



# **FRESH START**

**Ukucubungula imiba  
yentliziyo yakho**



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# FRESH START

## UKUCUBUNGULA IMIBA YENTLIZIYO YAKHO

Inkqubo ekuncedayo ukusombulula imiba enxulumene nokonakaliswa, ukwenzakala, kunye nelahleko

**"Ngaphezu kwako konke, gcinani intliziyo yenu; kuba kuyo kuphuma ubomi." IMizekeliso 4:23 <sup>(IBhayi-NIV84)</sup>**

Ukuba intliziyo YAKHO yayiyeyona kuphela umthombo wokusela kwabanye, bengingayivuyela kangakanani impilo yabo?

Umbuzo onzulu, akunjalo? Kodwa ngubani onentliziyo engazange yaphathwa kakubi ngumntu okanye yimeko? Nokuba umthombo wakho sele ungcoliswe kukungaxoleli okanye ulunya, unako kusafuneka “ukuqala okutsha” kwintliziyo yakho!

Sithandazela ukuba njengoko ucubungula imiba yentliziyo yakho ngokuphendula imibuzo kweli phepha, uya kukhululeka kwixesha elidlulileyo, ungaphili nje, kodwa uchume ngoku — kwaye ujonge ikamva elinokholo nethemba!

Kwakhona, nceda uqaphele iSiqalo esitsha sokuGqibela kwiphepha lama-20. Ukuze inkqubo yakho ikhokelele kwinkululeko yokwenyani, kunye nendlela yokuphila yokuxolela nokuxolela, kuya kufuneka ukuba ube neSiqalo esitsha esitsha esigqibeleleyo phambi kweSigaba 5-XOLELA. Kungenjalo, awusayi kukwazi ukunika oko ungakufumananga.

Khumbula, **UNGAXOLELWA!!**

Baxolelwe, baxolelayo, bakhululekileyo  
Umfundisi uSteve noMindy Peterson  
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# **Icandelo 1: UKONAKALISWA / UKWENZAKALA / UKULAHLEKA**

**Ngubani okanye yintoni ekwiGap yakho?**

Umsantsa ngumahluko phakathi koyilo lukaThixo  
kubudlelwane kunye namava obomi bakho.

## **NGUBANI OKHE WAKWENZA KAKUBI OKANYE WAKONAKALISA? OKANYE... YINTONI OKANYE NGUBANI OMTSHAYEKA YINTLAHLEKO?**

“Ndizame, Yehova, undivavanye; vavanya intliziyo yam nengcinga zam.” INdumiso 26:2 <sup>(IBhayi)</sup>

**Qala ngokuchaza iinkalo zobomi bakho apho ukhe wonakaliswe, waphoxeka, okanye walahlekelwa yinto ebalulekileyo.**

**(a) Bhala uluhlu lwezenzo ezithile zokonakaliswa okanye ukwenzakala, kunye nabantu ababandakanyekayo:**

- Abantu abakukhabe okanye abakwaleleyo, kunye nendlela abakwenzile ngayo
- Abantu okanye iimeko apho waphathwa kakubi okanye wanyhashwa
- Iingxabano phakathi kosapho, abahlobo, emsebenzini, ecaweni okanye kwenye indawo
- Uqhawulo-mtshato okanye ukwahlukana
- Okunye

**(b) Bhala uluhlu lwemilahleko ebalulekileyo oyaziyo ebomini bakho:**

- **Ukuphulukana nomsebenzi**
- **Ukulahlekelwa yimpilo**
- **Ukuphulukana nobudlelwane ngenxa yengxabano, ukwahlukana, uqhawulo-mtshato okanye ukufa**
- **Ukuphulukana nephupha lobomi bakho okanye elizayo (njengomtshato, abantwana, umsebenzi)**
- **Okunye**

**(c) Khetha umntu omnye okanye ilahleko enye kule mihlathi ingentla ukuze uqalise ukusebenza kuyo.**

**Bhala apha ngezantsi izinto ezenzekileyo, amanxeba okanye ilahleko ephathelele kulo mntu okanye le meko.**

# **Icandelo 2: AFFECT**

**Yintoni esentliziweni yakho?**

## **UCHATHWE NJANI?**

“Ndigcagoce, Thixo, uyazi intliziyo yam; Ndicikide, uzazi iingcinga-ngcinga zam.” INdumiso 139:23 <sup>(NIV)</sup>

**Ingaba olu kreqo, intlungu okanye ilahleko ikuchaphazele njani?**

**(a) Ucinga ntoni?**

**(b) Ucinga ntoni ngomntu obandakanyekileyo (njengoko kufanelekile)?**

### **(c) Uziva njani?**

Oku kulandelayo luludwe lwamagama anokunceda ukuba uchonge into onokuthi uziva ngayo kubudlelwane nokona kwakho, ukwenzakala okanye ilahleko.

Yenza isangqa kwezona zisebenza kakhulu kuwe:

Ukulahlwa	Ukutyeba	Ukuma ndaweni inye	Ugwetyiwe
Ukucaphuka	Uloyiko	Ukuziva wedwa	Isibhanxa
Ukoyika	Ukhuselwe	Umhluleki	Ukunyamezela
Ukungcatshwa	Unesazela	Ukuphathwa gwenxa	Bambekile
Ingcwangu	Inzondo	Ukungakhathaleki	Bububi
Ukusetyenziswa	Akhoncedo	Ingapha-kwamandla	Ukubamdaka
Ukuva-nzima	Akhothemba	Ukungabinamandla	Ukungathandwa
Uxinzelelo	Ukuthandabuza	Umsindo omkhulu	Ukungakhuseleki
Ukungcola	Ujongeleka phantsi	Ukungafunwa	Ukungafunwa
Ukungathembeki	Ukungazithembi	Ukuthukuthela	Ukusetyenziswa
Ubudenge	Ayibonakali	Ukunxunguphala	Ukubalixhoba
Isiusiwe	Umona	Ihlazo	Ukungabinalizwi
Ukohluleka			Ukungabina xabiso

**Usebenzisa amagama owabiyele ngasentla, okanye amanye amagama asebenzayo, bhala ukuba oku kukhubekisa, ukwenzakala okanye ilahleko kukuchaphazele njani.**

# Icandelo 3: IMPENDULO

**Ugqibe ngantoni?**

## **USANDULELA NJANI KWELI TYALA, UBUHLUNGU OKANYE INTLAHLEKO?**

“Ubone ukuba kukho ndlela yodwa na kum, Undikhaphele kwindlela engunaphakade.” INdumiso 139:24 <sup>(NIV)</sup>

### **(a) Utheni?**

Bandakanya izinto ozithethileyo kuwe okanye kwabanye malunga nomntu obandakanyekayo, wena, uThixo okanye imeko.

**(b) Yintoni oyenzileyo?**

**(c) Ugqibe ngantoni?**

Bandakanya izinto osele uzigqibe ngawe, uThixo, umntu okonileyo okanye ilahleko oye wayifumana, nazo naziphi na izigwebo nezibhambathiso ozenzileyo.

# Icandelo 4: PHALA INTLIZIYO YAKHO

Yiya nkqo!

## YITHULULE INTLIZIYO YAKHO ENKOSINI.

“Kholosani ngaye ngamaxesha onke, nina bantu; ziphalazeni kuye iintliziyo zenu, ngokuba uThixo uyindawo yethu yokusabela.”

INdumiso 62:8 <sup>(NIV)</sup>

“Ndikhala kuYehova ngezwi lam, ndiphakamisa izwi lam kuYehova, ndiphalaza inkalazo yam phambi kwakhe, Ndixela imbandezelo yam phambi kwakhe.” INdumiso 142: 1-2 <sup>(NIV)</sup>

**(a) Phalaza intliziyo yakho kuYehova.** Bhala kanye indlela oziva ngayo kwesi sikhewu singezantsi.

Nkosi, ndiziva ngale ndlela...

**(b) Yivakalise eNkosini iminqweno yakho engafezekanga.**

Nkosi, yile nto ndiphoxekile okanye ndicaphukile ngayo, okanye ndinqwenela ukuba ngeyenzeke (okanye ayenzekanga)...

**(c) Yichaze iminqweno yakho yangoku eNkosini.**

Nkosi, ndiyathanda...

## **(d) Khetha ukubulela eNkosini.**

“...Ezintweni zonke bulelani; kuba oko kukuthanda kukaThixo kuKristu Yesu ngani.” 1 Tesalonika 5:18 <sup>(NIV)</sup>

“...nihlala nibulela kuye uThixo uYise ngazo zonke izinto, egameni leNkosi yethu uYesu Kristu.” Kwabase-Efese 5:20 <sup>(NIV)</sup>

“Umbingelelo wombulelo kuThixo, uzifzekise izibhambathiso zakho kOsenyangweni; ndibize ngemini yembandezelo; ndiya kukuhlangula, undizukise.” INdumiso 50:14-15, 23 <sup>(NASB)</sup>

“Ndiya kubingelela kuwe umbulelo, ndinqule igama likaYehova.” INdumiso 116:17 <sup>(NIV)</sup>

“Kuba ilizwi lomnqamlezo libubudenge okunene kwabatshabalalayo, kodwa kwabasindiswayo thina, lingamandla kaThixo.” 1 KwabaseKorinte 1:18 <sup>(NIV)</sup>

“Siyazi ke ukuba zonke izinto zisebenziselana okulungileyo kwabo bamthandayo uThixo, kwababiziweyo ngokwengqibo yakhe. Kuba abo wabaziyo ngenxa engaphambili, wabamisela ngenxa engaphambili ukuba bafane nomfanekiselo woNyana wakhe...” Roma 8:28-29 <sup>(NASB)</sup>

**Xelela iNkosi ngokubhala ukuba ukhetha ukubulela, ukuba uzinikela elongamo lwakhe phezu kwemeko kunye neemeko, kwaye uyamthemba nokuba uyisebenzisa njani ebomini bakho kwiinjongo zaKhe, ukulungelwa kwakho, nozuko lwakhe.**

Nkosi, ndikhetha ukubulela...

# Icandelo 5: XOLELA

**Cima ityala!**

**XOLELA UMNTU OKONILEYO OKANYE**

**WAKWENZA KAKUBI.**

**Umzekeliso Womkhonzi Ongaxoleliyo**

“Weza ke uPetros kuYesu, wabuza esithi, Nkosi, koda kube kangaphi na umzalwana wam endona, ndimxolela, koda kube kasixhenxe? Waphendula uYesu wathi, Ndithi kuwe, kungekhona kasixhenxe, kodwa kamashumi asixhenxe anesixhenx Ngenxa yoko ubukumkani bamazulu bufana nokumkani owafuna ukubalelana nabakhonzi bakhe. Kuthe ke akuqala ukuwalungisa, kwaziswa kuye indoda eyayinyetyala leetalente ezingamawaka alishumi. Ekubeni yayingenakuhlulwula, inkosi yayalela ukuba kuthengiswe yena nomfazi wayo nabantwana bayo neento zonke enazo ukuze kuhlawulwe elo tyala. Umkhonzi wawa ngamadolo phambi kwayo. 'Yiba nomonde kum,' wabongoza, 'yaye ndiya kuhlawula yonke into.'"

**Yasikwa yimfesane inkosi yomkhonzi lowo,  
yalicima ityala, yamndulula.**

Uthe ke akuphuma loo mkhonzi, wafumanana nomnye wabakhonza kunye naye obenetyala kuye leedenariyo ezilikhulu; Wambamba wamkrwitsha. 'Buyisela oko undityala kona!'" wabuza ngelitshoyo. Wawa phantsi ngamadolo akhe umkhonzi kunye naye, wabongoza esithi, Khawundenze kuhle, ndokuhlulwula lonke. Kodwa wala.

Kunoko, wahamba, wamphosa entolongweni, ade alihlawule ityala elo. Zithe ke ezinye izicaka, zakukubona oko kwenzekileyo, zaba buhlungu kakhulu, zemka zayixelela inkosi yazo konke okwenzekileyo. Yaza inkosi yambiza umkhonzi lowo, yathi kuye, mkhonzindini ugendawo, ndakucima lonke elaa tyala lakho, ngokuba wandibongozayo.

“ubungamelwe na kukuba ube nenceba nawe kokhonza kunye nawe, njengokuba nam bendinenceba kuwe? Yavutha ngumsindo inkosi yakhe, yamnikela kubagcini-ntolongo, ukuba angcungcuthekiswe, ade alihlawule lonke ityala lalo. UBawo osemazulwini uya kuqhubana nani ngolo hlobo, ukuba anithanga nimxolele umzalwana wenu ngokusuka entliziyweni.”

Mateyu 18:21-35 <sup>(NIV84)</sup>

**(a) Thatha uxanduva kwiimpendulo zakho zesono.**

Bhala uvumo lwakho lokungaxoleli eNkosini, kunye nezimo zengqondo ezingalunganga kunye okanye iimpendulo.

“Ukuba sithi sizivume izono zethu, uthembekile, ulilungisa, ukuba asixolele izono zethu, asihlambulule kuko konke ukungalungisi.”

Eyoku-1 kaYohane 1:9 <sup>(NKJV)</sup>

Nkosi, ungandixolela na ngezenzo zam ezigwenxa nezimo zengqondo...

Nkosi, ungandixolela na ngezigwebo nezibhambathiso zam...

**(b) Khetha ukumxolela umntu omonileyo okanye omonileyo wena.**

Bhala umthandazo wakho eNkosini uvakalisa isigqibo sakho sokuxolela. Bandakanya izinto ezithe ngqo zezo ntlungu okanye ukona kunye nendlela eziye zakuchaphazela ngayo kwixesha elidlulileyo, ezikuchaphazelayo ngoku, kwaye zinokukuchaphazela kwixesha elizayo.

Nkosi, ndikhetha ukuxolela...

**(c) Xelela uYehova:**

**“Ndilicimile ityala, ngenxa yam, abanatyala kum!”**

# Icandelo 6: UKUKHULULWA

**Mvumele uThixo ayiphathe!**

## **SKHULULEKA ICALA, UKWENZA OKANYE ULAHLEKELWE ENKOSINI!**

"Umthwalo wakho wulahlele kuYehova, yena wokuxhasa; akayi kuliyekela naphakade ilungisa. Ke wena, Thixo, uya kubahlisela emngxunyeni ongendawo; abantu bamagazi nenkohliso abayi kuyiqingathisa imihla yabo; Ke mna ndikholose ngawe." INdumiso 55: 22-23 <sup>(NIV)</sup>

"Hlalani nimvisisane nomnye, musani ukuba nekratshi, kodwa nikulungele ukunxulumana nabathobekileyo. buyiselani, itsho iNkosi. Kunoko: 'Ukuba utshaba lwakho lulambile, luphe ludle; ukuba lunxaniwe, luphe into eselwayo; Ngokwenza oko, woba uluvisa udano, khon' ukuze luguquke.'" Musa ukoyiswa bububi; boyise ububi ngokul" KwabaseRoma 12:16-21 <sup>(NIV)</sup>

"...yaye ngoxa wayetshabhiswa, akazange aphindise atshabhise; ngoxa wayebandezelekile, akazange asonge, kodwa wahlala ezinikele kulowo ugweba ngobulungisa." 1 Eyoku-1 kaPetros 2:23 <sup>(NASB)</sup>

### **(a) Mnikele umntu kunye/okanye imeko eNkosini.**

Bhala ngendlela yomthandazo ukuba ngubani okanye yintoni ngoku oyiphathisiweyo eNkosini.

**(b) Sikelela kwaye umthandazele umntu okonileyo okanye wakuvisa ubuhlungu.**

“Wathi ke uYesu, Bawo, baxolele, kuba abayazi into abayenzayo...”  
Luka 23:34 <sup>(NIV)</sup>

“Ke mna ndithi kuni, Zithandeni iintshaba zenu, basikeleleni abo baniqalekisayo, benzeleni okulungileyo abo banithiyayo, nibathandazele abo banigxekayo banitshutshise...” Mateyu 5:44 <sup>(NKJV)</sup>

Nkosi, ndikhetha ukusikelela nokuthandazela...

**(c) Chaza eNkosini ngomthandazo umnqweno wakho wokuphila ngenyaniso uThixo akubonise yona kwinkqubo yakho.**

“Sichitha amabhongo nayo yonke into ephakamileyo ephakanyiswa ngokuchasene nolwazi lukaThixo, kwaye sithimba zonke iingcamango ekuthobeleni uKristu,” 2 Korinte 10: 5 <sup>(NASB1995)</sup>

“Musani ke ukuthatha isimilo sabantu beli phakade, kodwa guqukani ngokuhlaziyeka kwengqiqo yenu, ukuze nikucikide into okuyiyo ukuthanda kukaThixo okulungileyo, okukholekileyo, okuzalisekileyo.” AmaRoma 12:2 <sup>(NASB)</sup>

“Ngamana akholeke amazwi omlomo wam nezicamango zentliziyo yam emehlweni akho, Yehova, Liwa lam, uMkhululi wam.” INdumiso 19:14 <sup>(NIV)</sup>

Nkosi, ndincede ndibambe iingcinga zam ukuze ndikuthobele. Ukusukela kweli nqanaba ukuya phambili, ndikhethe ukuyihlaziya ingqondo yam ngokwelizwi lakho.

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# AMANQAKU

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# UNOKUXOLELWA!

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**Phambi kokuba uhambe ngenene enkululekweni, kufuneka uqale ube neSiqalo esitsha esigqibeleleyo-ukuxolelwa nguThixo.**

Forgiveness is God's gift to you, canceling the debt of your sin – not because you've earned it, but because of His love and mercy. But God's heart isn't just to forgive you – it's to restore you and bring healing and wholeness to every area of your life. And that restoration starts with something vital: Repentance.

“Kodwa xa sukuba ningaguquki, nitshabalale nani nonke.” ULuka 13: 3 <sup>(NIV)</sup>

Vuma ukuba wonile kwaye wone kuThixo ngazo zonke iindlela elithi “mna kuqala” livakaliswe ngengcinga, ngelizwi, okanye ngesenzo ebomini bakho (ngqale).

Ukuba ndibuhlungu ngenxa yokuba ukhetho lwam “kuqala” luye lwakhokelela kwimiphumo ebuhlungu, yaye ingqalelo yam ikusizi lwam, iBhayibhile ibiya kulubiza olo sizi lwehlabathi. Kodwa, ukuba isimo sam sengqondo sesokuqiniseka ngesiphoso sam - isiphoso sokuzibeka kuqala, kungakhathaliseki ukuba yintoni umphumo, iBhayibhile iya kuyibiza le ntlungu yobuthixo.

"Intlungu yobuthixo isingisa inguquko esa elusindisweni" 2 Korinte 7:10 <sup>(NIV)</sup>

## UXOLELWA NJANI

- Vuma naziphi na iindlela zokuthi "mna kuqala" ozichongileyo: ikratshi, umona, ukungaxoleli, nelungelo lokulawula ubomi bakho.
- Vuma ukuba wonile kwaye wone kuThixo ngazo zonke iindlela elithi “mna kuqala” livakaliswe ngengcinga, ngelizwi, okanye ngesenzo ebomini bakho (ngqale).
- Xelela uThixo ukuba uzinikele ngokupheleleyo kuYe njengeNkosi yakho - ukwenza naluphi na utshintsho afuna ukulwenza ebomini bakho.

“Ukuba sithi sizivume izono zethu, uthembekile, ulilungisa, ukuba asixolele izono zethu, asihlambulule kuko konke ukungalungisi.” 1 Yohane 1:9 <sup>(NKJV)</sup>

“Ngokuba, xa uthe wamvuma ngomlomo wakho ukuba uyiNkosi uYesu, wakholwa ngentliziyo yakho ukuba uThixo wamvusa kwabafileyo, wosindiswa, kuba ukholwa ngentliziyo, ube lilungisa, uvuma ngomlomo wakho, usindiswe.”

KwabaseRoma 10:9-10 <sup>(NIV)</sup>

## Ngoku, ungaXOLELA...njengoko UXOLELWE!

“Yibani nobubele omnye komnye, nibe nemfesane omnye komnye, nixolelane, njengokuba naye uThixo wanixolelayo ekuKristu.” Efese 4:32 <sup>(NIV)</sup>

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