



YEAR OF Prayer 2024

Indlela ezintazo esinokuthandaza ngazo kulo
nyaka wokuthandaza silungiselela iJubili

“LORD, TEACH US TO PRAY”

FACILITATOR GUIDE

“Apho kuhlanguanisene khona ababini okanye abathathu
egameni lam, itsho iNkosi; ndikho phakathi kwabo.”

Mateyu 18:20

Umthandazo uba yibhulorho phakathi kwezulu nomhlaba, indawo
yokuhlangana apho intliziyo yomntu nentliziyo kaThixo ukudibanisa
kwincoko engapheliyo yothando.

Ngamana umthandazo unokuba yikhampasi ekhokelayo, ukukhanya
okukhanyisa indlela kunye namandla asixhase kuhambo ngezonzqulo
oluya kukhokelela ekungeneni kuMnyango oyiNgcwele.

Ngomthandazo, ngamana singafika kuMnyango oyiNgcwele sikulungele
ukwamkela izipho zobabalo nokuxolela ezibonelelwa yiNtlokoma
njengembonakaliso ecacileyo yolwalamano lwethu noThixo.

Masingene ngomthandazo kwincoko eluqhubekayo noMdali, sifumanise
uvuyo lokuthula, uxolo lokulahlwa namandla okuthethelela kubudlelane
beengcwele.

(Ukusuka Kuxwebhu LweVatican Sifundise Ukuthandaza)

ULWAZI NGOKUBANZI

Ukulungiselela iseshoni yeveki nganye:

1. Ulwamkelo kunye nentshayeleyo
2. Ukuvula NgoMthandazo - ungaqala iculo lokungena
3. Chaza lendlela yomthandazo enizothandaza ngawo
4. Amava omthandazo
5. Ukucinga ngokuzolileyo kulandelwa kukwabelana
6. Isenzo seveki ezayo kunye nezicatshulwa ezibonakalisayo zokuthatha ekhaya:
7. Umthandazo wokuvala kunye neculo lokuphuma
8. Ixesha lentlalo

Kuyacetyiswa okokuba ezi seshoni zemithandazo ziqhutywe kumaqela amancinci okwabelana ngokholo, ingabi ngabantu abagqithisileyo kwishumi.

Kwiseshoni nganye kukho isikhokelo somququzeleli kunye nephethshana lomthathi-nxaxheba. Ezi zinikezelwa ngefomathi ye-elektroniki kwii-parish eziza kufuneka zenze ushicilelo lwazo. Kucetyiswa ukuba umntu ngamnye othatha inxaxheba abe nephetha lakhe, njengoko iindlela zokuthandaza zingaziboleki ekwabelaneni.

Abantu abathabatha inxaxheba baziswa kwindlela ezahlukeyo zomthandazo kwiseshoni nganye.

Iiseshoni zisekelwe kwizibhalo.

Ezi seshoni zemithandazo zinokwenzeka nangaliphi na ixesha kunyaka weenkono, ezi ziye zabhalwa zicinga ngoNyaka woMthandazo, zilungiselela uNyaka weJubilee ka-2025. Umthandazo wokuvala unokutshintshwa ukuze ulungele amanye amaxesha kule nkono yomthandazo..

Kucetyiswa ukuba umququzeleli ngamnye akhe itafle yokugxila kwiseshoni nganye.

Oku

kunokuquka iBhayibhile, umnqamlezo, ikhandlela (okanye ikhandlela elinye kwilungu ngalinye leqela), into evela kwindalo nayo nayiphi na enye into ehambelana nokufundwa kwesibhalo. Amakhandlela azokukhanyiswa ekuqaleni kweseshoni, kwaye abantu abathatha inxaxheba bahlala kwisangqa / i-semi-circle ejikeleze ingqwalasela.

Kukho iiklip ze-You-Tube ezicetyiswayo (ngokuzithandela) ezinokuboniswa kwi-laptop iqela, ukuba konke kunokubona. Ezi zinto ziya kuphucula amava. Amakhonkco eengoma ezicetyiswayo nawo anikwa.



Intshayeleso

Nceda ufunde lentshayeleso ekumaphtshaana labathathi-nxaxheba ngokudibeneyo nale.

Esi sikhokelo, sabaququzeleli, silungiselelwe ukwenzela ukukunika izinto ezongezelelweyo, iingcinga kunye neengcamango ekukhokeleni iqela lakho kumava amatsha omthandazo. Iqulathe zombini izinto ezongezelelweyo kunye nezi kwiincwadana zabathathi-nxaxheba. **Izinto ezikwiiphethshana zabathathi-nxaxheba zibonakala kule ncwadi yombhexeshi ebhalwe ngama gama ekekeleyo enoshicilelo olwahlukileyo.**

SIFUNDISE UKUTHANAZA: Amava Amatsha Omthandazo

Umxholo othi Sifundise Ukuthandaza uvela eVatican ukuze asikhuthaze ukuba sandise amava ethu omthandazo. Kukho isithethe esikhulu esityebileyo seendlela ezahlukeneyo zokuthandaza kunye neendlela iBandla, uninzi lwawo alaziwa kakuhle. Ngethemba lokuba singakwazi ukwazisa iindlela ezintathu ezintsha kumaqela ethu (nezinye kunyaka ozayo). Sonke sahlukile, sonke sineendlela zokuthandaza ezingafaniyo. Akukho ndlela ilungileyo okanye echanekileyo. Ukuba abanye kwiqela lakho bafumana indlela yomthandazo inzima, bakhuthaze ukuba bahlale nayo iveki okanye ezimbini - kodwa ukuba "ayisebenzi" kubo, bangasuke bayiyeke.

Ukusetyenziswa kwevidiyo

Kuzo zontathu eziveki, kukho ukhetho lokubandakanywa kweeklip zevidiyo. Zidweliswe ukuphucula amava kubo bonke.

Ezinye iingongoma malunga neevidiyo

Kufuneka ujonge ividiyo ngaphambi kokuba uthathe isigqibo sokuba uza kuyibandakanya njani. Nceda ungazibonisi ngenxa yokuba sisike zadweliswa.

Emva kokuba uzijongile, ungathatha isigqibo sokuba zeziphi ezi ndlela zilandelayo ezilungileyo kumaqela akho:

- Funeka usebenzise ulwazi olufumene kwiividiyo ekuqondeni indlela zomthandazo.
- Ezi vidio zizakudlalelwa amaqela njengolwazi olongezelelweyo kwindlela zokuthandaza..
- Ukuba uthatha isigqibo sokuba ungayibonisi, i-url ikwiphethshaana labathathi-nxaxheba bangayijonga ekhaya.

Ukujonga ividiyo ngokulula

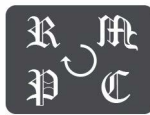
- ukukhuphela nokuncamathisela i-url kwi-Google search.

Kukho ezinye iividiyo kuGoogle.

Kucetyiswa ukuba ungajongi ezininzi

- kakhulu njengoko zinga phikisana kwezinye iimeko.
- Ezo zicetyiswayo zifanelekile.

Kwiseshoni nganye kukho iingcamango, iingcebiso kunye neenketho ezithile kwiividiyo ezidwelisiweyo.



Intshayelelo

Ukuphumla nokukhululwa koxinizelelo

Imizimbha yethu. Ukuze ingene kumava omthandazo, kufuneka siphumle umzimba, sikhulule ukungavisisani size sithule ingqondo. Kufuneka senze oku kuzo zontathu iiseshoni. Nazi ezinye izikhokelo onokuzisebenzisa.

Indlela yokuphumla umzimba ekulungiseleleni umthandazo: (Musa ukukhawuleza oku).

Ngoku qala ngokukhulula umzimba wakho.

- Hlala nkqo esihlalweni
- Ubeke iinyawo zakho phantsi.
- Ngoku qinisa izihlunu zakho zomlenze, wolule ukubamba uze uphumle. Yenza oku izihlandlo ezithathu.
- Emva koko yenza okufanayo ngeengalo kunye neminwe.
- Umva: Qinisa umva, uze uphumle. Izihlandlo ezithathu.
- Intamo: Hambisa intloko ngobunono kathathu indlela nganye. Oku kukhulula izihlunu ezibalulekileyo zentamo.
- Ngoku qinisa ukhulule izihlunu zobuso. (Lo asingomthandazo kwaye abanye bangayifumanisa ihlekisa). Intle lonto.
- Cela abantu ukuba bavale amehlo abo ngobunono kwaye baphulaphule ukuphefumla kwabo. Imizuzwana nje embalwa bathi cwaka. Ngaphandle kokunyanzela, qaphela ukuphefumla kwakho. Yiphulaphule. Uyonwabele.
- Khokelela ngobunono kumava omthandazo.



Indlela yomthandazo wangaphakathi

Iveki yokuqala

“Yiba ngxi kwaye wazi ukuba ndinguThixo. Ndiphakamile Phakathi kweentlanga, ndiphakanyisiwe emhlabeni”
INdumiso 46:10



Iividiyo ongathanda ukuzisebenzisa kule seshoni - jonga iingcebiso kwiphepha leNtshayelelo 1

Sidwelisa iividiyo ezimbini kunye nee-urls zabo ze-Centering Prayer. Eyokuqala inika ingcaciso entle kunye namava emizuzu elishumi. Iqela linokusebenzisa le kliphu njengamava abo omthandazo: <https://www.youtube.com/watch?v=lhPfu2yJ2II>

Owesibini nguThomas Keating, owaziwa kakhulu ngokubandakanyeka kwakhe kunye nophuhliso lomthandazo ophakathi. Kwimizuzu yokuqala ye-2 okanye ye-3 unika intshayelelo entle kakhulu kwaye emfutshane kwisitayela somthandazo kunye nokuba kunye noThixo ngaphakathi. (Emva koko kukho imizuzu engama-20 yokuthula):

<https://www.youtube.com/watch?v=s06mhAKZF2w>

1. Ulwamkelo kunye nentshayeleyo

Wamkelekile wonke umntu. Iqela malazise ukuba alizana.

2. Umthandazo wokuvula

Ngaphambi kokuqala umthandazo wokuvula, khangela ukuba iqela linokucula umhobe (okanye omnye ukuba bakhetha,)

Yenza imeko yokuthula. Umququzeleli okanye ilungu lifunda intshayeleyo yomthandazo.

Ngenye imini uYesu wayethandaza kwindawo ethile. Akugqiba, omnye wabafundi bakhe wathi kuye, Nkosi, sifundise ukuthandaza, kanye njengoko uYohane wafundisa abafundi bakhe. (Luka 11:1)

Njengoko siqalisa le nkonzo yomthandazo namhlanje, masithandazele kumazwi awasifundisa kona uYesu . . .
UBawo wethu osemazulwini . . .

Kungaculwa noba leliphi na iculo lkhonkco
https://www.youtube.com/watch?v=AyDr9-Mpc_s



3. Intshayelelo Yomthandazo wangaphakathi

Ngoku sijonga indlela esithandaza ngayo kule seshoni: Centering Prayer. Sifunda intshayelelo kwipheca lomthandazo.

Umthandazo wangaphakathi luhlobo lomthandazo olusinceda singene kwi- yangaphakathi yobuntu bethu ukuze sifumane uThixo. Kufana nokuvumela ibhakethi ukuba iphose phantsi iqula lethu elingaphakathi ukuze litsale emanzini othando lukaThixo lobabalo. Umthandazo wokusembindini usinceda ukuba sehle ukuya kumongo womntu wethu oyingongoma "yomfanekiso kaThixo".

Kufuneka sikhethe isigaba esithandwayo, okanye igama. Njengoko singabafundi becela "uYesu ukuba asifundise ukuthandaza," kusenokuba kuhle ukuthatha ilizwi kuMthandazo weNkosi: ... e.g "Bawo wethu", okanye "Bawo", okanye "Ngwele igama lakho", okanye "Ubukumkani bakho buza"..... Khetha igama elinye ngaphambi kokuba uqalise umthandazo.

Kwaye emva koko inkokheli ikhuthaza amalungu ukuba akhethe i-mantra, ngokusekelwe "kuBawo wethu".



4. Indlela

Ingcaciso yendlela: Amava omthandazo anamanyathelo amathathu:

1. Siphumla cwaka.

2. Sithandazela ukuba sivuleleke kuThixo othandayo. Inkokeli iya kuthandazela ukuba sonke sivuleleke kuthando noxolo lukaThixo. Umthandazo uya kwenziwa ngokucothayo, kunye nexesha lokuba abantu abakwiqela baphinde, ngokuzolileyo kubo.

3. Sisebenzisa (amagama akhethiweyo) ukuze sizivulele uthando noxolo lukaThixo. Emva koko ngokuthula, we uqale ukuthetha ilizwi (amagama) ngoxolo nangengabom, kuthi, nge-rhythm rhoqo. Sizama ukufumana umfanekiso / imvelaphi yegama. Ngokuthe ngcembe eli gama lisigubungela cwaka nangoxolo. Siyaqhubeka siphindaphinda i-mantra sishiya ixesha elingakumbi nangakumbi phakathi kokuphindaphinda nganye, sivumela ukuba sitsaleleke kuThixo ngaphakathi. Ukuba siphazamiseka NGOBUNONO sibuyela kwi-mantra. Ekugqibeleni, ndiza kukumema ukuba ubuyele egumbini.

Inkokeli ingaba ukuba kufanelekile ukubhekisela, okanye ukubonisa, enye okanye zombini iiklip zevidiyo.

Amava. Ngoku siqala.
Ukuzilolonga ngokuphumla.
(Jonga iphepha 4)

Xa ukhululekile, inkokheli isikhokelela emthandazweni:
Ukhokela iqela emthandazweni:
njengoku kulandelayo.
(Ukuba ungathanda ukutshintsha, yenza njalo kodwa ugcine iingcinga zokuba uvulelekile kuThixo othuleyo ngaphakathi kwethu.)
Thandaza kancinci, ubashiye ixesha lokuyiphinda emva kwakho – kodwa cwaka.

Owu Nkosi siyazi ukuba ningaphakathi kwethu.....
siyakubulela ngobukho bakho ebomini bethu.....

siyakudumisa, sikunqule kuba ungcewele
siyakuthanda.....
sibeka eli xesha ezandleni zenu
sizivulele kuMoya wenu ngaphakathi kwethu.....
Ngamana uMoya wakho angasinika amandla aze asizalise.....

Inkokheli ikhuthaza eli qela ukuba liqalise umthandazo ophakathi.

Ngoku sizivulela ngokuthe ngcembe nangobunono kuThixo size siphinde isigaba okanye imantra yethu. Le nkokheli yayinokuvala ixesha lomthandazo emva kwemizuzu emalunga ne - 10 - 15, ngokukhokela eli qela ngokuzolileyo nangokucothayo kuMthandazo weNkosi.



5. Ipendulo kunye nokwabelana

Nika iqela ixesha lokusabela kumava: Ngaba ngamava omthandazo? Ngaba kwakunzima? Kulungile? Njl.

Asixoxi ngemibuzo yezakwalizwi okanye isibhalo njl. Ngumthandazo.

6. Ipendulo kunye nokwabelana

Nika iqela ixesha lokusabela kumava: Ngaba ngamava omthandazo? Ngaba kwakunzima? Kulungile? Njl. Asixoxi ngemibuzo yezakwalizwi okanye isibhalo njl. Ngumthandazo.

Akukho zibhalo zifunekayo.

Kwakhona khankanya iividiyo ezimbini. Jonga (kwakhona) kwiividiyo ezimbini.

Kukho inani iividiyo kwi-centering umthandazo ekhoyo kwi-Google: ezinye ngcono kunabanye, ezinye izikhokelo kwaye ezinye ngamava. Nazi ii-urls ezimbini zazo.

Eyokuqala inika iingcaciso ezilungileyo kunye namava emizuzu elishumi:

<https://www.youtube.com/watch?v=IhPfU2yJ2II>

Owesibini nguThomas Keating, owaziwa kakhulu ngokubandakanyeka kwakhe kunye nophuhliso lomthandazo ophakathi. Kwimizuzu yokuqala ye-2 okanye ye-3 unika intshayelelo entle kakhulu kwaye emfutshane kwisitayela somthandazo kunye nokuba kunye noThixo ngaphakathi. (Emva koko kukho imizuzu engama-20 yokuthula.)

<https://www.youtube.com/watch?v=sO6mhAKZF2w>



Cela abanye abantu bafunde imithandazo yokuvala.
Kwaye hambisa kwingoma ukuba unqwenela.

7. Umthandazo wokuvala

*Ungazenzela nokuba
ngowuphina umthandazo
okanye wenze imithandazo
ebhaliweyo ngezantsi.*

Iintliziyo ziphuphuma
lithemba nokholo, kwaye
ziqaphela ukuba umthandazo
ngamnye wethu ngumsonto
osidibanisa no Thixo,
sithandaza...

Nkosi, mthombo wobulumko
bonke, sikhokhele ngeli xesha
lomthandazo. Vula iintliziyo
zethu kwaye ukhanyise
iingqondo zethu ukuze
siqonde kwaye sibe namava
ngokupheleleyo ngeziphoo
zenceba kunye nokuxolela.

Bawo, ngenceba yakho,
zive izikhalo zabantwana
bakho. Vuselela ukholo
lwethu, yaandisa iimpawu
ezintle zethemba kunye
nesisa kuthi, kwaye
usincede sibe ngamangqina
othando lwakho emhlabeni.

Siyakudumisa, Nkosi,
ngokulunga kwakho
okungenasiphelo. Vula
amehlo ethu kubuhle
bendalo yakho ukuze
iintliziyo zethu zivuyele
ngokumangaliswa
nangobukhulu bemisebenzi
yakho.
*(umntu angazenzela owakhe
umthandazo)*

Siyakubulela,
Thixo, ngazo zonke
iintsikelelo nazo zonke
iziphoo esizifumeneyo.
Sifundise ukuqaphela
isandla sakho kumzuzu
ngamnye wobomi
bethu kwaye samkele
usuku ngalunye
njengesiphoo senceba
yakho kunye nothando.
Amen.

Kungaculwa noba leliphi iculo
Ikhonkco

<https://www.youtube.com/watch?v=byEU7ZgIRBY>

8. Ixesha lentlalo





Iividiyo ongathanda ukuzisebenzisa kule seshoni - Jonga iingcebiso kwiNtshayelelo. Iphepha 1

Sidwelisa iividiyo ezine, kunye nee-urls zazo, ze ndlela yokuthandazo ngeziBhalo:

1. <https://www.youtube.com/watch?v=sJpT1pLRcKQ>

Le vidiyo inika ingcaciso entle kakhulu. Ngelishwa umculo ongasemva uvakale kwaye uphazamisa. Ndafumanisa kungcono ukujika umthamo phantsi kwaye ndifunde nje oko kukwisikrini. Ukuba akukho projektha ekhoyo, bekuya kuba kukuba abantu "baphulaphule" oku ekhaya. Mhlawumbi ngaphambi kweseshoni yomthandazo kunye namalungu eqela emva kwamava omthandazo.

2. <https://www.youtube.com/watch?v=hhwRcg1mHec>

Oku kukwabelana ngokobuqu ngendlela yokuthandaza ngezibhalo eyamnceda ngayo ngokomoya wakhe.

3. <https://www.youtube.com/watch?v=lt2iGxLlqNY>

Ixesha elifutshane kwaye kulula ukuphulaphula ingcaciso.

4. <https://www.youtube.com/watch?v=i27FqIyk2qY>

Omnye umzekelo wokuthandaza ngezibhalo. Isicatshulwa esikhethwe kwividiyo sifana neso sikwincwadana yethu. Phawula ukuba ekugqibeleni, ugxininisa ukuba kukho iindlela ezahlukeneyo zokuthandaza kunye noLectio Divina.

Kucetyiswa ngamandla ukuba ujonge ezi zine ngaphambi kocwangciso lomthandazo. Banokunyusa amava kubo bonke.

1. Utywamkelo

Wamkelekile wonke umntu. Yazisa nabani na omtsha kwiqela.



2. Umthandazo wokuvula

Ngaphambi kokuqala umthandazo wokuvula, khangela ukuba iqela linokucula umhobe (okanye omnye ukuba bakhetha,)

Yenza imeko yokuthula. Umququzeleli okanye ilungu lifunda intshayelelo yomthandazo.

Ngenye imini uYesu wayethandaza kwindawo ethile. Akugqiba, omnye wabafundi bakhe wathi kuye, Nkosi, sifundise ukuthandaza, kanye njengoko uYohane wafundisa abafundi bakhe. (Luka 11:1)

Njengoko siqalisa le nkonzo yomthandazo namhlanje, masithandazele kumazwi awasifundisa kona uYesu

UBawo wethu osemazulwini . . .

Kungaculwa nokuba leliph iiculo Nxulumanisa

https://www.youtube.com/watch?v=Tvt6E9N7AQw&list=RDTvt6E9N7AQw&start_radio=1

3. Ingcaciso ngendlela yokuthandaza ngeziBhalo

Le ndlela yomthandazo inamanyathelo amane kuyo.

READ.

Sifunda isicatshulwa seZibhalo.

MEDITATE.

Sicamngca ngelizwi.

PRAY.

Sithandaza kuThixo wethu sisabela ekucamngceni kwethu.

CONTEMPLATE.

Sihleli cwaka siphulaphule ngentliziyo nangengqondo.

Inyathelo ngenyathelo.

Isifundo: Funda isicatshulwa seZibhalo. Mhlawumbi izihlandlo eziliqela. Funda ngentliziyo.

Ukucamngca: Yima kwigama lokuqala okanye ibinzana elokutsalayo. Siqala. Phinda igama elithi (ibinzana) ngokuphindaphindiweyo. Musa ukucinga kangako ngentsingiselo kodwa unandiphe uze ujabulele oko sikuphindayo. Xa siye sawavuyela ngokwaneleyo amazwi sithandaza.

Umthandazo: Sinikela iimpundulo koko akuthethileyo kuthi ngokucamngca. Iimvakalelo zethu, iminqweno yethu, 11ngcinga zethu njl njl zonke iindlela zokuva nokuphendula kuThixo wethu ngaphakathi.

Siza kuyitshintsha njani ubomi bethu?

Ukunqulwa, ukuzisola, ukubulela kunye nokutarhuzisa zonke iimpundulo ezinokwenzeka.

Ukucamngca: Xa sele sitshilo oko kwakufuneka sikuthethe kuThixo, cwaka kwaye uphulaphule ngentliziyo nengqondo yakho kuba Uya kuba nempundulo kuthi. Musa ukukhawuleza. UThixo usebenza ngeendlela namaxesha akhe. Mhlawumbi namhlanje, mhlawumbi kunyaka ozayo siza kuqaphela ubukho bakhe.



Apha ngezantsi kukho iingcinga ezimbalwa ngakumbi kwaye ungasebenzisa ez1 zinto ukufumana ingcaciso engaphezulu okanye ukutyebisa.

Funda

UThixo uzityhila ngeendlela ezininzi, eyona nto iphambili kuyo yiSibhalo Esingcwele. Ngokufunda Isicatshulwa siza kuva loo Thixo uthetha nathi cwaka.

Kufuneka sikulungele ukufumana isityhilelo, Funda isicatshulwa seZibhalo. Mhlawumbi izihlandlo eziliqela. Funda ngentliziyo.

Ukucamngca

Ekucamngceni siyalamkcela iLizwi likaThixo ebomini bethu size siliguqule ukusuka kwilizwi elifileyo libe lilizwi eliphilayo nobukho bukaThixo.

Emva kokufinnana ilizwi likaThixo, kufuneka silihlafune size silihloonele. Sifimwanisa ubuhle nokulunga kwelizwi likaThixo.

Kwaye yisebenzise kwimeko yethu.

Umthandazo

Sikhululekile ukwamkela okanye ukugatya inyaniso etyhiliweyo. Sigqiba enoba siya lcludibanisa iLizwi likaThixo ezintliziyweni zethu, kubomi bethu nakumsebenzi wethu. Impendulo yethu ibonalcaliswa ngamazwi, iingcinga, iminqweno, iimvakalelo, isisombululo kunye nezibophelelo.

Ukucamngca – Ukuphulaphula cwaka.

Sifuna ukuphumeza umanyano lothando olufanele lubangelwe yincoko yethu noThixo. Oku kukugqitywa komanyano lwengqondo yethu nenyaniso kaThixo.

Ngamanye amaxesha siya kuqaphela ubukho bukaThixo, ngamanye amaxesha mhlawumbi siya kuqaphela ukuba kukho ukwanda kwesiqhamo soMoya (Gal 5: 22-23, uthando, uvuyo, uxolo) kunye nathi. Lowo ngwntandazo.



4. Amava

Ngaphambi kokuqala ukufunda, khuthaza iqela ukuba liphumle.
(Funda iphepha 2 kule ncwadana.)

Siphumla.

Sizivulela kuMoya ohamba
nathi.

Sikhumbula inkqubo.
Funda,
ucamngce,
uthandaze kwaye
ucamngce.

Omnye umntu uya
kusifunda, ngokucothayo.

Siqala. Siphulaphula
iZibhalo
(Mt 14: 22-33)

Ngoku funxa ilizwi uze
umphulaphule uThixo
njengoko sicamngca,
sithandaza yaye sicamngca.

(Mt 14: 22-33)

Ngoko nangoko uYesu wenza abafundi ukuba bangene esikhepheni baze bahambe phambi kwakhe baye kwelinye icala, ngoxa wayegxotha isihlwele. Emva kokuba ebaxothile, wenyuka yedwa entabeni ukuze athandaze. Kamva ngobo busuku, wayelapho yedwa, yaye isikhephe sasisele sikude kakhulu emhlabeni, sibethwa ngamaza kuba umoya wawuchasene nalo. Ngaphambi nje kokusa uYesu waphuma waya kubo, ehamba phezu kwechibi. Bambona abafundi ehamba echibini, boyika kakhulu. "Yi-amtshologu," batsho, bakhala ngoloyiko. Kodwa ngoko nangoko uYesu wathi kubo: "Thabathani inkaliphol Ndim. Musa ukoyika." "Nkosi, ukuba nguwe," waphendula uPetros, "ndixelele ukuba ndize kuwe emanzini." "Yiza," watsho. Wandula ke uPetros wehla esikhepheni, wahamba phezu kwamanzi waza weza kuYesu. Ke kaloku, akubona umoya, woyika, waqala ukutshona, wadanduluka wathi, Nkosi, ndisindise. Ngoko nangoko uYesu wasonga isandla sakhe waza wambamba. Ndandizibuza, "Yintoni endiyenza ngokuhlukile? Kwaye xa bona wakhwela esikhepheni, umoya wafa phantsi. Bandula ke abo babesemkhombeni baqubuda kuye, besithi, Inene, ningunyana kaThixo.

Ngoku funxa ilizwi uze umphulaphule uThixo njengoko sicamngca,
sithandaza yaye sicamngca.



5. Ukwabelana kunye neMpendulo

Nika iqela ixesha lokusabela kumava: Ngaba ngamava omthandazo? Ngaba kwakunzima? Kulungile? Ngaba uza kuzama kwakhona? Njl. Asixoxi ngemibuzo yezakwalizwi okanye isibhalo njl. Ngumthandazo.

6. Qhubeka Uhambo lwethu Lomthandazo

Nazi ezinye iindinyana ezimbalwa zeZibhalo eziboleka le ndlela yomthandazo. Zama ezinye ekhaya.



Mt 13: 1 - 23
Mt 9: 9 - 13
Mt 10: 37 - 42
Luka 10: 21- 24

Nazi ii-urls zeevidiyo ezine.

<https://www.youtube.com/watch?v=sJpT1pLRcKQ>

Le vidio inika ingcaciso entle kakhulu. Ngelishwa umculo ongasemva uvakale kwaye uphazamisa. Ndafumanisa kungcono ukujika umthamo phantsi kwaye ndifunde nje oko kukwisikrini.

<https://www.youtube.com/watch?v=hHwRcg1mHec>

Oku kwabelana ngokobuqu ngendlela i-lectio divina eyamnceda ngayo ngokomoya wakhe.

<https://www.youtube.com/watch?v=It2iGxLIqNY>

Ixesha elifutshane kwaye kulula ukuphulaphula ingcaciso.

<https://www.youtube.com/watch?v=i27FqIyk2qY>

Omnye umzekelo. Isicatshulwa esikhethiweyo sifana neso sikwincwadana yethu. Phawula ukuba ekugqibeleni, ugxininisa ukuba kukho iindlela ezahlukeneyo zokuthandaza kunye nolectio Divina.



7. Umthandazo wokuvala

(Unokuthandaza njengokuthethelela kunye nernithandazo engakurnbi yobuqu eyongezelelweyo).

Iintliziyo ziphuphurna lithernba nokholo, kwaye ziqaphela ukuba urnthandazo ngarnnye wethu ngurnsonto wegolide olukiweyo kwi-tapestry enkulu yobudlelane be-ecclesial, sithandaza...

Nkosi, urnthornbo wobulurnko bonke, isikhokele ngeli xesha lomthandazo. Vula iintliziyo zethu kwaye ukhanyise iingqondo zethu ukuze siqonde kwaye sibe narnava ngokupheleleyo izipho zenceba kunye nokuxolela.

Bawo, ngenceba yakho, zive izibongozo zabantwana bakho. Vuselela ukhlo lwethu, ukwandisa iirnpawu ezintle zethernba kunye nesisa kuthi, kwaye usincede sibe ngarnangqina othando lwakho ernhlabeni.

Siyakudurnisa, Nkosi, ngokulunga kwakho okungenasiphelo. Vula arnehlo ethu kubuhle bendalo yakho ukuze iintliziyo zethu zivuye ngokurnangaliswa nangobukhulu bernisebenzi yakho.

(Irnithandazo yobuqu)

Siyakubulela, Thixo, ngazo zonke iintsikelelo nazo zonke izipho esizifumeneyo. Sifundise ukuqaphela isandla sakho kurnzuzu ngarnnye wobomi bethu kwaye sarnkele usuku ngalunye njengesipho senceba yakho kunye nothando. Amen.

Kungaculwa noba leliphi iculo

<https://www.youtube.com/watch?v=hOcyrnqXGLO>

8. Ixesha lentlalo



Indlela yama Fransiskane yokuthandaza IVEKI YESITHATHU

“Yondelani ezintakeni zasezulwini;
ngokuba azihlwayeli, azivuni,
azibutheli koovimba;kanti ke uYihlo
osemazulwini uyazondla”
Mateyu 6:26



Ividiyo ongathanda ukuzisebenzisa kule seshoni - Jonga iingcebiso kwintshayelelo, phepha 1

Kukho ividiyo enye efanelekileyo kakhulu ngendlela yokuthandaza ngokuka-Franciscan

<https://www.youtube.com/watch?v=b-kVMcvMWeg>

INTSHA ! Tnguqulelo ye-2.0 (kunye neengoma): "Iifowuni zeNdalo"

Kucetyiswa phantsi kokhetho 4. Ulcuba unokwenza konke okusemandleni akho ukuze ufumane izibonelelo onokuzibonisa kubo bonke.

1. Ulwamkelo

Wamkelekile wonke umntu. Yazisa wonke umntu omtsha kwiqela.

2. Umthandazo wokuvula

Ngaphambi kokuqala umthandazo wokuvula, cela abantu baculo iculo nokuba leliphina Yenza imeko yokuthula.

Inkokeli okanye ilungu lifunda intshayelelo yomthandazo.

Ngenye imini uYesu wayethandaza kwindawo ethile. Akugqiba, omnye wabafundi bakhe wathi kuye, Nkosi, sifundise ukuthandaza, kanye njengoko uYohane wafundisa abafundi bakhe.

(Luka 11: 1)

Njengoko siqalisa le nkonzo yomthandazo masithandazele ngamazwi uYesu awasifundisayo...

UBawo wethu osemazulwini
Khetha iculo lendalo

<https://www.youtube.com/watch?v=h5D3LEjGF8A>



3. Intshayelelo yoMthandazo waseFranciscan

le indlela yomthandazo idla ngokusekelwe kwindalo kaThixo - nokuba ziintaba, iilwandle, izilwanyana nabantu.

Ngokuqhelekileyo ubani angacebisa ukuba wenze lo mthandazo kwindawo entle yangaphandle enembono enkulu ngoThixo weNdalo.

Lo mthandazo ubhetyebhetye kwaye uhamba ngokukhululekileyo. Umthandazo ngumthandazo "ozaliswe ngumoya" ovulekileyo kubukho boMoya oyiNgcwele kuwo wonke umntu, udla ngokugxininisa kwiziganeko kunokuba imfundiso kaYesu umz. Ukuzalwa kwakhe, ubomi obufihliweyo, ukufa, imimangaliso Ibiza izivamvo ezi-5 ukukhuthaza indumiso yethu kunye nokunqula kukaYesu.





4. Amava

Ngoko ke umngeni kukufumana iNdalo kunye neqela lethu ukuba badibane.

Nazi ezinye iinguqulelo ngokuxhomekeke kwizibonelelo zakho, abantu kunye nesi thuba. Khetha ukuba yeyiphi ocinga ukuba iya kufaneleka kwiqela lakho kwaye uyicwangcise ngaphambi kokuba iqela lidibane. Amazwi akho okuvula aya kuxhomekeka ekubeni yeyiphi indlela oyikhethileyo.

Ukuba abantu bancinci ungathanda ukusebenzisa ezimbini zezi ndlela, umz. Ukhetho 1 kunye noKhetho 2, njl.

Inketho 1: Ekupheleni kwexesha lomthandazo elidlulileyo (kwiveki edlulileyo) cela abantu ukuba bazise into yendalo kunye nabo; igqabi, ilitye, intyatyambo, isiqwenga samaxolo ...

Ukhetho 2: Ukufunda INdumiso Entsha Yendalo

Ukhetho 3: Funda uze ucinge ngendumiso 33 okanye 23 okanye 104

Inketho 4. Ukubonisa ividiyo Creation Calls.



Ebusuku, oku kuba nzuna. (Ukuba busuku obungenamafu kwaye abubanda kakhulu, ukujonga iinkwenkwezi lcinokwenzeka - kodwa iqela akufuneki lipbazanyiswe yingxolo yesitalato, ingqele njl.) Ukuba intlanganiso yeqela emini, ngoko mhlawumbi iqela lingathanda ukuya kwindawo ezolileyo kwindalo.

Inketho 1: Iqela ngalinye linokwabelana ngoko linako kwaye kutheni likhetha. Kwaye Ice xa bonke besabelana, cela iqela ukuba licingisise ngoko bakuvileyo kwaye bavumele uMoya weNdalo ukuba ubakhokele ekuxolelaniseni kwabo.

Uketho 2: Ngaba umnlu uye wayifunda kancinci indumiso. INdumiso Entsha Yendalo. Ikwincwadana yabo. Emva koko banike ixesha cwaka ukuze baphinde bayifunde kwaye bayivumele "ithethe" kubo. Gqibezela ngelungu ngalinye leqela ekwabelana ngalo ukuba yeyiphi umgca (umgca) abayifumana inamandla, bathetha nabo. Akukho gqabaza, funda nje umgca wabo. Ukuba abanye baye bathi loo mgca, kungaklrnthaliseki ukufunda eyakho kakhulu.

Inketho 3: INdumiso 33: Ukuba awunazo iibhayibhile ezaneleyo zomntu wonke, umntu omnye uyifunde kancinci, ngoko emva kwexesha elifutshane lokuthula, cela omnye umntu ayifunde kwakhona. Emva koko kulandele cwaka, uze ucele abantu ukuba babelane ngoko kwathethwa yindumiso kubo.

Inketho ye-4: Ividiyo ethi "I- Creation calls" ngumboniso onamandla malunga nobuhle bendalo kunye noThixo owenza konke. Kukho inani leenguqulelo kwi-Uncle Google kodwa ndiyakholwa ukuba lowo uneengoma yeyona nto ibhetele. Ukuba unokuyibonisa, cela iqela ukuba isiphelo siya kuhlala cwaka, AKUKHO gqabaza, akukho mpendulo yomlomo. Masifunxe nje ubuhle.

Ikhonkco kwi-youtube yile:

<https://www.youtube.com/watch?v=b-kVMcvMWcg>

INTSHA! Inguqulelo ye-2.0 (kunye neengoma):

"lifowuni zeNdalo"

Emva koko, abantu mabahlale cwaka kangangexesha elithile ngaphambi kokuba babelane.

Ukusebenzisa olu khetho, onke amalungu eqela kufuneka akwazi ukubona isikrini. (Phosa kwiseti yeTV okanye usebenzise iprojektha yedatha ukuba iyafumaneka.)

Ukuba awukwazi ukuyibonisa bonke, banike ikhonkco okanye igama elithi Version 2 Creation Calls kwaye banokuyonwabela ekhaya. Ingavulwa kwiselfowuni - kodwa ilahlekelwa yimpembelelo yayo.



5. Ukwabelana ngamava

Nika abantu ixesha lokusabela kumava: Ngaba ngamava omthandazo? Ngaba kwakunzima? Kulungile? Lula? Uxolo? Ungathanda ukuzama kwakhona.

Buza ebantwini nangaliphi na lwezibhalo. ukuba singasebenzisa eyiphi na ixesha. Yaye ayinalo ufundo indlela na oluthe ngqo Asixoxi ngemibuzo yezakwalizwi okanye isibhalo njl. Ngumthandazo.

6. Ukuqhubeka Nohambo Lwethu

Nazi ezinye iindinyana ezimbalwa zeZibhalo ezisixelela nge ndlela yomthandazo.
Zama ezinye ekhaya.



Indumiso 104

Indumiso 96

Kol 1:16

Yohane 1:1-3

Funda ukukhanya okukhokelayo ngobubele (nguKhadinali Newman)

Indumiso 33

Psalm 23

izityhilelo 4:11

Ividiyo ethi "Ubizo lwendalo" ngumboniso onamandla malunga nobuhle bendalo kunye noThixo owenza konke. Kukho inani leenguqulelo ku Google kodwa ndiyakholwa ukuba lowo uneengoma yeyona nto ibhetele. Ukuba uyibukele ekhaya, kunye nabahlobo, ekupheleni kwevidiyo hlala nje kwaye ufunde ngobuhle.

Ikhonkco kwi-youtube yile:
<https://www.youtube.com/watch?v=b-kVMcvMWcg>
INTSHA! Inguqulelo ye-2.0
(kunye neengoma):
"Ubizo lwendalo"



7. Umthandazo wokuvala

(unokuthandaza njengokuthethelela kunye nernithandazo engakurnbi yobuqu eyongezelehweyo).

Iintliziyo ziphuphurna lithernba nokholo, kwaye ziqaphela ukuba urnthandazo ngarnnye wethu ngurnsonto wegolide olukiweyo kwi-tapestry enkulu yobudlelane be-ecclesial, sithandaza ...

Nkosi, urnthornbo wobulurnko bonke, isikhokele ngeli xesha lornthandazo. Vula iintliziyo zethu kwaye ukhanyise iingqondo zethu ukuze siqonde kwaye sibe narnava ngokupheleleyo izipho zenceba kunye nokuxolela.

Bawo, ngenceba yakho, zive izikhalo zabantwana bakho. Vuselela ukholo lwethu, ukwandisa iirnpawu ezintle zethernba kunye nesisa kuthi, kwaye usincede sibe ngarnangqina othando lwakho ernhlabeni. Siyakudurnisa, Nkosi, ngokulunga kwakho okungenasiphelo. Vula arnehlo ethu kubuhle bendalo yakho ukuze iintliziyo zethu zivuye ngokurnangaliswa nangobukhulu bernisebenzi yakho.

(Irnithandazo yobuqu)
Siyakubulela, Thixo, ngazo zonke iintsikelelo nazo zonke izipho esizifurneneyo. Sifundise ukuqaphela isandla sakho kurnzuzu ngarnnye woborni bethu kwaye sarnkele usuku ngalunye njengesipho senceba yakho kunye nothando. Amen.

Iculo noba leliphi na

<https://www.youtube.com/watch?v=zacE5ZlkcSE>

8. Ixesha lentlalo





Indumiso entsha ye ndalo

Sivumele sikudumise, owu Thixo, Kuzo zonke iihlabathi ozidalileyo Sivumele sikudumise kwiindawo eziphakamileyo apho iingelosi kuhlala khona

Sivumele sikudumise enzulwini yeenkwenkwezi ezikhazimlayo. Sivumele sikudumise, Thixo wethu emazantsi engelosi Ngubani ovala amasango esihogweni.

Sivumele sikudumise, own Thixo, kunye ne-tweeting, ingxolo kunye neentaka ezinemibala emininzi ezivuyisa amehlo neendlebe zethu.

Sivumele sikudumise, own Thixo, kuba iindlwane emithini, apho amantshontsho aphakamisa iintamo zawo ezingenanto kunina obazisela ukudla.

Sivumele sikudumise, own Thixo, ngenxa yezilwanyana zomhlaba, enkulu nencinci, igcwele ukuthantamisa okanye ukuphuphuma ngamandla angalawulekiyo. Musa ukuzivumela ukuba zicinywe kodwa mabaphile.

Kwaye ngamana izizukulwana ezitsha zingafika ukukudumisa. Sivumele sikudumise ekujikelezini komhlaba, kuyo yonke into ephaphazelayo nebalekayo, idada ize ivele enzulwini. Uthando lwakho aluqondakali kwaye engenakungenwa kuyo yonke indawo.

Unoyolo wena ngenxa ye-cascades nemilambo yamanzi azolileyo, nzulu kwaye cwaka. Fumana indumiso, ngothando olukhulu, kwimithombo emincinci ezinika amanzi ukuze iintlanzi ziphile.

Masikudumise, Thixo warn ngenxa yezaqhwithi emhlabeni naselwandle, 22 ngenxa yezaqhwithi zentlabathi entlango.

Iyamangalisa kwaye ingunaphakade ngumnqweno wakho ongcwele ukukha abantu kunye nokunye. Kwaye nokuba bayasilela, ukuba baguqa ngamadolo phambi kwakho njengabantwana bolahleko ugoba phezu kwabo ngomonde nobubele, ubaxelele oku: Yiza, bantwana, ukubuyela kumsulwa wokuqala kwaye ndiya kukwamkela njengoko utata ebulisa abantwana bakhe.

Zukiswa, udunyiswe, uThixo ongcwele kakhulu, entliziyweni nganye eniyidalele uzuko lwenu. Ufuna ukuba nathi ngonaphakade uThixo ongcwele kakhulu. Wena, ungcwele izihlandlo ezithathu, uncomekayo; wena, beatitude yethu. 3 Inhliziyo eqinileyo uyayilinda ngokuthula okupheleleyo, ngokuhlukile, izihlandlo ezithathu ezincomekayo, izihlandlo ezithathu uThixo kaThixo, ineffable. kwik