



Mibvunzo  
**inobvunza vechiduku**  
mhinduro dzinoshanda

BHUKU 2

Bhuku rino richakubatsi-  
ra kupindura mibvunzo  
ine chokuita ne-

VAKOMANA  
NEVASIKANA

KUCHINJA KUNOITIKA  
MUUPENYU

USHAMWARI

CHIKORO UYE  
VEZERA RAKO

NYAYA DZEMARI

VABEREKI VAKO

MANZWIRO AKO

VARAIDZO

KUKURA KWAKO  
PAKUNAMATA

**Unoda mazano aunogona  
kuvimba nawo!** Mibvunzo  
*Inobvunza Vechiduku*  
—*Mhinduro Dzinoshanda*,  
Bhuku 2, rinopa mazano  
iwayo chaiwo. Kufanana  
nerokutanga, bhuku iri  
rine zvakabuda  
pakubvunzurudzwa  
kwemazana evehiduku  
pasi pose. Mazano  
anoshanda ari muBhaibheri  
akavabatsira. Iye zvino  
chiona kuti angakubatsira  
sei.



**“Wana uchenjeri,  
wana kunzwisia.”**

—Zvirevo 4:5.

## Muverengi anodiwa:

Mambo Soromoni akachenjera akanyora kuti: “Fara hako, iwe jaya [kana kuti mhandara], uchiri muduku, uye mwoyo wako ngaukuitire zvakanaka mumazuva oujaya hwako, uye famba munzira dzomwoyo wako nomuzvinhu zvinoonekwa nemaziso ako.” (Muparidzi 11:9) Paunenge uchiri muduku, upenyu hunogona kunakidza zvikuru uye tinoda kuti unakidzwe nahwo. Zvisinei, tinokukurudzira kuti udaro nenzira inofadza Jehovha Mwari. Usambokanganwa kuti anogona kuona zvauri kuita noupenyu hwako uye achakutonga maererano naizvozvo. Saka unenge wakachenjera kana ukatevera zano raSoromoni rinoti: “Yeukawo Musiki wako Mukuru mumazuva oujaya hwako.” —Muparidzi 12:1.

Tinonyengetera nomwoyo wose kuti mashoko ari mubhuku rino akubatsire kukurira zvinetso uye miedzo zviri kutarisana nevechiduku mazuva ano uye achakuratidza kuti ungaita sei zvisarudzo zvinoenderana nokuda kwaMwari. Kana ukaita izvi, uchaita kuti mwoyo waJehovha ufare.  
—Zvirevo 27:11.

*Dare Rinodzora reZvapupu  
zvaJehovha*

# indekisi yemienzaniso yokutevedzera



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**166**



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❖ Une zvaunoda ku-  
taura here pamu-  
soro pokubatsirwa  
kwawaitwa nebhuk-  
ku rino? Nyorera  
vabudisi uchisha-  
ndisa kero yakako-  
dzera.

# Mibvunzo inobvunza vechiduku mhinduro dzinoshanda

**BHUKU 2**

bhuku rino ndera

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*Mibvunzo Inobvunza Vechiduku—Mhinduro Dzinoshanda*, Bhuku 2

Vabudisi

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Bhuku rino rimwe remabhuku anoshandisa pabasa rokudzidzisa Bhaibheri  
munyika yose uye basa iri rinotsigirwa nezvipo zvokuzvidira.

Kutoti zvaratidzwa, mashoko eMagwaro anobva mu *Shanduro yeNyika Itsva yeMagwaro Matsvene*  
yomutauro wemazuva ano.

Mazita evamwe vechiduku vari mubhuku rino akachinjwa.

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## ■ Mashoko Kuvabereki

Kune vechiduku, kuyaruka kungafanana nokufamba patambo yakakakwa. Vangasava nechokwadi nedanho rimwe nerimwe ravanotora—vangatotya. Somubereki, dzimwe nguva ungashuva kuti dai waigona kuita kuti vana vako vasa “famba” patambo iyi. Chokwadi haungazvigone, asi *unogona* kuva bango rinovaltsigira. Uri pachinzvimbo chiri nani chokubatsira vana vako kuti varambe vari mugwara uye kuti vapedze kuyaruka kwavo vova vanhu vakuru vanoziva zvavanoita.

Zviri nyore kuzvitaura pane kuzviita here? Ichokwadi. Zvingaita sokuti ndizuro mwanakomana wako paaiva mwana ane simba aingogara achitaura; asi iye zvino ava mukomana akanyarara asingadi zvokutaura newe. Munguva pfupi yafuura mwanasikana wako akanga asingasiyani newe; iye zvino anoita seanonyara kufamba newe munzvimbo ine vanhu vakawanda!

Asi haufaniri kunzwa sokuti haukwanisi, paunotarisana nokuchinja uku. Unogona kuwana uchenjeri hunokutungamirira iwe nomwana wako. Uchenjeri ihwohwo hunobva mu-Shoko raMwari Bhaibheri.

*Mibvunzo Inobvunza Vechiduku—Mhinduro Dzino-shanda*, Bhuku 2, rakagadzirirwa kuti ribatsire mwana wako kuti anyatsonzwisa zvinotaura Magwaro. Kutarira Zviri Mukati papeji 4 ne5 kuchaita kuti uzive misoro yakasiyana-siyana inokurukurwa mubhuku racho. Asi bhuku iri richaita zvakawanda pane kungoratidza chokwadi. Chimboona zvinotvera:

(1) Bhuku rino rinoita kuti muverengi abatanidzwewo. Munzvimbo dzakawanda mwana wako achakurudzirwa kuyiora zvaanofunga pamibvunzo nezvirevo zvakasiyana-siyana. Somuenzaniso, bhokisi rakanzi “Zvandingaita Kuti Ndisafuriwe” riri pamapeji 132 nel33 richabatsira mwana wako kufunga zvinetso chaizvo zvaanosangana nazvo uye nzira dzokuzvikurira nadzo. Uyezve, chikamu chimwe nechimwe

pazvikamu zvipfumbamwe chinoguma nepeji yakanzi “Zvou-penyu Hwangu,” iyo mwana wako anogona kunyora pfu-ngwa dzake nemanzwiro ake pane zvaanenge averenga mu-chikamu chacho.

(2) Bhuku racho rinokurudzira kukurukurirana. Somue-nzaniso, pamapeji 63 ne64 pane bhokisi rakanzi “Ndingatau-ra Sei Nababa Kana Naamai Nezvepabonde?” Uyewo, pano-perera chitsauko chimwe nechimwe pane bhokisi rakanzi “Unofungei?” Pane kungorishandisa pakudzokorora, bhokisi iri ringashandiswa pamunenge muchikurukura semhuri. Uyeze, chitsauko chimwe nechimwe chine bhokisi rakanzi “Zvandinoronga Kuita!” rine chirevo chokupedzisira chinoku-mbira wechiduku kuti azadzise mutsetse uyu unoti: “Izvi ndi-zvo zvandingada kubvunza vabereki vangu nezvenyaya iyi . . .” Chirevo chacho chichakurudzira vechiduku kuti va-bvunze vabereki vavo mazano anobatsira sezvavanofamba patambo yakakakwa yokuyaruka.

Shoko renyevero: Kutu ukurudzire vana vako vachiri kuya-ruka kuti vanyore mumabhuku avo vasingavanzi, usaavere-nga. Pave paya vachauya vega kuzokuudza zvavanenge va-nyora.

Zwiwanirewo bhuku rako, uye nyatsoziva zviri mariri. Pau-nenge uchiriverenga edza kuyeuka zvaikunetsa, kuvhiringi-dzika uye kuzvidya mwoyo kwawaiita uchiri kuyaruka. Kana zvakakodzera, udza mwanakomana kana mwanasikana wa-ko zvakaitika kwauri. Izvozvo zvichakurudzira vana vako kuti vakuudzewo zvavo. Teerera pavanotaura! Kana kukurukuri-rana kuchiita sokusingabudiriri, usakanda mapfumo pasi. Pa-sinei nokuti vangaita sokuti havafariri mazano ako, vana va-nowanzokoshesa mazano evabereki vavo kupfuura evezera avo.

Mufaro wedu kuita kuti iwe nevana vako muwane bhuku iri rinotsanangura Bhaibheri, uye tinonyengeterera kuti ri-chava chikomborero kumhuri yako.

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MASHOKO OKUSUMA

# Ndingawana kipi



# mazano akanakisisa?



## evasikana

*Unoramba uchingofunga nezvomukomana mutsva akanaka kwazvo womukirasi mako. ‘Haatombooni kuti ndiripo,’ unodaro nechomumwoyo, ‘saka, zvakaipei kungogara ndichifunga nezvake?’ Kunze kwaizvozvo, hausi woga. Mukomana uyu anodiwa nevasikana vose. Unozviziva nokuti unonzwa vamwe vasikana vachitaura nezvake nguva dzose.*

*Anongoerekana atarisa kwauri. Wakayeverwa, anokutora mwoyo nokunyemwerera kwake kunotyora mapfupa. Unonyemwererawo. Anouya kuzotaura newe.*

*“Hesi,” anodaro achinyaririra.*

*“Mushe,” unopindura.*

*“Ini ndinonzi Brett.”*



## evakomana

*Vakomana vaviri vokuchikoro kwako vari kuuyawo. Unonzwa mudumbu nokuti vhiki ino vakatomboedza kaviri kose kukuita kuti usvute. Aka kachava kechitatu.*

*Mukomana wokutanga anoti: “Uri woga zvekare? Rega ndikuratidze shamwari.” Anosimbisa shoko rokuti “shamwari” nokuchonya ziso sezvaanobudisa chimwe chinhu muhomwe make otambanudza ruoko rwake kuti akutambidze.*

*Unoona chimwe chinhu chakabatwa nomukomana wa-cho chakafanana nomudzanga. Unonyatsoziva kuti chii uye unotonyanya kunzwa mudumbu.*



- “*Uchangobva kuuya kuno*,” unokurumidza kudaro.  
“*Takatamira kuno vhiki shomanana dzapfuura*.”  
*Hausati wazvibvuma kuti Simba zvechokwadi ari kuta taura newe!*  
“*Onaka*,” Brett anoenderera mberi achidaro, “*Nhasi kumba kwedu kune pati kana tapedza chikoro. Unoda kuuya here?*”  
*Anokombamira mberi obva amuchonya neziso.*  
“*Rega ndikurume nzeve*,” anodaro. “*Vabereki vangu vanenge vasipo, uye doro rinenge riripo. Pakadini apa?*”  
*Brett anomirira kuti upindure. Chero musikana upi zvake wokuchikoro kwako angakurumidza kuti hungu!*  
*Uchatii?*

- “*Ndine urombo*,” unodaro. “*Ndakagara ndakuudzai kare kuti handi . . .*”  
*Mukomana wechipiri anokudimburira: “Ichechi yako, handizvo here? Hamubvumidzwi kufara!”*  
“*Kana kuti uri gwara here?*” mukomana wokutanga anotsvinya achidaro.  
“*Aiwa kana, handisi gwara ini!*” unodaro noushingi.  
*Mukomana wechipiri anobva akochekera ruoko rwake papfudzi rako. “Chingotori kani,” anodaro zvinyoronyoro.*  
*Mukomana wokutanga anoswededa chinhu chacho chichena kumeso kwako obva azevezera kuti: “Hati-mbozviti bufu. Hapano anombofa akazviziva.”*  
*Uchaita sei?*

ZVINHU zvakadai zvinoitika zuva nezuba pasi pose. Zvisinei, chokwadi ndechokuti vamwe vechiduku vakagadzi-rira kutarisana nenyaya idzi zviri nani kupfuura vamwe. Paanenge aomerwa, mukomana ari kuedzwa kuti asvute angafunga kuti: ‘Handidi kubvuma, asi zvakaoma kuzvitsungirira. Ndingatadza nei kuratidza vokuchikoro kwangu kuti “ndakafanana nevamwe”?’ Kana kuti musikana anenge akokwa kumbonovhakacha angati nechomumwoyo: ‘Mukomana wacho akazonaka. Kamwe chete chete—ndingatadza nei kuti *hungu*?’

Ukuwo, vechiduku vakawanda vakadzidzisa kudziviri-ra nechivimbo zvavanotenda. Pamusana peizvi—kunyange zvazvo zvingaita sezvinoshamisa—*havanyanyi* kunzwa vachida kuita zvakaipa. Ungada kuva wechiduku akadaro here? Mashoko anofadza ndeokuti *unogona!* Sei?

Bhaibheri rinogona kukubatsira kuti utarisane nematambudziko ouduku uine chivimbo. Rine mazano akanaka kwazvo nokuti iShoko raMwari rakafuridzirwa. (2 Timoti 3: 16, 17) Bhaibheri rinogona kukubatsira mumatambudziko api? Ona zvakanyorwa pasi apa, uye isa ✓ pedyo nemisoro inonyanya *kukufadza*.

- ☛  **Kuwirirana kwandingaita nevakomana kana kuti vasikana**
- Kunzwisia kuchinja kunoitika mumuviri wangu**
- Kuita shamwari**
- Kukurira matambudziko okuchikoro**
- Kushandisa mari yangu zvakanaka**
- Kukurukura nevabereki vangu**
- Kudzora manzwiro angu**
- Kusarudza zvingandivaraidza**
- Kuvandudza ukama hwangu naMwari**

Sezvauchaona pamapeji 4 ne5, misoro yakarongwa pamusoro apa inoenderana nezvikamu zvipfumbamwe zve-bhuku rino. Wamaka ipi? Ungada kutanga waverenga zvikamu izvozvo. Mirayiro yeBhaibheri ingakubatsira

muzvinhu zvose zvoupenyu. Bhuku rauri kuverenga iye zvineno richakuratidza kuti unozviita sei.\*

Bhuku rino richakupawo mikana yokuti utaure zvaunofunga. Somuenzaniso, chitsauko chimwe nechimwe chava kunopera, uchaona bhokisi rakanzi “Zvandinoronga Kuita!” Mubhokisi iri uchakumbirwa kuti unyore zvaunofunga ne-zvemashandisiro aungaita zvaunenge waverenga. Mapepa okushandira—akadai serakanzi “Zvandingaita Kuti Ndisafurirwe” ari pamapeji 132 nel33—achakubatsira kuti ufungisise miedzo yaunotarisana nayo uye zvaungaita kuti uikurire. Uyezve, chikamu chimwe nechimwe chebhuku rino chinoguma nepeji yakanzi “Zvoupenyu Hwangu,” paunga-nyora kuti zvimwe zviri muchikamu chacho zvinoshanda sei muupenyu hwako. Mubhuku racho rose uchaonawo mapeji mapfumbamwe akanzi “Muenzaniso Wokutevedzera.” Mu-mapeji aya, vanhu vakasiyana-siyana vomuBhaibheri vanotaurwa sevakakodzera kutevedzera.

Bhaibheri rinokukurudzira kuti: “Wana uchenjeri, wana kunzwisia.” (Zvirevo 4:5) Mashoko okuti “uchenjeri” uye “kunzwisia” anoreva zvinopfuura *kungoziva kusiyani-sa zvakanaka nezvakaipa*. Unofanira kuona zvose zvinobatanidzwa. Somuenzaniso, kuziva migumisiro yokuita zvakanipa uyewo mibayiro yokuita zvakanaka kuchakubatsira kuti utarisane nokufurirwa nevezera rako uine chivimbo uye ushingi.

Iva nechokwadi cheizvi: Kunyange zvazvo uchifunga kuti matambudziko ako akanyanya kuoma, hausi woga una-wo. Vamwe vakasangana nematambudziko akaita seako vakabudirira kuakunda. Iwe unogonawo kuakunda! Shandisa zvakanaka bhuku rinonzi *Mibvunzo Inobvunza Vechiduku—Mhinduro Dzinoshanda*, Bhuku 2. Richaita kuti ubvume kuti Bhaibheri rine mazano *akanaka kwazvo kufuura* aungawana chero kupi zvako!

---

\* Zvakawanda zviri mubhuku rino zvakatorwa kubva munyaya dzakabuda muchikamu chinoti “Vechiduku Vanobvunza Kuti,” chinogara chichibuda mumagazini inonzi *Mukai!*, inobudiswa neZvapupu zvaJehovah.

# bhuku rino rine...



magwaro anobudisa  
pfungwa huru



ZANO

mazano anoshanda  
achakubatsira kuti  
ubudirire



WAIZVIZIVA  
HERE KUTI . . .

mashoko  
achakubatsira  
kuti ufunge

## zvandinoronga kuita!

✉ mikana yokuti utaure kuti  
uchashandisa sei zvaunenge  
waverenga

UNOFUNGEI?

- mibvunzo ichakubatsira  
kufungisisa zvaunenge  
waverenga

## uyewo...

# zvoupenyu hwangu

chikamu chimwe  
nechimwe chebhuku  
rino chinoguma nepeji  
yakanzi zvoupenyu  
hwangu ichaita kuti  
unyore zvaunofunga



MUENZANISO  
WOKUTEVEDZERA  
vanhu vomuBhaibheri  
vakasarudzwa vanonzi  
vakakodzera kuti  
titevedzere



# VAKOMANA NEVASIKANA

*Unoona mukomana  
nomusikana vakabatana  
maoko vachifamba zvishoma  
nezvishoma vari mukoridho,  
vachibva kune imwe kirasi  
vachienda kune imwe.  
Unonzwa sei?*



- Handina basa nazvo
- Ndinonzwa kagodo
- Ndinonzwa shanje zvikuru

*Uri kufirimu neshamwari  
dzako paunoona kuti vamwe  
vose vane vakomana kana  
vasikana vavo—kunze  
kwako! Unonzwa sei?*

- Handina basa nazvo
- Ndinonzwa ndisina kusununguka
- Ndinonzwa godo zvikuru

*Munguva pfupi yadarika,  
shamwari yako yepamwoyo  
yakatanga kufarira mumwe  
musikana kana mukomana  
uye iye zvino vava  
kufambidzana. Unonzwa sei?*

- Ndinofara
- Ndinonzwa kagodo
- Ndinosvotwa nazvo

Mukomana nomusikana, musikana nomukomana. Unovaona kwose kwaunotarira—kuchikoro, mumugwagwa, kumashopu. Pose paunovaona, unonzwa uchida chaizvo kuvawo newako. Asi waga-dzirira kufambidzana nomumwe munhu here? Kana wakagadzirira, ungawana sei mumwe munhu akakukodzera? Kana ukamuwana, mungaramba sei muchifambidzana nenzira yakachena? **Zvitsauko 1-5** zvichakubatsira kupindura mibvunzo iyoyo.



1

## Ndagadzirira kufambidzana nomumwe munhu here?

*“Ndinonzwa sokuti ndini ndoga ndisina wokufambidzana naye. Kunewo vakomana vakanaka vakawanda.”—Whitney.*

*“Vamwe vasikana ndivo vanototanga kupfimba vakomana, uye zvakaoma kuti ndirambe. Asi kana ndikabvunza vabereki vangu, ndinoziva zvavachapindura.”—Phillip.*

KUNZWA uchida kuva nomumwe munhu anokutora mwoyo—uye kuva nomumwe munhu anofunga kuti *ndiwe* chete uno-kosha kwaari—kunogona kusimba zvikuru, kunyange paune-nge uchiri muduku chaizvo. Jenifer anoyeuka kuti, “Ndakatanga kunzwa ndichida zvikuru kuva nomukomana pandaiva nemako-re 11.” Brittany anoti: “Unonzwa sokuti hausi munhu kana usi-ngafambidzani nomumwe munhu kuchikoro!”

Ko iwe? Wagadzirira kufambidzana nomumwe munhu here? Kuti tipindure mubvunzo uyu, tinofanira kutanga takurukura mumwe mubvunzo unokosha zvikuru:

## **“Kufambidzana Nomumwe Munhu” Kuita Sei?**

Maka mhinduro yako pamibvunzo inotevera:

*Unogara uchivhakacha nomumwe mukomana kana kuti musikana. Muri kufambidzana here?*

- Hungu  
 Kwete

*Iwe nomumwe mukomana kana kuti musikana munoda kugara muchingova mose.*

*Munotumirana tsamba paserura kana kuti kufonerana kakawanda pazuva. Muri kufambidzana here?*

- Hungu  
 Kwete

*Pose pamunenge muine shamwari dzenyu, imi vaviri munopedzisira mavapenyu mog. Muri kufambidzana here?*

- Hungu  
 Kwete

Ungangove usina kunetseka nokupindura mubvunzo wokutanga. Asi ungangove wambomira zvishoma usati wapindura wechipiri newechitatu. Chii chaizvo *chinombonzi* kufambidzana nomumwe munhu? Chokwadi, kufambidzana nomumwe munhu kutandadzana naye uchiratidza kuti unomuda uye kuti iye anokudawo. Saka mhinduro yemibvunzo yose mitatu iri pamusoro apa ndeyokuti *hungu*. Pangava pafoni kana kuti uine munhu wacho, zvimwe pane vanhu kana kuti kwete, kana iwe na ye muchinzwa kuti munokwezvana uye munogara muchikurukurirana, muri kufambidzana. Wagadzirira kuita izvozvo here? Kukurukura mibvunzo mitatu kuchakubatsira kuti uzive.

## **Nei Uchida Kufambidzana Nomumwe Munhu?**

Mutsika dzakawanda kufambidzana nomumwe munhu kuno gamuchirwa senzira yokuti vanhu vaviri vazivane zviri nani. Asi kufambidzana kunofanira kuva nechinangwa chakanaka —chokubatsira mukomana nomusikana kuona kana zvakakodzera kuti varoorane.

Ichokwadi kuti varmwe vezera rako vangave vachiona kufambidzana senyaya yokutamba nayo. Zvichida vanonganakidzwa

**Kana uchifambidzana nomunhu usina  
chinangwa chokuzoroorana naye, uri  
kuita somwana anotamba nechitoyi  
chitsva asi wozochirasa**

nokuva neshamwari yepedyo yechikomana kana kuti yechisikana asi vasina chinangwa chokuroorana. Vamwe vangatoona shamwari yakadaro somunhu wokushamisira naye pane vamwe kana kuti anoita kuti vave nomukurumbira uye varemekedzwe. Zvisinei, kazhinji kushamwaridzana kwakadaro ndokwenguva pfupi. Mumwe musikana anonzi Heather anoti, "Vechiduku vakawanda vanofambidzana nomumwe munhu vanosiyana pashure pevhiki imwe kana kuti mbiri. Vanoona kufambidzana nomumwe munhu sechinhu chinongopfuura zvacho—chinganzi chinoita kuti vagadzirire kuzorambara pane kuroorana."

Zviri pachena kuti kana uchifambidzana nomumwe munhu, zvinenge zvichitomubata-bata. Saka iva nechokwadi chokuti vavariro dzako dzakanaka. Chimbofunga izvi: Waizoda here kuti mumwe munhu atambe nemanzwiro ako sokunge kuti chitoyi chomwana—chinonhongwa kwekanguva chobva charumidza kusiyiwa? Mumwe wechiduku anonzi Chelsea anoti: "Dzimwe nguva ndimbofunga kuti kufambidzana nomumwe munhu kunofanira kungoitwa zvokungonakidzwa, asi hazvizonakidzi kana mumwe munhu achizvikoshesa asi mumwe asingadaro."

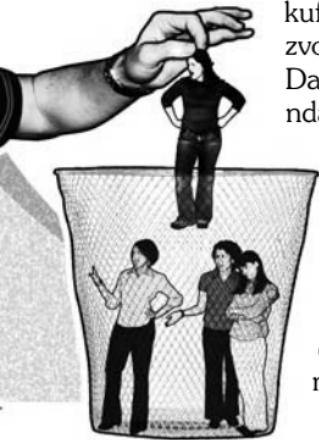
**Une Makore Mangani?**

Unofunga kuti izera ripi rakakodzera rokuti wechiduku atanze kufambidzana nomumwe munhu?  .....

Zvino chibvunza mumwe wevabereki vako kana kuti vose mubvunzo iwoyo, uye wonyora mhinduro yavo.....

Zvingangodaro kuti makore awanyora pokutanga mashoma pane awanyora pechipiri. Kana kuti hazvina kudaro! Zvimwe uri





mumwe wevechiduku vakawanda vari kumbomira kufambidzana nomumwe munhu kusvikira vakura zvokunyatsoziva zvavanoda. Ndizvo zvakaitwa na-Danielle ane makore 17. Anoti: "Ndichifunga zvandaizotarisira kune wandaizoda kuroorana naye makore maviri adarika ndinoona zvakasiyana chaizvo nezvandingatarisira iye zvino. Kutaura zvazviri, kunyange panguva ino handifungi kuti ndati ndava kukwanisa kunyatsosarudza. Pandinenge ndava kunzwa kuti ndave ndakatsiga kwemakore anoverengeka, ndipo pandichazofunga nezvokufambidzana nomumwe munhu."

Pane chimwe chikonzero nei kuri kuchenje-ra kuti munhu amirire. Bhaibheri rinoshandisa shoko rokuti 'kuyaruka' richirondedzera nguva inotanga kusimba manzwiro okuda kuita zvepabonde uye okudanana nomumwe munhu. (1 VaKorinde 7:36) Kuva noushamwari hwepedyo nomumwe munhu paunenge uchiri kuyaruka kungawedzera chido chokuda kuita zvepabonde uye kungaita kuti uite zvakaipa. Chokwadi, vezera rako vangaona izvozvo sezvisina basa. Vakawanda vavo vanoda kuziva kuti zve-pabonde zvinomboita sei chaizvo. Asi unogona kukurira mafungiro akadaro! (VaRoma 12:2) Kutaura zvazviri, Bhaibheri rinokukurudzi-ra kuti "utize unzenza." (1 VaKorinde 6:18, *New International Version*) Unogona 'kudzivisa dambudziko' kana ukamirira kusvikira wayaruka.—Muparidzi 11:10.

### WAIZVIZIVA HERE KUTI ...

**Ongororo dzakawanda  
dzinoratidza kuti vaviri  
vanoroorana vari pasi  
pemakore 20  
vangangorambana  
vasati vapedza makore  
mashanu.**

## **Wagadzirira Kuroora Kana Kuroorwa Here?**

Kuti ugone kupindura mubvunzo uyu, chimbozviongorora. Funga zvinotevera:

**Ukama.** Unobata sei vabereki vako nevana vaamai vako? Kazhinji unotadza kuzvidzora paunotaura navo here, zvichida

**Ndinofunga kuti unofanira kufambidzana  
nomumwe munhu kana uchinyatsoda munhu  
wacho uye uchiona kuti munogona kuva  
neramangwana rakanaka pamwe chete. Une  
hanya nomunhu wacho kwete chete kungoda  
zvokufambidzana.** —Amber

uchitaura navo nehasha kana kuti uchimbotsvinya kuti utaure zvaunofunga? Ivo vangati chii nezvako panyaya iyi? Mabatiro aunoita vomumhuri yako anoratidza zvauchaitawo kune waucharoorana naye.—Verenga VaEfeso 4:31.

**Zvauri.** Une maonero akanaka here kana kuti kwete? Uno-nzwisisa here, kana kuti nguva dzose unongoda kuti zvinhu zvitwe neimwe nzira—nzira yako? Unogona kuramba wakadzika-ma here mumamiriro ezvinhu akaoma? Unoshivirira here? Ku-kudziridza chibereko chomudzimu waMwari iye zvino kucha-kubatsira kuti ugadzirire kuzova murume kana kuti mudzimai.—Verenga VaGaratiya 5:22, 23.

**Mari.** Unoshandisa sei mari? Unogara uine zvikwereti here? Unogona kuchengetedza basa here? Kana usingagoni, nei zvakadarо? Imhaka yebasa racho here? waunoshandira here? Kana kuti imhaka yekamwe katsika kaunofanira kugadzirisa here?



## ZANO

**Kuti ugadzirire  
kufambidzana nomumwe  
munhu uye kuzoroorana  
naye, verenga 2 Petro 1:  
5-7 uye sarudza unhu  
humwe chete hwaunoda  
kushandira pahuri.  
Mumwedzi mumwe  
chete, ona kuti unenge  
wadzidza zvakawanda  
zvakadini nezvounhu  
hwacho uye kuti  
wahuvandudza zvakadini.**

Kana usingakwanisi kushandisa mari uri woga, uchachengetedza sei yemhuri yako?—Vere-nga 1 Timoti 5:8.

**Zvokunamata.** Kana uri mumwe weZvapupu zvaJeho-vha, unhu hupi hwechiKristu hwauinahwo? Unonzwa uchida kuverenga Shoko raMwari, kuita ushumiri, uye kuva nezvaun-itawo pamisangano yechiKristu here? Munhu wauchoroarana naye anongodawo munhu aka-kura mune zvokunamata.—Ve-renga Muparidzi 4:9, 10.



**“Munhu ane njere anofunga  
nezvenhanho dzake.” –Zvirevo 14:15.**



## **Zvaunogona Kuita**

Kunzwa uchida zvikuru kufambidzana nomumwe munhu usati wagadzirira kungafanana nokumanikidza kunyora zamanishoni rokupedzisira rekosi yauchangobva kutanga. Zviri pachena kuti ikoko kunenge kuri kubatirana! Unoda nguva yokudzidza chidzidzo chaunoita kuitira kuti ugoziva zvauchasangana nazvo pabvunzo yacho.

Zvakafanana nokufambidzana nomumwe munhu. Sezvataona, kufambidzana nomumwe munhu haisi nyaya yokutamba nayo. Saka usati wagadzirira kufambidzana nomumwe munhu, unofanira kuzvipa nguva yokudzidza “nyaya” inokosha zvikuru—kuumba ushamwari. Paunozowana munhu akakodzera, uchakwanisa kuumba ukama hwakasimba. Chokwadi, imba inobudirira mubatanidza weshamwari mbiri dzakanaka.

Kumbomira kufambidzana nomumwe munhu hakukanganisi

## **►►► zvandinoronga kuita!**

*Kuti ndigadzirire kuroora kana kuroorwa, ndinofanira kushandira paunhu hunotevera:*



*Ndinogona kushandira paunhu uhwu noku-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu  
nezvenyaya iyi*

rusununguko rwako. Asi kuchaita kuti uve norusununguko *rwa-kawanda* ‘rwokufara uchiri muduku.’ (Muparidzi 11:9) Uye uchawana nguva yokugadzirira nokuvandudza unhu hwako uye, zvinonyanya kukosha, kuvandudza zvinhu zvine chokuita nokunamata.—Marilo 3:27.

Panguva iyi, *unogona* kufadzwa nokushamwaridzana nevakomana kana kuti nevasikana. Inzira ipi yakanakisia yokuita izvozvo? Shamwaridzanai mumapoka ane vakomana nevasikana nevamwe vanhu vakuru. Mumwe musikana anonzi Tammy anoti: “Ndinofunga kuti zvinonakidza zvikuru kuita kudaro. Zvirri nani kuva neshamwari dzakawanda.” Monica anobvumirana nazvo. Anoti: “Kushamwardzana mumapoka ipfungwa yakana-ka zvikuru nokuti unokwanisa kuona vanhu vane unhu hwaka-siyana-siyana.”

Kusiyana neizvi, kana ukakurumidza kuisa pfungwa dzako pamunhu mumwe chete, unenge uchiita zvinhu zvinozokurwanda. Saka zvipe nguva. Shandisa nguva iyi youpenyu hwako kudzidza nzira dzokutanga ushamwari uye kuhuchengetedza. Kana ukazosarudza kufambidzana nomumwe munhu, uchange wava kuzviziva iwe pachako uye zvaunoda pamunhu wauchaga-ra naye kwoupenyu hwose.

**MUCHITSAUKO CHINOTEVERA *Uri kuedzwa kuti ufambidzane nomumwe munhu here vabereki vako vasingazvizivi? Kuita izvi kune ngozi dzakawanda kupfuura zvaungafungidzira.***

#### **UNOFUNGEI?**

- **Ndepapi pakakodzera kuti ushamwaridzane nevakomana kana vasikana?**
- **Ungabatsira sei mwana waamai vako anoda kufambidzana nomumwe munhu asi achiri muduku zvakanyanya kuita izvozvo?**
- **Kana uchifambidzana nomumwe munhu asi usina chinangwa chokuroorana naye, izvozvo zvingaita kuti munhu wacho anzwe sei?**

# Kufambidzana nomumwe munhu muchivande—kwakaipei?

*Jessica akanga ava panguva yakaoma zvikuru. Zvakatanga paakatanga kufarirwa nomukomana womukirasi make anonzi Jeremy. Anoti, "Akanga akanaka chaizvo uye shamwari dzangu dzaiti handaizowana mukomana akadzikama kupfuura iyeye. Vasikana vanoverengeka vakanaga vaedza kuti vadiwewo naye, asi iye akanga asingavadi. Aingoda ini chete."*

*Pasina nguva, Jeremy akamupfimba. Jessica akatsana-  
ngura kuti somumwe weZvapupu zvaJehovha, haabvumi-  
rwi kufambidzana nomukomana asiri Chapupu. Anoti,  
"Asi Jeremy akafunga zano. Akabvunza kuti, 'Hazviiti he-  
re kuti tifambidzane zvisingazivikanwi  
nevabereki vako?"*

KANA mumwe munhu anokutora mwoyo akakuudza izvozvo, ungapi-ndura sei? Ungashamisika kuziva ku-ti Jessica akabvuma zano raJeremy. Anoti, "Ndaiva nechokwadi chokuti ka-na ndaizofambidzana naye, ndaizomu-ita kuti adzidze kuda Jehovha." Zvinhu zvakazofamba sei? Tichazozviona gare gare. Kutanga, ngationei kuti vamwe va-kapinda sei mumusungo wokufambidza-na nomumwe munhu muchivande.

## **Chavanozviitira**

Nei vamwe vachifambidzana muchivande? Rimwe jaya rinonzi David rinotaura muchidimbu ku-ti, "Vanoziva kuti vabereki vavo



havavabvumiri, saka havavaudzi.” Jane anotaura chimwe chikonzero. Anoti, “Kufambidzana nomumwe munhu muchivande kupandukira. Kana uchifunga kuti hausi kubatwa somunhu akura ava kuziva zvaari kuita, unosarudza kuti uchaita zvaunda uye hauudzi vabereki vako.”

Ungafunga nezvezvimbwe zvikonzero here nei vamwe vangapinda mumuedzo wokufambidzana nomumwe munhu muchivande? Kana zviripo, zvinyore pasi apa.

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Chokwadi, unoziva kuti Bhaibheri rinokura-yira kuti uteerere vabereki vako. (VaEfeso 6:1)

Uye kana vabereki vako vachiramba kuti ufa-mbidzane nomumwe munhu, vanenge vai-ne chikonzero chakanaka. Kunyange zvakadaro, usashamisika kana ukaona uchifunga kuti:

- **Ndinonzwa ndasaririra nokuti munhu wose ane waari kufambidzana naye kunze kwangu.**
- **Ndiri kutorwa mwoyo nomumwe munhu asiri wechitendero changu.**
- **Ndinoda kufambidzana nomumwe muKristu kunyange zvazvo ndichiri muduku zvikuru kuti tiroorane.**

Zvichida unoziva kuti vabereki vako vanotii nezviripamusoro apa. Uye mumwoyo mako unoziva kuti vabereki vako vakarurama. Panguva imwe chete, unganzwa sezvinoita mumwe musikana anonzi Manami, uyo anoti: “Ndinonzwa ndichida chaizvo ku-



fambidzana nomumwe munhu zvokuti dzimwe nguva ndinonzwa ndisina chokwadi nepandimire. Vechiduku vemazuva ano vanoti hazvitomboiti kuti *usafambidzana* nomumwe munhu. Uyezve, hazvinakidzi kungova woga!” Vamwe vanonzwawo saizvozvo vakatanga kufambidzana nomumwe munhu vachiita kuti vabereki vavo vasazviziva. Sei?

### **“Takaudzwa Kuti Tisambozviti Bufu”**

Mashoko okuti “kufambidzana muchivande” anoratidza kanyengeri, uye kuti unyengeri hunotodiwa kuti zvifambe. Vamwe vanoramba vachifambidzana muchivande zvikurukuru nokutaurirana pafoni kana kuti palndaneti. Paruzhinji, vanenge vachingova shamwari, asi tsamba dzavanonyorerana pakombiyuta kana kuti pafoni, uye zvavanotaura pafoni zvinoratidza kuti vanofambidzana.

Rimwe zano rounyengeri nderokuronga kuzoita zvime zvinnhu vari boka, vaine chinangwa chokuzofambidzana vaviri vaviri. James anoti: “Pane imwe nguva, tiri boka takakokwa kuti tinosangana pane imwe nzvimbo, ndokuzongoona kuti izvi zvakanga zvakarongwa kuti vaviri vaiva muboka iri vaizova pamwe chete. Takaudzwa kuti tisambozviti bufu.”

Sezvataurwa naJames, kufambidzana muchivande kunowanzoitwa shamwari dzichitobatsirawo. Carol anoti, “Kazhinji mumwe chete anenge achiziva zviri kuitika asi haazvitauri nokuti anenge achityira kugumbura shamwari yake.” Dzimwe nguva, izvi zvinosanganisira kusatendeseka kunoitwa nemaune. Beth ane makore 17 anoti, “Vakawanda vanovanza kufambidzana kwavanoita nomumwe munhu nokusaudza vabereki vavo chokwadi nezvekwavanenge vachienda.” Misisaki ane makore 19 akaita izvozvo chaizvo. Anoti, “Ndaifanira kuyayatsotsvaka nyaya yokunyepa. Ndaingwarira kuti ndisataure dzimwe nhema kunze kwedziya dzaiva nechokuita nokufambidzana

**WAIVIZIVA  
HERE KUTI ...**



**Ukama hunogara kwe-  
nguva refu hunovakirwa  
pakuvimbana. Kufambi-  
dzana muchivande  
kunoita kuti vabereki  
vako vasakuvimba uye  
kunoderedza kusimba  
kwedzinde roukama  
hwako newauri kufa-  
mbidzana naye.**



**“Tinoda kuva vakatendeseka  
muzvinhu zvose.”**—VaHebheru 13:18.



kwangu nomumwe munhu kuitira kuti vabereki vangu varambe vachindivimba.”

## **Ngozi Dzokufambidzana Nomumwe Munhu Muchivande**

Kana ukasangana nomuedzo wokufambidzana nomumwe munhu muchivande—kana kuti kana uri kutozviita—unofanira kuzvibvunza mibvunzo miviri inotevera:

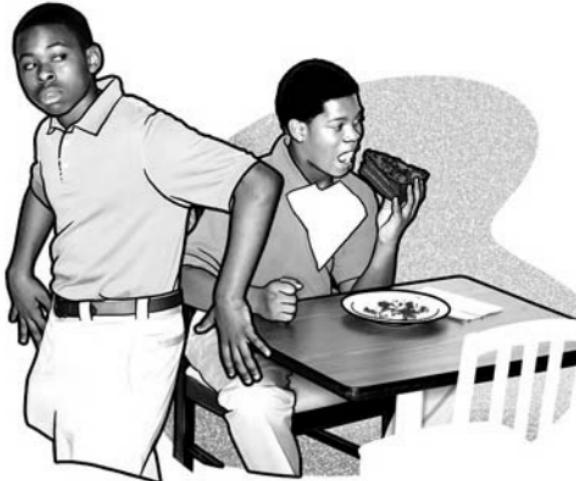
**Zvandiri kuita zvichandisvitsa kipi?** Uri kuronga kurooranu nomunhu wacho pasina kurebesa nguva here? Evan ane makore 20 anoti, “Kufambidzana nomumwe munhu usina chinangwa chokuroorana naye kwakafanana nokushambadzira chimwe chinhu chaunenge usiri kutengesa.” Zvingaguma nei? Zvirevo 13:12 inoti: “Kana chinhu chinotarisirwa chikanonoka, chinoita kuti mwoyo urware.” Chokwadi unoda kuti mwoyo womumwe munhu wauine hanya naye urware here? Imwe nyevero ndeyokuti: Kudanana muchivande kuchaita kuti vabereki vako uye vamwe vanhu vakura vane hanya vataadze kukubatsira. Pamusana peizvi, ungangova mungozi yokuita unzenza.—VaGaratiya 6:7.

**Jehovha Mwari anonزوا sei pamusoro pezvandiri kuita?** Bhaibheri rinoti: “Zvinhu zvose zvakafukurwa uye zviri pacchena mumaziso aiye watinozvidavirira kwaari.” (VaHebheru 4:13) Saka kana uri kuvanza kufambidzana kwauri kuita nomumwe munhu, kana kuti kuri kuitwa neshamwari yako, Jehovha anotozviziva. Uye kana paine unyengeri, une chikonzero chakanaka chokuti ufunge nevvazvo. Jehovha Mwari anovenga zviku-ru kureva nhema. Kutaura zvazviru, “rurimi runoreva nhema” runotaurwa zvakananga pakati pezvihu zvaanovenga zvakanyo-rrwa muBhaibheri!—Zvirevo 6:16-19.

## **Kugumisa Kufambidzana Muchivande**

Zvechokwadi, ungabatsirwa kana ukaudza vabereki vako kana kuti muKristu akura akasimba pakunamata ne-

**Kuvanza kufambidzana  
muchivande kuri kuitwa  
neshamwari  
kwakafanana nokuvanza  
zviri kuitwa nomunhu  
ane chirwere cheshuga  
ari kudya zvinotapira  
muchivande**



zvokufambidzana nomumwe munhu kwauri kuita muchivande. Uye kana shamwari yako iri kudanana nomumwe munhu muchivande, usadziya moto wembavha nokuibatsira kuti zvisazivikanwa. (1 Timoti 5:22) Chokwadi, waizonzwa sei kana kufambidzana kwachozwa nemigumisiro yakaipa? Waisazonzwawo uine mhosva here?

Kuenzanisira: Ngatitii shamwari yako ine chirwere cheshuga uye iri kudya zvayo zvinhu zvinotapira muchivande? Tomboti wazviziva, asi shamwari yako yokuteterera kuti usambozviti bufu kune mumwe munhu? Chii chaunganyanya kuva nehanaya nacho—kuvanza zviri kuitwa neshamwari yako here kana kuti kuita chimwe chinhu chingangoita kuti achengetedze upenuy hwake?

Unotarisana nemamiriro ezvinihu akafanana kana ukaziva kuti shamwari yako iri kufambidzana nomumwe munhu muchivande. Usanetseka nezvokuti ushamwari hwenuy hungaparara zvachose. Nokufamba kwenguva, shamwari yechokwadi ichaziva kuti wakanaga uchiita zvakainakira.—Pisarema 141:5.

#### ZANO

**Nyika yose haifaniri  
hayo kuziva kuti unofambidzana nomumwe  
munhu. Asi unofanira  
kuudza vaya vanofanira  
kuzviziva. Kazhinji,  
vanosanganisira vabereki  
vako nevaberek  
vomunhu wauri kufambidzana naye.**



## **Muchivande Here Kana Kuti Kusangoda Kuti Zvikurumidze Kuzivikanwa?**

Chokwadi, hakusi kufambidzana kwose kunoitwa muchivande kune unyengeri. Somuenzaniso, ngatitii rimwe jaya nemhanda vangada kuzivana zviri nani, asi kwenguva yakati vangasa da kuti zvizivikanwe nevanhu vakawanda. Zvichida, sezvinotaurwa nerimwe jaya rironzi Thomas, “havadi kuramba vachinaiyiwa nemibunzo yakadai sokuti, ‘Saka mucharoorana rini?’”

Zvechokwadi zvinotaurwa nevamwe zvinogona kuva nengo zi. (Rwiyo rwa Soromoni 2:7) Saka pavanotanga kufambidzana, vamwe vangasarudza kuita kuti vanhu vakawanda vasaziva nezvazvo. (Zvirevo 10:19) Anna ane makore 20 anoti, “Izvi zvinoita kuti vaviri vacho vave nenguva yokuona kana vasiri kuita zvokutamba. Kana vasiri kuita zvokutamba, vanobva vaita kuti vanhu vakawanda vazvize.”

Panguva imwe chete, zvingave zvakaipa kuvanzira vaya vanofanira kuzviziva, vakadai sevabereki vako kana kuti vabereki vomunhu wauri kufambidzana naye. Chokwadi, kana usingadi kubuda pachena kuti uri kufambidzana nomumwe munhu, uno fanira kuzvibunza kuti *nei*. Unotoziva here kuti vabereki vako van gava nechikonzero chakanaka chokusabvumirana nazvo?



### ***zvandinoronga kuita!***

*Kana ndiri kufambidzana nomumwe mu Kristu  
muchivande, ndicha-*



*Kana shamwari yangu iri kufambidzana nomumwe  
munhu muchivande, ndicha-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu  
nezvenyaya iyi*

**“Ndakarega zvokufambidzana muchivande.  
Chokwadi, zvaindirwadza kudzokera kuchikoro  
uye kuona mukomana wacho zuva nezuva. Asi  
Jehovha Mwari anogona kuona zvose zvinenge  
zvichiitika uye zvinoguma zvaitika, asi isu hatigo-  
ni. Tinotofanira kuvimba naJehovha.” —Jessica**

### **“Ndakabva Ndaziva Zvandaifanira Kuita”**

Jessica, ambotaurwa kwokutanga, akachinja pfungwa dzake nezvokufambidzana naJeremy muchivande paakanzwa zvakaitika kune mumwe muKristu akanga achiitawo izvozvo. Jessica anoti, “Ndanzwa zvaakaita kuti agumise kufambidzana kwacho, ndakabva ndaziva zvandaifanira kuita.” Zvaiva nyore here kugumisa kufambidzana kwacho? Kwete! Jessica anoti, “Ndiye mukomana chete wandakanga ndanyatsofarira. Kwevhiki dzinoverengeka ndaichema zuva nezuva.”

Asi Jessica aiziva kuti aida Jehovha. Uye kunyange zvavzo akanga amboti tsaukei, ainyatsoda kuita zvakarurama. Nokufamba kwenguva, marwadzo okugumisa kufambidzana kwacho akadzikira. Jessica anoti, “Iye zvino ukama hwangu naJehovha hwava nani kupfuura kare. Ndinoonga zvikuru kuti anotipa mazano atinoda panguva yakakodzera!”

**ZVIRI MUCHITSAUKO CHINOTEVERA Ngatitii wagadzirira  
kufambidzana nomumwe munhu uye wawana mumwe munhu  
waunoda. Asi unoziva sei kana munhu wacho akakukodzera?**

#### **UNOFUNGEI?**

- **Chimbodzokera kumamiriro ezvinhu matatu  
akanyorwa nemabhii matema-tema ari papeji 22.  
Pane anotsanangura manzwiro aunoita dzimwe  
nguva here?**
- **Ungaita sei nezvenyaya yacho asi usingafambidzani  
nomumwe munhu muchivande?**
- **Kudai uchiziva kuti shamwari yako iri kufambidzana  
nomumwe munhu muchivande, waizoita sei nazvo,  
uye nei waizosarudza kuita izvozvo?**

A close-up photograph of a young woman with long brown hair. She is resting her chin on her right hand, which is propped under her head. Her gaze is directed towards the camera with a slight smile. She is wearing a pink top and a yellow patterned skirt. In the bottom right corner, she is holding a green book or magazine open, showing a page with a woman's face. The background is a plain light green.

3

Munhu  
uyu ndiye  
akandikodzera  
here?

**Wana nguva yokuzadza zviri pasi apa:**

**Parizvino unhu hupi hwaungati hunokosha pamunhu waunoda kuroorana naye? Pane zvakarongwa pasi apa, isa ✓ pamberi pounhu huna hwaunofunga kuti ndihwo hunonyanya kukosha.**



- |  |  |
|--|--|
| <input type="checkbox"/> Akanaka         | <input type="checkbox"/> Anoda zvokunamata   |
| <input type="checkbox"/> Ane ushamwari   | <input type="checkbox"/> Akavimbika          |
| <input type="checkbox"/> Ane mukurumbira | <input type="checkbox"/> Ane tsika dzakanaka |
| <input type="checkbox"/> Anonakidza      | <input type="checkbox"/> Ane zvinangwa       |

**Pawaiva muduku, wakambonzwa uchida mumwe munhu here? Pane zvakarongwa pamusoro apa, isa ✗ pamberi pounhu hwainyanya kukutora mwoyo pamunhu wacho.**

HAPANA chakaipa nounhu *chero hupi zvahwo* huri pamusoro apa. Humwe nohumwe hune zvahwakanakira. Zvisinei, hungabvumi here kuti kana uri muduku uchipengeswa norudo, kazhinji kacho unongotarisa unhu hunokurumidza kuoneka, sohuri kuratidzwa muchikamu chokuruboshwe?

Zvisinei, sezvaunokura unotanga kushandisa masimba okunzwisia kuti uongorore unhu hunonyanya kukosha, sohuri kuratidzwa muchikamu chokurudyi. Somuenzaniso, unotanga kuona kuti tsvarakadenga inopfuura dzose kwaunogara ingave isina kuvimbika kana kuti mukomana anofarirwa zviku-ru mukirasi angave asina tsika dzakanaka. Kana wapfuura nguva yokuyaruka, ungangotarisa unhu hunokosha kuti upindure mubvunzo uyu unoti, “Munhu uyu ndiye akandikodzera here?”

### **Tanga Kuziva Zvauri**

Usati wafunga kuti ndiani akakukodzera, unofanira kunya-  
tsoziva zvauri. Kuti uhive zvakawanda nezvako, pindura mibvunzo inotevera:

Ndohupi unhu hwangu hwakanaka?



Ndepapi pandisinganyatsoiti zvakanaka?

Ndezvipi zvandinoda pakunamata uye mumanzwiro angu?

Hazvisi nyore kuti uzive zvauri, asi mibvunzo yakaita seiri pamusoro apa inogona kukubatsira kuti utange kuziva zvauri. Paunowedzera kunzwisisa zvauri uchange wagadzirira kuwana mumwe munhu achanatsirida unhu hwako hwakanaka pane kuti akudziridze zvaunokanganisa.\* Zvakadini kana uchifunga kuti wawana munhu akakukodzera?

### **Munhu Wose Wose Anoita Here?**

“Tingazivana zviri nani here?” Mubvunzo iwoyo ungaita kuti unzwe uine ruzazu kana kuti usvetuke nomufaro—zvichibva pakuti ndiani anenge achikubvunza. Ngatitii unopindura

kuti hungu. Nokufamba kweenguva, ungaziva sei kana mu-komana wako kana kuti musikana wako *akakukodzera*?

\* Unogona kudzidza zvakatowanda nezvako nokuongorora mibvunzo iri muChitsauko 1 pasi pomusoro muduku unoti “Wagadzirira Kuroora Kana Kuroorwa Here?”

*Haisi saizi yose yose yebhutsu inokwana; saizvozvovo, haasi munhu wose wose akakodzera kuti uroorane naye*



Ngatitii uri kuda kutenga bhutsu itsva. Unoenda kushopu wowana bhutsu dzinokutora mwoyo. Unodziedza, ndokuzoora mwoyo paunoona kuti dzinobata zvikuru. Waizoita sei? Waizongodzitenga chete here? Kana kuti waizotsvaka dzimwe here? Zviri pachena kuti waizodzorera bhutsu dzacho wotsvaka dzimwe. Zvaisazova nomusoro kuti upfeke bhutsu dzisingatombo-kwani!

Zvakafanana nokusarudza wokuroorana naye. Nokufamba kwenguva, ungatorwa mwoyo nevakomana kana kuti vasikana vakawanda. Asi haasi munhu wose wose anoita. Chokwadi, unoda mumwe munhu waunonzwa wakasununguka naye, munhu anonyatsoenderana nounhu hwako uye nezvinangwa zvako. (Genesisi 2:18; Mateu 19:4-6) Wakawana munhu akadaro here? Kana zvakadaro, ungaziva sei kana munhu wacho aka-kukodzera?

### **Usangotarira Unhu Hunokurumidza Kuoneka**

Kuti upindure mubvunzo iwoyo wokupedzisira, ona mumwe wako sezvaari chaizvo. Kunyange zvakadaro, ngwari-ra! Ungangoda kutarira zvaunoda kuona chete. Saka dzikama. Edza kuona kuti mumwe wako ane unhu hwakadini. Izvi zvichada kuti iwe utopinda basa chairo. Asi haufaniri kumbo-shamiswa nazvo. Kuenzanisira: Ngatitii unoda kutenga motokari. Waizonyatsoiongorora zvakadini? Waizongotarira kuneze kwayo chete here?

***Paunenge uchi-sarudza motokari, unofunga kuti zvinokosha here kutarira zvinhu zvinokosha pane kungotarira kunze?  
Pakusarudza wokuroorana naye unofanira kuita zvino-pfuuра ipapa!***



Kwaisazova kuchenjera here kuti utarire zvakawanda-wanda —zvichida kuti uzive zvakaita injini yacho?

Kutsvaka wokuroorana naye inyaya inokosha kupfuura ku-sarudza motokari. Asi vakawanda vanofambidzana nomumwe munhu havatariri unhu hunokosha. Pane kudaro, vanokuru-midza kungotaura nezvezvinhu zvanofarira vose: ‘Tinofarira mumhanzi wakafanana.’ ‘Tinonakidza nokuita zvinhu zvakafanana.’ ‘Tinovumirana *pazvinhu zvose!*’ Zvisinei, sezvambo-taurwa, kana wanyatsopfuura nguva yokuyaruka, unotarira unhu hunokosha. Unoona kuti unofanira kunzwisia “munhu akavanzika womwoyo.”—1 Petro 3:4; VaEfeso 3:16.

Somuenzaniso, pane kungoomererera pakuti *munovbumirana pazvinhu zvakawanda sei*, ungadzidza zvakawanda ne-zvomunhu wacho nokucherechedza zvinoitika *pamusengabvu-mirani*. Nemamwe mashoko, munhu uyu anoita sei pamune-nge musiri kubvumirana—anoomererera pakuti zvinhu zviitwe sezvaanoda here, zvichida no“kufufutirwa nehasha” kana kuti “kutuka”? (VaGaratiya 5:19, 20; VaKorose 3:8) Kana kuti mu-nhu uyu anonzwisia here—anoda kubvumirana kuti pave no-rugare kana pasina chinokanganiswa?—Jakobho 3:17.

### ZANO

**Itai mabasa anoita  
kuti unhu hwomunhu  
hubude pachena:**

- **Dzidzai Shoko  
raMwari pamwe chete.**
- **Cherechedzanai  
zvamunoita  
pamisangano yeungano  
uye muushumiri.**
- **Itaiwo mabasa  
okuchenesa Imba  
yoUmambo uye  
okuvaka.**

Chimwe chinhu chokufunga nezvachos ndechokuti: Munhu wacho anoda kukudzora pane zvose, kana kuti ane shanje he-re? Anoda kuziva zvose zvau-noita uye kwose kwaunenge uri here? Nicole anoti: “Ndinonzwa nezvevanofambidzana vanone-tsana nokuti mumwe anenge asina kufona kana kutaura kuti anenge ari kupi. Ndinofunga ku-ti izvi zvinoratidza kuti pane da-mbudziko.”—1 VaKorinde 13:4.

Nyaya dzakadai sedzata-urwa pamusoro apa dzine cho-kuita nounhu uye zvinoitwa



MUENZANISO WOKUTEVEDZERA

## Mushuramiti

Musikana **Mushuramiti** anoziva kuti anofanira kuramba **asina kuputirwa** munyaya dzorudo. Anoudza shawari dzake kuti: "Ndinoita kuti mupike kuti musaedza kufutidza kana kuti kumutsa rudo mukati mangu kusvikira rwava kuda." Mushuramiti wacho anoziva kuti **manzwiro** anogona kukurumidza kuvhiringidza mafungiro. Somuenzaniso, anoziva kuti vamwe vangamanikidza kuti abvume kupfimbwa nomunhu asina kumukodzera. Kunyanje manzwiro ake anogona **kudzikatidza maonero akanaka**. Saka Mushuramiti wacho anoramba akaita so "**ru-svingo.**" —Rwiyo rwa Soromoni 8:4, 10.

Maonero aunoita rudo anoratidza kuti unoziva zvauri sezvaiita Mushuramiti here? Ungatungamirirwa **nemafungiro ako** kwete chete nemanzwiro ako here? (Zvirevo 2: 10, 11) Dzimwe nguva vamwe vangaedza **kukumanikidza** kuti udanane nomumwe munhu iwe usati wagadzirira. Iwe pachako ungatozvipinza mudambudziko rakadaro. Somuenzaniso, paunoona mukomana nomusikana vachifamba vakabatana maoko, unonzwa **uchidawo** kuita saizvozvo here? **Ungada** mumwe munhu asingatendi zvaunotenda here? Musikana Mushuramiti **aiziva zvaari** kana toрева nezvenyaya dzorudo. Iwe unogonawo kudaro!

## “musasungwa zvisina kukodzera pajoko”

“Murasungwa zvisina kukodzera pajoko nevasingatendi.” Ungangoona murayiro uyu weBhaibheri uri pana 2 Va-Korinde 6:14 uine musoro. Kunyange zvakadaro, ungazviona wava kuda munhu asingatendi. Nei? Dzimwe nguva kungangova kutorwa mwoyo nezvaunenge waona. Mumwe mukomana anonzi Mark anoti, “Ndaigara ndichiona musikana uyu mukirasi yokurovedza muvir. Aiedza zvose zvaagiona kuti auye kuzotaura nen. Zvakanga zviri nyore kuti tishamwardzane.”

Kana uchiziva zvauri, uchivimba nezvinhu zvaunokoshe-sa pakunamata—uye kana wakura zvokuti haudzorwi nemanzwiro ako—uchaziva zvaunofanira kuita. Chokwadi, pasinei nokuti munhu wacho anokwezva, akanaka, kana kuti anoita seakarurama zvakadini—haazonatsiridzi ushamwari hwako naMwari.—Jakobho 4:4.

Kutura zvazviri, kana rudo rwavapo, kurambana hakusi nyore sezvakaonekwa nomusikana anonzi Cindy. Anoti, “Ndaichema mazuva ose. Ndairamba ndichifunga nezvomukomana wacho, kunyange pamisangano yechiKristu. Ndaimuda chaizvo zvokuti ndaifunga kuti zvaiva nani hazvo kuti ndife pane kuti tirambane.” Zvisinei, pasina nguva, Cindy akaona uchenjeri hwaiva muzano raamai vake rokuti asafambidzane nomunhu asingatendi. Anoti, “Ndinofara kuti ndakarambana naye. Ndine chivimbo chokuti Jehovha achandipa zvandinoda.”

Uri mumamiriro ezvinhu akaita seaCindy here? Kana zvakadaro, haufaniri kuagadzirisa uri woga! Unogona kuudza vabereki vako. Ndizvo zvakaitwa najim paakanza achitrova mwoyo nomusikana wokuchikoro kwake. Anoti, “Pakupedzisira ndakazokumbira vabereki vangu kuti vandibatsire. Izvi ndizvo zvakandibatsira kuti ndikurire manzwiro aya.” Vakuru veungano vanogonawo kukubatsira. Wadii kutaura nomumwe wavo zvauri kusangana nazvo?—Isaya 32:1, 2.

nomunhu. Zvisinei, kuziva chimwe chinhu nezvomukurumbira womumwe wako kunokosha. Vamwe vanomuona sei? Ungada kutaura nevamwe vava nenguva vachiziva munhu wacho, vakkadai sevanhu vakuru vari muungano yake. Kana ukaita izvi uchaziva kana munhu wacho ‘achipupurirwa zvakakanaka kwazvo.’—Mabasa 16:1, 2.

Ungadzidza zvakawanda nezvake kana ukanyora zvaunengye waona kuti mumwe wako amire papi pane zvatotaurwa.

Unhu 

Tsika

Mukurumbira

Uchabatsirwaho nokuona zviri mubhokisi rakanzi “Angava Murume Akandikodzera Here?” riri papeji 39 kana kuti rakanzi “Angava Mudzimai Akandikodzera Here?” riri papeji 40. Mibvunzo iripo ichakubatsira kuziva kana mumwe wako angava munhu akakodzera kuroorana naye.

Zvakadini kana pashure pokunge wafungisisa nevazvo, wogumisa kuti munhu uyu angave asina kukukodzera? Kana zvakadaro, unofanira kupindura mubvunzo unokosha wokuti:

### **Tinofanira Kurambana Here?**

Dzimwe nguva zvakakanaka kuti murambane. Chimbofunga zvakaitika kuna Jill. Anoti, “Pakutanga zvaindifadza kuziva kuti mukomana wangu aigara achinetseka kuti ndinenge ndiri kipi, ndiri kuitei uye ndinaani. Asi izvi zvakasvika pakuti akanga asingadi kuti ndipedze nguva nomumwe munhu *asiri iye*. Aitondii tira shanje pandaipedza nguva ndiine

**WAIZVIZIVA  
HERE KUTI ...**

**Ongororo dzinogara  
dzichiratidza kuti vanhu  
vanoroorana vasiri  
vechitendero chimwe  
chete vanowanzoguma  
nokurambana.**



**“Mukomana anoratidza kana  
basa rake rakachena uye kana  
rakarurama nezvaanoita.”**

—Zvirevo 20:11.



mhuri yedu—zvikurukuru ndiina baba vangu. Pandakamura-mba, ndakanzwa ndarerukirwa zvikuru!”

Zvakada kufanana nezvakaitikawo kuna Sarah. Akatanga kucherechedza kuti John, mumwe mukomana waaifambidza-na naye aitsvinya, ainyanya kurayira, uye akanga asina unhu.

Sarah anoyeuka kuti, “Pane imwe nguva akanonoka kuuya kuzonditora kumba kwedu nemaawa mata-tu! Amai vangu pavakavhura dho haana ku-taura navo, uye akabva angoti: ‘Hande. Ta-nonoka.’ Kwete kuti ‘Ndanonoka’ asi akati ‘Tanonoka.’ Aifanira kunge akakumbira ru-regerero kana kuti kutsanangura kuti zva-kanga zvafamba sei. Chinhu chikuru nde-chokuti aifanira kuremekedza amai van-gu!” Chokwadi, hazvirevi hazvo kuti kana munhu akangokanganisa kamwe chete mobva matogumisa kuti hapa-na kuri kuenda rudo rwedu. (Pisarema 130:3) Asi Sarah paakaziva kuti ku-shayiwa tsika kwaJohn kwakanga kuri magariro kwete chinhu chaakaita ka-mwe chete, akasarudza kumuramba.

Sezvakaonekwa naJill naSarah, zvakadini kana ukaona kuti munhu wauri kufambidzana naye haana ku-kodzera kuti uzoroorana naye? Kana zvakadaro, usamanikidza zvinhu zvinenge zvisingaiti! Kunyange zvazvo zvakaoma ku-zvibvuma, zvingava zvakanaka kuti murambane. Zvirevo 22:3 inoti: “Munhu ane njere anoona dambudzikovanda.” Somuenzaniso, kana mumwe wako akaratidza humwe unhu hune ngozi huri pamapeji 39 ne40, unofanira kugumisa kufambidza-na kwacho—zvimwe kusvika dambudzikoracho ragadziriswa.

**“Mabatiro anoita mumwe wako vanhu  
vokumba kwavo ndiwo mabatiro  
aachakuita.” — Tony**

Chokwadi, kurambana kungasava nyore. Asi kuroorana mubatanidzwa wechigarire. Zviri nani kurwadziwa kwenguva pfupi pane kuzotambura uchizvidemba kwoupenyu hwose!

### **Kumuudza Kwaungaita**

Unofanira kumuudza sei nezvokugumisa kufambidzana kwenyu? Kutanga, sarudza kuti ndepapi pazvinoita kuti mukurukurirane. Pangava papi? Chimbofunga kuti *iwe waizoda* ku-batwa sei mumamiriro ezhvinhu akadaro. (Mateu 7:12) Waizoda kuti zvitaurwe pamberi pevamwe vanhu here? Hawaizoda kuti zvidaro. Kunze kwokuti mamiriro acho ezhvinhu achiita, zvingava zvakanaka kuti musagumisa kufambidzana kwenyu muchishandisa muchina wokudavira foni, tsamba yeserura kana kuti yepakombiyuta. Pane kudaro, sarudza nguva nenzvimbo zvichaita kuti mu-kwanise kukurukura nyaya iyi inokosha.

Unofanira kutaura kutii kana nguva yokuti utaure yasvika? Muapostora Pauro akakurudzira vaKristu kuti ‘vataurirane chokwadi.’ (VaEfe-so 4:25) Saka nzira yakanakisisa ndeyokuti uve akangwarira asi usingatsuduguki. Taura zvakaje-ka nei uchifunga kuti kufambidzana kwenyu ha-pana *kwakunokusvitsai*. Haufaniri hako kutaura ndandanda yezikanganiso kana kuti kuramba uchingotsoropodza mumwe wako. Chokwadi, pane kuti utaure kuti, “*Hauite*” izvi kana kuti “*Haumbofi*” wakaita izvo, zvingava nani ku-ti utaure mashoko ane chokuita nemanzwiro ako—“*Ndinoda* munhu aka- . . . ” kana kuti “*Ndinofunga* kuti kufambidzana uku kunofanira kuguma nokuti . . . ”

Ino haisi nguva yokuti pamunhondo pamusasa kana kuti

yokuchinjwa mafungiro ako nomumwe munhu. Yeuka kuti wasarudza kumuramba pamusana pechikonzero chakanaka. Saka ngwarira kana mumwe wako akaedza kuchinja mafungi-ro ako achikunyengetedza nemanomano. Mumwe musikana anonzi Lori anoti, "Pashure pokunge ndamuramba, aimbova mukomana wangu akatanga kuratidza kusuruvara nguva dzo-se. Ndinofunga kuti aiita izvozvo kuitira kuti ndimunzwire tsitsi. Ndaimunzwira tsitsi asi handina kumbobvumira zvaa-iita kuti zvichinje chisarudzo changu." Kufanana naLori, ziva zvaunoda. Omerera pane zvaunenge wasarudza. Aiwa wako ngaave aiwa. —Jakobho 5:12.

### **Migumisiro Yokurambana**

Usashamiske kana ukambosuruvara kwekanguva pashure pokunge marambana. Ungatonzwা sezwakaita munyori wepi-sarema akati: "Ndavhiringidzika, ndakotama zvakanyanya; zu-va rose ndinofamba-famba ndakasuruvara." (Pisarema 38:6) Dzimwe shamwari dzinenge dziine chinangwa chakanaka dzingaedza kubatsira dzichikukurudzira kuti mudzokererane. Ngwarira! *Uchatofanira* kurarama nemigumisiro yezvaunenge

## ***zvandinoronga kuita!***

*Kana ndichitorwa mwoyo nomunhu asingatendi,  
ndicha-*



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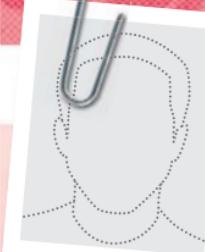
*Kuti ndizive zvakawanda nezvomunhu wandiri  
kufambidzana naye, ndinogona ku-*

---

*Izvi ndizvo zvandingada kubvunza vabereki vangu  
nezvenyaya iyi*

---

## **angava murume akandikodzera here?**



### **zvinhu zvinokosha zvaunofanira kuziva nezvake**

- Anoshandisa sei simba raangava naro?*—Mateu 20:25, 26.
- Ane zvinangwa zvei?*—1 Timoti 4:15.
- Iye zvino ari kushanda kuti azadzise zvinangwa izvozvo here?*—1 VaKorinde 9:26, 27.
- Anobata sei vanhu vokumba kwavo?*—Eksodho 20:12.
- Shamwari dzake ndivanaani?*—Zvirevo 13:20.
- Anowanzotaura nezvei?*—Ruka 6:45.
- Anoona sei mari?*—VaHebheru 13:5, 6.
- Anofarira kuvaraidzwa nei?*—Pisarema 97:10.
- Anoratidza sei kuti anoda Jehovha?*  
—1 Johani 5:3.

### **unhu hwake**

- Anobishaira here?*—Zvirevo 6:9-11.
- Anoshandisa mari zvakanaka here?*—Ruka 14:28.
- Ane mukurumbira wakanaka here?*—Mabasa 16:1, 2.
- Ane hanya nevamwe here?*—VaFiripi 2:4.

### **unhu hune ngozi**

- Haatani kutsamwa here?*—Zvirevo 22:24.
- Anoedza kuda kuti murare mose here?*  
—VaGaratiya 5:19.
- Anotuka here kana kuti anorova?*—VaEfeso 4:31.
- Kuti anakidzwe, anotofanira kunwa doro here?*  
—Zvirevo 20:1.
- Ane shanje uye anongozvifunga iye here?*  
—1 VaKorinde 13:4, 5.

## **angava mudzimai akandikodzera here?**



### **zvinhu zvinokosha zvaunofanira kuziva nezvake**

- Anoratidza sei kuti anozviisa pasi mumhuri nomuungano?**—VaEfeso 5:21, 22.
- Anobata sei vanhu vokumba kwavo?**  
—Eksodho 20:12.
- Shamwari dzake ndivanaani?**—Zvirevo 13:20.
- Anowanzotaura nezvei?**—Ruka 6:45.
- Anoona sei mari?**—1 Johani 2:15-17.
- Ane zvinangwa zvei?**—1 Timoti 4:15.
- Iye zvino ari kushanda kuti azadzise zvinangwa izvozvo here?**—1 VaKorinde 9:26, 27.
- Anofarira kuvaraidzwa nei?**—Pisarema 97:10.
- Anoratidza sei kuti anoda Jehovha?**  
—1 Johani 5:3.

### **unhu hwake**

- Anobishaira here?**—Zvirevo 31:17, 19, 21, 22, 27.
- Anoshandisa mari zvakanaka here?**—Zvirevo 31:16, 18.
- Ane mukurumbira wakanaka here?**—Rute 3:11.
- Ane hanya nevamwe here?**—Zvirevo 31:20.

### **unhu hune ngozi**

- Anokakavara here?**—Zvirevo 21:19.
- Anoedza kuda kuti murare mose here?**  
—VaGaratiya 5:19.
- Anotuka here kana kuti anorova?**—VaEfeso 4:31.
- Kuti anakidzwe, anotofanira kunwa doro here?**  
—Zvirevo 20:1.
- Ane shanje uye anongozvifunga iye here?**  
—1 VaKorinde 13:4, 5.

wasarudza—kwete neshamwari dzako. Saka usazeza kura-mba wakaomerera pachisarudzo chako—kunyange uchirwa-dziwa nezvinenge zvaitika.

Iva nechokwadi chokuti pakupedzisira, kurwadziwa kwau-noita kuchapera. Panguva ino, wadii kutora matanho anobatsi-ra, seanotevera, kuti ukurire mamiriro acho ezvinhu?

Taura manzwiro ako kune munhu waunovimba naye.\* (Zvi-revo 15:22) Nyengetera kuna Jehovha nezvenyaya yacho. (Pi-sarema 55:22) Ramba uine zvihinji zvokuita. (1 VaKorinde 15: 58) Usava zindoga! (Zvirevo 18:1) Ibva watanga kushamwari-dzana nevanhu vanokukurudzira. Edza kuramba uchifunga zvi-nhu zvinobatsira.—VaFiripi 4:8.

Nokufamba kwenguva, ungawana mumwe wokufambidza-na naye. Hapana mubvunzo kuti uchaona zvinhu wakadzika-mira. Zvichida panguva ino unenge wava kugona kupindura mubvunzo uyu wokuti, “Munhu uyu ndiye akandikodzera here?” uchiti *hungu!*

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\* Vabereki vako kana kuti vamwe vanhu vabva zera, vakadai sevakuru vechiKri-stu vangakubatsira. Ungatoona kuti vakamborwadziawo zvakadaro pavaiva vaduku.

### **ZVIRI MUCHITSAUKO CHINOTEVERA *Kana wava kufambidzana nomumwe munhu, unofanira kugumira papi panyaya yokuratidzana rudo?***

#### **UNOFUNGEI?**

- **Unhu hupi hwakanaka hwauinahwo huchaita kuti uve murume kana mudzimai akanaka?**
- **Unhu hupi hunokosha hwaungatarisa pamunhu wauchada kuroorana naye?**
- **Inyaya dzipi dzinotemesa musoro dzingamuka kana ukaroorana nomumwe munhu asiri wechitendero chako?**
- **Ungaziva sei zvakawanda nezvounhu, tsika, uye mukurumbira zvomunhu waunenge uchifambidzana naye?**



4

## Ndepapi pazvinonzi zvapfurikidza?

*Chokwadi kana kuti nhema . . .*

***Nguva dzose zvakaipa kuti vaviri vari ku-fambidzana vabatane chero zvaita sei.***

- Chokwadi
- Nhema

***Vaviri vasingaiti zvepabonde vanogona kungova nemhosva youfeve.***

- Chokwadi
- Nhema

***Kana vaviri vari kufambidzana vasingaratidzani rudo zvisina muganhu, vanenge vasinganyatsodanani.***

- Chokwadi
- Nhema

HAPANA mubvunzo kuti wakambofunga nezvenyaya iyi kakawanda. Chokwadi, kana uri kufambidzana nomumwe munhu, zvingava zvakaoma kuziva pokugumira pakuratidzana rudo. Ngatikurukurei zvirevo zvitatu zvinoda kupindurwa kuti cho-kwadi kana kuti nhema zviri pamusoro apa toona kuti Shoko

raMwari ringatibatsira sei kupindura mubvunzo wokuti, “Nde-papi pazvinonzi zvapfurikidza?”

● ***Nguva dzose zvakaipa kuti vaviri vari kufambidzana vabatane chero zvaita sei.***

**Nhemba.** Bhaibheri harirambidzi kuratidzana rudo kunoga-muchirika uye kwakachena. Somuenzaniso, Bhaibheri rinotatura nezvenyaya yomusikana Mushuramiti nomukomana mu-fudzi vakanga vachidanana. Kufambidzana kwavo kwakanga kwakachena. Asi zviri pachena kuti vaiva *nedzimwe nzira dza-vairatidzana nadzo rudo vasati varoorana.* (Rwiyo rwaSoromo-ni 1:2; 2:6; 8:5) Mazuva ano vamwe vakomana nevasikana vanenye vachifungisisa zvokuroorana vangafungawo kuti kumwe kuratidzana rudo kwakachena kwakakodzera.\*

Zvisinei, vaviri vanenye vachifambidzana vanofanira kungwarira zvikuru. Kutsvodana, kumbundirana, kana kuti kuita chero chinhu chipi chinomutsa chishuwo chokuita zvepabonde kungaguma nokuita unzenza. Zviri nyore zvikuru kuti kunyange vaviri vari kuavarira kuita zvinokudzwa vataadze kuzvidzo-ra voita unzenza.—VaKorose 3:5.

● ***Vaviri vasingaiti zvepabonde vanogona kungova nemhosva youfeve.***

**Chokwadi.** Shoko repaku-  
mba rechiGiriki rakashandurwa  
kuti “ufeve” (*por-nei'a*) rinore-  
va zvakawanda. Rinotsanangura  
marudzi ose okuita zvepabonde  
kwevanhu vasina kuroorana uye  
rinonyanya kureva kushandi-  
swa zvisina kunaka kwenhengo  
dzokubereka nadzo. Saka ufeve

\* Kune dzimwe nyika, kumwe kuratidza-  
na rudo pane vanhu kunoitwa nevanhu va-  
sina kuroorana kunonzi kushayiwa tsika  
uye hakuna kunaka. VaKristu vanofanira  
kungwarira kuti vasaita zvinhu nenzira inog-  
gumbura vamwe.—2 VaKorinde 6:3.

WAIZVIZIVA  
HERE KUTI ...



Kana makavimbisana  
kuroorana, munofanira  
kukurukura dzimwe nya-  
ya dzakavanzika. Asi  
kukurukura muchinya-  
tsojekesa nevarario  
yokumutsa chishuwo  
chokuita zvepabonde  
inzira yokusachena—ku-  
nyange kana muchiita  
zvokutaurirana pafoni  
kana kuti kunyorerana  
tsamba paserura.

## ko kana takatopfuura muganhu?

Zvakadini kana wakaita zvinhu zvisina kururama? Usa-zvinyengera uchifunga kuti unogona kugadzirisa dambudzikro racho woga. Mumwe wechiduku akati, “Ndainyengetera kuti, ‘Tibatsirei kuti tisazvipamha.’” “Dzimwe nguva zvaishanda asi pamwe pacho zvairamba.” Saka taura ne-vabereki vako. Bhaibheri rinopawo zano iri rakanaka: ‘SHE-vedza varume vakuru veungano.’ (Jakobho 5:14) Vafudzi vechiKristu ava vanogona kukupa mazano, mirayiridzo, uye kukutsiura kuitira kuti ugadzirise ukama hwako na-Mwari.

hahungorevi kuita zvepabonde chete asiwo zvinhu zvakadai sokuitisa bonhora mumwe munhu, uyewo kuita zvepabonde nomumuromo kana kuti nokunobuda netsvina.

Uyezve, Bhaibheri haringorambidzi ufeve chete. Muapostora Pauro akanyora kuti: “Mabasa enyama anooneka, uye ndeaya, ufeve, kusachena, kusazvibata.” Akawedzera kuti: “Vane tsika yokuita zvinhu zvakadai havazogari nhaka youmambo hwaMwari.”—VaGaratiya 5:19-21.

“Kusachena” kunorevei? Shoko rechiGiriki rinosanganisira kusachena kwemarudzi ose, mukutura kana kuti muzviito. Zvechokwadi kungava kusachena kubvumira kuti mumwe munhu apinze ruoko rwake muhembe dzomumwe munhu, akurre hembe dzomumwe, kana kuti apuruzire nzvimbo dzakavandika dzomumwe, dzakadai semazamu. Bhabheri rinoratidza kuti kubata mazamu kunofanira kungoitwa nevaviri vakaroora-na chete kuti vafadzane.—Zvirevo 5:18, 19.

Vasina matyira, vamwe vechiduku vanorega kuteerera mitemo yaMwari. Vanoita zvakapfurikidza vachiziva zvavo, kana kuti vanotsvaka vanhu vakawanda vavangaita navo zvepabonde. Vakadaro vangava nemhosva yekwakanzi nomuapostora Pauro “kusazvibata.” Shoko rechiGiriki rakashandurwa kuti “kusazvibata” rino reva ‘zviito zvinonyadzisa, kupfuiridza mwe-



## **“Rudo . . . haruzvibati zvisina kufanira.”**

—1 VaKorinde 13:4, 5.



ro, kusaremekedza, zvishuwo zvisingadzorwi.’ Zvechokwadi haungadi kusvika pakuva munhu asina “pfungwa yose zvayo yetsika” nokuzviregerera ‘usingazvibati uchiita zvinhu zvisina kuchena zvemarudzi ose nokukara.’ —VaEfeso 4:17-19.

### **● *Kana vaviri vari kufambidzana vasingaratidzani rudo zvisina muganhu, vanenge vasinganyatsodanani.***

**Nhemba.** Kusiyana nezvingafungwa nevamwe, kuratidzana rudo zvisina muganhu hakusimbisi rudo. Asi kunoita kuti vaviri vacho vasaremekedzane uye vasavimbane. Chimbofunga zvakaitika kuna Laura. Anoti, “Rimwe zuva mukomana wangu akauya kumba amai vangu vasipo, ndichifunga kuti ari kungo-uya kuzoona TV. Pakutanga akangobata ruoko rwangu. Zvadaro akangoerekana ava kundibata-bata. Ndakaty a kumuudza kuti asaita izvozvo; ndaifunga kuti aizogumbuka obva aenda.”

Unofungei? Mukomana waLaura ainyatsomuda here kana kuti aingotsvaka kuzvifadza? Munhu anoedza kukupinza mu-muitiro usina kuchena anenge achiratidza kuti anokuda zve-chokwadi here?

Mukomana paanomanikidza musikana kuti akanganise han-a yake uye aite zvinopesana nemirayiridzo yechiKristu, ane-nge achityora mutemo waMwari uye zvose zvaanotaura kuti anomuda zvechokwadi zvinoshaya basa. Uyezve, musikana anenge ada izvozvo anenge abvuma ku-shandisa. Zvakatonyanya kui-pa ndezvokuti anenge aita zvisina kuchena, zvichida atoita ufe-ve.\* —1 VaKorinde 6:9, 10.

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\* Chokwadi, zvataurwa mundima ino zvinoshanda kuvanhurume nevanhukadzi.

#### **ZANO**



**Fambidzanai mumapoka, kana kuti omererai pakuva nomuperekedzi. Musava mumamiriro ezvinhu ane ngozi, zvakadai sokuva mogamumotokari yakapakwa, mumba kana kuti mufurati.**

**“Ini nomukomana wangu takaverenga pamwe chete nyaya dzomumabhuku anotsanangura Bhaibheri dzinotaura nezvokuramba takachena. Tinoonga kutibatsira kwadzakaita kuti tirambe tiine hana yakachena.” —Leticia**

### **Jekeseranai Pokugumira**

Kana muri kufambidzana, mungaita sei kuti murege kuratidzirana rudo zvisina kukodzera? *Kufanojekeserana pokugumira* ndiyo nzira yokuchenjera. Zvirevo 13:10 inoti: “Vaya vanorangana vane uchenjeri.” Saka kurukura nomumwe wako kuti munoda kuratidzirana rudo munzira dzipi dzakakodzera. Kumirira kusvikira mava kunzwa muchida kuratidzana rudo musati maronga pokugumira kwakafanana nokuzoisa aramu imba yava kutotsva.

Chokwadi, kukurukurirana nyaya yakadaro kungava kwa-kaoma, kuchitonyadzisa, zvikurukuru pamunenge muchango-tanga kufambidzana. Asi kutaurirana pokugumira kungabatsi-ra zvikuru kuti musazopinda mumatambudziko akakura. Mi-

### **▷▷▷ *zvandinoronga kuita!***

*Ndinogona kunzvenga muedzo wokutamba nounzenza noku-*



*Kana munhu wandiri kufambidzana naye akaedza kundimanikidza kuti ndiite zvisina kururama, ndicha-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*



***Waizomirira kuti imba yako itange yabata  
moto usati waisa aramu here? Kana zvakadaro  
usamirira kusvikira wava nechishuwo chokuita  
zvepabonde musati makurukura pokugumira***

ganhu inoitwa nokuchenjera ingafananidza nearamu inorira kana paita utsi moto paunotanga kubvira. Uyezve, kana mu-chikwanisa kukurukurirana nyaya idzi zvingaratidzawo kuti kufambidzana kwenyu kuchabudirira zvakadini. Kutaura zvazviria, kuzvidzora, kushivirira, uye kusava noudyire ndizvo zvinoita kuti vakaroorana vagutsikane mune zvepabonde.—1 VaKorinde 7:3, 4.

Chokwadi, kuomerera pamitemo yaMwari hakusi nyore. Asi unogona kuvimba nezano rajehovha. Uyezve, pana Issaya 48:17, anozviti ndini “Iye anokudzidzisa kuti ubatsirwe, Iye anokufambisa panzira yaunofanira kufamba nayo.” Jehovha anoda kuti zvikufambire zvakanaka!

***ZVIRI MUCHITSAUKO CHINOTEVERA Umhandara hahukuiti  
kuti uve akasiyana nevamwe. Asi hunoratidza kuti  
wakachenjera. Ona kuti nei.***

#### **UNOFUNGEI?**

- **Unofanira kugumira papi panyaya dzokubatana nomukomana kana kuti nomusikana?**
- **Tsanangura kusiyana kwakaita ufeve, kusachena, uye kusazvibata.**



5

## Kurambirei ndiri mhandara?

**“Ndinonzwa ndichishuva kumborara nomukomana.”—Kelly.**

**“Ndinonzwa sokuti ndini ndoga ndisati ndamborara nomusikana.”—Jordon.**

“UCHIRI mhandara here?” Mubvunzo uyu ungaita kuti utye! Kutura zvazviri, munzvimbo dzakawanda, wechiduku anenge ari mhandara angangoonekwa somunhu asiri kufambirana nenguva, wechinyakare. Ndosaka vechiduku vakawanda vachiita zve-pabonde vachiri kuyaruka!

### **Kukwezvwa Nezvishuwo, Kumanikidzwa Nevezera Rako**

Kana uri muKristu, unoziva kuti Bhaibheri rinokuudza kuti “urege ufeve.” (1 VaTesonika 4:3) Zvisinei, ungaona zvakaoma

## chii chaizvo chinozoitika pashure pacho?

Vezera rako uye varaidzo yakakurumbira kazhinji zvinonna zvakaipira kuita zvepabonde musati maroorana. Ona zvittiko zvitatu zvinotevera. Unofunga kuti chii chaizvo chingaitika kupwere idzi?

● Mumwe mwana wechikoro anotaura achivhaira kuti akaita zvepabonde nevasikana vakawanda. Anoti zvinonakidza, hapana anokuvara. **Chii chaizvo chinozoitika pashure pacho—kwaari uye kuvasikana vacho?** 

● Rimwe firimu rinoguma nevaviri vasati varoorana vachiri kuyaruka vachiita zvepabonde senzira yokuratidza kuti vanodanana. **Chii chinozoitika pashure pacho—mukurarama chai-ko?**

● Unosangana nomukomana akanaka chaizvo anokukumbira kuti muite zvepabonde. Anoti hapana anofanira kuzviviza. Kana ukabvuma woedza kuzviviga, **chii chaizvo chinozoitika pashure pacho?**

kuti udzore zvishuwo zvokuita zvepabonde. Rimwe jaya rino-nzi Paul rinoti, “Dzimwe nguva, ndinoerekana ndava kungofunga zvepabonde pasina chikonzero.” Iva nechokwadi chokuti munhu wose anonzwawo saizvozvo.

Zvisinei, kuramba uchisekwa uye uchishungurudzwa pamusana pokuti uri mhandara hakutombonakidze zvachose! Somuenzaniso, zvakadini kana vezera rako vakakuudza kuti hausi murume chaiye kana kuti mukadzi chaiye kana usati waita zvepabonde? Ellen anoti, “Vezera rako vanoita kuti zvepabonde zviite se-zvinonakidza uye kuti hapana chakaipa nokuzviita. Kana usiri kuita zvepabonde nevanhu vakasiyana-siyana, unonzi hameno zvauri.”



**MUENZANISO WOKUTEVEDZERA**

## Josefa

Josefa anotarisana **nenguva yakaoma**. Mudzimai watenzi wake anoramba achimuteterera kuti arare naye. Iye zvino ari kuedzazve! Asi Josefa haabvumi muedzo wacho. Kutaura chokwadi, **mhinduro yake yakasimba**. Anoti kumukadzi wacho: “Ndingaita seiko chinhu ichi chakaipa kwazvo, **nditadzire Mwari?**” Paasingabvumi kuti aramba zvaanotaura, omubata, Josefa haambonyari kutiza. Chokwadi, **anotiza** achibuda mumba! Josefa anoratidza kuti murume **ane tsika dzakanaka**.—Genesici 39:7-12.

Iwewo ungatarisana nenguva apo mumwe munhu anoda kuti ubvume kugutsa zvishuwo zvako zvepabonde. Kuramba haisi nyaya yokungoti unogona kuzvidzora. Unenge uchida **kufadza Musiki wako**, Jehovha Mwari. Unoonaka, Josefa aiva nezvishuwo zvepabonde, sezvawakangoitawo. Zvisinei, akanga asingambofungi kugutsa zvishuwo izvozvo nenzira yaizogumbura Musiki wake. Saizvozvowo, unofanira **kuva nechokwadi** chokuti kusachenya mutsika kunogumbura Mwari uye kuti kunoita kuti usuruvare. Saka edza **kukudziridza uye kuramba** uine tsika dzakanaka dzakaratidza naJosefa.

**“Ndinowana simba rokudzivisa muedzo wokuita zvepabonde nokugara ndichiyeuka kuti ‘hapana chifeve kana munhu asina kuchena ane nhaka chero ipi zvayo muumambo hwaMwari.’”**

(VaEfeso 5:5)—Lydia

Asi pane zvimwe zvine chokuita nokuenda pabonde musati maroorana izvo vezera rako vasingadi kutaura nevvazvo. Somuenzaniso, Maria uyo akamboita zvepabonde nomukomana wake anoyeuka kuti: “Pashure pacho ndakashayiwa pokupinda noku nyara. Ndakanzwa ndichizvivenga uye ndakavenga mukomana wangu.” Vechiduku vakawanda havazivi kuti izvi ndizvo zvinowanzoitika. Chokwadi, kuita zvepabonde musati maroorana kunowanzoita kuti munhu ashungurudzike uye kunova nemigumisiro inorwadza!

Zvisinei, mumwe musikana anonzi Shanda anobvunza kuti, “Nei Mwari akaita kuti vechiduku vave nevvishuwo zvokuita zvepabonde, achiziva hake kuti havafaniri kuzviita kutozovikira varroora kana kuroorwa?” Uyu mubvunzo wakanaka. Asi chimbofunga zvinotevera:

**Zvishuwo zvokuita zvepabonde ndizvo chete zvaunonyanya kunzwa here?** Aiwa. Jehova Mwari akakusika uchikwanisa kuva nemanzwiwo uye zvishuwo zvakasiyana-siyana.

**Unofanira kungogutsa zvishuwo zvako chero pazvamukira here?** Aiwa, nokuti Mwari akakusika uchikwanisawo kudzora zvaunoita.

Saka unodzidzei? Ungangotada kuita kuti zvimwe zvishuwo zvisamuka, asi *unogona* kudzora zvaunoita nazvo. Chokwadi, kuteerera zvishuwo zvokuita

**WAIZVIZIVA  
HERE KUTI ...**

**Vanhu vanongoita zvepabonde pamadiro kashoma kuti varege miitiro yavo nokungoti varoora kana kuroorwa. Asi vaya vanenge vakavimbika kumitemo yaMwari yetsi ka vasati varoorana kazhinji vanozova vakavimbika kune mumwe wavo.**

zvepabonde kwaizova kwakaipa uye huri upenzi sokurova mu-mwe munhu pose paunenge watsamwa.

Chokwadi ndechokuti Mwari haana kumbotirongera kuti tishandise nhengo dzedu dzokubereka nadzo nenzira isiri iyo. Bhaibheri rinoti: 'Mumwe nomumwe wenyu anofanira kuziva kudzora muvir wake oga muutsvene nokukudzwa.' (1 VaTesonika 4:4) Sezvo paine "nguva yokuda nenguva yokuvenga," panewo nguva yokuteerera zvishuwo zvokuita zvepabonde uye nguva yokusazviteerera. (Muparidzi 3:1-8) Saka *iwe* unokwanisa kudzora zvishuwo zvako!

Asi ungaita sei kana mumwe munhu akakuseka, asingazvibumi achiti, "Uchiri mhandara *zvechokwadi* here? Usavhunduka.

Kumunhu anenge achingoda kukudzikisira, ungati: "Ehe, ndichiri mhandara, uye rega ndikuudze. Ndiri kufara kuti ndozvandiri!" Kana kuti ungati, "Hazvinei newe, haisi nyaya yandinongotura nevanhu vose vose."\* (Zvirevo 26:4; VaKorose 4:6) Ukuwo, ungafunga kuti munhu anenge achikubvunza anofanira kuziva

zvakawanda. Kana zvakadaro ungasarudza kumutsanangurira zvaunotenda zviri muBhaibheri.

Ungafunga dzimwe mhinduro here kana munhu akakubvuna zvokutsvinya achiti "Uchiri mhandara *zvechokwadi* here?" Kana zvakadaro, dzinyore pasi apa.



## Chipo Chinokosha

Mwari anonzwa sei vanhu pavanosarudza kuita zvepabonde vasati varoorana? Ngatitii watengera shamwari yako chipo. Asi

\* Zvinofadza kuti Jesu akasarudza kuramba akanyarara paaibvunzwa naHerdhi. (Ruka 23:8, 9) Kazhinji zvakanaaka kuti udaro kana ukabvunzwa mibvunzo isi-na ruremekedzo.



**‘Kana munhu upi zvake akasarudza  
izvi mumwoyo make, kuti arambe  
asina kuroora kana kuroorwa,  
achaita zvakanaka.’—1 VaKorinde 7:37.**

• • • • • •

usati waipa chipo chacho, inochivhura pamusana pokuda kuziva! Hawaizogumbuka here? Zvino chifungidzira kuti Mwari aizonzwu sei kudai waizoita zvepabonde usati waroora kana kuroorwa? Anoda kuti umirire kusvikira waroora kana kuroorwa kuti unakidzwe nechipo ichi chebonde.—Genesisi 1:28.

Unofanira kuitei nezvishuwo zvako zvokuita zvepabonde? Zvichitaurwa zviri nyore, dzidza kuzvidzora. Unogona kuzviita! Nyengetera kuna Jehovha kuti akubatsire. Mudzimu wake uno-gona kukubatsira kuti uzvidzore. (VaGaratiya 5:22, 23) Yeuka kuti Jehovha “haazonyimi vaya vanofamba vasina mhosva che-ro chinhu chipi zvachoshe chakanaka.” (Pisarema 84:11) Mumwe

## **>> zvandinoronga kuita!**

*Kana ndichizoramba ndiri mhandara kusvikira ndaroora  
kana kuroorwa, ndinofanira ku-*



*Kana shamwari dzangu dzichiita kuti zvindiomere  
kuramba ndakatsunga, ndicha-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu  
nezvenyaya iyi*

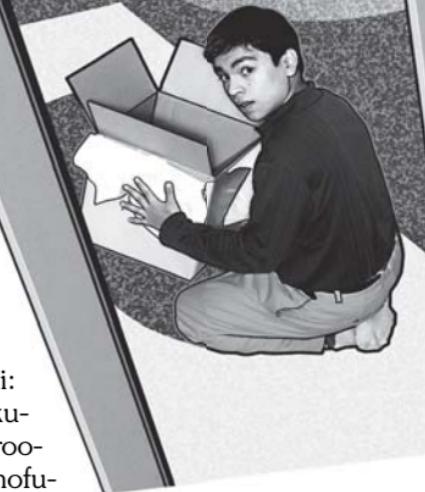
**Kuita zvepabonde usati  
waroora kana kuroorwa  
kwakafanana nokuvhura  
chipo usati wachipiwa**

wechiduku anonzi Gordon anoti:  
“Pandinonzwa ndava kufunga ku-  
ti kuita zvepabonde ndisati ndaroo-  
ra hakuna kunyanya kuipa, ndinofu-  
nga migumisiro yakaipa yakunounza  
*pakunamata* ndoziva kuti hapana chivi chinofanira kuita kuti ndi-  
rasikirwe noukama hwangu naJehovha.”

Chokwadi ndechokuti umhandara *hakusi* kusaririra. Unze-  
nza ndihwo hunobvisa unhu, hunozvidzisa, uye hunokuvadza.  
Saka usarega zvinotaurwa nenyika zvichiita kuti ufunge kuti pa-  
ne zvisina kumira zvakanaka pauri kana uchiomerera pamitemo  
yeBhaibheri. Kana ukaramba uri mhandara, unoramba uine uta-  
no hwakanaka, uine pfungwa dzakagadzikana uye zvinotonya-  
nya kukosha—uine ukama naMwari.

### **UNOFUNGEI?**

- **Unofunga kuti vamwe vanosekerei vanhu  
vanenge vachiri mhandara?**
- **Nei zvingava zvakaoma kuramba uri mhandara?**
- **Zvakanakirei kuti urambe uri mhandara kusvikira  
waroora kana kuroorwa?**
- **Ungatsanangurira sei munun’una wako  
zvakanakira kuramba uri mhandara?**



*zvoupenyu hwangu*

Kana uchida kuroorana nomumwe munhu, nyora unhu huviri hunonyanya kukosha hwawaizoda kuti munhu wacho ave nahwo uye tsanangura kuti nei uchikoshesa unhu ihwohwo. Kana ukasarudza kugara usina kuroora kana kuroorwa kwenguva yakati, nyora zvinhu zviviri zvakanakira kuramba wakadaro.

Handwriting practice lines for the title "zvoupenyu hwangu". There are ten sets of horizontal lines, each starting with a small black pen icon on the left.



# KUCHINJA KUNOITIKA MUUPENYU

2

*Hausi kufara nokuchinja  
kuri kuita muviri wako here?*  Hungu  Kwete

*Kuchinja kuri kuitika  
pakuyaruka kuri kuita kuti  
usurukirwe, uvhiringidzike  
kana kuti utye here?*  Hungu  Kwete

*Unongoswera uchifunga  
nezvevakomana kana  
vasikana here?*  Hungu  Kwete

Kana wamaka kuti “hungu” pakupindura che-ro mubvunzo upi pane iri pamusoro apa, usane-tseka—hazvirevi kuti pane chakaipa pauri! Kutau-ra zvazviri, kuchinja kunoita muviri uye manzwiro pakuyaruka kunogona kukusiya uchinzwawa manyu-kunyuku, waora mwoyo uye uchinzwawa zvimwewo. Chokwadi waigara uchida kuva munhu mukuru asi iye zvino kuchinja kwacho zvakwatanga, kunogo-na kukutyisa! **Zvitsauko 6-8** zvichakubatsira kura-rama nokuchinja kunoitika muupenyu.



# Chii chiri kuitika kumuviri wangu?

**“Ndakatanga kureba nokukurumidza.  
Zvaindirwadza. Kunyange zvazvo zvaifadza kuti  
ndiri kukura, ndairwadziwa netsandanyama  
dzomumakumbo nomutsoka. Ndaizvivenga!”**

—Paul.

**“Unoziva kuti muviri wako uri kuchinja, uye  
kuti unofunga kuti hapana ari kuzviona. Asi  
mumwe munhu ane vavariro dzakanaka  
anobva akuudza kuti ‘hudyu dzako dzava  
kuumbika’—uye unonzwa uchishayiwa  
pokupinda nokunyara!”**—Chanelle.

IWE nemhuri yenu makambotamira kune imwe nzvimbo itsva here? Kuchinja kwacho kwakanga kwakaoma, handizvo here? Chokwadi, wakasiya zvinhu zvose zwakanga wajaira—imba yenu, chikoro chako, uye shamwari dzako. Zvingangove zvakakutorera nguva kuti ujairane nezvinhu zvitsva zwakanga zvakaku-poteredza.

Pakutanga kuyaruka—nguva youpenyu yaunotanga kukura mumuviri—unova munguva yokumwe kuchinja kuku-ru muupenyu. Neimwe nzira, unenge uri kutamira “kunzvimbō” itsva. Kunonakidza here? Chaizvo! Asi kuchinja kuva munhu mukuru kunogona kuita kuti ufare uye usuruvare pa-nuguva imwe chete, uye zvingasava nyore kuti uzvijaire. Chii chinoitika panguva iyi youpenyu hwako inofadza asi ichivhi-ringidza?

## Zvinoitika Kuvasikana

Kuyaruka inguva yokuchinja kukuru. Kumwe kuchinja kunoitika kwauri kunenge kuchitooneka. Somuenzaniso, mahomoni anoita kuti bvudzi ritange kubuda munzvimbo dzako dzakavandika. Uyewo, unoona mazamu ako, hudyu, zvidya uye magaro zvichikura. Hausisina muviri womwana asi wava kutanga kuva nomuviri wakaumbika wechikadzi. Izvi hazvifaniri kukuvhundutsa—ndizvo chaizvo zvinofanira kuitika. Uye zviri pachena kuti muviri wako uri kugadzirira nguva yauchakwanisa kuva amai!

Imwe nguva pashure pokunge watanga kuyaruka, unotanga kuenda kumwedzi. Kana usina kunyatsogadzirira, uku kuchinja kukuru kunoitika muupenyu hwako kungakutyisa. Samantha anoyeuka kuti, “Ndakanga ndisina kugadzirira zvachose pandakatanga kuenda kumwedzi. Ndainzwa ndisina kuchena. Ndaizvikwesha chaizvo pandaigeza ndichifunga kuti ‘ndinosemesa zvikuru.’ Pfungwa yokuenda kumwedzi mwedzi woga woga kwemakore yaka-ndivhundutsa!”

***Kuonekana nouduku  
kungafanana nokutama  
pamba—asi unogona  
kusvika pakujaira***



Zvisinei, yeuka kuti kuenda kumwedzi kunoratidza kuti masimba ako okubereka ari kukura. Kunyange zvazvo pachizova nemakore akawanda usati wagadzirira kuva mube-reki, apa unenge wava pedyo nokusvika pachidanho cho-kuva mukadzi. Kunyange zvakadaro, kutanga kuenda ku-mwedzi kunogona kuita kuti usagadzikane. Kelli anoti, “Chi-nhu chakanyanya kuipa chaiva chokuti ndaifanira kurarama nezvinyamusi. Zvaindishungu-rudza kwazvo kuti ndaigona ku-swera ndichifara asi usiku ndo-rara ndichisvimha misodzi.”

## WAIVIZIVA HERE KUTI ...

**Munhu anogona  
kutanga kuyaruka aine  
makore 8 kana kuti ava  
nemakore 14 kana  
kudarika. Hapana  
makore chaiwo  
anganzi ndiwo  
anofanira kutanga  
kuyaruka munhu.**

Kana ari iwo manzwiro auri kuita parizvino, shivirira. Noku-famba kwenguva uchasvika pa-kuzvijaira. Annette ane makore 20 anoti: “Ndinoyeuka pandakasvika pakugamuchira kuti izvi ndizvo zvaizoita kuti ndive mu-kadzi uye kuti Jehovha akandi-

pa chipo chokuzvara. Izvi zvinotora nguva kuzvigamuchira, uye izvi zvakaomera vamwe vasikana zvikuru; asi nokufamba kwenguva unodzidza kuzvigamuchira.”

Zvimwe zvataurwa pamusoro apa zvakatotanga kuitika kwauri here? Pamitsetse inotevera, nyora chero mibvunzo ipi yauinayo nezvokuchinjia kuri kuitika pauri. 

## Zvinoitika Kuvakomana

Kana uri mukomana, kuyaruka kuchaita kuti chitarisiko chako chichinje zvikuru. Somuenzaniso, ganda rako ringaga-ra richisinina mafuta, zvichizoita kuti uve nemapundu kume-so.\* Matt ane makore 18 anoti, “Zvinoshungurudza zvikuru

\* Vasikana vanoitawo. Dambudziko racho rinogona kudere-dzwa nokuchengetedza ganda zvakanaka.

**“ Pane zvinhu zvakawanda zvinokudya mwoyo  
zvinoitika pakuyaruka, uye haumbonyatsovi  
nechokwadi chokuti muvir wako uchazochinja  
zvakadini. Asi sezvaunokura, unodzidza  
kugamuchira kuchinja kwacho uye wotokufari-  
ra. —Annette”**

kumera mapundi ose aya. Ihondo chaiyo—unofanira kuarwisa. Hauzivi kuti achazombopera, achasiya madzvanga kana kuti achazoita kuti vanhu vakutarisire pasi nokuti unawo here.”

Zvisinei, kune rimwe divi, ungacherechedza kuti uri kukura uye kusimba uye kuti mapendekete ako ari kutanga kupa-mhamha. Uyewo pakuyaruka, bvudzi ringamera mumakumbo ako, muchipfuva, nokumeso uyewo muhapwa. Asi ku-wanda kwebvdzi romuviri wako hakunei chokuita nokuti uri murume zvakadini asi inongova nyaya yedzinza.

Panguva iyi, ungangotanga kudonhedza zvinhu zvauno-bata sezvo nhengo dzose dzomuviri wako dzisingakuri pa-mwero mumwe chete. Unganzwa sokuti hauna mapfupa. Mumwe mukomana anonzi Dwayne akati zvaiita sokuti pfu-ngwa dzake dzaimuudza chimwe chinh, uye maoko ake achiita zvakasiyana.

Paunenge wava kumakore 15 kana kuti 16 inzwi rako rinokora, asi zvichiitika zvishoma nezvishoma. Kwenguva yaka-ti, ungave uchitaura nebhesi, asi apo neapo inzwi rako rinozhe-zhera zvinonyadzisa. Zvisinei, usanetseka. Pakupedzisira, inzwi rako richanaka. Panguva iyi, kudzidza kuseka nezvazvo kucha-kubatsira kuti usanyanya ku-nyara.

Sezvaunokura, nhengo dzako

#### ZANO

**Muviri wako  
paunotanga kukura,  
ngwarira kuti  
usapfeke zvipfeko  
zvinomutsa zvishuwo  
zvokuita zvepabonde.  
Nguva dzose pfeka  
zvinoratidza “mwero  
nepfungwa  
dzakanaka.”**

**—1 Timoti 2:9.**



**“Ndichakurumbidzai nokuti ndakaitwa  
nenzira inoshamisa.”**—Pisarema 139:14.

• • • • • • •

dzokubereka nadzo dzinokura uye bvudzi rinomera. Dzintangawo kugadzira urume. Urume uhwu hune mamiriyni embeu dzisingaoneki, dzinobudiswa pakuita zvepabonde. Mbeu imwe chete inokwanisa kuberekesa zai rimwe chete romukadzi pova nomwana.

Urume hunoungana mumuviri mako. Humwe hunoshandiswa nomuviri, asi apo neapo, humwe hungabudiswa usiku wakarara. Vakawanda vanokuti kuzvirotera. Izvi zvinoitika muupenyu. Kunyange Bhaibheri rinotaura nezvazvo. (Revhitiko 15:16, 17) Zvinoratidza kuti nhengo dzako dzokubereka nadzo dziri kushanda uye kuti uri kukura kuva murume.

Zvimwe zvataurwa pamusoro apa zvakatotanga kuitika kwauri here? Pamitsetse inotevera, nyora chero mibvunzo ipi yauinayo nezvokuchinja kuri kuitika pauri. ☺.....

.....  
.....

### **Kurarama Nemanzwiro Matsva**

Sezvo nhengo dzokubereka nadzo dzinokura, vose vakomania nevasikana vanotanga kuonana nerimwe ziso. Matt anoti, “Pandakayaruka, ndakatanga kuona kuti kune vasikanava kanaka chaizvo. Izvozvo zvainyatsondikododzvora nokuti ndakazivawo kuti hapana zvandaigona kuita kusvikira ndati kurei.” Chitsauko 29 chebhuku rino chichakurukura zvakadzama nezvokukura uku. Zvisinei, iye zvino, unofanira kuziva kuti zvinokosha kuti udzidze kudzora zvishuwo zvako zvokuita zvepabonde. (VaKorose 3:5) Kunyange hazvo zvingaita sezvakaoma, unogona kusarudza kusazviteerera!

Pane mamwe manzwiro aungafanira kutsungirira

## **ndingataura sei nababa kana naamai nezvepabonde?**

“**Pandaiva nomubvunzo  
une chokuita nezvepabo-  
nde, ndaisabvunza  
vabereki vangu.**”—Beth.

“**Ndakanga ndisina  
ushingi hwokuzvitau-  
ra.**”—Dennis.

Kana wakaita saBeth kana kuti Dennis, uri parumananzo-mbe. Unoda kuziva nezvepabonde, asi vanhu vane mhinduro dza-cho vangava vaya vaungasada kubvunza—vabereki vako! Unonetseka nezvinhu zvakawanda:

### **Vachafungei nezvangu?**

“*Handidi kuti vandifungire nokuti ndinenge ndabvunza.*”  
—Jessica.

“*Vanoda kuti urambe uri muduku asina chaanopomerwa, uye zuva raunotanga kutaura navo nezvepabonde, havazokuoni somunhu akadaro.*”—Beth.

### **Vachazvitambira sei?**

“*Ndinotya kuti vabereki vangu vangamhanyirira kundifungira ini ndisati ndapedza kutaura votanga kunditaurira twakawanda-wanda.*”—Gloria.

“*Vabereki vangu havatani kubudisa manzwiro avo, saka ndinotya kuona kusafara kunenge kuri pazviso zvavo. Chokwadi, pandinenge ndichitaura baba vangu vangangodaro vachifunga twakawanda-wanda twokuzondiudza.*”—Pam.

### **Vachatadza kunzwisia chikonzero chandabvunzira here?**

“*Vangaiita nyaya hombe votanga kundibvunza mibvunzo yakadai seiyi, ‘Wakaedzwa kuti uite zvepabonde here?’ kana kuti ‘Vezera rako vari kukukurudzira here?’ Asi zvichida unongoda kuziva.*”—Lisa.

“*Baba vangu vanogara vachiratidza kunetseka pose pandintonatura nezvomukomana. Vanobva vatanga kutaura neni zvine chokuita nebonde. Mupfungwa dzangu ndinenge ndichiti, ‘Baba, ini ndangoti mukomana wacho akanaka. Handina zvandatura nezvokuroorana kana kuti zvepabonde!*”—Stacey.

Zvingakunyaradza kuziva kuti vabereki vako vanganzwa va-chinyara kutaura newe zvepabonde sokunyara kwaungaitawo kutaura navo nezvazvo! Zvichida izvozvo ndizvo zvinoratidzwa pa-ne zvakabuda pakuongorora kwakaitwa apo 65 muzana yevabe-reki vakati vanotaura nevana vavo nezvepabonde, asi 41 muzana chete yevana vacho ndivo vanoyeuka vachikurukura nevabereki vavo nezvazvo.

Chokwadi ndechokuti vabereki vako vangazeza kutaura ne-zvepabonde. Kazhinji kacho vabereki vavowo havana kumbotau-ra navo nezvazvo! Chero chingava chikonzero, edza kuwashiviri-ra. Zvichida—kana ukashinga kutaura navo nezvazvo—zvichaba-tsira *iwe* nevabereki vako. Sei?

### **Matangiro Aungaita Nyaya Yacho**

Vabereki vako vane uchenjeri hwakawanda nemazano ane chokuita nezvepabonde. Asi unongoda kuziva kuti ungatanga sei. Edza zvinotevera:

- 1 Ita kuti vazine kuti kunyange zvakakuomera, unoda kutaura navo nezvazvo.** “*Ndinozeza kuzitaura nokuti ndinotya kuti mungazofunga kuti . . .*”
- 2 Zvadaro udza baba kana amai kuti nei wauya kwavari.** “*Asi ndine mubvunzo, uye ndingada kuti imi mundipindure kwete mumwe munhu.*”
- 3 Ibva wabvunza mubvunzo wacho.** “*Mubvunzo wangu ndewo-kuti . . .*”
- 4 Pamunopedza kukurukura, iva nechokwadi chokuti panosara mukana wokuti muzokurukurazve munguva yemberi.** “*Kana ndikava nomumwe mubvunzo, ndingazokubvunzai zvekare here?*”

Kunyange zvazvo uchiziva kuti mhinduro yacho ndihungu, kuhnza vabereki vako *vachiitaura* kuchaita kuti parambe paine mukana zvichiita kuti unzwe wakasununguka paunoda kuzotaura navo nguva inotevera. Saka zviedze! Ungangoguma wabvumirana naTrina. Iye zvino ane makore 24, anoti: “*Panguva yandaitaura naamai vangu, ndinoyeuka ndichishuva kuti dai takanga tisi-ri kuzvikurukura.* Asi iye zvino ndinofara kuti amai vangu vaibuda pachena. Zvave zvichindidzivirira zvikuru!”

pakuyaruka. Somuenzaniso, zviri nyore kuti ungonzwa usi-  
ngazviremekedzi. Vechiduku vakawanda vanosurukirwa,  
uye dzimwe nguva vanomboora mwoyo. Panguva dzakada-  
ro, zvakana kuti utaure nomubereki wako kana kuti mu-  
mwe munhu mukuru waunovimba naye. Nyora zita romu-  
nhu mukuru waunogona kutaurira manzwiro ako.

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## **Kukura Kunokosha Kupfuura Kwose**

Kukura kwako kunokosha kupfuura kwose hakusanga-  
nisiri kureba, chimiro, kana kuti kuchinja kunoita chiso  
chako, asi kukura kwaunoita somunhu, mupfungwa, mu-  
manzwiro uye kupfuura zvose, mune zvokunamata. Mu-  
postora Pauro akati: "Pandaiva mucheche, ndaitaura somu-  
cheche, ndaifunga somucheche, ndairangarira somucheche;  
asi zvino zvandava murume, ndakarega miitiro youcheche."  
(1 VaKorinde 13:11) Chidzidzo chacho chakajeka. Hazvina  
kukwana kuti uratidzike somunhu mukuru. Unofanira kudzi-  
dza kuita zvinhu, kutaura, uye kufunga somunhu mukuru.

## **➤➤➤ *zvandinoronga kuita!***

*Sezvandinokura kuva munhu mukuru, unhu hwandinofa-  
nira kunyanya kushandira pahuri ndouhwu*



*Kuti ndifambire mberi mune zvokunamata, ndicha-*

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*Izvi ndizvo zvandingada kubvunza vabereki vangu nezve-  
nyaya iyi*

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Usanyanya kufunga zvinenge zvichiitika pamuviri wako zvokuti unoregeredza kuvandudza munhu womukati!

Yeukawo kuti Mwari “anoona zvakaita mwoyo.” (1 Samueri 16:7) Bhaibheri rinotaura kuti Mambo Sauro aiva mureref uye akanaka, asi akatadza kuva mambo uye murume akanaka. (1 Samueri 9:2) Kusiyana naye, Zakeyo akanga ari “mupfupi,” asi aiva nesimba romukati rokuchinja mararamiro ake ndokuva mudzidzi waJesu. (Ruka 19:2-10) Zviri pachena kuti zviri *mukati* ndizvo zvinonyanya kukosha.

Chokwadi ndechokuti: Hapana nzira yakanaka yokukurumidzisa kana kuti yokunonotsa kukura kunoita muviri woomunhu. Saka pane kusafarira uye kutya kuchinja kunenge kuchiitika, edza kuzvigamuchira usingaori mwoyo—uchizvitora sezvinhu zvokuseka nevvazvo. Kuchinja kunoitika pakuyaruka hachisi chirwere, uye hausi iwe wokutanga kusangana nazvo. Uye iva nechokwadi chokuti hazvikuurayi. Kana matambudziko okuyaruka apfuura, uchange wava munhu mukuru!

**ZVIRI MUCHITSAUKO CHINOTEVERA *Zvakadini kana usingafariri zvaunoona paunozvitarira mugirazi? Ungava sei pakati nepakati mumaonero aunoita chitarisiko chako?***

**UNOFUNGEI?**

- **Nei kuchinja kunoitika mumuviri uye mupfungwa pakuyaruka kwakaoma kwazvo kunzwisia?**
- **Chii chaunoona chakanyanya kuoma pakuchinja uku?**
- **Nei kuda kwaunoita Mwari kungadzikira paunenge uchiyaruka, asi ungaitei kuti izvozvo zvisaitika?**

# Ko kana ndichivenga chitarisiko changu?



*Unowanzoodzwa mwoyo  
nechitarisiko chako here?*



Hungu    Kwete

*Wakambofunga nezvokuvhiyiwa  
kuti uvandudze chitarisiko chako  
here kana kuti kudya  
zvishomanana kuti uve  
nechitarisiko chakanaka?*

Hungu    Kwete

*Kudai waigona, ndezvipi  
zvawaizochinja?  
(Komberedza zviya zvinoshanda.)*

Urefu  
Chimiro  
Ruvara  
rweganda

Uremu  
Bvudzi  
Inzwi

KANA wapindura mibvunzo miviri yokutanga kuti hungu uye wakomberedza zvinhu zvitatu kana kuti zvinopfura pane we-chitatu, chimboona nyaya yacho nerimwe ziso: Zvingangodaro kuti vamwe havatombokuoni neziso rakaipa sezvaunozviita. Zviri nyore kuti upfuuure mwero wonyanya kunetseka nezvechitarisiko chako. Kutura zvazviri, kumwe kuongorora kwakaitwa kwakaratidza kuti vasikana vakawanda kazhinji vanotya zvikuru kusimba pane kutya kwavanoita hondo yenyukireya, kenza, kana kuti kufirwa nevabereki vavo!

Hapana mubvunzo kuti chitarisiko chako chine zvachinota pamaonero aunozviita, uye kubatwa kwaunoitwa nevamwe. Maritza ane makore 19 anoti, "Pataikura, vanasisi vangu vaviri vaiva tsvarakadenga chaidzo, asi ini ndaiva ndakafuta. Ndaisekwa chaizvo kuchikoro. Uye-zve, mainini vangu vaindishevedza nezita remadunhuriwa ro-kuti Chubs, raiva zita reimbwa yavo duku yaiva yakakora chavezvo!" Zvakada kudaro zvakaitikawo kuna Julie, ane makore 16. "Kuchikoro mumwe musikana akanditsvinyira achiti ndaiva 'nemazino anenge etsuro.' Kunyange zvazvo zvakanga zvisiri chinhu chikuru, zvakaita kuti ndisanzwa zvakanaka, uye iye zvino ndinotonyara nemazino angu!"

### ***Maonero aunozviita angafanana nezvau- noona mugirazi risina kunaka***



## **Kunetseka Here Kana Kuti Kunyanya Kuzvifunga?**

Hazvina kuipa kuti unetseke nezvechitarisiko chako. Kutura zvazviri, Bhaibheri rinotaura zvakakanaka nezvechitarisiko chevaru-

**Kwenguva yakareba, ndaisekwa kuti ndine maziso akakura. Ndakadzidza kuseka nezvazvo uye kuvawo nechivimbo nounhu hwangu nezvimwe zvandinokwanisa. Ndakatojaira chitarisiko changu. Ndinogamuchira izvozvo zvandiri.** —Amber

me nevakadzi vanoverengeka, vanosanganisira Sara, Rakeri, Josefa, Dhavhidhi uye Abhigairi. Bhaibheri rinoti mumwe mu-kadzi ainzi Abhishagi “akanga akanaka kwazvo.”—1 Madzimambo 1:4.

Zvisinei, vechiduku vakawanda *vanonyanya kufunga ne-zvechitarisiko chavo*. Somuenzaniso, vamwe vasikana *vano funga kuti kuva munhu anoyevedza kunoreva kuva mutete*, uye *tsvarakadenga dzakatetepa dzine mifananidzo yakanaka kwazvo inobuda mumagazini dzinoita sedzinotsigira pfungwa iyi*. Havana basa nokuti mifananidzo yakadaro ino-*mesa mate mukanwa yakanatsiridza kana kuti yakachinjwa kuti ive nani nekombiyuta uye tsvarakadenga idzodzo dzinotofani-*ra kudya zvishomanana kuti dzirambe dzakatetepa!* Kunyange zvakadaro, kuzvienzanisa nezvunoona mumagazini kungakugu-*mbura. Ko kana usingafari zva-*chose nechitarisiko chako? Kutan-*ga, unofanira kunyatsozvitarira.**

### **Unozviona Nenzira Isina Kururama Here?**

Wakambozvitarira mugirazi risina kunaka here? Zvaunoona zvingakuita munhu akakura kana kuti muduku pane zvauri. Chero zvazvingava, zvaunoona hazvina kururama.

Saizvozvovo, vechiduku vakawanda vanozviona nenzira

**WAIZVIZIVA  
HERE KUTI ...**



**Dzimwe nyanzvi dzinyevera kuti kana ukadya zvishomanana uchiitira kuti uderedze uremu, muvir wako “ungachinja sokunge kuti uri mudambudziko,” wononotsa kushandiswa kwezvokudya mumuviri, uye wokurumidza kusimba zvekare!**

isina kururama. Chimbofunga izvi: Pane kumwe kuongorora kwakaitwa, vasikana 58 muzana vaizviti vakafutisa, asi zvecho-kwadi vakanga vakadaro vaiva 17 muzana chete. Pane kumwe kwacho, 45 muzana yevakadzi vakanga *vakatetepa chaizvo* vafunga kuti vakanga vakafutisa!

Vamwe vatsvakurudzi vanoti vasikana vakawanda vanonetseka kuti vakafutisa havana chikonzero chokuti vaite izvozvo. Chokwadi izvozvo hazvigoni kukunyaradza kana uri munhu akasimba. Kana wakafuta, chii chingava chikonzero?

Majini anogona kuva nezvaanoita. Ndezvomuzvarirwo ku-

## ZANO

### **Paunenge uchiedza kuderedza uremu . . .**

● **Usarega kudya zvo-  
kudya zvemangwanani.  
Kana ukarega, nzara ya-  
unova nayo inozoita kuti  
udye zvakawanda *ku-  
pfuura* zvawaizodya.**

● **Inwa girazi hombe  
remvura nguva dzose  
usati wadya. Zvichaita  
kuti usanyanya kunzwa  
nzara zvokubatsira ku-  
dzora madyiro aunoita.**

ti vamwe vanhu vatete asi vano-  
ratidza kuti vakagwinya. Asi ka-  
na majini akaita kuti uve munhu  
ane muviru wakaurungana uye  
akafuta, majini ako haana kug-  
adirwa kuti uve mutete. Paure-  
mu hunonzi hune utano, zvimwe  
ungazviona wakafuta kupfuura  
zvaunoda. Kurovedza muviru uye  
kudya zvakakodzera kungabatsi-  
ra, asi kazhinji kacho haugoni  
kuchinja chimiro chomuviri wa-  
ko chawakatora kubva kudzinza  
rako.

Chimwe chikonzero chinga-  
va chokuchinja kunoitika pa-  
kuyaruka. Panguva yokuyaruka  
musikana angabva pakuba nei-  
nenge 8 muzana yemafuta omu-  
viru ova neinenge 22 muzana ye-

mafuta omuviri. Kazhinji, nokufamba kwenguva musikana  
akafuta ane makore 11 kana 12 anogona kuzova nomuviri wa-  
kanaka paanopedza kuyaruka. Ukuwo, zvakadini kana zvakai-  
ta muviru wako zvichikonerwa nokushaya zvokudya zvakako-  
dzena kana kuti nokusarovedza muviru? Ko kana muviru wako  
uchifanira kudzikira pamusana pezvikonzero zvoutano?



**'Munhu anoona zvinooneka nemaziso;  
asi Jehovha, anoona zvakaita mwoyo.'**

—1 Samueri 16:7.



## **Kuita Zvine Mwero**

Bhaibheri rinorumbidza kuva ne“tsika dzine mwero.” (1 Timoti 3:11) Saka usava netsika yokurega kudya kana kudhayeta zvakanyanya. Zvichida nzira yakanakisisa yokuderedza uremu ndeyokuva nourongwa hwokudya zvine utano uye kurovedza muvirizvine mwero.

Haufaniri hako kuenda padhayeti inenge ichifarirwa nevakawanda panguva iyoyo. Somuenzaniso, mapiritsi okudhayeta angaita kuti usava nenzara kwenguva yakati; asi muvirizvine mweru rumidza kujairana nawo, uye unotangazve kunzwa nzara. Kana kuti muvirizvine wako uniononoka kushandisa zvokudya uye unowedzera kusimba—tisingarevi matambudziko anosangana nevamwe akadai sedzungu, B.P, kuzvidya mwero uye kunyange kupoindwa muropa. Izvi ndizvo zvinokonzerwawo nemapiritsi anosveta mvura mumuvirizvine kana kuti anoita kuti muvirizvine ukurumidze kushandisa zvokudya.

Kusiyana nezviri pamusoro apa, purogiramu yakanaka yokudya, pamwe chete nokugara uchirovedza muvirizvine mweru, zvichakubatsira kuti utarisike uye unzwe zvakana. Kurovedza muvirizvine mweru kakati wandei pavhiki kuchakubatsira zvikuru pautano hwako. Zvingangova zvakakwana kuita chimwe chinhu chiri nyore chakadai sokufambisa kana kukwira masitepisi.

## **Ngwarira Musungo Weanorexia!**

Vachiedza kuderedza uremu, vechiduku vakawanda vakasvika pakuba neanorexia—dambudziko rine ngozi kuupenyu rokusada kudya rakafanana nokuzviuraya nenzara. Pashure pemwedzi mina abatsirwa padambudziko rake rokusada kudya, Masami anoti: “Kana vanhu vakanditi ‘unoratidzika zvakana,’ ndinozviudza kuti, ‘Zvingangodaro nokuti ndiri kufuta.’”

Panguva dzakadaro ndinochema ndofunga kuti, ‘Dai ndaikwanaisa kuvazve nomuviri wandaimbova nawo—muviri wandaiva nawo mwedzi mina yadarika!’

Anorexia inogona kutanga usingafungiri. Musikana wechiduku angatanga dhayeti inoita seisngakuvadzi, zvime achingoda kudzikira zvishoma. Zvisinei, paanosvika paanga achiti ari kuda haagutsikani. Sezvaanzitarisa mugirazi asingafari-ri zvaanoona anoti: “Ndichakanyanya kufuta!” Saka anosaruda kumbodererazve zvishoma. Obva adererazve. Uye oderera-zve. Inobva yava tsika uye pfungwa yokusada kudya inodyarwa.

Kana uine zviratidzo zvokusada kudya kana rimwe dambudziko rokudya, *unoda kubatsirwa*. Taura nomubereki wako kana kuti mumwe munhu mukuru waunovimba naye. Chirevo cheBhaibheri chinoti: “Shamwari yechokwadi ine rudo nguva dzose, uye ihama inoberekwerwa kubatsira pakunenge kuine kurtambudzika.”—Zvirevo 17:17.

### **Chinonzi Runako Rwechokwadi**

Bhaibheri rose zvaro harinyanyi kusimbisa nezvechitarisiko kana chimiro chomunhu. Asi ichokwadi kuti munhu womukati

## **zvandinoronga kuita!**

*Ndinogona kuchengetedza utano hwangu noku-*



*Purogiramu yangu yakakodzera yokurovedza muviri ingasanganisira*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*

ndiye anoita kuti munhu ave anokwezva kana kuti kwete mukuna kwaMwari.—Zvirevo 11:20, 22.

Chimbofunga nezvaAbsaromu mwanakomana waMambo Dhavhidhi. Bhaibheri rinoti: “Pakati palsraeri wose pakanga pasina murume akanga akanaka kwazvo uye airumbidza kwa-zvo. Kubvira pasi petsoka dzake kusvikira panhongonya yomusoro wake pakanga pasina pakaremara.” (2 Samueri 14:25) Asi murume muduku uyu aiva nounyengeri. Kudada nokuda mukurumbira zvakamuita kuti ade kubvuta chigaro chamambo akagadza waJehovha. Nokudaro, Bhaibheri haritauri zvakanaka nezvaAbsaromu, asi rinotaura nezvake somurume akanga asingayari nokusavimbika kwake uye aivenga zvokuda kutouraya.

Pfungwa inokosha ndeyokuti “Jehovha ndiye anoona zvakaита mwoyo”—kwete kukura kwakaита chiuno chomusikana kana kuti mhasuru dzomukomana. (Zvirevo 21:2) Saka kuynyange zvazvo pasina chakaipa nokuda kutarisika zvakanaka, unhu hwako ndihwo hunonyanya kukosha kupfuura chitarisiko chako. Kutaura zvazviri, unhu hwokunamata huchaita kuti ukwezve vamwe kupfuura zvingaitwa nomuviri wakagwinya uye wakanaka!

**ZVIRI MUCHITSAUKO CHINOTEVERA *Vechiduku vakawanda  
vane zvirwere zvisingaperi kana kuti vakaremara. Kana  
zvirizvo zvauri, ungararama sei nemamiriro ako ezvinhu?***

#### UNOFUNGEI?

- **Unonzwa sei nezvechitarisiko chako?**
- **Ungatora matanho api ane musoro kuti unatsiridze chitarisiko chako?**
- **Waizoti kudini kushamwari yako inenge yava nedambudziko rokudya?**
- **Ungabatsira sei munun'una wako kuti aone chitarisiko chake zvine mwero?**

# Nei ndichirwara zvakadai?

*“Paunenge uchiri muduku, unofunga kuti hapana chinokukunda. Zvadaro, unongoere-kana warwara zvakaipisia woziva kuti pane chinokukunda. Unonzwa sokuti watoche-mbera muusiku humwe chete.”—Jason.*

AVA nemakore 18, Jason akaziva kuti aiva nechirwere chino-nzi Crohn, chirwere chomuura chinopedza simba uye chino-rwadza zvikuru. Zvichida iwewo une chirwere chisingaperi kana kuti wakaremara. Zvinhu zvinongoitwa nevakawanda —zvinosanganisira kupfeka mbatya, kudya, kana kuti kue-nda kuchikoro—zvingakuomera zvikuru.

Dambudziko routano risingaperi ringaita kuti unzwe sokuti wakavharirwa mujeri, mausina rusununguko. Ungasurukirwa. Ungatotanga kunetseka kuti zvimwe wakatadzira Mwari kana kuti Mwari ari kukuedza kuti aone kuvimbika kwawakaita kwaari. Zvisinei, Bhaibheri rinoti: “Hapana munhu  
*(Inopfuurira papeji 79)*

**Dambudziko routano risingaperi ringaita kuti unzwe sowakavharirwa mujeri—asi Bhaibheri rinopa tariro yokusunungurwa**

**DUSTIN, 22** “*Ndinoyeuka ndichichema ndiri mumaoko amai vangu pandakaziva kuti ndaizogara muwiricheya. Ndaingova nemakore masere chete.*



Ndine chirwere chinopedza tsandanyama chionzi muscular dystrophy. Ndinoda kubatsirwa kupfeka, kugeza uye kudya. Handitombogoni kana kusimudza maoko angu. Asi ndave ndakabatikana, ndichifara, uye ndine zvakawanda zvinondiita kuti ndionge. Nguva dzose ndinobuda muushumiri uye ndiri mushumiri anoshumira muungano. Handitomboroti zvangu kuti upenyu hwakaoma. Pagara paine zvokuita uye zvokutarisira pakushumira Jehovha. Pakupedzisira, ndinotarisira nyika itsva yaMwari, ‘pandichakwakuka sezvinota nondo hono.’” —Isaya 35:6.

**TOMOKO, 21** “*Pandaingova nemakore mana, chiremba akandiudza kuti: ‘Uchafanira kuzvibaya majekiseni echirwere cheshuga kwoupenyu hwako hwose.’*

Hazvisi nyore kudzora uwandu hweshuga mumuviri womunhu ane chirwere chacho. Kazhinji, handigoni kudya pandinenge ndichida, asi pandinenge ndisingadi ndipo pandinofanira kudya. Kusvika parizvino ndakazvibaya majekiseni 25 000, saka ndine madzvanga mumao-ko angu nomuzvidya. Asi vaberekvi vangu vakandibatsira kuti ndiite zvandinokwanisa nou-rwera hwangu. Vaigara vachifara uye vachitaura zvinokurudzira, uye vakandidzidzisa kuti ndikoshese zvinhu zvokunamata. Jehovha ave akanaka kwandiri. Utano hwangu pahwakava nani, ndakasarudza kuratidza kuonga kwangu nokutanga ushumiri hwenguva yakazara.”



■ **JAMES, 18** «*Vanhu havazivi zvokuita nomunhu ane chimiro chakanyanya kusiyana nechevamwe, uye ndicho chimiro chandiinacho.*

Ndakapfupika zvikuru. Vanhu vannya kufunga nezvechitarisiko, saka nguva dzose ndinoedza kuratidza kuti handisi mwana mudiki ane bhesi. Panne kunetseka nezvandisiri, ndinoedza kufunga zvandiri. Ndinonakidzwa noupenyu hwangu. Ndinodzidza Bhaibheri uye ndinonyengetera kuna Jehovha kuti anditsigire. Mhuri yedu inogara ichindikurudzira. Ndinotarisira nguva apo Mwari achabvisa zvirwere zvose. Parizvino, ndinorarama nourema hwangu, asi handiiti kuti urema hwacho hudzore upenyu hwangu.»



■ **DANITRIA, 16** «*Ndakaziva kuti chimwe chinhu hachina kumira zvakanaka nokuti kunyange pandaisimudza girazi chairo ndairwadziwa zvikuru.*

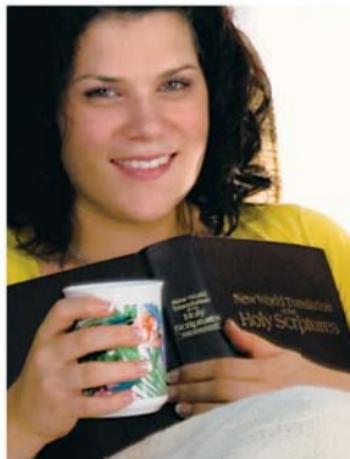
Kuva nechirwere chinonzi fibromyalgia kunorwadza mupfungwa nomunyama. Sowecheduku, ndinodawo kuita zvinoitwa neshamwari dzangu, asi zvinhu zvose zvanyanya kundiomera kupfuura zvazvaiva. Kunyange kubatwa nehope ibasa chairo!

Asi ndakadzidza kuti Jehovha anogona kundibatsira kuti ndiitewo zvinoita vamwe pasinei nechirwere changu. Ndakatombo-kwanisa kuwedzera ushimiri hwangu no-kuva piyona webetsero. Zvakanga zvakoma, asi ndakazviita. Ndinoedza kuita zvose zvandinogona. Ndinofanira 'kuteerera' muviri wangu ndoita zvandinogona. Amai vangu varipo nguva dzose kuti vandiyeuchidze kana ndikakanganwa!»



**■ ELYSIA, 20 “Ndaimbova shasha chaiyo kuchikoro. Iye zvino rava basa chairo kuverenga mutsara uri nyore, uye dzimwe nguva zvinondiodza mwoyo.**

Chirwere chisingaperi chinokonzena kushayiwa simba uye kuneta chinonditadzisa kuita zvinhu zviri nyore. Kunyange kubuda mumagumbeze chaiko kunowanzo-va kwakaoma. Asi handisati ndamboita kuti chirwere changu chidzore upenyu hwangu. Ndinoverenga Bhaibheri rangu mazuva ose, kunyange zvazvo zvingareva kuverenga ndima shomanana kana kuti kuita kuti mumwe womumhuri medu andiverengere. Ndinoonga mhuri yedu zvikuru. Baba vakatorega imwe ropafadzo yavaiva nayo pane rimwe gungano kuti vandibatsire kuti ndivepowo. Havana kumbotsutsumwa. Vakati ropafadzo yakakura zvikuru yavangava nayo ndeyo-kutarisira mhuri yavo. ■■



**■ KATSUTOSHI, 20 “Ndinovhunduka ndoerekana ndava kuridza mhere ndichidedera zvinotyisa, ndichingokanda-kanda zvinhu uye ndichiparadza zvimwe.**

Ndave ndiine pfari kubva ndiine makore mashanu. Dzino-ndibata kanomwe pamwedzi. Ndinofanira kunwa mushonga mazuva ose, uye nemhaka yaizvozvo ndinonzwa kuneta. Asi ndinoedza kufungawo vamwe kwete kungozifunga. Muungano medu mune vashumiri venguva yakazara vaviri vezera rangu vave vachinditsigira zvikuru. Pandakapedza chikoro, ndakawedzera ushumiri hwangu. Kuva nepfari chinetsa chezuva nezuva. Asi pandinenge ndakaora mwoyo, ndinova nechokwadi chokuti ndazorora. Panozosvika mangwana acho ndinenge ndava kunzwa zviri na-ni. ■■



■ **MATTHEW, 19** *“Zvakaoma kuti uremekedzwe nevezera rako kana usingakwani muchikwata chevanhu vavanoti ‘vakakwana.’”*

Ndinofarira kutamba mitambo, asi handikwanisi. Ndine chirwere chinokangani-sa tsinga netsandanyama dzinobva mu-musoro, uye kufamba kunotondinetsa. Kunyange zvakadaro, handizvinetsi nezvini-nhu zvandisingagoni kuita. Ndinoita zvi-nhu zvandinogona, zvakadai sokuverenga. Imba yoUmambo ndiyo nzvimbo yandino-nzwa ndakasununguka ndisinganetseki nokuti vamwe va-notii nezvangu. Zvinonyaradzawo kuziva kuti Jehovha ano-ndida nemhaka yezvandiri nechomukati. Kutaura zvazviri, handitombozvioni somunhu akaremara asi somunhu ane ri-mwewo dambudziko rake oga rokukurira. ■■■



■ **MIKI, 25** *“Ndaimboita zvemtambo. Asi ndichiri kuyaruka ndakabva ndaerekana ndaita sokunge kuti ndachembera.”*

Ndakaberekwa ndiine buri mumwoyo. Zviratidzo zvacho zvakatanga kuoneka ndichiri kuyaruka. Kwaperra makore matanhatu ndavhiyiwa, asi ndi-nongonzwa ndakaneta ndichirwadziwa nomusoro usingaperi. Saka ndinozviitira zvinangwa zvenguva pfupi zvandino-kwanisa. Somuenzaniso, ndave ndichi-kwanisa kuita ushumiri hwenguva yakazara, kazhinji kacho ndichiita zvokunyora tsamba uye kupupurira norunhare. Uyewo urwere hwangu hwandibatsira ku-va nounhu hwandakanga ndisina, hwa-kadai somwoyo murefu uye kuzvi-nipisa. ■■■





**“Panguva iyoyo . . . hakuna mugari wemo  
achati: ‘Ndiri kurwara.’ ”**—Isaya 33:23, 24.

• • • • • •

(Inobva kupeji 74)

angaedza Mwari nezvinhu zvakaipa uyewo iye haaedzi munhu.” (Jakobho 1:13) Kurwara kunongova chinhu chinongotika pakurarama kватiri kuita parizvino, uye tose tinowirwa “nenguva nezviitiko zvingafanoonekwi.”—Muparidzi 9:11.

Zvinofadza kuti Jehovha Mwari akavimbisa nyika itsva isina “mugari wemo achati: ‘Ndiri kurwara.’ ” (Isaya 33:24) Kunyange vakafa vachamutswa kuitira kuti vawane mukana wokuva munyika itsva iyoyo. (Johani 5:28, 29) Zvisinei panguva ino, ungararama sei nezvauri?

**Edza kuva netariro.** Bhaibheri rinoti: “Mwoyo unofara unorapa.” (Zvirevo 17:22) Vamwe vangati kufara uye kuseka hakuna kukodzera kana munhu achirwara zvikuru. Asi ny’ambayo dzakanaka uye kutandara kunofadza zvinogona kuzorodza pfungwa zvichiwedzera chido chokurarama. Saka funga nevezvaungaita kuti uwedzere mufaro muupenyu hwako. Yeuka kuti mufaro chiberekochomudzimu waMwari. (Va-Garatiya 5:22) Mudzimu iwoyo unogona kukubatsira kutsungirira kurwara uchifara.—Pisarema 41:3.

**Iva nezvinangwa chaizvo.**  
Bhaibheri rinoti: “Vane mwero ndivo vane uchenjeri.” (Zvirevo 11:2) Kuva nomwero kuchakubatsira kuti usazviregeredza uye usanyanya kuzvityira. Somuenzaniso, kana utano hwako hu-chiita, kuita mabasa akakodzera kungakubatsira kuti unzwe zviri nani. Ndokusaka zvipatarra zvichiwanzova nedzimwe

**WAIVIZIVA  
HERE KUTI . . .**



**Kurwara kana kuti  
kuremara kwawakaita  
hakusi kurangwa  
naMwari. Asi  
kunokonzerwa  
nokusakwana  
kwatakagara nhaka  
kubva kuna Adhamu.  
—VaRoma 5:12.**

purogiramu dzokurapa vechiduku dzakadai sokurovedza muviri. Kazhinji kurovedza muviri kwakakodzera hakungoiti kuti ukurumidze kupora chete asiwo kunobatsira kuti urambe uine tariro. Chinhu chinokosha ndechokuti uongorore nomwoyo wose mamiriro ako ezvinhu wova nezvinangwa chaizvo.

**Dzidza kugarisana nevamwe zvakanaka.** Ko kana vamwe vakataura zvinoratidza kusafunga nezvemamiriro ako ezvinhu? Bhaibheri rinoti: "Mwoyo wako ngaurege kuva nehanya nemashoko ose angataurwa nevanhu." (Muparidzi 7:21) Dzimwe nguva zvakanaka kungosiyana nazvo. Kana

kuti zvichida unogona kuita kuti vanhu vasataure mashoko akadaro. Somuenzaniso, kana vamwe vachiita sevasina kusununguka uinavo pamusana pokuti uri pawiricheya, edza kuita kuti vasanetseka nazvo. Ungati: "Zvichida munonetseka kuti nei ndichishandisa wiricheya. Munngada kuziva chikonzero here?"

**Usakanda mapfumo pasi.** Paakanga achirwadziwa zviku-

ru, Jesu akanyengetera kuna Mwari, akavimba naye, uye akaisa pfungwa dzake pamufaro waiva mberi pane kuti afunge kurwadziwa kwaaiita. (VaHebheru 12:2) Akadzidza kubva pane zvaakatambura. (VaHebheru 4:15, 16; 5:7-9) Akabvuma kubatsirwa uye kukurudzirwa. (Ruka 22:43) Ainyanya kuisa pfungwa dzake pakugara zvakanaka kwevamwe panzvimbo pezvaimunetsa.—Ruka 23:39-43; Johani 19:26, 27.

### **Jehovha 'Ane Hanya Newe'**

Chero ringava dambudziko rako, haufaniri kufunga kuti Mwari anokuona sousingabatsiri. Asi Jehovha anoona vaya

vanoedza kumufadza sevanokosha. (Ruka 12:7) ‘Iye ane hanya newe’ sezvauri, uye anofara kuti uite basa rake pasinei nokurwara kwaunoita kana kuti kuremara.—1 Petro 5:7.

Saka usarega kutya kana kuti kusava nechokwadi zvichikutadzisa kuita zvinhu zvaunoda uye zvaunofanira kuita. Gara uchitarisira kutsigirwa naJehovha Mwari. Anonzwisia zvaunoda uye manzwiro aunoita. Uyezve, anogona kuku-pa “simba rinopfuura renguva dzose” kuti rikubatsire kutsungirira. (2 VaKorinde 4:7) Nokufamba kwenguva, ungangova netariro seyaiva naTimothy, akabatwa chirwere chis singaperi chinokonzerza kushayiwa simba uye kungonzwa kuneta paaiva nemakore 17. Anoti: “Maererano na1 VaKorinde 10:13, Jehovha haatiregi tichisangana nezvatisingagoni

## ➤➤➤ **zvandinoronga kuita!**

*Kuti ndirambe ndiine maonero akanaka pasinei nourwere  
kana kuti urema hwangu, ndicha-*



*Chimwe chinangwa chine musoro chandingaronga kuita  
ndechoku-*

*Kana mumwe munhu akanditaurira zvakashata nezvourwe-  
re hwangu, ndichaedza kuona nyaya yacho zvakanaka noku-*

*Izvi ndizvo zvandingada kubvunza vaberekivangu nezve-  
nyaya iyi*

kutsungirira. Ndinofunga kuti kana Musiki wangu aine chivimbo chokuti ndinogona kukurira muedzo uyu, ndini ani kuti ndirambe izvozvo?”

## Kana Mumwe Munhu Waunoziva Achirwara

Ko kana uri mutano asi uchiziva mumwe munhu ari ku-rwara kana kuti akaremara? Ungamubatsira sei? ‘Kumunzwira ngoni’ uye ‘kumunzwira tsitsi kwazvo’ ndizvo zvino-nyanya kukosha. (1 Petro 3:8) Edza kunzwisisa zviri kusangana nomunhu wacho. Ona matambudziko ake semaone-ro aanoaita. Nina, akaberekwa aine chirwere chomuzongoza chinonzi *spina bifida*, anoti: “Sezvo ndiine muviru muduku uye ndichishandisa wiricheya, zvinogona kundiodza mwoyo vamwe vanhu pavanotaura nenii sokunge kuti ndiri mwana. Zvisinei, vamwe *vanogara pasi* kuti vataure nenii, kuitira kuti tienzane. Zvinondifadza chaizvo!”

Kana ukatarira zvimwewo zvisiri urwere hwavo, uchao-na kuti vaya vane zvinetso zvoutano vakangofanana newe. Uye pafunge—une simba ‘rokupa vakadaro chipo chomudzimu’ nemashoko ako! Paunoita izvozvo, iwewo uchakomborerwa, nokuti ‘muchakurudzirana.’—VaRoma 1:11, 12.

### UNOFUNGEI?

- **Ungashandisa sei mashoko ari muchitsauko chino kuti ubatsire mumwe munhu akaremara kana kuti aine chirwere chisingaperi?**
- **Kana uine chirwere chisingaperi, zvinhu zvipi zvakanaka zvaungafungisisa kuti zvinhu zvikufambre?**
- **Unoziva sei kuti kurwara hachisi chiratidzo chokuti Mwari haakufariri?**

*zvoupenyu hwangu*

*Rondedzera chinhu chimwe chete chausinganyanyi kufarira nezvako uye tsanangura kuti nei chichikusvota.*



*Nyora chinhu chimwe chete chaunoda nezvako uye tsanangura kuti nei uchifunga kuti chinokosha.*



# USHAMWARI



**Kuva neshamwari kunokosha  
zvakadini kwauri?**

**Zvinokuitira nyore here  
kuti uve neshamwari?**

**Une shamwari  
yepamwoyo  
here?**



- Hakukoshi
- Hakunyanyi kukosha
- Kunokosha kwazvo

- Hungu
- Kwete

- Hungu
- Kwete

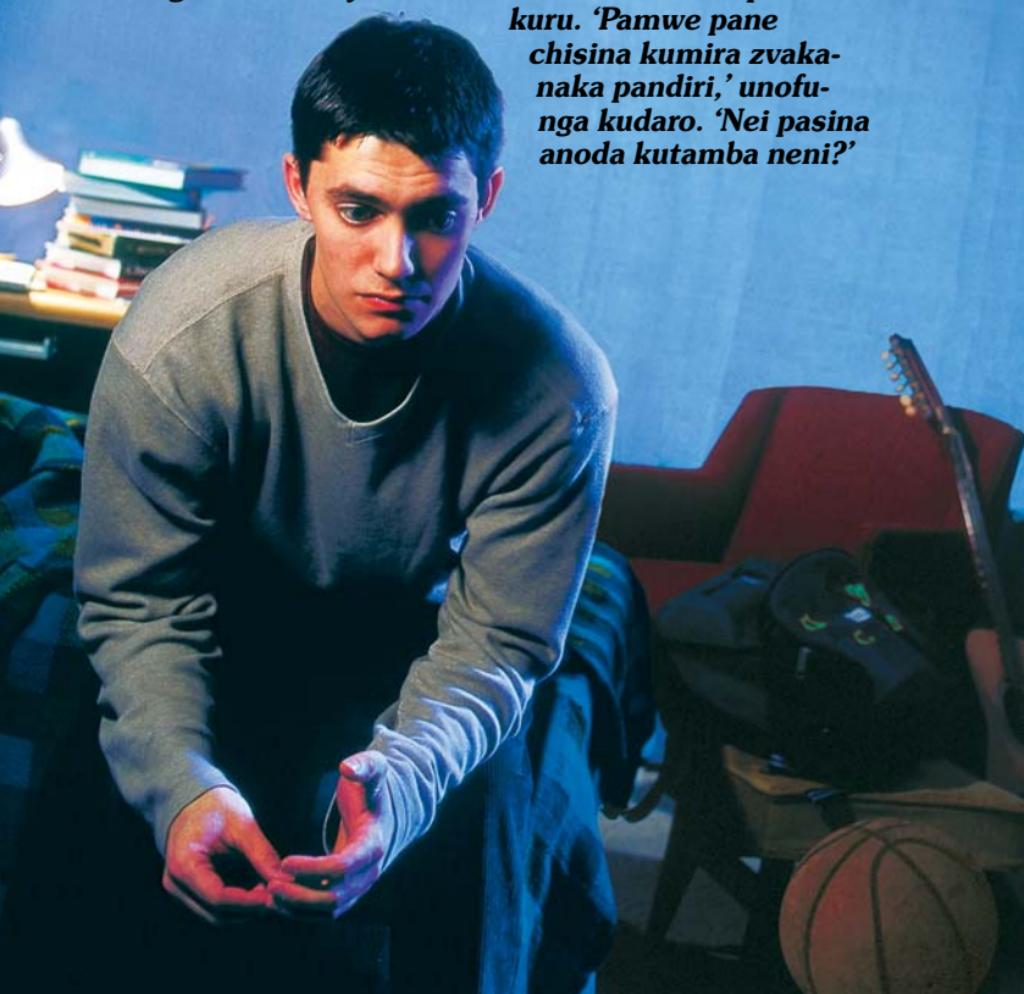
**Unhu hupi humwe chete  
hwaunonyanya kutarisira kuti  
shamwari ive nahwo?**



Bhaibheri rinoti “shamwari yechokwadi ine rudo nguva dzo-se, uye ihama inoberekerwa ku-batsira pakunenge kuine kuta-mbudzika.” (Zvirevo 17:17) Ndiyo shamwari yaunoda kuva nayo! Asi kutanga ushamwari kuno-gona kunge kwakaoma uye ku-huchengetedza kungatove kwa-kanyanya kuoma. Ungatanga uye ungachengetedza sei usha-mwari hwakanakisisa? Ona ma-zano anokurukurwa **Muzvitsa-uko 9-12.**

# Ndingakurira sei kusurukirwa?

*Mamiriro okunze akanaka chaizvo, uye hauna zvokuita. Asi shamwari dzako dzinazvo. Dzaenda kumafaro. Iwe wasiyiwa zvekare. Kusakokwa kungaodza mwoyo asi zvazvinoreva zvakatoipa zvikeru. ‘Pamwe pane chisina kumira zvakana ka pandiri,’ unofunga kudaro. ‘Nei pasina anoda kutamba nen?’*



**Unogona kuisa bhiriji  
pamukaha unokupara-  
dzanisa nevezera rako**



ZVICHIDA wakambova mumamiriro ezhviru ataurwa pa-peji iri pamhiri apa. Unganzwa sokuti pane mhinganidzo inokuparadzanisa nevezera rako. Unondandama pose pa-unosedza kutaura navo. Paunova nomukana wokukurukura nevamwe, kunyara kunobva kwauya. Nei zvakaoma kwazvo kuti ungokurukurawo navo?

Pane kuramba wakazviparadzanisa nevamwe, unogona kutanga kukurukura navo. Ngationei kuti ungazviita sei.

● **Mukaha 1: Kusazviona zvakanaka.** Vamwe vechiduku vanoramba vachizvitarisira pasi. Vanofunga kuti hapana anovafarira uye kuti havana nyaya dzokutaura. Ndiwo manzwiro aunoita here? Kana zvakadaro, manzwiro aunoita achawedzera kukuparadzanisa nevezera rako.

**Bhiriji racho: Funga zvaunogona kuita.** (2 VaKorinde 11:6) Zvibvunze kuti, ‘Ndezvipi zvandinogona kuita?’ Funga zvimwe zvaunogona kuita kana kuti unhu hwakanaka hwauinahwo wozvinyora pasi apa.

**“Imwe hanzvadzi yechiKristu yakanga ichiedza kuita ushamwari nenii, asi kwenguva yakati ndakanga ndisingadi. Pandakazoda, ndakaita sebenzi! Handina kumboziva kuti ndaizova neshamwari yakanaka kudaro kunyange zvazvo ari mukuru kwandiri nemakore 25!”**

—Marie

Hapana mubvunzo kuti une zvaunokanganisa, uye zvakanaka kuti uvizive. (1 VaKorinde 10:12) Asi une zvakawanda zvokupa. Kuziva zvaunogona kuita kuchaita kuti uve nechivimbo chaunoda kuti urege kuzvitarisira pasi.

● **Mukaha 2: Kunyara.** Ungada kutanga nyaya, asi mu-kana wacho paunovapo, muromo wako unoita sowa-kasonwa. Elizabeth ane makore 19 anoti, “Ndiri munhu anonyara. Zvakandiomera chaizvo kuti nditaure neva-nhu pamisangano yechiKristu, uye ndinoyemura vaya vanozvigona!” Kana wakafana-naElizabeth, unganzwa so-kuti mukaha uyu wakaoma ku-uyambuka.

**Bhiriji racho: Farira va-mwe zvechokwadi.** Usane-tseka zvako—haufaniri hako kubva wava sahwira wevanhu vose. Tanga nokufarira munhu mumwe chete. Wechidu-ku anonzi Jorge anoti, “Ku-ngobvunza vamwe kuti vari kunzwa sei kana kuti kuvabvu-nza nezvebasa ravo kunokubatsira kuti uvazive zviri nani.”

Herino zano: Usangotaura nevanhu vezera rako chete. Humwe ushamwari hwakanaka kwazvo hunotaurwa mu-Bhaibheri hwaiva hwavanhu vemazera akasiyana zvikuru, vakadai saRute naNaomi, Dhavidhi naJonatani, uye Ti-

moti naPauro. (Rute 1:16, 17; 1 Samueri 18:1; 1 VaKorinde 4:17) Yeukawo kuti kukurukurirana kuchinjana mashoko, kwete kungoramba uri iwe unongotaura. Vanhu vanofari-ra vateereri vakanaka. Saka kana uchinyara, yeuka kuti hauzongorambi uri iwe unenge uchitaura!

Nyora mazita evantu vakuru vaviri vaungada kuziva zviri nani. 

Wadii kuenda kune mumwe wevanhu wawanyora pamusoro apa wotanga kutaura naye? Kana ukatsvaka mi-kana yakawanda yokutura nevanhu vari mu “sangano ro-se rehama,” hauzonyanyi kusurukirwa.—1 Petro 2:17.

● **Mukaha 3: Maitiro asina kunaka.** Munhu anozviti anoziva zvose anogara aine shoko rokutsvinya kana kuti rokuzvidza. Panzoitawo mumwe anongoda kupikisa-na nevamwe uye anoda kuti vanhu vose vaite zvaanofunga. Sezvo munhu akadaro ‘achinyanya kuva akarurama,’ anokurumidza kupa mhosva munhu wose asingaiti ma-ererano nezvaanoda. (Muparidzi 7:16) Pamwe unga-sada kuva nevanhu vakadaro! Zvisinei, kungava here kuti mukaha wakavapo nokuti *iwe ndozvaunoita?* Bhaibheri rino-ti: “Benzi rinotaura mashoko mazhinji,” uyewo “pamashoko mazhinji hapashayikwi kudari-ka.”—Muparidzi 10:14; Zvire-vo 10:19.

**Bhiriji racho: ‘Nzwira va-mwe ngoni.’** (1 Petro 3:8) Ku-nyange kana usingabvumira-ni nemafungiro omumwe, mu-bvumire kuti ataure uchishivi-rrira. Edza kutsvaka uye kutau-ra zvinhu zvamunobvumirana.

### ZANO

Ita kuti kukurukurirana kurambe kuchienderera mberi. Somuenzaniso, kana mumwe munhu akakubvunza kuti wakanakidzwa here pakupera kwevhiki, usangoti hungu. Tsanangura kuti *nei* wakanakidzwa. Zvadaro bvunza mumwe wako kuti akanga achiitei pakupera kwevhiki.



**“Anodiridza vamwe kwazvo  
achadiridzwawo kwazvo.”**—Zvirevo 11:25.



Kana uchifunga kuti haufaniri kubvumirana neimwe nya-ya, zviite nounyoro uye nokungwarira.

Taura nevamwe nenzira yaunoda kuti vataurewo ne-we. Zano reBhaibheri rinozi “rambai muchiita zvinhu zvo-se musingagunun’uni uye musingaitirani nharo.” (VaFiripi 2:14) Kupopotera vamwe, kuvatsvinyira uyewo kuvatuka kana kuti kuvaita kuti vanzwe sokuti nguva dzose havana kururama kunoita kuti vanhu vatambire kure newe. Va-chakuda zvikuru kana ‘kutura kwako kuine nyasha ngu-va dzose.’ — VaKorose 4:6.

### **Chero Iri Shamwari Here?**

Wazviongorora kwenguva pfupi, zvichida unoona nzi-ra dzaunogona kuvaka nadzo mabhiriji okuti uyambuke mukaha ungave wavapo pakati pako nevamwe. Chokwa-di, unofanira kuona zvinhu sezvazviri. Haugoni kutarisira

## **zvandinoronga kuita!**

*Chipingamupinyi chandinowanzosangana nacho pakuita  
shamwari ndeichi*



*Ndichashanda kuti ndivake bhiriji panyaya iyi noku-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezve-nyaya iyi*

**Kuti uwane mashoko akawanda,  
ona DVD inonzi “Young People Ask  
—How Can I Make Real Friends?”  
Inowanikwa mumitauro inopfuura 40**



kuti munhu wose akufarire. Jesu akati vamwe vaizovenga kunyange vaya vanoita zvakanaka. (Johanni 15:19) Saka hazvishandi kuti uedze kutamba nomunhu wose uchingoti chero iri shamwari.

Zvisinei, kunyange usingakanganisi mirayiro yeBhaibheri, unogona kuedza zvose zvaunogona kuti uite zvinofadza. Samueri womunguva inotaurwa mu-Bhaibheri akanga akatsunga kuita zvaifadza Mwari. Zvakaguma nei? Akaramba achiwedzera ‘kudiwa zvikuru na-Jehovah nevanhu.’ (1 Samueri 2:26) Uchadiwawo kana ukaedza zvose zvaunogona!

**ZVIRI MUCHITSAUKO CHINOTEVERA Shamwari yako  
yepamwoyo inongoerekana yava kuita somuvengi wako  
wokupedzisira. Ungaita sei nazvo?**

### **UNOFUNGEI?**

- Nei vamwe vaKristu vangasurukirwa?
- Chii chingakubatsira kuti uvione zviri pakati nepakati, pane kuti ufungisise zvinhu zvisina kunaka?
- Unganyaradza sei munun’una kana hanzavadzi yako duku iri kunetseka nokusurukirwa?

# Nei shamwari yangu yakandirwadzisa?

*"Kerry aiva shamwari yangu chaiyo. Zuva nezuva nda-imutakura tapedza basa sezvo akanga asina motokari. Zvisinei, pasina nguva ndakatanga kuona kuti akanga achindishandisa.*

*"Aipinda mumotokari achitotaura zvake pafoni kana kunyora tsamba paserura yake. Aisambonditenda uye akarega kubhadharawo mari yepeturu. Uye aingotaura zvokutsoropodza vamwe. Ndakagumbuka chaizvo kuti nei ndakamushivirira kwenguva yakareba kudaro!*

*"Rimwe zuva ndakatsanangurira Kerry zvakanaka kuti ndakanga ndisingachakwanisive kumutakura tapedza basa. Kubvira ipapo, haana kuzomboda kushamwaridzana neni, izvo zvakabva zvangondiratidza kuti aingoda kushamwaridzana neni kuti zvimunakire. Uye zvinondirwadza kwazvo!"—Nicole.*

IZVI zvinogona kuitika kune shamwari dzepamwoyo. Rimwe zuva vaviri vacho vanenge vari tsika nditsikewo, mangwana acho zvatosvorana. Nei gonzo nachin'ayi zvichizokurumidza kutosvorana kudaro?



- Kuna Jeremy, zvinhu zvose zvakaita sezwachinja shamwari yake payakatamira kure nemakiromita anenge 1 600. Jeremy anoti, “Atama, haana kumbofona, uye izvozvo zvino-ndirwadza chaizvo.”
- Kerrin akatanga kuona kuchinja kwounhu hweshamwari yake yaakanga ashawaridzana nayo kwemakore masha-nu. Kerrin anoti, “Ndainetseka chaizvo nemaitiro uye ma-tauriro ake. Akatanga kutsoropodza zvinhu zvandaikoshe-sa. Patakaedza kutaurirana nyaya yacho, akanditi ndaizvio-na sokunge ndakarurama uye ndakanga ndisina kuvimbika achibva ati zvakanga zvingabatsiri kuti tishamwaridzane!”
- Kuna Gloria, ushamwari hwapedyo hwakangoerekana hwapera pasina tsananguro. Gloria anoti, “Pakutanga, taiva tsika nditsikewo, uye akandiudza kuti ndaiita kunge sisi va-ke. Asi pasina nguva, akarega kuita zvinhu nen, uye aka-nega asina chikonzero chaicho chokuti aizviitirei.
- Laura naDaria vakatanga kunetsana Daria paakatorera Laura mukomana wake. Laura anoti, “Aitaura nomukomana wangu pafoni kwenguva yakareba, kunyange zvazvo ini ndakanga ndichifambidzana naye. Ndakarasiswa neshamwari yangu yepamwoyo panguva imwe chete ndokurasikirwa no-mukomana wandingadai ndakazoroorana naye!”





**“Kana zvichibvira, nepamunogona napo,  
ivai norugare nevanhu vose.” –VaRoma 12:18.**

• • • • •

## **Chii Chakakanganisika?**

Munhu wose anokanganisa. Saka zvakanaka kutarisira kuti shamwari inogona kuzoita kana kuzotaura chimwe chinhu chinokurwadza. Kutaura chokwadi, kashoma kau-nyayeuka kurwadzisa kwawakaita vamwe. (Muparidzi 7:22) Mumwe musikana anonzi Lisa anoti, “Tose hatina kukwana, uye apo neapo tinombogumburana.” Kazhinji kusawirirana kunokonzerwa nokusanzwisisana kunogona kупедзва no-kutaurirana kwekanguva.

Zvisinei, mune zvime zviitiko, kupera kwoushamwari hakungokonzerwi nechiitiko chimwe chete asi kunokonzerwa nokuziva zvishoma nezvishoma kuti imi vaviri hamuna kufanana sezvamaimbofunga. Yеuka kuti sezvaunkura, zvaunofarira zvinochinja, uye ndizvo zvinoitawo zveshamwari yako. Ungaitei kana ukaziva kuti iwe neshamwari yako hamuchawirirani sezvamaimboita?



## **Kugadzirisa Kwamu- ngaita Ushamwari**

Hembe yako yaunoda chaizvo yakambobvaruka here? Wakaita sei? Wakai-rasa here? kana kuti wakai-sona? Hapana mubunzo kuti zvawakaita zvinoenderana no-kuti hembe yacho yakanga yavaruka zvakadini uye kuti wa-

***Kukanganisika  
kwoushamwari  
kwakafanana nokubvaruka  
kwehembe, asi zvose  
zvinogona kugadziriswa***

**Kudai taizoshamwaridzana zvekare,  
ndaisazotarisira kuti ushamwari hwedu hunge  
hwakakwana. Ndingadai ndakamuteerera  
zvikuru, ndakamutsigira uye ndisina  
kukudziridza zvikanganiso zvake. Iye zvino  
ndinonzwisisa kuti chinoita kuti ushamwari  
hubudirire kutsungirira miedzo nezvinetso.**

—Keenon

iida sei. Kana waiida chaizvo, ungangove wakatsvaka nzira dzokuigadzirisa. Kakawanda, izvozvo zvinogonawo kuitwa kuushamwari hunenge hwakanganisika. Zvakawanda zvinoenderana nokuti chii chinenge chaitika uye kuti munowirirana zvakadini.\*

Somuenzaniso, kana wakambotaurirwa mashoko anorwadza kana kuti wakaitirwa zvinorwadza, ungakwanisa kuvhara dambudziko racho nokutevera zano riri pana Pisarrema 4:4 rinozi: “Taurai mumwoyo menu, muri pamibhedha yenu, murambe makanyarara.” Saka nyatsofunga usati wagumisa ushamwari. Akazviita nemaune here? Kana usina chokwadi, wadii kungozvitora sokuti shamwari yako yakanga isina vavariro dzakaipa. Muzviitiko zvakawanda unogona kuita kuti ‘rudo rufukidze zvi vi zvihinji.’ — 1 Petro 4:8.

Ungaongorora kana uine chawakaitawo kuti pave nedambudziko racho. Somuenzaniso, kana shamwari ikafumura zvakavanzika, kungava kuti kwaiva kusachenjera kwako here kuti wakaremedza shamwari

\* Vamwe vanhu vangasakodzera kuti varambe vari shamwari dzepedyo. Izvi zvingava zvechokwadi kana vava kuita zvisingakodzeri muKristu. — 1 VaKorinde 5:11; 15:33.

**WAIZVIZIVA  
HERE KUTI ...**

**Vanhu vane ushamwari  
hwakanaka vanopana-  
na nguva yokuti  
mumwe nomumwe ai-  
tewo zvinhu zvake oga.  
(Zvirevo 25:17) Kusiyana  
neizvi, kunyanya  
kuda kuti shamwari ya-  
ko ipedze nguva iinewe  
kungaita kuti usha-  
mwari hwenyu hupere.**

yako nemashoko acho? Chimwe chokufunga nezvachos ndechokuona kana iwe uri kuita kuti usekwe, zvichida nokutaurisa kana kuti kutaura zvoupenzi. (Zvirevo 15:2) Kana zvakadaro, zvibvunze kuti, ‘Ndinofanira kuchinja here kuitira kuti shamwari yangu indiremekedze zvikuru?’

### **“Tingambokurukura Zvakaitika Here?”**

Zvisinei, zvakadini kana uchifunga kuti haukwanisi kungokanganwa nyaya yacho? Kana zvakadaro zvingava zvakakanaka kuti utaure neshamwari yako. Asi ngwarira kuti usaita izvozvo paunenge wakatsamwa. Bhaibheri rinoi: “Muru-me akatsamwa anomutsa kukakavara, asi anononoka kutsamwa anonyaradza kupopota.” (Zvirevo 15:18) Saka mirira kusvikira hasha dzaserera usati waedza kugadzirisa nyaya yacho.

Paunoenda kunotaura neshamwari yako, yeuka kuti chinangwa chako hachisi choku “dzorerera chakaipa nechakaipa.” (VaRoma 12:17) Asi chinangwa chako ndechokugadzirisa

## **➤➤➤ zvandinoronga kuita!**

*Kana ndichida kuudza shamwari yangu nezvokundirwadzisa kwayakaita, ndinotanga nokuti*



*Kunyange kana ndagumburwa nezvinenge zvaitwa neshamwari yangu, ndichaedza kuita kuti tirambe tiine rugare noku-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*



MUENZANISO WOKUTEVEDZERA

## Ridhiya

Kunyange zvazvo achangobva kutendeuka, Ridhiya **anotanga** kuratidza mutsa kuna Pauro neshamwari dzake. (Mabasa 16:14, 15) Saka ane ropafadzo yokutandara nevadzidzi ava. Pavanobudiswa mujeri, Pauro naSirasi vanoenda kupi? Vanobva vadzokera kumba kwaRidhiya!—Mabasa 16:40.

Kufanana naRidhiya, unga tanga here kuziva vamwe? Ungazviita sei? **Tanga nokutora matanho maduku**. Edza kutaura nomunhu mumwe chete panguva. Unogona kuavarira **kutanga kutaura** nomunhu mumwe chete pose pauno pinda musangano wechiKristu. Nyemwerera. Kana uchi shaya kuti wotii, **bvunza mibvunzo** kana kuti taurira vamwe nezvoupenyu hwako. Iva **muteereri akanaka**. Nokufamba kwenguva, ungazonzwa wakasununguka kutaura zvakawanda. Vanhu vanowanzofarira kuudzwa mashoko anobva pamwoyo anoratidza mutsa uye anofadza. (Zvirevo 16:24) Ridhiya akakomborerwa nokuva **neshamwari dzakanaka** pamusana pokuva noushamwari uye kuva nomutsa. Kana ukatevedzera muenzaniso wake, iwe uchakomborerwawo!



## ZANO

**Usati wamhanyira  
kumhedziso, inzwa kuti  
shamwari yako inoti chii.  
—Zvirevo 18:13.**

zvinhu uye kuita kuti mutangezve kushamwaridzana. (Pisarema 34:14) Saka taura zvinobva pamwoyo. Ungati, “Tave tichishamwaridzana kweenguva yakati. Tingambokurukura zvakaitika here?” Wangoziva chete zvakakonzera

dambudziko racho, zvingava nyore kuti mugadzirise ushamwari hwacho. Kunyange kana shamwari yako isingadi kutura, unogona kunyaradzwa nokuziva kuti *iwe* waedza kuita kuti muve norugare.

Pakupedzisira, iva nechokwadi chokuti kunyange zvazvo ‘kuine shamwari dzinongoda zvokuputsana,’ kunewo ‘shamwari inonamatira kupfuura mukoma.’ (Zvirevo 18:24) Chokwadi, kunyange shamwari chaidzo dzinombokanganisirana. Kana izvozvo zvikaitika, ita zvose zvaunogona kuti ugadzirise ushamwari hwacho. Zvechokwadi, kuda kugadzirisa kusawirirana kunoratidza kuti uri kuva munhu mukuru.

**ZVIRI MUCHITSAUKO CHINOTEVERA *Vamwe vezera rako  
vangapedza nguva yakawanda vari palndaneti.  
Vanotorwa mwoyo nei?***

## UNOFUNGEI?

- **Nei dzimwe nguva ushamwari huchipera zvishoma nezvishoma?**
- **Zvigumbu zvipi zvaungagona kugadzirisa mumwoyo mako, uye ndezvipi zvaunofanira kukurukura neshamwari yako yakakurwadzisa?**
- **Zvidzidzoi zvinobatsira zvaungadzidza paunenge warwadziswa neshamwari yako?**
- **Zvii zvaungaita kuti uderedze mikana yokurwadziswa neshamwari yako?**

# Zvakadini noushamwari hwepalndaneti?



***Unofarira kukurukura  
nevamwe sei?***

- Chiso nechiso
- Nefoni
- Nekombiyuta

***Ndivanaani vaunoona vari  
nyore zvikuru kutaura navo?***

- Vaunodzidza navo
- Vomumhuri
- Vamwe vaKristu

***Ndokupi kwaunonzwa  
wakasununguka zvikuru kuti  
ukurukure nevamwe?***

- Kuchikoro
- Kumba
- Kumisangano yeungano

ONA zwapindura pamubvunzo wokutanga. Waratidza here kuti unofarira kukurukura uchishandisa kombiyuta pane kutaura makatarisana? Kana wadaro, hausi woga. Vechiduku vakawanda vanoshandisa Indianeti kuti vatange ushamwari uye kuhuchengetedza. Mumwe musikana anonzi Elaine anoti, "Kukwanisa kutaura nevanhu vanobva pasi pose —vanhu vausingambofi wasangana navo—kunonakidza." Tammy ane makore 19, anotaura chimwezve chinokwezva. Anoti, "Unogona kudzora maonerwo aunoitwa nevanhu. Pamunenge makatarisana, kana ukasafarirwa, hapana chaungaита nevvazvo."

Iye zvino chitarira zwapindura pamubvunzo wechipiri newechitatu. Usashamisika kana ukaona zviri nyore kutaura nevaunodzidza navo pane kutaura nevaKristu vaunonamata navo pamisangano yeungano. Jasmine ane makore 18 anoti, "Kuchikoro kune mikana yakawanda yokuwana vanhu

vari kusangana nezvinhu zvauri kusanganawo nazvo. Izvo-zvinoita kuti zvive nyore kwavari kuti vasununguke.”

Pashure pokufungisisa zviri pamusoro apa, zvingaita so-kuti chaunongoda chete kukurukura paIndaneti nevaunodzidza navo. Tammy anobvuma kuti akazviita kwenguva yakati. Anoti, “Vandinodzidza navo vose vaitaura paIndaneti, uye ini ndakanga ndisingadi kusaririra.” Natalie ane makore 20 aka-gadzira nzvimbo yokubudisira mashoko paIndaneti kuti aga-re achitaura neshamwari dzake.\* Anoti, “Unyanzvi hwokuga-dzira zvinhu huri kufambira mberi. Kwava nenzira itsva dzo-kukurukurirana. Iyi ndiyo imwe yacho, uye ndinoifarira.”

## Kuongorora Ngozi Dzacho

Hapana mubvunzo kuti vamwe vanoona zviri nyore ku-tanga ushamwari paIndaneti uye kuhuchengetedza. Natalie anoti, “Indaneti inokupa chivimbo chawaisazombowana.” Tammy anobvumirana nazvo. Anoti, “Kana uchinyara, kuku-rukurirana paIndaneti kunokupa mukana wokuronga zvau-noda kuzotaura chaizvo.”

Asi pane ngozi dzokukurukurirana paIndaneti uye hu-ngava upenzi kuti usava nehanya nadzo. Kuenzanisira: Wai-zofamba mumigwagwa yomunzvimbio ine ngozi waka-vharwa maziso here? Saka unopedzerei nguva uri pa-Indaneti usingazivi ngozi dzacho?

Chimbofunga ngozi dzi-novapo nokuedza kutsvaka shamwari paIndaneti. “Zviri nyore zvikuru kusangana ne-vanhu vane unyengeri,” ano-daro Elaine, uyo pane imwe nguva ainakidzwa nokungota-ura nevanhu vaakanga asi-ngazivi paIndaneti. Anowedze-ra kuti: “Dzimwe nguva hazvi-

\* Ushamwari hwokuchikoro huchaku-rukurwa zvakadzama muChitsauko 17.



WAIVIZIVA  
HERE KUTI ...

**Zvinongoda mashoko  
mashomanana chete  
epalIndaneti—zvichida  
zita rako rokupedzisira,  
zita rechikoro chako,  
nhamba yako  
yefoni—kuti mumwe  
munhu ane vavariro  
dzakaipa akuwane.**

mbotori nguva mumwe munhu asati atanga kutaura mashoko enhando kana kuti abvunza mibvunzo yakadai: ‘Uri mhandara here? Unoita zvepabonde nomumukanwa here?’ Vamwe vanonakidzwa nokukurukura zvepabonde paIndaneti.”

Ko kana uchingotaura neshamwari yaunovimba nayo? Kunyange pakadai, unofanira kungwarira. Joan anoti, “Ungona kупедза nguva yakawandisa uchikurukura nomumwe munhu wechirume kana kuti wechikadzi, kunyange kana munhu wacho ‘achingova shamwari.’” “Kana ukapedza nguva yakawanda uchinyorerana nomunhu iyeye, ushamwari hwenyu hunowedzera kusimba uye kukurukurirana kwamu-noita kunogona kuita kuti muve pedyo napedyo zvikuru.”

### **“Vaya Vanovanza Zvavari”**

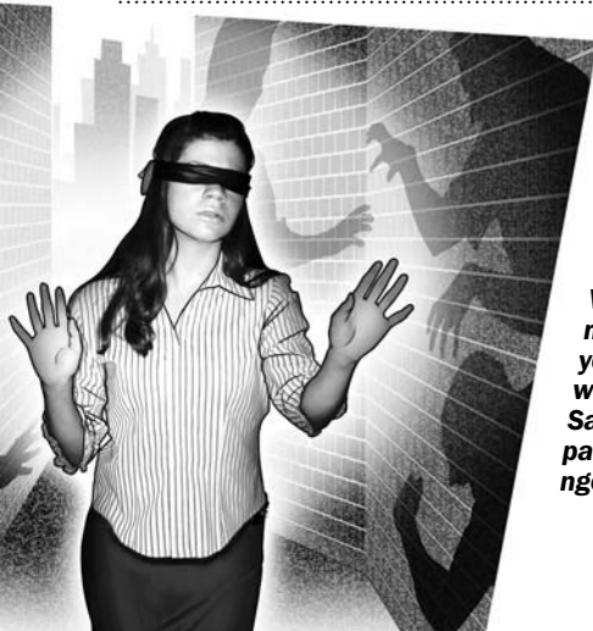
Mambo Dhavhidhi ainyatsoziva kuti kudzivisa shamwari dzakaipa kunokosha. Akanyora kuti: “Handina kugara nevanhu venhema; handifambidzani nevaya vanovanza zvavari.” —Pisarema 26:4.

Wakambosangana nevanhu vakataurwa naDhavhidhi pawaiva paIndaneti here? Ndepapi apo vanhu vanenge vari paIndaneti “vanovanza zvavari”? ☺ .....

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Ukuwo, kunga-va kuti iwe unova-nza zvauri paunenge uri paIndaneti here? “Ndaitanga kukuruku-ra nevanhu ndobva

***Waizofamba  
mumigwagwa  
yomunzvimbo ine ngozi  
wakavharwa maziso here?  
Saka unotaurei  
paIndaneti usingangwariri  
ngozi dzacho?***





**“Handina kugara nevanhu venhema;  
handifambidzani nevaya vanovanza  
zvavari.”—Pisarema 26:4.**

• • • • •

ndapfeka unhu hunoita kuti ndikwane pakukurukura kwa-cho,” anodaro Abigail, uyo akashanyira dzimwe nzvimbo dzokuchinjana mashoko paIndaneti (*chat rooms*).

Mumwe musikana anonzi Leanne akashandisa imwe nzi-ra yokunyengedza. Anoti: “Ndaigara ndichikurukura nomu-mwe mukomana womuungano yepedyo. Pasina nguva taka-nega tava kutaurirana mashoko ‘orudo.’ Vabereki vangu pava-ipfuura, ndaianza peji yandaishandisa kuti vasaziva kuti chii chaiitika. Handifungi kuti vaiviona zvichiita kuti mwanasika-

na wavo ane makore 13 ainyo-ra nhetembo dzorudo kumuko-mana ane makore 14. Hazvina kumbouya mumusoro mavo.”



### ZANO

**Nguva inomhanya kana  
uri palndaneti! Saka iva  
nepokugumira woomere-  
ra ipapo. Kana  
zvakakodzera, ita kuti  
pave nearamu inozorira  
kana nguva yawakaro-  
nga kuva palndaneti  
yapera.**

### Kugara Wakachengeteka

Chokwadi, pane nguva dza-kakodzera kukurukura paIndaneti. Somuenzaniso, vanhu va-kawanda, kusanganisira vanhu vakuru, vanoshandisa Indaneti kuti vagare vachikurukura ne-

shamwari. Kana zviri izvo zvaunoita, pane matanho okuzvi-dzivirira aungatora here? Ona pfungwa dzinotevera.

● **Ramba uchitarira nguva yaunopedzera paIndaneti**, uye usarega ichikubira nguva yezvinhu zvinonyanya kuko-sha—kusanganisira kurara. “Vamwe vana vokuchikoro va-kiati vaigara paIndaneti kusvika nenguva dza3 mangwana-ni,” anodaro mumwe wechiduku anonzi Brian.—VaEfeso 5: 15, 16.

● **Kurukura bedzi nevanhu vaunoziva.** Vanhu vasina unhu

**“Handina vanhu vokukurukura navo  
paIndaneti vandisingazivi kana kuti  
vandisingazoshamwaridzani navo  
muupenyu chaihwo.” —Joan**

vanogara vari paIndaneti vachitsvaka kukanganisa vechiduku vasina zvavanofungira.—VaRoma 16:18.

● **Paunenge uchitenga kana kutengesa, ngwarira.** Pakutura mashoko ane chokuita newe, nyatsongwarira. Unga-ngobiridzirwa—kana kuitwa zvinopfuura ipapo.—Mateu 10:16.

● **Pakutumira shamwari yako mapikicha, zvibvunze kuti,** ‘Anonyatsoratidza munhu anoti anoshumira Mwari here?’ —Tito 2:7, 8.

● **Sezwawaizoita muchikurukurirana makatarisana,** kana kukurukurirana paIndaneti kwava kurerekera ku “zvinhu zvisina kukodzera,” kugumise.—VaEfeso 5:3, 4.

## **zvandinoronga kuita!**

Ndinoda kупедза nguva inosvika ku- .....  
pavhiki ndiri paIndaneti, uye kuti ndiite izvi ndicha-



Kana ndikaona ndava kutaura nomunhu wandisingazivi  
paIndaneti, ndicha-

Izvi ndizvo zvandingada kubvunza vabereki vangu nezve-  
nyaya iyi

● Nguva dzose iva akatendeseka pakushandisa kwau-noita Indaneti. Kana ‘uchizovanzira vabereki zvauri’ zvino-ratidza kuti pane chimwe chinhu chaunoita chisina kunaka. “Amai vangu ndinovabudira pachena,” anodaro mumwe mu-sikana anonzi Kari. “Ndinovaratidza zvandinenge ndichiita paIndaneti.”—VaHebheru 13:18.

## **“Unenge Wamirira Zviripo!”**

Unoda kuva neshamwari. Ndizvo zvinoita munhu wose. Vanhu vakasikwa kuti vafare nevamwe. (Genesici 2:18) Saka paunonzwa uchida kuva neshamwari, *izvozvo zvinoenderana nemasakiro awakaitwa!* Ingongwarira pakudzisarudza.

Iva nechokwadi chokuti unogona kuwana shamwari dza-kanaka kana ukadzisarudza maererano nezvinodiwa neShoko raMwari. Mumwe musikana ane makore 15 akati: “Zvaka-oma kuwana shamwari dzinoda Jehovha uye dzinokuda. Asi kana wadziwana, unenge wamirira zviripo!”

**ZVIRI MUCHITSAUKO CHINOTEVERA *Ndiani akati mashoko haakuvaldzi? Makuhwa anogona kubaya somunondo. Ungaamisa sei?***

### **UNOFUNGEI?**

- **Kukurukurirana palndaneti kwakanakirei uye kwakaipirei kana kuchienzaniswa nokutaura makatarisana?**
- **Nei zviri nyore kuchinja unhu paunenge uchitaura uri palndaneti?**
- **Ungadzora sei nguva yaunopedzera palndaneti?**
- **Kukurukurirana palndaneti kungaitwa sei zvinobatsira?**

## Makuhwa akaipirei?

*"Pane imwe nguva ndakaenda kupati uye zuva rakatevera racho guhwa rakanga rapararira rokuti ndakanga ndarara nomumwe wevakomana vaivako. Ikoko kwaiva kunyepa chaiko!"*—Linda.

*"Dzimwe nguva ndinonzwa guhwa rokuti ndiri kufambidzana nomumwe munhu—munhu wandisingatombozivi! Vanhu vakawanda vanoita makuhwa havatomborina basa nokuti zvavari kutaura ndezvechokwadi here."*—Mike.



MAKUHWA angaita sokuti upenyu hwako hwakazara nezvinetso kunge zvevanhu vomufirimu. Ingobvunza Amber ane makore 19. Anoti “Ndagara ndinongoitira makuhwa. Ndai-nzi ndine nhumbu, ndine dzandakambobvisa, uye kuti ndaite-nja nokutengesa zvinodhaka uye ndaizvishandisa. Nei vanhu vaitaura zvinhu izvi nezvangu? Chokwadi handizivi!”

Sezvo zviri nyore kutumira tsamba nekombiyuta, mukomana kana kuti musikana anenge aine vavariro yakaipa angakanganisa mukurumbira wako asina kana shoko raamboti bu-fu. Zvinongoda kuti munhu atayipe mashoko mashomanana kuti atumire makuhwa akashata kune vanhu vakawanda vanoda kuagamuchira! Mune zvime zviitiko, nzvimbo yokubudisira mashoko paIndaneti yakatogadzirwa kuitira kunyadzisa mumwe munhu. Kazhinji, madhayari anenge ari paIndane-ti anenge akazara nemakuhwa asingataurwi nomuromo.

Asi nguva dzose zvakaipa here kutaura nezvezamwe? Panne here chinonzi . . .

### **Makuhwa Akanaka?**

Maka zvinotevera kuti chokwadi kana kuti nhema.

**Makuhwa akaipa nguva dzose.**   Chokwadi  Nhema

Ndeipi mhinduro yakarurama? Kutura zvazviri, zvinonderana nokuti chii chaunoti “makuhwa.” Kana shoko iri ri-

chireva kungotaurawo zvako nezvezamwe, pangava nedzimwe nguva pazvinenge zvakanaka. Handiti Bhaibheri rinoitidza kuti “farirai zvinoitika muupenyu hwevamwe.” (VaFiripi 2:4, New Century Version) Hazvirevi kuti tinofanira kupindira munaya dzisinei nesu. (1 Petro 4:15) Asi kutaura zvinoitika muupenyu kunopa mashoko anobatsira akadai sokuti ndiani ari ku-



**WAIVIZIVA  
HERE KUTI . . .**

**Kungoteerera  
makuhwa kungaita  
kuti ubatanidzwewo  
maari. Kana  
ukabvumira munhu  
anotaura makuhwa  
kuti aenderere mberi,  
unenge uchiita kuti  
mashoko akurumidze  
kupararira!**

**“Ndakadzidza chidzidzo munhu wandakaitira  
makuhwa paakazviziva ndokubva andibvunza.  
Pakanga pasina manzvengero enyaya yacho!  
Ndakanyatsodzidza kuti zviri nani kutaura  
chokwadi nezvomumwe munhu pane  
kumurima!” —Paula**

chata kana kuti ndiani ava nemwana. Kutaura chokwadi, hatingati tinofarira vanhu kana tisingambotauri nezvavo!

Zvisinei, zviri nyore kuti kungotaura zvinoitika muupenyu hwewamwe kugume kwava makuhwa akashata. Somuenzani-so, kungotaura kuti “Tawanda naRudo vanoenderana,” zvino-gona kuguma zvava kunzi “Tawanda naRudo vari kudanana” kunyange zvazvo ivo vasina chavanziva nezvazvo. Kana usiri Tawanda kana kuti Rudo ungati ‘hapana nyaya apa?’

Julie, ane makore 18, akamboitirwa makuhwa akadaro, uye zvakamurwadza. Anoti, “Zvakandigumbura, uye zvakaita kuti ndizengurire kuvimba nevamwe.” Jane ane makore 19 akasanganawo nazvo. “Ndakapedzisira ndisingachatauri nomukomana wandinzi ndinodanana naye,” anodaro, uye anowedzera kuti, “Zvakanga zvingafaniri kudaro, nokuti taingo-va shamwari uye ndaifunga kuti taigona kutaura pasina makuhwa aizomuka!”

## Dzora Rurimi Rwako

Ungadzora sei rurimi rwako paunenge waedzwa kuti uite makuhwa? Kuti upindure mubvunzo uyu, chimbofunga ne-zvounyanzvi hunodiwa pakutyaira mumugwagwa unofamba motokari dzakawanda. Usingafungiri, chimwe chinhu chingaitika chingada kuti uchinje divi raunenge uchifambira, ufambe zvishoma kuti dzimwe dzipfuure, kana kuti utomira. Kana wakamuka, unoona zviri mberi woita maererano nezvinodiwa.

Ndizvo zvazvinoitawo nokukurukurirana. Kazhinji zvinoneka kana kukurukurirana kwava kuzova makuhwa akaipa.

**Makuhwa anokuvadza akafanana  
nechombo chine ngozi chinogona  
kuparadza mukurumbira  
womumwe munhu**

Kana zvikadaro, unga-chinja here nyaya ya-cho nounyanzvi? Uka-sadaro, ziva kuti maku-hwa anokuvadza. Mike anoti, "Ndakataura zva-kaipa nezvomumwe mu-sikana ndichiti aiva jenga-vakomana uye zvakasvika munze-ve dzake. Handimbofi ndakakanga-nwa inzwi rake paakaya kuzondibvu-nza uye kurwadziwa kwaaiitwa nokurasa muromo kwandaka-nga ndaita. Takayanana, asi zvakaramba zvichingondinetsa kuziva kuti ndakanga ndarwadzisa mumwe munhu zvakada-ro!"

Hapana mubvunzo kuti mashoko anogona kukuvalda. Kunyange Bhaibheri rino bsuma kuti "kune munhu anotaura asingafungi zvinobaya sezvinoita bakatwa." (Zvirevo 12:18) Ndosaka uchifanira kunyatsofunga usati wataura! Chokwa-di, zvingada kuti uzvidzore ku-ti ugumise kutaura kunonaki-dza nezvomumwe munhu. Zvisi-nei, zvakafanana nezvinotaurwa na Carolyn ane makore 17, ku-ti: "Unofanira kungwarira zva-unotaura. Kana usina chokwa-di nazvo, ungave uri kuparadzi-ra nhema." Saka nezvemaku-



### ZANO

**Kana ukanzwa mumwe  
munhu achinyeyewa,  
ungati: "Ini hangu  
handidi kutaura  
nezvazvo. Uye zve, iye  
haapo kuti  
azvipindurire."**



hwa angangokuvadza, shandisa zano romuapostora Pauro ‘rokuvarira kugara wakanyarara, uchiva nehanya nezvinhu zvako woga.’—1 VaTesaronika 4:11.

Ungaratidza sei kuti une hanya nevamwe asi usingapindi-ri muzvinhu zvavo? Usati wataura nezvomumwe munhu, zvi-bvunze kuti: ‘Chaizvoizvo, ndine chokwadi nazvo here? Chinangwa changu pakuzvituraura ndechei? Kutaura kwangu ma-kuhwa kunokanganisa sei mukurumbira *wangu*?’ Mubvunzo wokupedzisira uyu unokosha nokuti kuzivikanwa somunhu ane makuhwa kunobudisa pachena *zvauri* kupfuura munhu ari kutaurwa nezvake.

### **Kana Uri Iwe Waitirwa Makuhwa**

Ungaita sei kana uri iwe waitirwa makuhwa? “Usakuru-midza kugumbuka,” inonyevera kudaro Muparidzi 7:9. Pane kudaro, edza kuona nyaya yacho sezvairi. Bhaibheri rinoi: “Mwoyo wako ngaurege kuva nehanya nemashoko ose anga-taurwa nevanhu, . . . nokuti mwoyo wako unonyatsoziva kuti kazhinji, iwe wakatukawo vamwe.”—Muparidzi 7:21, 22.

## ***zvandinoronga kuita!***

*Nguva inotevera ndikava pamuedzo wokuparadzira makuhwa, ndicha-*



*Kana zvinhu zvakaipa zvikataurwa nezvangu, ndichagadzi-  
risa mamiriro acho ezvinhu noku-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezve-  
nyaya iyi*



**“Munhu anorinda muromo wake  
anochengeta mweya wake. Munhu  
anoshama miromo yake kwazvo  
—achaparadzwa.”**—Zvirevo 13:3.

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Chokwadi, hapana kuzvipembedza kwaungaita pamaku-hwa anokuvadza. Asi kunyanya kugumbuka kungatonyanya kushatisa mukurumbira wako kupfuura zvaizoita guhwa racho! Saka wadii kuva nemaonero akabatsira Renee? Anoti, “Ndinowanzorwadziwa mumwe munhu paanotaura chimwe chinhu chakaipa nezvangu, asi ndinoedza kuona zvinhu se-zvazviri. Ndiri kureva kuti, vhiki inotevera vanenge vava kuto-taura nezvomumwe munhu kana kuti chimwewo chinhu.”\*

Saka ngwarira kuti udzore zvamunokurukura kuti zvisava makuhwa anokuvadza. Uye kana kutaura kwakaipa kuchi-batanidza iwe, usanyanya kugumbuka. Mabasa ako akanaka ngaakupupurire. (1 Petro 2:12) Kana ukadaro, uchabatsira pakuchengetedza ukama hwakanaka nevamwe uye kuramba uine ukama hwakanaka naMwari.

\* Dzimwe nguva kungava kuchenjera kutaura nokungwarira nomunhu anenge akakuitira makuhwa. Zvisinei, kazhinji kacho, zvingava zvisina hazvo basa nokuti “rudo runofukidza zvivi zvizhinji.”—1 Petro 4:8.

### **UNOFUNGEI?**

- **Ndirini pazvakakodzera kutaura nezvevamwe?**
- **Wakamboitirwa makuhwa here, kana zvakadaro, zvakakudzidzisei?**
- **Kuparadzira makuhwa pamusoro pevamwe kungakanganisa sei mukurumbira wako?**

## *zvoupenyu hwangu*

*Rondedzera chinetso chawakava nacho neshamwari yako munguva ichangopfuura.*



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*Uchishandisa zvawaverenga muchikamu chino,  
ungasarudza sei kugadzirisa chinetso ichi?*

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# 4

# CHIKORO UYE VEZERA RAKO

*Unoona zvakaoma here kuti  
ungopasa zvime zvidzidzo?*

- Hungu  
 Kwete

*Wakambotyisidzirwa here kana  
kuti wakambonetswa mune  
zveparonde kuchikoro?*

- Hungu  
 Kwete

*Unombonzwa uchida kubatana  
nevezera rako pakuita misikanza here?*

- Hungu  
 Kwete

Ungati, 'Kana ndikakwanisa kупедза chikoro zvakanaka, ndinogona kukunda *chero chinhul!*' Uye mashoko aya angava echokwadi. Zvechokwadi, zvaunosangana nazvo kuchikoro zvinoedza kusimba kwakaita mafungiro ako, manzwiro ako uye manamatiro ako. Ungawana sei dzidzo yakanaka asi usingasvibiswi nemafungiro akaipa evamwe vezera rako? **Zvitsauko 13-17** zvichakubatsira kuti uwane unyanzvi hwaunoda.



Ndingaita  
sei zviri nani  
kuchikoro?



FUNGIDZIRA kuti uri pakati pesango rine rima, rizere miti yakarukana. Chiedza chose chezuva chakavharwa nemapazi emiti. Haukwanisi kufamba sezvo wakapoteredza nemiti. Kuti ubudemo, unofanira kutema miti yacho nebhemba.

Vamwe vangati zvavano sangana nazvo kuchikoro zvakafanana nezvarondedzerwa pamusoro apa. Uyezve, uno swera zuva rose mukirasi uye manheru ose unenge wakabatikana nehomuweki. Ndiwo manzwiro aunoita here? Pamutsetse uri pasi apa, nyora kuti chidzidzo chipi chokuchi-koro *chakanyanya* kukuomera.



Zvichida vaberekvi vako nevadzidzisi vakakukurudzira kuti uwedzere kushanda nesimba pachidzidzo ichi. Kana zvakadararo, havasi kuedza kukuomesera! Vanongoda kuti uite zvose zvaunogona. Saka ungaitei kana zvaunokurudzirwa kuita zvichiita kuti ude kukanda mapfumo pasi? Pane mata-nho aunogona kutora kuti uvhure nzira yokuti ubude nayo musango racho. Ndeapi iwayo?

● **Danho 1: Maonero akanaka okudzidza.** Zvakaoma kuti ukurudzirwe kugona muchikoro kana usingafariri kudzidza. Saka edza kuona migumisiro yacho. Muapostora Pauro akanyora kuti: “Munhu anorima anofanira kurima aine tariro uye munhu anopura anofanira kudaro aine tariro yokuzodyawo.”—1 VaKorinde 9:10.

Kuona kuti zvinokosha kushanda nesimba mune zvime zvidzidzo kungasava nyore. Nei? Nokuti iye zvino hazvisi zvidzidzo zvose zvaunoita zvingaita sezvinokosha. Kunyanje zvakadararo, kudzidza zvidzidzo zvakasiyana-siyana kuchawedzera kunzvisisa kwaunoita

WAIVIZIVA  
HERE KUTI ...



Kubiridzira kungaita kuti usavimbwa uyewo kungakanganisa kufambira mberi kwako pakudzidza. Kupfuura zvose, kunokanganisa ukama hwako naMwari.—Zvirevo 11:1.



*Kubudirira muchikoro  
kungafananidzwa  
nokuvhura nzira musango  
rizere miti yakarukana  
—asi zvose zvinoita kana  
uine zvokushandisa  
zvakakodzera*

nyika yakakupoteredza. Kuchakubatsira kuva “zvinhu zvose kuvanhu vemarudzi ose,” kuchikupa mano okutura nevanhu vakasiyana-siyana. (1 VaKorinde 9:22) Kuchavandudzawo ma-

no ako okufunga—unyanzvi huchakubatsira zvechokwadi munguva yemberi.

● **Danho 2: Maonero akanaka ezvaunogona kuita.** Une zvipo zvakasiyana nezvavamwe. Chikoro chingakubatsira kuti ukudziridze mano ausingazivi kuti unawo uye kukudziridza matsva. Chokwadi, Mwari haana kukupa zvakananga mano okugona muchikoro. Kunyange zvakadaro, unofanira kudzidzira kushandisa mano ako zvakanaka. Pauro akanyorerera Timoti kuti: ‘Kuchidzira chipo chaMwari chiru mauri sezvinoitwa moto.’ (2 Timoti 1:6) Zviri pachena kuti Timoti akanga apiwa basa rinokosha muungano yechiKristu; asi kunyange mano ake aakanga apiwa naMwari—“chipo” chake—aifanira kukudziridza kuitira kuti asangogara asingashandisi.

Usarega mafungiro ako asina kururama achikufoirisa nokungofunga kuti haukwanisi kuvandudza. Paunenge uchinetseka nepfungwa dzokuti haugoni, dzitsive nepfu-

**Ndinozviona zvichiitwa nevamwe vezera  
rangu. Tsika dzokudzidza dzavaiva nadzo  
kuchikoro dzinoonekwawo pazvinhu zvavanoita  
pakunamata. Vaya vakanga vasingadi kuverenga  
kuchikoro vakanga vasingafaririwo kudzidza  
Bhaibheri vari yoga.** —Sylvie

ngwa dzinokurudzira. Somuenzaniso, vanhu pavakatsoro-podza zvisiri izvo mano aPauro okutura, akapindura achiiti: "Kunyange zvazvo ndingasava nyanzvi pakutura, chokwadi handina kudaro pazivo." (2 VaKorinde 10:10; 11:6) Pauro aiziva zvakanga zvakamuomera. Asi aiziwo zvaagionna kunyatsoita.

Ko iwe? Zvinhu zvipi zvaunogona kunyatsoita? Kana usingagoni kufunga nevvazvo, wadii kubvunza mumwe munhu mukuru anogona kukubatsira? Shamwari yakadaro inogona kukubatsira kuti uzive zvaunogona uye wonyatso-zvishandisa.

● **Danho 3: Tsika dzakanaka dzokudzidza.** Haugoni kupasa chikoro kana usingashandi nesimba. Unotofanira kuverenga. Chokwadi, ungasafarira kunzwa shoko iroro. Zvisinei, kuverenga kunobatsira. Kutaura zvazviri, kana ukashanda nesimba, uchaona kuchinakidza.

Zvisinei, kuti uve netsika dzakanaka dzokudzidza, uno-fanira kuronga nguva yako. Yeu-ka kuti, paunenge uri kuchikoro, kuverenga kunofanira

#### ZANO

**Paunenge uchiverenga,  
tanga *kuongorora*  
muchidimbu zvauri kuda  
kudzidza, uchiiona  
pfungwa yezviri  
kutaurwa. Zvadaro, edza  
kufunga *mibvunzo*  
ingapindurwa nemisoro  
mikuru. *Chiverenga*  
zvauri kuda kudzidza,  
uchitsvaka mhinduro  
dzacho. Pakupedzisira,  
ona kana *ungayeuka*  
zvaunenge waverenga.**



**“Munhu anotarira mhepo haazodyari  
mbeu; uye uya anotarira makore  
haazokohwi.”—Muparidzi 11:4.**



kuva panzvimbo yokutanga. Chokwadi, Bhaibheri rino pa-ne “nguva yokuseka” ne “nguva yokusvetuka-svetuka.” (Mu-paridzi 3:1, 4; 11:9) Saka kufanana nevechiduku vakawanda, ungangoda kuronga nguva yokutamba.\* Asi Muparidzi 11:4 inonyevera kuti: “Munhu anotarira mhepo haazodyari mbeu; uye uya anotarira makore haazokohwi.” Unodzidzei? Kudzidza pamberi, kutamba mumashure. Usanetseke —zvose *unogona* kuzviwanira nguva!

### **Rubatsiro Pakuita Homuweki Yako**

Zvisinei, ko kana homuweki yakakuwandira? Ungango-nzwa sezvakaita Sandrine ane makore 17, uyo akati: “Ndinop-edza maawa maviri kusvika kumatatu usiku ndichiita

\* Kuti uwane mashoko akawanda ane chokuita nokuzvivaraidza, ona Chikamu 8 chebhuku rino.

### **»»» zvandinoronga kuita!**

*Paripoti rangu rinotevera, ndinoda kuwana \_\_\_\_ muchidzi-dzo chinotevera:*



*Ndichaedza kuita zviri nani muchidzidzo ichocho nokuita zvinotevera:*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenya-ya iyi*

 **Tsvaka nzvimbo yokuverengera.** Haifa-niri kuva nezvinhu zvinodzonyongedza. Kana zvichiita shandisa dhesiki. Usabatidza TV.

 **Isa zvinokosha pakutanga.** Sezvo dzidzo yako ichikosha, tsunga kuti usambabatidza TV kusvikira wapedza homuweki yako.

 **Usaverengera.** Iva nepurogiramu isingachinji yokuita homuweki uye omerera pairi.

 **Ronga.** Ronga kuti ndezvipi zvauchaita pakutanga, pechipiri, zvichingodaro. Zvi-nyore papepa uye chimwe nechimwe chii-ne nguva yacho. Kanzura zvaunenge wapedza.

 **Pota uchizorora.** Kana pfungwa dzako dzaneta, imbozorora zvishoma. Asi dzokeria pahomuweki yako nokukurumidza se-zvingabvira.

 **Iva nechivimbo.** Yeuka kuti musiyano uripo pakati pomudzidzi anogona neasingagoni unowanzova nechokuita nokusanda zvakaoma pane kuva nenjere. *Unogona kubudirira muzvidzidzo zvako zvokuchikoro. Shanda nesimba uye uchawana mubayiro wacho.*



homuweki, uye ndinoiitawo pakupera kwevhiki.” Ungaita sei kana yakakuwandira? Edza mazano ari papeji 119.

## Kuvhura Nzira

Nezvenyaya dzine chokuita nokufambira mberi mune zvokunamata, Pauro akanyorera Timoti kuti: “Isa pfungwa dzako dzose, simba rako rose, pazvinhu izvi, kuti kufambira mberi kwako kuonekwe nevanhu vose.” (1 Timoti 4:15, *Phillips*) Saizvozvovo, kana ukashingairira, kufambira mberi kwako mune zvedzidzo kuchaoneka.

Chimbofunga muanzaniso wataurwa kwokutanga kwechitsauko chino. Kana uri pakati pesango rizere miti yakarukana, ungada chokushandisa chakakodzera—bhemb—a kuti uvhure nzira yokubuda nayo. Ndizvovo nechikoro. Pane kuti unzwe uchiremerwa nezvaunorayirwa nevabereki vako nevadzidzisi, shandisa matanho matatu akurukurwa muchitsauko chino kuti ubudirire muchikoro. Paunovanduzika, uchafara kuti wakaashandisa!

**ZVIRI MUCHITSAUKO CHINOTEVERA *Kuwedzera pazvinetso zvose zvokuchikoro zvauinazvo, iye zvino uri kunetswa. Ungaita sei?***

### UNOFUNGEI?

- **Nei uchifanira kushingaira muzvidzidzo zvako zvokuchikoro?**
- **Ipurogiramu ipi yokuverenga kana kuti yokuita homuweki yaunoona ichiita kwauri?**
- **Kumba kwenyu, ndeipi nzvimbo yakanakisisa kuti uitire homuweki yako uye kuti uverenge?**
- **Ungaita sei kuti zvinhu zvokuzvivaraidza nazvo zvisakanganisa kubudirira kwako muchikoro?**

## Ndingazvidzivirira sei kuchikoro?

*Maka zvirevo zvinotevera kuti chokwadi kana kuti nhema:*

1. **Kunetsa hakungorevi  
kukuvadza munhu.**

Chokwadi
 Nhema
2. **Nguva dzose kunetswa mune  
zvepabonde kunosanganisira  
kubata muviri womunhu.**

Chokwadi
 Nhema
3. **Vasikana vanogonawo kutyisidzira  
uye kunetsa vamwe.**

Chokwadi
 Nhema
4. **Kana uri kutyisidzirwa kana kuti  
uri kunetswa mune zvepabonde,  
hapana zvaunogona kuita.**

Chokwadi
 Nhema

KUTYA idambudziko ragara richisangana nemamiriyoni evedchiduku vanonetswa kuchikoro. Wechiduku anonzi Ryan anoti, "Maminitsi 15 andainge ndiri mubhazi aiita sokunge maawa se-zvo vanhu vaintitambudza vaibva pakundituka kusvika pakudibata zvisina kunaka." Vamwe vechiduku vanonetswa mu-ne zvepabonde. Wechiduku anonzi Anita anoti, "Mumwe mu-komana anozivikanwa zvikuru akandivharira mukoridho achi-bva atanga kundibata-bata. Pandakamuudza zvine ruremeke-dzo kuti arege kundibata hazvina kushanda. Haana kufunga kuti ndairevesa."

Vamwe vachiri kuyaruka vanotonetswa palndaneti neva-vanodzidza navo. Unombonetwa here? Kana zvakadaro, ungaitei nazvo? Zvakawanda zvokuita! Asi kutanga, ngatisiya-nsei nhema nechokwadi nokuongorora zvirevo zvataurwa pa-tangira chitsauko chino.

**1. Nhema.** Vanhu vakawanda vanonetsa vamwe vano-shandisa miromo yavo kwete zvibhakera. Dzimwe nzira dzoku-netsa dzingava kutyisidzira, kutuka, kutsvinya uye kuseka.

**2. Nhema.** Kunyange "kurumbidza" kunoratidzira zvepa-bonde, jee rinonyadzisira, kana kuti kutarisia munhu kungareva kunetsa mune zvepabonde.

**3. Chokwadi.** Vaya vanotyi-sidzira uye vanonetsa vanogona kuva vakomana kana vasikana.

**4. Nhema.** *Unogona* kuto-ra matanho okumisa kunetswa kwacho. Ngationei kuti ungazvii-ta sei.

### **Kurova Kwaungaita Munhu Anonetsa—Usingashandisi Zvibhakera**

Vamwe vanhu vanonetsa vanoda kukudenza kuti vangoona kuti unoita sei. Asi Bhaibheri ri-

#### **WAIVIZIVA HERE KUTI ...**

**Kupfeka rumwe ruvara rwembatyka kana kuti mbaty dzinonzi nde-dzechimwe chikwata kungaita kuti udenhw. Mumwe aimbova nhe-nego yechimwe chikwata anoti:** "Kana mumwe munhu aipfeka somumwe wedu asi iye asiri, kazhinji aide-hwa. Aitofanira kubatana nechikwata chedu kana kuti airo-hwa."



**Kana ukaziva kuti pacharwiwa,  
usabatanidzwa asi enda kumba. Vamwe  
vanoramba vachitarisa, uye ndopavanopinda  
muchinetso.** —Jairo



nopa zano iri rokuchenjera: "Usakurumidza kugumbuka." (Muparidzi 7:9) Chokwadi ndechokuti, 'kudzorera chakaipa necha-kaipa' kungava kudira parafini mumoto uye kungakonzerza zvimewe zvinetso. (VaRoma 12:17) Saka ungarova sei munhu anonetsa *usingashandisi* zvibhakera?

**Usagumbuka.** Kana munhu achikudenha zvokungonakidzwa, ingoseka zvako pane kugumbuka. "Dzimwe nguva zva-kanaka kusanyanya kuva nehanya nemashoko okudenza ane-nge ataurwa," anodaro mumwe mukomana anonzi Eliu. Kana munhu anonetsa akaona kuti mashoko ake haana zvaaita, angarega kukunetsa.

**Iva munyoro.** Bhaibheri rinoti: "Mhinduro, kana iri nyoro, inodzora kutsamwa." (Zvirevo 15:1) Munhu anonetsa haatarisiri mhinduro yakanaka, uye mhinduro yakadaro inogona kupo-mhodza mamiriro ezvinhu akaoma. Chokwadi, zvinoda kuzvidzora kuti urambe wakadzikama paunenge uchidenhwa. Asi nguva dzose ndizvo zviri nani. Zvirevo 29:11 inoti: "Benzi rino-budisa hasha dzaro dzose, asi munhu akachenjera anoramba akadzikama kusvikira pakupe-dzisira." Unyoro humoratidza kuva nesimba. Munhu munyoro haakurumidzi kuvhunduka, asi kazhinji munhu anonetsa ane-nge asina kugadzikana, akavhi-ringidzika, kana kuti kutopere-rwa. Ndokusaka Bhaibheri richiti: "Munhu anononoka kutsamwa ari nani pane murume ane simba." —Zvirevo 16:32.

### ZANO

**Kana uri kunetswa,  
shinga, asi usaita zvechi-simba. Noushingi, udza  
munhu anenge achikunetsa kuti arege. Ibva  
norugare. Kana akaramba achikunetsa, udza  
mumwe munhu ane simba kuti akubatsire.**



**Zvidzivirire.** Kana zvinhu zvaita manyama amire nerongo, ungafanira kutsvaka ‘nzira yokubuda nayo.’ Zvirevo 17:14 inoti: “Ibva kupopotedzana kusati kwatanga.” Saka kana pachiita sokuti pachava nokurwisana, famba kana kuti tiza. Kana usi-nagagoni kutiza, ungafanira kuita zvose zvaunogona kuti uzvi-dzivirire pakurwiswa.

**Zvitaure.** Vabereki vako vane kodzero yokuziva zvinenge zvchiitika. Vanogonawo kukupa mazano anobatsira. Somue-nzaniso, vangakuudza kuti utaure nyaya yacho kumudzidzisi. Iva nechokwadi chokuti vabereki nevadzidzisi vanogona ku-gadzirisa nyaya yacho nokungwarira, kuitira kuti vasakupinza mune mamwe matambudziko.

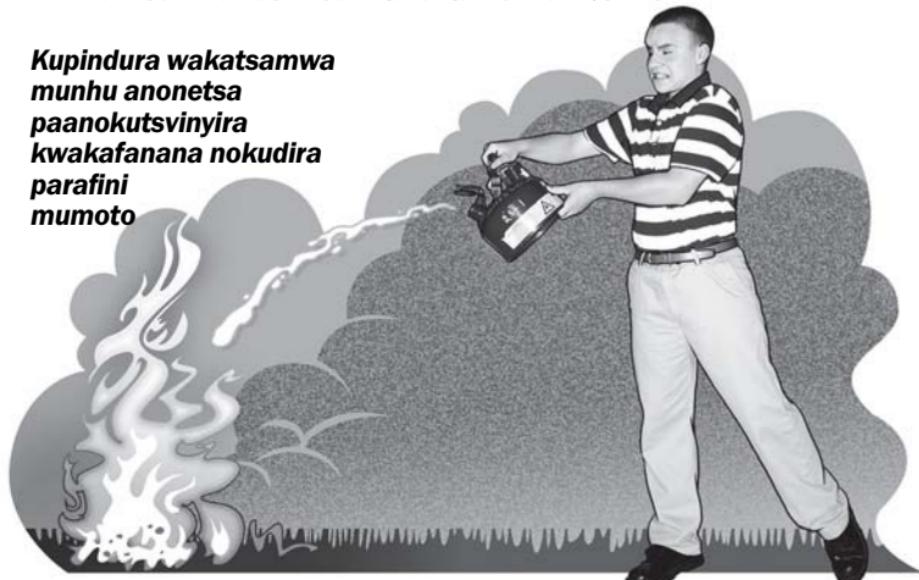
Ndeipi pfungwa inonyanya kukosha? Munhu anonetsa ha-agoni kubudirira kana ukasaita zvaari kutarisira. Saka usarega munhu anonetsa achikutsamwisa. Asi gadzirisa mamiriro acho ezvinhu nokushandisa mazano ataurwa.

### **Zvingaitwa Pakunetswa Mune Zvepabonde**

Kana uri kunetswa mune zvepabonde, unototi ugumbuke! Mubvunzo ndewokuti, Ungaitei nezvazvo? Zvakatowanda! He-anu mazano mashomanana.

**Ramba zvakasimba kuita unzenza.** Vanhu

*Kupindura wakatsamwa  
munhu anonetsa  
paanokutsvinyira  
kwakafanana nokudira  
parafini  
mumoto*



## **kudzivisa kwaungaita kunetswa mune zvepabonde**

**Usatamba norudo.** Zvinoita kuti unetswe. Bhaibheri rinobunza kuti: “Ungatakura moto muchipfuba chako nguo dzako dzikasatsva here?” (Zvirevo 6:27, *Today's English Version*) Chokwadi ndechokuti, kutamba kworudo kune ngozi sokutamba nemoto.

**Ngwarira shamwari dzako.** Zvichafungidzirwa kuti tsika dzako dzakafanana nedzeshamwari dzako. Mumwe musikana anonzi Carla anoti, “Kana ukashamwardzana nevanhu vanobvumira mashoko acho kana kuti vanofarira kuonekwa, iwe uchanetswaho.”—1 VaKorinde 15:33.

**Ngwarira mapfekero ako.** Kupfeka zvisina mwero kenoratidza zvakajeka kuti unoshuva kufarirwa nevakomana kana nevasikana—uye uchafarirwa.—VaGaratiya 6:7.

**Usavanza kuti uri muKristu.** Kana ukazvivanza, hapanu munhu angava nechikonzero chokukutarisira kuti urarame maererano nemitemo yechiKristu.—Mateu 5:15, 16.

vanoshungurudza vamwe vangazvitora sokuti ukati kwete zvakanopora-pora zvingareva kuti hungu—kana kuti ungango-bvuma—kunze kwokuti ukaita kuti vave nechokwadi chokuti haudi. Saka kwete wako ngaave kwete. (Mateu 5:37) Kana ukangoseka-seka kana kuti kunyepera kunyara, kunyange kana uchizviita nokuti unenge wambonyara pakutanga, zvingaita kuti munhu wacho anonetsa afunge kuti unoziifarira. Simbirira pane zvaunotaura uye iva akananga. *Ndiyo nzira yakanaka kwazvo yokuzvidzivirira nayo!*

**Penga.** Wechiduku anonzi Anita anoti nezvomunhu aimunetsa: “Ndaifanira kumunyadzisa pamberi peshamwari dza ke nokumuudza nenzwi guru kuti ASANDIBATA saizvozvo!” Zvakaguma nei? “Shamwari dzake dzose dzakamuseka. Kwe-kanguva akanga asingadi zvokutaura nevamwe, asi kwapera



**“Kana zvichibvira, nepamunogona napo,  
ivai norugare nevanhu vose.”** –VaRoma 12:18.

• • • • • • •

mazuva mashomanana, akakumbira ruregerero pane zvaakanaga aita uye gare gare akatondibatsira mumwe munhuwo zvake paakaedza kundinetsa.”

**Kana mashoko asingashandi, ibvapo.** Zvinotova nani kutiza. Uye kana usingakwanisi kutiza, une kodzero yokuzvidzivirira kuti usabatwa-batwa. (Dheuteronomio 22:25-27) Mumwe musikana wechiKristu anoti: “Mumwe mukomana paakaedza kundibata, ndakamurova zvakasimba sezvandaigona ndokubva ndatizala”

**Udza mumwe munhu.** “Ndizvo zvandaifanira kuita pakupedzisira,” anodaro Adrienne ane makore 16. “Ndakabvunza vabereki vangu kuti ndoita sei apo mumwe mukomana wanda-iti ishamwari yakanaka ainge ongoti nangananga nen. Pandaritatidza kuti ndakanga ndisingadi, aibva atosimbirira, sokunge kuti ndaitamba.” Vabereki vaAdrienne vaiva nezano rinosha-

## »»» **zvandinoronga kuita!**

*Kana mumwe munhu akaedza kundituka kana kuti kundi-shatirisa, ndicha-*



*Kuti ndisanetswa, ndicha-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenya-ya iyi*

*Udza munhu  
anokunetsa mune  
zvepabonde kuti  
asiyane newe!*

nda rakamubatsira ku-kurira chinetso chacho. Hapana mubvunzo ku-ti vabereki vako vanogonawo kukubatsira.

Hazvisi nyore kura-rama uchityisidzirwa uye uchinetswa mune zvepabonde. Asi gara uchiyeuka izvi: VaKristu vechiduku havafaniri havo kuva vanhu vanonganetswa vasina zvavanogona kuita; uyewo havafaniri kushivirira kana kuti kunyengedzwa nezvinoitwa nomunhu anonetsa. Kana ukatora matanho atau-rwa, unogona kukurira matambudziko aya.

**ZVIRI MUCHITSAUKO CHINOTEVERA** *Kuda kufanana nevezera rako ndicho chido chakasimba zvikuru chaunofanira kukurira. Dzidza kuti ungaita sei nakwo uine chivimbo.*

#### UNOFUNGEI?

- **Ungawedzera sei kuva nechivimbo uye kudzikama wobva waderedza mikana yokunetswa?**
- **Ungaitei kana uri kunetswa mune zvepabonde? (Funga zvimwe zvingaitika uye zvaungaita kana wanetswa.)**
- **Nei uchifanira kuona kunetswa mune zvepabonde senyaya hombe?**





15

## Ndingaramba sei kufurirwa nevezera rangu?

***“Unosangana nemiedzo yakawanda kwazvo kuchikoro —kusvuta, kushandisa zvinodhaka, kuita zvepabonde. Unoziva kuti vamwe vana zvavanoda kuti uite hazvina musoro. Asi unosvika pakufunga kuti haungaratidzi kuti uri gwara.” —Eve.***

ZVIRI muropa kuti unzwe uchida kugamuchirwa nevamwe. Ndizvo zvinoita kuti ude kufanana nevezera rako. Somue-nzaniso, kana uri kurerwa muchiKristu, unoziva kuti zvinhu zvakadai sokuita zvepabonde musati maroorana uye kudhakwa nedoro zvakaipa. (VaGaratiya 5:19-21) Zvisinei, vezerira rako vakawanda vanokukurudzira kuti uitewo zvinhu izvi navo. Vakambofunga here nevvazvo vachibva vazvisarudzira kuita izvi? Zvingasava zvakadaro. Kazhinji, vakabvuma



**“Munhu anofamba nevanhu vakachenjera  
achava akachenjera, asi iye anofambidzana  
nemapenzi zvichamuipira.”**

—Zvirevo 13:20.



kufurirwa nevamwe. Vanoda kugamuchirwa, saka vanobvumira vamwe kuti vavasarudzire zvinonzi ndizvo zvakanaka. Ndizvo zvaunodawo here? Kana kuti une ushingi hwokudzivirira zvaunotenda here?

Pane imwe nguva, Aroni mukoma waMosesi akabvuma kufurirwa. Valsraeri pavakamuunganira ndokumukurudzira kuti avaitire mwari, akaita chaizvo zvavakanga vamuudza! (Eksodho 32:1-4) Pafunge—uyu ndiyе murume akanga ataura naFarao, achimuudza shoko raMwari noushingi. (Ekso-dho 7:1, 2, 16) Asi valsraeri pavakamuti avaitire mwari, Aro-ni akabvuma. Zviri pachena kuti zvaiva nyore kuti ataure noushingi namambo weljipiti pane kutaura noushingi nevamwe vase!

Ko iwe? Unoomerwa noku-tsigira zvaunoziva kuti zvakarurama here? Unogona kuramba kufurirwa nevezera rako here usingaratidzi kuti hauna kusununguka uye kuti uri kuty? *Unogona!* Chinhu chino-kosha ndechokufanoona kufurirwa kwacho wofanosarudza kuti uchaita sei? Matanho mana ari pasi apa achakubatsira kuita izvi.

**1. Fanoona.** (Zvirevo 22:3) Kazhinji, unogona kufanoo-na dambudziko. Somuenzani-so, unoona boka revokuchikoro

**WAIZVIZIVA  
HERE KUTI ...**



**Havasi vakawanda  
vaunodzidza navo  
vanogona kuzotaura  
newe pashure pegore  
wapedza chikoro.  
Vakawanda  
vangatokanganwa zita  
rako. Asi vemhuri yako  
uye zvikurukuru  
Jehovha Mwari,  
vachagara vachifarira  
kugara kwako  
zvakanaka.—Pisarema  
37:23-25.**

kwako riri mberi kwako richisvuta. Pane mukana wakadini wokuti vangangokutambidza mudzanga? Kana ukafanoona dambudziko racho, uchange wakagadzirira kuridzivisa kana kuti kutarisana naro.

**2. Funga.** (VaHebheru 5:14) Ungazvibunza kuti, ‘Kana ndikaita zvinoitwa nevoruzhinji ndichazonza sei nokufamba kwenguva?’ Chokwadi, vezera rako vangambokufarira kwekanguva. Asi pave paya uchanzwa sei paunenge wa va nevabereki vako kana kuti vaKristu vaunonamata navo? Unonzwa uchida kurasikirwa noukama hwakanaka naMwari pamusana pokungoda kufadza vaunodzidza navo here?

**3. Sarudza.** (Dheuteronomio 30:19) Vashumiri vaMwari vose vachafanira kusarudza kuva vakatendeka vokombore-rwa kana kuti kusava vakatendeka vosangana nazvo. Varume vakaita saJosefa, Jobho naJesu vakasarudza zvakana-ka, asi Kaini, Isau naJudhasi havana kusarudza zvakana-ka. Iye zvino chava chijana chako chokuti usarudze. *Uchaitei?*

**4. Ratidza zvauri.** Ungafunga kuti izvi ndizvo zvakaoma kupfuura zvose. Handizvo! Kana wakatofunga nezvemigu-misiro yacho uye wakasarudza zvaunoda, ungatoshamiswa kuti *kutura* paumire kungava nyore uye kungava nomuba-yiro. (Zvirevo 15:23) Usanetseke—haufaniri hako kupa vezera rako mharidzo yomuBhaibheri. Kungoti aiwa zvakasi-mba kungava kwakakwana. Kana kuti, kuti ujekese paumire chaipoipo, ungasarudza kutaura kuti:



### ZANO

**Kuti uwedzere kushinga, verenga zvakaitika zvezashumiri vaJehovha vemazuva ano vakabudirira kutsigira zvakarurama.**

*“Syanai nen!”*

*“Handiiti zvakadaro!”*

*“Aaa, inga munondiziva wani!”*

Zvinokosha ndiko kukuru-midza kupindura uine chivimbo. Kana ukaita izvozvo, ungashamiska kuti vezera rako vanokurumidza sei kusiya-

**“Vakomana vakawanda vanoziva kuti ndiri  
Chapupu, uye vanondiremekedza. Kana  
vachizokurukura chimwe chinhu chakaipa,  
vanoti, ‘Mike, pane zvatinoda kumbotaura, saka  
kana uchida kuenda, enda zvako.’” —Mike**

na newe! Zvisinei, ko kana vakakuseka? Ko kana vakati, “Zvaita sei—unotya here?” Yeuka kuti chinangwa chokutsvínya uku ndechokuti ufanane navo. Ungaita sei? Pane zvinhu zvinokwana zvitatu zvaungasarudza.

- Unogona **kubvuma** kutsvinyirwa kwacho. (“Ndizvozvo, ndinotya!”) Zvadaro ibva wataura muchidimbu chikonzero chako.)
- Unogona **kuramba**, uchitaura paumire asi usingaiti nharo.
- Unogona **kudzorerawo**. Taura chikonzero chaunoramira uye zvadaro taura zvinhu zvinoita kuti vezera rako vafunge. (“Ndaifunga kuti makangwara zvokuti hamungambosvuti!”)

(Inopfuirira papeji 135)

## ➤➤➤ **zvandinoronga kuita!**

*Ndinogona kugadzirira kuti ndisafurirwa nevezera rangu noku-*



*Kana vezera rangu vakaedza kundifurira kuti ndiite zvakipa, ndicha-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*

# zvandingaita kuti ndisafurirwe

Muenzaniso

1

fanoona

**Muedzo wacho ndewei?** Kusvuta midzanga.

**Ndingangosangana nomuedzo uyu kupi?** Muimba yokuchinjira mbatya kuchikoro.

**Chii chichaitika kana ndikabvuma?**

Ndichagumbura Jehovha uye vabereki vangu. Hana yangu ichanditambudza. Zvichandiomera kuti ndizoramba nguva inotevera.

**Kana ndikabvuma, pangava pamusana pokuti**

Handina kunyatsogadzirira kutarisana nokufurirwa nevezera rangu. Ndinokoshesa kufarirwa nevezera rangu kupfura kufarirwa naJehovha.

2

funga

3

sarudza

4

ratiidza  
zvauri

**Chii chichaitika kana ndikaramba?**

Ndingatsvinyirwa kana kuti ku piwa mazita. Vamwe vokuchikoro kwangu vangaramba kutumba nen. Asi ndichaita kuti Jehovha afare, uye ndichava munhu ane tsika dzakanaka.

**Ndicharamba nokuti**

Ndinoziva kuti hazvifadzi Jehovha uye kuti kusvuta kunogona kukanganisa utano hwangu.

**Ndichati**

aiwa ndobva ndabvapo.

**Kana wezera rangu akati:** "Svuta mudzanga uyu kani. Uri gwara here?"

**Ndinogona kupindura**

**nokubvuma**

"Ndizvozvo. Midzanga ndinoitya. Handidi kuita kenza yemappa."

**nokuramba**

"Usatambisa hako mudzanga wako uchindipa."

**nokudzorerawo**

"Rega zvako. Ndaifunga kuti wakangwara zvokuti haungambo-svut!"

kutsvinya kunoita  
vezera rangu

**ZVOKUITA: Kurumidza kubvapo kana vezera rako vakaramba vachikumanikidza. Kana ukaramba uripo, panova nemikana yakawanda yokuti uve chidzoyi chavo. Iye zvino, chinyorawo zvaunofunga papeji inotevera.**

1

fanoona

Muedzo wacho ndewei? 

Ndingangosangana nomuedzo uyu kupi?

Chii chichaitika kana  
ndikabvuma?

.....  
.....  
.....

  
Kana ndikabvuma, pangava  
pamusana pokuti ...

.....  
.....  
.....



2

funga

3

sarudza

4

ratidza  
zvauri

Chii chichaitika kana  
ndikaramba?

.....  
.....  
.....



Ndicharamba nokuti ...

.....  
.....  
.....



Ndichati ...

.....  
.....  
.....

Kana wezera rangu akati: 

Ndinogona kupindura kufurirwa kwacho

nokubvuma

nokuramba

nokudzorerawo

Dzidzira mhinduro dzako nomubereki kana kuti neshamwari yakura.



MUENZANISO WOKUTEVEDZERA

## VaHebheru Vatatu

Hananiya, Mishaeri, naAzariya vamire pabani reDhura, pedyo neBhabhironi. Vanhu vose vakavapoteredza vanopfugamira chifananidzo chihombe. **Pasinei nokuona** zviri kuitwa nevamwe vavo uye kutyisidzirwa namambo, majaya aya anoramba akatsunga. Vachiratidza ruremekedzo uye kuti vakashinga, vanoudza Nebhukadhinezari kuti chisarudo chavo chokushumira Jehovha **hachichinjiki**.—Dhanieri 1:6; 3:17, 18.

Varume ava vaiva vaduku pavakaendeswa kuBhabhironi senhapwa. **Kutendeka kwavo pavaiva vaduku**—kuramba kudya zvokudya zvingava zvairambidza noMuteemo waMwari—**kwakavabatsira** kuti vazotarisana nemiedzo yakaoma muupenyu gare gare. (Dhanieri 1:6-20) Kubva pane zvavakanga vambosangana nazvo vaiziva kuti kuteerera Jehovha ndiko kuchenjera. Unonyatsoomererawo pamitemo yaMwari pasinei nokuda kufanana nevezera rako here? Kana iye zvino uchiri muduku uchiziva **kuteerera Jehovha** muzvinhu zvingaita sezviduku, uchange wagadzirira kuramba wakatendeka paunozotarisana **nematambudziko makuru** muupenyu.—Zvirevo 3:5, 6; Ruka 16:10.

## **Kana ukabvuma kufurirwa nevezera rako, unova chidzoyi chavo**

(Inobva kupeji 131)

Kana vezera rako vakaramba vachikutsvinyira, *ibvapo!* Kana ukaramba uripo, vacharamba vachikunetsa. Ku-nyange kana ukabvapo, yeuka kuti: *Ndiwe wadzikamisa zvinhu.* Hauna kubvumira vezera rako kuti vakumbandidzire muforoma yavo!

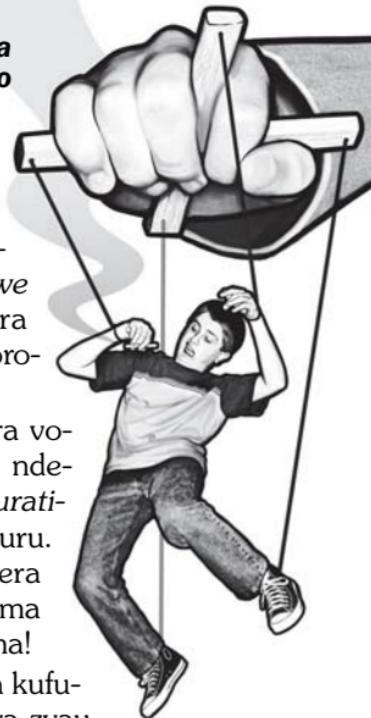
Vamwe vezera rako vangakutsvinyira votaura kuti hadzisi pfungwa dzako. Asi ndedzako! Chokwadi, Jehovha anoda kuti *uratidze* kuti kuita zvaanoda kwakanaka zvikuru. (VaRoma 12:2) Saka nei uchirega vezera rako vachikuita chidzoyi chavo? (VaRoma 6:16) Tsigira zvaunoziva kuti zvakarurama!

Kutura zvazviri, haugoni kunzvenga kufurirwa nevezera rako. Asi unogona kuziva zvau-noda, kutaura paumire, uye kudzora mimiriro acho ezzvinhu. Pakupedzisira, ndiwe unofanira kusarudza!—Joshua 24:15.

**ZVIRI MUCHITSAUKO CHINOTEVERA *Uri kurarama upenyu  
huviri here? Pane chakanaka chingabuda here kana  
vabereki vako vakazviziva?***

### **UNOFUNGEI?**

- Matanho mana ataurwa muchitsauko chino angakubatsira papi?
- Chii chingaitika kana ukabvuma kufurirwa nevezera rako?
- Ndedzipi nzira dzaungaramba nadzo kufurirwa nevezera rako?





**16**

## Upenyu huviri—ndiani anofanira kuzviziva?

- Kunwa doro
- Kutamba nevanhu vanonzi nevabereki vako hadzisi shamwari dzakanaka
- Kuteerera mimhanzi yakaipa
- Kuenda kumapati oupengo
- Kufambidzana muchivande
- Kuona mafirimu echisimba kana ounzenza kana kuti kutamba mitambo yevhidhiyo inoratidza chisimba
- Kutura zvinonyadzisira

TARIRA zviri papeji yapfuura. Unomboita chimwe chezvinhu izvi vabereki vako vasingazivi here? Kana uchizviita, ungangove uchiziva kuti zvaunoita zvakaipa. Ungatonetseka nehana ine mhaka. (VaRoma 2:15) Kunyange zvakadaro, zvakaoma kuti uudze vabereki vako zvakaipa zvaunoita. Uye paunofunga kuti vabereki vako vanganetseka, pfungwa yokuti “Vabereki vangu havarwadziwi nezvavasingazivi” ingaita seine musoro. Asi wakambozifunga here kuti ungarote uri kurarama upenyu huviri nezvauri kuita? Chii chingave cha-kaita kuti uite saizvozvo?

## Kuda Kuzvimiririra

Bhaibheri rinoti pane imwe nguva “murume achasiya baba vake naamai vake.” (Genesici 2:24) Chokwadi, izvi zvinogona kutaurwawo nezvomukadzi. Wakasikwa uchingoda kukura, kuzvifungira uye kuzvisarudzira. Asi vabereki pavonorambidza zvinhu zvavanofunga kuti hakusi kuchenjera —kana kuti zvakaipa—vamwe vechiduku vanopandukira.

Chokwadi, vamwe vabereki vanoita sevanonyanya kuomesera vana vavo. Mumwe musikana anonzi Kim anonyunyuta achiti, “Kashoma kuti tibvumidzwe kuona mafirimu.” Anowedzera kuti, “Baba vangu vakatirambidza kuteerera inenge mimhanzi yose zvayo!” Pavanoona sokunge kuti vari kunyanya kuomeserwa, vamwe vechiduku vanotanga kuyemura vezera ravo vanoita sevane rusununguko rwakawanda.

Mumwe musikana anonzi Tammy anotaura chimwe chikonzero chinoita kuti vamwe vararame upenyu huviri—kuti vagamuchirwe nevokuchikoro kwavo. Anoyeuka kuti, “Ndakatanga nokautaura zvinonyadzisira kuchikoro. Zvaiita kuti ndinzwe sokuti ndakanga ndangofanana nevamwe vana vase. Pave paya ndakaedza kusvuta. Ndainwawo doro kusvika ndadhakwa. Zvadaro ndakatanga kufambidzana nevakoma-na muchivande nokuti vabereki vangu vainyanya kuomesa uye vakanga vasingandibvumiri kuti ndiite zvevakomana.”

Mumwe mukomana achiri kuyaruka anonzi Pete akasananganawo neizvi: "Ndakarerwa somumwe weZvapupu zvaJehovha. Asi ndaitya chaizvo kusekwa." Pete akaita sei nokutya kwaaiita? Anoti, "Ndakaedza kuita kuti vanhu vose vandifarire. Ndaireva nhema uye ndakanga ndisingavau-dzi chokwadi kuti nei ndakanga ndisingagamuchiri zvipo pamazororo echitendero." Pete paakatanga kuita zvikanganiso zviduku, hazvina kutora nguva asati atanga kuita zvivi zvakakomba.

### **Hapana Chakavanzika**

Kurarama upenyu huviri hakuna kutanga nhasi. Vamwe valsraeri vekare vakaedza kuzviita vachifunga kuti hapana aizviona. Zvisinei, muprofita Isaya akavanyevera kuti: "Vane nhamo vaya vanovanzira Jehovha kwazvo zvavanoronga, vane mabasa akaitirwa munzvimbo ine rima, pavanenge vachiti: 'Ndiani ari kutiona, uye ndiani ari kuziva nezvedu?'" (Isaya 29:15) Valsraeri vakakanganwa kuti Mwari aiona zvavaita. Panguva yakakodzera akavarangira zvivi zvavo.

Ndozvazvakaitawo nhasi.

Kunyange kana ukabudirira kuvanzira vabereki vako misikanzwa yako, haugoni kuvanzira Jehovha Mwari. VaHebheru 4:13 inoti: "Hapana chisikwa chasingaoni, asi zvinhu zvose zvakafukurwa uye zviri pachena mumaziso aiye watinozvidavirira kwaari." Saka kuvanza kuhnobatsirei? Yēuka kuti haugoni kufadza Mwari nokungonyepedzera kuti unomunamata paunopinda misangano yechitendero. Jehovha anoziva vanhu



**WAIVIZIVA  
HERE KUTI ...**

**Kunzwa uine mhaka  
kunogona kubatsira;  
kunogona kuita kuti  
munhu agadzirise  
maitiro akaipa. Asi  
munhu anoramba  
achiita chivi  
anokuvadza hana yake.  
Inotindivara kufanana  
neganda rinenge ratsva  
rozoita mavanga.  
—1 Timoti 4:2.**



**“Munhu anofukidza kudarika kwake  
haazobudiriri, asi anoreurura nokuzvisiya  
achanzwirwa ngoni.”**

—Zvirevo 28:13.

• • • • • • •

‘pavanomukudza nemiromo yavo, asi mwoyo yavo iri kure naye.’—Mako 7:6.

Waona here kuti vaya vanorarama upenyu huviri vanorwadzisa Jehovha? Izvozvo zvinoitika zvechokwadi here? Chokwadi zvinoitika! Vanhu velsraeri yekare pavakasiya Mutemo waMwari, “vakarwadzisa Mutsvene walSraeri.” (Pisarema 78:41) Anofanira kunge achirwadziwa chaizvo kana vechiduku vanorerwa “mukuranga nokutungamirira pfungwa kunoitwa naJehovha” vakaipa zvakaipa muchivande! —VaEfeso 6:4.

### Ruramisa Zvinhu

Chokwadi, unofanira kureurura kuna Mwari uye kuvalereki vako zvawave uchiita muchivande. Kutaura zvazviri, izvi zvingaita kuti unyare uye zvimwe kuva nemigumisiro isingafadzi. (VaHebheru 12:11) Somuenzaniso, kana wava uine tsika yokureva nhema uye yokunyengera, unenge waita kuti vabereki vako vasanyanya kukuvimba. Saka usashamisika kana vakambokumesera kupfuura zvavaimbotita. Kunyange zvakadaro, kureurura zvivi zvako ndiko kwakanaka zvikuru. Nei?

Chimbofunga muenzaniso uyu: Ngatitii iwe nevomumhuri yenu muri kungofamba

**ZANO**

**Usarerutsa  
zvikanganiso zvako, asi  
usabatwa nomusungo  
wokusava netariro.  
Yeuka kuti Jehovha  
akagadzirira  
kukanganwira.  
—Pisarema 86:5.**

**“Ndinofunga kuti vechiduku vanofanira kuzivikanwa sevaKristu vane tsika dzakanaka. Vanofanira kuita izvi nokukurumidza sezvavangagona. Kana vakanonoka, zvinozoti omei.” —Linda**

zvenyu. Vabereki vako vasingazvioni, unorega kuteerera murayiro wavo wokuti urambe uri pedyo navo uye unosiya nzira wobva warasika. Unoerekana wava kunyura mujecha. Waizonyara here kushevedzera kuti ubatsirwe? Waizotyira kuti vabereki vako vachakuranga nokuti hauna kuteerera nyevero yavo here? Aiwa! Waizopangura mhere.

Saizvozvovo, kana uri kurarama upenyu huviri, unofanira kukurumidza kubatsirwa. Yeuka kuti yadeuka yadeuka mvura yeguchu haidyorerwi. Asi unogona kuchinja remangwana. Pasinei nokuti zvichave zvichikurwadza uye zvakakuomera sei, zvine musoro kuti ukumbire kubatsirwa usati wanyanya kuzvikuvadza iwe kana mhuri yako. Kana uchi-

## **>>> zvandinoronga kuita!**

*Kana ndave ndichirarama upenyu huviri,  
ndichaudza*



*Kana ndikapiwa chirango chero chipi zvacho, ndinogona ku-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenya-  
ya iyi*



**Kana uri kunyura mujecha  
rokurarama upenyu huviri,  
unofanira kushevedzera kuti  
ubatsirwe**

zvidemba zvechokwadi pane zwawakaita, Jehovha achakunzwira ngoni.—Isaya 1:18; Ruka 6:36.

Naizvozvo, udza vabereki vako chokwadi. Ziva kuti vanorwadziwa. Bvuma chirango chavo. Kana ukadaro, uchafadza vabereki vako uye Jehovha Mwari. Uchanzwawo wazordzwa nokuvazve nehana yakachena.—Zvirevo 27:11; 2 Va-Korinde 4:2.

**ZVIRI MUCHITSAUKO CHINOTEVERA** *Pane zvakawanda  
zvaunowirirana nevaunodzidza navo. Asi unofanira kuzivei  
nezvoushamwari hwokuchikoro?*

### **UNOFUNGEI?**

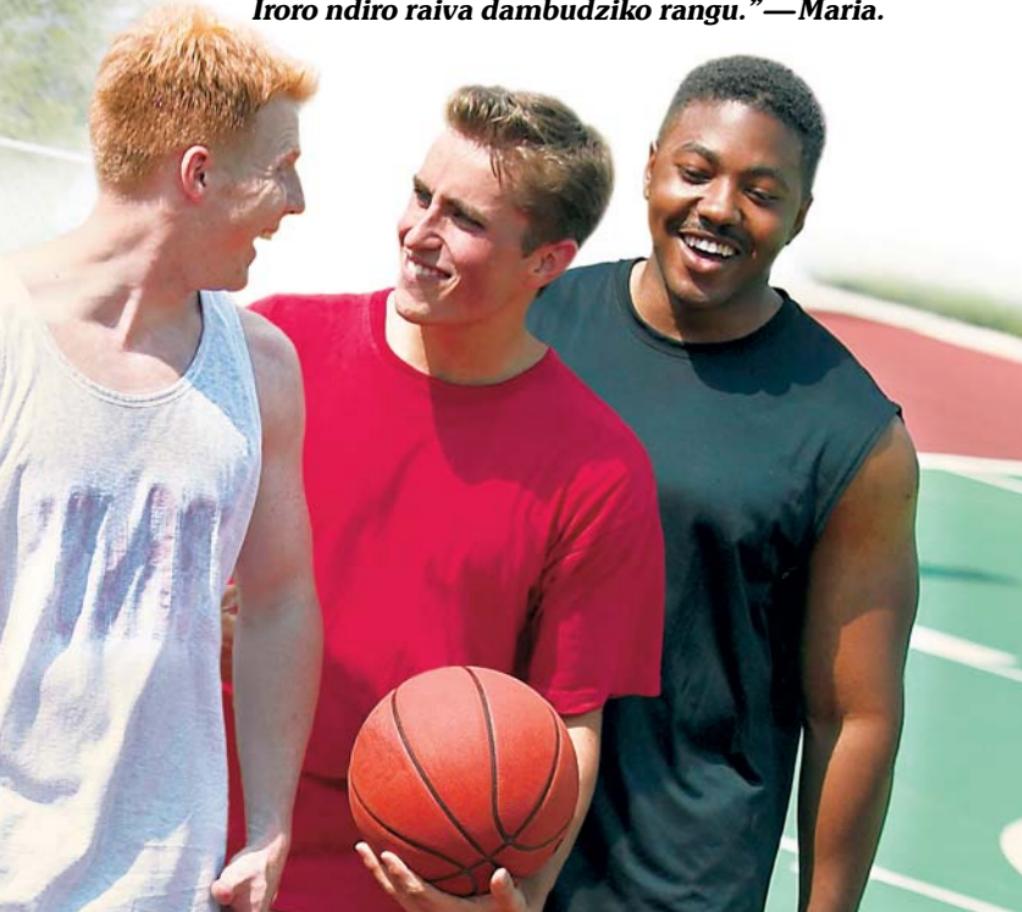
- Chii chinoitisa kuti vamwe vechiduku vararame upenyu huviri?
- Ndeipi mimwe migumisiro yokurarama upenyu huviri?
- Kusiya mararamiro akadaro kunobatsirei?

# Ndinofanira kuzivei nezvouushamwari hwokuchikoro?

*“Dzimwe nguva ndaiona boka revamwe vechiduku ndofunga kuti, ‘Inga zvavo vari kuwirirana. Ndinoda kuva mumwe wavo.’”*

—Joe.

*“Handina kumbova nechinetso chokuva neshamwari pandaiva kuchikoro. Zvaiva nyore. Iroro ndiro raiva dambudziko rangu.”* —Maria.



VANHU vose vanoda shamwari—vanhu vavanogona kutandara navo munguva dzakanaka uye vavanovimba navo kana zvaipa. Jesu aiva neshamwari, uye aifarira kushamwaridzana nadzo. (Johani 15:15) Zvadaro, paakaurayiwa padanda rokutambudzikira, Johani shamwari yake yepedyo, “mudzidzi waaida,” aiva pedyo. (Johani 19:25-27; 21:20) Unoda shamwari dzakadai, vanhu vanokutsigira chero zvodini!

Zvichida unofunga kuti wakawana shamwari dzakadaro kuchikoro—waunodzidza naye mumwe chete kana kuti viri vaunopindirana navo chaizvo. Munofarira zvinhu zvakafanana uye munonakidzwa nokutaura mose. Vangaita sokuti havasi ‘shamwari dzakaipa’ kwauri. (1 VaKorinde 15:33) “Unoona vechiduku ava anenge mazuva ose,” anodaro Anne. “Saka unonzwa wakasununguka kana uinavo. Zvakasiyana nepaunenge uine hama nehanzvadzi dzako dzau-nonamata nadzo, paunonzwa kuti dzimwe nguva unofanira kungwarira zvaunoita. Kuchikoro hauna chokutyira.” Uye-zve, unogona kuona zvinhu semaonero aiita Lois, uyo akaati “Ndaida kuti shamwari dzangu dzokuchikoro dzione kuti Zvapupu zvaJehovah hazvina kusiyana nevamwe vanhu sezvinofungwa nevanhu vose, takangofanana nevamwe vanhu.” Izvozvo zvikonzero zvakanaka here zvokuti uite tsika nditsikewo nevokuchikoro kwako?

### **Nei Uchifanira Kungwarira?**

Chimbofunga zvakaitika kuna Maria, ambotaurwa kwo-kutanga. Kusununguka kwake kwaiita kuti zvive nyore kuti awane shamwari dzakawanda asi zvakanga zvakamuomera

**“Ndaiwanzoita sezvaiitwa nevamwe vana kuchikoro, saka zvaiva nyore kutanga ushamwari nevamwe ikoko. Asi ndakadzidza kubva pane zvandaikanganisa. Iye zvino ndava neshamwari muungano—shamwari dzandinogona kuvimba nadzo.” —Daniel**



**“Ndinoita zvinhu zvose nokuda kwemashoko akanaka, kuti ndiagoverane navo.”**

—1 VaKorinde 9:23.



kuziva pokugumira. Anobvuma kuti, “Ndaida kufarirwa nevakomana nevasikana. Nokudaro, ndakaona ndichinyura zvishoma nezvishoma mumatope enyika ino.” Lois akasananganawo nezvakadaro. Anoti, “Zvaiitwa nevamwe vana zvainditora mwoyo. Ndakatanga kuita sezvavaiita.”

Izvozvo hazvishamisi. Kutaura zvazviri, kuti urambe uri pedyo nomumwe munhu, iwe nomunhu iyeye munofanira kufarira zvinhu zvakafanana uye kuva netsika dzakafanana. Kana ukatanga ushamwari hwepedyo nevanhu vasingaomereri pane zvaunodavira uye zvaunokoshesa zvomu-Magwaro, ushamwari hwakadaro hungashatisa tsika dzako. (Zvirevo 13:20) Ndokusaka muapostora Pauro akanyora kuti: “Musasungwa zvisina kukodzera pajoko nevasingatendi.”

—2 VaKorinde 6:14.

## Zvaungaita

Zano raPauro rinoureka kuti unofanira kusataura nevanodzidza navo wova zindoga here? Aiwa! Kuti vaite basa ravo ‘rokuita kuti vanhu vemarudzi ose vave vadzidzi,’ vaKristu vanofanira kuziva kuti vangatura sei nevarume nevakadzi vemarudzi ose, vezvitendero zvose uye vetsika dzose.—Mateu 28:19.

Muapostora Pauro akasiya muenzaniso wakanaka kwazvo panyaya iyi. Aiziva kutaura nevanhu vemarudzi ose,” kunya-

### ZANO

**Kana vamwe  
vaunodzidza navo  
vachida kuziva  
zvaunotenda, ita kuti  
vataurewo  
zvavanofunga.  
Nyatsoteerera.  
Paunenge uchitaura, ita  
izvozvo “nounyoro  
noruremekedzo rukuru.”**  
**—1 Petro 3:15.**



nge zvazvo akanga asi wechitendero chavo. (1VaKorinde 9:22, 23) Unogona kutevedzera mueanzaniso waPauro. Farira vezera rako. Dzidza kutaura navo zvakanaka. Zvisinei, dzivisa chishuw wo chokuda kufanana nevauno-dzidza navo mumatauriro uye mutsika. Pane kudaro, sezvau-nagagona kurumidza kuvatsana-ngurira noruremekedzo kuti nei uchisarudza kurarama maererano nemitemo yeBhaibheri. —2 Timoti 2:25.

Chokwadi, uchava munhu akasiyana navo uye izvi hazvi-si nyore. (Johani 15:19) Asi wadii kuona nyaya yacho seizvi? Kudai wakanga uri muchikepe chokununura vanhu wakapo-teredzwa nevanhu vari kunetseka vari mumvura, waizova-batsira sei—nokusiya chikepe chacho wosvetukira mumvu-ra mavari here? Hawaizombodaro!

## ➤➤➤ **zvandinoronga kuita!**

*Kana ndikaona kuti ndiri kunyanya kuwirirana nomumwe wandinodzidza naye, ndicha-*



*Kana mumwe wokuchikoro akaseka zvandinotenda, ndicha-muudza kuti*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenya-ya iyi*



**Unganyatsobatsira sei  
munhu anenge achinyura  
—nokusvetukira mumvura  
here kana kumukandira  
chinhu chinoita kuti  
asanyura?**

Saizvozvovo, kuchikoro unenge wakapoteredza neva-nhu vasina kuchengeteka kunovapo kana uri mumwe we-shamwari dzaJehovha. (Pisarema 121:2-8) Kudai waizosiya mitemo yaJehovha kuti ungova pedyo nevaunodzidza navo, waizongoisa pangozi mufaro wako uye utano hwako mune zvokunamata. (VaEfeso 4:14, 15; Jakobho 4:4) Zviri nani chaizvo kana ukaedza kubatsira vaunodzidza navo kuti vapi-nde muchikepe chokufananidzira chokununura vanhu, no-kuvaratidza kuti vangashumira sei Jehovha. Zvechokwadi, ungaratidza kuti uri shamwari yechokwadi munzira ipi iri nani?

### **UNOFUNGEI?**

- **Nei uchifunga kuti zvingaita sezviri nyore  
kutanga ushamwari kuchikoro pane muungano  
yechiKristu?**
- **Kupedza nguva uchitamba newaunodzidza naye  
asingatendi mabuda chikoro kune ngozi dzipi?**
- **Zvakanakirei kuudza vaunodzidza navo kuti uri  
mumwe weZvapupu zvajehovha?**

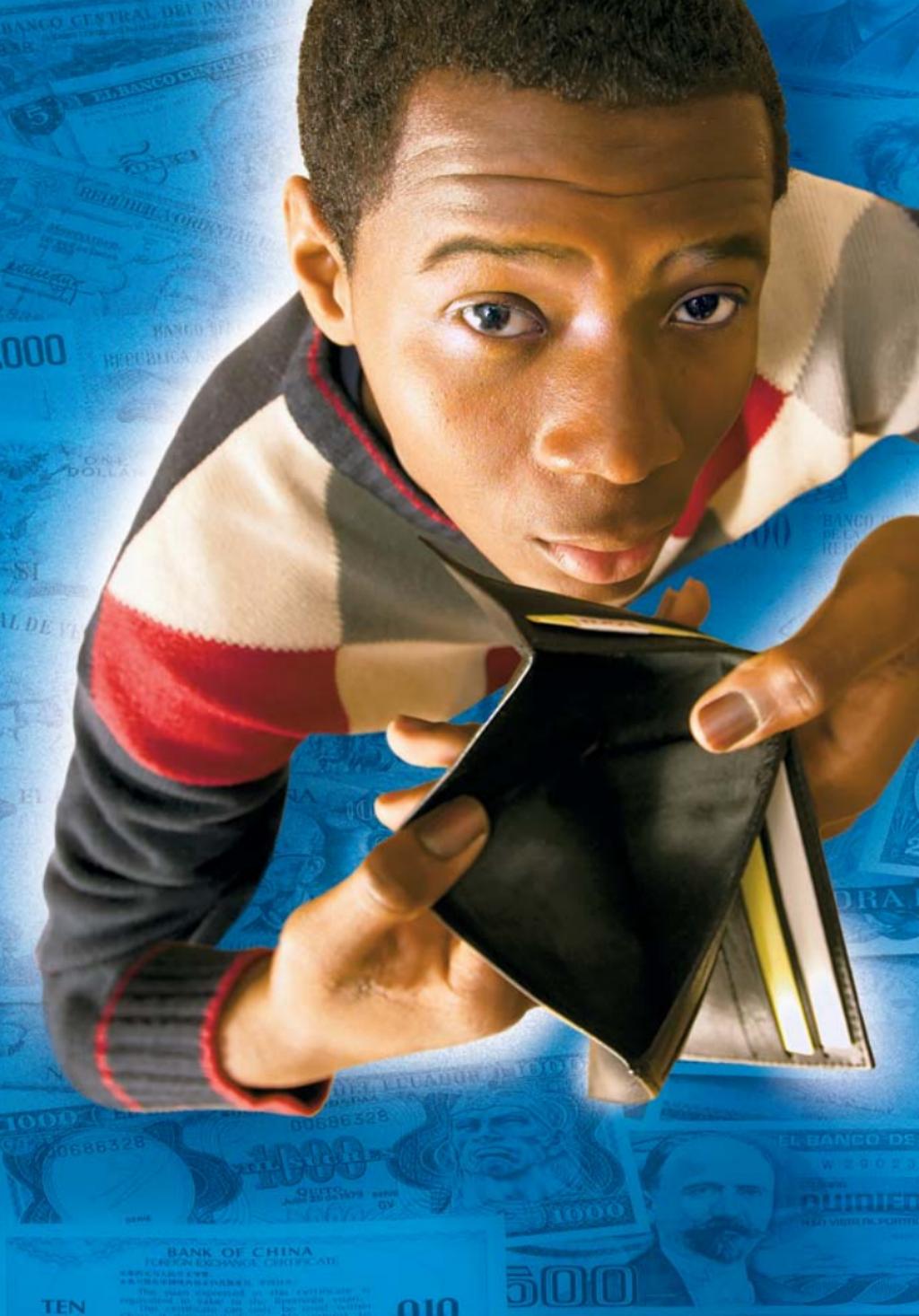


Mamiriro ezvinhu api okuchikoro aunoona akaoma zvikuru kukurira?

Handwriting practice lines for the sentence above.

Nyora kuti unoronga kugadzirisa sei chinetso ichi.

Handwriting practice lines for the sentence above.



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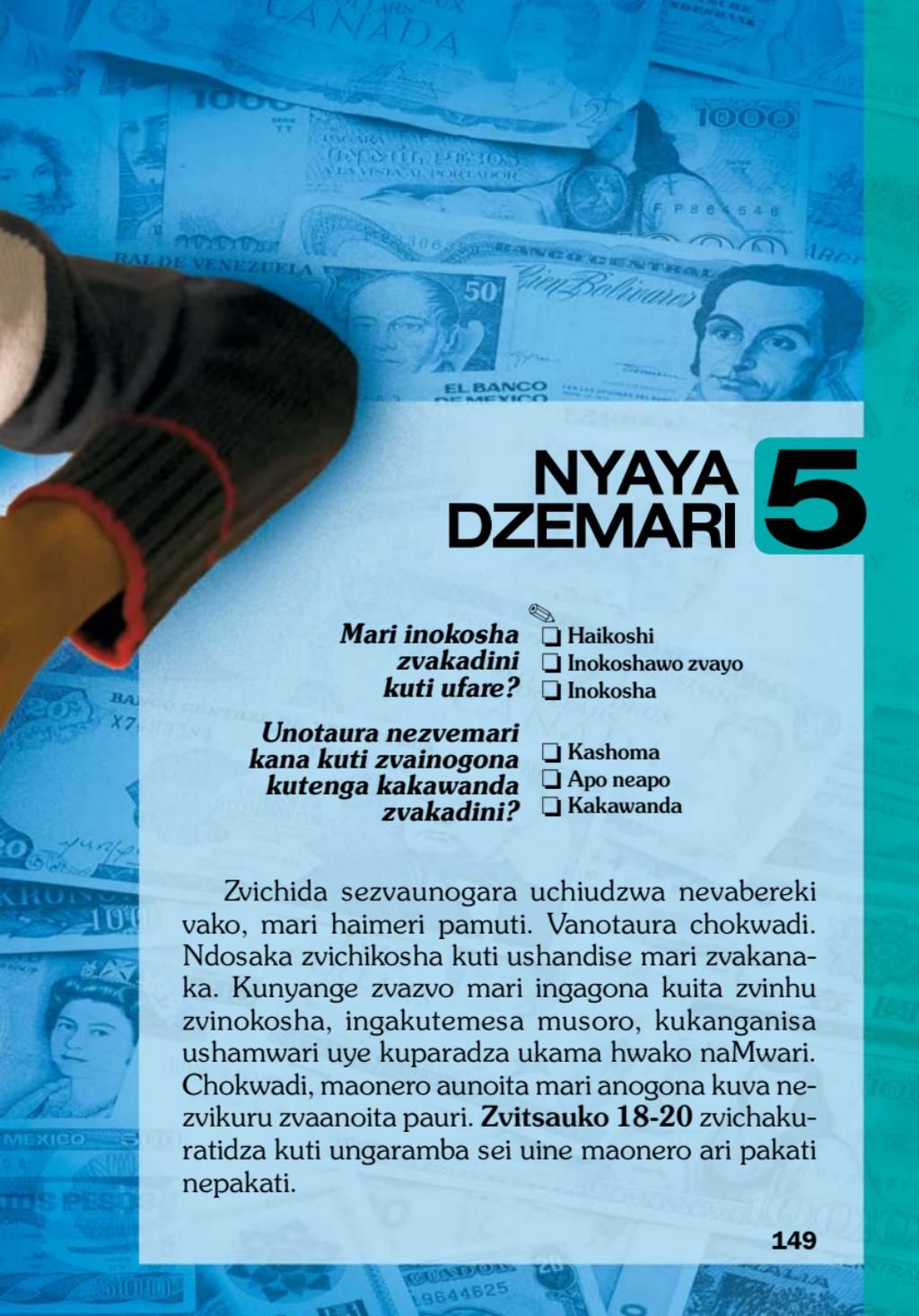
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# NYAYA DZEMARI 5

*Mari inokosha  
zvakadini  
kuti ufare?*

- Haikoshi
- Inokoshawo zvayo
- Inokosha

*Unotaura nezvemari  
kana kuti zvainogona  
kutenga kakawanda  
zvakadini?*

- Kashoma
- Apo neapo
- Kakawanda

Zvichida sezvaunogara uchiudzwa nevabereki vako, mari haimeri pamuti. Vanotaura chokwadi. Ndosaka zvichikosha kuti ushandise mari zvakanka. Kunyange zvazvo mari ingagona kuita zvinhu zvinokosha, ingakutemesa musoro, kukanganisa ushamwari uye kuparadza ukama hwako naMwari. Chokwadi, maonero aunoita mari anogona kuva ne-zvikuru zvaanoita pauri. **Zvitsauko 18-20** zvichakuratidza kuti ungaramba sei uine maonero ari pakati nepakati.



## Ndingaita mari sei?

**“Ndinoda mari yokutenga motokari.”**  
—*Sergio.*

**“Ndinofarira zvokutenga-tenga.”**  
—*Laurie-Ann.*

**“Pane zvinhu zvakanaka chaizvo, uye  
ndinoda kuva nazvo; asi vabereki vangu  
havakwanisi kuzvitenga.”**—*Mike.*

UNGAVA nezvikonzero zvakafanana zvokuda kubata mari. Kana kuti unoda kuita mari yokuti ubatsire kuriritira mhuri yenu. Kunyange kana usingabhadhari zvimwe zvinhu zvino-shandiswa pamba, kuzvitengera mbatya kana kuti zvimwe zvinhu kungarerutsira vabereki vako pazvinhu zvine chokuita nemari.

Chero zvazvingava, zvinoda mari kuti uzviwanire zvinhu zvako kana kuti zvemhuri yenu. Kunyange zvazvo Jesu aka-



**“Pasinei nokuti simbe inoda chimwe chinhu zvakadini, haimbofi yakachiwana. Munhu anoshanda nesimba achawana zvose zvaanoda.”** –Zvirevo 13:4, Today's English Version.

• • • • • •

vimbisa kuti Mwari aizogovera vaya ‘vanotanga kutsvaka Umambo hwaMwari,’ muKristu anofanira kuita chimwe chinhu kuti azviriritire. (Mateu 6:33; Mabasa 18:1-3; 2 VaTesaronika 3:10) Saka ungaita mari sei? Uye zvinotonyanya kukosha, ungaramba sei uchiiona zviri pakati nepakati?

### **Mawaniro Aungaita Basa**

Kana uchinyatsoda chimwe chinhu chisingagoni kutengwa nevabereki vako, ungatsvaka basa kuti uwane mari inokwana kuchitenga. Taura nevabereki vako nezvazvo. Vangafarira zvaunenge wafunga kuita. Kuri kuti vanobvuma uye kuti zvinobvumirwa nomutemo kuti ushande, heano mazano mana anokubatsira kuwana basa.

**Fambisa shoko racho.** Udza vavakidzani vako, vadzidzisi uye hama kuti uri kutsvaka basa. Kana uchinyara kuvabvunza zvakananga, ungangovabvunza kuti vaiita basa rei pavakanga vari pazera rako. Kana vanhu vakawanda vakaziva kuti uri kutsvaka basa, panova nemikana yakawanda yokuti uzive kwarinowanikwa.

**Edza mikana yose.** Nyorera mabasa anenge aziviswa mumapepanhau kana kuti paIndaneti uye pazvikwangwani zvemashoko zvinowanikwa muzvitoro, pachikoro chako uye mune dzimwe nzvimbo dzevoruzhinji. Mumwe wechiduku anonzhi Dave anoti, “Ndiwo mawaniro andakaita basa. Ndakatari- ra mupepa, ndikavatumira CV yangu nefakisi uye ndakavaforera. Kana izvi zvikashanda,

**WAIZVIZIVA  
HERE KUTI ...**



**Kune dzimwe nzvimbo,  
mabasa 85 muzana  
anowanikwa  
haashambadzwi.**

zvichida ungaita kuti anopinza vanhu basa agutsikane kuti unogona kuita basa raari kuda kuti riitwe.

**Nyora CV woiparadzira.** Nyora papepa kuti unogona kuwanika sei uye nyora mabasa aunokwanisa uye awakamboita. Unofunga kuti hauna chokunyora here? Chimbofunga zvakare. Wakambosara nomwana vabereki vako pavakanga vasipo, kana kuti wakambosara newevamwe here? Izvi zvinoratidza kuti vanhu vanovimba newe. Wakambobatsira babva vako kugadzira motokari here? Zvichida izvi zvinoratidza kuti unogona kugadzira zvinhu. Unogona kutaipa kana kuti kushandisa kombiyuta here? Kana kuti wakawana mamakisis akawanda pane chimwe chinhu chounyanzvi chawakaita kuchikoro here? Izvi ndizvo zvinodiwa nevanhu vangangozokupinza basa. Zvinyore paCV yako. Ipa CV yako vanhu vangangozokupinza basa, udza shamwari dzako nehama kuti vaipe kuna ani naani zvake wavanoziva kuti ari kutsvaka vashandi.

**Zvishandire.** Funga nezvenharaunda yaunogara. Pane zvinhu zvinodiwa nevanhu zvisiri kugoverwa uye mabasa asi na ari kuaita here? Somuenzaniso, ngatitii unofarira mhuka. Unogona kugeza kana kuti kudimburira mvere dzeimbwa kana katsi zvevavakidzani vako wobhadharwa. Kana kuti unogona kuridza chiridzwa. Ungangodzidzisa vamwe kuchiridza here? Kana kuti unogona kuita mabasa asingawanzodiwi nevakawanda, akadai sokusuka mahwindo kana kuti okuchenesa. MuKristu haanyari kushanda nemaoko ake. (VaEfeso 4: 28) Chokwadi, kuzvishandira kunoda kuti uite zvinhu usingatumwi, uve akarongeka uye anoda kutanga kuita zvimwe zvinhu.



### ZANO

**Tumira CV yako  
kumakambani  
usingamiriri kuti  
ashambadze mabasa  
anenge amuka.**

Shoko renyevero: Usamhanayirira kuita bhizimisi usati wa-ziva zvose zvinobatanidzwa. (Ruka 14:28-30) Kutanga, kuru-kura nevabereki vako. Uyewo taura nevamwe vakamboita basa rakafanana. Uchafanira ku-

**Kana mufaro wako nguva dzose uchibva pakuba  
nezvinhu, haumbofi wakafara. Pachagara  
pachingova nechinhu chitsva chaunoda.  
Unofanira kudzidza kufara nezvauinazvo.**

—**Jonathan**

bhadhara mitero here? Unofanira kuva nerezensi kana kuti mvumo here? Kuti uhive zvinodiwa, bvunza zviremera zvomunzvimbo yacho.—VaRoma 13:1.

### **Ramba Uri Pakati Nepakati**

Fungidzira uchiedza kuchovha bhasikoro uku wakatakura zvinhu zvinoverengeka, zvakadai sebheli rokuchikoro, bhora uye girosari. Kuwedzera kwaunoita zvinhu zvanotakura, ndiko kuwedzera kuoma kwazvinoita kuti urambe wakatsiga! Izvozvo ndizvo zvingaitika kana ukabvuma basa rine zvakawandisa zvokuita. Ukanyanya kushandisa nguva yako, simba rako uye pfungwa dzaoko pabasa rinoitwa wabva kuchikoro, utano hwako nemamakisi ako zvingaderera. Zvinonyanya kukosha ndezvokuti kugaru uchiita basa rinonetesa kungaita kuti zvikuomere kufambirana nepurogiramu yechiKristu yokupinda misangano, kudzidza Bhaibheri uye kuita ushumiri hwechiKristu. “Pane misangano yanedisina kupinda nokuti ndakanga ndakaneta pashure pokushanda ndabva kuchikoro,” anodaro wechiduku anonzi Michèle.

**Kuita zvinhu zvakawandisa  
kunogona kuita kuti zvikuomere  
kuti urambe wakatsiga**



Kuda kwaunoita mari ngakurege kuva chinhu chinonyanya kukosha muupenyu hwako saizvozvo! Jesu akati mu-faro wechokwadi unowanikwa ne“vanoziva zvinodiwa zvavo zvomudzimu.” (Mateu 5:3) Akatiwo: “Kunyange kana munhu aine zvizhinji upenyu hwake hahubvi pazvinhu zvaainazvo.” (Ruka 12:15) Mumwe muKristu wechiduku anonzi Maureen akateerera zano iroro. Anoti, “Handidi kunyura muzvinangwa zvokutsvaka pfuma. Ndinonyatsoziva kuti kunamata kwangu kungakanganisika kana ndikanyura pakutsvaka mari.”

Chokwadi, kune dzimwe nyika, vechiduku hapana zvavangaita kunze kwokutoshanda kwemaawa akawanda kuti vabatsire pakuriritira mhuri dzavo. Zvisinei, kana usiri mumamiriro ezvinhu akadaro, nei ungava munhu asiri pakati nepakati panyaya iyi? Maererano nevaongorori vakawanda, kushanda kwemaawa anopfuura 20 pavhiki uku uchienda kuchikoro kunenge kuri kunyanyisa uye kune zvakunokanganisa. Vamwe vanopa zano rokushanda kwemaawa asingapfuuri mase-re kusvika kugumi pavhiki. Mambo Soromoni akachenjera akati: “Zviri nani kuzorora zvishoma pane kushanda zvakao-ma zvakapetwa kaviri asi uchidzingana nemhepo.”—Muparidzi 4:6.

Yeu ka kuti, “simba rinonyengera repfuma” rinogona kuita kuti usafarire zvinhu zvokunamata. (Mako 4:19) Saka kana

## »» **zvandinoronga kuita!**

*Ndichawedzera mikana yangu yokuwana basa noku-*



*Ndichangoshanda kwemaawa  
..... pavhiki.*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenya-  
ya iyi*

## remekedza mari—asi usaida

Kana banga rakapinza richishandisa nomubiki ane unyanzvi, rinenge riri mudziyo unokosha. Asi kana banga rimwe chete iroro rikashandisa nomunhu asina unyanzvi kana kuti asina kungwarira rinogona kukuvadza zvikuru. Mari yakafanana nebanga rakapinza. Kana uchiziva kuishandisa zvakanaka, ingava chinhu chinobatsira. Asi kana usina kungwarira, unogona kukuvara! Somuenzaniso, muapostora Pauro akanyevera nezvokuda mari. Vachitsvaka pfuma, vamwe vanoita kuti ushamwari hwavo, ukama hwemhuri uye kunyange ukama hwavo naMwari huparare. Nokudaro, ‘vanozvibaya pose pose nokurwadziwa kuzhinji.’ (1 Timoti 6: 9, 10) Unodzidzei? Dzidza kushandisa mari nounyanzvi. Ire-mekedze asi usaida!

uchiita rimwe basa wabva kuchikoro kuti uwane mari, ronga purogiramu yako kuti uise zvinhu zvokunamata pakutanga. Nyengetera kuna Jehovha Mwari nezvenyaya yacho. Anogona kukusimbisa kuti utsungirire kuoma kwemamiriro acho ezvinhu uye anogona kukubatsira kuti urambe uri pakati nepakati mune zvokunamata.

**ZVIRI MUCHITSAUKO CHINOTEVERA** *Unodzora mari yako kana kuti ndiyo inokudzora here? Ona kuti ungaishandisa sei noungwaru.*

### UNOFUNGEI?

- Nei uchida kumboitawo mari?
- Uchasangana nezvinetso zvipi kana ukawana basa?
- Ungaramba uchiona mari zviri pakati nepakati sei?

# Ndingashandisa sei mari yangu zvakanaka?

**Kangani kaunofunga kuti hauna mari  
yakakwana yokuti ushandise?**

- Handimbozifungi
- Kashoma
- Kakawanda

**Kakawanda sei paunotenga zvinhu  
zvausinganyatsokwanisi?**

- Handimbodaro
- Kashoma
- Kakawanda

**Kakawanda sei paunotenga chimwe  
chinhu chausingadi nokungoti wachi-  
wana chiri pasero?**

- Handimbodaro
- Kashoma
- Kakawanda

ZVINOITA sokuti haumbofi wakava nemari inokwana kuti ushandise here? Kana ukabata mari yakawanda, unogona kutenga chinhu chiya chaunoda. Kudai waitambira mari yakawanda, waigona kutenga bhutsu dziya “dzaunoda.”





**“Mari inodzivirira; asi zvakanakira  
zivo ndezvokuti uchenjeri hunochengetedza  
varidzi vahwo vari vapenyu.”**—Muparidzi 7:12.

• • • • • • •

Kana kuti ungatarisana nedambudziko rakafanana neraJoan, uyo akati: “Dzimwe nguva shamwari dzangu dzinondikoka kuti tiite zvinhu zvinodya mari yakawanda. Ndinoda kuva neshamwari dzangu tichifara. Hapana munhu anoda kuti, ‘Ndine urombo, handina mari yokuti ndiende.’”

Pane kugumbukira mari yausina, wadii wadzidza kushandisa zvakanaka mari yauinayo? Unogona kumirira kusvikira wabva pamba kuti udzidze kushandisa mari. Asi chimbofunga izvi, Waizosvetuka mundege usati watanga kudzidza kushandisa parachuti here? Chokwadi, munhu *angakwanisa* kuziva kuti angashandisa sei parachuti paanenge achidzika pasi. Zvisinei, zvaizova zvakanaka zvikuru kuti adzidze mirayiridzo inokosha yokushandisa parachuti asati asvetuka nepamusuo!

Saizvozwovo, paunenge uchiri pamba ndiyo nguva yakanaka kwazvo yokuti udzidze kushandisa mari zvakanaka, usati watanga kuzviriritira zvizere. Mambo Soromoni akanyora kuti: “Mari inodzivirira.” (Muparidzi 7:12) Asi mari ichangokudzivirira kana ukadzidza kuishandisa noungwaru. Kuita izvozvo kuchawedzera chivimbo chako uye kuremekedzwa kwau-noitwa nevabereki vako.

### **Dzidza Zvinodiwa**

Wakambokumbira vabereki vako kuti vakutsana-ngurire zvinobatanidzwa kuti murambe mui-ne zvinhu zvinodiwa mumba here? Somue-nzaniso, unoziva here kuti zvinoda marii kubhadhara magetsi nemvura mwedzi woga woga kana kuti zvinoda marii kuti motokari irambe iri pamugwagwa, kutenga zvokudya, kubhadhara rendi kana kuti chikwereti cheimba? Yeuka kuti iwe

## kushandisa kwaunoita mari kunoratidza zvauri

Unoshandisa mari yako pachii? Kana uchiwanzosha-ndisa mari yako kubatsira vamwe, ipapo mari yako—kwete chete mashoko ako—inotaura kuti une hanya nevamwe zvechokwadi. (Jakobho 2:14-17) Kana ukagara uchipa mari yezvipo kuti utsigire kunamata kwechokwadi, unenge uchi“kudza Jehovha nezvinhu zvako zvinokosha.” (Zvirevo 3:9) Zvisinei, kana uchigara uchishandisa mari yako pane zvaunoda chete, unenge uchiratidza kuti chii chaunonya-nya kukoshesa?

unobatanidzwawo pazvinhu izvozvo—uye kana ukabva pamba, *ndiwe uchazvibhadharira mari yacho.* Saka zvingakuba-tsira kuziva kuti ungazobhadhara mari yakawanda zvakadini. Kumbira vabereki vako kuti vakuratidze mamwe masitetime-ndi emari inofanira kubhadharwa, uye nyatsoteerera sezvava-nokutsanangurira zvavanoita kuti vabhadhare mari yacho.

Chirevo cheBhaibheri chinoti: “Munhu akachenjera acha-teerera owana mumwe murayiridzo, uye munhu anonzwisi-sa ndiye anowana kutungamirira kwounyanzvi.” (Zvirevo 1:5) Anna akakumbira kuti vabereki vake vamupe mazano ounyanzvi. Anoti, “Baba vangu vakandidzidzisa kuita bhajeti, uye va-kandiratidza kuti zvinokosha zvakadini kuva akarongeka pa-kushandisa mari yemhuri.”

Panguva iyoyo, amai vaAnna vakamudzidzisa zvimwe zvinobatsira. “Vakandiratidza kuti zvinokosha kuona kusiya-na kwemitengo yezvinhu usati wazvitenga,” anodaro Anna, achiwedzera kuti, “Amai vaigona kutenga zvinhu zvakawanda chaizvo nemari shoma.” Zvakabatsira Anna sei? “Nda-va kukwanisa kushandisa zvakanaka mari yangu,” anodaro. “Ndinonyatsoshandisa mari yangu noungwaru, saka ndine ru-sununguko uye rugare rwepfungwa runobva pakusava nezvi-kwereti zvisingadiwi.”

## Ziva Zvinetso Zvacho

Chokwadi, kudzora kushandisa kwaunoita mari kuri nyore pakutura pane kuzviita, zvikurukuru kana uchigara pamba uye kana uine imwe mari yaunopiwa kana kuti uchihora mari pabasa. Nei? Nokuti vabereki vako vangangove vachibadhara mari yezvinhu zvakawanda zvepamba. Nokudaro, ungangoshandisa mari yako yakawanda pamadiro. Uye kudya mari kunogona kunakidza.

Zvisinei, chinetso chingamuka kana vezera rako vakakuisa pamuedzo wokushandisa mari yakawandisa kupfuura yauno-fanira kushandisa. Ellena ane makore 21 anoti: "Pane vezera rangu, kutenga zvinhu kwava nzira huru yokuzvivaraidza nayo. Pandinofamba navo, zvinoita sokunge kuti pane mutemo usina kunyorwa wokuti unofanira kudya mari kana uchizonakidza."

Zviri muropa kuti ude kuita zvinoitwawo neshamwari dzako. Asi zvibvunze kuti, 'Ndiri kudya mari neshamwari dzangu nokuti *ndinokwanisa* kuita kudaro kana kuti nokuti ndinonzwa sokuti ndizvo *zvandinofanira* kuita here?' Vanhu vakawanda vanoshandisa mari vachiedza kuti vaonekere pashamwari dzavo. Vanoedza kuita kuti vamwe vavayemure nezvinnhu zvavo pane kuti vayemurwe nounhu hwavo hwakanaka. Matitiro akadaro angaita kuti uve nematambudziko emari. Ungadzivisa sei izvi?

## Dzidza Kuzvidzora

Pane kuti mari yose yaunenge watambira uidye usiku humwe chete kumafaro, wadii waedza zano raEllena? Anoti, "Pandinoenda kunofara neshamwari dzangu, ndinofanoronga ndoonana kuti imarii yandingashandisa.

WAIZVIZIVA  
HERE KUTI ...



**Kana uine chikwereti chokubhengi chemari inosvika \$2,000 ine muberekowe 18,5 muzana uye uchingobhadhara mari yepasi-pasi, zvichakutorera makore 11 kuti ubhadhare chikwereti uye kuti uchatobhadhara mari yomuberekoinosvika \$1,934 pamusoro.**

Mari yandinohora inopinda muakaundi yangu yokubhengi, uye ndinongotora chete mari yandinoda kushandisa ipapo. Ndino-onawo kuri kuchenjera kuti ndinotenga chete ndiine shamwari dzangu dzinoshandisa mari nokuchenjera uye dzinondikuru-dzira kuti ndienzanise mitengo uye kuti ndisatenga chinhu chandinenge ndatanga kuona.”

Heano mazano aungada kushandisa kana uine kadhi ro-kubhengi.

- Usapa *PIN number* yako chero ani zvake kusanganisira vashandi vokubhengi.
- Usashandisa kadhi rako rokubhengi kungotenga-tenga zvinhu zvingakoshi. Izvi zvingaguma nokushandisa mari yakawandisa.
- Usashandisa kadhi rako rokubhengi kutora mari ya-usiri kuda kushandisa nokuti ungangova pamuedzo wokushandisa mari yacho pazvinhu zvausina kuro-nга.
- Usambofa wakakweretesа kadhi rako rokubhengi kuna ani zvake, kunyange shamwari yako.

Asi kungova nemari yakawanda kungapedza zvinetso zvako zvokushandisa mari here? Hazvingadaro hazvo! Kuenzanisira: Kudai waityaira motokari usingagoni kuidzora kana kuti uine tsika yokuikonesa wakavhara maziso, kudira mafuta akawanda kwaizoita

**Kushandisa mari  
zvingadzorwi  
kwakafanana  
nokutyaira  
wakavhara maziso**





kuti usvike zvakanaka kwauno-  
enda here? Saizvozvovo, kana  
usingadzidzi kudzora mashandi-  
siro aunoita mari yako, kutambi-  
ra mari yakawanda hakuiti kuti  
zvinhu zvikuitire nani.

Zvichida unofunga kuti uri  
kutoshandisa mari yako noku-  
chenjera. Asi zvibvunze kuti:  
'Ndakashandisa mari yakawa-  
nda zvakadini mwedzi wadarika? Ndakaishandisei?' Haucha-  
nyatsozivi here? Heano mazano okudzora kushandisa kwau-  
noita mari usati wava kudzorwa nokuishandisa kwaunoita.

**1. Nyora pasi.** Kwounenge mwedzi mumwe chete, nyora  
mari yawakagamuchira uye musi wawakaigamuchira. Ronde-  
dzerza chinhu chimwe nechimwe chawakatenga uye kuti cha-  
kaita marii. Panopera mwedzi, bvisa mari yawakashandisa ku-  
bva pamari yawakagamuchira.

**2. Ita bhajeti.** Tarira pachati iri papeji 163. Pachikamu  
chokutanga, nyora mari yose yaunotarisira kuwana pamwe-  
dzi. Pachikamu chechipiri, nyora kuti unoronga kushandisa

**Nyora zvinhu zvaunoda  
usati waenda  
kunozvitenga. Enda  
nemari yaunongoda  
kushandisa chete, uye  
ingotenga zvinhu  
zvawakanyora.**

## ">>>> **zvandinoronga kuita!**

*Ndinogona kudzora mashandisiro andinoita mari noku-*



*Ndisati ndatenga chimwe chinhu, ndicha-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezve-  
nyaya iyi*

**“Pandinotevedzera  
bhajeti,  
ndinochenetedza  
mari yakawanda.  
Handitengi zvinhu  
zvandisingadi.”**

—Leah

sei mari yako; shandisa zvawanyora (padanho 1) kuti zviku-batsire. Mwedzi zvaunofamba, nyora muchikamu chechitatu mari yawakashandisa pachinhu chimwe nechimwe chawakaronga. Uyewo, nyora pasi zvose zvawakashandisira mari usina kuronga.

**3. Gadziridza mashandisiro aunoita mari.** Kana uri kushandisa mari yakawanda kupfuura yawakaronga pane zvime we zvinhu uye uri kuita chikwereti, chinja mashandisiro aunoita mari. Bhadhara zvikwereti zvako. Dzora mashandisiro aunoita mari.

Mari inogona kuva chinhu chinobatsira kana ikashandiswa zvakanaka. Kutaura zvazviri, kune vanhu vakawanda, kuita mari uye kuishandisa zvakanaka kunokosha muupenyu. Asi edza kuramba uri pakati nepakati. “Mari inokosha, asi hasi chinhu chinonyanya kukosha,” anodaro wechiduku anonzi Matthew. “Hatifaniri kuikoshesa kupfuura mhuri yedu kana kuti Jehovha.”

**ZVIRI MUCHITSAUKO CHINOTEVERA Muri varombo here  
mumhuri yenu? Kana zvakadaro, ungararama sei  
nezvauri?**

#### UNOFUNGEI?

- Nei uchifanira kudzidza kushandisa mari zvakanaka paunenge uchiri kugara nevabereki?
- Nei ungaona zvakaoma kushandisa mari yako zvakanaka?
- Ungashandisa mari yako kubatsira vamwe munzira dzipi?



Kopa peji ino!

## bhajeti yangu yepamwedzi

mari  
yandakabhajeta

mari chaiyo  
yandakashandisa

ZVOKUDYA



ZVOKUPFEKA



FONI



KUZVIVARAIDZA



ZVIPO



MARI YANDINOCHENGETA



ZVIMWEWO

mari yandinowana

YANDINOPIWA



BASA RANDINO-  
MBOBATA-BATA

IMWEWO

yose



yose



yose



## ndinofanira kunogara kunze kwenyika here?

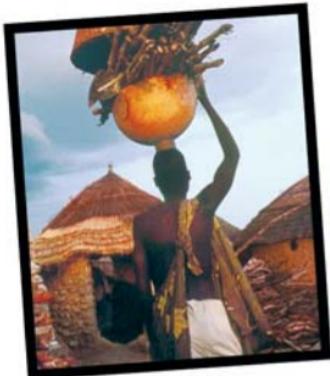
Vamwe vechiduku vanoda kugara kunze kwenyika kuti vazviwanire mari kana kuti vatsigire mhuri dzavo. Vamwe vanotama kuti vanodzidza mu-mwe mutauro, kuti vaenderere mberi nedzidzo, kana kuti vatize matambudziko okumba. Vamwe vaKristu vechiduku vakatamira kuniya dzinodiwa vamwe vaevhangeri. Chisarudozchochokutamira kune imwe nyika chakakura uye hachifaniri kurerutswa. Saka kana uri kufunga kunogara kunze kwenyika, verenga wofungisia magwaro ari pasi apa. Zvibunze mibunzo yacho uye nyora mhinduro dzako papepa. Zvadaroitachisarudozchakouchiita zvokunyengetera.

- Ndezvipi zvinodiwa nomutemo zvinobatanidzwa?  
—VaRoma 13:1.
- Kutamira kune imwe nyika kuchada mari yakawanda sei?—Ruka 14:28.
- Zvii zvandiri kuita iye zvino zvinoratidza kuti ndichakwana nisa kuzvichengeta kana ndava kunze kwenyika?  
—Zvirevo 13:4.
- Izano ripi randakapiwa nevanhu vakura vakambogara kunze kwenyika?—Zvirevo 1:5.
- Vabereki vangu vanofungei nezvazvo?—Zvirevo 23:22.
- Chinangwa changu chokuda kunogara kunze kwenyika ndechei?—VaGaratiya 6:7, 8.
- Kana ndichizonogara nevamwe, vachandikurudzira here kuti ndirambe ndichinamata zvakanaka?—Zvirevo 13:20.
- Ingozi dzipi dzandingangosangana nadzo pakunamata uye mutsika?—Zvirevo 5:3, 4; 27:12; 1 Timoti 6:9, 10.
- Chaizvoizvo, ndezvipi zvakanaka zvandinotarisira kuwana nokunogara kunze kwenyika?  
—Zvirevo 14:15.

# Ko kana tiri varombo mumhuri medu?

*Wechiduku anonzi Gregory, woku Eastern Europe, haakwanisi kutenga mbatya kana kuti mdziyo yemagetsi ine vamwe vechiduku vari munyika dzakapfuma. Mararamiro ake anomuodza mwoyo zvokuti ava kuda kutamira ku Austria. Unofunga kuti Gregory murombo here?*

Hungu Kwete



*Kune imwewo nzvimbo iri kure nezviuru zvemakiromita kune wechiduku anonzi Loyiso anogara mune mumwe musha wokumarwa kumaodzanyemba kwe Africa. Zvaanogara mukamba kaduku nevomumhuri yake, Loyiso anochiva vechiduku vanogara mutaundi riri pedyo vane zvinhu “zvoumbozha”—mvura yomupombi nemagetsi. Ungati Loyiso murombo here?*

Hungu Kwete

ZVIRI pachena kuti shoko rokuti “murombo” rinoenderana nokuti uri kupi. Somuenzaniso, Gregory angazviti murombo, asi anorarama muumbozha kana achienzaniswa na Loyiso. Unofanira kuziva kuti pasinei nokuti uri murombo zvakadini, vamwe vangangova varombo kupfuura zvauri. Zvisinei, kana usina mbatya dzakatsarukana dzokupfeka kuchikoro kana kuti kana usina zvinhu zvinokosha zvakadai semvura yomupombi, zvingasakunyaradza kuudzwa kuti vamwe vanotova nevishoma kukupfuura.

Vamwe vechiduku vanokura vari varombo vanonzwa vasingabatsiri uye vari vanhu venhando, saka vanoedza kukanwanha nhamo nokunwa doro uye kushandisa zvinodhaka. Zvisinei, kuedza kunzvenga chokwadi kunongoita



MUENZANISO WOKUTEVEDZERA

## Chirikadzi Murombo

Jesu ari kutarira vapfumi vachidonhedzera zvipo mu-mudziyo wokuisa mari. Muboka revanhu anoona imwe chirikadzi inoshayiwa inopa '**tumari tuviri** tusingambokoshi.' (Ruka 21:2) Jesu anorumbidza rupo rwayaratidza. Nei? Nokuti vamwe vapa "vachibvisa pamari yavo yakasara, asi iye, pakushayiwa kwake adonhedzera yose yaanga ainayo, **inomuraramisa.**"—Mako 12:44.

Zvinhu zvaikosheswa nomukadzi uyu ndizvo zvaunokoshesawo here? Unoda kushandisa nguva yako nemari pakushumira Mwari here? Kufanana nechirikadzi yaishayiwa, unogona kupa zvipo **zvokugadzirisa** nzvimbo dzokunamatira. Unogonawo kushandisa nguva yako nemari **kubatsira vamwe** kudzidza nezvajehovha Mwari. Jehovha akaona mari shoma yakapiwa nechirikadzi yacho kutsigira basa rake uye zvakamufadza. Mwari achafarawo uye achakubatsira kana **uchitanga** kuita kuda kwake.—Mateu 6:33.



kuti zvinhu zviwedzere kuipa. Vaya vanodha-kwa nedoro vanoona kuti ‘rinoruma senyoka, uye rinobudisa uturu sezvinoita nyoka.’ (Zvi-revo 23:32) Maria, mumwe musikana ano-bva mumhuri yakasauka ine muberekumwe yokuSouth Africa anoti, “Kuedza kunzvenga chokwadi kunokonzeramatambudzikakoawanda kupfuura anogadziriswa.”

Ungasaedza kunwa doro kana kushandisa zvinodhaka, asi unga-sava netariro yokuti zvinhu zvichazomboita nani muupenyu. Ndezvipi zvaungaita? Zano reBhaibheri roku-chenjera ringaita sekiyi inokusunu-nungura kubva pazvisungo zvokusava netariro, zvokubatsira kuti uve nemaonero akanaka. Ngationei kuti ungaviiita sei.

### **Ongorora Zvinhu Zvakanaka Zvauinazvo**

Rimwe danho rakanaka raungatora kutarisa zvinhu zva-uinazvo kwete zvausina. Zvinhu zvakadai somusha uye mhuri ine rudo zvechokwadi zvinokosha kupfuura mari! Chime we chirevo cheBhaibheri chinoti: “Zviri nani kuva nezvokudy zvomuriwo paine rudo pane kuva nenzombe yakakodzwa asi paine ruvengo.” (Zvirevo 15:17) Vechiduku vechiKri-stu vane chinhuchinokosha zvikuru—kutsigirwa kwavanoitwa ne“sangano rose rehama.”—1 Petro 2:17.

Zvichida ungaedzawo kuona zvinhu zvauinazvo nenzi-ra ine tariro. Chokwadi, ungave uchigara mumusha usingashamisiri, ungangove usina zvakawanda. Ungave uchipfeka mbatya dzekare, dzasakara, kana kuti dzine zvigamba. Uye ungashuva kudya zvinhu zvakasiyana-siyana. Asi unofanira kunge uine mbatya dzemhando yepamusoro kana kuti mu-sha wemaoresa kuti ufadze Mwari here? Unofanira kunge



*Zano reBhai-bheri ringaita sekiyi inokusunungura kubva pazvisungo zvokusava netariro*

**Kunyange zvazvo ndakanga ndichinzwa sokuti handigoni kubuda muurombo, ndaiziva kuti kubatana nechikwata chematsotsi kana kuti kuba kuti ndiwane chouviri kwaisazobatsira zvachose. Mazuva ano, vakawanda vezera rangu vakaita izvozvo marombe, varanda vedoro uye vezvinodhaka kana kuti vari mujeri.** —George

uine zvokudya zvoumbozha kuti urambe uri mupenyu uye uine utano hwakanaka here? Kwete chaizvo. Muapostora Pauro akawana chidzidzo chinokosha panyaya iyi. Akarama muupfumi nomuurombo. (VaFiripi 4:12) Akadzidzei? “Kana tiine zvokudya nezvokupfeka, izvozvo zvakatikwani-ra.”—1 Timoti 6:8, *Today's English Version*.

Eldred, mumwe murume wokuSouth Africa akakurira mumhuri yaiva nourombo, anoti: “Takangozvigamuchira kuti mhuri yairarama nemari shomanana uye kuti taisagona kuwana zvose zvataida.” Eldred anoyeuka kuti tiraazi rake rokuchikoro parakasakara, amai vake vaingoramba vachirisonerera zvigamba! “Ndaifanira kutsungirira kusekwa,” anodaro Eldred. “Asi chaikosha ndechokuti mbatya dzedu dzai-va dzakachena uye dzichipfekeda.”

### Zviremekedze

James ane makore 11, aigara naamai vake nehanzvadzi yake mumusasa une matangwena pedyo neJohannesburg, ku-South Africa. Kana iri pfuma, vakanga vasina kana kavaiva nako. Zvisinei, James akanga aine zvinhu zvinokosha—nguvu nesimba—uye aifarira ku-zvishandisa kubatsira vamwe. Pakupera kwevhiki yoga yo-

**WAIVIZIVA  
HERE KUTI . . .**

**Kushandisa  
zvinodzidziswa  
neBhaibheri kunogona  
kukubatsira kuti  
ugutsikane pasinei  
nemamiriro ako  
ezvinhu.—VaFiripi 4:12,  
13; 1 Timoti 6:8;  
VaHebheru 13:5.**



ga, James aizvipira kubatsira pakuvaka Imba yoUmambo ye-Zvapupu zvaJehovha yokwaanogara. Basa iri raisangoita kuti angoshandisa nguva yaangadai akashaya zvokuita nayo asi raiita kuti anzwe aita chimwe chinhu uye azviremekedze. Anoti, "Pashure pokuswera ndichivaka imba iyi, ndinonzwa ndichigutsi-kana zvikuru nechomukati!"

Rimwe basa rino batsira nderokudzidza vanhu Bhaibheri pasuo nesuo. (Mateu 24:14) Vechiduku vari Zvapupu zvaJehovha vanoita basa iri nguva dzose. Nokuita izvi vanoita kuti vamwe vave netariro yeramangwana riri nani, uye vanowedzerawo kuzviremekedza. Chokwadi, havawani mari nokuita basa iri. Asi yeuka mashoko aJesu kuvaKristu vomuungano yekare yeSimina. Vaiva varombo mune zvokunyama. Kunyange zvakadaro, pamusana pokuti vaida zvikuru kumanata, Jesu aigona kuvaudza kuti: "Ndinoziva kutambudzika

**Usabhejera, usasvuta  
uye usadhakwa nedoro.  
Kana vamwe vomumhuri  
vaine tsika yokuita izvi,  
varatidze muenzaniso  
nezvaunoita.**

## ➤➤➤ **zvandinoronga kuita!**

*Zvinhu zvandiinazvo ndeizvi*



*Ndichashandisa zvinhu izvi kubatsira vamwe noku-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*



**“Kunyange kana munhu aine zvizhinji  
upenyu hwake hahubvi pazvinhu  
zvaainazvo.”—Ruka 12:15.**

• • • • • •

nourombo hwako—asi uri mupfumi.” Nemhaka yokuti zviito zvavo zvairatidza kuti vaitenda muropa rajeSuu rakateurwa, pakupedzisira vaizopfuma zvikuru, vachiwana korona youpenyu husingaperi.—Zvakazarurwa 2:9, 10.

### **Tarira Mberi**

Unogona kuva noukama hwepekyo zvikuru naJehovah kunyange wakapfuma kana kuti uri murombo. Bhaibheri rinoti: “Mupfumi nomurombo vanosangana pamwe chete. Muiti wavo vose ndiJehovah.” (Zvirevo 22:2) Chokwadi ichocho chakabatsira zviuru zveZvapupu zvaJehovah zvechiduku kuti zvitsungirire urombo. Vanoziva kuti mufaro haubvi pakuba nezvinhu zvenyama asi pakuita ushamwari naJehovah Mwari, uyo anofarira vose vanoda kumushumira. Mwari anopa tariro youpenyu munyika itsva iri kuuya munenge musina urombo.—2 Petro 3:13; Zvakazarurwa 21:3, 4.

Panguva ino, shandisa pfuma yako nokuchenjera. Iva netariro. Zviunganidzire pfuma yezvokunamata. (Mateu 6:19-21) Ona urombo sedambudziko raunogona kutsungirira.

#### **UNOFUNGEI?**

- **Nei shoko rokuti “murombo” richienderana nokuti uri kupi?**
- **Nei kusiri kuchenjera kushandisa zvinodhaka, doro, kana zvimwe zvinhu kuti ukanganwe nhamo?**
- **Matanho api anobatsira aungatora kuti utsungirire nhamo?**

*zvoupenyu hwangu*

Rondedzera chinetso chako chemari chinopfuura zvose.



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Ungashandisa sei mashoko ari muchikamu chino kuti akubatsire kukurira chinetso ichi munguva yemberi?

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# VABEREKI VAKO

# 6



Vabereki vari pari nani nokuti vanoziva zvakawanda nezvoupenyu. Vakatopfuura nomunguva inovhiringidza yokuchinja mu-muviri nomupfungwa kunoitika pakuya-ruka. Vanofanira kunge vari vanhu vano-nyatsogona kukutungamirira munguva iyi yokuyaruka. Zvisinei, dzimwe nguva vabe-reki vangatoita sokuti vari kuwedzerawo chinetso pane kuti vachigadzirise. Somue-nzaniso, ungasangana nerimwe remata- mbudziko anotevera:

- Vabereki vangu vanongoramba vachinditsoropodza.**
- Baba kana kuti amai vangu vakapindwa muropa nezvinodhaka kana kuti nedoro.**
- Vabereki vangu vanogara vachingopopotedzana.**
- Vabereki vangu vakaparadzana.**

**Zvitsauko 21-25** zvichakubatsira kukurira izvi uye zvime zvinetso.



21

## Ndingaita sei nokutsoro- podzwa?

*“Amai vangu vaiita somutikitivha—nguva dzose vaingotsvaka pandaikanganisa. Ndisati ndapedza mabasa angu omumba, vaiongorora zvandainge ndaita, vachitsvaka zvandaikanganisa.”—Craig.*

*“Vabereki vangu vaigara vachingonditukira zvakasiyana-siyana. Vaiti ndaingoita sokuti ndakanga ndisina kurongeka. Vainditukira zvose zvandaiita kuchikoro, kumba, kuungano —vaisambondipa zororo.”—James.*



ZVINOITA sokuti hapana chaunoita chinombofadza vabereki vako here? Unonzwa sokuti vabereki vako vanoongorora zvose zvaunoita here vachishandisa maikorosikopu—zvokuti vanogara vachikutarisa uye vachikuongorora asi vasingambogutsikani?

### ***Pane zvinotevera, ndechipi chaunogara uchiudzwa?***

- ☞  Mumba maunorara munogara makangoti nyangarara.  
 Unonyanya kuona TV.
- Unononoka kurara.  
 Haumbomuki nenguva.

Pamutsetse unotevera, nyora zvaunoyeuchidzwa kana zvaunotsoropodzerwa nevabereki vako zvinonyanya kuku svota.



Chokwadi, kungoudzwa zvokuita uye kutsoropodzwa kungakushatirisa. Asi chimbofunga zvimwe zvingaitwa: Kana usingambotsiurwi kana kuti kurangwa, haungambonetseki here kana vabereki vako vaine hanya newe? (VaHebheru 12:8) Kutaura zvazviri, kurangwa kunoratidza kuti vabereki vanokuda. Bhaibheri rinoti baba vachatsiura “mwanakoma na wavanofarira.”—Zvirevo 3:12.

Saka unogona kuonga kuti vabereki vako vane hanya newe zvikuru kuti vakururamise! Chokwadi, uchiri muduku uye hausati wava kuziva upenyu sezvavanoita. Nokufamba kwe nguva, unofanira kumboruramiswa. Kana usingatungamirriwi, ungangokurirwa nyore nyore no “kuchiva kwouduku.” —2 Timoti 2:22.

### **Asi Zvinorwadza!**

Chokwadi, “hapana kurangwa kunoita sokunofadza panguva ino, asi kunoshungurudza.” (VaHebheru 12:11) Izvi ndizvo zvinoitika paunenge uchiri muduku. Uye izvi hazvishamisi! Unhu hwako huchiri kuchinja. Uchiri kukura uye uchiri kudzidza kuziva zvauri. Saka kutsoropodzwa

—kunyange kana kwakanyatsofungwa uye kuchiitwa nomutsa—kungakonzerza kugumbuka.

Izvi zvinonzwisisika nokuti maonero aunozviita angachinjwa nyore nyore nezvinotaurwa nevamwe pamusoro pako. Uye mafungiro evabereki vako anokosha zvikuru kwauri nokuti ane zvaanoita pamaonero aunozviita. Saka kana mube-reki wako akakururamisa kana kuti akanyunyuta pamusoro penzira yaunoita nayo chimwe chinhu, zvingakurwadza zvikuru.

Unofanira kugumisa kuti *hapana* chaunoita chakanaka kana kuti *hapana* chauchabura nokungoti chete vabereki vako vataura zvishomanana pane zvaunokanganisa here? Kwete. Vanhu vose vanokanganisa kakawanda. (Muparidzi 7:20) Uye kukanganisa kunowanika pakukura. (Jobho 6:24) Zvisinei, ko kana vabereki vako vachiita sevane zvakawanda zvokutaura paunoita chimwe chinhu chisina kunaka asi vaine zvishoma zvokutaura paunoita zvakanaka? Izvozvo zvingakurwadza. Kunyange zvakadaro, hazvirevi kuti hauna chaunobura.

## Zvinokonzerza Kutsoropodza

Dzimwe nguva mubereki angaita seanonyanya kukutso-ropoda, kwete nokuti unenge waita chimwe chinhu chakai-pa, asi nokungoti anenge aine zviri kumunetsawo. Amai va-

ko vaswera vaine zvinovanetsa here? Vari kurwara here? Kana zvakadaro vangangoda kukutsoropodza kupfuura zvavanoita mazuva ose kana maunora-ra musina kurongedzwa zvakanaka. Baba vako vakagumbuka pamusana pemari yemhuri here? Ipapo vangataura vasingafungi ‘sokubaya kunoita bakatwa.’ (Zvirevo 12:18) Chokwadi, kutsoropodza kwakadaro kunovhi-



**WAIVIZIVA  
HERE KUTI ...**

**Vamwe vanababa  
navanaamai  
vanoomerwa kuratidza  
vana vavo rudo nokuti  
ivo vakanga  
vasingadiwi uye  
vasinganzwisiswi  
zvakakwana  
nevabereki vavo.**

**Upenyu hwangu hwose amai vangu ndivo  
vaizhambatata ini ndichipindura. Asi iye zvino  
ndinoedza kushandisa zvinotaurwa neShoko  
raMwari. Zvinoshanda. Maitiro aamai ava kuchinja.  
Nokushandisa Bhaibheri, ndakasvika  
pakuvanzwisisa zviri nani. Tava kunzwisisana zviri  
nani.** —Marleen

ringidza. Asi pane kuramba uchingofunga nezvokusabatwa zvakanaka kwacho, uko kungaita kuti utowedzera kugumbuka, edza kusatarisa zvinokanganiswa nevabereki vako. Yeuka kuti: “Tose tinokanganisa kazhinji. Kana munhu asingakananisi pakutura, iyeyu munhu akakwana.”—Jakobho 3:2.

Zvavari vanhu vasina kukwana, vabereki vako vangane-tsekawo nepfungwa dzokuti hapana chakanaka chavanogona kuita. Kutaura zvazviri, paunokundikana, zvingaita kuti vanzwe sokunge kuti ivo vakundikanawo. Somuenzaniso, amai vangatsoropodza mwanasikana wavo paanouya kumba neripoti rokuchikoro rine mamakisi ari pasi. Asi zvinenye zvichinyatsofungwa naamai vacho ndezvokuti, ‘Ndiri kutyira kuti ndiri kukundikana saamai nokuti handisi kukurudzira mwanasikana wangu kuti apase.’

### **Kuramba Wakadzikama Paunenge Uri Mumoto**

Chero chingava chikonzero chokutsoropodza, mubvunzo ndewokuti, Ungakutsungirira sei? Kutanga, ngwarira kuti usapindura nehasha. Zvirevo 17:27 inoti: “Munhu anorega kutaura mashoko ake ane zivo, uye munhu ane ungwaru akadzikama.” Ungaramba sei ‘wakadzikama’ paunenge uchitsoropodza? Edza zvinotevera:

**Teerera.** Pane kukurumidza kuzvidzivirira kana kuti kurtidza kuti hauna mhosva, edza kuzvidzora uye teerera zvinenye zvichida kutaurwa nevabereki vako. Mudzidzi Jakobho akaudza vaKristu kuti ‘vakurumidze kunzwa, vanonoke kutaura, vanonoke kuva nehasha.’ (Jakobho 1:19) Kana ukakurumidza kudimburira vabereki vako nehasha pavanenge



**“Munhu akachenjera achateerera owana  
mumwe murayiridzo.”**—Zvirevo 1:5.



vachitaura newe, vangafunga kuti hausi kuteerera. Izvi zvichagumbura uye zvichaита kuti *vanyanye* kukurayira.

**Funga nezvazvo.** Dzimwe nguva, ungafunga kuti vabereki vako havana kukupa zano nomutsa. Zvisinei, pane kumaramba uchifunga *nezvenzira* yavataura newe, funga *zvacho* zvataurwa. Zvibunze kuti: ‘Pane kutsoropodza kwavandii-ta, ndezvipi zvandinoziva kuti ndezvechokwadi? Ndakambo-nzwa vabereki vangu vachinyunyuta nezvenyaya iyi here? Ndinobvei kana ndikateerera zvavanoda?’ Yeuka kuti pasinei nokuti zvavanotyira zvingave zvakaita sei panguva ino, vabereki vako vanokuranga nokuti vanokuda. Dai vaikuvenga zvechokwadi, vangadai vasingambokurangi zvachose.—Zvirevo 13:24.

**Taura nepamwe.** Kana ukadzokorora mazano evabereki vako uchivaudza nenzira yokuremekedza, unoita kuti vave nechokwadi chokuti waniza zvavataura. Somuenzaniso, muberekangati: “Nguva dzose unongosiya mumba mako makangoti nyangarara. Kana ukasamuchenesa, unozvional!” Iye zvino ungafunga kuti mumba mako manaka. Asi kuitaura izvozvo kungasanyanya kubatsira. Edza kuona zvinhu semaonero anoita vabereki vako. Usingatsvinyi, zvingava nani kutaura chimwe chinhu chakkadai: “Ndizvozvo. Mumba mangu *makangoti* nyangarara. Munoda kuti ndimuchenese iye



## ZANO

**Kukubatsira kubvuma  
kururamiswa  
nevabereki vako**

● **Onga kurumbidzwa  
kwose kwaunoitwa  
paunenge  
uchitsoropodzwa.**

● **Kumbira  
kujekeserwa kana usiri  
kunyatsonzwisisa  
chinetscho chachoko kana  
kuti zvinotarisirwa kuti  
zvichachipedza.**

zvino here kana kuti tapedza kudya?” Paunoteerera vabereki vako sezvi, hasha dzavo dzingangopomhodzwa. Chokwadi, unofanira kubva waita zvawaudzwa nevabereki vako.—Va-Efeso 6:1.

**Mirira.** Usazvipembedza kusvikira waita zvawaudzwa nevabereki vako. Bhaibheri rinoti: “Munhu anodzora mironmo yake anoita nokungwara.” (Zvirevo 10:19) Vabereki vako pavanongoona kuti wanga uchinyatsovateerera, vachadawo kukuteerera zvikuru.

Nyora pano kuti idanho ripi pamana ari pamusoro apa raunofanira kunyanya kushandira. 

### **Nei Zvichibatsira**

Waizoda kutsungirira mamiriro ezvinhu akaoma here kuti uwane goridhe? Bhaibheri rinoti uchenjeri hunokosha kufuura pfuma chero ipi zvayo. (Zvirevo 3:13, 14) Unova sei akachenjera? Zvirevo 19:20 inoti: “Teerera zano ugamuchi-re kurangwa, kuti uve akachenjera munguva yako yemberi.” Chokwadi, zano nokurangwa zvingasafadza. Asi pakutsoropodzwa kwose kwaunoitwa ukawana zvimedu zvouchenjeri

## **zvandinoronga kuita!**

*Nguva inotevera vabereki vangu pavachanditsoropodza, ndicha-*



*Kana ndichifunga kuti vabereki vangu vari kunyanyonditso-ropodza, ndicha-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*



**Kana ukazungura zvimedu  
zvouchenjeri pakutsoropodzwa  
kwose kwaunoitwa, uchawana  
pfuma inokosha kupfuura  
goridhe**

wozvishandisa, uchawana pfuma inokosha kupfuura goridhe.

Kutura chokwadi: Kutso-ropodzwa kunowanika muun-penyu. Wagara unotsoropodzwa nevabereki uye vadzidzisi vako. Mune ramangwana, hapana mubvunzo kuti uchatsoropodzwa nevauchashandira uye nevamwe. Kana ukaziva zvokuita paunotsoropodzwa kumba, uchava mudzidzi anofambira mberi, mushandi anodiwa zvikuru uye munhu ane chivimbo mune zvakawanda. Chokwadi, zvinokosha kutsungirira kakutsoropodzwa kuti uwane izvi!

**ZVIRI MUCHITSAUKO CHINOTEVERA** *Wakadzvinyirirwa nemitemo yepamba here? Dzidza kugutsikana norusununguko rwauinarwo—uye kuti ungawana sei rumwe.*

#### **UNOFUNGEI?**

- Nei ungaona zvakaoma kuti ugamuchire kutsoropodzwa?
- Chii chingaita kuti vabereki vako vakutsoropodze?
- Unganyanya sei kubatsirwa nezano chero ripi zvaro raunopiwa?

Nei paine  
mitemo  
yaka-  
wanda  
kudai?



**Nyora mimwe mitemo  
yomumhuri menyu.**



**Unofunga kuti nguva  
dzose mitemo yomumhuri  
ine musoro here?**

Hungu

Kwete

**Mutemo upi wakanyanya  
kukuomera kuteerera?**

MITEMO YEPAMBA, sokudanwa kwainomboitwa, zvinhu zvaunonzi nevabereki vako uite uye usaita. Mitemo yakadaro inosanganisira kuti unofanira kuita homuweki, mabasa epamba, uye kusvika pamba nguva yakatarwa isati yadarika, uyewo kuva nemiganhu pakushandisa foni, TV nekombiyuta. Mimwe mitemo ingasanganisira zvaunoita usiri pamba penyu zvichibatanidzawo zvaunoita kuchikoro uye shamwari dzaunosarudza.

Unonzwa uchidzvinyirirwa nemitemo iyi here? Zvichida unganzwa sezvakaita vechiduku vanotevera:

*“Nguva yandainzi ndisvike pamba yaindishungurudza zvikuru! Zvaindisvota vamwe pavaibvumirwa kunonoka kusvika kumba kupfuura ini.”*—Allen.

*“Zvinondigumbura chaizvo kana ndichiongororwa kufo-na kwandinoita paserura yangu. Ndinonzwa kuti ndiri kuba-twa somucheche!”*—Elizabeth.

*“Ndainzwa sokuti vabereki vangu vaiedza kukanganisa kushamwaridzana kwangu nevamwe, sokunge kuti vakanga vasingadi kuti ndive neshamwari!”*—Nicole.

Kunyange zvazvo vechiduku vachiwanzotyora mitemo yevabereki vavo, vechiduku vakawanda vanobvuma kuti mitemo yakadaro inodiwa kuti pasava nenyonganyonga. Asi kana mitemo yepamba ichidiwa, nei mimwe yacho ichisvota zvakadaro?

### **“Handisisiri Mucheche Ini!”**

Zvichida unosemburwa nemitemo yacho nokuti uno-nzwa sokuti uri kubatwa somucheche. Unoda kushevedzera kuti, “Handisisiri mucheche ini!” Chokwadi, zvichida vabere-ki vako vanofunga kuti mitemo yavo inokosha kana vachizo-kuchengetedza uye kukugadzirira kuti uzoitawo zvinofani-ra kuitwa nevanhu vakuru.

Zvisinei, zvingaita sokuti mitemo yepamba penyu haina “kuchinja” kuti ienderane nezera rako. Unganzwa soun-dzvinyirirwa, sezvaiita mumwe musikana anonzi Brielle, uyo

**“Paunenge uchiri muduku, unofunga kuti unoziwa zvose. Saka vabereki vako pavanokurambidza zvimwe zvinhu, zviri nyore kuti uvagumbukire. Asi mitemo yavo yakakunakira.” —Megan**

akati nezvevabereki vake: “Vakanganwa zvachose kuti munhu wezera rangu anonza sei. Havadi kuti nditaure zvandinofunga, ndisarudze, kana kuti ndive munhu mukuru.” Wechiduku anonzi Allison anonzwawo saizvozvo. Anoti, “Vabereki vangu vanoita sevasinganzwisisi kuti ndava nemakore 18 kwete 10. Vanofanira kuvimba nenii zvikuru!”

Mitemo yepamba inogona kurwadza zvikuru kuiteerera kana vamwe vana vomumhuri vachiita sevasinganyanyi kumeserwa. Somuenzaniso, achiyeuka makore ake okuyaruka, mumwe mukomana anonzi Matthew anoti nezvehanzvazi yake diki uye vazukuru vake, “Vasikana vacho vaingore-gwa zvazvo!”

### **Hapana Mitemo?**

Zvinonzwisisika kuti ungashuva kurarama usingatongwi nevabereki vako. Asi zvingakufambilira zvakanaka here pasina mitemo yavo? Zvichida unoziwa vamwe vezera rako vanosvika pamba nguva yavanda zvavo, vanopfeka chero zvavada uye vanoenda neshamwari dzavo pose pavanenge vadira uye chero kwavanoda. Zvimwe vabereki vavo vanenge vakabatikana zvakanyanya zvokuti havacherechedzi zvinenge zvichitwa nevana vavo. Chero zvazvingava, Bhaibheri rinoratidza kuti kurera vana seizvi hakubudiri-ri. (Zvirevo 29:15) Kushayikwa

**WAIZVIZIVA  
HERE KUTI ...**

**Zvakatsvakurudzwa  
zvinoratidza kuti  
kazhinji vechiduku  
vane vabereki  
vanovapa mitemo  
norudo vanobudirira  
muchikoro, vanogara  
nevamwe zvakanaka  
uye vanofara.**

kworudo kwaunoona munyika kunonyanya kukonzerwa nevanhu vayo vanongozvifunga, vakawanda vacho vakarerwa mumisha yakanga isina mitemo.—2 Timoti 3:1-5.

Pane kuchiva vechiduku vanobvumirwa kuita zvavanoda, edza kuona mitemo yevabereki vako souchapupu hwokuti vanokuda uye vane hanya newe. Nokuisa mitemo ine musoro, vanotevedzera Jehovha Mwari, uyo akati kuvanhu vake: “Ndicha ita kuti uve nenjere uye ndichakurayiridza nzira yaunofanira kufamba nayo. Ndichakupa zano ziso rangu raka-kutarira.”—Pisarema 32:8.

Zvisinei, dzimwe nguva ungananza uchiremerwa nemitemo yevabereki vako. Ungawana sei zororo?

## Kukurukurirana Kunobatsira

Ungave uchida kuwana rusununguko rwakawanda kana kuti kuderedza kushungurudza kwaunoitwa nemiganhu yauri kuisirwa nevabereki vako, kukurukurirana kwakanaka ndicho chinhu chinokosha. Vamwe vangati, ‘Ndakaedza kutura nevabereki vangu, asi hazvisi kushanda!’ Kana ariwo manzwiro aunoita, zvibvunze kuti, ‘Ndinganatsiridza unyanzi hwangu hwokukurukura here?’ Kukurukurirana chinhu chinokosha chinogona (1) kubatsira vamwe kukunzwisia

kana kuti (2) kukubatsira kuhnzwisia kuti nei zvaunoda zviru kurambwa. Chokwadi, kana uchida kubatwa somunhu mukuru, unofanira kudzidza kukurukura nevamwe somunhu mukuru. Ungazviita sei?

**Dzidza kudzora manzwiro ako.** Kukurukurirana kwakanaka kunoda kuzvidzora. Bhainbheri rinoti: “Benzi rinobudisa hasha dzaro dzose, asi munhu akachenjera anoramba akadzi-



### ZANO

**Kana uchida kuti  
vabereki vako vakupe  
rusununguko  
rwakawedzerwa, tanga  
waita kuti vazive kuti  
unoteerera mitemo  
yavo. Kana vachiziva  
kuti unoteerera,  
vangangokupa  
zvaunovakumbira.**



**Kuteerera mitemo  
yevabereki vako  
kwakaita sokubha-  
dhara chikwereti  
kubhengi—kana wa-  
katendeseka  
zvikuru, uchavi-  
mbwawo zvikuru  
(kana kuti  
uchapiwa chi-  
mwe chikwereti)**

kama kusvikira pakupedzisira.” (Zvirevo 29:11) Saka dzivisa kugunun’una, kufundumwara uye kuratidza hasha somwana muduku. Chokwadi, vabereki vako pavanokurambida chimwe chinhu, ungzwa uchida kurovera dhoo kana kuti kufamba-famba mumba uchiita mutsindo. Zvisinei, mai-tiro akadaro angangoita kuti upiwe mimwe mitemo, kwete rusununguko rwakawanda.

**Edza kuona pfungwa yevabereki vako.** Tracy, muKri-stu wechiduku anogara naamai chete, anoti, “Ndinozvibvunza kuti, ‘Amai vangu vari kuedza kundidzidzisei nemitemo yavo?’” Tracy anoonei? “Vari kuedza kundibatsira kuti ndive munhu kwaye.” (Zvirevo 3:1, 2) Kunzwisia zvinotyirwa ne-vabereki vako zvakadaro kungakubatsira kuti ukurukure na-vo zvakanaka.

Somuenzaniso, ngatitii vabereki vako havadi kuti uende kumwe kuri kuendwa nevamwe. Pane kuita nharo, ungati, “Ko kana ndikaenda neimwe shamwari yakura, inovimbwa nayo?” Kunyangе zvakadaro, vabereki vako vangasakubvumira. Asi kana ukanzwisia zvavanotyira, une mukana wakanaka wokutaurawo zvimwe zvinogamuchirika.

## ➤ **kusarura zvechokwadi here?**

Wakambozvibunza here kuti, ‘Nei vabereki vasingabati munhu wose zvakangofanana?’ Kana zvakadaro, funga izvi: Zvingasava zvakanaka nguva dzose kuti vabereki vabate vana vavo zvakafanana. Chokwadi, mubvunzo ndewokuti, **Hausi kuitirwa zvaunoda here? Somuenzaniso, paunenge** uchida kuti vabereki vako vakupe mazano, vakubatsire, kana kuti vakutsigire, vanozviita here? Kana vachidaro, unga-taura nomwoyo wose kuti hausi kubatwa zvakanaka here? Sezvo iwe nevamwe vana muchida zvakasiyana, hazvito-mboiti kuti vabereki vako vakubatei zvakafanana mose. Izvozvo ndizvo zvakazonzwisiswa naBeth. Iye zvino ava nemakore 18, anoti: “**Ini nehanzadzi yangu takasiyana uye tifofanira kubatwa zvakasiyana. Ndichitarira shure, handimbozivi kuti nei ndakanga ndisingazvioni ndichiri muduku.**”

**Ita kuti vabereki vako vawedzere kuvimba newe.** Ngatitii mumwe murume anotora chikwereti kubhengi. Kana achichidzorera nenguva, bhengi richamuvimba uye ringatotomupa chimwe chikwereti munguva yemberi. Ndozvavakaitawo nokumba. Une chikwereti chokuteerera vabereki vako. Kana ukaratidza kuti wakavimbika—kunyange mu-zvinhu zviduku—vabereki vako vangangozokuvimba munguva yemberi. Zvechokwadi, kana ukaramba uchiodza mwoyo vabereki vako, usashamisike kana vakatanga kukuvimba zvishoma kana kutorega “kukuvimba zvachose.”

### **Kana Mutemo Watyorwa**

Pane imwe nguva ungangotyora mutemo—kutadza kuita mabasa ako epamba, kugarisa pafoni, kana kuti kutadza kusvika pamba nenguva yakatarwa. (Pisarema 130:3) Zva-



daro uchafanira kuzvitsanangurira vabereki vako! Ungaita sei kuti zvinhu zvisaramba zvichiipa?

**Taura chokwadi.** Usareva nhema. Kana ukadaro, izvozvo zvingangoderedza kuvimbwa kwawave uchiitwa ne-vabereki vako. Saka iva akatendeseka uye taura zvaka-tika chaizvo. (Zvirevo 28:13) Usaedza ku-pembedza kana kuti kurerutsa zvakaitika. Uye nguva dzose yeuka kuti “mhindu-ro, kana iri nyoro, inodzora kutsamwa.” —Zvirevo 15:1.

**Kumbira Ruregerero.** Zvakakodzera kuti uratidze kuzvidemba kana wakakonze-ra kuti vabereki vako vanetseke, vaore mwo-yo, kana kuti vave nerimwe basa rokuwedzera uye zvingaderedza chirango chako. Zvisinei, unofanira kuratidza kuti une urombo zve-chokwadi nezwawaita.

**Gamuchira migumisiro yacho.** (Va-Garatiya 6:7) Chaunotanga kuita kutsu-tsumwa pamusoro pechirango chacho,

## »»» **zvandinoronga kuita!**

*Kana ndikatyora mutemo wepamba, ndichati*



*Ndinogona kuita kuti vabereki vangu vavimbe neni noku-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezve-nyaya iyi*



**“Kudza baba vako naamai vako . . . kuti  
zvikufambire zvakanaka.”**

—VaEfeso 6:2, 3.



zvikurukuru kana chichiita sechisina kukodzera. Zvisinei, ku-bvuma zwakanganisa kunoratidza kukura. Chinhu chakanaka chaungaita kuedza kuita kuti vabereki vako vakuvimbe zvekare.

Nyora pano kuti ndeipi pfungwa yaunoda kunyanya ku-shandira panhatu dziri pamusoro apa.

Yēuka kuti ibasa revabereki vako kuti vadzore zvaunoita nenzira inoratidza kunzwisisa. Nokudaro, Bhaibheri rinotaura nezvo “murayiro wababa vako” uye “mutemo waamai vako.” (Zvirevo 6:20) Kunyange zvakadaro, haufaniri kufunga kuti mitemo yepamba ichakanganisa upenyu hwako. Asi ka-na ukazviisa pasi pevabereki vako, Jehovha anovimbisa kuti, nokufamba kwenguva, ‘zvichakufambira zvakanaka’! — Va-Efeso 6:1-3.

**ZVIRI MUCHITSAUKO CHINOTEVERA** *Une mubereki akapindwa muropa nezvinodhaka kana kuti nedoro here? Ona kuti zvii zvaungaita.*

#### **UNOFUNGEI?**

- **Nei pane dzimwe nguva vabereki vako vachiita sevanonyanya kukudzivirira?**
- **Nei dzimwe nguva uchigumbuka paunorambidzwa zvimwe zvinhu?**
- **Unganatsiridza sei kukurukurirana kwaunoita nevabereki vako?**

## ➤ taura nevabereki vako!

Zvitsauko zviviri zvapfuura zvataura zvau-  
ngaita kana vabereki vako vachikutsoropodza  
uye zvaungaita nemitemo yepamba. Ko kana  
uchinzwa sokuti vabereki vako vari kunyanya  
kukuomesera mune zvose zviri zviviri? Ungata-  
nga sei kutaura navo nezvazvo?

- Sarudza nguva yaunenge wakasunungu-  
ka zvako uye vabereki vako vasina kunyanya  
kubatikana.
- Taura zvinobva pamwoyo, asi usataura wa-  
kafufutirwa. Remekedza vabereki vako.



**Kana uchinzwा sokuti vabereki vako vanonyanya ku-  
kutsoropodza, ungati:** "Ndiri kuedza kwazvo kuti ndiite  
zvakanaka, asi zvinondiomera pandinonzwa sokuti ndiri kugaro-  
tsoropodzwa. Tingambotaura nezvazvo here?"

Nyora pasi apa kuti ungaratanga sei kutaura nevabereki vako  
nezvenyaya iyi.



✓ **ZANO:** Shandisa Chitsauko 21 kuti mutange kukurukuri-  
rana. Zvichida vabereki vako vachanzwa vachida kukurukura  
newe nyaya iri muchitsauko chacho.

**Kana uchinzwা sokuti vabereki vako havasi kukupa ru-  
sununguko rwakakwana, ungati:** "Ndinoda kuratidza kuti  
ndava munhu anoziva zvaanoita kuitira kuti munguva yemberi  
muzondipa rusununguko rwakawedzera. Munofunga ndezvipi  
zvandinofanira kushandira pazviri?"

Nyora pasi apa kuti ungaratanga sei kutaura nevabereki vako  
nezvenyaya iyi.



✓ **ZANO:** Dzokorora Chitsauko 3 chiru muBhuku 1. Zvadaro  
nyora mibvunzo yose yaungava nayo pane zvawaverenga.



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## Ko kana mubereki wangu akapindwa muropa nezvinodhaka kana kuti nedoro?

*“Baba vakati vaizoenda kunogadzira motokari, asi takaswera tisina kumbonzwa nezvavo. Amai vakaedza kuvalonera. Hapana akadavira. Papera nguva yakati, ndakao-na kuti Amai vakanga vava kunetseka uye vakanga vava kugadzirira kuvatevera. Vakandiudza kuti, ‘Ndava kuenda kunoona kuti chii chaitika kuna baba vako.’*

*“Pave paya, Amai vakadzoka vari voga. Ndakavabvunza kuti, ‘Mavashayiwa here?’ Vakapindura kuti, ‘Vanga vasi-ko.’*

*“Panguva iyoyo ndakaziva kuti Baba vakanga vatanga misarinya yavo. Kaisava kokutanga. Munoonaka, baba vangu vakapindwa muropa nezvinodhaka. Uye pavakazo-uya kumba, ini naAmai takanga tava kunetseka zvikuru. Zuva rakatevera racho handina kumboda zvokutaura na-vo—uye ndinodemba kuti ndizvo zvandakaita.”*

—Karen, 14.

MAMIRIYONI evezhiduku anotsungirira pfumvu yokurarama nomubereki akapindwa muropa nezvinodhaka kana kuti nedoro. Kana mumwe mubereki wako ari mumusungo iwoyo, angaita kuti unyare, ushungurudzike uye utogumbuka.

Somuenzaniso, Mary akarerwa nababa vaiita somunhu akanaka pane vanhu. Asi vaidhakwa kabisira, uye kumba vaibata mhuri yavo zvisina kunaka uye vaitaura zvinonyadzisira. “Vanhu vaiuya kватiri isu vana votiudza kuti tai-va nababa vakazonaka uye taiva takakomborerwa chaizvo,” Mary anotaura zvaanoyeuka asingafari.\*

Kana mumwe mubereki wako akapindwa muropa nedoro kana kuti nezvinodhaka, ungazviita sei?

### **Kunzwisia Zvinokonzerwa Kupindwa Muropa**

Kutanga, zvinobatsira kuti uti nzwisisei dambudziko romubereki wako. Zvirevo 1:5 inoti: “Munhu anonzwisia ndiye anowana kutungamirira kwounyanzvi.” Saka zvingava zvakanaka kuti udzidze zvinorehwa nokupindwa muropa, ndiani anopindwa muropa nedoro kana kuti nezvinodhaka, uye nei.

Somuenzaniso, munhu akapindwa muropa nedoro ha-zvingorevi munhu anodhakwa apo neapo. Asi munhu ane dambudziko rokugara akadhakwa.<sup>#</sup> Anogara ari pamukombe uye haagoni kuzvidzora kana angotanga kunwa. Kupindwa kwake muropa kunokonzerwa matambudziko anorwadza anokanganisa mhuri yake, basa rake uye utano hwake.

Kunyange zvazvo miviri yevamwe vanhu ingaita kuti zvive nyore kuti vapindwe muropa nedoro, izvi zvinoita sezvinobatanidzawo mafungiro avo. Kutaura zvazviri, vanhu vaka-wanda vakapindwa muropa nedoro havawanzofariri

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\* Kana usiri kubatwa zvakanaka nomubereki akapindwa muropa nedoro, uno-firira kutsvaka rubatsiro. Udzha mumwe munhu akura waunovimba naye. Kana uri mumwe weZvapupu zvajehovha, unogona kuudza mukuru weungano kana kuti mumwe muKristu akura.

# Munhu anopindwa muropa nedoro anogona kuva murume kana kuti mukadzi.

**Ndinoziva kuti vabereki vangu vangangoita kuti  
ndinyare mune ramangwana, asi ndinozivawo kuti  
kana ndikavimba naJehovha, achandipa simba  
rokutsungirira.** — Maxwell

zvavari. (Zvirevo 14:13) Chokwadi, vamwe vavo vakakurira mumhuri dzaiva nevabereki vaiva vakapindwa muropa nedoro. Vanhu vakadaro vanofunga kuti kunwa kungaderedza marwadzo okushungurudzwa kwavaiitwa vari vaduku. Zvinhu zvakadaro zvingakonzerawo kuti munhu apindwe muropa nezvinodhaka.

Chokwadi, kunwa kana kuti kushandisa zvinodhaka kungatowedzera matambudziko omunhu; mafungiro uye manzwiro ake iye zvino angatowedzera kuvhiringidzika. Ndomusaka mubereki wako angangoda kubatsirwa zvikuru nomumwe munhu akadzidza basa racho kuti asunungurwe pakupindwa muropa.

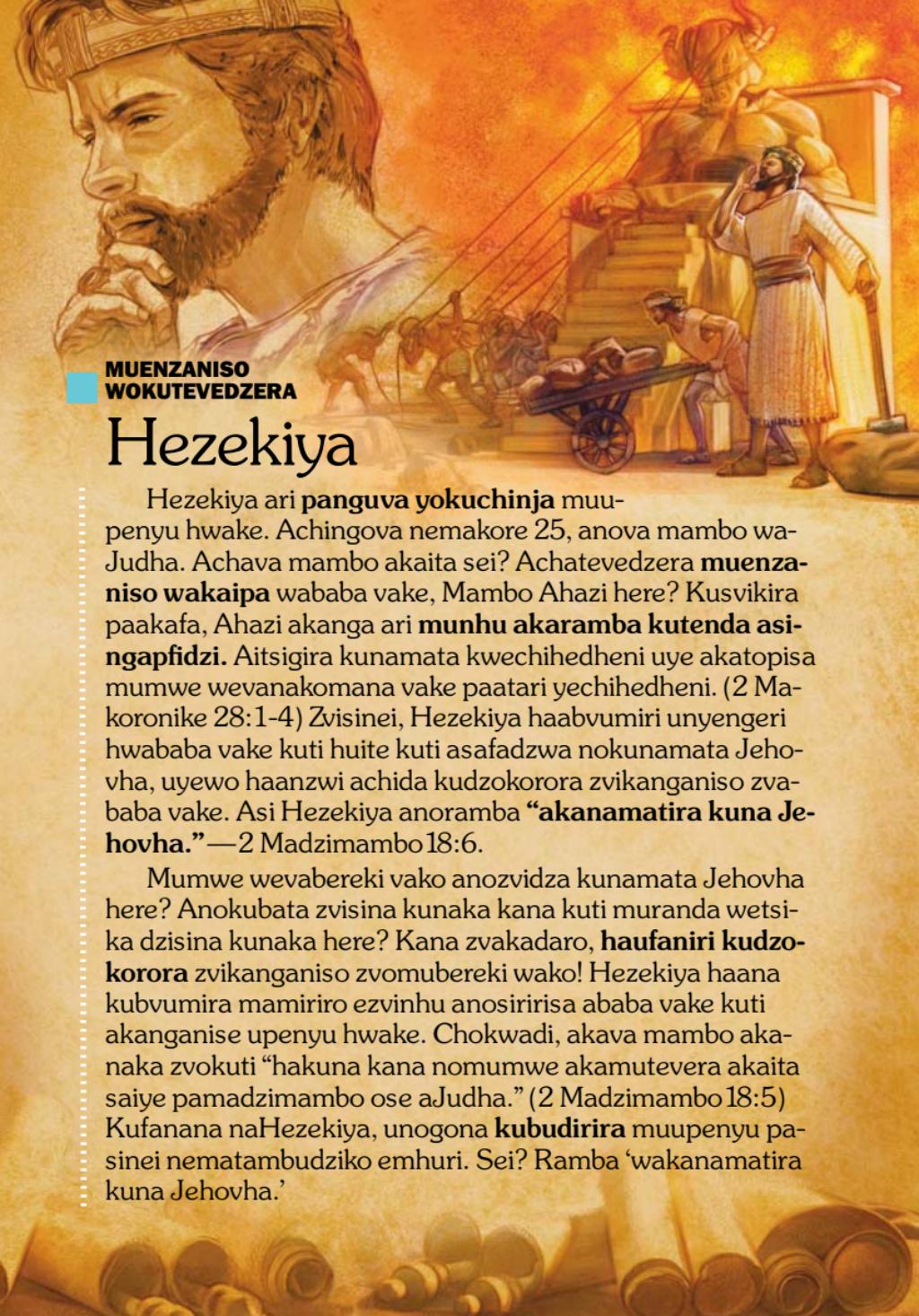
### **Usatarisira Zvakawanda**

Zvechokwadi, kunzwisia chikonzero nei mubereki wako achiita zvinonyadzisa kudaro hakuiti kuti dambudziko racho rinyangarike. Kunyange zvakadaro, kunzwisia kupindwa kwaakaitwa muropa kungaita kuti unzwire mubereki wako tsitsi.

Somuenzaniso, waizotarisira kuti mubereki wako akatyoka gumbo atambe bhora newe here? Ko kana uchiziva kuti akatyoka pamusana pokusachennjera kwake? Hapana mubvunzo kuti ungaora mwoyo. Kunyange zvakadaro, ungaziva

#### **WAIVIZIVA HERE KUTI ...**

**MuBhaibheri  
shoko rokuti “kudza”  
rinogona kungoreva  
kuziva chiremera  
chepamutemo.  
(VaEfeso 6:1, 2)  
Naizvozvo, kukudza  
mubereki hakurevi kuti  
nguva dzose unotsigira  
maitiro ake.**



MUENZANISO  
WOKUTEVEDZERA

## Hezekiya

Hezekiya ari panguva yokuchinja muupenyu hwake. Achingova nemakore 25, anova mambo wa Judha. Achava mambo akaita sei? Achatevedzera **muenzaniso wakaipa** wababa vake, Mambo Ahazi here? Kusvikira paakafa, Ahazi akanga ari **munhu akaramba kutenda asingapfidzi**. Aitsigira kunamata kwechihedheni uye akatopisa mumwe wevanakomana vake paatari yechihedheni. (2 Makoronike 28:1-4) Zvisinei, Hezekiya haabvumiri unyengeri hwababa vake kuti huite kuti asafadzwa nokunamata Jehovha, uyewo haanzwi achida kudzokorora zvikanganiso zvababa vake. Asi Hezekiya anoramba “**akanamatira kuna Jehovha.**”—2 Madzimambo 18:6.

Mumwe wevabereki vako anozvidza kunamata Jehovha here? Anokubata zvisina kunaka kana kuti muranda wetsika dzisina kunaka here? Kana zvakadaro, **haufaniri kudzokorora** zvikanganiso zvomubereki wako! Hezekiya haana kubvumira mamiriro ezzinhu anosiririsa ababa vake kuti akanganise upenyu hwake. Chokwadi, akava mambo akanaka zvokuti “hakuna kana nomumwe akamutevera akaita saiye pamadzimambo ose aJudha.” (2 Madzimambo 18:5) Kufanana naHezekiya, unogona **kubudirira** muupenyu pasinei nematambudziko emhuri. Sei? Ramba ‘wakanamatira kuna Jehovha.’



**Kuona kupindwa  
muropa kwomubereki  
wako sokukuvara  
kunoremadza  
kungakubatsira kuti  
usatarisira zvakawanda**

kuti mubereki wako haangkanwanisi kutamba bhora newe kusvikira apora. Kunzwisa izvi kungakubatsira kuti usatarisire zvakawanda kumubereki wako.

Saizvozvovo, mubereki akapindwa muropa nedoro kana kuti nezvinodhaka anorwara mupfungwa. Chokwadi, “akazvikuvadza” nemaune. Uye zvingava zvakakodzera kuti ugumbukire zvinoitwa nomubereki wako nokusachenjera. Zvisinei, mubereki wako hakwanisi kukuchengeta zvizere kusvikira atsvaka kubatsirwa kuti anaye pakupindwa muropa. Kuona kupindwa muropa sokukuvara kunoremadza kungakubatsira kuti usatarisira zvakawanda.

### **Zvaungaita**

Unofanira kuziva kuti kusvikira mubereki wako agadzirisa upenyu hwake, unofanira kurarama nemigumisiro yezvito zvake. Panguva ino, chii chaungaita nazvo?

**Usazvipa mhosva yokupindwa muropa kwomubereki wako.** Mubereki wako chete ndiyе ane mhosva yokupindwa kwake muropa kwete mumwe munhu. VaGaratiya 6:5 inoti: “Mumwe nomumwe achatakura mutoro wake.” Saka harisi basa rako kuti urape mubereki wako, uyewo hausungirwi kuti umudzivirire pamigumisiro yokupindwa kwake muropa. Somuenzaniso, haufaniri hako kunyepera bhosi wake



**“Njere dzomunhu dzinodzora  
kutsamwa kwake.”**—Zvirevo 19:11.



kana kuti kumuzvuzvurudza kubva pavheranda paanenge akafa nokudhakwa.

**Kurudzira mubereki wako kuti atsvake kubatsirwa.** Dambudziko guru romubereki wako ringava rokubvuma kuti ane chinetso. Paanenge asina kudhakwa uye akadzikama, zvichida mubereki asina kupindwa muropa pamwe chete nevamwe vana vakuru vangamuudza kuti zvaanoita zviri kukanganisa sei mhuri uye kuti anofanira kuitei.

Uyezve, mubereki wako akapindwa muropa angaita zvanakanaka kana akanyora mhinduro dzemibvunzo inotevera: *Chii chichaitika kwandiri nemhuri yangu kana ndikaramba ndichinwa doro kana kuti ndichishandisa zvinodhaka? Zvii zvichaitika kana ndikarega tsika yangu? Ndinofanira kuitei kuti ndibatsirwe?*

**Kana dambudziko rava kuda kutanga, ibvapo.** Zvirevo 17:14 inoti: “Ibva kupopotedzana kusati kwatanga.” Usa-zviisa pangozi nokubatanidzwawo pakupopotedzana. Kana zvichiita, enda mumba mako maenorara kana kuti enda kumba kweshamwari yako. Pazvinoratidzika sokuti pacharwiwa, ungashevedza vamwe kuti vabatsire.

**Ratidza manzwiyo ako.** Vamwe vechiduku vanonzwa vase mhosva nokuti vanogumbukira mubereki akapindwa muropa. Zviri muropa kuti ugumbuke, zvikurukuru kana kupindwa muropa kwo-mubereki wako kuchimutadzisa kukuratidza rudo uye kukutsigira. Chokwadi, Bhaibheri

**ZANO**

**Pane kuvenga  
mubereki wako, venga  
zvaanokanganisa.  
—Zvirevo 8:13;  
Judha 23.**



rinokurayira kuti ukudze mubereki wako. (VaEfeso 6:2, 3) Asi ‘kukudza’ kunoreva kuremekedza chinzvimbo chake, sokuremekedza kwaunoita chinzvimbo chomupurisa kana kuti chomutongi. Hazvirevi hazvo kuti unotsigira kupindwa muropa kwomubereki wako. (VaRoma 12:9) Uyewo hazvirevi kuti uri munhu akaipa nokuti unonyangadzwa nokunwa kana kuti nokushandisa zvinodhaka kwaanoita; cho-kwadi ndechokuti, kushandisa zvinhu nenzira isina kururma *kunonyangadza!*—Zvirevo 23:29-35.

**Tsvaka shamwari dzinokurudzira.** Kana zvinhu zvisina kumira zvakanaka kumba, ungatadza kuziva kuti zvakanaka ndezvipi. Naizvozvo zvinokosha kuti ushamwari-dzane nevanhu vane utano hwakanaka pakunamata nomupfungwa. Nhengo dzeungano yechiKristu dzinokurudzira uye dzinotsigira zvikuru uyewo apo neapo dzinoita kuti uzorodzwe pazvinetso zvomumhuri. (Zvirevo 17:17) Kushamwaridzana nemhuri dzechiKristu kungaita kuti uve nomuanzaniso wakanaka woupenyu hwemhuri unotsiva muanzaniso wakashata waunoona kumba kwenu.

## ►►► **zvandinoronga kuita!**

*Kana mubereki wangu ava netsika yokundituka kana kuti kundibata zvisina kunaka, ndicha-*



*Ndinogona kukurudzira mubereki wangu kuti atsvake kubatsirwa noku-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*

**Tsvaka kubatsirwa.** Zvechokwadi zvinobatsira kuti uve nomunhu akura waunovimba naye waunogona kuudza manzwiro ako. Vakuru veungano vanonzwa vachida kukubatsira paunenge uchivada. Bhaibheri rinoti varume ava vanogona kuita “senzvimbo yokuvanda mhepo nenzvimbo yokuvanda dutu rine mvura, sehova dzemvura panyika isina mvura, somumvuri weibwe guru panyika yafa nenyota.” (Isaya 32:2) Saka usatya kana kunyara kuenda kwavari kuti vaku nyaradze uye vakupe mazano.

Nyora pano apa kuti idanho ripi pamatanhatu ari pamusoro apa rauchaedza kushandisa pakutanga. 

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Haungakwanisi kuchinja mamiriro ezvinhu kumba, asi unogona kuchinja zvaanokuita. Pane kuti uedze kudzora mubereki wako, omerera pamunhu waunogona kudzora —iyewe. Muapostora Pauro akanyora kuti: ‘Ramba uchi shandira kuponeswa kwako.’ (VaFiripi 2:12) Kuita izvozvo kuchakubatsira kuti urambe uine maonero akanaka, uye kungatokurudzira mubereki wako kuti atsvake kubatsirwa pakupindwa muropa kwake.

**ZVIRI MUCHITSAUKO CHINOTEVERA Ko kana vabereki  
vako vachigara vachikakavadzana? Ungaita sei  
nezvinoshungurudza izvi?**

**UNOFUNGEI?**

- Chii chinokonzenza kuti vamwe vanhu vapindwe muropa nedoro kana kuti nezvinodhaka?
- Nei isiri mhosva yako kana mubereki wako akapindwa muropa?
- Ndezipi zvaunogona kudzora mumamiriro ako ezvinhu uye ungaziita sei?

## ➤ **kana mubereki akarega kushumira Jehovha**

Kana mumwe wevabereki vako akarega kurarama maererano nemitemo yeBhaibheri—zvichida achitotaura kuti haachadi kuva nhengo yeungano yechiKristu—ungaita sei?

- Ziva kuti Jehovha *haakupi* mhosva yezvinoitwa nomubereki wako. Bhaibheri rinoti: “Mumwe nomumwe wedu *achazvidavirira* kuna Mwari.”—VaRoma 14:12.
- Usazvienzanisa nevamwe vechiduku vane mamiriro ezvinhu ari nani. (VaGaratiya 5:26) Mumwe mukomana ana baba vakatiza mhuri yavo anoti, “Pane kuramba uchifunga izvozvo, zvinonyanya kubatsira kufunga kuti uchaita sei nemamiriro acho ezvinhu.”
- Ramba uchiremekedza mubereki anenge apanduka, uye kana zvaanorayira zvingarwisanu nezvinodiwa na-Mwari, zviteerere. Murayiro waJehovha wokuti vana vaku-dze vabereki vavo hauna basa nokuti mubereki wacho mutendi here kana kuti kwete. (VaEfeso 6:1-3) Paunokuda vabereki vako uye paunovateerera pasinei nezvavonokanganisa, unoratidza kuti unoda Jehovha.—1 Johani 5:3.
- Wadzana zvikuru neungano yechiKristu. Ikoko unogona kunyaradzwa nemhuri yakakura yechiKristu. (Mako 10:30) Mumwe mukomana anonzi David aityira kuti vomuungano vaizoramba kutamba naye uye kutamba nevamwe vomuhuri make nokuti baba vake vakanga varega kushumira Jehovha. Asi David akaona kuti aitya zvisina chikonzero. Anoti, “Hatina kuitwa kuti tinzwé sevanhu va-singagamuchiriki. Izvi zvakaita kuti ndigutsikane kuti unango yaiva nehanya zvechokwadi.”



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# Ndinofanira kuitei kana vabereki vangu vachipopotedzana?

**Vabereki vako vanombopopote-  
dzana here iwe uripo? Kana  
vachidaro, zvinhu zvipi pane zvi-  
notevera zvanonyanya  
kupopotedzerana?**



- Mari
- Mabasa epamba
- Voukama
- Iwe

**Ndezvipi zvaunoshuva kuudza vabereki  
vako nezvokukanganiswa kwaunoitwa  
nazvo? Nyora zvaunofunga pasi apa.**

HAUGONI kunzvenga kukanganiswa kwaunoitwa nokupo-potedzana kwevabereki vako. Uyezve, iwe unovada, uye ndivo vanokuriritira. Saka zvingakushungurudza kuvanzwa va-chipopotedzana. Ungabvumirana nomumwe musikana ano-nzi Marie, uyo anoti, "Zvakandiomera kuti ndiremekedze va-bereki vangu kana zvichiiti sokuti havaremekedzani."

Kuona vabereki vako vachikakavadzana kunoita kuti uzi-ve chokwadi chinorwadza chokuti: Vanokanganisa zvakawanda kupfuura zvaunofungira. Kuziva chokwadi ichi chisingafadzi kungaita kuti utye. Kana vachingogara vachikandirana makobvu nematete, unganetseka kuti pamwe vangangoram-bana nokukurumidza. Marie anoti, "Pandinonzwa vabereki vangu vachipopotedzana, ndinofungidzira kuti vacharamba-na uye kuti ndichatofanira kusarudza wokugara naye. Ndi-notyirawo kuti ndichaparatzana nevana vaamai vangu no-kuti vamwe vachagara nababa vamwe naamai."

Nei vabereki vachipopotedzana, uye ungaitei kana mu-mhuri mukava nebopoto?

### **Zvinoita Kuti Vabereki Vapopotedzane**

Kazhinji, vabereki vako 'vangashivirirana murudo.' (Va-Efeso 4:2) Asi Bhaibheri rinozi: "Vanhu vose vakatadza, va-kakundikana kusvika pakubwinya kwaMwari." (VaRoma 3: 23) Vabereki vako havana kukwana. Naizvozvo, haufaniri ku-shamisika kana kusawirirana kwavo kuri kuwedzera uye apo neapo kuchioneka nokukakavadzana.

Yeukawo kuti tiri kurarama mu "nguva dzinonetsa dzaka-oma kubata nadzo." (2 Timoti 3:1) Matambudziko okuwa-na chouviri, kubhadhara zvinhu zvinoshandiswa pamba, ku-

tsungirira zvaunosangana na-zvo kubasa—zvose izvi zvinore-medza vakoororana. Uye kana vabereki vose vachishanda, ku-sarudza kuti ndiani achaita ma-mwe emabasa epamba kunga-konzenza kukakavadzana.



**WAIVIZIVA  
HERE KUTI ...**

**Dzimwe nguva vanhu  
vanodanana  
vangapopotedzana.**

**“Kuziva kuti vabereki vangu havana kukwana uye  
kuti vanosanganawo nemiedzo sezvandinongoita  
kwakandibatsira kuti nditsungirire  
pavanokakavadzana.” —Kathy**

Iva nechokwadi chokuti kana vabereki vako vasiri kuwirirana, izvi hazvingabvi zvareva kuti imba yavo iri kuparara. Pasminei naizvozvo vabereki vako vachiri kudanana—kunyange vzavzo mafungiro avo akasiyana pane dzimwe nyaya.

Kuenzanisira: Wakamboona firimu neshamwari dzepe-dyo ndokuona kuti zvawaifunga nezvaro zvakanga zvakasiyana nezvadzaifunga here? Izvozvo zvinoitika. Kunyange vanhu vanenge vari tsika nditsikewo vachava nemaonero aka-siyana pane zvime zvinhu. Ndizvovo nevabereki vako. Zvichida vose vanonetseka pamusoro pemari inoshandisa nemhuri, asi mumwe nomumwe ane maonero akasiyana okuti mari yacho ingashandisa sei; vose vanoda kuronga nezvokuenda kuzororo semhuri, asi mumwe nomumwe ane mao-nero akasiyana eringanzi zororo rakanaka; kana kuti vose vanoda chaizvo kuti upase muchikoro, asi mumwe nomumwe ane mafungiro ake enzira yakanakisisa yokukukurudzira nayo.

Nyaya iripo ndeyokuti, dzimwe nguva vanhu vaviri vanodanana vanogona kuona zvinhu nenzira dzakasiyana. Kunyange zvakadaro, ungaona zvakaoma kuteerera kukavadzana kwevabereki vako. Chii chaungaita kana kuti chaunga-taura chichakubatsira kuti utsungirire?

## Zvaungaita

**Varemekedze.** Zviri nyore kuti usemburwe nevabereki vako vanogara vachikakavadzana. Ndivo vanotofanira kuva muenzaniso wakanaka kwauri—kwete kuti iwe uve mue-nzaniso kwavari. Zvisinei, kusaremekedza mubereki kuno-ngowedzera matambudziko emhuri. Zvinonyanya kukosha ndezvokuti Jehovha Mwari anokurayira kuti uremekedze uye



**Kana vabereki vako  
vachingogara  
vachikandirana  
makobvu nematete,  
vakumbire  
noruremekedzo kuti  
vatsvake kubatsirwa.**

uteerere vabereki vako—kunya kana zvisiri nyore kuti uzviite.—Eksodho 20:12; Zirevo 30:17.

Asi zvakadini kana nyaya inoita kuti vabereki vako vasawirirana ichibatanidza iwe? Somuenzaniso, ngatitii mumwe wevabereki vako muKristu uye

mumwe wacho haasi. Zvinetso zvingavapo paunotsigira mubereki uya anotya Mwari. (Mateu 10:34-37) Nguva dzose ita izvozvo “nounyoro noruremekedzo rukuru.” Muenzaniso wako pane izvi rimwe zuva ungabatsira kuti uwane mubereki wako asingatendi.—1 Petro 3:15.

**Ramba usina kwawakarerekera.** Ungaitei kana vabereki vako vakakumanikidza kuti upindire munyaya dzisinei newe? Edza kuramba usina kwawakarerekera. Zvichida unogona kuzvibvisa munyaya yacho zvine ruremekedzo nokutaura zvakadai sokuti: “Amai naBaba, ndinokudai mose. Asi ndapota zvangu musandipinza munyaya yenu. Iyi inyaya yamunofanira kugadzirisa pachenyu.”

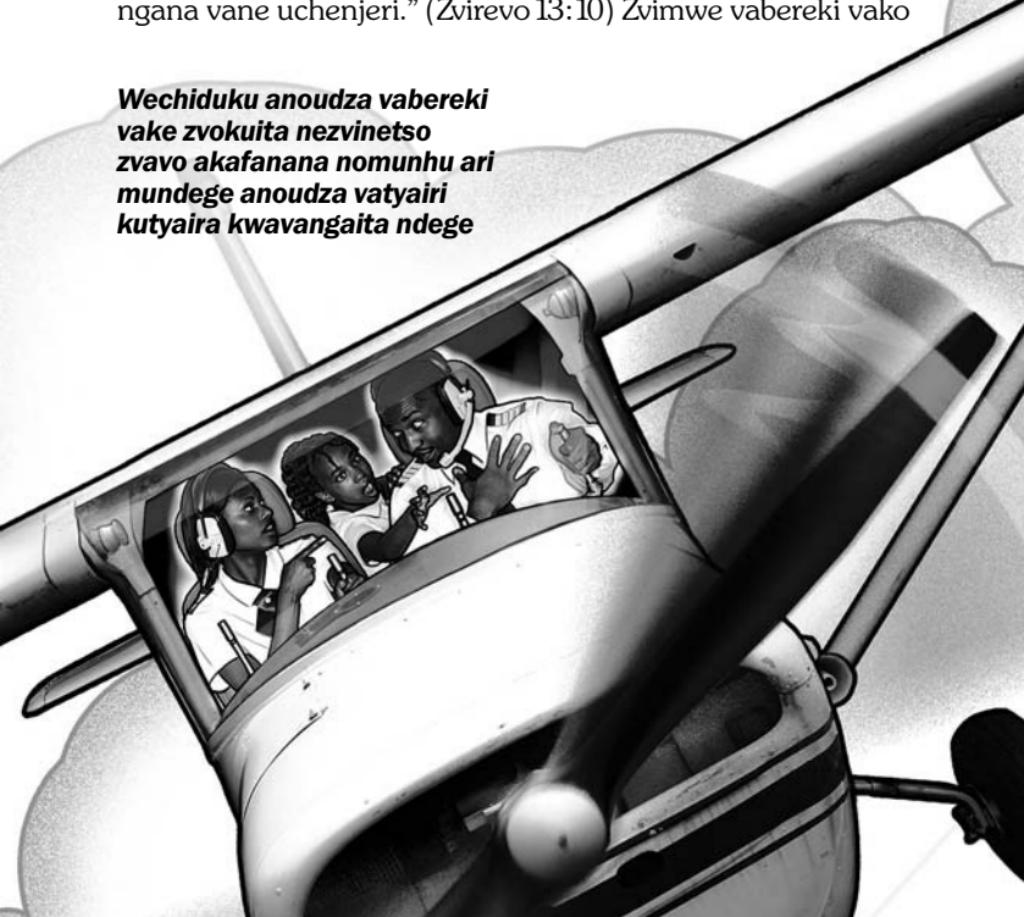
**Kurukurai.** Ita kuti vabereki vako vazive kuti kukakavadzana kwavo kunoita kuti unzwe sei. Sarudza nguva yaunofunga kuti vachakuteerera uye ibva wavaudza noruremekedzo kunetseka, kutsamwiswa kana kuti kutyiswa kwau-noitwa nokukakavadzana kwavo.—Zvirevo 15:23; VaKorose 4:6.

## Zvausingafaniri kuita

**Usaedza kuva chipangamazano.** Zvauri wechiduku, ha-utombokwanisi kugadzirisa kusawirirana kwevabereki vako. Kuenzanisira: Fungidzira kuti waiva mundege duku wobva wanzwa mutyairi nomutevedzeri wake vachiijisana nharo. Zvinonzwisisika kuti waizonetseka. Asi zvii zvaizoitika kudai waizozviita maziva zvose uchiudza vatyairi vacho kutyaira kwavangaita ndege yacho kana kuti kutoedza kubata chidhiraivho?

Saizvozvovo, kuedza 'kubata chidhiraivho' nokupindira muzvinetso zvevabereki vako kungatoita kuti zvinhu zviwedzere kuipa. Bhaibheri rinoti: "Munhu anokonze-ra kukakavara nokuda kwokuzvikudza, asi vaya vanoranganana vane uchenjeri." (Zvirevo 13:10) Zvimwe vabereki vako

*Wechiduku anoudza vabereki  
vake zvokuita nezvinetso  
zvavo akafanana nomunhu ari  
mundege anoudza vatyairi  
kutyaira kwavangaita ndege*



vangagadzirisa zvinetso zvavo nokukurukurirana vari voga.  
—Zvirevo 25:9.

**Usapindira.** Kana vanhu vaviri vachipopotedzana zvinenge zvakatoipa. Ungadirei kuva wechitatu uchitowedzera kuti zviipe? Pasinei nokuti ungava pamuedzo wokupindira, chokwadi ndechokuti ibasa revabereki vako kuti vagadzirisa—kwete rako. Naizvozvo, edza kutevera zano reBhaibheri rokuti ‘uve nehanya nezvinhu zvako woga’ munyaya dzakadaro. (1 VaTesaronika 4:11) Ramba kupindira mubopoto racho.

**Usarwisanisa vabereki.** Vamwe vechiduku vanokurdzira vabereki vavo kuti vakakavadzane nokuita kuti varwisanne. Kana Amai vakavarambiria chimwe chinhu vanonyenge-tedza Baba vachivaita kuti vabvume zvavanoda. Kunyengedza noungwaru kwakadaro kungaita kuti uwane karusunu-nuko asi nokufamba kwenguva, kunongoita kuti zvinetso zvemhuri zvirambe zviripo.

**Usarega zviito zvavo zvichikanganisa zviito zvako.** Mumwe wechiduku anonzi Peter akasvika pakuziva kuti aka-nga achiita zvinhu zvisiri zvechiKristu kuti atsive baba va-

## »»» **zvandinoronga kuita!**

Kana vabereki vangu vatanga kupopotedzana, ndicha-



Kana vabereki vangu vakandikumbira kuti ndipindire munyaya dzavo, ndichati

Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi



**“Kutura kwenyu ngakuve  
nenyasha nguva dzose.”**—VaKorose 4:6.

• • • • •

ke vaishusha. Peter anoti, “Ndaida kuvarwadzisa. Ndaivavenga zvikuru pamusana pemabatiro avaiita amai vangu neniyue hanzvadzi yangu.” Zvisinei, pasina nguva, Peter aifanira kunangana nemigumisiro yezviito zvake. Tinodzidzei? Zviito zvakaipa zvinongwedzera zvinetso zvaunosangana nazvo kumba.—VaGaratiya 6:7.

Nyora pano kuti ipfungwa ipi muchitsauko chino yaunda kunyanya kushandira. ☺.....

Zviri pachena kuti haugoni kuita kuti vabereki vako vasa-kakavadzana. Asi iva nechokwadi chokuti Jehovha achakubatsira kutsungirira kuzvidya mwoyo kunokonzerwa nokukakavadzana kwavo.—VaFiripi 4:6, 7; 1 Petro 5:7.

Edza nepaunogona napo kushandisa mazano ari pamusoro apa. Nokufamba kwenguva, vabereki vako vangakurudzirwa kuti vafungisise kugadzirisa kwavangaita zvinetso zvavo. Ndiani anoziva—zvimwe vangatorega kukakavadzana.

### **ZVIRI MUCHITSAUKO CHINOTEVERA *Ungararama sei nezvintso zvokurerwa mumhuri ine mubereki mumwe chete?***

#### **UNOFUNGEI?**

- **Nei vamwe vabereki vachipopotedzana?**
- **Nei usingafaniri kipiwa mhosva yokunetsana kwevabereki vako?**
- **Ungadzidzei nokucherechedza zvinoitwa nevabereki vako?**

## ➤ ko kana vabereki vangu vakaparadzana?

Kana vabereki vako vakaparadzana, zvii zvaungaita noku-chenjera pasinei nokushushikana kwaunenge uchiita? Chimoona mazano anotevera:

- **Usatarisira zvinhu zvingaitiki.** Zvingatanga kuuya mu-pfungwa dzako ndezvokuedza kuita kuti vabereki vako vadzokerane. Anne anoyeuka kuti: "Pashure pokunge vabereki vangu vaparadzana, dzimwe nguva vaititora vombovhakacha nesu. Ini nasisi vangu taizevezerana tichiti, 'Ngatimhanyei mberi tisiye vaviri ava vari voga.' Asi kunenge kuti hazvina ku-shanda. Havana kumbodzokerana."

Zvirevo 13:12 inoti: "Kana chinhu chinotarisirwa chikanonoka, chinoita kuti mwoyo urware." Kutu usanyanya kushungurudzika, yeuka kuti haugoni kudzora zvinoitwa nevabereki vako. Hausi iwe wakaita kuti vaparadzane, uye zvichida hau-ngagoni kupindira woita kuti vadzokerane.—Zvirevo 26:17.

- **Usavenga.** Kutsamwira uye kuvenga mubereki mumwe ka-na kuti vose kungaita kuti urwadziwe kwenguva refu. Tom anoyeuka manzwiro aakaита paaiva nemakore 12: "Ndakata-nega kutsamwira zvikuru baba vangu. Handidi kushandisa shoko rokuti 'kuvenga,' asi ndakanga ndiine chigumbu chikuru. Ndakatadza kunzwisia kuti vaizogona sei kutichengeta zva-vakanga vatisiya."

Zvisinei, kuparadzana hakuwanzovi nyaya yokungoti mu-mwe mubereki haana kana chaakakananisa uye mumwe wacho ndiye akakanganisa zvikuru. Chokwadi ndechokuti, zvi-chida vabereki vako havana kumbokuudza zvose nezvokuroo-rana kwavo kana kuti kurambana kwavo; ivo pachavo vanga-sambozvinzwisia. Saka usamhanyirira kupa mhedziso iwe usingazivi nyaya yacho yose. (Zvirevo 18:13) Chokwadi, zvak-oma kuti usatsamwa, uye ndezvomuzvarirwo kuti umbonetse-ka zvikuru kwekanguva. Asi kuramba wakatsamwa uye ku-chengeta mafi kungakanganisa unhu hwako zvishoma

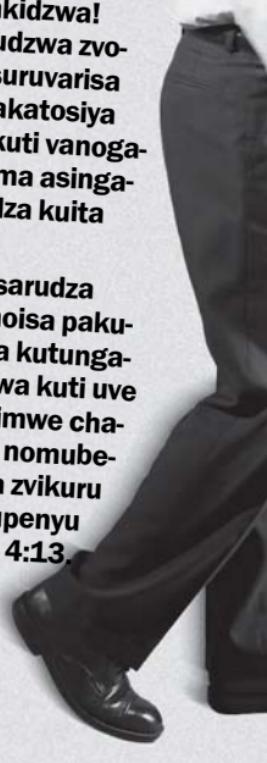
nezhishoma. Ndokusaka Bhaibheri richitiudza kuti: "Rega kutsamwa, usiye hasha."—Pisarema 37:8.

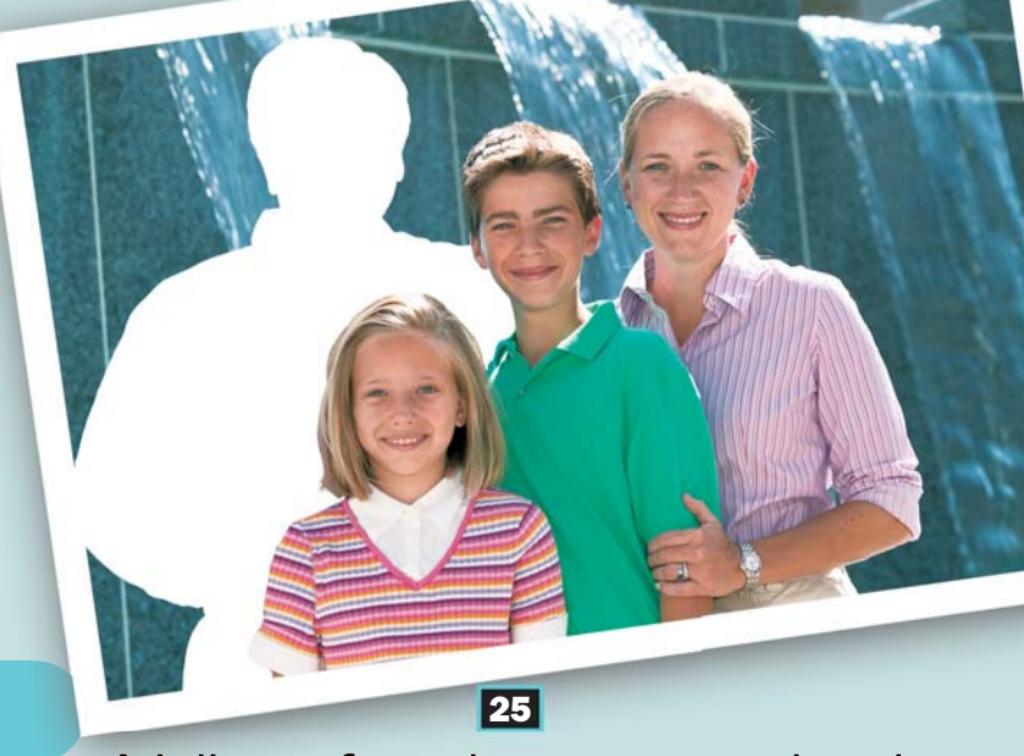
● **Ita zvine musoro.** Pane kuvenga mubereki wavasingachagi naye, vamwe vechiduku vanobva vanyanya vomuda zvokutomunamata. Somuenzaniso, baba vomumwe wechiduku vakanga vakapindwa muropa nedoro uye vasingabviri mumadhirezi vaigara vachisiya mhuri yavo uye pakupedzisira vakadimbura muchato. Asi wechiduku uyu anoyeuka kuti nokuda kwechimwe chikonzero, akapotsa anamata babake!

Kuvada kwakadaro kwakafurikidza hakusi kutsva. Kune imwe nyika, 90 muzana yevana vane vabereki vakarambana vanogara navanaamai vavo uye vanoita zvokushanyira vanababa vavo. Saka amai ndivo vane musengwa wokuriritira vanakusanganisira kuvaranga. Uye pasinei nemari yemendenzenzi, kazhinji amai vanova nemari shoma pashure pokurambana. Ukuwo, yababa *ingatovawandira*. Magumo acho: Kuvhakacha nababa kunoreva kuwana zvipo nokunakidzwa! Kugara naamai kunoreva kusunga homwe uye kuudzwa zvokuita nezvokusaita. Zvinosuruvarisa

kuti vamwe vechiduku vakatosiya mubereki wechiKristu kuti vanogara nomubereki akapfuma asingatendi uye anovabvumidza kuitamadiro.—Zvirevo 19:4.

Kana ukaedzwa kusarudza izvozvo, ongorora zvaunoisa paktanga. Yeuka kuti unoda kutungamirirwa uye kudzidziswa kuti uvenetsika. Hapana chimwe chungagona kipiwa nomubereki chichachinja zvikuru unhu hwako noupenyu hwako.—Zvirevo 4:13.





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## Ndingafara here mumhuri ine mubereki mumwe?

*“Kuva nevabereki vose kunogona kuita kuti mwana  
mumwe nomumwe ave neimba yake yokurara uye ago-  
ne kutengerwa mbatya. Asi ini handina imba yangu  
ndoga yokurara; kashoma kuti ndiwane mbatya dzandi-  
noda. Amai vanoti havazvikwanisi. Sezvo ndichifanira  
kuita basa rakawanda repamba amai pavanenge vari ku-  
basa, ndinenge ndava kunzwa sokuti ndatova musikana  
webasa—sokunge kuti ndiri kunyimwa zvimwe zvinhu  
zvinofanira kuwanikwa nemwana.”—Shalonda, 13.*

ZVIRI pachena kuti imba ine vabereki vaviri vane rudo ndiyo  
yakanaka. Baba naamai vari pamwe chete kazhinji vanogona  
kutungamirira, kuchengeta uye kutsigira vana vavo zviri nani.

Bhaibheri rinozi: "Vaviri vari nani kupfuura mumwe chete, no-kuti vanogona kushanda pamwe chete zvinobudirira zvikuru." —Muparidzi 4:9, *Today's English Version*.

Kunyange zvakadaro, dai mhuri ine vaberekvi vaviri yaiva mhuka, yaizovawo pakati pemhuka dziri pangozi yokutsatika. Somuenzaniso, vanopfuura hafu yevana vokuUnited States imwe nguva vachararama mumhuri ine muberekvi mumwe vasati vasvitsa makore 18.

Kunyange zvakadaro, vamwe vechiduku vanogara mumhuri dzine muberekvi mumwe vanonzwa vachinyara nezvari. Vamwe vanonzwa vachiremerwa nezvinetso nemata-mbudzikzo zvanosangana nazvo muupenyu. Kana uchirarama mumhuri ine muberekvi mumwe, zvinetso zvipi zvanosangana nazvo? Pamutsetse uri pasi apa, nyora dambudzikzo rionyanya kukudya mwoyo.



Pamusana pokuti hausi kudiwa uye kuchengetwa zvakawana nomumwe muberekvi wako, zvinoreva here kuti uchararama upenyu husingafadzi? Kwete! Zvakawanda zvine cho-kuita nemaonero aunoita zviripo zvacho. Zvirevo 15:15 inoti: "Mazuva ose omunhu anotambudzika akaipa; asi munhu ane mwoyo unofara anoita mutambo nguva dzose." Sezvinore-hwa nechirevo ichi, manzwiro omunhu anowanzova necho-kuita nemafungiro ake kupfuura mamiriro ake ezvinhu. Ungaiti kuti uve no "mwoyo unofara" pasinei nemamiriro ako ezvinhu?

## **Kurira Manzwiro Asina Kunaka**

Kutanga, usarega mashoko asina kunaka anotaurwa ne-vamwe achikuodza mwoyo. Somuenzaniso, vamwe vadzidzisi vakataura mashoko anozvidza kune vadzidzi vane muberekvi mumwe. Vamwe vakatofungira kuti mimwe misikanzwa yevana vakadaro inenge yakonzerwa nezvinhu zvinenge zvisina kumira zvakanaka kumba kwavo. Asi zvibvunze kuti: 'Vanhu vanotaura mashoko akadai vanonyatsoziva ini nemhuri yedu here? Kana kuti vanongodzokorora zvavakanzwa

vamwe vachitaura nezvemhuri dzine mubereki mumwe here?

Shoko rokuti “nherera” rinowanika kakawanda muMangwano rakaisirwa zviripo. Shoko iri harimboshandisi nenziira yokuzvidza. Chokwadi, munenge mune imwe neimwe yenhorondo idzi, Jehovha anoratidza kuti ane hanya zvikuru nevana vanorerwa mumhuri dzine mubereki mumwe.\*

Ukuwo, vanhu vane vavariro dzakanaka vanganyanya kutyira pavanenge vachitaura newe. Somuenzaniso, vangazengurira kushandisa mashoko akadai sa“baba,” “kuroorana,” “kurambana,” kana kuti “rufu,” vachitya kuti mashoko akadaro angakugumbura kana kuti kukunyadzisa. Maitiro aya anomukanganisa here? Kana zvakadaro, varatidze nokuchenjera kuti havafaniri havo kunetseka. Tony ane makore 14, haana kumbobvira aziva baba vake chaivo. Anoti vamwe vanhu vanotsenga mukanwa pakutura mamwe mashoko. Zvisinei, Tony anotoshandisa mashoko iwayo paanotaura navo. “Ndinoda kuti vazine kuti handinyari nezvandiri,” anodaro.

## **Usaramba Uchizvidya Mwoyo**

Chokwadi, ndizvo zvinoitika kuti unosurukirwa uye kutili unonzwa warasikirwa kana vabereki vakarambana kana kuti mumwe mubereki akafa. Kunyange zvakadaro, pakupedzisira unofanira kungozvigmuchira. Bhaibheri rinopa zano iri: “Usati: ‘Nei mazuva ekare aiava nani pane aya?’” (Muparidzi 7:10) Nezvenyaya iyi, Sarah ane vabereki vakarambana paaiva nemakore 10, uye iye zvino ava nel3, anoti: “Usaramba uchizvidya mwoyo pamusoro pemamiriro ako ezvinhu, uchigara wakatora mwoyo uchifunga zvingadai



**WAIVIZIVA  
HERE KUTI ...**

**Kubvuma kuita  
mabasa epamba  
kungakubatsira kuti  
ukurumidze kufunga  
somunhu mukuru ku-  
pfuura vechiduku vari  
mumhuri dzine vabere-  
ki vose, kazhinji vasina  
zvakawanda zvokuita.**

\* Somuenzaniso, ona Dheuteronomio 24:19-21 naPisarema 68:5.

**“Kubvira pakarambana vabereki vangu,  
ini naamai vangu tava kunyatsokwanisa  
kukurukura; tava kunyatsopindirana.”**

—Melanie

zviri nani, kana kufunga kuti uri kutambura nokuti une mubereki mumwe, kana kufunga kuti vana vane vabereki vose vagere mumutambarakede.” Iri izano rakanaka. Chokwadi, kuyange mhuri “yakanaka” inosanganawo nematambudziko.

Wadii kuona mhuri yenu sechikwata chevakwasvi vari muchikepe? Kana zvichiita, chikepe chacho chinofanira kunge chiine vakwasvi vakakwana. Mumhuri ine mubereki mumwe, mumwe wevakwasvi haapo uye vamwe vakwasvi vose vanofanira kuwedzera kushanda nesimba. Izvi zvinoreva here kuti mhuri iyi haina zvainogona kuita? Aiwa! Chero bedzi vamwe vose vakaramba vachikwasva vari pamwe chete, chikepe hachizonyuri uye chichasvika kwachinenge chichienda.

### **Uri Kutakura Mutoro Wako Here?**

Chii chaizvo chaungaita kuti uve nechokwadi chokuti uri kutakura mutoro wako pamwe chete nevamwe vose vomumhuri? Chimbofunga mazano matatu anotevera:

***Mhuri ine mubereki mumwe yakanana nechikepe chokukwasva chisina mumwe mukwasvi—vamwe vakwasvi vose vachafanira kuwedzera kushanda nesimba, asi vanogona kubudirira kana vaka-kwasva pamwe chete***





**Kana uchinzwu sokuti  
uri kupiwa basa  
rakawandisa, kumbira  
mubereki wako  
nokuchenjera kuti  
aedze zvinotevera:**

- **Kunyora mabasa  
ose anofanira kuitwa  
nenhengo imwe neimwe  
yemhuri.**

- **Kana zvichiita,  
ngavachinjanise  
mabasa acho achipiwa  
vamwe vomumhuri  
vanokwanisa kuaita.**

ti: “Ndakadzidza kugutsikana nezvandiinazvo . . . , kuitira kuti pose pandiri, chero nguva, ndinogutsikana.”—VaFiripi 4:11, 12, TEV.

Imwe nzira yokuchengetedza nayo mari ndeyokusapambadza zvinhu. (Johani 6:12) Rodney anoti: “Kumba ndinoedza kungwarira kuti ndisamboputsa zvinhu kana kuti kuzvisisa panzvimbo isiri iyo, sezvo zvichidhura kuzvigadzirisa kana kuti kutenga zvime. Ndinoedza kudzima zvinhu zvemage-tsi zvinenge zvisiri kushandiswa. Izvi zvinoita kuti tibhadhare mari shoma yemagetsi.”

**Usamirira kutumwa.** Vabereki vakawanda vanorera vana vari voga vanozeza kupa vana vavo mitemo kana kuti kuvaudza kuti vaite mabasa epamba. Nei? Vamwe vanofunga kuti vanofanira kuita zvaifanira kuitwa nomubereki asipo nokurerutsira vana vavo. Vangati, ‘Handidi kuti vana vangu vatadzewo kufara.’

Iye zvino sezvo mubereki anganzwa aine mhaka, unga-

**Dzidza kuchengetedza mari.** Mari inonetsa zvikuru mumhuri dzakawanda dzine mubereki mumwe chete. Ungaitei kuti ubatsire? Tony, ambota-urwa, anoti: “Vana vokuchikoro kwangu vanonetsa vabereki vavo kuti vavatengere bhutsu uye mbatya dzemari. Vanorambla kuenda kuchikoro kana vasina zvinhu izvozvo. Handina hangu mbatya dziri mufashoni, asi mbatya dzangu dzakanaka uye dzakachena, uye ndinochedzidza zvandiinazvo. Amai vangu vari kuita zvose zvavano-gona; handidi kuti zvivaome-re.” Zviri nyore kuti utevedze-re muapostora Pauro, uyo aka-



**“Usangofunga pamusoro pezvinhu zvako  
bedzi, asi ufarire zvinenge zvichiitwawo  
navamwe.”**—VaFiripi 2:4, *Bhaibheri Dzvene.*

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nzwa uchida kushandisa manzwiro iwayo kuti zvikunakire. Asi kuita izvozvo kungatowedzera mutoro womubereki wako, kwete kuuderedza. Pane kudaro, wadii kumubatsira usingamiriri kutumwa? Chimbofunga zvakanga zvichida kuitwa na-Tony. Anoti, “Amai vangu vanoshanda muchipatara, uye yunifomu yavo inofanira kuainwa. Saka ndinovaainira.” Iri hari si basa rechikadzi here? Tony anopindura kuti, “Vamwe vanngafunga kudaro. Asi zvinobatsira amai vangu, saka ndino-zviita.”

**Ratidza kuti unoonga.** Kuwedzera pakuita mabasa okuvabatsira, unogona kuita zvakawanda zvinokurudzira mube-reki wako nokuratidza kuti unoonga. Vamwe amai vanorera vana vari voga vakanyora kuti: “Ndinowanzoona kuti pandi-nenge ndakaora mwoyo kana kuti ndagumburwa nechimwe

## ➤➤➤ **zvandinoronga kuita!**

*Ndichakurira manzwiro asina kunaka noku-*



*Kana vanhu vachinyanya kundityira, ndichati*

*Izvi ndizvo zvandingada kubvunza mubereki wangu nezve-nyaya iyi*

chinhu kubasa ndouya kumba—ndipo apo mwanasikana wangu anosarudza kufanoisa ndiro patafura obva atanga kubika.” Vanowedzera kuti: “Mwanakomana wangu anondimbundira.” Izvi zvinoita kuti vanzwe sei? Vanoti, “Ndinonzwa ndanyevenutswa zvakare.”

Nyora pano kuti ipfungwa ipi panhatu dziri pamusoro apa yaunoda kunyanya kushandira. 

Kugara mumhuri ine mubereki mumwe kunokupa mukana wokuvandudza unhu hwakadai setsitsi, kusava noudyire, uye kuvimbika. Uyezve, Jesu akati: “Kupa kune mufaro mukuru kupfuura kugamuchira.” (Mabasa 20:35) Uye unogona kufara zvikuru kana ukazvipa kuti ugone kubatsira mubereki wako ari oga.

Chokwadi, nguva nenguva uchashuva kuti dai mumwe mubereki wako anga aripo pamba. Zvisinei, *unogona kudzidza kuvandudza mamiriro ako ezhvinhu*. Izvi ndizvo zvakaonekwa nomumwe musikana anonzi Nia. Anoti, “Baba vangu vafa, mumwe munhu akandiudza kuti ‘kubudirira kwako muupenyu kunobva pane zvaunoita uye maonero aunohuita,’ uye mashoko iwayo akasvika kutsi kwemwoyo wangu. Izvozvo zvakandiyeuchidza kuti mamiriro angu ezhvinhu *haafaniri* kunditadzisa kufara.” Unogona kuvawo nemafungiro akafana. Yeuka kuti mamiriro ako ezhvinhu haasiwo anoita kuti ufare kana kuti usuwe. Maonero aunozviita uye zvaunoita nezvavzo ndizvo zvinokosha.

### UNOFUNGEI?

- **Nei vamwe vanhu vachitarisira pasi vana vanenge vine mubereki mumwe?**
- **Nei mubereki wako angazeza kukuudza kuti uitewo mabasa epamba?**
- **Ungaratidza sei kuti unoonga mubereki wako?**

*zvoupenyu hwangu*

Nyora nezvedambudziko rakanyanya kukuomera raunosangana naro kumba uye kuti nei uchiona rakanyanya kukuomera.



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Pashure pokuverenga chikamu chino, uri kuronga kugadzirisa sei dambudziko rawanyora?

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# 7

# MANZWIRO AKO

*Pazvirevo zvinotevera, ndezvipi  
zvinonyatsorondedzera zvauri?*

- ☛  Ndinonetseka nokudzora hasha dzangu.
- ☛  Handibatsiri chinhu—hapana chakanaka chandinogona kuita.
- ☛  Ndinogara ndakasuruvara. Handimbofari.
- ☛  Ndinogara ndichingofunga nezvezakomana kana vasikana.
- ☛  Dzimwe nguva ndinonzwa ndichitorwa mwoyo nevanhurume seni kana kuti nevanhukadzi seni.

Kana wasarudza chimwe chezvirevo pane zviri pamusoro apa, usaora mwoyo! **Zvitsauko 26-29** zvichakubatsira kuti udzidze kudzora manzwiro ako kuitira kuti asakudzora.





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Ndingadzora sei  
manzwiro angu?

UNOFUNGEI—moto wakanaka here kana kuti wakaipa? Zvichida ungati mhinduro yacho inoenderana nokuti zvinhu zvakamira sei. Pausiku hunenge huchitonhora munguva ye-chando, matanda anenge achibvira muchoto angaita kuti mumba mudziye. Izvozvo zvakana. Zvisinei, marimi emoto asingadzorwi angakurumidza kupararira opisa imba yose. Izvozvo zvakaipta.

Zvakafananawo nezvinoita manzwiro ako. Kana akadzorwa, anobatsira, oita kuti utange ushamwari hwakanaka. Kana manzwiro ako akasadzorwa anogona kuparadza, kwete iwe chete asiwo vamwe vanhu.

Sezvo uchiri kuyaruka, dzimwe nguva ungafulutirwa nehasha kana kuti kusuruvara zvikuru. Ungadzora sei manzwiro iwayo? Ngatikurukurei nezvawo chimwe panguva.

## Kudzora Hasha

Hazvisi nyore kudzora kurwadziwa uye marwadzo auno-va nawo kana uri kubatwa zvisina kunaka. Vamwe vari mu-mariro ezvinhu akadai havazvidzori. Kutaura zvazviri, Bhai-bheri rinotaura nezvevanhu ‘vasingatani kutsamwa’ uye ‘vanoda hasha.’ (Zvirevo 22:24; 29:22) Iyi inyaya inokosha. Hasha dzisingadzorwi dzingaita kuti uite chimwe chinhu chau-nozodemba. Saka ungadzora sei manzwiro ako kana wabatwa zvisina kunaka?

Kutanga, nyatsoongorora mamiriro acho ezvinhu woon-a kana ungagadzirisa nyaya yacho mumwoyo mako.\* (Pisarema 4:4) Yeuka kuti kutsiva “zvinokuvadza nezvino-kuvadza” kuchangoita kuti zvinhu zviwedzere kuipa. (1 VaTe-saronika 5:15) Pashure pokunge

\* Kana kubatwa zvisina kunaka kwacho kuchisanganisira kutyisidzirwa, ona Chitsauko 14 chebhuku rino nokuda kwemazano okukurira chinetsa chachio. Ukuwo, kana shamwari yakugumbura, ungaona kuti mashoko ari muChitsauko 10 achakubatsira.

WAIZVIZIVA  
HERE KUTI ...

Kana muviri wako  
usingawani zororo  
rakakwana uye  
zvokudya zvakakwana,  
ungangonetseka  
kudzora manzwiro ako.





**Munhu anoramba  
akatsamwa akafanana  
nehove iri pachirauro  
—zvose zvinodzorwa  
nomumwe munhu**

wanyatsoongorora  
nyaya yacho uye wa-  
nyengetera nezvayo,  
ungaona kuti unokwani-  
sa kubvisa hasha. Paune-  
nge wangoita izvozvo, ha-  
dzizonyanyi kukudzora.  
—Pisarema 37:8.

Asi zvakadini kana uka-  
ramba uchirwadziwa nezva-  
kaitika? Bhaibheri rinoi pa-  
ne “nguva yokunyarara ne-  
nguva yokutura.” (Muparidzi 3:7)

Ungataura nomunhu wacho akakurwadzisa here? Kana izvozvo zvisingaiti, ungabatsirwa nokutaurira vabereki vako kana kuti shamwari yakura manzwiro ako. Kana mumwe munhu akaedza kukutambudza achiziva zvake, edza zvose zvaunogona kuitira munhu wacho mutsa. Chati iri papeji 221 inogona kukubatsira kufunga zvimwe zvaungaita nemamiri-ro ezvinhu angave achiri kuita kuti unzwe hasha.

Nepose paunogona, nyengetera kuna Jehovha uye mu-kumbire kuti akubatsire kuti usaramba wakatsamwira mu-nhu akakurwadzisa. Yeuka izvi: Kunyange zvazvo usingago-ni kuchinja zvakaitika, *unogona* kuchinja manzwiro aunoita pane zvakaitika zvacho. Kana ukarega hasha dzichikuputi-ra, unozoshaya zvokuita sehove iri pachirauro. Unobvumira mumwe munhu kuti adzore mafungiro ako uye manzwiro ako. Haufaniri kunge uri *iwe* here uri kuzvidzora?—VaRoma 12:19.

## dzora hasha dzako



chiitiko

Wandinodzidza  
naye anondiseka



zvandinoere-  
kana ndaita

Ndinomutuka



zvakanaka  
zvandingaita

Handimupinduri, uye  
ndinomuratidza kuti  
haagoni kunditsamwisa

Sisi vangu “vakakwe-  
reta” bhutsu dzangu  
dzandinoda chaizvo  
vasina kumbondiudza

Ndinodzorera “nokukwereta”  
chimwe chinhu chavo



Vabereki vangu vane  
zvavanondirambidza

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## Kutsungirira Kusuruvara

Laura ane makore 16 anoti, "Nguva ichangopfuura ndave ndiine zvinyamusi uye ndichinyanya kuzvitsoropodza. Handimbofari muupenu. Ndinochema kusvika ndabatwa nehope." Kufanana naLaura, vechiduku vakawanda vanonzwa vamomoterwa nezvinetso zvoupenyu. Ko iwe? Zvinorayirwa nevabereki vako, shamwari, uye vadzidzisi; kuchinja kunoitika mu-muviri uye mananzwiro panguva yokuyaruka; kana kuti kuhnza kuti haubatsiri pamusana pezvinhu zviduku zvaunokanganisa, izvi zvingaita kuti usafara.

Vamwe vechiduku vanotozvikuvadza kuti vasanyanya kusuruvara.\* Kana wava netsika yokuzvikuvadza, edza kunzwissa chikonzero chacho. Somuenzaniso, kazhinji kuzvikuvadza inzira yokuedza kuderedza kushungurudzika. Pane zviri kuitika here—zvichida zvine chokuita nemhuri yenu kana shamwari dzako—zviri kukudya mwoyo?

Imwe yenzira dzakanakisisa yokuita kuti manzwirosi asina kunaka ave nani ndeyokutaura nomubereki kana kuti noMuKristu akura anogona kuratidza kuti "ihama inoberekerwa kubatsira pakunenge kuine kutambudzika." (Zvirevo 17: 17) Liliana ane makore 16 akaudza dzimwe hanzvadzi dzakura

dzechiKristu. Anoti, "Sezvo vari vakuru kwandiri, mazano avo anobatsira. Vava shamwari dzantru."# Dana ane makore 15 anoti akanzwa azorodzwa nokuwedzera ushumiri hwake hwechi-Kristu. Anoti, "Ndicho chinhu



### ZANO

**Zuva roga roga,  
udza vabereki vako  
chimwe chinhu  
chakanaka chinenge  
chaitika kwauri  
—kunyange kana chirichiduku. Zvadaro kana  
chinetszo chakakomba  
chikamuka, uchaona  
zviri nyore kuvaudza. Uye  
vachada zvikuru  
kukuteerera.**

\* Vanhu vanozvikuvadza nemaune nezira dzakasiyana-siyana, dzakadai soku-zvicheka, kuzvipisa, kuzvisvuura kana kuti kuzvimara ganda.

# Kana usingagoni kutaura wakatarisana nomunhu wacho, edza kumunyorera tsamba kana kutaura naye pafoni. Kuvinba nomumwe munhu kazhinji ndiro danho rokutanga kuti upore mananzwirosi ako.

**“Chinhu chainyanya kukosha kwaiva kuziva  
kuti mumwe munhu ane hanya neniz  
zvechokwadi, kuti paiva nomumwe munhu  
wokutaura naye kana ndakaora mwoyo.”**

—Jennifer

chakanakisisa chandaigona kuita. Chokwadi, yaiva nguva ya-ifadza zvikuru muupenuy hwangu!”

Zvinotonyanya kukosha ndezvokuti kana wakasuruvara uye wakaora mwoyo, usarega kunyengetera. Munyori wepisarema Dhavhidhi, akanga asiri mutsva pakutarisana nenhama akanyora kuti: “Kanda mutoro wako pana Jehovha, iye achakutsigira.” (Pisarema 55:22) Jehovha anoziva kutambura kwako. Zvinotopfuura ipapo, ‘ane hanya newe.’ (1 Petro 5:7) Kana mwoyo wako uchikutambudza, yeuka kuti ‘Mwari mukuru kune mwoyo wako uye anoziva zvinhu zvose.’ (1 Jophani 3:20) Anotonzwisa kukupfuura kuti *nei* wakaora mwoyo uye anogona kubvisa zviri kukuremera mupfungwa.

Kana ukaramba wakasuruvara, kungava kuti une

## **>>> zvandinoronga kuita!**

*Manzwiro akaipa akanyanya kundiomera kudzora ndeaya*



*Izvi ndizvo zvandichaita nemanzwiro aya akaipa*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*



**“Usazvirega uchikundwa nezvakaipa,  
asi ramba uchikunda zvakaipa  
nezakanaka.”**—VaRoma 12:21.



dambudzikoroutano, rakadai sokuora mwoyo.\* Kana zvakadaro, zvingava zvakanaka kuti uende kuchipatara kunoongororwa. Kusava nehanya nazvo kungafanana nokuwedzera vhorumu yeredhiyo yomumotokari kuitira kuti uvhare ruza ruri kubva muinjini. Zviri nani chaizvo kuti uedze kugadzirisa chinetso chacho. Chokwadi, haufaniri hako kunzwa uchinyara nezvauri. Vechiduku vakawanda vanotambudzika no-kuora mwoyo uye nezvimwe zvinetso zvakada kudaro vari kubatsirwa nokurapwa.

Yeuka kuti manzwiro ako akafanana nemoto. Kana akadzorwa, anobatsira; kana akasadzorwa anogona kuparadza. Ita zvose zvaunogona kuti uadzore. Chokwadi, pano ne-apo ungangotaura kana kuta zvinhu zvaunozodemba. Asi shivirira. Nokufamba kwenguva, uchadzidza kudzora manzwiro ako kuitira kuti asakudzora.

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\* Kuti uwane mamwe mashoko nezvokuora mwoyo, ona Bhuku 1, chitsauko 13.

**ZVIRI MUCHITSAUKO CHINOTEVERA Uri munhu anongoda kuita zvinhu asingakanganisi here? Kana zvakadaro, ungadzidza sei kurarama nezvaunokanganisa?**

#### **UNOFUNGEI?**

- **Nei hasha dzisingadzorwi dzichigumbura Mwari?**
- **Kutadza kudzora hasha dzako kungakukuvadza munzira dzipi?**
- **Ndedzipi dzimwe nzira dzaungatsungirira nadzo kusuruvara?**

# Nei ndichifunga kuti ndinofanira kuita zvinhu ndisingakanganisi?



***Unogumbuka here kana  
ukatadza kuwana mamakisi  
aunoda pabvunzo?***

- Hungu  
 Kwete

***Unonzwa sokuti haubatsiri  
zvachose here pose  
paunotsoropodzwa?***

- Hungu  
 Kwete

***Unoomerwa nokutanga  
ushamwari kana kuti kuhu-  
chengetedza here nokuti  
hapana anoita seanokwani-  
sa kuita zvaunoda?***

- Hungu  
 Kwete

KANA wapindura kuti hungu mubvunzo mumwe chete kana kuti kupfuura pane iri pamusoro apa, ungave uine dambudziko rokuda zvinhu zvakanya-nya kururama. Ungabvunza kuti, ‘Asi chii chakaipa nokuedza kuita zvinhu sezvazvinofanira kuitwa chaizvo?’ Hapana chakamboipa. Bhaibheri ronorumbidza munhu “ane unyanzvi pabasa rake.” (Zvrevo 22:29) Zvisinei, munhu ano-funga kuti haafaniri kukanganisa anoita zvakapfuura mwero.

Somuenzaniso, Jason ane

**WAIVIZIVA  
HERE KUTI ...**

**Jehovha akakwana, asi  
paanobata nevanhu va-  
sina kukwana,  
haatarisiri kuti vasaka-  
nganisa. Haasi munhu  
asinganzwisisi kana  
kuti anotarisira kuti tii-  
te zvatisingakwanisi.**

**Kuita zvose zvaunogona uye kuva munhu  
anoda kunyanya kuita zvinhu asingakanganisi  
zvinhu zviviri zvakasiyana; chimwe chachochinoratidza kunzwisia uye chimwe  
hachiratidzi kunzwisia.** —Megan

makore 19 anobvuma kuti: "Mugore rangu rokupedzisira kuchikoro, ndainzwa sokuti kana ndaizotadza kuwana mamakisi andaida pabvunzo, ndainge ndisina zvandaita. Ndinoridzawo piyano, uye ndainzwa sokuti ndaifanira kuiridza senyanzvi inoridza kumakonzati."

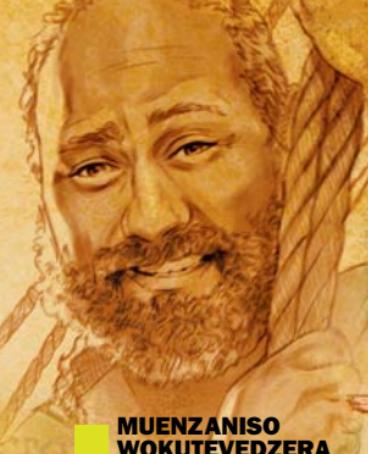
Kunyanya kuda kuita zvinhu usingakanganisi kungatokukanganisa pakunamata. Chimbofunga zvingaitika kune wechiduku anogara achitaurwa nezvake somuenzaniso wakanaka kune vamwe. Sezvo achigara achitaurwa nezvake, anganzwa sokunge kuti ari kufamba patambo yakakakwa, munhu wose achitarisa zvose zvaanoita. Chokwadi, vaKristu vaduku nevakuru vanobatsirwa nevanhu vane muenzaniso wakanaka muungano. Asi kana wechiduku akaedza kuti arambe ari munhu asingakanganisi, angarasikirwa nomufaro wake mubasa raMwari. Kana izvi zvikaitika, wechiduku wacho anofanira kubatsirwa. Asi angasakumbira kubatsirwa kwacho, achityira kuti angaodziwa mwoyo vaya vanomuyemura zvikuru. Angatoedzwa kuti arege zvachose kuita zvakanaka achifunga kuti, 'Kana ndisingagoni kuramba ndichiita zvinhu ndisingakanganisi, ndingaedzerei zvangu?'

### ZANO

**Funga nezverimwe basa rawakaverengera kuita nokungoti waitya kuti waisazorita zvakanyatsonaka. Ibva waronga zuva rokuripedzisa.**

### Kurwisa Kusada Kukanganisa

Vanhу vanonyanya kuda kuita zvinhu vasingakanganisi vanotambura nepfungwa isiри iyo yokuti munhu haatombofaniri kukanganisa. Zvisinei, mafungiro akadaro ndeokuzvinyengedza zvechokwadi. Bhaibheri



**MUENZANISO  
WOKUTEVEDZERA**

## Pauro

Muapostora Pauro **anonzwisisa** manzwiro ake. Anobvuma nokutendeseka kuti: “**Pandinoda kuita zvakarurama**, zvakaipa zviri mandiri.” Pauro munhu anoda kuita zvakanaka. “Ndinofarira mutemo waMwari maererano nomunhu wandiri nechomukati,” anonyora kudaro. Saka dambudziko rake nderei? Pauro anoti: “Ndinoona . . . **mumwe mutemo** uchirwisana nomutemo wepfungwa dzangu uye **uchinditungamirira ndiri nhapwa kuenda** kumutemo wechivi uri munhengo dzangu.” Zvaanokanganisa zvinomushayisa mufaro. Anoti: “Ndiri munhu **wenhamo!**”—VaRoma 7:21-24.

Zvaunokanganisa zvinokushayisa mufaro here? Kana zvakadaro, yeuka kuti kunyange Pauro aimbonzwa saizvozvo. Asi Pauro aizivawo kuti Kristu akafira vanhu vakaita saiye, saka aigona kutaura kuti: “**Mwari ngaaongwe nokuna Jesu Kristu Ishe wedu!**” (VaRoma 7:25) Pauro aiona rudzikinuro sechipo chaakapiwa. Akanyora kuti: “Mwanakomana waMwari . . . **akandida akazvipa** nokuda *kwangu*.” (VaGaratiya 2:20) Paunonzwa wakaora mwoyo, **fungisisa nezvorudzikinguro**. Uye kana zvaunokanganisa zvichikuodza mwoyo, usambokanganwa kuti Kristu akafira vatadzi, kwete vanhu vakkwana.



## **kuda kuita zvinhu usingakanganisi uye ushamwari**

Unoita kuti vanhu vasatambire pedyo newe nokuti havaiti zvinoenderana newe here? Kana kuti vanhu vakanaka vanotambira kure newe nokuti zvaunotarisira pashamwari zvinoita sezvakanyanya kukwirira here? Bhaibheri rinotipa zano rokuti: “Usanyanya kuva akarurama, kana kuratidza kuti wakanyanya kuchenjera. Nei uchifanira kuzviparadza?” (Muparidzi 7:16) Zvakare munhu anonyanya kuda kuita zvinhu asingakanganisi anozviparadza nokuzviparadzanisa nevaya vanganakidzwa nokushamwaridzana naye. Mumwe musikana anonzi Amber anoti, “Hapana munhu anoda kuva nevanhu vanomutarisira pasi, uye ndakaona kuti vanhu vanoda zvinhu zvakanyanya kururama vanorasikirwa neshamwari dzakanaka pamusana pezvinhu zvidukuduku.”

rinotaura pachena kuti: “Vanhу vose vakatadza, vakakundika-na kusvika pakubwinya kwaMwari.” (VaRoma 3:23) Saka ha-zviiti kuti chero upi wedu ave akanyatsokwana. Kutaura zva-zviri, kufunga kuti unogona kuita zvinhu usingakanganisi haku-na musoro sokufunga kuti unogona kungokwakuka wotobhu-ruruka. Pasinei nokuti izvi unozvidavira zvakasimba sei, hazvi-si kuzoitika!

Ungaita sei kuti mafungiro okusada kukanganisa asadzore upenyu hwako? Edza zvinotevera:

**Ongororazve kwaunoti “kubudirira.”** Unozviuraya uchie-dza kuva nhamba hwani here? Bhaibheri rinoti kuedza kwaka-daro kungaita soku “dzingirira mhepo.” (Muparidzi 4:4, *Bhai-bheri Rinoera*) Chokwadi ndechokuti, vashoma vanombofa va-kava “nhamba hwani.” Uye kunyange kana munhu akava nhamba hwani, kazhinji hazvitori nguva pasati pauya mumwe anoita zvinomupfuura. Kubudirira kunoreva kuita zvose zvau-nogona—kwete kuita zvinopfuura kubudirira *kwomumwe*. —VaGaratiya 6:4.



**Kuedza kuva  
akakwana hakuna  
musoro sokuedza  
kubhururuka**

**Ona zvinhu sezvazviri.** Zvanotarisira zvinofanira kuenderana nezvaunogona uye zvausingakwanisi. Kutarisira zvinhu zvakanyanya kukwirira kungava chiratidzo chokusazvininipisa—kunyainge chokutozvikudza. Muapostora Pauro anopa zano rakanaka rokuti: “Ndinoudza munhu wose ari pakati penyu kuti arege kufunga nezvake kupfuura zvaanofanira kufunga.” (V Roma 12:3) Saka ona zvinhu sezvazviri. Gadzirisa zvaunotarisira. Edza kuita zvose zvaunogona kwete kuedza kuita zvinhu zvakakwana.

## **>>> zvandinoronga kuita!**

Pandinotanga kunyanya kuzvitsoropodza, ndicha-



Pandinotanga kunyanya kutsoropodza vamwe, ndicha-

Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi



**“Hapana munhu akarurama panyika  
anoramba achiita zvakanaka asingatadzi.”**

—Muparidzi 7:20.



**Sununguka!** Edza kuita zvimwe zvinhu *zvausingagoni*, zvakadai sokuridza chiridzwa chomumhanzi. Chokwadi, uno-toti ukanganise kakawanda. Zvisinei, iye zvino chiedza kuona nerimwe ziso zvaunokanganisa. Bhaibheri rinoti pane “nguva yokuseka.” (Muparidzi 3:4) Saka wadii kuva munhu akasununguka anofara? Kuita izvozvo kuchakubatsira kuti uone kuti tinodzidza kubva pane zvatinokanganisa. Chokwadi, zvingasava nyore kuti ubvume kuti unokanganisa. Asi edza nesimba kubvi-sa pfungwa dzisina kunaka dzokuzvitsoropoda.

Nguva dzose yeuka kuti Jehovha haatarisiri kuti tive vaka-kwana; anongoda kuti tive vakatendeka kwaari. (1 VaKorinde 4:2) Kana uri kuedza kuva akatendeka, zvechokwadi ungafara nezvauri—kunyange zvazvo usina kukwana.

**ZVIRI MUCHITSAUKO CHINOTEVERA *Ungochani huri  
kugamuchirwa chaizvo mazuva ano. Ungahudzivisa sei?  
Ko kana uine zvishuwo zvokuita ungochani?***

#### **UNOFUNGEI?**

- **Kana paripo, ndepapi muupenyu paunozviro-ngera zvinangwa zvakanyanya kukwirira?**
- **Indima dzipi dzeBhaibheri dzinonyatsokurati-dza kuti Jehovha Mwari haatarisiri kuti vashumiri vake vave vakakwana?**
- **Nei vamwe vangatambira kure newe kana uri munhu anonyanya kuda kuita zvinhu asingakanganisi?**
- **Mune ramangwana, uchaita sei paunokanganisa?**

# Ndingadzivisa sei ungochani?

**“Pandaiyaruka ndaitambura nokukwezvwa nevamwe vanhu vechirume. Nechomukati, ndaiziva kuti vanhu havasikwi vaine pfungwa idzodzo.”—Olef.**

**“Ini neshamwari yangu yechisikana taitsvodana kamwe chete kana kuti kaviri. Sezvo ndaifarira vakomana, ndainetseka kana ndaizokwezvwa mune zvepabonde nevarume uyewo nevakadzi.”—Sarah.**

VASHOMANANA vangaramba kuti mazuva ano ungochani hwava kutaurwa pose pose kupfuura zvahwaiitwa makumi emakore anoverengeka akapfuura. Uye ingoedza kutaura kuti hauhufariri! Ungangotsoropodzwa zvikuru. Amy ane makore 16 anoti, “Mumwe musikana akandiudza kuti ndaifanira kunge ndaisarura vanhu vemamwe marudzi, nokuti maonero andaiita ungochani airatidza kuti akanga akafanana norusarura!”

Mafungiro emazuva ano okubvumira zvose zvose akaita kuti vechiduku vakawanda vade kunzwa kuti kuita ungochani kunomboita sei. Becky ane makore 15 anoti, “Vasikana vakawanda vokuchikoro kwedu vanozviti ungochani dzechikadzi ukuwo vachida vakomana.” Christa ane makore 18 anoti mamiriro acho ezvinhu akafanana neokuchikoro kwake. Anoti, “Vasikana vaviri vandinodzidza navo vakatondikumbira kuti ndiite zvepabonde navo. Mumwe wacho akandinyore-ra katsamba achindibunza kana ndaida kumbonzwa kuti kuita zvepabonde nomusikana kunomboita sei.”

Sezvo ungochani hwava kungotaurwa pachena, ungatanga kunetseka kuti: ‘Ungochani hwakaipa zvechokwadi here?’

Ko kana ndiri mukomana ari kutorwa mwoyo nomumwe mukomana? Zvinoreva here kuti ndiri ngochani?

## Mwari Anoona Sei Ungochani?

Mazuva ano, vanhu vakawanda—kunyange vamwe vafundisi—havaoni chakaipa noungochani. Asi Shoko raMwari, Bhaibheri rinotaura zvakajeka zvikuru nezvazvo. Rinotiu-dza kuti Jehovha Mwari akasika murume nomukadzi uye kuti akaronga kuti zvishuwo zvavo zvokuita zvepabonde zvingozadziswa bedzi nomurume nomudzimai wake. (Genesisi 1:27, 28; 2:24) Saka hazvishamisi kuti Bhaibheri rinoshora ungochani.—VaRoma 1:26, 27.

Vamwe vangati Shoko raMwari rava rechinyakare. Asi chimbofunga kuti nei vachikurumidza kutaura zvakadaro? Kungava kuti zvinotaurwa neBhaibheri zvinopesana nezvavanofunga here? Vakawanda vanoramba Shoko raMwari nokunsgoti rinodzidzisa chimwe chinhu chakasiyana *nezvavanoda* kudavira. Zvisinei, mafungiro akadaro haana kururama uye hatifaniri kuarega achitikanganisa!

Asi ko kana uri mukomana uchitorwa mwoyo nomumwe mukomana? Izvi zvinobva zvareva kuti uri ngochani here? Kwete. Yeuka kuti uchiri ‘kuyaruka,’ nguva yaunongoerekana wava kunzwa kuda kuita zvepabonde. (1 VaKorinde 7:36) Kana dzimwe nguva uchinzwu uchitorwa mwoyo nomunhurume iwe uri munhurumewo, iva nechokwadi chokuti izvi hazvirevi kuti uri ngochani. Manzwiyo akadaro anowanzopera nokufamba kwenguva. Panguva ino, unofanira kuramba usingabatanidzwi mumiiptiro youngochani. Sei?

### WAIVIZIVA HERE KUTI ...

**Kunyange zvazvo  
usingagoni kudzora  
zvizere zvishuwo zvako,  
unogona kudzora  
zvaunoita. Unogona  
kusarudza kusateerera  
zvishuwo zvakaipa.**

**Nyengetera nezvenyaya ya-cho.** Teterera Jehovha sezvakaitwa naDhavidhi paakati: “Ndi-ongororei, haiwa Mwari, muzive mwoyo wangu. Ndinzverei, muzive pfungwa dzangu dzinone-

**Vechiduku vose vachafanira  
kusarudza—kugamuchira maonero  
akaipa ezvepabonde ari munyika  
kana kuti kutevera tsika dzakanaka  
kwazvo dziri muShoko raMwari**

tsa, muone kana mandiri muine chero nzi-ra ipi zvayo yakaipa, munditungamirire pa-nzira isingagumi.” (Pisarema 139:23, 24) Jehova anogona kukusimbisa norugare “runopfuura kufunga kwose.” Izvi zvinogona ‘kurinda mwoyo wako nesimba rako rokufunga’ zvokupa “simba rinopfuura renguva dzose” kuti usateerere zvishuwo zvakaipa.—VaFiripi 4:6, 7; 2 VaKorinde 4:7.

**Zadza pfungwa dzako nezvinhu zvakana ka.** (VaFiripi 4:8) Verenga Bhaibheri mazuva ose. Usamborerutsa simba raro rokuumba pfungwa dzako nemwoyo kuti zvive zvakana-ka. (VaHebheru 4:12) Mumwe mukomana anonzi Jason anoti: “Bhaibheri—kusanganisira magwaro akadai sa1 VaKorinde 6:9, 10 naVaEfeso 5:3—rakandibatsira chaizvo. Ndinoverenga magwaro aya pose pandinonzwa zvishuwo zvisina kunaka.”

**Ramba zvinonyadzisira uye zvose zvinokurudzira kuita ungochani.** (VaKorose 3:5) Dzivisa zvose zvinomutsa zvishuwo zvakaipa. Izvi zvingasanganisira kuona uye kuverenga zvinonyadzisira, dzimwe purogiramu uye mafirimu zvepaTV, uye zvichida kunyange fashoni kana kuti magazini ane chokuita nokurovedza muviru anoratidza vanhu vanenge vakapfeka zvinhu zvinosiya muviru uri panze. Tsiva pfungwa dzakai-pa nedzakanaka. Mumwe mukomana achiri kuyaruka anoti,





**“Ndinzverei, muzive pfungwa dzangu  
dzinonetsa, muone kana mandiri muine chero  
nzira ipi zvayo yakaipa.”—Pisarema 139:23, 24.**



“Pose pandinonzwa kuda kuita zvoungochani, ndinobva ndafungisia nezvorugwaro rwomuBhaibheri rwandinofarira zvikuru.”

Chokwadi, vamwe vanoti hazvina hazvo basa kuti uite zvose izvi, unofanira ‘kungogutsa zvishuwo zvako’ ‘wobvuma kuti ndizvo zvauri.’ Asi Bhaibheri rinoti unogona kuzvikuri-  
ra! Somuenzaniso, rinotiudza kuti vamwe vaKristu vekare va-  
kamboita ungochani *vakachinja*. (1 VaKorinde 6:9-11) Iwewo  
unogona kukunda hondo yacho—kunyange kana panguva  
ino zviri mumwoyo mako.

Ko kana uchiramba uchinzwala zvishuwo zvokuita zvepabonde nomunhukadzi sewe? Usazviteerera! Jehovha anoshora ungochani. Saka munhu anotambura nezvishuwo zvoungochani ane dambudziko raanokwanisa kukunda—*anogona ku-sarudza kusateerera zvishuwo izvozvo*.

Kuenzanisira: Munhu angave ‘aine hasha.’ (Zvirevo 29:22)  
Kare angave akanga asingatani kufufutirwa nehasha. Zvisinei, pashure pokunge adzidza Bhaibheri, anotanga kuziva ku-

ti anofanira kuzvidzora. Izvi zvinoreva here kuti haachazombo-nzwi hasha dzichiuya zvekare? Kwete. Zvisinei, nokuti anozi-va zvinotaura Bhaibheri nezvehasha dzisingadzorwi, achae-dza zvakaoma kuti asaita zvindiwia nemanzwiro ake.

Zvakafanana nomunhukadzi anotorwa mwoyo nevanhukadzi asi iye zvino akasvika pakuziva zvinotaurwa neBhaibhe-



### **ZANO**

**Kuti uve nemaonero  
akanaka echinonzi  
murume, dzidza  
muenzaniso waJesu.  
(1 Petro 2:21) Aiva  
muenzaniso wakawana  
wokuratidza simba  
rechirume pamwe chete  
nokuva munyoro.**

ri nezvoungochani. Apo neapo, angave achinzwa chishuwo chisina kururama. Asi nokuona ungochani sezvinoita Jehova, munhu angawana simba rokudzivisa chishuwo ichocho.

## **Usakanda Mapfumo Pasi!**

Kana uri munhurume ari kutambura nezvishuwo zvokuda kuita zvepabonde nevanhurume, unganzwa sezvakaita mu-mwe mukomana, uyo akati: "Ndakaedza kuchinja manzwiro angu. Ndakanyengetera kuna Jehovha kuti andibatsire. Ndinoverenga Bhaibheri. Ndakanzwa hurukuro dzaitaura nezvenyaya iyi. Asi handizivi zvime zvandingaita."

Kana uri mumamiriro ezvinhu akafanana, zviri pachena kuti uri muhondo chaiyo. Hazviperi nyore nyore. Kunyanje zvakadaro, munhu wose anoda kufadza Mwari anofanira kuita maererano nemitemo yezvaanoda mutsika uye odzivisa unzenza, kunyange zvazvo kuzviita kungave kwakaoma zvikuru. Usambokanganwa kuti Mwari anonzwisisa kutambura kwaunoita mumwoyo mako uye kuti anonzwira tsitsi vaya

## **zvandinoronga kuita!**

*Kana mumwe munhu akandibunza kuti nei Bhaibheri ri-chishora ungochani, ndichati*



*Kana mumwe munhu akati maonero eBhaibheri anodzvinyirira, ndichamubatsira kufunga nokutaura kuti*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*

**“Mafungiro enyika akamonyoroka akakanganisa pfungwa dzangu uye akaita kuti ndiwedzere kuvhiringidzika kuti ndaiva ngochani here kana kuti kwete. Iye zvino ndinotambira kure nezvinhu zvose kana kuti munhu wose anotsigira ungochani.” —Anna**

vanomushumira.\* (1 Johani 3:19, 20) Paunoteerera mitemo yaMwari, unozarura mukana wokukomborerwa naye. Kutaura zvazviru, kuchengeta mitemo yaMwari “kunounza mubayiro mukuru.” (Pisarema 19:11) Kunyanje iye zvino, uchararama upenyu hwakanaka kwazvo munyika ino ine matambudziko.

Saka vimba naMwari, uye rwisa zvishuwo zvakaipa. (Va-Garatiya 6:9) Edza kwazvo ‘kusema zvakaipa uye kunamatirira kune zvakanaka.’ (VaRoma 12:9) Kana ukaedza kwenguva yakareba, ungangoona kuti zvishuwo zvakaipa zvinopera zvi-shoma nezvishoma. Kupfuura zvose, kana ukarega kuita zvoungochani, uchava netariro yokurarama nokusingaperi munyika itsva yaMwari yakarurama.

\* MuKristu akaita unzenza anofanira kutsvaka kubatsirwa nevakuru veungano.  
—Jakobho 5:14, 15.

### **ZVIRI MUCHITSAUKO CHINOTEVERA *Ungadzora sei manzwiro ako okutorwa mwoyo nevakomana kana kuti vasikana?***

#### **UNOFUNGEI?**

- **Nei Mwari asingabvumiri ungochani?**
- **Matanho api anobatsira aungatora kuti usapinda mumusungo woungochani?**
- **Kuva nemaonero aMwari oungochani kunoreva here kuti unovenga zvikuru vanhu vanoita zvoungochani?**



29

Ndingaita  
sei kuti  
ndisaramba  
ndichifunga  
zvebonde?

“NDINOZVIONA ndichifunga nezvevasikana nguva dzose —kunyange pavanenge vasipo,” anodaro mumwe mukoma-na anonzi Michael. “Kupenga chaiko. Dzimwe nguva ndinotadza kuisa pfungwa dzangu pamwe chete!”

Kufanana naMichael, unoswera uchingofunga vakoma-na kana kuti vasikana here? Kana zvakadaro, unganzwa so-kuti uri muhondo chaiyo nepfungwa dzako. Pfungwa dzine chokuita nezvepabonde dzingafora dzichipinda mauri sema-soja omuvengi. Michael anoti, “Pfungwa idzi dzinogona kumomotera. Dzingaita kuti utore nzira inoenda nokure ku-ti usvike kumotokari yako kuitira kuti ungopfuura nepane nyenye yomusikana kana kuti kana uri muchitoro ungafamba nokwawanga usingadi kuenda nako kuitira kuti unya-tsoona mumwe munhu.”

Zvisinei, yeuka kuti manzwiro okuda kuita zvepabonde haana hawo kuipa pachawo. Chokwadi, Mwari akasika mu-rume nomukadzi kuti vakwezvane uye kugutsa zvishuwo zvebonde kwakakodzera kune vakaroorana. Paunenge usati waroora kana kuroorwa, ungava nezvishuwo zvebonde zva-kasimba zvikuru. Kana uchinzwisa saizvozvo, usafunga kuti wakaberekwa uri nzenza kana kuti haugoni kuramba waka-chena mutsika. *Unogona kuva akachena kana ukasarudza kudaro!* Asi kuti ubudirire kuramba wakachena zvinoda kuti urambe uchidzora pfungwa dzokuda vakomana kana kuti vasikana. Ungazviita sei?

### WAIVIZIVA HERE KUTI ...

**Zvaunobvumira  
pfungwa dzako  
kufunga nevvavvo  
zvinoumba unhu hwako  
uye zvine zvazvinoita  
pane zvaunoita.  
—Jakobho 1:14, 15.**

**Ongorora shamwari dza-ko.** Kana vaunodzidza navo va-  
katanga kutaura nezvounzenza,  
ungaedzwa kuti utaurewo—ku-  
itira kuti usava zambiringa mu-  
nyemba. Asi kutaura chokwadi,  
izvi zvichangoita kuti zvinyanye  
kukuomera kudzora pfungwa  
dzako. Unofanira kuitei—ku-  
ngosimuka wobvapo here? Ndi-

zvozvo, uye haufaniri kunzwa uchinyara kuita izvozvo! Kazhinji ungawana mabviro usingaziiti akarurama uye usingavapi mukana wokukuseka.

**Usavaraidzwa nezvinhu zvounzenza.** Chokwadi, haasi mafirimu ose kana kuti maCD akaipa. Kunyange zvakadaro, varaidzo yakawanda yemazuva ano yakagadzirirwa kuti imutse manzwiro ezvepabonde asina kururama. Zano reBhaibheri rinotii? “Ngatizvichenesei pazvinhu zvose zvinosvibisa nyama nomudzimu, tichikwanisa utsvene pakuya Mwari.” (2 VaKorinde 7:1) Tambira kure nevaraidzo yose ingangomutsa zvishuwo zvokuita unzenza.\*

### Dambudzikorebonhora

Vamwe vechiduku vanoedza kuderedza chido chokuita zvepabonde nokuita bonhora. Asi izvozvo zvinogona kukonzerza matambudziko akakomba. Bhaibheri rinokurudzira va-Kristu richiti: “Naizvozvo, urayai nhengo dzemiviri yenu dziri panyika kana tichitaura nezvoufeve, zvinhu zvisina kuchena, chido chokurara nomumwe munhu, kuchiva kunokuvadza, nokuchochora.”

(VaKorose 3:5) Kuita bonhora  
kunonyatsopesana ‘nokuura-  
ya chido chokurara nomu-  
mwe munhu.’ Zvechokwa-  
di, kunomutsa uye kuno-  
kurudzira chido ichocco!

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\* Kuzvivaraidza kuchakurukurwa zvakadzama muChikamu 8 chebhuku rino.

**Waizobvumira mavhairasi kuti  
akanganise kombiyuta yako here?  
Saka unodirei kupinza pfungwa  
dzounzenza mumusoro mako?**



**Ndinobatsirwa nokuchinja nyaya yacho**  
—ndorega kufunga zvinhu zvinomutsa zvishuwo  
zvepabonde. **Ndinozviyeuchidza kuti manzwiro**  
**aya kana zvishuwo izvi zvichazopera.** —Scott

Kuita bonhora kunogona kukuita muranda wezvishuwo zvako. (Tito 3:3) Imwe nzira yaungatanga nayo kukurira tsi-ka iyi *ndeyokuudza mumwe munhu*. MuKristu akatambura nebonhora kwemakore anoverengeka anoti: “Ndinoshuva kwazvo kuti dai ndakava noushingi hwokukurumidza kuudza mumwe munhu nezvazvo pandaiva muduku! Kunzwa ndiine mhaka kwakandinetsa kwemakore, uye kwakakanganya kwazvo ukama hwangu nevamwe uye kunyanya naJe-hovha.”

Ndiani waunofanira kutaurira? Kazhinji zvine musoro kuti utaurire mubereki wako. Kana kuti zvime munhu aku-ra womuungano yechiKristu angakubatsira. Ungatanga no-kutura kuti, “Ndiri kuda kumbotaura nemi nezvechimwe chinhu chiri kundinetsa zvikuru.”

André akataurira mumwe mukuru wechiKristu, uye ano-fara kuti ndozvaakaita. André anoti, “Mukuru wacho paaite-erera ndichitaura, maziso ake akayangarara misodzi. Nda-pedza, akandivimbisa kuti Jehovha akanga achiri kundida. Akandiudza kuti vakawanda vane dambudziko iroro. Akandivimbisa kuti aizogara achibunza kuti zviri kuita sei uye

kuti aizondipa mamwe masho-ko anobva mumabhuku anoba-tsira kudzidza Bhaibheri. Pashure pokunge ndataura naye, ndakasarudza kuramba ndi-chirwisana nedambudziko iri —kunyange zvazvo ndaimbo-pota ndichikundikana.”

Mário akasarudza kutauri-

### ZANO

**Kana watangazve bonho-ra, usakanda mapfumo pasi muhondo iyi! Ongorora kuti chii chaita kuti utangezve uye edza kuti usazvidzokorora.**

ra baba vake, avo vakamunzwira tsitsi uye vakamunzwisia zvikuru. Vakatoudzawo Mário kuti ivo pavaiva muduku va-kamboomerwa nokukurira tsika iyoyo. Mário anoti, "Kutauru chokwadi uye kutendeseka kwababa vangu kwakandikurudzira zvikuru. Ndakagumisa kuti kana vakakunda, neni ndichakundawo. Ndakakurudzirwa nemafungiro ababa vangu zvokuti ndakatadza kuzvidzora ndokubva ndachema."

Kufanana na André na Mário, unogona kubatsirwa pane zvaunoedza kuita kunde tsika yebonhora. Kunyange kana zvichimbopota zvichidzoka, usakanda mapfumo pasi. Iva nechokwadi chokuti *unogona* kukunda muhondo yacho.\*

### **Kudzora Pfungwa Dzako**

Muapostora Pauro akati: "Ndinorwadzisa muviri wangu ndichiuita somuranda." (1 VaKorinde 9:27) Saizvozovo, ungada kuzviomesera kana pfungwa dzisina kururama

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\* Kuti uwane mamwe mashoko ane chokuita nebonhora, ona Bhuku 1, chitsauko 25.

## ***zvandinorongá kuita!***

*Pandinoda kuita kuti pfungwa dzangu dzisarambe dzichifunga bonde, ndicha-*



*Kana zvandinenge ndichitaura nevandinodzidza navo zvava kuda kuenda kusiri iko kana kuti zvava kunyadzisira, ndicha-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenya-ya iyi*



**“Kunaka kwose kungavapo, zvinhu  
zvose zvinorumbidzwa zvingavapo,  
rambai muchifunga zvinhu izvi.”**

—VaFiripi 4:8.

• • • • • • •

pamusoro pevakomana kana kuti vasikana dzikambouya mupfungwa dzako. Kana dzikaramba dzichikunetsa, edza kumborovedza muvir. Bhaibheri rinoti: “Kurovedza muvir kunobatsira zvishoma.” (1 Timoti 4:8) Ungangoda kumbofamba uchiita zvokukurumidza kana kuti kumbopedza mami-nitsi mashomanana uchirovedza muvir kuti urwise pfungwa dzinokanganisa.

Kupfuura zvose, usarerutsa rubatsiro rwaunopiwa naBaba vako vokudenga. Mumwe muKristu anoti, “Pandinonzwa zvishuwo zvokuita zvepabonde, ndinonyengetera nomwoyo wose.” Zvisinei, usafunga kuti Mwari achabvisa chido chako chokufarira vakomana kana kuti vasikana. Asi uchibatsirwa naye, unogona kuona kuti pane zvimwe zvinhu zvakawanda zvokufunga nezvazvo.

### **UNOFUNGEI?**

- **Nei manzwiro okuita zvepabonde asingafaniri  
kuonekwa nguva dzose sokuti “muvengi”?**
- **Nei uchifanira kudzora manzwiro ako okuita  
zvepabonde?**
- **Zvinhu zvipi zvokuzvivaraidza nazvo zvingaita kuti  
urambe uchifunga vakomana kana kuti vasikana?**
- **Nei zvichikosha kuti ubve kana zvinenge  
zvichitaurwa zava kurerekera kune zvepabonde  
kana kuti zava kunyadzisira?**

*zvoupenyu hwangu*

Manzwiro api akanyanya kukuomera kutsungirira,  
uye anoita kuti uite sei?



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Ungashandisa sei mashoko ari muchikamu chino kuti  
akubatsire kukurira manzwiro aya mune ramangwana?

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# VARAIDZO 8

**Kakawanda zvakadini  
kaunozvivaraidza nezvinhu  
zvakadai semasipotsi,  
mimhanzi, mafirimu, TV kana  
kuti mitambo yemavhidhiyo?**



- Kashoma
- Kamwe pazuva
- Kakawanda pazuva

**Ndiani kana kuti chii  
chinoita kuti usarudze  
zvokuzvivaraidza nazvo?**

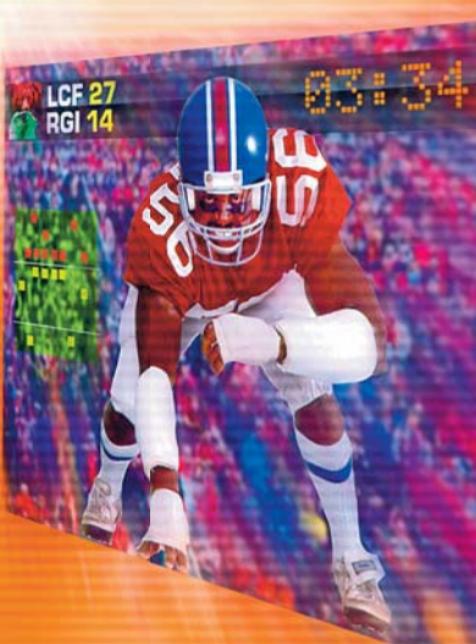
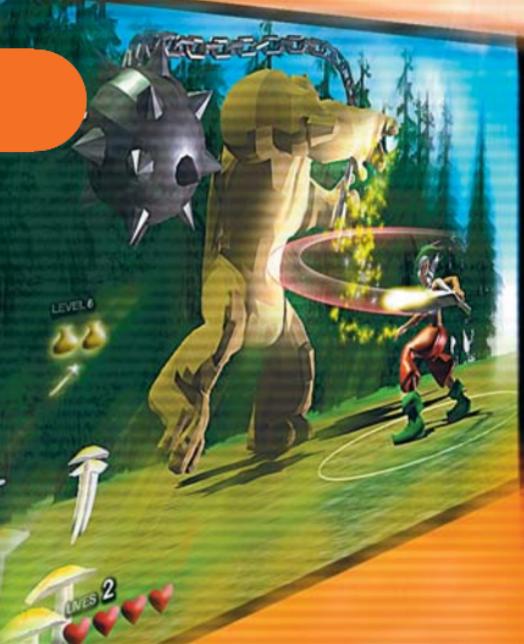
- Vezera rako
- Vabereki vako
- Zvinoshambadzirwa

Iwe nevezera rako mune zvokuzvivaraidza nazvo zvakawanda kupfuura zvaiva nevanhu kare. Asi nguva yaunayo ishoma pazuva. Uye rudzi rwevaraidzo yauchasarudza runogona kuchinja mafungiro ako uye maitiro ako. Saka inguva yakawanda zvakadini yaungapedze-ra muvaraidzo? Uye ungaziva sei yokusarudza? **Zvitsauko 30-33** zvichakubatsira kuti unyatso-fungisisa nezvevaraidzo yaunosarudza.



30

Ndinofanira kutamba  
mitambo yemavhidhiyo  
here?



“MITAMBO yepakombiyuta inonakidza uye inofarirwa nevakawanda,” anodaro mumwe mukomana anonzi Brian. “Mumitambo yacho unogona kuita zvime zvinhu zvausingambo-fi wakaita muupenyu—zvokuti kudai waizozviita waizopinda munyatwa.” Deborah anoti anonakidzwavo nokutamba mitambo yepakombiyuta. Zvisinei, anowedzera shoko rokunyeve-ra achiti: “Inogona kudya nguva chaizvo zvokutoda kukupinda muropa.”

Pasina mubvunzo, mitambo yemavhidhiyo inopfuura kungova varaidzo yepamusorosoro. Chokwadi, inoedza unyanzi hwako uye inokubatsira kudereda kufinhikana. Asi inoita zvakawanda. Mitambo yemavhidhiyo inogona kuita kuti pfungwa dzikurumidze kushanda. Mimwe yacho ingatokubatsira kugona masvomhu uye kuverenga. Uyezve mitambo yemavhidhiyo yemazuva ano ndiyo yangova nyaya muzvikoro. Kana wakambotamba mitambo iyi, unowana zvokutaura nevezera rako.

Chokwadi, kana ukanyatsosarudza, uchakwanisa kuwana mutambo unonakidza uye wakakodzera. Zvisinei, nei uchifanira kungwaririra?

## Zvayakaipira

Zvinosuruvarisa kuti haisi mitambo yose yemavhidhiyo isingakuvaldzi. Mitambo yemavhidhiyo yakawanda iriko mazuva ano inosimudzira zvikuru zvinonzi neBhaibheri “mabasa enyama”—miitiro isina kuchena isingadiwi naMwari.—VaGarati-ya 5:19-21.

Adrian ane makore 18 anotsanangura nezvomumwe mutambo wakanyanya kutengwa wai-va uine “kurwisana kwemapoka, kushandiswa kwezvinodhaka, mifananidzo yakajeka yezve-ponde, kutaura kunonyadzisira, chisimba chinotyisa uye kuteu-rwa kweropa.” Mimwe mitambo

WAIVIZIVA  
HERE KUTI ...



**Kiriniki yokutanga  
munyika yose inorapa  
vanhu vakapindwa  
muropa nemitambo  
yemavhidhiyo yakavhu-rwa muAmsterdam,  
Netherlands, muna  
2006.**



inokurudzira kuita zvemidzimu. Uye mutambo mutsva mu-mwe nomumwe unobudiswa unoita sounonakidza kupfuura mitambo yakabuda kare kana zvoenzaniswa. Yakawanda ye-mitambo iyi inotyisa unogona kuitamba nevamwe vanhu pa-Indaneti chaipo. Kutamba mitambo iyi nevamwe paIndane-ti kunoedza ruzivo rwako uye kunotonakidza zvikuru. James ane makore 19 anoti, "Uri pakombiyuta yako kumba, unogona kukwikwidzana nevanhu vanogara kune dzimwe nyika."

Mitambo yepalIndaneti inotambwa nevanhu vachitamba zvinzvimbo zvevatambi vepavhidhiyo yacho yazokurumbira.

Mumitambo iyi vanotamba vacho vanogadzira vatambi ve-palIndaneti—vangava vanhu, mhuka, kana kuti muba-tanidzwa wezviviri izvi—vanowanika munyika yema-kombiyuta ine zviuru zvevamwe vatambi. Nyika iyi yemakombiyuta ine mashopu, motokari, dzimba, ma-dhindindi, dzimba dzepfambi—munzira dzakawanda yakatofanana nenyika chaiyo. Vatambi vem-i tambo iyi vanokwanisa kutumirana pakarepo tsamba paIndaneti vatambi vavo vomukombi-yuta pavanenge vachitamba.

Mapoka ematsotsi, varume vanoshandi-swa nepfambi kutsvaga varume, mahure, ma-kororo, mbavha nemhondi vanongova vamwe vevanhu vakaipa vanobuda mumitambo iyi yepa-kombiyuta. Vatambi vacho vanogona kuita zvi-nhu zvavasingambofi vakaita muupenuy chai-hwo. Nokungodzvanya mabhatani mashoma, vatambi vomukombiyuta vanoita zvepabonde uku vanhu vanotamba mitambo yacho vane-nge vachitaura nezvepabonde vachinyorerana pakarepo tsamba dzepakombiyuta. Mimwe mitambo inoita kuti vatambi vomukombiyu-ta vaite zvepabonde nevamwe vacho va-kaita sevana. Zvinonzwisisika kuti vatso-ropodzi vanonetseka kuti vanhu vanga-itu mutambo nezvinhu zvakaipa ku-daro.

**Mitambo yakawanda inoita kuti usaona  
kuipa kwezvinhu zvakadai sechisimba, kutaura  
kunonyadzisira uye unzenza uye ingaita kuti  
usangwaririra zvime zvinhu zvopenyu.  
Unofanira kungwaririra zvikuru mitambo  
yaunosarudza kutamba.** —Amy

## Nei Zvaunosarudza Zviine Basa

Vaya vanotamba mitambo iyi yechisimba kana kuti inoratidza pachena zvepabonde vangati: "Hazvikuvadzi. Hazvisi zvinhu chaizvo. Unongova mutambo." Asi usanyengedzwa nokufunga kwakadaro kwenhemba!

Bhaibheri rinoti: "Mukomana anoratidza kana basa rake rakachena uye kana rakarurama nezvaanoita." (Zvirevo 20:11) Kana uchitamba mitambo yechisimba neyounzenza, unganzi uri munhu akachena uye akarurama here? Kutsvakurudza kunoitwa kunoramba kuchiratidza kuti kuona varaidzo yechisimba kunoita kuti vaya vanoiona vawedzere kuva nechisimba. Kutaura zvazviri, dzimwe nyanzvi dzinoti nokuti vatambi vane zvavanenge vachiitawo mumitambo yakadaro yemavhidhiyo, mitambo iyi inogona kuva nesimba kupfuura TV.

Kusarudza kutamba mitambo yemavhidhiyo inoratidza chisimba kana kuti unzenza kwakafanana nokusarudza kutamba netsvina yenyukireya inobudisa mwaranzi inokuvadza —kukuvadza kwazvinoita hakukurumidzi kuoneka, asi kuntoitika. Sei? Munhu akanyanya kupindwa nemwaranzi yenyukireya anogona kusvuuka mudumbu zvoita kuti mabhikitiriya

**ZANO**

**Nyora muchidimbu  
zvaunoziva nezvomuta-  
mbo mumwe nomumwe  
waunoda kutamba, uchi-  
tsanangura chinangwa  
chomutambo wacho uye  
nzira dzinoshandiswa  
kuzadzisa chinangwa  
ichocho. Enzanisa  
zvawanyora nemirayiro  
yeBhaibheri yataurwa  
muchitsauko chino, uye  
ibva waona kana  
mutambo wacho  
wakakodzera.**



**“Imi vanoda Jehovha, vengai zvakaipa.”**

—Pisarema 97:10.



ari muura apinde muropa, zvokonzera kurwara. Saizvozvovo kugarotamba mitambo inoratidza pachena unzenza uye chisimba chinotyisa kungakanganisa “pfungwa . . . yetsika” kwobvumira zvishuvo zvenyama kuti zvipinde uye ndokudzora mafungiro ako nezvaunoita. — VaEfeso 4:19; VaGaratiya 6:7, 8.

## **Ndinofanira Kusarudza Mutambo Upi?**

Kana vabereki vako vachikubvumira kutamba mitambo yemavhidhiyo, ungaziva sei kuti ndeipi yaungasarudza uye kuti inguva yakareba zvakadini yaungapedzera pairi? Zvibvunze zvinotevera:

***Mutambo wandinosarudza uchaita kuti Jehovha andione sei?*** Pisarema 11:5 rinoti: “Jehovha anoongorora munhu akarurama pamwe chete neakaipa, mweya wake unovenga munhu wose andada zvechisimba.” Nezvezvaya vanoita zvemidzimu Shoko raMwari rinoti: “Vose vanoita zvinhu izvi vanosemesa Jehovha.” (Dheuteronomio 18:

***Kutamba mitambo yechisimba kana younzenza kwakafanana nokusarudza kutamba netsvina yenukireya inobudisa mwaranzi inokuvadza —kukuvadza kwazvinoita hakukurumidzi kuoneka, asi kunotoitika***



10-12) Kana uchida kuva shamwari yaMwari unofanira kuteererera zano riri pana Pisarema 97:10 rinoti: "Vengai zvakaipa."

**Mutambo wacho uchaitei kumafungiro angu?** Zvibvunze kuti, 'Kutamba mutambo uyu kuchaita kuti zvive nyore kana kuti zvindiomere here 'kutiza ufeve'? (1 VaKorinde 6:18) Mitambo ine mifananidzo kana mashoko anomutsa zvishuwo zvepabonde haizokubatsiri kuti uise pfungwa dzako pazvinhu zvakarurama, zvakachena uye zvakanaka.—VaFiripi 4:8.

**Ndichapedza nguva yakawanda sei ndichitamba mutambo wacho?** Kunyange mitambo isingakuvadzi inogona kudya nguva. Saka nyora pasi nguva yaunopedza uchitamba mutambo wacho. Uri kukudyira nguva yaunofanira kuita zvinhu zvinonyanya kukosha here? Kunyora nguva yaunopedza uchitamba mitambo kuchakubatsira kuziva zvokuisa pakutanga.—VaEfeso 5:16.

Chokwadi, Bhaibheri harirayiri kuti upedze upenyu hwaiko hwose uchidzidza kana kuti kuita mabasa epamba. Asi rinoitiyeuchidza tose kuti pane "nguva yokuseka . . . nenguva

## **zvandinoronga kuita!**

*Kana shamwari yangu ikandikumbira kuti nditambe mutambo wevhidhiyo une chisimba kana kuti unzenza, ndichati*



*Ndichaderedza nguva yandinotamba mitambo  
yemavhidhiyo kusvika ku-.....  
pavhiki, uye ndicharamba ndichidai kana ndika-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*

yokusvetuka-svetuka.” (Muparidzi 3:4) Zvisinei, zvakanaka kuziva kuti mashoko okuti “kusvetuka-svetuka” haangorevi kutamba mitambo asiwo kuita zvimwe zvinorovedza muvir. Saka wadii kushandisa nguva yaunenge wakasununguka kutamba mitambo inosanganisira kurovedza muvir pane kungoramba wakagara uchitamba mitambo yemavhidhiyo?

## **Sarudza Nokuchenjera**

Hapana mubvunzo kuti kutamba mitambo yemavhidhiyo kunogona kunakidza, kunyanya kana uchiigona. Uye apa ndipo panoda kuti usarudze mitambo yako nokuchenjera. Zivbvunze kuti, ‘Zvidzidzo zvipi zvandinonyatsogona kuchikoro?’ Hazvisi zviya zvandinonyanya kufarira here? Kutaura zvazviri, zvinowanzoitika kuti paunonyanya kufarira chidzidzo, unobva wanyanya kuchiyeuka. Iye zvino chizvibvunza kuti: ‘Mutambo upi wandinonyanya kufarira? Mutambo uyu unondidzidzisa zvinhu zvipi zvakanaka?’

Pane kutamba mutambo nokungoti vezera rako vanoufara, iva nesimba rokusarudza zvinhu zvaunozvizivira pachako. Zvinotonyanya kukosha, shandisa zano reBhaibheri rokti: “Rambai muchiva nechokwadi chezvinhu zvinogamuchirika kunaShe.”—VaEfeso 5:10.

## **ZVIRI MUCHITSAUKO CHINOTEVERA *Unofarira mimhanzi uye izvozvo zvinonzwisisika. Asi uri muranda wayo here?***

### **UNOFUNGEI?**

- Mitambo yemavhidhiyo ingaitei pamafungiro uye manzwiro omunhu?
- Nei zvichikosha kufunga nezvemitemo yaJehovah yetsika pakusarudza mutambo?
- Ungabatsira sei munun’una wako akapindwa muropa nokutamba mutambo waunoziva kuti wakaipa?

# Ndingaita sei kuti ndisanyanya kukoshesa mimhanzi?

***Unokoshesa mimhanzi  
zvakadini?***

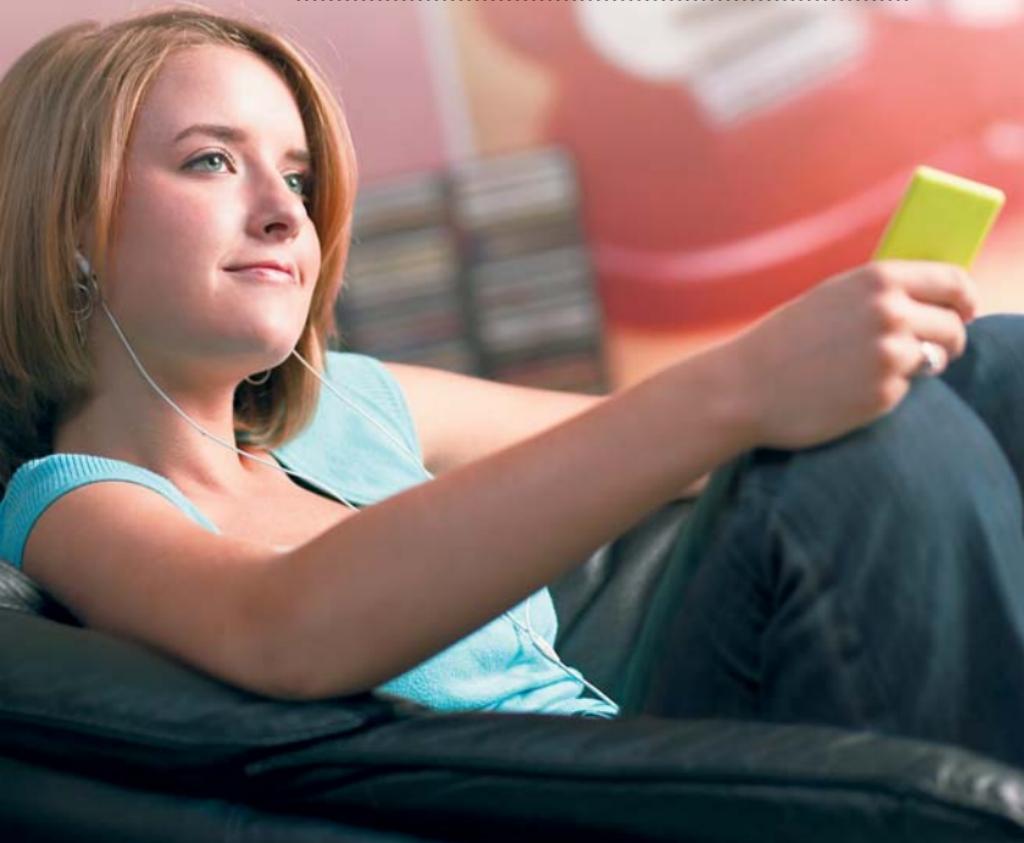
- Ndinogona kurarama ndisina.
- Ndingafa ndikaishayiwa.

***Ndirini paunoteerera  
mimhanzi?***

- Ndiri parwendo
- Ndichiverenga
- Nguva dzose

***Unonyanya kufarira  
mumhanzi werudzii, uye nei?***

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ZVINOITA sokuti tose zvedu takaberekwa tichikwanisa kuhnakidzwa nemimhanzi. Uye kune vechiduku vakawanda, mi-mhanzi chinhu chavanofanira kuva nacho. Amber ane makore 21 anoti, "Handigoni kurarama ndisina mimhanzi. Nguva dzose kunenge kuti ndinenge ndichingoteerera mimhanzi —kunyange pandinenge ndichichenesa mumba, ndichibika, ndichifambira zvime zvinhu, kana kuti ndichiverenga."

Mutinhimira ungabva hawo pakupindirana kwezviridzwa, asi musambo wacho haungogumiri mupfungwa chete asi unopinda mukati-kati memwoyo. Sezvazvakangoita kuti "shoko rinotaurwa panguva yakakodzera, haiwa rakanaka sei!" rwiyo runoridzwa panguva yakakodzera runogona kuyaradza zvikuru! (Zvirevo 15:23) Jessica ane makore 16 anoti, "Dzimwe nguva unofunga kuti hapana anombonzwisia manzwiro ako. Asi pandinoteerera bhendi randinonyanya kufarira, ndinoziva kuti handisi ndoga ndinoora mwoyo."

## **Inyaya Yokuitisana Nharo Here Kana Kuti Yokuti Mose Munakidzwe?**

Kunyange chiri chokwadi kuti unoda mimhanzi yako, vabereki vako vangava nemaonero akasiyana. "Baba vangu vanoti, 'Dzima ruzha urwo! Ruri kukuvadza nzeve dzangu!'" anodaro mumwe mukomana achiri kuyaruka. Waneta nokunetswa, unganzwa sokuti vabereki vako vari kungoita kuti nyaya duku ive hombe. Mumwe musikana anoti, "Ko ivo pavakanga vachiri vaduku? Vabereki vavo vakanga vasingafungi kuti mimhanzi yavo yakanga yakaipa here?" Ingred ane makore 16 anotsutsumwa achiiti: "Vanhu vakuru vanoita sevanoomererera pachinyakare chavo. Zvaizova zvakanaka kudai vaiziva kuti mimhanzi yezera redu inotinakidzawo zvokuti dhu!"

Zvinotaurwa naIngred idama. Sezvaungaziva kuti kubvi-



**WAIVIZIVA  
HERE KUTI ...**

**Kana uchizeza kuti  
vabereki vako vanzwe  
mimhanzi yaunonyanya  
kufarira, zvingaratidza  
kuti pane chakaipa  
nemimhanzi  
yaunosarudza.**

**Mimhanzi yakafanana nezvokudya.  
Rudzi rwakanaka rwakawanda  
zvakakodzera runokubatsira. Rudzi  
rwakaipa kunyange ruri rushoma,  
runokukuvadza**

ra kare, vanhu vakura nevaduku vave vachiitisanu nharo pamusoro pezvinhu zvavanoda. Asi ku pikisana ikoko hakurevi kuti mimhanzi inofanira kuva chinhu chokuitirana nharo nguva dzo-se. Mushonga ndewokuona kana mungawana zvinokunakidzai mose nevabereki vako. Kana vabereki vako vachiremekedza Bhaibheri, zvinhu zvakakunakira zvikuru. Nei? Nokuti Shoko raMwari rinogona kukubatsira iwe nevabereki vako kuti muone zvinhu zvisingabvumirwi zvachose uye pane mukana wokuti munhu asarudze zvaanoda. Kuti uite izvi, unofanira kuongorora zvinhu zviviri zvinokosha: (1) pfungwa dziri mumimhanzi yaunoteerera uye (2) uwandu hwemimhanzi yaunoteerera. Kutanga, ngationei mubvunzo wokuti . . .

### **Ndedzipi Pfungwa Dziri Mumimhanzi Yangu?**

Mimhanzi yakafanana nezvokudya. Rudzi rwakanaka rwakawanda zvakakodzera runokubatsira. Rudzi rusina kuna ka kunyange ruri rushoma, runokukuvadza. Zvinosuruvarisa kuti mimhanzi yakaipa ndiyo ingave ichinyanya kunakidza. Mumwe wechiduku anonzi Steve anochema-chema achiti, “Nei mimhanzi yose ine mutinhimira wakanaka iine mashoko akashata zvikuru?”

Kana uchifarira mutinhimira wacho, mashoko acho ane basa chaizvoizvo here? Kukubatsira kupindura mubvunzo uyu, zvibvunze kuti: ‘Kana mumwe munhu aizoda kuti ndimedze muchetura, aizondinyengetedza sei kuti ndidaro?’





**“Nzeve haiedzi mashoko sokuravira kunoita rurimi zvokudya here?”—Jobho 12:11.**



Aizounyika muvhiniga kana kuti kuuzora zvinotapira here? Murume akatendeka Jobho akabvunza kuti: “Nzeve haiedzi mashoko sokuravira kunoita rurimi zvokudya here?” (Jobho 12:11) Saka pane kungoteerera rwiyo nokuti unoda bhti kana kuti mutinhimira warwo—zvinotapira zvakazorwa—‘edza mashoko acho’ nokutarira musoro uye mashoko arwo. Nei? Nokuti mashoko ari mumimhanzi yacho ane zvaachaita pakufunga kwako uye pamaitiro ako.

Zvinosuruvarisa kuti mimhanzi yakawanda yemazuva ano ine mashoko anokurudzira zvepabonde, chisimba uye kushandisa zvinodhaka nenzira isiri iyo. Kana usingafungi kuti kuteerera mashoko akadaro kunokukanganisa, unenge watotanga kukuvaldza “nomuchetura.”

## Funga Woga

Vezera rako vangakukurudzira zvikuru kuti uteerere mimhanzi yakaipa. Indasitiri yezvemimhanzi pachayo inotukurudzirawo. Pachishandiswa redhiyo, Indaneti uye terevhizheni, mimhanzi yazova indasitiri yokuita nayo mazakwatira emari. Nyanzvi dzokushambadza dzinohayiwa kuti dzichinje uye dzidzore kufarira kwaunointa mimhanzi.



### ZANO

**Kana uchida kuti  
vabereki vako  
vanzwisise kuti nei  
uchifarira imwe nziyo  
kana kuti rimwe bhendi,  
tanga iwe kuedza  
kufarira mimwe  
mimhanzi yavanofarira.**

Asi paunorega vezera rako kana kuti zvinobudisa mashoko zvichikurayira zvokuteerera, unorasikirwa nesimba rako rokusarudza. Unova muranda asingafungi. (VaRoma 6:16) Bhaibheri rinokukurudzira kuti urambe kufurirwa nenyika munyaya dzakadaro. (VaRoma



MUENZANISO WOKUTEVEDZERA

## Dhavhidhi

Dhavhidhi anofarira mimhanzi. Ane **chipo chokuimba** uye anogona kunyora nziyo. Anotogadzira zviridzwa zvake. (2 Makoronike 7:6) Dhavhidhi ane unyanzvi chaizvo hwokuridza zvokuti mambo walsraeri anomukoka kuti **azoridza muimba yamambo**. (1 Samueri 16:15-23) Dhavhidhi anobvuma. Asi **haazvitutumadzi**, uyewo haaiti kuti mimhanzi ive chinhu chinonyanya kukosha muupenyu hwake. Pane kudaro, anoshandisa chipo chake kurumbidza Jehovha.

Unofarira mimhanzi here? Ungave usina unyanzvi hwo-kuimba, asi unogona **kutevedzera muenzaniso waDhavhi-dhi**. Sei? Nokusaita kuti mimhanzi ive chinhu chinonyanya kukosha muupenyu hwako kana kuti iite kuti ufunge uye uite zvinhu nenzira dzinoita kuti Mwari azvidzwe. Asi shanda-sa mimhanzi kuita kuti **uwedzere kunakidzwa** noupenyu hwako. Kugona kuridza mimhanzi uye kunakidzwa nayo **chipo chinobva kuna Mwari**. (Jakobho 1:17) Dhavhidhi akashandisa chipo ichi zvaifadza Mwari. Ndizvo zvauchaitawo here?

## **dzidza kufarira mimhanzi yakasiyana-siyana**

Iye zvino wava kufarira marudzi akawanda ezvokudy here kupfuura zvawaiitaawa nemakore mashanu? Kana zvakadaro, imhaka yokuti wava kufarira kudy zvinhu zvakasiyana-siyana. Ndizvovo nemimhanzi. Usangoomerera pamusambo mumwe chete. Edza kudzidza kufarira mimhanzi yakasiyana-siyana.

Imwe nzira yokuita izvi ndeyokudzidza kuridza zviridzwa. Izvi hazvingofadzi uye hazvingogutsi chete asi zvingaita kuti unzwe mimwe misambo yemimhanzi inosimudzirwa nevanoshambadza zvemimhanzi. Ungawana kipi nguva yokudzidza? Unogona kutenga nguva pane yaunopedza uchiona TV kana kuti uchitamba mitambo yemavhidhiyo. Ona zvinotaurwa nevechiduku ava.

*“Kuridza chiridzwa kunonakidza zvikuru uye kunogona kuva nzira yakanaka yokuratidza manzwiro ako. Kudzidza kuridza nziyo itsva kwakandidzidzisa kuti ndifarire misambo yakasiyana-siyana.”—Brian ane makore 18, anoridza gitare, ngoma uye piyano.*

*“Unofanira kudzidzira kana uchida kugona kunyaatsoridza chiridzwa. Uye nguva dzose kudzidzira kwacho hakusi nyore. Asi kugona kuridza mumhanzi kunoita kuti ufare uye kunoita kuti unzwe kuti waita chimwe chinhu.”—Jade ane makore 13, anoridza gitare rionzi viola.*

*“Zvinhu pazvinenge zvakandiomera kana kuti pandinenge ndakaora mwoyo, kuridza gitare rangu kunondinyevenutsa. Kuridza mimhanzi inonakidza neinozorodza kunofadza zvikuru.”—Vanessa ane makore 20 anoridza gitare, piyano uye chiridzwa chakada kuita sebosvo.*

*“Ndaiwanzofunga kuti, ‘Handimbofi ndakagona kuridza sezvinoita vamwe vanhu.’ Asi ndakaramba ndichidzidzira, uye iye zvino ndinogutsikana zvikuru pandinoridza mumhanzi zvakanaka. Ndinoyemurawo zvikuru unyanzvi hwevamwe vanogona kuridza.”—Jacob ane makore 20, anoridza gitare.*

**Dzimwe nguva ndinoerekana ndava kuteerera  
rwiyo rwandinoziva kuti haruna kunaka. Ndinobva  
ndangodzima ipapo. Kana ndikasadaro,  
ndinotanga kutsvaka zvikonzero zvokuruona  
serwakanaka.** —Cameron

12:2) Saka unofanira kurovedza ‘simba rako rokunzwisa ku-siyanisa zvakanaka nezvakaipa.’ (VaHebheru 5:14) Ungasha-ndisa sei simba rako rokunzwisa paunenge uchisarudza mimhanzi? Chimbofunga mazano anotevera:

**Ongorora kavha yacho.** Kazhinji, kungotari-ra kamwe chete kavha yacho kana kuti masho-ko okushambadza zvakakwana kuti uone zviri mumumhanzi wacho. Mifananidzo inoratidza chisimba, zvepabonde kana kuti zvemidzi-mu inofanira kukunyevera. Mimhanzi iri mukati ingangovewo yakashata.

**Ongorora mashoko acho.** Zvii zviri kutaurwa? Unonyatsoda ku-teerera kana kuti kudzokoro-ra pfungwa idzodzo nguva ne-Nguva here? Pfungwa dzacho dzinoenderana nezvaunoko-shesa uye mirayiro yechiKri-stu here?—VaEfeso 5:3-5.

**Ona migumisiro yacho.** “Ndakaona kuti mimhanzi yaka-wanda yandaiteerera uye masho-ko emimhanzi yacho zvaiita kuti ndi-suruvare,” anodaro wechiduku an-anzi Philip. Chokwadi, mimhanzi ingachi-nja vanhu nenzira dzakasiyana-siyana. Asi mi-mhanzi yako inoita kuti unzwe sei? Zvibvunze kuti: ‘Ndinora-mba ndichingofunga zvinhu zvakaipa here pashure pokunzw-a bhitii kana kuti mashoko omumhanzi wacho? Ndava kutanga



kutaurawo here mashoko echibhende anoshandiswa mumi-mhanzi yacho?”—1 VaKorinde 15:33.

**Fungawo vamwe.** Vabereki vako vanonzwa sei nezve-mimhanzi yako? Vabvunze kuti vanofungei nezvayo. Fungawo kuti vamwe vaKristu vanganzwa sei. Vamwe vangavhi-ringidzwa here nemimhanzi yako? Kugona kuchinja maitiro ako pamusana pokuremekedza manzwiro evamwe kunorati-dza kukura.—VaRoma 15:1, 2.

Nokuzvibvunza mubvunzo uri pamusoro apa, uchakwani-sa kusarudza mimhanzi inoita kuti ufare asi isingakuurayi mu-ne zvokunamata. Asi pane chimwezve chokufunga nezvachos.

### **Ndepapi Painganzi Yawandisa?**

Kufanana nezvokudya zvakanaka, mimhanzi yakanaka inogona kubatsira. Zvisinei, chimwe chirevo chakachenjera chinonyevera kuti: “Wawana uchi here? Idya hwakakukwani-ra, kuti urege kudya hwakawandisa ukahurutsa.” (Zvirevo 25: 16) Uchi hunorapa. Asi kunyange chinhu *chakanaka* chika-wandisa chinogona kukukuvadza. Unodzidzei? Zvinhu zvakanaka zvinofanira kuitwa zvine mwero.

Zvisinei, vamwe vechiduku vanobvumira kuti mimhanzi idzore upenuy hwavo. Somuenzaniso, Jessica ambotaurwa kwokutanga anoti: “Ndinoteerera mimhanzi nguva dzose —kunyange pandinenge ndichidzidza Bhaibheri. Ndinoudza vabereki vangu kuti zvinobatsira kuisa pfungwa dzangu pane zvandinenge ndichiita. Asi havabvumi zvandinotaura.” Zvino-taurwa naJessica wakambozvinzwa here?

Ungaziva sei kuti ndepapi panganzi mimhanzi yawandi-sa? Zvibvunze mibvunzo inotevera:

*Ndinopedza nguva yakawanda sei ndichiteerera mimhanzi zuva rimwe nerimwe? ↗ .....*

*Ndinopedza mari yakawanda sei pamimhanzi mwedzi mu-mwe nomumwe?*

.....  
*Mimhanzi yangu inovhiringidza ukama hwemhuri yedu*

*here?* Kana ichidaro, nyora pasi apa kuti unganatsiridza sei mamiriro acho ezvinhu.

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## **Kuchinja Kuteerera Kwaunoita**

Kana mimhanzi ichikutorera nguva yako yakawandisa, zvingava zvakanaka kuti uzviisire migantu uye uwedzere kuva nemwero pakuteerera kwaunoita. Somuenzaniso, ungafanira kurega tsika yokuisa mahedhifoni munzeve zuva rose kana kuti kuridza mumhanzi paunongoti pindikitii mumba.

Chokwadi, unodii kudzidza kumbonakidza norunyararo? Kuita izvozvo kungakubatsira paunenge uchiverenga. Steve ambotaurwa kwokutanga anoti, "Uchabatsirwa zvikuru paunoverenga kana mumhanzi wakadzimwa." Edza kuverenga mumhanzi *usiri* kurira, uye ona kana uri kukwanisa kuvandu-dza pakuisa pfungwa dzako pane zvaunenge uchiverenga.

Uchadawo kuronga nguva yokuverenga uye kudzidza Bhaibheri nemabhuku eBhaibheri. Pane dzimwe nguva, Jesu

## **➤➤➤ *zvandinoronga kuita!***

*Ndinogona kudzora mimhanzi yangu kana ndika-*



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*Kana vezera rangu vakandimanikidza kuti nditeerere mi-mhanzi isingagamuchiriki, ndichati*

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*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*

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Kristu aitsvaka nzvimbo yakanyarara kuti anyengetere uye kuti afungisise. (Mako 1:35) Nzvimbo yaunoverengera haina ruzha uye zvinodzongonyedza here? Kana isina kudaro, une-nge uchideredza kukura kwako mune zvokunamata.

## Sarudza Zvakakanaka

Zvechokwadi mimhanzi chipo chinobva kuna Mwari, asi unofanira kungwarira kuti usaishandisa zvisina kunaka. Usa-itia somumwe musikana anonzi Marlene uyo anoti: "Ndine mumhanzi wandinoziva kuti ndinofanira kurasa. Asi unonakidza zvokuti dhu." Chimbofunga kukanganisa kwaari kuita pfungwa dzake nemwoyo nokuteerera mimhanzi yakaipa! Dzivisa musungo iwoyo. Usarega mimhanzi ichikukanganisa kana kuti ichidzora upenyu hwako. Omerera pamitemo yechi-Kristu yakakwirira pakusarudza mimhanzi yako. Nyengetera kuti Mwari akutungamirire uye kuti akubatsire. Tsvaka shamwari dzinotenda zvaunotenda.

Mimhanzi ingakubatsira kuti usununguke zvako. Inogona kukubatsira kuti usasurukirwe paunenge uri woga. Asi mu-mhanzi paunopera, matambudziko ako anenge achiripo. Uye nziyo hadzitsivi shamwari chaidzo. Saka usarega mimhanzi ichiva chinhu chinonyanya kukosha muupenyu hwako. Naki-dzwa nayo, asi ichengete iri munzvimbo yayo.

**ZVIRI MUCHITSAUKO CHINOTEVERA Unofanira  
kumbonyevenukawo apo neapo. Mirayiro yeBhaibheri  
ingakubatsira sei kuti unyatsonakidzwa?**

### UNOFUNGE!

- Nei kusarudza kwaunoita mimhanzi kuchikosha kwazvo?
- Ungaziva sei kana rwiyo ruchigamuchirwa kana kuti kwete?
- Ungaitei kuti udzidze kufarira mimhanzi yakasiyana-siyana?



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## Ndingava sei nenguva yokufara?

**Maka zvirevo zvinotevera kuti chokwadi kana kuti nhema.**

**Maererano neBhaibheri . . .**

**Nguva dzose zvakaipa kuita  
zvemitambo.**

Chokwadi  Nhema

**Mafirimu ose uye zvinoratidzwa  
paTVzvakaipa.**

Chokwadi  Nhema

**Kutamba kwose hakubvumirwi.**

Chokwadi  Nhema



WASHANDA zvakaoma vhiki yose. Wambozorora zvo-kuenda kuchikoro. Wapedza mabasa ako epamba. Uye uchiri nerimwe simba rokushandisa, chimwe chezvikom-borero zvokuva muduku. (Zvirevo 20:29) Iye zvino zvawava kungoda kufara!

Vezera rako vangafunga kuti Bhaibheri *rinorambidza* kufara uye kuti rinokutadzisa kufara. Asi ichocho ichokwadi here? Ngationei zvirevo zviri papeji yapfuura zvinoda kupindurwa kuti chokwadi kana kuti nhema to-onia kuti Bhaibheri rinombotii nezvokufara.

### ● ***Nguva dzose zvakaipa kuita zvemitambo.***

**Nhema.** Bhaibheri rinoti “kurovedza muviru kunobatsira.” (1Timoti 4:8) Mazuva ano kune mitambo yakasiyana-siyana—yakaita seskating, kuchovha bhasikoro, kumhanya, kutamba tenisi, *basketball*, nhabvu, *nevolleyball*, kungotaura mishomanana—inogona kuita zvose, kurovedza muviru uye inofadza.

Izvi zvinoreva here kuti hapana chikonzero chokungwaririra? Chimbofunga mashoko akapoteredza ndima yatauruwa pamusoro apa. Paainyorera wechiduku Timoti, muapostora Pauro akati: “Kurovedza muviru kunobatsira zvishoma; asi kuzvipira kuna Mwari kunobatsira muzvinhu zvose, zvakuine chipikirwa choupenyu huno nohuya huchauya.” Mashoko aPauro anotiyechidza kuti nguva dzose kufadza Mwari kunofanira kuva panzvimbo yokutanga. Unogona kuva nechokwadi chokuti kuzvipira kuna Mwari kunofanira kuva pakutanga—kunyangе paunenge uchisarudza mutambo —nokuzvibunza mibvunzo mitatu inotevera:

**1. Mutambo wacho une ngozi zvakadini?** Usangovimba nezvinotaurwa nevamwe kana kuti nevamwe vechiduku vanofarira mutambo wacho. Ziva zvinobatanidzwa. Somue-nzaniso, ziva zvinotevera: Vangani vanokuvara pavanenge vachiita mutambo uyu? Chii chinoitwa kuti vanhu vasakuvara? Kuti mutambo uyu uitwe zvisina ngozi, kurovedza kupi



kunodiwa uye ndezvipi zvinoshandiswa? Kunyange zvazvo paine ngozi dzinoitika muzvinhu zvose zvinoitwa, chinangwa chikuru chomutambo uyu ndechokudzivisa kukuvara kana kuti rufu here?

Upenyu chipo chinobva kuna Mwari, uye Mutemo wa-Mwari wakapiwa valsraeri waiita kuti munhu arangwe zvakasimba kana aiuraya mumwe munhu netsaona. (Eksodho 21:29; Numeri 35:22-25) Saka vanhu vaMwari vaikurudzirwa kuti vangwaririre ngozi. (Dheuteronomio 22:8) Saizvowovo, mazuva ano vaKristu vanosungirwa kuti varemeke-dze upenyu.

**2. Mutambo wacho uchaita kuti uwane shamwari dza-kanaka here?** Kana uchigona zvemitetambo, vezera rako uye vadzidzisi vangakukurudzira kuti upinde mutimu yechikoro. Unganzwa uchida zvikuru kubvuma. Mumwe muKristu wechiduku anonzi Mark anoti, “Ndinonzwa sokuti ndiri kudzvinyirirwa kana vabereki vachindirambidza kuti ndive mutimu yechikoro.” Asi pane kuedza kunyengetedza vabereki vako kuti vabvume maonero ako, chimbofunga zvinotevera: Kudzidzira uye kutamba mutambo wacho zvinowanzoitwa mapedza chikoro. Kana uchiugona, uchakurudzirwa kuti upedzere nguva yakawanda pamutambo wacho. Kana usinganyanyi kuugona, uchanzwa uchida kупедза



nguva yakawanda uchidzidzira. Uyezve, vanhu vomutimu yacho vanowanzova noushamwari hwepedyo sezvavanope-mberera pavanokunda uye kusuruvara pamwe chete kana vadywa.

Iye zvino zvibvunze kuti: 'Kupedza nguva yangu ndichiita zvinhu zvingaguma nokuva noushamwari hwepedyo nevezhiduku vasingatendi zvandinotenda kuchandibatsira here?' (1VaKorinde 15:33) 'Zvinhu zvipi zvandinoda kurasi kirwa na-zvo kuti ndive mutimu yakati?'

**3. Mutambo wacho uchadya nguva uye mari yakawanda zvakadini?** Bhaibheri rinotirayira kuti tive 'nechokwadi nezvinhu zvinokosha kupfuura zvimwe.' (VaFiripi 1:10) Kukubatsira kuti ushandise zano iri, zvibvunze kuti: 'Kutamba mutambo uyu kuchandidyira nguva yokuita homuweki kana kuti zvimwe zvinhu zvine chokuita nokunamata here? Mutambo wacho unodya marii? Ndinoikwanisa here?' Kupindura mibvunzo iyi kuchakubatsira kuisa pakutanga zvinhu zvinyanya kukosha.

### ● **Mafirimu ose uye zvinoratidzwa paTV zvakaipa.**

**Nhemba.** Bhaibheri rinorayira vaKristu kuti 'vabatisise zvinhu zvakanaka kwazvo uye kuti varege zvakaipa zvose.'



**“Fara hako, iwe jaya, uchiri muduku, . . . uye  
famba munzira dzomwoyo wako nomuzvinhu  
zvinoonekwa nemaziso ako. Asi ziva kuti  
Mwari wechokwadi achakutongera zvinhu  
zvose izvi.”—Muparidzi 11:9.**

• • • • • • •

(1 VaTesaronika 5:21, 22) Haasi mafirimu ose uye zvinoratidzwa paTV zvinopesana nomurayiro uyu.\*

Zvechokwadi, kuenda kufirimu kungava nzira inofadza yokuti upedze nguva uine shamwari. Mumwe musikana wo-kuSouth Africa anonzi Leigh anoti, “Kana ndiri kuda kuona rimwe firimu, ndinofonera shamwari yangu, uye tinofambisa shoko kune dzimwe shamwari dzedu.” Kazhinji boka iri rino-onা firimu rinokurumidza kutanga. Pashure pacho, vabere-ki vavo vanovatakura, uye vanoenda vose kunodya pamwe chete kuresitorendi.

Mafirimu uye TV zvingava zvinhu zvemazuva ano, asi kunnongova kuratidzwa kutsva kwokautaura ngano kwaiitwa ka-re. Jesu aiva nyanzvi pakusvika mwoyo yevanhu nokautaura nyaya. Somuenzaniso, mufananidzo wake womuSamariya akanaka unoita kuti unzwe tsitsi uye unodzidzisa zvidzidzo zvakadzama zvine chokuita netsika.—Ruka 10:29-37.

Mazuva ano vagadziri vemafirimu vanodzidzisawo zvidzidzo zvinochinja maonero anoita vanhu tsika. Vanoedza kuita kuti vanhu vanoaona vafarire vatambi vanoratidzwa —kunyange kana gamba racho riri tsotsi kana kuti munhu ane utsinye, anoda kuva nesimba pamusoro pevamwe. Kana usina kungwarira, ungazviona wava kushuva kuti tsotsi riri mufirimu ribudirire, uchipembedza zviito zvaro zvisina kunaka kana kuti zvoutsinye! Unganzvenga sei musungo uyu?

Paunenge uchisarudza firimu kana kuti purogiramu

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\* Kuti uwane mamwe mashoko, ona Bhuku 1, chitsauko 36.



**Bvunza vaberek i vako  
kana vangada kuronga  
nguva mwedzi woga  
woga yamungadzima TV  
mova nenguva yokufara  
pamwe chete semhuri.**

yeTV, zvibvunze kuti: ‘Purogiramu iyi ichandikurudzira kuti ndinzwire vamwe tsitsi here?’ (VaEfeso 4:32) ‘Kana kuti ichaita kuti ndifarire njodzi yomumwe here?’ (Zvirevo 17:5) ‘Ichaita kuti zvindiomere ‘kuvenga zvakaipa’ here?’ (Pisarema 97:10) ‘Chaizvoizvo, ndichanzwira tsitsi vanhu “vanoita zvakaipa” here?’—Pisarema 26:4, 5.

Kukurukurwa kwefirimu muchidimbu uye kushambadzirwa kwaro kungaita kuti uzive zvishoma zviri mariri. Asi usa “ngotenda mashoko ose” usina kunyatsofunga. (Zvirevo 14:15) Nei? Kukurukurwa kwefirimu kunongoratidza mafungi-ro omumwe munhu. Uye vanoshambadza firimu racho vangarega nemaune kubudisa chokwadi chocutu firimu racho rine zvikamu zvakashata. Mumwe wechiduku anonzi Connie anoti, “Ndakaona kuti kuziva kuti vatambi vakuru vomufirimu racho ndivanaani kunowanzoita kuti uzive kuti firimu racho ringangoratidzei.”

VaKristu vezera rako vaunonamata navo vangaziva kana firimu rakati

*Musoja ari nyore ku-  
rwiswa paanenge  
achizorora zvake—uye  
paunenge wakazorora  
ndipo paungakangani-  
swa tsika dzako*



**“Ndinofarira kutamba, asi ndakadzidza kuti  
kuteerera zano revabereki vangu kunokosha.  
Handibvumiri kuti kutamba kuve chinhu  
chikuru muupenyu hwangu.” —Tina**

rakanaka. Asi yeuka kuti vanhu vanowanzokuudza zvakanakidzwa nazvo mufirimu racho. Wadii kuvabvunza kuti zvii zvisina kunaka zviri mariri? Nanga pane zvaunoda kuziva. Somuenzaniso, bvunza kana muine zvikamu zvinoratidza chisimba, zvepabonde, kana kuti kusvikirwa nemadhimoni. Vabereki vako vangakupawo mazano akanaka. Wechiduku anonzi Vanessa anoti: “Ndinobvunza vabereki vangu. Kana vachifunga kuti zvakanaka kuti ndirione, ndinoenda kunoriona.”

Usererutsa nyaya yokusarudza firimu kana kuti purogramu yeTV. Nei? Nokuti varaidzo yaunosarudza inobudisa zviri mumwoyo mako, ichiratidza tsika dzaunokoshessa. (Ruka 6:45) Zvaunosarudza zvinobudisa pachena zvakawanda nezveshamwari dzaunofarira, mutauro waunogamuchira, tsika dzezvepabonde dzaunoshivirira. Saka sarudza!

### ● **Kutamba kwose hakubvumirwi.**

**Nhemba.** Valsraeri pavakayambuka Gungwa Dzvuku ndokutiza uto revaljipiti, Miriyemu akatungamirira vakadzi pakupemberera vachitamba.

(Eksodho 15:20) Uyewo, mu-mufananidzo waJesu womwanakomana anopambadza, ku-pemberera kwakaitwa pakadzo-ka mwanakomana uyu kwaisanganisira “mimhanzi nokutamba.” —Ruka 15:25.

Ndizvo zvinoitika nhasi. Munyika dzakawanda vaduku

**WAIVIZIVA  
HERE KUTI ...**

**Kutamba uye mimhanzi  
zvaikoshawo  
pakunamata  
kwechokwadi  
kwevalsraeri.  
—Pisarema 150:4.**

nevakuru vanonakidzwa nokutamba pavanoungana pamwe chete semhuri neshamwari. Zvisinei, zvinoda kungwarira. Kunyange zvazvo Bhaibheri risingarambidzi kuungana kune mwero, rinonyevera nezve “mitambo yemafaro akanyanyisa” kana kuti “mapati oupengo.” (VaGaratiya 5:19-21; *Byington*) Muprofita Isaya akanyora kuti: “Vane nhamo vaya vanofumomuka kuti vatsvake doro rinodhaka chete, vanoswerera kusvikira manheru kwasviba zvokuti waini yacho inovapengesa! Pamitambo yavo pachava norudimbwa nechiridzwa chine tambo, gandira nenyere, uye waini; asi havatariri basa raJehovah.”—Isaya 5:11, 12.

Mitambo yakadaro yaisanganisira kushandiswa kwe “doro rinodhaka” uye mimhanzi youpengo. Yaikurumidza kutinga uye yaizopera ava manheru. Onawo mafungiro evanhu vaipinda mitambo yacho—vaiita sokuti Mwari haako! Saka hazvishamisi kuti Mwari akanga asingabvumiri mitambo yakadaro.

## ➤➤➤ **zvandinoronga kuita!**

*Kana ndikakokwa kuti ndizopinda mutimu inotamba tape-dza chikoro ndichati*



*Kana firimu randinenge ndichiona neshamwari dzangu risi-na kunaka, ndicha-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezve-nyaya iyi*



Kana ukakokwa kupati kuchange kuchitambwa, zvibvunze mibvunzo yakadai seyokuti: ‘Ndivanaani vachaendako? Vane mukurumbira worudzii? Ndiani achange achiona ne-zvepati yacho? Zvinhu zvichange zvichitarisirwa sei? Vabereki vangu vanobvuma kuti ndiende kupati iyi here? Kutamba kworudzii kuchange kuripo?’ Kutamba kwakawanda kuno-ngoitirwa kumutsa zvishuwo zvepabonde. Kutamba kwakadaro kana kuti kungokuona kungakubatsira kuti ‘utize ufeve’ here?—1 VaKorinde 6:18.

Ko kana ukakokwa kunotamba *kunightclub*? Chimbo-funga zvakataurwa newechiduku anonzi Shawn, aiwanzopedza nguva yakawanda ari kumadhindindi asati ava mu-Kristu. Anoti: “Kazhinji mimhanzi yacho yakaipa, kutamba kwacho kunowanzova kuri kwounzenza, uye vakawanda vanoenda ikoko vanenge vase chinangwa.” Shawn anoti, chinangwa chacho ndechokubva ipapo wava nomumwe munhu wokuita naye zvepabonde. Pashure pokunge adzidza Bhaibheri neZvapupu zvaJehovha, mwoyo waShawn wakaninja. Akanga ava nemaonero api? “Nzvimbo idzodzo hadzisi dzevaKristu.”

## **Nei Uchifanira Kugara Wakamuka?**

Unofunga kuti musoja ari nyore kurwiswa rini—paanenge ari muhondo here kana kuti paanenge achizorora zvake neshamwari dzake? Chokwadi, paanenge achizorora zvake ndipo paanenge asingagoni kunyatsozvidzivirira uye ndipo paanenge ari pangozi zvikuru. Saizvozwovo, paunenge uri kuchikoro kana kuti kubasa, unenge wakangwaririra zvikuru kuzvidzivirira pakunamata. Unenge wakangwaririra ngozi dzingangovapo. Pave paya paunenge wazorora neshamwari dzako ndipo paungangokanganiswa tsika dzako.

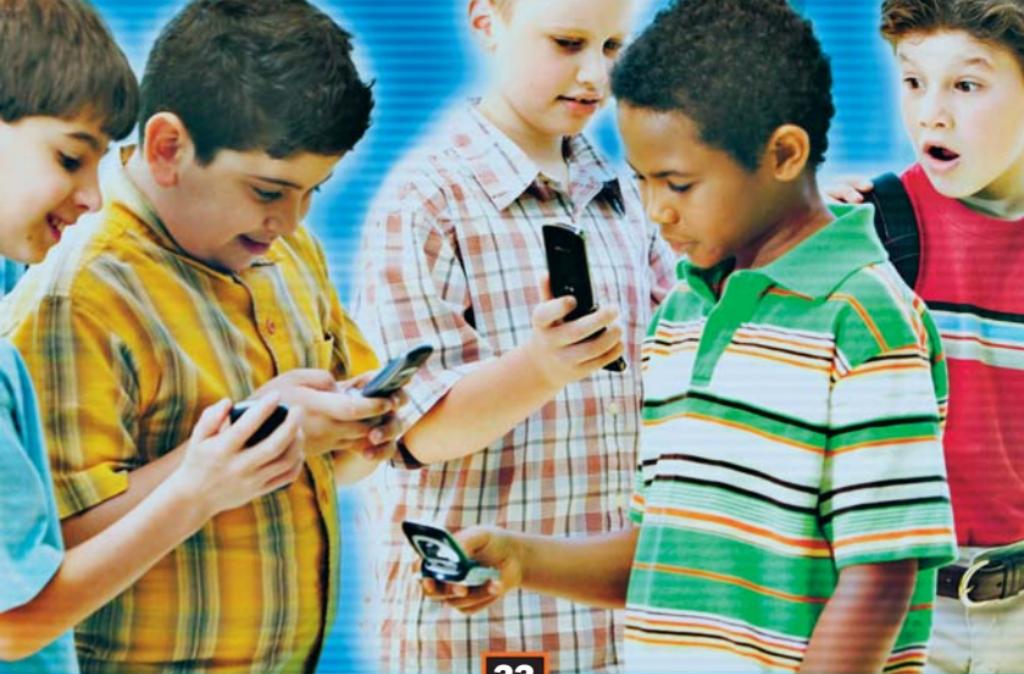
Vamwe vezera rako vangakuseka kuti unoomerera kutsika dzakakwirira dzeBhaibheri kana totaura nezvokufara. Dambudziko ringatobva kune vechiduku vakarerwa nevabereki vechiKristu. Asi hana dzevechiduku vakadaro dzakatsva. (1 Timoti 4:2) Vangakupomera kuti uri kunyanyisa kana kuti uri kuzviita munhu akarurama. Zvisinei, pane kubvuma kufurirwa, ‘iva nehana yakanaka.’—1 Petro 3:16.

Vezera rako zvavanofunga nezvako hazvisizvo zvinonyanya kukosha asi zvinofungwa naJehovah nezvako! Uye kana shamwari dzako dzichikunetsa nokuti unotevedzera han yako, unofanira kutsvaka dzimwe shamwari. (Zvirevo 13: 20) Yeuka kuti *ndiwe* unofanira kuchengetedza tsika dzako —kunyange paunenge uchifara zvako.—Zvirevo 4:23.

**ZVIRI MUCHITSAUKO CHINOTEVERA Zvinonyadzisira  
zvapararira uye zvava nyore zvikuru kuona kupfuura kare.  
Unganzvenga sei musungo uyu?**

### **UNOFUNGEI?**

- **Nei vaKristu vachifanira kudzivisa mitambo ine ngozi zvikuru?**
- **Ungaziva sei kana firimu rakakodzera?**
- **Ungarondedzera sei kutamba kunogamuchirika?**



33

## Nei ndisingafaniri kuona zvinonyadzisira?

**Kakawanda sei  
kaunosanganidzana  
nezvinonyadzisira  
usingatarisiri?**

**Izvi unowanzosangana  
nazvo kipi?**

**Unoita sei?**



- Handimbosangani nazvo
- Kashoma
- Kakawanda
  
- Palndaneti     Kuchikoro
- PaTV     Kumwewo
  
- Ndinobva ndangobvapo.
- Kuda kuziva kunoita kuti ndimboti tarirei.
- Ndinotarisa uye ndinototsvaka zvimwe.

VABEREKI vako pavaiva pazera rako, vanhu vaida kuona zvinonyadzisira vaitoita zvokuzvitsvaka. Mazuva ano, zvinonyadzisira zvachyo ndizvo zvinotokutsvaka. Mumwe musikana ane makore 19 anoti, "Dzimwe nguvu ndinenge ndichitsvaka zvimwe zvinhu kana kuti kuteenga paIndaneti kana kuti ndichitotarira masitetimendi angu okubhengi zvinonyadzisira pazvinongoerekana zvabuda! Izvi zvinoitika kakawanda. Pane kumwe kuongorora kwakaitwa, 90 muzana yevechiduku vane makore ari pakati pe8 ne16 vakataura kuti vakangoerekana vasangana nezvinonyadzisira paIndaneti—kazhinji pavaiita homuweki!

Uchifunga nezvokupararira kwazvo, ungabvunza kuti, 'Zvinonyadzisira zvakaipa chaizvoizvo here?' Mhinduro ya-cho ndihungu! Zvinonyadzisira zvinoshatisa vaya vanozviita nevaya vanozvitarira uye kazhinji zvinotungamirira pakuita unzenza. Asi zvinopfuura ipapo.

Kuona zvinonyadzisira kunogona kuva tsika ine migumisiro inokuvadza, inogara kwenguva refu. Somuenzaniso, chimbofunga nezvomumwe murume anonzi Jeff, uyo kuyange akanga ava nemakore 14 asingaoni zvinonyadzisira akabvuma kuti: "Ihondo yezuva nezuva. Chishuwo cha-cho chichiripo, kuyange zvazvo chaderera zvikuru. Ndichiri kuda kuzviona. Ndichiri kuona mifananidzo yacho mupfugwa dzangu. Ndinoshuva kuti dai ndisina kumbobvira ndafamba munzira iyi inosembura zvikuru. Pakutanga zvaiita se-zvisingakuvadzi. Asi iye zvino ndava kuziva kuti hazvina kudaro. Zvinonyadzisira zvinokuvadza, zvakaipa uye zvinoshatisa vose vanozviita nevanozvitarira. Pasinei nezvinotaurwa nevanozvitsigira, chokwadi nde-chokuti zvinonyadzisira hazvina zvazvinobatsira zvachose."



## WAIVIZIVA HERE KUTI ...

**Kunyanya kuda  
zvinonyadzisira hakuna  
kumbosiyya  
nokunyanya kuda  
zvepabonde kwaiitwa  
nemidzimu yakaipa  
yomuzuva raNoa.  
—Genesisi 6:2.**



**“Naizvozvo, urayai nhengo dzemiviri yenu  
dziri panyika kana tichitaura nezvoufeve,  
zvinhu zvisina kuchena, chido chokurara  
nomumwe munhu, kuchiva kunokuvadza,  
nokuchochora uko kunoreva kunamata  
zvidhori.” –VaKorose 3:5.**

• • • • • •

## **Kuongorora Mamiriro Acho Ezvinhu**

Ungadzivila sei kungoerekana wasangana nezvinonyadzisira? Kutanga, ongorora mamiriro acho ezvinhu. Pane zvaunogara uchisangana nazvo here? Chimboona mienzaniso inotevera:

*Vamwe vokuchikoro kwako vangangokutumira zvino-nyadzisira here netsamba yepakombiyuta kana kuti nepase-rura? Kana zvakadaro, kungava kuchenjera kuti udzime tsampa idzodzo usati wadzhivura.*

*Paunenge uri paIndaneti, mifananidzo inokukurudzira kuti utsvake mamwe mashoko inongoerekana yabuda here? Kuziva kuti izvi zvinoitika kungakubatsira kuti unyore mashoko chaiwo auri kuda uye ungwaririre mazwi aunotaipa pakutsvaka mashoko.*

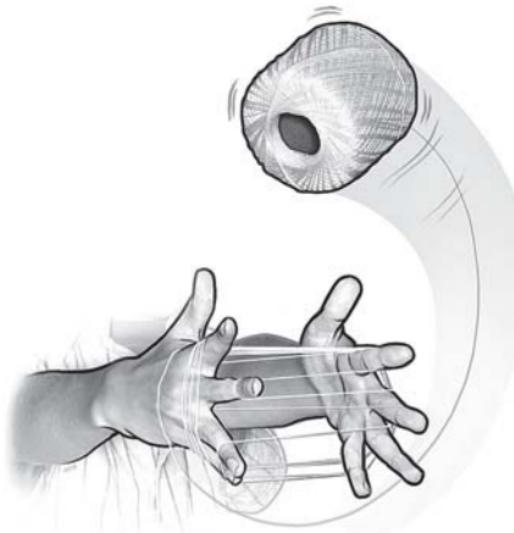
Pasi apa, nyora mamiriro ezvinhu chero api akaita kuti usangane nezvinonyadzisira.



Pane zvaungaita here kuti uderedze kana kuti urege kusangana nezvinhu zvakadaro? Kana zvakadaro, nyora pasi apa zvaunoronga kuita.

## **Kana Wakatopindwa Muropa**

Kungoerekana wasangana nezvinonyadzisira ndeimwe nyaya asi kuzvitarisa *uchida* zvako ndeimwewo. Ko kana



**Kuona zvinonyadzisira  
kunoita kuti unzwe  
uchida kuona zvime  
—ukazviona  
kakawanda, kuzvirega  
kunowedzerawo  
kuoma**

yava kutova tsika? Usambozvifurira hako—kurega muitiro uyu hakusi nyore. Kuenzanisira: Ngatitii maoko ako aka-monererwa kamwe chete neshinda. Zvichida unogona kudimbura shinda yacho nokungopatsanura maoko ako. Asi ko kudai yakamonererwa kakawanda? Kuidimbura kwaizova kwakaoma zvikuru. Ndizvo zvazvakaitawo kuvanhu vane tsika yokuona zvinonyadzisira. Pavanonyanya kuzvitarisa, ndipo pavanonyanya kusungwa nazvo. Kana izvi zvikaitika kwauri, ungaita sei kuti urege kuona zvinonyadzisira?

### **Nzwisia kuti zvinonyadzisira zvakaipa zvikuru.**

Zvechokwadi zvinonyadzisira inzira yaSatani yokushatisa chimwe chinhu chakasikwa naJehovha kuti chiremekedzwe. Kunzwisia zvinonyadzisira seizvi kuchakubatsira kuti ‘uvenge zvakaipa.’—Pisrema 97:10.

**Funga zvinoguma zvaitika.** Zvinonyadzisira zvinopara-

#### **ZANO**

**Iva nechokwadi chocuti  
kombiyuta yako  
yakaitwa kuti isabudisa  
zvinonyadzisira  
zvepalndaneti. Uyewo,  
usangovhura tsamba  
dzakanyorwa nevanhu  
vausingazivi.**

dza mhuri. Zvinoita kuti vara vanoratidzwa mazviri vataris-i-rwe pasi. Zvinoshatisa vara vanozviona. Ndokusaka Bhai-bheri richiti: "Munhu ane njere anoona dambudziko ovanda." (Zvirevo 22:3) Nyora pasi apa muenzaniso mumwe chete wedambudziko ringangokuwira kana ukava netsika yokuona zvinonyadzisira.



**Ita mhiko.** "Ini ndakatsidza kuti handizotariri musikana ndichimuchiva," akadaro murume akatendeka Jobho. (Jobho 31:1, *Bhaibheri Rinoera*) Zvinotevera 'zvitsidzo' zvauno-gona kuita:

*Handizoshandisi Indaneti pandinenge ndiri ndoga mu-mba.*

*Ndichabva ndangovhara mashoko anongoerekana abu-da kana kuti mapeji anoratidza zvinonyadzisira.*

*Ndichataurira shamwari yakura kana ndikatangazve ku-on-a zvinonyadzisira.*

Ungafunga nezvechitsidzo chimwe chete kana kuti zviviri zvingakubatsira mukurwisana nokuona zvinonyadzisira he-re? Kana zvakadaro, zvinyore pano.....

## ➤➤➤ **zvandinoronga kuita!**

*Kuti ndizvidzivirire pakuona zvinonyadzisira,  
ndicha-*



*Izvi ndizvo zvandingada kubvunza vabereki vangu nezve-nyaya iyi*

**Ndisati ndadzidza Bhaibheri, ndakanga  
ndashandisa chaizvo zvinodhaka zvinenge zvose  
zvinozivikanwa. Asi pane zvose zvakandipinda  
muropa, zvinonyadzisira ndizvo zvakanga  
zvakanyanya kundiomera kuzvirega.  
Ndakakwanisa kukunda dambudziko iri  
ndichibatsirwa naJehovha.** —Jeff

**Nyengetera nezvenyaya yacho.** Munyori wepisarema akateterera Jehovha achiti: “Itai kuti maziso angu arege kutarira zvinhu zvisina zvazvinobatsira.” (Pisarema 119:37) Jehovha Mwari anoda kuti ubudirire uye anogona kukupa simba rokuita zvakarurama!—VaFiripi 4:13.

**Udza mumwe munhu.** Kusarudza mumwe munhu wau-novimba naye kazhinji idanho rinokosha pakurega tsika iyi. (Zvirevo 17:17) Nyora pasi apa zita romumwe munhu akura waunganzwa wakasununguka kutaurira nyaya yacho.

Iva nechokwadi chokuti *unogona* kubudirira mukurwisa kwaunoita kuti utambire kure nezvinonyadzisira. Kutaura zvazviri, pose paunozvidzivila, unenge wakunda chaizvo. Udza Jehovha nezvokukunda kwacho, uye mutende kuti akupa simba iroro. Gara uchiyeuka kuti kana ukadzivila dambudziko rezvinonyadzisira, unoita kuti mwoyo waJehovha ufare!—Zvirevo 27:11.

#### **UNOFUNGEI?**

- **Zvinonyadzisira zvinoshatisa sei chimwe  
chinhu chinoremekedzwa?**
- **Ungabatsira sei mwana waamai  
vako ane dambudziko rokuona  
zvinonyadzisira?**

*zvoupenyu hwangu*

Tsanangura rudzi rwevaraidzo yaunonyanya kufarira uye  
kuti nei uchiifarira.



Ngatitii waifanira kutsanangurira munun'una wako kana  
kuti hanzvadzi yako duku kuti nei zvichikosha kuti  
asanyanya kukoshesa varaidzo. Waizotii?





# KUKURA KWAKO PAKUNAMATA

# 9

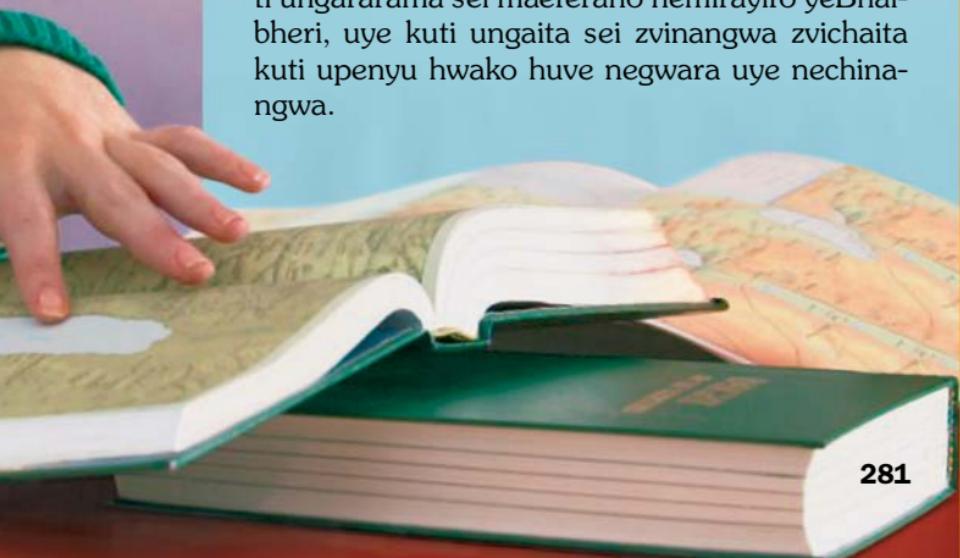
*Pane zvinotevera, ndezvipi zvakanyanya kukuomera?*



- Kudzidza Bhaibheri
- Kunyengetera kuna Jehovha Mwari nguva dzose
- Kutaura nevamwe (zvikurukuru vezera rangu)  
nezvokutenda kwangu
- Kunzwisisa uchenjeri hwemirayiro yeBhaibheri

*Pamutsetse uri pasi apa, nyora chinangwa chaungada kuva nacho pachinhu chaunoona chakanyanya kukuomera kuita.*

**Zvitsauko 34-38** zvichakubatsira kuti uone kuti ungasimbisa sei ukama hwako naMwari, kuti ungararama sei maererano nemirayiro yeBhaibheri, uye kuti ungaita sei zvinangwa zvichaite kuti upenyu hwako huve negwara uye nechinanngwa.



# Nei ndichifanira kurarama maererano nemirayiro yeBhaibheri?

*Uri kudya zvokudya zvemasikati kuchikoro nevaskana vaviri mumwe mukomana mutsva paanosvika.*

*Musikana wokutanga anoti kwauri, "Ufunge, Brett anokufarira chaizvo. Ndinoona nematarisiro aankuita. Maziso ake haabvi pauri!"*

*Musikana wechipiri anokuzendamira achizevezera obva ati, "Unombozivei? Haana musikana!"*

*Wave uchitoziva zvose izvi. Uyewo, mumwe*



**musi Brett akanga ambokukoka kumba kwavo kupati.  
Chokwadi wakaramba zvako, kunyange zvazvo waida  
chaizvo kuziva kuti chii chaizoitika dai wakabvuma.**

**Musikana wokutanga anodimburira zvauri kufunga.**

**“Kungoti ini ndinotova nomukomana, ndaizoda  
kufambidzana naBrett,” anodaro.**

**Anobva akutarira achiratidza kuvhiringidzika. Unobva  
waziva zvaachabvunza.**

**“Aaa, sei usina mukomana?” anobvunza kudaro.**

**Unotya mubvunzo iwoyo! Chokwadi ndechokuti  
unodawo kuva nomukomana. Asi wakaudzwa kuti  
zvakanaka kuti umbomira zvevakomana kusvikira  
wakura. Kudai kusiri kuti . . .**

**“Ichechi yako handitika?” musikana wechipiri anodaro.**

**‘Anga aona here zvandiri kufunga?’ unozvibvunza ne-  
chomumwoyo.**

**Anokutsvinyira achiti, “Ndimika munongoti sika-sika  
neBhaibheri. Unodii kumbofarawo dzimwe nguva?”**

WAKAMBOSEKWA here nokuti unoedza kurarama maerera-no nemirayiro yeBhaibheri? Kana zvakadaro, zvichida wakanetseka kana wakanga uri kurasikirwa nechimwe chinhu. We-chiduku anonzi Deborah akanzwa saizvozvo. Anoti, “Mirayiro yeBhaibheri yaiita seinodzvinyirira. Mararamiro emadiro aiti-twa neshamwari dzangu dzokuchikoro ainditora mwoyo.”

### **Kumhunga Hakuna Ipwa**

Hapasi pose patinodzidza zvakanakisisa kubva pane zvakaitika. Kutaura zvazviri, kuchenjera uye ndizvo zvinotaurwa neBhaibheri kuti tidzidze pane zvinokanganisa nevamwe, sezwakaitwa nomunyori wepisarema Asafi. Kwekanguva, aka-nzwa sokuti mirayiro yaMwari yainyanya kudzvinyirira. Asi kuongorora upenyu hwevaya vakasiya nzira dzaMwari kwaka-itia kuti azive kuti kumhunga hakuna ipwa. Asafi akazogumisa kuti vakanga vari “panzvimbo inotsvedza.”—Pisarema 73:18.

Uchifunga izvozvo, chimboona zvinotevera zvakataurwa nevamwe vechiduku vakambosiya mirayiro yeBhaibheri kwe-kanguva vakaita zvepabonde vasati varoora kana kuroorwa.

### ● **Zwawaifunga uye zwawakaita zvakakonzerwa nei?**

*Deborah:* “Kuchikoro ndaiona munhu wose aine waaidanana naye uye vaiita sevanofara. Pandaive navo ndichivao-na vachitsvodana uye vachimbundirana, ndainzwa godo uye ndaisurukirwa. Kazhinji ndaiswera ndichifunga nezvomumwe mukomana wandaida. Izvi zvaiita kuti chido changu chokuda kuva naye chiwedzere.”

**WAIVIZIVA  
HERE KUTI ...**

**Zvinongotora  
nguva shomanana kuti  
ukanganise ukama  
hwako naJehovha, asi  
kuhugadzirisa  
kunogona kutora  
makore.**

*Mike:* “Ndaiverenga mabhu-ku nokuona mafirimu epaTV anorumbidza zvepabonde. Ku-taura zvepabonde neshamwari dzangu kwakawedzera kuti ndi-de kuziva kuti zvinomboita sei. Zvino ndava ndoga nomusikana, ndaifunga kuti taigona kungoba-tana chete tomirira ipapo tisina kurara tose.”

*Andrew:* “Ndaiva netsika yokuona zvinonyadzisira pa-Indaneti. Ndakatanga kushapira doro. Ndaienda kumapati ai-va nevechiduku vakanga vasingaremekedzi tsika dzinodzidzis-wa neBhaibheri.”

*Tracy:* “Ndaizviziva kuti zvakaipa kuita zvepabonde musa-ti maroorana asi ndaisazivenga. Ndakanga ndisina kuronga kurara nomunhu asati andiroora asi havi yandainzwa yakaku-rrira zvandaida. Kwekanguva hana yangu yakanga isingacha-dnipi mhosva.”

### ● **Mararamiro ako aikufadza here?**

*Deborah:* “Pakutanga ndakanzwa kupombonoka uye nda-kafara kuti ndakanga ndava kukwanawo muchikwata. Asi izvi hazvina kwazvakasvika. Ndakatanga kunzwa ndisisina ku-cheni, ndapera basa uye ndisisiri inini. Ndakazvidemba kuti ndakanga ndatambisa umhandara hwangu.”

**Kuora mwoyo kunovapo pamusana  
pokurangirwa zvakaipa hakuna kuipa  
semarwadzo okuedza kuvanza zvakaipa  
zvacho.** —Donna

*Andrew:* “Zvakaramba zvichiva nyore kuti ndiite zvakaipa. Asi panguva imwe chete hana yangu yaindinetsa uye ndakanga ndisingafari.”

*Tracy:* “Unzenza hwakakanganisa uduku hwangu. Ndaifunga kuti ini nomukomana wangu taizofara chaizvo. Izvozvo hazvina kuitika. Takapedzisira tava kurwadzisana, kuita shayisan, uye kutemesana musoro. Usiku hwoga hwoga ndaiche-ma ndiri mumagumbeze, ndichingokungura kuti dai ndakaita zvinodiwa naJehovah.”

*Mike:* “Ndakatanga kunzwa kuti zvinhu zvaive zvisina kumi-mira zvakanaka. Maitiro angu aikanganisa vamwe uye ndak-edza kusava nebas a nazvo asi zvakaramba. Zvakandirwadza kuziva kuti ndaikevadza vamwe pandaiedza kuzvifadza.”

● ***Mazano api aungapa vechiduku vanofunga kuti  
tsika dzinodzidziswa neBhaibheri dzinonyanya  
kudzvinyirira?***

*Tracy:* “Teerera mirayiro yaJehovah uye shamwaridzana nevanhu vanodaro. Ukadaro uchafara.”

*Deborah:* “Zvaunoita hazvingobatanidzi iwe uye zvauno-da chete. Zvine zvazvinoita pane vamwe. Uye kana ukasateerera zano raMwari, uchazvikuadza.”

*Andrew:* “Kana usina zvakawanda zvaunoziva, uno funga kuti vezera rako vari kunakirwa noupenyu. Uchatevedzerawo zvavanoita. Saka sarudza shawmari dzako nokuchenjera. Vimba naJehovah uye hauzomboti dai ndakaziva.”

**ZANO**

**Chimbofunga kuti wai-zodzivirira sei uchenjeri hwemirayiro yeBhaibheri kana mwana waamai vako achiitsoropodza. Kutaura zvaunotenda ndiyo nzira ine simba yokuti zvigare mumwoyo mako.**



**“Ini, Jehovha, ndini Mwari wako, iye  
anokudzidzisa kuti ubatsirwe.”—Isaya 48:17.**

• • • • •

*Mike:* “Pazvinhu zvinokosha zvaunopiwa naJehovha pane chiremera chako uye umhandara hwako. Unenge wazvitambisa kana ukarasa zvipo izvi nokuti watadza kuzvidzora. Udza vabereki vako uye vamwe vanhu vakura nezvemamatambudziko ako. Kana wakanganisa, kurumidza kutaura uye wogadziriisa nyaya yacho. Kana ukaita zvinhu sezvinodiwa naJehovha, uchararama uine rugare rwomupfungwa.”

### **Mirayiro yeBhaibheri—Inodzvinyirira Here Kana Kuti Inodzivirira?**

Jehovha ndi“Mwari anofara,” uye anoda kuti iwe ufarewo. (1 Timoti 1:11; Muparidzi 11:9) Mirayiro yakanyorwa mu-Bhaibheri iripo kuti ikubatsire. Kutaura chokwadi, ungaiona seinodzvinyirira ichikutadzisa kusununguka. Zvisinei, kutaura

### **➤➤➤ *zvandinoronga kuita!***

*Kuti ndibatsirwe kunzwisia uchenjeri hwemirayiro yeBhai-  
beri, ndicha-*



*Kana ndikatanga kuchiva vara vanorarama maererano ne-  
zvinodiwa nenyika, ndicha-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezve-  
nyaya iyi*



## MUENZANISO WOKUTEVEDZERA

# Asafi

Asafi ari **panguva yakaoma** muupenyu hwa-ke. Pose paanofamba anoona vanhu vachityora mitemo yaMwari uye vachiita sevasingarangwi! Saka Asafi zvinomunetsa kana kuedza kufadza Mwari kuchikosha. Anoti, "Chokwadi ndakachenesa mwoyo wangu pasina uye ndakageza maoko angu mukusava nemhosva pasina." Zvisinei, pashure pokunge **afungisia** nyaya yacho, Asafi anochinja pfungwa dzake. Anonzwisia kuti mufaro wevakaipa **ndowenguva pfupi**. Asafi anogumisa kuti kudini? Anoudza Jehovha murwiyo achiti: "Handina chimwe chandinofarira panyika kunze kwenyu." —Pisarema 73:3, 13, 16, 25, 27.

Zvichida dzimwe nguva zvinombokunetsa kana kurarama maererano nemirayiro yaMwari kuchikosha. Asi ita sa-Asafi, uye **usavhiringidzika nokufunga kuti vanhu vakai-pa vari kufara**. Chimbofunga kuti zvinhu zvakamira sei kune vara vasina kuteerera mitemo yaJehovha. Vane rugare zvechokwadi here? Vakawana imwe nzira inoita kuti varare isingazivikanwi nevaya vakatendeka kuna Mwari here? Pashure pokunge wafungisisa nezvenyaya yacho, hapana mubvunzo kuti uchanzwa uchida kudzokorora mashoko aAsafi anoti: "**Kuswedera pedyo naMwari kwakandinaki-ra**." —Pisarema 73:28.



**Mirayiro  
yeBhaibheri  
haikutadzisi kufara;  
inokuchengetedza**

zvazviri, bumbiro retsika dzeBhaibheri rakangofanana nebhande raunosunga mumotokari kuti rikudzivirire pakukuvara panoitika tsaona.

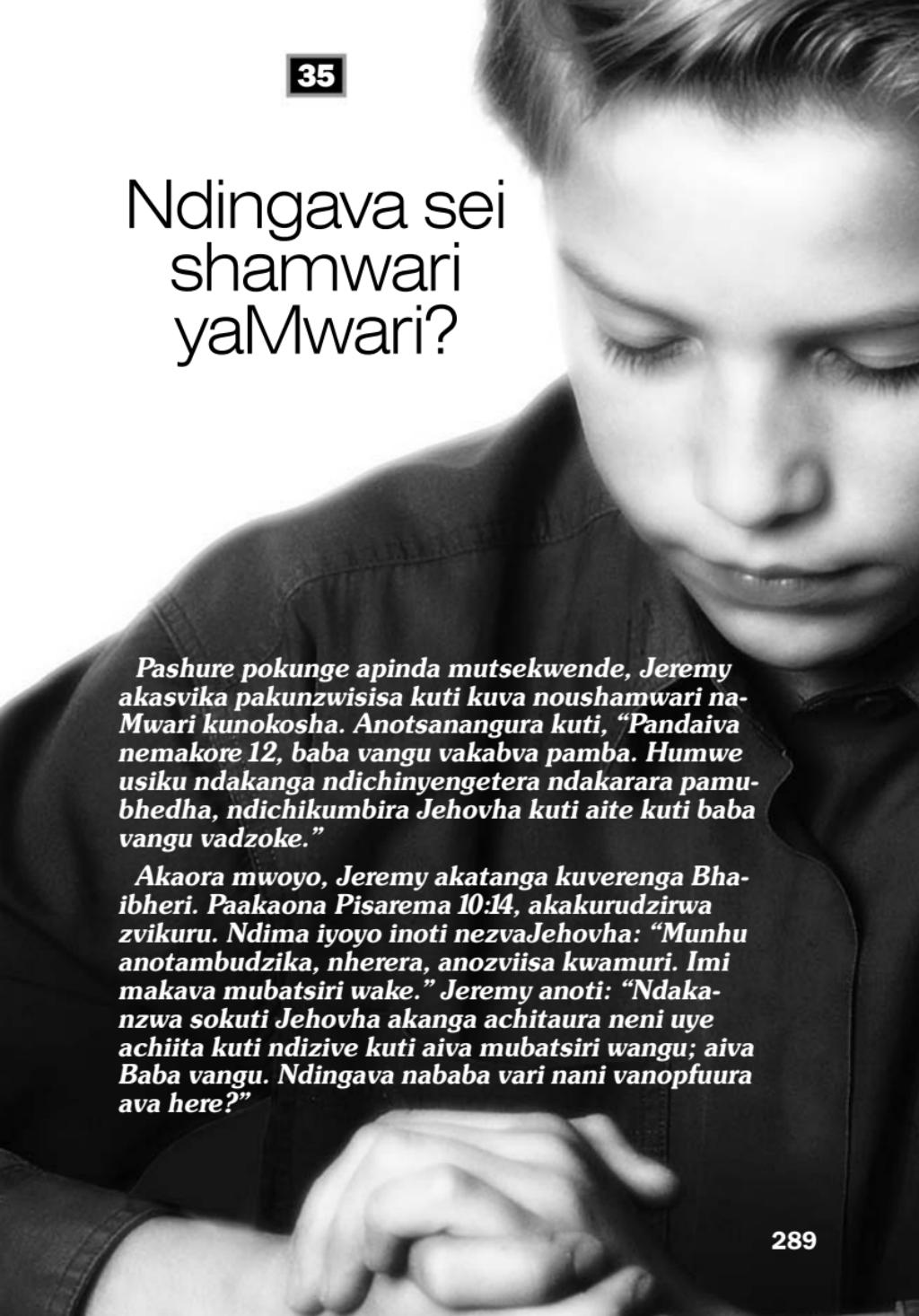
Chokwadi, unogona kuvimba neBhaibheri. Kana ukasarudza kurarama maererano nemirayiro yaro, haungofadzi Jehovha chete asi iwe uchabatsirwawo.—Isaya 48:17.

**ZVIRI MUCHITSAUKO CHINOTEVERA *Unogona kuva shamwari yaMwari. Ona kuti ungazviita sei.***

#### **UNOFUNGEI?**

- Nezvemigumisiro yokusateerera mitemo yaMwari, nei pasiri pose patinodzidza zvakakanakisia kubva pane zvakaitika kwatiri?
- Unodzidzei pane zvakataurwa naDeborah, Mike, Andrew, naTracy?
- Nei vamwe vanhu vangaona mirayiro yeBhaibheri seinonyanya kudzvinyirira, asi nei maonero akadaro ari okusachenjera?

# Ndingava sei shamwari yaMwari?



*Pashure pokunge apinda mutsekwende, Jeremy akasvika pakunzwisisa kuti kuva noushamwari na-Mwari kunokosha. Anotsanangura kuti, "Pandaiva nemakore 12, baba vangu vakabva pamba. Humwe usiku ndakanga ndichinyengetera ndakarara pamubhedha, ndichikumbira Jehovha kuti aite kuti baba vangu vadzoke."*

*Akaora mwoyo, Jeremy akatanga kuverenga Bhabiberi. Paakaona Pisarema 10:14, akakurudzirwa zvikuru. Ndima iyoyo inoti nezvaJehovha: "Munhu anotambudzika, nherera, anozviisa kwamuri. Imi makava mubatsiri wake." Jeremy anoti: "Ndakanzwa sokuti Jehovha akanga achitaura nenii uye achiita kuti ndizive kuti aiva mubatsiri wangu; aiva Baba vangu. Ndingava nababa vari nani vanopfuura ava here?"*

UNGAVA uri mumamiriro ezvinhu akafanana nea Jeremy kana kuti kwete, Bhaibheri rinoratidza kuti Jehovha anoda kuti uve shamwari yake. Kutaura zvazviri, Bhaibheri rinoti: "Swe-derai pedyo naMwari, uye iye achaswedera pedyo nemi." (Jakovho 4:8) Chimbofunga zvinoreva mashoko iwayo: Kunyange zvazvo usingagoni kumuona—uye zvechokwadi asiri we-zena rako—Jehovha Mwari ari kukukumbira kuti uve shamwari yake!



## WAIVIZIVA HERE KUTI ...

**Kuverenga kwauri  
kuita bhuku rino uye  
kuteerera zano  
reBhaibheri ririmo  
kunoratidza kuti  
Jehovha ari kukufarira.**  
—Johani 6:44.

Asi pane zvaunofanira kuita kuti uve shamwari yaMwari. Ku-enzanisira: Kana uine ruva romumba, unoziva kuti haringokuri roga. Kuti rirarame, unofanira kugara uchiridiridza uye kurisia panzvimbo yarinonyatsokura. Ndizvovo noushamwari na-Mwari. Ungaitei kuti ushamwari ihwohwo hukure?

## Kukosha Kwokudzidza

Ushamwari hunosanganisira kukurukurirana—mumwe nomumwe achiteerera uye achitaura. Ndizvo zvazvinoitawo noushamwari naMwari. Kuverenga uye kudzidza Bhaibheri ndiyo nzira yatinoteerera nayo zvatinoudzwa naMwari.—Pisarema 1:2, 3.

Chokwadi, ungave usingafariri kudzidza. Vechiduku vaka-

**Kufanana neruva  
romumba, ushamwari  
naMwari hunoda  
kushandirwa kuti  
hukure**



**“Pandaiva muduku, minyengetero yangu yaiva yokudzokorora. Iye zvino ndinoedza kunyengetera pamusoro pezvinhu zvakana uye zvakaipa zvezuva rimwe nerimwe. Sezvo pasina mazuva maviri akanyatsofanana, izvi zvinoita kuti ndisaramba ndichingodzokorora zvinhu zvimwe chetezvo.” —Eve**

wanda vangasarudza kuona TV, kutamba mutambo, kana kuti kutamba neshamwari. Asi kana uchida kukudziridza ushamwari naMwari, unotofanira kutevedzera matanho aando. Unofanira *kumuteerera* noduzidza Shoko rake.

Zvisinei, usanetseka. Kudzidza Bhaibheri hakufaniri kuvabasa. Unogona kudzidza *kukufarira*—kunyangе kana uchifunga kuti hausi munhu anofarira zvokudzidza. *Kutsaura nguva* yokudzidza Bhaibheri ndicho chinhу chokutanga chaunofanira kuita. Mumwe musikana anonzi Lais anoti, “Ndine purogiramu yangu. Ndinotanga mangwanani oga oga nokuverenga chitsauko chimwe chete cheBhaibheri.” Maria ane makore 15 ane purogiramu yakasiyana. Anoti, “Ndinongoverenga chikamu chidukuduku cheBhaibheri manheru oga oga ndisati ndarara.”

Kuti utange purogiramu yako yokudzidza, tarira bhokisi ri-papeji 292. Zvadaro, pasi apa, nyora kuti ndirini paunogona kupedza maminitsi 30 chete kana kuti kupfuura uchidzidza Shoko raMwari.

**ZANO**

**Ingoverenga mapeji mana eBhaibheri zuva rimwe nerimwe, uye ucharipedza munenge mugore rimwe chete.**



Kuronga nguva ndicho chinhу chokutanga. Kana wango-tanga kunyatsodzidza, ungaona kuti Bhaibheri harisi nyore kuverenga nguva dzose. Ungavumirana naJezreel ane makore 11, uyo anotaura pachena kuti, “Zvimwe zvikamu

## ziva Bhaibheri rako

**1. Sarudza nyaya yomuBhaibheri yaungada kuverenga.**  
Nyengeterera uchenjeri kuti unzwise zvauri kuverenga.

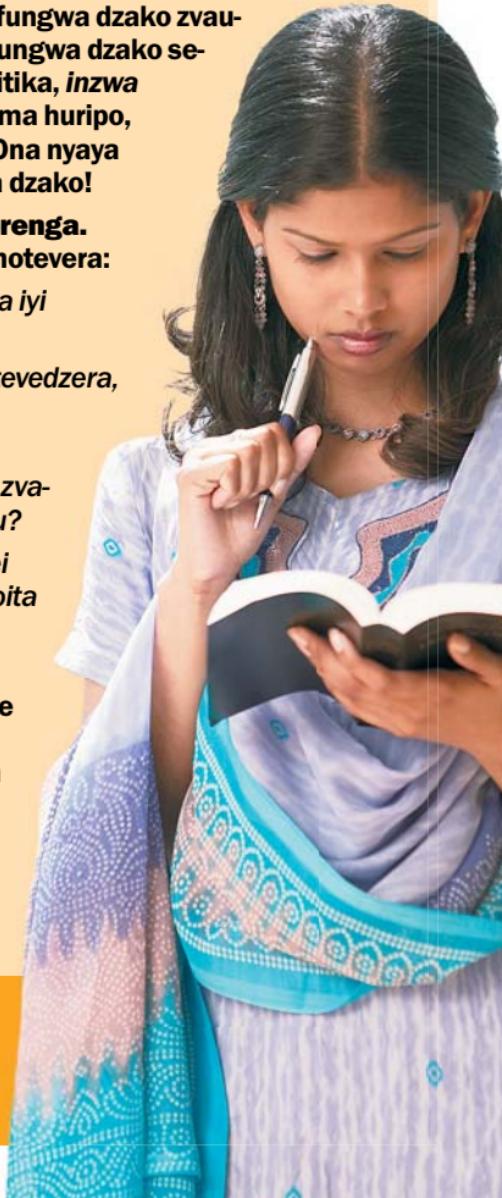
**2. Nyatsoverenga nyaya yacho.** Usamhanya-mhanya. Sezvaunoverenga, ona mupfungwa dzako zvauenenge uchiverenga. Shandisa pfungwa dzako se-zvaunogona: *Edza kuona zviri kuitika, inzwa mazwi evanhu vacho, inzwa hwema huripo, ravira zvokudya, zvichingodaro.* Ona nyaya yacho seiri kutoitika mupfungwa dzako!

**3. Funga zvauchangobva kuverenga.**  
Zvibvunze mibvunzo yakadai seinotevera:

- *Nei Jehovha akanyora nyaya iyi muShoko rake?*
- *Vanhу vapi vatinofanira kutevedzera, uye ndevapi vari mienzaniso yokutinyevera?*
- *Zvidzidzo zvipi zvinobatsira zvandingawana pakuverenga uku?*
- *Nyaya yacho inondidzidzisei nezvaJehovha uye nzira yaanoita nayo zvinhu?*

**4. Nyengetera munyengetero mupfupi kuna Jehovha.** Muudze zvawadzidza pawanga uchiverenga Bhaibheri uye kuti unoronga kuzvishandisa sei muupenyu hwako. Nguva dzose onga Jehovha nezvechipo chaakakupa—Shoko rake, Bhaibheri Dzvene!

*“Shoko renyu irambi retsoka dzangu, nechiedza panzira yangu.”—Pisarema 119:105.*





**“Vanofara vaya vanoziva zvinodiwa  
zvavo zvomudzimu.”—Mateu 5:3.**



zveBhaibheri zvinotoda kuti udzamise pfungwa uye hazvi-nyanyi kunakidza.” Kana uchinzwala saizvozvo, usakanda mapfumo pasi. Nguva dzose ona kudzidza Bhaibheri senguva yokuteerera Jehovha Mwari, shamwari yako. Pakupedzisira, kudzidza Bhaibheri kuchange kwava kunakidza uye kuchipa mubayiro zvichienderana nokuti unoriverenga zvakadini!

### **Munyengetero Unokoshia**

Munyengetero ndiyo nzira yatinotaura nayo naMwari. Chimbofunga kuti munyengetero chipo chinoshamisa zvakadini! Unogona kutaura naJehovha Mwari chero nguva, si-ku nesikati. Nguva dzose anotinzwa. Kupfuura izvi, anoda kunzwa zvaunotaura. Ndokusaka Bhaibheri richikukurudzi-ra kuti: “*Muzvinhu zvose kukumbira kwenyu ngakuziviswe Mwari nokunyengetera nokuteterera pamwe chete nokuo-nga.*”—VaFiripi 4:6.

Sezvinoratidza norugwaro urwu, pane zvinhu zvakawanda zvaunogona kutaurira Jehovha. Izvi zvingasanganisira zvinhu zvinokunetsa uye zvinokudya mwoyo. Zvinogona ku-sanganisirawo zvinhu zvaunoonga. Kutaura zvazvir, hauongi shamwari dzako nokuda kwezvinhu zvakakanaka zvadzakakui-tira here? Unogonawo kuonga Jehovha, uyo akakuitira zvakawanda kupfuura zvinogona kuitwa neshamwari chero ipi zvayo.—Pisarema 106:1.

Pasi apa, nyora zvimwe zvinhu zvinoita kuti uonge Jeho-vha.

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Hapana mubvunzo kuti apo neapo unoremerwa nezvinhu

## **zvinhu zvokutanga pakutanga**

**Wakabatikana zvokutadza  
kunyengetera here?  
Hauna nguva yokuverenga  
Bhaibheri here? Kazhinji,  
zvinoenderana nemarongero  
aunoita zvinhu zvako.**

**Edza izvi:** Tora bhaketi woisa matombo. Zvino chidira jecha mubhaketi racho kusvika razara. Iye zvino wava nebhaketi rakazara nematombo uye jecha.

Chikutura zviri mubhaketi racho, asi chengeta jecha rimwe chete iroro nematombo acho. Dzokorora kuita izvi uchitanga nejecha: Zadza bhaketi nejecha, uye chiedza kuisa matombo mubhaketi macho. Muchine nzvimbo here? Hamuchina nokuti panguva ino watanga kuisa jecha.

**Unodzidzei?** Bhaibheri rinoti: 'Iva nechokwadi nezvinhu zvinokosha kupfuura zvimwe.' (VaFiripi 1:10) Kana ukaisa zvinhu zviduku zvakaita sevaraidzo panzvimbos yokutanga, zvinoita sokuti haumbofi wakawana nzvimbo yezvinhu zvinokosha muupenyu—zvinhu zvine chokuita nokunamata. Asi kana uchiteerera zano reBhaibheri, uchaona kuti une nzvimbo yezvose zviri zviviri, zvinhu zvine chokuita noUmambo uye varaidzo. Zvose zvinoenderana nokuti ndezvipi zvaunotanga kuisa mubhaketi rako!



zvinotyisa uye zvinokudya mwoyo. Pisarema 55:22 rinoti: "Kanda mutoro wako pana Jehovha, iye achakutsigira. Haazombobvumiri munhu akarurama kuti azununguke."

Pamitsetse inotevera, nyora zvinhu zvinokunetsa zvau-  
ngada kunyengetera nezvazvo.



## Zvakaitika Kwaauri

Pane chimwe chinhu chine chokuita noushamwari hwako naMwari chausingafaniri kuregeredza. Munyori wepisarema Dhavhidhi akanyora kuti: "Ravirai henu muone kuti Jehovha akanaka." (Pisarema 34:8) Dhavhidhi paakanyora Pisarema rechi34, akanga achangobva kubuda mutsekwende. Akanga achitiza Mambo Sauro uyo aida kumuuraya—dambudziko raimuvhiringidza zvikuru. Asi aifanira kupotera pakati pevavengi vake vaFiristiya. Paakanga aita sokunge kuti atarisa na norufu, Dhavhidhi akanyepera kupenga uye akwanisa kupukunya.—1 Samueri 21:10-15.

Dhavhidhi haana kuti kupona kwaakaita nepaburi retsono kwaiva kuchenjera kwake. Asi akaita kuti Jehovha akudzwe. Mundima dzokutanga dzepisarema rataurwa pamusoro apa, akanyora kuti: "Ndakabvunza Jehovha, iye akandipindura, akandinunura pazvinhu zvose zvaindityisa." (Pisarema 34:4) Naizvozvo, kubva pane zvakanga zvaitika kwaari,

## »»» **zvandinoronga kuita!**

*Kuti ndiwane zvakawanda pakudzidza Bhaibheri ndiri ndoga, ndicha-*



*Kuti ndigare ndichinyengetera, ndicha-*

*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*

Dhavhidhi aigona kukurudzira vamwe kuti “ravirai henyu mu-one kuti Jehovha akanaka.”\*

Ungafunga zvakamboitika muupenyu hwako zvinoratidza kuti Jehovha ane hanya here? Kana zvakadaro, zvinyore pasi apa. Herino zano: Chinoitika chacho hachifaniri hacho kuva chinoshamisira. Edza kufungisisa zvikomborero zviduku zva-unowana zuva nezuba, zvime zvachozvingarerutswa nyore nyore.



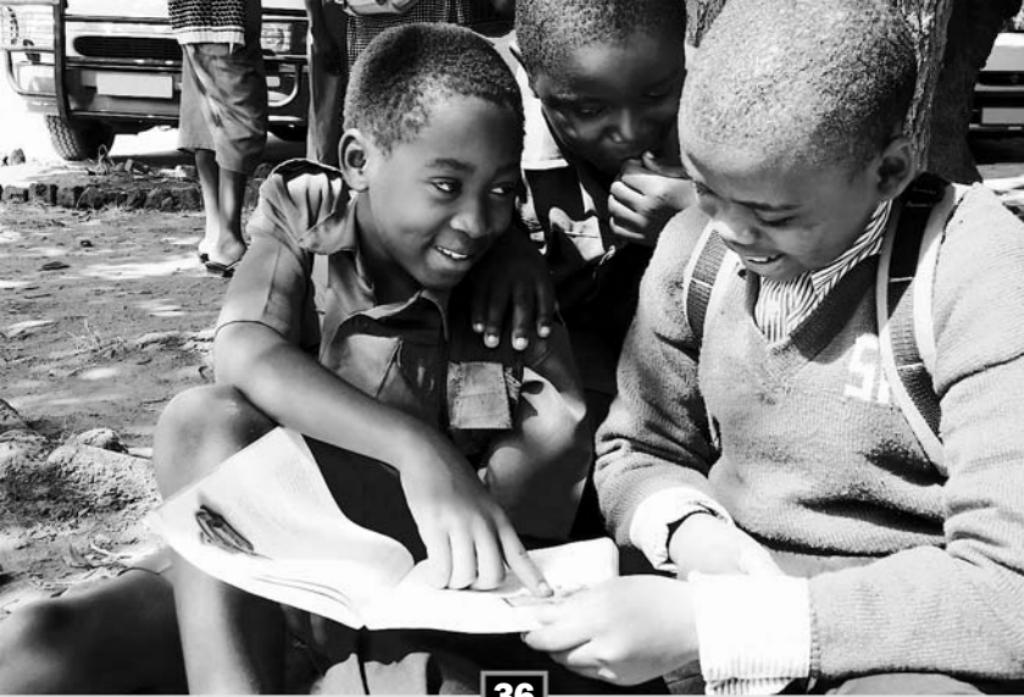
Zvichida vaberekii vako vakakudzidzisa nezveBhaibheri. Kana zvakadaro, ichocco chikomborero. Zvisinei, unofani-ra kutanga ushamwari *hwepedyo* naMwari. Kana usati waita izvi, unogona kushandisa mashoko ari muchitsauko chino ku-kubatsira kutanga kuva nahwo. Jehovha achakomborera zva-unoeedza kuita. Bhaibheri rinoiti: “Rambai muchikumbira, uye muchapiwa; rambai muchitsvaka, uye muchawana.”—Mateu 7:7.

\* Mamwe maBhaibheri anoshandura mashoko aya okuti “ravirai henyu muone” kuti “zvionerei mogu,” uye “edzai muone.”—Contemporary English Version, uye Bhaibheri Rinoera.

### **ZVIRI MUCHITSAUKO CHINOTEVERA *Zvakakuomera here kuudza vamwe nezvaMwari?* Dzidza kuti ungadzivirira sei zvaunotenda.**

#### **UNOFUNGEI?**

- **Ungaita sei kuti kudzidza Bhaibheri uri woga kuwedzere kunakidza?**
- **Nei Jehovha achida kuteerera minyengetero yevanhu vasina kukwana?**
- **Unganatsridza sei minyengetero yako?**



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## Ndingadzivirira sei kutenda kwangu muna Mwari?

*Chii chingangokutadzisa  
kuudza waunodzidza naye  
nezvokutenda kwako?*



- Kusava nezivo yeBhaibheri
- Kutya kusekwa
- Kusaziva kuti wotanga sei kukuruka

*Inzira ipi yokutaura nezvo-  
kutenda kwako yaungaona  
iri nyore zvikuru?*

- Kutaura nomumwe mudzidzi  
muri vaviri
- Kutaura pamberi pekirasi yose
- Kunyora ronderedzero yezvandino-  
tenda zviri muBhaibheri

*Nyora wokuchikoro kwako  
waunofunga kuti achabvu-  
ma kukurukura newe  
Bhaibheri kana uchiziva  
matangiro aungaita  
nyaya yacho.*

.....

ZVICHIDA kutaura nezvaMwari haisi nyaya inonyanya kufarirwa nevokuchikoro kwako. Taura dzimwe nyaya dzakadai—mitambo, mbaty, kana kuti vakomana nevasikana—uye muchatanga kukurukurirana zvine upenu. Asi taura nezvaMwari, pangabva paita runyararo sokunge pafiwa.

Hakusi kuti vezera rako havatendi muna Mwari; vechiduku vakawanda *vanotenda* maari. Asi vamwe vanonyara kukurukura nezvenyaya yacho. ‘Hazvinakidzi,’ vangafunga kudaro.

### **Ko iwe?**

Kana uchizeza kutaura nevokuchikoro kwako nezvaMwari, zvinonzwisisika. Hapana anonakidzwa nokusateererwa, uye kusekwa kwakatonyanya kuipa! Izvozvo zvingaitika here kana ukataura zvaunotenda? Hungu zvingaitika. Ukuwo, vezera rako vangatokushamisa. Vakawanda vavo vari kutsvaka mhinduro dzemibvunzo yakadai: Nyika ino iri kunanga kupi? uye Nei yakazara nezvinetso kudai? Vezera rako vangatokurukura nyaya idzi nomumwe wezera ravo pane kudzikurukura nomuhnhu mukuru.



Kunyanje zvakadaro, kukurukura nevezera rako *ne-zvechitendero* kungaita sebasa rakaoma zvikuru. Zvisinei, haufaniri hako kupa pfungwa yokuti uri munhu anonyanyisa, uyewo haufaniri kunte-tseka nezvokutaura zvinhu chaizvo *sezvazviri*. Kutaura zvaunotenda kungangoti fananei nokuridza

***Kufanana nokuridza chiridza,  
zvinoda unyanzvi kuti utaure  
nezvokutenda kwako  
—ukadzidzira, unova nyanzvi***



**Chikoro indima yokuparidzira inogona  
kungosvikwa nesu chete.** —Iraida



chiridzwa. Zvakaoma here pakutanga? Zvichida. Asi kana uka-ramba uchidzidzira zvinova nyore, uye zvaunoita zvichabudiri-ra. Zvisinei, ungtanga sei kukurukura?

Kazhinji, ungakurukura chimwe chinhu chaunonzwa waka-sununguka kutaura nezvacho. Somuenzaniso, zvichida kana paine chimwe chinhu chichangobva kuitika chiri kukurukurwa kuchikoro, unogona kutaurawo maonero ako omuMagwaro. Kana kuti ungaedza kutaura nomunhu mumwe chete wauno-dzidza naye. Zvimwe zviri nyore ndezvokuti vamwe vaKristu vechiduku vakangoisa bhuku rinotsanangura Bhaibheri padhe-siki kuti vaone kana richitora mwoyo womumwe wavanodzi-dza naye. Kazhinji, zvinoshanda uye munobva matanga kuku-rukura!

*Ungaedza nzira ipi pane dziri pamusoro apa?*



Ungafunga nezveimwe nzira yaungakurukura kutenda kwako newaunodzidza naye here? Kana zvakadaro, inyore pa-si apa.

Dzimwe nguva rimwe basa rokuchikoro rinokupa mukana wokupupurira zvaunotenda. Somuenzaniso, ungaitei kana nya-ya yokushanduka-shanduka kwezvinhu ikamuka? Ungadzi-virira sei kutenda kwako mune zvakasikwa?

### ZANO

**Ngwarira zvaunoita pa-unenge uchitaura  
zvaunotenda. Kana  
uchiita kunge unonyara,  
ungaita kuti vezera rako  
vakuseke. Asi kana uka-  
taura nechivimbo  
—sezvinoita vokuchiko-  
ro kwako pavanotaura  
maonero avo—vanga-  
ngokuremekedza.**





**“Handinyari nemashoko akanaka; iwo chokwadi, isimba raMwari rinoponesa kumunhu wose anotenda.”—VaRoma 1:16.**

• • • • •

## **Kudzivirira Dzidziso Yokuti Zvinhu Zvakasikwa**

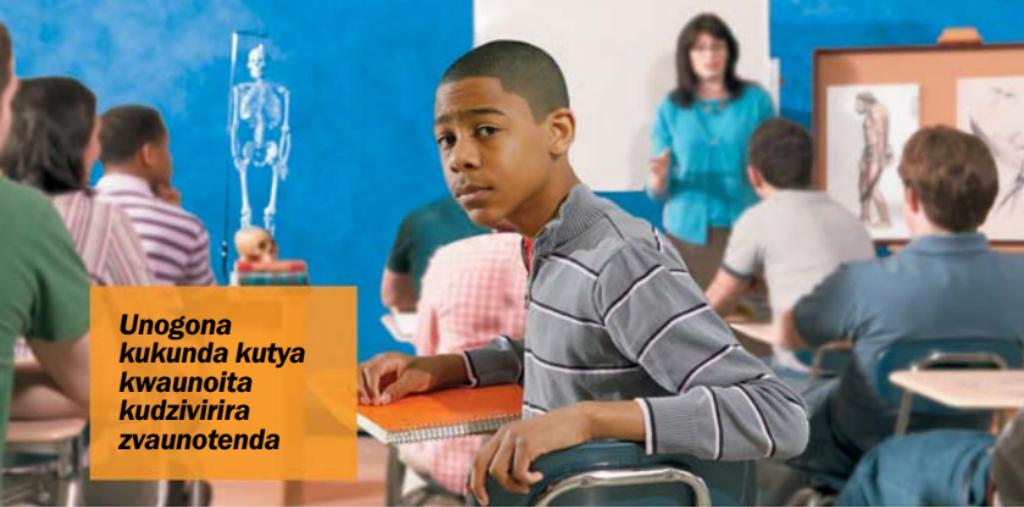
Wechiduku anonzi Ryan anoti, “Pakanga pachikurukuruwa dzidziso yokushanduka-shanduka mukirasi, yakanga yakasiyana nezvose zvandakanga ndadzidziswa. Yakakurukuruwa sechokwadi uye izvozvo zvakandityisa.” Mumwe musika-na anonzi Raquel anotaurawo zvakafanana. Anoti, “Ndakaty zvikuru mudzidzisi anodzidzisa nezvoupenyu hwevanhu paakti muchidzidzo chinotevera tai-zodzidza nezvokushanduka-shanduka. Ndaiziva kuti ndaifanira kutsanangurira kirasi zvandaite-nda panyaya iyi yaiva pamakakan-tanwa.”

**Dzimwe nguva vadzidzisi pavanokumbirwa kuti varatidze kuti dzidziso yokushanduka-shanduka ndeyecho-kwadi, vanoona kuti havakwanisi kudaro uye vanosvika pakuziva kuti vanongobvuma dzidziso yacho nokuti ndizvo zvavakadzidzisawa.**

mabhuku okuchikoro anoti upenyu hwakavapo nokushanduka-shanduka, uye ndizvo zvinotaurwawo nomudzidzisi wako. Ndiwe ani kuti upikise zvinotaurwa ne“nyanzvi”?

Iva nechokwadi chokuti hausiwe woga asingatendi dzidziso yokushanduka-shanduka. Chokwadi ndechokuti, kunyangemamwe masayendisiti haaitendi. Vadzidzisi nevadzidzi vakan-wanda havaitendiwo.

Zvisinei, kuti udzivirire zvaunotenda mune zvakasikwa, unofanira kuziva zvinonyatsodzidziswa neBhaibheri nezvenya-



**Unogona  
kukunda kuya  
kwaunoita  
kudzivirira  
zvaunotenda**

ya yacho. Hapana chikonzero chokuitisana nharo pazvinhu zvisingataurwi zvakananga neBhaibheri. Chimboona mienzaniso mishomanana.

**Bhuku rangu resayenzi rinoti pasi uye zuva nenyika dzinotenderera pariri zvave zviripo kwemabhiriyon emakore.** Bhaibheri rinoti pasi nezvimwe zvinhu zvose zvomuchadenga zvaivapo zuva rokutanga rokusika risati ravapo. Nokudaro, pasi uye zuva nenyika dzinotenderera pariri zvingave zvave zviripo kwemabhiriyon emakore.—Genesisi 1:1.

**Mudzidzisi wangu anoti nyika yaisagona kusikwa mu-mazuva matanhatu chete.** Bhaibheri haritauri kuti mazuva matanhatu okusika aiva emaawa 24 chaiwo.

**Kirasi yedu yakakurukura mienzaniso inoverengeka yokuchinja kwemhuka nevanhu kwakatora nguva.** Bhaibheri rinoti Mwari akasika zvinhu zvipenu "maererano nemarudzi azvo." (Genesisi 1:20, 21) *Haritsigiri* pfungwa yokuti upenyu hwakabva muzvinhu zvisina upenyu kana kuti Mwari akaita kuti kushanduka-shanduka kuvepo zvichitanga nesero rimwe chete. Asi "rudzi" rumwe norumwe runogona kuva nemhando dzakasiyana-siyana. Saka Bhaibheri rino bhumira kuti pave nokuchinja mu "rudzi" rumwe norumwe.

Uchifunga zvakurukurwa muchitsauko chino, ungapindura sei kana mudzidzisi kana kuti waunodzidza naye akati:

“Sayenzi yakaratidza kuti takavapo nokushanduka-shanduka.” 

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“Handitendi muna Mwari nokuti handigoni kumuona.”

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## Iva Nechokwadi Chezvaunotenda!

Kana uri kurerwa nevabereki vechiKristu, ungatenda dzidziso yokusika nokungoti ndizvo zvawakadzidziswa. Zvisinei, iye zvino zvauri kukura, unoda kunamata Mwari ‘nesimba rako rokufunga,’ uchiva nenheyo yakasimba yezvaunotenda. (Va-Roma 12:1) Uchifunga izvozvo, zvibvunze kuti, ‘Chii chinoita kuti *ini* ndive nechokwadi chokuti kune Musiki?’ Sam ane makore 14 anofunga nezvomuviri womunhu. Anoti, “Une zvakawanda uye haunzwisisiki, uye nhengo dzawo dzose dzinoshanda pamwe chete zvakanaka. Muviri womunhu haugoni kunge wakashanduka-shanduka!” Holly ane makore 16 anobvumira-

## zvandinorongā kuita!

Kuti nditange kukurukura Bhaibheri newandinodzidza naye, ndinga-

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Kana ndikabvunzwa kuti *nei* ndichitenda kuti kune Musiki ndichati

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Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi

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na nazvo. Anoti, "Kubvira pandakaziva kuti ndaiva nechirwe-re cheshuga, ndakadzidza zvakawanda nezvokushanda kunoita muviri. Somuenzaniso, zvinoshamisa kuti rwtata—nhe-ngo dukuduku iri kuseri kwedumbu—runoita basa rakakura kudaro kuita kuti ropa nedzimwe nhengo zvirambe zvichishanda."

Pasi apa, nyora zvinhu zvitatu zvinoita kuti *utende* kuti ku-ne Musiki.

1. ....
2. ....
3. ....

Hapana chikonzero chokuti unzwe usina kusununguka ka-na kuti uchinyara nokuti unotenda muna Mwari uye mune zva-akasika. Tichifunga nezvouchapupu huripo, zvine musoro cha-izvo kutenda kuti isu vanhu takavapo nokurongwa kwezvinhu noungwaru.

Pakupedzisira, kushanduka-shanduka ndiko kunoda kuti uve nokutenda kwakawedzerwa kupfuura zvingadiwa pakute-nda zvakasikwa—kureva kuti kutenda zvishamiso pasina mu-it i wazvo! Pashure pokunge wafungisisa nyaya iyi uchishandisa simba rako rokufunga, uchawedzera kuva nechivimbo pakudzi-virira kutenda kwako muna Mwari.

**ZVIRI MUCHITSAUKO CHINOTEVERA *Unoona vamwe vezera rako vachibhabhatidzwa. Wagadzirira kutora danho iri here?***

**UNOFUNGEI?**

- **Nei zvichikosha kuti uudze vamwe zvaunotenda?**
- **Kuchikoro ndedzipi dzimwe nzira dzaungataura nadzo wakasununguka kuti unotenda kuti zvinhu zvakasikwa?**
- **Ungaratidza sei kuti unoonga Munhu akasika zvinhu zvose?—Mabasa 17:26, 27.**

# Ndinofanira kubhabhatidzwa here?

**Maka zvirevo zvinotevera kuti chokwadi kana kuti nhema:**

**VaKristu vanofanira kubhabhatidzwa.**

- Chokwadi
- Nhema

**Chinangwa chikuru chokubhabhatidzwa  
ndechokukubatsira kuti usaita chivi.**

- Chokwadi
- Nhema

**Kubhabhatidzwa kunoita kuti  
uwane ruponeso.**

- Chokwadi
- Nhema

**Kana usina kubhabhatidzwa, hauzvidaviri-  
ri kuna Mwari pane zvaunoita.**

- Chokwadi
- Nhema

**Kana shamwari dzako dziri kubhabhati-  
dzwa, zvinoreva kuti newewo wagadzirira  
kubhabhatidzwa.**

- Chokwadi
- Nhema

KANA uri kurarama maererano nemirayiro yaMwari, uchiku-  
dzirdza ushamwari naMwari uye uchiudza vamwe zvaunote-

nda, unobva wangofunga nezvo-  
kubhabhatidzwa. Asi unoziva sei  
kana wagadzirira danho iroro?  
Kukubatsira kuti upindure mu-  
bvunzo iwoyo, ngatikurukurei  
zvirevo zviri pamusoro apa zvi-  
noda kupindurwa kuti chokwadi  
kana kuti nhema.



**WAIVIZIVA  
HERE KUTI ...**

**Kubhabhatidzwa chi-  
mwe chezvinhu  
zvinokosha zvinoumba  
“chiratidzo” chokuti  
uchapona.—Ezekieri 9:  
4-6.**



**“Mupe miviri yenu sechibayiro chipenyu,  
chitsvene, chinogamuchirika kuna Mwari,  
iro basa dzvene nesimba renyu  
rokufunga.”—VaRoma 12:1.**

• • • • • •

### ● **VaKristu vanofanira kubhabhatidzwa.**

**Chokwadi.** Jesu akarayira kuti vadzidzi vake vabhabhatidzwe. (Mateu 28:19, 20) Kutaura zvazviri, Jesu pachake akabhabhatidzwa achizvidira. Kuti utevere Kristu, unofanira kubhabhatidzwa paunenge wakura zvakakwana zvokugona kusarudza izvozvo uye wava kunyatsoda kubhabhatidzwa.

### ● **Chinangwa chikuru chokubhabhatidzwa ndechokukubatsira kuti usaita chivi.**

**Nhema.** Kubhabhatidzwa chiratidzo chepachena chokuti wakazvitsaurira kuna Jehovha. Kuzvitsaurira kwako hachisi chivumirano chinokurambidza kuita zvinhu zvawaizoda kuita muchivande. Pane kudaro, wakazvitsaurira kuna Jehovha nokuti unoda kurarama maererano nemirayiro yake.

### ● **Kubhabhatidzwa kunoita kuti uwane ruponeso.**

**Chokwadi.** Bhaibheri rinoti kubhabhatidzwa idanho rinkosha rokuwana ruponeso. (1 Petro 3:21) Zvisinei, izvi hazvirevi kuti kubhabhatidzwa kwakaita seinishuwarenzi yaunotenga kuti uzvidzivirire kana wapinda munjodzi. Unobhabhatidzwa nokuti unoda Jehovha uye unoda kumushumira nokusingape-ri nomwoyo wako wose.—Mako 12:29, 30.

### ● **Kana usina kubhabhatidzwa, hauzvidaviriri kuna Mwari pane zvaunoita.**

**ZANO**

**Uchibatsirwa nevabereki  
vako, tsvaka mumwe  
munhu muungano  
anogona kukubatsira  
kuti ufambire mberi  
mune zvokunamata.  
—Mabasa 16:1-3.**



**“Kuziva kuti ndakanga ndabhabhatidza  
kwakandibatsira kusarudza nokuchenjera  
uye kuti ndisaita chimwe chinhu chingadai  
chakazondipinza mutsekwende.” —Holly**

**Nhema.** Jakobho 4:17 inoti: “Kana munhu achiziva kuita zvakarurama asi asingazviiti, iye ari kuita chivi”—pasinei no-kuti akabhabhatidza kana kuti kwete. Saka kana uchiziva zvakarurama uye wakura zvakakwana zvokugona kunyatso-fungisisa nezvoupenyu hwako, zvichida iyi ndiyo nguva yokutaura nyaya yacho nomubereki kana kuti nomumwe muKristu akura. Ukaita izvozvo, unogona kudzidza kuti ungfambira mberi sei kusvika pakubhabhatidza.

● **Kana shamwari dzako dziri kubhabhatidza,  
zvinoreva kuti newe wagadzirirawo kubhabhatidza.**

**Nhema.** Kusarudza kubhabhatidza kunofanira kubva pamwoyo wako unoda. (Pisarema 110:3) Unofanira kungobhabhatidza chete kana wava kunyatsoziva kuti kuva mu-mwe weZvapupu zvaJehovah kunosanganisirei uye paunenge wava nechokwadi chokuti wagadzirira kuita izvi.—Muparidzi 5:4, 5.

(Inopfuirira papeji 310)

## ➤➤➤ **zvandinoronga kuita!**

*Kuti ndifambire mberi kusvika pakubhabhatidza, ndicha-wedzera kunzwisia kwandinoita dzidziso dzeBhaibheri dzinotevera:*



*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*

## **mibvunzo inowanzobvunzwa nezvorubhabhatidzo**

**Rubhabhatidzo runofananidzirei?** Kunyudza mumvura uye kubudiswa zvinoreva kuti wafa muupenyu hwokuraramira kutsaka zvaunoda uye waitwa mupenyu kuti uite zvinodiwa naJehovha.

**Zvinorevei kutsaurira upenyu hwako kuna Jehovha?** Zvinoreva kuzviramba, uchivimbisa kuisa zvinodiwa naMwari pamberi pezvose. (Mateu 16:24) Zvakakodzera kuti uzvitsaurire nemwoyo wose kuna Jehovha mumunyengetero pane imwe nguva usati wabhabhatidza.

**Unofanira kunge uchiitei noupenyu hwako usati wabhabhatidza?** Unofanira kunge uchirarama maererano neShoko raMwari uye uchiudza vamwe zvaunotenda. Unofanira kunge uchikudziridza ushamwari naMwari kuburikidza nomunyengetero uye kudzidza Shoko rake. Unofanira kushumira Jehovha nokuti ndozvawakasarudza—kwete nokuti vamwe vari kuti uite izvozvo.

**Pane zera here rintonzi ndiro raunofanira kubhabhatidza?** Zera harisiro rintonya kukosha. Asi unofanira kunge wanyatsokura—uye uchiziva zvauri kuita—zvokuti unonzvisisa zvinoreva kuzvitsaurira.

**Ko kana uchida kubhabhatidza asi vabereki vako vachiti umbomira?** Zvichida vanenge vachida kuti umboziva zvinodiwa pakurarama kwechiKristu.

Koshesa mazano avo, uye shandisa nguva ino kusimbisa ushamwari hwako naJehovha.—1 Samueri 2:26.



## **uri kufunga nezvokubhabhatidza here?**

Ona kuti wafambira mberi zvakadini nokufunga mibvunzo uye zvirevo zviri pasi apa. Iva nechokwadi chokuverenga magwaro aripo usati wanyora mhinduro dzako.

**Uri kuratidza kuvimba najehovha munzira dzipi iye zvino?**

—Pisarema 71:5.



Wakaratidza sei kuti masimba ako okunzwisa  
akarovedzwa kusianisa zvakanaka kubva pane zvakaipa?

—VaHebheru 5:14.

**Unonyengetera kakawanda sei?**

Minyengetero yako yakajeka zvakadini, uye inoratidzei  
nezvokuda kwaunoita Jehovha? —Pisarema 17:6.

Nyora pasi apa zvinangwa chero zvipi zvaungada kuva nazvo  
zvine chokuita neminyengetero yako.

**Unodzidza Bhaibheri uri woga kakawanda sei?**

—Joshua 1:8.

**Zvii zvaunobatanidza paunodzidza uri woga?**

**Nyora pasi apa zvinangwa zvaungada kuva nazvo zvine chokuita nokudzidza uri woga.**

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**Ushumiri hwako huri kubudirira here?** (Mienzaniso:

Ungatsanangurira vamwe dzidziso huru dzeBhaibheri here? Unodzokera kune vanhu vanofarira here? Uri kuedza kuti uve nomumwe munhu waunodzidzisa Bhaibheri here?)  Hungu  Kwete

**Unobuda muushumiri kunyange vabereki vako vasingabudi here?**—Mabasa 5:42.  Hungu  Kwete

**Nyora pasi apa zvinangwa chero zvipi zvaungada kuva nazvo zvine chokuita noushumiri hwako.**—2 Timoti 2:15.

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**Ungati kupinda kwaunoita misangano ndekwenguva dzose here kana kuti ndekweapo neapo?**—VaHebheru 10:25.

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**Unoitawo zvimwe zvinhu pamisangano munzira dzipi?**

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**Unopinda misangano vabereki vako pavasingakwanisi here (kana vachikubvumira kudaro)?**  Hungu  Kwete

**Ungataura kuti unofarira zvechokwadi kuita zvinodiwa naMwari here?**—Pisarema 40:8.  Hungu  Kwete

**Unganyora here kuti ndepapi nepapi pawakaramba kufurirwa nevezera rako?**—VaRoma 12:2.

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**Uri kuronga sei kuti kuda kwaunoita Jehovha kurambe kwakasimba?**—Judha 20, 21.

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**Ungashumira Jehovha kunyange vabereki vako neshamwari dzako vakarega kudaro here?**

—Mateu 10:36, 37.  Hungu  Kwete



**Kufanana nomuchato,  
kubhabhatidza idanho rinochinja  
upenyu—hakufaniri kurerutswa**

(Inobva kupeji 306)

### **Danho Rinochinja Upenyu**

Kubhabhatidza idanho rinochinja upenyu rinoita kuti uwane zvikomborero zvakawanda. Panguva imwe chete, kuno-sanganisira basa chairo—rokurarama mae-rerano nokuzvitsaurira kwawakaita kuna Jehovha.

Wava pedyo nokutora danho iri here? Kana zvakadaro, une chikonzero chakanaka cho-kufara. Wakamirirwa neropafadzo inopfuura dzose—yokushumira Jehovha nemwoyo wose uye kurarama nenzira inoratidza kuti zvechokwadi wakazvitsaurira kwaari.—Mateu 22:36, 37.

**ZVIRI MUCHITSAUKO CHINOTEVERA** *Dzidza kuti ungava sei nezvinangwa kuitira kuti ugone kushandisa upenyu hwako nokuchenjera.*

#### **UNOFUNGEI?**

- Nei kubhabhatidza riri danho rinokosha kudaro?
- Chii chingaitisa kuti wechiduku anyanye kukurumidza kubhabhatidza?
- Chikonzero chipi chingaita kuti wechiduku averengere nokusachenjera kuzvitsaurira uye kubhabhatidza?

# Ndichaitei noupenyu hwangu?

*"Pakutanga, ndakanga ndisanganetseki nezveramangwana. Asi pandakanga ndava kuda kупедза chikoro, ndakaziva kuti ndainge ndava kuzopinda munyika chaiyo, ine mabasa chaiwo. Uye ine zvinhu zvinoda kubhadhra."—Alex.*



NGATITII uri kuronga rwendo ruchakuendesa kure nokumba.

Zvichida waizotanga kutarira pamepu kuti uone nzira yakannaka yokusvikako. Zvakafanana nokuronga ramangwana rako. Mumwe mukomana anonzi Michael, iye zvino anoshanda pahofisi yebazi reZvapupu zvaJehovha, anoti, "Une zvakawanda zvokusarudza." Unosarudza sei pazvinhu zvakawanda kudai? "Inongova nyaya yezvinangwa," anodaro Michael.

Funga nezvechinangwa sokunge kuti rwendo rwokuenta kune imwe nzvimbo. Ungangotadza kuchisvitsa kana uchingombeya-mbeya zvisina chinangwa. Zviri nani zviku-ru kutarisa pamepu woronga nzira yauchatora. Kana ukaita izvi unenge uchitevera zano riri pana Zvirevo 4:26 rokuti: "Enzanisa nzira yetsoka yako." *Contemporary English Version* inoshandura mashoko aya kuti: "Ziva kwauri kuenda."

Mumakore anotevera, uchaita zvisarudzo zvakawanda zvinokosha zvine chokuita nokunamata, basa, kuroorana,

**Kuva nezvinangwa  
kuchakudzivirira kuti  
usapedza simba rako asi  
usina kwauri kuenda**

mhuri, uye zvime zvinu zvinokosha. Zvichava zviri nyore kusarudza nokuchenjera kana ukatanga kuziva kwauri kuenda. Uye sezvau-noronga zvaunoda kuita muupenyu, pane chimwe chinhu chausingatombofaniri kuregeredza.

### **“Yeuka Musiki Wako”**

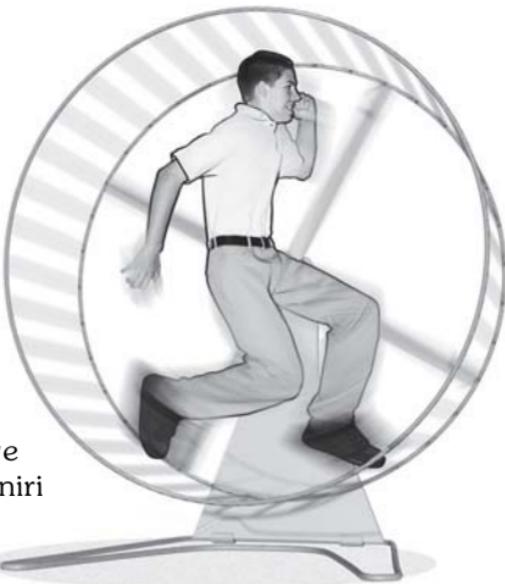
Kuti unyatsofara, unofanira kuteerera mashoko aMambo Soromoni akachenjera anoti: “Yeuka Musiki wako uchiri muduku.” (Muparidzi 12:1, *Today’s English Version*) Nemamwe mashoko, zvinu zvanosarudza muupenyu zvinofanira kudzorwa nechishuwo chako chokufadza Mwari.



#### **WAIVIZIVA HERE KUTI ...**

**Magetsi anogona kuita  
kuti mudziyo ushande.  
Saizvozvovo, mudzimu  
mutsvene waMwari  
unogona kukuita kuti  
upedze zvakawanda  
mubasa rake.—Mabasa  
1:8.**

Zvisikwa zvose mudenga nepasi pano zvinofanira kuonga Musiki. Unoonga here kuti akakupa “upenyu nemhepo yo-



“**Ndinoremekedza vabereki vangu zvikuru.**  
**Kuramba vachishingaira muushumiri**  
**kwavanoita, kutsungirira kwavave vachiita**  
**nhamo yemari, uye kundikurudzira kwavakaita**  
**kuti ndiite ushumiri hwenguva yakazara, zvose**  
**zvakandibatsira kuti ndiite zvakanaka.**”  
—Jarrod

kufema nezvinhu zvose”? (Mabasa 17:25) Haunzwi uchiku-rudzirwa kupa Jehovha Mwari chimwe chinhu here kurati-dza kuti unoonga zvose zvaakakupwa?

Zavanoramba vachiyeuwa Musiki wavo, vechiduku va-kawanda vari Zvapupu zvaJehovha vakapinda muushumiri hwenguva yakazara. Chimbofunga dzimwe nzira dzokushumi-mira nadzo dzakasiyana-siyana dzinonakidza dzakakuzaru-kira.

**Kupayona.** Mapiyona enguva dzose anopedza nguva ya-kawanda ari muushumiri. Kuburikidza nokudzidziswa uye kugara nebara iri, vanovandudza unyanzvi hwavo hwokudzi-dzisa Bhaibheri.

**Kushumira kunodiwa vamwe vaparidzi.** Vamwe vano-tamira kunzvimbo dzine vazivisi voUmambo vashoma. Va-mwe vanodzidza mumwe mutauro uye vanopinda neunga-no iri pedyo yomutauro woku-mwe kana kuti vanototamira kune imwe nyika.\*

**Basa roumishinari.** Mapi-yona anonyatsokwanisa ane utano hwakanaka uye akagwi-nya anodzidziswa kuti ashumi-re kune dzimwe nyika. Mami-shinari anorarama upenyu hu-nonakidza, hunogutsa.

\* Ona bhokisi riri papeji 164.

**ZANO**

**Taura nevamwe vave vari**  
**muushumiri hwenguva**  
**yakazara kwemakore**  
**akawanda. Vabvunze**  
**kuti nei vakasarudza**  
**basa rakadaro uye kuti**  
**vanofunga kuti**  
**vakakomborerwa sei.**

## > **zvinangwa zvangu**

Maka kuti zvinangwa zvipi zvaungada kuva nazvo. Shanda-sa nzvimbo iripo kuti pazvinangwa zviripo unyore zvinoenderana newe kana kuti iva nezvimwe zvinangwa zvitsva.

### **Zvinangwa Zvoushumiri**

- Kuwedzera nguva yangu yomuushumiri kuti ive maawa ..... pamwedzi
- Kugovera mabhuku ..... pamwedzi
- Kushandisa Bhaibheri pandinenge ndichitaura zvandinotenda
- Kuva nevanhu ..... vandinodzokerazve kunoona
- Kutanga chidzidzo cheBhaibheri

Zvimwe zvinangwa: .....

.....

### **Zvinangwa Zvokudzidza**

- Kuverenga mapeji ..... eBhaibheri pazuva
  - Kugadzirira misangano yevhiki nevhiki
  - Kutsvakurudza misoro inotaura nezveBhaibheri inotevera:
- .....
- .....

### **Zvinangwa Zvomuungano**

- Kutsinhira kanenge kamwe chete pamusangano mumwe nomumwe
- Kutanga kukurukurirana nomunhu akura wandingada kuziva zviri nani
- Kushanyira munhu womuungano akwegura kana kuti anorwara-rwara

Zvimwe zvinangwa: .....

### **Dheti Ranhasi** .....

*Ongororazve zvawanyora izvi pashure pemwedzi mitanhatus, woona kuti unenge waita zvakadini pakusvitsa zvinangwa zvako. Zvichinje kana kuwedzera zvimwe pazvinenge zvichidiwa.*



**“Ndiedzei . . . ,” Jehovha wemauto adaro,  
muone kana ndisingazokuzaruririi magedhi  
envura okumatenga, ndikakudururirai  
chikomborero kusvikira musisina  
chamunoshayiwa.”** —Maraki 3:10.

• • • • • •

**Basa repaBheteri.** Nhengo dzemhuri yeBheteri dzino-shanda pahofisi dzemapazi eZvapupu zvaJehovha. Mune dzimwe nyika basa racho rinosanganisira kudhindza nokutumira mabhuku eBhaibheri.

**Basa renyika yose.** Vashumiri vomunyika yose vanoenda kune dzimwe nyika kunobatsira pakuvakwa kweDzimba dzoUmambo, Dzimba Dzemagungano uye zvivako zvemapazi.

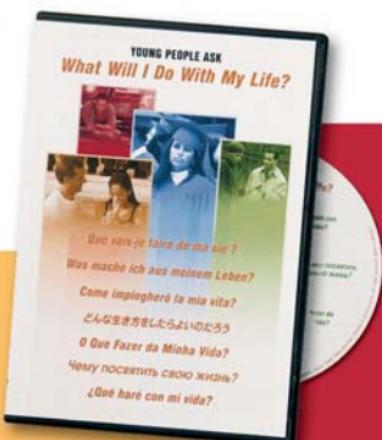
**Chikoro Chokudzidzisa Vashumiri.** Vakuru nevashumiri vanoshumira vasina kuroora vanonyatsokwanisa vanodzidziswa nyaya dzine chokuita nesangano uye kutaura pamberi pevanhu. Vamwe vanoenda kunoshumira kune dzimwe nyika pavanopedza kudzidza.

### Kuronga Zvaunoda Kuita

Ushumiri hwenguva yakazara chinangwa chinokudzwa, uye hunounza zvikomborero zvisingaverengeki. Zvisinei, zvinoda kufanofunga nezvahwo. Somuenzaniso, zvibvunze kuti, ‘Ndezvipi zvandinogona kuita zvandichashandisa kuti ndizvitsigire?’

Kelly aiva nechinangwa chakaje-ka chokuva piyona, saka akaronga zvaaida kuita panyaya yebasa.

**Kuti uwane mashoko akawanda, ona DVD inonzi “Young People Ask—What Will I Do With My Life?” Inowanikwa mumitauro inopfuura 30**





Anoti, "Ndaifanira kusarudza basa raizoita kuti ndikwanise kuzvitsigira muushumiri."

Ava kusekondari, Kelly akadzidza basa remaoko. Izvi zvakamubatsira kuti azadzise chinangwa chake chikuru. Kelly anoti, "Ndaida kuita ushumiri hwenguva yakazara. Zvimwe zvose zvaiva panzvimbo yechipiri." Kelly anofara nezvaakasarudza. Anoti, "Ndinofunga kuti zvandakasarudza ndizvo zvakanakisisa zvandaigona kuita."

### **Bvunza Nzira**

Kudai wanga uri kufamba munzvimbo yausina kujaira, wasvika pane imwe nzvimbo ungangobvunza nzira. Unogona kuita zvakafanana paunenge uchironga ramangwana rako. Inzwa mazano evamwe. Zvirevo 20:18 inoti: "Zvirongwazvinosimbiswa kwazvo nokupanana mazano."

Vabereki vako ndivo vamwe vane mazano anobatsira.

### **zvandinoronga kuita!**

*Kuti ndibatsirwe kuwedzera mufaro muushumiri,  
ndichataura na-*



*Izvi ndizvo zvandingada kubvunza vabereki vangu nezvenyaya iyi*



Asi unogonawo kutsvaka mazano kune vamwe vaKristu va-kura vanoratidza kuti vakachenjera nokushandisa zano re-Bhaibheri. Roberto, ane makore okuma 20 anoshanda pa-Bheteri anoti, “Tarira vanhu vakura vari muungano mako ka-na kuti vari pedyo nekwaunogara vane muenzaniso wakanaka.”

Kupfuura vose, Jehovha Mwari anoda kukubatsira kuti usarudze zvinhu zvichaita kuti ufare zvikuru muupenyu. Sa-ka mukumbire kuti akubatsire ‘kuramba uchinzwisia kuti zvinodiwa naye ndezvipi.’ (VaEfeso 5:17) Muupenyu hwa-ko, tevera zano riri pana Zvirevo 3:5, 6 rinoti: “Vimba naJe-hovha nomwoyo wako wose, urege kuvimba nokunzwisia kwako. Funga nezvake munzira dzako dzose, uye iye acharu-ramisa makwara ako.”

## UNOFUNGEI?

- **Une unyanzvi hwokuita chii?**
- **Ungashandisa sei unyanzvi hwako kurumbidza Jehovha?**
- **Pamabasa oushumiri hwenguva yakazara ataurwa muchitsauko chino, nderipi raunonyanya kufarira?**

*zvoupenyu hwangu*

Zvipingamupinyi zvipi zvingakuvhiringidza kusvitsa  
zvinangwa zvako zvokunamata?



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Matanho api chaiwo aungatora kuti ukurire  
zvipingamupinyi izvozvo?

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# panowanikwa pepa rokushandira

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PEJI

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Tsvaka pawww.jw.org***



Ungada mamwe mashoko here?

Tumira chikumbiro chako kuZvapupu zvajehovha palndaneti pa**www.jw.org**.