

# UKHOLO LULWA NOBUHLANGA

## IMITHOMBO YOMTHANDAZO

*“Yanga iNkosi yoXolo ingasipha isizwe sethu uxolo, impiliso noxolelwaniso esilulangazelelayo.(2 KawbaseTesalonika 3: 16)” (SACBC Incwadi yokwalusa engobuhlanga).*

### IMIZEKELO YEMITHANDAZO YOKUVULA NEYOKUVALA

**Xa** niqhuba iingxoxo ngobuhlanga nangokungalingani, ningasebesnzisa le mithandazo ingezantsi yokuvula nokuvala iindibano.

#### **Umthandazo 1: obhalwe liqela le-Pax Christi Anti-Racism**

Thixo othandekayo, kwimizamo yethu yokubhangisa ubuhlanga, siyaqonda ukuba asilwi nje nenyama negazi kuphela koko silwa noomagunya neziphathamandla – loo maziko neenkqubo ezithi zigcine buphila ubuhlanga ngokuthi zisasaze ubuxoki bokuba amanye amalungu osapho anesidima esiphantsi ngelixa amanye esawo siphezulu.

Dala kuthi ingqondo entsha neentliziyo entsha eziya kusenza sikwazi ukubona abazalwana noodade kubuso babo bohlulwe ngokwamaqela obuhlanga.

Siphe ufele namandla ukuze sahlukane neembono ezisibophelela kubuhlanga ezicinezela abanye bethu ngeli xesha zinika ibango elilodwa kwabanye.

Sincece sidale iBandla nesizwe esibandakanya ndawonye amathemba noloyiko lwabantu bazo zonke iintlanga.

Philisa usapho lwakho Thixo, senze sibe banye kunye nawe sikunye nomzalwana wethu uYesu sixhotyiswe nguMoya oNgcwele. Amen.

#### **Umthandazo 2: Umthandazo kaMother Theresa**

Thixo, kwihlabathini lethu sithandazela bonke

abatshutshiswa ngenxa yentswela-bulungisa:

Abo bacalu-lwayo ngenxa yohlwanga lwabo, ibala labo nenkolo yabo;

Abo bangamabanjwa ngenxa yokusebenzela ukupheliswa kwengcinezelo;

Abo bangcungcuthekiswayo ngenxa yokuthetha inyaniso engonwabisiyo

Abo bakekelele ekwenzeni ubundlobongela kuba befuna ukwenza

isimbonono ngakubunzima obunganyamezelekiyo

Abo banganikwayo impilo nemfundo eyiyo;

Abo babhuqwa liphango nayindlala

Abo babuthathaka kakhulu uba bangazineda. Amen.

### **Umthandazo 3: Umthandazo kaFrancis oyiNgcwele**

Nkosi, ndenze isixhobo soxolo lwakho,

Apho kukho intiyano, mandihlwayele uthando

apho kukho ukwenzakalisana, mandihlwayele uxolelwaniso;

apho kukho ukuthandabuza; ndihlwayele ukholo;

apho kuncanywe ithemba; ndihlwayele ithemba

apho kukho ubumnyama, ndihlwayele ukukhanya;

apho kukho usizi ndihlwayele uvuyo;

Mfundisi oNgcwele, ndenze ukuba ndinganxubeli ukuba ndithuthuzelwe kunokuba mna ndithuthuzele; ndinganxubeli kuqondwa kunokuba ibe ndim oqondayo; ndinganxubeli kuthandwa kunokuba ibe ndim othandayo; kuba kungokupha ukuze nathi samkele; kungokuxolela ukuze nathi sixolelwe; kungokufa ukuze nathi sizalelwe ebomini obungunaphakade. Amen.

### **UKUPHENGULULA ISAZELA PHAMBI KWESAKRAMENTE YOXOLELWANISO**

**Xa** nibhiyozela iSakramente yoXolelwaniso kumxholo ongokuphiliswa kobuhlanga, ningasebenzisa imibuzo engezantsi ukuphengulula izazela:

Namhlanje sihlange ngothando lukaThixo nolommelwane ukuze siphengulule iimpawu zobuhlanga ezintliziyweni zethu. Sifuna inguquko sikwacela ukuxolelwa njengoko sizivula iintliziyu zethu ukuze samkele inceba kaThixo.

Izifundo zeBhayibhile ezinokusetyenziswa

- 1 KwabaseKorinte 12: 4-11: Nangona sahlukile omnye nomnye (ngokohlanga, imveli, ubuzwe) singumzimba omnye kaKristu.
- Yohane 17: 11,23: Abafundi babengabantu ababesuka kwiimeko ezahlukileyo ngokwezentlalo, ngokwezoqoqosho nangokwezopolitiko. Kwakukho ukungqokuzana neyantlukwano phakathi kwabo. INkosi yethu ithandazela ukuba sibe banye.
- Luka 10: 25-37: phakathi kwezityholo zobuhlanga obugqubayo kwanokulungiswa kwako, kungakho isilingo sokuba iqela lohlanga ngalinye likholelwe ukuba lilixhoba eMzantsi Afrika. Iqela lohlanga ngalinye lingathi lifune impindezelo nobulungisa, lingafuni uvelwano noxolelwaniso. Xa siqubisana nenceba kaThixo ngendlela ezikileyo, siya kuthi sizibuze sisizwe: Yintoni ekufuneka yenzeke kwiqela lohlanga lwam ukuze lishenxe kwimeko yokufuna ubulungisa ngenkani luzibone lukwimeko yokunikezela ngovelwano noxolelwaniso, njengomSamariya olungileyo? Yonke into inexesha layo. Kwilizwe lethu, eli xesha, ingaba lixesha eliluhlobo luni emehlweni kaThixo? Ingaba iselixesha lokungathembani nelentswela-bulungisa? Okanye ingaba lixesha lokolula isandla komnye ngovelwano noxolelwaniso?
- Yohane 15: 9-17 Thandanani omnye nomnye.
- 1Yohane 3: 11-18: Uthando alungawo amazwi kuphela.
- 1 Yohane 4: 7-21: Ukuba siyamthanda uThixo, masibathande abamelwane bethu, kuquka abo bohlukeleyo kuthi ngokobuhlanga, ngemveli nobuzwe.

- Izenzo 10: 1-43: UThixo akakhethi bani ngokobuhlanga, ngemveli nobuzwe. Akukho mkhetho kuThixo.

### Imibuzo yokuphengulula isazela

Xa ubuhlobo bethu nabantu abahlukileyo kuthi bukhula, buyakhula kwanjalo nobuhlobo bethu noThixo. Sibonakalisa uthando olugqibeleleyo lukaThixo eluntwini. Uthando lwethu kubamelwane bethu lumelwe kukufezeka njengothando lukaThixo eluntwini. “ Ngoko **yibani ngabafezekileyo**, njengokuba **uYihlo osemazulwini efezekile.**” Mateyu 5: 48.

- Xa sithanda kuphela abo sifana nabo ngokwemveli nohlanga, siwa nganeno ekufezekiseni iimfuno zothando esibizwelwa kuzo yiVangeli. Amazwi eNkosi yethu acela umngeni kuthi, xa **sibulisa kuphela abantakwethu nodade bethu “kukuphi na esikwenza ngokudlulileyo kunabanye? Abenzi oko yinina nabangakholwayo?” (Matewu 5:47).** (SACBC Incwadi yokwalusa engobuhlanga).

Ingaba ndibakhubekisile na abanye:

- ngokwenza iintetho ezingobuhlanga nokuhlekisa abanye ngokobuhlanga;
- ngokuba neembono ezingendawo zobuhlanga;
- ukuquka ngendlela engeyiyo abantu bezinye iintlanga nezizwe;
- ngokuphatha abantu bezinye iintlanga nezizwe ngokwamakheswa;
- ngokuzibandakanya kwizenzo zobundlobongela ngokubhekiselele kubantu bezizwe nabeentlanga;
- ngokubanyelisa, ndibahlebe ndithetha izinto ezimbi ngabantu kuba bengabeentlanga nesizwe esahlukileyo;
- ngokungakwazi ukwenza ubuhlobo nabantu bezizwe neentlanga ezahlukileyo.

Ndizimisele na ukuxolisa nokungciba ezo ntanda?

Ndizimisele na ukubaxolela abantu abandivise ubuhlungu kwakunye namalungu osapho lwam::

- ngokwenza iintetho ezingobuhlanga nokuhlekisa abanye ngokobuhlanga;
- ngokuba neembono ezingendawo zobuhlanga;
- ngokuquka ngendlela engeyiyo abantu bohlanga lwam;
- ngokuphatha abantu bohlanga lwam ngokwamakheswa;
- ngokuzibandakanya kwizenzo zobundlobongela ngokubhekiselele kubantu bohlanga lwam;
- ngokunyelisa, bahlebe bethetha izinto ezimbi ngam kuba ndingowolunye uhlanga.

Ndizimisele na ukumcela uThixo ukuba andixolele kuba ningakwazi ukumbona nokumbulela uThixo ngeentlanga ezahlukeneyo.

- “Yanga iNkosi yoXolo ingasipha isizwe sethu uxolo, impiliso noxolelwaniso esilulangazelelayo. (2Kawbase Tesalonika 3:16)” (SACBC Incwadi yokwalusa engobuhlanga).