumene Naye, ziyasiza ukuthi zisilethele injabulo egcwele (bona uJohane 15:1–11). Ukwenza umsebenzi Wakhe ngokusebenzela kanye nokufuna ukuletha abanye kuYena kungaba isenzo esiyinjabulo (bona uLuka 15:7; Alima 29:9; Imfundiso neziVumelwano 18:16; 50:22). Singathola le njabulo ngisho sibhekene nokuphikiswa kanye nokuhlupheka (bona 2 Korinte 7:4; Kolose 1:11).

UmSindisi wasikhombisa isibonelo esiphelele sokuthi umthombo omkhulu kakhulu wenjabulo yeqiniso kule mpilo utholakala ekusizaneni. Uma sisiza abafowethu kanye nodadewethu njengomSindisi, ngokuzwelana kanye nothando ezinhliziyweni zethu, singakwazi ukuthola injabulo edlulele intokozo nje.

“Uma samukele [ukusizana] ngezinhliziyweni ezithandayo, sizobe . . . sizosondela ekubeni abantu beSiyoni futhi sizozwa injabulo edlulele kanye nalabo esibasizile endleleni yobufundi,” kwafundisa uSisi uJean B. Bingham, onguMongameli Jikelele weNhlalango yokuSiza yabesiFazane.³

Singakwenza Kanjani Ukusizana Kube Yinjabulo Kakhulu?

Ziningi izindlela zokuletha injabulo enkulu ekusizaneni kwethu. Nazi izibonelo ezimbalwa:

1. **Qondisisa injongo yakho ekusizeni.** Ziningi izizathu zokusizana. Ekugcineni, imizamo yethu kumele ihambisane nezinjongo zikaNkulunkulu “ukudlulisa ukungafi ngokwenyama kanye nempilo yangunaphakade kumuntu” (uMose 1:39). Ngenkathi samukela isimemo sikaMongameli uRussell M. Nelson sokusiza abanye endleleni yethu yesivumelwano, singathola injabulo ekubambeni iqhaza emsebenzini kaNkulunkulu.⁴ (Uma ufuna okuningi ngenjongo yokusiza, bona “Imigomo Yokusiza Abanye: Injongo Ezoshintsha Ukusizana Kwethu,” kwiLiahona yango Januwari 2018 *Liahona*.)
2. **Yenza ukusizana kube ngenxa yabantu kungabi yingenxa yomsebenzi.** UMongameli uThomas S. Monson wayehlala esikhumbuza ukuthi: “Ungayivumeli inkinga okufanele ixazululwe kube yiyo ebalulekile kunomuntu okufanelwe athandwe.”⁵ Ukusizana kumayelana nokuthanda abantu, akukho mayelana nezinto okumele zenziwe. Ngenkathi sikhula ekuthandeni ngendlela umSindisi athanda ngayo, sizovuleleka kakhulu enjabulweni etholakala ekusizeni abanye.
3. **Masikwenze kube lula ukusizana.** UMongameli uM. Russell Ballard, uMongameli Obambile woMgwamanda wabaPhostoli abayiShumi naMbili, wathi: “Izinto ezinkulu zenziwa ezilula kanye nezincane. . . . Izenzo zethu ezilula futhi ezincane zomusa kanye nokusizana zizohlangana zibe impilo egcwele uthando lukaBaba wethu oseZulwini, ukuzinikela emsebenzini weNkosi uJesu Kristu, kanye nomqondo wokuthula kanye nenjabulo ngaso sonke isikhathi sifinyelela komunye nomunye.”⁶
4. **Shiya ukucindezeleka ngaphandle kokusizana.** Akusona isibopho sakho ukwenza umsebenzi

wensindiso yomunye umuntu. Lokho kuphakathi kwaloyo muntu kanye neNkosi. Esethu isibopho ukubathanda nokubasiza baphendukele kuJesu Kristu, okunguYena umSindisi wabo.

Ungahlehesi Injabulo Yokusebenzelana.

Ngesinye isikhathi abantu bayanqena ukucela usizo abaludingayo, ngakho-ke ukunikela ngosizo lwethu kungenzeka kube yilokho abakudingayo. Kodwa nokuziphoka ebantwini akuyona impendulo, nakhona. Ukucela imvumo ngaphambi kokuthi usize kungumbono omuhle.

Igosa uDieter F. Uchtdorf womgwamanda wabayiShumi namBili wabaphostoli waxoxa ngomama owayengashadile owathola inqubulujwana—futhi nezingane zakhe zagula nazo. Indlu eyayihlezi ihlanzekile yaphenduka yangaqoqeka futhi yangcola. Izitsha kanye nezimpahla ezingcolile kwatakelana.

Ngalowo mzuzu lapho ayezizwa khona ekhathazeka kakhulu, odade beNhlalango yokuSiza yabesiFazane bangqongqoza kumnyango wakhe. Abashongo ukuthi, “Usitshele uma udinga usizo.” Uma besibona isimo, bavele bahlala endabeni.

“Baqoqa isiphithiphithi, baletha ukukhanya kanye nokucaca ekhaya, base beshayela ucingo umngani ukuthi akalethe ukudla okwakudingeka kakhulu. Uma beqeda umsebezi wabo ekugcineni sebevalelisa, bamushiya nezinyembezi umama omncane—izinyembezi zokubonga kanye nothando.”⁷

Bobabili labo abaphayo kanye nalabo abaphiwayo bezwa imfudumalo yenjabulo.

Hlakulela Injabulo Empilweni Yakho

Ngenkathi sikwazi ukuhlakulela injabulo eningi, ukuthula, kanye nokuneliseka ezimpilweni zethu, yilapho singakwazi khona kakhulu ukwabelana nabanye ngenkathi sisizana. Injabulo iza ngenxa yoMoya oNgcwele (bona Galathiya 5:22 kanye IMfundiso neziVumelwano 11:13). Kuyinto esingayikhulekela (bona IMfundiso neziVumelwano 136:29) siyimeme ezimpilweni zethu. Nazi izibonelo ezincane zokuhlakulela injabulo ezimpilweni zethu:

1. **Bala izibusiso zakho.** Ngenkathi uhlola impilo yakho, bhala encwadini yakho yokuloba izigigaba zosuku izinto uNkulunkulu asekusise ngazo.⁸ Nakisisa konke okuhle okukuzungezile.⁹ Naka ukuthi yini lena engahle ikubambe ekutheni uzwe injabulo bese ubhala phansi izindlela zokuyixazulula noma ukuyiqondisisa leyonto. Ngesikhathi saleliPhasika, thatha isikhathi sokucinga indlela

ezokuxhumanisa kangcono nomSindisi (bona Imfundiso neziVumelwano 101:36).

2. **Zijwayeze ukucabanga okujulile.** Injabulo ingakuthola kalula ezikhathini zokudlinza okuthule.¹⁰ Lalelisisa ukuthi yikuphi okukulethela injabulo (bona 1 Korinte 16:15). Isikhathi esichithwe kude nemidiya siyadingeka ukuzijwayeza ukucabanga ngendlela ejulile.¹⁰
3. **Balekela ukuziqhathanisa nabanye.** Kuthiwa ukuziqhathanisa isela lenjabulo. UPawulu wakhuza wathi “ukuzilinganisana nodwa, kanye nokuzilinganisana nodwa, akukhaliphanga” (2 Korinte 10:12).
4. **Funa isambulo esibhekene nawe.** UmSindisi wafundisa wathi: “uma uyocela, uyonikwa isambulo phezu kwesambulo, ulwazi phezu kolwazi, ukuze wazi izimfihlakalo nezinto zomoya wokuthula—lokho okuletha intokozo, lokho okuletha impilo yaphakade” (Imfundiso neziVumelwano 42:61).

Isimemo Sokwenza Okuthile

Ungayikhulisa kanjani injabulo oyithola empilweni yakho ngokusizana?

Le migomo ekulombhalo ingakwazi ukusetshenziswa ekusebenzisaneni kwethu kwansuku zonke, kodwa idalelwe ukusiza abafowethu nodadewethu abasizayo emizamweni yabo yokubusisa umuntu ngamunye kanye nemindeneni abayibhekile.

IMITHOMBO OKUTHATHWE KUYO LEMFUNDISO

1. “Joy,” en.oxforddictionaries.com
2. uRussell M. Nelson, “Joy and Spiritual Survival,” *Liahona*, Nov. 2016, 82.
3. UJean B. Bingham, “Ukusebenzelana njengoba UmSindisi Enza,” *Liahona*, embhalweni wango Meyi 2018, 107.
4. uRussell M. Nelson, “As We Go Forward Together,” *Liahona*, Ephreli. 2018, 4.
5. uThomas S. Monson, “Finding Joy in the Journey,” *Liahona*, Nov. 2008, 86.
6. uM. Russell Ballard, “Finding Joy through Loving Service,” *Liahona*, Meyi 2011, 49.
7. Bona kuDieter F. Uchtdorf, “Living the Gospel Joyful,” *Liahona*, Nov. 2014, 120-123.
8. Bona kuHenry B. Eyring, “O Remember, Remember,” *Liahona*, Nov. 2007, 67.
9. Bona uJean B. Bingham, “That Your Joy Might Be Full,” *Liahona*, Nov. 2017, 87.
10. Bona uDieter F. Uchtdorf, “Of Things That Matter Most,” *Liahona*, Nov. 2010, 21.
11. Bona uGary E. Stevenson, “Spiritual Eclipse,” *Liahona*, Nov. 2017, 46.