

WoH 170

Ubunyulu ngokwesini _ Ukuya ebufazini

Ezobomi : Ubunyulu ngokwesini

Ezomphefumlo : Ukuya ebufazini

Uthotho : Amanqanaba obomi bebhinqa Pt 3

Umbongo : Ilungiselelwe amantombazana kuphela (Helen S Rice)

Intloko engundoqo : Ukukhula komntu

Intlokwana : Amanqanaba obomi

Isiqulatho sezobomi: Iingcingane ngokunxulumene nezizathu zokuzigcina unyulu ngokwesini. Ulwazi oluphathekayo ngezifo iiSTD's

Isiqulatho sezomphefumlo: Ukukhulisa imo yokuzimela nokuzazi nokwenza ukhetho olulungileyo njengenekazi eliselula.

Ingongoma sifundo: Isimilo esilungileyo siqala ngeengcinga ezilungileyo - nantonina eyinyaniso , ebekekileyo...camanga ngezi zinto.

THANDOKAZI: Molo mphulaphuli. Ndikunye noThembelihle enkqubeni , sithi akwaba ibintle iveki yakho.

THEMBELIHLE: Namhlanje siza kukhe sithethe kabanzi ngokuziphatha nakanjani kwenenekazi. Xa lithandana namadoda aliqela ngexesha okanye liphuma lingena kumanyano namadoda ohlukeneyo (ukungabi nakhetho emadodeni olalana nawo)

THANDOKAZI: Masiqhubeke nencoko yethu, inenekazi nenenekazi apha kwinkqubo iAmanenekazi eThemba.

Ndikhumbula ngokuya ndandiyintombazana encinane , ndafumanisa ngokulalana ngendlela apha engenasidima , kodwa eqhelekileyo . Ndeva ngamantombazana awayezintanga zam endaweni yokuba ibe ngumama wam ondixelelayo ngezinto zobomi. Zange ndikholelwe ukuva kwam ngale nyewe kuba ndandicinga ukuba abahlobo aba bam bayaqhula. Ndiqinisekile ukuba umama wothukela ngaphakathi xa

ndimfaka imibuzo ngokunxulumene nalo mba wokhuko. Unokuba wayelinde ukuba ndikhe ndithi ukukhula khula ukuze akwazi ukuncokola nam ngalo mcimbi , kodwa ke torhwana abahlobo bam bamhambela phambili.

Indlela yam yokuphendula ekuqaleni, yaba ngumothuko. Nje ngentombazana ndandingazange ndacinga kwa ukuba intombi ingaqhutywa yintoni ukuze ifune ukuncamisa indoda , andisathethi ngokuthandana asondele kuyo bade balalane ! Kodwa ke ngokuya sikhula , sidlule ekufikiseni , yonke loo mivakalelo iyatshintsha , akunjalo ? Sifumanisa iinkanuko ezithile esizivayo ngaphakathi kuthi . Kuphinde kubekho ukulukuhleka ngaphandle apho siba nomtsalane emadodeni , nawo azifumanise njalo kuthi. Sinokuzifumana sikwindawo yokuba umntu oyindoda omthanda nyhani , ongengomyeni wakho , akuphembelele ekubeni ulale naye. Uthini ke wena ngaloo nto? Ngaba kulungile okanye kuvumelekile na ukulalana xa nicinga ukuba niyathandana? Makhe sizinike mawethu kulo mba usetafileni wobunyulu okanye ubumsulwa ngokwesini.

THEMBELIHLE: Ehlabathini lonke ngokubanzi , kukho abantu abaninzi , iinkcubeko , amaqela obuhlanga nawenkolo , kodwa zininzi esidibana ngazo kwezi ndima okanye ezo zifanayo kuthi sonke. Enye yazo nebonakala iyeyona isetyenziswayo, ngumgangatho wobunyulu okanye ubumsulwa ngokwesondo olindelekileyo ebantwini abangamabhinqa. Singazibuza mhlawumbi ukuba lo mgangatho mnye kutheni ungajongwa emadodeni. Kodwa asithethi ngaloo nto namhlanje, sithetha ngobunyulu obumalunga nokulalana, ngokubhekise kumntu wonke , wayindoda okanye umfazi.

THANDOKAZI: Ngaba oko kuthetha ukuba ukulalana akulunganga kusini na?

THEMBELIHLE: Hayi noko. Kaloku ukulalana sisipho esivela kuThixo, kujolise ebantwini ababini , indoda nomfazi ukuze baxhamle kuko betshatile. UThixo wawusikelela umtshato kwasekuqaleni ngokudalela uAdam iqabane elingu Efa. Babefanele ukuba kunye babe yinto enye enyameni nasemoyeni. UThixo wayidala indima yokulalana kwabantu, kwaye yinto elungileyo. Kodwa ayifanelanga kuxhatshazwa okanye yenyeliswe. ELizwini likaThixo, iBhayibhile kubhaliwe kwathiwa (kumaHebhere 13:4) "*Umtshato mawubekeke ngeendlela zonke, nesilili masingadyojwa ; ke abenza umbulo nabakrexezi , uThixo uya kubagweba .*

THANDOKAZI: Ngumntu onjani obizwa ngokuba ngumng'awuzi?

THEMBELIHLE: Umng'awuzi ngumntu oncazelayo engatshatanga, umntu olala nomnye bengekho semtshatweni. Ingayindoda okanye umfazi, olala nomntu ongengomkakhe okanye umyeni wakhe.

THANDOKAZI: Umkrexezi yena?

THEMBELIHLE: Umntu otshatileyo, indoda okanye inkosikazi, owabelana ngesondo nomnye kodwa engatshatanga naye! Naloo mazwi eBhayibhileni athi 'abenza umbulo nokukrexeza, uThixo uya kubagweba ' Oko kukuthi uThixo ubona kung'awuza nokukrexeza nje ngesono.

THANDOKAZI: Isono sinomphumela , anditsho ?

THEMBELIHLE: Zininzi izizathu ezilungileyo ezibangela ukuba sizigcine nyulu singazidyobhi ngesimo sokulalana , ukuze sigcine imizimba yethu icocekile imsulwa. Ezinye kwezo zizathu kukugula emzimbeni. IAIDS Chlamydia, Gonorrhea, Hepatitis B, and Syphilis. Ezi zizifo ezisulela ngokulalana. Zonke azixolisi kwaye inye indlela yokusinda kuzo , kukuba uzigcine nyulu ngokwesini.

THANDOKAZI: Kukho nengxaki yokuzibhaqa ukhulelwe ungafuni okanye ungaplananga .

THEMBELIHLE: Kunjalo. Kodwa masiqale sincokole ngezi zifo zisulela ngokulalana. Umzekelo, iChlamydia ingagruzula imibhobho ifallopian. Le meko ingenza inenekazi libe lidlolo, lingakwazi ukuba nabantwana. Isifo esi singadluliselwa emntwaneni xa ezalwa, kukrale imiphunga emntwaneni okanye abe nosulelo emehlweni .

THANDOKAZI: Umntu wazi njani ukuba une Chlamydia?

THEMBELIHLE: Umntu olibhinqa angangabi nazimpawu zibonakalayo okanye kungachiza ilungu eli lokuchama. IChlamydia iyanyangeka ngamayeza akhona alungiselelwe ukuyinyanga.

THANDOKAZI: IGonorrhea yona?

THEMBELIHLE: Lusulelo ngeentsholongwane olu. Iimpawu kuxa kunyuke ubuninzi bokuchiza apha kwilungu langasese, nokutshiselwa xa uchama. Emanenekazini ezi mpawu zingangabonakali kude kudlule iiveki ezintathu emva kokusuleleka . Usulelo lungamosha umlomo wesizalo(cervix) nemibhobho ifallopian - yenze yonke lento ukuba inenekazi lingakwazi ukuba nabantwana. Linganyangwa usulelo ngamayeza okubulala iintsholongwane kodwa ngoku amanye kuwo akasasebenzi kakuhle nje ngakuqala, kuthi ke xa umntu enobunzima bokungalungiseleleki ngokupheleleyo emva kokuwasebenzisa, isifo siba nokubambelela sixhathise , singapheli , imeko yomntu onaso ngolu hlobo ibe yenobuzaza ke ngoku.

THANDOKAZI: IHepatitis B izibalula njani?

THEMBELIHLE: IHep B ingathintelwa ngesitofu kodwa akukho nyango lwayo. Iimpawu ngamehlo atyhelirha nolu olukwanjalo , umchamo ongumbala weti , izihlunu ezibuhlungu , udino nomkhuhlane . Abanye abantu ababi nazimpawu kwaphela.Kodwa isifo sona bayasigqithisa. Inkosikazi ekhulelweyo ingasidlulisela elusaneni lwayo olungekazalwa.

THANDOKAZI: ISyphilis(igcushuwa) yona ungasibalisela ntoni ngayo ?

THEMBELIHLE: Iimpawu zezigcushuwa ziza ngamanqanaba. Kuqala ngezilonda ezingekho buhlungu ezivamise ukuba yimikrwelo engephi , kwezindawo zangasese ezinqatsisiweyo , mhlawumbi kulwimi okanye emilebeni , inkovu yendibano - malungu , irhashalala , ifiva kuze okokugqibela emva kweminyaka emininzi , umntu abe nesifo sentliziyo , ingqondo iphazamiseke , ade afe . Igcushuwa ingagqithiselwa kusana olungekazalwa idale ubuqhwalala mhlawumbi nokufa . Kodwa , isifo eso siyanyangeka ngokupheleleyo xa sifunyaniswe kwangoko saza sahojwa.

THANDOKAZI: Kubekho ke ngoku noGawulayo iAIDS.

THEMBELIHLE: Sonke siyazi ngeAIDS kuba sisifo esidumileyo ngobungozi baso ngakumbi kuba akukafumaneki ndlela yokusinyanga siphela. Asikho nesitofu sokusithintela. IAIDS le yenziwa yintsholongwane ebizwa ngokuba yiHIV ethi yethise amandla endlela emisiweyo yokugonya ; yenze ke ngoku ukuba umntu agule kakhulu nkqu nezigulo eziqhelekileyo zizifikisele kuye ngokumgulisa kwaye le meko ingambulala.

Zikho ke bethu nezinye izifo esingenathuba lokuthetha ngazo apha namhlanje. Ukuba uyakrokra ukuba mhlawumbi ufunyenwe sisifo esisulela ngolu hlobo besithetha ngalo , bona ugqirha okanye uNompilo kwangoko !

UMCULO

THANDOKAZI: Ingcinga efzekileyo eneneni kumntu wonke, kukuba nyulu ngokwesini...ukulalana kubekwe ecaleni kulinde umntu omtshatileyo.

THEMBELIHLE: Ngumthandazo wam rhoqo mphulaphuli, owo kuba ukwazi ukuzigcina msulwa kwezokhuko, ngaloo ndlela ungakwazi ukukuphepha ukukhulelwa nokuzibhaqa ugagana nezifo ezosulelayo , nezigqithiswa ngokulalana.

UMCULO

THANDOKAZI: IBhayibhile isixelela izinto ezininzi malunga nobunyulu xa kufikwa kumcimbi wokulalana. Kwincwadi yeMizekeliso , utitshala uyalela unyana

wakhe oselula ukuba aziguzule kumgibe wehenyukazi... **"Mayibe kude kuye indlela yakho "** (IMizekeliso 5 :8 ,20) Utitshala ubongoza amadoda amadala ukuba ahlale ekhaya , azinze. **"Uvuye ngomfazi wobutsha bakho "** (IMizekeliso 5 : 18) Kwincwadi yokuqala kwabaseKorinte , uMprofeti uPawulose ubhala athi , umntu nomntu makabe nowakhe umyeni okanye inkosikazi (1 kwabaseKorinte 7 : 3) **"Indoda mayimenzele okumfaneleyo umfazi wayo : enjenjalo ke nomfazi endodeni yakhe "** UMpostile uPawulose uyalela ukuba sizikhwebule kwindima yokulalana ngokungekho sikweni kwaye ukuba siyawukhaba loo myalelo wakhe silahla uThixo uqobo (1 kwabaseTesalonika 4 : 3 , 8) **" Ukuba nikhumke kulo uhenyuzo ; v3 , " ngako oko ke lowo ugibayo , akagibi mntu , ugiba uThixo , owasinikayo uMoya wakhe oyiNgcwele." v8**

Namhlanje siza kuthetha ngokufikelela ebufazini nokubaluleka kokwenza ukhetho olulungileyo.

THEMBELIHLE: Kukho ixesha lento yonke nganye ebomini apha. Kukho ixesha lobuntwana nexesha lokuba ngumfazi. Kufika nexesha apho intombazana iba ngumfazi . Sibonile futhi ukuba yonke into eyenzeka emntwaneni iyanceda ekubeni abe ngulo mfazi afanele ukuba nguye. Besisoloko sibukele ngakumbi indlela abazali abanxulumana ngayo nomntwana wabo oyintombazana xa eselula nendlela abayinqwanqwada ngayo beyibonisa indlela eyiyo yokwenza izinto nokujongana neengxaki zokukhula kwiminyaka yayo yokukhula. Umbuzo ngowokuba ikulungela njani intombi yakho ubufazi? Kukhona utshintsho olwenzeka ngendalo emzimbeni wentombazana , kodwa leyo yinxalenye nje yenkqubo yezinto. Ukufikelela ebufazini kuthetha ngaphezulu kwenguqu esiyibona ngeliso lenyama. Intombazana kufuneka ilungiselelwe olu tshintsho. Kufuneka aqondisise ukuba oku kutshintsha kwezinto kuthetha ntoni , ngaphezu koko , kufuneka izenzo zakhe nesimilo sakhe asiveze nje ngesililungeleyo inqanaba lobufazi. Masikhe sibone ukuba konke oku kuthetha ntoni na.

Okokuqala nje intombazana le kufuneka izikhulise ngendlela ebonisa ukukwazi ukuzimela. Oku kubonakala kancinci kancinci njengokuba intombazana iya ikhula. Ufunda ukuzihoya nokusebenza phakathi kwekhaya , eqoqosha le naleya , ebeka izinto ngeendawo zazo , epheka nokupheka , ndingabala ndithini na mphulaphuli. Amanye amantombazana athi efika kwiminyaka eli15 okanye 16 abe sel'esenza yonke imisebenzi yekhaya nomama xa engekho akabinaxhala lokuba kuzakulambatha nto. Ngamanye amazwi xa eminyaka ili16 sukuba efundile ukukhetha kakuhle malunga nokunakekela ikhaya. Kodwa ke uthembeke ngokwaneleyo na ukuba uza kukwazi ukukhetha kakuhle nakwezinye izinto ezingaphandle kwekhaya lakhe. Umzekelo ,kuza kufuneka enze ukhetho malunga nezifundo zakhe , uhlobo lomsebenzi okanye ubugcisa abufunayo , loluphi udidi lwabantu akhetha ukuba babe ngabahlobo bakhe , kuze kamva umntu aza kutshatela kuye abe ngomlunguleyo. Ewe kakade uza kuzidinga iingcebiso zabantu abadala kunaye abanamava ngobomi. Kodwa ke naye kufuneka avule ingqondo yakhe kwezi zinto ukuze afunde ukukwazi

ukwenza izigqibo eziphothulekileyo. Ngokukwazi ukuzigqibela ke okucacisa ukuba umntu ufikile ebufazini. Kufuneka akwazi ukufikelela ezigqibeni ngokwakhe kuzo zonke iimeko ezichaphazela impilo yakhe mihla le.

Okwesibini , nje ngenenekazi kufuneka azazi ubuqu. Kuthetha ntoni ukuzazi ncam? Kuthetha ukuba uyazazi ukuba ungubani, ukuba ungumntu onjani, iziphiwo nezakhono zakho, iingcingane zakho ,iinkanuko nezinto nje ozithandayo.

THANDOKAZI: Intombazana eselula izibonakalisa njani uqobo lwayo?

THEMBELIHLE: Umzekelo ingayindlela anxiba ngayo. Ukhetha imibala ethile nezimbo ezithile ezizezakho nezichaza ukuba ungumntu onjani. Uzibonakalisa nangomsebenzi ozikhethile wona . Uzibuza nokuba mhlawumbi ngowuphi owenza ngomdla nangokulungileyo.

Kuyo nayiphina inkalo ojonge kuyo ebomini bakho , isekelwe ekubeni wena uzazi ngoluphi uhlobo. Yiyo le nto kufuneka siqiniseke ukuba siyaziqonda ukuba singobani kanye. Asingobantu nje abasenyameni. Ekugqibeleni sinobumoya kuthi kwaye nokuziphatha kakuhle kubalulekile. Inenekazi elingenasiseko esihle ngomphefumlo nesimilo alikazazi tu, ngamanye amazwi alikagqibi ukuzifunda lizazi ukuba lingubani . Alazi nto tu ngobomi. Alizazi kwalona ubuqu.

Ngaphandle kweenqobo zomphefumlo nesimilo asikwazi ukufumanisa ukuba yintoni kanye intsingiselo yobomi. Asikwazi ukuba nolwazi lwako konke okufikelelekayo emntwini anokonwabela. Ukuze sizifumane ngesimilo nangomphemlo , kufuneka siqale sifumane uThixo. Ukuze sifumane uThixo oyinyaniso , kufuneka sidibane noYesu. Nguye indlela eya kuThixo. UYesu wathi kubalandeli bakhe "***Ndim indlela ...Ndim inyaniso ...Ndim ubomi***"(UYohane 14 :6) Uthi akubakho nyhani uYesu kuthi , sitsho siqaphele ukubaluleka kokumazi. Xa sigqibe ekubeni simlandele uYesu , siqalisa ukuphila ngendlela elungileyo emehlweni kaThixo. Siyayinxwema nantoni ebonakala ngathi ayingqinelani nentando kaBawo. Wonke umntu , ndoda , mfazi ,mntwana makabonise eso similo sokwazi okulungileyo nokungalungileyo . Kufuneka umntu ngamnye afunde ukukhetha (lonke ixesha) into ayaziyo ukuba ilungile ayale engalunganga.Ngolu hlobo sizibekela umgangatho osisiseko sesimilo esihle ebomini bethu bemihla ngemihla.

ILizwi likaThixo lisixelela ukuba asinakuyenza ngokugqibeleleyo lento ngaphandle kokuba sivuseleleke emoyeni ngokwenziwa ngamandla oMoya oyiNgcwele..uMoya kaYesu. Xa yenzekile le nto sibanakho ukuba nonxulumano oluhle noThixo. Xa siqhubeka, siya singena nzulu kolu nxulumano, sibeka isiseko sobumoya ukulungiselela ubomi bethu, umhla nomhla ngoncedo lukaThixo.Sikwenza oku ngokufunda nokumamela iLizwi lakhe, nangokuchitha ixesha emthandazweni. Ngenxa yoko , sifumana amandla okuphila ubomi obukholisa uThixo sibe yintsikelelo kwabo abasirhangqileyo.

THANDOKAZI : Kunjalo , iinqobo zikaThixo azisoloko zinxamnye nezo esikhuliswe ngazo kwiilali noluntu. Umzekelo , kukhona iindawo apho kusisiqhelo okanye kulindelekileyo ukuba intombazanana engaphantsi kweminyaka eli12 yazi ngokulalana. Bathi besiba neminyaka ekoma19 ukuya ku20, abe umntu sengumama wabantwana ababini okanye abathathu bootata abahlukeneyo.

THEMBELIHLE : Kwiilali ezinje , kuthatha isibindi nokuzimisela okukhulu ukukwazi ukuzilinda , uhlale unyulu , de kufike ixesha lokuba utshate. Xa iimeko zilolu hlobo elalini yakhe intombi idinga uncedo lukaBawo ukuze akwazi ukuzibamba. Kufuneka abe nokholo olungagungqiyo ... ukuze acele uThixo amlungiselele umyeni. Umyeni lowo oqinisekileyo ngento elungileyo , abe kanti unawo namandla nokukhalipha kokuphila ngokulungileyo.

Masikhangele ukuba uThixo uthini na ngokukhetha okulungileyo. (2 Samuweli 13: 12, 13) sifunda ngentombazana yomYuda eyayinyulu , izalwa yikumkani ,yathi kwindoda eselula , engumnakwayo, owayezinyanzela kuyo efuna ukulala naye ngenkani. Qaphela indlela awayezithethelela ngayo usisi lo kubhuti wakhe nokuba wayebona ntoni nje ngelungileyo nendlela eyiyo yokwenza izinto.

"Musa, mnakwethu, wakhala , musa ukundidlwengula ; ngokuba akwenjiwa nje kwaSirayeli ; musa ukulenza eli nyala; Mna ndingaya phi na nehlazo lam ? Ke wena Ungaba njengowabanobudenge kwaSirayeli. Khawuthethe ke noko nokumkani ; ngokuba akangemangali nam kuwe."

Wayeyazi kakuhle into elungileyo ,kodwa kwaba lusizi kuba umnakwabo zange amamele...wayomelele kunaye waza wamdlwengula . Eso senzo satshabalalisa ubomi babo bobabini kuba ekugqibeleni lo mfo wabulawa kumntakwabo.

THANDOKAZI: Mangaphi amantombazana kule mihla esikuyo ayazi cacileyo into yokuba afanele uziphatha njani malunga nokulalana nje ngale isebalini ?

THEMBELIHLE: Indlela nokuziphatha elungileyo iqala kwiingcinga esinazo. Ithi iBhayibhile , " ***Into zonke eziyinene , iinto zonke ezindilekileyo , iinto zonke ezibubulungisa, iinto zonke ezinyulu , iinto zonke ezithandekayo , iinto zonke eziludumo olulungileyo , ukuba kukho sidima , ukuba kukho ndumiso ,zithelekeleleni ezi zinto"*** (kwabaseFiliphi 4 : 8)

UMCULO

THEMBELIHLE: Kwityesi yethu sinombongo namhlanje. Ubhalwe ngu Helen S Rice, igama lawo lithi :

ILUNGISELELWE AMANTOMBAZANA KUPHELA. ngu Helen Steiner Rice

Ufuna ukuba nomtsalane ukuze uzonwabise usemtsha

Ufuna ukubukwa bakuncome

Yonke le nto idaliwe imiselwe nguThixo phezulu

Kuba uThixo wadala indoda nomfazi ukuba bathandane balalane

Kodwa ungaze uzame ukuvavanya uthando ngaphandle komsesane womtshato

Ungaze uzibandakanye nothando olusimahla kuba akukho nto injalo

Kuba uthando olusisusulu ngamampunge , umdlalo ongasoze uwuphumelele

Oyena yena mngcakazi akaphumeleli xa edlalela esonweni

Ke ngoko musa ukufak'emngciphekweni ubomi obuqhakazileyo

Ubomi obanelisayo obunokwaziwa kuphela yinkosikazi

Nokuba uluntu neemfundiso zalo ziyakhesa okanye ziyagculela

Akukhonto enokuze ivale indawo yothando lokwenyani nomtshato.

THANDOKAZI: Ngokuqinisekileyo...akukhonto enokuze ivale indawo yothando lwenene okanye umtshato , nangona abantu abaninzi bezama ukubambisa ngokulalana endaweni yothando oluyinyaniso.

THEMBELIHLE: Ukusondelana ngokhuko kungundaba mlonyeni kwezi ntsuku , nathi masikhe siyincokole le ndaba apha eAmanenekazi eThemba.

THANDOKAZI: Ngumbono omhle lowo Thembi.**Ukulalana okukhuselekileyo** yindlela echaza ukuba nengqiqo yokucwangcwiswa xa uwela iziko. Nakubeni kunjalo,zininzi izinto ezingathethwayo ngabantu abaxhasa ukulalana okukhuselekileyo , ke thina enkqubeni siza kuncokola ngayo.

THEMBELIHLE: Okokuqala nje , igama 'ungenangozi' ubekwe no 'ngokwesini' ngenxa yezoyikiso ezihlanganiswa nezifo ezosulela ngokulalana , iSTD's ukutsho.

Ezinye kwezi zifo zingakubulala. Umzekelo , yiAIDS , uGawulayo lo . Ezinye zikushiya nenkamba beyibuza,okanye nokuphazamiseka engqondweni xa zingakhange zihoyeke .

THANDOKAZI: Kodwa ke kukho nokukhulelwa xa abantu bethe babelana ngesondo.

THEMBELIHLE: Ukulalana emtshatweni bekusoloko kukhuselekile . Xa inene nenenekazi belinde umtshato phambi kokuba baye elukhukweni , baza bahlala bethembekile omnye komnye ubomi babo bonke basemtshatweni , akukho bungozi bokusuleleka sisifo esosulela ngokulalana , iSTD's , kwaye ukukhulelwa kuba yinto eyamkelekileyo ngovuyo olukhulu .

THANDOKAZI: Ikakhulu , le ntetho ethi , ' ukulalana okukhuselekileyo ' ijoliswe ebantwini ababelana ngesondo bengatshatanga. Oko kwabakho imiphumela xa uzifaka ngokwakho ekuhendweni kokulalana ngokungekho sikweni : phakathi kwayo kukho ukukhulelwa ungazimiselanga , nezifo ke.

THEMBELIHLE: Nayiphi na ingcaphephe iyakukuxelela ukuba okona kulalana kuyinyani oluvumelekileyo kuba kuvikelekile kuxa uzibandakanya kuba usemtshatweni...xa indoda nomfazi bezigcinele umtshato baza bahlala kuwo ngentembeko.

THANDOKAZI: Kufanelekile ukuba ndikwazise ukuba zonke iindlela zokucwangcwiswa zine ziphene kwaye azisoloko zikwazi ukuthintela ukudluliswa kwezifo ezosulelayo.

THEMBELIHLE: Mhlobo , ukuba akukho nto yimbi onokuyikhumbula , nceda khumbula ukuba : akukho khondom , okanye ipilisi , okanye nayiphi na enye indlela yocwangcwiswa enokunqanda ukugruzuka kwentliziyo yakho xa ugqibe ekubeni unikise ngobunyulu bakho. Ukulalana ayisosenzo nje senyama ...Hayi! Sadalwa nguThixo ukuze indoda nomfazi abazinikeleyo baziyoise , nokufumana abantwana emtshatweni wabo. Sisenzo esibandakanya umzimba , intliziyo nomphefumlo womntu , ukuthobeka nje kwesidima ,yinto ebuhlungu kakhulu.

THANDOKAZI: Ngaba sowunikise ngondileko lwakho ?Ungalahl'ithemba...likho eAmanenekazi eThemba. Eli themba aliveli kuthi, lifumaneka kwikumkani yehlabathi , owakudalayo ,okuthandayo, nokuba wone njani.

Masithandaze sicele uncedo lukaThixo.

THEMBELIHLE: *Bawo, siza kuwe sinombulelo wabo kuthi abakwazileyo ukuzigcina nyulu ngokwesini. Sithandazela ukuba uhlale usinika amandla okuhlala sinyulu.*

Sithandazela nabo abalahlekelwe bubunyulu babo nesidima sabo. Bawo, sizityand'igila kuwe malunga neziphoso zethu. Sicela usixolele ngenxa yokuphazama kwethu.

Akwaba bangathi abo bangazange babe nonxulumano nawe bangayazi into yokuba kufuneka beze kuwe, bazivume izono zabo, bacele uxolelo lwakho. Enkosi ngokusithumelela uNyana wakho uYesu Kristu aze kuhlawula ityala elingelo lakhe. Sithandaza egameni likaYesu Kristu. Amen.

THANDOKAZI: Amen Enkosi Thembelihle ,ndiyabulela Bawo ngokuva izikhungo zethu !Khumbula , uThixo uyakuthanda , mhlobo , nokuba ungubani okanye wenze ntonina. Nguye kuphela ongakuguqula awubhence umphakathi ukuya ngaphandle, sithandazela ukuba ukhethe ukumyeka akuguqulele ekubeni ube Linenekazi elihle leThemba!

THEMBELIHLE: Sakuphinda sifunde kwakhona kwakufuphi nje.Sala ngoxolo mphulaphuli.

BOBABINI: Ziyolise ngoYehova !