

# ANTI SMOKE

## ANTI ITABI

Iyi nkuru y'Ubutumwa Bwiza yahinduwe na mudasobwa. Niba ushobora gukosora cyangwa kunoza ururimi, nyamuneka hamagara ibiro kuri [info@angp.co.za](mailto:info@angp.co.za)



"Nyamuneka nyereka ububi bw'itabi?" umuntu ashobora kwibaza, kugira turimo gutanga ibi bikurikira igisubizo:

Kimwe mu byaha birindwi byica ni ibyifuzo bya kamere. ( Abakolosayi 3: 5-6). Ubu ni ubushake bwo kurya, butanyuzwe; kwifuzza

kutagengwa; ikintu kibi amwifuzza. Mu mubiri w'umuntu afite nta bakeneye kuko itabi mu wese ifishi. Itabi ni si ibyokurya agahaza ariko ni iy'igihe a ibiyobyabwenge ubumara ko habaho umuntu wigeze kongera, atanyurwa akayabagu, bikaba yitwa kamere icyifuzo. ( Abakolosayi 3: 5-6). Kamere icyifuzo ni irabazwe mu irindwi ibyaha byica bikaba bitwa: **ubwibone, umururumba, ibyifuzo bya kamere, umujinya w'inda, ishyari, ubunebwe.**

Kuba abantu hafi ya bose banywa itabi, ntibikuraho , cyangwa urwitwazo rubi rwiye ngeso. Ijambo ry'Imana rivugako "Nta muntu ukiranuka." "Umuntu wese wakoze icyaha kandi kure kure imbere y'Imana kwizigamira." ( Abaroma 3: 10,23). " Twese twari nk'intama zazimiye, buri wese muri twe agenda." (Yesaya 53: 6). Kuko bamwe ikibi yabaye hose, hari ni nta rwitwazo kuko kwisuka mu ngo.

Imana iramagana imyanda idakenewe cyangwa y'icyaha . Kuki gukoresha amafaranga kubidahagije? Kuki kumarana impembo yawe na n'ubu gusonzaza? "Bashajye cyane mu mirimo idafite akamaro , kandi ibyo bubatse byose birashya." (Yesaya 55: 2; Habakuki 2:13). Kugira ubusa amafaranga, igihe, kandi ubuzima, niba ari ku inzoga, itabi cyangwa ibindi bibi ikintu ni koko si ubushake bw'Imana. Amamiriyoni yama pound akungahaza ibigo byitabi nigicro gikomeye cyo kwishyura umwotsi n ivu, imitsi yangiritse numutima umenetse, kubabara mu muhogo, gutwika bronchial , hamwe nurupfu rwa kanseri yibihaha. Kuba Superintendent w'ibitaro Londres ubivuze ko asaga 100.000 abantu mu Bwongereza kuba yapfuye mu bujiji mu mahaha kanseri ntibiva ku itabi itabi mu myaka makumyabiri ishize, kandi ko muri nibura indi 250.000 bazaba buhoro gupfa mu myaka icumi yakurikiyeho, biturutse ku iyi imyitozo yicyaha , yerekana ko ari bibi. Indi mibare itangaje cyane ishobora gutangwa f rom kwisi yose, ndetse na siyanse yubuvuzi itangiye kubona igicro kibi abahohotewe bishyura. Itabi itabi, cyane cyane mu umwe wese akweze mu umwotsi, ni buhoro, ariko nta kabuza, gukora kwiyahura ku installment gahunda. "Umuntu apfuye afite imyaka 40 cyangwa 50 mu ndwara ya degeneracy, igihe yashoboraga

yabayeho imyaka 70, 80 cyangwa 100 imyaka, afite  
kwiyahura nk'uko ndababwira  
biyemeje nk'uko mu umwe wese ahindukira ku jet  
gazi," Wandikire Dr. H. Bress.

### Nigute itabi ryica?

Benshi abantu, we kuba arwaye ibibembe kuko benshi imya  
ka, gupfa kanseri, umusonga, indwara y'umutima cyangwa  
n'izindi ndwara. Itabi ukora kimwe, ko yishe buziguye kandi  
yarokotse mu bandi.

"N'imyotsi y'itabi afite ibikorwa by'urugomo mu mu kigo  
nsozabwenge, kwibaruka kw'imbutu ya ubwonko, bikaba  
ari vuba cyane hagati abahungu. Nta muhungu cyangwa  
umugabo ko smokes ushobora gukora mu laboratwari  
wanjye." Th. A. Edison. "Abahindukira mu rusengero  
basubira inyuma nk'itegeko niba badatanze itabi."

- J. McAuley.

"A baby wabyawe itabi itabi nyina  
ni abarwayi. icyo ni uburozi kandi gupfa mu byumweru  
bibiri yavutseho. Mu postmortem kivyerekana kw'imbutu  
ya umwijima, umutima, kandi n'izindi nzego. Itandatu ku  
ijana abana  
bose babyawe nyina akaba ari akamenyero itabi itabi, gupf  
a ku kuba kare imyaka, ahanini y'uko ni imyaka ibiri. " -  
Dr. Ch. L. Barber.

Abapadiri na nyina, ari abicanyi yabo urubyaro  
bwite, bazaba bafite gusubiza imbere y'Imana ku muni  
w'amateka.

Ntabwo natangazwa niba ibyo dusoma muri Ezekiyeli 8:  
17,18 bivuga ububi bwo kunywa itabi no kunywa  
itabi; "Ntabwo banyuzwe no gukora gusa ibintu  
byose biteye ishozi wabonye hano no gukwirakwiza

ihohoterwa mu gihugu hose. Oya, bagomba kuza kubikora hano mu rusengero ubwarwo kandi bikandakaza kurushaho. Reba uko bantuka. mu wa cyane ibabaza buryo bishoboka! (a Indango ngo a gipagani rite gushira mu ishami ku zuru). Abo bazaba bumva bose imbaraga mu ishavu ryanje. i ishaka ntabwo bisimbura bo cyangwa kubereka imbabazi wese. Abo bazaba impundu amasengesho ngo ambere riranga nk'uko ashoboye, ariko b azaba ntiyumva bo. " A Imana Wera yanga iyi ikibi akamenyero fashion, mu itabi ikibi .

Kiliziya-agiye abantu kwamagana wese akaba utinyuka kugira itabi mu kubaka Itorerero, na canecane mu gihe umurimo itorerero. Birashoboka ko utigeze wigishwa ko kuberako Kristo yahaye umubiri we kubambwa kandi akazuka mu bapfuye, yahisemo imibiri yacu nimitima yacu, kugirango ahanagurwe mubyaha byose abikesheje Yesu kandi yuzuye Umwuka Wera, ngo abere urusengero rwe . "Ntimuzi ko umubiri wawe ari urusengero rw'Umwuka Wera, uba muri wowe kandi wahawe n'Imana? Ntiwari uwanyu ahubwo ni uw'Imana; Yakuguze ku giciro. Noneho, koresha imibiri yawe ku bw'icyubahiro cy'Imana. " (1 Abakorinto 6: 19-20). "Icyaha bagomba ukundi ubutegetsu mu yanyu ipfa imibiri, ngo mwumvire ibyo ivyipfuzo wawe kamere kwigirira. Nta ugomba mpara cyose bigize ubwanyu ngo icyaha ngo kuba gukoreshwa mbi n'imigambi. Ahubwo, gutanga ubwanyu ngo Imana, nk'uko abari bafite bafite yararerewe mu rupfu ageze mu bugingo, kandi ahara wawe wose kiremwa ngo we ngo kuba yarakoresheje kuko abakiranutsi n'imigambi. " (Abaroma 6: 12,13). " Rero, nihagira usenya urusengero rw'Imana, Imana izamurimbura. Kuko urusengero

rw'Imana ari rwera, kandi namwe ubwanyu ni urusengero rwayo." (1 Abakorinto 3: 16,17).

Kuki dukomeza, hanyuma tukanduza ibyo Imana yahisemo kuba urusengero rwayo ni ukuvuga imibiri yacu ?

### Itabi na Satani

A runaka Town Umujyanama, umugenzi wanje, yari bahindikiriye Kristo maboko ye ubuzima ngo Imana. Yakuwe mu nzoga ariko akomeza kuba imbata y'itabi. Yagerageje uko ashoboye kugira ngo areke itabi ariko ntashobora gutsinda icyo cyifuzo kibi . Ubu kenshi we byari kumutera ku itabi, umwironge, maze itabi kure, ariko ku buryo bwe biro bikurikira muni, yashoboraga ntabwo habonetse mbere iduka nta kugura byiza gutanga ukundi. Amaze kubona byinshi ko akiri imbata yumukene kuri iki cyatsi, yacitse intege kandi yihebye.

Umwe w'imbeho mugoroba yicara wenyine mu ye yicaye cyumba, yota ku fireside itabi be n'umwironge. Yari yumva isoni cyane kuba nk'uwo umugaragu kuri we umwironge maze atekereza gutera ko mu mu muriro yongera. Yari azi ko iyo yakoze rero byari gusa bisobanura ko yagombaga kugura umwironge nshya zikurikira muni. Yicaye atekereza cyane kuri icyo kibazo cyane, ahita abona satani ahagaze mu cyumba cy'icyumba, amusebya kandi aramuseka, ndetse avuga ati : " Ndaguhambiriye, ntushobora kundokoka!" Ibi byari kugira nyakuri ko we agwa ku mavi ye, kubona ko nyuma bese, umururumba iyi itabi kintu uretse ububasha sekibi. Yari arangurura ngo Imana burundu gutanga we bubata bwa Satani. Imana

yaramurokoye , kandi ntiyongeye kunywa itabi imyaka 34, nyuma yimukira mu ijuru.

Umuntu yabajije ikibazo: "Umukristo ashobora kunywa itabi?" "Oya, Umukristo agomba gutwika no itabi," yari igisubizo. A itabi itara ni a a bakene, ibabaza umucyo. Amatara yacu agomba gutwikwa kugirango isi yose ibone! ( Matayo 5:14 - 16)

A Kinini gitabo

ashobora kuba yanditswe ku kugaragaza ibibi ya itabi mu b uryo bw'impwemu, mu vy'inyifato runtu, ku mubiri, no mu bukungu Akadomo Bya Reba. Itabi, nka ubusinzi no cyose izindi

b'abanyabyaha akamenyero, ni a kwikunda icyifuzo. Ni rura duhata

abandi, abana harimo, akaba agaciro fresh kirere, ngo guhu meka mu nyandagazi Zibikwa kirere, ngo kubivugisha Amashami yumuriro a w'itabi bukwirakwira hose rutuma kuri.

## Gutabarwa

Ukuri kw' Abaroma 7: 15-25 kurareba no ku bagaragu b'itabi muburyo ubwo aribwo bwose: "Kubera ko ibyo nkora aribyo ntashaka gukora. Mbega umugabo utishimye ! Ninde uzankiza uyu mubiri urimo gufata? ngo anyice. "? Yesu yaje kudukiza buri bubata, buri kwifuzza, vy'ubwoko bwose kandi yatugize abami n'abatambyi mu bwami bwayo. Kristo yaje kugira twe ibiremwa

bishya, na isuku iminwa no isuku mitima. . nta ahumanya uzinjira ijuru mubiri urupfu ntabwo udukize mu yahindanye ingeso, kuko mu nyuma chapter mu mu Bibiliya ivuga ko: "umuntu wese ni ibizinga agomba kujya ku kuba yanduye." ( Ibyahishuwe 22:11).

Tanga ubuzima bwawe kuri Yesu azakubohora; "Niba Umwana akubatuye, uzabohorwa rwose." (Yohana 8:36). Niba udashobora gutsinda Kristo wenyine, gerageza no kubona mu gukorakora na a minisitiri Imana, cyangwa nyakuri wese, mu buryo bw'impwemu umwana w'Imana ko dushobora kwizera no gusenga na mwe nk'uko Mariko 16: 17,18 na Yakobo 5: 14- 20 ; Abaroma 6: 11-14; 8: 1-2.

"Irinde satani, na we azaguhunga." (Yakobo 4: 7). Wuzure umuriro nyawo wa Roho Mutagatifu uzareka kunywa itabi, imbata yarekuwe. Uzahita wishimira ubuzima byuzuye (Yohana 10:10) kandi uzabashe kuririmba wishimye:

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Niba warabonye agakiza muri Kristo, cyangwa ukaba warahawe imigisha kubuvanganzo bwacu bwiza, nyamuneka tubitumenyeshe. Turashaka gushimira Imana hamwe nawe kandi tukakwibuka cyane mumasengesho yacu. Kubitabo byubutumwa bwiza, ibitabo, hamwe nudupapuro mu ndimi zirenga 540, twandikire :

# UMUTIMA W'UMUNTU



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E-MAIL: [info@angp.co.za](mailto:info@angp.co.za)

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