

**NTUZIGERE
UFATA
UMUGABO
CYANGWA
UMUGORE Wawe
NK'USANZWE**



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FAITH MBAYA

Icyubahiro cy'Umwanditsi



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**Ntuzigere Ufata
Umugabo cyangwa
Umugore Wawe
Nk'Usanzwe**

Dr. Adetunji Christian

Uburenganzira bw'ikoranabuhanga 2025 bwa

Adetunji Christian Matthew

Nta gice na kimwe cy'iki gitabo cyemerewe

gukopororwa cyangwa koherezwa mu buryo

ubwo ari bwo bwose, haba mu ikoranabuhanga

cyangwa mu buryo bwa gakondo, harimo

gukoporora, gufata amajwi cyangwa

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amakuru hakoreshejwe ikoranabuhanga, keretse

habonetse uruhushya rwanditse rutanzwe

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Intangiriro

Icyago gituruka mu buzima bw'abashakanye ntikigarukira gusa ku busambanyi, ihohoterwa cyangwa ibibazo by'ubukungu. Rimwe na rimwe kiba ari ugusuzugura bucece—igihe umwe mu bashakanye atangira gufata undi nk'aho azahora ahari, n'ubwo yaba atitaweho, atubahwa, cyangwa amasezerano yarasuzuguwe. Igitabo *Ntuzigere Ufata Umugabo cyangwa Umugore Wawe Nk'Usanzwe* cyakomotse ku bunararibonye mu bujyanama bw'ingo, mu murimo w'iyobokamana, no mu kugenzura ukuri guteye ubwoba: n'ingo za gikristo z'inyangamugayo cyane zishobora guseniyuka iyo ishimwe rirangiye, maze kumenyerana bigahinduka uburangare.

Iki gitabo kizakujyana inyuma y'inzugi z'ingo nyinshi—zimwe zasenywe n'ubwirasi, kudaha agaciro no guha imbere ibitari byo, n'izindi zasubijweho n'ukwicisha bugufi, imbabazi n'ubuntu bw'Imana. Uzahura n'abashakanye bemereye amajwi yo hanze gufata ibyemezo byabo, abo bakoresheje amafaranga nk'intwaro yo kugundira ububasha, abandi basuzuguye intimba yo kwirengagizwa mu by'amarangamutima, ndetse n'abizera bibagiwe ko indahiro z'ubushyingiranwe atari iz'igihe gito—ahubwo ari izera.

Ukurikije Ibyanditswe Byera, ubushakashatsi bw'iki gihe ku mubano, n'ubuhamya nyabuzima, uzasobanukirwa:

- Impamvu ibihe bya nyuma, ibit distractinga, n’ubusambane bw’imico byanyeganyeje ingo nyinshi za gikristo.
- Uko amakosa mato yo kwirengagiza ashobora kwangiza nk’uko kubeshya byakwangiza.
- Uburyo bwihishe amafaranga, kwivanga kw’imiryango, ndetse n’ubuhanuzi bukoreshwa nabi bishobora gusenya ubusabane.
- Intambwe ngiro zo kugarura icyubahiro, kubahana no kongera ibyishimo mu rugo—hakiri kare ngo inzigo ifate umuzi.

Iki si igitabo cyo kuburira gusa; ahubwo ni guhamagarira ibikorwa. Niba warigeze gusuzugura urukundo, kwihangana, cyangwa ubwitange bw’uwo mwashakanye—n’ubwo

byaba bitari ku bushake—iki gitabo kizagusaba kongera kubareba amaso mashya, no kubashimira n’umutima ukunze.

Urukundo nturamba ku byahise—rurabeshwaho no gushora imbaraga buri muni. N’icyubahiro ntikiba inguzanyo—kirubakwa, kigasubizwaho.

Kandi amagambo ateye ubwoba kurusha “Ndashaka gatanya” si andi, ahubwo ni aya: “Ntazigera ansiga.”

Niba urugo rwawe ruri mu byishimo, ruri mu bihe bikomeye, cyangwa ruri mu rugamba rucyihishe, iki gitabo kizagufasha kurinda umutungo Imana yakugabiye—uwo mwashakanye. Ni igihe cyo kongera kubareba atari nk’icyo ufite burundu, ahubwo nk’impano y’agaciro kadasanzwe—iyo utagomba na rimwe gufata nk’aho ari ibisanzwe.

IGICE CYA MBERE

Ubucuti n’Ubushyingiranwe: Igicro cy’Ihuza Nyakuri

“Mbese abantu babiri bashobora kugendana batumvikanye?” — Amosi 3:3

Ubucuti ni imwe mu mpano zikomeye z’ubuzima—ariko ntabwo ari ubuntu. Burimo inshingano, ibyiringiro n’igicro gipimwa mu gihe, kwicisha bugufi, kwitanga no kwizerana. Bibiliya irasobanutse: *“Umuntu ushaka kugira inshuti agomba kuba incuti we ubwe”* (Imigani 18:24a). Kandi incuti nyakuri, nk’uko Ibyanditswe bivuga, *“ikunze igihe cyose”* (Imigani 17:17).

Ubufatanye nyakuri burihanganira amakosa, gukomereka no mu bihe bikomeye. Burakomeza, nubwo ibintu byahindutse. Mu rwego rwo

hejuru, ubucuti buba umuryango: *“Hari incuti ibana hafi kurusha umuvandimwe”* (Imigani 18:24b).

Ariko iyo ubucuti buhindutse urukundo rwo mu rukundo—bukazagera mu bushyingiranwe—bukora ikizamini gikomeye kurushaho. Iseke ryoroheje ry’ubucuti rigomba guhangana n’ukuri kwa buri muni kw’ubuzima busangiwe. Kurambagizanya, igitekerezo cy’Imana cy’ubwenge, ntabwo kiba ku rukundo gusa; ni ishuri ryo kwitoza aho abashakanye biga, bagerageza kandi bitegura ibyo ubushyingiranwe busaba.

Impinduka Zihishe hagati yo Kurambagizanya n'Ubushyingiranwe

Mu gihe cyo kurambagizanya, abashakanye akenshi berekana ibyiza byabo gusa. Ibibi bihishwe inyuma y'ubupfura n'imbaraga. Kutumvikana bihutirwa kwiyunga ngo "harambe ituze." Abenshi birinda ibiganiro bikomeye ku makimbirane, indangagaciro cyangwa ibyiringiro by'ejo hazaza.

Ariko ubushyingiranwe bukuraho amatara y'urusengero. Buhoro buhoro, ibyo kwiyerekana biza kugabanuka, hakagaragara kamere nyayo. Amagambo nka "mbabarira" na "urakoze"—yavugwaga kenshi mbere—atangira kubura. Kugira neza gushobora gusimburwa no kwiregura. Umwe cyangwa bombi batangira

kwitwara nk’aho kuba “mu kuri” ari ngombwa kurusha kuba bumwe.

Iyi mpinduka buhoro ishobora kuba mbi. Urugo ruzima ntirwubakwa ku kwihambira ku byo umuntu ashaka gusa, ahubwo rwubakwa ku kubahana, kwicisha bugufi no kwemera guca bugufi. Umufasha uhorana inzika yo gutsinda impaka cyangwa gushyira imbere ibyifuzo bye—cyaba akazi, amashuri, ingendo cyangwa imiryango yaguye—hejuru y’isezerano ry’urugo, aba ateye imbuto z’inzigo.

Abicisha bucece: Kubura Ishimwe no Kudasangiza

Mu rugo, kwirengagiza ntikomeza gusa nk’ihohoterwa—akenshi kigaragara mu kunyarutsa:

- Kudashimira umufasha wawe ku bikorwa byoroheje by'urukundo.
- Kutabona igihe n'imbaraga ashyira mu mubano.
- Kwirengagiza ibyo akeneye cyangwa ibyo yibaza.
- Kumufata nk'aho azahora ahari, uko byagenda kose.

Ubushakashatsi bwerekana ko kubura ishimwe rigaragazwa mu rugo ari kimwe mu byerekana ko umubano uzahinduka mubi, gutandukana no gatanya (Kubacka et al., 2011). Iyo bidahagaritswe, bitera kutizera, kwirengagizwa mu by'amarangamutima no kurakara.

Niba umufasha wawe akomeza kugaragaza ikibazo, gitware nk'icy'ingenzi. Buri kirego kidahabwa agaciro ni nk'urumuri rugaragara ku

ibohero ry'imodoka yawe. Kuryirengagiza kuko
 “buri gihe yabihanganiraga” ni ikosa—
 kwihangana bigira iherezo.

Ubufatanye Busaba Gufatanya

Urugo rw'amahoro rwubakwa ku banziriza
 ibyemezo hamwe. Gusaranganya si
 ukumenyesha gusa umufasha wawe—ni
 ukumuhamagarira kugira ijamba mu buryo bwo
 gufata ibyemezo. Iyo ikibazo cyazamutse,
 agirirwa vuba. Gusubiza vuba kandi mu kuri
 byubaka icyizere; gutinda bigatera icyuho.

Iyo habaye amakimbirane, wirinde guhindura
 cyangwa gushaka impamvu. Hitamo gufata
 inshingano. Ubushyingiranwe si irushanwa aho
 umwe atsinda undi akatsindwa; ni isezerano aho
 bombi bazamuka cyangwa bagwa hamwe.

Kuba urugo rumeze neza biterwa n’ibyo bombi bashyiramo—cyangwa ibyo birengagije. Mu guseniyuka kw’ingo nyinshi, nta n’umwe uba ari umwere rwose. Nk’uko mu bukungu buri deni rigira ikirihiro, imyitwarire mibi y’umwe ikunze gutera cyangwa kugaragarira mu gisubizo cy’undi. Bifata babiri kugira ngo barinde ituze, kandi bifata babiri kugira ngo barisenye.

Igiciro Nyakuri cy’Ihuza

Ubushyingiranwe ntiburamba ku bwiza bw’umunsi w’ubukwe, ahubwo buraramba ku buhitamo bwa buri munsi bwo guha agaciro, gukorera no kubaha undi. Ubucuti bushobora kubahuzza, ariko urukundo rwinshi rwo kwitanga ni rwo rubabumbatira.

Ibyo wibaze uyu munsi:

- Ese ndacyitaho umufasha wanjye nk’uko nabigenzaga nkiri kumushaka?
- Ese ndamushimira ku bintu bito?
- Ese ndamwumva iyo avuga—cyangwa ntegereza gusa igihe cyo gusubiza?

Urugo rukomeye rwubakwa iyo abantu babiri bahora bahitamo gushyira mugenzi wabo imbere. Ihuza nyakuri rigira igiciro, ariko igihembo cyaryo ni urukundo ruramba.

Hagarara Utekereze

Ese Ndimu Kurinda Ihuza Nyakuri mu Bushyingiranwe Bwanjye? Ubucuti nibwo bwabahuza. Ubushyingiranwe buzagerageza niba uha agaciro ubwo bucuti bihagije ngo uburinde buri muni.

Shyiraho igisubizo: Yego, rimwe na rimwe, cyangwa oya kuri buri gika.

1. Kwicisha Bugufi

- Ese nemera amakosa yanjye nkabisabira imbabazi nta mpamvu nyinshi?
- Ese nshyira imbere ubumwe kurusha gutsinda impaka?

2. Ishimwe

- Ese nshimira umufasha wanjye ku bintu bito bya buri muni akora?
- Ese nemera igihe, imbaraga n'igitambo atanga mu rugo?

3. Gusaranganya Inshingano

- Ese nshyira umufasha mu byemezo aho kumumenyesha nyuma?
- Ese nkora vuba iyo yagaragaje ikibazo, cyangwa ntegereza ngo kizime?

4. Kubahana

- Ese nemeza ko umufasha wanjye yumvwa kandi ahawe agaciro n’iyo tutumvikanye?
- Ese nemeza ko ibyifuzo byanjye, akazi cyangwa imiryango idahora imbere kurusha umubano wacu?

Ikiganiro cyo Gutekereza

Niba wasubije “Yego” kuri byinshi, urimo kurinda ubucuti n’icyubahiro urugo rwawe rukeneye. Niba wasubije byinshi “Rimwe na rimwe” cyangwa “Oya”, hitamo agace kamwe ko gukora mu cyumweru gitaha.

Ibyibukiro:

- Urukundo rudafite ishimwe rurarangira.
- Icyubahiro kidafite kwicisha bugufi kirasenyuka.

- Gusaranganya inshingano nta itumanaho ntibigerwaho.

Ihuza nyakuri rifite igiciro—ariko rikwiriye byose.

IGICE CYA KABIRI

Bifata Babiri ngo Babyine

Icyumba cyari cyacecetse, ariko cyuzuyemo umwuka uremereye.

Abantu babiri bicaye ku mpera zitandukanye z'intebe—bombi bakomeretse, bombi bizeye ko ari bo “bahohotewe by'ukuri.” “Ntajya anyumva,” umugabo yibwiye. “Burigihe ibi byose abigira amakosa yanjye,” umugore amusubiza.

Nk'umujoyanama w'abashakanye, ndabona ishusho nk'iyi kenshi. Imiryango itandukanye. Inzu zitandukanye. Ariko ishusho imwe— amaboko apfutse, imitima ifunze, intoki zishinja. Ariko dore ukuri gukomeye: urugo ntirubakwa cyangwa ngo rusenywe n'umuntu umwe gusa.

Buri ntsinzi cyangwa igikomere cy'urugo ni igihangano cy'imyanzuro, ibikorwa n'ibisubizo by'abashakanye bombi. Ni koko rwose, bifata babiri ngo babyine.

Urugero rwa mbere – David na Ruth

David na Ruth bari bamaranye imyaka umunani bashyingiranywe.

Inyuma, ubuzima bwabo bwari bwiza—akazi keza, inzu nziza, abana babiri b'abahanga. Ariko mu rugo, ubushyuhe bwari kwasimbuwe n'umwuka mubi.

David yamaraga igihe kinini avuga ko Ruth "atamwubahira." Ruth nawe yumvaga David "atamwumva na rimwe." Impaka zabo zakurikizaga inzira imwe: ijambo rikomeretsa

ritanzwe n’umwe, igisubizo kirengera cy’undi, hanyuma amasaha y’ituze riremereye.

Nyuma y’impaka ku byerekeye amafaranga, Ruth yabwiye David ko yatekerezaga ku kwigira ukwe by’agateganyo. David yamushinje kwibeshya. Nta n’umwe wabonaga ko bombi bari bari kubiba imbuto z’isenyuka—David binyuze mu mvugo isuzuguritse, Ruth binyuze mu kunenga kwe guhoraho.

Bageze mu biro byanjye, bombi biteguye kwerekana ko undi ari we ufite amakosa. Nababwiye ijambo ryabakandamuje: “Mufite ukuri mwembi... kandi mwembi mufite amakosa.

Bifata babiri ngo hubakwe urugo, kandi bifata babiri ngo rusenyuke.”

Ihame

Ubushyingiranwe ntibuba igikorwa cy'umuntu umwe gusa—mu ntsinzi cyangwa mu gutsindwa. N'iyo ibikorwa by'umwe bigaragara kurusha ibindi, undi ashobora kuba yaragize uruhare mu kwirengagiza, guceceka cyangwa kudakora. Kubwemera bisaba kwicisha bugufi no kuba inyangamugayo (Fincham & Beach, 2010; Fowers, 2016).

Niba urugo ruryohewe, ni uko abashakanye bombi bashyizemo imbaraga, kwicisha bugufi n'urukundo. Iyo rusenyutse, bombi baba barabigizemo uruhare mu buryo bumwe cyangwa ubundi. Nk'uko abacungamutungo babyumva: buri deni rifite igihwanye naryo. Buri jambo rikomeretsa akenshi riherekejwe n'igisubizo kirengera; buri gihe cy'ituze

riremereye gikunze kuba cyabanje gukomeretswa kitigeze gikemurwa.

Ariko, abashakanye benshi bitondera imyitwarire y'umuntu aho kwitondera ikibazo:

- Umwe akomeza kwitwara nk'“umwere” ntashake kubabarira.
- Undi akomeza kwintangira, ntashake kwemera amakosa.
- Bombi bategereza ko undi atangira intambwe.

N'ingo za gikristo zikomeye cyane nazo zihura n'ibibazo—n'iz'abapasiteri. Itandukaniro ni uko ingo zifite ubuzima zishakira ibisubizo, mu gihe izindi zigerageza kubihisha mu buryo bwa roho cyangwa zikabishyira ku muntu umwe gusa.

Urugero rwa kabiri – Umuryango wubahwaga ariko w'imburamukoro

Mu gace k'icyubahiro k'akazi ka leta, hari umuryango ukize. Umugabo, Dr. Adebayo, yari Umuyobozi Mukuru w'Ibitaro by'Intara. Umugore we, Justice Adebayo, yari Umucamanza Mukuru. Abana babo bari bafite impano ku buryo bahawe buruse za leta.

Ariko urugo rwabo rwari rufite inenge ikomeye— uburangare.

Urugo rwabo rwari rwuzuye ibyatsi, rukururira inzoka n'imibu. Abana banywaga amazi atunganyijwe, bakarya imbuto zidakarabye. Indwara za impiswi n'iseru zari zisanzwe. Nubwo yari umuganga, Dr. Adebayo yirengagizaga isuku n'ubwirinzi, ahubwo agashaka kwifashisha abakozi be kubatera inshinge.

Icyago cyaje ubwo umwana w'imfura yapfaga azize typhoid—indwara ishobora kwirindwa. Abandi bana nabo bari bafite ibibazo by'imico, barokorwa gusa n'icyubahiro cya nyina nk'umucamanza. Uyu wari umuryango washoboraga gukemura ibibazo, ariko ntibashoboraga kubirinda.

Urugero rwa gatatu – Umuryango ukennye ariko witeguye

Mu muji umwe, habagaho umuryango utishoboye. Babonaga bigoye kubona amafunguro atatu ku muni, nta bitaro byihariye bagiraga, nta n'abunganizi b'abanyamategeko.

Bamenye aho batishoboye, bateza imbere imyitwarire y'ubwirinzi. Baryaga amafunguro asukuye nubwo ari make. Bagiraga isuku

y'ibidukikije, bakirinda imibu. Abana bigishijwe kubaha, kwifata no kugira ikinyabupfura. Nubwo nta butunzi bari bafite, bagiraga ituze n'ubuzima bwiza kuko bashyiraga imbere kwirinda aho gutegereza ibibazo.

Inyigisho? Kwirinda biruta kwivuza (World Health Organisation, 2023). Imiryango myinshi itizera Imana irusha abakristo benshi kwirinda, mu gihe imiryango ya gikristo myinshi iba mu buryo bwo guhora irwana n'ibibazo.

Urugero rwa kane – Abarimu babiri

Abarimu babiri b'abagore basabwe gusimbura mugenzi wabo mu kugenzura ikizami. Bombi bari barabikoze umunsi wabanje.

Uwa mbere, utari umukristo, yarabyanze mu bwubahane, asobanura ko atigeze abwira

umugabo we ko azatinda kandi ko akeneye kumutegurira amafunguro. Yumvaga ko kwirengagiza inshingano nto bishobora guteza amakimbirane mu rugo.

Uwa kabiri, umukristo akaba n'umugore w'umupasiteri, yarabyemeye ariko abeshya umugabo we. Yamubwiye ko ikizami cyatindijwe bitunguranye, amusaba ko yasaba undi kuyobora kuramya, kandi abwira abana kugura ibintu byo kurya. Yibwiraga ko, kuko umugabo we ari umupasiteri, azabyihanganira.

Uwa mbere yakoze ku bw'ubwitonzi ngo arinde urugo rwe. Uwa kabiri afata kwihangana kw'umugabo we nk'aho ari ibintu bisanzwe.

Ubutumwa bwo gukangura

Iyo umwe mu bashakanye akomeza gukoresha neza kwihangana kw’undi, urugo ruba mu kaga.

Ibyanditswe biraburira:

“Utoraguye uruzitiro, inzoka iramuruma”

(Umubwiriza 10:8).

Ubu, imiryango myinshi irimo “gusenya uruzitiro” mu gusiga icyubahiro n’inshingano. Inzoka zo kutizerana, inzika n’ibishuko zirimo kuruma ingo nyinshi.

Urugero rwa gatanu – Icyumba cy’Ubwihungiro cy’Umwami

Umwami w’Umuyoruba—intwari, umuhinzi, umurobyi—yari afite umwamikazi muto wahoraga yirengagiza inshingano ze. Iyo umwami agarutse avuye mu kazi k’umunsi, ibiryo byabaga

bitateguwe. Ibi byateye umujinya, hanyuma bikavamo urugomo.

Umunsi umwe, umwamikazi apfukama imbere ye aravuga:

“Mwami wanjye, mbabarira. Nzahinduka. Ariko ndagusaba—nyubakira akazu gato inyuma y’Ingoro. Ninkosa, nintabuke ngihungiramo. Unsezerere kutanzakurikirana kugeza ubwo umutima wawe utuje.” Umwami yarabyemeye. Ako kazu k’ubwihungiro kabaye amasezerano y’amahoro yabo. Kamenetse umuzingo w’ihangana n’ingaruka.

Urugero rwa gatandatu – Ubutabazi bucecetse

Umugabo yakubise umugore we, amutera ubwoba ko azamwica. Umugore yahungiyeye mu rugo rwanjye amasaha atatu. Sinigeze musaba

kwiregura cyangwa ngo musunike mu kumena urugo. Twacecetse kugeza igihe nizeye ko umugabo we yatuje.

Namusubije mu rugo, Uwiteka yanyeretse ko atari yize isomo rye. Bukeye, yateranyije inshuti ze ngo zange umugabo we. Uburyo bwe—kumusebya mu ruhame—bwonyine bwateje icyuho kinini kurushaho.

Inyigisho

Abagabo b'inyabwenge bamwe bambwiye ko igikorwa gito cy'iminota ibiri cyo kwicisha bugufi imbere y'abagore babo cyahinduye umwuka w'urugo rwabo. Abagore b'inyabwenge bamwe batangaje ko gupfukama imbere y'abagabo babo bababwira “Mbabarira” byatumye bibona ibyo

imyaka yo kurakaranya, gusenga no kuganirizwa bitari byagezeho.

Mu rugo, ubwihungiro bukomeye si icyumba cyihariye—ni umutima wicishije bugufi, ugutega amatwi, n’ubutwari bwo kugerageza uburyo bushya iyo ubusanzwe bwatsinzwe.

Hagarara Utekereze

Mbere yo gukomeza, wibaze:

1. Ese njye ndimo gutanga umusanzu wo guhuza cyangwa ndimo kongera icyuho bucece?
2. Ese nshyira umutima wanjye wose mu busabane n’umufasha—mu by’amarangamutima, mu bitekerezo no mu mubiri—cyangwa ndagenda gusa nshaka kurangiza inshingano?

3. Iyo amakimbirane azamutse, ndabyihunza, ndatsikamira cyangwa nshaka igisubizo?
4. Ni iki gikorwa gito nshobora gukora muri iki cyumweru ngo nerekanze ko umufasha wanjye atari wenyine muri “aka karirimbo” kacyi?
5. Iyo umufasha wanjye yasubiza ibi bibazo, ibisubizo bya byahuza n’ibyanjye cyangwa byantungura?

Imbyino y’urugo ibaho gusa iyo abashakanye bombi bakomeza gusubira ku kibuga—kongera no kongera.

IGICE CYA GATATU

Uko Ibikorwa Byawe Bishobora Gusobanurwa

Kuki utekereza ko ibibazo by'umufasha wawe bitazigera bimuhindura? Wigeze kumucira urubanza mu mutima ukoresheje ibyifuzo byawe, ukemeza ko adashobora guhinduka? Wenda wamuheje amahirwe make, maze ubwo nta gikorwa cyihuse cyagaragaye, wamwanditseho ko ari ntacyo.

Inkuru ya Bibiliya y'amasoko ya Isaka itwibutsa imbaraga zo kwihangana. Isaka yacukuye amasoko menshi nta ntsinzi abona, nubwo Imana yari yarasezeranyije, kugeza ubwo yageze i Rehoboti—ahantu h'ubwisanzure n'uburumbuke (Itangiriro 26:20–22). Mu buryo bumwe, Yobu—

nubwo yari yarahuye n’ibyago bikomeye—
yaravuze ati:

*“Kuko hariho ibyiringiro ku giti: iyo cyatemwe,
cyongera guserura, kandi amashami yacyo
yororoka”* (Yobu 14:7).

Mu rugo, guca imanza zihuse hashingiwe ku
mbogamizi z’igihe gito birakomeye. Ibigeragezo
kenshi biba ari inzira Imana ikoresha ngo
ikosore—si umufasha wawe gusa, ahubwo nawe.
Yosefu ntiyigeze yinjira mu buyobozi kugeza igihe
ijambo ry’Uwiteka ryamugerageje (Zaburi
105:19). Hari ubwo Imana yemera ko umufasha
umwe *acishwa bugufi* atari ukugira ngo gusa
yubake kamere ye, ahubwo no kugaragaza
ukunyoterwa kwihangana, kunenga cyangwa
ubwibone bw’undi.

Uko Gukoresha Uburyo Buhindura

Umwe mu minsi yerekana ukuri mu rugo ni igihe umufasha wawe ari mu bihe bigoye. Niba muri icyo gihe cyo kumanuka uhamagara inshuti, bagenzi cyangwa imiryango ngo bamuteshe agaciro, uba utsinzwe—si nk’umugabo cyangwa umugore gusa, ahubwo nk’umufatanyabikorwa mu kazi k’Imana ko gukosora.

Bamwe mu bagore, urugero, bafata *umwanya w’umugabo* iyo bahuye n’ibibazo by’agateganyo—bishyura byose ariko bagafata ibyemezo bonyine, ntibaganire ku mishinga, cyangwa bakirengagiza ibitekerezo by’abo bashakanye. Niba ari wowe, wibuke: uko witwara ubu bishobora kugaragaza uko uzitwara igihe umufasha wawe yaba afite ubumuga bw’igihe kirekire. Imana ishobora kuba ikwereka ishusho

y’ahazaza—amahirwe yo kwisubiraho mbere y’uko ibintu bikomera.

Abagabo nabo rimwe na rimwe bakoresha intege nke z’abagore babo—zaba iz’amafaranga, iz’ubumenyi cyangwa iz’imibanire—bakabacisha bugufi. Bamwe babirukana mu bikorwa by’imbere, bakabatesha agaciro mu ibanga, cyangwa bakabima ubusabane ariko bakabushakira ahandi. Abandi bagakomeza kubateza imbere mu bukene kugira ngo bagumane ububasha.

Kuri abo bose, Ibyanditswe bitanga inyigisho: *“Uwiteka azaguhereza amahoro akomeye, azakuzamura nk’inkomezi z’inkomo”* (Zaburi 92:10).

Kandi ku bihutira: wibuke amagambo ya Yesu igihe bamwibwiraga gukora mbere y’igihe:

“Igihe cyanjye ntikiragera; mwe, igihe cyanyu gihora gihari” (Yohana 7:6).

Kumva Igihe

Nk’uko ibigori bimera mu mezi atatu mu gihe kakao itwara imyaka, n’ingo cyangwa imigambi y’abantu bikura mu bihe bitandukanye. Niba umuhinzi wa kakao yahagarika umurima we ngo yishakire inyungu zihuse z’ibigori, aba yitaye ku gito agasiga kinini.

Iyo ushinje cyangwa ugatererana umufasha wawe gusa kuko igihe cye kitaragera, uba mu kaga ko kwica icyo Imana iri korora. Ab’inyuma nabo bakwiye kwirinda guhatira umwe gusiga undi hakiri kare—iyo myivumbagatanyo ishobora gusenya urugo (Markman, Stanley & Blumberg, 2010).

Imana yonyine izi ukuri kw'urugendo rw'umufasha wawe:

“Umutima urusha byose kurira... Jyewe Uwiteka ninsuzuma umutima, ngerageza ibitekerezo, ngo mpere umuntu wese ibihwanye n’imyitwarire ye” (Yeremiya 17:9–10).

Akaga ko Kwihutira

Kwanga gutegereza ibitangaza vuba bishyira abantu mu buryo bwo kwigereranya nabi no gufata ibyemezo bitihuse. Ariko kwihangana bituma inzira y’Imana iramba ku mpande zombi. *“Ibyahishuwe bifite igihe cyabyo... nubwo byatinza, tegereza; bizaza nta kabuza”* (Habakuki 2:3).

Yesaya 28:16 yongeyeho ati:

“Uwizera ntazahungabana.”

Iyo kutihangana kugaragara, ushobora gutangira gucecekesha umufasha wawe mu mutima, ukamusimbuza mu byiyumvo—cyangwa no mu buzima—cyera mbere y’uko urugo rusenyuka. Ni ko benshi bita abashakanye babo “amagufwa yumye,” bibagirwa ko Imana iha ubugingo aho abandi babona urupfu (Ezekiyeli 37).

Urugero rwa mbere – Tola na Tolu

Tola na Tolu bari bakundwa mu itsinda rya gikristo rya kaminuza yabo. Bose bari bategereje ko Tolu abona akazi ka leta nyuma yo kurangiza serivisi y’urubyiruko. Ariko amezi y’ibizamini bitatsinzwe yagerageje urukundo rwabo.

Tola yarambiwe, atangira gusamira hejuru umukungu ukize. Tolu yasabaga kwihangana, ariko Tola amwirengagiza. Ntishize igihe, Tolu

yabonye akazi keza mu kigo cy'amavuta—umushahara we wa mbere washoboraga kugura imodoka yari yatumye Tola atekereza kuri wa mukungu.

Barashakanye nyuma yaho, ariko ikigeragezo cyahishuye ibyaho bikomeye—urukundo rwa Tola rwari rufite amayeri, naho Tolu akagira kutizera k'umutima. Nk'uko Glass (2004) abivuga, kutizera kutakosowe bishobora kwangiza ubusabane keretse abantu babyitwayemo neza.

Urugero rwa kabiri – Maria na James

Nyuma y'uko kompanyi ya James isenyutse, amafaranga yinjiye mu rugo yagabanutseho 70%. Maria yahise aba umutunzi w'ingenzi, ariko nyuma y'igihe atangira gufata ibyemezo

wenyine, rimwe na rimwe akamutesha agaciro imbere y'inshuti.

Hashize amezi 18, James yabonye akazi keza mu kigo mpuzamahanga. Amafaranga yaragarutse vuba; icyizere cy'amarangamutima nticyagarutse vuba. James yumvaga atagihabwa agaciro, naho Maria yari yaratinze kongera gusaranganya ibyemezo. Kubagisha inama byaje kubafasha, ariko gukira kw'imitima byatinze kurusha kugarura amafaranga.

Urugero rwa gatatu – Daniel na Keisha

Daniel na Keisha bashakanye bakiri bato. Nyuma y'impanuka ku kazi, Daniel yabaye afite ubumuga bw'igihe cy'imyaka ibiri. Keisha yabaye umutunzi w'ingenzi. Mu ntangiriro yamushyigikiraga, ariko

nyuma atangira kumunenga, amugereranya n'abagabo b'inshuti ze "batsinze."

Ubwo Daniel yakize, yagarutse mu kazi ariko umutima we wari warakomerekejwe. Ubushakashatsi bwerekana ko kudakemura neza guhinduranya inshingano bishobora gutera ibibazo by'ububasha n'icyuho mu rukundo (Pittman, 2012). Inama y'abajyanama yaje gufasha Keisha kubona ko amagambo ye yasize ibikomere, naho Daniel yiga gusangiza amarangamutima atinya.

Inyigisho

Iyo umufasha ari mu bihe bigoye, ibikorwa byawe bishobora kumurinda icyubahiro cyangwa bikamwangiza burundu. Uko witwara uyu muni bishobora kugena uko urugo rwawe ruzaba ejo.

Rimwe na rimwe, ikigeragezo si ukumenya niba azongera guhagaruka, ahubwo ni ukumenya niba uzamuhagararaho kugeza abikoze.

Hagarara Utekereze

Mbere yo gukomeza, tekereza:

1. Iyo umufasha wanjye afite ibibazo, mbamurinda icyubahiro cyangwa ndabimwambura?
2. Ese kutihangana kwanjye kwigeze gutuma ntabona ubushobozi bwe?
3. Ese Imana ishobora kuba ikoresha intege nke z'umufasha wanjye ngo inyigishe kwicisha bugufi?
4. Ese hari igihe nataye icyerekezo cy'urugo rwacu kubera ibibazo by'igihe gito?

5. Iyo umufasha wanjye asobanura inkunga yanjye mu bihe bigoye, byatera abandi kwishima cyangwa kubabara?

IGICE CYA KANE

Umumarayika wo mu Muhanda

Hashize imyaka myinshi, mu muhanda muto wo mu Budage, itsinda ry’abana ryatekereje gukora amarushanwa atari asanzwe—gutoranya umubyeyi mwiza kurusha abandi mu muhanda wabo. Igihembo? Kubahwa n’abandi bose, ndetse no kugira ngo umwana we aterurwe ku ntugu z’inshuti ze.

Byafashe abana amasaha arenga abiri kugira ngo bafate icyemezo. Uko bari gupima ubwiza kwari uburyo butangaje kandi bushingiye ku burere. Bamwe mu babyeyi bavanywe ku rutonde kubera isura yabo—uburebure, imisatsi cyangwa imyambarire. Ariko abandi bavanyweho ku mpamvu zifite uburemere bukomeye.

Umwe yarakuweho kuko yari azwiho gusakuza no gushwana mu rugo. Undi avaho kuko akazi ke katumaga ataboneka neza— rimwe akagaragara mu gitondo, ubundi akazimira iminsi itatu nta bisobanuro.

Amaherezo, batsindiye umubyeyi w’umuhungu wakundaga kuvuga neza ku babyeyi bombi. Uwo mwana yakundaga gutumira inshuti ze gusenga mbere yo gukina—gusaba Imana kubarinda—no gushimira nyuma. Nyina ntiyari afite amashuri menshi, kandi ntabwo yari aziyerekana cyane, ariko yari afite ikintu cy’agaciro: yahoraga agenera umwana we igihe cyo kumubwira inkuru nimugoroba. Uwo mwana nawe yazisangizaga inshuti ze. Ubushyuhe bwe n’urukundo rwe rudahinduka ni byo byamugize nyina mwiza kurusha abandi mu muhanda.

Irushanwa rya Kabiri

Nyuma haje irushanwa rya kabiri—ribi kurushaho: gushaka umubyeyi mubi kurusha abandi. Uyu mwanya ntibyafashe umwanya munini—icyemezo cyari gihuriweho bose. “Uwatsinze” yari nyina w’undi mwana mu itsinda.

Uwo mwana ageze mu rugo, yararize cyane. Nyina abajije impamvu.

“Mama, kuki ari wowe mubi kurusha abandi bose?” arira.

Ashaka kumuhumuriza, yamugeneye ifunguro. Ariko uwo mwana asohoka aravuga ati:

“Mama ni we mumarayika nyakuri wo mu muhanda!”

Yirutse ajya ku rugo rw’uwo mubyeyi wari watsindiye icyubahiro maze avuga ko atari we mumarayika nyakuri—ahubwo nyina ari we.

Ukuri Kwagaragaye

Nyuma, nyina yabisobanuriye umuhungu we ati: “Musore wanjye, ubwiza bwanjye buri imbere. Nigeze kuba umukobwa mwiza kurusha abandi mu ntara, kandi se wawe yararwanye cyane kugira ngo anyarongore. Umunsi umwe, wari ufite amezi atandatu gusa, usinziriye, inzu yacu yafashwe n’inkongi. Bose bambwiye kutinjira, ariko nirutsemo kugira ngo nkurokore. Narahiye bikomeye, ndashya cyane, maze njya muri koma ibyumweru bitatu. Uri umuhungu narokoye n’ubuzima bwanjye.”

Umuturanyi yemeje iyo nkuru, yibuka uburyo umudugudu wose wifatanyije mu gutabara. Abana bumvise iyo nkuru, baramuterura bamuhimbaza—si ku bw’isura ye, ahubwo ku bw’ubutwari, igitambo n’urukundo. Yari koko, umumarayika wo mu muhanda.

Inyigisho

Iyi nkuru itwibutsa ko isura yo hanze ishobora kubeshya. Ubwiza nyakuri buba mu kamere, igitambo n’urukundo rutagira ubwikunde. Mu bushyingiranwe, abenshi mu bashakanye bafite ibikomere—ibigaragarira ku mubiri cyangwa mu mutima—kubera ko bihanganiye byinshi kugira ngo bafashe abo bashakanye gutsinda.

Ibyanditswe bivuga kuri Yesu ko:
“Nubwo yari umukire, kubera twebwe yabaye

umukene, kugira ngo twe dukizwe n'ubukene bwe" (2 Abakorinto 8:9).

Abashakanye batanga ibitambo nk'ibi ntibakwiye gusuzugurwa, gusiganywa cyangwa kwamburwa agaciro. Bakwiye guhabwa icyubahiro kubera uruhare rwabo—even nubwo ibyo bitambo bidagaragara ku bandi bose.

Ingero Zigezweho

1. Umwamikazi w'Umunyantaregero na Nyir'uruganda ukize

Umwamikazi wo mu majyepfo y'Uburengerazuba bwa Nijeriya yigeze koherezwa n'umugabo we ku mukire ukomeye. Uwo mukire yamusabye kugumana nawe, bituma atesha agaciro umugabo we. Hashize imyaka, uwo mugore yaje gusobanukirwa ko nta bwo yari kuba yarabonye

ayo mahirwe atabanje guhuzwa n’umugabo we. Ibi byamwigishije ko kwihangana no kugira icyerekezo ari ingenzi mu gusuzuma uruhare rw’umuntu mu buzima.

2. Amahirwe yo Kujya i Mahanga Ababyeyi b’umugore umwe bamuhaye amahirwe yo kujya i mahanga. Yategetse umugabo we kujyayo. Ariko ubwo yari hanze, yarashatse undi mugore. Agarutse, yababaye cyane, ariko nyuma umugabo we yaje kumenya ukuri kubabaje—nta muntu ushobora kugenzura inzira y’undi. Kwishora mu kugerageza guhindura ibyavuye mu Mana bitera kubura icyizere no kwicuza.

3. Umukobwa w’Ishuri wo muri Ibadan Umukobwa muto wo muri Ibadan yategetswe gushaka umugabo mukuru, utari ufite abana ku mugore we wa mbere. Yahagaritse amashuri

kugira ngo amushyigikire. Nyuma, uwo mugabo yamubereye indashima, aramuca inyuma ndetse amuta muri gereza. Ariko nyuma yo kuganirizwa no kwihangana, yagarutse ku ishuri, aba umwarimu, yubaka ubuzima bwe bushya. Urugendo rwe ni isomo ry'ubwihangane, kugarurwa no kongera kwigenga nyuma yo kugambanirwa.

Impamvu Bifitiye Akamaro mu Bushyingiranwe Imbaraga zirahinduka. Ibihe bihinduka. Abafata cyangwa bagasuzugura abo bashakanye mu bihe by'intege nke bashobora kuzisanga nabo mu mwanya nk'uko. Imana ihora izamura abihangana bafite ubudahemuka.

Ubwumvikane nyakuri mu rugo busaba kubera inyangamugayo, kugira ubutabera no kubahana. Buri mufasha agomba guhabwa umwanya wo

kwisobanura, wo kumvwa no guhabwa agaciro. Kubura ibi biganisha ku gusuzugura mugenzi wawe no gusenya icyizere.

Urugo rwiza rwubakwa ku kwigenga, amahoro n’ibyishimo bisangiye—si ku kwikunda. Nk’uko 1 Abami 20:23–29 ibitwibutsa, Imana ishobora guhindura ibintu mu buryo butunguranye. Niba usuzuguye ibitambo by’umufasha wawe uyu munsu, ushobora gusanga ejo ari we “mumarayika” wari ukomeje gutuma urugo rwawe rukomeza kubaho.

Hagarara Utekereze

Wibaze:

1. Ese nshima ibitambo—ibigaragara n’ibitagaragara—umufasha wanjye yampaye?

2. Hari igihe nasuzuguye cyangwa natesheje agaciro umufasha wanjye kubera ibikomere yakuye mu kuntabara?
3. Ese ntigenda ngarukira gusa ku isura aho gushima kamere ye?
4. Ni gute nemeza ko umufasha wanjye yumva ko ahawe agaciro, n'igihe uruhare rwe rutagaragara cyane?
5. Iyo umufasha wanjye asobanuriye abandi inkuru yacu, yavuga ko namubereye inyangamugayo, n'umuhoza, n'umunyakuri?

IGICE CYA GATANU

Ibikorwa byo Gufata Umufasha nk'Ibisanzwe

Mu gihugu cya Afurika ndetse no hanze yacyo, uburyo bwo gufata uwo mwashakanye nk'aho nta gaciro afite bushobora gutandukana mu isura, ariko bwose bufite igikomere kimwe mu mutima—kwirengagiza.

Mu mijyi ikomeye yo muri Afurika, guhatanira kubaho no kuzamuka mu mwuga bituma imibanire y'amarangamutima ishyirwa inyuma. Urukundo rufatwa nk'aho ruhari aho kurugaragaza. Mu bindi bice by'isi, gukoresha telefone cyangwa mudasobwa cyane, akazi katagira iherezwa cyangwa ibinezeza byihariye bigenda bisimbura igihe cyo kwigomwa no kubana.

Haba i Lagos cyangwa i Londres, i Nairobi cyangwa i New York, ubutumwa butomora bumwe ni ubu:

“Uzahora uhari... ntacyo bintwaye ntagaragaje umuhati.”

Kwirengagiza Bitewe n’Imyitwarire idashyizeho

Umufasha imbere

Mu ngo nyinshi muri Afurika, gukunda imiryango yaguye kurusha uwo mwashakanye birigaragaza.

Umugabo cyangwa umugore ashobora guha imbaraga nyinshi, igihe n’umutungo ababyeyi cyangwa abavandimwe, akavuga ko uwo bashakanye “abyumva.”

Ahandi, inshuti, imiryango y’umwuga cyangwa imigambi bwite bihora hejuru y’ubushyingiranwe. Mu mucu umwe, umuco

utuma umwe mu bashakanye atitaho imirimo yo mu rugo cyangwa iyerekeye abana. Mu bihugu bivuga ko binganya uburenganzira, umwe mu bashakanye atwara umutwaro w’amarangamutima n’imibereho y’urugo wenyine, undi akaba kure.

Imimerere ishobora gutandukana, ariko ingaruka ni imwe—umwe yumva ntaho ari, undi akavuga ko urugo ruzakomeza nta muhati ushyizweho.

Ubusambanyi nk’Igikorwa Kibi Kurusha Ibindi

Nta gikorwa kigaragaza “nakufashe nk’aho nta gaciro ufite” nk’uko kubeshya mu rukundo kubikora. Ubusambanyi, yaba ku mubiri cyangwa mu marangamutima, buhungabanya icyizere, bugatesha agaciro ibitambo byatanzwe mu rugo,

kandi bugashyira imbere inyungu bwite hejuru y'icyiza cy'umufasha.

Biba nk'aho uwagambaniranywe azihanganira ibikomere kandi akomeza gutanga—nubwo yaba ababaye. Ibi si uguhungabanya amarangamutima gusa; ahubwo ni ugusenya urufatiro urugo rwubakiyeho (Glass, 2004).

Mu mico imwe, ubusambanyi butitabwaho cyangwa bugafatwa nk'ibisanzwe, bakavuga ko uwo wakomerekeje ari we ugomba “gukomeza urugo.” Ibi byongeraho agahinda, kandi bikubaka umuco mubi aho umwe yumva afite uburenganzira bwo kugambanira mugenzi we nta ngaruka.

Kunanirwa Kwerekana Ishimwe ku Bikorwa bya buri Muni

Mu mico yose, gushimira akenshi ntibigera ku bikorwa bifasha urugo kuguma rumeze neza—kurera abana, gucunga urugo, gutunga mu bukungu cyangwa guha mugenzi wawe ubufasha mu by’amarangamutima. Ibi bikorwa bifatwa nk’“inshingano” aho gufatwa nk’ibitambo.

Iyo ibitekerezo, ubuzima cyangwa inzosi by’umwe mu bashakanye bititabwaho mu gufata ibyemezo, urugo ruvamo uburetwa aho kuba ubufatanye. N’amasoko akomeye arashira iyo acukuwe buri gihe ntasubizwamo. Kubaha, gushimira no kwita ku mufasha si ibintu by’inyongera mu rugo—ni umurongo w’ubuzima (Chapman, 2015).

Guhitamo Abandi kurusha Umufasha

Guhora uha inshuti zawe umwanya kurusha uwo mwashakanye si icyemezo cy'imibanire gusa—ni ubutumwa butomora buvuga ko ubusabane n'ubutandukanye bwe butari ingenzi.

Buri mugoroba w'ifunguro risibwe, ikiganiro kidakozwe, cyangwa igihe cy'urukundo kidafashwe ni nk'ijwi rivuga ngo:

“Hari undi ukwiye igihe cyanjye kuruta wowe.”

Igihe kinini, iyi myitwarire isenya ubusabane, igasiga uwo mwashakanye yumva nk'aho ari umushyitsi mu rugo rwe.

Gukurikirana Umwuga Mu buryo Burenze Icyo Urugo Rukenera

Gukunda umwuga ni byiza, ariko iyo intego z'akazi zihora zisumba ubusabane

bw'abashakanye, igiciro kiba kiremereye. Iyo akazi kanyunyuzaga igihe, imbaraga n'umutima umufasha wawe akeneye, kiba kimufashe nk'aho nta gaciro afite.

Biba nk'aho uzahora ategereza, yumva byose, kandi akomeza gushyigikira nta murongo. Igihe kirekire, urugo ruvamo ubufatanye bwa bamwe aho kuba ubufatanye bwa bombi—akazi kagaburirwa, ariko ubusabane bw'imbere bukicwa inzara.

Iyo Kwirengagiza Bidaturutse ku Bushake

Hari ubwo gufata mugenzi wawe nk'aho ntacyo ari atari ubushake—ariko bituruka ku mimerere ya kimuntu, imibereho n'imitekerereze:

- Indwara y’igihe kirekire, umunaniro cyangwa impinduka z’imisemburo bigabanya ubwitabire mu rukundo.
- Ihungabana, kwiheba cyangwa ibikomere bitarakira bishobora kumukurura mu mutima we.
- Akazi karemereye, imico cyangwa imiryango bimurya igihe n’ubwitonzi.

Nubwo biba bitaturutse ku bushake, ingaruka ni zimwe—umufasha yumva atagaragara, ntacyo amaze kandi wenyine mu gutwara urugo.

Akamaro ko Gaha Umufasha Ijambo

Mu rugo rwose, ibitekerezo bitandukana. Buri mufasha afite uburenganzira bwo kugira uko abona ibintu, byubatswe ku bunararibonye bwe. Ariko mu ngo nyinshi, umwe akina “umushinja,

umunyamategeko n’umucamanza,” agatanga icyemezo nta mwanya aha mugenzi we ngo agire icyo avuga.

Aha ni ho gufata mugenzi wawe nk’aho ntacyo ari bitangirira—iyo umutsembereye ijwi rye (Gottman & Silver, 2015).

Urugo rwiza rukeneye urwego rungana, aho bombi bashobora gusangira ibitekerezo batinya guhabwa akato. Gukandamiza mugenzi wawe—kumucecekesha cyangwa kuvuga ko wamaze kumenya ibitekerezo bye—ni ugumura uburenganzira bwe n’icyubahiro (Wright, 2017).

Uburyo bwa Bibiliya bwo Kugarura Ubumwe

Mbere yo kwangiza icyizere, Ibyanditswe bidusaba kugirana ibiganiro mu ibanga: *“Niba umuvandimwe wawe cyangwa mushiki*

wawe yakoze icyaha, mujye kumwerekana ikosa rye, ari mwe mwembi mwonyine” (Matayo 18:15).

Intego si ugutsinda impaka, ahubwo ni kugarura umubano (Stanley & Markman, 2020). Iyo ibyo bidakunze, mushyiramo umuhamyana cyangwa umuhuza. N’iyo bigeze aho, intego igomba kuba ukugarura, si ugusebya.

Iyo amakosa atarakemurwa, atera imitima gukomera, akabuza amasengesho no gufunga imigisha (Matayo 5:23–24).

Ubumwe nk’Icyo Imana Ishaka mu Rugo

Mu myaka myinshi yo kuganira n’abashakanye, nabonye ko imbogamizi zikomeye mu rugo akenshi atari amarozi, ahubwo ari kwirengagiza,

uburere bubu, kutamenya no kudaha agaciro mugenzi wawe.

Yesaya 59:1–2 ituburira ko icyaha, harimo n’icyaha cy’imibanire, gituma Imana itatwumva. Ingo zitera imbere hamwe zibigeraho kuko zirinda ubumwe. Bashobora kutumvikana, ariko ntibigeze batuka agaciro k’undi. Bakomeza gusenga, gutegura no gutera imbere—hamwe.

Impumyi n’Umugore Umunyanteye nke

Urugo rumeze nk’umugabo impumyi n’umugore ubumuga bwo kugenda bambukiranya uruzi ruteje akaga. Umugabo agomba kwikorera umugore kuko afite amaguru akomeye; umugore agomba kumuyobora kuko afite amaso.

Iyo umwe muri bo yanga gukoresha imbaraga z’undi, bombi bararohama. Ubu ni bwo bwiza

n'ibanga ry'ubushyingiranwe—abantu babiri batuzuye bafashanya. Ariko iyo umwe acecekesheje, yirengagije cyangwa atubashye mugenzi we, ntaba amufata nk'aho nta gaciro afite gusa—aba ari no gushyira mu kaga ejo hazaza h'umuryango wabo.

Hagarara Utekereze

Mbere yo gukomeza, tekereza ibi bibazo:

1. Ni ryari bwa nyuma natanze umwanya w'amasaha yose ngo umufasha wanjye asangize amarangamutima ye nta kwivanga?
2. Ese hari ubwo ntekereza ko nzi intego ze mbere y'uko ntega amatwi ibyo avuga?

3. Mu makimbirane aheruka, intego yanjye yari ugutsinda impaka cyangwa kugarura ubusabane?
4. Ese hari ikibazo nigeze gusohora hanze mbere yo kugerageza kugikemura mu ibanga?
5. Ese nsenga n'umufasha wanjye nyuma y'amakimbirane, cyangwa nemera ko amakosa atuma twitandukanya mu buryo bw'umwuka?

Igikorwa cyo Gukora

Iki cyumweru, teganya isaha imwe nta kindi gikorwa, muganire n'umufasha wawe ku bibazo byose bitarakemuka. Shyira imbere kumva, si kwirwanaho. Murangize n'isengesho, n'iyo mutaba mwumvikanye burundu.

IGICE CYA GATANDATU

Umubano w’Abashakanye — Ni Inde Uza Mbere?

Ubushyingiranwe ni igishushanyo cy’Imana cyo guhuza abantu babiri mu isezerano ryuzuye. Umugabo n’umugore bahinduka “umubiri umwe” (Itangiriro 2:24), isezerano rihagaze ukwaryo, ritandukanye n’andi masezerano yose. Ababyeyi bawe bafite isezerano ryabo. Ababyeyi b’iwanyu nabo bafite iryabo. Abavandimwe, inshuti n’abo mukorana nabo bafite imikoranire yabo. Nta na rimwe riba hejuru cyangwa hasi y’irindi—ariko buri rimwe rifite aho rihagaze ukwaryo. Iyo washyingiwe, isezerano rya mbere ntabwo rigihari hagati yawe n’ababyeyi cyangwa

abavandimwe—riba hagati yawe n’uwo mwashakanye.

Iri sezerano rishimangirwa n’indahiro yo kurinda, kubaha no kugumana ukwizerana “mu byiza no mu byago, mu bukungu no mu bukene” (Matayo 19:6). Iyo uhorana umuco wo guha ababyeyi, abavandimwe cyangwa inshoreke zawe agaciro kurusha uwo mwashakanye, uba wakoze icyuho mu rukuta rw’urugo rwawe—aho inzoka y’amacakubiri ishobora kwinjirira (Chapman, 2015).

Ni Inde Uza Mbere by’Ukuri?

Abashakanye benshi batabizi bemera ko izindi mibanire zibahagararaho kurusha urugo rwabo. Ibi bikunda gutangira buhoro:

- Kubwira ababyeyi amakuru akomeye mbere yo kubibwira umufasha.
- Kugisha inama inshuti ku bibazo by'amarangamutima aho kubiganiriza uwo mwashakanye.
- Gusaba inama ku kazi ariko ugasiga uwo mwashakanye mu byemezo bikomeye.

Mu ntangiriro, ibi bishobora kugaragara nk'ibidafite icyo bitwaye. Ariko uko igihe gihita, bitanga ubutumwa bukomeye:

“Ntabwo uri icy'ingenzi kuri njye mbere y'abandi.”

Iri butumwa rito buhoro ryica icyizere, ubusabane n'icyubahiro (Gottman & Silver, 2015).

Isuzuma Ryoroshye

Reba ku mugaragaro uburyo uhagaze:

Ni nde mukunzi wawe w'ukuri?

- Papa wawe
- Mama wawe
- Umukozi mukorana
- Abavandimwe
- Umufatanyabikorwa mu bucuruzi
- Uwo mwashakanye

Ni nde ugusobanukirwa cyane?

- Ababyeyi bawe
- Pasiteri wawe
- Umukoresha wawe
- Abana bawe
- Umukozi wo mu rugo
- Uwo mwashakanye

Ni nde ugenzura urugo cyangwa igikoni?

- Umukozi wo mu rugo
- Umutekinisiye w’akazi ko guteka
- Abana
- Umugabo cyangwa umugore

Ni nde musangira uburiri?

- Uwo mwashakanye
- Inshuti
- Umukozi cyangwa umukoresha
- Abakozi bo mu rugo

Niba uwo mwashakanye atari igisubizo cya hafi muri ibi byose, ni igihe cyo kongera gutunganya umutima n’imytwarire yawe.

Igikoni Nk’Ikimenyetso cy’Ihuza

Nigeze guhura n’umupasiteri ufite umukozi wo mu rugo wari uzi neza ibyo akunda kurya—

kugeza no ku masaha inzara ye iza—mu gihe umugore we atabizi. Muri urwo rugo, umukozi— not umugore—ni we wagenzuraga igikoni, kandi bityo, igice kinini cy’umutuzo w’umugabo ku munsu wose.

Umugore w’umunyamico w’*Imigani* 31 “ahaguruka bukeye, agaha umuryango we ibyokurya, n’abaja be ibyo kubarobanurira” (umurongo wa 15). Yari afite abo aha inshingano, ariko ntiyigeze areka uruhare rwe rw’ibanze. Igikoni, muri uru rwego, si ahantu ho guteka gusa; ni ikimenyetso cyo kwita ku rugo, kwitaho no guha agaciro.

No muri iki gihe cy’akazi kenshi, abakozi bo guteka cyangwa isoko y’ibiryo byo gutegurwa, ihame riracyari rimwe: hari ibikorwa by’urukundo mu rugo bigira agaciro gakomeye

cyane, ku buryo nta wundi muntu w’inyuma ugomba kubihoraho mu mwanya wawe (Parrott & Parrott, 2016).

Ntibirebana gusa n’ubuhanga bwo guteka— birebana n’ihuriro n’icyizere. Iyo wemeye ko undi asimbura umwanya wawe kenshi mu bikorwa byo kwita ku rugo, wohereza ubutumwa bw’ibanga buti:

“Ibyo ukeneye si iby’ingenzi kuri njye.”

Gushyira Umufasha Ku Mwanya wa Mbere

1. Mugire inshuti ya mbere mu byo mwizerana — mbere yo gusangiza undi amakuru meza, ibibazo cyangwa inzozi zawe, ubanze ubiganirize uwo mwashakanye.

2. Rinda inshingano z'imbere — nubwo ushobora guha abandi imirimo, hari ibikorwa bikwiye kuguma hagati yanyu gusa—nk'ibiganiro by'ingenzi, gufata ibyemezo by'umwihariko cyangwa ibikorwa by'urukundo bwite.
3. Mwerekere akamaro ke buri gihe — igikorwa gito, cyatekerejweho, gishobora kugarura ubusabane kurusha ibikorwa bikomeye bikorwa rimwe na rimwe.

Uburemere bw'Umwuka mu Gushyira Umufasha Mbere

Kubahisha uwo mwashakanye hejuru y'undi wese si uburyo bwo kwirinda gusa mu by'amarangamutima—ni uburyo bwo kurinda umwuka. Umutima wacitsemo ibice mu rugo

ushobora gusenya ubumwe Imana iba yarahaye umugisha. Iyo isezerano ry'urugo ribanjirijwe, rituma urugo rukomera kandi rigahuza n'umurongo Imana yashyiriyeho umuryango (Eggerichs, 2013; Stanley & Markman, 2020).

Hagarara Utekereze — Ni Inde Uza Mbere?

Mbere yo gukomeza, fata akanya ko kwisuzuma mu ibanga uhereye ku isezerano ryawe ry'ubushyingiranwe:

1. Iyo amakuru akomeye yabaye, ni nde ubibwira bwa mbere—umufasha cyangwa undi muntu?
2. Iyo uri mu mubabaro w'amarangamutima, ubanza kwegera umufasha wawe cyangwa undi muntu wizeye?

3. Ese umufasha wawe yakwemeza ko yumva atekanye azi ko aha agaciro hejuru y'ababyeyi, abavandimwe cyangwa inshuti zawe?
4. Ese hari ibice—nk'imirimo yo mu rugo, gufata ibyemezo cyangwa gushyigikirana mu by'amarangamutima—wahaye abandi gahoro gahoro?
5. Iyo babajije mu ibanga, umufasha wawe yakuvuga nk'inshuti ye y'ukuri n'umushyigikira ukomeye?

Igikorwa

Iki cyumweru, fata umwanya wihariye, usimbuzwe umwe mu bantu washyize mu mwanya w'uwo mwashakanye—cyaba mu gufata ibyemezo, mu busabane cyangwa mu kwitaho byihariye.

Ibikorwa byawe byerekane ko ari bo bafite umwanya wa mbere ku isi ku ruhande rwawe.

IGICE CYA KARINDWI

Ntuzigere Ufata Umufasha Nk'Ibisanzwe

Maria yari arebye ifunguro rikonje yari yabiteguye. Daniel, umugabo we, yongeye gutaha atinze kurenza igihe bumvikanye cyo kuganira nk'umuryango. Kuri Maria, ibi byari ikimenyetso cy'uko adacyitabwaho nk'ibanze. Kuri Daniel, gukora amasaha y'ikirenga byari uburyo bwo kubungabunga ejo hazaza h'umuryango.

Bombi bakundanaga cyane, ariko indangagaciro zabo zitandukanye—Maria yahaga agaciro igihe basangiye, Daniel agaha agaciro umutekano w'ubukungu—byahuriranye bikaba icyuho kitavugwa hagati yabo.

Ibi ni ibintu bibera mu ngo nyinshi. Ibyifuzo bitujujwe, iyo bitasobanuriwe, bihindurwa vuba nk’aho ari ugusuzugurwa. Iyo hatari ubushishozi, amarenga yihindura imizi, maze igitekerezo cyo “kufatwa nk’ibisanzwe” kikiyongera—kenshi hatabayeho kurengana ku bushake.

Gusobanukirwa n’Ubushishozi mu

Bushyingiranwe

Ubushishozi ni ubushobozi bwo gusuzuma ibintu hashingiwe ku kuri aho kuba ku marangamutima, imyumvire cyangwa amarenga (Gottman & Silver, 2015). Mu rugo, bivuga kumenya ko amagambo, ibikorwa cyangwa ituze ry’umufasha wawe bishobora guterwa n’indangagaciro ze, intego, ibisabwa cyangwa aho ageze mu buzima—akenshi bitandukanye n’ibyawe.

Ubushishozi busaba:

- Kureka guca urubanza vuba.
- Gushaka impamvu nyayo mbere yo kwita ku gikorwa.
- Gukomeza kureba uburyo bw'igihe kirekire aho kwibanda ku gikorwa kimwe.
- Kuvugana ku mugaragaro ku ntego n'uko ibintu bisobanurwa.

Iyo ibi bidakozwe, abashakanye bashobora gusobanura ikinyuranyo cyose nk'ikimenyetso cy'uko batitaweho (Parrott & Parrott, 2016).

Indangagaciro, Intego n'Imizi y'Ibinyuranamo

Indangagaciro ni ibyizere bikomeye ku kintu cy'ingenzi—guhuza umuryango, umutekano w'ubukungu, gukura mu by'umwuka cyangwa kugera ku ntera y'umwuga (Stanley & Markman,

2020). Intego ni inzira zifatika zo kubaho muri izo ndangagaciro.

Mu rugo, ibinyuranyo bigaragara nk'ibi:

- Umwe aha agaciro umutekano w'ubukungu, agashaka gukora amasaha menshi cyangwa kubaho mu bukungu buciriritse.
- Undi aha agaciro igihe cyiza basangiye, agashaka gusangira amafunguro, urugendo cyangwa imigenzo yo guhuza buri muni.

Iyo ibi bitaganiriweho ngo bihuzwe, haza ibyifuzo bitujujwe.

- Umufasha A: “Gusangira nimugoroba biduhuza.”
- Umufasha B: “Nituramutse dukoranye imbaraga ubu, tuzaruhuka nyuma.”

Byombi bifite ishingiro—ariko iyo bidateguwe neza, umwe yumva yasuzuguwe, undi akumva atashimiwe.

Uko Ibyifuzo Bitujuje Bihinduka “Kufatwa Nk’Ibisanzwe”

Iyo ibyifuzo bitujujwe, ubwonko bushaka impamvu. Iyo nta muvugire uhari, amarenga mabi aruzura:

1. icyuho cy’Ibyifuzo – icyo nashakaga vs. icyabaye.
2. Ibyiyumvo – Gucika intege, kubabara cyangwa kurakara.
3. Kuvuga ku Mpamvu – Kwemeza nk’aho ari ubushake: “Ntacyo yitayeho” cyangwa “Arikunda.”

4. Urwango – Ibyo wiyumvishaga bihinduka imyumvire, bigahindura uko muzabana ejo.

Fincham na Beach (2010) basanze abashakanye bahora bafata kutujujwa kw’ibyifuzo nk’uburangare bwo ku bushake bagira ibyishimo bike mu rugo—nubwo bitaba ari ugusuzugura kwateguwe.

Urugero rwa 1 — Intonganya hagati y’Indangagaciro n’Igihe

Amavu n’amavuko: Tunde, umucuruzi, yashimishwaga no kubaka ubucuruzi. Amara, umwarimukazi, yahaga agaciro amasaha yo gusangira.

Ikibazo: Ingendo za Tunde zidashira zatumaga Amara yumva yibagiranye. Tunde we yumvaga

Amara atashimiye ibyo yitaga ibitambo by'ubukungu.

Igisubizo: Binjiye mu bujyanama, basanga indangagaciro zabo zombi zishingiye ku mutekano n'ibyishimo by'umuryango, ariko inzira zitandukanye. Bumvikanye ku gihe cyihariye cyo gusangira mu rugo no ku migambi yo kugabanya ingendo.

Inyigisho: Ubushishozi bwahinduye ibisa no kwirengagizwa bikaba igitambo kigamije ejo hazaza.

Urugero rwa 2 — Kwivanga kw'Ababyeyi

Amavu n'amavuko: Linda yahaga agaciro kwigenga mu byemezo; Peter we yashimaga kumva ababyeyi be mbere.

Ikibazo: Linda yumvaga atitabwaho; Peter we yumvaga yubaha umuco.

Igisubizo: Bumvikanye ko ibyemezo by’urugo ari ibyabo gusa, ariko Peter akabasha kugisha inama ababyeyi ku bindi bitari ibyihariye.

Inyigisho: Indangagaciro zitandukanye zisaba gusobanurwa neza kugira ngo zitavamo amakosa.

Uko Umuco n’Ibihe Bitandukanye Bigira Ingaruka

Imico ikunze gusobanura uko “icyubahiro” cyangwa “gushyira mugenzi wawe imbere” bigomba kugaragara. Mu mucu nyafurika, gutanga ubukungu no gufasha imiryango yaguye ni ingenzi. Mu mucu wo mu Burengerazuba,

imibanire y'amarangamutima n'ibyemezo bifatiwe mu rugo ni byo by'ingenzi.

Kalmijn & Monden (2012) berekanye ko iyo abashakanye baturuka mu mico cyangwa mu rwego rw'ubukungu bitandukanye, iyo ntibisobanuriwe neza bishobora gufatwa nk'isesereza.

Uko Wakwirinda Gufata Amakosa

Intambwe ngiro:

1. Sobanukirwa indangagaciro z'ingenzi — Muganire ku by'ingenzi buri wese aha agaciro, kandi mubigarukemo mu bihe by'ihinduka.
2. Huza intego — Murebe aho muhuriye, kandi mubiganireho aho mutandukanye.

3. Sobanura imigambi — Ntukibwire ko umufasha wawe azi “impamvu.” Vuga neza.
4. Shaka gusobanukirwa mbere — Baza uti: *“Mfasha, unyereke impamvu byabaye bityo?”* mbere yo kwemeza.
5. Reba uburyo busanzwe, si igikorwa kimwe — Ibyabaye rimwe ntibivuga byose.

Icyo Ijambo ry’Imana Rivuga

Amosi 3:3 ibaza iti: *“Mbese babiri bashobora kugendana batumvikanye?”* Indangagaciro zitavugwa neza zishobora gufunga ubumwe mu by’amarangamutima no mu by’umwuka. Matayo 5:23–24 itwibutsa ko tugomba kubanza kwiyunga mbere yo guha Imana impano—

igaragaza ko amakimbirane mu rugo yangiza n'ubuzima bw'umwuka.

Urugero rw'Igitambo Cyasobanuwe Nabi

Amavu n'amavuko: Samuel yakoze amasaha y'ikirenga kugira ngo abone amafaranga y'ishuri rya Grace. Grace we yumvaga yibagiranye, abibwira inshuti ko afatwa nk'aho nta gaciro afite. Ibyagaragaye: Samuel yabonaga imirimo y'ikirenga nk'urukundo mu bikorwa. Grace yabibonaga nk'aho ari kubura.

Umwanzuro: Bagiranye ikiganiro, bahindura gahunda, bongera guhuzwa.

Inyigisho: Igitambo kidatangajwe kigaragara nk'isesereza; kuvugana kugituma kiba umugambi mushya musangiye.

Umwanzuro

Ubushishozi ni ukwemera ko indangagaciro n’intego zitandukanye atari ikibazo—ahubwo ari uburyo bwo kumenyana neza kurushaho. Mbere yo kwemeza ko ufatwa nk’ibisanzwe, banza wibaze:

- Ni iyihe ndangagaciro ishobora kuba iri gutuma umufasha wanjye akora ibi?
- Ese nasobanuye neza ibyo nifuza?
- Ese ibi ni umuco usanzwe cyangwa igikorwa kimwe gusa?

Ingo zikomera iyo abashakanye bombi basimbuza amarenga ubushishozi n’ukwihangana.

Hagarara Utekereze — Ese Ureba mu Bushishozi?

Mbere yo kwemeza ko umufasha wawe agufata nk’aho nta gaciro ufite, suzuma ibintu ku ndangagaciro, intego no ku itumanaho ry’umucyo.

Ibibazo byo Kwisuzuma

1. Ese nasobanuye neza ibyo niteze, cyangwa ntekereza ko umufasha abizi?
2. Ni iyihe ndangagaciro ishobora kuba iri gutuma akora ibyo akora ubu?
3. Ese iki cyifuzo kitarujujwe ni umuco uhoraho cyangwa ni igikorwa kimwe?
4. Mbaza “impamvu” mbere yo kwemeza “ntacyo uncareho”?

5. Nteguye guhindura intego zanjye ngo dufatanye gushyiraho iby'ingenzi dusangiye?

Igikorwa

Hitamo agace kamwe wumva ko wibagiranywemo. Aho kugira ngo usubize mu marangamutima, tangiza ikiganiro. Baza ibibazo bifunguye, wumve udasinterrupta, kandi mushakishe igisubizo cyubaha indangagaciro zanyu mwembi.

Icyo wibuka:

Ubushishozi si ugusobanura amakosa nk'aho atari ikibazo—ni ukumenya impamvu mbere yo guhitamo icyo gukora gikurikiraho.

IGICE CYA KANE ICY'UMUNANI

Gucunga Ibirenze—Iyo Imyitwarire Itangiye Kurusha Urukundo

Iyo umwe mu bashakanye yohereza igihe kinini, imbaraga cyangwa umutungo mu kunywa itabi, inzoga, ikoreshwa ry'ibiyobyabwenge cyangwa ibindi bintu bibi kurusha kubishyira mu mubano wabo, ubutumwa bw'ibanga butangwa buba busobanutse kandi bubabaje:

“Ibyishimo byanjye ni byo by'ingenzi kurusha wowe.”

Ubu butumwa akenshi ntibuvugwa ku mugaragaro, ariko burumvwa cyane. N'ubwo uwo ubikora yaba avuga ko nta mugambi mubi afite, ingaruka zisubirwamo ku busabane bw'amarangamutima, ku mutekano w'ubukungu

no ku cyubahiro hagati y'abashakanye bituma mugenzi we yumva yibagiranye, atubashye kandi afashwe nk'ibisanzwe.

1. Kwirengagiza Ibyo Umufasha Akenera n'Imibereho Ye

Gukoresha ibiyobyabwenge cyangwa inzoga bituma ubuzima bwa buri muni bushingira kuri icyo myitwarire aho kuba ku rugo. Ibi bituma amasaha yo gusangira agabanuka, kandi umufasha agahinduka adahari mu mutima.

Ingaruka:

- Kubangamira ubuzima bwombi (nk'ingaruka z'itabi ku wo mubana, stress, agahinda kenshi).
- Kugabanya umwanya n'ubushobozi bwo guhuzwa mu by'amarangamutima.

Urugero:

Martha, umwarimukazi w'imyaka 34, yavuze mu bujyanama ko inzoga z'umugabo we mu mpera z'icyumweru zabuzaga umuryango wose kugirana ibihe byiza. Yaravuze ati: *“Ni nk'aho icupa ari ryo mugenzi we nyakuri.”*

Ubushakashatsi: Gukoresha ibiyobyabwenge cyangwa inzoga mu buryo burenze urugero bigabanya ubwitabire mu busabane kandi bigatera kutanyurwa mu rugo (Marshal, 2003; Flanagan et al., 2016).

2. Kudakoresha Neza Umutungo

Kunywa inzoga cyangwa ibiyobyabwenge bitwara buhoro buhoro umutungo w'urugo, bigasenya intego z'ubukungu zisangiye. Iyo umwe atanga ibitambo mu gihe undi asohora amafaranga ku

myitwarire mibi, asaba ati: “Umutekano wacu uza nyuma.”

Ingaruka:

- Gutakaza icyizere mu mikorere y’ubukungu.
- Guhungabanya imigambi y’igihe kirekire (amashuri, inzu, kwizigama).

Urugero:

Mu bujyanama bwabereye mu Rwanda, Jean-Paul yakoresheje igice kinini cy’umushahara we ku muti w’urumogi. Umugore we, Claudine, yaravuze ati:

“Ni nsa n’umupfakazi—ariko umugabo wanjye aracyariho, kandi yahisemo umuhanda aho guhitamo njye.”

Ubushakashatsi: Gukoresha ibiyobyabwenge bigira isano ikomeye no gusenya urugo mu

by'imitungo n'amakimbirane (Leonard & Eiden, 2007).

3. Gutakaza Umutekano w'Ubwumvikane n'Icyubahiro

Imyitwarire yo guhinduka, kwisharira cyangwa urugomo iterwa no kunywa cyangwa ibindi bintu bishobora gutuma urugo rutaba ahantu hizewe mu mutima. Mugenzi wawe ashobora kugenda yisubiraho kugira ngo arengerwe.

Ingaruka:

- Ihungabana mu by'amarangamutima no gukomeza kubaho mu gasare.
- Gutakaza itumanaho ryizewe kandi rifunguye.

Urugero:

Samuel yakundaga gukoresha urumogi buri

munsi, bigatuma aba kure mu mutima kandi ari umunyamwaga. Umugore we yaravuze ati: *“Ariho mu mubiri, ariko ntariho mu mutima.”*

Ubushakashatsi: Kunywa inzoga mu buryo bukabije byikuba gatatu ibyago byo gukorera mugenzi wawe urugomo (Foran & O’Leary, 2008).

4. Kudaha Agaciro Indangagaciro z’Umufasha Iyo umuntu akomeza imyitwarire mibi azi neza ko ihabanye n’indangagaciro z’iyobokamana, umuco cyangwa ubuzima bw’umufasha, ubutumwa butangwa ni ubu: *“Ibyo wizera ntibifite agaciro kuri nje.”*

Ingaruka:

- Gutakaza urufatiro rw’indangagaciro zisangiwe.

- Gutakaza icyizere n'icyubahiro.

Ubushakashatsi: Guhuza indangagaciro ni kimwe mu bimenyetso bikomeye byo kugira umubano mwiza (Stanley, Markman & Whitton, 2002).

5. Kureka Inshingano Zisangijwe

Ikoreshwa ry'ibiyobyabwenge cyangwa ubusinzi butuma inshingano zo kurera abana, gukora imirimo y'urugo cyangwa imishinga y'abashakanye zisigara ku mufasha umwe.

Ingaruka:

- Umufasha umwe atwarwa n'umutwaro mwinshi mu mubiri no mu mutima.
- Kumva ko akoreshejwe aho gukundwa.

Urugero:

Umuforomo umwe yavuze mu bujyanama ko inzoga z'umugabo we zimutuma ava mu kazi

nijoro agasanga agomba no kwita ku bana wenyine. Yavuze ati:

“Niyo napfa ejo, sinzi ko yabimenya ataramara imyenda yose.”

6. Gutakaza icyubahiro mu Mugaragaro

Kuba imbata z’inzoga cyangwa imyitwarire y’ubusazi mu ruhame bigutera gusuzugura uwo mwashakanye no kwica icyubahiro. Nubwo biba bitateguwe, guterwa isoni kenshi bikomeretsa urugo cyane.

Ingaruka:

- Gutakaza isura mu muryango no mu bandi.
- Gutakaza icyubahiro mu maso y’uwo mwashakanye.

Ubushakashatsi: Gusenya icyizere mu ruhame ni kimwe mu bitera icyuho gikomeye mu busabane (Overall & McNulty, 2017).

7. Ubutumwa Bw'Ubwenge Butavugwa

Nubwo uwo ubikora yavuga ko imico ye nta ngaruka ifite, ubuzima bw'uwo mubana nabwo buvuga buti:

“Ntabwo uzigera ushyira hasi cyangwa ngo ugabanye iyi mico ku bwanjye—bivuze ko ibinyura biruta nje.”

Iyo ibi bikomeje, bitera inzika, bikagabanya ukwiyemeza kandi bigatuma kunga ubumwe bigorana.

Imikoreshereze Yagirira Akamaro Abashakanye
Umujyanama ashobora gufasha abashakanye:

- Kumenya aho imyitwarire yasimbuye ibyo gusangira — igihe icyifuzo cy’umuryango cyasimbuwe n’icyifuzo cy’umwihariko.
- Kureba ikibazo nk’icyabo bombi — aho kuba “amakosa yawe.”
- Kugena imbibi — ingano ntarengwa y’amafaranga, iminsi idafite inzoga, cyangwa ubuvuzi bwo gufasha kuva mu burwayi bwo kwiyongera.

Hagarara Utekereze

— Ese Imico Yanjye Itanga Ubutumwa Bubi? Tekereza utaryarya. Ibisubizo byawe ni ibikurura iterambere, si ibyo kwicira urubanza. (Subiza Yego, Rimwe na rimwe, cyangwa Oya).

1. Kureba Iby'ingenzi

- Hari igihe mpitamo itabi, inzoga cyangwa indi mico aho guhitamo igihe cyiza n'umufasha?
- Nigeze kubura ibihe by'ingenzi by'umuryango kubera iyi mico?

2. Ubuzima n'Umutekano

- Umufasha wanjye yigeze kwerekana impungenge ku buzima bwe kubera imico yanjye?
- Nigeze gusuzugura izo mpungenge aho kuzifata nk'ingenzi?

3. Ingorane mu Mitungo

- Nkoresha amafaranga kuri iyi mico mu gihe nsohoye inshingano zisangiwe?

- Umufasha wanjye yigeze kunenga ko umutwaro w'ubukungu wiyongereye kubera imyitwarire yanjye?

4. Ubwitabire mu Marangamutima

- Ese iyi mico ituma mba kure mu mutima, mfite uburakari cyangwa ntitabeho?
- Nigeze kubona umufasha wanjye atagitangira kunganiriza ati: “Uriho mu mubiri gusa”?

5. icyubahiro n'icyizere

- Nigeze gutera umufasha wanjye isoni mu ruhame kubera inzoga cyangwa imyitwarire ijyanye nayo?
- Nigeze gusuzugura imyizerere ye ku mico yanjye, ntegereje ko abihanganira?

6. Inshingano Zisangijwe

- Umufasha wanjye yigeze gusigarana inshingano zose mu rugo cyangwa mu kurera abana kubera iyi mico?

Ikiganiro cyo Gutekereza

Niba wasubije “Yego” cyangwa “Rimwe na rimwe” inshuro nyinshi, tekereza ubutumwa ushobora kuba woherereza: “Ibyishimo byanjye biza mbere y’ubufatanye bwacu.”

Igikorwa

Hitamo impinduka ntoya muri iki cyumweru— kugabanya umuco, kuwureka ku minsi y’umuryango cyangwa gushaka ubufasha— igaragaza neza iti: “Uri uwa mbere kuri njye.”

Icyo Wibuka

Urukundo si ibyo wumva gusa—ni ibyo uhitamo,
buri muni, ku buryo buhoraho.

IGICE CYA CYENDA

Kuboneza ku Mikino y’Amahirwe — Iyo Ibyishimo Bisumba icyizere

Nk’uko bimeze ku ikoreshwa ry’ibiyobyabwenge cyangwa inzoga, imikino y’amahirwe n’imari (gambling & betting) bishobora buhoro buhoro gukurura igihe, amafaranga n’imbaraga z’amarangamutima uvuye mu rugo bikajya kuri iyo myitwarire. N’ubwo bishobora kugaragara nk’ibidafite ingaruka—byitwa “ubwizerane bwo kwinezeza” cyangwa “ishoramari ry’ubwenge”—ingaruka zisubirwamo zishobora gutanga ubutumwa bwo wirengagiza, kutubaha cyangwa no kugambanira.

Igihe kinini igihombo ntikiba amafaranga gusa. Igihombo gikomeye kiba mu kubura icyizere,

umutekano n'akamaro uwo mwashakanye yumva afite mu rugo.

1. Kwirengagiza Imitungo no Kuyikoresha nabi
Imikino y'amahirwe ishobora kumara ubwizigame, igakuraho amafaranga y'iby'ingenzi, cyangwa ikazana amadeni umufasha utabikora agomba kwishyura.

Ubutumwa butomora:

“Ibyishimo byanjye cyangwa gutsinda bishobora kuza mbere y'umutekano wacu.”

Ingaruka:

- Gutakaza icyizere mu mikorere y'ubukungu.
- Umuhangayiko uhoraho ku mufasha utabikora.

Ubushakashatsi: Dowling et al. (2016) berekana ko imikino y'amahirwe ikabije ifitanye isano ikomeye no guseniyuka kw'ingo, kenshi bituruka ku kugambanirwa mu by'ubukungu.

2. Gutakaza Igihe

Amasaha yicara ku mbuga za betting, muri casino cyangwa akurikirana imyanya by'isoko ry'imikino asimbura igihe cyo gusangira nk'abo bashakanye, imirimo yo mu rugo cyangwa ibihe by'umuryango.

Urugero:

Mu bujyanama, Robert yemeye ko yamaraga ijoro ryose ku mbuga za betting. Umugore we, Chantal, yakundaga kurya ari wenyine, aravuga ati:

“Ni nk’aho narongoye telefone, si umuntu.”

Ingaruka:

- Gusenyuka buhoro buhoro kw'imigenzo yo gusangira.
- Kumva ko yasimbujwe umuco mubi.

3. Gutakaza Ubusabane bw'amarangamutima

Imikino y'amahirwe ishobora gufata umwanya munini mu bitekerezo, igasiga uyikora ari kure mu mutwe, yisharira cyangwa atabwizanya ukuri. Ibyo guhisha ni byo bibabaza cyane, kuko bituma mugenzi we yumva atagifite uruhare mu buzima bw'umutima we.

Ingaruka:

- Gutakaza ubusabane mu by'amarangamutima.
- Kumva ko atagaragara cyangwa adahabwa agaciro.

4. Gushyira mu Kaga Umutekano Rusange

Imikino y’amahirwe idatekerejwe neza si ukurengera amafaranga gusa—ni ukugira mu kaga inzu, amashuri y’abana cyangwa imigambi yo mu zabukuru.

Ubushakashatsi: Kalischuk et al. (2006) bita ingaruka z’imikino y’amahirwe “ibihombo bihishe” kuko biba buhoro kugeza bigaragaye bisenya urugo rwose.

Ingaruka:

- Impungenge ku mutekano w’ejo hazaza.
- Kumva ko impungenge ze ntizitabwaho.

5. Kurenga ku Ndangagaciro Zisangijwe

Iyo imikino y’amahirwe ihabanye n’indangagaciro z’umufasha—zaba iz’umuco, iz’iyobokamana cyangwa iz’umuryango—

ugakomeza nubwo azi ko bibabaza, biba nk'agasuzuguro.

Urugero:

Umugore wo mu Rwanda yabonaga imikino y'amahirwe nk'icyaha gikomeye. Umugabo we yabyitaga "ishoramari." Yaje kuvuga ati: *"Azi neza ko bimbabaza, ariko arakomeza kubikora."*

Ingaruka:

- Gutakaza ihuriro ry'indangagaciro.
- Kongera inzika no kwitandukanya mu by'amarangamutima.

6. Gutwara Umutwara w'Ingaruka

Umufasha utabikora akenshi ni we uhorana ingaruka—kwishyura amadeni, kugurisha umutungo cyangwa gusubiza abamwishyuzi.

Ingaruka:

- Kumva ari umuseke wa mugenzi we aho kuba uwo bakundana.
- Umunaniro w’amarangamutima kubera guhora mu bibazo.

7. Isoni mu Mugaragaro

Mu muryango w’icyizere cyangwa w’iyobokamana, imikino y’amahirwe irenze urugero ishobora guteza isoni mu ruhame. Kwirengagiza iri sanganya ni ukutita ku cyubahiro cy’umufasha.

Ingaruka:

- Gutakaza isura mu bandi.
- Gutakaza ishema hagati y’abashakanye.
-

Ubutumwa Bw’Ubwenge Butavugwa

Nubwo waba udafite umugambi mubi, guhora uha imikino y’amahirwe agaciro kurusha umutekano w’urugo bivuga buti: “Ibyishimo byanjye n’ibyago byanjye bifite agaciro kurusha icyizere cyawe, amahoro yawe n’umutekano wawe.”

Uko Abashakanye Bashobora Kubigenza

Umujyanama ashobora gufasha abashakanye:

- Kumenya aho imikino y’amahirwe yasimbuye iby’ingenzi by’urugo.
- Kuyifata nk’ikibazo cyabo bombi, si “amakosa yawe wenyine.”
- Gushyiraho amasezerano asobanutse—ingano ntarengwa y’ingengo y’imari,

iminsi idafite imikino cyangwa kureka burundu niba bikenewe.

- Gushaka ubufasha bw’umwuga bwo gufasha no kugenzura.

Hagarara Utekereze

— Ese Imikino y’Amahirwe Ituma Umufasha Wanjye Yumva Yibagiranye?
Subiza *Yego, Rimwe na rimwe, cyangwa Oya.*

1. Iby’Ubukungu

- Nigeze gukoresha amafaranga y’urugo mu mikino y’amahirwe?
- Nigeze guhisha amadeni cyangwa igihombo ku mufasha wanjye?

2. Igihe n’Ukwitaho

- Ndamara umwanya munini ku mikino cyangwa kugenzura ibyo nshoye kurusha umufasha?
- Nigeze kubura ibihe by'ingenzi kubera imikino?

3. Ubusabane mu Marangamutima

- Ndemera cyangwa ndakara iyo mbajijwe ku mikino yanjye?
- Umufasha wanjye yaba yaratangiye kwitandukanya kubera imico yanjye?

4. Umutekano n'Icyizere

- Nigeze gushyira mu kaga umutekano w'ubukungu bwacu kubera igihombo?
- Umufasha wanjye yigeze kwerekana impungenge ku buzima bw'ejo hazaza kubera imikino yanjye?

5. Indangagaciro n'Icyubahiro

- Ese imikino yanjye ihabanye n’ibyo umufasha wanjye yemera, ariko nkakomeza?

6. Imibereho Rusange

- Ese imikino yanjye yigeze gutera isoni umufasha mu ruhame cyangwa mu muryango?

Igitekerezo cyo Gutekereza

Niba wasubije “Yego” cyangwa “Rimwe na rimwe” inshuro nyinshi, tekereza ibyo ibikorwa byawe bishobora kuba bivuze: “Ibyishimo by’imikino biza mbere y’umutekano w’urugo rwacu.”

Igikorwa

Hitamo igikorwa gifatika muri iki cyumweru kigaragaza ko umufasha wawe ari ingenzi kurusha imikino—cyaba kureka ijoro rimwe ryo gukina, kuganira ku mugambi w’ubukungu cyangwa gushaka ubufasha bw’umwuga.

Icyo Wibuka

Mu bushyingiranwe, “jackpot” nyakuri si intsinzi yo mu mikino—ni mugenzi wawe wumva ko yubashywe, afite umutekano kandi akundwa.

IGICE CYA CUMI

Kurera Abana — Abasangiye, Abateye Indero, n’Ibyago byo Kwiheba ku Mufasha

Kurera abana ni kimwe mu bikorwa bikomeye byo gufatanya mu bushyingiranwe. Niba urera abana mwabyaranye, abateye indero cyangwa byombi, uburyo inshingano zisangizwa—cyangwa zidahangirwa—bivuga byinshi ku rukundo, icyubahiro no gufatanya.

Iyo umwe mu bashakanye ahora ari we uhetswe umutwaro munini—ku mubiri, mu by’amarangamutima, mu bukungu cyangwa mu byemezo—bitanga ubutumwa bw’ibanga buti: “Igihe cyawe, imbaraga zawe n’imibereho yawe si ngombwa nk’ibyange.”

Ibi bishobora gusenya icyizere, kuzana inzika no kwangiza haba urugo ndetse n'ukuntu abana bumva isano y'umuryango.

1. Gutagabanya Inshingano mu Kurera Abana Iyo umwe ahora arekera undi umutwari wose wo kwita ku bana, asobanura ko ibyo akora cyangwa ibyo yishakira bikomeye kurusha gufatanya.

Ingaruka:

- Umunaniro w'amarangamutima ku mufasha ukora byinshi.
- Inzika ikomeye ku kudasa mu nshingano.
- Kumva ko umwe adashora imbaraga mu muryango kimwe n'undi.

Ubushakashatsi: Bianchi et al. (2012) basanze kudasa mu nshingano zo kwita ku bana

bigabanya ibyishimo mu rugo cyane cyane iyo umwe yumva ko ari “ibisanzwe bitegerejwe kuri we.”

Inyunganizi ku miryango ivanze:

Mu ngo zifite abateye indero, umubyeyi w’umwana ashobora gutegereza ko uwo bashakanye yitaho abo bana bose ariko we ntatange ubwo bufasha ku bana basangiye.

2. Kudafatanya mu Kurera mu by’amarangamutima

Imirimo yo mu mutima—guhumuriza, kuyobora indangagaciro, gukosora—ikunze kuba iremereye kurusha imirimo yo mu rugo. Iyo umwe yivana muri iyi mirimo, agasiga byose ku wundi, bigaragaza kutifuza gufatanya.

Ingaruka:

- Uwo ukora byinshi yumva atashyigikiwe.
- Abana bashobora kubona ko hariho amarangamutima atangana cyangwa kubura umubyeyi mu mutima.

Ubushakashatsi: Hochschild & Machung (2012) bagaragaje ko kudasa mu mirimo y’amarangamutima bikunze kuba intandaro y’umuhangayiko mu rugo, cyane cyane iyo umwe ateganya ko undi ari we “uzabikemura.”

3. Kutita ku Bana Bivangiye (Joint & Stepchildren)
Mu miryango ivanze, guha abana bawe amarangamutima, igihe cyangwa umutungo mwinshi kurusha abandi, mu gihe utegereje ko uwo mwashakanye yita ku bana bose kimwe, ni uburyo butuje ariko bukomeye bwo kumufata nk’aho ntacyo amaze.

Ingaruka:

- Amakimbirane y’amarangamutima mu bana.
- Kongera inzika ku mufasha wibagiranye.

Ubushakashatsi: Ganong & Coleman (2017) bagaragaje ko kumva hari abana bahabwa umwihariko ari kimwe mu bibazo bikomeye mu miryango ivanze, bikaba byangiza haba urugo ndetse n’imibanire y’abana.

4. Ibibazo mu Mitungo

Hari ubwo umwe asaba ko mugenzi we yishyurira abana be bose (abasanze cyangwa abateye indero) nta biganiro cyangwa gahunda y’ubukungu bwumvikanyweho.

Ingaruka:

- Guhura n'umutwaro w'ubukungu utunguranye.
- Kumva ko nta butabera n'ubufatanye buhari.

Ubushakashatsi: Dew (2009) yerekanye ko kutabona ubutabera mu bitangwa bijyanye n'abana ari indangagaciro ikomeye ituma abashakanye batishimira urugo.

5. Kudaha Umwanya Mugenzi mu Byemezo

Gufata ibyemezo ku bijyanye n'amashuri, ubuzima cyangwa imyitwarire y'abana utabanje kugisha inama uwo mwashakanye bituma yumva nta mwanya afite mu kurera.

Ingaruka:

- Gutakaza ububasha bw'umubyeyi utabajijwe.

- Kugabanya icyizere cy’abana mu bumwe bw’ababyeyi babo.

Ubushakashatsi: Feinberg (2003) agaragaza ko “ubufatanye mu kurera” ari ingenzi mu gukomeza ubumwe bw’urugo no mu burere bw’abana; kubwangiza bisenya icyizere ku mpande zombi.

6. Umutwari w’Umubano mu Miryango Ibanze Abateye indero bahura n’ibibazo byihariye: kutagira ububasha mu mategeko, kugabanywa mu marangamutima, cyangwa abana babarwanya. Gufata nk’aho bagomba “kubikemura gusa” nta gushimwa ni ukutubahisha mu buryo butuje.

Ingaruka:

- Umunaniro ukabije ku bateye indero.

- Kwivana mu bikorwa by’umuryango.

Ubushakashatsi: Papernow (2013) abita “stepparent overload”—igihe ibyo utegerejweho birenze inshingano zawe n’ubushobozi bwawe mu mutima.

Urugero — Umuryango Uvanze

Amavu n’amavuko: Marie, 38, yashatse David, 42. Bombi bazanye abana baturutse mu ngo zabanje kandi barabyarana undi mwana. Imiterere:

- David yasigaga Marie inshingano zose zo gutwara abana ku ishuri, kubafasha mu masomo no kubakosora, harimo n’abe baturutse mu rugo rwabanje.
- Yitaga ku bana be mu buryo bw’ubukungu ariko ateganya ko Marie azagurira imyenda

n'ibindi byangombwa abana be yifashishije umushahara we ngo kuko “babana natwe.”

- Ku mwana wabo basangiye, David yasabaga kugishwa inama; ku bana b'undi mugore we wa mbere, we ubwe yafata ibyemezo.

Ibyavuyemo: Marie yavuze ati: *“Ni nsa n’umukozi udahabwa igihembo ku bana be, kandi ndi umubyeyi w’ifatizo gusa iyo bimunogeye.”* Ibi byatumye agabanya uruhare rwe mu bana be, bikongera umwuka mubi mu rugo no kubangamira abana bose.

Inyigisho

Ikibazo cy’ingenzi cyari uguteganya ko inshingano zo kurera zizakorwa n’umwe gusa nta

gusaranganya cyangwa gushimira—ari byo bifatwa nk'isesereza mu kurera abana.

Ubutumwa Nyamukuru

Umufasha afata undi nk'aho ntacyo amaze mu kurera abana iyo:

- Atekereza ko kurera ari inshingano z'undi gusa.
- Agaragaza amarangamutima atangana hagati y'abana.
- Ashyira undi umutwari mu mitungo cyangwa mu marangamutima nta gushimira.
- Asuzugura mugenzi mu byemezo by'abana.

Hagarara Utekereze

— Ese Mfata Umufasha Wanjye Nk’Ibisanzwe mu Kurera Abana?

Kurera ni isezerano risangiwe—ku bana basangiye, abateye indero cyangwa byombi.

Reba ibi bibazo mu kuri:

1. Inshingano

- Nsubira inshingano nyinshi (gufungurira, gufasha mu masomo, gukosora) ku mufasha?
- Nizeye ko azabikora wenyine nta biganiro bihagije?

2. Imirimo y’amarangamutima

- Ntereka mugenzi wanjye ibyo guhumuriza no gukosora mu gihe njye nivana mu bihe bikomeye?

- Naha abana banjye amarangamutima menshi kurusha abateye indero, nkasiga umufasha mu rwikekwe?

3. Ubutabera mu Mitungo

- Nizeye ko umufasha azishyurira abana banjye nta kuzenguruka ku bana bacu twabyaranye cyangwa abe?
- Nkoresha byinshi ku bana banjye ariko nkateganya ko abandi bazigomwa?

4. Ibyemezo

- Mfata ibyemezo ku bana banjye bwite ariko ngategereza kugishwa inama ku bana twabyaranye?
- Nigeze gusuzugura ibitekerezo by'umufasha mu byemezo byerekeye abana bose?

5. icyubahiro n'Ukubashimira

- Nigeze kureka gushimira mugenzi wanjye ku bw'uruhare rwe mu kurera abana banjye?
- Mbyitwaramo nk'aho kurera ari "akazi ke" aho kuba umurimo dusangiye?

Igikorwa

- Muganire neza ku isaranganya ry'inshingano.
- Vuga ushima ku buryo bugaragara ku byo umufasha wawe akora.
- Shyiraho gahunda isobanutse yo gusaranganya imirimo, umutungo n'ibyemezo mu butabera.

Wibuke:

Abana biga urukundo si mu buryo ubakunda

gusa—ahubwo mu buryo werekana ko ukunda
n’uwo mubarera kumwe.

IGICE CYA CUMI NA KIMWE

Amategeko n'Abahanuzi — Ku Rwego rw'Ubushyingiranwe

"Nuko rero byose mwifuzza ko abantu babagirira, namwe mubagire batyo; kuko ari byo by'amategeko n'abahanuzi." — Matayo 7:12 (KJV)

Iyi ngingo ni yoroshye, ariko irakomeye: fata abandi nk'uko wifuzza ko bakufata.

Nyamara kamere muntu ikunze kwibanda ku nyungu zayo—gushaka inyungu kuri twe twenyine no kwirinda ikiguzi cy'ubutabera. Twifuzza izuba ariko tudashaka imvura. Twifuzza kubahwa ariko tukumva ko twemerewe kugambanira. Twifuzza icyubahiro ariko rimwe na rimwe tukinanirwa kugihesha abandi.

Mu bushyingiranwe, iyi myumvire ishobora kugaragara mu buryo butuje: gufata uwo mwashakanye nk'ibisanzwe—ukishimira ibitambo bye, inkunga ye, n'ubwihangane bwe ariko ntumuhe byinshi mu gusubiza.

Ibyishimo tubona iyo ibyo dukeneye byujujwe ni byo byishimo umufasha wacu akeneye. Uko tubabara iyo dukomeretse ni ko na bo bababara iyo tubirengagije. Nka wa mugani ugira uti: *Ibyiza ku nkoko ni byo byiza ku nkoko y'ingabo*. Niba utifuza gufatwa nk'aho ntacyo umaze, ugomba no kwanga gufata mugenzi wawe uko.

Yesu yagarutse kuri iri hame ati: *"Niba mutari inyangamugayo ku byo abandi babashinze, ni nde uzabaha ibyanyu bwite?"* —
Luka 16:12 (NIV)

Iyo utubashye icyizere, impano cyangwa amahirwe wahawe—nka: urukundo rw’umufasha, icyubahiro cyangwa ubufatanye—ntushobora kwitega ibisubizo byiza. Gukomeretsa amarangamutima, ishema cyangwa agaciro k’umufasha ntibisibwa n’amagambo y’urukundo gusa.

Ingaruka zo Kutita ku Mufasha

Ubuzima bufite uburyo bwo gutanga ubutabera. Bibiliya iravuga iti: *“Mumenye neza ko icyaha cyanyu kizabagaragaraho.”* (Kubara 32:23). Kutita ku mufasha igihe kirekire bikunze kugarura ingaruka—binyuze mu kwitandukanya mu marangamutima, gutakaza icyizere cyangwa n’ubugome bukomeye.

Uvuye mu Kwirengagiza Ukagera ku Bugome

Ntabwo buri gihe gufatwa nk'ibisanzwe bizarangira mu bugome, ariko ubushakashatsi bwerekana isano hagati yo guhozwa ku nkeke no kugera ku bikorwa bikabije.

- Hagati ya 1976 na 2002, 11% by'abishwe muri Amerika biciwe n'abashakanye cyangwa abo bakundanaga (Cooper & Smith, 2011).
- Ubushakashatsi bushya bwerekana ko ibibazo bidakemuwe—by'umwihariko kugambanirwa cyangwa kwirengagizwa igihe kirekire—bishobora kugera ku ngaruka zica (Campbell et al., 2021).

Urugero: Gusubiza mu Buryo bwa Narcissism Hari abantu bumva ko kwirengagizwa cyangwa

kwangwa ari igikomere gikomeye ku bwibone bwabo, maze bakishakira kwihorera.

- Scott Peterson (USA) yishe umugore we utwite mu 2002 kugira ngo akomeze ubusambanyi nta “mukoresha” w’ubupapa.
- Rabbi Fred Neulander yateguye iyicwa ry’umugore we mu 1994 kugira ngo akomeze umubano wo hanze y’urugo.
- Betty Broderick (USA) yishe umugabo we wa kera n’umugore we mushya mu 1989 nyuma y’imyaka yumva asuzuguritse.

Muri buri rugero, uwabikoze yumvaga yarasuzuguwe, akiyumvisha ko ari we nyir’ikosa, maze agahitamo “gukosora ibintu” mu buryo bwangiza.

Ibihe by’Afurika

Mu ngo nyinshi z’Abakirisitu muri Afurika, amakimbirane atarangijwe ashyirwaho umwuka—abagore n’abagabo bakitana ngo ni uburozi cyangwa imigambi mibi. Nubwo bidahora bigeza ku bugome buk physical, amagambo yo gusenya icyubahiro cy’umufasha ashobora kuba ari uburozi bukomeye.

Urugero — Nigeria (Ibadan, 2018)

Umupasiteri yishe umugore we wari ukiri ku nda, amufunga mu nzu nyuma yo kumuroga, kuko yakundanye n’umwanditsi we. Yari yarigeze kuganirizwa n’umugore we ariko ntiyigeze abifata nk’ibikomeye. Iki gikorwa nticyari gusa icyaha cyo mu mutima—cyari ishusho nyakuri yo gufata umugore we nk’aho nta gaciro afite mu gukunda, mu buzima no mu buzima bwe.

Imitekerereze yo Kwihorera

Muri ibi bikorwa byose, ibintu bitatu bigaragara:

1. Uwabikoze yumvaga adafite agaciro.
2. Yiyumvishe ko ari we ny victim nyakuri.
3. Yizeye ko igikorwa gikomeye ari cyo cyonyine cyasubiza icyubahiro cyangwa ububasha.

Abahanga bita ibi *perceived relational devaluation*—kumva ko mugenzi wawe atagufiteho agaciro. Ubushakashatsi bwerekana ko ibi bishobora guteza ibyiyumvo n’imyitwarire ikabije (Leary et al., 1995; Strelan & van Prooijen, 2013).

Isomo ku Muryango w’iki Gihe

Ubutumwa bw’“amategeko n’abahanuzi” si inyigisho gusa y’iyobokamana—ni umutekano

w'amakimbirane mu rugo. Iyo abashakanye bombi babayeho muri bwo buri muni, bigabanya ibyago byo gukomeretsanya mu mutima, inzika n'ibikorwa byangiza.

Gufata umufasha nk'ibisanzwe ntabwo ari ibintu bitagira ingaruka. Akenshi ni umusingi w'ibikorwa bishobora gusenya urugo cyangwa guteza akaga gakomeye.

Hagarara Utekereze

— Ese Mfata Umufasha Wanjye Nk'ibisanzwe ku buryo bishobora kuvamo amakimbirane cyangwa kwihorera?

N'uducogora duto two kudafata ku gaciro dushobora gukura mu nzika, uburakari no mu bikorwa bibi.

(Subiza Yego, Rimwe na rimwe, cyangwa Oya.)

1. Icyubahiro n'Ubwisubirizo

- Ntegereza ubudahemuka, urukundo cyangwa kwitabwaho ku mufasha ariko nkamuha bike mu gusubiza?
- Nigeze gusuzugura cyangwa gusenya amarangamutima y'umufasha igihe yagaragaje ko yababaye?

2. Ubudahemuka n'Icyizere

- Nigeze gushaka ubusabane bwo mu mutima cyangwa mu mubiri hanze y'ingo ariko ntegereza ko umufasha wanjye ahora ari indakemwa?
- Nigeze guhisha ubutumwa, amafaranga cyangwa imibanire kugira ngo ntagaragare?

3. Umutekano w'amarangamutima

- Nigeze gusuzugura, gusenya icyubahiro cyangwa gupfobya umufasha—mu ruhame cyangwa mu ibanga—ntisaba imbabazi nyazo?
- Nkoresha ibisubizo nk’uguseka, gutera ubwoba cyangwa guceceka kugira ngo ntsinde impaka?

4. Umutungo n’Imbibi

- Nigeze gukoresha cyangwa gusenya iby’umufasha ntabisabiye uruhushya?
- Nigeze gufata ibyemezo bikomeye ku mutungo, inzu cyangwa abana nta kugisha inama?

5. Impuhwe n’Icyerekezo

- Ntekereza ko ibyo nifuzza ari ingenzi kurusha iby’umufasha?

- Nigeze kwirengagiza ko mugenzi wanjye ashobora kumva uburibwe, ishema n’ibyishimo kimwe nanjye?

Ikiganiro cyo Gutekereza

Niba wasubije “Yego” cyangwa “Rimwe na rimwe” inshuro nyinshi, tekereza ubutumwa umufasha wawe ashobora kuba yumva buti: “Amarangamutima yawe, icyizere cyawe n’icyubahiro cyawe si ngombwa nk’ibyifuzo byanjye cyangwa ibinyungu byanjye.”

Intambwe Ikurikira

- Emeza mu kuri ko wakoze ibikomere.
- Iyemeze kubaho mu ihame rya Matayo 7:12—*fata umufasha nk’uko wifuzaga gufatwa.*

- Shaka ubufasha hakiri kare—mu bujyanama, mu bumwe cyangwa mu buyobozi bwizewe—mbere y’uko inzika ihinduka ikintu kibi.

Wibuke

Icyo wita nk’icyuho gito kuri wowe gishobora kumera nk’ukugambanirwa gukomeye ku mufasha wawe. Iyo ubikosoye kare, urugo rwawe rurushaho kuba rwiza kandi rufite umutekano

IGICE CYA CUMI NA BIBIRI

Isuzuma Nyakuri ry'Urukundo

Mu mpera z'imyaka ya 1980, ubwo Tina na Godwin barushingaga i Londres, inshuti n'imiryango babonaga ari ishyingiranwa ry'indoto. Bagaragaraga nk'aho bujuje byose, ariko mu buzima bw'imbere, Godwin ni we wenyine wari ufite akazi, maze akoresha umushahara we wose kugira ngo yishyurire Tina kaminuza no gutunga urugo.

Nyuma y'uko Tina asoje amasomo, basubiye muri Nijeriya. Umudugudu wose wabakiriye n'ibirori n'imbyino. Mu mezi make ya mbere, urukundo rwabo rwari rutajegajega. Ariko uko iminsi yagiye ishira, amafaranga bari bizigamyeye yarashize. Nubwo Godwin yari afite impamyabumenyi mu by'Imibanire

Mpuzamahanga, ntiyashoboye kubona akazi. Imyenda yaragwiriye, abana nabo bakomeza gutegereza imibereho myiza bari bamenyereye mu Bwongereza.

Impinduka mu Bubasha

Ubwo Tina yabonaga akazi keza cyane i Abuja, umuryango wimukiye yo. Godwin yakomeje gushaka akazi—akajyana CV mu bigo bitandukanye, akanayihira Tina ngo ayikwirakwize. Mu mezi make, Godwin yatangiye kubona impinduka:

- Tina yabaye inyangamugayo nke, asigara asa n’uwahindutse mu mico.
- Yatangiraga guhisha aho ajya n’ibyo akora.

- Abana bose babaga basaba amafaranga kuri we gusa, bakavuga mu ruhame bati: *“Papa ntaha Mummy amafaranga.”*
- N’abakozi bo mu rugo batangiye kumwubaha gake.

Ahubwo yo gukosora iyi mvune, Tina yagaragaje ko yishimira umwanya mushya yari agezeho mu rugo.

Igihe cy’ingenzi cyageze ubwo yasabye Godwin kumuherekeza. Yatekerezaga ko ari ikiganiro cy’akazi, ariko imodoka yabajyanye ku isoko rya Wuse. Aho, Tina yamusabye gukurura igare ry’ibicuruzwa, maze mu maso y’umushoferi amwigisha uko ibiciro by’inyama byari bizamutse kandi ko agomba kugabanya ibyo arya. Mu muco nyafurika, gusuzugura uwo mwashakanye mu ruhame ni igisuzuguriro gikomeye.

Mu rugo, iyo abana binubiraga ku ndembo za se, Tina yavugaga mu ijwi riranguruye ati: *“Reka gukubita abana banjye; nzi neza amafaranga ntanga buri kwezi kugira ngo babone ibibeshaho.”* Ubuyobozi bwa Godwin n’icyubahiro cye byagiye bisenyuka buhoro buhoro.

Inyigisho Iteye Igitangaza

Mu rugendo rwo ku isoko, Godwin yagize icyo yise guhura n’Imana. Hashize icyumweru gito, yatangiye kubona ubutumire bw’ibiganiro by’akazi, harimo n’ibigo byavugaga ko byamushakishije igihe kirekire. Yahise ahabwa akazi k’amahanga gafite umushahara uri hejuru y’uw’umwaka wose wa Tina. Tina yararetse akazi maze ajya kumukurikira hanze. Hanyuma

yasabye imbabazi, yemera ko yemeye gusunikwa n’umuvuduko w’inshuti n’imiryango, bigatuma yitwara nabi.

Ibyo Ubushakashatsi Bwerekana

Iyi si inkuru idasanzwe. Ubushakashatsi bwerekana ko iyo imirimo y’ubukungu ihindutse mu rugo—by’umwihariko iyo umugore abaye utunze urugo—ubusanzwe buhinduka, bikazana amakimbirane, gusuzugura no rimwe na rimwe ihohoterwa ry’amarangamutima (Bertrand, Kamenica & Pan, 2015).

Iyo umwe akoresha amafaranga ye ngo asuzugure cyangwa agenzure mugenzi we, biba ari ihohoterwa ry’ubukungu—ryemejwe nk’uburyo bumwe bw’ihohoterwa rishingiye ku mibanire y’abashakanye (Postmus et al., 2020).

Iyo “Ubuhanuzi” Buba Urwiyunge

rw’Amakimbirane

Mu kindi kibazo cy’ubujyanama, umugore yavuze ko yabwiwe mu buhanuzi ko Imana yamuhaye inzu ye bwite. Ariko ubutaka yari aguze ntibwemeranyijweho n’umugabo we. Abigiriyeho inkunga y’ababyeyi be, yakomeje imishinga y’inzu atarabiganiraho, aza gusaba uruhushya nyuma. Ibi byamukojeje isoni kandi bisenya icyizere cy’urugo.

Nyuma, nasanze ubwo buhanuzi bwatangijwe n’umuvugabutumwa wo kuri TV, hanyuma bwemezwa n’undi “muhanuzi.” Bahishuye ko ibyo bavuze byari bishingiye ku byiyumvo byabo ku bagore bari mu makoperative ategura kwigenga ku bagabo babo.

Muri urwo rwego, umupasiteri uzwi yagiriye umugore inama ko umugabo we bari bamaranye imyaka 38 amuteganyiriza kumwica. Ako kanya yahise amuta, asimbuza inyandiko zose, asubira ku izina rye rya kera. Nyuma, uwo muvugabutumwa ubwe yamusabye gusubira mu rugo nyuma yo kumwerekako uwo mugore yari afite ibibazo byo mu mutwe.

Isomo: Ubuhanuzi butera amayoberane cyangwa kugabanya ubumwe mu rugo bugomba gusuzumwa hakoreshejwe ubushishozi, ubuyobozi, ubuzima bwo mu mutwe no gukoresha ubwenge bwa Bibiliya (1 Abatesalonike 5:21).

Amakosa mu Bushyingiranwe

Nta wese ubarwa mu batagira amakosa (Abaroma 3:23). N’abajyanama b’ingo b’inararibonye bemera ko nabo bagira ibyo baciraho. Ariko hari amakosa atera igihombo gikomeye:

- Ikosa ry’ibikorwa: Gukora ikintu cyangiza (nko gusambana, gukubita).
- Ikosa ryo Kureka: Kunanirwa gukora ikibabereye ngombwa (nko kwirengagiza, kubura urukundo, kutaganira).

Ikosa ryo kureka ni ribi cyane kuko rikora mu ibanga. Kwirengagiza, ubunebwe, kutita ku by’amarangamutima no gufata mugenzi nk’aho ntacyo amaze bigaruka hano.

Urugero: Iyo umugore ahamagaye polisi kubera gukubitwa, ikibazo kiragaragara kandi gihita

gifatirwa ingamba. Ariko iyo umugabo amara imyaka irenga ari nyamwigendaho mu by'amarangamutima, igihombo gishobora kuba gikomeye kimwe—gusa ntikigaragare mu ruhame—kugeza igihe urugo rusenyutse.

Ubushakashatsi: Amato & Hohmann-Marriott (2007) berekana ko kwirengagizwa mu by'amarangamutima ari intandaro ikomeye yo gutandukana n'ihohoterwa mu ngo.

Inama Ngirakamaro

Mbere yo gusuzugura ibibazo by'umufasha wawe, wibaze ibi bibazo:

- icyo ushobora gutakaza: Ni iki gishobora kumpa igihombo niba imyitwarire yanjye isunitse mugenzi wanjye kumva yashaka kugenda?

- Igiciro cy'amarangamutima: Kugirana gatanya byangiza iki mu mutima, mu by'amarangamutima no mu mwuka?
- Ibyago byo mu muryango: Ese niteguye guhangana n'isoni, ubwigunge n'ubucyene bishobora gukurikiraho?

Akenshi, kwicisha bugufi—gupfukama ukemera—bihendutse kurusha kwishyura igiciro cy'ubwirasi.

Imigani 27:23 igira iti: *“Ube maso umenye uko imikumbi yawe imeze, ushireho umutima ku ndyabyatsi zawe.”*

Mu rugo, mugenzi wawe ni we “mukumbi” wawe w'agaciro. Nimutamwitaho, ushobora gutakaza ibintu utazongera kubona ukundi.

Hagarara Utekereze

— Ese Mfata Umufasha Wanjye Nk’ibisanzwe Binyuze mu Mihindukire y’Ubukungu, Inyigisho zo Hanze cyangwa Kwirengagiza Gutuza?

(Subiza Yego, Rimwe na rimwe, cyangwa Oya.)

1. Impinduka mu Mitungo

- Ndagabanya icyubahiro cy’umufasha igihe mwinjiza ari hejuru kurusha iyanjye?
- Nkoresha amafaranga yanjye ngo nsuzuguze cyangwa ndenge ku bitekerezo bye?
- Nigeze kugabanya ububasha bwe ku bana cyangwa ku bakozi kuko yinjiza make?

2. Ingaruka z’Ubuhanuzi cyangwa Ijwi ryo Hanze

- Nigeze gufata ibyemezo bikomeye nshingiye ku buhanuzi nta bwumvikane?

- Nshyira agaciro ku bitekerezo by'inshuti, ababyeyi cyangwa abapasiteri kurusha iby'umufasha?
- Nigeze gukurikiza inama yo hanze yatumye habaho ibanga cyangwa amakimbirane?

3. Amakosa yo Kureka

- Nibagiwe gushimira, kugaragaza urukundo cyangwa inkunga buri gihe?
- Nigeze kwirengagiza ibibazo bito, mvuga nti: “ntibizatugeraho”?
- Nagiye nirinda gusubiza ku byifuzo by'umufasha wanjye mvuga ko “agomba kubyumva”?

Ikiganiro cyo Gutekereza

Niba wasubije “Yego” cyangwa “Rimwe na Rimwe” inshuro nyinshi, wibaze:

“Ese ndemerera ubwirasi, ijwi ryo hanze cyangwa kwirengagiza gutuza gusimbura urukundo n’ubufatanye?”

Intambwe yo Gusubiza Inzira

- Emeza impinduka mu myumvire cyangwa mu bubasha iyo amafaranga yahindutse.
- Iyemeze gufata ibyemezo byose binini hamwe.
- Siba ibura ry’urukundo n’icyubahiro usimbuza ibikorwa bigaragara byo kwita no kubaha.

Wibuke

Akenshi urugo ntirusenyuka kubera igitero kimwe gikomeye, ahubwo rusenyuka kubera uducyobo twinshi duto dusigara tudakosowe.

IGICE CYA CUMI NA GATATU

Kumenya neza uwo mwashakanye n’umubano:

Ese uwo mwashakanye ni nde?

Mu kuri, sinshobora kukubwira neza uwo uwo mwashakanye ari we—ni Imana yonyine izi imizi y’ibitekerezo, imigambi n’ubushobozi bw’umuntu. Sinshobora gusuzuma imbere y’igihe ubwenge bwe, imico ye cyangwa kwihangana kwe. Ariko nubwo ntazi neza uwo ari we, nzi neza uwo atari we.

Umufasha wawe si marayika. Si umwuka. Si igiti kitagira amarangamutima cyangwa ububabare. Ni umuntu—ufite intege nke, imipaka, amarangamutima kandi ubitaho bitewe n’uko afatwa.

Ntushobora guhora uhambira, ugenzura cyangwa “ukorera mu mbaraga zidasanzwe” uwo mwashakanye iteka ryose. Umunsi umwe ashobora kurwanya kugenzurwa cyangwa kwirengagizwa. Afite amaso—umunsi umwe ashobora kureba ahandi agashimira. Afite amatwi—umunsi umwe ashobora kumva ijwi rimwubaha. Afite ibirenge—umunsi umwe ashobora kugenda niba ibyangombwa abona mu mubano bidahora bihari.

Ubushakashatsi bwerekana ko iyo ibyifuzo by’amarangamutima n’umubano bidahura igihe kirekire, abashakanye baba hafi gushaka ibisubizo hanze y’urugo—byaba mu marangamutima cyangwa mu mubiri (Le, Dove, Agnew, Korn & Mutso, 2010).

Ni iki gifata ingo zimwe z’Abakirisitu zikaguma hamwe?

Ni ikibazo gikwiye kubazwa: ni iki koko gishimangira umubano?

Muri Nijeriya n’ahandi, ingo nyinshi ziguma hamwe si kubera urukundo n’icyubahiro nyakuri, ahubwo kubera imirindi y’inyuma nka:

- Abana – Kuguma hamwe “kubera abana.”
- Amabanga – Gutinya ko umufasha atangaza ibanga ribanganye (nk’ubusambanyi bwo mu bihe byashize, uburiganya mu mafaranga cyangwa ibyaha).
- Indahiro – Gutinya ingaruka z’umwuka cyangwa iz’umuco zo gusenya indahiro.

- Isura y'imibereho – Kwibaza ngo *“Abantu bazavuga iki—itorero, inshuti cyangwa umuryango?”*

Ariko iyo ibyo byafashe intege bikomeye—nko mu gihe inshuti cyangwa abayobozi b'itorero bashyigikira itandukana—urugo rukunze guseniyuka.

Ihohoterwa mu rugo n'Imiyoboro y'Ubwunganizi

Umugore uhohoterwa mu mubiri ashobora kubanza gusabwa n'umuryango cyangwa itorero kuguma mu rugo. Ariko iyo ubujyanama bwose bwananiwe, abo bamushyigikira bashobora kumusaba kugenda kugira ngo akize ubuzima. Nk'uko Johnson et al. (2014) babivuga,

gutandukana bishobora kuba inzira yo kubaho mu ngo zifite ihohoterwa rikabije.

Iyo umufasha amaze igihe kirekire nta hohoterwa cyangwa ibibazo, kumusaba gusubira mu rugo biba bigoye cyane—by’umwihariko iyo icyizere cyaseniyutse bikomeye.

Inkuru y’Ihangirikira ridashobora gusubizwa inyuma

Mu gihe nari muri kaminuza, nari mfite inshuti—yashatse mbere yanjye—aho umugore we yari murumuna w’indi nshuti yanjye. Umunsi umwe, yaje mu rugo ashonje asaba ibyokurya. Umugore we amushyirira isahane ifunze. Ayifunguye asanga ntacyo irimo. Yibukije umugore we ko yamuhaye amafaranga yo guhaha uwo munsi, undi amusubiza amafaranga aho kumutekera.

Yarakaye, afata moto ye ajya kugura ibyo kurya. Ariko mu nzira agira impanuka ikomeye, ahabwa ibikomere bikomeye kuva mu gituzo kugeza mu nda. Ku myaka myinshi yakurikiyeho, yahabwaga icumbi ku nzu yo hasi kugira ngo atazahura n'ingaruka zo kuzamuka mu nzu.

Nta muntu—umuryango, inshuti cyangwa umuryango mugari—washoboraga kumugira inama yo gukomeza uwo mubano. Umugore, amaze kubona ko yabuze inkunga yose, yaragiye. Nubwo umukirisitu ashobora kubabarira mu mutima, ibikomere byagaragaraga byatumaga gusubirana bidashoboka.

Kwigishwa no Kwibutswa

Gusubirirwaho ni ukugirwa inama. Niba ukomeza gukomeretsa cyangwa kwirengagiza umufasha

wawe, umunsi umwe—rya rimwe—ashobora kwihorera.

Umugani w’Abayoruba uravuga uti: *“Urupfu rwishe mugenzi wawe rukubwira ko rwawe ruri hafi.”*

Wige ku byateye guseniyuka kw’ingo zikuzengurutse. Ntukibwire ko uzahora ugenzura ibizavamo.

Yeremiya 17:9–10 iravuga iti:

“Umutima urariganya kurusha byose, kandi urarwaye cyane. Ni nde uwumenya? Jyewe Uwiteka nsoyora umutima, ngasuzuma ibitekerezo, kugira ngo mpere umuntu wese ibihwanye n’imirimo ye.”

Inzira ifite umutekano ni ukubona aho wasubije inyuma, ugasaba imbabazi, ukikosora. Ubushakashatsi bwa Fincham & Beach (2010)

bwerekana ko ingo zikomera iyo abashakanye bahora bitabira ibyo abandi bakeneye, babikora vuba kandi bafite impuhwe.

Kwirengagiza ibyifuzo byemewe by’umufasha—byaba mu by’amarangamutima, mu mubiri cyangwa mu by’umwuka—ni ikosa ryo kureka ritonhora urukundo kugeza aho gutandukana cyangwa gatanya bihinduka umuti wonyine.

Urugero – Kwigira Buhoro Buhoro

Ubushakashatsi bwa 2020 bwa Williamson et al. bwerekanye ko abashakanye batavuga ko gatanya yatewe n’icyaha kimwe gikomeye; ahubwo bavuga ko ari “ugushirana” buhoro buhoro bitewe no kwirengagizwa gukomeza.

Ibi bihamya inama ya Bibiliya mu Indirimbo z’Abahiri 2:15:

“Mutwumvire imivumbuzi y’imbeba mito isenya inzabibu.”

Ibibazo bito bidakemuwe bishobora gusenya umubano kimwe nk’ibibazo bikomeye.

Hagarara Utekereze

— Ni iki koko gifata urugo rwanjye?

Ingo zimwe ziguma hamwe si kubera urukundo n’icyubahiro, ahubwo kubera inkunga z’inyuma zoroheje—nk’abana, amabanga, ubwoba cyangwa isura mu bandi.

(Subiza Yego, Rimwe na rimwe, cyangwa Oya.)

1. Abana nk’Umusingi

- Ese ntegereza muri uru rugo “kubera abana” aho kuba kuko tugifitanye urukundo n’icyubahiro?

- Ntegereza ko gutandukana byangiza isura yanjye nk'umubyeyi cyangwa uburyo mpugukira ku bana?

2. Amabanga n'Ubwoba

- Ntegereza kubera ko umufasha wanjye azi ibanga ryangiza kuri njye?
- Ntinya ingaruka z'umwuka, iz'umuco cyangwa iz'umuntu ku giti cye zo gusenya indahiro, nubwo urugo rutameze neza?

3. Isura n'Icyubahiro mu Band others

- Ntegerezamo kubera gutinya ibyo abantu—ab'itorero, inshuti, abakozi cyangwa umuryango—bazavuga?
- Ese urugo rwanjye rurushaho kuba urw'isura kurusha kuba urw'ukuri?

4. Umuvuduko wo Hanze n'Igenzura

- Ntegekwa n’amajwi yo hanze (umuryango, inshuti, abayobozi b’iyobokamana) kurusha kuganira n’umufasha?
- Ntagira icyo mvuga ku bibazo bikomeye kubera gutinya ko “mbeshya isura” y’umuryango?

Ikiganiro cyo Gutekereza

Niba wasubije “Yego” cyangwa “Rimwe na Rimwe” inshuro nyinshi, wibaze: “Niba izi nkunga z’inyuma zose zashira—abana bakuze, amabanga atakibaho, isura ishyizwe mu mutekano—naba ng still nshaka kuguma muri uru rugo?”

Niba igisubizo ari “Oya,” bishobora kuba bivuze ko urugo rwawe ruri kubaho ku musingi w’igihe gito aho kuba ku musingi uhamye.

Umusingi w'Ubugingo bw'Urugo

Imbaraga z'igihe kirekire mu bushyiringanwe zubakwa kuri:

- Icyubahiro n'icyizere gihuriweho.
- Ubusabane mu by'amarangamutima no mu by'umwuka.
- Icyerekezo gihuriweho cy'ejo hazaza.

Wibuke: Imirindi yoroshye ishobora kumeneka mu gitutu; imirindi ikomeye igenda ishingira imizi uko igihe gishira.

IGICE CYA CUMI NA KANE

Amarangamutima Ahatanye n’Ukuri

Umaze imyaka ingahe ushakanye?

Wigeze ufata umwanya ngo utekereze ku makosa uwo mwashakanye yakubwiyeho?

Wigeze ureba niba hari ayo makosa wasubiyemo inshuro nyinshi?

Ikirenze byose—wigeze utekereza niba uburyo uwo mwashakanye akubwiramo bwahindutse uko imyaka igenda?

Ikosa rimwe ryakundaga gukemurirwa mu bwitonzi rishobora ubu guteza uburakari bukomeye—ijwi rirazamuka, gushinjanya cyangwa n’ugutera ubwoba—nubwo ikosa ubwaryo ari rito. Ushobora kwibwira uti: *“Umufasha wanjye ntatera imbere mu bukuru.”*

Cyangwa ugatekereza uti: *“Niba yari afite 50% mu gukemura amakimbirane imyaka 10 ishize, uyu munsu yagombye kuba akora neza kurushaho—atari nabi.”* Ariko mu ngo nyinshi z’Abakristo, ibintu bihindukira ukundi.

Impamvu Ibi Bibaho

Turimo kubaho mu bihe bikomeye byo ku “mperuka”—ibigeragezo by’umwuka n’iby’imico byatangiyeye guhindura imibanire:

- *“Umwuka aravuga mu buryo bweruye ko mu minsi y’iherezo bamwe bazava mu byo bizera, bakurikize imyuka ibashuka n’inyigisho z’abadayimoni...”* — 1 Timoteyo 4:1–2
- *“Ariko umenye ibi, yuko mu minsi y’imperuka hazaza ibihe bikomeye. Kuko*

abantu bazaba bikunda, bakunda amafaranga, birata, biraririmba, banyuranya... banyangabirasi, b'ubwibone, bakunda ibinezeza kurusha Imana..." — 2 Timoteyo 3:1–7

- *"Mwirinde, imitima yanyu itaremerezwa n'ubusambo, gusinda n'iby'ubu buzima... Murangwe no guhora mubyuka musenga, kugira ngo mubone uko murokoka ibyo byose bigiye kuba." — Luka 21:34–36*

Ubushakashatsi bugezweho bushimangira iyi nyigisho ya Bibiliya: ubwiza bw'umubano bukunda kugabanuka iyo abashakanye bahuye n'umuvundo w'igihe kirekire, ibibakurura cyangwa gutakaza indangagaciro—bigatera amakimbirane akomeye ku bintu bito (Randall & Bodenmann, 2017).

Umwanzuro w'Ubwenge

Mu Byanditswe Byera, abashakanye bafashe ibyemezo—hari abo byashimye, hari abo byangije ubuzima:

- Loti n'umugore we bahisemo kuba i Sodomu (Itangiriro 13, 19). Loti yumviye abamarayika; umugore we yanga, ahinduka inkingi y'umunyu.
- Aburhamu na Sara bemeranyije kuzana Hagara mu rugo rwabo (Itangiriro 16), bitera amakimbirane y'igihe kirekire mu muryango.
- Ananiya na Safira biyemeje kubeshya ku ituro (Ibyakozwe 5), bahabwa igihano kimwe cyo gupfa.

Isomo: Amakosa y'umufasha wawe ntago ariguha uruhushya rwo kwica itegeko ry'Imana.

Uzahagarara imbere yayo wenyine (Abaroma 14:11–12; Luka 17:34–36). Kubaha Imana bigomba kuba umusingi, nubwo mugenzi wawe yaba atari byo akora.

Igiciro cyo Gufatwa nk’Utariho

Gufatwa nk’udasobanutse neza ni byo biganisha ku kutanyurwa mu rugo, kwigunga mu by’amarangamutima no gutandukana burundu (Kubacka et al., 2011).

Urugero:

- Guterwa ipfunwe: Umugabo utarabashaga kubona akazi yasuzuguwe n’abavandimwe b’umugore we, umugore ntacyo abikoraho. Yahisemo kugenda bucece ajya mu mahanga.

- Kwisenya k'isura: Umugore yaretse umugabo we imyaka irenga 10 kubera ibihuha byakomeje ku kuba hafi cyane n'undi mugore.
- Kwirengagiza ubusabane: Umupasiteri yahagaritse urugo rwe nyuma y'imyaka yo kwangwa mu mibonano mpuzabitsina.
- Kwirengagiza ibimenyetso: Umugore yirengagije ibimenyetso by'uko umugabo we yari hafi cyane n'umwarimu w'abana babo kugeza byavuyemo kubyarana, bigahindura urugo rwe.

Ihohoterwa n'iyimakazabubasha

Ihohoterwa mu rugo rishobora kuba mu buryo butagaragara—gukoresha umwanya, amafaranga cyangwa ububasha bwo kugenzura

uburenganzira cyangwa icyubahiro cya mugenzi wawe:

- *“Ihohoterwa ryica umuhanga rimutera gusara.”* — Umubwiriza 7:7

Kwangira mugenzi wawe uburenganzira—mu by’amarangamutima, mu mibonano cyangwa mu bukungu—bishobora gutera ibigeragezo, kwanga no gusambana (1 Abakorinto 7:3–5).

Kutabasha Kuguma mu Bukuri

Bamwe bava mu isezerano bakajya mu busambanyi, gucana inyuma, cyangwa ubucuti budakwiye—bitarimo gusa kutagira indangagaciro, ahubwo rimwe na rimwe biterwa no gusuzugurwa, ibirego bidafite ishingiro cyangwa kwirengagizwa mu by’amarangamutima.

Ariko kwihorera ntibyemewe:

- *“Ntimukiture umuntu ikibi ku kindi... ‘Ni jye uzitura, ni jye nzahora,’ ni ko Uwiteka avuga.”* — Abaroma 12:17,19

Ubudahemuka ni isezerano rifitanye isano na Imana mbere yo kuba iry’umufasha wawe.

Kubabarira n’Inzira yo Gukira

Hari inkuru y’umugabo wo mu buzima bworoheje washakanye n’umugore wifite. Nyuma y’uko abana babo babiri basanze bafite indwara ya *drépanocytose*, umuryango w’umugore watangiye kubashyigikira mu buryo bw’amafaranga.

Nyuma, uwo mugabo yoherejwe kure y’umuryango kubera akazi. Aho, yashatse undi

mugore maze asiga umugore n’abana be ba mbere.

Byari igihombo gikomeye—ariko nta kubabarira, ntibyashoboraga kugaruka mu mahoro.

Yesu yavuze ko kubabarira ari igikoresho cy’ingenzi cy’umwuka:

- *“Nimubabarira abandi... So wo mu ijuru azababarira namwe. Ariko nimutababarira... So wo mu ijuru ntazababarira ibyaha byanyu.”* — Matayo 6:14–15

Kubabarira ntibivuze gukuraho imbibi nziza, ariko bituma umutima uguma mu mahoro kandi bifungura inzira yo gusubirana.

Ese Wowe Ufite Umugabane?

Mu bihe by’amakimbirane, ikiza ni iki:

- Guhorana icyubahiro hagati yanyu.
- Kugira ubumwe mu byemezo bikomeye.
- Gushyira Imana hagati binyuze mu isengesho no gusoma Ijambo ryayo.
- Kugira umujyanama wizewe ufite amateka meza mu Mana.
- Kuguma mu muryango w'abizera ushyigikira.
- *“Abantu babiri baruta umwe... kandi uruziga rw'imigozi itatu ntirupfumurwa byoroshye.”* — Umubwiriza 4:9–12

Igikorwa Ngirakamaro

Hamagara uwo mwashakanye. Saba imbabazi ku byataye umubano. Mubaze ibyo yakumva bimukunda kandi bimwubaka. Sangira nawe ibyo

bikubabaza kandi mwemeranye uburyo bwo kubyirinda.

Ubushyingiranwe ni ubuzima bwo guhora uha no kwakira buri muni.

Hagarara Utekereze

— Ese Ndi Kubaka cyangwa Ndasenya Urugo Rwanjye?

(Subiza Yego, Rimwe na Rimwe, cyangwa Oya.)

1. Ihohoterwa

- Nkoresha umwanya, amafaranga, ubwiza cyangwa ububasha bwanjye kugira ngo nigenzure cyangwa ntinye uwo twashakanye?
- Nigeze kuzana inshuti, abakozi cyangwa abavandimwe mu buryo busenya icyubahiro cy'umufasha?

2. Kwangira Uburenganzira

- Nigeze kunyima umufasha inkunga y’amarangamutima, ubusabane cyangwa ubufatanye mu bukungu nko kumuhana?
- Nigeze kwirengagiza ibyifuzo bye byemewe, ntegereza ko “abyoherwa” nta mpinduka nakoze?

3. Kutabasha Kuguma mu Bukuri

- Nigeze kugirana imibanire y’urukundo, amarangamutima cyangwa iy’ubusambanyi hanze y’ugushyingiranwa—cyangwa ku mpamvu zo kwihorera cyangwa kwirengagizwa?
- Nigeze kwitwaza amakosa y’umufasha wanjye ngo mbone uko nkora nabi?

4. Kubabarira

- Nigeze kwanga kubabarira ikosa rikomeye, maze inzika igakura mu mutima?
- Ntekereza ko kubabarira ari ibintu by'inyongera aho kuba ihame ry'ingenzi ry'ubuzima bwo mu rugo n'ubwo mu mwuka?

Ikiganiro cyo Gutekereza

Niba wasubije “Yego” cyangwa “Rimwe na Rimwe” inshuro nyinshi, wibaze: “Ese niteguye gufata inshingano, guhinduka no kongera kubaka icyizere—nubwo mugenzi wanjye yaba atabikoze?”

Intambwe yo Kwiyemeza

1. Hitamo ahantu hamwe haragaragaye ikibazo uhindure nonaha.
2. Sobanurira umufasha wawe icyo wiyemeje hamwe n'igikorwa gifatika.
3. Shaka ubufasha cyangwa umuntu ugukurikirana niba bikenewe.

Wibuke: Urugo rukomeye ntirubakwa ku bintu byuzuye, ahubwo rutezwa imbere no guhora wihana, kubabarira no guha icyubahiro.

- *“Abantu babiri baruta umwe... kandi uruziga rw'imigozi itatu ntirupfumurwa byoroshye.”* — Umubwiriza 4:9–12

Icyo Gusozaho

Ntuzigere Ufata Umugabo cyangwa Umugore Wawe Nk’Usanzwe — Ubutumwa bwa Nyuma

Ngaho rero, tugeze ku musozo w’uru rugendo twanyuzemo hamwe. Twanyuze mu nkuru, mu Byanditswe Byera, mu bushakashatsi no mu mibereho isanzwe— byose bigaragaza ukuri kumwe rukumbi:

Uwo mwashakanye si umuntu “usanzwe” uhari gusa. Ni impano y’Imana—y’agaciro, yoroshye, kandi idahwanye n’indi.

Tekereza gato:

- Ni kangaha wigeze wirengagiza igikorwa gito cy’ubugwaneza cyakorewe n’uwo mwashakanye?

- Ni kangahe wibwiye uti “arumva ko mukunda” ariko ntubimwereke mu bikorwa?
- Ni ryari aheruka kukubona ubwira uti “urakoze” cyangwa “mbabarira” ubivanye ku mutima?

Ibi bintu bito nibyo byubaka cyangwa bisenya urugo.

Ibyo Twize Hamwe

- **Ubufatanye nyakuri ni ishingiro.** Gushaka bishobora gutangirana urukundo, ariko kubaho buri muni mu rukundo, kubaha no gushimira ni byo bigusigasira.
- **Bikorerwa bombi.** Intsinzi cyangwa igihombo cyose mu rugo bihurirwaho.

- **Ibikorwa biravuga kurusha amagambo.**
Kwirengagiza, guceceka cyangwa guha agaciro ibintu bidakwiye bishobora kubabaza kurusha amagambo akomeye.
- **Imico mibi ishobora kurenga urukundo.**
Ubusinzi, imikino y'amahirwe, akazi kadasiba cyangwa guha agaciro abandi kurusha uwo mwashakanye bishobora guca bugufi ubutumwa buvuga: *“Nturi uw'ingenzi kuri njye.”*
- **Ubumwe ntibuvugwa ho.** Imana isengera abiyunze; amacakubiri asenya isezerano.
- **Kubabarira kugumana umutima woroshye.** Kudababarira bitera inzika; kubabarira gusana n'ibyashenyutse.

Inama y'Ubugwaneza

Uyu muni, hagarara utekereze:

- Ni nde koko uza mbere mu buzima bwawe?
- Iyo uwo mwashakanye yakubwira uko yumva agaciro ke ku muni wa none, yakaguha amanota angahe?
- Mbese Kristo ubwe iyo akubaza ati, *“Ese wakunze uwo naguhaye nk’uko nabigusabye?”* wari kumusubiza iki?

Ibuka: urukundo ntirusigasirwa n’indahiro cyangwa amarangamutima yo ejo hashize. Rusigasirwa n’ibyemezo byo buri muni—by’umwete, bigamije, rimwe na rimwe biba ibisabwa byo kwitanga.

Icyo Ugomba Gukora

None se, ikurikira ni iki?

Mbere yo gufunga iki gitabo, ndagusaba gukora ibintu bitatu byoroshye:

1. **Vuga uti urakoze.** Reba uwo mwashakanye mu maso, umubwire ikintu kimwe agukorera uha agaciro cyane.
2. **Vuga uti mbabarira.** Niba warigeze kumwirengagiza, kumugenzura, kumusuzugura cyangwa kutamuba hafi—byemere. Kwicisha bugufi gukiza vuba kurusha kwihagararaho.
3. **Vuga uti ndaguhitamo.** Emeza, ubivuze, ko ari we mubano wa mbere ku isi imbere y’abandi bose.

Isezerano rya Nyuma

Ubushyingiranwe ntibuba bwiza kuko abantu ari abera. Ariko bushobora kuba heza, butekanye, bushimishije kandi burambye iyo bombi bayobowe n’itegeko rimwe:

“Uko ushaka ko abandi bagukorera, abe ari ko ubakorera nawe.” (Matayo 7:12)

Ntuzigere ufata uwo mwashakanye nk’aho ntacyo ari cyo—kuko urukundo nirwirengagizwa ruruma. Ariko iyo rwitabweho, rumeze nk’igitangaza Imana yagushyiriyeho.

Ngaho rero, funga iki gitabo... ariko ufungure umutima wawe cyane kurushaho. Kuko uwo mwashakanye si umuntu usanzwe. Ni uw’igitangaza. Ni uwawe. kandi afite agaciro kadasanzwe.

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Ibyerekeye Igitabo

Iki gitabo kigaragaza uburyio kutita ku bintu byoroheje nk'ugushimira cyagyubumaha cbuha bigira ingaruka zikomeyee ku urukundo n ubusabane mu rugo. Gishingiye ku Ijambo ry i-'mana n ubumenyi mu bujyanam, gitanga ibisubzizo ngiro byo kubungabunga indahiro z'ubushyinginanwe, kongerga ibyishimio n urukundo n'icyubuharo.

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