

Ihame ryo kwiyobora ku Amaranga mutima



“Utihutira kurakara aruta intwali, kandi utegeka umutima aruta utsinda umudugudu. Imigani 16:32

Byandistwe na rwiyezamirimo,
John E. Schrock

Ca akarongo ku ijamba rikuru wabonye muri iri hame.

Kuyobora roho yacu niko kuyobora imyifatire yacu cyangwa amaranga mutima. Imyifatire yacu igengwa cyane na maranga mutima yacu. Kuko turi roho, ubugingo ndetse n’umubiri wacu. Umubiri wacu ukora ibyo amaranga mutima cyangwa ibidukubaganya ubugingo bwacu. Niyo mpamvu mu migani havuga ngo, “utihutira kurakara...” bivuze ko dushobora kuyobora kamere y’uburakari bwacu. Usibye ko kuyobora kamere yacu bitoroshye, kuko “niko tuba tumeze”. Ibintu byose twumva, tureba, twihumuriza, turyaho cyangwa dukoraho bisigara mu bitekerezo byacu, bityo ubwonko bukabyigaho maze bukaduha igisubizo. Maze roho (kamere yacu) igahitamo icyo gukora, bityo bigakora ku maranga mutima yacu (ubugingo) hamwe ni ngaruka ziza nyuma (umubiri). “Uyobora kamere ye” bivuze ngo uhiseho wese kugenga imyifatire ye.” Hari uwigeze kuvuga ngo uwatekereje ikibi ntaho ataniye nuwagikoze. Ibi si ukuri, kuko ibitekerezo ubwabyo ntabwo bigira ingaruka ku bandi bantu. Ahubwo ibikorwa nibyo biteza kononekara. Twese tugira amaranga mutima kandi dushobora kurakara ku mpamvu runaka. Ariko ni by’ingenzi yuko twitoza kuyobora ayo maranga mutima, bitihise azatugirira nabi.

Imodoka zikorana moteri, feri hamwe na diregisiyo. Zakorewe gufasha abantu mu ngendo. Ariko mu gihe zidafashwe neza cyangwa ngo ziyoborwe neza, ziba kabutindi. Hanyuma icyo gikoreho aho kutubera umugisha ahubwo kikatubera ikigusha. Imana yadukoze turi kimwe. Yaduhaye amaboko yo gukora, amaguru yo kugenda, amaso yo kureba, hamwe n’ubwonko bwo kuyobora ingingo zose zigize umubiri. Imyifat-

ire yacu ikomoka mu buryo twayobowe na kamere, bivuze ko ibitubaho byose tubifitiye ububasha.

Agaciro k’umuntu kagengwa n’uburyo ayobora akanagenga uburakari bwe, imico ye hamwe na maranga mutima ye yose. Tugomba kumenya neza ko imvugo yacu ahanini igaragazwa ni myifatire yacu. Abantu baducira urubanza bakurikije imyifatire batubonaho.

Amaranga mutima atayobowe neza ashobora konona izina ryiza dufite aha twavugaga nko gushikanyuzwa urugi “bishobora kugaragaza umutwe munini” ntacyo uvuze. Amagambo afite agaciro, ariko amaranga mutima tuyavugana ayongera uburemere. Byibuzwe uburyo bugera kuri 55% mwitumanaho nta magambo bukoresha. Uburyo twambara, tugenda ndetse nuko twitara byerekana niba koko tuyobora amaranga mutima yacu. Ibikorwa byacu ubwabyo bivugaga abo turibo. Mu gihe uguye mu mutego wo kwisobanura cyangwa gutongana, hari uburyo butatu bwo kuyobora amaranga mutima yawe:

1. Banza witonde maze ushyire ubwenge ku gihe.
2. Banza kandi wisuzume aho igipimo cy’ uburakari kigeze.

3. Shakisha ikintu gishekeje maze ube aricyo uvuga.

Rimwe na rimwe imyitwarire yacu irasakuza kurusha ibyo tuvugaga. Umuntu umwe yigeze kuvugaga ngo, “reka buri wese amenya imyemerere yawe, kandi nibiba ngombwa ukoreshe amagambo.”

Amaranga mutima ameze nka mazuta ashobora gukora ibibi, ariko ashore kugira umumaro mu gihe akoreshejwe neza. Amaranga mutima ari muri twe ni ngufu. Iyo izo ngufu zikoreshejwe neza zibyara umusaruro muzima. Ese ni kangahe twigeze twumva umuntu avugaga ngo, “uriya musore yari kugira akamaro iyo aza gushyira ubwenge kugihe.” Mwibuke ko abantu buri gihe baducira urubanza bakurikije uburyo tuyobora amaranga mutima yacu, ntabwo ari ibyo tuvugaga gusa. Muri make- nitumenya kuyobora kamere yacu, ni bindi tuzabishobora, aho kugira ngo tuyoborwe nibihe.

Iri hame rigufasha mu kubaka kamere yawe mu gihe cy’umwaka umwe:

Umusingi ku byagezweho.

Ibabazo byo kwibazaho:

Byaba ari igisebo gikomereye kugira amafuti akonona byose.

Isuzume Kuva kuri 1 kugera 10	1	2	3	4	5	6	7	8	9	10
Kuki wihaye aya manota										
Nizihe nyungu azabona mu gihe uzamuye amanota yawe?										
Ese ni kihe gikorwa wakwitoza mu ku gerageza inyungu ziri hame?										
Ingengabihe kw’ ihame usoma buri muni	M	K	G	K	G	G	C			

Completed

Not completed