

**ESHAARA Z'OKUCWA
N'OKUKUMBAGAZA**



**EBISIKA
EBIRIKUREMESA**

OKUTONA

Ekitabo eki, na rukundo mpango,
ninkitona ibara muntu ayekoreire
entaro ezi hataine orikuzireeba.....
ahari abo abarikwimuka buri izooba
barikwesiga kugyenda omu maisho,
kunu ebirikubahinda ebi batarikureeba
birikubanyurura nibibagarura
enyima..... ahari abo abarikushaba
n'okwehayo, baitu barikwehurira ku
hariyo ekisiika ky'amaani
ekirikubaremesa kugyenda omu
maisho.

Ekitabo eki nikitonwa:

- * abaahutaaziibwe, abarikushereka
amarira gaabo omu kumwenya
nk'abashemereirwe
- * abarootsi abu ebirooto byabo

- * bitwire bikyererezeibwe
- * abaikiriza abarikukunda Ruhanga,
kwonka barikwehurira baine ebi
bakomire
- * abaikiriza abarikwehurira nka
abemereire omu ntaro bonka,
bataine kihwera.
- * abaine amaani kwonka
abarikwehurira nibaguma
nibanywengyerera
- * abarwani omu by'omutima
abarikwetenga okukizibwa
- * abantu bato abarikwehurira
baburiire omu bintu ebi
batakaabaasa kushoboorora
- * abantu bakuru abarikutiina kufa
batakareebire obusinguzi bwabo
Ori enshonga ahabw'enki ekitabo
eki kyahandiikirwe.

Mutima Orikwera naakakutayaayire
omu kitabo eki.

Amajuta ga Mutima wa Ruhanga
nigakamareho ibara mugamba ogu
oyekoreire.

Ebirikukuremesa
nibikakahwerekyererere omu maisho
g'Omusharaba.

Omugisha gwawe nigukareebekyere
ahansi y'amaani ga Ruhanga.

Kandi n'okatunguurirwe omu maani ga
Ruhanga agaakutebeekanisiziibwe ensi
etakahangirwe.

Ekitiinisa kyona, hamwe n'obutegyeki
bibe ahari Bushatu Oburikwera –
Taata, Mwana na Mutima Orikwera.
Amiina.

ENYANJURA

Buri muntu naazaarwa n'omugisha –
n'ekigyendererwa eki Ruhanga We
wenka yaamutiire omu mutima.

Baitu, abantu baingi babasa kuba
batakuhika aha ki Ruhanga
yabahaangire.

Kitari kugira ngu abantu
tibashemereire.....

Kitari kugira ngu n'abagara.....

Nari kugira ngu Ruhanga naaba
abebirwe.....

Baitu n'ahabw'okushanga ngu
hatuuraho ebisiika ebirikuremesa.

**Ekirikuremesa n'entandaruuha
y'ebyumutima, ebisiika
ebitarikureebwa, omukingo
gutarikwetegyerezibwa ogurikugira
guti: “Aha torokwija kurengaho.”**

Ebirikuremesa ebimwe biruga omuri ebi:

- * akarande k'ekika kyanyu
- * ebikwetooroire
- * obusaasi obu waarabiremu
- * ebironda byawe ebitakakira ga
- * ebirooto bibi
- * ebi orikutiina
- * ebi orikuteekateeka kutunga nari kuhikaho
- * endagaano embi
- * ebi waarabiremu kushoma ediini
- * omusingye mubi gwa baashwenkuru-imwe
- * ebi waarabiremu omu bwana
- * amatambiro g'ekibi
- * okutaahirirwa eby'obufumu n'oburaguzi
- * emize y'akarande
- * endagaano ezaaziikirwe

- *emikyeeno etarikugambwaho
- *ebirikukingira eby'emiteekateekyere
- *okunagaijirwa
- *okuteganisibwa ebisitaane

Abantu baingi nibaguma nibamanya ngu nibabaasa kutunga bingi - baitu ebisiika ebitakureebwa biguma **nibibataaga, omukono ogutarikureebwa guguma nigubanyurura nigubagarura enyima.**

Okukizibwa ti kw'abatembirwe ebyago bonka.

Okukizibwa n'okwa buri mukiristo orikwenda kukira, akaana ebijuma, kandi arikworeka n'omuhimbo ahu arikuza.

Eki ti kitabo ky'okurugayo okashomera ahu waayendera.

N'ekikwato ky'eby'omutima,
n'eky'okwekingiza omu rugamba,
ekihandiiko ky'okukukomoorora,
kandi ekikwato ky'okuhitsya aha
birungi ebi Ruhanga yakutekatekyiire.

Reeba ibara peegi n'amaisho
g'okwikiriza.
Ibara shaara ogishome
n'ekigyendererwa ky'okukomoorowa.
Buri runyerere orushome
n'okwekyehesa.

OBUMANYISO 15

OBURIKWOREKA NGU NOOBAASA KUBA NOOTUURA OINE EBISIIKA EBIRIKUKUREMESA

1. N'obu wakuba nogyezaho omu
muringo gwona, hariho ekintu
ekirikukuremesa kuguma nooyimutsya
omutwe.

2. Obusinguzi bwawe, kaingi nibufa aha shaaha y'aha muheru.
3. Nooroota ebirooto by'eishomero ryawe erikuru, eka yaawe enkuru, nari emyanya ei waarugiremu ira.
4. Eby'esente zaawe niziguma zitarikweyongyeraho, n'obu orikugyezaho kukora munonga bwona.
5. Amagara gaawe nigaguma nigagyenda nigakubuzabuza – hati nogyenda omu maisho, nyenkyakare nibyanga.
6. Nooyehurira oruhire, oremereirwe, nari oyomire omu by'okushaba, kandi obwo otarikushoboorerwa eki waakuba orwaire.
7. Emigisha ei waakubaire waatungire emyaka ey'enyima, na hati teekaija ga.

8. Noohurira waawamu amaani, buri waaba nooza kuhika aha businguzi.

9. Nootegyereza obwire buraingwa obuntu bukye bworobi, obu abandi barikurahuka kutunga.

10. Ebirooto byawe ebi orikuroota birimu okurya, eby'okuteerana kwabashweraine, hariho abarikukutaragarisa, nari enyamaishwa zirikutiinisa.

11. Amagara gaawe g'okushaba hariho ebirikugateganisa n'okugatiinisa.

12. Emikago yaawe neeguma nehwaho juba nari ahonaaho, etarikuhangaara.

13. Buri omwe okuri aha rubaju naaguma naayeyongyera omu maisho, oihireho iwe wenka.

14. Nooguma nooreeba emigisha,
kwonka terikukuhika nari
torikugitunga.

15. Okwo omunda, nooyehurira
oruhire n’okushaba, otaine maani, nari
obohirwe.

**Obumanyiso nk’obwe waaba obwine
omu magara gaawe, ekitabo eki
n’ekigarukwamu kya Ruhanga ahari
iwe.**

**OMUSINGYE GW’EBIHANDIIKO
EBIRIKWERA KUBAASA
KUMARAHO
EBIRIKUKUREMESA**

1. Miika 2:13 **“Orikusheeny
ah’okuraba
aryabeebembera.....”**

Yesu niwe arikusheeny a ebirikuba
bibakingiire ebiri omu maisho gaanyu.

**2. *Isaaya 10:27* “Eryo izooba
omutwaro gu yaakwekoreize
guryakuruga aha mabega.....”**

Tihariho rujegyere orwakubaasa
kuhona okubaho kwa Ruhanga.

**3. *Zaaburi 24:7* “Imwe marembo
mwe, nimwimutsye ebisasi
byanyu.....”**

Enyigi z’eby’omutima ezikingiire
emigisha yaawe niziragirwa kwigurwa.

**4. *Luka 4:18* “Yantuma kurangira
enkwatwa okurekurwa,
n’okuseetura abasiitagwirwe.”**

Okukiza, ni gumwe omu mirimo ya
Kristo.

5. Isaaya 61:1-7 “Mbwenu ahabw’okuba mukahemurwa, mwitwa enshoni emirundi ebiri, naanye ndyabaha omugabo gw’emirundi ebiri.”

Ebirikuremesa tibyo biine ekigambo ky’aha muheru.

6. Yeremiya 30:8 “Obunaku buryahika, mpende omugamba, ngubaihe aha bitsya.”

Ruhanga We nyakabara niwe arikuhenda emigamba.

7. Yobu 22:28 “Nibwo oricwamu eki orikwenda kukora, kikakugyendera gye.....”

Ebigambo byawe, nibyo birikukora amagara gaawe g’omutima.

8. Obadiya 1:17 “Kwonka aha rushozi Siyooni haryabaho abarihonokakaho.....”

Ibara mwikiriza aine omugisha
gw'okusingura.

**9. *Zaaburi 107:14* “Akabaiha omu
mwirima, yacwanyagura enjegyere
zaabo.”**

Ruhanga tarikuramuza na njegyere –
naazicwekyereza.

**10. *Ebyakozirwe 12:7* “Enjegyere
zaaruga Petero aha mikono,
zaaragara.....”**

Baamaraika nibakuhweera omu
kukizibwa kwawe.

**11. *Abarooma 8:2* “Eiteeka rya
Mutima, rikanyiha omu buhuuku
bw'okutegyekwa eiteeka ry'ekibi
n'okufa.”**

12. 2 Abakorinto 10:4-5

**“Eby'okurwanisa byaitu bigira
amaani ga Ruhanga kusheenyagura
ebigo.”**

Ruhanga naaheereza amaani
g'okucwekyereza emihingo y'omu
bwonko.

13. Okushuuruurirwa 3:8 “Reeba
naakuta omu maisho orwigi rwigwire.”
Tihariho maani ga Sitaane
agaakubaasa kuremesa eki Ruhanga
yaigurira.

14. Zaaburi 18:29 “Waaba onyine,
nimbaasa kuguruka ekigo.”
Ebirikuremesa tibikaaguma bikwatiire
omwikiriza ahansi.

15. Yohaana 8:36 “Mwana ku
aribahindura ab'obusingye,
buzimazima muryaba ab'obusingye.”
*Obusingye bwawe buri omuri Yesu
Kristo.*

16. *Yoshwa 6:20* “Abo bantu batyo
baamuza n’enzamba ziteerwa...orugo
rukumbagara...”

Ahabw’okuba tihariho ekitakubasika
ahari Ruhanga.

EBY'OKUREMESA 12

Ebisiika by'akarande k'oruzaro

2. Ebisiika Eby'obufumu n'oburaguzi

3. Ebisiika byo'kuremesibwa omu
bye'sente

4. Okukyerereza omugisha hamwe
n'okusyaraara

5. Eby'okuremesa eby'obwonko
hamwe n'eby'ebiteekateeko

6. Eby'okuremesa ebirikurugiirira omu
birooto

7. Okuremesibwa eby'omu maka

8. Okwerwanisa n'okweremesa

9. Okuremesibwa eby'omukago hamwe
n'eby'obushwere

10. Ebisiika byo'burwaire

11. Okuremesibwa eby'omutima
hamwe n'okuburwa amaani

12. Okuremesibwa ebitwehinguririize
hamwe no'bukwatwa bw'ebyanga

EKICWEKA 1 OKUCWANYAGURA EBISIIKA BY'AKARANDE

Eky'okwehaburaho

Eby'okuremesa eby'akarande, n'ebisiika by'eby'omutima ebitarikureebwa ebirikurabira omu runyerere rw'ekika kyanyu. N'emize, emikyeeno, nari emitwaro y'omu mutima kuruga omu ruzaaro rumwe kutaaha n'omu rundi – kirikumanywa nari kitarikumanywa.

Ebi bisiika nibikora nk'ebiragiyo by'eka ebitarikureebwa, ebirikureetera omuntu yaremererwa okwihaho byaba bicwekyerezibwe.

Omu maka amaingi, noiya kureebamu entuura nk'egi:

- * tiharimu omuntu weena orikubaasa kutunguuka kurenga aha rurengo rw'esente ziti
- * obushwere nibufa omu muringo nigwo gumwe
- * oburwaire, nari okuguma nimureeba abaana barikufa bakiri bato
- * obworo n'obw'akarande
- * abantu nibatandika bari gye, bahendera bari kubi
- * abaana nibaruga omu mashomero
- * abantu nibaimuka bagaruka bagwa
- * amaarwa, okuremera aha kintu kibi, nari ebibi by'obushambani ebirikuguma nibibagarukiira
- * ekiniga, obushaarire, nari okuteganisibwa omu mutwe okurikuguma nikugarukiira

- * abakazi abatarikushwerwa, nari
n'abashaija abataine ahu bahamiire
- * okurugwamu enda, nari
n'obutazaara
- * emirimo y'obushuubuzi
etarikutunguuka
- * abantu abarikufeera haihi aha myaka
erikwenda kushushana
- * omugisha ogurikuburaho ahonaaho
- * okwangwa kurugira kimwe omu
buto.

**Ti kugira ngu ebi nibifa kwija bwija
– kureka n'ebirikuremesa
ebirikuruga omu karande,
kurugiirira omu:**

- * ndagaano z'akarande
- * mikyeeeno
- * mirimo y'ebya Sitaane
- * ebibi biteeteisiibwe

- * amatambiro mabi g'eka
- * endahiro ezaarahiirwe
baashwenkuru
- * ebitambo ebyaziikirwe
- * ebya Sitaane ebijwangireine
n'orunyerere rw'eshagama
- * ebyehimbiso bya Sitaane aha iziina
ry'eka
- * omuringo ogwateirweho emyaka
y'obusaasi

Baitu Baibuli neegamba eti:

“Timwakigaruka kugira muti: Baishe b'abaana bariire emizaabibu erikununguna, amaino g'abaana baabo gaaba nigo gaagira amangingina. Buri omwe orikora ekibi niwe arifa.”

(Ezekieli 18:2-4)

Ekirikumanyisa: Omuri Kristo, oine obusingye kwetaanisa n'ebirikuremesa byona ebiine akakwate n'akarande.

Omusharaba nigucwanyagura ibara kisiika kya Sitaane n'endagaano ezimuha obushoroborozi.

Eshagama ya Yesu neegarukamu kuhandiika ebyabaireho by'eka.

Mutima Orikwera naakuha amaani kuhirika buri kisiika ky'akarande kabi n'okuza ahaiguru y'ebirikukuremesa byona.

Ekicweka eki, nikiija kucwekyereza emizi yona n'ebisiika by'akarande eberikukuremesa omu magara gaawe.

ESHAARA Z'OKUCWA N'OKUKUMBAGAZA EBISIIKA BYAKARANDE

1. Mukama Yesu, ahabw'amaani g'Eshagama yaawe, ninyetaanisa aha ndagaano z'akarande ezirikuremesa emigisha yangye.

Reka ibara ndagaano eyaakozirwe baatatenkuru – yaaba barikumanya nari omu butamanya – zitagaruka kungiraho obushoboorozi HATI, omu iziina rya Yesu.

2. Ahabw’obushoboorozi bw’Omusharaba, ninyangira kimwe ibara mukyeeno gw’akarande ogutwire gukuratiire eka yangye okuheza emyaka.

Reka ekyo kisiika ky’omukyeeno kisheenyagurwe nk’egiraasi ahansi y’omuriro gwa Mutima Orikwera, omu iziina rya Yesu.

3. Ibara itambiro ry’ekibi eryayombekirwe baatatenkuru eririhakanisa okugyenda omu maisho kwangye – rikwatwe OMURIRO risye hati!

*Reka itambiro rigwe, kandi
ritarigaruka kwimuka obundi, omu
iziina rya Yesu.*

**4. Ibara muzimu gwa baatatenkuru
ogwateirweho kuremesa okukanya
kw'abantu omu kika kyaitu –
ninkwangira kimwe, ninkurangirira,
nintaana naiwe, kandi ninkubinga omu
iziina rya Yesu!**

Torikwija kugumizamu n'emirimo
yaawe omu magara gangye. Ebisiika
byaawe bigwe! Bigwe!

**5. Ahabw'amaani g'okuzooka,
ninsharayo ibara nkora y'eka
ey'okuremwa, ey'okukyerererwa,
ey'obworo, hamwe n'ey'okuteganisa
kuruga aha migisha yangye.**

Neehenderera omuriinye, omu iziina
rya Yesu.

6. Ibara ka y'ekibi eyombekirwe aha musingye gwa Sitaane, okuhayo ebitambo by'eshagama, emirimo y'oburaguzi, nari okuramya ebishushani – byezibwe hati eshagama ya Yesu!

Reka ibara nkora y'omwirima ehweere kimwe amaani kandi emarweho, omu iziina rya Yesu.

7. Ai muriro gwa Mutima Orikwera ogurikwaka, oze omu kika kyangye, oyosye ibara muzi gwa Sitaane ogurikuremesa okugyenda omu maisho kwangye!

Reka omugisha gwangye guzaahuurwe, omu iziina rya Yesu.

8. Nincwekyereza ibara kakwate akari ahagati y'amagara gangye, hamwe n'enkora mbi ya baatatenkuru.

Tindikwija kugarukamu kuza omu ntaro zaabo, tindikwija kuhungura eby'okuremesa byabo. Orugyendo rwangye n'orw'omutaano, omu iziina rya Yesu.

9. Ibara kwehimbisa kwa Sitaane aha iziina ry'ekika kyangye – ninshazamu emigabo yaawe ahabw'amaani g'Eshagama ya Yesu!
Nyowe niimanyirwa omuri Kristo, baitu hatari omuri baatatenkuru, omu iziina rya Yesu.

10. Ahabw'obushoboorozi bwa Yesu Kristo, nimpenda omugamba gwona ogw'akarande omu sente zangye, emikago yangye, amagara gangye, omu mirimo yangye, hamwe n'omu

**magara gangye g'omutima –
GUCWEKYEREZE HATI!**

Nindenga aha birikundemesa byona eby'akarande. Omuhanda gwangye guri gye. Ekihandiiko kyamagara gangye kihandiikirwe busya. Amagara gangye gajunirwe, omu iziina rya Yesu.

**EKICWEKA 2
OKUCWA EBISIIKA
EBY'OBUFUMU N'OBURAGUZI**

Eky'okwehaburaho

Obufumu n'omuhanda gumwe omukuru, kandi ogw'akabi gw'okuremesa eby'omutima. Baibuli neebujumiirira kaingi, ahabw'okuba Sitaane naaba nagyenderera okuhamba obushoboorozi bwa Ruhanga.

Obufumu tiburikukorerwa omu ndaaro honka.

Nibubaasa kukorwa kurabira omu:

- * mikyeeno erikugambwa
- * itima
- * ihari
- * shaara zitarimu obwa Ruhanga
- * byetengo bibi

- * mizimu erikurondoora
- * ebitambo by'oburaguzi
- * amatambiro g'abakuru
- * endagaano za Sitaane
- * akabi akakwoherezibwa omu
magara ag'omutima
- * okurootaguzibwa
- * buryarya bw'omu maka
- * kubuzabuzibwa n'okutegyekwa
- * migyenzo y'obuhangwa
- * oburogo, engisha hamwe n'emitu
- * okubandwa, ababandwa hamwe
n'abarangi.

Ekigyendererwa kya Sitaane ni:

- * okukwata emigisha
- * okuteganisa ebiteekateeko
- * okumaraho esente
- * okutaataanisa emikago/obuzaare
- * okuremesa entunguuka

- * okureetera ebintu byakyererwa
- * okukinga enyigi
- * okureeta endwara
- * okukingira emigisha
- * okureetaho okutiina
n'okuremererwa
- * okubuzabuza ebiteekateeko
- * okushiisha obushwere
- * okureeta okugwa-iraro
- * okuremesa okutunguurwa aha
mirimo
- * okuremesa emigisha
- * okutuubya amaani g'okushaba

Eby'obufumu nibyongyerwa amaani kurabira omu:

1. Amatambiro g'ekibi

Ahu ebitambo birikuteebwaho
kukoma, nari kuremesa omuntu.

2. Okukuratirira

Ahu omuntu arikuguma naaringurizibwa ahu ari, naakuratirirwa, nari kuguma bamugwereire.

3. Okwerarikirira

Okwohereza oburwaire, obwoba, okubuzabuza, nari kuremwa omu by'omutima.

4. Okwehayo

Ahu omuntu yaatambirwe omu ndaaro, nari omuzimu atarikukimanya.

5. Ebikwato bibi

Ebintu bibi ebikyeenirwe biteirwe nk'omu nju, omu mbuga, omu ofiisi, n'omu myenda.

6. Okutwaririzibwa ebirooto

Okutaahirirwa emizimu ekamara
amaani emigisha yaawe (okurya,
eby’okuteerana, enyamaishwa,

Baitu ekigambo nikigira kiti:

“Tihariho ky’okuroga Yakobo, n’obu
kwakuba okuragurira kubi Isiraeli.” –
(Okubara 23:23)

“Tiharibaho ky’okurwanisa
ekiheesirwe kukurwanisa,
ekirikubaasa.” – *(Isaaya 54:17)*

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

Omu kicweka eki, nituhendagurira
kimwe ibara mirimo ya Sitaane
n’oburaguzi ebirikuremesa.

ESHAARA Z'OKUCWANYAGURA EBY'OBUFUMU, OBURAGUZI HAMWE N'EBYASITAANE

1. Omu iziina rya Yesu, nindagira ibara mukyeeno gw'eby'obufumu, omukyeeno, nari okwerarikirira ebyantairwemu kuremesa emigisha yangye – BICWEKYEREZIBWE OMURIRO HATI!

Reka ibara murimo gwa Sitaane gurekyerwe aho hati hati.

2. Ahabw'Eshagama y'omuhendo eya Yesu, ninsharizamu kimwe ibara mitwarize, oburogo, nari ekigambo kibi ebirikugambwa aha magara gangye, aha ka yangye, aha sente zangye, n'aha kwetwa kwangye.

Reka ibara mukyeeno guhindurwemu omugisha, omu iziina rya Yesu.

3. Ai muriro gwa Mutima Orikwera, ogurikwotsya, taataanisa ibara ruteerane rw'eby'obufumu ahu eiziina ryangye, ekishushani, nari ebigambo ebi bariyo nibangambaho.

Reka obuteetegyerezana butaaha omu nju yaabo, omu iziina rya Yesu.

4. Ibara itambiro ry'ebya Sitaane eririkushaba ekitambo kyona kwenda kuremesa okugyenda kwangye omu maisho – RIKWATWE OMURIRO RISYE HATI!

Itambiro rigwe rihwereho kimwe, omu iziina rya Yesu.

5. Ahabw'Omusharaba gwa Yesu, ninyihayo eiziina ryangye, omwanya gwangye, amagara gangye, hamwe

n'emigisha yangye kuruga omu kitabo
kyona ky'obufumu, enyungu,
endeeberwamu, endaarro, omuti, nari
amaizi!

***Amagara gangye n'aga Ruhanga
wenka***

6. Ibara mutima gw'ebya Sitaane
ogurikukuratirira engyendo zangye,
gurikushoma entunguuka yangye, nari
gurikukuratirira emigisha yangye –
GUFU AMAISHO HATI!

***Tokigaruka kundeeba nari kureeba
eka yangye, omu iziina rya Yesu.***

7. Omuringo gwona
ogw'okukoresibwa ebya Sitaane
kurabira omu birooto – okurya,
okuteerana, orikurigisibwa, nari
enyamaishwa – ninkukoma , kandi
nkunagye aheeru
ahabw'obushoboorozi bwa Yesu Krito!

Reka ebirooto bihaasirirwe eshagama ya Yesu

8. Omuzimu ogundi gwona ogurikushusha gutyo, omuzimu gwa baatatenkuru, omuzimu gw'omu maizi, nari eberikushushana n'eby'oburaguzi ebyatairweho kushiisha emigisha yangye – NINSHAZAMU omurimo ogwo nkwohereza okuhenengyera omu kiina, omu iziina rya Yesu!

Tonyineho bushoboorozi.

9. Ninshazamu ibara ndagaano mbi, ekiragaano, omukyeeno, okwehayo, nari endagaano yoona eyaakoziirwe ab'eka yangye, baatatenkuru, nari abangizi bangye omu iziina ryangye.

Reka eshagama ya Yesu ehunamise ibara rubanja.

10. Muriro gwa Ruhanga, imuka ocwekyereze ibara kikwato kyona ekya Sitaane – amajuta, engisha, amacupa, ebidore, ebijwaro by'ekibi, ebintu ebiziikirwe, ebihembo ebikyeenirwe, hamwe n'ebikwato bya Sitaane – ebitwire nibirwanisa amagara gangye!
Reka ibara kikwato kya Sitaane kimarirwe kimwe amaani ebiro byona, omu iziina rya Yesu.

EKICWEKA 3

OKUMARAHO EBIRIKUREMESA

OKUGIRA ESENTE

Eky'okwehaburaho

Ebirikuremesa okugira esente ni kimwe omu birikukira kubaho, kandi ekirikukyengwa nk'emiringo y'obukwatwa bw'eby'omutima.

Esente ti kugira, ngu n'ekikwato ky'eby'entaasya – n'omuringo gumwe gw'eby'omutima ogurikuheereza omuntu amaani kuhikiiriza orugyendo rwe.

Omuzigu eki naakimanya; n'ahabw'enki naarwanisa kubi okugira esente.

Oburemeezi bwangye bw'esente ti bw'obuzaarwa. Bwine akakwate n'eby'ediini.

OBUMANYISO BW'OKUBURWA SENTE BURIMU OBU:

- * okuguma otaine sente, nari oine ezitarikumara
- * orikutunga omushaara, baitu esente zikabuza ekirari ahonaaho
- * esente kukuraba omu myanya y'engaro nk'amaizi
- * amabanja gatarikuhwa
- * zaapurogyekiti ezirikutandikwa zitarikuhwa
- * okukoresa kubi esente
- * okwimuka noogwa omu bya sente
- * okukora munonga otarikureeba bijuma
- * ab'okukuraganisa obuhwezi kwonka batarihikiiriza endagaano
- * okushohoza kw'ahonaaho kuteeteekateekirwe

- * okunaga sente
okutarikwetegyerezibwa
- * bizineesi ezitarikugyenda, zikaguma
aho zisyaariire
- * esente ezirikuguma nizihwerera
- * ebintu ebirikuguma nibikugwamu
ahonaaho byona birikwenda esente
- * obworo bw'omu ka
- * tihariho n'omwe orikwimutsya
omutwe omu kika
- * esente z'ekikomo, niziremesa
okukura n'okugyenda omu maisho
- * kubanza waatunga ebirooto bibi
esente zitakabuzire
- * obworo kuguma bukuremeireho
n'obu waakuba oine amagyezi nari
orikukora munonga

OBUMANYISO BW'OKUBURWA SENTE BURIMU OBU:

- * okuguma otaine sente, nari oine ezitarikumara
- * orikutunga omushaara, baitu esente zikabuza ekirari ahonaaho
- * esente kukuraba omu myanya y'engaro nk'amaizi
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aho zisyaariire
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- * ebintu eberikuguma nibikugwamu
ahonaaho byona birikwenda esente
- * obworo bw'omu ka
- * tihariho n'omwe orikwimutsya
omutwe omu kika
- * esente z'ekikomo, niziremesa
okukura n'okugyenda omu maisho
- * kubanza waatunga ebirooto bibi
esente zitakabuzire
- * obworo kuguma bukuremeireho
n'obu waakuba oine amagyezi nari
orikukora munonga

Ebirikuremesa esente nibibaasa kureetwa ebi:

- * emikyeeno ya baashwenkuru
- * amatambiro g'obworo ag'eka
- * eby'oburogo
- * okuteganisibwa ebirooto
- * ebikwatiraine n'akarande k'obworo
- * okwikiririza omu nshaho zifumukire
- * amasitaane agarikurundaana
- * emizimu y'obworo
- * okurangirira okubi
- * ebiraganiso, okwehayo, nari ebiragaano bya Sitaane ebyakozirwe baashwenkuru
- * encwamu etahikire omu by'esente
- * abantu abany'eitima barikukugambaho kubi

*Ebirikuremesa kugira esente
tikirikumanyisa kuburwa esente –
N’okuremwa kutaaha omu rurengo
rwawe rw’esente oru Ruhanga
yaakuteireho*

*Kandi ekyahandiikirwe nikigira kiti:
“Guma oijukye Mukama Ruhanga
waawe ahabw’okuba niwe akubaasisa
kutunga.” – (Ebiragiyo 8:18)*

*“Omugisha gwa Nyakubaho
gutungisa abantu, kwonka
okwehenenga tikugwongyereraho
kantu.” – (Enfumu 10:22)*

*“Ruhanga wangye aryabamarira
obukyene bwanyu bwona.....” –
(Abafilipi 4:19)*

*“Oryaguza amahanga maingi,
kwonka otarikugeeguzaho.” –
(Ebiragiyo 28:12)*

Ruhanga naayenda abaana be kugira ebi:

- * okubagye
- * ebintu birikumara
- * ebintu omu bwingi
- * ebishaagaine
- * esente z'okumuha obusingye
- * kugirira esente ze obwengye
- * kukura omu by'esente
- * kumanya kuheera esente obujurizi

Ekicweka eki nikiwaho enjegyere
ezitarikureebwa kandi kikumbagaza
ebisiika by'obworo.

ESHAARA Z'OKUHIRIKA EBIRIKUREMESA ESENTE ZAAWE

1. Ahabw'Eshagama ya Yesu,
ninyekomoororaho ibara mukyeeno
gw'ekika ogw'obukyene,

ogw'okuburwa, ogw'ebintu kutahika,
hamwe n'okusyaraara kw'esente omu
kika kyangye.

*Reka omukyeeno gw'obukyene
gurandukire kimwe obutarigaruka,
omu iziina rya Yesu.*

2. Ibara itambiro rya Sitaane
ery'obukyene, okuburwa,
okukyerererezibwa kw'esente, nari
okuteganisibwa ebirikurwanisa
omuhanda gwangye – RIKWATWE
OMURIRO RISYE HATI!

*Reka eitambiro rya Sitaane
risheenyagurwe obutarigarukaho, omu
iziina rya Yesu.*

3. Ekihengyere kya Sitaane ekitwire
omu nshaho zangye – kirikureetwamu
eby'obufumu, bya baatatenkuru,

ebigambo bibi, nari omusingye mubi –
KIIGAZIBWE HATI n’Eshagama ya
Yesu!

*Hati esente zangye tizikigaruka kubura
ekiteetegyerezeibwe, omu iziina rya
Yesu.*

4. Ibara Sitaane orikwiba emigisha
yangye, omushaara gwangye,
amashaaruura gangye, amagoba
gangye, nari omugabo gwangye –
OKWATWE OMURIRO kandi
OREKURE eki waibire HATI!

*Ebyangye byona nimbigarurayo omu
iziina rya Yesu.*

5. Ahabw’obushoboorozi oburikwera,
ninsheenyagurira kimwe buri kisiika,
buri kikomo ky’esente
ekirikungyengyera sente ezi
nshemereire kuba nyine.

*Hati naanye nyine omugisha
gw'okugira bingi ahabw'amaani ga
Ruhanga, omu iziina rya Yesu.*

6. Buri mukono mubi ogurikukwata
omu sente zangye, gurikubuzabuza
ebintu byangye, nari gurikuzambaaza
amagoba gangye – oyome hati omu
iziina rya Yesu!

*Reka oku Sitaane abaire naataahataaha
omu bintu byangye kumarirweho kimwe,
omu iziina rya Yesu.*

7. Ibara muzimu gw'okuremwa
orikuburayo-kakye kusingura,
ogurikuteganisa bizineesi zangye,
omurimo gwangye, nari eby'obugaiga
byangye – OCWEKYERERE HATI!

*Okwehayo kwangye nikwija kwana
ebijuma, omu iziina rya Yesu.*

8. Ibara mukyeeno gw'okukora nk'enjojo, baitu okarya nk'ekimunya ogutwire omu magara gangye – NINKUSHAZAMU n'Eshagama ya Yesu!

Omurimo gwangye nigwija kwana ebijuma, omu iziina rya Yesu.

9. Ibara kukyererezibwa Sitaane okutunga emigisha y'esente zangye, okutunguuka omu bizineesi, kutunga emirimo, nari enyigi ziigwire – byona OMURIRO gubiiheho hati!

Omwaka gwangye gw'eby'esente hati gwaigurwaho, omu iziina rya Yesu.

10. Mutima Orikwera, haasirira amagara gangye mbaase kurabamu omu bya sente, ngire obwengye, emitwarize mirungi, obuganzi, hamwe n'okutunga.

*Ntunguukye hatakiriho ebirikundemesa
omu bya sente.*

*Mpikye aha kutunga omugabo gwa
Ruhanga.*

*Esente zangye zaacungurwa,
zaagaruka, kandi zaaheebwa
omugisha.*

EKICWEKA 4
OKUCWA EKIRIKUKYEREREZA
HAMWE N'OKUSYARAARA
Eky'okwehaburaho

Okukyerererwa kuhika ahu orikuza
hamwe n'okusyaraara, ni bimwe omu
bikuru by'entaro z'omu mutima
omuntu ebi arikubaasa kubugana.

Nookimanya ku oine ebiconco.....

Nookimanya, ngu Ruhanga
yaagamba.....

Nookimanya ngu endagaano
niyo.....

Nookora munonga.....

Noshaba.....

Noosiiba.....

Nogyezaho.....

Okusyaraara tikirikumanyisa
okuremwa – n'ekihome ky'eby'omutima.

Abantu baingi nibaturira omu
kukyererwa batarikukimanya, ngu
oburemeezi buri omu rugamba
rwe'byo'mutima.

OBUMANYISO BURIKWOREKA OKUKYERERWA HAMWE N'OKUSYARAARA

- * nootandika kurungi ebintu kwonka
torikuhendera
- * buri kintu nikitwara obwire bwingi
okweshumba ebindi
- * emigisha neija kikyerezezi nari
eburirayo
- * entuura y'okuremwa, omwaka aha
gundi
- * okuguma otegyereize hatariho
kusimbuka
- * ebirooto bitaine ki birikumanyisa

- * enyigi ezirikwigurwa ekibogyeka,
zikagaruka zikeekinga
- * obwire burikugyenda, kwonka
omugisha gwo gutarikwehiga
- * okuhwa omuhimbo ahonaaho
- * entuura y'okuburayo kakye
kuhikayo, kwonka otahikireyo
- * emigisha erikufa aha kaire k'aha
muheru
- * nooyehurira oruhire omu
by'omutima, okomirwe, nari
nogyenda mpora
- * abantu abu orikweshumba obukuru
nibaguma nibaija nibakurabaho
- * kwehurira noosigara enyima
- * okuguma nooyetamwa,
nooteganisibwa, kandi oine oburuhe
- * okukyerererwa omu by'obushwere,
aha murimo, omu by'esente, n'omu
kugyenda omu maisho

- * okuguma nooyongyezayo
- * ebyokukora ebitarikuwayo

EBIRIKUREETA OKUKYERERERWA HAMWE N'OKUSYARAARA

- * Obugara
- * emikyeeno ya baashwenkuru
- * emihingo kuruga omu bisitaane
n'oburaguzi
- * amatambiro ga Sitaane
agarikuremesa okugyenda omu
maisho
- * ebirooto ebirikuteganisa (obugo,
enjegyere, okugyenda noogaruka
enyima)
- * oburyarya bw'omu maka
- * okubaihwabaihwaga Sitaane
- * emikago mibi
- * emigoye ekukomire

- * obwoba, okutiinatinisibwa,
okucuubwa omuhimbo
- * okuruga aha kigyendererwa
- * okutamanya ebya Ruhanga
- * okuremera aha by'obuhangwa
- * emizimu y'omu maizi
- * obukwatwa burikuruga enyima

Kwonka ekigambo nikishoboorora kurungi:

“Nyakubaho, oryankorera ebi wanteekateekyeire.” – (*Zaaburi 138:8*)

“N’obu byakutuuraho, obitegyereze.

Buzimazima biryaija,

tibirikyerererwa.” – (*Habakuuku 2:3*)

“Mutwire munonga ahari oru rushozi.

Nimwimutsye mugumizemu

orugyendo rwanyu.” – (*Ebiragiro 1:6*)

“Mbweni iwe rushozi we oruhango,
niiwe oha? Omu maisho ga
Zerubabeeli oryaba oruhita.” –
(Zekariya 4:7)

*Okukyerererwa, ti kukunda kwa
Ruhanga.*

*Okusyaraara, ti mubagano gwawe
Nooragirwa kugyenda omu maisho.
Ekicweka eki nikiwanyagura ibara
rujegyere orukukomire.*

ESHAARA Z’OKUMARAHO OKUKYERERERWA HAMWE N’OKUSYARAARA

1. Ibara muzimu gw’okukyerererwa
ogwateirweho kungaruza enyima –
ninkukoma, ninkucwa eisheija, kandi
ninkukyeena omu iziina rya Yesu!

*Omugisha gwangye
tigwakikyererezibwa.*

2. Ahabw'amaani g'Eshagama ya Yesu, nindandurira kimwe ibara musingye gw'okusyaraara ogwa baatatenkuru oguri omu kika kyaitu.

***Omwetoororo ogwo gwasheenyerwa
kimwe ebiro byona, omu iziina rya
Yesu.***

3. Emihingo yoona ey'eby'obufumu eyaateirwe aha kugyenda omu maisho kwangye – ECWEKYEREREZIBWE HATI omuriro gwa Mutima Orikwera!

***Tihakiriho ekirikunzibira, omu iziina
rya Yesu.***

4. Ibara kago k'omu mutima akatwire kakwatiire omugisha gwangye omu bukwatwa – KAIGURWE OMURIRO HATI!

*Nintoroka omuri ibara kihome
ky'okukyerererwa, omu iziina rya
Yesu.*

6. Ibara iraka rya Sitaane eririkungira
ngu “TEGYEREZAHO”,

“YEEMERERA”, nari

“TOKABAIRE” aha businguzi

bwangye – rihunamisizibwe kimwe

ebyo byona, omu iziina rya Yesu!

*Ninyangira kimwe okukyererezibwa
Sitaane*

7. Nindagira buri rushozi

rw'okusyaraara orwemereire omu

maisho gangye – KUBA

AHATEEREIRE HATI!

*Reka okugyenda omu maisho
kutandikye.*

8. Ibara mukono gwa Sitaane
ogurikuzambaaza emigisha yangye,
okutungurwa aha murimo, emirimo
yangye, hamwe n'emikago yangye –
gwome HATI omu iziina rya Yesu!

Emigisha yangye yaarekurwa.

9. Ahabw'obushoboorozi bwa Kristo,
nincweraho kimwe enkora ya “naaba
naaza kuhikayo kwonka tinaahikayo”
kurugira kimwe omu magara gangye.

***Nimpeera kimwe obujurizi bwangye,
omu iziina rya Yesu.***

10. Mutima Orikwera, haasirira obwira
bwangye, okugyenda omu maisho
okutari kwa buriijo, okweyongyera
kw'obusinguzi, hamwe
n'okugumizamu omu rugyendo
rwangye.

***Ningyenda omu maisho. Ninyimuka.
Nindahuka. Ninyeyongyera.
Nindugira kimwe omu kusyaraara
ebiro byona.***

EKICWEKA 5
OKUCWA EKIRIKUKYEREREZA
HAMWE N'OKUSYARAARA

Eky'okwehaburaho

Ti by'okuremesa byona, ngu
nibireetwa Sitaane nari eby'obufumu.

Entaro ezindi niziba omu nda
y'omuntu – omu bwonko, omu
biteekateeko, omu bwijukizi, nari omu
bironda by'omunda.

Ebirikuremesa eby'obwonko,
hamwe n'eby'ebiteekateeko
nibibaasa kuba ebisiika
ebirikuremesa omuntu kwimuka,
n'okurugwamu ow'omugasho.

Omuzigu naamanya:

“Nk'oku omuntu atekateeka omu
mutima gwe, nikwo ari.”

Obwengye bwe bwaba bukomirwe,
n'omugisha gwe biri nagwe
gukomirwe.

Ebiteekateeko bye byaba
bihutaaziibwe, okugyenda omu maisho
nikurema.

Omutima gwe gwaba guremereirwe,
obuntu bwe buhwa amaani.

EMIRINGO Y'EBIRIKUREMESA ENKORA Y'OBWONKO HAMWE N'EY'EBITEEKATEEKO

1.Obwoba

- * Okutiina kuremwa
- * Okutiina obusinguzi
- * Okutiina okwangwa
- * Okutiina okugyezaho
- * Okutiina amagingo masya

2. Okwerarikirira n'okuteekateeka munonga

- * Okuguma oyerarikiriire
- * Okuguma nooteekateeka aha bintu bibi ebyabaireho
- * Okusharara kw'obwonko
- * Okuraara otagwejegyeyire

3. Iwe wenka okuteeyikiririzamu, hamwe n'okwegaya

- * Kwehurira otashemereire
- * Kwehurira otari murungi ekirikumara
- * Kwikiriza ngu abandi nibarungi okukiraho
- * Kwehuriramu okushwara n'okuhemuka
- * Kwehuriramu enkora y'okwebambaho
- *

4. Enkora y'okwikiririza omu bisiisikaire

- * “Nyowe tindikubaasa.”
- * “Abantu abari nka nye tibahika aha businguzi.”
- * “Nyowe tihariho ekirikubaasa kunkorera.”
- * “Oru n'orubanja rwangye.”
- * “Eki nikimara.”

5. Ebyakuhutaarizeho enyima, hamwe n'ebironda

- * Ebyakusaasize omu bwana
- * Okufeerwa emikago
- * Okusigwaho/Okunagwaho
- * Okwetantarwa n'okureebesibwa akatanta k'erisho
- * Okujumwa
- * Ebigambo eberikugambwa oine ekiniga
- * Enkojo z'omu biteekateeko

6. Ebisiika by'omu bwonko

- * Okwemerera kuteekateeka
- * Okuguma nookora ebintu nooyegarukamu
- * Okujwanga
- * Okuhwa amatsiko
- * Okuruha omu bwonko

Ezi entaro z'omunda nizibaasa kureeta omukingo ogutarikureebwa ogurikubaasa kuremesa omuntu ebi:

- * kurugayo okagira eky'okukora
- * okwikiriza okwetwa
- * okwombeka emikago
- * okutandika bizineesi
- * okwikiriza rukundo
- * okukura omu kwikiriza
- * okwakiira ebiraganiso bya Ruhanga

ENDUGIIRIRO Y'EBIRIKUREMESA OMU BWONKO

**Ebirikuremesa eby'obwongo,
n'ebitekateeko nibibaasa kuruga
omuri ebi:**

- * oku omwana yaayoroirwe
- * eby'omuntu yaarabiremu ebi
arikwijuka bikakamusaasa
- * emikyeeno eyaamukyeenirwe, nari
ebigambo bibi ebyamugambiirwe
- * okuhemurwa
- * okuribatiirirwa n'okwimwa obugabe
bw'okushaba
- * okutiina emizimu
- * okwangwa
- * okwetiina
- * okuguma nooremwa
- * okworoza abaana obukambwe
- * obureebya

Baitu ebyahandiikirwe bigamba biti:

“Manya Ruhanga taratuhairu mutima gw’obwoba, kureka ogw’amaani, na rukundo n’okwebariirira.”

(2 Timoteho 1:7)

“Muhindurwe nimugarurwa busya omu biteekateeko byanyu, mubone kuhamya ebi Ruhanga akunda.”

(Abarooma 12:2)

“Ebyanyu byona ebi bashobeire mubimwegyekyerere, ahabw’okuba naabataho omutima.” – ***(2 Petero 5:7)***

Okukizibwa kw’obwonko KURIHO
Okukira kw’ebiteekateeko KURIHO
Okwetegyeka okw’omunda KURIHO
Mutima Orikwera naabaasa kucwa
enjegyere ez’omunda, ezigumire
nk’ez’aheeru.

Ekicweka eki nikigyenderera kuhezaho emihingo y'omunda erikuremesa emigisha.

ESHAARA Z'OKUCWA EBIRIKUREMESA OBWONGO N'EBITEEKATEEKO

1. Mukama Yesu, ahabw'Eshagama yaawe y'omuhendo, kiza ibara kirona ekiri omu mutima gwangye ekihindukire ekisika n'omuhanda gw'orwigi gw'okuremesa.

Obusaasi bw'omunda nibukarekyere aho okungiraho obushoboorozi.

2. Nincwanyagura ibara mutima mubi gw'obwoba, okwerarikirira, okutiina, hamwe n'obukwatwa bw'obwongo ebiteekire katebe omu bwengye bwangye.

iziina rya Yesu.

***Ninyakiira omutima ogw'AMAANI,
hamwe n'OKWEHURIRA ORI OMU
BUTEEKA, omu iziina rya Yesu.***

3. Mutima Orikwera, taaha omu bishengye by'obwujukizi bwangye, okize buri hamwe ahaahutaaziibwe, ekyandeeteire naaguma ninteekateeka kubi.

***Reka ibara bwujukizi bwona
oburikusaasa bumarweho okubaho
kwawe Mukama Yesu.***

4. Ibara ntuura y'omuringo gwona ogu naakomoire omu ka yaitu, sosayate, nari omu by'enyima ebi naarabiremu – BICWEKYE HATI omu iziina rya Yesu!

***Tinkigaruka kuteekateeka kakye.
Tinkigaruka kuteekateeka, ngu
ninsingwa***

5. Ninshazamu ibara kigambo kibi kyona ekyangambirweho aha magara gangye – yaaba abazaire bangye, abashomesa bangye, banywani bangye, abainazi, nari naaanye nyenka – ebyagyenzire nibinyihamu okweyesiga n’okwekunda.

Reka ibara kigambo kibi ekyangambirweho kigarukyeyo.

6. Ibara kisiika ky’omuzambaaro, okuruha kw’obwonko, okuteekateeka munonga, hamwe n’okuremeererwa omu biteekateeko – KIKWATWE OMURIRO KISYE HATI!

Ninyakiira okushoboorokyerwa kw’obwonko hamwe n’obusingye, omu iziina rya Yesu.

7. Omuringo gwona ogwa Sitaane kunyangaraza obwengye bwange kurabira omu kutiina, ebirooto bibi, ebiteekateeko birikuteganisa, okushobangirirwa, nari okwerarikirira –
NINKURAGIRA KUGYENDA HATI
omu iziina rya Yesu!

Obwengye bwangye n’obwa Ruhanga.

8. Mukama Yesu, nkiza kuruga omu bukwatwa obu naayeteiremu, okuguma ninyongyezayo ebintu, hamwe n’okwanga nkana okuri omuriinye, byona ebirikukingira okugyenda omu maisho kwangye.

Reka enteekateeka yangye ehikaane n’omugisha ogu Ruhanga arikumpa, omu iziina rya Yesu.

9. Ahabw'amaani g'Omusharaba,
nindandura ibara muzimu
gw'okwangwa, okunagaijurwa, kwitwa
eihamba, okusigwaho, hamwe
n'obusaasi bw'omu biteekateeko
ekirikundemesa okushemererwa, kugira
emikago, nari kweyikiririzamu.

***Ninkundwa, ninyikirizibwa,
nkatooranwa, naacungurwa.***

10. Mutima Orikwera, garura busya
obwengye bwangye, teebeekanisa
ebiteekateeko byangye, kandi
onyijuzemu omuhimbo,
obumanzi/okweyikiririzamu,
obutwaza-mpora, hamwe n'okwehayo.

***Ninyimuka nduga omu birikundemesa.
Ningyendera omu nteekateeka
y'obusingye. Omutima gwangye
gukizire. Obwengye bwangye
bugarwirwe busya. Hati ndi gye, omu
iziina rya Yesu.***

EKICWEKA 6
OKUCWA EBIRIKUREMESA
BIRIKUREETERWA
OMU BIROOTO

Eky'okwehaburaho

Ebirooto n'omuhanda gumwe gw'okwiguriraho eby'omutima.

Baiburi eijwiremu ebirooto – Ruhanga naagamba omu birooto, naarabura omu birooto, naayoreka omu birooto, naahamiiriza omu birooto.

Baitu n'omwinazi nawe naataahirira omuntu omu birooto.

Abantu baingi amagara gaabo ni magufu, ahabw'okuba emigisha yaabo ekabanyagwaho, yaabuzabuzibwa, nari yaamarirwa amaani omu birooto.

Ahabw'enki ebirooto biri bikuru?

Ahabw'okuba ebirooto nibijwekyera:

- * eirembo ry'ah'otarikumanya gye
- * n'orwigi rurikworekyerera omu mirimo y'eby'omutima
- * niyo meeza ahu endagaano zirikukorerwa
- * n'eirwaniro ry'emigisha nyamwingi
- * n'omwanya ahu emigisha, nari okutaahirirwa birikuhendererwa
- * n'omwanya gw'okutebeekanisizamu eby'omutima

» *Ekirikubaho omu birooto, kibasa kukuteganisa wasiimuka.*

» *Omuzigu ku yaakusingura omu birooto byawe, noobaasa kuteganisibwa omu magara.*

Emiringo mikuru y'okuteganisibwa ebirooto, kikaremesa orugyendo rwawe

1. Okuroota noorya

Nikiregyenza obutwa omu by'omutima, Sitaane okusiranisa, oburwaire, obukyene, hamwe n'okusiisikara kw'eby'omutima.

2. Ebirooto by'okuteerana

Nikyoreka ngu oyeine omushaija nari omukazi okwesibireho nk'owoshweraine nawe omu by'omutima, okukwatirwa omu ndagaano na amasitaane, okuremwa emikago/obushwere, okutazaara, hamwe n'okukweshobera.

3. Kuroota amaka makuru, amashomero makuru, n'ebyaro bikuru

Nikimanyisa okusyaraara,
obugwa-nyima, okuguma omu
bukwatwa bwa baashwenkuru, hamwe
n'okukyererwa.

4. Okuroota barikukutaragarisa

Nikyoreka orugamba rw'eby'omutima,
okutiina, okukwatirwa omu
by'akarande, hamwe n'ebyago
birikwenda kukunyagaho omugisha.

5. Enjoka, embwa, enjangu, n'enyamaishwa

ezitarikwetegyerezibwa

Nikyoreka eby'obufumu kubiriyo
nibirwanisa amagara gaawe, emizimu
erikurondoora, emizimu y'omu maizi,
hamwe n'amatambiro agaira.

6. Okunaga esente nari okubura kukora ebigyezo

Nikyoreka okufeerwa emigisha,
n'okuhugibwa kw'ekigyendererwa.

7. Okureeba omuntu afiire

Nikyoreka emizimu ya baashwenkuru,
emyambi ya rufu n'oburwaire

8. Okugwa kuruga ahaiguru

Nikyoreka okutaahirirwa emizimu,
okuremwa, okugarurwa ahansi, hamwe
n'omuringo gw'okwimuka noogwa.

9. Okwibira omu maizi g'amarofa

Nikyoreka okukomerwa omu maizi,
okusiisikara kw'eby'omutima, hamwe
n'enshonga zikwatiraine
n'eby'ebiteekateeko.

10. Oyetooroirwe omwirima

Nikyoreka ngu sitaane
akurubire, akwetoraire, obugo

bw'eby'obufumu, okuhuma omu
magara ag'eby'omutima
n'okuteetegyereza gye ebya Ruhanga.

11. Orikuteerwa amasasi, ekikatu, kurumwa ekinyabushegu, nari okomirwe

Nikyoreka oburwaire, emikyeeno,
n'obusibe - n'obukwatwa omu magara
og'omutima.

12. Ebirooto ebi otarikubaasa kwijuka

Nikyoreka okwibwaho eby'omutima,
n'okunyagwaho obutumwa bukuru
bw'omu iguru.

Ebirooto ebi ti “birooto burooto.”
N'amaani g'omu mutima g'okuremesa.

ENDUGIIRO Y'EBY'OKUREMESA BIRIKWEMA OMU BIROOTO

- * eby'obufumu ebibakukusindikira
- * emizimu y'omu maizi
- * endagaano za baashwenkuru
- * amatambiro agatakasheenywaga
- * ebirikukoma omutima
- * okuhutaazibwa
- * okutiina emizimu
- * enyigi zirangaire ahabw'ekibi
- * amagara g'omutima agatarinzirwe
gye
- * endagaano z'abashwereine omu
mutima
- * emizimu
erikurondoora/erikukuratirira
- * ebya akarande k'endugiiriro

OKUKUNDA KWA RUHANGA N’OBUSINGYE

Baibuli neegamba ki:

“Mbyama n’obusingye, ndahuka kugwejegyera. Manya Nyakubaho, niwe wenka ondiinda nkagogyera.”

(Zaaburi 4:8)

“Abantu ku baabaire bagwejegyeyire, omuzigu yaija-----.” – *(Matayo 13:25)*

“Batabani baanyu, na bahara baanyu baryaranga, n’abagurusi baanyu baroote ebirooto.”

(Ebyakozirwe 2:17)

**Ruhanga naayenda amagara gaawe
g’okuroota okuba omwanya gw’o-:**

- * kushuruurirwa
- * kushoboorokyerwa
- * omuhanda gw’okumurikirwa
- * butumwa bw’omu iguru

- * kubugabugana Maraika wa Ruhanga
- * kutunga amaani g'eby'omutima

**ESHAARA Z'OKUCWA
EBIRIKUREMESA
BIRIKUGYENDERA AHA
BIROOTO**

1. Ahabw'amaani g'Eshagama ya Yesu, ninshazamu ibara ndagaano mbi eyaakoziwe kurabira omu birooto – omu kumanya nari omu butamanya.

Reka ibara ndagaano ya Sitaane emarirweho kimwe.

2. Ninyangira kimwe, ntanaka, kandi ngarura ibara kyokurya kya Sitaane, ekyokunywa, omubazi, nari okusiisikara kw'omutima, ebi naakuba naatungire kurabira omu birooto.

***Reka buri kintu kibi eki naakuba
naariire kishohore HATI, omu iziina
rya Yesu.***

3. Ibara mushaija/mukazi arikunyizira
kurabira omu birooto – nimpendaho
endagaano yaawe, ninyangira kimwe
ebi orikushaba, kandi
NINKUSHOHOZA AHEERU omu
iziina rya Yesu!

***Toine mwanya omu magara gangye,
omu iziina rya Yesu.***

4. Ekirooto kyona ekirikungaruza
enyima – amaka amakuru,
amashomero amakuru, ebyaro ebikuru
– NINKISHAZAMU n'OMURIRO!

***Omugisha gwangye tigurikwija
kugaruka enyima, omu iziina rya
Yesu.***

5. Ibara nyamaishwa erikureebekyera omu birooto byangye nk'entumwa ya Sitaane – enjoka, embwa, enjangu, embeba, entangura, ebijoka – bikwatwe OMURIRO BISYE HATI!
Omurimo gwawe niguhwa eri izooba, omu iziina rya Yesu.

6. Ekirooto kyona eky'okurigisibwa, okomirwe, ori omu nkomo, oteirwe, nari oremesezeibwe hamwe – NINKIBINGIRA KIMWE ahabw'amaani g'Omusharaba!
Tihariho Sitaane yoona eribaasa kukoma omugisha gwangye, omu iziina rya Yesu.

7. Ibara mwambi gw'oburwaire, ogw'okurwara, nari okutaahirirwa kwona okw'ahonaaho okurikutebeerezibwa kurugiirira omu birooto – KUGARUKYEYO HATI!

***Ninyangira kimwe ibara
birikuteganisa omutima, nari
kuruma.***

8. Ekirooto kyona eky'okunaga esente,
okuremwa kukora ebigyezo,
okusingwa okubuuzibwa, nari
okufeerwa emigisha –

**NINKIBINGIRA KIMWE, omu iziina
rya Yesu!**

***Emigisha yangye neija kweyoreka
butunu.***

9. Ahabw'eshagama ya Yesu,
ninyekomoorora aha buhangwa bwona,
nari aha mizimu y'omu maizi erikwija
omu birooto byangye.

***Reka ibara kikwatiraine n'ebya
sitaane, kicwekyerezibwe ebiro byona,
omu iziina rya Yesu.***

10. Mutima Orikwera, tegyeka
amagara gangye g'ebirooto – reka
ebirooto byangye biijurwemu
okushuururirwa, obutumwa burikuruga
omu iguru, okubugana baamaraika,
n'okwongyerwa amaani omu
by'omutima.

*Orurengo rw'ebirooto byangye
bigyegyeyinwe gye, birinzirwe gye,
kandi nibitegyekwa Ruhanga.*

EKICWEKA 7
OKUCWA EBIRIKUREMESA,
EBIKOMIRE AMAKA HAMWE
N'EBIKA

Eky'okwehaburaho

Ebintu ebimwe ebirikuremesa
ebigangaire omu magara g'omuntu,
tibiruga omu bazigu ba hare, kureka
biruga omu nda omu nju yaabo, nari
omu bantu b'ekika kyabo.

Eki tikirikumanyisa kuhaaha, nari
kwanga abantu b'omu ka egyo.

Nikimanyisa kumanya ngu:

*Ibara ka eyekoreire obwire butoorobi
omu by'omutima.*

Ibara ka eine ebi erikugyenderaho.

Ibara ka eine ebyafaayo byayo.

*Amaka agamwe gaine amatambiro,
gaine ebironda, gaine emyetoorooro,
hamwe n'emigamba y'eby'omutima.*

**Ebikomire amaka, nigo amaani
agatarikureebwa agarikukorera
omu maka ago, gakareetaho:**

- ~ okuguma nimuremwa
- ~ oburwaire butarikuhwamu
- ~ okuguma harimu okukyerererwa
- ~ obushwere burikuguma nibufa
- ~ obworo butarikuhwamu
- ~ esindo etarikuhwamu
- ~ ebironda by'omu biteekateeko
bitarikukira
- ~ okutamwa kwa buri kaanya
- ~ okufa omu bwana/buto
- ~ eitima
- ~ eby'obufumu
- ~ okwangana n'okurwana
- ~ okwangwa
- ~ obugumba
- ~ obugwa-nyima obushobire

- ~ entuura y'okutagira owaagyenda omu maisho
- ~ okusyaraara, n'obu baine obwengye bwona
- ~ emigisha ebakingiirwe
- ~ okufeerwa esente okutarikwetegyerezibwa
- ~ okufa kwa bizineesi, hamwe n'emirimo
- ~ okutaanaguruka
- ~ okutaahirirwa Sitaane

Omuntu naabaasa kukunda munonga eka yaabo, kwonka nabwo agume naateganisibwa embeera y'ebisitaane by'omu ka egyo.

EMIRINGO Y'EBIRIKUGUMA BIKOMIRE AMAKA

1. Obufumu bw'omu ka

Abanyabuzaare nari abantu b'omu ka
egyo abarikukoresa Sitaane, obundi
ahabw'etitima nari
ahabw'okurwanagana.

2. Okuringuriza omu ka

Abantu abahikire haihi, abarikuguma
nibaringuriza okugyenda omu maisho
kw'eka omu by'omutima,
eby'emiteekateekyere, nari
n'eby'omubiri.

3. Ebirikukoma ebiteekateeko

Okuhutaazibwa kw'eka, okwangwa,
obutatebeekana, nari okutamanyisana
okuhikire.

4. Amatambiro hamwe n'okuramya ebishushani

Endaaro, oburogo, eby'oburaguzi,
amatambiro ga baashwenkuru,
emizimu y'omu ka.

5. Ebintu by'omu ka

Ebintu ebirikugumizamu nibibaho
kuruga aha ruzaaro kuza aha rundi –
okuremwa, obworo/obukyene,
okutashwera/okutashwerwa,
oburwaire, n'okusyaraara/kusangana.

6. Eitima ry'omuka

Eihari, okuharikana, okuribatiirirana,
nari abantu abari omu ka egyo
okutendezana.

7. Emikyeeno erikugambwa

Ebigambo bigumire kuruga omu
bazaire, abareebeerezi, nari
abanyabuzaare abaahindikire
ab'okubakingira.

Ijuka:

**Ruhanga naakunda eka yaawe,
kandi tarikwenda ku okomerwa omu
bikorwa bya Sitaane.**

Yesu We wenka nyakabara naagira:
“Abazigu b’omuntu baryaba ab’omu
ka ye.” – (*Matayo 10:36*)

Eki tikirikumanyisa kureetaho
okwangana – baitu n’okwongyera
kwetegyereza.

Omurimo muhango ogu oine, ti
kurwana n’abantu,

Baitu n’emitima erikuteganisa embeera
y’ensi.

Nk’oku Paulo arikwegyesa:

“Manya titurikurwanisa abantu
nyabuntu.....” – (*Abeefeso 6:12*)

**ESHAARA Z'OKUCWA
EBIRIKUREMESA EBITWIRE
BIKOMIRE AMAKA**

1. Mukama Yesu, ahabw'amaani
g'Omusharaba gwawe, nincwanyagura
ibara nkora mbi y'amaka, erikuremesa
okugyenda omu maisho kwangye.

*Reka entuura y'akarande ehendere
naanye, omu iziina rya Yesu.*

2. Ibara itambiro ry'omuka – erya
baatatenkuru, eby'oburaguzi,
eby'obufumu, eby'ebyanga –
birikugamba aha magara gangye,
**BIKWATWE OMURIRO BISYE
HATI!**

*Reka ibara iraka ry'ekibi
rihunamisizibwe kimwe
obutarigaruka kuteeza, omu iziina rya
Yesu.*

3. Ibara Sitaane y'omu ka – eitima,
okubaihwabaihwa, okureebereza, nari
okutengyerwa kubi – byona
ebyateirweho kuremesa okugyenda
omu maisho kwangye, BITAATAANE
HATI omu iziina rya Yesu!

*Reka omuriro gwa Ruhanga
gurondoore, kandi gucwekyereze
enteekateeka mbi yoona, omu iziina
rya Yesu.*

4. Ibara mukyeeno ogwankyeenirwe
abanyabuzaare, abazaire,
abareeberezi, nari abantu b'omu ka –
barikukyetegyereza nari
batarikukyetegyereza –
GUGARURWEYO eshagama ya
Yesu!

*Ninsharizamu kimwe ebigambo bibi,
omu iziina rya Yesu.*

5. Ibara mutima mubi gw'okwangwa,
okuharikana, okwangana,
okutakyengana, nari okutaanagurikana
kw'omu ka yangye – gwihweho
obushoboorozi HATI!

***Omugisha gwangye tigurikwija
kukwatirwa omu bukwatwa
bw'ebiteekateeko.***

6. Omuzimu gwona ogw'eka
(omuzimu gwa baashwenkuru,
omuzimu gw'omu maizi, n'ogundi
nk'ogwe) ogurikurwanira kutegyeka
amagara gangye – GUBINGIRWE
KIMWE HATI omu iziina rya Yesu!
***Amagara gangye gari omuri Kristo
wenka.***

7. Buri mutima mubi ogurikurondoora
ibara ka gurikukuratirira okugyenda
omu maisho kwangye, gurikutooza
okutunguuka kwangye, nari

gurikurondereza emigisha yangye –
OMURIRO GUGUHINDURE
EMPUMI!

*Torigaruka kundeeba obundi, omu
iziina rya Yesu.*

8. Amaani goona ag'omu nju ya Taata
nari ya Maama garikugyemesereza
okukyerererwa, okusyaraara, nari
kugumira aho – OTARENGA AHO
HATI!

*Ninyetaanuura ahari ibara mutwaro
ogwasikiirwe.*

9. Ibara ntuura mbi omu ka yangye –
obworo/obukyene, oburwaire,
okushwera/kushwerwa kikyerezezi,
okuremwa, obugumba, okufa
ekigutuko – NINDANGIRIRA:
Nikihendera naanye omu iziina rya
Yesu!

*Amagara gangye tigarigaruka kuraba
omu byabaireho ebibi.*

10. Mutima Orikwera, yeetooroore eka yangye n'omuriro. Haasirira omuringo gw'eka yangye. Tambira ebironda byaitu. Garuraho obumwe bwaitu. Binga ibara rujegyere rw'ekibi, kandi oikirize obusingye bwawe kwema.

Eka yangye eine omugisha.

Omuhanda gwangye guri gye.

Amagara gangye g'omu maisho gajunirwe, omu iziina rya Yesu.

EKICWEKA 8 OKUCWA OKWERWANISA N'OKWEREMESA

Eky'okwehaburaho

Ebintu bimwe ebirikuremesa
ebirikukirayo kuba eby'akabi,
tibirukuruga omu mandwa, oburogi,
amatambiro g'obuhangwa, nari
nangwa n'abazigu –
Nibiruga omunda y'omuntu.

Abantu baingi tibarikukira kuremesibwa amaani garikuruga aheeru;

- nibaremesibwa enteekateeka yaabo
- ebi bo bonka barikutiina
- ebironda byabo bo bonka
- eby'enyikiriza yaabo
- entebeekanisa y'omu mitwe yaabo

Eki nikyo Baibuli erikwegyeseza eti:

“Muhindurwe nimugarurwa busya omu biteekateeko byanyu.”

(Abarooma 12:2)

OKWERWANISA NIKIMANYISA KI?

Okwerwanisa n’oku entuura yaawe y’omunda, ebiteekateeko byawe, emitwarize yaawe, nari n’eby’orikwikirizamu birikuguma nibirwanisa mpora okugyenda omu maisho kwawe.

- * N’obu ebiteekateeko byawe birikuhinduka eirwaniro,
- * omutima gwawe gukahinduka omwanya guhutaaziibwe,
- * n’obwimukyeero bwawe bukaba emitego y’eby’omutima.

- * Nooyenda obusinguzi – kwonka okwo omu nda, hariyo ekintu nikikirwanisa.
- * Nooyenda kwimuka – kwonka hariho ekintu omunda ekikukomeire ahansi.
- * Nooyenda kuhinduraho – kwonka emicwe yaawe neekiremesa.

EMIRINGO Y’OKWERWANISA

1.Okuguma nooyongyezayo

- * Kweshara eki orikuragirwa kukora
- * Kutiina okutandika
- * Okutiina obujunaanizibwa.

2. Okwereeba nk’ohikiriire

- * Kutatandika, okuhitsya waareeba buri kintu kyona kiriho omu buteeka bwakyo.
- * Kutiina kukora enshobe.

3. Okwegambaho kubi

- * “Tindi murungi ekirikumara.”
- * “Buri kaanya nindemwa.”
- * “Eki ni kihango munonga ahabwangye.”
- * “Tinshemereire businguzi.”

4. Kutiina obusinguzi

- * Obu orikweshanga nootiina okutunguuka okukira okuremwa.

5. Okutiina okusingwa

- * Okuguma nooyeshara eby’okukora, ngu bitakaakurema okahemuka.

6. Okweheereza ekifubiro

- * Kweteekateekaho nk’otahikire ahabw’enshobe ezaabaireho enyima.

7. Okuteekateeka munonga n’okuremwa kucwamu

* Kuguma aho nooteekateeka aha kintu, emigisha ekarugaho ekahwayo.

8. Okuhugira aha buntu obukye

* Okutoorana emigisha emikye, ahabw'okuba ebihango nibikutiinisa.

9. Okwanga emikago mirungi

* Okwirizayo hare abantu

* Okwihaho enkoragana

* Okugaruka kuraba omu ntuura y'okwangwa

10. Okwehara okukura

* Okwehuzya emihanda y'okweyongyera omu maisho.

* Okweshara obujunaanizibwa.

* Okutoroka empinduka.

Okweyanga n'ekintu ky'akabi

- * Nikyeshereka omu muntu
- * Nikyeshereka omu bwimukyeero.
- * Nikyeshereka omu mutwe
- * Nikyeshereka omu bironda n'ebi
waarabiremu omu bwana.
- * Nikyeshereka omu bigambo /
ebikorwa ebirikukuhutaaza.

ENYIKIRIZA Y'OMUNTU ERIKUMUGARURA ENYIMA

Enyikiriza mbi y'omuntu
ey'arikwikiirizamu - n'ekishuba eki
Sitaane arikuta omu bwengye bwawe –
haza naiwe okakiikiriza nk'amazima.

Eby'okureeberaho

- “Abantu abari nka nye tibakaabaasa
kusingura.”

- “Oburugo bwangye nibw’obwo niikwendi ”
- “Tindazaariirwe kuba ow’amaani.”
- “Ekika kyangye tikitunguuka.”
- “Nyowe tinkahinduka.”
- “Eki nikyo kirungi eki naakubaasa kukora.”
- “Tinshemereire kutunga okushemererwa.”
- “Nyowe nkuzire munonga/ndi muto munonga.”
- “Abandi bari gye okumpita.”

Ebiteekateeko ebirikuremesa nibikoma zaamiriyooni z’emigisha – mpora, bihunami, kandi n’omu muringo gw’amaani.

Kwonka Ruhanga naagamba ki:

“Nimmanya enaama ezi naabacumiire,
ez’oburungi, zitari z’obubi – enaama
z’omu maisho hamwe n’amatsiko.” –
(Yeremiya 29:11)

“Nimbaasa byona ndi omuri Kristo
ompa amaani.” – *(Abafilipi 4:13)*

“Ninkusiima ahabw’okumpanga omu
muringo gw’eihano kandi
ogurikutangaaza.” *(Zaaburi 138:14)*

ENDUGIIRIRO Y’OKWEYANGA

- * okujumagurwa munonga omu
bwana
- * okutiina okwakuteirwemu abazaire
nari abeegyesa
- * okuhutaazibwa omu biteekateeko
- * okwangwa
- * okugira ebyafayo by’okuremwa

- * okuremera omu nteekateeka
y'obworo
- * okugyerageranisa
- * ebironda by'omu biteekateeko
- * ebigambo bibi ebitwire nibigambwa
aha magara gaawe
- * okwenda kukora ebihikiriire
- * okuburwa kwehamya
- * okuguma nootaahirirwa ebintu
bitarikwetegyerezibwa
- * ebrahiro by'omu mutima
("Tindigaruka kukigamba
obundi.....")
- * okuguma oine okushwara nari
okuhemuka

Kwonka Mutima wa Ruhanga naayoreka ati:

“Ahi Mutima wa Mukama ari, habaho
obugabe.” – (2 Abakorinto 3:17)

**ESHAARA Z'OKUBINGA
OKWEYANGA, HAMWE
N'EBITEEKATEEKO
BIRIKUREMESA**

1. Mukama Yesu, yoohereza omushana gwawe omu bwengye bwangye, kandi oyorekye ibara ntuura eyesherekire y'okweyanga eri omuriinye.

Reka emize y'okweyanga erandurwe, omu iziina rya Yesu.

2. Ahabw'eshagama ya Yesu, ninwanyagura ibara nyikiriza mbi ei naatungire kuruga omu bwana, omu kika kyangye, omu bashomesa bangye, nari omu bironda by'enyima.

Reka ibara kishuba kishwekwe amazima, omu iziina rya Yesu.

3. Ibara mutima gw'obwoba – okutiina okusingwa, okutiina kusingura, okutiina obujunaanizibwa – NIMBIKYEENA omu iziina rya Yesu.

Nitunga obumanzi n'okwehayo, omu iziina rya Yesu.

4. Mutima Orikwera, cwekyereza ibara ndagaano y'omu mutwe ei naakuba naakozire n'okusingwa, okusyaraara, okuhemuka nari n'obukye.

Nywanisa amagara gangye n'omwanya ogurikwera, omu iziina rya Yesu.

5. Ninsheenyaho ekisiika ky'okwongyezayo, okusharara kw'ebiteekateeko, hamwe n'okuremwa eky'okucwamu aha magara gangye.

Ningyenda n'amaani n'okushoboorkyerwa, omu iziina rya Yesu.

6. Ibara iraka ry'omunda yangye eririkungambira ngu “iwe toriimuka,” “toine mugasho,” “noi ja kuremwa,” -
NIRIKAHUNAMISIBWE
ahabw'obushoboorozi bwa Yesu Kristo!

Nintekateeka kurugiirira aha kigambo kya Ruhanga.

7. Ahabw'amaani g'Omusharaba, nindandura ibara kirona ky'omu biteekateeko, okuhutaazibwa, okwangwa, hamwe n'okweyanga ebirikuteganisa entekateeka yangye.

Nitunga okukizibwa okw'omunda, omu iziina rya Yesu.

8. Entuura yoona ey'okutandika otaheze, okuremesa emigisha, nari okuribatiirira oburugo bw'emigisha –
NINGIBINGIRA KIMWE HATI!

***Amagara gangye nigaija kuguma
nigagyenda omu maisho, omu iziina
rya Yesu.***

9. Ekiragaano kyona eki naakuba
naakozire omu bwire bw'obusaasi –
“Tinkikigarukira,” “Tinshemereire
ekirungi ekirikweshumbaho,” “Buriijo
ninyija kuguma ninfayo” –
NINKUSHAZAMU HATI omu iziina
rya Yesu!

***Reka amazima gabe nigo gaayema
omu mutima gwangye, omu iziina rya
Yesu.***

10. Mutima Orikwera, garura busya
ebiteekateeko byangye, ongarurire
amaani gangye, ohindure emicwe
yangye, oimutsye enteekateeka
yangye, kandi ompe amaani
g'okugyenda orugyendo rwangye
ntaine kutiina kwona.

→ Ningyenda omu maisho hatariho
ebirikundemesa

→ Omutwe gwangye guri gye

→ Omutima gwangye gwine
obusingye.

→ Omuhanda gwangye
tigurikwemerezibwa.

EKICWEKA 9
OKUCWA EBIRIKUREMESA
OMUKAGO, OBUSHWERE
HAMWE N'ORWETO

Eky'okwehaburaho

Ibara muntu aine orweto –

→ bamwe baine orweto rw'obushwere

→ abandi baine orw'obusaseridooti

→ abandi baine orw'obunyadiini

→ abamwe bahaasiriirwe omuntu

kutuura amagara ge wenka

→ abandi nibeeterwa kukora emirimo

etari emwe n'emwe

→ boona bakeeterwa okuba

abarikwera, kandi baine

n'ekigyendererwa.

Baitu enyeto enyingi nizirema kuhikiirizibwa kurabira omu buremeezi :

- * by'omukago
- * eby'obushwere
- * eby'okwogyerezana
- * eby'amagara g'eka
- * eby'orweto rw'obusaseridooti nari
obunyadiini
- * eby'okweterwa emirimo
- * emirimo eyaawe nyabwawe
- * amagara g'orweteereine
- * okutebeekana omu biteekateeko

Ebirikuremesa emikago ti kugira ngu
n'enshonga z'okukundana – nizikwata
ibara kicweka ahu enkwatanisa,
hamwe n'okwehayo birikwetaagwa.

EBIRIKUREMESA OMUKAGO N'EBY'OBUSHWERE NIBYO BIIHA?

**Aga n'amaani mabi agarikuba
gatakureebwa:**

- * agarikukingira emikago mirungi
- * agarikuhezaho enkwatanisa nungi
- * agarikukyerereza obushwere
- * agarikushiisha obushwere
- * agarikureetaho obutaba gye omu
biteekateeko
- * agarikureeta abahwezi
batashemerereine
- * agarikweterereza abantu baijwire
obushegu
- * agarikureeta obuteetegyerezana
- * agarikureeta okucweka omutima
- * agarikuremesa okwesigana

- * agarikureeta eihamba
- * agarikuteganisa okukora n'amaani
- * agarikuhindura amakuru
- * agarikureeta obuteetegyerezana
obutarikwetengwa
- * agarikureetera abantu baatiina
rukundo
- * agarikwimutsya obwangane

EBIRIKUREMESA ORWETO NIBYO BIIHA?

**Ebi n'ebiragiyo by'eby'omutima,
ebirikuteganisa orweto oru
waayeteirwemu Ruhanga:**

- * oburemeezi bw'okutaanisa orweto
rwawe
- * okutiina kweheerezayo
- * obuteetegyerezana omu mirimo
y'obunyadiini nari
ey'obusaseridooti

- * okuteekateeka ngu oine oku
waakingiirwe omu by'omutima
- * okuguma oyomire omu rweto
rwawe
- * obuteetegyerezana omu
kushoronzya eby'amagara gaawe
- * okuremwa kutebeekanira omu rweto
rumwe
- * okwetamwa omu mihanda
y'omurimo
- * okuguma noohuubwaho emirimo,
nari okuteganisibwa aha mwanya
ogugu orikukoreraho
- * okubura kutunguurwa aha murimo
- * okubura kusiimwa nari kugira
obuganzi
- * kuguma nogyezaho kutunguuka,
baitu okaguma noogwa
- * kuguma nooheebwa emirimo etari
yo

- * Okuremwa kutunguuka omu kutendekwa nari omu kushongorwa.

Ebirikuremesa emikago hamwe n'Orweto nibiruga omu:

- * okwangwa ekika
- * entuura y'eka y'okuremwa obushwere
- * endagaano za baashwenkuru
- * spiritual spouse enterference
- * ebitwire bikomire emitima kuruga enyima
- * ebironda ebirikubarura omutima
- * okuhutaazibwa omu biteekateeko
- * okubaihwabaihwabakakukoresa
- * eitima
- * ebya Sitaane
- * okutaahirirwa ebirooto
- * okutiina emizimu
- * okwetiina

- * emikyeeno y'abazaire
- * okuza omu by'okuteerana okiri muto
- * ebi waarabiremu omu bwana
bikakuhutaaza omutima
- * okunyangarazibwa ebikuri omu
rubaju
- * enshonga ezirikukomooka omu ka
- * okutamanya kutoorana ebisaasize

RUHANGA NAKWENZA KI

- * Emikago mirungi
- * Obushwere burungi, nari orweto
rw'omugisha
- * Okugira enkoragana nungi
erikureeta okushemererwa
- * Okukora emirimo y'obusingye
- * Orweto orurikwana ebijuma
- * Omurimo gutebeekaine
- * Orugyendo rw'obujunaanizibwa

Ruhanga tiwe arikureetaho obutatebeekana omu by'emikago, nari okutamwa, nari obuteetegyerezana omu bushwere.

Baibuli neetugambira:

“Embura-butaaaho Ruhanga agiha eka y'entuura.” – *(Zaaburi 68:6)*

“Ti kirungi omuntu kuguma wenka.” – *(Okutandika 2:18)*

“Ababiri nibakira omwe.” – *(Omurangirizi 4:9)*

“Ndyabaha abariisa abaine omutima nk'ogwa ngye, babariise n'obwengye n'okwetegyereza.” – *(Yeremiya 3:15)*

“Ebigyere by'omuntu ohikiriire bigyendera omuri Nyakubaho.” *(Zaaburi 37:23)*

Ruhanga naakunda:

- * enkoragana nungi
- * akakwate k'omugisha
- * enyeto zirikubereshera
- * emikago y'obusingye
- * obusingye omu maka
- * okushemererwa omu nkoragana
- * okushoboorokyerwa omu kwetwa
- * okugyenda omuhanda gutebeekaine

ESHAARA Z'OKUCWA EBIRIKUREMESA EMIKAGO, OBUSHWERE HAMWE N'ENYETO

1. Ahabw'eshagama ya Yesu,
ninyihiraho kimwe entuura yona
y'okusiisikara kw'emikago,
okukyererwa kushwera/kushwerwa,
hamwe n'okutaana, nari
okutaanaguruka kw'eka.

Entuura yangye terikwija kugarukamu eby'owaitu eby'enyima, omu iziina rya Yesu.

2. Ibara ndagaano ya baatatenkuru, omukyeeno, nari amatambiro g'emandwa agarikuremesa obushwere, okuza omu mukundano, orweto, obusingye nari emikago mirungi –
EKWATWE OMURIRO HATI!

Reka ibara iraka eririkuremesa rihunamisibwe, omu iziina rya Yesu.

3. Ibara mushaija/mukazi w'omufumu, orikurwanisa ebirooto, nari endagaano ya Sitaane erikutaahataaha omu mukundano gwangye nari orweto –
NINKUBINGIRA KIMWE omu iziina rya Yesu!

Rugira kimwe omu magara gangye, omu iziina rya Yesu.

4. Buri mutima mubi gwona
ogw'okwangwa, ogw'okusigwaho,
ogw'okutiina eby'omukago, nari
obutatebeekana omu biteekateeko
ekirikuteganisa enkoragana yangye –
GURANDURWE HATI!

***Nitunga okukizibwa omu
biteekateeko ngira n'obutebeekana.***

5. Ibara mitwarize mibi – k'ebe
ey'ebiteekateeko, ey'eby'okuteerana,
n'ey'eby'omutima – erikuntwara
ow'omuntu mubi, nari ebi ndaabiremu
eby'enyima – **NINKUSHARIRAHO
KIMWE HATI** na rurara ya Mutima!

***Reka omutima gwangye gwetware,
omu iziina rya Yesu.***

6. Mukama Yesu, tambira ibara
kironda ky'obunaku bwangye
obwahingwire – okucweka omutima,
okureebibwa, okwangwa, okuhemuka,
okuhutaazibwa, okutamwa – kandi

ogarureho amaani gangye g'okwesiga,
okukunda, n'okukoragana n'abandi
ntaine kiteera-ha-mukono.

Nimpurira okugarurwa busya.

7. Sitaane yoona erikurondoora, nari
eyesibire aha mikago yangye,
obushwere, obunywani, nari orweto –
EGYENDE EHUMIBWE OMURIRO
HATI!

***Torikwija kutaahataaha omu
mihanda/migisha yangye.***

8. Mutima Orikwera, nyiha aha bantu
babi, emikago y'obutwa,
okubaihwabaihwana, hamwe n'emikago
erikuteganisa ebiteekateeko.

***Nywanisa na abo bonka, abaine
engabirano y'okurwanirira omugisha
gwangye.***

9. Buri kirikuremesa orweto rwangye –
ka rube orw’obusaseridooti,
orw’obunyadiini, orw’obushwere, nari
orw’emirimo – KIHWEHO HATI!

***Reka orweto rwangye rugire amaani
hatariho ekirikuruhinda kyona.***

10. Taata, twara ebigyere byangye omu
mikago mirungi ehikire, omu bantu
barungi, aha mukazi/mushaija ohikire
(waaba oyeteirwe kuza omu
bushwere), omu rweto rurungi, omu
mwanya guhikire gw’okukoreramu,
hamwe n’omuhanda guhikire.

***Reka emikago yangye eheebwe
omugisha. Reka obushwere bwangye
(nari orweto rwangye) bube burungi.***

Reka orweto rwangye rushemere.

***Reka omuhanda gwangye gureebekye,
omu iziina rya Yesu.***

EKICWEKA 10
OKUCWA N’OKUKUBANGAZA
EBISIIKA BY’OBURWAIRE

Eky’okwehaburaho

Oburwaire n’omuringo gumwe
gw’akabi munonga, ogurikubaasa
kukwata aha ntebeekanisa y’omuntu
n’okumuremesa kuhika ahu arikuza.

Oburwaire obundi n’obw’obuhangwa,
obundi n’obw’abashaho, nari
oburikufumuka omu mubiri – baitu
obundi bwine akakwate
n’eby’omutima oburikukorwaho
kurabira omu shaara, okweteisa,
okushabiirirwa, hamwe
n’okutebeekanisa ebiteekateeko.

Abantu baingi baine oburwaire obu:

- * oburwaire burikugarukiira
- * endwara zitarikwetegyerezibwa

- * obusaasi butarikukira
- * enshonga z'obwire buraingwa
- * ebirikuruga omu kukyeberwa
abashaho bitarikugyenda
n'obumanyiso bw'oburwaire
- * okuhwa amaani hatariho
ekirikukishoboorora
- * oburwaire bw'ahonaaho
- * oburwaire oburikukira kutabuka omu
magingo gatari gamwe
- * okuroota/kureeba ebirikutiinisa
bikuratiirwe oburwaire
- * amagara agarikukira kusiisikara
waahika aha bwire bw'okusingura
- * endwara z'akarande
- * endwara z'ebiteekateeko
(okweyinamirira, okushoberwa
n'okucuramirirwa)
- * oburwaire obutarikureebwa n'obu
abashaho batarikubaasa kushoboorora

EMIRINGO Y'EBIRIKUREMESA EBY'AMAGARA

1. Oburwaire oburikuruga omu kuteerwa ebisitaane

- * Oburwaire bw'ebby'obufumu
- * Okubaihwabaihua eby'amaizi
- * Eky'ebirooto birikuba byakutamu
- * Obumanyiso bw'ahonaaho
obutarikwetegyerezibwa
- * Oburwaire oburikutandikira aha ihari
hamwe n'emihondano

2. Endwara z'akarande

- * Shukaari y'ekika
- * Endwara ya puresha
- * Ekookoro
- * Ebizimba by'omuri nyin'enda
- * Endwara z'omutima
- * Okuhwa amaani okurikurugiirira omu
buzaarwa
- * Omuringo gw'okuragurirama eka

3. Okweyinamirira, hamwe n'endwara ezirikurugirira omu kujumagurwa

- * Migraines
- * Arisaazi
- * Omutima
- * Obutagwejegyera
- * Oburuhe butarikukurugaho
- * Obusaasi bw'omugongo kurugiirira
omu biteekateeko

4. Oburwaire oburikurugiirira aha buhangwa bw'ensi, n'omu mahanga ageetoororoireho

- * Okutuura omu myanya
erikutuumuukamu emiika
- * Amatambiro g'omu maka
- * Amataka agaakyeenirwe
- * Emyanya etwirwemu y'akabi

5. Endwara ezirikuruga omu biteekateeko

- * Okucuramirirwa

- * Okweshobera
- * Okusharara kw'ebiteekateeko
- * Ebironda by'omunda
- * Ebizimba byebiikire omu mubiri

6. *Endwara ezirikurugiirira omu birooto*

- * Orikuteerwa ekikatu
- * Orikurumwa enyamaishwa
- * Ebirooto by'okuteerana
- * Okuriira omu birooto
- * Orikucumitwa nk'eicumu nari omusyo, nari orikuteerwa
- * Okuhanantuka ahaiguru okagwa

7. *Okugira ebyakutaahirira waahika aha businguzi*

- * Oburwaire oburikwija juba orikuza kukuzibwa nk'aha murimo, orikuza kukora ebigyezo, ebigyezo by'okushaba omurimo, emikoro y'ekitongore, nari kuza omu rugyendo.

EKIGAMBO KYA RUHANGA NIKIGAMBA KI AHA MAGARA

“Okuteerwa kwe nikwo kwatutambiire,
n’emihiririzi ye niyo yaatukirize.”
(Isaaya 53:5)

“Niinye Nyakubaho obakiza.”
(Okuruga 15:26)

“Akoohereza ekigambo kye, kandi
yaabakiza.” – *(Zaaburi 107:20)*

“Haza okwo kushaba okurimu
okwikiriza kuryakiza ogwo muntu
orwaire.” – *(Yakobo 5:15)*

“Yesu yaakiza boona abaabaire
barwaire.” – *(Matayo 8:16)*

“Nyowe nkaija ngu entaama zangye
zitungye amagara, kandi zigagire omu
bwijwire.” – *(Yohaana 10:10)*

Okukizibwa ti kw’abaana ba Ruhanga
bonka.

N’omurimo gw’obutumwa bwa Kristo.

OBURUGIIRIRO

BW'EBY'OKUREMESA AMAGARA

**Ebiine akakwate n'okuremesa
amagara nibibaasa kuruga nk'omuri
ebi:**

- * emikyeeno y'akarande
- * endwara ezirikuruga omuri
baashwenkuru
- * oburogo kuruga omu bya Sitaane
- * emyambi ya Sitaane
- * ebironda by'omu biteekateeko
- * endagaano z'ebisitaane ezitwireho
- * ebigambo bibi ebirikugambwa aha
mubiri
- * ebijumo ebirikuguma omu mubiri
- * ebibi ebyayigwire enyigi
- * okunyangarazibwa ebisitaane
- * emyanya etari mirungi y'okutuuramu
- * obusharire obutwire omu muntu,
hamwe n'obutasaasira

- * ebibi bitagambirwe ebitwire
biremeire aha mutima
- * Kwonka ekigambo kya Ruhanga
nikigira kiti:

**“Ou Mwana ahindura ow’obusingye,
aba ow’obusingye.” – (Yohaana 8:36)**

Omu kicweka eki, nitucwanyaguriza
kimwe ibara ndwara eine akakwate
n’ebirikuremesa.

**ESHAARA Z’OKUCWA
EBIRIKUREMESA EBY’AMAGARA,
HAMWE N’OBURWAIRE**

1. Ahabw’emihiririzi ya Yesu, nindagira
ibara burwaire, n’endwara yoonna eri
omu mubiri gwangye KURUGAMU
HATI omu iziina rya Yesu!

*Reka okukizibwa kuhikye omuri ibara
kacweka k’omubiri gwangye, omu
iziina rya Yesu.*

2. Ibara ndwara y'akarande – yaaba eri omu runyerere rw'eshagama, nari omu byafayo by'ekika kyaitu – NINSHAZAMU amaani gaawe aha magara gangye ahabw'eshagama ya Yesu!

Omukyeeno niguhendera naanye, omu iziina rya Yesu.

3. Oburwaire bwona oburikureetwa Sitaane, eitima, okwerarikirira , nari okutaahirirwa ebirooto – K'OMURIRO GUBUBINGYEMU!

Ninyangira kimwe ibara kakuubagano na Sitaane, omu iziina rya Yesu.

4. Ibara muzimu gw'endwara, endwara z'akarande, nari oburwaire oburikuguma nibugarukiira – NINKUKOMA, kandi NINKUNAGA AHEERU y'omubiri gwangye, omu iziina rya Yesu!

Omubiri gwangye ni Nyaruju ya Mutima Orikwera.

5. Mutima Orikwera, nkiza buri kirona kyona ekiri omu nda, okujumagurwa, okurira, okweshobera, hamwe n'obusaasi bw'ebiteekateeko ebitwire omu mubiri gwangye.

Reka obwengye bwangye, ebiteekateeko, hamwe n'emitsi ekwatiriire omubiri gwangye bitungye okukira okw'omunda.

6. Ibara mwambi gwa Sitaane ogw'oburwaire – omu mubiri nari omu mutima – GUGARUKIRE kigwohereza, omu iziina rya Yesu!

Amagara gangye gashwekirwe eshagama ya Yesu.

7. Oburwaire bwona oburikureebeka
omu magingo g'obusinguzi, ngu
bundemese kugyenda omu maisho –
NIBUKACWEKYEREZIBWE HATI
n'amaani g'Omusharaba!

***Omuhanda gwangye tigurikwija
kuteganisibwa***

8. Mukama Yesu, haasirira n'amaani
gaawe g'okukiza eshagama yangye,
engingo zangye, amagufa, emibazi
y'omu mubiri, emitsi hamwe
n'obutonde bw'omuntu.

***Reka amagara gangye gagarurwe
busya, omu iziina rya Yesu.***

9. Ibara ndagaano y'abantu kufa bakiri
bato, endwara z'akarande, okugwa
kw'ahonaaho, nari oburwaire bwona
obwateirwe aha magara gangye –
BUBINGIRWE KIMWE omu iziina rya
Yesu!

***Ninyija kugumaho, tindikwija kufa,
omu iziina rya Yesu.***

10. Taata, shumuurura amaani gaawe,
obushoboorozi bwawe obw'amaani,
amagara agaagarwirwe busya, amagara
maraingwa, obusingye bw'omu mutima,
n'okukirira kimwe omu mubiri
gwangye, hamwe n'omu mutima.

Nitunga okukirira kimwe.

Ningyendera omu magara masya.

Omubiri gwangye gwine obusingye.

***Omuhanda gwangye gugarukireho,
omu iziina rya Yesu.***

EKICWEKA 11
OKUCWA EBIRIKUREMESA
EBY'OMUTIMA, HAMWE
N'AMAANI MAKYE OMU
KUSHABA

Eky'okwehaburaho

Amagara gaawe g'omutima niyo ingini
y'okukutwara omu rugyendo rwawe.

*Amagara gaawe g'omutima gaaba
gataine maani, biri ekicweka ekindi
kyona eky'omubiri tikirikugira
mugasho. Gamba nk'ebya:*

- * sente
 - * emikago
 - * okucwamu eby'okukora
 - * eby'amagara
 - * ebiteekateeko (akaimukyeero)
bitebeekaine
 - * oburinzi bwa Ruhanga
 - * okumanya kutaanisa ekirungi
n'ekibi
-

- * ekigyendererwa
- * okwetwa

Akakoryo k'omuzigu koorobi:

- * Remesa amagara
g'okweshengyereza – mara
omutima amaani – remesa
okumanya kucwamu – reetaho
obutakyengana – reero orumbe.

Okuremesa eby'omutima nibiija omu miringo mingi nk'egi:

1. Amaani makeye omu kweshengyereza

- * Obugara bw'ahonaaho omu kushaba
- * Okugwejegyerera omu kushaba
- * Okuremwa kushaba akaire
karikweshumba aha daakiika nkye
- * Kuhurira okushaba kuri
nk'omugamba gukuremereire
- * Kuguma nihabaho ebirikukuteganisa
omu kushaba

- * Kutamanya ekirikukureetera obweremwa obwo

2. Okuhurira oyomire omu by'okushaba

- * Torikwenda kushoma Ebihandiiko ebirikwera
- * Torikumanya bukuru bwa Mutima Orikwera
- * Tokigira njara y'okumanya Ruhanga
- * Nooyehurira hatakiriho katagatsi omu by'omutima nari otakibijjuka

3. Okutagirira omwete eby'okushaba

- * Noshaba hati, nyenkyakare tobiriho
- * Kutandika gye, okagyenda noohwerera
- * Kuheza wiiki noshoma omu kitabo Ekirikwera, bwanyima okaheza ameezi otakagaruka kureebamu

4. Ebirikutaahirira amagara gaawe g'okushaba

- * Okubaihwabaihwa ebirooto
- * Okuhurira oruhire omu bwire bw'okushaba
- * Okugira n'oruhho omu mutwe omu bwire bw'okushaba
- * Kujwanga waaba ori omu kushaba
- * Tookiine mujinya

5. Okukingirwa kumanya kutaanisa

- * Tookibaasa kuhurira eiraka rya Ruhanga
- * Kuteganisibwa omu kucwamu
- * Amaani makye g'okutareeba ebya Ruhanga
- * Okutamanya kushoma obumanyiso

6. Okutafa aha kutunga

amasakaramentu

- * Okubura omwete gw'okuza omu Missa

4. Ebirikutaahirira amagara gaawe g'okushaba

* Kwehurira ataine njara y'okutunga Ukarasitiya

* Okwehara okutunga Penetensiya

* Okuba ekihorootsyo omu by'ediini

7. Okuremesibwa okusiiba, hamwe n'okwehereera

* Kuguma naasiiba biguru-bya-mpitsi

* Okutagira buteeka bw'okusiiba

* Okutiina eby'orugamba rw'eby'omutima

8. Okuzaaha omu bya Ruhanga

* Akatoorezo k'okutakunda n'okutafa aha by'okushaba

* Amatambiro g'omu ka agarikuhakanisa okushaba

* Kutooreza abazaire abaabaire nibahakanisa okushaba

* Eby'oburaguzi kushanga nabyo nibihinda okukura kw'eby'omutima

Baitu ekyahandiikirwe nikigamba:

“Omutima gw’omuntu guba etabaaza ya Nyakubaho erikumuruka omu nda y’omuntu.” – *(Enfumu 20:27)*

“Mushemererwe obutoosha.”

(1 Abatesalonika 5:17)

“Kwonka abategyereza Nyakubaho, baryagarukwamu amaani.”

(Isaaya 40:31)

“Mutima Orikwera ku aribaijaho, muryaheebwa amaani.”

(Ebyakozirwe 1:8)

Ruhanga ayendeza abaana be kugira:

- * engoga omu magara g’okushaba
- * omuriro gw’omu mutima/gw’okushaba
- * buri izooba kugumyaho omukago na Ruhanga
- * okugirira enjara n’eirihho okuhikiirira

- * kushoboorokyerwa ebya Ruhanga
- * kugira amagara g'okukorera
Ruhanga agatebeekaine
- * kugirira ebya Ruhanga ekihika
- * amaani omu magara geby'omutima

**ESHAARA Z'OKUCWA
EBIRIKUREMESA EBYA
RUHANGA, HAMWE
N'OBWEREMWA OMU KUSHABA**

1. Mutima Orikwera, nyongyeramu omuriro musya omu magara gangye g'okushaba. Nyihamu obugara bwona, obweremwa, okuhugahuga, nari okwehuriramu ntarikwetenga kushaba. *Reka omutima gwangye gugarukye gwakwemu omuriro, omu iziina rya Yesu.*

2. Ahabw'eshagama ya Yesu,
nincwanyaguza ibara rujegyere
orurikuteganisa amagara gangye
g'okushaba, okuramyanya Ruhanga,
n'okugirira Ruhanga enjara.

***Reka obutego bwona obubaire
bukingiire eby'omutima bwigukye,
omu iziina rya Yesu.***

3. Ibara mutima gw'obutashaba,
omutima gw'oburuhe,
ogw'okuterebuka, nari ogw'obutafayo
– NINKUKABUKIRA,
N'OKUKUBINGIRA KIMWE omu
iziina rya Yesu!

***Omutima gwangye nigwija kugaruka
nigwaka.***

4. Buri ky'obufumu kyona nari
okutaahirirwa Sitaane ebigyendereire
kumara amaani omuriro gwangye omu
kushaba – KIKWATWE OMURIRO
HATI!

***Eitambiro ryangye ry'okushaba
rigarukye rigire amaani, omu iziina
rya Yesu.***

5. Mukama Yesu, ngaruramu enjara
y'okwitanira Ekigambo kyawe,
ahabwa Ukarasitiya, ahabw'okweteisa,
hamwe n'okuguma nyine omukago
naiwe buri izooba.

***Nyimutsyamu omutima
gw'okukukunda.***

6. Ibara kicu ky'okuteganisibwa,
okurindagira omu bya Ruhanga,
n'okuremwa kucwamu ekihikire –
BIIMUTSYE HATI omu iziina rya
Yesu!

***Nitunga okushobooryerwa hamwe
n'okumurikirwa ebya Ruhanga.***

7. Ibara itambiro ry'obuhangwa, nari
ery'omu ka eririkurwanisa amagara
gangye g'okushaba – RIMARWEHO
HATI omuriro gwa Mutima Orikwera!

***Reka eitambiro ryangye ryeyongyere
kugira amaani okweshumbira kimwe
amatambiro g'amaka agandi.***

8. Mutima Orikwera, mpeereza
engabirano y'okuguma ninkunda eki
ndikukora – okugumizamu omu
kushaba, okugumizamu kwehayo omu
mirimo ya Ruhanga, hamwe n'okureka
ebindi byona ahabwa Ruhanga.

***Reka amagara gangye
g'okweshengyereza gatebeekane
kandi gakure, omu iziina rya Yesu.***

9. Ibara maani g'omwirima
agarikwenda ngu ngarukye enyima
omu kweshengyereza, mbure
okushemererwa n'okureeba ahu
ndikuza, nari nookuhasirirwa –
GAHWEREKYEREZIBWE omu
iziina rya Yesu!

***Ninyangira kimwe okuhwa amaani
omu bya Ruhanga.***

10. Mukama, nyijuza n'okuhaasirira kusya, okukunda okw'omunda, omuriro ogutarikuraazibwa, hamwe n'omutima ogurikwetenga okubaho kwawe eizooba na nyekiro.

- *Omutima gwangye gwagarurwa busya.*
- *Amagara gangye g'okweshengyereza gaagarurwaho.*
- *Eitambiro ryangye niryaka.*
- *Orugyendo rwangye tihaine owaakurwemereza, omu iziina rya Yesu.*

EKICWEKA 12
OKUCWA OKUREMESIBWA
EBITWEHINGURIRIIZE HAMWE
NO'BUKWATWA BW'EBYANGA

Eky'okwehaburaho

Ebikwetroire biine akakwate
n'amagara g'okweshengyereza.
Ensharo yaawe eine akakwate
n'ebyafayo by'okumanya Ruhanga.
Omwanya gwawe ogu orimu
nigukworekyerera omuhanda gwawe
Obusinguzi bw'abantu baingi
tibukomirwe mizimu y'omu mwanya –
bukomirwe embeera y'eby'omutima
okurugiirira ahu orikutuura, ahu
orikukorera, nari ahu waakuriire.

**Ebyahandiikirwe nibyoreka, ngu
ensharo z'ebyanga n'ezamahanga
nizeekorera emizimu:**

- Misiri bakaba bagira baaruhanga baabo.
- Babulooni bakaba baine baaruhanga baabo.
- Nineve bakaba bagira baaruhanga baabo.
- Samaria bakaba baine baaruhanga baabo.
- Yerusalemu bakaba baine baaruhanga baabo.
- Ebyanga bikaba bigira ebibikumire ebi byegamiire.
- Endembo zikaba zigira amatambiro
- Amaka gakaba gagira embeera yaago y'eby'omutima.
- Empanga, enshozi, amaizi, hamwe n'emiryango, bikaba bigira oku birikukoragana n'eby'omutima /

Baibuli neegamba ki:

“Omuntu ow’amaani arinda enju ye.”

(Matayo 12:29)

“Maraika mukuru w’obugabe bwa Perisiya amazire ebiro makumi abiri na kimwe angungiire.” – *(Danieli 10:13)*

“Niturwanisa amahe g’emitima mibi ey’omu kaabunga.” – *(Abeefeso 6:12)*

“Mbwenu imuka ogyende nooraba omuri egyo nsi yoona.....ahabw’okuba ndyagikuha.”
(Okutandika 13:17)

Hariho emyanya ahu:

- emigisha erikwimuka
- emigisha erikufa
- obushwere burikubereshera
- obushwere burikufa
- esente zirikukanya
- esente zirikubura
- abantu barikutunguuka

- abantu barikusyaraara
- emishaara erikuburira omu kushashura
- amaani g'eby'omutima garikwimuka
- okuhwa amaani omu by'omutima kurikukanya
- eby'okukora birikubaho
- eby'okukora birikukinga
- oburwaire burikukanya
- emikyenjano erikweyongyera

EMIRINGO Y'EBIRIKUREMESA EBY'OBUHANGWA EBITWETOOROIRE

- 1. Eby'obuhangwa ebyakyeenirwe**
 - Emyanya ahu basheeshire eshagama, ahari obufumu, obushambani, okuramyanya ebishushani, nari ahu emikoro y'eby'obuhangwa yaabaire ekorerwa.

2. Amatambiro g'omu byanga agaasisikaire

- Endaaro omu kicweka
- Emyanya y'eby'oburaguzi
- Ebikorwa by'obufumu
- Amatambiro g'ebika
- Abaheereza ba Sitaane
- Ebitambo bya Sitaane

3. Emyanya erikubonabonesa abakozi

- Abareeberezi enyabibi
- Abakozi bagyenzi baawe
abany'eitima
- Emitima mibi erikureebereza
- Okukuriira ahansi, hamwe n'eihari
- Eitima ry'ekyanga

4. Emyanya n'ebyanga ebitijwire obwa Ruhanga

- Amaka ahu eshaara etakihurirwa
- Amaka agarikucumbagira
- Amaka againe entuura y'okuremwa
-

- Abantu abaherereine
batarikwendezana
- Eitaka eryakyeenirwe

5. Emyanya ey'okwetwamu

- Ti buri muntu ngu naayetwa kuza
kukubuura buri hamwe
- Emigisha endiijo neekorera gye omu
byanga ebimwe ebi Ruhanga
yaatooraine

6. Emitima y'omu byanga

- Emitima y'omu byanga eby'amaizi
- Emitima eya kare omu nshozi
- Ebisitaane omu ndaaro ez'omu
byaro
- Amatambiro g'endagaano omu
bibuga bya baatatenkuru

***Obukwatwa bw'eby'obuhangwa
buriho.***

***Baitu n'okukizibwa kw'ebyanga
nakwe kuriho.***

**ESHAARA Z'OKUCWA
EBIRIKUREMESA
EBY'OBUHANGWA
EBITWEHINGURIRIIZE
HAMWE N'ENSI EZIHEREIREHO**

1. Ahabw'eshagama ya Yesu,
nincweraho kimwe omukyeeno
gw'ensi ezitwetooroire, gurikukorera
omu ihanga eri ndikutuaramu, eri
ndikukoreramu, nari eri ndikutegyeka.
*Reka ibara bushoboorozi bwa Sitaane
buhwe amaani, omu iziina rya Yesu.*

2. Ibara itambiro ry'obuhangwa – erya
baatatenkuru, ery'obufumu, okuzimu
omu maizi, n'omu nsi ezitwetooroire –
ogwagyendereire kukyendeeza
emigisha yangye, GUKWATWE
OMURIRO HATI!

*Reka ensi eyezibwe n'Eshagama ya
Yesu.*

3. Amaani g'omwirima goona
agarikutegyeka ahanyetooroore,
emyanya y'okukoreramu, omu ka, nari
ekyanga – OMARWEHO
OBUSHOBOOROZI HATI omu iziina
rya Yesu!

*Reka embeera ehindukye, omu iziina
rya Yesu.*

4. Ibara mushaija wa Sitaane
ow'amaani orikurinda ekyanga
kyangye, kandi n'okuremesa emigisha
yangye – AKOMWE, kandi
ANAGWE AHEERU
ahabw'obushoborozi bwa Yesu
Kristo!

*Ti hakiriho mutima mubi gw'omu nsi
oguraagarukye kutegyeka amagara
gangye.*

5. Mukama Yesu, haasirira
n'Eshagama yaawe y'omuhendo enju
yangye, ekishengye kyangye, ekibuga
kyangye, omwanya ogu
ndikukoreramu hamwe n'omuhanda
gwangye.

***Reka okubaho kwawe kwijuze
ebinyetooroire.***

6. Omutima mubi gwona
ogw'okusyaraara, ogw'obugwa-nyima,
ogw'obukyene/obworo,
ogw'okuteetegyerezana, endwara, nari
okushoberwa ogukomirwe aha ihanga
eri ntwiremu –

GUCWEKYEREZIBWE HATI!

***Eby'obuhangwa ebinyetooroire
tibirikwija kumpindura musibe, omu
iziina rya Yesu.***

7. Nindandura ibara kintu kya Sitaane ekyaziikirwe, ekikwato ekyakyeenirwe, omubazi mubi, okwerarikirira, nari okusiisikara kw'ebby'omutima okubyairwe omu nsi yangye.

Reka ibara kikwato kya Sitaane kihwe amaani, omu iziina rya Yesu.

8. Mutima Orikwera, reetaho engabo y'omuriro erikuruga omu iguru eyetooroore eka yangye, omwanya ogu ndikukoreramu, ekitongore kyangye, hamwe n'ensi yangye.

Reka baamaraika bateho oburinzi ahari ibara muryango, omu iziina rya Yesu.

9. Ibara muntu oine Sitaane orikukoresa eby'obuhangwa kukuraturira amagara gangye –
AGYENDE AHUMIBWE HATI
omuriro gwa Mutima Orikwera!

*Engyendo zangye zisherekirwe ahansi
y'Eshagama ya Yesu.*

10. Taata, ntwara omu mwanya
oguhikire ahabw'ekigyendererwa
kyangye – ensi ei ndaabeeremu gye,
nkatunga, nkeyongyera kukura,
n'okuhikiiriza omurimo gwawe.

Ragira emyanya enyehinguririize

*Nta omu mwanya gwangye
ogunshemereire*

Reka ensi ngitungiremu obuganzi

Reka eiguru rinyigurireho.

GIRA OMUHIMBO

1.Ruhanga takakwebwaga

Nangwa n'obu amagara garikuhwa
amaani, nari okagira obusaasi
bw'okukwita, Ruhanga naaguma
naakorera enyima okwo ahu
otarikumureeba.

We obwire bwe butuura buhikire,
kandi tihariho n'owakwemereza
enteekateeka ze.

2. Amagara gaawe tigarikwija kuhenderera omu kusingwa

Amazima okugira ngu waataka,
warwana, waayeshengyereza, kandi
waagaruka waimuka n'obuhame ngu
noiija kuhendera ori omusinguzi.

Ruhanga ariyo naahandiika
ekihandiiko ekirikukiraho oburungi
ahabwawe.

3. Ibara kirikuremesa kiine ekiro ky'okuhendera

Enjegyere ti ziri munda. Emikyeeeno
terigumaho ebiro byona.

Omusharaba gwa Yesu nigweshumbira
kimwe hare ibara kirikuremesa
eky'obuhangwa, ekya Sitaane,
eky'ebiteekateeko, eky'esente nangwa
n'eky'omutima.

4. Omugisha gwawe tigurikuramuzibwa.

Eki Ruhanga yaateire omuriiwe
tikiribaasa kusharwamu amasitaane,
abantu, obuhangwa, eitima, nari
embeera.

Enteekateeka ei eiguru rikwiniire yo
eryagumaho

5. Tori wenka omu rugamba oru Mutima Orikwera naakukwatsa orugamba.

Baamaraika bakwetooroire.

Abahikiriire nibakutonganirira.

Eshagama ya Yesu ekushwekire.

Oine eka y'omu iguru negyenda naiwe.

6. Obusaasi bwawe nibwija kuhindukamu amaani

Ebicweka ebi waakizire kushaasha
nibiija kuhinduka omwanya gwawe
ogurikukirayo ogw'obujurizi.

Enkojo zaawe nijijja kuhindikamu amajuta g'okutambira abandi.

7. Eshaara zaawe tizirikufa busha

Ibara iziga, ibara kurira, ibara shaara y'omu itumbi, ibara kugamba omu biho aha kwikiriza kibiikirwe omu maisho ga Ruhanga.

Naija kukugarukamu – omu muringo gw'omutaano kandi kireebekye.

8. Okuboneka kwa Ruhanga kuriyo nikwija juba

Ahu waafeereirwe obwire, Ruhanga naija kuteezamu kabiri.

Ahu wakyererezeibwe, Ruhanga naija kurahuka kukwihirayo omugisha gwawe.

Ekyatwire emyaka n'ebyanda nikijja kutandika kugyenda ahonaaho.

9. Oine amaani okweshumba oku orikuteekateeka

Okahona ebintu ebyakubaire
bicwekyereize abandi.

Ruhanga akakurekaho ahabw'okuba
nyensya yaawe n'ey'amaani kutafeera
omu ihunga.

10. Engabirano ya Ruhanga neija kukuhitsya aha businguzi

Eki waatandikiire omu kwikiriza,
Ruhanga naija kukimara omu maani.
Omuhanda gwawe nigwija kwaka.
Emyaka yaawe y'omu maisho neija
kuba ey'amaani okweshumba emyaka
yaawe ey'enyima.

AKAGAMBO K'OKUHENDERA

Mwana wa Ruhanga omukundwa,
Nk'oku oyeshengyereize kurabira
omuri zaapeegi ezi, okimanye ngu
eiguru rikuhuriire.

Ruhanga owaatungwire Yozefu kuruga omu kihome, owaabaganiise enyanja erikutukura, owaagaruriireho Yubu ebye byona, kandi owaashukire omuriro aha itambiro rya Eliya, niwe Ruhanga omwe orikukurwanirira hati.

- *Eshaara ezi, nizikahindukye ekikwato kyawe ky'omutima,*
- *obuhuumuriro bwawe nyekiro,*
- *ekishumuurizo ky'okukurabyamu*
- *engabo yaawe y'okwekingiza amaani agarikuremesa emigisha yaawe,*

**kandi eirembo ryawe
ry'okukuhitsya omu magingo
g'okutunga obuganzi, okukira,
obusingye, hamwe n'okutunguurwa
okahika omu iguru.**

Ninkugambaho:

- * Noiija kwimuka
- * Noiija kurabamu noosingura.
- * Noiija kuhikiiriza eki Ruhanga yaakuhangiire.
- * Noiija kuheereza obujurizi.
- * Eshagama y'omuhendo eya Yesu n'ekakushweekye,
- * Omusharaba gwa Kristo nigukakurinde,
- * Mutima Orikwera naakakuhe amaani,
- * Biikira Mariya naakakutonganirire,
- * Kandi Ruhanga w'Eiguru naakagarukyemu kuhandiika omugisha gwawe n'ekitiinwa.
- * Guma ahansi y'ekibunda ky'ow'Obushoboorozi.

**Rev. Fr. Alexander
Mwebembezi**

**Mbarara Archdiocese,
Uganda - East Africa**

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