

# UKO WAKIZA UMUBANO WAVE

DR. ADETUNJI CHRISTIAN



2025

**UKO WAKIZA**  
**UMUBANO**  
**WAWWE**




Dr. Christian Adetunji

**Uburenganzira bw'Umwanditsi 2025 – Adetunji****Christian Matthew**

Nta gice na kimwe cy'iki gitabo cyemerewe kugisubirwamo cyangwa kugikwirakwiza mu buryo ubwo ari bwo bwose, haba mu ikoranabuhanga cyangwa mu buryo bwa gihanga, harimo gufotokopa, gufata amajwi cyangwa amashusho, cyangwa se kubika no gushaka amakuru mu buryo ubwo ari bwo bwose, keretse gusa ubifitiye uruhushya rwanditse rutangwa n'umwanditsi.

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## **INTANGIRIRO**

Ubushyingiranwa ni kimwe mu byemezo bikomeye kandi bifite agaciro mu buzima, ariko nanone ni kimwe mu bigora cyane. Buri mubano ujya ugira ibihe by’umunezero, iby’ihungabana n’ibihe byo guhinduka. Ku bashakanye bamwe, ibibazo by’imibereho ya buri muni—nk’ihungabana ry’ubukungu, kurera abana, akazi kenshi, ibibazo by’ubuzima cyangwa kutabona ibyifuzo byujujwe—bishobora buhoro buhoro guteza icyuho no kutumvikana. Iyo bititaweho, ibi bibazo bishobora gushyira mu kaga urufatiro nyirizina rw’ubushyingiranwa. Gukiza ubushyingiranwa ntibisobanura kwirengagiza ibibazo cyangwa kwiyumvisha ko byose ari byiza. Ahubwo bisaba kwemera ko hari ibyuhoro mu mubano no gufatanya kongera kubaka icyizere, ubusabane no kuganira neza. Mu by’ukuri, gukiza ubushyingiranwa ntibishingira ku bisubizo byihuse, ahubwo bishingira ku bushake bwo gushyiramo imbaraga, kwicisha bugufi no kongera guhamya isezerano.

Iyi nyandiko *Uko Wakiza Umubano Wawe* iha abashakanye uburyo ngiro bwo gukiza ibikomere byo mu mutima, gushimangira uburyo bwo kuganira no kongera kugarura urukundo rwabahuza. Igaragaza akamaro ko gusobanukirwa imizi y’amakimbirane—haba mu byiyumvo, mu mitekerereze, mu muco cyangwa mu by’umwuka—kandi igaha abashakanye ibikoresho byo guhangana n’ibyo bibazo mu buryo bwubaka.

Niba uri hafi yo gutandukana, uri mu gahinda k’icyerensenyuka mutigeze muganira, cyangwa ushaka gusa kongera gucana umuriro w’urukundo, uru rugendo rukubwira ngo:

- Uganire mu buryo bweruye kandi wubaha, utavuze nabi cyangwa utigeze ugaragaza inzika.
- Wongeye kubaka icyizere n’ubusabane binyuze mu kuri no mu bikorwa bihamye.
- Menya ibibazo byo hanze n’ibyo imbere mu mutima bishobora buhoro buhoro gusenya umubano.

- Imyitozo yo kubabarirana no kugira impuhwe, ariko unashyireho imbibi z’ubuzima bwiza.
- Mushimangire indangagaciro n’intego mubanye, mushyire imbere icyerekezo cy’ejo hazaza h’urukundo ruramba.

Ubushyingiranwa ntibukizwa umunsi umwe. Bukizwa buri munsi—binyuze mu mahitamo mato, ariko yatekerejwe neza, yemeza urukundo, icyubahiro n’ubufatanye. Mu kwiyezeza gukura no gukira, abashakanye bashobora guhindura ibibazo bikaba amahirwe, intimba ikaba imbaraga, n’icyuho kikaba ubusabane bushya.

## **IGICE CYA MBERE**

### **Kumenya Ubushyingiranwa**

#### **Intangiriro**

Ubushyingiranwa ni kimwe mu bigo byashimangiwe kandi byubahwa kuva kera mu mateka y’abantu. Mu mico itandukanye, mu miryango n’amadini, guhuza umugabo n’umugore byagiye bizihizwa, byubahwa kandi birindwa bikomeye. Mu muryango nyafurika, ubushyingiranwa si ukwihuza kw’abantu babiri gusa; ni uguhuza imiryango, imiryango migari, ndetse rimwe na rimwe n’umudugudu wose. Mu Kinyarwanda, ubushyingiranwa bubonwa nk’ububoshiye bw’ibihe byose. Mu Bukristo, ubushyingiranwa burushaho kuba ubwera kuko busobanura ibanga ry’urukundo rwa Kristo akunda Itorero rye (Abefeso 5:25–32). Kugira ngo twumve impamvu yo kurengera no kurokora ubushyingiranwa, tugomba gusubira inyuma tukareba icyo ubushyingiranwa ari cyo koko, uwo uwo mwashakanye

ahagarariye, n’impamvu Imana yabugeneye kuva mu ntangiriro.

### **Ubushyingiranwa nk’Isezerano, atari amasezerano yanditse gusa**

Muri iki gihe, abantu benshi bafata ubushyingiranwa nk’amasezerano ashobora guseswa igihe umwe atubahirije ibyo biyemeje. Ariko mu muco nyafurika no mu nyigisho z’ubukristo, ubushyingiranwa burenze amasezerano asanzwe. Ni isezerano. Isezerano rigira ibyasezeranyijwe, ibitambo, n’ukugabana ejo hazaza.

- Inyigisho nyafurika: Mu Rwanda, iyo umusore arongoye, abakuru b’umuryango bamwibutsa bati: *“Umugore ntiyigurwa; yakirwa mu cyubahiro n’inshingano.”* Inkwano si igicro cy’umugore ahubwo ni ikimenyetso cy’icyubahiro ku muryango w’umukobwa.
- Inyigisho z’ubukristo: Bibiliya ivuga ko ubushyingiranwa ari “abantu babiri baba umubiri umwe” (Itangiriro 2:24). Bugenewe kumara

ubuzima bwose, bugafatwa nk'ububoshyi butajegajega, bugaragaza urukundo rw'Imana.

Amasezerano ashobora guseswa, ariko isezerano risaba kwihangana, kubabarirana, no guhora mwiubaka.

### **Uwo Mwashakanye ni Iki Koko?**

Uwo mwashakanye si umuntu gusa mugabana urugo cyangwa abana. Mu migani nyafurika, umugore asobanurwa nk'"umutima w'urugo", naho umugabo agafatwa nk'"umutabazi n'umurinzi w'urugo". Abo bombi buzuza inshingano zitandukanye ariko zifatanya.

Mu Bukristo, umugabo ahamagariwe gukunda umugore we atizigama nk'uko Kristo yakunze Itorerero (Abefeso 5:25). Umugore na we ahamagariwe kubaha no gushyigikira umugabo we (Abefeso 5:33). Ibi ntibivuga uburuta, ahubwo bigaragaza gufashanya no kubahana.

Uwo mwashakanye bisobanura:

- Inshuti mu byishimo no mu mibabaro.
- Umufasha mu intege nke no mu nzozu.

- Umufatanyabikorwa mu kubaka inzosi, umuryango, no gusiga umurage.
- Indorerwamo ikwerekana imbaraga n'intege nke zawe.

Iyo wibagiwe icyo uwo mwashakanye agomba kuba cyo, ushobora kumufata nk'umwanzi aho kuba umufasha.

### **Intego y'Ubushyingiranwa**

Mu biganiro n'abakiriya b'abashakanye cyangwa abitegura kubaka urugo, kenshi mbabaza *"Impamvu yo gushaka ni iki?"* bamwe bampa ibisubizo byanditse neza, abandi bakavuga intego zabo bwite. Igihe kimwe, ibisubizo byabo bisa n'ibidasobanutse ku bashakanye babo, ariko biba ari inyota zabo z'ukuri, ibyo biteze mu rukundo no mu muryango. Iyo ibyo batakiriye bitabonetse, bumva batakundwa cyangwa batuzwe.

Impamvu abantu bashakanye zirandukanye mu mico, ariko hari impamvu zihuriye hamwe:

- Kugira uwo ubana na we: “Si byiza ko umuntu aba wenyine” (Itangiriro 2:18). Ubushyingiranwa buhangana n’ubwigunge.
- Kubyara no gusiga umurage: Mu muco nyafurika, ubushyingiranwa bufatwa nk’umurongo wo gukomeza izina, umurage n’ubutaka. Mu Bukristo, abana bafatwa nk’umugisha w’Imana (Zaburi 127:3–5).
- Gukura mu buryo bw’umwuka: Ubushyingiranwa ni ishuri ry’imico—ritwigisha kwihangana, kubabarira, kwicisha bugufi, no gukunda bitanga.
- Amahoro mu muryango: Urugo rukomeye rutanga umuryango uhamye; imiryango ihamye igatanga sosiyete irambye.

## **Ingero**

Chinedu na Ngozi bari bamaze imyaka 12 bashakanye. Mu ntangiriro, bari bafite ibyishimo byinshi. Nyuma yo kubyara abana no kwiyongera kw’inshingano, Chinedu akomeza guhatirwa n’akazi, urukundo rwabo ruratakara.

Ngozi yakundaga kwibaza impamvu umugabo we atamwitaho, naho Chinedu yumva ngo nta gushimwa ku byo atanga.

Baje gusanga kwibuka icyo bari barashatsemo ubushyingiranwa ari byo byabasubije hamwe. Bibutse amasezerano yabo, inzosi z’ubuto, n’ubutumwa bw’Imana ku rugo rwabo. Bahindutse bava mu “nnye na we” bajya mu “twebwe dufatanyije”.

### **Imigani Nyafurika n’Ubumenyi bwa Gikristo**

Imigani myinshi nyafurika ihuza n’Ibyanditswe Byera:

- *“Urugo rudafite umugore ruba nk’inka zidafite ikiraro.”* — rihura n’Itangiriro 2:18.
- *“Ukuboko kumwe ntigutera ipfundo.”* — ryibutsa Umubwiriza 4:9: *“Abantu babiri baruta umwe.”*
- *“Ushaka kugenda vuba agenda wenyine, ushaka kugera kure agenda n’abandi.”* — rihura n’urugendo rurerure rw’ubushyingiranwa.

### **Ibibazo byo Kuzirikana**

- Igihe washakaga, mwari mufite izihe nzozi ku buzima bwanyu?
- Ese imihangayiko y'ubuzima yagenze ite mu kuzihindura?
- Ni mu buhe buryo waba waribagiwe ko uwo mwashakanye ari inshuti aho kuba umwanzi?

Andika ibisubizo byawe by'ukuri. Bizagufasha kongera gusubiza amaso ku rugo rwawe.

### **Inama z'Imikorere**

- Subira ku masezerano yanyu: Byibura rimwe mu mwaka, musome amasezerano yanyu mu ijwi riri hejuru.
- Muganire ku mateka yanyu: Mubwire abana cyangwa inshuti uko mwahuye n'impamvu mwashakanye.
- Mwandike indangagaciro: Shyiraho indangagaciro 5 mugomba kubakira urugo (urukundo,

icyubahiro, kwihangana, ubugwaneza, n'ibyishimo).

- Mushake abajyanama: Abakuru mu muco nyafurika cyangwa abapasiteri n'imiryango y'abakirisitu bashobora kubagira inama.
- Musenge hamwe: Gusenga hamwe, n'iyo byaba mu magambo make, bizana Imana mu mubano wanyu.

### **Amasomo y'ingenzi**

- Ubushyingiranwa ntibukomera ku byiyumvo gusa, ahubwo bukomera ku isezerano.
- Uwo mwashakanye si uwo kwinezeza gusa, ahubwo ni mugenzi w'intego.
- Intego z'ubushyingiranwa ni ubufatanye, kubyara, gukura mu buryo bw'umwuka, no gutanga umuryango uhamye.
- Imigani nyafurika n'ibyanditswe byera byombi byerekana ko urugo rukomera ku kwihangana, kubabarirana, no gusangira inshingano.

**Umusozo**

Ubushyingiranwa ni impano y’Imana, isezerano ryera, n’umusingi w’umuco. Ni ingenzi kurinda kuko busobanura byinshi kurenza urukundo—busobanura umurage, kwizera, no gutera imbere kw’imiryango. Niba ushaka kurokora urugo rwawe, banza wibuke icyo ubushyingiranwa ari cyo, uwo mwashakanye ari we, n’impamvu Imana yabugeneye.

Urokora urugo rwawe utangirira ku mitekerereze: kurubona nk’umugisha aho kurubona nk’umuzigo, nk’ubufatanye aho kurubona nk’irembo, nk’isezerano ry’ineza aho kurubona nk’intambara.

## **IGICE CYA KABIRI**

### **Impamvu yo Gukiza Ubushyingiranwa Bwawe**

#### **Intangiriro**

Niba Igice cya Mbere cyaradufashije gusobanukirwa ubushyingiranwa n'icyo buvuze, Igice cya Kabiri kiduhamagarira kwibaza ikibazo cyimbitse: *Kuki dukwiye kurokora urugo rwacu?*

Muri iki gihe, igihe habaye ibibazo, benshi mu bashakanye bumva ko gatanya cyangwa gutandukana ari byo bisubizo byihuse. Ariko mbere yo gufata uwo mwanzuro, ni ngombwa kwibaza icyo mu by'ukuri biba biri mu kaga.

Ubushyingiranwa si amasezerano y'abantu babiri gusa— ni isezerano ry'Imana, ni ubufatanye hagati yawe n'uwo mwashakanye, ni umurage w'abana, kandi ni umusingi w'imiryango n'igihugu. Gukiza ubushyingiranwa bwawe si ugukomeza urukundo gusa, ahubwo ni ukurokora indangagaciro, intego, n'umurage.

## **Indangagaciro ziri mu Rugo**

Buri rugo rwerekana indangagaciro z’abarushinze. Waba ubizi cyangwa utabizi, ubushyingiranwa bwawe bwerekana ibyo uha agaciro.

- Kwizera: Ku Bakristo, ubushyingiranwa bugenewe kugaragaza icyubahiro cy’Imana. Kugumana urugo ni uguhesha Imana icyubahiro no kugaragaza urukundo rwa Kristo.
- Gukomera ku masezerano: Mu muco nyafurika no muri Bibiliya, gukomera ku isezerano bigaragaza ubunyangamugayo. Kuvaho udashyizeho imbaraga bisenya agaciro k’umuhigo.
- Urukundo n’impuhwe: Gukiza urugo ni ukugumana icyiza cyo gukunda utanga—guhita kurwana ku rukundo n’iyo bigoye.
- Kwihangana: Mu muco nyafurika, kwihangana birubahwa. Abashakanye bahangana n’ibigeragezo ariko bagakomeza kubana, barubahwa mu muryango mugari.

Iyo uhisemo kurokora urugo rwawe, si ugukiza gusa umubano, ahubwo ni ukugumana indangagaciro zawe bwite.

### **Intego z'Ubushyingiranwa**

Ubushyingiranwa si iherezo ubwabwo; ni inzira yo kugeraho intego nini z'ubuzima.

- Ubufatanye n'Ubucuti bw'imbere: Umuntu aremye ashaka guhuza n'abandi. Kubaho wenyine birababaza, ariko ubucuti mu rugo butanga gukira mu mubiri no mu mutima.
- Kurera abana: Mu muco nyafurika, abana ni umutungo w'umuryango. Hari umugani uvuga ngo: *“Umwana ni ijisho ry'urugo.”* Mu Bukristo, Bibiliya ivuga ko abana ari umurage w'Uwiteka (Zaburi 127:3).
- Ubufatanye mu bukungu: Ku buryo bwa kera, abashakanye bakoreraga hamwe mu buhinzi, ubucuruzi cyangwa ubucyaro. Amaso abiri,

amaboko abiri, n’ibitekerezo bibiri byubaka byinshi kuruta umuntu umwe.

- Gukura mu buryo bw’umwuka: Ubushyingiranwa ni ishuri ryo kwihangana, kwicisha bugufi, no kubabarira. Iyo rukijijwe, rutanga amahirwe yo guhinduka mu mutima no mu buryo bw’umwuka.

Iyo urugo rusenyutse, izi ntego nyinshi zirahungabana— si ku bashakanye gusa, ahubwo no ku bana n’imiryango mugari.

### **Ibyo Urugo Rukwiye Gukizwa**

Iyo imiryango iba yoroshye, nta bukene bwo kwandika ibitabo nk’iki. Ukuri ni uko ingo zigomba gukizwa kuko zihura n’ibibazo bikomeye:

- Ubusambanyi: Ni kimwe mu byago bikomeye ku rugo. Kuba mu busambanyi bw’umubiri cyangwa ubw’umutima bisenya icyizere kandi bikomeretsa imitima.

- Kutumva no kutumvikana: Guhora icecekeye, kurakara cyangwa kutumva mugenzi wawe bigenda bisenya ubusabane.
- Ibibazo by'amafaranga: Ubukene, imyenda, n'ubushomeri bishobora kuzana umuzigo udashobora kwihanganirwa.
- Imiryango yagutse: Mu mucu nyafurika, imiryango igira uruhare mu ngo. Ibi bishobora kuba umugisha, ariko rimwe na rimwe kwivanga bishobora guteza amakimbirane.
- Kwibagirwa iby'umwuka: Iyo abashakanye batakije gusenga cyangwa ubuzima bwo mu rusengero, ubusabane bwabo bwo mu mwuka burahungabana.
- Ibikomere bitarakira: Ibikomere byahise, intimba zo mu bwana, cyangwa ibikomere by'andi mabano ashize bishobora kwangiza bucece urugo.

Ibi si impamvu zo kureka; ahubwo ni impamvu zo kurwana urwo rugamba neza, mu bwenge no mu bufasha.

### **Kuki Urugo Rukwiye Gukizwa**

Reka dusuzume: kuki urugo rwawe rukwiye kurokorwa?

- Kubera Isezerano: Imana ifite uruhare mu rugo rwawe. Kurusenya ubyirengagije ni ukutubahisha igishushanyo cyayo.
- Kubera Abana: Gatanya isiga abana mu rujijo, badafite umutekano, cyangwa bafatiwe hagati y'ibibazo. Urugo rukijijwe rubaha ituze.
- Kubera Umuryango Mugari: Mu muco nyafurika, urugo rufatwa nk'urw'abantu benshi. Iyo rusenyutse, ingaruka zigera ku miryango, inshuti, ndetse n'abaturanyi.
- Kubera Umurage: Urugo rwawe ruzibukwa n'abana bawe n'abuzukuru. Kurukiza bizaba inkuru y'ukwizera, kwihangana n'icyubahiro.

- Kubera Urukundo: Urukundo si amarangamutima gusa, ahubwo ni uguhitamo mugenzi wawe buri gihe, n’iyo ari uw’itege nke.

Amina na Hassan bashakanye bakiri bato. Mu myaka ya mbere babanye mu mahoro, ariko igihe Hassan yabuze akazi, ibibazo by’amafaranga byinjiye mu rugo. Amina yatangiye kugurisha ibiryo ku isoko kugira ngo batunge urugo. Hassan, yumva afite isoni, yaricecetse. Intonganya ziriyongera, amagambo yo gutandukana aravugwa. Umujyanama wabo yabibukije ati: *“Urugo rwanyu ruruta konti y’amafaranga.”* Batekereje ko abana babo bakeneye byinshi kuruta amafaranga—bakeneye urugo rufatanye. Babifashijwemo n’ubujyanama, bashyizeho ingengo y’imari y’umuryango, Hassan atangira ubuhinzi buto, Amina akomeza ubucuruzi bwe. Urugo rurakomeza, maze bahamya mu rusengero, batanga isomo ku bandi bashakanye bahanganye n’ibibazo.

Ibi bitwereka ko gukiza urugo kenshi bisaba guhindura intego: amafaranga, akazi cyangwa icyubahiro bishobora guhinduka, ariko isezerano n’umuryango biramba.

### **Ibibazo byo Kuzirikana**

Fata ikaye wandike ibisubizo:

1. Ni izihe ndangagaciro eshatu urugo rwawe rugaragaza ubu?
2. Ni izihe ntego wowe n’uwo mwashakanye mwifuzaga kugeraho?
3. Ni izihe ngaruka cyangwa ibyago urugo rwawe ruhanganye na byo ubu?
4. Ni izihe mpamvu eshatu zituma urugo rwawe rukwiye kurokorwa?

### **Intambwe z’Imikorere**

1. Andika icyerekezo cy’Urugo Rwawe: Mwiyeze umugereka umwe werekana intego y’urugo (urugero: *“Urugo rwacu ruzahesha Imana icyubahiro kandi rurere abana mu kwizera”*).
2. Ongera Utegure Iby’ingenzi: Niba amafaranga, imiryango cyangwa kwishyira hejuru byarenze ku rugo rwawe, reba urutonde rushya: Imana → Urugo → Abana → Akazi/Umuryango mugari.

3. Rinda Imbibi: Kurinda urugo rwawe ku bintu byangiza. Gabanya ibanga ritari ngombwa, amagambo y'ibinyoma, cyangwa inshuti zidafite umumaro.
4. Shaka Ubufasha: Abakuru, abapasiteri, cyangwa abajyanama mwizeye bashobora kubafasha igihe ibibazo birenze.
5. Musenge kandi Muganire Hamwe: Gusenga no gutegura hamwe byongera umugisha w'Imana n'ubwenge bwo ku isi.

### **Amasomo y'ingenzi**

- Ingo zigaragaza indangagaciro n'intego; kuzikiza ni ukurokora umwirondoro n'umurage.
- Ibyago bikomeye—ubusambanyi, kutumvikana, ibibazo by'amafaranga—bishobora gutsindwa mu bushake.
- Gukiza urugo ntibigirira akamaro wowe n'uwo mwashakanye gusa, ahubwo bigirira n'abana, imiryango, n'umuryango mugari.

- Imana yubaha isezerano; kuririnda bitanga ibihembo byo mu mwuka no gukira mu mutima.

### **Umusozo**

Ubushyingiranwa si abantu babiri gusa bakundana; ni ibisekuruza, ni imiryango, kandi ni imigambi y’Imana. Guta urugo ku kintu cyoroheje ni uguta indangagaciro, intego, n’umurage. Ariko kururokora ni ukuvuga uti: *“Umuryango wanjye ukwiye kurwanirwa. Ukwizera kwanjye gukwiye kubahirizwa. Uwo twashakanye akwiye gukundwa nanone.”*

Urokora urugo rwawe utangirira ku kibazo gikomeye: *“Ni iki gituma uru rugo ari ingenzi cyane?”* Igisubizo kiri mu ndangagaciro wubaha, intego ukurikira, abana ubarinda, n’Imana usenga.

## **IGICE CYA GATATU**

### **Ibikoresho ngiro byo Gukiza Urugo Rwawe**

#### **Intangiriro**

Kumenya icyo ubushyingiranwa buvuze (Igice cya Mbere) no gusobanukirwa impamvu rukwiye kurokorwa (Igice cya Kabiri) ni intambwe ikomeye. Ariko ikibazo abashakanye benshi bibaza ni iki: *Dukora dutse kugira ngo dukosore ibyamenetse mu buryo bunoze?* Urukundo rushobora kuba rwarakonje, icyizere cyarashidutse, ubuzima bwa buri muni bukaba butera umunaniro. Nyamara, icyizere kiracyahari. Iyo umuntu afite ibikoresho nyabyo, urugo rwe rushobora kugarurwa, rukiyubakwa, ndetse rukarushaho gukomera kurusha uko rwahoze.

Iki gice gitanga ingamba ngiro zishingiye ku muco nyafurika w'ubwenge bw'abakuru, ku nyigisho z'ubukristo z'ineza no kubabarira, ndetse no ku buryo bugezweho bw'ihugurwa mu bujyanama. Ibi bikoresho si

inyigisho gusa; bigenewe gushyirwa mu bikorwa mu buzima bwa buri muni.

### **Itumanaho – Umugozi w’Ubushyingiranwa**

Iyo itumanaho ridahari, urugo rupfa. Ingo nyinshi ntizisenywa n’ibyaha bikomeye gusa, ahubwo no n’utunabwira tw’uduceceke, amagambo atavuzwe, n’amagambo akomeretsa.

Imbogamizi mu Itumanaho ryiza:

- Kuca mu ijamba uwo mwashakanye.
- Gukeka icyo ashaka kuvuga utamwumvise neza.
- Gukoresha amagambo akomeretsa cyangwa urusaku.
- Kwanga kuganira kubera ubwoba cyangwa kwishyira hejuru.

Ibikoresho by’Itumanaho ryiza:

1. Kumva witonze: Subiramo ibyo uwo mwashakanye avuze kugira ngo umwerekere ko umwumvise. Urugero: *“None se, ubyumva nk’aho utitabwaho iyo ntinze kugaruka, si byo?”*

2. Gukoresha amagambo ya “njye”: Aho gusebya (*“Ntukajya unyitaho”*), vuga uti: *“Njye numva mbabaye iyo utampamagaye.”*
3. Guhitamo igihe n’ahantu: Ibibazo bikomeye byigwaho mu gihe mwatuje. Abakuru bavuga bati: *“Igihe cy’umujinya si cyo gihe cy’imyanzuro.”*
4. Koresha ukuri kw’ituze: Ucecetse gishobora gusenya, ariko nanone gishobora gukiza. Kwigomwa kuvuga amagambo wicuza nyuma birinda amakimbirane.

Ibyanditswe: Yakobo 1:19 – *“Umuntu wese akwiye kuba wihutira kumva, agakererwa kuvuga no gukererwa kurakara.”*

### **Gucunga Amakimbirane mu Mahoro**

Amakimbirane ni ibisanzwe; uburyo uyakemura nibwo bugaragaza niba urugo ruzakomera cyangwa ruzasenyuka. Mu mucu nyafurika, rimwe na rimwe imiryango ihuriza hamwe abakuru bakabunga. Mu Bukristo, kubabarira no kwicisha bugufi ni inkingi.

Intambwe zo gukemura amakimbirane mu mahoro:

1. Fata ikiruhuko: Iyo umujinya urengeje urugero, mwemeranye guhagarika ikiganiro mu minota 20 cyangwa umunsi umwe, mukazasubiraho mwatuje.
2. Gushakira ikibazo, ntugishakire umuntu: Vuga uti *“Dukeneye gucunga amafaranga neza”* aho kuvuga uti *“Uri umusesagura.”*
3. Mwemeranye ku mategeko: Nta kurira, nta guhiga mugenzi wawe, nta kugarura amakosa ashize adafite aho ahuriye n’ikiganiro.
4. Shaka umuhuza: Mu gihe ikibazo kirengeje ubushobozi bwanyu, mushobora kwifashisha umuyobozi, umukuru w’umuryango, cyangwa umupasiteri.

Umugani: *“Iyo inzovu ebyiri zirwanye, ibyatsi ni byo bihababarira.”* Mu rugo, ibi byatsi bishobora kuba abana, ituze, n’intego z’ahazaza.

Gukomeza Ubusabane bwo mu Mutima no ku Mubiri

Ingo nyinshi ntizisenywa n’amafaranga cyangwa imiryango, ahubwo n’uko abashakanye batakaza ubusabane.

Ibikoresho by’Ubusabane bwo mu mutima:

- Mujye mufata nibura iminota 15 buri munsu muganira ku buzima bwanyu mutarangarane.
- Mujye mwashimira kenshi: *“Urakoze ko wateguye ibyo kurya.”* cyangwa *“Ndakwishimiye uko wigenjeje kuri kiriya kibazo.”*
- Mujye musangira akanyamuneza n’ibyishimo; guseka ni isano ikomeye mu rugo.

Ibikoresho by’Ubusabane ku mubiri:

- Mujye mwigenera igihe gihoraho cyo kwigirana urukundo; imirimo myinshi ikiba igitambo cy’ubusabane.
- Mujye mwubahana mu byo mwifuzaga no mu bihe byanyu. Urukundo ntirugomba guterwa ku gahato.
- Utuntu duto nk’uko gufatana mu ntoki cyangwa guhoberana bigumana urukundo.

Icyigisho cya Gikristo: 1 Abakorinto 7:3–5 – Abashakanye bagomba kubahana mu by’umubiri nk’igice cy’isezerano ryabo.

### **Ubufatanye mu By’Amafaranga no Kwirinda Amabanga**

Amafaranga ni kimwe mu bitera amakimbirane menshi mu ngo. Mu muco nyafurika, inshingano zo gufasha imiryango yagutse zongeraho umuzigo. Abashakanye bagomba kwiga gucunga umutungo hamwe aho kugira ibanga cyangwa guharabana.

Ibikoresho ngiro by’imari:

- Kora ingengo y’imari y’urugo mugende muyisuzuma buri kwezi.
- Mwemeranye ku ngengo y’imari ikeneye umwanzuro wanyu mwese.
- Mushyire hamwe intego z’imari—nk’ubutaka, amashuri y’abana, cyangwa amafaranga y’ubutabazi.
- Mwiwirinde imyenda cyangwa ibyo kugura mwihishe.

Urugero: Samuel yajyaga acecetse iyo ababaye, naho Mary akaza kuba intarumikwa, cyane cyane mu bibazo by'amafaranga. Ibiganiro byabo byose byarangiraga mu marira. Nyuma y'inama, bemeranyije guhura buri wa gatandatu mu gitondo bakaganira ku mafaranga. Bagenderaga ku mategeko: nta kwishinja, ahubwo kugaragaza imibare. Ibi byahinduye intonganya zikarishye ziba uburyo bwo guteganya. Mu mezi atandatu, imyenda yaragabanutse kandi ubusabane bwabo burakomera.

### **Imyitwarire y'Umwuka yo Kwiubaka**

Mu muco nyafurika, umuryango ukorera hamwe mu birori cyangwa imihango. Mu Bukristo, gusenga, kuramya, no gusoma Ijambo ry'Imana nibyo by'ingenzi. Iyo ibi byose bihujwe, bitanga imbaraga zidasanzwe.

Ibikoresho by'umwuka:

- Musenge buri muni: N'iyi ari amasengesho magufi mbere yo kuryama, byegereza abashakanye Imana.

- Soma Bibiliya hamwe: Mujye musoma nibura umurungo umwe buri muni muganire ku butumwa bwayo.
- Mujye mu matsinda y’abashakanye: Kugira inshuti mufatanye urugendo bituma mukomezwa.
- Mwihutire kubabarira: Buri joro muryame mwihanye.

Ibyanditswe: Matayo 18:19 – *“Nimumwegera hamwe mu byanyu mwemeranye ku cyo musaba, So wo mu ijuru azabibakorera.”*

### **Imyitwarire y’Umuni ku Muni**

Si ibikorwa bikomeye gusa bikiza urugo; rimwe na rimwe ni ingeso ntoya za buri muni.

- Mujye muganira buri cyumweru ku byagenze neza n’ibikeneye kunozwa.
- Mujye mugira umuni w’abashakanye (“date night”); n’iyo byaba kugenda mu nzira hamwe.
- Mwuzuzanye mu mirimo yo mu rugo.

- Mujye musubiramo amasezerano yanyu buri mwaka, haba mu rusengero cyangwa mu rugo.

### **Ibibazo byo Kuzirikana**

1. Ni iyihe ngeso imwe ngomba guhagarika uyu muni yangiza ituze ryacu?
2. Ni iyihe ngeso nshya natangira uyu muni yubaka icyizere?
3. Ni kangahe nshimira cyangwa nshyigikira uwo twashakanye?
4. Ese amakimbirane nyayafata nk'intambara yo gutsinda cyangwa nk'amahirwe yo gukura twembi?

Andika ibisubizo, hanyuma ubisangize uwo mwashakanye nk'intangiriro yo kuganira mu kuri.

### **Amasomo y'ingenzi**

- Itumanaho ni nk'umwuka; iyo ritariho, urugo rurahagarara.

- Amakimbirane ni ibisanzwe, ariko agomba gucungirwa mu kwihangana, atari mu mwiryane.
- Ubusabane bwo mu mutima no ku mubiri ni nk'amavuta akomeza urukundo.
- Ubufatanye mu bukungu bugabanya umunaniro kandi bukubaka umutekano.
- Imyitwarire y'umwuka ishingira urugo ku mbaraga z'Imana aho kuba ku z'abantu.

### **Umusozo**

Gukiza urugo rwawe ntibishingiye ku bikorwa bikomeye gusa, ahubwo bishingiye ku mahitamo ya buri muni. Igihe cyose uhisemo kumva aho kurakara, kubabarira aho kurakara, guhoberana aho kwitandukanya—uba ukiza urugo rwawe.

Buri isengesho ryavugiwe hamwe, buri ifunguro musangiye, buri jambo ryo gushimira—ni nk'itafari ryongera kubaka icyizere.

Ibi bikoresho ntibisaba ibitekerezo gusa, bisaba imyitozo. NK'uko ubuhanga bwose bukura mu kwiga, n'urugo

rukura mu myitozo ya buri muni. Inkuru nziza ni uko, ku bufasha bw'Imana no ku bushake bwanyu mwembi, n'urugo rwari rwamenetse cyane rushobora kugarurwa.

**Gukiza urugo rwawe birashoboka, kandi birakwiye buri gitambo.**

## **IGICE CYA KANE**

### **Kukira no Kongera Kubaka Icyizere**

#### **Intangiriro**

Icyizere ni cyo gifatanya urugo. Iyo kitahari, ubusabane burapfa, itumanaho rigahungabana, hakazamo ugushidikanya. Icyizere gishobora gusenywa n’ibintu byinshi—ubusambanyi, kubeshya, ibanga mu by’amafaranga, cyangwa kwirengagiza mugenzi wawe. Ariko nk’uko gisenyuka, gishobora no kongera kubakwa. Gukira si ibintu byoroshye, ariko birashoboka. Iki gice kirerekana uko umuco nyafurika wo kubunga, inyigisho za Gikristo ku kubabarira, n’ubumenyi bw’ujyanama bwo muri iki gihe bihurira hamwe mu gufasha abashakanye gukira ibikomere no kongera kubaka icyizere, itafari ku rindi.

#### **Kumenya Uko Icyizere Kigoye**

Icyizere mu rugo kimeze nk’ikirahure cyoroshye kumeneka. Iyo gituye hasi kirashwanyuka. N’iyo

cyafashwe, ibisate bishobora kugaragara—ariko ntibivuze ko kidashobora kongera kuba cyiza kandi gikora. Mu bwenge bw’abakuru havugwa ngo: *“Iyo inda y’inkongoro ivuyemo, ntuyijugunya niba igifata amazi.”* Mu Bukristo, kubabarira si ubushake gusa, ni itegeko: *“Mubabarirane nk’uko Umwami yabababariye”* (Abakolosayi 3:13).

Kumenya ko icyizere cyoroshye kudangirika bituma abashakanye bwegera gukira bicishije bugufi kandi bihanganye.

### **Impamvu Zikunze Gusenya Icyizere**

1. Ubusambanyi: Ubusambanyi bwo mu mutima cyangwa ku mubiri bukunze gusenya ubusabane cyane.
2. Kubeshya no Guhisha: Guhisha iby’amafaranga, ingeso mbi, cyangwa ibyahise, bisenya ikizere buhoro buhoro.

3. Kwirengagiza: Kudaha mugenzi wawe ibyo akeneye mu mutima no ku mubiri byumva nk'uguhemuka.
4. Kutuzuzanya Isezerano: Guhora witwara mu buryo budahuye n'ibyo wasezeranyije bizana gushidikanya.

Urugero: Yohana yemeye ko yari afite ubusabane bw'amarangamutima n'uko bakorana. Ruth yarababaye cyane, ararakara, yumva yacitse intege; mu ntangiriro yashakaga kugenda. Ariko binyuze mu bujyanama kwa pasiteri, batangiyeye inzira ndende yo gukira. Yohana yiyemeje kubahiriza umucyo wuzuye—gusangira telefoni, gahunda n'amabanga yose. Ruth yemera gukora ku mubabaro we aho kuwuhisha. Byafashe imyaka, atari amezi, ariko kubahiriza inshingano no kubazwa inshingano byabubakiye icyizere gishya. Ubu batanga ubuhamya mu mahugurwa y'abashakanye.

Ibi bitwereka ko kongera kubaka icyizere atari vuba cyangwa byoroshye, ariko birashoboka icyo habayeho kwicisha bugufi, kubabarira, no kubazwa inshingano.

## **Intambwe zo Kongera Kubaka icyizere**

### **Intambwe ya 1: Kwatura mu kuri**

Gukira gutangirira ku kuri. Guhisha cyangwa gupfobya amakosa byongera kubabaza.

- Imigani 28:13: *“Uhuma ibyaha bye ntazahiriwe; ariko uwabyatura akabireka azababarirwa.”*

### **Intambwe ya 2: Kwihana by’ukuri**

Kwihana birenze kuvuga “mbabarira.” Bisaba guhindura imyitwarire—kwirinda ibitangiza, gushinga imigenzo mishya, no kwemera igitambo.

### **Intambwe ya 3: Kubabarira**

Kubabarira ni icyemezo, si amarangamutima. Ntigusiba ububabare ako kanya, ariko ufungura urugi rwo gukira. Mu muco nyafurika, kubabarira kenshi gikorana ikimenyetso—gusangira ifunguro, guhana impano, cyangwa kugarura amahoro imbere y’abakuru. Mu Bukristo, kubabarira kugendera kuri Kristo, wababariye n’abamubambye.

### **Intambwe ya 4: Gushyiraho Imbibisi**

Imbibi zirinda inzira yo gukira: kugabanya ubucuti runaka, gucunga amafaranga mu mucyo, no gushyiraho uburyo bwo kubazwa inshingano.

### **Intambwe ya 5: Ubumwe mu Mucyo Uhoraho**

Icyizere kera kibonerwa mu kudacogora: amagambo ajye ahura n’ibikorwa, kenshi kandi igihe kirekire. Umugani ugira uti: *“Igiti kimenyekana ku mbuto zacyo.”*

### **Inshingano z’Uwababajwe**

Uwarenganyijwe ni we akenshi akora akazi katoroshye: agomba guhitamo guguma no kubaka, cyangwa kugenda. Natoranya kuguma, gukira bisaba ubutwari.

- Emera ububabare: Guhakana bitinza gukira—avuga ukuri ku byo wabajwe.
- Shaka Ubufasha: Ujyanama, pasiteri, cyangwa inshuti zizewe zigufashe kwitwaza umutwari.
- Rekura Ubugome: Kwica umutima nk’aho wafashe umuti mubi witezweho kwica mugenzi wawe.

- Hitamo Kubabarira buri muni: Hari igihe ububabare busubira, bityo kubabarira gusubirwamo.

### **Inshingano z’Uwaciye icyizere**

Uwarenze imbibi agomba kwerekana impinduka, atari ukuvuga gusa.

- Garagaza agahinda nyakuri: Saba imbabazi mu kuri, utishakira ibisobanuro.
- Emera Ingaruka: Gukira bifata igihe; ntukihutishe mugenzi wawe “kwirengagiza”.
- Kora mu mucyo: Emera kubazwa inshingano— gusangira gahunda, pasiwode, cyangwa imari iyo bikenewe.
- Ihangane: icyizere cyubakwa buhoro buhoro; kubahiriza inshingano igihe kirekire ni cyo kivura.

### **Ubufasha bw’Umuryango n’Ubw’Umwuka**

Mu mico nyafurika, kubunga akenshi binyuramo umuryango mugari: abakuru cyangwa abavandimwe bafasha kugarura ishema. N’ubwo rimwe na rimwe ibyo

bishobora kuzana igitutu, ubwitabire bwiza butekerejweho bushobora kugirira akamaro. Mu muryango w’abakristo, itsinda ry’abashakanye, amasengesho, n’ubujyanama bwa gipasitori bitanga imbaraga zo mu mwuka. Yakobo 5:16: *“Mwaturirane ibyaha byanyu, musabirane kugira ngo mukizwe.”*

### **Ibikoresho ngiro byo Kongera Kubaka icyizere**

1. Isuzuma ry’Ukuri rya buri munsu: Mubaze muti, *“Uyu munsi nagumanye ukuri n’umucyo?”*
2. Inama z’Urugo za buri Cyumweru: Mwige ku byo mwateye imbereho, ibyo mutinya, n’ibyo mukeneye.
3. **Imigenzo y’Umwuka isangiwe: Gusenga, kuramya, no gusoma Ijambo hamwe bigwiza icyizere.**
4. Ibimenyetso by’Urukundo: Ubutumwa bugufi, guhoberana, amagambo y’ubutoneshwe— bitubaka ubusabane buhoro buhoro.

5. Kwizihiza Intambwe: Mumenyeshanye intsinzi nto—nk'icyumweru cyagenze neza, cyangwa ibiganiro by'ukuri byagenze neza.

### **Ibibazo byo Kuzirikana**

1. Ese hari aho naba naracitse icyizere cya mugenzi wanjye, n'iyi byaba bitateganyijwe?
2. Ndi yiteguye kwatura no gufata intambwe z'impinduka?
3. Niba narababajwe, ni iki kintesha kubabarira?
4. Ni izihe mbibi zafasha gukira no gukura twembi?

### **Amasomo y'ingenzi**

- Icyizere cyoroshye kumeneka, ariko gishobora kubakwa binyuze mu kuri, kwihana, kubabarira no kudacogora.
- Uwagize ikosa agomba kwerekana impinduka; uwababajwe agomba guhitamo kubabarira.

- Gukira ni ikintu cy’umuntu ku giti cye n’icya kominote, gisaba abakuru, abapasiteri, cyangwa abajyanama.
- Kwizera Imana ni bwo bushingira kugarura amahoro arambye.

### **Umusozo**

Kongera kubaka icyizere si gusiba amateka, ahubwo ni gukora ejo hazaza mushyize hamwe. Nka ko ibikomere bigira inkovu, urugo rushobora gukomeza kubana n’inkovu z’ibyashize—ariko izo nkovu na zo ni ubuhamywa bwo kurokoka.

Mu muco nyafurika, abiyunze basangira ifunguro nk’ikimenyetso cy’amahoro. Mu Bukristo, abiyunze baramamaza ubutumwa bwiza—bagaragaza ko urukundo rushobora kongera kuzuka nyuma y’uguhemukirwa, nk’uko Kristo yazutse avuye mu rupfu. Urugo rwawe rushobora gukira. Ku bwicishe bugufi, kwihangana, no kwizera, icyizere cyaseniyutse gishobora kuba umusingi w’ihuriro rikomeye kurushaho.

## **IGICE CYA GATANU**

### **Kuramba mu Bushyingiranwa Bukwiye Gukizwa**

#### **Intangiriro**

Gukiza urugo rwawe si igikorwa cyo rimwe; ni urugendo rw'ubuzima bwose. Nk'uko ubusitani busaba amazi buri muni, gukurwaho ibyatsi n'umucyo w'izuba, ni ko n'ingo zikeneye kwitabwaho buri gihe, kwitabwaho no guhora zivugururwa. Ingo nyinshi zikora cyane mu gukiza ibikomere by'ibihe bikomeye, ariko iyo amahoro agarutse, zikareka gukomeza guharanira iterambere, ibibazo byasanzwe bikongera kugaruka. Kuramba mu rugo bisaba kugira ingeso, indangagaciro n'imiterere ituma urukundo ruguma rucyeye mu bihe byose by'ubuzima.

Iki gice gisesengura uko abashakanye bashobora kurinda isano yabo binyuze mu gukomeza indangagaciro, gushyira Imana hagati, kwifashisha umuryango, no gukora ingeso za buri muni z'urukundo.

### **Kugaruka ku Mpamvu Mwashakanye**

Ingo zibagirwa *“impamvu”* yo gushaka zikunze kurohama. Kuki washatse uwo mwashakanye? Ese byari ukubera ubucuti, inzosi mwagabanye, umurage w’umuryango, cyangwa ni uguhamagara kw’Imana?

- Mu muco nyafurika: Ubushyingiranwa bufatwa nk’ikiraro gihuza imiryango n’ibisekuru. Kuburinda bisobanuye guhesha agaciro atari urukundo rwanyu gusa, ahubwo n’umuryango mugari.
- Mu bukristo: Ubushyingiranwa bwerekana Kristo n’Itorerero (Abefeso 5:32). Kuburinda ni ukugaragaza urukundo rutanga no ubumwe nk’ubuhamya imbere y’isi.

Mufate umwanya kenshi mwibuke icyerekezo cyanyu. Mwiwandikire. Musengereho. Mubyifashishe mu byemezo byanyu.

## **Gukomeza Indangagaciro Z’ingenzi**

Urugo rudafite indangagaciro ni nk’inzu idafite umusingi. Mwemeranye hamwe indangagaciro zizaba umusingi w’ubushyingiranwa bwanyu.

Ingero z’Indangagaciro:

- Kwizera: Shyira Imana hagati y’imyanzuro yanyu.
- Icyubahiro: Vugana neza n’ubwitonzi, n’iyo muhanganye.
- Ukuri: Hubaka icyizere binyuze mu mucyo.
- Kwihangana: Kurema bigira igihe; mwirinde guhuberwa.
- Ubugiraneza: Mujye musangira umutungo, igihe, n’urukundo nta cyo mwishisha.

Umugani nyafurika: *“Ubwenge ni nk’igiti cya baobabu; nta muntu umwe ugihoberana cyose.”*

Imigani 24:3–4: *“Inzu yubakwa n’ubwenge, igakomera ku bw’ugutekereza neza.”*

## **Ingendo za Buri Minsi Zigumana Urukundo**

Ingeso ntoya zubaka ingo zikomeye.

- Isengesho n’Ibyanditswe: Abashakanye basenga hamwe barushaho kwegerana mu mwuka no mu mutima.
- Kurya hamwe: Gusangira amafunguro bikomeza isano y’umuryango.
- Amagambo y’Ubutoneshwe: Vuga buri minsi amagambo nka: *“Ndakunda”, “Urakoze”, “Ndakwishimiye.”*
- Ubusabane ku mubiri: Gufatana mu ntoki, guhoberana, gusomana—bigumana ubusabane.
- Igihe hamwe: N’iminota 20 yo kuganira nimugoroba mutaranganwa irahagije.

Urugero: Kwame na Adjoa bari hafi gutandukana nyuma y’imyaka y’umunabi. Ariko nyuma y’inama, batangiyeye ingeso yo gusenga no gusoma Bibiliya mu gitondo. Iyi ngeso yatumye urugo rwabo ruvugururwa, abana babo na bo bakuriramo isomo ryiza. Ubu urugo rwabo ruzwiho amahoro n’ibyishimo.

## **Kurinda Urugo ku Byago Bisanzwe**

Iyo ushaka kuramba mu rugo, ugomba kumenya ibyago bisanzwe no kubyirinda.

- Umunaniro n’ibikorwa byinshi: Akazi, ubucuruzi cyangwa umurimo wo mu rusengeru ntibigomba gusimbura mugenzi wawe.
- Inshuti mbi: Abagenzi batari beza bashobora kukuyobya cyangwa kukugerageza.
- Amakimbirane y’imiryango yagutse: Wubahe imiryango, ariko ushyireho imbibi.
- Kwirengagiza ubusabane: Umutuzo uba muke iyo abashakanye batitabirana mu mutima no ku mubiri.
- Kwishyira hejuru: Kwanga gusaba imbabazi cyangwa kubabarira bisenya urukundo buhoro buhoro.

Umugani w’abakuru: *“Iyangirika ry’inzu ritangirira mu mibu yoroheje.”* Ni ukuvuga ko ingeso ntoya—kwirengagiza, amabanga, kutubahana—bishobora kugenda birya urukundo.

### **Uruhare rw'Ukizera mu Kuramba mu Rugo**

Ingo z'Abakristo zikomera iyo zishingiye ku kwizera. Iyo abashakanye bashyize Imana hagati, babona imbaraga zisumbye iza muntu.

Imyitozo y'Umwuka y'Abashakanye:

- Gusenga Hamwe: Tangira kandi urangize umunsi musenga.
- Gusoma Bibiliya: Mushyireho gahunda yo gusoma no kuganira ku Ijambo.
- Gusabana mu rusengero: Mwitabire amateraniro kandi mujye mu matsinda y'abashakanye.
- Gufunga Hamwe: Kwirinda ibyo kurya mu masengesho byubaka ubumwe no kwizera Imana.

Umubwiriza 4:12: *“N’ubwo umuntu umwe yatsindwa, babiri barirwanaho; kandi umugozo w’utwuma dutatu ntucika vuba.”* Uwo mugogo wa gatatu ni Imana hagati y’urugo.

### **Umuryango n’Abajyanama**

Mu muco nyafurika, nta rugo ruba rwihariye. Abakuru, imiryango n’abajyanama batanga ubwenge n’ubugenzuzi. Mu Bukristo, gukurikirwa n’abashakanye bakuze birashimwa (Tito 2:3–5).

Shakisha umuryango wizewe wamaze imyaka myinshi mu bushyingiranwa, ubasabe kugufasha. Inkuru zabo zatanga icyerekezo n’ubuyobozi. Mwime ukwigunga— umuryango ni wo ushigikira isezerano.

### **Ingamba z’Igihe Kirekire**

1. Retiriti y’Abashakanye buri Mwaka: Mwifate umwanya wo gusubiza amaso inyuma, gusenga no gutekereza ku nzizi.
2. Kwizihiza Aho Mugeze: Mwizihize isabukuru, intsinzi cyangwa ibirori by’umuryango. Bizana icyubahiro n’umutima wo gushimira.
3. Gahunda y’Imari y’Igihe Kirekire: Mwizigamire ubutaka, amashuri cyangwa ubuzima bw’igihe kirekire.

4. Ubufatanye mu Kurera Abana: Mwemeranye ku buryo bwo kurera, guhana no kuyobora abana. Kudahuza mu burere gusenya urugo.
5. Kwiga Gukomeza: Mwitabire amahugurwa, musome ibitabo cyangwa mumenye ibiganiro ku muryango. Ibi bikomeza urukundo rucyeye.

### **Ibibazo byo Kuzirikana**

- Ni izihe ndangagaciro ziri kubungabunga urugo rwacu ubu?
- Ni izihe ngeso ntoya twashobora kongeraho kugira ngo tugumane ubusabane?
- Ni ibihe byago tugomba kurinda kurusha ibindi?
- Ni nde ushobora kutuba hafi nk'umujyanama wacu mu rugendo rw'ejo hazaza?

### **Amasomo y'ingenzi**

- Kuramba mu rugo bisaba icyerekezo, indangagaciro, n'ingeso za buri muni.

- Urukundo rugumana n’ingeso ntoya zihoraho, atari ibikorwa bikomeye gusa.
- Kurinda ku byago bisanzwe bituma ingo zidakora mu buryo bwo gutabarwa gusa.
- Kwizera, umuryango n’abajyanama bitanga imbaraga zisumbye iza muntu.

### **Umusozo**

Ubushyingiranwa si kwiruka gito ahubwo ni marato. Kugira ngo burambe, ugomba kwiyemeza gukura, kuvuguruka no gufatanya ubuzima bwose. Gukiza urugo rwawe si iherezo ry’urugendo; ni intangiriro yo kubaka umurage.

Mu muco nyafurika, ingo zarambye zizihizwa indirimbo n’imigisha y’umuryango. Mu Bukristo, ingo z’inyangamugayo ziha Imana icyubahiro kandi zerekana urukundo rwayo rudashira. Urugo rwawe rushobora kudatinda gusa ahubwo no gutumbagira. Iyo mwibuka icyerekezo cyanyu, mugakora ingeso za buri muni z’urukundo, mukarinda ibyago,

kandi mugashyira Imana hagati, mushobora kubaka  
isezerano rizahanganira imiyaga kandi rikabera abandi  
ubuhamya.

Kuramba mu rugo si ukujyana gusa—ni ukubaho  
mubereye hamwe, ukuboko mu kindi, kugeza ku iherezo.

## **IGICE CYA GATANDATU**

### **Gukiza Ingororano z'Ubushyingiranwa mu Miryango Ivuguruye (Blended Families)**

#### **Intangiriro**

Muri iki gihe, imiryango ivuguruye—aho abashakanye baza bafitanye abana baturutse mu yindi mibanire—irimo kwiyongera. Gatanya, gushakana bwa kabiri, gutwiduka (gupfakara), n'uburera bw'umubyeyi umwe byagize imiterere mishya y'imiryango. N'ubwo ibi bitanga icyizere cy'intangiriro nshya, binazana ibibazo byisumbuye. Gukiza urugo muri bene uru rugo bisaba ubushake, ubwenge n'ubwihangane. Ugereranyije n'ingo zisanzwe, aha abashakanye ntibarimo kubungabunga urukundo rwabo gusa; barimo no kunyura mu mateka menshi, ubudahemuka butandukanye n'ibyifuzo bitandukanye.

Iki gice gisuzuma imbogamizi zihariye zihuza bene iyi miryango, ibyo abashakanye n'abana bakeneye mu

by'amarangamutima, ndetse n'ingamba ngiro zo kubaka urugo rukomeye kandi ruramba muri ubu buryo.

### **Imbogamizi mu Miryango Ivuguruye**

Akenshi bene iyi miryango itangirana icyizere, ariko ukuri kukihutira kugaragara. Ibyo bahuriraho cyane ni ibi:

1. Kwitandukanya mu nshingano zo kurera Umwe ashobora kumva asumbirijwe mu byemezo bireba abana, naho umubyeyi w'umwana akumva asatiranyijwe hagati yo kuba indahemuka ku mwana no gushyigikira uwo bashakanye.
2. Ukwiheza cyangwa kwintangira kw'abana Abana bashobora kwanga kwemera umubyeyi mushya cyangwa abavandimwe bashya, bagatinya ko ubudahemuka ku mubyeyi wabo w'umwimerere bushobora gushidikanywaho. Ibikomere by'amarangamutima biterwa na gatanya cyangwa urupfu nabyo bishobora kongera uburemere.

3. Imibanire n’abo mwatandukanye  
Abo mwabyaranye mbere—by’umwihariko iyo mufatanya kurera—bashobora kongera umuvurungano mu bijyanye n’imyitwarire, imari, cyangwa uburenganzira bwo gusura.
4. Umuzigo w’imari  
Gushyigikira abana benshi mu ngo zitandukanye, indishyi za gatanya (alimony), cyangwa gutandukanya umutungo bishobora kuzana ishyari n’umunaniro.
5. Imico n’amadini  
Aho imiryango ivuguruye ifatwa nko kuvugwa nabi, amagambo y’inyuma ashobora guhungabanya icyizere cy’abo bashakanye.

Kumenya izi mbogamizi ni intambwe ya mbere mu gukiza urugo ruvuguruye; kuzirengagiza bituma umujinya n’ishyari byiyongera.

### **Kubaka Ubumwe bw’Abo Bashakanye Mbere na Mbere**

Muri bene iyi miryango, imbaraga z’urugo zituruka ku mbaraga z’abo bashakanye. Bakeneye gushyira umubano wabo ku isonga, kuko iyo usenyutse, sisiteme yose y’umuryango irahungabana.

- Mwihuze ku isonga: Mufate umwanya wanyu mutari kumwe n’abana kugira ngo mukomeze ubusabane n’icyerekezo.
- Mushyireho imbibi zisobanutse: Mwemeranye uko ibyemezo bifatwa, hanyuma mujyane inyito imwe imbere y’abana.
- Itumanaho ridacika: Mwitondere igihe cya buri muni cyangwa icyumweru cyo kuganira ku mpungenge, ibiyumvo n’icyizere.

Iyo abana babonye icyuho, bashobora kigira igikoresho—bahatandukanye ababyeyi (baba babigambiriye cyangwa batabigambiriye). Ubumwe bw’abashakanye butanga umutekano n’ituze.

### **Gucunga Inshingano zo Kurera**

Kurera muri bene iyi miryango ni kimwe mu bintu binaniza cyane. Umubyeyi mushya (step-parent) agomba kwinjira gake gake, atihutira guhana. icyizere gikorwa kigihe.

- Umubyeyi w’umwana atangirira ku muyoboro w’igenzura (mu ntangiriro): Bituma hatabaho ishyari ryihuse, kandi umubyeyi mushya yibanda ku kubaka ubucuti.
- Umubyeyi mushya yegukana icyubahiro buhoro buhoro: Binyoze gukomera, kwitaho no kudacogora, ubutware burahaza mu buryo karemano.
- Mwemeranye ku buryo bwo kurera: Amakimbirane y’imyigishirize (discipline) mwayakemura mu ibanga, ntimuyagaragaze imbere y’abana.

Inama yihariye: Mujye mugira “inama y’ababyeyi” buri cyumweru muganire ku byemezo byegereje—ishuri,

imirimo yo mu rugo, imyitwarire—mukabibagezaho mwahujije ijambo.

### **Gucunga Amarangamutima y’Abana**

Abana muri bene iyi miryango kenshi bumva basatiranyijwe n’ubudahemuka bubiri. Bashobora gutinya ko gukunda umubyeyi mushya ari ugucaho umubyeyi wabo w’umwimerere. Bashobora no kwanga ubu bushyingiranwa bushya, bakumva busimbuye urugo rwo hambere.

- Mwemere ibiyumvo byabo: Mureke bagire intimba no kuyivuga; mureke batavuga bahatirizwa.
- Mubizeze ko urukundo rutagabanywa: Kumenya ko gukunda umubyeyi mushya kutica urukundo ku w’umwimerere.
- Mureme imigenzo mishya: Ibirori by’umuryango, amasaha yo gukina, gufungurira hamwe—byubaka ubumwe.

- Mushake ubujyanama: Umuhanga mu miryango ashobora gufasha abana gutanga amarangamutima yabo mu mutekano.

Kwihangana ni ingenzi: bamwe baramenyera vuba, abandi bafata imyaka. Mwirinde gufata ku giti kwanga kwa bana; mwibande ku rukundo rudacogora n'icyizere.

### **Gucunga Ingaruka z'Abu Mwashwanye na bo**

Abo mwabyaranye mbere bakunze gira uruhare—by'umwihariko mu burera. Uko babigiramo uruhare kugira ingaruka—gushobora gufasha cyangwa gusenya.

- Imbibi z'icyubahiro: Itumanaho n'uwahoze ari uwo mwashakanye ryibande ku nyungu z'umwana, si ku bibazo byanyu byahise.
- Nta magambo mabi imbere y'abana: Gusebya uwahoze ari uwo mwashakanye bibangamira umutekano w'abana.
- Amategeko y'itumanaho asobanutse: Mugire inzira zemewe (imeyili, porogaramu za co-parenting) zigabanya intonganya.

- Mushyigikirane: Iyo uwahoze ari uwo mwashakanye agira uburiganya, mwitabe nk'itsinda ryanyu, mutagabanyijemo.

Uburemere n'ubwitonzi mu guhuriza ku nyungu z'umwana bituma abana babona ko urukundo n'ituze bishoboka nubwo amateka ari akomeye.

### **Ubumwe mu By'Imari mu Miryango Ivuguruye**

Amafaranga akurura amakimbirane menshi mu ngo; muri bene iyi miryango bikiyongera. Hashobora kubaho kutumvikana ku ndero y'abana, school fees, isaranganya ry'umutungo, n'uwambere mu by'ingenzi.

- Gahunda y'imari ihuriyeho: Muganire kandi mutegure ingengo y'imari yita ku nshingano z'abana bose.
- Umucyo mu mikoreshereze: Guhisha ibyo uguriye umwana runaka cyangwa amafaranga bisenya icyizere.
- Kuringaniza ubutabera n'uburenganzira: Nubwo umubyeyi w'umwana ashobora kumva agomba

kumushyira imbere, ubutabera mu rugo bugomba kugaragara.

Ubumwe mu by'imari si ukurushanwa uwatanga menshi, ahubwo ni kuganira no kwemera uburyo umutungo usangirwa.

Grace na Daniel—bombi baratandukanye kandi bafite abana babiri babiri—bashakanye buzuye icyizere. Vuba bahuye n'ibibazo: Grace yumvaga Daniel akangisha cyane abana be, naho Daniel akumva asizwe inyuma mu byemezo bireba abe. Abana na bo barahakanye, baragereranya uburenganzira.

Nyuma y'ubujyanama, bemeranyije ku biganiro by'abashakanye buri cyumweru, ibiganiro by'ibanga ku bihano n'imyitwarire, no ku misozi y'imikino y'umuryango (game nights). Bakoze kandi ingengo y'imari yita ku bana bose mu buryo bunyakuri. Mu gihe, abana batangiyeye kubabona nk'ikipe imwe, urugo ruba ruceceka, rutarimo umuvurungano.

Ibi bitwereka ko imiryango ivuguruye ishobora kugirira imbere iyo habonetse imiterere n'umuhate.

### **Ukwizera, Umuco n’Ubufasha bwa Kominote**

Abashakanye benshi bakura imbaraga mu kwizera cyangwa mu migenzo y’umuco. Isengesho, kuramya, n’inteko z’umuryango bikomeza ubumwe kandi bitanga inkunga y’inyuma. Ariko imitekerereze y’umuco ishobora no kotsa igitutu, cyane aho imiryango ivuguruye isekerezwa.

Ni ngombwa guhitamo amatorero, imiryango n’abajyanama batanga inkunga n’imbabazi, atari gucira imanza. Ujyanama wihariye ku miryango ivuguruye, mbere yo gushakana cyangwa nyuma, urafasha cyane.

### **Ibikoresho Ngiro ku Bashakanye**

1. Inama z’Umuryango: Igihe gisanzwe aho buri wese atanga ibitekerezo, impungenge, kandi mugateganya ibikorwa byanyu.
2. Agatabo k’Abashakanye (Couple Journal): Buri wese yandika ibyo yumva, mugasuzuma buri cyumweru uko mugenda mukura.

3. Amasezerano yo gukemura amakimbirane: Mwemeranye mbere y'imbere uko muzajya mwitwara—nta kurira, ntimuzajye mukurura abana, nta guhunga mutarangije.
4. Isezerano ry'icyerekezo cy'umuryango: Andikiranwa missiyo y'umuryango ishingiyeye ku bumwe, icyubahiro n'urukundo.

### **Umusozo**

Imiryango ivuguruye ifite imbogamizi zayo zihariye, ariko ifite kandi amahirwe akomeye yo gukura, kwihangana no gukunda. Urugo muri bene uyu muryango rurababarirwa si uko uhakanye ibikomeye, ahubwo ni uko ubireba mu maso—mu kuri, mu kwihangana no mu kwiyezeza kutava ku izima.

Iyo abashakanye bashyize umubano wabo ku isonga, bubahana inshingano, bagashyigikira amarangamutima y'abana, kandi imari bakayicunga mu mucyo, bubaka umusingi w'ituze. Mu gihe, ububabare bwahise busimburwa n'ibyishimo by'intangiriro nshya, urugo

rukaba ubuhamya ko urukundo rukiza kandi rugira ibyo ruvugurura.

Gukiza urugo mu muryango uvuguruye si byoroshye, ariko birunguka cyane. Bigaragaza ku bana no ku muryango mugari ko umuryango utagaragarira gusa mu miryango y'amaraso, ahubwo mu kwiyezeza, kwita ku bandi no kugendera ku ntego imwe.

## **IGICE CYA KARINDWI**

### **Ububabare Bujya Buba Buhishe mu Gutandukana**

#### **Intangiriro**

Kimwe mu bikomeretsa cyane ababyeyi ni kutabana n'abana babo buri muni. Abagabo babona abana babo rimwe mu cyumweru bakunze kwiyumva nk'ababyeyi b'igihe gito. Babura kwifatanya mu bikorwa by'ishuri, amasengesho yo kuryama nijoro, cyangwa ibiganiro byoroshye bya buri muni bigira uruhare mu kubaka ubusabane. Ibyo bibatera agahinda kenshi iyo babona abagore babo banezerewe buri muni bari kumwe n'abana babo.

Urugero: Yohana yarashakanye bwa kabiri nyuma ya gatanya y'akababaro. Umugore we mushya, Ruth, yabanye n'abakobwa be babiri. Umuhungu wa Yohana yasigaye kubana n'umugore wa mbere. Buri wa gatandatu, Yohana amarana amasaha make n'umuhungu we, ariko iyo agarutse mu rugo, umutima we uba

uremerewe. Agereranya ibinezeza bya buri muni bya Ruth n’abana be n’icyifuzo cye cyo kuba **hamwe** n’umuhungu we. Mu gihe gito, agahinda ke kagiye guhinduka umujinya, hatangira intonganya. Ruth atangira kumva icyaha cyo kuba ari kumwe n’abana be, mu gihe anabona umubabaro utavugwa w’umugabo we. Urugo rwari rugenewe kuba ahantu ho gukira, ruba rwarijimywe n’agahinda katavugwa.

### **Ingaruka ku Bushyingiranwa**

Iyi gahunda igira ingaruka nyinshi mu rugo:

- Mu marangamutima: Umugabo yumva atuzuye, naho umugore akumva asabwa kumuhumuriza cyangwa akumva ko ashinjwa kutamushimisha.
- Mu by’imari: Umugabo agomba gutanga ku ngo ebyiri—urushya n’urwa mbere. Ibi bishobora kuvamo amakimbirane iyo umutungo ari muke.
- Mu bitekerezo: Guhora yibaza niba abana be barererwa neza cyangwa niba agereranywa n’uwo bahoze babana bitera kunanirwa mu mutwe.

- Mu mubiri: Umunaniro, kubura ibitotsi, umutwe udakira cyangwa kubura ubushake mu busabane bishobora kurushaho gusenya umubano.

N’abana na bo si abatagira ingaruka:

- Abana b’umugore bashya bashobora kumva se wabo ari kure.
- Abana baba hanze bashobora kumva birengagijwe, bakumva se asigaye ari uwundi muryango.

### **Inyigisho z’Umujyanama**

- Kwemera agahinda: Abagabo bagomba kumva ko ari ibisanzwe kumva bababaye iyo batabana n’abana babo. Kwita ku izina iri somo ry’agahinda bituma ritangiza urugo mu ibanga.
- Impuhwe hagati y’abashakanye: Abagore ntibakwiye gufata agahinda k’abagabo babo nk’aho ari ugusuzugura urugo rushya. Ahubwo, kubumva no kubashimira uko ari ababyeyi **bikora nk’icyanzu cy’umutekano w’amarangamutima.**

- Ubumwe mu muryango: Abashakanye bagomba kuva ku magambo nka *“abana bawe”* cyangwa *“abana banjye”*. Kuvuga *“abana bacu”* bituma buri wese yumva ari igice cy’umuryango mugari.
- Umucyo mu by’imari: Amafaranga kenshi ni intandaro y’amakimbirane. Bategure ingengo y’imari igaragara—ibikenerwa mu rugo, amafaranga y’abana bo hanze, n’ishoramari ry’ejo hazaza.
- Imigenzo yo guhuza: Abagabo bashobora gukomeza ubusabane n’abana babo binyuze mu migenzo: guhamagara buri cyumweru, gufasha mu masomo kuri interineti, gusangira mu biruhuko, cyangwa gusangira iminsi mikuru. Ibi bikuraho icyumva cyo gusigwa inyuma kandi bikagabanya agahinda.

### **Gukira Binyoze mu Kwiyemeza Gushyira Hamwe**

Urugero: Samweli yashakanye na Daniella, wari afite abahungu babiri. Samweli we yari afite abakobwa babiri

babanaga n’umugore we wa mbere, akabareba mu mpera z’icyumweru. Mu ntangiriro, Daniella yumvaga yikanga igihe Samweli yavugaga ku bakobwa be. Yumvaga ashobora kuba agifitanye isano n’umugore wa mbere. Nyuma yo kugirwa inama, Daniella yabonye ko ibyo yatekerezaga atari byo. Yatangiye kwakira abakobwa ba Samweli mu bikorwa by’umuryango, ndetse abashishikariza kwifatanya mu byo gukora urugo mu minsi mikuru. Abana batangiranye kumwita *“Mama wacu”*. Samweli yumvise atahuwe, agahinda ke karagabanuka, urugo rwabo ruba ahantu hizewe ku bana bose.

### **Ingamba Ngiro ku Bashakanye**

- Ibiganiro bifunguye: Mugire gahunda yo kuganira ku by’agahinda, ishyari cyangwa kutishimira. Ntibikwiye gusunikwa muni y’ameza.
- Ubufatanye mu burere: Mwiyerekane nk’itsinda rimwe mu guhana no gufata ibyemezo. Abana

ntibakwiye kubona umwe nk'umuyobozi undi nk'umushyitsi.

- Gahunda zoroshye zo gusura: Niba bishoboka, muganire n'abo mwashakanye mbere kugira ngo abana bazanwe mu rugo kenshi cyangwa musangire iminsi mikuru imwe na rimwe.
- Ubufasha bw'abahanga: Iyo agahinda cyangwa amakimbirane birambye, mushake inama y'umujyanama w'ingo n'imiryango. Afasha abashakanye kureba ikibazo mu yindi ndorerwamo no gushaka uburyo bwo kukirinda neza.
- Kwita ku buzima bw'umuntu ku giti cye: Bombi bagomba kwitabira imyitozo, amasengesho cyangwa kwibuka, kwandika mu gatabo, no kugirana umubano n'inshuti zifasha. Umuntu ufite ubuzima buzima atanga uruhare mu rugo rufite ubuzima buzima.

### **Ibibazo byo Kuzirikana**

1. Ni kangahe muganira ku gahinda ko kutabana n’abana bose muni y’igisenge kimwe?
2. Mukoreshya amagambo arimo “abana bacu” aho kuvuga “abana banjye” cyangwa “abawe”?
3. Ese imisanzu yanyu mu by’imari irasobanutse kandi igaragara ku mukunzi wawe?
4. Ni iyihe migenzo mushobora gushyiraho yo kwinjiza abana baba ahandi?
5. Ni gute ushobora gufasha mugenzi wawe mu buryo bw’amarangamutima igihe agahinda kagarutse?

### **Imyitozo ku Bashakanye**

- Igitabo cy’ishimwe: Buri cyumweru, buri wese yandika ibintu bitatu ashima ku muryango wabo uvuguruye. Mubisangire mu gihe cy’umutuzo.
- Ikibaho cy’icyerekezo cy’umuryango: Hamwe n’abana bose, mukore ikibaho cy’inzozi—

nk'ibiruhuko, imikino cyangwa intego z'amasomo. Ibi byubaka icyizere cy'ubumwe.

- Ikiganiro cyo guhererekanya imyanya: Buri wese afata umwanya yibwira uko byaba bimeze kuba mu mwanya wa mugenzi we—kubana n'abana cyangwa kubasura. Ibi bitera impuhwe n'ubwumvikane.

### **Umusozo**

Imiryango ivuguruye si imiryango isenyutse—ni imiryango ifite imiterere yihariye y'urukundo, kwiyemeza no kwihangana. Iyo abagore babana n'abana babo mu gihe abagabo babo babareba rimwe mu cyumweru, agahinda ntikabura. Ariko ako gahinda ntigomba gusenya urugo.

Iyo mwemeye amarangamutima, mukagira impuhwe, mukubaka umuryango wuzuye hamwe, mukagira umucyo mu by'imari, kandi mukagira imigenzo yo guhuza, mushobora guhindura agahinda k'inyigisho n'imbaraga.

Intego nyamukuru si ubupfura budafite amakosa, ahubwo ni ubumwe. Urugo rukomeye ruba inkingi y'umutekano ku bana bose—abo mu rugo n'abo hanze. Ku bw'ubwihangane, ubushake n'ukwizera, abashakanye bashobora kwandika igice gishya cy'ubuzima, aho urukundo ruba rufite aho rwakira abana bose kandi rukaba rufite imbaraga zo gutwara umutwaro w'imiryango ivuguruye.

## **IGICE CYA MUNANI**

### **Ubusambanyi n’Inzira yo Kugarura Urugo**

#### **Intangiriro**

Mu byakomereka urugo bikagera mu mutima wimbitse, ubusambanyi ni ku isonga. Iyo umwe mu bashakanye avuze oath y’isezerano ry’ukwiharirana akaryica—haba mu busambanyi bw’amarangamutima cyangwa ubwo ku mubiri—ibi bihungabanya umusingi w’icyizere, ubusabane n’urukundo. Nyamara n’ubwo ubusambanyi busenya cyane, ntibuhora busoza urugo. Abashakanye bahisemo guhagarara imbere y’ububabare mu kuri, kwicisha bugufi no kwizera, bashobora kubaka—atari urugo rwa kera, ahubwo urushya, rukomeye kandi rugamije ku bushake.

#### **Ububabare n’Ukuri ku Busambanyi**

Ubusambanyi bukomeretsa kuko buhonyora isezerano ryimbitse ry’urugo: ukudahemukirana. Uwasambanyirijwe akenshi yumva nta gaciro afite,

yanzwe, cyangwa arambiwe; icyizere kirahanuka, ndetse n'ibiganiro byoroshye bya buri muni bigasigara biteye ubwoba.

- Mu mibereho nyafurika: Hari aho gusambana k'abagabo bifatwa nk'ibisanzwe, icyaha kigashyirwa ku bagore—ibi byangije ingo nyinshi. Ukuri ni uko kudahemuka k'umugabo cyangwa k'umugore byombi bisenya icyizere kimwe.
- Mu mibereho ya Gikristo: Ibyanditswe birasobanutse: *“Ubushyingiranwa buhabwe icyubahiro n'abantu bose, n'umwenda w'ubushyingiranwa ube ucyeye”* (Abaheburayo 13:4). Ubusambanyi ni icyaha, ariko ntikidashoboka kubabarirwa.

### **Impamvu Ubusambanyi Bubaho**

Mu ndorerwamo y'ujyanama, ubusambanyi ntibuba gusa ku mpamvu z'imibonano; akenshi bushingira ku bibazo byimbitse:

- **Kwirengagizwa mu marangamutima cyangwa kwigunga mu rugo.**
- Kutanyurwa ku mubiri cyangwa ibibazo mu busabane bitarakemurwa.
- Imbibi zidafunze n’abo mukorana, inshuti cyangwa abaturanyi.
- Gushaka kwemezwa cyangwa gushaka guhunga umunaniro.
- Imico cyangwa itsinda ritagambirira kudahemuka, rigasenya agaciro k’urugo.

Umugani: *“Utanyurwa mu rugo aya gushaka mu isafuriya y’umuturanyi.”* Uyu ugira ati: urukundo rukeneye kubungwabungwa ku bushake.

### **Iby’Ibanze Nyuma yo Kubimenya**

Igihe ubusambanyi bushyizwe ahagaragara, haba ihindagarika rikomeye: umujinya, amarira, icecekero, rimwe na rimwe n’imidugararo. Uko abashakanye bitwara mu byumweru bya mbere bishobora guhindura amahitamo y’ejo hazaza.

Ku wacumuye:

- Tangaza ukuri kose—ntuhishe ibice.
- Hagarika burundu uwo mubano—nta wundi mubano.
- Imucyo wuzuye: Sangira telefoni, imbuga nkoranyambaga, gahunda.
- Akira inshingano: Ntukabare umukunzi nka nyir'ikosa.

Ku wababariwe (uwangijwe):

- Emera ububabare—ntugire ibyo uhisha.
- Wirinde gufata imyanzuro ya burundu uri mu mujinya.
- Shaka abo wizeye—inshuti, abakuru, cyangwa umujyanama.
- Fata icyemezo niba witeguye kugerageza kunga.

Urugero: Daniyeli yagize ubusambanyi bw'amezi abiri n'uwo bakorana. Lidya yumvise asenyutse, atinya, ararakara. Mu ntangiriro, yasabye gatanya. Umushumba wabo yinjiriye hagati, abibutsa ubuntu bw'Imana, abohereza mu bujyanama. Daniyeli yaturiye **byose, aca**

burundu uwo mubano, ahereza Lidya uburenganzira bwose ku bikoresho bye. Lidya, nubwo yakomeretse cyane, yahisemo kuguma. Ubujuyanama bwabahaye ibikoresho byo guhangana n’uguhemukirwa no kongera kubaka buhoro buhoro. Ubu bavuga ko urugo rwabo, nubwo rufite inkovu, rwakomeye—kuko bahanganye n’umuyaga bari kumwe.

### **Inzira zo Gukira no Gusubizaho Umubano**

- Kwatura no Kwihana: Gukira ntigitangira kugeza igihe ukuri kuvugiwe kandi impinduka zihiswemo.
- Kubabarira: Si kwibagirwa, ahubwo ni gufata icyemezo cyo kutitiriza inzika. Bifata igihe, ariko ni ingenzi.
- Imbibi n’Ubugenzuzi (accountability): Amategeko mashya ku nshuti, ku bikoresho by’itumanaho, cyangwa ku mari—bitanga umutekano mushya.
- Kongera kubaka ubusabane: Ubusabane bwo mu mutima bubanziriza ubwo ku mubiri. Tangiriraho n’ibiganiro, ibikorwa musangire, n’isengesho.

- Ujyanama n’Abareberera: Abajyanama babihuguriwe n’abashakanye bakuze batanga inzira isobanutse.

### **Uruhare rw’Ukizera**

Mu Bukristo, kubabarira gushingira ku buntu bw’Imana. Hoseya yababariye Gomeri nyuma y’ukuhemuka kwe (Hoseya 3:1)—ifoto y’uko Imana ihamagarira kunga. Abashakanye basenga, bafunga, kandi basoma lbyanditswe kenshi babona imbaraga zirenga amarangamutima yabo.

Ijambo ry’lbyanditswe: Matayo 19:26 – *“Ku muntu ntibishoboka, ariko ku Mana ibintu byose birashoboka.”*

### **Kwikingira Ubusambanyi mu Buzima Buzaza**

Kuburinda ni nk’ugukiza. Abashakanye bashobora kurengera urugo binyuze mu:

- Igihe cy’umwihariko bari kumwe.
- Kubungabunga ubusabane—mu mumutima, mu mwuka, no ku mubiri.

- Gushyiraho imbibi n’abo bahuje igitsina.
- Kwirinda amabanga; kugira umucyo wuzuye.
- Gushaka ubufasha hakiri kare iyo ibibazo byigaragaje.

### **Ibibazo byo Kuzirikana**

- Ni izihe needs zituzuye mu rugo rwacu zashobora kuturangaza?
- Ndi yiteguye kuba mu mucyo kandi nkabazwa inshingano?
- Nshobora kubabarira, n’iyo gukira byafata igihe?
- Ni izihe ntambwe ngiro twafata uyu muni zo kongera gukomeza ubusabane?

### **Amasomo y’ingenzi**

- Ubusambanyi burasenya cyane, ariko ntibuhora busoza ingo.
- Kwatura mu kuri, kwihana byimazeyo, no kubazwa inshingano ni ibintu utavuga ngo birekerwe.

- Kubabarira birababaza, ariko birashoboka ku buntu bw’Imana.
- Kwikingira biroroshye kurusha gusana—rindira urugo rwawe ku bushake.

### **Umusozo**

Ubusambanyi ni imwe mu miyaga ikaze urugo rushobora guhura na yo. Ku bamwe, rusozza isezerano; ku bandi, ruhaba ihindurabikora—ubuhamya bwo kwihangana no kugarurwa n’Imana. Urugo rwubatswe bundi bushya nyuma y’ubusambanyi ntiruba nk’urwo hambere; ariko rushobora kuba rukunze kurushaho, rufite ubwenge, kandi rushingiye ku buntu kurushaho.

## **IGICE CYA CYAENDA**

### **Gukira Binyoze mu Gukoresha Genogram y’Umuryango**

#### **Intangiriro**

Buri rugo rwubakwa n’abantu babiri, ariko rugira n’imiryango n’amateka ari inyuma yabo. Kenshi abashakanye bashyamirana si ku bibazo byo muri iki gihe, ahubwo bitewe n’imirage itagaragara—imyanya mu muryango, amategeko atavugwa, cyangwa ibikomere by’ibisekuru bigenda bikurikirana batabizi.

Genogram y’umuryango ni igikoresho gikoreshwa mu bujyanama gifasha abashakanye gushushanya amateka y’imiryango yabo kugeza ku bisekuru bitatu cyangwa bine. Iyo babikoze, batangira kumva impamvu bitwara uko bitwara, impamvu amakimbirane amwe akomeza kugaruka, n’uburyo bashobora guhagarika imigenzo mibi. Iki gice kirerekana uko genogram ifasha abashakanye gukira, gukura mu bumuntu, no kubaka umurage mushya ku bana babo.

### **Genogram Icyo Ari cyo**

Genogram isa n'igiti cy'umuryango (family tree), ariko irenze kure. Ntigaragaza gusa amazina n'amatariki, ahubwo inerekana:

- Imibanire: Aho abantu bari hafi, batandukanye, cyangwa bashyamiranye.
- Imyanya n'ubuyobozi: Abo bafataga ibyemezo, abumvaga batagira ijambo, abari bafite umutwaro.
- Ibyabaye: Ubukwe, gatanya, kwimuka, imfu, indwara.
- Imigenzo: Ubusinzi, ihohoterwa, amabanga, urugomo, imyitwarire yisubiramo.
- Imbaraga: Imico y'ukwizera, kwihangana, ubugiraneza, n'imirage myiza yo kwishimira.

### **Akamaro ka Genogram mu Bushyingiranwa**

- Kumenya aho uva (self-awareness): Buri wese amenya aho ingeso, ubwoba cyangwa imbaraga ze zituruka.

- Impuhwe: Kuba wumva ibibazo by’umuryango w’uwashakanye nawe bikongera imbabazi n’urukundo.
- Kuvunja imigenzo mibi: Abashakanye bahagarika gusubiramo imyitwarire yangiza y’imiryango.
- Kumenya ubuzima: Kugaragaza indwara cyangwa ibiyobyabwenge byakurikiranye imiryango bikabafasha kwirinda.
- Kubaka umurage: Abashakanye bihitiramo imigenzo n’imico bashaka gukomeza cyangwa guhagarika.

Urugero: Jean-Paul na Clarisse bahoranaga impaka ku guhana abana babo. Jean-Paul yari ikinyamurari; Clarisse we yoroheraga cyane. Mu gukora genogram, basanze Jean-Paul akomoka mu bisekuru bine by’ababyeyi b’abagabo bakomeye cyane, naho Clarisse akomoka mu miryango y’ababyeyi bita cyane ku bana. Kubimenya byatumye bareka gushinjanya, batangira kubaka uburyo bushya bwo kurera—bukomeye ariko bwuje ubugwaneza.

### Ibyerekanwa na Genogram y'Ibisekuru Bine

- Imiterere y'imiryango: Ese yari iyoborwa n'abagabo, abagore, cyangwa byari byuzuzanya?
- Ubusabane bw'amarangamutima: Aho abantu bari hafi, batandukanye, cyangwa bongera guhuza.
- Indwara: Indwara zigaruka mu miryango— umuvuduko w'amaraso, kanseri, indwara zo mu mutwe.
- Ibiyobyabwenge: Inzoga, ibijyanye n'amahirwe (gambling), ibiyobyabwenge.
- Imigenzo y'ingo: Gatanya, kwitandukanya, cyangwa poligami bikurikirana.
- Umurage w'umuco n'idini: Imigenzo yo gusenga, imihango, cyangwa kudaha agaciro iby'umwuka.

Umugani: *“Umwana utarerwa na nyina, azarerwa n'isi.”*

Imigenzo yangiza mu rugo ikunze kuva ku bintu bitigishijwe cyangwa biterekanywe neza mu muryango.

### **Uko Wakoresha Genogram ku Giti cyawe**

1. Shushanya igiti cy'umuryango: Tangirira kuri wowe, wongereho ababyeyi, ababyeyi b'ababyeyi, ndetse na basokuruza.
2. Shyiraho imirongo y'imibanire: Imikoranire myiza, amakimbirane, cyangwa gutandukana.
3. Garagaza ibyabaye: Imfu, kwimuka, gatanya, indwara.
4. Shakisha imigenzo: Reba ibyo bisubiramo— ibibazo cyangwa imbaraga.
5. Ganira n'uwo mwashakanye: Musangire uko amateka y'imiryango yanyu akora ku rugo rw'ubu.
6. Tegura imigenzo mishya: Mwemeranye ibyo mugomba guhindura n'ibyo mugomba gukomeza.

Urugero: Ngozi yabonaga umugabo we Uche ahunga amakimbirane, akahitamo gucereka aho kuganira. Mu gukora genogram, basanze sekuru wa Uche yaragiye kubera amakimbirane, naho se nawe agahora acecetse igihe habaye ikibazo. Uche yamenye ko gucika intege ari

imigenzo y’umuryango. Aha nibwo yafashe icyemezo cyo kuyihagarika, atangira kuvugana mu ituze aho guhunga.

### **Ubwenge bw’Umwuka n’Umuco**

- Inyigisho za Gikristo: Kuva 20:5–6 havuga imigisha n’ibyaha bishobora kwambukiranya ibisekuru. Ariko Abagalatiya 3:13 hatwibutsa ko Kristo yaducunguye ku maraho. Genogram ituma ibi bigaragara kandi ifasha abashakanye gusenga mu buryo bw’umwihariko.
- Ubwenge bwa Afurika: *“Nutitamena umudugudu wawe, ntuzamenya inzira yawe.”* Kugira ngo urugo rukire, bisaba kureba inyuma kugira ngo ushobore kwerekeza imbere.

### **Ibibazo byo Kuzirikana**

- Ni iyihe migenzo y’amakimbirane, ibiyobyabwenge cyangwa indwara ubonye mu mateka y’umuryango wawe?

- Iyo migenzo igira akahe kamaro mu mikorere yawe nk'uwo washatse?
- Ni izihe ngabire z'umuryango wawe ushaka gukomeza?
- Ni iyihe migenzo mibi igomba guhagararira kuri wowe?

### **Umwitozo ngiro**

- Buri umwe ashushe genogram y'ibisekuru bine bye.
- Hamwe, mugaragaze imirage myiza itatu mwifuza gukomeza.
- Andikanye imigenzo mibi itatu mwiyeje guhagarika.
- Musengere hamwe kuri za genogram, musaba Imana kugira ngo ihe umugisha umurongo mushya w'umuryango.

## **IGICE CYA CUMI**

### **Impamvu Zitumye Abashakanye Bata Urugo: Iz'Ukuri n'Ingaruka**

#### **Intangiriro**

Ubushyingiranwa akenshi bugaragazwa nk'isezerano ry'ubuzima bwose, ariko benshi mu bashakanye bibaza niba bakomeza cyangwa bakava mu rugo. Iyo umwe afashe icyemezo cyo kureka urugo, akenshi ntibiterwa n'impamvu zoroheje cyangwa ubwikunde gusa; ahubwo kenshi bishingiye ku bibazo bikomeye—ibijyanye n'umubiri, amarangamutima, umwuka, ubuzima bwo mu mutwe, cyangwa imari—biremereye umwe cyangwa bombi. Gusobanukirwa izo mpamvu, ingaruka zibikurikiraho, n'ibishobora gukorwa kugira ngo bikosorwe, ni ingenzi mu kubungabunga urugo mbere y'uko bigera kure.

### **Impamvu Z'Umubiri**

Hari ubwo bamwe bafata icyemezo cyo gusiga urugo kubera ibibazo by'umubiri.

- Indwara zidakira cyangwa ubumuga bishobora kuremera cyane umwe.
- Umukunzi ushigikiye undi ashobora kumva ubuzima bwe bwagabanutse gusa kuba umwitaho, nta bufasha.
- Ihohoterwa ryo mu rugo cyangwa gukubitwa biba byarenze urugero, bigatuma umutekano uba wihutirwa kurusha kuguma mu rugo.
- Kutahuza mu mibonano mpuzabitsina, kubura ubusabane, cyangwa ubusambanyi nabyo bishobora gusenya urukundo.

Urugero: Jeanne yakundaga umugabo we cyane, ariko nyuma y'imyaka y'ihohoterwa ryo ku mubiri, yasanze umutekano we n'uw'abana ariwo w'ibanze. Nubwo byaramurushye, yagombaga kureka urugo kugira ngo arokore ubuzima.

Inama y'Umujyanama:

- Ihohoterwa ntiryihanganirwa. Aho rihari, umutekano ugomba kuza ku isonga.
- Ariko mu bibazo bidafitanye isano no gukubitwa (nk'ubusabane buke cyangwa umunaniro mu kwita ku murwayi), ubujyanama, ubufasha bw'abaganga n'imiryango bishobora gufasha.

Inama ngiro:

Mwitabire ibibazo by'umubiri nk'itsinda, si nk'abanzi. Mureme inkunga y'imiryango, y'ubuganga, cyangwa y'amarangamutima kugira ngo umwe adasigara wenyine mu bitwazo.

### **Impamvu z'Amarangamutima**

Kwibagirana mu marangamutima ni kimwe mu bica bucece ingo.

- Abashakanye benshi basiga urugo si ku byo bavuze, ahubwo ku byo batavuze—kubura gushimirwa, kubura impuhwe, kubura ubugwaneza.

- Ihohoterwa ryo mu marangamutima, gucanganyishwa (gaslighting), cyangwa kunengwa buri gihe byica icyizere ku buryo gusiga urugo biba ari byo gusa bikunze kugaragara.

Urugero: Mikaheli ntiyasambanyije umugore we ku mubiri, ariko yaretse kumwereka urukundo. Mu gihe runaka, umugore we yumvise atagaragara mu rugo rwe. Amaherezo, yatangiye kwifuza ubushyuhe bw'amarangamutima ahandi.

Inama ngiro:

- Mube maso mu gukomeza banki y'urukundo.
- Itandukaniro ryo mu ndimi z'urukundo rikeneye kwitabwaho: bamwe bakeneye amagambo, abandi imikoranire, igihe gihagije, ibikorwa, cyangwa impano.
- Mugire ibiganiro by'igihe cyihariye aho buri wese avuga uko yumva akundwa. Ingeso ntoya ariko zihoraho zongera urukundo.

### **Impamvu z'Umwuka**

Kwizera n'iby'umwuka bigira uruhare rukomeye mu rugo.

- Iyo abashakanye batakigira indangagaciro zimwe, amakimbirane ashobora kwiyongera.
- Umwe ashobora kumva yacitswe igihe mugenzi we arekeye idini bagahuriyeho.
- Amakimbirane ashobora kuvuka ku migenzo y'idini itandukanye cyangwa igihe umwe asuzuguye ibyizera by'undi.

Urugero: Sara na Dawidi barashyngiwe mu rusengero, biyemeza kurera abana babo mu kwizera bahuriyeho. Hashize imyaka, Dawidi yaretse idini, naho Sara arushaho kwihambira ku byo yizera. Urugo rwabo rwahindutse isibaniro ry'amakimbirane ku ndangagaciro n'uburere bw'abana.

Inama ngiro:

- Muganire ku by'umwuka hakiri kare mu rugo kandi mubyibuke kenshi.
- Aho mutandukanye, mwigie kwihanganirana kandi mureme imigengo musangiye (nko gusangira

amafunguro, gushimira, cyangwa indangagaciro z'ingenzi).

### **Impamvu z'Ubuzima bwo mu Mutwe**

Ubushakashatsi bwacu ku ingaruka z'indwara zo mu mutwe ku makimbirane y'abashakanye, bwakorewe mu bihugu bitatu by'Afurika, bwagaragaje ko amakimbirane y'igihe kirekire akenshi aturuka ku bibazo by'ubuzima bwo mu mutwe.

- Indwara nk'agahinda kenshi, guhangayika, bipolar, cyangwa ubusinzi bitera imizigo ikomeye mu rugo.
- Iyo bitavuwe, bihungabanya itumanaho, ubusabane, n'imibereho ya buri muni.
- Abandi basiga urugo si uko batakunda, ahubwo kuko bumva batagishoboye mu kuzengurutswa n'imyitwarire yisubiramo.

Urugero: Mark yarahanganye n'urusenzi imyaka myinshi. Umugore we yamushyigikiye mu kuvurwa, ariko nyuma y'gusenya akenshi no kwanga kwitabira ubufasha, we yarengaje urugero.

Inama ngiro:

- Fata ubuzima bwo mu mutwe nk'uko witaho indwara z'umubiri (nk'umuvuduko w'amaraso cyangwa diyabete).
- Ntimushyireho isoni cyangwa urwango.
- Shaka ubujyanama n'ubuvuzi hakiri kare.

### **Impamvu z'Imari**

Amafaranga ni imwe mu mpamvu zikomeye zisenya ingo.

- Ubushomeri, gusesagura, amadeni ahishe, ubusinzi mu mafaranga, cyangwa ihohoterwa ry'imari bitera ubwumvikane buke.
- Iyo umwe yumva yatezwe umutego cyangwa arimo kwikorezwa umutwaro urenze, urugo rushobora guseniyuka.

Urugero: Linda yamenye ko umugabo we yari afite amadeni akomeye y'ubusizi (gambling) yanditse ku izina rye. icyo yari atakaje nticyari amafaranga gusa, ahubwo ni icyizere. Yahisemo kugenda aho gukomeza gufungwa mu kinyoma.

Inama ngiro:

- Kora ingengo y'imari ihuriyeho.
- Mugaragaze amadeni n'umutungo mu mucyo.
- Mushyireho intego z'imari musangiye.
- Mushake ubujyanama mu by'imari nk'uko mushaka ubujyanama mu rugo.

### **Ingaruka zo Gusiga Urugo**

Icyemezo cyo kuva mu rugo kizana ingaruka nyinshi:

- Mu mutwe: Byorohera bamwe, bikazana icyaha n'agahinda ku bandi. Iyo habuze gusoza mu mutuzo, ibikomere biraramba.
- Mu muryango: Gatanya izana icyasha, cyane cyane mu muco aho icyubahiro cy'umuryango gishingiye ku rugo ruhamye.
- Ku bana: Akenshi ni bo bahura n'ingaruka zikomere—guhagarara hagati y'indahemuka ebyiri, kubura icyerekezo, cyangwa kumva baratereranywe. Ariko iyo urugo rwari

rwuzuyemo ihohoterwa, abana bashobora kumva umutekano igihe bahavuye.

- Mu by'amategeko n'imari: Imyanzuro ku bana, gusaranganya umutungo, n'umuzigo w'ubukungu bikurikiraho.
- Mu mibanire y'ejo hazaza: Iyo ibikomere bitavuwe, byinjira mu mibanire mishya. Ariko abashatse gukira bashobora kugira imibanire myiza kurushaho.

### **Ese Ibi Bikorwa Byakizwa?**

Ibyiza ni uko inzira nyinshi zishobora gukemurwa iyo zibonewe kare.

- Ibibazo by'umubiri bishobora gukemurwa mu bufatanye, ubuvuzi n'ubufasha bw'imiryango.
- Ibikomere by'amarangamutima bishobora gukira mu kwiga ururimi rw'urukundo rwa mugenzi wawe.
- Itandukaniro ry'iyobokamana rishobora gucungwa mu kubahana no kwihanganirana.

- Ibibazo by'ubuzima bwo mu mutwe bishobora kuvurwa n'abaganga, ubujyanama, n'itsinda ry'ubufasha.
- Umuzigo w'imari ushobora kugabanuka mu mucyo, ingengo y'imari, no gufatanya.

Abashakanye ntibasiga urugo nta mpamvu. Akenshi ni ububabare bwakomeye bwabimazeho igihe. Ariko kureka si wo mwanzuro wonyine. Mu kugera ku gihe, mu bujyanama no mu kwiyezeza gushya, izo mpamvu zishobora guhinduka amahirwe yo gukura.

Urugo rwemera ibibazo byarwo kandi rukagerageza gukira rufite amahirwe yo kudacika gusa, ahubwo no gutumbagira. Ni ngombwa kwibuka ko: gukiza urugo si uguhunga ibibazo, ahubwo ni ukwiga uburyo bwo kubitsinda hamwe.

## **Ibibazo byo Kuzirikana**

### Imibereho y’umubiri

- Hari aho umwe yumva yikorejwe umutwaro ukabije mu mubiri (nko kwita ku murwayi, ubusabane, cyangwa umutekano)?
- Ni izihe ntambwe ngiro twafatanya mu kugabanya uwo mutwaro?

### Iby’amarangamutima

- Ese numva mbonwa, nshimwa, kandi nshyigikirwa mu rugo?
- Ni izihe ngingo cyangwa amagambo andushaho kumva nkundwa—andi naba narabwiye mugenzi wanjye?

### Iyobokamana

- Ese twubahana kandi dushyigikirana mu byo twizera n’imigenzo yacu, n’iyo dutandukanye?
- Ni iyihe migenzo cyangwa indangagaciro twashobora kurema kugira ngo tugumane urugo rufite umusingi?

### Ubuzima bwo mu mutwe

- Ni gute duhangana n'agahinda, guhangayika cyangwa ibindi bibazo mu rugo?
- Ese twiteguye gushaka ubufasha bw'abajyanama cyangwa abaganga nibikenewe?

#### Imari

- Ese tunganira mu mucyo ku byerekeye umushahara, amadeni n'intego z'imari, cyangwa hari ibihishe hagati yacu?
- Ni gute twashyiraho ingengo y'imari n'imigambi bihuriyeho bitwereka ko dufite intego zimwe?

## **IGICE CYA CUMI NA RIMWE**

### **Iyo Abashakanye Batana: Umutingito Utavugwa mu Bushyingiranwa**

#### **Intangiriro**

Ubushyingiranwa si ukubana gusa ku mubiri, ahubwo ni no kuboneka mu marangamutima. Iyo umwe mu bashakanye asiga urugo mu byumweru cyangwa amezi—rimwe na rimwe agafata bamwe mu bana akareka abandi—umusingi wose w’umuryango uranyeganyega. Kureka urugo, yaba ari nk’ubwirinzi cyangwa igihano, akenshi gisiga ibikomere bisumba ibivugirwa mu makimbirane asanzwe. Gatanya itangaza rubanda, ariko kureka urugo bikorwa mu ibanga, bigasenya icyizere, bigasiga abashakanye n’abana mu gihirahiro.

#### **Imiterere yo Kureka Urugo**

Abenshi mu bashakanye bashaka gusiga urugo bavuga ko umubano “urimo uburozi”. Bumva babuze umwuka, batumvwa, cyangwa batubashye. Aho gukemura ibyo

bibazo, bahitamo guhunga. Ariko guhunga ikibazo ntibikigira igisubizo. Ihora ho ry’agahinda ku usigaye risimbura umudendezo w’igihe gito ku uwasohotse.

### **Ingaruka ku Rugo**

- Gusenya icyizere: Uwasigaye yumva yagambaniwe, agatangira gushidikanya ku byasezeranijwe mbere.
- Itumanaho rigenda rihagarara: Kubura guhura ku mubiri bihagarika ibiganiro, amakosa ntiyongera gusobanurwa.
- Amateka mabi: Uwasohotse atangira kugaragaza urugo nk’aho nta cyizere kirurimo, bigatuma no kunga bigora.
- Kwihorera: Uwasigaye ashobora gucisha mu muryango amahoro—mu mujinya, mu kwima amafaranga, cyangwa mu kwifata mu marangamutima.

Urugero: Yozefu yumvaga yibagiranye mu marangamutima. Umunsi umwe, nyuma y’intonganya

ikomeye, yagiye afatanye n’umuhungu mukuru, asiga Grace n’abandi bana babiri. Ibyumweru byahindutse amezi atatu. Yozefu yumvise atuje ari kure y’amakimbirane, ariko Grace yasigaye mu kubabara no kumva atereranywe. Aho kongera guhuza, bombi bubatse umutima ukomeye wo kwanga. Igihe Yozefu yasubiraga, Grace yari yarubatse urukuta rw’urwango— amakimbirane asanzwe yari yahindutse umusozi w’ubwoba.

### **Ingaruka ku Bana**

- Kuba hagati y’indahemuka ebyiri: Abana batandukanye n’abavandimwe babo bumva basatiranyijwe.
- Ibikomere byo gutereranwa: Abasigaye bumva batazihariye agaciro; abafashwe bumva icyaha cyo guhitwa.
- Imyitwarire ihinduka: Bigaragarira mu masomo, ubugome, cyangwa kwigunga.

- Kubura icyizere mu rukundo rw'ejo: Abana babonye kureka urugo bashobora gukura batizera kudacika k'urukundo.

Urugero: Umugore yagiye afatanye n'abakobwa, asiga umuhungu hamwe n'umugabo. Abakobwa bumvise batabarutse ku ntonganya zasaga n'izihoraho, ariko umuhungu yahuye n'ubwoba bukomeye, atinya ko nyina atakimukunda. Ku ishuri, yabaye umunyakazimira, yirukana abandi bana. Abakobwa nabo bumvise icyaha cyo guhitwa, bikabatera kwirega mu mutima.

### **Ingaruka ku Muryango n'Abaturanyi**

- Gutandukana kw'imiryango: Imiryango y'ingeri (in-laws) iragabanyuka mu mpande, bigatera urwango aho guhosha.
- Kubura icyubahiro: Abaturanyi baravuga, bagashyira urugo mu majwi nk'urwananiwe.
- Icyasha ku bana: Akenshi barahinduka "abana b'ingo zasenyutse" mu mvugo y'abandi.

### **Uburyo bwo Gukemura mu Bujyanama**

Ujyanama agomba gutandukanya hagati y’aho harimo ihohoterwa ry’ukuri n’aho ari amakimbirane atarakemuka.

- Aho hari ihohoterwa, umutekano uza ku isonga.
- Aho nta hohoterwa, kureka urugo bigomba gusobanurwa nk’uguhunga, si igisubizo.

### **Inyigisho ya CARE**

- Clarify (Sobanura): Shyira ku murongo impamvu zatumye habaho kureka. Hari agahinda, ibura ry’itumanaho, cyangwa ibyiringiro bitagezweho?
- Assess (Suzuma): Reba ingaruka ku bana no ku muryango mugari. Bombi bagomba kubivuga mu ijwi riranguruye.
- Rebuild (Kongerera kubaka): Subizaho itumanaho biciye mu biganiro byubatswe. Ujyanama afasha mu buryo butabogamye.
- Establish (Shyiraho): Mwumvikane ku by’ejo— niba ari ngombwa gutandukana by’igihe gito,

bigomba kuba bigizweho amategeko, igihe kigaragara, n’ubujyanama buherekeje.

### **Imyitozo y’Abashakanye**

#### **Umwitozo 1: Gusubiza inyuma igihe**

##### **Buri wese yandika:**

- Ibyabaye byagejeje ku kureka.
- Uko yabyumvise mu gihe cyo kubura mugenzi we.
- Ibyo yize ku buzima bwe.
- Hanyuma, mu bujyanama, basangira ibyo byanditswe, bagashaka aho bahuriye.

#### **Umwitozo 2: Kureba mu maso y’umwana**

##### **Umubyeyi wese yibaze:**

- Umwana wanjye yatekereje iki igihe nari ngiye?
- Ni iyihe nyandiko y’ibanga yahise ahawe n’iyo kugenda kwanjye?
- Ni izihe nzizi cyangwa ubwoba ashobora kuzajyana mu buzima bwo gukura? Kwandikira abana ibaruwa (n’iyo idasomwe) kenshi byerekana impuhwe n’ukwicuza.

Umwitozo 3: Amasezerano y'umuryango  
Abashakanye bandika amasezerano agira ati:

- Nta mwana uzigera atandukanywa na basaza/masenge batabanje inama y'abahanga.
- Niba umwe yumvise atagishoboye, azasaba igihe cyo guhumeka cyagenwe n'umujyanama, aho guhitamo kureka urugo.
- Amayira y'itumanaho (telefoni, ubutumwa, cyangwa ubujyanama bwombi) azaguma afunguye no mu bihe bikomeye.

### **Intambwe Zerekeza ku Gukira**

- Mushake ubuhuza hakiri kare: Ujyanama, umuhuza cyangwa umujyanama wizerwa abe mu nzira mbere y'uko kureka biba ingeso.
- Mwemerere ububabare: Bombi bagomba kwemera ko kureka urugo bifite ingaruka zisumba bo ubwabo.

- Ongera wubake icyizere buhoro buhoro: Ntushobora kugisaba; gituruka mu guhoroaho, kuba inyangamugayo no kugaragaza inshingano.
- Garura abana witonze: Babwire ko gutatana atari amakosa yabo kandi ko bombi bakibakunda.

### **Ibibazo byo Kuzirikana**

- Ni ibihe byatumye kureka bimeze nk'igisubizo cyonyine?
- Ni ibihe byatakaye kubera kureka byari byakemuwe mu biganiro?
- Ni gute mwiyezeza gukemura amakimbirane mutabanje guhunga ku mubiri cyangwa mu mutima?
- Niba nawe warakuriye mu rugo rwahozemo kureka, ni gute ayo mateka akugiraho ingaruka mu buryo usubiza amakimbirane y'ubushyingiranwa?

**Umusozo**

Kureka urugo gisa n'aho gitanga umudendezo w'igihe gito, ariko ni umutingito utavugwa usiga umusingi waracitse. Urugo rushobora kwihanganira intonganya, kubura ibihe bimwe, n'iyo ari ubusambanyi; ariko kubura igihe kinini birasenyera icyicaro nyacyo cy'ubusabane.

Kugira ngo urugo rukizwe, abashakanye bagomba kwiga ko kubura atari igisubizo, ahubwo ari igikomere. Gukira bitangira igihe bombi baremeye ububabare, ingaruka ku bana n'imiryango, maze bagahitamo kwiyounga aho gucika.

## **IGICE CYA CUMI NA BIBIRI**

### **Kurinda Urugo rwawe ku Mbaraga z’Ahandi (Outside Influence)**

#### **Intangiriro**

Ubushyingiranwa bateganyijwe kuba ubufatanye bw’abantu babiri biyemeje gukundana, kubahana no gushyigikirana. Ariko mu by’ukuri, buri rugo rubamo imiyoboro myinshi y’imibanire: buri wese azana imizi y’umuryango akomokamo, inshuti, n’inshingano z’imibereho. Ayo mahuriro arafasha kandi afite agaciro, ariko iyo ataranzwe n’imipaka myiza, ashobora kuba inkomyi ikomeye ku mahoro y’urugo. Kenshi, ingo ntizisenywa n’ibiba imbere mu nzu gusa; ahubwo amahirwe n’amagambo y’abandi—umuryango w’umwimerere, ababyeyi b’inshoreke, abavandimwe, cyangwa inshuti—bigira uruhare mu guhindura utugorane dushoboka gukemurwa mu makimbirane akomeye. Kurinda urugo rwawe kuri izi mbaraga si

kwigira nyakamwe, ahubwo ni gushyiraho imbibi nzima, gushyira urugo ku isonga, no kwiga guhagarara hamwe nka bamwe.

### **Kumenya Uko Imbaraga z’Ahandi Zikora**

Imbaraga zituruka hanze ziza mu buryo butandukanye:

- Umuryango w’umwimerere: Ababyeyi bashobora kunanirwa kurekura, bagashaka gukomeza kuyobora abana bakuru; abavandimwe bakumva ko bafite ijamba mu byemezo by’urugo.
- Inshoreke (in-laws): Benshi barushanwa ku ndahemuka, bakitegerezaho ko umwana wabo abashyira imbere kurusha uwo bashakanye.
- Inshuti: Hari izishobora gushishikariza ibanga, kwirengagiza urugo, cyangwa n’ubusambanyi—zaba zibigambiriye cyangwa zitatabyitayeho—zaca inama mbi.
- Abavandimwe bafata uruhande: Gukereza mu makimbirane byongera icyuho aho gushyigikira amahoro.

Izi majwi z’inyuma zishobora kuzana ugushidikanya, gusenya ubumwe, no gukura amaso kuri partenariat y’abashakanye. Iyo bidakosowe, bisunika icyizere n’ubusabane kugwa.

### **Kubaka Imbibi Zikomeye z’Urugo**

Imbibi zirinda urugo umuvuduko mubi w’ahandi. Si inkuta zo kwigira nyakamwe; zimeze nk’izitima zifite amarembo—zemerera urukundo, inkunga n’ubwenge kwinjira, ariko zikirukana gucucuma, kudaha agaciro, n’amakimbirane.

- Ubuzima bw’imbere (privacy): Si urubanza rwose rugomba gusohoka mu nzu. Gutangaza buri ntonganya ku babyeyi, inshuti, cyangwa abavandimwe bituma bafata uruhande; iyo mwasubiranye, uburakari bwabo busigara.
- Ibanga ryingirwa (confidentiality): Mufate umwanzuro ko ibijyanye n’imari, ubusabane, n’amakimbirane biguma hagati yanyu kereka habayeho ubufasha bwa kinyamwuga.

- Intera y’icyubahiro: Kubaha ababyeyi n’imiryango ni ingenzi, ariko ibyemezo bireba urugo bigomba gufatirwa mu bashakanye.

Inyunganizi

y’Umujyanama:

Iyo imbibi zitashyizweho, ingo zihura n’ikibazo cya “triangulation”—igihe uw’inyuma yinjira mu kibazo, agasakuriza uguhangana kw’indahemuka. Kwirinda triangulation birengera ubwere bw’isezerano.

### **Gushyira Ubufatanye ku Isonga**

Ubushyingiranwa bushyiraho umuryango mushya w’ingenzi. Ibi ntibigabanya urukundo ku babyeyi, abavandimwe cyangwa inshuti; bisubiza ibintu ku murongo.

- Kwerekeza indahemuka: Iyo habaye amakimbirane, uwo mwashakanye ni we mw’imbere si umubyeyi cyangwa umuvandimwe.
- Ijwi rimwe imbere y’abandi: N’iyo mwaduhuzaga imbere mu nzu, mwerekane ubumwe ku bandi; mwongere mugirane inama mu ibanga.

- Kurwanira mugenzi wawe mu kuri: Rindira izina ry'uwo mwashakanye, cyane cyane imbere y'umuryango wawe. Ibi byubaka icyizere cyimbitse.

Urugero: Umugore mushya yakundaga kubwira mama we buri ntonganya y'urugo. N'ubwo yakomezaga kunga n'umugabo, umujinya wa nyirakuru wagumaga. Mu bujyanama, bashakanye bemeranya ko amakimbirane azajya akemurirwa mu rugo, kandi ku muryango bazasangiza ibyiza gusa. Imbibisi zoroheje zasubije icyubahiro hagati y'umugabo n'ababyeyi b'umugore.

### **Gucunga Inshuti mu Bwenge**

Inshuti zifite ubushobozi bwo guhindura uko wita ku rugo.

- Hitamo neza: Si inshuti zose zigomba kugira ijamba rinini ku mubano wanyu. Inshuti zihora zishishikariza gatanya, ibanga, cyangwa imyitwarire idashinga ntizigomba kwinjira mu rwanyu.

- Itsinda rishyigikira: Mwikikire abubaha urugo kandi bagushishikariza gukura. Ingo z'inshuti zifite indangagaciro nziza zirabatera umugisha.
- Umucyo mu nshuti: Inshuti za hafi z'igitsina kivuganye zikeneye umucyo n'impaka mu bwubahane. Muganire ku mbibi mweruye, mwirinde ugushidikanya.

Urugero: Dawidi yagiraga ubucuti bwa hafi n'umukozi mugenzi we w'umugore. Umugore we yabaga abihebye igihe yahamagaraga nijoro. Mu bujyanama, Dawidi yamenye ko n'ubwo nta mugambi mubi yari afite, kubura umucyo byabyaye kutizerana. Bemeranyije imbibi zisobanutse: ibiganiro by'akazi biguma mu masaha y'akazi, kandi umugore azwi neza ku mukobwa bakorana. Ibi byahumurije urugo.

### **Gukemura Amakimbirane mu Rugo**

Abashakanye benshi bijya gushaka ab'inyuma kuko batize uko bakemura amakimbirane. Ubumenyi bw'ibanze bwo gukemura ibibazo bugabanya icyo kigeragezo.

- Ikiganiro mu kuri: Tanga “numva” aho “uranyenze”; wibande ku byiyumvo, si ku gushinja.
- Ubufasha bwa kinyamwuga: Iyo biremereye, umujyanama atanga uburinganire kurusha abavandimwe bashobora gufata uruhande.
- Kubabarira vuba: Muhanagure ibitotsi mukiri kumwe mbere y’uko abandi babigwiza.

### **Inyunganizi y’Umujyanama:**

Aba “b’inyuma” bakunze gukomeza inzika kurusha abashakanye ubwabo. Ababyeyi, abavandimwe, n’inshuti bashobora kwanga uwo mwashakanye n’igihe mwarababariranye. Gukemurira ibibazo imbere mu rugo birinda iki gikomere kiramba.

### **Guhuza Umuryango n’Ukwigenga**

Ingo nzima ziha agaciro ababyeyi n’umuco, ariko zigafata umwanya wazo.

- Gutura ukwanyu: Niba bishoboka, muture mutari kumwe n'inshoreke kugira ngo urugo rubone umwanya wo gukura.
- Gusura biteguwe: Mwemeranye igihe cyo gusura kugira ngo ntawe wumva yirengagijwe cyangwa yarenzweho.
- Ibyemezo byunze ubumwe: Mubanze muganire mbere yo gutanga inkunga y'imari cyangwa iy'amarangamutima ku muryango mugari; mubyerekane nk'abafatanyabikorwa.

### **Inkigi z'Umwuka n'Iy'amarangamutima**

Ingo zishingiye ku ndangagaciro musangiye ntizanyeganyezwa n'amajwi y'inyuma.

- Imigenzo y'ukwizera: Isengesho, icyigisho, cyangwa imigenzo y'umwuka bifatanyije bikomeza ubumwe.
- Kwiyibutsa isezerano: Mwibwirane kenshi impamvu mwahisemo kuba umwe: akajambo

gatuje—*“Nishimira ko turi kumwe”*—kabuza amajwi y’inyuma kwinjira.

### **Imyitozo ngiro ku Bashakanye**

- Ikarita y’Imbibi (Boundary Mapping): Tega udushushanyo dufite impeta ebyiri. Impeta y’imbere ni urugo; iy’inyuma ni ab’inyuma. Andikamo ibijya mu y’imbere n’ibijya mu y’inyuma. Mwemeranye ko ibibazo bimwe biguma imbere kereka mwabyemeranyije.
- Gukinira imyanya (Role-play) y’Umuryango: Buri wese yitoreze uko yasubiza umubyeyi, umuvandimwe, cyangwa inshuti igerageza kwivanga.
  - Umubyeyi: *“Kuki ahora ateka atyo?”*
  - Umugabo: *“Mama, turabashimiye ku bitekerezo, ariko aha ni ko tugenza ibintu mu rugo rwacu.”*
  - Ibi bituma muvugana mu ijwi rimwe kandi muba biteguye ibizakubita.

- Isuzuma rya buri Cyumweru: Muteganyirize nimugoroba umwe mu cyumweru mugasubiramo uko imbaraga z’inyuma zabagizeho ingaruka. Muganire ku byagenze neza no ku mbibi zikenewe kongerwamo imbaraga.

### **Ibibazo byo Kuzirikana**

- Ese nkantuza ababyeyi, abavandimwe, cyangwa inshuti mu byemezo by’urugo?
- Twemeranyije ku makuru aguma mu rugo?
- Ese duhagaze hamwe imbere y’igitutu cy’imiryango, cyangwa tureka ab’inyuma bakaducamo ibice?
- Ni z’ikihe gitsika cy’inshuti n’imiryango kidushimangira, kandi iki kiduterenza?
- Ni izihe ntambwe dushobora gufata iki cyumweru zo kongera imbaraga z’imbibi?

### **Umusozo**

Imbaraga z’inyuma ni imwe mu mibisha yicecekeye ariko ikaze ku rugo. Umuryango ukomokamo, inshoreke,

abavandimwe n'inshuti bazahora bahari, ariko ntibagomba kuyobora icyerekezo cy'isezerano ryanyu. Mushyizeho imbibi zikomeye, mushyize urugo ku isonga, muhitamo inshuti zishyigikira, mwigira gukemura ibibazo imbere, kandi mukaguma ku nkingi z'umwuka n'iz'amarangamutima, muzikingira kwivanga gusenya. Iyo umugabo n'umugore bahagararanye, nta w'inyuma ubacamo. Urugo ruhinduka ahantu hizewe h'urukundo n'icyizere, kandi urugero rwerekana mu miryango n'inshuti uko ukwiyemeza kuzima kumeze.

## IGICE CYA CUMI NA GATATU

### Kurindira Urugo Inyigisho z’Ubuyobe z’Idini

#### Intangiriro

Ubushyingiranwa ni ubwera. Ku bantu bizera, si amasezerano y’imibereho gusa, ahubwo ni isezerano imbere y’Imana. Ni yo mpamvu abashakanye benshi bisunga abayobozi b’umwuka—abapasiteri, abahanuzi, abashehe, cyangwa abajyanama—bashaka ubuyobozi. Iyo ubuyobozi bukozwe neza, bworohereza ingo: bukomeza umwuka, ubumwe, n’ubushobozi bwo gutsinda ibigeragezo.

Ariko hari igihe ubuyobozi bw’umwuka buhinduka isoko y’amacakubiri aho kuba inzira yo gukiza. “Ibiyerekwana” bitagenzuwe, “ubuhanuzi” butageragejwe, n’inama zidatekerejwe neza bishobora kuzana ugushidikanya, ubwoba n’amakimbirane. Iyo umuyobozi w’umwuka ahagurutse umwe mu bashakanye kurwanya undi, urugo rurahungabana. Kurinda isezerano ry’urugo kuri ubu

bwoko bw'ingaruka bisaba gusesengura (discernment), imbibi, n'ubumwe.

Kumenya Ibyago by'Ubuyobozi bw'Umwuka Bwayobye  
Si ijambo ryose ryitwa iry'umwuka riba ari ukuri. Ibyo abantu bavuga bishobora guterwa n'amarangamutima yabo, umuco, cyangwa ibikomere batakijije. Ingaruka zishobora kugaragara:

- Ibiyerekwaga n'ubuhanuzi bitagenzuwe: Guhamya ko umwe ari “uvumwe”, “udasukuye”, cyangwa “utari uwawe”.
- Inama zifite urujijo: Gushishikariza gucunga mugenzi wawe, kumuyobora mu buryo bwo kumunesha, cyangwa gutandukana nta gisobanuro cyuzuye.
- Gufata uruhande: Guha inama umwe ukirengagiza undi.
- Guteza kwishingikiriza ku muyobozi: Gutuma abashakanye bategereza umuyobozi kuri buri cyemezo, aho kubafasha gukura nk'abafatanyabikorwa.

Inyunganizi y'Umujyanama:

Ubuyobozi nyakuri ntibutesha agaciro uwo ari we wese mu bashakanye; bubyutsa, bukiza, kandi bugenda bwegereza abashakanye. Inama ikomeza ugushidikanya cyangwa ubugizi bwa nabi mu gihe cyose igomba gupimwa neza.

### **Uruhare rw'Isesengura (Discernment)**

Gusesengura ni ubushobozi bwo gutandukanya ukuri n'ibinyoma, ubwenge n' akarengane. Abashakanye bagomba kwitwaza gupima buri butumwa cyangwa inama mbere yo kubishyira mu bikorwa.

Ibibazo byo kwibaza:

- Ese ubu butumwa bushyigikira urukundo, ubumwe n'icyubahiro?
- Ese buhuza n'ukwemera, lbyanditswe, n'ubwenge busanzwe?
- Ese kubukurikiza bikomeza cyangwa bisenya urugo rwacu?

Gusesengura birinda abashakanye “kujugunywa n’umuyaga w’inyigisho zose” (Abefeso 4:14).

### **Gushyiraho Imbibi n’Abayobozi b’Umwuka**

Imbibi si ugutesha agaciro abayobozi; ni ukurinda urugo kwigarurirwa mu buryo butari bwo.

- Ibyemezo bisangiwe: Nta gikorwa gikomeye kigomba gufatwa hatabayeho kumvikana kw’abashakanye bombi.
- Umucyo: Jya mu bujyanama muri kumwe igihe bishoboka; amabanga atanga umwanya wo gucucumwa.
- Imipaka y’icyubahiro: Shimira inama, ariko ububasha bwa nyuma bugume mu bashakanye.

### **Gukomeza Ubufatanye bw’Abashakanye**

Ingo zihuje zoroheye guhagarara imbere y’imiyaga y’amajwi y’inyuma.

- Musengere hamwe: Imigenzo y’umwuka isangiwe yubaka imbaraga zo kwiringira Imana.

- Itumanaho ryoroshye: Mwisangize buri butumwa mwakiriye; icecekero kizana ugushidikanya.
- Mushyigikirane: Muhagararane mwegera igihe habonetse amagambo atunguranye.

Urugero: Umushumba wa Ruth yamubwiye ko ibibazo by’umwuga by’umugabo we biterwa n’“imivumo y’inkomoko”. Ruth yatangiriye gutekereza nabi ku mugabo we. Nyuma y’inama, bemeranyije ko nta “byahishuwe” bizashyirwa mu bikorwa hatabanje isengesho n’inama yombi. Aho amahoro yagarukiye mu rugo.

### **Icyago cyo Kwishingikiriza Birenze**

N’ubwo abayobozi ari ingenzi, ntibagenewe gusimbura ubwitonzi n’inshingano by’abashakanye.

- Ubuyobozi bwiza buyobora abashakanye mu gukura hamwe.
- Ubuyobozi bubi butuma ingo ziba imbata, zibytse mu bwoba cyangwa zigacikamo ibice.

Abashakanye bagomba kongera kugarura ububasha bw'isezerano ryabo: isezerano ni hagati y'umugabo, umugore n'Imana—si hagati y'umugabo, umugore n'umuyobozi.

### **Inkingo Ngiro**

- Musengere kwemezwa muri kumwe: Ntimukore kuri “ubuhanuzi” cyangwa inama mutagira amahoro mu mutima.
- Gereranyiriza ku Byanditswe n'ubwenge: Iyo inama ihabanye n'urukundo, icyubahiro, n'ubutabera, muyibaze.
- Mwemeranye ku mategeko y'imikorere: Urugero: ubutumwa “bwahishuwe” bugomba gusangizwa, kuganirwaho, no kwemezwa n'umugabo n'umugore mbere yo kugira icyo gikorwa.
- Mushake inama izira ubusumbane: Muhitemo abayobozi bubaha abashakanye bombi kandi baharanira ubumwe.

- Mukomere mu kwizera ku giti cyanyu: Mugwire mu mwuka hamwe, kugira ngo mugabanuke kwishingikiriza ku majwi yo hanze.

### **Imyitozo ngiro ku Bashakanye**

#### 1) Gupima Inama Muri Kumwe

Buri gihe mwakiriye inama y'umwuka, mwicare mubaze:

- Ese ikomeza urukundo?
- Ese yubaha bombi?
- Ese ihuje n'ukwemera n'ubwenge?  
Niba atidahuye, muyishyire ku ruhande mu bwubahane.

#### 2) Gukinira Uko Musubiza Umuyobozi

Mwitoze amagambo y'icyubahiro arinda imbibi:

*“Pasiteri/Sheikh, turabashimiye ku bwitange. Tuzafata umwanya wo gusenga no gufata icyemezo nk'abashakanye.”*

#### 3) Isuzuma ry'Umwuka ryo Buri Cyumweru

Mugene umugoroba umwe wo gusenga, gusubiramo

ubutumwa bwose bwa kinyamwuga mwumvise, no kwiyibutsa ubumwe bwanyu.

### **Isengesho Ryo ku Bashakanye (Gitekerejwe)**

*Data wo mu ijuru, turagushimira urugo rwacu. Duhe ubwenge bwo gutandukanya inama nziza n'iy'ubuyobe. Udukize ijambo iryo ari ryo ryose rishaka kutuducamo ibice. Twigishe kubaha abayobozi b'umwuka tudata umuyobozi w'isezerano waduhaye. Duhe ubumwe mu rukundo, kwihangana no kwizera, kugira ngo urugo rwacu rwerekane ukuri kwawe n'amahoro yawe. Amina.*

### **Ibibazo byo Kuzirikana**

- Hari igihe nakurikiye inama y'umwuka ntabanje kuganira na mugenzi wanjye?
- Ubutumwa twakurikije bwubatswe icyizere cyangwa bwateje ugushidikanya?
- Iyo tujya mu bujyanama/ibiganiro by'umwuka, tujyana cyangwa tujya dutandukanye?

- Ni gute twakomeza imbaraga zacu z’umwuka kugirango tudakinga ku majwi yo hanze?

Urugero: Umuhanuzi yabwiye Mikaheli ko Joy ari “impamvu y’ubukene” bwe. Mikaheli yabaye uwitonze w’amarangamutima, atangira no gutekereza gatanya. Joy yumvise atakundwa kandi yariganyijwe. Mu bujyanama, Mikaheli yamenye ko yatanze ububasha bw’urugo rwe ku ijwi ryo hanze. Biyemeje ko nta buhanuzi cyangwa inama bizemerwa hatabanje isengesho n’amasezerano yombi. Ibi byarokoye urugo kandi bisubiza icyizere.

### **Ibyo Kwibuka (Remarks)**

Abayobozi b’umwuka bashobora kuba umugisha; ariko ibiyerekwa bitagenzuwe, inama zibogamye, cyangwa ubujyanama buha ruhande rumwe bishobora kuba ibyago. Abashakanye bagomba kurinda isezerano binyoze mu gusesengura, gushyiraho imbibi, no kwiringira Imana bari kumwe.

Ikimenyetso nyakuri cy’ubuyobozi buva ku Mana ni amahoro, ubumwe n’urukundo—si ugucikamwo.

Umugabo n’umugore bapima ubutumwa bari kumwe, basenga bari kumwe, kandi bahagararana, ntibashwanyurwa n’inyigisho z’ukuyobya.

**Umusozo: Gushaka Aho Ikibazo Gihereye Nyakuri**

Hari inkuru y’umwarimu wamanitse ikirahure cy’amazi mu ishuri. Abanyeshuri bategereje ibisobanuro; hashira iminota, akomeza kugifashe. Nyuma y’iminota 10, akaboko kararuhijwe. Abanyeshuri babajijwe ibiro by’icyo kirahure; arasubiza ko uburemere si bwo kibazo, ahubwo igihe wagumanye umutwaro.

Isomo: Ikirahure nta bwo cyahindutse irembo; icyahindutse ni umutwaro wo kugifata igihe kirekire. Uko ugifashe igihe kirekire, ni ko ububabare bwiyongera.

Igisubizo: kishyire hasi. Ni ko ibibazo by’ubuzima bimeze—iyo ubifashe akanya, biroroshye; iyo ubihambiriyeho, birakuramba.

Ibi bitekerezo bitwibutsa ko benshi bikoreza ibiro by’ejo mu ejo hazaza. Si ukwirengagiza ibibazo, ni ukwiga kubirekura kugira ngo amahoro n’imbaraga bisubire.

Ibyo Kwisuzumisha mu Gikorwa:

- “Ni iki kirahure mfite uyu muni?”
- “Nkimaze igihe kingana iki nkifasheho?”
- “Ubuzima bwanjye bwamera bite nkanze hasi uwo mutwaro?”
- “Intambwe nto nafata uyu muni yo kuwushyira hasi ni iyihe?”

Inyigisho y’ingenzi: Urugo rurokoka iyo abashakanye batinya ukuri—bakumva aho umuyaga uciye aho gushinja uwundi kubyutsa impapuro. Mushake idirishya rifunguye, umuryango udafunze, cyangwa umufana wasigaye ucanye—ni byo bikomeza umuyaga: ubusinzi, umujinya, inzika, ubugugu, agasuzuguro, ubwibone, kwirara, amagambo akomeretsa, kubeshya, kubura itumanaho, ubukonje, kwihorera, ibyiringiro bidafite ishingiro, umuzigo w’imari, ubusambanyi, cyangwa kwivanga kw’inshuti/umuryango/akazi. Kugeza aho isoko itagaragaye, “impapuro” zizakomeza kuruzwa. Kwihakana no kwiregura bituma urugamba rudarangira; iyo imizi imenyekanye kandi igakosorwa, imvura iratuza.

Gukiza urugo si ukwiyoberanya cyangwa gushinja mugenzi wawe; ni ubutwari, kwicisha bugufi, no gukorera hamwe. Ingo zituje ni izihagarika gushinja maze zigafata ukuboko kuzimya idirishya, umuryango n’umufana. Urukundo rudahisha, imbabazi zidafata urugero, itumanaho rifunguye, n’isezerano ry’uyu muni ku muni—ni byo byubaka ahantu hizewe kuri buri wese. Ntimupfushe ubusa imbaraga mushinja impapuro z’urwindimuke; mukore hamwe mu guhagarika umuyaga.

**Iyi nyandiko ibe umujyanama, ihumure, n’itangazo ry’ibikorwa: kurokora si urugo gusa, ahubwo ni umurage w’urukundo abana n’abuzukuru bazaheraho.**

## IBYEREKEYE UMWANDITSI

Dr. Christian Adetunji ni umuganga w'ubujyanama mu mibanire y'abashakanye n'imiryango, afite uruhushya rwemewe nk'inzobere mu bujyanama, akaba n'umuhuza w'abagize amakimbirane ndetse n'umujyanama mu by'iyobokamana. Afite imyaka myinshi y'uburambe mu gufasha abashakanye, imiryango n'abantu ku giti cyabo kugira imibanire myiza no kubaho mu buzima buzira umuze. Nk'umuyobozi n'uwashinze CMAT Family Therapy Services, akomatanya ubumenyi bwa gihanga, gusobanukirwa imico n'ubuhanga bushingiye ku kwemera kugira ngo akemure ibibazo birebana n'ubusabane, kurera abana, ubuzima bwiza ndetse no gukemura amakimbirane. Nk'umwanditsi w'igitabo n'umutoza w'inararibonye, Dr. Adetunji akomeje kongera ubumenyi no gushishikariza abantu kwita ku buzima bw'imiryango n'imibereho myiza rusange, haba muri Afurika no ku rwego mpuzamahanga.

## IBYEREKEYE IGITABO

Uko Wakiza Umubano Wawe ni igitabo cyuje impuhwe kigenewe abashakanye bahura n'ukuri k'umubano—gukomeza gukomera mu gihe cy'ibigerageze by'ubuzima. Ibibazo by'ubukungu, kurera abana, ibibazo by'ubuzima ndetse no kutabona ibyifuzo byujujwe bishobora buhoro buhoro gusenya ubusabane no kwizerana, ariko gukura birashoboka. Binjije mu bitekerezo bifatika, ubwenge bushingiye kuri Bibiliya ndetse n'inama z'ubujyanama, Dr. Christian Adetunji afasha abashakanye kongera kubaka uburyo bwo kuganira, kugarura ubw'anywe no guhangana n'amakimbirane bafite umutima wicishije bugufi n'ubutwari. Niba uri hafi yo gutandukana cyangwa ushaka gusa kongera gucana umucyo w'urukundo, iki gitabo kigufasha guhindura amahitamo ya buri munsu mu rukundo ruramba, gihindura intimba ikaba imbaraga n'icyuho kikaba ubumwe bushya.

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