

UKWAKHA UHLELO OLUQINILE LOKULULAMA KWEMPILO

UKUZE UTHOLE UKULULAMA OKUQONDILE EKULUTHEKENI

HLELA UKUTHI UQHAKAZE

Ngaphandle kwemiyalelo emihle, abantu balahlekelwa indlela yabo. (Izaga 11:14, MSG)

UMA SIHLULEKA
UKUHLELA,
SIHLELA UKUHLULEKA.

Kuyiqiniso elaziwayo jikelele ukuthi uma sihluleka ukuhlela, sihlela ukuhluleka. Ukululama akuhluka ngalutho kulokhu. Njenganoma yini empilweni, uhlelo lokululama lusebenza kangcono kakhulu uma sizinikela sifaka umfutho ekuhleleni siya phambili.

Ukululama kuwuhambo oludinga **Ukuzithiba + Ushintsho** Oluhle olubandakanya izinhlelo zakho zonke ngaphakathi nangaphandle. Le libhukwana lizosiza ukunikeza umhlahlandlela nendlela yokushintsha yomuntu ngamunye, ngendlela yokusebenzisa Uhlelo Lokululama Kwempilo (ULK)

Ungacabanga ngoHlelo Lokululama Kwempilo (ULK) njengemephu yomgwaqo ekubonisa noma ekuhambisa endleleni ephephile ezindaweni ongazijwayele (ngesinye isikhathi ezinamadwala) ngalendlela Uhlelo Lokululama Kwempilo yakho lusekela inkululeko yakho oyitholile luvule amathuba eqiniso ngawe. Ngalendlela iULK yakho isekela inkululeko osuyitholile ivule amathuba eqiniso, ukuze abonwe ngawe.

OKUBALULEKILE OKUFANELE UKUBEKE PHAMBILI

- Kubalulekile ukuthi ukwenza kwakho Uhlelo Lwakho Lokululama Kwempilo kube yinto ozinikela ukuyenza nokuthi ulwenze lube ngawe.
- Uhlelo Lokululama Kwempilo akulona uhla lwezimo ezikubophayo kodwa iyiqoqo lezixazululo.
- Ngakho-ke, kubalulekile ukuthi uzame ukugwema izisho ezivimbayo, njengokuthi, "Angikwazi," kanye nokuthi, "Akufanele/ Akumele," kungangcono usebenzise lezi ezibonisa ukuzikhethela, njengokuthi, "Ngikhetha," "Ngingakwazi," "Ngizibophezela uku," nokuthi "Ngizokwenza."
- Uyakhuthazwa ukuthi wabelana ngoHlelo Lwakho Lokululama Kwempilo nabantu abakusekayo. Lokhu kusiza ukuthi bonke osondelene nabo bazi ukuthi kwenzakalani ngawe nokukweseka ngendlela efanele.
- Uhlelo Lwakho Lokululama Kwempilo lingumqulu oquququkayo odinga ukubuyezwa ngesikhathi ukhula ekululameni nangesikhathi izimo zishintsha.



SIYAQALA

Qala iULK yakho ngokuyibhala ngamaphuzu ukuze ukwazi ukuyilungisa lapho izimo zishintsha.

Lwenze lube nesihloko ngokufaka igama lakho kanye nosuku.

Ungasebenzisa ubuciko (uma uthanda). Ungafaka izakhi zokuhlobisa, imibala, izithombe, imidwebo, amavesi encwadi engcwele, izicaphuno zemibhalo ethize, nanoma yini engenza iULK yakho ihluke futhi lkugququzele noma lkukhuthaze.

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ISAKHI SOKUQALA IBA NOMBONO

Lapho kungekho mbono, abantu bayabhubha (Izaga 29:18, KJV).

Ngenxa yokukhinyabezeka okudalwa ukulutheka, umuntu angazithola eselahle ithemba noma engasenandaba lapho eqala uhambo lokululama. Kuyenzeka ukuthi ukulutheka kukuhlukanise namathemba kanye namaphupho obukade unawo ngawe. Kokunye uze ukholwe ukuthi amathemba namaphupho obunawo ngeke esafezeka; ubone sengathi mkhulu umonakalo osuwenzekile. Lezizinkolelo ezingelona iqiniso zingakushiya ungasenawo umdlandla wokuzinikela ngokuphelele ohlelweni lokululama.

Yingakho udinga umbono.

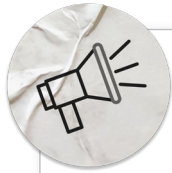
Umbono uyisithombe salokhu ofuna ukusebenzela kukhona. Uwumqondo ngekusasa leli obukade ulifisa. Kungenzeka kube umbono wesikhathi eside sokuzama ukubuyisana nomndeni wakho nempumelelo emsebenzini, noma kube umbono wesikhathi esifushane wokuthi uhlale uhlanzekile/ ungasebenzisi izidakamizwa noma ukuthola umsebenzi. Noma ngabe isiphi isikhathi silungile. Okusemqoka ukuthi lombono uqukethe kuwona izinto ezibalulekile obukade uzifuna emhlabeni.

Umbono ochazwe kahle uyithuluzi elinamandla lokululama elikunikeza isiqondiso, isizathu, amathemba kanye nokugxila. Ukwazi ukuthi ubhekephi, kugququzele ushintsho kukusizo ubekezele noma uhlalanga nezinselelo nemigoqo endleleni.

Zindla ngombono wekusasa lakho. Uma wenza lokhu, cabanga ngamathemba akho kanye nokulangazelelayo kuzona zonke izingxenye zempilo yakho. (okungaba, isimo sempilo yakho, isimo ngokwengqondo, isimo semizwa yakho, inhlalakahle, ubudlelwano, umsebenzi, isimo sezimali, impahla, ubuwena, ukubaluleka kwakho, kanye nangokomoya).

Faka umbono wakho kulencwadi yeULK yakho





ISAKHI SESIBILI KUKHULUME 2



Amagama angabulala, futhi anike impilo, angaba ubuthi noma aphilise - ngakho khetha. **(Izaga 18:21 MSG).**



Njengalokhu izwi likaNkulunkulu likhuluma ukuphila ezimpilweni zethu, kanjalo nathi kufanele sikhulume ukuphila ezimpilweni zethu. Nanoma siye siwathathe kancane amagama noma singawanaki, indlela esivela siyiyo, esikholelwa kukho, imicabango, kukho konke lokhu amagama ayaba nomthelela.

Ekululameni, ungalisebenzisa leliqiniso ukukusiza ngokukhetha ukukhuluma (nokubhala) izinto ezinhle ezizokugquzela ukuthi ubambe futhi uthathe ubusha obusekelwe ukululama.

Ukubopha amandla amazwi kubaluleke kakhulu kuzona zonke izinxenye zoHlelo Lokululama Kwempilo. Kodwa ke, kwi sakhi sesibili, amazwi anikezwe ukubaluleka okukhulu ngokuthi kwakhiwe izibophezelo ezithile. Empeleni izimemezelo lezi ziyimisho noma imibhalo yebhayibheli yeqiniso ememezela iqiniso elamukelekayo. Uma ziphindwa phindwa njalo zisebenza ukwakha lokhu okuthatha njengeqiniso, elamukelekayo.



Yakha izimemezelo ezimbalwa ozozikhuluma kuwena. Uma wenza lokhu, ubeke emqondweni ukuthi izimemezelo zisebenza kahle uma zibhalwe kafushane, ngendlela ecacile futhi ngenkathi yamanje. Ukwenza izimemezelo zibe okwenzaka kuwe kungaphumelela ngokuthi uqale ukwazi ukubona imicabango emibi ejwayele ukukufikela bese wakha izimemezelo eziphikisana nayo.

Faka izimemezelo zakho kwi ULK yakho.



ISAKHI SESITHATHU KUHLELE 3



Wulobe lombono uwuqophe ezibhebheni, ukuba kufundwe kalula. **(Habakuki 2:2, VOICE)**

Isakhi sesithathu sakhiwe izingxenyana eziyisikhombisa, zonke ezimayelana nezinto ezibalulekile ongazenza ukuvikela nokusheshisa indlela yakho yokululama.

A. UKUZITHIBA



Ngenxa yokuthi ukulutheka kuchazwa njengokungakwazi ukuzibamba, ukukhetha ukuzithiba okuphelele kuzona zonke izinto eziphazamisa imizwa yakho yomqondo kanye nokuzilapha ngokwakho kubalulekile. Ukuzibandakanya ezintweni ezijovanayo nemikhuba emibi yokuziphatha, kungakubeka engcupheni yokuzithola usuphuma kolunye uhlobo lwesidakamizwa ungene kolunye noma uzithole usuzisebenzisa futhi. Ukuzithiba ngokuphelele kubeka isisekelo esiphelele lapho ukululama okuphelele kungakhiwa emqondweni ohluzekile. Uma umuntu esanda kuqala uhlelo lokululama, ukuzithiba ebudlelwaneni bezothando kunenzuzo enkulu.



Zibophezele ekuzithibeni ngokuphelele kwi ULK yakho.



Bhala uhla lwezidakamizwa nemikhuba engemihle ofisa ukuzithiba kuyo. Beka emqondweni ukuthi ukuzithiba ngokuphelele kubandakanya nokuzithiba kuma benzodiazepines, utshwala, opioids nama steroids.

Eminye imikhuba eluthayo okufanele igwenywe ifaka ukugembula, ukudlala amagemu ngokweqile, ukuhlanza, ukubuka imifanekiso yocansi, nokwenza ucansi olungafanele, ubudlelwane obunobungozi kanye nokuzilimaza.



B. INDLELA YOKUPHILA

Ngesikhathi usaluthekile, ubukhona bakho, esikhathini esiningi, bebuphazamisekile futhi bungenazithelo. Isikhathi sakho sidliwa ukusebenzisa izidakamizwa. Ezinye izingxenyana zempilo yakho sezilibalekile. Ekululameni, “ukuhlela kuqala ngendlela efanele” kanye nokuthuthukiswa kwesimiso esihlelekile kunikeza amathuba okubuyisela ukuhleleka kwansuku zonke nokuqonda. Kuphinde lukuvikele ngokuqinisekisa ukuthi isikhathi esasigcwala ukusebenzisa izidakamizwa phambilini sigcwaliswa ngemisebenzi eyakhayo, ehlelwe kunesikhathi.

Nakuba igama elithi “isimiso” lingase lizwakale liyisidina, isimiso siyikho nje lokho akujiki. Isimiso esihlelwe kahle siletha injabulo ehluhahlukene, impilo, injongo, impumelelo, ukukhula, ubudlelwano obunenjongo, nokunye okuningi.

Yakha isimiso sansuku zonke esiyisisekelo sosuku ngalunye lweviki, ngokufanelekile usenze ngendlela yethebula.

Ngenkathi wenza lokhu, khumbula ukuthi isimiso asifani nekhalela losuku nosuku. Kunalokho, siveza indlela yokwenza izinto zihambisane kahle ngendlela ofuna ukwenza ngayo.

- Faka imisebenzi yansuku zonke kanye nezinto okumele uzenze.
- Hlela izindlela zakho zokulala, ukuzivocavoca, ukudla ngendlela efanele kanye nokuzinakekela.
- Hlanganisa namaqembu okululama kanye nokunye ukuzibophezela ohlelweni lokululama.
- Hlela amalungiselelo nomndeni nabangani kanye nezindawo zokuqeda isizungu eziphephile.
- Yenza isikhathi sokukhula ngokomoya nokuzithuthukisa.



C. IZICUPHA

Izicupha ziyizimpawu ezihambisana nokusebenzisa izidakamizwa uphindelela unganakile. Isicupha singaba yinoma yini – umuntu, indawo, umcabango, umuzwa othile, umcimbi noma isimo. Ngisho nesikhathi esithile sosuku singasebenza njengesicupha. Ungakwazi ukubona lezi zicupha zakho ngezininga ezinye izimpawu eziqubuka ngalo kuwe isidingo sokusebenzisa noma ukwenza. Ukuxhumana kwemizwa yengqondo phakathi kwezicupha nendlela yokusebenzisa kusho ukuthi izicupha zingenza umuntu azithole esesebenzisa engazelele, lokho kungabeka ukululama kwakho engcupheni. Ngakho ke, kubalulekile ukuthi uzazi izicupha zakho ezikukhathaza kakhulu bese uhlela ukuthi uzobhekana kanjani nazo.

Ukukwazi ukugwema lezi zicupho kungabangcono kakhulu, ikakhulukazi uma usanda kuqala uhlelo lokululama. Amasu owenza ukuze ukwazi ukugwema lezi zicupha, abizwa ngokuthi “ izindlela zokugwema.” Ngeshwa, eziningi zezicupha zakho, angeke zagwemeka. Amasu owenzayo ukuze umelane nalezi zicupha ngaleso sikhathi abizwa ngokuthi “Amasu okubhekana.”

Hlonza izicupha zakho ezivamile kuzo zonke izigaba ezilandelayo:

- **Abantu**, isibonelo, abangani bakho abasebenzisa izidakamizwa, noma amalungu omndeni ongezvani kahle nawo.
- **Izindawo**, isibonelo, indawo yokucima ukoma obujwayele ukuphuzela kuyo noma umgwaqo lapho ubuhlangana khona nomdayiseli wakho
- **Izinto**, isibonelo, into obuyisebenzisa ukubuka kuyo imifanekiso yocansi noma uhlobo oluthile lomculo
- **Izimo**, isibonelo, amaphathi ehovisi, usuku lokuhola noma ulwesihlanu ntambama
- **Imizwa**, isibonelo, umzwangedwa, ukhwantalala, ukukhathazeka, isizungu noma ukujabula
- **Imicabango**, isibonelo, ukuzigxeka noma ukubika izaba
- **Isimo Somzimba**, isibonelo, ukuhoxa noma ukukhathala

Faka uhlu lwezicupha zakho kwi ULK yakho.

Ngesicupha ngasinye, ake ubhale phansi okungenani Amasu Okugwema amabili kanye naMasu Okubhekana amabili.

D. UKUPHENDULA

Abantu esiphendula kubo uhlobo lwabantu abaqotho, abaphila ngaphansi kwesiko lokululama, okhetha ukuphendula kubo. Laba bantu abaqokelwa ukukugada njengamaphoyisa, kodwa bakhonela ukukusiza ukuze ungapambuki endleleni, ngokuqinisekisa ukuthi konke ofanele ukwenze ekululameni uyakwenza, njengokuhlololwa izidakamizwa kanye notshwala, ukuhlanganyela nabanye abasekululameni, indlela osebenzisa ngayo inthanethi, ukwazi ukuthi ukuphi, ukwazi ukuthi imithi oyinikwayo uyisebenzisa ngendlela yini, izimali kanye nendlela oziphatha ngayo.

Ukuya ngesimo sakho, ungasakhi umeseki oyedwa noma babe babili. Uyakhuthazwa ukuthi ungamqoki umuntu oganene naye, othandana naye, noma ilungu lomndeni osondelene kakhulu nalo uma indima omqokele yona ingenza ubudlelwane benu bube nobungozi.

Qoka Ozophendula kubo bese ucela ukwakha isivumelwano nabo.

Engxoxweni yenu, chaza indima omqokele yona azoyidlala.

Laba asebevumile ukukusiza bafake kwi ULK (Uhlelo Lokululama Kwempilo) yakho kanye nezinombolo zabo zokuxhumana, nendima abazoyidlala.

E. UMELELEKI ONGUCHWEPHESHE

Ngesikhathi sisaluthekile besenza izinto ngentando yethu isikhathi esiningi singaceli iziyalo ezinobuhlakani kwabanye abantu. Manje ekululameni siyabamukela ubuqotho bezeluleko uma kuza ezinqumeni ezibalulekile, izimo ezinenselelo, bese siphila impilo emsulwa kwisiko lokululama.

Umeluleki onguchwepheshe ngumuntu omqoka ukuze akweseke akubonise indlela. Kodwake umeseki indima yakhe ukongamela, umeluleki onguchwepheshe yena ukhonela ukukubonisa indlela kuphela.

YAMUKELA
ISIKO
LOKULULAMA

Ukuze unciphise ukuthembela kumuntu oyedwa, kungangcono kakhulu uma ungaba neqembu labeluleki abangochwepheshe, umuntu nomuntu asebenzise ubuqotho bakhe. Isibonelo, leliqembu lakho labeluleki lingaba nomfundisi, umeluleki, umholi weqembu lokululama nelungu lomndeni elihloniphekile elingazange lithintekile ngqo ngokulutheka kwakho.

Khetha abangaba amalungu eqembu labeluleki, ucele isivumelwano nabo, engxoxweni yenu, bachazele ngesimo sobudlelwano.

Engxoxweni yenu, chaza uhlobo lobudlelwane benu.

Faka laba asebevumile ukuba amalungu abeluleki kwi ULK yakho, nezinombolo zabo zokuxhumana, bese ubachazela ukuthi yini abazokusiza ngayo.

F. IZINSIKA ZOKULULAMA

Ukuphindaphindeka kwezizwombi zokulutheka, kushintsha ubuthina nokubaluleka kwethu ngezindlela eziningi. Ekululameni, ungakhetha ukuphila ngezimiso, ezinjengokuthembeka, ukuthobeka, ubuqotho, ukubonga kanye nenhlonipho, yokwesaba uNkulunkulu, abanye abantu kanye nawe. Ngenxa yokuthi akulula ukufinyelela kokungenzeka ngaphandle kwalezi zisekelo, ungacabanga ngalezi zimiso “njengezinsika zokululama.”

Yisho izimiso ongathanda ukuzibophezela kuzo ukuze uphile ngazo.

Faka lokhu kwi ULK yakho.

Ngensika ngayinye, chaza ukuthi uzosisebenzisa kanjani lezizimiso empilweni yakho. Ngamanye amazwi, chaza ukuthi lezizimiso sibukeka kanjani mayelana nokuziphatha kwakho.

PROJECT
EXODUS

G. IZIMPAWU ZESEXWAYISO

Ukubuyela emuva usebenzise izidakamizwa akwenzeki ngokuzuma noma ngaphandle kwesixwayiso. Kunalokho, ukubuyela emuva kuyinqubo eqhubeka ngochungechunge lwezigaba. Ngokuvamile, izinguquko ezibalulekile ezihlelayo emizweni yakho, izimo zengqondo, imicabango nokuziphatha kuzokwandulela ukubuyela ekusebenziseni. Lokhu kushintsha kwengqondo, imizwa nokuziphatha sikubiza ngokuthi “Izimpawu Zesexwayiso” ngoba zibonisa ukuphindeka okungenzeka okuqhubekayo. Uma ukwaze ngokushesha ukubona Izimpawu Zesexwayiso ngazinye futhi uzilawule, kuba lula ukushintsha inqubo yokuphindeka emuva.

Izimpawu Ezijwayelekile Zesexwayiso zifaka:

Umqondo: ukuneliseka, ukuphikisa/ ukungamukeli, ukukhumbula ngenjabulo, ukubika izaba, ukucabanga kahle.

Ngokwemizwa: ukhwantalala, ukunengeka, intukuthelo, ukusola, ukuzidabukela, ukukhathazeka, isizungu.

Ngokwendlela yokuziphatha: ukungathembeki, ukuzivikela, ukuhoxa, ukwakha inhlekelele/ ukwenza isimo sibe bucayi, ukuzenelisa.

Thola izimpawu zakho zesexwayiso ngokuphendula imibuzo egezansi.

- Esikhathini esedlule, yiziphi izindlela zokucabanga ezingezinhle ezenze ukusebenzisa kubonakale kuyinto enengqondo, kuheha noma kulawuleka kuwe?
- Esikhathini esidlule, yimiphi imizwa engayivumela ukuba inqwabelane.
- Yimiphi imizwa evame ukubhebhethaka uma usebenzisa?
- Esikhathini esedlule, yiziphi izindlela zokuziphatha ebezihlobene nokusebenzisa kwami?

Engeza uhla lwezimpawu zakho eziyisixwayiso kwi- ULK yakho.

Ngophawu ngalunye lwesexwayiso, xoxa okungenani ngamasu amabili ongawasebenzisa ukuthi ungabe usabuyela ekusebenziseni izidakamizwa



ISAKHI SESINE KUTHUTHUKISE

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Nafundiswa, mayelana nendlela yenu yokuphila yaphambilini, ukuba nikhumule umuntu omdala nembathe umuntu omusha... (**Kwabase-Efesu 4:22-24, NIV**).

Isakhi sesine siphathelene namasu anika ukuphila ongawasebenzisa ukuze ufinyelele empilweni enoshintsho.

A. UKUBONANA NOCHWEPHESHE

Ekuluthekeni siyazilimaza ngokomzimba nangokwengqondo, kuze kufike lapho sigcina sesidinga usizo lochwepheshe bezokwelapha ukuze silulame ngokuphelele. Uthi bewazi ukuthi ngaphezu kuka-60% wabantu abaluthekile bangena ohlwini lwabantu abazithola benemibandela yokuxilongwa okukabili? Ukuqinisekisa ukuthi unomzimba ophile kahle nomqondo ozinzile ongakha ngawo ukululama kwakho, kubalulekile ukufuna usizo lochwepheshe uma kudingeka futhi uhambisane nezincomo zokwelashwa.

Kwi ULK yakho, bhala yonke imithi oyinikeziwe ngudokotela noma ngumhlengikazi nezincomo olulekwe ngazo.

Chaza ukuthi uhlela ukunamathela kanjani kulezi zincomo.

B. IZINDOPHU ZESIKEBHE

Izindlela ezinhle zokuziphatha kanye nendlela evamile egcina ukululama kwakho kugxilile kungafaniswa neZindophu ezibamba isikebe phansi singanyakazi. Ukususa eyodwa yalezi zindophu noma ngaphezulu kungaholela “ukuthi uphaphalaze” bese ubuyela ekusebenziseni.” Yingakho kubalulekile kuwena ukwazi ukuthi izindophu zakho ziyini, nokuthi njalo uhlale uzibheka ukuthi zisesendaweni efanele yini.

Kwi- ULK, yakho, bhala indlela yokuziphatha nemisebenzi esemqoka ekuphepheni kwakho nasekuthuleni kwakho ekululameni.

Lezi ke yizindophu zakho obambebelele kuzo.

Bhala phansi indlela yokuhlola njalo ukuthi lezizindophu zisavikelekile na.

C. UKUZITHUTHUKISA

Ushintsho nokukhula, kuzona zonke izinxenye zempilo, kuyingqikithi yokululama okunomqondo nokunenjongo. Lokhu akuyona into evele izenzakalele nje. Kepha idinga inhloso. Lokhu kusho ukuthi senza umzamo wokuzihlomisa nokuzithuthukisa, ukuvuthwa ngokomoya, ukuzikhulula ezintweni ezisihlulayo futhi silandele umbono wethu wekusasa.

Phendula ngezizindlo ezilandelayo kwi-ULK yakho:

- Uzokulandelela kanjani ukukhula ngokomoya nobudlelwane obujulile noNkulunkulu?
- Uzosebenza kanjani ukuzikhulula ezindleleni zakudala zokucabanga nokuziphatha?
- Uzozihlomisa kanjani ngolwazi olunamandla, indlela enhle obuka ngayo izinto nokumelana nezimo?
- Uzokwakha kanjani ubuwena obusha obusekelwe ukululama?
- Uzowulandela kanjani umbono wakho?
- Yimiphi imigomo yakho yesikhathi esifushane neyesikhathi eside?
- Uzoqhubeka kanjani nokuphila futhi ukhulise isiko lokululama?

WENZE KAHLE! Usuluqedile Uhlelo Lwakho lwamanje Lokulama Kwempilo.

Khumbula, ukuthi lolu hlobo lwe-ULK yakho incike esikhathini. Lokhu kusho ukuthi inesikhathi esilinganiselwe sokuqinisekisa. Njengoba uthuthuka, i-ULK yakho ingaphelelwa yisikhathi ngokushesha uma inganakekelwa njalo. Gcina i-ULK yakho ihambisana nesimo okuso ekululameni futhi isebenza ngokuthi ubuye uyibuyekeze njalo.



HLALA UGXILILE
HLALA UGXILILE
HLALA UGXILILE
HLALA UGXILILE

QHUBEKA
UBHEKE
EMPUMA-
LANGA