INKONZO YOKWAMUKELA NGOKOMPHEFUMULO

Igujelwa emakhaya

AmaKhatholika ayakhuthazwa ”ukwamukela ngokomphefumulo”. UJohannes Paulus II oCwebileyo wabhala ukuthi ”kubalulekile ukutshala ezinhliziyweni zethu ukulangazelela okungapheli iSacramente eliyiNgcwele cwe laseLatini”. Lokhu kwaba ngumsuka wokwamukela ngokomphefumulo, okwthi kwasungulwa ngentokozo eBandleni eminyakeni eminingi eyedlule lanconywa ngabacwebileyo abaningi ababekhonze kakhulu impilo yokomoya.

UTeresa weNgane uJesu wabhala ukuthi: ”Uma ungakwazi ukwamukela ikhomuniyoni eliyiNgcwele, futhi ungakwazi ukuba seMiseni eliyiNgcwele ungenza ukuthi wamukele ngokomphefumulo, okuyisenzo esihle kakhulu, ngalesisenzo uthando lukaNkulunkulu lobonakaliswa kuwe.” (Ecclesia Eucharist, no. 34).

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Okumele ukwenze/ukukhumbule uma wenza isenzo sokwamukela ngokomoya

+ Lingisa itafula elembozwe ngendwangu, amakhandlela nesiphambano noma nomfanekiso wabacwebileyo.
+ Gqoka ngokuzimisela sengathi uya eMiseni eliyiNgcwele
+ Cisha iselulafoni nezinye izinto ezenza umsindo. Uyeke ukwenza umsebenzi noma yimuphi.
+ Zibeke ebukhoneni bukaNkulunkulu uziqoqe uzimisele ngokuba semgubhweni.

Isingeniso

Umholi: **Ngegama likaYise, beneNdodana, noMoya oCwebileyo.**
Bonke: **Amen.**

Umholi: **Sihlangene lapha ukuthanda, ukutusa nokudumisa uBaba wethu osezulwini. Sazi kahle ukuthi iZwi leNkosi liyisibani sezinyawo zethu nokukhanya kwendlela yethu, makesihlanganyele ekulaleleni umyalezo wokuphila kwaphakade. Ngakhoke ngezinhliziyo ezigcwele intokozo nethemba ngeZwi laKhe, siyakhuleka ukuthi iNkosi ngesihawu sothando lwayo isondle imiphefumulo yethu.**
Kodwa make sichithe isikhashana sithulile siphenduke ezonweni zethu, sicabange ngalabo esimelwe ukubuyisana nabo, nalabo esimelwe ukubathethelela.

Emva kwemizuzwana emibalwa yokuthula, bonke basho ungiyavuma

Bonke: Ngiyavuma kuNkulunkulu uMninimandla onke, nakinina bazalwane, ukuthi ngonile ngokweqisa ngokucabanga nokukhuluma nokwenza nangokuphutha**:** *bonke bashaya isifuba bethi:* icala lami, icala lami, icala lami elinzima. Ngalokho-ke ngiyancenga uMaria, oyilokhu eyiNtombi eyiNgcwele, izingelosi zonke, nabacwebileyo bonke, nani bazalwane, ukuba ningikhulekele eNkosini uNkulunkulu wethu.

Inkonzo yeZwi

+ Kufundwa izifundo zangaleloSonto.
(Izifundo ziyatholakala kwi-internet kulezindawo ezilandelayo:
https://www.catholicgallery.org/mass-reading/daily-mass-readings-2020/:)

+ Manje sekungafundwa intshumayelo uma umpriste wePherish eyithumele ngezindlela zokuxhumana noma umndeni ungabelana ngeZwi.

+ Sibe sesivuma ukholo lwethu ngokusho ***uMvumukholo wabaPostoli:***

Bonke: Ngiyakholwa kuNkulunkulu uYise, uMninimandla onke, uMdali wezulu nomhlaba, nakuJesu Kristo iNdodana yakhe eyodwa iNkosi yethu,
(kuyakhothanywa)
Owathatshathwa kuMoya oCwebileyo, wazalwa yiNtombi eyingcwele uMaria, wahlushwa kubusa uPontius Pilate, wanqanyulezwa wafa, wembelwa, wehla waya kwabafileyo, ngosuku lwesithathu wabuye wavuka ekufeni, wenyuka waya ezulwini, uhlezi kwesokunene sikaNkulunkulu uYise uMninimandla onke lapho eyakuvela khona ezothetha amacala abasekhona nabafileyo.
Ngiyakholwa kuMoya oCwebileyo, iBandla eliyingcwele eliKhatholika, ukuhlangana kwabacwebileyo, ukuthethelelwa izono ukuvuka kwenyama, nokuphila kwaphakade. Amen.

- Kulandela izinxuso lapho sikhulekela khona:

> Izidingo zeBandla
> Izidingo zomhlaba
> abaphethwe yizinkinga
> Inhlalakahle yomphakathi wethu
> Abafileyo

Kuphethwe ngokuthi kushiwo uBaba wethu.

Isenzo sokwamukela iKhomuniyoni eliyiNgcwele ngokoMphefumulo – ngo Alphonsus Liguori oCwebileyo

Bonke: **Jesu wami ngiyakholwa ukuthi ukhona ngempela eSakramenteni eliyiNgcwele kakhulu laseLatini, Ngiyakuthanda ngenhliziyo yami yonke, ngenxa yalokhu kukuthanda ngiyazisola ngazo zonke izono zami. Umphefumulo wami ulangazela Wena Sinkwa sokuphila. Awuze kimi negrasia lakho, uhlale kimi njalo. Ngithanda ukuba ngibe nawe ekuphileni nasekufeni kwami . Amen.**

- Emva kokuthula isikhashana, sithi:

The Amina Christi – Mphefumulo kaKristo

Mphefumulo kaKristo ngicwebise, Mzimba kaKristo, ngisindise. Gazi likaKristo ngiqabulise. Manzi ohlangothi lukaKristo ngihlanze, Kuhlupheka kukaKristo, ngiqinise. Jesu omnene ngilalele ngomusa. Ngicashise emenxebeni akho. Ungangidedeli ngahlukaniswe nawe. Ngihlangulise esitheni sami. Ngesikhathi sokufa kwami ngibize. Ukuba ngize kuwe. Ngikubonge kanye nabacwebileyo bonke. Ngezikhathi zonke. Amen.

Umkhuleko wokuphetha

Bonke: Njengoba sizindla ngobukhona bakho eNkosini yethu uJesu Kristo, iNdodana Yakho, siyakhuleka, O Nkulunkulu, ukuthi usivikele ngalezizikhathi ezinzima, usigcine siseduze Nawe sibe ngabaqinile okholweni esabelana ngalo. NgoKristo iNkosi yethu. Amen.

Umholi: **Makasibusise uNkulunkulu uMninimandla onke, asivikele kokubi asiyise ekuphileni kwaphakade. Amen.**

(Bonke benza uphawu lwesiphambano ngesikhathi besho kanyekanye ukuthi:)

Bonke: **Sengathi singahlala oxolweni lukaKristo** – ngegama likaYise, neleNdodana, nelikaMoya oCwebileyo. Amen.

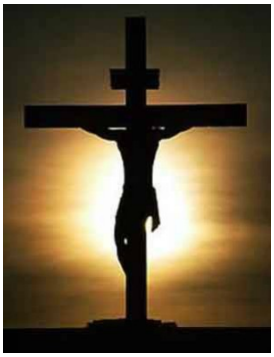
Uma kuthandeka umndeni ungacula amaculo afanele

Umkhuleko kuMichael oCwebileyo

Michael oCwbileyo Ngelosi eNkulu, sihlangulise ekulweni kwethu, Usivikele ebubini nasezithiyweni zikasathane. Siyancenga sithobile uNkulunkulu makamyale, wena ke Nduna yempi yasezulwini, ngamandla kaNkulunkulu awuphose esihogweni usathane neminye imimoya emibi ezulazula emhlabeni ngenhloso yokubhubhisa imiphefumulo yabakholwayo. Amen.

Umkhuleko kaPhapha uFrancis kuMaria ekhuleka ngesikhathi senhlupheko yeGciwane leKhorona

O Maria, uhlezi ukhazimula endleleni yethu njengophawu lwensindiso nethemba. Sizilahla kuwe, kuPhila kwabaGulayo, wena owazihlanganisa nezinhlungu zikaKristo umi ngaphansi kwesiphambano, ngokholo oluqinil. Wena, Nsindiso yabantu bakho, sengathi singabuyela entokozweni, nasekubuseni ngemuva kwalesisikhathi sokuvivinywa. Sisize, Mame wothando lokuCweba, sibambelele entandweni kaBaba nokuthi senze njengoba siyalelwa nguJesu, othathe ukuhlupheka kwethu, wathwala usizi lwethu ngesiphambano esiholela ekuthokozeni kwasekuvukeni. Amen.

Ngaphansi kokuvikela kwakho, sisinga ukukhuselwa Nina kaNkulunkulu. Ungakudeleli ukuncenga kwethu ngalesisikhathi sobunzima, kodwa usisindise ezingozini zonke, O Virigo elidumileyo elihlahlamelisiweyo. Amen.

(kutholakale ezindabeni zeVatican – iHlalankosi lamaRoma aKhatholika)