

URUFATIRO RWA

Urugendo rwo Kugarura

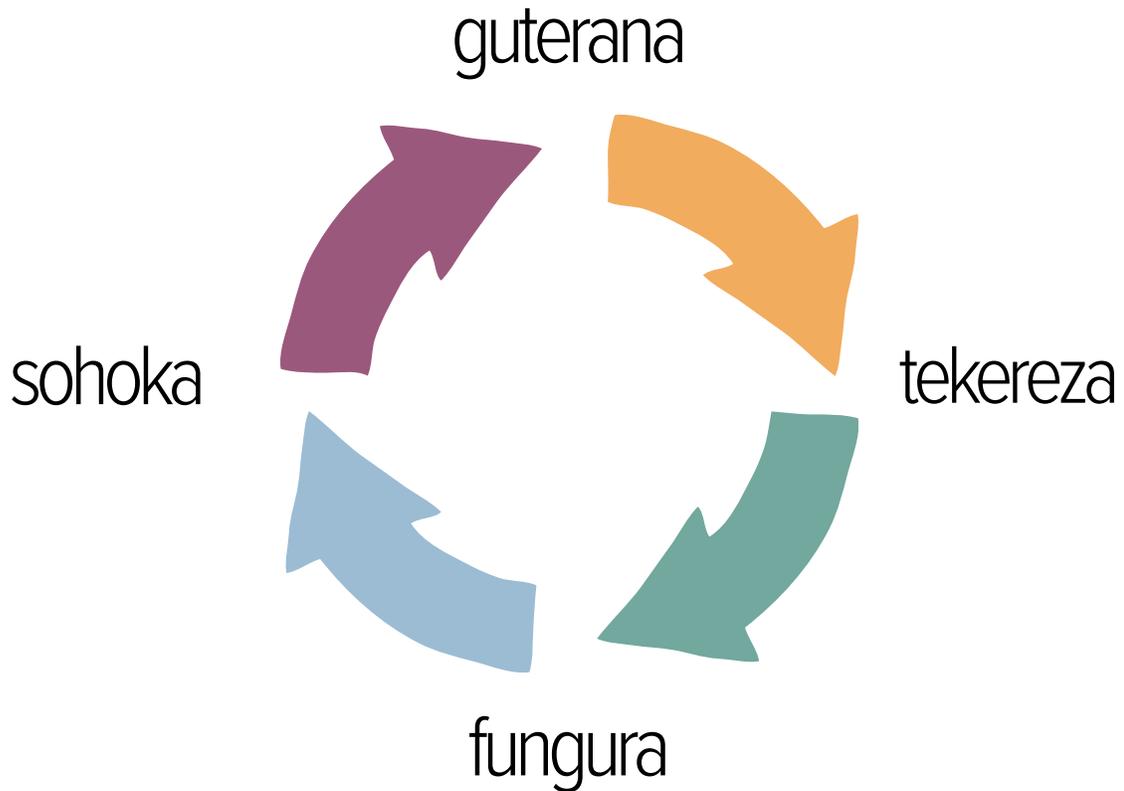
Ikinyamakuru Mugenzi



**NO BOUNDARIES
INTERNATIONAL**

RESTORATION • TRAINING • OUTREACH

Iyi izaba injyana yawe ya buri cyumweru



guterana ubushishozi bwurugendo rwiki cyumweru

tekereza ku buhamya

fungura kandi usangire n'umuryango wawe

sohoka uburambe bwawe hamwe nimyitozo nkana mukinyamakuru cya mugenzi



Intangiriro nubwonko bwibanze

INTEGO

- Sobanukirwa uburyo ibitekerezo nubunararibonye bigira imiterere yubwonko n'imyumvire
- Menya ubushobozi bwubwonko bwo kwisubiraho binyuze muri neuro-plastike
- Koresha ingamba zifatika zo guhindura ibitekerezo bibi
- Winjire mubikorwa bya CPR, aribyo bihuza, psycho-uburezi, na gahunda yo guhindura ubwonko

GATHER HIGHLIGHTS

Muri iki cyiciro, dutangirana nishingiro ryimpinduka - gusobanukirwa ubwonko nimbaraga za neuro-plastike. Ibitekerezo byawe bihindura ukuri kwawe, ariko inkuru nziza niyi: ubwonko bwawe burashobora guhinduka. Imana yaremye ubwonko bwawe bufite ubushobozi bwo kwisubiraho, uko byakubayeho.

Ibyingenzi byingenzi:

- Abaroma 12: 2 haratwibutsa: “Hindura uhindure imitekerereze yawe.”
- Ubwonko bwawe bumeze nkinzu yamagorofa atatu:

Ubwonko bwo hasi - kubaho (guhumeke, umuvuduko wumutima ...)

Ubwonko bwo hagati - amarangamutima, gutekereza, guhuza ...

Ubwonko bwo hejuru - logique, gufata ibyemezo ...

- Ibyo wibandaho - ubwoba cyangwa ukuri - byukuri ubwonko bwawe.
- Inzira ya CPR ninzira ifatika yo gukira:

C - Kwihuza

P - Kwiga

R - Gahunda

Ibibazo byo gukusanya ubushishozi:

- Ni ayahe makuru mashya wize ku buryo ubwonko bukora?

- Nigute igitekerezo cya neuro-plastike kizana ibyiringiro murugendo rwawe rwo gukiza?

- Ni iki cyagushimishije cyane mu nyigisho za Dr. Lori?

TEKEREZA

Anne Nolen yavuze inkuru ye kubyerekeye ihinduka ry'umuhungu we William binyuze mu buvuzi bw'akazi ndetse n'uburyo bwerekana ko yagaruye mu mwuka. Imyitwarire ye yimyitwarire ntabwo yari "imyitwarire mibi" - byari ibimenyetso byerekana nabi neuro-nzira. Gukiza bisaba igihe, uburambe, no kwizera.

Ibitekerezo byo gutekereza:

- Ni ibihe bice by'inkuru ya Anne Nolen byumvikanye nawe wenyine?
- Nigute uhuza nigitekerezo cyo gukenera "kwicisha inzara ibinyoma" no "kugaburira ukuri"?
- Nigute wabonye Imana ikoresha uburambe bwawe kugirango igutegure guhinduka?

Ibinyamakuru byihuta:

Andika hafi igihe washakaga gukosorwa byihuse ariko Imana ikuyobora munzira ndende yo gukira. Wize iki?

SHAKA HANZE

Muri iki cyumweru, turimo gukora Ubwonko Bwihuse-ntabwo biva mu biryo, ahubwo biva mubi. Mugihe cyiminsi 7, menya ibitekerezo bibi hanyuma uhindure nkana ikintu cyukuri, cyiza, cyangwa cyizere.

UMUNSI WA 1

- Byari byoroshye, bikomeye, cyangwa ahandi hantu hagati yo gukomeza imitekerereze myiza uyumunsi?

- Ni ikihe gitekerezo kibi cyagaragaye?

- Ni ubuhe kuri cyangwa ibyanditswe wabisimbuje?

UMUNSI WA 2

- Byari byoroshye, bikomeye, cyangwa ahandi hantu hagati yo gukomeza imitekerereze myiza uyumunsi?
- Ni ikihe gitekerezo kibi cyagaragaye?
- Ni ubuhe kuri cyangwa ibyanditswe wabisimbuje?

UMUNSI WA 3

- Byari byoroshye, bikomeye, cyangwa ahandi hantu hagati yo gukomeza imitekerereze myiza uyumunsi?
- Ni ikihe gitekerezo kibi cyagaragaye?
- Ni ubuhe kuri cyangwa ibyanditswe wabisimbuje?

UMUNSI WA 4

- Byari byoroshye, bikomeye, cyangwa ahandi hantu hagati yo gukomeza imitekerereze myiza uyumunsi?
- Ni ikihe gitekerezo kibi cyagaragaye?
- Ni ubuhe kuri cyangwa ibyanditswe wabisimbuje?

UMUNSI WA 5

- Byari byoroshye, bikomeye, cyangwa ahandi hantu hagati yo gukomeza imitekerereze myiza uyumunsi?
- Ni ikihe gitekerezo kibi cyagaragaye?
- Ni ubuhe kuri cyangwa ibyanditswe wabisimbuje?

UMUNSI WA 6

- Byari byoroshye, bikomeye, cyangwa ahandi hantu hagati yo gukomeza imitekerereze myiza uyumunsi?
- Ni ikihe gitekerezo kibi cyagaragaye?
- Ni ubuhe kuri cyangwa ibyanditswe wabisimbuje?

UMUNSI WA 7

- Byari byoroshye, bikomeye, cyangwa ahandi hantu hagati yo gukomeza imitekerereze myiza uyumunsi?
- Ni ikihe gitekerezo kibi cyagaragaye?
- Ni ubuhe kuri cyangwa ibyanditswe wabisimbuje?



Isano n'Imana

INTEGO

- Kongera umubano wawe n'Imana
- Kwimuka kurenze imyitozo isanzwe kugirango utezimbere umubano wa buri muni
- Kwiringira gushidikanya
- Kwiga kwishingikiriza ku Mana mugihe cyo gushidikanya n'ubwoba, aho kubareka ngo bahungabanye umubano wawe
- Kwishora kumutima no mubitekerezo: kumva ko kumenya Imana birenze gufata mu mutwe ibyanditswe
- Yesu ntagaruye ntabwo yamaganye, avumbura uburyo aduhamagarira gukomeza guhuza, bidatewe ninshingano, ahubwo kubwuzuye.

GATHER HIGHLIGHTS

Muri iki cyumweru, turibanda kukintu gihuza ibindi byose: isano yawe n'Imana. Ntabwo ari idini. Ntabwo ari ibintu bisanzwe. Ariko umubano nyawo, umutekano, burimunsi.

Ibyingenzi byingenzi:

- Kwizera Imana ni nka paraglide: uragenda, wiruka, gusimbuka - hanyuma noneho ukumva uteruye.

Ubwonko bwacu bw'amarangamutima-ubwonko bwo hagati - niho twibonera Imana, ariko kandi niho ubwoba, ihahamuka, no gushidikanya bishobora guhisha isano yacu.

- Abefeso 1:18 hatwibutsa ko Imana ishaka "kumurikira amaso y'umutima wacu." Ashaka ko tumubona, ntitwige gusa.
 - Ndetse na Petero, nyuma yo guhakana Yesu, ntiyigeze yangwa. Yesu yamugaruye ifunguro n'umuhamagaro ati: "Ngwino dusangire nanjye." Yohana 21:12

Ibibazo byo gukusanya ubushishozi:

- Ni mu buhe buryo isano yawe n'Imana - tuvugishije ukuri?

- Ni iki cyagaragaye cyane mu nkuru yo kugarura Petero?

- Ukunda gusubira muri "kuroba" (ingeso zishaje cyangwa ihumure) mugihe ubuzima butazwi neza?

TEKEREZA

Anne Nolen yavuze inkuru ikomeye yibibazo byerekanaga isano iri hagati yImana. Yakuriye mu rugo rwa gikristo rwimbitse, yari afite ubumenyi bukomeye mu mutwe - ariko ni bwo yakubise hasi hasi yahuye na Yesu muburyo bwihariye.

Ibitekerezo byo gutekereza:

- Wigeze ubona ko kwizera kwawe kwarusha ubwenge kuruta isano?
- Urashobora kumenya igihe mubuzima bwawe igihe Imana yakoraga inyuma yinyuma-nubwo utabimenye icyo gihe?
- Amagambo ngo "Nari mpari kuri wewe icyo gihe, ndi hano kubwawe, kandi ejo nzaba ndi kumwe nawe" asobanura iki kuri wewe uyu munsi?

Ibinyamakuru byihuta:

Andika akanya Imana yahuye nawe mubwoba, gutenguha, cyangwa urujijo. Ni iki cyahindutse nyuma yo guhura?

Fungura

Iki cyiciro kiraguhagarira gukora umwanya wo guhuza na Yesu binyuze mubitekerezo byera.

Shushanya ahantu hawe heza - ahantu wumva amahoro, umunezero, n'umutekano. Irashobora kuba nyayo cyangwa yatekerejwe. Koresha ibara no guhanga.

1. Noneho huza ibitekerezo byawe:

- Bihumura bite?
- Ni ayahe majwi wumva?
- Bituma wumva umeze ute?

2. Tumira Yesu aha hantu.

- Urumva he? Arimo akora iki cyangwa avuga?
- Ongeraho ku gishushanyo cyawe, cyangwa wandike ibyo wumva cyangwa wumva.

3. Baza Yesu:

- “Urashaka ko menya iki aha hantu?” Andika ibitekerezo byose, ibitekerezo, ibyanditswe, cyangwa amagambo agutera inkunga wakiriye.

Kugabana Amatsinda Bitandukanye:

- Niba uri mumatsinda, sangira ibyo Yesu yaguhishuriye. Niba ntacyo wunvise, nibyiza - jya mw'ijambo rye hanyuma utekereze kumasezerano ye yo kubaho n'amahoro.

SHAKA HANZE

Ikibazo cyiki cyumweru: Intambwe imbere mubyanditswe Byera ukoresheje ibitekerezo byawe.

- Umunsi wa 1 - Soma Yohana 21: 1-19 kurupapuro rukurikira
- Tekereza aho Petero yagaruwe na Yesu. Shira ubwenge bwawe. Niki ubona, wumva, impumuro, cyangwa wumva? Andika ibyo uhura nabyo.
- Iminsi 2–7 - Hitamo icyanditswe kimwe buri munsi. Koresha inzira imwe: intambwe mu nkuru, shyira ibitekerezo byawe, kandi utangaze ibyo wumva cyangwa wumva. Reka Yesu ahure nawe kugiti cye.
- Imyitozo y'inyongera: Carabiner Kugenzura-In
- Ongeraho karabine kurufunguzo rwawe, agasakoshi, cyangwa igikapu. Igihe cyose ubonye, hagarara maze ubaze: “Yesu, hari ikintu ushaka ko menya muri iki gihe?” Andika ubushishozi wakiriye hanyuma ubizane mumasomo ataha. Wibuke: Ibyanditswe ntabwo bigenewe gusomwa gusa-bigenewe kuba inararibonye.

YOHANA 21: 1-19 (UBUTUMWA)

Nyuma y'ibyo, Yesu yongeye kubonekera abigishwa, icyo gihe ku nyanja ya Tiberiya (Inyanja ya Galilaya). Uku ni ko yabigenje: Simoni Petero, Tomasi (uzwi ku izina rya "Impanga"), Natanayeli ukomoka i Kanani muri Galilaya, abavandimwe Zebedayo, n'abandi bigishwa babiri bari kumwe. Simon Peter yatangaje ati: "Ngiye kuroba." Abandi basubiza bati: "Tugiye nawe." Barasohoka binjira mu bwato. Muri iryo joro ntacyo bafashe. Izuba rirashe, Yesu yari ahagaze ku mucanga, ariko ntibamumenya.

Yesu arababwira ati: "Mwaramutse! Hari icyo wafashe mu gitondo?" Baramusubiza bati: "Oya." Yavuze ati: "Fata urushundura iburyo bw'ubwato urebe uko bigenda."

Bakoze ibyo yavuze. Mu buryo butunguranye, harimo amafi menshi cyane, ntabwo yari afite imbaraga zihagije zo kuyikuramo. Hanyuma umwigishwa Yesu yakundaga abwira Petero ati: "Ni Databuja!"

Simoni Petero amaze kubona ko ari Databuja, yambara imyenda, kuko bamwambuye akazi, inuma mu nyanja. Abandi bigishwa binjiye mu bwato kuko batari kure y'ubutaka, metero ijana cyangwa irenga, bakurura urushundura rwuzuye amafi. Basohotse mu bwato, babona umuriro ucanye, hejuru y'amafi n'umugati.

Yesu ati: "Zana amafi umaze gufata." Simoni Petero yifataniye nabo maze akurura urushundura ku nkombe - amafi 153 manini! Ndetse n'ayo mafi yose, urushundura ntirwashwanyaguje.

Yesu yaravuze ati: "Ifunguro rya mu gitondo ryiteguye." Nta n'umwe mu bigishwa watinyutse kubaza ati: "Uri nde?" Bari bazi ko ari Databuja. Yesu yahise afata umugati arawubaha. Yabigenze atyo n'amafi. Bwari ubwa gatatu Yesu yigaragariza abigishwa ari bazima kuva yazuka mu bapfuye.

Nyuma yo gufata ifunguro rya mu gitondo, Yesu yabwiye Simoni Petero ati: "Simoni, mwene Yohani, urankunda kuruta aba?" "Nibyo, Databuja, uzi ko ngukunda." Yesu ati: "Kugaburira abana b'intama zanjye."

Hanyuma abaza ku ncuro ya kabiri ati: "Simoni, mwene Yohani, urankunda?" "Nibyo, Databuja, uzi ko ngukunda." Yesu ati: "Mwungere intama zanjye."

Hanyuma abivuga ku nshuro ya gatatu: "Simoni, mwene Yohani, urankunda?" Petero yababajwe no kubaza ku nshuro ya gatatu ati: "Urankunda?" asubiza rero ati: "Databuja, uzi ibintu byose biriho ugomba kumenya. Wamenye ko ngukunda." Yesu ati: "Kugaburira intama zanjye. Ndakubwije ukuri ubungubu: Igihe wari ukiri muto wambaraga kandi ukajya aho ushaka, ariko nusaza ugomba kurambura amaboko mugihe undi muntu akwambitse akakujyana aho udashaka kujya." Ibi yabivuze kugirango yerekane ubwoko bw'urupfu Petero azahimbaza Imana. Aca ateguka ati: "Nkurikira."

UMUNSI WA 1

- Soma Yohana 21: 1-19
- Tekereza aho Petero yagaruwe na Yesu. Shira ubwenge bwawe. Niki ubona, wumva, impumuro, cyangwa wumva? Ikinyamakuru muni yiby uhura nabyo.

UMUNSI WA 2

- Ibyanditswe byuyu muni: _____
- Koresha inzira imwe: intambwe mu nkuru, shyira ibitekerezo byawe, kandi utangaze ibyo wumva cyangwa wumva. Niki ubona, wumva, impumuro, cyangwa wumva? Reka Yesu ahure nawe kugiti cye.

UMUNSI WA 3

- Ibyanditswe byuyu muni: _____
- Koresha inzira imwe: intambwe mu nkuru, shyira ibitekerezo byawe, kandi utangaze ibyo wumva cyangwa wumva. Niki ubona, wumva, impumuro, cyangwa wumva? Reka Yesu ahure nawe kugiti cye.

UMUNSI WA 4

- Ibyanditswe byuyu muni: _____
- Koresha inzira imwe: intambwe mu nkuru, shyira ibitekerezo byawe, kandi utangaze ibyo wumva cyangwa wumva. Niki ubona, wumva, impumuro, cyangwa wumva? Reka Yesu ahure nawe kugiti cye.

UMUNSI WA 5

- Ibyanditswe byuyu muni: _____
- Koresha inzira imwe: intambwe mu nkuru, shyira ibitekerezo byawe, kandi utangaze ibyo wumva cyangwa wumva. Niki ubona, wumva, impumuro, cyangwa wumva? Reka Yesu ahure nawe kugiti cye.

UMUNSI WA 6

- Ibyanditswe byuyu muni: _____
- Koresha inzira imwe: intambwe mu nkuru, shyira ibitekerezo byawe, kandi utangaze ibyo wumva cyangwa wumva. Niki ubona, wumva, impumuro, cyangwa wumva? Reka Yesu ahure nawe kugiti cye.

UMUNSI WA 7

- Ibyanditswe byuyu muni: _____
- Koresha inzira imwe: intambwe mu nkuru, shyira ibitekerezo byawe, kandi utangaze ibyo wumva cyangwa wumva. Niki ubona, wumva, impumuro, cyangwa wumva? Reka Yesu ahure nawe kugiti cye.



Kwihuza na wenyine

INTEGO

- Shishikarizwa kwigaragaza no kuba inyangamugayo
- Tanga amahame ya Bibiliya kugirango ahuze imbere
- Saba abantu gutumira Yesu mubice byose byubuzima bwabo
- Tanga inzira ifatika yo gukira no guhinduka

GATHER HIGHLIGHTS

Iki cyiciro kijyanye no guhangana natwe ubwacu no guhuza ukuri kwa Bibiliya. Dr. Lori yatwibukije ko bidahagije gutumira Yesu mu "cyumba cyiza" cyuzuye imitima yacu. Irashaka kutugeraho twese - ubwoba, urugamba, umururazi, n'ahantu hihishe.

Ibyingenzi byingenzi:

- Abafilipi 4: 8 ni akayunguruzo k'ibitekerezo byacu.
- Abagalatiya 5: 22-23 ni indorerwamo yisi yimbere.
- Guhinduka bisaba gutumira Yesu muri buri "cyumba" cy'inzu yacu y'imbere.

Ntabwo aje guca imanza-Aje kugarura.

- Ibyo dutekereza, kumva, no gufata mubituruka muri twe.

Ibibazo byo gukusanya ubushishozi:

- Ni ibihe byumba by'ubuzima bwawe wabujije Yesu imipaka?

- Ibitekerezo byawe nibisubizo byerekana imbuto zumwuka?

- Nigute Yesu yashaka gukora "kuvugurura" imbere muri iki cyumweru?

TEKEREZA

Anne Nolen yavuze nabi uburyo imbaraga ze - kuba zikomeye - nazo zishobora guhinduka intege nke. Iyo yatakaje ubuyobozi mugihe cyibibazo, reaction ye ntiyajyanye nimbuto zumwuka. Ariko yasanze kuguma uhujwe namahoro yimana byahinduye isura ye nikirere cye.

Ibitekerezo byo gutekereza:

- Ni iyihe myitwarire cyangwa amarangamutima biva muri wewe mugihe uri mukibazo?
- Ni izihe mbuto z'Umwuka urwana na nyinshi?
- Ni ibihe bintu urimo gufata binyuze mu makuru, imyidagaduro, cyangwa ibiganiro - kandi bigira izihe ngaruka ku mahoro yawe?

Ibinyamakuru byihuta:

Nihehe mubuzima bwawe ufata ikintu aho kugishyira kubirenge bya Yesu? Byaba bimeze bite kubirekura?

Fungura

Tekereza ubuzima bwawe burimo gufatwa amashusho - nta byahinduwe, nta muyungurura - kandi ko inkuru yawe idahuje izerekanwa kubandi.

Andika ibisubizo byawe byukuri kubibazo 10 bikurikira mukinyamakuru cyawe. Noneho, niba uri mumatsinda, hagarara hanyuma usangire ibyumva bifite umutekano gusangira.

1. Niba mbonye videwo, nabyumva nte?
2. Ni ubuhe buryo bwa mbere nabyitwayemo?
3. Ni ibihe bihe nizera ko byerekana?
4. Ni ibihe bihe nagira ubwoba bwo kubona kuri ecran?
5. Ibyo bivuze iki kubyerekeye isano nanjye ubwanjye?

6. Ibyo bivuga iki kubyerekeye isano yanjye n'Imana?

7. Ni ryari mpuzwa cyane nuwo nshaka kuba nde? Ni ryari numva ndi kure cyane?

8. Nari kumva nshyizwe ahagaragara, isoni, cyangwa mpangayitse? Kubera iki?

9. Nakumva nishimiye ibihe bimwe? Nibihe bihe byanteye kubyumva gutya?

10. Nangahe "guhindura" ubwanjye mubuzima bwa buri munsu? Ni he nungurura ibyo abantu babona?

Gupfundikira Igitekerezo:

Imana yamaze kubona ubuzima bwawe budahuje - kandi iragukunda byimazeyo. Niki ushaka guhindura, atari kubantu, ahubwo kuri We?

SHAKA HANZE

Muri iki cyumweru cyo gusohoka kirimo ibikorwa bibiri byoroshye bya buri muni kugirango twongere kwiyitaho no kuzana Ijambo ry'Imana.

1. Imbuta za buri muni Ibarura ryumwuka

Buri mugoroba, tekereza kumuni wawe hanyuma usuzume uko wagaragaje imbuta zose zumwuka. Reba “Akenshi,” “Rimwe na rimwe,” cyangwa “Ni gake.”

Imbuta za buri muni Ibibazo byo Kubara Umwuka

- Ni izihe mbuto zoroshye kwerekana muri iki gihe?
- Ninde wari utoroshye, kandi kuki?
- Ni he nkeneye gutumira Yesu ngo akure ikintu gishya muri nje?

2. Abafilipi 4: 8 Abakurikirana Ibitekerezo

- Iyo umuni urangiye, subiramo ibitekerezo byawe uhitemo kimwe gihuza n'Abafilipi 4: 8.
- “Ibyo ari byo byose ni ukuri, icyaricyo cyose cyiza, icyiza cyose, icyiza cyose, igikundiro cyose, igikundiro cyose, niba ari ikintu cyiza cyangwa gishimwa - tekereza kuri ibyo bintu.”

Ibitekerezo bya buri muni Ibitekerezo:

- Ni ikihe gitekerezo kimwe uyu muni gihuye n'uru rutonde?
- Nigute icyo gitekerezo cyagize ingaruka kumyitwarire yanjye cyangwa imyitwarire yanjye?
- Nabonye igitekerezo icyo aricyo cyose kitari icya? Nigute nshobora guhindura abo ejo?

Ikibazo cya Bonus:

- Andika Abafilipi 4: 8 ku nyandiko cyangwa ikarita ifatanye hanyuma ubishyire aho uzabibona inshuro nyinshi kumuni-nkuko Anne Nolen yabigenje mu bwihereho bwe.

KUGENDE HANZE: UMUNSI WA 1

Igice cya 1: Imbuto zo kubara Umwuka

“Ariko imbuto z'Umwuka ni urukundo, umunezero, amahoro, kwihangana, ineza, ibyiza, ubudahemuka, ubwitonzi, kwifata; kurwanya ibintu nk'ibyo nta tegeko rihari.” Abagalatiya 5: 22-23 (ESV)

Fata akanya utekereze kumunsi wawe. Nigute imbuto z'Umwuka zagaragaye mubuzima bwawe? Reba agasanduku gasobanura neza uburambe bwawe.

Umusaruro w'Umwuka Wera	kenshi	rimwe na rimwe	gake
Urukundo - Nakoze mu rukundo rutitanga, rumeze nka Kristo uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyishimo - Nerekanye umunezero washinze imizi muri Kristo, ntitaye ku bihe?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amahoro - Nabayeho mfite ibyiringiro bituje kandi nizeye Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwihangana - Nashubije nihanganye kubantu no gutinda?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ineza - Nari naritonze, ngira ubuntu, kandi nkita kubandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyiza - Nahisemo icyiza, icyubahiro, kandi gishimisha Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubudahemuka - Nari umwizerwa kandi niringirwa mubucuti bwanjye no mubyo ni	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubwitonzi - Navuze kandi nkora nicishije bugufi n'ubwuzu?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwifata - Nakoresheje indero mumagambo yanjye, ibikorwa, n'ibyifuzo byanjye?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni izihe mbuto zoroshye kwerekana muri iki gihe?
- Ninde wari utoroshye, kandi kuki?
- Ni he nkeneye gutumira Yesu ngo akure ikintu gishya muri nje?

Igice cya 2: Ibitekerezo bya buri munsi

Ati: “Hanyuma, bavandimwe, ukuri kwose, icyubahiro cyose, igikwiye cyose, icyiza cyose, igikundi, igikundi, icyashimwa, niba hari indashyikirwa, niba hari ikintu gikwiye gushimwa, tekereza kuri ibi bintu.” Abafilipi 4: 8 (ESV)

Koresha iyi tracker kugirango usuzume ibitekerezo byawe guhera uyumunsi.

<u>Imico</u>	<u>Ikibazo cyo kuzirikana</u>	<u>kenshi</u>	<u>Rimwe na rimwe</u>	<u>nta na rimwe</u>
Ukuri	Ese ibitekerezo byanjye uyu munsi byari bishingiye ku kuri kw’Imana no ku by’ukuri bibaho?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byubahwa	Ese natekereje ku bintu bigaragaza agaciro, kubaha, n’ubunyangamugayo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gikiranuka	Ese ibitekerezo byanjye byari bihuye n’ubutabera, gukiranuka, no gukorera mu mucyo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bidanduye	Ese nashoboye kurinda ibitekerezo byanjye ngo bitanduzwa n’ibitekerezo bibi, bidafite umumaro, cyangwa byuzuye kunenga?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byiza	Ese nabashije kubona no gutekerezaho ubwiza, ubuntu, n’ineza?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
gishimwa	Nigeze ntekereza ku bintu by’agaciro kandi by’icyitegererezo, bikwiye gusangizwa abandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bihebuje"	Ese ibitekerezo byanjye byari byibanda ku bwiza no ku gukura mu buryo bw’umwuka?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bikwiye ishimwe	Ese nasingije Imana cyangwa nibanze ku bintu bihesha ishimwe uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni ikihe gitekerezo kimwe uyu munsi gihuye n'uru rutonde?
- Nigute icyo gitekerezo cyagize ingaruka kumyitwarire yanjye cyangwa imyitwarire yanjye?
- Nigute nshobora gutumira Umwuka Wera guhindura ibitekerezo byanjye ejo?

KUGENDE HANZE: UMUNSI WA 2

Igice cya 1: Imbuto zo kubara Umwuka

“Ariko imbuto z'Umwuka ni urukundo, umunezero, amahoro, kwihangana, ineza, ibyiza, ubudahemuka, ubwitonzi, kwifata; kurwanya ibintu nk'ibyo nta tegeko rihari.” Abagalatiya 5: 22-23 (ESV)

Fata akanya utekereze kumunsi wawe. Nigute imbuto z'Umwuka zagaragaye mubuzima bwawe? Reba agasanduku gasobanura neza uburambe bwawe.

Umusaruro w'Umwuka Wera	kenshi	rimwe na rimwe	gake
Urukundo - Nakoze mu rukundo rutitanga, rumeze nka Kristo uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyishimo - Nerekanye umunezero washinze imizi muri Kristo, ntitaye ku bihe?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amahoro - Nabayeho mfite ibyiringiro bituje kandi nizeye Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwihangana - Nashubije nihanganye kubantu no gutinda?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ineza - Nari naritonze, ngira ubuntu, kandi nkita kubandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyiza - Nahisemo icyiza, icyubahiro, kandi gishimisha Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubudahemuka - Nari umwizerwa kandi niringirwa mubucuti bwanjye no mubyo ni	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubwitonzi - Navuze kandi nkora nicishije bugufi n'ubwuzu?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwifata - Nakoresheje indero mumagambo yanjye, ibikorwa, n'ibyifuzo byanjye?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni izihe mbuto zoro shyeye kwerekana muri iki gihe?
- Ninde wari utoro shyeye, kandi kuki?
- Ni he nkeneye gutumira Yesu ngo akure ikintu gishya muri njye?

Igice cya 2: Ibitekerezo bya buri muni

Ati: “Hanyuma, bavandimwe, ukuri kwose, icyubahiro cyose, igikwiye cyose, icyiza cyose, igikundi, igikundi, icyashimwa, niba hari indashyikirwa, niba hari ikintu gikwiye gushimwa, tekereza kuri ibi bintu.” Abafilipi 4: 8 (ESV)

Koresha iyi tracker kugirango usuzume ibitekerezo byawe guhera uyumunsi.

<u>Imico</u>	<u>Ikibazo cyo kuzirikana</u>	<u>kenshi</u>	<u>Rimwe na rimwe</u>	<u>nta na rimwe</u>
Ukuri	Ese ibitekerezo byanjye uyu munsi byari bishingiye ku kuri kw’Imana no ku by’ukuri bibaho?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byubahwa	Ese natekereje ku bintu bigaragaza agaciro, kubaha, n’ubunyangamugayo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gikiranuka	Ese ibitekerezo byanjye byari bihuye n’ubutabera, gukiranuka, no gukorera mu mucyo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bidanduye	Ese nashoboye kurinda ibitekerezo byanjye ngo bitanduzwa n’ibitekerezo bibi, bidafite umumaro, cyangwa byuzuye kunenga?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byiza	Ese nabashije kubona no gutekerezaho ubwiza, ubuntu, n’ineza?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
gishimwa	Nigeze ntekereza ku bintu by’agaciro kandi by’icyitegererezo, bikwiye gusangizwa abandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bihebuje	Ese ibitekerezo byanjye byari byibanda ku bwiza no ku gukura mu buryo bw’umwuka?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bikwiye ishimwe	Ese nasingije Imana cyangwa nibanze ku bintu bihesha ishimwe uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni ikihe gitekerezo kimwe uyu munsi gihuye n’uru rutonde?
- Nigute icyo gitekerezo cyagize ingaruka kumyitwarire yanjye cyangwa imyitwarire yanjye?
- Nigute nshobora gutumira Umwuka Wera guhindura ibitekerezo byanjye ejo?

SHAKA HANZE: UMUNSI WA 3

Igice cya 1: Imbuto zo kubara Umwuka

“Ariko imbuto z'Umwuka ni urukundo, umunezero, amahoro, kwihangana, ineza, ibyiza, ubudahemuka, ubwitonzi, kwifata; kurwanya ibintu nk'ibyo nta tegeko rihari.” Abagalatiya 5: 22-23 (ESV)

Fata akanya utekereze kumunsi wawe. Nigute imbuto z'Umwuka zagaragaye mubuzima bwawe? Reba agasanduku gasobanura neza uburambe bwawe.

Umusaruro w'Umwuka Wera	kenshi	rimwe na rimwe	gake
Urukundo - Nakoze mu rukundo rutitanga, rumeze nka Kristo uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyishimo - Nerekanye umunezero washinze imizi muri Kristo, ntitaye ku bihe?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amahoro - Nabayeho mfite ibyiringiro bituje kandi nizeye Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwihangana - Nashubije nihanganye kubantu no gutinda?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ineza - Nari naritonze, ngira ubuntu, kandi nkita kubandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyiza - Nahisemo icyiza, icyubahiro, kandi gishimisha Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubudahemuka - Nari umwizerwa kandi niringirwa mubucuti bwanjye no mubyo ni	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubwitonzi - Navuze kandi nkora nicishije bugufi n'ubwuzu?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwifata - Nakoresheje indero mumagambo yanjye, ibikorwa, n'ibyifuzo byanjye?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni izihe mbuto zoroshye kwerekana muri iki gihe?
- Ninde wari utoroshye, kandi kuki?
- Ni he nkeneye gutumira Yesu ngo akure ikintu gishya muri njye?

Igice cya 2: Ibitekerezo bya buri munsi

Ati: “Hanyuma, bavandimwe, ukuri kwose, icyubahiro cyose, igikwiye cyose, icyiza cyose, igikundi, igikundi, icyashimwa, niba hari indashyikirwa, niba hari ikintu gikwiye gushimwa, tekereza kuri ibi bintu.” Abafilipi 4: 8 (ESV)

Koresha iyi tracker kugirango usuzume ibitekerezo byawe guhera uyumunsi.

<u>Imico</u>	<u>Ikibazo cyo kuzirikana</u>	<u>kenshi</u>	<u>Rimwe na rimwe</u>	<u>nta na rimwe</u>
Ukuri	Ese ibitekerezo byanjye uyu munsi byari bishingiye ku kuri kw’Imana no ku by’ukuri bibaho?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byubahwa	Ese natekereje ku bintu bigaragaza agaciro, kubaha, n’ubunyangamugayo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gikiranuka	Ese ibitekerezo byanjye byari bihuye n’ubutabera, gukiranuka, no gukorera mu mucyo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bidanduye	Ese nashoboye kurinda ibitekerezo byanjye ngo bitanduzwa n’ibitekerezo bibi, bidafite umumaro, cyangwa byuzuye kunenga?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byiza	Ese nabashije kubona no gutekerezaho ubwiza, ubuntu, n’ineza?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
gishimwa	Nigeze ntekereza ku bintu by’agaciro kandi by’icyitegererezo, bikwiye gusangizwa abandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bihebuje"	Ese ibitekerezo byanjye byari byibanda ku bwiza no ku gukura mu buryo bw’umwuka?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bikwiye ishimwe	Ese nasingije Imana cyangwa nibanze ku bintu bihesha ishimwe uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni ikihe gitekerezo kimwe uyu munsi gihuye n’uru rutonde?
- Nigute icyo gitekerezo cyagize ingaruka kumyitwarire yanjye cyangwa imyitwarire yanjye?
- Nigute nshobora gutumira Umwuka Wera guhindura ibitekerezo byanjye ejo?

SHAKA HANZE: UMUNSI WA 4

Igice cya 1: Imbuto zo kubara Umwuka

“Ariko imbuto z'Umwuka ni urukundo, umunezero, amahoro, kwihangana, ineza, ibyiza, ubudahemuka, ubwitonzi, kwifata; kurwanya ibintu nk'ibyo nta tegeko rihari.” Abagalatiya 5: 22-23 (ESV)

Fata akanya utekereze kumunsi wawe. Nigute imbuto z'Umwuka zagaragaye mubuzima bwawe? Reba agasanduku gasobanura neza uburambe bwawe.

Umusaruro w'Umwuka Wera	kenshi	rimwe na rimwe	gake
Urukundo - Nakoze mu rukundo rutitanga, rumeze nka Kristo uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyishimo - Nerekanye umunezero washinze imizi muri Kristo, ntitaye ku bihe?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amahoro - Nabayeho mfite ibyiringiro bituje kandi nizeye Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwihangana - Nashubije nihanganye kubantu no gutinda?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ineza - Nari naritonze, ngira ubuntu, kandi nkita kubandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyiza - Nahisemo icyiza, icyubahiro, kandi gishimisha Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubudahemuka - Nari umwizerwa kandi niringirwa mubucuti bwanjye no mubyo ni	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubwitonzi - Navuze kandi nkora nicishije bugufi n'ubwuzu?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwifata - Nakoresheje indero mumagambo yanjye, ibikorwa, n'ibyifuzo byanjye?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni izihe mbuto zoroshye kwerekana muri iki gihe?
- Ninde wari utoroshye, kandi kuki?
- Ni he nkeneye gutumira Yesu ngo akure ikintu gishya muri njye?

Igice cyo 2: Ibitekerezo bya buri munsi

Ati: “Hanyuma, bavandimwe, ukuri kwose, icyubahiro cyose, igikwiye cyose, icyiza cyose, igikundiyo, igikundiyo, icyashimwa, niba hari indashyikirwa, niba hari ikintu gikwiye gushimwa, tekereza kuri ibi bintu.” Abafilipi 4: 8 (ESV)

Koresha iyi tracker kugirango usuzume ibitekerezo byawe guhera uyumunsi.

<u>Imico</u>	<u>Ikibazo cyo kuzirikana</u>	<u>kenshi</u>	<u>Rimwe na rimwe</u>	<u>nta na rimwe</u>
Ukuri	Ese ibitekerezo byanjye uyu munsi byari bishingiye ku kuri kw’Imana no ku by’ukuri bibaho?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byubahwa	Ese natekereje ku bintu bigaragaza agaciro, kubaha, n’ubunyangamugayo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gikiranuka	Ese ibitekerezo byanjye byari bihuye n’ubutabera, gukiranuka, no gukorera mu mucyo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bidanduye	Ese nashoboye kurinda ibitekerezo byanjye ngo bitanduzwa n’ibitekerezo bibi, bidafite umumaro, cyangwa byuzuye kunenga?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byiza	Ese nabashije kubona no gutekerezaho ubwiza, ubuntu, n’ineza?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
gishimwa	Nigeze ntekereza ku bintu by’agaciro kandi by’icyitegererezo, bikwiye gusangizwa abandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bihebuje"	Ese ibitekerezo byanjye byari byibanda ku bwiza no ku gukura mu buryo bw’umwuka?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bikwiye ishimwe	Ese nasingije Imana cyangwa nibanze ku bintu bihesha ishimwe uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni ikihe gitekerezo kimwe uyu munsi gihuye n’uru rutonde?
- Nigute icyo gitekerezo cyagize ingaruka kumyitwarire yanjye cyangwa imyitwarire yanjye?
- Nigute nshobora gutumira Umwuka Wera guhindura ibitekerezo byanjye ejo?

KUGENDE HANZE: UMUNSI WA 5

Igice cya 1: Imbuto zo kubara Umwuka

“Ariko imbuto z'Umwuka ni urukundo, umunezero, amahoro, kwihangana, ineza, ibyiza, ubudahemuka, ubwitonzi, kwifata; kurwanya ibintu nk'ibyo nta tegeko rihari.” Abagalatiya 5: 22-23 (ESV)

Fata akanya utekereze kumunsi wawe. Nigute imbuto z'Umwuka zagaragaye mubuzima bwawe? Reba agasanduku gasobanura neza uburambe bwawe.

Umusaruro w'Umwuka Wera	kenshi	rimwe na rimwe	gake
Urukundo - Nakoze mu rukundo rutitanga, rumeze nka Kristo uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyishimo - Nerekanye umunezero washinze imizi muri Kristo, ntitaye ku bihe?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amahoro - Nabayeho mfite ibyiringiro bituje kandi nizeye Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwihangana - Nashubije nihanganye kubantu no gutinda?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ineza - Nari naritonze, ngira ubuntu, kandi nkita kubandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyiza - Nahisemo icyiza, icyubahiro, kandi gishimisha Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubudahemuka - Nari umwizerwa kandi niringirwa mubucuti bwanjye no mubyo ni	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubwitonzi - Navuze kandi nkora nicishije bugufi n'ubwuzu?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwifata - Nakoresheje indero mumagambo yanjye, ibikorwa, n'ibyifuzo byanjye?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni izihe mbuto zoroshye kwerekana muri iki gihe?
- Ninde wari utoroshye, kandi kuki?
- Ni he nkeneye gutumira Yesu ngo akure ikintu gishya muri njye?

Igice cya 2: Ibitekerezo bya buri munsi

Ati: “Hanyuma, bavandimwe, ukuri kwose, icyubahiro cyose, igikwiye cyose, icyiza cyose, igikundiyo, igikundiyo, icyashimwa, niba hari indashyikirwa, niba hari ikintu gikwiye gushimwa, tekereza kuri ibi bintu.” Abafilipi 4: 8 (ESV)

Koresha iyi tracker kugirango usuzume ibitekerezo byawe guhera uyumunsi.

<u>Imico</u>	<u>Ikibazo cyo kuzirikana</u>	<u>kenshi</u>	<u>Rimwe na rimwe</u>	<u>nta na rimwe</u>
Ukuri	Ese ibitekerezo byanjye uyu munsi byari bishingiye ku kuri kw’Imana no ku by’ukuri bibaho?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byubahwa	Ese natekereje ku bintu bigaragaza agaciro, kubaha, n’ubunyangamugayo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gikiranuka	Ese ibitekerezo byanjye byari bihuye n’ubutabera, gukiranuka, no gukorera mu mucyo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bidanduye	Ese nashoboye kurinda ibitekerezo byanjye ngo bitanduzwa n’ibitekerezo bibi, bidafite umumaro, cyangwa byuzuye kunenga?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byiza	Ese nabashije kubona no gutekerezaho ubwiza, ubuntu, n’ineza?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
gishimwa	Nigeze ntekereza ku bintu by’agaciro kandi by’icyitegererezo, bikwiye gusangizwa abandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bihebuje"	Ese ibitekerezo byanjye byari byibanda ku bwiza no ku gukura mu buryo bw’umwuka?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bikwiye ishimwe	Ese nasingije Imana cyangwa nibanze ku bintu bihesha ishimwe uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni ikihe gitekerezo kimwe uyu munsi gihuye n'uru rutonde?
- Nigute icyo gitekerezo cyagize ingaruka kumyitwarire yanjye cyangwa imyitwarire yanjye?
- Nigute nshobora gutumira Umwuka Wera guhindura ibitekerezo byanjye ejo?

KUGENDE HANZE: UMUNSI WA 6

Igice cyo 1: Imbuta zo kubara Umwuka

“Ariko imbuta z'Umwuka ni urukundo, umunezero, amahoro, kwihangana, ineza, ibyiza, ubudahemuka, ubwitonzi, kwifata; kurwanya ibintu nk'ibyo nta tegeko rihari.” Abagalatiya 5: 22-23 (ESV)

Fata akanya utekereze kumunsi wawe. Nigute imbuta z'Umwuka zagaragaye mubuzima bwawe? Reba agasanduku gasobanura neza uburambe bwawe.

Umusaruro w'Umwuka Wera	kenshi	rimwe na rimwe	gake
Urukundo - Nakoze mu rukundo rutitanga, rumeze nka Kristo uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyishimo - Nerekanye umunezero washinze imizi muri Kristo, ntitaye ku bihe?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amahoro - Nabayeho mfite ibyiringiro bituje kandi nizeye Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwihangana - Nashubije nihanganye kubantu no gutinda?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ineza - Nari naritonze, ngira ubuntu, kandi nkita kubandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyiza - Nahisemo icyiza, icyubahiro, kandi gishimisha Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubudahemuka - Nari umwizerwa kandi niringirwa mubucuti bwanjye no mubyo ni	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubwitonzi - Navuze kandi nkora nicishije bugufi n'ubwuzu?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwifata - Nakoresheje indero mumagambo yanjye, ibikorwa, n'ibyifuzo byanjye?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni izihe mbuto zoroshye kwerekana muri iki gihe?
- Ninde wari utoroshye, kandi kuki?
- Ni he nkeneye gutumira Yesu ngo akure ikintu gishya muri nje?

Igice cya 2: Ibitekerezo bya buri munsi

Ati: “Hanyuma, bavandimwe, ukuri kwose, icyubahiro cyose, igikwiye cyose, icyiza cyose, igikundiyo, igikundiyo, icyashimwa, niba hari indashyikirwa, niba hari ikintu gikwiye gushimwa, tekereza kuri ibi bintu.” Abafilipi 4: 8 (ESV)

Koresha iyi tracker kugirango usuzume ibitekerezo byawe guhera uyumunsi.

<u>Imico</u>	<u>Ikibazo cyo kuzirikana</u>	<u>kenshi</u>	<u>Rimwe na rimwe</u>	<u>nta na rimwe</u>
Ukuri	Ese ibitekerezo byanjye uyu munsi byari bishingiye ku kuri kw’Imana no ku by’ukuri bibaho?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byubahwa	Ese natekereje ku bintu bigaragaza agaciro, kubaha, n’ubunyangamugayo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gikiranuka	Ese ibitekerezo byanjye byari bihuye n’ubutabera, gukiranuka, no gukorera mu mucyo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bidanduye	Ese nashoboye kurinda ibitekerezo byanjye ngo bitanduzwa n’ibitekerezo bibi, bidafite umumaro, cyangwa byuzuye kunenga?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byiza	Ese nabashije kubona no gutekerezaho ubwiza, ubuntu, n’ineza?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
gishimwa	Nigeze ntekereza ku bintu by’agaciro kandi by’icyitegererezo, bikwiye gusangizwa abandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bihebuje"	Ese ibitekerezo byanjye byari byibanda ku bwiza no ku gukura mu buryo bw’umwuka?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bikwiye ishimwe	Ese nasingije Imana cyangwa nibanze ku bintu bihesha ishimwe uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni ikihe gitekerezo kimwe uyu munsi gihuye n'uru rutonde?
- Nigute icyo gitekerezo cyagize ingaruka kumyitwarire yanjye cyangwa imyitwarire yanjye?
- Nigute nshobora gutumira Umwuka Wera guhindura ibitekerezo byanjye ejo?

SHAKA HANZE: UMUNSI WA 7

Igice cya 1: Imbuto zo kubara Umwuka

“Ariko imbuto z'Umwuka ni urukundo, umunezero, amahoro, kwihangana, ineza, ibyiza, ubudahemuka, ubwitonzi, kwifata; kurwanya ibintu nk'ibyo nta tegeko rihari.” Abagalatiya 5: 22-23 (ESV)

Fata akanya utekereze kumunsi wawe. Nigute imbuto z'Umwuka zagaragaye mubuzima bwawe? Reba agasanduku gasobanura neza uburambe bwawe.

Umusaruro w'Umwuka Wera	kenshi	rimwe na rimwe	gake
Urukundo - Nakoze mu rukundo rutitanga, rumeze nka Kristo uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyishimo - Nerekanye umunezero washinze imizi muri Kristo, ntitaye ku bihe?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Amahoro - Nabayeho mfite ibyiringiro bituje kandi nizeye Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwihangana - Nashubije nihanganye kubantu no gutinda?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ineza - Nari naritonze, ngira ubuntu, kandi nkita kubandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ibyiza - Nahisemo icyiza, icyubahiro, kandi gishimisha Imana?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubudahemuka - Nari umwizerwa kandi niringirwa mubucuti bwanjye no mubyo ni	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ubwitonzi - Navuze kandi nkora nicishije bugufi n'ubwuzu?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kwifata - Nakoresheje indero mumagambo yanjye, ibikorwa, n'ibyifuzo byanjye?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni izihe mbuto zoroshye kwerekana muri iki gihe?
- Ninde wari utoroshye, kandi kuki?
- Ni he nkeneye gutumira Yesu ngo akure ikintu gishya muri njye?

Igice cya 2: Ibitekerezo bya buri munsi

Ati: “Hanyuma, bavandimwe, ukuri kwose, icyubahiro cyose, igikwiye cyose, icyiza cyose, igikundiho, igikundiho, icyashimwa, niba hari indashyikirwa, niba hari ikintu gikwiye gushimwa, tekereza kuri ibi bintu.” Abafilipi 4: 8 (ESV)

Koresha iyi tracker kugirango usuzume ibitekerezo byawe guhera uyumunsi.

<u>Imico</u>	<u>Ikibazo cyo kuzirikana</u>	<u>kenshi</u>	<u>Rimwe na rimwe</u>	<u>nta na rimwe</u>
Ukuri	Ese ibitekerezo byanjye uyu munsi byari bishingiye ku kuri kw’Imana no ku by’ukuri bibaho?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byubahwa	Ese natekereje ku bintu bigaragaza agaciro, kubaha, n’ubunyangamugayo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gikiranuka	Ese ibitekerezo byanjye byari bihuye n’ubutabera, gukiranuka, no gukorera mu mucyo?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bidanduye	Ese nashoboye kurinda ibitekerezo byanjye ngo bitanduzwa n’ibitekerezo bibi, bidafite umumaro, cyangwa byuzuye kunenga?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Byiza	Ese nabashije kubona no gutekerezaho ubwiza, ubuntu, n’ineza?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
gishimwa	Nigeze ntekereza ku bintu by’agaciro kandi by’icyitegererezo, bikwiye gusangizwa abandi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bihebuje"	Ese ibitekerezo byanjye byari byibanda ku bwiza no ku gukura mu buryo bw’umwuka?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bikwiye ishimwe	Ese nasingije Imana cyangwa nibanze ku bintu bihesha ishimwe uyu munsi?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni ikihe gitekerezo kimwe uyu munsi gihuye n'uru rutonde?
- Nigute icyo gitekerezo cyagize ingaruka kumyitwarire yanjye cyangwa imyitwarire yanjye?
- Nigute nshobora gutumira Umwuka Wera guhindura ibitekerezo byanjye ejo?



Kwihuza nabandi

INTEGO

- Sobanukirwa n'imbaraga zo guhuza
- Suzuma ingaruka z'uruzinduko rwawe
- Menya akamaro ko gushyiraho imipaka myiza nubusabane
- Emera imbabazi nk'urufunguzo rw'ubwisanzure bwite

GATHER HIGHLIGHTS

Muri iki cyiciro, turasesengura imbaraga zubusabane - uburyo zitunganya gukira kwacu, bigira ingaruka kumikurire yacu, no guhindura ejo hazaza. Ntabwo wari wagenewe kugenda uru rugendo wenyine.

Ibyingenzi byingenzi:

- Kwihuza bigabanya imihangayiko. Kimwe n'inguge iri mu kato, kugira umuntu ugendana natwe bigabanya ibiro twikoreyemo kabiri.
- Uruziga rwawe ruhindura ejo hazaza. Ninde mumarana umwanya, aho ushora umwanya wawe, n'imbaraga zawe - ibi bigira ubwonko bwawe nigihe kizaza.
- Ntabwo abantu bose bakwiriye kubona kimwe. Shiraho imipaka ishingiyeye ku kubahana n'inshingano.
- Uturere twizerana dufite akamaro. Umubano w'imbere usaba gukura no kwitabwaho. Niba umuntu atujuje ibyangombwa, umukunde - ariko uturutse kure.
- Umubano urimo abakinnyi batatu b'ingenzi buriwese afite ibice bikomeye: igice cyawe, igice cyabandi, nigice cyimana.
 - Kubabarira bikubohora. Kwifata nabi bitera kwangiza mu mwuka no mu mitsi. Kubabarira ntibisiba ingaruka-birekura kugenzura.

Ibibazo byo gukusanya ubushishozi:

- Ninde bantu batatu mumarana umwanya munini nonaha? Nigute bahindura ibitekerezo byawe n'amarangamutima yawe?
- Urwana no gushiraho imipaka? Kuki cyangwa kuki?
- Hari umuntu ukeneye kubabarira kugirango utere imbere?

TEKEREZA

Anne Nolen yavuze uburyo yabigambiriye gushiraho uruziga rwinkunga atumira inshuti ebyiri zizewe murugendo rwo gusana. Yahinduye byose. Basengaga hamwe, bakurira hamwe, kandi barabazanya. Yatwibukije ati: “Dukeneye abantu baduhanze amaso iyo duhungabanye mu kwizera kwacu.”

Ibitekerezo byo gutekereza:

Ufite umuntu ushobora gusengera hamwe no gukura hamwe muburyo bwumwuka?

- Hoba hariho ubucuti “bushimishije” mubuzima bwawe - ariko ni buke bushingiye ku kwizera?
- Ni iki kikubuza kumenyekana byimazeyo n'abandi?

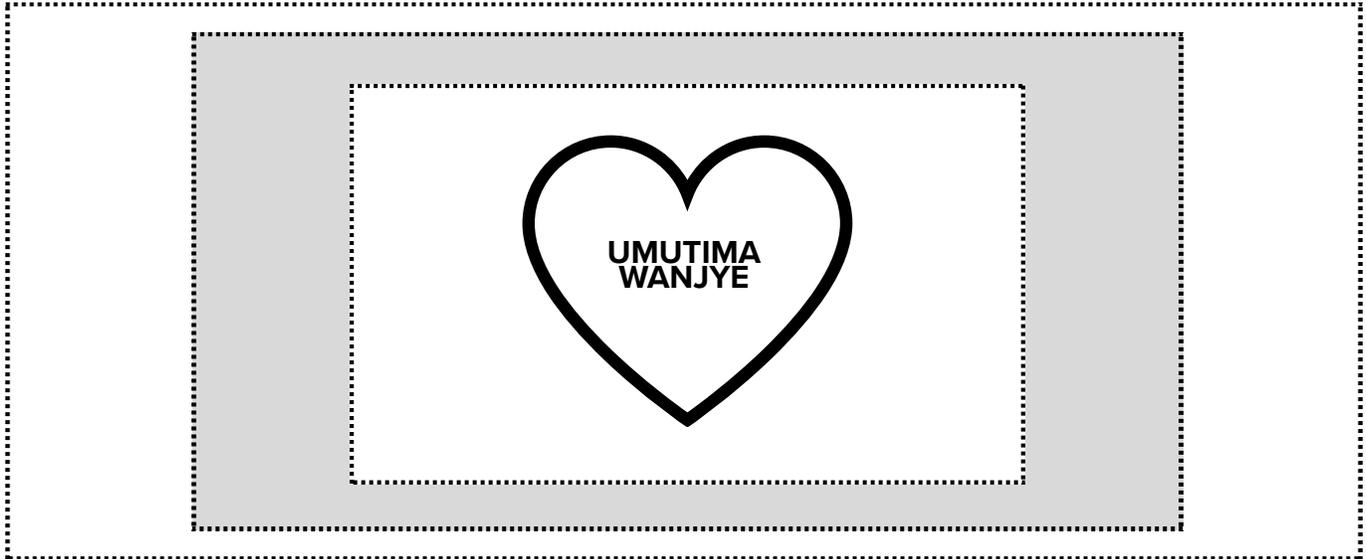
Ibinyamakuru byihuta:

- Tekereza ku gihe umubano mwiza wagize icyo uhindura mu rugendo rwawe na Yesu. Ni irihe sano ryaguteganyirije?

Fungura

Tekereza kuri iyi kare nka Ikarita yawe Yizere Ikarita hamwe nuburyo bwo kugera:

1. Imbere mu Gihugu: icyizere cyimbitse - abantu ubwira, bakubaha kandi bagushyigikira
2. Hagati Hagati: Inshuti zimenyerewe, zisanzwe - ntabwo zifitanye isano cyane
3. Hanze ya Hanze: Abamenyereye cyangwa abantu batabonye amarangamutima



WIBUKE: Imipaka ntabwo ari inkuta-ni amarembo. Ntabwo babuza abantu hanze. Baragufasha guhitamo ubuzima bwiza bihagije kugirango wemererwe. Yesu yashyizeho imipaka. Urashobora nawe.

1. Ninde wizera cyane? Fata akanya ubitekerezeho.

2. Andika amazina yabari mumwanya wawe w'imbere - ayo wizeye byuzuye n'amarangamutima yawe, umwanya, n'imbaraga zawe.

3. Hari abantu wabitse uburebure bw'intoki bakwiriye rwose kuba hafi? Birashoboka ko ari umuntu witandukanije nawe. Ziri mubice byegereye ikizere cyawe? Ni iki kikubuzaza?

4. Tekereza impamvu wabitse kure. Ni ubwoba? Ibyakubayeho kera? Ikindi kintu?

5. Hari abantu mumwanya wawe w'imbere bakeneye imipaka isobanutse? Rimwe na rimwe, ndetse n'abo dukunda barashobora kurenga umurongo. Umubano mwiza usaba kwizerana - ariko nanone kuringaniza.

6. Ni izihe mipaka ukeneye gushiraho kugirango urinde ubuzima bwawe bwiza?

7. Andika imbibi zose wumva zikenewe. Nigute ushobora kuvugana nabo muburyo burinda amahoro yawe mugihe ukomeje umubano?

SHAKA HANZE

Muri iki cyumweru cyo gusohoka, wibande ku kubaka byimbitse, byinshi nkana nabandi.

Buri muni Kugenda-gusohoka: (umwanya wongeyeho kurupapuro rukurikira)

Fata iminota mike buri muni kugirango utekereze kubibazo bikurikira.

- Niki nkoresha igihe cyanjye nkora uyu muni? Tekereza ku bikorwa urimo gukora.

Nukubaka umubano nabandi muburyo bufite intego cyangwa nibisamaza bifata ibitekerezo byawe ahandi?

- Ninde ndimo kumarana umwanya munini uyumunsi?

Aba bantu baranterura bakamfasha gukura cyangwa barankurura?

- Ninde nshora imari-kandi ninde ushura imari?
- Umubano wanjye uringaniye?

Ninde ushobora guhuza uyumunsi ushyigikiye iterambere ryanjye? Cyangwa hari umuntu nkeneye guhuza kugirango nshyigikire? Saba Imana kwerekana umuntu utanga ubuzima cyangwa ukeneye inkunga.

KUGENDE HANZE: UMUNSI WA 1

Fata iminota mike yo gutekereza kubibazo bikurikira:

- Niki nkoresha igihe cyanjye nkora uyu munsi? Tekereza ku bikorwa urimo gukora.

Nukubaka umubano nabandi muburyo bufite intego cyangwa nibisamaza bifata ibitekerezo byawe ahandi?

- Ninde ndimo kumarana umwanya munini uyumunsi?

Aba bantu baranterura bakamfasha gukura cyangwa barankurura?

- Ninde nshora imari-kandi ninde ushoro imari?

Umubano wanjye uringaniye?

- Ninde ushobora guhuza uyumunsi ushyigikiye iterambere ryanjye? Cyangwa hari umuntu nkeneye guhuza kugirango nshyigikire? Saba Imana kwerekana umuntu utanga ubuzima cyangwa ukeneye inkunga.

KUGENDE HANZE: UMUNSI WA 2

Fata iminota mike yo gutekereza kubibazo bikurikira:

- Niki nkoresha igihe cyanjye nkora uyu munsi? Tekereza ku bikorwa urimo gukora.

Nukubaka umubano nabandi muburyo bufite intego cyangwa nibisamaza bifata ibitekerezo byawe ahandi?

- Ninde ndimo kumarana umwanya munini uyumunsi?

Aba bantu baranterura bakamfasha gukura cyangwa barankurura?

- Ninde nshora imari-kandi ninde ushoro imari?

Umubano wanjye uringaniye?

- Ninde ushobora guhuza uyumunsi ushyigikiye iterambere ryanjye? Cyangwa hari umuntu nkeneye guhuza kugirango nshyigikire? Saba Imana kwerekana umuntu utanga ubuzima cyangwa ukeneye inkunga.

SHAKA HANZE: UMUNSI WA 3

Fata iminota mike yo gutekereza kubibazo bikurikira:

- Niki nkoresha igihe cyanjye nkora uyu munsi? Tekereza ku bikorwa urimo gukora.

Nukubaka umubano nabandi muburyo bufite intego cyangwa nibisamaza bifata ibitekerezo byawe ahandi?

- Ninde ndimo kumarana umwanya munini uyumunsi?

Aba bantu baranterura bakamfasha gukura cyangwa barankurura?

- Ninde nshora imari-kandi ninde ushoro imari?
- Umubano wanjye uringaniye?
- Ninde ushobora guhuza uyumunsi ushyigikiye iterambere ryanjye? Cyangwa hari umuntu nkeneye guhuza kugirango nshyigikiye? Saba Imana kwerekana umuntu utanga ubuzima cyangwa ukeneye inkunga.

SHAKA HANZE: UMUNSI WA 4

Fata iminota mike yo gutekereza kubibazo bikurikira:

- Niki nkoresha igihe cyanjye nkora uyu munsi? Tekereza ku bikorwa urimo gukora.

Nukubaka umubano nabandi muburyo bufite intego cyangwa nibisamaza bifata ibitekerezo byawe ahandi?

- Ninde ndimo kumarana umwanya munini uyumunsi?

Aba bantu baranterura bakamfasha gukura cyangwa barankurura?

- Ninde nshora imari-kandi ninde ushoro imari?
- Umubano wanjye uringaniye?
- Ninde ushobora guhuza uyumunsi ushyigikiye iterambere ryanjye? Cyangwa hari umuntu nkeneye guhuza kugirango nshyigikiye? Saba Imana kwerekana umuntu utanga ubuzima cyangwa ukeneye inkunga.

KUGENDE HANZE: UMUNSI WA 5

Fata iminota mike yo gutekereza kubibazo bikurikira:

- Niki nkoresha igihe cyanjye nkora uyu munsi? Tekereza ku bikorwa urimo gukora.

Nukubaka umubano nabandi muburyo bufite intego cyangwa nibisamaza bifata ibitekerezo byawe ahandi?

- Ninde ndimo kumarana umwanya munini uyumunsi?

Aba bantu baranterura bakamfasha gukura cyangwa barankurura?

- Ninde nshora imari-kandi ninde ushoro imari?
- Umubano wanjye uringaniye?
- Ninde ushobora guhuza uyumunsi ushyigikiye iterambere ryanjye? Cyangwa hari umuntu nkeneye guhuza kugirango nshyigikiye? Saba Imana kwerekana umuntu utanga ubuzima cyangwa ukeneye inkunga.

KUGENDE HANZE: UMUNSI WA 6

Fata iminota mike yo gutekereza kubibazo bikurikira:

- Niki nkoresha igihe cyanjye nkora uyu munsi? Tekereza ku bikorwa urimo gukora.

Nukubaka umubano nabandi muburyo bufite intego cyangwa nibisamaza bifata ibitekerezo byawe ahandi?

- Ninde ndimo kumarana umwanya munini uyumunsi?

Aba bantu baranterura bakamfasha gukura cyangwa barankurura?

- Ninde nshora imari-kandi ninde ushoro imari?
- Umubano wanjye uringaniye?
- Ninde ushobora guhuza uyumunsi ushyigikiye iterambere ryanjye? Cyangwa hari umuntu nkeneye guhuza kugirango nshyigikiye? Saba Imana kwerekana umuntu utanga ubuzima cyangwa ukeneye inkunga.

SHAKA HANZE: UMUNSI WA 7

Fata iminota mike yo gutekereza kubibazo bikurikira:

- Niki nkoresha igihe cyanjye nkora uyu munsi? Tekereza ku bikorwa urimo gukora.

Nukubaka umubano nabandi muburyo bufite intego cyangwa nibisamaza bifata ibitekerezo byawe ahandi?

- Ninde ndimo kumarana umwanya munini uyumunsi?

Aba bantu baranterura bakamfasha gukura cyangwa barankurura?

- Ninde nshora imari-kandi ninde ushoro imari?
- Umubano wanjye uringaniye?
- Ninde ushobora guhuza uyumunsi ushyigikiye iterambere ryanjye? Cyangwa hari umuntu nkeneye guhuza kugirango nshyigikire? Saba Imana kwerekana umuntu utanga ubuzima cyangwa ukeneye inkunga.

5

Psycho-Uburezi: Amygdala

INTEGO

- Sobanukirwa na sisitemu yo gutabaza ubwonko bwawe
- Kumenya imiterere yawe
- Gusubiza inyuma
- Gusaba umudendezo

GATHER HIGHLIGHTS

Iki cyiciro kijyanye na amygdala-sisitemu yo gutabaza imbere yubwonko bwawe. Irakomeye, irinda, kandi irakora, ariko irashobora gutuma uguma muburyo bwo kubaho nyuma yigihe akaga kashize.

Ibyingenzi byingenzi:

Ubwonko bwawe bumeze nkinzu yamagorofa atatu:

- Ubwonko bwo hasi - kubaho (guhumeke, umuvuduko wumutima ...)
- Ubwonko bwo hagati - amarangamutima, kwibuka, gutekereza ...
- Ubwonko bwo hejuru - logique, gukemura ibibazo, gufata ibyemezo ...

Amygdala yicaye hagati yubwonko bwamarangamutima no kubaho, ikora nkicyuma cyangiza umwotsi. Irasubiza:

- Akaga nyako (iterabwoba mu kanya)
- Kubona akaga (kwibuka, impumuro, guhangayika)
- Amygdala yawe irashobora gukoreshwa muburyo 2:
 - Hejuru-hasi (icyo utekereza)
 - Hasi-hejuru (kwibuka no guhahamuka)
- Kwishura bitangirana no kubimenya:
 - Vuga ibyiyumvo
 - Baza: Iyi ni akaga nyako cyangwa sisitemu yo gutabaza gusa?
- Koresha ibikoresho nka bine-bine guhumeke kugirango ugenzure umubiri wawe

Ibibazo byo gukusanya ubushishozi:

- Ni iki cyagaragaye cyane ku kuntu ubwonko bwawe bwitabira ubwoba?

- Nigute bigutera kumva ko utahisemo igisubizo cyawe gihita?

- Ni kihe gice cyubuzima bwawe wumva amygdala ishobora kuba ikabije?

TEKEREZA

Anne Nolen yavuze ibyerekeye umuhamagaro mubi wahinduye byose - umukobwa we yari yarahohotewe. Nubwo yahuye n'ihungabana, muri iki gihe yashubije ukundi, atari afite ubwoba, ahubwo afite amahoro. Mu bihe byashize, amygdala ya Anne Nolen yahoraga iterwa no guhangayika no gukenera kugenzurwa. Ariko, nyuma yo guhura n'Imana, kwitoza ibikoresho byo gukiza, no kubona inkunga mumuryango wita kubantu, yize kugendana ihungabana numutima wamahoro. Igihe yabonaga umukobwa we yerekana ibimenyetso byo guhangayika hasi-kwibuka ibyiyumvo n'ubwoba byagize uruhare mu mibereho ye ya buri muni - Anne Nolen yari azi ko ari ngombwa guhagarika iyi mikorere hakiri kare, azi ko bishobora kugira ingaruka zikomeye ku bwonko bw'umukobwa we ndetse no mu gihe kizaza.

- Ibitekerezo byo gutekereza:

Wigeze wumva “uri maso” igihe kirekire?

- Ni ubuhe buryo bwo guhamamuka cyangwa ibitekerezo byashize bishobora gutuma ubwonko bwawe bukomeza kubaho?
- Byaba bimeze bite gushyirwa amahoro, aho gutinyira?

Ibinyamakuru byihuta:

Andika igihe umubiri wawe witabiriye guhangayika mbere yuko ubwonko bwawe bugira umwanya wo gufata. Niki wize kubijyanye no guhuza ibitekerezo n'umubiri wawe?

Fungura

Uyu muni, turasesengura uburyo guhangayika bigira ingaruka mubitekerezo byawe no kumubiri - nuburyo amygdala yawe ishobora kuba ifite uruhare runini kuruta uko wabitekerezaga.

Ibibazo byo Kwisuzuma ku Bijyanye no Kumenya Ingaruka z'Igihunga	Yego	Oya
1. Ese kenshi wumva ufitanye igisubizo gikabije n'umunaniro, nubwo nta kaga kagaragara kariho?		
2. Ese iyo wumva uhungabanye, ubonaho ibimenyetso ku mubiri nk'umutima utera cyane cyangwa igituza gifunganye?		
3. Ese iyo igihunga kigeze ku rwego rwo hejuru, birakugora kwibanda ku bindi?		
4. Ese umubiri wawe wumva uhora uri maso cyangwa uri "on alert" iyo wumva uhungabanye?		
5. Ese birakugora kwituzza cyangwa kuruhuka nyuma yo kugira igihunga?		
AMAFARANGA		

Ibibazo byo kuganira:

1. Iyo guhangayika bikubise, ni ikihe gitekerezo cya mbere kiza mu mutwe?

2. Umubiri wawe wumva umeze ute mugihe uhangayitse? Birasa buri gihe?

3. Tekereza igihe gisheruka igihe amaganya yatangiraga. Ni iki cyabimuteye, kandi umubiri wawe wakiriye ute?

KUGENDE HANZE: UMUNSI WA 1

Muri iki cyumweru, uzakurikirana imitekerereze yawe ya buri muni ukoreshye aya magambo 9 yo kwigaragaza. Gereranya gusa nawe kenshi, rimwe na rimwe, cyangwa gake.

Igaragaza ry'ibyatekerejweho	kenshi	rimwe na rimwe	gake cyane
1. Ntuye mu byiringiro, umunezero, n'amahoro. (Nigeze numva mfite ibyiringiro, umunezero, n'amahoro?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Ntabwo mpuha. (Naretse ibitekerezo bibi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Ibiashoboka bisa naho byumvikana. (Nizeraga ko ibibazo bishobora gucungwa?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Nkunda. (Numvise meze neza uwo ndiwe?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Nzi imbaraga zanjye. (Nari nzi icyo ndi mwiza?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Nzi intege nke zanjye. (Nari nzi aho nkeneye gutera imbere?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Ndashima. (Numvise nshimira?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Nizera abandi. (Nizeraga kandi nizera abantu?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Ndaha abandi inyungu zo gushidikanya. (Natanze ubuntu kubandi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni iki cyanteye guhangayika muri iki gihe?
- Nashubije nte - kurwana, guhunga, cyangwa gukonja?
- Ni ubuhe kuri cyangwa imyitoto yamfashije gutuza?

KUGENDE HANZE: UMUNSI WA 2

Igaragaza ry'ibyatekerejweho	kenshi	rimwe na rimwe	gake cyane
1. Ntuye mu byiringiro, umunezero, n'amahoro. (Nigeze numva mfite ibyiringiro, umunezero, n'amahoro?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Ntabwo mpuha. (Naretse ibitekerezo bibi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Ibdashoboka bisa naho byumvikana. (Nizeraga ko ibibazo bishobora gucungwa?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Nkunda. (Numvise meze neza uwo ndiwe?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Nzi imbaraga zanjye. (Nari nzi icyo ndi mwiza?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Nzi intege nke zanjye. (Nari nzi aho nkeneye gutera imbere?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Ndashima. (Numvise nshimira?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Nizera abandi. (Nizeraga kandi nizera abantu?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Ndaha abandi inyungu zo gushidikanya. (Natanze ubuntu kubandi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni iki cyanteye guhangayika muri iki gihe?
- Nashubije nte - kurwana, guhunga, cyangwa gukonja?
- Ni ubuhe kuri cyangwa imyitozo yamfashije gutuza?

SHAKA HANZE: UMUNSI WA 3

Igaragaza ry'ibyatekerejweho	kenshi	rimwe na rimwe	gake cyane
1. Ntuye mu byiringiro, umunezero, n'amahoro. (Nigeze numva mfite ibyiringiro, umunezero, n'amahoro?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Ntabwo mpuha. (Naretse ibitekerezo bibi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Ibdashoboka bisa naho byumvikana. (Nizeraga ko ibibazo bishobora gucungwa?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Nkunda. (Numvise meze neza uwo ndiwe?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Nzi imbaraga zanjye. (Nari nzi icyo ndi mwiza?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Nzi intege nke zanjye. (Nari nzi aho nkeneye gutera imbere?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Ndashima. (Numvise nshimira?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Nizera abandi. (Nizeraga kandi nizera abantu?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Ndaha abandi inyungu zo gushidikanya. (Natanze ubuntu kubandi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni iki cyanteye guhangayika muri iki gihe?
- Nashubije nte - kurwana, guhunga, cyangwa gukonja?
- Ni ubuhe kuri cyangwa imyitozo yamfashije gutuza?

SHAKA HANZE: UMUNSI WA 4

Igaragaza ry'ibyatekerejweho	kenshi	rimwe na rimwe	gake cyane
1. Ntuye mu byiringiro, umunezero, n'amahoro. (Nigeze numva mfite ibyiringiro, umunezero, n'amahoro?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Ntabwo mpuha. (Naretse ibitekerezo bibi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Ibidashoboka bisa naho byumvikana. (Nizeraga ko ibibazo bishobora gucungwa?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Nkunda. (Numvise meze neza uwo ndiwe?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Nzi imbaraga zanjye. (Nari nzi icyo ndi mwiza?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Nzi intege nke zanjye. (Nari nzi aho nkeneye gutera imbere?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Ndashima. (Numvise nshimira?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Nizera abandi. (Nizeraga kandi nizera abantu?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Ndaha abandi inyungu zo gushidikanya. (Natanze ubuntu kubandi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni iki cyanteye guhangayika muri iki gihe?
- Nashubije nte - kurwana, guhunga, cyangwa gukonja?
- Ni ubuhe kuri cyangwa imyitozo yamfashije gutuza?

KUGENDE HANZE: UMUNSI WA 5

Igaragaza ry'ibyatekerejweho	kenshi	rimwe na rimwe	gake cyane
1. Ntuye mu byiringiro, umunezero, n'amahoro. (Nigeze numva mfite ibyiringiro, umunezero, n'amahoro?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Ntabwo mpuha. (Naretse ibitekerezo bibi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Ibidashoboka bisa naho byumvikana. (Nizeraga ko ibibazo bishobora gucungwa?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Nkunda. (Numvise meze neza uwo ndiwe?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Nzi imbaraga zanjye. (Nari nzi icyo ndi mwiza?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Nzi intege nke zanjye. (Nari nzi aho nkeneye gutera imbere?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Ndashima. (Numvise nshimira?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Nizera abandi. (Nizeraga kandi nizera abantu?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Ndaha abandi inyungu zo gushidikanya. (Natanze ubuntu kubandi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni iki cyanteye guhangayika muri iki gihe?
- Nashubije nte - kurwana, guhunga, cyangwa gukonja?
- Ni ubuhe kuri cyangwa imyitozo yamfashije gutuza?

KUGENDE HANZE: UMUNSI WA 6

Igaragaza ry'ibyatekerejweho	kenshi	rimwe na rimwe	gake cyane
1. Ntuye mu byiringiro, umunezero, n'amahoro. (Nigeze numva mfite ibyiringiro, umunezero, n'amahoro?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Ntabwo mpuha. (Naretse ibitekerezo bibi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Ibiashoboka bisa naho byumvikana. (Nizeraga ko ibibazo bishobora gucungwa?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Nkunda. (Numvise meze neza uwo ndiwe?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Nzi imbaraga zanjye. (Nari nzi icyo ndi mwiza?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Nzi intege nke zanjye. (Nari nzi aho nkeneye gutera imbere?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Ndashima. (Numvise nshimira?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Nizera abandi. (Nizeraga kandi nizera abantu?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Ndaha abandi inyungu zo gushidikanya. (Natanze ubuntu kubandi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni iki cyanteye guhangayika muri iki gihe?
- Nashubije nte - kurwana, guhunga, cyangwa gukonja?
- Ni ubuhe kuri cyangwa imyitozo yamfashije gutuza?

SHAKA HANZE: UMUNSI WA 7

Igaragaza ry'ibyatekerejweho	kenshi	rimwe na rimwe	gake cyane
1. Ntuye mu byiringiro, umunezero, n'amahoro. (Nigeze numva mfite ibyiringiro, umunezero, n'amahoro?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Ntabwo mpuha. (Naretse ibitekerezo bibi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Ibdashoboka bisa naho byumvikana. (Nizeraga ko ibibazo bishobora gucungwa?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Nkunda. (Numvise meze neza uwo ndiwe?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Nzi imbaraga zanjye. (Nari nzi icyo ndi mwiza?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Nzi intege nke zanjye. (Nari nzi aho nkeneye gutera imbere?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Ndashima. (Numvise nshimira?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Nizera abandi. (Nizeraga kandi nizera abantu?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Ndaha abandi inyungu zo gushidikanya. (Natanze ubuntu kubandi?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Ni iki cyanteye guhangayika muri iki gihe?
- Nashubije nte - kurwana, guhunga, cyangwa gukonja?
- Ni ubuhe kuri cyangwa imyitozo yamfashije gutuza?



Psycho-Uburezi: Sisitemu ikora

INTEGO

- Uburyo Sisitemu Yogukora Sisitemu ihindura imyumvire yawe
- Uburyo intumbero yawe irema ukuri kwawe
- Nigute ushobora gutoza sisitemu yawe ikora kugirango uhinduke neza
- Nigute ushobora guhuza sisitemu yo gukora ya Reticular hamwe no kwizera kwawe

GATHER HIGHLIGHTS

Iki cyiciro twasesenguye Sisitemu yo Gukora (RAS) - ubwonko bwimbere bwubwonko. Irahora isikana ibidukikije, uhitamo amakuru yingenzi nicyo ugomba kwirengagiza. Igice gitangaje? Urashobora kubitoza.

Ibyingenzi byingenzi:

- Ubwonko bwawe bushobora gutunganya gusa amakuru 5-7 icyarimwe kuri miriyoni 2 zerekana ibimenyetso byinjira - bityo RAS yawe ihitamo icyacitse.
- RAS yawe ikora nka moteri ishakisha: ibyo wibandaho byose, isanga byinshi.
- Intumbero yawe ishyiraho amajwi kumunsi wawe. Kanguka mumerewe nabi? RAS yawe izagaragaza uburakari bwose. Wibande ku byishimo? Uzatangira kubona byinshi muribyoye.
- Iyo uhujwe n'Ijambo ry'Imana, RAS yawe irashobora kugufasha kumenya ukuri, amahoro, ubwiza, no kwizera - nubwo bigoye.

Ibibazo byo gukusanya ubushishozi:

- Niki mubisanzwe mubona mbere mubihe bigoye - ibibazo cyangwa ibishoboka?

- Urashobora kwibuka igihe umwuka wawe wagize umunsi wawe wose? Nigute RAS yawe yakoraga?

- Niki cyahinduka uramutse utoje RAS yawe gushakisha ukubaho kw'Imana, amahoro, cyangwa umunezero?

TEKEREZA

Anne Nolen yavuze uburyo ihahamuka rimwe ryamugoye kugenzura ibitekerezo bye - kugeza igihe amenyeye ko RAS ye ishimangira ibintu bibi. Abifashijwemo n'ubuyobozi, umuryango, ndetse no kwizera, yatangiye guhindura imitekerereze ye - kandi afasha umukobwa we kubikora. Yize ko guhora usubiramo inkuru ibabaje, ndetse no ahantu hizewe, bishobora gutega imitekerereze mubi. Ariko RAS irashobora guhuha cyangwa kugarura, bitewe nibyo igaburiwe. Ibikoresho bifatika nko kubara imigisha, kwandika ibyemezo no kubishyira ku ruhande, no guhindura ibitekerezo hamwe n'ibyanditswe byagize uruhare runini mu kuvugurura imitekerereze yabo. Anne Nolen yamenye ko ashobora gufata imbohe - akanatoza ubwenge bwe gusubira mu mahoro.

Ibitekerezo byo gutekereza:

- Waba warabonye uruzinduko rw'ibitekerezo bituma ubuzima bwawe bumera nabi?
- Niki wagiye "kugaburira" RAS yawe vuba aha?
- Nubuho burya bumwe ushobora gufasha undi muntu kwisubiraho kumahoro yimana?

Ibinyamakuru byihuta:

Andika hafi mugihe ituze ryabandi, amahoro, cyangwa kwizera byahinduye ikirere cyibintu bitoroshye kuri wewe. Ni iki cyahindutse?

SHAKA HANZE

Buri muni, andika ibintu 3 ushimira. Ibi birashobora kuba binini cyangwa bito, nka “Ndashimira ikawa yanjye ya mugitondo,” cyangwa “Ndashimira inshuti zimpa amagambo meza yo kubatera inkunga.” Komeza bigufi kandi byoroshye. Ntugahirike. Gusa andika ibiri mubitekerezo. Gerageza kubikora icyarimwe buri muni, haba mugitondo cyangwa mbere yo kuryama, kugirango ubafashe kubigira akamenyero. Ukora ibi, uba utoza ubwonko bwawe kumenya ibintu byiza mubuzima bwawe. Iyi myitozo yoroshye izagufasha kumva neza, amahoro, kandi uhujwe nibyiza hafi yawe.

UMUNSI WA 1

- Uyu muni nashimye

- Uyu muni nashimye

- Uyu muni nashimye

UMUNSI WA 2

- Uyu munsi nashimye

- Uyu munsi nashimye

- Uyu munsi nashimye

UMUNSI WA 3

- Uyu munsi nashimye

- Uyu munsi nashimye

- Uyu munsi nashimye

UMUNSI WA 4

- Uyu munsi nashimye

- Uyu munsi nashimye

- Uyu munsi nashimye

UMUNSI WA 5

- Uyu munsi nashimye

- Uyu munsi nashimye

- Uyu munsi nashimye

UMUNSI WA 6

- Uyu munsi nashimye

- Uyu munsi nashimye

- Uyu munsi nashimye

UMUNSI WA 7

- Uyu munsi nashimye

- Uyu munsi nashimye

- Uyu munsi nashimye



Inzira: Kwiyitaho

INTEGO

- Sobanukirwa n'ingaruka zo guhitamo buri muni
- Teza imbere ingeso zifatika
- Emera kubazwa no guhanwa mu mwuka
- Inzibacyuho kuva mubitekerezo bikora mubuzima

GATHER HIGHLIGHTS

Kwiyitaho birenze guhumurizwa-ni igisonga. Iki cyiciro tuzasuzuma uburyo ibyemezo bito, burimunsi bigira ubuzima bwimbaraga, amahoro, nitego. Izi ntabwo ari ingeso gusa; ni disipline yo mu mwuka idufasha kurushaho kumera nka Kristo.

Ibyingenzi byingenzi:

- Guhitamo buri munsi bigena impinduka ndende.
- Impinduka nyayo ibaho binyuze mubisanzwe, ntabwo ihishurwa gusa.
- “SUDs” - Bisa nkibidafite akamaro - akenshi ni ibintu bikomeye cyane murugendo rwawe rwo gukiza.
- 8 kwiyitaho bihindura kubaka mubuzima bwawe:
 - Isuku yo gusinzira - Ubwonko bwawe bwongeye gusubiramo nijoro. Shiraho gahunda yumuyaga kandi gahunda ihamyeye.
 - Imirire - Shyira umubiri wawe n'ubwonko kugirango bigukorere neza. Hitamo intungamubiri, ntabwo ari irari gusa.
 - Kwimuka - Imyitozo ngororamubiri. Himura burimunsi kugirango uzamure umwuka kandi uhangayike.
 - Gahunda - Kubaho nkana bisaba gutegura nkana. Teganya igihe ku Mana, gukura, no kuruhuka.
 - Kubazwa - Ntukabikore wenyine. Saba abantu bizewe kugukomeza intego zawe.
 - Gushimira - Gushimira byongera ubwonko bwawe kandi bigahindura imyumvire.
 - Isengesho & Ibyanditswe - Huza buri munsi n'ukuri n'amahoro binyuze mu Ijambo ry'Imana.
 - Ikintu Kinini - Gukorera abandi bizamura amaso yawe arenze ububabare bwawe kandi ufite intego.

Ibibazo byo gukusanya ubushishozi:

- Nibihe muri 8 byahindutse usanzwe ukora imyitozo?

- Ninde wirinda cyangwa urwana nawo?

- Niki SUD imwe mwirengagije ikeneye kwitabwaho?

TEKEREZA

Anne Nolen yavuze uburyo ihahamuka ryateje itandukaniro hagati ye n'umukobwa we, bituma badahuza. Gukira byatangiranye nibikorwa bito, nkana byo kwiyitaho - gushyira imbere ibitotsi, kugenda, kwibanda ku mwuka, hanyuma, kwiyegurira ubuyobozi. Yize ko bisaba amasaha 72 kugirango imiti itesha umutwe itangire kuva mumubiri, bigatuma kwiyitaho hakiri kare. Mugihe umukobwa we yongeye kwishora mubikorwa nka basketball, ubuzima bwatangiye kugaruka. Aho kugerageza gukosora ibintu, Anne Nolen yarasenze ategereza igihe cy'Imana, kugeza igihe umukobwa we yaje kuvuga ati: "Yego, kora." Urugendo rwabo rwerekanye ko gukira nyako bitazanwa no kuyobora, ahubwo bitumirwa gutumira Imana no gukurikiza ubuyobozi bwayo.

Ibitekerezo byo gutekereza:

- Ni izihe ndirimbo za buri munsu zigufasha kumva ufite umutekano, ufite ishingiro, cyangwa amahoro?
- Bigenda bite iyo izo nyana zahagaritswe?
- Hari ikintu wategereje ko Imana yemeza mbere yo gutera imbere?

Ibinyamakuru byihuta:

Andika hafi igihe impinduka nto - ibitotsi, ibiryo, gusenga, cyangwa kugenda - byahinduye umunsi wawe wose cyangwa bigufasha kugarura amahoro.

Fungura

Igice cya 1: Fata akanya wandike inzira eshanu ushobora kunoza kwiyitaho. Ibi ntibigomba kuba impinduka nini, gusa guhinduranya nkana.

- Niki kintera cyane kurubu? Kunanirwa kumarangamutima, kumubiri, cyangwa kwumwuka?
- Ni ubuhe buryo bwo kwiyitaho nahagaritse nkeneye kugarura? Igihe muri kamere? Imvugo yo guhanga? Kuruhuka nkana?
- Ni ubuhe buryo bumwe nshobora gukora muri iki cyumweru?

Ibiganiro byo kuganira:

- Ni ikihe kibazo cyagaragaye cyane?
- Ni irihe hinduka rimwe ushaka kwiyemeza?
- Ni iki cyagutangaje kuri wewe ubwawe?

Igice cya 2: Ni ikihe cyemezo kimwe gisa nkidafite akamaro (SUD) wirinze gishobora kugira icyo gihindura mubuzima bwawe bukiza cyangwa bwumwuka? Ingero: Imipaka ugomba gushiraho, ikiganiro ukeneye kugira, cyangwa ingeso ukeneye gutangira.

SHAKA HANZE

Muri iki cyumweru, tekereza buri muni uburyo wiyitaho neza mumubiri, mubitekerezo, numwuka. Umunsi wawe urangiye, fata iminota mike yo gutekereza kuri ibi bibazo. Isuzume ku gipimo cya 1-10 (1 = Ntabwo nigeze niyitaho na gato, 10 = Niyitayeho cyane) nkurikije uko wabikoze uwo muni.

UMUNSI WA 1: Ibarura ryo Kwiyitaho

- **Guhangayika / Guhangayika: Nigeze gukemura ibibazo cyangwa guhangayika muburyo bwiza uyu muni?**
 1 2 3 4 5 6 7 8 9 10
- **Amabwiriza: Nabashije gutuza mugihe narengewe cyangwa amarangamutima?**
 1 2 3 4 5 6 7 8 9 10
- **Isuku yo gusinzira: Nijoro naraye nsinziriye neza (amasaha 7-9)?**
 1 2 3 4 5 6 7 8 9 10
- **Cafeine & Itara ry'ubururu: Nagabanije kafeyine na ecran ya ecran mbere yo kuryama?**
 1 2 3 4 5 6 7 8 9 10
- **Imyitozo: Nimuye umubiri wanjye muburyo bwiza uyu muni (kugenda, kurambura, nibindi)?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiryo / Imirire: Nariye muburyo butunga kandi butera imbaraga umubiri wanjye?**
 1 2 3 4 5 6 7 8 9 10
- **Gahunda: Nakurikije gahunda ya buri muni yamfashije gukomeza gushyira mu gaciro no gutanga umusaruro?**
 1 2 3 4 5 6 7 8 9 10
- **Ibintu / Imiti: Nirinze ibintu byangiza no gufata imiti nkuko byateganijwe?**
 1 2 3 4 5 6 7 8 9 10
- **Kubazwa: Nigeze kugenzura numuntu unshigikiye kandi anshigikira?**
 1 2 3 4 5 6 7 8 9 10
- **Ibikorwa byubuzima bwa buri muni: Nigeze kwita ku isuku, imirimo yo mu rugo, n'imirimo y'ibanze y'ubuzima?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiteganijwe: Nakomeje kugumya kwitega kuri nje ubwanjye nabandi muri iki gihe?**
 1 2 3 4 5 6 7 8 9 10
- **Gushimira: Nabonye kandi ndashimira uyu muni?**
 1 2 3 4 5 6 7 8 9 10
- **Isengesho / Ibyanditswe: Nigeze guhuza n'Imana mu masengesho cyangwa nasomye Ibyanditswe?**
 1 2 3 4 5 6 7 8 9 10
- **Umushinga Hanze Yanjye: Nakoze ikintu gifatika gifasha cyangwa gitara abandi inkunga?**
 1 2 3 4 5 6 7 8 9 10

UMUNSI WA 2: Ibarura ryo Kwiyitaho

- **Guhangayika / Guhangayika: Nigeze gukemura ibibazo cyangwa guhangayika muburyo bwiza uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Amabwiriza: Nabashije gutuza mugihe narengewe cyangwa amarangamutima?**
 1 2 3 4 5 6 7 8 9 10
- **Isuku yo gusinzira: Nijoro naraye nsinziriye neza (amasaha 7-9)?**
 1 2 3 4 5 6 7 8 9 10
- **Cafeine & Itara ry'ubururu: Nagabanije kafeyine na ecran ya ecran mbere yo kuryama?**
 1 2 3 4 5 6 7 8 9 10
- **Imyitozo: Nimuye umubiri wanjye muburyo bwiza uyu munsi (kugenda, kurambura, nibindi)?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiryo / Imirire: Nariye muburyo butunga kandi butera imbaraga umubiri wanjye?**
 1 2 3 4 5 6 7 8 9 10
- **Gahunda: Nakurikije gahunda ya buri munsi yamfashije gukomeza gushyira mu gaciro no gutanga umusaruro?**
 1 2 3 4 5 6 7 8 9 10
- **Ibintu / Imiti: Nirinze ibintu byangiza no gufata imiti nkuko byateganijwe?**
 1 2 3 4 5 6 7 8 9 10
- **Kubazwa: Nigeze kugenzura numuntu unshigikiye kandi anshigikira?**
 1 2 3 4 5 6 7 8 9 10
- **Ibikorwa byubuzima bwa buri munsi: Nigeze kwita ku isuku, imirimo yo mu rugo, n'imirimo y'ibanze y'ubuzima?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiteganijwe: Nakomeje kugumya kwitega kuri nje ubwanjye nabandi muri iki gihe?**
 1 2 3 4 5 6 7 8 9 10
- **Gushimira: Nabonye kandi ndashimira uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Isengesho / Ibyanditswe: Nigeze guhuza n'Imana mu masengesho cyangwa nasomye Ibyanditswe?**
 1 2 3 4 5 6 7 8 9 10
- **Umushinga Hanze Yanjye: Nakoze ikintu gifatika gifasha cyangwa gitera abandi inkunga?**
 1 2 3 4 5 6 7 8 9 10

UMUNSI WA 3: Ibarura ryo Kwiyitaho

- **Guhangayika / Guhangayika: Nigeze gukemura ibibazo cyangwa guhangayika muburyo bwiza uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Amabwiriza: Nabashije gutuza mugihe narengewe cyangwa amarangamutima?**
 1 2 3 4 5 6 7 8 9 10
- **Isuku yo gusinzira: Nijoro naraye nsinziriye neza (amasaha 7-9)?**
 1 2 3 4 5 6 7 8 9 10
- **Cafeine & Itara ry'ubururu: Nagabanije kafeyine na ecran ya ecran mbere yo kuryama?**
 1 2 3 4 5 6 7 8 9 10
- **Imyitozo: Nimuye umubiri wanjye muburyo bwiza uyu munsi (kugenda, kurambura, nibindi)?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiryo / Imirire: Nariye muburyo butunga kandi butera imbaraga umubiri wanjye?**
 1 2 3 4 5 6 7 8 9 10
- **Gahunda: Nakurikije gahunda ya buri munsi yamfashije gukomeza gushyira mu gaciro no gutanga umusaruro?**
 1 2 3 4 5 6 7 8 9 10
- **Ibintu / Imiti: Nirinze ibintu byangiza no gufata imiti nkuko byateganijwe?**
 1 2 3 4 5 6 7 8 9 10
- **Kubazwa: Nigeze kugenzura numuntu unshigikiye kandi anshigikira?**
 1 2 3 4 5 6 7 8 9 10
- **Ibikorwa byubuzima bwa buri munsi: Nigeze kwita ku isuku, imirimo yo mu rugo, n'imirimo y'ibanze y'ubuzima?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiteganijwe: Nakomeje kugumya kwitega kuri njye ubwanjye nabandi muri iki gihe?**
 1 2 3 4 5 6 7 8 9 10
- **Gushimira: Nabonye kandi ndashimira uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Isengesho / Ibyanditswe: Nigeze guhuza n'Imana mu masengesho cyangwa nasomye Ibyanditswe?**
 1 2 3 4 5 6 7 8 9 10
- **Umushinga Hanze Yanjye: Nakoze ikintu gifatika gifasha cyangwa gitera abandi inkunga?**
 1 2 3 4 5 6 7 8 9 10

UMUNSI WA 4: Ibarura ryo Kwiyitaho

- **Guhangayika / Guhangayika: Nigeze gukemura ibibazo cyangwa guhangayika muburyo bwiza uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Amabwiriza: Nabashije gutuza mugihe narengewe cyangwa amarangamutima?**
 1 2 3 4 5 6 7 8 9 10
- **Isuku yo gusinzira: Nijoro naraye nsinziriye neza (amasaha 7-9)?**
 1 2 3 4 5 6 7 8 9 10
- **Cafeine & Itara ry'ubururu: Nagabanije kafeyine na ecran ya ecran mbere yo kuryama?**
 1 2 3 4 5 6 7 8 9 10
- **Imyitozo: Nimuye umubiri wanjye muburyo bwiza uyu munsi (kugenda, kurambura, nibindi)?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiryo / Imirire: Nariye muburyo butunga kandi butera imbaraga umubiri wanjye?**
 1 2 3 4 5 6 7 8 9 10
- **Gahunda: Nakurikije gahunda ya buri munsi yamfashije gukomeza gushyira mu gaciro no gutanga umusaruro?**
 1 2 3 4 5 6 7 8 9 10
- **Ibintu / Imiti: Nirinze ibintu byangiza no gufata imiti nkuko byateganijwe?**
 1 2 3 4 5 6 7 8 9 10
- **Kubazwa: Nigeze kugenzura numuntu unshigikiye kandi anshigikira?**
 1 2 3 4 5 6 7 8 9 10
- **Ibikorwa byubuzima bwa buri munsi: Nigeze kwita ku isuku, imirimo yo mu rugo, n'imirimo y'ibanze y'ubuzima?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiteganijwe: Nakomeje kugumya kwitega kuri njye ubwanjye nabandi muri iki gihe?**
 1 2 3 4 5 6 7 8 9 10
- **Gushimira: Nabonye kandi ndashimira uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Isengesho / Ibyanditswe: Nigeze guhuza n'Imana mu masengesho cyangwa nasomye Ibyanditswe?**
 1 2 3 4 5 6 7 8 9 10
- **Umushinga Hanze Yanjye: Nakoze ikintu gifatika gifasha cyangwa gitera abandi inkunga?**
 1 2 3 4 5 6 7 8 9 10

UMUNSI WA 5: Ibarura ryo Kwiyitaho

- **Guhangayika / Guhangayika: Nigeze gukemura ibibazo cyangwa guhangayika muburyo bwiza uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Amabwiriza: Nabashije gutuza mugihe narengewe cyangwa amarangamutima?**
 1 2 3 4 5 6 7 8 9 10
- **Isuku yo gusinzira: Nijoro naraye nsinziriye neza (amasaha 7-9)?**
 1 2 3 4 5 6 7 8 9 10
- **Cafeine & Itara ry'ubururu: Nagabanije kafeyine na ecran ya ecran mbere yo kuryama?**
 1 2 3 4 5 6 7 8 9 10
- **Imyitozo: Nimuye umubiri wanjye muburyo bwiza uyu munsi (kugenda, kurambura, nibindi)?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiryo / Imirire: Nariye muburyo butunga kandi butera imbaraga umubiri wanjye?**
 1 2 3 4 5 6 7 8 9 10
- **Gahunda: Nakurikije gahunda ya buri munsi yamfashije gukomeza gushyira mu gaciro no gutanga umusaruro?**
 1 2 3 4 5 6 7 8 9 10
- **Ibintu / Imiti: Nirinze ibintu byangiza no gufata imiti nkuko byateganijwe?**
 1 2 3 4 5 6 7 8 9 10
- **Kubazwa: Nigeze kugenzura numuntu unshigikiye kandi anshigikira?**
 1 2 3 4 5 6 7 8 9 10
- **Ibikorwa byubuzima bwa buri munsi: Nigeze kwita ku isuku, imirimo yo mu rugo, n'imirimo y'ibanze y'ubuzima?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiteganijwe: Nakomeje kugumya kwitega kuri nje ubwanjye nabandi muri iki gihe?**
 1 2 3 4 5 6 7 8 9 10
- **Gushimira: Nabonye kandi ndashimira uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Isengesho / Ibyanditswe: Nigeze guhuza n'Imana mu masengesho cyangwa nasomye Ibyanditswe?**
 1 2 3 4 5 6 7 8 9 10
- **Umushinga Hanze Yanjye: Nakoze ikintu gifatika gifasha cyangwa gitera abandi inkunga?**
 1 2 3 4 5 6 7 8 9 10

UMUNSI WA 6: Ibarura ryo Kwiyitaho

- **Guhangayika / Guhangayika: Nigeze gukemura ibibazo cyangwa guhangayika muburyo bwiza uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Amabwiriza: Nabashije gutuza mugihe narengewe cyangwa amarangamutima?**
 1 2 3 4 5 6 7 8 9 10
- **Isuku yo gusinzira: Nijoro naraye nsinziriye neza (amasaha 7-9)?**
 1 2 3 4 5 6 7 8 9 10
- **Cafeine & Itara ry'ubururu: Nagabanije kafeyine na ecran ya ecran mbere yo kuryama?**
 1 2 3 4 5 6 7 8 9 10
- **Imyitozo: Nimuye umubiri wanjye muburyo bwiza uyu munsi (kugenda, kurambura, nibindi)?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiryo / Imirire: Nariye muburyo butunga kandi butera imbaraga umubiri wanjye?**
 1 2 3 4 5 6 7 8 9 10
- **Gahunda: Nakurikije gahunda ya buri munsi yamfashije gukomeza gushyira mu gaciro no gutanga umusaruro?**
 1 2 3 4 5 6 7 8 9 10
- **Ibintu / Imiti: Nirinze ibintu byangiza no gufata imiti nkuko byateganijwe?**
 1 2 3 4 5 6 7 8 9 10
- **Kubazwa: Nigeze kugenzura numuntu unshigikiye kandi anshigikira?**
 1 2 3 4 5 6 7 8 9 10
- **Ibikorwa byubuzima bwa buri munsi: Nigeze kwita ku isuku, imirimo yo mu rugo, n'imirimo y'ibanze y'ubuzima?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiteganijwe: Nakomeje kugumya kwitega kuri nje ubwanjye nabandi muri iki gihe?**
 1 2 3 4 5 6 7 8 9 10
- **Gushimira: Nabonye kandi ndashimira uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Isengesho / Ibyanditswe: Nigeze guhuza n'Imana mu masengesho cyangwa nasomye Ibyanditswe?**
 1 2 3 4 5 6 7 8 9 10
- **Umushinga Hanze Yanjye: Nakoze ikintu gifatika gifasha cyangwa gitera abandi inkunga?**
 1 2 3 4 5 6 7 8 9 10

UMUNSI WA 7: Ibarura ryo Kwiyitaho

- **Guhangayika / Guhangayika: Nigeze gukemura ibibazo cyangwa guhangayika muburyo bwiza uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Amabwiriza: Nabashije gutuza mugihe narengewe cyangwa amarangamutima?**
 1 2 3 4 5 6 7 8 9 10
- **Isuku yo gusinzira: Nijoro naraye nsinziriyeye neza (amasaha 7-9)?**
 1 2 3 4 5 6 7 8 9 10
- **Cafeine & Itara ry'ubururu: Nagabanije kafeyine na ecran ya ecran mbere yo kuryama?**
 1 2 3 4 5 6 7 8 9 10
- **Imyitozo: Nimuye umubiri wanjye muburyo bwiza uyu munsi (kugenda, kurambura, nibindi)?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiryo / Imirire: Nariye muburyo butunga kandi butera imbaraga umubiri wanjye?**
 1 2 3 4 5 6 7 8 9 10
- **Gahunda: Nakurikije gahunda ya buri munsi yamfashije gukomeza gushyira mu gaciro no gutanga umusaruro?**
 1 2 3 4 5 6 7 8 9 10
- **Ibintu / Imiti: Nirinze ibintu byangiza no gufata imiti nkuko byateganijwe?**
 1 2 3 4 5 6 7 8 9 10
- **Kubazwa: Nigeze kugenzura numuntu unshigikiye kandi anshigikira?**
 1 2 3 4 5 6 7 8 9 10
- **Ibikorwa byubuzima bwa buri munsi: Nigeze kwita ku isuku, imirimo yo mu rugo, n'imirimo y'ibanze y'ubuzima?**
 1 2 3 4 5 6 7 8 9 10
- **Ibiteganijwe: Nakomeje kugumya kwitega kuri njye ubwanjye nabandi muri iki gihe?**
 1 2 3 4 5 6 7 8 9 10
- **Gushimira: Nabonye kandi ndashimira uyu munsi?**
 1 2 3 4 5 6 7 8 9 10
- **Isengesho / Ibyanditswe: Nigeze guhuza n'Imana mu masengesho cyangwa nasomye Ibyanditswe?**
 1 2 3 4 5 6 7 8 9 10
- **Umushinga Hanze Yanjye: Nakoze ikintu gifatika gifasha cyangwa gitera abandi inkunga?**
 1 2 3 4 5 6 7 8 9 10

Mu mpera za buri cyumweru:

- **Subiza amaso inyuma ku kinyamakuru cyawe. Urabona iki? Haba hari aho wakoraga neza nibice ushaka kunonosora?**



Inzira: Gusubiramo

INTEGO

- Sobanukirwa no gusubiramo
- Menya uburyo ihahamuka ribikwa mu bwonko
- Koresha ibyumviro
- Witoze gusubiramo

GATHER HIGHLIGHTS

Kwiyitaho birenze guhumurizwa-ni igisonga. Iki cyiciro tuzasuzuma uburyo ibyemezo bito, burimunsi bigira ubuzima bwimbaraga, amahoro, nitego. Izi ntabwo ari ingeso gusa; ni disipline yo mu mwuka idufasha kurushaho kumera nka Kristo.

Ibyingenzi byingenzi:

- Ikintu gishya cyerekana ("Nakijijwe mbere, birashoboka ko nzongera kuba") biha imbaraga kwihangana.
- Ihahamuka ntiribikwa mu bwonko butekereza (ubwenge) ahubwo mu bwonko bw'amarangamutima (amygdala, ubwonko bwo hagati) binyuze mu byiyumvo, amarangamutima, n'amashusho.
- Kwibuka kumubiri (igituza gifatanye, amaboko akonje, ipfundo munda) birashobora kunyaga ibihe utaburiwe.
- Gushushanya ibintu byahahamutse bifasha gukurura kwibuka kumugaragararo uherye mubice bitavuze ubwonko.
- Ibibazo byunvikana (niki wabonye, impumuro, uburyohe, wumva, wunvise?) Bishimangira uburambe kugirango bisubirwemo.
- Kuvugurura byukuri bibaho mugutumira Yesu murwibutso:
 - Baza: "Yesu, wari he?"
 - Baza: "Muri iki gihe nari nkeneye iki?"
 - Baza: "Urashaka ko menya iki?"
- Gukira bisaba kwitoza inkuru nshya igihe cyose havutse imbarutso.
- Ibyahise byacu ntibisobanura ejo hazaza.
- Dufite imbaraga zo guhitamo lens tunyuramo twanyuzemo kera ndetse nubw - imwe yashinze imizi mu kuri, ibyiringiro, no kuboneka kwa Yesu.

Ibibazo byo gukusanya ubushishozi:

- Tekereza umwanya uherutse gutasha umutwe cyangwa guca intege (ntabwo ari ihahamuka ryimbitse). Ni ayahe marangamutima yaguteye muri wowe?

- Byari byunvikana nk'icyitegererezo - nk'ikintu cyimbitse cyatangwaga?

TEKEREZA

Kuvugurura ni igikoresho gikomeye cyemerera abantu kureba ihahamuka bakoresheje lens nshya - imwe yashizweho nukuri kwa Yesu, ntabwo kubabara. Mu gihe cyo gusenga no kwibuka, umukobwa wa Anne Nolen yashoboye gusubiramo kwibuka ihahamuka neza, gutumira Yesu muri yo, no kugarura ibyari byatakaye. Mu guhangana n'ibyabaye hamwe na Yesu iruhande rwe, yabonye gukira, umudendezo, n'imbabazi muburyo bwahinduye byose. icyigeze kumva kiremereye kandi giteye isoni cyarekuwe, asigara yoroheje, yisanzuye, kandi yiteguye gutera ikirenge mu cye kizaza nta mutwara wahise. Anne Nolen yiboneye yiboneye igitangaza cyo gusana Yesu aha buri wese muri twe.

- Kuzirikana no gutangaza amakuru:

Umukobwa wa Anne Nolen yabonye umudendezo ubwo yamenyaga ko Yesu amufashe ukuboko mu bihe bikomeye. Nigute kumenya Yesu ari kumwe nawe nonaha bihindura uburyo ubona ibihe byubu?

Kuvugurura byamufashaga kubona ko icyahoze gisa n'imbaraga (umuntu wamubabaje) mu byukuri cyari gito iruhande rwa Yesu. Nihehe mubuzima bwawe ukeneye kwibuka ko Yesu aruta ibyo uhura nabyo?

Umukobwa wa Anne Nolen yashoboye kumuha isoni n'imitwara kuri Yesu. Niba Yesu yemeye kugutwara ikintu kiremereye uyumunsi, niki wifuza kumushyikiriza?

Fungura

Tugiye gushushanya intambwe enye zo gusubiramo hamwe. Tekereza ibintu bitesha umutwe cyangwa wenda ibintu birenze urugero. Ntakintu kinini, gusa ikintu cyenda kukwizirikaho. Birashobora kuba ikiganiro kitoroshye wumvaga ko ibintu bidashoboka gusa muriki gihe kandi byararenze kandi ucika intege.

1. Kora: Shushanya uko ibi byaguteye kumva. Shushanya ibibaho cyangwa ukoreshe amabara kugirango agufashe gushushanya uko ubyumva.

2. Tegeka: Witondere gutuza kandi ukoreshe guhumeka kare 4 kugirango ugumane gahunda.

3. Iperereza: Ibaze ibibazo--

- Ibi bijyanye niki gihe cyangwa iyi ni imbarutso yikintu cyimbitse?
- Ninde wanyigishije kubwitwaramo gutya?
- Ni ryari ubwambere numvise gutya?
- Ni iki nari nkeneye cyangwa nashakaga muri iki gihe?

4. Reframe: Iyo duhinduye imitekerereze yacu, ihindura imyumvire yacu mubitekerezo bye.

- Baza Yesu:
 - “Yesu uri he, ku ishusho yanjye? Muri iki gihe wari he?”
- Iyo akuvugishije, shushanya mu ishusho yawe kurupapuro rwabanjirije.

- “Urabona ute uyu mwanya, Yesu?”

- “Urashaka ko menya iki gihe mu buzima bwanjye?” Iri rishobora kuba ijamba, interuro, ishusho, ibyanditswe, cyangwa kumva amahoro byoroshye. Nibikoresho byawe bishya.

UMUNSI WA 7

- Andika cyangwa ushushanye akanya gato guhera uyumunsi yakuzaniye umunezero.

- Koresha ibyumviro byawe kugirango ubyuke: Niki wabonye, wumvise, impumuro, wumva?

- Baza Yesu, “Muri ako kanya wari he? Watekereje iki ku byishimo byanjye?”
 - Shushanya Yesu ku ishusho no gutangaza ibyo akwerekako.

Icyumweru kirangiye:

- Subiza amaso inyuma ku kinyamakuru cyawe. Reba uburyo ubwo aribwo bwose cyangwa ibihe bidasanze bigaragara? Wize iki?

- Nigute umubano wawe n'Imana wumvise muri ibyo bihe byibyishimo?



Inzira: Ikintu Kinini

INTEGO

- Menya akamaro ko kugira icyerekezo kinini kukurusha
- Sobanukirwa n'itandukaniro riri hagati yo guhahamuka nyuma yo guhahamuka no gukura nyuma yo guhahamuka
- Emera impinduka kuva gukira kwa transaction no gukira guhinduka

GATHER HIGHLIGHTS

Iki cyiciro turavuga kubyerekeye gutera intambwe mubintu binini. Kugeza ubu, umurimo wabaye umuntu ku giti cye - gukiza, gukura, kumenya. Ariko iki cyiciro kibaza ikibazo gitinyutse: Byagenda bite niba ibintu byose wanyuzemo bitari ugukiza kwawe gusa, ahubwo no gukiza kwabandi? Ukuri nuko, guhinduka ntiguhagarara hamwe natwe. Iratunyura muri twe. Waremewe kwerekana urukundo rw'Imana, gutwara imbere yayo ahantu h'umwijima, no kubana n'iyerekwa. Kandi kugirango tubigereho, dukeneye kuva mubuzima tukagera ku ntego, kuva gukira kwa transaction (aho twakiriye) tujya gukira guhinduka (aho dutanga). Gukira ntabwo bigenewe gusa-ni amavuta kubutumwa bwawe.

Ibyingenzi byingenzi:

- Waremewe intego nini - ntabwo ari ukubaho gusa, ahubwo wateje imbere ubwami bw'Imana, kuzana ibyiringiro, no gukunda abandi.
- icyerekezo n'umuryango ni ngombwa - ukeneye icyerekezo kinini kukurusha hamwe nitsinda ryo kugukurikirana hamwe nawe.
- Imibabaro irashobora kuganisha ku guhinduka - uhisemo uburyo bwo gucungura ububabare, urashobora gukomera aho kuguma wumiwe.
- Gukira bigomba guhinduka uwo uriwe - ntabwo ari inzira yo kwiga gusa, ahubwo ni inzira y'ubuzima izana impinduka zirambye kuri wewe no kubari hafi yawe.
- Iyi niyo ntangiriro - urugendo rwo gusana noneho ruhinduka umuhamagaro wibikorwa, aho ubuzima bwawe no gukira kwawe bizagira ingaruka kubuzima bwabandi ubuziraherezo.

Ibibazo byo gukusanya ubushishozi:

- Ni iyihe ntumbero nini Imana yashyize kumutima wawe irenze wowe wenyine?
- Nigute ushobora guhitamo icyerekezo cyo gucungura kubibazo wahuye nabyo?
- Ninde mubaturage bawe bazagendana nawe mugihe winjiye mumigambi yawe?

TEKEREZA

Amateka ya Anne Nolen nubuhamyanya bukomeye bwo kugarura Imana no guhamagarwa kwayo. Imyaka itanu irashize, yari hasi cyane, ariko mu rugendo rwo gusana, yabonye gukira, yica imigenzo ya kera, kandi yongeye guhura n'Imana cyane. Ihinduka ntabwo ryagize ingaruka ku buzima bwite bwa Anne Nolen gusa ahubwo ryagize ingaruka ku muryango we, itorero, n'amahirwe yo gukora ku isi. Asangira ko buri gihe kitoroshye cyari gifite agaciro kuko cyamugejeje ku ntego nyayo no guhuza. Anne Nolen ashishikariza abandi kuvuga yego kumuhamagararwo w'Imana, kwizera inzira, no gutera intambwe nini afite mubuzima bwabo.

Kuzirikana no gutangaza amakuru:

- Nihehe mubuzima bwawe Imana ishobora kuguhamagarira kuvuga "yego" kukintu kinini kukurusha?

Fungura

- Ni ikihe gikoresho kimwe wize uyu muni muri aya masomo uzi ko uzakomeza gukoresha?
- Ni ubuhe buryo bushya bwo kumenya bwagaragaye kuri wowe kandi kuki?
- Ni ikihe gitekerezo guhera uyu muni cyahinduye ibitekerezo n'imyitwarire?
- Ninde mubuzima bwawe ushobora kungukirwa no gukura no gukira wabonye?
- Niyihe ntambwe nto ushobora gutera muri iki cyumweru kugirango uhindure undi muntu?

SHAKA HANZE

Muri iki cyumweru, uzasesengura icyo bisobanura kugendana intego. Ntabwo ari umunsi umwe. Reka ibitekerezo byawe biyobore ibikorwa bifatika.

Imyitozo ya buri munsi:

- Senga buri gitondo: “Mana, nyereka ikintu gito nshobora gukora uyu munsi kiri mubintu binini.”
- Andika inzira imwe buri munsi wakoreshwaga n'Imana - ukoresheje ijambo, ikiganiro, igikorwa cyineza, cyangwa gusa kuboneka kwawe.

UMUNSI WA 1

- Senga “Mana, nyereka ikintu gito nshobora gukora uyu munsi kiri mu kintu kinini.”
 - Andika inzira imwe wakoreshwe n'Imana uyumunsi - ukoresheje ijambo, ikiganiro, igikorwa cyineza, cyangwa gusa kuboneka kwawe.

- FATA IGIKORWA: Niyihe ntambwe imwe ushobora gutera kugirango igerweho?

UMUNSI WA 5

- Senga “Mana, nyereka ikintu gito nshobora gukora uyu munsi kiri mu kintu kinini.”
 - Andika inzira imwe wakoreshejwe n'Imana uyumunsi - ukoresheje ijambo, ikiganiro, igikorwa cyineza, cyangwa gusa kuboneka kwawe.

- FATA IGIKORWA: Niyihe ntambwe imwe ushobora gutera kugirango igerweho?

UMUNSI WA 7

- Senga “Mana, nyereka ikintu gito nshobora gukora uyu munsi kiri mu kintu kinini.”
 - Andika inzira imwe wakoreshewe n'Imana uyumunsi - ukoresheje ijambo, ikiganiro, igikorwa cyineza, cyangwa gusa kuboneka kwawe.

- FATA IGIKORWA: Niyihe ntambwe imwe ushobora gutera kugirango igerweho?

Icyumweru kirangiye:

- Subiza amaso inyuma mu kanya gato. Ninde wumvaga ufite akamaro? Wigeze wumva Imana ikora iki?

Ni iki gikurikira?

"Uriteguye kwibira cyane muri 'Urugendo rwo Kugarura: Imiterere ya CPR'? Hasi, urahasanga ubundi buryo bubiri bwo kugufasha mugihe ukomeje urugendo rwawe."



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