

OKOMOORORWE!

**ESHAARA
EZIRIKUTAATANISA
KANDI ZIKASINGURA
AMAROGO**

**ESHAARA
EZIRIKUTAATANISA
AMAANI G'AMAROGO KANDI
ZIKAHWEREKYEREZA
EMIRIMO Y'EBYOBUFUMU**

WAAKIRA!

OKUTONA

Akatabo aka k'eshaara nikatonwa ibara mwikiriza omuntu orateganisibweho sitaani y'amarogo, orasaasireho, obwo arikutuurira amagara g'obufumu n'eby'oburaguzi, yaaba kurabira aha matambiro g'omu maka, endagaano z'akarande, nari okuhongyerwa Sitaane. Aha bataine maani, abarikubonabonesibwa, n'abarikwitwa kubi enaama y'ababi erecterwa omumirimo y'abafumu ey'okuroga n'okuragura omu by'omutima:

“Muryamanyama amazima, n'ago mazima garyabahindura ab'obusingye.”

(Yohaana 8:32)

Ahabw'amaani g'Eshagama ya Yesu,
Okomoororwe!

Fr. Alexander Mwebembezi

ENYANJURA

OKUBAGYE KWAVE N'OKUKUNDA KWA RUHANGA

Eby'obufumu byo biriho. Yaaba
obiikirizamu, nari obihakanisa,
nibinyangaraza amagara g'abantu.
Nibyeyoreka kurabira omu birooto
bibu, okukyererwa kutunga
eby'abantu bagirira amatsiko,
obusaasi, oburemeezi, okuzambaara,
okutiina, endwara
zitarikwetegyerezibwa, okufa
ekigutiko, hamwe n'ebindi. Kwonka
hariho amakuru marungi.

Eiziina rya Yesu nirikira amaziina agandi goona kandi nirikomorora.

Eshagama ya Yesu eyine amaani okirira kimwe ibara ndagaano, endaaro, hamwe na rutaari za sitaani n’ebyaborogi bakwatanisa nabyo.

“Eki Omwana wa Ruhanga yaabonekyeire n’okucwekyereza ebi Sitaane akora.” *(1Yohaana 3:8).*

Akatabo aka ti k’okwegyesa eby’okumanya Ruhanga – ni bomu y’eby’omutima. Katebeekanisiibwe kutaanatanisa emirimo y’obufumu, n’okwiguriraho amagara gaawe okuba gye n’okujunwa.

EBYAHANDIIKIRWE EBIKURU EBY'OKUREEBAHO

“Mukazi we waakira obumuga.”

(Luka 13:12)

“Kwonka tiharibaho ky'okurwanisa ekiheesirwe kukurwanisa, ekirikubaasa, kandi na boona abariimuka kutongana naiwe, oryabasinga-----.”

(Isaaya 54:17)

“----- kandi n'aha shagama emisiirwe, egamba ebirungi okukira eya Abeeli.”

(Abaheburaayo 12:24)

“N'ahabw'ekyo tihariho ky'okuroga Yakobo, n'obu kwakuba okuragurira kubi Isiraeli-----.” **(Okubara 23:23)**

“Ndyakumaraho eby'oburogo ebi okoresa, obure kugira abaraguzi obundi.” **(Miika 5:12)**

OBUMANYISO OBURIKWOREKA NGU NOBAASA KUBA OROGIRWE

Obumanyiso oburikubaasa kworeka omuntu owaaherize kutaahirirwa eby'oburaguzi, amarogo hamwe n'ebiyago:

Ebirooto bibi hamwe n'okunigwa nyekiro

- Okuriira omu birooto
- Okuza omukikorwa ky'omubonano. omukirooto
- Hariho ekikubingire, orikutaragaza, nari oriyo noonigwa ogwejegyeyire
- Orikureeba enjoka, abanyabuzaare abaafiire, nari kuguma nooreeba ebituuro

✔ Eby'obufumu omu maka

- Okuguma noorogwa buri kaanya obwo birikuruga omu ka yaawe (beene-nyoko, abanyabuzaare)
- Omwetoorooro gw'obworo, okwangwa, okukyererwa ekirikuzambaaza eka yoona.
- Okukora n'amaani konka otiine ekyomugasho eky'orikushaarura.

✔ Amatambiro g'eby'obufumu hamwe n'endaaro z'emandwa

- Omuka yaawe nari omubanyabuzare kushanga harimu endaaro z'emandwa hamwe n'amatambiro g'akarande
- Ebitambo by'eshagama, nari okuhongyerwa emandwa okwakuba kwakukozirweho otakazairwe.
- Okucwekyerezibwa n'okuhwaho kw'ebyotungire.

✔ Endagaano mbi hamwe n'okusherwa emizimu

- Okuguma noorogwa buri kaanya obwo birikuruga omu ka yaawe (beene-nyoko, abanyabuzaare)
- Omwetoorooro gw'obworo, okwangwa, okukyererwa ekirikuzambaaza eka yoon.
- Okukora n'amaani konka otiine ekyomugasho eky'orikushaarura.

✔ Okwangwa

- Okwangwa buri kanya otiine ky'orikuturwa.

✔ Okwerarikirira ebyago hamwe n'oburwaire

- Oburwaire butarikukira, kandi obu dokita atarikubaasa kurahuka kuzoor
- Oburuhe butarikukira, obugumba, hamwe n'endwara zitarikwetegyerezibwa

- Orujegyere rw'ebizibu/ ekizibu bwanyima y'ekindi.
- Okufa ekitararine.

✔ Okurogwa n'okuzambaara kw'obwonko

- Okujwanga omu biteekateeko, okucuramirirwa/okurimbagirirwa nari okutiina
- Amaraka agarikuguma nigeeta eiziina ryawe, nari kuhurira oremereirwe omu by'omutima
- Okugira obweremwa omu kushaba/okuremwa kushaba.

✔ Okurogwa omu by'esente

- Esente kuguma nizibura kitarikwetegyerezibwa
- Emirimo nari bizineesi okurema hatariho nshonga erikugiremesa

- Okuremwa okutunga ekiwaba orihakye kuhiikaho.
- Okugira amabanja mingi gatakuhwa.
- Ebizibu bitakuhwa kandi bikuhwer-ekyereza sente

✔ Okuramatwaho emize mibi

- Obusinzi
- Obwa maraaya
- Ebitokooza bwonko

***Tikugira ngu ebi nibibaho
bubaho – hariho ekishemereire
kukorwa kureeba ngu amainaro
aga gaarugaho gaahwaho.***

EITEMBEZO RY'OKUBANZA OKWETEISA EBIBI HAMWE N'OKUBYANGA

**“Omutima gwangye kuri gwahugiire
aha bibi, Mukama takumpuriire.”
(Zaaburi 66:18)**

Otakagiire omu murimo gw'okurwana
n'ekibi, banza oyehikaanise na
Ruhanga. Eby'obufumu nibitunga
amaani kurabira omu kibi, obutahurira,
nari n'omu ndagaano z'akarande.

Eshaara y'okweteisa

**Omu iziina rya Patri n'erya Mwana
n'erya Mutima orikwera Amiina**

Mukama Yesu, ninyeteisa ebibi
byangye ebi ndikumanya n'ebi
ntarikumanya, ebyareeteire Sitaane
kukubuura amagara gangye.
Ninyangira kimwe endagaano zoonza
ez'akarande, okwekwatira omu byago,
hamwe n'endagaano zoonza ezaakuba

zaakozirwe omu iziina ryangye, omu kumanya nari omu kutamanya. Nyowe ndi owa Yesu. Ninyangira kimwe akakwate koonna n'ebby'obufumu n'okubandwa, okuramya ekitari Ruhanga hamwe n'ebby'oburaguzi byona. Ahabw'eshagama ya Yesu, ninyetaanisiza kimwe na ibara itambiro, endaaro y'emandwa, hamwe n'orunyerere rw'ebbyago. Omu iziina rya Yesu. Amiina.

EITEMBEZO RYA KABIRI: OKUHAYO OKUSAASIRA

**“Kandi ku muriba mwemereire
nimushaba, musaasire-----.”
(Marko 11”25)**

Eshaara:

Taata, nintoorana kusaasira buri omwe
oraanshaagiize, yaaba omu mubiri, omu
biteekateeko, nari omu mutima.

Nimbata omu mikono yaawe.

Nindekyera kimwe kuba omusibe
w'obusaasi. Ninsharizamu kimwe
rwango yoona, eihari hamwe
n'obushaarire. Ninshaba okukizibwa
omu mutima gwangye, obwo
ndikweteekateekyera
okukomoorerwa kimwe. Omu iziina
rya Yesu. Amiina.

EITEMBEZO RYA KASHATU: ESHAARA EZIRIKUTAATANISA EMIRIMO Y'EBY'OBUFUMU N'OBURAGUZI

*Shoma eshaara ezi, orikuhurirwa
obwo oine okwikiriza, obumanzi
n'ekihika.*

*Ninyeshwekyesa eshagama ya Yesu –
omubiri n'omutima!*

❖ Mukama, imuka otaataane ibara
muzigu wangye orikungambaho kubi
ahungye (Zaaburi 68:1)

❖ Ibara itambiro ry'omunju
eririkundeeberezza – rikwatwe omuriro
omu iziina rya Yesu!

❖ Nindagira boona abariimuka
kutongana naanye, kundoga
n'okundwanisa, kusingurwa omu iziina
rya Yesu! (Isaaya 54:17)

❖ Eshagama ya Yesu, siimuura eiziina ryangye omuri ibara kitabo

ky'eby'obufumu, omu iziina rya Yesu!

❖ Nimpenderaho kimwe ibara ndagaano mbi ekomirwe aha kyanyima kyangye, nari aha runyiriri rwangye rw'eshagama, omu iziina rya Yesu!

❖ Ibara mufumu nari omubandwa orikweta eiziina ryangye nyekiro – ahunamisizibwe kimwe ebiro byona, omu iziina rya Yesu!

❖ Ai muriro gwa Ruhanga ogurikusiriiza, mariraho kimwe ibara ndebeerwamu ya Sitaane erikuguma enkuratiire, omu iziina rya Yesu!

❖ Ninsharizamu kimwe ibara bushwere bw'omu mutima ahabw'amaani agari omu shagama ya Yesu, omu iziina rya Yesu!

❖ Ibara mutima gw'ekijoka
ogurikweyoreka kurabira omu birooto –
nigukahwerekyerezibwe omuriro gwa
Mutima Orikwera, omu iziina rya Yesu!

❖ Buri kitambo ky'obufumu
ekirikutebeekanisibwa kunkyerereza –
nikikareebwe nk'ekifiire, omu iziina
rya Yesu!

❖ Omugisha gwangye nigukagurukye
gukaruga omu nju y'eby'obufumu, omu
iziina rya Yesu!

❖ Muriro gwa Mutima Orikwera,
hwerekyereza ibara itambiro rya
baashwenkuru eririkungambaho kubi,
omu iziina rya Yesu!

❖ Ibara kabara koonakabi akari aha
mubiri gwangye, nari eiziina –
byogibweho eshagama ya Yesu, omu
iziina rya Yesu!

❖ Muriro gwa Ruhanga, gwera ibara ndaaro y'emandwa erikugyenderera kumaraho eka yangye, omu iziina rya Yesu!

❖ Ibara kitambo ky'eshagama ekyahairweyo omu iziina ryangye – nikikahindurwe eshagama ya Yesu, omu iziina rya Yesu!

❖ Ninkingiranira kimwe ibara mihanda ya Sitaani eteirweho kukorerwaho okurondereza amagara gangye, omu iziina rya Yesu!

❖ Ekikwato kyona kuruga aha mubiri gwangye (eishokye, enono, emyenda) ebirikukoresibwa omu migyenzo bikwatwe omuriro, omu iziina rya Yesu!

❖ Ninyangira kimwe, kandi nimpwerekyereza ibara ndagaano mbi erikwizira omu birooto byangye, omu iziina rya Yesu!

❖ Ibara mukyeeno gw'akarande k'oburwaire – kahweho hati omu iziina rya Yesu, omu iziina rya Yesu!

❖ Ninyehagura kuruga ahari ibara mugyera, ekibira nari eitambiro ry'eiziikiro/eirimbo, omu iziina rya Yesu!

❖ Amagara gangye, esente zangye, obushwere bwangye – bikomoorokye kuruga omu nkomo z'obufumu, omu iziina rya Yesu!

❖ Nindeeta okutakyengana omuri ibara kigaaniiro ky'eby'obufumu, omu iziina rya Yesu!

* Mutima Orikwera, rugayo orondoore buri ky'obufumu ekisherekirwe omu magara gangye, omu iziina rya Yesu!

❖ Reka enkuba n’omuriro birondoore ibara ntumwa y’omwirima enteirweho, omu iziina rya Yesu!

❖ Nindekura encwa y’orubanja ya Ruhanga ahari buri mufumu otarikwegarukamu, orikuteganisa obusingye bwangye, omu iziina rya Yesu!

❖ Eshagama ya Yesu, ehunamise ibara iraka eririkuyomberera okugyenda omu maisho kwangye, omu iziina rya Yesu!

❖ Nindangirira ngu “Tindifa, kureka ndyagumaho, nintebya ebi Nyakubaho yaakozire, omu iziina rya Yesu!
(Zaabuli 118:17)

❖ Ruhanga, ikiriza ekiniga kyawe kigwere ibara muhiiganisa otarikwegarukamu, omu iziina rya Yesu!

❖ Mukama, reka buri nkora y'ebiyago erikugyendera omu mwanya kuteganya okugwejegyera kwangye, ehwerekyerezibwe omuriro hatihati, omu iziina rya Yesu!

❖ “Ruhanga kaimukye, abazigu be bataataane-----.” (Zaaburi 68:1)

❖ Ibara mwambi gw'ebiy'obufumu ogwarekyeirwe omu birooto byangye kumara amaani ehendagurwe omu iziina rya Yesu!

❖ Eshagama ya Yesu, shazamu ibara ndagaano y'ekiro ei naagiiremu kurabira omu birooto nari omu kurogwa!

❖ Nimpendagura kandi ntaataanisa ibara mwambi gwa Sitaane ogrikwoherezibwa owangye – omuriro, enkuba, nari eshagama ya Yesu!

❖ Ruhanga, yohereza baamarika baawe kukwata, kandi bakakoma ibara mushuma w'eby'omutima, hamwe n'omufumu abarikuunyagaho ebyangye nyekiro, omu iziina rya Yesu!

❖ Enkufuru y'eby'omutima yona eyaakoreseibwe kukoma emigisha yangye kurabira omu migyenzo y'eby'obufumu – ecwanyaguzibwe omu bicweka hati omu iziina rya Yesu!

❖ Muriro gwa Ruhanga, hwekyereza ibara itambiro ry'ebirooto ahu eiziina ryangye riri, nari aharikworeka aha maisho gangye, omu iziina rya Yesu!

❖ Ninyangira kimwe ibara kikorwa kibi ekirikuruga omu kunigwa emizimu nyekiro, ngu birugire kimwe omu magara gangye hati, omu iziina rya Yesu!

❖ Muriro gwa Mutima Orikwera,
bingira kimwe ibara mutima
gw'omukazi/mushaija, mutima
gw'omwana, nari ekyago ekitaayaayi
ekirikunyizira ngwejegyeyire, omu iziina
rya Yesu!

❖ Nindangirira kandi ndahira: ibara
bufumu hamwe n'emirimo yoona
ey'obufumu erikunkorwaho, neiya
kusiitagurwa, kandi etaataanisibwe
okutarigarukaho – ahabw'amaani omu
iziina rya Yesu Kristo!

❖ Ruhanga, ahabw'omukono gwawe
ogw'amaani, taataanisa ibara itambiro
ry'obufumu eryombekirwe omu
migyera, omu nyanja, nari amayanja
amahango ahabw'amagara gangye,
omu iziina rya Yesu!

❖ Ninyetaanisa ahari ibara itambiro, endaaro y'emandwa, emikyeeno ya baatatenkuru-itwe erikugira ngu tinyine eki ndigasha – kuhunamisizibwa kimwe ebiro byona omu iziina rya Yesu!

❖ Ibara bufumu bw'omu nju bwesherekire enyima y'obunywani, kwonka burikukora ebibi – busheeshuurwe kandi buramurwe omuriro gwa Mutima Orikwera, omu iziina rya Yesu!

❖ Nindekura enkuba ya Ruhanga kutaataanisa buri bufumu, yaaba oburi omu mahanga, nari oburikurenga ensharo burikukwatanisa kuteganisa emigisha yangye, omu iziina rya Yesu!

ESHAARA Y'OKURINDWA

“Kwonka Mukama n’omwesigwa;
imwe aryabagumya, kandi abarinde
omubi.” *(2 Abatesalonika 3:3).*

“N’ahabw’ekyo Mwana ku
aribahindura ab’obusingye,
buzimazima muryaba ab’obusingye.”
(Yohaana 8:36)

*Taata ow’omu iguru, ninkusiima
ahabw’obusinguzi obu wampaire
kurabira omu shagama ya Yesu
Kristo. Nyangiire kimwe Sitaane
n’emirimo ye yoona. Maariireho
okwitwa kubi kwona. Hati Taata,
ninshaba oburinzi bwawe kuruga
omu iguru kunyetooroora, hamwe na
byona ebinkwatsireho. Nshwekyesa
eshagama yaawe y’omuhendo, Ai
Mukama.*

*Reka buri kicweka kyangye –
omutima gwangye hamwe n'omubiri
gwangye – bigume bihamire ahansi
y'endagaano y'eshagama ye. Reka
eshagama ya Yesu eshazemu ibara
mutima ogurikuzeereera, ibara
kutaahirirwa kwona, na buri
kugarukiira kuruga omu ngoma
y'omwirima.*

*Nindangirira: tiharibaho
ky'okurwanisa ekiheesirwe
kundwanisa, ekirimbaasa. Tihariho
mukyeeno, omuceecezi,
okwetengyera kubi, tihariho eirogo,
nari okwijuka kubi, ebiragarukye
kukorera omu magara gangye
okuruga hati n'oburiija.*

*Reka buri kicweka kyangye –
omutima gwangye hamwe n'omubiri
gwangye – bigume bihamire ahansi
y'endagaano y'eshagama ye.*

*Reka eshagama ya Yesu eshazemu
ibara mutima ogurikuzeereera, ibara
kutaahirirwa kwona, na buri
kugarukiira kuruga omu ngoma
y'omwirima.*

*Nindangirira: tiharibaho
ky'okurwanisa ekiheesirwe
kundwanisa, ekirimbaasa. Tihariho
mukyeeno, omuceecezi,
okwetengyera kubi, tihariho eirogo,
nari okwijuka kubi, ebiragarukye
kukorera omu magara gangye
okuruga hati n'oburiija.*

OKUTEERWA OMUHIMBO OKW'AHA MUHERU

- **Tori wenka.** Okutambirwa kwawe
n'okukomoororwa biri omu ngaro za
Ruhanga, baitu naiwe nakweta kurwana
okurwana okurungi.

- Gumizamu noyeshengyereza buri izooba – nangwa n’obu waakuba otaine eki orikwehuriramu.
- Gumizamu noorangirira Ekigambo kya Ruhanga – eiraka ryawe n’ekikwato.
- Mira omubazi gwawe ogukuhairwe, hamwe n’ebiriisa by’omutima (Ekigambo kya Ruhanga hamwe n’okutunga Ukarasitia)
- Yetware. Okukomoororwa nikurahukaho, baitu okundi nikwija mporampora.
“Mugungire Sitaane, nawe naija kubahunga.” (*Yakobo 4:7*)
- “Komooroka, waakira, kandi ori omusinguzi omu iziina ery’amaani erya Yesu!”

Tataitwe ow’omwiguru.....x3

Kasingye Maria.....x3

Ekitiinwa kube ahari Patri.....x3

*Omu iziina rya Taata, n’erya Mwana,
n’erya Mutima Orikwera. Amiina.*



Rev. Fr. Alexander Mwebembezi

**Mbarara Archdiocese,
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