

# Ubumsulwa





**uBaba** wakho waseZulwini uyakuthanda futhi ufuna wena ukuba ujabule namuhla futhi naphakade. Unikeze iseluleko kanye nemiyalelo ngabaprofethi Bakhe ukuze bakusize. Enye yemiyalelo ebaluleke kakhulu ukuze uthole injabulo kanye noxolo kungumyalelo Wakhe mayelana nokuhlangezeka ngobulili, owaziwa ngokuthiwa umthetho wobumsulwa. iNkosi yaqamba lomthetho kusukela ekuqaleni, futhi wagqizelela ukubaluleka kwawo kumProfethi uJoseph Smith njengengxenye yokuBuyiswa kwevangeli likaJesu Krestu. Ukulalela lomyalo kuyisidingo sokubhabhadi-swa eBandleni likaJesu Krestu Labangcwele Bezinsuku zokugcina.

## *Uyini Umthetho Wobumsulwa?*

Ukusondelana ngokomzimba phakathi kowesilisa kanye nowesifazane kuyingxenye enhle futhi engcwele yeplani likaNkulunkulu kubantwana bakhe. Kubonisa uthando

### *U* *umthetho*

*wobumsulwa udinga ukuthi ukuya ocansini kubekelwe umshado phakathi kowesilisa kanye nowesifazane.*

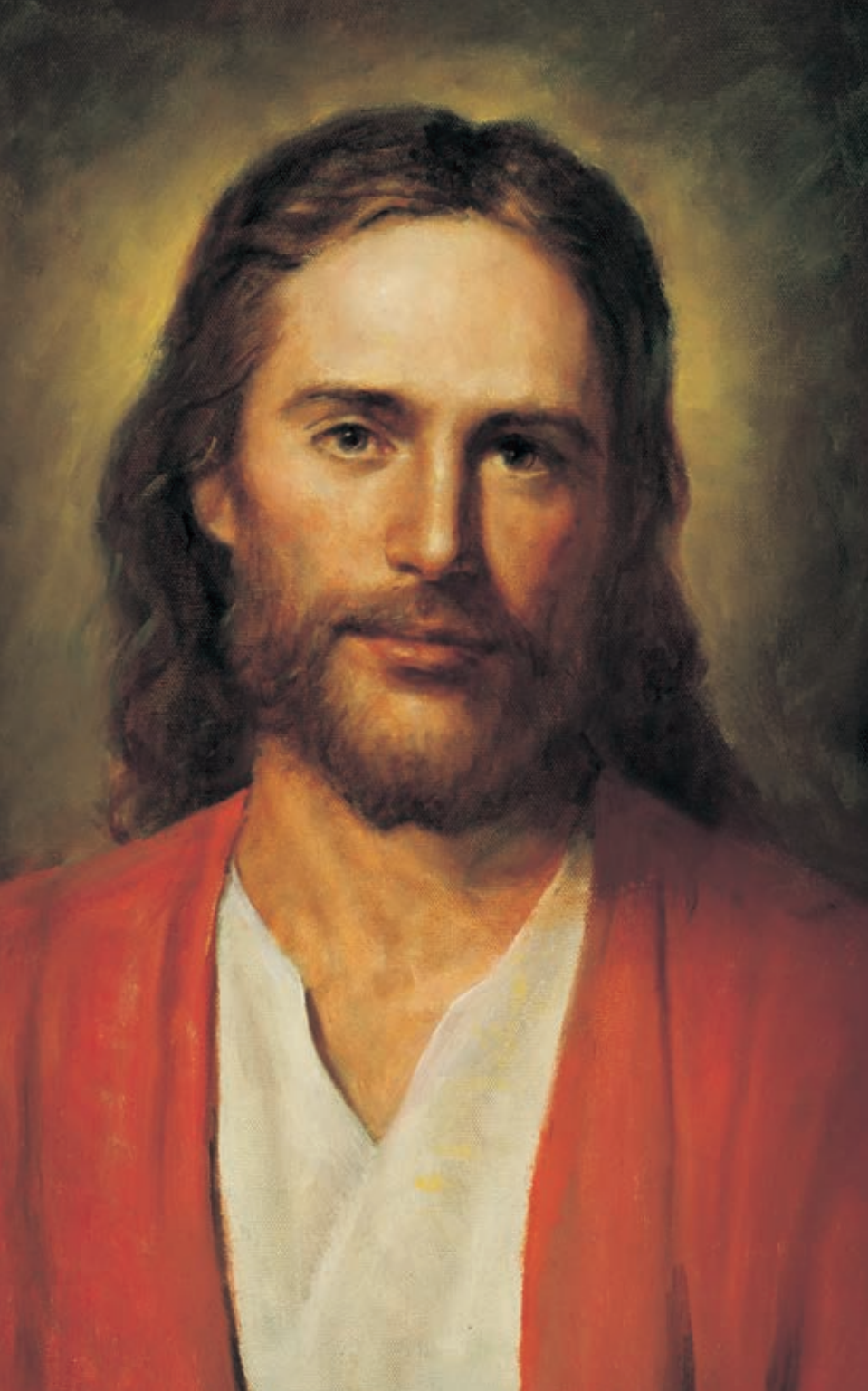
phakathi komshado futhi kuvumela umyeni kanye nonkosikazi ukuba bahlanganyele ekudaleni impilo. uNkulunkulu uyale ukuthi lamandla angcwele asetshenziswe kuphela phakathi kowesilisa kanye nowesifazane abashade ngokomthetho. Umthetho wobumsulwa usebenza kubo bobabili

abesilisa kanye nabesifazane. Lomthetho uphathelene nokungazibandakanyi nokuya ocansini ngaphambi komshado futhi nokuthembeka kanye nokuzibophezelela kumlingani wakho emva komshado.

Ekungezeni kokungayi ocansini ngaphambi komshado, silalela umthetho wobumsulwa ngokuphatha kahle imicabango yethu, amagama, kanye nezenzo. uJesu Krestu wafundisa, “Nizwile ukuthi kwashiwo ilabo besikhathi sakudala, Ungaphingi: kepha ngithi kini: Loyo obheka owesifazane ngokumfisa usefana nokuthi uphingile naye enhlizweni yakhe” (uMatewu 5:27–28).







## *Kungani Kumele Ngigcine Umthetho Wobumsulwa?*

Ubaba wakho waseZulwini ukunikeze umthetho wobumsulwa ukuze uvikeleke futhi ubusiseke. Njengazo zonke izinto ezingcwele, ukusondelana ngokomzimba kumele kukhonjiswe ngendlela kaNkulunkulu. Njengoba ugcina umthetho wobumsulwa, uzakuthokozela injabula, uxolo, futhi nokuzihlonipha. Uzakuthokozela ukholo kanye nethemba kubuhlobo emndenini wakho, futhi uzakubusiswa ngokuziphatha kwakho. Uzakuthokozela izibusiso zevangeli lebandla likaJesu Krestu ngemfundiso evela kuMoya Ongcwele.

Usathane uholela abantu ukuba bakholelwe ekutheni ukuya ocansini ngaphandle komshado kuvumelekile futhi kuyisifiso. Kepha kuyisono esibi kakhulu; njalo uNkulunkulu ufundise abantwana Bakhe ukuba babe ngabalungileyo futhi nobungcwele (bona uExodosi 20:14 kanye uAlma 39:3–5). Lomthetho owanaphakade.

*Njengoba uphila umthetho wobumsulwa, uzaku:*

- *Mema uMoya Ongcwele empilweni yakho.*
- *Kwakha ukuzihlonipha okukhulu njengoba uzijwayeza ukuziphatha kahle kwakho.*
- *Nokuthembeka okukhulu kubuhlobo bakho.*
- *Khula ngothando kulabo abaseduzane nawe.*

Ukuphula umthetho wobumsulwa ukungasebenzisi ngokulungileyo amandla kaNkulunkulu awanikezile ekudaleni impilo; kukhombisa ukungabi nendaba Naye futhi nakubantwana Bakhe. Kukhathaza umoya ongcwele futhi esikhathini esiningi kuholela entukuthelweni, ukuhlukana, ukugula, kanye nokukhishwa kwesisu. Labo abaphula lomthetho basondela emfundisweni enkulu kaSatane. Lesono futhi sikhubaza kakhulu amalungu omndeni kanye nabanye.

### *Ngingagcina Kanjani Umthetho Wobumsulwa?*

uNkulunkulu udinga umgangatho ophakeme wokulunga ngenhliziyo kwabantwana Bakhe. Ukugcina umthetho wobumsulwa, kumele ushintshe imicabango, amagama,

kanye nezenzo ezingalungile ngalezo ezilungile. Imithetho elandelayo ingasiza:

*“Vumela ukulunga okuphakeme kwakhe imicabango yakho njalo; bese-ke ukuzithemba ngokwakho kuzakukhula ngamandla phambi kobuso bukaNkulunkulu.”*

**D&C 121:45**

**Imicabango.** Imicabango eqondile kanye nesizayo izakususa leyo engaqondile noma engalungile ngokwenhliziyo emiplweni yakho. Njengoba uphila impilo yakho ngemicabango kanye nezenzo ezilungile, uzakukhula ngekhono lokususa futhi







unqobe imicabango engalungile. Ukufunda imibhalo engcwele, ukusebenzela umndeni wakho, ukusebenza ngokuzimisela, futhi nokuzibandakanya ngemisebenzi elungile kuzakusiza wena ukwazi ukuphatha imicabango yakho kahle.

Gwema ukubuka izithombe zabantu abangagqokile kuzo zonke izimo. Kulikhuni ukuyekela futhi kuyaphazamisa. Kuzakuqhwaga ukuzihlonipha kwakho futhi nokujabulela ubuhle bempilo. Ungavumi inqondo yakho ihlale ezintweni ezingalungile noma imiqondo noma izithombe ezingalungile ngokwenhliziyu. Ungabuki, ufunde, noma ulalele noma yini etshengisa umzimba womuntu noma ukuya ocansini ngendlela engakhombisi inhlonipho. Gwema ukubuka ngemiqondo enesifiso ngabanye, futhi ugweme ibhayisikobhu eveza abantu ngokungalungile, imibukiso kamabonakude, i-internethi, umculo, izincwadi, amamagazini, kanye nemisebenzi.

**Amagama.** Yenza amagama akho akhe abanye futhi abaqinise. Susa izinto ezinohlazo, ezithukayo, kanye namazwi ahlaza, amahlaya, kanye nezindaba ezivela ezinkulumeni zakho.

**Izenzo.** Phatha abanye abantu ngenhlonipho ngasonke isikhathi. Khombisa ukuzihlonipha ngendlela

ogqoka ngayo. Uma ukhombisa ukuthi umuntu ngamunye ingane kaNkulunkulu, futhi uma wenza konke ukusiza abanye balandele iplani Lakhe, ngakho-ke uzakuqina esifisweni sakho ukugcina umthetho wobumsulwa.

Yenza isinqumo manje ukuthi angeke wenze into ngaphandle komshado ukujabulisa imizwa enamandla leyo ekumele ikhonjiswe kuphela phakathi komshado. Ungajabulisi leyo mizwa komunye umuntu noma kuwe. Ungazibandakanyi nezenzo zobibili obufanayo noma ezinye izenzo zangomoya. Susa izenzo lapho wena ungahle ulingeke ngokuphula umthetho wobumsulwa ngezenzo ezilungile kanye namagugu. Emshadweni, hlala uthembekile ngokweqiniso kumlingani wakho ngomcabango kanye nangezenzo.

Ngokuba ukuphila umthetho wobumsulwa kuzakusondeza eduzane kakhulu noNkulunkulu, uSatane uzakuheha ukuba uphule lomthetho. Uyazi uma uwe-dwa, udidekile, noma udumele, futhi uzakulinga uma ungenamandla. Khulekela usizo kuBaba wakho wase-Zulwini, futhi uzakunikeza amandla okunqoba isilingo (bona 1 AbaseKhorinte 10:13). Njengoba uthembela Kuye futhi ulandela lemithetho, uzakwazi ukunqoba ukulingeka.







## *Izibusiso Zokuphila Umthetho Wobumsulwa*

Njengoba uphila umthetho wobumsulwa, uzakuvumela kakhulu imfundiso yoMoya Ongcwele. Ngokuholwa uMoya Ongcwele, uzakuba nenhlakanipho ephakeme, ubhekane nezinkinga ngokuzithemba okukhulu, uzwe ukuxhaswa okuvela kuNkulunkulu kanye nendlela eqondile empilweni yakho, futhi ube yisibonelo emndenini wakho kanye nabanye. Uthando onalo kumlingane wakho futhi nothando luzajula, linothe, futhi libe nesizathu esikhulu. Uzakuthola ukuthula okukhulu enqondweni yakho.

*Noma wenzeni  
ngaphambilini, izibusiso  
eziphakeme zibekelwe  
wena uma uqala manje  
ukuphila umthetho  
wobumsulwa.*

Embhalweni ongcwele sifunda ukuthi injabulo yangeqiniso ivela ekulaleleni imiyalelo kaNkulunkulu (bona uMozaya 2:41) futhi ukuthi “isono azange saba yinjabulo” (uAlma 41:10).

Uma uphule umthetho wobumsulwa, uNkulunkulu wenze ukuthi kwenzakale ukuba uguquke futhi uphinde uhlanzeke futhi. Guquka manje ezonweni ezadlulayo, futhi uzibophezele ukuphila umthetho ongcwele. NgokuHlawulelwa kukaJesu Krestu kanye nokuguquka kwangempela, ungaxolelwa futhi uzizwe unokuthula.

## ISIFUNDO ESINGEZIWE

Lemibuzo elandelayo futhi nemibhalo engcwele ingakusiza ukwazi ukufunda kabanzi ngemithetho kulephamflethi. Imibhalo engezansi futhi nemibhalo engcwele eqhathanisiwe izakukhombisa ezinye zemigqa engeziwe kanye nezinto ezingasetshenziswa ngalemithetho.

### **Kusho ukuthini ukugcina umthetho wobumsulwana? Yingani lomthetho ubaluleke kangaka?**

uExodosi 20:14 (iBhayibheli, Itestamente Elidala)

Izenzo 6:27–32 (iBhayibheli, Itestamente Elidala)

uTitus 2:11–12 (iBhayibheli, iTestamente Elisha)

uAlma 39:3–5 (iNcwadi kaMomoni, ikhasi 306)

3 uNifayi 12:27–30 (iNcwadi kaMomoni, ikhasi 432; bona futhi uMatewu 5:27–30 kwiTestamente Elisha)

“The Family: A Proclamation to the World” (Abafundisi bezenkolo noma ilungu leBandla lingakusiza uthole enye yalombhalo kanye ne *True to the Faith* and *For the Strength of Youth*, obhalwe ngezansi. Ungaphinda uwuthole ku-internethi e [www.mormon.org](http://www.mormon.org).)

“Ubumsulwa,” *True to the Faith*

### **Ngingathola kanjani amandla engiwadingayo ukuba ngicine umthetho wobumsulwana na?**

1 AbaseKhorinte 10:13 (iBhayibheli, Itestamente Elisha)

uMozaya 4:29–30 (Incwadi kaMomoni, ikhasi 157)

uAlma 38:12 (Incwadi kaMomoni, ikhasi 305)

*For the Strength of Youth* iphamflethi

# Ngingenzani?

- Qhubeka ufunde iNcwadi kaMomoni.

Ukufunda okucatshangiwe: \_\_\_\_\_

\_\_\_\_\_

- Phila umthetho wokubamsulwa. Thandazela ukuthola usizo ukuze ugcine lomyalelo.

- Iya esontweni kuleliSonto.

- Qhubeka ulungiselele ukubhabhadiswa.

Usuku lokubhabhadiswa: \_\_\_\_\_

- Vakashela e [www.mormon.org](http://www.mormon.org) ukuze ufunde kabanzi nge-Bandla likaJesu Krestu labaNgcwele bezinsuku Zokugcina.

- Qhubeka uhlanganyele nabafundisi bezenkolo ukuze ufunde kabanzi ngevangeli elibuyisiwe.

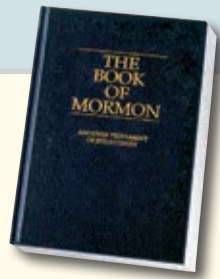
Isikhathi sokuhlangenyela esibikiwe ngokuzayo: \_\_\_\_\_

Amagama kanye nezinombolo zocingo zabafundisi bezenkolo:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



IBANDLA LIKA  
JESU KRISTU  
LABANGCWELE  
LEZINSUKU ZOKUGCINA

[www.mormon.org](http://www.mormon.org)

#### Isithombe esinonyiwe

Isamukelo, imininingwane evela kwi *Izwa Yena*, ngu Simon Dewey. © Simon Dewey  
Ikhasi 6, *uMsindisi*, ngu Del Parson. © Del Parson  
Amakhasi 2, 5, 9, 10, 13 ngu Craig Diamond.

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