

# Xa Umzali Egula

Ukuba umama okanye utata wakho unesigulo esinganyangekiyo, eli phepha unokubhala kulo lingakunceda unyamekele wena naye!

## 1 NYAMEKELA UMZALI WAKHO

Ugula yintoni umzali wakho?

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Ziintoni angakwaziyo ukuzenza ngenxa yesi sigulo sakhe?

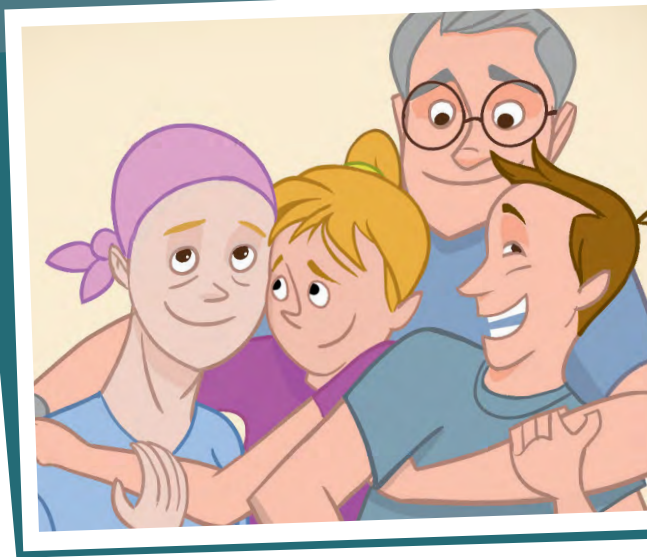
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Ziintoni angakwaziyo ukuzenza (ukuba zikhona) ongamnceda kuzo?



### IZINTO ANGAKWAZIYO UKUZENZA

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### INDLELA YOKUNCEDA

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## Jonga izinto onokuzenza endlini



Ziziphi iindlela onokumkhulula ngazo kuxinezeleko analo umzali wakho?




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Yiba 'novelwano' ngomzali wakho. (1 Petros 3:8) Zama ukucinga ngemeko amele ukuba ukuyo utata okanye umama wakho ngenxa yesigulo anaso. Ngokomzekelo, ibhinqa eliselula uEllen lithi: "Kwiminyaka embalwa edluleyo, kuye kwakho amaxesha abalulekileyo ebomini bam apho umama angakhange akwazi ukubakho. Kuye kwanzima ngam ukumelana noko kodwa kumama kufanele ukuba bekunzima kakhulu."



# 2 ZIKHATHALELE

“Zabaninzi iintsuku endazichitha esibhedlele nezo ndazichitha ndindedwa ekhaya. Xa uma wayesekhaya echacha nangona wayesitya amayeza wayesiva iintlungu yaye engonwabanga. Ukunyamekela impilo kamama kwakunzima.”—UGregory.



Yeyiphi eyona nto inzima xa unyamekela umzali wakho?

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Ungawunyamekela njani umzimba wakho?

IZINTO ONOKUZENZA:

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IZINTO ONOKUZILUMKELA:

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Ungazinyamekela njani iimvakalelo zakho?

IZINTO ONOKUZENZA:

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IZINTO ONOKUZILUMKELA:

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Ungaqiniseka njani ukuba uyamkhonza uYehova nakuba unyamekela umzali?

IZINTO ONOKUZENZA:

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IZINTO ONOKUZILUMKELA:

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# IZINTO OZIDINGAYO

**IBhayibhile ithi:** “Iqabane lokwenyaniso lithanda ngamaxesha onke, yaye lingumzalwana ozalelwe ixesha lokubandezeleka.” (IMizekeliso 17:17) Bhala abantu ababini apha ngezantsi onokubacela xa udinga uncedo.



**IBhayibhile ithi:** “Umthwalo wakho wulahlele kuYehova. Akayi kuliyekela ilungisa lishukunyiswe.” (INdumiso 55:22) Ukuze uhambisane neli cebiso, ziziphi izinto ozidingayo onokuzithandazela?

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Yiba noludwe lwezibhalo ezinokukunceda. UEllen, ekukhe kwathethwa ngaye ngaphambili uthi: “Ngenye imini ndandifunda ulsaya 46:4, othi: ‘Kwanasebudaleni bukabani isekwaNdim; nasekubeni ubani abe yingwevu ndiya kuqhubeka ndithwele. Ngokuqinisekileyo mna ndiya kusebenza, ukuze ndithwale nokuze ndifunqule ndize ndisindise.’ Loo vesi indikhumbuza ukuba asisedwa. UYehova uza kusinceda simelane nayo nantoni na eseza kwenzeka kuthi.”

