

ဘာသာရေးဆိုင်ရာစာမူခွင့်ပြုချက်အမှတ် - ၆၀၀ ၀၂၉ ၀၁၁၁  
မျက်နှာဖုံးခွင့်ပြုချက်အမှတ် - ၆၀၀ ၀၀၄ ၀၁၁၁

Sabbath School Lesson  
ဟောပြောခန်း

အုပ်စု - ၆၅၀

ဓမ္မဒါန

ပုံနှိပ်သူ။ ဦးဒိုဟင်ပေါင် (၀၇၉၄၅)၊ ကင်းစောင့်ပုံနှိပ်တိုက်၊  
အမှတ် ၂၀၆၊ ရွှေသစ္စာလမ်း၊ ရန်ကင်းမြို့နယ်၊ ရန်ကုန်မြို့။

ထုတ်ဝေသူ။ ဦးစောမဲမရီထွန်း (ယီ- ၁၃၇၁)၊ သတ္တမနေ့အသင်းတော်  
သာသနာအဖွဲ့ချုပ်၊ ၆၈ ဦးဝိစာရလမ်း၊ ရန်ကုန်မြို့။

ပထမအကြိမ်

**PUTLING CHAWLHNI SIKUL  
BAIBUL ZIRLAI  
KAIHHRUAINA**



**"ISUA A TAP TA A": BIBLE LEH  
MIHRINGTE THINLUNG  
HNATHAWH DANTE**

**Julian Melgosa ရေးသားသော**

**JESUS WEPT: THE BIBLE AND HUMAN EMOTIONS စာအုပ်ကို  
ဓမ္မဆရာဦးလားရော်ဘောလ်လာက ဟောပြောဆိုသည်။**

January, February, March  
2011

(ပထမအကြိမ်)

PUTLING CHAWLHNI SIKUL

BAIBUL ZIRLAI

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THINLUNG HNATHAWH DANTE

A Ziaktu: Julian Melgosa

January, February, March  
2011

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## ISUA A TAP TA A

Mihringte hian Chiang taka a chhia a tha ngaihtuah theihna kan nei a. Uchangte, uite, pangngangte leh sabengtungte hi rannung mak takte ni hlawm mahse, chutianga ngaihruat theihna chu an nei ve lo. Mihringte hian thinlung hnathawh (hmangaihna, lungngaihna, hlimnate, huatnate leh hlauhna) kan nei baw. A chang chuan kan nitin nun hi a chhia leh tha kan ngaihruat theihna ai mahin kan thinlung hnathawh dante hian a thunun zawk anga ngaihtheih a ni thin.

Sualnaa khat khawvela cheng kan nih avangin kan thinlung hnathawh chuan tawrhna lian tak kan chungah a thlen thin baw. Damlohna, indona, retheihna, tuilet, mei kang, thlawhna chhiatna, sum leh pai engtona leh chungkaw buainate chuan hlauhna leh lungngaihna min thlen thin.

Isua thinlung hnathawh dan thenkhatte ngaihtuah la: "Isua a tap ta a" (Johana 11:35). "Tin, an thinlung sakzia chu paw tihsak em emin, thinur chungah anmahni a en vel hnuin" (Marka 3:5). Tichuan an hnenah, "Ka rilru a lungngai em em a, thihna khawp hial a ni; hetah hian awm ula, inring reng rawh u," a ti a (Marka 14:34). "Tin, Isuan Mari tap leh a rawn zuitu Judate tap chu a hmu a, a rilruin a rum a, a lungngai a" (John 11:33). "Ani chu mihringte hmusit leh duh lohvin a awm a; lungngaihna nei mi leh natna hre mi a ni a" (Isaia 53:3).

Hebrai ziak hian kan Lalpa chungchanga thudik mak tak a tarlang a: "Puithiam Lalber, kan chak lohna min

hriatpui thei lo nei kan ni si lo; keimahni anga kawng tinrenga thlemna tawh tawh, sual erawh chu sual lo, nei kan ni zawk e" (Hebrai 4:15). Isua chuan lungngaihna leh manganna kan tawrh ang zawng zawngte chu a tuar ve vek a ni.

Lungngaihna, tawrhna leh natnate hi sual an ni lova. Hringnuna buaina kan tawh thinte hi rinna leh rinchanna kan tlakchham vang a ni lo. Isua ngei pawh khan rilru-a tawrhna chi hrang hrang a nei a ni.

"Nunna thei" (Genesis 2:9) nena kan inhlatna chu kum sang ruk lai mai a ni tawh. Sual tihchhiatin kan awm a. Pathian awm ringlotute chuan dinhmun tha zawka awm angin an insawi a. Nimahsela kan khawvel dinhmun hi a chhe deuh deuh zel zawk a ni.

Sual chuan kan thinlung hnathawh dan hrisel taka awm tur chu a tichhia a. Kan thinlung hnathawh dante chuan min thununa. Kan lungngaihna belhchhah tura duhthlanna dik lo takte thlang turin min tur baw thin. Chutianga awm reng tur chu kan ni lova, Lalpa chuan kan tan thiltha tak A ruahman a ni.

Tun kuartara kan zirlaite hi mihringte thinlung hnathawh dan chungchang a ni a. Kan thinlung hnathawh dan kallmangte kan hriatthiam theih nan Biblea thinlung hnathawh dan chi hrang hrang tarlante kan zirho ang. Chungte chuan Pathian thununna hnuiaia kan thinlung hnathawh dante dah thei tura A hnen tanpuina dil turin min pui thei a. Bible a miten an thinlung hnathawh dan chungchanga buaina an chinfel dante kan zir baw dawn a. An hnen atangin zirlai tam tak zir theih kan tum dawn a ni.

Kan thinlung hnathawh dante hrethiam zual turin kuartar zir laite hian min tanpui ngei kan beisei a, kan tawng-taina ber a ni bawk. Tichuan thinlung hnathawh dan thaber hmangaihna min petu Lalpa hnen thleng thei turin min tanpui ang. A tawp ber atan rilru natnate kan tawh lai pawhin A hmangaihna rinchhan dan zir i tum tlat ang u. Tichuan Pathian khawngaihna chu hmangaihna chu midang hnenah kan sem chhuak ve thei dawn nia. Kan lungngaihna chu engang pawh ni se, "hmangaihna chu engtikah mah a dai lovang," tih i hre reng ang u (1 Korinth 13:8).

Tun kuartar zir lai ziaktu Dr. Julian Melgosa hian kum 2004-2007 thleng AIIAS, Philippines ah president hna a thawh hnu in tunah hian Walla Walla University-a rilru lam zirna lamah hotu lian ber (dean) hna a chelh mek a ni.



**ZIRLA 1**  
**THINLUNG HNATHAWH DANTE**  
**December 25 - 31**

**CHAWLHNI CHAWHNU**

**TUNKAR CHHUNG ZIR TUR:** 2 Samuela 13; Galatia 5:22; Kolosa 3:12-14; Luka 19:41-44; Johana 16:20-24.

**CHANGVAWN:** **"Tih tak meuhvin, tih tak meuhvin ka hrilh a che u, nangni in mittui a tla ang a, in tap vak bawk ang a, khawvel erawh chu an lawm ang; nangni in lungngai ang a, nimahsela in lungngaih chu lawmah a chang ang" (Johana 16:20).**

**MIHRINGTE NUNAH THINLUNG HNATHAWH DANTE HI THIL PAWIMAWH TAK MAI A NI A.** A chhia emaw, a tha emaw lama hruiatu lian tak a ni bawk. Kan thinlung hnathawh dante chuan hlimnate, lungngaihna, hlauhna leh lawmnate kan chungah a thlen tir thin a ni.

A tha lama thinlung hnathawh dan chuan chantawka lungawina leh himna min thlen a. A tha lo lama thinlung hnathawh ve thung chuan lungngaihna leh tawrhna a thlen ve thung a. Rilru put dan tha ina rilru lam hriselna a thlentir laiin rilru tha lo (sual) chuan midangte nena inkung-kaihnaah buaina a thlen fo thin. Kan ngaihtuahna tinrengah kan rilru put dan hian hmun pawimawh tak a luah tih kan hre reng tur a ni.

Pathian chuan rilru tha tak nei turin leh chu kan rilru that zar chu zo turin min duh a. Nimahsela soal avangin thinlung hnathawh dan tha lo takte kan tawng fo thin. Biblea mi tam takte pawhin thinlung hnathawh dan tha leh tha lote an tawng hlawma. Thenkhatin an thinlung hnathawh dante an thunun theih laiin thenkhat ve thung chuan an thinlung hnathawh dante thunun zo lovin thilsual an tihphah a ni.

Englai pawhin kan rilrua ngaihtuahte leh kan chetdante hi chiang takin a inzawm reng thin lo. A changin tawrhna avanga thinlung hnathawh chuan Pathian hnena tawngtaia tanpui dil turin min tira. A changin tawrhna chuan mi thenkhatte chu an rinna hial phatsan turin a tir thin baw. Thinlung hnathawh dante zir thinna chuan kan thinlung hnathawh dante thunun thei tura min tanpui theih avangin thinlung hnathawh dan zir thin hi a pawimawh hle a ni.

#### NIKHATNA

Dec. 26

A THALO LAMA THINLUNG HNATHAWH DANTE  
(2 Samuela 13).

2 Samuela 13a thawnthu ah hian thinlung hnathawh dan tha lo takte tarlan a ni a. Thawnthua buaina rapthlak tak karah pakhat leh pakhat tisa leh thinlung natna an insiam hlawma. An chetdante chuan lal chhungkuaa mitinte nunah tawrhna a thlen mai bakah hun lo la kal tura an thlahte thlengin a nghawng pha a ni.

Eng ang thinlung hnathawh dan nge Amnona, Tamari, Davida leh Absalomaten an put le?

Amnonan a unaunu Tamari a hmangaih dan hi hmangaihna dik a ni lo. Hmeichhiat mipatna hman chakna

vang mai a ni a. A duhber a neih hnu khan Tamari chu a haw leh ta em em a. A hmaa a hmangaihna aiin a huatna chu a nasa hle zawk a ni (chang 15). Amnona chezia hian thinlung hnathawh dan khauh tak mai chi hnih: tisa chakna leh huatna a tarlang a. Hetiang a tha lo lama thinlung hnathawh dante hian keimahni chungah leh midang chungah tawrhna rapthlak tak a thlen thin a ni. Amnona hmangaihna chu huatnaah a inthlakthleng tawp a. Tap chungah a farnu khawngaih dilnate chu a ngaihtlak sak duh lo. Tihluhna leh tharum thawnhain a farnu chu a in atangin a chhuahtir a nih kha.

Tamari khan a unau pa ina a soal luih loh nan a tihtheih ang zawng zawng a ti a. Chu chuan Amnona chu a ti thinrim a. Tamari chuan a thiltih tum soal rapthlak takina a rah chhuah tur thil tha lo takte a hrilh hriat hnu pawhin Amnona chu a luhlul tlat a. A farnu vaukhanna thute chu engmah pawm duh lovin a thiltum chu a tum lui tlat a ni.

Pawngsual tawh hmeichhe dangte ang bawkin Tamari chu a thinrimin, a zak hle ngei ang. A zahawmna zawng zawng bo vekin a inhre bawka. A nuta pa Absaloma ve thung chuan tawrhpu vak hmel lo ang takin a farnu chu ngawi turin a hrilh mai a. Nimahsela a farnu a tihbawrhban avangin Amnona chu tihlum a rilruk a. A tihlum theih phawt chuan a pa lalthutthleng chang thei turin hamthatna a neiphah sawt dawnin a inhre bawka. Heng thilthleng avangte hian Davida, Amnona, Tamari leh Absalomate chuan thinurna leh lungngaihna an tuar theuh hlawm a ni.

Engtikah khan nge huatna, lungngaihna, thinrimna leh mite itsknate i tawrh tawh thin? Chutiang thinlung

hnathawh dante chu engtinng e i hmachhawn thin? Ni dangah tawng leh dawn ta ang la, enganga hmachhawn nge i tum tawh ang?

### THAWHTAN

Dec. 27

A THALAMA THINLUNG HNATHAWH DANTE (Galatia 5:22, 23).

Thlarau rah erawh chu hmangaihna te, hlimna te, remna te, dawhtheihnate, ngilneihna te, thatna te, rinawmna te, thuhnuairawlhate, insumtheihna te a ni zawk e. A thalo lama thinlung hnathawh huatna, lungkhamna, hlauhna, thinrimna leh itsiknate chuan rangtakin kan taksa a fan vat a. Entirnan, a thalo lama thinlung hnathawh chuan kan lungphu a ti rang a, tihrawlte a ti khawng a. Ka chhungte a ti ro in, thlan tla zawih zawihin mi a siam thei thin. Chutiang thil tawrh rengna chuan lung leh pumpuiah natna benvawn thalo tak a thlen thei a ni.

Heng a thalama thinlung hnathawh khawngngaihna, lainatna, ngilneihna, inngaihtlawmna, zaidamna, nunnemna leh dawhtheihnate chuan ngaihtuahna tha leh hlimawm min siam sak a. Midangte leh Pathian nena inkungkaihna tha tak min neihtir bawh.

A thalo lama thinlung hnathawh dan vawn reng thinna chuan hriselna a tichhiat bakah nun a titawi thei a. A tha lama thinlung hnathawh ve thung chuan hriselna tha a thlen tir bakah nun a tisei thin. Rilru put dan tha takte i neih tam poh leh i lo hrisel deuh deuh dawn ani.

Galatia 5:22,23 chhiar la. Thlarau rahte hian mite nunah engtinng e danglamna a siam ang?

Kolossa 3:12-14 chhiar la. Thinglung hnathawh dan

chungchang thil pawimawhber engnge Paulan a tarlan? Heng changtea "inthuam rawh u" tih awmzia hi engnge ni ang? Paula tawngkam ang hi miin zui ta se, engthil nge thleng ang?

Hmangaihna hi thinlung hnathawh zinga a lianber anga ngaih a ni a. Nimahsela thinlung hnathawh mai aiin a lian zawk hle a ni. Pathian chu hmangaihna a ni a, A fate chu midangte hmangaih tur leh midang laka hmangaihna dawng turin A ruahman a. Pathian chuan Amah kan hmangaihna leh min hmangaihna awmziate hre turin min duh a. Hmangaihna chuan thinlung hnathawh dan tha zawng zawngte kan neihtieh nan min tanpui a ni.

A thalama i thinlung hnathawhten i nungchang an thunun che? Engvangnge thinlung hnathawh dan thalo put laia thutlukna pawimawh siam a that loh le?

### THAWHLEH

Dec. 28

ISUA LAINATNA THINLUNG: Then 1 na (Marka 1:40, 41).

Tin, a hnenah phar a lo kal a, " I duh chuan mi tithianghlim thei e," tiin a hmaah thingthiin a ngen chiam a. Tin, ani chuan a lo khawngaih em em a, a han ban a, a dek a, "Ka duh e, lo thianghlim tawh ang che," a ti a. Marka 8:1-3 ah khawngaihna chuan Isua chu mipui sang tam tak a hrai puar tir a. Midang tumahin mipuite mamawh chu an ngaihtuah lo. Ni thum chung deuhthaw engmah ei tawh lo an ni a. An zinga mi thenkhatte chu khual hla tak atanga lo kal an ni tih Isuan A hria a. Chuvangin engmah ei lova an haw chuan kawng lakah riltamin an chau mai ang tih A hria a ni.

Marka 1:40, 41; 6:34 tea tarlan angin khawngaihna leh lainatna nena Isua thiltih engte nge kan hmuh theih?

Isua chuan anmahni pawh in enkawl thei lo phar natna veite leh natna dang tuarte chu a lainat a. Hruaitu leh enkawltu nei lo anga awm mipuite chungah khawngaihna A lantir bawk. Entirnan, mipuite chu an pum puarna tur ei turte a pek hma in an thlaraua mamawh Pathian ram chanchin A zirtir hmasa a ni.

Marka 9:36 ah Isuan naupangte chungah khawngaihna a lantir dante kan hmu thei a. Marka 10:21,22 a talan mi hausa tlangval khan A hnung zui duh lo mahse Isua chuan A hmangaih tho a. Tlangvalina lungngai hmel a lantir laiin Isua chuan hmangaihna a lantir ve thung a ni.

Engtinngge khawngaihna i lantir ve thin? Engvangnge rilrua khawngaihna chauh chu a tawk loh? Engvangnge i chetzia pawha i lantir ve ngei a tul? Engtinngge tun aia tha zawka mite chungah khawngaihna leh lainatna i lantir theih ang?

#### **NILAI**

**Dec. 29**

ISUA LAINATNA THINLUNG: Then 2 na (Luka 19:41-44).

Luka 19:41-44 chhiar la. Engberinngge Isua kha Jerusalem khaw chungchanga tah tir? Jerusalem chungah lo la thleng tur chhiatnate a thlir lawkin Isua kha a lungngai hle tih kan hre thei a. Chubakah khawpui mi tam takten an pawm duhloh avangin paw a ti hle bawk. "Hmangaih taka A enkawl khawpui chu tlangchung atanga thlirin Isua chu a tap a. Mipui sang tam takten 'Hosana' tia hlim leh lawm taka hla an sak laiin A tap a ni. A mittui tlate chu Amah pawm tura hmangaih leh lainat taka A sawmna hnuhnung ber a ni." - Ellen G. White, *The Spirit of Prophecy*, vol. 3, phok 20.

Chanchintha ziaktute chuan Isua tah thu tum hnih chiaah an tarlang a. Mite chuan anmahni tan an tap chawk a. Mahse Isua tahna chu mi dang tana A lungkham sakna vang a ni. Heng changtea tarlan Isua rilru hahna em em te chu engtengge ni le: Matthaia 26:37, 38; Marka 3:5; 8:12; Johana 11:32-38; Marka 11:15, 16? Enginngge Isua kha tawrtir ber?

Isaia 53 chuan Isua chu mi lungngai thei tak a nih thu a tarlang a. A tawrhna tam berte chu A hnungzuitutena A thuchahte an hriatthiam loh vang a ni. Isuan mipuite chu A hmangaihna leh A thiltihtheihna tam tak A hmuhtir chung pawhin Messia, Chhandamtu A nih chu an hrethiam thei lo. Mipuite thinlunga sual hnathawh rapthlak takte A hmuh avangin Isua kha A lungngai hle bawk a ni.

Isua thinlung hnathawh dante zirna hian kan thinlung hnathawhte avanga kan rilru hahnate Isuan min hriatthiam pui zia min hriattir a (Hebrai 4:15). He chang hian engtinngge Isua nena min inhnaih zual tir theih ang?

#### **NINGA NI**

**Dec. 30**

TAWRHNA CHUNGCHANGA PATHIAN THIL RUAHMAN (Johana 16:20-24).

Johana 16:20-24 chhiar la. Tih tak meuhvin, tih tak meuhvin ka hrilh a che u, nangni in mittui a tla ang a, in tap vak bawk ang a, khawvel erawh chu an lawm ang; nangni in lungngai ang a, nimahsela in lungngaih chu lawmah a chang ang.

Hmeichhiaian nau a veiin a lungngai thin, a hun a thlen tawh avangin; nimahsela nau a hrin veleh a thlaphan

chu a hre leh tawh thin lo, khawvela mihring lo piang chu a lawm avangin. Tin, tunah nangni in lungngai e; nimahsela ka hmu leh ang che u a, in thinlung a lawm ang, in lawm chu tuman an laksak lo vang che u.

Chu mi niah chuan nangnin engmah kei mi zawt lo vang. Tih tak meuhvin, tih tak meuhvin ka hrilh a che u, Pa hnenah engpawh in dil chuan, keima hmingin a pe ang che u. Tun thlengin ka hmingin engmah in la dil lo; dil rawh u, tichuan in hmu ang, in lawm a kimna turin. Lungngaihna leh tawrhna chungchanga Isua thutiam chu engne ni le?

Heng changte hian tisa leh rilru tawrhna neite hnenah beiseina ropui a hlan a. Heng changte atanga kan zirtheih thil thenkhatte chu:

*Khawvel erawh chu an lawm ang.* Kan chhehvela thil thlengte kan enin thil kalphung dik lo tam tak kan hmu thei awm e. Pathian laka mi rinawm takten hreawmna an tawrh-laiin, misualte chu nun nuam takin an awm a. Nimahsela hetiang hi a ni reng lovang.

*In lungngaih chu lawmah a chang ang.* Hei hi Isua thutiam lairilber chu a ni a. Ringtute chuan hlimna leh lawmna ina lungngaihna a luaflan hun tur chu an ngaihlu ber tur a ni.

*Nau a hrin veleh a thlaphan chu a hre leh tawh thin lo.* Thiltha lo kan chung a thleng hriat rengna chuan tawrhna min siamthei a. Rilru lam chhui mite chuan mi tam tak an thiltih thalote avanga tuar mekten nun hlimawm tak an neih leh theih nan an tanpui thin a. Nu in a fa pianghlim a han pawm chuan a nauhrinna nate chu a theihnghilh a. Chutiang

bawkin Isua chuan A hnungzuitutena soal hnathawh avanga tawrhate an theihnghilh tur thu a tiam a ni.

*In lawm chu tuman an laksak lo vang che u.* Isuan hlimna famkim min tiam a. Chu chu chhandamte hnen atanga hmelmate lak sak theih loh chatuan thilpek chu a ni.

*Chu mi niah chuan nangnin engmah kei mi zawt lo vang.* Isua chuan mi rinawm tena engmah tlakchham an neih tawh loh tur thu A sawi a. An mamawh engkim an neih vek tawh dawn avangin Isua hnenah engmah dil an ngai tawh lovang.

I lungngaihate lawmnaa a chan tur thutiam chu engtinngi i vawn that le? He thutiam hian i nuna i tawh buinate paltlang thei turin engtinngi a tanpui che? Mi lungngaiate hnem nan Isua thutiamte chu engtinngi i hman?

## ZIRTAWP

**Dec. 31**

**ZIRBELH TUR:** "Isuan tempul bawlhhlawh tak mai chu A enkual a. A chhunga awm mi zawng zawng mit chu A chungah a fu vek bawka. Mipui thawm leh rannung hram thawmte chu a reh thuap mai a. Puithiam, roreltu, Pharisai leh Jentail mite chuan ngawithiapiin leh mak ti takin Pathian Fapa chu an thlir hlawm a. Van lal mawinaa inthamin Isua chu an hmaah A ding a. A mihrinna atangin A ropuina chu A engchhuak a ni.

A hmaa A la put ngai loh danglamna ropui tak A neih avangin mite thinlung chu hlauhnaia a khat a. Isua bul hnaia awmte chu a hla thei ang berin an hnungtawlh a. A bulhnaia ding A zirtir thenkhatte tih loh chu midang tumah Isua bulhnaia an awm ngam lo. Chu bakah engmah thawm riva awm lova reh thuap mai chuan mipuite chu a tihlau a.



Isua thu A han sawi a, A awte chu fiah takin a thangkawk chhuak nghal a ni.

“Isua aw te chuan mipuite chu thli na takin a tinghing ang maiin a sawi nghing a: ‘Ka in chu tawngtaina in a ni ang, tih ziaak a ni a. Nimahsela nangni chuan suamhmangte pukah in siam zawka’ tia A sawi hnu in Isua chu rahka ah a chhuk a. Kum thum kaltaa thiltihtheihna A lantir ang leh tempul chhung zawng zawng khawk rum rum khawpin, ‘Heng thil zawng zawngte hi la kiang vek rawh u,’ tiin thu A pe ta a ni.” - Ellen G. White, *The Spirit of Prophecy*, vol. 3, phek 23, 24.

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**ZIRLAI 2**  
**HLAUHNA LEH LUNGKHAMNA ATANA PATHIAN**  
**DAMDAMI**  
**Januaray 1- 7**

**CHAWLHNI CHAWHNU**

**TUNKAR CHHUNG ZIR TUR:** Genesis 3:6-10; Genesis 15:1-3; Johana 14:1,2; Matthaia 6:25-34; 18:3; Philippians 4:11, 12.

**CHANGVAWN:** “Anin a ngaihsak thin che u avangin in manganna zawng zawng ama chungah nghat vek rawh u” (1 Peter 5:7).

BIBLE THAWNTHUTE HI HLAUHNA, LUNGKHAMNA, MANGANNA, HLAUHTHAWNNA, INTIHTHAIHNA TE IN A KHAT A. Thawnthua mi thenkhatte chuan hlauthawng leh lungkham neia awm mite hnenah Pathian thutiamte an puang a. “Hlau suh u” tih thuchah chu Bible ah hian vawi tam tak tarlan a ni.

Khawvela sual a luh atangin hlauhna leh lungkhamnate chuan khawvel mite nun chu a zui reng a. Thil lo la thleng tur atana lungkhamnate hi kan rilru leh taksa hriselna atana thil hlauhawm tak a ni thin. Khawvel hun lai li (AD 500- 1500) hun lai vela thawnthu pakhat chuan khual zin mi pakhatina London khawpuia a kal laia Hlauhna-a leh Hripui-ate thian dun a tawh thu a sawi a. Chu mite thian

dun chuan London khawpuia mi 10,000 vel tihlum an tum a ni. Khualzin chuan Hripui-a hnenah, “Chung mite zawng zawng chu i thah vek tur em ni?” tiin a zawt a. Hripui-a chuan, “Ni lo ve, mi za tlemte chauh kei chuan ka tihlum anga, a bak zawng chu ka thianpa Hlahna-a hian a tihlum ang,” tiin a chhang a.

Tun kar chhung chu Pathian thiltihtheihna hmanga hlahna leh lungkhamna hnehtheih dan kan zir ang. Pathian rinchhanna leh remnate hi hmalam hun rinna nena hmachhawn theihna tura thil pawimawh takte an ni.

**NIKHATNA** **Jan. 2**  
HLAUHNA TAWN HMASAK HUN (Genesis 3:6-10).

Genesis 3:6-10 chhiar la. Adama leh Evi te hlahna tawh chungchang hi hriatthiam har tak a ni a. A chhan chu mi tumahin hlahna kan tawh hun hmasaber kan hriatthin loh vang a ni. Rilru lam chhui mite chuan mihringte hian kan nuna hlahna hmasaber chu nausen hun laiin kan tawh thin niin an sawi a. Nausente hian riltam an hlau a, thil ri bengchhengte hi an hlau hle thin bawh. Naupangte leh tleirawl hunlaia thilhlahte chu a lo danglam leh deuh a. Rannungte, thimte, mahni chauha awmte, nu leh pate nena awm hrante leh an thianten an kawm duh lo vang tih te an hlau hle thin a. Puitlin hnu ah pawh hlahna chu a la awm zel a. A tlangpuiin nupui/pasal hmuhlohte, hnathawh tur tha hmuhlohte, hmelma neihte, natna hlahhawm tak neihte, mi tu emaw tihnata awmte leh thihte kan hlau thin.

Ellen G. White-i chuan Adama'n chhia leh tha hriatna thei a ei hnu kha, “a sual a hriat chhuahna chuan a ti hlau H-2

em em mai a,” tiin a sawi a. Eden huan hlimawm tak mai (Vanram note) chuan Adama leh Evite nun chu a tihlim zo tawh lo va. “Misual an nih zia inhriatna an neih bakah hmalam hun tur hlauhna an khat a. An taksa bakah an thinlung pawh saruak vek niin an inhria a ni:” -- *Thlahtu Bulte leh Zawlnete*, page 57.

Hlahna leh lungkhamna chungchanga thutiam duhawm tak Bible tarlante hi chhiar la: Sam. 23:4; Thufingte 1:33; Hagaia 2:5; 1 Petera 3:14 leh 1 Johana 4:18, 19. Nangma tawngka in bungtina tarlan thutiamte hi ziah chhuah tum bawh ang che.

Hlahna leh lungkhamnate hi mihringte nun tichhe thei tak thinlung hnathawh a ni a. Lungkhamna hian heng natna chi hrang hrangte hi a nei a: Rilru hahna, muttheihlohna, rilru rimna, luna, lungkhamna, lungphu dik lo, thawh har leh thlan tlaknate. Pathian chuan chutiang natna tha lo takte laka min zalentir A duh avangin Amah rinchhan turin min sawm a ni.

Engthilinngte ti hlauthawng ber thin che a, engvang-inngte? I thilhlahte chu hlauh tur awm reng a ni em? I thilhlahte chu engtinngte i tihkian theih ang?

**THAWHTAN** **Jan. 3**  
HLAU SUH (Genesis 15:1-3).

Genesis 15:1-3 chhiar la. Chung thil hnuah chuan, “Abram, hlau suh, kei hi i phaw leh i lawmman nasa tak mai ka ni asin,” tiin LALPA thu chu Abrama hnenah mumang angin a lo thleng a. Abrama kha enginngte hlauh tir? A thil hlauh khan chhan tha a nei em?

Pathian chuan Abrama chu ko in chi ropui taka A siam tur thu A tiam a. Nimahsela kum tam tak a ral hnu pawhin fa a la nei chuang lova. Chu thil chu Abrama'n a ngaihtuah changin a lungngai thin a. Chang 2 na leh 3na chuan Abrama hlauhna chhan tak chu tarlangin, "Ngai teh, chi reng reng mi thlahtir si lo va: en teh, ka ina piang hi ka ro luahtu tur a ni," tiin.

Abrama lungngaihna chungchanga Pathian chhanna chu, "hlau suh, kei hi i phaw leh i lawmman nasa tak mai ka ni asin," (Genesis 15:1) tih a ni. Kan hmalam hunte, kan thih hnua kan chung a thil thleng tur te pawh Pathian kuta awm vek a ni a. Lungkhamna lak atanga zalenna hi kan thil mamawhber a ni tih Pathian chuan A hria a. Chuvangin vawiina atana lung awi tawka, nak tuk atana beiseina nei turin min duh a ni.

Deuteronomy 31:8; 2 Chronicles 20:17; Luka 21:9; leh Johana 14:27 te chhiar la. 'Hlau suh' tih Pathian thuchah tichiangtu thilthlengte chu engtengte ni le?

Lungkhamna i neih laiin 'Hlau suh' tih Pathian thutiam chu engtinngte i hman tangkai ber thin? Buaina i tawh zawng zawngte aiin Pathian chu a chakin, a lian zawk tih engtinngte i hriattheih ang? Kan hlauhnaate aia nasa zawkin Pathian chuan min hmangaih zawk a ni tih hriat rengna chu lungkhamna kan neih laia min tanpuitu atan engvangnge a tangkai em em?

**THAWHLEH** **Jan. 4**  
LUNGKHAMNA PIAHA RINCHHANNA (Johana 14:1, 2).

In thinlung mangang suh se; Pathian in ring e, kei

pawh mi ring ve rawh u. Ka Pa inah awmna tam tak a awm a, a awm loh chuan ka hrilh tawh tur che u a ni; intan hmun siaminka kal dawn hi. Johana 14:1,2 a A zirtirte hnena Isua thlamuanna tawngkamte hi ngaihtuah la. He thu a sawi hma lakah engthilngte thleng? An ngaihtuahna chu khawi lamahngte Isuan hruai A tum?

Isua zirtirte thinlung chu an tana A buatsaih mek lalram lamah A hruai a. He khawvelah hian eng anga thil tha lo pawh in chungah thleng se, vanah thil tha tak chuan a hmuak che u a. Chuvangin keimah leh ka thutiamte hi ring rawh u, tiin A zirtirte chu A hrilh a, keini hnenah pawh min hrilh ve bawka ni.

Tihdamna leh hriselna atan rinchhanna hi a pawimawh em em mai a. Rilru lam daktorte chuan an damlote. hnena thurawn an pekte chu a taka hmang nghal thei turin an tanpui thin a. Chu chuan damlote chu anmahni inring tawk turin a pui a ni. Chubakah an rilrua an ngaihtuah an lungkhamnate ngaihruat dan an thiamphah bawka. Chutiang chuan thiltha leh tangkai chauh ngaihtuah turin an thinlung thunun an zir thin a. Thurawn petute chuan an damlote chu inti hahdama, zawi muanga thawk la turin an zirtir bawka. Chutiang chu an damloten thil pawimawhte zawi muang leh rilru dam taka ngaihtuah thei tura an tanpui dan chu a ni.

Hengte hi mahni inrinchhan thei tura in zirtir dan tha takte a ni a. An hlawhtling hle thin bawka. Mahse mahni inrinchhan chauh chu a tawka lova, Pathian rinchhan kan zir ngei bawka tur a ni.

Pathian rinchhan leh mihring rinchhan chungchang

sam ziaktu in engtinngge a khaikhin le? Sam. 118:8, 9.

Mihringte chuan an thutiamte an bawhchhe thin. Nimahsela Pathian leh A thutiam chu engtikah mah a danglam ve ngai lo. Italy lal leh Bohemia lalte chuan siamthatu John Huss-a chu venhima a awm zel tur thu an tiam a. Mahse an thutiam chu bawhchhiain, Huss-a chu an tihlum a ni.

Matthaia 18:3 ah Isuan engnge min hrilh?

Nausente thil zir hmasaber chu an nute emaw, anmahni enkawltu emaw rinchhan a ni a. Chutianga ringamna an lo neih chinah chuan lungawina an hmu thin. Chu chu rinchhanna bul intanna chu a ni a. Isuan naupangten an nute an rinchhan tlat anga Amah chu rinchhan ve turin min hrilh a. Isua enkawlna hnuaia thlamuanna hmu thei turin kan inphahhniam tur a ni.

I tawngtainate Pathianin A chhansak che a, i tana thil thaber A pek lai che ngaihtuah la. Chung i thiltawn ropui takte chuan hlauthawng leh mangang taka i awm huna Van Pathian rinchhan tlat turin engtinngge a tanpui theih ang che?

**NILAI**  
SAVATE LEH LILI PARTE (Matthaia 6:25-33)

**Jan. 5**

Tlang chung a Isua thusawi atang hian hmalam hun atana lungkham tur kan nihloh zia eng ang zirlai nge kan zirtheih? Matthaia 6:25-33.

Heng Isua zirtirna thiltitheih takte hi kan zir duh pawt chuan hlauthawwna leh lungkhamna lak atangin min veng thei dawn a ni.

*Thil pawimawh chu ngaihven rawh u.* Buai lutuka awm thinnate hian thil pawimawhberte chu min theihngihl tir thei a. Kan hnathawh leh nitina kan thiltih thinte hian kan nuna thil pawimawhberte chu min theihngihl tir thei bawk a ni.

*Kan chhehvela thilhmuh theihte atanga Pathian hriatna.* Chawngzawngte leh pangparte hi nitina kan thilhmuh fote an nih avangin Isuan tehkhin thu atan a hmang a. Chawngzawngte chuan a tuka an ei tur an lungkham ngai lova. Chutianga bawkin pangparte chuan incheina chhuak hnuh-nungberte an lungkham ngai bawk lo. Nimahsela tha taka enkawlin an awm thin (Chang 30).

*Lungkhamna hian tangkaina a nei lova, thil tul lo ani* (chang 27). Buainate chu chinfel a nih theih nan ngun taka endik hunte a awm thin. Nimahsela buaina lungkhamna chuan tangkaina engmah a neihloh bakah a tha lo lamin thil a thleng thei hial thin a ni.

*Hringnun tana thil pawimawhte chu a hmasaberah dah rawh* (chang 33). Kristiante hian a chang chuan an nuna thil pawimawhberte theihngihl khawpin an buai thin a. Chuvangin Isuan: "A ram leh a felna chu zawng hmasa zawk rawh u, tichuan chung zawng zawng chu A pek belhchhah dawn che u nia" tiin min fuihlawm ani (chang 33).

Winton Churchill-a chuan putar pakhat thi tep tawh chanchin a sawi a. Chu putar chuan a thihna khuma a mut laiin a nuna buaina tam tak a neih thu a sawi a. Nimahsela chung a buaina tam zawkte chu a chungah vawi khat mah a thleng ngai lo a ni.

I lungkham chhan thilte ngaihtuah la, tichuan thingthia tawngtaiin Pathian hnenah i lungkhamnate a rehtheih

nan dil ang che. I tihthat theih eng thil nge awma, engtenge i siamthat theih loh? I siamthat theih thilte chu a thathei ang berin tih tum la, a bak zawngte tan Amah rinchhan thiam turin Lalpa hnenah dil ang che.

**NINGA NI** **Jan. 6**  
NI KHAT TANA NI KHAT (Matthaia 6:34).

Chutichuan, atuk atan lungkham suh u, atuk chuan ama tan a lungkham chawp dawn si a. Ni khat atan ni khat hrehawm chu a tawk a ni. He changah hian Isuan engnge min hrilh? A sawi anga ti turin engtingge kan zir ang? Engvangnge hei hi a pawimawh em em?

Matthaia 6:34 a thuchah a taka hmangtute chuan thlamuanna an hmu thin a. Isuan hmalam hun turte ruahmanna nei lova, duhdah taka awm turin min ti lova. Thil lo thleng turte lo lungkham buai lo turin min hrilh mai zawk a ni. Chutiang chu lo ni ta ang se, engtingge ni ang le tia lungkham buai lo turin min duh baw.

“Dam lo ta ila!” “Hnathawh tur hmu lo ta ang ila!”  
“Chetsualna tawk palh ta ila!” “Miin min rawn suam palh ta ang se!” ti angte in kan ngaihtuahin kan lungkham buai thin a ni.

Mi tlangpuite lungkhamna neih dan chu a hnuaiah hian tarlan a ni a. Mi mangang reng mite lungkham thilte chu:

- @ Lungkhamna zaa sawmngate chu engtikah maha an chungah thleng lo turte a ni a.
- @ Zaa sawmhnh pangate chu thil thleng tawh sa tih danglam theih tawh lohte an ni baw.

- @ Lungkhamna zaa sawm chu an chanchin a dik lo lama mitena an sawi thin chungchang a ni leh a.
- @ A dang zaa sawm chu an lungkhamna avanga an vei an taksa hrisel lohnate a ni a.
- @ A hnuhnungber panga chauh chu an tawh ngei tur an buaina tak takte a ni.

Hlimna leh lungawina chungchanga Paula thil daihriat atangte hian engtingge i zir ve theih ang le? Philippi 4:11, 12.

Ni khat tana ni khat lungkham tih awmzia chu thlamuanna leh hlimna nei reng tihna a ni. Hei hi lungkhamna atana damdawi tha ber a ni baw. Thlamuanna leh hlimnate hi mi dang hnen atanga hmuh tur ni lovin mahni a thawhchhuah tur a ni. Paula chuan, “Tlawm taka awm dan ka thiam a, hausaa awm dan pawh ka thiam baw a; thil tinrengah leh thil zawng zawngah tlai leh riltama awm dan, hausa leh tlachhama awm dan thuruk chu ka hre chhuak tawh” tiin a sawi a ni (chang 12).

Vawiin ni ah buainate kan tawk a. Nimahsela nak tuk atana lungkham buai lovin tuna kan thilneih ahte thlamuanna neih dan leh lungawi tawk thiam dan kan zir ngei tur a ni. Isua chuan, “Thlamuanna kan hnutchhiah a che u; keima thlamuanna ka pe a che u; khawvelin a pek angin ka pek loh che u hi. In thinlung mangang suh se, hlah pawh hlau suh se” tiin A sawi a (Johana 14:27). Isua pek che thinlung thlamuanna chuan engtingge a tanpui che le?

**ZIRTAWP** **Jan. 7**  
**ZIRBELH TUR:** “Tihlumtu chu hnathawh hah ni lovin,

lungkhamna a ni zawk thin. Lungkhamna tlansan dan kawng awm chhun chu buaina zawng zawngte Krista hnena kalpui a ni. A thim lai chauh en lovin, thlarau hlimawm tak siam kan tum thin tur a ni." -- Ellen G. White, *Mind, Character, and Personality*, phek 466.

"Vana kan Pa chung rinna nghet zawk, hmangaihna nasa zawk, dawhtheihna lian zawk leh rinchhan ngamna famkim nei thei tura kan thlarau chu kan zirtir theih chuan he khawvel nunkawnga kan tawh thin buaina leh tawrhate karah thlamuanna leh hlimna kan nei thei zel ang . . . Isua tel lo chuan kan Kristian nun kawng hi khawhar thlak tak a ni dawn a. 'Thlamuantu awm lovin ka hnutchhiah lo vang che u' tiin min hrilh a (Johana 14:8). Chuvangin A thute ngaithlaa, A thutiamte ringin, chungte chu chhuna hmanga, zana ngaihtuah thinin hlim takin i awm ang u."-- Ellen G. White, *Mind, Character, and Personality*, phek 468.

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**ZIRLAI 3**  
**RILRU RIMNA**  
**January 8 - 14**

**CHAWLHNI CHAWHNU**

**TU KAR CHHUNG ZIR TUR:** 1 Lalte 17:2-4, 15, 16; 19:1, 2; Mark 6:31-34; Galatia 6:2; Johana 15:13.

**CHANGVAWN:** "Nangni thawk rim leh phurrit phur zawng zawngte u, ka hnenah lo kal ula, keiman ka chawlhthir ang che u" (Matthaia 11:28).

RILRU RIMNA HI MITININ KAN TAWK THEUH A. Hnathawh, chhungkaw buaina, hmalam hun tur lungkhamna, hun kal tawh chungchanga hlimlohna - heng zawng zawngte hi rilru rim nan a tawh hle a. Nimahsela hengte leh hringnu-na thleng thin buaina dangte inkawp hian hringfate chungah phurrit lian tak a thlen thei a. Chung phurrite chuan kan taksa leh rilru lam hrisellohna a thlen leh thin a ni.

Thil chhut mi Thomas H. Holmasa leh Richard H. Rahe-a te chuan mihringte rilru rim dan tehna an siam a. An tehna atang chuan an nupui emaw, pasal emaw thi, tangthen ten mak 100 an pe a; Inhlamte leh damlote mak 53; hmun pakhat atanga hmun danga insawnten rilru rimna mak 20; chutiang zel chuan an kal tir a. Rilru rimna mak 200 neite zaa 50te chuan nat an awlsam em em a. Mak 300

chuang neite chu rilru rimna tawp khawk neite an ni. Rilru rimna tlem neih chuan hnathawk tha thei turin min tanpui thei a. Nimahsela a tlangpuiin rilru rimna hian hriselna a khawih pawh thei a ni.

**NIKHATNA**

**Jan. 9**

HRINGNUNA THILTHLENG HLIMAWMTE (1 Lalte 17:2-6, 15, 16).

Heta ta hi chhuak la, khawchhak lam panin kal la, Jordan bula awm Kerith luih han biru rawh. Tin, heti hi a ni ang a; chuta a chawm tur che in choakte thu ka pe tawh e. . . Tichuan Elija sawi ang chuan a va ti a. Tin, amah leh a chhungte leh Elija nen chuan ni engzat emaw lai an ei a.

Elija hmanga a sawi LALPA thu ang khan chhang-phut bel chu a ruak chuang lova, sahriak um pawh a kang hek lo. Israel ram chhunga hun rei tak chhung tam a tlak lai khan engtinng Pathianin Elija kha a venhim?

Tam tlak hun chhung zawng khan Elija chuan Pathian nen inhnaih hle in a inhre ngei ang. Pathian chuan A enkawl tha hle baw a. Amah chawm turin choakte chu ni khatah wawi hnih a hmu zel a. Chung hnuah chuan kum hnih chhung chhang phut zo thei lo bel leh chhitui kang thei lo um atangin thil mak hmuh tir a ni baw a. Chung aia Pathian thiltih mak chu miin a mamawh awm lo ve.

Ellen G. White-i chuan he thawnthu hi hun hnuh-nunga A mi rinawmte Pathianin A enkawl dan tur entir nan a hmang a: "Chumi hunah chuan Pathian rinchhan ringawt mai tawh tur a ni. Anin a enkawl ang. Tlachhamin emaw,

riltamin emaw an awm hek lo vang. Thlalerah chuan Pathianin dawhkan min buatsaih sak thei si a. A tul chuan Elija hnena A tir ang bawkin choakte pawh a tir thei a, a nih loh vek leh Israelte hnena A tih ang bawkin manna pawh kan tan A rawn surtir leh mai thei a ni." *Thuziak Hmasate*, phek 46.

Elija chungah thil dang engnge thleng? Chung atang chuan engnge kan zirtheih? 1 Lalte 17:17-22; 1 Late 18:23-39, 45.

Pathianin Elija chu hmeithai fapa thi tawh tinung lehtu atan A hmang a. Chubakah Karmel tlanga fiahnaah khan A thiltitheihna Elija hmangin lantir a ni baw a. A tawpah kum thum chhung tamna tihtawp nan ruahpui vanawn surtir a ni a. Khati khawpa Elija nuna Pathian awmpuina thilmak ropui tak tak lantir a ni chung pawha Lalpa a rinchhan famkim ngam lo kha mak tak a ni awm e. Khang hnu lawkah khan Elija chu rilru rimna leh beidawnna in a khat a ni.

Chuvangin hetah hian zirtur pawimawh tak kan nei. Kan nunah Pathian thiltih mak ropui takte kan tawng a ni thei e. Nimahsela, buaina chu kan la tawk zel tho dawn a. Chutiang ang nun kawnga buaina lak atangin Elijate ang zawlnei ropui takte pawh kha venhim an ni bik chuang lo a ni.

I hlawhtlinnaten rilru rimna a siam sak thin che em? Hringnuna thilthleng hlimawm takte hian a chang chuan phurrit lian min siam sak thin a ni. Chuvangin hun tha kan neih laiin mahni tanghma chauh sial lo turin engvangnge kan fimkhur hle a tul le?

**THAWHTAN**

**Jan. 10**

HRINGNUNA THILTHLENG KHA TAKTE (1 Lalte 19:1, 2).



Tin, Ahaban Elija thiltih zawng zawng, khandaiha zawlnei zawng zawng a thah thute nen Jezebeli a hrilh a. Tichuan Jezebeli chuan Elija hnenah, “Kha mite zinga mi pakhat nunna ang khan naktuk hetih hun hmaa i nunna ka siam sak ve loh che chuan pathianten an ti tihin mi ti mai sela, chu aia nasa pawhin,” tiin, mi a tir a. Baal puithiam za tam tak thahnaah khan Elija a tel leh tel loh kan hre lo na in a hmahruaitur ber a ni tih erawh kan hre thei. Chu thil chu naupangte inthawina atana hmanga milem an biak thinna tihtawpna tur kawng awm chhun chu a ni (Jeremia 19:5).

Rilru rimna nasa tak mai a tawh lai khan Elijan eng-thil nge a tawn belh chhah le? 1 Lalte 19:1, 2.

Ahaba rorel tan atangin a nupui Jezebeli chuan Baal rawngbawla be turin a bei nasa a (1 Lalte 16:31). A tawpah chuan Israel ram pumpuiin milem an lo biak phah ta a. Jezebeli chuan Kanaan rama milem pathian soal ber Ashtorethei chu Israel fate a biak tir baw a. Tunah hian chung puithiam zawng zawngte an thih tak vek avangin Jezebeli chu a thinrim hle mai a ni.

Jezebeli hnen atanga thuchah a dawn khan Elijan engtinnge a ngaihtuah? 1 Lalte 19:3,4.

Pathian thiltihmak ropui tam tak a hmuh hnu khan Elija kha engtinnge beisei bo anga a la awm theih le? Engtinnge a nunna hial lak sak tura Pathian hnen a dil theih?

“Setana hian mihringte chak loh lai hi a chang reng a, mite thlem thluk nan a hmang thin. Lungngaihna chhumin min bawh lai leh manganna hualvela kan awm changte, harsatna nei leh chhuanchhama kan awm laite hian min thlem tur leh min zar buai turin Setana’n min rawn pan hnai vat thin a, kan chak lohna lai takah min rawn bei thin. Pathian

kan rinna min sawinghinsak a tum reng baw; chu chu Pathianin a phal sak ve reng a. Pathian ring taw lo tur leh A hmangaihna ringhlel turin min thlem reng a ni. Krista chung a tih ang khan kan chak lohna lai leh derthawna lai apiang min kawhhmuh thin a, chu mi a tihna chhan ber chu beidawn nana kan khah theih nan leh Pathian kan vawn kan thlah theih nan a ni. Chu thila a hlawhtlin phawt chuan a sa sehte kan lo ni dawn tih a hria. Isuan thlemtu a do let dan anga kan do let ve thin chuan, kan lo tluk tawh thinna angah pawh kan tlu tawh ngai lo ang.” *Chatuan Nghahfak*, phek 104.

Hun kal tawha Pathian kaihhruai dan che theih-nghilh in Elija ang hian vawi eng zata tam nge i awm ve thin? Beisei bo khawpa rilru hah taka i awm chanin hun kal ta a Pathian kaihhruai dan che eng vangnge hriat reng a pawimawh? Engvangnge kan chung a Pathian thiltithe hi awlsam taka kan theihnghilh thin? Pathian fakna leh a hmanga inkhawmnate hian harsat huna kaltlang thei turin engtinnge min tanpui theih?

## THAWHLEH

**Jan. 11**

PATHIAN TIHDAM DAN (1 Lalte 19:5-9).

Tichuan Juniper thing hnuaiah chuan a mu a, a muhil ta a; tin, ngai teh, vantirhkoh hian a rawn khawih a, a hnenah, “Tho la, ei rawh,” a ti a . . . Tin, chuta puk pakhat chu a va thleng a, chutah chuan a awm ta a; tin, ngai teh, LALPA thu a hnenah a lo thleng a, a hnenah, “Hetah hian eng nge i tih, Elija?” a ti a. Elija kha eng ang enkawl dan hote nge pek a nih? Kan tan engnge kan zirtheih? Kan tisa cheziate hian engtinnge kan rilru put dan leh ngaihtuahna a thunun thin?



Rilru ngaihtuahna dik lo enkawl dan tlangpui chu insawi zawinaa enkawl na tia koh a ni. Hunbi dik tak ah insawi zawina hlimawm tak an neih tir thin a. Chu chuan dam lo chu thil ruahman a, beisei a, thil awm dan phungte zui thei turin a tur lui thei a. Chutianga hun awl nei hman lova buai taka awmna chuan a thalama ngaihtuah tura a tanpui bakah mahni chauh inkhawngaihna lak atangin a veng baw k a ni.

In sawi zawina hian taksa ah endorphin a chhuah tir a. Chu chuan mihringte hi hlimna thinlung a neihtir a, lungkhamna nei tlem turin a tanpui baw k a ni.

Pathian tanpuinain Elija kha a tisa rimtawngnate ngai aw h leh tura hruai a ni a. Thingkung hnuai a thut veleh Elija kha a tawngtai a. Nimahsela a nunna laksak tura tawngtai a nih avangin tawngtaina dik lo a ni. Hun eng emaw chen hnu ah Elija chuan a beidawwna rapthlak tak mai chu hnehin, Pathianin A la hmang zawm zel thei a (1 Lalte 19:15, 16; 2 Lalte 2:7-11). Thawngaleivira vana lak-chhoh a nih hma khan a ai awhtu tur Elisa hnenah a thiltih-theihna hlanna hun pek a ni baw k a ni.

Beidawwna leh lungngaihna kan tawh hun chauha kan tawngtaiin engthilnge kan hloh thin? Tawngtaina nei reng nun leh buaina tawh hun chauha tawngtai nun inkara danglamna chu engtenge ni le? Englaipawha tawngtaina nun nei thei turin engtinng e i zir ang?

**NILAI** **Jan. 12**  
ISUAN A RILRU A TIHDAIH DAN (Marka 6:31)

Tin, ani chuan an hnenah, "Nangmahniho ngawtin

thlaler hmunah a hrangin lo kal ula, chawl rih rawh u," a ti a. Isua hnungzuituten tawngtai nan leh A thu thianghlimte chhiara Pathian thu ngaihthlak nan hmun fianrial an mamawh theuh a ni.

Marka 6:31 chhiar la. He chang atang hian engnge kan zir theih? Hetiang hian vawi engzata tam nge i tih thin? Nge chhuanlam i siam zel zawk?

Ellen G. White-i chuan hetiang hian a zia k a: "Amah chauha Pathian pawlna a neih lai leh thil siamte zirna aneih laite chu a hlim ber hunte an ni. Hun remchang tha a neih apiangin, A hnathawhna hmun atangin a chhuak a, phulahte leh ruam hring dupah te, tlang pangah leh ngaw ahte, Pathian pawl turin a kal thin a. Zing karahte hian Pathian thu ngaihtuah turte, tawngtai tur te, urhsun taka inngaihtuahna nei tur te in fianrial a pan thin. Heng fianriala awm falna atang hian in lamah, a hna rawn chhunzawm leh turin leh, a taimakna entawn tlak tak rawn lantir leh turin a lo kir leh thin a ni." *Chatuan Nghahfak*, phe k 76.

Isuan eng ang hmun fianrial dang nge A la neih le? Matthaia 11:28.

Mihringte hi midang chung a beidawwna emaw, thlamuanna emaw thlent u an ni ve ve thei a. Isua khan A nuna remna thlent u a thiante nena awmhona atangin thlamuanna a hmu thin a. Chu thlamuanna chu lazara, Marthi leh Mari te inah a hmu a ni. "A thinlung leh Bethani khu a chhungkua hi hmangaihna hruia phuar khawm tlat a ni a, . . . Chhandamtu chuan A thiante leh zirtirte thatna a rinchhan rawt a, a lo chauh changa mi kawm tur a mamawh em em lai te in Lazara te in, muanna boruak awmna hmunah

hian, Pharisaitena an itsikna leh rinhlehna leh an thinrimna atanga, va awm bo rih nuam a ti thin . . . Chhungkaw ri hlut ni lem lo, ngaihthlak tui ti takte hi min Chhandamtu ngainat zawng tak a ni a. Mihringte hmangaihna te, hawihhawmna te, zaidamna te hi a thlahlel ve hle thin a ni." *Chatuan Nghahfak*, pheh 505.

A rilru rimna Isuan A in enkawl dan hi i nunah engtingge i hman theih ang? Beidawna i tawh chang a thlamuanna i mamawhniin in chhungkua emaw, thian emaw, tu hnen berah nge thurawn i dil thin?

**NINGA NI** **Jan. 13**  
MIDANGTE HNENA THLAMUANNA THLENTIR IN  
(Tirhkohte 10:38).

Isua nungchanga englai ber nge Perteran a hman? Tirhkohte 10:38. "Nazaret Isua chungchang thu kha, khatia Pathianin ani chu Thlarau Thianghlim leh thiltihtheihnaa a vurzia kha; ani chuan diabola tihduhdah zawng zawngte tidamin a fang vel thin a, Pathian a hnenah a awm avangin."

Isua nundante kha tanghmasialna nun tel lo a ni a, A theihna zawng zawngte chu midangte tanpui nan A hmang a ni. Isua khan Ama tan A Pathianna kha vawi khat mah a hmang lo. Hei hi Petera nun hnehtu ropui tak chu a ni a. Isua chu thiltha tia vak vela, ramhuai thiltihtheihna hnuai a awmte zalenna petu angin Petera chuan a tarlang a ni.

Mahni tanghma chauh sial lova midangte thatna tur leh mamawhte tihsak thin hi rilru rimna tikhiam nan a tha hle a. Midang thatna tur leh khawtlang tana hnathawhnaa

H-3

inhmang mite chuan a inhmang ngai lote aiin rilru hlimna leh nunkawnga lungawina an nei nasa bik a ni.

Galatia 6:2; Philippi 2:4; Johana 15:13 te chhiar la, kan tan eng thuchah nge awm?

John D. Rockefeller (1839-1937) kha rilru rimna tikhiamna atana midang tana thawh a that zia entirna tha tak a ni. 1879 kum khan Amerika rama khawnvartui laihchhuah zaa sawmkua chu ama company (Standard Oil) laih chhuah a ni a. Kum 50 a nihin khawvela mi hausaber a ni nghe a. Nimahsela 1891 khan thazam chak lohna veiin a thi thelh a. A hnu thla rei vak lovah a rawn damchhuak leh thei tlat mai. Engtingge a dam chhuah leh theih le?

Rockefeller chuan eiin mawlmang takte ei a, tha taka chawlhahadama, nitin insawizawina neih a tum ta a. Chubakah a hausaknate chu midang hnena semchhuaha, a damchhung hun la bang kum 40 chu midangte tanpuitu nih a tum bawk a. 1900 tir lam khan a hausakna chu dollar maktaduai 900 a tling thuak a. Nimahsela a thih khan chung a hausakna zawng zawng te chu a sem zo deuh vek a, dollar maktaduai 26 vel chauh a sem bang a ni. A thilpekte chuan khawvel tan thiltha tam tak a thawk a. A thiltih thatte avangin kum 50 deuhthaw a nun a sei phah a, kum 97 ni a, a thih thlengin nun thlamuang tak leh hlim takin a awm theih phah ta a ni.

Midangte i tanpuina atanga malsawmna i dawn thin te chu engte nge ni? Tun aia nasa zawka midangte i tanpui theih nan nasa taka tawngtaia tan lak i tum dawn lawm ni le?

**ZIRTAWP** **Jan. 14**  
**ZIRBELH TUR:** "A hah leh chauh em avangin, Juniper thing

hnuaiah hahchawl turin a han thu hnaw a. Hahchawla a thut lai chuan, thih tak a nap a . . . Mihringte khawsakna hmun atanga hla takah, raltlan a vakvai Elija chu beidawn-nain a delh nasa khawp a, tu hmel mah hmuh leh tawh ngai reng reng loh a duh hial a ni . . . Mitinin beidawn leh lung-hnual hun kan nei theuh a. Pathianin a lei fate chungah A ngilneihna a lantir thin tih ring hlei thei lo khawpa lung-ngaihna kan neih chang pawh a awm thin. Chutiang hunah chuan ninawm lutuk taka nunrawn zar buaitu thil eng eng emaw a lo awm a, nun aiin thih a thlanawm zawk thei hial a, rinhlelhna bawiah leh rin ngamlohna bawiah hruai luhin an awm thin a ni. Hetiang beidawnna niah hian, kan thlarau mitin Pathian kaihruaina va hmu thei hlah ila chuan, min chhan chhuak tur leh chatuan tlanga kan kete phun nghet turte, kan rinna tichak turte, nun thar min pe tur tein a vantirhkoh leng velte chu kan hmu ang." *Zawlneite leh Lalte*, phek 162.



**ZIRLAI 4**  
**INLAICHINNATE**  
**January 15 - 21**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** 1 Samuela 25; Ephesi 4:1-3; 1 Peter 3:9-12; Luka 17:3, 4; 23:34; Jakoba 5:16.

**CHANGVAWN:** **“Chutichuan, thil engkim miin in chungah an tiha in duh tur ang apiang chu, mi chungah pawh ti ve rawh u; chu chu Dan thu leh Zawlneite thu a ni reng si a.” (Matthaia 7:12).**

KHAWPUA THUHRILTU PAKHAT CHUAN SERMON-NA A NEIH HMA IN RILRU RIMNA CHUNGCHANG SAWIHONA A NEI HMASA THIN A. Zawhna awlsam tak tak a siam a. Mipuite chu rilru rimna siam nasa bertu thil chi li ziak turin a tir a. Hnathawktuten mipuite chhanna an endik a, a in angte chu an dah khawm zela. Hriselna, pawisa, hnathawh, inlaichinnate, tiin. An chhiar zawh hmawm thuhhirtu chuan “inlaichinna” chu a hmawm bera sawiho atan a dah ta mai a. A chhan an han zawh chuan mipuite chhannate chu an in ang deuh vek thu leh inlaichinna chu mipuite buaina lianber a nih zel thin thu a hrilh a.

Inlaichinna chungchang ah chuan nupa, fate, hotu, hnathawhpui, thenawm, thian, leh hmelmate an tel a. Inlaichinna chu a tha lam a nihin hlimna duhawm tak a thlen thin a ni.

**NIKHATNA** **Jan. 16**  
 INNGAIHTLAWMNA LEH THUHNUAIRAWLHNA  
 FAMKIM (Ephesi 4:1-3).

Ephesi 4:1-3 chhiar la. Chutichuan, inngaihtlawmna leh thuhnuairawlhna zawng zawng nei a, hmangaihnaa indawh tawn chungaw dawhtheihna neia remna phuarnaah chuan Thlarau inpumkhatna chu vawng tura bei a, a kohna che u phua awm turin, kei, Lalpaa mi tang hian ka ngen a che u. Engvangnge Paula hian inngaihtlawmna, thuhnuairawlhna leh dawhtheihnate hi inlaichinna tha leh tanrualna nen a zawm tir nia I rin?

1 Samuela 25 chhiar la. Hun harsat lai bera thildik tak ti tura Abigaili leh Davidate chet dan atang khan engnge kan zirtheih ang?

Davidate, Nabala leh Abigailite thawnthu hi midang nena indawr dan chungchanga entawn tur tha tak a ni awm e. Davidan a sipaite chu Nabala hnena tir in, "I ran leh i mite thlalerah kan ven him sak thin che a, chuvangin ei tur i neih rem chan ang ang tlangvalte hi lo pe ang che," tiin a dil tir a (1 Samuela 25:7, 8). Nimahsela Nabala khan ngilneihna chungchang engmah a hre lova. Mite rilru tina lo zawnga hnar dan a thiam thlawt baw lo. Nabala chu mi khirh tak leh sual tak anih thu kan hria a. Lehlin dangah chuan thinchhia, hawihhawm lo, mi bumboh, dikna nei lo, mi khermei lutuk tia lehlin a ni a. Nabala chuan Davidate tirh sipaite chu chutiang nungchang chuan a lo dawngsawng a ni.

Davidate kha sipai tam tak enkawltu a ni na in, Nabala hnena a thuchah kha a hawihhawmin, a fimkhur a. Nabala leh a chhungte chu tluangtakin dam reng se tih a duhzia a

lantir baw. A inhmel hriattir naah pawh "I fapa Davida" tiin hawihhawm takin a sawitir a ni (chang 8).

Bible chuan Abigaili chu nu fel tak leh hmelta tak a ni tiin min hrill a. A chetdante ngaihtuah la. Ei tur tam tak a lak khawm hnu in Davida hmuak turin a tlan a, a hmaa bawkkhupin, Davida chhiahhlawh anga inchhalin ngaihdam a dil a. Chubakah Davida chu Pathian mi thlan a nih avangin a tul lova thisen chhuah chu a pumpelh tur a ni tiin a hriattir baw a.

Fing tak leh inngaitlawm tak maia Abigaili dilna chuan Davida thiltum chu a lamlet tir a. Abigaili A rawn tirh avangin Pathian a fak a, a rorel thiam avangin Abigaili chu a fak baw a. Abigaili che zia chuan a chhungte tam tak nunna a chhanchhuah phah ta a ni.

Kan ngainat mite chungaw thatna lantir hi a awl hle thin a. Nimahsela kan mi ngainat loh zawngte chu entinngan kan tih thin? I lungualpui theih ngai loh mite ngaihtuah la. Chung mite hnenah chuan inngaihtlawmna leh thuhnuairawlhna lantir ta ang la, engtinngan an tih ang? Pathian khawngaihna rinchanin han tum chhin teh le?

**THAWHTAN** **Jan. 17**  
 SUAL SUALIN THUNGRUL SUH U (1 Petera 3:8-12)

A tawp berah chuan in zain rilru hmunkhatin awm ula, inlainat tawn ula, unau angin inhmangaih ula, khawngaihna nei ula, thuhnuairawlhin awm rawh u: Sual, sualin thungrul suh ula, hauna haunain thungrul hek suh ula, malsawm hlauh zawk rawh u. He mi avangin koh in ni si, malsawmna chang tur hian. "Nunna hmangaih duh leh Ni

thate hmuh duh chuan Sual lakah a lei veng tha sela, A hmui pawh ngamthlemna thu sawi lo turin Veng tha rawh se. Sual hawisanin Thil tha ti rawh se; Remna zawngin Um zel rawh se. Lalpa mit chu mi felte chungah a fu a, A beng pawh an tawngtaina lamah a chhi si thin a, Amaherawhchu Lalpa hmel chu Thil tisualtute chungah a awm thin," tih a ni si a. 1 Petera 3:8-12 a thu awmzia dik tak hi engnge ni ang le?

"Mit aiah mit" tih aiin biang leh lam bengtu hnenah a lehlam pawh dawh turin Isuan min hrilh a (Matthaia 5:38, 39). Lungngaihthlak takin Kristiante pawhin anmahni tinatute chungah englai pawhin thatna an lantir thei thin lo. Chuvangin Isuan, "Ka hnenah zir rawh u, Thunuairawlh leh inngaitlawm tak ka nih hi," tiin min sawm reng a ni (Matthaia 11:29).

Chhangchhe tak chhungkua pakhat hian an thenawmte nen buaina an nei a. Huan chhunga pipu uaina an siamthara an fate pipu uai thawm vel an ninzia thu an thenawmte chuan vawi tam tak an hrilh a. An fate thil tihhnawk velte chu an lo sawisel reng bawk a. Thenawmte phunnawi thawm chuan naupangte nu leh pa la thalai takte chu a tihlim lo hle thin a. Dik tak chuan an awmdanahte khan an rawn sawiselna tur chhan engmah a awm lo a ni.

Ni khat chu an kawmchara apple an lo va. Nu ber chuan apple hem hmin tuihnai tak mai pum hnih chu an thenawmte a va pe a, an thenawmte chuan hlim takin an lo la a. Chu an thiltha tih hote mai chuan danglamna nasa tak mai a siam ta. An thenawm anmahni sawisel rengtute hnenah huatna lantir miah lova thil an va pek zawk avangin an lo lawm em em mai a, chuta tang chuan an sawisel ngai tawh lo a ni.

Engtinngge a nunna la tura Saula thiltithe chu Davidan a chhan let (1 Samuela 24:4-6). Hei hian Davida nungchang engnge min hrilh? Engtinngge Davida nungchang ang hi kan Kristian puite hnenah kan tarlan ve theih ang?

Samuela bu khatna chuan tum li meuh Davidan Saula thaththeihna hun remchang a neihthu a tarlang a. Nimahsela Davida chuan a ngaidam zel a. A chungah thiltha lo tak tih tumtu hmaah chuan Davidan inngaihtlawmna leh Pathian tihna a lantir zawk a ni. Keini pawh Davida anga ti tur kan ni ve lawm ni le?

#### THAWHLEH

NGAIHDAMNA (Ephesi 4:32).

Jan. 18

Tin, inkhawngaih tawna lainatna neiin awm ula, Pathianin Kristaa a ngaidam che u ang bawkin inngaidam tawn rawh u. Sakhaw mi tak ni chung siin midangte nena buaina neih a theih reng tho a. Kohhranah pawh mi thenkhat kan ti lungngaiin, thenkhat rilru kan ti na thei bawk. Chuvangin ngaihdamna chungchang zir kan mamawh em em a ni.

Ephesi 4:32 a thu hi nunah eng anga tha in nge I hman thin? Tu nge ngaihdam i mamawh? Nangma tanah ngei pawh eng vangnge chung mite ngaihdam chu a pawimawh?

Ngaihdamna hian thinlungah thlamuanna leh hahdamna min pe a. Hun kal tawha rilru natnate leh tihsualte lakah min zalen tir a, min tidam bawk. A chhan chu ngaihdam theihna dik tak chu Pathian hnen atanga lo kal a ni a, Pathianina an thinlung A tihdanglamte chauhin ngaihdamna famkim chu an nei thei a ni (Ezeliela 36:26).

Matthaia 5:23-25; Luka 17:3, 4; 23:34 te chhiar la. Ngaihdamna chungchang engnge min zirtir hlawm?

A chang chuan ngaihdamna hi thilpek theih loh niin kan ngai mai thei. Khawvel mihring tumahin Kross-a Isua tawrh ang kha an la tuar lova. Van Lalber, van leh khawvela thil awm engkim Siamtu chu Ama siam mihringte tihduhdah leh Kross-a khaihlumin A awm a. Nimahsela Kross-a khaikana A awmlai pawhin A khengbettute tan an sual ngaihdam nan Pa hnenah A tawngtai sak a ni.

Mi tam takte chuan an thiltisualte khuhbo nan midang tihnat an tum thin a. Midangte buaina hriatthiamna chuan engtinngge ngaihdamna nei thei tura a tanpui che? Nangmah tihnat tumtu che ngaihdam dan tur engtinngge i zir theih ang?

**NILAI** **Jan. 19**  
SUALTE THUPHA INCHAWI TAWNIN (Jakoba 5:16).

Chutichuan, tihdama in awm theih nan in sualte thupha chawi tawn ula, intawngtaisak tawn thin rawh u. Mi fel tawngtaina chuan thil nasa tak a ti thin. Pakhat leh pakhat sual inngaihdam tawn chungchanga Jakoba 5:16 a tarlan hi engtinngge i ngaih le? He chang hi ngaihtuah nawn leh la, a zirtirnate i nuna a taka i hmantheih dan tur inzawt ang che.

Ka thenawm chung a thil ka tihualin, a hnenah thupha chawiin ngaihdam ka dil ngei tur a ni. Chu chuan kan inlaichinna chu a siamtha leh ang. Chubakah ka thiltih tawhte rah chu ka tuar ngam a ni tih a tarlang bawng ang.

Pathian khawngaihna mi tha tak nih duhtu chuan a thil tawh chu eng anga nasa pawh nise, a ngaidam thei tur a ni.

Mi tu emaw i mi rintakte hnena sualnate leh tihdik-lohte puanchhuah thinna chuan rilru damna a thlen thei a ni. Jakoba thurawnte kan zui chuan rilru lam buainate kan neihtlem phah anga, pakhat leh pakhat inlaichinna tha tak kan neihphah thei dawn a ni.

Sual puanna kawngah kan fimkhur hle a tul a. A chhan chu kan chaklohnate mi dang hnena tarlang kan nih vang a ni. Entirnan, kan chaklohna thuruk chu kan thianten midang hnenah an puang zar thei thin.

A pawimawhber chu ngaihdamna min tiamtu Lalpa hnenah kan sualna zawng zawngte chu englai pawhin kan puang thei a ni. 1 Petera 5:7 chhiar la. Inlaichinna tha lo chuan inrinhlelhna bakah hlauhna leh lungngaihna a thlen thei a. Mihringte chuan tanpuina engemaw che chu pe thei mahse, kan buaina zawng zawng min ngaihsak fo thintu Pathian hnen atangin tanpuina tha ber chu kan hmu thei a ni.

**NINGA NI** **Jan. 20**  
MIDANGTE SIAMTHA IN (Ephesi 4:29)

Thu tha lo reng in kaan chhuak suh se, a tulzia ang zela siam tha turin thu tha apiang chhuak zawng rawh se, a ngaithlatute tan khawngaihna a lo nih theih nan. Ephesi 4:29; 1 Thessalonika 5:11; Rom. 14:19 te chhiar la. He zirtirna hi i nuna i hmantheih dan tur in zawt ang che. Hei hi nangma tan bakah engvangnge midang tan pawh a pawimawh em em?

Paula khan kohhran hmasate kha “Krista taksa” an nih avanga intina tawn lo tur leh inlaichinnate intihtawp sak tawn lo turin a fuih hlawm a. Mi sawisela, rel chhe reng tute hian buaina lian tak an nei chawk thin a ni. Midangte aia hlu lo leh pawimawh lo anga inngaihna lian tak an nei thei a. Thununtu emaw, thiltihtheihna neibertu emaw nih chakna rilru lian tak neitute an ni thei bawk. Heng mite hi an buaina chingfel tura tanpuina mamawh tute an ni.

Krista taksa tel membertainte chuan chhandamna thilpek hlu taka chawimawi an nihzia hriat reng an mamawh a (Sam. 17:8; 1 Petera 2:9). Chumi hriatthiamna atangin kan tum ber chu midangte siamthat leh pakhat leh pakhat inzirtir tawn a ni tih kan hre reng thei ang. Pawmpuina leh fuihna tawngkamte hi buaina neite tanpuina atan a tangkai thei hle a ni.

Midangte tanpui dan kawngdang leh chu remna siam sak a ni. Isuan remna siamtute chu “malsawmin an awm ang” tia A sawi bakah “Pathian fate an ni” tiin A sawi a (Matthaia 5:9). Jakoba pawhin remna siamtute chuan “felna rah an seng ang” tiin a sawi bawk a ni (Jakoba 3:18).

Matthaia 7:12 chhiar la. Inlaichinna tinrengah engvangnge he rangkachak dan hi a pawimawh em?

He dan hi lunghlu manto tak ang a ni a, hmangaihnaa inngat a nih bakah hun tinreng leh hmun tinreng tan a dik bawk. He “Rangkachak Dan” hian a hmangtu zawng zawngte hnenah hamthatna hlu tak a thlen thin a ni.

**ZIRTAWP**

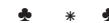
**Jan. 21**

**ZIRBELH TUR:** Ephesi 4:25-32 i chhair phahin i rilru khawih

lai deuhte rin zel la. Midangte nena in inlaichinna Pathian tanpuinaa a lo that zel theih nan i tihtheih tur thilte ngaih-tuah bawk ang che.

Heng a hnuaia thute hi 1908 a Pathian rawngbawltu pakhat hnen Ellen G. White leh khathawn thenkhat a ni: “Lalpa hnen atangin he thuchah hi i tan ka dawng a. Tawngkam ngilnei tak hmang la, i cheziate chu nunnem tak ni rawh se. I rilru a hmanhmawh awl a, inthunun zo lova thu tha lo takte i sawichhuah thin avangin fimkhur takin inveng ang che. Ngilneihna tel lo tawngkam hian Lalpa a tilungngai a ni. Chuvangin Lalpa chuan i tawngkamahte lainatna leh ngilneihna tawngkamte telh tur che in A duh che a. I tawngkamte fimkhur hle thin la. Ngilneihlohna lantir thei tawngkam leh cheziate tarlang ngai suh ang che.

“Nitina Isua i ena, A hnen atanga i zir chuan nungchang duhawm tak i lo nei ang. I sermonte ti nem deuh la, mi sawiselna tawngkamte telh ngai suh la. Zirtirtu Ropui tak hnen atangin zir ang che. Tawngkam nem leh lainatnaa khat chuan damdawi angin hna a thawk ang. Beidawnnaa khat rilrute chu tihdamin an lo awm ang. Tichuan Pathian thu hriatte a taka nunpuuina chuan remna leh tihdamna thiltihtheihna a nei ang. Tawngkam hawihhawm lo leh ngilnei lo chuan nangma tan bakah tu tan mah thlarau malsawmna a thlen ngai dawn lo a ni.” -- *Gospel Workers*, phek 163, 164.





**ZIRLAI 5**  
**INTHIAMLOHNA**  
**January 22 - 28**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Genesis 3:8-13; 1 Johana 1:9;  
Sam 32; 1 Timothy 4:1, 2;  
Matthaia 26:75; Rom 8:1.

**CHANGVAWN:** “LALPA, nangin khawlohnate i chhin-  
chhiah chuan Aw LALPA, tunge ding  
ang le? Nimahsela i hnenah ngaihdam-  
na a awm a ni, tiha i awm theih nan.”  
(Sam. 130:3, 4).

MAHNI INTHIAM LOHNA HI THIL TAWRH HAR TAK  
A NI A, thinlung hnathawh daihriat har tak a ni bawk.  
Mahni inthiamlohna chuan zahna, hlauhna, pawitihna,  
thinrimna, lungngaihnhate bakah damlohna hialte a thlen thei  
thin. Nimahsela chung rilru put dan chi hrang hrangte chu  
Pathianin misualte A lama hruai nan leh Kross lama hruai  
nan A hmang thei a. Chutah chuan mahni inthiamlohna nei  
tute chuan ngaihdamna an hmu thin a ni. A chang chuan  
mi thenkhat ten anmahni tih sual ni lovah inthiamlohna an  
nei a. Nu leh pate inthenna tuar naupangte leh mi thenkhat  
thihna hial thlentu accident naa thi lova awmte chuan mahni  
inthiamlohna lian tak an nei thin a ni.

Nimahsela, wavi tam tak inthiamlohna chu thiltih  
dik loh avanga neih a ni thin bawk. Rilru put dan azirin

inthiamlohna hi nun tichhetu hlauhawm tak a ni thei a (Juda  
Iskariota), a tha lama siamthatu a ni thei bawk (Petera).

Tun kar chung chu mahni inthiamlohna chung-  
chang kan hriatfiah theih nan Biblea thawnthu pali kan zir  
ho ang. Chhandam kan nih theihna atana min tanpui tura  
Pathianin mahni kan inthiamlohna A hman dante kan zirho  
bawk ang.

**NIKHATNA**  
ZAHNA (Genesis 3:8-13)

**Jan. 23**

Tin, LALPA Pathian chu huana tlai ni nema a leng  
thawm chu an lo hria a: tichuan Adama leh a nupui chuan  
huana thing zingah chuan LALPA Pathian chu an lo bihruk-  
san ta a . . . Tin, LALPA Pathian chuan hmeichhe hnenah, “I  
thiltih hi eng tizia nge ni le?” a ti a. Tin, hmeichhia chuan  
“Rulin mi tihder a, ka ei ta a ni,” a ti a. Engtinngé Adama  
leh Eviten mahni inthiamlohna an neih? Adama thiltihah  
eng thil tha lo tak nge awm?

Mahni inthiamlohna hi mihringtena thinlung hna-  
thawh dan tha lo an tawn hmasak ber a ni a. Adama leh  
Evite kha an thiltihusual atangin an chetdan a danglam  
nghala. A Lalpa hma ata huan chungga thingkung buk karah  
an biru a (chang 8). An chetzia chuan an Pa leh Thian Pathian  
chu an hlau tih a tarlang a. Chutih rual chuan A hmel hmuh  
an zak bawk a ni. An tluk hma kha chuan Pathian nena  
awm dun kha nuam an ti em em mai a. Nimahsela tunah  
chuan a lak atangin an biru ta. Inzawmna hrui mawi tak  
chu a chat ta bawk a. Chubakah Adama leh Evite chuan  
Pathian thu awi lohna rah rapthlak tak chu an hriat tak  
avangin pawu an ti a, an hlauin an zak em em bawk a ni.



Adama leh Evite in mawhpuh tawn dan tawngkam: “I hmeichhe min pekin . . .” tih leh “Rulin min tihdera . . .” tihte hi chhinchhiah la. Mahni inthiamlohna chuan mi dang mawhpuhna emaw, thiltihual thup bo tumna emaw a awmtir thin.

Midangte mawhpuh thinna hi pakhat leh pakhat inlaichinna atan a tha lo hle a. Pathian ngaihdamna atan kawng a hawng lo a ni. A thaber chu mahni sualte thupha chawia, kan soal man tuar ngam a ni zawk. Thil kan tihsualin mahni inthiam-lohna lak atanga zalenna min pe thei tu awm chhun Pathian hnenah kan kal ngei tur a ni (Rom. 8:1).

A chang chuan miin a chhan dik lo tak avangin inthiamlohna a nei thin baw. Entirnan, mahni intihlumtu chhungkuaten inthiamlohna lian tak an nei thin. Naupang nu leh pa inthen sante pawhin inthiamlohna an nei thin baw. Chung mite chuan an thunun theihloh thilah mawhpurhna an nei lova, he Bible chang hi an thinlungah an vawng reng tur a ni: “Chhak leh thlang a inhlut ang hian, kan bawhchhiatnate chu kan hnen ata a dah sawn ta daih a” (Sam. 103:12).

Inthiamlohna i neihin engtinngte i tih thin? Adama angin midang i mawhchhiat vat zel em? I thiltih dikloh man tuar ngam dan leh Pathian khawngaihna tanpuinaa tihsual tawh lo tura hmalam pan dan engtinngte i zir ang?

#### THAWHTAN

**Jan. 24**

JOSEFA UNAUTE LUNGNGAIHNA (Genesis 42:21)

Tin, anni chuan, “Kan nau chungah kan thiltih kha kan

thiam lo tak tak a nih hi, khawngaih tura min ngen tawh tawh laia a thinlung mangan zia hmu reng chungah kan ngaihtlak-sak duh loh kha; chuvangin he manganna hian min tlakbuak a nih hi,” an inti a. Genesis 42:21 a tarlan ang hian engthil an hriat rengna innge Josepha unaute kha ti buai le? Chu chuan an chanchin engnge min hrilh?

Inthiamlohna hi hun rei taka thiltih tawhte nen a chang chuan a inkungkaih thin. A utena an zawrh laia Josepha mangang au thawm an thinlunga cham reng chuan a ute kha a ti buai thin ngei ang.

Genesis 45:3 a tarlan angin inthiamlohna chuan Josepha unaute kha engtinngte a tihbuai le?

Hun kal tawha thilthlengte ngaihtuah let nan eng ang pawhin hun seng tam thin mah ila, thilthleng tawhte chu tihdanglam theih a ni tawh lo. Inchhirna leh ngaihdamna a tul zawk a ni. Josephan a unaute a ngaihdama, inmawhpuh tawn lo tura a fuih khan a nungchang mawi zia a ti lang a. A chungah thilthlengte chu mi tam tak nunna chhan-chhuahna tur a ni tiin a unaute chu a hnem a ni.

Jakoba 5:16 leh 1 Johana 1:9 tea tarlan thutiamte chuan mahni inthiamlohna chungchang ah engnge min fuih?

Sualna zawng zawngte hian misual chungah leh Pathian chungah tawrhna a thlen tir a. Johana chuan min ngaidam tur leh min ti thianghlim tura Pathianin A buatsaih thu min hrilh a. Jakoba ve thung chuan sualte thupha inchawi tawn turin min hrilh baw. Thil kan tihsualnate chungah thupha chawiin ngaihdam kan dil ngei tur a ni.

Inngaitlawm taka soal thupha chawina hi mahni inthiamlohna lak atanga zalenna kawng awm chhun a ni. “I sualnate chu i hmaah tlang lianpuai ang ni mah sela, i thinlung

I tihlawm a, i sualnate i puan a, Chhandamtu khenbeh, tho leh taa thatna chu i rinchhan phawt chuan A ngaidam anga, fellohna zawng zawng lak atangin a tithianghlim ang che. Pathian chuan A dan nena inrem thlap turin a phut che a ni. He dan hi A aw thangkhawk vel chu a ni a, i hnenah chuan thianghlim deuh deuh zel turin a rawn sawi a ni. Krista khawngaihna famkimna chu duh rawh. I thinlung chu A felna ngaiin khahtir la, chu mi hnathawh chu Pathian thuin a puan dan in muanna a ni a, a rah pawh awm dam veng vengna leh chatuan atana thutiam chu a ni." *Tirhkohte Thiltithe*, phek 566.

### THAWHLEH

Jan. 25

CHAKNA LO CHUAI TA CHU (Sam. 32:4).

A chhun azanin i kutin mi delh si a: Ka taksa hnawna pawh, thal rumin thil a tidanglam angin, alo danglam tak hial kha. Inthiamlohna leh-thupha chawi chungchangah Sam 32 hian engnge min zirtir? Mi a ngawih rengin eng thil nge thleng thin? Davidan a rilru-a a inthiamlohna lian tak mai chu engtinng a chinfel?

Rilru dik tak pu-a soal thupha chawina hi thinlung leh tisa tan a tha hle a ni. Davida tawngkamte hian a rilrua a inthiamlohnatena tisa natna a thlensak thu a tarlang a. Hriselna lama mithiamte chuan rilru rimna leh taksa hriselna inzawmdan hi an hrethiam hle tawh a. Rilru rimna avanga natna awm chu psychosomatic natna tiin an ko a. Tun hnai lawka an hmuhchhuah dan phei chu kan rilru put dante hian kan taksa hi natna hrileng lakah a veng thei a, natna a veitir thei bawh a ni. Davida inpuanna hian inthiamlohna atana damdawi dik tak mai chu a tarlang a: "Ka sualna chu i hnenah ka puang a,

H-4

Ka khawlohna chu ka zep ta lo va: 'Ka bawhchhiatna chu LALPA hnenah thupha ka chawi tawh ang,' ka ti a; Tichuan ka soal khawlohna chu i lo ngaihdam tak kha" (chang 5).

Mahni inthiamlohna ina a thlentir zahnte, lung-ngaihate leh beisei bo anga inhriatna zawng zawngte hi Lalpa ngaihdamna mak tak avangin a bo hlen thei a. Chung aiah chuan hlimna leh lawmnain hmun a luah dawn a ni (chang 11).

1 Timothea 4:1,2 a "chhia leh tha hriatna ngeia thirlinga deh ang" tia Paula sawi hi engnge a awmzia ni ang?

Paulan ringtute hnena rinna mak tak zirtirtute an la awm tur thu Timothea hnenah a sawi a. Chung zirtirtu diklote chuan an thinlunga thirling anga deh an nih avanga chutianga zirtir chu an ni a. Taksa a thazam tawp meiin a kan avanga taksa bung thenkhat na hre thei lo in a awm theih a. Chutianga bawkin chhia leh tha hriatna chu hetiang hian a kang thei:

- (a) Awm dan tha bawhchhiat ngun lutuk avanga thiltha lo tih thinte chu a tha anga ngaihna.
- (b) Thil dik lo dik anga ngaihtlatna emaw, thil dik leh tha pawisak lohnate an ni.

Hun kal taa thianga lo anga I lo ngaih thin, mahse tuna i pawisak vak tawh lem loh thil engte nge awm? I thiltithe chu a dik lo a ni tih hriattirtu che chhia leh tha hriatna i nei thei em? Ngun takin i awmdan leh thiltih dante in ngaihtuah kir ang che.

### NILAI

Jan. 26

NASA TAKA TAHNA (Matthaia 26:75).

Tin, Petera chuan Isuan, “Ar a khuan hmian nanging vawi thum mi phat ang,” a tih thu kha a lo hre leh ta a. Tin, a chhuak a, a tap ta zawih zawih a. Mahni inthiamlohna nasaber mai chu Matthaia 26:75 a tarlan a ni a. Eng thilin nge Petera kha inthiamloh tir? A tawn ang thil i tawng ve tawh ngai em? I lo tawng ve tawh thin a nih chuan tun hnu a tisual leh tawh lo turin engnge i zirchhuah le?

Petera khan an hotupa kha phatsan lo turin tum hnih meuh a intiam kha a ni a. A vawi hnihnaah pheh chuan Lalpa khan kha mi zana vawi thum a phatsan tur thu a hrilh nghe nghe a nih kha. Darkar engemaw zat hnuah hmeichhe pahnihin Petera chu Isua zirtir a nih ve thu an hrilh a. A tum hnihin a pha a. A hnu ah puithiam lalber chhiahhlawhten Isua hnungzuitu a nih thu an han sawi khan, Petera chuan, “Ka ni lo” (Johana 18:25) tiin a pha leh a. Petera mizia sawichhuaktute kha mi hnuaihninga ngaih hmeichhia leh chhiahhlawhte an ni a. Chu chuan Petera chu a tizakin, a inthiam lo leh zual a ni.

Nimahsela Petera inthiamlohna khan inchhirna, thinlung thlakthlengna leh piantharna dik takah a hruai a. Kan thinlunga kan ngaihtuah dik tak, a sual lam leh a tha lo lama kan ngaihtuah thin te kan hriat chhuah a tul a. Tichuan Petera angin Lalpa hmaah kan tlu anga, kan lo kehsawm ve thei dawn a ni.

“Mittui tla chungin Petera chu Gethsemani huan lamah a tlan a. Isua tawngtaina hmun ngeiah chuan a baw thlawrh a. Chu lai hmunah chuan Isua khan A thinlunga a tawrh nasat em avangin a thlantuite chu a chal atangin thisen angin a far chhuak hial a ni a. Chung darkar hlauhawm taka

Isua lungngai taka a tawngtai lai a lo muthilh san dante chu Petera chuan lungngaihna thuk tak pu-in a ngaihtuah chhuak a. Petera chapona thinlung chu a keh sawm a, a lungngaihna leh pawitihna mittui chu a hmalawka Pathian Fapa duh tak thisen thlanina a lo tihhnawn leiah ngei chuan a far ve ta a ni.

“Chu huan atang chuan mi piangthar niin Petera chu a chhuak a. Thlemna tawkte chu a khawngaih te em em mai a. Petera chu mi inngaitlawm tak, mi chaklo leh tlute khawngaihna thinlung nei mi a lo ni ta a ni.”-- Ellen G. White, *Testimonies for the Church*, vol. 3, pheh 416.

Tirhkohte thiltih bu hmasa lamah Petera pianthar ziate, a thuhiril dan, kaihhruai dante leh thilmak tihte ropui zia leh thlarau tam tak chhandam ni tura a hruai dante tarlan a ni a. A hnathawh chuan Krista taksaa din kohhran duhawm tan lung a phum sak bawk. Petera thih dan tur Johana 21:18 ah Isuan a puang lawk a. A Lalpa angin thinga khenbehin a thi ve a ni.

I tlukna leh tihsual thin te midangte tlukna leh tihsualte hrethiam turin engtinge a tanpui che? I tawrhate chu midangte tawrhna tanpui dan zir nan engtinge i hman theih ang?

## NINGA NI

NGAIHDAMNA FAMKIM (Rom. 8:1).

Jan. 27

Chutichuan tunah zawng Krista Isuaa awmte tan chuan thiam loh chantirna reng a awm tawh lo. Eng thu nge Rom 8:1 hian min tiam le? He thutiam hi engtinge mahni tan theuh kan hman theih ang?

Pathian ngaihdamna chu a lian nasat, a thuk nasat leh a zau nasat em avangin hriatthiam famkim theih a ni lo va. Mihringte ngaihdamna thaber leh ropuiberte pawh hi Pathian ngaihdamna nen chuan khaikhin chi a ni lo. Pathian chu A famkim em em laiin, keini lah kan famkim lo em em a. Nimahsela Pathian thilpek Isua zarah rinna famkim leh Lalpa-a inpumpekna famkim neia Pathian thutiam chu kan pawm vele ngaihdamna famkim chu kan nei thei a ni.

Sam 103:12; Isaia 1:18; Mika 7:19 te chhiar la. Heng changte hian Pathian ngaihdamna hrethiam turin engtinngan an tanpui che?

England rama Elstow hmuna sakhaw rawngbawh tura inkhung hrangete awmna kulh chhunga darthlalang kawngkate pakhatat hian Kristian Vanram Kawng Zawh thawnthua lemte tarlan a ni a. Chu milemah chuan Kristiana chu Kross bulah a thingthi a. A tawngtai lai chuan a sual phurrit lian tak mai chu a dar atangin a lum thla a. Chu chuan a thlarau nun chu a tih zang khai phah hle a. Kristiana chuan, "Chu phurrit chu ka hmu leh tawh ngai lo a ni" tiin a sawi a. A tawrhate, hlauhna leh lungkhamnate leh zahate chu chuta tang chuan chatuan atan a bo hlen ta a ni.

Mi famkim lo kan nih avangin Pathian famkimna leh ngaihdamna famkim chu hriatthiam a har em em mai a. Chuvangin Pathian famkimna leh ngaihdamna chu rinnaa pawmin hetiang hian kan tawngtai tur a ni: "Lalpa, inngaitlawm takin ka sualnate i hnenah ka inpuang e. I ngaihdamna leh silfainate ka pawm baw e. Amen" tiin.

Kan sualte ngaihdam ni anga kan hriatloh laiin, ngaihdam kan ni ngei tih engtinngan kan chian theih ang? Ringhlel anga kan awm laiin ngaihdam kan ni ngei tih chianna chhan tha tak engnge kan neih le?

## ZIRTAWP

Jan. 28

**ZIRBELH TUR:** "Sual chuan mihring thinlung thunun tumin nasa takin a bei a. Inthiamlohna thinlung chuan thlarau nun tihniamin rilru hahna a siam baw a, rinhlelhna chhumpui chu a zing thin. Nimahsela Tu khawngaihna nge sual hneh turin tling taw a? Tu in nge ngaihdamna hlu tak min pe in kan sualna zawng zawng tlangfai a, thim ata min hruai chhuak a, Pathiana beiseina leh hlimna min pe thin le? Sualna tlangfai thei chhandamtu Isua a ni a. Ani chu van rorelnaa kan palaiA ni baw a ni."-- Ellen G. White, *Bible Training School*, May 1915.

"I thiante emaw, thenawmte emaw chung a thil dik lo i tih chuan ngaihdam i dil ngei tur a ni. I sualna ngaihdam sak che chu an mawhpurhna a ni a. Tichuan, Pathian hnenah ngaihdam i dil ve leh chauh tur a ni. A chhan chu a rilru i tihnat mi kha Pathian ta a ni a, a rilru i tihnat khan A siamtu chung a thil tisuai i nih vang a ni."-- Ellen G. White, *The Faith I Live By*, phek128.

◆ \* ◆

**ZIRLAI 6**  
**RILRU THA**  
**January 29 - February 4**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Marka 7:21-23; Luka 6:45;  
Tirhkohte 14:2; 15:24;  
Galatia 3:1; Sam 19:14;  
Kolossa 3:1-17.

**CHANGVAWN:** “A tawp berah chuan unaute u, a dik apiang te, a zahawm apiang te, a fel apiangte, a thianghlim apiang te, a duhawm apiang te, a thangmawi apiangte- thatna reng a awm a, fakna reng a awm phawt chuan - chung chu ngaihtuah rawh u.” (Philippi 4:8).

TUNLAIA RILRU BUAINA NEITE ENKAWL DAN LANGSAR TAK CHU CBT (Cognitive Behavioral Therapy) hmanga enkawl a ni. CBT chuan rilru buaina neite chu an ngaihtuahna diklo leh chezia diklote hmuchhuaka thlakthleng turin a tanpui a. Lungngaihna nei mite chuan thil awm dante hi a tha lo lam hlirin an hrilhfiaw chawk thin. Lungkhamna nei mite chuan hmalam hun an hlau bawk. Mahni inngai hniam mite chuan midangte hlawhtlinna an fak chiama, anmahni chu an inngai nepa, inngaihhlutna engmah an nei thin lo. Chuvangin CBT chuan mite chu an ngaihtuahna thalo leh dik lote inhria a, ngaihtuahna dik leh a tha lam chauha

ngaihtuah thin turin a tanpui thin a ni.

Bible pawhin rilrua ngaihtuahna leh nitin cheziate inzawm dan min zirtir a (Luka 6:45). Rilru thate chu an hrisela, chu chuan chezia tha takte a hring chhuak thin a ni. “Thil tha lo suangtuahtute chuan an tisial a ni lawm ni? Thil tha suangtuahtute mi-ah erawh chuan zahngaihna leh thutak a awm ang.” (Thufingte 14:22).

**NIKHATNA**

**Jan. 30**

**SUANGTUAHNATE: NUNGCHANG INTANNA BUL**  
(Marka 7:21-23).

Kawchhunga mi, mihring thinlung atangte chuan ngaihtuahna sualte a lo chhuak si thin; inngaihna te, rukrukna te, tualthahna te, uirena te, awhna te, sualna te, bumna te, hurna te, itsikna te, sawichiatna te, chapona te, atna te hi; chung thil sual zawng zawngte chu kawchhung atangin a lo chhuak a, mihring chu a tibawlhhlawh thin,” a ti a. Marka 7:21-23 leh Luka 6:45 ten kan chezia, tawngkamte leh ngaihtuahna chungchanga mahni inkhuahkhiri a pawimawhzia engnge min hrilh?

Thilsual tihna hi ngaihtuahna dik lo atanga rawn piang chhuak a ni chawka. Chuvangin Kristiante chuan Pathian tanpuinain ngaihtuahna dik lo leh sual chu engte nge an nih tih an zir hre ngei tur a ni a, chu chu Kristian tinte mawhphurhna a ni bawk.

Nungchang sual chinfel dan tur Paulan Rom 8:5-8 ah eng thurawn nge min pek?

Paula chuan kan thinlung suangtuahtute leh kan nungchangte inzawm hnaihzia a tarlang a. Thlarau Thiang-

hlima khat thinlung chuan chezia tha tak a nei a. Sualina a thunun thinlung chuan chezia soal takte a chhuahtir thin. Mitena min pawmtheihna tura adera nungchang tihthat mai chu a tawk lova. Tihthat zeta thinlung inthlak thlengna a pawimawh a ni. Chutilo chu reiloteah mizia hlui chu a lo lang leh mai ang.

Thinlung thianghlim siamthar dan leh rilru thalo tihchhiat theih dante chu hriatthiam kan mamawh a. Kan thinlungte chu thil thianghlim chauh ngaihtuahthir tur a ni a. A chhan chu ngaihtuahna dik tak hi thlarau tana himna awm chhun a nih vang a ni.

Darkar 24 chung a i rilru putdante midang hnena hrilh tur ni ta ang la. Engnge i sawi ang? Sawi hreh tak angin i awm ang em? I chhanna chuan eng ang inthlak danglamna nge mamawh che ang a hriattir che?

**THAWHTAN** **Jan. 31**  
TILUNGHNUALTU NGAIHTUAHNA (Tirkhohte 14:21).

Nimahsela ring duh lo Judaten Jentailte an fuih pawrh a, unaute chu an huattir a. Engthilinngte ti hlau-thawng em em thin che? I hlauhthawn laiin Lalpa rinchhan dan engtinngte i zir ang? Engpawh nise, Lalpa thiltihtheihna chu thil hlauhawm i tawhte zawng zawng aiin a lian zawk hle a ni.

Ngaihtuahna atangin tawrhna tam tak a thleng thei a. Rilru lam chhui mi Philip Zimbardo-a chuan a lehkhabu pakhat ah nula pakhat thih a hlauh avanga damdawiina an zawn luh thu a ziak a. Natna engmah a nei lova, nimahsela enchin nan damdawi inah zan khat riah an phalsak a. Darkar

rei vak lovah a thi ta nghal mai a ni. A thih hnu-a a chanchin an hriat danin kum engemaw kal ta a, a kut ziak entu in kum sawmhni leh pathum a tlinna birth-day-a a thih tur thu a lo sawi lawk a. Chu nula chuan a thih tur puan lawk chu a hlauh em avangin kum sawmhni pathum a tlin hmain a rilru inthunun zo lovin a thihphah ta a ni.

Mi tamtakten an ngaihtuahna dik lo avangin nasa takin an tawrhphah thei chu zawh ngai lovin kan hre theuh awm e. Chuvangin ngaihtuahna hrisek tha kan neih a pawimawh em em a ni.

Tirkhohte 14:2; 15:24 leh Galatia 3:1 ten a tha lo lam zawng mipui chung a huvang neih chungchang engteng min hrilh?

“Hlim leh lawm taka in awm loh pawhin, chu chu sawi chhuak kher suh u. Mi dang tihlungngaih ching suh u. Sakhaw hlim lo leh ngui takin Krista hnen lamah thlarau a hip ngai si lova. Ke pen sualte aw h nana Setana thangkama awk turin Krista hnen ata a hnawt bo fo thin a ni.” *Tihdam Rawngbawlna*, phekk 485.

Mi tuemaw tawngkamin a tihnat em em che hun ngaihtuah kir la. Engtinngte chutianga midang chung a tawng ve miah lo tura i fimkhur theih ang?

**THAWHLEH** **Feb. 1**  
RILRU THIANGHLIM (Philippi 4:8).

Kan changvawna Paula tawngkama thuchah pawimawh tak chu engnge? 2 Petera 3:1, 2 chhiar bawk la. Bible thu hriatrengate, sawi nawn thinte, ngaihtuah

thinte, leh zir thinte hi thlarau lam malsawmna kan dawnna a ni a. Chubakah Petera koh ang “rilru thianghlim” neihna kawng awm chhun a ni bawk. Thutiam awmna Bible chang baihat thin avangin mi tam takin malsawmna an dawn phah thin a. Chutianga rilru Bible thu vawng thintute chuan lungkhamna, rinhlelhna, hlauhna leh thlemnate an tawhin an thuvawnte chu an ngaihtuah chhuaka, tichuan Thlarau Thianghlim thiltihtheihna zarah thlamuanna an chang thin a ni.

Tunlai khawvela thlemna tam tak TV, Computer, infiamna leh thildang chi hrang hrangte avangin ringtuten Bible chhiar an hlamchhiah bakah an theihngihl phah fo thin a. Chuvangin thlemna kan do theih nan bible chhiar leh zirtura nitina tan lak hram hram kan mamawh em em a ni.

Kan changvawn hi han chhiarnawn leh la. I nuna a dik, thianghlim, ngainat awm tak thil i tawnte zia chhuak la. Chung i ziahchhuahtena thil thuhmun an neih theuh chu engge? I chhannate sawiho ang che u.

Tawngtaina hi buaina lak atanga rilru ngaihtuahna lakkian dan kawng tha tak a ni leh a. Rilru soal leh thiltih soal lak atangin tawngtaina neih thinna chuan min veng thei thin a ni.

Kan rilru ngaihtuahnae hian kan tawngkam, chezia leh hriselnate chung a huvang a neihtheih avangin Pathianin A ngai pawimawh hle tih Bible in chiangtakin min hrilh a. Pathian chuan rilru tha, ngaihtuahna tha tak nei turin min duh a. Chanchintha tak mai chu Bible zirna, tawngtaina leh kan thinlunga thlarau thianghlim kaihhruaina in kan rilru leh ngaihtuahnae chu Pathian duhdan zawngin kan awm tir thei a ni.

## NILAI

**Feb. 2**

KAN THINLUNGA SUANGTUAHNATE (1 Lalte 8:39)

I mi Israel zawng zawngte zinga mahni thinlunga hri awma hria a, he mi in lam hawia kut rawn phar apiangin tawngtaina leh dilna an rawn hlan reng reng chu i awmna van atangin lo ngaithla la, ngaidam la, che la, nang an thinlung hretu, mi tin, an awmdan ang zelin hlawhtir ang che. 1 Lalte 8:39; Sam. 19:14; 1 Chronicles 28:9 leh 1 Samuela 16:7 ten eng ang thu pawimawh tak nge an tarlan? Heng thudikte hian kan ngaihtuahnae engtianga fan tur nge an nih? Heng thudikte hian a tikhurin, a ti hlauthawng che em? Nge beiseina a pe zawk che? Anih loh leh a pahnihin an neihtir ve ve che em ni?

“Nangmah chauhin mite thinlung i hria a” (1 Lalte 8:39). Thinlung tih tawngkam hi Bibleah hian suangtuahna leh rilru hnathawh bulthutbera hman a ni a (Matthia 9:4). Pathian chauhin kan rilru ngaihtuahte, kan thiltumte, leh a ruka kan thil suangtuah zawng zawngte chu A hria a. Min Siamtu lak atangin kan rilru ngaihtuahna engmah hi thuhruk theih a ni lo.

Pathianina kan rilru ngaihtuahna engkim A hriatna hi kan tan a tha hle a. Miin tawngtai tura beidawnna a neih changin, Pathian chuan an mamawhte chu A hriatsak thin a ni. Mite thinlung chhung kan hriattheihloh avangin an thiltih enin ro kan rel sak thei lo. Thinlung hretu Pathian chauhin an chungah roelna dik tak A nei thei a ni.

Setana leh a vantirhkohte chuan kan thinlung ngaihtuahnae an hriat theih nan min vilin, min enthla renga, kan



chetdan kalphungte an zir a, an ngaithla a, an rinthu in an suangtuah a, min thlem ta thin a ni. "Kan rilru chhungrila kan ngaihtuachte Setanan engmah a hre lo. Nimahsela, kan cheziata a hmu in, kan tawngte a ngaithla a. Tichuan mihringte chanchin hun rei tak chhung a lo zir tawhna hmangin kan nungchang chaklohna laiberah min thlem ta thin a ni." Ellen G. White, *The Review and Herald*, May 19, 1891.

Nitina duhthlanna i siamthinnaah Pathian hnenah tanpuina dilin tawngtai thin ang che. Pathian nen chauha tawngtaina hmanga in in laichinna chu ngaina hle ang che. Thinlunga tawngtaina hmanga Pathian nena in inzawmna chu midang tumahin an hriatpui thei lo che u a ni. I thinlung leh ngaihtuahna vensak tur che a Krista hnenah i inpek chuan thlemna lak atangin A venghim ang che a, thlarau lam malsawmna A pe bawkw dawn che a ni.

Vawiin nia kan zirlai hian midangte rorel sak zung zung lo tura Bible vaukhannate hrethiam turin engtinng min tanpui? I thinlung ngaihtuahna hriatpui lo tuten vawi engzatnge ro an rel sak tawh thin che? Engvangnge midangte rorel sak ve loh hi thil pawimawh tak a nih?

**NINGA NI**

**Feb. 3**

**KAN THINLUNGA ISUA THLAMUANNA (Kolossa 3:1-7).**

Isua Kristaa kan nuntheihna tura Pathianin ti tura min duh thenkhatte chu engtengnge ni le?

Heng changte hian thil tha leh tha lo bul ber thinlung leh ngaihtuahna te an tarlang a. Thiltha min tihtheitu awm chhun Krista chanchin a tarlang bawkw. "Tin, Krista

thlamuanna chuan in thinlungah ro rel rawh se, chutiang ni turin taksa pumkhata koh in ni reng asin; lawm nachang hre bawkw rawh u" (Kolossa 3:15). Kan thinlung leh ngaihtuahnate Pathian lama kan dah chauhin sualna chu kan hneh thei ang. Kan thinlunga thlamuanna dik tak min pe theitu chu Krista chauh a ni.

Sual tihduhna thinlung leh sualtihna hmunte hian thinlung thianghlim tak chu a kalhtlat a. Nimahsela Pathian chuan keimahni chauha do turin min hnutchhiah lo. A duh apiangte hnenah tanpuina leh venhimna pek a tiam zawk a ni. "Kan ngaihtuahnate Pathian lama a awm reng chuan A hmangaihna leh thiltihtheihnaten an veng reng ang." Chuvangin, "Krista ka atanga chhuak thute angin kan nung ngei tur a ni."-- Ellen G. White, *Mind, Character and Personality*, vol. 2, phek 669.

Kan rilru hnathawh dan hi mak tak a ni a, chiang takin kan hrethiam lo hle a ni. Kan thinlung chhungril tak in kan ngaihtuah turte chu kan thlang thin a. Kan ngaihtuahnate chu rang takin kan thlakthleng thei bawkw. Thiltha lo i ngaihtuah changin engtinng i tih thin?

**ZIRTAWP**

**Feb. 4**

**ZIRBELH TUR:** "Rilru tha thiltihtheihna hi rangkachak leh lungman tam aini a hlu zawk a. Chuvangin ngaihtuahna tha nei turin kan fimkhur reng tur a ni a, rilru thatna hi kan ngaisang hle bawkw tur a ni. Rilru tha lo chuan thlarau nun a tibawlhhlawh a, Thlarau Thianghlim ina rilru a thununna tur a dal thei thin. Thlarau mit a tihvaih avangin miin Pathian chu a hrethiam thei tawh thin lo a ni. Misual inchhir chu Pathianin A ngaidam a. A thiltih sual zawng zawngte ngaidam a ni. Nimahsela a thlarau nun chu tihchhiat a lo ni tawh thin. Thlarau lam thudikte chiang taka hriatthiam



duhtu chuan tawngkam leh ngaihtuahna tha lo leh bawlh-hlawh zawng zawngte chu a paihkiang vek tur a ni. Kan thinlungte chu Krista thinlung nena pumkhat ni thei turin siam kan tum tur a ni a. Tichuan A thudik chuan taksa, thlarau leh rilru thianglim tak min siam anga, thlemna chunglama leng thei turin chakna min pe dawn a ni."-- Ellen G. White, *The Signs of the Times*, August 23, 1905.

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**ZIRLAI 7**  
**RILRU TLAKHNIAMNA KARA BEISEINA**  
**February 5 - 11**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Sam. 42; Sam 31:10; Sam. 39:2-7; Sam. 32:1-5; 1 Johana 1:9; Mika 7:1-7; Thupuan 21:2-4.

**CHANGVAWN:** "LALPA chuan thinlung lungchhiate chu a hnaih thin a, Rilru inchhir apiangte chu a chhandam thin" (Sam. 34:18).

**KHAWVELA SUAL AWM ATANGIN RILRU TLAKHNIAMNA HI MIHRINGTE THINLUNGAH** a awm ve nghal a. Rilru tlakhniamna nei mite chuan a chang chuan an nun chu beisei bo angin an hre thin.

Beisei bo angin inhriatna hi rilru tlakhniamna tarlanna chi khat a ni a. Bible ina beiseina thuchah tam tak min pekna chhan a ni bawk. Khawvelina a pek theih beiseina ai chuan a hlu hle bawk a ni. Mitinte hian a chhan hrang hrangte avangin beidawwna kan tawng theuh a. Chuvangin Bible ina kan hmalam hun atana beisei tur tha tak thutiam chi hrang hrang min pe hi a mak love. Khawvela beisei tur nei loten Pathianah beisei tur ropui tak an nei thei a ni.

**NIKHAT NA** **Feb. 6**  
**THLARAU NUN CHAU (BEIDAWNG)** (Sam. 42).

Sam 42 a thuchah nen hian inzawmna nei angin i inhria em? Eng ang beiseina nge a tarlan?

Saulan thah tuma a zawn reng avangin Davida khan harsatna chi hrang hrang a tawh a. Chung hnuah chuan Davidan Pathian dan a bawhchhe leh a. A dan bawhchhiatna chuan inthiamlohna lian tak a neih tir a (Sam. 51:4). Mahni inthiamlohna hi lungngaihna nen a inzawm thin a ni.

Entirnan mi pakhat hian ama chungchang dik lo takin a inngaihtuah thin a (Kei chu ka mawl em mai), khawvelah beisei tur nei lo angin a nunga (Hringnun inrel-bawl dan hi a dik lo), chubakah a nunah thiltha engmah awmthei tur angin a ring bawh lo (Thil awmdante hi engtikah mah a tha lovang). Chutianga mi tan chuan lungngaihna neih chu a awl em em mai a. Chutianga rilru put dan chu" ngaihtuahna/suangtuahna vanduai" tiin an ko hial a ni.

A hnuuaia a thalama rilru put dante hi ngaihtuah la:

1. **Mahni inthlir dan tur.** Pathian anpuia siam i ni a. A thil-siamte enkawl tura ruat i ni bawh (Genesis 1:26, 27). Sualna in tam tak a tihchhiat hnu pawhin Pathian anna tam tak i la nei a ni. Isua Kristan Kross-a A thihna in chatuan thihna lak atangin A chhanchhuak che a, chi thlan, lal Puithiam atan A thlang che a (1 Petera 2:9). Pathian mithmuhah chuan i hlu em em a ni.

2. **Khawvel hi.** Khawvel hi a mawihrawp tawhin sualna hlirin a khat a. Nimahsela chutihruah chuan Philippi 4:8 a tarlan angin a tha, mawi leh duhawm ngaihtuah tur tam tak a awm bawh. Kristiante chuan sual bultan dan leh a tawp dan tur an hriat avangin beiseina hlauh bo lo in sualna chu an hrethiam thei a ni.

H-5

3. **Hmalam hun tur.** Pathian fate hmuaktu hmalam hun chu ropui tak a va ni teh lul em! Bible hi chhandamna thutiamin a khat a ni (Sam. 37:39).

Lungngaihna hi sual a ni lo. Isua ngei pawh kha a changin a lungngai thin a ni. Chuvangin lungngaihna kan neih avangin kan inthiam lo tur a ni lo. Tun kar zirilaia Bible thudikte hi tuna i tawh i buainate chinfelnaa tanpuitu che atan engtingge i hman theih ang?

#### THAWHTAN

Feb. 7

BEIDAWNNA RAHTE (Isaiah 38:14).

Vamur emaw, kanghlai emaw angin ka hram ka hram a, Thuro angin ka rum ka rum a, chung lam thlir nan ka mit a vai zo ta; Aw LALPA, hnehchhiaha ka awm hi, nang chuan a bul mi tumsak ang che. Isaia 38:14 hian Lal Hezekian natna khirh tak a tawrh thu a tarlang a. Mitinte hian kan natna tuar thinte tarlan dan chi hrang hrang kan nei thina. Thenkhatin ngawi renga an tawrh laiin then khat ve thung chuan Hezekia angin an rum chhuak thin. Chutiangan lungngaihna tawrh dante pawh a inang lo hle thin bawh. Mi thenkhat chuan thihna hial pawh thlamuang takin an tuar thei thin a ni.

Eng anga beidawnna chungchangnge Sam. 31:10; 77:4; 102:4, 5 leh 1 Lalte 19:4 ahte tarlan a nih le?

Rilrua beidawnna hi kawng chi hrang hrangin a lang chhuak thei a: (a) Lungngaihna thuk tak neihna; (b) Eng thil mah tihpeih lohna, thil hlimawm takte pawh tihpeih lohna; (c) Eiin a tui lova, rih lam a kiam thin bawh; (d) Muhil thei

lo in emaw, mu nasa lutukin emaw-a awmna; (e) Mahni ingaihnepnā; (f) Ngaihruat theihna leh hriat rengna a chak lo; (g) Thihna chungchang leh mahni inthah chungchang ngaihtuahna.

Mi thenkhat chuan a chungā tarlan zinga chi khat emaw, chi hnih emaw chauh an neih laiin, then khat ve thung chuan an beidawnna a tawp thlengin thla tam tak chungā a chungā tarlante khi an tuar thin. Engpawh nise rilru beidawnna hi thil khirkhkan tak a nih avangin daktorte emaw, pastorte emaw hnen atangin tanpuina lak ngei tur a ni.

Lungaihna leh beidawnna hi kawng chi khat khatin kan tawng theuh thin. I nun tilungngaitu leh tibeidawngtu che chu engte nge ni a, engvangnge ni le? Hun kaltaa Pathian kaihruai dan che hre reng la. Chung atang chuan eng ang beiseina leh thathona nge i hmuh theih? Engvanginngē chungte chu hriat reng a pawimawh em em le?

#### THAWHLEH

Feb. 8

RILRU BEIDAWNNA DAMDAWI (Sam. 39:2-7)

Davidā a ngawih reng khañ engthilngē thleng (Sam. 39:2-9)? Engnge a rahchhuah?

Beidawnna leh lungngaihna neituten an rilru hahna phawrhchhuahna tur an mi rin zawng tak neih an mamawh hle a. A chang chuan mi tuemaw hñena rilru phawrhchhuah hian rilru a tihñawm phah thei a ni.

Sam 55:17 ah eng thutiam nge awm? Engvangnge he thutiam hi kan tan a pawimawh?

Davidā angin eng hunah pawh Pathian hñenah

tanpuina kan dil thei a. Lalpan a awte A ngaihtlak sak thin tih a hriatna chuan Davidā chu a tih thlamuana phah em em a ni.

Kristian ni lo rilru lam daktorte pawhin tawngtaina ringtute chu an tawngtai ngei tur a ni tih an pawm a. Pathian hñena tawngtaina ina hma min sawn tir dan chu kan dai hre theuh thei a ni.

Zawlnei chuan tawngtaina hi “Thian angā Pathian hñena thinlung phawrhchhuahna” tiin a hrilhfiah a. *Testimonies for the Church*, vol. 4, phēk 533. Tawngtaina chuan kan buainate chingfel reng thin lo mahse, engangin-nge min chinfel sak thin le?

#### NILAI

Feb. 9

NGAIHDAM A TULNA (Sam. 32:1-5).

Sam 32:1-5 a tarlan angin Davidā khañ a tawrhna thawidamna engnge a hmuh? 1 Johana 1:9 chhiar bawk la. Hetiang hi engtinngē kan hmuh ve theih ang?

Puanchhuah loh thinlunga inthiamlohna hi tawrh a har duh hle a. A thinlunga a tawrh chu Davidāñ Sam 32 leh chang danghte a tarlang a ni.

Lungngaih beidawnna nei mite kan tawh chanin, an sualnate an puanchhuah duhloh avanga dem mai lo turin kan fimkhur hle tur a ni a. Lungngaih beidawnna rilru an put avangin misual ni ta angin ro kan rel sak mai tur a nibawk lo.

Hun kal tawh kan ti danglam thei lova. Nimahsela Pathian khawngaihna azara kan tihtheih chu kan thiltih diklohte atanga thiltha zirchhuaha, thil diklote tih tawh loh a ni a. Engpawhnise kan tihtheih zawng chu Pathian hñena inpumpeka, A lainatna, khawngaihna leh tihdamna dil a ni.

Mi tam takte chu an sualte an puanchhuah hnu pawhin mahni inthiamlohna in an la khat thin. Engvangin-ge sual puan hnu-a sual man tawrh ngamnate leh hun kal tawh a thiltih diklo bansan dan zirrate hi an pawimawh em em le?

**NINGA NI** **Feb. 10**  
RETHEIH MANGANNA LAKA BEISEINA (Mika 7:1-7).

Mika 7:1-7 a tarlan angin a chhehvela awm, amah hual veltu buainate laka zawlnei Mika talchhuah dan chu engnge ni?

A hmasa lam chang rukah hian Mika chuan a hunlaia buaina leh sualna chi hrang hrangte a tarlang a. Chung zinga a tam zawkte chu tunlaiah pawh kan la tawng zel a ni.

Kan mi hnaihberte nena inremlohna chuan rilru rimna nasa tak a siam thei a. Chutiang ang inlaichinna chu a chang chuan rilru tlakhniamna nen a inkungkaih thin. Mikan chang sarihn-a-chiang taka a tarlan chutiang buaina lak atanga talchhuahna kawng tha ber chu beiseina a ni.

Beiseina hi thinlung hriselna atan pawh a pawimawh hle a. Mitin tan beiseina hi a nun reng a tul bawk. Entirnan, hnathawh tur zawng mektu thalai chuan a la hmu ngei ang tih a beisei tur a ni a. Khualzin kawngbo chuan kawng dik a hmu leh ngei ang tih a beisei tur a ni. Dam-chhunga beiseibo anga inhraitna chuan nun awmzia neihlohna leh thihna ah a hruai thei thin.

Eng ang beiseina nge Isaia 65:17; 2 Petera 3:13; Thupuan 21:2-4 ahte kan tan awm le? Engvangnge hei hi kan tana beisei tur awmchhun a nih?

**ZIRTAWP** **Feb. 11**  
**ZIRBELH TUR:** “Matthaia 26:36-43 a thute nguntaka ngaihtuah phahin chhiar la. Isua chu thihna khawp hialin a lungngai a (chang 38). Isua tawrhna chu han suangtuah teh le? Kha hun thim tak maiah khan tanpuitu thian a nei lo. A hnungzuitu chuan a phiarru a, midangin an tlanchhiat san bawk a. Chu ai maha nasa chu Isua khan A Pa nen tihthena awm angin A inhria a ni. Kan sualnate avanga thiamlohna zawng zawng chu phurhtir a ni bawk. Isua tawrhna hi rilru beidawnna kan tawrh thinte aiin a nasa zawk hle a ni.

“Urhsun takin Isuan zirtirte chu a titipui a, a zirtir bawk a; Gethsemani huan an hnaih ta hle tihah erawh chuan, mak takin a ngawi ta vang vang a. He huanah hian tawngtai hun leh chik taka inngaihtuahna hun hmang turin a kal fo thin a, nimahsela he zan, taksa leh rilru lama tuarna nasa tak a neih zan hnunngung ber ang ema lungngaihna nei hi chuan, a la kal ngai lo. A lei nun chhung zawngin Pathian awmpuina enga kal reng thin a ni a; Setana fuihpawrh mi sualte nena an intawh chang pawhin, “Mi tirtu chu ka hnenah a awm a, mi thlahthlam lo ve, a thil lawmzawng apiang ka tih fo avangin,” tiin, a chhang thei zel thin (Johana 8:29). Tunah erawh chuan Amah chhawmdawltu Pathian awmpuina eng chu a laka dang chattu a awm ta niin a lang. Bawhchhetute zinga chhiar tel a ni ta a, suala tlu tawh mi-hringte thiam lohna chu a phur tur a ni. Sualna reng nei lo chungah chuan kan zaa khawlohna chu nghahin a awm bawk tur a ni.

“Sual hi a rapthlak ema A hriat avang leh, a phurh tur sual thiamloh channa chu a rit ema A hriat avangin, Pa hmangaihna dawng ngai tawh lo-a a awm hlen mai a hlau

hle a. Bawhchhiatna avanga Pathian thinurna a rapthlak nasat zia hria in, "Ka rilru a lungngai em em a, thihna khawp hial a ni," tiin a au chhuak ta ringawt mai a." *Chatuan Nghahfak*, pheh 665.



**ZIRLAI 8**  
**NGAI AWH LEH THEIHNA**  
**February 12 - 18**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Joba 19:25; Jakoba 5:10,11; Ruthi 1; Estheri 2; 2 Korinth 11:23-28; Philippi 4:11-13.

**CHANGVAWN:** "Pathian chu kan inhumhinhna leh kan chakna, Mangan laia tanpui vartu hnai reng a ni. Chuvangin leilung hi lo dang-lamin, Tlangte hi tuifinriat chhung daihah insawn mah sela kan hlau lo vang; A tuite chu ri hum humin phul bulh bulh mah sela, A fawn nasat avangin tlangte hi nghing dur dur mah sela, kan hlau chuang hek lo vang." (Sam. 46:1-3).

AWM DAN PANGNGAI ANGA NGAI AWH LEH THEIHNA HIAN damchhung nunkawnga rimnate, thil hlauhawmte leh hun harsate tuarchhuak thei turin min tanpui a. Mitinte hian harsatna leh rilru rimnate chu kan tawk theuh awm e. Heta zawhna awm chu: Kan nuna thil-thlengte tihchhiata kan awm loh nan engtinngae ngai awh leh na kan neih theih ang?

Bible chuan nunkawnga harsatna tawkte chanchin min hrilh a. Chung mite chuan Pathian khawngaihna leh

tanpuinain an buainate chu an hneh thei a. An nuna harsatna leh buaina an tawhte atanga ngai awh leh theihna an neih avangin Pathianin A hmang thei hlawn a ni.

**NIKHAT NA** **Feb. 13**  
JOBA DAWHTHEIHNA (Jakoba 5:10, 11).

Unaute u, Lalpa hminga thusawitu zawlneite chu, tuar dan leh chhel dan kawngah chuan engtawn atan hmang rawh u. Joba chhelzia chu in hria, a Lalpan a tawpa a tihzia pawh kha in hmu bawh a, Lalpa chu khawngaihna in a khahzia leh zah a ngaih theihzia pawh kha. He changa tarlan ang hian engtawn tlak ni thei tura Joba awmtirtu ber chu engnge ni ang? Joba 1-3 chhiar bawh la.

Joba thawnthu hian ngai awhlehna chanchin ropui tak a tarlang a. A nun hmasa lamah Joba chuan Pathian thatna leh felnate chu a hrethiam hle a. Nimahsela tawrhna rapthlak tak mai a tawwna chhan chu a hrethiam lo. A fate an thih zawh vek bakah a thilneih zawng zawng an boral vek a. Chumi hnuah natna rapthlak tak a tuar leh nghal a. Chutianga hun khirh tak a tawh lai pawhin Pathian a rinna chu Joba chuan a hloh ngai lo va. A mangannate a tawp thlengin Pathian chu a chelhtlat a ni.

Joba 19:25 a tarlan angin Joban eng ang beiseina nge a chelhtlat le? Kan buainate kan tawn laiin hetiang beiseina chelhtlat dan engtinge tha zawka kan zir theih ang?

Hun khirhtak leh mangan thlak tak i tawh laite ngaihtuah la. Eng ang beiseinainge hmalam pan thei tura vawng che? Eng ang tawngkamin nge hnem che a, eng

anginngge ti lungngai che? Nangmah anga harsatna tawkte hnem thei turin harsatna i tawhte atangin engnge i zir chhuah le?

**THAWHTAN** **Feb. 14**  
JOSEFA SALTANNA LEH LUNGIN TANNA (Genesis 37:19-28).

Josefa kha dik lo taka lungina khung a ni a. Nimahsela a thiltawnte khan Pharoa lalina awmthei turin kawng a hawn sak a. A hnu ah Pathianin chu hamthatna chu a unaute chhanchhuah nan A hman sak leh a ni.

“Jakoba hnena Lalpa thutiamte a lo thlen famkim dante, mamawh hunah chuan Pathian vantirhkohte lo kalin an thlamuan a, an venghim a, an kaihruai thin a ni tihte hrilh vek a ni. Pathian hmangaihna, mite tana Tlantu pek a nihziate a hre vek tawh a. Tunah hian chung thil pawimawh hlu tak mai a zir thin chu a mitthlaah a lang reng a. Josefa tan chuan a pa Pathian chu a Pathian a ni. Chumi hunah tak chuan Lalpa hnenah a pumin a inhlan a, a vahvaihna ramah chuan Israelte Vengtu chu a hnena awm turin a ngen a.”  
*Thlahtu Bulte leh Zawlneite, pheh 237.*

Rom 5:3-5; 2 Korinth 1:3,4 1:8, 9; leh 2 Timothea 1:11, 12 ten thiltha lo takte thiltha taka an inher theih dan engnge an tarlan?

Pathianin a tul lova kan tawrh hi A duh lo. Isuan kan tana A buatsaih vanram chu mittui tlakna leh natna awm tawhlohna hmun a ni a (Thupuan 21:4). Nimahsela chu thutiam a famkim hun chu kan nghah a la tul a. Chu mi hmun kan thlen hma chu kan tawrhate hian zirlai pawimawh tak min zirtir thei tih hriat reng kan mamawh bawh.

Ngilneihna, inngaihtlawmna leh soal leh tha hriat-thiamnate hi kan zirtheih zirlai thenkhatte chu an ni. Hreawm kan tawh laiin tawrhnatn min tanpui thei tih rin hi a harsa hle thin a. Nimahsela harsatna kan tawh laiin tuartlang thei tura kan mamawh chaknate min pe turin Pathian hnenah tanpuina kan dil thei a ni.

A tawpa i chungathatna thlen zawk tawrhna rapthlak tak i tawng tawh ngai em? Chu chuan beisei tur awm tawh lo deuhthaw anga buaina i tawh changa Pathian rinchhan tlat dan engtinngae a zirtir che le?

**THAWHLEH**  
NAOMI (Ruthi 1)

**Feb. 15**

Naomi tawrh thil tha lo tak Ruthi 1 a tarlante chu engtinge ni le?

Eng ang thilthleng pawimawh takin nge Naomi nun tidanglam? Engtinngae a tawrhna ina a tihchhiatte chu Pathianin A siamthat sak leh? Ruthi 1:16-18; 4-13-17 te chhiarla.

A harsatna nasat ber laiin a monu Ruthi-in nasa takin a chhawk zangkhai a. A monu pahnihtena an pasalte thih hnu pawha an hmangaih danah Naomi hi nu mak tak a nih ngei a rinawm. Ruthi chuan Israelte Pathian chu a pawm bakah an hnam hmelma Israel ramah a nu Naomi enkawl turin duhthlanna nghet tak a siam a ni.

Bung 2 atang bung 4 thlengin chhungkaw hlim awm tak an din leh dan tarlan a ni a. Naomin a tawrhna rapthlak takte chu hnutchhiahin Ruthi leh Boazate inneih hriatpuitu ah a tang a. Ruthi chuan Naomi tupa Obed, Jesaia pa leh Davida pu chu a hrinsak a ni.

Kawng engkima Lalpa rinchhan leh A hnenah inhlam kan mamawh a, chutih karah kan mihring puite tanpuina kan mamawh hunte a awm ve bawk. Mi tuemaw tanpuina i mamawh em em hun hnuhnungber chu engtikah khan nge le? Chu i thiltawn atang chuan eng ang hlawkna nge i hmuh?

**NILAI**

**Feb. 16**

ESTHERI RILRU HAH HUNTE (Estheri 2:6, 7)

A pami fanu, Hadasi, Estheri an tih chu a enkawl seilian a; pa a nei lo va, nu a nei bawk si lo va, nula chu a nalhin a hmel a tha hle mai a; anu leh a pa an thih hnu khan Mordekaia chuan a fanu atan a awmpui ta a ni. Estheri buainate, a chinfel dante leh nek chepa a awm dante chu engte nge ni le? Estheri 2:6,7, 10, 21, 22; 4:4-17; 7:3, 4; 8:3.

Pathianin Estheri chu a mite chhanchhuak turin A thlang a. Mordekaia chuan lalnu a nihna chu Judate tanpuinana hmang turin a hrilh a. Chutianga ti tur chuan a nunna hial a chan huam a tul a. Chuvangin Estheri chuan pumpelh a han tum a. Chu veleh a pami chuan vaukhanna khauh tak a pek belhchhah leh sauh mai a: "Tun hun anga i ngawih mai mai chuan hmun danga Judate tan himna leh chhuahna a lo awm pawhin nang leh i pa chhungte chu kan boral ang; lal nihna i lo chan hi hetih hun atan ngei hian a ni dawn lawm ni?" va ti turin a tir a (Estheri 4:14).

A tawpah Estheri chuan a nun chan huamin lal hmaah a va ding a. He hmeichhe la naupang tak tan hian thil awm dante chu hlauh awm tak ni mahse, a tawpna chu tha tak a ni.

Estheri angin kan duhthlanna ni lovah kan piang theuh hlawma. I dinhmun chu eng ang nge ni le? I chungathiltha thlengte ngainat dan leh thiltha lote hneh theih dan engtinngae i zir ang?

**NINGA NI** **Feb. 17**  
**LUNGAWINA NEIHTHEIHNA THURUK** (2 Korinth  
 11:23-28).

Korinth thawn hnih 11:23-28 ah Paula thiltawn harsatnate tarlan a ni a. Tawrhna rapthlak tak tak a tawh hnu in paulan eng thu nge a sawi? Paula thiltawn atangte hian engnge kan zirtheih ang?

Lungawina hi lawmna leh rilru hlimna neihna atana thil pawimawh tak a ni a. Mi lungawi thei chu thil engkim a tha lama thlir thiam mi an ni bawk. Lungawi thei mi chuan hun kal tawhte a pawm rem thei a, hmalam hun chu beiseina in a thlir thin.

Hmun thar, mi thar leh nun dan thar ngainat te hi finna chi khat a ni a. Paula thiltih thiamte hi a pianpui an ni bik lo. "Lungawina thuruk chu ka zir tawh," tiin a sawi a (Philippi 4:12). Nitin nuna lungawi theihna leh thil awm dan azira awm thiamna hi zirna atangin a awm thin a ni.

Chang 13na chuan Paula ngai awh leh theihna chhan a tarlang a. Paula chuan tlemteah leh tam takah a lungawi thiam a, Isua Kristaah chuan engkim a tithei bawk a ni.

Enganga lungawi thei mi nge i nih? I dinhmunten eng anginngan thunun thin che? Eng thil pawh thleng se, engtinngan tirkoh Paula anga lungawi zel i zirtheih ang (Philippi 4:11)?

**ZIRTAWP** **Feb. 18**  
**ZIRBELH TUR:** "Kan kawngte engin a chhun laia, khawngaihna thiltitheihnaa lo intihchak chu thil ropui a ni lem

lova. Nimahsela thimin kan chhehvel a tuam lai chuan rinna leh inhlanna nena beiseinaa zaidam taka nghah a tul thin. Isua hnena kan inhlan hian kan duhnate chu Pathian duhdan nen a lo inmil thlap a. Chutiang chuan hmalama kaltlang theihna atana zaidamna leh kan harsatnate hnehtheih nan khawngaihna kan dil thin tur a ni."-- Ellen G. White, *God's Amazing Grace*, phek 114.





**ZIRLAI 9**  
**MAHNI INNGAIHHLUTNA**  
**February 19 - 25**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Sam 100:3; Tirhkohte 17:24-28; Rom 12:3; Matthaia 22:39; 2 Samuela 9; Luka 15; Ephesi 4:23-32.

**CHANGVAWN:** *“Nimahsela, thim ata chhuaka, a eng mak taka lut tura kotu che u thatna chu in entir theih nan nangni zawng chi thlan, lal puithiamho, hnam thianghlim, Pathian mite ngei in ni si a.” (1 Petera 2:9).*

MAHNI INNGAIHNPNNA HI TUNLAI KHAWVEL MITE BUAINA CHIKHAT A NI AWM E. Mahni inngaihnpna leh buaina tam tak ruihtheihthil ngawl veinat, rilru beidawnate leh thau hlauh avanga eiin tha ei duhlohnate hi an inzawm thei a ni.

Bible chuan mahni inngaih hlut dan tur dik tak min hrilh a. Rilru lam chhui mite chuan mahni inngaihhlutna tih awmzia chu miin a thiltihtheihna a ngaihpawimawhna hi a ni tiin an sawi a. Bible chuan mahni inngaihhlut dan tur chungchanga ngaihtuah tur chi hnih min hrilh a. Chungte chu: Tu in nge min siam (Genesis 1:26, 27) tih leh Pathianin

eng anginng min ngaiha, engnge min pek theuh (Johana 3:16) tihte an ni. Heng thute hi ngun taka kan ngaihtuah chuan mahni kan inngaih dan chu nasa takin a danglam ngei ang.

**NIKHATNA**

**Feb. 20**

BULTANNA (Genesis 1:26, 27).

Tin, Pathianin, “Kan anpuuin, keimahni ang takin mihring siam ila” a ti a. Tichuan Pathianin ama anpuuin mihring a siam a, Pathian anpui ngeiin a ni a siam ni; mipaah leh hmeichhiaah a siam a ni. Kum sang tam tak chung mihringte bul intanna chu Pathian emaw, pathiante emaw niin khawvel miten an lo ngai thin a. Nimahsela vawiin niah chuan mihringte chu zawng atanga lo piang niin mi tam takin an ngai ta a.

Genesis 1:26, 27; Sam 8:5; 100:3; Tirhkohte 17:24-28 a mihringte bul intan dan leh Charles Darwin-an mihringte bul intan dan tia a sawi danglam dante ngaihtuah la. Heng ngaih dan chi hnihte hian mahni kan inngaih pawimawh dan chungchanga eng ang huvang nge kan chung a an neih le?

Pathian chuan ruahmanna neiin min siama. Ama anpui ngeiin min siam a ni. Chubakah thildang mak tak tak thingkungte, rannungte leh ramsate A siam bawka. Nimahsela thilsiam dangte chuan an mawina leh famkimnain mihringte ang tlukin an Siamtu ropuina chu an tarlang thei lo. Chuvangin mihringte hi thilsiam zawng zawng chungah anmahni enkawl turin Pathianin A dah a ni.

Pathian anpui kan nihna tam tak chu سوالin a tichhia a. Nimahsela Krista inhlantute nunah Thlarau Thianghlim

chuan kan hloh tak Pathian anna chu zawi zawia nei leh turin min tanpui thei a ni.

Pathianin min siama, sual atang min chhanchhuak bawka. Ellen G. White-i chuan Krista kha mi sual pakhat chauh sim duh tan pawh thih A huam a ni tiin a sawi a. Chu chuan kan hlutna eng ang in nge min hrilh le?

**THAWHTAN** **Feb. 21**  
MAHNI KAN IN NGAIHDAN (Matthaia 22:39).

Tin, a dawttu, a anpui chu hei hi a ni, 'Nangmah i inhmangaih angin i vengte pawh i hmangaih tur a ni,' tih hi. Kei mahni kan inngaih dan tur leh ro kan inrel sak dan tur chungchangah Matthaia 22:39 in engnge min hrilh le?

He chang hian mahni inhmangaih tur kan nih thu min hrilh na in, chu chu he changina a sawi tum ber chu a nih hmel lo va. Hnathawh tha leh thiltih thatte chu ngaihhlut tur a ni a. Mitinte hian mahni inngaih pawimawhna an nei theuh tur a ni tih hi kan pawm tur a ni. Min siama, thil engkim min tihsaktu Pathian hnena zahna leh chawimawina kan pek duh loh hian buaina a lo awm thin.

Kan thu zir tawhte atangin Rom 12:3 hi engtia hrethiam tur nge kan nih?

Mahni inngaihnep lutukna leh Paula sawi chapona inkarah hian danglamna lian tak a awm a. Rom 12:4-8 hian Krista taksa a member tinte chuan A khawngaihna zara thilpek an dawnte chu hman theuh an mamawh thu a hrilh a ni.

H-6

Pathian pek che i talent dawnte han ziak chhuak la. Inngaitlawm tak siin engtinngte chungte chu tangkai taka i hman theih ang? Nitina Kross lam enna chuan chappo lo turin engtinngte min tanpui le?

**THAWHLEH** **Feb. 22**  
MIDANGTE HMUH DAN (Galatia 3:28)

Chutah chuan Juda mi a awm theih loh va, Grik mi pawh a awm theih hek loh, chutah chuan bawih a awm theih lo va, bawih lo pawh a awm theih hek loh, chutah chuan mipa leh hmeichhia pawh a awm theih loh; Krista Isuaah chuan in zain pumkhat in ni si a. In khawtlang leh hnam dan ina a ngaihhlut ber thilte chu engtente ni a? Chung thilte chu Pathian tan eng anga hlu nge ni a i rin?

Khawtlang tamberte chuan an thilhmuh theihte hi an ngai hlu ber thin a. Heng diknate, ngilneihmate, insumnate, rinawmnate leh dik taka awmnate hi an thil hmuhtheihte aiin an ngaihlu tawh thin lo a ni.

Engtinngte dinhmun leh pawnlama landante hian mahni inngaihhlutna chu a thunun thin? Mite dinhmun leh landante chu eng ang pawh nise engtinngte Kristianten an ngaih ang? Galatia 3:28 chhiar la.

Inthliarna hi mahni inngaihhlutna tichhetu a ni a. Kristiante chuan mite dinhmun chu eng ang pawh nise thliar hrang lovin, kan dawmkangin, kan fuih thin tur a ni.

Midangte inngaihhlutnaa huvang i neihna eng anga ngai pawimawh emaw, ngai pawimawh lo emaw nge i nih? I laichin hnaiberte han ngaihtuah la. Chung mite chu a tilung-hnual zawng ni lovin, inchawikang zawk turin engtinngte i tanpui theih ang?

**NILAI**  
PATHIAN HMUH DAN (Luka 15)

**Feb. 23**

Luka 15 chhiar la. Pathian hmaa kan hlut dan he bung hian engnge min hrilh? Kan inngaihhlut dan tur engtinngge min hrilh baw? Heng tehkhin thute hian Pathian min ngaihtuah dan engtengge min hrilh? Engvangnge he thudik hi hriat reng a pawimawh?

Kristiante hian Pathian ringlotute aain tanpui theitu kan nei nasa zawk a. Ni khatah darkar 24, chawlhkar khatah ni 7 chhung thlarau lungngai, khawhar leh lungkhamna neite tanpui turin Pathian chu A koh theih reng a. Hetianga Pathian nena inlaichinna neihna hi mahni inngaineptute tan pawh vohbik nih inhriatna thlamuanna ropui tak a ni thei a ni.

Pathian mithmuha kan hlutzia tilangtu ropui ber chu Kross kha a ni a. Hei hian eng anga chak lo leh tling lo pawh ni mah ila, Pathian hmaa kan hlutzia A tarlang a. Kross chuan midangin engtiang pawhin min ngai mahse, van leh khawvel Siamtu hmaa a man sawisen loh khawpa hlu kan nihzia min hrilh reng a ni.

Luka 15 thu hrethiama, hmang tangkai thei turin engtinngge midang kan tanpui theih ang? Isuan anmahni mimal hnen ngeiah thu A sawi tih hrethiam turin engtinngge kan tanpui baw ang le?

**NINGA NI**  
MIHRING THAR (Ephesi 4:23, 24).

**Feb. 24**

In rilru thlarauvah chuan atharin lo awm ula; mihring thar, thutak felna leh thianghlimnaa Pathian anga

siam khan inthuam baw ula, tih thu hi. Mihring Thara inthuam tia Paula sawi awmzia hi engnge ni le?

Mite chuan a thara lan reng an duh thin: Sam awm dan tih danglamte, thawmhnaw thar leite, hmai pian dan tih danglamte leh sam lem vuahte an duh thin a. Nimahsela heng zawng zawngte hian pawnlam pianhmang tlemte chauh an ti danglam thei a, thinlung chhungril ngaihtuah-nate chu an ti danglam thei chuang lo a ni.

Paulan mihring thar chanchin a sawi a. Pawnlam landan ni lovin chhungril awmdante a sawi zawk a. Paula chuan dik tak leh thianghlim taka awm tura siam kan nih thu a sawi a ni (chang 24).

Ephesi 4:25-32 a tarlan angin mihring thar nihna ina a chhawm tur rilru put dante leh awm dan turte zia chhuak ang che.

Midangte tanpuina chuan engvangnge mahni inngaihhlutna a tihthanlen thin? I nupui emaw, pasal emaw, chhungkaw memberte emaw leh thenawm khawvengte tana i thiltih theihthe zia chhuak la. Chungte i tihsak chuan nang-maha lawmna mak tak i neih chu mak i ti ngei ang.

**ZIRTAWP** **Feb. 25**

**ZIRBELH TUR:** "Pathianin chawngzawng mah a ngaihsak chuan . . . Krista thisena leisate chu A va han ngaihsak nasa dawn em? Thlarau pakhat chauh pawh hi khawvel ro thil zawng zawng aain a hlu zawk a. A ram tana thlarau bo pakhat chauh chhandam tur pawhin Isua khan Kross-a thih A huam a. 'Chuvangin hlau suh u. Chawngzawng tam tak aain in hlu em em zawk a ni' (Matthaia 10:31)." -- Ellen G. White, *The Review and Herald*, May 3, 1892.

**ZIRLAI 10**  
**ITSIKNA**  
**February 26 - March 4**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Isaia 14:12-14; Jakoba 3:16, 17; Exodus 20:17; Genesis 37; 1 Samuela 18; Matthaia 12:14.

**CHANGVAWN:** “Thinurna chu a rawng a, thinrimna chu a so va; Mahse itsikna chu tunge tuar zo awm?” (Thufingte 27:4).

ITSIKNA HI SUALNA ZAWNG ZAWNGA UPA BER A NI A (Isaia 14:14). Midang nena kan inlaichinna bakah kan hriselnate a tichhe thei bawk (2 Korinth 12:20; Thufingte 14:30). Itsikna neitu chuan an itsik mite chu hmelma ang hialin an hmu thin a ni.

Tun kar zirlai hi an nungchanga itsikna thunun phaltute an ni a, chungte chu Setana, Josefa unaute, lal Saula leh Thuthlung Thar huna puithiamte an ni. Itsikna rah-chhuah chu a tlangpuiin a rapthlak hle thin. Thil mak tak mai chu heng itsikna neitute hian dinhmun sang neih leh an dinhmun zarzo chu an ngaina em em hlawma. Chuvangin an vai hian an nihnite avangin mi dang an haw ta a ni.

Lalpa chuan he kawng dik lo tak hi kiansan turin vaukhanna min pe a. Kan thenawmte hmangaiha, an thilpek

dawnte, talentte, an hlawhtlinnate leh thilneihte chu keimahni ta ang chiaha hlutpui thiam turin min fuih a ni.

**NIKHATNA** **Feb. 27**  
**SUAL BUL CHU** (Isaia 14:12-14).

Isaia 14:12-14 a tarlan angin Setana van atanga paih-chhuah a nih chhan chu engnge ni le? Hmun famkim taka awm si a, Pathian zah lo va chapo nana a hman zalenna chungchang engnge a sawi?

Vantirhkoh mawiber leh thiltithe i tak Lucifera chu Pathian siam a ni a. Pathian nihna tih lohah chuan dinhmun sangber pek a ni bawk. Chawimawi a nihna, a mawina leh a finnate chu a ropui em em mai a. Nimahsela, chutichung chuan a thinlungah sual chu a thang lian zel a (Ezekiela 28: 12-15). Pathian dinhmun aia sang zawka indah duhna leh Krista a itsik na chuan thilsiam zinga remna leh lawmna awm chu a tihchhiat phah ta a ni.

Jakoba 3:16, 17 chhiar la. Eng ang khaikhinna fiah tak nge kan hmuh theih? Hei hian itsikna sual zia leh thil a tihchhiat theihzia engtinge min hrilh?

Kan sualna awmdan phungah thiltha lo kan tih hmasakber chuan a lehpek tihsual turin a tih awlsam phah a. Kawng dik lo chuan sual tam takah mi a hruai thei thin. Chanchin mak tak mai chu duhthlan theihna thar dang kan la nei thei hi a ni a. Chu duhthlanna chu, “atirin a thianghlim phawt a, chu mi hnuah chuan inrem a duh a, a nunnem a, a tihnuam a, khawngaihna leh rah thain a khat a, thlei bik a nei lo va, a vervek lo a ni” (chang 17). Chu duhthlanna chu hmangaihna a ni.

**THAWHTAN** **Feb. 28**  
**JOSEFA UNAUTE** (Genesis 37).

Genesis 37 hnunglama thilthlengte chu engtenge ni le? He thilthleng rapthlak hmahruaitu chu engnge ni? Itsikna chuan engthilnge a thlen tir?

Heng unaute nunrawng dan hi rin harsa tak a ni awm e. An thiltih chuan an pa rilru a tina hle dawn tihte an ngaihtuah lo em ni ang? An itsikna chu a nasat em avangin an chhia leh tha hriatna te chu a tichhe vek a. Hei hi itsikna rah thatlohzia entirna tha tak a ni. Thupek zawng zawng deuhthawte itsikna dona atana pek an lo ni pawh hi a mak lo ve (Exodus 20:17).

Josefa unaute thiltih chuan anmahni leh an pa chungah hreawmna nasa tak a thlentir a. Chu mai bakah an pa Jakoba thih hnuin Josefa an chungah thiltha lo a ti ang tih an hlau hle mai a ni (Genesis 50:15).

Eng ang tawrhna leh hreawmna nge itsiknain i nunah a thlen tir thin? Chung i thiltawnte chuan eng ang zirlainge a pek che?

### **THAWHLEH**

### **March 1**

DAVIDA CHUNGA SAUAL ITSİKNA: Then 1 na (1 Samuela 18:5).

1 Samuela 18:1-5 a tarlan angin Davida chungah Saula rilru put dan chu engnge ni?

Saula chezia hian Davida chungah rilru tha tak pu angin a lang a. Davida chu dinhmun tha tak a pek bakah a fapa Jonathana nen inthiantha tak an ni bawka. Chungte chuan Davida chu lal chhungkua duhsakna dawng a nihzia a tarlang a ni.

1 Samuela 18:6-9 a tarlan angin enginngge Saula rilru

chu thlakthleng tir? Engvanginngge hetiang rilru put dan hi hringnunah a hluarkai em em le?

Pathian Thalrau chhuahsan mi nih hi thil hlauhawm tak a ni a. Nimahsela chu ai maha Saula tihlautu chu "Lalpan Davida chu a awmpui tlat" vang a ni (chang 12). Saula hian kum za tam tak hnu-a Gamaliela chhuanlam siam ang chu a siam ve thei lo." 'Chuvangin tunah ka ti a che u, heng mite hi tawk suh ula, awm mai rawh se; heng an thiltih tum leh an thiltih hi mihring tihchhuah mai a nih chuan a boral ang; amaherawhchu Pathian tihchhuah a nih chuan anmahni in tiboral thei lo vang; chutilochuan Pathian do in lo ni hlauh dah ang e, 'a ti a" (Tirhkohte 5:38, 39). Pathianin mi tu emaw mal A sawmna chu itsik theih a ni lova, tihchhiat sak theih a ni bawk lo. Mal A sawm chhunzawm zel zawk a ni.

### **NILAI**

### **March 2**

DAVIDA CHUNGA SAULA ITSİKNA: Then 2na (1 Samuela 19).

Saula nun tlak hniam dan 1 Samuela ah hian engnge kan hmuh theih le? Heta tang hian eng ang zirlai nge kanzir theih bawk?

Mithiten engmah an hriatloh thu Bible chuan min hrilh a (Thuhriltu 9:5). Isuan A lokal huna mi thianghlimte a kaihthawh hma chu an muhil rih dawn a ni (1 Korinth 15:51-53; 1 Thessalonika 4:16,17). Saula khan Samuela lema chang ramhuai hmaah kunin chibai a buk a (1 Samuela 28:14). A tuka Philistia mite nena an indonaah Saula leh a fapate chu an thi ta hlawm a ni (1 Samuela 31).

Kan zirtawh thawnthu ah te hian itsikna leh a rahchhuahte chu an darhzau thei hle a. A rahchhuahte hi itsikna avanga thil dik lo titute chuan an ngaihtuah pha ngai thin lo. Chuvangin hetiang rilru tha lo tak kan thinlunga a rawnchhuah veleh Pathian khawngaihnaa kan ngaihtuahnate thihtir zel a va han pawimawh tak em!

### NINGA NI

March 3

ISUA CHUNGA ITSİKNA (Matthaia 27:18\_

Matthaia 11 chhiar chhuak in, Isua thiltihte ngaihtuah bik la. Tichuan Matthaia 12:14 chhiar ang che. Hruaitute hetiang kawnga che turin Isuan engnge A tih? An thiltihten an thinlung put zia engtinngan an lantir? I chhanna tur i ngaihtuah phahin an zinga tel ve ni ta ang la, engtinngan i chet ve ang tih ngaihtuah bawh ang che.

Puithiam lalte leh upate kha lehkhia thiam an nih bakah khirhkhiap taka dan zawmtute an ni a. Nimahsela itsikna chuan Pathian dana thudikte, A hmangaihna thudikte leh sakhuaana awm chhan dik takte chu a theihngihlil tir vek a ni.

Itsikna ina sakhuaana hruaitute thinlung a khawih dante chu thuruk a ni lo. Matthaia 27:18-a tarlan angin Pilata pawhin an thiltum chhan chu a hriat avangin a thiltih dante khan a lantir a ni. Lungngaih thlak takin, hruaitute itsikna thinlung kha a nasat em avangin mi hruai bo thei rinna laka mipuite chu venghim angin an inngai hiala. Hruaitute khan inngaitlawm takin Lalpa hmaah inpumpek se chu chatuana chhiatna thlen thei an thiltih sual rapthlak tak kha an pumpeh thei dawn a ni. An thiltih sual atanga nundan tha zir tur kan va ni teh lul em ve le!

### ZIRTAWP

March 4

**ZIRBELH TUR** : “Hmanah chuan Setana hi vana vantirkoh chungnungber, Krista dawttu a ni a. A hmel pawh vantirkoh dangte ang bawkin a nunnem hmelin hlimna nei mi a ni tih a lang a. Chal arh sang tawh, a fing tih langsa reng mai hi a ni a. A taksa chu a thafamkim a, a pianphung pawh a ropuiin a zahawm em em a ni. Nimahsela Pathianin, A Fapa hnenah, ‘Keimahni anpuuin mihring i siam ang u,’ A tih khan Setana chuan Isua hi a lo itsik ta a. Mihring siam thuah hian biakrawn nih ve a duh a, nimahsela rawn a ni si lo. Chuvangin elrelna leh itsikna leh huatnain a lo khat ta a ni. Vanah chuan hmun chungnung ber luaha Pathian dawttu nih a chak ta a.” *Thuziak Hmasate*, pheh 122.

“Saula nungchanga thilthalo tak mai chu, thil ngaihtuah chang lova, remtih zung zungna hi a ni. Hei hian a thiltih leh a ngaihtuahnaah nasa takin a thawh a; mahni inchawisan leh fakna a lawm lutuk a. Thil dik leh diklo ngaihtuah chiang lovin tlema chawisan a-nihin a buai zel zawh a. Pathian duhdan ngaihtuah si lova mihringte tihlawm tum tumah an him ngai lo.

“Saula tum dan chu mihring dah hmasakna lam hlir a ni. Fakna hla an sak khan, Saula rilruah chuan nghet tak maiin Davida chuan mipuite a hip anga, ama aiah lalah a awm ang tih ngawt a ngaihtuah a. Saula chuan itsikna lamah chuan a thinlung a hawng a, chu chuan a rilru chu a tichhe vek a ni.” *Thlahtubulte leh Zawlneite*, pheh 802, 803.

**ZIRLAI 11**  
**NGAWLVEINA LAK ATANGA ZALENNA**  
**March 5 - 11**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Thufingte 23:29-35; 1 Korinth 7:2-5; Matthaia 25:15-30; Marka 10:17-27; 1 Petera 3:3, 4.

**CHANGVAWN:** “Chutichuan Fapain bawih a ban che u chuan in chhuak tak meuh ang” (Johana 8:36).

KUM ENGEMAW ZAT KAL TAAH KHAN MI TAM TAKTE CHUAN ramchhung politic sal atanga an zalentheil nan theihtawp an chhuah hlawma. Nimahsela politic saltanna aia hlauhawm zawk a awm a. Chungte chu zu, vaihlo leh drug ngawlveinate an ni. Mi tam takte chu hmeichhiat/mipatna ahte, lem thalo ennaahte, pawisa inkhelnaahte leh a tul lova pawisa senna salah an tan belh zel bawk.

Drug ngawlveite chuan drug an hman apiangin a hmaa an nawmna ang pha turin an hman tam belh hrat hrat zel a tul a. Chuvangin drug ngawl veite chuan sim harsa an ti thei em em thin. Drug ngawlveite chuan chhungkua, kohhran leh thiante tawiamna an mamawh hle thin a. Chubakah mithiamte tanpuina an mamawh thei bawk. Nimahsela chung zawng zawng aia an mamawhber chu Kristaa zalenna thutiam chantheih nan an nuna Pathian thiltihtheihna ina hna A thawh sak chu a ni.

**NIKHATNA** **March 6**  
**ZU NGAWL VEINA** (Thufingte 23:29-35).

Zu rahchhuah rapthlak tak chungchang Thufingte 23:29-35 in engnge min hrilh le? I daihriatte atangin he tur ina mite nun a tihchhiat dante engtingge i hmuh?

Zu mawina chuan rul angin mi a chu a, a tur chu chawngkawr tur angin a chak a ni. Zu-a pawlh thin bawlh-lote hian zu chu taksa tan turah a chantir thin a. Chung turte chuan thluak, chuap, kal leh lungte chu minit tlemte chhungin a fan chhuak thei a. Thin hian chung turte chu paihchhuah tumin nasa takin a thawk thin a. Zu inchhun zawm zel a nihin chung taksa khawlte chu an lo chau in, an khaw lo zo a, tichuan zu intu chuan natna tha lo tak a vei ta thin a ni.

Saventh-day Adventist kohhrante hian zu kan do nasa hle a. Kan zinga zu avanga buaina neite hi an mahni rorel sak leh dem lovin, engtingge kan tanpui theih ang?

**THAWHTAN** **March 7**  
**MIPAT/HMEICHHIAT LAMA NGAWLVEINA** (Thufingte 5:18,19).

I tuichhunchhuah chu malsawmin awm sela, I tleirawl lai nupuiah chuan hlim rawh. Zukpui duhawm tak leh zukchal nalh tak angin englai pawhin a tang chhung chuan tilungawi fo che sela, a hmangaihnaah chuan lawm fo rawh. Nu leh pa inneihna tihnghehna atana mipat/hmeichhiatna hi ruahman a nih thu Bible in Thufingte 5:18, 19 ah engtingge min hrilh?



Mipat/hmeichhياتna hi mihringte hnena Pathian thilpek hlu takte zinga pakhat a ni a. Thianghlim taka inneih-na tihngheh nan leh fa nau hrinna atan Pathianin A ruahman a (Genesis 1:27, 28; 1 Korinth 7:2). Pathian ruahmanna kalpela dik lo taka hman a nih hian mipat/hmeichhياتna chu soal lian tak a lo ni ta thin a ni.

Mipat/hmeichhياتna suala tlu ngai lote chu mifing tak an ni a. Hemi lam hawi zawnga thlemna kan tawhin Josefa angin huaisen takin kan hnar ngam thin tur a ni (Genesis 39:7-12).

Pathian chuan mipat/hmeichhياتna soal thanga tlute pawh A ngaidamin, zalenna pek A duh a. Chumi nei thei tur chuan A hnena inhlanna hi a pawimawh ber a (Jakoba 4:7). Nimahsela ngawlveina chu a nasat theih em thin avangin mithiamte tanpuina an mamawh thin a. Chung tanpuitu pawlthe chuan ngawlveite chu Pathian lama an hruaiin an tan tanpuina nasa tak a ni leh zual thei thin a ni.

Pathian ngaihdamna leh tihdamna mamawhtute chu engtinng e i tanpui theih ang? Hetiang lama buaina tawktu ni ta ang la, beiseina i la neihchhung chu beiseina a la awm a ni tih engtinng e i hriattheih ang? Isua chuan A ngaidama, A tidam bawh thin a ni.

### **THAWHLEH**

**March 8**

**PAWISA INKHELNA** (Matthaia 25:15-30)

Pawisa inkhel ching mite tanpui nan Matthaia 25:15-30 a zirtirna hi engtinng e kan hman theih ang? Pawisaa inkhel ching mite chuan cheng tam tak an hloh bo thin tih hre reng la.

A tlangpuiin pawisaa inkhelna hi a tawpah a hlawhtling thin lo. Pawisa khelna dintute hi mitena pawisa tam tak an hloh chauhin an hlawk thei a. Chuti chung chuan mi tam tak an la inkhel zel tho a. A tirah chuan intihhlimna ang in a intan a, rei lo teah a ngawl an vei ta thin a ni.

Mi tam takte chuan pawisa an khel laiin an hlawhtlin palha, an pawisa dawn tur ringawt an ngaihtuah a. An hlawhtlin rih loh pawhin a lehpekah chuan an hlawhtling ngei ang tiin an beisei zel a. Chutiang chuan an inkhel zawm zel thin. An pawisa neihsa an hman zawh hnu in midang ta an puk a, mi bum tur an zawnga, bawlhlo tel lo an ngawlveinaah wawi khat chauh tal inkhelh leh theih nan tiin mi thilte an ruk pah hial thin a ni.

I hmelhriat mi pakhatin “pawisa inkhelna thangah ka awk laklawh a, chhuah ngaihna ka hre tawh lo” tiin i hnenahrawn sawi ta ang sela, eng thu nge i lo hrilh ang? Eng Bible thutiam nge i lo kawhhmuh ang le? 1 Korinth 10:13 leh 1 Petera 4:1, 2 te chhiar la.

### **NILAI**

**March 9**

**SUM LEH PAI NGAINATNA** (Thufingte 30:8, 9).

Thil lawi lo leh dawtte chu mi tihsawnsak daih ang che. Pachhياتna emaw, neihnunna emaw mi pe hek suh. Ka tana mamawh chawin min chawm rawh. Chutilochuan ka tlaipuar ang a, ka phat ang chia, “LALPA chu tunge ni? Ka ti dah ang e; A nih loh vek leh ka lo rethei ang a, ruk ka ru ang a, Ka Pathian hming ka tihliau dah ang e. Eng ang vaukhanna nge Marka 10:17-27; 1 Timothea 6:10; leh Luka 12:15 ten min pek?

“A hmel a lo dur a” tih leh “lungngai takin a kal bo ta a” (Marka 10:22) tih tawngkamte hian mi hausa tlangval ina khawvel hausakna a ngainatna chu chhandamtu a hmangaihna aia lian zawk a nih thu a tarlang a. Khawvel ro thil leh sum leh pai hausaknate hi amah mai chuan soal a ni lova. Rilru inngahna hi a thupui ber zawk (Matthaia 6:21). Pathian lehA lalram, A felnate kan nuna a hmasabera dah tur a ni tih kan theihngihl a, kan hlamchhiahin a lo hlauhawm thin a ni (chang 22).

*Chanunga* lawngpui chu Liverpool, England atanga Amerika ram a pan laiin German ram Hamburg khawpui atanga lo kal lawngte pakhat nen an insu a. Mihring zahnih chuang chuanna *Chanunga* lawngpui chu darkar chan ve chhung lekin tuifinriat thuk takah a pil a. A pilbo hma in chhanchhuahna lawng tam tak an thlak a. Nimahsela mi 34 chauh chhanchhuahin an awm. Engvangnge le?

Mi tam zawkte chuan an rangkachak leh tangkaruate chu an kawngah an hreng a, a rit lituka, an kal hlei thei lova, chutianga an insiam vel chhung chuan lawngin a pil pui ta hlawm a. An rothilte an chanphal loh avangin an nunna an chanphah ta zawk a ni.

Tunge pawisa duh lo awm ang? I in zawh fo thin tur zawhna pawimawh tak mai chu: pawisa ka ngainat dan chu tha takin ka thunun thin nge, pawisa ngainatna in min thunun thin zawk?

**NINGA NI**  
MIMAL HLIMTHLA (1 Petera 3:3, 4)

**March 10**

In incheina chu pawn lam incheina - sam phiar te,

rangkachak thi awrh te, silhfena inthuam te chu - ni lovin, thinlunga mihring thuruk chu, rilru thuhnuairawlh leh nunnem, silhfen chhe thei lova inthuam ni zawk rawh se, chu chu Pathian mithmuhin a hlu em em a ni. A chung Petera min zirtir dante leh khawtlang ngaihdan inan loh dante chu engtenge ni le?

Matthaia 6:19-21 hi kan zirlai lam hawiin engtinngge i hrilhfiang ang? Engtinngge he inkaihhruaina dan hi hman a nihtheih ang?

Mahni inchawihmawi tawh tura tanlaknate, thianghlimnate leh langmawi tura incheinate hian diklohna an nei lem lova. Nimahsela heng thila tan lak nasat lutukna avangin chung thilte chu kan pathian an lo ni thei a. Isua chuan vana ro khawlkhawm a tulzia min hrilh a. Hun reilote chauh daih tur leh Pathian ram min hlattir theite chu kan ngaihlu tur a ni lo.

Khawvel thildangte ang bawkin kan taksa hi Pathian min enkawl tir A rohlu tak a ni a. Nimahsela kan taksa pawnlam cheimawina atana hun leh sum tam tak kan sen hian pathianah kan chantir thin a lo ni.

Incheina chungchangah kan kohhran thalai hnenah eng ang thuchah nge kan tarlana, kan puanchhuah thin? Englam nge kan buaipui ber thin bawh le?

**ZIRTAWP**

**March 11**

**ZIRBELH TUR:** “Tawngkamte, nungchang leh cheziate hian thinlung chhung ngaihtuahte a tarlang a. Itsikna neitu chuan tawngkam leh chezia in a lantir thin. Mi thenkhat midangte

hmanga in teh, midangte thiltih ang ang ti ve, nun sang zawk neih tum miah lo an awm a. Chung mite chuan midangte thiltihusual leh tih dik lohte kawkin thiam an inchantir thin. Chung mite chu buh tak ni lo buhsi mai a chawmtute an ni a. An rilru ngaihtuahna thianghlim lo tak zuia Setana an tihlungawi reng chuan thlarau lama mite (pheichham) an ni reng mai dawn a ni."-- Ellen G. White, *Testimonies for the Church*, vol.1, phok 500.

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**ZIRLAI 12**  
**HRISELNA PETU THILSIAMTE**  
**March 12 - 18**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Genesis 1:27-2:25; 3; Jeremia 10:12, 13; Sawm 19:1-7; Matthaia 6:25-34; Sam 104.

**CHANGVAWN:** "Vante khian Pathian ropuizia chu a hriattira; Boruak zau tak khian akut chhuak chu alantir thin a. Chhun hian chhun hnenah thu a sawi chhawng zel a, Zan hian zan hnenah hriatna a lan chhawntir zel a" (Sam. 19:1, 2).

PATHIANIN ADAMA LEH EVITE KHA AMA ANPUIIN A SIAM A. Nimahsela soal chuan thil engkim mai hi a tichhia a. Khawvel siam anih atanga thang hnihnaah itsikna, huatna leh inpawngneknaten khawvel chu a tichhe vek a. Thilsiamahate chuan soal kut hnute chu hmuhturin a awm baw a. Soalna a lo thanlen zel avangin tuilet chuan Pathian siamtirha awmdan hmasaber lak ata leilung pianhmang chu a ti danglam ta vek a ni.

Nimahsela chuti chung chuan thisiamahate hian Siamtu thatna leh mawina tam tak hmuhtur a la awm a. Thil-siamte hian soal avanga natna tuar mekte hnenah hlimna, lawmna leh chaknate an la pe thei a ni.

**NIKHATNA** **March 13**  
CHENNA HMUN FAMKIM (Genesis 1:27-2:25).

Eden huan awm dan Genesis 1:27-2:25 in engtin nge min hrih? Vawiin nia kan hriat dante nen eng anginng a in thlah le?

Pathian siam huan mawi takah chuan nupa tuak tharte chu chentir an ni a (Genesis 2:8). Thilsiamte min hmuhtir thil mak tak tak, theirahte leh thlai awmdan chi hrang hrangte ngaihtuah la. Pathian din huan hmasaber atanga la inthlahchhawng zel an la nih a rinawm a. Adama leh Evite kha an chenna Eden huanna an thilhmuhte, ri hriatte, ei inte, ngaihtuahte leh thil rimmtui takte chuan a ti lungawi tawka, an tan leia "vanram" note a ni.

An chenna hmun kha an tan a famkim tawka a. An tisa leh thlarau mamawh tinreng a kim vek bakah hlauhna, lungkhamna leh hriatchianloh avanga rinhlehnate engmah an nei ngai bawka lo.

Eden huan awm dan kha suangtuah chhin la. A pianhmangte, theirah chi hrang hrang awm dan turte ngaihtuah bawka ang che. Chu chuan Pathianin kan taksa thatna tur A ngaihtuahzia engnge min hriattir le?

**THAWHTAN** **March 14**  
SUAL LEH THILSIAMTE (Genesis 3).

Tlukna chungchang Genesis 3 a tarlante chhiar la. Sual avangin mihring leh thilsiamah eng thilnge lo thleng le?

Sual chuan mihringte tisa leh thlarau nunah danglamna a tlentir thuai a. Thilsiamte pawn soal rah chu an tuar ve bawka a. A tlembereh kawng chi thumin thil siamten soal rah raphlak tak chu kan tuar a ni:

1. Leilung anchhia lawh a ni a (Genesis 3:17)
2. Mihringten danglamna nasa tak an neihphah. Chauhna leh natnate chu ataka tawn a ni a. Hmeichhia leh mipa inkara inlaichinna a lo danglam bawka a. Evin nau a hrin hunin na a tawrhphah bakah, Adama leh leilung inkara inlaichinna pawh a lo danglam phah bawka a ni.
3. Sual chuan mihring leh ramsate nungchang a ti danglam. Huatna, itsikna tanghmasialna leh a dangte chuan mihring leh ramsate inkarah thinurna leh nunrawngnate a awm tir a ni.

Heng danglamna zawng zawngte rahchhuah chu kan hnena lantir vek a ni lo. Nimahsela danglamna nasat zia chu kan suangtuah thei a. Pathian chuan tiamchin neilo a khawngaihna kan thatna turin A thilsiam mak takte nihphung tam tak chu A la venghim hram hram a ni.

Siamtirh an nih lai anga la awm engtente thilsiamah kan hmuhtehi le? Chung atang chuan eng ang beiseina nge kan neih theih?

**THAWHLEH** **March 15**  
THILSIAMTE HMANGA PATHIAN THILPEKTE (Jeremia 10:12, 13).

Thilsiamtea Pathian ropuina tarlan anih dan Jeremia 10:12, 13 in engtinng min hrih? A thilsiamte atangin Pathian nungchang engnge kan zirtheih?

Thilsiamten a chang chuan harsatna lian tak min siam sak thei tih kan hre theuh a. Lirnghingte, tlangkang puakte leh tuiletnate avanga chhiatnate chu a nasa deuh deuh zel a ni.

Sam 19:1-6 chhiar la, a thuchah bulthutte chu nangma tawngka in ziak chhuak ang che.

Seventh-day Adventist kohhran chuan thilsiamte Pathian lehkhabu pahnihna angah kan ngai a. Thlarau Thianghlim kahhruainaa thilsiamte zir thinna chuan Pathian kan rinna nasa takin a tipung thei a ni. Chubakah A thilsiamte Pathianin A hmangaihzia min hriatthiam tir thei baw. Chu chuan rilru leh thlarau thlamuanna min pe thei a. Thilsiam mawi takte chuan Pathian ropuizia an lantir bakah thlamuanna leh beiseina lian tak min pe thin a ni.

Thilsiamtea tarlan Pathian thatna midang hnena sawi angah inngai la. Chu mi chuan tuifinriat tuifawn nasa tak (tsunami) te, lirnghingte, tamte leh thilthleng dang rapthlak tak tak chungchangte zawt ta ang che sela, engtinge i chhan ang? Thilthleng rapthlak takte hian Pathian chanchin tarlanna chungchangah thilsiamten tiamchin an neih thu engtinge min hriattir le?

#### **NILAI**

**March 16**

THILSIAMTE HMANGA PATHIAN NENA INBIAKNA (Matthaia 6:28).

Tin, silhfen thu engahnge in lungkham ni? Ram tuktinpar thanzia hi tha takin ngaihtuah rawh u; hna an thawk lo, la pawh an kai hek lo. Thilsiam chungchang kan zirna atanga kan hriattheih tur engtinge Matthaia 6:25-34 ah Isuan min hrilh le?

Luka 5:16 chuan Isua chu “thlalerahate a kal hrang a, a tawngtai thin a” tiin min hrilh a. A chang chuan keini pawh Pathian thilsiam zau zawka hmuhtheihna hmun thawveng ram hnuaiate kala Pathian thilsiamte thlr thin kan mamawh a. Chungte chuan mihringte min hrilh theih loh Pathian thute kan thinlungah an sawi thei a ni.

“Pathian zirtira awm zawng zawngte chuan mahni leh mahni inen letna atan te, thilsiam leh Pathian nena inkawmna atante hun reh taw. Tak darkar khat tal an mamawh fo thin a ni. Khawvel chin dan leh awmdan nena inrem lo nungchang chu an hmuhtir tur a ni a, tin, Pathian duh dan an hriattheih nan, mahni ngeia hriatna (nuntawng) an neih a tul baw a ni. Thinlunga A thusawi kan hre theuh tur a ni, ri dang zawng zawng a reh vek hunah, hmun fianrialah Amah chu kan nghak thin tur a ni. Thinlung a muan reh zawh poh leh Pathian aw a chiang zual thin.” *Tihdam Rawngbawlna*, phek 47.

A thilsiamte kara awma Lalpa hnena tawngtaia, Amah nena inbiakna hnunungber i neih hun chu engtikah khan nge ni le? A theih chuan, chutiang chuan tih tum hram zel ang che. I chungah thlarau lama hlawkna ropui tak a thlen zia che i hmuh hun chuan mak i ti ngei ang.

#### **NINGA NI**

**March 17**

SAM 104

Pathian thilsiam ropui tak chungchang Sam 104 in engnge min hrilh le?

Sam 104 a tawngkamte hian Pathian thilsiam dan leh khawvel A enkawl dan chungchanga a ziaktu phurzia a

tarlang a. Pathian fak leh chawimawia a ziaktu au aw te chu a hriat theih mai awm e. A ziaktu chuan nitinin Pathianin A thilsiamte A enkawl tak zet tih a hmuchiang hle a ni.

He Sam hla ziaktu hian ama mimal buaina leh harsatnate a nei thin ngei ang. Nimahsela Lalpa thiltihtheihnaah chuan thlamuanna leh beiseina a hmu a. A bu chung a awm savate leh sa sehtur zawnga sakei vak velte chuan he Sam ziaktu buainate chu chin fel sak lo mahse, thilsiam tam takte chuan Pathian thatna leh thiltihtheihnate an tarlang tih a hmu Chiang hle a. Chu chuan beiseina hlimawm tak chu a pe baw k a ni.

Thilsiamte hi Pathian thilpek ropui tak a ni a. A tha thei angbera an Siamtu ropuina an tarlan theih nan mawhphurhna kan nei a ni. Thilsiamte hmanga Pathian min pek hamthatnate kan neihtheih dan tur kawngte chu engtege ni ang le?

#### ZIRTAWP

March 18

**ZIRBELH TUR:** “Kan nu leh pa hmasaberte in chu an thlah, leilung luah tur zawng zawngte tan a entawn tur chu a ni. Chu in Pathianin a kut ngeia a chei chu lal in ropui tak a ni lo. Mihring chuan anmahni kut chhuak mawi tak leh man tam taka an sak chu an chhuang a, Pathian erawh chuan Adama chenna in atan huan a pe a. Van dum pawl chu a in chung, lei leh pangpar leh hnim hringte chu a chhuat leh chhuatphah, thingzarte chu a siling an ni a. A bang chu Themthiam chungchuanga Kut chhuak mawi tak chu a ni. Nupa tuak thianghlimte tan chuan englai pawha zir tur a awm a; hlimna famkim chu chapon a leh nuam tawl naah

hmuh a ni lova, a thilsiamte atanga Pathian nena inpawl na hi a ni zawk. Siam chawp thil mawite aia Pathian thil siam mawl te te ngaina zawkin mihring chuan Pathian an hnaih thei zawk a. Chapon a leh tumsannaah lungawi taw kna a awm lo; mahse Pathianin ban phak maia a dah hlimna bul leh lawmna sang zawk chu mi fing chuan a chhar mai dawn a ni.” *Thlah tubulte leh Zawlnete*, phe k 30.

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**ZIRLAI 13**  
**ISUA NENA LENDUNNA**  
**March 19 - 25**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Marka 1:21-35; Luka 4:31-42;  
Matthaia 6:14, 15; 25:34-46;  
26:36-44; Sam. 31:24.

**CHANGVAWN:** “Keimahah awm reng rawh u, kei pawh nangmahniah ka awm reng ang. Peng chu grep hruia a awm reng loh chuan amahin a rah thei lo ang bawkin, nangni pawh keimahah in awm reng loh chuan in rah thei lo vang” (Johana 15:4).

TUN HNAI LAWKA ENCHHINNA TARLAN DANIN RINNA, THLARAU LAMA CHAKNA, TAWNGTAINA, NGAIHDAMNA, beiseinate neih leh biak ina a hun dik taka inkhawm thinnate chuan tisa leh rilru hriselna atan nasa takin a tanpui thei tih hmuh chhuah a ni.

Tun kar chhung chu rinna lama chakna kan zirtheih nan entawn tur thaber kan neih Isua nunte kan thlir dawn a. Isua nena lengdun pahaA nun dan kan zirna atangin thlarau lama thanlenna tur leihlawn nghet tak kan din thei ang. Chu chuan rilru hriselna lamah min hruai thei bawkw dawn a ni.

Tawngtaina, Bible zir na, inkhawmna, mite ngaihdam thinna, midangte tana rawngbawlw sawkna, beiseina leh

Pathian rinchhannate chuan thlarau lam leh riru hriselna lama thanglian turin min tanpui thei a. Entawn tur atana Isua kan hman phawt chuan kan kalsual thei dawn lo a ni.

**NIKHATNA** **March 20**  
**TAWNGTAI THINTU LALPA** (Marka 1:21-35).

Marka 1:21-35; Luka 4:31-42 te I chhiar atangin Isua tawngtai thin chungchangah eng ang zirlai nge i zirtheih?

Isua chuan hmun fianrialah A Pa nena inkawmna hun a nei reng thin a. Isua tan mah Pa hnena tawngtaina neih a tul si chuan, keini tan phei chuan a tul nasa hle dawn lawm ni le?

Tawngtaina hi taksa leh rilru hrisel nan a pawimawh a. Tawngtaina hnathawh dante chu kan hrethiam famkim lo nain nasa taka tawngtai tura fuih kan ni (Luka 18:1; 21:36; Rom 12:12). Lalpa nena inpawlina neih theihna tura A thu chhiar nan leh tawngtaina atana hun tam tak hmang si a, thlarau leh rilru-a a thalama hnathawhna tawng lo tunge awm le?

Eng ang tawngtaina nun nge i neih thin? Pathian thu chhiar nan hun engzata tam nge i pek thin? I inhlandante a that zawk theih nan engtinngge i tih ang? Tawngtai nan leh Bible chhiar nana hun pek thin hi a pawimawh hle a. Nimahsela, hun pek chauh hi kan mamawha ni lova. Eng ang thil dang nge kan mamawh ber zawk chu ni le?

**THAWHTAN** **March 21**  
**INKHAWMNA LEH KOHHRAN** (1 Korinth 12:12-31).

Isua kha chawlhni tin inkhawm turin biakinah A kal



thin a (Luka 4:16). Entawn tur min hnutchhiah chuan kohhran pawl pawimawh zia min hrilh a ni.

1 Korinth 12:12-31 leh Ephesi 4:15, 16 ten kohhran kan pawimawhna leh kan chanvo engtege min hrilh?

Kohhrana awma hlim taka inkhawm thin hi taksa leh thlarau tan malsawmna ropui tak a ni thei a ni. A huhova awm hian a chang chuan buaina a awm thei a. Mi thenkhat tawhkhirh tak leh thinchhe takte an awm thei thin. Nimah-sela, rinawm taka kohhrana awmte chuan thiante nen inkawmhlina, tanpuina leh infuihtawmna hlimawm takte an dawng thin a ni. A hnuiaia tirhkoh Paula thusawi hi kohhran member tinten thinlung takin zawm ta ang se, kohhran chu eng anga nuam nge a nih ang tih ngaihtuah ang che: "In ritphurhte chu inchhawk tawn rawh u, chuti-chuan Krista dan thu chu in zawm a ni ang" (Galaltia 6:2).

In kohhran memberte nena in inlaichin dan chu eng ang nge ni le? Engvangnge a chang chuan a latu emaw, a dawngtu emaw nih tul chang a awm thin? Kawng leh lama sawiin biakin ah chuan petu zawk nih tumna rilru nen kal ta theuh ila, kan kohhran chu engtingge a lo awm ang le?

#### THAWHLEH

March 22

NGAIHDAMNA (Luka 23:34).

Tin, Isuan, "Ka Pa, anni hi ngaidam rawh; an thiltih hi an hre lo a nih hi," a ti a. Tin, a silhfente chu an insemn thum an vawr a. Eng ang thuchah thiltithe tak nge Isuan Matthaia 6:14, 15 a min pek? Kan tana chatuanna pawimawh leh hlu tak tur eng thu nge A sawi?

Isuan A zirtirte chu tawngtai dan a zirtir a: "Kan batte hi min ngaidam ang che. Keini pawhin kan englo bate

kan ngaihdam tak ang khan" (chang 12). Chungnuah Isua chuan chang 14, 15 naah kan ngaihdam loh chuan Pathian pawhin min ngaidam lovang tiin a sawi zawm a ni.

Thil khirh tak a ni lo maw! Engpawh nise Pathian ngaihdamna mamawh soal fate kan ni a. Chuvangin ngaihdam nih kan duh chuan ngaihdam dan kan zir ngei tur a ni.

Inlaichinna siamthat nan leh vawngthat nan ngaihdamna hi a pawimawh em em mai a. Lalpa chuan rilru leh thlarau tana soal phurrit rih zia leh tawrhlehawm zia A hria a. Chu phurrit chu ngaihdamna chi hnih hmanga lak kian tur a ni tih A hre bawk. Pakhat chu Pathian hnen atanga kan dawn ngaihdamna a ni a, a dang leh chu midang hnena kan pek ve tur ngaihdamna a ni.

Engtingge Paula thurawn hi i hman theih ang: "Tupawhin tu chungah pawh thupawi nei ang ula indawh tawnin inngaidam tawn ula; Lalpa chuan a ngaidam che u ang tak khan ngaidam ve rawh u" (Kolossa 3:13)?

#### NILAI

March 23

RAWNGBAWLNA (Matthaia 25:34-46).

Midangte mamawh tanpuina chuan a tanpuitu chungah malsawmna tam tak a thlen tir a. Midangte tanpuina atangin thinlung hlimna nasa tak kan lo nei dawn a ni.

Isuan eng thu nge Matthaia 25:34-46 a min hrilh? He thu hi Ephesi 2:8, 9 nen khai khin ta ila, engnge a awmzia ni ta ang le?

Thiltih avanga chhandam kan ni thei lo va. Lo nih theih pawh ni ta ang se, tumah chhandam tling khawpa thiltha ti thei kan awm bawkw lovang. Pathian khawngaihna, kan tana Isua Krista inhlanna chu kan chhandamna kawng awmchhun a ni. Chutihruah chuan Pathian khawngaihna kan pawmna chuan thiltha ti turin min hruai leh bawkw a. Chung kan thiltihte chuan Pathian nena kan lendunna chu a tak a ni tih a tarlang a. Thiltha kan tihte chu Isua Kristaa chhandam kan nih tawhna rahchhuah a ni tih kan hre ngei tur a ni.

Hlim lo leh lungawi lo tak i ni thin em? Chutiang mi i nih chuan nangmah chauh i inngaihsak lutuk a ni mai thei. Midangte tanpuinaah phur takin tel ve la, engnge a rahchhuah i hre mai ang.

**NINGA NI** **March 24**  
PATHIAN RINCHHANNA LEH BEISEINA (Sam. 31:24).

“LALPA beisei zawng zawngte u, Chak takin awm ula, in thunlung chu intihuai rawh se” (Sam. 31:24). Engvange in nge Lalpaah rinchhanna kan nghah ang?

Isua tehkhin thu Matthaia 26:36-44 a tarlan angin hun rapthlak berahthe pawh Pathian rinchhan dan engtinngte kan zir ang?

He lai thu hian chhandamtu beidawnna hun rapthlak tak chanchin a tarlang a. Thinlung keha A awm laiin A thianten an theihngihl a, lungngai tawp khawkin A Pa hnenah tanpui A dil a. Tanpuina a lo thlen mai loh avangin A dil nawn, A dil nawn a. Chhandamtu khan A tawngtai apiangin “I thu ang ni zel rawh se” tia A chham

tel zel kha chhinchhiah la. A tawpah Isuan A rinna zawng zawng chu Pa kutah a hlan hmiah a. Eng thil pawh thleng dawn se, Pa thu ang zela A chungathleng turin A inpumpek hmiah a ni.

Hun that laiin Lalpa chu kan rinchhan thei hle thin a. Engtinngte hun harsahte pawh Amah rinchhan dan kan zirtheih ang? Kan beisei leh duhna anga kan tawngtainate chhan a nihloh changin engtinngte Pathian rinchhan dan kan zir ang?

**ZIRTAWP** **March 25**  
**ZIRBELH TUR:** “Kan thinlunga Pathianin thu a rawn sawi hre Chiangtute kan ni tur a ni a, aw dang reng reng kan bengkhawn loha, ngawi renga A hmaa kan nghah bawkw chuan, chhungril lam a lo reh thiap dawn avangin, Pathian aw fiah tak chu kan hre thei ang. Kan hnenah heti hian a sawi: ‘Ngawi ula, Pathian ka ni tih hre rawh u,’ tiin. Sam. 46:10. Ngawihnaah hian chawlhna dik kan hmu thei. Chu chu Pathian tana thawktu te tan in buatsaih dan tha tak a ni. Hmanhmawh taka mipui insul zut zut zingahthe leh an hnathawka buai em emte zingah pawh, an thinlung tihharh thara awm tawhte chu muanna leh eng hual velin an awm thin. An nun atangin rimtui a lo zam chhuak chem chem a, chu mi rual chuan mihringte thinlung thleng phak Pathian thiltihtheihna pawh a lo lang thin.” *Chatuan Nghahfak*, phekk 348.

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MORNING WATCH  
January, 2011

1.	Nisarihni	1 Kor	10:11
2.	Nikhatna	Genesis	1:1
3.	Thawhtan	Genesis	1:3-5
4.	Thawhleleh	Genesis	1:7-9
5.	Nilai	Genesis	3:19
6.	Nilaihawhtan	Genesis	12:4
7.	Zirtawp	Genesis	18:25
8.	Nisarihni	Genesis	22:2
9.	Nikhatna	Genesis	28:17
10.	Thawhtan	Genesis	32:28
11.	Thawhleleh	Genesis	33:4
12.	Nilai	Genesis	37:3
13.	Nilaihawhtan	Genesis	45:13
14.	Zirtawp	Exodus	1:8
15.	Nisarihni	Exodus	2:12
16.	Nikhatna	Exodus	3:5
17.	Thawhtan	Exodus	3:10
18.	Thawhleleh	Exodus	4:1
19.	Nilai	Exodus	6:3
20.	Nilaihawhtan	Exodus	12:13
21.	Zirtawp	Exodus	15:11
22.	Nisarihni	Exodus	34:28
23.	Nikhatna	Exodus	32:14
24.	Thawhtan	Exodus	34:6, 7
25.	Thawhleleh	Leviticus	1:1
26.	Nilai	Leviticus	1:2
27.	Nilaihawhtan	Leviticus	1:4; 5:10
28.	Zirtawp	Leviticus	11:44
29.	Nisarihni	Leviticus	26:42
30.	Nikhatna	Numbers	3:10
31.	Thawhtan	Numbers	5:29

MORNING WATCH  
February, 2011

1.	Thawhleleh	Numbers	6:24,25
2.	Nilai	Numbers	8:17
3.	Nilaihawhtan	Numbers	9:23
4.	Zirtawp	Numbers	11:24
5.	Nisarihni	Numbers	11:29
6.	Nikhatna	Numbers	13:27, 28
7.	Thawhtan	Numbers	14:41
8.	Thawhleleh	Numbers	20:18
9.	Nilai	Numbers	21:8
10.	Nilaihawhtan	Numbers	31:8
11.	Zirtawp	Deute	1:16, 17
12.	Nisarihni	Deute	2:5
13.	Nikhatna	Deute	5:29
14.	Thawhtan	Deute	6:4
15.	Thawhleleh	Deute	6:12
16.	Nilai	Deute	15:7
17.	Nilaihawhtan	Deute	20:1
18.	Zirtawp	Josua	3:15, 16
19.	Nisarihni	Josua	7:4, 5
20.	Nikhatna	Josua	7:1
21.	Thawhtan	Josua	22:22
22.	Thawhleleh	Josua	24:15
23.	Nilai	Rorel	1:15
24.	Nilaihawhtan	Rorel	4:3, 4
25.	Zirtawp	Rorel	6:6
26.	Nisarihni	Rorel	6:13
27.	Nikhatna	Rorel	11:30, 31
28.	Thawhtan	Rorel	12:7

MORNING WATCH  
March, 2011

1.	Thawhle	Rorel	16:30
2.	Nilai	Rorel	17:13
3.	Nilaihawhtan	Rorel	17:6
4.	Zirtawp	Ruthi	1:14
5.	Nisarihni	Ruthi	1:20
6.	Nikhatna	Ruthi	2:1
7.	Thawhtan	1 Samuela	1:2
8.	Thawhle	1 Samuela	4:22
9.	Nilai	1 Samuela	10:22
10.	Nilaihawhtan	1 Samuela	15:29
11.	Zirtawp	1 Samuela	16:14
12.	Nisarihni	1 Samuela	18:3
13.	Nikhatna	2 Samuela	7:3
14.	Thawhtan	2 Samuela	7:6
15.	Thawhle	2 Samuela	12:14
16.	Nilai	2 Samuela	17:20
17.	Nilaihawhtan	1 Lalte	1:11, 12
18.	Zirtawp	1 Lalte	2:31
19.	Nisarihni	1 Lalte	3:24, 25
20.	Nikhatna	1 Lalte	9:10
21.	Thawhtan	1 Lalte	10:23
22.	Thawhle	1 Lalte	11:19
23.	Nilai	1 Lalte	11:32
24.	Nilaihawhtan	1 Lalte	12:1
25.	Zirtawp	1 Lalte	18:26
26.	Nisarihni	1 Lalte	22:37, 38
27.	Nikhatna	2 Lalte	1:10
28.	Thawhtan	2 Lalte	3:10, 11
29.	Thawhle	2 Lalte	4:7
30.	Nilai	2 Lalte	5:14
31.	Nilaihawhtan	2 Lalte	9:6,7