

## KAN PATHIAN BIHCHÎANNATE

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ADULT  
SABBATH SCHOOL  
BIBLE STUDY GUIDE

*Oct • Nov • Dec 2011*

# The Gospel in Galatians



SEVENTH-DAY  
ADVENTIST CHURCH 

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### **Bible Versions Table**

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## Thuhmahruai

### KAN PATHIAN BIHCHIANNATE

**U**AN thengreng enna atan bika siam, Hubble Telescope atanga lāk thlalāk en tawhte zingah tunge vân boruak mawi tak khi ropui ti lo awm ngai le? “Sombrero Galaxy” thlalāk lâk tak mai hmutu ziaktu pakhat chuan mak a tih êm avângin tihian a ziak, “Sombrero Galaxy-a thil hriat tur awm zo zai te, thahrui awm zat te, chhuizui ngai thil awm te, thutak awm te, leh a awmchhan zawng zawngte khi tuinnge chhutin hrethiam thei ang (hei pawh hi galaxy tlūklehdingâwm 8 zet zinga pakhat chauh a la ni lehngâl!). Tihian kan hriatthiam phâk rual loh thil ropui hmu reng siin, keini erawh chu hriat tham mang loh leh khawhar takin kan lo awm ve mai mai lek a nih hi le!” a ti chhuak hial a ni.

He vân thêngreng zau mak lutuk tak mai ai pawha la mak zâwk chu, hêng zawng zawngte Siamtu, a thil siam ropui tak takte aia la ropui daih zâwk chu a ni. Ni e, Seventh-day Adventist kan ni a, kan Pathian biak thin leh a rawng kan bawl thin hi, hêng vân thengreng zâu taka thil zawng zawng- Sombrero Galaxy leh mita hmuh tham lòh thil themnâwi zawng zawngte nêl lama Siamtu a ni. Helai thu tlawhchhan hian tûn kuartar chhûng hian kan Pathian biak thin chanchin zirna “theology” lam hi kan thlûr zui dâwn a ni. Engpawh ni se, kan biak thin, rinchhan thin leh rawngbawl sak thin Pathian, kan “thinlung zawng zawng, thlarau zawng zawng, chakna zawng zawng leh rilru zawng zawng” kan hmangaih tura chanchin zir hi a pawimawh rêng a ni lâwm ni? Pathian hmêlhmang kan puttîr dân hi a danglam thei viau mai a. Pathian hmangaihna hi uar taka sawi an ni thin a, uar pawh an la ni zêl bawng ang, mahse A hmangaihna piah lamah hian thil dang tamtak Amâ chungchâng kan hriat atâna duhte Pathian hian a la nei teuh a ni. Enfîrnân, Bible-ah hian Pathian hming hrang hrang hi za chuang fê a awm a, hêng zawng zawngte hian kawng hrang hrangin lei leh vân Pathian nihna min hirih teuh a ni. Kan Pathian biak hi Krismas putar anga, kan thil dîl apiang min pe tura inring reng Pathian lek a ni lo (poker

khela ei zawng òhin pakhat chuan tunhnai deuh mai khân intihsiaknaah dollar maktaduai tamtak a man avângin vântlâng hmâah Isua hnênah lâwmthu a sawi a nih chû!

Tun kuartar chhûng hian Pathian nihna hrang hrang kan hnêna tihlana awmte chu zirin, chûngte chuan engtin nge kan nîtin nunah awmzia a neih tih pawh kan zir tel nghâl dâwn a ni. A chêpa kaia òanin, Pathiana Minung Pathum chanchin—mak danglam tak, Pathian pakhat ni si a, minung pathum an nih tlat dân kan zir ang a, chuta òang chuan kan rinna zawng zawng inngahna, Siamtu Pathian a nihna chungchâng kan zir leh dâwn a ni. Chumi zawhah chuan chhandamna hnâ Pathianin a thawh dân kan zir leh ang. Suala tlu tawh khawvêl chu siam mai a tâwk lova, chhandam pawh a ngai tel a ni. Pathian chu khawngaihtu leh rorêltu A nihna kan en baw k ang a. Tichuan Pathian nihna lairil—A thianghlimna te, A dân te, leh Sabbath-te zirin, Pathian hi tunge a lo nih chiah Chiang leh zualin kan hre thiam ang.

Pathian thlîr dân tânglâwn lo tak, Pathian kut themthiam a nihna te, khawvêl chanchin liam tâa Pathian a nihna te, leh a hmei a pête inkâra inhmangaihna Pathian a nihnate pawh kan zir tel ang. Thil dang zîngah, òawngòaina chungchâng te, kan chhehvêl thilsiamte dimdâwi a ngaihna chungchâng te (a awmzia berah chuan a taka kan LALPA rawngbâwl dân kan zir dâwn a,) A Lo Kal Lehna thutiam ropui tak, he khawvêl chanchin ziahna bu khârna hun tûr leh, mihringte sualna râpthlâk tak tâwp hun turte pawh kan zir tel baw k dâwn a ni.

Pathian chu a ropui a (engkim A siam a- Sombrero Galaxy chenin!). Ani nêna khai khin râlah chuan kan va tê êm! Chuvâng chuan kan tâna êng a rawn tihlan zawng zawng, a tê ber thleng hian kan ngaihlu hlê tûr a ni. Tûn kuartar chhûng hian hêng kan hnêna êng tihlana awmte hi kan zir dâwn a. Kan zavai hian, kan hnêna êng pêk a nih ang zêla kan kal leh kal loh chu, mimal tinten keimahni mawhphurhna vek a ni e.

*Jo Ann Davidson—a hi Andrews University Seminary, Barrien Springs, Michigan—a professor hnathawk lai mêk a ni.*

**PATHIANA MINUNG PATHUM**

**CHÂNGVAWN:** “Nimahsela duhtakte u, in rinna thianghlim berah chuan inphun nghet ula, Thlarau Thianghlim-ah chuan ƣawngƣaiin, Pathian hmangaihnaah chuan awm ula, chatuana nunna hmu khawpin kan LALPA Isua Kristâ zahngaihna chu thlîr rawh u” (*Juda 20, 21, NKJV*).

**SABBATH CHAWHNÛ**

**Chhiar Tûrte:** *Deuteronomi 6:4; Filipi 2:6; Matthaia 28:19; Genesis 1:26, 27; Johana 14–16.*

**Zirlai Tùm:** Pathian thûah hian Pathiana minung pathumte chungchâng hi hmuh theih tûr leh chhût theih tûrin a awm a ni.

**P**athiana minung pathum (Trinity) tih thumal tak hi Bible-ah lang lo mah se, a chhûnga thute hian chiang takin an zirtîr a ni. Trinity zirtîrna hi a pawimawh hle, a chhan chu Pathian chu tunge a nih, engang mi nge, engtin nge hna a thawh ƣhin tihte leh khawvêl nêna inlaichînna A siam dân thlengin Pathiana minung pathum zirtîrna hian a hril vek a ni. A pawimawh berah chuan chhandamna ruahhman tifamkim turin Kristâ pathianna hi a ƣûl tlat a ni.

Bible-ah hian, Pathiana minung pathum, pathum-inpumkhat chungchâng hi kawng hrang chi thum, inkaihhnawih kual vek sîin sawi a ni a: 1) Pathian inpumkhat, Pathian pakhat a nihna te, 2) minung pathum, Pathian ni vek an nih dân te, 3) Pathian pathum ni si a pakhat an nih tlat dân te hi Bible chuan chiang takin min hrilh vek a ni.

Pa, Isua leh Thlarau Thianghlim Bible-in a ƣhen hrang tlat mai hi suala tlu tawh kan rilru hian hriatthiam har ti engang mah sela, Pathian nihphung ve reng a ni tih hi kan pawm mai tur a ni. Ellen G. White-i'n a vuah dân “Vân rorêltu chungnung chatuan mîte- Pathian,

Krista, leh Thlarau Thianghlimte” (*Evângelism*, p. 616), hi intluktlâng an ni a, mahse inang thap leh nihna inthlâkthleng kual mai mai erawh an ni lo. Adventist din tirh a nih lai vêl khân mi thenkhatin hemi chungchângah hian buaina an nei a, mahse tunah chuan kan kohhran chuan tihngîn rual lohvin zirfîma nghet leh Chiang tak a nei tawh a ni.

Thurin Bulpui pahnihnain a sawi angin, “Pathian pakhat a awm a: Pa, Fapa leh Thlarau Thianghlim, minung pathum chatuan atâna inpumkhatte chu” an ni.

**SUNDAY**

*January 1*

**PATHIAN PAKHAT A NIHNA**

Hmanlai Hebrai mîte kha chuan Pathian pakhat chauh a awm tih hi an ring tlur mai a, hetiang rindân hi *monotheistic* an ti a, “mono” chu “pakhat” tihna a ni a, “theistic” tih chu Greek tawnga “Pathian” tihna a ni. Tichuan *monotheistic* tih chu Pathian diktak pakhat chauh a awm a ni tih rinna a nih chu. Thuthlung Hlui hun chhông zawng khân he rindân hi nghet takin an pawm a. An bul vêla hnam dangte’n pathian tamtak an bia ang kha ni lovin, Pathian pakhat, Abrahama Pathian, Isaka Pathian, Jakoba Pathian chauh kha an bia a ni. Hei vâng hian Bible sakhuana hi sakhaw dangte lakah chuan a danglam hlê.

**Engtin nge Exodus 3:13-15-ah hian Pathian chu Amah leh Amah a inpuanchhuah? Hêng chângte hian engtin nge Pathian pakhat a nihna an târlan? \_\_\_\_\_**

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Pathian pakhat chauh a nihna hi Bible châng (*Deuteronomi 6:4*), Juda hovin “*Shema*” tia an koh mai a tang pawhin hmuh theih a ni. Hetianga koh a nihna chhan chu, he lai thu in tanna “lo ngaithla rawh u” tih hi Hebrai tawng lamah chuan “shema” tih a nih vâng a ni. Heta thuziak hi Pathian chungchângah Thutak, Israel mîte pawh awih tûr leh an fâte pawh zirfîr tura tih kha a ni.



**“Lo ngaithla rawh u, Aw Israel mîte u: LALPA kan Pathian chu, LALPA pakhat chauh a ni (*Deuteronomi 6:4*, ESV). Helai châng leh *Genesis 2:24* thu, “Tichuan mipain a nû leh pâ a kalsan ang a, a nupui a vuan tawh ang, tichuan tîsa pumkhat (pakhat) an lo ni tawh ang,” tih hi khaikhin teh u. Engvangin nge helai Bible châng pahnihah hian pakhat sawi nâna Hebrai thumal inang a hman tlat le? \_\_\_\_\_**

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Pakhat sawina *echad* tih chu *Deuteronomi 6:4*-a “Shema-ah” hian hman a ni a. He thumal *echad* tih hian chhiarkawpa pakhat kan tih ang chiah hi a kâwk lêm lo, thil hrang hrang inhlâwm khâwm a kâwk zâwk a ni. Nihna hrang nei chung a inpumkhatna lam zâwk chu helai thu hian a sawi a ni. *Deuteronomi 6:4*-in Pathian chu pakhat a ni tih a sawi ang chiahin *Genesis 2:24* chuan nupa chu “pumkhat” tiin a sawi.

**Thuthlung Tharah engtin nge Pathian pakhat chungchâng sawi a nih ve? *Jakoba 2:19; 1 Korin 8:4*. \_\_\_\_\_**

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**Engtin nge Pathian chu pakhat a ni tih hriatna hian milem biakna kawng hrang hrang lak aţanga inthiar fihlîm tura min ţanpui? Engvangin nge LALPA chauh hi chibai bûk tûr kan nih? Engtin nge i nun aţangin “milem biakna” i tihbo theih ang? \_\_\_\_\_**

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**THAWHTANNÎ  
KRISTÂ PATHIANNA**

*January 2*

Pâ pathianna chungchângah hi chuan inhnialna a awm ngai meuh lo. Pathiana minung pathum rinna hnialtute pawh hian Isua pathianna hi an pawm theih loh chu a ni tlângpui. Krista hi Pathian pumhlûm,

chatuan mi ni lovin thil dang engemaw a nih vaih chuan chhandamna ruahman hi nasa taka siam rem chawp a ngai ngei ang (Ningâni zirlai en rawh).

**Engtin nge Paula, Farisai kulmût ni ðhinin Kristâ pathianna chungchâng a sawi? *Filipi 2:6.*** \_\_\_\_\_

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Farisaite chu Thuthlung Hlui lam rindân, Pathian pakhat chauh a awm a ni tih rinnaah hian an insawh nghet hlê a, heti chung a Paulan hetiang thu a sawi mai hi thil mak tak a ni, Kristâ pathianna a rinthûk zia hei hian a târlang a ni.

Hebrai mîte hnêna lekhathâwn- Pathian pakhat chauh awm ring Juda ho hnêna a thawnah pawh Paula hian—Pathian Fapa hi Pathian A nihzia a sawi uar hlê. *Hebrai 1:8, 9, 22*-te hian chiang tak leh thunei takin Kristâ pathianna an puang chhuak a. Kristâ pathianna puanchhuahna chiang ber mai chu Isua ngeiin Pathian a ni tih a inpawmna kha a ni. Jerusalem kawthlêrahte a pathianzia puangin a kal vêl kher lo. Mahse, Chanchin Ṭha buli-ahte Pathiana a inpawmna vawi eng emaw zât lantîrin a ni. Vawi tamtak chu Isua hian Pathian chauhvîn a tih theih a ti a: Pathian vântirhkohte chu *Ama* vântirhkohte niawm rengin an chanchin a sawi ðhin a (*Matthaia 13:41*); sualnate a ngaidamin (*Marka 2:5–10*); khawvêl rorêlsaktu tur a nih thu a sawi fo bawk (*Matthaia 25:31–46*). Pathian ni ta lo se engtin nge Pathian chauhvîn a tih theih thilte hi a tih ve tehlul ang ni?

**Chanchin Ṭha ziaka Isuan mi chi hrang hrangte'n Pathian chibai bûka an bûk a pawm dân hi sawiho teh u. *Matthaia 14:33; 28:9; Luka 24:50–52; Johana 9:35–38. Paula nên an inan loh dân hi chhût tel bawk ang che u (Tirhkohte 14:8–18). Pathian chibai bûka bûkna Isuan a pawmna hian engtin nge Pathian A nihzia a lantîr?*** \_\_\_\_\_

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A chungthu ngaihtuah a nih tum khân, Isua an puhna pakhat chu *Pathian Fapaah a inhhâl* tih a ni (*Johana 19:7; Matthaia 26:63–65*). Isua kha Pathianah a inngai lo a nih chuan khami hun tak kha atân insawi fihlîmna hun ða tak a ni. Mahse an puhna kha phat a tum hauh lo. A nihna takah chuan Kaiafã hmâ ngeiah Pathian A nihzia a sawi nawn leh ngat zâwk a ni. Hei vâng hian, Bible aţang ngeiin Krista kha Pathian a ni ngei tih finfiahna kan nei a ni.

**Isua nun ngaihtuahin hun hmang teh u, Pathian a nih ngeizia leh lei leh vâng Siamtu a nihna lam hi ngaihtuah bîk ang che u. Hei hian Pathianin khawvêl min lo hmangaihzia engtin nge min hrilh? He thutak mak chuangchuang tak avâng hian engtiang taka thlamuang leh beiseinaa khat tûr nge i nih le?**

THAWHLEHNÎ

January 3

THLARAU THIANGHLIM

Pathian chu mi pahnih, Pâ leh Fapa ni chung a “pakhat” a nih theih tho chuan, Pathiana minung zînga a pathumna han belh leh mai chu thil harsa a ni tawh lo. Chu Pathiana minung pathumna chu Thlarau Thianghlim a ni.

**Genesis 1:2** chhiar la. Hei lai thu hian Bible ziak tîr tê aţang lo lang Thlarau Thianghlim hnathawh dân engtin nge min hrilh? \_\_\_\_\_

**Engtiang kawngin nge Matthaia 28:19** hian Pathiana minung pathumte min hriatchhuah tîr? \_\_\_\_\_

Pathiana minung Pathumte hi Isuan ringtharte baptisma chantîr dân tur a sawi khân a sawi tel. A nihna takah chuan “Pa leh Fapa leh Thlarau Thianghlim hminga baptisma chantîr dân” hi Kristian

kohhran tam zâwkin an la hmang a ni. Isua hnung zui tura duhthlangtu chuan Minung pathum awm mahse la “A hmingin” (Greek-ah pawh plural ni lovin singular) baptisma a chang thîn. Pathiana Minung pathumte hi Pakhat anga en an nih vâng a ni.

Isuan baptisma a chan khân, Pathiana minung pathumte hi an inlâr kim vek a. Marka’n baptisma chan laia thil thleng chiang taka a ziaik hi chhiar teh (*Marka 1:9-11*). Heti laiah hian *Marka* chuan Pathiana Minung Pathumte inpuanchhuahna ropui lutuk tak mai, thilsiamte pawh ngawng khawp chu min hrilh a ni.

Isua chungchâng bîkah chuan, Thlarau Thianghlim hnathawh hi Pathian tih anga ziah a ni. A hnuai Thlarau Thianghlim hnathawh dân târlante hi sawiho teh u:

1. Isua pian tur thû a rawn puan khân, vântirhkoh chuan Mari hnênah a Fa lo piang tur chu “Mi Thianghlim” tia koh a nih tur thu a sawi a, a chhan chu Thlarau Thianghlim Mari chungah a thlentîr dân vâng a ni (*Luka 1:35*).
2. Isua chuan LALPA Thlarau chu a hnênah awmin, thuhril turin hriak a thih a ni tih a sawi (*Luka 4:18*).
3. Pathian Thlarau avângin ramhuaite a hnawtchhuak thîn tih a sawi (*Matthaia 12:28*).
4. Krista’n vân A lâwn hnua a hna chhonzawmtu tur chu “Thlamuantu” dang a nih tur thu a sawi (*Johana 14:16*).
5. Isuan a zirtîrte Thlarau Thianghlimin a thâwkkhum (*Johana 20:22*).
6. Kristian tharte chuan anmahnia awm Thlarau Thianghlim (*Johana 14:17*) leh Krista Thlarau an neih tûr thû sawi a ni (*Galatia 2:20; Kolosa 1:27*).

An rawngbâwlnaah Krista leh Thlarau Thianghlim hi an thawk dân zêl thîn. Chubâkah, Thlarau Thianghlim hi Pathian a ni tia sawina Bible châng a awm nual bawk. *Tirhkohte 5:1-11* chhiar la. Engtin nge helai thu hian Thlarau Thianghlim hi Pathian a nih zia min hrilh?

## INPUMKHAṬNA LEH INTLUK TLÂNNAAH

Engtikawng zâwng pawhin Bible hi Pathian pakhat chauh (*echad*) a nihnaah a chiang khawp mai, mahse hetih rual hian minung pakhat mai aia tam an nihnaah pawh hian a chiang tho a ni. Bible zirlai leh mithiamte chuan Pathian hi minung pakhat aia tam a ni tih finfiahna, Thuthlung Hlui lamah ngei pawh chiang tak takin kum sang chuang lai an lo hmu tawh thîn a. He thutak hi, thutak dang tamtak ang bawkin, chiang lehzualin Thuthlung Thar lamah rawn târlan nawn leh a ni.

**Genesis 1:26, 27** chhiar la. He laiah hian chiang lehzualin Pathian pakhat aia tam an nihna engtin nge puanchhuah a nih? \_\_\_\_\_

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Hetianga pakhat anga sawina leh pakhat aia tama sawina hi *Genesis 11:7, 8*-a Babel Insâng sak tuma Pathian tawngkamah pawh hmuh theih a ni. Pathian chu Amah leh Amah a inbia a, helaiiah hian Pathian chu “LALPA” tia sawi a nih rualin, pakhat aia tam zînga mi pakhat tawngkam ‘Keimahni’ Pathian hian a hmang a ni.

**Isaia 6:8** chhiar la. He laiah hian engtin nge “LALPA” chu pakhat aia tama a intârlan le? \_\_\_\_\_

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Thuthlung Thar lamah engtin nge Petera’n Penticos nî a a thusawiah khân Pathiana minungte zîngah Isua a chawisân? (*Tirhkohte 2:33* en rawh.) Juda pachal, Pathian pakhat chauh a nih ring bur mai Petera chuan tâna vâna Krista pathianna famkim chanchin a sawi a. Juda pêmdarhte hnêna a lehkhathawnah pawh Pathiana minung pathum chungchâng hi a ziak nawn leh a ni. (*1 Petera 1:1–3* en la.)

**Engtin nge Paula'n chhandamna rahbi a sawinaah Pathiana minung pakhat mai aia tam an awm dân a sawi lan? 2 Korin 1:20–22 (2 Korin 13:14 en tel bawk rawh.) \_\_\_\_\_**

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**Tâwp chin nei kan rilru, suala tlu tawh bawk si tân chuan he zirtîrna hi hriatthiam awlsam a ni lo. Mahse chu chu thil âwm lo vak a ni chuang em ni? Engkim Siâmtu Pathian nihna lairil kan khawih tlat a ni. Pathian chungchâng engkim hrethiam nia inhriat tlatna hi thil âthlâk tak zâwk a ni, a bîk takin keini mihringte engmah “hrethiam” tak tak lo tân phei chuan a ni lehzuat. Thil dang ho ber ni a i hriat ngei pawh kha han chhui chiang teh. Engzat chiah nge i hriathiamna phâk bâkah la awm le? Engtin nge Pathian nihna lairil phei chu kan han hriatthiam zawh vek theih ang ni? \_\_\_\_\_**

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**NINGÂNÍ**

*January 5*

**PATHIANA MINUNG PATHUM LEH CHHANDAMNA**

Chanchin Ṭha Johana ziak hian Pathian nihna lairil danglam tak mai chu chiang takin a târlang a. Johana hi Pathian pakhat ni chung pathum an nihnaah hian a chiang hlê a ni.

**Johana 14 -16 inkâra Krista ṭawngtâinate hi chhiar la, vawi engzat nge Pathiana minung pathum awm chungchâng târlan a nih chhiar ang che. Hei hian engtiang chiahin nge he thutak pawimawhzia hi hrethiam tura min ṭanpui? \_\_\_\_\_**

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Chanchin Ṭha Johana ziakah ngau ngau chuan helai thu hi Pathiana minung Pathum, intluktlâng vekte chungchâng tarlanna chiang ber a ni, he laiah hian Trinity lairil chu vawi tamtak târlanin a awm a. Trinity rinna hi, khawi emaw lai ngaihdân lâkchhuah chawp

mai ni lovin, Bible bu pumpui uluk taka zirna aṭanga pawm loh theih loha lo awm zâwk a ni. Helai thua thil pawimawh bik chu Krista pathianna hi a ni. Krista kha Pathian famkim a nih loh chuan, kan Pathian biak thin hi misualte aia mahni inpe duh lo, mipakhat hrem aia midang hrem kual vak vak chîng Pathian mai a ni dâwn a. Mahse Chanchin Tha pumpuiin sawichhuah a tum ber chu khawvêl sualte phurtu chu Amah Pathian ngei a ni tih hi a ni. He thil sawihnamna chu engpawh ni se, tlanna thiltihtheihna leh tângkaina sawibona a ni.

Han ngaihtuah Chiang Teh: Isua kha Pathian ni lovin, thilsiam ve mai ni ta se, engtin nge misual ni chung Pathian thinurna zawng zawng a phurh theih tâk ang le? Enganga chawisân pawh ni ta se, eng thilsiamin nge Pathian dân thianghlim bawhchhiatna lak aṭanga mihringte min chhandam thei ang ni?

Isua kha Pathian a nih loh chuan, Pathian dân hi Pathian anga thianghlim a ni ve lêm lo tihna a ni, achhan chu thilsiam mai mai pawhin dân bawhchhiatna man a tlingtla thei tlat a ni. Dân chu thilsiam dang anga thianghlim, Pathian ang tluka thianghlim si lo a ni tihna a ni dâwn a ni. Sualna pawh Siamtu ni lo, a thilsiam thihna chauh thlentü a nih dâwn avângin, chuti êm êma pawl lêm lo a ni tihna a ni bawh ang. A nihna takah chuan, sual tidam tura Amah Pathian ngei, Mihring Kristaa thih a tûl tlatna hian sualna râpthlâkzia a târlang Chiang hlê a ni.

Kan chhandamna tichiangtu, -kan tih ni lova-Krista ngeiin min tih sak zâwk a ni tih hriat chianna pawh hi, Amah Pathian ngeiin kan sual man bat min tlâksak avângang lo awm a ni. *Chuvâng chuan kan chhandamna man atan hian engzât nge pêk belh theih kan la neihe cheu le?* Krista kha thilsiam mai a nih chuan, eng emaw chu chhandam nân hian tihbelh theih kan la nei mahna. Mahse Pathian, Siamtu chu kan sualte aia inpe a nih avângin. . . . kan thiltha tih A inhlanna lo belh ve thei ni a inngaihna hi Pathian sawichhiatna a ni. Hei vâng tak hian, Krista chu Pathian ngei a nih loh chuan, tlanna ruahhmanna zawng zawng hi ennawn that leh vek a ngai hial dâwn a ni.

**Han ngaihtuah chiah mah teh: He khawvêl zâu Siamtu hi A hnêna chatuana i nun theih nân i tân, nangmâ thihna tur aiah a thî a nih chû. He thutak mak danglam tak aţang hian engang beiseina leh hriatchianna nge i neih theih le? Hei aia thil pawimawh dang hi engnge awm thei tawh ang?\_\_\_\_\_**

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**ZÏRTÂWPNI**

*January 6*

**ZIRZAUNA:** Trinity thurinah hian, Pathian pakhat, nihna hrang hranga chang kual thîn (chu chu Trinity ni lovin *modalism* a ni) kan hmu lo va. Pathian hran thiau pathum kan hmu hek lo (chu chu *tritheism* emaw *polytheism* an ti). Pathian pakhat (“Amah”), “Anmahni” tih theih tho bawk, engtiklai pawha pumkhat tlat leh ţangho reng kan hmu zâwk a ni. Thlarau Thianghlim chuan Pa leh Fapa thil duhte chu a hlenchhuak thîn a, chu chu Amâ duhzâwng pawh a ni ve reng bawk. Hei hi Bible bu pumpuia Pathian inpuanchhuah dân chu a ni. Mi thênkhat chu Krista Pathianna chungchângah hian an buai deuh thîn a, achhan pawh eng dang ni lovin, mihring a chan lai khân Pâ thuneihna hnuaiah a intulût thîn a. Mi tamtak chuan hei hi Isua chu Pa aia nêp deuh zâwk a ni tih “finfiahnaah” an ngai a ni. Mahse a nihna takah chuan hei hian, Pathiana minungte lal dân indawt a sawi lo va, chhandamna ruahhman dân a entîr mai zâwk a ni. Isua chu mihringa lo changin, “thi khawp hiala thuawihin, krawsa thihna ngei chu” a rawn tuar ta a ni (*Filipi 2:8* ESV).

“Fapa meuh ni mah se, a tawrhna aţangin thuawihna nun a zir a; tichuan tihthatfamkim lo niin, a thuawihtu zawng zawngte tân chatuan chhandamna hnâr a lo ni ta a ni” (*Hebrai 5:8, 9*). Hêng Bible chângte hian Isua Pa hnuaia a intukluhna chhan chu mihringa a rawn chan vâng a ni tih an târlang a, chu chu chhandamna ruahmannaah a pawimawh tlat a ni. Pathian famkim leh chatuan mi a ni ta lo tihna lam a ni lo.



“A hmingah chuan Immanuela... kan hnêna Pathian awm tih a ni ang.’ Pathian ropuina hriatna êng chu ‘Isua Krista hmêlah’ chuan hmuh theihin a awm a ni. Chatuan ata tawh LALPA Isua Krista chu Pa nên pumkhat an ni tawh a; Ani chu ‘Pathian anpui niin’ ropuina leh thiltihtheihnaah A anpui a ni a, ‘Pathian ropuina famkim târlanna a ni.’ He ropuina târlang tûr hian a ni he khawvêlah a lo kal ni.”— Ellen G. White, *Chatuan Nghahfâk*, p. 9.

### SAWIHO TÛR:

❶ **Adventist dintirh a nih lai vêl khân mi ðenkhat chuan Trinity thurin hi pawm harsa an ti ðîn a. Tunah erawh chuan he thurin hi kohhran chuan nghet takin a pawm tawh a ni. He thil hian engtin nge thutak hi a tahtawl tea rawn inpuang chhuak ðîn a nihzia a lantîr? Nangma thil tawn aţang ngeiin, thutak hriatna kawngah hian i ðang em? Thurin tunhmaa i pawm ðin, mahse tuna i pawm reng tak loh engne awm le?**

❷ **Johana 8:58-ah chuan: “Isuan tih tak meuhvin, tih tak meuhvin ka hrilh a che u, Abraham a awm hmâ pawhin ka awm” a ti a. Helai thu hian engtiang takin nge Isua pathianna a târlan?**

**KHAIKHÂWMNA:** A rawng kan bâwl ðin leh chibai bûk kan duh ðin Pathian ropui tak hi, hmangaih leh zual kan duh chuan Amâ chungchâng a inpuanchhuahna hi hriatfiah kan tum hmasa phawt tur a ni. Trinity hi thu ril a ni a, mahse Bible-ah Pathianin “thu mak ril” chu thithe mihringte hriatthiam phâk tâwkin a rawn puang chhuak tawh a ni. Chuvâng chuan, ngaihngam takin Pathian chungchâng hi ðingðin “Aw Israel, ngaithla rawh: LALPA kan Pathian hi, Pathian pakhat a ni”” (*Deuteronomi 6:4, NKJV*) tiin kan puang chhuak thei a ni.

## A TÎRIN

**CHÂNGVAWN:** “Ama’n engkim: vâna thil awm te leh leia thil awm te, thil hmuh theih leh thil hmuh theih loh te, lalthutthlêng a ni emaw, lalna leh thuneihna a ni emaw, thiltihtheihna a ni emaw a siam vek a ni. Engkim mai hi Amâ tâna Aman a siam vek a ni,” (*Kolosa 1:16*, NKJV).

## SABBATH CHAWHNÛ

**Chhiar Tûrte:** *Matthaia 19:4; Joba 38:4–7; Deuteronomi 32:10, 11; Sâm 19; Johana 1:1–13; Rome 5:12; Isaia 66:22.*

**Zirlai Tùm:** Thilsiam chungchânga Thurin, niruk chhûnga khawvêl siam zawh vek a ni tih rinna hi, kan thurin dang zawng zawngte inngahna lungphûm a ni.

**K**HAWVÊL awm ãan dân chungchânga ngaihdân awm chi hnihte: Bible-in thilsiam a sawi dân leh Pathian tel lova thil ho zâwk atanga khawvêl hi lo piang (evolution theory) anga zirtîmate hi hmehrem kawp har tak an ni. A pakhatna atân chuan, Bible sawidânin thilsiamte hi ruahmanna fel tak leh uluk taka ngaihtuah a nih hnuah chauh, engkim inbûk tâwk taka siam vek an ni a, tihpalha thil thleng engmah reng a awm thei lo. Mahse evolution theory hi chu tihpalh thila inngat vek a ni. A pahnihnaah chuan, Bible-in thilsiam a sawidân chuan, engkim mai hi chhan neia siam vek an ni a; Pathian chuan thiltum a nei a, chu chu Greek ho chuan *telos* an ti a, Pathianin thil a siam chhan sawina a ni.

Mahse, evolution rindânah chuan a tîr phat ata engmah hian awm chhan an nei tak tak lo, eng thil mah hian siam chhan an nei lêm lo a ni. Engtin tin emaw, inthlâk danglamna leh leilunga thil inher danglamte’n (tihpalh thilthua) an siam a ni a, ãangkaina neite vawng ãhain ãangkaina nei lote erawh tihralin an awm ãhîn a ni. A tâwp ber atân chuan Bible chuan mihringte hi Pathian anpuia siam an ni tih a sawi a. Mahse evolution zirtîma erawh chuan mihringte

hi an hmaa awm tawh *zâwng fîng* chi khat *homo sapiens* an tih aṭanga lo awm niin a sawi thung.

Tûnkâr chhông hian, Bible-in Thilsiam chungchâng a sawi dân kan en ang a, Bible thutak dang zawng zawngte innghahna a nih dân kan en nghâl bawk ang. Thilsiam chungchâng a kan tihsual chuan, thil dang tam takah pawh kan tusual ngei ang. Chutiang tak chuan thilsiam chungchâng hriatthiamna hi Seventh-day Adventist Kristiante thurinah hian a pawimawh a ni.

SUNDAY

January 8

THILSIAM CHAWLHKÂR

**“A tîrin Pathianin lei leh vânte a siam a”** (*Gen. 1:1*, NKJV).  
**He Pathian thu bulṭanna thu hian engtin nge Bible leh Darwin-  
a evolution inkalhia a târlan?** \_\_\_\_\_

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*Genesis* buah chuan Pathian chu thil siam mêk anga târlan nghâl a ni a. Pathian chungchâng sawifiahna emaw, hmelhriatîrna emaw a awm lêm lo. Bible ziaktu tumah hian Pathian a awm leh awm loh sawifiah an tum hran lo. Pathian a taka awmzia finfiah tumna ang teuh ber chu he *Sâm* ziaik hi a ni: “Mi â chuan a thinlungin, ‘Pathian a awm lo’ a ti ṭhîn” (*Sâm 14:1*). Mithiamte chuan themthiamna chungchuan tak mai chu khawvêl siam a nihna mai bâkah, Bible- a thilsiam chungchâng ziahchhuah a nih dânah pawh hian an hmu, *Genesis 1:2*-ah chuan Pathianin thiam taka thil a siam dân sawiin tihian bul a ṭan: “Lei chu pianhmang mumal pawh nei lovin a ruak ngawt mai a ni (KJV)” tiin. Ni thumna thlengin “pianhmang mumal pawh nei lo” chu a rem ṭa a. A hnu ni thum dang leh chu lei “ruak ngawt” mai tikhah nân a hmang leh a ni.

Kawng lehlama sawi chuan, *ni khatnaa* siam êng chu *ni linaah* ni leh thla (“arsi pawh telin” *Gen 1:16*) hmanga tih zawh a ni a. *Ni hnihnaa* tui leh boruak siamte chu *ni nganaah* savate leh sanghâte chên nân hman a ni leh a (*Gen. 1:6-8, 9, 20-23*). Tuipui aṭanga siam khawmual a *ni thumnaa* mi chu a *ni rukniin* ransa leh

mihringte hmanga hnawh khah a ni leh ta a ni. A tâwp berah chuan engkim chu “tha êm êm” tia sawi an ni a, Amah Pathian ngein a ni sarihniin a lâwm ta nghê nghê a ni.

Helai thua pawimawh ta ber chu, tihpalh thil lo awm ve theihna hun a awm miah lo hi a ni. He khawvêl siam thu hian engkim mai hi uluk taka ruahhmanna hnuaia thawh zawh a ni tih chiang takin a târlang a ni.

### **A hnuaia thûte aţang hian, tute'n nge Bible-a thilsiam thu hi lo ring ve?**

*Matthaia 19:4* \_\_\_\_\_

*Exodus 20:8–11* \_\_\_\_\_

*1 Timothea 2:13* \_\_\_\_\_

*Isaia 40:26* \_\_\_\_\_

*Genesis 1, 2* sawi angin LALPAN thûin khawvêl a siam a. Helai thua hian Pathian thû hi a chiang tâwk a ni. Miin a duh chuan Pathianin khawvêl a siam tih hi a ring thei a, a duh chuan amaha lo awm ve mai a ni tih a ring thei tho bawk, mahse tumahin a pahnih hian an ring kawp thei lo. Bible thu hi a chiang tâwk a ni.

**THAWHTANNÍ**

*January 9*

**SIAMTU THINLUNG**

Thilsiam chawlhkâra thil thleng hi thilmak ropui bîk a ni. A ni tahtawl zêlin Siamtu chuan thuin nunna leh thilsiam chi hrang hrang, scientist-te pawhin mak an tih tâwp theih loh chu a siam a. Pathian meuh pawh a thilsiam chuan a tihlim a ni.

### **Engtin nge Joba hnênah Pathianin khawvêl a siam lai hlimawmzia a sawichhuah? *Joba 38:4–7.* \_\_\_\_\_**

Thilsiam chawlhkâr hmasa bera Siamtu thinlung hlimna hi *Genesis* bung hmasa ber châng hnihnaah pawh hian hmuh theih a ni:

“Tichuan Pathian Thlarau chuan tui chungte chu a awm chillh a (NKJV).” Bible zirmîte chuan Mosian Bible bu hmasa pangate (Pentateuch) a phuah khawm dân hi an ngaihlh hlê. Helai thua Mosian khawvêl siam chawlhkâra “Tui chungte Pathianin Thlarauvin a ‘awmchilh’ a ni” tih a sawina ÷awngkam chiah hi *Deuteronomi* 32-ah a hmang leh a. *Deuteronomi* 32 hi Mosian Israel fâte hnêna thlahna thu a sawina bung a ni.

**A tum hnihnaah engtin nge Mosian awmchilh tih ÷awngkam hi a hman tâk?** *Deuteronomi* 32:10, 11. (*Matthaia* 23:37 pawh en tel ang che.) \_\_\_\_\_

Sava puin a hmangaih êm êm a notête awmna tûr bû a chheh ÷hin dân ngaihtuah la. A note awmchilhin, eitur a pê a, thlawhte a zirtûr ÷hin. ÷hal lo inher chhuah apianga sava no neih vêl dân hi, kum 40 zet berâm lo enkawl tawh Mosian khân a hmu ÷hin ni ngei tûrah ngai ila, chu chuan Pathianin a mîte hmangaih taka a enkawl ÷hin dân a ngaihtuahûr ngei pawh a rinawm. Tichuan Thâwkkhumna changin, savain a note awmna tur bû a chhep angin, Thlarau Thianghlimin mihringte kan awmna tur “bû” a chhep lai vêl a sawichhuak ta a ni.

Thilsiam chungchânga Bible inziak tinreng hian evolution ho rindân–tunlai khawvêl lo awm dân chu ‘a ruh no no chhuakah’ tia a chak lo apiang dîpral a, a chak apiang dinchanna–hi a kalh tlat a ni. Chutih ahnêkin Bible chuan Pathian, a thilsiamte hmangaihthu, ngaihsaktu, leh uluk taka tum bik nei râna Siamtu chanchin min hrilh zâwk a ni. Thil siam chungchângah hian engkimah Pathian chêtna kan hmû a, engmah awmze nei lo leh ngaihtuahna hmang lova siam a awm lo. A tîr phat, thilsiam chawlhkâr hmasa ber ata tawh hmangaihna hi a lo awm daih tawh a ni. Evolution ringtuho sawi dân nêna a va inkalh êm! Anni sawi dân chuan hmangaihna hi kum tlûklehdngawn tamtak mahni hmasial taka tharum nêna inpâwngnêkna a awm hnuah, engtin tin emaw a lo piang ve chauh a

ni tiin an sawi thîn. Hmangaihna avângin khawvêl siam a ni a, chುವâng chuan he khawvêl kan hriat ve hi tihchhiata a awm a, a thar siam a nih hunah pawh hmangaihna hi chu a la awm reng dâwn a ni.

**Thilsiam makzia hi ngaihtuah la. Pathian hmangaihna maktak mai chu chûng thilsiamte aţang chuan engtin nge i hmuh le?**

**THAWHLEHNÍ**

*January 10*

**VÂNTE KHIAN AN PUANG**

*Sâm* bû-ah hian Siamtu fakna hla thahnem tak a awm a. *Sâm* ziaktu chuan Pathian chu a “thiltih ropui” takte avângin uar tak leh hlim takin a fak thîn a ni.

**Sâm 19.** He fakna hla thu inlâklâwn dân hi ropui tak a ni. A hmasa berin, Davida chuan vân te leh boruak te, leh ni êng ropuiziate a sawi phawt a. Ni êng mawi tak mai chu mo pasal nei tura a kal leh infiammi infiam lai (*châng 1-6*) nêh a tehkhin leh a. Tichuan ni êng ropui tak mai chu Pathian dân famkim leh a thupêk thiltitheih takte nêh a dawhzawm leh ta a ni. Pathian dân thu inziakte chu Pathian thilsiam mawi takte nêh an inzawm tlat a ni (*châng 7-11*).

**Sâm 92.** He “Sabbath Hlâ” hi thinlung aţanga chhuak faknain bul ţan a ni a. “I Kuta thiltih” tih leh “I thiltithe” tih hi *Sâm* bu pumah (Bible bu pumah pawh) vawi tam a lang a, thilsiamte aţanga Pathian fakna lampang Bible-a a tamzia chu hei hian a lantîr nghâl awm e. Tupawhin Pathian kutchhuak thilsiam engpawh- thiltê ber enlenna aţang chauhva hmuh theih a ni emaw, thil hla theihtâwp, enhlatna aţang chauhva hmuh theih arsi leh planet a ni emaw, rannung eng chî pawh (a thlâwk chî emaw, hleuh chî emaw, kal chî emaw pawh) ni se- a zir chian poh leh Pathian thilsiam ropuizia a hrechiang telh telh thîn. Scientist-te chuan thlai leh ramsa bâkah, nunna nei zawng zawngte hi nunna thembua tah zawm chiat an lo nih dânte pawh an zir belh zêl a. An zir tam poh leh, a lo ropuizia leh a lo makzia an hmu Chiang tawlh tawlh mai a ni.

**Ngho hi siamtu fing tak siam kan ni lohzia lantirtu a ni, a ruh no no chhuakah tih dânin ro a rêl avânga lo chawr chhuak ve mai mai a ni a, kuta hmanraw hmang thei leh hnutea châwm lente ngho pawh a ùl dânin a insiam rem mai ùn a ni.”– Owen Gingrich, *God’s Universe* (Cambridge, Mass.: Harvard University Press, 2006), pp. 98, 99. **Hetiang Kristian- rahchhuah tak tak nei si lova evolution leh Kristiante rindân chawlhpawlh tum tlat ùhnte hian-eng thil pawimawh nge vânduaitlhâk taka an hmaih le?** \_\_\_\_\_**

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Rinhlelh rual lohvin, he khawvêl hian a Siamtu thiltihtheihna leh hmangaihna chu a târlang a. Chutih rual chuan kan khawvêl hi sualna chuan a tichhia a, Pathian leh Setana inkâra indona chuan ser leh buaina tamtak a siam a ni. Hemi rahchhuah chhياتna chi hrang hrang damlohna te, thihna te, leilungin chhياتna te, leh thil ùa lo dang tamtak kan chhehvêlah a thleng zut zut reng a ni. Khawvêla thilsiam chitin zîngah hian sualnain a khawih buai loh rêng an awm lo, mihring zîngah phei chuan an awm lo tih a Chiang. Mahse hetiang chhياتna hual vêl kârah pawh hian Siamtu hmangaihna leh thiltihtheihna chu kan la hmu thei tho a ni. Chumi tur chuan chhياتna ringawt thlîr lovin, ùatna inphûmru hmuthiama kan thlîr thiam fo ùin a ngai a ni. Entûrnân, cherry kûng chu hrikin a bawm avângin a rah zawng zawng a tla ta vek a ni tih kan hmu a ni mai thei. Mahse theikûnga a Siamtu zia ùatna leh hmangaihna târlana awm erawh chu hrikten an tireh thei lo.

**NILAINÎ**

*January 11*

**KRAWS LEH THILSIAM**

***Johana 1:1–13* chhiar la. Engtin nge Johana’n Thilsiam leh Kraws a dawh zawm? Engvangin nge hêng thil pahnihte hi ùhen hran theih an nih loh?** \_\_\_\_\_

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Hmun tam takah Bible hian Siamtu LALPA leh Tlantu LALPA hi a sawi kawp a, hei hian Bible leh evolution zirtîrna dawh zawm a theih lohzia, a bîk takin Kraws zirtîrna nêna hmeh rem theih a nih lohzia a târlang. Engtin nge LALPA chu zâwng chi khat ațanga tualthahna leh inpâwngnêknain a hrin chhuah mihringah, “hmêlma hnukung ber” (*1 Korin 15:26*) thihna tibo tura a lo chan theih ang le? Engpawh ni se, thihna hi Pathianin mihringte a siam nâna a hmanraw țangkai tak a nih si chuan engtin nge “hmêlma” a nih theih tâk ang? Evolutionist-ho rindân hi lo dik ta tehreng pawh ni se. Pathian hian a anpui (*homo sapiens*) siam turin vawi tam tak hêng ho *homo erectus*, *homo heidelbergensis*, leh *homo neanderthalensis*- (mihring an nih chiah hmâa zâwng chi hrang hming nia an rin evolutionist-te’ n an vuah)-te a thihțîr hmasak zet a țûl dâwn a. *Thihna min hnehsak tura Isua hi lo kal a ni* kan ti si a, mahse thihna hi a thilsiam dân kalphung ve reng a nih si chuan engatinge a thilsiam dân kalphung chu tichhe tura a lo kal. *Hei hi thil awmze nei lo a ni* in ti a nih chuan in ti dik chiah a ni, awmzia a nei lo rêng a ni.

**Rome 5:12** chhiar la. Engtin nge hei hian *Genesis*-a thilsiam chungchâng inziah dân hi chhandamna ruahman chungchâng hrethiam turin a zia ang ang pawm a țûlzia a târlan? \_\_\_\_\_

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Engtin nge Bible-in Chiang taka mihringte suala tlûkna chungchâng a sawi reng laia, *evolution* ring hovin an ngaihdân leh Bible zirtîrna chawh pawlth tlat an tum theih le? Pathian hian mihring țhafamkim leh sualna nei lo siam turin engtin nge thisen chhuahna, mahni hmasialna, leh a ruh no no chhuakah tih dân hi a hman theih ang ni? Hêng sualnate lak ațang hian min chhan chhuah loh vêk paw’ n hremna tâwp min pêk a tum zâwk a ni lâwm ni?

Bible-a thilsiam leh *evolution* rinna hi a inmil theih lohzia a lang leh ta. Krawsa tlanna leh, suala tlu tawh mihringten Chhandamtu kan mamawhna chhan chu engemaw tak mihringten kan “tlûksan”



vâng a ni. “Tlûksan” tih chuan tlahniam, chhe sawt; a hmaa tha tawh thîn mah se a hnua tha tawh lo a kâwk. He hi *Genesis*-a thilsiam a sawi dân nên pawh a inmil chiah; mahse *evolution* rinna nên erawh a inmil thei miah lo thung. A nihna dik takah chuan, *evolution* rinna hian mihringte suala tlûkna leh Kraws thu hi thil nuhzatthlâk ang lekah a chhuah a ni.

NINGÂNÎ

January 12

THILSIAM LEH SIAMTHARLEHNA

**Hêng Bible chângahnte hian eng thutiam ropui takte nge awm?**  
*Isaia 65:17; 66:22; 2 Petera 3:13; Thupuan 21:4. Engtin nge Genesis bung tîr lama thil siam a sawi dân nên an inmil? \_\_\_\_\_*

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Tuna kan chênna khawvêl, sualnain a tihchhiat tawh ang ni lo, lei leh vân thar beiseinaah Kristiante beiseina zawng zawng hi a inngat a. He beiseina leh thutiam tel lo hi chuan beisei tur dang engmah kan nei lo. Chatuana nun beiseina hi a ropui khawp mai, mahse he chatuan nunna hi hlauhna, lungngaihna, leh beidawnnate awm tawh ngai lohna hmunah a ni neih kan duh ni.

Hêng thil chi hrang hrangte hian kan rilruah zawhna a siam a, chu zawhna chu *Genesis 1* leh 2-ah khân engtin chiah nge Pathianin thil a lo siam tih hi a ni. Zawhna pawimawh tak mai chu, lei thar leh vân thar lo awm tur hi reilote chhûnga Pathianin thu maia khawvêl a siam ang tho khân thisen chhuahna te, tihpalh thil te, awmze nei lova thil inthlâk danglam thut thutte tel lovin em ni a siam leh ang tih hi a ni.

Nge, chutiang ni lovin, siamtharlehna lo awm turah hian a *ruh no no chhuakah* tih leilung dân hmangin, kum tlûklehdingâwn engemaw zât chu buai reng renga awm lehin, a tâwpah lei thar, “a chhûnga mifelte chênna tur” (*2 Pet. 3:13*) chu a lo awm chauh dân le? Pathianin khawvêl a siam hmasakah khân *evolution* a lo hmang tawh a nih chuan engvangin nge khawvêl siam nawn lehna atan kawng dang a hman kher ang ni? Khawvêl siam hmasak

zâwkah pawh a lo hman tawh thote chuan engah nge siam nawn lehnaah pawh a hman leh mai loh ang?

Khawvêl siam tharleh nân Pathianin *evolution* dân A hman dân nia rinna a âthlâk ang bawkin, khawvêl siam hmasaknaah pawh a hman nia rin tlatna hi thil âthlâk tak a ni. Hnial rual lohvin Kraws, tlanna, leh lei thar leh vân thar thutiamte hi *Genesis*-a thilsiam chungchâng inziak nêh hian then hran theih a ni lo.

**Chhiatna rêng rêng tel lova kan awmna khawvêl a awm hun tur chu han suangtuah teh u. Siam zawh hlim diai a nih laia a awm dân tur pawh han ngaihtuah teh u. Kan rilru leh thinlung hian a mawi dân tur chu a hre thei viai viai chauh a ni. Chuvâng chuan he thutiam aia ngaihhlut zâwk tur khawvêlah hian engnge awm thei ang le?**

**ZĪRTĀWPŊĪ**

*January 13*

**ZĪRBELHNA:** Rawng a bâwl chhûng zawng zawngin Ellen G. White- i khân *evolution* zirtîrna a pawm ngai lo.

“Tihian a ziaik “hei hi, Pathian rinlohna nasa ber a ni a, mi tamtak Thilsiam Bible-a inziak ang anga pawmtute tân pawh bumna thang hlauhawm tak a ni.”—*The Signs of the Times*, March 20, 1879.

“Kan thlahtute chu natna hrik te, hnapkhâwn te, leh zâwngte nihîr tur ringawtin Pathian lehkhabu thianghlim thuziak chiang lutuk mai, ‘Pathianin Amâ anpuiin mihring a siam a, Amâ anpui ngeiin a ni a siam ni,’ *Genesis 1:27* tih chu kan paihbo ang maw?”—Ellen G. White, *Education*, p. 130.

“LĀLPA’N khawvêl hi ni ruk chhûngin a siam zo va, a nisarihni chuan a châwl ta a,’ a tih hian ni khat dârkâr sawmnhih pali, ni chhuak leh ni tla hmanga then hran ngei hi a sawi a ni.”—*Testimonies to Ministers and Gospel Workers*, p. 136.

**SAWIHO TÛR:**

❶ Bible leh *evolution* rin kawp a buaithlâkna pakhat chu hun tâwpa mitthi thawhleha chungchângah hian a ni. Rei lote

“mitkhap kâr lek” (1 Kor. 15:52) chhûnga mitthîte chu kaihthawh tur niin Bible chuan a sawi tlat mai. Mi ðhenkhat kum sang chuang thi tawhte pawh Pathian chuan mitkhap kâr leka a siam thar leh mai theih si chuan engvangin nge khawvêl siam hmasaknaah pawh *evolution* a hman kher ang ni?

❶ Mi tamtakte rindân ang lo takin, Charles Darwin-a hian a *evolution* ngaihdân hi Pathian thu zirna aţanga a ngaihtuah chhuah a ni tlat mai. Tihian a hmuh dân a sawi, “Khawvêlah hian thil ða lo a awm nasa lutuk a. Pathian hmangaihtu leh engkim tithei chuan pangang chhûngah pangang tîsa ring ringawt turin natna hrik a awmtîr thei lo, a nih loh paw’n zawhtein a eitur sazu hetiang taka chhah rethei tur hian Pathianin a siamin ka ring thei lo a ni” tiin a sawi. Ni e, “hmangaihna leh engkimtithei Pathian chuan” hetiang thil ða lo hi a ti ngai lo reng a ni. A nih leh Darwin-a ngaihdânah hian englai hi nge dik lo ni ta ang le, mihring lo awm ðan dân chungchânga hetiang tak maia ngaihdân dik lo puttîrtu hi engge nia i rin?

❷ In pâwl ðhenah Pathian thilsiamte ngaihtuah ula, he khawvêla thilmak tak takte hi a ropuizia ngaihtuah rawh u. Chutih rual chuan, sualnain chhياتna a thlen nasat dân ngaihtuah reng bawk ula, suala tlûk hmâ thilsiam leh suala tlûk hnuah thilsiamte danglamna in hrechhuak thei em? He danglamna hriatreng hi engvangin nge a pawimawh viau?

**KHAIKHÂWMNA:** Thilsiam chungchângah Bible zirtîrna leh *evolution* zirtîrna chawhpawlh tumna hi awm fô tawh ðhîn mah se la, hêng zirtîrna pahnihte hi chhim leh hmâr anga thil inpersan an ni. Kristiante chuan Bible-in thilsiam a sawi hi nghet takin an pawm tlat tur a ni; he rinna hi a bo vaih chuan, chhandamna ruahhman zawng zawng pawh a bo tel vek dâwn a ni.

## TLANTU PATHIAN

**CHÂNGVAWN:** “Beramno talh tawha hi thiltihtheihna te, hausakna te, finna te, chakna te, chawimawina te, ropuina te leh malsawmnate dawng tlâk a ni!” (*Thupuan 5:12*, NKJV).

## SABBATH CHAWHNÛ

**Chhiar Tûrte:** *Rome 1:18; 16:20; Genesis 3:15; 1 Petera 1:19; Marka 10:32–45; Matthaia 27:46.*

**Zirlai Tùm:** Pathiana Minung Pathumte hi Siamtu an ni ringawt lova, min Tlantu pawh an ni bawk.

Pathian chu Siamtu a nihna leh Tlantu a nihna hi a inzawm tlat a ni. Sualna hi a râphtlâk êm avâng leh thilsiamte a fanchhuah hneh tawh êm avângin Siamtu chauhvîn a chingfel thei a. Chuvâng chuan sualna chu Isua Krista mihringa rawn changin a rawn chingfel ta reng a ni. “Tunah Krista Isuaah chuan, nangni tunhmâa hla taka awm thînte kha Krista thisen chuan tihhnaihin in awm ta” (*Efesi 2:13*).

Thiltha tih vâng emaw, kan thiltih engemaw vâng ni miah lovin, A khawngaihna Krawsa lanfira awm avâng zâwkin, keini misualte LALPAN min tlan chhuak a, Amah “hnaihin min siam” a. Tû mahin Pathian thinurna kan tawrh lohna turin Krista’n Pathian thinurna chu a tuar zo ta a. Hei hi chhandamna laimu chu a ni.

Paula pawhin tihian Korin kohhran hnênah a sawi, “Kraws thu chu boral mêkte tân chuan âtna a ni a, keini chhandam mêkte tân chuan Pathian thiltihtheihna a ni” (*1 Korin 1:18*, NKJV). Kraws thu hi mihring ngaihtuahna aţang chuan thil awmze nei lo a ni: Pathian, Engkimtithei, Siamtu thianghlim chuan a hmêlma, suala tlu tawh mihringte’n an sual man hremna an tawrh loh nân sual man a rawn pe tlâk ta a nih chû! Hriatthiam a har reng a ni lâwm ni? Chhandamna hi a thûkin, a ropui lutuk a, kan theihnain a phâk tâwk tlêmtê kan hrethiam ve chang chang chauh a ni. Kan hriatthiam phâk bâk chinah chuan ngaihtuahna a tâwp a, kan tihtheih zawng chu chibai bûk mai hi a ni.

**“Nimahsela Pathian chuan A mi hmangaihna chu faktlâkin a lantîr a, misual kan la nih laia Krista kan aia a thih avângin”**  
(*Rome 5:8*). He thu hian engnge min hrih a tum? \_\_\_\_\_

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Kraws-ah khân, suangtuah phâk bâk khawpa thil zahthlâk tuarin, Pathian chuan sualna chu hnehin mualpho takin a siam ta a. Hmangaihna, dikna leh khawngaihnae chu krawsah khân chhûn khâwmin a awm a. Pathian chuan sual man chu tlâkin misualte a ngaidam a, A tawrhain sual man bâ chu a rulhsak a. Pathian chuan Kalvari Tlângah ngaihdamna man tamzia a rawn târlang a ni.

Pathianin min hmangaih theih nân Krista a thî a ni lo. Isua chuan tlanna hi Pathianin min hmangaih theih nân ni lovin, Pathianin min hmangaih vâng zâwkin a awm a ni tih a sawi uar hlâ (*Johana 3:16, 17*). Krista kan tân a thih avânga Pathianin min hmangaih a ni lova, Pathianin min hmangaih avângin Isua kan tân a thî a ni zâwk. Krista inhlanna hi Pathianin a huat êm êm te A hmangaih theih nân a ni lo. Krista thihna hian a hmaa awm ngai lo hmangaihna a rawn siam thar a ni hek lo. Pathian thinlunga hmangaihna chatuana lo awm tawh chu a rawn puang chhuak mai zâwk a ni. Isua'n Pain min hmangaih theih nân a ngen a tûl lo. Hêng Bible châng aţangte hian he thutak hi Isua'n a ngaih pawimawh dân han zir teh u, *Johana 3:16, 17; 16:26, 27*.

Thil lungchhiat thlâk tak mai chu kan helsan tâk Pathian hriatna kan hloh tam ta lutuk hi a ni. Pathian laka kan sual nasatzia kan hriat loh avângin sim tur kan neih thûkzia pawh kan ngaihtuah ngai lo. Sual râpthlâkzia hriatna kawngah hian a tlâkchhiat theih hlê a ni. Tunlai sakhua hian sual tenawmna hi a palzam ta khawp mai. Sual hi eng huah vak kan ngaih tâk loh avâng hian a ni ngei ang, sualnain Pathian Thianghlim a tihthinur dân man thiam har kan tih tak êm êm!

**Paula chuan Pathian thinurna a sawi hreh ngai lo. *Rome 1:18*-ah engtin nge Pathian thinurna chungchâng a sawi? \_\_\_\_\_**

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Helai thuah hian Paulan uar takin, a hnu bung hnih zet thlenga a sawi zui chu, khawvêl suala a bo thûkzia hi a ni (*Rome 3:20* thleng)

Chanchin Ṭha mak danglam êm êmna chu Pathian hi sual hnehtu leh, sual man hremna tuartu a ni kawp tlat hi a ni. He thil pahnih a nih kawp avâng hian kan Pathian thianghlim chuan Thuthlung bawhchhetu misualte chu a chhandam theih phah ta a. Pathian hmangaihna chuan sualna leh thilṭha lo hi a pawngpaw ngaihna thiam ringawt lova, ropui taka hnehin a ngam zâwk a. A nihna takah chuan hêng sualna leh thilṭha lote hian A hmangaih fâte an tihchhiat avângin hmangaihna Pathian chuan sualna hi a do zâwk a. Pathianin krawsa thihna a tawrhna kha misual a hmangaihna leh sualna a huatzia tihlanna tura a man a pêk chu a ni.

**I nunah engtiang takin nge sualna hi i lâk runthlâk? I chhâna engtin nge i sawifah ang?**

**THAWHTANNÍ**

*January 16*

**THUTHLUNG HLUIA CHANCHIN ṬHA**

**Chhandamna thutiam hi khawiah nge pêk hmasak ber a nih a, engnge chu chuan awmzia a neih? *Genesis 3:15*. \_\_\_\_\_**

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Helaia a ṭawngkam hman hi a Chiang tâwk hlê. Adama leh Evi-te chu sualah an tlu tawh a. Indona ropui chu pâwl inep inkâra “inhmêlmâkna” a nihzia an hnênah hrilhin a awm nghâl a. Chhandamna thutiam hi thinlunga sual lam âwn fo ṭhîn mihringte tân chuan thil hlu tak a ni. Hmêlma lalpa lu chu tihsawm a la nih dâwn avângin, buaina hi chatuan daih a ni dâwn lo. Helai Bible-a indona ropui chungchâng sawilan hmasak bernaah ngei hian a tâwp dân tur pawh sawilan tel a ni nghâl bawk a ni.

**Paula chuan *Genesis 3:15* hi innghah nân a hmang hmiah mai. Engtin nge *Rome 16:20*-ah chu chu a rawn sawichhuah? Engnge rawn târlan a tum ber? \_\_\_\_\_**

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***Genesis 22:1–19*-ah khân, Mosia chuan entîrna hmangin tlanna chungchâng hi mak takin a târlang a. He entîrna ațang hian a hnua Krista'n tlanna a siam tur chungchâng engnge kan zir theih? \_\_\_\_\_**

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Wawi tamtak a sawi lan “pâ-fâ” chungchâng leh tânga an lâwn vêl dân tur hi han suangtuah teh. Fapa chuan thingro a pû a, a pa'n inthawina hmanrua (mei leh chemtê) a keng bawk a. Isaka, a pa putar aia la valai zâwk daih chuan duh sela chuan a pa chu tânga inthawina an hlan dâwn khân a hneh daih thei ngei ang. Nimahse thilmak tak pahnih kan hmu ta zâwk a: Pâ mahni fapa hlântu leh fapa a nunna phal taka hlântu kan hmû a ni.

Kan tâna thi Krista thihna entîrna thâ a va ni tehlul êm! Thinclung tituiral thei entîrna thâ tak ni mah se, a hnu kum za tam tak liam hnua Pa dang, mahni Fapa ngei hlântu nena khaikhin râlah chuan a aite chhinna ang chauh a ni. Hemi tum hi chuan Fapa aia thi tur ran a awm ve tawh lo. Fapa ngei chu maichâmah chuan a thi ta a. Pain a Fapa nunna chu a hlân ta ngei mai, Fapa pawhin a Nunna a hlân ve bawk a ni.

Moria Tlângah khân, chhandamna ruahman leh sualin a tihchhiat tawh tlanna man chu khawvêl hnênah entîrnain Chiang takin (mahse entîrna mai a ni) târlan a lo ni tawh a ni.

**THAWHLEHNĪ  
ISAIA BŪA CHHANDAMNA**

*January 17*

**Emau kawng hmingthang tak maiah khân, Isua'n zirtîr beidawngte hnênah “Mosia lehkhahu leh zâwlnete ziak” ațangin tlanna chungchâng a zirtîr a (*Luka 24:27*).**

**Hrilhlâwkna ațanga tlanna chungchâng Isuan a zirtîr khân khawi hrilhlâwkrate nge a hman in rin?**

Isua'n zâwlneite ziak a hman zîngah khan Isaia ziak hi a tel ve ngei a rinawm.

**“Tuartu Chhiahhlawh” chungchâng sawina *Isaia 53* chhiar la. Isua tlanna maktak mai hrethiam lehzual tura chûngte chuan an ținpui dân che sawi rawh.** \_\_\_\_\_

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He bung hian thil tamtak a sawi chungin, a thil sawi zîngah hian thildang aia langsâr bîk thil pakhat a awm a, chu chu Tuartu Chhiahhlawhin midangte tâna a tawrhna thû a ni. Tuartu Chhiahhlawhin a tawrhna zawng zawng hi midangte sualna vâng a tawrhna zêl a ni tih hrereng ang che. Helai thu hi sawi nawn a nih apiangin, min zirtîr a tum ber chu chhandamna lairil, tlanna laimu chu Isua kan aia a thihna hi a ni. Pathian dân bawhchhetu misual kan nih avângin, Pathian nêh kan inkâr siamțha turin engmah tihtheih kan nei lo. Kan thilțha tih zawng zawngte pawh hian Pathian nêna kan inkâr khi chat tawh hi a dawhzawm thei chuang lo. Isua tâna min chhandam leh theihna kawng awmchhun chu kan hremna tawrh tur ai Aman tuara A fel famkimna, rinnaa kan lo neih țin min pêk mai hi a ni.

Kan thiltihin Pathian hnên min thlen thei chu ni se, Isua kan tâna a thih a țin lo vang. Kan aia a thihna, tlanna siam tura a thihna chauh rintlâk a nihna hian chhandamna kan hlawhchhuah theih lohzia a târlang chiang hlê. Chhandamna chu a vaiin khawngaihna thilthlâwnpêk vek a ni.

**1 Petera 1:19, 2:21–25 chhiar la. Engtin nge Petera'n *Isaia 53* hmangin Krista tlanna, kan aia a thihna a sawifiah?** \_\_\_\_\_

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*Isaia 53* hi Kraws hrilhfiahna thua chuan a Chiang ber hial mai thei a ni, a tluca Chiang awm thei lo tur khawpin, Krista kan aia a thihna, kan sual hremna aia a tawrhna chu Kraws awm chhan a ni tih a târlang a ni.

***Isaia 53*** behchhana hmangin, Isua hun tâwp kha ngaihtuah ang che. I ngaihtuah lai mêkin, helai thuin a chanchin a sawi hi kan Pathian, min Siamtu, Pathiana minung zînga mi a ni tih hre reng ang che. He thutak mak tak mai hi engtin nge kan hriatreng theih ang? \_\_\_\_\_

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NILAINÎ

*January 18*

KRAWS LEH CHANCHIN THATE

Krista mihringa a rawn channa mak tak mai te, a zirtîrna tha danglam tak te, leh A thilmak tihte hi Krista nunin a tum ber a ni lo. Krista rilru luahkhattu ber chu A nun midangte tâna a pêkna kha a ni. A pian dân leh rawngbâwlnate kha mak viau mah se, Krista hnapui ber chu A thihna kha a ni tlat mai.

Chanchin Tha paliahte Isua'n a zirtîrte A thihna lo thleng tur atân nasa taka a buatsaih thu kan hmu a. Chutichung pawhin Isua an *âtchilhna* leh *politik* lama Messia ni ngei tura an beiseina chuan Isua thusawi awmzia a hriatthiam tîr thei tlat lo a ni.

***Marka 10:32–45*** chhiar la. Engtin nge Isuan a thihna lo thleng mai tur chungchâng a sawi? (*vss. 33, 34*). **Jakoba leh Johana-**te thil dîlah khân englai nge dik lo? (*vss. 35–37*). Engtin nge Isuan a chhân? (*vss. 42–45*). \_\_\_\_\_

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A thih hmâ zân khân, Isuan kalhlen kût chaw A zirtîrte a kîlpui a. A lo kal leh hmâ loh chu lo chhunzawm zêl thîn turin A zirtîr ngâl a. He LALPÂ Zanriah, kan LALPA ngeiin bul a ãan–Hriatrengna

hunserh Amah Krista ngeiin ti tura thu min pêk awm chhun—hi mihringa a lo channa hriatrengna a ni lova, A thilmak tilhte hriatrengna a ni hek lo, A tekhin thute emaw, A thusawi emaw hriatrengna pawh a ni lo, A thih hriatrengna zâwk a. Amah Krista ngeiin thil dang zawng zawng aiin, a thihna vânga Amah hriat reng a duh zâwk a ni.

A nihna takah chuan Chanchin Ṭha ziak paliahte hian Isua thihna leh a kaihhnawihthe hian sawi uar an hlawh ber vek a. Mihringa a lochanna mak tak hi Luka leh Matthaiate chiahin an ziak lang a. Marka leh Johana hian Isua pianna ziak lang tel lovin Isua puitlin tawh hnu aṭangan an sawi ṭan a ni.

Mahse Chanchin Ṭha ziak palîte hian an vaiin Isua thih chawlhkâr leh a thihna lai vêl erawh uar takin an sawi vek a. Han chhiar vek la, Isua hun tâwp lam, hun tawite chhûng an sawi uar hlê tih i hmu ngei ang. Isua hun tâwp ber hapta tîr aṭanga a thih hun thleng sawina hian Chanchin Ṭha ziak hmun thuma ṭhena hmun khat emaw, a chanve dâwn emaw a luah khat vek a ni. Chanchin Ṭha chhiartu zawng zawngte chu Pathian hnathawh, tlanna ropui lutuk lam ngaihtuah “tîr” vek an ni tihna a nih chu.

**Nangmah inen la, i hun kal tawh te, thil tihsual palh te, leh i sualna hrim hrimte chhui kîr la. I thiltih engemaw tak leh i la tih tur thleng pawhin i thiltihsual tawh man chu a tlâk zo theiin i ring takzet em? Chutiang a nih avâng chuan, i aia Isua thihna hi engati nge i nun laipui a nih a ṭûl tâk? Hemi tel lo hian engang beiseina nge i neih theih chiah le? \_\_\_\_\_**

**NINGÂNÎ  
KRAWS LÊRA ÂURÂWL**

*January 19*

Tunlaia Kristiante rûn mêktu (tunlai ngaihđân mila chanchin ṭha siam danglam tumna) ang tluka Kristiante tân Krista tlanna kan hriatthiamna khawih pawh thei dang a awm lo. Engpawh ni se,

Pathian chungchâng kan sawi engamah hian Pathian nihna kim a phawk chhuak zo lo va, a bîk takin tlanna chungchâng bîkah hian a phawk chhuak zo lo leh zual tih erawh chu inngaitlâwm taka kan pawm a ngai. Isua krawsa a thihna “mahni inphat hmangaihna entîrtu” ang chauhva ngai tura thlêmna lak aţang hian kan inthiar fihlîm tur a ni. Mahni inphat hmangaihna entîrtu chu a ni ngei mai, mahse misual kan nihna aţanga min tlan chhuak tur chuan “mahni inphat hmangaihna entîrtu” mai aia nasa deuh kan mamawh a. Kan Pathian chuan min tlan chhuah nân sual laka a thin ûrna chu a zavaiin Ama’n a phur zo ta vek a ni.

**Kraws lêrah khân Isuan, “Ka Pathian, Ka Pathian, engah nge mi kalsan?” (Matthaia 27:46,) tiin a âu chhuak a. Hei hi engtin nge kan hriatthiam tak tak theih ang? Engnge Isuan a sawi a, engvânga sawi nge, he âu râwl hian engtin nge sual laka min chhandamna man tamzia hrethiam tura min ţanpui?**

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“Tunah chuan Ropuina LALPA chu hringfâte tlan nân a thi ta... Krista kan aiawhtu leh zakhamnaah chuan kan sualna zawng zawngte chu nghah a ni a. Dânin thiamloh min chantîrna aţanga min chhandam theih nân Ani chu bawhchhetuah chhiar a ni ta a... Chhandamtu khân thlân piah lam engmah a hmu tlang thei bîk lo... Pathian tân sualna chimawmzia a hriat chian êm avângin chatuana Pathian nê inţhen mai a hlau a ni... Sual phurtu, mihringte aiawh a nih avânga Pathian thin ûrna a chung a lo thleng chu A tân chuan a kha takzet a, Pathian Fapa thinlung chu, chu chuan a tikeh sawm ta hial a ni.”—Ellen G. White, *Chatuan Nghahfâk*, pp. 736.

Kraws lêra a ţawngţai khân Isua chuan a tih fo ţhin dâna “Ka Pa” tia ko lovin “Ka Pathian” tia auvin Pathian a ko va. Kraws lêra Krista âu râwl hi min hmangaihzia târlanna tura a thil paltlang satliah mai a ni lo. Thih hlenna kan tuar lohna tura Amah Pathian ngei thihna hnêna a in pumpêkna zâwk a ni a. Sualna avânga kan zavaia kan thih loh nân Amah Pathian ngei a thihna a ni.

Chanchin Ṭha ziaktu pathumte chuan Isua a thih dâwnin aw ring taka kraws lêra a âu thu an ziaak. Heta aw ring taka a au thu hi Hebrai lehkhathawnah pawh a inziak: Ani chuan, a tisa put lai nîte khân, thihna laka Amah chhanchhuak theitu hnênah nasa taka au leh mittui tlain dîlna leh ṭawngṭainate a hlân ṭhîn” (*Hebrai 5:7*). Isua “mangang âu” hi Bible-a âu azawngah chuan thinlung khawih ber a ni ngei ang. Chanchin Ṭha ziaak khawi dangah mah kraws lêra Isua âu ang renga chianga min chhandamna tura Pathian inhuam thûkzia târlanna dang a awm lo.

### ZIRTÂWPNÍ

January 20

**ZIRBELHNA:** “Aw! Krista hnathawh chungchâng ka thinlunga mei ang maia alh hluah hluah hi puan chhuah thiam har ka va tiin, ka va puang chhuak zo lo tak êm!..... Tlanna inpumpêkna thu ropui lutuk hi ziaakna kawlawm chuan ziah chhuah ngaihna ka hre lo va ni. Ka thil hmuhte hi mihring ṭawng chuan ka puang chhuak thiam lo. Chhandamna ropui lutuk mai hi ka sawi nêp ang tih hlauvin ka khûr hial a ni.”—Ellen G. White, *Selected Messages*, book 3, p. 115.

“Isua hmangaihna leh zahngaihna hriat zawhsên rual loh, kan tâna a inhlanna ropui takte hi urhsûn leh uluk taka zir ṭhin tur a ni. Min tlantu leh Sawipuitu nun hi kan ngaihtuah fo ṭhin a ngai .... Vân lam thilte kan ngaihtuahna lamah, kan rinna leh hmangaihna nêna hlan a nih avângin, Pathian tân pawm a nuam tawlh tawlh ang a. Finna leh tihtaknain a lo khat dâwn a ni. Kristaa inngah tlatna thûk zâwk neiin, Amah aṭanga Pathian hnên kalte chu a tâwphkâwk thlengin a chhandam thei a ni tih nî tin kan nun aṭangin kan hmu dâwn a ni.”—Ellen G. White, *Kristâ Panna Kailâwn*, p. 80.

### SAWIHO TÛR:

❶ **Bible-ah chuan Pathian hi misualte hmangaih êm êmtu a ni tih târlan a nih rualin سوالنا haw êm êmtu a ni tih târlan tel a ni bawk. Kristian ṭhenkhatte chuan Pathian**

chungchâng an sawiin a engemaw zâwk zâwk chauh an sawi uar vak thîn. He hi engvangin nge a that loh? A nihna takah chuan Pathianin misualte a hmangaih avâng tak zâwk hian a ni lawm ni سوالنا a huat êm êm?

② Pathian hmangaihna hi keini hmangaihna anga mumal lo leh rintlâk loh a ni ve lo. Kristan chhandamna hnâ a thawh dân a tang hian engtin nge Pathian hmangaihna kan hmuh?

③ Pathian thianglimna leh nangma bawhlhlawhna inan lohzia hriatthiamnain, engtin nge chhandamna man to chhan hrethiam tura a tanpui che?

⊕ *Genesis 22*-a Abrahama leh Isaka chungchâng kha ngaihtuah chiang leh zual ula. Eng kawng dangin nge Krista kan tâna a inhlanna hrethiam leh zual turin hei hian min tanpui? Chutih rual chuan, engtiang kawngin nge he thil hian entîr a tum tak a entîr chhuah zawh loh?

**KHAIKHÂWMNA:** *Genesis* phêk hmasa ber a tangin, Bible chuan سوال man chatuan thihna lak a tang a min tlanna tura misual thiha krawsa Krista thihna tur chu min kawh hmuh nghâl a. Krista thihna sawifiah nân entîrna leh tehkhin thu hrang hrangte hman ni bawk thîn mah sela, a laimu chu *Isaia 53*-in fiah taka kan tâna Krista thihna tur a lo sawi hi a ni zêl tho a ni. Kan thiltihin min chhandam thei lo a ni tih finfiah kan duh chuan, krawsa Pathian ngei thihna hi a finfiahna chu a ni. Suala tlu tawh mihringte hian kan chhandam na'n *hei bâk hi* engnge belhchhah leh theih kan neih reng reng le?

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**KHAWNGAIHTU LEH RORÊLTU PATHIAN**

**CHÂNGVAWN:** “Pathian chuan thiltih zawng zawng chungah ro a la rêl dâwn a, thil inthup engkim, a chhia emaw, a thâ emawte chungah pawh ro a la rêl dâwn a ni” (*Thuhriltu 12:14*).

**SABBATH CHAWHNÛ**

**Chhiar Tûrte:** *1 Korin 3:13; 2 Korin 5:10; Genesis 3, 6; Johana 3:17–21; Thupuan 14:6, 7.*

**Zirlai Tùm:** Pathian rorêlna hi chhandamna thu ang bawkin Bible-ah hian a langsâr hle; a nihna takah chuan hêng thil pahnihte hi an kal kawp tlat a ni.

**P**utar tih hlum mai tur bulah chuan sipai pakhat a ding a. A sakhaw biak leh hnam nihna bâk he putar hian tihsual engmah a nei lo. Sipai chuan kâp tura a silai a lek kân lai mêkin putar chuan, “Hêng thil zawng zawngte hmutu vânah khian Pathian, i thiltihte ro la rêlsak tur che a awm tih i hria em? tiin a zâwt a. Chumi hnuah chuan sipai chuan putar chu a kâp hlum ta a ni.

Hei hi kawng tamtakin Pathian awm rinlohna hmuna vântlâng nun entîrtu tha tak a ni. Sakhaw tihbîk nei lo sawrkar nêen hei hi a inang lo, sakhaw tel lo vântlâng nunah chuan, vântlâng tihdân phung pangai bâk dân dang a awm lo. Hetiang hi chu Pathian tel lo khawtlâng nun chhia, thuneihtu zahpah lohna hmun, lu lam leh mawng lam pawh hre lêk lova Pathian leh chhia leh tha hriatna tel lova mihringte awmna hmun a ni. Hetiang hmunah hi chuan Pathian ni lovin mihring an indah sâng a, rorêlna an hriat chhun pawh anmahni anpui ve bawkw mihringte rêl chawp leh an chhia leh tha hriatna mai a ni (chu pawh a mumal tak tak ngai lo).

Bible aţang chuan putar kha a dik a ni, vânah khian engkim hre vektu Pathian a awm a, engkim chungah ro a la rêl ngei ang. He Pathian nihna manthiam mai har tak hi tunkâr chhûngin kan zir Chiang dâwn a ni. Rorêlna chungchângah meuh pawh hian Pathian chuan a khawngaihna maktak mai a lo la lanţir tho a nih chu.

## RORÊLNA NÎ

Rorêlna, Pathian rorêlna chungchâng hi Bible pumpuiah hmuh theihina a awm a. Mi tamtakin an rindân ang lo takin, chhandamna Chanchin ̄Tha leh rorêlna hi a inkalh lo va. *Genesis* ațanga Thupuan thlengin hêng thil pahnihte hi an kal kawp tluan ̄thak zâwk a ni.

Rorêlna leh chhandamna hian Pathian nungchang pahnih an târlang a: A rorêl dikna leh khawngaihmate an târlang a ni. Chuvâng chuan Pathian rorêl dikna leh a khawngaihna inmil thlap nia kan ngai ang tho hian, chhandamna leh rorêlna pawh hi inmil lo tlat angin kan ngai tur a ni bik lo. Chuti a nih loh chuan he thil pahnih inkawp tlatte hi an thawh dunna leh in tih famkim tawnmate kan tichhe vek dâwn a ni. Pathian thu chuan an pahnih hian min zirfir ve ve a; chuvâng chuan, an pahnih hian kan ngai pawimawh ve ve tur a ni.

Rorêlna chungchâng a thil mak tak mai chu Bible châng mal te tea chhiar chuan Thuthlung Hlui lam aiin a Thar lamah hian rorêlna lampang sawina hi a tam daih zâwk a ni.

**Hêng Bible chângte hi chhiar la. Eng thu nge an sawi? Tunge rorêltu? Rorêlnaah chuan eng thil nge thleng? Hêng chângte hian engtin nge rorêlna nihphung leh Pathian rorêlna a taka a awm ngeizia an târlan?**

*Thuhriltu 12:13, 14* \_\_\_\_\_

*1 Korin 3:13* \_\_\_\_\_

*2 Korin 5:10* \_\_\_\_\_

*Hebrai 10:30* \_\_\_\_\_

*Matthaia 16:27* \_\_\_\_\_

*Thupuan 20:12* \_\_\_\_\_

*Thupuan 22:12* \_\_\_\_\_

*Matthaia 12:36, 37* \_\_\_\_\_

*1 Petera 4:17* \_\_\_\_\_

*Thupuan 14:6, 7* \_\_\_\_\_

Hêngte hi rorêlna chungchâng chiang taka sawina Bible châng tamtak zînga tlêmtê lâk chhuah mai an la ni. A chungka kan sawi tawh angin, Pathian rorêlna a taka a awm ngeizia fiah taka inziãhna Bible châng tam zâwkte hi Thuthlung Thar lamah an awm a. Hei hian mi tamtakin Bible-a chiang taka inziak ve tho Thuthlung Thar huna Pathian khawngaihna, leh Pathian rorêlna inkalh ta nia an ngai ðhin dikloh zia a târlang a ni. Engtiang pawhin rorêlna kan tuipuiin, khawngaihna kan hrethiam pawh a ni mai thei e, a chungka mi khian min zirfîr chu an pahnih hian Pathian thutak zirfîrna ve ve an ni a, an thawk dún tlat a ni tih hi a ni. Pakhat hlamchhiaha a dang uar vak ringawt chu Chanchin T̄ha tihmelhemna a ni, hemi chungchâng hi chawlhkâr tâwpah kan zir ang.

**THAWHTANNÍ**

*January 23*

**EDEN HUANA RORÊLNA LEH KHAWNGAIHNA**

Hei hi han ngaihtuah teh: sual awm hmâ kha chuan khawngaihna a awm a ðul lo, achhan chu engmah ngaihdam ngai a awm lo va, engah mah ngaihdam an dîl a ðul hek lo, thil engmah hliahkhuh mawi chawp ngai pawh a awm lo tlat a ni. Rorêlna pawh hetiang tho hi a ni. Sual awm hma chuan engmah ro rêlsak ngai a awm lo va, thiam loh chantîr tur tumah an awm lo va, hrem tur tumah an awm hek lo. Mihringte tâna rorêlna leh khawngaihna awm a ngaihna chhan chu, eng dang ni lovin mihringte suala an tlúk vâng chauh a ni.

**Genesis 3-a tlúkna chungchâng hi chhiar la. Engtin nge thupui pahnih, rorêlna leh khawngaihnate hi târlan ve ve an nih? \_\_\_\_\_**

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Setana chu khawvêla sualna rawn ðan chhuah a, Evi leh Adamate thlêm thlúk a tumnaah chuan hlawhtlingin, thil engkim a rawn thlák danglam ta a ni. Chu vêleh chuan LALPA a lo kal a, “Khawiahnge in awm?” tiin a rawn ko va. He thu hi anmahni demna lam ni lovin, anmahni Siamtu leh hmangaihtuin a hnêna kîr leh tura a sâwmna



zâwk a ni. Anmahni bumtu kalsana an Siamtu lama hâw leh tura sâwmna a ni.

Hei hi ngaihtuah bawk ang che. Khawvêl suala tlu hnêna Pathian tawngkam hmasa chu zawhna a ni a (*Gen. 3: 8, 9, 11, 13 en bawkla*). Tichuan Pathianin zawhna a siam zawha a thiltih leh chu rûl chungâ rorêlna thu puan a ni. Mahse châng dawt leh chiahah rûl chungâ rorêlna a puan lai mêkin engnge ni Pathianin a puan tâk kha?

*Châng 15*-na thu hi chhandamna thutiam hmasa ber a ni a. Rûl hremna tur a puan rualin, Pathian chuan khawngaihna, mihringte fâte tlanna thuchah hmasa ber chu a sawi chhuak nghâl a. Tichuan chumi hnuah, chhandamna thutiam a pêk hnuah Pathian chuan mihringte hremna tur chu a puang chhuak ve chauh a ni. Sualah tlu tawh mah se, Pathianin a pêk hmasak ber chu beiseina leh khawngaihna a ni a; he khawngaihna behchhan vek hian Pathianin an chungah ro a rêl a. Chuvâng chuan, sual avângâ rorêlsak an nih hmâ hauhin, a pawm duh apiangte hnênah khawngaihna thutiam chu pêkin a awm hmasa phawt a ni.

Tûnah chuan Setana tân chuan a tlai lutuk ta; a boralna tur chu nemnghehin a awm tawh a ni. Mahse mihringte hnênah erawh rorêlna puan chhuah a nih lai mêkin, Pathian chuan a khawngaihna chu a târlang ta a ni. Mihringte suala an tluk tirhphat ațangin, sual, rorêlna leh Pathian khawngaihnate chu an inzawm nghal tlat a nih chu. Pathian chuan ro relin sualna chu dem mah se, khawngaihna thutiam chu a duh apiangte tan engtik lai pawhin a awm reng a ni.

**Engtiang kawngtein nge LALPAN i hnênah “Khawiahnge i awm?” tia a rawn sawi ve t̄hin le? I thiltih engtein nge Pathian laka bihrûkt̄ir t̄hin che? Bumtu kalsan tur leh Amah hnaih tura Pathian min kohna chhang turin khawngaihna hriatthiam hmasak phawt hi Engvangin nge a pawimawh êm?**

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Bible hniakalhtute chuan hmanlai hnam changkâng hmasate'n Bible nena inzul deuhva tuilêt thawnthu an lo neih ve avângin Bible Tuilêt hi an ringhlel phah a. Bible-a Tuilêt hi a tak tak pawh ni lo, chiang nial lo leh hmanlai pipu thawnthu phuahchawp emaw, engemaw thil thleng a nihna baka sawi uarna an lak chhawn mai mai niin an ngai a ni.

Kawng lehlamah chuan Bible hi Pathian Thu ngei a nih ringtute chuan hêng tuilêt thawnthu dang lo awm vete hi, Bible-a tuilêt a taka a thlen ngei zia finfiahna tha takah an ngai ve thung. Tuilêt hi a takin a thleng ngei a, tuilêtna chhan pawh *Genesis* buin chiang takin min hrilh. Bible sawi dân leh thawnthu dangin Tuilêtna chhan an sawi dan a inang lo. Entîrnân, thawnthu pakhtah chuan Tuilêtna chhan chu mihringten zan lam intihhlimna siamin an bengchhêng lutuk a, pathiante muhîl an han tibuai ta a. Chung pathiante thophang thinrim chuan tuilêtin mihringte an hrem ta a ni tiin a sawi.

**Engnge Bible-in tuilêt chhan nia a sawi? *Gen. 6:5.*** \_\_\_\_\_

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Tunlai hun, sualna thar chi hrang hrang an rawn inlar tup tupna huna awmte tan chuan tihboral vek tlak khawpa mihringte suahsualna chu thil awihawm lo vak a ni lo. Mihring fâte suahsualna chungchânga Kristiante rin dan hian nuhzat tawk fo thîn mahse, a dikzia chu tihlanin a awm leh thîn. Thil tha thenkhat kan tihtheih avang ngawt hian kan tha ta tihna a ni chuang lo. Anihna takah chuan, American misual hmingthang Al Capone-a pawhin naupangte a ngaina a, a chung a thiltisualte pawh haw êm êm awmin a lang ngai lo va, a thiante chungah pheî chuan a ngilnei viau thîn. Mahse chutiang chu ni mahse, Al Capone-a hi tunge mifel ti ngai chuang le?

**Tuilêt chanchinah khân engtin nge hremna dan kîr rual tawh loh puan a nih hnuah pawh Pathian khawngaihna chu târlan**

**a la nih cheu?** (*Gen. 6:14–22, 2 Pet. 2:5 chhiar rawh.*) \_\_\_\_\_

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Novan lawng a sak khân, rorêlna lo thleng mai tur atan khawvêl hnênah vaukhâna thu a pê a ni. Thil dang a târlan tel chu, sualte sima Pathian chhandamna pawm theihna hun, khawngaihna hun chu tuilêt hma khan khawvêl hnenah pek a ni tih hi a ni. Ellen White-i chuan hemi chungchâng hi tihian a lo sawi, “Tuilêt hmâa mîte khân vaukhâna thu kha âwihin, an sualte lo sim chu ni sela, LALPA pawhin a thinurna kha a dah bo ve ngei ang.”—*Thlatubulte leh Zâwlneite*, p. 89. Vaulâwkna bengkhawntu apiangte tân chuan lawng tukna khân chhiatna lo thleng tur laka himna kawng a kawhmu a ni. Hnial rual lohvin rorêlna chu a thleng mêk a. Mahse khawngaihna kawng khâr a nih hmâ, a tlai lutuk hmâ zawng chuan khawngaihna chu a dawng duh apiangte hnênah pêkin a la awm reng a ni.

**Vawi engzat chiah nge Pathianin A khawngaihna i chungah a lantîr tawh? I chhiar theih aia tam daih pawh a ni maithei a ni. Engtin nge chu khawngaihna Krista ang lehzual tura chhertu tur che hnênah chuan i inpumpêk lehzual theih ang.**

**NILAINÎ**

*January 25*

**THIAMLOHCHANTÎRNA LEH KHAWNGAIHNA**

Mi tamtak chuan *Johana 3:16* thu hi kan hre bel hle mai. Nimahse a hnu lama thu inziak êng ațangin chiang leh fiah zâwkin *Johana 3:16* thu hi kan hre thiam thei chauh a ni.

***Johana 3:17-21* chhiar la. Engtin nge rorêlna chungchâng, leh khawngaihna chungchâng a sawi? Hêng chângte hian rorêlna leh khawngaihna an kalkawp zia engtin nge an târlan?**

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*Châng 17*-naa “thiamlohchantîr” tih hi lehlin ðhenkhatah chuan “rorêlsak” tia lehlin a ni. Engpawhnise, a thu awmzia tak hi chu thiamlohchantir ni mahse, Bible hmun dangah chiang takin Pathianin khawvêl ro a rêlsak tur thu sawi a ni.

Helai thua hian thil pahnih kan hmu a, khawngaihna leh rorêlnate an ni, hêng thil pahnihte hi inphiarzawm chiatin hetah hian kan hmu a. Sualna, thimna leh bawrawnate chuan reldiktu Pathian chu rorêlsak tur leh thiamlohchantîr lo thei lovin a siam a. Chuti a ni chung pawhin Pathian khawngaihna chuan thiamlohchang tawhte chu rinnaa Isua Krista hnêna an kal phawt chuan chhandamna kawng a la hawsak cheu a ni.

*Isua ringtu chu tumah thiamlohchantir an ni lo ang.* A thu hi hriathiam a awlin a chiang tawk hle. Krista felnain Amah ringtu chu a khuh tlat tawh avângin rorêlna hmaah thiamchangin misual chu a ding thei ta a ni.

**Helai thuin a sawina êng aţang hian thiamloh chantîrna hi engvânga awm nge ni le?** \_\_\_\_\_

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Helai thuin a târlan dân chuan mihring nihphung pangai chu thiamlohchang sa vek kan ni. A chhan chu mi zawng zawngin thil an tisial vek tawh a, chuvâng chuan sual man thihna tuman an pumpelth thei lo. He thu hian rinna dik lo, Kraws hnu lamah chuan mihring zawng zawngte hi thiamchantîr vek an ni tawh tia zirtîrna dik lohzia a târ lang a ni. Engpawh nise, Kraws hnu lamah chuan thiamloh chang tawh khawvêl chu Isua Krista thihna zârah thiam chan leh theihna kawng hawsak vek an ni, he Isua thihna hi mi zawng zawng tân pawh an ring a nih phawt chuan a ðha tâwk a ni. Mi zawng zawng hi thiamloh chang sa kan ni a; mahse tupawhin Krista khawngaihna thutiam a pawm phawt chuan ngaihdam niin, thiamchantîr leh Isua zâra chhandam a lo ni a. Thiamloh chang a nihna chu Krista felna chuan pahin bovin, mifel famkima puan a lo ni ta a ni.

A nihna dik takah chuan, thiamlohchantîrna hi awm ta lo se, khawngaihna hian engnge tangkaina a neih ang? Thiamlohchantîrnain rorêlna awm zia a târlang ang tho hian, khawngaihna pawh hian a târ lang ve tho a ni. Rorêlna mumal (leh sual hremna/thiamlohchantîrna) a awm si loh chuan khawngaihna hian awmzia a nei lo. Khawngaihna a awm avângin thiamlohchanna pawh hi awm ngei tur a ni. Chutiang chuan khawngaihna leh rorêlna inkungkaihna hi kawng tamtakin hmuh theih a ni.

NINGÂNÎ

January 26

A RORÊL HUN CHU

***“Chutichuan, anmahni chu hlau suh ang che u; lang lo tûra thuhrûk engmah a awm si lo, hriat loh tûra zêp pawh engmah a awm hek lo.” (Matthaia 10:26).***

Kan khawvêl awm dân en hian, rorêlna leh thiamloh chantîrna chungchâng hi thil hriatthiam har tûr niin a lang lo. Mihring nunah hian thil dik lo nasa tak a awm a ni tih ring turin Kristian nih kher pawh a tûl lo. Kan pawî khawih nasat zia leh he kan chênna leilungah ngei pawh hian chhiatna kan thlen nasat zia chu kan hmu vek a ni lâwm ni? Kan chung a chhiatna lo thleng tur kan huphurh vâng hi a ni ngei ang, kan pian hlîma kan tãh vak vak t̄hin ni. Ti hian hla phuathiam pakhat chuan a zia, “Ka n̄tin thil tawn t̄hinte hian ka pianhlîma ka tãh nachhan an sawifiah t̄hin” tiin. He thu hi tu tân nge dik lo chuang b̄ik ang? Midangte duhâmna, rilru têtna leh hmasialnate avâng a hrehawm tuar ngai lo tunge awm ang le? Kawng t̄henkhatah tal tu hi nge duhâm lo va, rilru z̄im leh mahni hmasial miah lo le?

Pathian chu mi diktak a nih a, dikna chu a nungchang a nih bawk si chuan, kan z̄ingah hian tunge a hm̄a ding thei awm ang? LALPA chuan kan thurûk zawng zawng, kan thiltih rûk zawng zawng (*Thuhriltu 12:14*) (midang awm laia kan tih leh tih loh a lêm chuang lo) a hre vek a nih chuan, kan z̄inga Pathian thuawih ber pawh hi rorêlna n̄iah, chung a thiltih zawng zawngte tihlan a nih hunah chuan

a dam khawchhuak zo dâwn em ni. Mahse vâneihthlâk takin kan Pathian hi khawngaihtu Pathian a ni zâwk hlauh mai pawh a. Chhandamna ruahhman tinreng hian mi zawng zawng, Pathian dikna hmaa thiam min chantîr hrâm a theih phawt chuan a tum a ni. Khawngaihna tel lo chuan kan zavai mai hian Pathian rêl dikna hmaa boral vek tur kan ni a. Chuvâng chuan Pathian hmaa ding thei tura kan inngahna awm chhun chu a khawngaihna chiah hi a ni.

**Thupuan 14:6, 7-a vântirhkoh pakhatna thuchah hi chhiar hmasa la. Engtin nge he lai thu hian Pathian rêldikna leh A khawngaihna a dawh zawm? Genesis 3-a kan thil hmuh nêl engtin nge a in zul a, engtin nge rorêlna leh khawngaihna inlaichînna a pho lan?** \_\_\_\_\_

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“Pathian rorêl hun a lo thlen thu” puan a nih hmaa, vântirhkohvin “chatuan Chanchin Ṭha” a puang chhuak hmasa hi a va han ropui tehlul êm! Hei hi thil nih dân tur awm rêng pawh a ni, achhan chu hetiang a nih loh vaih chuan rorêlna chuan mihring zawng zawngte thiamloh min chantîr mai dâwn a ni. Mi zawng zawngin Pathian dan kan bawhchhiat tawh avângin misual vek kan ni a, chhandam tlâk rêng kan awm lo. Chuvâng tak chuan Pathianin khawvêl hnêna vaukhanna a pek hnuhnung berah ngei pawh khawngaihna puan chhuah a la tûl tho a ni. Chutiang a nih lohte chuan, rorêlna chuan mi zawng zawng, a bo a bang awm lovin thiamloh min chantîr vek dâwn a sîn. Khawngaihna tel lo chuan khawvêl hnênah Pathianin min tiboral vek dâwna pumpelh theih a ni tawh lo tih bâk engnge sawi tur kan neih ang? Mahse vâneihthlâk takin kan thuchah ken laimu hi “Chatuana Chanchin Ṭha” a ni.

**Engtiang kawngtein nge midangte hnênah rorêlna leh khawngaihna chungchâng puanchhuahna kawngah chanvo i**

**lâk ve le? He thuchah puangchhuak nasa lehzual tur hian engtiang kawng tein nge ðan i lâk ang?\_\_\_\_\_**

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**ZÏRTÂWPNÏ**

*January 27*

**ZIRBELHNA:** Engtin nge khawngaihna leh rorêlna hi an ðan tâln? Hetiang hian thâwkkhum thu chuan min hrilh. “Isuan a khawngaihna hnuai a tlu lûtte tân a dîlsak lai mêkin, Setana chuan Pathian hmaah bawhchhetute an ni tiin a hêk thîn. Bumtu râpthlâk chuan rinhlelnaa hruai luh a, Pathian an rinngamna hloh tîrin, Pathian hmangaihna ângchh ûng aţanga lâk hran a, A dân bawhchhiat tîr chu a tum ber a ni. An sualna chhinchhiaha awmte chu kâwkin, Krista an an lohna leh Amah an tihmingchhiatna, an nungchang tha lo lai te, amah ngeiin a thlêmlhûk avânga an sualnate chu kâwk chhuakin, chûng an thil sual tih zawng zawngte avâng chuan ama ta tur an ni tiin a hauh a.

“Isua chuan an sualnate chu a pha lo, mahse an inçhîrna leh an rinnate kâwkin, ngaihdam an nih nân a dîlsak a. Pa leh vân angel thianghimte hmâah chuan a kut hliam hnû chu phar chhuakin: ‘Hêng mîte hi an hmingin ka hria a, ka kutphahahte an hming ka ziak tawh a ni’ a ti thung a ni.”—Ellen G. White, *Indona Ropui*, p. 484.

**SAWIHO TÛR:**

❶ **A chung a thuziak khian engtiang kawngin nge rorêlnaa khawngaihna lo pawimawhia a manthiamtîr che? Engtin nge Ellen White-i’n Pathian mi rinawmte chungchâng a sawi, engvangan nge hei hi a pawimawh viau? Khi thuziakah khian engtiang चाहin nge nangma nihna i hmuh ve?**

❷ **I thiltih engkim a tha leh sual zawng zawngte nên Pathian hmaa ding angin han inngaihruat chhin teh. I ngaih a ngam चाह em? I thiltiha tih ve, thahnemngai tak leh rilru diktak pu chung a i tih ve ngeite nên pawh khân Pathian hmaah i dingzo tak tak dân em ni? I Siamtu hmâah chûngte chuan**

an chhan zo tak meuh chein i ring maw? He i chhâna hian engtiang takin nge khawngaihna i lo mamawh zia a hriatthiamtîr che?

③ Khawngaihnaa chhandam kan nih tawh avângin eng pawh tih a pawh tawh lo nia zirtîrna hi engtiang taka thang hlauhawm nge a nih? He bumna lak aţang hian engtin nge i inthiar fihlîm theih ang?

⊕ Mi thenkhat chuan “khawngaihna tlâwm” lak aţanga inthiar fihlîm turin min hrilh fo tîhn. Mahse hei hi a awm tak tak lo. Khawngaihna man hi a tlâwm a ni lo, a thlâwn a ni zâwk. Miin khawngaihna chhuanlama hmanga sual a tih luih tlat chuan khawngaihna hi a titlâwm mai tîhn a ni zâwk. Hetiang bumna hi Kristiante khawvêlah hian hmuh tur a awm em? Nge kan kohhran chhûngah ngei pawh a awm ve reng zâwk?

**KHAIKHÂWMNA:** Pathian chu dikna Pathian a ni a, dikna chuan rorêlna a ngiat tîhn. Pathian chu khawngaihtu Pathian a ni bawh. Keini Seventh-day Adventist Kristianten vântirhkoah pathum thuchah kan puanchhuahnaah hian hêng thil pahnih, Pathian thutak ve vete hi kan hriathiam a va pawimawhin, kan Pathian nihna an rawn puan chhuah te hi man thiam a va tûl tehreng êm!

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**PATHIAN THIANGHLIMNA**

**CHÂNGVAWN:** “LALPA kan Pathian chu chawimawi ula, A tlâng thianghlimah chuan chibai bûk rawh u; LALPA kan Pathian chu a thianghlim sî a,” (*Sâm 99:9*).

**SABBATH CHAWHNÛ**

**Chhiar Tûrte:** *Matthaia 11:10; Marka 1:2; Genesis 2:3; Joba 42:5, 6; Luka 5:1–11; 4:31–36; Isaia 6:1–3; Thupuan 4:8, 9.*

**Zirlai Tùm:** Bible hian Pathian thianghlimna lam hi a uar hlê. He thianghlimna hian Pathian nihna engnge min hrilh a, chu chuan chhandamna ruahmanah eng awmzia nge a neih?

**B**ible ziaktu zawng zawngte inngahna lungphûm chu vân Pathian a awm ngei a ni tih hi a ni. Tumahin hei hi an rinhlehna an ti lang lo va; an zînga tumahin a dik leh dik lo finfiah an tum bawk hek lo. A taka Pathian a awm ngeizia hi Bible ziaktute tân chuan chhiarkawpa belh leh paih ang mai hian a bul, an inngahna lungphûm a ni.

Bible bu 66-ah hian Pathian a awm leh awm loh lam ni lovin, eng ang Pathian nge a nih tihte leh suala tlu tawh mihring, chhandam a duh êm êm a rawn zawn chhuah dânte kan hmu zâwk a ni.

Tûnkâr zirlaiah hian Bible inngahna lungphûm Pathian nihphung pakhat kan zir dâwn a, Pathian thianghlimna chungchâng kan zir dâwn a ni. Ni e, Pathian chu hmangaihna a ni a, “Ka Pa” tia ko turin Ani chuan min duh. Ani chu a dawhthei a, ngaidamna a ngahin, min ngaihsak êm êm bawk a ni.

Chutih rual chuan, Bible kan hriatthiamna kawnga a bulpui chu Pathian thianghlim a nihzia hriatna hi a ni. Thuthlung Hlui leh thara Pathian inpuanchhuahna apiangah A thianghlimna hian hmun pawimawh a luah zêl thîn. Bible bu pumah hian he Pathian thianghlimna hi kawng dang dangin târlanin a awm a ni.

Pathian chu Pathian thianghlim a ni ngei mai? Engtin nge Bible-in a thianghlimna a rawn sawi chhuah? A nih leh, keini mi bawlhhlawhte hian engtin nge chutiang Pathian nêh chuan inlaichînna kan neih theih ang?

SUNDAY

January 29

“TIH ZIAK A NI”

Kohhran chanchin hlui tam vak lo han zirna mai aţang pawh hian Pathian tak tak, Bible-in Pathian a sawi be lova mihringin Pathian kan rindân kan chher chawp zâwk biak mai a awl zia chu awlsam takin a hmuh theih. Hnialkalhtu Voltaire-a thukhawchâng: “Pathianin mihringte Ama anpuin a siam a, mihringte chuan a anpui chu an be ta zâwk a ni” tia a lo sawi hian a tifiyah viau mai. Hre miah lo hian Pathian dik lo biain, kan Pathian biak hi kan lo hresual reng mai thei a nia.

Hei vâng hian Pathian kan hriat dân leh Bible zirtîr dân hi kan khaikhin fo a ngai. Hemi atân hian Thuthlung Hlui leh Thuthlung Thar kan ngaih pawimawh ve ve a tûl, a chhan chu an pahnih hmanga Pathianin min biak thin vâng a ni. Thuthlung Hlui leh Thar zir kawp ve ve a tûlna chhan chu mi thenkhatten Thuthlung Hluia Pathian awmdân leh Thuthlung Thar Pathian inpuanchhuah dân inang lo nia an ngaih thin vâng a ni. Hei hi Seventh-day Adventist-te pawmdân a ni lo va, Bible zirtîr dân pawh a ni hek lo.

**Eng  awngkam nge Thuthlung Hlui zâwlneite kh an an hman ngun  m  m? *Jeremia 7:1–3.*** \_\_\_\_\_

Thuthlung Hlui zâwlneite thuziakah vawi sang tamtak “LALPAN a ti” tih leh, a tlukpui  awngkam dang hman a ni. Hei hian min hriatchhuaht r tur chu zâwlneite kh an anmahni thu Pathian t n an sawi mai a ni lova, Pathian ngeiin zâwlneite kaltlangin thu a rawn sawi zâwk th n a ni tih hi a ni.

Thuthlung Thar lamah hian vawi tamtak Thuthlung Hlui thu lâk chhâwn a ni a. A nihna takah chuan Thuthlung Thar thute hi Thuthlung Hlui thuziakah an innghat tlat a ni. Engtin nge Thuthlung Hlui lama inthawina chungchâng hre thiam miah lovin kan sual aia Isua thihbate hi kan manthiam teh lul ang ni? Vawi engzât chiah nge Isua leh Thuthlung Thar ziaktu dangten an thusawi tifi ah leh tichiang tura Thuthlung Hlui thu an lâk chhâwn le? Thuthlung Thara Pathian thu inzirtîma zawng zawngte hi Thuthlung Hlui lam zirtîmaa innghat vek an ni. Chuvâng chuan hêng thil pahnihte hi ðenhran chî rual an ni lo. Pathian lehkhathu zawng zawng- Thuthlung Hlui leh tharte- hi Pathian Thâwkkhuma pêk a ni (*2 Timothea 3:16*).

**A hnuai a thute hi chhiar la. Engtin nge Thuthlung Thar leh Hlui inzawm dân an târlan a? Isua leh Thuthlung Thar ziaktuten Thuthlung Hlui an thlîr dân engtin nge an sawi?** *Matthaia 4:4, 11:10; Marka 1:2; 7:6; Johana 12:14, 15; Tirkhohte 13:33; Rome 3:10; Galatia 3:13; 1 Petera 1:16; 1 Korin 5:7.*

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**Marka Twain-a khân Bible thu a hriathiam lohte ni lovin, a hriatthiam laite zâwkin a tibuai ðîn niin a sawi. A ni lâwm ni, tu hi nge Bible-a thuziak engemaw talin a tihbuai loh le? Bible-in ama chanchin a sawina êng aţangin, (*2 Timothea 3:16*), Bible-a thil kan hriathiam loh lai leh ngainat vak loh laite hi engtin nge kan tih ang le? (*1 Korin 13:12 en bawk la.*)**

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THAWHTANNÎ  
SERH HRAN

*January 30*

**Bible-a “thianghlimna” (ţawngbul lamah chuan “tithianghlim” tih nê n a inang) chungchâng lanna hmasa berah engang hawi zâwngin nge sawi chhuah a nih? *Gen. 2:3.***

**Bible in thianghlim a tih hmasak ber chu hun a ni tlat mai hi engnge a pawimawh riauna chhan?** \_\_\_\_\_

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He lai thu hian thianghlimna chungchânga thil hriat tur hmasa ber min hirih a. Thil engemaw chu thil dang a bul vêl ațangin “serh hran” a ni a, he lai thuah hi chuan hun chu serh hran a ni. Nisarih ni hian ni dang, ni tlâk ațanga ni tlâk thlenga chhiara dârkhâr 24 ni ve tho lakah danglamna hranpa a nei lo; a danglamna chu Pathianin “thianghlim” bika a puanna kha a ni mai. Chawlhkhâr khata ni dangte lakah Pathian chuan a serh hrang bîk a ni.

Hebrai țawnga “tithianghlim” tih hi “thianghlim tura siam” emaw “thianghlima puang” tihna emaw a ni a. Thianghlimna tih hian a kawh chu thil engemaw tak “thianghlim” bîk, thil dang thianghlim ve lo lak ațanga serh hran hi a ni.

He thil hian engemaw chen chu Pathian thianghlimna hrethiam turin min pui se la. Pathian chu thilsiam dang zawng zawng ațanga serh hran a ni a. Thilsiamte ațanga hrang hlak, kan hriathiamna piah lam daiha awm a ni. Thianghlim tih chu thil dang laka “danglam bîk,” nisarihni Sabbath ang hi a ni.

**Hêng Bible chângte hian engtin nge Pathian thianghlimna hrethiam tûra min țanpui?** *Exodus 15:11; 1 Samuela 2:2; Sâm 86:8–10; Sâm 99:1–3; Isaia 40:25.* \_\_\_\_\_

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Helaia thianghlimna chungchâng sawina hian Pathian thianghlim leh mihring thianghlim lo, a nihna takah chuan misualte inkâr zau turzia min hriatthiamtîr sawtin a rinawm. Pathian chu kan lak ațangin mi hrang daih a ni, min Siamtu leh a thilsiamte kan nih vâng chauh ni lovin, suala tlu tawh mihringte kan nih vâng pawhin a ni bawk. Hêng thil zawng zawngte hian Kristan kan tâna a thiltih ropuizia min hriatthiamtîr lehzual tur a ni.

**Pathian anpuia siam ni mah ila, engtiang kawngtein nge A lakah kan la danglam? Hei hian Chhandamtu kan mamawh**

zia engtin nge min hriatthiamtîr? I chhâna ziak chhuak la,  
in class-ah rawn keng ang che. \_\_\_\_\_

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THAWHLEHNÎ

January 31

VUT LEH VAIVUTA THÛA SIMNA

Setana kut ațanga mihring tawrh zawh rual loh tur hrehawmna a tawrh chhuah hnuin tihian Joba chu a ățwng chhuak ta a: “Benga hriatna mai zawnġin ka hre tawh chea, mahse, tunah zawnġ ka hmu ta che; chuwâng tak chuan ka inten a, vut leh vaivuta thûin ka sim ta e, ’tiin” (*Joba 42:5, 6*). Heta Joba ățwngkam ațang hian Pathian thianghlimna leh mihringte suahsualna inhlatzia engtiang kawngin nge târlan a nih? Joba’n a thil paltlang ațang a zir chhuah a sawinaah hian Chanchin Tha engtiang kawngin nge a lan ve?

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, Pathianin Israelte hnêna duhsak taka zâwlnei Ezekiela a tirh (an rinawm lohna avânga Babulon saltâng an ni chungin) ngei pawhin Pathian ropuina a hmu a. Engtin nge a awm tâk kha? (*Ezek. 1:28*).

Jakoba khan a pa Isaka leh a phîrpui Esauva a bum hnu khân in ațangin a tlânchhia a. Zân inlârnaa lei ațanga vân thleng leihlâwn indawh a hmuh a, Pathianin a hnâna thu a sawi khân engtin nge a awm tâk? (*Gen. 28:16, 17*).

Israelte Sinai hmuna an awm laia, LALPA chu chhûm zîngah Mosia hnêna rawn inlâra a rawn inhriattîr ățum khân engtin nge Mosia kha a awm? (*Exod. 34:8*).

Daniela, Israelte Babulon sala an tân laia zâwlnei ve tho pawh khân sawrkar hna pawimawh a chelh laiin Pathian hnên ațangin inlârna lian tham tak tak a hmu nual mai.

**Vawi tamtak vân mîten an hmangaih a ni tih an hirih hnuah pawh khân, Pathian hnên ata inlârna an hmu chiah kha chu**

**engtin nge Daniela kha a awm tak kha le? I rin dânin engvânga Daniela hi hetiang a awm ta mai hi nge ni ang?**  
*Daniela 10:5–8.* \_\_\_\_\_

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Hêng mîte hi mi rinawm, Pathian ÷ih mi, leh mifel niin- zâwlnei hial ni phâk an ni! Mahse Pathian bula an han awm chiah chuan an hlauin, an khû a, chibai bûkin an kûn hlawm a nih hi. Hetia an hlauhna hian chhan dang dang nei mahse, thil Chiang tak chu Pathian thianghlimna hmaa an tlinlohzia leh an sualzia an hrechhuak a ni. Hêng mîte thil tawn hian, Chhandamtu, Aiawhtu, Pathian Thianghlim leh keini thilsiam mai mai suala tlu tawh lehngâlthe inkâr dawhzawmtu Tuemaw kan mamawhzia a târlang a ni. Pathian hnênah lâwmthu sawi ang u, Pathian leh mihringte inkâr dawhzawmtu Isua chu kan nei si a.

**A chung a mîte zînga pakhat thil tawn ang khi tawng ve angin han innghaihuat la. Engtin nge i awm vea i rin, engvangin nge?** \_\_\_\_\_

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**NILAINI**  
**MIN KALSAN RAWH!**

*February 1*

Thuthlung Hlui lamah Pathian thianghlimna hmaa mihringte awmdân kan hmu nual tawh a. Thuthlung Thar lamah hian engtin nge ni ve ta ang le? Tunlai Kristian ÷henkhatte chuan Thuthlung Hlui Pathian chu, hmanlai mihring mâwl lai nêna inmil tâwk Pathian, tunlai nêna inmil tawh lo, Pathian dehkhîr leh thinchhia anga ngaiin, Isua lo kal hnuah erawh khawngaihna leh hmangaihna Pathianah Thuthlung Hlui Pathian chu a inthlâk danglam ta niin an ngai a. Mahse he ngaihdân hi Bible zirtîrna ziktluak lo leh Pathian danglam ngai lo thlîr dân dik lo a ni tih chu kan hre vek awm e.

**Pathian thianghlimna chungchâng Thuthlung Tharin engge min hrilh? Luka 5:1-11 chhiar la. Hei hian Thuthlung Hlui**

## **leh Thuthlung Tharten Pathian thianghlimna an sawi dân a inanzia engtin nge a târlan?** \_\_\_\_\_

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Hêng sangha mantute hi zankhuua sangha man tuma an hlawhchham dêr hnuah, Isuan a zirtîr thawkrim tak takte chu mak takin sangha tamtak a mantîr ta a. Hetiang taka inţanpuina ropui angahte hi chuan lâwmthu sawi mawlh mawlh âwm tak a ni a. Mahse Petera rilruah erawh chuan chutiang lam rêng a lang lo. Heta Petera awmdân hi Thuthlung Hlui lama LALPA hmutute awmdân nên pawh a inzûl khawp mai.

“Tunah chuan Petera chuan lawnglêng lam leh an sangha man khawmuala lâkchhuah dân lam reng a ngaihtuah tawh lo. Thilmak dang a hmuh tawhte zawng zawng aia chiangin hemi tuma thilmak hian vân lam thiltitheihna chu a hmuh chiantîr zâwk a. Isua-ah chuan khuarel thil tinreng thununtu chu a hmu a. Pathian ropuina tihlana awm chuan a bawlhhlawhzia a pho lang ta a. A LALPA a hmangaihna te, a rinhlelna avânga zahna te, Krista inphahhniamna avânga a lâwmna te, chúng zawng ai chuan thianghlimna tâwp lo nei bula a bawlhhlawhziate chuan a rilru a luahkhat a. A thianten lêna sanghâte an khâwm lai mêk chuan, Chhandamtu ke bulah Petera chu tluin, ‘LALPA, min kalsan rawh, misual ka nih hi’ a ti ta ringawt mai a ni.”—Ellen G. White, *Chatuan Nghahfâk*, p. 224.

Engvangin nge hetia a tih tâk le? A chhan chu Eden Huana Evi leh Adamate—suala an tlûk hma hunah kan awm tawh loh vâng a ni—ţlai ni nêmah Pathian nêna hmaichhana an inkawm hun an nghâk thîn kha a ni a. Mahse suala an tlûk rual rual khân thil lo danglam zo tain, an nupain Pathian an bihrûksan ta a nih kha. Kha ta ţang khân thil a la inthlâk danglam tehchiam lo. Bible bu pumah pawh khatieng deuh tho kha kan la hmu zêl a ni. Engtik hunah pawh mihringin Pathian nung chiang taka a hmuh apiangin a sualna thûkzia a hriatchhuah thut thîn avângin a tîrah chuan a hlau ngei ngei thîn a ni.

**Engtik khân nge i sualzia hrechiang tura ngun taka i inbih hnuhnun ber? Thil hmuh hrehawm tak a ni ti rawh u? I beiseina neih chhun chu engnge ni a, engvangin nge?**

## RAMHUAITEN AN PUANGCHHUAK

**Luka 4:31–36** chhiar la. Krista thianghlimna chungchâng engnge hetah hian a sawi? He thil sawitu hi engvânga pawimawh riau nge a nih? He thil ațang hian Pathian thianghlimna chungchâng engnge kan zir theih ang? \_\_\_\_\_

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Vântirhkoh soal vân ațanga paihthlâk tawh, ramhuaite pawhin Isua chu an hre Chiang hle- an luhlulna, huatna leh helna-kârah pawh a nihna tak leh a thianghlimzia chu an puang chhuak lo thei chuang lo. Han chhût Chiang la, ramhuaite pawh khân A tihboral an hlau ve tho mai. Engvânga hlau êm êm nge an nih? Suala khat an nih avângin suala tlu tawh mihringte Pathian thianghlimna hmaa an khûr chhe thîn ang thovin anni pawhin an hlau ve a ni.

Bible bu tâwp berah, Johana chuan inlârna a hmuh thu a sawi a. *Thupuan 1:12-17* chhiar la. Johana, a chang chuan Pathian hmangaihna hre thûk ber ang hiala sawi thîn chuan, Pathian thianghlim an hmu chiah kha chu Thuthlung Hlui lama Pathian hmututen an hlau ang thovin a hlau ve tho mai.

Chubâkah chuan vân biakbûka vân mîten Pathian chibai an bûk a hmuh dân leh chumi hmâ kum zabi engemawzat liam taa Isaian a lo hmuh dân a inang chiah bawk (*Isaia 6:1–3 en la*).

**Johana hriatah lalthutthlêng vêla vân mîten eng thu nge an sawi?** *Thupuan 4:8, 9.* \_\_\_\_\_

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Pathian chu hmangaihna a nih avângin vân mi zawng zawngte pawhin chawimawi mah se la, Pathian lalthutthlêng hual vêla an chibaibûkna hla chu “Pathian chu hmangaihna a ni e, hmangaihna a ni e, hmangaihna a ni e” tih emaw, “Pathian chu a thâ e, a thâ e, a thâ e” tih emaw a ni tlat lo. Chhûn leh zân zawmin vân mi ropuite chuan, “Thianghlim, thianghlim, Sipaihote LALPA chu a Thianghlim



e” tiin an au zâwk thîn a ni. Pathian hmangaih rawngbâwlna leh khawvêl chhandam rawngbâwlnaah vân mîte zawng zawng chu tel ve vek mah sela, chhûn zân zawma Pathian an fak thinna chhan chu Pathian thianghlim a nih vâng a ni. Thafamkim an nih avângin Pathian thianghlimna chuan suala tlu tawhte angin a tihlau ve lova, mak leh ropui ti takin an thlîr zâwk thîn a ni.

Bible-a mihringten Pathian an hmuhin, Pathian a hlauhawm thu an sawi ngai lo. Mahse a thianghlimna chhun ên vêl kârah, mihringten an nihna diktak an hmu fiah thîn a. Chu tak chu a ni tihlau thîn chu ni. Bible-a mîten Pathian an hmuh laiin kut bêng emaw, phûr sûrh emaw, thawveng tak emaw, zai emaw an awm kan hre lo. Chutiang lam ni lovin, thinlung chhûngril aţanga tihtak zeta simna an nei zâwk thîn. An zavaiin midang dem kual miah lohvin an thiamlohna hmuin an pawm vek thîn a ni. Pathian bula awm satliah mai ni lovin a thianghlimna hi hre reng ta ila chuan engtin tak kan thusawi te, kan nun te leh kan thiltihte hi danglam tak ang maw.

### **ZIRTÂWPNI**

*February 3*

**ZIRBELHNA:** “Temple bengchhêng ri nuaih nuaih hmaa Krista a’ n ding chiah chu “thâwklehkhatah mipuite chu an reh ta thup mai a.” Inha thâwm leh sumdawwna chungchânga inhnial buai lai mêkte pawh an ngawi ta duk mai. Thâwm reh dân chu râpthlâk khawpin a ni a reh ni. An hriatthiam phâk rual loh maktihna chuan pungkhâwm hote chu a luahkhat a. Pathian rorêlna hmaa an thiltihte endiksak mêk ang mai niin an inhria a. Krista hmêlah chuan, hringmi puan sin Pathian hmêl zahawm tak chu an hmu a. Vân Lalber chu hun tâwp rorêl huna... mihring fâte chung a thuneihna nêna a din huna a awm dân tur ang chiahin chumi tum chuan a ding a.... mipuite chu a mal te tea enkualin, a hmêlte chu thuneihna neitu tih hriat taka lo danglamin, a hmêl chu vân ênnain a rawn chhunêng ta a. Sinai Tlânga puithiamte leh lalten an bawhchhiat thîn dân a puanchhuah lai ang bawka Chiang leh ringin temple chhûng zawng zawng khâwk rum rum khawpin ‘Hêng thilte hi la sawn rawh u; Ka Pa in hi sumdâwnna hmunah siam suh u’ tiin a au chhuak ta a ni.

“Muâng chângin temple kawt zâwl panin vuakna hruihruai chu a lek kâng a, sumdawngte chu chumi hmun chu chhuahsan tura hrilhin, thahnemngaihna leh tihtakna tunhmaa lama a la lantûr ngai reng reng loh tilangin, pawisa thlengtute dawhkânte chu a namthlu baw k a... tumahin tu thua chutianga ti nge a nih an zâwt ngam lo.... Isua chuan a hruihruai ken chuan tumah a vaw lo, mahse a kuta hruihruai awm mai mai chu ngunhnam alh hluah hluah ang maini a râpthlâk a. Tempul thuneitute, puithiam thil awmdân makti taka lo thlîr mêk tute, ran zuar tute leh khâr chhâwn tirtute chu an beram leh bawngpate nêh chuan hmanhmawh êm êmin, Isua an hlauh theuh avâng chuan an tlanchhuak ta a ni.”—Ellen G. White, *Chatuan Nghahfak*, p. 141.

#### **SAWIHO TÛR:**

- ❶ **In pâwl thenah Thawhtânni zirlaia zawhna tâwpber kha sawiho ula. Keini leh Pathian thianghlim inkâr danglamna langsâr zualte chu engnge ni le? Chûng kan danglamnate zîngah chuan tihreh theih lo awm ta se, engtia tihreh tur nge ni ta ang?**
- ❷ **Tûnkâr kan zirlâi atang hian mahni fel intihtâwkna, tha intihtâwkna, a bîk takin thlarau lam thilah a lo hlauhawmzia engvangin nge hriatthiam a awlsawm bîk riau?**
- ❸ **Tu emaw “thianghlim” tak- mi dik, zahawm, fîmkhur tak, mi dang laka danglam tak mai ngaihtuah la. Chumi bulah chuan engtin nge i awm thîn? Sual riauin nge tha ta riauvin i inhre thîn, engvâng nge?**

**KHAIKHÂWMNA:** Pathian thianghlimna tel lova a hmangaihna ringawt zir thîn chu thil nuam tak a ni ngei ang, mahse chutianga tih chu thutak tihmêlhemna a ni. A hmaa kan khurh zet hmâ loh chu Pathian thianghlimna kan hmachhawn a ngai. Pathian thianghlimna hmâa kan bawhlhlawhzia hriatthiamna hi tlanna hlutzia te, kan mamawhzia te leh a man a to êm êmna chhante hrethiam tura tihmâkmawh a ni.

**DÂN PETU PATHIAN**

**CHÂNGVAWN:** “**LALPA chu kan Rorêltu a ni a, LALPA chu dân min Petu a ni, LALPA chu kan Lal a ni a; Ani chuan min chhandam ang** (*Isaia 33:22, NKJV*).

**SABBATH CHAWHNÛ**

**Chhiar Tûrte:** *Hebrai 12:21; Rome 7:8–13; Joba 24:14, 15; Exodus 16:4–30; Hebrai 8:10; 10:16; Rome 13:8–10.*

**Zirlai Tùm:** **Pathian dân hi Bible bu pum, Thuthlung Hlui leh Tharah chiang takin a awm a. Pathian hmangaihna puanchhuahna a ni. Chuvâng chuan hmangaihna kan neih hian, Pathian dân famkimna leh mawina kan puangchhuak thîn a ni.**

**S**eventh-day Adventist-te chuan Pathian dan hi Pathian nungchang puanchhuahna a nih kan ring. (Chuti a nih chuan, Pathian a inthlâk danglam ngai sî lova, a dân- a nungchang târlangtu- pawh a danglam ngai tur a ni lo.) Engpawh nise, dân chu Pathian nungchang puanchhuahna a ni tih hi enge a awmzia tak tak ni rêng le?

Entîrnân, lal thusawi apiang dân a nih zêlna hmuna chêng angh inngaihruat ta la. (French lal hmingthang tak pakhat chuan “Ram chu keimah hi ka ni” tiin a sawi.) Tichuan, chu lal chuan dân râwng tak, chimawm zet mai, thu lai la lo tak leh duhsak bîk nei takin siam ta se. Chu dân chuan engang lal nge a nih a lan chiantîrin; a nungchang lanchhuahtîrtu tha tak a ni mai lo maw?

Khawvêl chanchin liam tâa lal sual tak takte kha thlîr lêt la. An dân siam khân engang mihring nge an nih a lantîr mai a ni lawm ni?

Dân chuan dân petu nungchang a târlang a. A nih leh chutiang a nih chuan, Pathian dânte hian Pathian an puangchhuak ve em le? Pathian dân hi vênhimna bang, kan thâtna tur atâna siam a ni tih kan hriatthiam tak tak hian kan Pathian biak hi eng ang Pathian nge a nih kan hrethiam chiang leh zual thîn a ni.

Tûnkâr chhông hian dân kan bih Chiang ang a, dân Petu pawh kan zir tel ngei a ngai bawh ang chu.

**SUNDAY**  
**SINAI-A DÂN**

*February 5*

***Exodus 19:18, 19; 20:18; Deuteronomi 5:22; leh Hebrai 12:21-a Sinai Tlâng Dân pêk chungchâng inziak hi chhiar la. Engvanga heti taka hlauhawm hi nge ni ang?***

“Israel mîte chu hlauvin an khûr a. Pathian aw râpthlâk tak mai chu an thinlung hlauva khûr zawih zawih tawh tân chuan tawrh zawh rual a ni lo. Pathian dân ropui tak mai an hnêna puan a nih lai ang tluka chiangin, an sualna lo thûkzia leh Pathian thianghlim hmaa thiam thu sawi tur an neih lohzia an hre ngai lo. Hlau leh khurin an tawmim chawih chawih ringawt mai a ni.”—Ellen G. White, *Thlatubulte leh Zâwlneite*, p. 359.

A chung a Ellen White-i thuziakah khian thil pawimawh tak a awm. Chu chu an hnêna dân pêk a nih lai “anga chiangin” mipuite’n an sualna lo thûkzia leh Pathian mithmuha thiamthu sawi tur an neih lohzia an hre ngai lo tih hi a ni.

Chuvâng chuan, Israel mîte leh Pathian inkâr Thuthlung siam a nih tîrh phat aţang khân, dân kaltlangin chhandamna Chanchin T̄ha pêk nghâl an ni a. Sinai ata tawh kha dân hi chhandam nân pêk a ni lova, chhandamna an mamawh zia hriattîrtu atâna pêk zâwk a ni. Dân pêk an nih hnû lawkah chhandamna ruahhman an hriatthiam theih nân biakbûk sak dân tur zirtîr an ni ta reng a ni. Dân thil tum chu mihringte Kraws lama hruai a, tlanna leh chhandamna an mamawh zia hriattîr a ni. Chuvâng chuan dân hmaa an khûr chhe ta mai pawh hi thil mak vak a ni lo, dân khân an sualzia leh bo thûkzia a târlang chian êm vang a ni.

***Rome 7:8–13 chhiar la. Dân chungchâng a thutak pawimawh tak helai thu hian engtin nge a târlan a? Paula sawidânin dân hnathawh enge ni? Sâm 119:6 chhiar bawh la.***

A tawi zawnga sawi chuan, Paula chuan Ellen White-i' n Sinai- a thil thleng a sawidân ang tho khân a sawi ve a ni. Harsatna chu Pathian dân ni lovin, dân bawhchhetu misual keini ho zâwk hi kan ni. Paula chuan dân leh Chanchin Ṭha inzawm nghehzia târlangin, dân chu misual kan nihzia leh suala tlu tawh kan nihzia târlangtu a ni tih a sawi.

***Exodus 20:1–17* chhiar la. Dân hmaah i khûr ve em le? Thiamloh chantîr ve chein i hria em? Dân i chhiar lai mêkleh nangma nun i khaikhinin engtin nge i awm? \_\_\_\_\_**

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THAWHṬANNĪ  
SINAI HMÂA DÂN

*February 6*

Seventh-day Adventist-ten Dân Sâwm leh Sinai kan sawi veleh a, midangten min chhan ṭhinna: Dân Sâwmte chu Sinai Tlângah Judate tâna pêk a ni a; chuvâng chuan, Judate tân chauh a ni, Thuthlung Hlui lam thil a nih avângin tunlai hun atan chuan pawimawhna engmah a nei tawh lo tia min chhân ṭhinna hi kan hre lâw thaw khat viau hlawm awm e.

Ni e, helai thuah hian harsatna tamtak a awm reng a ni. Engpawh nise, a chung a mîte sawi ṭhin khi dik ta se, engtin nge Sinai hmân sual a awm theih tâk ang le, “Sual chu dân bawhchhiatna a ni si a” (*1 Johana 3:4*)? A nihna takah chuan *Genesis* bu hian Chiang takin Sinai hmâa Pathian dân a awm tawhzia a târlang. *Genesis 1, 2*-in Pathian Thilsiam ṭhafamkim chanchin a sawi a. *Genesis 3*-in Adama leh Evi suala an tlûk thu a sawi leh a. A bung dawt leh chiah, bung *4*-naah tualthahna hmasa ber kan hmu a. A nih leh tualthah hi sual a ni tih târlangtu dân a awm si loh chuan engtin nge Kaina khân a unaupa a thah khân thil a tisual a ni tih a inhriat theih tâk ang?

Tuilêt zawha Pathianin Nova Thuthlung a siampui ṭum khan tualthah hi a lo khap daih tawh a ni. (*Gen. 9:6*).

Bible-a lehkhabu hlui ber, Joba buah Pathianin Joba felna thu tum hnih lai a sawi chhuak a. Engtin nge Joba kha fel a tih theih? (*Joba 1:8, 2:3*). Chiang takin tha leh tha lo tehfung a awm tawh a ni. Joba kha *Exodus* hmâ daihin a awm tawh a. Pathianin Thuthlung a siampui thlah kal zêl zînga mi a ni ve lêm lo bawk.

**Joba 24:14, 15 chhiar la. Engtin nge he lai thu hian dik leh dik lo tehfung atâna an hman thinte a târlan? \_\_\_\_\_**

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Abrahaman Sari chungchânga Abimeleka hnêna dâwt a sawi tum, Pathian chuan Abrahamama chu thil a tih dik loh avângin a zilhhau va. Abimeleka kha Gerar lal niin, Israel mîte zîngah tel ve lo mah sela, Pathian chuan Dân Sâwma ‘Uirê suh’ tih dân kha A lakah lekin, Abrahamama hnênah Sari pe kîr leh turin a ti a ni. (*Gen. 20:9 chhiar rawh*).

**Pathianin Isaka hnêna a pa chungchâng a hrilh khân engtin nge Abrahamama awmdân a sawi? Genesis 26:4, 5. \_\_\_\_\_**

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*Genesis 26:5* thua thil chhinchhiah tlak tak mai chu Abrahamama’n a zawm thîn dânte sawi nân Hebrai tawngkam pali, *mshmr̄t, mzvot, huqot, and torot* (*Torah tih thumal atânga lo kal, “dânte”*)-te a hmang hi a ni. Hêngte zîngah hian Dân Sâwm pawh a tel ve ngei ang.

Pathian tirha LALPÂ tâna maichâm din tûra Jakoba Bethel-a a lêt leh tum khân, a chhûngte zîngah harhtharna a thlen a tûl tih a hria. Engti turin nge a chhûngte a hrilh tak kha? (*Gen. 35:2, 3 en la.*)

Sinai hma lama mîte awmdân Bible-in a târlan tamtakte han en hian Sinai hma lamah dân a awm lo nia rinna hi thil awmze nei lo a ni tih Chiang takin a lang nghâl mai a ni.

Sinai Tlâng hma lamah engtin nge Pathianin mihringte hnênah A dan A puanchhuah Pathianin min hriattîr chiah lova, mahse Sinaia Pathian dân puanchhuahna kha dan pek hmasak berna a ni lo tih erawh chu a Chiang hle.

Mi tamtak chuan helai thuah mahni duh anga thutihtlukna siamin, dan dang pakuate chu Sinai hma lam pawhin a lo awm tawh a, Sabbath chauh hi Sinaiah khân pêk belh thar a ni a, chuvâng chuan Sabbath hi Judate tân chauh niin, tunlai Kristiante tan chuan serh kher a tûl tawh lo an ti mai thîn. Mahse an thil sawi hi a rintlâk tak tak chiah em le?

**Genesis 2:1–3** chhiar la. He chang hian Sinai hmalama Sabbath chanchin engne min hrilh? \_\_\_\_\_

A dawt leh atan chuan, *Exodus 5:1–5*-ah hian, Mosia leh Aronaten Faroa hnêna Israel mîte kalchhuah tir tura an ngen thu kan hmu a. *Châng 5*-na hi zirchian bîk tlâk a ni.

**Exodus 5:5** chhiar la. Helai thuah hian Sabbath sawina lam engne awm? \_\_\_\_\_

Faroa chhâna, “An hnathawh aţangin in chawlhîr a” tihah ringawt pawh hian a Chiang tâwk hlê. Tawngbul aţang pheî chuan a Chiang lehzuah. *Châwl* tih sawina tawngkam dang a tam viau laiin, helai thua Faroa tawngkam hman kher kher hi chu “Sabbath” nêna inzawm tlat thumal a ni. Mosia leh Arona hnêna Faroa tawngkam hman dik tak chu, “An hnathawh hunah in *sabbath (chawlhîr)* a”! tih a ni. Hei hian Sinai hma lama Sabbath a lo awm tawhzia a târlang.

Sinai hma lama Sabbath a lo awm tawhzia finfiahna Chiang tak mai chu *Exodus 16*-a Pathianin mak taka Israel fâte thlalêra manna A pêknaah khân kan hmu a ni. He kum 40 chhûng zet nî tin thilmak

thleng thin hi Israelten Sinai Tlâng an thlen hma hauhvín a inṭan tawh a ni.

**Exodus 16:4–30** chhiar la, **châng 23-30** zir uluk lehzual ang che. Helai changte hian engtin nge Sinai Tlâng hma lamah nisarihni Sabbath a lo awm tawhzia an finfiah? \_\_\_\_\_

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*Châng 28*-naa Mosia hnena Pathian thusawi, “Ka thupêkte leh ka dânte hi eng chen nge maw hnar in tum le?” tih hi Sinaia dân puan a nih hmaa Pathian dânte leh thupêkte a lo awm tawh ngeizia leh, chûng thupêkte zîngah chuan Sabbath a lo awm ngei zia tilang chiangtu a ni. Chuvâng chuan Sinai Tlânga dân pêk an nihnaah khân thil thar chu a awm ngei mai, mahse Dân Sâwmte erawh hi chu Sinaia pêk thar a ni lo.

**Sabbath hi engangin nge i ngaih? Sabbath hi i hlimpui thin nge, i hlau zâwk, nge sawi vak ngaihna i hre lo? Sabbath thilthlâwnpêk aṭanga LALPA i hnaih lehzual theih nân eng e i tih theih?**

NILAINI

*February 8*

**DÂN LEH ZÂWLNEITE**

Sinai hnu lama Dân chungchungah buaina neuh neuh a awm a. Thuthlung Hlui ziaik hi dan lampang sawinain a luah tam hle. Hêngah hian vawi tamtak chu Israel mîten dân an bawhchhiat thu leh chumi rah hremna an tawrh dânte a inziak a, chutih rual chuan Israel mîten Dân an zahna leh an hmangaihna a inziak bawk, dan han tih hian Dân Sâwm mai bâkah Pathianin A mîte hnâna dân teseh leh inkhuahkhirhna dân a pêkte pawh a tel vek a ni.

**Hêng chângte hian engtin nge dan an chawisan? Eng ang rilru pu a ziah nge ni hlawm ang?**



Isaia 48:17, 18 \_\_\_\_\_

Sâm 119:69–72 \_\_\_\_\_

Sâm 119:97–103 \_\_\_\_\_

Jeremia 31:33 \_\_\_\_\_

Mi tam zâwk rin dân ang lo takin Israel mîte khan dân an ngaina viau mai a, chutih rual chuan dân nihphung hretu dik takte chuan chhandam nâna zawm châ a ni lo tih erawh an hria. Hebrai sakhua kha engtik lai pawhin khawngaihnaa inngat sakhua a ni. Mahse vawi tamtak chu duhthawh lutuk avângin an kalsual a: temple hmasa ber din hunlaite kha chuan langsâr takin dân rapbetin an bawhchhia a, Isua lo kal hun lai erawh chuan dân zawm that ațangin chhandamna hlawh chhuah an tum bawk.

Engvangin nge heti taka dân hi an ngainat le? Hemi hrethiam tur chuan dân awmzia hriat a ngai a, *Dân* tih hian Thupêk Sawm mai ni lovin Thuthlung zirtîrna zawng zawng, a bîkin Mosia lehkhahu pangate a huam vek a ni. Tichuan Israel fâten dân an ngainat êm êmna chhan chu a thu ken: chhandamna te, khawngaihna te, leh tlannate avângin a ni. “Thutak” chu an hnêna puanchhuah a nih dân leh an hriatthiam ang angin an ngaina tawp mai a. Tih leh tih loh tur hrim hrim kha an duh ni lovin, malsawmna leh thutiam duhawm tak tak an dawn theih nâna inkaihhruaina leh inthununnate kha an duh a ni, Pathianin a thil hrih zawng zawngte kha an thatna tur leh hlimna tur vek a ni. Tunlai nêh hian a danglamna a awm chuang vak em ni?

**Pathianin kohhran mipui hnena êng min pekte ngaihtuah la. Hêng êng ropui tak tak min pekte hi engtin nge tha lehzuala kan nunchhuahpui theih ang?** \_\_\_\_\_

## THUTHLUNG THARA DÂN

A tîr phat, Pathian hmangaihna luangliam avânga Dân Sâwm mihringte hnêna pêk a nih tîrh ata dân hi malsawmna thlentú atân ruahhman a ni. Dân i zawm chuan sualna rah chhe tak tak lakah i him a; i bawhchhiat erawh chuan i sual man i tuar thîn. Sualnain min tihnat theih zia leh a nghawng râpthlâkzia hre thiam turin tu tan mah Pathian thu zir thuk vak a ngai kher lo a ni lâwm ni? Sual khura tângte hmêl aţangin sual man rapthlakzia chu i chhiar fo thîn ngei ang?

Thuthlung Thar buah- a bîkin Paula thuziakte hian - dân thiltum hre dik lotute a hrilhfiáh a, Pathian thupêkte chu min siamţha tur leh min chawi kângtu tur zâwk a ni tih a sawi a ni.

**Hebrai 8:10 leh 10:16-te hi chhiar la. Helai thu hian engtin nge dân chungchâng a sawi? Tun thlenga la pawimawh reng angin a sawi nge, Khawngaihna nêna inkalh angin a sawi?**

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Vawi tamtak chu dân hi Pathian hmangaihna leh Pathian khawngaihna nêna inkalh tlat niin mîten an ngai thîn, Pathian hmangaihtu tak tak tân chuan dân hian tihtur a nei tawh lo niin an ngai fo. Ni e, hemi chungchângah hi chuan hmangaihna chu dân aiin a chungnung zâwk ti chuan a sawi theih a, miin Pathian a hmangaih takzet chuan amahah Pathian dân churawn langchhuak mai thîn reng a ni. Mahse hei hi dânin awmzia a nei tawh lo tihna tura ţan chhan a tling zo lo. Chutih a hnêkin, hmangaihna chuan dân a tifamkim thîn a, hmangaihna hi dân nihna lairilrawn inpuanchhuahna zâwk a ni.

Motor part ang deuh hi a ni. Motor part-te hi anmahni mai chuan ţangkaina an nei lo; mahse motor a duhna hmuna a kal theih nâna siam an ni a. Motor a duh anga a chêt vêl theih nâna siam an ni. A part a kim vek lo chuan motor a nung ţha thei lo. Dân pawh

hi chutiang ang tho chu a ni: amah mai chuan awmzia a nei lo, hmangaihna thûk tak mai dân chuan min nunchhuahtîr a tum a, Pathian leh kan mihringpuite kan hmangaih hian dân chu kan tifamkim thîn a ni.

**Hêng chângte hi chhiar la. Hmangaihna leh dân inlaichînna hrethiam turin engtin nge min tanpui?** *Rome 13:8–10; Galatia 5:14; Jakoba 2:8; 1 Johana 5:2, 3.* \_\_\_\_\_

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**Pathian dân leh hmangaihna inlaichînna hi ngaihtuah chiang lehzual ta ila. Hmangaihna tel lova dân zawmna hian eng ang dinhmunah nge a hruai thîn? Dân zawmna tel lo hmangaihna pawhin engnge a thleng thîn le? I chhânna ziahchhuak la, in class-ahrawn keng ang che.**

**ZÏRTÂWPNÏ**

*February 10*

**ZIRBELHNA:** “Sinai Tlânga Kristan Thupêk sawm a puanchhuahna kha Pathian nungchang târlanna leh lei mihring zawng zawngte chungathuneitu a nihzia puanchhuahna a ni. Vân aţangin Pathian âw ngeiin mihringte hnêna thutiam nêna Dân Sâwm a rawn puangchhuahna hi hmangaihna ropui ber chu a ni. ‘Hei hi zâwm la, tichuan Setana thuneihna leh thiltihtheihna ata i zalên dâwn nia’ tia thutiam a awm a. Dân Sâwm hian kan sualna kawhchhuah tum hrim hrim nia lan châng nei mahse, kan tâna ţa lo tur reng engmah a tum lo. TILA, I Nung ang a ti zâwk a ni... LALPA chuan A dân thianglimte hi A thilsiamte inhumhimna bang atâna a pêk a ni.”—Ellen G. White, *Sons and Daughters of God*, p. 53.

“Chhandamnaah hian tihluihna rêng a tel lo. In nawrluihna ang chî hman a ni ngai lo. Pathian Thlarau hnathawh zârah, mihringte chu an duh anga rawngbâwl thei tura zalênna pêk an ni. Krista hnêna inpumpêkna azâra nun danglam a lo awm hian, zalên tih inhriatna thûk ber a lo awm thîn . . . . Ni e, Setana thuneihna hnuai aţanga tâl chhuak turin keimahniin chakna engmah kan nei lo; mahse

sualna ata chhuah zalên kan duh takzet a, chunglam puihna kan mamawh tih hriaa kan ngen erawh chuan Thlarau Thianghlimin vân lam chaknaa min thuamin, Pathian duh angin min nuntîr ta thîn a ni.

“Mihringte tâna zalênna kawng awm chhun chu Krista nêna inpumkhatna neih hi a ni. ‘Thutak chuan bawih a chhuahtîr ang che u;’ a ti a, Krista chu thutak chu a ni. . . . . Mahni intuai thar lehna, ropuina dik leh mihringte zahawmna dik hnâr chu Pathian hnêna tlûkluh tawp hi a ni. Pathianin zawm atâna dân min pêk hi ‘zalênna dân’ a ni.’ Jakoba 2:12.”—Ellen G. White, *Chatuan Nghahfâk*, pp. 430, 431.

#### SAWIHO TÛR:

- ❶ **Ningâni zirlai zawhnaa dân leh hmangaihna inlaichînna chungchâng sawiho ula. Hmangaihna tel lova dân zawm hi engangin nge a awm ang? Enge a nghawng chhuah? Chutih rual chuan, dân zawmna tel lova hmangaihna hi engtin nge ni ve thung ang? Engang hmangaihna nge ni ang a, hmangaihna tak tak pawh a ni chiah ang em? Engvangin nge dân zawmna leh hmangaihnate hi a inzawm tlat?**
- ❷ **Engtiang kawngtein nge dânin dân petu nungchang a târlan thîn? Pathian dânin engtin nge Pathian nungchang a târlan?**
- ❸ **Ellen White-î'n dân hi “zalênna dân” a tih hian engnge sawi a tum tak ni ang? Engtiang kawngin nge dân zawm leh “zalênna” hi a inzawm tlat?**
- ❹ **Khawvêlah leh kan chhehvêlah Pathian dân miin a bawhchhiata thil thleng thîn engte nge kan hmuh? Hêng hian tun thlengin dân a la pawimawhzia engtiang taka chiangin nge a târlan?**

**KHAIKHÂWMNA:** Pathian dân hi A hmangaihna puanchhuahna a ni a, Pathianin min hmangaih tluka Amah kan hmangaih lêt hunah kan nunah dân mawina leh ropuinate chu puanchhuahin a awm dâwn a ni.

## SABBATH LALPA

**CHÂNGVAWN:** “Sabbath hi mihring tâna siam a ni a, mihring hi Sabbath tâna siam a ni lo. Chuvâng chuan Mihring Fapa hi Sabbath chungah pawh Lal a ni,” (*Marka 2:27, 28, NKJV*).

### SABBATH CHAWHNÛ

**Chhiar Tûrte:** *Genesis 2:1–3; Exodus 20:8–12; Deuteronomi 5:12–15; Matthaia 12:1–13; Johana 9; 19:30.*

**Zirlai Tùm:** Kawng hrang hrang a tanga han chhût pawhin nisarihni Sabbath hian min Siamtu leh Tlantu Isua a kâwk vek a ni.

**H**TÎRIN Thû a awm, Thû chu Pathian hnênah a awm, Thû chu Pathian a ni. Chu mi chu a tîrin Pathian hnênah a awm. Engkim azain Amâ siam a ni; thilsiam zawng zawng hi Amâ siam loh engmah a awm lo. Amahah chuan nunna a awm; chu mi nunna chu mihringte enna a ni a. Eng chu thim zîngah a lo eng a; thimin chu chu a hre lo. Pathian tîrh mi pakhat a lo awm a, a hming chu Johana a ni. Chu mi chu hriattîr turin a lo kal a, eng thu chu hriattîr turin; amah avânga mi zawng zawngin an rinna turin. Ani chu êng chu a ni lo, êng thu chu hriattîr tura lo kal a ni zâwk e. Êng tak mi tin tiêng tîhn kha a awm a, khawvêlah a lo kal mêk a ni. Ani chu khawvêlah a awm, khawvêl Amâ siam a ni, khawvêlin amah a hre si lo. Amaha mîte hnênah a lo kal a, amaha mîten an lo lâwm sî lo. Nimahsela amah lâwm apiang chu, an hnênah Pathian fâte nih theihna tur a pê, a hming ringtute chu; chung mîte chu thisen hrin an ni lo va, tîsa duhzâwnga hrin an ni hek lo, mipa duhzâwng pawha hrin an ni hek lo, Pathian hrin an ni zâwk e” (*Johana 1:1–13*).

Hêng changte hi Isua chanchin sawina vek a ni a, “engkim” Siamtu Isua leh “Tupawh amah ring apiangte” hnêna chhandamna petu Isua chanchin min hrihl a ni. A tawi zawngin, Siamtu Isua leh Chhandamtu Isua min hrihl a nih chu. He thil pahnih Isuan min

tihsakte hi Sabbath thupêk nê an inzawm tlat a ni tih Bible chuan min hrilh.

**SUNDAY**

*February 12*

**GENESIS-A SABBATH**

Bible-a thutak chiang êm êm mai chu Pathian thafamkimin a siam, khawvêl thafamkim Eden-ah khân nisarihni chu chawlhkar ni dangte lak ațanga serh hran bîk niin, tihthianghlim bîk a ni tawh tih hi a ni. Sabbath din a nih dân leh din a nih hun chu, chutiang hun daih tawhah chuan a ni. Khawvêl mîte thlîrna ațang chuan chu aia han thlîr kîr thui vak ngaihna a awm tawh lo. Chuvâng chuan Sabbath kan zir hian, Bible thu bulpui leh pawimawh berte zînga mi kan zir a ni.

**Genesis 2:1-3-ah hian Sabbath a siam laia Pathian thiltih pali a sawi a, chûngte chu engte nge ni? \_\_\_\_\_**

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Pathianin nî a siam a, chu nîah chuan A châwl a, nisarihni chu malsawmin, A tithianghlim ta a, chumi awmzia chu thil thianghlim bîk atân A serhhrang ta a ni. Amah Pathian ngei chu nisarihniin “A châwl” ta a nih chu! Sabbath ni hi ngaihnam mai mai chi a ni lo, achhan chu Pathian meuh pawh hemi ni hian A chawlh tlat a ni!

*Genesis 2:3-ah hian Siamtu chuan nisarihni chu ramsa leh mihringte a hma nia mal a lo sawm tawh ang bawka “mal a sawm” thu a sawi a (Gen. 1:22, 28). He Sabbath malsawm a nih dân hi Thupêk sawma a palinaah A sawi lang leh a, hetah hian chatuana awm tur thilsiam chawlhni leh chawlhkâr chawlhni a dawhzawm a ni.*

**Genesis 2:1-3-ah hian vawi engzât chiah nge “a nisarihni” tih hi sawi nawn a nih le? Engvânga sawi nawn nge a nih i rin? \_\_\_\_\_**

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Vawi thum nisarihni tih hi sawi lan a ni a. Hei hian nisarihna Chawlhni pawimawhzia leh ni dang laka serh hran bîk a nihzia uar takin a lantîr a ni. Pathianin ni khat ni emaw, ni dang engmah a serh hrang ve lo tih he lai châng hian min hriatchhuah tîr tîn tur a ni. Malsawm bîkna chu nisarihniah chia hian a awm a ni.

Nisarihna Chawlhni A siam khân, Pathian chuan A thilsiam hna chu a titâwp nghâl a. Nisarih chhông hmang zovin chawlhkâr khat chhiarna atân chu chu a hmang ta nghâl a ni. Heta chawlhkâr A siam hi Bible bu pumah leh khawvêl chanchin liam tâ pumpuiah pawh hman chhonzawm a ni ta zêl a. Chutiang chuan Pathian chuan A thiltihtheihna chu hmuh theih leh hmun luahkhat thei thil mai bâkah hûn chungah ngei pawh a târlang a ni. Kan zînga tumahin hun hi dârkar khat a ni emaw, minute khat a ni emaw kan thunun thei lo. Kan khawih buai phâk rual lohvin hun chu a kal miah miah zêl a. Chuvâng chuan he lêia hun tawite kan neih chhông hian LALPA rinchhan kan zir a va tûl tehrêng êm!

**Hun lui luang ang mai a nih dân hi han ngaihtuah teh, mitkhap kâr zêlin, nî leh kumte hian min her liampui tîn a ni tih hi ngaihtuah ang che. Hunbi thunun thei lô mah ila, hunbi chhônga kan thiltih erawh engemaw chen chu kan thunun thei. Engtin nge hun i hman tîn le? Engin nge i hun eiral tîn a? He hun tawite i la neih hi engtin nge t̄ha zâwka i hman theih ang?**

THAWHTANNÎ  
EXODUS-A SABBATH

*February 13*

**Exodus 20:8–11 chhiar la. LALPAN engti turin nge min hrilh, engvânga titur nge kan nih? \_\_\_\_\_**

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Chhôngkaw pumpui, chhiahhlawh a hmei a pa pawh, hna thawktu leh “hotuber” thlengin an châwl vêk tur a ni. Sabbath chu mitin hrût rualtu, milian leh mîte inkâr bang thiattu ropui a ni. Pathian

hmaah chuan mitinte hi kan intluk tâng vek a, chumi târlangtu tha tak chu Sabbath hi a ni, a bîkin chi inthliar nasatna hmun, “hnam thenkhat,” “hnam dangte” aia an indahsân deuh tlatna hmunah phei chuan a ni lehzual.

Chawlhni serh tura thupêk hi thupêk namai a ni lo, awmze nei thlap thu inrem a ni:

**Kamkêuna:** “Sabbath nî hi thianghlim taka serh tur a ni tih hrereng rawh” (*châng 8*, NKJV).

**Thupêk:** “Nî ruk chhûng thawkin i hna zawng zawng i thawk tur a ni” (*châng 10*, NKJV).

**Pêk Chhan:** “Nimahsela a nisarihni erawh chu LALPA i Pathian tan Sabbath a ni e” (*châng 10*, NKJV).

**B1. Thupêk:** “Chumi ni chuan hna i thawk tur a ni lo: nang pawhin, i fapa pawhin...” (*châng 10*, NKJV)

**C1. Pêk Chhan:** “Niruk chhûng LALPAN vânte leh lêite, tuifinriatte siamin... a châwl ta a a...” (*châng 11*, NKJV).

**Tlângkawmna:** “Tichuan LALPAN Sabbath nî chu mal a sâwm a, a tithianghlim ta a ni” (*châng 11*, NKJV).

A) hian Sabbath thupêk kamkêuna tawi fel takin a sawi a.

B) hian niruk chhûng hnathawh nâna hman tûr a nih thu a sawi leh a.

B1) hian kokim zâwkin Sabbath nia eng hnâ mah thawh loh tur a nih thu sawiin, chhûngkaw member zawng zawng, ranvulh thlengin, mikhualte pawh he thupêk hian a huam tel vek a ni.

C) leh (C1)-te hian Sabbath kan serhna chhan tur thil an sawi leh a.

C) hian hunbi inhernaa niruk/nisarihna lo inher chhuak chu sawiin “nisarihni chu LALPA i Pathian tân Sabbath a ni” tih min hrilh a ni.

C1) Sabbath serhna chhan tur a sawi a. Thilsiam chawlhkâr hmasa ber sawiin niruk chhûng LALPAN hnathawh nân a hman thû leh a nisarihni a chawlh thu a sawi leh a ni.



D) hei hi chu a hran deuh nalha awmin, a inṭanna pawh khaikhâwmna thu “Chutihuan” tiin a inṭan a. Thupêk tihtâwpna “a tithianglim ta a ni” tih hi a bul ṭanna nêh pawh a in la lâwn thlap a ni.

A) “Thianglim taka serh tur a ni tih hrereng rawh” tih leh a chung chiaha mi hi Pathianin *Genesis 2:3*-a Sabbath a tihthianglimna nêh a inzawm tlat a ni.

THAWHLEHNÎ

February 14

## DEUTERONOMI-A SABBATH

*Exodus* bua Sabbath serh tur thupêk hi Seventh-day Adventist-te chuan kan hre lâh viau mai, engpawh nise *Deuteronomi*-ah Pathianin Sabbath serh tura thupêk (thupêk dangte nêh), a pe ṭha leh a ni tih pawh hi hriat tel a ṭha awm e. Thil tuiawm deuh mai chu *Exodus* leh *Deuteronomi*-a thusawm pêk sawichhuahna ṭawngkamte hi an inan viau laiin belhchian erawh chuan danglamna engemaw tak an nei a ni. Chubâkah chuan *Deuteronomi*-ah hian *Exodus*-a lang lêm lo Sabbath kan serhna chhan thil sawi thar a awm bawh.

***Deuteronomi 5:12–15* chhiar la. *Exodus 20:8–11* nêh khaikhin ang che. Enge an inanna leh an inan lohna, engvangin nge an inan lohna lai hi a pawimawh viau? \_\_\_\_\_**

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A tângpui thu chuan an inang viau a, mahse *Deuteronomi*-ah hian thil sawi thar leh sawi uar thar a awm. An pahnihin Sabbath nia chhiahhlawhte chawlhthir thu an sawi ve ve na a, *Deuteronomi*-ah erawh “I chhiahhlawhnu leh i chhiahhlawhpate pawh *nangmah ang bawka* an chawlh ve theih nan [thu uarna belh ]” (*Deuteronomi 5:14* NIV) Sabbath serh turin a ti a ni. Helaiah hian ni danga kan sawi tawh hnu kha kan hmu leh a: Sabbath hian chhiahhlawh leh a pu chu chawlhthir ve vein ang khatin a dah a ni. Sabbath hian anihna diktakah chuan chhiahhlawh pu râwng tak tak neite, an puten châwl

lo lêka an chhawr loh nân a vênghim a- he vênhimna hi khawvêl siam tirha thupêkah a lo awm daih tawh a ni.

Mahse hei hian zawhna dang a hring chhuak leh thei a. Sabbath hi siam a nih tirhin, suala tlu lo khawvêl siam hriatreng nâna din a ni. Chhiahhlawh emaw, Aigupta sala tâna te emaw a la awm lo va, Aigupta saltânain a entîr sual hnuaia saltânna leh chumi ațanga chhuah zalênnate nêh Sabbath hian inkungkaihna a tîr chuan engmah a nei lo. Suala tlûk *hnuah* chauh he thilthar hi chu belhchhah a ni; chumi awmzia chu thupêk hmasabera tel ve lo kha a tûl avângin an belh leh tihna a nih chu.

Tichuan atîr ata Sabbath chu thilsiam hriatreng nâna siam a ni a, suala tlûk hnuah erawh thilsiam mai ni lovin chhandamna, thilsiam tharlehna ni bawk chu hriatrengna (*2 Korin5:17, Galatia 6:15; Thupuan 1:1*) atân belhchhah a lo ni leh ta a ni. Thilsiam leh Chhandamnate hi Bible chuan a sawi kawp tlat a; Siamtu Pathian chauh chu Chhandamtu Pathian a ni thei a, chumi pahnih chu Isuaah kan hmu ve ve a ni. Sabbath thupêk pahnihte hian Siamtu leh Chhandamtu Isua hnathawh an târlang ve ve a ni.

**Saltânna ațanga zalêna Kristan a tiam che hi ngaihtuah la. Eng zalêna thutiamte nge Isuaah i neih le? Engtin nge hêng thutiamte hi i tâna neiin, Pathianin ataka nangma nun ngeiah a tihhlawhtlin theih ang?** \_\_\_\_\_

NILAINÎ

*February 15*

**ISUA LEH A SABBATH: THEN 1-NA**

Isuan he khawvêla hringnun a hman lai khân, Sabbath hi tibovin, Sunday serhna emaw, amah Kristaa chawlhni hmang kher lova *chawlh tâwpna* emaw a rawn siam a ni tih inziahna lehkhabu tamtak ziah (tunhnai deuh hian a ni deuh ber) a ni tawh a, ziah a la ni zêl bawk.

Mahse hêng ngaihdânte hi Chanchin T̄ha bua Isua leh Sabbath chungchâng ziahnaah hian hmuh tur a awm lo. Hêng lehkhabutena chhuanlam an siam (kum zabi sawmpasarihna leh sawmpariatnaa

Kristian tam zâwkten nisarihni sabbath an pawm duh lohnaa thiam inchantîr an tumna) naah chuan, Kristan Sabbath nia a tihdam kha chawlhni thupêk a tâwp a ni tih lantîrtu a ni an ti a. Mahse hei hi engnge a awmzia tak tak ni chiah? Ngun taka kan zir chuan hêng Pathian thu zirmîten an thu tlûkna letling chiah zâwk hi Isuan Sabbath a serh dânah khân kan hmu a ni.

**Matthaia 12:1–13** uluk takin chhiar la, Sabbath nia a tihdam thu hi uluk lehzualin ngaihtuah ang che. I chhiar lai mêkin, nangmah leh nangmah inzâwt la, helaia tihdam thu hian engnge min hrilh a tum, engvangin nge Isuan Chawlhni khera a tihdam a, eng thil nge Chiang taka tihlan a duh ni ang? \_\_\_\_\_

Helai thua châng pawimawh tak mai chu *châng* 7-na hi a ni, a dang zawng hrilhfiahtu pawh a ni hial mai thei a ni. Helai thu hi chu mihring nun, khawngaihna te, ngilnehna te leh midang hmangaihna te chungchâng inziahna a ni mai. A nihna tur ang taka kan serh a nih chuan, kan eizawna hnâ kan thawhna ni rukte aiin Sabbath ni hian midangte laka ngilnehna leh khawngaihna lantîrna hun kan nei t̄ha zâwk. Judate chuan Sabbath an serhdân chu phurritah neiin, mihring siamchawp dân khirh tak tak siam belhin Sabbath-in a tum tak–Pathian kan hmangaihna leh mihring puite hmangaihna chu an hmuh thelh a, Pathian thuin dân zawh famkimna a tih hmangaihna ni lovin Sabbath ringawt an buaipui ta a ni. Thil engpawh dân hi hmangaihna a nihzia lanchhuahtîr lotu leh hmangaihna lama min hruai lo apiang chu thlauhthlâk ngei tur a ni. Sabbath chu hmangaihna tel lovin an serh a, hei hi dânah chhandam tumna diktak a ni. Hei thil diklo hi a dodâl vâng a ni Isuan Sabbath nia mi a tihdam ni. An sakhuaanaah hmangaihna a tel loh zia chu piantirh a tanga mitdel tihdam thuah khân kan hmu (*Johana 9*). *Châng* 16-na hi ngun takin chhiar ula, hmangaihna tel miah lovin dân an sawi tih i hmu ang! A tâwp nân chuan Isuan nisarihni Sabbath tihbo a duh vâng ringawta Sabbath ni a mi a tidam a nih chuan thil mak tak a ni ngêi ang.

**Mahni inzâwt la, eng ang kawng dangtein nge miin hmangaihna tel lova dân zawm a tum thîn? Nangmah ngei pawh khân he thil dik lo hi i lo ti ve reng lo maw?**

**NINGÂNÎ**

*February 16*

**ISUA LEH A SABBATH: THEN 2-NA**

**“A kin ta”** (*Johana 19:30*).

Isuan Sabbath nia a thilmak tih ațangin Sabbath awmzia diktak a phawkchhuak a. Tihdamna leh siamthatlehna nî Chawlhni chu a ni. Isua chuan Sabbath hi thilsiam tura Pathian thiltihtheihna tarlanna nî ni turin a duh a. Chuvâng chuan, Sabbath hi saltangte chhuah zalênna nî atan a hmang a (*Luka 4:31-37*), kebaite kaltîrin (*Luka 13:10-17; Johana 5:1-9*) mitdelte mit tih vâ nân a hmang thîn a ni (*Johana 9*).

Isua tân chuan Sabbath chu inkhuahkhirhna lam dân ni lovin, mihringte himna tur lam zâwk a ni, hei vâng hi a ni ngei ang Sabbath chungchânga a thusawi lâr tak mai “Sabbath chu mihring tâna siam a ni a, mihring hi Sabbath tâna siam a ni lo” tih thu hi a sawi chhuah. Chutih rual chuan, a hma lama kan hmuh tawh angin, uluk taka Sabbath hi serh a nih chuan, Sabbath hian mihringte a vawngnim thîn a ni.

**Isuan Sabbath nia chawlh pawimawhia leh la tûlzia a nuna a târlan rualin, a thihna hmang pawhin a târlang a ni** (*Matthaia 27:57-28:1; Marka 15:42-16:1, Luka 23:52-24:1, leh Johana 19:31-20: en rawh*). **Eng thil pakhat nge Chanchin T̄ha ziaktu zawng zawngten hêng chângachte hian târlan an tum? Chu aia la pawimawh zâwk chu, hêngte hian Sabbath chungchâng engnge min hrilh, a bîk takin Sabbath serh hi a la tûl leh tûl tawh loh chungchânga zawhna engtin nge hêngachte hian chhân a nih?** \_\_\_\_\_

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Tlanna hna a thawh zawh hnû (vâna sawipuina hna A thawh hma si) a “A kin ta” (*Johana 19:30*) tia a au zawh hnuin enge Isuan a tihleh tâk kha? Nisarihniah a châwl ta a ni. Hetiang deuh hi i hre fo tawh em? Khawiahnge kan hmuh tawh kha? *Genesis 2:1-3*-ah Pathianin a thilsiam hnâ a zawh hnuin a nisarihniah a châwl ta tih kan hmu tawh a ni. Chutiang bawc chuan chhandamna hna a thawh zawh hnuin a châwl leh ta a ni. Isuan nisarihni Sabbath hi a tibo a ni an ti ngawt thin pawh hi a dikloh zia Sabbath nia thlana a hahchawlhna hian a finfiah tel nghal bawc a ni. Chubâkah chuan Isua thihhain Thuthlung Thar nemnghetin, chu Thuthlung thar chuan nisarihna Sabbath hi a tibo a nih a, Kraws hnuah Sabbath hi a bo ta daih a nih chuan thil mak tak a ni ang. Kraws hian Sabbath hi tibo tak tak ni ta se engvangin nge Isuan Kraws hnuah a thiltih leh hmasa ber Sabbath-a chawlh a nih theih ang? A nihna takah chuan, Isua khân a nun leh a thihna hmangin Sabbath la pawimawh reng zia min hrilh a ni.

#### **ZIRTÂWPNI**

*February 17*

**ZIRBELHNA:** “Pathian chuan Sabbath nîa ni chhuah khapin, ni zungin lei leh thlaite a châwm a khap dâwn em ni ang? He leilung dân pangai hi chu ni thianghlimah chuan a tâwp mai tur em ni? Ramhnuai leh huante châwmtu lûite luanglai titâwpin, chhum lo chat lova tuipei fâwn hlup hlupte chu an che vêl tâwp turin thu A pe dâwn em ni ang? Buh leh vaimîmte chuan an thanlai châwlin, an vuih hun tur chu an sawn hla dâwn em ni? Thing leh pangpârte chuan Sabbath ni chuan an pârmawina leh kuhmûmte an chhuah lo tâwp dâwn em ni ang?”

“Chutiang a nih vaih chuan, mihringte chuan hringnun tinuamtu lei rahte an chân ngei ang. Chuvâng chuan leilung dân hi a pangaia a kal reng a ngai. Mît khap kâr lek pawh Pathian chuan A kut a chawlhîr thei lo, chuti a nih loh chuan mihringte chu mangangin an thi mai ang. Hemi nî hian mihringte pawhin hnathawh tur an nei ve tho. Nî tin mamawhte an tih a ngai a, damlote ngaihsak a ngai a, mi harsate tanpui a tûl bawc. A nihna takah chuan, Sabbath nia mi

phurrit chhâwkzân pui duh lo tlatte hi thiam changin an chhuak hauh lovang. Pathian chawlhni thianghlim chu mihringte hnênah pêk a ni a, hemi ni leh khawngaihna thiltih hi a inhme hêm hêm a ni. A thilsiamten Sabbath emaw ni dang emaw a tihdam theih reng natna an tawrh reng hi Pathian chuan a duh lo a ni.”—Ellen G. White, *Chatuan Nghahfâk*, p. 189.

#### SAWIHO TÛR:

① Han ngaihtuah mai chuan Isua hun laia sakhaw hruaituten khati taka Sabbath nia damlo tihdam mai mai an hua a, hmangaihna leh lainatna engmah an nei lo kha a âwm lo hlên a lang a. An thiltih ang khân rorêl sak pawh an la ni ngei baw ang. Chutih rualin, an dinhmunah khân indah ve chhin la. Khâng Sabbath chungchânga an dân siamte kha an hman rei tawh êm avângin a vai mai khân Sabbath serh dân tur dikah an ngai vek tawh a; chuvâng chuan Isuan Sabbath a bawhchhe ngei niin an hre vek a ni. A nih leh tun hunah hian mi tuemaw êng leh thutak ropui tak nei nia inchnâl lo kalin thilmak hialte pawhrawn ti sela, mahse thusâwm pêk palîna engah mah a ngai lo niin hre ta tlat baw si ila, engangin nge chupa chu kan ngaih ang a, engtin nge kan tih ang? He mi aţang hian thutak leh thurochhiah thliar hnan a pawimawhzia engtin nge a lo lan a, chumi thliar hnan tak mai chu engvangin nge thil awl-ai a nih loh?

② In pâwl thenah uluk leh zualin Pathian chu A thilsiam hna a thawh zawh hnuah leh tlanna hnâ a thawh zawh hnuah a châwl ta a ni tih hi ngaihtuah ula. He thutak mak tak mai hi engtin nge a pawimawhzia kan manthiam theih ang?

③ Isuan Chawhnia thilmak a tihte avânga Chawlhni thaibo nia ringtu angah inngaih ruat chhin la. Biblea Isuan Chawhnia a thiltih a târlante leh a sawite ngaihtuahin chûngte chu Chawlhni nuaibona khawp thu tling niin i hre reng reng em? Chawlhni hi nuaibo ni ta tak tak sela chûng lo deuh chu thil dang Isua hian a ti lo'ng maw?

**KHAIKHÂWMNA:** Bible chuan LALPA chu, Siamtu leh Tlantu a nih chhinchhiahna Chiang ber Sabbath LALPA a nih thu a sawi.

**THILSIAMTE NGAIHSAKNA**

**CHÂNGVAWN:** “Tichuan LALPA Pathian chuan mihring chu a hruai a, Eden Huanah enkawl tûr leh cheibâwl tûrin a dah ta a (*Genesis 2:15*, KJV).

**SABBATH CHAWHNÛ**

**Chhiar Tûrte:** *Rome 1:25; 2 Petera 3:10–14; Genesis 1:26–28; 2:15; Nehemia 13:16–19; Hebrai 1:3; Sâm 100.*

**Zirlai Tùm:** **Kristiante hian an chhehvêl thilsiamte hi engtianga en tûr nge an nih?**

**K**eini Seventh-day Adventist-te chuan lei hi a chhe tawh a ni tih kan hria a, a la chhe tawlh tawlh dâwn a, engtikah emaw phei chuan meidîla hâlralin a la awm dâwn tih kan hria: “Nimahsela, LALPA nî chu rûkrû angin a lo thleng ngei ang, chu mi niah chuan vânte chu nasa taka rîin a boral ang a, thil bulte chu meia emralin a awm tawh ang a, lei leh a chhûnga hnathawh awmte hi a kângral ang (*2 Petera 3:10*) tih hriate hian engtiang takin nge kan chhehvêl thilsiamte hi kan thlîr thîn le? Hei bâkah hian Bible châng danga mihringte chu, “tuifinriata sangha chungah te, chunglêng sava chungah te, ran chungah te, lei chung zawng zawngah te, rannung leia bawkvâka kal zawng zawng chungah te thu i neihfîr ang u,” tia Pathian sawi hi changchawiin kan chhehvêl thilsiamte laka awmdân tur dik kan hre lo fo thîn.

Hetih lai mêk hian, Pathian thilthlâwnpêkte enkawltu kan ni a, he lei hi tha taka enkawl turin mawhphurhna kan nei a ni lawm ni? Chumai bâkah chuan he lei hi Pathianin siamin “tha a ti hlê” a ni lawm ni kha? Pathian chu Siamtu a nihzia puangchhuak tura thuchah bîk (*Thupuan 14:6, 7*) neitu kan nih avângin Pathian thilsiamte chungah kan thiltih thîn pawh inendik fo thîn tur kan ni lo maw?

Tûnkâr chhûng hian Bible-in hemi chungchâng a sawi thil thenkhatte kan zir dâwn a ni.

**KAIKUANG CHHUAH ZALËNNA RÛNPUI!**

Kum engemaw kal taah khân leilung thilsiam ngaisângtu (environmentalist) pakhat chu lui lam sa zawrhna chaw dâwr pakhatah a lût a. A hmaa tuizêm lian takah chuan kaikuang lian chî dawrzawn chanve zet mai, chumi zân nung chung a tlaivar zo mang lo tur a hmu a. Restaurant dâwrtu tuemaw chuan a kaikuang ei duh ber chu kâwkin, a hnu rei loteah tute emaw thlêngah, cheese-a alu phûm bulah emaw kaikuang chu ei turin a inchhawp mai dâwn a ni.

A rûkin a tawlh hret hret a, chu pa chuan ipteh khai chungin, tuizêm a thlen veleh kaikuang a kuta a lâk theih hmasa ber chu manin a ipteah chuan a khung lawk a, a tlânpuï ta vak mai a. Tichuan a car-ah dahin tuipei kam lamah a tlânpuï ta a. Chuta ñang chuan helicopter-in tuipei chungah phurin, kaikuang chu tuipeiah a dah lêt leh ta a ni. Kaikuang chhuah zalênna tura thawktu pakhat a che leh a ni e.

Hepa hi a mal ñan lo. Website “Lobster Liberation” i tlawh chuan, mihringten ei atâna an man kaikuang chhanchhuah dân inziak i hmu ñeuh ang. Chaw dâwr añanga kaikuang i chhanchhuaha i tih turte inziahna “Kaikuang chhanchhuak tûte tâna hriat tûr thu pawimawhte” tih inziahna bîk a bung hranin he website hian a nei ngat bawk a nih chu. Vawi khat pawh Amerikan lemchan thiam hmeichhe pakhatin fiamthu serial (bung hrang hrang nei film) a channaa a hlawh zawng zawng chaw dawr añanga kaikuang rûk chhuah a, tuipeia dah lêt leh nân a hlân vek mai nia.

Kan chhehvêl thilsiamte hi kan duat tur a ni tak meuh mai a, mahse chaw dâwr añanga kaikuang rûk chhuah a, helicopter-a tuipeia han dah lêt leh chu a lutuk deuh i ti lo maw? Hêng zawng zawngten zawhna a hrin chhuah tak chu: Kristian Seventh-day Adventist-te hian engtin nge kan chhehvêla thilsiamte hi kan enkawl ve tih hi a ni? Kaikuang chhanchhuah thu hi mak ti mai lovin, kan chhehvêla thilsiamte hi engtin nge keini hian kan tih ve ñin tih zâwk hi ngaihtuah teh? Mahse, Isua a lo kal têt tawh a, kan thuchah ken



ber pawh he khawvêl hi a tâwp dâwn a, a chhiat tawh avângin rei a awh tawh dâwn lo tih a ni lâwm ni? Isua lo kal lehna êng ațang hian engtiang taka nge he lei hi enkawl tur nge kan nih le?

**Chhiar tûr: 2 Petera 3:10–14; Isaia 51:6; 65:17; Thupuan 21:1.** Bible hian he khawvêl tâwp dân tûr enge a sawi? Hei hian engtiang kawnga kan chhehvêl thilsiamte kan thlîr dân khawih danglam tur nge a nih? Nge a khawih danglam miah lo tur zâwk? \_\_\_\_\_

He lei hi a awm hlen dâwn lo tih Bible hian a sawi chiang tâwk hlê. Engtikah emaw chuan chhe ngei ngei tura ruat lâwk a ni a, chutihruat chuan “lei thar leh vân thar” siamțha leh tur Pathian chuan a siamthar leh vek dâwn tih a tiam a ni. Hei hi kan chhehvêl thilsiamte tichhia leh tibuai tura chhuanlam (tunkâr zirlaiah kan la zir zêl ang) a tling lo ang bawkin, he leilung thil leh chhehvêl thilsiamte pathiana kan biak loh nâna min țanpuitu tur pawh a ni nghâl bawk. Hêng thilsiam humhalh kawnga kalfawr zualte kan nuhzat lai hian keini ngei pawh a ni lo zâwngin kan lo kalfawr viau thei bawk a ni.

**Rome 1:25** chhiar la. Kan chhehvêl thilsiamte kan thlîr dân leh enkawl dânah helai thua hian eng thu pawimawh tak nge kan hriat tur awm? \_\_\_\_\_

THAWHTANNÎ

February 20

THILSIAMTE ENKAWLNA CHUNGCHÂNGA THUCHHUAH

A nih leh engtiang chiahin nge Seventh-day Adventist-te hian an chhehvêl thilsiamte chungchâng zawnha hi an chhân ang le? A lutuk si lo, a tâwk chauhvin engtin nge kan bulvêl thilsiamte hi kan ngaihsak ang? Hetiang hian kohhran hotute chuan 1995 khân thu an lo titlu tawh a ni. “Seventh-day Adventist-te chuan mihringte hi Pathian anpuia siam niin, Pathian aiawha an bulvêl thilsiamte rinawm tak leh taima taka enkawl tur an ni tih kan ring.

“Vânduathlâk takin mihringten an kuta mawhphurna awm chu hlen lovin, buaina leh chhiatna an thlen ta zâwk a. Mi tinrengte chuan nawmsip bâwl an duh avângin he leilung hausakna hi eiral hiau hiau a ni a, chu chuan harsatna kawng hrang hranga siamin, thilsiamte pawhin awm ngaihna an hre lova, sik leh sa pawh a mumal lo telh telh ang tih hlauhawm tak a ni ta. Mithiamte chuan he mi chungchâng hi an la zir mêk zêl a, mahse tunah mai pawh thil chiang tak chu tuialhthei kan hmanral nasat lutuk avâng te, vânsang ozone pan tial tial avâng te, ramngaw kan thiah nasat lutuk avâng te, leh kan thlaichîn dân hmang dikloh avângtein nunna khaidiat (thilnung tinrengte kan nunna atâna kan inrin tawn vekna) kan tichhe vek ang tih a hlauhawm ta a ni. He nunna khaidiat buaina hi mihring fâte duhâmna leh Pathianin an chhehvela thilsiamte enkawltu tha leh rinawm tak ni tura a ruatna an hnial avâng a lo thleng a ni.

“Hêng harsatnate hi a bul berah chuan mihringten anmahni hmâ an sial vâng te, an chapona rahchhuah duh tâwk chin lem nei lova thil an siamchhuah vak vak vâng te, thil tam tak kan hmanral thîn vâng te, leilung hausakna siamthat mai theih loh kan hmanral nasat lutuk vângte a ni.

“Seventh-day Adventist-te chuan nunphung pangai, awlsam tak mai hi tha kan ti a, hlâwkna duh vânga chintâwk nei lo lêka hlêp ûma sumdâwnna te, tûl lova thil neih vak vak te leh thil tihchhiat vak vakte kan duh lo va ni. Thilsiam zah tur te, leilung hausakna renchem taka hmang tur te, leh thilsiamte nunna hlu tak zahsak turtein kan insâwm a ni.”—Hei hi Adventist Administrative Committee (ADCOM) thuchhuak niin, General Conference inkhâwmpui, Utrecht, the Netherlands, June 29–July 8, 1995-a an tihchhuah a ni.

**Hêng chângte hi en la. A chung a Kohhranin khitianga thu a chhuah nachhan khi i hmu thiam mai em?** *Genesis 1:1, 26; 9:7; Sâm 24:1; 100; Jakoba 5:1, 2, 4, 5; Hebrai 1:3.*

He khawvêl te, nunna te leh leilung hausaknate hi Pathian ațanga thilthlâwnpêk kan dawn nia ngaitu Kristian kan nih avângin, hêng

thilte humhalhnaah hian a hmahruaitu kan ni ngei tur a ni. Mahse khawvêl hi tihpalh thil thua rawn chawr chhuak ve mai mai, a ruh no no chhuakah tih dân hnuaiainatna nei miah lote dinchanna hmun nia ngaitu tân erawh, ama tâna chhiatna tura he leilung tihchhiat mai pawh hi a pawina êm êm a awm vak lo mahna. Amaherawhchu he khawvêl hi Pathian siam, A enkawl lai a ni tih hrethiamtu tân erawh chuan, he leilung thilte enkawltu rinawm tak nih bâk hi tih tur dang a awm chuang lo.

**Mahni hmâ i sialnain engtiang kawngin nge i chhehvêl thilte chung a i chêt dân a tih danglam theih? He ngaihdân, “a..., keimah ringawt chuan engmah ka khawih pawh tak tak lo vang” tih ngaihdân hi engvangin nge a dik loh? \_\_\_\_\_**

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**THAWHLEHNÎ**

*February 21*

**THILSIAMTE NGAHSAKNA**

Kan chhehvêl thilsiamte dimdawihna chungchâng sawina Chiang tak Bible-ah hmuh tur a awm chiah lo. Ni e, Bible hian thil tam tak pawimawh ve tho sawilan loh a nei teuh a ni. Bible tih thîn dân, a tih fo thîn dân chu kan nun kawng tinrenga hman theih tur tluang hruai min pêk hi a ni, hêng zîngah hian kan chhehvêl thilsiamte kan en dân tur pawh a tel ve a ni.

**Matthaia 22:37–40 hi ngaihtuah la. He lai thu hian engtiang kawngin nge kan chhehvêl thilsiamte kan en dân tur a sawi tel, a bîk takin kan thiltihin midangte nun nasa takin tichhe thei dân ta ang se? \_\_\_\_\_**

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Bible tîrteah he lei hi enkawl tura mihringte koh kan nih thu, Pathianin Adama hna a pêk chungchângah kan hmu a. He lai thu hi Adama tân liau liauva sawi nia a lan laiin, a hnuai mi lehzele tân pawh a ni tho mai.

**Genesis 2:15-ah chuan, “LALPA Pathian chuan mihring chu a hruaia, Eden Huan-ah chuan a enkawl leh a vêng tûrin a dah ta a” tiin a inziak. Helai thu hian engtiang kawngin nge mihringtena he leilung thilte kan endân tur a târlan? \_\_\_\_\_**

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Helai thu inlâklâwn dân hi han ngaihtuah teh. He leilung hi mihringte chên nân mawi thei ang berin Pathianin a siam a; tichuan mihringte hnênah chu thilthlâwnpêk hlu tak chu pêk a ni ta a. Mahse a duh duha a tih turin Adama hnênah pêk a ni ngawt lo. Enkawl tur leh vêng tura tih a ni. “Vêng” tih hi tawngbul lamah chuan, Hebrai tawng *smr* tih a tanga lo kal a ni a, chumi awmzia chu “enkawl” emaw “humhalh” emaw “vênghim” emaw tihna a ni. Chuvângin, a tîr phat, khawvêl suala a tlûk hmâ ata tawh Adama chu a chhehvêl thilsiamte vawngtha tura tih a lo ni tawh a ni. Pathian chuan tichhe turin emaw, mahni hmasial taka ama nawmna atân chauhvah hmang turin emaw, nawm leh mâk a, a duh thâla hmang turin emaw a ti lo. Chutih a hnêkin enkawl leh vênghim turin a hrilh zâwk a ni.

Engvang tehlulin nge he thil hi danglam tawh nia kan ngaih ang ni? A nihna dik takah chuan suala tlûk hmâ hauh pawha he hna hi Adama hnêna pêk a nih tawh pheh chuan, sualin he khawvêl a tihchhiat tawh hnuah pheh hi chuan, thilsiamte enkawltu tha nih hi a va pawimawh leh zual dân êm!

**Engtiang takin i chhehvêl thilsiam humhalh chungchâng hi i lo vei ve a? Engzat fakauvin nge i chhehvêl thilsiamte hi i ngaih pawimawh le? He thil hi i tân engtianga pawimawh emaw pawimawh lo emaw nge a nih le? I chhâna in pâwl thenahrawn keng ang che. \_\_\_\_\_**

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**“Hremhmun leh chhianatnaten chin lêm an nei ngai lo ang hian; mihring mit pawhin duh tâwk a nei ngai lo (*Thufingte 27:20, NKJV*). He thutak hian thilsiamte chung a kan hleilenna chhan leh kan chhehvêl thilte chung a hetiang a kan chêtna chhan engtin nge a sawifiah? \_\_\_\_\_**

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Thilsiam chungchâng thuchahin a sawi ang khân, tun huna kan chhehvêl thilsiamten heti taka an tawrhna chhan pakhat chu “mihringten anmahni hmâ an sial vâng te, an chapona rahchhuah duh tâwk chin lêm nei lova thil an siamchhuah vak vak vâng te, thil tam tak kan hmanral thîn vâng te, leilung hausakna siamthat mai theih loh kan hmanral nasat lutuk vângte a ni.” Kawng danga sawi chuan, mîten tam leh zual zêl neih an duh a, chu an thil duh an lâk theihna hmun chu leilung hausakna a tangin a ni si a. Leilung hausakna hman tangkai hi thil sual a ni hran lo; harsatna zâwk chu miin enganga tam a neih hnuah pawh, a aia tam leh zual a la duh tlat zêl hi a ni. Enganga hausa pawhin a hausaknaah duh tâwk a ngah thu a sawi i hriat hnukung ber engtik nge ni le? Hetiang hi thil nihdân chungin Pathian chuan mihringte hnênah thilthlâwnpêk Sabbath a lo pe a ni.

**Hêng a hnuai a Sabbath sawinate hi chhiar la. A awmzia kan lo inzirtîr thîn dân ni lo deuh hlek mah se, Sabbath serhna, kan hnathawh a tang a châwl tura thu pêk te, kan sum siamna thil te leh eizawna chawlsannate hian kan chhehvêl thilsiamte a tha zâwnge a ngawng dân han ngaihtuah teh. *Exodus 20:8–11* \_\_\_\_\_**

*Nehemia 13:16–19* \_\_\_\_\_

Sabbath hi Pathianin khawvêl a siam a ni tih kan hriat rengna tur a ni (hei mai pawh hian thilsiamte dimdawi nachâng min hriattîr tur a ni), tin sum ûma kan chêtîlâkna zawng zawng aţanga chawlhna a ni bawk. Sabbath kan serh hian, nisarih chhûnga ni khat zêl chu chhan fel fai tak neiin hahchawlh nân kan hmang a, hemi ni hian hausakna te, pawisa te leh bungraw ţha neih tuma kan beihnate kan chawlhsan a, chu chuan hringnun hi sum leh pai ûm nân ringawta hman tur a ni lo tih min hriattîr ţhîn a, thil ţhenkhat kan tih nasat lutuka he leilung tichhe thei thil lakah min thiar fihlîm fo bawk ţhîn a ni.

**Sabbath serhna hi i tân duhâmna leh a aia tam zâwk duh zêlna laka fihlîm tura ţanpuitu che engtin nge a nih? Sum duhnain engtiang kawngin nge Sabbath bawhchhe tura a thlêm ţhin che?**

NINGÂNÎ

*February 23*

MIHRING FÂTE THUNEIHNA

**“Pathianin, “Kan anpuiin, keimahni ang takin mihring siam ila, anni chu tuifinriata sangha chungah te, chunglêng sava chungah te, ran chungah te, lei chung zawng zawngah te, rannung leia bawkvâka kal zawng zawng chungah te thu i neihtîr ang u,” a ti a..... Pathianin anmahni mal a sâwm a: Pathian vêkin an hnênah, “Chi tam tak thlaha lo pungin, leilung hi luah khat ula, in thu thuin awmtîr rawh u; tuifinriata sangha chungah te, chunglêng sava chungah te, thil nung leia bawkvâka kal zawng zawng chungah te thu nei baw rawh u,” a ti a. (*Gen. 1:26, 28*).**

A chung a Bible châng pahnihahte khian mihringte leh thilsiam khawvêl inlaichînna sawichhuahna hmasa ber kan hmu a. Thilsiamte duat tur kan nihna leh kan chhehvêl thilte enkawl tur kan nihna hre rengin a chung a Bible chângte khi ţawngţaina nêh chhiar la, a hnuai zawhnate hi chhân tum ang che.

**1. Leilung chung a mihringte thuneihna hi eng anga chiang nge?** \_\_\_\_\_

**2. Leilung leh a chhûnga thil awm zawnz zawnge thû thûa awmfîr tih leh an chung a thunei tih hi enge a awmzia? Helai thua hian mihringte tân thilsiam hmansual leh tihchhiat phalna a awm em?** \_\_\_\_\_

**3. Genesis 1:28 chuan “leilung hi luahkhat rawh u” tiin a hrilh a. Hebrai ãawnga a awmzia tak chu “leilung hi tikhat rawh u” tih a ni. He leilung kan enkawl dân turah helai thu hi engtianga ngaih tur nge ni ang?** \_\_\_\_\_

Phat rual lohvin mihringte chu he leilung chungah hian Pathian thuneihna hnuaiyah leh ti tura a hrilh ang zêla rorêltu tur an ni a. A chung a Bible chângte khi suala tlûk hma, thihna te, tawrhna te leh sualna te reng reng a awm hmaa thil thleng sawina a nih avângin, suala tlûk hmaa thuneihna awmzia kan zir a ngai a, tharum hmanga innêkbehna leh he khawvêl nawm maka suasamna lam a kâwk thei lo, a chhan chu suala tlûk hmain hêngte hi a awm tlat lo a ni. Thu thua awmfîr leh thuneihna nei tih hian he khawvêl tihchhiat theihna lam a hawi lo a ni.

Engpawh ni se, hemi hnu hian thil tamtak a thleng leh tawh a: Tlûkna te, Tuilêt te, leh ânchhia te (*Gen. 3:17-19*), sual avânga engkim hian a nihna pangai a pha tawh lo a ni. Chuti chung chuan a chung a Bible châng a tângte khian duh duha he khawvêl tihchhiat phalna hmuh chu tu tân pawh thil harsa tak a ni ngei ang. Helai châng a mihringte mawhphurhna kan hmuh chu, khawvêl rorêltu kan nih avângin, Pathian thilsiam, Amah pawhin “th a tih hlê te” chu uluk taka enkawlto tur kan ni tih hi a ni.

**ZIRBELHNA:** “A tîr ata thilsiam tinrêngte chuan Pathian nihna an puang chhuak a. Vânte kaipharh a, he lei nghahchhan phûmtu chu Krista a ni. A kut chu hmun ruaka lei khai kâng a, phûla pangpârte dahtu chu a ni. ‘A chakna chuan tîlângte a din a.’ ‘Tuifinriat chu a ta a ni a, Amâ siam a ni,’ *Sâm 65:6; 95:5*. Amah chu he lei hi mawina tinrêngte sintîrtu, boruakahte hla dahtu chu a ni. He leia thil engkim, boruak leh vânsangahte Pa hmangaihna a ziak a ni.

“Tunah chuan sualnain Pathian kutchhuak thafamkim chu a tichhe ta, mahse chuti chungin Pa hmangaihna chu an la târlang reng tho a. Tûn thlengin thilsiam tinrêngte chuan A ropui mawizia chu an la puang chhuak reng a ni. Mihring thinlung hmasialnaa khat bâk hi thil dang engmah mahni tâna nung reng an awm lo. Sava vâh chung sânga thlâwk thîn an ni emaw, leia ransa tla thîn an ni emaw, midangte tân an nung vek a ni. Ramhnuaia thinghnah tinrâng te, phaitual hnim thlengin midang tâna rawngbâwlhna hna engemaw tak an thawk vek a ni. Thing tinreng leh phûl leh hnah zawng zawngte hian mihringte leh ransaten kan mamawh kan nunna hnâr an pe chhuak a; chutiang bawkin mihring te leh ransâte hian thing leh phûl leh hnimte mamawh kan pe chhuak ve bawk a ni. Pangpârte chuan rintui chhuahin an mawina chuan he lei hi mal an sâwm a. Thinlung sâng tamtakte tilawm turin ni pawhin êng a chhuah bawk thîn. Lûite leh tuihnâ zawng zawngte chawmtu tinfinriat chuan ram tinrenga lûi aţangin tui a dawng khâwl a, chu chu a sem chhuak leh thîn a ni. Chhûmte chuan ruahmal fartîrin, pâr leh rah a chhuah theih nân he leilung hi a chawm thîn a ni.”—Ellen G. White, *Chatuan Nghahfak*, pp. 10, 11.

### SAWIHO TÛR:

❶ In pâwl thenah Thawhlejni zawhna tâwp ber in chhânna han sawiho leh teh u.

❷ Mi tuemaw, “Isua a lo kal leh têp tawh a, chuvângin hêng kan chhehvêl thilsiamte hi dimdawi a ngai tawh chuang em ni?” tia tâng tlat hnênah eng thu nge i sawi ang?



③ Engtin nge chhehvêl thilsiamte buaipui kawngah hian a lutuka kal pawlho zînga inham tawng si lovin a tâwk chauhvîn Kristiante hi kan kal theih ang? Engvangin nge hetiang pâwl ho, a bîkin *politiks* nêna chawhpawlh ho lakah hian kan inthiar fihlîm a pawimawh?

⊕ I thei a nih chuan, sa ei aia sa ngheiin chhehvêl thilsiamte humhalh kawnga a thawhlhâwkzia zirbingna nei la. I thil hmuhchhuah chu in pâwl thenah sawiho ang che u.

**KHAIKHÂWMNA:** Hnial rual lohvin he khawvêl hi a tâwp dâwn a, chatuan a daih dâwn lo. Isua a lo kal thuai dâwn a ni. Hei hi a dik Chiang Khawp mai, mahse hêng thutakte hian he lei hi duh duha tichhia turin phalna emaw, thuneihna emaw min pe chuang lo. Kristian kan ni a, kan Pathianin kan tâna a siam he khawvêl hi dimdawi taka enkawl tûr kan ni.

## BIBLE LEH KHAWVÊL CHANCHIN LIAM TÂ

**CHÂNGVAWN:** “**Kei hi Alpha leh Omega, A Bul leh a Tâwp,**  
‘**Awm mêka leh Awm tawha leh lo la Awm tûr,**  
**Engkimtitheia chu ka ni’ LALPAN a ti.”** (*Thupuan 1:8,*  
NKJV).

### SABBATH CHAWHNÛ

**Chhiar Tûrte:** *Sâm 104:1–9; Thupuan 1:1–3; 2 Petera 1:21;*  
*Daniela 2; Thupuan 12:7–17; Rome 16:20; 2 Korin 5:17–*  
*19.*

**Zirlai Tùm:** **Kan Pathian hi khawvêl chanchin liam tâ-ah leh  
khawvêl chanchin liam tâ kaltlanga hna thawk thîn a ni  
a, chumi hmang chuan kan rinna nghahchhan tûr  
lungphûm min phûmsak thîn a ni.**

**M**ihringte khawvêl chanchin liam tâ hi mumal nei lêm lo thil  
thleng satliah mai nge a nih a, ruahhman lâwk sa leh awmze  
nei tak, min hruai thlen tumna nei rân zâwk le? Bible chuan a  
hnuhnung zâwk hi a dik zâwk a ni tih min hrilh. Thuthlung Hlui leh  
Thar ziaktute chuan khawvêl chanchin liam tâ hi Pathianin thununin  
hemi hmang hian a rawn inpuang chhuak thîn a ni tih min hrilh.  
Chutih rual chuan khawvêl chanchin liam tâ zawng zawng hian  
Pathian duhdân an puangchhuak kher lêm lo: mihringte hi an duh  
chuan a chhe zawnga khawvêl chanchin liam tâ nghawng thei turin  
duhthlan theihna zalênna pêk an ni. Kan hriat ngei ngai chu Pathian  
hi khawvêl chanchin liam tâ kaltlanga hna thawk thîn ni mahse,  
khawvêl chanchin liam tâ-a thil thleng zawng zawngte hi A thlentîr  
vek erawh a ni kher chuang lo.

A awmzia chu mihringte sualna leh buainate kârah hian Pathian  
chu a awm reng a, A tum tipuitling turin leh mihringte khawvêl  
chanchin liam tâ hi ropui leh tha taka khâr turin hnâ a thawk reng a

ni. Bible ringtu Kristiante chuan Bible ziaktute hian Pathian thununna hnuai a hnêna puanchhuahte an ziak thîn tih kan ring. Ani chuan mihringte khawvêl chanchin liam tâ pawimawh lai ber berte ziak turin anni chu a thâwkkhum thîn a. A awmzia kan hriathiam theih nân chung thilte chu Pathianin vawi tamtak a hrihfhiahna min pe tel bawk thîn.

Tûnkâr chhông hian Pathianin khawvêl chanchin liam tâ chhông leh khawvêl chanchin liam tâ kaltlanga hna a lo thawh tawh dân tlêm kan en dâwn a ni.

**SUNDAY**

*February 26*

**HUN KAL TAWH LEH HUN LO LA AWM TÛR**

Khawvêl chanchin liam tâ hi hnam changkang hmasate chanchin aṭanga zirtîr a ni ber thîn a. Hêng hnam changkâng hmasâte hmasâwn chhoh dân hi zir manhla lai ber chu a ni. Mi thenkhat chuan mihringte chanchin hi thilsiam dangte awmdân ang bawka a ngaia vir kual vir kual thîn, lo piang a, ṭhang lian a, puitlin hnua chuai leha thi mai thîn, bul ṭanna mumal leh tâwp hun pawh nei lêm lova vir kual char charah an ngai fo.

Sana vir anga hringnun hi vir kual thîn nia ngaihna hi bumna a ni thei; sana bân chuan a kalkualna bâk engmah a pêl thei lo ang hian, hun pawh hi liam lova a ngai hlîr vir kual chhêna ngaihna a thlen thei a ni. Hei hi thil nihna diktak a ni tlat lo. Thu dik chu mihringte nun hi rîn bial anga angaia kal kual chhên ni lovin rin ngîla kal ang zâwk a ni. Hun hi Bible sawidân chuan pawhkîr theih tawh lova kal zêl a ni.

**Bible ziaktuten mihringte khawvêl chanchin liam tâ inṭanna leh tâwpna chungchâng engtin nge an lo sawi? *Gen. 1:1; Joba 38:1-7; Sâm 104:1-9; Thupuan 1:1-3, 19; 21:1-6.*** \_\_\_\_\_

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Mihringte khawvêl chanchin liam tâ hi bul ṭanna leh tâwpna pawh nei lova a ngaia vir kual reng a ni lo. Bul ṭanna mumal tak nei zâwk

a ni. Hma lam hun ropui takin a hmuak bawk. Mihringte khawvêl chanchin liam tâ hian kawh lam, min hruai thlen tum ram a nei a. Engpawh ni se, thawnthu pawh a tâwp i chhiar thlen hmâ loh chuan enge chu thawnthu chuan a tum tak i hre thei ngai lo. Thawnthu ngaihnawm bikahte phei chuan a tâwpna hi kan tum loh ang tak a ni tlângpui thîn. A nih leh keini he khawvêl thawnthu kal mêka awmte hian engtin nge he thawnthu tâwpdân tur hi kan hriat theih ang? Vânehthlâk takin kan hre thei tlat a ni, a chhan chu Pathianin A zâwlneite kaltlanga kan hnêna a rawn puan chhuah vâng a ni.

He laiah hian Pathian inpuanchhuahna a ni kan sawi ni. Kan LALPA hian hmalam hun a hria a, mihringten duhthlanna an siam theih dân leh zalên taka an thlan tur chenin a hria a, chu kan duhthlanin a tâwpa a nghawng tur pawh chu min hrilh lâwk dîam tawh a ni.

**Hetianga Pathian inpuanchhuahna hi Thuthlung Tharin engtin nge a sawi? 2 Peteta 1:21.** \_\_\_\_\_

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Pathian thu leh a inchnâna kan ringhlel a nih ngawt loh chuan Pathianin khawvêl tâwp dan tur a hria a, kan hnênah a rawn puangchhuak a ni tih hi kan hre thei a ni. Hun liam ta leh hun awm mêk Pathian a ni ringawt lova, hma lam hun atân pawh Pathian a ni bawk a ni. Chuvâng chuan a lo thleng ang tia a sawi lâwk ang ngeiin kna hmalamah pawh hian a lo thleng ngei ang tih hi kan ringngam tur a ni.

**Hmalam hun lo hrilhâwk hi thil awl sam a ni em? Vawi eng zât nge hmalam hun hi kan rin sual tawh le? Hmangaihna Pathian chuan kan hmalam thil lo thleng tur zawng zawngte pawh a hre vek a ni tih hriatna hian thlamuanna a pe che em?** \_\_\_\_\_

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Bible pumpuiah zâwlneiten “LALPÂ thu” (a nih loh pawhin a tlukpui “LALPAN a ti, LALPAN a sawi”) tih tawngkam an hmang fo thîn. A tawi zawngin an thusawi awmzia chu, *hêng thutak hi keima irâwm chhuak a ni lo va; Pathianin keimah hmangin thu a rawn sawi zâwk a ni. Chuvâng chuan, ka thu hi pawisa rawh u an tihna a ni.*

**He ngaihdân hi he Bible thu hian engtin nge a târlan?** *Jeremia 1:14–19.* \_\_\_\_\_

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Pathianin Israel fâte chung a hremna thleng tur a lo hirihlâwk tawh anga an khawpui Jerusalem Babulon kuta pêka awm mêk chanchin hetah hian chhiar theih a ni.

Mahse khawvêl lalte zîngah khawvêl chanchin liam tâ hetiang hi a nih ring an vâng hlê. An ngaihdân chuan an rorêl dân ang ang chuan mipuite chu awmin, thuneitu sang ber niin an inngai thîn. Mahse Jeremia (leh zâwlnei dangten) heti ngawt hi a ni lo tih an puang. Israel lalte chuan an kal phung chu ram tân chhiatna leh saltannaa hruailuttu a ni tih an hre thiam ta a. Jeremia lehkhabu hi khawvêl chanchin liam tâ lo inlumlet chho zêla Pathian thuin thu a lo neihzia leh a sawi anga a thlen dik zêlzia min hriattîrtu t̄ha tak a ni.

**Engtin nge Isaia leh Nahuma-te paw’n a chung a thu khi a dikzia an târlan?** *Isaia 14:24–27, Nahuma 1:5–10.* \_\_\_\_\_

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He mihringte khawvêl chanchin liam tâa Pathian thiltihtheihna tawp chin awm lo târlana awm hi thilsiamteah pawh hian hmuh theihin a awm. Entîrnân, *Sâm 104* chuan thilsiamte chu anmahni duh ang anga awm mai lovin Pathian duhdân ang zêl zâwka an awm zâwk thinzia a sawi a. Pathianin khawvêl A siam a, tichuan

amaha leilung dân tlachawp ang ang awm leh mai turin a kalsan leh mai a ni tiin Bible chuan a sawi lo. Leilung dân hi Pathianin he khawvêl a enkawl naa a hmanrua hman pakhat chu a ni ngei a, mahse hei pawh hi Pathianin A siam leh enkawl vâng chauhva awm thei a ni.

**Scientist tamtak chuan khawvêl hi tihpalh thilthu maia lo piang niin, chutiang bawk chuan a tâwp leh dâwn niin an sawi thîn. Chutianga tihpalh thila pianga tihpalh thila tâwp leh mai tur inkârah chuan eng thil awmze nei mumal mah a awm tak tak thei lo (Engtin nge a awm theih tehreng ang?). Mahse ngun takin ngaihtuah la, i thinglung takin he ngaihdân hi a dik thei lo a ni tih i hre mai em?**

**THAWHLEHNÍ**

*February 28*

**DANIELA 2 LEH KHAWVÊL CHANCHINA PATHIAN RORÊLNA**

Mihringte'n duhthlan theihna zalêna an nei lo nia miin a rin tlat chuan, Pathian tâna mihringte hmalam hun hriat lâwk chu thil awlsam tak a nih a ring ngei ang, a chhan chu mihringte awmdân tur tinreng chu ruatlâwk sa a nih vek dâwn vâng a ni. 1700 chho vêl lai khân, French mi pakhat, Pathian awm ring lo chuan he vân thêngreng zau taka thil awm tinreng, mihringte thiltih zawng zawng ngei pawh hi leilung danin a ruatlâwk sa ang thlapin a awm thîn niin a ring a—chuti a nih chuan, mi tuemawin he leilung dân zawng zawng leh he vân thêngreng zaua thil awmna hmun tinrengte hi a hre thei a nih chuan, chu mi chuan thil lo thleng tur zawng zawng a hre lâwk thei dâwn a nih chu.

Mahse mihringte hian duhthlanna leh duhthlan theihna zalêna kan nei. Chutiang tura Pathian siam ve reng chu kan ni. Hmangaih thei kan nih avângin duhthlan theihna zalêna kan nei ngei tur a ni, achhan chu tihluhna aţangin hmangaihna hi a pian theih ngai loh vâng a ni. Hmangaih theia min siam tur chuan, Pathianin zalên saa min siam a ngai tlat a ni. Chuti chung chuan, Pathian thiltihtheihna hi a nasa êm a, mihringte'n duhthlan theihna kan nei chung leh,

zalên taka duhthlanna kan siam thîn chung hian hmalam hun chu  
chiang takin a hre tho a ni.

**Daniela 2** ennawn leh la. Engtiang kawngin nge he bung hi  
Pathianin hmalam hun, hmalam thui tak pawh a hre lâwk  
vek a ni tih “finfiahna”chiang tak a nih? \_\_\_\_\_

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He *Daniela 2* hi kum sanghnih leh zaruk vêl liam taa ziaak a ni a.  
Pathianin a sawilâwk ang chiaha khawvêl rawn in lumlet zêldân hi  
han ngaihtuah teh. Kawng lehlama thlîr chuan he hrilhlâwkna hi  
kum sangbi liam taa mîte ai chuan kan tân awmzia a nei nasa zâwk  
daih tur a ni. A chhan chu keini tunlai huna mîte chuan khawvêl  
chanchin liam tâ thlîr kîrin, hrilhlâwk a nih ang chiaha lalram a lo  
dinchhuah leh tlûkchhiat dân kan hmu theih bîk vâng a ni. Medo-  
Persia hunlaia he hrilhlâwkna hi chhiar ni ta la, a hnua lalram  
dinchhuah leh tlûk leh dân i hre kher dâwn lo va. Mahse tun hunah  
chuan, khawvêl chanchin liam tâ thlîr kîrin, tunhma lama mîte hmuh  
phâk loh thil kan hmu thei tawh a. Chuvâng chuan hrilhlâwkna hian  
tunhma lama mîten an hmuh ve theih loh kan tâna thil pawimawh  
tak ni si chu a keng a ni.

Thil mak tak mai chu *Daniela 2* hrilhlâwkna huam chhûngah  
hian mi maktaduai tamtak, duhthlan theihna zalênna nei vekte an  
awm chungin, LALPA chuan eng thil nge lo thleng dâwn a, eng lalram  
nge dingchhuak dâwn a, eng lalram nge tluchhe dâwn a hre lâwk  
vek hi a ni. Hêng thil lo thleng tur zawng zawngte hi rei tak ata  
tawh a lo hre lâwk vek a nih chu!

**Hêng lalramte: Babulon te, Medo-Persia te, Greek te, Rom  
te, leh Rom ram then darh tun thlenga la awm zêlte dinchhuah  
leh tlûkchhiat dân a sawinaah hian zâwlnei Daniela hi a dik  
vek a ni. Tuna kan awmna hmun chhûtin, kan hma lama  
lalram la awm chhun chu Pathian chatuan lalram chiaha a ni  
(*Daniela 2:44*). A dang zawng zawng a dik vek tawh avângin,  
a hnuhnung ber rin duh tlat loh hi engang taka thil âthlâk  
nge ni ang? \_\_\_\_\_**

**KHAWVÊL CHANCHIN LIAM TÂ LEH INDONA ROPUI**

Enganga buaichuar leh mumal nei lo pawhin han lang thĭn mahse, mihringte khawvêl chanchin liam tâ hi awmze nei miah lovin a awm tak tak ngai lo. A phênah hian thawnthu ngaihnam, thil inang lo tak tak mai pahnih inkâra indona chanchin a awm a. Chu indona chu engdang ni lovin, indona ropui a ni. Chumi behchhan chuan mihringte khawvêl chanchin liam tâ leh a awmzia tak tak hi kan hrethiam ve thei chauh a ni.

**Hêng Bible chângte hian engtin nge khawvêl chanchin liam tâ hrethiam tura min tanpui?** *Thupuan 12:7–17; Joba 2:1, 2; Isaia 14:12–14; Genesis 3:15; Efesi 6:12; Rome 16:20.*

Setana hi a awm tak tak a, indona pawh hi tak tak niin, Krawsah khân Setana chu hnehin a awm a, a pawikhawih râpthlâkzia pawh târlanin a awm ta bawk a ni. “Vân mĭte chuan lungngai leh mak ti êm êmin Krista krawsa khaikâna awm chu an thĭr a. . . . Chutih lai mĕk chuan mihringte, Pathian anpuia siamte erawh chu Pathian Fapa mal neihchhun nunna chhat turin an inthurual ve thung a. Vân mĭte tân chuan en a va hrehawm dâwn êm!.....

“Setana tirkhohte pawh misualte nĕn mipuite chu misualte hotu nia Krista rintĭr tumin leh huat bawm a siam turin an tangrual a. . . .

“Setana chuan a lemchanna chu tihchhiat sakin a awm tih a inhria. A thu vaivir dân zawnzawng chu suala tlu ve lo vântirkhohte leh vân mi zawnzawngte hmaah chuan pho lanin a awm a. Tualthattu a nihna chu amah leh amah a intârchhuak ta a ni. Pathian Fapa a thah avâng chuan vân mĭte khawngaihna dawng phâk lovah a indah ta a. . . . vân mĭte leh Setana inkâra inlaintatna hruihrual awm thĭn chu avaiin a chat ta vek a ni.”—Ellen G. White, *Chatuan Nghahfak*, pp. 745.

A nih leh engvangin nge Setana chu tihboral mai a nih si loh?

“Vântirkhohte chuan indona ropui chungchâng hi an la hre famkim tak tak lo va. Chiang lehzuala thil awmdân chu târlan a la ngai a. Mihringte thâtna tur atân Setana chu zuah a la thĭl rih a ni.



Tichuan mihringte leh vântirhkohte chuan êng Lal Fapa leh thim lal fapa inan lohnate an hmu thei ang a. Rawng bâwlsak an duh zâwk zâwk chu an thlang thei dâwn a ni.”—Ellen G. White, *Chatuan Nghahfâk*, p. 745.

Bible-in a lo zirtîr thin, Ellen White-i pawhin a thlâwp tlat chu, he leia thil thlengte hi hmun zau zâwk, Krista leh Setana inkâra indona nêh hian a inzawm tlat a ni tih hi a ni. He indona hian he khawvêla thilthleng tinrêng hi a nghawng vek a, mimal nuna thilthleng a ni emaw, khawvêl chanchin liam tâ-a thilthleng a ni emaw a dang chuang lo. Engkim mai hian indona ropui chungchâng an rawn pho lang zêl a ni. Mahse thil lâwmawm êm êm mai chu, Kraws hnu lamah chuan, Setana hneha a awmna tur hi a chiang tawh a, he indona hian tâwp hun a nei dâwn a, natna leh tawrhna te, tharum thawhna, hlauhna leh thlabârna he khawvêl chanchin liam tâ luahkhattute hian tâwp hun an la nei dâwn a ni.

**NINGÂNÎ**

*March 1*

### **KHAWVÊL CHANCHIN LIAM TÂ-A KRAWS**

Khawvêl chanchin liam tâ hi thilthleng pakhat chauhvin a then hrang tih i hria em? Chu thilthleng chu mi tamtak rin dan anga sorkar engemaw chak tak dinchhuah emaw tlûkchhiat emaw lampang a ni lo lehngghâl. Khawmualpui hmuhchhuah lampang pawh a ni chuang lo. Khawvêl chanchin liam tâ thenhrangtu chu Rom lalram zau taka chêng rabbi pakhat zinkual chhên thin thihna mai a ni. Rom hovin Judate an tihlum nasat ngaihtuahin, thihna tamtak kâra he thihna pakhat maiin khawvêl hunbi chhiar dân thlenga khawvêl chanchin liam tâ a then hrang hmiah mai hi chu thil mak tak a ni.

Chu thihna chu eng dang ni lovin Isua ngei krawsa a thihna a ni.

Pathian leh khawvêl chanchin liam tâ lam ațanga thlîrin, chhandamna hlutzia hi kan man thiam lehzual zâwk ngei ang. Helai Krawsah ngei hian- mihring fâte leh mihringte chanchin tinreng mai chu sual hlîra khat a lo nihzia târlan a ni a, - he khawvêl chanchin liam tâa thil thleng zawng zawngte innghahna lungphûm leh awmzia chu hetah ngei hian pholanin a awm a ni. Kraws chuan Pathianin

min ngaidamin, A fâte-ah min siam a, kan hun kal tawh thil tihsual avânga inthiamlohna tel miah lo beiseinaa khat nun thar chu min lo hlân ta a ni. Kan thiltih sualte avânga kan thiam lohna chu Mi Pakhat “kan hreawmnate phur a, kan lungngaihate min phurhsaktu” chuan min lâk kiansak ta a ni (*Isaia 53:4*, NKJV).

Chhandamna chungchânga thurin zawng zawng hi heti hian ðawngkam khat lekin a sawifah theih awm e: Pathian chuan kan chanchin beidawnthlâk tak mai chu a tibo va, a aiah Amâ chanchin min bel ta a ni. Amah avângin, soal saltâng kan nihna khawvêl chanchin liam tâ chu a lo tâwp ta a. Amah vâng vekin, kan hun kal tawh soal bawlhhlawhte chu, min hêk tur emaw, tihrehawm tur emaw, nuhsawh tur emawin an lo dingchhuak leh tawh ngai dâwn lo va. Kan nunhlui, kan zavaia min tihreawm fo ðhîna kha, Isua nun ðhafamkim chuan thlâksak kan lo ni ta. Chuvâng chuan Amahah chuan kan nunhlui soal aţanga zalênna mai bâkah, hmalam beiseinaa khat thutiam chu kan nei bawk a ni. Pathianin kan chanchin hlui leh kan khawvêl chanchin liam tâ-a thil thlengte chu enga ðha lo pawh ni mah sela, Kraws-ah chuan hmalam beiseina ropui tak nêk keimahni leh kan khawvêl hi min hmuak a ni.

**2 Korin 5:17–19 chhiar la. Hêng chângte hian mi zawng zawngte tana Isua thiltih enge min hrih? Engtin nge he thilthleng hian khawvêl chanchin liam tâ a thlâk danglam?**

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Kan sualnate chu Amâ duhthlanna ngeia mihringte soal thiamlohna phura thihpui ðaktu chuan phurin, chu a thihna avâng chuan chhandamna min pe ta a ni. Khawvêl chanchin liam tâ zawng zawng Siamtu chuan a thutiam ropui tak mai chu chatuana nunna nêk min la pe dâwn a ni. He thilah hian mi zawng zawngin eng emawti zâwng talin chanvo kan la vek dâwn a. Isua lo kal lehnain

engkim a rawn tifel dâwn a ni. Thuthlung Hlui leh Tharte hian “vân thar leh lei thar” lo awm tur chu an lo sawilâwk ve ve a ni.

**Krista i pawm hnu hian, i chanchin tha lo zawng zawngte chu, eng anga tha lo pawh ni se nangmah thiamloh chantîr nân che hman a nih ngai dâwn tawh loh avângin, engtiang taka i hmalam hun hi danglam tur nge ni ta ang le? \_\_\_\_\_**

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**ZĪRTÂWPŊĪ**

*March 2*

**ZIRBELHNA:** “Bible hi mihring thilneih zawng zawngah chuan hlui ber leh khawvêl chanchin liam tâ fûnkim ber a ni. Chatuan thutak ata lo chhuak niin, hun liam ta zawng zawngahate khân Pathian kut chuan a lo vawng thianglim tawh a . . . . Hemi aţang chauh hian hnamte lo indinchhuahna chu kan chhui thei a. Hemiah chauh hian mihringte chu chapona leh hleihneihnain a tihchhiat dân hmuhtheihin a awm a ni. . . . Mihringte chhinchhiahna aţang chuan hnamte indinchhuahna leh lalram tûkchhiatna chhante hi mihringte tumna leh theihna vâng niin a lang a. Thil thleng tinrêngte hi mihringte chakna, tumna leh duhâmna a siam niin a lang. Mahse Pathian thu chuan puanzâr lehlam min thlîr tîrin, chumiah chuan, mihringte duhna leh thuneihna leh phûrna zawng zawngte piah lam leh phênah chuan zahngaihnaa khat chuan ngawi rengin A duh zâwng tihlawhtling turin dawhthei takin hnâ a lo thawk ve reng tih kan hmu thei a ni.

“Bible hian khawvêl chanchin liam tâ nihna lairil diktak a phochhuak a ni”—Ellen G. White, *Education*, p. 173.

**SAWIHO TÛR:**

❶ **Kum tamtak chhûng chu Pathianin hmalam hun a hriatlâwk theihna leh mihringte duhthlan theihna hi inmil lova ngaiin philosopher-te leh theologian-te an lo inhnial tawh thîn. Mi tamtak chuan hêng thil pahnihte hi dik kawp ve ve thei miah**

lovah an ngai. An ngaihdân chuan Pathianin thil lo thleng tur a hriat lâwk vek na nâ nâ chuan duhthlan theihna zalênna kan nei lo niin an ngai a ni. Engvangin nge hetiang ngaihdân hi a dik loh? Bible atangin duhthlan theihna zalênna kan nei ngei a ni tih finfiahna enge awm a? Pathianin hmalam huna thil lo thleng tur a hrelâwk a ni tih finfiahna engte nge awm bawk? Finfiahna a awm ve ve si chuan, thil nihna diktak chu duhthlan theihna zalênna kan nei chung hian, Pathian chuan hmalam hun la thleng lo, lo la thleng turte hriatlâwk theihna a nei tho a ni. Pathian chuan zalên taka duh kan thlang chung hian hmalam hun hriattheihna a nei tho a ni tih hi engvangin nge a dik?

●Setanan a beih nasat ber pakhat chu Pathian a awm ngei a ni tih finfiahtu chiang tak mai *Daniela 2* hi a ni. I rinna lungphûm inngah nân khawvêl chanchin liam tâ tihdanglam theih tawh miah loh leh nghet bur mai ang tluka t̄ha hi a awm thei dâwn chuang em ni? Hemi beihna atana Setanan a hman pakhat chu *Daniela 2* hi, a thilsawi tamtakte thlen tawh hnu 165 B. C. kuma ziah a ni tia mithiamte a tant̄r tlat hi a ni. Mahse he ngaihdan dik lohna hi hemi bunga hrilhlâwkna vêk hian a pho lang leh tho mai. Engtin nge Daniela khân B. C. 165 hnu kum 500 emaw, kum 600 emaw daiha Rom ram awp atanga Europe ram a kehdarh tur thu dik chat chata a hrilhlâwk theih le? Hetianga hrilhlâwk tur hi chuan mihring thiltihtheihna piah lam a ngai ngei ang, he hrilhlâwkna bu hi a lo hrilhlâwk tawh thleng dikten a dikzia an finfiah tawh avângin, ringhlel tlat loin amah leh amah a inchhâl ang tak hian kan pawm mai dâwn lâwm ni? Daniela bu ziah hun tlai khawhnua hmehbel tlat tumna hi hrilhlâwk tura thiltihtheihna a neih tichhiat tumna mai a ni, mahse he tumna hi kan hmuh angin a hlawhchham chiang hle.

**KHAIKHÂWMNA:** Engang pawhin khawvêl chanchin liam tâ chu buaiin a lang a ni thei e, chutichung chuan LALPA chuan a duhzâwng tihlawhtling turin hnâ a thawk zêl a, he mihringte khawvêl chanchin liam tâ hi Isua lo kal lehna ropui tak chuan a la rawn khâr dâwn a ni.

## ṬAWNGṬAINA THUTIAM

**CHÂNGVAWN:** “Zîng leh tlai leh chhûnah ṭawngṭaiin, ring takin ka âu vang a, tichuan Ani’n ka âw a hria ang” (*Sâm 55:17, NKJV*).

**SABBATH CHAWHNÛ**

**Chhiar Tûrte:** *Kolosa 4:2; Rome 12:12; Matthaia 26:34–44; Hebrai 11:6; Jakoba 4:2; Johana 14:15; 1 Thesalonika 4:3.*

**Zirlai Tùm:** Bible hmun tam takah hian LALPA chuan ṭawngṭai turin min hrilh a, achhan chu ṭawngṭaina hi Amah nêna kan lèn dunna atân thil pawimawh tak a nih vâng a ni.

**T**HIAN Ellen White-i chuan ṭawngṭaina chungchâng min lo hrilh: “Vâna kan Pa chuan malsawmna famkim min pêk tumin min nghâk reng a. Hmangaihna tâwp nei lo hnên aṭanga tuihna lo luang chhuak in ṭhin hi kan tâna malsawmna a ni. Heti chung pawha kan ṭawngṭai tlêm si hi a va mak êm! Pathian chu A fa inngaitlâwmte ṭawngṭaina ngaithla turin a inpeih reng a, mahse Pathian hnênah kan duhzâwng thlen kan hreh a ni tih a lang reng bawk si. Vân angelte hian lei mihring chak lo leh ṭanpui ngai ngawih ngawih te, an dîl leh an ngaihtuah phâk ai pawha nasaa malsawmna vur duhtu, Pathian hmangaihna tâwp nei lovin A hnêna dîl tura a ngên chung pawh a, ṭawngṭaina leh rinna an nei tlêm êm êm mai bawk si hi engtin nge an ngaih ang le? Vântirhkohte chuan Pathian hmaa kûn hi nuam an ti a; A bula awm an kham ngai lo. Pathian nêna inpâwl chu an hlimna sâng ber a ni a; mahse lei mihring, Pathian chauhvîn a pêk theih ṭanpuina mamawh êm êm sîte hi, A Thlarau hruaina êng leh A awmpuina tel lovin, lungawi takin an awm niin a lang.”—*Kristâ Panna Kailâwn*, p. 84.

He thu hian thil nihna chu a tilang fiah uar mai lo maw?

## TAWNGTAI THILTIHTHEIHNA

Ni khat chu tlangvâl pakhat hian kum engemaw zât liam taa a thawhpui ðhin hnên aţangin lekhathawn a dawng nawlh mai a. Thil nihna tak han sawi ta ila, hêng mi pahnihte hi an inngeih tehchiam lo a ni; an hnathawhna aţanga bang zâwk pa hian a thawhpui ðhin pa hi a tiduhdah viau ðhin a ni. Chutiang a ni chung chuan hnathawktu chuan lekhathawn chu hawngin a chhiar ta tho va. A thuziak zîngah chuan hêngte hi a tel a: “I hria emaw, ðawngţaina hnathawh dân hi mihring lam finna aţang chuan ka lo hrethiam ngai lo. Mahse tunah chuan ka hrethiam ta, ðawngţai tura hrilh ka nih ðhin angin chawlhkâr tam vak lo liam ta aţang khan ðawngţaina hun ka hman ðhin a, chuta ţang chuan, i chung a ka thil lo tih dik lohzia ka hrechhuak nasa mai a. Ka lo dik lo va, Krista anna pawh nei miah lovin, ka rinna ngei pawh nasa takin ka lo tihmingchhia a ni tih ka inhmu chhuak ta a ni. Hmânah khan ngaihdam lo dîl daih tawh tur che ka ni tih ka hria a, mahse tunah tihtakzetin ngaihdam ka rawn dîl che a ni. Tling lo teh mah ila, ka thil lo tih tawh ðhinteah Krista ngaihdamna ka dîl a ngai a, chutiang bawh chuan i hnênah pawh ngaihdam ka dîl a ni e.”

Kawng tam takin, he thawnthu hian ðawngţai thiltihtheihna a târlang a ni. Tawngţaina hi Pathian chu tâng awmna sawntîr lampang a ni vak lo, duh sela chuan sawn chu a sawn thei ngei mai. Mahsechu aia mak zâwk chu ðawngţaina hian a thlentîr thei: mihring thinlung a thlâk thei a ni. Lekhathawn ziaktuin a sawi ang khân, ðawngţaina hi thil hriatthiam awlsam a ni lo fô ðhin. Pathianin a hriatsa reng chu engahnge dîl leh kher a ðul? Dîl ta lo ila Pathian hian a tih tur a tih loh phah kher dâwn em ni? Kan ðawngţaina hian Siamtu Pathian thiltih tur hi a thlâksak tak tak thei dâwn em ni?

Tawngţaina hnathawh dân hi kan hrethiam emaw, hrethiam lo emaw pawh a ni maithei, hei erawh hi chu a Chiang: ðawngţaina tel lo chuan Pathian nêna lên dunna a awm thei lo tih hi.

**A hnuaiâ thûte hi chhiar la. An zavaia thil thuhmun an sawi vek chu engge ni?** *Matthaia 26:41; Luka 18:1; 1 Timothea 2:8; 1 Thesalonika 5:17; 1 Petera 4:7; Kolosa 4:2; Rome 12:12.*

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Kristiante hi ÷awngtai tur leh ÷awngtai fo thîn tura tih kan ni tih hi hai rual a ni lo. ÷awngtaina hnathawh dân kan hrethiam kher lo a nih pawhin chu chu chhuan lam tling a ni lo. Sakhaw thil a ni emaw, ni lo emaw thil hnathawh dân hi mi tam zâwk chuan kan hrethiam tak tak kher lo. Kan rin hmâa thil engkim hriathiam hmasak vek phawt hun kan nghâk a nih chuan chutiang chu rinna a ni thei dân em ni, ti rawh u? *Rinna* tih hrim hrim hian kan finnain a manthiam phâk loh thil a kâwk a. Thil pawimawh tak pakhat chu, mi tupawh ÷ahnemngai leh taima taka–Pathian duhdân anga- a ÷awngtai thîn chuan, ÷awngtaina hian nun a thlâk danglam thei a ni tih hi a hrechiang ngei ang.

**Engangin nge ÷awngtaina hi i ngaih? Engting nge i nun a khawih danglam? ÷awngtaina tel lovin i Kristian nun kha engtin nge a awm ang?**

THAWHTANNÎ

*March 5*

**ISUA, ÷AWNGTAI THÎN HRIAKTHIHA CHU**

**A hnuaiâ chângte hian Isua leh ÷awngtaina chungchâng engge min hrilh? Hêng chângachte hian eng lampang nge inziak deuh ber?**

*Luka 3:21, 22* \_\_\_\_\_

*Luka 9:28, 29* \_\_\_\_\_

*Luka 6:12, 13* \_\_\_\_\_

*Hebrai 5:7* \_\_\_\_\_

*Matthaia 14:23* \_\_\_\_\_

*Luka 22:31, 32* \_\_\_\_\_

*Matthaia 26:34–44* \_\_\_\_\_

Isua, Pathian Fapa ðhafamkim, sualna rêng rêng nei lo, Pa duh ang thlapa a nun hmang ðhîn chuan ðawngtâina nun thûk tak mai a nei ngei ang. (A chungâ Bible chângho zîngah khian *Johana 17*-a Isua ðawngtâina a la tel lo zâwk!) Isuan a chungâ thil lo thlengte hmachhawn tura ðawngtâina a mamawh a nih si chuan, keini phei chuan kan va mamawh lehzuâl dâwn êm! Krista ðawngtâina nun khân Pathian nêna kan lëndunna kawnga ðawngtâina pawimawhzia a entîr a ni. ðawngtâina tel lova Pathian nêna inlaichîn ða tak neih chu tû tân pawh thil ngaihruat thiam har tak a ni ngei ang. Midangte nêna inlaichînna vawng nung turin inbiak pawh tawna a pawimawh a nih si chuan, engtiang takin Pathian nêna kan inlaichînnaah hian pawimawh ve ang maw? Isuan entawn tur min hnutchhiah tawh a, zawm leh zawm loh chu kan thû thû a ni e.

**I ðawngtâi nun kha engtianga taka kaltluang ða nge a nih a? Engtiang takin nge i ðawngtâi tihbuai i awlsam? Engtik hunah pawh i ðawngtâi ðhîn nge, harsatna i tawh lai chauhvîn i ðawngtâi ðhîn zâwk? LALPA nêna in lèn dunnaah ðawngtâina hi engtin nge a laimua hman lehzuâl dân i zir ang? \_\_\_\_\_**

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**THAWHLEHNÎ  
RINNA ðAWNGTÂINA**

*March 6*

**“Nimahsela rinna lovin Amâ lâwmzâwng mi nih rual a ni lo: Pathian hnêna lo kal chuan, amah chu a awm tih leh, zawngtute hnêna lâwmman pêk hmang a ni tih rin tur a ni” (Hebrai 11:6) He lai thu hian ðawngtâinaa thil hriat mâkmawh engte nge min hrilh a, chûngte chu kan tân enge a pawimawhna? \_\_\_\_\_**

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ðawngtâina hi Pathian hnên panna kawng, A laka mahni inhawna a ni. Ka mamawh Pathianin a lo hriat theih nâna ðawngtâi



ka ni lo. Isua ngeiin ÷awng÷aina chungchâng a sawinaah heti hian a sawi, “In dîl hmâ pawhin in Pa chuan in mamawhte a hre vek a ni” (*Matt. 6:8, NKJV*). Kan ÷awng÷aina chhan chu ÷awng÷aina hi Pathian kan rinna sawizawina a nih vâng a ni. Kan rinna tihchakna te, tih tak lehzualna te, a taka nunpuinate a nih vâng a ni. Tunge thinlung leh tihtakzeta ÷awng÷aina, mamawh nei tih inhriat ngawih ngawihna leh Pathiana innghahna nêna ÷awng÷aina, rinna kawngah leh Pathian nêna inlaichinna kawngah hlâwkpui lo ngai le?

÷awng÷aina chu mahni inphatna leh intihruahna a ni a. Nî tina thihna a ni bawk. Mimal taka Pathian nêna inzawmna tihtharlehna a ni a. Nangmâ ta i ni tawh lo va, mana lei i ni tawh a, khawvêl râltitna hmuna awmin, Pathian vênhimna tel lo chuan mitkhapkâr leka tihlum theitu che leh tiboral theitu che awmna ramah i awm a ni tih hriatchhuhârtu che chu ÷awng÷aina hi a ni.

**“÷awng÷ainaa LALPA zawng” tih thu hi kan hre fo mai. I tân he thu hian eng awmzia nge a neih?** *Daniela 9:3, 4; Zakaria 8:21 chhiar rawh.* \_\_\_\_\_

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A tlângpui thua lâk chuan, ÷awng÷aina zawng zawng hi rinna thiltih a ni. Tunge a ÷awng÷aina vâna a chho lai hmu tawh le? Tunge Pathianin a lo ngaithla lai hmu thei? Vawi tamtak chu a chhanna hmu nghâl mai lovin kan ÷awng÷ai ÷hîn a, rinnain Pathian chuan kan ÷awng÷aina hriain kan tâna ÷ha tur berin min chhâng ang tih thlîrin kan hlan ÷hîn. ÷awng÷aina chu kan hmuh leh khawih phâk loh, kan hriatthiamnain a tlin phâk bak thleng tura rinna avâng liau liauva kan tih ÷hîn a ni.

**I ÷awng÷aina engzât chiah hi nge thinlung leh tihtakzeta i hlan a, engzât chiah hi nge dân pangai leh khawro taka i hlan ÷hîn le? Engtin nge a hnuhnung zâwk a÷ang hian a hmasa zâwk lamah i insawn theih ang?** \_\_\_\_\_

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Ṭawngṭaina hlântuten zawhna pakhat an inzawh fo ṭhin chu, “Ka ṭawngṭainate avâng hian Pathian chuan a thiltih tum lohte chu a tih phah tak tak dâwn chuang em ni?” tih hi a ni. Hei hi zawhna âwm reng a ni. Chhâng tura kan tihtheih awm chhun chu Pathian thuin engtin nge a sawi tih en mai hi a ni.

**Jakoba 4:2; Luka 11:9, 10; Jakoba 5:16–18** chhiar la. Hêng chângte hian engtin nge kan ṭawngṭaina leh Pathian thiltih inzawmna chungchâng an sawi? \_\_\_\_\_

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Engpawh nise, ṭawngṭaina chuan min thlâk danglam ṭhîn a, Pathian leh midangte nêna kan inlaichînna a siamṭha ṭhîn. Bible chuan Chiang takin kan ṭawngṭainate hian Pathian thiltih a nghawng a ni tih min hrih. Kan dîl a, a eng emaw zawng zawngin Ani chuan min chhâng ṭhîn a ni.

**Genesis 18:22–33** chhiar la. Hetah hian kan thil sawi tâk dikna chu engtin nge kan hmuh? \_\_\_\_\_

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He thutak hrethiam tur hian mihring finna aṭang ringawt chuan buaina tur tamtak a awm, eng pawh ni se, Pathian chuan mihringte ṭawngṭaina hi a chhâng ngei ṭhîn a. A chhâng ang tiin A tiam a, A thusawi hi kan ring mai tur a ni.

**“Ka hmingpu kan mîte chuan inngaitlawm leh ṭawngṭaia min zawn a, an sualnate an kalsan chuan, vân atangin ka lo hria ang a, an sualnate ngaidamin an ram ka tidam leh ang”** (2 *Chronicles* 7:14, NIV). He thu hian ṭawngṭaina chungchâng enge min zirtîr? \_\_\_\_\_

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Eng pawh nise hriat tur chu, an dîl avâng ringawtin Pathian chuan an ram a tidam miah lo vang. Ṭawngṭai tura koh chu an ni ngei mai, mahse ṭawngṭaina hi harhtharna an channa tur atâna thil pakhat an tih tur ve mai chauh a ni. Helai thila entîrna ṭha ber chu hei hi a ni mai thei: “Kan sualte kan puan chuan, Ani chu kan sualte ngaidam tur leh, kan bawlhhlawhna zawng zawng lak ata min tlengfai turin a rinawmin a dik a ni” (1 Johana 1:9, NIV). Hetah hian ṭawngṭaina (hetah hi chuan soal puanna tih a ni) leh kan nuna Pathian thiltihte inzawmna chiang takin kan hmu. Kan sualte kan puang a, Anin a lo ngaidam a, kan bawlhhlawhnate pawh A silfai tel nghâl vek a ni. Hemi awmzia chu kan ṭawngṭai loh a, soal kan puan bawk si loh chuan ngaihdam kan ni lo tihna a ni. He thilah hian phat ruah lohva chiang chu Pathianin kan ṭawngṭainate hi chhângin a chêt chhuah phah ngei ṭhîn a ni.

NINGÂNÎ

*March 8*

**TIHTURTE HLEN PHAWTIN**

Mi tute emaw chuan chaw dawrah ṭhûin, chaw mawm ṭha hlep hlawp tak mai chu an ei zawh vek hnuah thil dang inlam chîin an chhilh leh a. Chumi hnuah chocolate ice cream, hmawmsawm dang nêna inpawlh thlêng lian tak khat an ei zo leh a. Tichuan, chumi zân an mut dâwn chuan (chutah pawh hmawmsawm tlêm a la ei leh hrâm) ṭhingṭhîin an ṭawngṭai a. An ṭawngṭainaa an thuchham ṭhenkhat chu hetiang hi a ni, “Aw LALPA, chêt deuh turin min pui teh” tih hi.

Hetah hian enge dik lo awm? kan ṭawngṭainate chhâng turin Pathian hi kan beisei thei, mahse chumi hmâ chuan tihtur keini pawhin kan nei ve a ni. Kan ṭawngṭai ang hian kan nung phawt tur a ni; chumi awmzia chu, kan ṭawngṭaina hlawhtlinna tur chuan kan tihtheih chin chu kan ti hmasa vek phawt tur a ni. Hei hi mihring lam dahsânna a ni lova, rinhlelhna lampang emaw pawh a ni lo. Chutih a hnêkin, rinaa nun tak takna zâwk a ni.

“Kan thinlungah sualna kan wawn a, soal hriat reng kan sim duh tlat loh chuan, LALPAN kan dîlnate a hre lo vang; mahse soal sim te,

thlarauva inçhârte ÷awngñaina erawh engtik lai pawhin ngaihthlâk sak an ni ang. Thil diklo zawng zawng siamthath masak a nih zet hunah, Pathian chuan kan dîlnate min chhân sak kan ring thei chauh ang. Kan thilthâ tihte hian Pathian hmaah min tlintîr ngai lo; Isua tlinna chiah hi kan inhumhimna awm chhun a ni a, A thisen chauh hi min bualfai theitu a ni; chutih rual chuan pawm ni tur chuan tihur keini pawhin kan nei ve a ni”—Ellen G. White, *Kristâ Panna Kailâwn*, p. 85, 86.

Hetah hian kan ÷awngñainate chhâna a awmna tur chuan kan ÷hafamkim hmasa phawt tur a ni a ti lo. Pathian hmâa pawm kan nihna chhan hi kan felna ni lovin, Isua felna chiah a ni tih hi a sawi Chiang tâwk hlê. A sawi tumtak zâwk chu kan nuna Pathianin hna a thawh theihna tur chuan rinna thinlung, inngaitlâwm, leh Pathian duhzâwng ti tura inpumpêkna kan nei tur a ni tih hi a ni.

**Hêng Bible chângte hian engtin nge “tihturte hlen hmasak phawt” tih hi hrethiam tura min ÷anpui?** *Hebrai 10:38; Deuteronomi 4:29; Luka 9:23; Johana 14:15; 1 Thesalonika 4:3.* \_\_\_\_\_

÷awngñaina thilithei tak kan neih theihna tura thil pawimawh hrang hrangte zîngah, engmah tithei lo kan ni tih inhriatna, misual khawngaihna mamawh, kan tâna thil tamtak min tihsaktu Pathianah chauh beiseina nei thei kan tih inhriatna hi a pawimawh ber âwm e. Mahni indahsâna te, ÷a tâwka inngaih tlatna te, mahni chauh inngaih pawimawhna te hi thlarau lama chhiatna thlentu a ni.

**Eng thilte nge i dil tlut tlut ÷hin le? I ÷awngñai laiin, nangmah leh nangmah kha tihian han inzâwt teh: Ka thil duh êm êm mai chhâna ka hmuh theihna turin eng thil danglam deuh nge ka la tih ngai?** \_\_\_\_\_

**ZIRBELHNA:** “Ṭawngṭaina hi thlarau thâwk lâkna a ni a. Thlarau chakna thurûk a ni bawk. Thlarau nun hrisêlna tur atân eng thil dang mahin thlâk thleng theih a ni lo. Ṭawngṭaina hian thilung chu nunna-Tuihna awmnaah chawp leh chilhin a hruai a, thlarau lam thâ leh zung a tichak ṭhîn a ni.”—Ellen G. White, *Gospel Workers*, pp. 254, 255.

“Kan thil dîl kan hmu mai lo a ni pawhin, kan ṭawngṭai laiin, LALPA chuan min ngai thla a, min la chhâng ngei dâwn a ni tih kan ring tho tur a ni. Kan ngaihsual fo avâng leh kan hmuh chin a tawi êm avângin kan tâna ṭha lo turte pawh kan dîl fo ṭhîn a, chutiang hunah chuan kan Pa vâna mi chuan a hmangaihna avângin kan tâna ṭha ber tur - thil nihna tak tak hmu thei turin kan mitte hian vâ lam tihvârna dawng se la chuan keini pawhin kan duhzâwk ngei ngei turin min chhânsak ṭhîn a ni. Kan ṭawngṭainate hi chhâna hmuh tur awm lo niin lang ṭhîn mah se, thutiam chu nghet takin kan ring tlat tur a ni; engtikah emaw chuan a chhâna chu lo thlengin, malsawmna kan mamawh ber chu kan la dawng dâwn a ni. Mahse kan ṭawngṭaina zawng zawngte hi kan duh ang kîl kêlhin chhânin a awm dâwn nia rinna hi chu rin thil thu mai a ni. Tisual tur atân chuan Pathian hi a fîng lutuk a, kawng dika kalte tâna thil ṭha sum tur pawhin a ṭha lutuk bawk a ni. Chuvâng chuan i ṭawngṭai chhâna i hmu nghâl mai lo a nih pawhin, Amaha innghah hlau ngai suh ang che.”—Ellen G. White, *Kristâ Panna Kailâwn*, p. 86.

### SAWIHO TÛR:

- ① **Mi tuemaw, “Pathianin engkim a hriat sa vekte chuan engnge ṭawngṭai a ṭûlna?” ti a zâwttu chu engtin nge i chhân ang?**
- ② **Ṭawngṭaina chhân a nih leh nih loh chungchângah hian engemaw lai tal chuan tunge ngaihtuah buai lo le? Entîrnân, mi pakhat chu an zin kawnga an motor a chhiat loh nân a ṭawngṭai a, an motor a chhiat tâk lohvah chuan an vânehna**

chu a ɬawngɬai chhannaah a ngai a. Engmah thil dik lo hetah hian a awm lêm lo. Mahse mi tuemaw chu a fa a thih lohna turin a ɬawngɬai a, a fa chu a thi ta tho si a, mi chutiang hnênah chuan enge i sawi tak ang le? Hetiang thil hi engtin nge i hriatthiam? Nge hriatthiam pawh kan hrethiam thei meuh emaw le?

③ ɬawngɬainaah hian Thlarau Thianghlimin eng chanvo nge a neih ve? In pâwl thenah mi thar lo telin tihian lo zâwt ta se: “ɬawngɬai awmzia min zirtîr thei em? Engtin nge ka ɬawngɬai ve ang? ɬawngɬainaah hian engte nge ka beisei ang a, engte nge ka beisei loh ang?” rawn ti ta se, engtin nge i chhân ang?

**KHAIKHÂWMNA:** Hai rual lohvin ɬawngɬai chungchângah hian kan hriatthiam phâk loh thil tamtak a awm. Chutih rual chuan, ɬawngɬai ɬhin chuan hei erawh hi chu chiang takin a hre ɬhîn: ɬawngɬaina chuan nun a ɬha zawngin a tidanglam ngei ang tih hi.

\* \* \*

## KUT THEMTHIAM PATHIAN

**CHÂNGVAWN:** “Thil pakhat LALPA hnên ata duh ka nei a, chu mawlh chu ka zawng ang: LALPA mawina thlîr tura ka dam chhûng zawng LALPA ina ka awm reng theih nân,”  
(*Sâm* 27:4, NKJV).

### SABBATH CHAWHNÛ

**Chhiar Tûrte:** *Isaia* 64:5–8; *Sâm* 51:10; *Hebrai* 8:1–5; *1 Chronicles* 23:5; *Rome* 11:33–36; *Tirhkohte* 9:1–22.

**Zirlai Tùm:** Kut themthiam Pathian maw? Enge a awmzia?  
Chu chu kan tân enge a pawimawhna?

**P**ATHIAN nihna hrang hrangte kan en tawh a: Pathiana minung pathum chungchâng te, Pathian thianghlimna te, leh Tlantu Pathian a nihnate kan zir ta. Engpawh ni se, Pathian thuin Pathian nihna a târlan si ngaihven hlawh khât tak mai a awm a, chu chu–kut themthiam Pathian a nihna hi a ni.

Mi tamtak chuan kut thiamthil lampang an tuipei miah lo tih an sawi thîn. Kristian tam takte pawhin heti lam hi chu an hre tlêm khawp mai. An tui zâwng thilte chu an hria pawh a ni mahna, mahse chu chu anmahni an inhriatna nêna danglamna a awm chuang lo. Midangte chuan kut themthiamna lam thil hi a awm tih chu an hre na a, a hlutna leh tangkaina erawh an ngaihtuah ngai lo. Kristiante ngei pawh hian thiam thil lampang hi an ngaihthah fo mai. Eng emaw châng phei chuan, thiam thil hi sakhua lo leh suala ngaih pawh a ni hial mai; leilung mawina sawimawina hi ringlo mîte “sakhuan” angah ngaih a ni fo bawk. Kristiante zîngah ziaktu tamtak an awm a, mahse chung zînga tlêm tê chauhvin “mawina” lampang leh Kristian thurin laimu inlaichîna lam pawrh an tum a ni.

“Hla puah thiam John Keats chuan, “Mawina hi thutak a ni a, thutak hi a mawi bawk a ni” tiin a ziak. Keats-a hian a nihna bâk

bâkin a uar deuh hlek mai thei, engpawh ni se, Pathian hi thutak a ni a, chu thutak chu a mawi a ni. Thilsiam khân Pathian chu thilmawi ngainatu kut themthiam a ni tih a târ lang.

SUNDAY

March 11

**BÊL VAWTHIAM PATHIAN**

**“Tûnah erawh chuan aw LALPA, nang chu kan Pa i ni a, keini hi bellei kan ni, nang chu Bêlvawtu i ni a, tichuan kan za hian i kutchhuakte kan ni,”** (*Isaia 64:8*).

**Bible-ah hian Pathianin “bellei” vuak a thiam a ni tih a lanna hmasa ber khawiahnge a awm?** *Genesis 1:26, 27, 31; 2:7.*

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Pathian thu hi Pathianin “lei vaivut” aţanga mihring a siam thuin a inţan a. A nihna takah chuan Hebrai ţawnga “mihring” sawina *adam* tih hi Hebrai ţawng vêka “lei” sawina *adamah* nên a inzawm hnai hlê mai- he ţawng inhnaihna hian Pathian chu “bêl vawthiam” a nihna thutak maktak mai a rawn târlang a. Lei vaivut aţangin min lo dinchhuak takzet a ni. Thisen leh ruh neia siam mihring, vun leh hriatna thazâmte leh taksa bung mak danglam tak tak nei hi lei aţang maia siam tura han ngaihruat chu a har khawp mai. Kan lo zikchhuah dân hi thilmak mihringte chhût thiam phâk piah lam thil a ni.

Tuna kan thlêk dân zawng, bellei aţanga min siam dân han chhût hi chuan, Pathian leh “bêlvawtu” han khaikhin hi chu a âwm thluam mai. Mahse kawng lehlama thlîr chuan (Pathian hnathawh dân leh thiltihtheihna tehkhinna dangte ang bawkin) hei mai hi chuan Pathian themthiamna leh finna a hrilhfiah zo phâk hauh lo. Tih tak êmah chuan, bêlvawtu tunge a thil vuak lai thil nung, nunna neia siam thei awm ni?

**Jeremia 18:3–10; Isaia 64:5–8; Sâmb 51:10** chhiar la. Hêng Bible châng dangahte hian engtin nge Pathian chu bêlvawtu anga sawi a nih ve? \_\_\_\_\_



Hêng chângtena an târlan zîngah hian Pathian thiltihtheihna hmaa mihrinten tihtheih engmah kan neih lohzia a lang tel a ni. Bêlvawtu kuta bellei awm ang lek kan ni a; bellei ni lovin, bêlvawtu zâwk chu thuneitu a ni.

Chutih rual chuan kan hriat tur chu Pathian chuan A anpuia siam kan nihna siamtha leh turin hnâ a thawk mêka. He khawvêl thil hmuh leh khawih theih thilte a siam lai maha a uluk a nih si chuan, keimahni chhûngrila a hnathawhah phei chuan Pathian chu a va duh uluk lehzual dâwn êm! Thlarau lam leh thinlung lama mawina famkim kan neih lai (Eden Huan) ang thei ber tura min siam thar leh dinthar tumtu LALPA hi thawhpui a, mahni inphatin, a lakah kan intulût tûr a ni. Pâwnlam hmelthatna hi a mawi thei ve viau na a, chhûnglam mawina hi a pawimawh ber zâwk chu a ni.

**Russian ziaktu Fyodor Dostoevsky-a chuan suangtuahnain mihring, “thlarau mawi tak” nei a din a. I ngaih ve dânin engang hi nge “thlarau mawi tak” chu ni a, engtin nge chu chu i an a, engtiangin nge i an loh?**

**THAWHTANNÎ  
PATHIAN MISTIRI**

*March 12*

**Mak tak maia Pathianin Israel fâte Aigupta sal tâna ațanga a chhanchhuah hnû khân, Sinai Tlâng lamah a hruai a. Chutah chuan anni nêna inzawmna Thuthlung thianghlim A siam ta a ni. Helai hmuna A thil hrilh tam takte zîngah engtin nge mawina hi telh ve a nih? *Exodus 25:1–9.* \_\_\_\_\_**

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*Exodus* bu chanve hmalam zawng hi chu, mak taka Israelte Aigupta ațanga chhanchhuah an nih thu sawina a ni ber a. A chanve tâwplam erawh hi chu thil hrang hrang- thil mâwi lampang pawh tela sawina a ni thung. *Exodus 25:1-9*-a Pathian thil sawi hi *Exodus 25:10-31*-ah chipchiar zâwka puanin chei dân tur leh, puithiamte inthuumna tur Pathianin a lo ruahhman sa vek sawinain a zui leh a. *Exodus 35:1* ațanga a tâwp thleng (*Exo. 40:38*) in Pathian

ruahhmanna chipchiar tak leh, chumi an tihhlawhtlinna tlêm nêna a chuang leh a ni. Hênga thilahte hian mistiri hna chip chiar takin a inziak a ni.

Helai thu chipchiar leh lutuk mai hi tunlai Kristian tamtakte chuan chhiar ninawm an ti mai thîn. Nimahsela hêng inkawhmmuhna neuh neuhte hi saltâng chhuah tharte hnêna pêk mai duh tâwk lovin Bible-a telh ve ngei hi Pathian lâwm zâwng a ni.

Bible bu hmasa pangate-a bung sawmnga dâwn hi biakbuk mâwi tak an neih theihna tura zirtîrna in a awl khat a. A ruangâm mai bâkah, a cheimawina tur zawng zawng chipchiar takin A hrilh vek a ni. Sinai Tlânga Thuthlung an âwih theihna tura a pêk, Thusawm Pêk bâkah khân in mâwi tak an sak theihna tura mistir hna pêng hrang hrang zirtîrna pawh a pe tel vek a ni.

Pathian hi mistiri chu a lo ni ngei mai, mihring lam tâna engmah belh leh chuan tur awm miah lo khawpa chipchiarin, mistiri-te hnêna an cheimawina hna kim taka hrilh thlaptu Pathian a lo ni. Mosia lehkhaw pangateah hian thil dang zawng aain, biakbûk sak ruahhmanna te, a sak dân tur chipchiar te, leh a cheimawinate a tam zâwk daih a ni.

**Lei biakbûk kha eng entawna sak nge a nih a, hei hian Pathian chu thil mawi ngainatu a nihzia engtin nge min hrilh? *Exodus 25:9; Hebrai 8:1-5.***

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Lei biakbûk kha vâna mi “hlimthlâ” chauh a nih chuan, Amah Pathianin ngeiin a sak, biakbûk tak tak mawi tur zia chu suangtuah mai pawh a harsa zâwk a ni.

**Engvangin nge biakbûk mawi leh mawi loh kha a pawimawh êm êm? Pathian thiltihtheihna leh ropuina hmaa mipuite mak tia an awm theih nân pawh a ni mai thei. A nih loh pawhin chutiang ropui lutuk hmâah chuan mamawh an nei tih an inhriatchhuah theih nân pawh a ni mahnâ! Biakbûk ropuizia hriathiamna hian engtin nge Pathian nungchang leh keini**

**mihringte sualzia, leh Pathian laka kan danglam nasatzia min hriatchiantîr leh zual ðîn?** \_\_\_\_\_

**THAWHLEHNÎ**  
**RIMAWI NGAINATU PATHIAN**

*March 13*

**“Mi sâng lîte chuan kawngkhar an vêng ang a, mi dang sang lîte chuan hemi atâna rimawi tumna ka pêk che u hmang khân LALPA an fak tur a ni,”** (1 Chronicles 23:5, NIV).

A chung a mi khi han mitthla tum chhin teh: mipui sang lîin rimawi tuma LALPA an han fak tur chû! Chibai bûkna inkhâwm ropui tak a ni ngei ang.

Pathian themthiamna hi mita en theih chi themthiamnaah chauh a awm lo. Pathian thu chuan Israel mîten tempul ropui tak tak an neih thu a sawi mai bâkah, an inkhâwm dân kalpung hrim hrimah pawh Pathian thâwkkhumna an dawng a ni tih min hrih a ni. Pathian hi thilmawi bâkah rimawi ngainatu pawh a ni tel baw k a ni.

**Engtin nge Lal Davidan Israel-te Pathian chibai bûkna hla (Sâm) a phuah dân a sawi?** 2 Samuela 23:1, 2. \_\_\_\_\_

David a chuan a hlâte phuah turin LALPAN a thâwkkhum a ni tih a Chiang hlê. Hei hian a hla leh thlûkte zawng zawng LALPAN a phuahsak vek a tihna a ni lova, a rimawi tum ðhinte LALPAN a ngai pawimawh a tihna zâwk a ni. A ngaih pawimawh lohte chuan engvangin nge a thâwkkhum duh kher ang?

**2 Chronicles 29:25 chhiar la. He lai thu hian engtin nge chibai bûk inkhâwmnaa rimawi tumah LALPÂ inrawlh dân a sawi?**

Thuthlung Hlui pumpuiah khân, tempula chibai bûk sawi rîk a nih apiangin, rimawi a tel mai ni lovin a langsar hlê ðîn a. Entîrnân,

*1 Chronicles 23:5*-a chibai bûkna boruak a sawite hi, rimawi tumna hmanrua sanglî! Engang zawng pawhin an rimawi tum chu ri pawh ni se, ngaihthlâk ninawm leh rimawi khawro tak chu a ni miah lo vang!

*Tûnhmâ ata thil mawi tak takte hi sakhaw biaknaah a tel tawh thîn a, hnamtin chanchinah ngei pawh hetiang thilte hi chu an pathian biaknaah an telh zêla lawm tiin a ngaih theih tho mai. Chutih rual chuan, Israelte chiah hi Amah Pathian ngeiin chibai bûkna te, tempul sakna te leh a chhûng bungrua te, puithiamte incheina leh inkhâwmnate thlenga a ruahman sak vek nia ngai awm chhun an ni. Kut themthiamna hi Pathian thu hian a pawm thlap a. Hêng themthiamna thilte duh lo emaw, Kristiante tân a tha ve lo nia ngaitu chuan Pathian thu ziak a kalh a ni.*

**Israelten an chibai bûknaa an rimawi tum ang chî kha kan nei ve lo na a, khâng rimâwite kha mâwitak leh LALPA lama thlarau chawi hnai thei tak an nih ngei a rinawm. Tunah hian rimâwi hian kan kohhranah eng dinhmun nge a luah le? Engtin nge Israel mîte pawhin an lo hlâwkpuî thîn anga; LALPA min hlattîrtu ni lo, Ama lama min chawi sângtu atân zâwk kan hmang a ni tih kan chian theih ang?**

**NILAINÎ**

*March 14*

**LEHKHABU ZIAKTHIAM PATHIAN**

Bible mithiamte chu Bible ziak dân hmang tha chungchuan tak mai hian an rilru a khawih fo thîn. Sakhua lam zirtîrna college ni lêm lo tamtakte pawhin thu leh hla zir nân Bible hi an hmang thîn a. Pathian thu a nih an rin vânga zir ni lovin, a thu leh hla a mawi êm avânga zir mai chauh an ni zâwk.

Kristiante chuan, thu leh hla mawi tak mai chu kan tuiptu rualin, Bible-a Pathian chungchâng thutak awm chu kan tuiptu baw a ni. Chutih rual chuan, hla thu mawi leh in la lâwn tha tak tak, Pathian Thlarau tanpuinaa ziahte (Pathian zâwneite tawngkama ziahchhuah ni si) hian thutak an kente hrethiam leh zual turin min pui a ni tih hi rinhle rual a ni lo.

Tirhkoh Paula khân a Pathian thu ril puanchhuahnaah thu leh hla thiltithei tak tak a hmang fo ðhîn. Entîrnân, Rome lekhathawn bung hmasa sawm leh pakhatahte hian, Paula chuan Chanchin Ƨha mawihnai takin a puang chhuak a. Bung hrang hrang hrangte hi chhiar la, Paula'n thiam taka a ðhaukhâwm dân hi en ang che.

**Rome 11:33–36 chhiar la. A hmalama a duh ang zawng a sawi zawh hnuah enge tah hian a sawi leh tâk? \_\_\_\_\_**

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Tlânglâwn mi tlângchhîp lâwn chhuak ta ang maiin, apostol-chhandamna chanchin zau taka sawi zo chiah chu-faknain a luangliam ta a ni. Chanchin Ƨha kan nuna a taka kan nunchhuahpui dân tur tuanghruai a târlan hmain, Paula chuan Pathian chibai a bûk hmasa leh phawt a ni.

Hetiang thu leh hla ril leh in la lâwn ðha hi Paula lekhathawn leh thuziakahte hian a lang fo ðhîn: Pathian thuril tak tak a khelna karah Pathian fakna thu a zep tel fo ðhîn a, ringtu nun a taka nunchhuah puina tur sawia lekhathawn a khaikhâwm hma sîm, hetianga fakna thu hi hmuh tur a awm fo a ni.

*Thupuan* bu pawh hi Pathianin chhandamna chanchin a puanchhuahna thu ril tak takin a khat a. He lekhhabua thil tamtak hi chu Thuthlung Hlui lam aţanga lâk chhâwn a ni. Hetah hian chhiartute hmuh theih turin ðawngkam danglam tak tak te, ðawng ùn te, Bible ziaktu dang thuziak aţanga thupui lâk chhawn te chu mawihnai tak maiin, thupui pakhat hnuaiyah remkhâwm an ni a. He Bible bu hnuhnung ber ziaktu ziahdân kalhmang hi Paula leh Chanchin Ƨha ziaktu dangte ziahdân nêna khaikhin chuan a danglam bîk hlê. Chuti chung chuan vân biakbûk chanchin, thu ril tak tak hmanga *Thupuan* buin kawng sariha a târlan dânte hian rilru a hneh hle, a thil rawn sawichhuahna thumal tin mai hian vân biakbûk chu ðhuk leh zualin min hriatthiam tîr a ni.

*Thupuan* bu hi thuziak thiam chungchuang tak mai kutchhuak a ni tih a lang reng a. Duh sela Pathian chuan Johana kha chhandamna

chanchin sawichhuak turin hmânlai chanchin ziakna bu dangte ziah dân ang thovin a ziahtîr thei a. Mahse kan thil hmuh tak erawh chu Krista leh Setana inkâra indona târlanna milem mak danglam tak tak, Daniela leh Ezekuela ziaka lo lang tawhte ang chî kha *Thupuan-* ah hian kan hmu leh a ni.

**Bible hi lehkhabu narân chhiar anga chhiar turin han inngaihruat chhin teh. Enge i hmai h ang le? Heta ãang hian thutak kan hmaa awm reng laia, hriat miah si loh a awl turzia engtin nge kan zirchhuah theih?**

NINGÂNĪ

*March 15*

**PATHIAN LUNGCHHERTHIAM**

Pathian hi lungchherthiam a ni a, mahse lungmâwi leh marble chauh chherthiam ang chî erawh a ni lo. Kan nungchang a chher ãa zâwk ãhîn a ni. Misual chu la chhuakin chumi aãang chuan vân ropuina engemaw tak a lan hmâ loh chu a ker a, a chhû a, a timâm ãhîn a ni. He themthiamna mak tak hi Pathian chuan a nei ngei a ni tih tilangtu tamtak min pe a ni. Bible bul aãanga a tâwp thleng hian Pathian chuan lâktlak loh leh ngeiawm tak nia kan ngaih turte chu la chhuakin, mawihnai takin a chher ãa ãhîn a ni tih kan hmu châmchî a ni.

**Bible-a tute hi nge thlarau lama chher ãat deuh phawt ngai hmasa le? An nuna danglamna a thlen theih nân enge an mamawh? Entîrnân, Jakoba te (*Gen. 32:22–30*); Davida te (*Sâm 51*); Petera te (*Luka 22:31, 32*); Paula te (*Tirhkohte 9:1–22*) hi. Midang hriat i la nei em, engang danglamna nge an nunah thleng?**

Entîrna dang ãa tak mai chu Mari Magdalini a ni. “Mari chu misual râpãlâk tak a ni ãhîn a. . . .nimahsela Krista chuan sual bawiha a luh chhan a hria. . . Amah (Isua) chu Mari beidawna leh lungngaihna khur ata hlâng chhuaktu chu a ni a. Mari chuan a thinlung leh rilru thununtu ramhuaite vawi sarìh ngawt A zilhhau tih

a hria. A tâna A Pa hnêna tihtak zeta a ngensak laite pawh a hria a. Isua thianghlim famkimna hmaa sual chimawmzia pawh Mari Magdalini hian hriain, Isua chakna hmangin chûng zawng zawngte chu a hneh ta reng a ni... (He hmeichhia) suala tlû a, a rilru te pawh ramhuaite bu khuarna lo ni tawh hi, Krista thian hnai tak lo ni tain, a rawngbâwlinaah pawh telh a lo ni ve ta hial a ni... Mari chuan Kraws thlengin Isua a zui tlat a .... A thawhle hnuah pawh ani tho hi thlân thleng hmasa ber a ni. Chhandamtu tholeh chanchin puang hmasa bertu pawh amah tho hi a ni.”—Ellen G. White, *Chatuan Nghahfâk*, pp. 545, 546.

Chhandamna chanchin hi Pathian themthiamzia târlannain a khat tlat a, suala tlu tawh mihringte nunah “Pathian anna” bo tawh chu siamthath lehni a awm thîn a ni. Chanchin Thâ hi hmai cheimawitu mai ni lovin, nun thlâk danglamtu, silfâitu, siamthattu, leh nun tihmawitu ni tura thûk leh dam taka luang thîn thiltihtheihna a ni. Isua Krista Chanchin Thâ chuan thiam tak leh dik takin a siamtha vek thîn. Siamtharna diktak chu chhûnglam hna thawh, Pathian themthiamnain suala tlu tawh leh suala nungte a siamthath lehna hi a ni.

**Lungchhernaah chuan chhut te, nawh mâm te, a châng phei chuan a pêng thenkhat chhut hêk hialte pawh a tel thîn. I nuna englaite khânin nge chher that ve deuh ngai? I nuam tih loh zâwna chher i nih lain engtin nge i lo dodâl ve thîn?**

**ZIRTÂWPNI**

*March 16*

**ZIRBELHNA:** “Nun thlâk danglam tura Pathian thiltihtheihna hi mimal tin thinsungah hriat ni rawh se, tichuan Pathian Thlarau chêt vêl dân thûk tak chu kan hmu thiam dâwn a ni. Ngaihdamna satliah mai hi Isua thihna rahchhuah a ni lo. A inhlanna sawisên loh kha sual lâkbo nân ringawta siam a ni lova, mihringte nungchang dintha leh a, timawi leh a, a chhiatna aţanga siam tha lehni, Pathian bula awm tlâk tur khawpa dinthar leh hi Isua inhlannain a tum zâwk chu a ni. “—Ellen G. White, *Manuscript Releases*, vol. 6, p. 11.

“A duh ang chiaha ziak turin lemziaktu chuan thahnem a ngaiin a va thawkrim nasa thîn êm! A entawn lai ang chiaha chher turin lungchhêrtu chuan lung chu uluk leh fîmkhur takin a chher thîn a ni. Chutiang tho chuan nû leh pête pawhin an fâte Krista hniak hnutchhiaa an kal theih nan chhêr leh tuaih nûmin, an enkawl uluk tur a ni. Lemziaktu dawhthei takin hna tha zâwka a thawh theih nân a zir hmasa a, ruahhmanna uluk takin a siam thîn ang hianin, nû leh pête pawhin chatuan lalram chhe thei tawh lo atâna an fâte nun an siamthat hian hna tha tak an thawk a ni tih inhre rawh se. Khaikhin râlah chuan lemziaktu hnâ chu nû leh pâ hnâ lakah chuan nêp tak a ni. Pakhat chuan nunna nei lo atângin thilmawi siam a tum a; mahse a dang chuan mihring nun- mi tha emaw, misual emaw ni thei, midangte tâna malsawmna emaw, ânchhia emaw ni thei; thima pil bo hmiah thei emaw, sual awm tawh lohna khawvêla chatuan nunna chên thei emaw a enkawl a ni.”—Ellen G. White, *Naupang Kaihhruaina*, pp. 437, 438.

**SAWIHO TÛR:**

❶ **Kut themthiamna lampanga inhmang tûrin emaw, khawih ve hrim hrim tal tur emaw pawhin hun remchâng i nei tawh ngai em? Thil mawi tak mai i siam laiin, hetiang a tih hi “Siamtu anna” kawng khat a ni ti zâwngin i ngaihtuah ngai em? Chumi awmzia chu, i themthiamna kha, LALPA themthiamna i lanchhuahtîrna a ni.**

❷ **Khawvêl siamsa hi en la, sualnain rei tak a tihchhiat tawh thilsiamte hi thlîr la. Thilsiam thei tura Pathian thiltihtheihna an târlan mai bâkah, A themthiam chungchuanna leh thil mâwi ngainatu A nihzia engtin nge an târlan tel? Eng thilsiamah ber hian nge thil mawi takzet i hmuh le?**

**KHAIKHÂWMNA:** Kut themthiamna kawnga Pathian thiamdân hi hmuh hmaih a ni fo thîn. A khawvêl siam zawhsa hian ngaihhlut a hlawh viau tho na a, A kut themthiamna târlangtu thilte hian a thiltihtheihna chu nasa leh zual zâwkin an pho lang a ni. Pathian remruat dân chuan Kristiante hi he lei thim leh thi mêkah hian “mawina” hnâr an ni tur a ni.



## HMANGAIHNA THAWNTHÛTE

**CHÂNGVAWN:** “Hmâna ka hnêna LALPA lo lang chuan, ‘A ni, chatuan hmangaihna ka hmangaih che u a; chuvângin hmangaih lainatna nêna ka hruai hâw dâwn che u a ni’ min ti” (*Jeremiah 31:3, NKJV*).

### SABBATH CHAWNÛ

**Chhiar Túrte:** *Genesis 2:21–25; Exodus 20:5; Isaia 43:4, 62:5; Hla Thlan Khâwmte ; Johana 2:1–11.*

**ZĪrlai Tùm:** Pathian miziaa hmangaihna lampang hi engtin nge kan hriatthiam theih ang?

**H**MANGAIHNA hi Pathian nihphungah chuan hriat lâw ber a ni hial hâwm e. Ni e, Pathian hmangaihna pawimawh zia hi kan sawi uar lutuk thei lo vang a, a thûkzia pawh kan hre zo ngai hek lo vang. Chutih rual chuan A hmangaihna thûkzia târlanna pakhat ngaihsak hlauh vak lo a awm ve tlat; chu chu inngaihzawna inhmangaihna ang chí a Pathian hmangaihna hi a ni.

Mipa leh hmeichhe inkâra hmangaihna ang chîa Pathian hmangaihna zuk hrethiam tak tak tur chuan, Bible hun chhûnga thil târlan zawng zawngte kan ngaihtuah hmasak phawt a tûl a ni. He lehkhabu hian kum sang tamtak chhûnga mihringte chanchin, ni hmasa ber aţanga a tâwp thleng, a nih loh pawhin siamthar a ni hmâ zawng a huam vek a ni. Khawvêl chanchin liam tâ ziahna lehkhabu dangte ang bawkin, Bible-ah hian lalte leh lalnute chanchin te, indona leh indona atâna inpuahchahna te, politik thila inphiarrûkna te a chuang a.

Thil thleng tawh zawng zawngte hi eng khawvêl chanchin liam tâ bu mal mahin a zia chhuak kim bial thei lo. Chutiang tho chu Bible pawh hi a ni. Bible hian a ziah hun chhûnga thil thleng zawng zawngte a târlang vek lo tih a lang reng a. Thil tamtak chu Bible-ah hian ziah kânin a awm a ni. Chutih rual chuan, Pathianin A zâwlneite

ziak tura a thâwkkhum zîngah nulâ leh tlangvâl inkâra inhmangaihna runthlâk tak tak a tel ve tlat a ni. Zawhna awm thei ta chu, ‘Engvangin nge Pathian hian hetiang hmangaihna thawnthu, inngaihzâwnna lampang hi khawvêl chanchin liam tâ bu ni siah a telh tlat? Hei hian A nungchang leh mipa leh hmeichhe inkâr inngaihzâwnna a ngaih pawimawhzia engtin nge min hrilh?

Tûn kêr chhûng hian hêngte hi Bibleah engvânga telh nge an nih a, enge hêngte aţang hian kan zir theih kan en dâwn a ni.

SUNDAY

March 18

### INNGAIHZÂWNNA HMASA BER

**“Tichuan Adama chuan, ‘Hei zet chu ka ruh ang ruh nei a, ka tîsa ang tîsa nei ngei chu a ni: Mipa laka lâk chhuah a nih avângin ‘Hmeichhia’ tih tûr a ni ang,’ a ti a”** (*Gen. 2:23*).

Bible-a inngaihzâwnna hmasa ber, Adama leh Evi chanchin zir tur chuan *Genesis* bung tîr tê aţanga bulţan a ngai. Adama leh Evi-te hi Pathian thilsiam bîk, Amâ anpui ve ve, mipa leh hmeichhiaa a siamte an ni a (*Gen. 1:26, 27*). Adama leh Evi-te hian Pathian thilsiam theihna mak danglam tak aţangin nunna an dawng ve ve a. Kan taksa mak danglam tak hi min Siamtu finna leh thiltihtheihna târlantu ţha ber tun thlengin a la ni reng a ni.

**Bible-a Evi siam chungchâng inziahna hi chhiar la** (*Gen. 2:21–25*). **He lai thu aţang hian engtin nge an inkâra** (Adama leh Evi-te) **inlaichîna awm dân hi i sawifah ang?** \_\_\_\_\_

Helai thua thil langsâr ber nia lang chu, an pahniha an inhnaihzia leh phuar belhbawm ngheh an nihzia hi a ni. Pathian chuan mipa taksa aţangin hmeichhia chu a siam a; tîsa leh thisen thuhmun diktak aţanga siam an ni.

Tah chuan Adama chuan Bible-a “lêngzêm hla” a nih loh pawhin “hmangaihna hla thu” hmasa ber mai, an pahniha an inzawm nghehzia

a puanchhuahna hla thu chu a rawn chhuahpui ta nghâl vat a ni. Hebrai ṭawngah chuan “mipa” sawi nâna *châng* 23-in a hman kha *ish* niin; “hmeichhe” sawina atana a hman pawh *ishah* a ni, hei pawh hian an inzawmna thûkzia tho a târ lang leh a ni.

*Châng* 24-naah Bible chuan, mipain a nu leh pa a kalsan ang a, a nupui a vuan ang, tichuan “tisa pum khat” an lo ni tawh ang tiin a sawi a, hei pawh hi an pahnih inkâra inhmangaihna nghet tak sawina tho a ni. (Mi thenkhat chuan *helai hunah Bible hian khawilam nû leh pâ nge a sawi ang, tumah midang an la awm si lo?* tiin mak an ti ṭhîn a. Mahse he thu hi Eden aṭanga kum zabi tamtak liam hnua Mosia ziah a ni a, helaia thilsiam chungchâng sawinaah hian Mosia chuan nupa nundân tur a sawifiah mai a ni.)

A tâwp berah chuan, saruaka an awmna hian nupa hmasa berte inkâr hnaih thu leh an inhmangaihna a târ lang tel a. A tîr phat aṭanga an inlaichîna kha engang chî pawh lo ni ta se, inngaihzhâwnna ang chîa inhmangaihna kha chuan hmun pawimawh ber a luah ang tih chu Chiang sa a ni. Pathian hian inngaihzhâwn hi a khap lo. Chutih a hnêkin hetiang hrethei tur hian min siam zâwk a. Min siamna chhan zînga pakhat pawh hei hi a nih ngei a rinawm.

**Mipa leh hmeichhe inkâr inhmangaihna hi Pathianin mihringte hnêna A thilthlâwnpêk ropui tak a ni. Ngaihzhâwnng bulfûk tak nei i nih chuan, in inkâra thil kal dik lo tur laka invên nân engte nge i tih theih?**

THAWHṬANNĪ

March 18

BIBLE-A INNGAIHZHÂWNNA

Bible hian khawvêl chanchin pawimawh tamtak min hrilh rualin, inngaihzhâwnna lampang pawh min hrilh tho a ni. Abrahamah leh Sari inkârah khan inhmangaihna thûk tak a awm a. Kum rei tak a chin chhûng pawh khân Abrahamah khân a kalsan lo a ni. A nihna takah chuan, Sari ngenna avâng chauhvin Abrahamah khân Hagari kha a hmeiah a lalût ta a nih kha. Abrahamah leh Sari-te hmangaihnaa an inthlunzawmna kha nghet tak a ni. *Genesis 16 en rawh.*

Abrahama chhiahhlawhin Isaka tâna nupui tur a zawn dân inziah nan *Genesis* bua bung sei tak hman a ni a. Rebeki a lo kîrpuinaah, thâwkkhum lehkhabu chuan nulâ leh tlangvâl inkâra hmangaihna chanchin min hrilh leh a ni. *Genesis 24 en la*.

Nulâ leh tlangvâl inkâr hmangaihna Bible-a sawina sei leh tak mai chu Jakoba leh Rakili inkâra inngaihzâwnna chungchâng sawinaah a awm a. A vawi khatna atân Chiang tâwk takin Jakoban Rakili a duhzia leh a chhâi vêl dân kan hmu hmasa phawt a. *Hla Thlan Khâwmte* bâk, Bible hmun dangah mipa leh hmeichhe infâwp lanna a awm lo, la innei lo infawh thû pheï chu a awm lo lehzual. Mahse Bible hi Pathian thâwkkhum Chiang tak a ni tih kan pawm a, *Genesis* bu hi a thâwkkhumna hnuai ziah a ni tih kan pawm si chuan, kan Pathian hian inngaihzâwnna lam hi a tuipui hle tih kan hre thei a ni, achhan chu nulâ leh tlangvâl inkâra hmangaihna thawnthu leh infawh thute he lai Bible-ah hian kan hmu tlat a ni. *Genesis 29 en bawk rawh*. (Khawvêl chanchin liam tâ bu ziak ve ta la, chu chuan mihringte kum sang tam chanchin, siam an nih dânte leh suala an tlûkna te thlengin ziak ta la, engvâng teh kherin nge hetiang taka chipchiar hian nula leh tlangvâl inngaihzâwnna chanchin hi i ziahlan ve duh kher ang?) *Genesis* bua mihringte khawvêl chanchin liam tâ hian, hun tamtak sawi loh leh kalkân a nei a. Chuti chungin, Pathian chuan hêng hmangaihna thawnthu ngaihnam takte hi a telh ve tho a ni.

**Khâng nulâ leh tlangvâl inhmangaihna thawnthuahte khân kîr leh ta la. Engang hmangaihna pawh chu lo ni ta se, hêng thawnthua inngaihzâwnna ang chí leh khawvêl hmun hrang hranga an hmangaihna thawnthute hi kawng tamtakin an inang a; hêng thawnthua mîte hian mipa lam emaw, hmeichhe lam diklohna emaw avângin harsatna leh buaina tamtak an tawh phah thîn a ni. Hêng ang inlaichînnaa tawrhna leh natna nasa tak thlen thîntu thil diklote hi enge ni le? A pawimawh berah chuan, an tihsual aţangin eng zirlaite nge kan zir chhuah theih?** \_\_\_\_\_

**Thil vânduathlak tak mai chu, mi tam takin anmahni ang tho hian an tisual ve a, a then pheichuan hêng aia nasa zâwkte hian an tisual a ni. Amaherawhchu Chanchin Tha chu hêng mîte hi Pathianin a ngaidam mai ni lovin, A tidam thîn. Inngaihzâwnna kawngah eng thil pawh i lo tisual tawh a ni mai thei, engtin nge Kraws atanga ngaihdamna leh tihdam lehna lo kal chu i dawn theih ang?**

**THAWHLEHNÎ  
PATHIAN HMANGAIHNA**

*March 20*

*Genesis* tîr phat atangin mipa leh hmeichhe inkâr inhmangaihna hi mihring nuna bet tel tlat a ni tih târlan nghal a. Mipa pakhat tân hmeichhe pakhat, a dang a awm lo. Hei hi Pathian duhdân chu niin, Bible-in inngaihzâwnna chungchânga entawn tur min pêk dân pawh a ni.

Bible hian vawi tam tak Pathianin a mîte inlaichînna a neihpui duhdân târlan nân inngaihzâwnna te, nupa inkâr hmangaihna te a hman thîn hi a va tuiawm tehreng êm! Eng hmangaihna mah hi nupa inkâra hmangaihna ang tluka thûk a awm thei lo- Pathian leh mihring inkâra hmangaihna tih chauh lo chu.

***Exodus 20:5* chhiar la. Pathianin A mîte laka a thinlung putzia engang tawngkamin nge târlan a nih? Helai thuin Pathian chungchâng a sawi hi engtin nge kan hriatthiam theih ang?**

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Vawi tamtak chu Pathianin A mîte laka a thîkthu a chhiat thu a sawi a. (*Exodus 34:14; Deuteronomi 4:24; Joela 2:18 en la.*) Thîk thu hi inngaizawngten an ngaihzaungte an laka an rinawm lo nia an hriat tuma an neih thîn a ni. Pathian hi hla tak, pawh phâk mang lohva awm leh mihringte thinlung ang pawh nei miah lo “thiltithe” ve tak ringawt a ni mai lo. Mihring thinlung ang pû, A siam mihring fâte hmangaih êm êmtu Pathian a ni. Kan tâna enganga

hriatthiam harsâ pawh ni se, Pathian chuan min hmangaih tho tho a, inngaizâwng dangte ang thovin, A laka kan rinawm loh hian a rilru a na thîn a ni.

**A hnuaiâ chângte hi en la. Engte nge an sawi? Kan laka Pathian thilnung puthmang hrethiam turin engtin nge min tanpui?** *Isaia 43:4; 62:5; Ezekielâ 16:1–15; Jeremia 31:3; Thupuan 21:9.*

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Bible chuan Chiang takin Pathianin mihring mimal tinte min hmangaih êm êm vek a ni tih a sawi a. Hei hi thil hriatthiam awlai tak a ni hauh lo, achhan pawh engdang ni lovin Pathian chungchâng, he lei leh vân zawng zawnge Siamtu chungchâng hriatthiam hi thil awlsam a nih ngai loh vâng a ni. A nihna takah chuan, lei leh vân chanchin hi kan hre mang lo a ni a; A Siamtu chanchin phei chu kan va hre tlêm lehzual dâwn em? Chutih rual chuan, Pathianin min hmangaihnazia a lantîr satliah mai ni lovin, Chiang tak takin kawng tamtakin A rawn puangchhuak a ni. Chûng zînga ropui ber chu engdang ni lovin, Kraws leh a bul vêl thilthlengte kha a ni. Pathianin min hmangaihzia fiahna turin Kalvari-a thilthleng bâk eng fiahna dang nge kan la mamawh chuan le?

**Pathian hian min hua a nih loh pawhin kan laka hrang daih emaw, min ngaina satliah ve mai emaw ni ta se engtin tak awm ang i maw han ngaihtuah teh. Mahse Bible chuan Pathianin min hmangaih a ni tih a sawi. Hei hian mimal takin i tân awmzia enge a neih a, he thil mak tak (Pathianin min hmangaihna) hian engtin nge i nun a nghawng?**

NILAINÍ

*March 21*

**HMANGAIHNA THAWNTHU BÛ**

Mihringte tawrhna chungchângâ zawnna, hmangaihtu leh Engkimtithei Pathian ringtu tâna zawnna khirh leh chhân harsa tak tak sawifiahnain lehkhahu dahkhâwmna (library)-te chu a khat a ni

thei, (Pathian awm ringlo mîte tân chuan natna hi pathian tel lo leh khawvêl awmze nei lo nihphung pakhat ve rêng a ni a, Kristiante angin hêng zawhnate hian a tibuai ve lêm lo). A enga pawh chu nise, Krista leh Setana inkâra indona ropui hriatthiamna tel lo chuan chûng lehkhabu tam zâwkte chuan eng min hrilh vâh kher lo vang, (indona ropui hre chung pawhin, tawrhna chungchânga zawhna hi chu chhân harsa tak a la ni tho mai).

Mihringte tawrhna chungchânga zawhna hian hringnun pêng tinrêng a fanchhuak chungin, hringnuna thil hlimawm tak takte hi kan theihngihl chuang tur a ni lo. Engvangin nge chawte hi a tui êm êm? Tui hriattheihna kan neithe hian engvangin nge hêng chaw tui dân inang lo tak takte a hriat hran vek theih? Engvangin nge rawng chi hrang tam tak a awm? Engvangin nge mihring mitin rawng chi hrang hrangte hrehringin mâwi a tih theih? Inneihnaa mipat-hmeichhiatna hlimawm takte hi engvânga awm nge ni ta ang? Inthlahchhâwng tur hian mipat-hmeichhiatnain nawmna a thlen ang hi a tûl kher si lo va. Thilnung thenkhat chu inthlahpung turin amah leh amah a inphel mai thîn a ni. Chutianga inthlah chhâwng ve mai tur angin han suangtuah chhin teh. Tûn thlengin mîte chuan engemaw chângin khawvêl thiamna hmanga chî la chhuakin hlimna leh nuam tel miah lohvin naute an siam fo thîn. Engatinge nuam min tihîr theitu tur hriatna thazâm a tâwk chauh kan neih? Entîrnân mipat-hmeichhiatnaa nawmna min hriatîrtu angte hi?

Hêng zawhna zawng zawngte chhânna hi a inang vek: Pathianin hetiang tura min siam vâng a ni. Pathian chuan mihringte hi taksa neiin, tîsa hlimna chên turin min duang a. Helai thu hi Bible bu hrang hrang-ah *Hla Thlan Khâwmte* ang tluka chianga sawina a awm lo. Engvanga he *Bû* hi Bible-a tel ve nge a nih? Inngaihzâwnna hlimawm tak tak lampang hlîr sawina a ni si a. Mipat-hmeichhiatna a sawi zawng zawngte hi fa neihna nênzawmna pakhat mah a nei si lo. He lehkhabu hian nupa tâna Pathianin hlimna bîk a lo dah chu min hriatîr a ni. Inngaihzâwnna aţanga hmangaihna tuihna kang ngai lo, lo luang chhuak chu a petu Pathianah chhui luh leh theih a ni.

**Solomona *Hla Thlan Khâwmte* chhiar chhuak la. He lehkhabu hian a nihna tur ang taka tîsa hlimna hman chungchâng hi Pathianin a thlîr dân engtin nge a sawi? \_\_\_\_\_**

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Kan tunlai nun bawhlhlahw tak leh mû leh mal pawh nei lo aţanga thlîr chuan, Kristiante ngaihdân hi chu a ʘingin, a riltu têt thlâkin, a khirh lutuk ang pawhin a lang a ni mai thei. Mahse Kristiante inzirtîrna hi tîsa nawmna min siam saktu, leh kan hlimpui theih ber dân tur Hretu hnên aţanga lo kal a ni. Pathian chauhvîn he thilthlâwnpêk hman dik loh avâng natna leh tawrhna lo thlen nasatzia hi a hre thei ang? He thil hmansualna avâng hian engemaw ti kawng tala tuar lo tunge awm le?

NINGÂNÍ

*March 22*

**ISUA LEH INNGAIHZÂWNNA**

***Johana 2:1–11* chhiar la. Hei hian inneihna leh inngaihzâwnna chungchâng a Isua rilru puthmang eng min hrilh? Khatiang Juda ho inneih dân sênso thlâk leh hun awh rei tak mai mal A sâwmna khân eng awmzia a neih? \_\_\_\_\_**

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Thlalêra fiah tura a kalna hmun, lungngaihna no a va tlâkna ata Isua chu a lo kîr leh chiah a ni a. Chutiang hmun aţang chuan mihring fâte hnêna malsawmna no rawn hlui tur leh, mihringte inkâra inlaichînna hlimawm tak rawn siam turin a rawn kîr leh a ni. Isua Eden Huana inneihna hmasa ber malsâwmtu khân, a thilmak hmasak ber a rawn ti leh ta. Khawi hmunah nge a tih le? Inneih lawmna ruai ʘehna hmunah ngei a ni.

Bible hun laia Judaho inneihna kha hlimawm tak tur a ni. Thingtlâng khaw têt tak têt Kanâ anga inneihnate phei kha kum khat chhûnga an khuua thil thleng ropui berte zînga mi a ni thei hial ang. Intihhlimna khân ni lí ngawt a awh ʘhîn a. Hemi chhûng hian Rabbi-te leh an zirlaite pawh an châwl hial ʘhîn. Mi tinin



thilthlâwnpêk an rawn keng vek ðîn a, chumi rulh nân chuan a innei chhôngkuaten mo lâwmtûte chu ei tur leh in turte leh thil hlímawm chi hrang hrang an lo hlui ðîn a ni.

Khatiang huna intur han awm ta lo mai kha chu buaina tê tham mai a ni lo. Chhiatna râpðlâk tak a ni. Chuvâng chu a ni ngei ang Isua nû chu A hnênah rawn zualkovin chu thil buaiðlâk tak mai chanchin chu a rawn hrilh a. Engthil ti tur mahin A nû hian a ngên hran lova, beisei erawh chu a nei. In enkawltu chhiahhlawhte hnênah chuan, “Engpawh a hrilh apiang che u chu, zâwm zêl ang che u” tiin a chah a.

Isua chuan chhiahhlawhte chu tuibêl ruk chhông khat turin a hrilh a. Thil hlui laichhuaktûte chuan khatih hunlaia an tuibêl kha gallon 15-20 vêl dawng a ni an ti (gallon 1 leh litre 4.55 vêl a inhen). A vai chuan a tlêm berah pawh gallon sawmkua vêl a nih chu. Mithiam ðenkhat phei chuan a lo berah gallon za leh sawmhni h vêl a nih an ring.

A dawt leha thil kan hriat chu inenkawltupain moneitu nasa taka a fakna: “Mîte chuan a tîrah uain ða mi an sem hmasa ðîn a, tichuan mikhualten an intam hnuah a chhe mi an sem ðîn. Nang chuan tun thlengin uain ða mi i la kawl a nih hi!” (*I. Johana 2:10* NKJV) tiin.

Gallon khatah hian kuart li (kuart 1 hi litre 1.13 vêl) vêl zêl dawng ta se, tichuan kuart khatah no, a hun laia inneihnaa an hman ðin no ruk zêl awm a ni ang a, chuti a nih chuan a zavai chuan a tlêm thei ang ber pawhin no 2,160 vêl a ni dâwn a nih chu. Chumi awmzia chu, Galilee thingtlâng khaw pakhata inneihnaah mai maiah uain ða ber chi no 2,160 vêl zet an sem tihna a nih chu. Isua, *chu inneihnaa awm ve* chuan, mihring hriat tawhah chuan a ða ber chî a sem a nih ber chu.

He thilmakah hian thil siam tura Pathian thihthihtheihna, khawvêl siam laia mi ang tho kha kan hmu leh a. Isua Krista lei rawngbâwna, inneihna hmunah he thihthihtheihna hi târlan hmasak ber a ni. Mipa

leh hmeichhe inkâr hmangaihna leh nupui pasala inneihnate hi, ni e, Pathian thilthlâwnpêk ropui tak a ni. Chutih rual chuan kan hriatring tur chu, Isua khân vawi khat mah nupui nei lovin, mi zawng zawngin nupui pasal an neih ngei ngei kher a tûl lo tih entîrna erawh a hnutchhiah a ni. Hnahkhatte pawhin nupui pasal neite ang thovin nun nuam leh hmantlâk leh hlimawm tak an chên thei tho a ni.

## ZĪRTÂWPŊĪ

March 23

**ZIRBELHNA:** Thuthlung Hlui leh Tharah inneihna hi Krista leh A mîte inkâra inzawmna hlimawm leh thianghlim entîrtu a ni. Isua rilruah chuan, inneih lawmna hlimawm tak chuan nakina A mô a Pa ina a hruai hâw huna, tlante leh Tlantu Beramno nupui neihnaa an t̄hut t̄lân ho hun tur chu a thlîrtîr a. Tihian a sawi, “Moneitu chu mô chung a lâwm angin, in Pathian chu in chungah a lâwm ang” (*Isaia 62:5, NKJV*). “Kalsan an ti tawh ngai lo ang che” (*châng 4, NKJV*).

“Ka Duhlâi” tiin an ko tawh zâwk ang che. .... in chungah Pathian a lâwm dâwn si a” (*châng 4, 5, NASB*). “A hmangaihnaah chuan a chawlh hahdamtîr ang che a, hla sain a tilâwm ang che” (*Zefania 3:17, NKJV*.)

He thil ropui tak tho hian Bible hi t̄lâng kawm a ni. Johana hnênah vân lam inlârna hmuhtîr a nih khân, tihian a ziak a: “Mipui tamtak âw, tui tamtak rî leh kawlphe ri ring tak thâwm ang mai ka hria a, ‘Halleluia, LALPA Pathian Engkimtitheia chuan ro a rêl tâk hi! Hlim leh lâwm takin Ani chu ropuina i hlân ang u, *Beramno nupui neih hun* chu a lo thleng ta si a, A nupui pawh a inpeih tawh a ni.

A hnênah chuan puanzai sîn, fai leh êng tak pêk a ni a. .... *Beram No nupui neihnaa tel tura sawmte chu an vânnai e!*’ ..... *Hêngte hi Pathian sawi ngei a ni*” (*Thupuan. 19:6–9, NKJV*).

**SAWIHO TÛR:**

❶ In khawtlâng leh hnam tihdân phungah enge Pathianin tîsa nawmna min pêk hmansualnaa min hruai theitu awm le? Engtin nge midangte, a bîkin thalaite he thilthlawnpêk hmansual hlauhawm zia i zirtîr ang? An khawtlâng leh hnam tihdân phung zuia Pathian thu kalh ai chuan Pathian dân leh thuruatte zawm hian hringnun kan chên nasa thei zâwk a ni tih engtin nge i hriattîr ang?

❷ Israelte hnêna Pathianin vântlâng inawpna dân a pêkah khân, Pathianin mipa leh hmeichhe inhmangaihna chungchâng A ngaihdân min hriattîrtu dang a awm leh a. Engangin nge Pathianin nupa tuakthar nun (honeymoon) hmanna tur chungchângah thurâwn a pêk? *Deuteronomi 24:5.* An hnêna hun pêk zât kha engangin kan hman ve thin?

**KHAIKHÂWMNA:** Tunlai mi tamtak tân chuan, Pathian chu “entawn tur” tha tak satliah maiah a chang tawh a. A nih loh pawhin khawvêl remna leh muanna atâna tangkai ve thei tak ang lekah ngaih a ni ta baw. Chutih rual chuan, kan hmangaih theih mîzia nei a ni ti zâwnga en erawh a hlawh ngai ta lo. Mahse Pathian thu chuan Pathian chu hmangaihna la run thei tak a ni tih min hrilh. Chu chuan Seventh-day Adventist kohhran thurin hrang hrangte a danglamna a siam dân han ngaihtuah teh.

## A LO KAL LEHNA THUTIÂM

**CHÂNGVAWN:** “Ngai teh, Ka lo kal thuai dâwn e, mitin an thiltih ang zêla pêk turin Ka lâwmmman Ka hnênah a awm’  
“ (*Thupuan 22:12*, NKJV).

## SABBATH CHAWHNÛ

**Chhiar Tûrte:** *2 Petera 3:1–10, 13; Johana 14:2, 3; Daniela 2:44; Hebrai 9:28; 11; Thupuan 6:9–11; Luka 12:42–48.*

**Zirlai Tùm:** Engtikah nge Isua a lo kal leh ang? Tunge hria? Kawng lehlama thlîr chuan, hriat a ðûl vak em ni? A pawimawh zâwk chu, A lo kal leh ngei dâwn tih hi a ni.

**K**UM 1990 chho vêl kha chuan, mi tamtak chuan kan khawvêl hi kum sangbi thar a kai zawh an an ring mang lo. Mahse kum 2000 chu a lo thleng a, a liam leh ta a. T̄henkhat chuan hun an chhût sual nia ngaiin, *kum 2001 zâwk chu kum sangbi thar lo inñanna zâwk a lawm* an ti leh a. Mahse, ngai teh u, khawvêl chu tun thlengin a la tâwp chuang lo.

Engpawh ni se, Kristian tamtakte ang lo takin Seventh-day Adventist-te chuan Isua lo kal lehna chu a hnai sawtin an ring tho. Chanchintharah pawh, ringtu ni lêm lo chanchinthar lakhâwmtute pawhin engemaw tak buaina, *politiks* thilah emaw, leilung lam thilah emaw, ei leh bâr lamah emaw, sipai lamah emaw, a nih loh pawhin a vai belhkhâwmin emaw lo thlengin, khawvêl hian a tâwpna hun tur a hnaih ta hlê niin an sawi fo mai. Khawvêl hi engtiklai pawhin a chhe rup thei reng a ni tih hre turin Bible hrilhlâwkna zirni nih kher pawh a ngai lêm lo.

Hêng thilte hian min barakhaih tur a ni lo; hun tâwp hrilhlâwkna Bible-a awm zawng zawng deuh thâwte chuan Isua lo kal leh dâwn t̄epah buaina nasa tak a awm ang tih an sawi sa vek a ni. Chutiang buaina hunah chiah chuan mak tak maiin tunah hian kan awm ta a

nih hi. Engtikah nge Isua a lo kal dâwn? Kan hre hauh lo. Kan hriat chu a lo kal leh ngei dâwn tih hi a ni, chu chu pawimawh pawh a pawimawh ber rêng a ni.

SUNDAY

March 25

## A BULĀNNA LEH A TĀWPNA

Mihringte dinhmun beidawnthlāk zia hi fiah leh chiang takin Bible-in a sawi a. Mahse Bible ziaktute hi an beidawng reng kher chuang lo, achhan chu a tâwpa thil lo thleng tur an hre tlat a ni. *Isaia* leh *Thupuan* bung tâwp berte chuan sualna tihborala a awm hun tur leh Pathian lalram dinthar leh a nih tur sawiin min thlamuan a. Pathian chuan a zâwlneite hnênah khawvêl chanchin thim tak mai khârna tur “thil tâwp berte” a puang chhuak a. Zâwlneite chuan he hun lo thleng tur atân hian an ngaihtuahna nasa takin an sêng a, chutih rual chuan siamthar a nih hun tur hmuh lâwk tîr an nih tawh avâng erawh chuan beiseina nêan an hun an hmang thîn a ni.

A hma lama kan en tawh ang khân, khawvêl hi tihpalh thil thua lo piang ve mai nia i rin chuan, chutiang bawka a tâwp leh rin mai pawh i tân chuan a âwm viau mai. Nimahsela hetiang a bul tan leh khawvêl tâwpna tur thlîrtu tân chuan beisei tur engvak a awm lo, a ni lawm ni? He thlîr dân kalh chiah hian kan Bible chuan *Genesis 1* leh *2* hi fiah leh chiang takin a taka thil thleng ngei a ni tih min hrilh. Khawvêl siamnaah hian tihpalh thil a tel lo. Chuvâng chuan a ni, kan Pathian thu hian khawvêl tâwpna tur a sawi uar êm êm ni. He khawvêl tâwpna tur hi tihpalh thil vâng a ni dâwn lo.

**2 Petera 3:1–10 chhiar la. Engtin nge Petera’n mihringte chanchina thil lo thleng hmasa tawh leh mihringte chanchin tâwpna tur a dawh zawm? Helai thu aţang hian eng beiseina nge kan neih theih?** \_\_\_\_\_

Thilsiamna hmasa leh siamtharlehna tur hi a inzawm tlat a, an pahnih hian an pawimawhna an inbelhchhah tawn ve ve a ni. Hun

tâwpa thil thleng tur (eschatology) han zir hian, Pathianin a thilsiamte chung a rorêlna vâwrtâwp chungchâng kan khawih a, chu chuan A lalram dinthar lehna lampangah min hruai nghâl thîn.

Isua pawhin Chiang takin thil bulţanna leh tâwpna hi Amah nêna a kaihawm tlat a ni. *Thupuan* buah vawi thum (*Thupuan 1:8, 21:6, 22:13*) ngawt Isuan Alpha leh Omega a nih thu a sawi (Greek ʔawngah chuan *alpha* hi hawrawp hmasa ber niin, *omega* hi a tâwp ber a ni). Hei hian awmzia pakhat aia tam a nei a ni mai thei, a lo berah Isua thiltihtheihna leh khawi hmunah pawh awm thei a nihna min hrilh a; Isua chu engkim bulţan lain a awm a, a tâwpah pawh a awm dâwn a ni tih min hrilh a ni. Khawvêl bulţanna leh tâwpna inkâr khawi hunah pawh awm ila Amah chu kan rinchhan tlat thei a ni. Enganga buaina nasa pawh lo thleng se, min ʔanpui turin Ani chu eng tiklai pawhin a awm reng dâwn a ni tih min hrilhna a ni bawk.

**Kristian ʔhenkhatte chu hringhrân ngeia Isua lo kal lehna leh, he leia Pathian thiltihtheihnaa Pathian lalram dinthar leh a nihna tur rinna aʔangin an pêng a. Chu lalram chu keimahni ngeiin kan din tur niin an ngai. Hun kal tawhah hetiangah khawvêla Pathian lalram din tum an lo nih ʔhin tawh dân ngaihtuah la. Engvangin nge kan hun atân pawh hian, hêng hun liam taa an tumna hlawhchhan ta aia ʔha zâwk kan beisei ngawt theih chuan ang? \_\_\_\_\_**

**THAWHTANNÍ  
THUTIAM LEH BEISEINA**

*March 26*

“Hun tâwp thil thlengte” hian Pathian lalram dinna lampang a hawi vek avângin, “hun tâwp thilte” hi Seventh-day Adventist-te chuan an ngai pawimawh ber ʔhîn a ni. Hun tâwp chungchâng hi kan ngai pawimawh êm êm a, chuvâng chuan kan hming: Seventh-day Adventist tih hming hi kan put phah a ni. Kan hming ngau ngau pawh hian Isua lo kal lehna kan rinna a lantîr a ni.

**Engtin nge Peteran he beiseina hi a sawichhuah? 2 Petera 3:13. He beiseina hi kan rinna tinrengah hian engvangin nge a pawimawh êm êm? He mi tel lo chuan, beiseina hrim hrim pawh hi kan nei rêng em le? \_\_\_\_\_**

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Kan mihring beiseina leh duthusâmte hi chuan min tibeidawng fo thîn. Thil tamtak min tihlawhchham thîn an awm, achhan chu hmalam hun kan thunun theih loh vâng a ni. Kan beiseina nghahhlelawm berte pawh tihpuitlinin a awm lo fo thîn. Eng ang pawhin tum mah ila, kan hmalam hun kan thunun thei lo. Hringnun hi mai thei emaw, a theih chuan tih emaw vek a ni. Kan ruahhmanna zawng zawngte pawh hi tum chhinna ang lek an ni. Mihringte chanchin awm tawh leh awm chho zêl tur pawh hi hriatthiam harsa, buaithlâk, hei ngei hi a lo ni e *kan* han tih mai theih pawh ni lo khawpa buaithlâk a ni. Hêng thil hriatchian lohna hian min ti lungngai fo thîn. Mahse Bible ziaktute chuan LALPA chu rorêlta a nih avângin lungngai lo turin min hrih a, A lo kal leh ngei dâwn tih leh, a lo kal leh huna a rawn tih tur nêl lam thutiam kan nei a ni.

**A hnuaia Bible chângte hi chhiar la. Eng beiseina, leh hriatchiannate nge i hmuh theih le? Thutiam maltinte hian eng thil nge an uar bîk theuh?**

*Johana 14:2, 3* \_\_\_\_\_

*Daniela 2:44* \_\_\_\_\_

*Tirhkohte 3:20, 21* \_\_\_\_\_

Hêng châng tinte hian, Krista lo kal lehna thutiam mai bâkah, A lo kal leh huna khawvêl thar leh nunphung thar diai min pêk tur thutiam an sawi vek a ni. Chumi hunah chuan engtiang takin nge kan awm ang tih ngaihruat han tum chhin teh. Sualna, damlohna, thihna, hlauhna, tharum thawhna, huatna, retheihna, dân bawhchhiatna, indona leh tawrhate nêl hian kan inchiaphiah nasa tawh lutuk a, hetiang tel miah lohna khawvêl hi chu kan tân ngaihruat pawh a harsa tawh hial a ni. Mahse chutiang chiah chiah chu kan khawvêl beisei, kan hnêna khawvêl thar tiam awmdân tur chu a ni.

## KAN TÂNA HRIATCHIANNA ROPUI

Kristian kan nih avâng leh, Seventh-day Adventist kan nih avângin he leia hringhrâna Kristâ lo kal lehna hi kan beisei a ni. Kristian pâwl ðenkhatte chuan he zirtîrna an beiseina hi an bânsan loh vêk pawhin, lo kal lehna hi mimal thil mai a ni tiin thlarau lam thilah an puh daih a. Tiang deuh hian an sawi ðîn: *Lo kal lehna chu kan thinlung lama khawtlang tâna kan tihtur hlen kan zirin emaw, midangte kan hmangaih tur ang taka hmangaih nachâng kan hriat hunah emaw hian kan nunah a lo thleng ðîn a ni.* Midangte chu kan hmangaihin kan khawtlâng tân pawh mi ðangkai tak kan ni tur chu a nih teh meuh mai, mahse hêng zawng zawngte hi Isua lo kal lehna nêh erawh kan ngaihfin tur a ni lo.

Kan thlîrna ruam, a bîk takin thih hnu awmdân kan hriatthiam dân aţang hi chuan hringhrân ngeia, Amah ringtu mitthîte kaithe tura Kristâ lo kal lehna tel lo chuan, kan rinna zawng zawngte hi awmze nei lo vek an ni. Lo kal lehna hi kan rinna lungphûm a ni (kan hming hian a pawimawhzia chu a târlang) a, he mi tel lo hi chuan kan engkim hi a tluchhe vek ngei ang. A chhan chu kan rinna leh beiseina zawng zawngte hi “chhûm zînga” (*Matt. 24:30*) Krista, a tak ngeia A lo kal leh hunah chauh a thleng famkim dâwn a; he hi kan la bo a nih vaih chuan kan zirtîrna zawng zawngte hi awmze nei lo an ni nghâl vek dâwn a ni.

**Isua a lo kal leh ngei dâwn a ni tih kan hriatchianna chhan zawng zawngte zîngah hian hian a eng hi nge ropui ber ang? Thil dang zawng aia, A lo kal lehna tur tichiangtu ber chu enge ni?** *Hebrai 9:28; 1 Korin15:12–27.* \_\_\_\_\_

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Krista lo kal hmasaka A thilrawn tihte kha, a lo kal lehna beiseina ropui tak inngahchhan lungphûm chu a ni. Engpawh chu ni se, a lo kal vawi hnihna tel lo chuan enge A lo kal hmasakna khân ðangkaina



a neih ang? Kawng danga sawi chuan, lo kal hmasaknaa Isua min tihsak zawng zawngte kha lo kal vawi hnihna tel lo chuan awmze nei lo mai an ni. Bible hian Kraws sawinaah *tlanna* tih ÷awngkam hi a hmanng zeuh zeuh a. Isua ngei pawhin, “Mihring Fapa hi rawngbâwlsak turin a lo kal lova, rawngbâwl tur leh, mi tamtak tlan nân A nun pe turin a lo kal zâwk a ni” (Matt. 20:28 NKJV) tiin a sawi. Kraws-ah Isua chuan a thihnain kan thlarau tlanna man chu a vaiin, a bikimin, chatuan atân a pe ta a. Chutih a nih chuan i tlan tawh thil chu lo kala i lâk chuan sî loh chuan i tân enge awmzia a neih ang? Tlanna man pêk tlâk ringawt hi thawntu tâwpna a ni thei lo. Mihring nû leh pête ngei pawhin an fa, lei lêt leh tura tlanna man an pêk tlâk vek tawh chu lo kalin an rawn lam dâwn lâwm ni? Chutiang tho chuan man tamtak sênga A lei tawh hi, Krista chuan a la rawn lam leh ngei ang. Chuvâng chuan, Krista lo kal vawikhatna khân a lo kal nawn leh ngei dâwn a ni tih hriatchianna Chiang ber min pe a ni.

**NILAINÎ**

*March 28*

**“A LO KAL LEHNA THUTIAM CHU KHAWIAHNGE?”**

Seventh-day Adventist hun hmasa ber aţang tawh khân, Adventist-te chuan Krista hi a lo kal leh thuai kan ring a, “hun lo inher chho zêlah hian Isua lo kal hun hi kan hnaih telh telh” zêl kan ring a ni. Chutih rual chuan tân thlengin leiah kan la awm a, kan zînga tamtakte beisei ai chuan leiah hian kan awm rei ta hle mai. He “khawtlaina” hi engtin nge kan hriatthiam tâk ang?

Mi ÷henkhatte rin ang lo takin keini chauh lo pawh hi LALPA an beiseina tihkhawtlai sak an ve nual tho mai.

Entîrnân, Pathianin Evi hnêna Chhanchhuaktu tur A tiam (*Gen. 3:15*) kha Evi chuan a fapa piang hmasa ber kha ni mai turah a ngai a. *Genesis 4:1* chhiar la. Helai lehlin dik takah hi chuan *tanpuiin* tih hi hawrawp dang deuh (*italics*) hman tur a ni, achhan chu Hebrai bu lamah a awm lo, letlingtuin a belh chawp mai a ni. Evi thusawi hi a ziak dân tur dik takah chuan tihian ziak theih a ni: “LALPA-mihring

chu ka nei ta” tiin. Mahse a tidik lo; Chhandamtu ni lovin, Kaina zâwk a hring a ni. LALPA lo kal tak tak chu kum sang tam hnuah chauh a ni.

“Eden-ah khân Chhandamtu lo kal tur chu hrilhlâwkin a awm tawh a. Evi leh Adama-ten thutiam an han hriat khân, a lo thlen thuai an beisei a. An fapa piang-hmasa ber chu Chhanchhuaktu a nih mial beiseiin nghâkhlel takin an thlîr a. Mahse thutiam thlen famkim hun tur chu tihkhawtlai a ni. Thutiam dawng hmasa bertute chu engmah hmu lovin mual an liam ta a. Enoka hun ațang khân thutiam chu tihthar leh niin, thlahtubulte leh zâwlneite kaltlangin A lo kal tur beiseina chu chhawm nun zêl a ni a, mahse chuti maiin A lo kal lo.”—Ellen G. White, *Chatuan Nghahfak*, p. 23.

**Hebrai 11** chhiar la. He bûng hian enge a thupui ber, engtiang kawngin nge “tihkhawtlaina” chungchângah zawnna awm thei zawnng zawnng hetah hian a len theih? *A bik takin chang 13, 39, 40-te en rawh.*

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Bible bu tuan hian, nghâkhlel taka an beisei nghâktu mi tamtak kan hmu a. Abrahama’n a hnêna fapa pêk tur thutiam a nghah reizia kha han ngaihtuah teh; Israel mîten Aigupta ram ațanga chhanchhuahna an nghah reiziate pawh kha. *Sâm* buah pawh zawnna, chhanchhuahna lo thlen hmâ chu “engchen nge ni ang” tia zawnna kan hmu chamchî a ni lâwm ni? Isua lo kal lehna “tihkhawtlai” a nih chungchângah hian mak ti vak tur kan ni dâwn chuang em ni, Petera’n kum sangnih liam daih tawhah khân tihian a lo sawi lâwk sa daih tawh a ni: “Hei hi hre hmasa ula, ni hnuhnungahte chuan nuihsantute chu anmahni châkna anga awmin, nuihsan chungin an lo kal ang a, ‘A lo kal lehna thutiam chu khawiah nge? Siam tirh ațangin engkim a awm pangngai angin, chi thlahtute muthilh ni ata tawh kha a la awm zêl a lâwm,’ an la ti ang” (2 *Petera* 3:3, 4).

I ngaihdânin tân ang hunah hi chuan LALPA chu lo kal daih tawh tur niin i ngai em? Engemaw châng chuan tun thlenga leia kan la awm reng avâng hian, he “khawtlaina” hian a tibeidawng che emaw, Isua lo kal lehna hi a rinhlelhtîr rum rum emaw ngai che em? Isua a lo kal leh ngei dâwn a ni tih tichiangtu zawng zawngte ngaihtuah la, chutih rual chuan, tâwp chin nei mihring mai kan nih avângin, hunbi kan hriatthiam dân leh Pathianin hunbi a chhiar dân a inang lo tih hre reng ang che. \_\_\_\_\_

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NINGÂNÍ

March 29

“NGAI TEH, KA LO KAL THUAI DÂWN E”

LALPA lo kal tih khawtlaina hi Paulan Thesalonika khua mîte lehkha a thawn chhan a ni ngei ang tih rinhlel rual a ni lo. Thesalonika khua mîten Krista lo kal lehna thutiam lo thleng tur an nghah mêk laiin, Paulan an hnênah eng thû nge a chah? *2 Thesalonika 2.* \_\_\_\_\_

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Isua lo kîr leh hmâin mihringte chanchinah thil thleng ngei tur thênkhat a la awm, engpawh ni se hmalama kan thil beisei chu ropui tak a ni.

“Hun tâwp ber” chungchâng sawina bu *Thupuan* ngei pawhin hun tihkhawtlai deuh a nih tur thu a sawi. Chhinchhiahna pangana phelh a nih lai mêkin, maichâm hnuaiâ âwte khân enge ni an sawi kha? *Thupuan 6:9-11.* “Tihkhawtlai” chungchâng zawhna nêh hei hi engtin nge a inkûngkaih? \_\_\_\_\_

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*Luka 12:42-48* chhiar la. Helai thu hian engtin nge “tihkhawtlaina” chungchâng hrethiam tura min tanpui? Chu

aia la pawimawh zâwk cheu chu, hetiang anga awm ve mai  
thîn keini ang tân hian eng vaulâwkna nge heti laiah hian  
ngaih pawimawh tur awm? \_\_\_\_\_

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Isua a lo kîr leh thuai dâwn a, rei a rial tawh dâwn lo a ni tih  
sawina chângte hi engtia tihur nge ni ta ang? Entîrnân: “Ngai teh,  
ka lo kal thuai dâwn e. He lehkhabu hrih lâwkna thu pawm apiang  
an eng a thâwl e” (*Thupuan 22:7*), tih ziak angte hi.

Kawng lehlama sawi chuan, *keimahni thiltawn theuh* a tanga  
ngaihtuahin, lo kal vawi hnihna chu kan thih “vêleh” hian a lo thleng  
a ni. Kan thî a, thlânah engtianga rei- kum hnih, kum zâ, kum sâng  
khat pawh a ni mai thei- a dang chuang lo, kan mit chhîn rual rual,  
mitkhapkâr leka kan hriat lehngâl tur chu Isua lo kal lehna a ni mai  
dâwn a ni. Hetiang a nih avâng hian, kan mimal thil tawn a tanga  
thlîr a, keimahni ngeiin kan tawn chauh kan sawi chuan Isua lo kal  
lehna hi kan damchhûng hun chauh kan nghâk a ni tih pawhin a  
ngaih theih ang chu. Engpawh ni se Isua lo kal lehna hi a taka ngeia  
khawvêl puma thleng tur chu a nih rualin, mimal theuhvin he lo kal  
lehna hi kan tawng dâwn a ni.

**Kumte an lo vei zêl lai hian, khawvêl thilte lâwmin, Isua lo  
kal lehna aiin khawvêl nawmsaknate i thlahlel ta mai em le?  
Chutianga i awm a nih chuan, nangmah chauhvin chutianga  
chuan i awm lo mai thei a nia. He thil amaha lo awm ve ni  
mai awm tak, mahse hlauhawm thei tak bawk si hi engtin  
nge kan beihlêt tâk ang? I chhâna in pâwl thenahrawn keng  
ang che?** \_\_\_\_\_

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**ZĪRTĀWPŊĪ**

*March 30*

**ZIRBELHNA:** “Chatuan hun a lo inher chhuah nân kum khat dang  
chu a liam leh tĕp ta. Ni rei lo tĕah kum thar kan chuangkai ang.  
Ka unaute u, kumhlui dârkâr tlĕm tĕ la awm hi uluk takin hman

rawh u. I tihur ngaihthah i la nei a nih chuan, Pathian hmâah sim la, i vahbona ata kawng dikah chuan kîr leh rawh. I dam hun chhông tur tawizia hi ngaihtuah rawh. Engtikah nge i tân khawngaihna kawng an khâr dâwn i hre si lo. Inthlahdah takin, ‘vawiinah leh naktûkah chumi khawpuiah chuan kan kal ang a, chutah chuan kum khat dang châmin, kan leiin kan hralh ang a, a hlâwkna kan têt ang’ tih suh. Pathian chuan i tân ruahmanna dang a lo nei ve mai thei a nia. Nunna hi chhâm, ‘rei lo têt lo lang a, ral leh ta thuai si thîn ang hi a ni.’ I kut khân engtikah nge a thiamthil a hlòh ang a, i ke pên pawhin tâwp hun a neih ang. Mitkhap kâr lek khawtlai pawh hi a hlauhawm a nia. ‘Hmuh theiha a awm lai hian LALPA chu zawng ula, a hnaih lai hian ko rawh u: misual chuan a awmdân chu bânsan sela, mifel lo pawhin a ngaihtuahnate bânsan bawh rawh se: LALPA hnênah kîr leh rawh se, tichuan Ani’n a lo khawngaih ang; kan Pathian hnenah kîr leh rawh se, Ani’n a lo ngaidam nasa khawp dâwn si a.’” —Ellen G. White, *Review and Herald*, December 23, 1902.

### **SAWIHO TÛR:**

- ① **In pâwlah Ningâni zirlai zawhna tâwp ber kha sawiho rawh u. Thil lungchhiatthlâk tak mai, he khawvêla kan awm rei poh leh Kristâ lo kal lehna lam ngaihsak a har a, mahse kan awm rei poh leh a lo kal lehna chu a hnai bawh si, he thil hi han sawiho teh u.**
- ② **Isua lo la kal loh chhan hi engte nge ni ang? A lo “kal tlainaah” hian mawh kan phur em? I chhâna chu “aw” emaw “âih” emaw pawh ni se, engtin nge i chhâna chu i sawifiah ang?**
- ③ **I rilruah, Isua hi a lo kal leh ngei dâwn a ni tih i rinna chhan tha ber enge ni?**
- ④ **Mihringte awm tan dân chungchângah hian science lamah inhnialna a awm nasa viau a, scientist tamtakte chuan mihring, lei, vân boruak zau thlengin rei tak awm tur anga chhût hi tha an ti vak lo. An hrilhlâwk dân chuan he lei leh**

vân pum pui hi a la chhe vek dâwn a, a nih loh vek pawhin a hmâa a awm angin a kîr leh ang a, nunna zawng zawng hi engtikah emaw chuan a la tâwp vek dâwn a ni. Keini Seventh-day Adventist-te erawh chuan he lei leh vân awm zêl dân tur chungchângah hi chuan chu mi letling chiah chu kan rindân a ni: Kan hmalam hun hi la ropui viau tur niin kan beisei a. Engpawh ni se, a pawimawh lai ber chu khawvêl tâwpna turah science hi a dik lo hul hual a nih si chuan, engkim bul ðanna chungchângah pawh hian engvangin nge inngah nân kan hman ang? A bîk takin science-in khawvêl awm ðanna chu eng thahruì emaw aţanga lo awm niin a sawi a, chutiang zêlin zâwng aţangin mihringah kan lo piang ta a ni tia sawiin, thilsiamnaa Pathian chêt vêna tur thlenga a hnâwl vek phei hi chu rin chî a ni lo chiang hlê a ni. Hetiang bâka thil dik lo lehchuan hi a awm vak thei dâwn em ni?

**KHAIKHÂWMNA:** Eng pawh lo thleng se, Krista lo kal lehna ring tlat tur hian chhan ða tâwk tamtak kan nei a ni.