KLC

KINGDOM LIFE COMMUNITY

Croire • Espérer • Réussir

N'ABANDONNE JAMAIS
TA VISION OU TON RÊVE

IGITABO CA 2 :
Kumenya no kwandika iyerekwa ryawe



Inzozi zihebuje, ariko zishoboka mu Mana !

Pasteur NDAYISENGA Wenceslas

Tel: +257 61056556
ou +25779988236

Email:
wenceslas304@gmail.com

Site Web:
https://bujumbura.bi/

URUHERE REKANE RW'IBITABO BITANDATU

N'ABANDONNE JAMAIS TA VISION OU TON RÊVE

Igitabo ca 1 — Iyerekwa ni iki, kandi kubera iki ari ngombwa?

Igitabo ca 2 — Kumenya no kwandika iyerekwa ryawe

Igitabo ca 3 — Kwitegura: gusenga, kwiga no guharura ibiciro

Igitabo ca 4 — Indero y'umwanya, y'ingeso n'iy'amahera

Igitabo ca 5 — Kurinda iyerekwa ryawe

Igitabo ca 6 — Ntuzigere uheba: kwihangana, gutsindwa n'uwo uzoba ejo

© 2026 Pasteur NDAYISENGA Wenceslas. Uburenganzira bwose burarinzwe.

Nta gice c'iki gitabo gishobora gusubirwamwo, kubikwa canke gukwiragizwa mu buryo ubwo ari bwo bwose hatabanje uruhusha rwanditswe n'umwanditsi, kiretse ivyo bivuye mu gitabo bikoreshejwe mu nyigisho canke mu nsiguro, hamwe n'ukwerekana aho bivuye.

Ivyanditswe vya Bibiliya vyasiguwe mu majambo y'umwanditsi, kiretse aho bivuzwe ukundi.

Email: wenceslas304@gmail.com

Telefone: +257 79 93 89 21 / +257 79 98 82 36

Ushaka ibitabo vyinshi bitandukanye vy'umwanditsi NDAYISENGA Wenceslas, raba k'Urubuga: https://bujumbura.bi

NDAGITUYE

Igitabu ndagituye urwaruka rwose rw'u Burundi n'abandi bose bafise inzozi mu mutima, ariko bakibaza nimba zishoboka.

Ntimuzigere muheba. Imana iracakora.

Ugushimira

Ndashimira mbere na mbere Imana Data, Umwami wacu Yesu Kristo na Mpwemu Yera, kubera ubuzima, umuhamagaro n'ubwenge bwampaye ubushobozi bwo kwandika ibi bitabo.

Ndashimira umuryango wanje, HABONIMANA Evelyne n'ibibondo, kubera ukwihangana, amasengesho n'ugushigikira kwabo; abagenzi banje bo muri Kingdom Life Community.

Ndashimira urwaruka twagendanye mu myaka myinshi: ibibazo vyanyu, amasengesho yanyu n'inzozi zanyu ni vyo vyatumye ibi bitabo bivuka.

Pasteur NDAYISENGA Wenceslas

Ibirimwo

Intangamarara y'iki gitabo **1**

2.1 Kwimenya: impano, ivyerekana agaciro, ibikorwa ubwirijwe kurangura n'ivyo abandi bakeneye **2**

2.2 Kwandika iyerekwa mu buryo butomoye **6**

2.3 Gusuzuma iyerekwa: Bibiliya, ubushobozi, ibikorwa ubwirijwe kurangura n'impanuro **10**

Iherezo ry'iki gitabo **14**

Indongozi y'iminsi indwi **15**

Ibikoresho vyo gushira mu ngiro **16**

Akarorero k'inyandiko y'iyerekwa *16*

Ibibazo vyo guhitamwo umujenama *16*

Ivyanditswe vyatoranijwe **18**

Impano n'ukwimenya *18*

Kwandika no gusuzuma iyerekwa *18*

Ibitabo vyifashishijwe **19**

Bibiliya *19*

Ibijanye n'umwanditsi **20**

Aho ashobora kuronkerwa *20*

Intangamarara y'iki gitabo

Mu gitabo ca mbere c'uru ruhererekane, twabonye ko iyerekwa ari ishusho itomoye y'ico Imana iguhamagariye kuba no gukora. Twabonye ko iyo udafise iyerekwa, ibibazo, ivyiyumvo n'abandi bantu baca bafata ubutegetsi bw'ubuzima bwawe. Twize kandi gutandukanya icipfuzo, intumbero n'umuhamagaro, n'uko iyerekwa nyakuri rikorera Imana, umuryango n'ikibano.

Ariko hari ikibazo gisigaye: "Iyerekwa ryanje ni irihe?" Benshi bazi ko bakeneye iyerekwa, ariko ntibazi aho bobanza kurirondera. Iki gitabo ca kabiri ni co kigira ico kibazo intumbero yaco.

Tuzogenda intambwe zitatu. Ica mbere, tuzokwimenya: impano zawe, ivyerekana agaciro kawe, ibikorwa ubwirijwe kurangura n'ivyo abandi bakeneye. Ica kabiri, tuzokwandika iyerekwa ryawe mu buryo butomoye. Ica gatatu, tuzorisuzuma dukwirikije inzira ya Bibiliya, mu bushobozi bwawe, mu bikorwa ubwirijwe kurangura no mu mpanuro z'abanyabwenge.

Turagusavye gusoma iki gitabo ufise ikaramu n'igitabo c'ivyo wandikamwo. Ntusome gusa: shira mu ngiro. Ku mpera y'igitabo, uzosanga akarorero k'inyandiko y'iyerekwa, ibibazo vyo guhitamwo umujenama, n'indongozi y'iminsi indwi.

> **Icitonderwa:** Ivyanditswe vya Bibiliya muri iki gitabo vyinshi vyasiguwe mu majambo yacu (paraphrase), kandi indanganyandiko yaco iratanzwe. Turagusavye kubisoma mu Bibiliya yawe kugira ngo urabe amajambo nyayo n'ico ikiyago kivuga. Ivyiyumviro vy'abandi banditsi na vyo vyasiguwe mu majambo yacu. Inkuru zivugwa ngo "inkuru y'akarorero" zashizwemwo kugira zigishe; si inkuru z'abantu nyabo.

2.1
Kwimenya: impano, ivyerekana agaciro, ibikorwa ubwirijwe kurangura n'ivyo abandi bakeneye

IKIBAZO C'URWARUKA

Hari abasore n'inkumi benshi bavuga bati: "Sinzi ico nzi gukora." Abandi bakigereranya n'abandi bakavuga bati: "Uriya azi kuririmba, uriya azi kuvuga imbere y'abantu, jewe nta co nzi." Ico ni kimwe mu bintu bica intege cane.

INSIGURO

Nta muntu Imana yaremye ari ubusa. Ariko impano ziratandukanye, kandi zimwe ziranyegejwe, zikeneye kunyegururwa nk'izahabu. Kwimenya bigizwe n'ibintu bine:

- **Impano n'ubushobozi:** ivyo ushobora gukora neza, canke ivyo wiga vyoroshe. Si ukuririmba canke kuvuga gusa: harimwo gutunganya, guhumuriza, gukora n'amaboko, guharura, kwumviriza, kwigisha, kurondera inyishu z'ibibazo.
- **Ivyerekana agaciro:** ibintu udashobora kwemera gutakaza canke guheba. Akarorero: ukuri, umuryango, ubutungane, ukwigenga, gukorera Imana.
- **Ibikorwa ubwirijwe kurangura:** ivyo usabwa ubu, nk'amashure, umuryango, akazi. Iyerekwa ryiza ntirikwiye gutuma uta ibikorwa ubwirijwe kurangura.
- **Ivyo abandi bakeneye:** ibibazo vyo mu kibano cawe ushobora gufasha gutorera umuti.

Ubushobozi bukinyegeje muri wewe

Myles Munroe, mu gitabo ciwe *Understanding Your Potential*, yasobanuye ubushobozi (potential) nk'ivyo ushobora gukora ariko utarakora, imbaraga ziri muri wewe zitarakoreshwa. Yakoresha akarorero k'imbuto: urubuto rumwe rutoyi rurimwo igiti, kandi igiti kirimwo izindi mbuto, n'izo mbuto zirimwo ishamba ryose. Ariko iyo imbuto itatewe, ivyo vyose bigumamwo. Munroe yakunda kuvuga ko ahantu hafise ubutunzi bwinshi kw'isi ari mu irimbi, kubera ko ari ho hashinguwe ibitabo bitigeze vyandikwa, indirimbo zitigeze ziririmbwa, n'ibikorwa bitigeze bitangurwa.

> **MYLES MUNROE**
> *Ubushobozi bwawe si ivyo wamaze gukora; ni ivyo ushobora gukora ariko utarakora. Ntiwemere ko bishingurwa hamwe nawe. (Iciyumviro casiguwe mu majambo yacu)*

Iki ciyumviro gikwiye kudutera umwete, atari ubwoba. Ntibisobanura ko ukwiye gukora vyose; bisobanura ko ukwiye kurondera ivyo Imana yashize muri wewe no kubirangura.

Ishusho yawe: uburyo bwa SHAPE

Rick Warren, mu gitabo *The Purpose Driven Life*, yarateguye uburyo bworoshe bwo kwimenya, abwita SHAPE (mu congereza, iryo jambo risobanura "ishusho"). Inyuguti imwe yose yerekana ikintu kimwe Imana yakoresheje mu kukurema:

- **S – Impano z'Impwemu:** impano Imana iha abizera kugira bubake abandi (Abaroma 12; 1 Abakorinto 12).
- **H – Umutima:** ivyo ukunda, ivyo bigukora ku mutima, ibibazo vyotuma ubura itiro.
- **A – Ubushobozi:** ivyo uzi gukora kuva ukivuka canke atanguye kwiga.
- **P – Kamere:** ingene uremye: ukunda kuba mu bantu benshi canke mu mwiherero, ukunda gutegura canke guhinduka vuba.
- **E – Inararibonye:** ivyo waciyemwo, harimwo n'ibibabaje. Kenshi, ububabare wahuye na bwo burashobora guhinduka isoko y'ubufasha ku bandi.

Ibi bice bitanu biragufasha kuraba ubuzima bwawe nk'ishusho imwe, atari ibice bitatanye.

Aho umunezero wawe uhurira n'inzara y'isi

Frederick Buechner, umwanditsi w'umukristo w'Umunyamerika, mu gitabo ciwe *Wishful Thinking*, yanditse ko aho Imana iguhamagarira hakunze kuba aho umunezero wawe wimbitse uhurira n'inzara nyinshi y'isi. Ni ukuvuga ahantu ukora ikintu kiguhimbara mu mutima, kandi icarimwe gikenewe cane n'abandi. Iyo ukoze ikintu kiguhimbara ariko kitagira ico kimariye abandi, gishobora guhinduka ukwiyitaho gusa. Iyo ukoze ikintu gikenewe ariko kitagukorako na gato, gishobora kuguca intege vuba. Iyerekwa ryiza rikunze kuboneka hagati y'ivyo bibiri.

Aho ibi bintu bine bihurira, ni ho iyerekwa ryawe rikunze kuboneka. Ariko kwimenya bisaba igihe. Ntuzobimenya mu munsi umwe. Uko ugerageza ibintu, ukisuzuma, ukumviriza abandi, ishusho iragenda itomoka.

ISHINGIRO RYA BIBILIYA

> **Abaroma 12:6**
> *Dufise impano zitandukanye, nk'uko twazihawe ku buntu bw'Imana; nimuze tuzikoreshe. (Insiguro yacu)*

Paulo arandikira ishengero ry'i Roma. Arerekana ko ishengero ari nk'umubiri ufise ingingo nyinshi, kandi ko ingingo imwe yose ifise akamaro kayo. Ntiwigereranye n'ukuboko niba uri ugutwi. Impano yawe yarahawe kugira ngo ufashe umubiri wose.

AKARORERO

Bella (inkuru y'akarorero) yibaza ko nta mpano afise kuko atari azi kuririmba canke kuvuga imbere y'abantu. Umwe mu bakuru b'ishengero yaramubwiye ati: "Nabonye ko igihe cose dufise igikorwa, ari wewe utunganya ibintu vyose: urutonde rw'abatumirwa, aho bicara, ivyo kurya." Bella yaratanguye kubona ko afise impano yo gutunganya. Uyu munsi yiga ivyo gutunganya ibirori (gestion d'événements), kandi arafasha amashirahamwe menshi.

AMAKOSA YO KWIRINDA

- Kwigereranya n'abandi no gusuzugura impano zawe.
- Kurondera iyerekwa ryawe wenyene, utabaza abakuzi neza.
- Kwibagira ko n'ubumenyi buva mu myimenyerezo; impano zikura iyo zikoreshejwe.

INTAMBWE NGIRAKAMARO

- Andika ibintu bitanu ukora neza canke abandi bakunze kukubahiriza.
- Andika ibintu bitanu nyamukuru ivyerekana agaciro kawe.
- Baza abantu batatu bakuzi neza ikibazo iki: "Ni ibihe bintu ubona nkora neza?"
- Andika ibibazo bitatu biri mu kibano cawe bikubabaza.

IBIBAZO VYO KWIYUMVIRA

- Ni ikihe gikorwa ukora ukibagira umwanya kubera ukiryohewe?
- Ni ibihe bibazo abantu bakunze kukubaza kubera bizera ko uzi inyishu?

> **Umwimenyerezo:** Kora tableau ifise inkingi zine: "Impano zanje", "Ivyerekana agaciro kanje", "Ibikorwa ubwirijwe kurangura ", "Ivyo abandi bakeneye". Uzuza buri nkingi, hanyuma uce umuzingi ku vyo bihurirako.

Ivyo umaze kumenya kuri wewe nyene ni nk'amabuye y'inyubakwa. Ubu tugiye kubikoresha kugira twandike iyerekwa ryawe.

2.2
Kwandika iyerekwa mu buryo butomoye

IKIBAZO C'URWARUKA

Iyo ubajije umuntu uti: "Iyerekwa ryawe ni irihe?", benshi barishura bati: "Ndashaka gutsinda mu buzima." Ni vyiza, ariko ni ijambo rinini cane ku buryo ritashobora kukuyobora. Gutsinda ni iki kuri wewe? Mu ki? Ryari? Ku bwa nde?

INSIGURO

Iyerekwa ritanditswe rimeze nk'umwotsi: urawubona, ariko ntushobora kuwufata. Kwandika iyerekwa bifise ubumaro butatu:

- **Birakomeza ivyiyumviro:** iyo wandika, uratera kwiyumvira neza ivyo ushaka.
- **Birafasha kwibuka:** uko iminsi ihita, uribagira. Ivyanditswe birakwibutsa.
- **Birafasha abandi kugutahura:** abajanama bawe n'abafatanyabikorwa barashobora gusoma bakagufasha.

Iyerekwa ryiza ryanditswe rifise ibice bitatu: **ico** ushaka kwubaka canke kuba, **ku bwa nde** (abo bizogirira akamaro), n'**ingene** uzobikora (ivyerekana agaciro n'inzira).

Stephen R. Covey, mu gitabo ciwe *The 7 Habits of Highly Effective People*, yasobanuye ingeso yise "Gutangura ufise iherezo mu mutwe." Yarasavye abasomyi kwiyumvira ingene bipfuza kuzokwibukwa, hanyuma bakandika ivyo yita "inyandiko y'ubutumwa bw'ubuzima" (mission statement). Iciyumviro ni iki: uzi aho ushaka gushika, birakworohera gutoranya inzira ya none.

Iyerekwa, ubutumwa n'ivyerekana agaciro

Iyo wandika, birafasha gutandukanya ibintu bitatu bijana:

- **Iyerekwa:** aho ushaka gushika, ishusho ya kazoza. "***Mu myaka icumi, ndashaka kuba...***"
- **Ubutumwa:** ico ukora buri munsi kugira ngo ushike kuri iryo yerekwa. "***Ndakora ibi, ku bw'aba, muri ubu buryo***."
- **Ivyerekana agaciro:** imbibe utazorenga mu nzira. "***Nzobikora mu kuri; sinzobesha, sinzokwiba.***"

Iyerekwa ritagira ubutumwa riguma ari inzozi. Ubutumwa butagira iyerekwa burahinduka akazi kadafise insiguro. Kandi vyose bitagira ivyerekana agaciro birashobora kukujana mu nzira mbi.

Iyerekwa rikwiye kuba ryoroshe kandi risubirwamwo

Myles Munroe, mu gitabo *The Principles and Power of Vision*, yashimitse ku kamaro ko kwandika iyerekwa no kurigira ritomoye, ashingiye kuri Habakuki 2:2. Iyerekwa ritomoye riraguha ubushobozi bwo kuvuga "ego" ku bintu bijana na ryo, na "oya" ku bindi. Abarongozi benshi barabonye kandi ko iyerekwa ridasubirwamwo kenshi ritakaza inguvu buhoro buhoro: abantu bararyibagira, mbere na nyene ryo akaryibagira. Ni co gituma ukwiye kwandika iyerekwa mu majambo make, ukarisubiramwo kenshi, ukaribona buri munsi.

Intambwe zo kwandika iyerekwa ryawe

- **Andika vyose:** ntutinye ko ari vyinshi canke bitaringaniye. Andika ivyiyumviro vyose vyerekeye kazoza kawe.
- **Toranya:** raba ivyo usubiramwo, ibigukora ku mutima cane, n'ibihuye n'ivyo wize kuri wewe nyene.
- **Gabanya:** andika iyerekwa mu murngane atarenze atatu, hanyuma mu muryungane imwe.
- **Gerageza:** somera iyerekwa ryawe umuntu wizigira. Mubaze uti: "Uratahura ico nshaka kuvuga?"
- **Shira ahabona:** ryandike aho uzoribona buri munsi.

Iyerekwa ryawe rya mbere ntirizoba ritunganye. Kuba iyerekwa ryambere ridatunganye neza ivyo ntibihambaye. Igihambaye ni uko riguha icerekezo, rikazogenda ritunganywa uko ukura.

ISHINGIRO RYA BIBILIYA

> **Habakuki 2:2-3**
> *Uhoraho yarishuye ati: "Andika iyerekwa, uryandike neza ku bibaho, kugira ngo urisoma abone kwiruka arijana. Kuko iyerekwa rifise igihe caryo; naho ryoteba, ririndire, kuko rizoza ata kabuza." (Insiguro yacu)*

Ikiyago c'uyu murongo kirahambaye. Umuhanuzi Habakuki yariko yidogera Imana kubera ubugizi bwa nabi bwari mu gihugu. Imana yaramwishuye imwereka ivyo izokora. Iyerekwa rivugwa ngaha ni ihishurirwa ry'Imana ku vyerekeye urubanza n'ugukiza kwayo, si inzozi z'umuntu. Ariko ivyo turavyigiramwo ingingo zibiri zikora no ku buzima bwacu: ivyo Imana yatweretse bikwiye kwandikwa neza kugira bishobore gushikirizwa abandi, kandi ibintu vy'Imana bifise igihe cavyo, bisaba kwihangana. Ntitwofata uyu murongo nk'isezerano ry'uko inzozi zacu zose zizoshika; tuwufate nk'icigwa c'ugutomora no gukomeza kurindira twizeye.

AKARORERO

Reka turabe ingene iyerekwa rimwe rikura:

- **Ridatomoye:** "Ndashaka kuba umuntu akomeye."
- **Ritomoye gato:** "Ndashaka gufasha abana."
- **Ritomoye neza:** "Ndashaka kuba umwigisha w'ibiharuro yizigiwe, afasha abana bo mu kibano cacu mu gutahura ibiharuro, kandi ndabikora mu kuri, mu kwihangana no mu rukundo rwa Kristo."

Iryo rya nyuma riraguha icerekezo: urazi ivyo ukwiye kwiga, abo ukorera, n'ingene ukwiye kubaho.

AMAKOSA YO KWIRINDA

- Kwandika iyerekwa rinini cane ku buryo ritagira insiguro ifadika.
- Kwandika iyerekwa rito cane ku buryo ritagutera umwete.

- Kwandika iyerekwa rimwe hanyuma ntiwigere urisubiramwo. Iyerekwa rirakura uko ukura.

INTAMBWE NGIRAKAMARO

- Koresha akarorero k'inyandiko k'iyerekwa kari ku mpera y'iki gitabo.
- Andika iyerekwa ryawe mu mungane atarenze atatu.
- Ryandike ku gakaratasi urimanike aho ubona buri munsi.
- Risubiremwo buri mezi atatu.

IBIBAZO VYO KWIYUMVIRA

- Iyerekwa ryawe rirasobanutse ku buryo umwana w'imyaka cumi n'ibiri yoritahura?
- Nimba woshika ku mpera y'ubuzima bwawe, wipfuza ko abantu bokwibuka iki kuri wewe?

> **Umwimenyerezo:** Andika iyerekwa ryawe muri iki gihe. Ntutinye ko ritaba ryiza neza. Rizogenda ritunganywa.

Kwandika iyerekwa ni intambwe ihambaye. Ariko imbere yo kuryubakirako ubuzima bwawe, dukeneye kurisuzuma.

2.3
Gusuzuma iyerekwa: Bibiliya, ubushobozi, ibikorwa ubwirijwe kurangura n'impanuro

IKIBAZO C'URWARUKA

Benshi bariruka inyuma y'inzozi zitagenzuwe. Hari uwuta amashure kubera yarose ko azoba umukinyi w'umupira w'amaguru w'ikirangirire, ariko ntiyigera akina mu mugwi n'umwe. Hari uwusaba ingurane y'amahera menshi kugira atangure igikorwa atigeze yiga. Igihe ibintu vyanse, arihebura, akavuga ko Imana yamuhemukiye.

INSIGURO

Iyerekwa ryiza rikwiye gucishwa mu "buyunguruzo" butanu:

- **Ijambo ry'Imana:** iyerekwa ryanje rirahuye n'ivyo Bibiliya yigisha? Rirasaba ko mbesha, nkoresha uburiganya, canke nirengagiza umuryango wanje?
- **Ivyerekana agaciro:** rirahuye n'ukuri, ubutungane n'urukundo?
- **Ubushobozi:** mfise impano canke ubushobozi bwo kwiga ibikenewe?
- **Ibikorwa ubwirijwe kurangura:** Iryotuma ukora ivyo ubwirijwe kurangura ubu mu buryo butari bwo?
- **Impanuro:** abantu b'ubwenge banzi neza babivugako iki?

John C. Maxwell, mu gitabo ciwe *Put Your Dream to the Test*, yateguye ibibazo cumi umuntu yokwibaza kugira asuzume inzozi ziwe. Bimwe muri vyo ni ibi: Inzozi ni zanje koko, canke ni iz'abandi? Ndazibona neza? Nshingiye ku kuri kw'ibintu? Ndazi inzira? Ndafise abantu bakwiye bokumfasha? Ndiko ndemera kwishura ikiguzi? Ivyo bibazo ni vyiza kubikoresha, ariko twebwe abakristo twongerako ikibazo c'ingirakamaro: "Ibi bihesha Imana icubahiro?"

Iyerekwa si ubwiyemezi bwo kwishira hejuru

Myles Munroe yigishije kenshi ko iyerekwa nyakuri ritava mu kwikunda, ahubwo riva ku ntumbero Imana yashize mu muntu, kandi rigirira akamaro abandi. Ubwiyemezi bw'ukwishira hejuru buraba "jewe" gusa: icubahiro canje, amahera yanje, izina ryanje. Iyerekwa riva ku Mana riraba kure kuruta: rituma abandi bamera neza, kandi rihimbaza Imana. Igihe usuzuma iyerekwa ryawe, ibaze uti: "Nimba nta muntu azomenya ko ari jewe nabikoze, noguma ndabikora?" Iyo inyishu ari "ego," ni ikimenyetso ciza.

Ubwoko butatu bw'abajanama

- **Umukristo akuze mu kwizera:** azogufasha kuraba nimba iyerekwa ryawe rihuye n'Ijambo ry'Imana n'ivyerekana agaciro.
- **Umuntu afise inararibonye mu kintu ushaka gukora:** azokwereka ingorane zifadika, ibiciro n'inzira.
- **Umuntu akuzi neza kandi agukunda:** azokwereka ingene iyerekwa ryawe rihuye na kamere yawe n'ibikorwa ubwirijwe kurangura.

Rimwe na rimwe umuntu umwe ashobora kuba ivyo vyose, ariko kenshi ukeneye abantu batandukanye.

Igihe impanuro zitandukanye

Si ibidasanzwe ko abajanama bawe bavuga ibintu bitandukanye. Muri ivyo bihe, andika ivyo umwe wese yavuze n'imvo yaco; raba ivyo bahurirako; ibaze nimba ukutumvikana kuri mu ntumbero canke mu buryo; hanyuma usenge, ufate ingingo, wemere kuyisubiramwo inyuma y'igihe. Imigani 11:14 iravuga ko ahari abajanama benshi hari amahoro. Ntibisobanura ko ufata ingingo ukurikije ubwinshi bw'amajwi, ariko ko uraba ingingo mu mpande nyinshi.

Ukugerageza gutoyi: gusuzuma mu bikorwa

Hari ibintu udashobora kumenya ukoresheje ivyiyumviro gusa. Uburyo bwiza bwo gusuzuma iyerekwa ni ukurigerageza ku ntambuko ntoyi imbere yo kuyishiramwo vyose. Nimba wipfuza kuzoba umwigisha, banza wigishe abana bake mu mpera z'indwi. Nimba wipfuza gucuruza,

banza ugurishe bike. Ukugerageza bitoyi birakwereka ivyo utari uzi, kandi ntiriguhomvya vyinshi.

ISHINGIRO RYA BIBILIYA

> **Imigani 15:22**
> *Imigambi iratsindwa iyo hatari inama; ariko iyo abajanama ari benshi, irashika. (Insiguro yacu)*
>
> **Yakobo 1:5**
> *Nimba umwe muri mwebwe abuze ubwenge, nabusabe Imana iha bose ku buntu idacaguye, azobuhabwa. (Insiguro yacu)*

Yakobo yandikira abakristo bariko baraca mu bigeragezo. Ubwenge asaba ntibuvuga ubumenyi bw'amashure gusa, ahubwo ni ubushobozi bwo kubaho neza mu bihe bigoye, gutora ivyemezo bihuye n'ugushaka kw'Imana. Ni vyiza gusaba Imana ubwenge bwo gusuzuma iyerekwa ryawe. Ariko kenshi Imana iduha ubwo bwenge biciye ku Jambo ryayo no ku bantu b'ubwenge idushira imbere.

AKARORERO

Elvis (inkuru y'akarorero) yariko ashaka guheba amashure ya kaminuza mu mwaka wa kabiri kugira atangure ubucuruzi bw'impuzu. Yaciye abaza abantu batatu: umuvyeyi wiwe, umukuru w'ishengero, n'umucuruzi yari amaze imyaka cumi mu bucuruzi. Uwo mucuruzi yaramubwiye ati: "Ntuhebe amashure. Tangura ubu ugurisha bike mu mpera y'indwi, wige ivy'isoko. Igihe uzoheza amashure, uzoba ufise inararibonye n'abakiriya." Elvis yarabikoze. Amaze guheza amashure, yari afise iduka rito ryatanguye neza. Iyerekwa ryiwe ntiryapfuye; ryararinzwe n'impanuro nziza.

AMAKOSA YO KWIRINDA

- Kubaza abantu bazokwemeza gusa ivyo ushaka kwumva.
- Kwanka impanuro zose nk'aho ari ukutizera.
- Kwibaza ko gusuzuma ari ukubura ukwizera.

INTAMBWE NGIRAKAMARO

- Ishure iyerekwa ryawe ku buyunguruzo atanu yavuzwe haruguru.
- Hitamwo abantu babiri canke batatu b'ubwenge, ubasabe impanuro.
- Andika ivyo bavuze, hanyuma wiyumvire mu masengesho imbere yo gufata ingingo.

IBIBAZO VYO KWIYUMVIRA

- Ni nde mu buzima bwawe akubwira ukuri naho kokubabaza?
- Hari impanuro uheruka kwanka? Kubera iki?

> **Isengesho:** *Mana, ndagusavye ubwenge. Ntashaka kwiruka inyuma y'inzozi zitagufitemwo. Unyereke ivyo nkwiye guhindura. Unyereke abantu b'ubwenge banyumvisha ukuri. Mpa umutima wumva impanuro, kandi umpe ubutwari bwo gukurikira inzira nziza. Amen.*

Iyerekwa rimaze gusuzumwa no kwemezwa rikeneye kwitegurirwa. Ico ni co igitabo ca gatatu c'uru ruhererekane kivuga: gusenga, kwiga no guharura ibiciro.

Iherezo ry'iki gitabo

Muri iki gitabo ca kabiri, twize ko kwimenya ari intambwe ya mbere yo kumenya iyerekwa ryawe. Twarabonye ibintu bine: impano, ivyerekana agaciro, ibikorwa ubwirijwe kurangura n'ivyo abandi bakeneye, hamwe n'uburyo bwa SHAPE bugufasha kuraba ubuzima bwawe nk'ishusho imwe. Twize kwandika iyerekwa mu buryo butomoye, gutandukanya iyerekwa, ubutumwa n'ivyerekana agaciro, no kurisuzuma mu buyunguruzo butanu no mu mpanuro z'abanyabwenge.

Ubu ufise iyerekwa ryanditswe. Ntirizoba ritunganye neza, kandi ntibihambaye. Igihambaye ni kurikurikira. Ni vyo igitabo ca gatatu, *Kwitegura: gusenga, kwiga no guharura ibiciro*, kizogufasha gukora.

Ingingo yanje: Iyerekwa ryanje mu muryungane imwe: ..... Umujenama nzosaba kurisuzuma: ..... Itariki tuzohura: .....

Isengesho: *Mana, ndagushimiye ku mpano wanshizemwo. Mfasha kuzimenya, kuzikoresha, no kutazigereranya n'iz'abandi. Ndagushikirije iyerekwa nanditse: ritunganye, urisukure, kandi umpe abajanama beza. Amen.*

Indongozi y'iminsi indwi

Iyi ndongozi iragufasha gushira mu ngiro ivyo wasomye muri iki gitabo. Buri munsi ufise ivyo usoma canke wiyumvira, igikorwa kimwe gitomoye, n'ikibazo co kwisuzuma. Ivyo bikorwa biroroshe kandi ntibisaba amahera. Nimba uhushije umunsi umwe, ntucike intege: bandanya ejo.

Umunsi	Gusoma no kwiyumvira	Igikorwa	Ikibazo co kwisuzuma
1	Ingingo 2.1; Abaroma 12:4-8	Andika impano zawe zitanu n'ivyerekana agaciro bitatu	Ni iki nkora neza?
2	Ingingo 2.1; 1 Petero 4:10	Andika ibice bitanu vya SHAPE yawe	Ni ibihe bintu bisubiramwo mu nyishu zanje?
3	Ingingo 2.1	Baza abantu batatu ivyo babona ukora neza	Hari ico bambwiye ntari nzi?
4	Ingingo 2.2; Habakuki 2:2-3	Andika iyerekwa ryawe ukoresheje akarorero ruri ku mpera	Ririko ritomoye?
5	Ingingo 2.2	Gabanya iyerekwa ryawe gushika ku ryungane imwe	Umwana w'imyaka 12 yoritahura?
6	Ingingo 2.3; Imigani 15:22	Ishura iyerekwa ryawe ku buyunguruzo butanu	Ni irihe akayungiro katashoboye?
7	Ingingo 2.3; Yakobo 1:5	Hitamwo umujenama ukoresheje ibibazo biri ku mpera, umusabe guhura nawe	Ni nde ambwira ukuri?

Ibikoresho vyo gushira mu ngiro

Akarorero k'inyandiko y'iyerekwa

Koresha aka karorero kugira wandike iyerekwa ryawe. Uzuza aho hari ikibanza categuwe, hanyuma uyiyitirire kugira ribe iryawe.

Iyerekwa ryanje: Ndashaka kuba (uwo ushaka kuba)
..... akorera (abo ushaka gufasha)
..... biciye mu (ico uzokora)
..... Nzobikora mu (ivyerekana agaciro)
..... kugira ngo (ingaruka wipfuza)
....., kubera icubahiro c'Imana n'ineza y'abandi.

Akarorero rwujujwe: "Ndashaka kuba umuhinzi w'umuhinga n'umwizigirwa, akorera imiryango yo mu karere kacu biciye mu kurima imboga n'ukwigisha abandi uburyo bushasha bwo guhinga. Nzobikora mu kuri, mu mwete no mu rukundo, kugira ngo imiryango myinshi ironke ivyo kurya n'amahera, kubera icubahiro c'Imana n'ineza y'abandi."

Ibibazo vyo guhitamwo umujenama

Umujenama mwiza si ngombwa ko aba umuntu w'ikirangirire. Ni umuntu akuzi, akwizera, akubwira ukuri, kandi afise ubunararibonye mu kintu ushaka gukura. Imbere yo guhitamwo umujenama, ibaze ibibazo bikurikira:

- Uyu muntu abaho mu buryo buhuye n'ivyerekana agaciro kanje, cane cane mu kwizera no mu kuri?
- Afise ubunararibonye mu kintu ndonderamwo gukura?
- Arashobora kumbwira ukuri naho kombabaza, ariko akabikora mu rukundo?

- Arumviriza imbere yo gutanga impanuro?
- Arubaha umwanya wanje n'ibanga ryanje?
- Arahimbarwa n'iterambere ry'abandi, canke arashira imbere ivyiwe gusa?
- Arafise umwanya wo kumpa, naho woba mutoyi?
- Abo yafashije imbere banganira iki kuri we?

Igihe umaze guhitamwo, mubaze nimba yokwemera guhura nawe rimwe mu kwezi. Tegura ibibazo imbere y'umwanya wose, wubahe igihe ciwe, kandi umubwire ivyo wakoze ku mpanuro ziwe.

> **Icitonderwa:** Mu kurondera umujenama, cane cane ku bakobwa n'abahungu bakiri bato, hitamwo guhurira ahantu hazwi kandi habonekera, kandi ubimenyeshe umuvyeyi canke umukuru w'ishengero. Umujenama mwiza ntazokwigera agusaba ibanga ritari ryiza canke kugutandukanya n'abo mu muryango wawe.

Ivyanditswe vyatoranijwe

Impano n'ukwimenya

- Zaburi 139:13-16
- Abaroma 12:3-8
- 1 Abakorinto 12:4-27
- 1 Petero 4:10-11

Kwandika no gusuzuma iyerekwa

- Habakuki 2:1-4
- Imigani 3:5-7
- Imigani 11:14
- Imigani 15:22
- Yakobo 1:5-8

Ibitabo vyifashishijwe

Ivyiyumviro vy'abanditsi bavugwa muri iki gitabo vyasiguwe mu majambo yacu; nta jambo ryabo ryasubiwemwo uko riri. Ivyo bitabo vyanditswe n'abantu b'ivyiyumviro bitandukanye; kuvyifashisha ntibisobanura ko twemera ivyo bigisha vyose.

Bibiliya

- Bibiliya Yera, ihinduwe mu kirundi.

Ibitabo vy'abanditsi

- Buechner, Frederick. *Wishful Thinking: A Theological ABC*. New York: Harper & Row, 1973.
- Covey, Stephen R. *The 7 Habits of Highly Effective People*. New York: Free Press, 1989.
- Maxwell, John C. *Put Your Dream to the Test: 10 Questions to Help You See It and Seize It*. Nashville: Thomas Nelson, 2009.
- Munroe, Myles. *The Principles and Power of Vision*. New Kensington, PA: Whitaker House, 2003.
- Munroe, Myles. *Understanding Your Potential*. Shippensburg, PA: Destiny Image, 1991.
- Warren, Rick. *The Purpose Driven Life*. Grand Rapids: Zondervan, 2002.

Ibijanye n'umwanditsi

Pasteur NDAYISENGA Wenceslas ni umukozi w'Imana n'umwigisha muri kaminuza. Ari mu bashinze Kingdom Life Community.

Yanditse ibitabo bitandukanye. Muri vyo harimwo uru ruhererekane rw'ibitabo bitandatu, *N'ABANDONNE JAMAIS TA VISION OU TON RÊVE*, rwanditswe kugira ngo rufashe urwaruka kumenya, kurinda, gutegura no gushikana iyerekwa ryarwo mu nzira y'Ubwami bw'Imana.

Aho ashobora kuronkerwa

- **Email:** wenceslas304@gmail.com
- **Telefone:** +257 79 93 89 21 / +257 79 98 82 36
- **Urubuga:** bujumbura.bi