Uthembeke Kangakanani?

Cabanga ngemiphumela yokwethembeka neyokungathembeki.

YINI OZOYENZA?

Ukwenza njengoba umfowenu esho. Uma abazali bakho bekubuza, uzoqamba amanga ukuze uvikele umfowenu.

Imiphumela emibi engaba khona uma abazali bakho bethola ukuthi uqambe amanga:

_____

_____

_____

Ukutshela umfowenu ukuthi ngeke uqambe amanga. Uma eqa, uzotshela abazali bakho.

Imiphumela emihle engaba khona uma utshela abazali bakho iqiniso:

_____

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_____

"Ngokuhamba kwesikhathi abazali bakho bayokwethemba ngokwengeziwe uma ukhuluma iqiniso."

—UNatasha.

(Funda iHubo 119:163. Cabanga ukuthi wena uzizwa kanjani ngokuqamba amanga nangezinye izinhlobo zokungathembeki.)

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YINI OZOYENZA?

Ukuthula ungasho lutho ngayo.

Imiphumela emibi engaba khona uma uthula.

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Ukukhuluma nomzali noma umKristu ovuthiwe.

Imiphumela emihle engaba khona uma ukhuluma nothile:

_____

_____

_____

"Uma ufihla iphutha lakho, awusoze waba nonembeza ohlanzekile, futhi lokho akumnandi neze. Kanti, lapho iqiniso livela—futhi lihlale livela—izinto zizoba zimbi nakakhulu."

—UCarly.

(Funda umShumayeli 12:14 noJakobe 5:14-16. Cabanga ngokuthi uzozizwa kanjani ngemva kokuthola usizo oludingayo.)

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YINI OZOYENZA?

Ukumnika; phela awufuni kubonakale sengathi ulunge ngokweqile.

Imiphumela emibi engaba khona uma ukopelisa ofunda naye ekilasini:

_____

_____

_____

Ukwenqaba ukumkopelisa, kungakhathaliseki ukuthi lowo ofunda naye uzocabangani.

Imiphumela emihle engaba khona uma wenqaba ukumkopelisa:

_____

_____

_____

"Ukungathembeki kufana nesidakamizwa. Uma uqhubeka nokungathembeki, kuba umkhuba. Bese kuba yingxenye yobuntu bakho."

—UKaren.

(Funda izAga 29:25. Cabanga ukuthi uzozizwa ujabule kanjani uma umelela okulungile.)

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Manje cabanga ngesimo lapho ungase ulingeke khona ukuba ungathembeki. Bhala imiphumela emihle nemibi engaba khona ngenxa yezinyathelo ongase uzithathe.

ISIMO:

ONGAKWENZA:

OKUFANELE UKWENZE:

IMIPHUMELA ENGABA KHONA

Emibi:

Emihle:

Iphuzu elisemqoka: Izinga lokwethembeka okubonisayo lisho lukhulu ngohlobo lomuntu onguye. Ngakho, zibuze: ‘Ngifuna ukwaziwa njengomuntu onjani? Hlobo luni lomuntu engifuna ukuba yilo ngempela?’—IzAga 20:11.

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