



ITAFULA

ISABATHA YOKULUNGISELELA UKUNXUSA UJESU EMZINI WAKHO

Zwana, Israyeli ukuthi: INkosi ingu Nkulunkulu wethu, yiNkosi yinye. Wothanda INkosi uNkulunkulu wakho ngenhliyo yakho yonke langomoya wakho wonke langamandla akho wonke. Amazwi la engiwakhulumayo lamuhla azakuba senhliziyweni yakho uzawafundisa abantwana bakho, uwatsho lapho uhlezi endlini yakho, lalapho uhamba endleleni, lalapho ulala, lalapho uwuka. Uzakuwabophela esandleni sakho abe luphawu, lasebunzini lakho abe yisikhumbuzo. Uzakuwaloba ensikeni zomnyango wendlu yakho, lemasangweni akho.

UDuteronomi 6:4-9

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ISABATHA



KUYINI OKUTHIWA YISABATHA?

Isabatha (ngesi Heberu kuthiwa yi Shabbat) ihlonitshwa yibo bonke ama Juda labezizwe ngokwendulo njengelanga lokuphumula. Isabatha yaqala ukukhulunywa ngayo ku bhuku laku qala kuGenesis 2: 1-3. Kwasekuphele ukwenziwa kwezulu lomhlaba lakho konke okukukho. Ngosuku lwesikhombisa uNkulunkulu wawuqeda umsebenzi wakhe abewenza emsebenzini wakhe abewenza. UNkulunkulu ngokwakhe wakhetha ukugcina iSabatha kithi, waseyiqakathekisa ngokuyifaka kumthetho elitshumi eyaphiwa uMose eNtabeni yase Sinayi. Imbale yokuphumula ngelanga lesikhombisa liqakathekile ebhayibhili lonke. Ngeyinye yenjongo eqakathekileyo kumbale yebhayibhili.

UJesu ngokwakhe walandela usuku lweSabatha njengoba waze wathi yena uyiNkosi yeSabatha. (UMathewu 12: 1-8; UMarko 2: 23-28; ULuka 6: 1-5). Ukulandela Isabatha kwenziwa ngu Jesu ukuba ngumzekeliso kithi wokulandela. Kodwa kwezinye izikhathi uJesu wayesenza okutshiyeneyo okwakusenza abakhulu bamaqemba ezinkonzo bangakuthabeli. Wasilisa ngosuku lwesabatha, njalo wadobha wabuye wadla amabele. Lokhu kwazondisa abakhulu bamaqembu bezinkonzo labalandeli bakhe uJesu. Konke lokhu kusifundisa ngokuqakatheka kwe sabatha. Kodwa ukulandela isabatha njengemithetho ebophayo ayisiyo njongo yeSabatha. Isabatha akumelanga ibe yisibopho empilweni kodwa kumele ibe yisipho.

Ngokuqakathekileyo sikhululekile ukulandela isabatha ngendlela ekhululayo ukuze sikholise ubuqotho lenjongo yesabatha. Ngokuqakathekileyo akumelanga sibuswe yisabatha kumbe siphe umlandu kulabo abalandela isabatha ngendlela ezitshiyeneyo (Kwabasekolose 2: 16)

Akumelanga senze iSabatha njengo mgoqo osibophayo empilweni zethu. Ngokunye akutsho ukuthi silelungelo lokwenza nje konke okutshiyeneyo. Lilanga lesipho sokuthi siphumule nje emsebenzini ngokukholisa impilo labazalwane ngothando ngokukhokhelwa nguNkulunkulu. Okuqakathekileyo ayisikho kuphila ngemithetho ebophayo kodwa ngokwazi ukuthi uJesu nguye oyisabatha yethu, lokuthi ngendlela yesabatha kusenza simthokozele ngapha sisalindele ilanga lesabatha yethu embusweni wasezulwini (AmaHeberu 4: 1-13)

Ungathola izimfundiso ngesabatha ezitshiyeneyo ezigoqela ama videos, blogs, lama podcasts lokutshiyeneyo kubangane beqembu lapha ku ‘The Bible Project’ (www.bibleproject.com/explore/what-is-the-sabbath)

KUYINI OKUTHIWA YIKUDLA KWANTAMBAMA KWE SABATHA?

A family or group of friends gathering in their homes to encounter Jesus around a sacred meal during a special, set-apart time was one of the foundational expressions of faith amongst members in the earliest forms of the Christian church. Today, it is still a life-changing practice that provides believers with a means of stepping into their God-given positions as the priests of their homes. In every respect, gathering together at the table with a small group of family and friends is as significant and powerful as any large gathering at a church building. When we gather in faith and love around the table on the Sabbath, it is much more than a simple meal – it is a supernatural demonstration (Ps. 133; Heb. 10:25; Acts 2:42-47).

ISambulelo 3:20 isikhumbuza ukuthi uJesu umile emnyango eqoqoda ezinhliziyweni zethu. Usitshela ukuthi nxa singamxusa uzabuya adle lathi. Nxa sisidla isidlo sokuhlanganela ndawonye seNkosi ngethuba le Sabatha, sitshengiselela ukusebenza ngamandla womoya wokunxusa uJesu ezindlini zethu okufana lokuthi uyabe elathi ngesikhathi sesidlo sokuhlanganela ndawonye. Ukuhlanga ngeSabatha kuyisikhumbuzo sesiprofitha sokukhangelela ukuphenduka kwe Nkosi uJesu mhla ebuya ukuzabumba umbuso wezulu onaphakade. Thina esikholwayo singabalandeli bakhe sizakuhlanganela laye ezulwini ngokujabula ngesikhathi somthimba weWundlu (Isambulelo 19).

Kudala endulo ngezikhathi zobunzima lokubotshwa kwabalandeli baka Jesu, ngezikhathi zendlala. Zonke lezi izinto zazisenza abalandeli baka Jesu bangahlangani ndawonye emabandleni amakhulu. Ngezikhathi lezi okwakubaqinisa ekholweni lwabo njalo lokubabambanisa ndawonye kwakuyikudla ndawonye njalo bebala izifundo zebhayibhili. Lokhu kwabenza baqine ngokubekezela ngezikhathi zobunzima. Ngenjayelo iSabatha iqala ngolwesihlanu ntambama ilanga selitshona, ngokudla kokuhlanganela ndawonye isiyaphela ngomqibelo ntambama. Injayelo yokudla kweSabatha yikuhlanganisa imuli kumbe abangane etafuleni lokuhlanganela ndawonye ngesidlo seNkosi lokudla ndawonye ngemva kwesidlo. Nxa ungatshadanga kumbe uvakatshile kwezinye indawo ungela muli yakho eduze, ulungelo ukuhlanganela ukudla isidlo uwedwa kodwa uhlangelele lo Moya Ongcwele. Ezinye imuli zihlangana kusidlo seSabatha ngokunxusa abangane ukuzahlangana labanye kudili le Sabatha. Abanye banxusa abangakholwayo, kumbe abalemibuzo ngokukholwa, mhlawumbe, abangane kumbe imuli. Lokhu kuyinjongo ukuthi abangazi uJesu bahlanganele laye, belabantu abalothando njalo abalesineke. Ngemva kokudla kwesidlo, bonke abakhona badla bonke ndawonye njengoba bayabe sebenxuse ukuba loJesu ezindlini zabo.

OKUSETSHENYISWA NGOKUDLA KWANTAMBAMA KWESABATHA

(Konke lokhu kungatholakala izitolo)

> Isibane

Ngesikhathi sokudla kweshabhathi isibane sitshengisa uJesu eyisibane sokukhanya emhlabeni. Nxa ulumathisa isibane uyatshengisa ukuthi uJesu uyikukhanya komhlaba njalo uyanxusa ubukhona bakhe emuzini wakho. Ngamasiko esiJuda nxa kudliwa ukudla kweshabhathi, kulumatiswa izibane ezimbili. Ungakwenza nje ukuthi ulumathise isibane esisodwa kumbe wenze izibane ezintathu okutshengisa ubufakazi buka Nkulunkulu munye ngokuhlanganela ndowonye (Unkulunkulu ubaba wethu, Unkulunkulu indodana, uNkulunkulu uMoya Ongcwele)

> Iwayini kumbe imazowi

Kungabe kuyini okukhethileyo okuhambelana lenhlalo yemuli yakho, iwayini kumbe imazowi kuba yisibonakaliso kumbe umfanekiso we gazi lika Jesu.

> Isinkwa kumbe amabisikithi

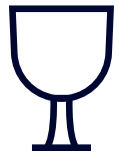
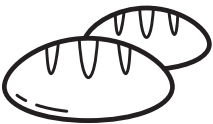
AmaJuda asebenzisa isinkwa okuthiwa yi challah (esibunjwe ngesinkwa sihlanganiswe lamaqanda) kumbe okuthiwa yi matzah (isinkwa esikhulu esenziwe ngamabisikithi). Kodwa ke izinkwa ezitshiyeneyo lazo zilungile. Isinkwa kumbe amabisikithi ekudleni lokhu asetshenziswa njengomfanekiso womzimba ka Jesu.

> Inkomitsho yokuhlanganela

Kuhamba ngesimo senu, inkomitsho eyodwa kumbe ezinengi kungasetshenziswa ngokuhlanga kwesidlo.

UKUDLA KWESABATHA

1. Umthandazo wokwamukela lokulayitha izibane
2. Ukubalwa kwezifundo
3. Ukuhlangana kwe Sidlo
4. Umthandazo wokubusisa loku qinisana
5. Ukudla kwantambama



1. UMTHANDAZO WOKWAMUKELA LOKULAYITHA IZIBANE

Umkhokheli oyedwa kumbe abakhokheli bebanengi bazalayitha izibane kutshengisa isibonakaliso sokwamukela uJesu endlini. Abantu bonke abahlezi etafuleni bazathandaza umthandazo ndawonye besithi:

Baba wethu osezulwini, kalidunyiswe ibizo lakho, umbuso wakho kawuze, intando yakho kayenziwe, emhlabeni njengasezulwini. Siphe lamuhla ukudla kwethu kwensuku ngensuku. Usithethele izono zethu, njengalokhu lathi sibathethelela abasonayo. Ungasingenisi ekulingweni kodwa usikhulule ebubini. Ngoba umbuso ungowakho lamandla, lobukhosi, kuze kube nini lanini. Amen!

(UMathewu 6:9-13)

Ukuqinिसana okuvela kumkhokheli kumbe abakhokheli:

Nkulunkulu wamandla onke, siyakwamukela ukubakwakho lathi emzini wethu, ngokubonga ilanga lethu lokuphumula. Siyabonga ukuba usikhethele ilanga lalamuhla ukuthi sizehlangana lawe Jesu. Ngelizwi lakho usihlanzile njalo wasithumela emhlabeni ukuthi sibe yizibane zokukhanya. Okwedlula konke siyakubonga Jesu, Umsindisi wethu oyikukhanya komhlaba.

Impendulo kwabahlezi etafuleni:

“Jesu, siyakubonga.” Kumbe ukuthi “Ameni”

2. UKUBALA IZIFUNDO

Omunye lomunye ohlezi etafuleni uyacelwa ukuthi abale ezinye zalezi izifundo:

UGENESISI 2:3

UNkulunkulu wabusisa usuku lweSikhombisa, walwenza lwaba ngcwele, ngoba ngalolosuku waphumula emsebenzini wakhe wonke wokudala ayewenza.

UDUTERONOMI 5:15

Ukhumbule ukuthi wawuyinceku elizweni laseGibithe, lokuthi iNkosi uNkulunkulu wakho yakukhupha khona ngesandla esilamandla langengalo elamandla. Ngakhoke iNkosi uNkulunkulu wakho yakulaya ukuba ugcine usuku lwe Sabatha.

UMARKO 2:27-28

Wathi kibo: “ISabatha lenzelwa umuntu, umuntu kenzelwanga iSabatha. Kunjalo iNdodana yomuntu iyiNkosi.

AMAHEBHERU 4:3,9-10

For we who have believed enter that rest. . .

Ngoba thina esikholwayo siyangena ekuphumuleni kwakhe njengokutsho kwakhe ukuthi: Njengoba ngifungile ekuthukutheleni kwami kabazukungena ekuphumuleni kwami, kanti imisebenzi kaNkulunkulu yayiqediwe kusukela ekudatshulweni komhlaba. Ngakhokhe kubalindele abantu bakaNkulunkulu ukuphumula kweSabatha, ngoba ongenileyo ekuphumuleni kuka Nkulunkulu laye uyaphumula emsebenzini yakhe njengoNkulunkulu.

UISAYA 66:22-23

Njengalokhu izulu elitsha lomhlaba omutsha engizakukwenza kuzakuma kokuphela phambi kwami, kutsho iNkosi, ngokunjaloke inzalo yakho lebizu lakho kuzakuma kokuphela. Inyanga ngenyanga ekuthwaseni kwenyanga, ngeviki ngeSabatha, bonke abantu bazakuzi, badumise phambi kwami.

3. ISIDLO SOKUHLANGANA

Umzimba kaJesu (isinkwa): umkhokheli kumbe abakhokheli bayaphakamisa isinkwa ngomthandazo:

Udomo alube kuwe, Nkosi Nkulunkulu wethu, Nkosi yomhlaba wonke, osilethela isinkwa esivela emhlabathini. Siyakubonga, Nkosi Jesu ngomzimba wakho osiphayo, njalo osiphayo ukuthi siphile ngokupheleleyo.

Seliqedile ukukhuleka lokhu, isinkwa sesingabelwana njalo bonke sebengadla isinkwa.

Igazi lika Jesu (imazowi kumbe iwayini): umkhokheli kumbe abakhokheli bayasukumisa inkomitsho ngokuthandaza:

Ubusisekile, Nkosi yamaKhosi, Nkulunkulu wethu, nkosi yomhlaba wonke, osilethela izithelo ezivela kuvini. Siyakubonga, Nkosi Jesu, ngegazi lakho elesivumelwane elacitheka ukuze kube lokukhululwa ezonweni.

Impendulo kulabo abahlezi etafuleni:

“Jesu, siyakubonga, kumbe ukuthi “Ameni”

Seliqedile ukukhuleka lokhu, wonke umuntu usenganatha inkezo.

4. UMTHANDAZO WOKUBUSISA LOKUQINISA

Umthandazo wokubusisa ovela kumkhokheli kumbe abakhokheli

(Umkhokheli asukumise izandla zakhe ngomthandazo wokubusisa iqhembu elihlangane ndawonye.)

INkosi ilibusise, ililondoloze. INkosi ikhanyisele ubuso bayo phezu kwenu, ibe lomusa kini.

INkosi iphakamise amehlo ayo ilikhangele, ilehlisele ukuthula. (AmaNani 6:24-26)

Ukwengeza kwezibusiso okuvela etafuleni (labo asebamukele ukubusiswa baphakamisa izandla zabo kumkhokheli kumbe abakhokheli ngokuthandaza ngamazwi aphezulu)

INkosi ilibusise, ililondoloze, INkosi ikhanyisele ubuso bayo phezu kwenu, ibe lomusa kini.

INkosi iphakamise amehlo ayo ilikhangele, ilehlisele ukuthula. (AmaAnani 6:24-26)

5. UKUDLA KWANTAMBAMA

Ngemva komthandazo wokubusisa, selingaqhubeka ukuya kudla kwantambama. Nxa lifisa selingavala ngomthandazo wokubonga kumbe lithandaze ngendlela leyi:

Udumo kuBaba, kuNdodana, laku Moya Ongcwele. Njengoba kwakunjalo ekuqaleni, kuyikho manje, kuzakuba njalo okungapheliyo, Amen.

ITAFULA



Isabatha iqala ngokutshona kwelanga nge F r i d a y isayaphela
ngokutshona kwelanga ngo Mqibelo