15 - Subiza Isaha Inyuma

1

Uko Wagera Ku Buzima bw'Intarumikwa

2

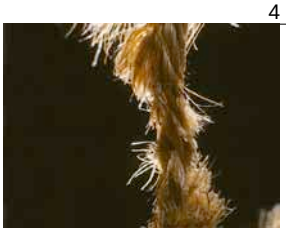
Igihome cy'Abamonaki ba kera bo muri Porutigali giteretse ku rutare rwitegeye amazi y'urubogobogo ya Mediteraniya.
Kuhareba biteye impungenge.
Ni heza bihebuje.
Kuhagera, ni zo ngorane.
Ugomba kwicara mu gitebo kiziritseho umugozi ukururwa n'umumonaki ugeze mu za bukuru.

3

Umunsi umwe, umushitsi hamwe n'umuherekeza, bahagurutse mu kigo bajya muri cya gitebo.
Uko umumonaki yabururutsaga niko umugozi wizunguzaga hejuru ya rwa rutare. Ubwoba bwamutashye, wa mukerarugendo niko kubaza ati: "Mbese uyu mugozi bawusimbura ka ngahe?"

4

Umuherekeza ni ko kumuhumuriza ati "Ntugire ubwoba. Igihe cyose umugozi ucitse, ni bwo tuwusimbuza undi. "


5

Nkuko biri muri iki gitekerezo, abantu benshi bacungira amagara yabo ku butemutemu.
Bategereza ko ubuzima bwabo butangira kujya mu mahina, nk'umugozi ucitse, ngo babone kuwusimbuza undi.
Nyamara amagara araseseka ntayorwa.
Ubuzima uzagira si ubuzakugwirira, ni ubwo uzaba wihitiyemo. Ibanga ni uguhitamo kumvira amategeko agenga kamere y'ibyaremwe.

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6

Nshuti, mbese wakwishimira ubuzima budashobotse? Abantu benshi batanga amafaranga iryaguye ku miti. Indwara zirahenda. Nizo zitwara umutungo munini wa benshi. Mbese amagara ntaruta cyane amagana? Ubaze icyo kibazo umuntu urembejwe na kanseri, cyangwa umurwayi wajahajwe na Sida.

7

Ubaze ababyeyi b'umwana urwaye kanseri yo mu maraso, cyangwa umuntu ukuze wahetamishijwe na rubagimpande. Bazakubwira ko ntacyo wagurana amagara mazima; kandi ko ufite ikirezi atamenya ko cyera!

8

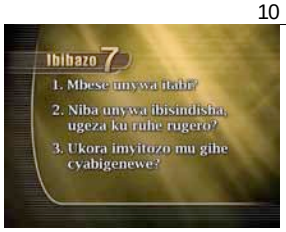
Umwaka umwe mu buzima cyangwa umunsi umwe ufite gaciro ki?
Umwamikazi Elizabeti wa mbere, ari gusamba, ngo yaba yaravuze ngo: " Umutungo wanjye wose mu kanya gato!" Nyamara nta kiguzi watanga.
Nubwo bimeze bityo, mbese uriyumvisha ko ushobora kuramba imyaka n'imyaka mu buzima bworoshye, uramutse ukurikije amabwiriza y'ibanze yo kwitungira amagara?

9

Dogiteri Buresilowu wo muri UCLA (Kaminuza ya Kaliforuniya, i Losanjelesi) yakoze ubushakashatsi mu myaka 9.
Yabajije abantu 7.000 ibibazo birindwi ku buryo bamenyereye gufatamo ubuzima bwabo maze afata igihe cyo gukurikira uko bifata agereranya abiyitaho bafute ubuzima bwiza n'abirangaraho.

10

Ngibi ibibazo birindwi yabajije:



11

1. Unywa itabi?
2.Niba unywa ibisindisha,ugarukira he?
3.Ukora imyitozo mu gihe cyabigenewe?

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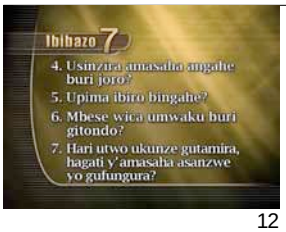

12

4. Usinzira amasaha angahe buri joro?
5.Upima ibiro bingahe?
6.Wica umwaku buri gitondo?
7.Ukunze kurya hagati y'amasaha yabigenewe?
Abamenyereye gahunda nziza y'ubuzima ijyanye na biriya bibazo uko ari birindwi, ugereranije basumbya abatabikora myaka 11,5 y'uburame.

13

Watanga iki kugira ngo wongere imyaka 11n'igice ku buzima bwawe?
Ibyo turiho tuganira kuri iyi ngingo, bibasha rwose kukwongerera imyaka y'ubutarumikwa.
Ubona bigufitiye akamaro guhugukira ibi tugezeho tuvuga?
Hari benshi batangazwa no kubona ukuntu Imana muri iki gihe na hano turi Yita kuko twaba intarumikwa no ku munezero wacu.

14

(Isomo: 3 Yohana 1:2)
"Ukundwa, ndagusabira, kugira ngo ugubwa neza muri byose, ube mutaraga, nkuko umutima wawe ugubwa neza."
3 Yohana 1:2

15

(Isomo: Yohana 10:10)
Yesu ati: "...ariko jyeweho nazanywe no kugira ngo zibone ubugingo, ndetse ngo zibone bwinshi."
Yohana 10:10

16

Yesu ashaka ko tugira ubuzima buzira umuze, bwuzuye umunezero, n'ibyishimo.

Ashaka ko tugira ubuzima buryoshye busendereye!

17

Mbese byadushobokera kumenya uko twagira amagara mazima? Yee, birashoboka!
Hari benshi batazi yuko muri Bibliya Imana yatanze amabwiriza areba imibereho itaranganwa umuze.

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18

Kuva mu myaka imirongo, abashakashatsi ku bibazo by'ubuvuzi bitaye cyane ku mibereho y'Abayuda batabogama. Umubare w'ababo bicwa na kanseri uri munsi cyane y'uw'abandi; kandi bigaragara ko bahangana gahoro n'ibirwara bya rutura.
Abo Bayuda baba bafite ibanga karande ribakingira indwara za kirimbuzi zihitana abandi?

19

Biratangaje kumenya ko igihe Abayuda batangiraga kurya indyo ihwanye n'iy'ababazengurutse, ibyago byo kurwara za kanseri n'izindi ndwara byanganaga n'iby'abandi.
Ubushakashatsi bwasanze ko ibanga ryabo ryari mu buryo bitaga ku buzima bwabo, mu mirire, no mu mibereho yabo.

20

(Video: iminota10) Igihe Imana Yavanaga Abisraeli mu Egiputa,Yabibukije amabwiriza y'ingenzi ku muze muke. Imaze kugaragaza umugambi wayo ku byerekeye kwitungira amagara, Yatanze isezerano ry'ingenzi ku bazakurikiza ayo mabwiriza.

21

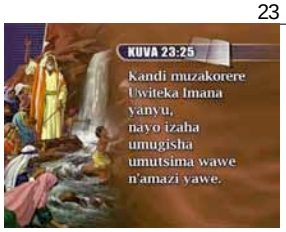
(Isomo Kuva 15: 26)
"... N'ugira umwete wo kumvira Uwiteka Imana yawe, ugakora ibitunganye mu maso yayo,

22

ukumvira amategeko yayo,ukitondera ibyo yategetse,

23

"nta ndwara nzaguteza muzo nateje Abanyegiputa ;kuko ari jye Uwiteka, ugukiz'indwara"
Kuva15:26.
Kandi yaravuze ati:



24

(Isomo: Kuva 23:25)
"Nuko muzakorera Uwiteka Imana yanyu,nayo izaha umugisha umutsima wanyu n'amazi yanyu.

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25

Kandi nzakura indwara hagati muri mwe."
Kuva 23:25
Mbese birumvikanye?
Ni turamuka dukurikiza amabwirije y'Imana, akenshi indwara zishobora kubonerwa insinzi!
Iyi ni inkuru ndengakiguzi!
Mbega isezerano ritangaje!

26

Umunyezaburi yagize icyo avuga kuri iri sezerano,ati:

27

(Isomo: Zaburi 105: 37).
"Nta munyantege nke n'umwe wari uri mu miryango ye yose." Zaburi 105:37
"Yee," ushobora kuvuga uti: " Ahari Abanyegiputa ntibahuje natwe indwara." Si ko biri!

28

Ikipi y'impuguke ziturutse ku isi yose yateraniye mu nzu ibikwamo ibya kera mu ishuri ry'ubuvuzi, i Manshesita (mu Bwongereza) mu mwaka w'i 1975. Bari bagamije kubaga imirambo yagwengeye y'Abanyegiputa bapfuye mu 1900, mbere y'ivuka rya Kristo.

29

(Video y'segonda) Ibyo babonye byarabatangaje. Abanyegiputa ba kera, indwara barwaraga ni kimwe n'izajahaje abo muri iki gihe.

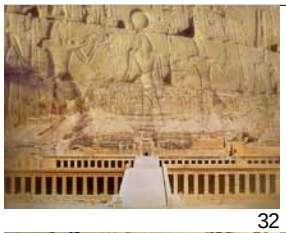
30

(Videwo y'amasegonda 6)
Indwara y'umutima,
kanseri,
indwara z'imiyoboro y'amaraso,
rubagimpande,

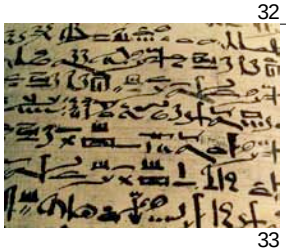
31

(Video y'amasegonda 6) indwara y'Umwijima, tatanosi, trikinozisi, kugagara urwasaya, n'izindi.

15 - Subiza Isaha Inyuma


32

Nubwo Egiputa yari isangano ry'uburezi n'umuco mu isi yo mu gihe cya Mose, mu byerekeye ubuvuzi n'imiti, ubumenyi yagenderagaho busa cyane n'ubuvuzi karande bw'Afurika yo muri iki gihe!


33

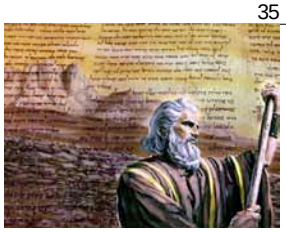
Mu 1552 Mbere y'Ivuka rya Kristo hasigaye igihe gito ngo Mose avuke, muri Egiputa hasohotse igitabo cyitwa Papirusi Eberis.
Icyo gitabo kirimo urutonde rw'amoko y'indwara, ubwandure, insanganya n'imiti ibivura.
Muri iyo miti, iyo watinyuka gukoresha niyo mike.

34

Mu gihe ihwa ryarigise mu mubiri, umuti wabyo wari ugutsirita amaraso y'urunyo avanze n'amase y'ifarashi ku ruguma.
Benshi bapfaga bazize kugagara urwasaya.
Uwariwe n'inzoka, yagombozwaga gusuka amazi ku kigirwamana.

35

Kuvura uruhara?
Ufata ibinono by'ifarashi, uburabyo bwitwa date, hamwe n 'ibitsi by'imbwa, ukabiteka mu mavuta, maze iyo mvange ukayisiga muri rwa ruhara.


36

Bibliya itubwira ko Mose yigishijwe ubwenge bwose bw'Abanyegiputa
(Ibyakozwe n'Intumwa 7:22).
Mu byo yanditse harimo ibirebana n'isuku, guhabwa akato, isuku ku mubiri, ku byokurya ;
ariko nta narimwe yigeze ahingutsa ubuvuzi buvugwa muri Papyrus Eberisi.
Ariya mabwiriza y'ubuzima atangaje Mose yayavanye he?
Ku Mana.

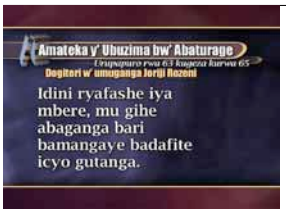
37

Urwagakara hamwe n'ibibembe, ni byo byago bya rutura byajahaje abo mu Bihe by'Umwijma.

15 - Subiza Isaha Inyuma

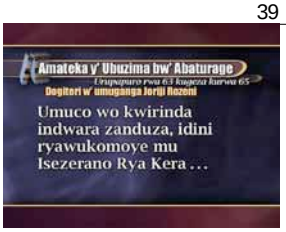
38

Amabwiriza ku buzima bw'abaturage, ayo Mose yigishije bamaze kuva mu Egiputa ayakomoye ku Mana, niyo yakumiriye biriya byago.
Abantu amamiliyoni bashoboye kurokoka ibyo byago, bitewe n'uko muri ibyo byago, abavuzi bisunze abakozi b'Imana.



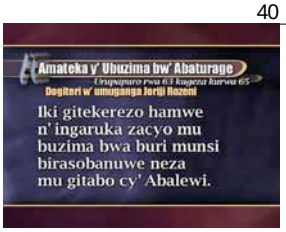
39

Joriji Rozeni yanditze ngo: "Idini ryafashe iya mbere mu buyobozi, mu gihe ubuvuzi bwari bwamangaye budafite icyo gutanga.



40

Umuco wo kwirinda indwara zanduza idini ryawukomoye mu Isezerano Rya Kera...



41

Iki gitekerezo hamwe n'ingaruka zacyo mu buzima bwa buri munsi birasobanuwe neza mu gitabo cy'Abalewi" -Muganga Joriji Rozeni, mu gitabo yanditse cyitwa, History of Public Health, (Amateka y'Ubuzima bw'Abaturage) ku mpapuro za 63 kugeza 65.

42

Mbega ukuntu biteye isoni gupfa kw'abantu miliyoni 60 bahitanwe n'ibyo byorezo, kandi amabwiiza ya Bibliya ku buzima bw'a baturage atarigeze abura.

43

Imana niyo yahanze imibiri yacu.
Izi uko twakwirinda indwara, tukarind'imibiri yacu ntihungabane. Imana yahaye umuntu umubiri usa na bike, urangwa n'amatwara adapfa gukomwa mu nkokora. Inyinshi mu ngingo zawo tugomba kuzitwararikaho.

44

Imana yaraturemye, kandi izi neza ibikenewe kugira ngo tugire amagara azira umuze.

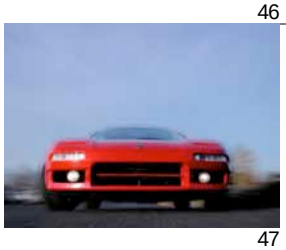
15 - Subiza Isaha Inyuma

45

Umusore umwe,yafashe amafaranga yari yarazigamye imyaka myinshi, ayagura ivatiri y'igitonore.

46

Yari afite agatabo gakubiyemo amabwiriza yatanzwe n'uwayikoze, kugira ngo ishobore gutembera imyaka myinshi, nta nkomyi.


47

Yari yarayihenzweho, ku buryo nta cyagombaga kumubuza kuyifata nk'inka imwe; ariko ntiyasomye amabwiriza.
Icyari kimuhihibikanije ni uburyo yashoboraga kuvuduka ibirenga mayilo 60 (hafi km 97) mu isaha. Yakundaga kuvuduka no gucakira feri, agerageza imibangukire yayo no kumva uko imipira ijwigira.

48

Ari amavuta, amazi, imipira, byamuteshaga igihe, nta mwanya yari yifitiye wo kugira icyo asuzuma muri ibyo byose.
Ntiyari uwo guta igihe ku bintu nk'ibyo byoroshye.
Icyari kimushishikaje ni ukwicara agacigatira uruziga ruyobora imodoka rwa dirigisiyo akigira aho abenshi barangarira uko avudukana icyo gitonore cy'imodoka.

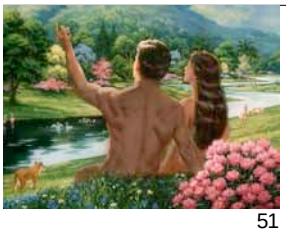
49

Mushobora gufindura amaherezo y'iki gitekerezo. Ntibwakeye kabiri, igaraji ritamuciye akayabo ko kuyikoresha.
Uko se niko natwe tugenza umubiri utangaje Imana yaduhaye? Ahubwo mu by'ukuri turashaka gukurikiza amabwiriza twahawe, awureba!

50

Kujya mu bitaro rimwe gusa, bishobora gutsemba umutungo wakoreye mu buzima bwawe bwose.

15 - Subiza Isaha Inyuma


51

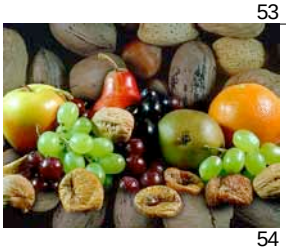
Byadufasha gusubira mu murima wa Eden, kugaruka ku irema, no kuzirikana ku byo Imana yabwiye Adamu na Eva byerekeye ku gucunga neza amagara yabo.
Ibyokurya byiza bitunganiye umubiri.
Icyaha kitaraza mu isi, Imana yahaye Adamu na Eva ibyokurya bitunganye byo guteza imbere ubuzima bwabo.

52

(Isomo: Itangiriro 1:29)
Dore, mbahaye ibimera byose byera imbuto, biri mu isi yose,

53

n'igiti cyose gifite imbuto zirimo utubuto twacyo: bizabe ibyokurya byanyu."
Itangiriro 1:29


54

Mu mvugo y'iki gihe twavuga yuko bahawe amatunda, impeke, n'imbuto.

55

Ibyo ni byabaye ibyokurya byabo.
Byongeye kandi Imana yabahaye igiti cy'ubugingo ho inyongezo ngo kibaheshe guhorana itoto n'amagara azira umuze.
Adamu na Eva bamaze gucumura, Imana yabatandukanije n'igiti cy'ubugingo kandi kubyo kurya byabo yongeraho imboga.

56

(Isomo Itangiriro 3:18)
"Na we uzajya urya imboga, zo mu murima."
Itangiro 3:18.
Imboga hamwe n'amatunda impake n'imbuto, ni byo byokurya umuntu yagenewe mbere y'umwuzure. Yari indyo yuzuye? Cyanerwose!
Wibaze ko mbere y'umwuzure, abantu baramaga imyaka amagana

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57

(Isomo Itangiriro 5:27)
Metusela niwe warushije abantu bose kurama imyaka myinshi,
" Iminsi yose Metusela yaramye ni imyaka maganurwenda na mirongo itandatu n'icyenda:arapfa."
Itangiriro 5:27.

58

Nyuma y'umwuzure imyaka y'uburame yaragabanutse cyane.
Shemu mwene Nowa, yaramye imyaka 600.
Umwuzukuru we arama 239. Umwuzukuruza arama 175.
Mu gihe cy'umwami Dawidi, imyaka y'uburame yaramanutse igera kuri 70!
Ibyo byo umuntu yabyita kurindimuka. Si byo se?

59

Ubuzima bw'ibimera bwahungabanijwe cyane n'umwuzure. Nyuma y'umwaka Nowa n'ab'umuryango we bamaze mu nkuge, ibyokurya bibatunga byari bimaze gukendera. Nyuma y'icyo gihe, ni bwo Imana yemereye Nowa n'ab'umuryango we kury'inyama by'amaburakindi. Ibimera cyangwa ibisimba si ko byose byashoboraaga kuribwa Imana yatanze amabwiriza ku byo kurya bibereye umuntu.

60

Habayeho gutandukanya " inyamaswa zanduye n'izitanduye". Ndetse Imana yamenyesheje Nowa umubare w'ibisimba bijya mu nkuge hakurikijwe ibice zibarirwamo:

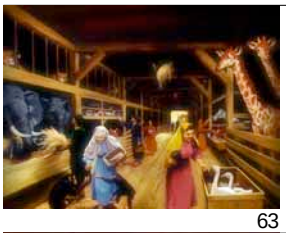
61

(Isomo Itangiriro 7:2)
"Mu matungo yose no mu nyamaswa zose zitazira,ujyanemo birindwi birindwi, ikigabo n'ikigore:

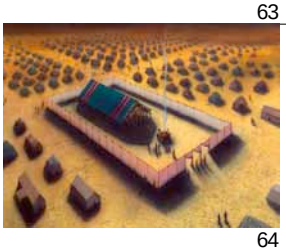
62

No mu nyamaswa zizira, ujyanemo ebyiri ebyiri,ingabo n'ingore."
Itangiriro 7:2

15 - Subiza Isaha Inyuma


63

Bigaragara ko Nowa yari azi inyamaswa Imana yita izanduye cyangwa izitanduye.


64

Bishyize kera, igihe Imana yakuraga Abisiraeli mu buretwa bwo mu Egiputa, yahaye Abisiraeli amabwiriza areba ubuzima bwabo n'uburame bwabo. Mu byo kurya, Imana yerekanye ibisimba byanduye n'ibitanduye:

65

(Isomo: Gutegeka 14:6)
"mu nyamaswa zose mwemererwa kurya icyatuye inzara,

66

ngo kigire imigeri igabanije, kikuza abe ari cyo mujya murya"
Gutegeka 14:6.
Biroroshye gufata aya mabwiriza akubiye mu bintu bibiri: 1) Imigeri igabanije, no 2) kwuza

67

(Video y'amasegonda 14)
Izi ni zimwe mu nyamaswa zitanduye muri rusange hakurikijwe imirongo 4 kugeza 6:
inka, intama, impara, ihene, ifumberi, impongo, inyemera, n'isirabo.

68

(Video y'amasegonda 10) Inyamaswa zihumanye, kandi abantu bakaba bakomeje kuzirya; hakurikijwe imirongo uwa 7 n'uwa 8 harimo:
ingamiya, urukwavu, ingurube, na rockbadger.
Wibuke amabwiriza 2:
Niba inyamaswa ifite ikinono gisatuye, kandi ikuza ishobora kuribwa.
Hariho izuza, ariko zidafite ikinono gisatuye.
Ntizemewe. Ibyo ni ukubyibuka.

69

Urugero, ingurube yatuye inzara;ariko ntiyuza. Ni ikizira rero.
Hari ibyo Bibliya ivugayeruye byerekeye ku ngurube.

15 - Subiza Isaha Inyuma

70

(Isomo: Abalewi 11:7, 8)
"N'ingurube, kuko yatuye inzara ngo igire imigeri igabanije ariko ntiyuze ni igihumanya kuri mwe.

71

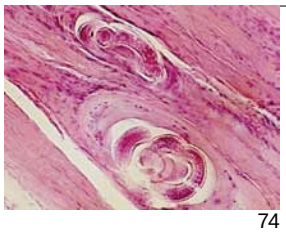
Inyama zazo ntimuzazirye, n'intumbi zaza ntimuzazikoreho. Ni ibihumanya kuri mwe."
Abalewi 11: 7, 8.
Inyamaswa nyinshi Imana ibuzanya ziri mu bwoko bw 'inyacyavu.
Mu gutanga aya mabwiriza, ntacyo Imana yatugomwe. Izi izibereye ubuzima bwacu n'izishobora kutwanduza zidutera indwara.

72

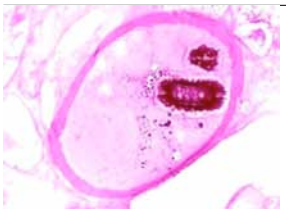
(Isomo Zaburi 84:11)
"Ntazagira ikintu cyiza yima abagenda batunganye."
Zaburi 84:11.

73

Ingurube ni inyacyavu.
ibyo ihuye nabyo ibishobotse n'ibidashobotse, irabiyongobeza; mu masaha make bikaba bihindutse ibiyitunga.
Ku nka si ko bimeze.
Inzira y 'ibyo inka zirya ntabwo iromboreje. Ibyo iriye, bigomba amasaha 48 kugira ngo bigere iyo bijya.
Inzira ikura imyanda mu mubiri, nayo ntabwo iromboreje ibyo bikayifasha kwisukura mu mubiri.


74

Kenshi mu mubiri w'ingurube habamo udukoko twitwa trikina.
Iyo uriye inyama z'ingurube yatwanduye, igishishwa gipfunyitsemo urwo runyo kirashonga.
Maze urwo runyo rugahita rwigira mu rusika rw'ubura, rukahororokera.


75

utu dukoko twinjira mu mitsi y'amaraso, akadukwiza umubiri wose. Indwara Trichinozisi iiterwa n'utwo dukoko ishobora kuba injyanamuntu, hakurikijwe umubare w'utunyo umuntu aba yariye.
Kenshi abantu bajya bitiranya iyo ndwara na rubagimpande, cyangwa ibyokurya biroze.

76

Kubaga imirambo y'abapfuye kera mu gihe cya Mose, byagaragaje ko abo bantu bari baranduye utwo dukoko two mu ngurube. Imana izi ibirushaho kuba byiza.
Reka ibyo tube tubyihoreye, tuvuge ku byerekeye amafi.

77

(Isomo: Gutegeka kwa kabiri 14:9,10)
"Ibi abe ari byo mujya murya mu byo mu mazi byose: igifite amababa n'ibikoko cyose mujye mukirya.

78

Ikidafite amababa n'ibikoko cyose, ntimukakirye ni igihumanya kuri mwe."
Gutegeka 14:9,10.

79

Birumvikana. Hano naho amabwiriza ni abiri, biroroshye rero kubyibuka.

80

1) Ibifite amababa, kandi

81

2) Bifite ibikoko.
Ushobora kwibaza ku dusimba two mumazi abantu barya, kandi tudafite amababa, haba n'ibikoko cyangwa amaga?

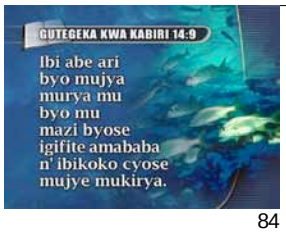
15 - Subiza Isaha Inyuma

82

Dogiteri Bruce Hallsted (soma Burusi Holisitedi), wo muri Kaminuza ya Loma Linda, abisabwe n'ubutegetsi yakoze ubushakashatsi ku mafi, ngo yemeze ayo abasilikare bashobora kurya n'ay'uburozi atera indwara.

83

Abakozi bazimiriye mu mazi cyangwa mu butayu bakeneye kumenya amafi yatera indwara, n'amazima. Dogiteri Holisitedi mu gihe yari arangije ubushakashatsi bwe, yemeje ko gahunda abagenda mu mazi bagomba gukurikira ari ya yindi Imana yahaye Abisiraeli mu myaka 3,500 ishize:



84

(Isomo: Gutegeka kwa kabiri 14: 9)
" Ibi abe ari byo mujya murya mu byo mu mazi byose igifite amababa n'ibikoko mujye mukirya." Imana izi imitere y'abakera n'iyacu, izi ibyokurya bibereye buri wese n'ibitamubereye.

85

"Hari uwabaza ati: " Ku byerekeye inyoni se, bite?" Dore amabwiriza y'ingenzi Imana yavuze:

86

(Isomo Gutegeka 14:11,12)
" Inyoni n'ibisiga bidahumanya mwemererwa kubirya.

87

Ariko ibi ntimukabirye..."
Imirongo 11,12.

88

(Video y'amasegonda 14) Imana itanga urutonde rukurikira: Icyanira, agaca, icyaruzi rutuku, icyiyoni, mbuni, igihunyira, igishondabagabo, uruyongoyongo , agacurama,uko amoko yazo ari.

15 - Subiza Isaha Inyuma

89

(Isomo Gutegeka 14:19)
Maze Imana iravuga iti:"Ibigira amababa bikagenza amaguru magufi byose, ni ibihumanya kurimwe; ntimukabirye."
Ku murongo wa 19.

90

(Isomo: Abalewi 3:17)
Imana yaravuze iti: " Rizababere itegeko ridakuka mu bihe byanyu byose no mu buturo bwanyu bwose:"

91

Ntimukagire urugimbu cyangwa amaraso murya"
Abalewi 3:17.

92

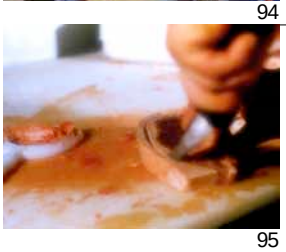
Abayuda batabogama baracyakurikiza aya mabwiriza kugeza magingo aya.
Igihe bica itungo, babanza kuricurika kugira ngo amaraso atembe avemo.
Hanyuma bakaricoca, bakaritumbika mu mazi arimo umunyu kugira ngo amaraso yaba yasigayemo, akamuke ashiremo.

93

Urugimbu rugombwa kugerurwa, ntiruribwe.
Mu myaka myinshi abantu batekereje ko itegeko ribuza kurya urugimbu Imana yaba yararitanze mu rwego rwo kuziririza imihango.

94

Nyamara ubushakashatsi bwo muri iki gihe bwemeranya n'ubwenge buri mu mategeko y'Imana.


95

Ubu birazwi ko mu maraso hagendamo imyanda, imbuto z'indwara, udukoko dutera indwara, n'indi myanda y'umubiri wigobotora.
Indwara nyinshi zikwirakwizwa zinyuze mu maraso.

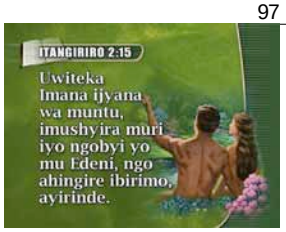
15 - Subiza Isaha Inyuma

96

Birazwi kandi ko urugimbu rufashe nk'urukomoka ku mata no ku nyama rwongera kolesterol mu maraso -- ariyo imwe mu mpamvu zitera kurwara umutima n'imiheha ikwirakwiza amaraso mu mubiri.
Ni indwara zingana iki zakwirindwa iyaba umuntu yashoboraga kwizera Umuremyi we ahitamo kurya byiza bifasha umubiri!

97

Umwitozo ngororabuzima.
Bibliya ivuga ko Imana imaze kurema Adamu na Eva, yabageneye umurimo bakora. Umwitozo yo kwimara ubute.



98

(Isomo Itangiriro 2:15)
"Uwiteka Imana ijyana wa muntu,imushyira muri iyo ngobyi ngo ahinire ibirimo, ayirinde."
Itangiriro 2:15

99

Imyitozo - ngororangingo irinda umubiri indwara nyinshi. Umubiri w'inkorabusa uracupira.

100

Imyitozo - ngororangingo igusha neza imitsi n'imiyoboro y'amaraso.

101

Ibihaha birushaho gukora neza bigatunganya umwuka mwinshi, bitavunitse.

102

Umutima urushaho gukora neza; uko uteye, ugasunika amaraso menshi.
Ibakwe ribyara umwuka mwiza ugakwira mu ngingo; maze umubiri wose ukagubwa neza.
Adamu na Eva bamaze gucumura, Imana yatubuye umurimo, maze urushaho kuruhanya.

15 - Subiza Isaha Inyuma

103

(Isomo: Itangiriro 3: 19)
Imana iravuga iti: "Gututubikana ko mu maso hawe niko kuzaguhesha umutsima urinde ugeza ubwo uzasubira mu butaka." Itangiriro 3:19.
Yongeyeho ko ubutaka buvumwe, ko buzameramo amahwa n'ibitovu iti "uzajy'urya ibivuye mu butaka ubanje kubiruhira" Umurongo wa 17 n'uwa 18.

104

Imana yari izi ko umuntu azakenera imyitozo kandi ko umuntu atabikeneye ku neza y'umubiri gusa, ahubwo ko ibyo bimufasha no kumutsindira impagarara.
Hari uwavuze ngo "Ubunebwe, ni inzu umwanzi akoreramo."

105

(Isomo: Kuva 20:9)
Imana iravuga iti " Mu minsi itandatu ujye ukora,abe ariyo ukoreramo imirimo yawe yose."
Kuva 20: 9.
Iyaba buri wese yakoraga iminsi itandatu, bishoboka ko baba bananiwe bikabakururira kugwa mu ngorane!

106

Imibiri yacu ni insengero z'Umwuka Wera.
Turamutse tumenye uko Imana yitaye ku mibiri yacu, natwe twarushaho kuyitaho.

107

(Isomo: 1 Abakorinto 6: 19,20)
Intumwa Paulo yaravuze ati: "Mbese ntimuzi ko imibiri yanyu ari insengero z'Umwuka Wera uri muri mwe,

108

uwo mufite wavuye ku Mana? kandi ntimuri abanyu ngo mwigenge.

109

Kuko mwaguzw'igiciro. Nuko rero mutum'imibiri yanyu ihimbaza Imana."
1 Abakorinto 6:19,20

15 - Subiza Isaha Inyuma

110

Turi ab'Imana kabiri; ubwa mbere kuko yaturemye, ubwa kabiri kuko yaducunguye.
Igiciro Imana yatanze ni igitambo cy'Umwana wayo i Kalvari.
Kubera yuko iby'umuntu yatanzweho ari indenga giciro, yagombye guhimbaza Imana mu byo akora byose.

111

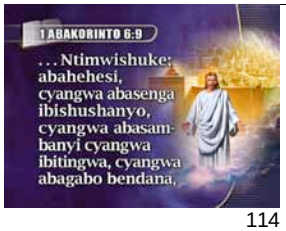
(Isomo: 1 Abakorinto 10: 31)
"Namwe iyo murya cyangwa munywa cyangwa mukora ikindi kintu cyose ,mujye mukorera byose guhimbaza Imana." 1 Abakorinto10:31.
Umuntu wese ukunda Imana yagombye kwirinda ikintu cyose cyakwangiza cyangwa kikanduza umubiri we.

112

(Isomo 1 Abakorinto 3:17)
" Umuntu utsemba urusengero rw'Imana, Imana izamutsemba.

113

Kuko urusengero rw'Imana ari urwera,
kandi urwo rusengero ni mwe".
1 Abakorinto 3:17
Ahari wakwibaza ukuntu umuntu yanduza umubiri we.
Paulo atondeka ibintu byinshi tugomba kwirinda:



114

(Isomo 1 Abakorinto 6:9,10)
" ... Ntimwishuke, abahehesi cyangwa abasenga ibishushanyo, cyangwa abasambanyi, cyangwa ibitingwa, cyangwa abagabo bendana,

115

cyangwa abajura, cyaangwa abifuza cyangwa abasinzi, ...bene abo ntibazaragwa ubwami bw'Imana.
1 Abakorinto 6:9,10
Bibliya ivuga urutonde rw'amakozere yo gushayisha no gukora ibizira, byangiza umubiri.
Ubusinzi nabwo bubarirwamo.

15 - Subiza Isaha Inyuma

116

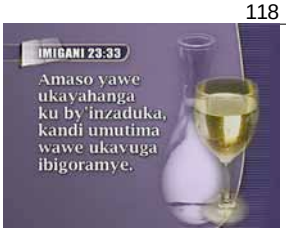
(Isomo: Imigani 20:1)
Salomo yaranditse ati: "Vino ni umukobanyi, inzoga zirakubaganisha, kandi ushukwa na byo ntagira ubwenge.
Imigani 20:1

117

(Isomo: Imigani 23:31-33)
Byongeye " Ntukarebe vino uko itukura, igihe ibirira mu gikombe, ikamanuka neza;

118

amaherezo iryana nk'inzoka igatema nk'impiri.



119

Amaso yawe ukayahanga ku bitariho, kandi umutima wawe ukavuga ibigoramye"
Imigani 23 31-33

120

Ibisindisha ni bimwe mu ngorane za karahabutaka zibasiye ubuzima.
Umubare urenze kimwe cya kabiri cy'impanuka z'imodoka hagaragaye ko ziterwa n'ubusinzi bw'utwaye imodoka, cyangwa bw'umunyamaguru.

121

IUmubare urenze kimwe cya kabiri cy'ubwicanyi ukomoka ku businzi bwa bene ubwite bombi cyangwa bw'umwe muri bo!

122

Ibisindisha by'inzoga bigwabiza ubushobozi bw'umubiri bwo gukoresha vitamini, kandi isukari iba mu binyobwa bisindisha no muri byinshi mu bidasindisha igwabiza ubushobozi bw'umubiri bwo kurwanya indwara.

15 - Subiza Isaha Inyuma

123

Ibisindisha byongera urugimbu ku mwijima bigahuta abahitanwa n'urushwima.
Uburambe bw'ubuzima bugabanukaho nibura imyaka 12.
Kandi ukurikije ibarura rya vuba aha, umwe muri buri bantu 10 wirenza ikirahuri cya mbere atwarwa n'inzoga agahinduka rubundakumazi.

124

Ubushakashatsi bwa vuba aha, bwerekanye ko hari utunyabuzima two mu bwonko dupfa igihe cyose ibisindisha byinjiye mu maraso kandi ko iyo ababyeyi b'abagabo

125

n'abagore babo ari ba kanyota, babyara abana badashobotse bavukana ubusembwa kuruta abana bavuka ku babyeyi batanywa inzoga.
Ariko ku bakristo, gukoresha ibinyobwa by'inzoga bigira ingaruka zirenze.

126

Abakristo bakeneye imbaraga zuzuye z'ibitekerezo zibashoboza guhangana n'ibigeregezo bya Satani.
Ntacyo bagurana ibitekerezo bizima n'ubwenge bubashoboza gutandukanya icyiza n'ikibi.

127

Ku musaraba ,Yesu yanze ikinyobwa kimugusha ikinya abasirikari bamuzaniye.

128

Nubwo yababaraga birenze kamere ,Yesu yarinze apfa ataremera icyo aricyo cyose cyayobya ubwenge bwe.

15 - Subiza Isaha Inyuma

129

Hari iyindi migenzo igwa nabi ubuzima.
Abanywi b'itabi bafite urugero rwo hejuru rwo kwicwa na kanseri y'ibihaha kurusha uko yica abatarigeze barinywa.
Kandi Kanseri si yo yonyine yica ivuye ku itabi.
Urugero rw'abanywi b'itabi bicwa n'indwara y'umutima ni 103 ku ijana ugereranije n'abatarigeze barinywa by'itetu.

130

Buri mwaka, indwara zifata imyanya y'ubuhumekero mu bihaha zihitana abantu ibihumbi 55.000!
Uburozi Nicotine buba mu itabi butera imitsi ijyana maraso meza gukanyarara.

131

Uruhurirane rw'urugimbu no gukanyarara ku imitsi bizonga imiyoborо y'amaraso ntishobore kugeza amaraso aho akenewe. Akabumbe kamwe k'amaraso karahagije kwitendeka ahantu, kugira ngo umuntu agwe amarabira.

132

Uburwayi butewe no kugabanuka k'umwuka mu bwonko bwibasira mbere na mbere abanywi b'itabi.

133

Itabi ku bagore batwite ryangiza imiyoborо y'amaraso ku bana babari mu nda.
Urugero rw'Impinja zipfa rurenga 27 ku ijana mu mpinja zivuka ku bagore banywa itabi ugereranije n'abatarinywa.

134

Umwaka ushize , muri Amerika honyine , itabi ryo mu isegereti ryirengeje abantu ibihumbi 500,000.

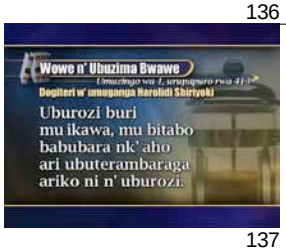
135

(Isomo: Kuva 20:13)
Imana yaravuze iti: "Ntukice."
Kuva.20:13
Abantu biyicisha ibyo barya cyangwa banywa bangana iki?

15 - Subiza Isaha Inyuma

136

Hari uwavuze ngo mu bikurankota bifasha abantu kwiyahura, ibyuma, amakanya n'ibiyiko ni karahabutaka.
Ahari umuntu yakongeraho ibirahuri n'amacupa!



137

Kafeine ariwo muti uboneka mu ikahwa, ibitabo bimwe biwubarira mu bitera imbaraga no mu birimo ubumara. Muganga Harolidi Shiriyoki yabyanditse mu gitabo cyitwa You and your Health, (Wowe n'Ubuzima Bwawe) Umuzingo wa. 1, urupapuro rwa 413.

138

Mu cyayi no muri kola harimo kafeyine. Ibi binyobwa byose bigira uruhari mu guteza indwara y'umutima, indwara zifata imitsi yumva, na kanseri yo mu ruhago.

139

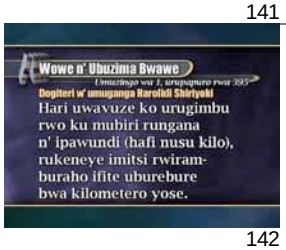
Uramutse ubonye umuntu winyabya kenshi na kenshi mu kindi cyumba ajyanwe no kwiteramo inshinge z'utubuto twa kafeyine watekereza ko yataye umutwe. Ariko se ni bangahe bakora ibisa bityo biyuhira ibyayi by'ikahwa, bataretse n'ibinyobwa biva kuri kola.

140

Kwirinda nyakuri, ni ukuzibukira icyo ari cyo cyose cyangiza, no gukoresha mu rugero, icyitwa icyiza.

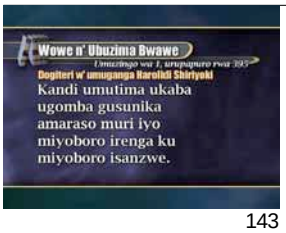
141

Hariho abantu bipakiramo ibintu byiza ariko birengeje urugero!
Ibi biratwerekeza ku kindi kibazo cy'ubuzima kibangamiye benshi kuri iyi si .



142

"Hari uwavuze ko urugimbu rwo ku mubiri rungana n'ipawundi (hafi nusu kilo), rukeneye imitsi rwiramburaho ifit'uburebure bwa kilometero yose.



143

kandi umutima ukaba ugomba gusunika amaraso mu miyoboro ifite ubwo burebure bw'akarenga."
--Byavuzwe na Harold Shryock, Umuganga w'umudogiteri mu gitabo You and your Health, (bisobanura " Wowe n'Ubuzima Bwawe") umuzingo wa mbere ku rupapuro rwa 395.

144

Umutima, impyiko, umwijima n'ibihaha by'abantu ba nyamunini, bikora kurenza urugero.
Hari indwara 16 ba nyamunini bihariye kurusha bagenzi babo bafite umubyibuho uri mu rugero.

145

Imana ishaka ko twita ku mibiri yacu, kugira ngo twishimire ubuzima butaranganwa umuze.
Ishaka ko tuba abantu bazi icyobakora bashyira mu gaciro, kandi banezerewe.
Ishaka ko tugira ubuzima buzira umuze.
Kurama no kugira ubuzima buzira umuze biterwa nuko dukurikiza amabwiriza y'Imana.

146

Kuruhuka no kunanura ingingo
Yesu yemeraga ibiruhuko, no kwiyufura jugujugu
Nyuma y'umunaniro na rwserera bari biriwemo mu baturage, Yesu yabwiye abigishwa be ati:

147

(Isomo: Mariko 6:31)
"Muze mwenyine ahiherereye,aho abantu bataba, muruhuke ho hato."
Mariko 6:31
Yesu ashima ko nyuma y'umurimo twajya dufata igihe cyo kuruhuka no kunanura umubiri.

148

Ni yo mpamvu yaduhaye Isabato.
Imana izi ko dukeneye kwibagirwa imihati y'imirimo duhoramo, tukamarana nayo igihe runaka.

15 - Subiza Isaha Inyuma

15 - Subiza Isaha Inyuma

149

Igihe ufata ngo wikinge jugujugu ya buri munsi si mu Butayu ukeneye kujya kuruhukiramo. Nubwo hashobora kugushimisha mu bihe runaka by'umwaka. Ushobora guhitamo ahantu mu misozi hitaruye, aho ibiti birebire n'ibiyaga bifukuye bishobora kugarura ihumure mu mutima wawe.

150

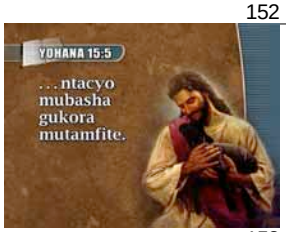
Uko byamera kose ukeneye kujya ahantu hitaruye rwaserera n'urusaku rwo mu migi no mu mihanda. Ahantu hagushimisha, ntukahigomwe!

151

Ni byo, Imana ishaka ko iwacu haba ijuru rito. aho twitegurira kuzaba mu isi nshya, aho indwara zajahaje iyi si zitazarangwa na mba.

152

Wavuga rero uti "ibyo ndabishimye." "Nifuza kuzabayo ariko ndacyafite utugeso ntarashobora gutsinda." Uyu munsi tugufitiye inkuru nziza. Imana ntigutezeho kubyishoboza.



153

(Isomo: Yohana 15:5)
Yesu yaravuze ati: "Ntacyo mubasha gukora mutamfite. Yohana 15:5.
Ntitwakwishoboza gutsinda ibyo twamenyereye gukora n'imbaraga zacu.
Umukiza wacu arahari.
Arashaka kudutabara!
Paul yamenye ibanga ryo gutsinda.

154

(Isomo: Abafilipi 4:13)
Yaravuze ati: "Nshobozwa byose na Kristo umpa imbaraga."
Abafilipi 4:13.

15 - Subiza Isaha Inyuma

155

Umugoroba umwe, umugore wari mu materaniro nk'aya turimo yaganiriye na Pastoro wari wamusuye, bavugana ku byo kugaruka mu muryango w'Imana. Arasubiza ati; "Byanshimisha, ariko sinabishobora; kubera itabi." Pastoro amuhamagara mu izina niko kumubaza ati:"wizera ko Yesu Akwifuriza gutsinda iyo ngeso?" Undi ati rwose, ariko sinabishobora , nta ntege mfite.
Pasitoro ati: Wakunda ko ngusomera muri 1 Yohana 5:14 havuga ngo,
"Kandi iki ni cyo kidutera gutinyuka imbere ye, ni uko atwumva, iyo dusabye ikintu nkuko ashaka."
Pasitoro aramubaza ati, "None se Mariya, wizera ko ushobora kuva ku itabi?"
Mariya ati, "Oya."
Pasitoro ati, " Ni byiza, "kuko Bibiliya ivuga iti, "iki ni cyo kidutera gutinyuka imbere ye." None se "kwizera kuboneka he?"
Mariya arasubiza ati: "Muri We."

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Pasitoro yongera gusoma iryo somo ati, "Turamutse dusabye icyari cyo cyose uko Ibishaka, uretse kureka kunywa itabi, Iratwumva."
Maze ahindukirira Mariya amubaza ati wemera ko iryo somo ryandikwa muri Bibliya yawe?
Undi ahakana avuga ati, "Sinifuza guhindura Bibliya."
Pastoro ati "Mbese Imana Ikwifuriza kuva ku itabi?.
Undi ati, "yego", Ntiyabihakana.
Pastoro ati wasaba Yesu mwiherereye akaguha imbaraga yasezeranye?
Undi arabyemera.
Arongera ati mfite ikindi kibazo kimwe.
Ati none se byashoboka kumenya igihe izo mbaraga yasezeranije zizabonekera? Bizafata icyumweru kimwe, ukwezi, amezi atatu? Iyo mbaraga izakuzaho ryari?
Nuko babumbura mu gitabo cya Yohana 1:12 , havuga ngo:
"Icyakora abamwemeye bose, bakizer' izina rye, yabahay' ubushobozi bwo kub' abana b' Imana."
Pasitoro ati "muri uyu mugoroba, tubonye ko ushobora kwizera Yesu.: "noneho tubonye ko ushobora kwiringira Yesu. Tubonye ko ibyo dusabye mu izina rye Azabiduha. Kandi tuzi ko ko Ashaka ko wareka itabi. Twabonye kandi ko uko wamwakiriye ari nako uribwakire imbaraga."

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Yagufasha kugira ubuzima bwuzuye, buzira umuze ahubwo burangwa n' ibyishimo, ubu, hano kw isi, kandi ukaba wizeye ubugingo buhoraho mu isi izaba yagizwe nshya.
Rambura amaboko umusange. Arakwakiza yombi.