



Sunbeam

Activity Book



This book belongs to _____

Northern Conference Edition

General Conference Youth Ministries Department

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General Conference Youth Ministries Department

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Kwekuhlola kwe Msebe Welilanga

Libito: _____ Lusuku lekucala : _____ Lusuku lekwephetsa : _____

Lokudzingekile

1. Phindzaphindza ngenhloko bese wemukela Umtsetfo we Adventurer.
2. Cedza i Reading II award
3. Cedza i Seasons Award

Nkulunkulu Wami

1. Licebo laNkulunkulu ngami
 - a. Yakha libhodi letitfombe letikhombisa kutsalwa, kubhajatiwa, imifanekiso, kufa, kufuka, Kanye nekubuya kwaJesu
 - b. Yakha indlela yekucoca yinye yaletindzaba letingenhla kukhombisa injabulo yekusindziswa nguJesu
2. Umbiko waNkulunkulu kimi
 - a. Cedza i Bible II Award
3. Emandla aNkulunkulu emphilweni yami
 - a. Citsa sikhatsi lesijwayelekile lesibindzile naJesu ukhuluma naye futsi ufundza ngaye. Bhala pphasi.
 - b. Buta bantfu labatsatfu indzaba yaJesu labayitsandzako futsi leni. (indzaba lesetincwazini telivangeli letine)
 - c. Cedza i Parables of Jesus Award

MINE

1. Ngibalulekile
 - a. Tidvwebe. Utihlobise ngetitfombe nemagama lachaza tintfo letinhle ngawe.
 - b. Khombisa lolokudvwebile licembu lakho

3. Ngingawunakekela umtimba wami.
 - a. Cedza i Fitness Award

UMNDENI WAMI

1. Nginemndeni
 - a. Cela ngalinye lilunga lemndeni wakho kutsi akutjele letinye tetintfo labatitsandzako labangayuze batikhohlwe.
2. Imndeni iyanakekelana
 - a. Khombisa kwekutsi Jesu angakusita kanjani kubhekana nekungaboni ngasolinye. Sebentisa imidoli nalokunye
 - b. Cedza i Acts of Kindness Award
3. Umndeni wami uyangisita kutsi ngitinaekele
 - a. Cedza i Road Safety Award

UMNDENI WAMI

1. Umhlaba webangani
 - a. Cedza i Courtesy Award
2. Umhlaba walabanye bantfu
 - a. Hambahamba endzaweni yangakini. Nika luhla lwetintfo letikahle Kanye nalongasita kutsi tibencono.
 - b. Kuloluhla lakho, khetsa tindlela bese ucitsa sikhatsi yakho wenta indzawo yangakini ibe ngulencono.
3. Umhlaba wemvelo
 - a. Cedza i Frind of Nature Award.

Kwekuhlola kwathishela

Lokudzingekile

1. _____
2. _____
3. _____

Nkulunkulu Wami

1. _____
 - a. _____
 - b. _____
2. _____
 - a. _____
 - b. _____
3. _____
 - a. _____
 - b. _____
 - c. _____

MINE

1. _____
 - a. _____
2. _____
 - a. _____
3. _____
 - a. _____

My Family

1. _____
 - a. _____
2. _____
 - a. _____
3. _____
 - a. _____

Umndeni wami

1. _____
 - a. _____
2. _____
 - a. _____
3. _____
 - a. _____
 - _____
 - _____
 - _____
 - _____
 - _____

1

- 1 Phindzaphinda ngenhloko umtsetfo we Adventurer

Umtsetfo we Adventurer

Jesu angangisita kutsi:

Ngibe ngulolalelako	Ngibe ngulohlala alungele
Ngb+e ngulohlantekile	Ngibe ngulositanako
Ngibe nguloneliciniso	Ngibe ngulohlala ajabuliile
Ngibe ngulomnene	Ngibe ngulocabanganko
Ngibe nguloshloniphako	Ngibo ngulohloniphekako

2

- 2 Cedza i Reading II Award

Lokuhlonyeliswa ema Adventurers lafundzako, noma alalele uma lomunye afundza

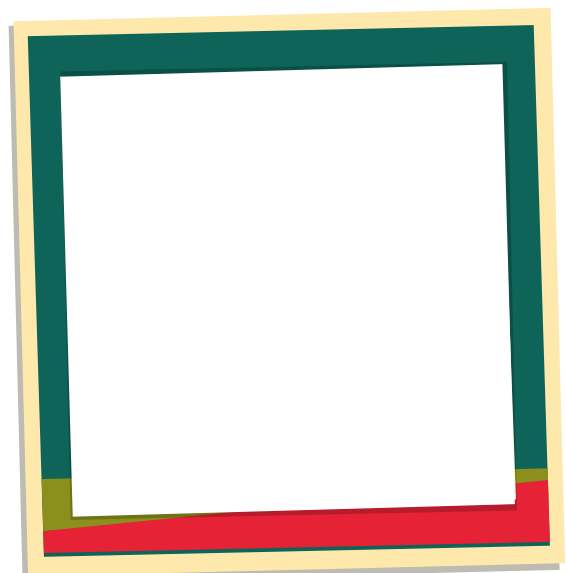
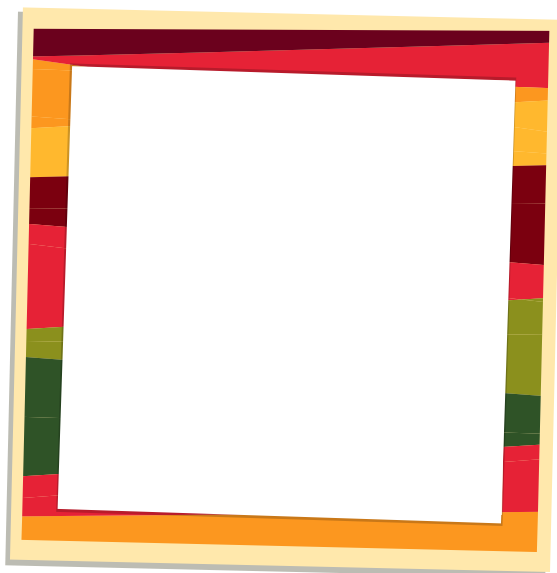
- 1. Tahluko letimbili encwadzini ya Makho ehumusheni lamanje
- 2. Indzaba yeliBhayibheli noma lemayelana na Jesu
- 3. Incwadzi lemayelana netemphilo noma tekuphepha
- 4. Incwadzi lemayelana nemndeni, bangani, noma imiva
- 5. Incwadzi lemayelana nemlandvo noma umsebenti wetelivangelo
- 6. Incwadzi lemayelana netemvelo



3

3 Cedza i Seasons Award

- 1. Fundza uphindze ukhulumise Umshumayeli 3:1-8
- 2. Dlala Umshumayeli 3:11



- 3. Shano sikhatsi semnyaka setishatsi tesimo selitulu
- 4. Usilungiselela njani ngasinye sikhatsi: kwembatsa, kulima, kuvuna, lokwntiwako, sikolwa...nalokunye.
- 5. Dlala umdlalo lokhuluma ngetikhatsi temnyaka (Busika, intfwakahlobo, lihlobo, intfwasabusika)

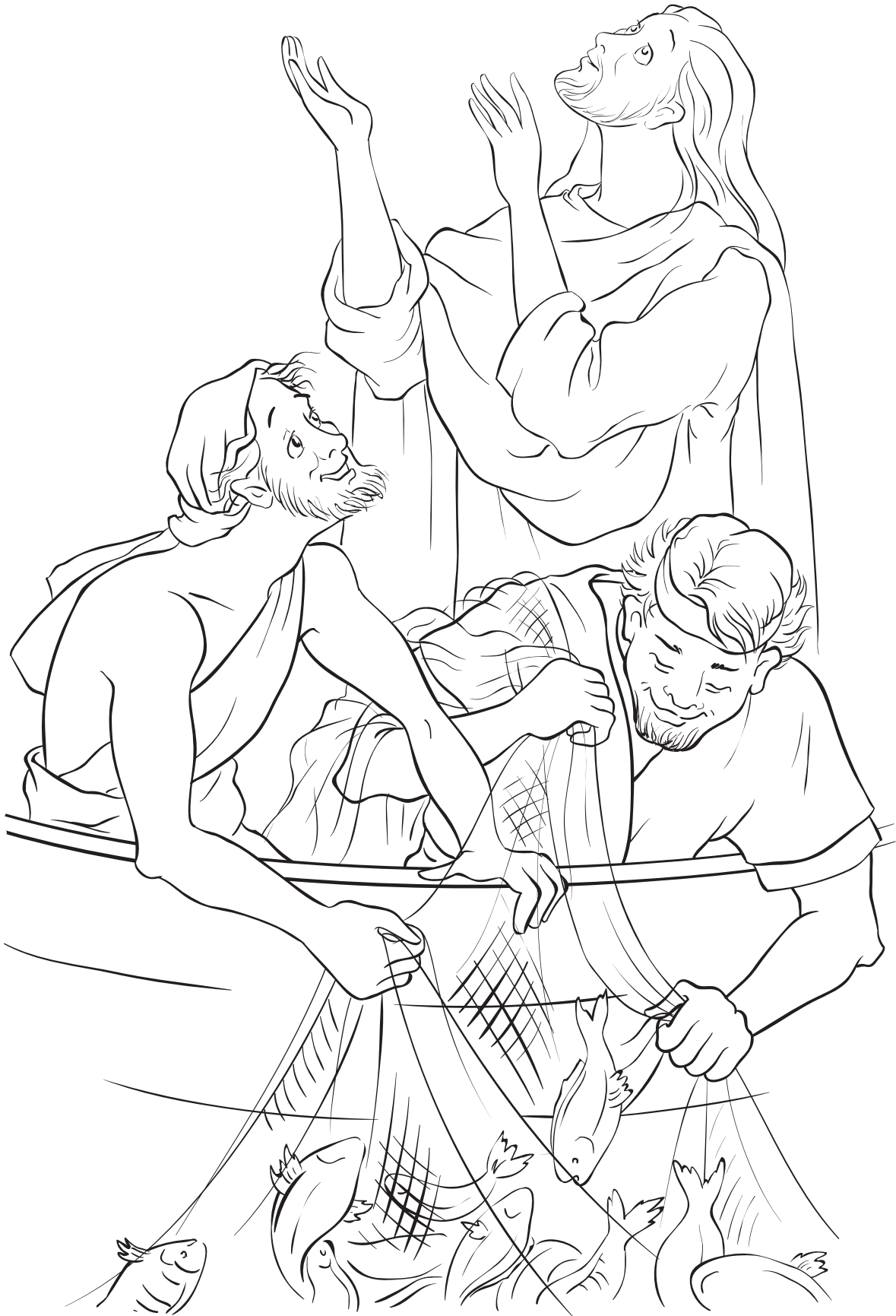


1

- 1. Yakha indzaba lekhombisa imphilo yaJesus: kubalwa, kubhajatiswa, imilingo, stifananiso, kufa, kuvuka, nekubuyela kwakhe ezulwini.





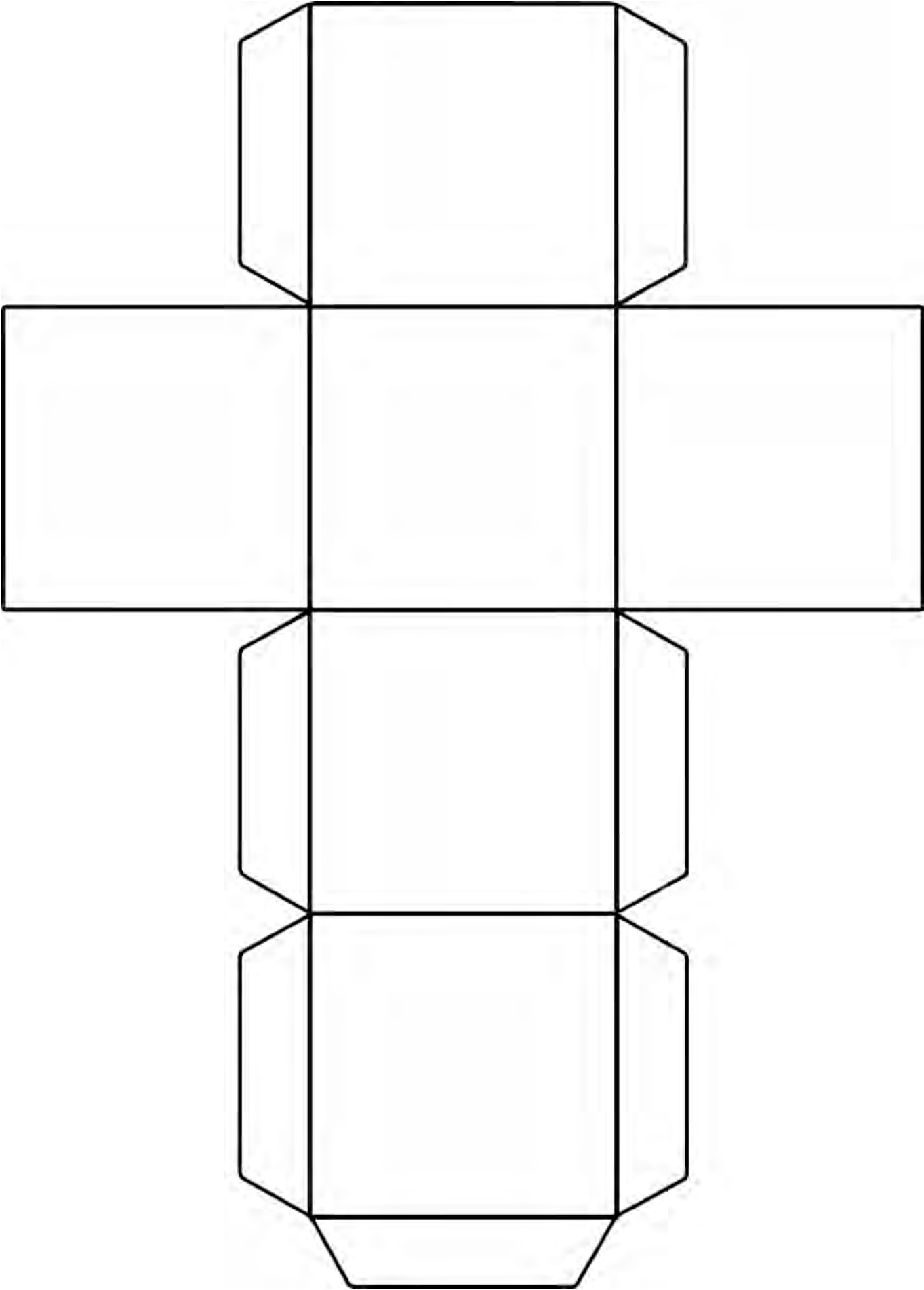








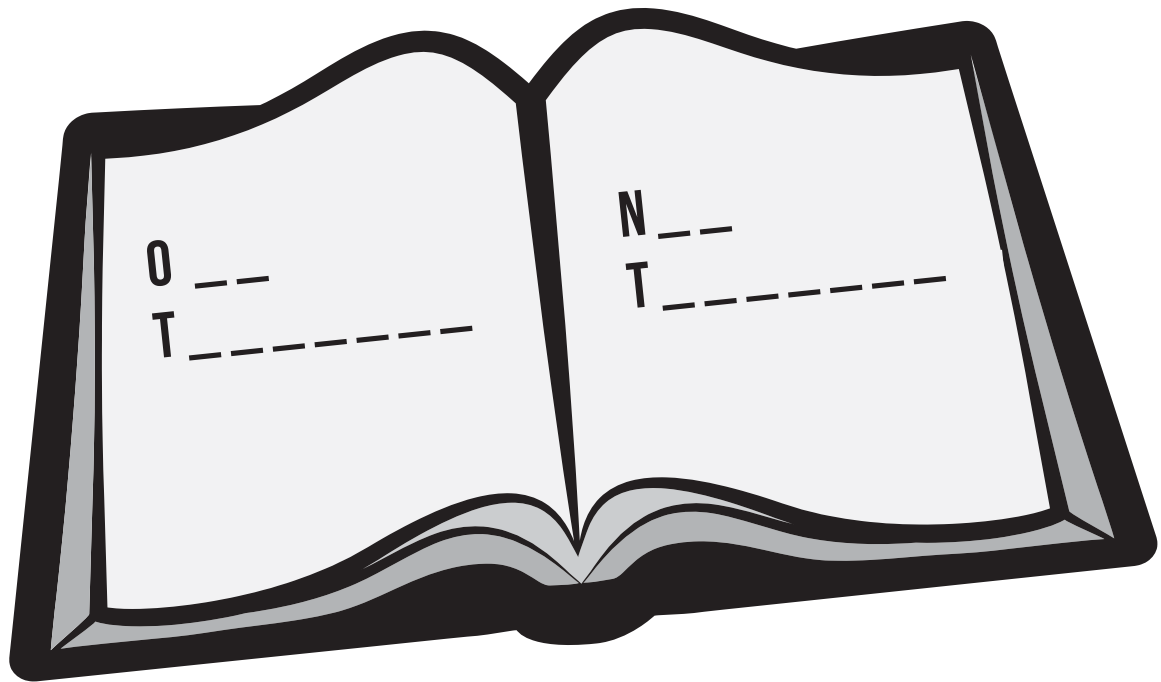




2

2 Cedza i Bible II Award

- 1. Yiba neLibhayibheli
- 2. Shano tincenge letimbili letinkhulu eBhayibhelini Kanye lemavangeli lamane. Shomba kutsi kutsi lamavangeli atfolakala kuphi eBhayibhelini



THE GOSPELS

M _____	M _____
L _____	J _____

- 3. Fundza noma lalela tindzaba letintsatfu noma ngetulu letikhuluma ngaJesu letitfolakala kulabavangeli. Tifaka ekhatsi:
- a. Jesu uyatalwa – Lukha 2:1-20 na Matewu 2:1-12
 - b. Jesu uyabhajatiswa – Matewu 3:13-17
 - c. Jesu ucoca tindzaba (njengemvule lelahlekile, indibilishi, noma indvodza ku Lukha 15 noma
 - d. Jesu aphilisa bantfu
 - e. Jesu afa aphindze avuka
4. Chaza emavesi abemabili ngaJesu lakhuluma ngekusindziswa nguJesu njenga ku:
- a. Matewu 22:37-39
 - b. 1 Johane 1:9
 - c. Isaya 1: 18
 - d. baseRoma 6:23
 - e. Johane 3:16
5. Cocela umngani wemndeni noma umngani wakho ngendzaba yaJesu. Mucocele kutsi yini leyenta Jesu abaluleke kuwe.



3

○ 3 Citsa sikhatsi leithulile naJesu ukhuluma naye phindze ufundza ngaye. Kugcine kubhaliwe.

Lakubhalwa ngesikhatsi sekukhonta nemndeni

	Liviki lekucala	Liviki lesibili	Liviki lesitsatfu	Liviki lesine
Lisontfo				
Umsombuluko				
Lwesibili				
Lwesitsatfu				
Lwesine				
Lwesihlanu				
Umgcibelo				

b.

○ Buta kutsi nguyiphi indzaba labayitsandzako ngaJesu (kubavangeli) futsi leni

1. _____
2. _____
3. _____



C.

Cedza i Parables of Jesus Award

- 1. Fundza uchaze Matewu 13:44

Matewu 13:44

" Futsi, umbuso welizulu ufanana nengcebo legujelwe ensimini, le lenye indvodza yawutfola yawumbela emhlabatsini; ngekuwujabulela watsengisa konkhe bekanako watsenga lensimu."

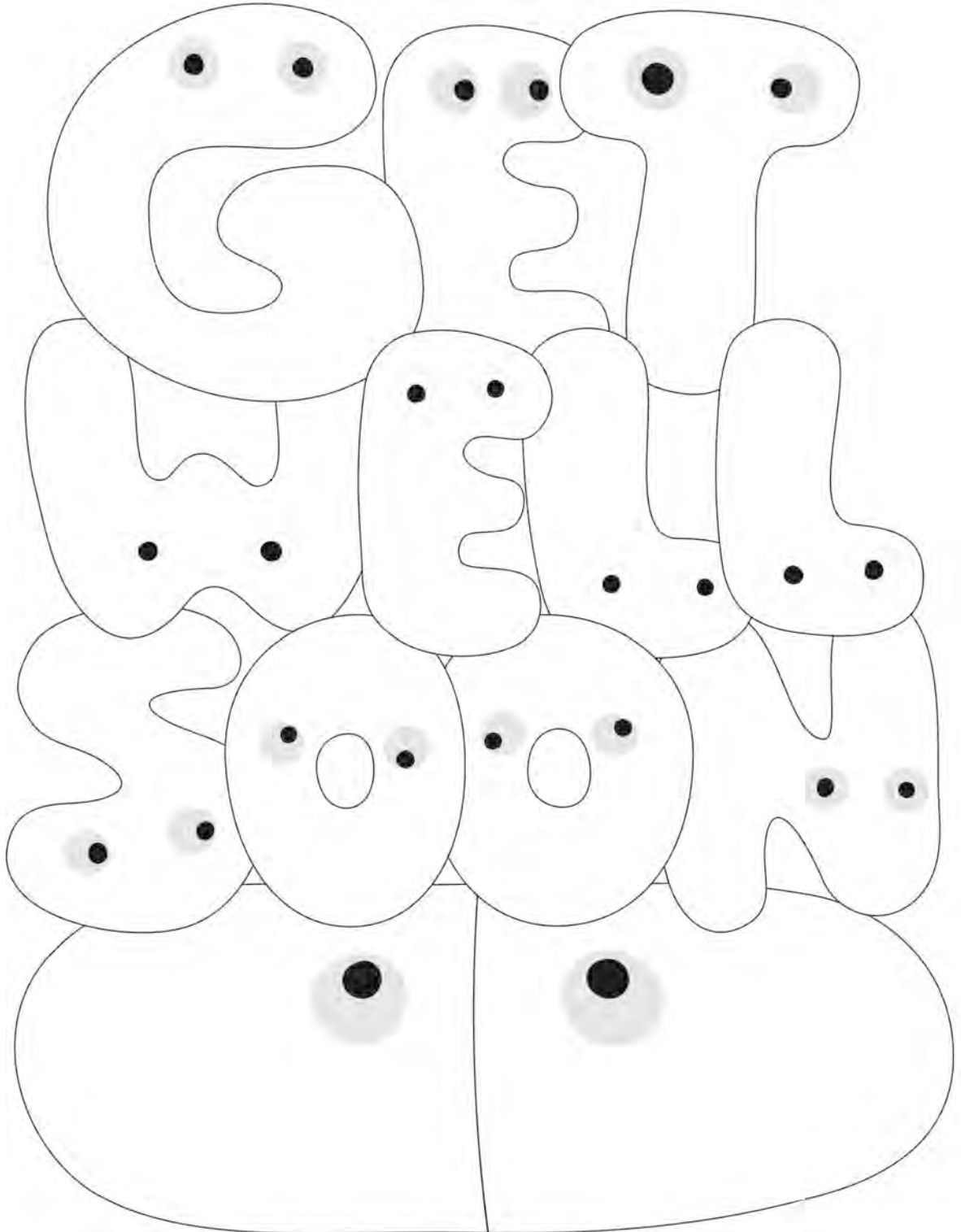
- 2. Yini imifanekiso? Jesu wayisebentiselani futsi kanjani imifanekiso?
- 3. Shano phindze usho kutsi imele ini imifanekiso Jesu layisho kulabavangeli labane.
- 4. Yakha lokutsite lokukhomba imifanekiso

- 5. Yiba yincenye yemslalo noma lokwentiya ngephandle lokukhuluma ngamunye umfanekiso walesu

- 6. Yakha emakgali labawo kutsi "Lulama" noma " Ngiyakucabanga" noma inewadzi yenzaba lekhluluma ngalenzaba leku Lukha 10:25-37.

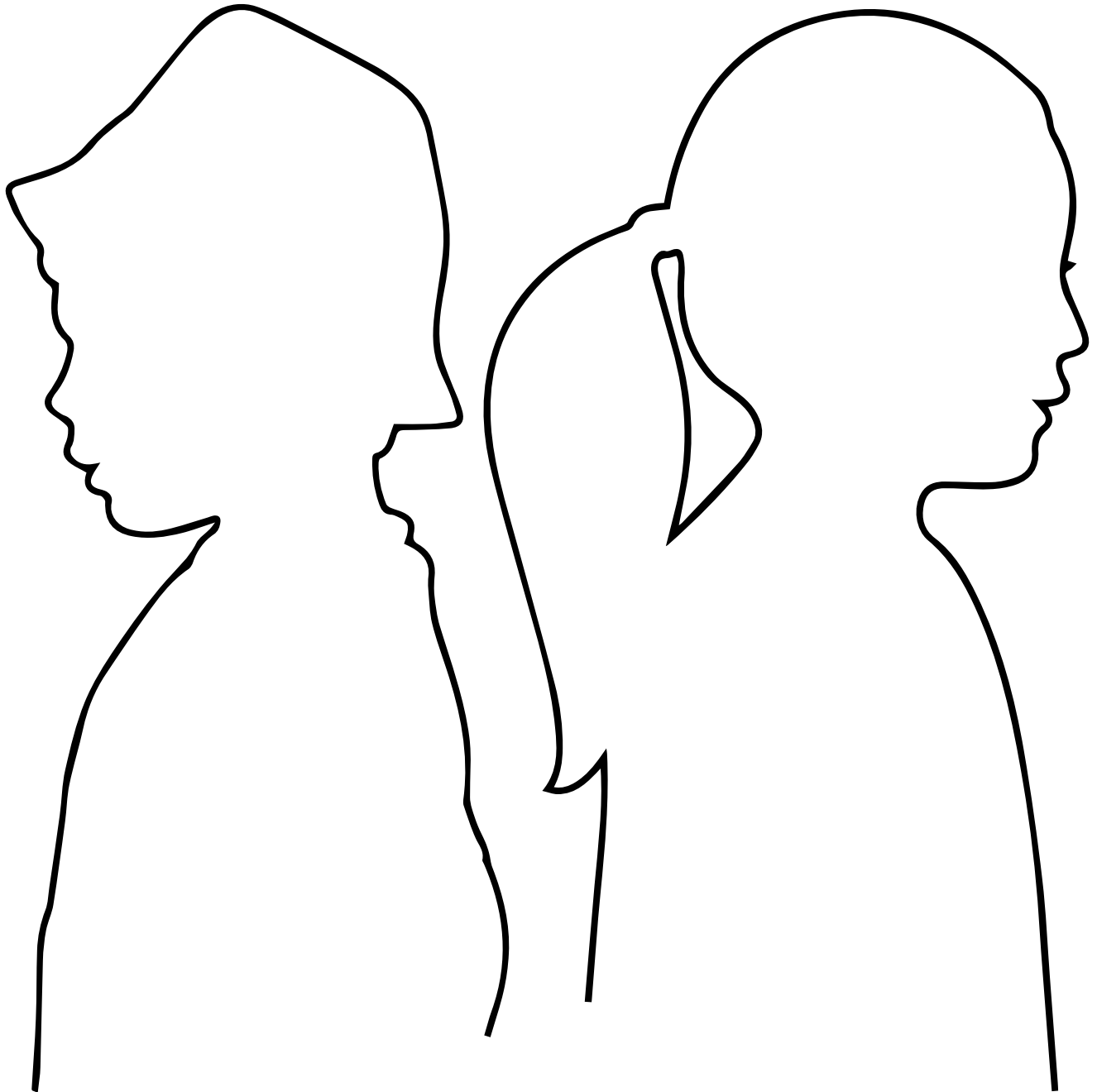


- 4. Yakha lokutsite lokukhomba imifanekiso
- 5. Yiba yincenye yemslalo noma lokwentiya ngephandle lokukhuluma ngamunye umfanekiso waJesu
- 6. Yakha emakhadi labhalwe kutsi (Lulama" noma " Ngiyakucabanga" noma incwadzi yenzaba lekhumla ngalenzaba leku Lukha 10:25-37.



1

- 1 Tidvwebe. Uhlobise lomdvwebo ngetitfombe nemagama lasho tintfo letinhle ngawe. Khombisa licembu lakho lomdvwebo wakho. Khulumani kahle ngemidvwebo lounye nalomunye. Tjelanani tintfo letinenta nibaluleke kangani



2

○ 2 yiba yincenye yemsebenti lomayelana nekukhetsa



3

Cedza i Fitness Fun Award

1. Niketa noma tintsatfu tintfo letinemtselela ekucineni kwentimba

2. Gijima noma shaye limayela libanga lelingemakhulu layimfica, noma ugijime libanga lelingemashumi lasihlanu
3. Yenta kwekuzuba (ubhalise kuzuba lokusetulu kwekuzuba kane>
4. Zuba ngentsambo imizuzu lemitsatfu
5. Telule katsatfu. Bambanani imizuzwana lelishumi
- a. Umlente
b. Umhlane
c. Umkhono,emahlombe
6. Yiba yincenye yesifundvo lesimayelana netingcinamba
7. Khombisa likhono lakho lekwenta noma kunye kwalolokulandzelako
- a. Kuntontomela kalishumi
b. Gibela lugodvo, intsambo, noma sihlahla
c. Lenga esigodweni ngetandla nemadvolo.
8. Nelicembu lakho, yiba yincenye yemdlalo lidzinga kucina kwentimba, sibonelo, ibhola, ematubane...nalokunye.

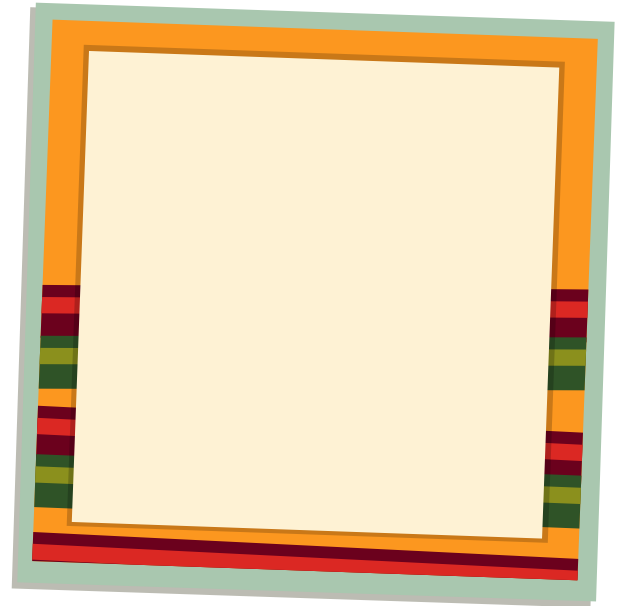


1

- Cela ngalinye lilunga lemndeni wakho likucocele ngaletinye tintfo labaatitsandzako labangeke batikhohlwe.

Letter for Parents

Family Picture



2

- Khombisa kutsi Jesu angakusita kanjani kubhekana nekungavumelani. Sebentisa imidoli nalokunye



b.

Cedza i Acts of Kindness Award

- 1. Fundza baseRoma 12:10. Chaza kutsi ngalinye livesi lisho kutsini sinye ngasinye takhiwelani?

baseRoma 12:10

"Tsandzanani ngelutsandvo lebuzalwane, nijakiselane ngekuhloniphana."

Taga 12:25

"Kukhatsateka kuyamondzisa umuntfu; kodvwa livi lemusa limenta ajabule."

- 2. Niketa tibonelo tekulunga nelutsandvo. LiBhayibheli lisitjela kutsini mayelana nalamagama lamabili.
- 3. Sebentisa indzaba yeliBhayibheli kukhombisa umuntfu lowakhombisa lutsandvo nekulunga (buka sibonelo ekhasini lelilandzelako)
- 4. Fundza noma lalela tindzaba letintsatfu tetindzaba talamuhla letikhuluma ○ ngekulunga
- 5. Dlala ukhombise tinhlobonhlobo tetento letikhomba kulunga.
- 6. Hlela noma wente lokutsite lokukhomba kulunga nilicembu





3

Cedza i Road Safety Award

- 1. Buka uphindze uchaze titfombe temgwaco letibalulekile

















- 2. Shano kutsi umgwaco uwewela ngalouphephile kuphi futsi nini
- 3. Niketa imitsetfo yemgwaco yeku:
 - a. Kuhamba ngalokuphephile eceleni kwemgwaco
 - b. Kushova libhayisikili emgwacweni
 - c. Kuhamba ngelihhashi
 - d. Kuhamba ngesicumbi
- 4. Chaza jutsi yini kufanele ufase libhande lesitulo mawuhamba ngemoto



- 5. Lalela liphoyisa lemgwaco nalabanye betekuphepha bakhuluma ngetejuphepha nebantfwana.
- 6. Dlala umdlalo wetekuphepha .kyuJighcjffc. ha, indzawo, bukhulu, nenjongo). Letakhiwo ngasinye ngasinye takhiwelani?

1

Cedza i Courtesy Award

- 1. Chaza kutsi courtesy usho kutsini
- 2. Chaza umtsetfo weligolide

— DO —
TO OTHERS AS
YOU WOULD
HAVE THEM DO
— TO YOU —

...

Matthew 7:12

- 3. Fundza ukhombise kutiphatsa kahle etafuleni



- 4. Khombisa kutsi lucingo uluphendvu kahle kanjani. Khombisa kutiphatsa kahle elucingweni nekutsi
 - a. Ushayele umuntfu lomdzala
 - b. Ushayele umngani lomcabangako

NOMA

- c. Wetfule umuntfu lomdzala kumngani wakho
- d. Wetfule thishela wakho umtali wakho
- 5. Khuluma ngemava ngesikhatsi :
 - a. Umuntfu lomdzala akhombisa kulunga kuwe
 - b. Lapho wena waphatsa kahle lomunye umuntfu
- 6. Khombisa butfu nawu:
 - a. ela kwekunatsa
 - b. Tsani ngiyabonga
 - c. Colisa
 - d. Vusela umngani
 - e. Shintjanani

2

- Hambahamba endzaweni yangakini. Niketa luhla lwetintfo letikahle nalongasita kutilungisa.

Tintfo letikahle

Tintfo lengingasita ngitente tibencono

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- B. Kuloluhla, khetsa tindlela bese ucitsa sikhatsi wenta indzawo yakini iba ncono.

3

3 Cedza i Friend of Nature Award

- 1. Chaza
 - a. Kutsi ungaba njani ngumngani wemvelo
 - b. Kutsi ungayikha nini imbali futsi kuvumeleke nini
 - c. Tivelwa njani tihlahla, tidleke, nalokunye
- 2. Niketa luhla lwetihlahla letintsatfu letehlukene bese ephepheni lelisecaleni hwaya emagcolo asinye ngasinye.

- 3. Butsa tinhlobo letine temacembe bese uyawacatsanisa



- 4. Yenta kunye kwnaku kwangaphandle
 - a. Sebentisa ingilazi yeliso ubuku tonkhe tintfo longatibona ku 1 sq metre.
 - b. Buka ebalenibese uyasho kutsi ubonani.



- 4. Yenta kunye kwnaku kwangaphandle
 - a. Sebentisa ingilazi yeliso ubuku tonkhe tintfo longatibona ku 1 sq metre.
 - b. Buka ebalenibese uyasho kutsi ubonani.
- 5. Yenta lolokulandzelako
 - a. Tsatsa luhambo lwemvelo ukoleke tintfo lotitsandzako
 - i. Khombisa noma usho ngetintfo lotitfolile
 - ii. Tihlanganise utinamatsele ephepheni.
 - b. Vakashela kunye kulokulandelako bese uyasho kutsi uboneni
 - i. Indzawo yekugcina tilwane
 - ii. Ingadze
 - iii. Indzawo lendakavalelwa
- 6. Hlanyela sihlahlaa sibe sinye bese udvweba tigaba letintsatfu tekukhula kwaso



