A Imiraba yo mu buzima

- Kwambuka inyanja ya Galilaya mu gicuku, ndetse no mu gihe cy'umuraba, ntibyari bishya kuri Petero, Andereya, Yakobo na Yohana, bari abarobyi b'abahanga.
- Ariko ubu noneho, umuraba warabarenze. Umuyaga warundanije imiraba, amazi yuzura ubwato, maze ubuzima bwabo burageramirwa. Noneho babona ko... Yesu ari he? Arasinziriye? Kuki atadutabara? Ntabwo yitaye ku bitubaho? (Mariko 4:35–38).
- Mu buzima bwacu tunyura mu miraba. Dusaba Yesu kudutabara, ariko bigasa nk'aho asinziriye. Ntitwumva ko ahari. Nyamara aba ahari.
- Tegereza igihe cyo gucyaha umuraba wacu: "Ceceka utuze" (Mariko 4:39). Atwitaho (1 Petero 5:7). Ashobora gutuza inkubi y'umuyaga. Ntiwibagirwe kumushimira ibyo akora (Mariko 4:4–41).

B Indwara

- Umugore wababaye kubwo kuba imugongo mu gihe cy'imyaka cumi n'ibiri atabona umuganga umukiza, byari byaramuteye kubura icyo akora kandi abura n'ibyiringiro (Mariko 5:25–26). Muri iki gihe, hari ibihugu bitagira ubuvuzi butangirwa ubuntu, aho iyi nkuru ishobora kuba yaba impamo.
- Uko byaba biri kose, twese dushobora guhura n'ibihe aho uburwayi butwizingiraho ndetse bukatubuza epfo na ruguru, tukabura ihumure.
- Uyu mugore yabonye igisubizo muri Yesu, ukwizera kwe kuramukiza (Mariko 5:27–29).
- Tugomba kwiringira ko Yesu ashobora gukoresha abaganga babihugukiye kugira ngo dukire, cyangwa se akadukorera igitangaza cyahuranije.
- Uko byagenda kose, Yesu aturarikira kumwikoreza imitwaro yacu yose n'amaganya yacu yose (Matayo 11:28–30).

C Amakuba

- Intambara, imivurungano, n'amakuba byahinduye ubuzima bwa Yobu mu buryo budasubirwaho (Yobu 1:13–19). Twese duhura n'amakuba, yaba ayizanye cyangwa se aterwa n'ikibi kīgānje muri iyi si.
- Tubyitwaramo dute? Yobu yabyitwayemo ate?
  - Ntiyigeze ashinja Imana cyangwa ngo ayīhakane
  - Yayīkomejeho n'imbaraga ze zose
  - No mu bihe by'umwijima ubuditse, yakomeje kwiringira
  - Intekerezo ze zatumbiriye ahazaza hahebuje ubwiza (Yobu 19:25–27)
- Nitutagwa isari, tuzabona ko no mu birushya bikomeye duhura na byo, Imana ihora ihari. Iradukunda kandi iduha ubushobozi bwo kubonera imbaraga mu ntege nke, ubutwari mu gutentebuka, n'ibyiringiro mu makuba (Yoweli 3:10; Abaroma 5:3–5).
- Niba uri mu bihe bigoye, menya ko urukundo no kugira neza rw'Imana kuri wowe ari byo mahoro no gutunganirwa nyakuri mu buzima bwawe.

D Kubura ibyari byitezwe

- Ibyiringirwaga: Yesu ni Mesiya uzacungura Isirayeli. Uko byagaragaye: yarapfuye (Luka 24:18–21. Baciwe intege cyane no kubura ibyo bari biteze, ku buryo batashoboraga kwemera ibimenyetso byumvikana neza by'uko Yesu yazutse (Luka 24:22–24).
- Yesu yihanganye, yabafashije kongera kugira ibyiringiro. Amaherezo, "amaso yabo arahumuka" (Luka 24:31), birukanswa no kujya gukomeza abari bagitentebutse (Luka 24:32–35; 2 Abakorinto 1:4). Ni iki twakwigira ku byababayeho?
  - Ntitugomba kwemera ko gushidikanya gushinga imizi mu ntekerezo zacu
  - Yesu atugenda iruhande nubwo twaba dutengushywe
  - Nitumwemerera, azakuraho ibituziga
  - Yesu azi neza uko turi kurusha uko twe tubizi

E Reba Yesu

- Ubwo Elina G. White yari mu bihe by'umubabaro mwinshi, yagize iyerekwa aho yabonye Yesu.
- Yasobanukiwe ko Yesu azi neza ibintu byose yari arimo kunyuramo. Igihe kimwe, Yesu yashyize ikiganza Cye ku mutwe we, aramubwira ati "Witinya."
- Yabonye ibihebuje cyane, kandi byasaga nk'aho yari amaze kugera ku mutuzo n'amahoro byo mu ijuru.
- Izi nzozi zamuteye ibyiringiro n'ukwizera, ndetse n'ubwishingizi ko yashoboraga kwiringira Imana.