

Ukubhekana Nezinkinga Zokuthomba

Isikhathi sokuthomba singase sishintshashintshe kuhle kokushwibeka emshinini wokudlala, kodwa sona asimnandi ngaso sonke isikhathi. Ungathanda ukuthola usizo? Funda nakhu okushiwo abathile, bese uphendula imibuzo elandelayo.

1

Ingabe ukucabanga ngokuthomba nangokuba umuntu omdala

KWAKUJABULISA, KWETHUSA, noma KUYIKHO KOKUBILI?

Yini eyayikuthusa kakhulu ngokuqala ukuthomba?

“Isikhathi sokuthomba asimnandi neze emantombazaneni. . . . Siyadida—cishe yonke into ephathelene nokuthomba ibonakala iyimbi!”—U-Oksana.

2

Ingabe imizwa yakho yayishintshashintsha lapho uqala ukuthomba? Uma kunjalo, yayiba njani?

Yiziphi izinyathelo ongazithatha ukuze ulawule imizwa yakho?

*“Ngangithi ngisathi ngijabule, ngivele ngizizwe sengidangele. Angazi noma kuyinto engokwemvelo yini leyo kubafana, kodwa kwakwenzeka kanjalo kimi.”
—UBrian.*

3

Isikhathi sokuthomba sayithinta kanjani indlela obheka ngayo ukubukeka kwakho?

[Empty text box for answer]

Ungawuchaza kanjani umbono olinganiselayo wendlela obukeka ngayo?

[Empty text box for answer]



"Lapho ngiqala ukuthomba, ngangigobisa amahlombe ngamabomu, ngigqoke namahembe amakhulu. Nakuba ngangazi ukuthi kungani umzimba wami ushintsha, ngangingakhululeki futhi nginamahloni. Ngangizizwa ngendlela engavamile."
—UJanice.

4

Ukuthomba kwawuthinta kanjani umbono wakho ngabobulili obuhlukile?

[Empty text box for answer]

IBhayibheli lithi: "Balekelani ubufebe!" (1 Korinte 6:18) Kungani uhlakaniphile lo myalo, futhi ungenzenjani ukuze uzimisele nakakhulu ukuphila ngawo?

[Empty text box for answer]

"Ngayeka ukucabanga ukuthi bonke abafana bayadina. Ngaqala ukubona ukuthi abanye babo babekhanga, futhi ngangingasakubheki njengento embi kangako ukuthandana nothile. Empeleni, ngaqala ukuthanda ukuxoxa ngokuthi 'ubani uthanda bani.'"—U-Alexis.



5

Yize kungase kukwenze ungakhululeki, kungani kukuhle ukuthululela abazali bakho (noma omunye umuntu omdala omethembayo) isifuba ngezinsela obhekana nazo phakathi nesikhathi sokuthomba?—**Funda izAga 17:17.**

Yimuphi umuntu omdala omjwayele ongazizwa ukhululeke kakhulu ukumthululela isifuba sakho?

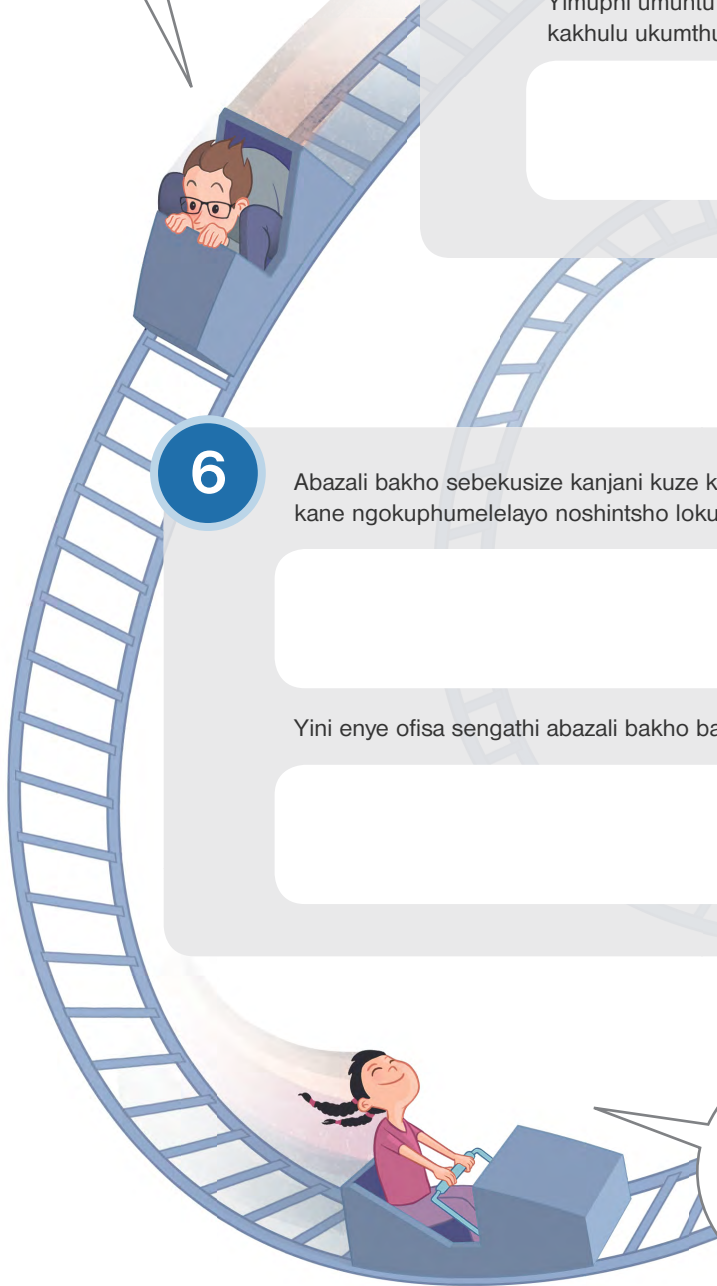
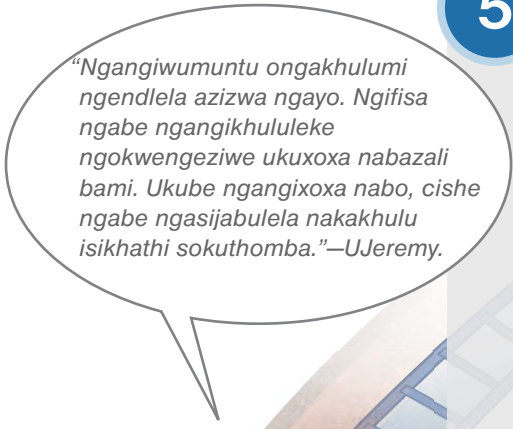
6

Abazali bakho sebekusize kanjani kuze kube manje ukuze ubhekane ngokuphumelelayo noshintsho lokuthomba?

Yini enye ofisa sengathi abazali bakho bangakwenzela yona?

“Ukuthomba kwakuyisikhathi esingelula kimi, futhi sasizoba nzima nakakhulu ngaphandle kosizo lwabazali bami. Umama wangitshela ukuthi uzohlale ekulungele ukungisiza futhi ngingalucela noma nini usizo.”—UKarina.

“Ngangiwumuntu ongakhulumi ngendlela azizwa ngayo. Ngifisa ngabe ngangikhululeke ngokwengeziwe ukuxoxa nabazali bami. Ukube ngangixoxa nabo, cishe ngabe ngasijabulela nakakhulu isikhathi sokuthomba.”—UJeremy.



“Ngingathi kosaqala ukuthomba, izinto zingase zibonakale zizimbi kakhulu manje. Kodwa ukuthomba kuyisikhathi esifushane uma siqhathaniswa nesokuphila kwakho konke. Kuyilokho okukwenza ube umuntu omdala oyoba nguye.”—UDavid.

7

Yisiphi iseluleko ongasinika othile oqala ukuthomba?



Buza Abazali Bakho

Ngeke ukholwe ukuthi abazali bakho bake babhekana nalo kanye lolushintsho obhekene nalo manje. Yimiphi imibuzo emibili ongathanda ukubabuzayo ngokuphathelene nendlela ababhekana ngayo nokuthomba? Yibhale phansi leyo mibuzo. Sika leli bhokisi. Libonise abazali bakho.

1

2

