



FRESH START

**Hausati wanonoka
Kugadzirisa Nhau Dzemoyo**



Dhawunirodha iyo Fresh Start App



Svika iyo Nyowani Kutanga Kugadzira Peji

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FRESH START

KUGADZIRISA NHAU DZEMOYO WAKO

Mushando unobatsira kugadzirisa nyaya dzekutadzirwa, kurwadziswa nekurasikirwa

“Chengeta moyo wako kupfuura zvose zvinofanira kurindwa; Nokuti mukati mawo ndimo mune zvitubu zvehupenyu.”
Zvirevo 4:23 ^(NIV84)

Dai moyo wako uri Iwo woga chitubu (tsime remvura) chokuti vanhu vose vanwe mvura, vaiva nehutano here?

Muvhunzo wakanakaka uyu? Asi moyo ndewaani usina kukanganiswa nemunhu kana nechimwe chinhu? Kunyangwe chitubu chako chaka svibiswa nekusaregerera kana uturu unokwanisa kuva nekutanga patsva komoyo wako!

Munamato wedu kuti pauchashanda nyaya dzemoyo wako uchinyora pasi mhinduro dzako kumivhunzo iri pa peji rinoteera kuti usunungurwe pazvinhu zvakapfuura, kwete kungorarama asi kubudirira pazvinhu zvanhasi nekutarisira ramangwana rizere netariro.

Uye tarisai kutanga patsva kuri pa peji 20. Kuti mushando uyu unyatsokutungamirira kurusununguko rwechokwadi neupenyu hwekuregererwa nekuregerera, zvakakosha kuti utange hupenyu hutsva chaizvo usati wasvika pachikamu chechishanu – kukanganwira. Nokuti haukwanise kupa zvausati wagamuchira.

Rangarira, **HAUNA KUNONOKA!**

Wakaregererwa kuti uregerere wosununguka,
Mufundisi Steve naMindy Peterson
Vavambi veFresh Start for All Nations

Chikamu 1: MHOSVA/ KURWADZIWA/ KURASIKIRWA

Ndiani kana chii chiri pamukaha?

Mukaha mutsauko uri pakati pezvinotarisirwa naMwari muhukama nezvawakasanga kana kupindana nazvo.

NDIANI KANA CHII CHAKAKUTADZIRA KANA KUKURWADZISA KANA NDIANI KANA CHII CHAWAKARASIKIRWA NACHO?

“Ndiedzei Ishe, ndizamei, nzverai moyo wangu nepfungwa dzangu.”
Mapisarema 26:2 ^(NIV)

Tanga nekutsvakurudza wodoma pawakatadzirwa.

(a) Nyora zvawakatadzirwa, zvakakurwadza uye vakakonzeresa kuti zviitike:

- Vanhu vakakuramba kana kuregerera
- Vanhu kana nguva dzawakakanganiswa kana kushungurudzwa
- Kusawirirana mumhuri, shamwari, kubasa, kusvondo kana nevamwe vanhu
- Kurambana kana kutsaurana semurume nemukadz
- Zvimwewo

(b) Yora zvinhu zvawakarasirwa nazvo muhupenyu:

- Basa
- Utano
- Ukama nekuda kwekusawirirana, rufu, kupatsanurana kana kurambana
- Kurasikirwa nezviroto pamusoro, peupenyu, peramangwana kusanganisira wanano, vana kana basa
- Zvimwewo

(c) Kubva pane zvawataura, chitsvaga munhu mumwechete kana kurasikirwa kwawakaita wogadzirisa.

Nyora kutadzirwa, kurwadziwa kana kurasikirwa kwawakaita nokuda kwemunhu kana kurasikirwa kuri pamusoro.

Chikamu 2: KUKUVARA

Chii chiri mumoyo mako?

WAKAKANGANISIKA ZVAKADII?

"Ndinzverei, Mwari, muzive moyo wangu; Ndiidzei, muzive ndangariro dzangu." Mapisarema 139:23 ^(NIV)

Kutadzirwa kana kurwadziswa kana kurasikirwa uku kwakakukuvadza zvakadii?

(a) Urikufungei nazvo?

(b) Pfungwa dzako dzikufungei nokuda kwevakonzeresa zvauri (sezvazviri)?

(c) Wanga uchinzwasei?

Pazasi pane mazwi aunogona kushandisa kutsanangura zvainzwa nezvauri kunzwa nokuda kwekutadzirwa, kurwadziswa kana kurasikirwa.

Tenderedza anoita kwauri:

Kurashwa	Kudzimwa	Kusachengetedzeka	Kunyadziswa
Kutsanwa	Kukundika	Kurongwa	Kupererwa
Kusagadzikana	Kufuta	Kusakosheswa	Kupusa
Kurasiswa	Kutya	Kubatwa mumusungo	Kutsungirira
Kuvava	Kuzvidzora	Kushaya	Kusachena
Kupomerwa	Kuva nemhosva	Zvisingadzoreki	Kusadiwa
Kudzikisirwa	Ruvengo	Kushaya Simba	Kusachengetedzwa
Kusviba	kusabatsirika	Hasha huru	Kusafarirwa
Kusavimbika	Kushaya tariro	Kurambwa	Kushandiswa
Kushaya mashoko	Kusakwana	Kuvenga mukati	Kushungurudzwa
Kudzimwa	Kuzviona uri pasi	Kutsamwa	Kushaya mashoko
Kukundika			Kusakosha

Uchishandisa mazwi awatenderedza pamusoro kana mamwe mazwi angaita, nyora kuti mhaka iyi, kurwadziswa uku kana kurasikirwa uku kwakakukanganisa zvakadii.

Chikamu 3: ZVAWAITA

Wafunga kuitei?

WAFUNGA KUI TEI NOKUDA KWEKUTADZIRWA UKU, KURWADZISWA KANA KURASIKIRWA?

“Mutarire kana panenzira yakaipa mandiri, Mundifambise munzira isingaperi.” Mapisarema 139:24 ^(NIV)

(a) Wataura kutii?

Sanganisa zvawakataura mumoyo mako, zvwakaudza vamwe, zvawakazviudza kana kuudza Mwari pamusoro peakakoneresa zvauri nhasi nekuda kwezvakaaitika.

(b) Waitei kana wakaitei?

(c) Wagungei?

Sanganisira zvawafunga pamusoro pako, paMwari, pemunhu akakitadzira, kurasikirwa kwawapindana nako, uye mutongo kana mhiko dzawanga waita.

Chikamu 4:

DURURA MOYO WAKO

Tarisa kumusoro!

DURURA MOYO WAKO KUNASHE.

“Vimbai naye nguva dzose, imi vanhu; Dururai moyo yenyu pamberi pake; Mwari ndiye utiziro hwedu.” Mapisarema 62:8 ^(NIV)

"Ndinodanidzira nenzwi rangu kuna Jehovha; Nenzwi rangu ndinonyengetera kuna Jehovha. 2 Ndinodurura kuchema kwangu pamberi pake; Ndinomuzivisa kutambudzika kwangu."
Mapisarema 142:1-2 ^(NIV)

(a) Durura moyo wako kunaShe. Nyora pzasi zvauri kunzwa.

Ishe izvi ndizvo zvandinonzwa...

(b) Ratidza zvishuwo zvako zvisina kuzadziwa kunaShe.

Ishe izvi ndizvo zvakandikanganisa, handifari nokuda kwekuti kana ndaishuvira kuti izvi ndozvingadai zvakaitika kana kuti zvisina muitika...

(c) Ratidza murunyoro zvauri kushuvira kunaShe

Ishe ndinoshuvira...

(d) Sarudza kutenda kuna Ishe.

"...rambai muchivatenda mune zvose, nokuti ndizvo zvinodiwa naMwari kwamuri munaKristu Jesu." — 1 VaTesaronika 5:18 ^(NIV)

"...rambai muchitenda Mwari Baba pazvinhu zvose muzita raIshe wedu Jesu Kristu." — VaEfeso 5:20 ^(NIV)

"Ipa Mwari chibayiro chekutenda, uye uzadzise mhiko dzako kuno wokumusorosoro. Ndishe unodana pazuva renhamo, ndichakuponesa, uye iwe uchandikudza. Anopa chibayiro chekutenda anondikudza, uye anoruramisa nzira yake ndichamuratidza ruponeso rwaMwari." Pisarema 50:14-15, 23 ^(NASB)

"Ndichakubayirai chibayiro chekutenda uye ndichadana zita raIshe." Pisarema 116:7 ^(NIV)

"Nokuti shoko remuchinjikwa rinoratidzika sehupenzi kune avo vari kuparara, asi kwatiri tiri kuponeswa iSimba raMwari." 1 VaKorinde 1:18 ^(NIV)

"Zvino tinoziva kuti zvinhu zvose zvinoitirwa zvakanaka kune avo vanoda Mwari, avo vakadanwa maererano nezvinangwa zvake. Nokuti avo vaakaziva kare, vaakagadza kuti vafananidzwe nomufananidzo woMwanakomana wake..." VaRoma 8:28-29 ^(NASB)

Udza Ishe kuti uri kunyora kuti uri kusarudza kuvatenda, uye uri kuzvipa kusimba ravo pamusoro pemamiriro ezvinhu nemaitikiro azvo, kuti wava kutenda Ishe, zvisinei nezvakaitika muupenyu hwako nekuda kwavo, nezvikonzero zvavo, kuti zvikuitire zvakanaka uye mbiri ipiwe kunaShe.

Ishe ndinosarudza kukutendai...

Chikamu 5: REGERERA

Dzima chikwereti!

REGERERA MUNHU AKAKUTADZIRA KANA KUKURWADZISA.

Mufananidzo womuranda asingaregereri

“Zvino Petro wakavuya akati kwaari: Ishe hama yangu ichanditadzira kangani ko ndikaikanganwira, kusvikira kanomwe here? Jesu akati kwaari; handiti kwaari kusvikira kanomwe, asi kusvikira makumi manomwe; anoverengwa kanomwe. Saka vushe hwokudenga hungafananidzwa nomumwe mambo, wakanga achida kugadzira mangava navaranda vake. Zvino wakati achitanga kugadzira mumwe wakanga anechikwerete chamatarenta anezvuru zvamazana zvinegumi* akaiswa kwaari. Asi wakati achishaiwa chaangaripa nacho, ishe wake akaraira kuti atengeswe, iye nomukadzi navana, nezvose zvaakanga anazvo, kuti chikwerete chiripwe. Zvino muranda akawira pasi, akamunamata, akati: Ishe ivai nomoyo murefu neni, ndichazokuripirai zvose.’

Ishe womuranda uyo akamunzwira tsitsi, akamusunungura, akamukanganwira chikwerete.

Zvino muranda uyo waibata pamwe chete naye, akawira pasi petsoka dzake akakumbira zvikuru kwaari, akati: Uve nomoyo murefu neni, ndichazokuripira.

Zvino vamwe varanda vaibata pamwe chete naye vakati vachivona zvaitwa, vakafa neshungu kwazvo, vakaenda kundovudza ishe wavo zvose zvakaitwa. Zvino ishe wake akamudana, akati kwaari: Iwe muranda wakaipa, ndakakukanganwira chikwerete icho chose, nokuti iwe wakakumbira zvikuru kwandiri. Ko iwe hauzaifanira kunzwira tsitsi mumwe muranda unobata pamwe chete newe, seni ndakakunzwira tsitsi here?’

Zvino ishe wake akatsamwa, akamuisa kuvarwadzisi kusvikira achizoripa chikwerete chake chose. Saizvozvo Baba vangu vari kudenga vachakuitirai vo, kana musingakanganwiriyi mumwe nomumwe hama yake nomoyo wenyu wose.

Matthew 18:21-35 ^(NIV)

(a) Gamuchira kuti wakatadzira Mwari nemaitiro awakaita pane zvawakasangana nazvo.

Nyora uchipupura kusaregerera kwawakaita zvichibatirana nezvawakaita pawakasangana nekutadzirwa.

Kana tichizvirevurura zvivi zvedu, iye wakatendeka wakarurama, nokudaro kuti unotikanganwira zvivi zvedu, nokutinatsa pakusarurama kwose. 1 John 1:9 ^(NKJV)

Ishe ndiregererei nokuda kwokuipa kwemafungiro angu, kunyange ndaive ndatadzirwa...

Ishe ndiregererei nokuda kwematongerero angu uye mhiko dzandanga ndakapika...

(b) Sarudza kuregerera munhu akakutadzira kana kukurwadzisa.

Nyora munamato wako Kuna Mwari uchiratidza chido chekuregerera. Nyatsodonongora pawakatadzirwa kana kurwadziswa uye kuti zvakakukanganisa sei, uye zvichiri kukukanganisa sei, kana zvichakukanganisa sei mune ramangwana.

Mwari ndinosarudza kuregerera...

(c) Ndinopika kunaShe kuti ndadzima chikwereti, nokuda kwangu, hapana achine mhosva neni, ndaregerera vose.

Chikamu 6: KUSUNUNGURA

Ita Mwari vatakure zvole!

SUNUNGURA KUTADZIRWA, KURWADZISWA KANA KURASIKIRWA KUNASHE!

"Kandira mutoro wako pamusoro paJehovha, iye achakusimbisa; Haangatongotenderi akarurama kuti azununguswe. Asi imi Mwari muchavaburusira kugomba rokuparadzwa; Vanhu vanokarira ropa navanonyengera havangapedzi hafu yamazuva avo; Asi ini ndichavimba nemi." Psalms 55vs 22-23 ^(NIV)

"Ivai nomoyo mumwe pakati penyū. Musatsvaka zvinorumbidzwa, asi mufambidzane navanozvininipisa. Musati pamoyo penyū makachenjera. Musatsiva munhu chakaipa kana akakuitirai chakaipa. Tsvakai zvakarurama pamberi pavanhu vose. Kana zvichibvira, pamunogona napo, ivai norugare navanhu vose. Musatsiva, vadikanwa, asi munzvenge kutsamwa; nokuti kwakanyorwa, kuchinzi: kutsiva ndokwangu, ini ndicharipira ndizvo zvinoreva Ishe. Asi kana muvengi wako aziya, umupe kudya; kana afa nenyota, umupe kunwa; nokuti kana uchiita izvozvo, uchatutira mazimbe omoto pamusoro wake. Usakundwa nezvakaipa, asi ukunde zvakaipa nezvakanaka." Varoma 12:16-21 ^(NIV)

"...iye wakati achitukwa, haanakutuka zve; wakati achitambudzika, haana kutyisidzira; asi wakaisa mhaka yake kunaiye unotonga zvakarurama"
1 Peter 2:23 ^(NASB)

(a) Vimba Mwari nemunhu kana mariro ezvinhu.

Nyora semunamato kuti ndiani kana chii chawava kuvimba Mwari nacho.

(b) Ropafadza uye namatira munhu akakutadzira, kana kukurwadzisa.

“Ipapo Jesu akati: Baba, muvakanwire, nokuti havazivi chavanoita. Vakagovana nguvo dzake, vachikanda mijenya pamusoro padzo.”
Ruka 23:34 ^(NIV)

“Asi ini ndinoti kwamuri, idai vavengi venyu, ropafadzai vanokutukai. Itirai zvakanaka vanokuvengai. Muyengeterere vanokuitirai zvakaipa vachikutambudzai...” Matthew 5:44 ^(NKJV)

Ishe ndinosarudza kuropafadza nekunamatira...

**(c) Ratidza kunaShe munamato zvishuwo zvako
zvokurarama muzvokwadi yaMwari yaratidzwa pawanga
uchiigadzirisa Matambudziko Emoyo wako.**

“isu tinowisira pasi mifungo yose isina maturo, nezvose zvino zvikwiridza
zvichipesana neruzivo rwaMwari.” 2 Vakorinde 10:5 ^(NASB)

“Musaenzaniswa nenyika ino; asi mushandurwe murangariro wenyu
uchivandudzwa, kuti muidze muzive kuda kwaMwari kwakanaka,
kunofadza, kwakakwana.” 2 Varoma 12:2 ^(NASB)

“Mashoko omuromo wangu nokurangarira kwomoyo wangu ngazvifadze
pamberi penyu, Imi Jehovha, dombo rangu, nomudzikunuri wangu.”
Mapisarema 19:14 ^(NIV)

Ishe ndibatsirei kuisa mifungo yangu muusungwa
hwekukuteererai. Kubva zvino kuenderera mberi ndinosarudza
kuvandudza mifungo yangu maringe neshoko renyu.

ZVINYORWA

THE ULTIMATE FRESH START

Usati wafamba mukusununguka, unofanira kutanga patsva naMwari zvizere, waregererwa naMwari.

Kuregererwa Chipo chatinowana kubva kuMwari, kwete nokuti takachishandira asi nokuda kwerudo rwaMwari nenyasha dzake. Asi moyo waMwari haungogumiri pakukuregerera, unoku dzoreredza, unounza kuporesa nokukuzadzisa pazvose muhupenyu hwako. Dzoreredzo iyoyo inotanga nechinhu chakakosha: Kutendeuka.

“Ndinokuvudzai: Kwete; asi kana musingatendevuki, nemi mose muchaparara saizvozvo.” Ruka 13:3 ^(NIV)

Repentance is all about a total change of heart - turning from a desire to do *YOUR will* to a desire to do *HIS will*, from a “me first” life to a “Jesus first” life.

Kutendeuka ishanduko yemoyo izere kubva pakuita kuda kwako woita kuda kawMwari. Kubva pakuti “ini kutanga” kuenda pakuti, “Jesu Kristu kutanga.” Kutendeuka uko kunouya nokusuwa. Asi pane musiyano mukuru pakati pekudemba marwadzo ari musarudzo dzako nekudemba kutsiurwa pasarudzo dzako. Vanyori veshoko raMwari vanoti “marwadzo enyuka” anotungamirira mukunyadziswa nekudemba. Epiri, “marwadzo emunaMwari” anotungamirira mukutendeuka, kuzarurwa kwemasuwo ekukuregererwa nokusununguka kwechokwadi

“Nokuti kuchema sezvinoda Mwari kunovuyisa kutendevuka, kunoisa kukuponeswa kusingazvidyi moyo; asi kuchema kwenyika kunovuyisa rufu.” 2 Vakorinde 7:10 ^(NIV)

Tingaregererwa sei naMwari

- Pupura, mweya wechindini wangu watonga upenyu hwako, kuzvikudza, kuvava, good, kusaregerera, tema uburitse kuti zvinhu izvi zvivi, hakusingori kuita kwakaipa kana imhosho asi kumukira Mwari.
- Tendeuka Siya zvivi. Kumbira Mwari vakuregerere chimwe nechimwe chingava mupfungwa, mumashoko, kana muzviito muhupenyu hwako wotenda Mwari nekutumira Mwanakomana wavo Jesu Kristu kuzofira zvivi zvako.
- Ipa upenyu hwako kuna Jesu Kristu sashe namambo weupenyu hwako. Muudze kuti wava kuzvipa kusimba rewaMasimbaose nehutingi hwake, pamwe nekumuudza kuti wagadzirira kutora shanduko yose yaangada kuunza muhupenyu hwako.

“Kana tichizvirevurura zvivi zvedu, iye wakatendeka wakarurama, nokudaro kuti unotikanganwira zvivi zvedu, nokutinatsa pakusarurama kwose. “1 Johane 1:9 ^(NKJV)

““kuti, kana uchipupura nomuromo wako kuti Jesu ndiye Ishe, nokutenda mumoyo mako, kuti Mwari wakamumutsa kuvakafa, uchaponeswa;

10 nokuti munhu unotenda nomoyo, ndokururamiswa; unopupura nomuromo, ndokuponeswa.” Varoma 10:9-10 ^(NIV)

Zvino unokwanisa kuregerera vamwe nokuti waregererwa!

“Muitirane moyo munyoro, munzwirane tsitsi, mukanganwirane, se zvamakakanganwirwa naMwari.” Vaefeso 4:32 ^(NIV)



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