

# Kuwirirana Nevana Vemumba Medu

“Rambai muchishivirirana nokukanganwirana nomwoyo wose kana paine munhu ane chikonzero chokunyunyutira mumwe.”—VaKorose 3:13.

Kukwanisa kugadzirisa zvinetso unyanzvi hunokosha, uye mumhuri menyu ndimo maunogona kudzidzira kuita izvozvo. Shandisa mibvunzo inotevera kuti uone, ufungisise, uye ugadzirise pamunenge matadza kuwirirana nemumwe mwana wemumhuri menyu.



## ONA PANE DAMBUDZIKO

Mwana upi wemumba menyu waunoona akanyanya kukuomera kuwirirana naye?

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Inyaya ipi inogona kuita kuti unyanye kunetsana naye?

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Kuti munetsane zvinotanga sei?

*Anenge a . . . (taura zvinhu zvacho)*

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*zvoita kuti ndi . . . (taura zvaunoita)*

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*zvozopedzisira zva . . . (taura zvinoguma zvaitika)*

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## FUNGISISA NEZVEDA- MBUDZIKO RACHO

### BHAIBHERI RINOTI:

“Musingarambi muchiva nehanya nezvinhu zva-munoda imi pachenyu, asi muchiva nehanya nezvinhu zvinodiwawo nevamwe.” (VaFiripi 2:4) Uchifunga izvozvo edzawo kuona nyaya yacho semaonerwo airi kuitwa nemwana wemumba menyu.



## GADZIRISA DAMBUDZI- KO RACHO

Angangodaro aifungei panguva yamakanetsana?

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Kudai aizokuudza maonero aari kuita nyaya yacho, aizoti zvii *zvawaitawo* kuti dambudziko racho rimuke?

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Zvii zvakanaka zvauri kuonawo pamaonero aari kuita nyaya yacho?

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Zvinoita here kuti mutaurirane kana kuti ubvumirane nezvauri kuda? Kana zvakadaro, mungataurirana kuti kudii?

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Kana mukatadza kuwirirana panguva inotevera, zvii *zvau-ngaita* kuti musazoguma mava kurwisana nemashoko?

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## MAZANO ANOWANIKA MUBHAIBHERI

Pamazano emuBhaibheri ari pasi apa, ndeapi aungashandisa kana dambudziko rakafanana rikazomuka panguva inotevera?

- ☐ “Dananai kwazvo zvichibva pamwoyo.”—1 Petro 1:22.
- ☐ “Kunzwisisa kwenyu ngakuzivikanwe.”—VaFiripi 4:5.
- ☐ “Usakurumidza kugumbuka, nokuti kugumbuka kunogara pachipfuva chemapenzi.”—Muparidzi 7:9.
- ☐ “Kutanga kwokukakavara kwakaita somunhu anovhurira mvura; saka ibva kupopotedzana kusati kwatanga.”—Zvirevo 17:14.
- ☐ “Kana pasina huni, moto unodzima, uye kana pasina munhu anochera vamwe, kukakavara kunopera.”—Zvirevo 26:20.
- ☐ “Saka, unotarisierei kabanzu kari muziso rehama yako, asi usingafungi danda riri muziso rako?”—Mateu 7:3.

Iye zvino chibva wanyora chinhu chaunofarira nezvemwana iyeye wemumba menyu.

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## ZVII ZVAUNGAITA?

### BHAIBHERI RINOTI:

“Kune munhu anotaure asingafungi zvinobaya se-zvinoita bakatwa, asi ruri mi rwevakachenjera runoporesa.”—Zvirevo 12:18.

“Baba vangu pavakagara muchipatara kwenguva yakareba, zvainge zvakandiamera kuti ndivashanyire nekuti ndaisakwanisa kutyaira. Ndakaudza hanzvadzi yangu kuti ndaida kutora chitambi chekutyaira, asi akabva ati haana nguva yekundidzidzisa kutyaira. Ndakamuudza kuti sei ndaida kutora chitambi, asi haana kumbozviteerera uye aitoita sekuti pakanga pasitomborina nyaya. Ndakaita hashu, ndikabva ndamuudza kuti aiva nemwoyo wakaoma nekuti ainge asina basa nazvo kuti handisi kukwanisa kuenda kunoono baba vangu uye kuti ainge agara asingambondinzwisi. Zvakamugumbura zvekuti. Tese tanga tava kupopotedzana, iye achinditi handinzwisi, inini ndichimutiwo haanzwisi.”—*Karina*.

Dai uriwe *Karina*, *waizogadzirisa* sei dambudziko racho?

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**ZVAKAITWA NAKARINA:** “Mangwanani ezuva rakatevera, takatauri-rana nehanzvadzi yangu tichibudirana pachena. Akandikumbira ruregerero nekugumbuka kwaainge aita, ndobva andiudza kuti pane zvaitomunetsawo. Ndaisamboziva kuti ainge akawandirwa nezvekuita kudaro. Pandakangoziva nezvemanzwiro aainyatsoita, ndakabva ndamukumbira ruregerero nekuti zvandaيدا zvaizomuremedza. Ndinoziva hangu kuti ndaiva nezvikonzero zvine musoro zvekuda kudzidziswa kutyaira, asi ndakanga ndataura nyaya yacho panguva isiri iyo.”

