

PUTLING SABBATH SIKUL ZIRLÂI

Hotupa Tâna Enkawlin

G. Edward Reid

**January, February, March
2023**

Sabbath School Lesson

ဟွာနိဘာသာ

ပုံနှိပ်သူ
ဦးဖုန်းနိုင် (၀၀၃၅၄)
မန်နေဂျာ
ကင်းစောင့်ပုံနှိပ်တိုက်
၂၀၆ ရွှေသွာလမ်း၊ ရန်ကင်းမြို့နယ်
ရန်ကုန်မြို့

ထုတ်ဝေသူ
ဦးစောထီမသေ (၀၀၅၉၀)
ဥက္ကဋ္ဌ
မြန်မာပြည်သွားမနေ့ဉာဏ်အသင်းတော်
ဒေ ဦးဝိစာရလမ်း၊
ရန်ကုန်မြို့

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THUHMAHRUÂI

HOTUPÂ TÂNA ENKAWLIN

KAN Pathian, lei leh vânte Siamtuin keini mihringte nêna neih a duh inlaichînna chu eng ang chiah nge ni ang tih hriat thiam a harsa a. (Ni-a kan rin ngawt pawh hi a makin a ropui hlêl) Johana chuan, “Ngâi teh u, Pa hian min lo va hmangaih tehlul êm! ‘Pathian fâte’ tia vuah kan nih tâk hial hî!” (1 Johana 3:1) tiin a lo sawi a. Ellen G. White-i paw’n, “Mihringte zahawmna eng hian nge chu chu han tluk phâk ang? Tâwp chin nei lo Pathian fâte tia vuah nihna âia dinhmun sâng zâwk luah theih kan nei em? . . . Khawvél châwimâwina engin nge tluk thei âwm?” tiin a lo sawi vê bawk.—Ellen G. White, *God’s Amazing Grace*, p. 341. Hê khawvél, sualin a delh thim chhah tak hian Isuaa pêk tawh kan nih dinhmun sâng tak chu a hlutzia kan hriat thiam theih loh nân a hliah tlat a. Kan fîmkhur viâu a nih loh chuan, hê khawvél thilte leh a hîpnate hian Krista hnêñ atâ min hruai pêng leh mai dâwn a ni.

Pathian Thu chuan Setana thlêmñate leh a thil tawktarhte chu min lo hrilh vek a. “Nimahsela, hausak châkte chu thlêmñna thangahte an âwk thîn a, mîte tichhiaa boralnaa hnûk piltu thil âthlák leh, châkna sual hlauhawm tak takahte chuan an tlu lût thîn. Tangka sum ngainat hi sual chi tinrêng lo chhuahna bul ber chu a ni a, chu chu mi thenkhatin an awt a, rinna chu an pêñ bosan phah a, anmahni chu lungngaihna tam takin an inchhun tlang ta chuk mai a ni,” (1 Tim. 6:9, 10).

Amaherawhchu, kan LALPAN sum deh chhuah dân tûr leh fing taka hman thiam dân tûr bâkah, kan sum leh pâi

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neihte chu Paulan “chhiatna leh boralnaa” mi hnük pil theitu a tih ang kha a nih lohna türin kaihhruaina fel fak min pê a. Pathian Lehkhabu-ah hian sum leh pâi leh rosum chungchâng sawina châng 2,000 chuang mah awmin, chüngahte chuan rilru hah tâwt lutuk nei lo tûra nun theih dân tûr leh, rinawm taka kan sum leh pâite enkawl thiam dân tûr thu tha tak tak a chuâng a ni.

Tûn kuartar zirlâiahte hian Pathianin inlaichinna min neihpui a duh chu eng ang nge tih kan zir ho dâwn a; chutichuan, amahah rinna thûk tak neiin, thil kan lei emaw, kan hrall emaw theih vê loh hun (*Thup. 13:17*) a lo thlen hunah pawh, a lakah chuan kan rinawm tlat reng tho theih dân tûr kan lo hre thei ang. Nimahsela, hetiang rinna hi chu zan khat thil thua lo thleng that a ni ngâi lo va, kan kawngah chuan eng pawh lo thleng dâwn se, Pathianin min pêk kan thil neihte rinawm taka kan lo enkawl a nih chuan, kan lo inbuatsaih lâwk tihna a ni ang.

Pathian hi hausakna neutu a ni a, Amah chu hnâ kan thawhpui a nih chuan kan sum leh pâite pawh Amâ tâna hman min phalsak ang. Chhandamtu chuan tlenfâi tawh leh tihtianghlim tawh mihringte hi a kut kê-a hman a tum a. Hê hamthatna ropui tak min pêk avâng hian “thim thuneihna lak atâ min chhan chhuak a, a thisen avâng Amaha tlannna, kan sualte ngaihndamna kan channa a Fapa duh taka lalrama min hruai lüttu” (*Kol. 1:13, 14*) hnênah chuan lâwmthu i sawi ang u.

Pathianin mi fing Solomona hmanga a fâte hnêna thurâwn a lo pêk chu: “LALPA chu i thil neihte hmangin châwimâwi la, i thil lo pung hmasa zawng zawngte nêñ” (*Thuf. 3:9*) tih hi a ni. Hê thurâwn hi thurâwn fing leh zawm

atâna tha tak a ni a, a chhan pawh LALPA chu ropuina te, châwimâwina te leh thiltihtheihna te dawng tlâk a ni a, Ani chu thil eng kim Siamtu a niin, chüngte chu Ama'n a duh avânga lo awm leh siamte an nih bawk vâng a ni (*Thup. 4:11*).

Khawvêl mîte thlirna tarmit atang chuan tûn lai mîte hi hun harsa leh buaithlâk takah kan chêng a. Amaherawhchu, Kristian kan nih anga thil kan thlîr dân hian beiseina leh rinna min pe thung. Mihringte chanchinin a vâwrtâwp a thlenn a, Kristâ lo kal lehna chu a hnâi tawh tak zet a—kawngkhâr bulah a ding reng tawh a ni tih kan hriat theihna tûra Isuan chhinchhiahna min pêkte chu kan hmu chho zêl a nih hî! Tûn kuartara kan zir tûr zirlâi tha tak takte hian i rinna sawh nghetin, Pathianah rinna lo nghah ngam zual phah deuh deuh la kan duh hlê a, Ama tân enkawlta rinawm tak i lo nih ngei theih nân kan tawngtâisak che tih i hi lo hre dâwn nia.

Zirlâi ziaktu, G. Edward Reid, M.Div. (Andrews University), MPH (Loma Linda University), JD (Georgia State University) hi pastor (ordained minister) a nih bâkah, dân lam thiam (ukil) a ni bawk a, North American Division-ah kum tam tak chhüng Stewardship Ministries director a lo ni tawh a ni.

ZIRLĀI 1*December 31–January 6, 2023***PATHIAN CHHUNGTE ZÎNGA MÎ**

CHÂNGVAWN: “**Ngâi teh u, Pa-in min hmangaihna chu a va nasa êm! ‘Pathian fâahte’ min vuah tâk hi; chutiang chu chu kan ni rêng e,**” (1 Johana 3:1).

SABBATH CHAWHNÛ**December 31**

Chhiar Tûrte: 1 *Chronicles* 29:13, 14; *Sâm* 50:10–12; *Matthaia* 6:19–21; *Galatia* 3:26, 29; *Filipi* 4:19; 1 *Johana* 5:3.

KRISTIAN kan nih ang ngeuin, Pathian nêna kan inlaichin tawnnaa thil ropui tak pakhat awm chu leia a hnathawhte enkawl tûra min ring ngam hi a ni. Khawvêla mihringte an lo awm tirh atang rêngin, Pathian chuan Adama leh Evi-te kha hmêlhemna eng mah la nei lo, A thil siamte enkawltu atân a lo ruat tawh a (*Gen. 2:7–9, 15 en la*). Adama kha rante leh ram sâte hming phuahtirin, Eden Huan enkawltu nihna pawh a pe bawk—inthlah punga leilung hi luah khat tûrin a hrilh a nih kha. Hetiang mawhphurhna pawimawh leh sâng tak tak A pêk chhan chu he leiah hian Ama tâna hna thawk tûr kan ni tih min hriattir a duh vâng a ni.

Pathian chuan kohhran hi sum leh pâi hmangin mal min sâwm bawk a; mahse, chungte chu lo enkawl tûrin mawhphurhna min pe thung. Kan enkawl dân tûr pawh pawisa khawn te, check ziah te, electronic transfer tih te, budget siam te leh Sabbath tûka kan sâwma pakhat leh

thawhlâwm rawn ken te a ni. Pathian chuan sum leh pâi min pêkte hi keimahni mamawha hmang tûrin min fuih a; mi dangte mamawh phuhrûksakna atân leh, a hnathawh tihhmasâwn zélna atâna hmang tûr pawhin min hrilh bawk. Thil âwhawm loh tak pawh a ni maitei e, a fâte enkawl sei lian tûra mawhphurhna a pêkte kan ni a, A inte sak-saka, a hnathawh la rawn chhunzawm ve leh zélo tûrte lo chher puitling tûrin min beisei bawk a ni.

Tûn kâr zirlâiah hian Pathian chhûngtea tel vé kan nihna anga hamthatna leh mawhphurhna kan neihte hriat chhuah thar kan tum dâwn a ni.

SUNDAY**January 1****Pathian Chhûngte Zînga Mi Kan Ni**

“**Hei vâng tak hian kan LALPA Isua Krista Pa hnênah chuan thingthi-in ka kûn thîn a, Ani chu lei leh vâna chhûngkaw pum pui hming châwi chhan a ni**” (*Efesi 3:14, 15, NKJV*). **He lâi thû-a Paulan a sawi hi eng chungchâng nge ni a, chutah chuan eng ang beiseina nge awm?**

Isuan a rawngbâwl tirh lamah khân, “Chutichuan, ‘Kan Pa, vâna mi, i hming zahin awm rawh se’ tiin tawngtâi thîn rawh u” (*Mat. 6:9*) tiin a lo sawi tawh a. A hnû-ah pawh A zirtîrte chu hetianga tawngtâi thîn tûr hian a hrilh ve leh bawk (*Luka 11:2*). Isuan a Pa chu “Kan Pa, vâna mi” tia ko thîn tûrin min duh a. Thlân atanga a lo thawh hnua Mari nêna an inhmuh tum khân, Mari chuan han pawm mai a tum a. Mahse a remti lo, “Min khawih teh suh, ka Pâ hnênah khian ka la han chho rih sî lo va; ka únaute hnênah va kal phawt ta la, ‘Ka pa, in Pa pawh ni bawk, ka

Pathian, in Pathian pawh ni bawk hnênah ka chho dâwn' tih hrilh ang che" (*Johana 20:17*) tiin a hrilh a nih kha.

Isua nén Pa thuhmun nei kan nih avângin Ani chu kan únaupa a ni a, kan za hian hian LALPA-ah chuan únau vek kan ni bawk. Ván chhûngkaw member-te kan lo nih vê theih nân Isua chu leia chhûngkaw pakhat member a lo ni a. "Ván chhûngkua leh lei chhûngkuate chu pumkhat an lo ni ta a ni."—Ellen G. White, *Chatuan Nghahfâk*, p. 941.

Exodus 3:10; 5:1; leh Galatia 3:26, 29 te hi chhiar la. Hêng chângte hian Pathianin min hmuh dân engtin nge an sawi? Eng vângin nge chu chuan A lakah mi a tihngampat sawt ang?

Mi tam tak chuan mihringte hi mi ngaihsakna pawh nei lo, leilung dânten a hrin chhuah ve mai kan ni ni âwmin an sawi a. Chutih lâiin Pathian Lehkhabu erawh chuan Pathian a awm a, a awm mai pawh ni lovin, Ani chuan min hmangaih hlé' niin min hrilh thung. Pathian chuan min ngaihsak êm êm a, min hmangaihzia leh ngaihsakzia sawi fiahna atân chhûngkaw member-te inh mangaih tawnna hi a hmang thîn. Isuan Israel míté kha "Ka míté" tiin a sawi a, keini pawh "Pathian fâte" tiin min ko thîn; Pathian chu "kan Pa" tiin a sawi thîn bawk—enga pawh chu ni se, a sawi tum erawh a chiang a: Pathian chuan chhûngkaw member tinte an inh mangaih tawn theuh ang hian min hmangaih vek a ni. Khawvél sual leh hrehawm taka chêng mihringte tân chuan chanchin lâwmawm a va ni êm!

Mi tinte chhûngkhat anga kan inen theuh theihna khawvél nawm dân tûr chu han suangtuah teh. Engtin

nge mi zawng zawng hi û leh nâute anga inen vek dân kan zir ang?

THAWH TANNÍ

January 2

Pathian chu Thil Eng Kim Neitu A Ni

Sâm 50:10–12; 24:1; 1 Chronicle 29:13, 14; leh Haggâia 2:8 chhiar la. Hêng Bible chângte hian eng nge an sawi a, chu an thil sawi chuan kan tân eng pawimawhna nge a neih? Kan thil neihte hi eng tiangin nge kan en ang?

1 Chronicles 17 kan chhiar chuan, Lal Davidan Pathian chênnâa tûr in sak a duh thu kan hmû a. A thil tih duh chu zâwlnei Nathana hnênah sawiin, Nathana chuan, "I rilrua awm ang chu ti ta che, Pathianin a awmpui reng che alâwm," (1 Chron. 17:2) a lo ti ve mai a. Nimahsela, chumi zân chuan Nathana hnênah Pathian thû lo thlengin, Lal hnênah chuan va kal a, indo mî a nih avângin a tân Pathian chênnâa tûr in sak a rem lo va, a fapa-in a la sak-sak zâwk dâwn a ni tih va hrilh tûrin a tir ta a. Mahse, Davida chuan sak dân tûr lo duân lâwk leh, a châk tûrte lo lâk khâwm tal chu phalsak hrâm tûrin a ngên leh a. A thil dil chu phalsak niin, a thih hmâ zawng chu lung mâwi chi hrang hrang bâkah, sidar thing te, thîr te, rangkachak te, tangkarua te leh dâr te lâk khâwm nân hun a hmang ta a. Biak in sakna tûrin bungrua chi hrang hrangte buatsaih zawh a nih a, a sakna tûr hmuna chhêk khâwm a nih hnû chuan, Israel hnam puipate chu an zavâiin a ko khâwm a, Pathian châwimâwina leh a hnêna lâwmthu sawina hun urhsûn tak an hmang ho ta a ni.

1 Chronicles 29:13, 14-ah hian mipui hmâa Davida a tawngtâi thû kan hmû a. Hetianga tam biak in sakna tûr

châk amah leh a mîten an rawn theh khâwm theih chhan bulpui ber nia a sawi chu eng nge ni? A sawi awmze dik tak chu, “Hêng biak in sakna tûr châk zozâite hi keimahni tâ a ni lo va, nangmâ tâ kan rawn pê lêt leh mai zâwk che a ni,” a tihna a ni.

A thil sawi hi mi hausâ kan ni emaw, mi rethei tê kan ni emaw (mi hausâtân a nih bîk deuh rualin), kan zavâi atân a va pawimawh êm! A chhan pawh a tîrah khân Pathianin engkim A siam a, Ani chu hê leia thil awm zawng zawng—kan thil neihte leh keimahni'n rim tak leh rinawm taka kan thawhte ngei pawh hi telin—neitu dik tak a ni. Pathian tel lo leh a khawngaihna tel lo chuan eng mah lo mai kan ni dâwn a; dik tak phei chuan hê khawvélah hian a awm pawh kan awm lo vang. Chuvângin, Pathian chu thil zawng zawng neitu dik tak a ni tih hre chunga kan nun a pawimawh a, kan chunga a thatna avânga kan fak leh, lâwmthu kan hrilh thîn a nih chuan engkim neitu a ni tih kan theihngihilh ngâi lo vang.

“Nimahsela, hetiang te phal taka kan hlan theihna tûr hian tu nge maw ka nih a, ka mîte pawh hi tûte nge maw an nih le?” (1 Chron. 29:14). **Hê chângah hian eng thu pawimawh takte nge sawi chhuah nia, chû thû chuan engtin nge Pathian laka kan rilru put hmang tûr leh, thil neihte laka kan rilru put hmang tûr a târ lan?**

THAWHLEHNÍ

January 3

Pathian Chhûngte Tâna Thilthlâwnpêk Awmte

Pathianin a mîte hnêna thilthlâwnpêk a hlan ropui ber chu Isua Krista a ni a. Ani chuan ngaihdamna leh

thlamuânnna min thlensak bâkah, kan nî tin nun atân leh thlarau lam thatna atâna khawngaihna min chantîr a, chatuan nunna beiseina pawh min pe bawk.

“Pathian chuan khawvél hi a hmangaih êm avângin a Fapa mal neih chhun a pe ta a, mi tu pawh Amah ring apiang chu an boral dâwn lo va, chatuana nunna an nei zâwk ang,” (Johana 3:16). “Nimahsela, amah lâwm apiangte hnênah chuan Pathian fâte nih theihna tûr a pê a, a hming ringtute hnênah pawh a pe bawk,” (Johana 1:12).

Chutiang chuan thilthlâwnpêk bulpui ber leh ropui ber ni bawk chu chhandamna a ni a. Hê thilthlâwnpêk hi dawng lo ta ila, Pathian hnêñ atang hian kan thih hnû thlenga tangkâina nei tûr eng thil dang nge dawn theih kan neih ang? Hê leiah hian thil tha tak tak kan nei a ni maithei e, mahse, eng tik nî-ah emaw chuan kan la thi ngei dâwn a, chutiangin thil tha kan tihte pawh theihngihilh vek a nih hun a lo la thleng ang. Thil pawimawh ber ni ta chu, chanchin tha thilpêk Krista leh Krista khenbeha a awm thû (1 Kor. 2:2) hi kan ngaihtuahna lairil ber luahua kan hman a ni.

Pathian chuan chhandamna bâkah, thil dang tam tak min pe tel bawk a. An chaw ei tûr leh an silh leh fên tûrte lungkhama neihte chu, “Pathian ram leh a felna chu zawng hmasa phawt ula, chutichuan hêng thil zawng zawngte hi chu a pe tel dâwn che nia,” (Mat. 6:33, NKJV) tiin Isuan a thlamuân a ni.

Sâm 23:1; 37:25 leh Filipi 4:19 chhiar la. Hêng chângte hian Pathianin kan nî tin mamawhte min pêk thin dân engtin nge an sawi hlawm?

Isuan a la kal bo tûr thu a zirtîrte a hrilh tum khân, anmahni thlamuan tûrin Thlarau Thianghlim rawn tirh a tiam a. “Nangni hian min hmangaih a nih chuan ka thupêkte hi zâwm ang che u. Chutichuan, ka Pa ka dil ang a, Ani chuan Thlamuantu dang, chatuana in hnêna awm tûr chu a rawn pe ang che u; chu chu thutak Thlarau, khawvêlin a lo dawn theih loh chu a ni a, a chhan pawh Amah chu an hmuh loha, an hriat bawk hek loh vâng a ni: nangni erawh chuan in hria e, ani chu in hnênah a chéng reng sî a, nangmahniah chuan a awm zêl ang,” (*Johana 14:15–17*). “Ani chuan thutak zawng zawngah chuan a hruai lût dâwn che u a ni,” (*Johana 16:13*).

Amah Thlarau Thianghlim pawhin Pathian fâte hnênah thlarau thilpêk hlu tak tak a pe bawk a (*1 Kor. 12:4–11 en la*).

Heti hian khâikhâwm ta ila, Amah avânga nung leh che leh lo awm kan nihna Pathian (*Tirh. 17:28*), nunna nei thil engkim hnêna nunna, thâw leh thil zawng zawngte petu Pathian (*Tirh. 17:25*) chuan nunna, chhandamna thutiam, sum leh pâia malsâwmna leh, thlarau thilpêkte min pe a, hêngte hi mi dangte tâna malsâwmna kan nih vê leh chhâwn theih nâna min pêk a ni.

Han sawi nawn leh ila, eng thil tha tak tak emaw neiin, thilpêk leh *talen* ropui tak tak kan kawl pawh a ni thei e, chûngte chu a Petu châwimâwina atân kan hmang thin tûr a ni.

**NILÂINÍ
Pathian Chhûngte Mawhpfurhna**

January 4

Kan zavâi hian Pathianin min pêk thlarau lam leh tisa thila malsâwmnate leh thilhlâwnpêkte changtu kan ni vek

a. “Pathian chhûngte” zînga mî kan ni tih han hriat hi a va han thlamuân thlák tehrêng êm!

Deuteronomi 6:5 leh Matthia 22:37 chhiar la. Hê thû hi eng nge ni a awmzia ni a, engtin nge chu chu kan tih ang?

Engtin nge Pathian chu “i thinlung zawng zawngin, i thlarau zawng zawngin, i rilru zawng zawngin” (*Mat. 22:37*) i hmangaih ang? Thil ngaihnawm ang tak chu, Bible-in a chhâna min pêk hi mi tam zâwkten kan lo beisei loh dân daih a ni hi a ni.

**Deuteronomi 10:12, 13 leh 1 Johana 5:3 chhiar la.
Vâna awm kan Pa-in min hmangaihna chu engtin nge kan lo chhân lêt ang?**

A dân zawm mâw? A thupêkte vawn mâw? Vânduaithlák takin, Kristiante zînga tam tak hi chuan dân zawm (a bîkin thupêk palî-na) tih hi dân zawm avânga chhandamna hlawh chhuah tumna nêñ an ngaih pawlh tlat zêl a. Pathian min phût awm chhun chu Amah kan hmangaih leh keimahni kan inhmangaih anga kan thenawm khawvêngte pawh kan hmangaih vê hi a ni an ti thîn. Mahse, Pathian hian a sawi chiang viâu mai a: a thupêkte kan zawmna hmang hian Amah leh kan thenawm khawvêngte kan hmangaihna chu kan puang chhuak a ni.

“Pathian kan hmangaihna chu hei hi a ni, a thupêkte kan zawm hi” (*1 Johana 5:3*). Hê Bible châng kan chhiar hian, “Aw le, Pathian kan hmangaih a; chuvâng chuan A thupêkte pawh kan zâwm a ni,” kan ti thîn a. Chu chu a

tha êm êm. Mahse, “hei hi Pathian hmangaihna a ni” ti pawhin kan chhiar thei a, chumi zawmzia chu, Pathian thupêkte kan zawm hian Pathian hmangaihna chu kan hriat bâkah, a takin kan chang bawk tihna a ni.

Isua chuan Pathian thûte hria a, Pathian thû-in a sawi anga titute chu mi fing, lungpui sakhat tha tak chunga in satu nén a tekhkin a (*Matthaia 7:21–27*). Pathian thûte hria a, mahse zâwm sî lote erawh chu mi â, tiâuvut chunga insatu nén tekhkin an ni vê thung—tiâuvut chunga sak in chu a chim mai thîn angin, Pathian thûin a sawi zâwm lotu chu a boral dâwn a. Hêng in satu pahniente hian Pathian thû chu an hre vê a: pakhatin a zawm lâiin, pakhat dang erawh chuan a zâwm vê lo thung. An thil tih leh tih loh rah hian thih leh dam a hril ta a ni.

‘Pathian hmangaih’ tih leh ‘A dân zâwm’ tih hi a inzawm tlat a ni tih ngaihtuah la. Eng vângin nge chutiang chuan Pathian kan hmangaihna hi kan tihlen a ngaih? Eng tiangin nge Pathian thupêkte kan zawmna hi Amah kan hmangaihzia kan puan chhuahna a nih? (A dânte i zawm loh avânga thil lo thleng theite ngaihtuah la.)

NINGÂNÍ

Vâna Ro Khâwl Khâwm

January 5

“Thîm leh tuiêkten thil an ei chhiatna, rûkrûten an reh pawha thil an rûk thinna hmun, leiah hian in tân rote khâwl khâwm suh ula; thîm leh tuiêkten thil an ei chhiat theih lohna, rûkrûte pawhin an reh pawha an rûk theih hek lohna hmun, vânah chuan in tân rote khâwl

khâwm zâwk rawh u. In ro awmna apiangah in rirlû pawh a awm dâwn sî a,” (Mat. 6:19–21). Hetah hian eng thutak pawimawh êm êm nge Isuan a sawi le?

Mi hausâ, sum leh pâi pawh ngah tak tak, mahse an thil neih chân ta vek sî tû tûte emaw chanchin sawi tûr kan hre theuhin a rinawm. Kan khawvél hi a danglam chak êm êm mai a, indona, pawi khawihna, tharum thawhna, khuarêl chhiatna leh thil tha lo dang dangte a lo thleng thut thut thîn. Chutiang thil a lo thlen tawh chuan hah tak leh rinawm taka kan lo thawh chhuah sâ, kan thil neih hlu tak takte hi kan chân leh mai thîn a. Thihna hi eng tik hunah pawh lo thleng thei reng a ni, keimahni ber kan thih tawh chuan hêng kan thil neih hlu tak takte hian kan tân tangkâina a nei zui tawh ngâi lo.

Chutih rualin, Bible hian ‘mi hausâ nih emaw, sum leh pâi tam tak neih emaw chu thil dik lo a ni e’ tiin min hrilh chuâng lo thung a. Kan Bible châng târ lanah ngei pawh hian, Isuan min hrilh a tum chu, kan thil neihte hi eng tianga hmang tûr nge kan nih tih a ni zâwk.

Mahse, vâna ro khâwl khâwm tih hi eng tihna nge ni ang? A awmzia chu kan nuna kan dah pawimawh hmasak ber tûr chu sum leh pâi thawh chhuah ni lovin, Pathian leh A hnâ a ni zâwk tihna a ni. Kan sum leh pâite hi keimahni pawimawh atân kan hmang tûr chu a ni ngêi a, chu bâkah chuan, Pathian hna thawhna atân te, a ram a lo zauh zêl theihna atân te, mi harsâte tanpuina atân te leh, mi dangte tâna malsâwmna nihna atân te pawh kan hmang tûr a ni.

Entîrna pakhat lo sawi ila, Pathianin Abrama A koh khân, Abrama leh a chhûngte chu leia chhûngkaw awm zawng zawngte malsâwma an lo awm theihna hmanrua atân

hman a tum a. Heti hian Abrahama, “Pathian thiana vuah ni ta” hnênah khân a sawi a: “Hnam ropui takah ka siam ang che a; malsâwm chein, i hming pawh ka tiropui bawk ang; chutichuan, nang chu malsâwmna i lo ni dâwn nia. Malsâwmnu che chu mal ka sâwm vê ang a, ânchhe lawhtu che chu ânchhia ka lawh vê ang; nangmahah hian leia chhûngkaw tinten malsâwmna an dawng ang,” (Gen. 12:2, 3) tiin.

“Rinnaa awmte chu mi rinawm Abrahama nêñ malsâwmin an awm tlâng thîn a,” (Gal. 3:9). Abrahama hnêna chona a pêk ang kha keini hnênah pawh hian min pe vê tho a ni tih i hria ang u.

“Sum hian thil thâ leh ropui tak a tih theih avângin hlutna nasa tak a nei. Pathian fâte kuta a awm a nih chuan riltâmté tân puar leh fânnna, tuihâlte tân in tûr leh, saruâka awmte tân silh leh fên a ni thîn. Rahbeha awmte chhanchhuaktu a ni a, damlote tidamtu pawh a ni bawk. Nimahsela, sum leh pâite hi mihring nun atân thil tûl leina atân te, mi dangte tân malsâwmna nihna atân te leh, Kristâ ramin hmâ a lo sâwn zélna tûr atân tea kan hmang lo a nih chuan tiâuvut âia a hlut zawkna a awm chuâng lo vang.”—Ellen G. White, *Krista Tehkhin Thute*, p. 351.

“In ro awmna apiangah in rilru pawh a awm dâwn sî a” (Mat. 6:21). **I rilruin i ro awmna nia a hrilh che chu khawi hmun nge?**

ZIRTÂWPNI

January 6

Zir Belhna: “Pathianin leia awm A fâte a hmangaihna chu thihna âi pawha chak zâwk a ni a. Chhandama kan awm theih nân A Fapa chu min pê-in, chu thilpêk pakhatah H-2

chuan vân lam thil thâ zawng zâwng a rawn chhûng khâwm vek a ni. Chhandamtu nun, a thihna leh dilsakna hnâ a thawh bâkah, vântirhkohte rawngbâwlna, Thlarau Thianghlimin min dilsakna, vâna Pa hnathawh leh vân mîten chhum lo chat lo va min rawn ngaihsak rengna te chu, mihringte tlanna kawnga tawngkâina nei vek a ni.”—Ellen G. White, *Krista Tehkhin Thute*, p. 11.

“Mahni inphatna nei tawh in nih a, Kristâ hnêna inhlân tawh in nih chuan, Pathian chhûngte in ni tawh a, Pathian ina thil awm engkim chu in tân vek a ni ta. Pathian robâwmte zawng zawng chu in tân hawnin a awm tawh a, chu chuan tûna kan chén mêtka khawvâl leh, khawvâl lo la awm tûr pawh a huâm tel a ni. Vântirhkohte rawngbâwlna te, a Thlarau Thianghlim thilhlâwnpêk te leh a chhiahhlawhte hnathawh te chu in tân vek a ni a. Khawvâl leh a chhûngâ thil awm tinrêngte hi in tâna tha tûr a nih dâwn phawt chuan in tâ vek a ni e.”—Ellen G. White, *Malsâwmna Tlâng*, p. 110.

Sawi Ho Tûrte:

1. **CEPathian chuan hêng thilpêk thâ leh ropui tak takte hi min pê a, chuvâng chuan Sâm phuahtu'n, “LALPA chu ka chunga thil thâ a tih zozâite avâng hian eng nge ka pêk vê dâwn le?” (Sâm 116:12) a lo tih angin, Pathian hnêna kan pêk lêt vê theih thilte i ngaihtuah ang u. Thlarau lam leh tîsa thil pawha Pathianin malsâwmna a vûr che leh, thilhlâwnpêk A pêk che kha han ziak chhuak teh, chûngte chu i class member-te hnênah i sawi chhuak dâwn nia. Chu chuan Pathian laka i lâwmzia engtin nge a tihlan?**

2. **Pathian chu min Siamtu angin kan hria a, nih pawh a ni rēng bawk. Chutih ruâl chuan, Pathian Lehkhabus hian Pathian chu min tungdingtu leh enkawltu a ni thû pawh a sawi ngun khawp mai a** (*Heb. 1:3; Joba 38:33–37; Sám 135:6, 7; Kol. 1:17; Tirk. 17:28; 2 Pet. 3:7*) **Vân sânga arsi bâwr khâwmte atanga kan lungphû thlengin, kan hmuh theih leh khawih theih thil zawng zawngte siamtu, atom pianhmang hrang hrangte phuar khâwmtu thilte nêñ lam hian, Pathian thiltihthehnain hnâ a thawh vâng chauha lo awm thei a ni.** Chuti a nih chuan engtin nge hê Bible thutak hian Pathian laka kan bat, thilthlâwnpêk min pêkte kan hman dân tûr hre thiam thei tûrin min tanpui le? Eng tiangin nge hê thû hian keimahni nun leh kan nunin thiltum a neihte her rem tûrin min tanpui ang?
3. **ZKan zirlâi hian Pathianin thilthlâwnpêk min pêk zawng zawng zîngah Isua leh chhandamna ruahman hi a ropui ber a nih chhan min hrilh a. Eng vângin nge chu chu thu dik tak a nih? Isua leh Isuaa beiseina ropui tak min pêk hi nei ta lo ila engtin nge kan awm ang?** Pathian awm ring lo thu ziak mi pa pakhat chuan mihringte hi eng mah ni lo, “ruh mawih tawh, inzawm pawh inzawm tha hlei thei lova tîsa tawih ral mêt bet vê mai” niin a sawi a. **Chanchin tha thilthlâwnpêk hi lo nei ta lo ila, eng vângin nge he pâ thil sawi hi thu dik tak a nih ang?**

ZIRLÂI 2

JANUARY 7–13, 2023

PATHIANIN THÛ MIN THLUNPUITE

CHÂNGVAWN: “Heti hi a lo la ni ang a, LALPA in Pathian âwkâ hi ngun taka in ngaihthlâk a, vawiina thû ka pêk che u thupêk zawng zawng hi fîmkhur taka in zawm chuan, LALPA in Pathian chuan khawvél hnam zawng zawnga chungnung berah a siam ang che u; LALPA in Pathian thû in pawm phawt chuan hêng malsâwmna zawng zawng hi in chungah a lo awm ang a, a zui zêl ang che u,” (*Deuteronomi 28:1, 2*).

SABBATH CHAWHNÛ

January 7

Chhiar Tûrte: *Deuteronomi 28:1–14; Thufingte 3:1–10; Malakia 3:7–11; Matthαιa 6:25–33; 10:22; Johana 6:29.*

THIL mak êm êm mai chu, Pathianin inremna min lo siampui (thû min lo thlunpui) reng mai hi a ni. Chûng thu min thlunpuite zînga a tam zâwkte chu Amah Pathian leh keini mihringtena tih tûr kan neih vê vê-na a ni a. “Hei hi in ti a nih chuan, kei pawhin chu chu ka ti vê ang,” tia a sawi loh pawhin, “Keiin hei hi ka ti ang a, nangni’n chu chu in ti vê thung ang,” tiin a sawi thîn.

Thutlung dang pakhat, a tlânglawn lo zâwk ni bawk chu, pâwl pakhat chauhin tih tûr an neihna a ni a. “Eng pawh ti la emaw, eng mah ti lo mah la emaw, hei hi ka ti dâwn tho a ni,” tiin an sawi thîn. Pathianin mihringte hnêna thû A rawn thlun tlêma zâwng pawh hi chutiang chu a ni a.

Entírna tha tak pakhat chu, “Ani chuan mi sualte leh mi tháte chungah chuan A nî a chhuahtîr thîn a, mi felte leh mi fel lote chungah pawh ruah A súrtîr bawk thîn,” (*Mat. 5:45*) tih hi a ni.

Eng thil pawh tiin emaw, eng mah ti lo emaw pawh ni ila, Pathian chuan ni êng leh ruah min pe dâwn tho a ni tih kan hria. Tuilêt a zawk hnû khân mihringte hnênah leh “leia awm ramsa tin rêngte” hnênah lei pum pui chîm pil vek khawp tuilêt a thlen tawh loh tûr thû a hrilh a. Hemi hmâ pawh hian, “Lei awm chhûng zawng buh tuh leh buh lâk te, khaw vâwt leh khaw lum te, nipui leh thlasik te, chhûn leh zân te chu a bo lo vang,” (*Gen. 8:22*) tiin a lo tiam tawh bawk a nih kha. Eng thil pawh ti ni ila, sik leh sa hunpuite chu chu a dân pângngâiin a hun tak zélah a inthlâk zêl tho dâwn a ni.

Tûn kâr chhûng hian Pathian leh A fâte inkâra thuthlung pawimawh tak tak thenkhat kan thlir ho dâwn a. Chûng thuthlungtea keimahni lam tih vê tûr awmte chu, Pathian khawngaihna zâra kan tihhlawhtlin ngei theih nân i tawngtâi pah zêl bawk ang u.

SUNDAY
Chhandamna Thuthlung

January 8

Kalvari tlânga Isuâ thihna khân hê khawvêla lo awm tawh zawng zawnge leh, lo la awm zêl tûrte tân chhandamna kawng a hawng a. Sik leh sa lo inher chhuah dân tûr chungchâng thutiamte ang lo takin, chhandamna hi chu pâwl leh lam chauhin a tih theih a ni vê lo—a awmzia chu, mi zawng zawnng hnênah, an thil tih sawi lova pêk theuh a ni vê lo va ni. Mi zawng zawnng hi a bo a bâng

awm lovin, chhandam kan la ni vek dâwn nia rinna hi chu “universalism” tiin an sawi thîn a. Isua erawh chuan, mi zawnng zawnng tâna thî chu ni tho mah se, mi tam tak chu boralna leh, chatuana thihna kawng zâu lamah an kal zâwk a ni tih chiang takin a sawi a nih kha (*Mat. 7:13, 14*).

Hêng Bible chângte hian miin Isuâa chhandamna thilthlâwnpêk an lo dawn dân engtin nge an sawi?

1 Johana 5:13-----

Matthaia 10:22-----

Johana 6:29-----

2 Petera 1:10, 11-----

Paula khân chhandamna thuthlung hi thuthlungtu pâwl pahnihten tih tûr an neih vê vê-na ang chî a ni tih a hre chiang hlê a. Tihhlum a ni têp tawh a nih tih a inhria a, chutih lâiin a thurualpui thin tam takte lah chuan an phatsan tawh bawk sî. Mahse, a thian hnâi berte zînga mi, Timothea hnênah khân heti hian a sawi a: “Kei zawng tûnah hian hlan tûra buatsaih fel diam kan ni ta, ka kal chhuah hun pawh a thleng tawh e. Intihsiaakna thâ chu ka bei zo tawh a, intlânsiakna kawng pawh ka tlân chhuak tawh bawk, rinna chu ka vawng reng tawh a ni; tûnah chuan felna lallukhum chu ka tân dahin a awm tawh a, chu chu rorêltu fel tak LALPAN chumi nî-ah chuan mi pê ang; ka hnênah chauh ni bîk lovin, a inlârna nghâkhleltu zawnng zawnge hnênah pawh a pe vek dâwn a ni,” (*2 Tim. 4:6–8*) tiin.

“Intihsiaakna thâ chu ka bei zo tawh a, intlânsiakna kawng pawh ka tlân chhuak tawh bawk; rinna pawh ka

vawng tawh bawk a, chuvâng chuan ka impeih tawh a ni.” Paula hian chhandamna chu dân thiltihte vâng ni lovin, rinna avâng chauh a ni zâwk tih thû hi a hre chiang hlê mai a. Chuvâng chuan, hê thû a sawi pawh hian a thil tha tih, a hlawhtlinna chante chu Pathian lawm hlawh nih phahna tûrah a ngai rêng rêng lo. Amah lo hmuaktu “felna lallukhum” chu Isuâ felna a ni a, chu chu rinnain a lo ta neih a, a thâwk tâwp thlengin a vawng zui ta zêl a ni.

Chhandamna chu keimahni thil tih tel miah lo, thilthlawnpêk ni tho mah se, a lo dawngtute leh lo dawng vê lotte inkârah eng nge danglamna awm? Hê thilthlawnpêk lo dawngtute hian eng nge tih tûr kan neih vê tâk thung le?

THAWH TANNÎ

Ngun Taka Ngâithlâ

January 9

Deuteronomi bu hi thlaléra kum sawmli zet zin kual tawh Israel thlah chhuân tharte hnêna Mosian inthlahna thuchah a sawi ziaka dah a ni a. Hêng thuchah a sawite hi Jeriko chhak Moab phâia a awm lâia a sawi a ni. Deuteronomi bu hi “Hriatrengna Lehkhabu” tia pawha sawi thin a ni a, chu chu a chhûngte thûte en hian a inhmehlê a ni.

Hê lehkhabu-ah hian Pathianin rinawm taka Israel mîte a lo hruai tawh dân chanchin a sawi a. Sinai Tlâng atanga Ram Tiam hnaih Kadesh-barnea inkâr an kal chhûng a thil tawnte sawiin, thlaléra kum 40 chhûng zet an zin kual dân leh, Pathian laka an hel fo thû te pawh a sawi bawk. Thu Sâwm Pêkte hi ziak nawn lehin, sâwma

pakhat pêk a tûl thû leh thawhlâwm in pui siam a tûl thu pawh a sawi leh bawk. A tum bulpui ber zâwk chu, Pathian thu zâwma a malsâwmna dawng tûra thurâwn pêk a ni a. Mosian Pathian chu A mîte ngaihsak thei leh ngaihsak duh niin a târ lang a ni.

Deuteronomi 28:1-14 chhiar la. Israel mîte hnêna malsâwmna ropui tak tak a tiamte chu eng nge ni? Mahse, chûng malsâwmnate chu an dawn theih nân eng nge an tih vê ngai awm thung le?

Mosian a mîte chu Pathianin an tân malsâwmna ropui dah a ni tih hre thiam tûrin a duh hlê a, chûng zînga thenkhat phei chu mihringte ngaiha mak tak tak a ni hlawm. A tawngkam hman, “Ngun taka in ngâithlâk chuan” tih hian chatuan nunna an chan dâwn leh dâwn loh chu Pathianin ti tûra a tihte an tih leh tih lohah a innghat a ni tih a lantîr a. Mi tin hian keimahni duh ang thlan theihna zalén kan nei theuh a ni tih a tilang bawk. Israel mîte kha hnam thlan an ni a, malsâwmna ropui tak tak leh thutiam ropui tak takte dawngtu an ni. Mahse, chûng malsâwmnate leh thutiamte chu thu delh kilh awm ngei a ni thung a. Lo pawm, lo dawn leh lo nunpui a ngai ve tlat mai.

Pathianin ti tûra a hrilhte hi an tâna thil tih harsa lutuk a ni hlawm lo bawk a. “Hê thupêk, tûna ka pêk che u hi in tân a har lutuk lo va, a hlat lo bawk che u a ni. ‘Kan hriata kan zawm theihna tûrin tu nge vânah min han kalsak ang, min han lâksak ang?’ tih tûrin vâna mi a ni lo va. ‘Kan hriata kan zawm theihna tûrin tuifinriat râlah tu nge min kalsak ang, min rawn rawn lâksak ang?’ tih tûrin tuifinriat râla mi a ni hek lo. In zawm theih nân thu

chuan a hnaih hlê che u a, in kâah leh in thinlungah a awm a ni,” (*Deut. 30:11–14*) a ti.

Pathian thutiamte-ah hian malsâwmna mai bâkah, an zawm loh chuan an chungah ânchhia a lo thleng dâwn a ni tia vaulâkna thûte pawh a awm tel bawk a (*Deut. 28:15–68*). A laka an hela thil sual an ti a nih chuan, an chungah thil tha lo a lo thleng ngei dâwn a ni.

Keini tûn lâi huna mîte tân hian Pathianin ti tûra min hrilhte “ngun taka ngaihthlâ” tih hi eng nge ni a awmzia ni ang?

THAWHLEHNÍ

LALPA Chu Châwimâwi Rawh U

January 10

Thufingte bû hi thil dik leh dik lo sawina ni ber lovin, finna leh âtna chungchâng sawina a ni mah zâwk a. Hê lehkhabu hi i chhiar chhuah vek a nih chuan, finnain hlâwkna a thlente leh âtnain chhiatnaa min hnuh luh thin dâñ i hre htiam ngei ang.

Thufingte 3:1–10 chhiar la. Hetah hian eng thutiam ropui tak takte nge hmuh? “I thil lo pung hmasa zawng zawngte” a tih hi a awmzia eng nge ni?

Pathian hi thil engkim neitu a nihzia kan pawmna leh, kan mamawhte min pe thîntu a ni tih kan rinna tihlan nân, kan thil neihte kan enkawlna kawngah Amah chu dah hmasa ber tûrin min phût a. Mahse, chu mai pawh chu ni lovin, Amah chu kan dah hmasa ber a nih chuan,

thil dangah pawh mal min sâwm zêl bawk dâwn a ni. Chumi kan tihna—Amah kan dah hmasak berna—chu rinna thiltih, Amah kan rinzia kan tihlanna, kan thinlung zawng zawnga LALPA kan rinzia leh keimahni hriatnaa kan inngah lohzia kan tihlanna a ni a. Kan hriat thiam phâk bâk leh a awmzia kan hriat theih miah loh thil eng eng emaw a lo thlen fo avângin, kan Pathiana rinna kan nghah a pawimawh tak meuh meuh a ni.

Mahse, kraws âia Pathian-ah leh A hmangaihnaa rinna nghat ngam tûra min hnehtu tûr thil dang a awm tûr a ni lo thung a. Min Siamtu (*Johana 1:1–4*) leh min tungdingtu (*Heb. 1:3*) mai pawh ni lo, min Tlantu pawh a ni bawk (*Thup. 5:9*). Isua zâra thil min pêk zozâite hi kan ngaihtuah a nih chuan, kan thil neiha a hmasa ber zêl Pathiana hnêna pêk kîr leh chu harsa kan ti ngâi lo vang.

“LALPAN sâwma pakhat hi A tâ a nih thu a sawi a ni mai lo va, A tâna dah hran a nih dân tûr pawh min hrilh bawk. I sumin LALPA châwimâwi la, i thil lo pung hmasa ber zawng zawngte nén’ tiin min hrilh a. Hetah hian kan sumte chu keimahni tân kan hmang phawt ang a, a la bâng zawngte chu—sâwma pakhat dik tak ni tho mah se—LALPA hnênah kan rawn keng tûr a ni tiin a sawi lo. Pathian chanpual chu kan dah hrang hmasa phawt zêl tûr a ni.”—Ellen G. White, *Enkawltu Tâna Thurâunte*, (1st Edition, 2008), p. 80.

Pathianin Amah kan dah hmasa ber a nih chuan, kan buhzêmte a lo khah tûr thu min hrilh a. Mahse, hei hi mak tak maia lo thleng tûr a ni lo thung. A awmzia chu, i zân mû chu zîngah i han tho ang a, a hmâ zawnga ruâk vek i buhzêmah chuan a khat tlatin buh a lo awm that dâwn tihna a ni lo.

Chutiang chu ni lovin, Bible-ah hian enkawltu thâ nih theihna tûra dân pawimawh tak tak awmte kan hmu hnem hlê a, ruahmanna fel tak neih leh sum leh pâi enkawl fîmkhur a tûlzia pawh kan hmu tam khawp mai. Pathianin kan chunga mawphphurhna a nghahte rinawm taka hlen chhuah hi kan tih tûr hmasâ leh pawimawh ber a ni.

Engtin nge sum leh pâi lama harsatna kan tawh lâi, rinawm taka awm kan tum mîk chung pawha kan buhzêmte a ruah huâi lâite hian Pathian-ah leh A thutiamante rinna nghah dân kan zir thiam theih ang?

NILÂINÍ

January 11

Sâwma Pakhat Thuthlung

Sâwma pakhat pêk leh Pathian nêna kan inlaichînna hian thlarau lamah inzawmna thûk tak a nei a. Israel mîte pawh kha Pathian thû an zawm that lâi leh rinawm taka sâwma pakhat an pêk thin lâi chuan an hmuingil thîn. Chutih lâiin, Pathian thû an zawm loh a, sâwma pakhat an pêk that loh lâi erawh chuan harsatna tam tak an tâwk thîn a. Pathian thû an zawm avânga hmuingilna an chan leh, an zawm loh avânga harsatna an tawh kha a inchhâwk chho reng niin a lang. Hetianga an rinawm loh chhûng eng emaw lâi hian Pathian chuan zâwlnei Malakia hmangin a mîte thû A rawn thlunpui ta a.

Malakia 3:7-11 chhiar la. Hêng chângâhte hian eng thutiamte leh eng ti tûra phûtnate nge awm?

Pathian chuan a mîte hnênah hian a hnêna an lo kîr leh a nih phawt chuan Ani pawh an hnêna a kîr ve leh nghâl tûr thu a hrilh a. ‘Engahte nge an kîr dâwn?’ tia an zawhna chu, “Sâwma pakhat leh thilhlantea min rûksak thin hi tâwpsan rawh u,” tiin a chhâng a, a chiang hlê mai. Anchhe phura an awm chhan bulpui ber chu, Pathian tâ an lo rûksak thin vâng a ni. Heti hian an ânchhe dawn tihkian a nih theih dân tûr pawh a hrilh nghâl bawk a: “Sâwma pakhat zawng zawng chu [a väiin] thawhlâwm inah rawn la rawh u. Chu chu in ti a nih chuan, vân tukverhte chu ka hawnsak ang che u a, malsâwmna dawn sên loh khawp hial ka vûr dâwn che u a ni,” (*Mal. 3:10*) a ti. Pathian malsâwmna chu kan buhzêma leng lo khawp hial lo dawng ta ila, engtin nge kan tih ang? Chutiang a nih chuan mi dangte puihna tûr sum leh pâi chuang liam kan nei tihna a ni a, Pathian ram zauhna atân pawh kan hmang thei bawk dâwn tihna a ni.

“I tâna thi tûra Amâ Fapa neih chhun ngei petu che chuan thû A rawn thlunpui che a. A malsâwmnate chu vûr che-in chumi chhâñ lêt nân chuan i sâwma pakhat leh thawhlâwmte kha a hnêna kîr leh tûrin A phût che a ni. Hemi thû-ah kher hi chu mi tû mahin ‘ka hre thiam vê lo’ tiin chhuanlam an siam a thiang lo. Sâwma pakhat leh thawhlâwm chungchângâ Pathian ruâhmanna siam chu Malakia 3-naah hian chiang takin târ lan a ni. Pathian chuan Amah zuitute chu anmahni nêna inremna thuthlung A lo siam tawhte zah tûrin min beisei a, chumiina a phût chu hlen chhuak ngei tûrin a sâwm bawk a ni.”—Ellen G. White, *Enkawltu Tâna Thurâunte*, (1st Edition, 2008), p. 74.

Pathian mîten Pathian thû an zawm that hun chu lal tha leh fel Hezekia rorêl lâi khân a thleng a. Hemi chhûng hian Judai ramah harh tharna dik tak thlengin an sâwma pakhat leh thâwmmlâwmte chu rinawm takin Pathian ina thawhlâwm bâwmah chuan an râwn chhûng khâwm ruih ruih mai a. Pathian biak inah chuan a vûm ta thûr mai a ni âwm e. 2 Chronicles 31:5 chhiar ila, Israela thlahten “an buh te, uain te, hriak te, khawizû te, an lova thil hâw hmasa berte an rawn pêk teuh teuh a, an engkima sâwma pakhat an rawn pêk vek” hnû-a thil lo thleng ta chu kan hmu ang.

Engtin nge sâwma pakhat i pêk dân khân (i pe thâ emaw, tha lo emaw) nangmâ thlarau lam dinhmun leh Pathian nêna in inzawmna a sawi fiah le?

NINGÂNÎ

Zawng Hmasa Phawt Rawh U

January 12

Isua kha “mipui vântlângten lâwm takin a thu sawi an ngâithla thin” tiin Marka chuan a sawi a (*Marka 12:37*). Isua zuitu leh A thusawite ngâithla thîntu mipui pungkhâwm zînga a tam ber kha mi vântlâng, nang leh kei ang hi an ni. Anni hi tlâng panga a lo hrâi puâr tawh leh, tlâng chunga A thu sawi lo ngâithla tawhtute khân a ni a. An hnêna Isuan A sawi chu hetiang deuh hi a ni: *In chhûngkaw châumna tûr in ngaihtuah hlê tih ka hria. Nî tina in ei leh in tûr in lungkham a, silh leh fên tûr pawh in mamawh bawk a ni tih ka hai lo. Mahse, hei hi rawtna ka siam chu a ni.*

Matthaia 6:25–33 chhiar la. Hetah hian eng thutiamte nge min pêk a, chûng thutiamte chu kan chan theih nân eng nge tih vê tûr kan neih le?

Pathian thutiamte zînga tam tak hi chu, Pathian leh keimahnin tih tûr kan neih tawnna a ni a. A awmzia chu, malsâwmna dawng tûrin keimahni paw'n kan tih tûrte kan tih vê a ngâi tihna a ni.

Isaia 26:3 chhiar la. Pathian thlamuânnna kan chan theih nânna kan tih tûr awm chu eng nge ni?

1 Johana 1:9 chhiar la. Kan sualte kan puâna Isuan A tih tûr chu eng nge ni?

2 Chronicles 7:14 chhiar la. Pathianin A mîte tâna tih A tiam chu eng nge ni a, A mîten tih vê tûr an neih chu eng nge ni?

Hêng Bible chângahte leh châng dang tam takahte pawh, Pathian chu engkim chunga thuneitu, min Siamtu leh min enkawltu ni tho mah se, chhandamna pawh thilthlâwpêk niin chhandam kan nihna kawngah hian eng mah tih nei vê lo mah ila, hê leia indona ropui kal mîkah hi chuan tih tûr pawimawh tak kan nei vê a ni tih kan hmû. Pathianin a thlâwna min pêk duhthlanna zalêñ leh thianghlim tak hi hmangin, Thlarau Thianghlimin min hrilh chu zui kan thlang ang a, Pathianin ti tûra min hrilh chu kan zâwm bawk tûr a ni. Pathian chuan malsâwmnate leh nunna min tiam ngei mai a, chutih rual chuan ânchhia leh thihna pawh kan thlang zâwk thei tho bawk. Chuvâng chuan, “Chutichuan, nangni leh inthlahte in nun theih nân nunna chu thlang rawh u” (*Deut. 30:19*) min ti rêng a ni.

ZIRTÂWPNI*January 13*

Zir Belhna: "Khawvêl hun then hrang hrangah khân, Pathian mîten sâwma pakhatah leh thilpêkte leh thawhlawmah lâwm tak leh phal taka Pathian ruahmannan an hlen chhuah apiangin, Pathian thil phûtte an zawm chuan an kut hnathawhah an hmuingil zêl dâwn a ni tih thutiam chu a takin an hmu thin a. Pathianin A hauh chinte an hriat a, A thilphûtte an zawm a, an sum leh pâia Amah an châwimâwi chuan, an buhzêmte tikhahin a awm thin. Chutih lâiin, sâwma pakhat leh thawhlawmtea Pathian an rawk a nih erawh chuan, Amah chauh ni lovin, anmahni ngei pawh an inrawk tel tih hriat chhuahtîr an ni thin a. A hnêna thawhlawm an pêk zât ang mil zêlin anmahni mal A sâwmna pawh A titamin A titlêm vê mai thin a ni."—Ellen G. White, *Testimonies for the Church*, vol. 3, p. 395.

Bible hian rinna avâng chauha chhandam kan nih thû a sawi chiang hlê a, chu chu Pathian khawngaihna thilthlawnpêk a ni. Pathian thupêkte kan zawmna hi Pathian khawngaihna kan chhân lêtna a ni a; kan hlawh chhuah a ni lo (hlawh chhuah lo ni ta ang se, khawngaihna a ni lo ang (*Rome 4:1–4 en la*).

Pathianin thu min rawn thlunpui hi kan en chuan, malsâwmna kan chan tûrte leh, kan mamawhphurhnate kan hmû ang. Pathianin pêk min tumte kan lo chhân lêtna hmang hian Amah nêna kan inzawmna chu kan tinghet a, chu chauh pawh ni lovin kan hma lam hun pawh kan tichiang nghâl bawk a ni. Thuâwihna—Pathian rawngbâwlna leh a laka rinawmna—hi zirtîr nihna chhinchhiahna dik tak a ni a. Rinna chuan thuâwihna lak atâ min chhuah zalêñ ni lovin, Kristâ khawngaihna

chang thei tûrin min siam zâwk thîn, chu chuan Pathianin kan laka A beisei thuâwihna nei thei tûrin min tanpui bawk.

Sawi Ho Tûrte:

1. **OEAdventist zawng zawngte hi sâwma pakhat pêk kîr kawngah rinawm vek ni ila chu, kan kohhran hian kan thuchah ken puan darhna atâna kan mamawh zât âia tam pawisa kan nei ang tiin an sawi thin a. Eng tiangin nge kohhran hi ti tûra koh a nihna hlen chhuak thei tûrin sâwma pakhat leh thawhlawmte hmangin i lo tanpui vê thin?**
2. **Pathian nêna kan inlaichîn tawnna kawngah hian kan duhthlanna leh kan thiltihten pawimawhna lâi an nei a ni tih thû hi ngun takin ngaihtuah la. Engtin nge dân zawm avânga chhandamna hlawh chhuah tumna thangah âwk sî lovin, thil tha tih leh thuâwihna hi—sâwma pakhat pêk leh enkawltu thâ nihna pawh telin—kan ngaih pawimawh a ngâi a ni tih kan hriat theih ang?**
3. **ŽIn class-ah Thawhlehni zirlâi tâwpa Pathian laka kan rinawm lâi ngîi pawhin harsatna kan tawh theih tho thû leh, chutiangah chuan Pathian thutiamhte rinna kan nghah a tul thû kha sawi ho leh ula. Chutiang hun a lo thlen châng chuan engtin nge beidawng lova awm dân kan thiam theih ang?**

ZIRLÂI 3

JANUARY 14–20, 2023

SÂWMA PAKHAT THUTHLUNG

CHÂNGVAWN: “Ka inah ei tûr a awm theih nân sâwma pakhat zawng zawng chu thawhlâwm inah rawn la rawh u; vân tukverhte chu hawnsak che uin, malsâwmna dawn sên loh khawp hial ka vûr dâwn che u nge dâwn lo che u mi han fiah teh rêng u’ Sipaihote LALPA chuan a ti,” (*Malakia 3:10*).

SABBATH CHAWHNÛ

January 14

Chhiar Tûrte: *Genesis 14:18–20; Leviticus 27:30; Deuteronomi 12:5–14; 1 Lalte 17:9–16; Malakia 3:10; 1 Korin 4:1, 2.*

GENESIS 14-ah Abram an lal pali tangrualten Sodom khawpui an rûn tuma an man, a ûnaupa fapa Lota-te chhüngkua bâkah, mi dangte a va chhan chhuah thû kan hmû a. Hetianga a khua leh tuite a chhan chhuahsak avâng hian, Sodom khaw lal pawh a chungah a lâwm hlê mai. Lal pali tangrual sipaiten Sodom khua atanga sum an lâk a rawn chhuahsak lehte chu nei vek tûrin a ti a. Mahse, Abrama hian a la duh lo, lâk ahnehin Melkisedeka hnênah amâ thil neih sa atang pawhin sâwma pakhat a pe zâwk a ni.

Sâwma pakhat a pêk hnû lawk khân, LALPAN a hnênah hê thû hi a sawi a: “Abrama, hlâu suh, kei hi i phâw leh i lâwmman nasa tak mai ka ni asîn” (*Gen. 15:1*) tiin. Tawngkam danga sawi chuan, LALPAN, “Abram hlâuthâwng H-3

rêng rêng suh. Nangmah vêng himtu che leh i mamawhte petu che kan ni dâwn alâwm” tiin a sawi a ni. Chutichuan, hemi hnû daih hian Mosia pawhin Kanaan rama lût mai tawh tûr Israel fâte kha, “Kum tinin in lova thlai hâw zawng zawng sâwma pakhat chu in dah hrang zêl tûr a ni a . . . LALPA in Pathian chu tih nachâng in lo hriat fo theih nân,” (*Deut. 14:22, 23*) tiin a lo hrilh bawk a.

Ellen G. White-i chuan heti hian a lo ziak: “Mosia hnêna pêk dân tûr phung fel tak hrilh a nih hmâ, Adama-te hun lâi daih tawh pawh khân sâkhaw thila hman tûrin mihringte chu Pathian hnêna thilpêkte pe thîn tûra phût a lo ni daih tawh a ni.”—*Testimonies for the Church*, vol. 3, p. 393.

Hêng Bible thûte leh Ellen G. White-in a lo sawite hi keini tûn läi huna mîte tân hian eng nge a awmzia ni ve ta ang?

SUNDAY

January 15

Hmun Sâwma Then Hmun Khat

Sâp tawng thumal awmzia hrilh fiahna bûte (dictionaries) chuan “tithe” tih awmzia chu “thil eng emaw hmun sâwma thena hmun khat” tiin an dah hlawm a; Mizo tawnga “sâwma pakhat” kan ti hian a awmzia a phawk chhuak tha viau mai. Hê hrilhfiahna tawngkam hi Bible thawnthu atanga chher chhuah niin a lang a. Sâwma pakhat chu kan thawh chhuah emaw, thil neih lo pung emaw hmun sâwma thena hmun khat Pathian hnêna kan pêk kîr leh hi a ni. A chhan pawh kan thil neihte hi a zavâiin Pathian tâ vek a nih vâng a ni.

Israel mîte hnêna sâwma pakhat an pêk a ngaih thû hriattîrna châng hian sâwma pakhat chu a thianghlim bâkah, Pathian tâ a ni tih chiang takin a sawi a (*Lev. 27:30, 32 en la*). Pathianin A phût chu Amâ tâ ni sâ atanga hmun sâwma then hmun khat chauh a ni. Kan lâwm avânga thawhlâwm kan thawhte hi chu sâwma pakhat nêñ ngaih pawlh tûr a ni lo va, sâwma pakhat belchhahna ang a ni zâwk. Chuvângin, sâwma pakhat hi Kristian kan nih anga kan pêk ngei tûr a ni a. Bible khawi lâiah mah hian Pathian chanpuâl chu hmun sâwma thena hmun khat âia tlêm a nih thû kan hmu lo.

Genesis 14:18–20 leh Hebrai 7:1–9 chhiar la. Abramán Melkisedeka a hmuh khân eng thil nge a tih? Chû a thil tih chuan sâwma pakhat pêk hi an lo chîn tanna a rei tawh hîe tih engtin nge min hrilh?

Bible-a sâwma pakhat chungchâng sawi lanna hmasa ber chu Genesis 14 hi niin, chu chu Mekisedeka leh Abrama-te an inhmuh thû a ni. Chutiangin, Bible-a sâwma pakhat sawi lanna hnuhnung ber chu Hebrai 7 niin, chutah pawh chuan Mekisedeka leh Abrama-te inhmuh thû tho kan hmu leh bawk (*Heb. 7:1–9 en la*). Mahse, Hebrai Lehkhathawnah hian Mekisedeka leh Krista kha Levia hnama mî a ni lo vê vê tih kan hmû a; chuvâng chuan sâwma pakhat pêk hi puithiam chî ni tûra Levia thlahte puan a nih hmâ daih khân an lo chîng tawh a, puan an nih hnu-ah pawh chîn zêl a ni ta bawk tih kan hre thei. Chu bâkah, sâwma pakhat pêk hi Juda-te chauhin an tih thin a ni bik lo va, Sinai Tlângâ Mosian sâwma pakhat pêk dân tûr a ziah hmâ daih pawh khân an lo pe tawh thîn a ni.

Genesis 28:13, 14, 20–22 chhiar la. Pathianin Jakoba hnêna tih A tiam chu eng nge ni a, chu chu engtin nge Jakoban a lo chhân lêt?

Jakoban a û Esauva thinrim hlâuva an in a tlân chhuahsan lái khân, zan khat chu mumang neiin, chu a mumangah chuan vân tawnga indawh chho zui mai leilâwn hi a lo hmû a. Chu leihlâwn chu vântirkohten zawhin a then an lo chhuk a, a then an chho zut zut mai a ni. Leilâwn chhîpah chuan Pathian a ding a, ani chuan Jakoba chu biain, A awmpui reng dâwn a, a inah la hruai hâw leh ngei dâwn a ni tih A hrilh a. Khâmi zân khân Jakoba khân piantharna dik tak changin, “LALPA chu ka Pathian a ni ang a . . . thil mi pêk tûr zawng zawngah chuan sâwma pakhat ka pe ngîi ngîi ang che,” (*Gen. 28:21, 22*) tiin a Pathian hnênah a sawi ta a ni.

Eng vângin nge sâwma pakhat pêk hi, Sabbath serh ang tho hian hmân lâi Israel dân emaw, sâkhaw biakna emaw-a rawn intan mai a ni lo tih hi hriat a pawimawh êm êm? Keini Isua thih hnu lama mîte hian, hê thutak atang hian eng thuchah nge kan lâk chhuah ang?

THAWH TANNI

Thawhlâwm In Chu Khawi Nge?

January 16

Malakia 3:10 chhiar la. Hê châng atang hian kan sâwma pakhat kalna tûr hmun chungchângah hriat theih eng nge kan neih?

He lâi thû-ah hian sâwma pakhat kalna tûr chu a chipchiarin sawi ni lo mah se, Pathian mîte chuan

Pathianin “thawhlâwm in” A tih awmzia hi an hre thiam tho a ni tih a chiang a. “Ka inah ei tûr a awm theih nân” tiin a sawi. Pathian mîte chuan Pathian in chu biak bûk a ni tih an hre thiam nghâl mai a—chu biak bûk chu Sinai Tlânga an awm lái khân Mosia hnêna a sak dân tûr A hrilh ang taka an sak a ni. A hnû daih, Israel-ten Ram Tiam an luah tâkah khân biak bûk chu Siloh hmunah eng emaw chen dah phawt a ni a, chumi hnû chuan Jerusalem-a awm Pathian biak inah dah a ni ve leh ta a ni.

Deuteronomi 12:5–14 chhiar la. Hêng chângte hian Pathianin A mîte chu anmahni duhna hmun hmunah an sâwma pakhatte an chhûn luh vê ngawt a phalsak loh thû a sawi a. Heta tang hian hian keini tûnlâi huna mîte hian thu pawimawh zir chhuah tûr kan nei em?

Pathian chhûngte zînga mi kan nih angin, kan sâwma pakhatte hi Pathian duh dân anga pêk leh hman kan duh a. Bible kan chhiar chuan, Pathian mîte chu kum tin vawi thum—Kalhlên Kûtah te, Pentikost-ah te leh Bâwkte Kûtah te (*Exod. 23:14–17*)—Jerusalem-ah zinin, an sâwma pakhat leh thâwhlâwmte keng a, Pathian fak leh chibai bûk tûra beisei an ni tih kan hmû a. Chûng sâwma pakhat an rawn ken khâwmte chu Levia chîten lo dawngin, Levia chî ni vê tho Israel ram hmun hrang hranga awmte hnênah an sem darh ta thîn a ni (*2 Chron. 31:11–21; Neh. 12:44–47; Neh. 13:8–14 en la*). Hetiang deuh chiah hian, Seventh-day Adventist Kohhran chuan conference te, mission te, union te hi khawvél pum huap kohhran âiawha thawhlâwm in ni tûrin a ruat a, chuta tang chuan rawngbâwl hnâ thawkture hnênah an lâwmman tûr sem an ni thîn.

Kohhran member-te tâna a remchân zâwk avângin sâwma pakhat leh thâwhlâwmte chu mahni lâwina kohhran theuhah Pathian chibai bûk tûra kan lo kal khâwm pahin kan theh lüt mai zêl a; chutih rual chuan online-a pe thîn pawh an awm tho bawk. Chutichuan, tuâlchhûng kohhrana sum vawngtuten anmahni conference thawhlâwm inah an lo pe chhâwgng vê leh thîn a. Hetiang sâwma pakhat kan kaltîr hi Pathianin a ruangâm min lo siamsak leh pawmsak niin, khawvél pum huapa kan hnathawh tisâwttu pawh a ni bawk.

Mi tinte hian an sâwma pakhatte hi Adventist kohhranah ni lovin an duh duhte hnênah pe ta zâwk theuh mai sela kan kohhranah eng nge lo thleng ang? Engati nge chutiang chu ngaih dân tha lo tak, Pathian Lehkhabu-in min zirtîr dân nêñ pawh inkalh a nih?

THAWHLEHNÎ

Sâwma Pakhat Hmanna Tûr

January 17

Leviticus 27:30 leh Nambar 18:21, 24 chhiar la. Pathianin sâwma pakhat hmanna tûra A ruahman chu eng nge ni?

Pathian chu thil engkim neitu a nih avângin (*Sâm 24:1*) sum leh pâi A mamawh vê lo tih a chiang a. Nimahsela, sâwma pakhat hi Ama tâ a nih avângin eng tia hmang tûr nge kan nih tih min hrilh thung. Chanchin tha rawngbâwl hnâ thawhna atân hman tûr a ni a. Pathian chanpual sâwma pakhat hmang hian rawngbâwlute mamawh kan phuhrûksak tûr a ni.

Thuthlung Hlui hun láia rawngbâwl hnâ thawktu Levia chîte kha hnam dangte angin ram zâu tak tak pêk an ni vê lo va. Khawpui erawh 40 vêl pêk niin, chûng khawpui bul hnâi vêlahte chuan an ran vulhte tlatna tûr leh, chuktuah huan han siamna tûr ram ruâk a awm vê bawk. Hnam dangte sâwma pakhat thawh khâwm chu an intunnuna a ni a, anmahni pawh hian an thawh chhuah atangin sâwma pakhat an pe vê tho bawk a ni.

Tirhkohte 20:35 chhiar la. Hetah hian eng thu pawimawh tak nge Paulan a sawi a, chu a thu sawi chuan sâwma pakhat hman dân tûr nêñ eng nge inzawmna a neih?

Sâwma pakhat pêk hi thil pawimawh tak a nih chhan chu, Pathian nêna inzawmna nghet nei tûr leh, Amah chu rinchhan ngam tûra min tanpuitu a nih vâng a ni. I thawh chhuah hmun sâwma thena hmun khat lo dah hran chu (Pathian tâ ni tho mah sela) rinna thiltih dik tak niin, chutianga i ti a nih chauh chuan i rinna a thang zêl thei ang.

Entîr nân, tâwpna hun chungchâng hi han ngaihtuah chhin la, chutih hunah chuan Thupuan 13 &14-a kan hmuh angin, mi rinawmte chu thil an lei emaw, an hrâlh emaw phalsak a ni dâwn lo. Pathiana rinna nghah tawp mai leh, A enkawlña, A thiltihtheihna leh A hmangaihna hmachhuan chu khawvél zawng zawng hian min do rawn ta emaw tih mai tûr hun a thlen huna thil pawimawh ber tûr a ni ang. Rinawm taka sâwma pakhat pêkna hian chutiang rinna chu nei tûr min pui thei a. Chumi hun a

thlen hmâ pawhin, eng dinhmunah pawh ding mah ila, Pathiana rinna nghah dân kan zir thiam hi thil pawimawh tak a ni tho tho a ni.

Rinawm taka sâwma pakhat pêk a tûl chhan dang pakhat chu, Pathianin malsâwmna min lo tiame kha a taka kan chan theih phahna a ni. Sâwma pakhat thuthlungah hian, Pathian chuan kan dawn sén loh khawpa tam malsâwmna min vûr A tiam a. Chûng kan thawh chhuah chuang liamte hmang chuan mi dangte puiin, Pathian hnathawh kan tichak lehzual sawt thei dâwn bawk a ni.

Eng tiang kawngtein nge “dawn âiin pêkin luhkhâwng a nei zâwk” tih thu ropui hi a takin i lo chan vê tawh le?

NILÂIMI

January 18

Chhiah Kan Pêk Hmain Nge Pêk Hnuah Zâwk?

Dârkâr bî emaw, thla bî emawa hlawh la kan nih chuan, kan “hlawh” atangin sâwma pakhat kan pêk tûr zât chu kan chhût mai ang a. Mahni kutkawiha ei zawng leh sumdâwnna khawih kan nih erawh chuan kan hlêp atangin kan chhût vê thung mai tûr a ni. Ram tam takah chuan an sawrkârin hnathawktute hlawh atangin chhiah a lâ a, chu chu ram mipuite mamawh, entîr nân, anmahni vênhimna atân te, kawng siamna atân te, lei dawhna atân te, hna nei lote tanpuina atân te a hmang leh thin. Zawhna awm ta chu: kan hlêp atanga sawrkârin chhiah a lâk hmâin nge ni anga a lâk hnû-ah zâwk sâwma pakhat kan pêk ang tih hi a ni. Mahni kutkawiha eizawng leh sumdâwnna eng emaw tîte chuan, an hlawh chhuah zât

an hriat theih nân an sênso zawng zawng an paih ang a, chumi hnû-ah chuan sawrkâra chhiah an pêk tûr zât an dah hrang leh ang.

Kohhran member-te zînga sâwma pakhat pe thînte an zirna atangin, Seventh-day Adventist tam zâwk hi chuan an sum lâk luh zawng zawng atanga chhütin sâwma pakhat an pe thin tih hmuh chhuah a ni a, a awmzia chu sâwrkâra chhiah an pêk tûrte an dah hran hmain an pe thin tihna a ni.

1 Lalte 17:9–16 chhiar la. Hê hmeithâi hi a ina Elijâ rawn kal hmâ khân eng dinhmunah nge a lo din? Amah leh a fapa ei tûr a siam hmâa Elijan ti hmasa phawt tûra hrilh chu eng nge ni? Hê thû atang hian sâwma pakhat pêk chungchângah zirlâi zir chhuah theih kan nei em?

Zarefat khaw hmeithainu hnênah khân Pathian chuan amah hmu tûra Pathian mi pakhat a lo kal tûr thu a hrilh a (*1 Lalte 17:9*). Elija a lo thlen chuan a khawsak harsatzia a lo hrilh a. Elija khân tui in tûr a dîl phawt a, chumi zawh chuan, “Hlâu ma ta che, i sawi ang chuan va ti ta la; mahse, chumi chuan chhang tê tak tê mi han siamsak phawt ang che; chu chu mi rawn lâk la; chumi zawh chuan i tân leh i fapa tân i siam vê leh dâwn nia. LALPA, Israel-te Pathian chuan heti hian a ti, ‘LALPAN lei chungah ruah a rawn súrtir hmâ loh chuan chhangphut bél chu a ruâk chuang lo vang a, hriak ûm pawh a kang hek lo vang,’ tiin a hrilh a (*1 Lalte 17:13, 14*).

Elija khân amâ hmâ a sial nge ni a, Zarefat hmeithâi hi a rinna a fiahsak—rinnaa a kal theih nân kawng a hawnsak—zâwk? A chhânnna chu a chiang mai âwm e.

Sâwma pakhat chu kan hlêp zawng zawng atangin nge kan pêk anga, chhiah kan pêk hnû-a la bâng zawng atang zâwkin ni ang tih thû-ah chuan mi mal duhthlanna ni mai se. Kohhran pawhin chutiang chuan tih tûr tiin dân a siam lo va, a siam tûr pawh a ni chiah lo bawk. Keimahni theuhin duhthlanna kan siam a ngâi a. Eng pawh ti ila, kan tih dân ang ni lova lo ti vê an awm a nih pawhin kan sawisêl tûr a ni chuang lo. Mi mal tinte hian Pathian hnênah chauh chhânnna kan pêk a la ngâi dâwn a. “Mi tin hi eng zât nge kan sum lâk luh zât tih thû-a thutlûkna siamtûr theuh kan ni a, kan phal zât zâta tam pe tûrin zalënna min pe bawk a ni.”—Ellen G. White, *Testimonies for the Church*, vol. 4, p. 469.

Engtin nge sâwma pakhat pe ngâi miah lo hnênah sâwma pakhat pêk avânga malsâwmna lo tleng thînte hi i hrilh fiah ang? Chûng malsâwmnate chu eng nge ni a, engtin nge sâwma pakhat pêk hian i rinna a tichak leh zual sawt thin le?

**NINGÂNÎ
Rinawm Taka Pêk**

January 19

1 Korin 4:1, 2 chhiar la. Keini Pathian fâte leh A malsâwmna kan dawn enkawltute hi eng ang mî nge ni tûra phût kan nih?

Kan sâwma pakhata rinawm tih hi eng nge ni a awmzia ni ang? Tûn kárah hian sâwma pakhata thil pawimawh deuh deuhte kan sawi tawh a nih kha. Chûngte chu:

1. A zât—chu chu kan sum lâk luh emaw, kan thil neih lo pung emaw hmun sâwma thena hmun khat a ni.
2. Thawhlâwm ina ken—chumi hmun atang chuan chanchin tha rawngbâwl hna thawktûte hnênah lâwmman pêk thin a ni.
3. Kan thawh chhuah hmasa ber hmanga Pathian châwimâwina a ni.
4. A hmanna tûr dik taka hman—chu chu rawngbâwl na atâna hmang tihna a ni.

A hmasa pathumte hi kohhran member kan nihna anga kan mawhphurhna a ni a; a hmanna tûr dik taka lo hman chu thawhlâwm in enkawltute mawhphurhna a ni vê thung. Kan thawhlâwm thawh dangte ang lo takin, sâwma pakhat hi chu keimahnin kan lo hmang then ve ngawt thiang lo va. Sâwma pakhat pêk leh thawhlâwm in enkawl hi keimahni mihringte mawhphurhna a ni. A tehfungte hi keimahni siam ni lovin, Pathianin A siam zâwk a ni a. Kan thil neih lo “pung” atanga zâa sâwm a kim thata kan pe lo a nih chuan, sâwma pakhat dik tak kan pe lo tihna a ni ang; chutiangin, “thawhlâwm ina” zâa sâwm ka theh lût lo a nih chuan, Pathian ka rawk tihna a ni bawk ang.

Matthaia 25:19–21 chhiar la. Eng tikah nge Pathian sumte kan enkawl dân hi sawi fiah tûra koh kan nih ang? Sum enkawl kawnga rinawm takte hnênah khân Pathianin eng thû nge a sawi?

“Sâwma pakhat zawng zawng thawhlâwm inah rawn la rawh u’ (*Malakia 3:10*), tih hi Pathian thupêk a ni a. A chunga kan lâwm vâng emaw, kan thilphal vê hrim hrim

vâng emawa pe tûrin min ngên lo. Hei hi chu rinawm leh rinawm loh thû hlâ a ni zâwk. Sâwma pakhat hi LALPA tâ a ni a; Amâ tâ chu A hnêna pe kîr leh tûrin min ti mai a ni.”—Ellen G. White, *Education*, p. 138.

Pathian sum enkawlsaktu nih hi hamthatna ropui tak a tling a—mawhphurhna sâng tak pawh a ni bawk. Ani chuan mal min sâwmin min enkawl thin a; mahse, kan thil neih lo pungte atang hian hmun sâwma thena hmun khat chiah a hauh thung. Chu A chanpual sâwma pakhat chu hmân lâi Israel mîte hun lâia Levia hnamte tâna a hmang ang khân, rawngbâwl hna thawktute tân a hmang thin a ni.

Mi thenkhat chuan an sâwma pakhat thawhte kohhranin a lo hman dân chu dik lo an tih avângin sâwma pakhat thawh an duh tawh lo va, kohhrana chhûn luh âi chuan thil tha dang tihna atâna hman daih mai te an duh bawk. Mahse, khawi hmunah nge Pathianin, “Sâwma pakhat zawng zawng thawhlâwm inah rawn la ula, mahse chu chu thawhlâwm in enkawltuten dik takin an hmang a ni tih in hre chiang a nih chauhin ni rawh se” tih thû A sawi le?

Zir Belhna: Ellen G. White-i lehkhabu, *Enkawltu Tâna Thurâwnte*, pp. 65–107-a Study Section III chhiar ni se.

“Kan mîte sâwma pakhat zawng zawngte hi a nih dân tûr ang takin LALPA sum bâwmah lût vek chu ni se malsâwmna tam tak an dawng ang a, hna thienghlim thawhna atâna hman tûr thilpêkte leh thawhlâwmte pawh

a lêt sâwmin a lo pung ang. Chutichuan, Pathian leh mihring inkârah inbiak pawhna tha takin hawn a ni zêl dâwn a ni.”—Ellen G. White, *Testimonies for the Church*, vol. 4, p. 474. Hê thû hi a ropui ngawt mai. Kan zavâi hian rinawm taka sâwma pakhat pe thîntu kan nih chuan, a lêt sâwma kan thawhlâwm a lo pun theih nân Pathianin mal min sâwm dâwn a nih chu!

“Malakia 3 hian Pathianin mihringte thû A thlunpui thû kan hmû a. Hetah hian LALPAN sâwma pakha pêk kîr leh, thawhlâwmte thawh kawnga rinawm tak takte chu malsâwmnain A vûr dâwn a ni tih chiang takin a sawi.”—Ellen G. White, *Review and Herald*, December 17, 1901.

“Mi zawng zawngin kan laka Pathianin A phût hi mi dangin thil phût an neih vête âia pawimawh hmasa ber a ni tih an hre reng tûr a ni. Ani chuan thil tam tak min pê a, mihringte thû A thlunpui dânah chuan a thil neih hmun sâwma thena hmun khat chu A chanpual niin, A hnênah an kîr leh tûr a ni. LALPAN A khawngaihnain A sum enkawltute kutah A sum A dah a; nimahsela, sâwma pakhat chungchângah chuan ‘Hei hi chu keimâ tâ a ni’ a ti kher thung. Mihringte hnêna A tâ a pêk tam dân azir zêlin mihringte pawhin A hnênah rinawm takin Amâ tâ atanga sâwma pakhat chu an pe kîr leh tûr a ni a. Hê ruâhmannâ hi Amah Isua Krista ngeiin a siam a ni.”—Ellen G. White, *Testimonies for the Church*, vol. 6, p. 384

Sawi Ho Tûrte:

- OE**Sâwma pakhat pêk hi hmân lâi Israel mîte chîn chhuah a ni lo tih thû hi ngun takin ngaihtuah la. Engtin nge hê thu dik tak hian Pathian laka kan bat**

sâwma pakhat pêk hi kumkhua atân a ni tih hre thiam tûrin min tanpui?

2. **In class-ah Thawtanni zirlâi tâwpa zawhna kha sawi ho leh ang che u. Kan sâwma pakhatte hi kohhranah ni lovin, hmun dangah pe ta zâwk ila, eng nge lo thleng ang? Kohhran hi a la awm reng thei ang em? Mi thenkhat chuan, Keia sâwma pakhat vê hi chu a tlêm êm mai a, a tangkâi tham lo vang tiin an sawi thîn a. Chutiang ngaih dân chu nei ta theuh ila, engtin nge ni ang?**
3. **ŽSâwma pakhat i pêk atanga i thil zir chhuah leh malsâwmna i lo chan dân kha mi dangte hnênah hrilh vê la. Sâwma pakhat pêk hlâwkzia inhrilh tawn tûr in nei hlawm em?**

ZIRLÂI 4

JANUARY 21–27, 2023

ISUÂ TÂNA THAWHLÂWMTE

CHÂNGVAWN: “**Ka chunga a thiltih that zawng zawng avâng hian LALPA chu eng nge ka pêk vê ang? Chhandamna no ka lâ ang a, LALPÂ hming chu ka lam ang. Ka thutiamte chu LALPÂ lakah ka hlen ang?**” (*Sâm 116:12–14*).

SABBATH CHAWHNÛ

January 21

Chhiar Tûrte: *Deuteronomi 16:17; 1 Chronicles 16:29 Sâm 116:12–18; Marka 12:41–44; Marka 14:3–9; 2 Korin 9:6, 7.*

SAWMA PAKHAT kan pêk bâkah thawhlâwm a awm leh bawk a, chu chu Pathian hnêna A chanpual kan kîr hnua a la bâng zâa sawmkua atanga kan thawh thin hi a ni. Hei tak hi kan thilphal leh thilphal loh a lo lanna chu a ni. Hmân lâi Israel mite khân thawhlâwm chi hrang hrang an thawh thin a, chûngte chu Pathian khawngaihna an dawn chhân lêtna atâna an thawh sual thâwina thil hlan te, Pathian vênnna an dawn avânga an lâwmzia an tihlanna lâwmna thawhlâwm te, hrisêlna, hmuingîlna leh Pathian enkawlna an dawn avânga lâwmthu an sawina te a ni. Hêng bâkah hian mi rethei tanpuina atâna an thawh te, Pathian chibai bûkna in sak nân leh enkawlna atâna an thawh te pawh a la awm bawk.

Pathianin malsâwmna min vûr hnemzia kan ngaihtuah chuan thawhlâwm kan thawhte hi biak in tuala motor hûnna tûr siam nân emaw, zâipâwl kawr lei nân emaw

maia hmang tûr kan nih lohzia kan hre ngei ang. Kan thawhlâwmte hi kan tâna Pathianin thil A tihte, a bîk takin Isuâ inhlanna kan chhân lêt vê-na a ni a. “Ama’n min hmangaih hmasak avângin kan hmangaih a ni,” (*1 Johana 4:19*). Chutichuan, kohhran hian—tual chhûng kohhran a ni emaw, Conference a ni emaw, General Conference a ni emaw—kan thawhlâwm thawh khâwmte chu Pathian hnâ tihhmasâwn zêl nân a lo hmang thin a ni.

Tûn kár chhûng hian Bible-in thawhlâwm chungchâng a lo sawi dân leh, Pathian hna thawhna atâna kan hman dân tûr chungchâng kan en ho dâwn a ni.

SUNDAY**Pêk Chhan Tûr**

January 22

Pathian kan hmangaih chhan chu Ama’n min hmangaih hmasak vâng a ni a. Thawhlâwm kan thawh hi A thilhlâwnpêk, Isua kan dawn kan lo chhân lêt vêna a ni. Dik tak chuan, “*LALPAN* kan thawhlâwmte hi a mamawh lo va. Kan thilpêkte hmang hian Amah chu kan tihausa sawt thei hek lo. Davida pawhin, ‘Thil zawng zawng hi i hnêñ atanga chhuak a ni a, i tâ chu kan rawn pe lêt leh mai che a ni’ tiin a lo sawi kha. Pathian chuan A khawngaihna kan dawn zo zâite hi kan ngâihlu a ni tih mi dangte tâna kan inhlanna hmanga kan tiilan min phalsak a. Chu chu Pathian chunga kan lâwmzia leh, Amah kan hmangaihzia kan tiilan theihna kawng awm chhun a ni.”—Ellen G. White, *Enkawltu Tâna Thurâunte*, p. 18.

Isuâ hnêna “kan” sum leh páite kan pêk chiah hian Amah leh mi dangte kan hmangaihna chu a lo nasa leh zual sawt thin a. Chutiang chu a nih avângin, sum hi thil tha tihna atân hmanraw tangkâi tak a ni thei. Isua pawh

khān thil dang zāwng āiin sum leh pāi leh hausak chungchāng sawina atān hun a hmang tam zāwk a. Matthaia, Marka leh Luka bū-ahte hian chāng ruka chāng khat zēl chu sum leh pāi chungchāng sawina niin, thil lāwmawm tak chu sum ngainat leh hman sualna lak atā Pathianin min chhanchhuak thei tih hi a ni.

Matthaia 6:31–34 leh Deuteronomi 28:1–14 chhiar la.
Pathianin A thū kan zawma kan tāna tih A tiām chu eng nge ni? Pathian thutiamte chan tum hi mahni hmasialna a ni thei em?

Thawhlāwm kan thawhte hi Pathian tāna mahni inhlan kan inhuamzia tilangtu a ni a. Thlarau lam nuntawng ril tak, Pathian chu kan LALPA a nihna anga A hnēna kan nunte kan hlan pum hlūm thakzia kan tihlanna a ni. Kan tān chuan, Sāphovin an lo sawi thin angin, thawhlāwm thawh hi “ka kā awmna hmuna kan sum leh pāite kan dahna” a ni a. Pathian chu i hmangaih a ni tih i sawi liam mai thei a; mahse, chu hmangaihna chu phal taka thawhlāwmte i thawhna hmanga tilangin i tichiāng lehzual sauh thei bawk.

Thawhlāwm thawh duhna hi kan tāna tha ber tūr nia a hriat anga kan mamawhte min phuhrüksak thīntu kan mi mal Pathian rinna thinlung atanga lo chhuak a ni a. Kan thawhlāwm thawhte hi Krista-ah chhandam nih inhriat chianna kan hmu a ni tih tilangtu a ni bawk. Pathian tlawn lungāwi tumna emaw, Pathian pawm nih tuma beihna emaw a ni lo va. Khawngaihna leh tlanna kan dawn theihna famkim, Krista chu rinnaa kan pawmna thinlung atanga lo chhuak a ni zāwk.

H-4

2 Korin 9:6, 7 chhiar la. LALPAN kan hnēna A sawi chu eng nge ni? “Thinlunga tum ang zēla pe” tih chu eng nge ni a awmzia? Engtin lāwm taka pēk dān kan thiam theih ang?

THAWH TANNI

Eng Zāta Tam Nge Kan Thawh Ang?

January 23

Deuteronomi 16:17 chhiar la. Thawhlāwm kan thawh zāt tūr kan hriat theihna atāna Pathianin tehfung A hman chu eng nge ni?

Thawhlāwm kan thawhte hi Pathianin nunna, tlanna, enkawlna leh malsāwmna chi hrang hrang tam tak min pēk thin avānga kan lāwmzia kan tihlanna a ni a. Chuvāngin, a chunga kan tār lan Bible chāngin a sawi ang khian, thawhlāwm kan thawh tūr zāt chu malsāwmna kan dawn tam leh tam lohah a inngħat dāwn tihna a ni.

“Tu pawh tam tak an pēka lakah chuan tam tak an phūt ang” (Luka 12:48).

Sām 116:12–14 chhiar la. Chāng 12-naa zawhna kan hmuh hi eng tianga chhāng tūr nge kan nih le? Engtin nge a chhānna tūr chu thawhlāwm thawh zāt tūr nēn hmeh bel theih a nih?

Engtin nge Pathian chu kan chunga malsāwmna A vūr zozaite avāng hian kan rulh lēt theih ang? A chhānna awlsam tē chu kan rūl lēt thei lo tih a ni. Kan tih theih tha ber chu Pathian ram zauhna atān leh kan mihringpuite tanpuina atāna phal taka thawhlāwm thawh niin a lang a.

Isua pawhin chanchin tha hril tûra A zirtîrte tirh chhuah khân, “A thlâwnin in hmû a, a thlâwnin pe ang che u” (*Mat. 10:8*) tiin a hrilh a nih kha. Kan thawhlâwm thawhte hian Kristâ nungchang ang kan lo put vê theih nân kawngro thui tak a su bawk a. Mahni hmasial tak ni thin kha hmangaihna ngah tak min nihtîr ta-in, Kristan mi dang a ngaihsak ang leh, Pathian ram zauh zêlna tûr mawlh a ngaihtuah ang khân keini pawhin kan ti vê tûr a ni.

“Pathianin . . . hmangaih êm êm a, . . . tichuan . . . a peta a” (*Johana 3:16*) tih thu hi i hre reng ang u. Chumi letling chiah chuan, keimahni tâna kan chhék khâwl tam poh leh, mahni hmasialna thinlung kan nei lian lehzual sauh mai dâwn a, kan rirlû erawh a rethei telh telh thung sî ang.

Eng zât nge kan thawh dâwn tih leh tûte hnênah nge kan thawh dâwn tih chu keimahni thutlûkna tûr a ni a. Nimahsela, LALPÀ hnênah thawhlâwm thawh hi Kristante tih tûr dik tak niin, chu chuan thlarau lamah leh rilru lamah pawh nghawng a nei thîn. Chumi ngaihthah chu mahni thlarau nun tihchhiatna a ni a, keimahni'n kan inhriat dân aia nasa daihin a tichhe thei a ni.

Eng tiangin nge i thawhlâwm thawhte leh thawhlâwm thawh chungchânga ngaih dân i neih te khân Pathian nêna in inlaichinna that leh that loh dân a tihlan?

THAWHLEHNÎ

January 24

Thawhlâwm Thawh leh Pathian Chibai Bûk

Bible hian Pathian chibai bûk tûra kan lo kal khâwmin eng engte nge tih tûr tih min hrilh lo va. Mahse, Pathian

biak inkhâwmah hian kan tih ngei thin palî a awm. Thuthlung Thar kan chhiar chuan, Kristian hmasâte kha an inkhâwmin Pathian thu an zir ho/thuhril an ngâithlâ a, an tawngtâi a, hlâ an sa ho va, sâwma pakhat leh thawhlâwmte an la khâwm bawk thin a ni.

Hmân lâi Israel huna mipate kha (an nupui fanaute nêñ) LALPÀ hmâa inlan tûrin kum tin vawi thum Jerusalemah an kal thin a. “Kut ruakin an kal tûr a ni lo” (*Deut. 16:16*). Tawngkam danga sawi chuan, Pathian biak inkhâwmnaah hian sâwma pakhat pêk kîr leh, thawhlâwm thawh te hi thil tel ngei tûra ngaih a ni tihna a ni âwm e. Pathian fâte khân Kalhlêñ Kûtah te, Pentikost-ah te, Bâwkte Kûtah te an sâwma pakhat leh thawhlâwmte an rawn keng thin a. Hêng kût chi hrang hrang an hmannaah hian tû mah kut ruâka an rawn kal duh a rinawm loh.

Hmân lâi Israel mîte khân sâwma pakhat pêk leh thawhlâwm thawh chu Pathian chibai bûk inkhâwm an neihnaa thil tel ngei tûrah an ngâi a. Chibai bûkna dik tak chu thû leh hlâ leh tawngtâina hmanga Pathian chunga kan lâwmzia kan tilang hi ni ringawt lovin, chu kan lâwmna chu LALPÀ ina kan thawhlâwmte kan rawn ken hmangin kan tilang thin tûr a ni. Chutiang chu a nih avângin Israel mîte khân an thawhlâwmte chu Pathian biak inah an rawn keng thin a; chutiang chiah chuan keini pawhin Sabbath-a kan inkhâwm pahin kan thawhlâwmte biak inah kan rawn keng thin (tûn lâi hunah hian mi tam tak chuan online hmangin an pe mai tawh hlawm thung a)—hei hi Pathian chibai kan bûkna kawng khat a ni.

**1 Chronicles 16:29; Sâm 96:8, 9; leh Sâm 116:16–18
chhiar la. Engtin nge hêng Bible chângten an sawi hi**

keimahnin Pathian chibai kan bûknaah a takin kan lo hman vê theih ang?

Pathian fa, leia A hnâ enkawltu ni tûra mawhphurhna a pêkte kan nih avângin A hnêna kan thawhlâwmte kan pêk hi hamthatna, vânneihna leh mamawhphurhna ropui tak a ni a. LALPAN a tâna kan enkawl sei len tûr fanau min pêkte hnênah pawh sâwma pakhat pêk leh, Sabbath inkhâwmnaa thawhlâwm thawh hlimawmzia kan zirtîr thîn tûr a ni. Hmun thenkhatah chuan, online hmangin emaw, kawng dang eng emaw hmangtein miin sâwma pakhat an pe thîn a. Kan pêk dân chu eng pawh ni se, sâwma pakhat pêk leh thawhlâwm thawh hi Pathian chibai kan bûknaa thil tel ngei tûr a ni tih i hria ang u.

Sâwma pakhat pêk leh thawhlâwm thawh hmanga Pathian chibai i bûka i thil lo tawn tawhte chu eng nge ni? Engtin nge sâwma pakhat i pêk leh thawhlâwm i thawh khân Pathian nêna in inlaichinna kawngah nghawng a neih?

NILÂINÎ

Pathianin Kan Thawh Zât A Hria

January 25

Marka 12:41–44 chhiar la. Kan hausâ emaw, hausâ lo emaw pawh ni se, hê thawnthu atang hian eng thuchah pawimawh tak nge chhar chhuah tûr kan neih theuh le? Hê thawnthu hian eng nge min zirtîr a, chu a thu min zirtîr chu engtin nge keimahnin Pathian chibai bûkna kawngah a takin kan lo hman vê theih ang?

Isua leh A zirtîrte chu Pathian biak in tuâlzâwl, thawhlâwm bâwmte an hûn tlarna hmunah an va kal a. Chumi bulah chuan thû-in thawhlâwm thawhtuten an thawhlâwm an rawn thawh lâi chu ngâwi rengin Isuan A lo thlîr a. A lo en ngun hlê a ni ang, hmeithâi pakhatin dâr tangka pahnih lek a thawh pawh kha A lo hmu thei tlat. Hê hmeithâi hian a neih zawng zawng a thawh vek a lo ni a. “Nimahsela, Isuan a thawh chhan A hria a. Temple rawngbâwlna chu Pathianin A ruat a ni tih ringin a theih ang tâwka tan lo lâk ve a châk a ni. A tih theih ang chu a ti a, a thiltih chu a hnû zêlah mîten an hriat reng tûr niin, chatuana a hlimna thlensaktu tûr a ni bawk. A thinlung chu a thilpêk nêñ a kal dûn a, a hlut dân pawh tangka thîr hlut dân atang ni lovin, Pathian a hmangaihna leh thawhlâwm thawh duhna thinlung neihtîrtu Pathian hnâa a tui dân atang zâwkin teh a ni.”—Ellen G. White, *Enkawltu Tâna Thurâunte*, p. 175.

Thil pawimawh tak dang pakhat chu, hê hmeithâi thawhlâwm thawh chiah hi Isuan a fak awm chhun a ni tlat mai hi a ni a. Hê thawhlâwm hi Isua hnâwl tum ut ut reng mai, koh a nihna leh a hna pên bosan nasa tawh tak kohhran hnêna thawh a la ni zui leh ta nghâl a.

Tirhkohte 10:1–4 chhiar la. Engati nge Rome sipai za hotu hian vân atangin tlawhtu a neih nawlh mai le? A thiltih pahnih, vânin a rawn hriatpuite chu eng nge ni?

Thil chiang tak chu, vânah khian kan tawngtâinate chauh ni lovin, thawhlâwm kan thawha kan rilru put dân pawh hriat vek a ni tih hi a ni. Kan Bible châng chhiar hian Kornelia kha mi thilphal tak a ni tih a sawi a. “I ro

awmna apiangah i rilru pawh a awm ang” (*Mat. 6:21*) tih a ni. Kornelia thinlung pawh hian a thawhlâwm kalna chu a ûm zui nghâl a. Isuâ chanchin hriat belh leh zêl tûrin a impeih at mai. Tawngtâina leh mi dangte tanpuina atâna thawhlâwm kan thawhte hi hnâi takin a inzawm tlat a; Pathian leh kan mihringpuite kan hmangaihzia tilangtu a ni. Pathian dân zînga a ropui ber pahnihtha chu: “*LALPA i Pathian chu i thinlung zawng zawngzin, i thlarau zawng zawngzin, i chakna zawng zawngin leh i rilru zawng zawngin i hmangaih tûr a ni*” tih leh, “Nangmah i inhmangaih angin i thenawm khawvêngte pawh i hmangaih vê tûr a ni” (*Luka 10:27*) tih te hi a ni a. A hmasa zâwk hi tawngtâinaah tihlanin a awm a, a pahnihna hi mi dangte tanpuina atâna thawhlâwm kan thawhah a lang vê thung.

NINGÂNÍ

Thawhlâwm Bik

January 26

Zirchiannain a târ lan dânin kan thil neihte hmun zâa thena hmun kua chiah hi pawisa a ni a, chu chu thawhlâwm anga hman theih nghâl mai a ni bawk. Pawisa fâi te, cheque te, bank-a kan dah te hi pawisa tia sawi theih vek a ni a. Mahse, kan thil neihte zînga a tam zâwk, hmun zâa thena hmun sawmkua leh pakhat vêl hi chu kan in leh lote leh kan ran vulhte (thingtlângâ chêng kan nih chuan) niin, pawisa tia sawi a ni vê lo.

Pawisa leh pawisa ni lote intam hleih dân chu dârthlalang no tung pahniha pawisa nâwi 1,000 dah hmangin lo entîr ta ila, pawisa nâwi 10 chuan point khat zêl a pu dâwn a ni. Tichuan, no tê zâwkah chuan point 9 putu pawisa nâwi 90 i dah ang a, chu chu i thil neihte

zînga pawisa tia sawi theihthe entîrna a ni. No lian zâwkah chuan point 91 putu pawisa nâwi 910 i dah ve thung ang a, chu chu i thil neihte zînga pawisa ni loho zawng entîrna a ni vê leh bawk ang.

Mi tam zâwk hi chuan no tê zâwk—pawisa fâi kan neih sâte—atang hian thawhlâwmte kan thawh thin tlângpui a. Hei hi kan pawisa bâwmpui awmna a ni hrim hrim bawk. Nimahsela, thil eng emaw phûrpui leh tuipui tak tak kan nei a nih chuan no lian zâwk atang hian thawhlâwm kan thawh ngein a rinawm a. Chutiang thawnthu chu Bible-ah pawh hian tam tak kan hmû a ni.

Marka 14:3–9 leh Johana 12:2–8 chhiar la. Simona ruâi buatsaih kiltute hi tute nge ni? Mari hriak rim tui rawn ken kha eng zât man vêl nge ni? Enga ti nge kha hriak rim tui kha Isua lu chungah kher a rawn hnawih?

Mari hriak rim tui rawn ken hi duli zathum man vêl a ni a—chû chu patlingin kum khat chhûng a inhlawha a hlawh chhuah tâwk vêl a ni. A awmzia chu Mari hian “no lian zâwk” atangin a pê tihna a ni âwm e. Hemi hnû lawk hian Juda khân Isua chu Mari hriak rim tui rawn ken man zât hmun thuma thena hmun khat vêl—tangka sawmthum—lekin a hrâlh leh lawi bawk si (*Mat. 26:15*). Dârthlalang no lian zâwk atanga pe tûr chuan hmangaihna leh inpêkna dik tak neih a ngâi a. Nimahsela, Juda ang maia mi duhâm kan nih chuan, kan hlutna âia hniam zâwkin Setana hnênah kan inhralh mai dâwn tihna a ni.

Barnaba hnathawh leh thiltihte kha Thuthlung Tharah hian vawi 28 lâi sawi lan a ni a. Kan hriat dân lâr ber chu tirhkoh Paula zinpui thin leh missionary ropui tak tih a

ni. Mahse, chutiang mî a nih theih chhan chu a chanchin sawi lanna thu hmasa berah hian kan hmû a. “No lian zâwka” a pawisa nâwi dah chu phawrhin thawhlâwm atân a rawn keng a nih kha (*Tirh.* 4:36, 37). A thiltih hian Isuâ thusawi, “I ro awmna apiangah i rilru a awm ang” (*Mat.* 6:21) tih kha a dikzia a tilang chiang ngei mai.

Eng vângin nge mi dangte tanpuina atâna thawhlâwm thawh hi, a lo dawngtu tân mai bâkah, a petu tân pawh thil pawimawh tak a nih bawk?

ZIRTÂWPNI

January 27

Zir Belhna: Vâna hriat rengna lehkhabu chuan sum leh pâia Pathian chhûngte an rinawm leh rinawm loh dân a lo chhinchhiah vek a. “Vântirkoh chuan Pathian hnêna mîten thawhlâwm an rawn thawhte leh chu thawhlâwmin rah a chhuahte chu an lo chhinchhiah kilhkêlh thîn tih hmuhtîr ka ni a. Pathian mîte chuan a ram zâu zêlna atâna thilpêk tê ber thleng hian a lo hmuh vek bâkah, a petuin a ui leh ui loh pawh a hre vek bawk. A petute pêkna rilru chu a indawta chhinchhiah vek a ni a. Mahni inphat, Pathian hnêna inhlân ral vek, phût an nih anga Pathian hnêna Amâ tâ ngei pe lêt lehtute chu an thiltih ang zêla rulh lêt an ni ang. Thawhlâwm hlan thianghlim tawh chu hman sual niin, thawh tum lohna lama kal daih pawh ni se, Pathian ropui nân chauha tih tak zeta thawhtûte chuan an lâwmman tûr chu an chang dâwn tho a ni.”—Ellen G. White, *Testimonies for the Church*, vol. 2, p. 515.

“Pathian chuan A mîte hi a hnain hmâ a sâwn zêl theihna tûra tawngtâi thîn tûr leh, ruahmannate siam thîn

tûrin a duh hlê a. Chutih rual chuan, Kornelia ang khân tâwngtâina leh thawhlâwm thawh hi kan kal kawptîr thiam a ngâi hlê mai. Kan tawngtâinate leh mi rethei tanpuina atâna pawisa kan pêkte hi Pathian hmâah khian hriat reng atân a chho dûn thîn a ni. Thiltih tel lo rinna chu a thî a ni a; rinna nun tel lo chuan Pathian hi tihlâwm rual a ni lo bawk. Kan tawngtâi pah hian kan tih theih zawng zawng chu—kan thâ leh zung bâkah kan thil neihte—kan tawngtâinate a hlawhtlin theih nân kan pe vek tûr a ni a. Kan rinna chu kan chéttîr a nih chuan Pathianin min theihngihlh dâwn rêng rêng lo. Hmangaihna leh mahni inphata thil kan tih engkim hi a lo chhinchhiah vek a. Kan thiltihte hmanga kan rinna kan lantîr theih dân tûr kawng chu min zawnpui reng dâwn a ni.”—Ellen G. White, *Atlantic Union Gleaner*, June 17, 1903.

Sawi Ho Tûrte:

1. **Eng tiangin nge tawngtâina leh thilpêk pêk hi a kal dun? A awmzia chu, eng tiangin nge tawngtâina hian eng nge pêk tûr, tû hnênah nge pêk tûr, eng tik hunah nge pêk tûr leh eng zât nge pêk tûr tih te, hre thei tûrin min tanpui tihna a ni.**
2. **United States-a chanchinbu lâr tak pakhatah chuan Wall Street-a hna thawk tlangvâl thenkhât, sum tam tak thawk chhuak, mahse rilru hrehawm, rilru ruâk, thinrim deuh tûn reng maite chanchin an rawn chhuah a. An zînga pakhat, portfolio manager chuan, “Ka portfolio-ah hian zâa pakhat lo siam belh ta pawh ni ila, ka thih hnû chuan eng nge a sâwtña awm**

chuāng ang?” tiin a sawi a ni âwm e. Hê thawnthu atang hian mi dangte hnêna thilpêk pêk—mahni chanâi pêk pawh a ni ang—hi a petu tân thlarau lama hlâwkna a ni a, “hausakna bumna” (Mat. 13:22) lak atâ min tizalêñ thîn a ni tih engtin nge kan zir chhuah?

3. **A chunga Ellen G. White-i thusawi kan târ lâna thawhlâwm thawh khâwm “lo hman dik loh” chungchâng bîk khi ngun takin ngaihtuah ang che. Eng vângin nge a thusawi awmzia hi kan rirlua kan vawn reng a pawimawh?**

ZIRLÂI 5

JANUARY 28–FEBRUARY 3, 2023

LEIBÂ NEI SUH

CHÂNGVAWN: “Mi hausaten mi retheite chungah ro an rôl a; pûktu chu a pûktîrtu chhiahhlawh a ni,” (Thufingte 22:7).

SABBATH CHAWHNÛ

January 28

Chhiar Tûrte: Deuteronomi 15:1–5; 28:1, 2, 12; Thufingte 6:1–5; 22:7; Matthiaia 6:24; 1 Johana 2:15.

LEIBA awmzia hrilh fiahna pakhat chu “nakina la lâk luh i beisei lo hman pûkna” tih hi a ni. Tûn lâi hunah hi chuan leiba neih hi kan nunphung pângngâi vê rêng emaw tih tûr a ni ta a; mahse, Kristiante hi chuan leibâ kan nei vê tûr a ni lo. Bible pawhin leiba neih hi a sawi mâwi lo khawp mai a. Hmun 26 vêlah leiba chungchâng sawiin, chûngte chu a tha lo zâwnga sawina vek a ni. ‘Sum pûk hi sual a ni e’ chu a ti dawt lo nâa, sum pûk avânga thil tha lo lo thleng thînte erawh a sawi thung.

Paula chuan hetiang hian sum bat chungchângah thurâwn min lo pê a: “Mî zawng zawng hnênah pêk tûr apiang chu pe rawh u; leiman pêkna tûr hnênah chuan leiman pe ula; chhiah châwina tûra hnênah chuan chhiah châwi ula; tih tûra chu tih ula; pawisak tûra chu pawisa rawh u. Inhmangaih tawnna ngawt lo chu tû mâ eng mah ba suh u,” (Rome 13:7, 8) tiin.

Eng vângin nge leiba neih hi eng level-ah pawh a hluâr êm êm mai le? Mi mal angin bâ kan nei a, a huhovin lei kan bâ a, sawrkâr meuh pawhin a ba êm ûm mai thîn a

nih hi. Eng ramah leh eng hnamah pawh leiba nei tâwk hi chu tlêm azâwng tal an lo awm tawh thîn a. Mahse, vawiinah chuan mi tam zâwk hi leiba nei kan ni ta hlawm tlat mai—chûng kan leibatte lah chu kan hlâwkna tûr a ni chiah bawk sî lo.

Tûn kârah hian leiba kan neih chhante kan sawi bâkah, engtin nge leiba nei lo tûrin kan awm theih ang tih te kan ngaihtuah ho bawk dâwn a. Nangmah tak kha chuan leiba i nei lo a ni maithei e; mahse, tûn kâra kan sawi tûrte hi a lo hlâwpui thei tûr i chhûngkhat lainate leh i thian thâte hnênah i hrilh chhâwng vê ngei dâwn nia.

SUNDAY

January 29

Leibat Avânga Harsatna Lo Thlengte

Deuteronomi 28:1, 2, 12 chhiar la. Pathianin leibat chungchânga a fâte tâna duhthusâm a neih chu eng nge ni? Chu a duhthusâm chu engtin nge an han chan theih ang? Hê thû a sawi hun leh a sawi chhan hi keini hun tawng mîk nêñ hi chuan inang lo tak ni tho mah se, sum leh pâi chungchânga harsatna kan tawh thinahte hian a thil sawite hi lo tangkâipui ve theih dân kan nei em?

A zir mîten miin sum leh pâia harsatna a tawh chhan lian deuh deuh pathum an sawi a. Chûngte chu harsatna an thlen nasat dân indawtin a hnuaiah hian lo târ lang ila.

A hmasa ber chu hriat lohna a ni. Mi tam tak hi chu, lehkha thiam takte ngei pawh, sum leh pâi lama thil chinchâng hre lo tak mai an ni a. Sum leh pâi enkawl dân tûr chungchâng Bible-in a lo sawite hi an hriat loh mai

bâkah, khawvél mi thiamten an lo ziahte pawh hi an chhiar ngâi lo hrim hrim bawk. Amaherawhchu, beisei tûr a awm thung a. Tûn kâr zirlâi hian chûng sum leh pâi enkawl dânte chu hriat thiam awlsam tak tûrin min chhawp chhuahsak dâwn a ni.

A pahnihna chu duhâmna emaw, mahni hmâsialna emaw a ni. Mi thenkhat chuan an duhâm avâng leh TV leh chanchinbu vêla fakna rawn langte hi an it avângin an neih bâkin an nung ta thîn a. Anmahni neih phâk tâwk ina chên te, motor neih te, thawmhaw hâk te chu zuk iâi tlat a! Hetiang mîte zînga tam tak hian sâwma pakhat pêk tûr nei lo niin an inhre leh tlat lawi sî a. Chumi avâng chuan Pathianin a tiام finna leh malsâwmna chu chang lovin an nunkhua an hmang thîn a ni (*Mal. 3:10, 11; Mat. 6:33*). Mahse, hêng mîte tân pawh hian beisei tûr a awm tho va; amaherawhchu, an ngaihtuah dân an thlák a ngâi thung—chan tâwka lungngâwina rîlrû an put vê a ngâi a ni.

A pathumna chu an vânduai vâng a ni. Mi thenkhat chuan anmahni chhawmdâwlna tûr ruahmanna mumal nei sî lovin natna khirh tak an tuâr a. A tlaran zâwnga che thîn an nupuite/pasalte avângâ kutbêngâ awm ta dêr pawh an awm bawk. Mi thenkhat chu khuarêl chhiatna thleng avângâ an neih zawng zawng chân tâte an ni a. Khawsak harsa vê sâ hrim hrim chhûngkuaa piang leh lo seilian chho pawh an awm. Hêng mîte tân pawh hian beisei tûr a awm tho va. An kawng zawh chu harsa hlê mah se, hnhe theih loh chu a ni lo. An Kristian thiante tanpuina azârah te, Pathian tih mî thurâwn pe thînte puihna, anmahni thawhrimna leh zirna thâ an dawn te, Pathian malsâwmna leh awmpuina an chan tâk avâng te pawhin dinhmun tha zâwkah an rawn ding ve leh thei a ni.

A chhan chu eng pawh lo ni se, leiba an neih chu chhâwk zângkhâisak theih a ni tho va. Chutih rualin, leiba neite chuan an nun dânah te, pawisa an hman dânah te thlâk danglam ngâi an nei a ni tih an hriat vê a ngâi thung a ni.

1 Timothea 6:6–9 chhiar la. Hetah hian kan zavâia kan ngaihven tûr eng thû nge a sawi? Hêng a thu sawite hi eng tiangin nge i lo ngaih vê a, Pathian Thu-in a sawi chu eng tiang kawngtein nge tha zâwkin i zawn theih ang?

**THAWH TANNÍ
Pathian Thurâwn Zâwmin**

Tîsa mî kan ni a, tîsa khawvêla chêng niin, chu khawvêl chuan thil tha lo ti tûrin mi a thlêm NASA êm êm thîn a. Tisâ leh thisen atang ni lovin, kahpathîr leh sahriak siam chawp atang zâwka siam tûr i ni a; mahse, tîsa thilte leh hausak châknate chu hre lo tûr i ni bawk sî. A châng hi chuan hausa tak han nih te kan châk thîn a, lottery han man tawk te pawh kan suangtuah rum rum thîn.

Chutiang chu kan nih deuh vek hlawm avângin kan nun khua a lo nawm theihna tûra rim taka hnâ han thawh te, mi hausâ han nih te pawh hi amah ngawt chuan thil tha lo a ni lêm lo va. Mahse, sum leh pâi leh hausakna chu lungkham berah kan nei tûr a ni lo thung. Dik leh thânia kan hriatah chuan rinawm taka kan din tlat theih nân Pathianin puih min tiam a. Hausak châkna leh khawvêl thil neih tam duh luâtna hian thlarau tam tak a lo tihchhiatsak tawh avângin Pathian duh dân ngaihchân hi thil pawimawh tak a ni ta a ni.

Matthaia 6:24 leh 1 Johana 2:15 chhiar la. Hêng thu pahnihte hi a sawi chhuah dân chu inang lo ni mah se, thil thuhmun an sawi a. Chû chu eng nge ni?

Vânduaithlâk takin, khawvêl thil ngainatna hi a chak thei khawp mai a, chu an thil ngainat chu an neih theihna tûr a nih beiseiin, mi tam tak chuan leibâ an nei ta tâwk tâwk mai thîn a ni (Mahse, lungâwina an hmu thei chuang bawk sî lo va; *Thuhrlit 4:8 en la.*) Leiba neih hi thlarau manna atâna Setana thang kam pakhat a nih bawk avângin, Pathian chuan a fâte hi leiba nei miah lo tûrin a duh ngeiin a rinawm a. Bible hmang leh hrilh lâwkna thilpêk hmangin leiba nei lova kan awm theih nân thurâwn tha tak tak min lo pê a ni.

Sâm 50:14, 15 chhiar la. Pathian mîte rilru puthmang tûr chu eng nge ni? “I thutiam chu hlen rawh” tih hi eng nge ni a awmzia?

Min Siamtu leh min tlantu Pathian chu fak leh A hnêna lâwmthu sawi chungin kan kohhranah hian kan rawn lût a ni a. Kan baptisma thutiam 13 zînga a 9-naah khân heti hian zâwh kan ni a nih kha: “Hê kohhran pâwla insiam hi pawmin, Pathian chu chibai bûka, kohhran pawh i sâwma pakhat te, thawhlâwm dangte leh i theihna leh thahnemngaihnnaa chhawmdâwl z>1 i tum em?” tiin. Keini Seventh-day Adventist-te chuan kan tum ngei thu kan sawi theuh a. Chuti a nih chuan hê thû (*Sâm 50:14, 15*) hi Pathian hnêna lâwmthu sawite leh an thutiamte rinawm taka hlentute hnêna thutiam a ni.

I duhthlanna siamte khân khawvêl thlêmnae i lo hmachhawn tha tâwk êm tih a hrilh che a. Engati nge i

**nunkhua a lo nawm theihna tûra rim taka hnâ i thawh
leh hausakna emaw, sum leh pâi emaw “pathian” tih hi
thil thuhmun a nih kher loh le? Engtin nge a danglam
dân i hriat theih ang?**

THAWHLEHNÎ

Leiba Thang Atanga Tâl Chhuah Dân

January 31

**Thufingte 22:7 chhiar la. Sum leh pâi min pûktirtu
sala awm kan nih dân chu eng nge ni?**

Hê thil vânduaithlâk tak lak atanga kan tlân chhuah theih nân hian eng nge tih theih kan neih le? Leiba nei i nih chuan, a hnuia ruahmannâ kan han siam hian leiba i neihte tlâk zo vek thei tûrin a pui dâwn che a. Eng mah hi zawm harsa a awm lo. Thuhmahruai a awm phawt a, chumi zawahh chuan rahbi pathum a sawite hi i zawh mai dâwn nia.

Pathian finna leh malsâwmna te i lo dawn theh nân a hnênah rinawm takin a sâwma pakhat thianghlim hi kîr zêl tawh tum phawt ang che.

Rahbi pakhatna chu leiba neih belh tawh rih lo tûra intiamna a ni a: a bâthlauvin thil lei tawh suh. I pûk lo a nih na nâ nâ chuan leiba i nei lo vang. I pûk belh zêl lo a nih chuan tûna i neih bâk kha chu leiba dang i neih belh tawh dâwn lo a ni.

Rahbi pahnihna chu Pathian nêna thuthlung siam dun a ni a: tûn atang ngei hian a malsâwmna azârah, a rang thei ang berin leibâ i neih zawng zawngte tlâk vek i tum a ni tih hrilh ang che. Sum leh pâia Pathian malsâwmna i dawn hmasak apiang kha thil dang lei belhna atâna

H-5

hmangin lovin, i leibat tlâk nân hmang zêl la. Hei hi leibat tlâk zawnhna tûra a rahbi pawimawh ber a ni. Mi tam tak chuan an rin loh deuha pawisa an han dawn hian ngaihtuah chiang mang lovin an hmang ngawt mai thin a. Nang chuan ti vê suh ang che; i leibat tlâkna atân i hmang zâwk dâwn nia.

Rahbi thumna chu a taka kut thawh a ni. Leibâ i neih zawng zawngte chu lehkha phêkah ziak la, a tam ber atanga a tlêm ber thlengin ziak thla vek ang che. Chhûngkaw tam berin lei an bat tamna ber chu in leh lo dinna tûra loan an lâk a ni a, credit card leh mi malin sum kan pûkte hi chu a tlêm tham deuh thung. Chûng i leibat hrang hrangte chu thla khata i rulh theih zât tûr intuk theuh la. Chu chu i tlin thei a nih chuan, a thla lehah chuan i leiba zînga a tlêm tham ber kha thla hmasaa i rulh lêt vêla rulh tawh tum ang che. Chutianga a tlêm ber i han rûl zo mai thei chu lâwmawm i ti ngawt ang. A thla lehah chuan, a tlêm ber rulhna atâna i hman thin kha a tlêm ber dawttu rulhpuina atân i hmang vê thung tawh ang a. Chutiang chuan a tahtawla rûl chho zêlin i leibat zawng zawng i tlâk veck dâwn nia.

Pathian chuan leiba neia awm tûrin min duh lo va. Hê thuthlung an siam avâng hian chhûngkaw tam tak chuan an beisei loh dân deuhin Pathian malsâwmna an lo dawng reng a ni tih an hre chhuak a, an rin áia hmain an leibat pawh an tlâk zo thin asin. Hêng rahbi awlsam tê tê pathumte an zawh avâng hian chhûngkaw tam tak chu leiba eng mah nei lovin an awm tawh a. Chutiang chuan nangni chhûng pawh khân in ti vê thei a nia. Pathian dah hmasa ber ula, chutichuan a thil a kawltir che u kha thiam taka inenkawl theih nân finna leh malsâwmna a rawn pe dâwn che u a ni.

“In rilru putzia chu tangka ngainatna tel lo ni rawh se; in thil neih chhun chungahte chuan lungâwi rawh u; amah ngein, ‘Eng tikah mah ka thlahthlam tawp lo vang che a, kal pawh ka kalsan tawp lo vang che’ a ti sî a”
(Heb. 13:5). Engtin nge hê thû hi leiba thanga mî an awh lohna tûrin anmahni fuih nân kan hman theih ang?

NILÂNÎ

February 1

Intiamkamna leh Hausak Thut Theihna

Pathian chuan A fâte hi mi dangte leibat neiha mawphurtu ni tûrin a duh lo tih chiang takin a sawi a. Thufingte bû-ah pawh mi dang tâna intiam kamna siam lo tûrin—chumi awmzia chu miin sum an pûk theihna tûra lo puitu ni lo tûrin—min chah a ni.

Thufingte 6:1–5; 17:18; 22:26 chhiar la. Eng thû nge an sawi hlawm?

Mi khawsak harsa vê deuhten bank atangin emaw loan pûk an tum a, mahse bank lam chuan thla tina an sum lâk luh zât lo chhûtsakin an pe thei bawk sî lo. Chutah bank manager chuan an thian thâ emaw, an chhûngkhat hnâi emaw, anmahni bank-a sum tam tham tak dah emaw, an bank kal tlanga hlawh la emaw rawn hruai tûrin thurâwn a lo pê a. A loan pûk chu rûl tha leh thei ta sî lo che, chu mi chuan a rulhsak vek ang tih a intiam a nih chuan loan pêk a phal thu a hrilh ta a.

In kohhran member zîng tu emaw pawh kha i hnênah lo kalin, chutiang intiamkamna “min lo ziahsak teh” tiin a rawn ngên ve mai thei che a. I chhân dân tûr chu, “Bible

chuan chutiang chu ti rêng rêng lo tûrin min hrilh asin!!” tih hi a ni. Bible hian tanpui ngâite tanpui tûr chuan min fuih ngîi mai a; mahse, an leibata chunga mawphur tûr erawh chu kan ni lo thung sî.

Nû leh pa thenkhat pawh hi an fa, sum thawh chhuah mumal la nei sî loten bike emaw, car emaw an lei theihna tûra intiamkamna ziak tûrin an ngén thîn a. Sumdâwnna bultanna atân tiin an ngén bawk thîn. Mamawh tak tak an nih chuan tanpui ngei a thâ a; mahse chutah pawh chuan an leibata chunga mawphurtu nih chu duh chuang suh ang che. *Zir chiannain a sawi dânin intiamkamna thu ziaktute zîng a zâa 75 vêl chuan an tiampaksakate leiba an rulhsak ta tak tak thîn a ni.*

**Thufingte 28:20 leh 1 Timothea 6:9, 10 chhiar la.
 Hetah hian eng vâukhânnna thû nge kan hmuh le?**

Hausak thut theihna tûra ruahmanna an siam ang chî rêng rêng thang hlauhawm tak a ni tlângpui a; chutiang thangin a awh tawhle chu sum leh pâi lama buaina khurah an tlu lüt deuh zêl thîn. Âwiham loh khawpa thâ leh itawm a nih phei chuan, lo üksak loh hrim hrim a him ber a. Mahse, mi tam tak chuan lo âwihin rilru na taka an awm tâk bâkah, leiba rip tak an neih phah ta zâwk thîn a ni. Mi thenkhat chuan hetiang ruâhmanna tel vê tûr hian sum an pûk chawp thîn a, chu chu a that loh lehzual êm êmna a ni bawk. Hetiang hausak thut theihna scheme-te hian nun tam tak leh chhûngkaw tam tak a lo tichhe tawh a, a tâwpa hlâwkna têltu chu sum thawhtute ni lovin, ruahmanna siamtute zâwk an ni zêl thîn. Chutiang thil chu ti vê tûra i thian tuin emaw, i chhûngkhat laina hnâi

tuin emaw a sâwm che a nih chuan kalsan mai ni lovin, a chak thei ang berin i tlânsan nghâl vang vang dâwn nia.

NINGÂNÌ

February 2

Pawisa Inpûktîra Hriat Tûrte

Deuteronomi 15:1-5 chhiar la. LALPAN A mîte a phût chu eng nge ni?

Kum sarih dânte (*Exod. 21:2; Lev. 25:3, 4*) hian salte emaw, chhiahhlawhte emaw leh ram emaw chauh ni lovin, sum pûktirtute pawh a khuahkhirh tel vê tho va. Sum pûktirtute khân an sum pûktute an ngaihdam duh thin loh avângin leiba neia mî a awm theih hun chhûng rei ber atân kum sarih ruat a ni ta a ni. Hêng Bible chângte atang hian LALPAN sum leh pâi chungchâng buaina eng eng emaw lo awm thînte hi a ngaihven hlê a, a bîk takin an Israel mî nihpuite thlavâng phei chu hauh natsak hlê a ni tih kan hmu. LALPAN leiba neih hi tha lo viau mah se, a tûl châng a awm vê tho a ni tih a hria a. Mahse, a theih chen chenah chuan leiba neih hi pumpelh hrâm tum tûr a ni tih a sawi thung.

Mahse, tûn lâi hunah hi chuan in leh lo din nân tiin kum 30 leh kum 40 lâi chhûng te rulh tûr loan kan la ta sup sup mai a. In hmun leh in sakna bungrua a to tâk êm êm chhan pakhat pawh hi in leh lo dinna atâna loan pûk tûr a awlsam vâng a ni a ni pakhat.

Hetih lâi hian mi tam tak, nû leh pa tam tak, zirlâi tam tak chuan zirna sênsô phuhrûkna atân tiin loan lâk dân an lo ngaihtuah vê mîk bawk a. Dân tlângpuiin, college degree te han neih tawh chuan sum thawk chhuak thei

dinhmunah kan ding tawh tihna a ni. Mi thenkhat chuan zirna atân an sênsote rulhna atân sum an pûk a tûl a, a pung nén phei chuan an rulh tûr a tam tham hlê ang. I thiamnain a phâk chin tanpuina leh scholarship awm ang ang chu dîl vê la. I mamawh zual phuhrûkna tûr talin inhlawh pah bawk ang che. Hnâ i hmuh ngeina tûr subiecte chauh zir la. I nû leh pâté pawh pûr vê rawh. Bible hun lâi pawh khân nû leh pâté chuan an fâte hnênah an intun nun vê-na tûrin ram an pe thîn a. Tûn lâi hunah chuan nû leh pâten an fâte hnêna “rochan” an pêk theih hlu ber pakhat chu zirna niin, mahni inchâwm zo thei tûra fâte chhuahuu chu nu leh pa hlawhtling an ni.

Khawvêl hi duhthusâma thâ chu ni se, mi pawisa pûk leh leibat rêng rêng a awm lo tûr hi a ni a. Nîmahsela, duhthusâma thâ khawvêlah kan chiang miâu sî lo va, chuvâng chuan mi pawisa kan pûk a tûl hun pawh a awm ngei ang. I pûk a tûl hun a awm a nih pawhin mûmal taka inremna siam hmasak tum la, a pung tlêm thei ang ber zawng bawk rawh. A tlêm thei ang ber pûk la, tichuan a pung a tam hmâa rulh zawh vat i tum dâwn nia. Tha berah chuan, a theih chin china ba neih loh dân kan zawn phawt a thâ. Bible-in sum leh pâi enkawl dân tûr a lo sawite hi kan zui a nih chuan tûl lova leiba neih leh leiba neihin keimahni leh kan chhûngkuua lungngaihna a rawn thlen tûr chu kan pumpelh thei dâwn a ni.

I pawisa pûktûte nêna in indâwr dânah khân eng tianga rinawm leh dik leh ngilnei nge i nih le? In indâwr tawn dân chu Pathian hmâa i puân hun a thlen hunah eng tiang taka dik nge i nih ang? (Thuhrltu 12:14 en la.)

ZIRTĀWPNÍ

February 3

Zir Belhna: Leiba tlâk theihna tûra rahbi zawh ngâi pathum kan han sawi tâkte kha Ellen G. White-i lehkhabu ziah atanga kan lâk chhuah a ni a, chipchiar zâwka i zir duh a nih chuan *Enkawltu Tâna Thurâunite*, p. 257 chhiar ang che. Chutia i chhiar pah chuan hêngte hi i chhinchhiah dâwn nia.

“Leiba nei belh tawh lo tûrin intiam rawh. Leiba i neih dâwn âi chuan i thil lei duh ngéi ngeite pawh kha lei rih lo mai la. A bâthlâua thil i lei fo a nih chuan i nun kha ânchhia a lo ni mai ang. Chuvâng chuan, leiba neia awm hi zâwng hri vei i hlauh tluk zetin hlâu ang che.

“Pathian nêna thu thlung dûnin a malsâumna azârah i leibat zauung zauung i tlâk vek dâwn a ni tih tiam ang che. Châw leh a hmeh tûr tlêm azâwng tal pawh i nei a nih chuan tû mâ eng mah ba lova awm tum la. . . . Zâmin beidawng mai lo la, hawi kîr hek suh. I hrawk pawh hrêk rih deuh mai la, i leiin a ei châk zâwng tak thil leina atâna pawisa i hman thinte kha i leiba rulh nân hman tawh zâwk ang che.

“I leibâte chu a rang thei ang bera rulh tlâk tum rawh. Leibâ eng mah nei lo leh, tû mâ eng mah ba lova i awm leh hunah chuan hnehma ropui tak i chang ang”.—*Enkawltu Tâna Thurâunite*, p. 257.

Leiba nei lova i awm theihna tûrin hêng thil pathumte hi han ti chhin vê leh bawk teh:

Budget insiam rawh. Thla thum emaw chhûnga i sum lâk luh zât tûr nia i lo rin lâwk leh pawisa i hmanna tûr tlângpuite kha ziak chhuak la. Mi tam tak chuan hetiang a nti hian thil tûl lêm lo leina atâna sum an lo hman hnem thinzia an hre chhuak thîn asin.

Credit card i kawlte kha tichhe vek rawh. Credit card-te hi leiba nei teuh tûra chhûngkua min siamtu lian ber pakhat a ni. Hman a awlsamin rulh leh erawh a harsa êm êm lawi sî a. Credit card-in a lei theih bâk âia tam thla khat chhûngin thil i lei thîn em? A nih loh pawhin, a pawisa fâia lei tûr ni se i lei miah loh tûr kha, credit card i neih avâng maiin i lei leh ringâwt thîn êm? Chutiang a nih chuan i credit card khân nangmah leh i nupui/pasal fanâu a tichhiat vek hma ngeein tichhe vat ang che.

Inrenchemna kaung zauung rawh. Thil tê tham tê tê nia kan ngaihte kan lei dânah pawh hian kan fimkhur deuh hlek a nih chuan thla tin pawisa eng emaw zât kan lo hum thei reng mai a lo ni a. Chutianga kan hum zêl chuan rei lo te chhûng pawhin a lo tling khâwm vê teuh hman thîn a ni.

Sawi Ho Tûrte:

1. **Ram tam tak leh mi mal tam takten leibâ an neih zât hi a han tam lailêng khawp a, luhiai tlûk tawpna tham khawp zu nia! Leibâ i neih avânga nangmah leh mi dangte paw'n harsatna in lo tawh dân chu han sawi teh.**
2. **Engtin nge i lâwina kohhran khân in kohhran member tu emaw kha leiba rulh tlâk dân leh sum leh pâia harsatna awm theite hmachhawn dân in zirtîr theih ang?**
3. **Bible-in khawvêl thlêmna lakah leh duhâmnain sum leh pâia harsatna min thlensak theihna laka keimahni kan lo invên theih dân tûr kawng min kawhhmuhte chu eng engte nge ni?**

ZIRLÀI 6

FEBRUARY 4–10, 2023

VÂNA RO KHÂWL KHÂWMIN

CHÂNGVAWN: “**Miin khawvél hi a pumin nei sela, a nun chân sî sela, a tân eng nge sâwt ang? Miin a nun âiah eng nge a pêk theih ang?**” (Marka 8:36, 37).

SABBATH CHAWHNÛ

February 4

Chhiar Tûrte: *Genesis 6:5–14; 13:10–12; 32:22–31; 2 Korin 4:18; Hebrai 11:8–13, 24–29.*

ISUA chuan rosûm khâwl khâwm chungchânga thurâwn tha ber mai hetiang hian min lo pê a: “Thîm leh tuiékin thil a ei chhiat thinna hmun, rûkrûten an reh pawha thil an rûk thinna hmun leiah hian in tân rote khâwl khâwm suh u; thîm leh tuiékin thil a ei chhiat lohna hmun, rûkrûten an reh pawha thil an rûk hek lohna hmun vânah khian in tân rote khâwl khâwm zâwk rawh u,” (Mat. 6:19, 20) tiin. Heti hian a thusawi tlâng a kâwm zui a:

“I ro awmna apiangah i rilrû pawh a awm ang” (Mat. 6:2) tiin. A thusawi awmzia chu hetiang deuh hi a ni âwm e: *i sum hmamate kha min hmuhtîr la, tichuan i rilru awmna ka hmuhtîr vê dâun che nia, a chhan chu i sum leh pâi i dahna hmun apiangah i rilru pawh a awm vê dâun vâng a ni.*

Pathian rama awm châkna rilru put i duh em? I duh a nih chuan chatuan lâwmman a dawnna tûr hmunah i sum leh pâite kha dah ang che. I hun leh i sum leh pâite kha Pathian hna thawh nân hmang la, Pathian hnâ chu i tawngtai thupui ber ni bawk rawh se. Chutichuan, Pathian

hnâah i lo tui lehzual deuh deuh ang a, i rilruin a vei ber pawh a lo ni chhawm vê thuai bawk ang.

Tûn kâr chhûng hian vâna ro khâwl khâwm dân leh chatuan lâwmman kan dawn theih dân tûr min hrilhtu Bible chângte leh tehkhin thu thenkhat kan en ho dâwn a ni.

SUNDAY

February 5

Novan Zahngaihna A Chang

Vâna ro khâwl khâwm tumte chu hê leiah hian an nun dân thlák danglam hlawk tûrin Pathianin a ko thîn a ni tih hi ngaihtuah chian tham tak a ni. Nang pawh chutiang chu a tûl a nih chuan hmachhawn tûrin lo inbuatsaih lâwk vê ang che.

Genesis 6:5–14 chhiar 1a. Nova nunah khân Pathian thû a zawm avânga thil inthlâk thleng lian tham tak lo thleng a awm a, chu chu eng nge ni? Chhiatna lo thleng mai tûr chungchânga vaulâwkna dawn mamawh êm êm khawvêla chêng keini tân hian eng thuchah nge chhar chhuah tûr awm?

Nova hian a hun neih leh a sum leh pâi khâwl khâwm sâte chu a chênnâ tûr in sakna atân a hmang vê thei reng a. Mahse, chutianga hmang lo chuan a nunah thil inthlâk thleng lian tak a awmtîr ta zâwk a; Pathian kohna zuiin kum 120 chhûng zet lawng a sâ a nih kha.

Tûn lâi huna mi tam tak hi chuan tuilêt thawnthû kha ringhlelin thawnthu phuahchawp ang deuhah an ngâi a, leilung dân kâlh tlat a ni an ti. Mahse, hei hi thil thar a ni

rêng rêng lo. “Tui lêt hmâ khawvêla mîte pawh khân kum za tam tak chhûng chu leilung dânte hi danglam thei lo niah an ngâi vê tho mai a. Hunbi hrang hrangte pawh anmahni hun theuh zélah a ngâi te-in kum tin a rawn inher chhuak thin a ni. Tui lêt hmâ kha chuan leiah ruah a la sûr ngâi lo va; lei chunglâng hi chu dâi leh chhûm zîngten a rawn tihnwâng thin. Luite pawhin an kuâng bâk an rawn pêl ngâi lo va, leilung dânin a hrilh angin lui tuite chu tuipuiah an luang lüt vek thin a ni.”—Ellen G. White, *Thlahtubulte leh Zâwlneite*, p. 96.

Tui a lêt hmâ khân mîte chuan leilung dâin nia an hriat dik famkim lo chu behchhana hmangin, tui a lêt theih loh tûr thû an sawi thin a. Tui a lêt hnû tûn lái hunah pawh hian mi tam tak chuan leilung dâin nia an hriat, famkim lo tak bawk chu behchhan atâna hmang vê lehin, tui lêt kha a thleng hlei nêm an ti vê leh chiah mai. Bible-in, “Ni hnuiah hian thil thar rêng rêng a awm lo ve” (*Thuhrliltu 1:9*) a lo tih kha a dik hlê a ni.

Hetih lâi hian Bible chuan Nova hun lâia mîte ang bâwk khân tâwpna huna mîte pawhin hun hnuhnunga thil thlengte chu an la rinhleh tûr thû a lo sawi bawk a (*2 Pet. 3:3–7*). Chuti a nih chuan, chhiatna lo thleng mai tûr atân hian engtin nge kan lo inbuatsaih lâwk theih ang? “Tih khawtlái lungâwina” tia an sawi mai thin duhthlanna hi a awm a. A awmzia chu, nakina lâwmman ropui tak kan la dawn tûr chu beisei chungin, Pathianin min tuk hnâ hi dawhthei takin kan thawk mai tûr a ni tihna a ni. Krista chu eng tikah nge a lo kal dâwn kan hre lo va. Chu chu thil pawimawh ber pawh a ni lo. A pawimawh zâwk chu Nova ang khân, Pathianin ti tûra min tuk hi lo tih zêl phawt mai ila, Novan a nun dâin a thlâk hlawk ang khân, keini pawh kan nun dâin phung thlâk a tûl a nih pawhin i thlâk vê ang u.

Nova ang khân Pathian tâna i nun dâin phung i thlâk danglam lo ngâi vê dâwn ta se, eng tiang chiahin nge i inpeih le? (*Chhan dân tûr i hriat theih nân Luka 16:10 en la.*)

THAWH TANNI
Abrama, Rinna Pa Chu

February 6

Pathianin Abrama kha a in leh lo leh a chhûngkhat lainâte kalsana, A la entîr tûr ramah chuan kal tûrin a ko va. Chuta tang chiah chuan Messia lo pian theihna tûr kawng a inhawng ta a ni. A chipchiarin min hrilh lo nâin, a pian leh a sei lenna ram a kalsan ngêi erawh a ngâi tih kan hria a. Duhthlanna siam awlsam tak chu a ni lo vang. Chutianga ti tûr chuan leia a nawmsak theihna tûr thilte leh remchâanna a neih eng eng emawte pawh a thlauhthlâk a tûl ngei dâwn sî a.

Genesis 12:1–3 chhiar la. Hê thutiam hi Abramán a pawm avânga leia chhûngkaw awm zawnge malsâwm an lo nih tâk dâin chu eng nge ni?

Hei hi Abrama leh a chhûngte tân chuan an nun thlâk danglamtu thil thleng lian tak a ni a. “Rinnain Abrahama chuan rochan tûr a dawnna tûr hmuna kal chhuak tûra kohna a dawn khân a zâwm a. Tichuan, a kalna lam pawh hre lovin a kal chhuak ta tawp mai a nih kha,” (*Heb. 11:8*). “Abrahaman zawhna eng mah nei lova thû a zâwm mai kha Bible-a rinna kan hmuhte zîngah hian entawn tlâk ber pakhat a ni.”—Ellen G. White, *Thlahtubulte leh Zâwlneite*, p. 126.

Kan zinga a tam zâwk hian kan in leh lo leh kan chhûngte, kan thiante hi kalsan kan duh hauh lo vang.

Mahse, Abrama kha chuan a kalsan a. Pathianin awm tûra a duhna hmunah khân lungâwi takin a awm mai a. A mak pawh kan ti maithei e, Abrama te, Isaka te, Jakoba te khân Pathianin A tiām ram chu an dam lâiin an luah hman lo vek a—chuti chung chuan Pathian lakah a rinawm tluan tho a ni.

Hebrai 11:8–13 chhiar la. Kan tâna thuchah pawimawh tak awm chu eng nge ni?

Abrama kha a chênpuite chuan lal angin an ngâi a. Mi thilphal tak, huaisen tak, mi khualte chunga that chhuah thîn, Pathian Chungnungbera chhiahhlawh niin an hre bawk. Pathian tâna thuhretu nih hnâ a thawh dân kha a entawn tlâk khawp mai. Keini hi Pathian khawngaihna zârah Abrama ro luahpuite kan ni a. “Abrahaman Pathian a ring a, chu rinna chu a felnaah ruat a ni ta ang khân. Chutichuan, hre rawh u, rinnaa awmte, chu mîte ngei chu Abrahama fâte an ni e,” (Gal. 3:6, 7). “Kristâ tâ in nih chuanin, Abrahama thlah, thutiam anga ro luahlu tûrte in ni,” (Gal. 3:29).

Abrahama chanchinah pawh khân, Nova chanchina kan hmuh ang Pathian thu zawm avânga nun tlâk danglam hlawktu duhthlanna siam thû kha kan hmu leh a ni.

2 Korin 4:18 chhiar la. Hê Bible chânga thuchah awm hian eng tiangin nge thlarau lama thutlûkna kan siamna kawngah nghawng a neih ang? Engtin nge Mosia leh Abrahama-te khân chu chu an lo zawm?

Lota Duhthlanna Siam Fuh Lohte

Abraman Pathian kohna chhânga a in leh lo a chhuahsan lâiin, a ûnaupa fapa Lota chuan a ruala rinna zinkawng zawh vê chu a thlang a. Genesis 13 kan chhiar chuan, Abrama kha Pathianin nasa takin mal A sâwm a, “ran te [an hnam dâna hausa an tehna ber], tangkarua te, rangkachak te” pawh a ngah hlê tih kan hmû. (Gen. 13:2). Lota pawhin amâ pualin “berâm rual te, bâwng rual te leh puan in te” a nei vê tho bawk a (Gen. 13:5). An hausak dun êm avâng leh, an ran neihte pawh a tam tham avângin, inhnâi taka chéng dûn thei an ni ta lo va. An ran rual enkawltute lakah inhmuh thiam lohna a chhuah loh nân tiin, Abrama hian awmna tûr hmun duh thlang tûrin Lota chu a ti a. A nihna tûr takah chuan, Lota hian Abrama kha upa zâwk a nih bâkah, amah avânga lo hausa vê thei chauh a nih bawk avângin, duhthlantir zâwk âwm tak a ni. Amaherawhchu, a chunga thil tha titu lakah hian a lâwmzia a tilang lo va, mahni hmasial takin ram tha lâi ber nia a hriat chu a thlang ta hauh mai a ni.

Genesis 13:10–12 chhiar la. Lotan hetianga duhthlanna a siam chhante chu eng nge ni?

Lota hian khawpuia pêm luh a duh chhante chu âwm a ti hlê pawh a ni maithei e; amaherawhchu, a tâna thâ a lo ni hauh lo mai. A chunga thil thlenge chu Abramán a lo hre vê a, mahse, “A va pawi ve Lota. I tuh rah i seng tâ a ni mâw” a ti rêng rêng lo. Tih ahnêkin amah chhan chhuak tûrin a thawk chhuak nghâl ta zâwk a ni (Genesis 14 chhiar la).

A châng chuan tam lehzual neih kan duh luât avângin zirlâi kan zir chhuah tûr rêng rêngte pawh kan zir chhuak ta lo thîn a. Lota pawh hi Sodom khawpuiah bawk a pêm lût leh a. Nimahsela, Pathian chuan a khawngaihna ropui tak avângin Lota leh a chhûngte hnênah vaulâwkna thu kengtu vântirhkohte a tîr a, hêng khawpuitea chhiatna lo thleng mai tûr chu an va hrilh ta a nih kha.

Genesis 18:20-33 chhiar la. Pathianin Abrahama hnêna khawvél a tlawh chhan a sawi chu eng nge ni? Hêng khawpuite hi Pathianin A tihboral vek dâwn a ni tih a sawi khân engtin nge Abrahaman a tih?

Abrahama hian Lota leh a chhûngte a ngaihtuah êm avângin khawpuiah mi tlêm azâwng tal an awm a nih chuan tichhe lo hrám tûrin Pathian a ngén a. ‘Mi fel 50 an awm chuan’ tiin a han ngén phawt a, a tla hniam zêl a, a tâwpah chuan 10-ah a tla thla ta a. Pathian pawhin hmangaihna ngah tak a nihzia lantîrin Abrahaman a ngen chhûng chu A khawngaihna lantîr a inhuâm thu a hrilh zêl mai a ni. Nimahsela, Sodom khawpuia mi fel awm zât chu 10 pawh an lo tling hauh lo mai a; chuvâng chuan tihboral a ni ta ngê ngê a ni.

A tihboral hmâ khân vântirhkohte rawn tîrin chu mîte chuan Lota leh a nupui fanaute chu khawpui atâ an hruai chhuak phawt a. Nimahsela, Lota nupui chuan hnung lam a lo hawi zauh avângin chi khâwnah a chang ta daih mai a nih kha. Lota chu Sodom khawpuiah khân mi hausa tak niin a pêm lût a; mahse, eng mah neih nei lovin a chhuahsan leh ta thung a ni. Duthlanna kan siam kawngah hian kan fîmkhur thiam a ngâi khawp mai a, thil thui zâwk leh lian zâwk thlîr lovin, rei lo te chhûng atâna hlâwkna ringawt hi kan lo thlang vê mai ang tih a hlauhawm hlê a ni (*Marka 8:36, 37*).

Nilâinī
Bumtu Atangin Lal Fapaah

February 8

Jakoba kha tlangvâl fel tak, Pathian hmangaih leh tih êm êm ni mah se, a pa a bum a, a malsâwmna a dawn theih nân a nu nêñ dâwt an sawi dûn a. Chu an thiltih tha lo tak avâng chuan a puitling nun chu kawng dik loah kalpuuin, a û laka a thih mai loh nân a tlanchhiat a tûl ta a nih kha. A nu Rebeki chuan, “Ka nutapa Labana hnênah va tlanchhe rawh; a hnênah chuan i û thinrim hi a reh hmâ loh chuan ni eng emaw zât lâi va awm rih ang che; i û thinurna hi i chunga a reh a, a chunga i thiltih hi a theihngihilh hunah mî ka rawn tîr ang a, chuta tâ chu ka rawn hruai chhuah tîr ang che,” (*Gen. 27:43-45*) tiin a hrilh a. Tichuan, Jakoba chu kum 20 lâi a va thang bo ta a, a nu dam lâi hmêl pawh a rawn hmu leh ta lo.

Genesis 32:22-31 chhiar la. Jakoba chungah khân eng nge thleng a, hê thawnthu atang hian duhthlanna dik lo kan siam châng pawha Pathian khawngaihna kan dawn tho thinzia engtin nge kan hriat?

“Tlâwmna leh inchhîrna leh mahni intukluhnain he thi thei, thil sual leh thil dik lo ti thîn hian, Vân Lalber chu a hneh thîn a nih chu. Pathian thutiamte a vawn chu khur zawih zawihin a vuan nghet sauh sauh a, Hmangaihna Tâwpneilova thinlung chuan mi sual ngenna chu a hawisan thei lo. Dik lohna, Jakoba suala hruaitu, bumnaa fatîr nihna lâksakna chu a hmâah chiang takin a lang a.

Pathian thutiamtea innghat lo vin, amā tumna leh remhriatna hmangin Pathianin amā hun ruat leh tih dāna hlen chhuah a tum chu lo hlen chhuah khalh a tum a. . . . Jakoba chuan a nunin neih a châk êm êm malsâwmna chu a chang ta a. Luahlântu leh bumtu a nihna anga a sual chu ngaihdam a ni ta a ni.”—Ellen G. White, *Thlahtubulte leh Zâwlneite*, (2nd Edition, 2014), p. 187.

Genesis 49:29-33 chhiar la. Jakoba khân Kanaan ramah in leh lo eng mah nei tawh lo mah se, Kanaan rama a ruâng phur chhova, chuta phûm tûr chuan a fâte a chah a. A phûm dân tûr a hrilh chu engte nge ni? Chu pûkah chuan mi dang tûte nge phûm lo ni tawh bawk? Engati nge hetianga ti tûr hian a fâte kha a ngen?

Bible chuan Israel hnam thlahtubul pathumte leh an nupuite chu hê pûkah hian phûm an nih vek thû min hrilh a. Jakoban Pathian a rinna hi a chak khawp mai, leiah hi chuan mikhual leh ram thienghlim lam pana zin kual rih maiah a inngâi a (*Heb. 11:13 en la*). Thil tihsual palh eng eng emaw chu nei tho mah se, neih eng mah nei lovin a in a chhuahsan a; mahse, Kanaan ramah hian mi hausak takin a kîr leh ta a ni.

Thil tihsual palh nei thîn mah ila, Pathian chuan mal min la sâwm thei tho. Chutiang chu ni mah se, engati nge thil tihsual palh neih loh hi a that zâwk tho le? Tûnah khân duhthlanna siam tûr eng engte nge i neih a, engtin nge duhthlanna dik lo siam chu i pumpelh theih ang?

H-6

Aigupta Ramah Mosia

Mosiâ chanchin inziahna hian Bible bu tîr lam chu a luah khat deuh vek tih theih a ni a. A nu pâukhauh tak leh amah ngaihsak êm êmtu a farnu-te hmanga Pathian awmpuina a dawn azârah a nunna zuah a ni a. Luang hmanga siam lawnglêng a nu'n a thurûk chu Faraoa fanuin a hmû a; tichuan, Hebrai nu pakhat chu naute nû a ni tih pawh hre chuang lovin hlawh neia awmsak thîn tûrin a sâwm ta a. Hê nû la naupang vê tak, ram danga saltâng ni vê mai tân chuan chona huhphurhawm tak leh malsâwmna ropui tak ni bawk sî a ni ngîi ang.

Jokebedi hian a fapa chu tawngtâi thîn tûr te, Pathian ringa châwimâwi tûr te leh mi dangte tâna rawngbâwlna nun nei thei tûr tea a zirtîr theih nân kum 12 chiah hun a nei a. Chumi hnû chuan Mosia chu Aigupta lal inah hruai luh niin, chutah chuan lal ni tûra thil zir ngâi awm zawng zawngte chu a zir tan vê leh ta a. Aigupta mîte finna zawng zawng zirtîr niin, a thu sawi dânah leh a thiltih vêl dânah te chuan mi ropui tak a lo ni ta tih a lang thei (*Tîrh. 7:22*). A lo thang lian zêl a, puitling tia chhâl theih a lo nih hnû chuan, a nun leh khawvêl chanchin kal mêm thlâk danglamtu tûr thutlûkna pawimawh tak a siam ta a ni.

Hebrai 11:24–29 chhiar la. Mosian a kalsân tâkte leh a hmachhawn tûr harsatnate kha ngaihtuah la. Hetiang duhthlanna a siam hmâa a dinhmun ropui tak atang khân thlîrsak tum ang che. A kalsan tûr chu eng nge ni a, chumi chu kalsan a thlan chhan chu eng nge ni bawk?

Hetih hun läi vël hian Aigupta ram chu hmâsâng khawvêla ram ropui ber a nih chiah loh pawhin a ropui berte zînga mî chu a ni ngîi ang. An rama luâng tlang Nail Lui chuan a kam tuâkah thlái chînna tûr hmun zâu tha tak a siam duâi mai a, thlâ chi hrang hrang an thar hnem hlê thîn a. Ram hausâ leh thiltithei tak a ni bawk a, chu ramah chuan Mosia kha hotu lû berah a han awm thei dâwn a ni. Tleirâwl mai a la ni ve bawk sî nêñ, khawvîl thlêmna, Aigupta ram thiltihtheihna leh a rosum zawng zawngte kha hnâwl a harsa viâuin a rinawm a. Aigupta ram ngaihsânawmzia, nawmzia, hausakzia leh hîpna nasatzia pawh chu a hre chiang bertute zînga mî a ni ngîi ang. Aigupta mîte hmuhsit êm êm salhote zînga khawsak âi chuan, Aigupta lal ina chên reng mai chu thil châkawm zâwk a ni dâwn chiang a, chutiang chuan thulûkna lo siam ta pawh ni se, a thiamawm tho mai.

Mahse, eng thil nge a tih tâk? Bible-in a sawi dân chuan, “rei lo tê atân sual nawmna hlimpuí âi chuan, Pathian mîte nêna tihdudah tuár tlân a thlang ta zâwk a ni” (*Heb. 11:25*). A hrehawm tawrhte chu eng nge ni le? Exodus bû-ah hian Mosian harsatna leh fiahna a tawh chi hrang hrangte kan hmu tam hlê a, chûng zawng zawng chu a pal tlang vek hnû-ah pawh Ram Tiam a thleng zo vê leh ta chuang bawk sî lo (*Nambar 20:12 en la*). A châng chuan duhthlanna dik a siam ta lo em ni âw a ti ve thîn ngein a rinawm. Mahse, a tâwpah chuan duhthlanna dik leh tha ber a siam a ni tih kan hre ta vek a nih hi!

Khawvîl thlîrna atang chuan Mosia khân Aigupta rama chên thlang ngei tûr a ni ang. Amaherawhchu, keini Kristiante hi chu hê khawvîl piah lama thil awmte

hmuhtîr kan ni a. Khawvîlin min thlêm chângte hian engtin nge zâu zâwka thil thlîr dân kan thiam theih ang? Chutianga tih chu eng vângin nge a pawimawh êm êm?

ZIRTÂWPNI

February 10

Zir Belhna: Pathian chuan thuthlunga Amâ tih tûr awmte chu tiin, Abrahama kha mal A sâwm a. Abrahama pawhin hê leiah hian ro chhêk khâwm lovin Pathian a châwimâwi vê bawk a. “Pathianin a mîte hnêna rochan tûr a tiam chu hê khawvêla mi hi a ni lo. Abrahama pawh khân leiah hian rochan eng mah a nei lo va, ‘ke nghahna tham’ ram takngial pawh a nei lo va ni’ Tîrh. 7:5. Thil tam tak chu a nei ngei mai, chûngte chu Pathian ropui nân leh a mihringpuite thatna tûr atân a hmang thîn a; hê khawvîl hi chu a in angin a ngâi ngâi lo. LALPA chuan milem be mî a thenawm khawvêngte chu chhuahsan tûra kovin, Kanaan ram chu kumkhua atân a rochan a nih tûr thu a hrilh a; mahse, chu pawh chu amah emaw, a fapa emaw, a tupa emaw pawhin an luah hman ta chuang bawk sî lo. Abrahaman a ruâng zalhna tûr a mamawh pawh khân Kanaan mîte hnêna atangin a lei a ngâi a. Ram Tiama hmun a neih awm chhun chu Makpela pûka lung ker kuak thlân chiah kha a ni.”—Ellen G. White, *Thlahtubulte leh Zâulneite*, pp.155,

156.

A châng chuan nuamsa tak leh hahdam taka awm thei nihte hi kan châk thîn a. Tikhawtlâi lungâwina nunpui tûr chuan rinna chak tak neih a ngâi thîn rêng a ni. “Faraoa lal in ropui tak leh lalthutthlêng te chu Mosia hmâah chuan amah thlêm nân pharh a ni a; mahse, chûngte chu Mosia

chuan Pathian theihngihilhtirtu tûr sual nawmsip bâwlna a ni tih a hre chiang hlê. Lal in ropui tak, lallukhukhum piah lam chu thlîrin, sualin a tihbawlhhlawh loh vânrama awm Chungnungbera mi thianghlimte chan tûr châwimâwina chu a thlîr zâwk a. Vân Lalberin a hnehtute lûa lallukhum a khumtîr hun tûr chu rinnain a lo hmu lâwk vek a. Chû rinna chuan leia thil ropuite chu a hnâwtîr a, sual rawngbâwl âia Pathian thu zawm zâwk thlang hnam rethei, inphahnniam leh hmuhsita awmte zîngah chuan a awmtîr vê ta a ni.”—*Thalhtubulte leh Zâwlneite*, pp. 239, 240.

Sawi Ho Tûrte:

1. **Isua lo kal hunah chuan kan thil neihte hi engtin nge a awm ang? (2 Pet. 3:10 en la.) Chutiang chu Isua lo kal hmâ pawhin a thleng thei tho em? (Mat. 6:20.) Chuti a nih chuan, eng vângin nge thilte hi a thlîr dân tûr dik taka kan thlîr thiam a pawimawh?**
2. **Isua chuan “hausakna bumna” laka invêng fîmkhur tûrin min chah a (Marka 4:19). Engtin nge hausakna hian mî a bum thin?**
3. **In class-ah Mosia khân thlalêr ram rova sal rualte nêñ tlanchhe tûra engkim kalsan âi chuan, Aigupta rama awm hlen kha lo thlang ta pawh ni se, a thiamawm theih tho dân sawi ho teh u. Engin nge khatiang thutlûkna pawimawh tak kha siamtîr ni ang?**

HÊNG MI TÊ BERTE HNÈNAH HIAN

CHÂNGVAWN: “Chumi hunah chuan Lalber chuan a ding lama mîte hnênah chuan, ‘Ka Pâ voh bîkte u, lo kal ula, khawvêl siam tan tirh atâ in tâna ram buatsaih chu chang rawh u,’ a la ti ang,” (*Matthaia 25:34*).

SABBATH CHAWHNÛ

February 11

Chhiar Tûrte: *Deuteronomi 15:11; Joba 29:12–16; Isaia 62:1, 2; Matthaia 19:16–22; Luka 4:16–19; 19:1–10.*

BIBLE hian mikhual (a châng chuan ‘ram dang mî’ tih pawha sawi thin) chungchâng te, pa nei lote chungchâng te, hmeithâite chungchâng te a sawi fo mai a. Hêng mîte hi Isuan “ka ûnau tê berte” (*Mat. 25:40*) tia a sawite kha an ni maihei.

Tûn lâi hunah hian chutiang mîte chu engtin nge nge kan hriat theih ang? Bible hun lâia ‘mikhual’ an tihte kha chu indona avâng emaw, tám a tlâk emaw avânga an ram chhuahsan, mî rama va awm tâté kha an ni a. Kan tûn lâi huna anmahni ang deuh ber tûrte chu, an duhthlan ni miah lo harsatna an rama a lo thlen avânga ei tûr pawh nei ta lo, ram danga ‘râltlân’ tâté hi an ni ang.

Pa nei lote chu indona emaw, chêtsualna emaw, dam lohna emaw vânga an pâté chân tâté hi an ni a. Tân ina an pa tângte leh an pâten an awm lohsan tâkte pawh a huâm thei bawk ang. Chutiang pa nei lo ngaihsak ngâite chu an tam hlê a ni.

Hmeithâite chu fa nei loten chhan hrang hrang avâng a
an pâté an chân ang bawka an pasal chân tâte an ni a.
Chûng zînga tam tak chuan an fâte hmeithâipuiin, ei
zawngtu berah an tang a, kohhranin a tanpui pawh an
mamawh khawp mai.

Pathian hna enkawltute kan nih avângin mi retheite
tanpui hi keimahni duh leh duh loha thû a ni lo va. Isua
kan zuina kawng khat leh a thupêkte kan zâwm a ni tih a
lanna a ni.

SUNDAY*February 12***Isua Nun leh Rawngbâwlna**

Isuan vântlâng zînga rawngbâwl hnâ A thawh tan tirh
lam khân Galili rama awm Nazaret khuaah a va zin a. Hê
khua hi a seilenna niin, a khaw mipuite pawh hian a
hnathawk leh a thilmak tihte chu an lo hre hlawm a. A tih
thin dân pângngâi angin, Sabbath nî-ah chuan inkhâwmna
inah a kal a. Hemi tum hian inkhâwm kâihruaitu túra
ruât chu ni lo mah se, inkhâwmna in enkawltu chuan a
chhiar atân Isaia bu zial a lo pê a. Tichuan, Isaia 61:1, 2 hi
a chhiar ta a ni.

**Luka 4:16–19 chhiar la, tichuan Isaia 61:1, 2 nêñ
khâikhin ang che (Luka 7:19–23 pawh chhiar la). Engati
nge Isuan he lâi thu kher hi a chhiar ni ang? Engati nge
hêng châng pahnihte hi Messia chungchâng sawina nia
ngaih a nih? Engtin nge Messian hnâ A thawh tûr
chungchâng a lo puan chhuah?**

Khatih hun lâia Juda sâkhaw hruaitute khân Messia
chuan hrehawm A tuâr dâwn a ni tih sawina hrilh lâwkna

thûte an lo chhiar ngâi miah lo va; ropui taka a lo kal leh
tûr thu sawina chângte pawh hi dik lo takin thil dangah
an lo hmehbel daih bawk. Chuvângin, mi tam tak chuan
Messia a lo kal huna a tih tûr chu hnehtu leh awpbetu
Rome sawrkâr lak atâ Israel hnam tihzalén niin an ngâi
a. Isaiah 61:1, 2 thû hi Messian A rawn tih tûrte sawina a
ni tia Isuan a han puan khân an phâwk hlê hlawmin a
rinawm.

Mi retheite chu sawrkâr hnathawk huângtâu tak tak,
entir nân chhiahkhawntute, sumdâwng hausâ te leh
anmahni thenawm ngeite pawhin an en hniām thîn hlê a.
Retheite chu Pathian ânchhe dawng niin, an retheih
chhan pawh anmahni thil dik lo tih rah niin an ngaihsak
thîn. Chutiang chu mi nâwlpui rilru put dân a nih avângin
mi tlêm tê chauhin mi retheite an ngaihsak a, anmahni
tanpui tûra che chhuak duh phei chu an awm mang lo.

Nimahsela, Isuan mi retheite A hmangaih êm êm mai
kha Messia a nihzia tilangtu ropui ber pakhat a ni zâwk a;
chu chu Baptistu Johanan ‘Messia’ a nih leh nih loh a zawa
a chhân dânah pawh khân kan hmu thei (*Mat. 11:1–6 en
la*). “Baptistu Johanan Chhandamtu zirtîrte ang bawk khân,
Kristâ lalram nihphung tûr chu a hre thiam lo va. Isua
chu Davidâ lalthutthlêng luah tûrin a beisei tlat mai a.
Mahse, hun a liam zêl a, Chhandamtu lah chuan lal
thuneihna a neihzia a tilang ta rêng rêng bawk sî lo.
Chuvâng chuan Johana kha a rilru a buai a, a ngaihna a
hre lo tak zet a ni.”—Ellen G. White, *Chatuan Nghahfâk*, p.
215.

**“Kan Pathian leh Pâ mithmuha sâkhaw biak dân
thianghlim leh sual tel lo chu hei hi a ni: fahrah leh**

hmeithâite an hrehawm lâia kan leh, khawêl bawlhhlawh kâi lova insiam thin hi” (Jakoba 1:27). Engtin nge he châng hian kan sâkhaw kalpui dânah ngaih pawimawh tûr dik tak kan ngaih pawimawh theih nân min tanpui le?

THAWHTANNI

Pathianin Mi Retheite A Tanpui Thîn

February 13

Bible ziaktûten an thuзиakah Pathianin mi rethei te, mikhual te, hmeithâi te leh pa nei lote a tanpui thin thû an telh tam khawp mai a. Chutiang chu Sinai Tlânga Israel mîte an awm lâi pawh khân Mosia hnênah a lo sawi daih tawh a ni. “Kum ruk chhûng chu i lova buh i tuh ang a, a thar pawh i la zêl ang; mahse, a kum sarihmaah chuan eng mah i tuh lo vang a, in zînga mi rethei awm vêteen ei tûr an lo zawn vê nân dah âwl rih ang che; anni'n an lâk bâng la awm apiang chu ramsâten an lo ei vê dâwn nia. Chutiang bawk chuan i grêp huan leh i olive huan pawh i ti tûr a ni” (Exod. 23:10, 11).

Leviticus 23:22 leh Deuteronomi 15:11 chhiar la. Kan tûn lâi hun nêh hian inang tawh lo viâu mah se, hêng Bible chângin a sawite atang hian eng thu pawimawh tak nge zir chhuah tûr awm?

Heti lâia “ûnaute” a tih hian an Israel-puite emaw, an ringtupuite emaw a kâwk nia ngaih a ni a. Chûng mîte chu kan tanpuina mamawh, Isuan “ka ûnau tê berte” a tihte kha an ni ang. Sâm bû hian chûng mi, kan tanpuina mamawhtute tâna kan tih tûr chu heti hian min lo hrilh

a: “Retheite leh pa nei lote chu an thlavâng hauhsak ula; hrehawm tuârte leh pachhiate chungah chuan dik takin thil ti thîn rawh u. Retheite leh pachhiate chu chhanchhuak ula; mi suaksualte kut atâ chhuah zalên ang che u,” (Sâm 82:3, 4) tiin.

Mi rethei tanpuitute hnênah chuan hetiang hian thu a tiam bawk a: “Mi retheite hnêna thil petu chu tlachhamin a awm lo vang” (Thuf. 28:27). “Dik taka mi retheite chungthû rôlsaktu lal chu kumkhuain a lalthutthlêng tihngheh a ni ang” (Thuf. 29:14). Lal Davida pawh khân, “Mi retheite ngaihsaktu chu malsâwmin a awm ang a; buaina hunah pawh LALPAN a chhan chhuak ang,” (Sâm 41:1) tiin a lo sawi a. Chutiang chuan mi retheite tanpui hi hmân lâi Israel-te pawh khân ngaih pawimawh ber pakhatah an lo nei thîn a ni.

Nimahsela, tûn lâi hunah pawh hian, a bik takin England ram angahte chuan, “Social Darwinism” tia an sawi thinin a chiah hneh vâng pawh a ni ang, mi tam tak chuan mi retheite tanpui chu an tih tûr a ni lêm lo pawh ni mai lovin, thil dik lo tihna ni ang hialin a ngâi a. Leilung dân, mi chak lote an palzût avânga mi chakte an lo dam khaw chhuak thîn ang deuh hian “Social Darwinist-te” chuan mi retheite leh mi hrisel lote tanpui chu khawtlâng tân a pawi thei niin a ngâi tlat mai a. Chutiang mîte an tanpui a nih chuan an lo inthlah pung ve zêl ang a, ram leh hnam an tichak lo vek dâwn niin an ngâi a ni ber. Hê ngaih dân hi a râwng hlê mai a, evolution theory lo chhuahna bul pawh a ni rêng a ni.

Engtin nge chanchin thâ, mi tin tân Krista chu a thi tawh a ni tih thû hian angkhata mi zawng zawng en vek thei tûrin mi a tanpui?

**THAWHLEHNÍ
Rorêltu Tlangvâl Hausâ**

Hê tlangvâl hi rorêltu a ni a, a hausa hlê bawk tih bâk chu a chanchin dang hriat kan nei lêm lo. Thlarau lam thilte ngaihven mi tak niin a lang bawk a. Tûn lâi tawng takin, a ‘tlin’ hlê ni tûr a ni, Isua lam pan hian a tlânin a lo tlân a ni (*Marka 10:17*). Chatuan nunna chanchin chu hriat a châk hlê a ni ngei ang. Hê thu hi pawimawh viâu ni tûr a ni, Chanchin Tha bu pathumte hian an ziak theuh a, a inziahna chu: *Matthaia 19:16–22; Marka 10:17–22* leh Luka 18:18–23 te hi a ni.

Matthaia 19:16–22 chhiar la. Isuan a hnêna, “Tha famkima awm i duh chuan, kal la, i neih chu hralh la, pachhiâte hnênah pe rawh; chutichuan, vânah ro i nei ang; tin, lo kal la, mi zui ang che,” (Mat. 19:21) tih khân eng nge a sawi tum tak ni le?

Keini hi chu kan neih zawng zawng hralh vek a, mi retheite hnêna pe tûrin min ti vê kher lo vang. Hê tlangvâl hi chuan pawisa a ‘pathian’ niin a lang a; a zawnha Isuan a lo chhân dân pawh hi dêngkhâwng viâu angin lang mah se, hê tlangvâlin chhandamna a chan theihna tûra kawng awm chhun a ni tih a hriat avângin heti hian a chhâng ta a nih hmêl.

Bible chuan hê tlangvâl hi lungngâi takin a kal bo ta tih a sawi a, a chhan pawh sum tam tak a neih vâng niin, chu chuan a sum chu chibai a lo bûk ngheh tawhzia a tilang bawk. Chatuan nunna pêk tum a ni a, Isua hnaihtu zualte zînga tel vê tûra sâwm pawh a ni bawk (“Lo kal la,

February 14

mi zui ang che”—hê tawngkam hi zirtir 12-te a koh pawh khân A hmang vek a ni). Nimahsela, hê tlangvâl chanchin hi eng mah kan hre zui ta lo va. Chatuan nunna âiin leia a thil neih sum leh pâite chu a thlang zâwk a ni.

Duhthlanna râpthlák a ni mâu? “Tihkhawtlái lungngâwina” zui loh pawizia tilangtu tha tak pawh a ni bawk âwm e. Hê tlangvâlin duhthlanna a siam ang hi chu inbumna mai a ni a, a chhan pawh sum leh pâite hian kan khawsak tinuâm eng ang mah sela, kan thihsan nî a la thleng dâwn tho, chutih hunah chuan chatuana kan chan tûr tih chian a ni tawh bawk ang. Hetih lâi hian mi hausa tam tak chuan an sum leh pâi neichten an beisei ang thlamuânnna leh hlimna a pêk lohzia an hmu chhuak tawh a; dik tak chuan, chumi letling chiah chu a lo thleng zâwk thin.

Mi ropui nia khawvêlin a ngaihte chanchin ziahna bûte hi chhiar ila, mi hausa tak takte hi an nun a lo rethei hlawm hlê a ni tih kan hria ang. Dik tak phei chuan, chanchin kal tawh ziahna lehkhabu tam tak zînga sum leh pâi neih tamin lungâwina min pêk theih lohzia târ lanna tha ber pakhat chu *Thuhrltute* bû hi a ni âwm e. Hê lehkhabu atang hian zirlai tha tak tak zir chhuah tûr a awm; mahse, thil chiang tak pakhat a sawi chu, sum hian thlamuânnna leh hlimna a lei thei lo tih hi a ni.

“Tû pawh a nun humhim duh apiangin a chân ang a; tû pawh keimah avâng leh Chanchin Thâ avânga a nun chân apiangin a humhim ang. Mîin khawvêl hi a pumin nei sela, a nun chân sî sela, a tân eng nge sâwt ang? Mîin a nun âiah eng nge a pêk theih ang?” (*Marka 8:35–37*). Chanchin Thâ avânga nun chân tih hi eng nge ni a awmzia?

NILĀINĪ
Zakaia

February 15

Zakaia kha Juda pa haus a tak, Juda-ten an huāt êm êm, Rome sawrkâr tâna chhiah a khawn atanga sum siamtu a ni. Rome sawrkâr tâna chhiah khawntu a nih bâkah, mipuite chu châwi tûr áia tam daihte a tuk ta thîn a; chuvâng chuan miin an haw êm êm a, “mi sualpa” tia tlâng hriat a ni.

Zakaia chu Jeriko khuaa chêng a ni a, chu khua chu sumdâwnna kawngpuiin a pal tlang, dâwr hawnna atân pawha remchâng êm êm a ni. Zakaia leh Isua an intawng hi tihpalh thila tleng a ni lo. A hmâ pawhin Zakaia hian Thlarau pâwlna lo chang tawhin, a nun dân chu thlâk a duh tawh sa a. Isuâ chanchin a lo hriat hnû phei kha chuan hmuh ngei a tum a. Tlângkam titi atangin Isua leh a thuihruaite chu Jeriko khuaah an lo kal dâwn tih a lo hria a. Hemi nî hian Isua chu a tâwp nân Galili ram atangin Jerusalem-ah kal a tum a, Jeriko khua hi A paltlang a ngâi. Zakaia hnêna Isuâ thu sawi hmasak ber hian, Jeriko khawpui a luh hmâ hauh pawhin Zakaia chanchin hi a lo hre vek tawh tih a tilang.

Luka 19:1-10 chhiar la. Zakaia thil tawn leh rorêltu tlângvâl haus a tak thil tawn kha eng nge a danglamna?

Zakaia leh rorêltu tlângvâl haus a tak khân inanna eng eng emaw an nei a. An pahnih hian mi haus a tak an ni a; Isua hmuh an duh a, chatuana nunna neih an duh bawk. Chu zawng chu an inna awm chhun a ni.

Zakaian mi retheite hnêna a sum zâtve pêk a tum thû a sawi khân, Isuan piantharna dik tak changte awm dân a ni tih a hriat avângin a lo âwihsak a. *A pawi ka ti khawp mai Zakai, rorêltu tlângvâl haus a pawh kha a neih zawng zawng pe tûrin ka ti a; a phal loh avângin a kal bo ta a nih kha.* A chanvê lek hi chu ka pawm lo tlat mai a ti miah lo. Eng vângin nge a tih loh? A chhan ni bera lang chu, Zakaian a sum leh páite kha ngâi hlu viau tho mah se, rorêltu tlângvâl haus a tak ang khân a ‘pathian’ ve lo a ni. Dik takin, a hnênah hian eng thû nge Isuan a sawi tih chu hre lo mah ila, mi reitheite hnêna a sum pêk a tum thu sawi hmasa berte zînga mî a ni. Chutih lâiin, rorêltu tlângvâl hausâ kha chu Isuan a neih zawng zawng a kalsan vek a ngaih thû a hrilh a tûl thung; a kalsan vek lo a nih chuan a sum neihten a tiboral dâwn sî a. Zakaia hian—mi haus a dangte ang bawkin—hausaknain thil hlauhawm a ken telte lakah a invêñ fîmkhur ngâi vê tho mah se, rorêltu tlângvâl hausâ ái kha chuan a hausakna a thunun thiam zâwk niin a lang.

“Rorêltu tlângvâl hausâin Isua a kalsan tâk hnû chuan Isua thusawi, ‘Sum ringte tân Pathian rama luh a va harsa thîn êm!’ tih chu zirtirten mak an ti hlê a. ‘Chuti chu tu nge chhandam ni thei ang le?’ tiin a inz^wt hlawm a. Mahse, tⁿah chuan Isuan, Mihringte tâna tih rual ni lo hi Pathian nêñ chuan tih theih a ni asîn’ a lo tih kha a dikzia tihlanin a awm ta. Mark 10:24, 26; Luka 18:27. Zakaia hmang hian Pathian khawngaihna zârah chuan mi hausâte pawh Pathian ramah an lo l^t ve thei teh meuh mai tih an lo hre ta a ni.”—Ellen G. White, *Chatuan Nghahfâk*, p. 615.

NINGĀNÍ**Joba Kha Ngaihtuah Rawh****Joba 1:8 chhiar la. Engtin nge Joba chungchâng Pathianin a sawi?**

Joba kha Pathian meuh pawhin “tha famkim” leh “nun ngîl” tia a sawi a ni a; a thâin a nun pawh ngîl tak a ni ang, a dam rualpuite zîngah amah han tluk phâk tu mah an awm lo. Hei hi Pathian tawngka chhuak ngei, Joba chungchâng sawina atâna a hman a ni.

Chhiatna chi hrang hrang indawt zata a han tawh chhoh mawlh mawlh hnû pawh khân Pathian chuan a tîra a chanchin a sawi dân ang tho—leiah hian amah ang, mi tha famkim leh mi nun ngîl tu mah an awm lo—tih bawk kha khân a la sawi leh zîl a. Mahse, thil pakhat sawi belh a nei ta thung: “chhan awm lova mi tihchhiattîr chung pawhin a ngâi reng a la ni tho,” (Joba 2:3) tiin Setana a hrilh a nih kha.

Joba felzia leh nun ngîlzia chu a chunga khâng thil tha lo zawng zawng a thleng chung leh, a nupui âncheh takin, “I la rinawm reng dâwn tho em ni? Pathian chu ânchhia lawh la, thi daih la a ni mai alâwm!” (Joba 2:9) a tih khum phiar phiar chung pawh a, Pathian a sawichhiat duh miah loh dân atang pawh khân kan hre thiam thei âwm e. Joba bû vêk hian a chunga thil tha lo chi hrang hrang a lo thlen hmâa thil a tihte sawi langin, pa tha tak a nihzia a pho lang bawk.

Joba 29:12–16 chhiar la. Heta a thil sawi engte hian nge Jakoba mîze dik tak mi hriattîr le?*February 16*

A mîze dik tak tilangtu chu amah Joba tawngkam ngei, “Ka hmêlhriat lohte pawh an thû ka buaipui a” (Joba 29:16) tih hi a ni âwm e. Tawngkam danga sawi chuan, entîr nân, Joba hian a tanpuina beisei kutdawh rethei tak chu ama thuthmunah a lo nghâk ngawt mai lo va. A tanpuina mamawhtu an awm em tih hre tûrin a kal chhuak a, chu mîte chu an awmna theuhah a va tanpui thin tihna a ni.

Ellen G. White-i pawhin heti hian a lo sawi a: “[Mi retheiten] an mamawh an rawn hriattîr hun che lo nghâk ngawt suh. Joba kha chu a hriat sâ ni lo hriat thar tumin a che chhuak asîn! Nang pawh amah ang khân tanpuina mamawhte zawng chhuak vê la, an mamawh tak chu eng nge ni tih i hriatsak hnû-ah a hnemhnânpui theih dân tûr berin i tanpui nghâl dâwn nia.”—*Testimonies for the Church*, vol. 5, p. 151.

Isaia 58:6–8 chhiar la. Engtin nge hê thu hlui tawh tak hi keini tûn lâi huna chêngte hian kan lo zawm vê theih ang?**ZIRTÄWPNI***February 17*

Zir Belhna: “Mihring Fapa hi a vântirhkohte zawng zawng nén, a ropuinaa inthuama A lo kal hunah chuan, A ropuina thutphahah A thû ang a, A hmâah chuan hnam tin an inkhâwm ang a; berâm vêngtuin kôl zîng atâ a berâmte a hlîr angin anniho chu a hlîr ang.’ Hetiang hian Kristan Olive Tlângah khân rorêlna ni ropui taka thil thlen dân tûr a hrilh a. Tichuan, rorêlna thu tihtlûkna chu thil pakhatah a innghat dâwn a ni. A hmâa hnam tinte an kal khâwm hunah chuan, pâwl pahnih chauh an awm tawh

dâwn a, chüng mîte chatuan hmun tûr chu mi retheite leh hrehawm tuârte chunga Isuâ tâna thil an tihin emaw, tih lohin emaw a hril dâwn a ni.”—Ellen G. White, *Chatuan Nghahfâk*, p. 717.

“Krista ringtute zinga mamawh neite leh hrehawm tuârte tân i kawngkâte i lo hawnsak khân mita hmuh theih loh vântrirkohkte chu i ina lüt tûrin i lo lâwm a. Vân mîte chu i chênpui atân i sâwm tihna a ni. Chu mîte chuan lâwmna leh thlamuânnna boruâk thianghlim tak an rawn luhpui ang a. Fakna hla sa chunga lo lütin an fakna hla sak chu vânah pawh khian hriat a ni ang. Khawngaihna thiltih tinrêngte hi vânah khian rimâwi tak a chang zêl a. Pa chuan a lalthutthlêng atang khian mahni hmasialna tel miah lova hna thawktute chu a ruhlu berte zîngah chhiar tel a ni.”—*Chatuan Nghahfâk*, p.719.

Sawi Ho Tûrte:

1. “**Chu ramah chuan mi retheite awm loh lâi a awm dâwn sî lo va**” (*Deut. 15:11*). Hê hrilh lâwkna, kum sâng eng emaw zât ral taa sawi, vânduaithlâk takin a rawn thleng dik ta sî hi keini tûn lâi huna mîte hian engtin nge a awmzia kan lo hriat thiam vê ang? Mi thenkhat chuan mi retheite tanpui an duh loh chhuanlam atâna hmangin, “Pathian pawhin mi retheite chu kan zîngah an awm reng tûr thû min hrilh alâwm, an nih ang ang hian en liam vê mai tûr,” a ti mai thîn a. Hê ngaih dân hi a dik i ti em? A dik tih chhan emaw, dik lo i tih chhan emaw han sawi teh.
2. **1 Timothea 6:17–19-ah chuan, “Hemi khawvêla mi hausâte hi chapo lo tûr leh, sum rinawm lovah hian**

an beiseina nhat lo va, thil zawng zawng lâwmna tûra tam taka min petu Pathian chungah chuan nhat zâwk tûrin zilh rawh; thil thâ ti tûrin, thil tha tih ngah tûrin, thil phala thawhlâwm peih tûrin, nunna, nunna tak tak chu an vawn theih nân hun lo thleng tûr atân chuan lungphûm tha tak an tâna khâwl khâwm tûrin fuih rawh” tih thû kan hmû a. Heta hlauhawm a sawi hi lo chhinchhiah ila, chu chu Pathian nung rinchhan lova mahni hausakna rinchhan zâwkna a ni. Eng vângin nge chutianga tih mai chu sum leh pâi neite tân hian, an sum zawng zawng paw’n a dam rengtir thei dâwn chuang lo a ni tih hre reng tho mah se, a awl êm êm le? Eng vângin nge Pathian nungah ni lo, thil danga kan innghah loh nân kan fîmkhur a ngaih?

ZIRLÀI 8

FEBRUARY 18–24, 2023

HLAWHTLING TÛRA RUÂHMANNA SIAM

CHÂNGVAWN: “**A rulhna roluah tûr chu LALPÂ hnêñ atâ in hmu dâwn tih hriain, in tih apiang chu mihring tân anga ti lovin, LALPÂ tân anga ti zâwkîn, châk takin ti rawh u; LALPA Kristâ rawng in bâwl a nih hi,**” (*Kolosa 3:23, 24*).

SABBATH CHAWHNÛ

February 18

Chhiar Tûrte: *Genesis 2:15; 39:2–5; Thufingte 3:5–8; Thuhrliltu 12:1; Kolosa 3:23, 24; 1 Timothea 5:8.*

Mi TAM zâwk hi chuan mi “hlawhtling” tak nih leh, hlim taka nun hman kan duh a. Mahse, suala tlu tawh khawvél, eng tik hun pawha lungngaihna leh chhiatna a lo thlen thut thut theihna hmunah hi chuan, hê kan thil duh hi awlsam taka neih mai theih a ni lo fo thîn sî a nih hi.

Chuti a nih chuan, “hlawtlinna” awmzia kan hrilh fiah dân pawh hi eng nge tia kan inzawh a thâ ang a. Aigupta rama an ûnauten an hralh tâk Josefa kha ngaihtuah teh. Nun hlawhtling kan tih hi a awm tak tak a nih ngâi chuan, Josefa nun ngei kha a ni dâwn lo’m ni hlawhtling chu? Tân in atangin lal inah a insuân lüt a nih kha. Baptista Johana kha ngaihtuah leh ta ila. Ani kha chu Tân in atangin thlânah a liam vê thung a. A nun kha engtiang taka hlawhtling nge ni le? “Hlawhtling” tih awmzia kan hrilh fiah dânah a innghat leh lo thei dâwn lo a ni.

Tûn kâr chhûng hian sum leh pâi enkawl kawnga “hlawtlinna” tih chungchâng kan en ho dâwn a. Tû pawh niin, khawi hmuna chêng pawh ni ila, sum leh pâite hi kan duh emaw, duh lo emaw kan nuna bet vê tlat a ni a. Chuti a nih chuan, “hlawtlinna” min chantir ngîi dâwn a ni tih chu thil chiang sa ni chuang lo mah se, sum leh pâi enkawl kawnga harsatna lian zâwk min siamsak thei tûr, thil tlânglawn zual deuhte kan pumpelh theihna atâna min pui thei tûr rahbi eng engte nge kan zawh?

SUNDAY**Tih Hmasak Tûrte**

February 19

Thuhrliltu 12:1 chhiar la. Hetah hian kan hriat tûr thu pawimawh tak eng nge awm?

Tleirâwl ni thîn puitling kan han nih chiah hian, kan ngaihtuahnate chu kan nunin a mamawh bulpui, hêng—chaw ei tûr, thuâmhnhâw hâk tûr leh chênnâ tûr in te neih duhnain a rawn luah vê nghâl a. Mahse, Isuan kan mamawhte zîngah ngaih pawimawh hmasak bera kan neih tûr min hrilh a, “Pathian lalram leh a felna chu zawng hmasa phawt ula; tichuan, hêng thil dang zawng zawngte hi A pêk belchhhah dâwn tho che u nia,” (*Mat. 6:33*) a ti a. Hetih lâi hian, kum lama upa deuh tawh leh an la naupan deuh lâia Isua lo thlang ta lote pawhin enkawl tu nih chungchângah duhthlanna dik siam theih nân hun an la nei vê tho tih erawh hria ila.

Genesis 28:20–22-a kan hmuh angin, Jakoba khân thlarau lamah leh sum leh pâi enkawl chungchâng duhthlanna pawimawh tak a siam a. A hnênah Pathian

chu rawn inlārin, “Kei hi LALPA, i pu Abrahama Pathian leh i pa Isaaka Pathian chu ka ni,” (*Gen. 28:13*) tiin a hrilh a nih kha. Tichuan, Pathian hnēnah thū a tiam ta a, chu a thutiam zīnga pakhat chu, “LALPA chu ka Pathian a ni ang,” (*Gen. 28:21*) tih hi a ni.

Genesis 29:9–20 chhiar la. Hê thil thlen hunin Jakoba nuna pawimawhna a neih dān chu eng nge ni?

Jakoban thlarau lamah leh sum leh pâi chungchângah pawh, Pathiana intukluh tawp mai a tum hnû chuan LALPAN rawn hruaiin, Rakili nêñ tuichhunchhuah kiangah A intawntîr ta a nih kha (*Gen. 29:9–20 en la*). Nupui pasal neih tuma thutlûkna kan siam hmâ hian thlarau lamah leh ei zawnna tûr chungchângah thutlûkna kan siam hmasak phawt a tûl hlê a ni. I kawppui tûr chuan eng ang mî nge a neih dâwn tih a hre hmasa tûr a ni. Ka neih tûr hi Kristian tha tak a ni em? Eng ang hnâ nge a thawh dâwn? Zirtîrtu a ni dâwn nge, nurse a ni dâwn nge, dâñ hre mî a ni dâwn nge tih te hriat tum a thâ a. Eng ang nun nge neih dun in tum?’ tih pawh ngaihtuah lâwk bawk rawh u. Hêng bâkah hian, Eng chena sâng nge lehkha a zir? Eng zâta tam nge leibâ a neih? Chûng zawng zawng chu ka mamawphurhnaah ka la thei dâwn em?’ tihte pawh inzawh bawk tûr a ni ang.

2 Korin 6:14, 15 chhiar la. Eng vângin nge hê thû hi kan kawppui tûr kan zawn kawngah kan ngaihtuah tel a pawimawh êm êm? Inneihna hlawhtling tak min pe dâwn a ni tih chu chiang sa bîk chuâng lo mah se, engati nge inneihna hlawhtling leh nûpa kawpchâwi inrem tak nih theihna chance tha zâwk nei thei tûrin mi a tanpui thin?

**THAWH TANNI
Hnathawh Hi Malsâwmna A Ni**

February 20

I nû leh pâ emaw, i pî leh pûte emaw ro i khâwm a, i dam chhûng chu hnathawh ngâi tawh lo tûr khawpa tam pawisa i nei sâte a nih ngawt loh chuan, hnâ i thawh ngîi a tûl dâwn a (mahse, chutianga nû leh pâté ro tam tak khâwm, an pawisa neihten an puitling hnû-a chhiatna a rawn thlensak tâk zâwk sîte chanchin sawi tûr i hre teuh âwm e). Keimahni nuâm tihzâwng tak leh hlawh pawh tha bawk sî hnâ hmuh a, chumi hmanga ei zawn chu thil châkawm leh duhthusâm a ni âwm e. Mahse, chutiang chu kan hmu vek dâwn hauh sî lo.

Genesis 2:15 chhiar la (*Thuhrltu 9:10; 2 Thesalonika 3:8–10 pawh*). **Khawvêla sual a lo lu hñâ hauh pawhin Adama leh Evi-te kha hnâ thawh tûr pêk an ni a. Hei hian eng nge pawimawhna a neih? Hê thû atang hian hnathawh tûr neih loh hi ânchhia a nih dâñ han sawi fiah teh.**

Adama leh Evi-te hnêna Pathianin hnâ A pêk hi hremna a ni lo tih a chiang a. Anmahni thatna túra duân a ni zâwk. A awmzia chu, Paradis-ah, sualna, thihna leh hrehawm tawrhna eng mah la awm lohna khawvêlah pawh khân, mihringte chuan hnâ an thawh a ngâi a ni tih Pathianin a hre chiang hlê tihna a ni.

“Adama hnênah khân huan enkawl hnâ A pêk a ni a. A chhan pawh hnâ a nei lo a nih chuan a hlim dâwn lo tih Siamtu’n A hriat vâng a ni. Huan mâwina khân a tilâwm a; mahse, chu ringawt chu a tâwk lo thung. A taksa pêng ropui tak takte chu sâwizawi tûrin hnâ a thawh ngîi a

ngâi a. Eng mah tih loh hi hlimna ni se chuan, Adama pawh kha a nihna ang ang, pawisawi lo leh thianghlim tak khân eng mah thawk lo tûrin dah tawp a ni ang. Nimahsela, amah Siamtu chuan a hlimna tûr A hria a; chuvâng chuan, a siam hnû lawk khân a hna thawh tûr a tuksak ta nghâl rêng a ni. Hma lam ropuina thutiam leh mihringin a nî tin ei khawp châw a hmuh theih nân hnâ a thawk tûr a ni tih thupék hi lalthutthlêng thuhmun atanga lo chhuak a ni sî a.”—Ellen G. White, *Our High Calling*, p. 223.

Amaherawhchu, suala mihringte an tlük hnû, thil dang zawng zawngte ang bawka hnathawh pawh sualin a tihmêlhem tâk hnû khân, Pathian chuan Adama biain, “Lei hi nangmah avângin ânchhe dawngin a awm ta a ni; i dam chhûng zawngin rim taka thawkin a rah chu i ei tawh ang,” (*Gen. 3:17*) tiin a hrilh a. Pathian chuan lei hi “Adama avângin” ânchhia a lawh a, a awmzia chu, Adama kha suala tlu tawh a nih avângin, hnathawh pawh hi a thil mamawh tak a ni dâwn tihna a ni ber âwm e.

**Eng tiangin nge a tâwk chauha hna thawh hi keimahni
tân ngei pawh malsâwmna a nih zâwk le?**

THAWHLEHNÍ

Hnathawk Thei Kan Nih Chhûng

Kan sawi tâk ang khân, Pathian chuan mihringte hi eng maw tak thawh nei tûrin min lo ti sa rêng a. Hnâ kan thawh theih hun chhûng rei zâwng chu kum 40 vêl a ni tlângpui a. Hemi chhûng hian mi tam zâwk chuan an fâte enkawl sei lian hmanin, lehkha pawh an zirtir zo hman tlângpui thîn a; in leh lo pawh an din fel hman hlawm

tlângpui âwm e. Hetih hun hi sum lama kan indaih loh lehzual lâi ber a ni thei a, hun pawimawh leh hman fîmkhur ngâi tak ni bawk sî a ni. A chhan pawh chhûngkuua thil tih ho kan zîr hun lâi a ni a, inhmangaih tawn leh intanpui tawn duhna rîlrû kan siam chhoh hun lâi a ni bawk. Hetih hunah hian sum leh pâi lama harsatna kan tawh chuan nûpa kâr pawh a tichhe vek thei a. Mahse, Kristian tha tak, Bible-in chhûngkaw hlawhtlinna kawng a sawite zâwm nûpa chu an inneihna a ngivet ngê ngê thîn a ni.

**1 Timothea 5:8; Thufingte 14:23; leh Kolosa 3:23, 24
chhiar la. Hêng thûte atang hian in chhûngkhura sum
hman dân tûr chungchângah eng thu pawimawh tak tak
nge hriat tûr kan neih le?**

Dân tlângpuiin, nupaa hna nei pawh ni ila, pasal chu ei zawngtu ber nia ngaih an ni tho tho. Mahse, kan beisei loh harsatna eng eng emaw—dam lohna, sum leh pâia tlâkhniamna—a lo thleng a nih chuan pa ber thawh chhuah chauh chu kan khawpkham dâwn lo va. Chutiangah chuan a tûl dân anga insiamrem a kan impeih a thâ ang.

Hetih hun chhûnga lo piang kan fâte chu “LALPÀ laka kan rochan” (*Sâm 127:3*) tia sawi a ni a. Naupangte hian mawhpfurhna ropui tak an rawn pianpui a ni tih kan hre reng tûr a ni. Chuvângin, Kristian nû leh pâté chuan an fâte chu mahni kâa ding thei tûrin thil tûl chi hrang hrang an zirtir tûr a ni a. An zirtirna tûr kawng pathumte chu hêngte hi an ni:

1. Kristian chhûngkua pe rawh. Chhûng inkhâwm nuâm leh hlimawm tak nei thîn ula, in chhûngkuain biak inah

inkhâwm ho thîn bawk rawh u. Rinawm takin sâwma pakhat leh thawhlâwmte in pe thîn bawk dâwn nia. Hêngte hi naupang tê an nih làia an chher theih tih than thâ leh ropui êm êm a ni.

2. Hna thawk duh tûrin leh hna thawh ngâisâng tûrin zirtîr rawh. Naupangte chuan taima tak leh rinawm taka mahni hnâ thawk thîn chu miin an zah a, an ngâisâng a, lâwmman pawh an pe thîn a ni tih an hre thuai dâwn a. Kan pawisa dawnte hi mi dangte tâna hlû hna eng emaw thawhna atâna hun kan hman rah a ni tih pawh an la hre chhuak bawk ang.

3. Zirna thâ pe-in tanpui rawh. Zirna man hi a to ta khawp mai a—private Kristian sikul-a luh man phei chu a sâng leh zual hlê. Mahse, an fâte tâna ruahman thui tak nei, hê khawvêl mai ni lo, khawvêl lo la awm leh tûr atâna an fâte buatsaiah duhtu nû leh pâté tân chuan to deuh mah se a la manhlâ tho thung a ni.

Eng thil pawh ti se, eng kawng nge an la zawh dâwn tih erawh tû man kan hre lo thung. Eng vângin nge kan fâten duhthlanna dik loh an siamahte hian keimahni kan inmawhchhiat kher loh a pawimawh êm êm?

NILÂINÍ

Rinawm Taka Thawkin

Nun “hlawhtling” kan tiha a then hnuhnung ber hi a hlimawm hun lâi ber a ni thei a—mahse, chu chu a hmâ kum lama duhthlanna kan siamte kha fing tak a nihin leh, beisei loh thilten a rawn tihchhiat loh chauhin a ni thung. Duhthusâm anga thil a awm a nih chuan, nû leh

pâté an fâte chu mahni kêa ding thei tûrin an enkawl puitling a, in leh lo an din a, zin vei vahna tûr lîr thei an nei a, leibâ an nei lo va, an lo upat hnû pawha anmahni an inchâwm theih nân sum hnâr eng emaw an nei tel thîn.

Pathian chuan A fâte hi hnathawh kawngah leh nun dânah pawh mi pângngâite âia sâng zâwk ni tûrin min beisei a. Kan intehna tûr chu kan thinlunga ziak Pathian dân hi niin (*Jer. 31:33 en la*), chu chu kan nungchangah a lo lang chhuak tûr a ni. Khawtlâng lo chhe zél leh, Kristian zirtîrna pawh pawlh dal leh ngaihnép a lo nih tâkah hian, Kristian tinte tân mîte beisei dân âia tha zâwka nun leh, hna thawh a pawimawh khawp mai a. Bible chuan, “Sum tam tak âiin hming that hi thlan zâwk tûr a ni a, tangka leh rangkachak âiin duhsakna a ngainatawm,” (*Thuf. 22:1*) a ti a nih kha.

Bible-ah hian Pathian tih chunga hnâ an thawh thin avânga malsâwmna dawng ta mi eng emaw zât kan hmû a. Jakoban a puzawn Labana in chhuahsan a, a chhûngte nén an ram lama kîr leh a tum khân Labana chuan. “Mi khawngaih theih chuan la awm rih ta che, LALPA chuan nangmâ záran mal min sâwm tih âienin ka hria asin,” (*Gen. 30:27*) tiin a ngén a nih kha. Josefa pawh Aigupta rama sal ni tûra hrâlh a nih khân, a pu Potifara chuan hnâ a thawk tha hlê tih a hria a, a phû ang ngeiin lâwmman a pe ta a ni.

Genesis 39:2–5 chhiar la. Josefa hian a pu duhsak a hlawhna tûrin eng thil nge maw a tih thin le?

Paula chuan, “Chutichuan, in ei pawhin, in in pawhin, in tih apiangah pawh Pathian ropuina tûr hlîrin ti rawh u,”

(1 Kor. 10:31) tiin min hrilh a. Chuvângin, kan hnathawh dân a ni emaw, sum kan enkawlna kawngah a ni emaw, eng pawh ti ni ila, Pathian ropuina tûr zélin kan ti thîn tûr a ni. Ani chu hlawhtlinna kan chan theihna tûra kan mamawh hriatna leh chakna min petu a ni sî a.

“Aw LALPA, ropuina te, thiltihtheihna te, châwimâwina te, hnephna te, lalna te hi i tâ a ni a; lei leh vâna awm zawng zawng hi i tâ a ni sî a; aw LALPA, ram chu i tâ a ni a, mi zawng zawnga chungnung ber i ni. Hausakna leh châwimâwina te hi i hnêna mî a ni a, engkim chungah thû i nei a; thiltihtheihna i kutah a awm a; i kutah hian mi zawng zawng tihropuina leh chakna pêk theihna a awm,” (1 Chron. 29:11, 12).

In hnathawh dânah leh i nun dânah te khân Bible thûa engte hian nge kâihruai thîn che? Thlâk danglam ngâi eng engte nge awm?

NINGÂNÎ

Thurâwn Thâ La Rawh

February 23

Sum enkawl kawnga khawvélîn mi thiam tia an sawi mi tam tak an awm a. Mahse, Pathian hian kan hnêna A dah A sumte kan enkawl dán tûr chungchângah, chûng mi thiamte chu râwn tûrin min ti lo tlat mai. “Mi suaksualte remruat anga awm ngâi lo va, mi sualte kawng pawha ding ngâi lo va, hmusittûte thutphah pawha thu ngâi lo mî chu a eng a thâwl e. A lâwmna chu LALPA dânah a ni zâwk a, A dân thû chu a chhûn a zânin a ngaihtuah thîn. Ani chu tui luâng kianga thing phun, a hun têa rah thîn, a hnah pawh uâi ngâi lo ang hi a ni a; a thiltih apiang chu a

hmuingîl zêl ang” (Sâm 1:1-3). Chuti a nih chuan, LALPA dâna lâwm mi (heta dân a sawi hi Bible a sawina angah ngâi ila) chu malsâwmin a awm dâwn tihna a ni a. Eng nge a awmzia? A hmuingîl dâwn—a hlawhtling dâwn tihna a ni ang.

Thufingte 3:5-8 chhiar la. Engtin nge hê thû hi sum leh pâi kan enkawlna kawngah kan lo hman tangkâi theih ang?

Bible-in sum leh pâi enkawl kawnga thurâwn min pêkte hi a tangkâi hlawm viâu mai a. Chûng zînga pasarih chu lo târ lang ila.

1. *I hmanna tûr ruahman hmasa rawh.* (Thuf. 27:23, 24).

Chhûngkaw tam tak chuan an pawisa hmuh hmasak apiang an hmang ral leh nghâl mai thîn a. Sum hmuhma tûr, hmanna tûr leh dah that then zât tûrah ruahmannâ i siam lo a nih chuan i buâi thuai ang.

2. *I lâk luh âia tlêm hmang la.* (Thuf. 15:16). Chhûngkaw tam tak chuan an sum lâk luh âia tam an hmang ral thîn a. Chutianga an hman theih chhan chu pawisa pûk tûr a awm avâng leh credit card te an neih vâng a ni. Mahse, an leiba neih chuan buâina tam tak a rawn thlen thîn a ni.

3. *I hlawh lâk apiangin a then a zâr tal chu dah tha thîn rawh.* (Thuf. 6:6-8). Sum kan dah that chhan chu nakînah thil eng emaw man tam tham deuh tak lei kan tum avâng leh, kan beisei loh deuh thil eng emaw a lo thlen thulha hman atân kan tih vâng a ni; entîr nân, accident leh dam lohna te. Kan sum dah that zînga thenkhat hi chu kan lo upat hnû, hna thawk thei dinhmuna kan din tawh loh huna kan mamawh lei nân kan hmang thei bawk ang.

4. *Leiba neih hi COVID-19 tlukin hlâu rawh.* (*Thuf. 22:7*). Leiba eng mah nei lo chuan a awm tak tak theih kher lo vang. Leiba neiten an neih chhan chu nakîna an sum la lâk luh tûr nia an beisei an lo hman pûk vâng a ni a. Mahse, an beisei loh dân deuhin thil a kal thath thei a, chutiang a nih chuan dinhmunn zahthlâk takah an ding mai dâwn a ni.

5. *Taima taka hna thawk thîn mî ni rawh.* “Mi thatchhe rilrû chuan thil a duh thîn a, nimahsela, eng mah a nei chuang lo, mi taima rilru erawh chu tihtlai a ni ang,” (*Thuf. 13:4*).

6. *Sum leh pâiah Pathian lakah rinaum rawh.* (*Deut. 28:1-14*). Tû chhûngkua mah hi Pathian malsâwma tel lo chuan an nung thei lo.

7. *Hê lei hi kan in tak tak a ni lo tih hre reng ang che.* Kan sum leh pâi hman dân hian kan ngaih pawimawh ber eng nge tih a tilang thîn (*Mat. 25:14-21 en la*).

ZIRTÂWPNI

February 24

Zir Belhna: "Sumdâwnna a ni emaw, ruahmanna siam a ni emaw, hê lei dam chhûng hun atân chauh tinzâwn a, tâwp hun nei lo chatuan lam ngaihtuah thlen sî loh chu a famkim lo va, a tangkâi tak tak thei hek lo. Mi tû mahin hê leiah hian an nun an tihhausaa an tizahawm a nih loh chuan, vânah ro an khâwl khâwm thei lo vang."—Ellen G. White, *Education*, p. 145.

"Hlawhtlinna dik innghahna chu kan thil neih engkim hi Pathian atanga lo kal a ni tih hriatnaah a ni a. Ani chu thil engkim Siamtu niin, sumdâwnna bultantu pawh a ni bawk. Keini hi chu A thil neih enkawltûte mai kan ni a.

Kan thil neih zawng zawng hi Amâ tâ, Amâ duh dâna kan hman tûr a ni.”—*Education*, 137.

Kan chhûngkua kan châwm a ngaih avângin kan hna thawhte pawh hi hlawh kan hmuhna ang chauhah kan ngâi fo thin rêng a. Nimahsela, Kristian kan nih ang ngîin, Isuan amah zuitute hnêna thupêk ropui a pêkah hian tih tûr kan nei vê tho mai. Ellen G. White-i chuan Marka 16:15-a thupêk ropui Isuan A sawi hi sawi zuiin heti hian a lo ziak a: “Mi zawng zawng hi pastor ni tûrin emaw, missionary ni tûrin emaw koh kan ni vek kher lo va; mahse, mi zawng zawng hi kan mihringpuite hnêna ‘thu lâwmawm’ thlen kawngah Pathian thawhpui tûra koh theuh kan ni thung. Mi zawng zawng hnênah hian, mi ropui kan ni emaw, ni lo emaw, lehkhatiam kan ni emaw, ni lo emaw, kan upa a ni emaw, kan naupang a ni emaw, thupêk chu pêk theuh kan ni.”—*Education*, p. 264.

"Pathianin kan tâna ruâhmannna A lo siam chu ngun takin kan zui a ngâi a. Kan ban phâka awm hnâ chu tha thei ang bera thawk a, Pathian hnênah kan kawngte hlân a, A kaihruaina zui hi hna thawh tûr thlan kawnga kaihruaina him ber a ni.”—*Education*, p. 267.

Sawi Ho Tûrte:

1. **OEEngtin nge Kristian kan nih angin “hlawhtling” tih awmzia hi kan hrilh fiah ang? Khawvêlin hlawhtling a tih leh, keinin hlawhtling kan tih hi eng nge a danglamna awm? Entîr nân, Baptistu Johana kha lo ngaihtuah ta ila, a nun a hman dân kha a harsa vê hlê mai a, a tâwpah phei chuan tân inah khung a ni ta a nih kha. Khâng zawng zawngte kha nu sual tak**

pakhatin a huât vâng mai mai a ni lehngħâl a. A nun kha hlawhtling i ti em? I chhâんな chu han sawi fiah teh.

2. Bible-in sum enkawl dân tûr chungchâng a sawite hi chhiar ngâi miah lo mi thlawhtling tak tak a awm sî a, engtin nge an hlawhtlinna hi i hrilh fiahsak ang? A leh lamah, Bible-in a sawite hi zui tum ngar ngar, mahse hlawhtling thei chuâng miah lote an awm vê leh tho bawk sî a. Engtin nge an harsatna tawhte chu i sawi fiahsak ang?

ZIRLÄI 9

FEBRUARY 25–MARCH 3, 2023

AWHNA LAKAH FÎMKHUR RAWH

CHÂNGVAWN: “Fimkhur ula, awhna rēng rēng lakah chuan invêng rawh u; sum ngah hi mihring dam chhan a ni lo ve,” (*Luka 12:15*)

SABBATH CHAWHNÛ

February 25

Chhiar Tûrte: *Josua 7; Isaia 14:12–14; Johana 12:1–8; Tirhkohte 5:1–11; 1 Korin 10:13; Efesi 5:5.*

AWHNA tih awmzia chu nangmâ tâ ni lo sum leh pâi emaw, thil dang emaw neih châkna i neih kha a ni a. Thil tha lo tak—dâwt sawi te, rûkrûk te leh tualthah te nêñ pawh a that loh dân a inchen reng a ni. A that loh êm avângin Pathian pawhin a laka inthiâr fihlîm tûrin min lo hrilh rēng a: “I vêngte chhûngte chu i awt tûr a ni lo va, i vêngte nupui chu i awt tûr a ni lo, a bâwihipa emaw, a bâwihnu emaw, a bâwngpa emaw, a sabengtung emaw, i vêngte tâ rēng rēng chu eng mah i awt tûr a ni lo,” (*Exod. 20:17*) a ti.

Awhna hi sual rau rauah pawh, a tha lo berte zînga chhiar tel niin, Paula phei chuan vânrama min luh loh phahtîr theitu tûr niin a sawi: “A nih leh, mi fel lote chuan Pathian ram an luah lo vang tih in hre lo em ni le? Bumin awm suh u; inngaih hmangte emaw, milem betute emaw, uirête emaw, mi hurte emaw, mawngkawhurte emaw, rûk hmangte emaw, mi duhâmte emaw, zu ruih hmangte emaw, mi hâu hmangte emaw, hléptute emawin Pathian ram an luah lo vang,” (*1 Kor. 6:9, 10*).

Heta “mi duhâmte” a tih hi “awh chingte” tih nén thuhmun niin, thil inhneh chhuhna, milem biakna, hurna leh uirêna te nén huâng khatah khung a ni a. Tûn kâr chhûng hian awhna suala tlük that lohzia leh a hneh dânte kan en ho dâwn a ni.

SUNDAY
Sual Hmasa Ber

February 26

Pathian siam lei leh vânah khân engtin nge sual hi a lo awm theih mai le? A lo awm tan dân chu Bible-in min hrilh a. A bul berah chuan awhna, duhâmna vâng a ni. Chuti a nih chuan, ‘âwhna’ hi sual hmasa ber a ni kan ti thei ang.

Isaia 14:12–14 chhiar la. Hetah hian Lucifer a tlükna chungchâng eng engte nge a sawi? Eng tiangin nge âwhna chuan suala a tlükna kawngah a puih?

“Vântirkohte zînga chungnung ber ni mah se, a dinhmunah chuan a lungâwi lo va. Siamtu chauhin a chan châwimâwina chu neih vê a châk tlat mai a. Thil siam dang zawng zawngte chu Pathian hmangaih leh A laka rinawm theuh tûra fuih ta lovin, amah Lucifer rawngbâwl a, a laka rinawm zâwk tûrin a thlêm zâwk a. Tâwp chin nei lo Pain A Fapa hnêna ropuina a hlan chu thîkin, hê vântirkohte lal hian Krista chauhin a neih thiltihtheihna chu neih vê a châk ta êm êm mai a ni.”—Ellen G. White, *Thlahtubulte leh Zâwlneite*, p. 35.

Efesi 5:5 leh Kolosa 3:5 chhiar la. Awhna (duhâmna) chu eng nén nge thuhmun reng niin a sawi?

H-8

Paula hian awhna (duhâmna) leh milem biakna te chu thuhmum reng a ni tih tum hnih ngawt a sawi a. Milem betûte hian Pathian ni lovin, thil dang chibai an bûk zâwk a—chumi awmzia chu, Siamtu hnênah ni lovin, thil siam hnênah an nun an hlân tihna a ni (*Rome 1:25*). Chuti a nih chuan, ‘awhna’ tih awmzia chu kan neih tûr ni miah lo neih duh tlatna, kan neih châk êm avânga kan rilru pawhin LALPÂ lam a hawi theih loh phahna ang hi a ni kan ti thei ang.

Lucifera hian a tîrah chuan a thil tih châk tha lo takte khân khawi lamah nge a hruai dâwn tih a hre âwm lo ve. Chutiang chu keimahniah pawh hian a ni vê thei tho mai. Awh khapna thupék hi thupék sâwmte zînga ngaihtuahna thunun a tûlzia min hrilhtu awm chhun a ni a. Hê thupék hian thupék dangte bawhchhiatna thiltih chi hrang hrangte kan tih loh nân min vêng thei a ni. (*Entr nân, 2 Samuela 11 en la.*)

1 Timothea 6:6, 7 chhiar la. Heta Paula thil sawi hian engtin nge awhna sual laka mi a vêng thei ang?

THAWHTANNI
Riahbûka Thil Anchhe-dawng

February 27

Israel-te chanchina an hun tawn ropui berte zînga mi chu a ni vê ngei ang. Thlaléra kum 40 chhûng zet an kal kual hnuah Ram Tiam an lüt ta a. Mak tak maiin Jordan Lui kha a len hun lâi takin an kân a—lui luang lâi chu tâwp thutin, lei chârah an kal ta a nih kha. Chutianga lei châra kala, Jordan Lui an han kân ta mai kha Kanaan ram lalte chuan mak an ti lutuk a, anmahni do tûrin huaisena an nei thei tawh lo rêng rêng a ni (*Josua 5:1*).

Kanaan ram an luah theihna tûra an tih ngei ngâi hmasa ber leh, huphurhawm êm êm ni bawk sî chu kulk tha tak hmanga hung kual vek, Jeriko khawpui lâk a ni. Jeriko khawpuia chêngte hneh theih dân tûr hi tû ma'n an hre lo—Josua ngei pawhin a hre bik lo. Josua tawngtâina chu chhângin, Pathianin khawpui an lâk theihna tûra ruahmanna A lo siamsak chu A puâng a, chu chu zuiin khawpui chu an la ta. Nimahsela, thil tha lo tak a lo thleng tlat mai.

Joshua 7 chhiar la. Khatia mak tak maia Jeriko khawpui an lâk hnû khân eng nge lo thleng a, hê thawnthû atang hian keimahni tâna pawimawh eng thuchah nge kan chhar chhuah ang?

Eng nge thil awmzia tia an han zawh tâk chawtah chuan a thiltih chu a puang ta vek a; chûng thilte chu a “awh” êm vânga lo la ta mai a nih thû a sawi ta a ni. Heti läia “awt” tia an lehlin hi Hebrai Bible-ah chuan *chmd* tih a ni a, chu thumal chu hmun thenkhatah chuan a tha lam hawia hman a ni thung. Hê thumal tho hi Daniela 9:23-ah pawh kan hmû a, chutah chuan Daniela kha Gabrielan “duhawm tak” a nih thû a hrilh a nih kha.

Amaherawhchu, Akana chungchângah hi chuan hê thumal hi a tha lo lam hawia hman a ni a. Râllâk thilte chu anmahni puala lo la lo tûr an ni tih a hre chiang hlê chungin a lo la tâlh a, hnam pum pui hming chhiatna a thlen ta a ni. Dik takin, Ai khua laka an tlâwm hnû khân Josua phei chu a zâm ta hlê mai a; heti hian Pathian hnênah a sawi: “Kanaanhote leh hêng lâi rama chêng zawng zawngte hian an hria ang a, min rawn huâl ang a,

lei atâ hi kan hming an tiboral daih dâwn a nih hi: i hming ropui tak hi engtin nge i tih tâk ang le?” (Josua 7:9) tiin.

Tawngkam dangin han sawi ila, LALPAN hêng hnehma ropui tak tak A chantîrte hi A mîte zînga hnâ A thawhzia leh A thiltihtheihzia an chhehvêla chêng hnam dangten an lo hriat theih nân hman A duh a. Hetianga hnam dangte an va hneh thin hi an hnêna Jehova thiltihtheihzia târ lanna kawng khat a ni. Mahse, Ai khua an lâk theih tâk lohah kha chuan, Pathian thiltihtheihzia târ lang thei ziazâng an ni ta lo va, nunna eng emaw zât an chân zâwk a nih kha.

Akana khân chhuanlam zawng ta se, sawi tûr a nei ve thei tho mai: Aw, ka thil lâkte hi chu a tlêm tham êm mai. Tu ma'n an hre chhuak chuang lo va, eng nge a pawina awm? Chu bâkah, kan chhûngkua kan harsa ve si a, kan mamawhna a sâng êm atin ni. Hetiang mahni intiam chawpna hlauhawm tak lak atang hian engtin nge kan invêñ theih ang?

**THAWHLEHNÍ
Judâ Thinlung**

February 28

Bible-a thawnthu lungchhiatthlâk ber pakhat chu, Juda Iskariota chanchin hi a ni âwm e. Hê mî hi khawvêl chanchin kal tawh zawng zawnga mi dang 11 chauhin an neih theih hamthatna dawngtute zînga mî a ni vê a: chu chu eng tik lâi pawha Isua zui theitu nih leh, Amah Isua kâ ngei atanga chatuan thutakte hre thei nih a ni. Mahse, thil lungchhiatthlâk tak chu, Judan hamthatna a dawn ang âia tlêm zâwk daih dawng mi tam takte chhandama an

awm dâwn lâia, Juda erawh chatuana boral tûr a ni ta thung hi a ni âwm e. Eng vâng maw? A chhânnâ chu *awhna* sual a nei a, a neih loh tûr neih a châk tlat vâng a ni.

Johana 12:1-8 chhiar la. Mari hian ruai kiltu zawng zawngten an thlîr thupna tûr chhan eng thil nge a tih? Engtin nge Judan a lo tih? Eng vânga chutia lo ti chu nge a nih? Engtin nge Isuan A chhân?

Juda hian Chhandamtu'n dam thlapa A han zilhna chu ngâihuâin ruai an theh hona hmun atâ a chhuak tâu ta daih a. Tichuan, Isua hmêlmâté an lo awm awm khâwmna, puithiam lalber inah kal nghâlin, Mari thilpêk man âia tlêm daih zâwkin Isua a va zuâr ta a nih chu (*Mat. 26:14-16 en la.*)

Juda chungah hian eng nge lo thleng ta? Hamthatna ropui leh duhsakna tam tak dawng a ni chunga thil tha lo tak a ti thei tho hi eng tizia nge? Ellen G. White-i sawi dân chuan, Juda hian "Zirtirtu Ropuia kha a hmangaih a, A kiangah awm pawh a duh. A nungchang leh a nun dân kha thlák danglam a châk êm êm a; Isua nêna an awm dûn tam a nih chuan, a nun pawh a lo danglam theih a beisei a ni. Chhandamtu hian a lo hnâr a ni lo; hnâr ahnehin sâwm leh pahnihé zîngah hmun a lo chantir vê zâwk a. Chanchin tha hril hna thawk tûr pawhin a ring. Damlote tidam a, ramhuaite pawh a hnawhchhuah theih nân thiltihtheihna nén A thuam a. Mahse, amah hi Kristâ hnênah a intulût famkim tak tak ngâi lo thung a ni."—*Chatuan Nghahfâk*, p. 716.

Kan zavâi hian nungchangah fel tâwk lohna eng emaw chu kan nei theuh âwm e. Mahse, Isua hnênah kan inpe a nih chuan, keimahnia Pathian thiltihtheihna hnâ a

thawh azârah, kan fel lohna chu hnehin a awm thîn. Juda erawh kha chu Kristâ hnênah a inpe famkim lo va, Kristâ thiltihtheihna azâra a hneh theih ngei tûr *awhna* sual chuan amah a hneh ta hlauh zâwk a, a nghawng pawh a râpthlák hlê mai.

Kan zînga a tû hi nge awh êm êm pakhat tal nei lo awm le? Judan a awh chu sum a ni a, chu awhna chuan rûk a rûktîr a (*Johana 12:6*), a tâwpah phei chuan Isua a hrâlh phah ta hial rêng a nih kha.

Juda chanchin hi kan zavâi atân awhna sualin thil hlauhawm a thlen theihzia min hriattirtu zirlâi tha tak a ni âwm e. Thil tê tham tak nia lang, kan rilruin neih a duh ho tham tak hian, chhiatna leh chatuana boralna min thlensak thei a ni.

**NILÂIMI
Anania leh Safiri**

March 1

Kohhran member nih a la nawm lâi, a la phûrawm lâi tak a ni a. Pentikos Nia Thlarau Thianghlim ropui taka a rawn thlen hnû khân, tirhkohte chuan thiltihtheihna nén chanchin thâ an hril ta a; nî tin a sâng têl teh meuhin kohhran an rawn zawm ruih ruih thîn a ni.

"An tawngtâi zâwth chuan an awm khâwmna hmun chu a lo nghing a, an zain Thlarau Thianghlimin an lo khat ta a, huâi takin Pathian thû an hril ta a. Chutichuan, a ringtu mipuite chu rilru hmun khat leh ngaiantuahna hmun khatin an awm a: an zînga pakhat mahin an sum neih chu 'Ka tâ bîk a ni' an ti lo; thil zawng zawng chu an intâwm vek zâwk thîn," (*Tirh. 4:31, 32*).

Anania leh Safiri-te nupa tân hian kohhran hmasâte zînga tel a, kohhran lo thang chho zêl hmu a, Thlarau

Thianghlim leih buâk lo chang vê phâk nih chu thil vânneihthlâk tak a ni âwm e. “An zîngah pawh tlahcham tû mah an awm lo; ramte, inte nei apiangin an hralh a, an thil hralhte chu a man an rawn keng a, tirhkohte bulah an dah thîn a; an châkkhâi daih tâwk theuhin an sem leh thîn a,” (*Tirk. 4:34, 35*)

Hêng thil thlengte hi Anania leh Safiri-te nupa pawhin an lo hmu vê a; chuvâng chuan an zînga tel vê an duh ta nih tih a chiang a. Tichuan, ram an neih zînga thenkhat chu hralhin, a hralhna man chu Kohhran hnênah an rawn chhûng lût a. Hemi chinah hi chuan an la ti sual lo.

Tirhkohte 5:1-11 chhiar la. An ram hralhna man an dah tha then kha nge tha lo va, an dah then a ni tih an zêp kha? Engati nge khatiang taka nâ khân hrem an nih?

A tîrah chuan, Pathian hna thawhna atâna sum thawh kha an duh vê tak tak ni pawhin a lang a. Amaherawhchu, “awhna rilru an put leh sî avângin Thlarau Thianghlim an tilungngâi ta a. Thû an lo tiام thawt thawt te kha an inchhîr leh hnuhnawh a, Kristâ ram zauhna atâna thil lian tham tak tih vê an châkna rilru puttîrtu malsâwmna huhâng thlum tak chu an hlôh ta thuâi mai a ni.”—Ellen G. White, *Tirhkohte Thiltih*, p. 72. Tawngkam danga sawi chuan, rilru tha tak pûin bul an tan vê tak nâa, an awhna rilru sual chuan an nih loh dân daiha inlantîr tûrin a siam ta a ni ber mai.

“Kohhran hote zawng zawng leh chûng thu hria apiangte chuan an hlâu ta êm êm a” (*Tirk. 5:11*). Hê thil a

thlen hnû hi chuan kohhran member-te kha an sâwma pakhat pêk kîr kawngah an fimkhur lehzual ngîein a rinawm. Amaherawhchu, hê thu lungchhiatthlâk tak hi sâwma pakhata rinawm lote vaulâwkna atân Bible-ah hian lo dah tel vê a ni lo va. Chuti a nih chuan, awhnain thil dik lo tak min tihtîr theihzia engtin nge min hrilh le?

**NINGÂNÍ
Awhna Sual Hnehin**

March 2

Awhna hi thinlunga lo intan a ni a, chapona leh mahni hmasialna te ang bawkin kan hriat miah lovin kan lo nei ru reng thîn; chu tak chu a hlauhawmna pawh a ni rêng bawk. Sual a ni tih kan hriat chian sâ, entîr nân, dâwt sawi te, uirê te, rûkrûk te, milem biak te leh Sabbath bawhchhiat te pawh hi hneh a harsa angreng fû mai a. Hêngte hi chu a lang chhuaka sualna, kan tih hmâa kan lo ngaihtuah hmasak phawt thinte an ni hlawm. Nimahsela, ngaihtuahna dik lote hneh chu thil harsa lehzual a ni ngei ang.

1 Korin 10:13 chhiar la. Hetah hian eng thutiâm nge kan hmuh a, eng vângin nge chu thutiâm chu awhna sual kan hneh theihna atân a awmzia kan hriat thiam a pawimawh êm êm?

Engtin nge hê sual hlauhawm tak lak atang hian Pathian thiltihtheihna rinchhanin kan lo invén theih ang?

1. Pathian rawngbâwl tûr leh, Amaha innghat a, A chhûngte zînga mi ni vê tûrin thutlûkna siam rawh. “Tû rawng nge in bâwl dâwn thlang rawh u; . . . kei leh ka

chhûngte erawh hi zawngin LALPÀ rawng a nia kan bâwl dâwn ni,” (Josua 24:15).

2. Nî tin tawngtâi thîn la, i tawngtâinaah chuan Matthaia 6:13 thû, “Sual tûra thlêmnaah chuan min hruai lût suh la, sual lakah chuan min dam zâwk ang che: ram te, thiltihtheihna te, ropuina te hi chatuana i tâ a ni sî a” tih hi i chham tel thîn dâwn nia. I awh loh tawp tûr i awt a nih chuan, tawngtâi nghâl vat la, Bible-a hnehma thutiâm kan hmuh, entîr nân, 1 Korin 10:13 te hi a taka changtu nih tum ang che.

3. Ngun takin Bible chhiar thîn ang che. “I chungah thil ka tihsual loh nân i thû chu ka thinlungah ka khâwl khâwm a,” (Sâm 119:11).

Isua pawh khân mihringten kan buân sual hi a lo buân vê vek tawh a. Keimahni ang bawk hian kawng tinrêngin thlêmna a lo tâwk vê tawh thîn. Chûng thlêmnae chu a do zawh theih nân zankhuain a Pâ hnênah a tawngtâi fo thîn a ni. Mahse, kan kawng zawh tûr a sial zawh zet hmâ chuan he lei hi A chhuahsan lo va; mi tinin rinna leh thuâwihna nun kan neih theuh theihna tûrin thiltihtheihna min pêk a tiám bawk—chu chu Kristâ nungchang ang kan lo put vê theih nân a ni.

“Hmuh mai theiha a awm lái hian LALPA chu zawng ula, a hnaih lái hian Amah chu ko rawh u. Mi suaksual chuan a kawngzawh lái chu bânsan sela, mi fel lo chuan a ngaihtuahte chu bânsan bawk rawh se; LALPÀ hnênah kîr leh sela, Ani chuan a chungah zah A lo ngâi ang; kan Pathian hnênah pawh kîr leh rawh se, Ani’n a lo ngâidam nasa dâwn khawp sî a,” (Isaia 55:6, 7.).

Awhna hian nangmâ nunah ngîi pawh a lo tihchhiat vê tawhna lái che a awm em? Chuta tang chuan eng

zirlâite nge i zir chhuah? Chûngte atang chuan eng thil nge i la zir chhunzawm zêl ngâi awm?

ZIRTÂWPNÌ

March 3

Zir Belhna: Jeriko khawpui an hneh tum khân, Akana chauh hi tangkarua leh rangkachak lo hâwn awm chhun a ni lo. Israel mîte chu Pathian sum ina rangkachak te, tangkarua te, dâr te, thîr bungbêl te dah tûrin Josuan a hrilh a (Josua 6:19, 24). A bâng zawng chu hâl ral vek tûr a ni. Amaherawhchu, Akana hi chuan amâ tân a lo chheprelh pek a. “Israel mî maktaduai têl zîngah amah chiah hi khâ hnehma leh rorêlna ni dârkâr urhsûn tak maiah khân, Pathian thupék lo bawhchhe ngam awm chhun a ni. Khâng Shinar ram mîte siam kawrfual man to tak takte a han hmuh khân awhna rilru sual a pu ta tlat mai a; a hnû-a a thil tih sualte a han puân pawh khân chûng a thil lâkte chu Babulon ram puan *tha takte* tiin a sawi a nih kha—a awt thlu ve ngang a ni ang. Sual pakhat chuan sual dang a hring a, LALPÀ ina dah tûra an tih rangkachak leh tangkarua te pawh chu a lo la tel bawk niin. Kanaan rama Pathian chan tûr chu a lo rawk ta a ni.”—Ellen G. White, *Thlahtubulte leh Zâwlneite*, p. 496.

Paulan ni hnuhnunga thil thleng tûr a sawite zîngah, a hmasa pahnihite hi sum leh kan thil neihte chunga kan rilru puthmang néna inzawmna nei a ni a. “Nimahsela, hei hi hria ang che, ni hnuhnungahte chuan hun harsa tak a lo thleng dâwn: mîte chu anmahni an inhmangaih hlur ang a, sum an ngaina [awt] hlê bawk ang,” (2 Tim. 3:1, 2). Mahni hmasialna leh sum ngainatna chu ni hnuhnung—keimahni huna mihringte awm dân tûr langsâr tak a ni dâwn a nih chu.

Sawi Ho Tûrte:

1. **OE1 Timothea 6:6–10:** “Pathian ngaihsakna hi lungâwina tel zawngin hlâwkna nasa tak a ni rêng a ni. Khawvélah hian eng mah kan luhpui sî lo va, eng mah kan chhuahpui thei bawk hek lo. Nimahsela, ei tûr leh silh tûr neiin, chüngah chuan kan lungâwi ang. Amaherawhchu, hausak tumte chu thlêmnaah te, thangah te, âtthlâk leh tikhawlo thei duhna tam takahte an tlu lût thîn, chüng duhnate chuan chhiatna leh boralnaah mî a tipil thîn. Tangka sum ngainat hi sual tinrêng bul a ni sî a; chu chu thenkhatten an awt a, rinna chu an kal bosan a, anmahni leh anmahni lungngaihna tam takin an inchhun tlang ta chuk a.” Tangka sum an ngainat avânga thil sual chi hrang hrang titu sawi tûr tam tak kan hre âwm e. Engtin nge sum kan mamawhna leh Paulan min vaulâwkna thû hi inbûk tâwk takin kan kalpui theih ang?
2. **Sum leh pâi ni lo thil dang awh theih kan nei vê tho em? Chünge chu engte nge ni?**
3. **ŽThil eng emaw neih châkna dik leh awhna sual hi eng nge ni a danglamna? Eng tikah nge neih châkna dik chu awhna sualah a lo chan thin?**

ZIRLAI 10

MARCH 4–10, 2023

PE LÊT LEHIN

CHÂNGVAWN: “Vân atangin âwin, ‘Heti hian ziak rawh: “Tûnah chuan mitthî, LALPAA thîte chu an eng a thâwl ang; Thlarauvin, ‘a ni, an thawhrimnate chu an chawlhsan tawh ang; an thiltihte chuan a rawn zui ve dâwn sî a,’ a ti e’ a tih ka hria a.” (Thupuan 14:13).

SABBATH CHAWHNÛ

March 4

Chhiar Tûrte: Thufingte 27:23–27; Thuhrltu 2:18–22; 5:10; Luka 12:16–21; 2 Korin 4:18; Kolosa 1:15–17.

Sum leh pâi thawk chhuak vê thei tawh lo kan nih hun kan han hnaih deuh deuh hian, kan lo thawh chhuah sâte chu kum upat tak tak hnua hman atân tiin kan khék thîn a. Hna thawk thei ni thîn, thawk thei tawh lo khawpa upa han nih tâk chu thil tawn hrehawm tak a ni. Chutiang hunah chuan sum leh pâi chungchâng bîkah engtia hmalâk nge tha ber ang le?

Mi an lo upat hnû hian dân tlângpuiin an hma lam hun tûr an ngaihtuah nasa thîn khawp mai a. An thil hlauhthâwn langsâr zual deuh deuhthe chu: thih thuai (an fâten ei zawnna nghet an la nei hlawm bawk sî lo); dam rei leh lutuk (an sum khâwl vê chhunte an hmang zo vek hman ang); dam lohna khirhkhân tak neih (chutiang chu lo nei ta se, an pawisa khâwl khâwm sâ kha vawi leh khatah an hmang zo nghâl vek dâwn sî a); rilru lamah emaw, taksa

lamah emaw ruâl ban zo lova awm leh hnuhnawh (chutiang chuan lo awm ta se, tu nge enkawl ang?) tih a ni.

Ellen G. White-i chuan an thil hlauhthâwn hrang hrangte chungchâng hi sawiin, “Hêngte hi Setana atanga lo chhuak a ni a. . . . Pathianin awm tûra A tihna hmunah an awm a nih chuan, an hun hnuhnung lamte chu an hun tawn tawha zâwnga tha ber leh hlimawm ber a ni ang. . . . An thil hlauhthâwn leh an phurritte chu dah kiang sela, an theih dân ang bera hlimin an hun pawh hmang rawh se; vânrama kal ngîi tûrin inring bawk rawh se.”—*Testimonies for the Church*, vol. 1, p. 424.

Tûn kâr chhûng hian kan lo upat hnua kan zawm tûr, Pathian thurâwn chu kan thlir ho dâwn a. Eng thilte nge kan tih tûr ni a, eng thilte nge kan tih loh tûr ni vê thung hriat kan tum dâwn a ni.

SUNDAY

Mi Hausa Â

March 5

Luka 12:16-21 chhiar la. Hetah hian kan tâna pawimawh thuchah eng nge awm? Mi hausâ â tak hnêna Pathianin zilhna thu khauh tak A pêk chu eng nge ni a, chu chuan kan thil neihte chunga kan rilru puthmang tûr eng nge a sawi bawk

A thuchah ken chu hei ai hian zâu zâwk tho mah se, hê thawnthu hi Isuan sum thawk chhuak thei tawh lo kan nih huna kan tih loh tûr chungchâng min hrilhna a ni pawh kan ti thei tho âwm e. Chuti a nih chuan, kan hnathawh kan han chawlhsan a, kan sum lo khâwl khâwm tawhte chu keimahni tâna kan han hmang tan dâwn ta tihah, hê

thawnthuin min hrilh hi kan thinlunga kan vawn reng a tûl dâwn a ni. Kan sawi awmzia chu, hah taka hnâ thawh tûr a ni lo tih emaw, hausak tuma hnâ thawh tûr a ni lo tih emaw a ni lo va, kan sum khâwl khâwm chunga kan rilru put dân kha a pawimawh ber zâwk chu a ni. Mi hausâ â thusawi—“châwl la, eiin bâr la, hlim takin awm rawh,” (*Luka 12:19*)—tih hian sumin kan rilru a tiikhawloh theihzia a tilang chiang viâu mai.

“Hê pa rilru puthmang hi ramsâte rilru puthmang âia a sân zâwkna a awm chuâng lo. Pathian awm ring lo, vânram awm ring lo, thih hnû-ah nun leh tûr a ni tih pawh ring lo ang maiin a nung a; a thil neihte hi amâ ta bila ngâiin, Pathian emaw, mihringte emaw laka bat neiin a inhre lo a ni.”—Ellen G. White, *Krista Tehkin Thûte*, pp. 257, 258.

Sum thawk chhuak rual ni tawh lo kum kan chuan kâi chiah hian, keimahni chauh kan inngaihtuah a, mi dangten mamawh an neihte leh, Pathian ram zauhna tûr thilte erawh kan ngaihthah sî a nih chuan, he mi hausâ â tak awm dân ang hian kan awm tihna a ni ang. Isuâ thu sawi hmangah, hê mi hausapa hi a thatchhiat thû emaw, a rinawm loh thû emaw kan hmu lo va. A tih dik loh chu, Pathianin thil A kawltîrte hman dân zâwk hi a ni. Eng tikah nge kan thih dâwn kan hre lo va; chuvâng chuan, keimahni hmâkhua ringawt ngaihtuah bîk lovin, Pathian duh dân pawh i ngâichâng vê thin ang u, chu chu thi tûra inbuatsaih dân tha ber pawh a ni bawk.

Bible-a chuan hna thawk thei kan nih chhûng chu hna thawk mai tûrin hrilh a. Thil ngaihnawm angreng tak chu, hrilh lâwkna lehkhabu ropui tak tak pahnih, *Daniela ziaktu* leh *Thupuan ziaktûte* pawh hi an lehkhabu an han ziah

zawh meuh kha chuan kum 80 chuanga upa ni tawha rin an ni. Anni hun läia mihring dam rei zâwng chawhrual kha kum 50 vél a ni a. Ellen G. White-i pawh khân a lehkhabu hmingthang leh mîte ngainat hlawh ber pakhat, *Chatuan Nghahfâk* hi kum 70 râl a kâi hnû-a a chhuah a ni. Chuti a nih chuan, kan kum zât hi a pawimawh ber lo tihna a ni a. Kan taksa a la chak that a, kan rilrû a la fim tha bawk a nih chuan, kum lamah lo upa deuh tawh pawh ni mah ila, thil tha tih kan bânsan chuang tûr a ni lo.

Isua pawhin a lo kal lehna nghâktute hi thu thluânga lo awm ngawt mai lo va, kan tih tûrte ti pah reng chunga lo nghâk tûrin min hrilh a ni (*Mat. 24:44–46*).

I kum zât chu eng pawh lo ni se, i pawisa khâwl khâwm zât pawh a tamin a tlêm a ni thei, engtin nge hê mi hausapa anga sum âtchilhna thangah i awh vê loh nân i invên theih ang? “Enga tâna nung nge ka nih?” tiin inzâwt thîn ang che.

THAWHTANNÎ
I Chhawm Thei Dâwn Lo

March 6

Thuhriltu hmingthang tak Billy Graham-a kha kum 60 chho bâwr vêla upa a nih läi khân, mi pakhatin mihring nun chungchânga mak a tih ber a záwt a. Graham-a chhâンna chu eng nge? “A lo va han tâwi êm!” tih hi a ni. A sawi dik chiah a. Mihring nun hi a kal chak êm êm rêng a ni.

Hêng thûte hian mihring nun chungchângah eng nge min zirtîr le? *Sâm 49:17; 39:11; Thuhriltu 2:18–22; 1 Timothea 6:6, 7; Jakoba 4:14.*

Mihring nun hi a kal chak a ni mai lo va, kan thih hunah chuan sum leh pâi leh thil dang kan lo khâwl khâwmte hi eng mah chhawm theih kan nei lo vang. *Sâm* phuahtu chuan, “A thih hunah chuan eng mah a chhawm dâwn lo” (*Sâm 49:17*) a ti a, a awmzia chu, mi tute emawin an neih atân a kalsan dâwn tihna a ni. Tûte nge nei ang? Chu erawh chu a hmâa ruahmanna kan lo siam dânah a inngâht dâwn a ni.

Mi zawng zawng hian ram leh in leh lo tha tak tak kan nei vek kher lo va; mahse, kâwla ni chhuak chhiara hnâ kan thawk thîn te a nih chuan, sum leh pâi khâwl khâwm tâwk chu eng emaw zât kan nei theuh thung ang. Kan lo thih hnû hian, chûng kan sum leh pâi lo khâwl khâwm vête chu engtin nge ni zêl ang tih hi ngun taka kan ngaihtuah a ngâi a.

Sum leh pâi leh in leh lo thihsan tûr neite tân chuan—kan nei tam emaw, nei tlêm emaw pawh ni se—thurochhiah siam hi enkawl tu kan nihna anga thil kan tih theih hnuhnung ber, Pathianin malsâwmna min vûrte fîmkhur taka kan enkawl theih dâñ ni bawk a ni ang. Chutiang chu i lo siam lâwk a nih loh chuan, in ram sawrkâr dâñ anga chin fel theih a ni dâwn a (mahse, chu chu i awmna ram dâñ hman mila tih a ni ang). Entir nân, thurochhiah eng mah siam lovin lo thi ta la, court lam chuan i rosum leh thil neih dangte chu i chhüng leh khatte hnênh—an mamawh emaw, mamawh lo emaw, tha takin an hmang dâwn emaw, hman lêm lo dâwn emaw, anni chu nei tûra i lo duh sâ rêng an ni emaw, ni lo emaw pawh ni se—an pe mai dâwn a. Kohhranin eng mah chan a nei vê lo vang. Chutiang chu i duh dâñ a nih chuan, a pawi chuang lo. Mahse, i duh dâñ a ni lo a nih erawh chuan, a hmâ atanga ruahmanna i lo siam sâ a tul dâwn a ni.

A hriat thiam awlsam thei ber tûr zâwnga sawi chuan, Pathian hi thil engkim neitu a ni a (*Sâm 24:1 en la*); chuvângin, Pathianin min kawltîrte hi kan hman theih hun chhûng a lo ral a, kan hmangaih kan chhûngte mamawh zualpui kan phuhrûksak bawk tawh hnû-ah a la bâng a awm a nih chuan, chûngte chu a neitu dik tak Pathian hnênah kan pe kîr leh mai tûr a ni tih hi Bible-in min zirtir dân chu niin a lang.

Thihna chu kan hriat angin, eng tik hunah pawh a lo thleng thei a, vawiinah ngîi pawh hian a lo thleng that thei. Vawiinah hian thi dâwn ta la, i chhûngte chungah khân eng nge lo thleng ang? I thil neihte kha engtin nge ni ta ang? I duh angin sem darh a ni ang em?

THAWHLEHNÎ

March 7

Mimal Mamawhte Ngaihtuah Hmasa Rawh

Thuthlung Hlui hun lâi kha chuan Israel fâte zinga tam tak kha lo nei mî leh ran vulha eizawng an ni hlawm a. Chuvâng chuan, Pathianin malsâwmna A tiame pawh hi lo nei mîte leh ran vulhtute tawngkam hman thin ang hmanga ziah a ni. Entîr nân, Thufingte 3:9, 10-ah chuan, heti hian Pathianin a sawi a: “I sumin LALPA châwimâwi la, i thil lo pung hmasâ zawng zawng nêñ. Tichuan, i buh in chu a lo khat liam ang” tiin. Tûn lâi hunah hi chuan buh in kan nei hlawm tawh lo tlângpui ang a; mahse, a sawi tum chu kan hre thiam vek tho vang: Pathian chu kan zui a, a thu kan âwih a nih chuan kan hnathawh leh thiltihte hi mal a sâwm dâwn a ni.

H-9

Thufingte 27:23-27 chhiar la. Engtin nge “i berâm ruâlte awm dân chu hriat tumin taihmâk chhuah la” tih thû hi tûn lâi hunah chêng Kristiante tân a awmzia i hrilh fiah ang?

Bible-ah hian duhâm that lohzia te, mi hausâten mi retheite an rapbet thîn demna thû te kan hmu hnem khawp mai a, chutih rual erawh chuan, hausakna emaw, hausak tuma hnâ thawh emaw hi chu—dik lo tak leh mi dangte rapbet zâwnga tih a nih lêm loh chuan—a dem lêm lo thung. Dik tak phei chuan, a chunga Bible châng chhiar tûra kan han chhawp chhuah pawh khian, keimahni tân leh kan chhûngkaw khamkhawp kan neih theih nân sum leh pâi kan kan enkawl dânah taihmâk kan chhuah a ngâi hlê tih min hrilh zâwk a. “Kéł hnútê chu khamkhawp i nei ang a, in chhûngkuain châwa in rin tham leh in awmpui nulâte châwmna daih a ni ang,” (Thuf. 27:27).

Hê Bible châng hi kan tûn lâi hun atân engtin nge a tawngkam i her rem hret theih ang? “I sum leh pâi lâk luh zât leh, i hman ral zât i ziahnate kha en nawn leh la, tûna i neih zât chu eng nge tih hriat tum rawh” tihna a ni ber âwm e. Sum leh pâi thawk chhuak thei i la nih chhûng khân, i thurochhiah siamte leh lehkha pawimawh dang i kawlte, i thil neihte kha en nawn fo la; a tûl dân angin siam tha thîn ang che. A hun lo takah kan thi that thei a, hrisêl lohna eng emaw avângâ kan thil neihte kalna tûr kan rôl fel theih tâk loh pawh a awm thei bawk; chuvâng chuan lehkha pawimawh leh thurochhiahte hi a hmâa lo siam lâwk vek a, lo dah that diam a finthlák thîn a. A awmzia chu, i thil neihte kha nangmâ tâ a nih loh hunah a kalna tûr ruâhmannâ lo siam lâwk ang che tihna a ni ber.

A tâwi zâwngin heti hian sawi ila, Pathianin malsâwmna min vûrte tha taka enkawltu nihna hian, kan la dam lâia kan enkawl dân chauh ni lovin, keimahni awm loh huna a awm zui zêl dân tûr lo ngaihtuah sâ pawh a huâm tel tih hria ila. A chhan pawh, kan LALPA hi kan dam lâia A lo kal hman a nih loh chuan, keimahni hi eng tik nîah emaw chuan kan thi ngei dâwn a; chutih lâiin kan thil neihte erawh hi chu—a tam emaw, a tlêm emaw—a la awm reng thung ang. Chuvângin, Pathian malsâwmna kan dawnte hi mi dangten malsâwmna an lo dawn vê leh chhâwn theih nân leh, Pathian ram a lo zauh lehzual zêl theih nân kan hmang phal dâwn em le?

“Hausaknate hi chatuan atân a ni lo” (Thuf. 27:24). Eng vângin nge hê thû hi kan rilrûa kan vawn reng a pawimawh?

NILÂINÎ

March 8

Thih Dâwna Ruâia Thilphal

Hêng Bible chângte atang hian kan sum leh pâite kan enkawl dân tûrah eng nge thurâwn tha tak tak kan hmuu le?

1 Timothea 6:17-----

2 Korin 4:18-----

Thufingte 30:8-----

Thuhrlitu 5:10-----

Sum hian mihringte hi a lo thunun thei khawp mai a, mi tam tak chuan an lo chhiatpui tawh a ni. Sum avânga thil râpthlâk tak tak lo ti tawhtute chanchin sawi tûr pawh

kan hre teuhin a rinawm a—chutianga titute chu sum ngah tawh sa êm êmte an ni hlawm lehnghâl!

Mahse, chutiang chu a ni tûr a ni lo va. Hmêlmapa'n malsâwmna ni tûr reng reng (sum leh pâite) ânchhiaa lo chantir a tumna chu, Pathian chakna hmangin kan hneh thei a ni.

Thi tûra kan inbuatsaihna kawngah hian thil hlauhawm tak pakhat kan hmachhawn tûr awm chu, kan thil neihte chhêk khâwm teuh tumna hi a ni. Chutianga ti thînte chuan, “Kan thih dâwn hnaiah ka la sem darh vek thei tho a lâwm,” tiin an inthiam chawp thîn a. Kan dam lâia hman zawh vek âi chuan tha tho mah se, tih dân tha zâwk kan dap a pawimawh hlê mai.

“Mi tam tak chuan an la dam lâiin, Pathian ram zâuh nân hna thawh a tum miah lo tih ka hmû a, an chhia leh tha hriatnate chuan an sumte pawh thawh vê tûrin hrilh mah se, ‘ka thih dâwn hnaiah ka thawh teuh dâwn a lâwm’ tiin an inthiam chawp a. Pathiana rinna nghah a, an dam lâia an thil neihte pêk chhuah chu an ngam ngang lo a ni. Mahse, thih dâwn hnaiha thil phal leh hnuhnawh chauh hi chu Kristan Amah zuitûte laka a beisei a ni lo va; mahni hmasial taka nun duhna chhuanlamah hman theih a ni lo. An thih dâwn a ruâi thlenga an thil neihte kawmpui tlattute chuan, Pathian ram zauh nâna pe lovin, thihna hnênah an tlâwmpui thîn zâwk a. An thil neihte chu a indawtin a chân chho mawlh mawlh tawh mai thîn. Mi tam tak chuan thil eng emaw chu tih vê ngîi an tum a; mahse, an han khawmuâng leh rih a, chutih chhüng chuan, Setanan hnâ rawn thawkin, an sumte thawhlâwm ina a rawn luhna tûr kawng a lo dâl hman ta thîn a ni.”—Ellen G. White, *Testimonies for the Church*, vol. 5, p. 154.

Eng vângin nge Pathian malsâwmna kan dawnte kan hman dâna kan inthiam chawp thinnaah hian kan fîmkhur hlê a ngaih?

NINGĀNÌ
Thlarau Lam Ro Khâwm

March 9

Mihringte hi sualah khân lo tlu lo ta ila, nun hi eng ang nge ni ang tih chu hriat thiam a har khawp mai. Mahse, thil pakhat kan hriat chian êm êm erawh chu hei hi a ni a: Kan khawvêl tihhrehawmtu hêng—thil chhêk khâwm vak vak duhna te, duhâmna te, retheihna te hi chu a awm lo ngei ang. Keimahni ngeiin kan thawh chhuaha chunga neitu nia inhriatna kan neih hi dik taka kan ti a nih chuan kan ti dik ngei a; mahse, chu chu suala tlu tawh khawvêl nun lo lan chhuahna kawng khat a ni tho mai. A tâwpah chuan eng anga tam pawh neiin, nei lo mah ila, thil pakhat pawimawh êm êm kan hriat reng tûr a awm dâwn tho a ni.

Hêng Bible chângte hi chhiar la. Eng thû nge an sawi theuh hlawm a, chu an thu sawi chuan Pathianin malsâwmna min vûr kan rosumente kan hman dânah eng tiangin nge nghawng a neih ang? (Genesis 14:19; Sâm 24:1; 50:10; Kolosa 1:15–17; Hebrai 3:4).

Pathianin min ring tâwka min kawltir sum leh pâite enkawltu kan ni a; a awmzia chu, Pathian hi A neitu dik tak a ni tihna a ni. Ani chu nunna min petu, khawvêla min awmtîrtu leh, kan thil neihnei thei tûra chakna leh theihna min petu a ni a. Chuti a nih chuan, Pathianin min pêkte kan hman theih hun chhûng a ral a, kan

chhûngkuate kan enkawl puitling tawh bawk a nih chuan, a la bâng awm zawnge chu Amâ hnênah kan pe kîr leh tûr a ni tihna a ni.

“Pathian hnathawhna atâna [i sumte] i thawh khân vânah i tân ro i khâwl khâwm a. Chung lamah i han khâwl khâwm zawng zawng chu chhiatna leh bothlâuna tûr lak atâ humhim niin, chatuan thlengin a pung zêl ang a” [“tin,”] vânramah i hming zâwnah chuan chhinchhiahin a awm bawk ang.”—Ellen G. White, *Enkawltu Tâna Thurâunte*, p. 342.

Kan la dam lâi ngeia pêk nghâl a thatna hi kawng tam tak a awm a. Chûng zînga thenkhat chu i lo sawi teh ang:

1. A petuin a thilpêkten rah chhuah a neihnei—biak in thar sak, college-a mi tu emaw kal lâi, chanchin tha hril beihpui thlák—a hmu hman.
2. Rawngbâwlna emaw, miin emaw an mamawhna a sân lâi berin an chhawr nghâl thei.
3. I thih hnû-ah i chhûngte emaw, i thiante emaw i sum inchuhin an intibuai lo vang.
4. I tû leh fâte hnênah thilphal leh mi dangte hmangaih thatzia a takin entawn tûr i hnutchhiah a ni.
5. I thih hnûa i sum hnutchhiah lo changtu chuan chhiah tlêmte chauh a châwi ang.
6. I sum pêk chu a kalna tûra i duhthusâmah tak a kal thei ang (court emaw, i chhûngte emaw pawh an rawn inrawlh thei dâwn lo).
7. A petu chu mahni hmasial lo tak a nihzia a tilang.
8. Vâna ro khâwl khâwmna a ni.

ZIRTĀWPNI*March 10*

Zir Belhna: Ellen G. White-i chuan kan thil neihte sem darh dān tûr chungchâng hi hmun hnihad a lo ziak a, chungte chu: *Testimonies for the Church*, (Mizo) vol. 3, pp. 142–156, “Nû leh Pâ Khawsa Theite Hnênah” tih leh *Testimonies for the Church*, (Mizo) vol. 4, pp. 605–616, “Rochhiah leh Rosum Chungchâng” tihte a ni.

Enkawltu Tâna Thurâwnte, phêk 316–318-ah chuan ‘Thi Tûra Inbuatsaih’ chungchâng a sawi a. A lehkhabu dangah pawh hetiang hian a lo ziak bawk: “Mi tam takin an thih dâwn hniah chauha tihfel an tum hi Kristiante chuan an la dam that veng vawng lâiin an tifel vek tûr a ni. Anmahni leh an thil neihte chu Pathian hnênah an pê ang a, tichuan, a sum enkawltu an nihna anga thil tiin an chanpuala tlâ tih tûr awm chu lungâwi takin an ti thei ang. Anmahni ngêi chu mawhpurtu ber an nih avângin, Pathianin a phût thilte pawh an tlâk thei bawk a, mi dangte pûr kual lovin thil an ti fel mai thei thîn a ni.”—*Testimonies for the Church*, (Mizo) vol. 4, p. 610.

“Mawh latu an ni” a tih hi eng nge ni a awmzia ni ang? Thurochhiah an siam dân tlângpuiah chuan a siamtu khân mi tu emaw ruatin, chu a mi ruata chuan thurochhiah a siama a duh dân a ziah ang takin a thih hnuah a thil neihte a sem darh thin a. Nangmah kha chutianga mawh latu i lo nih chuan, nangmah ngeiin i la dam lâiin i thil neihte i sem darh dâwn tihna a ni. Chutianga i ti a nih chuan, i thil tihin rah a nei chu i hmu nghâl vek dâwn a; Pathianin talent a kawltîr che chu fel takin i enkawl a ni tih i hre bawk ang.

Kristiante tân chuan Krista lo kal lehna hi “Beiseina Lâwmawm” a ni a. Vân chhûm zînga Isuâ lo kal lâi lo hmu

chu a nawm tûrza kan mitthlâ nasa thîn a nih hi. “I ti thâ e” tia a rawn sawi hun tûr chu kan nghâkhlel tlâng êm êm bawk a. Mahse, Isuâ lo kîr leh hmâ hian lo muhil hman ta ila engtin nge ni ang? A duh ang a sawite kha kan zâwm a nih chuan, a hnâin hmâ a sâwn zêl theih hi kan lungâwina ber a ni dâwn a, a chhan pawh thurochhiah siam chuan kan thih hnuah pawh Pathian hnathawh kal lâi chu a chhunzawmtîr zêl theih dâwn vâng a ni.

Sawi Ho Tûrte:

1. **OE Tûnah hian vânah rote han khâwl khâwm thei tho mah ila, engati nge chu chu chhandamna hlawh chhuah emaw, “lei” emaw tumna nên thil thuhmun a nih sî loh?**
2. **Tûnah hian kan thil neihte mi dangte tâna hman kawngah kan thil phal hlê tûr a nih tho rualin, kan fîmkhur thiam erawh a ngâi a. Mi tuten emaw, “Chumi nî leh tlâ leh kumah chuan chu chu a thleng dâwn, chutih hunah chuan kan sum leh pâite hian tangkâina a nei tawh dâwn lo; chuvâng chuan rawngbâwlna atân in sumte kha rawn chhûng lût rawh u” tia an puan thin hi kan hre fo âwm e. Engtin nge hetiang bumna thûte hi kan lo hriat hran theih ang?**

HUN HARSAT LÂIA SUM ENKAWL

CHÂNGVAWN: “**Pathian hnênah lâwmthû int'hâwina chu hlân zâwk la; i thutiâm pawh Chungnungbera lakah chuan hlen rawh. Mangan nîah chuan mi ko la; ka chhanhim ang che, tichuan, nangin mi châwimâwi dâwn nia**” (*Sâm 50:14, 15*).

SABBATH CHAWHNÛ

March 11

Chhiar Tûrte: *1 Chronicles 21:1–14; 2 Chronicles 20:1–22; Petera 3:3–12; 1 Johana 2:15–17; Thupuan 13:11–17.*

A CHÂNG chuan kan khawvél hi thunun zawh lohin a vir mawp mawp mai ni te hian a lang thin a: indona, thisen chhuahna, rûkrûk leh tualthahna, hurherhna, leilunga chhiatna, hrilêng, sum leh pâi lama tlâkchhiatna, hlemhlêtna leh thil tha lo dang tam takte a thleng zut zut reng mai a nih hi. Mi mal tinte leh chhûng tinte hian anmahni dam khawchhuah dân kawng an ngaiantuah NASA hlê hlawm a. Chutiang chu a nih avângin, hêng hun tha lote a lo thlen chânga an sahimna tûr an ngaiantuah viâu thin pawh hi a hriat thiamawmna chin thui tak a awm rêng a ni.

Mihring nunin a mamawh thil chi hrang hrangte hian kan nî tin hun hman dân a luah khat hlê thin a. Leiba rulh tûr kan nei a, fanâu châwm tûr kan nei a, kan thil neihte siam that leh enkawl a lo ngâi bawk nêñ—chûngte

tihna atân chuan hun leh ngaiantuahna pawh kan sêng hnem hlê thin a nih hi. Thawmhnaw inbel tûr te, chaw ei tûr te, chênnna in te pawh kan mamawh bawk a. Isuan tlâng chunga thû A sawi tum khân, hêng kan mamawh bulpuite hi chham chhuakin, “Chûng zawng zawng chu in mamawh tih in Pa vâna mi'n a hre reng a ni. Mahse, A lalram leh A felna chu zawng hmasa zâwk rawh u, tichuan, chûng zawng zawng chu A pêk belhchhah dâwn che u nia,” (*Mat. 6:32, 33*) tiin min hrilh a nih kha.

Hun harsâ kan tawh lâi hi a hmâ zawng âia LALPA kan belh bul lehzual a tûl hun a ni. Tûn kâr chhûng hian chutiang huna kan zawm tûr Bible zirtirna tangkâi tak tak awmte chu kan en ho dâwn a ni.

SUNDAY

March 12

Pathian Dah Hmasa Berin

2 Chronicles 20:1–22 chhiar la. Hê thû atang hian, kan harsatna tawh chu eng pawh lo ni se, thlarau lam thupui kan lâk chhuah theih eng nge awm?

Jehosafata rorêl hun tâwp lamah khân, Judai ram chu hmêlmâten an rawn rûn a. Jehosafata kha pa huaisen leh pâukhauh vê tak chu a ni âwm e. Kum tam tak chhûng chu a sipaite thâ tichakin, a khawpui kulhte pawh a tinghet lehzual sauh sauh bawk a. Hmêlma sipaite chu tu pawh ni se, hmachhawn thei tûrin an inbuatsaih tha hlê mai. Nimahsela, hemi tuma buaina a tawhah hi chuan amâ chakna ring zo lovin, Pathian thiltihtheihnaah a innghat ta zâwk a. Amah ngei chu LALPÂ tanpuina zawng tûra inpein, Judai ram pumah chaw nghei thû a puâng ta a ni.

Solomonan an ramin hlauhawm a hmachhawn chânga a lo tih tawh thin dân ang khân, mipuite chu Pathian biak in tuálzâwlah a ko khâwm a. Judai ram mipuite chu a hmei a pa, a pui a nâwiin an kim hlê. Pathian hnênah tawngtâiin A hming tiropuia a awm theih nân an hmêlmâte chu rawn tibuai vek tûrin an ngên mur mur mai a. Amah Lal Jehosafata ngei pawhin tih tak zetin, “Mi chuti zozâi, mi rawn bei tûra lo thawkte chu lo han bei thei ziazâng kan ni sî lo va; a tih ngaihna rêng rêng kan hre bawk hek lo, i lam kan lo hawi mai zâwk a ni e,” (2 Chron. 20:12) a ti chuâi raih mai a ni.

Chutiang taka Pathian hnêna an tlûk luh tâkah chuan, LALPÀ Thlarau chu Pathian mî hnênah a lo thleng ta a. Ani chuan, “Hlâu suh la, chûng mipui tam tak avâng chuan zâm hek suh u: indona chu nangnî indona a ni lo va, Pathian indona a ni zâwk sî a. . . . Hê indona hi in beih a ngâi lo vang: inzâr ula, ding ngawt mai ula, in lama tang LALPÀ chhandamna chu en reng mai rawh u,” (2 Chron. 20:15–17) tiin a hrilh ta a ni.

A tûkah chuan zîng hmâ takah lal chuan mipuite a ko khâwm a, sipaite hmâah chuan kal chunga Pathian fakna hla sa tûrin Levia chî atanga thlan chhuah zâipâwlte chu a kaltîr a. Chutichuan, heti hian mipuite hnênah a sawi ta a: “LALPA in Pathian chu ring ula, nghet takin in awm dâwn nia, A zâwlneite chu ring ula, hmuingîl takin in awm dâwn nia,” (2 Chron. 20:20) tiin. Chumi hnû chuan, zâipâwl chuan hlâ an sa tan ta a, chûveleh an hmêlmâte chu anmahni leh anmahni an inbei ta chiam mai a, dama tlân chhuak pakhat tê mah an awm lo (2 Chron. 20:24). Juda mîte chu lo kalin, an hmêlma sipaiten an thihsan sum leh pâi, silhfêñ leh lunghlûte chu ni thum chhûng zet an

thiâr khâwm a. A ni lî nî-ah chuan Jerusalem-ah fakna hla sa chungin an kîr leh ta a ni.

Juda mipuite chhan chhaktu Pathian kha, keini pawhin kan hmangaih leh chibai kan bûk Pathian tho hi a ni a; A thiltihtheihna pawh a la ngâi reng. Kan tâna chona ni ta chu: Amaha rinna nghah leh a hruaina zui a ni.

2 Chronicles 20:20 chhiar la. Hê thûin keini (Seventh-day Adventist-te) tâna pawimawh bîkna riâu a neih chu eng nge ni?

THAWHTANNÌ
Pathianah Rinna Nghat Rawh

March 13

Lal Davida kha Pathiana rinna nghah ngam pawimawhzia hre chiang ber tûr a ni a. A thian tha ber Jonathana thil lo tawn tawh atang khân, Pathian nêna thu kan thlung dûn tawh a nih chuan—tan ruâlpui kan nei tam emaw, nei tlêm emaw lam a ni lo—Pathianin hnehna min pe thei a ni tih hi lo hre daih tawh tûr a ni. 1 Samuela 14:1–23-ah chuan Saula fapa Jonathana leh a râlthuâm kengtu tlângvâlin—Pathian tanpuinaa—Filistia mi râlvêngtu sipaiho an hneh thû kan hmû a. Jonathana hi a thian tha ber a nih avângin a thil tawn pawh a hriatsak ngei dâwn tih a chiang. Pathian mîte chanchin kal tawhah pawh khân, vawi tam tak Pathian puihna an lo chang tawh thîn a. Mahse, chuti chung chuan hun harsa a han tawn khân ama chakna leh remhriatnaa innghat tûrin Setana tlêm zu inphal tho a maw le!

1 Chronicles 21:1–14 chhiar la. Eng vângin nge Davidan a sipai neih zât hriat nân chhiarpui neih a tum

**tlat mai le? Engati nge chu chu a sipai hotu Joaba
huatzâwng tak a nih?**

Sipai neih zât hriat tuma chhiarpui neih hi Setana tihtir a ni tih hria ila. Davida kha Pathian awmpuinnaa innghat lova, amâ chakna zâwka innghat tûrin a thlêm a ni. Israel sipaite hotu Joaba chuan Davida kha chhiarpui nei lo tûra hmin a tum a; a chhan pawh Israel mîte tâna Pathianin hna ropui tak tak a lo thawh tawh thinzia a hmuh vâng a ni. Mahse, Davidan chhiarpui neih chu kal tlangpui a tum lui tlat tho va. A thiltihte chuan hnam chhiatna nasa tak a thlen ta rêng a ni.

Pathian rinchhantu rêng rêng chu tû mah tihtlawnin an la awm ngâi lo va. LALPÂ tâna râl i do dâwn a nih chuan, nangmah kha inbuatsaih hmasa phawt thîn rawh. Inbuatsaih tha viâu ang che. British roréltu pakhat, Oliver Cromwell-a khân a hmêlmâte nêna an inbeih hmain heti hian a sipaite hnênah a sawi a ni âwm e: “Ka sipaite u, Pathianah in rinna nghat ula, in silâi hlo kha tiro tha hlê bawk ang che u,” tiin. Tawngkam danga sawi chuan, ‘hnephna in chan theih nân in tih theih ang ang chu ti vek ula; mahse, a tâwpah chuan Pathian chauhin hnephna A pe thei che u a ni tih in hre dâwn nia’ a tihna a ni.

Keini hunah pawh hian sawrkâr thiltitheihnaah leh bank-a kan sum dahah te rinna nghah vê mai a awl khawp mai a. Mahse, Bible-a buaina hrang hrang a thlen thû kan hmuhahte hian, mîten Pathiana rinna a nghat a nih chuan an rinna chu Pathianin zahsakin, anmahni A tanpui thîn a ni tih kan hria.

Kan tûn hun zêl hi Pathian rinchhâna awm nân, leiba tlâk nân, kan thil neihte hmanga mi dangte tanpui nân

kan hmang tûr a ni a. Pathian fakna hla hlui deuh hlek tawh pakhat pawhin, “Tûn hmâ khân LALPA kan lo mamawh tawh thîn a nih chuan, tûnah pawh hian kan la mamawh ngei ang tih a chiang,” tiin a lo sawi.

Engtin nge keimahni tih theih zawng loh tih vê, entîr nân, sum leh pâi khâwl khâwm leh thil eng kimah LALPAA inngahh tih hi inbûk tâwk takin kan kalpui theih ang?

THAWHLEHNÍ
Inchinfel Hun

March 14

Seventh-day Adventist Kristiante hian harsatna kan tawhte hi engtin nge kan lo dawnAWN ang? Kut kuângkuahin kan lo thlîr mai dâwn em ni? Ni lo ve, chumi letling chiah chu kan ti zâwk tûr a ni ang. Khawvél tâwpna leh Kristâ lo kal leh hun chu a hnâi tawh a ni tih kan hriat avângin, mi dangte hnêna chanchin tha thuchah leh Amah hmangaihtute tân Pathianin hmun A buatsaih thû hrilhna atân kan sum leh pâite kan hmang tûr a ni. Hê lei hi chu a la kâng ral thuai dâwn tih i hria ang u.

2 Peter 3:3-12 chhiar la. He lâi thua Peteran min hrilh chu eng nge ni?

Pathian chuan kan in leh lo, kan thil neihte hi vâna phur chho tûrin motor A rawn tîr dâwn lo tih kan hre theuh a. Tâwpna hun a lo thlen hunah meipuiin a la kâng ral vek dâwn a ni. Chutih hunah chuan sual leh a hnûhmâ zawng zawng hi—Kristâ kutphaha serte tih loh chu—kumkhua atân tihboral vek a ni tawh ang.

Chuti a nih chuan, kan thil neihte hi engtin nge kan tih ang? “Tûn hi kan ûnauten an thil neih tipung zêl lova a titlêm telh telh hun chu a ni. Ram tha lehzual zâwk lam panin kan kal dâwn ta a, vân khawpuiah kan lâwi lût hnâi ta. Chuvângin, leia chêngte ni lovin, kan mamawh zualpuite chauh kawltu i ni zâwk ang u.”—Ellen G. White, *Enkawltu Tâna Thurâunte*, p. 59.

Hêng thûte hi kum za chuang liam taa a ziah tawh chu ni tho mah se, a thu laimu tak erawh a la dik reng tho: hun hi chu a tâwi reng a, a chhan pawh kan dam lâi nîte a tâwi vâng a ni. Kum 60 emaw, kum 80 emaw, kum 100 emaw i dam thleng pawh a ni mai thei e; mahse, chatuan nêna tekhin râlah chuan eng tham mah a ni lo. Tûn kâr zirlâi hi i chhiar zawh hmâ hauh pawhin i nunna kha a tâwp thut thei bawk. Chumi hnûa i rawn hriat leh hmasak ber tûr chu: Isua lo kal lehna a ni ang.

Keini Seventh-day Adventist-te hi chu chatuan êng zuia nung tûr kan ni a. Keimahni leh kan chhûngkaw châwm nân rim takin hnâ kan thawk tûr chu a ni ngei mai; sum leh pâia malsâwmna kan dawnte hi hlim taka kan lo hmang a nih pawhin, eng mah a sualna a awm lo. Mahse, kan duhâm tûr a ni lo; chu bâkah, mi rethei zâwkte tanpui kawngah kan thilphal hlê bawk tûr a ni. Hê leia kan rosumte hi kan dam chhûng atân chauh a ni tih hre reng ila, kan fimkhur viâu a nih loh phei chuan kan thlarau nun tichhetu a ni hlauh thei a ni.

Isua chu tûn atanga kum sâwm emaw, kum ngâ emaw, kum thum emaw a ral hmâin a lo kal tawh dâwn a ni tih lo hre lâwk ta la, engtin nge i nun dân i thlâk danglam ang?

Isuâ tekhin thu sawite leh A zirtîrna thûte, Bible-a chanchin kan hmuhte bâkah, Ellen G. White-in thurâwn min pêkte pawh hian Kristâ hnênah chuan a chanve chauhah inpêk theih a nih lohzia chiang takin min hrilh vek a. LALPA lamah kan tang a nih loh vêk chuan Amah dotu kan ni dâwn tihna a ni.

Lehkhaziaktu pakhatin ‘thupêk zawng zawng zînga a ropui ber eng nge?’ tia zawh khân, “LALPA i Pathian chu i thinlung zawng zawngin, i thlarau zawng zawngin, i rilrû zawng zawngin, i chakna zawng zawngin i hmangaih tûr a ni,” (*Marka 12:30*) tiin Isuan a chhâng a. Kristâ hnêna kan engkim kan pe vek a nih chuan, hotu dang tân eng mah a awm tawh lo vang. Chutiang chu thil nih dân niin, a nih dân tûr rêng pawh a ni.

Matthaia 6:24 chhiar la. Hê thû a dikzia nangmâ nun ngei khân a takin a lo chang vê tawh em?

Isuan Pathian leh sum rawng bâwl kawp chu thil harsa a ni’ a ti lo va, ‘fimkhur takin in bâwl kawp tûr a ni’ pawh a ti bawk hek lo. Pathian rawng leh sum rawng hi *bâwl kaup theih miah lo a ni* a ti a. Hê thû hian min titîm thîn se a tha ngawt ang (*Filipi 2:12*).

1 Johana 2:15–17 chhiar la. Eng tiangin nge hêng thil pathumte hi kan khawvêlah a lo lan chhuah thin a, engati nge hêng thil pathumten hlauhawm an rawn thlen chu kan tân lo hriat thiam harsa tak a nih?

Paula chuan, "Leia thil awmahte hian ni lovin, chung lama thil awmahte zâwk khian in rilrû nghat tlat rawh u," (*Kol. 3:2*) tiin min lo fuih a. Mahse, chu chu sawi māi âia harsa a ni sî; a chhan pawh khawvél thilte chu nî tin kan hmâ chiahah a awm reng vâng a ni. "Khawvélâ thil awm zawng zawngte" thlémna hi a chak khawp mai a; chawplehchilha lungâwina hmuh nghâl mai duhna chuan kan bengah min rawn hrilhru sar sarin, kan kawrbânte pawh a rawn pawt dâwr dâwr thîn a nih hi. Kristian tha ber ber nia kan hriatte meuh pawhin "khawvél thilte" hi ngainatna chin an nei vê tho a ni lo'm ni? Eng tikah emaw chuan a la ral vek dâwn a ni tih hre tho mah ila, mi a hîpna chin erawh a awm reng tho a ni lo'm ni? Mahse, thil lâwmâwm tak mai chu, LALPA hnêñ atâ min hruai hrangtu atân kan hman kher a tûl lo a ni.

2 Peter 3:10–14 chhiar la. Heta Petera thil sawi hian engtin nge kan nun dânah leh kan sum leh pâite kan hman dânah nghawng a neih ang?

NINGÂNÍ

Lei emaw, Hralh emaw Theih Loh Hun

March 16

Bible hian Isuâ lo kal leh hmâa khawvél awm dân tûr tha lo tak chu min hrilh a. *Daniela* bû kan chhiar chuan, buaina hun, hnam awm tirh atâ chumi hun thleng pawha la awm ngâi lo chu a lo awm tûr thû kan hmû a (*Dan. 12:1*). Buaina hun lo thleng tawh thenkhatte kha kan ngaihtuah chuan, Danielan a sawi buaina hun hi a khirh hlê dâwn tih a chiang.

H-10

Thupuan bû pawh hian Kristâ lo kîr leh hmâin buaina hun a lo thleng tûr thu a sawi vê bawk.

Thupuan 13:11–17 chhiar la. Eng tiangin nge tâwpna huna tihdudahna lo thleng tûr leh, sum leh pâi thilte hian inzawmna a neih?

Thil i lei thei dâwn lo va, i hralh thei dâwn bawk hek lo mâw? Kan tûn lâia thil kan lei leh hralh kual nasat hlawmzia hi i ngaihtuah ngâi em? Kan hnathawh ngîi pawh hi a lei duhtute hnêna kan hun, kan thiam thil leh kan bungruâte kan hralhna a nihna chen a awm a. Thil eng mah lei emaw, hralh emaw thei lo tih awmzia chu: khawtlâng a awm vê thei lo tihna tluk a ni ang. Chuti a nih chuan, rinawm taka Pathian thu zâwmtuten nawrna an tawh chu a tawrhlelhawm hlê dâwn a. Chutih hunah chuan sum leh pâi i ngah poh leh i tân khawvél dân zawm loh a harsa lehzual ang.

Engtin nge kan lo inpuahchah tâk ang? Tûnah hian Pathian khawngaihna azârah kan pawisa leh, khawvél thilte bâwih nih loh kan tum tûr a ni a. Chûngte chuan tûnah hian min phuâr lo a nih chuan, rinawm taka awm tûra kan thlah vek a ngaih hunah pawh min phuâr tawh lo vang.

Deuteronomi 14:22, 23 chhiar la. Pathian mîten kum tina an thil neih pung leh an thawh chhuah atanga tih tûr an neihte chu engte nge ni? Engati nge chutiang chu ti tûrin Pathianin a hrilh?

Pathian chuan Mosiâ hnênah khân sâwma pakhat pe thîn tûra Israel mîte A phût chhan sawi fiahin, chu chu

“LALPA an Pathian tih nachâng an lo hriat reng theih nân,” (*Deut. 14:23*) a ni. Sâm 31:19-ah chuan hetiang hian Pathian tih leh Amaha rinna nghah thatzia chu mâwi taka chham chhuah a ni:

“Aw, i thatna, nangmah tihtûte tâna i khâwl khâwm chu a va ropui êm!

Mihring fâte mithmuha nangmaha rinna nghanne tâna i tihsak chu.

Hê hla thu tlar hnii lek pawh hian ‘LALPA tih’ tih awmzia chu ‘Amaha rinna nghat’ tihna a ni tih a sawi a. Chutiang chuan, Pathian pawhin sâwma pakhat pêk kîr hi mahni hmasialna laka min vênnna atân leh, kan mamawh apiang chu min pe zêl dâwn a ni tih ring ngam thei tûra min fuihna atân A lo siam chhuak a ni. Rinawm taka sâwma pakhat thawhtute chu a tâwp thlengin an rinawm tluân dâwn e tihna chu a ni lo va; chutih rualin, sâwma pakhata rinawm lote chu buainaah an inbarh lût ngîi dâwn a ni.

ZIRTÂWPNI

March 17

Zir Belhna: Bible-ah hian hausia lo tûra inhrilhna thu pakhat mah awm lo mah se, hausakna hi kan thlarau nun tisâng sawttu ni âwma sawina châng pawh pakhat mah a awm chuâng lo. Dik taka sawi chuan, tihsân chu sawi loh, tihniâm telh telhtu a ni zâwk a. “Sum ngainatna, hausak châkna hi Setana nêna mîte thlun zawmtu rangkachak khaidiat a ni.”—Ellen G. White, *Krista Panna Kâilâun*, p. 44.

Kristian kohhran a lo din tîrh atanga tûn hnai deuh thleng kan thlîr kîr chuan, tûn lâi hun ang reng renga kohhran a hausak leh a nawmsak hi a awm ngai lo. Zawhna

ni ta chu: Hetianga kan lo nawmsak tâk viâu avâng hian eng nge kan chân vê thung? tih hi a ni. Kan sum leh pâite leh kan bungraw neih zozâite hian kan thlarau nunah nghawng a nei chiang khawp mai a—a nghawng lah chu a tha lo zâwngin a ni leh nghâl. Engtin nge chutiang chu a nih theih? Eng tik lâi hunah khân nge hausakna leh khawvél thilte neih teuhna hian Kristian sâkhuain a zirtir, mahni inphatna leh mahni inhlanna hi a lo châwi len tawh reng reng le? Refrigerator-a kan ei sén loha tam thlai hnâh leh rah dah têñ tûn te, motor pahnih pathum neih te, chawlh hmanga zin khawthawng kuâl thei nih te, online hmanga thil chah mai thei nih te, computer leh smartphone chhuak thar apiang lei thei nih te hian, khawvél leh khawvél thilte min hmangaih lohtir sawt em? Hêng bungraw thâ leh manto tak takte hi kan kohhran member tam zâwk hi chuan nei lo mah se, nei tam tak an awm a—hetiang an neih avâng hian a thlarau dinhmun pawh hlauhthâwnawmah a awm reng a ni. He láia “hausâ” kan tih hi mi hausia tawntâw, millionaire-te leh anni âia la hausia leh zualte an ni chuâng lo va. Anni hi chuan an hausâ a ni tih an inhré lâw lâw a, Bible-in hausak hlauhawmna a sawite hi an bengkhawn thei zâwk bawk. Kan sawi ber zâwk chu mi vântlâng, Sap tawnga “middle-class” an tihte hi a ni a. Ani pawh hian smartphone changkâng tak tak te, iMac te, air-condition-a thuam in te leh car tha tak tak te an nei vê tho mai. “Middle-class” mai an nih avângin an hmuingîlna chuan thlarau lamah a hnük hniam thei a ni tih pawh a ngaiantuah chang lo. Chuvâng chuan, sâwma pakhat pêk hi tangkâina dang nei lo pawh lo ni tehrêng se, hausak châkna thanga kan âwk tûr min vêngtu thlarau lam damdâwi tha tak a ni thei a ni.

Sawi Ho Tûrte:

1. Khawvêl tehna atang chuan mi hausâ kan ni kher lo ang. Mahse, chuti chung chuan eng vângin nge sum leh pâi leh hausakna kan thlîr dânah kan fimkhur a tûl?
2. Sâwma pakhat pêk bâkah, hê khawvêl thilte kan buaipui lutukna tûr laka min vêng thei eng thil dangte nge tih theih kan neih?
3. Naktûk maiah hian “Pathian thupêkte zâwmte leh Isua zuitu rinawmte” (*Thup.* 14:12) zînga chhiar tel i nih vê avângin thil i lei emaw, i hrâlh emaw phalsak ni lo dâwn ta thut la, engtin nge i tih ang?

ZIRLÂI 12

MARCH 18–24, 2023

RINAWMNA LÂWMMANTE

CHÂNGVAWN: “A pû chuan a hnênah, ‘Bâwih thâ leh rinawm, i ti thâ e; tlêmte chungah i rinawm a, tam tak chungah ka awmtîr ang che; i pû lâwmnaah lût rawh,’ a ti a” (*Matthaia* 25:21).

SABBATH CHAWHNÛ

March 18

Chhiar Tûrte: *Isaia* 62:11; *Matthaia* 25:20–23; *Johana* 14:1–3; *Rome* 6:23; 8:16–18; *Hebrai* 11:6; *Thupuan* 21.

CHHANDAMNA chu a hlawha kan hlawh chhuah theih a ni lo nân, Bible hian lâwmman dawn beiseina chu Pathian khawngaihna dawn phû hauh loten rinawm tako nun an tum phah vê theihna atâna fuihtu-ah a hmang thîn a.

Davidan heti hian a lo sawi: “LALPÂ dân chu a tha famkim a, nunna a siam tha thîn; LALPÂ thu hriattîr chu a rinawm a, mi mâwl a tifing thîn; LALPÂ thununna thû chu a dik a, thinlung a tilâwm thîn; LALPÂ thupêk chu a thianghlim a, mitte a tivâr thîn. LALPÂ tihna chu a fâi a, kumkhua atân a awm thîn: LALPÂ rorêlna chu a tak a, a fel vêl vek a ni. Chûng chu rangkachak âia duhawm zâwk a ni a; a ni, rangkachak thianghlim tam tak âi pawhin: khawizû leh khawithlár âiin a thlum zâwk bawk a ni. Chû lo pawh chu chûng chuan i chhiahhlawh hi zilhin ka awm thîn a: chûng zawng zawng chu lâwmman nasa tak neihna a ni thîn,” (*Sâm* 19:7–11) tiin.

Bible hian lâwmman kan la dawn tûr chungchâng hi a sawi tam hlê a, chûng lâwmante chu Krista avânga kan

dâwn tûr niin, Isuâ lo kal leh hunah, hê kan khualzinna ram, sualin a tihhrehawm êm êm khawvél hi a boral zawk vek hunah kan chang dâwn a ni.

Kristan min pêk a tiam lâwmman chu eng nge ni a, kan la hmu ngei dâwn a ni tih engtin nge chiang takin kan hriat theih le?

SUNDAY

Mi Rinawmte Tâna Lâwmman

March 19

Hebrai 11:6 chhiar la. Hê chângin min hrilh chu eng nge ni? A thil sawi chu engtin nge kan lo chhân lêt ang? Thupuan 22:12, Isaia 40:10; 62:11 te pawh en bawk la. Hêng chângte hian eng nge min zirtir?

Pathianin rinawm tako lo awm A fâte hnêna A pêk tûr lâwmman hi a danglam khawp mai; thlarau thil dangte ang bawkin tûnah hi chuan kan la hre thiam tak tak thei rih dâwn lo pawh a ni mai thei. “Mihring tawng hian mi felten lâwmman an dawn tûr chu a sawi fiah kim sêng lo va. A hmutûte chauhin an la hre thiam ang. Kan mihring rilrû hi chuan Pathian Paradis ropuizia chu a hre thiam phâk ngang lo a ni e.”—Ellen G. White, *Indona Ropui*, p. 674.

Isuan tlâng chunga malsâwmna thû a sawi tum khân heti hian a thusawi tlâng a kâwm a: “Miin keimah avânga an hâu che u, an tihduhdah che u a, dâwta sual tinrênga an hêk hunah che u, in eng a la thâwl ang. Lâwm ulangin, nasa takin hlim rawh u; vânah in lâwmman a awm hnem sî a; chutiang bawkin in hmâa zâwlnei awmte pawh an lo tihduhdah tawh thin kha,” (Mat. 5:11, 12) tiin. Paula chuan Hebrai 11-ah rinna kawnga fak hlawh tak takte hming a

ziak chhuak a, chumi zawah chuan bung thar kâiin, krawsa Isuan thih A thlan chhan heti hian a sawi ta a ni:

“Chutichuan, chhûmpui nasa tak ang thlîrtûten min hual vél avâng hian, mi tihawk apiang leh sual keimahnia bet tlat chu i dah vê ang u; Isua, kan rinna siamtuh leh tifamkimtû lam chu enin, kan hmâa intlânsiakna tûr awmah hian chhel takin i tlân zêl ang u. Ani chuan a hmâa hlimna awm avâng chuan mualphona chu ngâinépin, kraws chu a tuâr a, Pathian lalthutphah ding lamah khian a han thu ta a,” (Heb. 12:1, 2)

Rinawm avânga lâwmman pêk nih hi thil tha tih avânga chhandamna hlawh chhuak tih nêñ thuhmun a ni lo va. Kan zinga a tu hian nge (Bible-a kan hmuh mi fel tak takte pawh an ni tho va) Pathian hmâa ding tlâk nihtîr khawp tûr thil tha tam tâwk ti rêng rêng le? Tû ma’n kan ti lo tih a chiang a. Chu chu krawsa Isua A thih a tûl chhan pawh a ni reng a. Thil tha tih hmanga keimahnî kan inchhandam thei a nih chuan, Isua kha krawsah a thih a ngâi lo vang. Chhandamna chu Pathian khawngaihna vâng chauh a ni a. “Khawngaihna avâng a nih chuan thiltih vâng a ni tawh lo vang; chuti a nih loh chuan khawngaihna hi khawngaihna a ni tawh lo vang” (Rome 11:6). Lâwmman kan dawn tûrte hi chu keimahnî tân leh keimahnia Pathianin hnâ A thawh vâng chauh a ni zâwk.

Eng tiangin nge khawngaih avânga chhandam tih leh thiltih ang zêla lâwmman pêk tih hi a danglamna kan lo hriat thiam le? I chhânnâ chu in class-ah i sawi chhuak dâwn nia.

THAWH TANNÍ
Chatuana Nunna

Mihringte hi (kan duh emaw, duh lo emaw) chatuan chuan min lo nghâk remg a. Bible-in a sawi dânin chu chatuan chu kan zavái atân hian kawng hnih: chatuana nunna emaw, chatuana thihna emaw-in a lo thleng dâwn a ni. A khawi emaw zâwk zâwk hi kan thlan ngei a tûl dâwn. Tui lái rapin a awm theih lo vang. Nunna kan thlang lo a nih chuan thihna kan thlang tihna a ni nghâl mai dâwn a, a pahniha thlan kawp theih a ni lo.

Rome 6:23 leh Johana 3:16 chhiar la. He lâi thûin duhthlan theih kan neih a sawite chu engte nge ni?

Duhthlan tûr a sawi pahnihte hi a inkâwlkalh tawn hlê mai mâu?

Hê Bible châng i han chhiar hian, chatuana nunna chu i lo thlang fel tawh reng a ni mai thei a, a nih loh pawhin, i lo ngaihtuah mêm emaw pawh a ni mai thei bawk. Pathian chuan a thutiamte hlenna tûr atâna tih theih a neih a sawite chu ti ngei tûrin theihna mak danglam tak a nei a. Keini'na kan lo tih vê tûr chu amah rin tawp mai a ni. Isuan kan tâna thil a tihteah hian innghat ila, rinnain a Thû chu zâwm bawk ang u.

Johana 14:1-3 chhiar la. Châng 1-a LALPAN thurâwn min pêk chu eng nge ni a, châng 2 leh 3-ahte hian eng nge tihsak min tiam le?

Leia Isuan rawng A bâwl tâwp dâwn hnaih lamah khân, hê beiseina thû leh fuihna thu ropui tak hi A zirîrte hnênah

March 20

a sawi a. An rirlû a hnual êm êm lâi leh, fiah a mêm lâia hêng thûte an han hria chu an rilru pawh a nuâm sawt ngei ang. Chutiangin, keini tân pawh chakna thar min petu a ni vê tho tûr a ni a. Isua chu vân atanga lo kalin vânah bawk a kîr leh a, chuti chuan, a kîr leh hmâ khân, “Ka lo kîr leh ang a, ka hnênah ka lâ ang che u; ka awmnaah nangni pawh in awm theih nân,” tiin min tiam a nih kha.

Thil dang zawng âiin A lo kal hmasak tuma krawsa A thihna kha a lo kal leh tûrzia tihchiangtu ropui ber a ni âwm e. A chhan pawh lo kal leh dâwn lo ta ang se, A lo kalna hmasa khân eng nge sâwtua a neih ang? Isua chu kan tân krawsah A thi ngei ang chiah khân, keimahni min lam tûrin A lo kal leh ngei dâwn a, “Ka lo kîr leh ang a, ka hnênah ka la ang che u; ka awmnaah nangni pawh in awm theih nân,” (Johana 14:3) tiin min tiam a ni.

Krista lo kalna hmasa zâwk kha A lo kal leh tûrzia tichiangtu a ni tih hi ngun takin ngaihtuah la. A lo kal hmasak tum khân A lo kal leh ngei dâwn a ni tih kan rin theihna tûrin eng thil nge thleng?

THAWHLEHNÍ
Jerusalem Thar

March 21

Bible-in Jerusalem Thar awm dân a sawi hi Abraham an rinnaa a lo hmuh kha a ni a. “Khua lungphûmte nei mî, Pathian rôlbâwl leh siam chu a nghâk reng a ni” (Heb. 11:10). Jerusalem Thar chu Pathian kutchuak a ni a, Amah hmangaihu leh A thupêkte vawngtute tâna a sak a ni. Jerusalem Thar chu vâna kum sâng rorêl chhûnga Pathian fa rinawmte chênnâ tûr a ni a, chumi zawh chuan

lei tharah hian chatuana awm tûrin suan thlâk leh a ni ang. Hetah hian thawmhñâw leh bungrua vêlte dah fel thatchhe deuh, pêm kual vêl peih vak lote tân pawh thu lâwmawm tak a awm a. Chu chu Pathianin engkim A buaipui vek dâwn tih hi a ni. Johana chuan hê khawpui hi a hmuh thu a sawi a: “Khaw thianghlim, Jerusalem Thar chu, mo a pasal ela a inchei anga peih diamin Pathian hnêna mi vân atâ lo chhuk ka hmu bawk a,” (*Thup. 21:2*) a ti.

Thupuan 21 chhiar la. Pathianin thutiam min pêkte zînga thenkhat chu engte nge ni?

Hetah hian sualin a tihchiat tawh, sualin a nghaisak hnû khawvêl chauh hria kan rilruin a hriat thiam theih tak tak phâk loh tûr thil tam tak a awm a. Nimahsela, kan hriat thiam theih awm chhun hi chu beiseinaa khat a ni vê thung.

A hmasa berin, suala tlu tawh hê khawvêla Isuan a tîsa put lâi nîtea min rawn chênpui tawh ang chiah khân, lei tharah chuan kan zîngah a lo chêng vê leh ang. Hmâichhana Isua lo hmu tawh thintute kha mi vânnei tak an ni a. Khatiang hamthatna kha keini pawhin kan chang vê leh dâwn a ni. Chutih hunah chuan kan thlarau lam khaw hmuh tifiah lotu sual puanzâr hi kaih hlîm a ni tawh dâwn sî a.

Chuti a nih chuan, mittui leh lungngaihna, tahna leh natna chauh hretu, keini hian engtin nge Bible thutiam ropui ber pakhat, “An mit atâ mittui zawng zawng a hru fâi ang a; thihna a awm leh thei tawh lo vang a, lungngaih te, tah te, nat te pawh a awm leh tawh hek lo vang; thil

hmasâte chu a ral ta,” (*Thup. 21:4*) tih hi a awmzia kan hriat thiam theih ang? “Thil hmasâ” zawng zawngte a ral vek dâwn a, awm pawh a awm leh ngâi tawh hek lo vang.

Pathian lalthutphah atang chuan Nunna Lui fîm leh thiagnhlim êm êm a luâng chhuak bawk a, lui kam tuâkah chuan Nunna Thing a awm bawk. Chutah chuan Pathian lalthutphah hûn a ni ang a, “A bâwihte chuan A hmêl an hmû ang” (*Thup. 22:4*). Tlansâte chu Pathian nênn innêl takin an chêng ho ang a, tûna kan hriat dân âia chiang zâwkin Amah ka la hre dâwn a ni.

Thupuan 21:8 chhiar la. Thih hnihilaa thi tûrte chan tûr chu eng nge ni? Sual chi hrang hrang zînga Isuan A ngaihdam theih loh tûr a sawite chu engte nge ni? Engati nge hetiang thilte ti vê thotu mi thenkhat chhandam an nih lâia anni erawh an boral bîk dâwn le? Hêng pâwl pahnihte inkârah hian eng nge danglamna lian leh pawimawh tak awm?

NILÂINÍ

Sum Chanchin Tifel

March 22

Isuâ rawngbâwl tâwp dâwn hnaih lamah khân A zirtîrte chu anmahni chauhin A hnênah an kal a; tichuan, hê thû hi an zâwt a: “Chûng chu eng tikah nge a lo awm ang? I lo kal lehna leh khawvêl tâwpna chhinchhiahna chu eng nge ni ang? Min hrilh rawh,” tiin (*Mat. 24:3*). An zawhna chhân nân bung hnih ngawt A hmang a. Matthaia 24 hian kan chheh vêl khawvêla chhinchhiahna lo thleng tûr, entîr nân, indo thû leh chhiatna chi hrang hrang a thlen thûte chu a sawi a. Chutih lâiin, Matthaia 25 hi chuan Isua lo kal hmâ

lawka kohhrana thil thleng tûrte A sawi vê thung. Kohhrana thil thleng tûrte chu thawnthu pathum hmangin a sawi fiah a, chûng zînga pakhat, talent tekhin thû hian Pathian mîten thilthlâwñpêk an dawnte an lo hman dân min hrilh a ni.

Matthaia 25:14–19 chhiar la. Ram hla taka va zin hi tu nge ni? Chu mî chuan tû hnênah nge a sumte a kawltîr? “Sum chanchin tifel” tih hi eng nge ni a awmzia (Mat. 25:19 en la)?

A châng chuan “talent” tih hi kan pianpui thiamna, entîr nân, zâi thiamna, thu sawi thiamna tih te nén kan ngaih pawlh thîn a; mahse, hê tekhin thu tho a sawina, Luka 19:12–24-ah chuan sum leh a enkawl dân tih chiang taka târ lan a ni. Ellen G. White-i chuan heti hian a lo sawi a: “Talent tekhin thû hi a awmzia kan hre thiam famkim lo a ni tih hmuhtîr ka ni a. Hê zirlâi pawimawh tak mai hi tâwpna huna chêng Kristiante nunin a tangkâipui tûr atân zirtîrte hnênah pêk a ni. Hêng talentte hian thuhril theihna leh, Pathian Thu atanga zirtîr theihna chauh a entîr a ni lo va. Pathianin A mîte hnêna a kawltîr khawvél sum leh pâiahte pawh hian hmehbel theih a ni.”—*Testimonies for the Church*, vol. 1, p. 197.

Matthaia 25:20–23 chhiar la. Pathianin A ram zauhna atâna thawk sum enkawltu rinawmte hnêna thil a sawi chu eng nge ni? “I pu lâwmnaah lût rawh,” (Mat. 25:23) tih hi eng nge ni a awmzia?

Mi dangte hi keimahni âia talent nei tam zâwk angah kan ngâi tlângpui a; chuvâng chuan Pathian laka an

mawhphurhna pawh sâng zâwk niin kan ring thîn. Amaherawhchu, hê thawnthu-ah hi chuan talent khat chauh kawl—sum nei tlêm ber—kha rinawm lo leh vânrama lût vê thei ta lo a ni tlat mai a. Mi dangte mawhphurhna ngaihtuah lovin, Pathianin kan hnêna mawphurhna a dah leh chumi chu a ropuina atâna kan hman theih dân tûr mawlh i ngaihtuah ang u.

Pathianin a sum kawltîr che ching fel tûra a lo kal hunah chuan engtin nge i lo dawnrawn ang?

NINGÂNÎ
Lâwmman Chu Thlîrin

March 23

Paula kha a pianthar tâk hnû kha chuan Kristâ ram zauh zêlna atân a inpe pumhlûm ta thak a. Lehkha thiam leh mi rilru chak tak a nih avângin khawvél thlîrna tlâng atang pawhin mi hlawhtling tak ni thei tûr a ni. Mahse, Mosia ang bawkin Pathian fa rinawmte nén Kristâ tâna hrehawm tawrh tlân chu a thlang ta zâwk a. Vuâk te, lunga den te, lung ina khung te, lawngchhiat te, riltâm te, khaw vawt te, leh thil dang tam tak 2 Korin 11:24–33-a kan hmuhte hi a tuâr ta a ni. Hêng zawng zawng hi engtin nge a tuâr chhuah theih le?

Rome 8:16–18 chhiar la. Eng tiangin nge Pathian fâ a ni tih a inhriatna chuan mi rinawm tak ni thei tûrin a tanpui?

Paula hian mi rinawmten an la dawn tûr lâwmman chu a ngâihlu hlê a; chuvâng chuan Kristâ tâna hrehawm tawrh

pawh a phûr zak mai niin a lang. Lung ina a tân lâi khân heti hian lehkhathawn a lo ziak a: “Únaute u, man thiam tawhah chuan ka inngâi lo; amaherawhchu, thil pakhat tih ka nei a, hnung lama thil awmte chu theihnhgilhin, hma lama thil awmte chu ka ban tâng tâng thin, Krista Isuaa Pathianin min koh chhan lâwmman chu hmu tûrin tiâm chin lam ka pan ngat ngat zâwk a ni,” (Filipi 3:13, 14, NKJV).

1 Timothea 6:6–12 chhiar la. Hê thû hi a hmâ pawh khân kan lo chhiar tawh tho nâa, kan chhiar nawn leh a tûl tlat mai. Hêng chângten thil an sawi pawimawh tak, a bîk takin keini Kristiante tâna pawimawh zuâl êm êm chu eng nge ni?

Bible-in a sawi dânin hmuingîlna chu i mamawh lâi taka i thil mamawh tak i nei kha a ni a. Thil chhék khâwl vak lam pawh a ni ber lo. Hmuingîlna chu Filipi 4:19-a kan hmuh Pathian thutiam, “Ka Pathian chuan Krista Isuaa A ropuina ngahzia ang zélin, in tlâkchhamna tinrêng pawh a phuhrûksak ang che u,” tih hi a taka chan a ni a. A tâwp berah chuan, hmuingîlna chu LALPAA i thil neiha chûnga lâwm leh eng kimah Amaha rinna nghah tawpna hi a ni.

Pathian chuan A fâte hi kan zavâia kan hausak vek tûr thu min hrilh lo va. Dik tak chuan, thianghlim taka nungte chuan tihdudhahna an tuár dâwn niin a sawi zâwk a nih kha. Min pêk a tum hi khawvél hausaknate âia tha zâwk daih a ni a. “In mamawh apiang ka pe dâwn che u a, in kalna apiangah ka awmpui zélin ang che u,” tiin min hrilh a nih kha. Chutichuan, khawvél tâwpah A mi rinawmte chu hausakna dik tak leh chatuana nunna a pê ang. Lâwmman ropui tak a va ni dâwn êm!

Paula khân a thih dâwn hnaihah heti hian a lo sawi a: “Kei zawng tûnah hian hlan tûrin ka inpeih tawh a, ka kal chhuah hun chu a thleng ta. Intihsiakna thâ chu ka bei zo tawh a, ka tlânsiak kawng chu ka hlen tawh a, rinna chu ka vawng reng tawh bawk: Tûnah hian felna lallukhum chu ka tân dahin a awm tawh a, chu chu LALPA, rorêltu fel tak chuan chumi nîah chuan mi pê ang: ka hnênah chauh ni lovin, a inlär hun nghâkhleltute zawng zawng hnênah pawh a pe dâwn a ni,” (2 Tim. 4:6–8). Kan zavâi hian Pathian khawngaihna azârah Paula thu sawi ang hi sawi vê theitu ni theuh ila. Chu mai pawh chu ni lovin, amah anga rinna nghet neih pawh i tum vek bawk ang u.

ZIRTÂWPNI

March 24

Zir Belhna: A hnuaiah hian leia Pathian sum enkawltu rinawm tak kohhran nih phung târ lan a ni.

Seventh-day Adventist Kohhrante Tâna Enkawltu Nihna Hmathlîr

Pastor-te leh kohhran hruaitute chuan enkawltu nihna awmzia hrilh fiahin, an member-te chu Bible-in sum leh pâi enkawl dân tûr a lo sawi ang hian, an sumte enkawl thiam tûrin an zirtir a, a pui a, an fuih bawk.

Kohhran member-te pawhin Bible-in sum enkawltu dân a lo sawi chu an nunah an seng lüt a. An thilphal êm êm a, an beisei loh tak thil a lo thlena hman atân tiin sum dah that tâwk an nei reng a, leibâ eng mah an nei tawh lo. A hleihluâka nun an sim a, an invawng tha hlê a, an neih tâwkah an lungâwi bawk. Sum chu an pathian tawh lo va, Siamtu Pathian nêñ inlaichîn tawnna tha tak an lo nei ta.

Sabbath tûk a ni a, kohhran member-te chu inkhâwm tûrin biak inah an kal khâwm a, an chetla vêl hrim hrim pawh hmuh a nuâm—sum leh pâiin an rilru a kap lo tih a hriat a, an lungâwiin an lâwm hliah hliah mai a ni.

Sum leh pâi avânga nupa intithiam lo thînte pawh an inrem ta vek a. Kohhran member-te chu Pathian awmpuina changin, biak inah an inkhâwm tlâng a; Pathian pawhin an zîngah hnâ A hawk a ni tih an hria. Rawngbâwlnaa hman tûr sum an ngah tâwk a, chêt chhuahna pawh an nei tam ngiang mai. A mamawh apiangte hnênah hmuh theih ngéi tûrin Kristâ hmangaihna an lantîr thîn a. Biak in pawh an chei hnûm thâin, bungraw mamawh ang angte pawh an phâng lo.

Kan chhân ngéi tûr zawhna awm ta chu hei hi a ni: Pathianin kan hnêna sum leh pâi min kawltirte hmang hian eng nge ti tûrin min duh?" tih hi a ni.

Sawi Ho Tûrte:

1. **In class-ah Bible zirtîrna thu chiang tak pahnih: rinna avânga chhandam tih leh thiltih azira lâwmman dawn tihte hi eng tianga hre thiam tûr nge kan nih sawi ho ang che u. Engtin nge hêng thu pahnih te hi kan suih zawm ang?**
2. **Engati nge kan neih tâwka lungâwi zir tûr a ni tih hi sum leh pâi lam dinhmun ziaawm deuh zâwkah din kan tum tûr a ni lo tihna a nih kher loh? Hêng ngaih dân pahnih te hi inkalh a ni em?**
3. **Chatuan chuan min lo nghâk reng a ni tih hi thu dik chu a ni ngei a. Mahse, tûna duhthlanna kan siam engte hian nge—"tê tham takte" pawh a ni ang—chatuan hun kan hmanna tûr hmun chu hril sî le?**

MORNING WATCH January 2023

1. Sunday	Johana	21:15
2. Thawtanni	Isaia	6:5
3. Thawlehni	Daniela	1:8
4. Nilaini	Isaia	66:2
5. Ningani	Jeremia	2:6
6. Zirtawpni	Jeremia	18:6
7. Sabbath	Thufingte	29:18
8. Sunday	Ephesi	3:20
9. Thawtanni	Marka	1:35
10. Thawlehni	Isaia	55:11
11. Nilaini	Thufingte	11:18
12. Ningani	Johana	17:21
13. Zirtawpni	Hebrai	4:12
14. Sabbath	Hebrai	12:6
15. Sunday	Sam	110:3
16. Thawtanni	Genesis	12:2
17. Thawlehni	Matthaia	5:24
18. Nilaini	2 Korinth	5:17
19. Ningani	Kolossa	1:27
20. Zirtawpni	1 Petera	2:9
21. Sabbath	Johana	17:17-18
22. Sunday	Johana	17:26
23. Thawtanni	Johana	8:32
24. Thawlehni	Johana	1:38-39
25. Nilaini	Johana	6:65
26. Ningani	Hebrai	5:7
27. Zirtawpni	Hebrai	5:8-9
28. Sabbath	Ezekiela	22:30
29. Sunday	Exodus	19:11
30. Thawtanni	Tirhkohte	26:19
31. Thawlehni	Johana	21:20-21

MORNING WATCH
February 2023

1.	Nilaini	Sam	1:1-3
2.	Ningani	Thuhrltute	3:1
3.	Zirtawpni	2 Timothea	1:7
4.	Sabbath	Luka	24:32
5.	Sunday	Marka	1:36
6.	Thawhtanni	Hebrai	12:1
7.	Thawhlehni	Rom	14:23
8.	Nilaini	Philippi	4:6
9.	Ningani	Tirhkohte	26:16
10.	Zirtawpni	2 Korinth	1:20
11.	Sabbath	Johana	14:21
12.	Sunday	1 Johana	3:4
13.	Thawhtanni	1 Korinth	13:7
14.	Thawhlehni	Hosea	3:1
15.	Nilaini	1 Thessalonika	4:9
16.	Ningani	Matthaia	6:12
17.	Zirtawpni	Matthaia	16:24
18.	Sabbath	Matthaia	16:24
19.	Sunday	Matthaia	16:24
20.	Thawhtanni	Matthaia	5:13
21.	Thawhlehni	Matthaia	5:16
22.	Nilaini	Matthaia	17:16-17
23.	Ningani	Galatians	2:20
24.	Zirtawpni	Matthaia	17:5
25.	Sabbath	Marka	9:38
26.	Sunday	Sam	23:1-2
27.	Thawhtanni	Sam	23:4
28.	Thawhlehni	Sam	23:3

MORNING WATCH
March 2023

1.	Nilaini	Matthaia	13:16
2.	Ningani	Isaia	61:1-2
3.	Zirtawpni	Hebrai	11:6
4.	Sabbath	Philippi	4:8
5.	Sunday	Johana	17:3
6.	Thawhtanni	Exodus	3:4
7.	Thawhlehni	1 Korinth	12:7
8.	Nilaini	Philippi	4:19
9.	Ningani	Hebrai	10:19-20
10.	Zirtawpni	Deuteronomy	8:2
11.	Sabbath	Jeremia	33:3
12.	Sunday	Isaia	55:9
13.	Thawhtanni	Marka	1:20
14.	Thawhlehni	Luka	5:4
15.	Nilaini	Exodus	4:24
16.	Ningani	Habakkuka	2:1
17.	Zirtawpni	Matthaia	6:14-15
18.	Sabbath	Sam	50:15
19.	Sunday	2 Korinth	9:8
20.	Thawhtanni	Matthaia	8:26
21.	Thawhlehni	Marka	14:13
22.	Nilaini	Marka	14:18
23.	Ningani	Marka	14:33-34
24.	Zirtawpni	Marka	14:35
25.	Sabbath	Marka	14:38
26.	Sunday	Marka	14:27
27.	Thawhtanni	Marka	14:41
28.	Thawhlehni	Marka	14:49-50
29.	Nilaini	Luka	22:31-32
30.	Ningani	Marka	14:26
31.	Zirtawpni	Marka	14:281