

Funda Ukuthi Ngezinye Izikhathi Uzowenza Amaphutha

Abantu abahlale belindele ukuba yonke into ingabi naphutha, bavame ukucasuka lapho bona noma abanye behluleka ukwenza okuthile. Nawe unayo yini le nkinga? Uma unayo, ukuzama ukwenza lokhu okungezansi kungakusiza.

1 THOLA UKUTHI IKUPHI INKINGA

Zama ukuthola ukuthi yikuphi lapho le nkinga iba nkulu khona.



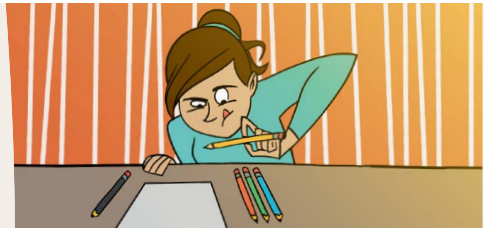
ESIKOLENI

(Uphatheka kabi uma uthole amamaki angaphansi kuka-80%.)



EKHAYA

(Uma uqoqa ekamelweni lakho ufuna yonke into ibe sendaweni efanele. Uma nje ubona into eyodwa ingekho endaweni yayo uyacasuka.)



LAPHO UNABANGANE BAKHO

(Lapho unabangane bakho awufuni benze ngisho iphutha elincane, ikakhulukazi abangane bakho abaseduze.)



KWEZINYE IZINTO

Cabanga ngalokhu okumake ngenhla.

Kukho, ubonisa kanjani ukuthi uhlale ulindele ukuba yonke into ingabi naphutha?

2 SHINTSHA INDLELA OWENZA NGAYO

IBhayibheli lithi “ukuhlakanipha kwaphezulu okokuqala . . . kuyabonelela.” (Jakobe 3:17) Kulokhu okumake ekuqaleni, ungabonisa kanjani ukubonelela noma uku-bangela kulokho okulindele kuwe (noma kwabanye)?

► Esikhundleni sokwenza lokhu:

► Ngingenza lokhu:



3 KHETHA UMBHALO

Yimuphi umBhalo ongakusiza?

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‘Iba nesizotha ekuhambeni noNkulunkulu wakho.’
—Mika 6:8.

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“Ukube ububheka iziphambeko, Jehova ubani obengama?”—IHubo 130:3.

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“Akekho umuntu olungileyo emhlabeni oqhubeka enza okuhle futhi angoni.”—UmShumayeli 7:20.

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“Bonke bonile futhi bayasilela enkazimulweni kaNkulunkulu.”—Roma 3:23.

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“Ukucabangela kwenu makwaziwe yibo bonke abantu.”—Filipi 4:5.

UmBhalo owukhethile ungakusiza kanjani ukuba ulwe nale nkinga?

4

KHETHA UMUNTU OZOMLINGISA

Ubani ocabangelayo wena ongakhetha ukumlingisa futhi kungani?



“Uma ngibona ukuthi sengiqala ukuba nenkinga yokulindela ukuba konke kungabi naphutha, ngizama uku-banga ngabantu engibahloniphayo. Esi-nye isizathu esingenza ngibahloniphe ukuthi bangenza ngikhululeke uma ngi-nabo. Yileyo ndlela engifuna abanye ba-ngazi ngayo futhi kungenza ngifune uku-wuyeka lo mkhuba.”—U-Anna.



5

ZIBEKELE UMGOMO

Yimuphi umgomo ongazibekela wona uma unenkinga yokulindela ukuba yonke into ingabi naphutha?

“Uma into ethile ingenzekanga njengo-ba ubuhlelile, zitshela ukuthi wenze konke okusemandleni akho. Gxila ko-kuhle. Ukuhluleka kukunika ithuba lo-kufunda emaphutheni akho.”—UKara.