

ဘာသာရေးဆိုင်ရာစာမူနှင့်ပြုချက်အမှတ် - ၃၂၀ ၇၅၄ ၁၂၀၉  
မျက်နှာဖုံးနှင့်ပြုချက်အမှတ် - ၆၀၀ ၀၀၂ ၀၁၁၀

ဥပုသ်စာဖြေကျောင်းသင်ခန်းစာ  
ဟော့ဒိုဘာသာ

အုပ်ရေ - ၆၅၀

ခမ္မဒါန

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

ထုတ်ဝေသူ။ ဦးကျော်စိန်ဖေ (၀၃၀၄၁)၊ ဥပုသ်စာဖြေကျောင်း  
သင်ခန်းစာ၊ အမှတ် ၆၈၊ ဦးဝိစာရလမ်း၊ ရန်ကုန်မြို့။

ပထမအကြိမ်

**PUTLING CHAWLHNI SIKUL  
BAIBUL ZIRLAI  
KAIHHRUAINA**



**THLARAU RAH**

**Richard O'Ffill ရေးသားသော  
THE FRUIT OF THE SPIRIT စာအုပ်ကို  
သိက္ခာတော်ရစမ္မဆရာကြီးဦးဒိုဟင်ပေါင်က  
ဟော့ဒိုပြန်ဆိုသည်။**

January, February, March  
2010

(ပထမအကြိမ်)

PUITLING CHAWLHNI SIKUL

BAIBUL ZIRLAI

KAIHHRUAINA

T H L A R A U R A H

A ziaktu: Richard O'Fill

January, February, March

2 0 1 0

1

H-1

A Chhunga Thu Awnte

1. An Rah Atangin ..... 6
2. Thlarau Rah chu Hmangaihna ani .. 16
3. Thlarau Rah chu Hlimna ani ..... 26
4. Thlarau Rah chu Remna ani ..... 35
5. Thlarau Rah chu Dawhtheihna ani .... 45
6. Thlarau Rah chu Ngilneihna ani ..... 55
7. Thlarau Rah chu Thatna ani ..... 65
8. Thlarau Rah chu Rinawmna ani ..... 75
9. Thlarau Rah chu Thuhnuairawlhna  
ani ..... 84
10. Thlarau Rah chu Insumtheihna ani ... 94
11. Thlarau Rah chu Felna ani ..... 103
12. Thlarau Rah chu Thutak ani ..... 111
13. Thlarau Rah: Kristian Nungchanga Peng  
Pawimawh Tak ..... 120

2

"Thlarau Rah Chu . . ."

Ni khat chu nu pakhat motor khalh lai hi police motor pathumin an lo danga. Motor atanga police rawn chhuakten silai an keng far mai tih chu nu in a han hmuh chuan a hlauthawng kher mai. Eng thilnge a tihsual ang le?

Police pakhat chuan, "Motor dangte kawng buai avanga an dinlain ding ve lovin an karah i tlan tlanga, motor khalhtute chu anchhe lawh pahin maw lo takin i kut i phar khum kual vel baw a," tiin a hrih a.

Chu nu chuan, "Chu mi avang chuan maw in silaite in phawrh?" tia a han zawh chuan, "Nia, i motor hmaah thil sut palh tur laka inven nana thing khamphei invuah kan hmuh baw avangin i motor chuan hi i ruk anih kan ring baw ani," tiin police chuan a sawi leh a.

He thawnthu tawite hian thil pawimawh tak a tarlang a. Kan Kristian nunah kan ngaihtuahte, kan thusawite leh kan thiltihahte kan fimkhur hle tur a ni a. Isua Krista chu kan entawn tur niin, Amah ang kan ni ngei tur ani.

Isua ang tur tih awmzia chu engnge ni le? Engtingge Kristiante chu an nun ang? Thenrual zingah leh inah eng ang in nge kan khaw sak ang? A chhanna chu tun kuartara kan imnghahna ber tur Galatia 5:22, 23 ah kan hmu thei a, "Thlarau rah erawh hmangaihna te, hlimna te, remna te, dawhtheih nate, ngilneimate, thatnate, rinawmna te, thuhnuairawlhna te, insum-

theihna te a ni zawk e; chutiang kalhzawngin Dan thupek reng a awm lo ve."

Thlarau Rah chungchang leh an nunte Pathian hnena hlan pumhlmtu te chung a thilthlengte kan zir ang. An chhunga Thlarau Thianghlim hnathawh dante kan zir baw ang. Tisaa piang apiang tisa a ni; Thlarauva piang apiang thlarau ani." (John 3:6). Thlarau kan lo pianthar hian Thlarau Rah chu kan dawng thin.

Tirhkoh Paula chuan, Thlarau rahte chu tia sawi lovin, "Thlarau rah chu . ." tiin a sawi a. A chhan chu Thlarau rah chu pakhat leh pakhat then hran theih an ni lova, pumkhat anga hna an thawh tlan vek vang ani. Thlarau rah chu kan thinlung chhunga Thlarau Thianghlim hnathawh rah a ni a, Isua kan neih hnua kan awm dan turte an ni.

Thlarau rah chu hmai tam tak nei lungflu manto chi ang a ni baw. Hmaitinte chuan Isuan kan nuna dinthar A duh A nung changte an tarlang a. Pathian thil ruahman chu Isua ang tura kan nungchang siamthar anih avangin Thlarau Thianghlim chu keimahnia chenga siamtharna hna chu thawh turin A rawn tir ta ni.

A nuna Thlarau rah thanlen tirtu chuan a tunhma nun thalote bansanin siamthar a lo ni a (Korinth 5:17). Thihna atanga Kristaa nunthar (1 Johana 3:14) neitute nunah Thlarau rah chu a langchhuak thin ani.

Tun kuartar chhung hian Isua ang zual tura min siam turin kan nuna Thlarau Thianghlim hnathawh

kan phalsak dan turte kan zirho dawna. Isua chu mi zaidam, hmangaihna ngah, ngilnei leh rinawm tak ani.

Thlarau rah i nuna (a bik takin in inchhung khura) englai pawha parchhuah tir chu i mawhphurhna a ni a. Hlawhtlinna kawng awm chhun chu Pathian hnena inpumpek a ni tih kan hmuchhuak baw ang. A awmia chu mahni tanghma chauh sialna nun chu thihtirin Pathian leh midangte tana nun duhna thinlung neih kan mamawh a. Englai pawha Krista khawngaihna mamawh misual kan ni tih hriat reng kan mamawh baw. Isua hmangaihna chuan mi eng ang nge kan niha, eng thilnge kan lo tih tawh tih lam A en ngai lo. Thlarau rah chu a "rah" mai a ni tih kan theihngihl baw tur a ni lo. Chhandamna chan duh vanga Thlarau rah neih ni lovin, chhandamna neih tawh avanga a rahchhuah a ni zawk. Chhandam kan nihna chu Isuan kan tana min tih sak vang liau liau ani.

Tun kuartar zirlai ziaktu Pastor Richard O'Ffill hi thuhritlu leh lehkha ziaktu a ni a. Khawvel ram hrang hrangah kohhrana rawngbawl hna a thawh tawh bakah General Conference headkuartarah kum sarikh chung a thawk baw. Tunah hian Orlanda, Florida ah a cheng ani.

♣ \* ♣

**ZIRLAI 1**  
**"AN RAH ATANGIN . . ."**  
**December 26 - January 1**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Luka 13;7-9; Johana 11:4; 12:28; 15:1-10; 2 Timothea 3:5.

**CHANGVAWN:** "Chuvangin anmahni chu an rahah in hre mai ang" (Matthaia 7:20).

KAN LALPA THUTIAMTE ZINGA RILRU KHAWIHBERTU chu Amaha kan awmtlata, A Thlarau Thianghlim hmanga keimahnia A awm kan phal tak zet chuan kan nun chu nasa takin a lo danglam anga, midang lamdaih kan lo ni dawn ani.

Tun kuartar chhung hian Thlarau rah kan zir dawna. Chhandamna ruahmanna mak tak maiina kan hnena thu a tiam chu hei hi a ni: "Chutichuan, keini chu kan zain hmai khuh lovin darthlalang anga Lalpa ropuina chhun enin, ropuina atanga ropui zelin, chu mi anpui ngeia awm turin tihdanglamin kan awm thin, Lalpa (Thlarau) ata chu kan hmuh ang zelin" (2 Korinth 3:18).

Isuaa awm rengtu chuan Thlarau rah chu a nei ang. Chu thutiam chu i tan a ni thei tak takzetin i ring em? I chhanna chu ring tak zet e tih a ni ngei ang.

Keimahnia he hna tha tak mai thawk tantu Isua chuan a tawp thlengin min thawh zawh sak ngei ang tih kan ring thei ani. "Nangnin mi thlang lo, keiman ka thlang zawk che u a, va rah tur leh in rah awm reng turin ka ruat baw a che u; ka hminga Pa hnena in dil apiang a pekna tur che u in" (Johana 15:16) tia A sawi tawngkamte chu hre reng la. Chanchin lawmawmber chu kan nuna hnathawktu Thlarau Thianghlim chuan tunah chauh ni lovin chatuanin A thawk reng dawn ani.

**NIK HAT NA**

**Dec. 27**

"THING TIN ANMAHNI RAH THEUHV AH A HRIAT ANI"  
(Luka 6:44).

Thlarau Thianghlim i neih leh neihloh mi in an zawt ngai che em? Hei hi tawng hriat lohva tawngtheih leh theihloh zawhna a ni ve thei baw. Mi thenkhat chuan tawng hriatlohva sawitheite chauh Thlarau Thianghlim nei angin an ngai thin. Nimahsela Isuan chhinchhiaha leh thiltih makte chu finfiahna tling a ni lo tiin min hrih a. Matthaia 7:21-23 a Isua vaukhanate chhiar la (Thupuan 16:14 chhiar baw ang che). Isuan A hminga thilmak titute an awm tur thu chiang-takin A sawi a. Nimahsela chu thilmak tihna mai chuan a titute chu Isua hnungzuitu rinawm taktean ni tih a finfiah theih loh ani. Chu mai bakah hun mhunngah chuan Pathian rawngbawltu nia inchhal, nimahsela an thiltihta Thlarau Thianghlim tel si lo, Isua hnungzuitu der tam tak an la piangchhuak dawn ani tih hriattir kan ni (2 Timothea 3:5).

2 Timothea 3:5 a thudik chu waviin niah eng anga tarlan nge a nih le?

"Thing tha reng reng rah chhiaa rah a awm lo; thing chhia lah rah thaa rah a awm baw hek lo. Thing tin anmahni rah theuhvah a hriat ani. Min hruihling-nei kungah theipui an lo ngai lo, nghardai kungah grep rah an lo ngai baw hek lo" (Luka 6:43,44).

Thingkung chu a rah atanga kan hriattheih tur thu Isuan A sawi a. Mi pakhat chuan eng ang mi nge anih tih a tawngkam mai ni lovin a cheziain a tarlang chaw thin. Thlarau thilpek chu rawngbawl na atan kohhranah pek a ni a. An nunte tihdanglam a nihtheih nan Thlarau rah chu Pathian fate hnena pek a ni baw.

Kristian dik tak, rah tha tak nei bawktu chuan mi eng ang nge a nih tih a tarlang chiang hle a. Lemchan thiam tak chuan Mahatma Gandhi ang turin thiam taka a changthei thin angin mi tha tak ang leh thiltha ti angin kan lang chaw thin. Nimahsela Thlarau Thianghlimin thinlung thar min pek si loh chuan kan tha tak tak thei chuang lo ani.

Thiltha tih leh mi tha nih inkara danglamnate chu thuk takin ngaihtuah la. A hmasain "tha" tih chu engnge a awmzia? A dawt lehah mi tha ni si lovin thiltha a tihtheih em? Thiltha ti si lovin mi tha a nih theih baw em? In chhannate chu chawlniah sawiho ang che u.

**THAWHTAN**

**Dec. 28**

'KEIMAH LOVIN ENGM AH IN TI THEI SI LO" (Johana 15:5).

Mipa naupang pahnih hian an awmna inchhawng kawngkate atanga an nu leh pate hriatloha tuihleuh tura chhuahruk nan thingkung pakhat hi an hmang thin a. Chu thingkung chu a thih avanga an pa in kih a tum thu ni khat chu an hre thut mai a. An tlan chhuahna kawngber tihchhiata a awm chu naupangte chuan an hlau hle a. Tichuan dawra va kalin apple lem hi an va lei ta teuh mai a. Thingkung thi tawh tangah chuan an vuah ta fur a. A tuk zinga an pa a han thawh chuan zan khat thilthu maia per thei kunga apple rah puitling lo awm ta teuh chu a hmuhin mak a ti hle mai ani.

Johana 15:1-5 chhiar la, a hnuai a zawhnate chhang ang che:

Isuan Grep kung dik tak A nih thu a sawi a. Engvangnge "dik tak" tih tawngkam A hman le? (Matthaia 24:24 chhiar bawk la)

Johana 15:5 a tarlan angin Isuan engnge kan ni tia A sawi le? Chu chu keini Kristiante tan engnge a awm zia? Chu chuan kan nundan tur engnge min hrih bawk le?

Chang 4 na chuan grep tang chu grep kungpui nena a inzawm reng loh chuan rah a neihtheihloh thu a hrihfiah a. Hei hi kan theihngihlh hauh lohtur thil pawimawh tak ani.

I mit thlain apple zar tliak suangtuah la. Chu a zartliak ah chuan hmin mai tur apple rah a awm nual mai a. Chu thing zar tliak leh a rahte chu engtinge an awm tak ang? Apple rahte chu rawngsena chei ni ta se a that phah ang em? A nih loh leh thingtang chu tui leihin emaw, a tlakna bul velah leihatna

phulin emaw an thatphah thei ang em? Engvanginng thing zar tan a kungpui nena inzawm chu a pawimawh em em mai le?

Engtinge Isuaah i awm reng ang? Nitina Isuaa i awm reng theih nan i nunah eng ang inthlak danglamna nge i mamawh le? Amaha awm reng ti harsa tu che eng ang thilchin tha lo te nge i neih?

#### **THAWHLEH**

**Dec. 29**

KAPA CHU CHAWIMAWIIN A AWM THIN (Johana 15:8).

Johana 15:8 a Isua thusawi hi engnge a awmzia ni ang le?

"Thiltha lo thleng avanga thiltha tih a theih ani," tia an sawi chu a hre thin ngei ang. He thu hi a dik anih chuan thildik lo thleng avanga Isuaa awm reng tum chu a theih ang em? Isuaa awm rengna chuan Pathian ropuina atan rah tha tak a chhuah dawn a. Thlarau rah chu midangte hmuha tha anga inlartirna ni lovin, Pa Pathian chu mi tha tak anga lantirna a ni zawk.

Krista rawngbawlnaah khan thil mak tihnate leh thiltha tihnate an tela. He khawvela A rawngbawlna khan chhan lian tak a nei bawk. Krista rawngbawlna chhan chu engnge ni le? Chu chuan kan rawngbawlna chhante chu engnge nia min zirtir? (Johana 11:4; 12:28).

In kohhran chuan in biak in bul vela cheng kohhran member la ni lote nena inhnaihna tha zawk

nei thei tura kawng zawn chu in duh ngei ang. Chu chu thil tha tak a ni bawk. Chutihruual chuan kan thiltumah kan fimkhur a tul hle? Hetiang hna kan thawhnaa kan tum ber chu engnge ni le? Keimahni intih ropuina tur nge, Pathian ropuina tur? Chu mi pahnih inkara danglamna chu engtinngge kan thliar thiam theih ang? Kawng tam takah he thil pahnih hi pawlhfinin mahni tanghma sialna thinlung chu a dera Pathian tih ropui tumnaa khuh bo a awl hle thin.

Matthaia 5:16 leh 1 Korinth 10:31 te a tarlan angin vana kan Pa hnena chawimawina hlan chungin engtinngge thiltha tih duhna thinlung kan neih zel theih ang? Thiltha tih duhna thinlung neih hnuin Pa hnena chawimawina hlan lova, mahni inchawimawi nana hman zawk a awl hle thin tih hre reng la. I thinlungte inenfiah chiangin, in zawtnawn fo thin la, thil thenkhat i tih chhan takte chu engnge ni le? Mahni inbumtu i lo ni thin hial lo maw?

**NILAI****Dec. 30**

"A RAH APIANG A TITHIANGHLIM THIN, A RAH TAM LEHZUAL NAN" (Johana 15:2).

A rahlote hlawi dan Johana 15:2 a tarlan awmzia chu engnge ni le? He thil hi eng anginngge i nunah i daihriat tawh thin?

Grep rah hun tawp apiangin grep huan neitu chuan grep zar tam zawk te chu a hlawi thina. Nimahsela hlawi zawhloh a zuahah khan a kum leha rah turte chu an innghah avangin huan neitu chu a

fimkhur hle tur ani. Grep kung ina a duh ang tawka hlawi that loh chuan a kum leha rah chu a chaklo in a rah pawh a lo te thin. Chuvangin grep kung hlawitu chuan a buk dan tawka a thiam a tul hle ani.

"Pathian chuan mihringte hi an chaknate rin-chhan a phalsak ve thina. Pathian chuan mihringte suangtuah angin a ngaihtuah ve lo. Kan thil ruahman-te chu thaberin kan ngai thina, nimahsela Pathian chuan an tha thawk lo tih A hriat avangin A hmangaih-nain min tihdanglam sak thin. Kan thlarau tana tha anga kan ngaihte chu Krista hnungzuitu kan nihna avanga kan tawrhate nen an in ang lo hle thin bawk.

"Pathian chuan lei atanga van kan thlen thlengin min fiah a, chu mi avang chuan kawng chu kawngka zim tia koh ani. Nungchangte chu fiah a nih loh chuan adera Krista zui ve a, an duhnate, chaponate leh thiltum te an hlen hmaloh inti sakhaw mi der tam tak an awm dawn ani. Heng keimah nia awm chakloh-nate avang hian Pathianin fiahna khauh takte leh buaina thenkhatte chu kan chung a thlen min phalsak thina. Sakhuana dik tak tlakchamma chuan Thlarau Thianghlim hnathawh mamawhzia a lantir bawk ani." -- Ellen G. White, In Heavenly Places, phek 266.

I rimna nasa taka fiahtu buaina lian tak i tawng ngai em? Chu i thiltawn atang chuan eng ang zirlai nge zirchhuak tur i nih? Chung zirlai chu i zirchhuak tak meuh em?

**NINGA NI****Dec. 31**

"CHU MI ACHINA A RAH CHUAN A THA ANG, A RAH LOH ERAWH CHUAN" (Luka 13:9).

1730 leh 1745 chhung khan Amerika kut hnuai a awm Maine atanga Georgia bial thlengin harh-tharna ropui tak a thlenga. Chu harhtharnaa hruai-tuber Jonathan Edwards chuan July 1941 a a sermonah, "Pathian Thinrimna Kuta Misualte" tih thupui hmangin a sawi a. Chu sermon chu Kristian tam tak tan hremhmun rapthlak zia thlirlawkna a lo ni ta a. Nimahsela he sermon hian soal chungchanga thudik tak a tarlan bakah soal chungchanga Pathian thiang-hlim tak rilru put dan leh rorelna ni ropui tak lo thlen dan tur a tarlang bawk ani.

Rah thanglan zel tur chungchang Johana 15:1-10 ah Isuan engnge min zirtir?

Amaha kan awm reng chuan rah tam tak kan nei ang tia Isua thusawite chu ngaihtuah la. Rah neih hi A chhandamna chhinchhiahna ani. Rinnaa Amaha kan awm reng chuan Pathianin chhandamna chu min tiama. Kan hnena pek Isua felna nun famkim avang chauhin chhandamna chu neihtheih a ni a. Chutih rual chuan Isuan Amaha kan awm reng loh chuan rah kan nei lovang tiin vaukhanna thu min hrilh bawk. Rah neilote chu an lo vuai anga, tichuan halral atan meia paih an ni dawn ani (2 Peter 3:9).

Luka 13:7-9 a tarlan Isua tehkhin thu atang hian engnge zirtur kan nih?

A kawh tum tak chu rah neih avanga chhandam lam a ni lo. Rah neih avanga chhandam nih tumna chuan thiltih avanga chhandamna lam a kawka. Chuvangin rah neih avanga chhandam kan ni lo.

Kan rah chuan Isua rinnaa, Amaha chhandam kan nih zia a tarlang zawka. Rahneih chu chhandam nih entir na ani. Rah neih chu chhandam nih nan a ni lo. Helaiia danglamnate hi kan hriatthiam a pawimawh hle a. Chutilo chuan kan rah hlu takte chu kan chhuang lutuk thei a, anihloh pawhin rah chhe tak kan neih avangin kan beidawng mai thei bawk.

#### ZIRTAWP

Jan. 1

**ZIRBELH TUR:** " 'An mahni chu an rahah in hre mai ang' (Matthaia 7:20), tiin Isuan A sawi a. Krista ropui nan A hnungzui dik takte chuan rah an nei a. An mahnia Pathian thlarau hnathawh duhawm tak chu an nunin a tarchhuak thin. Isua chu anmahnia A nun avangin an nun chu a thianghlim a, rah thianghlim tak chu an nunin a tarchhuak thin. Isua chu anmahnia A nun avangin an nun chu a thianghlima, rah thianghlim tak an nei bawk. Nundan dik takte hi Pathian ngaihsakna rah hai rualloh chu ani. Hetiang nun engmah rahchhuah tur nei lote chuan Pathian thiltea daihriat an neihlohzia an tilanga. Grep kungpui chu an zawmlo tihna ani. Isuan, 'Keimahah awm reng rawh u, kei pawh nang mahniah ka awm reng ang. Peng chu, grep hrui a awm reng loh chuan amahin a rah thei lo ang bawkin, nangni pawh keimaha in awm reng loh chuan in rah thei lo vang. Kei grep hrui chu ka ni, nangni a pengte chu in ni; tupawh keimaha awm renga, kei pawh amaha ka awm rengna chu, chu mi chu tam takin a rah thin; keimah lovin engmah in ti thei si lo,' tiin a sawi (Johana 15:4, 5)"-- Ellen G. White, *Counsels to Parents, Teachers, and Student*, phekk 329.

"Mi tam tak kohhran chauh zawma Lalpa nena inzawma nei lo an awm ngei ang. Engtik hunah emaw chungte chuan an nungchang dik tak chu an lantir dawn ani. 'Anmahni chu an rahah in hre mai ang' Matthaia 7:16. Thlarau rah Pathian ngaihsakna, thianghlimna, ngilhneihna, hmangaihna leh khaw ngaihna te chu an nunah hmuh tur a awm lova, hling leh buar chauh an tarlang thin. An rin anga nunpui lo khawvel mite hmaah Pathian chu chawimawiin a awm lo ani."-- Ellen G. White, *The Faith I Live By*, phek 90.

♣ \* ♣

**ZIRLAI 2**  
**THLARAU RAH CHU HMANGAIHNA A NI**  
**January 2- 8**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Deuteronomy 6:5; Matthaia 5:43-48; 7:12; 22:39; Luka 10:25-37; 1 Korinth 13:4-7.

**CHANGVAWN:** "Chutichuan, heng pathum, rinna te, beiseina te, hmangaihna te hi a awm reng ang; tin, hengahte hian a ropui ber chu hmangaihna hi a ni" (1 Korinth 13:13).

TIRHKOH PAUL'N THLARAU RAH tarlannaa hmangaih-na a hmang hmasaber hi a mak love. Hmangaihna hi Pathian nungchang tarlanna thaber anih avangin Kristiante nunah chuan a hmasaber a ni ngei tur ani. Min siama, min tanpuia, keimahnia Ama intarlang tura Pathiana thawktu chu hmangaihna a ni a. Sual fate min chhandam tura A Fapa khawvela A tirhtheihna pawh hmangaihna avang tho ani.

Johana chuan Chiang takin "Pathian chu hmangaihna a ni" tiin a sawi a (1 Johana 4:16). Hmangaihna chu Pathian nungchanga thil pawimawh tak anih avangin kan tan pawh a pawimawh ve ngei tur ani. "Hmangaihna awm reng chu, Pathianah a awm renga, Pathian pawh amahah a awm reng ani" (chang 16 na).

Lungchhiatthlak takin, hmangaihna tih tawngkam hi wawiin niah hmantlem a ni ta hle mai. A chang chuan sik leh sa awmdante, kan thil ei duh zawngte leh kan ran vulhte chu kan ngaina hle angin kan sawi thin. Nimahsela chutiang ngainat hmangaihna chuan Pathian duhzawng hmangaihna dik tehna chu a tling zo lova (1 Korinth 13). Hmangaihna dik tak chu a danglam daih ani. Hmangaihna chu kan ngainat leh duhzawngte chauh thlana, a dang zawng huat ang chi a ni baw lo. Chutiang chu hmangaihna dik tak a ni thei lo. Tunkar chhung hian hmangaihna dik tak awmzia chu kan zir ang.

**NIKHAT NI**

**Jan. 3**

HMANGAIHNA CHUAN HMAI TAM TAK A NEI (Deuteronomy 6:5).

Lalpa in Pathian chu in thinlung zawng zawngin, in rilru zawng zawngin, in chakna zawng zawngin in hmangaih tur ani. "Ani chuan a hnenah, 'Lalpa i Pathian chu i thinlung zawng zawngin, i thlarau zawng zawngin, i rilru zawng zawngin i hmangaih tur ani,' tih hi. Chu chu thupek ropui leh pawimawhber ani. Tin, a dawttu, a anpui chu hei hi ani, 'Nangmah i inhmangaih angin i vengte pawh i hmangaih tur ani,' tih hi (Matthaia 22:37-39)."

Enginngge Baibul lehlin dante hi lehlin dangte laka tidanglam thin le? A chhanna chu a letlingtu tawngkam hmandanah a innghat tih ani. Entirnan, "Sava chu a te" tih tawngkam pawh lehlin dan dang dang "Sava chu te takte ani" tiin emaw, "Sava chu te

reuh te ani" tiin emaw a lehlin theih a. Chung lehlin dante chu a tlangpui thu in an dik thuak mai thei. Nimahsela, Thlarau rah zir dawn chuan kan hriatfiah zual theih nan Baibul ziak hmasaber Hebrai tawnga a thu awmzia zir kan mamawh ani. Deuteronomy 6:5 a Hebrai tawnga hmangaihna chu ahabta tih a ni a. A awmzia chu phurhlut avanga lo awm suangtuahna mai ni lo, thinlung tak atanga lo chhuak duhna leh chetziaa lantirna ani. Chu chuan a dik ber leh mawi ber ti tura a hruai thin avangin hmangaihna chi hrang hrang zinga sangber a ni baw lo. Thupek lianbera Isua sawi hmangaihna pawh hi a dikber, a thianghlimber leh mahni inhlanna hmangaihna a ni a. Chutiang hmangaihna chu ani Pathian laka nei tura min duh, mitinte hmena Isua thupek chu ni.

Judate chuan thupek pakhatna chu thinlung, rilru leh thlarau a Pathian hmangaihna a ni tih an hre reng tawh a. Marka chuan chakna zawng zawng tih tawngkam chu a belh ve leh baw lo (Marka 12:30). Mihring nihna chi hrang hrang then lo awmkhawm chu Isuan mihring tiin a ko a. "In mihring nihna zawng zawngin Pathian in hmangaih tur ani" tia A sawi duhna ani.

Thil pawimawh tak mai Matthaia 7:12 leh Matthaia 22:39 a tarlan chu engnge? Hmangaihna awmzia hrethiam turin engtinngge hei hi a pawimawh?

Nangmah i inhmangaih angin i vengte i hmangaih tur a ni tih awmzia chu mi zawng zawngte hi thinlung tak zeta hmangaih tur tihna ani. Thupek pahnihaa hmangaihna hian thupek pakhatna hmangaihna tho kha a kawka. Chu chu chetziaa hmangaihna

a ni bawk. Chu chuan hmangaihtu thinlung taka duhna leh chetziate a phuta. Kan thenawm khawveng-te keimahni anga hmangaih tih awmzia chu mahni kan inngaihsak anga midangte ngaihsak tihna ani.

Mahni inhmangaih anga midangte hmangaih tur tih hi a sawi chu a awl viau thina, a taka chet chu a harsa thung. Hemi chungchangah hian eng anga tha in nge i thawh thin? Midangte i tanpui theih nan mahni mihring na tihlum awmzia zirlai khauhtak chu engtingge i zirtheih ang?

**THAWHTAN**

**Jan. 4**

HMANGAIHNA THILTIH (1 Korinth 13:4-8)

Hmangaihna hriatfiah nan hmangaihna awmzia hrilhfiah phawt a tula. Hmangaihna lantir chu a rahbi pahnihna ani. Kan hmangaih ani tia rang taka sawi mai lo tura fimkhur kan mamawh bawk. Chuti chuan, Baibula tarlan hmangaihna dante chu kan zawmin kan nunpui em tih Chiang takin kan in enfiah tur ani.

Hmangaihna che zia 1 Korinth 13:4-8 a inziak chu i chhiar hnu in, nangmah inzawt la, heng hmanngaihna dante hi engtingge kan inchhung khurah kan hman theih ang?

Hmangaihna dik tak dante chu kan inchhung khurah hmang reng ta ila kan inchhung chu eng anga nuam nge a lo nih ang tih ngaihtuah la. Pakhat leh pakhat inhrethiam leh intanpui tawna chhungkuua

chen a nawm dan turzia te ngaihtuah bawk ang che. Chutiang thilte i chung a ti turin i chhungkaw memberte chu i fuih hneh thei lo a nih pawhin nangmah ngeiin an chung ah han hmang la, a rah chhuah chu rangtakin i hmu nghal ang. Hmangaihna hi thilsiam zinga huvang nei thei ber a ni.

I sakhuaana, i nundan, i rindan leh i rinna chungchangahte miin an sawisel thei che a, nimahsela tiam chin nei lo leh tawp chin nei lo hmangaihna dik tak chu tuman an sawisel lovang. Hetiang hmangaihna hi Isua hmanga khawvel hnena tarlan hmangaihna chu a ni a. Midangte hnena kan semdarh ve tur hmanngaihna chu a ni bawk.

Baibula tarlan eng ang hmangaihna ang hi nge zawm ve harsa i tih ber? Chutiang hmangaihna chu lantir ve turin engtingge nasa zawka tan i lak theih ang? Chutianga i tih chu engvanginngge a pawimawh?

**THAWHLEH**

**Jan. 5**

HMANGAIHNAINA A TIHLOH TUR (1 Korinth 13)

1 Korinth 13:4-8 chhiar nawn leh la. Tun chauh hi kawng dangin han ngaihtuah chhin teh. Hmangaihna chuan engnge a tihloh tur le? Hengte hi "lova" tia inziak a ni lo lama tarlante an ni a. A ni lama tarlan chuan hmangaihna lama tangvek an ni.

A ni lo lama inziak 1 Korinth 13:4-8 mite hi chhiar nawnin, heng tawngkamte tana a ni lam hawite ziak chhuak la. Enganga tha in nge hmangaih na chu

i tarlan thina, a aia tha zawkin engtinge i tarlan theih ang tihte inzawt ang che:

Hmangaihna a itsik lova \_\_\_\_\_  
 Hmangaihna a infak lova \_\_\_\_\_  
 Hmangaihna a uang lova \_\_\_\_\_  
 Hmangaihna a che mawi lo lova \_\_\_\_\_  
 Hmangaihna mahni hma a sial lova \_\_\_\_\_  
 Hmangaihna a thin ur duh lova \_\_\_\_\_  
 Hmangaihna a soal lamah a ngaihtuah Lova \_\_\_\_\_  
 Hmangaihna chu fellohnaah a lawm lova \_\_\_\_\_

Hmangaihna bung tia koh 1 Korinth 13 a hmangaihna awmzia tarlan hi zirnawn leh la. Hei hian vana kan Pa nungchangte ngaina thei turin min tanpui a. Amah chu hmangaihna ani. Hemi chungchang hriatna hian khawvelina hmangaihna a hriatthiam dan leh Bible ina Pathian hmangaihna a tarlan dante chu an in ang lo hle tih hrethiam turin min tanpui ani.

#### **NILAI**

**Jan. 6**

HMANGAIHNA FIAHNA (Matthaia 5:43-48)

Nangma tawngka in Matthaia 5:43-48 a Isua thusawite chu zia la. Hmangaihna chungchanga Isua sawi tumber chu engnge ni le?

Kan hmelmate hmangaihtur kan nih chuan kan hmelmate chu tutenge an nih tih kan hriat chian hle a tula. I hmelma i ngaih chu i nunna lak tum, nangmah tihlum tumtu che chauh anga i ngaiha, i damchhunga chutiang hmelma chu i neih baw si loh chuan, he Baibul chang hian i nunah awmzia a nei tlem hle ang.

Nimahsela hmelma chu khingpui, aihaltu emaw, chotu emaw a ni thei. Hmelma chu nangmah hawtu emaw, i chung diklo taka titu emaw a ni thei baw. Chhungkaw zinga pakhat khat emaw, nupui emaw, pasal emaw an ni thei. Chhungkaw zinga mi pakhat nelawm lo taka a awm hunte a awmthei a. Chu chuan i thinrimna turin kawng chi hrang hrang a zawng mai thei baw. Chutiang hunah chuan an chung hmangaihna lantir aiin chhanleta tihlet ve mai awl thei tak ani.

A chang chuan i hnathawhna hmunah buaina lian tak i taw mai thei bawka. Kum rei tak chhung i bula i thawhpuiten hmelma angin an en thei che a. Anihlohpawhin I hmelma chu hun rei tak hmangaih taka i lo enkawl emaw, intualchhung kohhrana mi tuemaw a ni thei baw.

Hmelma tia Isuan A sawi hi kan nunna lak tumtute chauh ni lovin awl taka kan do let ve leh theih, nitina min do tute hi an ni vek ani tih hriatthiam kan mamawh ani.

Heng Bible chang Thufingte 15:1; 25:21 leh 1 Peter 3:9 te hian hmangaihna chungchanga dan pawimawh tak hrethiam turin engtinge min tanpui?

Kan hmelmate kan hmangaih ang maw? Mi tam takten an thiante ngawih ngawih pawh hmangaih harsa an ti a ni a, hmelmate hmangaih lek phei chu harsa tak tur ani. Isua entirna hi engtinge kan zirtheih ang le? Kan hmelmate kan hmangaih theih nan engtinge kan thinlung kan tih danglam theih

ang? An tana tawngtai sakna chuan engtinnghe he Kristiante thiltum tipuitlin thei turin min tanpui theih le?

**NINGA NI**

**Jan. 7**

CHETZIAA HMANGAIHNA (Luka 10:25-37)

Sikul sang (University) a Pathian thusawi dan zirtirtu chuan kawng danglam takin a sikul naupangte a zirtir a. Chu zirtirtu professor chuan a sikul naupangte chu Samari mi tha chungchanga sermon siam theuh turin a tira. Hmangaihna leh midangte khawngaihna chungchanga an sermon siam chu pawltinah va sawi tura tirh an ni bawk. Lehkha zir hun khat leh hun khat inkarah chawhlhlawkna hun tawite chauh pek an nih avangin pawl khat pindan atanga pawl danga an kalnaah hun khelh loh hlauin an hmanhmawh hle mai a. Sikul naupang tinte chuan pindan zau tak pakhat, a chhunga kutdawh awmna chu an kalkan theuh a ngai a. Chu kutdawh chu an hotupa ina a hranpa ve renga a awmtir ani.

Thilthleng chu zirlai tha tak ani! Sikul naupang zinga kutdawh tanpui tura chawl lak hman chu mi tlemte chauh an ni a. An tanpui lohna chhan pawh hun awl an neihtlem avanga tlai hlaua an tlankual vang ani. Sikul naupang tinte chu Samari mitha chanchin sawi turin an hmanhmawh a, an thusawia a laipuiber ni tur kawngsira kutdawh chu ngaihsak hman lovin an kalsan hlawm ani.

Nimina kan zirlaiah khan kan hmelma chu tunge ni tih kan sawiho tawh a. Vawiin nia zawhna

chu - Tunge ka thenawm tih ani. Chu zawhna chu Luka 10:25-37 ah Isuan engtinnghe min chhan sak le? He tehkhin thu hi engtin nge hmangaihna dik tak awmzia chhanna a tel vek theih? Chubakah, engvang nge Isuan sakhua hruaitute chu "misualte" tia A koh le? Chutah chuan kan tan zirtur engnge awm bawk?

Heng tawngkamte hi ngaihtuah la: "Ka ril a tama, nangnin chumi chungchang sawiho turin ziak leh chhiar pawl in dina. Lung inah ka awma, lungin tang an tam avangin in phun nawi a. Saruakin ka awm a, hna ka thawh that leh that loh in inhnial a. Ka dam lova, in dam hrisel avangin Pathian hnenah lawmthu in sawi a. Awmna tur nei lova ka awmin Pathian hmangaihna avanga venhimna in awm dan min sawi khuma. In landanah in thianghlim lutukin Pathian in hnaih lutuk ani. Nimahsela, kei chu riltamin, khawharin, vawt tiin leh na tuarin ka la awm renga. Chu chu a pawimawh em le?" (adapted).

Rilru dik tak put tum la. Midangte laka Samari mitha i nihtheih nan i nunah eng ang inthlak danglamna nge i mamawh? Rilru natna tuar tunge hriat i neih? Chutiang mi chu "thenawm" anga ngai i enkawl theih nan eng ang inngaihtlawmna nge i mamawh?

**ZIRTAWP**

**Jan. 8**

**ZAIRBELH TUR:** Scientist mi thiam Arthur Zajonc-a chuan bawm pakhat chu engin a tikhat a. Bawm bang chhunglam atanga eng engmah a chhuahloh nan chutiang chuan a siam ani. Bawm chhungah chuan eng

chauh a awm a. Tunah hian bawm chhung chu han en ta la, engnge i hmuh ang le? Chu eng chu engang-  
nge ni ang?

Thim tak, bawm ruak chhunga thim tak chu i hmuh tur a ni mai. Hmun dang atanga eng a lo luh loh chuan eng chu hmuh theih a ni lo.

Zajonc-a chuan a chhunga eng thunluh sa hmawlh pakhat chu bawm thim tak chhungah chuan a han thunlut a. Chu hmawlh chu eng sin taka tihen a ni a. Bawm chhunga thun luh anih veleh bawm chhung chu eng in a lo khata. Hmawlh eng hmanga bawm chhung tih en a han nih chuan eng chu hmuh theih a lo ni ta a, chuti ni lo se chu, eng chu thim tak ani.

Khawvel tuamtu boruak chu ni engin a han chhuna, tichuan rawng pawl, meikhu rawng leh rawng senahte a rawn chhuah a. Chung rawngte chu chhun hun awm dan leh sik leh sa sawndan azirin a inthlak-thleng thin. Thlapui chu niin nasa takin kah eng ve mahse, engmah rawngmawi leh danglam a awm ve thei lo. A chhan chu thla chuan ni eng rawng hrang hranga lo thlak danglam turin boruak leh hnawnate engmah a neih loh vang ani.

A chungu thu ina a tarlan tum ber chu eng chungchang a ni a. Thil pakhat khat chu engina a kah en loh chuan a landan chu thim chhah tak a lo ni mai thin.

◆ \* ◆

**ZIRLAI 3**  
**THLARAU RAH CHU HLIMNA**  
**(Chhungrila Lawmna) ani**  
**January 9 - 15**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Sam. 139: Luka 15:4-24;  
Johana 15:10,11; Hebrai  
11:16.

**CHANGVAWN:** "Ka lawm nangmahnia a awm reng  
nan leh, in lawm a kim nan, heng  
thu hi in hnenah ka sawi hi"  
(Johana 15:11).

HLIMNA LEH LAWMNATE HIAN AWMZIA THUHMUN an nei reng lem lo. Lawmna chu thiltha leh hlawhtlinna rah a ni thina. Hlimna (lawmna tak tak, chhungrila lawmna) ve thung chu grep kung dik tak Isua nena inzawmna rah chhuah ani.

"Ani buh leh an uain lo hlawk changa an lawmna aia, lawmna nasa zawk ka thinlungah hian i awmtir a" (Sam. 4:7). Hlimna (chhungrila lawmna) chu Pathian hriatna leh rinchhana atangin a rawn kala. Lawmna satliah chu hlawhtlinna avanga lo awm a ni thin. Pathian kan rinchhan chhung chuan chhungrila hlimna chu kan nei reng ang. Chu thinlung chhung hlimna chuan lunghnualnate chu a hneh bawk thin.

Thinlung chhung hlimna chuan hun rei tak a aw h  
thei a, pawnlanga lawmna chuan hun tawi zawk a  
awh thin.

Hlimna dik tak hi Pathian awmpuina hriat  
chianna atanga lo kal a ni a. Hun harsa tak tawh lai  
pawhin Pathian thatna leh hmangaihna ngaihtuah  
tirin mi a thlamuan thina. Kristiante hlimna (chhu-  
ngrila lawmna) chu englai pawha Amah rinchhantute  
chhandamna atanga Pathian thawhsak tawh leh  
thawhsak mekna atanga lo kal ani.

**NIKHAT NA**

**Jan. 10**

CHHUNGRIL LAWMA NEI TURA THUPEK (Philippi  
4:4).

Lalpaah chuan lawm fo rawh u: ka ti leh pek  
thin ang. Lawm rawh u. Ringtu tam takte chu an  
chungah thil thleng thalote avanga na tiin thinrim takin  
an awm thin. Chung avang chuan an thlarau nun  
pawh a tlakhniam phah hle thin bawk. An tan chuan  
Lalpaah lawmna neih chu thil ni thei lo deuthaw angin  
a lang hiala. Chuvangin "Lalpaah chuan lawm fo rawh  
u" tih thupek chu a lo awm ta ani (Phil. 4:4).

Thlarau lama kan chakna chu Pathian kan  
hriatchianna leh Amaha kan rinawmna tea inngat a  
ni. Pathian kan hriatna chuan kan awmdan dinhmun  
aia sangah min awmtira. Chu chu hla te phuaha an  
sak chhan chu a ni a. Israel fate chuan Pathian hriatna  
an neih reng theih nan chung hlate chu an thinlunga  
vawngin an sa thin.

Kan hlimna chhan tur Sam 139; Rom 8:28 leh  
1 Peter 1:8, 9 ten eng nge min hrilh? Heng Pathian  
thutiam ahte hian engtingge lawmna kan zir theih ang?

Pathiana lawmna kan neihna tur chhan dang  
chu engnge ni le? Hengte hi an ni thei em? Pathianin  
min chhandam avangin? A faa min pawm avangin?  
Isua Kristaah rochan tur min pek dawn avangin  
(Ephesi 1:1-11)? Krista lo kal hunah kan tana hmun  
min siamsaknaah Amah nen chatuanin hlim takin  
kan la awm ang (Johana 14:2, 3). Chumi hun thlen  
hma chuan kan mamawh apiangte min pe dawn a ni  
ti a Pathian thutiam hriatnaah chuan kan hlim tur  
ani (Phil. 4:19).

Chubakah kan hmangaih tak kan chawimawi  
theihna kawng tha ber boralte zawnga chhandamnaah  
chuan hlimna hlu tak chu kan hmu thei bawk. Engtik  
lai pawha Pathian hnena kan tawngtai theihna hi kan  
hlimna chhan tur a ni thei bawk a (Hebrai 4:15, 16).  
A tawp ber atan thihna hi kan tawpna tur a ni lo tih  
hriatna hi kan hlimna chhan tur chu a ni thei bawk  
(1 Korinth 15:54).

Pathiana kan hlimna chhan tur A thutiam tam  
tak kan nei a. Chutichung chuan lungngaihate,  
tawrhna avanga lungnhualna te chu kan la tuar theuh  
a. Engthil pawh kan chungah thleng se, engtingge  
Kristaa hlimna neih dan tur kan zir zel theih ang.  
Kristaa hlimna hlu tak kan neih reng theih nan eng  
ang duhthlanna nge kan siam ang le?

**THAWHTAN**

**Jan. 11**

KRISTAA HLIMNA (Hebrai 12:2, 3).

Kristian nih hlimna famkim kan hriatthiam theih nan hlimnaa khat Krista nun kha kan thlir ngei tur a ni a. Kristan khawi atangnge hlimna a hmuh thin le? Eng ang dan nghet tak nge A zui thin?

Isua tehkhin thu lar tak pathumtea hlimna awmte chu engnge ni le? Eng ang kawnginngge heng thawnthu pathumte hi an in an hlawm?

1. Beram bo (Luka 15:4-7)
2. Duli bo (Luka 15:8-10)
3. Fapa Tlan bo (Luka 15:11-24)

Heng tehkhinthu pathumte hian Pathian rilru put dan hrethiam zual turin min tanpuia. Bo ta zawnhmuh an nih avanga Pathian lawm dan thuk tak an tarlang baw. Isua khan harsatna leh tawrhna chi hrang hrang karah hlimna leh lawmna A nei zel a. A chhan chu A tawrhate avangin mi tam tak chhandam an la ni dawn tih A hriat vang ani.

Hebrai 12:2, 3 a thu inziakte pawimawh zia ngaihtuah la. Tawngtai phahin he thu hi chhiar ang che: "Ani chuan a hmaa hlimna awm avang chuan, mualphona chu ngainepin, kraws chu a tuar a." Isua hmaa hlimna awm chu engnge ni le? Engvangnge thlarau bote chhandam chu Pathian tan A pawimawh em em?

Isua chu mi hlim thei tak ani tih leh "lungngaihate nei mi leh natna hre mi a ni" (Isaia 53:3) tih thute hi engtinngge i khaikhawm ang? I nuna lungngaihna

leh harsatna i tawhte ngaihtuah kir la, chutihruah chuan Isuaa hlimna awm ang chu engtinngge i chan ve theih ang?

#### **THAWHLEH**

**Jan. 12**

THUAWIHNA HILMNA (Johana 15:10, 11)

Nangnin ka thupekte in zawm chuan ka hmangaihin in awm reng ang; keiin ka Pa thupekte ka zawma, a hmangaihin ka awm reng ang baw. hian. Johana 15:10,11 ah enginngge Isua chu lawmna nena zawm le? Engtinngge hei hian hna a thawh? Engvangnge hlimna dik taka a hruia theih baw?

"Mi suaksualte remruat anga awm ngai lova, mi sualte kawng pawha ding ngai lo va, hmusittute thutphah pawha thu ngai lo mi chu, a eng a thawl e. A lawmna chu Lalpa danah a ni zawk a; A dan thu chu a chhun a zanin a ngaihtuah thin" (Sam. 1:1,2).

"Aw ka Pathian, i duhzawng tih hi ka lawmzawng tak a ni; A ni, i dan thu chu kan thinlungah a awm reng e" (Sam. 40:8).

Pathian duhzawng zawmna tluka hlimna thuk a awm thei lo. Pathian thupek zawmna chuan sual lak atanga zalenna a thlen a. Vana indona leh he khawvela thihna thlentu chu thuawihlohna a ni tih hre reng la. Khawvel mihringte tawrhna te hi Pathian thupek leh duhzawng an awih duhlohna rah a ni a. Chuvangin rinnaa Pathian duhzawngte zawmna chuan thinlunga hlimna thanglian zel turin a tanpui baw ani.

Sam. 19:8; Jeremia 15:16 leh Matthaia 7:21-27 ten engtinngge thuawina leh hlimna an zawmtir?

Baibul chuan thiltih avanga chhandam kan nih loh zia a tarlang chiang hle a. Nimahsela thiltih chu chhandam nih tawh zia chhinchhiahna a nihna lak atanga thentheih a nihloh zia a chiang hle bawk. Kan thiltih chuan van mipuite hnenah Pathianina kan hnenah chhandamna a rawnthlen avanga a chung a kan lawnzia a tarlang a. Isaia chuan Pathian thupekte a khun thei ang bera zawm a pawimawh zia ti hian a sawi: "Thil tha lo chu thil tha tia, thil tha chu thil tha lo ti thina, eng chu thima ngaia, thim chu enga ngai thina, thil thlum chu thil khaa ngaia, thil kha chu thil thluma ngai thintute chu an chung a pik e!" (Isaia 5:20).

Thuawihna avangin eng ang hlimna nge i neih tawh thin? Chutihruah chuan Lalpa thute i awi loh avangin eng ang tawrhna leh hreawmge i tawn tawh thin le?

#### **NILAI**

**Jan. 13**

HUN HARSA PAWHA HLIMNA (Johana 16:33)

Heng thu hi in hnenah ka sawi tawh hi, keimah hian in thlamuanna turin. Khawvelah hian hrethawmin in awm thin; nimahsela, thlamuang takin awm rawh u, keiin khawvel ka ngam ta. Mi pakhatin harsat manganna a tawhin thilsual a tih vang emaw, rinna nghet tawh a neihloh vang emaw miin mi tam takten an ngai thin. Pathian chungchang diklo taka ngaihdaan a va ni teh lul em? He khawvela kan awm

chhungin ringtute leh ringlotuten buaina leh harsat nate chu kan tawh theuh dawn ani tih Isuan chiang takin a sawi a. Amaherawh chu Kristiante chuan Daniela leh a thiante pathum angin fiahna chi hrang hrang sakeibaknei puka paihte, meipua paihte chu kan tawh dawn ani.

Heng Bible chang Galatia 6:9; Jakoba 1:2-4 leh 1 Peter 1:6 atangte hian harsat manganna kan tawh nasat lai ber pawha min tanpui thei tur eng ang beiseina leh thutiamte nge kan hmuh theih le?

Tunlai ringtu tam takte chu mahni hmasialna leh mahni chauh inngaih saknaa an khah avangin Pathiana hlimna leh lawmna an nei lo. Pathian rinchan lova kan buaina tawhte chauh kan ngaihtuah chuan kan buaina chu a nasa zawk thei thin. Eng ang harsatna pawh tawh ila, Pathianah chuan hlimna leh lawmna tur chhan tam tak kan la nei reng ani.

Pathian tawngkam, "In samzaita lam pawh hi chhiar vek a ni a sin" (Matt. 10:30) tih thu hi hre reng la. He thu nena inzawm thutiamte chu ngaihtuah bawh ang che. Kan himna chu Isuaah chauh ani tih kan hria. Chuvangin buaina leh harsatna kan tawh lai pawhin midangte tanpui theih dan kawng eng emaw tal kan zawng thin tur ani. Tichuan Pathian duhzawng zawmna chuan mahni chauh inkhawngaihna chu hlimna leh lawmnaah a thlakthleng thei tih kan hria ang. "Tin, Joba chuan a thiante pathum tana a tawngtai chuan Lalpan Joba chan chu a titha leh ta a; Lalpa chuan Joba chu a hmaa a neih let hnih a pe leh ta a" (Joba. 42:10).

Tunah hian buaina lian tak i tawk a ni thei e. Harsatna i tawh laiin midang thlamuan leh tanpui ngaite chu zawngin tanpui la. Midangte harsatna leh tawrhna i hriatthiam puina chuan i buainate chu engtinngge lo zang ta anga a lantir?

**NINGA NI****Jan. 14**

HLIMNA TLUANTLING (Hebrai 11:24, 25)

Rinnain Mosia chuan, a lo puitlin hnu khan, Pharaoa fanua fapaa vuah a duh lova; rei lo te atan soal nawmna hlimpui ai chuan Pathian mite nena tihduhdah tuar a thlang ta zawk a. Kristian nun atana eng ang dante nge Hebrai 11:24, 25 ah kan hmuh? (Luka 9:23; Tirhkohte 14:22; Philippi 1:29 te chhiar baw la). Heng changte hi engtinngge hlimna tluan-thling pek tura thutiam te an ni tia kan ngaihtheih ang? (Hebrai 11:16 leh 1 Peter 1:6-8 chhiar baw la).

Mosia khan Aigupta ram lallukhum kha thlang lo turin duhthlanna a siama. Aigupta lalina awm kha thlang zawk se chu Pharaoa a la ni mai thei a. Pharaoa nih chu atana Pathian remruat niin a ngai mai thei baw. Chutianga awm chu a tan thil harsa tur a ni lovang. A chhan chu duhthlanna diklo thlang turin chhan tha tak tak a awm thin vang ani.

A chhan tha tak nia i hriat avanga duhthlanna diklo tak i siam hnuhngber ngaihtuah la. Chuta tang chuan engang zirlai khirh tak nge i zirchhuah?

Hlimna famkim chu Pathian duhzawng zawm-na atanga lo kal a ni a. Nimahsela thupek zawm hlim-

chhawna a rahchhuah chu harsatna leh tawrhate a ni thei a. Isua kan pawma, a thupekte kan awi avangin kan buaina zawng zawng te kiang vek turin kan ring chaw thin. Nimahsela chu chu Bible thutiam a ni lova, chutianga ngaihndan chuan beidawmna rapthlak takah min hruai thei baw. Kumtinin Kristian tam takte chu nghaisak an ni a, tam takin an rinna avangin an nun an chanphah hial baw.

Kan beiseina, kan chhandamna leh engkim mai hi khawvelina a pektheih aia ropui zawka inngat a ni a. Chuvangin kan tana Isua min tihsak leh kan hnena A thutiamte ngaihtuah hriat reng a van pawimawh tak em! Chuti a nihloh chuan khawvelina a pek chauh chu kan chantur a ni dawna. Kan hriat theuh angin khawvel thilpek chu a chang chuan a kha thei hle thin ani.

**ZIRTAWP****Jan. 15**

**ZIRBELH TUR:** "Krista sakhua chuan Kristiante chu lungngaia, lungnur tur ni lovin, hlim leh lawm taka awm turin a siam zawk ani tih khawvel hnena hriattir chu Kristiante mawhpurhna a ni a. Soal ngaidamtu leh chhandamtu atana Krista pawmtute chu eng silhfena thuam an ni thin. Isuan an sualte chu lakkian sakin A felna chuan a thuama, tichuan an hlimna chu a lo famkim thin a ni.

Pathian thutiamte thinlung taka pawm anihin van engna chu nun chhungrilah sengluh a lo ni thin."- Ellen G. White, *A Call To Medical Evangelism and Health Education*, phek 26.

**ZIRLAI 4**  
**THLARAU RAH CHU REMNA ANI**  
**January 16 - 22**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Matthaia 8:23-27; 11:28,  
 29; Rom. 5:1-11; 12:9-21;  
 Hebrai 12:14; Kolossa  
 3:13-15.

**CHANGVAWN:** " 'Thlamuanna ka hnutchhiah a che  
 u; keima thlamuanna ka pe a che  
 u; khawvelin a pek angin ka pek  
 loh che u hi. In thinlung mangang  
 suh se, hlah pawh hlau suh se' "  
 (Johana 14:27).

REMNA CHUNGCHANGA CHAMPION PAULA CHUAN  
 kohhran hnenah: "Remna phuarnaah chuan Thlarau  
 inpumkhatna chu vawng tura beia, a kohna che u phua  
 awm turin, kei Lalpaa mi tang hian ka ngen a che u"  
 (Ephesi 4:3) tiin lehkha a thawna. Greek tawng pakhat  
 saptawnga "endeavoring" tia lehlin chu tawngkam  
 khauh tak mai a ni a. Nasa taka tan lak tur tihna ani.

Kan thiltih kawng engkimah a thathei ang bera  
 tih kan tum thin tur a ni a. Chhengkuaa intihbuaina  
 a awmin emaw, kohhrana intihbuaina, inthen hran-  
 nate a lo awmin emaw, pakhat leh pakhat inhmangaihna

leh inchawimawi tawna kan tlakchham chante hian  
 Isua Kristaa awm Pathian pek remna chu kan hnar a  
 lo ni thin. Hetiang kawnga remna hi a ni nei tura  
 Isuan min duh a, Kross-a min dinsak chu ni.

Remna a awmtheih nan nasa taka tanlak a tul  
 chawk thin. VOA (Voice of Amerika) radioa thupuan-  
 naah Amerika president Franklin Roosevelta nupui  
 Eleanor Roosevelti chuan, "Remna tih hi tawngkaa sawi  
 mai a tawk lo. Miin an ring ngei tur a ni a. Chutianga  
 rin mai chu a la tawk lova, a thawha thawh chhuah  
 ngei tur a ni bawk," tiin a sawi. Isua Kristana kan  
 tana min thawh chhuah sak remna pawhin nasa taka  
 thawhna bakah mahni inenfiah reng a phut a ni.

Tun kara zirlai kan zir chhungin hengte hi  
 mahniah inzawt ila: Kross-a Isua min hnehsak remna  
 chu engtingge ka chan ve theih ang? Ka nitin nuna  
 remna min thawhsaktu Thlarau Thianghlim chu  
 engtingge ka thawhpui ve ang?

**NIKHATNA**

**Jan. 17**

PATHIAN NENA INREMNA (Rom. 5:1).

Pathian nena inremna neih hi Pathiana thla-  
 muanna neihna aiin a ropui zawk daih a. Engtik  
 hunah emaw khan, "Pathian laka then niin, thiltih  
 sualte avangin A hmelma kan ni a" (Kolosa 1:21).  
 Tunah chuan Pathian nena inremna nei tura hruai  
 kir kan lo ni leh ta. Pathian nena indo thin kan ni a.  
 Nimahsela Krossa A thihna azarah Isua chuan indona  
 leh intihbuaina avanga Pathian hmelma kan nihna chu  
 titawpin Pathian thiante min lo nihtir ta ani.

Isua Krista Kross zara kan neih Pathian nena inremna ah chuan kan thanglian zel tur a ni a. Pathian kawngte kan hmuhchiana, chuta kan kal ngun poh leh A thiltihtheihma chu chang nasa zualin A fapa leh fanute ang kan lo ni ang. Chutiang chuan Pathiana remna chu Thlarau rah a lo ni ta thin ani.

Pathian fate nia kan thanlennaah A lalrama chennawmna malsawmna chu kan dawng zel tur a ni a. Kan thanlenna chu, " I dan ngainatute chuan thlamuanna nasa tak an nei a; Tlukna reng reng an nei lo," (Sam 119:165) tia kan sawi theih thlenga, thangchho zel tur kan ni.

Kolossa 1:21-22 chuan Pathian ina khawngaihna leh ngaihdamna a neih chu soal awm vang chauh a nih lohzia a tarlanga. Pathian chuan chatuanin chutiang nungchang chu a nei sa reng zawk ani. Chhandamna ruahmanna chuan Pathianin min hmangaih a, a tir atang rengin min ngaihdam a duh tih a tilang ani.

Rom 5:1-11 a pawimawh i tihte zia chhuak ang che.

Isuan i tana A tihsak che ngaihtuah la. Rinna avanga A nun thianglim famkim tak i hnena hlan a nih dante ngaihtuah bawk la. Tun hmaa i nundante chu eng ang pawh lo ni tawh mahse, chung zawng zawngte chu A thilpek avanga ngaihdam nia Pathian hmaa pawmtlak i lo nih dante ngaihtuah bawk ang che. Remna chungchang hriat duh tak zet kan nih chuan engvangnge hengte hi kan hriatchian a pawimawh em em?

## THAWHTAN

Jan. 18

REMNA ZAWNGIN: THEN INA (Matthaia 11:28, 29).

Number 1na chu muanna neih sanber hunlaia dahin Number 10 chu muanna neihtlember hunah dah ta la, i nun chu number engzatna lai velah nge i dah ang le? Khawvel mihring tam takte hian muanna kawngah beidawmna nasa tak an tawh hlawma. Chuvangin Isuan Matthaia 11:28, 29 ah sawmna duhawm tak mai a siam ta a. Remna leh muanna tih tawngkamte chu a hmang lo nain awmzia thuhmun reng chawlhahdamna tih tawngkam chu A hmang ani.

Isuan Matthaia 11:28, 29 ah engnge min hrilh le? He thutiam duhawm tak hi engtingge kan nunah a taka kan chantheih ang?

He lai ah hian Isua muanna chu thilpek anga pek turin min tiam em le? Isua chuan muanna chu thil engemaw rahchhuah anih thu min zirtir a tum bakah chu thil chu a hnena zirturin min sawm zawk ani lawm ni le?

"Kan thlarau tana chawlhna kan hmuh theihlohna chhan ber chu mahni hmasialna hi a lo ni . . . Krista thu, anih ang anga pawmtuten, Krista vawn tur leh thunun tura A hnena an inpek hian an thinlungah muanna a lo awm thin. Isuan a awmpuina avanga lawmna A neihtir tawhte hi chu khawvela thil engmahin a tilungngai thei tawh lo. Kristaah chawlhna an neih tawh avangin. Lalpan heti hian a ti: "I chungarilru nghattu chu, nangmah a rin che avangin thlamuang tak maia awm turin i veng ang," (Isaia 26:3). -- Ellen G. White, Chatuan Nghahfak, phek 313, 314.

Engtinngge mahni chauh inhmangaihna chuan chawlhahdam theihlohna leh hlimlohna a thlentir thin?

Mahni tanghmasialna tihthih dan leh Isuaa chawlhahdam dan engtinngge kan zirtheih ang? Nitin duhthlanna enginngge Kristaa muanna thutiam chu a taka chantir? Kan thiltih engte hi nge Isua min hlan remna kan neihtheihna tur min daltu ni ang le?

**THAWHLEH**

**Jan. 19**

REMNA ZAWNNA: THEN 2NA (Johana 14:27)

Thlamuanna ka hnutchhiah a che u; keima thlamuanna ka pe a che u; khawvelin a pek angin ka pek loh che u hi. In thinlung mangang suh se, hlauh pawh hlau suh se. Lem ziaktu pahnihte chuan an rilrua lang muanna leh chawlhahdamna awmdante chu an ziaka. A hmasa zawk chuan tlangmawi tak kara awm dil mawi tak lem a ziaa. A pahnihta chuan tui khawhthla bengchheng tak mai chung a thingkung kur duai mai leh chu thingkung zar hmawra awm sava bu a vahmin thu lai lem hi a ziaa ve thung a.

Chu lem pahniha a eng zawkin nge chawlhahdamna chungchang tar lang chiang zawk le? Buainaa khat khawvelah hian chawlhahdamna kan hmuhna chu tlangkara awm dilahte chauh ni lovin, nitin nunkawng buaina karahte pawh hmuhtheih kan tum zawk tur ani.

Galilee dila Isua leh A zirtirte thawnthu Matthaia 8:23-27 a inziak chu chhiar la. He thawnthu atang hian engnge zirtur kan hmuh theih? Kan tana thuchah

chu engnge? Eng ang dinhmuna ding pawh ni mah ila, engtin nge he zirlai hi kan nuna kan hman theih ang?

A zirtirten muanna nei se tih Isuan A duh chhan kha engnge ni ang le? Isuan muanna chungchangahthutiam mawi tak mai min hnutchhiah a, Johana 14:27 ah kan hmu thei a. Isua min pek muanna chu engtinngge khawvel pek muanna lak a adanglam le?

He thil hi kan tih hauh loh tur chu ani. Muanna tih chu buaina awm miah lo nun a ni tiin ngaihtuah kan tum tur a ni lo. Kristian rinawmberte tan pawh buaina leh tawrhate tel lo nun chu neih har tak ani. Mi thenkhatte pheih chuan tawrhna nasa leh zualte pawh an tawng mai thei bawk. Chuvangin remna leh muanna kan tih chu hmangaihna leh khawngaihnaa khat, min ngaihsaktu, kan Pathian, kan harsat ziate hriaa, min theihngihl lo tura tiamtu thuk taka rinchhan na atanga lo piangchhuak ani.

Eng ang thiltin nge ti lungngai thin che? I thil hlauhthawnberte chungchang chu Pathian hnenah hriattir in tanpuina dil la. Chung i hlauhna chungchanga thlamuanna thu i hnenah A sawi theih nan hun pe ang che.

**NILAI**

**Jan. 20**

CHHUNGKUAA REMNA (Hebrai 12:14)

"Mi zawng zawng nena inremna leh thianghlimna um rawh u, chu mi thianghlimna lovin tuman Lalpa

an hmu lo vang," (Hebrai 12:14). "A theih phawt chuan nangmahni lam tal, mi zawng zawng nen inremin awm rawh u" (Rom. 12:18). Heng zirlaite hi kan nuna a taka kan chantheih nan Isua nun atangin engnge kan zirtheih le? Kan nuna a taka kan chantir thei lo a nih chuan, min daltu kan thiltihte chu engangnge ni hlawm le?

Kristian mi tha tak nih harsatberma hmun chu chhungkuaah a ni chawk thin. Chhungkua chu khaw-vela remna leh muanna kan neihna hmunber tur anih laia inngirngona, inhauhbuaina leh remna awmlohna hmun a lo ni thin hi a van lungchhiat thlak tak em?

Vietnam indo lai khan tlangval pahnihte chu indona hmunah an awma. Silai mute chu thlak chuai chuain, bomte a puak dum dum bawka. Chung thilte chuan sipai pakhat chu a ti hlauthawng ve der lo mai a. A thianpa in hlauthawng ve miah lova a awmtheihna chhan a han zawh chuan, heng silai mu rite leh bom puakte hian kan chhungkua awmdan min hriatchhuah tir ani tiin a chhang ta hlauh ani.

Rom 12:9-21 a dan inziak, in chhungkuaa remna thlentir thei turte ziak chhuak la. I nuna i hmantheih dan tur entirna han pe chhin teh le.

Kristiante hi chetdan leh khawsak dan sangtak vawngtura hriattir kan ni. Chungte chu Isuan entawn tura min lo hnutchhiah hmangaihna leh mahni inhlanna dan hlu takte an ni a. Chung dante zawm thei tur chuan thiltha lo leh sualte kiansana hnuchhawn san kan mamawh ani.

Chung dante ngun taka kan zawm hnu-a kan chhungkua theuh awm dan turte ngaihtuah la! Mahni aia midangte ngaihsak zawktheihna nun kan zirthiam hnua kan chhungkua theuh awmdan turte suangtuah baw ang che. Hmangaih phu lo anga kan ngaih mite chung a hmangaihna leh duhsakna kan lantir in, keimahni min tina tute kan ngaindamin leh keimahni kan inngaihsak anga midangte kan ngaihsakin, engthilnge lo thleng ang tih ngaihtuah thin ang che. Heng dan zawmnate hian kan chhungkua buaina zawng zawngte chu tireh vek kher lo mahse, nasa takin an tanpui dawn ani.

#### **NINGA NI**

**Jan. 21**

KOHRANA REMNA (Matthaia 5:23, 24)

Eng ang dan pawimawh tak nge Isuan Matthaia 5:23, 24 a min zirtir?

Kan thiltihte aiin midangte nena kan inlaichinna hi Isuan A ngai pawimawh zawk ani tih a chianga. Kohhran memberte pakhat leh pakhat inhuatna leh inngaihdam tawn theihlohte hi tunhnai maia awm thilthar a ni lo. Isua zirtirna hi zawmthei ila chu thil awmdan tam takte chu an danglam ngei ang le.

Matthaia 5:9 tarlang angin Pathian fate nungchang chu engnge ni a, engnge a awmzia ni baw le?

Kohhran memberte kan nihnaa pakhat leh pakhat kan indawr dan tur chi thum Kolossa 3:13-15 in engtingge a tarlan?

Kristian zahngaihna luanchhuah dan Jakoba 3:17 a inziak hi chhut ngun la: "Chung lam atanga finna lo chhuak erawh chu a tirin a thianghlim phawt a, chu mi hnuah chuan inrem a duh a, a nun-nem a, a tihnuam a, khawngaihna leh rah thain a khat a, thlei bik a nei lova, a vervek lo ani." Heng nungchangte hi kan inpawlhonaa tithanglian turin Thlarau Thianghlim chu phalsak thei ila kan kohhran chu eng angnge a lo nih ang le? Engtenge bo vek tawh ang?

Kohhran member pakhat nena buaina in neih hnuhnunber ngaihtuah la. Matthaia 5 a Krista tawngkamte i zawm em? A tam zawk chu i zawm lo a ni lawm ni le? Kristian kawngfel zawk chu zawh lova, khawvel kawng awlsam i zawh chhante ngaihtuah baw la. Chutiang hunah chuan Kristian kawng fel tak chu zawhthei turin engtingge duhthlan dan i zirtheih ang?

**ZIRTAWP**

**Jan. 22**

**ZIR BELH TUR:** Sam 4:3; 119:165; Isaia 26:3; Rom 8:6; Philippi 4:7.

"Khenbeh a nih hma lawk khan Kristan A zirtirte hnenah muanna thurochhiah a pe a, 'Thlamuanna ka hnutchhiah a che u, keima thlamuanna ka pe a che u; khawvelin a pek angin ka pek loh che u hi. In thinlung mangang suh se, hlauh pawh hlau suh se,' tiin Johana 14;27. He thlamuanna hi khawvel nena inremnaa lo awm muanna hi a ni lo. Sual nena inremna atangin Kristan muanna hi a lei

ngai lo. He thlamuanna Kristan A zirtirte hnenah a hnutchhiah hi pawn lam ni lo in chung lama muanna a ni a, buaina leh harsatna karah pawh Amah hriatpuitute hnenah a awm reng dawn ani."-- Ellen G. White, Tirikohte Thiltih, phek 83, 84.

"Pathian rama luh tuma, khawvel ropuina chauh uma nasa taka bei baw site chuan chu kawngkhar chu anmahni an inkharkhum dawn ani. Rawngbawlpuite sawisel renga, an diklohna zawng rengtu ngaihtuahna thinlungah Krista remna leh muanna chuan hmun a chang thei lo. Unaute sawiselna leh sawichhiatnate hi Setana hnathawh anih avangin, chutiang mite chu Lalpan engtikah mah mal a sawm thei ngai lovang. Manuscript 21, 1894."-- Ellen G. White.

♣ \* ♣

**ZIRLAI 5**  
**THLARAU RAH CHU DAWHTHEIHNA ANI**  
**January 23 - 29**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Genesis 6:3; Exodus 34:6;  
 Marka 4:26-29; Rom. 15:5;  
 Ephesi 4:1, 2; Jakoba 1:2-4.

**CHANGVAWN:** "Pathian duhzawng in tih hnu in  
 thiltiam chu in hmuh theih nan  
 chhelna in ngai asin" (Hebrai  
 10:36).

GREEK TAWNGAH CHUAN DAWHTHEIHNA tih awmzia hi tawngkam chi hniha hrilhfiah a ni a. Tawngkam hmasa zawk chu hupomone tih a ni a, a awmzia chu thilawm dan a in thlakthleng theihloh hun pawha "thawh chhunzawm zel theihna" tih a ni. A pahnihna makrothumia tih awmzia chu "ropui" emaw, "thin nel tak" emaw tihna a ni ve thung. A awmziate chu an inthuhmun deuhthaw renga, buaina tawh chang pawha beidawng lova tihzawm zelna a ni a. Tichuan heng tawngkam te hian midang chungaw dawhtheihna neih chungchang an kaww ber ani.

Dawhtheihna nei mi chu mi zaidam, ngilnei leh eng ang hun pawha panggai reng an ni thin. Dawh-

theihna fiahna chu thil lo thleng tur nghahna ah ni mai lovin nghah hunlaia awmdanah a ni zawk. "Engmah tlachham lova in famkim a, in puma in him theih nan chhelna chuan thawk famkim rawh se" (Jakoba 1:4).

Hemi dawhtheihna nun thleng tur hian zir fo thin a tula. Chu chuan Pathian khawngaihna a mamawh a. Chubakah mahni duhzawngte dahkianga Thlarau Thianghlim kaihhruainaa inpumpek duhna thinlung neih a tul baww. Dawhtheihna nun neih kan zir chuan Pathian hnen atanga mi tam takte dawn malsawmnate chu lo dawng chhawng ve leh thei tur dinhmunah kan awm tihna ani.

**NIKHATNA** **Jan. 24**  
 DAWHTHEIHNA HI PATHIAN THATNA KAWNGKHAT  
 ANI (Exodus 34:6).

Bible thawnthu tam takte zinga Pathian dawhtheihna tarlangtu ber chu Nineveh khawpui A ngaihsak danah khan ani. Zawlnei Jona chuan Pathian dawhtheihna chu hetiang hian a tarlang a: "Hei hi kan rama ka la awm laia ka sawi kha a ni lo vem ni? Hei vang hian Tarsis lamah ka tlan bo thuai a nih kha: nang zawng khawngaihna ngah, thil tha lo laka lamlet thin i ni tih ka hria ani" (Jonah 4:2).

Dawhtheihnaina a zawm thiltha dangte ngaih-tuah la (Exodus 34:6). Pathian zahngaihna, khawngaihna, ngilneihna, thatna leh dikna chuan misual lungruhber pawhina a nun sual a simtheih nan hun tam tak pek belhin A venghim in, a enkawl zel thin.

Mihringte tihdan thin angin misualte chungah Pathianin rangtakin thungrul thuai zel thin se chu, khawvel mihringte hi kan thi vek tawh ngei ang.

2 Peter 3:8, 9 tarlan angin engvangnge Pathian chu misualte chungah a dawhtheih em em? Engtingge Pathianin i chungah leh midangte chungah A dawhtheihna chu A lantir thin?

Mi tuin emaw Pathian mizia chungchanga i rilru put dan zawt ta ang che sela, engtingge i hrilhfiah ang? I chhanna chuan i rilru put dan tam tak a hrilh ang che, a chhan chu Kristian mi pakhatina Pathian chungchang a ngaihndan chuan midangte a dawr dan chungchangah huvang a neih hle thin vang ani. Pathian chu mi thinchhia leh mi hrem thuai anga kan ngaih chuan engtingge kohhrana memberte leh kan chhungkuua mite kan dawr tak ang le?

Rom 15:5 a Lalpan ti tura min koh chhante tithei turin engtingge kan zir ang?

#### **THAWHTAN**

**Jan. 25**

DAWHTHEIHNA IN A PHUT (Ephesi 4:1, 2)

Lalpaa nungthin mite awm dan tur atan Ephesi 4:1, 2 a Paula tarlante chhiar la. An zingah chuan dawhtheihna pawh a tel ve a. Dawhtheihna chu engtingge thildangte nen Paulan a inkungkaih tir?

Kohhran chu mi chi hrang hrang leh ngaihndan in ang lo tak takte awmkhawmna a ni a. Thlarau lam dinhmun inang lo tak tak an awm thin bawk. Entirna,

thenkhat chu thlarau lama puitling takte niin, thenkhat chu nausen ang an la ni thei a. Chutianga dinhmun in ang lo takte awmkhawmnaah chuan dawhtheihna neih a pawimawh hle thin ani. Thlarau lama puitling tawh ten la puitling lote chungah dawhtheihna an nei tawh thin lo hi Setana thlemna a ni bawk. Thlarau lama mi puitling ni turin hun rei tak chhung a duh a. Nimahsela puitling tawhte chuan la puitling lotena finna leh hriatthiamna an zirtheihna tura an mamawh ang zat hun pek chu tulin an hre thin lo.

Rinna lama chaklote kan dawr dan tur eng ang thurawn nge Rom 14:1 leh 15:1 ah Paulan min pek?

Kohhran chhunga dawhtheihna neih tawn pawimawhna chu kawngkhat nise. Chhungkuua dawhtheihna neih tawn pawimawhziate i ngaihtuah ngai em? Kan chhungkua memberte zinga dawhtheihna awmtir thintu chu engnge ni le? Rinna lama chaklo kan chhungkaw memberte tan hun engzata rei nge kan tawngtai sak ang? An hmangaih takten an thinlung Lalpa hna an hlan theih nana kum tam tak chhung tawngtai sak tawh thin mi hriat i nei em? Chhungkaw member inkara dawhtheihna neih kan zirtheih dan tur kawng tha ber chu engnge ni le?

Nangma lama Lalpa dawhtheihziate ngaihtuah la. Hemi chungchang i hriatna hian midangte chungah dawhtheihna nei turin engtingge a tanpui che? Midangte i dawr angin Pathianin dawr ve che sela, i hmalam hun chu engtingge a tawpa i rin?

**THAWHLEH****Jan. 26**

CHANCHINTHAA DAWHTHEIHNA (2 Timothea 4:2)

Thu chu hril rawh; a hunachte, a hun lovah te pawh bei zel rawh; dawhtheih taka zirtir chungin an thiam loh hriattir la, zilh la, fuih rawh. Dawhtheihna hman harsatberna lai chi khat chu chanchintha thu hril leh zirtirna ah hian ani. Thudik hre lotute emaw, thudik ngaihsak lo tute emaw chung a dawhtheihna neih hi harsa kan ti chawk thin. Thurin dik lo hrang hrang leh thudik huatnaa khat khawvela cheng kan nih avangin Krista hnena mite hrui kan tumnaah kan dawhtheih hle thin tur ani. "Thudik chu hriat awlsamte a ni a, engvangin nge an hriatthiam loh?" tia sawia, lu thinkhum maite hi a awl thin hle mai bawk.

Bible zirtirnate zau taka dawngsawng duhtu tan thudik chu hriat awlsam tak a ni thina. Zirtirna dik lo pawm avang leh chhungkuate avanga thudik tana kawng khar tlat thinte chuan thudik chu an pawm hlei thei thin lo. Chuvangin an thinlungte hawn anih theihna tura tan kan lak naah kan dawhthei hle tur ani.

Dawhtheihna chungchanga zirlai tangkai tak Marka 4:26-29 a Isua tehkhin thu atangin engnge kan zir theih ang?

Mi tu emaw kohhran thurin zirtute zinga pakhat chuan a thuzir chu a pawnggal mai loh avangin thudik chu hnar ta angah kan ngai mai tur a ni lo. Rilru inthlak thleng tura piantharna hian hun rei tak a awththei a, a chang pheih chuan kum tam tak nghah

H-4

tulte a ni hial thei bawk. Mi tam takte hian kan thawhrim rah chu seng thuai kan duh thin a, mahse, chutiang chu a ni mai thei thin lo. Thil pawimawh tak chu midangte tana kawng lo dangtu kan ni tur a ni lova, kan thurinte ngaihsak deuhtu mi pakhat chu kal chak tir kan duhluat avangin kan namtlu mai tur a ni bawk lo. Pawimawhber chu thudik kan hrilhhriat mi, pawm ngei tura kan rin leh duhhuna miin an la pawm tak tak theih loh avangin an mahni sawichhia leh sawiselin, an chungah ro kan rel sak ngai tur a ni lo. Chumi tana i hnathawh sak chu atan bul intanna niin engtik hunah emaw a la rawn rah chhuak ngei ang. A hun tur chu i hre lo. A pawimawh zawk chu thudik an pawm duh tak tak lo tia sawisela, an chungah rorel sak mai lo turin leh an nun vaw chau leh maitu ni lo turin kan fimkhur hle tur ani.

Tun kar chhung zirlai kan thinlunga kan vawn rengtheihna tura min tanpuitu pawimawh tak 1 Samuel 16:7 ah engnge kan hmuh theih le?

**NILAI****Jan. 27**

DAWHTHEIHNA CHUAN TIAMCHIN A NEI (Genesis 6:3)

Tichuan Lalpa chuan, "Ka Thlarau chuan mihring chu kumkhuaian a bei fo lovang, anni pawh chu tisa an ni si a: nimahsela kum za leh kum sawm hnih chu an la dang ang," a ti a. Misualte laka Pathian dawhtheihna tluka ropui chu kan hmu awm love. Nimahsela Pathian dawhtheihna ngei pawhin tiam chin a nei tih chu kan hrethiam ngei tur ani.

Noa huna lawng tuk anih lai khan Pathian dawhtheihna chuan kum 120 chhung a awh a (1 Peter 3:20).

Tichuan mipuite luhlulna chuan Pathian dawhtheihna chu titawpin leilung pumpuiah chuan tui a let ta a, tihboralin an lo awm ta hlawm ani.

Eng ang dan pawimawhngé Genesis 6:3 ah kan hmuh le?

Sodom leh Gomora khaw mite, thlalera Israel fate leh Babulona sal tang Judate khan an tawrhna thlentu thilsual tam tak tih an nei a. Deuteronomy 31:27; Sam. 95:8 leh Jeremia 17:23 te tarlan angin an mahni tawrhna thlentu mipuite suangtuahte leh ngaihdante chu engte nge ni le?

Tiamchin neia Pathian dawhtheihna thenkhat kan hmuhte chuan keini pawh tiam chin nei dawhtheihna nei ve turin min phalsak ta angin kan ngai mai thei. Nimahsela Pathian dawhtheihna awmziate kan zirin, A dawhtheihna chuan ni khat, kar khat, kum khat chauh mai ni lovin a chang pheih chuan chhuan tam tak thleng a awm thin tih kan hmu thei. Hei hian kan dawhtheihnate tiam chin neihtir ve mai turin mahni inngaihnathiam tur kan nei lo tih min hriattir ani.

Thil eng emaw harsa tak mai chungchangah kan dawhtheihna tihtawp ve mai tulnate a awmthei em? Buaina awmzia chungah a innghat thei ang. Buaina eng emaw tan hun pe ral tawh tawha hria in, kan dawhtheihna chu titawp mai tawh turin thutlukna kan siam a ni thei e. Nimahsela chu thutluk na siam chu rorel sakna emaw, hmangaih lohna emaw, nunrawnna emaw lantirna ang a ni tur a ni lo. Thutlukna

siam a tul hunte a awmngai ang. Nimahsela chu thutlukna siam chu thatna, hmangaihna leh ngaihsakna danin a zui ngei tur ani.

Thiltha emaw, thalo emaw avanga i dawhtheihna i tihtawp hunte han ngaihtuah kir la. A tha leh tha lo inkara danglamna chu engnge ni le? Chung i thiltawnte atang chuan engnge i zir chhuah? Chutiang thu tihtlukna chu siam leh tur ni ta ang la, eng angin nge danglam deuh taka i tihtawh ang?

#### NINGA NI

Jan. 28

DAWHTHEIHNA TIHTHANLEN DAN (Jakoba 1:2-4)

I nunah eng angin nge Jakoba 1:2-4 dikna hi i daihriat tawh thin? Isua nungchang tha zawka tarlangtu ni thei tura tanpuitu che eng ang buaina nge i tawn tawh thin?

Enchhinna, hreawm tawrhna, thlemna tih tawngkamte hi Greek tawng chuan peirazo tih a ni. Thuk zawka tarlanin peirazo tih awmzia chu "enchhin mek, finfiah mek" tihna a ni thei bawk. Bumtu chuan sual ti turin min thlema. Kan nuna fiahna leh thlemna kan tawh awm tak Pathianina min phalsak thinte hi kan nungchang siamthatna tura A ruahmante an ni.

"Kan nuna fiahnate hi kan nungchang atanga thianghlim lo leh nungchang mai lote la kiangtu tur atana Pathian hnathawktute an ni a. An zaibun laite, thirkhena an kher laite leh an tuai hnum laite chuan a na hle thina. Lung tihammaa a rualremlote tihmam

anihlai chuan a hreawm duh hle thin bawk. Nimahsela chu lung (kan nunna) chu van templea a awmna tur dik taka hman anih theih nan tuam hnum phawt a tul ani. Tangkaina nei lo leh hmantlakloh lungte chungah A neitu chuan chutianga enkawlina leh ngaihsakna chu a hlan lovang. A lunghlute chauh chu lal in ang ni turin A nawt mamin, A nawt tle thin ani."-- Ellen G. White, *Thoughts From the Mount of Blessing*, phek 10.

Nimahsela buaina kan tawh apiangte hi Pathian kaihhruaina an ni vek lem lo. Kan thuawihlohna leh kan helluih tlatnate avangin buaina leh tawrhna kan insiam chawk bawk thina. A chang chuan buaina leh tawrhna kan tawhte chu he khawvel tluchhia leh suala khata cheng kan hmelma min hawtute avang a ni thei bawk (1 Peter 5:8). Engnge a awmzia ni ta ang le? A awmzia chu Lalpaa kan inhlan tak zeta, rinna leh thuawihnaa Amah chu kan pawm tak zet chuan Kristian tha zawk kan lo ni thei ang. Thutiam ropui tak mai min pek chu, "Nangmahnia thil tha ti tantu khan Isua Krista ni thleng in a tifamkim zel dawn, chu ngei chu ka ring tlat si a." (Philippi 1:6).

#### ZIRTAWP

Jan. 29

**ZIRBELH TUR:** "Mi soal fa luhlul takte tana hna A thawhnaah Pathian chu A dawhthei em em mai a. A hnena kir leh turin kawng chi hrang hrang hmangin A sawm thin. Inchhira A hnena kirte hnenah chuan A ngaihdamna famkim chu A hlan bawk. Pathian chu dawhthei tak A nih avangin, A khawngaihna chu mi tam tak ten dik lo takin an hmanphah a. An thiltih

sual man rang taka tawrhtir nghal an nih loh avangin mihring fate thinlung chu thilsual tihnan a lo intuh nghet thin.

Pathian dawhtheihna chuan thinlung chu a tinem zawk tur a ni na in soal fate thinlungah chuan a ni lo lamzawnga thawkin Pathian do nen leh A laka hel nan an hmanphaha, an luhlul phah deuh deuh bawk. Tichuan an sualte chu Pathianin ngaihthah ta mai mai niin an lo ngai ta hial ani. Thiltih soal man rang taka hrem nghalna khawvela cheng ni ila chu Pathian laka soal na hi a khat deuh tur. Nimahsela, hremna chu a thleng lawk lo anih pawhin engtik hunah emaw chuan a rawn thleng ngei ang! Pathian dawhtheihna pawhin tiamchin a nei a, chumi hun a lo thlen chuan hremna chu tihtlingtlakin a awm ang. Pathianin misual luhlul takte A hrem hun chuan a zunghram leh a tawp thlenga A tihboral hma chu a chawl dawn lo ani."-- Ellen G. White, *The SDA Bible Commentary*, phek 1166.

♣ \* ♣

**ZIRLAI 6**  
**THLARAU RAH CHU NGILNEIHNA ANI**  
**Jan. 30 - Feb. 5**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** 1 Samuela 9:1-13; Thufingte  
 15:1-5; 25:11-15; Matthaia  
 5:43-48; Luka 6:35, 38;  
 Ephesi 4:32; Kolossa 3:12-14.

**CHANGVAWN:** "Chutichuan, Pathian mi thlan, mi  
 thianghlim leh duh takte angin  
 lainatna thinlungte, ngilneihnate,  
 inngaihtlawmna te, thuhnuairawlne  
 te, dawtheihna te chuan inthuam  
 rawh u" (Kolossa 3:12).

HMANGAIHNA HNATHAWH DAN PAULA'N a tarlan lai  
 khan a thinlunga lo lang hmasa ber chu dawtheihna  
 a ni: "Hmangaihna chu a dawthei a" (1 Kor. 13:4).  
 Dawtheihna hnuah hmangaihna chuan "ngil a nei  
 bawk" tiin Paula chuan a ziak leh a. Chu chuan  
 hmangaihna leh ngilneihna chu inhnaih tak an ni a,  
 ngilneih na tel lo chuan eng thiltih mah hi hmangaihna  
 in a tih tak tak theih loh ani.

Dawtheihna chu hmangaihna lantirna chi  
 khat a ni a. Nimahsela ngilneihna chuan hmangaihna  
 awmzia chu a lantir nasa leh zual ani. Engmah ti lo

pawhin dawtheihna chu a lantir theih a. Ngilneihna  
 chu kan tawngkam leh thiltihahte, kan awmdan atang-  
 tein kan lantir ve thung ani.

Ngilneihna chu mitinin an lantir thei a. Nimah-  
 sela a lantir tur chuan hun leh thahrui sen a tul a.  
 Ngilneihna hian hmangaihna ang bawkin thiltihtheih-  
 na mak tak maia nei a. Kan Pathian chu mi engangnge  
 A nih tih a tarlang ani.

**NIKHATNA** **Jan. 31**  
 ENTAWN TLAH NGILNEIHNA (Matthaia 5:43-48)

Tlang chung a thusawiah khan Isuan chiang-  
 takin Pathian ngilneihna leh thatnate A tarlanga.  
 Matthaia 5:43-48 chhiar la, a hnuahia zawhnate hi  
 chhangang che:

1. Hetah hian eng ang dinhmun sang taka awm turin  
 nge Isuan min koh?
2. Chu dinhmun thleng tura Isua min koh chhan chu  
 engnge ni le?
3. Chang 48 naa Isua hman famkim tih tawngkam hi  
 chhinchhiah la. Famkim tih awmzia chu engnge ni  
 le? "Kan Pa vana mi A famkim" anga famkim ve  
 turin tih chu hrefiah thiam thei turin eng ang innge  
 kan in hrilhfiah ang?

Pathian thilpek zahngaihna chu chutiang chu  
 ani. A thlawna pek liau liau a ni a. Mihringte theihnaa  
 thawhchhuah chi a ni lova, tlin vanga phu tumah kan  
 awm bawk lo. Mi zawng zawng in mahni duhna ngeiin

Pathian lak ah thil kan tisuala. Pathian chu kan hawisanin, kan ngaihsak lova. Chutiang chuan misual soal ber pawh mi thianghlim ber ang a lo ni a. Khawvel mihring tumah Pathianina min pek ngilneihna leh thatna phu reng kan awm lo ani.

Heng changahte hian Isua chuan Pathian famkim anga famkim turin min ko a. Engtinngge ni ta ang le? Kan hmelmate hmangaihna, kan chungga dik lo taka titute tana tawngtai saknain, kan chungga ngilnei lo tute chungga ngilneihna lantirin. Hengte hi ani Isuan famkim tia min koh dan chu. Mahni tanghmasialna leh mahni duh zawngte ka thihtir chuan kan kohhran leh chhung kua chu enganginngge alo danglam ang tih han ngaihtuah chhin teh. Chutianga kan awm chuan thihna kawngkharina a hneh ngailoh tur thiltihtheihna leh thuhretu nihna chu kan lo nei ang.

Heng changa Krista tawngkamte i zui dawn chuan eng ang inthlak thlengna harsa takte nge i neih ngei tul ang le?

#### THAWHTAN

Feb. 1

"UI THI SAWN" CHUNGA NGILNEIHNA (2 Samuela 9:1-13)

Davidan engtinngge a ngilneihna a lantir (2 Samuela 9:1-13)? Hetiang kawng hian engtinngge Pathian nungchang chu a lantir?

"Davidan hmelmaten Mephibosetha hnenah chuan Davida chu dik lo taka lalna changa huatna pai reng angin an hrilh a; nimahsela lalber thilphalna

leh hawihhawmmate, lainatna a lantir zui zelnate chuan tlangval rilru pawh chu a hneh ta a; Davida chu nghet takin an vuan a, a pa Jonathana ang bawkin Pathian ruat lal nen chuan rilru hmunkhatin an awm a."-- Ellen G. White, *Thlahtu Bul leh Zawlneite*, phek 878, 879.

Davida chuan misual, Pathian khawngaihna leh ngilneihna phu lo anih zia a inhriat avangin Pathian ngilneihna chu midangte hnenah a semve ani.

Pathian ngilneihna midang hmena kan tarlan theih hmain, Luka 7:47 a tarlan angin engnge kan hriat hmasak tur le? Midangte chungga ngilneihna tarlan chungchanga zawhnate hrethiam tura min tanpui turin eng ang dan pawimawh tak nge awm le?

I chungga Pathian thatna leh ngilneihnate chu reilote han ngaihtuah la. I phu hliah hliahin i inhria em? Pathianin a bat che niin i ngai thin em? I ngaihtuahate, chetdante leh tawngkamte chu an thianghlima, hmangaihnaa khat an nih avangin, midangte chungga i tih angin Pathianin i chungah a ti ve mai a ni em? A chhanna chu NILO tih a ni ngei ang. Heta thil pawimawh tak awm chu: Pathianin min ngaidam tih kan hria a. Eng ang mi nge kan niha, eng thil nge kan tih thin tih lam en lovin Pathian chuan min hmangaih vek ani tih kan hrethiam bawka. Chuvangin kan ngilneihna leh hmangaihna phulo mite hmena hmangaihna leh ngilneihna lantir awmzia chu Chiangtakin kan hrethiam thei ani. Kan thinlunga kross chungchang leh englai pawha kan chungga awmzia a neihte hriat reng a va han pawimawh teh lul em!

Kum eng emaw zat chhungin Pathianin eng chungchangahte nge A ngaihdam che? Chumi chungchang hriatna chuan nangmah tina thintu che chungarilru put dan tur engnge a zirtir che le?

**THAWHLEH**

**Feb. 2**

TAWNGKAM NGILNEITE (Ephesi 4:32)

Ephesi 4:32 chuan, "inkhawngaihtawna lainatna neiin awm ula" tiin a sawi a. Nimina kan zirlai, Pathianin ngilneihna kan chungar A lantir avanga midangte chungar ngilneihna lantir ve chungchang leh he Bible chang hi a inmil hle ani.

Kristian chuan engtiklai pawhin ngilneihna a tarlang tur a ni a. A bik takin fuih thatho tul heng mi chithumte hnenah hian ngilneihna chu kan lantir zual tur ani.

A hmasaberin, thlarau lama la naupang takte hnenah ngilneihna kan lantir tur a ni. "nu nau pawmin ama fate a duat angin in zingah nunnem takin kan awm zawk kha" (1 Thessalonika 2:7).

A pahnhnaah, ngilneihna leh fuihthathona chu tisa lama mi chaklote chungah kan lantir bawktur a ni:" "Chutichuan, keini mi chakte hian, mahni lawmna zawng lovin, mi chak lote chak lohmate chu kan tuarpui zawk tur ani" (Rom 15:1)

A pathumna atan, thlarau lama chaklote chudamlo enkawltu nurse angin kan enkawl anga, an

chungah ngilneihna kan lantir reng tur ani (2 Timothea 2:24, 25).

Sumdawng miin hetiang hian a sawi a. "Chhuhnah nilenga ngilnei taka ka lo awm tawh avangin ka chau em em mai a, zanah chuan inah ka haw peih tawh lo ve," tiin. Mihringte nuna ngaihtuahna lungngaihthlak tak a va ni teh lul em ve maw!

Chhungkuua ngilneihna lantir thin a pawimawh a. Chhungkuua ngilneihna lantir dan pawimawh tak kawngkhat chu pakhat leh pakhat inbiak tawna hi a ni bawkt. Kan thusawi chhuah thinte hian chhungkuua awmdan leh chhungkuua mite rilru put dan chungchangah nasa takin huvang a nei ani.

Kan tawngkam hmandan chungchanga kan fimkhur theih phawt chuan buaina tam takte, intihnatna tam takte, rilru soal putna tam takte leh insuala, inbeihna tam takte hi kiansan theih a ni a. Mite rilru tina lo leh hmusit lo zawnga thusawite hi a theih thin nain vawi tam tak thute a nihna ang taka sawi rawtin mite thinlung tinain, thinurna, thinrimate chu in chawhthawh sak tawn a ni thin.

A thupui ber chu kan thusawi danah a innghat a. Tawngkam sawi chhuah dan hi a thumal sawichhuahte aimahin a pawimawh zawka. Kan hmel lan dan, aw ri leh cheziate hian kan ngaihtuahna, rilru put dan leh suangtuah na te chu a tilang thin. Chuvangin kan taksa cheziate leh kan thusawi dante chu ngilnei tak ni a, mite thinlung kan tihnat loh nan kan fimkhur hle tur ani.

Kan thusawite leh kan sawi dan chungchanga Thufing 15;1-5; 25:11-15 in engnge min hrilh le? Heng changte i chhiar hnuin i thusawi dan chungchanga miten an ngaihdan che zawt hlawm la. Eng ang kawnginng e i thusawi danah ngilneihna i lantir leh zual theih ang?

**NILAI****Feb. 3**

NGILNEIHNA CHHANLETNA (Luka 6:38)

Pe rawh u, chutichuan pekin in awm ang, thah-nemngai taka teha, beng muka, sawi muka, liam zawih zawihin, in malchungah an pe ang che u. In tehna ngai bawkin an teh sak leh dawn si che u a. Heta Isua thusawi awmzia tak chu engnge ni le? Eng ang nun kawng dan tha tak nge A sawi le?

Vawi tam tak mi dang chungah kan thiltih dan chu kan chungah a rawn thleng let thin. Ngilnei taka kan awmin, mite pawh kan chungah an ngilnei ve thin a. Mi chungah kan nunrawnin, kan chungah mite pawh an nunrawng ve bawk thin.

Nimahsela chutiang chu a ni vek reng lem lo. Isua chungah nunrawng tawka an thiltih dante kha hre reng la! Nimahsela hun tawpah chuan kan chungah mite thiltih dan chuan awmzia a nei vak lovang. A chhan chu kan chungah ngilneihna miten an lantir ve kher loh pawhin, ringtu kan nih angin englai pawhin mite chungah ngilneihna kan lantir tur a ni a. Kan chungah ngilnei lo te chungah ngilneihna lantir hi Isua hnungzuitu dik tak kan nihna lantirna thaber a ni

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

Tun kar chhungah kan sawihote hi Luka 6:35 nen engtingge an inmil theih le?

Min tanpui theitu chungah ngilneihna lantir chu a awl hle a. Mi zawng zawng tihtheih a ni bawk. Nimahsela kan chungah engmah ti let ve thei lo turte hnena ngilneihna lantir chu thil har tak a ni a, chu tak chu fiahna tha tak chu ani.

Nangmah in enfiah la. Ngilneihna i lantir thin chu tanghmasialna awm lo hmangaihna dik tak atanga lo kal a ni em? Nge i tana thiltha tur a la nih dawn avang mai zawk? I chhanna chu a pahnihna anih chuan engtingge i thlak thleng theih ang?

**NINGA NI****Feb. 4**

NGILNEIHNA INTHUAMIN (Kolossa 3:12-14)

Kolossa 3:12-14 hi nangma tawngkamin ziaak nawn leh la. Heng changte hian Krista hnungzuitu dik tak nihna eng ang kawngin nge a tarlan? Famkim tih tawngkam hman anih dan chhinchhiah la. Heng tawngkamte hi kan cheziaa a taka kan lantir chuan khawvela kan chanchintha hrilhna chu enganga chak nge a lo nih ang tih ngaihtuah bawk ang che.

Adventistte chuan kan dinhmun leh kan rinnate min fiah saktu Bible chang chak takte kan nei a. Chung-

te chu pawimawh kan ti hle bawh. Nimahsela chung zirtirna dikte aia nasa mamawh kan nei a ni lawm ni le?

"Pathian hmaah kan innkaitlawm tur a ni a, ngilnei taka awmin, mi hawihhawm leh mi khwngaih thei tak kan ni bawh tur ani. Chutianga kan awmtheih phawt chuan tuna ringtu pakhat chauh awmnaah hian thudik ringtu za an lo awm ang."-- Ellen G. White, *Testimonies for the Church*, vol. 9, pheh 189.

Kohhran thurinte kan zirtir hian Sabbath chungchangte, mithi chanchinte, sual bulte leh thurin dangte telhin kan zirtir thin. Chutihlai chuan ngilneihna leh Thlarau rah dangte pawimawhna chu lantir turin kan fimkhur ngai em? Sabbath ni chu ni sarihna ni a ni tih kan hria a, thawhleh na ni thlen hma chuan mithite chu an la muhil rih dawn tih kan hre bawh.

Krista felna nun thianghlim tak chuan tunah leh rorelna ni thlengin min tuam dawn tih kan hria a. Nimahsela hriatna neih mai chauh chu Isuaa awm thudik hriat nen a in ang thei lo (Johana 14:6). Thudik chuan zalenna min pe a (Johana 8:32). Thudik chuan Krista ang turin min tidanglama, min siamthar bawh. Hetiang hian miin an la zawt thei ang em - Ngilneihna leh Thlarau rah dangte kan tarlan that loh avang Isua, thudik chuan min pawm theih loh hnu in thudik nei tak tak kan ni thei ang em?

**ZIRTAWP**

**Feb. 5**

**ZIRBELH TUR:** "Kristian intin atangin eng thianghlim

tak chu kan chhi chhuak tur a ni a. Hmangaihna chu cheziaa lantir tur ani . . . Hmangaihna chuan ngilneihmate, zaidamate leh tanghmasial lova hawih hawmmate in a inlantir thin. Heng dante kengkawh chhungkuate an awm bawh. Chung inahte chuan Pathian chu biak niin hmangaihna dikberin rorel a ni bawh a. Heng inte atang hian zing leh tlai apiangin tawngtainate chu rimtui angin Pathian hnenah a chho thin. Tichuan A khawngaihna leh malsawmmate chu tawngtaitute chungah chuan zing dai angin a tla thin ani."-- Ellen G. White, *The Adventist Home*, pheh 37.

"Mi tam tak, midangte hmangaihna chu chaklohna tarlanna anga ngaite an awm. Heng mite hian an ngaihdan zim tak chuan midangte rilru zau tur chu an tihzim saka. An thlarau chu mi ngaihsakna nei lo leh khawngaihna nei lo in an lo awma. An rilru tha leh ngilneihna thinlungte an dahkian hnu chuan an thlarau nun chu a lo thi ta thin ani. Hetiang sualna lakah hian kan fimkhurin, kan inveng hle tur a ni a. Semdarhloh hmangaihna chuan rei a awh tak tak thei lo. Nangmah nena inzawmna nei mite thinlung chu ngilneihna leh khawngaihna dawng lova riltamin awmtir suh ang che."-- Ellen G. White, *The Adventist Home*, pheh 107.

♣ \* ♣

**ZIRLAI 7**  
**THLARAU RAH CHU THATNA ANI**  
**February 6 - 12**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Sam. 51:10, 11; Johana 14:9; Rom. 3:12-20; 7:7-12; Tita 2:14; Hebrai 1:2,3.

**CHANGVAWN:** "Thil tha ti atan Krista Isuaah chuan siama awmin, ama kut chhuak kan ni si a; chu thil tha tih chu kan awmna turin, Pathianin a buatsaih lawk ani" (Ephesi 2:10).

BIBLE-A THATNA TIH AWMZIA CHU awmdan leh chet dan dik tarlanna a ni a, chubakah soal hawisanna a ni thei baw. Thatna tih chu chetziaa thianghlim na anih bakah a thalama kan thiltihte an ni baw.

Thatna tia lehlin Greek tawnga agathosune chuan chetziaa thatna a kaw. Chu chuan nungchangtha neihna mai bakah thiltha tihna a entir baw.

"Mi rilru tha a ni" tia mi sawite kan hre fo thin ang. Misual vek kan nih avangin tha chungchang hrilhfiah hi a awl lo hle thei a (Jeremia 17:9). A taka nunpui chu a harsa leh zual ngei ang. "Rilru tha" tihte

"thinlung tha" tihte hi amah chauh chuan engmah a ni lova, midangtena an tangkai pui theih tura chetzia leh thiltiha tarlan anih chauhin awmzia a nei thin. Chuvangin thatna tih awmzia tak chu thiltha tih a ni.

**NIKHATNA**

**Feb. 7**

PATHIAN CHU A THA ANI (Exodus 33:19)

Bibleah tha tih tawngkam intanna thuk ber chu Pathianah chauh ani. Tha tih tawngkam hi entirna chi hrang hranga tarlan a ni fo thina. Mi tha leh misualte a awmtheih a (Matthaia 5:45). Kristiante tan thiltha a tihtheih baw (Ephesi 2:10). Pathian chuan A thilsiam zawng zawngte kha tha a ti a (Genesis 1:31), nimahsela Isua chuan Pathian chauh tha ani tiin A sawi (Marka 10:18). Pathian thatna chauh hi a famkim ani.

Heng Bible chang Exodus 33:19; Sam. 25:8; 86:5; 107:21; Nahum 1:7 leh Rom 8:28 te hian kan nuna Pathian thatna kan tarlan theih dan tur engnge min hrilh le?

Pathian chuan Mi tha a nih thu min hrilh mai chauh ni lovin A thatna chu kawng tam takin kan hnenah A tarlang a. Pathian thatna leh hmangaihna chu thilsiam chungchangah kan hmu thei a. Khawvel hi suala khatin natnate leh thiltha lo chi hrang hrang a thleng reng baw a. Nimahsela chutichung pawhin Pathian thatna chu thilsiamah kan la hmu thei reng ani.

Hring fate inlaichin dante, hmangaihna leh midangte chungga ngaihsakna lantir dante ngaihtuah la. Heng zawng zawngte hi thiltha titura Pathian siamte kan nih avang chauha tithei kan ni, Amah chu thatna ani bawka.

Pathiana thiltha min pek thenkhatte chu a dik lo zawnga rapthlak taka hman a ni a. Chung zinga pakhat chu mipat hmeichhiatna hi ani. Pathian duh-zawnga hman chuan mipat hmeichhiatna hi malsawm-na ropui tak a ni a. Pathian thatzia nasa taka lantirtu a ni bawka.

Johana 14:9 leh Hebrai 1:2, 3 tea tarlan angin khawvel hmena pek Pathian thatna entirmate chu eng-nge ni le?

Pathian thatna i hriatthiam dante ziakchhuak vek la. Buaina tam takte i tawh thin tawh ngei ang. Chung atang chuan kan Lalpa thatna engtin nge i hriatchian zual le? I nunah Pathian thatna chu engtinngge i tarlan ve ang?

#### **THAWHTAN**

**Feb. 8**

MI ZAWNG ZAWGIN THIL AN TISUAL VEK (Rom. 3:12-20)

Kan chhehvel khawvel atangin heng tawngkam dik zia engtinngge kan hmuhtheih? I nunah engtianga tarlan nge anih bawka?

Hring nuna lungchhiat thlak tak pakhat chu pawnlama landan anga mi tam tak an awm thin lo lutuk

hi ani. Pathian pek thiamna hlu tak dawngte, thil zir-thiam awl takte, pianhmang mawina leh nun duhawm tak neite, finna leh thiamna sang tak neite chu mi tha tiin kan ko chawh thin a. Nimahsela chung mite chu chhunglam rawp takte an ni thei thin ani. Tha tih tawngkam hi hmangaihna tih tawngkam anga hman zau luattuk anihna lamah a chhan dik tak chu a bo hial thin. Englai pawha Pathian thatna kan thinglunga kan vawn reng chuan mihringte thatna chu eng angnge tih chiang takin kan hrethiam thei ang.

Mihringte sualna tia Kristiantena an siam fo hi kan hrethiam lo tia Kristian nilote sawi i hre thin ngei ang. An ngaihdan chuan: Thiltha takte ti a, ngilneihna, tanghmasial lo nun nei leh tiam chin nei lo hmangaihna nei mihring an awm lovang maw? Chutiang mite chu kan hmu thin lo vem ni? Hetiang zawhna leh hnialnate hi engtinngge i chhan ang?

Kum tam tak kaltaah khan Russia lehkha ziak thiam Feodor Dostoevasky-a chuan Siberia vur rama lungin a tan lai chanchin a ziak a. Lungin tang thenkhatte chu Russia rama thilsual rapthlak ber ber titute an ni a. Nimahsela Dostoevsky-a chuan chung misual rapthlakberte chu lungin chhunga nunnem tak leh ngilnei taka an awm thu a tarlanga. Chutiang chuan misualberte pawhin ngilnei takin thiltha an ti thei a. Chutihrua chuan, mi tha tak ni anga lang, thiltha lo tak titute an awm bawh thin ani.

Nangteh eng ang mi nge i nih le? Ngilnei tak leh hmangaih taka thiltihte i nei ve thei em? Nunrawng tak leh soal takin thil i tithei bawh em le? I chhanna chuan nangma chungchang leh Isua i mamawh dan engnge a hriattir che?

**THAWHLEH****Feb. 9**

PATHIAN DAN LEH THATNA (Roman 7:7-12)

Engtinngé Rom 7:7-12 ah Paulan dan chungchang a sawi le? Engvang nge dan chu a tha a tih?

Chhandamna ruahmannaah Pathian dan chuan hmun pawimawh tak mai a awhtih hi mi tam takina an hriatthiam loh avangin buaina an tawka. Damlohna avanga daktor hnena kan kalin, damdawite min pek hmainsatna dik tak hriat nan natdante Chiangtakin min zawt fiah thin a. Chumi hnuah chauh damdawi min chawh thin. Pathian dan chu chhandamna chungchangah tehfung leh endikna a ni kawpa. Paula chuan dan awm lose chu soal hi ka hre lo tur, tiin a sawi hial a. Tichuan dan chuan misual kan nih vek thu min kawhhmuh a, chu endikna tel lo chuan tihdamna dawng tura Isua bula lo kal pawh a tul dawn lo ani.

Chhandamna ruahmanaah Pathian dan chu a tel ngei a tula. A chhan chu dan tel lo chuan soalhriatna a awm thei lova, soal a awmluh chuan chhandamtu mamawhna pawh a awm bawh hek lovang.

David a chuan Sam. 40:8 ah, "Aw ka Pathian, i duhzawng tih hi ka lawmzawng tak a ni; Ani, i dan thu chu ka thinlungah a awm reng e," tiin a lo ziaka. Anih leh engvangnge mi tam takten Pathian dan zawm chu harsa an tih em em thin le?

A chang chuan dan chu "Tisuah" tia thupekna ang chauhin kan ngai thina. Dikna laite chu awm ve

mahse, kan tih loh tur aiin kan tihturte chu an tam zawk ani. Pathian dan kan zawm avanga malsawmna kan dawnte ngaihtuah la. Danina kan nun a tih changkan dante ngaihtuah bawh ang che. Chuvangin kan tihlohtur atana A sawite chu zawm turin Pathian thatna chu kan rinchan tur a ni dawn lawm ni le?

Pathian dan zawm hi harsa hle angin i hrai em? I hria anih chuan engvangnge ni le? Pathian dan zawm chu a tha tih Bible in a sawi laia, keinin harsa kan tih chuan eng ang thil dik lo nge kan tih thin le?

**NILAI****Feb. 10**

THATNA KAL ZELIN (Jeremia 13:23)

Ethiopia mi hangin a vun a tidanglamin keitein a zia a thup thei em ni? Chuti anih chuan nangni thil soal tih ching thinte pawhin thiltha in ti thei ang chu! He chang hian mihring mizia mawlmang takin a tarlang a. Kan miziate hi awlsam takin kan thlakthleng thei thin lo. A bik takin mizia tha lote hi thlakthleng an harsa zual thin. Hemi chungchang hi kan thinlunga kan vawn reng chuan Biblea thu zawmziate hi khawvel mihringte hriatthiam dan aiin an thuk zawk hle thin tih kan hrethiam thei ang. Thlarau rah chuan thatna chu chhunglam hnathawh, ngaihtuahna tinrengte khawihthu, Pathian mi dik takte tawngkam leh cheziate an ni tih a tarlanga. Hei hian mihringten a chhan tha tak avanga thiltha ti thin kan nihzia a tilanga. Kawng lehlama sawiin, thiltha tihna chu chhunglama inhlanna leh Pathian hmangaihna atanga lo langchhuak ani.

"Aw Pathian, keimahah hian thinlung thianghlim tak siam la; Ka kawchhungah hian thlarau dik tak siam thar leh ang che" (Sam 51:10). Tleirawl in engtingge a awmdan a tihthianghlim ang? I thu ang zela a awmdan veng tha-in" (Sam 119:9). "Mi tha" kan nihtheihna tura heng Bible changa thuchahte chu engnge ni le?

A chungu Bible changte leh Rom 7:18 a Paula sawite khaihin la. Heng changte hi engtingge an inzawm khawm vek le?

Rom 7 ah Paula chuan thiltha tih tuma nasa taka a beih hnua a hlawhchham avanga a beidawn thu a tarlanga. Ama theihnaa thiltha tutur chuan a chak tawk lo ani (Chang18, 19). Tichuan bung 8, chang 1-4 ah chutiang buaina hnehtheihna Kristiante thuruk chu a tarlang ani. Chu thuruk chu engnge ni le? "Thlalaraua kal" tih awmzia chu sawiho ula. Engtia tihtunge ni ang le?

Pathian khawngaihna mamawh misual kan ni tih inhriat hi kawngkhat a ni a. Kan thiltha tihten min chhandam thei lo a ni tia sawi kan mamawh baw. Nimahsela chutih rual chuan he zirtirna hi sual titura mahni inphalsak chawpna atana hman anih loh nan engvanginngge kan fimkhur ang? Chutiang ngaihdan chu neia hmang ve mek i ni em? I lo nih chuan, chutiang ngaihdan chu engvangnge a hlauhawm em em le?

#### **NINGA NI**

THATNA TARLANNA (Ephesia 2:10).

**Feb. 11**

Thil tha ti atan Krista Isuaah chuan siama awmin, ama kut chhuak kan ni si a; chu thil tha tih chu kan awmna turin, Pathianin a buatsaih lawk ani. Thiltha tih avanga chhandam kan ni tiin kan sawi thei lo. Nimahsela, chhandam kan nih tawh avangin Pathian fapate leh fanute angin kan nunte chuan thiltha tiin a lantir tur ani. Isua chuan thingkung chu a rah atangin a hriat mai ang tiin a sawi a. Chutiang bawkin keini pawh kan thiltih atanga khawvel hriat kan ni ang. Isuan thiltha tih a pawimawhzia tarlan nan thiltha tiduhlotute chu vanramah an lut lovang tiin A sawi ani (Matthaia 25:41-46).

Eng thuchah thuhmun nge Ephesi 2:10 leh Tita 2:14 ten an tarlan? Kristian ka ni tia inchhalte tan engvangnge chu thuchah chu a pawimawh em em?

Pathian dan kan bawhchhiat avangin misual, chhandamtu mamawh takte kan ni a. Chutihruual chuan Isuaa kan inpumpeka Thlaraua kan nun chuan sual hnehtheihna nun leh Pathian thatna tarlang thei nun nei turin Bible chuan min tiam ani. Rinnaa bapisma channain Krista thihnaa phum kan ni a, chumi avang chuan Paula sawi angin nuntharin kan nungthei ta ani (Rom 6:4).

Bible sawi angin "mitha" kan ni thei ta. Chhandamna dawngtlak kan nihtheihna tura tha ni lovin, kan thinlungte, kan ngaihtuahnate leh kan cheziate chuan khawvel hnenah Pathian chu keimahni ah A nungchiang ngei a ni tih an lantir ani zawk. Tisa chakna nen nitin indo zel kan la mamawh baw. Nitin

indona kan tluk changin pawitihna thinlung inngaitlawm tak leh inchhir na dik tak neiin Pathian hnenah kan kir thin tur a ni a. Nimahsela neia kan inchhal rinna chu kan nunpui thei a, kan nunpui ngei baw tur ani.

Biblea thutiamte chu enganginnge hnehtu chang Kristian nun dik taka i lantir thin le? Krossa hreawm rapthlak tak tuara i tana Isua tihsak che chu haider tur leh nun dik taka i nunna tur dal turin engnge i tihthin le?

**ZIRTAWP**

**Feb. 12**

**ZIRBELH TUR:** "Thudik tlangau puia thuhirilna te leh Kristian lehkha sem chi semnate bakah kawng dang pawhin Pathian tan thuhretu hna kan thawk tur ani. Kristian nun dik tak hi thuhretu hnathawhna thiltitheiber ani tih i hre reng ang u. Kristian mi awm duhdahtak (inthlahdah tak leh ho tak) nungchang chuan Pathian hre lo khawvel mi panggaite aiin khawvelah thilpawi an khawih zawk ani."--Ellen G. White, *Testimonies for The Church*, Vol. 9, phek 21.

"Krista chhinchhiahna hi pawnlam chhinchhiahna lang thei mai hi a ni lo, kraws emaw, lallukhum emaw awrh pawh a ni baw hek lo. Pathian leh mihring inzawmna tilangtu a ni zawk. Khawvel chhandam turin Pathianin A Fapa A rawntir tih hi A khawngaihna thil tithei tak avanga nungchang danglamna lo awm hian a lanchiantir tur ani. Mahni hmasial lo nun aia mihring thlarau tuam hneh zawk thei eng dang mah a awm lo. Chanchin Tha sawi mawi

thlarau tuam hneh zawk thei eng dang mah a awm lo. Chanchin Tha sawi mawi theihna ber chu ringtu inngaitlawm leh thuhnuaairawlh taka awm hi ani."--Tihdam Rawngbawlna, phek 466.



**ZIRLAI 8**  
**THLARAU RAH CHU RINAWMNA ANI**  
**February 13 - 19**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Matthaia 25:1-13; Luka  
 16:10; 1 Thessalonika  
 5:23; 24; 2 Timothea 3:1-  
 5; Hebrai 11.

**CHANGVAWN:** "Tichuan, thil tha tih i ning suh ang  
 u; kan inthlahdah loh zawngin a hun  
 takah chuan kan seng dawn si a"  
 (Galatia 6:9).

THLARAU RAH RINAWMNA HIAN PATHIANA RINAWMNA  
 a kaw k thei baw k. Lungngaih beidaw nna taw h lai  
 paw ha thil tih puitlin tuma nghet taka aw mna ani.  
 Rinaw mna chuan nghet taka dingtlata beidaw ng lo  
 turin min fuih a. Rinaw mna chuan thurin nghet taka  
 vaw n tlatnate, thiltum hlawhtlin hma zaw ng nghet tak  
 dan zaw mna leh kawngsira penbo san mai lova, thil  
 pakhat ti puitlin ngei tura tumruhnate a kaw k thei  
 hlaw m baw k ani.

Rinna leh rinaw mna hi an inhnaih hle a, mahse  
 an thuhmun lo. Rinna chu Pathian thilpek niin Amah  
 chu kan hmu theilo chung paw hin A aw m ngei ani tih  
 min rintir a. Rinna chu kan beiseite aw m ngei nia

hriatna ani baw k (Hebrai 11:1). Rinaw mna ve thung  
 chu Pathian kan rinna rah, rinnaa nghet taka aw mna  
 hi a ni. Pathian kan rin chuan rinaw m takin kan aw m  
 tur a ni a. Kan rinaw mna thiltihte chu kan rinna  
 entimate an ni baw k. Chutiang thiltihte chu kan rinna  
 leh chetziate phuarkhaw m tlattu lahrui an ni.

**NIKHATNA** **Feb. 14**  
 PATHIAN CHU A RINAWM (Sam. 89:9)

Thlarau rah dang angin Pathian chu kan tana  
 rinaw mna tarlangtu entirna ani. Pathian hi tuna A  
 rinaw m ang baw kin hun kal taw h khawvel siam hma  
 kum tluk leh ding aw n hlir tluk leh dingaw n thumah  
 paw h khan a rinaw m a. Chutiang baw kin hun lo la  
 kal tur kum tluklehdingaw n hlir tluk leh dingaw n  
 thumah paw h a la danglam chuang lovang. A thiltumte  
 tidanglam thei tur engmah a aw m lo.

Pathian rinaw mna tha tak takte chhinchhiah  
 la:

- \* Pathian rinaw mna chu ban phak rual a ni lo  
 (Sam. 36:5).
- \* Pathian rinaw mna chu a tak ani (Sam. 89:33)
- \* Pathian rinaw mna chu A ropui (Thuhhiltu  
 3:23).
- \* Pathian rinaw mna chu vana tihnggeh ani  
 (Sam. 89:2)

Pathian rinaw mna avanga kan hnena malsaw m-  
 na lo thleng heng chang 1 Korinth 10:13; 1  
 Thessalonika 5:23, 24; 2 Thessalonika 3:3 leh Hebrai  
 10:23 tea tarlan hi zia k chhuak la.

Engvangnge Pathian rinawmna hi Kristiante nunah a pawimawh em em le? I nuna hun harsat laia Pathianin rinawm taka A awmpui dan che ngaihtuah la. I nitin nunah Pathian rinawmna malsawmna chu nangmah tanpuitu ber che a ni lawm ni le?

**THAWHTAN****Feb. 15**

RINAWMNA: HUN TAWP CHHINCHHIAHNA (Luka 18:8)

Mihring Fapa hi a lo kal hun chuan khawvelah hian rinna a rawn hmu ang em ni? He Isua zawhna hian engnge a rawt le?

Tirhkoh Paula chuan tihian a ziak a: "Mi sual leh tihdertute erawh chu, mi bum leh buma awmin an sual zual deuh deuh ang" (2 Timothea 3:13). Tunlai mihringte hi Mosia leh Paulate hunlaia mite ang tho kan ni. Wawiin nia khawtlang mipui nundan phungte hian sual tih min awlsam tir ani tiin mi pakhat chuan a sawi mai thei a. Kawng lehlama sawiin kan khawtlang chuan sual lam a awntlata. Suala tlu mihring nihphung lah sual ngaihtuahna hliir a ni bawka. Pakhat leh pakhat mahni chauh inngaih sak tura infuihhlawm a ni a. Thil tlangzarhnate reng reng mahni intihawmna tura fuihna deuh vek an ni bawk. Engvangnge kan nghah reng ang, engvangnge mahni kan inphatsan ang, engvangnge kan thilneihnte kan hlan (thawh) bik ang, engvangnge midangte anga kan awm ve mai loh ang? Kan thu hriat tam berte chu, "Hetianga awm hi i phu ani, chuvangin nangmah intihlim mai rawh" tih a ni thin.

Eng ang nungchang tehna te nge 2 Timothea 3:1-5 ah hian tarlan a nih? Engvangnge heng nung-

changte hi mi tam takah Chiangtaka hmuh theih a awm le?

Tunlai chhuan (thangthar) te chauh hi mahni tanghmasialnaa khat an ni hmasaber bik lo nain tunlai mihringte nundan phungte hian tanghmasial turin kan infuih tawn chu a ang khawp mai. "Number pakhatna en rawh," "Nangmah inhmangaihmasa ber rawh" tihte chu infuihna tawngkam ani ber thin. Mahni chauh inngaihsakna chuan thiltih tawhsa te emaw, thusawi tawhte emaw, leh thiltih ngei turahte emaw mawh-phurhna la chhunzawm duh lo turin mi a awm tir a. Heng changte hian tunlai thangtharte nundan a hrilhfiah chiang khawp mai: "An pate anchhia lawha, an nute malsawm lo chhuan an awma. Mahni ngaiha thianghlim inti chhuan an awm a; Nimahsela an bawlhhlawhna tlangfai an ni si lo." (Thufingte 30:11, 12). Mitin chung a thil diklo thleng chu midang mawhchhiat talh tum a ni a, a bik takin nu leh pate hi mawhchhiatna dawng ngunbertute an ni.

Kohhran memberte zingah pawh nise, rinawmna tlachham turin heng TV leh chanchinbute hian engtingge a tanpui? Dik takin inchhang la: Heng thilte hian i ngaihtuahnte eng anginngan an thunun le? I nun awmdante ngaih tuah kirin han inzawt lehla, I lekhachhiarte, thil ente leh ngaihthlakte chuan Pathiana i rinawmna enganginngan an tlakhniam tir thin?

**THAWHLEH****Feb. 16**

RINAWMNA ENTIRNATE (Hebrai 11)

Hebrai bung 11 i chhiar hnu in i duhzawng mi pathum thlang chhuak la, thlemna nasa tak an tawhlaia rinawmna an tarlan dante ziak chhuak ang che. An rinawmna tarlan nan engthil nge an tih? Chutihruual chuan engnen nge an inbuan, eng ang thlemna nge an tawh hlawm? Tunlai mite tana entawn tur eng ang nungchang, ngaih dante nge an neih hlawm le?

Heng mite tana beidawn mai a awl dan tur ziate han ngaihtuah teh: Lungin chhunga awm Josepha ngaihtuah la. Thutiam fa kum tam tak chhung nghak tang tang Sari nun ngaihtuah bawk la. Lalram hau-sakna ropui tak hmanga thlemna tawk Mosia, Pathian fate nena hreawm taka awm thlang zawktu nunte han ngaihtuah teh. A chang chuan heng mite hi khawvel mihring pangngaite ang ni lova, mi chak danglam bik nite in kan ngai hial mai thei. Mahse, an ni lo. Keimahni ang chiah mihring pangngai ve mai, keimahni anga thlemna chi hrang hrang tawk thinte an ni. Pathian hnenah zawhnate zawta, hlauhna a khat ve bawk, a chang phei chuan keimahni ang bawka tlu ve hial thinte an ni a. An mahniah chaklohnate leh tih-sualte chu nei ve hlawm mahse, rinawmna an tarlanga. Rinna an neih ang chuan an nungtlang a, tichuan thil ropui takte ti tura Pathian mi hmante an lo ni thei ta ani.

Rinawm taka i awm duhna tibahlahtu thlemna i tawkte chu engtenge ni le? Chung thlemnate chu chi hnihah then la: (1) I nun atanga i lakkian theih thilte leh (2) I lak kian theih miah lo, engtinmaha i tih theih tawh lohte tiin.

**NILAI****Feb. 17**

NITIN NUNA RINAWMNA (Luka 16:10)

I nuna dik taka i awmtheih nan Luka 16:10 hian eng ang dan nge a tarlan le? Thilte thamte pawha kan rinawm loh chuan engtinngge thil lian thama rinawm tura kan inrintheih ang le?

"Khawvel tlakchham lianber chu mi rinawm leh mi dik takte hi an ni. Khawvel hian lei leh hralhtheih loh mite a mamawh a. Englai pawha dik leh rinawmte, soal chu soal anih anga tarlang ngamtute, mahni mawhpurhnaa dik taka ti mite, van a chim dawn pawha hlau lova thudika dingtlat ngamtute chu khawvelin a mamawh ani."-- Ellen G. White, *Educa-tion*, phek 57.

Heng tawngkamte hi rinawmna peng pawm mawh takte an ni:

Rinchhan tlaka Awmna - Hei hian midangten an rinchhan thei che a, rinchhan tlakin i awm bawk tih a entir. Miten hnuachhiah takin an en thin tawh ngai che em? Chutih lai chuan engtinngge i ngaih le? Rinchhan tlak ni lo ta ang la, chu chuan i nungchang engnge a tarlan ang?

Rilru dikna - Rilru dikna tih awmzia chu diknaa rinawm tihna a ni a. Dawtsawi i duh lova, mi bum leh mi thilrukte i duhlo tihna a ni bawk. Rilru dikna hi nungchang dik leh nghet tak tarlanna a ni a, kan nitin nunah kan tarlang reng tur a ni.

Felna - Felna i neih chuan i nunah rinnate leh inkaihhruaina dan eng emaw i zawm reng tihna a ni a. Midangte leh an nundante i zahthiam tihna a ni bawk. Felna hi nungchang tihthanlenna atana pawimawh tak ani.

Thiante tana Rinawmna - Hei hian hun harsat lai ber pawha mi tu emaw tana nghet taka dinna a kawka. Thian leh thian inngaina thei tura zawm khawm-tu ani. Nimahsela thiante tana rinawmna ah chuan Pathian duhloh zawng lama thiante tana thiltih saknate a tel thei ang em? He rinawmna hian bithliah a nei em le? Thiante tana rinawmna lantirna kawngah eng thlenga kal turnge ni ang le?

Heng rinawmna peng hrang hrangte hi ngaih-tuah la. Heng kawngahte hian enganga rinawm nge i nih le? Engkawngahnge i tihthat theih ang? A pawimawhber chu dik anga i hriatah chuan rinawm taka i awmtheih nan eng ang inthlak danglamna nge i mamawh a? Chu chu engtinngge i tih theih ang?

**NINGA NI****Feb. 18**

A TAWP THLENGA RINAWMNA (Matthaia 25:1-13)

Matthaia 25:1-13 a tehkhin thu chhiar la. Mo hmuaktute zawng zawng kha an vaiin an muhil vek ani tih chhinchhiah ang che. Mo neitu an thawm avanga an thawh vek khan mi pangate chu an tlai lutuk ta anih kha. Kum zabi sawmnh leh pakhatnaa cheng keini pawh an mahni ang nihve theihna hlahawm takah engtinngge kan din le?

Matthaia 24:44-50 chhiar la. Chhiahhlawh sual kha a pu chu a rawn haw lawk dawn lo ni a a rin avangin a nundante eng anginngge a tihdanglam tih chhinchhiah la. Isua chu A rawn kal lawk dawn lo tia ringtute tan he tehkhinthu hian eng ang thuchah nge min hriattir le?

Kan beisei angin thil engkim hi a awm reng thin lo nain Galatia 6:9 a thutiam atang hian thlamuanna kan hmu thei awm e, "Thil tha tih i ning suh ang u; kan inthlahdah loh zawngin a hun takah chuan kan seng dawn si a."

Kum zabi sawmnh leh pakhatnaa cheng Pathian mite zawhna chu "Pathian chu A rinawm tak meuh em?" tih ni tawh lovin, A thutiamah chuan A rinawm reng dawn tih kan hriat avangin, "A tawp thlengin ka rinawm ang em?" tih hi kan inzawhna pawimawh tak chu a ni reng tur ani.

Kawng tam takin "A tawp thlengin ka rinawm ang em?" tih zawhna chhanna chu tunlai hian kan hmu thei ani. Tuna i thlarau dinhmun Chiang tak kha engnge ni le? Lalpa rawngbawl turin, khawngaih-na thanglian turin leh rinawm taka awmthei turin nitinin i inhlam thin em? Anih loh leh Lalpa lama zawi zawia beidawng tial tialin khawvel mite angin khawvel thilte umin i awm zawk em ni le?

**ZIRTAWP****Feb. 19**

**ZIRBELH TUR:** "Van boruak zau taka englai pawha mahni kawng theuh zawha arsate an kal muai muai

ang khian, Pathian thil tum chuan hmanhmawh luat emaw, khawtlai luat emaw a nei ve lo. Rawhtuina mei khu mup mup leh thim nasa tak chu chhinchhiahnaa hmangin Pathianin Abrahamana hnenah Aikupta bawiha Israelte an luh tur thu leh, chuta an awm rei lam chu kum zali a ni dawn tih a hrilh ta a. Tin, "chu mi hnuah chuan sum tam tak neiin an lo chhuak ang," tih a hrilh tel bawk. Genesis 15:14. Heng thu kalh-zawng hian, Aigupta ram ropui tak chung a roreltu inluling tak Pharaoa chuan a thiltihtheihnaa hmangin a bei chiama, mahse a do hlawhtling lo. Pathianin a lo tiam tawh ang ngeiin, "chu mi ni ngei chuan heti hi a ni a. Lalpa mipuiho zawng zawng chu Aigupta ram ata an chhuak ta a." Exodus 12:41. Chutiang bawkin, Krista lo kal hun tur hi van rorelnaah chuan lo ruat sa diam a ni a, tichuan, a hun bi a lo kim chuan Krista chu Bethlehemah a lo piang ta ani."-- Chatuan Nghahfak, pheh 23, 24.

♣ \* ♣

**ZIRLAI 9**  
**THLARAU RAH CHU THUNUAIRAWLHNA ANI**  
**February 20 - 26**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIRTUR:** Genesis 50:20; Matthaia 5:5; 11:29; Rom 12:3; Galatia 6:1; Philippi 2:2, 3; 1 Petera 3:4.

**CHANGVAWN:** " 'Thuhnuairawlhte chu an eng a thawl e; lei hi an la rochung dawn si a.'" (Matthaia 5:5).

TUNLAI KHAWVEL SUAL TAKA theihngihl tepa awm Thlarau rah chu thuhnuairawlhna hi ani. Thuhnuairawlhte chu mi chak lo te an ni tiin mi tam takin an ngai thina. Chuvangin thuhnuairawlhte (mi inngaitlawmte) chu miten an ngaisang vak thin lo. Mahse, he thuhnuairawlhna nun hi nei turin Pathianin min duh ani.

Thuhnuairawlhna tih chu Pathian lama rilru inphahhnamna leh kan mihring puite laka zaidam ngilnei nunnem taka awm hi ani. Kan beisei anga thil a lo awm loh changin Pathian kan rinchhan a. Thuhnuairawlhna nun nei tur chuan mahni lam ni lovin, Lalpa rinchhan ngamna nun neih a tul ani.

Chaklohna leh thuhnuairawlhna hi miten an ngai thuhmun palh thin. Chaklohna chu huaisen tawk-

loh vang emaw, taksa chakloh vang emawa awm a ni a. Hengte hi Isuan thuhnuairawlhte tia a sawite an ni lova, "Ka nghawngkaw! bat ula, ka hnenah zir rawh u; thuhnuairawlh leh rilrua inngai tlawm tak ka nih hi: tichuan, in thlarau tan chawlhna in hmu ang" (Matthaia 11:29) tiin A sawi zawk ani. Thuhnuairawlhna chu miin Pathian a rinchhan tlata, Amaha a inngah pumhlumna rah a ni a. Chutianga Pathian chauh rinchhan na chuan mahni duhzawng kawng zawh lova, A duhdan kawng zawh zawkna a kaww baw. Chuvangin thuhnuairawlhna chu chaklohna avang ni lovin, chakna avang zawka lo awm ani.

**NIKHATNA****Feb. 21**

THUHNUAIRAWLH LEH RILRUA INNGAITLAWM TAK  
(Matthaia 11:29)

Isuan Matthaia 11:29 ah engnge min zirtir? Engtingge thuhnuairawlh leh rilrua inngaitlawmna chuan kan thlarau nun tan chawlhahdamna (thlamuanna) min pek thin?

Thuhnuairawlhna chu kan thil duh zawngte nei thei tura beihna ni lovin, Pathianin kan tan min tihsak zawk dawn ani tih rinna a ni zawk. Thuhnuairawlh mite chuan tanghmasialna an nei lova, thil engkim Pathian enkawlna hnuaiah an dah zawk thin (Luka 22:42). Hei hi thlarau tana chawlhahdamna thutiam neihtheihna tur rilru put dan duhawm tak chu ani. Kan thiltumte hlawhtling tura kan beihna tam zawkte hi kan tanghmasialna vang a ni chaww lo vem ni le? Thuhnuairawlh mi chu mahni chauh inngaituahna tihlum dan thiamtute an ni a, rinna,

huaisenna leh dawhtheihnate neih a tul a ni.

Thuhnuairawlh chungchang Rom 12:3 in engnge a tarlan? Thuhnuairawlh miten eng ang kawnginnghe he thu hi a pawimawh?

Thuhnuairawlh awmzia kan hriatthiam zual theihna tura min tanpuitu tha tak dang chu Ephesi 4:2 hi a ni. He chang leh Rom 12:3 te inkungkaih dan chhinchhiah la. An pahnihin Kristiante nitin nuna chapo leh tanghmasial taka awm lo turin an fuih a. Kristiante chu engvannginnghe chapo taka kan awm teh lul ang le? Misual vek kan ni a. Kan thawlak tinah leh kan lungphu tinahte hian Pathiana inngat kan ni a. Thilpek hlu tak kan dawnte leh kan thiltitheihna zawng zawngte hi Pathian hnen atanga lo kal vek an ni baw. Chuvangin eng avangte hian nge chapo kan tum thin le? Chapona chhan tur engmah kan nei mawlh lo. Chhandam kan nihtheihna tura Isua min tihsakte ngaihtuah la. Keini Kristiante hi khawvela thuhnuairawlhber leh inngaitlawmber turte kan ni.

Kan mamawh thil engkima Pathiana inngat kan nihzia ngaihtuah la. Chuti chung a chapo leh thilneih inchhuang duha rilru neihlatte hi khawi atanga lo kal nge an nih thin le? Chutiang rilru chu engtingge i paihkian theih ang?

**THAWHTAN****Feb. 22**

ENTAWN TLAKTAKA THUHNUAIRAWLHTUTE (Number 12:3).

Mosia chu lei chung a mihring zawng zawnga zaidam lawtlak a ni a. Abrahamah leh a tupa Lota tena ram insem an tum laite kha hre reng la (Genesis 13:8, 9). Pathian chuan Abrahamah chu chi ropui taka siam turin A tiam tawh a. Chuvangin Abrahamah khan ram tha zawk leh duhawm zawk chu a thlang thei ani. Nimahsela a tupa Lota chu a thlan hmasak tir a, a tupa duhlohna lam chu chang turin Abrahamah chuan a sawi ani. Engtingge heta Abrahamah chet dan hi thuhnuairawlh entirna a nihtheih le?

Aigupta sala Josepha a unauten an zawrhthu kan hre theuh a. A u naute a hnena buhleih tura an kal thute chhiarnawn leh la. Khatih lai khan Josepha chu Aigupta lal dawttu a ni a. A unaute chuan a hnena buhleih phal sak hram turin an ngen a nih kha (Genesis 45). Josepha thuhnuairawlhna (inngaihtlawmna) chuan a unaute chung a rilru put dan engtingge a thunun tlat le? Josepha kha thuhnuairawlh takin awm duh lo ta ang sela, engthilnge a tihpalh theih le? Entinngge Genesis 50:20 hi khawvel mite tana thuhnuairawlhna chungchanga entawn tur thatak a nih?

Davidah kha tleirawlte anihlai atangin Israel lal dawttu ni tura Pathian thlan a ni a. Chumi chungchang chu lal Sawlan a hriat avangin a itsik hle anih kha. Chuvangin kum tam tak chung Davidah leh a mite chu thah tumin a um thina. Khatih hunlai khan Davidah chuan Saulah thahnana hun remchang tak tum hnih meuh a tawng a ni (1 Samuel 24:3-7, 26:7-12). Davidah kha thuhnuairawlh mi tak ni lose, lal Saulah a thahlohna chhan kha engvangnge ni ta ang le? Eng-

vanginngge kan rilru duhzawngte tipuitlin turin thlarau lam thila mahni inphalsakna neih a awlsem hle thin?

Number 12:3 ah Mosia chu a hunlaia mite zinga mi thuhnuairawlh thei bera tarlan a ni a. Nimahsela a thiltih ropui tak takte khan thuhnuairawlh mi angin a lantir lem lo. Israel fate chhuahtir tura lal Pharoah hnena Mosia ngenna kha tha chaktaka chhunzawm a ni a. Israel fatena bawngno lem an dina, chibai an buklai khan, Mosia thinrimna chu a sosang hle a. Tichuan, bawngno lem chu rawtsawmin an tui tlan miah a paihluta, a tui chu a intir hlawm a (Exodus 32:19, 20). Mosia thuhnuairawlhna chu engtingge kan hriatthiam tak ang le?

Isua chu thuhnuairawlhna nei sangbertu a ni (Matthaia 11:29). Isua thuhnuairawlh zia entirna thenkhatte chu engtingge ni le? Entirnan Johana 18:21-23 leh Matthaia 26:39 ahte hian Isua thuhnuairawlhna entinngge tarlan anih? Chutihruah chuan thuhnuairawlh lantirna ni awm lo tak tur Isua thiltihte kan hmu thei baw. Entirnan, biak in chung atanga pawisa thleng tute zawng zawng a hnawhdarh atangte leh an vervek lutuk avanga Pharisaita leh midangte a hauh dan atangte khan thuhnuairawlhna chezia ni awm lo takte kan hmu thei a. Heng entirnat hian thuhnuairawlhna chu a chang chuan kawng mak takte pawha tarlan theih an nih thu hrethiam turin engtingge min tanpui le?

Heng thuhnuairawlhna entirna atangte hian nangma tan chauha i tih fo thin engtingge i hmuhtheih?

Thuhnuairawlhna chu engangnge anih hrethiam tura tanpui tur che in a chung a thawnthute atangin engnge i zirtheih le?

**THAWHLEH****Feb. 23**

THUHNUAIRAWLH PAWIMAWHNA (Zephania 2:3)

Nangni leia mi thuhnuairawlh zawng zawng, a thu awitute u, Lalpa chu zawng rawh u; Felna zawng ula, thuhnuairawlh tum rawh u, Lalpa thinrimna niah chuan thuhrukin in awm thei mahna. Thuhnuairawlhna chu chapon a nena inkalh tlat a ni. Tunlai hian mahni induhna leh inngaihtuahna chungchang nasa taka sawilar a ni a. Mahni inngaihtuahna thinlung chu engtik hunah nge a kal thui lutuka chapon a lo nihtheih thin le?

Thuhnuairawlhna hi Pathian thu dawn sawn theihna a pawimawh em em ani (Jakoba 1:21). Thuhnuairawlhna chu thuhretu tha nihna kawngah a pawimawh hle baw (1 Peter 3:15).

"Krista hnena mi dangte hruai theih dan kawng thaberte zinga pakhat chu kan ni tin nuna Krista nungchang lantir a ni. Midangte nun va fantheih na hi kan thu sawitea inngat a ni lo a, kan nihnaa inngat a ni zawk. Miten kan thu leh hlate an hnialin an kalh bur a ni thei a. Kan ngennate pawh an pawm duh lo a ni thei e, nimahsela hmasialna tel miah lo hmangaihna nun hi chu an kalh thei ngai lo. Kristian nunnemna ang nei rengte nun chu khaw-velah hian thiltihtheihna a tling ani."--Ellen G. White, Chatuan Nghahfak, phek 125.

Thuhnuairawlhna chuan Pathian hnenah ropuina a pe (1 Petera 3:4). "Mawina duh hi a dik a, duh tur pawh a ni a, mahsela Pathianin mawina sang ber, boral thei lo chu duha zawng hmasa turin min duh ani. 'Rilru thuhnuairawlh leh nunnem' chu a hlutna leh a duhawmna, pawnlam incheina nen tehkhin phak rual a ni lo, puan zaisin leh fai tak (Thupuan 19:14) leia mi thianghlim zawng zawngte sin tur chu khaikhin phak a ni lo. He incheina hian he leiah a timawiin, a tiduhawma, nakina Lal in chhunga luhna tura chhinchhiaahna a ni ang. A thutiam chu hei hi a ni, "Puan var sinin ka hnenah an leng ve ang, chutiang titlak chu an ni si a,' tih hi (thupuan 3:4)."

Pawnlam mawina zawntumna hi chhunglam nuna thlarau rah thanlen tir tumna nen engtinge a inmil theih loh? Nangmaha thuhnuairawlhna rah thangchho zel chuan i nunah eng ang danglamna nge a neihtir ang che? Krista i pawm atangin i nunah eng ang thuhnuairawlhna rah nge i parchhuahtir ve tawh le? Thuhnuairawlh taka i awm tiharsatu eng ang ngaih dangge i neih thin baw?

**NILAI****Feb. 24**

THUHNUAIRAWLHNA RAH THILTIHA LANTIRNA (Matthaia 5:39)

Kei erawh chuan ka hrilh a che u, misual dodal suh u; i biang ding lama beng apiang che chu, a lehlam pawh dawh zawk rawh. Thuhnuairawlhna hi midangte nena kan indawma tarlan tur a ni a. Chetziaa tarlan

chi niin, kan tawngkamte, ngaihdante leh chetziate tarlangtu ber a ni thin. Thuhnuairawlh angin i inngai a ni thei e, mahse, a taka i lantir loh chuan awmzia a neitlem hle ang.

Engtingge Matthaia 5:39; 18:21, 22; Galatia 6:1; 2 Timothea 2:24, 25; Tita 3:2; Philippi 2:2, 3 ten kan nuna thuhnuairawlhna tarlan dan tur min hrilh le? Hengahte hian engvangnge thuhnuairawlhna hi a pawimawh em em?

Kan sawi tawh thin angin mite chuan thuhnuairawlhna awmzia chu chaklohna a ni tia ngaihsual an duh thin. Vawiin ni tana Bible chang chhiar tur tarlante ennawn leh la, thuhnuairawlhna tarlan nan thlarau lama chakna neih a tul thin ziate i hmu thei ang.

Ni e, thuhnuairawlhna chu Thlarau rah a ni e. Thuhnuairawlhna chu Pathian hnen atanga lo kal a ni bawka. Nitina Lalpa hnena inpumpek reng kan mamawh bawk. Rinnaa A thupekte zawm duhna thinlung kan neih reng chauhin thuhnuairawlhna chu kan nunah tarlanin a awm thei dawn ani.

#### **NINGA NI**

**Feb. 25**

THUHNUIRAWLHNA RAH (LAWMMAN) (Sam. 25:9).

Thuhnuairawlhthe chu rorelna felah a hruai ang a: Thuhnuairawlhthe chu ama kawng chanchin a zirtir bawk ang. E.D. Hulse-a chuan, "Inngaitlawmna hi thil mak tak mai a ni. Rei lote i ngaihtuah chhungin i nei thei a, i tibo leh mai thei bawk," tiin a sawi.

Khawte pakhat hian an khuua mi thuhnuairawlh thei ber (inngaitlawm ber) zawngchhuaha, lawmman pek an tuma. Tichuan endiktute siama an zawm hnuin mi pakhat an hmu ta a. Lawmman peknaah chuan an khaw mi pawimawhte an tel veka, mi thuhnuairawlhber chu cheimawina puanthem (ribbon) pek a ni a, chu ribbon ah chuan "Khawchhunga mi Inngaitlawmber" tiin an zia a. Nimahsela, a tukah chuan an lawmman pek ribbon chu a kalna apianga a awrh zel avangin an laksak leh ta ringawt ani.

Heng Bible chang Sam. 22:26; 25:9; 37:11; 147:6; Isaia 29:19 leh Matthaia 5:5 tea tarlan thutiamte leh lawmman pek tur te hi engtingge i hriatthiam le?

Heng changte hi mi tam takin mi thuhnuairawlh mite hnen atanga hamthatna lak phet an tum thin avanga thlamuannate an ni a. Nimahsela kan zir tawh angin thuhnuairawlh mi chuan mihring hmaa chawisana awmte chu a ngaihtuah zawng a ni lova, engtiklai pawhin a nunah Pathian a chawisang reng zawk thin. A tawpah Pathian chuan thuhnuairawlh mite chu A chawimawi zawk ta a, A lawmman pek chu tuna tan mai ni lo in, vanthar leh leitharah chatuan thlengin daihriatin a awm dawn ani.

#### **ZIRTAWP**

**Feb. 26**

**ZIRBELH TUR:** "Krista chu ka nei tia rohlu dahthat anga thinlunga chahbi kalhnan tlat tur a ni lova, Amah hretu chuan thinlunga a ruka vawn reng tur a ni bawk lo. Kan hnen atanga Amah hretute hnenah pawh chatuan tui nung luanchhuahna tuichhun ang

Anih ve theih nan Krista chu midang hnenah kan sem ve zel tur ani. A thianghlimna mawinaa midangte hneh an nihtheih nan Krista thuhnuairawlhna, inngaihtlawmna leh hmangaihnhate chu kan nungchangin kan tarlang ngei tur a ni bawk. Tuirimtui (perfume) bur anga kan sakhuana vawn tlat hi thil thaber a ni lova, A hmangaihna rimtui tak chu miten an hriat ve lohna turin bawm chu kan chhinphui tlat tur a ni bawk lo." - Ellen G. White, *Counsels on Health*, phek 400.

"Kristaa remna hi pawisaa leittheih a ni lova, thiltihtheihna leh thiamnate avanga neihtheih a ni bawk lo. Pathian thilthlawm pek liau liau a ni. Pathian dan thianghlim nitina nunpui duhlo tute hmaa chhiatna rapthlak tak lo thleng tur chu hrethiam turin engtingge ka hrilh ang le? Krista thuhnuairawlhna leh inngaihtlawmna hi Kristiante thiltihtheihna (chakna) a ni a. Mihringte suangtuahnain a siamtheih leh pawisaina a leittheihthe aiin chu chu a hlu-in a pawimawh zawk bawk. Lawmna leh remnaa khat thinlung thianghlim aia hlu zawk Pathian mithmuhah eng dang mah a awm lo ani."-- Ellen G. White, *Counsels on Health*, phek 403.

♣ \* ♣

**ZIRLAI 10**  
**THLARAU RAH CHU INSUMTHEIHNA ANI**  
**February 27 - March 5**

**CHAWHLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Roreltute 13-16; 1 Korinth 9:24-27; Philippi 4:8; Kolossa 3:1-10; Hebrai 12:1, 2; 1 Johana 2:15, 16.

**CHANGVAWN:** "Ka taksa ka hnek vak vak a, bawiah ka siam zawk thin; chutilochuan midangte hnena ka tlangaupui hnu pawhin engemaw tiin keimah ngei hi paihthlakin ka awm dah ang e" (1 Korinth 9:27).

INSUMTHEIHNA HI PAULA CHUAN a hnukungberah a tarlang a (Galatia 5:22, 23). Mahse, hei hi Thlarau rahte zinga a pawimawh lo ber tihna a ni lo. Thlarau rah dangte tihmin tu ber anih avangin insumtheihna in a hmasaber pawha awm thei ani. He Thlarau rah hi Thlarau rah dang zawng zawngte awm khawm tura char nghettu ber chu a ni bawk.

Thlarau rah dangte ang bawkin insumtheihna hi khawngaihna thilpek a ni a. "Thunun khawngaihna" tia koh a ni bawka, a chhan chu khawngaihna chu a thlawna pek kan ni a, hemi chungchangah hian tihurte

kan neih bawk avangin thunun tia koh a ni thei bawk ani.

Insumtheihna kan tlakchham hian kan ngaih-tuahnate leh kan ka chak zawngte chuan min thunun mai thei a. Chuvangin khawngaihna leh Thlarau Thianghlim thiltihtheihna hnuaiah he insumtheihna hi kan vawn reng a tul a. Chuti anihloh chuan mi tuin emaw, eng thilin emaw, min thunun mai dawn ani.

**NIKHATNA**

**Feb. 28**

INSUMTHEIHNA AVANGA BUAINA (Philippi 2:12, 13)

Insumtheihna chuan mahni inthununna, thinlung tihchakna leh duhnate a entir a. He Thlarau rah hi Kristiante tihloh tur laka khuahkhirhtu a nih mai bakah thiltha titura tanpuitu a ni bawk.

1 Johana 2:15, 16 chuan chakna soal chithum tlansan turin min hrilh a. Chungte chu engtege ni le? Kan fimkhur loh chuan chung thilte chu kan nunah engtingge an lo lan thin?

Kristian nuna kan thiltumber chu engge ni tia Philippi 4:8 in a tarlan? Engtingge heta Paula sawi ang zawmna chuan 1 Johana 2:15, 16 a tarlan thil hlauhawm takte laka min venhim theih le?

Kristian nunah hian tih tur leh tihloh turte a awm a. Mahnia buainate, tisa chakna avanga buainate leh khawvel thil avanga buainate chu do reng a tul thin. Heng buainate hi Rom 7:15-18 ah Paula chuan

a tarlanga Tihngei tur nia a hriatte leh titura thlemna a tawhte inkara buaina a tawh dante a tarlan hnuin Rom 8:1, 2 ah hetiang hian chhanna a pe ta ani. "Chutichuan, tunah zawng Krista Isuaa awmte tan chuan, thiam loh chantirna reng a awm tawh lo. Krista Isuaa Nunna Thlarau dan chuan soalna leh thihna dan ata chu mi tichhuak tawh si a."

Paula hian Thlarau Thianghlim thununna hnuaia awm chungchang a sawi a. Thlarau Thianghlim awmpuina tel lo nun chuan Thlarau rah chu a ti thanglian thei lo. Duhna leh chakna chu kan nei ngei mai, mahse, Paula sawi angin thiltihtheihna kan nei lo ani. Rom 7 a buaina chu engtikahnge kan hnehtheih ang tih ni lovin, engtingge kan hneh theih ang tih a ni zawk. Chu engtingge tih chu Isua Krista rinnain kan hmu thei a. Pathian hnenah inpumpekin A Thlarau hruaina chu kan zui zel tur a ni a. Hnehna min tiam chu kan chelh tlat bawk tur ani. Chu chu thiltih theihna lokalna hnarber chu ani a. Keimah ni chaknain kan ti thei lova, chuvangin a hminga soalte hneh turin duhthlanna kan siam a tul bawk ani.

**THAWHTAN**

**March 1**

JOSEPHA LEH HUNTAWITE CHAUH AWH FELNARAHTA (Genesis 39:7-20).

Josepha kha ama unaute ngeiin phatsanin salah an zuar a ni a. Pathian hmangaihna leh enkawlna rinhlelhtheihna tur chhan tha takte a nei awm e. Nimahsela a tette atanga Pathian hmangaih-nate chu zirtir anih avangin Josepha khan Pathian a theihngilh ngai lo ani.

Josephan nungchang mawi tak a neihchhante  
Genesis 39:7-20 ah engnge kan hmuh theih?

Thlem thluka a awmluh avangin Josepha khan  
eng ang lawmman nge a dawn le? Genesis 39:20. Diklo  
taka puhna tawka lungina tantir hial anih kha a  
rinawmna lawmman em mi ni ta ang le?

Hei hi hriat reng atana pawimawh tak chu ani.  
Thil dik tak rinawm taka kan tih tlat hian kan nuna  
thilthleng chu a tha vek zel thin em? Sual nena inkaih-  
hnawih an duhloh avanga an hnate, an kawppuite,  
an chhungkuate leh an nun hial chantute chu engtin-  
nge an awm tak ang le? Bible ah entirrate kan hmu  
thei nual awm e. Rinna avanga harsatbuaina taw  
thenkhat hriat i nei ngei ang, anihloh pawhin nangmah  
ngei pawhin i lo tawng tawh thin pawh a ni thei e.  
Josepha kha a damchunga lungin tantir ni ta ang  
sela, thildik tak chu a tichhunzawm zel tho ang em?

Engthunge Galatia 6:8 in min hrilh? Khawvel  
mihring chi hnihte danglamna chu engtunge ni le? Kan  
thlai chi tuhte hi engvangnge an pawimawh em em?  
Josepha felna, dikna leh insumtheihna rah kha hun  
eng emaw chen atan chuan kha hle angin langmahse,  
a dinna kha a dik ani tih Paula lehkha ziah atangte  
hian engtingge kan hriattheih?

#### **THAWHLEH**

#### **March 2**

SAMSONA LEH A HLAWHCHHAMNA RAHTE (Roreltute  
13:24, 25)

Bible chuan Samsona thawnthu ngaihnam  
tak mai chu Roreltute 13-16 ah a tarlang a. Insum-  
H-7

theihna neih pawimawhzia hriat nan a thawnthu hi  
chhiar la. Samsona anga thutiam leh thiltihtheihna  
tam tak nei mi awlsam taka a tluchhia ta mai hi lung-  
chhiat thlak tak ani.

"Samsona khan Josepha neih ang chakna  
hnarte chu a nei ve tho a. A duh angin a chhia leh a  
tha thlantheihna a nei. Tichuan Pathian chakna chelh  
reng aiin a thinlunga lo lang tisa chakna tha lo leh  
bawlhhlawh takte chu a in thunun tir ta zawka.  
Samsona chhia leh tha hriatna chu chawhpawlin a  
lo awm ta nuaih ani. Pathian chuan mawhpurhna  
(chanvo) sang tak nei turin leh chawimawina ropui  
tak dawng turin a ko a. Nimahsela Pathian dan leh  
thupekte zawmmain mahni inthununna nun chu a zir  
hmasa tur ani. Josepha kha a hmaa awm a chhia leh  
tha chu thlang tura tih a ni ve a. Nun thianghlim,  
thianghlimna leh chawimawina a thlangthei a,  
anihloh pawhin tisa nawmna kawng dik lo chu a thlang  
thei baw. Tichuan Josepha khan Pathianina A  
pawmpui kawng dik tak chu a thlang ta a nih kha.

"Samsona pawh khan ama zawn chawp  
Josepha thlemna ang tho a tawka. Nimahsela a  
thinlung duhthlannate chu a inthunun tir zawk  
avangin zahna, vanduaina rapthlak tak leh thihna hial  
a chungah a lo thleng ta ani. Josepha nun lakah  
Samsona nun chu a van danglam rapthlak tak em!"--  
Ellen G. White, *The SDA Bible Commentary*, Vol. 2,  
Phek 1007.

Samsona nun atangin eng ang thuchah leh  
vaukhannate nge Roreltute 13:24, 25 ah kan  
hmuhtheih?

Samsona khan thutiam ropui tak nei mahse, thiltha zawng zawng chu a duhna soal a hneh tir ta zawk a. Hetiang ang buaina taw lo tunge awm ang le? Krista leh Setana inkara indona ropui hi entirna mai a ni lo. Hei hi vana indona bakah mitin thinlunga indona a ni baw. Krista chuan A hnehna chu mitin hnena sem ve duhin kawng A hawng renga. Nimahsela kan thinlung leh taksaa indona chu kal chhunzawm zel tur a ni a, chutih chhung chuan Krista hnehna chu engtiklai pawha chelh reng tur kan ni baw. Kan duhthlanna ngeiin Krista leh Setana indona ropuiah hian tu lam zawkah nge kan tan dawn tih thu tihtlukna kan siam tur ani.

I thinlung chhung leh tisa chaknaah eng anginngge indona ropui chu i daihriat? Eng ang duhthlanna nge i siam mek? Duhthlanna i siamte chuan tu lama tang nge i nih tih engnge an hrilh che?

**NILAI****March 3**

HUN AWH REI PAULA INTLANSIAKNA (1 Korinth 9:24-27).

Korinth khaw mite hnena Paula lekhathawn hi fimkhur takin chhiar la. Intlansiaknaa theihtawp chhuaha a beih dan a tarlante chu chhinchhiah la. Paula anga Kristian mi rinawm tak, rinna kawng pasala tha tak mai ina tisa chakna soal nena an inbeihdan a tarlan atangte hian thlamuanna kan hmu thei ani. He indona dotu hi keimahni chauh kan ni bik lo. Vanram chu tisa thila thlemna tawka hnehna chang tlanstate in a khat dawn ani.

1 Korinth 9:24-27 tanchhanin a hnuai a zawhna te hi chhang la:

(1) Kan zaa kan do mek tisa chakna soal chungchang kan hriatfiah theih nan Paulan eng ang entirna nge a hman? Paula sawi leh entirna a hman inkara danglamna pawimawh takte chu engtengge ni baw?

(2) Intlansiaakna a tlannaah Paulan eng ang inrintawkna nge a neih? Chu inrintawkna a neih chu khawi atanga lo kal nge ni le? Engvanginngge chutianga inrintawkna chu kan neih ve ang?

(3) Paula chuan rinna nghet tak a tarlanga. Chutihruual chuan tluksanna a awm thei baw tih a hria a. Chu tluksanna chu engtinngge a hrilhfiah? Engnge a chhanna? A chhanna leh tunkar zirlai thupui hi engtinngge an inmih theih le?

**NINGA NI****March 4**

INSUMNAA THANLEN DAN (Hebrai 12:1)

Min tihawm apiang leh soal keimahnia bet tlat chu i dah ve ang u, tin, Isua, kan rinna siamtu leh tifankimtu lam chu enin, kan hmaa intlansiakna tur awmah hian chhel takin i tlan zel ang u. Paula chuan hetah hian a hmaa kan zir tak angin intlansiakna nen a khaikhin leh a. Hnunglama min pawt kirtuber ni anga a tarlante chu engtengge ni le?

Kolossa 3:1-10 chuan Kristaa mithar nihtheih dan tur nun thianghlim dante min kawhmuh a. Heng chang atangte hian kan nuna insumtheihna a thanlen theihna tura thiltih ngei tur pawimawh takte kan zir thei ani. Chungte chu engtengge ni le? I nunah engtinngge i hman theih ang? Awlsam taka phurrit min pe thin soalna hnehtheihnaa tanpuitu atan engtinngge kan hman theih ang?

Thiamna tinte hian zir chhunzawm zel an mamawh a. Chutiang bawkin, insumtheihna pawh hi ni khat thil thua lo awm mai ni lovin, nitin nuna zirzawm zelna, kawng bumboh tak tak, hlawhtlinna leh hlawhchhamna kar atangtea lo piangchhuak ani. "Rinna intihsiakna tha chu bei la, chatuan nunna chu vuan rawh" (1 Timothea 6:12); "Hmu tawh reng inti ka ni lova, famkim tawh reng inti pawh ka ni hek lo; 'Krista mi man chhan chu ka man thei dah law maw," tiin a umin ka um zawk ani" (Philippi 3:12).

I thlarau nun chaklohna lai tak fiaha a awm-theihna hmunah chuan intarhlut lui suh. Chung hmuna awm thlemna hlauhawm tak atangte chuan mahni inthunun a har hle thin a. Sual ni anga lang apiangte chu kan kiansan zawk tur ani (1 Thessalonika 5:22). "Lal Isua Krista chuan inthum zawk ulang, in tisa chakna puitlin turin engmah insiam suh u" (Rom 13:14).

I nuna khawilai hmunberah nge insumtheihna i tlakchham le? Engvangnge thinrimna leh huatna tha lo takte laka insumna neih hi a harsat hle thin? Insumtheihna tha zawk i neihzel theih nan eng ang inthlak thlengna nge i mamawh le?

#### ZIRTAWP

**March 5**

**ZIRBELH TUR:** Thlahtu bulte leh zawlneite, pheh a tarlan Samsona chanchin chhiar ang che.

"Manoa chung Pathian thutiam fapa lo piang tur chu a lo piang ta a, a hmingah chuan Samsona an

ti a. Naupang chu a lo thanlen zel chuan mi pangngai bak chham a chak a ni tih chu a lang mai a. Samsona leh a nu leh pate chuan a tihrawl thatnaa inngat an ni lova, Nazarit mi a ni a, a sam meh loh chu chhin-chhiaha a ni tih an hrechiang a. A nu leh a pa angin Pathian thupekte chu zawm sela chuan a tawpna chu a ropuiin a hlim zawk ngei ang. Nimahsela milem be mite a kawpna chuan a tichhe vek ani. Zora khua chu Philistine mite ramri depa awm a ni a, Samsona chuan thiante angin a va kawm thin a. A tleirawl chhuah chuan chung mite nen chuan an inkawm ngeih ta tak taka, anmahni atanga nungchang a chher chuan a tichhe ta vek ani. Timna khuaa Philistin ho fanu pakhat chu a lo hmangaih a, nupuih neih a lo duh ta. A nu leh pa Pathian hlau mite chuan nei lo turin theihtawpin an thlema, a chhan na chu "ka duh em asin maw le, mi neih tir rawh" tih ani. A nu leh pa chuan a duhna chu zahin inneihna chu a lo thleng ta."-- Thlahtu Bulte leh Zawlneithe, pheh 687, 688.

◆ \* ◆

**ZIRLAI 11**  
**THLARAU RAH CHU FELNA ANI**  
**March 6 - 12**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Matthaia 23:25-28; Rom  
 3:28; 8:4; 10:3; Galatia  
 3:6; 1 Johana 2:3-6; 5:1-3.

**CHANGVAWN: "Felnaa riltama tuihalte chu an eng  
 a thawl e; an la tlai dawn si a"  
 (Matthaia 5:6).**

THLARAU RAH PENGKUA CHU KAR HMASA KHAN  
 kan zir zo tawh a (Galatia 5:22, 23). Chawlhkar la  
 awm turahte hian Thlarau rah dangte kan zir belh zel  
 ang: "Lalpa lawmzawng engnge ni tih fiahin, eng fate  
 angin awm rawh u, eng rah chu thatna leh, felna leh,  
 thutak zawng zawngah a lang si a" (Ephesi 5:9). Hetah  
 hian Paula chuan thatna chungchang a sawinaah felna  
 leh thutak chu a belh a. Tun kar chhung chuan he  
 felna awmzia hi kan zir ho ang.

Felna chu kawng chi hnihin kan hrethiam thei  
 awm e: A hmasa zawk chu Krista felna, kan tana min  
 tihsak chu a ni a. Hei hi felna, min tuam mawitu chu  
 niin, vanram changthei kan nihna chhanber ani. A  
 pahnihna atan Krista felna keimahnia awm kan pek-  
 chhuah ve leh tur chu a ni a. Hei hi Thlarau Thianghlim

hmanga keimahnia min tihsak mek chu a ni bawk.  
 He felna hian Amah ang turin min tidanglam ani.  
 Hetiang hian felna chu then hniha then hran ni mahse,  
 an pahnihin Krista felna ve ve an ni a. He felna tel lo  
 hian chhandamna beiseina chu neih theih rual a ni  
 lo.

**NIKHATNA** **March 7**  
**FELNA HI A PAWIMAWH (Matthaia 6:33).**

A ram leh a felna chu zawng hmasa zawk rawh  
 u, tichuan chung zawng zawng chu a pek belhchhah  
 dawn che u nia. Heng Bible chang Rom. 3:28; Sam  
 11:7; Thufingte 15:9; 1 Petera 2:24; Rom 8:4; Matthaia  
 6:33; leh Johana 2:29 te i chhiar hnu in a hnuai  
 zawhnate hi chhang ang che:

Dan zawmna in Pathian laka fel tura min siam-  
 theih si loh chuan engtingge mi fel kan nihtheih tak  
 ang le?

Pathian chuan sual a haw hle nain, misualte  
 chu A hmangaih tih kan hria a. Hetah hian eng ang  
 tu tih tlukna dik lo tak nge kan siam loh tur chu ni  
 le?

He thu awmzia hi engnge: "Danina min phut  
 zawng zawngte chu kan tithei a. Kan tisa sual chuan  
 kan nundante chu a kontrol tawh lo ani" (Rom 8:4,  
 NIrV) tih hi? Dan ina a phut ang chiah hian kan tithei  
 teh reng em? Nge Paula hian thil dang a sawi zawk?  
 Chu a sawi tum zawk chu engnge ni le?

Pathian ram leh A felna kan zawn hmasak hian  
 kan nundante enganga danglam tur nge kan nih?

Fel taka thiltih awmzia chu engnge ni le? Felna nei si lovin mifel kan ni thei em? I chhanna chu hrilh fiah ang che.

**THAWHTAN****March 8**

MAHNIA FEL TUMNA (Rom 10:3)

Pathian felna hre lovin, armahni felna tihnggeh tumin, Pathian felnaah an intulut si lo. Paulan Rom 10:3 ah hian tu chungchangnge a sawi nia i rin le? Heng mite hi tutenge? Heng mite hian engtingnge felna chu an thiltiha neih an tum? thiltum chu engvangnge mihring tan neih theih anih loh?

Mahnia felna zawn tumna hi engmah zirthiam-na nei lova inchhung hmanrua chi khat khat mahni puala siam tum ang hi ani. Tu tanpuina mah tel lova, mahnia thiltih tumna ang ani baw. A chang chuan mahni thiltih chhuangin hlawhtling hle angin kan inngai thina, mahse, Bible chuan mahnia felna zawn tum chu a theihloh tiin a sawi. Pathian hmaa mifel ni turin keimahniin engmah tihtheih kan nei lo. Theihtawpa nasaa tan kan lak pawhin kan felna chu "silhfen bawhlhlah ang" chauh ani a (Isaia 64:6). Mahnia felna neih tumna chuan kawng dik lovah a hruai chaw. thin ani.

Mahni felna zawn tumtute atanga lo chhuak buaina chungchang Matthaia 5:20 leh Matthaia 23:25-28 ah Isuan engtingnge A hrilhfiah le?

Kristiante tana hriattur pawimawhtak chu an felna atan Kristaa innghah pumhlum dan hriatthiam

chu ani. Pathian hmaa thianghlim tura awmtir tu chu Kristana an tana A tih vang a ni. Chu thudik chu miin a theihngihilh in mahnia felna neih tum turin leh chapo tura thlem a lo ni thin. Pharisaite leh lehkhaziak tute kha entirna tha tak an ni thei awm e. Thil-pawimawhber chu theihngihilhin mitena an ngaihdan tur ringawt an lungkham buai thin ani.

Pharisaite leh lehkhaziaktute ang khan eng anginngge i tihsual ve thin? Heng thangte hi engtingnge kan hriatloh karte leh kan ngaihsak loh laitea thilawmte anih theih thin?

**THAWHLEH****March 9**

KRISTA KAN FELNA (Rom 5:17)

Rom 5:17-19 a Paula thusawite hi nangma tawngka in zia. k chhuak la. Eng ang in nge Pathian rorelna hnuaiia kan awma, engtingnge mifel kan lo nih?

Galatia 3:6 leh Jakoba 2:23 te tarlan angin Isua felna chu thilthlawn pek a ni a. Chuti anih chuan engtingnge kan dawn theih ang?

Rom 5:19 a thuawi lohna (dan bawhchhiatna) leh thuawina (dan zawmna) tawngkamte chu chhin-chhiah la. Adama tlukna chuan mihringte chu sualah a hruai luta. Chumi sual rahah chuan nitinin kan khawsa mek bawka, mi tumah tlanhhuak thei an awm lo.

Chutihruai chuan he changah hian thuawina tarlan a ni baw. Tu thu awina maw? Krista thuawina

chu! Amah chauh chuan chhandamnaina a mamawh felna chu A nei a. Chu A felna chu Pathian khawngaihna dawngtu, a duh apiangte hnena a thlawna pek an ni (Rom 5;17). Chu thilthlawnppek felna chu hlawhchhuah vang leh phu reng vang ni lova a thlawna pek liau liau a ni a. Hlawhchhuah vang leh phu vanga neih a nih hlahu chuan khawngaihna a ni thei tawh lo ani (Rom. 4:4).

Nimahsela chu thilpek chu tiamchin awm lova mitin hnena pek mai a ni lo. Paula chuan Chiangtakin chu thilpek chu hlim taka dawngduhtute hnenah chauh pek anih tur thu a tarlang a. Rinnaa lawm taka dawng duhtu, Abrahamate ang hnena pek an ni thina, "chu rinna chu a felnaa ruat ani" (Galatia 3:6).

Rinna avanga chhandam nih chungchang hi i hrefiah tak tak em? Krista felna chu rinna avang chauha i hnena pek a nihzia eng anga chiangin nge i hriatthiam le? Chu chuan Pathian hmaa fel taka dingturin a siam che a ni a. Chanchintha hnar, he thilpek ropui tak hi i hriatthiam zawk theih nan engnge i tihtheih le?

#### **NILAI**

#### **March 10**

FELNA LEH THUAWINA (1 Johana 2:29)

Amah chu mi fel a ni tih in hriat chuan, mi tupawh felna ti chu ama hrin a ni tih in hria e. Krista felnaa hliakhuh kan ni a, chuvangin chu felna chu kan nunah kan tarlang ve tur ani. Felna hi Pathian leh Amah ringtute inkara thuthlunna a ni lova, a nei-

tute nunah chuan a takin a rawn lang mai thin. Johana thusawite hi ngun takin ngaihtuah Chiang ila: "Naute u, tuma bumin awm suh u; felna titu chu a fel ani, amah a fel ang bawkin" (1 Johana 3:7).

Felna chungchanga mahni inbum dan kawng awm thei chu engnge ni le?

Felna hi thuawina nena inzawmtlat Thlarau rah chu a ni a. Mi thenkhatte chuan rinna avanga chhandam nihnaah thuawina hi tulin an ring thin lo. Hetiang hian an sawi hial thin, "Isua chu i chhandamtu atan i pawm tawh a. Tunah hian Amah chu i nunna Lalpa ni turin i pawmdawn lawm ni le?" tiin. He thurawn hian Pathian duhzawng zuia thu kan awina leh kan chhandamna chu a then hrang daih a, hei hi chhandamna chungchang hriat dan dik lo tak chu a ni baw. Johana chuan nun dik leh fela nun chu chhandamna neih tawh zia entirna tha tak anih thu Chiangtakin a tarlang ani.

1 Johana 2:3-6 ah hian engnge sawi a tumber ni ang le?

Thuawina chungchang kan sawiin mi thenkhatte chuan thiltiha chhandam kan ni lo tiin an sawi thin. Lucifera kha Pathian duh zawng zuia a thu awina avanga vana awm a ni lo tih chu a Chiang a. Nimahsela van atanga paihchhuah a nih chhan kha a thu awi loh vang ani tih kan hre reng tur ani. Chutiang baw chu Adama leh Evite chung thilthleng a ni a. An thuawina kha Eden huana awmtirtu a ni lo nain an thuawilohna kha Eden huan pawna awmtirtu chu a ni.

"Felna hi thiltih that leh tih dik a ni a. Mitinte hi an thiltih ang zela rorel an ni ang. Kan nungchangte chu kan thiltiha tarlan a ni a, rinna dik leh dik lo chu thiltihte chuan an lantir ani."-- Ellen G. White, *Christ's Object Lessons*, phek 312.

I nunah felna rah chu eng anginnye i tarlan ve thin le? I nunna felna rah i neihna tur daltu engang thilchin thinte nge i bansan tul le?

**NINGA NI**

**March 11**

NUN FEL TAK CHU (1 Johana 5:1-3)

Engtinnye Johanan ringtute inhmangaihtawn-na leh thupek zawmnate chu Pathian hmangaihna nena a thuikhawm hlawn le? Engvangnye heng zawng zawngte hi a zawmkhawm hlawn le?

"A tihtur leh mawhphurhna anih avang chauha dan zawm tumtu chuan thuawi avanga hlimna chu a dawng ngai lovang. Thuawina diktak chu Kristiante thinlung atanga lo thawk chhuak a ni a, felna hmangaihna leh Pathian dan hmangaihna atanga lo kal a ni bawk. Felna zawng zawngte bulthut pawimawhber chu kan chhandamtu tana rinawm taka awmma a ni a. Hei hian thil dik ti turin min hruai dawna. Chu thil dik tih chu Pathian lawm zawng tak ani."-- Ellen G. White, *Christ's Object Lessons*, phek 97, 98.

Mite hnenah dan an zawm ngei tur a ni tia sawinaah chuan thiltih theihna a awm lova. Isua kan aiawha A thihna lam mipuite entirna atangin thiltih-

theihna chu a rawn kal zawk a. Thiltihtheihna chu misualten Isua ngaihdamma chu an changthei tih an hriatna atangin a rawn kal bawk. Misualte chuan Krista felna puan hmangin Pathian hmaah mifel famkim angin an ding thei ani tih an hriat a mamawh ani.

Pathian hmangaihna chu kan nunte tichaktu thiltihtheihna a ni ngei tur a ni a. Kross leh Kross kaltlanga kan neihtheih thutiam ropui takte aia nasaa Pathian hmangaih tura min tirtu engmah an awm lo.

Pathian i hmangaih tak zet em? I hmangaih tak zet tih engtinnye i inhriat? Chu i hmangaihna chu a tak ngei ani tih lantir nan engnye i tih a, engnye i sawi thin le? Chu i hmangaihna chu a tak ngei ani tih lantir nan eng ang finfiahna nge i neih?

**ZIRTAWP**

**March 12**

**ZIRBELH TUR:** "Isua leh Baibul te hi an daw lova, a tak ngei an ni tih rin hi a tawk mai lo. Chhandamna kawng awm chhun chu Isua hming chauh a ni tih kan ring tur ani. Thudik hrilhfiahnate rin mai chauh hi a tawk lova. Krista ka ring e tia sawi mai leh kohhran hming ziajna bua kan hming a chuan mai hi a tawk bawk lo. 1 Johana 3:24; 2:3. Hei hi piantharna tarlan dan dik tak chu a ni. Kan rindante chu eng ang pawh nimahse, Krista chu felna thiltihte hmanga kan lantir si loh chuan engmah a ni lovang."-- Ellen G. White, *Christ's Object Lessons*, phek 312, 313.

**ZIRLAI 12**  
**THLARAU RAH CHU THUTAK ANI**  
**March 13- 19**

**CHAWLHNI CHAWHNU**

**TUN KARA ZIR TUR:** 2 Korinth 25:2; Sam 51:17;  
 Jeremia 29:13; John 7:16, 17;  
 Johana 14:6; 17:3; Hebrai  
 5:14.

**CHANGVAWN:** "Mi zawng anga, in thinlung zawng  
 zawnga mi zawn hunah chuan mi  
 hmu ang" (Jeremia 29:13).

GREEK TAWNGA THUTAK ALETHEIA hian awmzia chi  
 hnih a nei a. A hmasa zawk chu a taka hmuhtheih  
 thutak, thilthlengte leh inkaihhraina dante an ni. A  
 pahnih na chu suangtuahna thutak, dawt thute leh  
 ngaihtuahna soal tel lo thinlung chu a ni thung.  
 Thutak chu leilunga thil awm kan hmuh leh hriata  
 thilthlengte hi an ni a. Suangtuahna leh ngaihtuahna  
 thutak chu mitintena kan nitin nuna kan hmuh leh  
 hriatte kan chhan dan leh zui dan chu a ni ve thung.  
 A chihniha kan nuna a thalama a lanin, thutak chu  
 Thlarau rah angin kan lantir tihna a lo ni ang.

Isuaa kan hmuh thutak bulthutte hriatchian  
 kan mamawh a. Tichuan thu tak ina a tihdanglam  
 nun hlu tak chu kan lo nei thei dawn ani. Juda kha

Isua bulah kum thum leh a chanve chhung a awm a.  
 A hnena tarlan thudik zawng zawngte chu a nei veka,  
 Isua nundante chu chiang taka hmutu anih bakah  
 Isua nungchang zirchiangbertu a ni bawk. Nimahsela,  
 a tawpah khan chung a thil hmuh leh hriatte chuan a  
 chungah engang thilthange a thlen le?

Juda chanchinte hian kan nuna fimkhur hle  
 turin min hriattir zel rawh se!

**NIKHATNA**

**March 14**

"KEI HI . . . THUTAK KA NI" (Johana 14:6)

Johana 14:6 thu i ngaihndan tawitein han ziak  
 chhuak la.

Thutak chu thinlung chhunga awm suangtuah-  
 na leh ngaihtuahna mia ani tia ngaihndan hi tunlai  
 khawvelah a hluar hle a. Isua chuan chiang takin  
 Amah kaltlang lo chuan mi tumah Pa hnen thleng thei  
 an awmluh thu a sawi a. Suangtuahna mai ni lo, a  
 taka nunpui thu tak pawimawhzia Isua chuan min  
 hrihani.

Chutihruah chuan peng dang pakhat a awm  
 leh bawk. Thutak chu mi pakhat a ni a. Chu mi nena  
 inzawmna i neih atangin thutakah chuan i kal ta a.  
 Thutak chungchang zim tea ngaihtuahna lakah chuan  
 he ngaihndan hi danglam tak a ni thei awm e. Isua,  
 mihring nihna lo chang kha thutak a ni a. Chuvangin  
 thutak i hriat duh chuan Isua chu chiangtaka i hriat  
 a tul tima ani.

A chungah thu ziakten Johana 17:3 a Krista  
 tawngkamte hre thiam turin engtingge min tanpui?

Sakhuana chu Pathian nena inlaichinna emaw, inzawmna emaw neihna mai ani tia ngaihdan lakah kan fimkhur a tul a. Mitinte hian kawng chi hrang hrangin Pathian nena inlaichinna chu kan nei theuh a. Pathian ringlotute pawhin Amah nena inlaichinna chu an nei tho ani. Pilate khan Isua nena inlai chinna a nei a, chutiang bawkin puithiam lal Kaiapha khan a nei baw. Setana pawhin Isua nena inlaichinna chu a nei tho a, Isua chu a haw hle ani.

Chanchintha chuan Isua nena inlaichinna chauh nei turin min hriat tir lova, Amaha inhlana, inpe hmiah turin min sawm zawk. Entirnan, Nikodema kha Isua nena inlaichinna a neih hnuin hun lo kal zelah a thilneih zawng zawng bakah a nunna thleng hiallin Krista tan a hlan ta a. Chutiang inlaichinna dik chu kan zain kan mamawh ani.

Zawh ngai lovin Isua nena inlaichinna i nei tih chu a chiang sa a. In inlaichin dan chu eng angnge ni le? Isua nena in inlaichin dan chu a that zawk theih nan engtingge i tih ang?

#### **THAWHTAN**

**March 15**

THLARAU LEH THUTAK (Johana 16:13)

Nimin khan Thlarau Thianghlim hnathawh chu Krista lama min hruai leh Amaha awm reng tura min tanpui ani tih kan zir tawh a. "Pa hnen ata Thlamuantu in hnenka ka tirh tur, Pa chhuak Thlarau dik tak chu, a lo thlen hunah, ani chuan ka thu a hriattir ang" (Johana 15:26).

Heng thufing tawngkam chaktakte hi ngaihtuah

baw la: "Thuhrilnate hian, Thlarau Thianghlim tanpuina leh awmpui rengna tel lo chuan sawtna a nei dawn lo. Thlarau hi Pathian thutak zirtirtu tling awmchhun a ni si a. Thutak hi Thlarauin thinglung a awmpui chauhin chhia leh tha hriatna leh nun siam tharna a awm thei. Miin Pathian hi, a lehkha thu ang ringawtin a sawi chhawng thiam a ni thei e, a thupekte leh a thutiamte pawh a hre thawkhat hle a ni thei baw e; nimahsela Thlarauin thutak chu a uap loh chuan, tumah Lungpui chung a tlu a, keh sawm an awm lo ang. Lehkha thiam sanna ringawt te, eng anga sang pawh ni se, mi dangte aia dinhmun tha zawka dinnate pawhin, Pathian Thlarauina a puihbawmna tel lo chuan, tumah eng chhituah siam theih an ni lo." -- Ellen G. White, Chatuan Nghahfak, phek 654, 655.

Thlarau Thianghlim hnathawhte chu Ellen G. White in eng anginngge a ngaih pawimawh le?

Thlarau Thianghlim chuan Thutak tan pawnlam leh chhunglamah a thawk thin tih kan hmu thei a. Thlarau chuan, "Sual thu-ahte, fel thu-ahte, rorel thu-ahte khawvel an thiamloh a hriattir ang" (Johana 16:8) tih ani.

Thlarau Thianghlim chuan chung thudikte chu kan hnenah min zirtir reng baw. Kan nunte hi thutak kan hriatthiam dan anga kan thlakthleng a tula. Kan nuna danglamna engmah a awm chuan siloh chuan heng chatuan thutak te hian kan tan thatna engmah an nei lovang. Zawlnei sawi angin kan thinlung ruh tak chu lungpuih kan ti keh sawm tur ani (Sam. 51:17).

Engtingnge i kehsawm tawh thin le? Engthilnge thlenga? Eng ang danglamna nge lo thleng baw? Chu i kehsawmna atang chuan hringnun chungchang, tawrhna chungchang leh Pathian chanchinte engnge i zirchhuah? Eng ang zirlai nge i zir tul anga i la hriat le?

**THAWHLEH****March 16**

"I THINLUNG ZAWNG ZAWNGIN" (Jeremia 29:13)

"I thinlung zawng zawngin" tih awmzia chu tawngka leh thiltiha tihtak zeta tihna ani. Thlan lung khertute chuan a kher sualnate a lanloh nan thil charna eng emaw hmangin an thuam mawi thina. Chung an charnate chuan a tlangpuiin rei a awhthei thin lo. Tihtak zeta tihna chuan thinlung chhungril atanga sawina leh tihngeinate a kaww ani.

2 Chronicles 25:2 awmzia chu engnge le? Kan thinlungah eng ang thil pawimawh tak nge tih a nih thin?

Bible lehlin thenkha ta "famkim" tiha lehlin hi Hebrai tawng chuan sim tih a ni a. Shalom tih tawngkam pawh hi heta tanga lakchhuah ani.

He tawngkam slm awmzia chu "khat liam," "famkim," emaw, "remmaa khat" emaw tihna a ni baw. A chhan dik lo te avangin miin thiltha an ti thei a. Enghunah pawh mi thenkhat emaw kan bum, keimahi ngei pawh kan inbum thei a. Nimahsela, Pathian chu englai mahin kan bum thei lo. A fapa tana Davida a tawngtai laia a dil hmasak ber chu mak tak maiin "thinlung famkim" ani (1 Chronicle 29:19).

Tih tak zetna nei lo mi chu thutaka innghat lo anih chaww thin avangin thinlung taka tihtak zetna hi a pawimawh hle a. Mi tupawh Pathiana a rinawm tlat loh chuan A hmaah mi famkim slm a ni thei thin lo. A pawimawh ber chu Lalpaa inpumpek hmiah a tul ani. Mahni intih lalna chu paihbo a tula, chu chu thil awlsam a ni baw lo. Chutiang thilthleng thei tur chuan lungpuia nun kehsawm tir phawt a tul ani.

I rinnaah eng anga urhsun nge i nih le? A changa rinhlelhna i neih thinte kan sawi lova, sual i do thin dante kan sawi baw lo. I thinlung chu Pathian hmaah a rinawm famkim taww em? Nge Pathian leh khawvel thil inkarah a inthen thin zaww? I chhanna chu a hnunngung zaww anih chuan eng ang duhthlanna nge i neih ngei tur le?

**NILAI****March 17**

CHHIA LEH THA HRIATNA HMANGA HRIATTIRNA  
(1 Timothea 4:2)

Kar hmasa khan lehkhah ziaktute leh Pharisaite felna lem chungchanga Isua hauh dante kan zir a (Matthaia 23:27). Isuan anni chu "mi vervekte" tiin a ko hial hlawma. Vervek tih tawngkam Greek tawnga hupokrites tih awmzia chu "lemchangtu" tihna ani. An chhungril ngaihtuahnate leh a ruka an thiltihsuale te Isuan A hmu thei ani tih A hriattir a. "A taka in chetdan leh chhungrila in ngaihtuah dante a dang daiha, lemchangtu ang mai in ni. A lem ni lo, a tak in in awm thei lo vem ni?" tia Isuan anni chu hriattir ang ani. Isuan hetiang hian A sawi baww, "Isaia hian nangni

mi vervekte thu hi a lo hril lawk dik zet mai, "He miteho hian an kain mi chawimawi a, an thinlung erawh chuan mi hlat si a' " (Marka 7:6). Isua thusawi awmziate hi fiah tak an ni.

Paula sawi tum pawimawh tak 1 Timothea 4:2 leh Titu 1:15 a mite chu engtenge ni le? Kan chhia leh tha hriatna hi Thlarau Thianghlimina kan hnena thu A sawina ber a ni a. Thil diklote kan tihchunzawm zelin kan chungah engnge lo thleng thei le?

Thiltha lo leh thilsual kan tih chunzawm zelin, Thutak atangin kan kal bo thui tial tial zel thin tih chu a chiang sa a. Chhandam nihtheih na khawp hriatna chu i nei thei e. Nimahsela, lungngaihthlak takin mi tam tak chhandamna tlingkhawp hriatna neite chu an la boral dawn a. Chuvangin thinlung chhungril taka tihna ni lo a dera pawnlama landan maite hi Thlarau rah a tling zo lova. Kan nuna chhungril tak atanga lo parchhuak thutak nun chu kan mamawhber Thlarau rah chu ani.

Engtingnge Hebrai 5:14 leh Johana 7:16, 17 ten thu tak chu Thlarau rah anga hrethiam tura min tanpui le? I chhia leh tha hriatna hmanga thiltha ti tura hriattimate i dawng tawh ngai em? Chu hriattirma chu engtikahnge hlutna nei lova a awmtheih thin? Engvangnge chutianga a awm theih? Chutiang thilthleng chu engvangnge thlarau nun tan a hlauhawm em em le?

#### **NINGA NI**

THUTAKA KALNA (2 Johana 4).

#### **March 18**

Pa hnen ata thupek kan hmuh ang khan i fa tutemaw thutaka awmin ka hmuh avangin ka lawm hle ani. Isua nena chhandamna tlingkhawp inlaichinna nei thei turin eng ang thil pawimawh tak nge 2 Johana 4 leh 1 Johana 1:6 ten an tarlan le?

Thutak chu Thlarau rah a ni a. Chu thutak chu kan hriat mai ni lovin a taka kan tih ngei chu ani. Pathian enga cheng tih chuan hriatna mai bak a kawka. Johana chuan thima awmte nundan chu a hrilhfiah ani (1 Johana 2:9-11).

Enga kal tih leh Thutaka kal tih awmzia chu dan sawm pek zawmna mai aia ropui zawk a ni bawk. Thutaka awmna chu midangte nena kan thawhtlan danah leh anmahni kan cheibawl danah a lang ang. Midangte chungah ngaihdamna nei lo, mi thinchhia, khermei leh huat reng nei angin kan awm a ni mai thei. Chutiang mi kan nih chuan thima kal mekte kan la ni tihna ani. Eng ang khawp pawhin Sabbath nite serh thain, hriselna dante zawmkin thlapin, Isua kan rinna tarlan nan sawma pakhatte dik taka pe in, biakinah inkhawm ziah thin mah ila, rilru soal kan neih chhung chuan chung pawnlama kan thiltih thatte chu eng mah an ni lovang. Kohhran thurin zir chu ngilneihna, tanghmasiallohna leh midangte ngaihdamna nunte zir aiin nasa takin a awl zawk thin reng ani.

Darkar sawm hnih leh pali chhunga midangte nena in inkungkaih dante ngaihtuah la. Engtingnge midangte chu i cheibawl le? Eng ang tawngkam te nge

i hman thin? An laka i rilru put dan leh chetdante chu mipui hmaa pho lan ni ta ang sela, i awm a nuam ang em? Engtik niah emaw chuan pho lan a la ni ngei ang (Matthaia 10:26). I chhanna chuan eng kawngah-nge insiam that i mamawh tih an hriattir che?

**ZIRTAWP****March 19**

**ZIRBELH TUR:** "Pathian tana kan hnathawh rei lama chhut tur a ni lova, Pathian pawmtlak kan nihtheih nan kan hnathawha kan rinawm dante a pawi mawh zawk ani. Kan thiltih apianga inhlan pumhlumna chu phut kan ni bawk. Thinlunga lawmman hmuh beiseia hna ropuiber thawh aiin thinlunga tihtak zet leh inggaitlawm taka mawhphurhna te ber thawh chuan Pathian a tilawm zawk a. Kan hnathawh tam lam aiin, kan hnathawh kan hmangaih dan leh kan rinawm dan chu Pathianin A ngaisang zawk ani."-- Ellen G. White, *Christ's Object Lessons*, phek 402.

"Thinlunga tih tak zeta rawngbawl na chuan lawmman nasa tak a nei a. "Tichuan, i Pa aruka hmu thintu chuan a rul ang che" (Matthaia 6:6). Krista khawngaihna azarah nungchang duhawm tak kan nei chho zel tur a ni a. Hmangaihna hmasa chu thinlunga awmtir leh tur a ni bawk. Krista nungchang chu peka awmin, Pathian anna chu a rawn eng chhuak tur ani. Pathian nena lengdun thin mite hmelah vanram remna chu tarlanin a awma. Vanram boruak chuan an nun chu a tuam vela. Krista hlimna, mi zawng zawng tana malsawmna ni thin chu an dawnga, Pathian ram chu annahniah a lo intan ta a. A hminga rawngbawl turin rinchan tlain an lo awm ta thin ani."-- Ellen G. White, *The Adventist Home*, phek 535.

♣ \* ♣

**ZIRLAI 13**  
**THLARAU RAH: KRISTIAN NUNGCHANGA**  
**PAWIMAWH TAK**  
**March 20 - 26**

**CHAWLHNI CHAWHNU**

**TUN KAR CHHUNG ZIR TUR:** Matthaia 6:33; Johana 15:8; Rom 3:20-26; Rom 14:17; 1 Timothea 6:11; 1 Johana 2:15.

**CHANGVAWH:** "Chung hnenachte chuan Jentailte zingah chu thuruk ropuina ngahzia chu Pathianin hriattir a duh reng ani; chu thuruk chu, Krista nangmahnia awm, ropuina beisei chhan chu ani" (Kolossa 1:27).

**MOSIA KHAN PATHIAN HNENAH A ROPUINA HMUHTIR A NGEN A.** Tichuan Lalpa chuan A nungchang chu lainatnaa khat, mi khawngaih thei tak, thin nel tak, ngilneih na leh thu tak ngah ani tih a lantir a (Exodus 34:6). "Chutichuan keini chu kan zain hmai khuh lovin darthlalang anga Lalpa ropuina chhun enin, ropuina atanga ropui zelin, chu mi anpui ngeia awm turin tihdanglamin kan awm thin, Lalpa (Thlarau) ata chu kan hmuh ang zelin" (2 Korinth 3:18).

"Krista rinnain, misual A chhandamte chuan rinna chu an dawnga. Chu rinna chuan hmangaihnaa

thawkin thinlung ngaihtuahna thlarau chu sual zawng zawng lakah a tithianghlina. Tichuan Krista anna nungchang chu a lo langa. Krista kan en reng chuan Amah ang turin kan lo danglam chho zel anga, lo ropui tial tialin, nungchang tinahte chuan Amah ang kan lo ni ang. Rah tha taktea lo rahin, dikna, nungchang thianghlina leh ngilneihna dik takte chu a lo par chhuak dawn ani."-- Ellen G. White, *My Life Today*, pheh 54.

**NIKHATNA****March 21**

PATHIAN RAM CHU ZAWNG HMASA IN (Matthaia 16:26)

Kan tawngtai na tam takte chu eng ang mi nge kan lo nih theih ang tia dilna aiin kan duh zawng dilnate an ni ber thin. I tawngtai dan leh midangte tawngtai dante ngaihtuah la. Mahni duhzawng dila tawngtaina nge tam zawka, I duhzawng angin min awmtir rawh Lalpa, tia dilnate le? Heng a hnuai Bible chang pahnihte hian kan awmdan tur hrethiam turin engtinngge min tanpui le?

"A ram leh a felna chu zawng hmasa zawk rawh u, tichuan chung zawng zawng chu a pek belhchhah dawn che u nia" (Matthaia 6:33). Pathian ram zawng hmasa tura Isua min hrilh hian engnge awmzia a neih? Engvangnge Pathian ram chu kan zawn hmasak ang? (Matthaia 16:26 chhiar la).

Pathian ram awmzia hrethiam turin Rom 14:17 hian engtinngge min tanpui?

Felna. remna leh hlimmate chu Thlarau rah an ni tih hre reng la. Chuvangin thildang zawng aiin

Thlarau rah chu kan zawng hmasa tur ani. Tichuan khawvelina min pek theih thildangte chu kan nei vek thei ang. Chutihruual chuan, felna, remna leh hlimna kan neihloh chuan engthilnge kan chungah thleng thei le?

Nu pakhat chuan, "Pastor, khawngaih takin ka fapa tan min tawngtai sak rawh. Pathian rinna a neih tawh loh bakah a hna a chawlhisan bawka. Hna-thawh tur dang a hmuh leh thuai theihnan min tawngtai sak ang che," tiin a ngen a. He nu hian a fapa tan a ram leh a felna chu a zawng hmasa em le? Kristian nuna thil pawimawhber chu a hmuh lam chauh nilovin, eng ang mi nge kan nih ang tihlam ngaihtuah zawk tur ani. He nu hian a fapa tan engnge a dilsak zawk tur le?

I tawngtaina leh i nitin nun tlangpui chu nangma mamawhte neih tumna lam ringawt nge ni deuhber thina, Pathian duh anga awmthei tura dilna le? I chhanna chuan engnge a hriattir che?

**THAWHTAN****March 22**

THLARAU RAH DANG (Galatia 5:22, 23).

Galatia 5:22, 23 leh Ephesi 5:9 te chauh hi Kristian nungchang rahchhuahte tarlangtu an ni lova. Rah dang tam takte chu 1 Timothea 6:11; 2 Timothea 3:10 leh 2 Peter 1:5-7 ahte tarlan belh an ni. Tichuan heng nungchang duhawm tak Pathian ngaihsaknate, thianghlimate leh hriatna hi belh an ni leh a. 1 Korinth 13:4-8 pawhin hmangaihna leh hmangaihna ina a tih loh tur thil tam takte a tarlanga. Hmangaihna chuan "a itsik lova, a infak lova, a uang lova, a che mawi lo lo

va, mahni hma a sial lova, a thinur duh lova, sual lamah a ngaihtuah lova; fel lohnaah a lawm lova," tia tarlan ani.

Thlarau rah chungchang finfiahnaah Bible ah hian a endikna tam tak tarlan ani tih kan hre ta a. Tirhkohte khan an lehkhathawn chhiartute tana pawimawhber anga an hriatte chu Thlarau Thianghlim hriattirmain an ziaak hlamm a ni a. Galatia ziaka Paula tarlante pawh hi a lehkhathawn chhiartute tana mamawhber nia a hriatte a ziah ani.

"Pathian ngaihsakna" tih Thlarau rah hi 1 Timothea 6:11 ah tarlan a ni a. Greek tawnga a awmzia chuan Pathian zahna leh A duhzawng ang ni tura thianghlimna lam a entir a. Rom 5:45 chuan "beiseina" a tarlang leh a. Kristian nungchangah beiseina hian eng ang huvang nge a neih le? Beiseina kan neih loh chuan kan Kristian nuna kan thusawi leh thiltih engkimte hian awmzia pakhat mah an nei lovang.

2 Petera 1:5-7 hi nungchang duhawm tak takte tarlangtu thatak a ni bawk. A tarlan zingah chhelna tih tawngkam, Galatia 5:22, 23 a tarlan zinga tel lo a awm. Chhelna tih chu thatna leh thianghlimna, inggaihtlawm na leh nungchang mawi tihte nen a inkungkaih ani. Engvangnge he Thlarau rah hi Kristiante nunah a pawimawh em em? Hei hian Thusawmppek pasarihna nen engnge inkungkaihna a neih?

2 Peter 1:5, 6 chuan "hriatna" a belh ve leh a. Greek tawngkam gnosis awmzia chu thil chi hrang

hrang leh hriatthiamna a ni a. Hengte hi Thlarau raha khat nun awmdan a ni ve bawk. Hriatna chuan englamah nge chanvo a neih le? A chhia leh a tha thliarhran thiamtheihna thilpek leh he hriatna hi enganga inzawm tir theih nge anih le?

Peter chuan 2 Petera 1:5-7 a a tarlante chu Thlarau rah tiin a ko lo nain Isua hnungzuitute awmdan tur dik takte an tarlan avangin Thlarau rah tiin kan sawi thei ani.

Heng nungchang tha takte hi engtingge i nunah i tarlan le? I beidawn changa beiseina i neihchhun chu engnge ni? I tlanhhuah theihna hmun awm chhun chu engnge ni a, chutah chuan engnge i hmuhtheih?

#### **THAWHLEH**

**March 23**  
RINNA KAWNGA TUARCHHELNA (BEIDAWN DUHLOHNA) (Rom 3:20-26)

Nimina kan sawiho zawhna khan Thlarau rah thang tha turin engzata nasainnge kan thawh tih min zawt a. Pathian chawimawi leh ropuina atan Thlarau rahte ti thanglian turin mawhphurhna ropui tak kan nei bawk. Heng thatna dan zawng zawngte han enin tihpuitlin theih vek a har avanga beidawn mai awl tak tur ani. Nimahsela, tun aia nasa zawkin rah nasa zawk kan nei tur ani lawm ni le?

"Rinnaah chuan in awm emaw, nangmahni ngei inchhin thin ula; nang mahni ngei infiah thin

rawh u" (2 Korinth 13:5). Kan nundante leh khawvela thuhretu hna kan thawh dante chu kan in enfiah fo thin tur ani.

Chutihruual chuan buaina lian tak kan tawk thei bawk. Kan Kristianna ah Isua chu kan entawn tur ber a ni a. Khawvela سوالنا nei lo mihring awm chhun ani bawk. Amah nena kan inkhaikhin chuan beidawn mai a awl hle thei a. سوالنا leh chaklohnaa khat kan nun dante atangin Isua nun سوال tel lo leh nun famkim chu hmuh awl tak ani. Dan tha famkim zawm tur kan nei a, hnung zui tur nun famkim nei chhandamtu kan nei bawk. Kan hriat theuh thin angin, chu dan leh chhandamtu hmanga in enfiah thin tur chu kan hlamchhiah chawk a. A hunlaia kan inenfiah thin loh avangin kan beidawn thelh hial thina. "Engahnge min tihbuai, ka tithei ngang lo a ni mai" tiin kan ngaihtuah thin ani.

Helai ah hian rinna avanga chhandam kan nih dante kan hriatthiam hle a tula. Krossa Isua min tihsak leh kan chhandamna chu enga innghat nge anih tih kan hriatchian a pawimawh bawk.

Chhandamna chungchang Rom 3:20-26 in engnge min hrih le? Rah tlemte chauh kan neih a vang a kan beidawn changin engvangnge he thudik hi nghet taka vawn reng a pawimawh em em le?

Kristian nundan diktak khun taka nun kan tum lai leh سوال dova kan beih laiin Pathian min pawmna chu Isua leh A felnaah chauh hmuhtheih ani tih hi kan hriat reng a tula. Chu felna chu kan tana min thawhsak bakah kan rinna hmanga nei thei turin min hlan chhawng bawk. Chumi avang chuan beidawn tur kan ni ta lo. Engvang maw? Kan chhandamna chu keimah niah ni lovin, Isuaa a awmngheh em vang ani.

## **NILAI**

**March 24**

KHAWVEL CHONA (1 Johana 2:15)

1 Johana 2:15 in engnge a sawi? Khawvel hmangaihute chu Pathianin A hmangaih tihna em ni le? Anihloh leh khawvel hmangaihute chuan Pathian an hmangaih lo tihna zawk? I chhanna chu hrihlfiah sei deuh la.

"Khawvel lam thilte chu dahtha in Pathian Thlarau kaihhruaina chu kan ngaithla thin tur a ni. Chutilochuan chatuan thilte aiin khawvel thilte chu kan ngaihlu in, kan ngaisang zawk palh thei a. Chutiang anih chuan khawvel thil hling leh buartea kan nun chu a lo khah dawn avangin nunna thlai chi chuan rah a chhuah tha thei dawn lo ani."-- Ellen G. White, *Christ's Object Lessons*, phek 51.

Dan zawm (thiltih) avanga chhandam nih tumna ngaihdan hlauhawm tak lakah kan fimkhur a ngai bawk. Israel fate kha an chhehvela hnam dangte anga awm an tum apiangin an hnungtawlh thin anih kha. 1 Johana 2:15 ah khawvel hmangaihna chuan Pathian hmangaih theihlohnaa a hruai thu vaukhanna kan hmu ani.

Engtingge Kristiana leh Kristiani chuan Pathian a hmangaihna aiin khawvel a hmangaihna chu a lian zawk tih a hriattheih ang? Eng ang chhin-chhiahna nge kan en ang le?

Pathian aia khawvel hmangaih hlauhawmna chuan awnzia thar a nei tih Jakoba 4:4 ah tarlan a ni a.

Engvanginnge Jakob an khawvel thil umnaa bo kohhran memberte chu uire nena a teh khin ni ang le? 1 Johana 2:15 a Johana tarlante ngaihtuah baw la.

Khawvel thila engberah nge i la talbuai thin le? Khawvel thil enginnge thlem thin che? A tawp boralnaa thlen thei, duh taw hmuhtheih lohna thiltea hnuhboa aww lo in, rinna indona tha chu engtinng kan beih theih ang?

**NINGA NI**

**March 25**

THLARAU RAH TIHTHANLEN DAN TUR (1 Johana 15:8).

Thlai chi chu kan to tir thei lo nain a to a, a rah thlengin tihve theih kan nei thin. Thlarau nunah pawh chutiang tho chu a ni. Ringtute nuna Thlarau Thianghlim hnathawh dan chu mak tak a ni a. Bible chuan ringtute nuna Thlarau Thianghlim hnathawh tihthanlen dan turte min hrilh a. Chutiang chuan Pa ropuinan rah tam tak rahin Isua duhzawngte chu kan tih hlawhtlin sak thei dawn ani (Johana 15:8)

A hnuai mite hi Thlarau rah tihthanlen dan tur kawng thenkhatte an ni:

Pathian Thu Zirna Atangin. Bible hi eng atan nge a tha tia 2 Timothea 3:16 ina min hrilh le? Bible zirna chuan kan nunah eng angin nge min tanpuia, eng ang rahchhuah nge a neih? (2 Timothea 3:17 leh Sam 119:105 te chhiar la).

Tawngtaina Hmangin. "Tawngtaina hi thlarau nunna a ni a, Thlarau nun tihchakna thuruk a ni baw.

Tawngtaina chuan thlarau nun chu hrisel reng turin a veng, thinlung ngaihtuahate chu Pathian nen a inzawm tir baw. Tawngtai i that chhiata, i tawngtai peih thin loh chuan Pathian i vawma chu i thlah tihna a lo ni a, thlarau inzawma chu lo chak loin, i sakhuanate chuan hriselna leh chakna an lo tlachham mai dawn ani."-- Ellen G. White. *Gospel Workers*, phek 254, 255.

Thinlung Ngaihtuahna Dik (Rilru tha) Neihnain. "A tawp berah chuan, unaute u, a dik apiangte, a zahawm apiangte, a fel apiangte, a thianghlim apiangte, a duhawm apiangte, a thangmawi apiangte, thatna reng a awma, fakna reng a awm phawt chuan- chung chu ngaihtuah rawh u." (Philippi 4:8). Kan ngaihtuahna, suangtuahnaleh rilru tha tak, mawi tak leh thianghlim tak nei reng thei turin engtinng kan tih ang?

Midang hnena Kristian Thudik hriattirna Atangin. A kawchhung atanga ramhuai A hnawhchhuah sak khan Isua hnenah A hnungzui ve zel a dil a. Mahse, Isuan a dilna chu phalsak lovin a awma khuua kir leha, atana Lalpa thiltih sakte puang darh turin A tir ta zawk anih kha (Marka 5:18-20). Kan rinna chanchin midangte hnena hriattir ve na chuan Thlarau rah chu kan nunah engtinng a thanlen tir le?

Thlarau rah chu amahin a thanglian mai thei lo. I duhthlanna ngei chuan i hmalam hun tur a ruahman sak ang che. I nitin nundanahte, thenrual i kawm danahte leh i thiltih kawng engkimah i nuna thlarau rah a thanlen theih nan eng ang inthlak danglamna nge i mamawh?

**ZIRTAWP****March 26**

**ZIRBELH TUR:** "Pathian chuan kan ngaihtuahate chu zau tak leh thianghlim tak ni turin A duh a. A hmangaihna leh lainatna te ngaihtuah a, chhandamna rua hmanna A hnathawh ropui takte zir thin turin min duh baw. Tichuan thudik chu kan lo hrefiah deuh deuh anga, thinlung thianghlim leh ngaihtuahna fimtak neih kan chakna chu a lo sang deuh deuh baw ang.

"Thudik hriaa, vawngtlat tute chuan thuawina hmangin rah duhawm tak an chhuah ang. Pathian thu thinlunga lo lut chu thiltih thattea tarlan a ni dawna. A rahchhuah chu Krista nungchang leh A nun anga hmuh a lo ni baw ang. Krista chuan hetiang hian A sawi a, "Aw ka Pathian, i duh zawng tih hi ka lawmzawng tak ani; Ani, i dan thu chu ka thinlungah a awm reng e" (Sam 40:8). "Keimahin engmah ka ti thei lo; benga ka hriat ang zelin ro ka rel thin; ka rorel chu dik tak ani, keima thu thuin awm ka tum lova, mi tirtu thu thu zawka awm ka tum thin avangin" (Johana 5:30). Bible chuan tihian a sawi leh baw a, "Amahah ka awm reng thin, titu chu, ama awm ang baw khan a awm ve tur ani" (1 Johana 2:6)." -- Ellen G. White, *Christ's Object Lessons*, phok 60.

♣ \* ♣

1.	Zirtawp	Thup	1:1, 2
2.	Nisarihni	Thup	1:1
3.	Nikhatni	Thup	1:1
4.	Thawhtan	Thup	1:1, 2
5.	Thawhle	Thup	1:1
6.	Nilai	Thup	1:1
7.	Nilaihawhtan	Thup	1:2, 3
8.	Zirtawp	Thup	1:3
9.	Nisarihni	Thup	1:4, 5
10.	Nikhatni	Thup	1:4, 5
11.	Thawhtan	Thup	1:5, 6
12.	Thawhle	Thup	1:5, 6
13.	Nilai	Thup	1:7
14.	Nilaihawhtan	Thup	1:8
15.	Zirtawp	Thup	1:9
16.	Nisarihni	Thup	1:9
17.	Nikhatni	Thup	1:10
18.	Thawhtan	Thup	1:11
19.	Thawhle	Thup	1:12
20.	Nilai	Thup	1:12, 13
21.	Nilaihawhtan	Thup	1:12, 13
22.	Zirtawp	Thup	1:13-16
23.	Nisarihni	Thup	1:13-16
24.	Nikhatni	Thup	1:17, 18
25.	Thawhtan	Thup	1:17
26.	Thawhle	Thup	1:18
27.	Nilai	Thup	1:19
28.	Nilaihawhtan	Thup	1:20
29.	Zirtawp	Thup	1:20
30.	Nisarihni	Thup	2:1,8,12,18; 3:1,7,14
31.	Nikhatni	Thup	3:1,7,14

MORNING WATCH  
February, 2010

1.	Thawhtan	Thup	2:1
2.	Thawhleleh	Thup	3:15
3.	Nilai	Thup	3:15
4.	Nilaithawhtan	Thup	2:1
5.	Zirtawp	Thup	2:2-4
6.	Nisarihni	Thup	2:2-4
7.	Nikhatni	Thup	2:4
8.	Thawhtan	Thup	2:4
9.	Thawhleleh	Thup	2:4
10.	Nilai	Thup	2:5, 6
11.	Nilaithawhtan	Thup	2:5
12.	Zirtawp	Thup	2:7
13.	Nisarihni	Thup	2:8, 9
14.	Nikhatni	Thup	2:9
15.	Thawhtan	Thup	2:9
16.	Thawhleleh	Thup	2:10
17.	Nilai	Thup	2:10
18.	Nilaithawhtan	Thup	2:10, 11
19.	Zirtawp	Thup	2:12, 13
20.	Nisarihni	Thup	2:13
21.	Nikhatni	Thup	2:13
22.	Thawhtan	Thup	2:14, 15
23.	Thawhleleh	Thup	2:14
24.	Nilai	Thup	2:14, 15
25.	Nilaithawhtan	Thup	2:16, 17
26.	Zirtawp	Thup	2:18, 19
27.	Nisarihni	Thup	2:18-28
28.	Nikhatni	Thup	2:20, 21

MORNING WATCH  
March, 2010

1.	Thawhtan	Thup	2:20
2.	Thawhleleh	Thup	2:22-23
3.	Nilai	Thup	2:24-25
4.	Nilaithawhtan	Thup	2:26-29
5.	Zirtawp	Thup	3:1, 2
6.	Nisarihni	Thup	3:1, 2
7.	Nikhatni	Thup	3:2, 3
8.	Thawhtan	Thup	3:3
9.	Thawhleleh	Thup	3:4, 5
10.	Nilai	Thup	3:4
11.	Nilaithawhtan	Thup	3:5, 6
12.	Zirtawp	Thup	3:7
13.	Nisarihni	Thup	3:7
14.	Nikhatni	Thup	3:7, 8
15.	Thawhtan	Thup	3:9
16.	Thawhleleh	Thup	3:9
17.	Nilai	Thup	3:10
18.	Nilaithawhtan	Thup	3:11
19.	Zirtawp	Thup	3:12, 13
20.	Nisarihni	Thup	3:12, 13
21.	Nikhatni	Thup	3:14
22.	Thawhtan	Thup	3:14
23.	Thawhleleh	Thup	3:15, 16
24.	Nilai	Thup	3:17
25.	Nilaithawhtan	Thup	3:17
26.	Zirtawp	Thup	3:18
27.	Nisarihni	Thup	3:18
28.	Nikhatni	Thup	3:19
29.	Thawhtan	Thup	3:19
30.	Thawhleleh	Thup	3:20
31.	Nilai	Thup	3:21, 22

































































