



# SINGALAKHA KANJANI USIKO LOKWAMUKELANA EBANDLENI?

Uma sibheka emawadini nasemagatsheni ethu, sibona abantu ababukeka bejwayela kalula. Esingakuboni ukuthi nakulabantu ababukeka bekhululekile, bakhona abazizwa bengamukelekile. Njengesibonelo, uphenyo thizeni, lusanda kuthola ukuthi abakhulile eMelika babika ukuzizwa benesizungu, bengamukelekile, noma behlukene nabanye.<sup>1</sup>

Kubalulekile ukuzizwa wamkelekile. Kuyisidingo somuntu esibalulekile, futhi uma sizizwa singamkelekile, kubuhlungu. Ukushiywa ngaphandle kungadala imizwa yosizi noma intukuthelo.<sup>2</sup> Uma sizizwa sengathi asilona ilunga, sivamise ukucinga indawo lapho singanethezeka khona. Kumele sisize wonke umuntu azizwe eyilunga ebandleni.

## Ukwamukela njengoMsindisi

UMsindisi wayeyisibonelo esihle sokuhlonipha nokwamukela abanye. Ngenkathi ekhetha abaPhostoli Bakhe, akabhekanga isimo, ingcebo, noma imisibenzi ephakeme. Wahlonipha owesifazane waseSamariya emthonjeni, wafakaza ngobungcwele Bakhe noma amaJuda ayewabukela phansi amaSamariya (bheka ku Johane 4). Ubheka inhliziyi futhi akabakhethi abantu (bona 1 Samuweli 16:17; IMfundiso neziVumelwano 38:16, 26).

UMsindisi wathi:

“Ngininika umyalo omusha wokuba nithandane; njengalokho nginithandile, nani nithandane.

“Ngalokho bonke bayokwazi ukuthi ningabafundi bami, uma nithandana” (uJohane 13:34-35).

### Singenzenjani?

Ngezinye izikhathi kunzima ukubona uma umuntu ezizwa engaphandle. Abaningi abakusho—futhi abakucacisi. Kepha ngenhliziyo enothando, ukuhlwala uMoya oNgcwele, kanye nokuzama ukuqaphela, singabona uma umuntu ezizwa engamkelekile emhlanganweni nasemisebenzini yeBandla.

Nazi Izimpawo Ezingase Zikhombise Ukuthi Umuntu Uzizwa Engamkelekile:

- Inkulumo yomzimba evalekile, njengokugogoqa izandla ziqine noma ukubheka phansi.
- Ukuhlala emuva egumbini noma ukuhlala wedwa.
- Ukungezi esontweni noma ukuza ngezikhathi ezithile.
- Ukushiya imihlangano nemisebenzi singakashayi isikhathi.
- Ukungabambi iqhaza ezingxoxweni noma ezifundweni.

Lokhu kungaba yizimpawu zeminye imizwa futhi, njengokuba namahloni, uvalo, noma ukungakuhluleki. Amalunga engazizwa “ehlukile” ngenkathi engamalunga amasha eBandla, evela kwelinye izwe noma kolunye usiko, noma edlule kushintsho olusha olubaphazamisile, njengokuphela komshado, ukushona kwelunga lomndeni, noma ukubuya emsebenzini wobufundisi ngaphambi kwesikhathi.

Noma ngabe isizathu yisiphi, kumele singangabazi ngokukhombisa uthando. Esikushoyo nesikwenzayo kungakha imizwa ekhombisa ukuthi bonke abantu bamkelekile futhi bayadingeka.

Nazi Ezinye Izindlela Esingamukela Ngazo:

- Ungahlezi uhleli eduze kwabantu ababodwa esontweni.
- Ungakunaki ukuthi umuntu ubukeka enjani ukuze ukwazi ukumbona yena uqobo. Ukuze uthole olunye ulwazi ngalesi sihloko, bona “Ukusebenzelana Kungukubuka Abanye NjengoMsindisi,” *iLiyahona*, Juni 2019, 8–11.)
- Faka nabanye ezingxoxweni.
- Mema abanye ukuba babe yingxenye yempilo yakho. Ungabamema emisebenzini oyihlelayo.
- Yakhela kulokho enikuthandayo nobabili.
- Ungambandlululi omunye ngenxa yokuthi akayikho lokho okufisayo.

- Uma ubona okuhlukile ngomuntu, funa ukwazi ngalokho kunokuba ukuzibe noma ukugweme.
- Khombisa uthando futhi uncome ngokweqiniso.
- Chitha isikhathi ucabange ukuthi ngempela kucha za ukuthini uma sithi isonto elawonke umuntu, noma ngabe bahluke kanjani. Singakwenza kanjani ukuthi lokhu kube yiqiniso?

Akuhlezi kulula ukukhululeka kubantu abahlukile kunathi. Kepha ngokuzijwayeza, singenza kangcono ngokuthola okuhle kwabahlukile kunathi futhi sijabulele okuhlukile okulethwa abanye. Njengoba igosa uDieter F. Uchtdorf womGwamanda wabaPhostoli abayiShumi namBili asifundisa, okuhlukile kithi kungasisiza sibe ngabantu abangcono, nabajabulile. “Woza, uzosisiza sakhe usiko lokulapha, lobumnene nelomusa kubantwana baNkulunkulu.”<sup>3</sup>

### Ukubusiswa Ngokwamukelwa

UChristl Fechter wathuthela kwelinye izwe emva kokuba impi ihlukanise umhlaba wendabuko yakhe. Wayengalukhulumi kahle ulimi futhi engazi muntu endaweni yakhe entsha, ngakho-ke ekuqaleni wazizwa eyedwa.

Njengelunga leBandla, waqunga isibindi waqala wahamba iwadi lakhe elisha. Wayesaba ukuthi indlela akhuluma ngayo ehluke yayizokwenza abantu bengafuni ukukhuluma naye noma wayezokwahlulelwa ukuba ungowesifazane ongashadile.

Kepha wahlangana nabanye abakushaya indiva ukuhluka kwakhe bamamukela ebunganini babo. Bamukhombisa uthando, wazibona esematasatasa efundisa abantwana. Izingane zaziyizibonelo ezinhle zokwamukelana, kanti nemizwa yokuthandwa nokudingwa yaqinisa ukholo lakhe futhi yasiza ukuvuselela ukuzinikela kwakhe eNkosini.

#### THOLA OKUNYE

Ukuthola olunye ulwazi, funda umbhalo othi “We Can Do Better: Welcoming Others into the Fold,” *iLiyahona*, Sept. 2017.

#### SIXOXELE NAWA NGOKUBONILE EMPILWENI YAKHO

Sithumele okubonile nawe empilweni yakho ngesikhathi usiza abanye noma ngesikhathi abanye besiza wena. Iya [kuliahona.lds.org](http://kuliahona.lds.org) bese uqhafaza amagama athi “Submit an Article or Feedback.”

## UKUZIWAYEZA

Udadewethu uLinda K. Burton, owayengu-Mongameli Jikelele weNhlangotho yokuSiza yabesiFazane, wafundisa ukuthi, “Qala ubheke, bese uyasiza” (*iLiyahona*, Nov. 2012, 78). Ukulandela lomyalelo kungasisiza sakhe amawadi namagatsha lapho wonke umuntu amukelekile khona futhi edingeka. Nalu olunye ulwazi:

- Uma singena esakhiweni sesonto lethu, **singaqalaza futhi sibheke** ukuthi ubani uNkulunkulu angathanda simfake ebunganini bethu ngalelo langa.
- Ngezinye izikhathi siyabagwema labo abahlukile kunathi noma abadlula esikhathini esinzima ngoba siyasaba ukusho okungalungile. Lokhu kungabashiya bezizwa bebodwa, bezibuza ukuthi kungani kungekho muntu obakhulumisayo. **Hlala nabo, khombisa uthando, futhi ubuze imibuzo.** Babuze ngobunzima babo nokuthi ungasiza kanjani.
- Ezinkulumweni zethu kanye nasezifundweni zethu zangeSonto, singakhetha **ukusebenzisa izibonelo ezitshengisa ukuthi abantu**

**nemindeni esezimweni ezihlukene** bengakwazi ukuphila ivangeli futhi bathokozele izibusiso zalo.

- Ngesikhathi kufundwa bonke bangabusiseka kakhulu uma othisha **behlanganisa amalunga eminyaka ehlukene, amazwe ahlukene, nezimo zemindeni ezihlukene.** Kuningi esingakufunda kumalunga akholwayo amaningi eBandla aphila impilo ehlukile kuneyethu.
- Othisha bangakha indawo ephephile yokuba bonke abantu bakhulume ngendlela abaphila ngayo ivangeli. Uma kukhona ukuphawula, uthisha **engaphendula kahle lokho okushiwo.** Bonke abafundayo bangazizwa bezethemba futhi bekhululekile ukusho abakucabangayo.

### IMITHOMBO OKUTHATHWE KUYO LEMFUNDISO

1. Bheka ku-Alexa Lardieri, “Study: Many Americans Report Feeling Lonely, Younger Generations More So,” *U.S. News*, Meyi 1, 2018, usnews.com.
2. Bheka kuCarly K. Peterson, Laura C. Gravens, and Eddie Harmon-Jones, “Asymmetric Frontal Cortical Activity and Negative Affective Responses to Ostracism,” *Social Cognitive and Affective Neuroscience*, vol. 6, no. 3 (June 2011), 277–85.
3. Dieter F. Uchtdorf, “Believe, Love, Do,” *Liyahona*, Nov. 2018, 48.