

A romantic couple is walking along a beach at sunset. The man is on the left, wearing a dark shirt and pants, with his hand on the woman's shoulder. The woman is on the right, wearing a light-colored top and dark skirt. They are walking away from the camera towards the ocean. The sun is low on the horizon, creating a warm, golden glow over the water and sky. The background features silhouettes of rocky cliffs or mountains. The overall mood is peaceful and intimate.

**Mu Gihe
Uwo
Wakundaga
Apfuye...**

Mbese, haba hari uwo wakundaga wapfuye?

Waba se, ugifite agahinda?

Mbese, ukeneye ubufasha kugira ngo ubashe guhangana n'ako gahinda?

Mbese, haba hari ibyiringiro ku bantu bapfuye?

Niba biriho se, ni ibihe?

Twabyizera dute?

Muri aka gatabo, bene ibyo bibazo biri buze kubonerwa ibisubizo bihumuriza bivuye muri Bibiliya. Tugutumiriye kugasomana ubwitonzi.

“Ntibishoboka!”

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Mbese Birakwiriye Kugira Bene Ibyo Byiyumvo?

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KU IPAJI YA 20

Ibyiringiro Nyakuri ku Bantu Bapfuye

KU IPAJI YA 26

Iyi mfashanyigisho ntigomba kugurishwa. Ni imwe mu bikoreshwa mu murimo ukorerwa ku isi hose wo kwigisha Bibiliya, ushyigikirwa n'impano zitangwa ku bushake.

Niba wifuza gutanga impano, jya ku rubuga rwa www.jw.org.

Uretse aho byavuzwe ukundi, imirongo yose y'Ibyanditswe yavuye muri Bibiliya Yera 1993.

Mu gihe Uwo Wakundaga Apfuye

When someone You Love Dies

Yacapwe mu kwezi k'Ukwakira 2014

Kinyarwanda (we-YW)

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“Ntibishoboka!”

UMUGABO umwe w’i New York ho muri Leta Zunze Ubumwe z’Amerika, aragira ati “umuhungu wanjye Jonathan yakundaga gusura incuti ze zari ku bilometero runaka uvuye iwacu. Umugore wanjye Valentina, ntiyakundaga ko ajyayo. Yashavuzwaga na bene izo ngenndo z’urudaca. Ariko uwo muhungu wanjye yakundaga ibintu bya elegitoroniki, kandi izo ncuti ze zari zifite ibikoresho byose yashoboraga kwitworezaho neza. Nari imuhira mu burengerazuba bwa Manhattan, i New York. Umugore wanjye yari yaragiye gusura bene wabo i Puerto Rico. Narimo nibwira nti ‘Jonathan ari buze kuba aje mu mwanya.’ Ni bwo inzogera yo ku rugi yavugaga. Nti ‘agomba kuba ari we.’ Na ho burya ntiyari we. Bari abapolisi n’abakozi bo kwa muganga batabara imbabare. Komanda w’abapolisi arambaza ati ‘mbese, uzi nyir’uru ruhushya rwo gutwara imodoka?’ Nti ‘rwose! Ni urw’umuhungu wanjye Jonathan.’ Bungamo bati ‘tugufitiye inkuru mbi. Habaye impanuka, none . . . umuhungu wawe, . . . umuhungu wawe yahitanywe na yo.’ icya mbere nakoze ni ukuvuga nti ‘ntibishoboka!’ Iyo nkuru mbi yadukomerekeje umutima ku buryo n’ubwo ubu hashize imyaka myinshi, icyo gikomere kitarakira.”





‘Tugufitiye inkuru mbi. Habaye impanuka, none . . . umuhungu wawe, . . . umuhungu wawe yahitanywe na yo.’

Umugabo umwe ufite umuryango i Barcelone (ho muri Hisipaniya) yanditse agira ati “mu myaka ya za 60, twari umuryango ufite umunezero. Umuryango wacu wari ugizwe n’umugore wanjye María n’abana bacu batatu, David wari ufite imyaka 13, Paquito wari ufite 11, na Isabel wari ufite 9.

“Umunsi umwe muri Werurwe 1963, Paquito yageze mu rugo avuye ku ishuri ataka umutwe cyane. Ubwo twibajije impamvu y’ubwo burwayi—nyamara ntitwabitinzeho. Mu masaha atatu gusa yari

amaze gupfa. Yahitanywe no kuvira amaraso mu bwonko.

“Ubu hashize imyaka 30 Paquito apfuye. Nyamara n’ubu, ako gahinda twatewe no kumutakaza turacyagafite. Ntibijya bibaho ko ababyeyi bapfusha umwana maze ngo babure kumva ko hari icyo batakaje n’iyo haba hashize igihe kingana gite, cyangwa se n’iyo baba bafite abandi bana benshi gute.”

Izo nkuru zombi zivuga iby’ababyeyi bapfushije abana, ziragaragaza neza ibikomere bikome-

Mu gihe uwo wakundaga apfuye

ye kandi bidashira umuntu agira ku mutima iyo apfushije umwana. Mbega ukuntu aya magambo yanditswe n'umuganga ari ay'ukuri ngo "urupfu rw'umwana muri rusange rutungura, kandi rubabaza kurusha urw'umuntu mukuru, kubera ko abagize umuryango baba biteze ko umwana ari we uzapfa nyuma. . . . Urupfu rw'umwana uwo ari we wese rusenya inzozo z'igihe kiri imbere, rusenya amasano y'imiryango [umuhungu, umukazana, abuzukuru], rukanasenya ibihe by'ibyishimo . . . biba bitegerejwe." Ako gahinda gasaze ni na ko umugore wese ukubise igihwereye agira.

Umugore wapfushije arasobanura ati "umugabo wanjye Russell yari yarakoze akazi k'umufasha wa muganga mu karere k'imirwano ko muri Pasifika mu gihe cy'Intambara ya Kabiri y'Isi Yose. Yari yarabonye kandi yararokotse imirwano myinshi ikomeye. Yaje kugaruka muri Leta Zunze Ubumwe z'Amerika, aho noneho yagize ubuzima butuje. Nyuma yaje kuba umukozi w'Ijambo ry'Imana. Nyuma gato y'aho amariye kuzuza imyaka 60, yatangiye kugaragaza ibimenyetso by'indwara y'umutima. Yagerageje gukomeza kubaho mu buzima burangwamo ibikorwa. Hanyuma, umunsi umwe wo muri Nyakanga 1988, umutima warahagaze maze arapfa. Kumutakaza byanteye agahinda katavugwa. Sinari nabashije no kumusezeraho. Ntiyari umugabo wanjye gusa. Ahubwo yari n'incuti yanjye y'inkoramutima. Twari tumaranye imyaka 40 dusangira akabisi n'agahiye. Ubu noneho ariko, nagombaga guhangana n'ikibazo cy'ubwigunge cyo mu buryo bwihariye."

Ayo ni amwe gusa mu makuba agwirira imiryango buri muni hirya no hino ku isi. Nk'uko abenshi mu bapfushije bazabikubwira, iyo urupfu rugutwaye umwana, umugabo, umugore, umubye-yi, cyangwa incuti, biba mu by'ukuri bihuje neza n'uko Pawulo, umwanditsi wa Gikristo, yarwise "umwanzi uzaheruka ["wa nyuma," *Traduction*

Mu gihe uwo wakundaga apfuye

du monde nouveau]." Akenshi, ikintu cya mbere umuntu akora iyo yumvise amakuru abika, ni uguhakana agira ati "ntibishoboka! Sinshobora kubye-mera." Nyuma haza gukurikiraho n'ibindi nk'uko tuza kubibona.—1 Abakorinto 15:25, 26.

Icyakora, mbere y'uko tugenzura ibihereranye n'ibiyumvo biterwa n'agahinda, reka tubanze du-subize ibi bibazo bimwe by'ingenzi. Mbese, urupfu ni rwo herezo ry'uwo muntu? Mbese, haba hari ibyiringiro by'uko dushobora kuzongera kubona abo twakundaga?

Hari Ibyiringiro Nyakuri

Pawulo, umwanditsi wa Bibiliya, yatanze ibyiringiro biduhumuriza bihereranye n'uwo "mwanzi uzaheruka ["wa nyuma," *MN*]" ari we urupfu. Yarrantitse ati "Umwanzi uzaheruka gukurwaho ni urupfu." "Umwanzi w'imperuka uzarimburwa, ni urupfu" (1 Abakorinto 15:26, *Bibiliya Ntagatifu*). Ariko se, ni gute Pawulo yashoboraga kubye-meza bene ako kageni? Ni ukubera ko yari yarigishijwe n'uwaru warazutse mu bapfuye, ari we Yesu Kristo (Ibyakozwe 9:3-19). Iyo ni na yo mpamvu yabashishije Pawulo kwandika agira ati "kuko ubwo urupfu rwazanywe n'umuntu [Adamu], ni ko no kuzuka kw'abapfuye kwazanywe n'umuntu [Yesu Kristo]. Nk'uko bose bokojwe gupfa na Adamu, ni ko bose bazahindurwa bazima na Kristo." —1 Abakorinto 15:21, 22.

Yesu yagize agahinda kenshi ubwo yahuraga n'umupfakazi w'i Nayini maze akabona umurambo w'umwana we. Inkuru dusanga muri Bibiliya iratubwira iti "[Yesu] ageze hafi y'irembo ry'umudugudu [w'i Nayini], ahura n'abikoreye ikiriba. Uwari wapfuye yari umwana w'ikinege, kandi nyina yari umupfakazi: abantu benshi bo muri uwo mudugudu bari bamuherekeje. Umwami Yesu amubonye amugirira imbabazi, aramubwira ati 'wirira.' Yegera ikiriba, agikoraho:

abakikoreye barahagarara. Ati ‘muhungu, ndagu-tegetse, byuka!’ Uwari upfuye arabaduka, atangira kuvuga: Yesu amusubiza nyina. Bose baterwa n’ubwoba, bahimbaza Imana bati ‘umuhanuzi ukomeye abonetse muri twe,’ kandi bati ‘Imana igendereye ubwoko bwayo.’” Aha, tuzirikane ko Yesu yamugiriye impuhwe, maze ibyo bikamutera kuzura uwo muhungu w’umupfakazi! Ngaho dutekereze ku cyo ibyo bisura mu gihe kizaza!—Luka 7: 12-16.

Aho ngaho, mu maso y’abahamya benshi, Yesu yabashije kuzura umuntu mu buryo budashobora kwibagirana. Ibyo byari igihamya kidasubirwaho cy’umuzuko yari yaravuze igihe gito mbere y’uko ibyo biba, ari wo wo kugarurira ubuzima ababutakaje ku isi muni y’“ijuru rishya.” Icyo gihe, Yesu yari yaravuze ati “ntimutangazwe n’ibyo, kuko igihe kizaza, ubwo abari mu bituro bose bazumva ijwi rye, bakavamo.”—Ibyahishuwe 21:1, 3, 4; Yohana 5:28, 29; 2 Petero 3:13.

Abandi babaye abagabo bo guhamya iby’umuzuko, barimo Petero kimwe n’abandi muri ba bandi 12 baherekeje Yesu mu ngendo ze. Biyumviye mu by’ukuri Yesu wari wazutse avugira hafi y’Inyanja y’i Galilaya. Iyo nkuru igira iti “Yesu arababwira ati ‘nimuze murye.’ Ntihagira n’umwe wo muri abo bigishwa be utinyuka kumubaza ati ‘uri nde?’ kuko bari bazi ko ari Umwami. Yesu araza, yenda umutsima, arawubaha, n’ifi na zo azigenza atyo. Ubwo ni ubwa gatatu Yesu abonekera abigishwa be, amaze kuzuka.”—Yohana 21:12-14.

Ku bw’ibyo rero, Petero yabashaga kwandika adashidikanya na mba agira ati “Imana y’Umwami wacu Yesu Kristo, ni yo na Se, ishimwe, kuko yatubayeye ubwa kabiri, nk’uko imbabazi zayo nyinshi ziri, kugira ngo tugire ibyiringiro bizima, tubiheshejwe no kuzuka kwa Yesu Kristo.”—1 Petero 1:3.

Intumwa Pawulo yavuze iby’ibyiringiro byayo bidashidikanywa ubwo yavugaga iti “nizeye ibyanditswe mu mategeko byose no mu byahanuwe; kandi niringiye Imana, ntegereje icyo aba na bo bategereza, yuko hazabaho kuzuka kw’abakiranutsi n’abakiranirwa.”—Ibyakozwe 24:14, 15.

Abantu babarirwa muri za miriyoni rero, bafite ibyiringiro bitajegajega byo kuzabona ababo bakundaga bongera kubaho ku isi mu mibereho inyuranye cyane n’iyo barimo. Iyo mibereho izaba imeze ite? Ubusobanuro burenzeho bw’ibyiringiro bishingiye kuri Bibiliya by’abacu twakundaga, butangwa mu gice cya nyuma cy’aka gatabo gifite umutwe

uvuga ngo “Ibyiringiro Nyakuri ku Bantu Bapfuye.”

Mbere na mbere ariko, reka tubanze tugenze ibibazo ushobora kuba wibaza niba ufite agahinda ko kuba waratakaje umuntu wakundaga: Mbese birakwiriye kugira bene ibyo byiyumvo? Ni gute nashobora kwihanganira agahinda mfite? Mbese, ni gute abandi bashobora kumfasha guhangana [n’ako gahinda]? None se, nafasha nte abandi bafite bene ako gahinda? Iby’ingenzi kurushaho, Bibiliya ivuga iki ku byiringiro nyakuri ku bantu bapfuye? Mbese aho nzongera kubona abo nakundaga bapfuye? Kandi se, hehe?

Ibibazo byo Gutekerezaho

Mu buryo busanzwe, ni gute umuntu abyifatamo iyo yapfushije umuntu yakundaga?

Ni iki Yesu yakoreye umupfakazi w’i Nayini?

Ni irihe sezerano Yesu yatanze rihereranye n’abapfuye?

Ni kuki Petero na Pawulo bashoboraga guhamya badashidikanya ko umuzuko uzabaho?

Ni ibihe bibazo bikeneye ibisubizo?

Mbese Birakwiriye Kugira Bene Ibyo Byiyumvo?



UMUGABO umwe wari warapfushije umuntu we, yanditse agira ati “kubera ko narerewe mu Bwongereza, nari narigishijwe kutagaragariza ibyiyumvo byanjye mu ruhame. Ndibuka data, wari warigeze kuba umusirikare, ambwira

ashinze icyinyo ku kindi ati ‘ntukarire,’ iyo habaga hari ikintu kimbabaje. Sinibuka niba muri twe haba hari uwo mama yaba yarigeze asoma cyangwa se ngo amuhobere (twari abana bane). Nari mfite imyaka 56 ubwo data yapfaga. Kumutakaza byarambabaje bitavugwa. Nyamara ariko, mu mizo ya mbere sinabashije kurira.”

Mu mico imwe n’imwe, abantu bagaragaza ibyiyumvo byabo ku mugaragaro. Baba banezerewe cyangwa se bababaye, abandi babasha kumenya ibyiyumvo byabo. Ku rundi ruhande, mu bice bimwe by’isi nko mu Burayi bw’amajyaruguru no mu Bwongereza, abantu, cyane cyane abagabo, batozwa guhisha ibyiyumvo byabo, gushinga icyinyo ku kindi ntibagire ikintu na kimwe bagaragaza ku bibari ku mutima. Ariko se, niba wapfushije umuntu ukunda, mbese byaba ari bibi kugaragaza agahinda ufite? Bibiliya se ibivugaho iki?

Abo Bibiliya Ivuga ko Barize

Bibiliya yanditswe n’Abayahudi bo mu karere k’iburasirazuba bwa Mediterane, abo bakaba bari abantu bari bazi kugaragaza ibyiyumvo byabo. Irimo ingero nyinshi z’abantu berekanye ku mugaragaro agahinda kabo. Umwami Dawidi yagaragaje umuba-

baro ubwo yatakazaga umuhungu we Amunoni wari wishwe. Koko rero, ‘yararize cyane’ (2 Samweli 13: 28-39). Ndetse yanagize agahinda ubwo yatakazaga umuhungu we Abusalomu wari waramugambaniye agerageza kumuzungura ku ntebe y’Ubwami. Inkuru dusanga muri Bibiliya igira iti “umwami [Dawidi] abyumvise arasubirwa cyane, yurira mu nzu yo hejuru y’irembo, arira; nuko akigenda, agenda avugaga atya ati ‘ye baba we, mwana wanjye Abusalomu! Mwana wanjye, mwana wanjye Abusalomu we! Iyaba ari jye wapfuye mu cyimbo cyawe, Abusalomu mwana wanjye, mwana wanjye’” (2 Samweli 19:1, reba 2 Samweli 18:33 muri *Biblia Yera*). Dawidi yagize agahinda nk’undi mubyeyi wese muzima. Mbega ukuntu incuro nyinshi ababyeyi bagiye bifuzaga kuba barapfuye mu cyimbo cy’abana babo! Ubusanzwe, bigaragara nk’aho ari ibidakwiriye ko umwana apfa mbere y’umubyeyi.

Yesu yabyifashemo ate ubwo incuti ye Lazaro yapfaga? Yararize ubwo yageraga ku mva ye (Yohana 11:30-38). Nyuma y’aho, Mariya Magadalena yararize ubwo yageraga ku mva ya Yesu (Yohana 20: 11-16). Mu by’ukuri, Umukristo usobanukiwe ibyiringiro by’umuzuko Bibiliya itanga, ntazashavura

ubudahozwa nka ba bandi bafite imyizerere ihेरeranye n'imimerere y'abapfuye idashingiye kuri Bibiliya. Nyamara ariko, ubwo ari abantu bafite ibiyumvo bisanzwe, Abakristo b'ukuri na bo, n'ubwo bafite ibyiringiro by'umuzuko, bagira agahinda kandi bagashavuzwa no gutakaza uwabo bakundaga.—1 Abatesalonike 4:13, 14.

Kurira Cyangwa se Kutarira

None se muri iki gihe bwo tugomba kubyifatamo duta? Mbese, kugaragaza ibiyumvo byawe bijya bikugora, cyangwa ubona biteye isoni? Abajyanama se

bo batanga inama zimeze zite? Uko babibona muri iki gihe, usanga akenshi bijya guhuza n'ubwenge bwa kera bwahumetswe bwo muri Bibiliya. Bavuga ko tugomba kugaragaza agahinda kacu, ntitugapfukirane. Ibyo bitwibutsa abagabo b'indahemuka bo mu gihe cya kera, nka Yobu, Dawidi, na Yeremiya, abo dusanga muri Bibiliya bagiyeye bavuga amagambo arangwamo agahinda. Nta gushidikanya ko batagiye bapfukirana ibiyumvo byabo. Ku bw'ibyo rero, ntibihuje n'ubwenge kwigunga (Imigani 18:1). Birumvikana ko agahinda kagaragazwa mu buryo bu-

Ni ibintu bisanzwe gushavura no kurira mu gihe uwo wakundaga apfuye



tandukanye bitewe n'umuco w'akarere, cyangwa se imyizerere ya kidini yiganje muri ako gace.*

None se wumvise ushaka kurira, wabigenza ute? Kurira ni bimwe mu bigize kamere y'umuntu. Ongera wibuke igihe Lazaro yapfaga, ubwo Yesu 'yasuhuzaga umutima . . . akarira' (Yohana 11:33, 35). Muri ubwo buryo, yagararagaje ko kurira ari ibintu bisanzwe mu gihe umuntu apfushije uwo akunda.

Ibyo byagaragajwe n'umubyeyi umwe w'umugore witwa Anne wari warapfushije umwana w'uruhinja mu buryo butunguranye witwaga Rachel ahitanywe n'indwara y'abana ihutiraho (SIDS). Umugabo we yagize ati "igitangaje ni uko ari Anne, ari nanjye, nta n'umwe warize mu gihe cy'ihamba. Nyamara abandi bose bari bahari, bararize." Kuri iyo ngingo, Anne yarashubije ati "ni byo koko, ariko rero nari narize aha babiri. Ndateka ko mu rwego rw'ibiyumvo, naje gusobanukirwa neza ibyabaye hashize ibyumweru runaka ayo makuba atugwiririyeye, ubwo noneho nari jyeniyine mu rugo umunsi wose. Nararize umunsi urira. icyakora, ndatekereza ko byamfashije. Nyuma numvise ndushijeho kugubwa neza. Nagombaga kugaragaza agahinda ko gutakaza umwana wanjye. Ndemera rwose ko byaba byiza muretse abantu bashavuye bakarira. N'ubwo kuri benshi usanga byogeye kuvuga ngo 'wirira,' rwose ibyo nta cyo bifashaho."

Uko Bamwe Babyifatamo

Ni gute se bamwe babyifatamo iyo batakaje umu-

* Urugero, abitwa Abayoruba bo muri Nijeriya, bafite imyizerere ya gakondo y'uko ubugingo buhinduka ikindi kintu (cyangwa undi muntu) nyuma yo gufata. Ku bw'ibyo rero, iyo umugore apfushije umwana bagira agahinda gakomeye ariko kakamara akanya gato gusa, kuko Abayoruba bakunze gutera indirimbo, bagira bati "ni amazi yamene-tse. Igicuma cyo ariko nticyamenetse." Abayoruba bemera ko icyo gicumama kirimo amazi, ari cyo kigereranya uwo mugore wapfushije, gishobora kongera kubyara undi mwana—ndetse ahari wa wundi wapfuye akaba ashobora kongera kugaruka. Abahamya ba Yehova ntibajya bakurikiza imigenzo iyo ari yo yose ishingiyeye ku miziririzo ituruka ku bitekerezo bikocamye by'uko ubugingo budashobora gufata, cyangwa se ko uwapfuye ahinduka ikindi kintu (cyangwa undi muntu), kubera ko iyo myizerere itaboneka muri Bibiliya.—Umubwiriza 9:5, 10; Ezekiyeli 18:4, 20.

Mu gihe uwo wakundaga apfuye



Uko Bigenda Iyo Umuntu Afite Agahinda

Amagambo ngo "uko bigenda," ntashaka kuvuga ko kugira agahinda bigira inzira runaka bikurikira buri gihe. Uko umuntu yifata iyo afite agahinda, bishobora kuba bikubiyemo ibikorwa bikurikirana cyangwa se bibera igihe kimwe, kandi n'igihe bimara giterwa na buri muntu. Uru rutonde rukurikira ntitumaze inyuma ibiba byose. Hari ubundi buryo bwo kwifata bushoboka. Ibi bikurikira ni ibintu bikunze kuranga agahinda umuntu ashobora kuba afite.

Uko umuntu yifata mbere na mbere: Gusa n'ukubiswe n'inkuba; guhakana no kutemera ibyabaye; gucika intege mu rwego rw'ibiyumvo; kumva yishinja ibyabaye; kugira uburakari.

Kugira agahinda gasaze bishobora kujyana no: kwibagira no kubura ibitotsi; kunanirwa birenze urugero; guhindagurika bya buri kanya; gufata ibyemezo bihubutse no kugira imitekerereze idakwiye; guturika ukarira; kudashaka kurya bijyana no kunanuka cyangwa kubiyibuha; ibimenyetso binyuranye by'uburwayi; gucika intege mu mubiri; kutagira imbaraga zo gukora, kurota ibintu biteye ubwoba—ukorakora uwapfuye, ukamwumva kandi ukamubona; iyo ari umwana wapfuye, kurakarira mu buryo budasobanutse uwo mwashakanye.

Igihe agahinda kenda kurangira: Umubabaro ujyanye no gukumbura; kwibuka ibihe byiza wamaranye n'uwapfuye, ndetse bikazamo n'urwenya.

ntu bakunda? Dufate urugero rwa Juanita. Yari azi neza uko gufusha umwana bibabaza. Yari yarakuyemo inda incuro eshanu zose. None dore yari yongeye gutwita. Bityo ubwo yayajaga mu bitaro azize impanuka y'imodoka, ntitwakwiyumvisha ukuntu yari ahangayitse cyane. Hashize ibyumweru bibiri, yumva ibise bitangiye—igihe cyo kubyara kitaragera. Nyuma y'aho gato, abyara agakobwa gato kitwa Vanessa—gapima gusa amagarama arenga gato magana cyenda. Juanita yagize ati "nari nishimye bitavugwa. Noneho nari mbaye umubyeyi!"

Ariko ibyishimo bye byabaye iby'igihe gito.



Gukuramo Inda no Gukubita Igihwereye —Agahinda k'Ababyeyi b'Abagore

N'ubwo yari afite abandi bana, Monna yari ategere-zanyije amatsiko ivuka ry'undi mwana. Ndetse na mbere y'uko avuka yari umwana “bakinaga, yavugishaga, yarotaga.”

Umurunga w'ubumwe wahuzaga uwo umubyeyi n'umwana atwite wari ukomeye cyane. Arakomeza agira ati “Rachel Anne yari umwana wabashaga gutera imigero ibitabo birambitse ku nda yanjye bikagwa, yashoboraga kunkangura nijoro. Ndacyibuka agitangira gutera utugeri tworoheje n'udukokora abigiranye urukundo. Yahoraga yinyagambura maze ngasagwa n'urukundo. Nari muzi neza ku buryo nari nzi igihe yabaga ababara, igihe yabaga arwaye.”

Monna arakomeza inkuru ye agira ati “muganga nti-yashoboraga kunyumva kugeza igihe byari bitagifite igaruriro. Yarambwiye ngo nindekere aho guhangayika. Ndumva narumvise ako gakobwa gapfa. Kahise kihindukiza vuba vuba n'imbaraga nyinshi. Umunsi wakurikiyeho kari kapfuye.”

Ibyabaye kuri Monna si umwihariko we. Dukurikije abanditsi Friedman na Gradstein mu gitabo cyabo cyitwaga *Surviving Pregnancy Loss*, abagore bagera hafi kuri miriyoni bapfusha abana bakiri mu nda buri mwaka muri Leta Zunze Ubumwe z'Amerika honyine. Birumvikana ko mu rwe-goro rw'isi yose umubare urushaho kuba munini.

Abantu benshi bikunze kubagora kwemera ko gukuramo inda cyangwa kukubita igihwereye ari ikintu kibabaza cyane umugore kandi atajya yibagirwa—ndetse ahari ubuzima bwe bwose. Urugero, Veronica, ubu ugeze mu za bukuru, aribuka inda yagiye akuramo, cyane cyane ariko akibuka umwana wafirirye mu nda mu gihe yari

ageze mu kwezi kwa cyenda maze akavuka apima ibiro bitandatu. Yamaze ibyumweru bibiri bya nyuma amufite mu nda kandi yarapfuye. Aragira ati “gukubita igihwereye ni ikintu gishavuzwa cyane umubyeyi w'umugore.”

Ibyiyumvo abo babyeyi b'abagore bagira, nta n'ubwo n'abandi bagore babasha kubyiyumvisha. Umugore waku-yemo inda yaranditse ati “ibyonyi naje gusobanukirwa binyuriye muri ibyo byago byanshavye cyane, ni uko mbere y'uko bimbaho ntiyumvishaga neza umutwaro incuti zanjye zikorera. Najyaga mbyifatamo nk'aho ari ibintu bitababaje kandi simbyiteho cyane, mbese nk'uko mbona abantu bamfata ubu.”

Ikindi kibazo umubyeyi w'umugore agira, ni uko abona umugabo we adashavuzwa n'uko gupfusha nk'uko we ashavura. Umugore umwe yabivuze muri aya magambo ngo “icyo gihe umugabo wanjye yanciye intege mu buryo budasubirwaho. Kuri we, byari nk'aho ntigeze ntwita. Ntiyashoboraga kugira agahinda nk'ako nari mfitse. Wasangaga anyitayeho cyane ariko ntasobanukirwe agahinda nari mfitse.”

Iyo myifatire wenda irasanzwe ku bagabo—ntibababafitanye n'umwana ubumwe bw'umubiri n'ubw'ibiyumvo nk'ubwo umugore utwite aba afitanye n'umwana. Nyamara ariko, ntabura kubabazwa no gukuramo inda. Ni iby'ingenzi rero ko umugore n'umugabo biyumvisha ko bombi bababajwe n'ibyabaye n'ubwo batababara kimwe. Bago-mbye kwifatanyaga muri ako gahinda. Iyo umugabo atabigaragaje, umugore we ashobora gukuka ko nta cyo bimubwiye. Rero, muririre hamwe, mugozanyeho ibitekerezo byanyu, muhoberane. Mugaragaze ko mukenyeranyeho kurusha ikindi gihe icyo ari cyo cyose. Rwose bagabo, nimugaragaze ko musangiye na bo ibiyumvo.



Nyuma y'iminsi ine, Vanessa yarapfuye. Juanita aratubwira uko yibuka ibyamubayeho muri aya magambo ngo “numvaga nta ho ndi. Ububye-yi bwanjye bwari buyoyotse. Numvaga ntuzuye. Byanteye umubabaro mwinshi gusubira mu rugo nkongera gusubira mu cyumba twari twageneye Vanessa, nkongera no kubona utwenda nari naramuguriye. Mu mezi abiri yakurikiyeho, sinahwemye gutekereza ku muni yavutseho. Numvaga nta muntu nshaka kubonana na we.”

Mbese twavugaga ko iyo myifatire ikabije? Ahari wenda kubiyumvisha byagora abandi, ariko abo byabayeho, nka Juanita, bavugaga ko bashavujwe no gupfusha uruhinja kimwe n'uko bari gushavuzwaga no gupfusha umuntu wari umaze igihe. Nk'uko babivugaga, mbere cyane y'uko umwana avuka, ababyeyi be baba bamukunda. Cyane cyane aba afitanye mu buryo bwihariye imirunga y'ubumwe na nyina. Iyo urwo ruhinja rupfuye, nyina yumva ari umuntu nyawe upfuye. Ibyo ni byo abandi bagomba gusobanukirwa.

Uko Uburakari no Kwishinje icyaha Bishobora Kutugiraho Ingaruka

Undi mubyeyi w'umugore yavuze uko yiyumvise ubwo bamubwiraga ko agahungu ke k'imyaka itandatu kishwe n'indwara y'umutima kavukanye. Aragira ati “nanyuze mu myifatire itandukanye—gucika intege, kutemera ibyabaye, kumva nishinje ibyabaye, kurakarira umugabo wanjye ndetse n'umuganga kubera ko batiyumvishije neza ukuntu iyo ndwara yari ikomeye.”

Uburakari bushobora kuba ikindi kintu kiranga gushavura. Ushobora kurakarira abaganga n'abafomoro cyangwa abafomokazi, wumva ko bashobora gukora ibirenzeho kugira ngo bite kuri uwo wapfuye. Ushobora nanone kurakarira incuti n'abandi mufitanye isano ngo kuko batitaye ku magara ye. Hari n'abarakarira uwapfuye bamushinje kuba yaranze kwita ku buzima bwe. Stella aravugaga ibyo yibuka muri aya magambo ngo “ndi-

Mu gihe uwo wakundaga apfuye



Gupfusha umwana bitera ishavu ritavugwa—icyo gihe kwitabwaho no kugirirwa impuhwe zivuye ku mutima ni byo bishobora gupfusha ababyeyi

buka ko narakariye umugabo wanjye kubera ko nari nzi ko ibintu byashoboraga kuba byaragenze ukundi. Yari yararwaye cyane, nyamara ariko ntiyitaye ku miburo y'abaganga.” Rimwe na rimwe, barakarira uwapfuye kubera imitwaro aba asigiye abo asize.

Hari abumva bishinje icyaha kubera ubwo burakari—bumva bari mu makosa kubera ko bagize uburakari. Abandi bumva bishinje urupfu rw'uwabo bakundaga wapfuye. Bihamya ubwabo ngo “ntiyagombaga gupfa iyo njya kumugira inama yo kujya kwa muganga mbere y'igihe,” cyangwa ngo “iyo njya kumwereka undi muganga,” cyangwa se ngo “iyo mutera inkunga yo kurushaho kwita ku magara ye.”

Ku bandi, kwishinja icyaha bigera kure, cyane cyane iyo uwo bakundaga yapfuye mu buryo butunguranye, batari biteze. Batangira kwibuka igihe bigeze kurakaranya na we cyangwa se igihe bigeze gutongana. Cyangwa se bakumva batarakoreye uwapfuye ibyo bagombye kuba baramukoreye byose.

Agahinda gasaze ababyeyi b'abagore benshi bagira, gahuje n'ibyo abahanga bavuga iyo bemeza ko gupfusha umwana bisiga icyuho kidasibangana mu mibereho y'ababyeyi be, cyane cyane nyina.

Mu Gihe Upfushije Uwo Mwashakanye

Gupfusha uwo mwashakanye ni ikindi kintu gitera umubabaro umara igihe, cyane cyane iyo mwe-

mbi mwafatanyaga byose mu buzima. Wumva bibaye iherezo ry'uburyo mwari mumenyereye kubaho mufatanyije muri byose, nko gutembera, kwiga umushinga runaka, kwidagadura no gukenerana.

Eunice asobanura uko byamugendekeye ubwo yapfushaga umugabo we mu buryo butunguranye biturutse ku ndwara y'umutima. “Mu cyumweru cya mbere, numvaga nactse intege, mbese nk'aho umubiri wanjye wahagaze gukora. Nta kintu cyari kindyohera cyangwa se ngo kimpumurire. Yewe, ni nk'aho ubwenge bwanjye bwikoresheye. Kubera ko nari kumwe n'umugabo wanjye ubwo bageragezaga kumukiza bifashishije uburyo bwa kiganga bwo kunganira umutima ndetse banifashisha n'imiti, sina-



Gupfusha Uruhinja mu Buryo Butunguranye

—Uko Umuntu Yahangana n'Agahinda Kabikomokaho

Gupfusha uruhinja mu buryo butunguranye, ni amakuba atera agahinda katavugwa. Umunsi umwe, umwana wagaragaraga ko ari mutaraga, yananiwe gukanguka. Ibyo ni ibintu bitunguranye cyane, koko se, ni nde waba yiteze ko uruhinja cyangwa undi mwana yapfa mbere y'ababyeyi be? Uruhinja nyina aba atarigeze ahwema kugaragariza urukundo rusaze, mu kanya gato rukaba isoko y'agahinda gasaze.

Nuko bagatangira kugira ibiyumvo byo kwishinja icyaha. Ababyeyi bakumva urwo rupfu ari bo rwaturutseho, mbese nk'aho ruturutse ku burangare bwabo. Bakibaza bati ‘mbese tuba twakoze iki kugira ngo bitaba?’* Rimwe na rimwe umugabo agatangira gushinja umugore we nta mpamvu, kandi atabitekereje cyane. Ubwo yajyaga ku kazi, uruhinja rwari ruzima kandi ari rutaraga. Ageze mu rugo, asanga rwapfiriye mu gatanda karwo!

* Imvugo ngo Gupfusha Uruhinja mu Buryo Butunguranye (SIDS mu magambo ahinnye y'Icyongereza), rukunze guhitana impinja ziri hagati y'ukwezi kumwe n'amezi atandatu, ikunze gukoreshwa iyo abana bari bataraga bapfuye mu buryo butunguranye nta mpamvu igaragara ihari. Mu bihe bimwe, bakeka ko impfu nk'izo zishobora gutambamirwa umwana agiye aryamishwa agaramye cyangwa se aryamiye urubavu ariko ntiyubike inda. Nyamara ariko, nta bwo uburyo bwo kuryama ari bwo bwavanaho burundu uko Gupfusha Uruhinja mu Buryo Butunguranye.

Umugore yarimo akora iki? Yari yagiye hehe se icyo gihe? Ibyo bibazo bitesha umutwe, ni byiza kubivana mu bwenge kugira ngo bitabasenyera urugo.

Ibintu mutari muteganyije kandi mutashoboraga guteganya kumenya, ni byo nyirabayazana. Bibiliya igira iti “nongeye kubona munsi y'ijuru mbona yuko aho basiganwa abanyambaraga atari bo basiga abandi, kandi mu ntambara intwari atari zo zitsinda, ndetse abanyabwenge si bo babona ibyo kurya, n'abajijutse si bo bagira ubutunzi, n'abahanga si bo bafite igikundi; ahubwo *ibihe n'ibigwirira umuntu biba kuri bose.*”—Umbwiriza 9:11, ayo magambo ari mu nyuguti ziberamye ni twe twayanditse dutyo.

Ni gute se abandi bafasha umuryango upfushije uruhinja? Umubyeyi umwe w'umugore wapfushije, arasubiye ati “incuti imwe yaraje isukura inzu ntayibisabye. Abandi baradutekeye. Abandi bamfashije bampobera —nta jambo bavuze, bampobera gusa. Numvaga ndashaka kugira icyo mvuga ku byabaye. Numvaga ndashaka guhora nsobanura buri kanya uko byagenze. Sinari nkeye ibibazo bisa n'aho binshinja icyaha nk'aho haba hari icyo ntakoze. Ni jye wari nyina w'umwana; nta cyo mba narikenze gukora ngo ndengere uruhinja rwanjye.”

gezweho n'ibikunda kugera ku bandi byo kutemera ibyabaye. Nyamara ariko, numvaga nta cyo maze mu buryo bukomeye, mbese nk'aho naba mbona imodoka ihanuka mu mukoki kandi nta cyo nshobora gukora ngo mbikome imbere.”

Mbese yararize? “Rwose, cyane cyane iyo nasomaga ubutumwa bwo kwifatanya nanjye mu kababaro nohererezwaga bubarirwa mu magana. Buri gihe iyo nagiraga bumwe muri ubwo butumwa nsoma, narariraga. Ibyo byamfashaga guhangana n'igice cy'umunsi cyabaga gisigaye. icyakora, iyo nabazwaga kenshi uko numva merewe, nta cyo byamfashagaho. Birumvikana ko nari mfite umubabaro utavugwa.”

Ni iki cyafashije Eunice guhangana n'agahinda yagize? Aragira ati “n'ubwo ntari mbi zi, nafashe umwanzuro ntatekerejeho wo gukomeza kubaho bisanzwe. Gusa igikomeza kunshengura, ni ukwibuka ko umugabo wanjye, wakundaga ubuzima cyane, atakiriho kugira ngo abwishimire.”

“Ntukareke ngo Abandi Abe Ari Bo Bagutegeka . . .”

Abanditsi b'igitabo *Leavetaking—When and How to Say Goodbye* batanga iyi nama igira iti “ntukareke ngo abandi abe ari bo bagutegeka uko ugomba kubigenza cyangwa se uko ugomba kwiyumva. Uburyo umuntu agaragazamo agahinda buratandukana kuri buri muntu. Abandi bashobora gutekereza, kandi bakabiku-

bwira, ko washavuye mu buryo burenze urugero, cyangwa se ko utashavuye bihagije. Bababarire maze uhite ubyibagirwa. Gushaka kwifata nk'uko abandi bifata ku giti cyabo cyangwa muri rusange, byatuma utinda gukira mu rwego rw'ibiyumvo.”

Birumvikana ko abantu b'imico itandukanye banagaraza agahinda mu buryo butandukanye. Hano ntidushaka kuvuga ko uburyo runaka ari bwiza kuruta ubundi buri gihe kandi kuri buri muntu. Nyamara ariko, bishobora kubamo akaga iyo ibintu bitarangira, uwatewe agahinda n'urupfu rw'umuntu we ntagera ubwo yemera ibyabaye. icyo gihe hazakenerwa ubufasha buturutse ku ncuti zuje impuhwe. Bibiliya igira iti “incuti zikundana ibihe byose; kandi umuvandimwe avukira gukura abandi mu makuba.” Bityo rero, ntushidikanye gusaba ubufasha, kuvuga ndetse no kurira. —Imigani 17:17.

Kugira agahinda ni ibintu bisanzwe iyo umuntu yapfushije, kandi nta n'ubwo ari bibi kugaragariza abandi ako agahinda. icyakora, hari ibindi bibazo bikeneye ibisubizo: ‘ni

gute nshobora kwihanganira agahinda mfite? Mbese birakwiriye kugira ibiyumvo byo kwishinja icyaha no kurakara? Mbese, nahangana nte na bene iyo myifatire? Ni iki se cyamfasha kwihanganira ibyo byago n'agahinda kajyana na byo?’ Igice gikurikira kizabizabiza ibyo bibazo, kimwe n'ibindi.

Ibibazo byo Gutekereza

Ni gute uburyo abantu bagaragazamo agahinda bugira aho buhurira n'umuco karande wabo?

Ni izihe ngero dusanga muri Bibiliya z'abantu berekanye ku mugaragaro agahinda bari bafite?

Bamwe babyifashemo bate ubwo batakazaga ababo bakundaga? Wowe se wifashe ute mu bihe nk'ibyo?

Ni iki gituma gutakaza uwo mwashakanye ari ibintu biteye ukwabyo?

Ni iyihe myifatire iranga abantu bafite agahinda? Mbese, kugaragaza agahinda ni bibi?

Ni bintu ki bimwe na bimwe biranga imyifatire y'abantu batewe agahinda no gupfusha? (Reba agasanduku ko ku ipaji ya 9.)

Ni mimerere ki yihariye ishavuzi ababyeyi iyo bapfushije uruhinja mu buryo butunguranye? (Reba agasanduku ko ku ipaji ya 12.)

Ni gute ababyeyi benshi b'abagore biyumva iyo bakuyemo inda cyangwa se iyo bakubise igihwerye? (Reba agasanduku ko ku ipaji ya 10.)

Ni Gute Nshobora Kwihanganira Agahinda Mfite?



“**N**UMVAGA ngomba guhisha ibiyumvo byanjye,” ayo ni amagambo Mike yavuze yibuka igihe yapfushaga se. Kuri Mike, kutagaragaza agahinda ke ni bwo bwari uburyo bwo kwitwara kigabo. Nyamara, nyuma yaje

gusobanukirwa ko yibeshyaga. Bityo rero, ubwo incuti ya Mike yapfushaga sekuru, noneho yari azi uko agomba kubyifatamo. Aragira ati “iyo biza kuba mu myaka mike ishize, mba naramufashe ku rutugu maze nkamubwira nti ‘sha ba umugabo.’ Na ho ubu ngubu bwo, namufashe akaboko maze ndamubwira nti ‘wiyumve uko ugomba kwiyumva. Bizagufasha guhangana n’uwo mubabaro. Niba wumva nagenda, ndagenda. Niba ushaka ko ngumana nawe, ndagumana nawe. Rwose ntugire isoni zo kugaragaza uko wiyumva.’”

MaryAnne na we yumvise ko agomba kwihatira gukumira ibiyumvo bye ubwo umugabo we yapfaga. Aribuka ibyamubayeho muri aya magambo ngo “numvaga mpangayikishijwe no guha abandi urugero rwiza, maze ibyo bituma nkumira ibiyumvo byanjye bisanzwe ngo bitagaragara. icyakora, nyuma naje gusobanukirwa ko kugerageza kuba nk’urutare kubera abandi, atari ibintu byamfashaga. Nuko ntangira gusuzuma imimerere yanjye maze ndibwira nti ‘rira niba ushaka kurira. Reka kugerageza kwiha imbaraga udafite. Garagaza uko umerewe maze urebe ko nyuma utumva worohewe.’”

Bityo, ari Mike ari na MaryAnne, bahuriza kuri iyi nama igira iti *garagaza agahinda kawe!* Kandi

urebye, baravuga ukuri. Kubera iki? Kubera ko kugaragaza agahinda ari ikintu cy’ingenzi kugira ngo umuntu yoroherwe mu rwego rw’ibiyumvo. Kureka ibiyumvo byawe bikagaragara, bishobora gutuma umutwari wari ukuriho ugabanya uburemere. Mu buryo busanzwe, kudakumira ibiyumvo, iyo biyanye no gusobanukirwa no kumenya ibintu mu buryo nyabwo, bituma ibiyumvo byawe bifata umurogo uboneye.

Birumvikana ko abantu bose batagaragaza agahinda mu buryo bumwe. Byongeye kandi, hari n’ibindi bintu bigira ingaruka ku buryo abasigaye bagaragaza ibiyumvo, nk’iyo uwo wakundaga yapfuye mu buryo butunguranye, cyangwa se amaze igihe kirekire arwaye. Nyamara ariko hari ikintu kimwe kidashidikanywa: gukumira ibiyumvo byawe bishobora kugira ingaruka mbi haba mu buryo bw’umubiri cyangwa ubw’ibiyumvo. Bizarushaho gutuma ugira amagara mazima nureka agahinda kawe kakagaragara. Mu buhe buryo? Dusanga mu Byanditswe inama zadufasha.

Kugaragariza Abandi Agahinda Kawe —Wabigeraho Ute?

Kuvuga ibikuri ku mutima, bishobora kuba uburyo bwagufasha kukagaragara. Amaze gupfusha abana be

Mu gihe uwo wakundaga apfuye

bose uko ari icumi, ndetse agahura n'ibindi byago bya bwite, umukambwe Yobu yagize ati “umutima wanjye urembejwe n'amagara yanjye; ntabwo nzibuza gutaka [mu Giheburayo “kurekura”]; nzavuga mbitewe n'umubabaro wo mu mutima wanjye” (Yobu 1:2, 18, 19; 10:1). Yobu ntiyashoboraga gukumira ibyari bimushavuje. Yagombaga kubireka bikagaragara; yagombaga 'kuvuga.' Mu buryo buhuje n'ubwo, umwanditsi w'ikinamico w'Umwongereza witwaga Shakespeare yanditse mu [mukino witwaga] *Macbeth* ati “reka umubabaro uvuge; agahinda katavuga, kongera intimba y'umutima ushavuye kakawutera kumeneka.”

Koko rero, kubwira ibiyumvo byawe “incuti nyayo” izagutega amatwi mu bwitonzi kandi ikifatanya nawe, bishobora gutuma bigabanya ubukana (Imigani 17:17). Kuvuga ibyabaye ndetse n'ibiyumvo ufite, akenshi bituma bikorohera kubisobanukirwa no guhangana na byo. Niba uwo ubiwira na we ari umuntu wigeze gupfusha maze agahangana n'ibiyumvo nk'ibyo ufite mu buryo bugira ingaruka nziza, azabasha kuguha inama nyazo zagufasha kumenya uko ubyitwaramo. Ubwo yapfushaga umwana, umubyeyi umwe w'umugore yasobanuye impamvu byamufashije kugeza

ibiyumvo bye ku wundi mugore na we wari warigeze kuba muri bene iyo mimerere. Yagize ati “kumenya ko undi muntu na we yigeze kunyura muri iyo mimerere, akayisohokamo kandi akaba akomeza kubaho ubuzima busa n'ubusanzwe, byarankomeje cyane.”

None se bite niba wumva bitakorohera kuvuga ibiyumvo byawe? Nyuma y'urupfu rwa Sawuli na Yo-

Mu gihe uwo wakundaga apfuye

natani, Dawidi yanditse amagambo agera ku mutima akubiyemo akababaro ke. Ayo magambo y'agahinda nyuma yaje kuba igice kigize igitabo cya Bibiliya cyitwaga igitabo cya Kabiri cya Samweli (2 Samweli 1:17-27; 2 Ngoma 35:25). Mu buryo buhuje n'ubwo, bamwe biraborohera kwandika ibiyumvo byabo. Umupfakazi umwe yavuze ko yagiye yandika ibiyumvo bye maze nyuma y'igihe runaka agasoma ibyo yanditse, yumvaga bimworohereje cyane.

Haba mu magambo cyangwa mu nyandiko, kwatura ibiyumvo byawe bishobora kugufasha kugaragaza agahinda kawe. Ibyo kandi bizanagufasha kwirinda ingorane zo kwitiranya ibintu.

Umubyeyi umwe w'umugore wapfushije, aragira ati “umugabo wanjye hamwe nanjye twari twarumvise abantu bashakanye bagiye batana bamaze gupfusha umwana, kandi twe ntitwashakaga ko natwe bitugendekera bityo. Ku bw'ibyo rero, igihe cyose twumvaga uburakari buzamutse, buri wese afite icyo agaya undi, twabiganiragaho maze tukabifatira umwanzuro. Ndatekereza ko kubyifatamo dutyo byadufashije kugirana imishyikirano ya bugufi.” Bityo rero, kureka abandi bakamenya ibiyumvo byawe bizagufasha gusobanukirwa ko n'ubwo waba usangiye agahinda kawe n'undi muntu,

mutazashavura kimwe—buri wese azashavura mu rwego rwe no mu buryo bwe.

Ikindi kintu gishobora gutuma ibyo kugaragariza abandi agahinda kawe byoroha, ni *ukurira*. Bibiliya ivuga ko hariho “igihe cyo kurira” (Umubwiriza 3: 1, 4). Nta gushidikanya ko gupfusha uwo wakundaga bituma habaho bene icyo gihe. Kurira mu gihe



Ingero dusanga muri Bibiliya zigaragaza ko kwandika ibiyumvo byawe bishobora kugufasha kugaragaza agahinda kawe



Mu muco karande uwo ari wo wose, abantu bari mu cyunamo bishimira guhumurizwa

umuntu afite agahinda, bigaragara ko ari iby'ingenzi kugira ngo abashe gukira.

Umugore umwe ukiri muto arasobanura uburyo incuti ye y'inkoramutima yamufashije kwihangana ubwo yafushaga nyina. Aribuka ati “iyu incuti yanjye yamporaga hafi. Yamfashaga kurira. Yaranganirizaga. Nashoboraga kuyigezaho ibiyumvo byanjye byose, kandi ibyo byari iby'ingenzi kuri jye. Sinagombaga kuyihisha amarira yanjye.” (Reba Abaroma 12:15.) Nawe ntiwagombye guterwa isoni no kurira. Nk'uko twabibonye, Bibiliya irimo ingero z'abagabo n'abagore bari bafite ukwizera—barimo Yesu Kristo—barijijwe ku mugaragaro n'agahinda bari bafite, kandi ugasanga bitabateye isoni.—Itangiriro 50:3; 2 Samweli 1:11, 12; Yohana 11:33, 35.

Ahari ushobora kwibonera ko hari ubwo utabasha guteganya ibiyumvo uzagira mu gihe runaka. Amarira ashobora guseseka ataguteguje. Umupfakazi umwe yaje gusanga kujya kugura ibintu mu maduka (ibintu yajyaga akorana kenshi n'umugabo we) byakundaga gutuma arira, cyane cyane iyo, kubera akamenyeroye, yafataga ibintu runaka umugabo we yakundaga cyane. Iyihanganire wowe ubwawe. Ntiwumve ko hari ubwo ugomba gukumira amarira.

Ibuka ko ibyo ari bimwe mu bintu bisanzwe kandi bya ngombwa byo kugaragaza agahinda.

Uko Umuntu Yatsinda Umutima wo Kwishinja icyaha

Nk'uko twamaze kubibona, hari abumva bafite icyo bishinje iyo bamaze gufusha uwo bakundaga. Ibyo byadufasha gusobanura agahinda gafite ishingiro Yakobo, umugabo w'indahemuka, yagize ubwo bamwumvishaga ko umuhungu we Yosefu yishwe n'“inyamaswa y'inkazi.” Yakobo ubwe ni we wari warohereje Yosefu kureba uko bakuru be bamereye. Ku bw'ibyo rero, ashobora kuba yari abujijwe amahwemo n'ibiyumvo byo kwishinje icyaha agira ati ‘kuki nohereje Yosefu wenyine? Kuki se namwohereje mu karere kiganjemo inyamaswa z'inkazi?’—Itangiriro 37:33-35.

Ahari wenda waba wumva hari uburangare wagiye ku buryo byaba bifite uruhare mu rupfu rw'uwokunda. Kumenya ko kwishinje icyaha—byaba bifite ishingiro cyangwe se bitarifite—ari imyifatire isanzwe mu gihe umuntu afite agahinda, ubwabyo bishobora kugufasha. Aho na ho, ntiwumve ko ugomba kwihangamo bene ibyo byiyumvo. Kubwira abandi

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ukuntu wumva wishinja icyaha, bishobora kuguha ubufasha wari ukeneye kugira ngo woroherwe.

Nanone kandi, menya ko urugero waba ukundamo undi muntu uko rwaba rungana kose, udashobora kugenzura ubuzima bwe cyangwa se ngo ukumire “ibihe n’ibigwirira umuntu” ngo byoye kugera ku bo dukunda (Umubwiriza 9:11). Ku rundi ruhanda nanone, nta gushidikanya ko nta bugome wari umufitiye. Urugero, niba utaramujyanye kwa muganga mbere y’igihe, mbese wari *ugambiriye* ko uwo ukunda arwara ngo apfe? Birumvikana ko atari ko biri! None se ubwo koko ufite uruhare rwo kuba intandaro y’urupfu rw’uwo muntu? Oya rwose.

Umubyeyi umwe w’umugore yaje kumenya uko yahangana no kwishinja icyaha nyuma yo gupfusha umukobwa we wahitanywe n’impanuka y’imodoka. Arasobanura ati “numvaga nishinja kuba namwohereje hanze. Nyamara ariko naje kubona ko byari bisekeje kwiyumva ntyo. Nta kibi cyari mu kumwohereza ari kumwe na se kujya guhaha. Ibyamubayeho, byari impanuka gusa, ni yo yampekuye, nta kindi.”

Ahari wenda uragira uti ‘ariko se ko numva hari ibintu byinshi nifuzaga kuba naramubwiye cyangwa se naramukoreye.’ Wenda ibyo ni byo, ariko se ni nde muri twe wavuga ko yabaye umubyeyi w’umugabo, w’umugore, cyangwa se umwana utagira inenge? Bibiliya iratwibutsa iti “twe se ducumura muri byinshi. Umuntu wese udacumura mu byo avuga, aba ari umuntu utunganye rwose” (Yakobo 3:2; Abaroma 5:12). Nuko rero, emera ko udatunganye. Guhora muri za “iyaba naragize ntya” nta cyo bizahindura ku byabaye, ahubwo bizatuma utinda gushyira umutima hamwe.

Niba ufite impamvu nyazo zituma wumva ko kwishinja icyaha kwawe gufite ishingiro, atari ibyo wishyiramo gusa, noneho hanga amaso ikintu gisumba ibindi muri urwo rwego—imbabazi z’Imana. Bibiliya itwizeza ngo “Uwiteka, wagumya kwibuka ibyo dukirarirwa, mwami, ni nde wazahagarara adatsinzwe? Ahubwo kubabarirwa kubonerwa aho uri” (Zaburi 130:3, 4). Ntushobora gusubira mu bihe byashize ngo

Mu gihe uwo wakundaga apfuye

ugire icyo ubihinduraho. Ahubwo wasaba imbabazi z’Imana ku bw’amakosa yakozwe mu gihe cyashize. Hanyuma se bite? None se niba Imana isezeranya kuzakubabarira amakosa yo mu gihe cyahise, wowe ntiwagombye kwibabarira ubwawe?—Imigani 28:13; 1 Yohana 1:9.

Uko Umuntu Yahangana n’Uburakari

Waba wumva urakariye abaganga, abafomoro cyangwa abafomokazi, incuti cyangwa se ndetse n’uwapfuye? Menya ko ibyo na byo ari imyifatire isanzwe ku watakaje umuntu. Ahari wenda uburakari ufite ni ikintu gisanzwe kijyana no kumva wababajwe n’ibyabaye. Umwanditsi umwe yagize ati “byonyine kumenya ko ufite uburakari—ntugerageze kubukumira ahubwo ukamenya neza ko ubufite—bishobora kukurinda ingaruka mbi uburakari bushobora gutera.”

Nanone kubugaragaza cyangwa se ukagira undi ugezaho ibyo byiyumvo byawe, bishobora kugufasha. Mu buhe buryo? Birumvikana ko atari mu guca igiti n’ibuye. Bibiliya itubwira ko uburakari budashira buteza akaga (Imigani 14:29, 30). Ahubwo ushobora koroherezwa ubibwiye incuti ishobora kugutega amatwi. Abandi na bo basanga gukora imyitoto y’umubiri ikenera ingufu nyinshi igihe barakaye bibafasha kumva borohewe.—Reba nanone Abefeso 4:25, 26.

N’ubwo ari iby’ingenzi kugaragaza ibiyumvo no kudaterwa isoni na byo, hari ikintu kindi kigomba kwitonderwa. Hari itandukanirwo rikomeye hagati yo kugaragaza ibiyumvo byawe no kubikoresha ubangamira abandi. Kwikoma abandi ubatura uburakari n’ibindi byiyumvo ufite nta cyo bimaze. Bityo rero, shakana ubwenge uburyo bwo kuvuga ibiyumvo byawe, ariko ntubishyiremo urugomo (Imigani 18:21). Hari ikintu kimwe gusa cy’ingenzi cyadufasha guhangana n’agahinda, ubu ni cyo tugiye kuganiraho.

Ubufasha Buturuka ku Mana

Bibiliya iraduhamiriza iti “Uwiteka aba hafi y’abafite imitima imenetse. Kandi akiza abafite



Wishingikirize ku ncuti: Ntuzuyaze kureka abandi ngo bagufashe nibabigusaba, kuko ibyo bizakorohereza cyane. Wiyumvishe ko ubwo ari bwo buryo bwabo bwo kukugaragariza ibiyumvo byabo; ahari wenda hari ubwo bitaborohera kubona amagambo akwiriye yo kubikugezaho.—Imigani 18:24.

Wite ku buzima bwawe: Kugira agahinda bishobora gutuma utagangara, cyane cyane mu mizo ya mbere. Umubiri wawe ukeneye kuruhuka mu buryo buhagije, kumunurwa ingingo, no kugaburirwa mu buryo bukwiye kurusha ikindi gihe icyo ari cyo cyose. Kwisuzumisha kwa muganga w'umuryango wawe uko igihe runaka gitashye, bishobora kuba ari byo bikenewe.

Subika imyanzuro ikomeye: Niba bishoboka, tegereza nibura igihe runaka kugeza ubwo uzaba ubasha gutekereza mu buryo bubonye kugira ngo ubone gufata imyanzuro nk'iyi kugurisha inzu cyangwa se guhindura akazi (Imigani 21:5). Umupfakazi umwe aribuka ko umugabo we amaze iminsi mike apfuye, ari bwo yatanze ibintu byinshi yari atunze. Nyuma ni bwo yaje gusanga yaratanze n'ibintu by'urwibutso yakundaga cyane.

Wiyihanganire wowe ubwawe: Agahinda kamara igihe kirekire kirenze icyo abantu muri rusange bibwira. Buri mwaka, kwibuka uwapfuye wakundaga bishobora kongera kuzamura agahinda. Amafoto runaka, indirimbo ndetse n'impumuro runaka bishobora gutuma amarira yisuka. Ubushakashatsi bwa siyansi bwakozwe ku bihereranye n'agahinda gaterwa no gupfusha, bwashobanuye iby'agahinda muri aya magambo ngo "umuntu wapfushije ashobora guhita ahindura ibiyumvo mu buryo butangaje kandi mu kanya gato, kandi mu gihe runaka, kugeze kwikura mu mutwe uwapfuye bishobora kugenda bisimburana no kugerageza kumushyira mu bwenge ku bushake." Gerageza kuzirikana amasezerano y'agaciro kanini ya Yehova.—Abafilipi 4:8, 9.

Bangukirwa no kubabarira abandi: Gerageza kwihanganira abandi. Iyumvishe ko imimerere urimo itaborohereye. Kubera ko batazi icyo bavuga, bashobora gucikwama maze bakavugaga ikintu gikocamye.—Abakolosayi 3:12, 13.

Witondere kwifashisha imiti cyangwa se inzoga mu guhangana n'agahinda ufite: Iyo imiti cyangwa inzoga binabashije kugira icyo bikumarira, byaba ari iby'igihe gito. Ugomba gufata imiti ari uko uyandikiwe na muganga gusa. Nyamara kandi ugire amakenga; imiti imwe ishobora gusaba guhozaho mu kuyifata. Nanone kandi, ishobora gutuma agahinda kawe gatinda gushira. Umuhanga mu bihereranye n'iby'indwara, atanga uyu muburo ngo "ayo makuba agomba kwihanganirwa, umubabaro atera ukemerwa, nyuma byose bikazakemurwa n'ubwenge, na ho kugerageza kubitinda wuhira [wa muntu] imiti, bishobora gutinda ndetse no kubangamira gukura." Icyakora, ubufasha buzamara igihe kirekire buzaturuka ku gutekereza ku migambi ikomeye ya Yehova.—Zaburi 1:2; 119:97.

Wongere wikorere imirimo yawe isanzwe:

Mu mizo ya mbere ushobora kujya gukora, guhaha cyangwa se kwita ku zindi nshingano, ari uko ugombye kwikurura. Nyamara ariko, uzibonera ko gukurikiza gahunda wari usanzwe ukurikiza mu mirimo yawe isanzwe bizakuzanira inyungu nyinshi. Komeza kuba ufite byinshi byo gukora mu murimo wa Gikristo.—Gereranya na 1 Abakorinto 15:58.

Ntuterwe ubwoba n'uko agahinda kawe kagenda kagabanya ubukana: N'ubwo bitangaje, abantu bamwe bapfushije bagira ubwoba iyo bumvise agahinda kabo kagenda kagabanya ubukana, bakibwira yuko ibyo byaba bigaragaza ko urukundo bafiteye uwapfuye rurimo rugenda rugabanuka. Nyamara ibyo si ko biri. Uko agahinda kagenda kagabanuka, bituma ubasha kwibuka ibintu biashishikaje ushobora kutazigera wibagirwa.—Umubwiriza 3:1, 4.

Ntugahangayike birenze urugero: Ushobora gusanga uhangayitse wibaza uti 'noneho se mbaye uwa nde?' Bibiliya itanga inama yo kutiganyira umuntu atekereza iby'ejo. Umupfakazi umwe arasobanura ati "kubaho ntiganyira ntekereza iby'ejo byaramfashije cyane." Yesu yabwiye abigishwa be ati "ntimukiganyire mutekereza iby'ejo, kuko ab'ejo baziganyira iby'ejo."—Matayo 6:25-34.

imitima ishenjagawe” (Zaburi 34:19, reba umurongo wa 18 muri *Biblia Yera*). Koko rero, ikirenze ibindi byose, imishyikirano ufutanye n’Imana ishobora kugufasha guhangana n’urupfu rw’uwo wakundaga. Mu buhe buryo? Inama nziza zagiye zitangwa hano, zishyirye cyangwa zihuje n’Ijambo ry’Imana ari ryo Bibiliya. Kuzishyira mu bikorwa bishobora kugufasha gutsinda agahinda.

Nanone kandi, ntukabure gufatana uburemere isengesho. Bibiliya itugira inama igira iti “ikoreze Uwi-teka umutwaro wawe, na we azakuramira” (Zaburi 55:23, reba umurongo wa 22 muri *Biblia Yera*). N’ubwo kubwira ibyiyumvo byawe incuti ibasha kugutega amatwi bishobora kugufasha, mbega ukuntu byarushaho gufasha ufunguriye umutima wawe “Imana nyir’ihumire ryose!” —2 Abakorinto 1:3.

Isengesho ubwaryo si ryo rizatuma turushaho kugubwa neza. ‘Uwumva ibyo asabwa,’ asezeranya kuzaha umwuka wera abagaragu be bawumusabanye umutima utaryarya (Zaburi 65:3, reba umurongo wa 2 muri *Biblia Yera*; Luka 11:13). Kandi umwuka wera w’Imana, ari zo mbaraga ikoresha, ushobora kuduha “[imbaraga] zisumba byose” zitubashisha kurenza umunsi tugafata n’undi (2 Abakorinto 4:7). Ibuka: Imana ishobora gufasha abagaragu bayo b’indahemuka kwihanganira ingorane iyo ari yo yose bahura na yo.

Umugore umwe wafushije umwana aribuka uku-ntu imbaraga zituruka ku isengesho zamufashije we n’umugabo we guhangana n’ibyo byago. Arabisobanura agira ati “iyo twabaga turi mu rugo nijoro maze agahinda kakatwegura, twasengeraga hamwe

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n’ijwi riranguruye. Mu mizo ya mbere iyo habaga hari ikintu tugomba gukora tutari kumwe na we —nk’amateraniro ya mbere y’itorero twateranye, ikoraniro rya mbere twagiyemo—twarasengaga dusaba imbaraga. Iyo twabyukaga mu gitondo maze tukumva tutari bubashe guhangana n’uwo muni, twasengaga Yehova tumusaba kudufasha. Ku mpamvu zimwe na zimwe, numvaga nshenguwe no kuza kwinjira mu nzu jyenyine. Bityo rero, igihe cyose natahaga ndi jyenyine, nasengaga Yehova kugira ngo

amfashe gushyitsa umutima hamwe mu buryo runaka.” Uwo mugore w’indahemuka yemeraga ashikamye kandi mu buryo bw’ukuri ko ayo masengesho yatumaga haba ihinduka. Nawe, binyuriye mu masengesho yawe ya buri gihe, ushobora kwironkera ‘amahoro y’Imana, ahebuje rwose ayo umuntu yamenya, akarinda umutima wawe n’ibyo wibwira.’—Abafilipi 4: 6, 7; Abaroma 12:12.

Ubufasha Imana itanga butuma haba ihinduka. Pawulo, intumwa y’Umukristo, yavuze

ko Imana “iduhumuriza mu makuba yacu yose, kugira ngo natwe tubone uko duhumuriza abari mu makuba yose.” Mu by’ukuri koko, ubufasha buturuka ku Mana ntibuvanaho umubabaro, nyamara ariko bushobora gutuma byoroha kuwihanganira. Ibyo ntibivuga ko utazigera na rimwe urira cyangwa ngo wibagirwe uwo wakundaga. Ariko ushobora kongera kugarura umutima mu gitereko. Nubigenza utyo, ibyakubayeho bishobora gutuma urushaho gusobanukirwa bene iyo mimerere, no kuba umuntu ubasha kwishyira mu mwanya w’abandi bityo ukabafasha guhangana n’ugupfusha nk’ukwakubayeho.—2 Abakorinto 1:4.

Ibibazo byo Gutekerezaho

Ni kuki ari ngombwa kugaragaza agahinda?

Ni gute ushobora kugaragaza agahinda ufite?

Ni gute Ibyanditswe bishobora kugufasha guhangana n’urupfu rw’uwo wakundaga?

Ni mu buhe buryo imishyikirano ufutanye n’Imana ishobora kugufasha guhangana n’urupfu rw’uwo wakundaga?

Ni izihe nama z’ingirakamaro zagufasha guhangana n’agahinda?

Ni Gute Abandi Babimfashamo?



“**N**IBA hari icyo nagufashamo, ntuzuyaze kubimenyesha.” Ngayo amagambo benshi muri twe babwira incuti cyangwa umuvandimwe uherutse gupfusha uwo yakundaga. Yewe, ibyo ndetse tunabivugana umutima

utaryarya. Twumva rwose twakora *ibishoboka byose* kugira ngo tubafashe. Ariko se hari ubwo wa muntu wapfushije ajya aduhamagara maze akatubwira ati “natekereje, none nabonye ko ikintu wamfashamo ari iki n’iki?” Akenshi si ko bigenda. Uko bigaragara, birashoboka ko byaba ari ngombwa kwibwiriza icyo twakora niba dushaka koko kugira icyo dufashamo no guhumuriza wa muntu ufite agahinda.

Umugani umwe wa Bibiliya ugira uti “ijambo ryizihye, rivuzwe mu gihe gikwiriye, ni nk’amatunda y’izahabu ku mbehe y’ifeza” (Imigani 15:23; 25:11). Kumenya icyo wavuga n’icyo *utagomba* kuvuga, icyo ugomba gukora n’icyo *utagomba* gukora, bisaba ubushishozi. Dore zimwe mu nama zishingiye ku Byanditswe zafashije cyane bamwe mu bari bapfushije ababo.

Ibyo Wakora . . .

Tega amatwi: Muri Yakobo 1:19 hagira hati “umuntu wese yihutire kumva.” Kimwe mu bintu by’ingenzi ushobora gukora kugira ngo wifatanye mu kababaro k’uwapfushije, ni ukumutega amatwi. Bamwe mu bapfushije bashobora kumva bashakakuganira ku muntu wabo bakundaga wapfuye, ku mpanuka cyangwa indwara yamuhitanye, cyangwa se ku biyumvo bagize bamaze kumupfusha. Bityo rero, baza uti “urumva wifuza se ko tubiganira

raho?” Reka bagire icyo babivugaho. Umusore umwe wibuka iby’igihe se yapfaga, yagize ati “mu by’ukuri byaramfashije rwose ubwo abandi bambazaga uko byagenze maze *bakantega amatwi by’ukuri*.” Tega amatwi utarambirwa kandi wifatanye n’uwo muganira utumva uhatirwa gutanga ibisubizo n’imikemurire ya buri kibazo. Bareke bavuge ibyo baba bashakakuvuga byose.

Humuriza: Bahumurize ubumvisha ko bakoze ibyo bashoboraga gukora byose (cyangwa se ubamenyeshe ikindi kintu uzi *cyabayeho koko cyubakaba*). Ongera ubahumurize ubumvisha ko uko biyumva—ishavu, uburakari, kwishinja icyaha, cyangwa se ikindi cyiyumvo cyose—nta na kimwe muri ibyo byose kidasanzwe. Gira icyo ubabwira ku bandi bantu uzi banyuze muri bene iyo mimerere yo gupfusha nyamara ariko bakaba barayisohotse, none ubu bakaba bameze neza. “Amagambo anezeza” nk’ayo ‘akomeza ingingo’ nk’uko mu Migani 16:24 havuga.—1 Abatesalonike 5:11, 14.

Gerageza kuboneka: Shaka uburyo waboneka kenshi atari mu minsi ya mbere gusa, ubwo incuti n’abavandimwe benshi baba bahari, ahubwo ushake umwanya ku buryo unaboneka nyuma y’amezi menshi abandi bamaze kwisubirira mu mirimo yabo isanzwe. Muri ubwo buryo ni bwo uzaba ugaragajeko ko uri “incuti” ya yindi ibonekera mu “makuba”

(Imigani 17:17). Teresea wibuka uko byagenze ubwo yapfushaga umwana ahitanywe n'impanuka y'imodoka, yagize ati "incuti zacu zakoze ku buryo tuba dufite gahunda runaka buri mugoroba, bityo bituma tutajya tumara igihe kirekire cyane turi twenyine mu rugo." Yungamo ati "iby byadufashije guhangana n'ibiyumvo byo kumva tutakiri twese." Na nyuma y'imyaka myinshi, igihe cyo kwibuka ikintu runaka, nk'igihe umuntu amaze ashyingiwe cyangwa se itariki yapfushirijeho, kiba ari igihe kibabaza cyane abasigaye. Ni kuki utashyira akamenyetso ku matariki nk'ayo kuri kalendari yawe kugira ngo nagera uzabashe kuboneka maze byaba ngombwa ugashyigiki- ra uwapfushije wifatanya na we?



Nubona ko ikintu runaka gikenewe koko, ntutegereze kugisabwa—ibwirize

Mu gihe uwo wakundaga apfuye

Ibwirize gukora ibintu bikenewe: Mbese, hakenewe ujya guhaha? Mbese, haba hakenewe usigarana abana? Mbese, incuti cyangwa abafitanye isano n'uwapfushije baba bakeneye aho kurara? Abantu bamaze igihe gito bapfushije baba bafite amaganya menshi ku buryo bataba banakimenya ibyo bagomba gukora *ubwabo*, ntibashobora rero kubwira abandi ibyo babafasha gukora. Ku bw'ibyo rero, niba ubona koko ikintu runaka gikenewe, ntutegereze kugisabwa; ibwirize. (1 Abakorinto 10:24; gereranya na 1 Yohana 3:17, 18.) Umugore umwe wari warapfushije umugabo, aribuka ibyamubayeho muri aya magambo ngo "abantu benshi bakunze kuvuga bati 'niba hari icyo nagufashamo, ntuzuyaze kubimenyesha.' Nyamara ariko, hari incuti imwe itaragize icyo imbaza. Yahise iboneza iyo mu cyumba ndaramo, irasasura maze imesa amashuka yari yaranduye igihe umugabo wanjye yapfaga. Indi ncuti na yo yafashe indobo, amazi n'ibikoreho byo gusukura maze yoza umusambi umugabo wanjye yari yararutseho. Hashize ibyumweru bike, hahingutse umusaza umwe w'itorero yambaye imyambaro ye y'akazi afite n'ibikoreho bye maze aravuga ati 'nzi ko hari ibintu bikeneye gusanwa. Mbese byaba ari ibihe?' Uwo mugabo yanyuze umutima ubwo yasanaga urugi rwari rusigaye rufashe ku ipata rimwe gusa, ndetse akanakora icyuma kimwe cy'amashanyarazi cyari cyarapfuye!"—Gereranya na Yakobo 1:27.

Ujye ugira urugwiro: Bibiliya iratwibutsa iti "ntimukirengagize gucumbikira abashyitsi" (Abaheburayo 13:2). Mu buryo bw'umwihariko, twagombye kwibuka kugirira urugwiro abantu bapfushije ababo. Aho kubabwira ngo "igihe cyose muzashakira

muzaze,” bahe itariki n’isaha. Nibaramuka banze kwitabira ubwo butumire, ntuhite uhagararira aho. Ahari wenda haba hakenewe kubatera inkunga ubigiranye ubugwaneza. Birashoboka ko banze kwitabira ubutumire bwawe kuko batinyaga ko bananirwa no gutegeka ibiyumvo byabo bari imbere y’abandi bantu. Cyangwa se ahari bumva baba batandukiriye mu bihe nk’ibyo baramutse bagaragaje ibyishimo mu gihe basangiye kandi bakanasabana n’abandi. Ibuka urugero rw’umugore wari uzwiho kwakira abashyitsi witwaga Ludiya uvugwa muri Bibiliya. Ubwo Luka yatumirwaga iwe, yavuze ko ‘yabahase.’—Ibyakozwe 16:15.

Nturambirwe kandi ugerageze kumva abandi: Ntugatanzwe cyane n’amagambo abapfushije bavuga mu mizo ya mbere. Ibuka ko bashobora kuba bumva bafite uburakari no kwishinje icyaha. Niba ibiyumvo byabo bibateye kukubwirana umushiha, bizagusaba ubushihuzi no kwihangana kugira ngo nawe utabasubizanya uburakari. Bibiliya itugira inama iti “mwambare umutima w’imbabazi, n’ineza, no kwicisha bugufi, n’ubugwaneza, no kwihangana.”—Abakolosayi 3:12, 13.

Andika ibarwa: Akenshi abantu ntibakunze kumenya agaciro k’ibarwa cyangwa ikarita yo kwifatanya mu kababaro. Bifite akahe gaciro? Dore igisubizo duhabwa na Cindy wapfushije nyina ahitanywe na kanseri: “incuti yanjye imwe yanyandikiye akabarwa keza cyane. Karamfashije by’ukuri kuko nashoboraga kujya ngasoma hatu na hatu.” Bene iyo barwa cyangwa ikarita yo gutera inkunga ishobora kuba yanditse “mu magambo make,” ariko ibikubiyemo bigomba kuba bikuvuye ku mutima koko (Abahebura-yo 13:22). Dushobora kwandikamo uburyo twibuka uwapfuye mu buryo bw’umwihariko, n’ukuntu kumubura byagize ingaruka ku buzima bwacu.

Ifatanye na bo mu isengesho: Ntugafatane uburemere buke igikorwa cyo gusengana n’abataka-je ababo cyangwa se kubasengera. Bibiliya igira iti “gusenga k’umukiranutsi kugira umumaro mwinshi”

(Yakobo 5:16). Urugero, iyo bumvise ubasabira, bishobora kubafasha kunesha ibiyumvo bibaca intege baba bafite byo kwishinje icyaha.—Gereranya na Yakobo 5:13-15.

Ibyo Utagomba Gukora . . .

Ntubitarure ngo ni uko utazi icyo wavugaga cyangwa se icyo wakora: Ahari wenda dushobora kwibwira tuti ‘nzi neza ko nta muntu bashaka iruhande rwabo ubu ngubu.’ Nyamara ahubwo, hari ubwo ari uko twaba dushaka kubitarura dutinya kuba twagira ikintu tuvugaga cyangwa se dukora gikocamye. Icyakora, kumva wahawe akato n’incuti, abavandimwe cyangwa se abo musangiye kwizera byatuma umuntu yumva arushijeho kwigunga, bityo bikamwongerera umubabaro. Zirikana ko amagambo n’ibikorwa by’ubugwaneza akenshi bitagombera kuba bihambaye (Abefeso 4:32). Kuba uhari byonyine bishobora gutera inkunga. (Gereranya n’Ibyakozwe 28:15.) Yibuka umunsi umukobwa we yapfaga, Teresea aragira ati “mu isaha imwe gusa, ikirongozi cy’ibitaro cyari cyuzuye incuti zacu; abasaza b’itorero bose hamwe n’abagore babo bari bahari. Abagore bamwe ntibari babonye n’umwanya wo kuvana ibigude mu mutwe, hari n’abari bambaye imyenda yabo y’akazi. Bataye ibyo bakoraga byose maze baraza. Abenshi muri bo batubwiye ko batari bazi icyo bavugaga, icyakora ibyo nta cyo byari bitwaye kuko kuhaba kwabo kwari guhagije.”

Ntubahatire kureka kurira: Hari ubwo wenda twakumva twababwirira tuti ‘rwose noneho ihangane, ureke kurira.’ Nyamara byaba byiza kurushaho tubaretse bakaririra. Katherine, yibuka ubwo yapfushaga umugabo, aragira ati “ntekereza ko ari ibintu by’ingenzi kureka uwapfushije akagaragaza uko yiyumva maze agasohora agahinda ke.” Gerageza ku rwanya ibigusunikira kubwirira abandi uko bagomba kwiyumva. Nawe kandi ntiwumve ko ugomba kugerageza guhisha ibiyumvo byawe ngo ni ukugira ngo utabababaza. Ahubwo, nk’uko Bibiliya ibitanga-



Kuza ku bitaro [aho uwapfuye yaguye] bishobora gutera inkunga uwapfushije

mo inama, “[m]urirane n’abarira.”—Abaroma 12:15.

Ntiwihutire kubagira inama yo kwigiza hirya imyambaro cyangwa ibindi bikoresho bya bwite by’uwapfuye mu gihe bo bumva bitari byabajyamo: Ahari wenda hari ubwo twakumva byaba ari byiza ko batakomeza kubona ibintu bibibutsa cyane uwapfuye, kubera ko ngo byatuma barushaho kugira agahinda. Nyamara ariko, mu mimerere nk’iyo, nta wakoresha umugani uvuga ngo “kure y’amaso ni kure y’umutima.” Hari ubwo uwapfushije ashobora

Mu gihe uwo wakundaga apfuye

kuba ashaka kujya agenda yibagirwa uwapfuye buhoro buhoro. Ibuka uko Bibiliya ivuga imyifatire y’umukambwe Yakobo ubwo bamwumvishaga ko umuhungu we w’umusore Yosefu yishwe n’innyamaswa y’inkazi. Yakobo amaze kubona ikanzu ya Yosefu yuzuyeho amaraso, ‘yamaze iminsi myinshi ababaye yiraburiye umwana we. Abahungu be bose n’abakobwa be bose barahaguruka ngo bamumare umubabaro: ariko yanga kumarwa umubabaro.’—Itangiriro 37: 31-35.

Ntuvuge uti ‘uzongera ubyare undi mwana’: Umugore umwe wafushije umwana, aribuka ati “sinishimaga na busa iyo abantu bambwiraga ngo nzongera kubyara undi mwana.” Ahari ayo magambo ashobora kuba avuganywe umutima mwiza, ariko rero ku mubyeyi wafushije umwana, amagambo avuga ko umwana we ashobora gusimburwa n’undi, ashobora “kwicana nk’inkota” (Imigani 12:18). Nta mwana ushobora gusimbura undi. Kubera iki? Kubera ko buri mwana aba afite umwihariko we.

Ntiwumve uhatirwa kwirinda byanze bikunze kugira icyo uvuga ku wafuye: Umubyeyi umwe w’umugore aribuka ibyamubayeho muri aya magambo ngo “abantu benshi birindaga kuvuga izina ry’umuhungu wanjye Jimmy, ndetse bakanyirinda n’amagambo yamwe-rekeraho. Ndemeza rwose ko numvaga bimbabaje iyo bayifatagamo batyo.” Ku bw’ibyo rero, ntiwumve ko byanze bikunze ugomba guhindura ikiganiro iyo hagize uvuga izina ry’uwafuye. Baza uwafushije niba yumva ashaka kuganira ku we yakundaga. (Gereranya na Yobu 1:18, 19 na 10:1.) Hari abantu bamwe bapfusha bakishimira kumva incuti zivuga imico myiza bakundiraga uwafuye.—Gereranya n’Ibyakozwe 9:36-39.

Ntugire ubwira bwo kuvuga ngo ‘bishobora kuba ari cyo gisubizo’: Kugerageza kubona ko urupfu rwabaye hari ikibazo runaka rwaba rwarakemuye, nta bwo buri gihe ‘bikomeza abacogora’ bafite agahinda (1 Abatesalonike 5:14). Yibuka igihe nyina yapfaga, umugore umwe ukiri muto yagize ati “hari abavugaga ngo ‘ubu ntakibabara,’ cyangwa ngo ‘ubu noneho yibereye mu mahoro.’ Nyamara sinashakaga kumva bene ayo magambo.” Ayo magambo aba ahi-

she inyuma igitekerezo cy’uko abasigaye batagombye kugira agahinda cyangwa ko kuba bapfushije atari ikintu gikomeye. Nyamara kandi, baba bababaye cyane kubera ko baba babuze cyane uwo bakundaga.

Si byiza kuvuga ngo ‘nzi ukuntu umerewe’: Koko se uba ubizi? Urugero, none se ushobora kumenya uko umubyeyi wafushije umwana aba amereye kandi ibyo bitarigeze bikubaho? Kandi n’iyo byaba byarakubayeho, menya ko abandi bashobora kuba batiyumva uko wowe wiyumvaga. (Gereranya n’Amaganya 1:12.) Ku rundi ruhanda, niba ari igi-

he cyabyo, bishobora kugira umumaro kuvuga uko wabashije gutsinda agahinda wagize ubwo watakazaga uwo wakundaga. Umugore umwe wari warapfushije umukobwa azira urugomo, yahumuriywe n’undi mugore na we wari warapfushije umukobwa we ubwo yamubwiraga uko yabashije kongera kubaho ubuzima busanzwe. Yagize ati “uwo mugore na

we wari warapfushije umukobwa we ntiyateruye inkuru ye agira ati ‘nzi uko umerewe.’ Yambwiye gusa uko *we* byamugendekereye maze arandeka ngo nigeragereze kubihuza n’ibyambayeho.”

Gufasha umuntu wafushije bisaba kugira impuhwe, gushishoza no kugira urukundo rwinshi. Ntugereze ko abapfushije bagusanga. Ntuhugire mu kuvuga gusa ngo “niba hari icyo nagufashamo . . .” “Icyo kintu,” cyishakire nawe ubwawe, wibwirize gukora ibikenewe.

Nyamara haracyari ibindi bibazo bike bisigaye: bite se ku byiringiro by’umuzuko Bibiliya itanga? Ibyo se byagira ngaruka ki ari kuri wowe ari no k’ubwawe wakundaga wafuye? Twabwirwa n’iki se ko ibyo byiringiro ari ibyo kwizerwa?

Ibibazo byo Gutekerezaho

Ni kuki kwifatanya n’uwafushije mu kababaro umutega amatwi bigira umumaro?

Ni bintu ki bimwe dushobora gukora kugira ngo duhumurize uwafushije mu gahinda afite?

Ni bintu ki tugomba kwirinda kubwira cyangwa se gukorera umuntu ufite agahinda ko gupfusha?



Uko Twafasha Abana Kwihanganira Ibihereranye no Gupfusha

Iyo umuryango runaka wapfushije, ababyeyi kimwe n'abandi bavandimwe n'incuti, akenshi ntibamenya icyo bavuga cyangwa icyo bakora kugira ngo bafashe abana kwihanganira ibyabaye. Nyamara burya, abana bakenera ko abantu bakuru babafasha kwihanganira ibihereranye no gupfusha. Dore bimwe mu bibazo bikunze kubazwa ku bihereranye no gufasha abana gusobanukirwa iby'urupfu.

Ni gute wasobanurira abana iby'urupfu? Ni byiza gusobanura ibintu mu magambo yoroshye. Kandi nanone utange ibisobanuro by'ukuri. Ntuzuyaze gukoresha amagambo yabigenewe nka “yapfuye” n' “urupfu.” Urugero, ushobora kwicarana n'umwana, ukamukikira, maze ukamubwira uti “twagize ibyago bikomeye. Papa yarwaye mu buryo bukomeye indwara idasanzwe [cyangwa se ubimubwire ukundi ariko utamubeshya] none yapfuye. Kuba yapfuye nta we byaturutseho. Tuzagira agahinda kenshi ko kumubura kuko twamukundaga kandi na we yadukundaga.” icyakora nanone, ni byiza gusobanurira uwo mwana ko we ubwe cyangwa se umubyeyi we wasigaranye na we atazahita apfa ngo kubera ko na we aya arwara rimwe na rimwe.

Batere inkunga yo kubaza ibibazo. Bashobora kuba bati “bapfa gute?” Ushobora kubasubiza muri ubu buryo uti “bapfa' iyo umubiri uhagaze gukora maze umuntu ntiyongere kugira ikintu abasha gukora mu byo yakoraga—ntashobore kongera kuvuga, kureba cyangwa se kugira ikintu na kimwe yumva.” Umubyeyi wizera ibyo Bibiliya isezzeranya ku bihereranye n'umuzuko, ashobora kuboneraho umwana wo gusobanura ko Yehova Imana yibuka uwapfuye, kandi ko azongera kumuha ubuzima muri Paradizo izaba ku isi mu gihe kiri imbere (Luka 23:43; Yohana 5:28, 29).—Reba igice kivuga ngo “Ibyiringiro Nyakuri ku Bantu Bapfuye.”

Mbese, hari ibintu ugomba kwirinda kuvuga? Nta cyo bimaze kuvuga ko uwapfuye yagiye mu rugendo rwa kure. Ubwoba bwo kuba bamusize ni bwo buhangayikisha umwana, cyane cyane iyo yapfushije umubyeyi. Kubwira umwana ko uwapfuye yagiye

mu rugendo, bishobora kurushaho guhinga mu mwana igitekerezo cy'uko bamutaye maze agatekereza ati 'nyogokuru yansize ntiyanansezeraho!' Gira amakenga nanone ntubwire umwana muto ko uwapfuye yasinzi-riye. Abana bakunze gufata ibintu uko byakabaye ijamba ku rindi. Umwana niyumva ko gusinzira ari kimwe no gupfa, ashobora kujya atinya kujya kuryama nijoro.

Mbese, abana bagomba kugira uruhare mu mihango y'ihamba? Ababyeyi bagomba kwita ku byiyumvo by'abana. Niba badashaka kujya muri iyo mihango, ntubahatire kuyiyamo cyangwa se ngo ubumvishe ko bagize nabi kuba batayigiyemo. Niba bashaka kuyiyamo, basobanurire neza uko biza kugenda, niba hari buze kuba hari isanduku [irimo umurambo], niba se iri bube ifunguye cyangwa se ifunze. Ubasobanurire ko bashobora kubona abantu benshi barira kubera ko bababaye. Nanone ubareke babaze ibibazo. Unabahumurize ubabwira ko bashobora kuza kwigendera igihe bashakiye.

Abana babyifatamo bate iyo bapfushije? Akenshi abana bumva ari bo batumye uwo bakundaga apfa. Kubera ko hari igihe umwana ashobora kuba yarigeze kurakarira uwapfuye, ashobora kwibwira ko ubwo burakari cyangwa se amagambo ashingiye ku burakari yamubwiye ari yo yatumye apfa. Bishobora kuba ngo mbwa kumuhumuriza ugira uti 'ibitekerezo byawe n'amagambo uvuga si yo yatuma umuntu arwara, kandi si na yo yatuma umuntu apfa.' Umwana muto ashobora gukenera guhumurizwa bene ubwo buryo incuro nyinshi.

Mbese, byaba byiza guhisha abana agahinda ufite? Kuririra imbere y'abana ni ibintu bisanzwe kandi bishobora kugira icyo bifasha ku buzima. Yewe, ntibinashoboka gukumira ibiyumvo byawe imbere y'abana; bakunze kwitegereza no kumenya ko hari ikintu kitagenda. Kugaragaza agahinda kawe mu buryo butaryarya, bituma bamenya ko kugira agahinda no kugaragaza rimwe na rimwe ibiyumvo ari ibintu bisanzwe.



Ibyiringiro Nyakuri ku Bantu Bapfuye



UMUKOBWA umwe wari ufite imyaka 25 yaranditse ati “mu wa 1981, umugore wandeye nka mama yarapfuye ahitanywe na kanseri. Urupfu rwe rwaradushavuye cyane jye n’umuhungu twareranwaga. Nari mfite imyaka

17 n’aho uwo muhungu afite 11. Nashavujwe cyane no kumutakaza. Kubera ko nari narigishijwe ko ubwo yari yagiye mu ijuru, numvaga nanyije nakwiyahura kugira ngo musangeyo. Yari umuntu wanjye w’inkoramutima cyane.”

Kuba urupfu rufite imbaraga zo kugutwara uwo wakundaga, bigaragara nk’aho ari akarengane. Iyo ibyo bibaye, gutekereza ko utazongera na rimwe kuvugana n’uwo wakundaga, guseka hamwe na we, cyangwa se kumukoraho, bishobora kukubera ikintu kigoranye cyane kucyihanganira. Ako gahinda ntigakurwaho byanze bikunze n’uko bakwigishije ko uwo ukunda ari mu ijuru.

Nyamara ariko, Bibiliya yo itanga ibyiringiro



Ibyiyumvo byuje impuhwe Yesu yagaragaje ubwo yazuraga Lazaro, byerekana icyifuzo cye cyimbitse cyo kuvanaho ingaruka mbi z’urupfu

birenze kure ibyo ngibyo. Nk’uko twamaze kubibona, Ibyanditswe bigaragaza ko mu gihe kiri bugufi, bishoboka kuzongera guhurira n’uwawe wakundaga wapfuye, atari mu ijuru kuko utamenya ibyaryo,

ahubwo hano ku isi mu mibereho isaze amahoro no gukiranuka. icyo gihe, abantu bazishimira kugira ubuzima buzira umuze, nta na rimwe bazi-gera bongera gupfa. Bamwe bashobora kuvuga bati ‘icyakora ibyo ni inzozo zishimishije!’

None se, ni iki wakenera cyakwemeza ko ibyo ari ibyiringiro nyakuri? Kugira ngo wemere ikintu cyasezeranyijwe, ushobora gukenera kumenya neza niba uwagisezeranije afite ubushake n’ubushoboyi bwo kugisohozza. None se uwo we usezeranya ko abapfuye bazongera kubaho ni nde?

Mu rugaryi rw’umwaka wa 31 wo mu gihe cyacu, Yesu Kristo yavuganye ubushizi bw’amanga iri sezerano ngo “nk’uko Se azura abapfuye, akabaha ubugingo, ni ko n’Umwana aha ubugingo abo ashaka. Ntimitangazwe n’ibyo, kuko igihe kizaza, ubwo abari mu bituro bose bazumva ijwi rye [Yesu], bakavamo” (Yohana 5:21, 28, 29). Ni koko, Yesu Kristo yasezeranyije ko za miriyoni z’abantu ubu bapfuye bazongera kuba kuri iyi si bafite ibyiringiro byo kuzayigumaho iteka ryose mu mimerere y’amahoro ya paradizo. (Luka 23:43; Yohana 3:16; 17:3; gereranya na Zaburi 37:29 na Matayo 5:5.) Kubera ko Yesu ari we ubwe watanze iryo sezerano, dushobora guhamya



Imirongo Ihumuriza

Incuro nyinshi, Abakristo b'indahemuka bagiyeye basobanura uburyo bahanganye n'agahinda [ko gupfusha], bagiyeye bagira bati “reka mbabwire umurongo wa Bibiliya wamfashije.” Niba ufite bene ako gahinda, birashoboka ko nawe iyi mirongo yagufasha.

“Hashimwe . . . Data wa twese w'imbabazi, n'Imana nyir'ihumure ryose; iduhumuriza mu makuba yacu yose.”—2 Abakorinto 1:3, 4.

“Upfumbatura igipfunsi cyawe, ugahaza kwifuza kw'ibibaho byose.”—Zaburi 145:16.

“Kuko [Imana] yashyizeho umunsi wo gucirira ho urubanza rw'ukuri rw'abari mu isi bose, izarucisha umuntu yatoranije: kandi ibyo *yabihamirije* abantu bose, ubwo yamuzuye.”—Ibyakozwe 17:31, ayo magambo ari mu nyuguti ziberamye ni twe twayanditse dutyo.

“Jye ubwanjye ni jye ubahumuriza.”
—Yesaya 51:12.

“Nk'uko nyina w'umwana ahumuriza umwana we, ni ko nzabahumuriza.”
—Yesaya 66:13.

“Iki ni cyo kimara umubabaro mu makuba yanjye no mu byago byanjye, ni uko ijambo ryawe ryanzuye. Uwiteka, njya nibuka amateka yawe ya kera, nkimara umubabaro. Ndakwinginze, imbabazi zawe zimara umubabaro, nk'uko ijambo ryawe riri wasezeranije umugaragu wawe.”—Zaburi 119:50, 52, 76.

“Igihe kizaza, ubwo abari mu bituro bose bazumva ijwi rye, bakavamo, abakoze ibyiza bakazukira ubugingo.”—Yohana 5:28, 29.

tutibeshye ko afite ubushake bwo kurisohozwa. Ariko se anabifitiye ubushobozi?

Hatarashira imyaka ibiri atanze iryo sezerano, Yesu yagaragaje mu buryo bwimbitse cyane ko ashaka kandi ko afite ubushobozi bwo kuzura abapfuye.

“Lazaro, Sohoka”

Byari ibintu bikora ku mutima. Lazaro yari arwaye bikomeye. Bashiki be babiri, Mariya na Marita, batuma kuri Yesu wari hakurya y'Umugezi wa Yoro-dani bati “Data buja, uwo ukunda ararwaye” (Yohana 11:3). Bari bazi ko Yesu akunda Lazaro. None se Yesu yari kubura kuza gusura incuti ye yari irwaye? Igitangaje ni uko aho guhita ajya i Betaniya akimara kubona ubwo butumwa, Yesu yagumye aho yari ari ahamara indi minsi ibiri.—Yohana 11:5, 6.

Lazaro yapfuye nyuma gato y'uko ubutumwa buvuga iby'uburwayi bwe bwoherezwaga. Yesu yari azi igihe Lazaro yapfiriye, kandi yashakaga kugira icyo abikoraho. Nyuma, Yesu yaje kugera i Betaniya, incuti ye yakundaga yari imaze iminsi ine ipfuye (Yohana 11:17, 39). Ariko se, Yesu yashoboraga kongera gu-subiza ubuzima umuntu wari umaze igihe kingana gityo apfuye?

Amaze kumenya ko Yesu ari mu nzira aza, Marita wari umugore ushabutse, yihutiye kujya kumusanganira. (Gereranya na Luka 10:38-42.) Yesu abonye agahinda yari afite, bimukora ku mutima maze aramusezeranya ati “musaza wawe azazuka.” Marita amugaragaraje ko yari afite icyiringiro cy'umuzuko wo mu gihe kizaza, Yesu amubwira atazuyaje ati “ni jye kuzuka n'ubugingo; unyizera, naho yaba yarapfuye, azabaho.”—Yohana 11:20-25.

Ageze ku mva, Yesu yatanze amabwiriza yo kuvanaho gitare cyari ku munwa wayo. Hanyuma, amaze gusenga mu ijwi riranguruye, aratega ati “Lazaro, sohoka.”—Yohana 11:38-43.

Abari aho bose bari bahanze amaso imva. Nuko, babona mu mwijima havumbutseho umuntu.

Mu gihe uwo wakundaga apfuye

Amaguru ye n'ibiganza bye byari bizingazingiye mu myenda, n'igitambaro cyari gipfutse mu maso he. Nuko Yesu aratega ati "nimumuhambure, mumureke agende." Umwenda wa nyuma yari azingiyemo uragwa. Yee, ni Lazaro, wa wundi wari umaze iminsi ine apfuye!—Yohana 11:44.

Mbese Ibyo Byabayeho Koko?

Inkuru ivuga iby'umuzuko wa Lazaro igaragara mu Ivanjiri ya Yohana ko ari ikintu cyabayeho koko mu gihe cyahise. Ibintu bivugwa muri icyo nkuru, usanga bihuje n'ukuri ku buryo idashobora kuba ari ibihimbano bigamije kugenekereza ikintu runaka. Gushidikanya ku kuba byabayeho, ni nko gushidikanya ku bitangaza bivugwa muri Bibiliya, hakubiyemo no kuzuka kwa Yesu Kristo ubwe. Kandi guhakana ukuzuka kwa Yesu, ni uguhakana ukwizera kwa Gikristo kose uko kwakabaye.—1 Abakorinto 15:13-15.

Mu by'ukuri, niba wemera ko Imana ibaho, nta ngorane wagombye kugira mu kwemera umuzuko. Reka dusobanure icyo ngingo: umuntu ashobora gutatisha kuri kasete ya videwo ibihareranye no kuraga kwe, bityo yamara gupfa incuti n'abavandimwe bagashobora kumubona kandi bakanumva avuga uburyo yifuza ko ibintu bye byacungwa. Mu myaka ijana ishize, ibyo bintu nta n'uwashoboraga kubitekerereza. Ndetse no muri iki gihe, abantu batuye mu duce twitaruye tw'isi, ubuhanga bwo gufata ibintu kuri kasete ya videwo birenze ibyo bashobora gusobanukirwa ku buryo babibona nk'igitangaza. None se niba amahame ya siyansi yashyizweho n'Umuremyi abantu bashobora kuyakoresha kugira ngo bazongere gutuma abantu babona uwapfuye kandi bakanumva ijwi rye, mbese Umuremyi we yananirwa gukora ibirenze ibyo? None se koko, ntibihuje n'ubwenge gutekereza ko Uwaremye ubuzima yashobora kongera *kuburema bundi bushya?*

Igitangaza cyo kongera gusubiza Lazaro ubuzima, cyatumye kwizera Yesu kimwe n'umuzuko birushaho gushinga imizi (Yohana 11:41, 42; 12:9-11, 17-19).

Mu gihe uwo wakundaga apfuye

Ibyo nanone binagaragaza mu buryo bugera ku mutima ubushake n'icyifuzo Yehova n'Umwana we bafite cyo kuzura abantu.

'Imana Izashaka Kubona Umurimo w'Amaboko Yayo'

Uburyo Yesu yifashe ku rupfu rwa Lazaro, bugaragaza ukuntu Umwana w'Imana agira impuhwe cyane. Ibyiyumvo byimbitse yagize icyo gihe, byagaragaje mu buryo budasubirwaho icyifuzo cye gikomeye cyo kuzura abapfuye. Dusoma ngo "Mariya ageze aho Yesu ari, amubonye yikubita imbere y'ibirenge bye, aramubwira ati 'databuja, iyaba wari hano, musaza wanjye ntaba yarapfuye.' Yesu amubonye arira, n'Abayuda bazanye na bo barira, asuhuza umutima, arawuhagarika, arababaza ati 'mbese mwamushyize he?' Baramubiza bati 'databuja, ngwino urebe.' Yesu ararira. Abayuda baravugaga bati 'dore ye, nimurebe uburyo yamukundaga.'—Yohana 11:32-36.

Impuhwe zivuye ku mutima za Yesu zigaragazwa n'aya magambo atatu: "asuhuza umutima," "arawuhagarika," hanyuma ngo "ararira." Mu rurimi rw'umwimerere, amagambo yakoreshejwe mu kubara icyo nkuru igera ku mutima, agaragaza ko Yesu yashavujwe byimbitse n'urupfu rw'incuti ye Lazaro, anababazwa no kubona mushiki wa Lazaro arira, ku buryo amaso ye yahise abungamo amarira.*

Ikintu gitangaje cyane ni uko na mbere y'aho Yesu yari yarashyize ubuzima abandi bantu babiri bari babutakaje. Ubu na bwo akaba yarashakaga byimazeyo kongera kubikorera Lazaro (Yohana 11:11,

* Ijambo ry'Ikigiriki ryahinduweho ngo "asuhuza umutima," rituruka ku nshinga (*em-bri-ma'o-mai*) isobanura gutangira mu buryo burimo umubabaro cyangwa bwimbitse. Intiti imwe mu bya Bibiliya yagize iti "hano bishakira kuvugaga by'umwihariko ko ibyo byiyumvo Yesu yagize byari byimbitse cyane ku buryo n'ubwo atabishakaga humvikanye umunihoni uvuye ku mutima we." Ijambo ryahinduweho ngo "arawuhagarika [umutima]" rituruka ku jambo ry'Ikigiriki (*ta-ras'so*) risobanura ko umutima utari mu gitereko. Dukurikije umuhanga umwe mu bihereranye no gusesengura amagambo, risobanura ngo "guhanga mu mutima, . . . guterwa umubabaro cyangwa ishavu biko-meye." Ijambo ngo "ararira" rituruka ku nshinga y'Ikigiriki (*da-kry'o*) isobanura ngo "gusuka amarira, kurira bucece."



*Umuzuko, ushingiyeye ku gitambo
cy'incungu cya Kristo Yesu, we
uzazanira amahanga yose ibyishimo*

23, 25). Nyamara kandi 'yararize.' Bityo rero, gusubiza abantu ubuzima si ikintu Yesu apfa gukora yikunira. Ibyiyumvo bye byimbitse kandi byuje impuhwe yagaragaje icyo gihe, byerekana mu buryo budasubirwaho icyifuzo cye gihamye cyo kvanaho ingaruka mbi z'urupfu.

Kubera ko Yesu ari 'ishusho ya kamere ya [Yehova Imana], dushobora mu buryo nyabwo kwiringira ko na Data wo mu ijuru ari ko ameze (Abaheburayo 1:3). Ku bihereranye n'ubushake Yehova afite bwo kuzura abantu, umugabo w'indahemuka Yobu yagize ati "umuntu napfa, azongera abeho? . . . Wampamagara, nakwitaba: *washatse kubona umurimo w'amaboko yawe.*" (Yobu 14:14, 15, ayo magambo ari mu nyuguti ziberamye ni twe twayanditse dutyo.) Hano, ijamba ryo mu rurimi rw'umwimerere ryahinduwemo ngo "washatse kubona," rigaragaza icyifuzo kivuye ku mutima Imana ifite (Itangiriro 31:30; Zaburi 84:3, reba umurongo wa 2 muri *Biblia Yera*). Nta shiti, Yehova ategerezanyije amatsiko igihe cy'umuzuko.

Koko se, dushobora kwiringira isezerano ry'umuzuko? Rwose, nta gushidikanya ko Yehova n'Umwana we bashaka kandi bafite ubushobozi bwo kurisohozwa. None se, ibyo bisobanura iki kuri wowe? Ufite icyiringiro cyo kuzongera guhura n'abo wakundaga bapfuye hano hano ku isi mu mibereho ihabanye cyane n'irihho ubu!

Yehova Imana, we watangirije umuryango wa kimuntu mu busitani buhebuje, yasezeranyije kuzongera kugarura iyo Paradizo kuri iyi si mu-nsi y'ubutegetsi bw'Ubwami bwe bwo mu ijuru

yashyize mu maboko y'uwahawe ikuzo ubu, ari we Yesu Kristo (Itangiriro 2:7-9; Matayo 6:10; Luka 23:42, 43). Muri iyo Paradizo izaba yasubijweho, umuryango w'abantu uzaba ufite ibyiringiro byo kwishimira ubuzima buzira iherezo, butarangwamo icyitwa indwara cyose. (Ibyahishuwe 21:1-4; gereranya na Yobu 33:25; Yesaya 35:5-7.) Hehe n'icyitwa inzangano cyose, kuvangura amoko, ubwicanyi bushingiye ku moko, cyangwa se gu-

kandamizwa mu rwego rw'ubukungu. Muri iyo si izaba yatunganyijwe, ni mo Yehova Imana azazuriramo abapfuye binyuriye kuri Yesu Kristo.

Ubwo ni bwo hazaba hasohoye icyiringiro cya wa mugore w'Umukristo-kazi wavuzwe mu ntangiriro z'iki gice. Nyuma y'imyaka myinshi nyina apfuye, Abahamya ba Yehova bamufashije kwigana Bibiliya umurava. Aribuka ibyamubayeho muri aya magambo ngo "maze kumenya icyiringiro cy'umuzuko, nararize. Byari ibintu bihebuje cyane kumva ko nzongera kubona mama."

Niba nawe umutima wawe utegerezanyije amatsiko kuzongera kubona uwo wakundaga, Abahamya ba Yehova bazishimira kugufasha kumenya uburyo wagira icyo cyiringiro kidashidikanywaho. None se ni kuki utabashaka ku Nzu y'Ubwami ikwegereye, cyangwa se ukabandikira kuri aderesi y'ahantu hakwegereye mu ziri ku ipaji ya 32.

Ibibazo byo Gutekerezaho

Ubwo incuti ye Lazaro yapfaga, ni gute Yesu yagaragaje ko afite ubushake n'ubushobozi bwo kuzura abantu?

Ni kuki twemera ko inkuru ya Bibiliya ivuga iby'umuzuko wa Lazaro ari ibintu byabayeho koko mu gihe cyahise?

Ni gute inkuru dusanga muri Yohana igice cya 11 igaragaza icyifuzo cyimbitse cya Yesu cyo kvanaho ingaruka mbi z'urupfu?

Ni iki kigaragaza ko Yehova Imana ategerezanyije amatsiko igihe cy'umuzuko?





Niba wifuza ibindi bisobanuro, jya ku rubuga rwa www.jw.org/rw
cyangwa ubaze Abahamya ba Yehova.



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