

ဘာသာရေးဆိုင်ရာစာမူခွင့်ပြုချက်အမှတ် - ၃၂၀ ၇၅၃ ၁၂၀၉  
မျက်နှာဖုံးခွင့်ပြုချက်အမှတ် - ၆၀၀ ၀၀၅ ၀၁၁၀

ဥပုသ်စာဖြေကျောင်းသင်ခန်းစာ  
တီးတိန်ဘာသာ

အုပ်စု - ၁၁၀၀

မမ္မဒါန

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

ထုတ်ဝေသူ။ ဦးကျော်စိန်ဖေ (၀၃၀၃၆)၊ ဥပုသ်စာဖြေကျောင်း  
သင်ခန်းစာ၊ အမှတ် ၆၈၊ ဦးဝိစာရလမ်း၊ ရန်ကုန်မြို့။

ပထမအကြိမ်

# KHANGHAM SABBATH SCHOOL LAI SIANGTHO SINNA



## KHA SIANGTHO GAH

Richard O'Ffill ရေးသားသော  
*THE FRUIT OF THE SPIRIT* စာအုပ်ကို  
အငြိမ်းစားသိက္ခာတော်ရမေ့ဆရာကြီးဦးလန်းဆောမန်းက  
တီးတိန်ချင်းပြန်ဆိုသည်။

January, February, March  
2010

(ပထမအကြိမ်)

KHANGHAM SABBATH SCHOOL  
LAI SIANGTHO SINNA

KHA SIANGTHO GAH

January, February, March

**2 0 1 0**

-1-

T-1

A SUNG A OM THULUPI TE

1. Amaute Gah Tawh .....	6
2. Kha Siangtho Gah In Ki It Na Hi .....	13
3. Kha Siangtho Gah In Lungdamkipak Na (Joy) Hi .....	21
4. Kha Siangtho Gah In Lungnop/Kilem Na (Peace) Hi .....	27
5. Kha Siangtho Gah In Lungduai Na Hi .....	34
6. Kha Siangtho Gah In Migit Na (Kindness) Hi .....	41
7. Kha Siangtho Gah In Hoih Na Hi .....	49
8. Kha Siangtho Gah In Thumaankipkho Na (Faithfulness) Hi .....	57
9. Kha Siangtho Gah In Lungneem Na Hi .....	65
10. Kha Siangtho Gah In Kideek Ki Daam Na Hi .....	73
11. Kha Siangtho Gah In Diktan Na Hi .....	81
12. Kha Siangtho Gah In Thumaanthutak Na Hi .....	88
13. Kha Siangtho Gah: Thu Ummi te' a Thupi Gamtatna .....	96

-2-

### Thu Masa

Nikhat ni in numei khat in a mawtaw a hawl laitak in, palik mataw thum in, khawlsak hi. Palikte thau tawi kawm sa in mawtaw pan un ong tuah khiat uh ciang in, numei nu in lamdang sa in, bang khialhna nei ka hiam ci hi.

Palikbu khat in lamkabom meilamlahna (traffic) ah na khut na van suk na van to hi. Mawtaw hawl a dang te na khut na van khial a na samsia lai hi ci hi. Numei nu in palik pa kiang ah bang ding a na thau lakhia na hia acih leh, palik pa, in pha hi, na mawtaw mai a kibelh lai in, tapidaw hi'ng cih ki at hi. Na mawtaw a kigu ka sa uh hi. Hih tangthu tom in a thupi kawkmun khat ong lak hi. Tapidaw ih hihmah bang in, i ngaihsutna, i genthu, leh i sepna te lim tak in kidop huai hi.

Thu ummi te bangci nuntak huai. Jesu bangci sut ding, milak leh inn ah bangci gamtat huai cih te, Gal. 5:22, 23, ah tu kha thum sung i sin ding thulai-gil te i mu hi. Sim in. Kha Siangtho gah, Pasion tung ah amau nuntakna a ki pum aap te' tung bang piang cih, Kha Siangtho in amau te sung bangci nasep cih te ih sin ding hi. "Mite' sung pan mite suak hi. Kha sung pan kha suak hi." (Joh. 3:6, NlrV). Kha Siangtho tawh i suah ciang in, Kha Siangtho gah eite sung ah ong po hi. Ih pianthak ciang in, Kha Siangtho ih sang hi.

Ih phawk ding ah Paul in, "Kha Siangtho gah in . . . ah, na ci a, Kha Siangtho gah na ci teek hi. Bang a cih nop na hiam cih leh, Kha Siangtho gah te in khat leh khat ki khen ka lo hi.

Kha Siangtho gah in pang (sides) tampi a nei suangmanpha tawh kibang hi. Pang khat ciat in eite nuntak na ah kha in ong piansak nop a kibanglo Jesu gamtatna ong lak hi. Hih in eite aading a, kha in a sepnop thulaigil ahihi. Pasion ngim pen in Jesu tawh ong kibang sak nuam ahihi. Ama geel na bang in eite sung ah kikhel na a piang ding in, Pasion in Kha Siangtho eite sung ah a teeng ding in ong puak khinzo hi.

Kha Siangtho gah in a kilang lo lungsim (idea) ahih loh lam na mu ding hi. Tua in nuntakdan (lifestyle) lah hilo hi. Kha Siangtho gah ama sung pan a khangto mi khat in, a pianzia lui bang in, ong nungta nawn lo ding hi. "Alui ciah in athak ong pai ta hi." (2 Kor. 5:17, NlrV). Kha Siangtho gah in, Sihna pan nuntakna akantan Christ sung a mi khat' a thak nuntakna ahihi. (1 Joh 3:14).

Tu kuata ih lesson in Jesu ih sut zawh nading Kha Siangtho ih sungah na ong sepna ih phawk dan ong lak ding hi. Kha Siangtho gah no leh no sung ah ong palh ding na kisin sial un, a diak diak in inn ah haksa na sa ding uh hi. Cihnop na ah, eite in ci leh sa deihna sisak nuam in, Pasion leh midang te a ding in ih hing nuam ding hi. Atawpna ah eite pen Christ' hehpihna akisam den mawhnei te ih hih lam ih kiphawk ding kisam hi. Ih mangngilh loh ding ah, thumaan ahih kei leh Kha Siangtho gah in gamtatna hi ngiat hi. Tua agah in gupkhiatna' ii thaman hi a, gupna ngah na ding lampi hilo hi. Tua lampi in Jesu hi den a, eite aading in ong sep sak zo hi.

Pr. Richard O'Ffill pen lai at leh thugen siampa khat hi in, ih pawlsung leitung mun tuamtuan ah Pasion na sem ngei hi. GC ih phualpi ah zong kum 7, sem khin in, tulaitak in Orlando, Florida ah teng hi.

Theihsak Behna: Lai Siangtho mun a vekpi phial in, NlrV- NEW INTERNATIONAL READER'S VER-SION pan vive hizaw hi.

Hun ngah phalo pi in, ki nawh tei ahiman in leh a khat vei na, hi pan a hih man in, ki cinloh na tampi om mai thei hi. Mailam hun ah, a hoih zaw a kitel zaw a, ih letkhiat theih na ding in, nong kuppiah nong panpih ding un, a sim thu ummi khempeuh te tung ah huh kong ngen hi. (S K G).

© © □ © ©

## LESSON 1

Dec. 26 - Jan. 1

### AMAUTE' GAH TAWH

#### Sabbath Nitak

**TU KAL SUNG SIM DING:** Luke 13;7-9; Joh. 11:4; 12:28; 15:1-10; 2 Tim. 3:5.

**KAMNGAH:** “Singkung khat ciat ama gah tawh na gen thei hi.” (Mat. 7:20, NlrV).

Topa' kamciam lak ah ong sukha pen thukhat in, Kha Siangtho tungtawn in, Ama sung ah eite, eite sung ah Amah ih om sak leh eite ih kilamdang takpi ding cih ahihi. In nuntakna nasia tak in ong ki khel ding hi. (2 Kor. 5:17). A lamdang gupkhiatna ii ngim na, eite ong ki kamciam pen “Eite khempeuh in Topa' minthan na ih pulaak ding ahihi. Eite Amah tawh a kibang zaw ding in, ih ki kheel toto a, minthan na ih nei semsem hi. Tua minthan na Topa' kiangpan ong pai-in, Amah in Kha Siangtho ahihi. (2 Kor. 3:18, NlrV). Jesu sung ah a om peuhpeuh te in, Kha Siangtho gah a nei den ding uh hi. Tua kamciam nangma aa, ahihtakpi lamdang nasa hiam. Eite sung ah Jesu in thuhoih ong pat khit sa, Amah in ong zawhpih ding cih ih mu thei hi. (Fil. 1:6). Ih phawk ding, “Nangmah in Kei nong tel kei hi. Ken kong teel-zaw hi. Pai in gah a gah ding in kong sawl hi. Tua gah sawtpi ki khom ding hi. Tua khitteh, Keima min tawh nong nget khempeuh uh Ka Pa in ong pia ding hi.” (Joh. 15:16, NlrV).

**SUNDAY**

**Dec. 27**

‘SINGKUNG KHAT CIAT AMA PUAH GAH NAM TAWH NA GEN THEI HI’ (Luke 6:44, NlrV).

Kha Siangtho na ngah khin hiam cih ong ki dong ngei maw. Ngah khin mah ing aci te in, kamtuam (van pau) na pau leh pau loh tung ah, na ngah leh ngah loh thu ong khen ding uh hi. Ahihhang in, Jesu in ong hilh na ah, lim leh meel leh nalamdang te in, na khempeuh ii teci hi, cilo hi. (Mat. 7:21-23), leh (Mang. 16:14), limtak in sim in. Jesu in, Keima min tawh nalamdang abawl hang un, thumaantak a Jesu nungzui te taktak, hihna lak tuan cilo hi. Hun nunung ah Jesu nung amaan lo in, a zui te in, Pasian nasem bangkeek in, ong kineih uh hang in Kha Siangtho vangliatna nei lo ci hi. (2 Tim. 3:5).

2 Tim. 3:5, a maan na, tuhun in bangci ki lah hiam. Lk. 6:43-44, simin. Mikhat peuhpeuh pen a gen bang hizawlo in, apianzia bang hizaw ding hi. Pawlpi sung a Kha Siangtho silpiak te, Pasian nasep nading a, akipia hi a, Pasian tate Kha Siangtho gah a ki piak pen a nuntakna uh a kikheel theih na ding a hihi. Mikhat in Mahatma Gandhi bang in a gamtat theih hang in. Mahatma Gandhi hithei ngei lo ding hi. Eite a hoih bangkeek in, leh a hoih sem, bang in, ih ki laak thei hi. Kha Siangtho in, lungtangthak ong piak mateng, eite ih hoih zo kei ding hi.

A hoih sem’ leh a hoih a om den, cih a ki lam-danna, thuuk tak in ngaihsun in. Amasa in, hoih ih cih bang a khiatna ahia. Nihna ah, mikhat in, ahoih sem thei in, amah ahoih lo thei dia. Ahihkei leh mikhat

hoih thei in, a hoih sem lo in a om thei dia. Na dawn nading ong kiging inla, Sabbath ni-in, lesson hun ah ong keng o.

**MONDAY**

**Dec. 28**

KEI LO TAWH BANGMAH NA HIIH THEI KEI DING UH HI. (Joh. 15:5, NlrV).

Tapa nih in a pa kheem uh hi. Phalna ngen lo in tuipeh sawm uh hi. Inn dei tungnung pan in gel’sim theih ding in, apple kung khat po hi. Tua singkung a si hi in, a pa’n a muh teh a phuksawm thei uh a, agah laitak theikung khat zong tawm uh in, apple kung tawk hen khawm uh hi. A zingsang ciang in, a pa in mu a, apple kung ah thei gah thei maw, ci hiat bek hi.

Joh. 15:1-5, sim in. A nuai a dot na te dawng in.

Jesu in Amah leenggui taktak hing kici hi. Bangding a, ataktak hing kici ai’ tam. Mat. 24:24, zong sim in. Joh. 15:5, sungah, Jesu in eite kua ong ci hiam. Eite bangci nuntak huai cih, tua thu in bang ong gen hiam. Joh. 15:4, in ong gentel in, ahiang khat pen, aguipui tawh kizom lo in, agah gah thei lo ci hi.

Jesu tawh nabangci om khawm hiam. Nisim na phut khaak thu in na nuntakna ong bangci khel’ hiam. Amah tawh omkhop ding na kisim ciang in, na gamtatna bang khawng in ong haksa sak hiam.

**TUESDAY**

**Dec. 29**

KHA GAH IN MINTHAN NA KA PA KIANG TUN TO HI. (Joh. 15:8, NlrV).

Joh. 15:8, in bang a khiat na nei hiam.

Hihthu na za khin ngei kha ding hi. “Thumaan lo paulap tawh, thumaan sep ding a piang thei ding tawh kibang hi.” Hih thu a maan leh, a maan lo paulap thu tawh Jesu tawh omkhop ding a piang thei diam. Amah tawh ih omkhop teh, eite’ gah khangto in, eite’ minthan na ding hizaw lo in, Pasion’ minthan na ding hizaw hi. Kha Siangtho gah in eite’ hoih na ong kilang sak hilo in, Pasion’ hoih na ong kilang sak hi zaw hi.

Christ’ nasep nalamdang tampi leh nahoih tampi om hi. Ama nasep in ngimna bulpi nei hi. Tua ngimna in bang hiam. Hih ngimna in eite bang ong hilh a, teci pan ding bang thuhoih om hiam. (Joh. 11:4, 12:28, sim in).

Na pawlpi in, na pawlpi nai a om, pawlpimi a hilo te, pawlpil tawh a ki nai’ theih nading in, lampi zong hi. Ih ngimna bulpi banghiam. Eima minthan na ding maw. Pasion’ minthan na ding maw. Lam tampi tawh, a tung a tegel ih helzauh ding baih hi. Huaiham na pen gamtatna nangawn a khuh ding in, a maanlo in, Pasion minthan nang’ paulap in, maitang in ih nei hi.

Mat. 5:16, leh 1 Kor. 10:31, siksian in, koici bang in, hunkhat sung in, Pasion tung ah thu hoih leh minthan na ih piangsak thei diam. Thu hoih te ei leh ei kitan lo in, ih Pa Pasion khiat ni. Na gam-tatna pawl khat te nang leh nagmah ki sittel dih ve. Hai huai na kisa phial hia.

**WEDNESDAY**

**Dec. 30**

TUA KHITTEH GAH TAM ZAW ONG GAH DING HI (Joh. 15:2, NIrV).

Joh. 15:2, sung a, ahiang heuh dan (method) bangci dan hiam.

Nangmah mah in a hiang heuh dan na sin ngei maw. Ahiang na heuh khit leh na heuhma bang ki lamdang ahia.

Nektheih Singkung te ahiang ki heuh mah hi. Heuh siang lua leng lah a nikum teh ong sel gina lo in, heuh kei leng lah gah gina lo zel hi. Ih heuh dan siam kul hi. Na a kikkaikim ding a sep theih ding kizam mahmah hi. Nasem kiva cih pen na aki khaikim a muh na hi. Ei leh ei ki muang lo a, Amah ih muan na ding, Pasion in hunkhat (chance) piakna tawh mite ze et hi. Ei geel na te ahoih pen ding in ih ngaihsut hang in, ahiah loh lam Pasion in thei hi.

“Lamtawntung, leitung pan vantung dong Pasion in eite ong sek hi. Hih thu hang in vantung gam paina lampi pen kongkawcik kici hi. Gamtatna kisek kul hi. Kisek kei leh zulhtat thu ummi tampi om dinga, amaute lunggulh na, kiphatsak na, ngimna te khalam kineih na suak in pial khia mang ding hi. Hih ih thanem nate hang in, Topa in athuak hak bawlsiat na leh buai na te athuak ding in ong phal hi. Tua khitteh, a maan khalamvai’ii cingtakna phawk in Kha Siangtho nasepna kizam ih sa pan ding hi.” (E.G.White. In Heavenly Places, p. 266).

Na upna nasiatak a ong ki ze et buaina na nei ngei hiam. Upna nei takpi na ki sa phial zong in, gen-theihna na thuak teh haksa nasa maw. Na ngaihsut kik teh, na thuak khitsa te pan in bang pilna ngah nahia. Tua sungpan in thupi na sak pen te bang khawng ahia.

**THURSDAY**

**Dec. 31**

“A KUM KIK TEH ONG GAH LEH HOIH HI, ONG GAH KEI LEH . . .” (Lk. 13:9, NirV).

1730-1745, hunsung in, America gamneu khat Maine pan in Georgia gamsung tengah, anasia khan-lawhna na nei uh hi. Jonathan Edwards pen hih khan-lawh na makaipa ahihi. 1741, July kha in, Jonathan in, “A heh Pasian khutsung a mawhnei mite” cih thulu tangko hi. Mi pawlkhat te a ding in, tua thuhilh na in, khualmial, gilo, hell lam zuan cih lim ong suaka, thu ummi tampi ten zong, tuabang in khia uh hi. Ahih-hang in, tua thuhilh na in adahhuai mawhna thaman a maan ong lak hi. Tua thuhilhna in, a Siangtho Pasian in mawhna ahuatna leh thu khen ni hunkhat ong tung taktak ding cih zong lak lai hi.

Joh. 15:1-10, in a khangto gah tawh kizop na tawh kisai bang kikkaikim (balance) thu gen hiam. Ama sung ah ih nuntak leh gah tampi gah ding cih, Jesu gen te phawk in. Gah khiat na in Ama hang in gupna ngah zo cih lim khat hi. Ama sung ah ih nuntak kei leh gah ih gah kei ding hi. Gah agah lo peuhmah si-in, haltum ding in meiphual ah kilawn ding hi. (2 Pi. 3:9). Lk .13:7-9, Jesu thugentehna pan in bang pilna ih sin diam.

Gahkhiatna tawh eite ong kigumkhia hilo hi. Eima gah tawh kigumkhia cih pen sepna tawh gupkhiatna ngah cihna hi. Ih gah in, Jesu upna tawh ong ki gupkhiatna ong lak hi. Gahkhiatna in gupkhiatna lim khat ahihi. Gahkhiatna in gupkhiatna san na

hilo hi. Hih a kilamdan na ih theih ding thupi hi. Ih tel kei leh alamdang ih gah te hang in, ih kiphasak kha ding hi.

**FRIDAY**

**Jan. 1**

**SIM BEH DING:** Amau gamtatna te tawh amaute na thei ding uh hi.” (Mat. 7:20), Jesu in ci hi. Khazih ii nungzui dikte khempeuh in, Topa minthan nading in gamta ding uh hi. Amau te nuntak na in, Kha Siangtho tawh a kistem nasep hoih lak ding hi. Amau te gamtana in siantho na lak hi. “Kei ong kizom un. Kei zong kong zom ding hi. Kei ong zomlo hiangte in amahmah gah tawm thei lo hi, Jesu in ci hi. Keimah in leenggui pi ka hihi. Note in ahiang te na hi uh hi.” (Joh 15:4,5.” EGW, Counsels to Parents, Teachers, and Students, p. 329.

Mitampi in pawlpi zom kha ding uh a, ahihhang in Topa zom lo uh hi. Ahunhun in a gamtatna maan uh lak ding uh hi. ‘Amau gamtat na tawh, amau te na thei ding uh hi.’ (Mat. 7:16). Pawlkhat te nuntak na ah, aman (prized) nei gah ahi, khalamvai sianthona, thuakzawhna, migitna, it theihna leh khuangaihna te ki mulo hi Amau te in liing leh lopa te bek ong lak uh hi. Mite in, amau upna bang in, a zuih loh uh ciang in, leitungmi te mai ah, Pasian vang’ kipia lo hi. (E.G. White, The Faith I Live By, p. 90).

\* ◆ \*

**LESSON 2**

**January 2- 8**

**KHA SIANGTHO GAH IN KI IT NA HI**

**Sabbath Nitak**

**TU KAL SUNG SIM DING:** Thkna. 6:5; Mat. 5:43-48; Mat. 7:12; Mat. 22:29; Lk. 10:25-37; 2 Kor. 13:4-7.

**KAMGAH: “Tua thum te a thupi pen neih ding te in, upna, lam et na leh ki it na hi.” (1 Kor. 13:13, NirV).**

Paul in Kha Siangtho gah a gualh na ah itna tawh a pat lamdang sak ding hi kei. Thu ummi ta ding in, itna in abulpi hi a, Pasion pianzia ahoih pen na a kilah thei na hang ahihi. Itna hang in Pasion in eite ong piangsak, ong don in eite theih zawh ding in amahmah ong ki laak hi. It na in Pasion zawn(lead) a, athu tawh ki zawi in, eite ong gup khiat na ding in Atapa ong pia hi. John in ih tel theih pen ding in “Pasion in ki it na hi” ci hi. 1 Joh. 4:16 it na in Pasion ii pianzia lak ah a thupi pen hi a, eite a ding in zong athupit kul hi. “Itna tawh nuntak na amakaih mikhat peuh in Pasion a pom na lak hih. Pasion in zong amah pom hi.” (1 Joh. 4:16, NirV).

Tuhun in, itna kammal pen ki zangkhai zat lua hi. Na khempeuh ih it hi. Ahihhang in, hih bang

itna nam te in, a maan Pasion ii itna a lim na ban zo lo hi. (1 Kor. 13). Itna ih cih pen eima deih te teng-khia in, ih deihloh te nawlkhin cih hi lo hi. Tuabang itna pen itna maan hi kei. Tukalsung ih lesson in, itna banghiam cih ong hilh ding hi.

**SUNDAY**

**Jan. 2**

**ITNA IN PANG (SIDES) TAMPI NEI HI (Thkna 6:5).**

Lai Siangtho teikhia na atuamtuam te in bang piang-sak hiam. Aletkhia te in, amau theih bang in, a kammal te teikhia uh hi. Agentehna in, Hih vasa “gol” hi. Adang khat in “lian” hi. Khat leuleu in, “ngeeng” hi. Hih akhiat na vek te maan khin kha ding hi. Tua hi a, Kha Siangtho gah ih sin ciang in zong, a khiatna ih telzawh nading, a kammal bulpi (original) pen ih bul kalh ding hi. Thkna. 6:5, sung a, Hebia kammal a itna in, *ahabata* ahihi. Hih kammal ii akhiatna in, itna pen utna, lungsim leh gamtatkhia tawh lakkhia cih hi in, lungsim thuakna (feeling), lawp gamtatna (emotion), tawh hi lo zaw hi. Hih itna in a sang pen itna nam ahihi. Jesu gen itna pen a lian thupiak hi a, amanpha pen (noble) leh a sangbel kipumpiak khiat itna ahihi.

Judah mite in, thupiak masa pen alungsim, a nuntakna, a pilna khempeuh uh tawh Pasion it ding cih a theih khitsa uh hi. Mark in thahatna cih kammal tawh behlap lai hi. (Mk. 12:30).

Mat. 7:12 leh Mat. 22:39 te’ gen, a thupi bang kawkmun om hiam. Itna ih theih vek na ding in, hihthu

in banci thupit hiam. Nangmah na ki it bang in, na veng te it in cih akhياتna pen mikhempeuh na lungsim vekpi tawh it ding cih na hi. Thupiak nihna, ki itna nam pen thupiak masa mah tawh a kibang hi. Sepkhiatna tawh itna hi. Hih itna in sepkhiatna tawh it ding kal ngiat hi. Eima ih ki it bang in ih vengte it ding cih pen mikhat peuhpeuh nangmah na ki don bang in don in cihna hi.

Nangmah bang in na veng te it in cih a gen ol hi. A ol lo pen in ih gen bang a sepkhiat ding a hihi. Hih thu ah bang na ci sep hoih diam. Eima deihna si sak in, midangte huh ding cih, hih thu haksa na koici kisin diam.

**MONDAY**

**Jan. 4**

IT NA IN BANG SEM HIAM (1 Kor. 13:4-8).

Itna ih phoklaak na ding in, kalsuan masa bel in, itna banghiam cih, theihna ahihi. Itna ih lah ding pen kalsuan a zom (next) ahihi. Ih kidop ding ah kong it hi ih cih manlang loh ding hi. Lai Siangtho sung a ong lah bang in, eite bangci nuntak, itna thubul te bangci zat takpi cih te limtak in ih kam masak ding ki sam hi.

1 Kor. 13:4-8, sung a it na in, bangci sepkhiat cih sim in, ka innsung mahmah ah hih thubulpi te bangci zat pah ding cih ki dong in.

Tawlkhat ngaihsun in. Itna maan bulpите zang den takpi hi le ung, ka innsung uh bangtawh a kibang tam. Geel dih in. Khat leh khat a hoihلام kila, kidomto,

thuphasang inn khat sung a, innkuan khat ii nuntak zia. Tutadih in, itna nei ding in, midang te na sawl zo kei kha ding hi. Ahihhang in hih thuguipi te na zat takpi leh, midang te kiang ah itna nei ding in na sawl teh, alamdang huzap zawhna na nei ding hi. Itna na nial zo kei ding hi. Mite in na biakna, na nuntakna , na upna te leh na khempeuh langpang in ong nial zo zong in, ciangtan neilo itna langpang in nial zo lo ding uh hi. Hih itna pen Jesu tungtawn in leitung ah ih lah ding ahihi. Na nuntak sung in Lai Siangtho sung a, bang itna nam zat pah ding in haksa na sa pen hiam. Hih itna te a khantoh na ding in, a thupi sepkhiatna na bangci sep diam. Sep ding in zong banghang in thupi hiam.

**TUESDAY**

**Jan. 5**

ITNA IN BANG SEM LO HIAM (1 Kor. 13).

1 Kor. 13:4-8, en kik in. A kibang lo lampi tawh ngaihtuah dih in. Ngaihsun in, itna in bang semlo hiam. Hih thu te a lehlam (lo), tawh at in. Amaute pen ataktak in, ahilam itna pang (sides) ahihi. Tun hih a tung a, Lai Siangtho mun te ahilam (positive) tawh at kik in. Itna gina lo tampi na mu ding a, a hoih zaw in, na bangci sep theih diam.

1. It na in ki-el lo hi. \_\_\_\_\_.
2. Itna in amahmah kisathei lo hi. \_\_\_\_\_
3. Itna in ki phasak (liansak) lo hi. \_\_\_\_\_
4. Itna in ngoltol lo hi. \_\_\_\_\_
5. Itna in ama aituam deihna ngen tentan lo hi \_\_\_\_\_

6. Itna in ol no tak in heh lo hi. \_\_\_\_\_
7. Itna in asia ngaihsun lo hi. \_\_\_\_\_
8. Itna in mawhna sung ah lungdam lo hi. \_\_\_\_\_

Itna thulu (1 Kor. 13), sung a, itna ii khiatna te sin in. Tuate in, vantung a ih Pa pianzia te ih lungdam theih na ding in eite ong huh ding hi. Amah in amimal in ong it hi. Hihte theihna in, leitungmi te' theih itna leh Lai Siangtho gen Pasian itna a kikim loh na ih tel theih na ding in, eite hong huh ding hi.

**WEDNESDAY**

**Jan. 6**

ITNA SITTEL NA (test) (Mat. 5:43-48)

Matt. 5:43-48, sung a, Jesu gen thu te nangma kammal tawm tawh gual in. Jesu in eite itna thu ong gen athubulpi pen bang hiam.

Ih galte it ding ih hih leh ih gal takpi kua cih ih theih ding kism hi. Nang ong that nuam pa/nu bek gal a na ngaihsut leh, nang ong that nuam tutadih in kuamah om kei leh hih Lai Siangtho mun nang a ding in a khiat na nei lo ding hi.

Na gal a hi thei ding pa/nu pen nang ong lang-pang, ong dem, na za ong tuh leh ong to (challenger) te ai ve. Nang ong mudah ahikhei leh a sialam a ong bawl te na gal hi. Tua na gal te pen na innkuanpih te na pasal/zi/midang innkuan zong hi kha thei hi. Innkuan pih khat peuhpeuh in zong ong it loh hun om kha thei ding hi. Amah in nang pen na heh na ding

leh a sia theitheih in ong bawl mai thei hi. Kumtampi na seppih lawm leh gual te, na pawlpimi te zong hi kha mai thei hi. Tuabang na buah khak teh amau te sukgiap ding baih lel hi.

Pau. 15:1; 25:21 leh 1 Pi. 3:9, te in, a thupi itna bulpi ih theih ding ong bangci gen hiam.

Ih gal te it ding maw. Minam tampi te in, a lawm te na ngawn uh it na alah ding uh haksa a sak hun uh om hi. Ih gal te it ding cih haksa bekbak kan hi. Jesu ong lim lah ih zuih na ding bangci kism diam. Ih lungsim bangci ki khel theih ding. Amau te aading in ih bangci thunget diam. Hih thu ummi te mungtup ih bat zawh nading in, ong ki huh na ding in thungen in.

**THURSDAY**

**Jan. 7**

SEPKHIAT NA TAWN IT IN (Lk. 10:25-37)

Kawleih sia khat in, athugen sangkhan a zat ngei loh lampi dang khat tawh khung hi. Sangnau-pang khat ciat Samaria tangthu hoih gen ding in kiging sak tek hi. Sangkhan khat khit khat gual pai in itna leh khuangaih na cih hilh sak hi. Hun khat leh hun khat kikal hun tomno sung bek nei uh hi. A hun neihsung tek un nawhsa tak a thugen ding uh a hihi. Sang-naupang thugen khat ciat pen a nuai khan ah tuak suk in, khut dawh ngen khat nawk phei ding uh hi. Tua khut dawh ngen pa pen a sia pa un ngim na twh a koih ahihi.

A ciapteh huai hih na ong piang hi. A thugen uh khawl in hih khutdawh ngenpa huh ding sangnau-pang ong tawm pha mahmah hi. A mawh nei bel sangnau-pang te pen hun hawm thawh te hilai hi. Sangnaupang thugen te a vekpi phial un, Samaria thugentehna hoih a gen ding in kinawh thei mahmah uh hi. Tua taangthu ii lungtang a thupi pen in, khutdawh ngenpa huh ding hi a, kuamah in khutdawh ngenpa huh lo in kheeng hiau uh hi.

Zan a ihsin na ah, ka gal kua hiam cih ih ki kum khin hi. Tu ni a dotna leuleu pen ka vengte kua hiam cih hi zel hi. Lk. 10:25-37, sung ah Jesu in eite aading in bangci dawn a hia. Hih thugenteh na in, itna man in banghiam cih dot na buppi bangci henkop hiam. Banghang in Jesu in biakna makai te mi songbong te ci hiam. Eite a ding in zong bang pilna om ve hiam.

Midang te tung ah ahoih Samaria pa na hih theih na ding in na nuntak zia bang te kheel huai na sa hiam. Mikhat nalawm a na bawl theih na ding in na si leh sa deihna sih sak ding bang zah na nei hiam.

**FRIDAY**

**Jan. 8**

**SIM BEH DING:** Nate Mu Siam (Scientist), Arthur Zajonc in, singkuang khat khuavak tawh dim hi. Mundang khat peuhpeuh pan khuavak a sung ah ong lut nawn lo hi. Singkuang sung ah, khuavak cih loh bang-mah omlo hi. Tun a sung khuavak omna en lecin, bang na mu diam, Khuavak bangtawh kibang hiam.

Khual mial sitset awngthawl namun khuamial na! Na muh ding khuavak pen mundang pan ong pai

kei leh, or a sung tangtak sal kei lecin, khuavak ki mu thei lo hi. Zajonc in ciangkang khat la in, singkuang sung a khuamial lak tok hi. Khuavak ong lut na mun pan in, a ciangkang mahmah ong taang hi. Khuavak zangno khat in, a ciangkang a tan ahihi.

Leitung ah nitang ki bua a, vantung a dum, a aang leh a san in ong ki kheel hi. Meel (colour) in khua hun leh nikhat ii hun ki khel dan tung ah kinga hi. Kha tung ah nitang bangzah na bua zong in ong kilamdang lo ding a, en lecin Zajonc ii singkuang na ong hi ding hi. Tua hangmah in, kha in huih, a nom, a khu leh a hu cih te nei lo hi. Nitang a kap kik na ding om lo a, mel tuamtuam khel thei lo hi.

A deihna bang hiam. Khuavak in bangmah tan kei leh, khuamial sitset suak hi.



**LESSON 3**

**January 9-15**

**KHA SIANGTHO GAH IN LUNG DAMKIPAK  
NA HI (JOY)**

**Sabbath Nitak**

**TU KAL SUNG SIM DING:** La. 139; Lk. 15:4-24; Joh. 15:10; Heb. 11:6.

**KAMGAH: “Hih thu kong gen khin zo hi. Tua ahihman in, ka lungdamkipak na note sung ah om ding hi. Na lungdamkipak na a picin na ding in zong ka deih lai hi.” (Joh. 15:11, NIRV).**

Lungdamkipak na (joy) leh lungdam na (happiness) a khiat na kibang den lo hi. Lungdam na in hoih na gah ahihkei leh tangtut na thu te ahihi. Lungdamkipak na in, Jesu tawh kizopsuak na thaman ahihi.

Late 4:7, ah lungdamkipak na leh lungdam na aki lamdan nate ong lak hi. “Ka lungtang, lungdamkipak na lian tawh nong dim hi. Hih in an leh lenggah tui limci ahau te lungdamkipak na sang in lian zaw hi.” A lian zaw lungdamkipak na pen Pasion theih na leh nuam na pan in ong phul khia hi. Lung-damna in anuamhuai (nuam na ding) omzia ii thaman hi a, buh hau mahmah in lungdam lua, tuahpha vat in lungdam lua cih dan hi. Sunglam lungdamkipak na pen, Pasion ih muan laiteng kip den hi. Sunglam lung-

damkipak na in, lungkiat na zo in, hun sau pi khom a, lungdam na in hun tomno sung bek sawt hi.

**SUNDAY**

**Jan. 10**

LUNG TAI (REJOICE) DING THUPIAK (Fil. 4:4).

Thu ummi tampi in, a hoih lo nate phal a, tuate in, khasiat na leh hehna piangsak hi. A thaman san uh pen khalam nuntak na sang zel in niam zel hi. Lung tai ding cih pen ngaihsut in nei lo, a piang thei vet lo ding sa uh hi. Tua ahih man in thupiak in, Topa sung lung tai ding cih a hihi.

Eite in eima dinmun leh midang te tungah ih lungtai zo den kei hi. Ahizong in Topa' tungah ih lungtai thei hi. Ama hoih na in kikhel ngei lo ahihhang hi.

Khalam ih thakhuah na ding pen, Pasion ih theihna, Ama nasep ding theihna leh ih kipkho na te tung kinga hi. Pasion theihna in, tu a ih nuntakna, a sang to ding leh akipkho ding in, ong dom to hi.

Tuahangmah in, Salaan Late pen la in kiphuak in tum theih tawh kisa hi. Hihbang lampi tawh Israel mite in, Topa' kammal te ladawng leh lataang in sa in, na ciamteh uh a, Topa atheihna uh a thuuk zawk na ding ahihi. Pasion theihna in nakhempeuh athupi lo zaw in bawl hi.

Lat. 139; Rom. 8:28; leh 1 Pi. 1:8,9 te in, Lungnop lungtai nadingbang thubulpi te ong gen hiam. Hih Pasion' kamciam te pan in ih lungtai theih na ding in bangci kisin ding.

**MONDAY** **Jan. 11**  
CHRIST' LUNG DAMKIPAK NA (Heb. 12:2, 3)

Tapidaw khat in lungdamkipak na cingtak ih theih nading in, lungdam na tawh a kidim Christ nuntakna ih et phot kul ding hi. Christ ii lungdam na koi pan ong pai ahia. Ama thubulpi te bang ahia.

Jesu' gen aminthangpen thugenteh na thum te sung ah lungdam na koici om ahia. Hih tangthu thum sung ah akibang khin phial bang om ahia.

Tuu Mangthang Thugenteh Na (Lk. 15:4-1)  
Sum Man'suah Thugentehna (Lk. 15:8-10)  
Tapa Taaimang Thugenteh Na (Lk. 15:11-24)

Pasian lungsim ih theihzawh na ding in hih thugenteh na thum in ong huh ding hi. Pasian lungsim in pahtawi nopna lungsim ahihi. Ama lungdam na sinsen in, a mangthang te zon' ahihi. Jesu genthei leh tawltak in kuankhia himahtaleh lungdam na tawh kidim den hi. Ahihchih na pen, mitampi gumkhia ding cih thei khin hi.

Jesu in dah na gentheih na khempeuh thei a, (Isa. 53:3), tua kim lai mah, Amah a lungdam pa ahi maw. Na nuntaksung in dahna, khasiat na bangzah nei cih kaikhawm dih ve. Jesu lungdam' bang in, nangma phut khak thusia te na koici pal zawh diam.

**TUESDAY** **Jan. 12**  
THUMAN' NA SUNG LUNG DAMKIPAK (Joh. 15:11).

Jesu in lungdamna leh (Joh. 15:10,11), sungthu a zop bang hang hiam.

“Thupha ngah mi in, Topa' thukham a zui mi ahihi . . . A thukham, sun leh zan in ngaihsun hi. (La. 1:1, 2, NirV).

La. 40:8, sim in. Pasian deihna zui a, lungdam na sang in, lungdamna lian zaw omlo hi. Mitampi te in Pasian thukham zuihna pen vangik sa in sinso ngaihsut uh hi. Ataktak in, Pasian thukham zuihna in mawhna pan suahtak na ahihi. Thuman' loh na hang in vantung ah gal piang in leitung ah mawhna leh sihna ong tun' phawk in.

La. 19:8, Jere. 5:16 leh Mat. 7:21-27, mun te ah, thuman'na leh lungdamna koici bang in ki zom hiam. Topa thuman' na pan in, lungdamna na koici phut khak ngei hiam. Topa thuman' loh na pan in gentheihna haksatna na tuak ngei hiam.

**WEDNESDAY** **Jan. 13**  
GENTHEIH HUN A LUNG DAM NA (Joh. 16:33).

Leitung ah migenthei te pen mimawh te, upna nei lo te kici bul hi. Pasian muhna tawh kilehbulh lua. Jesu in hih leitungah thu ummi leh thu umlo mi anih tuak in gentheih thuak tuak ding in teltak in, na gen khin hi. Daniel humpi kua ah a kikhia mah bang in thu ummi tampi sapikua ah na kikhia a, na balnen uh hi. Daniel lawm te thum meikuangpi pan a suahtak uh hang in, hunmasa lai a, thu ummi tampi singkhuam tung ah na kihal hi.

Gal. 6:9, ah bang kamciam te leh lam et nate ih la thei hiam. Jeim 1:2-4, leh 1 Pi. 1:6, te in, ih hak-sat hun in ong huh thei ding hi.

Tulai thu ummi tampi in, lungdamna aneih loh uh pen, amaute huaiham in angsung akhual' luat man uh ahihi. Ei leh ei sung ah lungdamnading a om peuh-mah loh hang in, Pasion sung ah om hi. Topa' na sam zang malkim uh zong ka sim khin hi, (Mat. 10:30), acih zong phawk ni. Jesu sung ah khamuan na om cih ih thei hi. Job in zong tampi athuak khit ciang in, a zah nih, a neih ngei nai loh kipia hi. (Job 42:10).

Tulaitak na buai laitak hi kha ding hi. Huhna akici khempeuh a kisam mikhat ii vangik, a puaksak ding hi le cin zan tuak na sa hiam.

**THURSDAY**

**Jan. 14**

SAWT PI TAK A KHOM LUNG DAM NA (Heb. 11:24, 2 5).

Heb. 11:24, 25, sung ah, thu ummi' nuntak na thukhunpi te bang kimu thei hiam. Lk. 9:23, Sawl. 14:22, Fil. 1:29, te zong sim in. Hih Lai Siangtho mun te leh lungdam na kamciam te ki koici zop hiam.

Mawsi in Iqip kumpi to khom nial sawm hi. Pharaoh zaluah ding in ki ngaihsun ngei kha ding hi. Iqip kumpi suah ding Pasion deihna hi ci ngei kha ding hi. Ut leh zong haksat tuak lo hi. Tuamah bang in, khensatna manlo a bawl te in, paulap hoih tampi zong uh hi.

Paulap hoih zong in, khensatna manlo na bawl nunung pen hun ngaihsun dih in. Bang thu haksa na sin hiam.

Jesu sang in, a thumang le hang ih buai na khempeuh taimang pah ding ih sa hi. Hih pen Lai Siangtho ong kamciam hilo hi. Lungkiat na ong tung thei lai hi. Thu zui mi citak khat in, hampnat na te lam en den lo hi. Kumsim in thuzuimi tampi kibawlsia in, a upna uh hang in sih lawh uh hi. Atawp na ah leitung vai khempeuh sang in, ei thu um mi te' lam et na, Jesu ong tatkhiat na thupi zaw tham hi cih, ih phawk den ding hi.

**FRIDAY**

**Jan. 15**

**SIM BEH DING:** Thuzuimi te sepding (duty) pen, leitung ah Khazih biak na in, thuzuimi te lungdam sak, nuam sak in dahna leh khimzinna omlo hi acih ding uh ahihi. Jesu pen mawhna maisak Honpa a, asang te Topa khuavak puantual tawh ki khuh hi. Topa in a mawh na te uh lakkhiat sak in, Ama thumaan pia hi.

“Lungdam' na la, a sa ding thuzui mite sang in, huhpha kua in neizaw ding ahia.” Amau te in vantung kumpi pa' micitak innkuanpih, a tate cih ding lam en ngel lo ding uh ahia. Pasion kamciaam te suakta tak in leh dimlet tak in, a ki san teh vantung khuavak amau nuntak na ah kibuak hi.” (E.G.White, A Call To Medical Evangelism, p. 26).



**LESSON 4**

**January 16-22**

**KHA SIANGTHO GAH IN LUNGNOP  
NA HI (Peace)**

**Sabbath Nitak**

**TU KAL SUNG SIM DING:** Mat. 8:23-27; Mat. 11:28,29;  
Rom. 5:1-11; Rom. 12:9-21;  
Heb. 12:14; Kol. 3:13-15.

**KAMGAH: “Keima lungnop na no te tawh om  
khawm ding in kong nusiak ding hi.  
Keima lungnop na no te kong pia hi.  
Patau kei un la. Lau kei un. (Joh.  
14:27,NIrV).**

Lungnop na bupi pa, Paul in pawlpi lai khaak hi. “Kha Siangtho in panmun khempeuh ah, pumkhat in ong bawl hi. Pum khat a na kip na ding uh na hih theih zah in hanciam un. Lungnopna in ong gawmtuah taken.” (Ef. 4:3, NIrV).

Mangkam a (endeavour) cih kammal pen, Greek pau in kam khauh khat ahihi. A khatna pen hanciam mahmah cihna hi. Eite ih hoih pen theih na ding in nakpitak in hanciam kul hi. Ih innsung ah, ih pawlpi ah, kitawng ki seel ci ni. Midang ih it ding leh ih pah-tawi ding nial ci ni. Jesu Christ sung a, Pasion lungnop na ei te in a nial ih hihi. Tu kal sung ih lesson ih sin

kawm in, ei leh ei kidot huai hi. Ka nisim nuntak na ah lungnopna ong pia Kha Siangtho tawh koici bang in, maa (vai kahawm) ka pang khawm thei diam.

**SUNDAY**

**Jan. 17**

**KILEMNA PASIAN TAWH (Rom. 5:1).**

Pasion tawh kilemna nei ding cih pen, gualnop ngaihsut na sang in thuuk zaw hi. Khatveilai in “Ei te Pasion tawh ih kigamla hi. Ei ma gamtat na hang in, Pasion’ gal ih hihi.” (Kol. 1:21, NIrV). Ahihhang in tu’n Pasion tawh ih kilem theih nading in, singlam-teh tung a Jesu sihna hang in ong kigawmtuah kik khin hi. Pasion’ galte hi nawnlo in Alawm te ih hi ta hi.

Pasion ta te hih na tawh ih nuntak toh mah bang in, nuntakzia thupha ih phu toto ding hi. Hih ih khantoh napen (La. 119:165), sung a mahbang in, ih pulaak masiah zoptoh ding ahhi. Tua mun sim in.

Kol. 1:20-21, in ong lah bang in, mawhna in Pasion khuangaih na leh mawhmaisak na sukha lo hi. Gupkhatna geel na (plan) in, Pasion in eite atawntung in ong it in, ong maisak nuam den cih ong lak hi.

Rom. 5:1-11, sung a, thupi nasak diak pawlkhat gualsuk in.

Jesu in bang ong sepsak khin. Ama nuntakna’ siangtho upna tawh ong ki pia, abeisa in bangci mi hita se lecin santhamcing ong kisa cih te, kilemna (peace) ih neih takpi nading in, atung a thu te ei a ding in banghang in thupi hiam.

**MONDAY**

**Jan. 18**

TAWLDAMNA (Peace) ZON NA: KHEN 1NA (Mat. 11:28,29)

Tawldamna nuam pen, 1-pan - 10 dong, na nuntakna ah bangci khen na hiam. Mite'n tawldamna a zon tek na ah lungkia thei mahmah uh hi. Mat. 11:28,29, ah Jesu in ong sam hi. Jesu in lungnopna (peace) cih kammal zang lo in, tawlinga (rest) thadim kik, khat ii lungsim buaina pan tawlinga cih kammal na zang hi.

Hih alamdang kamciam ei ma nuntakna tek ah ih bangci zat ding hiam.

“Ci leh sa deihna in tawldam loh na ong tun hi. . . a nuntakna uh a ki pum ap, Topa' hihna bang a nungta, Ama kammal a sang te in, tawldamna leh lungduai na ngah ding uh hi. Jesu in a lungdam' sak amaute bangmah in dah sak thei lo hi. Ki pum ap na sungah a kicing tawldamna om hi. Topa, Nangma tung a, a citak mikhat ciat a kicing tawldamna na pia ding hi. Tua in Nangmah ong muan hang uh ahihi.’ (Isa. 26:3. DA, Pp. 330, 331).

Ci leh sa deihna in mimal tawldam lohna leh lungdam lohna bangci piانسak hiam.

Ci leh sa deihna si sak in, Jesu sung bangci tawldam theih ding. Nisim a na teel te (choices) bang in, Jesu sung a tawldamna kamciam tangtung sak hiam.

**TUESDAY**

**Jan. 19**

TAWLDAM' NA MU: KHEN 2NA (Joh. 14:27)

Limsuai nihte' tangthu kigen khat om hi. Tawldam'na a muhdan alah ding uh lim khattuak suai uh hi. Khatpa in, gamvazanglai mual tampi kawmkal a, a daaidide, a tawldamhuai bualtuili khat suai hi. Anihna pa in, vanging zah a, a ngaih tuizeu nuai a, a phuan tuili tung' a, a awm, tuizeu theh khaak a kawt phial, gamtaaksing bul pi kakikal ah,. cimbilik (vasa neu) khat a bu, sung ah a tu phiuphiau suai hi.

Lim kisuai akoi zaw in tawldamna lim lak zaw hiam. Hih leitung ah tawldam na pen, tua mualkuam-zang sung a, bualtuili bang kimu khollo zaw hi. Nuntak haksa lungbuai na kawmkal mah ah, tawldamna ih zon zel kul ding hi.

Mat. 8:23-37, Mk . 4:35-41; Lk. 8:22-25, sung te a, Jesu leh a nungzui te'n Galilee tuipi tuung a, atuah thu te sim in. Hih tangthu pan in, ei aading in, bang thupuak om hiam. Ei ma nuntak na ah kibuilh tek ni. Bang in na nuntakna ong lumlet ahia. Na laupen te a banban in minlawh in Pasian kiang' gen ve. Tua khitteh, na launa te pan in tawldamna ong piak theih na ding in, hopih ding hun khat la in.

**WEDNESDAY**

**Jan. 20**

KILEMNA INNSUNG AH (Heb. 12:14).

“Mikhempeuh tawh na kilem theih na ding un na hih zawh zah un hanciam un. Siantho' ding hanciam un. Nuntak siangtho lo tawh, kuamah in Topa

mu zolo ding hi.” (Heb. 2:14, NlrV). “Ahihtheih nakleh mikhempeuh tawh kilem in nungta un. Na hihzawh zah hih in.” (Rom. 12:18, NlrV). Jesu ii nuntakna pan in bang etteh ding ih cin thei diam.

Thu ummi khat hih ding a haksat pen na mun in, innsung ahihi. A dah huai thu in, ih innsung pen, leitung ah kilem na, a om na pen mun, hih huai napi'n, hilo sak zel thei hihang.

Vietnam galpi sung in, galkap no nih, thauvui thautang vuikhu lak ah kiho uh hi. A khatpa lautuak vetllo in om hithiat lel a, a lawmpa in, lawm, nang lau kei si cia, a cih leh, ka inn uh ong phawksak hiven ci hiat hi. A inn vuah tuangkhang' na omlo hi ngel ve.

Rom. 12:9-21, sung a, thugil te gual suk in. Tuate in, innsung ah kilem na, lungnopna ong tun ding hi. Na nuntakna ah hih thu te bangci zat cih genteh na pia in.

Hih thugil te zui hileng, ka innsung uh bang-tawh kibang ding cih geel in. Ei mah leh ei mah sang in midang te masak zaw leng, mite tham (deserve) ta kei leh, it veve leng, ong bawlsia te maisak leng, midang te zong ei mah bang hi cih ngaihsun thei leng, hih thu te in, ih innkuan sung buai na khempeuh ong sian sak zawh loh hang in, tampi mah ong huh ding hi.

**THURSDAY**

**Jan. 21**

KILEMNA PAWLPI SUNG AH (Mat. 5:23, 24)

Mat. 5:23-24, sung a, a thupi bang thugil Jesu in eite ong hilh hiam. Ih nuntakna ah hih thugil te

zat ding in banghang in haksa hiam. A kitel thukhat ah, khat leh khat tung a ih zat ih kizopna sang in, a ciik zaw ding in Jesu in ong hilh hi. Pawlpi mi khat leh khat ki khasia sak, kimai sak zolo cih pen ngeina hilo hi. Hih thuhilh na eite in zui hi lehang, bang kilamdan na ong piang diam.

Mat. 5:9, sung a, ong kigen, Pasion tate' nuntak pianzia bang a hiam. Tua thu a khiatna bang hiam.

Kol. 3:13-15, sung tungtawn in, ih lawm pawlpi mi te khat leh khat tung ah, ih ki sungkhat theih na ding in, bang thulampi thum om hiam.

Thu ummi te' nuntakzia thulampi te phawk in. Jeim 3:17, sung sim in. Sungkhat bang in ih kizop na ding hih nuntak pianzia hoih te, ih nuntakna ah, ei te in phal leng, ih pawlpi bang tawh ong kibang diam. Bang thu te kimangngilh ding hiam.

Na lawm pawlpimi khat tawh na buai nunung pen hun ngaihsun in. Mat. 5, sung a Jesu ong hilh thu te na zui maw. A tam zaw in zui lo zaw hilo a hia. Maan mah ma te. Thu ummi te' a siangtho lampi te sang in, a baihzaw leitungmi te zat lamdawt na teel na thu zong dih in. Tuabang buai hun na tuah ciang in a maan na teel theih na ding in bangci vaihawm ding na hiam.

**FRIDAY**

**Jan. 22**

**SIM BEH DING TE:** La. 4:3; La. 119:165; Isa. 26:3; Rom. 8:6; Fil. 4:7.

“Christ singlamteh tung aki thah madeuh in, a nungzui te lungnopna letsong pia khin hi. ‘Ka lungnop na no te kong nusiati hi . . . Leitungmi te’ piak bang in kong pia kei hi. Lung patau kei un. Lau kei un.” (Joh. 14:27, NIRV). Hih lungnop na in Leitungmi te kiangpan a ong pai lungnop na hilo hi. A hoihlo tawh kihel lungnopna Khazih in nei ngeilo hi. Khazih in a nungzuite a nusiati tua lungnop na in, a puathaam pan sang in, vei na pan in ong phul khia hi. Hih lungnop na pen haksat na leh gentheih na a phut khak sung tawntung uh, teci pang te (nungzui te) in a neih tawntung ding uh a hihi. AA, p. 84. “Leitung liat na ding a hanciam luat na in, Pasion gam a lut nuam te’ kongpi khak sak hi. Khazih ii lungnopna pen, a nasep pih a lawm dang te a musia leh mawhna a zong khat peuh te lungsim sung leh ngaihsut na ah teeng thei lo hi. Topa in, a pawlpi mipih te a musia leh a mawhsak te cikmah in thupha pia ngei lo hi. Tua in satan nasep a hih hang hi.” Evangelism, p. 102.



## LESSON 5

January 23-29

### LAI SIANGTHO GAH IN LUNGDUAI NA

#### Sabbath Nitak

**TU KAL SUNG SIM DING:** Pian. 6:3; Pai. 34:6; Mk. 4:26-29; Rom. 15:5; Ef. 4:1-2; Jeim. 1:2-4.

**KAMNGAH: “Pasion dei hna bangin na gamtat theih nading leh ong kamciam te na san theih na ding in, na lungduai ding kizam hi.” (Heb. 10:36).**

Kha Siangtho gah khat ahi lungduai na ii a khatna Greek lai in, kammal nih tawh na gen tel hi. Amasa kammal, ‘hupomone’ ii khatna pen, ‘hihzawh nakhat zoptoh ding’, cihna hi in, bangci dinmun hitaleh khello hi. Anihna kammal, ‘makrothumia’, pen ‘lian’/ ‘sawt duai’ cih na ahihi. Tua in, hehbaih, thuaklo leh sinso baih cih te tawh kilehbulh hli. A pongpi in, a khat na in buaina khatpeuh ih thuak teh lungkia pahpah lo in thuak duai kekan cihna ahihi.

A thuak zo mikhat in, thunip, thuneel den hi. Mun khempeuh ah lungduai na teh na taktak pen, ngak zawh tan hi zaw lo in, ngak sung bangci sep cih hi zaw hi. Na kisap na uh omlo, cingtaak, matun a na om theih na ding un, na lungduai un; nalungduai na uh, na khempeuh sem sak un.” (Jeim. 1:4, NKJV).

**SUNDAY** **Jan. 24**  
 LUNGDUAI NA IN PASIAN DINMUN HOIH KHAT HI.  
 (Pai. 34:6).

Lai Siangtho tangthu tampi lak a, Pasian lungduai na ong lak khat in, Nineveh khuapi Pasian in bangci let cih pan ih mu hi. (Jon. 4:2, sim in).

Pai. 34:6, sung a, lungduai na tawh thu hoih pawlkhat a zop te gelh khia in. Mihingte ih mawh pahpah ciang in Pasian in ong vatgiap hi leh, ei te ih si mangkhin ding hi.

2 Pi. 3:8-9, sung siksan in, banghang in mawhnei te' tung ah Pasian lungduai hiam. Pasian in Ama lungduai' na nangma tung leh midang te' tung bang ong ci zat hiam. Mikhat in na lungsim sung ah Pasian suai in ong ci leh na bang ci suaih diam. Pasian pen a heh thei, dan pia pahpah pa ci'n ngaihsun leng, ih pawlpi leh ih innsung ah ih lawm te bang ih ci bawl' tam.

Rom. 15:5, sung a, Topa' ong vaikhak thu te ei ma pumpi ah bangci zat ding ih hiam.

**SUNDAY** **Jan. 25**  
 LUNGDUAI NA IN KAL HI (required) (Ef. 4:1-2)

Ef. 4:1-2, sung a, Paul gualh suk thuhoih pawlkhat te sim in. Topa' tawh tonkhawm ding a kilawm te' neih ahihi. Tua te lak ah lungduai na na mu ding hi. Khat leh khat ki koici vaak (feed) uh hiam.

Pawlpi ih cih in nuntakzia leh ngeina a ki banglo mitampi kigawmtuah na ahihi. Kha lam khantoh na

aki kimlo mi hon khat ki om hi. Kha lam ah a picing zaw zong om hi. Tua akibanglo mi nam tampi te' dinmun sung ah, lungduai na na kisam kan hi. Kha lam picing lo te tung ah lungduai loh na in, kha lam picing te' ading in ze et na ahihi. Agentehna in kha lam picing te, kha lam a picin na ding in, kum tampi ih ngak hi na pi'n, kha lam picing lo te, a mau kha lam khantoh na ding tua tan ih ngak zawh loh cih te ahihi.

Pawlpi sung ah lungduai ding cih thu khat hi. Ih innkuan sung ah e leh. Ih innkuanpih dang te tung' ih lungduai zawh loh na bang khawng a hia. Upna a nei lo ih innkuanpih te aading in, bangtan a sawt thunget na neih huai ahihi.

Topa, nangma tung ah a lungduai' dan ngaihsun in. Midang te tung na hihgiap bang in, Topa'n nang' ong hihgiap leh na mai lam koici ding a hia.

**TUESDAY** **Jan. 26**  
 LUNGDUAI NA THU SUNG AH LUNGDUAI NA (2 Tim. 4:2).

Lungdamna thu gen na leh hilh na ih neih teh a haksa pen thu khat in, lungduai na ih zat zawh ding a hihi. Ei te a tamzaw in, thu maan a thei nai lo te leh a kinlo te tung ah ih lungduai zo kei lua hi. A nungta Pasian thei loh leh a maanlo upna ki hilh, hih leitung ah ih teng hi. Khazih kiang ah mitampih ih makaih na ah, ei te ih lungduai' mahmah ding ahihi.

Lai Siangtho' hilh na, muhna a zai te tung ah thumaan a tawntung in siang sinsen hi. A manlo thuhilh

na tawh a kivuk nelh leh innkuan sung cimawh te kiang ah thumaan hilh ding haksa mahmah hi. Tua ahiah man in, amau lungsim ih hon zawh na ding in ih lung-duai kul hi.

Mk. 4:26-29, sung thugenteh na pan in, a kizang thei lungduai na tawh kisai thu pawlkhat bang khawng hiam.

Mikhat in Lai Siangtho bulpi te sin in, gupna manlang tak in sang pak lo ci ni. Thumaan nial ih sa kha thei hi. Ki khelna pen hunsau pi tak la thei mawk hi. Ei te a tampi in ih nawh ngaklah thei hi. Minpha zong deih thei hi hang. Ei deih bang in ong piang pah lanlan khol lo hi. Mi thuza cil pipi nawh lua in, lam-khak suangtung pi ih suah loh ding thupi hi.

1 Sam. 16:7, sung ah, bang a thupi thulailgil ih mu hiam. Tukul ih sin te tawh a ki zop zia te ciap teh huai hi.

**WEDNESDAY** **Jan. 27**  
LUNGDUAI NA (THUAKZAWH NA) IN CIANGTAN NEI HI  
(Pian. 6:3).

Mawhnei te tung ah Pasion lungduai na sang in a nasia zaw etteh ding, lungduai na kimulo hi. Ahi-zong in, Pasion lungduai na in ciangtan na nei cih, ih theih kul hi.

Noah in tembaw alam' lai in, Pasion lungduai na in kum 120 sung ngak hi. (1 Pi. 3:20). Mite'

ngawng khauh na in, Pasion thuakzawh na ong beisak hun ong tung a, Pasion in leitung tuicin tawh susia hi. Pian. 6:3, ah bang a thupi ih mu hiam.

Sodom leh Gomorrah mi te, gamlak a Israel te, leh Babylon saltaang Israel te in, thuaksiat na athuak ding un, mawhna tampi bawl uh hi. Thkna. 31:27; La. 95:8; leh Jer. 17:23, sung te ah, thuak-siatna athuak na ding un, mi te ngaihsun na leh a vei te uh bang khawng hiam.

Pasion thuakzo khengval ih sak man in, ei te in thuak kul ih sa kei thei hi. Pasion thuakzawh na tangthu ih kanciang in, nikhat, kal khat, kum khat cih hilo in, khaang tampi (generations) na kheeng thei zel hi. Ih theih ding ah, thuakzawh na kizam kei ih cih loh ding ahihi.

A hoih paulap tawh ahiahkeileh a sia paulap tawh na thuakzawh loh dinmun te ngaihsun in. Hih thu nih te a kilamdan na bang hiam. Hih na phut khak thu te pan in, bang pilna na ngah hiam. Tua te ahiah kik ding hi lecin na bangci kilam' dan sak diam.

**THURSDAY** **Jan. 28**  
LUNGDUAI NA KOICI KHANTOH SAK DING (Jeim 1:2-4).

Jeim. 1:2-4, bangzah a maan cih na phut khak ngei thu te banghiam, Jesu gamtatna na muh teh mi hoih zaw khat na suah na ding in, a kibang lo lungbuai na pan in, bang na sin ngei hiam.

Greek kammal a, 'sit na te' (trials), ahieh kei leh 'ze et na te' cih kammal in, *peirazo* ahihi.

A thukzaw a khiat na pen, 'teci pan na', a hih kei leh 'sin na' (testing), cih zong ahihi. Dawi in ei te a hoih lo sem ding in ong ze et hi. Sitna te, ze et na te, ih nuntakna ah Pasion in ong phal pen, ih gamtatna a khantoh, sikdo nang' ahihi.

Nuntakna sit na te in, Pasion nasem te' gamtatna sung pan, asiangtho lo, a hampi teng lakkhiat nang ahihi. Amau te a ki meet na, a kisuih na leh a ki notzol na te pen a thuk hak sakna te ahihi. Angawi pei khat khawl sakvat ding haksa kha ding hi. Ahizong in tua suang (nuntakna) in, vantung biak buuk tung to ding in ong ki puah hi. Akilawm lo suangtum peuh mah a Topa in kinlo, donlo hi. Akilawm Ama suangtum te bek kumpi inn bangin nawt in, te silsel sak hi. (E.G.White, MB, p. 10).

A hi zong in, buaina ih thuk te khempeuh Pasion bawl hi cihna hilo hi. Ih thuman loh na leh ih lehdo na hang in gentheih na ih zong zel hi. Lungbuai na te, gentheih zel na te pen mawhnei hih leitung ah, ei ong mudah gal khat ih neih hang ahihi. (1 Pi. 5:8). A hi zong in a lamdang kamciam, "Atawpdong, atat siang dong, nangsung a na hoih ong pat sak pa in ong sem ding cih tel in. Tua in Jesu Khazih ong kumkik ding ni a hihi." (Fil. 1:6, NlrV)

**FRIDAY**

**Jan. 29**

**SIM BEH DING:** "Ama nasep na sung a mi, (numei, pasal, naupang) om khem peuh leh ngawngkhauh

mawhnei te tung ah Pasion lungduai mahmah hi. A kisik kik na ding un, Pasion in mawhnei te sam in mawhmai sak na bit te tah (offer) hi. Pasion lungduai lua ahieh man in, mi te in, a khuangaihna (mercy) zang khial hi. Mawhna khat a ki bawl teh thaman sang pahpah lo ahiehman in, mihing ta te a lungtang uh mawhna tawh kidim hi. Pasion thuakzawh na tawh mi te lungsim a nip ding hi napi, Pasion a sang lo mawh nei te pen . . . Pasion ukna lang do in, lung khauh zaw lai uh hi. Pasion, a mau tung ah a lungduai luat ciang in, a mawhna te uh Pasion in a koih khong ding sa uh hi. Mawhna akipia pahpah leitung khat ah a teeng hi leng, Pasion langpang in mawh na ki bawl thithe lo zel ding hi. Dan piak na ong zekai kha ding a, ahiehang in ong pai teek ding hi. Pasion lungduai' na in ciangtan (limit) na nei hi. Pasion in a genhak mahmah mawh nei te hingmangsak lo in om lo ding hi. E.G. White, he SDA Bible Commentary, p. 1166.

\* ♦ \*

**LESSON 6**

**Jan. 30- Feb. 5**

**KHA SIANGTHO GAH IN MIGIT NA HI**

**Sabbath Nitak**

**TU KAL SUNG SIM DING:** 2 Sam. 9:1-13; Pau. 15:1-5;  
Pau. 25:11-15; Mat. 5:43-48;  
Lk. 6:35-38; Ef. 4:32; Kol.  
3:12-14.

**KAMGAH: “Note pen Pasion ong tel mi te na hi uh hi. Na Siangtho uh a ong ki sungngaih hi. Na puan te uh ngaihneem khuangaih na leh migitna ahieh leh silh un. Kiphasak kei un. Thudam un la lungduai un.” (Kol. 3:12, NIrV)**

Paul in, itna in bangci nasep cih a lah ciang in, a lungsim sung ah, lungduai na lut masa hi. “Itna in lungduai na hi.” (1 Kor. 13:4, NIrV). Lungduai na zom in itna in, migitna hi, na ci hi. Itna leh migitna ki nai sak pha mahmah a, migitna om lo in, it zo taktak lo ding cih ong lah hi.

Mikhatpeuh in itna lak thei hi. A lah mah bang in, kipiak khiat na leh tha (energy) a piak kul hi. Migitna in gamtat na khat hi a, a mahmah lamtampi tawh ong kilak hi. Innlak tanau te itna cih te akipan, Pasion it na dong in, migitna in khauhtak in hat hi.

**SUNDAY**

MIGITNA II PIANZIA (Mat. 5:43-48)

**Jan. 31**

Mualtungthuhilh na ah, Jesu in Pasion migitna leh hoieh na teltak in lak hi. Mat. 5:43-38 sim in la anuai a dotna te dawng in.

1. Jesu in ei te bangciang dinmun, a sang ding in, ong sawl hiam.
2. Bangthu hang in hih dinmuna tung ding in ong sawl hiam.
3. Mate 5:48, a Jesu kammal zaat, kicinna, a cih phawk in. Kicinna ii a khiat na bang hiam. Tua kammal in vatung na Pa uh a kicin mahbang in nong zong kicing un, cih a khiat na ih tel nading in ong bangci huh hiam.

Pasion hehpih na (mawhmaisak nam migitna) in letsong ahihi. Mihing te thalawh leh kilawm na tawh kingah hilo hi. Mihing khempeuh Pasion langpan in a mawhnuam vive ih hihi. Amah awlmawh lo, thusimlo cih vive ih hihi. Tua hi in, a mawhbel mi in, a siangtho bel mi ih suak hi. Pasion in ei te ong piak migitna leh hoieh natawh khatbeek a kilawm ih om kei hi.

Ih gal te itna, ei te ong bawlsia te thu ih nget sak na, eite tung ong migi lo te tung ih migit na, cih te in Jesu gennop kicin na ahihi. Ci leh sa deihna te vui zo takpi hi le hang, ih pawlpi te ih innkuansung te bangtawh kibang ding cih geel dih in. A tung a thu te bang in ki nungta thei lua hi. Hell kongpi te' zawh loh ding vanliatna leh teci panzawh na ih nei ding hi. Bangthu te ahia, tua thu te ong nei sak zolo. Bangmahdang hi kei. Thu umlo mite sang a, a sia zaw ih dawh lungsim te hang' ahihi.

Hih Lai Siangtho munte a, Christ kammal te a zuiding hi le hang, bang hin gim na nei masa leh a nasia kikhel na neih kul ding hiam.

**MONDAY**

**Feb. 1**

A SI SA UI KHAT TUNG AH MIGIT NA (2 Sam. 9:1-13).

2 Sam. 9:1-13, sung ah David in, a migitna bangci lah hiam. Tua thu in Pasion' gamtatna bangci lah hiam.

“David galte' thupuak te hang in, Mofibosheth in, David a hoih lam in mulo in, mudah hi. A kumpi tokhom a sut in ngaihsun lai hi. A hihhang in tatsat lo kumpi David ii migit na in. Mefibosheth lungsim zo hi. A pa Jonathan mah bang in, Pasion tel' David it in khauhtak in ong kizom uh hi.” PP, p. 713.

David in Saul innkuan sung ah migit na alah pen, Pasion' pianmel (pattern) ong lak ahihi. Ei te mah bang a, mawhnei mi ahihna, Pasion khut tung pan a kilawm lo khuangaih na leh migitna a ngah te David mahmah in phawk in, midang te migitna a hawm sawn ahihi. Pasion migitna midang te tung ih hop theih ma in, bangthu te kipsak masak kul hiam. Midang te tung ah, migitna cih dot na ih dawn nading in, bang athupi thugil te in ei te ong huh thei ding hiam.

Pasion nangtung ah ahoihna a migitna te tawl-khat ngaisun dih in. Ngah ding in kilawm na kisa hiam. Na lungsim, na gamtatna, na kampau te siangtho

ngaihbaang in, midangte na bawl' dan te, Pasion in san thaam cing ong sa pahpah diam. Um kei zaw hang. Midang te tung ah hoih in, migi ding cih pen, singlam-teh phawk in, kei a ding in thupi tawntung hi, ih cih ding bek mah om hi.

Kumtampi sung, Pasion in bangteng ong maisak hiam. Nangmah ong nasak te na bawl dan ding, tua na sinsa te in ong bangci huh hiam.

**TUESDAY**

**Feb. 2**

MIGIT KAMMAL TE (Ef. 4:32)

Ef. 4:2, “Khat leh khat tung migi un, thuneem un,” cih kammal tawh kipan hi. Hih Lai Siangtho mun in, zaan a ih sin, Pasion in eite tung ah migit na ong lah mah bang in midang te tungah zong lak ding cih tawh bang zah in kituak hiam, cih phawk in.

Thu ummi khat in, hunsial in ih migit na ih lah ding ahihi. A tawmbel in mi nam thum thapiak ding, migitna lah ding a kisa deuh om hi.

1. Kha lam naupang lai te (1 The. 2:7)
2. Thaneem mi te tung ah (Rom. 15:1)
3. Zato siamah te bang in kha lam cina te don ding (2 Tim. 2:24-25).

Sum bawlni khat in, “Inn katun ding ngaklah ing. Nithapai migit niloh tawl lua ing” ci hi. Mi tawh a nuntak khop bangzah tak in dah huai lungsim vom hiam.

Innsung ah migit na thupi sem hi. Innkuan-sung omzia, ih kampau te in nasiatak in huzap zo hi. Buai na, khasiat na, kitot na, tampi tak pen ih pau kidawm leng kipelh thei hi. Mihing kampau pan a khiatna mah a kibang laimal te sang in bun zaw hi. Ih maitang ih aw leh ih gamtat khiat na te in, ih ngaih-sut na, in vei na, ih lungsim te pholaak hi. Tua hi a, ih kidop ding ah, ih pumpi leh ih kampau na te tawh ih lah te ahihi.

Pau. 15:1-5, leh Pau. 25:11-15, mun te in bangci pau ding leh bang paukhia cih te ong lak hiam. Midang te bangci paupih, nisim na zat kammal te leh migit na kammal na zat te ki dong dih in.

**WEDNESDAY**

**Feb. 3**

MIGIT NA ONG KILEH KIK HI (Lk. 6:38)

Lk. 6:38, ah Jesu in bangci nuam takpi hiam. Nuntak na thulaigil a gen te bang hiam.

Mi tung ah ih bawl dan ei tung ah ong kileh kik zel hi. Mitung ih migit na ih tatsiat na te ong ki thuk kik ve hi.

A ki thukkik lo khat om hi. Phawk in. Amah a ki bawlsiat bang in Jesu in thukkik lo hi. Ei tung ah migit na ong ki thukkik loh hang in, thu ummi khat pen ih migit den ding a hihi. Ong migilo te tung ah ih migit zawh na pen Jesu nung maantak zui a, a nungta te ahoih pen gamtat khiat na ahihi. Midang te tung ih bawldan tawh ei tung ong bawl sia te ih huzap zo ding

hi. “Na khempeuh ah no tung ong kibawl ding nadeih mah bang un bawl un. Hih in thukham sung pan leh kamsang te’ gen te ahihi. (Mat. 7:12, NirV).

Lk. 6:35, mun pen, tukalsung ih gensa thu te tawh bangzah in kituak hiam. Ei mah ong huh te tung migit ding cih baih den hi. A haksa zaw pen, ong thuk kik zo ngeilo ding te tung ah migit ding, piakkhiak ding te ahihi.

Nang leh nang kisit tel in. Na migit na huaiham loh itna pan in ong pai maw. Nangma a ding a ahoih pen na sep nop na pan, ong pai maw. A nihna pan zaw hileh na bangci khel diam.

**THURSDAY**

**Feb. 4**

MIGIT NA SILH IN (Kol. 3:12-14)

Kol. 3:12-14, nangma kammal tawh gual kik in. Hihmun te in, Jesu nungzui khat hih na ding bang ong lak hiam. Hih kammal te ih nuntak na ah, zangkhia takpi leng, ih teci pan na ah bang zah in vang nei ding cih ngaih sun in.

Kum zabi 19 lai a, aminthang London vuanzi, Alexander Maclaren in, “Lungneem na in hih leitung ah a khauh pen thatang ahihi. Tuikhal sek khat la inla, a sa tawmcik khat tawh sukha lecin, tawmbek mah ong tui ding hi. Tuikhal mah ong hi lai ding hi. Ahihhang in, nitaang sung ah koih lecin ong tui ding a tuipi sung ong luang ding hi. Migit na in tuamah bang in gual zo hi.” ci hi.

Adventist te ih hih mahbang in, Lai Siangtho mun te, ih dinmun leh ih upna tawh kisai in lah ding tampi ih nei hi. Ih kisap lai zawk pen, ih thumaan hilh na te' tung a deuh khat hiveh aw. Hih mah lo ahia mataw.

“Pasian mai ah ei te kiniam khiat migi, thuneel, thuzol in leh hehpih huai sak na te ih neih ding ahihi. Tuabang hileh tulaitak khat bek ih phak na pan thumaan thu ummi zakhat ih pha ding hi. (EGW, *Testimonies for the Church*, Vol.9, p. 189).

Ih upna thubulpi te ih hilh hi. A thupi migi na leh Kha Siangtho gah te ih phawk kha maw. Lai Siangtho bulpi te ih thei vek hi. Tua te theih ding leh up ding mah in thupi hi. Hih sin pilna khempeuh neihna pen (Joh. 14:6) sung a, Jesu sung thumaan theih na tawh kibanglo hi.

Thumaan in ei te ong suakta sak hi. (Joh. 8:32). Thumaan in ei te ong kheel in, Jesu tawh ong kibang sak to hi. Ih kidong ding hi. Thumaan ih nei takpi hiam. Nei ih kici zong in, midangte tung ah, migi na leh Kha Siangtho gah ih lah loh ciang in Jesu in ong saang lo hi.

**FRIDAY**

**Feb. 5**

**SIM BEH DING:** “Tapidaw innsung ciat pan in a siangtho khuavak taan sak ziahziah huai hi. Itna pen gamtat na tawh kilak ding hi . . Itna pen amah leh amah lungsim migi na, thudau na, huaiham loh thusiam na te tawh kilak hi. Hih thugil te tawh Pasian

a kibiak na inn in, zing leh nitaak hun bawl a, thunget na te pen, paknamtui hal bang in Pasian mai ah namtui hi. Ahehpih na leh athupha te vandaitui bang in thungen te tung ah, kibua ding hi.” AH.p. 107.

Mite a ki it pen thanem na lah na hi a ci mi tampi om hi. Hihbang mi te a mau thanem na hang in, mi te tawh kigamla uh hi. A kha nuntak na uh vot in khuangaih na nei lo uh hi. A maute ii migitna te in, itvei na te a sawn khiat uh ciang in, a kha uh si hi. A lungsim te uh khing hi. Hihbang ngaihsut khialh na te pelh huai hi. Piakkhiat na omlo in itna sawt kho lo hi. Migitna leh khuangaih na a ngawl na kizop pih te gilkiak sak kei in.” AH,p. 107.



**LESSON 7**

**Feb. 6-12**

**KHA SIANGTHO GAH IN HOIH NA HI  
(HOIH DEN HI)**

**Sabatth Nitak**

**TU KAL SUNG SIM DING:** Lat. 51:10,11; Joh. 14:9; Rom. 3:12-20; Rom. 7:7-12; Titu. 2:14; Heb. 1:1,2.

**KAMGAH: “Pasian in ei te ong bawl hi. Amah in ei te Jesu Christ aading in ong piangsak hi. Tu in, ei te in na hoih ih sem, thei hi. Sawtveipi pepeki in Pasian in ei te aading in. Tua te a na bawl kholhsa ahihi.” (Ef. 2:20, NIrV).**

Thubu sung ah, hoihna (ahoih a om den na) cih pen gamtat hoih lak cih na hi. A hoih lo pel cih na zong hi. Gamtat hoihna in siantho' na hi.

Gal. 5:22, sung a, “hoih na” cih pen, Greek kammal (agathosune) pan ki teikhia ahihi. Gamtat hoihna a lak ahihi. Gamtat hoih nei cih sang in, zong bun zaw lai hi. Tua gamtatna in, a mahmah a hoih in gamta hi.

Mikhat a lungsim hoih hi cih ih za zel hi. Hoih na lahkhiat ding haksa hi. Ei te mawh nei te ih hi vek

hi. Jer. 17:9, sim in. Nuntak na taktak sung ah ih pulaak ding haksa kan hi. Lungsim hoih mi hoih cih amahmah a khiat na om kei. Mi dang te' phattuam nading a, gamtat hoih, nasep hoih te tawh a lah mateng lungsim hoih, mi hoih kici thei kei. Ngaihsut hoih paulap hoih te hoih mah hi. Hoih na a khiatna taktak pen ahoih sep na hi.

**SUNDAY**

**Feb. 7**

**PASIAN HOIH HI (Pai. 33:19)**

Thu Bu sung ah hoih na a thuk pen a khiat na in Pasian bek tawh kipan hi. Deihna tuamtuam ah, hoih kammal kizang zelzel hi. Mimal hoih leh hoih lo (Mat. 5:48), sung ah, ih mu thei hi. Thu ummi te'n na sep hoih sep ding piang thei hi. (Ef. 2:10). Pasian in apiansak khempeuh hoih mahmah ci hi. (Pian. 1:31). Ahihhang in Jesu in, Pasian bekmah hoih ci hi (Mk. 10:18). Pasian hoih na bek mah kicing hi.

Pai. 33:19; {Lat. 25:5, 86:5; 107:21; Nah. 1:7; leh Rom. 8:28;} te in, Pasian hoih na, ih nuntak na ah bangci lah theih ding ci hiam.

Pasian in hoih ing bekci lo in, a hoih na te, ei te tung ah lam tampi tawh ong lakkhin hi. Hih a sia mahmah leitung ah, Pasian hoih na singkung lopa akipan nate tung ah ih mu thei lai hi.

Sanggam ki it na, ki don na, cih te zong Pasian ahoih man a, a nei thei ih hihi. Pasian in a hoih sem ding mah a, ong pian'sak ahihi.

Numei pasal omkhop na zong Pasion hoih na pan mah hilo maw. Daipam muinam a ci bang om liang hi lo maw. Ih pang zat teh a dahhuai, a lipkhap huai ong piang zel hi.

Joh. 14:9, leh Heb. 1:1-2, sung ah, leitung a ong kipia a lianbel, Pasion' hoih na etteh ding bang hiam.

Pasion hoihna na tel' dan lampi te at suk in. Buaina tampi na nawk kha ding hi. Pasion hoih na, nang mahmah in na bangci theih hiam. Nangmah teekteek nuntakna ah, Pasion hoih na bangci kilah theih ding hiam.

**MONDAY** **Feb. 8**  
MI KHEMPEUH A MAWH KHIN HI (Rom. 3:12-20).

Hih leitung ih kimkot ah, hih kammal te a maan na ih bangci tuah khak hiam. Nang mahmah nuntak na ah koici kilah hiam.

Nuntak na ah a dah huai khat in, mi te pen a pua thaam bang hi den lo hi. Talent a nei, na a kiva deuh, a hoih, a hoihlam a thu a sang, a meel a piang deih, pilna leh ciim na te om thei hi. Tua te hoih ih ci tham hi. Tua te a taktak in a huut pi ahihi. Hoih kammal pen itna kammal mah bang in, ki zangkhai zat lua in a lim na bei hi. Hunsial in, ih lungsim sung ah, Pasion hoihna te ih kepcing ciang in, mihing te' hih natakak ih thei beh zaw ding hi.

Thu umlo te tel' loh, tapidaw te' san pianpih mawhna thu ih za zel hi. A hoih a gamta, migitna a lak,

angsung khual lo, maipha en lo itna, a nei ki omlo, hi lo maw.

Atuaci bang mite, ei te'n thei khin lo, hilo maw. Hibang nemnum thu te na bangci dawn diam.

Kum bei sa sawtpi lai in, Russia lai at siam, F. Dostoevsky in, tua hun lai a, Siberia gam a thong giah-phual thu tawh kisai laibu khat at hi. Russia gam a, tua thong kia te in a lipkhap huai pen ngongtat na te bawl uh hi. A sia pen bawl te na ngawn in, nunnelpen (gentlest) leh khuangaih theih pen nasep sem thei a, tua hun mah in mihoih takpi ten zong mawhna namtui (pretty bad thing) a sem om, ci hi.

Nang mahmah e leh. Thusiam mahmah na leh ngaihbang mahmah na pawlkhat sem thei hilo na hia. Gam'tat mahmah na leh a hoih lo pawlkhat zong sem thei hilo na hia. Nang leh nang mahmah, Jesu na kisap bangci kitheih na hia.

**TUESDAY** **Feb. 9**  
PASIAN THU KHAM LEH A HOIH NA (Rom. 7:7-14).

Rom. 7:7-12 sung ah, Paul in thukham thu bang thulaigil gen hiam. Banghang in thukham hoih hi ci hiam. Gupkhiatna geel na sung ah Pasion thukham a thupit na, mi pawlkhat te in tel khial uh hi. Siavuanpa kiang ah ih kilahciang in, natna ong zong phot hi. A muh teh ong bawl in zatui ong pia thei pan hi. Natna zon leh a bawl na, mi te in a khentel theih loh teh buiana ong piang hi. Pasion thukham in, dinmunsang leh gupkhiatna vai ah natna zon sem khawm hi. Thukham

om kei leh mawhna banghiam cih thei kei ning, Paul in ci hi. Thukham in ei te khempeuh mawhnei te ci in, ong kawkw hi. Ih mawhna mulo pi in, Jesu kiang ah damna ngah ding in, ih pai nading thu omlo hi.

Gupkhiat na geel na ah Pasion' thukham a om kul hi. Banghanghiam cih leh, thukham omloh na ah mawhna omlo hi. Mawhna omloh na ah Honpa kisamlo hi.

La. 40:8, sung ah, David in, "Na deihte sem ding in kong pai zo hi. Na thukham ka lungtang sung ah om hi," ci hi. (NirV). Tua ahieh leh thu ummi pawlkhat in, banghang in thukham zui haksa uh ai tam maw. Thukham zuih a haksat luatna na mu maw. Na muh leh banghang a hia. Thubu in thukham zuihna hoih hi, ci a, ei te in zuih hak ih sak leh, bang khialh na neih ih hi diam.

**WEDNESDAY**

**Feb. 10**

HOIH NA SUNG AH KIBUAL NA (Jer. 13:23)

Jer. 13:23, in mihing pai zia na tel gen hi. Ih gamtatna ahoihlo te, ei te in, adiakdiak in ol no tak in, ih khel thei kei hi. Hih thu ih ngaihsut ciang in, leitung mi te theihna sang in, Thubu cih nop na ih tel zaw kan kha ding hi. Kha Siangtho gah ong lah khiat hoihna in, kha mi te' ngaihsut na kammal, leh sepkhiat na khempeuh te sang in sunglam pan ong phul khia vei na te ahihi. Hih ong ki lak thu in, mi te in paulap maan tawh na hoih sem, cih na ahihi. Gentel lai leng, na hoih sepa pen, mikhat ii Pasion a up sunglam vei na te leh it na pan ong pai ahihi.

"Pasion aw, ka sung ah a siangtho lungtang ong piang sak in. Nangma tung kong kipkho zawh nading lungsim thak ong pia in." (Psalm 51:10, NirV). "Tangval khat in, a nuntak na a siangtho in bangci kep theih ding hiam. Nangna thuzuih na tawh a siangtho in nungta thei hi." (Lat. 119:9, NirV). Ei te ih hoih theih nading in hih kammal te' thupuak bang a hiam.

A tung a Lai Siangtho mun te leh, Paul kammal, (Rom. 7:18), sung a te saaikak in. A vek in, khat leh khat ki koici zop hiam.

Rom. 7, sung ah, Paul a lungnat na thu in, a hih theih zah in hanciam in hoih nuam hi na pi, hoih zolo hi. Amah leh a mah tha in thahat zo lo hi. (7:18). Ahihhang in, (8:1-4), sung ah, buaina te tung ah thu ummi te' gualzawh na thusim te ong lak hi. Tua thusim bang a hia. Kha sung ah kibual cih a khiatna ki kum un.

Ei te mawhnei te ih hih leh Pasion hehpih na ih kisap na ih sansiam ding ahihi. Ih gamtat hoih na te in ong gumkhia zolo cih ih thei hi. Ih kidop kul zel ah, a mawh pi mah tawh nungta zel ding cih awlmawh lo tak a thuhilh na te ahihi. Nangmah in zong hih thu maan na sa maw. Na sak leh thu ummi te' dinmun a nak lauhuai diam.

**THURSDAY**

**Feb. 11**

HOIH NA KILAK (Ef. 2:10).

Ih gamtat na tawh ong ki gum, ih ci kei hi. Pasion ta te ih hih na tawh, ong kigumkhia ei te in, ih

nuntakna ah gamtat hoih lak thei hi hang. Jesu in singkung khat a gah tawh na thei ding uh hi, ci hi. Tua mah tawh kibang in, ih nuntak zia tawh ei te ong ki thei ding hi. Jesu in gamtat hoih na, a nak thupit zia hilh hi. Gamtat hoih a sem lo te, vantung gam lut kha lo ding, ci hi. (Mat. 25:41-46, sim in).

Ef. 2:10, leh Titu. 2:14, te in, a ki huang bang thupuak ong gen hiam. Thuummi a kici mikhat peupeuh aading in, tua thupuak bang hang in, thupi lua hiam.

Mihing ih hih natawh, mawhnei te ih hihi. Pasion thukham palsat in, Honpa ih kisam hi. Tua kimlai mah, Jesu tung ah ki pum ap in, kha sung kibual leng, mawhna tung ah kigualzo in, Pasion hoih na ih nuntakpih theih cih, Lai Siangtho in ong kamkhap hi. Paul cih bang in, “nuntak na thak, sung ih nungta hi.” (Rom. 6:4). Ei te upna tawh ih ki vui a, “tuiphum” na tawh Khazih sung ah ih si hi. (6:4). “Hih thu hang in, mawhna tawh kisai in, ei mahmah a si bang in ih ki ngaihsun hi. Tu in Pasion tawh kisai in, Jesu Khazih sung ah ei mahmah a nungta in ih ki ngaihsun hi. (Rom. 6:11, NlrV).

Lai Siangtho cih mah bang in ei te ih hoih thei hi. Ih hoih na tawh gupna ngah ding in kilawm cih hilo in, Pasion pen ih nuntak na ah om takpi a hih man in, ih ngaihsut na, ih gamtat khiat na te, a hoih in leitung in ong mu hi Nisim in ci leh sa deih na palsat na te zawh ding hanciam kul a, lungsim kiniamkhiat na leh kisikkik na tak pi in, ih puuk ciang in ong phong

ding hi. Tua hi a, upna tawh gualzo in ih nungta thei hi.

Thu Bu sung a, thu ummi’ nuntak na gualzawak na kamciam te, na bangci taangko hoih hiam.

**FRIDAY  
SIM BEH DING**

**Feb. 12**

Thumaan gen na leh Tapidaw laihawm te bek tawh Pasion thu teci ih panding hilo hi. Ih phawk ding ah, Khazih nunzia nuntakna in a vangnei bel thu ummi te’ teci pan na ahihi. Thu ummi zullhtat khat ii gamtat na in, thu umlo mi khat ii gamtat na sang in, leitung gim’ pia zaw hi. (EGW, *Testimonies for the Church*, Vol. 9, p. 21).

Tapidaw hih na ii tazeih (badge) in, a pualam kizep na hilo hi. Singlamteh ok ahihkei leh kumpi lukhu khuk na zong hilo hi. Pasion leh mihing kikal naitak a kizop na lak cih ahihi. A ki kheel thu ummi’ gamtat na tungtawn in Pasion hehpih na’ vangliat na kimu ding hi. Hih thu in Pasion in, a Tapa gumpa ding in a sawl, leitung ah lak ding hi. Angsung khual’ loh nuntak huzap na pen mihing a kici khempeuh huzap na sang in vang nei zaw hi. Lungdam na thu ii a khauh penpen kiselna (argument) ii maipha in, a it thei thu ummi leh a it huai thu ummi a hihi. (MH, p. 470).



**LESSON 8**

**Feb. 13-19**

**KHA SIANGTHO GAH IN THUMAANKIPKHO NA  
(FAITHFULNESS) HI**

**Sabbath Nitak**

**TU KAL SUNG SIM DING:** Mat. 25:1-13; Lk. 16:10; 1  
The. 5:23-24; 2 Tim. 3:1-5;  
Heb. 11.

**KAMNGAH: “Ei te na hoih sep tawl kisa kei ni. A  
huntak teh, ih dapkhaw! kei leh ih an  
ih at ding hi.” (Gal. 6:9, NirV).**

Kha Siangtho gah pen kipkho na ci in ki thei hi. Pasion tung ah ciampel lo zong kici hi. Ih lungkiat deuh ciang in, ngim na kip sak mahmah hi. Kipkho na in, athu tung kinga in dap khawl lo hi. Ciampel loh na in atawntung kipkho den ahihi. Ngim na, upna khat peuhpeuh tung ah kipkho den a om hi. Ngim na, upna khat peuhpeuh tung ah khen sat siang, kipkho bekbak, tawp duaiduai lo in zom to pai suak cih te ahihi.

Upna leh kip kho na te ki memah mahmah hi. A kibang bel hi lo hi. Upna pen Pasion kiang pan ngah khong a hihi. Tua upna in, ih mu thei kei zong in, Pasion pen om takpi cih ong mu sak hi. “Ih lam et na te ah upna in ong kiciansak hi. Ih mu loh te a mu

takpi in kip sak hi.” (Heb. 11:1, NirV). Kipkho na in, Pasion ih up na ii sepkhiat na (tha man) a hihi. Pasion upna ih neih ciang in, thumaan lampi tawh ih sem hi. Kipkho na ii gamtat khiatna in, ih upna ii etteh na te ahihi. Tuabang sep khiat na te pen ih up na leh ih pianzia (behavior) kician tak a ong hen khawm, khau-zang mal neu te ahihi.

**SUNDAY**

**Feb. 14**

**PASIAN IN KIPKHO HI (Late 89:8)**

Kha Siangtho gah khempueh mah bang in, Pasion mahmah pen eite aading in, thutakkipkho etteh na lim ahih na te ih sin ding hi. Leitung a piansak ma kum zamak tampi pek a kipan in tudong thutak in kipkho hi. Mailam kum tampi a kisim zolo hun dong zong thutak in kipkho ding hi. Bangmah in, Ama ngimna kheel khia zolo ding hi.

Pasion' thutakkipkho na pawlkhat te:

1. Pasion' thutakkipkho na in van ban in sang hi. (La. 36:5).
2. Pasion' thutakkipkho na in kician hi. (sure) (89:33)
3. Pasion' thutakkipkho na in lian hi. (Kah. 3:23).
4. Pasion' thutakkipkho na in vantung ah kiphut hi. (La. 89:2)

1 Kor. 10:13; 1 The. 5:23-24; 2 The. 3:3 leh Heb. 10:23 te sung pan a, thupha te gual suk in.

Thu ummi te nuntakna ah, banghang in Pasion ii thutakkipkho na thupi mahmah hiam. Na nuntak

sung, na nasia buai hun sung in, Pasion' thutakkipkho na, na ciapsa thu te, phawk in. Nisim in, Pasion thutakkipkho na thupha te a koi pen in, ong nasia huh pen hiam.

**MONDAY** **Feb. 15**  
THUTAKKIPKHO NA: ATAWP DONG KIP NA LIM KHAT  
(Lk. 18:8).

Lk. 18:8, sung a, Jesu dotna in bang ong thei-sak hiam.

Sawltak Paul in, "Migilo te leh tungthaam zol te pen siatna pan ong sia kan zaw ding uh hi. Amau te in midang te hai sa ding uh a, midang te'n zong amau te hai sa ding hi." ci hi. (2 Tim. 3:13, NIRV).

Tulai mite pen Moses hun leh Paul' laikhak hun lai a, mite mah a bang ahihi. Ih nuntak khanpih ih kim ih paam mahmah pen, mawhna lam vive kalsuan ta hi. Pianpih mawhna a vom' mihing in, mawhna ih bawl kaan ding hi. Mite angung kikhual semsem hi. Na zuakna taangko na (advertsing) te khawng in ong lungkim sak mahmah lel hi.

2 Tim. 3:1-5, sung ah, gamtatna zia leh tong bang ong kilak hiam. Mipawl khat te tung ah, ki teltak in, banghang in tangtung hiam.

Hih khang mite angung akhual masa ding hilo na pi, kilehtat in, ih phung ih beh sung ah ki duhhop huaiham thei mahmah hi.

Eimah ki it masa ding cih kibal puh bibel in, huaiham na, kiliat sak na te kitang khin in, midang ta ding ki khual sak nawn lo hi. Hih khangmi te pen, "Mi pawlkhat te in ciamsiat na, a pa te lutung ah samsuk uh hi. A dang pawlkhat te in, a nu te uh thupha pia lo uh hi. Pawlkhat te a mau leh a mau siang kisa tazen uh hi. Ahihhang in a ninbang a mawhna te uh ki sawp siang nai lo uh hi." (Pau. 30:11-12, NIRV). Mi khempeuh tawh a ki nana' te a nu leh pa tung zong tu sak veve uh hi.

Pawlpimi te lak na ngawn a, thutak lo zulhzau te, TV, tadensa cih te in, bangci tawsawn hiam. Ngaihsut na te koici huzap hiam. Ngaihsun in kidong kik in. Ka sim laite, ka et TV te, ka zak thu te, ka sak la te in, Pasiangtung ah ka thutakkipkho na te bangci suksiat hiam.

**TUESDAY** **Feb. 16**  
ETTEH DING THUTAKKIPKHO NA TE (Heb. 11)

Heb. 11, sung a, thutakkipkho na te' etteh huai gamtatna te sim in gual suk in. Ze et na te atuah uh teh, a cihtak tentan na thu thum te uh bang teng khia inla at in. Amau te' dai nawkte, thuaksit na te leh ze et na te bang khawng hiam. Tu lai ei' phut khak thu te tawh a thuak dan bang khawng ki bang hiam.

Hih a nuai a mi te zong olno tak in a lungkia thei lua ahih zong ngaihsun in. Joseph a thong kiat lai, Sarah kamciam tapa khat a ki khap lai leh Moses a hau pen kumpi gam tawh ki ze et hi ta leh, "Pasion

mi te tawh genthei tak in a thuak ding in,” teel zaw hi. (Heb. 11;25, NlrV). Hih misiangtho te, ei te sang in nuntak nuam zaw, mihing sang in a pian sang zaw in, ih ngaihsut theih zel hang in, ei mah tawh a ki bang linlian uh ahihi. Mawhna bawl ding in ze et na ei mah bang in a tuak uh ahihi. A thuak na thu te uh, a hang, Pasian na dong kha ding uh hi. Lau in mawhna sung ah zong eite mah bang in, napuuk ding uh hi. Thaneem na khialh na te a neih ding uh hang in, thutakkipkho na te na nei tentan uh hi. Upna a neih bang un na samkhia uh hi. A lamdang nate alak thei ding leh Pasian’ zat theih ding in na om uh hi.

Na thutakkipkho na ding in ong lehna wh bang-thu te khawng om hiam. Khen nih suah in. (1) Na sep zawh hetloh na te leh (2) na nuntakna pan, na hepkhiat zawh na te.

**WEDNESDAY**

**Feb. 17**

NISIM NUNTAKNA AH THUTAK KIPKHO NA (Lk. 16:10).

Nuntakna ah na thumaan na ding in, Lk. 16:10, sung a, thulaigil te in bang ong lak hiam. Thuneu te ah ih thumaan zawh kei leh thu lian zaw ah thumaan zo ding in ih kingaihsut vet loh ding ahihi.

“Leitung ii a lian bel kisapna in, mi thumaan ahihi. Leitung in amah a ki zuak a ki lei lo mi kisam hi. Mi thumaan leh mi citak kisam den hi. Mawhna a neih leh zong a ban in a pulaak ngam mi kisam hi. Akisap hun a, a mun a zat theih ding mi zongkisam

hi. Vanpi a kia phial zong in, a maan thu ah, a ding tang ngam ding mi ki sam hi. (Education, p. 57).

Anuai a kammal te in thumaan cihtak na ii a thupi thu te ahihi.

Belh na (Dependability) - Mikhat in nang ong belhna, ong suan na ahihi. Mikhat in ong puuk sak nunung pen bang hun hiam. Na thuak dan te na phawk lai maw. Ong ki belhna na cingtaak loh teh, na gamtat na bangci na kisa hiam.

Zaudan’ loh na (Honesty) - Zaudan’ loh na in thumaan na ahihi. A khiatna in zuau lo, khen lo, gu lo loh te ahihi. Nisim ih nuntak na ah ong ki muh theih na ding leh gamtat satak lamtoh na ah, zuaudan’ loh na in a thupi sasan khat ahihi.

Thutan Na (Integrity)- Thutanna (amaan sep na) in a ki phel thei lo thukhun bang ahihi. Thutanna na neih leh, na upna te leh na thukhun te na nuntakna ah na zui ding hi. Midang te upna leh thukhun te zong zahtak sak cihna ahihi. Thutanna in gamtatna akilamna ah a thupi sasan khat mah ahihi.

Kipkhona (Loyalty)- Kipkho in panpih na lak hi. Mikhat a hatsat mahmah hun ah zong din pih loh na hi. Kipkhona in kilawmtat na ah a thupi dinmun khat ahihi. Ahizong in kipkhona in, ih lawm khat aading in, a hoih lo a sem diam. Ciangtan a nei diam, Mikhat in, a lawm khat aading in, bangzah athuuk kipkhona lak thei ding hiam.

Hih thumaanna, kipkhona, cihtakna te limtak in ngaihsun in. Hih a tuamtuam gen na te ah na koici cihtak zawh diam. Koi mun ah na hoih sep theih zaw diam. A maan na theihna te ah na thumaan zawh nading in, abanban in na khel ding a thupi pen bang om hiam. A kizam kikhel na te na bangci pat pah diam.

**THURSDAY** **Feb. 18**  
ATAWP DONG IN THUMAAN CITAK IN (Mat. 25:1-13).

Mat. 25:1-13, sung a, thugentehna sim in. Phawk in, Mopa a ngak khempeuh ihmu ding in pai uh hi. Mopa ong pai ciang in tho uh a, mi nga te' aading in zekai lua ta hi. Kum zabi 21 hun a ding in, tua mah tawh kibang, bangci lampi te, ei te aading in lauhuai hiam.

Mate 24:44-50, sim in. Nasem zulhtat pa in, ama lamet hun in, a Topa ong pai kik loh ciang in, a nuntak zia bangci kheel cih phawk in. Topa Jesu ong pai kik ding zekai hi a ci te aading in, bang thupuak om hiam.

Ei ma lam et bang in, na te ong piang pahpah loh. Gal. 6:9, sung ah hehnep na kamciam ih nei hi. Sim in. A kamciam te Pasion ciampel ngei lo cih thei in. A thupi zaw ah, "Atawp dong kei ka kipkho thumaan zo tam" cih hi zaw hi.

Tu in, na khalam nuntak na a bulpi dinmun bang hiam. Topa' na sem ding in nisim in ki ap in, hehpih na leh kipkho cihtak na ah, na khangto maw.

Ahihkei leh damdam in lungkia semsem in leiung' pai dan lampi te na zui maw. Na dawn na bang ahia. Topa tawh na tonkhop dan gendih ve.

**FRIDAY** **Feb. 19**

**SIM BEH DING:** Aksi te in a ma lampi te a tot mah bang in, Pasion ngimna te pen, lah kinawh lo lah zekai lo hi. Israel te Egypt ah a saltan ding uh, khuamial bikbek sung pan in, Pasion in Abraham tung ah lak khin zo hi. Pasion in Abraham kiang ah, Israel te Egypt ah kum zali sung peem ding hi, ci in genkhol khinzo hi. Ahizong in Pasion in, 'Tua khit ciang in, Israel mite a manpha na khempeuh tawh paikhia ding uh hi,' ci hi. (Pian. 15:14, NIrV). Pasion kammal dang khat leuleu ah, a kiphasak Pharaoh kumpi gam in, bangmah do zo lo ding ci hi. 'Kum 430 a cin kum, tua ni teekteek in, Topa' mi khempeuh Egypt gam pan in galkap te bangin kuan khia uh hi.' (Pai. 12:41, NIrV). Tua hi a, vaantung zumpi ah, Khazih ong pai' ding a nai, ki khentat khin ta hi. Hun kem naipi in a hum cingta cih a kawc ciang in, Jesu Bethlehem khua ah ong suak hi. (DA, p. 32).



**LESSON 9**

**Feb. 20-26**

**KHA SIANGTHO GAH IN LUNGNEEM NA HI**

**Sabbath Nitak**

**TU KAL SUNG SIM DING:** Pian. 50:20; Mat. 5:5; 11:29; Rom. 12:3; Gal. 6:1; Fil. 2:2-3; 1 Pi. 3:4.

**KAMNGAH: “Thupha ngah te in kiphatsak na pan a suak ta, a kiniamkhiat te a hi uh hi. Amaute leitung kipia ding hi.” (Mat. 5:5, NIrV).**

Lungneem na in Kha Siangtho gah khat hi a, mawhna tawh a kidim ih ngeina te mangngil tuak hi. Lungneem te a gautaak lo in ki ngaihsut leuleu hi. Tua hang mah in, mi a tam zaw in lungneem te zahtaak lo uh hi. Ahihhang in, Pasion in eite a lungneem ding in ong sawl hi.

Lungneem na in, Pasion tung ah ki niamkhiat in, mi' tung ah migit na ahihi. Lungneem ih cih in, Pasion in na khempeuh uk hi cih thei in, ei deih bang in nate ong pian loh ciang na ngawn in zong, Pasion muang lai hi. Ih lungneem theih nading in, ei hatna hilo in, Topa hatna hi zaw hi.

Gautaak lohna leh lungneemna a kibang tawh ki bang phial hi. Gautaak lohna in a hoihlo lam hi a,

thaneem na ahihkei leh meidawi na hang ahihi. Hih kammal te Jesu gen te hilo a, Amah in hibang in ci hi. “Ka nasem te ong suak unla, Kei kiang pan ong sin dih un. Keimah ka migi a, kiphatsakna pan ka suakta hi. Na kha a ding in tawldam' na na mu ding hi.” (Mat. 11:29, NIrV) Lungneem na in, Pasion ih muan na leh ama tung ih ki ngak vilvel na lah na ahihi. Hih muan na a om teh, mikhat in, ama aituam lampi neih ding thatang hat suang lo hi. Tua ahihman in lungneem na in, gautaak lohna pan hilo zaw in, hatna pan hi zaw hi.

**SUNDAY**

**Feb. 21**

**LUNGNEEM NA LEH KINIAMKHIAT NA (Mat. 11:29)**

Mat. 11:29, sung ah, Jesu in eite ong hilh bang hiam. Ih lungneem ih kiniamkhiat man in, ih kha tawldam na koici bang in ih pia thei diam.

Lungneem na ih cih in, ih deih na te (things) hang in, mi tawh kitawng lo hi. Pasion in ei te aading in ong thuk sak hi, cih upna zong hi. Lungneem na in deihgawhna leh angsungkual nate tawh kileh ngat hi. Pasion hoihna pan leh Pasion in panmun khempeuh uk hi cih, muanna pan ong pai hi. A lungneem mi in, ama lunggulhna ultung sak lo hi. (Lk. 22:42). Hih in, a thupi ih kha tawldam na ding a, ih zon kamciam pianzia (attitude) ahihi. A lungneem mi in, ama lunggulhna si sak ding in a kisim mi ahihi. Tua in upna, hamciam na, leh thuakzawhna te kaikhawm hi. Hih te pen, leitung mi te' ngaihsutdan lungneem mite, neih ding pianzia hilo hi.

Rom. 12:3, in, lungneemna ii pianzia bangci lah hiam. A lungneem mikhat aading in, bangci dan in, hi thu thupi hiam.

Ef. 4:2, in zong, lungneemna ih neih nading in ong huh ding hi. Rom. 12:3, tawh a ki zop zia phawk in. A mun nih tuak in thu ummi te ii nuntak na ah nisim in ki sialh loh ding leh Kei bek cih loh ding ong lak hi. Banghang in, thu ummi te thu khat peuhpeuh ah kisialh huai lo hiam. Mawhnei mi ih hi khin hi. Pasion tung ah nak suk nak toh lungtang kisai litlit te ih kinga khin hi. Ih let song, ih kivak na khem-peuh Pasion kiang pan ong pai vive ahihi. Tua hi a, bang kiphatsak pih ding ih hia. Bangmah om vet kei. Jesu in ei te aading in bang ong sep sak cih ngaihsut huai bek hi. Tuatoh, ei thu ummi te hih leitung ah a lungneem bel, a kilniamkhiat pen te ih hi ding hi.

Pasion tung ah na khempeh ih kinga hi. Tua hihleh ih kiphatsak na leh ih kisialh na te koipan ong pai ahia. Tuatoh ih bangci hepkiat theih diam.

**MONDAY**

**Feb. 22**

LUNGNEEM NA ii DUANGHOIH NA TE (Models) (Gam-12:3)

Abraham in, a innlak tupa Lot tawh a gam khen lai phawk in. Amah in, Pasion kamciam ahi, a suan a khak te minam liankhat a bawl ding acih, aphawk kawm mah in, ama aading in leitang gam hoih a la thei hi napi'n, Lot teel sak masa hi. A deih loh lam zawk la lel hi. Hihbang gamtat na pen etteh ding lungneem na ahihi.

Joseph a sangam te in Egypt ah a zuak, a tamzaw in ih thei hi. A sanggam te Joseph kiang ong tung kik uh hi. Egypt gam ah Joseph a lian pen nihna na hihi. A sanggam te in antaw in sum tawh a lei' ding na ngawn uh kun lai uh hi. (Pian. 45). A sanggam te Joseph in bangci thuh kik hiam. A lungneem kei leh a bangci thuh mai diam. Pian. 50:20, in leitung a, alungneem te' sandan (opinion) etteh huai nate bangci gen hiam.

Israel te kumpi banzom' ding in, Pasion in, a khangno laimah Davih teel hi. Kumpi Saul in David haza mahmah hi. Kumtampi mah, David leh a pawlte, kumpipa in nawhmang in, thah sawm hi. David in Saul a thah theih nading hunpha nihvei ngah hi. (1 Sam. 24:3-7, 26:7-12). David lungneem zolo hileh, Saul a thah nading in a paulap theih bang khawng ahi diam, Eima lung lut na khat sepna ding in, kha lam paulap na khat peuhpeuh ih zat ding banghang in baih lel hiam.

Gam. 12:3, sung ah, Moses pen, ama hun a, a lungneem pen in na ki ciamteh hi. A hihhang in Moses ii ngong gamtat na te in, lungneem khat ahihna lah tuak lo hi. Israel mite a paikhiat na ding a, Pharaoh kiang a, a thatang nget nate, thuaksiat na tawh zui sak lai hi. Israel mite'n bawngno lim a na biak ciang un, Moses ii hehna meikuang hi. A hehna akapma mah in, a bawngno milim la in, mei tawh hal a, avui' dong gawivui in, tui tawh diah a, atui Israel mite dawnsak hi. (Pai. 32;19,20). Moses ii lung-neem na ih bangci theih hiam.

Na khempeuh ah, a nasia bel lungneem na etteh ding lim in, Jesu mahmah, ahihi. (Mat. 11:29). Jesu ii lungneem na etteh huai pawlkhat te bangkhawng ahia. Joh. 18:21-23, sung ah, Jesu lungneem na ki koici lah hiam. Mat. 26:39, ah e leh. Ih ci ta zong in, Jesu in lungneem na alah loh etteh huai pawlkhat ih mu hi. Agentehna in, biakinn sung a, sum lei sum kheek te a hawlkhiat na. Pharisee te leh kineihte (hypocrisy) tawh a ki muh sial a, acih giapgiap te bangci nasa hiam. Lungneem na hangtak in, ih lah theih nading lampi te, hih etteh huai thu te in ong bangci hilh hiam.

Hih lungneem etteh huai thu te pan in, nangmahmah in na sep ngei zel te, bang na mu thei hiam. Hih thu te pan in lungneemna leh lungneem lohna na tel' nading in bangci sin theih diam.

**TUESDAY** **Feb. 23**  
LUNGNEEM NA A THUPIT NA (Zef. 2:3)

Lungneem na in kiphatsak na tawh ki elpuak hi. Tuhun in, ei mah ki thupit sakna lungsim te ki nak gen mahmah hi. Bang hun ciang in, ei mah ki thupit sakna lungsim pai toto in kiphasak ih hiam. Pasion kammal ihsan nading in, lungneem na ki sam hi.

“Mi te ih huzap zawh nading in, ih kam hat zawh thu hilo hi. Ei bangci om cih ih lah thupi zawh hi. Mi te in ih upna thu te nial in langpan kha ding uh hi. Ahihhang in, huaiham loh itna tawh nuntakna langpang in kinial thei lo hi. Khazih sung ah thutak

kipkho na leh lungneem nuntakna in leitung ahn hihzawh na (power) khat ahihi.” (DA, p. 142).

**WEDNESDAY** **Feb. 24**  
LUNGNEEM NA GAH KISIN NA (Mat. 5:39)

Mi tawh ih zopna ah lungneem na ki mu ding hi. Tua in a gamta khia hi a, ih kampau te pan in ih nuntakzia te (attitude) pan leh ih sepkhiat na te pan ki lak ding hi. Lungneem, na kisa kha ding hi. Lungneem na pen lah khiat ding hi.

Mat. 5:39; 18:21-22; Gal. 6:1, 2; Tim. 2:24-25; Titu. 3:2; Fil. 2:2-3, te in ih nuntakna ah, lungneem na bangci lah ding cih ong lak hiam. Hih dinmun te ah, lungneem na banghang in thupi mahmah hiam.

Ih gensa mahbang in, mite in lungneem na pen, gautaak loh na in la nuam uh hi. Maan lo hi. A tung a, Lai Siangtho mun te en kik leng, lungneem na in, hih panmun te ah khalam hatna a lah na phawk maw.

Hihmah hi, lungneem na in Kha Siangtho gah khat ahihi. Lungneem na in, Pasion kiang pan ong pai in, ei ma sungpan hilo hi. Nisim in, Topa tung ah ki pum ap den ding leh upna sung ah thu ih man nop ding ahihi. Hih bang lampi te bek tawh lungneem na ih nuntak na ah kilak thei hi.

**THURSDAY** **Feb. 25**  
LUNGNEEM TE' THAMAN (La. 25:9)

E.D. Husel in, “Kiniamkhiat na in a lamdang khat hi. Na ngaihsut vat sung in na nei vat a, na man suah pah vat hi.” ci hi.

Khua neu khat in, a khuasung a, a lungneem pen thei nuam in, zong’ pahtawi nuam uh hi. Mi tam pen a ki tuah na pan in, a teek pawl in, zong in teelkhia uhhi. Pahtawi na pawl ah, mithupi khempeuh zong kihel hi. A lungneem penpa khau kaai neel tawh kipah tawi hi. A tung ah “Hih khua sing a, a lungneem pen pa,” ci in, ki at hi. A zingciang in lakkhiat sak kik sawm uh hi. Banghanghiam cih leh a man ok mawk hi.

La. 22:26; 25:9; 37:11; 147:6; Is. 29:19; Mat. 5:5, sung te a, kamciam te leh thaman a ki gual te, na bangci theih hiam.

A tunga, Lai Siangtho mun te in, hehnep na kammal vive ahihi. A hang in, mi lungneem te kisimnawh thei zel hi. A lungneem mikhat mite mai ah a ki laptoh loh hang in, lunghimawh lo cih zong ih sin khin hi. Pasion mai ah a ki lamto na hi gige zaw hi. Lungneem mite’ thaman pen, Pasion in pahtawi ding ci’n na kamciam hi. A thaman uh pen tu a kipan vanthak leh lei thak dong in a tawntung in sang ding uh hi.

**FRIDAY**

**Feb. 26**

**SIM BEH DING:** “Na manpha te a ki seelcip bang in, Jesu pen ih lungtang sung ah seel cip hilo hi. Amah a thei mi khat in sim neih theih hilo hi. Ama ii lungneem na, ki niamkhiat na, leh itna te ban ah mitampi lungsim

a zawhna, Ama siantho’ melhoih na te ih gamtatna ah ih lah ding ahihi. Thawlsung a paknamtui te ih koih bangin, ih biakna koih cip cih pen a hoih pen lampi hilo hi. Ama ii itna namtui viauviau te a ki theh thang lo ding in thawlsungah ih kemcip loh ding ahihi. (CH,p,. 400).

“Sum in Khazih tawldamna lei zolo hi. Ciim mahmah, kivak na in thupia thei lo in sin pilna te tawh kingah thei lo hi. Pasion kiang pan ngah khong vilvel ahihi. A nisim nuntak na vuah a siangtho thulimci te, a nasia mansuah Khazih biak na hing a ci mite, a theih siam na ding in, ih bangci hilh theih diam. Khazih ii lungneem na leh kiniamsak na in, thu ummi te’ hatna (power) ahihi. Hih in, ih lungsim sung a, ih koih theih khempeuh leh sum’ lei zawh khempeuh sang in manpha zaw hi. Lungdam na leh tawldam na tawh a kidim lungsim siangtho sang in a manpha zaw Pasion mai ah bangmah om peuhmah lo hi. (CH, p. 403).



**LESSON 10**

**Feb. 27 - March 5**

**KHA SIANGTHO GAH IN KIDEEK KIDAAM NA HI**

**Sabbath Nitak**

**TU KAL SUNG SIM DING:** Tkte. 13- 16; 1 Kor. 9:24-27; Fil. 4:8; Kol. 3:1-10; Heb. 12:1-2; 1 Joh. 2:15-16.

**KAMNGAH: “Ka pumpi a sek lo leh a ki uk lo hilo hing. Tua khittah, midang te ka hih pan hi. Kei mahmah in letsong (prize), ka tan lawh loh dingin, zuih ding thute (principles), ka palsat kei hi.” (1 Kor. 9:27, NIrV).**

Paul in, Gal. 5:22-23, sung ah, pumpi ki uk na (ki deek ki daam na), a nunung pen in na gual hi. Kha Siangtho gah lak ah, hih pumpi ki uk na pen a gina lo pen acih na hi tuan lo hi. Amasa pen in zong ki koih thei lua hi. Pumpi ki uk na in Kha Siangtho gah dang te a kimatsak kaw ahihi.

Kha gah dang te mah bang in, pumpi ki uk na in, hehpihna letsong khat mah ahihi. Amah pen a kisek hehpihna (discipline) kici hi. Amawk ngah ahih man in, hehpihna kici a, eite zuih ding thu te om ahih man in, kisekna kici hi.

Pumpi ki uk na pen a hilo lam in zong kila kha thei hi. Ih pumpi ih uk zawh loh teh, ih ngaihsut na te, ih duh gawl te, leh ih uuk na te in ei ong uk ta hi. Tua hi a, ei te in, hehpih na leh Kha Siangtho tha tawh pumpi ki uk na ih teel’ ding ahihi. Mi khatpeuh-peuh ii uk det na ih san kul hi. Ahih hang in ei ukding a khensat pa ih hih kul hi.

**SUNDAY**

**Feb. 28**

**PUMPI KI UK NA ii BUAI NA (Fil. 2:12-13).**

Pumpi ki uk na pen, pumpi kisekna (discipline), lungsim hatna, utna thahatna (will power) zong kici hi. Hih kha gah in, thu ummi te’ hih ding a ki phal lo te tung ah kisek zo kan lai hi. A hoih thu te sepzawh nading in, eite ong huh lai hi.

1 Joh. 2:15-16, in, ei te ci leh sa deih na thu thum te tawh ih ki gamlat ding ong thei sak hi. Tua te bang ahia.

Fili. 4:8, in, thu ummi’ nuntakna ah, bang mitsuat huai cih ong lak hiam. Tua te bang ahia. 1 Joh. 2:15-16, sung a, a lauhuai te pan in, ih ki dal theih nadingin, Paul in bangci gen a hiam.

Thu ummi’ nuntakna ah sep ding sep loh ding tampi om hi. Ci leh sa deih na leh leitung’ pai dan te ih do den hi. Hih buaina Paul in, Rom. 7:15-18, sung ah, ong hawmsawn hi. Ong gen pen a sepnop a sep zawh loh leh a sepnop loh a sep te kikal a ki do na te ahihi. Ahi zong in, Rom. 8:1-2, sung ah, hi ci

dawn kik hi. “Khazih Jesu a nei te in, Pasion sih thukhenna thuak nawn lo uh hi. Tu in, keimah Kha Siangtho thu kham in ong uk ta hi.” (NirV).

Tu in, Paul in Kha Siangtho ukna nuai a, a om thu a gen ahihi. Kha Siangtho lo tawh nuntakna pen a khangto kha gah te gah sak zolo hi. Rom. 7, sung buaina a dawn napen cikciang cih hi lo in, koibang in cih hizaw hi. Koibangin cih pen Jesu upna tawh cih ahihi. Jesu ih kipum piak ciang in, Pasion sih thukhenna in ong ban nawn lo hi. Ama deih na a zui dingin ih teel hi. Ama gualzawhna kamciam te na lenden ahihi. Hih zawhna (power) hih mun pan ong pai ahihi. Ih kido thu pen, upna tawh ih saangkah na leh ci leh sa ze et na tawh ih ki tualbuan na ahih. Ih kido thu pen, upna tawh ih saangkah na leh ci leh sa ze et na tawh ih ki tualbuan na ahihi. A nih tuak a ih sep kul hi.

**MONDAY** **Mar. 1**  
JOSEPH LEH TAWLKHAT SUNG DIKTANNA THAMAN  
TE (Pian. 39:7-20).

Joseph pen a sanggam te mah deklamtuktum gaalsuak in, sal in zuak uh hi. Pasion itna leh a kep na te, a lunghian nading paulap tampi a nei hi. A neutung a ki pan in, Pasion itna a kihilh ahih hang in, Pasion mangngilh tuan lo hi.

Pian. 39:7-20, a koi mun pen ah, Joseph in a ngaihsut bang in, a sep ek na thu ih mu thei na diam.

Mawhzol na anial man in a thaman ki koici piak hiam. Pian. 39:20. Joseph pen thumaan lo tak

in thu ki khen in, thong sung ah ki lawn hi. A thutak ciampel loh man a, angh thaman maw.

Hih in, ih phawk ding a thupi letmun ahihi. Nuntakna ah a maan ih sep man in, ong daupai sak pah cih a hi diam. Mawhna tawh kisawh ding a nial man in, a nasep a tan lawh, a zi a ta te a sih lawh, a nuntakna nangawn a sup lawh mite e leh. Lai Siangtho sung ah ih etteh ding tampi ih nei hi. Joseph a nuntak sung tawntung thong sung ah aptak in om leh thumaan mah a semsem lai na diam.

Gal. 6:8, in, ei te bang ong gen a hia. Mi pawlnih te kilamdan' na bang ahia. Ih vawh bang at ding cih banghang in thupi a hia. Paul ong gen thu in. Joseph in a maan a sep ih tel' theih nading in ong bangci hilh hiam. Tawlkhat sung thaman te a thupit lohna na bangci tel hiam.

**TUESDAY** **Mar. 2**  
SAMSON LEH GUALLELH NA GAH TE (Tkte. 13:24-25)

Tkte. 13-16, sung ah Samson tangthu ih mu hi. A etteh huai thu tampi, ama nuntak na pan ih mu thei hi. Pumpi ki uk na leh kideek kidaam na te a thupit dan ih mu hi. Kivak na tampi leh Topa kamciam tampi anei, Samson bang mikhat ong puuk teh bangzah in dah huai hiam.

“Joseph neih hatna zungpi te mah Samson in a nei a hihi. Samson in a ut bang in a sia leh a pha teel

thei hi. Pasion thapiak a kepcing sangsik in, a mah a ukcip ding a lungsim ngoltol pi ki uk sak hi. Samson ii a sia leh a pha khentel theina ong ki helzau ta hi. Pasion in, Samson panmun sang lending, pahtawi na pia ding let zat theih ding in teel hi. Pasion thukham te azuihna ah amahmahmah a ki uk zawh masak phot ding ahihi. Joseph in a sia a pha a nih in tuak hi. A siangtho nuntakna ahihi kei leh mawhna lampi teel thei hi. Thumaan lampi teelin Pasion in thukim pih pah hi, Samson zong ze et na namcin mah atuak a hihi. Ama uukna ki uk sak hi. Samson teel lampi te pen, maizumna, siatna leh sihna lampi te ahihi. Samson leh Joseph a nuntakna ki lamdang ngel hi. (The SDA Bible Commentary, Vol. 2, p. 1007).

Tkte. 13:24-25, sung a, Samson tawh kisai a thupi thupuak leh kidop ding te bang hiam.

Samson kamciam lianpi kipia hi. Ahihhang in, ama lunggulh na tawh, a hoih khempeuh kizo sak hi. Kido na lianpi pen a thu bek hi lo hi. Khazih leh satan kikal kido na galphual pi lim ahihi. Vantung bek ah gal kido hilo in, mi mal tek in ih do hi. Khazih in, Ama gualzawhna lampi mi khempeuh ong konghon hi. Ih ci leh sa galphual pen ih lungtang sung leh ih sa pumpi te mah ahihi.

Kido lianpi na lungtang sung leh na ci na sa sung ah na bangci thuak hiam.

### **WEDNESDAY**

**Mar. 3**

PAUL ii LAMSAU TAIKIDEM NA (1 Kor. 9:24-27).

Paul in Kawlentu mite laikhak thungen in, lim-tak in sim in. Hih mun te ah a mahmah a hanciam na te phawk in. Thu um micitak Paul, upna bupipa ii ci leh sa deihna mawhna te a do zia te ih muh teh, eite ong hehnem tuam hi. Ih galphual ah ei guak ih hi kei hi. Ci leh sa ze et na athei khempeuh te tawh vantung ki dim' ding hi.

1 Kor. 9:24-27, bulphuh in, a nuai a dotna te dawng in.

1. Ih galdo tek ahi eimah ih ki thupit sak na leh mawhna ih tel' theih na ding in, Paul in bang tehkakna na zang hiam.
2. Tua taikidemna ah Paul bangzah in kimuang hiam. A kimuanna (upna) koi pan ong pai hiam. Ei zong tua tawh a kibang kimuan na neih huai lo maw.
3. Paul in kimuan na ong lak hi. Ki lel thei a hih zong thei hi. Bangci pholaak hiam. A dawnna bang hiam. Ama dawnna tu kal sung a, ih thu lu te tawh koici ki tuak hiam.

### **THURSDAY**

**Mar. 4**

PUMPI KI UK NA AH BANGCI KHANTOH DING (Heb. 12:1).

Paul in, taikidemna tawh a tehkak ih sin zo hi. Na muh khat a thupi bang khawng in tha ong ngah sak hiam.

Kol. 3:1-10, in, Khazih sung a, mithak te a siangtho a, a nuntakna ding bang thukhun te ong pia

hiam. Hih Lai Siangtho munte pan in, ih nuntak na ah, pumpi ki uk na khanton nading' ih sep ding athupi na tampi in sin hi. A ki gualsuk te bang na mu hiam. Na nuntak na ah tua te na bangci zat diam. Olna tak a ong sin kham sak tua mawhna te ih zawh nading in tua te bangci zat theih ding.

Kivak na khempeuh kisin kul hi. Pumpi ki uk na, nikhat thu in ngah lo hi. Nikhat khith nikhat hanciam a ih kisin na ah, gimna leh supna zawhna leh lelhna ih phu hi. "Upna tawh ki pawl kido na hoih na do in," (1 Tim. 6:12, NlrV). "Tua na te khempeuh ka ngah khin nai kei hi. A kicing in ka ki bawl khin nai kei hi. Kei a ding a Jesu Khazih ong let sak kicinna ka let nading in ka hanciam lai hi." (Fil. 3:12, NlrV).

Nang leh nang, mun ci teng ah ki silh kei in. Na thaneem na te ong ki ze et kha ding hi. Hih te in, mawhna meikuang ze et na sung a ei ma lunggulh na ih ki daam nading a haksa mun te ahihi. A hoih lo tawh a ki bang khempeuh ih pelh ding hi. (1 Thes. 5:22). "Na puan bang in Topa Jesu Khazih silh in. Pianpih mawhna na deih te bangci lungkim sak ding cih ngaihsun vet ken." (Rom. 13:14, NlrV).

Na nuntakna bangmun te ah, pumpi ki uk na, na thaneem na om hiam.

Khasiatna leh muhdan lungsim te tung ih gualzawh ding sang in, nek leh dawn tung ih gualzawh ding bang hang in baih zaw thei zel hiam. Pumpi na ki uk zawh na ding in, bang kikhelna na nei diam.

**FRIDAY**

**Mar. 5**

**SIM BEH DING:** "Samson" Thu Lu, PP, p. 560-568, sim in.

"Tapa Samson a suah khith nung ah, Manoah tung ah Pasion kamciam nung tangtun hi. Ong gol ciang in, a thatang ong hat mahmah hi. Hih a hat na pen, a tha kidom na hang hilo in, a ki *nazarite*, a ki khal' zawh na tung ah kinga hi. Samson a sam a met loh pen a kiciamna lim (*nazarite*) ahihi. Samson in Pasion thu, a nu leh a pa mah bangin zui hileh mipitang in, a mai lam nuam sa zaw ding hi. Ahih hangin, milim bia te tawh a ki zawlh, nahangin, lampial hi. Samson khua Zorah pen Philistines te gam tawh kinai hi. Tua hi a, ki meltheih mahmah uh hi. Samson a khangno lai a, a ngaih nungak tampi te pen a nuntakna sung a mial cip sak te ahihi. Timnath khua a, nungat khat ngai in a zi dingin khensat hi. Pasion a zahtak a nu leh a pa in kho hi. "Ong lungdam sak mahmah hi." Ci bek hi. Atawpna ah, anu leh a pa in kho zolo in ong ki teeng ta uh hi." (PP, p. 562).



**LESSON 11**

**Mar. 6- 12**

**KHA SIANGTHO GAH IN DIKTAN NA HI**

**Sabbath Nitak**

**TU KAL SUNG SIM DING:** Mat. 23:25-28; Rom. 3:28; Rom. 8:4; Rom. 10:3; Gal. 3:6; 1 Joh. 2:3-6; 1 Joh. 5:1-3.

**KAMNGAH: “Thutang (right) a gilkiel dangtak te thu pha ngah mi te ahi uhhi. (Mat. 5:6).**

Nung kal sung ih sin na ah, Kha Siangtho gah nam kua ih zo ta hi. (Gal. 5:22-23). Mai kal nih sung nam nih ih sin beh lai ding hi. “Kha Siangtho gah in hoih na, diktan na leh thumaan khempeuh ahihi. Hihmun ah, Paul in “hoihna” thu na gen a, diktan na leh thumaan tawh na behlap hi. Tukalsung in ‘diktan na’ ih ngaih tuah ding hi.

Diktan na nam nih tawh ih thei hi. Amasa pen, Khazih ong guat diktan na hi a, a khiat na pen, Jesu in eite aading in ong sepsak khiat na ahihi. Hih diktan na in, vangtung ih tun theih na ding in ong huam khin hi. Anih na pen, Khazih ong hopsawn diktanna ahihi. Hih in, ih sung ah Kha Siangtho tawh na ong sepna a hihi. Hih diktan na in, Ama lim sun ding in, eite ong kheel hi. Diktan na in khen nih nei hi.

Ataktak in khen khat bek mah ah hi a, Khazih ii diktan na ahihi. Hih diktan na lo tawh gupkhiat na ih lam et ding om vet lo hi.

**SUNDAY**

**Mar. 7**

**DIKTAN NA NEIH LOH PHAMAWH (Mat. 6:33)**

Rom. 3:28; La. 11:7; Pau. 15:9; 1 Pi. 2:24; Rom. 8:4; Mat. 6:33; leh 1 Joh. 2:29, mun te na sim khiat teh, a nuai a dotna te dawng in.

Thukham in, eite Pasion tawh ong thutang (right) sak zolo ahih leh, eite bangci ih ki diksak (siangtho) thei diam.

Pasion in mawhna mudah in mawhnei te it, cih ih thei hi. Bang ngaihsun khiallo ding ih hia leh.

Hih mun in bang a deihna hiam. “Thukham nget bangbang na khempeuh ih sem thei hi. Ih pianpih mawhna in tu a ih nuntakdan ong uk nawn lo hi. (Rom. 8:4, NIV). Thukham ong kalh bang in cingtaak tak in ih zui zo tawntung diam. Ahihkei leh, Paul in cihnop dang nei ahi diam. Nei hileh bang ai tam maw. Pasion gam leh Ama dikna ih zon masak ciang in ih nuntakna ki koici khel ding ih hiam.

**MONDAY**

**Mar. 8**

**DIKTAN NA NANGMAH MAH IN SEM IN (Rom. 10:3).**

Hih (Rom. 10:3), na bangci ngaihsut hiam. Hih mite kua te hiam. Hih mite in amau thatang tawh diktanna bangci zon uh hiam. Mihing pianzia

tawh banghang in piang zo lo ding hiam.

Mi citak kuhkal te a dau pai zaw deuh in ih mu hi. Ahizong in, Lai Siangtho in, ei leh ei in, diktanna, hoihna ih nei thei kei ci hi. Pasion mai ah ih dik theih nading in sep zawh bangmah om lo hi. Ih hanciam sunsun mah zong in, “Puansia nin” tawh kibang bek ci hi. (Is. 64:4).

Mat. 5:20; leh Mat. 23:25-28, sung ah, amau leh amau a dik ding a, a hanciam te’ buai na, Jesu in bangci telgen hiam.

Thu ummi te theih ding athupi pen in, ih diktan na ding in Khazih tung ah kinga kikeuh cih ahihi. Pasion mai a, a siangtho a, ong kibawl na in Khazih ong sepsak ahihi. Khazih aading a, sep ih neih man hilo hi. Tua thuguipi a ki mangngilh ciang in, mikhat a ki diksak ding leh a kiphasak in, ki ze et hi pah hi. Lai thei te leh Pharise te nuntakna pan in a thu kicing ih mu thei hi. Amau te mite in bangci ngaihsut cih lung himawh pha mahmah uh hi.

Amau te mah bang in, bangci lampi tawh, a kibang mawhna ih bawl kha diam.

**TUESDAY**

**Mar. 9**

KHAZIH EITE’ DIKTAN NA (Rom. 5:17)

Rom. 5:17-19, sung, nangma kammal tawm tawh gual in. Pasion’ sih thukhen na ih thuak zia te, bangci bang a diktang kik thei hi hiam.

Gal. 3:6, leh Jeim. 2:23, te cih mahbang in, Jesu diktan na in ngah khong ahihi. Tua ahih leh bangci ngah ih hia.

Rom. 5:19, sung a, thumanglo leh thumang cih kammal te phawk in. (thukham zui lo leh zui). Mikhat, Adam’ thuman loh na hang in, eite khempeuh mawh nei mi ih suak hi. Hih in, Lai Siangtho ong hilh thu bulpi ahihi. Adam’ mawhna in mihing gui khempeuh mawhna bawlsak hi. Nisim in, mawhna thaman ih sang hi. A peng khat zong ih om kei hi.

“Pasion hehpihna dim let tak a, a saang ding” (Rom. 5:17, Nlrv), te tung ah hih diktan na kipia ding hi. Paul in, hih mun mah ah, hehpihna a sang te in, ngah khong diktanna a ngah hi ci hi, Phawk in ngahkhong hi. Thalawh leh kilawm na tawh hilo hi. Thalawh na leh kilawm na tawh hi leh hehpihna kici nawnlo ding hi. (Rom. 4:4).

Upna tawh gupna kingah ding cih a khatna, na tel taktak hiam. Hih alamdang piakkhong letsong, lungdamnathu thubulpi ih tel siam zawk na ding in bang ih cih hiam.

**WEDNESDAY**

**Mar. 10**

DIKTAN NA LEH THUMAN NA (1 Joh. 2:29)

Eite Khazih diktanna tawh ong ki tuam hi. Tua diktanna ih nuntakna ah ih lah ding ahihi. Diktanna pen Pasion leh thu ummi kikal a, ki thukim na hi lo hi. Diktanna a nei mi’ nuntakna ah thumanna ong nei takpi ding hi. John kammal te ngaihsun dih ni. “Nau te aw, kua mah peuh lamkhial ki makaih sak kei un. Khazih a siantho teek mahbang in, a maan a sem te siangtho hi.” (1 Joh. 3:7, Nlrv).

Diktanna tawh kisai ong ki koici khem theih hiam.

Diktanna in Kha Siangtho gah hi a, thuman na tawh ki khii khawm hi. Mi pawlkhat te aading in, thumanna pen upna tawh gupna ngah na pan ong pai lo hi. Hih dotna ki dong thei zeel hi. “Jesu na Honpa in na sang khin hi. Na Topa, na nuntakna ong makaih ding in sang lo ding maw. Hih dotna in, Pasion deihna, thumanna leh ih gupkhiatna khen nih sang lo ding maw. Hih dotna in, Pasion deihna, thumanna leh ih gupkhiatna khen nih suah mawk hi. Gupkhiatna athei khial uh ahihi. John in, a siangtho nuntak na tawh anungta te pen gupkhiat na angah te ii lim hoih ahihi, ci hi.

1 Joh. 2:3-6, sung a, John’ cihnop bang hiam.

Thuman na thu kikum leng, sepna tawh gupna kingah lo a ci tampi om ding hi. Lucifer ii Pasion thu a man’ na in, vantung tun lo cih lunggian nang bangmah omlo hi. Lucifer ii thuman lohna in vantung pan ki lawnkhia cih phawk ni. Adam leh Eve zong tuamah bang hi. Amau te’ thuman na in, Eden huansung ah a koih hilo hi. Pasion deihna a man loh man un, Eden huan pan hawlkhiat ngah uh hi.

“Diktanna in amaah sepna ahihi. Amau te gamtatna te tawh thu kikhen ding hi. Ih gamtatna te, ih sepna in lak hi. Sepna in upna maan maw man lo cih lak hi.” (COL., p. 312).

Na nuntakna ah diktanna gah na bangci hoih lah diam. Diktanna gah ong nei sak lo te na nilkhiat ciang, kisin ding bang khawng na nei lai hiam.

**THURSDAY**

**Mar. 11**

A THUMAAN TE’ NUNTAKNA (1 Joh. 5:1-3).

Pasion ih itna leh ih thu uppih te ih itna, thukham sawm tawh Paul in bangci henkhop hiam. Banghang in hih te, khil khawm hiding hiam. Pasion’ thukham te zuih ding pen, a kisawl bang lel a, a ngaihsun te in, thumaanna ii lungnopna ciamkha lo ding uh hi. Amah a thumang hilo hi. Pasion ong sawl te vangikpi panmun ong suah teh, ih nuntakna pen thu ummi nuntakna hilo cih ih thei hi. A maan thuman’ na in, thu ummi’ sunglam thulaigil te lah khiatna ahihi. Hih te in, diktanna ii itna, Pasion thukham itna te panin ong pai hi. Diktanna khempeuh ii zumbom pen ih Honpa tung kipkhona ahihi. Hih in a maan sem ding in ong zawn ding a, Pasion lungdam sak hi. (COL, p. 97,98).

Pasion ih itna (hell launa hi lo) in hatna (power) hi a, ih nuntakna ong tawsawn hi. Singlamteh mitsuan in, a hauhna leet kamciamte muang leng Pasion ih itna bangmah in supawi zo lo ding hi.

Pasion na it tak pi hiam Na it leh na bangci ki theih hiam. Ki khem kei teh maw. Hih itna in atakpi mah hi cih na bangci lah diam.

**FRIDAY**

**Mar. 12**

**SIM BEH DING:** “Jesu leh Lai Siangtho pen, bawltawm mipil te at hi kei, cih ciang upna lel pen kicing kei. A thu a theihna ciang bek, kamtawh up lel ngel leh pawlpi laibu sung a, ih min te a om ciang tawh lungkim na te

kicing kei. 'Ama thupiak a zui te, Amah tawh kipawl hi. Pasion eima sung ah, a om ih bangci theih diam. Kha Siangtho ong piak tawh ih thei thei hi. 'Ama thupiak te zui leng, Pasion ih thei thei hi.' (1 Joh. 3:24, 2:3). Hih in ki kheelna man ih lah theih teci a hihi. Upna bangbang ih nei zong in, thumaan ih nasepna ah, Jesu ih lah kei leh a mawkna pi ahihi. (COL, pp. 312, 313).



## LESSON 12

Mar. 13-19

### KHA SIANGTHO GAH IN THUMAAN THUTAK NA HI

#### Sabbath Nitak

**TU KAL SUNG SIM DING:** 2 Khg. 25:2; La. 51:17; Jer. 19:13; Joh. 7:16, 17; Joh.14:6; Joh. 17:3; Heb. 5:14.

**KAMNGAH: "Na lungsim khempeuh tawh kei nong et ciang in nong mu ding hi." (Jer. 29:13, NIrV).**

Greek kammal, ALETHEIA, thumanthutak in, khatna nih nei hi. A khat pen taksa thumaanthutak, apiang takpi te, ahih kei leh thukhun te (thukham) ahihi. A khat pen lungsim thumaan thutak hi a, zuau na, khialh na ahih kei leh gel'tawm lungsim cih te pan in peng ngiat hi. Hih te nih, ih nuntakna ah ong kigawm takpi ciang in, thumaanthutak pen Kha Siangtho gah hi, ci in, ih lak thei hi.

Thu ummi te kalsuan zia ah, hih thumaanthutak khennih te thupi mahmah hi. Jesu sung a, ih muh taksa thuman thutak thubulpi te ih theih ding kism hi. Tua ban ah thumanthutak in ong kheel' mimal lungsim phut khak thu te ih ki sam hi.

Judah ngaihsun in. Jesu tawh kum 3½ bang ki khawl hi. Judah in ama tunga, akilak thumaanthutak

khempeuh nei hi. Jesu' nuntakna taktak mu in, zong kantel hi. Ahihhang in, atawpna ah, thu te bangzah in hoih ta leh amah a kheel tuan hiam.

Judah ii nuntakna in, eite khempeuh ih kidop ding ong thei sak taken!.

**SUNDAY** **Mar. 14**  
"KEIMAH IN . . . THUMAANTHUTAK KA HIHI. (Joh. 14:6).

Joh. 14:6, deihna, na ngaihsut bangbang khawk tom khat at in gen tel in.

Thukhat ah hih mun in, thumaanthutak in athu bek leh pianzia bek hi, cih to (challenges) hi. Jesu in teltak in ci hi. "Kuamah in, Pasion kiang zuau nading lampi mulo hi." Hih kammal te, en leng Jesu in taksa thumaanthutak in om takpi hi, cih ong lak hi. Thumaanthutak pen a mipum ong hihi. Hih in, thumaanthutak ahihi. Thumaanthutak na theih nop leh Jesu na theih kul hi.

Joh. 17:3, sung a, Jesu kammal te, ih telh theih nading in, a tung a, a ki gen thu te in ong bangci huh hiam.

Hih sandan, biakna cih pen Pasion tawh kizopna hi, cih ih kidop ding ahihi. Pasion omtakpi hi cih anial te, Pasion tawh kizom in teng khawm hi. Pilat in Jesu tawh kizopna nei hi. Siampi ukpa Kaiapha zong tuamah bang hi. Dawite na ngawn in Jesu tawh kizopna

nei hi. Satan in Jesu mudah hi. Lungdamna thu in Jesu tawh ih kizop ding ong sawl lo hi. Ama tung ah ih ki pum ap ding ong sawl zaw hi. A gentehna in, Nikawden in, Jesu tawh kizopna nei hi. Asawt lo in, Khazih tung ah a nuntakna leh a neihsa khempeuh tawh ki ap hi. Tua bang kizopna maan te ih ki sam vek hi.

Jesu tawh kizopna na neih dot vet kul kei. Na kidot ding pen, bangci nam kizopna nei cih hi zaw. Apha zaw in na bangci kizop hiam.

**MONDAY** **Mar. 15**  
KHA LEH THUMAANTHUTAK (Joh. 16:13)

Kha Siangtho nasep in, eite Khazih kiang ong tun in, Amah tawh ih om khop ding ong huh hi. "Pasion kiang pan in, tua lawmpa (Kha Siangtho) kong puak ding hi. Amah in, thumaanthutak kha ahihi. Pa kiang pan ong pai khia hi. Tua lawmpa in, no te huh ding in ong pai ciang in, Keimah teci ong pang ding hi. (Joh. 15:26, NlrV).

"Lai Siangtho kammal ih hilh pen, Kha Siangtho makaih denna leh huhna lo tawh bangmah taksuak lo hi. Amah bek mah Pasion thumaanthutak hilh sia hoih penpen ahihi. Kha Siangtho' hilhna tawh thumaanthutak ih lungtangsung' ong lut ciang in, ih ngaihsutna (conscience) ong phong in ih nuntakna ong kheel hi. Mikhat pen Pasion thu hilh theih ding ong hi ding hi. Amah in thupiak khempeuh leh kamciam khempeuh ong thei ding hi. Kha Siangtho in, ih inn te,

thumaanthutak tawh ong nawk kei leh suangpi tung kha kuamah kia kha lo ding a kisiacip ding hi, ci hi. (DA, pp. 671-672).

E.G.White in, Kha Siangtho nasep a thupi zia bangci gen hiam.

Kha Siangtho ong pai in, Jesu thu ong gen a, "leitung ii mawhna, diktanna leh thukhenna te" (Joh. 16:8), ong thei sak hi. Hih thu te in, a theih hak leitung thu leh Pasion thu te ahihi.

Kha in, hih thumaan te ong hilh toto a, ih telsiam na tawh ih nuntakna ih kheel' toh toh ding ahihi. Ih ki kheel kei leh thu hoih bangmah ong semlo ding hi. E.G. White in tua nasep khen pawlkhat pen suangpi tung ah, ei ma aading in, kitamzan sak khin hi, ci hi. (Lat. 51:17, sim in).

Na ki tamzan ngei hia. Bangthu khawng ong piang ahia leh. Bang kilamdan na ong om. Nuntak dan thuaksiatna te leh Pasion thu na phut khak thu te pan na sin bang khawng om a hia. Na sin toh lai ding na kisap na bang khawng om ahia.

## **TUESDAY**

**Mar. 16**

NA LUNGSIM VEKPI TAWH (Jer. 29:13)

"Na lungsim vekpi tawh," cih pen, "Lungsim siangtakpi" "sincerely," kam leh gamtatna maan tawh cih na ahihi. "Siangtak," "sincere" pen Latin kaamal-sine-(without) lotawh leh - cera - (wax) khuameinun, cih pan ki la hi. Abeisa hun in, a zulhtat suanglim

bawl te in, a suanglim bawl te uh a kigit, a heek kha khawng te khuamei nun tawh na phopnelh uh hi. Hih khuameinun pen kipkho lo hi. Lungsimtak tawh (sincerity), cih pen hemlam hilo, zuau hilo, thumaanthutak cih te nuntak pih na hi. Ih kampau leh ih sep-khiatna te, lungsim tawng pan hong phulkhia cihna hi.

2 Khg. 25:2, in bangci nuam hiam. Ih sung pan a, ih sep ding a thupi kawkmun bang hiam.

Kicinna (perfect) pen Hebia kammal (slm), pan ki tei khia hi a, (shalom) cih kammal zong hi pan ong mengkhia hi. A khiatna pen, "dim," "zo khin," ahihkei leh "tawldam," cihna ahihi. Amaan a sem kumpi khat pen, a lungsim a mun maan ah na omlo thei hi. Asep-khiat na ah lungsim siangtakpi tawh sepna hilo hi. Tua ahihman in, mikhat in, paulap maanlo te tawh na hoih sem thei hi. Hun khatkhat midang te ih hai bawl thei a, ei leh ei bel ih ki haibawl thei det hang in, Pasion cikmah hun in, ih hai bawl thei kei hi. A tapa aading a, David thu nget na, athupit zia phawk huai hi. A nget masak pen in, lungsim kicing neih ding ahihi. (1 Khg. 29:19, NASB).

Lungsim siangtho cih pen thupi hi. Lungsim siangtho lo te pen midangte tawh ong kituak lo pah ding uh hi. A lungsim, Pasion tung ah a thumaan ding a phal mateng, lungnop tawldamna, kicina mu lo hi. Athu pi pen in, Topa' tung ah ki pum ap ahihi. Ei ma kiliatsak na lungsim tawp sak ding ahihi. Baih lo hi. Na hih zawh nading in suangpi (Jesu) tung na lungtang satzan in.

Na upna tung ah na bangci lungsim siangtho hiam. Ih neih zel lungthian na te ih gen kei hi. Ong ki dawnglo dotna te zong ih gen kei hi. Mawhna tawh ih kilai na ih gen kei hi. Na lungtang thu ih gen zaw hi. Pasion leh leitung nate na mehmeh lai hia.

**WEDNESDAY** **Mar. 17**  
SIKSAA TAWH A KI KHEN LUNGSIM (conscience)  
(1 Tim. 4:2)

Nung kal sung in, laisiam te leh Pharise te tung a tungtham diktanna thu te hang in, Jesu kammal khauh zat, ih sin khin hi. (Mat. 23:27, sim im).

Jesu in, amau te “kineih” ci hi. Greek kammal a, (hupokrites) a khatna pen “hemlam kineih” cih a hihi. Jesu in amau te lungsim te uh aguh, na gamtatna te uh a tungthaam hi, ci hi. Nang e leh, lungsim taktak nei thei lo ding maw leh. Jesu in, ‘Hesiazah genkholh maan hi. No te a hoih bang in, na ki neih kheem uh hi.’ ci hi. (Mk. 7:6, Nlrv), sung ah, “Hih mite in, a kam uh tawh Kei ong pahtawi hang in, a lungsim te uh, Kei tawh kigamla uh hi,” ci hi.

1 Tim. 4:2, leh Titu. 1:15, sung te ah, Paul in a thupi kawkmun bang te gen hiam. Kha Siangtho in ei mah ong lawn theih nading mun in, ih theihnalungsim (conscience) ahihi. A sia bawl gige leng ei te tung ah bang ong piang ding hiam.

Heb. 5:14 leh Joh. 7:16, 17, te in, thumaanthutak in Kha Siangtho gah ahih ih tel nading in, ong

bangci huh hiam. Na lung a si ngeungau ngei maw. Bangmah kin mello a, na om a sawt maw. Banghang in tua bang ong piang ahia. Tua na phut khak thu te kha lam a ding in, banghang in nak lau huai ahia.

**THURSDAY** **Mar. 18**  
THUMAAN SUNG A BUAL NA (2 Joh. 4)

2 Joh. 4, leh 1 Joh. 1:6, te in, a thupi kawkmun bang gen uh hiam. Jesu tawh kipawl cih bang a khatna hiam.

Thumaanthutak in kha gah khat hi. Tua in, ih theih bek hilo in, ih sepna ahihi. Pasion’ khuavak sung ah nungta cih pen theihna bek sangin thupi zaw hi. (1 Joh. 2:9-11), sung ah khuamial sung a bualna bang tawh kibang ci hiam.

Khuavak sung, ahih kei leh thumaanthutak sung ah bual cih pen, thukham sawm te zuih na sang in thuuk zaw pek hi. A thutawpna ah, thumaanthutak sung ah nungta cih pen mi te tawh bangci nuntak khop, amau te bangci bawl cih te in ong lak hi.

Ei te pau hang mahmah, thu leh san den, maisak zolo, muhdah huai in om, ngongtat mahmah, leh tungnung nuam den cih te in om le hang, khuamial sung ah a bual ih hihi. Sabbath lim tan mahmah, cidamna thu kham te lim zuih mahmah, Jesu ka um hi ci’n, 1/10 te pia tham leh biakinn atung baih lam hi den, cih te ong thupi nawn lo hi. Migit ding, angsung khual loh ding leh citpiak ding te sang in, ih pawlpi

thubulphuh te ih sin ding nakpitak in baih zaw tham hi lo ahia ma taw.

Abeisa nikhat sung a, mitawh na kizopdan, na bawl dan, bangci kampau leh na hehnep dan cih te ngaihsun dih ih. Zuau ken maw. Nikhat niteh, (Mat. 10:16), ong sim ding uh a hi. Na ki kheel ding, gamtat sia bangzia na nei lai hiam.

**FRIDAY**

**Mar. 19**

**SIM BEH DING:** “Pasian na kum sawtpi sem cih hi masa kei. Ih nasep na ah thumaan cihtak na in, Pasian santhamcing ong suak sak hi. Ih nasepna (service) khempeuh ah ih lungsim khempeuh in ki pum ap ding ong kal hi. A neu pen ih panmun (duty) tung ah, citak tak in leh kiniam khiaat tak in ih sep pen, a lian bel na ih sep, phat ih ut sim giugiau sang in, Pasian lungdam sak zaw pek hi. Ih lungsim sung ah, Khazih bangzah vom thimthiam cih lungtang, Pasian in zong hi. Itna tawh thumaan in citak a, ih sep pen, tampi ih sep sang in, manpha sa zaw tham hi.” (COL, p. 402).

Lungsim siangtho tawh na sep ong kipia pen thupha pi ahihi; ‘A simtham na sep a mu, na Pa un, thaman ong pia na ding hi.’ (Mat. 6:6, NIrV). Khazih sung a, ih nuntak na in ih gamtatna ong puah hi. . . Khazih ii gamtatna ong kipia in, Pasian’ lim leh mel sut ih ki pan khia hi. Pasian tawh lam tonkhawm a kuamapeuh te’ maitang te in, vantung lungnop na lak uh hi . . . Pahtawina a sang khin amau te pen a Topa’ zat theih ding te ahi uh hi. Ama min tawh na sem ding in a kimuang te ahi uh hi.” (AH,p. 535).



**LESSON 13**

**Mar. 20-26**

**KHA SIANGTHO GAH: THU UMMI TE’  
A THUPI GAMTATNA**

**Sabbath Nitak**

**TU KAL SUNG SIM DING:** Mat. 6:33; Joh. 15:8; Rom. 3:20-26; Rom. 14:17; 1 Tim. 6:11; 1 Joh. 2:15.

**KAMNGAH:** “**A hauh pen na, minthan na thusim a lak ding in, Pasian in, amaute teel khin zo hi. Judah mi a hilo, amau te, amah in thei sak hi. Tua thu hiah om hi. Khazih no te sung ah om hi. Amah in no te’ lam et minthan na ahihi.**” (Kol. 1:27,NIrV).

MOSES IN PASIAN KIANG AH, AMINTHAN NA A LAH DING NGEN HI. Topa in, amah alah pen, Ama gamtatna te ahi, khuangaihna, hehpihna, lungduai na, dik mahmah leh thutak na te ahihi. (Pai. 34:6). “Ih maitang te ong ki khuhcup nawn lo hi. Topa’ minthan na ih vekpi in ih lak hi. Amah tawh a ki sun semsem ding in ih ki kheel a, minthan na ih nei toto hi. Tua minthan na, Topa ahi, Kha Siangtho’ kiang pan ong pai a hihi.” (2 Kor. 3:18, NIrV).

Itna tawh a semkhia upna in, mawhna khempeuh pan in kha te siangtho sak hi. Tua ciang in,

Khazih tawh kisun gamtana ong ki lang hi. Khazih ih mit suat ciang in, gah hoih ong ki bawl sak hi . . . Gamtatna pen Pasion sun to ding in kipuah to hi. Thumaanna, gamtat siangtho leh migitna takpi te ki lak hi. (E.C. White, My Life Today, p, 54).

**SUNDAY** **Mar. 21**  
PASIAN GAM LEH A DIK NA ZONG MASA UN (Mat. 16:26)

Thu ih nget ciang in bangci gamtat hoih ding cih sang in, bang ngah dingcih ih nget tam zaw hi. A nuai a Lai Siangtho mun nih ong kipia te in, ih thu nget na ahang ong thei sak ding hi. 'Pasion gam masak un. Ong sep saknop te sem un. Tua khितтеh, hih na khempeuh ong kipi ding hi.' (Mat. 6:33, NlrV),

Rom. 14:17, in, Pasion' gam bang hi cih, ih theih nading in, ong bangci hilh hiam.

Phawk ding ah, diktanna (Jesu hang a, a siangtho a nungta), lungnop na, leh lungdam' kipak na te in Kha Siangtho gah ahihi. Na khempeuh sang in Kha Siangtho gah zon masak huai zaw hi. Atawpna ah, leitung hauhna khempeuh ih nei thei hi. Diktanna, lungnopna, lungdam' kipak na te nei kei leng bang khatna om zel ding hiam.

Nu khat in, "Pastor pa aw, hehpih na tawh ka tangval pa aadingin, thu ong nget sakin. Upna lah nei meel lo in, a nasep lah taan hi. Nasep a ngah ki theih baih nading in, thu ong nget sak in" ci hi. Hih a nu in,

a tapa aading in, Pasion gam leh a dikna a zon' sak masa diam. Thu ummi te' nuntakna ah, a phawk huai pen thu in, ngah nading sang in, bangci gamtat hoih ding cih hi zaw hi.

Na thu nget na te na bangci ngaihsut: Nangma deih nget na bek maw. Pasion ong deihsak nuntakna te maw.

**MONDAY** **Mar. 22**  
KHA GAH A DANG TE (Gal. 5:22-23)

(Gal. 5:22-23 leh Ef. 5:9, sung a te bek, thu ummi te' gamtatna gah hi kei. A dang tampi te (1 Tim. 6:11; 2 Tim. 3:10, leh 2 Pi. 1:5-7), sung te ah ki at lai hi. A dang thuhoih tampi kibehlap lai a, kha mi hihna, sinpilna leh siantho na te ahihi.

1 Kor. 13:4-8, sung ah zong, itna lamtam-pi tawh na lak in "lo" kammal na zang hi. "Itna in mi neihsa deihgawh lo, kiphat lo, kiphask lo, haitat lo, a ma uukna bek ci tentan lo, heh baih lo, midang te khialh na sulzuih lo cih te ahihi." (NlrV).

Kha mi hihna gah, (1 Tim. 6:11), sung ah na min lawh hi. (godliness), kha mi hihna ii a khatna pen Pasion tung ah zahtaak kaai, zahtaak, siangtho ngiat cih ahihi. Rom. 5:4-5, in lam et na, na ci hi. Thu ummi nuntakna ah lam et na in, bangzah ciang pan na nei hiam.

2 Pi. 1:5-7, in, gamtat hoih hon khat ong lak hi. Tua lak ah, "virtue," lungsim siantho na pen, Gal. 5:22-23, sung ah, na hel kha lo hi. Lungsim siantho

na in, hoih na, thusiam na leh siantho na tawh ki zom hi. Hih te thukham nambat sagih na tawh koici ki zop ahia.

2 Pi. 1:5, in, sinpilna (knowledge) tawh na beh lap hi. “gno’-sis” kammal ii a khiatna in, sinpilna tuamtuan leh theih na cih na ahihi. Sinpilna in bangmun ah ong huh ding ahia. Sinpilna in, gamtat ding ngaihsut khensat na ah ong bangci panpih diam.

Peter in, Kha Siangtho gah cih kammal a na zat loh hang in, tua te kaan in bangmah om tuan lo hi. Jesu nungzui te’ lah khiat ding thu te vive hi. Na nuntakna ah hih thu hoih te na koici lah hoih diam.

**TUESDAY** **Mar. 23**  
UPNA SUNG AH THUAK KENKAN (Rom. 3:20-26)

Zan a, ih sin na ah, gamtat ih hoih nading ih ki kum khin hi. Gamtat ih hoih sak na ding ong ki guan khin a, Pasion pahtawi in ih minthan sak ding ahihi. Hih thu hoih te, a piangthei lo ding in a ngaihsun te a lung uh kia mahmah ding hi.

Limtak ngaihsun a, dotna hoih khat kidot ding om hi. “Upna sung ah na nungta hiam cih nang leh nang ki sittel in, thu kikhen in.” (2 Kor. 13:5, TEV). Bangci nuntak luheek a, milak ah bangci teci pan cih ki sittel, ki dot huai hi.

Ei leh ei ih kidot leh lungkiat huai thaneem na tampi ih kimu ding hi. Siantho na tawh kidim Jesu

nuntakna leh mawhna tawh ki dim ih thaneem na te ih mu toto hi. Cih nading thei lo in, ih daptawp nuam thei hi.

Hih thu te hang mah in, upna tawh gupna ih ngah, ih teltheih ding ih kisam hi. Tua hi a, ih gupna koi ah kinga. Jesu in singlamteh tung bang ongsep sak khin cih te ih theih ding kisam hi.

Rom. 3:20-26, in, gupna thu bang ong gen hiam. Gah gina ih gah loh a, ih lungkiat teh, hih thumaan te ih kepcing bang hang in thupi hiam.

Thu ummi nuntakna hahkat in zui in, mawhna te tawh ki buan in, ih om sung mah in, Jesu ii diktanna (thumaan na) hang in Pasion san tham cing ih hih na te phawk ni. Ih upna tawh Jesu in, tha ong dim na hihi.

**WEDNESDAY** **Mar. 24**  
LEITUNG IH TO NA (challenge) (1 Joh. 2:15)

1 Joh. 2:15, in bang gen hiam. Leitung a it te, Pasion in it lo a cih na maw leh. Ahihkei leh, Leitung a it te in, Pasion it lo a cih na maw. Gentel dih in.

Hun tampi mah, ih kha ii lunggulh na in, siantho na leh vantung kahto hi. Leitung gamlum ih zak na pan in ki leh in. Kha Siangtho makaih na ih ngai ding hi. Ih tua cih om kei leh, tawntung thupha te sang in, Leitung thu neu te a thupi sak zaw ih suak hi. Hih bang tawh, Pasion kammal khaici te gah ong

gah thei nawn lo hi. Ih kha nuntakna pen leitung linglak ah ih po sak nop zawk hang ahihi. (COL, p. 52).

Sepzawh thu cih a lau huai dan ih theih kul zel hi. Israel te in, a gamveng te uh na etteh zel in, na nungtolh zel uh hi. 1 Joh. 2:15, in, leitung a it te in, lungsim bup tawh Pasion it thei kei ci hi. Ih pawlpi min tawh leitung ah Topa' na ih sep na ah, leitung ih ki vuknelh sak loh ding leh Topa min ih nil khiat loh ding kidawn ni.

Mikhat in Pasion a it zawk na sang in leitung a it zawkna ki bangci theih ding hiam. Bangci lim leh meel te ih en tam.

Jeim. 4:4, ah, leitung ih it zawkna a lauhuai na, khiatna dang tawh na gen hi. Banghang in, Jeim. in, leitung ah a mang pawlpi mi te a cih na in, paktatna cih kammal na zang hiam. 1 Joh. 2:15, in, tua in Pasion maw, leitung maw acih zong phawk in.

Leitung vaai te a koi pen tawh na kibuan hiam. Bang in ong ze et hiam. A tawpna ah, lungkim na leh phattuam na ong pia ngap lo in, ong susia lel ding leitung na te, upna tawh na bangci do tentan diam.

**THURSDAY** **Mar. 25**  
KHA SIANGTHO GAH BANGCI KHAN SAK DING (Joh. 15:8).

Khaici tang ih posak thei kei hi. Ahitazong in, agah mateng puah in, zuun in, ih septheih pawlkhat

a om hi. Tua mahbang in, kha tawh kidim nuntakna ih puak ding ahihi. Thu ummi lungtang sung a, Kha Siangtho' nasep pen ih nuntakna ah, a lamdang thu thuk ahihi. Gah ih gah deih ding zia zong Lai Siangtho in ong hilh khin hi. Hih bang lampi tawh Jesu ii deihna te cin zo in, gah tampi gah in, Pa minthan na ih mualsuah zo ding hi. (1 Joh. 15:8).

A nuai a te Kha Siangtho gah, ih khansak theih nading lampi te ahihi.

*Pasion Kammal Te Ih Sintoh Na Tawh.* (2 Tim. 3:16), mun in, Lai Siangtho in, ong bang ci huh cih ong lak hiam. Aneu 17, sim in, Topa kammal ih sim thaman in, ih nuntakna ong bangci huh cih ong lak hiam.

*Thu Nget Na Tawh.* 'Thu nget na in, ih kha ii hu ahihi. Tua in, kha thahatna ii thu sim ahihi. Thu nget na in, kha lam cidamna ong kem hi. Ih lungtang Pasion tawh ong ki sukha sak hi. Ih kha lam thazaang, thagui te ong khauhsak hi. Na thunget, na zop suak kei leh Pasion a khahsuah na hihi. Kha lam kizop na ong thaneem in, biakna lam' ih lawpna te ong zawngkhal in, ong thakiam ding hi. (GW, pp. 254, 255)

*Ngaihsut Na Maan Nam Te Tawh.* 'Atawpna ah sanggam te aw, bang maan hiam cih ngaihsun tawntung un. Bang in manpha, maan in leh siangtho it huai in, zahtak ding in kilawm hiam cih ngaihsun un. A ki khai deuh leh phat thamcing a om te zong ngaihsun un.' (File 4:8, NIrV). Ih nampi lungsim na ding leh a siantho' na ding in bangci kisin ding ih hiam.

*Thu Ummi Te' Teci Pan Na Tawh.* Jesu ii dawi hawlkhiat dam sak na pa in, Amah zui nuam hi. Jesu in, Kei nong zuih sang in, na khua vuah ciah kik in, na Topa' ong damsakna teci pangin, ci zaw hi. (Mk. 5:18-20).

Ih nuntakna ah, Kha Siangtho gah ih khansak nading in, ih upna te ih teci pan na tawh, bangci huh theih ding hiam.

Kha gah pen amah leh amah a khangto thei hilo hi. Na teelna in, na mailam ong khensat ding hi. Om dan mu dan, na kimeltheih na, na khempeuh na kha lam khantohna a hoih zawk nading in, na kheel ding bang om hiam.

**FRIDAY**

**Mar. 26**

**SIM BEH DING:** "Pasian in, ih lungsim pen, ngaihsut na picing, a siangtho te tawh in dip ding in, ong sawl hil. Eite, Ama itna leh khuangaihna te ngaihsun in, gupkhiatna geel na ah, a lamdang a sep na te ih sin toh ding ong deih hi. Thumaanthutak ih theih na siang theih semsem, sang to tektek in, Lai Siangtho sim na tawh Amah tawh ih ki mema denden ding ih nuntakna ih kheel ding ong deih hi.

"Gah tampi gah un." Pasian thu za a, a keemcing te in, thuman na tawh gah tampi gah ding uh hi. Pasian kammal a saang te in gamtat hoih a lak ding hi. Khazih in Amah leh Amah a ki cih in, 'Ka pa w, Na deih bang sem ding in, kong pai ta hi. Na thukham ka sung ah om hi.' (La. 40:8, NIRV). 'Kei guak in bangmah

sem thei keng. Ka zak bang in thu ka khen hi. Ka thu khen na zong deidan na omlo hi. Keima lungdam nading ka zong kei a, Kei ong sawlpa' lungdam na ding bek ka zong hi. (Joh. 5:30, NIRV). Jeus nei ing a ci te in, Ama sep bang in sem pah ding hi." (COL,p. 60).



MORNING WATCH  
January, 2010

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

MORNING WATCH  
February, 2010

1.	Mang	2:1
2.	Mang	3:5
3.	Mang	3:5
4.	Mang	2:1
5.	Mang	2:2-4
6.	Mang	2:2,3
7.	Mang	2:4
8.	Mang	2:4
9.	Mang	2:4
10.	Mang	2:5, 6
11.	Mang	2:5
12.	Mang	2:7
13.	Mang	2:9
14.	Mang	2:9
15.	Mang	2:9
16.	Mang	2:10
17.	Mang	2:10
18.	Mang	2:10, 11
19.	Mang	2:12, 13
20.	Mang	2:13
21.	Mang	2:13
22.	Mang	2:14, 15
23.	Mang	2:14
24.	Mang	2:14, 15
25.	Mang	2:16, 17
26.	Mang	2:18, 19
27.	Mang	2:18- 28
28.	Mang	2:20, 21

MORNING WATCH  
March, 2010

1.	Mang	2:20
2.	Mang	2:22, 23
3.	Mang	2:24, 25
4.	Mang	2:26- 29
5.	Mang	3:1, 2
6.	Mang	3:1, 2
7.	Mang	3:2, 3
8.	Mang	3:3
9.	Mang	3:4, 5
10.	Mang	3:4
11.	Mang	3:5, 6
12.	Mang	3:7
13.	Mang	3:7
14.	Mang	3:7, 8
15.	Mang	3:9
16.	Mang	3:9
17.	Mang	3:10
18.	Mang	3:11
19.	Mang	3:12, 13
20.	Mang	3:12, 13
21.	Mang	3:14
22.	Mang	3:14
23.	Mang	3:15, 16
24.	Mang	3:17
25.	Mang	3:17
26.	Mang	3:18
27.	Mang	3:18
28.	Mang	3:19
29.	Mang	3:19
30.	Mang	3:20
31.	Mang	3:21, 22

























































































