

**OKURUGA OMU
NTANDIKA EHUTAIRE,
KUZA OMU MAGARA
G'OMUGISHA:**

**ESHAARA Z'OKUKIZIBWA
KW'OMU MUTIMA,
N'OKUCWA EMIKYEENO
Y'OMU MAGARA
G'OBWANA**

Okutona

Ekitabo eki ninkitona ibara omwe
orikugyenda ayekoreire ebironda
by'omunda kurugira kimwe omu
magingo g'amagara g'obwana.

Ninkitonera abo, ab'okutandika kwabo
kwabaire kutarimu busingye, kureka
kwabaire nikureebekyera omu
minyururano, kutarikureebekyera omu
buteeka omu ka kureka omu mirabanamu,
kutarikureebekyera omu kugambwaho,
kureka omu kaceceko, okwangwa nari
obusaasi.

Ninkitonera omwana owaakuzire akaba
omuntu mukuru, akaguma naijuka ekyo
ekitaragambirweho, n'ekyo
ekitarakiziibwe, hamwe n'ekyo

ekirikutebeekanisa ebiteekateeko
byabo mporampora, ebiteekyerezo
hamwe n'emikago yaabo hati.

Ninkitonera ibara mutima ogwayegire
kugumaho, kwona na hati nigukyetenga
kukira. Kandi aha mutwe gwa byona,
ninkitonera Yesu Kristo, owaataahire
omu bw'omuntu bwaitu
obwahutaaziibwe, akeekorera obusaasi
bwaitu aha musharaba, akaiguraho
omuhanda ahabwaitu okukirira kimwe,
okugaruka busya, hamwe n'okugira
obusingye.

Ekitabo eki nikikahindukyemu
orugyendo orw'omugisha
orw'okubugana ahi ebironda

bitarisherekwa, baitu bikakizibwa; ahu
emitwarize mubi etarikugarukwamu,
baitu ekacuubwa; kandi ahi amagara
gatarikworekyerwa aha byabaireho,
baitu Kristo We wenka arikugagarura
busya.

Okwanjura: Amaani geesherekire g'obutandikiro

Omu butumwa bwangye, hamwe n'ebi ndabiremu, mpikire aha kwetegyereza ngu abantu baingi obusaasi n'enaku ebibaine tiby'erizooba beitu byaine obukomoko bwahare...tibarikufayo kukora na “hati” nibafa aha ky'enyima ekyabakozire eki bari, “hati” etakabaireho kubaasa kugira omugasho. Hariyo entaro ezirikureebwa:

- Entaro z'okurabamu kutunga sente
- Obusaasi bw'emikago
- Obutatebeekana omu biteekateeko
- Amaani makye omu by'omutima

Kwonka hariyo n'entaro eziriyo zeesherekire ahansi y'ezi :

- Okwijuka ebyaira
- Ebi waarabiremu omu bwana
- Ebiri omu maka
- Ebigambo ebirikugambwa aha magara
- Ebironda by'omu biteekateeko kandi ebitarakizire

Ekitabo eki kiri aha misingye egyo
etuura esherekirwe

Ahabw'okuba, kaingi eki turikureeba
turi bakuru, tibwo butandikiro
bw'oburemeezi, n'ekijuma
ky'ebyabairwe enyimaho kare.

Eki ekitabo eki kirikumanyisa na “Entandika ehutaire”

Entandika ehutaire n’obw’ekintu kikuru omunda y’omuntu kyahutaire omu myaka ye y’obuto – kandi ekironda ekyo na hati tikikakiraga gye. Eki nikibaho omwana yaakurira omu mwanya ogurimu nk’ebi:

- Rukundo y’omuhambiriro, nari etariho, ari ey’omweshengyerezo
- Ahu amagara gaawe garikwerarikirira, nari gatatebeekeine
- Ahu otarikwijurwa
- Ahu orikugambirwa ebigambo bigumire, nari bibi, nari birikureta obusaasi ninga okucuramirirwa
- Ebyetengo byawe bitarikufuubwaho, nari birikukyengwa kubi

Omu bugufu, omu muringo gwanguhi:
Omubiri nigukura – baitu omutima
gukahutaazibwa omu kukura.

Tweena nitwetaaga kwetegyereza, ngu
omwana taine okubaasa
kw'okwetegyereza obusaasi omu buryo
oburi bwo. N'ahabw'ekyo, omu mwanya
gw'okwetegyereza ekiriyo nikigyenda
omu maisho, omwana we naayakiira
amakuru omu muringo ogwe.

Eky'okureeberaho: Omwana orikukira
kuba nainikwa, baitu atarikuteerwa
muhimbo, tarikuteekateeka, “Nimba
nimpaburwa.” Omu mwanya gw'ekyo,
omutima gubiika ekitahikire: “Ti ndi
murungi munonga nk'oku ndi.” Emyaka
ku erikuguma neeyeyongerayo,

omwana ogwo naaba omuntu mukuru
orikukora munonga, orikufayo, nangwa
atunga na bingi, kwonka aguma
naayereeba omu nda nk'otahikiriire.
Hati egyo niyo ntandikwa ehuteire,
erikweyorekyera omu bwire bw'obukuru.
Twara eky'okureeberaho eki nakyo:
Omwana ku arikuguma naaza aheeru
kutungayo obuhuumure/obusingye
atafuubweho, omwana naabaasa
kutaijuka ekyabaireho bwanyima omu
magara gye, baitu ekintu kihango okwo
omu nda omu magara gye nikihendera
kiti: "Obu ndikuba ninyetenga
obuyambi, ninyeshanga ndi nyenka."
Emitekatekyere n'encwamu
nk'egyo n'hitsya obwire erugwamu:

- Kugumirwa kwesiga abandi
- Kutiina oburemeezi
- Kuguma naayetiina
- N'okuturira amagara g'obusaasi
n'obujune

N'obu omuntu ogwo buzima nawe
naaba naayetenga kuhikaana n'abandi.

**KWETEGYEREZA EMBERA
ERIKUBAHO OMU BWANA
(OBUMWE EKYAKUREBEKA NKA
EMIKYEENO Y'OMU BWANA)**

Omu kitabo eki, nitukoresa ekigambo
“embera y’obwana” kwenda
kushoboorora eki abantu baingi
barikurabamu bagumiirwe erikurigiirira
omu magara g’obuto.

Tikugira ngu obu n’oburemeezi
oburikufa kushambwashambwa.

Nembera erikutandika kare – kaingi
n’omwana akiri omu nda, omu buto,
nari omu ntuura y’eka – egumizamu
kweyorekyera n’omu myaka y’obukuru
kurugiirira omu birikuguma nibibaho
gamba nk’okwangwa, okutiina,
okukyerererwa, obusaasi bw’omu

biteekateeko, kuteganisibwa omu
by'obushwere, n'obutatebeekana omu
mituriire yaburiijo. Teekateeka
kwombeka enju aha musingye guhingami.
Enju neebaasa kureebeka nk'ehwaire,
nangwa n'okutuurwamu, nangwa
erikureebeka eboneire. Baitu obwire
bwaguma nibuhingura, obwatika
butandika kureebeka – kutari kugira
ngu enju teine maani, baitu
ahabw'okugira ngu hariho
ekyabuziremu okwo ahansi omu
musingye. Omu muringo nigwo gumwe,
emirabanamu erikuguma neegarukiira,
kaingi, n'obumanyiso burikworeka
enyima omwanya ogurikuba
gurikwetaaga kutambirwa.

OBUMANYISO 10 BW'EMITWARIZE EYAAKUBA NEEKOMOOKA OMU MAGARA G'OBWANA

Obu nibubaasa kuba obumanyiso kutari kucwamu eky'aha muheru ngu hariho ekintu ekirikurugira kimwe omu myaka y'obwana ekikirikutwaririza enteekateeka ya hati, encwamu, emikago, nari ahu amagara garikutoora. Omu by'ediini, abantu bamwe nibabaasa kukyeeta “emikyeeno y'omu bwana,” baitu amakuru marungi nigooreka, ngu egi emitwarize neebaasa kukira n'okucuubwa kurabira omuri Kristo.

1.Okuremerwamu enteekateeka y'okwangwa/kunagaijurwa hatariho nshonga erikwetegyerezibwa

Noobaasa kuba oyetooroirwe abantu abarikukufaho, kwonka omu nda nooyereebe nk'otarikukundwa, nari kwakiirwa omu bwijwire.

Nikishushana n'okushutama aha meeza ahu buri omwe arikukushemererwa, baitu omu nda orikuguma nooyereebe nk'omugyenyezi, otari waabo.

Ahu kyakuba kyarugiriire:

Okuteekateeka ngu torikufuubwaho, orikugyerageranisibwa n'abandi, okutesibwa, nari okuburwa kwakiirwa omu bwire bw'obuto.

2. Okugarukiira kw'entuura y'emikago erikusaasa

Nooreba omuringo: emikago neetandika kurungi eboneire, baitu ehenderera omu

busaasi – okureebibwa,
obuteetegyerezana, okunagwaho, nari
okurekwa hangahari.

Ahu kyakuba kyarugiriire:

Okukurira omuka etahamire nari
emikago y'ekishobobo. Okutagira
by'okureeberaho birungi bya rukundo,
nari okwetiina kw'omu bwana.

**3. Obwoba bw'okutiina kusigwa
wenka nari kunagwaho**

N'obu bwakuba obumanyiso bukye
bw'okuza hangahari kw'abanywani
baawe nikiretaho ebiteekateeko bingi,
n'okushoberwa.

Ahu kyakuba kyarugiriire:

Okufeerwa, Okwihwaho nari
okusigwaho a bareeberezi baawe okiri
muto.

4. Kweshanga hariho ekirikukuremesa, nari ekirikuguma nikikukingira

Nookora munonga, oshaba, kandi
ogyezaho – kwonka oreeba
otarikutunguuka. Oshusha oti nogyenda
omu maisho, baitu ekintu
kitarikwetegyerezibwa kiguma
nikikunyurura nikikugarura enyima.

Ahu kyakuba kyarugiriire:

Okubura ow'okukuteera omuhimbo
okiri muto, okukurira omu butatebeekana,
okuruga omu buto nooremwa, akarande
nari embeera erikukuremesa.

5. Okutuurira omu kugumirwa kutunga esente

N'obu otairemu amaani, okagira

n'emirimo, nari nangwa okareeba
n'obusinguzi, entuura yaawe omu
by'esente kuguma eri "kasita nimbona
ez'okunyemerezaho." Esente ozitunga
zikuraba omu myanya y'engaro otagume
nazo.

Ahu kyakuba kyarugiriire:

Okutuurira enteekateeka y'okuguma biri
bikye, akarande k'obworo, nari
okugabwa otaroorekyereirwe kukora
sente omu buto bwawe.

**6. Obushoberwa butarikushoboorwa,
okutiina, nari okwerarikirira omu nda**
Buri kaanya nooyereeba nk'orikuza
kugwa, nooyerarikirira, nari totebeekaine
nangwa n'obu hataine ekiriho eki
orikureeba. Omubiri gwawe guri aho,

kwonka ebiteekateeko byo biri hare
bitegyereize buriiho akabi kubaho.

Ahu kyakuba kyarugiriire:

Okukurira omu bugumi, omu
minyururano, otarikumanya
ekiraakurateho, nari omu mwanya
gutarikukuheereza busingye.

**7. Okwerarikirira kurikureebeka
kugira amaani kukira embeera eriho**
Obuntu bukye nibukureetera waayoreka
ebirikukwimukamu bigumire, gamba
nk'okugira ekiniga, obusaasi, okweteera,
nari okukangarana. “Eikara rimwe rikye
nirirugwamu omuriro muhango,
ogurikureebeka guri mwingi kweshumba
embeera eriho.”

Ahu kyakuba kyarugiriire:

Ebiteekateeko by'obwana ebyakuba bitarahwereirwe, nari okutatunga mugisha gw'okuhayo ebiteekateeko byawe omu myaka yaawe y'obuto.

8. Iwe wenka okwerwanisa, nari okwetiina kugyenda omu maisho

Emigisha eija, nari okugyenda omu maisho, nari obusinguzi – baitu iwe omunda oyetiina kandi obura kweyikiririzamu ekirikumanyisa ngu n'oyerwanisa.

Ahu kyakuba kyarugiriire:

Ebi waakuba waarabiremu omu buto nk'okwangwa waaheza kugira eki waatunga, okuguma nohaahwa, nari okutiina kugambwaho.

9. Okuguma n'oyereeba nk'otahikire

N'obu abantu barikukureebamu omugasho, iwe okwo omu nda oguma nooyeteekateekaho “nk'otarikugasha, “nk'otahikire”, nari “nk'otarikubaasa.” Gamba nk'okuhurira nibakusiima, kwonka omu mutima kitarikutaahamu. Ahu kyakuba kyarugiriire:

Okutatunga okusiimwa omu bwire bw'obuto, okuguma noohaahwa, nari nogyeragyeranisibwa n'abandi, nari otarikufuubwaho.

10. Okuburabura omukakwate kaawe na Ruhanga

Nooyetenga Ruhanga, eshaara, n'okukura omu by'omutima, kwonka kaingi nooyehurira haine ekirikukukingira,

ekirikukuhuzya, nari okwo omunda
otaine maani g'okweyongyerayo.
Eky'okureeberaho: Nooyenda kushaba,
baitu omutima gwawe gushusha
nk'ogwekoreire ekiremeire
ekitarikureebwa.

Ahu kyakuba kyarugiriire:

Ebironda by'ebiteekateeko by'omu
bwana ebyakwihiremu okwesiga,
obuteeka, nari okweyiguriraho omukago
gwawe na Ruhanga

OBUMANYISO OBUNDI

OBWAKUBAASA KWOREKA

EKYETENGO KY'OKUKIRA

EBIRONDA BY'OMUNDA.

11. Okugumirwa kwesiga abandi,
nangwa n'obu waakuba otaine na

nshonga erikwetegyerezibwa.

**12. Buriijo kwenda ebintu byoona ku
ba biry'omubushoboorozi bwawe**

**13. Okwehara ebigaaniro
ebirikwimutsya munonga
ebiteekateeko by'obusaasi**

**14. Okukora munonga ekirenga, nari
okugira emirimo etarikukuheereza
kahuumuro, kwenda kwehara
okuguma ohunami.**

15. Okuremwa kutaho ensharo zihikire
Noobaasa kugira oti: “ego” obu
waakubaire noogira oti “ngaaha”, nari
oyombeka ebisiika omu mwanya
gw'okwombeka ensharo.

**16. Okwehuriramu n'okukwatwaho
aha by'abandi bantu barikurabamu -**
Nooyekorera omutwaro gw'okureeba

ngu abandi bantu baaguma
bashemereirwe, baine obusingye, nari
bari gye – nangwa n’obu bwakuba aha
maani gaawe.

**17. Okutiina kukora enshobi, n’okwenda
ngu buri kimwe kigyende gye**

**18. Okugumirwa kushemererwa
obusinguzi bwawe**

**19. Okwenda kuguma na bantu
abatakuriho, abatakwetireho**

**20. Oburemeezi omu kumanya nari
kwetegyereza eki orikwehuriramu**

**21. Okwehuriramu ngu okukundwa
nari okwikirizibwa n’oyetangwa
kubikorera.**

**22. Okwehuriramu enteekateeka
y’okwegaya, nari nk’onagirweho**

YETEGYEREZE KURUNGI EBI:

Embera ezakumurikirwa aharuguru,
n'obutumwa kuruga omu mutima.

Nibugira buti:

- “Aha haine ekiriho ekirikwetaaga kureebwa.”
- “Aha haine ekiriho ekirikwetaaga kutambirwa.”

Kandi amakuru marungi nigagumaho:
“Reeba, ebintu byona nimbihindura busya!” (*Okushuururirwa 21:5*)

Guma omutima, kurabira omu musharaba:

- Ekyabaireho omu busaasi bwa kare, nikibaasa kukizibwa omu mbabazi za Kristo. Ebironda byawe by'omunda, nibikizibwa.
- Ekitabo eki tikihandiikirwe ngu

kikureetere kucuramirirwa omu byawe eby'enyima.

- Kihandiikirwe kweta Yesu kuza omu byawe eby'enyima. Yesu tarikugyenda naiwe kuza omu maisho kwonka – baitu naagaruka n'enyima omu kitebyo kyawe n'amaani g'okukiza.

EKIRO 1

OKWETEISA, OKWETEGYEREZA EMITWARIZE Y'OBUTO, HAMWE N'OKUSAASIRA

*(Okwigura omutima, okwakiira ekyererezi,
n'okutandika okutambirwa okuhikire)*

Ekyahandiikirwe ky'eizooba (Kishome
nooyetwara, okishome okigarukyemu,
kandi orikweshengyereza)

Zaaburi 139:23-24

“Onshwijume, omany e omutima gwangye;
ongyeze, omany ebiteekateeko byangye.
Oncaakye, oreebe omuriinye ku haraabe
harimu oburyarya; onyebembere, ngume
omu muhanda gwawe ebiro byona.”

Okutonzya 3:40

“Ka tureebe, twetegyereze emitwarize

yaitu. Haza tugarukire Nyakubaho.”

Abaheburaayo 4:12-13

“Ekigambo kya Ruhanga kiine amagara
kandi nikikora kimanyira kimwe
ebiteekateeko by’omuntu, n’ebi omutima
gwe gurikwenda kukora

Tihariho kihangirwe kyona ekisherekirwe
omu maisho ga Ruhanga.”

Zaaburi 51:10-12

“Ai Ruhanga, ompangyemu omutima
gushemeire, ompamyemu omutima
gurikukworobera.”

**ESHAARA: OKWETEISA,
OMUSHANA
GW'OKWETEGYEREZA,
KANDI N'OKUSAASIRANA**

Taata ow'omu iguru,
Ninyija omu maisho gaawe omu iziina rya
Yesu Kristo, ntaine kintu kyona eki
ndikushereka, ntarikweshushaniriza, nari
kushereka omutima gwangye.
Eri izooba naayigurira kimwe omutima
gwangye ahari Iwe.
Oncaakye, Ai Mukama, omanyeye omutima
gwangye.
Iwe otakoma aha bindikubaasa
kushoboorora.
Gyendera kimwe, orengye ahari ebyo ebi
naakubaasa kwijuka.
Taahira kimwe omu bicweka byona

eby'amagara gangye.

Mukama Yesu Kristo,

Ninyeteisa hatari ebibi byangye byonka
baitu ahabw'emiringo yoona y'oku
naayakiiremu ebironda omu magara
gangye.

Ninyeteisa ekiniga ekyarugiriire omu
busaasi.

Ninyeteisa obushaarire obwareetsirwe
okuteganisibwa.

Ninyeteisa emitwarize y'okwehakana
eyaarugiriire omu kubonabonesibwa.

Ninyeteisa okugaruza ebigyere enyima,
okuhunama, hamwe n'okushereka
omutima gwangye.

Ninyeteisa okugarukamu n'obwoba,
ekyarugiriire omu magara gangye g'obuto.

Ninyeteisa emitwarize mibi yoona ei
ntwire nayo, ntarikumanya bukomooko
bwayo.

Taata omunyambabazi,
Ninyikiriza ngu emirundi emweija ntwire
omu myanya ehutaaziibwe omu mwanya
gw'amazima agakizire.

Ninyeyikirizamu ebintu Iwe ebi
otakagambaga.

Nkeereeba ndikuraba omu kunagaijurwa,
omu mwanya gw'okurabira omuri
rukundo yaawe.

Nkaikiriza ebirikungambwaho ebitakabaga
byangye omuri Kristo.

Nsaasira, Mukama Yesu, Omujuni wangye.
Nshemeza kuruga omu ndagaano ei
naakozire n'ebishuba.

Nshemeza kuruga omuri buri kimwe
ekyakuba kyampikireho ahabw'obusaasi.
Mpangamu omutima musya, kandi
ontemu omutima guhikire.

Mutima Orikwera,
Eri izooba ninyeta omushana gwawe.
Yasya omushana gwawe omu ntandikwa
yangye.

Yasya omushana gwawe omu biteekateeko
byangye eby'omu buto.

Yasya omushana gwawe omu mitwarize
yangye ei ntarikwetegyereza kurungi.

Binyorekye gye kandi kurungi:

Omurabanamu ugu gukatandikira nkahi?
Ekiteekateeko eki kikataahiramu nkahi
omu magara gangye?

N'enki eki naarabiremu ekyandeeteire

naaba nk'oku ndikwereeba hati?

Reka omushana gwawe guhikaane
n'eki ndikwehuriramu hati, n'ahi kyakuba
kyatandikiire.

Binga omuzambaaro.

Binga obuhumi.

Binga buri kimwe ekirikunshereka
amazima.

Reka ndeebe kutari kwenda kuhutaara
ogundi murundi baitu kukizibwa.

Mutima Orikwera,

Ku haraabe hariho ebironda ebi naaziikire
biiheyo obireete omu mushana gwawe.

Ku haraabe hariho ebiteekateeko ebi
naagyerizeho kwehuzya Byorekye kurungi.

Ku haraabe hariho emitwarize ei
ntareetegyereize ginkyengyese.

Ninkwesiga kunyorekyerera
otandemereire.

Taata ow'omu iguru

Eri izooba, naanye nacwamu kusaasira.

Ninsaasira abo abambonaboneise omu

magara gangye g'obuto-

abo abaagambire ebigambo ebyamputaarize,

abo abaabuzirwe kundwanaho,

abo abatarankyengire,

abo abatarambeereireho obu naabaire

nimbeetenga,

abo abaabaire nibatwaza batyo

ahabw'obusaasi obwabo.

Hati nimbasaasira.

Ninyeyihamu ibara kigambo ekyabaire

kitwire omu mutima gwangye.

Ninyeyihamu ibara kaire akaasigire enkojo

omuriinye.

Ninyeyihamu buri eki naabaire
ningyenderera kuhikaho kwonka
ekitarahiriziibwe.

Nincwamu kutagumizamu n'akashaasho
aka.

Mukama Yesu,
Kiza omutima gwangye naaba ndiyo
ninsaasira.

Ahu okusaasira kuraangumire, ompe
eneema.

Ahu obusaasi bukiremeire, reetaho
obusingye.

Ahu ebiteekateeko bikiri bingi, reetaho
amaani gaawe g'okukiza.

Reka okusaasira kuhezeho eby'enyima
eby'amagara gangye gaabaire gakwatiiremu.

Mutima Orikwera,

Naaba nyemereire omu maisho gaawe,

tandika kureetaho okwetegyereza kusya omuriinye.

Reka amazima gashwekye ibara kishuba.

Reka omushana gushwekye ibara kurabanisibwamu.

Reka okukizibwa kutandikire aha ntandikiro y'amagara gangye.

ENDAGIIRIRO NKURU

Y'EBY'OMUTIMA

Omu rugyendo oru, tunga eisakaramentu ry'okweteisa.

Otareeta ebibi byawe byonka baitu n'ebikuriho byona.

Yaakiira:

- Embabazi
- Okwezibwa
- Okugarurwa busya

OKUHENDERA

Shoma eshaara ya Tataitwe emirundi
eshatu, ohendere eizooba n'okweteisa,
okushuururirwa, hamwe n'entandikiriro
y'okukizibwa kw'omu nda.

EKIRO 2

OKUHAYO EBYAKUBAIREHO OMU BUTO AHARI RUHANGA

Ekyahandiikirwe

Yeremiya 1:5

“Ku naabaire ntakakuhangire mu nda ya nyoko, nkakutoorana.”

Zaaburi 139:13

“Niiwe waahangire buri kacweka kangye koonna, okambumbabumbira omu nda ya maawe.”

Yoweri 2:25

“Ndyabagaruriraho emyaka emyaka eyaariirwe emizinga y’enzigye.”

ESHAARA:

OKUKIZA OBUTANDIKIRO

BWONA OBW'AMAGARA GANGYE

Taata ow'omu iguru,

Eri izooba nimpeerayo kimwe ahariiwe
entandikiriro y'okubaho kw'amagara
gangye obwire obw'amagara gangye
gaatandikire, amaisho gangye
gatakashuuruukire, n'eiraka ryangye
ritakahuriirwe, n'obw'eiziina ryangye
ryabaire ritakagambirwe.

Mukama, taayaayira obwire bw'okubakwa
omu nda kwangye

Iwe niiwe wenka orikumanya embeera ei
amagara gangye gaatandikiiremu.

Noomanya yaaba okubakwa kwangye
kwizire omu busingye nari omu

buteetegyerezana, omu kushemererwa
nari omu kubaangaanisa, omu kukundana,
nari omu mbeera etarikwetegyerezibwa.
Nookimanya gye yaaba okuzaarwa
kwangye kwayakiirwe ahonaaho,
n'ekihika, nari kwagumire nikuteerwaho
entsibo mpora, kwabaire nikutiinwa omu
bwesherekye, nari kwabaire
kutarikukyengwa abo abanyetooroire.
Ahu obweremwa bw'obuntu
bwayetooroire okutondwaho kwangye,
reka embabazi zaawe zitaahemu hati.
Ahu okuteetegyerezana, okutiina,
okwefuuza, okwerarikirira, okuhunama,
nari okubaangaanisa byabaire, reka
omushana gwawe ogurikukiza gwaije
gutaahemu.

Okutondwaho kwangye ku kwakuba
kwabaireho obu emitima yaabaire eteine
busingye, eby'obushwere bitari gye, nari
ebiteekateeko bihutaaziibwe, Mukama,
otakaikiriza ekibunda ky'ebyaireho byona
kugambirira amagara gangye.

Taata, taayaayira omutima gwa Maama
obu yaabanza kumpeeka.

Noomanya oku yaabaire, ku yaakimanyire
ngu ndiho.

Noomanya yaaba yashemereirwe,
yaatiinire, yaarizire, yaabangaaniise, nari
yaateganisiibwe okwo omu nda.

Noomanya ebiro ebi yaabaire aine amaani,
hamwe n'ebiro ebi yaabaire naateganisibwa
omu biteekateeko.

Noomanya obwire obu yaabaire ayekoreire
ebibuuzo ebi arikuguma nabyo

bitabuuziibwe, obusaasi bwesherekire,
aine obutatebeekana omu mubiri, aine
eihamba, ashobeirwe, nari arikutuurira
aha munigo gw'abandi.

Ku yaakuba yaabaire atinire, Mukama
mukize embeera egyo.

Ku araabe yaarizire, tambira embeera egyo.

Ku yaakuba yaayehuriire ataine
kikwatirwaho, kiza embeera egyo.

Ku yaakuba yaagumire atwire ayekoreire
ebironda by'ebiteekateeko obu yaabaire
ampeekire, reka embabazi zaawe nayo
okwo zihikyeyo.

Mukama, taayaayira okubaho nari
okutabaho kwa Tata omu bwire
bw'okubakwa kwangye.

Nookimanya yaaba yaabaire naagamba

eby'omugisha, nari ahunami, nari
atarikuhanya, ari hareho, yaikiriize,
nari yaabaire atatebeekaine.

Noomanya yaaba yaayemereire haihi nari
hare, yaaba ebigambo bye byabaire
nibyosya nari birikufukiirira, yaaba
omutima gwe gwabaire guri aho, nari
gwabaire gutariho.

Yaaba haabaireho ebigambo birikusaasa,
akahunamo, okweyanga, okunyururana,
okwesibamu, nari ebiteekateeko bikaba
biri hare, reka hatabaho akaire akaaguma
keesherekire nk'omutwaro gw'omu
mutima gwangye.

Taata, nimpeerezayo ameezi mwenda agu
naaherize omu nda.

Ibara kwezi, ibara izooba, ibara kaire
keesherekire ak'okubakwa kwangye –

byona nimbata omu mikono yaawe.
Okutiina kwona oku Maawe yaagizire obu
yaabaire ampeekire, obwire bugumire obu
yaarabiremu, ibara burwaniza obu
yaahuriire, amaganya agu yaagizire,
omutwaro gwona ogu yaayekoreire –
Mukama, taanisa omutima gwangye kuruga
ahari ibara mutwaro ogwabaire gutari
gwangye kwekorera.

Nimpeerezayo ibara mwanya ogu Maawe
yaahikiremu ampeekire.

Ibara nju, ibara rugyendo, ibara irwariro,
ibara kyaro, buri ruteerane, embeera yoonu
ei ndi ow'okurabamu kurabira omuri we –
haasirira eby'obuto bwangye.

Ahu yaagyendeire omu busingye,
haaheereze omugisha.

Ahu yagyendeire omu kushoberwa,
hakize.

Ahu yaayeshangire omu mbeera mbi, reka
embabazi zaawe zinsangirire kimwe.

Nimpeerezayo ibara muntu owaagambire
aha nda yangye egyo.

Obuhabuzi bwona obwahairwe Maama.
Okutiinisa kwona okwagambiirwe haihi
nawe.

Ibara kiteekateeko, ibara kigambo kibi,
ibara iraka ririkuterebura, ibara puresha,
ibara kigaaniiro kya bwesherekye –
Mukama, reka hatabaho ekigambo
ky'obutwa ekyakuba kyagambirwe omu
bwire bw'okutondwaho kw'amagara gangye,
ekiraagume omu magara gangye.

Haaba hariho ekigambo ky'okunagaijurwa,

okubaangaanisa, okutiina, okuzibirwa,
okuteganisibwa, nari okushoberwa
ebyabaire biine akakwate n'okubakwa
kwangye ntakazairwe. Ebyo byona
nimbiheerezayo hati omu maisho gaawe.
Reka endeeba yoona eyeesherekire,
eyaayorekirwe omu biro ebyo ebyabandize,
eyogibweho eshagama ya Yesu.

Mukama, hati nimpeerezayo n'eizooba
ryonyini eri naazaariirweho.

Eshaaha yonyini ei naiziiremu omu nsi –
okaba oriho.

Yaaba okuzaarwa kwangye kwayorobire
nari kwagumire, yaaba haabaireho obusaasi,
okukyerererwa, okwerarikirira, nari haine
ekyabaireho, amarira, akaceceko,
okushemererwa, nari okutiina – Mukama,
taayaayira eshaaha egyo hati n'okukizibwa.

Nimpeerezayo emikono eyaabandize kunyakiira.

Emikono eyaabandize kunkiriza, kuunaabisa, kunjweka omu kubanza, n'okubanza kunkwataho oheereze obwire obwo bwona omugisha, kandi otambire embeera yoona ebeetooroire.

Nimpeerezayo okwakiirwa kwona okwabandize aha kuzaarwa kwangye. Abo abaashekire, abo abaashobeirwe, abo abaagumire bahunami, abaabuurize ebibuuzo, abo abaajagwize, abo abu kyakozire kubi Mukama, reka hatakaabaho entwaza y'omuntu yoona yaaba eyaagambirwe nari etaragambirwe aha kuzaarwa kwangye, eyaaguma ebiikirwe omu mutima gwangye.

Nimpeerezayo ebigambo ebyabandize
kugambirwa haihi naanye, okugambwaho
okwabandize, okureeba okwabandize,
okuramura okwabandize, emigisha
y'okubanza, okutiina okwabandize,
ebyabaire birikuteekateekwaho omu
kubanza reka omugisha gwawe gwonka
gube nigwo gwaguma aha magara gangye.
Taata, nimpeerezayo ebyakuba
byagambirwe abanyabuzaare bangye
baatatenkazi na baamaawento, abu
ndikuzaarwa nabo, baatatenkuru na
baamaawenkuru, abataahi, hamwe na
banywani b'eka yaitu.
Eki baakuba baagambire kyona, eki
baateekateekire, n'eki baabaire
nibateekateeka, eki baatiinire, eki baikiriize,

nari eki baayangire – Mukama yeza ibara kabara akaakuba kaasigirweho egyo mbeera, oona eyaabandize.

Nimpeerezayo n’amaraka g’abanyadiini agaagambire omu bwire bw’okuzaarwa kwangye abo abaashabire, abo abaatengire omugisha, abo abaagambire, n’abo abaagumire bahunami.

Reka ibara mugisha gugume gwine amaani, kandi orekye n’ekishushani kyona ekibi kihweere kimwe amaani.

Mukama, nimpeerezayo ebiro byangye ebyabandize mperize kuzaarwa.

Ekiro kyangye ky’okubanza, okwonka kwangye kw’okubanza, okurira kwangye kw’okubanza, okurwara kwangye kw’okubanza, okutaana kwangye

kw'okubanza, okubanza kukwatwaho
ka kube okurungi nari okutari
kw'obusingye kiza okutandika okwo
kwona.

Nimpeerezayo ameezi gangye g'okubanza.
Embeera ei nagwejegyereiremu, amaraka
agu naahuriire, okugumirwa
okwanyetooroire, obusingye nari
akamigano ebyabaire biri omu ka,
embeera y'obwire eine akakwate
n'okukura kwangye.

Nimpeerezayo emyaka yangye y'okubanza
omwaka gumwe, emyaka ebiri, emyaka
eshatu, emyaka ena, emyaka etaano.
Buri kyabaireho ekyesherekire eki
ntakaijuka, baitu ekyagumire
nikinyombeka mporampora.
Buri kuburaho.

Ibara kutiina.

Ibara burwaire.

Ibara butandu.

Ibara ndeeba omu miteekateekyere

Ibara kigambo kigumire.

Ibara muhondano gw'omuka ogwareebirwe
kitamanyirwe.

Ibara mbeera y'okwerarikirira, nari
ey'okutahamya ekiriho.

Ahi naakuba naagizire okutiina,
okunyiheho.

Ahi naakuba naagizire enaku, onkize.

Ahi okwerarikirira kwabaireho kare,
kurandure kurugyeho.

Ahi okunagaijurwa kwakwatsire
mporampora aha mutima gwangye,
kwogyezeho kimwe.

Mutima Orikwera, gyendagyenda
omuri ibara myaka yangye eyaabandize
ey'okubaho kwangye.

Kwata aha bwire bwona, obu obwijukizi
bwangye bwabaire butakashoborokyeirwe.
Kwata aha mbeera etarikureebwa eyatwirwe
mpora omu nda yangye.

Mukama Yesu, reka eiraka ryawe ribeere
kimwe eiraka ry'amaani aha kubanza
kw'amagara gangye.

Gamba omugisha ahi okubaangaanisa
kwabaire kuri.

Gamba omugisha ahi okwerarikirira kuri.

Gamba obusingye ahi haabaire hari
okurwanagana.

Gamba okwikirizana ahaabaire hari
okutiina.

Gamba okukira ahi haabaire hatuura

obusaasi bwesherekire.

Nindangirira ngu okubakwa kwangye
n'okwa Ruhanga.

Enda yangye n'eya Ruhanga.

Okuzaarwa kwangye n'okwa Ruhanga.

Emyaka yangye y'okubanza n'eya Ruhanga.

Okutandika kwangye kwona
n'okw'embabazi za Ruhanga.

Tihariho kintu kyona ekisherekire omu
kutandika kw'amagara gangye, ekiraije
kuteganisa obusingye bwangye, eiziina
ryangye, okwetwa kwangye, emikago,
nari orugyendo rwangye.

Nimpeerezayo okubanza kwangye kwona
n'okwakiira okukizibwa, okugarurwa
busya, okwezibwa, hamwe n'obusingye
oburikuruga omu iguru.

Omu iziina ery'amaani erya Yesu Kristo,
Amiina.

Okuhendera

Shoma eshaara ya Tataitwe emirundi
eshatu, orikukwatsa okutondwaho kwawe
omu bushoboorozi oburikukiza, obwa
Taata, Mwana, n'obwa Mutima Orikwera.

EKIRO 3

OKUKIZA EBIRONDA BY'OKUBANZA EBY'OBWANA

Ekyahandiikirwe

Isaaya 43:1

“Otatiina, ahabw’okuba nkakucungura,
naakweta eiziina; mbwenu ori owangye.”

Zaaburi 27:10

“Taata na maawe ku barimpwaho,
hoona Nyakubaho aryanyanduura.”

Mariko 10:14

“Murekye abaana bato baije, bampikye,
mutabazibira.”

**ESHAARA: MUKAMA, TAAHA OMU
BIRONDA BYANGYE EBY'OBWANA**

Taata ow’omu iguru, hati nindeeta omu
maisho gaawe, emyaka yangye ey’obuto –

emyaka obu naabaire ndi kakye,
ntarikwemariirira, ndikwega ensi,
ndikwega aha maisho g'abantu, ndikwega
amaraka, ndikwega kwerinda, ndikwega
okutiina, okwega, okwikiriza, n'okwega
oku waakubaasa kubaho ahagati y'abandi.
Mukama, nookimanya ngu obuto
nibukusigamu obumanyiso bwingi,
obundi n'obw'obwijukizi butakwenzire
kwikiriza.

Ebintu bimwe ebi ndikwijuka kurungi.
Ebintu bimwe ebi ndikwijuka omu
bicweka.

Ebintu bimwe ebi ntakiijukaho na kakye,
baitu eki byasigire byakora bikaguma
mpora omu magara gangye.

Eri izooba, ebyo byona nimbiheerezayo
ahari Iwe.

Nimpeerezayo eby'obwoba bwona ebi
naabandize kugira.

Obwire bw'okubanza obu naatungire
okutiinisirizibwa, ntaine n'oku naakubaasa
kukishoboorora.

Embeera y'okubanza eyaareeteire omutima
gwangye gutaatebeekana.

Eiraka ry'okubanza eryareetsire naatetema.
Ekyabaireho ky'okubanza ekyandeeteire
naayerarikirira.

Mukama, taayaayira obwire obwo.

Ku ndaabe naayegire okutiina nkiri muto,
kuura emizi yaakwo eyesherekire.

Omutima gwangye kuguraabe gwayegire
kukoresa amaani hatakabaireho kugamba
obusingye, yegyesa omutima gwangye
okwerinda ogundi murundi.

Nimpeerezayo emirundi y'okubanza ei
naabugainemu okutaana.

Obwire obu omuntu mukuru omu magara
gaawe yaakuburaho.

Obwire obu ntarikwetegyereza ahabw'enki
Nanka yaarugireho akatusigaho,
akakyererwa, akagyenda, akaburaho,
akaza omu rugyendo, nari akabirugamu,
nari akacwamu kuguma hangahari.

Ahi okuhunama kwareetsire okwerarikirira,
Mukama kukize.

Ahi akahunamo kaareetsireho ebibuuzo,
bigarukyemu n'obusingye.

Ahi okutegyereza kwareetsireho omu nda
okutiina, reetamu oburinzi.

Nimpeerezayo ebironda byangye by'omu
biteekateeko by'okubanza.

Ekigambo kibi ky'okubanza
kungambwaho kikansaasa munonga.
Okugororwa kw'okubanza okwareebekire
kuremeire, okukira oku kyabaire
kigyendereirwe.

Omurundi gw'okubanza ugu
naateekateekire ngu nkakyengwa kubi.

Omurundi gw'okubanza ugu
naateekateekire ngu nkajumirwa/nkaturwa
busha.

Omurundi gw'okubanza ugu naayehuriimu
hatariho orikundeeba, kandi obwo nyine
obwetaagi.

Mukama, tambira ebyo byona
ebyambaireho omu buto bwangye.

Nimpeerezayo obwire obu abantu bakuru
baagambira haihi naanye, batarikukimanya

gye oku omwana arikuhurira.

Ebigambo ebirikugambwa n'ekiniga.

Ebigambo ebirikugambirwa omu
kweshobera.

Ebigambo ebirikugambirwa eryo.

Ebigambo ebirikugambwa omu kuzaana
ebitwire omu nda yangye.

Ebigambo kuri nibhinduka ebironda, reka
Ekigambo kyawe hati kibikize.

Nimpeerezayo obwire bw'okuringaaniza.

Omurundi gw'okubanza ogu naayeshangire
ndikuringaanizibwa n'ondiiho mwana.

Omurundi gw'okubanza, ondiiho muntu
arikureebeka arikwakiirwa, arikusiimwa
okukiraho, arikurahuka kureebwa, kandi
n'orikugambwaho gye.

Ahi okugyeragyeranisa kwareetsireho

okwetiina, okukuure kurugyeho.

Ahi okugyeragyeranisa kwaamaziremu
obwesigwa, gaaruraho ekitiinisa.

Ahi okugyeragyeranisa kwareetsireho
okuteeyikiririzamu, reetaho obusingye.

Nimpeerezayo obuhemukye obwabandize.

Obwire obu naayehuriire mpemukire.

Obwire obu abandi baashekire, omutima
gwangye ahonaaho gikeesiba.

Obwire obu naabaire ninyenda
kweshoboororaho, baitu nkaburwa
ebigambo bihikire.

Obwire obw'okwegarukamu bwareebekire
bwaremeera, ahabw'okuba omutima
gwangye gukaba gukiri mukye.

Mukama, kiza obuhemukye obwesherekire.
Kiza emyanya ei obwesigwa bwahwairemu
kare.

Nimpeerezayo obwire obu naarizire
kwonka nkaburwa kwetegyerezibwa.

Obwire obu okurira kwangye
kwakyengirwe kubi.

Obwire obu naabaire ninyetenga
kuhumurizibwa, baitu nkatunga
obuteetegyerezana.

Obwire obu ebiteekateeko byangye
byabaire biri bigufu munonga ahabw'
abantu bakuru kubiireebamu, kwonka byo
biri bihango ekirikumara kutondaho ensi .

Mukama taayaayira amarira ago hati.

Nimpeerezayo obwire obu naayehuriire
omu mutwe ndi nyenka.

Nangwa n'obu nyetooroirwe ab'eka
yangye, ku haakuba hariho obwire,
omutima gwangye gukagumya ekintu

mpora, Mukama oyetaahiremu.

Nimpeerezayo okushoberwa kwangye
kw'okubanza.

Endagaano y'okubanza eyaaremire.

Ekyabaire nikiteekateekwa kiriya
ekyagwire.

Okutegyereza kw'okubanza
okwahendeire n'obusaasi.

Kiza ibara kushoberwa kwangye kw'obuto,
okwayegyeise omutima gwangye kurahuka
kwekanga kare.

Nimpeerezayo oburwaire obu naarabiremu
omu kubanza.

Obwire obu oburwaire bwantiinatiinise.

Obwire obu obusaasi bwaizire

ntakabumanyire. Obwire obu amarwariro,
ebikatu, emibazi, enkora, nari obweremwa
bwareetsireho okutiina.

Ahi omubiri gurikwijuka okutiina
kw'enyimaho, gukarekura obusingye.
Nimpeerezayo zaabutandu, okukangarana,
okugwa, obuhuta, n'obwire burikutiinisa
obw'ahonaaho.

Ebyabaireho ebirikureebwa, nari
ebyayebire ebyakuba bikiriyo nibigambira
mpora omu nda y'obwijukizi bwangye.
Mukama, reka okukangarana kw'enyimaho
kutagumizamu nikugambira kurabira omu
kutiina kwesherekire.

Nimpeerezayo ibara mbeera y'okugumirwa
kw'eka, okw'omwana yaakuba yaareebire.
Amaraka gakaimuka.

Akaceceko akaareebekire karemeire.
Okugumirwa okutarikugambwa.
Obujune butarikushoboororwa, omu bantu
bakuru.

Obwire obu omwana arikureeba ngu
hariho ekishobire, kwonka atakyetegyereze.
Ahu obwire bw'obuto bwabaasize kwemera
okugumirwa, oreeteho okukira.

Nimpeerezayo obu mbaaza kubugana
okufeerwa.

Omuntu ku yaakuba yaafiire, akaburaho,
akahinduka, nari akabura kureebeka, obu
naabaire ntakeetegyereize gye amagara,
Mukama, tambira eki okufeerwa okwo
kwasigire omuriinye.

Nimpeerezayo ibara kuguma nyenka,
okwesherekire okw'omu bwana.

Obwire bw'okuguma aho ntamanyirwe.

Obwire bw'okwenda kukiikirwa, kuhurirwa,
nangwa n'okuhamiirizibwa.

Obwire bw'ebibuuzo by'omu nda, ebi

hatariho orikumanya ngu mbiine.

Nimpeerezayo obwire bw'okubanza, obu naayegire kushereka oku ndikwehurira.

Omurundi gw'okubanza, obu nacwiremu ngu okuhunama nikuhweera okukiraho.

Omurundi gw'okubanza obu naamira amarira.

Omurundi gw'okubanza, obu naabiika ebibuuzo omu nda.

Omurundi gw'okubanza, obu naayegarukamu kureeba ngu naagumaho.

Mukama, ahi okugumaho kurikuba nk'omuze, nyegyesa okwetwara.

Ahi okuhunama kurikuhinduka ekikwato kikuru ky'okwerinda, nyegyesa okwesiga.

Ahi okuhabura kurikurugwamu okumanywa, oreeteho omushana.

Nimpeerezayo obwire bwangye
bw'okubanza bw'amagara g'okushoma.
Okubanza kugira obwoba bw'okuza omu
kibiina kwegga.

Ebironda by'omushomesa w'okubanza.

Okujumwa kw'okubanza.

Okusingwa kw'okubanza.

Okutiina kw'okubanza, ngu ntakaaremwa
kukwata ebi ndikushomesibwa.

Obwire bw'okubanza obw'okusigwa
nyenka enyima.

Mukama, kiza ebironda byona
eby'okushoma omu kubanza.

Ihaho ibara eiraka ryesherekire eririkugira
“Torikuheza.”

Nimpeerezayo emikago yangye y'omu
bwana. Okureebibwa kw'okubanza.

Okunagwa enyima okw'okubanza.

Okugira obuteetegyerezana n'abu
naashomire nabo okw'okubanza.

Obwire obu naabanza kusigwa aheeru.

Kiza ibara kirona ekyarugire omu bintu
byangye eby'obuto.

Nimpeerezayo ibara kibuuze eki
ndikwebuuzaho ekyabaireho kare omu
kubanza.

“Ninyikirizibwa?”

“Ninyemariirira?”

“Ahabw'enki ndi ow'omutaano?”

“Ahabw'enki naatwarizibwe omu
muringo ugu?”

“Ahabw'enki eki kyabaireho?”

Mukama ngarukamu ibara kibuuze
ekikuru onyorekye amazima.

Reka eiraka ryawe rigire amaani
okukira okucwamu kare.

Ahi obuto bwateireho enyikiriza egwire,
bahabure n'omugisha gwawe.

Ahi ebironda byabaire akamanyiso
k'okumanywa, ntaanisa ahari byo.

Ahi obusaasi bwashomeise amakuru
gagwire, garukamu obihandiikye
n'embabazi.

Yesu, gyendagyenda hati kuraba omuri
ibara kishengye ky'obuto bwangye.

Shutama ahu nashutamire.

Yeemerera ahu naayemereire.

Taaha omuri ibara mwanya gwona
ogwayebire.

Kwata ahari buri nshonda eyesherekire.
Ahi naahuriire ndi mukye, reka hati
mpurire haine ontangatsi.

Ahi naahuriire ntiinire, reka hati
mpurire ngu ndo omu ngaro nungi.

Ahi naahuriire nimbura, reka hati
ndeebe ninyetegyerezibwa.

Ahi naashangire mputaire, reka hati
omubiri gwangye gugarurwe busya.

Nindangirira:

Obuto bwangye n'obwa Ruhanga.

Ebironda byangye ebyabandize n'ebya
Ruhanga.

Amarira gangye g'okubanza n'aga
Ruhanga.

Okutiina kwangye okwesherekire, n'okwa
Ruhanga.

Obusaasi bwangye obwayebire, n'obwa
Ruhanga.

Tihariho na kimwe kuruga omu buto
ekiraagumizemu nikitegyeka, ahi hati

omugisha gutaahire.

Ekyatandikiire omu busaasi tikirikwija
kushoboorora nyensya yangye.

Ekyataahiremu kare, tikirikwija kugumamu
ebiro byona.

Okukizibwa okurikwera kuriyo nikutaahira
kimwe omu magara gangye.

Omu iziina ery'amaani erya Yesu Kristo.
Amiina.

Okuhendera

Shoma mporampora eshaara ya Tataitwe
emirundi eshatu, orikushaba Mukama
kukwata ahari ibara kishengye
kyesherekire eky'obuto, n'obusingye
hamwe n'okugarurwa busya.

EKIRO 4

OKUCWA EMIKYEENO EYAATANDIKIIRE OMU NDA

Ekyahandiikirwe

Abagalatiya 3:13

“Kristo akatucungura omu mukyeeno gw’eiteeka obu yaakyeenwa ahabwaitu.”

Okubara 23:23

“N’ahabw’ekyo, tihariho ky’okuroga Yakobo, n’obu kwakuba okuragurira kubi Isiraeli.”

Isaaya 54:17

“Tiharibaho ky’okurwanisa ekiheesirwe kukurwanisa ekirikubaasa.”

Okutonzya 3:37

“N’oha oraarahiire kikabaho, Nyakubaho atakitebeekaniise.”

ESHAARA: OKUCWA EMIKEYEENO KURUGA OMU NDA (EIDAARA AHA RINDI)

Taata ow'omu iguru,
Hati ninyija omu maisho gaawe omu
iziina rya Yesu Kristo, ntarikureeta
amagara gangye ga hati gonka – baitu
kuruga n'obu gatandika.

Iwe okaba oriho nyowe ntakahangirwe.
Okandeeba kare hatariho omuntu ondiijo
weena owaandeebire. Tihariho kyona
ekikwatiraine n'amagara gangye
ekikusherekirwe.

N'ahabw'ekyo, nintwara obushoboorozi
obu omuri Kristo, aha mukyeeno gwona
ogwakuba gwataahire omu magara
gangye kurugira kimwe aha kutandika.

OMU MAGINGO G'OKUBAKWA

Omu iziina rya Yesu Kristo:

Aha kutandika kw'amagara gangye,
ku naakuba naataahirwemu omukyeeno
gw'okwangwa/kunagaijurwa –
okubaho kwangye ku kwakuba
kutaraakiirwe, kwahakanisiibwe, nari
kwatiinirwe

Nincwa omukyeeno ogwo hati.

Ibara mukyeeno ogurikugira guti

“Toshemereire kubaho.”

ibara mukyeeno ogurikugira “Ori

enyangwa.” ibara mukyeeno ogurikugira

“Ori enshobe.”

Ningwanga, kandi ngucwekyerereza kimwe

Amagara gangye gakahaasirirwa Ruhanga

kutari kugira, ngu n'enkora y'omuntu.

OKWEZI KW'OKUBANZA – OMUSINGYE GW'AMAGARA

Omu iziina rya Yesu Kristo:

Amagara gangye ku gaabaire gariyo
nigatondwa, Nincwa ibara mukyeeno
ogwabyairwe aha musingye gw'okubaho
kwangye.

Ibara mukyeeno gw'obutatebeekana,
ibara mukyeeno gw'obutatebeekana,
ibara mukyeeno gw'okutiina okwabaire
kwetooroire okutondwaho kwangye –
gurandurwe hati.

Tihariho kintu kibi ekiraagumeho aha
musingye gw'amagara gangye.

OKWEZI KWA KABIRI – OKUTONDWAHO KW'OMUNTU

Omu iziina rya Yesu Kristo:

Enshusha yangye oku yaabaire

nintondwa, Nincwa ibara mukyeeno
ogwagyerizeho kunkora omu
kishushani eki ndimu.

Ibara mukyeeno gw'ekishushani kitari
kyangye.

Ibara mukyeeno gw'okweyanga.

Ibara mukyeeno ogwateireho
ebiteekateeko nka “Tinshemereire.”

Ningushazamu hati.

Ekishushani kyangye kikahangwa
Ruhanga – hatari maani agandi.

**OKWEZI KWA KASHATU –
EBIRIKURUGA OMU
BWIMUKYEERO**

Omu iziina rya Yesu Kristo:

Nincwa ibara mukyeeno
ogwantaahiremu kurabira omu mbeera
y'ebirikunyimukamu.

Obwoba ku buraabe bwayetooroire
Maama, nyowe nimbwangira kimwe.
Okushoberwa ku kuraabe
kwayetooroire omwanya ogu ndimu,
ninyangira kimwe obushoberwa obwo.
Okweshobera, nari okushobangirirwa
ku kuraabe kwayetooroire obuto
bwangye, ninkwangira kimwe.
Ibara mukyeeno gw'okuremeererwa
ebirikunyimukamu gwacweka hati.

**OKWEZI KWA KANA –
OKWEYONGYERA N'OKUKURA**

Omu iziina rya Yesu Kristo
Ku naabaire ninkura omu nda ya
Maawe, Nincwa ibara mukyeeno
ogwabaire gugyendereire kuremesa
okukura kwangye.

Ibara mukyeeno gw'okuremesibwa,

ibara mukyeeno gw'okukyererwa,
ibara mukyeeno ogurikugira guti:
“Torikwija kuza hare.”

Ningucwekyereza hati.

Nkahangirwa okunyeeta, kutari
kuzambaara.

OKWEZI KWA KATAANO – OBUKURU BW'OMUNTU N'OKUMANYISA

Omu iziina rya Yesu Kristo

Nincwa ibara mukyeeno
ogwantaahiremu kurabira omu buntu,
n'okutaahirira entuura yangye.

Ibara mbeera ei naatungire,
ibara kugumirwa, kuremesibwa, nari
ninyetaanisa nabyo hati.

Tihariho mbeera yoona erikuruga

aheeru ereije kutegyeka amagara gangye.

OKWEZI KWA MUKAAGA – AMAANI N’OKUTONDWA

Omu iziina rya Yesu Kristo:

Nincwa ibara mukyeeno ogwateganiise okutondwa kwangye.

Ibara mukyeeno gw’obweremwa.

ibara mukyeeno gw’akabi

ibara mukyeeno ogurikugira guti:

“Noija kurwana waaza kwemerera.”

Ningwangira kimwe.

Nitunga amaani kurugira kimwe

ahari Ruhanga.

OKWEZI KWA MUSHANJU OKWETEEKATEEKYERA OKUTAAHAMU

Omu iziina rya Yesu Kristo:

Nincwa ibara mukyeeno ogwine
akakwate n'okutiinirira amagara
hamwe n'okubaho.

Ibara mukyeeno ogurikugira guti:
“Amagara nigaza kuguma.”

ibara mukyeeno ogurikugira guti:
“Noija kukareeba.”

Ningucwekyereza hati.

Tindazaariirwe kutiina nkazaarirwa
omu kigyendererwa.

**OKWEZI KWA MUNAANA
OKUTEBEEKANISIBWA
OKW'AHA MUHERU**

Omu iziina rya Yesu Kristo:

Nincwa ibara mukyeeno
gw'okukyerererwa, ogw'
okuremesibwa, hamwe
n'ogw'okuremeraho.

Ibara maani agagyerizeho
kukyerereza okwija kwangye,
ibara mukyeeno ogwaremeise okwija
kwangye gucwekye hati.
Tihariho ekiraakyerereze orugyendo
rwangye.

OKWEZI KWA MWENDA OBWIJWIRE BW'OBWIRE

Omu iziina rya Yesu Kristo:
Obwo ndikwiririra okuzaarwa,
nincwa ibara mukyeeno
ogwangambirweho, nari oguri aha
magara gangye.

Ibara mukyeeno gw'obwoba
obwetooroire okwija kwangye,
ibara mukyeeno gw'okubaangaanisa,
ibara mukyeeno gw'okwesiga kutunga
ekintu kibi Ningushazamu hati.

Nkaija omu nsi ahabw'okukunda
kwa Ruhanga.

EKIRO KY'OKUZAARWA KWANGYE

Omu iziina rya Yesu Kristo:

Nincwa ibara mukyeeno
ogwankyeenirwe omu bwire
bw'okuzaarwa kwangye.

Ibara kigambo ekirikukukora kubi,
ibara kigambo ky'okwangwa/
kunagaijurwa,ibara kigambo
ky'okukuremesa Ninkihunamisa hati.
Eiraka rya Ruhanga niryo ryonka
eririkwetengwa omu magara gangye.

OKURANGIRIRA OKW'AHA MUHERU

Mukama Yesu,
Garuka aha butandikiro bw'amagara
gangye.

Ahu buri kimwe kyatebeekanisiibwe
kubi – kiiheho.

Ahu buri kimwe kyasiisikaire
kigarure busya.

Ahu buri kimwe kyabaire nikibura
kiijuzeho.

Nindangirira:

Ibara mukyeeno ogwarugire omu nda,
gwacweka.

Amaani goona ageesherekire,
gaacwekyerezibwa.

Ibara ntuura mbi, yaarandurwa.

Ningyendera omu busingye.

Ningyendera omu mazima.

Ningyendera omu kigyendererwa
ekirikwera.

Omu iziina erikuru erya Yesu Kristo.
Amiina.

Okuhendera

Shoma eshaara ya Tataitwe (emirundi eshatu) orikuhamiiriza obusingye bwawe omu bushoboorozi bwa Taata, na Mwana, hamwe na Mutima Orikwera.

OKUCWA EMIKYEENO Y'ABAZAIRE HAMWE N'AB'OBUSHOBOOROZI

(Okucwa amaani g'ebigambo,
okurangirira, hamwe n'obumanyiso
bw'eby'omutima kuruga omu maraka
g'abazaire hamwe n'ab'obushoboorozi)

Ekyahandiikirwe

Enfumu 18:21

“Orurimi rugira obushoboorozi
bw'okwita n'okukiza.”

Abeefeso 6:2-3

“Otiine shoimwe na nyoko.”

Isaaya 54:17

“Tiharibaho ky'okurwanisa ekiheesirwe
kukurwanisa, ekirikubaasa.”

Abagalatiya 3:13

“Kristo akatucungura omu mukyeeno
gw’eiteeka.”

ESHAARA: OKUCWA EMIKYEENO Y’ABAZAIRE HAMWE N’AB’OBUSHOBOOROZI

Taata ow’omu iguru,
Eri izooba ninyija omu maisho gaawe
omu iziina rya Yesu Kristo, nindeeta buri
iraka eriragambiire omu magara gangye
kurabira omu bazaire bangye,
abareebeerezi, abashomesa, abeebembezi
bangye, hamwe n’abantu bakuru.
Iwe wenka niiwe muhangi wangye, Taata
ohikire, kandi omushoboorozi wangye
ow’aha muheru.

Okwanga ebigambo bibi kuruga omu
b’obushoboorozi Omu iziina rya Yesu

Kristo, ninyangira kimwe ibara kigambo kibi ekyagambirwe abazaire bangye, nari abandi bantu bakuru aha magara gangye.

- Ninyangira kimwe ibara kigambo ky'okwangwa/kunagaijurwa, ekyagambirwe ahariinye.
- Ninyangira kimwe ibara kigambo ky'okuremesa, ekyagambirwe ahariinye.
- Ninyangira kimwe ibara kigambo ky'okuremwa, ekyagambirwe ahariinye.
- Ninyangira kimwe ibara kigambo ky'okuhemuka, ekyagambirwe ahariinye.
- Ninyangira kimwe ibara kigambo ky'okugyeragyeranisa, ekiragambirwe ahariinye.
- Ninyangira kimwe ibara kigambo ekigyendereire kushiisha eiziina ryangye.

- Ninyangira kimwe ibara siteetimenti mbi eyaakozire enteekateeka yangye. Ebigambo ebi, tibiine bushoboorozi aha magara gangye.

Okucwa amaani g'endahiro
z'ab'obushoboorozi

Ibara kigambo nk'ekyo kihwe amaani hati. Omu iziina rya Yesu Kristo, nincwa amaani g'ekirangiro ekyakozirwe ab'obushoboorozi aha magara gangye.

- Nincwa ibara kigambo ky'okuremesa aha magara gangye g'omu maisho.

- Nincwa ibara muringo ogurikuncweramu aha kubaasa kwangye.

- Nincwa ibara nteekateeka mbi eyaateirwe omu muhanda gwangye.

- Nincwa ibara kigambo ekyagambisiibwe

ekiniga, nari okushoberwa.

- Nincwa ibara mukyeeno ogwagambirwe omu kumanya, nari omu butamanya.
- Nincwa ibara siteetimenti mbi etwire omu nteekateeka yangye.

Buri kigambo nk'ekyo kihwe amaani hati.
Okucwa amaani g'ebirikugambwa
ab'obushoboorozi.

Omu iziina rya Yesu Kristo, nimpunamisa
ibara iraka ry'omu nda kuruga omu
bushoboorozi bw'enyima.

- Nimpunamisa buri iraka eririkugira ngu tindikumara/tindikubaasa
- Nimpunamisa ibara iraka eririkugira ngu ninyija kugwa
- Nimpunamisa ibara iraka eririkugira ngu naagirweho

- Nimpunamisa ibara iraka eririkugamba ebirikutiinisa aha ncwamu zangye
- Nimpunamisa ibara iraka eririkuremesa obwesigye bwangye.

Reka eiraka rya Ruhanga ribe niryo ryayorekyerera amagara gangye kuruga hati. Okucwa enteekateeka mbi, hamwe n'ekishushani kibi

Omu iziina rya Yesu Kristo:

- Nincwa ibara kirona ky'omu bwonko ekirikureetwa ab'obushoboorozi
- Nincwa ibara kishushani ekyabaireho kurugiirira omu kwangwa, nari omu kugyeragyeranisibwa.
- Nincwa obwoba bwona obwabyairwe kurabira omu kuhabura okutarimu rukundo.
- Nincwa ibara kwerarikirira okwareetsirwe okubonabonesibwa.

- Nincwa enyikiriza yoona ey’omu nda, eyaakomookire omu kutwaririzibwa obushoboorozi obutahikire.

Tinkitegyekwa ebyo byona ebi naarabiremu.

Okusaasira hamwe n’okurekura Taata, nincwamu kusaasira.

- Ninsaasira abazaire bangye, ahabwa buri kigambo eki bangambiire kikansaasa.

- Ninsaasira abareeberezi, ahabwa buri kikorwa ekyamputaarize.

- Ninsaasira abashomesa ahabwa buri kintu kibi eki bantaireho, nari eki banyeetsire kyona.

- Ninsaasira abeebembezi hamwe n’ab’obushoboorozi, ahabw’okukoresa kubi obushoboorozi bwabo.

- Ninsaasira buri omwe owaaremirwe kuhamisiriza, kurinda, nari kunyorekyerera kurungi.

Nimbarekurira kimwe kuruga omu mutima gwangye.

Okurangirira obusingye hamwe n'obukuru
Hati nindangirira omu iziina rya Yesu
Kristo:

- Nintegyekwa Ruhanga baitu butari bushoboorozi bw'omuntu weena.

- Ninyakiirwa, ninkundwa, kandi ndi entoore.

- Tindikutegyekwa bigambo by'obwahwaireho ebirikugambwa.

- Tindikutegyekwa ab'obushoboorozi b'omu bwire bwangye bw'enyima.

- Nyeteekateekire kuba eki Ruhanga yampangire ngu mbe.

Eshaara y'okugarurwa busya

Mukama Yesu

Kiza ibara kirona ekiine akakwate
n'obushoboorozi omu magara gangye.

Garura busya:

- Obwesigye bwangye
- Eiziina ryangye
- Amaani g'ebiteekateeko byangye
- Obwengye bwangye omu kumanya
- Endeeba yangye aha bwire bw'omu maisho

Reka amazima gaawe gagarukyemu
kuhandiika buri kyabaireho.

Okurangirira okw'aha muheru

Okuruga hati, nindangirira:

- Ibara mukyeeno gw'obuzaire, gwacweka
- Ibara mukyeeno gw'omuntu mukuru, gwacweka

- Ibara kigambo kibi, kyashazibwamu
- Ibara iziina rigwire, ryarugamu
- Ibara kirikuremesa kyacwekyerezibwa

Hati ningyenda omu busingye

Ningyenda omu mazima

Ningyendera omu iziina rirungi, hamwe
n'ekigyendererwa.

Omu iziina ery'amaani erya Yesu Kristo.
Amiina.

Okuhendera

Shoma eshaara ya Tataitwe emirundi
eshatu, orikuhamiiriza obusingye bwawe
ahansi y'obushoboorozi bwa Taata, na
Mwana, na Mutima Orikwera.

EKIRO 6

OKUCWA EMIKYEENO Y'EMIRANDIRA Y'ESHAGAMA

(Okucwa emikyeeno ya baatatenkuru, akakwate k'eka, hamwe n'akarande k'obukwatwa omuri Kristo).

Ekyahandiikirwe

Abagalatiya 3:13

“Kristo akatucungura omu mukyeeno gw'eiteeka obu yaakyeenwa ahabwaitu.”

Okuruga 20:5-6

“abankunda bakoorobera ebiragiro byangye, baijukuru baabo ab'obusingye n'obusingye mbagirira rukundo etahararuka.”

Ezekieli 18:20

“Omwana tariturwa kibi kya ishe; na ishe w'omwana tariturwa kibi ky'omwana we.”

2 Abakorinto 5:17

“Omuntu weena, ku aba ari omuri Kristo,
aba ekihangwa kisyu”

ESHAARA: OKUCWA EMIKYEENO Y'EKIKA

Taata ow'omu iguru,
Eri izooba, ninyija omu maisho gaawe
omu iziina rya Yesu Kristo, Omwana wa
Ruhanga ohuriire, Ogwo owaahindukire
omukyeeno ahabwangye, ngu mbaase
kukira ibara mukyeeno.

Ninyemerera omu bushoboorozi
bw'Omusharaba, kandi nindangirira ngu
tihariho mukyeeno ogurikukira eshagama
ya Yesu.

1.OKUCWA EMIKYEENO OGW'OBWORO

N'OGW'OKUTAGIRA BINTU

Omu iziina rya Yesu Kristo:

Nincwa omukyeeno gwona ogw'obworo omu kika kyangye.

Nincwa omukyeeno gw'okuteeraguza sente, ogurikuguma nigugarukiira omu nzaaro z'eka.

Nincwa ibara mukyeeno gw'obutagira, gw'okugira bikye, n'okugira ebitarikumara.

Ku haraabe hariyo omukyeeno ogurikugira ngu, “Ti hariho n'omwe omu kika kyaitu oratungire.” Ninkyangira kimwe. Ku haraabe hariho omukyeeno ogurikugira ngu, “Nitubanza twayaayaana kwenda ngu tubeho.” Ninkicwaho hati.

Nindangirira ngu obworo ti mugabo gwangye, kandi n'obutagira tibunyineho bushoboorozi.

2. OKUCWA EMIKYEENO Y'ENDWARA N'OKUFA

Omu iziina rya Yesu Kristo:

Nincwa ibara mukyeeno gw'endwara omu kika kyaitu. Nincwa ibara mukyeeno gw'endwara zitarikukira, endwara z'akarande, hamwe n'obusaasi.

Nincwa ibara mukyeeno gw'okufa kw'abaana bato, abarikukanuka, n'okuguma nibafeerwa omu ka.

Ku haraabe hariho omukyeeno ogurikugira ngu, “Oburwaire obu n'obw'omu ka yaitu,” Nimbushazamu n'eshagama ya Yesu.

Ku haraabe hariho omukyeeno ogurikugira

ngu, “Abantu b’omu ka egi buriiho bashaasha omu mibiri yaabo,”

Ninkicwaho hati. Nindangirira, ngu okukizibwa hamwe n’amagara n’ebyangye omuri Kristo.

3. OKUCWA OMUKYEENO GW’AMAKA GASHEENYUKIRE

Omu iziina rya Yesu Kristo:

Nincwa ibara mukyeeno gw’amaka agasheenyukire, hamwe n’agari aha rutezyo.

Nincwa ibara mukyeeno gw’okutaana, okutaanira kimwe, hamwe n’okubura rukundo omu ka. Nincwa ibara mukyeeno gw’obuteetegyerezana, hamwe n’emikyenjano ya buri kaanya omu ka.

Ku haraabe hariho omukyeeno ogurikugira ngu, “Tihariho obushwere burikuhangaara

omu kika kyaitu,” Ningucwekyereza hati. Ku haraabe hariho omukyeeno ogurikugira ngu, “Obushwere omu kika kyaitu bukira kurema,” Hati ekyo ninkicweraho kimwe. Nindangirira okugarurwaho, rukundo, hamwe n’obuteeka omu maka gaitu.

4. OKUCWA EMIKYEENO Y’OBUSINZI, HAMWE N’OKUCWEKYEREZA

Omu iziina rya Yesu Kristo:

Nincwa ibara mukyeeno gw’esindo omu kika kyaitu. Nincwa emikyeeno y’amaarwa, okukoresa kubi ebishaka, hamwe n’emitwarize y’akabi.

Nincwa emikyeeno y’okwezambaaza, okwita obwonko, hamwe n’okuremwa emicwe.

Ku haraabe hariho omukyeeno
ogurikugira ngu, “Abantu b’omu ka egi
tibakaabaasa kuhinduka,” Ninkihakanisa.
Ku haraabe hariho emikyeeno erikugira
ngu, “Buriijo nitukora ebibi birikushushana,”
Ekyo ninkicwaho hati.

Nindangirira obusingye hamwe
n’okwerindira omuri Kristo.

5. OKUCWA EMIKYEENO Y’OKUTIINA HAMWE N’OBUKWATWA BW’OBWONKO

Omu iziina rya Yesu Kristo:

Nincwa ibara mukyeeno gw’okutiina, omu
kika kyaitu. Nincwa emikyeeno
y’okushoberwa, ey’okucuramirirwa,
hamwe n’obutatebeekana omu mutwe.
Nincwa emikyeeno y’okunyigwa omu

bwonko, hamwe n’okuribatiirirwa.

Ku haraabe hariho omukyeeno
ogurikugira ngu, “Tutwire omu ka egi
nitutiina,” Nonkishazamu.

Ku haraabe hariho omukyeeno
ogurikugira ngu, “Ebiteekateeko byaitu
tibikagiraga busingye,” Ninkicwaho hati.
Nindangirira obusingye bwa Kristo, omu
bwengye bwangye n’omu biteekateeko
byangye.

6. OKUCWA EMIKYEENO

Y’OKUKYERERERWA

N’OKUREMERERWA

Omu iziina rya Yesu Kristo:

Nincwera kimwe omukyeeno

gw’okukyerererwa omu magara gangye
n’omu kika kyaitu.

Nincwa emikyeeno y'okusyaraara,
okuguma nooremwa, n'okukingirwa
kugyenda omu maisho.

Nincwa emikyeeno y'okuremesibwa,
hamwe n'okutagyenda mu maisho.

Ku haakubaho omukyeeno ogurikugira
ngu, “Tihariho karungi akarikurahuka
kwija omu ka egi.” Ningwangira kimwe.

Ku haraabe hariho omukyeeno
ogurikugira ngu, “Nitubanza
twahandagatana kuza kugira eki
twatunga.” Ningucwaho hati.

Nindangirira okweyongyera n'okugyenda
omu maisho omuri Kristo.

7. OKUSHARIRAHO KIMWE IBARA MUKYEENO GW'EKIKA

Omu iziina rya Yesu Kristo:

Ninsharaho ibara mukyeeno gw'ekika
ogurikukorera omu ka yangye.

Ninsharaho ibara mukyeeno ogo tutwire
nagwo kuruga omuri baatatenkuru.

Ninsharaho ibara mukyeeno
ogurikugambwa omu nzaaro nk'oku
zirikukuratana.

Ninsharaho ibara mukyeeno gwesherekire
ogurikukorera ahansi mpora omu kika
kyaitu.

Reka ibara mukyeeno guhendere naanye
hati ahabw'amaani ga Yesu Kristo.

8. OKURANGIRIRA OBUSINGUZI KURUGA OMU MIKYEENO

Mukama Yesu,

Nindangirira ngu ncungwirwe kuruga
omuri ibara mukyeeno.

Tinkitegyekwa mikyeeeno y'obworo.
Tinkitegyekwa mikyeeeno y'endwara.
Tinkitegyekwa mikyeeeno y'okuremwa
n'okusingwa.

Tinkitegyekwa mikyeeeno y'okubura ebintu.
Tinkitegyekwa mikyeeeno y'okutiina nari
okuremesibwa.

Eshagama ya Yesu yaaherize kucwa ibara
mukyeeeno y'omu magara gangye.

OKURANGIRIRA OKW'AHA MUHERU

Omu iziina ery'amaani erya Yesu:
Ibara mukyeeeno gw'ekika gwacweka.
Ibara mukyeeeno gwa baatatenkuru
gwacwekyerezibwa.
Ibara mukyeeeno ogurikugambwaho
gwashazibwamu.

Ibara mukyeeno gwesherekire gwareebwa,
kandi gwacwekyerezibwa.

Ibara mukyeeno ogurikugarukiira,
gwayemererezibwa kimwe obutarigaruka.

Hati tinkiine mikiyeeno.

Nshaangiirwe eshagama ya Yesu.

Ningyendera omu mugisha n'omu magara
masya. Amiina.

Okuhendera

Shoma eshaara ya Tataitwe emirundi
eshatu, orikuhamya okugarurwa busya
kwawe kuruga omu mukyeeno gwona
oguri omu magara gaawe, n'omu kika
kyanyu.

EKIRO 7

OKWETA MUTIMA ORIKWERA OKWIJA OMU NTANDIKA YAAWE EHUTEIRE

(Okutambira obutandikiro bw'amagara
gaawe kurabira omu kubaho kwa Mutima
Orikwera)

Ekyahandiikirwe

Yohaana 14:16-17

“Naanye ndyashaba Taata, abahe omuhwezi
ondiijo, agume naimwe ebiro byona – Niwe
Mutima ow'amazima”

Abarooma 8:11

“Mutima wa nyakuzoora Yesu omu bafiire,
ku araabe atuura omuriimwe”

Zaaburi 139:7-10

“Mbweni nkakwetantarira nkahi?
Ndyahungira hi ahi otari?”

Isaaya 61:1

“Mutima wa Mukama Ruhanga ari
ahaiinye. Yantuma kugambira abooro
amakuru marungi, n’okushemba
abahurutukire emitima”

ESHAARA: OKWETA MUTIMA ORIKWERA KWIJA OMURI BUTO YAAWE EYAAHUTAAZIIBWE

Mutima Orikwera wa Ruhanga
Eri izooba ninkutangirira omuri ibara
kicweka ky'amagara gangye, na munonga
agaabandize kuhutaara omu buto.
Tindikukweta kwija omu magara gangye
ga hati nari aga nyensya, baitu n'omu
g'enyima, obutandikiro bwangye, hamwe
n'omuri ibara mwanya gwesherekire ahi
obusaasi, omuzambaaro, nari okuhwa
amaani byakuba byataahire omu magara
gangye. Mutima Orikwera, ori
Omuhuumuriza wangye, Omubazi
gwangye, Magara gangye. Ninkwigurira
ibara kicweka ky'okubaho kwangye.

1.OKWETA MUTIMA ORIKWERA OMU KUBAKWA KWANGYE

Mutima Orikwera, ninkweta kwija omu bwire bw'okubakwa kwangye.

Okwija omu kutandika kw'okubaho kwangye okwesherekire. Okwija omu binyehinguririize, omu birikunyimukamu, hamwe n'omu mbeera eyeetooroire okubaho n'okukura kwangye.

Ahi omuzambaaro gwabaire guri, reetaho obusingye.

Ahi okutiina kwabaire kuri, reetaho rukundo.

Ahi okubaangaanisa kwabaire kuri, reetaho obuteeka.

Ahi omwirima gwabaire guri, reetaho ekyererezi.

Reka hatakaagira na kimwe eky'obwire obwo ekyabaire kiri omuriinye ekyaguma kitakizire.

2. OKWETA MUTIMA ORIKWERA KWIJA OMU NDA YA MAAWE

Mutima Orikwera, ninkweta kwija omu bwire bwangye omu nda.

Omuri ibara kwezi, ibara izooba, ibara bwire obutarareebirwe obw'okuhangwa kwangye.

Taaha omu mwanya gw'embeera y'obwimukyeero ebyabaire bintegyereize kurabira omuri Maawe.

Taaha omu kutiina kwona, okushobangirirwa, nari omutwaro ogu yaabaire ayekoreire.

Taaha omu bwire bwona obw'obusingye,

otambire ibara magingo g’okweshobera.
Yeereza kimwe eby’okutandika kwangye.
Reka omutima gwangye gutaanisizibwe
kimwe na buri kintu ekyabaire kitari kya
Ruhanga.

3. OKWETA MUTIMA ORIKWERA OMU KUZAARWA KWANGYE

Mutima Orikwera, ninkweta kwija omu
izooba eri naazaariirweho.

Kwija ahu naabaire ndi, omu mbeera,
okwakiirwa kwangye, hamwe n’ebyabaire
nibigyenda omu maisho obwire obwo.
Ahi obusaasi bwabaire buri, oreeteho
okukira.

Ahi okutiina kwabaire kuri, oreeteho
obusingye.

Ahi omuzambaaro gwabaire guri,

oreeteho okushoboorokyerwa.

Ahi haabaire hariho okuhunama nari okunagaijurwa, oreeteho okwakiirwa.

Kwata aha mwisyo gwonyini ogwabandize ugu naikiize omu nsi.

4. OKWETA MUTIMA ORIKWERA KWIJ OMU MYAKA YANGYE Y'OBUTO

Mutima Orikwera, ninkweta omu myaka yangye y'obuto.

Omu kindikwijuka n'ebi ntakirikwijuka.

Omu bwire bwona obw'o

- kurunguurirwa
- kutiina
- muzambaaro
- kunagaijurwa
- kwerarikirira

*kubura oburinzi nari okwetegyereza.

Kiza ibara kirona ekyesherekire
ekyakuba kyabaireho omu myaka egyo
ey'obuto.

Garuraho ekyabaire kicwekire mpora omu
nda yangye.

5. OKWETA MUTIMA ORIKWERA OMU BIRONDA BYANGYE BY'OMUM MUTWE

Mutima Orikwera, ninkweta omuri ibara
kirona kyangye ky'omu bwimukyeero
omu magara gangye.

Omuri ibara nteekateeka:

- y'okutaba ekirikumara
- y'okutaba orikukundwa
- y'okutaba gye
- y'okuba otarikukyengwa

- y'okutaba n'abandi

Kiza eki ebigambo bitakaabaasa kushoboorora. Kiza eki obwonko butakaabaasa kushoboorora kurungi. Reka okubaho kwawe kugyendere kimwe omu nda okukira aha kwetegyereza kwangye.

6. OKUHEEREZAYO IBARA NTANDIKA YANGYE MBI

Mutima Orikwera, nimpeerezayo ahari Iwe ibara ntandika mbi yangye. Nimpeerezayo okubakwa kwangye. Nimpeerezayo eki naarabiremu ndi omu nda. Nimpeerezayo okuzarwa kwangye. Nimpeerezayo obuto bwangye. Nimpeerezayo ibara nteekateeka y'obwijukizi bwangye eyesherekire.

Ninkuheera kimwe obushoboorozi aha burugo bwangye.

7. OKURANGIRIRA OKUKIZIBWA KURABIRA OMURI MUTIMA

Mutima Orikwera, hati ndiyo nintunga okukizibwa kwawe.

Reka omuriro gwawe gweze ibara kironda.
Reka rukundo yaawe egarureho ibara mwanya gucwekire.

Reka obusingye bwawe bushwekye ibara mwanya ogurimu busha.

Reka okubaho kwawe kugarukyemu kuhandiika ekitebyo ky'omu nda.

Ahi haabaire hari obusaasi, reetaho obwijwire.

Ahi haabaire hari omwirima, reetaho ekyererezi.

Ahi haabaire hari okwehwa amatsiko,
reetaho okugarurwa busya.

OKURANGIRIRA OKW'AHA MUHERU

Nindangirira ngu:

- Mutima Orikwera naatuura omuri ibara kicweka ky'omubiri gwangye.
- by'okutandika byangye nibikizibwa okubaho kwa Ruhanga.
- Nindangirira, ngu obwengye bwangye buriyo nibugarurwamu Rukundo ya Ruhanga.
- Eiziina ririyo nirigarurwa busya omuri Kristo
- Amagara gangye agaabandize kusiisikara gariyo nigahindurwamu obujurizi.

Naakizire

Ngarwirwe busya

Mpindukire musya ahabwa Mutima
Orikwera.

Omu iziina ery'amaani erya Yesu Kristo.
Amiina.

Okuhendera

Shoma eshaara ya Tataitwe emirundi eshatu,
orikuhamiiriza okubaho kwa Mutima
Orikwera aha magara gaawe, emyaka
yaawe y'obuto, hamwe n'omuhanda gwawe.

OKWAKIIRA EMIGISHA AHI EMIKEYEENO YAABAIRE ERI OMU MYAKA Y'OBUTO

(Okuta okugarurwa busya kwa Ruhanga hamwe n'omugisha omu mwanya gwa ibara nkora mbi)

Ekyahandiikirwe

Yoeli 2:25

“Ndyabagaruriraho emyaka eyaariirwe emizinga y'enzigye.”

Abagalatiya 3:13-14

“Kristo akatucungura omu mukyeeno gw'eiteeka obu yaakyeenwa ahabwaitu Ngu omugisha ogu Ruhanga yaaraganiise Aburahamu guheebwe niguruga omuri Kristo.”

Isaaya 61:3

“ ebishaba by’ebirabyo omu mwanya
gw’eiju, amajuta g’okubareetera
okushemererwa omu mwanya gw’okucura.”

Ebiragiro 28:2

“Emigisha egi yoona ekwijeho ogitungye,
waaba nookora ebi Mukama Ruhanga
waawe arikukugambira.”

ESHAARA: KWAKIIRA EMIGISHA AHI EMIKYEENO EBIRE ERI

Taata ow'omu iguru,
Eri izooba naija omu maisho gaawe omu i
ziina rya Yesu Kristo, ntari nk'
owaakomoororwa, baitu nk'oriyo
naagarurwa busya, kandi akaheebwa
omugisha. Ninkusiima kureeba ngu ibara
mukyeeno omu magara gangye
gwacuubwa kurabira omu mani ga
Yesu Kristo.

Hati, Mukama, ninyigura omutima
gwangye kwakiira omugisha gwawe
omuri ibara kicweka kyangye ahu
omwirima gutwire gusheegyeire.

1.OKWAKIIRA OMUGISHA OMU MWANYA GW'OKUNAGAIJURWA

Mukama Yesu,

Ahi haabaire hari okunagaijurwa omu
magara gangye g'obuto, hati nintunga
omugisha gw'okwakiirwa.

Ahi naayeehuriire ntarikwakiirwa, hati
nintunga omugisha gw'okutooranwa.

Ahi naabaire ninyeteekateekaho
nk'otakureebwa, hati nintunga omugisha
gw'okumanywa Ruhanga.

Ahi naayeehuriire ntarikukundwa, hati
ninyakiira omugisha gw'okukundwa.

Reka rukundo yaawe ebe niyo yaaza omu
mwanya gwa ibara kironda
ky'okunagaijurwa.

2. OKWAKIIRA OMUGISHA OMU MWANYA GW'OKUKUMIIRIRWA

Mukama Yesu,

Ahi haabaire hari okuremesibwa
okurikugambwa aha magara gangye,
hati ninyakiira omugisha gwawe
gw'okweyongyera.

Ahi naabaire ngambiirwe ngu tindikwija
kubaasa, nintunga omugisha gw'okugyenda
omu maisho.

Ahi naabaire ngariirwe enyima, nintunga
omugisha gw'okweyongyera.

Ahi enyigi zaabaire zikingirwe, nintunga
omugisha gw'enigi ziigwire.

Reka okubaasa kuze omu mwanya gwa
ibara kuremesibwa.

o3. OKUTUNGA OMUGISHA OMU MWANYA GW'OKUKYERERERWA

Mukama Yesu,

Ahi haabaireho okwetwara omu magara
gangye n'omu kika kyaitu, hati ninyakiira
mugisha gwawe ogu orikuheera omu
bwire bwawe.

Ahi ebintu byabaire nibigyenda mpورا,
ninyakiira obwira bwawe.

Ahi emigisha yaabaire ekyererezibwa,
nintunga entebeekanisa ya Ruhanga.

Ahi amagingo gaabaire nigeeyongyera
omu kukora, ninyakiira amagingo
g'okuhikiiriza.

Reka entebeekanisa ya Ruhanga ebe niyo
yaaza omu mwanya gw'okugyenda mpورا.

4. OKUTUNGA OMUGISHA OMU MWANYA GW'OBUSAASI

Mukama Yesu,

Ahi haabaire hari obusaasi bw'omu
biteekateeko omu magara gangye g'obuto,
hati nintunga omugisha gwawe gw'okukira.
Ahi haabaire hari obusaasi, hati
nintunga okushemererwa.

Ahi haabaire hari okuharaharazibwa,
hati nyine obusingye.

Ahi haabaire hari okuhwamu, hati nintunga
okugarurwa busya.

Reka obwire bwona obwabaire buri
obw'obusaasi butambirwe okubaho kwawe.

5. OKWAKIIRA OMUGISHA OMU MWANYA GW'OMUZAMBAARO

Mukama Yesu,

Ahi haabaire omuzambaaro omu kubanza,

hati nintunga omugisha gwawe
gw'okugushoboorora.

Ahi haabaire hari obutahamya, nintunga
okuragiirirwa.

Ahi haabaire hari obutatebeekana, nintunga
okuhamiirizibwa omu mazima gaawe.

Ahi haabaire hari okurwanagana,
nintunga obusingye.

Reka obwengye bwangye bugarurwe
busya omuri Kristo.

6. OKWAKIIRA OMUGISHA OMU MWANYA OGUTAINÉ MATSIKO

Mukama Yesu,

Ah'omutima gwangye gwabaire gwehwaire
amatsiko, hati ninyakiira omugisha
gwawe omu bwijwire.

Ahi haabaire harikuburaho okuhamibwa,
nintunga eiraka ryawe.

Ahi haabaire hari omwanya omu
mutwe, hati nindeeba okubaho kwawe.
Ahi haabaire hari okuburabura, hati
nitunga okwijuzibwa omuriiwe.
Reka ibara mwanya gurimu busha
gwijuzibwe Mutima Orikwera.

7. OKURANGIRIRA AMAGARA AGAGARWIRWE BUSYA

Mukama,
Nindangirira ngu amagara gangye
tigaakimanyisa kiri ekyabaire nikigaburamu,
nari gahwiremu omu myaka yangye y'obuto.
Hati nintuurira omu magara g'okwegarura
busya. Hati ningyendera omu mugisha.
Hati ntwire omu burungi bwawe Mukama.
Ibara kikcweka ekyakwatsirweho amagara
g'obuto ag'okurabanamu, hati kiriyo
nikitaayaayirwa ekitiinwa kyawe.

OKURANGIRIRA KW'AHA MUHERU

Omu iziina ery'amaani erya Yesu Kristo:

- Ibara mukyeeno gushwekirwe omugisha
- Ibara kirona kishwekirwe okukira
- Okuremesibwa kwona kushwekirwe okuhanguha
- Okukyererwa kushwekirwe Ruhanga okukorera omu bwire
- Ibara busaasi bushwekirwe okugarurwa busya

Ninyakiira omugisha gwa Mukama

ogurikureeta obutungi, kandi

ogutarikwongyeraho naku yooni.Amiina.

Okuhendera

Shoma eshaara ya Tataitwe emirundi

eshatu orikuhamisiriza ibara mugisha

gw'okugarurwa busya omu magara gaawe.

EKIRO 9

OKUSIIMA RUHANGA N'OKUHENDERA EBY'OKUKIZIBWA

(Okusiima ahabw'okukizibwa, obusingye,
hamwe n'okugarurwa busya omuri Kristo
Ekyahandiikirwe

1 Abatesalonika 5:18

“Musiime omu birikubaho byona,
ahabw'okuba ekyo nikyo Ruhanga
abendeza omuri Kristo Yesu.”

Zaaburi 103:2-5

“Iwe magara gangye, himbisa Nyakubaho,
kandi oteebwa ebirungi byona ebi
yaakukoreire.....”

Abafilipi 1:6

“Nimpamiza kimwe ku Ruhanga,
owaatandikire omurimo murungi

omuriimwe, ariguhikiiriza.”

Abakolosai 2:14-15

“ahari ogwo musharaba, Kristo niho
yaayakiire abategyeki n’ab’obushoboorozi
ebikwato ”

SHAARA: OKUSIIMA RUHANGA, N'OKUHENDERA

Taata ow'omu iguru,
Omu iziina ery'amaani erya Yesu Kristo,
ninyija omu maisho gaawe aha kuhendera
orugyendo oru n'omutima ogwijwire
okusiima, n'okuheereza Ruhanga ekitiinwa.
Ninkusiima, Mukama ahabw'embabazi
zaawe ezihikiire kimwe aha kutandika
kw'amagara gangye. Ninkusiima ahabw'
okundeeba kare nyowe ntakeerebire.
Ninkusiima ahabw'okunkunda okurenga
okwetegyereza kwangye.

1.YEBARE AHABW'OKUTANDIKWA KW'AMAGARA GANGYE

Mukama, ninkusiima ahabw'okubakwa
kwangye, nangwa n'obu kwabaire

kusherekirwe, kutarikumanywa, nari
kwetooroirwe obutakuhamya.

Ninkusiima ahabw'okugira ngu omu nda
ya Maama okaba orimu, nyowe n'obu
naabaire ntarikukimanya.

Ninkusiima kugira ngu torasigireho ebiro
by'obuto byangye, baitu okampeeka kuraba
omu bwire butarikureebwa obw'okutwarwa
kwangye.

2. YEBARE KUKIZA EMYANYA Y'OBUHUTA

Mukama, yebare ahabwa ibara kironda
ekiri omuriinye eki waatandika kukiza.
Ahabwa ibara busaasi busherekire,
ninkusiima ahabw'okubukwataho bukakira.
Ahabw'okwijuka ibara kunagaijurwa,
ninkusiima ahabwa rukundo yaawe.

Ahabwa ibara mutwaro gw'omu mutwe,
ninkusiima ahabw'obusingye bwawe.
Ahabwa ibara kushoberwa, yebare
kubishoboorora. Ahi naabaire nyeshobeire,
oriyo nongarura omu buteeka.

3. YEBARE KUCWA EMIKYEENO

Mukama Yesu,

Ninkusiima ahabwa ibara mukyeeno
ogwacwirwe omusharaba gwawe.

Ninkusiima ahabw'okugira ngu:

- Emikyeeno y'ekika yo tenyineho
bushoboorozi
- Ebigambo by'abazaire
n'ab'obushoboorozi bihunamisiibwe
- Entuura y'omu buto yoona eraandwirwe
- Enjegyere zoona zicwanyaguziibwe
- Amaani ageesherekire gasheeshwirwe
kandi gaihwaho

Eky'omuzigu Sitaane eki yaabaire
naamanyisa kushiisha, Iwe okihinduriire
kimwe.

4. YEBARE AHABW'OKUSHANGIRA EMIKEYEENO N'OMUGISHA

Mukama, ninkusiima ahabw'okugira ngu
toraihireho mikyeeeno kwonka, baitu
okagishangiza n'omugisha.

Ahi haabaire hari okunagaijurwa,
okareetaho okwikirizana.

Ahi haabaire hari okuremesibwa, okareetaho
okubaasikirwa.

Ahi haabaire hari okukyerererwa, okareeta
ebintu kukorerwa omu bwire.

Ahi haabaire hari obusaasi, okareetaho
okukizibwa.

Ahi haabaire hari obutamarwa, okareetaho
okwijuzibwa.

Hati omugisha gwawe guriyo nigugamba
aha magara gangye.

5. YEBARE AHABW'OMURIMO GWA MUTIMA ORIKWERA

Mutima Orikwera ninkusiima
ahabw'okutaaha omu magara gangye
g'obuto agaabaire gahuteire.

Ninkusiima ahabw'okunkiza eki naabaire
ntarikubaasa kushoboorora.

Ninkusiima ahabw'okukwata aha kicweka
eki naabaire ntarikwijuka.

Ninkusiima ahabw'okugarura busya eki
naabaire nintekateeka ngu kihakendekyera
kimwe obutagaruka kubungwa.

Otwire ori Omuhuumuriza wangye,
wangye, kandi Omubungi w'amagara
gangye.

NINDANGIRIRA N'OKUSIIMA NGU:

- Nkiziibwe omu kutandika kwangye
- Tinkiine mukyeeno gwona
- Ngarwirwe busya omu iziina ryangye
- Ntebeekanisiziibwe omugisha gwawe
- Mbumbatiirwe rukundo yaawe

OKUHENDERA

Shoma eshaara ya Tataitwe emirundi eshatu,
orikuhendera orugyendo rw'okusiima
Ruhanga, okukizibwa, hamwe
n'okugarurwa busya omu iziina rya Taata,
erya Mwana, n'erya Mutima Orikwera.

AKAGAMBO KARIKUHERERUKA

Orugyendo rw'ebiro mwenda oru, ti
kugira ngu n'omubaro gw'eshaara
eziteirweho – n'omuhanda gwa Mukama
ogw'okukiza, okukomoororwa, hamwe
n'okugarurwa busya omuri Kristo.

Ekyahendekire omu myanya
eyesherekire, hati kiriyo nikigarurwa
busya omu mushana ogurikwera.

Ekyateekateekyeirwe omu busaasi
bw'enyima, hati kiriyo nikigarukwamu
kuhandiikwa ahabw'embabazi. Ekyabaire
kiri entandika ehuteire, hati eriyo neeba
entandika y'omugisha omuri Kristo.

Waaba oriyo noogumizamu orugyendo
rw'amagara gaawe, ijuka amazima aga:
Iwe tori ekyakubaireho. Ori eki Ruhanga

ariyo naakora omuriiwe.

Reka ekitabo eki kigume kiri mugyenzi
waawe omu magingo g'okushaba,
okwehabura, n'okwegarura busya.

Ebironda by'enyima byagaruka, kigarukire.
Kutari kutiina, baitu kikore omu kwikiriza
ngu okukizibwa nikugumizamu, kandi
n'embabazi buriiho zituuraho.

Omusharaba gwa Yesu Kristo nigukagume
guri engabo yaawe, Mutima Orikwera
naakagume ari omushaho waawe,
Kandi na rukundo ya Ruhanga Taata
neekagume ekushaangiire ebiro byona.
Omuri Kristo, okutandika kwona nikubaasa
kuguma nikuhindurwa kusya.

**Rev. Fr. Alexander
Mwebembezi**

**Uganda – East Africa.
Mbarara Archdiocese,**

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